

NORTH NORFOLK BEACH RUNNERS
 2010 CROSS COUNTRY CHAMPIONSHIP
 Dec 19th at Hempstead Estate Two laps each of 2.7m

Despite the snow, the access roads were passable and 8 runners took part with the results as below.

Quotes "Great course, but hard work", "B.....d"

		1st Lap	2nd Lap	
Jamie	Seaman	16m55s*	37m10s	Male Champion
John	Christopher	18m *	39m14s	
Michael	Sadler	18m54s*	36m4s **	
Ian	Wade	19m53s*	42m8s **	
Shelley	Burton	29m25s	60m35s	Lady Champion
Mike	Marshall	29m25s	60m35s	1st V60
Rob	Osborne	37m28s		
Andrea	Osborne	37m42s		

* 1st Lap Route Error

** Error on 2nd Lap, short course

Thanks to Ross Haddow for use of land and marking out the course.
 2011 Championships will be run on the same course next Winter, please support your Championship!



Terry Quigley