

North Norfolk Beach Runners 10 Mile handicap 2013

Paul Muffet	00:59:16	00:03:14
John Leach	01:07:01	00:02:29
Chris Merrylees	00:57:47	00:02:13
Paul O'Malley	01:08:03	00:01:57
Darren Neale	01:06:13	00:01:17
Malcolm Ball	01:32:03	00:00:57
Deb Worboys	01:24:18	00:00:42
Catherine Young	01:32:30	00:00:30
Sarah Mapes	01:27:43	00:00:17
Libby Ashton	01:33:55	00:00:05
John Folkard	01:39:58	00:00:02
Dave Spooner	01:14:29	00:00:01
Chris Wade	01:06:37	00:00:07
Matt Andrews	01:13:09	00:00:09
Rob Osborne	01:20:22	00:00:37
Carmine De Grandis	01:05:45	00:00:45
Andy Kett	01:03:55	00:00:55
Colin Stark	01:03:55	00:00:55
Noel Spruce	01:25:14	00:01:14
Brenda Kinch	01:29:49	00:01:49
Jamie Seamark	01:06:01	00:02:01
Martin Smith	01:18:46	00:02:16
Tony Gentry	01:31:20	00:03:20
Tina Foster	01:31:20	00:03:20
Ian Wade	01:22:28	00:03:58
Hazel Wray	01:22:37	00:04:07
Jenny De Grandis	01:29:19	00:04:19
Thomas Wray	01:24:33	00:04:48
Euan Prasser	01:21:57	00:05:27
Emily Haughan	01:23:11	00:05:41
Michelle Burton	DNF	
Andrea Osborne	DNF	
Jamie Wade	DNF	