

Harling 10k

Sunday, 21st September 2025

Overall Results (Based On Chip Time)



Race Chip Timing

Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
Harling 10k								
1.	133	Alex Griffiths	OO	Norwich Road Runners	34:58	34:58	1.	1.
2.	246	Sam Peck	OO	City of Norwich AC	35:53	35:53	2.	2.
3.	319	Art Tonge	OO	Norwich Road Runners	35:58	35:58	3.	3.
4.	175	John Jervis	O40-44	Lowestoft Road Runners	37:12	37:13	4.	1.
5.	240	Cameron Panting	OO	Unattached	37:30	37:30	5.	4.
6.	155	David Houghton	O50-54	Wymondham AC	37:46	37:47	6.	1.
7.	107	Leanne Finch	FO	Bure Valley Harriers	37:55	37:55	1.	1.
8.	329	Harvey Wade	OO	Unattached	38:22	38:26	7.	5.
9.	254	Louis Prangnell	O40-44	Unattached	38:25	38:26	8.	2.
10.	347	Jason Wing	O55-59	Thetford AC	38:46	38:48	9.	1.
11.	310	Richard Taylor	OO	Unattached	38:56	38:57	10.	6.
12.	198	Barry Lynn	OO	Unattached	39:12	39:13	11.	7.
13.	79	Jason Corner	O45-49	Tri-Anglia Triathlon Club	39:24	39:28	12.	1.
14.	99	Alan Duncan	O45-49	Unattached	39:30	39:32	13.	2.
15.	272	Micah Rogers	OO	Unattached	39:39	39:39	14.	8.
16.	303	Matt Stone	O50-54	Bure Valley Harriers	39:43	39:45	15.	2.
17.	69	Marc Coles	O45-49	Norwich Road Runners	39:56	39:58	16.	3.
18.	96	Tom Downs	O40-44	Unattached	39:59	40:00	17.	3.
19.	202	Jordan Marriott	OO	Unattached	40:37	40:42	18.	9.
20.	85	Stewart Curson	O40-44	Unattached	40:37	40:38	19.	4.
21.	49	Hugh Burton	O55-59	Yaxley Runners & Joggers	40:39	40:39	20.	2.
22.	206	Jason Mattless	O50-54	Dereham Runners AC	40:40	40:48	21.	3.
23.	103	Jason Elrick	O55-59	Thetford AC	40:45	40:47	22.	3.
24.	289	Barry Smith	O55-59	Bungay Black Dog RC	40:48	40:53	23.	4.
25.	245	Marcus Pearson	OO	Unattached	40:53	40:57	24.	10.
26.	30	Seb Belton	O40-44	RAF Athletics	40:53	40:55	25.	5.
27.	150	Becky Hills	FO	Unattached	41:03	41:05	2.	2.
28.	271	Damian Rogers	OO	City of Norwich AC	41:14	41:15	26.	11.
29.	41	Shaun Braybrook	O40-44	Wymondham AC	41:16	41:17	27.	6.
30.	189	Will Kitchener	O40-44	Norwich Road Runners	41:19	41:25	28.	7.
31.	23	Jason Beeton	O40-44	Thetford AC	41:27	41:29	29.	8.
32.	1	Kristopher Abraham	O40-44	Attleborough Athletics Academy	41:39	41:42	30.	9.
33.	64	Peter Clarke	O60-64	Diss and District AC	41:41	41:45	31.	1.
34.	355	Jamie Wright	OO	Unattached	41:44	41:51	32.	12.
35.	141	Jimmy Harris	O40-44	Unattached	41:46	41:49	33.	10.
36.	307	Claire Stroud	F45-49	Unattached	41:49	41:51	3.	1.
37.	17	Chris Bartram	OO	Unattached	41:56	42:00	34.	13.
38.	104	Stuart Farmer	O45-49	Thetford AC	42:07	42:09	35.	4.
39.	295	Paul Spooner	OO	Unattached	42:14	42:16	36.	14.
40.	199	Gary Malliband	O50-54	Thetford AC	42:21	42:23	37.	4.
41.	324	Grace Turner	FO	Norfolk Gazelles AC	42:25	42:27	4.	3.
42.	312	Andrew Thomas	O45-49	Great Yarmouth Road Runners	42:26	42:30	38.	5.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
43.	321	Malcolm Tuff	O60-64	Fenland Running Club	42:36	42:49	39.	2.
44.	35	Daniel Bodimeade	OO	Unattached	42:37	42:48	40.	15.
