

ATHLETICS NORFOLK OPEN EVENT – 30TH APRIL

Race time

18:00	Race 1 - U11 600m F			
	Bib number	Name	Club	Time
	12	Olivia Mukuya	GYDAC	2:00.2
	8	Megan Chong	Waveney	2:02.3
	5	Erin Stewart	St Eds	2:11.5
	11	Tayla Goodswen	BBH	2:14.4
	3	Elliott Amos	CoNAC	2:18.6
	7	Jasmin Benson	NNH	2:20.4
	9	Myley Gilboy	WNAC	2:25.5
	1	Alice Dickety	NNH	2:28.2
	2	April Green	CoNAC	2:32.4
	4	Elouise Littleboy	NRR	2:33.6

Race time

18:05	Race 2 - U11 600m M			
	Bib number	Name	Club	Time
	20	Harry Ambrose	St Eds	1:56.8
	28	Tom Barber	GYDAC	1:58.0
	27	Sonny Butler	GYDAC	2:05.9
	25	Rory Wood	Ryston	2:06.9
	21	Harry Doran	GYDAC	2:07.6
	23	Leo Wood	Ryston	2:08.9
	22	Jack Barton	West Suf	2:09.2
	24	Marcus Richardson	U/A	2:18.0
	26	Seb Johnson	U/A	2:19.7

Race time

18:10	Race 3 - Wildcard mile F			
	Bib number	Name	Club	Time
	35	Stephanie Jones	U/A	7:16.5
	30	Abigail Coles	U/A	7:55.2
	32	Bobbie Sauerzapf	BBd	8:00.0
	36	Christine Williams	Wymondham	8:13.9
	33	Jacquie Wood	Dereham	8:18.5
	31	Bella Hewitt-Parkings	U/A	9:22.2

Race time

18:10	Race 4 - Wildcard mile M			
	Bib number	Name	Club	Time
	47	Stuart Gollands	U/A	6:00.1
	45	Pete Johnson	Ryston	6:08.2
	41	Keith Blake	Wymondham	6:13.6
	42	Mark Townsend	NRR	6:28.6
	43	Martin Colley	BVH	6:30.5
	40	Joe Liddament	U/A	7:06.2
	44	Nigel Stallard-Mulford	Colt Jags	7:16.8
	46	Simon Alcock	BVH	7:17.6

Race time

18:30	Race 5 - SMile QF F1			
	Bib number	Name	Club	Time
	56	Sam Jacks	CoNAC	5:12.9
	53	Millie Adams	CoNAC	5:31.7
	57	Sophie Peach	CoNAC	5:32.7
	55	Rosie Dickety	NNH	5:36.3
	54	Olivia Harrod	Waveney	5:39.4
	52	Lucy Thompson	Col & T	5:42.2

Race time

18:40	Race 6 - Smile QF F2			
	Bib number	Name	Club	Time
	64	Iona Lake	CoNAC	4:56.1
	63	Hattie Reynolds	NNH	5:13.5
	65	Katie Goldsmith	CoNAC	5:25.1
	66	Rebecca Morley	West Suff	5:45.6
	67	Stevie Ashby	NNH	5:49.2

Race time

18:50	Race 7 - Smile QF M1			
	Bib number	Name	Club	Time
	71	Callum Bowen-Jones	BVH	4:42.6
	75	Sam Coyne	CoNAC	4:42.8
	70	Aaron Roberts	GYDAC	4:43.0
	77	Tyler Bilyard	CoNAC	4:43.4
	73	Luke Alden	CoNAC	4:46.2
	76	Tom Galley	LRR	4:53.2

Race time

19:00	Race 8 - Smile QF M2			
	Bib number	Name	Club	Time
	80	Charlie Wakefield	St Eds	4:24.7
	81	Daniel Harrison	GYDAC	4:28.1
	82	Henry Jonas	NNH	4:32.9
	85	Kevin Holland	Wymondham	4:33.6
	87	Perry Payne	NRR	4:39.5
	86	Michael Eccles	BVH	4:48.3
	83	John Hudson	NRR	4:50.8

Race time

19:15	Race 9 - 1500m 1			
	Bib number	Name	Club	Time
	94	Josh Read	Dereham	5:19.3
	90	Ashton Strowger	CoNAC	5:23.9
	100	Toby Scott	GYDAC	5:39.7
	92	Faye Nottage	GYDAC	5:45.3
	128	Orla Taylor	West Suf	5:48.3
	97	Roly Cook	NRR	5:56.1
	99	Seth Burch	CoNAC	5:59.2
	93	Isla Johnson	CoNAC	6:14.7
	96	Neil Anderton	Dereham	6:21.9
	91	Ella Goodswen	BBH	7:07.1

Race time

19:25	Race 10 - 1500m 2			
	Bib number	Name	Club	Time
	110	Milo Debbage	NNH	5:33.4
	109	Lily Ambrose	West Suf	5:36.4
	108	Libby Ong	CoNAC	5:37.1
	111	Oscar Chong	Waveney	5:37.2
	102	Eloise Edridge	NNH	5:38.5
	101	Ella Stewart	St Eds	5:40.1
	104	Eva Eccles	BVH	6:01.6
	105	Isabella Taylor	U/A	6:18.8

