

20 Mile Race Results - March 2006

Place	Time	Name	Team	Category	Grad	EntrantNo	Posn
1	1:59:08	JONES, Andrew	city of norwich athletic club	senior men	05:57.3	208	1
2	1:59:58	REED, David	st edmunds pacers	vet men 40-44	05:59.8	109	2
3	2:00:21	JORDAN, Richard	stowmarket striders	vet men 45-49	06:00.9	101	3
4	2:00:55	KEEBLE, Ian		senior men	06:02.6	94	4
5	2:02:34	THOMAS, Glynn	ipswich harrieers	vet men 40-44	06:07.6	17	5
6	2:02:58	KETTERIDGE, Sean	Collingwood	senior men	06:08.8	242	6
7	2:03:37	STEPHENS, Nicholas	stowmarket striders	vet men 40-44	06:10.7	241	7
8	2:06:31	DUNHAM, Glen	city of norwich athletic club	vet men 40-44	06:19.4	153	8
9	2:09:16	MOORE, Graham		vet men 40-44	06:27.7	206	9
10	2:09:21	MANLOW, John		senior men	06:27.9	99	10
11	2:09:28	GLAYSHER, Stefan		vet men 40-44	06:28.3	180	11
12	2:10:37	ARNOLD, Colin	st edmunds pacers	vet men 50-54	06:31.7	181	12
13	2:10:48	CHAPMAN, Tim	fenland runners	vet men 40-44	06:32.3	35	13
14	2:11:29	CLYNES, Declan	fairlands valley spartans	senior men	06:34.3	79	14
15	2:12:52	ROONEY, Kevin	Tri Anglia	senior men	06:38.5	240	15
16	2:12:52	LOWDEN, Richard	royston runners	senior men	06:38.5	74	16
17	2:13:33	HEATH, James	st edmunds pacers	vet men 45-49	06:40.5	198	17
18	2:13:38	BROCK, Dave	orion harriers	vet men 45-49	06:40.8	19	18
19	2:14:19	BAILEY, Cliff	thetford athletic club	vet men 45-49	06:42.8	9	19
20	2:14:32	QUANTRILL, Philip	great yarmouth road runners	senior men	06:43.5	223	20
21	2:17:09	EPPS, Terry	wymondham athletic club	vet men 50-54	06:51.3	130	21
22	2:17:27	SIBLEY, Neil	great yarmouth road runners	vet men 40-44	06:52.2	81	22
23	2:17:28	BLACKBURN, Graham	fairlands valley spartans	vet men 40-44	06:52.3	167	23
24	2:18:14	BLAKE, Richard	great yarmouth road runners	vet men 55-59	06:54.6	144	24
25	2:18:44	BAILEY, Ian	lancaster and morecambe ac	vet men 40-44	06:56.1	26	25
26	2:18:56	SULLIVAN, Paul	norwich road runners	senior men	06:56.7	21	26
27	2:18:56	FREEMAN, Paul	norwich road runners	senior men	06:56.7	36	27
28	2:18:56	BETTS, Mark	norwich road runners	senior men	06:56.7	29	28
29	2:18:56	VAN MINDEN, Nils	norwich road runners	senior men	06:56.7	80	29
30	2:19:12	MARK, Sindy-marie	city of norwich athletic club	senior ladies	06:57.5	210	30
31	2:20:24	BARBER, Ian	waveney valley	vet men 60+	07:01.1	147	31
32	2:20:29	HILL, GRAHAM	royston runners	senior men	07:01.3	43	32
33	2:20:41	PITTOCK, Andre	fenland runners	vet men 40-44	07:01.9	95	33
34	2:21:30	HOOK, John	waveney valley athletic club	vet men 40-44	07:04.4	179	34
35	2:22:47	ASHWORTH, Jonathan	woodstock harriers	senior men	07:08.2	45	35
36	2:22:50	ROBINSON, David	royston runners	vet men 45-49	07:08.4	131	36
37	2:23:04	RAYMOND, Joad	cambridge and coleridge	senior men	07:09.1	151	37
38	2:23:15	HARRISON, Simon	ipswich jaffa	senior men	07:09.6	30	38
39	2:23:21	MATTHEWS, Hefin		vet men 40-44	07:09.9	211	39
40	2:23:29	ELLIS, Vince	city of norwich athletic club	vet men 45-49	07:10.3	219	40
41	2:23:30	GREHAN, Michael	dunstable road runners	vet men 40-44	07:10.4	40	41

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42	2:23:30	RAY, Geoff		senior men	07:10.4	203	42
43	2:24:24	SEGER, Michael		vet men 40-44	07:13.1	234	43
44	2:25:06	BARRON, George	bishops stortford running club	vet men 60+	07:15.2	2	44