45.	183	Richard Kelsall	OO	Unattached	42:41	42:44	41.	16.
46.	128	Martin Gooderham	OO	Harling Athletic Club	42:43	42:45	42.	17.
47.	36	James Bool	O55-59	Great Yarmouth Road Runners	42:48	42:52	43.	5.
48.	20	Callum Baxter	OO	Unattached	42:55	43:06	44.	18.
49.	209	Chris Meadows	O45-49	Diss and District AC	43:01	43:07	45.	6.
50.	55	Callum Cameron	OO	Unaffiliated	43:06	43:47	46.	19.
51.	178	Will Johnson	O45-49	Unattached	43:09	43:18	47.	7.
52.	12	Heidi Bacon	F40-44	Tri-Anglia Triathlon Club	43:10	43:14	5.	1.
53.	118	Dudley Garner	O40-44	City of Norwich AC	43:14	43:21	48.	11.
54.	13	Simon Baker	OO	Harling Athletic Club	43:26	43:41	49.	20.
55.	284	Luke Shephard	OO	Unattached	43:27	43:49	50.	21.
56.	139	Sarah Hanlon	F45-49	Diss and District AC	43:44	43:50	6.	2.
57.	212	Stacey Mockford	F40-44	Saint Edmund Pacers	43:48	43:50	7.	2.
58.	138	Lewis Halliday	OO	Stowmarket Striders RC	43:53	44:06	51.	22.
59.	288	Kevin Simpson	O40-44	Wymondham AC	43:53	44:03	52.	12.
60.	263	Brad Rivers	OO	Unattached	43:54	43:57	53.	23.
61.	348	Ewan Winzor Saile	O45-49	Unattached	44:19	44:29	54.	8.
62.	242	Paul Parker	O60-64	Coltishall Jaguars RC	44:28	44:38	55.	3.
63.	273	Matthew Rogers	OO	Coltishall Jaguars RC	44:28	44:32	56.	24.
64.	47	Lewis Bryant	OO	Thetford AC	44:30	44:33	57.	25.
65.	142	Stephen Harrison	O50-54	Unattached	44:32	44:40	58.	5.
66.	237	Luke Owen	OO	Saint Edmund Pacers	44:32	44:47	59.	26.
67.	334	Joanne Watkins	F40-44	Bure Valley Harriers	44:35	44:43	8.	3.
68.	176	Jamie Collier	O40-44	Diss and District AC	44:36	44:41	60.	13.
69.	320	James Trim	OO	Ryston Runners	44:39	44:48	61.	27.
70.	68	Kevin Coleman	O55-59	Stowmarket Striders RC	44:40	44:57	62.	6.
71.	216	Luke Morfitt	O40-44	Unattached	44:44	44:54	63.	14.
72.	26	Ian Beggs	O55-59	Wymondham AC	44:51	44:57	64.	7.
73.	89	Harvey Debenham	OO	Unattached	44:55	45:08	65.	28.
74.	15	Amy Balaam	F40-44	Bure Valley Harriers	44:57	45:05	9.	4.
75.	330	Paul Walpole	O45-49	Dereham Runners AC	44:57	45:05	66.	9.
76.	359	Miles Yaxley	OO	Unattached	45:08	45:20	67.	29.
77.	278	Lloyd Sapsed	O40-44	Harleston Running Club	45:17	45:29	68.	15.
78.	345	John Wilson	O60-64	Unattached	45:19	45:34	69.	4.
79.	356	Megan Wright	FO	Unattached	45:28	45:34	10.	4.
80.	358	Karl Wright	O40-44	Unattached	45:29	45:33	70.	16.
81.	233	Gemma Nunn	FO	Unattached	45:36	45:38	11.	5.
82.	57	Christopher Cann	OO	Ryston Runners	45:36	45:44	71.	30.
83.	53	Tom Butler	O40-44	Diss and District AC	45:47	46:07	72.	17.
84.	171	Rachel Jackson	F45-49	Unattached	45:53	46:09	12.	3.
85.	51	Mike Burton	O50-54	Attleborough Athletics Academy	45:55	46:00	73.	6.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
86.	160	Stephanie Hudson	F40-44	Norfolk Gazelles AC	46:02	46:12	13.	5.
87.	327	Neil Vendy	O40-44	Thetford AC	46:06	46:11	74.	18.
88.	157	Chris Howard	O45-49	Wymondham AC	46:11	46:51	75.	10.
