

Wymondham New Years Day 10k Results - 1st January 2008

Place	Time	Name	Team	Cat2	Grad	EntrantNo	Posn
1	0:33:10	GOOSE, Carl	City of Norwich Athletic Club	Senior Men	03:19.0	303	1
2	0:33:32	DAVISON, Neil	City of Norwich Athletic Club	Senior Men	03:21.2	319	2
3	0:33:51	HUNTINGTON, Stuart	City of Norwich Athletic Club	Senior Men	03:23.1	368	3
4	0:34:28	CRAWSHAW, Thomas	City of Norwich Athletic Club	Senior Men	03:26.8	367	4
5	0:34:31	SCOTT, Aaron	Woodbridge shufflers	Senior Men	03:27.1	283	5
6	0:34:36	UTTING, Wayne	Norwich Road Runners	Senior Men	03:27.6	262	6
7	0:35:59	HIGHAM, Paul	Norfolk Gazelles	Senior Men	03:35.9	354	7
8	0:36:20	TUFF, Malcolm		Vet Men 40-44	03:38.0	194	8
9	0:36:23	BUNN, Andrew	Norwich Road Runners	Senior Men	03:38.3	13	9
10	0:36:44	WALPOLE, Andrew	City of Norwich Athletic Club	Senior Men	03:40.4	321	10
11	0:36:53	NIMMOCK, Dani	City of Norwich Athletic Club	Senior ladies	03:41.3	93	11
12	0:37:08	BALFE, Stephen	City of Norwich Athletic Club	Senior Men	03:42.8	336	12
13	0:37:21	COPLEY, Alex		Senior Men	03:44.1	130	13
14	0:37:22	VARLEY, Matt	Norfolk Gazelles	Senior Men	03:44.2	171	14
15	0:37:23	SENIOR, James	City of Norwich Athletic Club	Senior Men	03:44.3	365	15
16	0:37:31	WHITE, Richard	Wymondham Athletic Club	Vet Men 45-49	03:45.1	304	16
17	0:37:41	HOUGHTON, Andrew		Vet Men 45-49	03:46.1	76	17
18	0:37:46	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	03:46.6	395	18
19	0:37:47	LARK, Shaun	Lowestoft Road Runners	Senior Men	03:46.7	306	19
20	0:37:48	WHITELEY, John	bungay black dog athletic club	Vet Men 45-49	03:46.8	170	20
21	0:37:49	JOHNSON, Pete	Norfolk Gazelles	Vet Men 50-54	03:46.9	55	21
22	0:37:51	NEAL, Nikki	Belgrave harriers	Senior ladies	03:47.1	327	22
23	0:37:52	HOOGHAMEUR, Rini	City of Norwich Athletic Club	Vet Men 45-49	03:47.2	373	23
24	0:37:57	BRITT, Mark	Norwich Road Runners	Senior Men	03:47.7	238	24
25	0:38:09	KELLEHER, Derry	City of Norwich Athletic Club	Vet Men 55-59	03:48.9	346	25
26	0:38:12	TAYLOR, Ian	bungay black dog athletic club	Vet Men 40-44	03:49.2	207	26
27	0:38:14	QUANTRILL, Philip	Great Yarmouth Road Runners	Senior Men	03:49.4	294	27
28	0:38:15	BLAKE, Richard	Great Yarmouth Road Runners	Vet Men 55-59	03:49.5	252	28
29	0:38:19	HORNEY, Nigel		Vet Men 45-49	03:49.9	111	29
30	0:38:21	TAYLOR, Phillipa	Stamford Striders	Vet Ladies 40-44	03:50.1	54	30
31	0:38:24	ALFORD, Nicola	City of Norwich Athletic Club	Senior ladies	03:50.4	310	31

32	0:38:34	YOUNGS, Kevin	Norfolk Gazelles	Vet Men 55-59	03:51.4	332	32
33	0:38:52	HOULSTON, Howard		Senior Men	03:53.2	314	33
