

INDIVIDUAL NAME	TEAM NAME	GENDER	AGE
Jane Clarke ©	CONAC CRACKERS	F	40-60
Catherine Henery	CONAC CRACKERS	F	40-60
Rosie Sexton	CONAC CRACKERS	F	40-60
Sarah Stubbs	CONAC CRACKERS	F	40-60
Ellie Stevens ©	Cousins at Christmas	F	40-60
Max Stevens	Cousins at Christmas	M	40-60
Lee Knights	Cousins at Christmas	M	40-60
Claire Knights	Cousins at Christmas	F	40-60
Carol Betts	Jude's Team!	F	Over 60
Kim Oakley	Jude's Team!	F	
Jude Durrant ©	Jude's Team!	F	40-60
Kerri Tilson	Jude's Team!	F	
Louise Carroll	Annette's Angels	F	40-60
Rachel Maydom	Annette's Angels	F	18-39
Michelle Gardner	Annette's Angels	F	40-60
Sue Fletcher	Annette's Angels	F	40-60
Lavinia Sadler	Jude's Little Helpers	F	18-39
Emma Reader ©	Jude's Little Helpers	F	18-39
Jeremy Reader	Jude's Little Helpers	M	40-60
Jude Reader (in his sleigh)	Jude's Little Helpers	M	Junior
Isabel Pollock	TeamNSFT Agile Angels and the	F	40-60
Karen Rix ©	TeamNSFT Agile Angels and the	F	40-60
Vicky Russ	TeamNSFT Agile Angels and the	F	40-60
Tim Walsh	TeamNSFT Agile Angels and the	M	40-60
Sandy Lovelock	The Merry Blood Eagles	F	40-60
Sarah Clack ©	The Merry Blood Eagles	F	40-60
Nicky Galway-Woolston	The Merry Blood Eagles	F	40-60
Lucy Bonham	The Merry Blood Eagles	F	40-60
Nicole Walker	Team Lucky Clover	F	18-39
Dawn Inger	Team Lucky Clover	F	40-60
Kirsty Fray	Team Lucky Clover	F	40-60
Louise Hurr ©	Team Lucky Clover	F	40-60
Rebecca Horne	Norwich Super Sprouts	F	40-60
Anna Wright	Norwich Super Sprouts	F	18-39
Rosie O'Toole ©	Norwich Super Sprouts	F	18-39
Jonathan Brighton	JBs Ho Ho Hos	M	40-60
James Chaplin	JBs Ho Ho Hos	M	18-39
Chris scarfe	JBs Ho Ho Hos	M	18-39
Jo Taylor	Christmas pudding plodders	F	40-60
Salina Cumbridge ©	Christmas pudding plodders	F	40-60
Nigel Marlow	Christmas pudding plodders	M	40-60
Eloise Terry	N/A	F	4-6
Jessica Arterton	N/A	F	7-9
Debbie Tooke	N/A	F	40-60
Sam Wall	N/A	F	40-60
Faith Pearce	N/A	F	40-60
Joanne Plowright	N/A	F	40-60
Sarahjane Stephen	N/A	F	40-60
Freya Barker	N/A	F	40-60
Julie Keane	N/A	F	Over 60
Harris Smitherman	N/A	M	4-6
Fergus Smitherman	N/A	M	7-9
Simon Wright	N/A	M	40-60
Duncan Green	N/A	M	40-60

James Pallant	N/A	M	40-60
Tony Wall	N/A	M	Over 60
Rob Barker	N/A	M	Over 60
Kevin Maguire	N/A	M	Over 60

EVIDENCE SUBMITTED?	INDIVIDUAL TIME	TOTAL TEAM OF 4 TIME	INDIVID. CATEGORY
Y	22:25	91m 28s	F 40-60
Y	22:47		F 40-60
Y	22:58		F 40-60
Y	23:18		F 40-60
Y	20:34	91min 48s	F 40-60
Y	19:51		M 40-60
Y	20:59		M 40-60
Y	30:24		F 40-60
Y	30:08	129m 26s	F Over 60
Y	30:08		
Y	34:35		F 40-60
Y	34:35		
Y	33:46	138m 9s	F 40-60
Y	34:46		F 18-39
Y	34:47		F 40-60
Y	34:50		F 40-60
Y	31.39	143m 21s	F 18-39
Y	37.14		F 18-39
Y	37.14		M 40-60
Y	37.14		M U4
Y	37:30	150m 0s	F 40-60
Y	37:30		F 40-60
Y	37:30		F 40-60
Y	37:30		F 40-60
Y	60:16	152m 18s	F 40-60
Y	28:49		F 40-60
Y	31:20		F 40-60
Y	31:53		F 40-60
Y	38:22	153m 28s	F 18-39
Y	38:22		F 40-60
Y	38:22		F 40-60
Y	38:22		F 40-60
Y	24:25		F 40-60
Y	24:50		F 18-39
Y	30:27		F 18-39
Y	26.50		M 40-60
Y	23.43		M 18-39
Y	30.58		M 18-39
Y	36:33		F 40-60
Y	36:33		F 40-60
Y	36:33		M 40-60
Y	14:23	N/A	F 4-6
Y	14:23	N/A	F 7-9
Y	28:11	N/A	F 40-60
Y	33:45	N/A	F 40-60
Y	23:35	N/A	F 40-60
Y	27:57	N/A	F 40-60
Y	33:31	N/A	F 40-60
Y	35:28	N/A	F 40-60
Y	39:54	N/A	F Over 60
Y	14:16	N/A	M 4-6
Y	9:44	N/A	M 7-9
Y	18:56	N/A	M 40-60
Y	35:30	N/A	M 40-60

Y	35:39	N/A	M 40-60
Y	33:55	N/A	M Over 60
Y	34:47	N/A	M Over 60
Y	39:21	N/A	M Over 60

Individ age  
cat position

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3

	Winner	Name	Time
Kids 2k	Boys 4-6	Harris Smitherman	14:16
	Girls 4-6	Eloise Terry	14:23
	Boys 7-9	Fergus Smitherman	09:44
	Girls 7-9	Jessica Arterton	14:23
Overall winner	Female	Ellie Stevens	20:34
	Male	Simon Wright	18:56
Female	18-39	Anna Wright	24:50
	40-60	Jane Clarke	22:25
	Over 60	Carol Betts	30:08
Male	18-39	James Chaplin	23:43
	40-60	Max Stevens	19:51
	Over 60	Tony Wall	33:55
TEAMS	Female Team	CONAC CRACKERS	91.47 mins
	Mixed Team	Cousins at Christmas	91.8 mins
	Best team name	TeamNSFT Agile Angels and the Meddlesome Elves	
	Best fancy dress	Jude Durrant Freya & Rob Barker Pip Coker & Barb Gouldthorp	