89.	318	Callum Thompson-Browne	OO	Unattached	46:12	46:40	76.	31.
90.	83	Richard Crewe	O50-54	Thetford AC	46:20	46:25	77.	7.
91.	244	Faith Pearce	F40-44	Norfolk Gazelles AC	46:25	46:35	14.	6.
92.	48	Liam Burlingham	OO	Unattached	46:26	46:49	78.	32.
93.	44	Amy Brown	FO	Unattached	46:27	46:32	15.	6.
94.	313	Zoe Thomas	F40-44	Unattached	46:29	46:32	16.	7.
95.	203	Mark Marriott	O60-64	Unattached	46:32	46:39	79.	5.
96.	241	Stephen Panting	O55-59	Unattached	46:42	46:56	80.	8.
97.	22	Tony Beales	O55-59	Wymondham AC	46:43	46:53	81.	9.
98.	40	David Brailey	O50-54	Unattached	46:46	46:50	82.	8.
99.	120	Ruth Gaunt	F55-59	Norwich Road Runners	46:46	47:03	17.	1.
100.	60	Ruth Chadwick	F55-59	Ryston Runners	47:03	47:15	18.	2.
101.	264	Sandra Roberts	F60-64	Coltishall Jaguars RC	47:05	47:16	19.	1.
102.	261	Peter Rice	O55-59	Norfolk Gazelles AC	47:07	47:17	83.	10.
103.	317	Matt Thompson	OO	Unattached	47:14	47:36	84.	33.
104.	250	Luke Pickford	OO	Unattached	47:17	47:53	85.	34.
105.	193	Peter Laddiman	O65-69	Norfolk Harriers RC	47:29	47:45	86.	1.
106.	186	Phil King	O65-69	North Norfolk Beach Runners	47:30	47:46	87.	2.
107.	134	Nicola Grimes	F45-49	Lonely Goat RC	47:35	47:49	20.	4.
108.	63	Chris Chorley	O60-64	Bungay Black Dog RC	47:37	47:57	88.	6.
109.	109	Andrew Fleet	O50-54	Thetford AC	47:39	47:43	89.	9.
110.	73	Dean Cook	O40-44	Unaffiliated	47:47	48:17	90.	19.
111.	108	Colin Fish	O60-64	Norfolk Gazelles AC	47:56	48:23	91.	7.
112.	219	David Neeve	O40-44	Harleston Running Club	47:59	48:12	92.	20.
113.	243	Christopher Parsons	O40-44	Unattached	47:59	48:26	93.	21.
114.	304	Tom Storey	O55-59	Wymondham AC	48:03	48:13	94.	11.
115.	292	Barry Smith	O60-64	Thetford AC	48:09	48:14	95.	8.
116.	181	Tom Jones	O50-54	Aylsham Runners	48:14	48:39	96.	10.
117.	106	Scott Field	O50-54	Unattached	48:17	48:36	97.	11.
118.	125	Kane Goodchild	OO	Unattached	48:19	48:26	98.	35.
119.	350	Paul Woodhouse	O60-64	Runners-Next-the-Sea	48:22	48:41	99.	9.
120.	101	Tim Edmonds	O50-54	Unattached	48:33	48:49	100.	12.
121.	164	Gina Hurrell	F60-64	Ryston Runners	48:38	48:46	21.	2.
122.	286	John Shippey	O70+	Unattached	48:42	48:48	101.	1.
123.	222	Warren Newell	O60-64	Lonely Goat RC	48:44	49:04	102.	10.
124.	156	Chris Howard	O70+	Unattached	48:52	48:56	103.	2.
125.	232	Russell Nunn	O60-64	Unattached	48:58	49:23	104.	11.
126.	174	Ian Jarvis	O55-59	Lonely Goat RC	49:00	49:12	105.	12.
127.	251	Nick ponder	O40-44	Unaffiliated	49:02	49:08	106.	22.
128.	293	Ben Snelling	O50-54	Fordy Runs Running Club	49:04	49:17	107.	13.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
129.	116	Ruth Gainsford	F60-64	Coltishall Jaguars RC	49:06	49:17	22.	3.
130.	322	Mark Tufts	O55-59	Wymondham AC	49:08	49:13	108.	13.
131.	282	Christina Sharpe	F45-49	Wymondham AC	49:13	49:23	23.	5.
132.	333	Kevin Warren	O50-54	Unattached	49:18	49:27	109.	14.