45	2:25:30	BROWN, Jim	fairlands valley spartans	vet men 50-54	07:16.4	27	45
46	2:26:01	THOMAS, Darren	withham runners	senior men	07:17.9	238	46
47	2:26:11	KELLY, Tim	bishops stortford running club	vet men 50-54	07:18.4	47	47
48	2:26:17	MASSON, Kim	cambridge and coleridge	vet ladies 40-44	07:18.7	46	48
49	2:27:00	STOCKS, Michael		senior men	07:20.9	201	49
50	2:27:16	SWINDIN, Robin	ipswich jaffa	senior men	07:21.7	28	50
51	2:27:40	MCCALL, Marion	st edmunds pacers	senior ladies	07:22.9	148	51
52	2:27:59	HOLMES, Graham		vet men 55-59	07:23.8	116	52
53	2:28:23	CAMPBELL, Ross	kingswood tri	senior men	07:25.0	88	53
54	2:28:24	LOAKE, Catherine	watford harriers	senior ladies	07:25.1	86	54
55	2:28:33	FLANGAN, Anne	norwich road runners	senior ladies	07:25.5	182	55
56	2:29:03	EVANS, Paul	great yarmouth road runners	vet men 50-54	07:27.0	1	56
57	2:29:11	SAYLE, Roger	ryston runners	vet men 40-44	07:27.4	184	57
58	2:29:43	CANE, Mark	ipswich jaffa	senior men	07:29.0	171	58
59	2:29:48	DODDINGTON, Denise		vet men 40-44	07:29.3	110	59
60	2:30:05	BETTS, Gary	wymondham athletic club	senior men	07:30.1	186	60
61	2:30:31	MITCHELL, Keith	ely runners	vet men 45-49	07:31.4	59	62
62	2:30:32	MIDDLETON, Julia	newmarket joggers	vet ladies 55-59	07:31.5	169	63
63	2:31:32	BROOK, Tim	Norfolk Gazelles	senior men	07:34.5	214	64
64	2:32:17	WARD, Felicity		senior ladies	07:36.7	222	65
65	2:32:17	DAVIS, Darryl	city of norwich athletic club	senior men	07:36.7	138	66
66	2:32:53	KEMP, Barry	st edmunds pacers	vet men 40-44	07:38.5	103	67
67	2:33:48	COLLINS, Grahame	city of norwich athletic club	vet men 50-54	07:41.3	178	68
68	2:34:46	FORD, Nigel	ryston runners	senior men	07:44.2	113	69
69	2:35:55	NAVRADY, Jeremy	ryston runners	vet men 40-44	07:47.6	118	70
70	2:36:11	CLUSE, Mark		senior men	07:48.4	159	71
71	2:36:37	WIEGAND, Paul	fenland runners	vet men 45-49	07:49.7	172	72
72	2:36:53	POTTER, Mark	waveney valley	senior men	07:50.5	82	73
73	2:37:29	BAINGER, Graham	norwich road runners	vet men 50-54	07:52.3	200	74
74	2:37:47	DYE, Richard	bungay black dog athletic club	vet men 40-44	07:53.2	140	75
75	2:38:25	MACROSSON, Ker	stowmarket striders	vet men 50-54	07:55.1	225	76
76	2:38:38	ANDREWS, David	withham runners	vet men 45-49	07:55.8	20	77
77	2:38:38	DUNSMUIR-WATTS, Andrew	withham runners	senior men	07:55.8	5	78
78	2:38:56	TAYLOR, Ian	Stratton Striders	vet men 45-49	07:56.7	196	79
79	2:39:15	GOODWIN, David	great yarmouth and district	vet men 45-49	07:57.6	176	80
80	2:39:18	ALDIS, David	city of norwich athletic club	vet men 55-59	07:57.8	125	81
81	2:39:27	CRANE, Alison	Norfolk Gazelles	senior ladies	07:58.2	114	82

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82	2:40:12	MELLO, Michael	north herts road runners	vet men 40-44	08:00.5	218	83
83	2:40:49	BAILEY, Ian		senior men	08:02.3	91	84
84	2:40:51	BETTS, Carol	Norfolk Gazelles	vet ladies 50-54	08:02.4	143	85
85	2:40:54	SAUNDERS, Mark		senior men	08:02.6	209	86
86	2:40:54	MAKOWSKA, Jolanta		vet ladies 40-44	08:02.6	119	87
87	2:41:04	GAY, Christopher	great yarmouth and district	vet men 40-44	08:03.0	123	88
88	2:41:18	MASON, Shawn	great yarmouth and district	senior men	08:03.7	197	89
89	2:41:22	SWIFT, Anne		senior ladies	08:03.9	62	90
