

Ladies 5k 11 September 2005

Position	Time	Name	Club	Category	Age	Sex
1	0:18:19	Clarke, Jane	Norfolk Gazelles		45	F
2	0:18:34	Senior, Ruth	City Of Norwich		17	F
3	0:18:46	Dungar, Amy	City Of Norwich		23	F
4	0:19:29	Rose, Carley	City Of Norwich		16	F
5	0:20:05	Emmett, Lynn	City Of Norwich		37	F
6	0:20:11	Alford, Nichola	City Of Norwich		24	F
7	0:20:25	Bower, Sandra	Thetford Athletic Club		44	F
8	0:20:31	Korn, Nicola	Norwich Road Runners		28	F
9	0:20:46	Crane, Alison	Norfolk Gazelles		36	F
10	0:20:50	Edwards, Penny	Norwich Road Runners		50	F
11	0:21:09	Cooper, Sandra	Brandon Fern Hoppers		40	F
12	0:21:12	Potter Campbell, Emma	Dereham Runners		35	F
13	0:21:19	Smith, Alexandra	Norwich Road Runners		30	F
14	0:21:20	Rushton, Kelly			23	F
15	0:21:22	Carver, Dawn	Norwich Road Runners		41	F
16	0:21:46	Bull, Michelle	Norwich Road Runners		35	F
17	0:22:21	Grattan, Harriet			17	F
18	0:22:38	Manly, Veronica	Wymondham Athletic Club		57	F
19	0:22:38	Bear, Angie	Wymondham Athletic Club		48	F
20	0:22:55	Preston, Jessica	Wymondham Athletic Club		17	F
21	0:23:05	Panter, Jenna			21	F
22	0:23:30	Woodhouse, Gill	Dereham Runners		57	F
23	0:23:32	Sargeant, Sarah	Lowestoft Road Runners		34	F
24	0:23:53	Smith, Wendy	Norwich Road Runners		43	F
25	0:24:17	West, Juliet			35	F
26	0:24:23	Andrews, Mandy	Thetford Athletic Club		42	F
27	0:24:25	Brown, Hannah			32	F
28	0:24:54	Withey, Sally	City Of Norwich		36	F
29	0:25:16	Bradley, Sarah	Norwich Road Runners		42	F
30	0:25:18	Appleton, Katy	City Of Norwich		29	F
31	0:25:38	Norbury, Audrey	Thetford Athletic Club		40	F
32	0:25:43	Goodwin, Lyn	Brandon Fern Hoppers		39	F
33	0:25:54	Bailey, Margaret	Wymondham Athletic Club		56	F
34	0:26:06	Torun, Lesley	Wymondham Athletic Club		53	F
35	0:26:06	James, Joanne	Dereham Runners		26	F
36	0:26:31	Dix, Karen	Norfolk Gazelles		41	F
37	0:26:41	Burton, Diane	Wymondham Athletic Club		45	F
38	0:27:05	Matlock, Rosemary	Thetford Athletic Club		47	F
39	0:27:15	Barker, Sarah	Norwich Road Runners		34	F
40	0:27:22	Cole, Clare			32	F
41	0:27:26	Dellbridge, Annie	Thetford Athletic Club		41	F
42	0:27:27	Kennelly, Julia			32	F
43	0:27:49	Vane, June	Thetford Athletic Club		41	F
44	0:27:58	Paremain, Gillian			54	F

45	0:28:02	Mcnicol, Rebekah	Thetford Athletic Club		38	F
46	0:28:18	Robinson, Hollie			16	F
47	0:28:18	Harvey, Jane			46	F
48	0:28:28	Bunn, Carol	Norwich Road Runners		40	F
49	0:28:35	Lewis, Maria	Thetford Athletic Club		35	F
50	0:28:44	Chapman, Kim			51	F
51	0:28:52	Davis, Kerry	Wymondham Athletic Club		36	F
52	0:28:59	Batram, Catherine	North Norfolk Beach Runners		42	F
53	0:29:02	Smith, Stephanie			25	F
54	0:29:10	Davies, Jill	Dereham Runners		34	F
55	0:29:13	Mccarthy, Claire	Thetford Athletic Club		16	F
56	0:29:28	Salmon, Helen			39	F
57	0:29:33	Smith, Sally			36	F
58	0:29:51	Stevens, Rachel	Norfolk Gazelles		46	F
59	0:30:06	Francis, Amanda	Dereham Runners		42	F
60	0:30:06	Christian, Vicki	Dereham Runners		37	F
61	0:30:07	Mccarthy, Angela	Thetford Athletic Club		41	F
62	0:30:28	Rogers, Rosie	Norfolk Gazelles		45	F
63	0:31:46	Barker, Pauline			61	F
64	0:32:13	Lakin, Tracy			31	F
65	0:32:28	Frost, Dorothy	Brandon Fern Hoppers		68	F
66	0:32:52	Ferguson, Alex			39	F
67	0:32:54	Aldridge, Kate			36	F
68	0:33:20	Joy, Christine	Dereham Runners		60	F
69	0:35:03	Norry, Rita	Thetford Athletic Club		45	F