133.	34	Ron Bloomfield	O50-54	Unattached	49:21	49:44	110.	15.
134.	352	Katherine Woods	FO	Norwich Road Runners	49:23	49:40	24.	7.
135.	224	Philip Nicholson	O50-54	Norwich Road Runners	49:23	49:40	111.	16.
136.	86	Linda Cusack	FV70+	Thetford AC	49:29	49:34	25.	1.
137.	335	Todd Watts	OO	Unattached	49:56	50:25	112.	36.
138.	338	Danielle Whatling	F40-44	Diss and District AC	49:58	50:06	26.	8.
139.	344	Josh Williamson	OO	Unattached	50:11	50:26	113.	37.
140.	248	Alicia Pentelow	FO	Ryston Runners	50:19	50:37	27.	8.
141.	274	Paul Rogers	O50-54	Coltishall Jaguars RC	50:25	50:49	114.	17.
142.	236	Haydn Orford	O55-59	Unaffiliated	50:32	50:49	115.	14.
143.	144	Robert Hart	OO	Unattached	50:33	51:02	116.	38.
144.	6	William Anderson	O55-59	Diss and District AC	50:35	50:45	117.	15.
145.	38	Clare Bradbury	F45-49	Norfolk Harriers RC	50:43	51:06	28.	6.
146.	297	Nigel Stallard-Mulford	O40-44	Coltishall Jaguars RC	50:43	51:01	118.	23.
147.	238	Lewis Owen	OO	Unaffiliated	51:07	51:22	119.	39.
148.	205	Linda Marshall	F60-64	Ryston Runners	51:13	51:27	29.	4.
149.	265	Stuart Roberts	O60-64	Unattached	51:23	51:29	120.	12.
150.	249	David Percival	O50-54	Attleborough Athletics Academy	51:24	51:40	121.	18.
151.	190	Robert Knights	O55-59	Unattached	51:25	51:56	122.	16.
152.	31	Simon Best	O50-54	Attleborough Athletics Academy	51:37	51:46	123.	19.
153.	88	Phoebe Davis	FO	Wymondham AC	51:39	51:49	30.	9.
154.	325	Steven Tuttle	O65-69	Unattached	51:49	52:33	124.	3.
155.	117	Michelle Gardiner	F55-59	Unattached	51:49	52:33	31.	3.
156.	92	Kevin Denmark	O65-69	Wymondham AC	52:00	52:16	125.	4.
157.	37	Liam Bowden	O55-59	Unattached	52:01	52:19	126.	17.
158.	287	Samantha Simper	FO	Unattached	52:04	52:13	32.	10.
159.	8	David Andrews	O40-44	Thetford AC	52:11	52:17	127.	24.
160.	332	Jacob Wardrop	OO	Unattached	52:14	52:36	128.	40.
161.	280	Iain Scofield	O45-49	Unattached	52:16	52:45	129.	11.
162.	5	James Ambrose	OO	Unattached	52:16	52:53	130.	41.
163.	90	Mark Debenham	O55-59	Unattached	52:17	52:30	131.	18.
164.	180	Gary Jones	O70+	Waveney Valley AC	52:17	52:46	132.	3.
165.	214	Chloe Morales	F40-44	Unattached	52:18	52:28	33.	9.
166.	192	James Kybird	O40-44	Unattached	52:21	52:41	133.	25.
167.	194	Simon Laughlin	O55-59	Unattached	52:26	52:44	134.	19.
168.	281	Pete Sharpe	O50-54	Wymondham AC	52:28	52:38	135.	20.
169.	226	Pawel Nogala	OO	Unattached	52:35	52:42	136.	42.
170.	341	Emma Wilder	F45-49	Norwich Road Runners	52:38	53:05	34.	7.
171.	16	Steve Barkey	O60-64	Norwich Road Runners	52:38	53:05	137.	13.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
172.	169	Rosemary Jackson	FV70+	Coltishall Jaguars RC	52:43	53:12	35.	2.
173.	188	Gavin Kirby	OO	Unattached	52:50	53:26	138.	43.
174.	61	Chris Chadwick	O50-54	Ryston Runners	52:51	53:08	139.	21.
175.	207	Paula McGrath	F50-54	Tri-Anglia Triathlon Club	52:51	53:21	36.	1.
176.	173	Alister James	O50-54	Unattached	53:05	53:29	140.	22.
177.	78	Paul Corina	O65-69	Unattached	53:09	53:47	141.	5.
178.	331	Emma Ward	F40-44	Diss and District AC	53:11	53:30	37.	10.
