

Alex Moore Memorial Relay 2016

Place	Team	Number	Runners	Stage times	Category	Time
1	The Young Ones Wymondham CONAC	26	Jack Gillick Andy Preston Spencer Goodall All	00:12:45 00:26:33 00:24:51 00:13:47	Mens Senior	01:17:56
2	Orange Speedo's Coltishall Jaguars	10	James Lambert Ben Letzer Andy Mulligan All	00:13:47 00:28:09 00:25:39 00:13:55	Mens Senior	01:21:30
3	Coast Busters Gt Yarmouth Road Runners	5	Andrew Baker Darren Honour Sean Jermy All	00:14:21 00:26:57 00:26:16 00:14:08	Mens Senior	01:21:42

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4	Two bald men and a ginger Wymondham AC	1	Andy Terry Karl Chapman Steve Ely All	00:13:58 00:28:03 00:26:48 00:14:11	Mens Masters	01:23:00
5	Dereham B Dereham Runners AC	30	Andy Bowles Craig Rogers Will Longworth All	00:14:49 00:27:45 00:25:55 00:14:41	Mens Senior	01:23:10
6	Dereham D Dereham Runners AC	32	Elizabeth Daly Todd Lake Craig B Jones All	00:14:05 00:27:14 00:27:55 00:14:40	Mixed	01:23:54
7	2 Blondes & Pete Ryston CONAC	28	Julia Parsley Nicky Alford Pete Johnson All	00:14:50 00:28:32 00:27:30 00:15:12	Mixed	01:26:04

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8	Dereham C Dereham Runners AC	31	Ed Stuart Rose Gee All	00:13:52 00:28:35 00:28:54 00:14:47	Mens Senior	01:26:08
9	Not 2 Fast but 2 Furious N/A	2	Jason Cole Luke Sutherland Ben Gaskins All	00:14:09 00:29:52 00:30:04 00:16:35	Mens Senior	01:30:40
10	Can I Bike? Coltishall Jaguars	12	Steve Neal Dean Blake Mel Porter All	00:16:02 00:29:44 00:28:52 00:16:34	Mens Masters	01:31:12
11	Old Birds Can Run Wymondham AC	3	Sharon Hurren Rebecca Faircloth Alexandra Smith All	00:15:22 00:30:25 00:29:57 00:15:41	Ladies Masters	01:31:25

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12	Reepham Panthers	6	Mike Jolly	00:16:08	Mens Senior	01:31:33
	Reepham Runners		Jon Beverley	00:30:08		
			Shaun Hurr	00:29:13		
			All	00:16:04		
13	Longdale Lads	24	Peter Fox	00:16:21	Mens Masters	01:31:44
	Longdale Striders		Rich Morris-Jones	00:30:31		
			Rob Osborne	00:28:47		
			All	00:16:05		
14	Last Minute Entry	41	Nikki Park	00:16:19	Mixed	01:32:40
	Norwich Road Runners		Stephen Moseley	00:29:30		
			Keith Brighty	00:30:12		
			All	00:16:39		
15	Rich Brothers	219	Keith Walpole	00:15:14	Mens Masters	01:33:35
	N/A		Richard Bracey	00:32:10		
			Neil Walpole	00:29:56		
			All	00:16:15		

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16	Need for Speed Bure Valley Harriers	20	Paul Jarvey Sarah Stubbs Arron Coe All	00:15:42 00:31:13 00:31:14 00:16:17	Mixed	01:34:26
17	PIN Bure Valley Harriers	17	Poppy Arnold Ian Cleminson Nigel Arnod All	00:16:44 00:33:30 00:27:39 00:16:42	Mixed	01:34:35
18	The Sea 'Galls' Gt Yarmouth Road Runners	4	Nicola Barker Penny Studley Victoria Quantrill All	00:15:07 00:30:46 00:32:09 00:16:37	Ladies Masters	01:34:39
19	Beauty and the Beasts Norwich Road Runners	27	Alexandra Bland Gary Cooper Sze-Ming Cheung All	00:15:18 00:35:26 00:27:24 00:17:09	Mixed	01:35:17

