# EACCL 2017/18 Results

## Ladies Teams

1. Bury St Edmunds Pacers
	* Katie King
	* Christine Anthony
	* Jenny Morgan
2. Norwich Road Runners
	* Caroline Houghton
	* Jodie Causer
	* Theresa Colby
3. Great Yarmouth Road Runners (A)
	* Nicola Baker
	* Tracey Prewer
	* Iona Brett

## Mens Teams

1. East Coast Runners (A)
	* Robert Chenery
	* Peter Bird
	* Steve Langley
	* Bernard Mukuya
2. Norwich Road Runners (A)
	* Matt Howard
	* David Houghton
	* Gary Grand
	* Mark Mardell
3. RAF Marham (A)
	* Matt Dawson
	* Lee Hale
	* Pete Reed
	* Mathew Allen

## Top Ten Ladies

1. Colleen-Nicole Mukuya East Coat Runners
2. Katie King Bury St Edmunds Pacers
3. Christine Anthony Bury St Edmunds Pacers
4. Caroline Houghton Norwich Road Runners
5. Nicola Baker Great Yarmouth Road Runners
6. Tracey Prewer Great Yarmouth Road Runners
7. Karen Balcombe North Norfolk Beach Runners
8. Louise Pegg North Norfolk Beach Runners
9. Jenny Morgan Bury St Edmunds Pacers
10. Jodie Causer Norwich Road Runners

## Top Ten Men

1. Robert Chenery East Coast Runners
2. Carl Prewer Great Yarmouth Road Runners
3. Chris Rowland RAF Honington
4. Matt Howard Norwich Road Runners
5. Jonathon Cordle Tri-Anglia
6. David Houghton Norwich Road Runners
7. Adrian Simmonds RAF Honington
8. Adrian Hall Wymondham AC
9. Richard White Wymondham AC
10. Matt Dawson RAF Marham

## Ladies Age Category Winners

* Junior Iona Brett Great Yarmouth Road Runners
* Senior Colleen-Nicole Mukuya East Coast Runners
* F35 Jodie Causer Norwich Road Runners
* F40 Caroline Houghton Norwich Road Runners
* F45 Nicola Baker Great Yarmouth Road Runners
* F50 Christine Anthony Bury St Edmunds Pacers
* F55 Dianne Hughes Stowmarket Striders
* F60 Jenny Morgan Bury St Edmunds Pacers
* F65 Christine Muttitt Sportlink
* F70 Judy Potter Individual
* F75 Eva Osborne Wymondham AC

## Men Age Category Winners

* Junior Harrison Meek Great Yarmouth Road Runners
* Senior Robert Chenery East Coast Runners
* M40 Peter Bird East Coast Runners
* M45 Carl Prewer Great Yarmouth Road Runners
* M50 Jonathan Cordle Tri-Anglia
* M55 Richard White Wymondham AC
* M60 Nick Bowden Reepham Runners
* M65 Stephen Dady Wymondham AC
* M70 David Goodwin Norwich Road Runners
* M75 Rodney Freeburn & Wymondham AC

Bill Cox Individual

## Davy Blythe Memorial Trophy

* Mike Munson Stowmarket Striders

## The Perfect 10

* Roger Ackerley Sportlink
* Nicola Baker Great Yarmouth Road Runners
* Tony Beales Wymondham AC
* Eloise Bird Bury St Edmunds Pacers
* Peter Bird East Coast Runners
* Jodie Causer Norwich Road Runners
* Chris Chorley Sportlink
* Janice Coglin-Hibbert Tri-Anglia
* Theresa Colby Norwich Road Runners
* Jonathan Cordle Tri-Anglia
* Jean Cox Individual
* Bill Cox Individual
* Matt Dawson RAF Marham
* Dudley Garner Norfolk Gazelles
* Rodney Freeburn Wymondham AC
* Jude Durrant Sportlink
* Chris Gay Stowmarket Striders
* Gary Grand Norwich Road Runners
* Andrew Hammond Norfolk Gazelles
* Caroline Houghton Norwich Road Runners
* John Lee Tri-Anglia
* Mark Mardell Norwich Road Runners
* Shawn Mason Team Dunerunner
* Harrison Meek Great Yarmouth Road Runners