179.	39	Paul Brady	O60-64	Unattached	53:12	53:41	142.	14.
180.	283	Christopher Shearing	O40-44	Unattached	53:20	53:30	143.	26.
181.	21	Lucy Baxter	FO	Unattached	53:39	53:57	38.	11.
182.	25	Lisa Ann Beeton	FO	Thetford AC	53:41	53:53	39.	12.
183.	119	Alex Gaunt	O55-59	Norwich Road Runners	53:46	54:04	144.	20.
184.	285	Eloise Shiner	FO	Unattached	53:47	54:06	40.	13.
185.	136	Laura Hagen	F40-44	Unattached	54:14	54:40	41.	11.
186.	201	Luke Mansfield	OO	Unattached	54:14	54:35	145.	44.
187.	257	Aaron Protheroe	OO	Dereham Runners AC	54:22	54:44	146.	45.
188.	172	Debbie Jacob	F55-59	Diss and District AC	54:32	54:52	42.	4.
189.	220	Sarah Nelis	F50-54	Wymondham AC	54:34	54:43	43.	2.
190.	315	Mark Thompson	O45-49	Unattached	54:35	55:13	147.	12.
191.	361	Nikki Young	F50-54	Fenland Running Club	54:37	55:04	44.	3.
192.	75	Andrew Cope	O50-54	Unattached	54:42	55:18	148.	23.
193.	177	Liz Johnson	F50-54	Unattached	54:46	55:02	45.	4.
194.	229	James Norman	OO	Unattached	54:55	55:34	149.	46.
195.	270	Jenny Roger	F45-49	Bungay Black Dog RC	54:59	55:14	46.	8.
196.	74	Lindsay Cooper	F40-44	Unattached	55:03	55:40	47.	12.
197.	122	Lyndsey Girling	FO	Diss and District AC	55:10	55:32	48.	14.
198.	165	Emmie Hutt	FO	Thetford AC	55:18	55:26	49.	15.
199.	71	Andrea Connochie	F55-59	Unattached	55:26	55:44	50.	5.
200.	97	Emily Duffy	FO	Unattached	55:28	56:02	51.	16.
201.	204	Silvia Marroqui	F55-59	Unattached	55:31	56:01	52.	6.
202.	346	David Winch	O55-59	Unattached	55:37	56:19	150.	21.
203.	342	Patrick Wilder	O60-64	Norwich Road Runners	55:42	56:08	151.	15.
204.	211	Stephanie Mitchell	FO	Unattached	55:43	55:58	53.	17.
205.	24	Richard Beeton	O65-69	Thetford AC	55:45	56:17	152.	6.
206.	42	Naomi Brennan	F50-54	Unattached	55:55	56:24	54.	5.
207.	235	Laura O'Connor	FO	Thetford AC	55:57	56:04	55.	18.
208.	166	Harry Hutt	OO	Unaffiliated	55:57	56:05	153.	47.
209.	91	Kirsty Dekeyzer	FO	Bungay Black Dog RC	55:58	56:12	56.	19.
210.	129	Stuart Govey	O50-54	Unattached	55:59	56:10	154.	24.
211.	66	Liz Clues	F50-54	Tri-Anglia Triathlon Club	56:01	56:22	57.	6.
212.	82	Kayleigh Crewe	FO	Thetford AC	56:09	56:15	58.	20.
213.	267	James Robinson	O40-44	Unaffiliated	56:12	56:45	155.	27.
214.	113	Steven Fowler	O65-69	Unattached	56:31	57:05	156.	7.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
215.	147	Rosie Henry	FO	Unattached	56:32	56:48	59.	21.
216.	100	Sarah Dunsdon	F50-54	Unattached	56:32	56:53	60.	7.
217.	247	Anna Penrose	F55-59	Unattached	56:32	56:48	61.	7.
218.	279	Peter Savage	O65-69	Holme Pierrepont RC	56:34	57:05	157.	8.
219.	72	Lisa Cook	F55-59	Unattached	56:37	57:04	62.	8.
220.	266	Liam Robinson	O60-64	Fetch Everyone	56:43	56:57	158.	16.
221.	191	Yvonne Knights	F50-54	Unattached	56:43	56:53	63.	8.
222.	294	Pauline Sparrow	FV70+	Ryston Runners	56:47	57:02	64.	3.
223.	260	Mark Reynolds	O40-44	Attleborough Athletics Academy	56:49	57:13	159.	28.