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20	The Undecided's Norwich Road Runners	40	Lisa Owen Paul Smith Michael Armes All	00:16:09 00:32:05 00:30:38 00:17:01	Mixed	01:35:53
21	Your Pace or Mine Bure Valley Harriers	19	Stuart Balaam Amy Balaam Denver Slowther All	00:16:15 00:31:57 00:32:19 00:17:09	Mixed	01:37:40
22	Pals N/A	14	Libby Woodhouse Paul Woodhouse Anthony Cude All	00:18:40 00:32:44 00:27:55 00:18:49	Mixed	01:38:08
23	The 3 J's Bure Valley Harriers	18	Sarah Jary Jon Foot Adrian Jay All	00:17:54 00:34:04 00:29:22 00:17:41	Mixed	01:39:01

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24	The Bee's Knees Coltishall Jaguars	15	Emma Blake Julian Smith Steve Pointer All	00:17:09 00:32:18 00:31:17 00:18:29	Mixed	01:39:13
25	Longdale Lurchers Longdale Striders	22	Rachel Williamson Michelle Bull Karl Rumsby All	00:16:03 00:34:12 00:31:53 00:17:23	Mixed	01:39:31
26	Dereham E Dereham Runners AC	33	Toni Stuart Slattery Steve Rix All	00:17:30 00:33:10 00:32:03 00:17:34	Mixed	01:40:17
27	Dereham A Dereham Runners AC	29	Amelia Kareana Emma All	00:17:10 00:34:17 00:32:05 00:17:31	Ladies Senior	01:41:03

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28	Melvyn's Angels Coltishall Jaguars	7	Sophie Overall Nicola John Ellie Bye All	00:18:25 00:31:52 00:31:28 00:19:31	Ladies Senior	01:41:16
29	Dereham F Dereham Runners AC	34	Becky Ant Malcolm Fisher All	00:18:00 00:33:55 00:32:31 00:19:07	Mixed	01:43:33
30	3 Amigos Norwich Road Runners	25	Trevor Horrex Charles Wood Gavin Thouless All	00:17:56 00:36:32 00:34:50 00:19:54	Mens Masters	01:49:12
31	The Powerpuff Girls Coltishall Jaguars	8	Jackie Gooch Jackie Bye Emma Jordan All	00:18:25 00:36:47 00:36:12 00:19:33	Ladies Masters	01:50:57

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32	Viking Fitness 1 N/A	38	Richard Toms Emma Finn Emma Renouf All	00:18:36 00:38:17 00:35:05 00:19:42	Mixed	01:51:40
33	Dereham H Dereham Runners AC	36	Paula Olley Ryan Neil Flatt All	00:20:07 00:36:15 00:35:39 00:21:07	Mixed	01:53:08
34	Lanterne Rouge Bure Valley Harriers	16	Julie Jarvey Matthew Stone Paul Rodgers All	00:28:43 00:28:35 00:29:34 00:26:37	Mixed	01:53:29
35	Paul Coltishall Jaguars	13	Paul Emery Paul Gerber Paul Groves All	00:15:56 00:37:15 00:38:29 00:22:43	Mens Masters	01:54:23

Place	Team	Number	Runners	Stage times	Category	Time
36	Viking Fitness 2 N/A	39	Lucy O'Mara Lizza Frary Jodie Causer All	00:18:32 00:39:01 00:36:32 00:20:52	Ladies Senior	01:54:57
37	Nackered Hot Sweaty Coltishall Jaguars	9	Annette Yeomanson Hayley Fenwick Ruth Gainsford All	00:19:58 00:36:26 00:37:36 00:21:00	Ladies Masters	01:55:00
38	Last Chance Saloon! Coltishall Jaguars	11	Owie Barber Gavin Lee Henry Neal All	00:18:09 00:38:28 00:38:34 00:21:51	Mens Senior	01:57:02
39	Better Late Than Never Coltishall Jaguars	37	Rosemary Jackson Jilly Cole Sharn Ponsford All	00:19:28 00:40:06 00:37:34 00:20:56	Ladies Masters	01:58:04

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40	Dereham G Dereham Runners AC	35	Hazel David Olley Matthew All	00:21:37 00:40:01 00:34:57 00:21:55	Mixed	01:58:30
41	Longdale Ladies Longdale Striders	23	Lavra Timm Jenny Rowley Jude Durrant All	00:23:47 00:44:41 00:37:42 00:24:54	Ladies Senior	02:11:04