

Trowse 10k - the story so far

☺ denotes fastest times

Year		Winner - Men		
2025		Callum Bowen-Jones	Newham & Essex Beagles AC	31-52
2024		Jacob Ocal	City of Norwich AC	33-02
2023		Reuben Andrews	City of Norwich AC	31-32 ☺
2022		Luke Alden	City of Norwich AC	31-55
2019		Ben Spratling	City of Norwich AC	32-55
2018		Ben Spratling	City of Norwich AC	31-44
2017		Tom Greenacre	City of Norwich AC	34-27
2016	October	Jonathan Earl	Hercules Wimbledon AC	35-26
2016	March	Ben Spratling	City of Norwich AC	34-36
2015		Joe Skipper	City of Norwich AC	33-04
2014		Tom Hook	City of Norwich AC	34-18
2013		Nick Earl	City of Norwich AC	33-39
2012		Nick Earl	City of Norwich AC	32-21
2011		Nick Earl	City of Norwich AC	32-51
2010		Nick Earl	City of Norwich AC	33-57
2009		Andrew Hennessy	Wells City Harriers	33-09
2008		Adam Thomas	Cornwall AC	32-56
2007		Andrew Hennessy	Wells City Harriers	32-17
2006		Iain Bailey	City of Norwich AC	33-06
2005		Guy Amos	City of Norwich AC	32-39

Winner - Women		
Jo Andrews	Bungay Black Dog RC	37-13
Mabel Beckett	City of Norwich AC	36-20
Jo Andrews	Bungay Black Dog RC	37-05
Mabel Beckett	City of Norwich AC	35-48
Mabel Beckett	City of Norwich AC	37-21
Mabel Beckett	City of Norwich AC	37-42
Leanne Finch	Unattached	40-28
Mabel Beckett	City of Norwich AC	38-53
Sophie Rock	Loughborough Students	39-04
Sian Khan	Birchfield Harriers	37-23
Sian Khan	Birchfield Harriers	38-39
Sian Khan	Birchfield Harriers	37-14
Becky Schofield	Tri-Anglia Triathlon Club	39-16
Sian Slade	Birchfield Harriers	39-49
Amy Whitehead	Sale Harriers	36-35
Helen Decker	Ipswich JAFFA	35-39 ☺
Jennie Roberts	Ipswich JAFFA	36-50
Abbie Thorrington	53-12 Multisports	40-01
Amy Waterlow	Sale Harriers	35-48
Olivia Walwyn	City of Norwich AC	37-17