224.	328	Carri Vendy	F40-44	Thetford AC	56:51	56:58	65.	13.
225.	148	Iain Hewett	O55-59	Unattached	57:01	57:31	160.	22.
226.	159	Nathan Hudson	OO	Unattached	57:01	57:38	161.	48.
227.	291	Hayley Smith	FO	Dereham Runners AC	57:01	57:24	66.	22.
228.	302	Kyle Stiff	OO	Unattached	57:10	57:46	162.	49.
229.	111	Michael Flower	O50-54	Unattached	57:14	57:37	163.	25.
230.	54	Charlene Calladine	FO	Diss and District AC	57:16	57:36	67.	23.
231.	306	Anouska Stott	F45-49	Unattached	57:19	57:49	68.	9.
232.	305	Ed Stott	O45-49	Unattached	57:26	57:56	164.	13.
233.	360	Rowan York-Smith	F45-49	Unattached	57:27	57:47	69.	10.
234.	152	Suzanne Horth	F45-49	Norfolk Harriers RC	57:28	57:51	70.	11.
235.	225	Martin Nicholson	O50-54	Unaffiliated	57:42	58:08	165.	26.
236.	197	Julie London	F55-59	Norfolk Gazelles AC	57:48	58:12	71.	9.
237.	276	Stephen Sadd	O65-69	Norfolk Gazelles AC	57:48	58:12	166.	9.
238.	11	Jane Ashby	FV70+	Ryston Runners	57:49	58:01	72.	4.
239.	140	David Hardy	O55-59	Norfolk Harriers RC	57:55	58:37	167.	23.
240.	298	Terry Stevens	O60-64	Unattached	58:10	58:48	168.	17.
241.	43	Ian Bridges	O60-64	Unattached	58:14	58:34	169.	18.
242.	151	Felicity Hopper	F40-44	Norfolk Harriers RC	58:16	58:39	73.	14.
243.	227	Andy Norkett	O50-54	Unattached	58:20	58:49	170.	27.
244.	195	Kerry Leslie	F40-44	Unattached	58:23	58:42	74.	15.
245.	213	Susanna Moore	F40-44	Unattached	58:27	58:46	75.	16.
246.	168	Max Jackman	O65-69	Bungay Black Dog RC	58:30	59:06	171.	10.
247.	143	Cassy Harrowven	FO	Unattached	58:37	58:52	76.	24.
248.	158	Vicki Howell	FO	Unattached	58:37	58:53	77.	25.
249.	337	Gavin Webb	OO	Unattached	58:39	59:03	172.	50.
250.	311	Stefan Taylor	OO	Unattached	58:53	59:34	173.	51.
251.	170	Steve Jackson	O50-54	Unattached	58:55	59:20	174.	28.
252.	300	Justin Stevenson	O40-44	Unaffiliated	58:56	59:01	175.	29.
253.	163	James Hunt	OO	Unattached	59:03	59:51	176.	52.
254.	28	Kieran Bell-tye	OO	Bungay Black Dog RC	59:06	59:48	177.	53.
255.	29	Dom Bell-Tye	OO	Unattached	59:07	59:50	178.	54.
256.	290	Rita Smith	F65-69	Thetford AC	59:10	59:32	78.	1.
257.	357	Sheila Wright	F65-69	Unattached	59:35	59:57	79.	2.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
258.	196	Ruth Logan	F60-64	Unattached	59:36	1:00:10	80.	5.
259.	115	Megan Frost	FO	Diss and District AC	59:46	1:00:08	81.	26.
260.	114	Jerry Freeman	O70+	Norfolk Gazelles AC	1:00:03	1:00:29	179.	4.
261.	80	Matt Cornford	O55-59	Unattached	1:00:19	1:00:49	180.	24.
262.	76	Gayle Cope	F45-49	Unattached	1:00:20	1:00:56	82.	12.
263.	309	Carly Taylor	FO	Unattached	1:00:35	1:01:17	83.	27.
264.	67	Sue Cockle	F55-59	Diss and District AC	1:00:44	1:01:06	84.	10.
265.	343	Richard Williams	O45-49	Unattached	1:00:46	1:01:22	181.	14.
266.	112	Peter Forster	O45-49	Harleston Running Club	1:00:49	1:01:15	182.	15.
267.	228	Melissa Norman	FO	Unattached	1:01:04	1:01:43	85.	28.
268.	9	Nicola Armstrong	F45-49	Unattached	1:01:09	1:01:21	86.	13.