34	0:38:53	SULLIVAN, Paul	Norwich Road Runners	Vet Men 40-44	03:53.3	307	34
35	0:39:05	CLUES, Mark	Tri Anglia	Vet Men 45-49	03:54.5	168	35
36	0:39:16	NEALE, Darren	North Norfolk Beach Runners	Senior Men	03:55.6	290	36
37	0:39:20	IVE, Martin	Ryston Runners	Vet Men 40-44	03:56.0	109	37
38	0:39:22	FULTON, Jp	Norwich Road Runners	Senior Men	03:56.2	21	38
39	0:39:28	NELSON, Peter		Senior Men	03:56.8	213	39
40	0:39:30	ROBINSON, David	Ryston Runners	Vet Men 50-54	03:57.0	248	40
41	0:39:31	PETERSON, Garth	Brandon Fern Hoppers	Vet Men 45-49	03:57.1	398	41
42	0:39:34	WHITELEY, Nigel		Vet Men 40-44	03:57.4	143	42
43	0:39:35	BOLAM, Jeremy	North Norfolk Beach Runners	Vet Men 45-49	03:57.5	402	43
44	0:39:43	STARK, Colin	North Norfolk Beach Runners	Senior Men	03:58.3	228	44
45	0:39:48	COOPER, Jim	bungay black dog athletic club	Vet Men 45-49	03:58.8	182	45
46	0:39:49	GLYNN, Mick		Vet Men 40-44	03:58.9	257	46
47	0:39:50	KNIGHTS, Sarah	City of Norwich Athletic Club	Vet Ladies 40-44	03:59.0	308	47
48	0:39:54	HAINES, Kieron	Norwich Road Runners	Vet Men 50-54	03:59.4	190	48
49	0:39:55	ROPER, Goy	Norwich Road Runners	Vet Men 45-49	03:59.5	379	49
50	0:40:00	CURL, Tracey	Norwich Road Runners	Vet Ladies 45-49	04:00.0	380	50
51	0:40:23	GOTTS, Mark	City of Norwich Athletic Club	Senior Men	04:02.3	381	51
52	0:40:24	EDRIDGE, DARREN	Coltishall Jaguars	Senior Men	04:02.4	350	52
53	0:40:27	TANDY, David	Norwich Road Runners	Senior Men	04:02.7	210	53
54	0:40:31	AUGER, Stephen		Senior Men	04:03.1	376	54
55	0:40:37	ROGERS, Nigel	Ipswich Jaffa	Vet Men 60+	04:03.7	101	55
56	0:40:39	MACROSSON, Ker	Stowmarket Striders	Vet Men 50-54	04:03.9	201	56
57	0:40:46	STONE, Matthew		Senior Men	04:04.6	166	57
58	0:40:48	MASON, Shawn	Great Yarmouth and District	Senior Men	04:04.8	372	58
59	0:40:56	WARNER, Simon	Leighton Fell Runners	Senior Men	04:05.6	224	59
60	0:40:57	WATTS, Matthew		Senior Men	04:05.7	104	60
61	0:40:59	WOODYATT, Paul	City of Norwich Athletic Club	Vet Men 45-49	04:05.9	389	61
62	0:41:17	BATES, STEVE	Coltishall Jaguars	Senior Men	04:07.7	351	62
63	0:41:23	THOMPSON, Peter	Norfolk Gazelles	Vet Men 50-54	04:08.3	142	63
64	0:41:28	PRYKE, Gail	Ipswich Jaffa	Vet Ladies 45-49	04:08.8	253	64
65	0:41:30	ELLIS, Vince	City of Norwich Athletic Club	Vet Men 50-54	04:09.0	313	65
66	0:41:33	WILKINSON, Louise	City of Norwich Athletic Club	Vet Ladies 45-49	04:09.3	305	66
67	0:41:35	CHAMBERLAIN, Michael	Norwich Road Runners	Vet Men 45-49	04:09.5	150	67
68	0:41:39	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	04:09.9	23	68

69	0:41:40	HARDINGHAM, Kevin	Norfolk Gazelles	Vet Men 45-49	04:10.0	315	69