Race time

19:33	Race 11 - 1500m 3			
	Bib number	Name	Club	Time
	121	Bronwen Nelson	CoNAC	5:19.1
	122	Erin Hernon	CoNAC	5:22.9
	124	Georgia Shirley	CoNAC	5:24.9
	126	Martha Shawyer	NNH	5:26.3
	123	Esme Jonas	NNH	5:29.8
	125	Lottie Hood	CoNAC	5:34.6
	127	Nigel Lambert	Wymondham	5:40.5
	120	Alice Winstanley	West Suf	5:47.7

Race time

19:41	Race 12 - 1500m 4			
	Bib number	Name	Club	Time
	132	Billy Eccles	BVH	5:11.8
	131	Bethany Wilson	Thetford	5:17.9
	134	Finn Kaiser	CoNAC	5:19.1
	135	Hannah Pain	CoNAC	5:20.4
	133	Elodie Barnard	West Suf	5:21.0
	139	Max Uttley	West Suf	5:21.2
	130	Asha Kandola	CoNAC	5:22.2
	138	Matthew Benson	NNH	5:27.8
	136	Lexie Heather	CoNAC	5:37.1
	140	Noah Baker	GYDAC	5:42.6
	137	Marni Sillitoe	St Eds	5:51.3

Race time

19:49	Race 13 - 1500m 5			
	Bib number	Name	Club	Time
	153	Daniel Powell	Col & T	5:07.7
	152	Bella Taylor	West Suf	5:11.7
	150	Abbi McCallum	NNH	5:16.9
	154	Evie Hood	CoNAC	5:19.8
	151	Allyna Mukuya	GYDAC	5:31.7
	156	Isla Winslow	Harling	5:36.0
	157	Jason Brunt	Norf Gaz	5:47.7

Race time

19:57	Race 14 - 1500m 6			
	Bib number	Name	Club	Time
	160	Billy Life	NNH AC	4:38.1
	169	Thomas Taylor	West Suf	4:40.6
	163	Jan Kaiser	CoNAC	4:51.4
	164	John Moore	Norf Gaz	4:55.9
	166	Max Parsley	NNH AC	4:57.0
	161	Connie Easter	CoNAC	4:57.7
	162	Henry Ashton	CoNAC	4:58.5
	168	Steven Barber	GYDAC	4:58.5
	165	Jude Linstead	CoNAC	4:58.8
	167	Ruben Xuereb	CoNAC	5:27.2

Race time

20:05	Race 15 - 1500m 7			
	Bib number	Name	Club	Time
	182	Glen Richardson	CoNAC	4:41.1
	188	Samuel Yellop	CoNAC	4:42.4
	186	Megan Gadsby	CoNAC	4:42.8
	180	Jake Dorbin	Thetford	4:43.2
	184	Archie Taylor	West Suf	4:43.2
	181	George Rivett	NNH	4:44.8
	189	Sebastian Melero	St Eds	4:45.4
	185	Madeleine Short	CoNAC	5:15.0

Race time

20:13	Race 16 - 1500m 8			
	Bib number	Name	Club	Time
	197	Marcus Holt	WNAC	4:29.0
	192	Arthur Ballard	Col & T	4:31.4
	191	Aidan Banfield	Wymondham	4:31.7
	196	Malachi Fabian	BBH	4:31.7
	198	Tim Bongaerts	CoNAC	4:33.6
	194	Femke Rosbergen	CoNAC	4:36.7
	195	Kate Willis	CoNAC	4:36.8
	193	Conrad Winter	CoNAC	4:43.0
	199	Zachary Dunne	CoNAC	4:43.5

Race time

20:21	Race 17 - 1500m 9			
	Bib number	Name	Club	Time
	208	Zak Houghton	CoNAC	4:30.2
	204	Rudy Haywood	NNH	4:30.4
	202	James McAllen	Waveney	4:30.9
	203	Joe Machin	CoNAC	4:32.7
	205	Sam Plummer	Col & T	4:32.8
	207	Tom Cugnoni	CoNAC	4:33.4
	206	Toby Nelson	CoNAC	4:34.3
	201	Jacob Trangmar	CoNAC	4:36.9

Race time

20:27	Race 18 - 1500m 10			
	Bib number	Name	Club	Time
	77	Tyler Bilyard	GYDAC	3:57.4
	218	William Mahoney	CoNAC	4:04.0
	216	Max Berry	St Eds	4:08.7
	210	Ben Peck	St Eds	4:09.0
	217	Tom Henson	St Eds	4:11.3
	213	Jeya Kandola	CoNAC	4:15.8
	212	Gary Crush	CoNAC	4:16.3
	215	Luke Powell	Col & T	4:20.8
	211	Danny Adams	CoNAC	4:26.6