

WYMONDHAM SPRING 20 MILE – 2ND MARCH 2008
MEN

| Place | Name | Club | Time |
|-----------------------------|----------------------|----------------------|-------------|
| 1 st | Guy Amos | City Of Norwich AC | 1.58.50 |
| 2 nd | Christopher Tilbrook | St Albans Striders | 2.06.44 |
| 3 rd | Roddy McGregor | Norwich Road Runners | 2.06.56 |
| | | | |
| 1 st Senior | John Manlow | Ely Runners | 2.08.02 |
| 40+ | Paul Sullivan | Norwich Road Runners | 2.11.36 |
| 45+ | Stephan Glaysher | City Of Norwich AC | 2.11.02 |
| 50+ | Terry Epps | Wymondham AC | 2.19.23 |
| 55+ | Richard Blake | Great Yarmouth RR | 2.18.25 |
| 60+ | Keith White | Fenland Runners | 2.36.50 |
| | | | |
| 1 st Senior Team | | Royston Runners | |
| | Richard Lowden | | |
| | Toby Staines | | |
| | Graham Hill | | |
| | | | |
| 1 st Vets Team | | Norwich Road Runners | |
| | Roddy McGregor | | |
| | Paul Sullivan | | |
| | Goy Roper | | |

WYMONDHAM SPRING 20 MILE – 2ND MARCH 2008
LADIES

| Place | Name | Club | Time |
|-----------------------------|------------------|----------------------|-------------|
| 1 st | Tracey Curl | Norwich Road Runners | 2.23.18 |
| 2 nd | Amanda Henry | Sudbury Joggers | 2.23.23 |
| 3 rd | Vicky Innes | Serpentine Running | 2.25.43 |
| | | | |
| 1 st Senior | Rose Waterman | City Of Norwich Ac | 2.27.43 |
| 40+ | Paula Downing | Unattached | 2.38.57 |
| 45+ | Vanda Cox | Thames Hare & Hounds | 2.48.53 |
| 50+ | Fiona Sutherland | Bishop Stortford | 2.54.24 |
| 55+ | Anne Florence | Diss Ac | 3.07.30 |
| 60+ | Carole Spong | Great Yarmouth RR | 2.39.06 |
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| 1 st Senior Team | | Bishop Stortford | |
| | Nicky Hunt | | |
| | Eleanor Cowan | | |
| | Sarah Croot | | |
| | | | |
| 1 st Vets Team | | Stowmarket Striders | |
| | Hayley Suttle | | |
| | Sue Garrod | | |
| | Tina Belsom | | |