

NRR HORSFORD XC RACE 3 RESULTS – 13/2/2022

Vito Machin	CONAC	m11	1	00:13:28
Jacob Mann	NRR	m11	2	00:15:54
Iggy Larke	NRR	m11	3	00:16:03
Ashton Moore	Waveney Valley	m11	4	00:16:33
Toby Mann	NRR	m11	5	00:16:43
Hartley Moore	None	m11	6	00:21:52
Gabrielle Wilding	Alf Tupperts	m13	1	00:33:44
Oscar Smith	NRR	m13	2	00:38:24
Lachlan Hadden	NRR	m15	1	00:27:15
Tom Whiting	CONAC	m17	1	00:40:29
Will Cator	NRR	m17	2	00:42:11
Nico Drinkwater	Gazelles	m40	1	00:48:03
Andrew Hawes	Reepham Runners	m40	2	00:55:12
Jason Cole	N/a	m40	3	00:55:13
Phil Whiting	Gazelles	m45	1	00:57:58
Denis Hellebrand	N/A	m45	2	00:59:34
Alan Bushell	Coltishall Jaguars RC	m50	1	00:56:01
Martin Doherty	Norfolk Gazelles	m50	2	00:59:26
Anthony Fullam	None	m50	3	01:01:47
Ally Hadden	Norwich Road Runners	m50	4	01:02:28
Sean newbury	Great yarmouth Road runner	m50	5	01:20:39
Eirrin Thomson	Great Yarmouth Road Runner	M50	6	01:22:36
Adrian Hall	WAC	m55	1	00:56:39
Keith brightly	Coltishall jags	m55	2	00:58:05
Rob Hall	BBDRRC	m55	3	01:01:05
Richard Beevor	Great Yarmouth road runner	m55	4	01:01:25
Richard Crossland	Bungay Black Dogs	m55	5	01:03:05
Paul Woodhouse	Wells runner next to sea	m55	6	01:06:48
Robert Reason	Stowmarket Striders RC	m55	7	01:06:49
NIGEL HORNEY	KESWICK AC	m60	1	00:54:12
Simon Rumsey	N/A	m60	2	01:04:13
Stephen Girling	Norfolk Harriers	m60	3	01:11:11
Ian Freel	Great Yarmouth	m60	4	01:22:40
Robert Scarfe	Wymondham	m65	1	01:20:32
Dave Thomas	Norwich Road Runners	MS	1	00:52:03
Alex Morris	CONAC	MS	2	00:55:28
Adam Pimble	Dunerunners	MS	3	00:58:22
Cameron Raven	Runners-next-the-sea	MS	4	01:00:37
dean Jackson	N/A	MS	5	01:07:09
Sam Spencer	N/A	MS	6	01:08:01
Ricky Cannell	N/A	MS	7	01:12:46
Tom Moore	Waveney Valley	MS	8	01:22:38

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Nico Drinkwater	Gazelles	m40	1	00:48:03
Dave Thomas	Norwich Road Runners	MS	2	00:52:03
NIGEL HORNEY	KESWICK AC	m60	3	00:54:12
Andrew Hawes	Reepham Runners	m40	4	00:55:12
Jason Cole	N/a	m40	5	00:55:13
Alex Morris	CONAC	MS	6	00:55:28
Alan Bushell	Coltishall Jaguars RC	m50	7	00:56:01
Adrian Hall	WAC	m55	8	00:56:39
Phil Whiting	Gazelles	m45	9	00:57:58
Keith brighty	Coltishall jags	m55	10	00:58:05
Adam Pimble	Dunerunners	MS	11	00:58:22
Martin Doherty	Norfolk Gazelles	m50	12	00:59:26
Denis Hellebrand	N/A	m45	13	00:59:34
Cameron Raven	Runners-next-the-sea	MS	14	01:00:37
Rob Hall	BBDRC	m55	15	01:01:05
Richard Beevor	Great Yarmouth road runner	m55	16	01:01:25
Anthony Fullam	None	m50	17	01:01:47
Ally Hadden	Norwich Road Runners	m50	18	01:02:28
Richard Crossland	Bungay Black Dogs	m55	19	01:03:05
Simon Rumsey	N/A	m60	20	01:04:13
Paul Woodhouse	Wells runner next to sea	m55	21	01:06:48
Robert Reason	Stowmarket Striders RC	m55	22	01:06:49
dean Jackson	N/A	MS	23	01:07:09
Sam Spencer	N/A	MS	24	01:08:01
Stephen Girling	Norfolk Harriers	m60	25	01:11:11
Ricky Cannell	N/A	MS	26	01:12:46
Robert Scarfe	Wymondham	m65	27	01:20:32
Sean newbury	Great yarmouth Road runner	m50	28	01:20:39
Eirrin Thomson	Great Yarmouth Road Runner	M50	29	01:22:36
Tom Moore	Waveney Valley	MS	30	01:22:38
Ian Freel	Great Yarmouth	m60	31	01:22:40