70	0:41:47	EDWARDS, Penny	Norwich Road Runners	Vet Ladies 50-54	04:10.7	375	70
71	0:41:50	EMERY, Trevor	North Norfolk Beach Runners	Vet Men 55-59	04:11.0	260	71
72	0:41:51	CHORLEY, Chris	bungay black dog athletic club	Vet Men 40-44	04:11.1	25	72
73	0:42:05	ALDIS, David	City of Norwich Athletic Club	Vet Men 55-59	04:12.5	106	73
74	0:42:08	PAGE, Ashley	St Edmunds Pacers	Vet Men 45-49	04:12.8	77	74
75	0:42:12	DADY, Stephen		Vet Men 55-59	04:13.2	187	75
76	0:42:17	HOGARTH, Ian	Ryston Runners	Senior Men	04:13.7	388	76
77	0:42:30	SMITH, Darren	Ryston Runners	Senior Men	04:15.0	70	77
78	0:42:47	BONE, John	Great Yarmouth Road Runners	Vet Men 60+	04:16.7	185	78
79	0:42:49	EDYE, Simon	Norwich Road Runners	Vet Men 55-59	04:16.9	374	79
80	0:42:54	YEOMANS, Martin	Norwich Road Runners	Vet Men 55-59	04:17.4	318	80
81	0:43:03	MORTON, Tim	bungay black dog athletic club	Vet Men 45-49	04:18.3	195	81
82	0:43:08	RUSHWORTH, Stuart		Senior Men	04:18.8	348	82
83	0:43:08	LACEY, Dominic		Senior Men	04:18.8	117	83
84	0:43:15	COOK, Timothy		Senior Men	04:19.5	43	84
85	0:43:21	DANIEL, Razaz		Senior Men	04:20.1	177	85
86	0:43:21	MAWBY, Sam		Senior ladies	04:20.1	221	86
87	0:43:24	DIFFEY, Jo	Lincoln Lakeside	Senior ladies	04:20.4	390	87
88	0:43:26	HAZELL, Jerry		Vet Men 45-49	04:20.6	243	88
89	0:43:39	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Vet Men 45-49	04:21.9	125	89
90	0:43:46	SEARLE, Nick	Thetford Athletic Club	Vet Men 45-49	04:22.6	385	90
91	0:43:51	TAVERNER, Paul	Thetford Athletic Club	Vet Men 45-49	04:23.1	387	91
92	0:43:52	VINSEN, Andrew		Senior Men	04:23.2	361	92
93	0:43:53	SMITH, Alexandra	Norwich Road Runners	Senior ladies	04:23.3	114	93
94	0:43:53	JAMES, Robert	bungay black dog athletic club	Senior Men	04:23.3	337	94
95	0:43:55	CHRISTOPHER, John	North Norfolk Beach Runners	Vet Men 40-44	04:23.5	384	95
96	0:43:56	GRAND, Adie	Norwich Road Runners	Vet Men 40-44	04:23.6	335	96
97	0:43:57	BLACKWELL, Kevin	Norfolk Gazelles	Vet Men 45-49	04:23.7	295	97
98	0:44:04	BYE, Rod	Coltishall Jaguars	Vet Men 45-49	04:24.4	259	98
99	0:44:08	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	04:24.8	50	99
100	0:44:09	DYE, Richard	bungay black dog athletic club	Vet Men 45-49	04:24.9	291	100
101	0:44:18	ANDERSON, Colleen	Great Yarmouth Road Runners	Senior ladies	04:25.8	127	101
102	0:44:19	BAINGER, Graham	Norwich Road Runners	Vet Men 55-59	04:25.9	239	102
103	0:44:25	NIMMOCK, Steven	Dereham Runners Athletic Club	Vet Men 40-44	04:26.5	94	103
104	0:44:26	BUCK, Will	Norwich Road Runners	Vet Men 45-49	04:26.6	355	104
105	0:44:31	NAVRADY, Jeremy	Ryston Runners	Vet Men 40-44	04:27.1	206	105
