



WAC20 race winners

Male			
Year	Winner	Club	Time
2023	Alan Darby	Ely Runners	1:50:28
2022	Michael Eccles	Bure Valley Harriers	1:50:12
2021	Alan Darby	Ely Runners	1:53:35
2020	Cancelled due to COVID		
2019	Dominic Blake	Reepham Runners	1:56:03
2018	Alan Darby	Ely Runners	1:53:43
2017	Alan Darby	Ely Runners	1:55:55
2016	Joe Skipper	Unaffiliated	1:54:38
2015	Chris Darling	Cambridge Triathlon Club	1:55:49
2014	Craig Holgate	Ely Runners	1:56:57
2013	Matthew Spencer	Ipswich Jaffa	1:54:45
2012	Stephen Gibbs	Norwich Road Runners	1:57:07
2011	Matthew Harvey	Newmarket Joggers	1:57:16
2010	Craig Holgate	Ely Runners	1:55:53
2009	Craig Holgate	Ely Runners	1:58:38
2008	Guy Amos	CoNAC	1:58:50
2007	Colin Pitts	Stowmarket	2:00:50
2006	Andy Jones	CoNAC	1:59:08
2005	No records		
2004	Alex Tate	Unaffiliated	2:02:33
2003	David Read	Saint Edmund Pacers	1:59:15
2002	David Read	Saint Edmund Pacers	1:57:36
2001	No records		
2000	Richard Sales	Norwich Road Runners	1:53:54
1999	No records		
1998	Richard Sales	Norwich Road Runners	1:50:43
1997	Keith McLellan	Luton AC	2:01:05
1996	Kevin Clarke	Grantham Harriers	1:55:09
1995	Richard Jordan	Ipswich Harriers	1:55:10
1994	Gary Zupon	Great Yarmouth Road Runners	2:02:39
1993	Anthony Pooley	Saint Edmund Pacers	1:49:35
1992	No records		
1991	Chris Sanford	Saint Edmund Pacers	1:51:21
1990	No records		
1989	Neil Featherby	Norfolk Gazelles	1:49:35

Female			
Year	Winner	Club	Time
2023	Charlotte Rose	North Norfolk Beach Runners	2:11:17
2022	Charlotte Rose	North Norfolk Beach Runners	2:07:05
2021	Mabel Beckett	CoNAC	2:07:15
2020	Cancelled due to COVID		
2019	Rose Waterman	Tri-Anglia Triathlon Club	2:15:10
2018	Rose Waterman	Tri-Anglia Triathlon Club	2:23:38
2017	Geraldine Larham	March	2:22:39
2016	Danielle Nimmock	CoNAC	2:12:43
2015	Tamara Jordan	Stowmarket Striders RC	2:14:37
2014	Marie French	Ryston Runners	2:20:38
2013	Lucy Chessor	Fenland RC	2:15:52
2012	Tracey Patmore	Cambridge & Coleridge AC	2:25:52
2011	Tessa Jones	CoNAC	2:29:24
2010	Tamara Jordan	Stowmarket Striders RC	2:11:32
2009	Jo Tweed	Rugby & Northampton	2:22:41
2008	Tracey Curl	Norwich Road Runners	2:23:18
2007	Penny Edwards	Norwich Road Runners	2:22:53
2006	Sindy-Marie Mark	CoNAC	2:19:12
2005	No records		
2004	Kim Mason	Riverside Runners	2:25:18
2003	Tracey Curl	Norwich Road Runners	2:15:12
2002	Sally Eastall	Saint Edmund Pacers	2:14:18
2001	No records		
2000	No records		
1999	No records		
1998	Jessika Draskau	UEA	2:22:24
1997	No records		
1996	Carol Betts	Duke Street RC	2:24:50
1995	Sandra Bower	Thetford AC	2:14:26
1994	Sandra Bower	Duke Street RC	2:20:01
1993	Diane Braverman	Cambridge & Coleridge AC	2:20:14
1992	No records		
1991	Sally Eastall	Saint Edmund Pacers	1:57:27
1990	No records		
1989	Sally Eastall	Saint Edmund Pacers	2:04:54

Link

<https://www.runbritainrankings.com/results/results.aspx?meetingid=526998>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=451636>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=424602>

<https://www.runbritainrankings.com/results/results.aspx?meetingid=283390>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=232373>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=196688>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=163186>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=126989>
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<https://www.runbritainrankings.com/results/results.aspx?meetingid=11637>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=4682>
<https://www.runbritainrankings.com/results/results.aspx?meetingid=728>

No online records prior to 2006

Overall race recorded highlighted in yellow
 Current course recorded highlighted in Green