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Elouise Littleboy	NRR	f11	1	00:16:45
Eva Townsend	Harriers	f11	2	00:16:46
Lana Townsend	Harriers	f11	3	00:21:35
Alice Smith	NRR	f13	1	00:33:42
Grace Bushell	Non affiliated	f15	1	00:39:57
Brooke Oram	GYDNAC	f17	1	00:45:55
Chantelle Holnes	NRR	f45	1	00:46:17
Susan larke	N/a	f45	2	00:51:11
Karen Bradley	Coltishall Jaguars	f45	3	00:59:04
Michelle Sinclair	Dunerunner	f45	4	01:00:10
Jo Anverali	Great Yarmouth road runner	f50	1	00:45:58
Karen Evans	Coltishall Jaguars	f50	2	00:49:26
Sharon Jones	Coltishall Jaguars	f50	3	00:50:07
Emma Penfold	Coltishall Jags	f50	4	00:54:41
Ness Brown	Dunerunners	f50	5	01:00:09
Karen Grapes	Dunedawgs (Dune Runner)	f55	1	00:48:53
Dee Middleton-Hall	Wymondham AC	F55	2	00:55:21
Libby Woodhouse	Wells runner next to sea	f55	3	00:56:25
Eva Osborne	Wymondham AC	f70	1	01:00:48
Nicole Beck	Tri-Anglia Triathlon Club	FS	1	00:44:33
Tessa Killingbeck	Vegan Runners Uk	FS	2	00:45:17
Kerrie Pimble	Dunerunners	FS	3	00:49:34
Simone Holloway	N/A	FS	4	00:49:39
Sarah Hemingway	N/A	FS	DNF	

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NRR HORSFORD XC	13/02/2022			
Nicole Beck	Tri-Anglia Triathlon Club	FS	1	00:44:33
Tessa Killingbeck	Vegan Runners Uk	FS	2	00:45:17
Jo Anverali	Great Yarmouth road runner	f50	3	00:45:58
Chantelle Holnes	NRR	f45	4	00:46:17
Karen Grapes	Dunedawgs (Dune Runner)	f55	5	00:48:53
Karen Evans	Coltishall Jaguars	f50	6	00:49:26
Kerrie Pimble	Dunerunners	FS	7	00:49:34
Simone Holloway	N/A	FS	8	00:49:39
Sharon Jones	Coltishall Jaguars	f50	9	00:50:07
Susan larke	N/a	f45	10	00:51:11
Emma Penfold	Coltishall Jags	f50	11	00:54:41
Dee Middleton-Hall	Wymondham AC	F55	12	00:55:21
Libby Woodhouse	Wells runner next to sea	f55	13	00:56:25
Karen Bradley	Coltishall Jaguars	f45	14	00:59:04
Ness Brown	Dunerunners	f50	15	01:00:09
Michelle Sinclair	Dunerunner	f45	16	01:00:10
Eva Osborne	Wymondham AC	f70	17	01:00:48
Sarah Hemingway	N/A	FS	DNF	