

Norfolk Festival of Running

Sunday 12th July 2026

5k (1 lap)

Place	Name	Gender	Time
1	Francesco Sinigaglia **	M	00:22:52
2	Isabella Rockey	F	00:31:12
3	Carolyn Reid	F	00:32:34
4	Tim Norman	M	00:32:53
5	Amy Carter	F	00:33:42
6	A J Norman	M	00:33:57
7	John Pollock	M	00:42:21
8	Sharmila Adams	F	00:42:37
9	Freya Durrant	F	00:45:15
10	Kathleen Ellis	F	00:46:21
11	Martin Godfrey	M	00:47:39
12	Tammy Ireson	F	00:56:11
13	Claire Swallow	F	00:59:33

10k (2 laps)

Place	Name	Gender	Time
1	Callum Taylor	M	00:52:18
2	Mark Stone	M	00:52:57
3	Jack Rodber	M	00:55:15
4	Alex Rockey	M	00:56:03
5	Graham Spark	M	00:57:12
6	Tasarla Lagan **	F	01:04:05
7	Melvin Ward	M	01:04:08
8	Justas Vitginis	M	01:04:25
9	Kath Webb	F	01:04:29
10	Zakk Purvis	M	01:05:00
11	Lance Bowyer-Lowe	M	01:05:54
12	Lorna Beal	F	01:05:55
13	Lia Spark	F	01:05:58
14	Andrew Fay	M	01:07:37
15	Robert Pratten	M	01:07:38
16	Charlotte Finch	F	01:08:10
17	Louise Henderson	F	01:08:14
18	Natalie Fiddy	F	01:09:00
19	Rebecca Westall	F	01:09:46
20	Michelle Griffiths-Reeve	F	01:10:34
21	Carolyn Brooks	F	01:10:36

10k (2 laps)

Place	Name	Gender	Time
22	Elizabeth Mason	F	01:10:52
23	Daniel Ngigi	M	01:11:40
24	Jennifer Hewson	F	01:11:46
25	Steve Adams	M	01:14:49
26	Jess Preece	F	01:16:20
27	Liane Cheyne	F	01:17:35
28	Katarzyna Vitginiene	F	01:17:42
29	Cerri Smith-Sampson	F	01:21:11
30	Liz Kaufman	F	01:26:03
31	Jo Greenwood	F	01:27:29
32	Hayley Mace	F	01:32:05
33	Nicola Hutchison	F	01:49:38

15k (3 laps)

Place	Name	Gender	Time
1	Miguel Vaz Guedes	M	01:24:31
2	Heidi McWade **	F	01:32:34
3	Liam Watson	M	01:41:45
4	Emma Plaice	F	01:42:23
5	Ruth Bailey	F	01:44:43
6	Amelia Fosher	F	01:46:17
7	Amy McMorran	F	01:49:51
8	Michael Buck	M	01:53:24
9	Susan Glazer	F	02:07:27
10	Gail Marie Wright	F	02:07:59
11	Janet Mccarthy	F	02:16:40
12	Tim Aske	M	02:29:32

Half (4 laps)

Place	Name	Gender	Time
1	Rhys Murfitt **	M	01:38:46
2	Ryan Jarvis	M	01:48:00
3	Bailey Payne	M	01:52:36
4	Sam Lester	M	01:54:22
5	Adam Plaice	M	01:56:26
6	Dominic Friston	M	01:56:33
7	Martin Scothern	M	01:56:56
8	Matthew Goldspink	M	01:57:31
9	John Durrant	M	02:00:37
10	Donna-Marie Crane	F	02:01:29
11	Shaun Sherwood	M	02:02:17

Half (4 laps)

Place	Name	Gender	Time
12	Helen Scothern	F	02:03:28
13	Mark Willis	M	02:04:50
14	Kate Kybird	F	02:08:09
15	Oliver Manning	M	02:11:35
16	Hannah Witchalls	F	02:12:53
17	Tom Metcalfe	M	02:16:13
18	Michalina Kretek	F	02:18:14
19	Barry Edgar	M	02:18:43
20	Harriet Pitkethly	F	02:20:48
21	Stephen McCarthy	M	02:21:53
22	Joseph Wright	M	02:23:54
23	Leah Walker	F	02:28:31
24	Sara Elphick	F	02:29:44
25	Stephen Fosher	M	02:30:22
26	Claire Daniels-Tipton	F	02:31:29
27	Damien Cross	M	02:31:57
28	Jake Coe	M	02:32:25
29	Adrian Pepper	M	02:47:21
30	Jenna Bellwood	F	02:48:15
31	Paul Sanderson	M	02:48:16
32	Jan Millar	F	02:56:03
33	Sarah Short	F	02:56:06
34	Elizabeth Thomson	F	03:14:34
35	Linda Pepper	F	03:21:22
36	Alexandra Bourquein	F	03:40:13
37	Isabella Heath	F	03:44:14
38	Oana Cozma	F	03:56:41

Heavy Half (5 laps)

Place	Name	Gender	Time
1	Olly Matthews **	M	02:26:44
2	Andy Lucraft-Townley	M	02:26:50
3	Patrick Arganosa	M	02:44:30
4	Andy Short	M	02:48:40
5	Caitlin Longland	F	03:20:26
6	Karen Heath	F	03:44:15
7	Wayne Brown	M	03:51:52
8	Eje Esangbedo	F	04:00:30
9	Claire Whitehouse	F	04:03:54
10	Rhea Sloman	NB	04:07:43
11	James Quilter	M	04:19:07

Heavy Half (6 laps)

Place	Name	Gender	Time
1	Marcus Jolly **	M	02:30:03
2	Ben Elmer	M	02:52:49
3	Craig Thaxton	M	04:33:32

Full Marathon (8 laps)

Place	Name	Gender	Time
1	Danut Pop **	M	03:30:22
2	Peter Bee	M	04:41:02
3	Rajesh Logasundaram	M	04:47:18
4	Paul Alderton	M	05:02:05
5	Amy Thompson	F	05:45:07
6	Samantha Beales	F	05:45:07
7	Nia Heycocks	F	05:45:08
8	Steven Newson	M	06:31:31
9	Naomi Hallam	F	06:31:31

Ultra Marathon (9 laps)

Place	Name	Gender	Time
1	Jacob Whitehouse	M	05:10:11
2	Daniel Brosnan	M	05:26:37
3	Jason Kent	M	06:26:57

Ultra Marathon (10 laps)

Place	Name	Gender	Time
1	Sam Yare **	M	05:13:48
2	Emma Marsh **	F	06:29:20

** denotes course record