

North Norfolk beach runners 5k club handicap results 2013

1 – Mike Marshall	31:45
2 – Trevor Emery	27:30
3 – Emma Culley	30:30
4 – Catherine Young	28:45
5 – Gary Hobart	30:22
6 – Chrissy Walker	22:40
7 – Colin Stark	17:30
8 – Shelley Burton	26:24
9 – Caroline Dickens	22:54
10 – Jamie Seamark	17:40
11 – Kirsty Hobart	32:09
12 – Tony Money	20:14
13 – Euan Prasser	22:15
14 – Ellen Similon	23:15
15 – Emily Haughan	23:50
16 – Martin Smith	23:20
17 – Keith Dickens	23:52
18 – Zoe Parish	28:38
19 – Jim Hayes	21:21
20 – Charlotte Neal	20:52
21 – Matt Andrews	21:24
22 – Sir Malcolm Ball	26:57
23 – Dena Parfit	21:42
24 – Ian Wade	22:34
25 – Derek Sadler	23:52
26 – John Folkard	29:09
27 – Carmine De Grandis	18:41
28 – Rachel Robinson	24:48
29 – Kevin Parfit	20:50
30 – Justin Lawton	21:00
31 – Joe Middleton	21:24
32 – Andy McLaren	21:26
33 – Fiona Morrison	36:00
34 – Vinnie Purdy	20:06
35 – Laura Apps-Green	43:36
36 – Deborah Gillespie	32:18
37 – Tom Rivet	21:48
38 – Lucy Collyer	23:04
39 – Chris Wade	19:54
40 – Tony Heath	27:27
41 – Alec Fraser	26:43
42 – Rob Osborne	23:45
43 – Darren Armstrong	20:38
44 – Tina Foster	25:30
45 – Andrea Osborne	28:45