269.	308	Clare Sweetland	F50-54	Unattached	1:01:11	1:01:43	87.	9.
270.	50	Laura Burton	FO	Unattached	1:01:32	1:01:51	88.	29.
271.	7	Neil Anderton	O70+	Unattached	1:01:39	1:02:18	183.	5.
272.	354	Sarah Wright	F40-44	Unattached	1:01:53	1:02:20	89.	17.
273.	77	Emma Copperwheat	F40-44	Unattached	1:02:22	1:03:01	90.	18.
274.	105	Emily Field	F40-44	Unattached	1:02:38	1:03:15	91.	19.
275.	32	Martin Blackburn	O65-69	Ryston Runners	1:02:41	1:03:15	184.	11.
276.	349	William Winzor Saile	OO	Unattached	1:02:48	1:03:18	185.	55.
277.	10	Roy Arthurton	O70+	Unattached	1:03:16	1:03:50	186.	6.
278.	2	Simon Alcock	O55-59	Bure Valley Harriers	1:03:21	1:03:47	187.	25.
279.	336	Abbey Webb	FO	Unattached	1:03:28	1:03:53	92.	30.
280.	4	Matthew Allin	OO	Unaffiliated	1:04:05	1:04:42	188.	56.
281.	215	Amy Morfitt	F45-49	Unattached	1:04:24	1:04:36	93.	14.
282.	62	Jennie Chamberlain	F55-59	Unattached	1:04:29	1:04:47	94.	11.
283.	146	Lesley Heath	F55-59	Harling Athletic Club	1:04:37	1:05:06	95.	12.
284.	268	Caroline Robinson	FO	Thetford AC	1:04:44	1:05:17	96.	31.
285.	259	Lorraine Reeves	F50-54	Brandon Fern Hoppers	1:04:50	1:05:11	97.	10.
286.	3	Jane Aldous	F45-49	Unattached	1:05:03	1:05:31	98.	15.
287.	340	John Wilde	O60-64	Unattached	1:05:23	1:05:58	189.	19.
288.	210	Roy Meadway	O65-69	Unattached	1:05:25	1:05:58	190.	12.
289.	182	Emily Keeble	F45-49	Unattached	1:05:27	1:05:53	99.	16.
290.	87	Kevin Dade	O45-49	Harleston Running Club	1:05:28	1:05:54	191.	16.
291.	234	Lucinda Nurse	FO	Unattached	1:05:30	1:05:48	100.	32.
292.	161	Elaine Hudson	F65-69	Norfolk Gazelles AC	1:05:51	1:06:16	101.	3.
293.	18	Dionne Baxter	FO	Unattached	1:06:15	1:06:38	102.	33.
294.	19	Ashley Baxter	OO	Unattached	1:06:16	1:06:39	192.	57.
295.	52	Sue Burton	F55-59	Unattached	1:06:31	1:07:00	103.	13.
296.	14	Matthew Baker	O40-44	Unattached	1:07:02	1:07:36	193.	30.
297.	56	Andrew Cameron	O60-64	Unaffiliated	1:07:10	1:07:57	194.	20.
298.	153	Emma Hough	F50-54	Unattached	1:07:17	1:07:49	104.	11.
299.	154	Toby Hough	O50-54	Unattached	1:07:17	1:07:49	195.	29.
300.	94	Kerry Dilks	F55-59	Harling Athletic Club	1:07:26	1:07:54	105.	14.



Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
301.	296	Kirsty Staddon	F50-54	Harling Athletic Club	1:07:47	1:08:15	106.	12.
302.	184	Graham Kendrick	O40-44	Unattached	1:08:26	1:08:54	196.	31.
303.	269	Rachel Robson	F55-59	Unattached	1:08:29	1:09:03	107.	15.
304.	179	Theresa Jones	F60-64	Waveney Valley AC	1:08:30	1:09:05	108.	6.
305.	131	Rachel Greenfield	F45-49	Unattached	1:08:52	1:09:21	109.	17.
306.	59	Sue Cattermole	F65-69	Unattached	1:08:58	1:09:10	110.	4.
307.	252	Trevor Potter	O70+	Norwich Road Runners	1:09:01	1:09:40	197.	7.
308.	130	Amanda Gray	F65-69	Wymondham AC	1:09:08	1:09:43	111.	5.
309.	326	Frank Tyldesley	O60-64	Saint Edmund Pacers	1:09:30	1:10:08	198.	21.
