

GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

FREETHORPE TEN

Sunday 29th January 2017

OVERALL WINNERS:

MEN			
1 st	Ben Russell	Norwich Road Runners	0:51:05 CR
2 nd	Piers Arnold	City of Norwich AC	0:51:17
3 rd	Michael Eccles	Norfolk Gazelles AC	0:51:56

All 3 broke the previous record of 53:15

LADIES

1 st	Dani Nimmock	City of Norwich AC	0:59:20 CR
2 nd	Emma Risby		1:01:19
3 rd	Sarah Griffiths	Norwich Road Runners	1:08:07

WHEELCHAIR: Gary Donald: 1:25:28

AGE CATEGORY WINNERS:

MEN

Senior	Joe Skipper		0:53:56
	Alan Darby	Ely Runners	0:54:22
	Matt Pyatt	Ryston Runners	0:55:48
40-44	Matthew Allen	Ryston Runners	0:56:30 CR
	Jeremy Rogers	Norfolk Gazelles AC	0:58:26
	Colin Stark	North Norfolk Beach Runners	1:01:58
45-49	Scott Walford	Bure Valley Harriers	0:57:25 CR
	Nicholas Bensley	Ryston Runners	0:59:52
	Darren Honour	Great Yarmouth Road Runners	1:01:49
50-54	Richard Hanson	Tri-Anglia	1:01:41
	Karl Sherry	Norwich Road Runners	1:04:21
	Kevin Frazer		1:04:58
55-59	John Moore	Norfolk Gazelles AC	1:00:50
	Paul Mingay	Tiptree Road Runners	1:01:34
	Nigel Arnold	Norfolk Gazelles AC	1:03:42
60-64	Peter Johnson	Ryston Runners	1:06:31
	Phil Hurr	North Norfolk Beach Runners	1:06:55
	Andrew Lane	Wymondham AC	1:10:24
65 - 69	Ken Bowman	Coltishall Jaguars	1:12:58
	Philip Hymers	St. Edmunds Pacers	1:17:29
	Robin Ashe	Bungay Black Dog RC	1:24:44
70+	Michael Smith	Wymondham AC	1:26:37
	Peter Gay	Stowmarket Striders	1:32:22
	John Tilbrook		1:32:30

LADIES

Senior	Charlotte Neale	North Norfolk Beach Runners	1:06:48
	Rowena Leary	Norfolk Gazelles AC	1:06:44
	Sarah Peachey	Norwich Road Runners	1:07:12

35-39	Louise Juby		1:10:58
	Stacey Harper	Norwich Road Runners	1:13:19
	Lisa Pyatt	Ryston Runners	1:16:31
40-44	Anna Blackwell	Cambridge Tri	1:11:00
	Penny Studley	Great Yarmouth Road Runners	1:12:04
	Lisa Oakley	North Norfolk Beach Runners	1:12:50
45-49	Helen Mian	Norfolk Gazelles AC	1:11:24
	Sharon Hurren	Wymondham AC	1:11:52
	Emma Potter Campbell	Dereham Runners	1:15:02
50-54	Carol Devlin	Dereham Runners AC	1:10:16 CR
	Catherine Henery	Norwich Road Runners	1:13:01
	Sally Cushing	Norwich Road Runners	1:20:46
55-59	Alison Stewart	Norwich Road Runners	1:20:08
	Jackie Bye		1:24:23
	Pauline Leeves	Great Yarmouth Road Runners	1:26:39
60 – 64	Anne Ellen	Norfolk Gazelles AC	1:19:02
	Lucy Walker		1:20:59
	Angie Bear	Wymondham AC	1:27:54
65+	Jane Ashby	Ryston Runners	1:24:34 CR
	Dianne Tilbrook		1:30:11
	Pauline Sparrow	Ryston Runners	1:31:51

TEAM WINNERS:

SENIOR MEN

NORWICH ROAD RUNNERS

Ben Russell
Daniel Middleton
Paul Blazey

MENS MASTERS

NORFOLK GAZELLES AC

Jeremy Rogers
John Moore
Nigel Arnold

SENIOR LADIES

NORWICH ROAD RUNNERS

Sarah Griffiths
Sarah Peachey
Jessica Behan

LADIES MASTERS

NORWICH ROAD RUNNERS

Catherine Henery
Stacey Harper
Caroline Houghton