90	2:41:35	WALNE, Jason		senior men	08:04.6	16	91
91	2:41:55	SMITH, Kevin	lowestoft road runners	vet men 40-44	08:05.6	173	92
92	2:41:57	WILLIAMS, Terrie		senior ladies	08:05.7	70	93
93	2:42:29	MATTHEWS, Eleanor	city of norwich athletic club	senior ladies	08:07.3	117	94
94	2:42:29	POLLEY, Richard	city of norwich athletic club	vet men 45-49	08:07.3	104	95
95	2:42:41	MARRIAGE, David	royston runners	vet men 40-44	08:07.9	217	96
96	2:42:43	MATTHEWS, Russell		vet men 45-49	08:08.0	55	97
97	2:43:00	CATCHPOLE, Charles		vet men 45-49	08:08.8	177	98
98	2:43:06	DUFF, Leesa	royston runners	vet ladies 40-44	08:09.1	32	99
99	2:43:07	SMITH, Barry	lowestoft road runners	vet men 45-49	08:09.2	174	100
100	2:43:09	KRUG, Klaus		vet men 40-44	08:09.3	141	101
101	2:43:40	JONES, Richard		vet men 40-44	08:10.8	56	102
102	2:44:45	SPONG, Carloe	great yarmouth road runners	vet ladies 60+	08:14.1	3	103
103	2:44:45	MANLY, Veronica	wymondham athletic club	vet ladies 55-59	08:14.1	193	104
104	2:44:49	KEEVIL, Raymond	brandon fern hoppers	vet men 60+	08:14.3	34	105
105	2:45:00	LUBBOCK, David	city of norwich athletic club	vet men 40-44	08:14.8	12	106
106	2:45:03	PETTITT, Nigel	st edmunds pacers	vet men 40-44	08:15.0	134	107
107	2:45:32	BUSH, Heather		senior ladies	08:16.4	121	108
108	2:46:12	SUTHERLAND, Fiona	bishops stortford running club	vet ladies 45-49	08:18.4	85	109
109	2:46:29	VERNEY, Andrew		vet men 40-44	08:19.3	199	110
110	2:47:00	DOWNING, Terry	saffron striders	vet men 50-54	08:20.8	102	111
111	2:47:02	AVES, Susan	withham runners	vet ladies 40-44	08:20.9	10	112
112	2:47:25	B, Susie	momington chasers	vet ladies 40-44	08:22.1	194	113
113	2:48:00	PEARCE, Paul	wymondham athletic club	senior men	08:23.8	149	114
114	2:48:04	THOMAS, Colin	stowmarket striders	vet men 40-44	08:24.0	132	115
115	2:48:13	WILLIAMS, Leighton	withham runners	senior men	08:24.5	72	116
116	2:49:24	STAUNTON, Rebecca	ipswich jaffa	senior ladies	08:28.0	128	117
117	2:49:41	CATCHPOLE, Phil		vet men 50-54	08:28.9	235	118
118	2:49:46	GAUVIN, Sarah	fenland runners	senior ladies	08:29.1	96	119
119	2:49:51	ISBILL, Jo	ryston runners	vet ladies 40-44	08:29.4	115	120
120	2:49:54	BRANDON, Liz	east end road runners	senior ladies	08:29.5	69	121

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121	2:51:02	QUANTRILL, Vicky	great yarmouth road runners	senior ladies	08:32.9	139	122
122	2:51:04	CROUCHER, Anthony	great yarmouth road runners	senior men	08:33.0	224	123
123	2:51:33	BELL, Carla	ware joggers	vet ladies 45-49	08:34.5	155	124
124	2:51:51	CURRY, Joanna		senior ladies	08:35.4	100	125
125	2:52:16	FELLMAN, Daivd	ipswich jaffa	vet men 45-49	08:36.6	164	126
126	2:52:30	WOOLDRIDGE, Kate	ipswich jaffa	senior ladies	08:37.3	98	127
127	2:53:04	WILSON, Karen	bishops stortford running club	vet ladies 40-44	08:39.0	229	128
128	2:53:19	GRISTWOOD, Julia	Ealing, Southall & Middlesex	vet ladies 45-49	08:39.8	127	129
129	2:53:35	PRANCE, Carole	stowmarket striders	vet ladies 40-44	08:40.6	68	130
130	2:54:12	WOOLHOUSE, Michael		senior men	08:42.4	161	131
131	2:54:13	CAMPBELL, Blair	kingswood tri	senior men	08:42.5	89	132
132	2:54:20	COX, Vanda	Thames Hare & Hounds	vet ladies 45-49	08:42.8	108	133