310.	277	Judith Sadler	F55-59	Bungay Black Dog RC	1:09:40	1:10:14	112.	16.
311.	339	John Wilby	O65-69	Unattached	1:10:19	1:10:51	199.	13.
312.	95	Hazel Dormer	F60-64	Unattached	1:10:24	1:10:56	113.	7.
313.	126	Grace Goodchild	FO	Unattached	1:10:28	1:10:59	114.	34.
314.	127	Joel Goodchild	OO	Unaffiliated	1:10:28	1:10:59	200.	58.
315.	262	Malcolm Richmond	O60-64	Unattached	1:10:59	1:11:45	201.	22.
316.	81	Molly Crane	FO	Unattached	1:12:07	1:12:40	115.	35.
317.	132	Jack Greening	OO	Unattached	1:12:07	1:12:41	202.	59.
318.	217	Marina Murdoch	F60-64	Wymondham AC	1:12:33	1:13:08	116.	8.
319.	137	Rebecca Hall	FO	Unattached	1:12:38	1:13:06	117.	36.
320.	253	Helen Potter	F65-69	Unattached	1:12:48	1:13:12	118.	6.
321.	353	Paul Woodyatt	O60-64	Eastern Masters AC	1:14:37	1:15:18	203.	23.
322.	167	Laura Jackman	F60-64	Unattached	1:15:10	1:15:44	119.	9.
323.	121	Nicola Ginger	F65-69	Thetford AC	1:17:51	1:18:27	120.	7.
324.	27	Paul Bell-Tye	O60-64	Bungay Black Dog RC	1:21:33	1:22:16	204.	24.
325.	162	Dayna Hunt	FO	Unattached	1:22:37	1:23:25	121.	37.
326.	223	Chloe Newman	FO	Unattached	1:22:49	1:23:25	122.	38.
327.	135	Casey Grint	FO	Unattached	1:28:44	1:29:24	123.	39.
DNS	33	Heather Blackmore	F60-64	Unattached				
DNS	45	Paul Browne	O45-49	Unattached				
DNS	46	Graham Bruty	O55-59	Harleston Running Club				
DNS	58	Sherralyn Carlton	F55-59	Unattached				
DNS	65	Hui Imm Clarke	F55-59	Unattached				
DNS	70	Micky Collings	O50-54	Unattached				
DNS	84	Jackie Cuninghame	FV70+	Stowmarket Striders RC				
DNS	93	Patrick Dickinson	OO	Unattached				
DNS	98	Robert Duncan	O40-44	Unattached				
DNS	102	Colin Edmondson	O50-54	Diss and District AC				
DNS	110	Mary-Beth Fleming	F40-44	Thetford AC				
DNS	123	Stefan Glaysher	O60-64	Norwich Road Runners				
DNS	124	Wendy Glaysher	F65-69	Norwich Road Runners				
DNS	145	James Heaney	O40-44	Wymondham AC				
DNS	149	John Hill	O40-44	Bungay Black Dog RC				
DNS	185	Louisa-Kate Keylock	F40-44	Unattached				

Harling 10k

Sunday, 21st September 2025

Overall Results (Based On Chip Time)



Race Chip Timing

Place	Bib	Name	AG	Club	Chip	Gun	GenP	AgP
DNS	187	Becky Kingsland	FO	Unattached				
DNS	200	Tom Mansfield	OO	Unattached				
DNS	208	Amanda McMurray	F65-69	Unattached				
DNS	218	Lynette Nash	F55-59	Unattached				
DNS	221	Ryan Nesbitt	O50-54	Norwich Road Runners				
DNS	230	Rita Norry	F65-69	Unattached				
DNS	231	Thomas Nudd	O40-44	Norwich Road Runners				
DNS	239	Neil Oxbury	O50-54	Unattached				
DNS	255	Tracey Pratt	F50-54	Unattached				
DNS	256	Debbie Priest	F65-69	Diss and District AC				
DNS	258	Jo Rayner	F55-59	Wymondham AC				
DNS	275	Andy Rowles	O60-64	Dereham Runners AC				
DNS	299	Rob Stevens	O55-59	Unattached				
DNS	301	Clive Steward	O60-64	Unattached				
DNS	314	Sacha Thomas	FO	Unattached				
DNS	316	Samantha Thompson	F50-54	Unattached				
DNS	323	Thomas Turner	O40-44	Unattached				
DNS	351	Drew Woodier	O55-59	Unattached				

Number of records: 361