106	0:44:36	BYE, Barry	Ryston Runners	Vet Men 60+	04:27.6	107	106

107	0:45:06	SUTTLE, Haley	Stowmarket Striders	Vet Ladies 40-44	04:30.6	356	107
108	0:45:07	LINES, Rob	Tri Anglia	Senior Men	04:30.7	234	108
109	0:45:08	CARVER, Dawn	Norwich Road Runners	Vet Ladies 40-44	04:30.8	61	109
110	0:45:10	WOMACK, Mark	Lowestoft Road Runners	Senior Men	04:31.0	360	110
111	0:45:11	JONES, Wendy	St Edmunds Pacers	Vet Ladies 40-44	04:31.1	371	111
112	0:45:18	WOODRUFF, Glenn		Senior Men	04:31.8	192	112
113	0:45:23	ORFORD, Shawn		Senior Men	04:32.3	282	113
114	0:45:25	MANNING, Carl	Ryston Runners	Vet Men 45-49	04:32.5	363	114
115	0:45:34	FLEMING, John		Senior Men	04:33.4	183	115
116	0:45:36	ALBANIE, Samuel		Senior Men	04:33.6	98	116
117	0:45:44	WRIGHT, Carl		Vet Men 45-49	04:34.4	214	117
118	0:45:49	WILSON, Robin	bungay black dog athletic club	Vet Men 50-54	04:34.9	289	118
119	0:45:51	KEEVIL, Raymond	Brandon Fern Hoppers	Vet Men 60+	04:35.1	14	119
120	0:45:57	JORDAN, Catherine	Norfolk Gazelles	Vet Ladies 50-54	04:35.7	16	120
121	0:45:58	WRIGHT, Alex	uknetrunners	Senior Men	04:35.8	15	121
122	0:45:59	SYMONDS, Lisa		Senior ladies	04:35.9	37	122
123	0:46:01	FISH, Michael		Senior Men	04:36.1	11	123
124	0:46:02	WOODRUFF, Kevin		Senior Men	04:36.2	191	124
125	0:46:03	MATYLOR, Dave		Vet Men 45-49	04:36.3	271	125
126	0:46:07	MILNES, Christopher	Ryston Runners	Vet Men 50-54	04:36.7	263	126
127	0:46:21	BRADLEY, Alan	Norwich Road Runners	Vet Men 40-44	04:38.1	266	127
128	0:46:28	GREEN, Julie		Senior ladies	04:38.8	85	128
129	0:46:28	GREEN, Paul		Senior Men	04:38.8	84	129
130	0:46:30	GILHAM, Nigel	bungay black dog athletic club	Vet Men 50-54	04:39.0	211	130
131	0:46:35	POWELL, Darren	Tri Anglia	Vet Men 40-44	04:39.5	399	131
132	0:46:42	BRIGHTY, KEITH	Norwich Road Runners	Vet Men 40-44	04:40.2	49	132
133	0:46:42	MILLETT, Tony	Norwich Road Runners	Vet Men 50-54	04:40.2	267	133
134	0:46:47	MILLS, Claire		Senior ladies	04:40.7	362	134
135	0:46:47	HAMMOND, Barry		Vet Men 55-59	04:40.7	242	135
136	0:47:05	TAYLER, Mark	Norwich Road Runners	Vet Men 55-59	04:42.5	116	136
137	0:47:06	BULL, Michelle	Norwich Road Runners	Senior ladies	04:42.6	156	137
138	0:47:06	AHRENS, Mark		Senior Men	04:42.6	400	138
139	0:47:10	SMITH, Simon		Senior Men	04:43.0	52	139
140	0:47:10	MOULTON, Neil		Senior Men	04:43.0	67	140
141	0:47:17	MILLETT, Anne	Norwich Road Runners	Vet Ladies 50-54	04:43.7	268	141
142	0:47:19	TAYLOR, Ian	Road Runners Club	Vet Men 50-54	04:43.9	254	142
143	0:47:22	ALDBOROUGH, Maria		Senior ladies	04:44.2	12	143
