

Lotus Test Track Running Evening - 16Jun23



Results

5km Race - Age Graded Female

Position	Forename	Surname	Club	Chip Time	Age Graded Time
1	Cat	Cummings	City of Norwich AC	18:55	17:46.7
2	Hazel	Garrity	Bungay Black Dog RC	24:56	17:55.5
3	Jo	Ross	Norfolk Gazelles AC	21:37	18:54.0
4	Claire	Kent	Wymondham AC	19:38	19:33.2
5	Julie	Price	City of Norwich AC	25:33	20:36.1
6	Lorrain	Dawson	Great Yarmouth Road Runners	27:46	21:18.5
7	Jayne	Capps-Jenner	Bungay Black Dog RC	28:49	21:33.3
8	Daisy	Mattless		22:29	22:29.0
9	Jackie	Bell	Bungay Black Dog RC	29:46	22:50.6
10	Steph	Ellis	Bure Valley Harriers	26:37	23:00.6
11	Amber	Dickson		23:15	23:15.0
12	Amanda	Gray	Wymondham AC	31:58	23:17.5
13	Alice	Rickatson	Harling Athletic Club	25:18	24:05.1
14	Lorraine	Reeves	Brandon Fern Hoppers	27:42	25:01.5
15	Ella	James		25:31	25:11.3
16	Wendy	Glaysheer		33:05	25:23.3
17	Emily	Finch		28:49	27:42.6
18	Sara	Burdett		35:46	27:47.9
19	Tracey	Salisbury	Wymondham AC	36:28	28:20.5
20	Barbara	Kosiba		28:44	28:21.8
21	Victoria	Utting	Norwich Road Runners	32:54	28:45.9
22	Sharon	Elsdon		31:18	29:09.2
23	Jodie	Causar	Norwich Road Runners	30:41	29:18.0
24	Pamela	Anderson		30:36	29:36.9
25	Natasha	Jocher		29:56	29:56.0
26	Lizz	Shaw	Harling Athletic Club	36:00	30:46.4
27	Loren	Sears	Wikiwiki Tri Team	31:02	31:02.0
28	Heather	Dagraca	Norfolk Gazelles AC	33:20	31:49.8
29	Lisa	Green	Great Yarmouth Road Runners	35:19	31:54.3
30	Kirsty	Staddon	Harling Athletic Club	36:01	32:32.2
31	Becky	Vine		33:27	32:33.6
32	Kirsty	Sturman	Lonely Goat RC	35:19	33:11.4
33	Kate	Measures		38:48	33:55.4
34	Andrea	Pridmore		41:43	35:15.3
35	Angelika	Reichstein	Lonely Goat RC	36:02	35:25.5
36	Lesley	Heath	Harling Athletic Club	42:43	35:41.1
37	Jo	Springall		38:57	35:55.9
38	Gillian	McGill		38:48	36:08.3
39	Chantelle	Coulson	Great Yarmouth Road Runners	40:37	40:37.0
40	Giverney	Powles		41:43	41:42.5