133	2:55:11	ABLE, Kate		senior ladies	08:45.4	166	134
134	2:55:39	VEAL, Clive	ryston runners	vet men 40-44	08:46.8	230	135
135	2:57:02	THOMAS, Nigel	Grange Farm Trotters	senior men	08:50.9	239	137
136	2:57:19	MATHEWS, Ken		vet men 50-54	08:51.8	170	138
137	2:57:20	KNIGHTS, Matthew	norwich road runners	senior men	08:51.8	227	139
138	2:57:37	LOUCH, Colin		vet men 50-54	08:52.7	158	140
139	2:57:58	ANDREWS, Mandy	thetford athletic club	vet ladies 40-44	08:53.7	61	141
140	2:58:30	GROUCOTTT, Leesa		vet ladies 40-44	08:55.3	111	142
141	2:58:30	POOLE, Liz		senior ladies	08:55.3	112	143
142	2:58:30	WAGGOTT, Penny	stowmarket striders	senior ladies	08:55.3	14	144
143	2:58:30	TOOGOOD, Rachel	stowmarket striders	senior ladies	08:55.3	105	145
144	2:59:34	JACK, Nicholas		senior men	08:58.5	33	146
145	2:59:49	HEARD, Peter	wymondham athletic club	vet men 45-49	08:59.3	221	147
146	3:00:02	FAIRWATER, Sharon		senior ladies	08:59.9	53	148
147	3:03:40	FRASER, Susan	great yarmouth and district	vet ladies 45-49	09:10.8	142	149
148	3:03:53	HOGARTH, Malcolm	stowmarket striders	vet men 45-49	09:11.5	8	150
149	3:04:44	APPLEGATE, Metthew		senior men	09:14.0	152	151
150	3:04:44	NORMAN, Steven		senior men	09:14.0	243	152
151	3:04:52	LAW, Barbara	Great Bentley Running Club	vet ladies 60+	09:14.4	232	153
152	3:05:06	LAURIER, Phillip	lowestoft road runners	vet men 55-59	09:15.1	11	154
153	3:07:04	GOLDMAN, Paul	st edmunds pacers	vet men 45-49	09:21.0	189	155
154	3:09:12	EVANS, Lorraine	bishops stortford running club	vet ladies 45-49	09:27.4	122	156
155	3:09:50	WRAY, Shelley	withham runners	senior ladies	09:29.3	54	157
156	3:11:11	ANDREA, Lowe		vet ladies 45-49	09:33.4	39	158

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157	3:11:20	NORRIS, Louise		senior ladies	09:33.8	18	159
158	3:11:20	STEWART, Amy	thetford athletic club	senior ladies	09:33.8	216	160
159	3:13:07	PALMER, Stuart		senior men	09:39.2	150	161
160	3:14:09	WILLSON, David		vet men 40-44	09:42.3	129	162
161	3:14:16	KING, Ricky	Tri Sport Epping	vet men 40-44	09:42.6	231	163
162	3:14:27	THURSTON, Rosemary	stowmarket striders	vet ladies 55-59	09:43.2	107	164
163	3:14:41	CRANE, Lorraine	dereham runners athletic club	senior ladies	09:43.9	183	165
164	3:16:00	COSTELLO, Siobhan	cambridge and coleridge	vet ladies 40-44	09:47.8	60	166
165	3:16:57	HICKS, Emma		senior ladies	09:50.7	84	167
166	3:17:35	AROA, Shelley	cambridge and coleridge	senior ladies	09:52.6	71	168
167	3:18:19	LACK, Tony	Ramsey Road Runners	vet men 60+	09:54.8	236	169
168	3:19:47	WEBB, Ginette		senior ladies	09:59.2	213	170
169	3:19:47	BULMAN, Richard	reepham runners	vet men 55-59	09:59.2	215	171
170	3:21:06	BUNTING, Simon		vet men 40-44	10:03.1	52	172
171	3:21:59	CUTLER, Deb	witham runners	senior ladies	10:05.8	87	173
172	3:22:15	STANNETT, Charlie	ipswich triathlon club	vet men 50-54	10:06.6	66	174
173	3:24:09	ALLUM, Julie	ryston runners	senior ladies	10:12.3	37	175
174	3:25:41	GRESZLER, Laurel		senior ladies	10:16.9	205	176
175	3:27:30	LEVERTON, Darren		senior men	10:22.3	191	177
176	3:27:30	BENFIELD, Lisa		senior ladies	10:22.3	190	178
177	3:28:14	VAN DER MERWE, Ronel	stowmarket striders	vet ladies 45-49	10:24.5	195	179
178	3:28:22	SPINKS, Roger	ipswich jaffa	vet men 60+	10:24.9	202	180