144	0:47:23	HILL, Joe		Senior Men	04:44.3	297	144
145	0:47:24	HILL, Mike	Tri Anglia	Vet Men 40-44	04:44.4	296	145
146	0:47:24	MILLS, Edward		Senior Men	04:44.4	278	146
147	0:47:25	SINCLAIR, Nigel	bunwell strollers	Senior Men	04:44.5	121	147

148	0:47:28	JAMES, Joanne	Dereham Runners Athletic Club	Senior ladies	04:44.8	39	148
149	0:47:30	WITHEY, Sally	City of Norwich Athletic Club	Senior ladies	04:45.0	90	149
150	0:47:30	CROUCHER, Anthony	Great Yarmouth Road Runners	Senior Men	04:45.0	364	150
151	0:47:31	FREEMAN, Jane		Vet Ladies 50-54	04:45.1	108	151
152	0:47:33	SMITH, Mike	Wymondham Athletic Club	Vet Men 60+	04:45.3	188	152
153	0:47:38	MANLY, Veronica	Wymondham Athletic Club	Vet Ladies 55-59	04:45.8	189	153
154	0:47:44	SMITH, Vincent	Stowmarket Striders	Senior Men	04:46.4	112	154
155	0:47:51	MCDONNELL, Mike		Vet Men 50-54	04:47.1	154	155
156	0:47:52	MERRYWEST, Mark		Senior Men	04:47.2	62	156
157	0:47:55	HAYWARD, Geoff	North Norfolk Beach Runners	Vet Men 60+	04:47.5	299	157
158	0:48:00	DYDE, Alasdair	south cheshire harriers	Vet Men 40-44	04:48.0	147	158
159	0:48:10	HAMMOND, Andrew		Vet Men 50-54	04:49.0	240	159
160	0:48:13	GILHAM, Richard	Norfolk Gazelles	Vet Men 45-49	04:49.3	165	160
161	0:48:14	ROBERTS, Neil		Vet Men 50-54	04:49.4	216	161
162	0:48:21	TUNALEY, John	Ipswich Jaffa	Vet Men 55-59	04:50.1	383	162
163	0:48:23	BARSTARD, Anthony	Dereham Runners Athletic Club	Vet Men 55-59	04:50.3	181	163
164	0:48:24	JONES, Lodwig		Senior Men	04:50.4	391	164
165	0:48:25	BIRD, Steve		Vet Men 40-44	04:50.5	340	165
166	0:48:27	KING, Michelle		Vet Ladies 55-59	04:50.7	157	166
167	0:48:28	NORMAN , Pauline	Lowestoft Road Runners	Vet Ladies 55-59	04:50.8	249	167
168	0:48:29	COCKBURN, Ralph		Vet Men 40-44	04:50.9	46	168
169	0:48:32	STEVENS, Tracy		Senior ladies	04:51.2	149	169
170	0:48:32	SPONG, Carole	Great Yarmouth Road Runners	Vet Ladies 60+	04:51.2	338	170
171	0:48:33	HILL, Nicola		Senior ladies	04:51.3	322	171
172	0:48:34	PEACOCK, David	Norfolk Gazelles	Vet Men 40-44	04:51.4	397	172
173	0:48:39	NORMAN, Eddie		Vet Men 40-44	04:51.9	91	173
174	0:48:41	MALLETT, Amanda	Ipswich Triathlon Club	Vet Ladies 40-44	04:52.1	153	174
175	0:48:42	BETTS, Carol	Norfolk Gazelles	Vet Ladies 50-54	04:52.2	79	175
176	0:48:47	DURRANT, Jude		Senior ladies	04:52.7	179	176
177	0:48:52	THOULESS, Gavin	Norwich Road Runners	Senior Men	04:53.2	95	177
178	0:48:52	BLACK, Jason	Norfolk Gazelles	Senior Men	04:53.2	386	178
179	0:48:54	NICHOLL, Arthur		Vet Men 50-54	04:53.4	394	179
180	0:49:03	WHALE, Colin	bungay black dog athletic club	Vet Men 45-49	04:54.3	229	180
181	0:49:06	JACK, Stuart	Norwich Road Runners	Vet Men 50-54	04:54.6	9	181
182	0:49:29	CASSELS, Paul	RAF Triathlon	Senior Men	04:56.9	245	182
183	0:49:39	OSBOURNE, Andi	North Norfolk Beach Runners	Vet Ladies 50-54	04:57.9	3	183

184	0:49:40	MONAGHAN, Kate		Senior ladies	04:58.0	47	184
185	0:49:48	ASHCROFT, Damian		Vet Men 40-44	04:58.8	175	185
186	0:49:52	FULTON, Mandy	Norwich Road Runners	Senior ladies	04:59.2	22	186
187	0:49:55	RENSHAW, Kenneth	Dereham Runners Athletic Club	Vet Men 45-49	04:59.5	31	187
188	0:49:56	MARTIN, Alistair		Vet Men 50-54	04:59.6	209	188
189	0:50:01	TAYLER, Caroline	Norwich Road Runners	Vet Ladies 50-54	05:00.1	115	189
190	0:50:02	MORTON, Alison	bungay black dog athletic club	Vet Ladies 45-49	05:00.2	196	190
191	0:50:03	DAYKIN, Robert		Vet Men 60+	05:00.3	155	191
192	0:50:13	SAUNDERS, Mark		Vet Men 40-44	05:01.3	277	192
193	0:50:13	BRADLEY, Sarah	Norwich Road Runners	Vet Ladies 40-44	05:01.3	265	193
194	0:50:18	STAINES, Rob	North Norfolk Beach Runners	Vet Men 60+	05:01.8	200	194
195	0:50:21	LADDIMAN, Hazel	Norfolk Gazelles	Vet Ladies 50-54	05:02.1	105	195
196	0:50:23	NORBURY, Audrey	Thetford Athletic Club	Vet Ladies 40-44	05:02.3	145	196
197	0:50:29	RICHARDSON, John	Dereham Runners Athletic Club	Vet Men 50-54	05:02.9	97	197
198	0:50:33	GALBRAITH, Mark		Senior Men	05:03.3	113	198
199	0:50:38	BAKER, Hannah	City of Norwich Athletic Club	Senior ladies	05:03.8	326	199
200	0:50:39	POLLEY, Richard	City of Norwich Athletic Club	Vet Men 50-54	05:03.9	325	200
201	0:50:39	COOKE, Sue	City of Norwich Athletic Club	Vet Ladies 45-49	05:03.9	264	201
202	0:50:52	MARSH, Jason		Senior Men	05:05.2	241	202
203	0:50:54	MAXWELL, Anthony		Vet Men 50-54	05:05.4	123	203
204	0:50:55	MAWER, Roger	Lowestoft Road Runners	Vet Men 60+	05:05.5	251	204
205	0:50:57	FARRAR, Anna		Vet Ladies 45-49	05:05.7	331	205
206	0:50:58	GILBERT, David	Waveney Valley Athletic Club	Vet Men 45-49	05:05.8	73	206
207	0:50:59	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 60+	05:05.9	250	207
208	0:51:09	GREASLEY, Martin		Vet Men 40-44	05:06.9	118	208
209	0:51:18	SMITH, Harry	Stowmarket Striders	Vet Men 40-44	05:07.8	159	209
210	0:51:21	SHEPPARD, Silke		Vet Ladies 45-49	05:08.1	83	210
211	0:51:28	RUSH, Steve	Tri Anglia	Vet Men 40-44	05:08.8	377	211
212	0:51:29	DURKIN, Jeremy		Senior Men	05:08.9	345	212
213	0:51:30	WEBSDALE, Steve	Norwich Road Runners	Vet Men 45-49	05:09.0	64	213
214	0:51:33	BYE, Jackie	Coltishall Jaguars	Vet Ladies 45-49	05:09.3	258	214
215	0:51:35	JENNINGS, Mary	Cambridge and Coleridge	Vet Ladies 55-59	05:09.5	92	215
216	0:51:42	GREASLEY, Stephen		Vet Men 45-49	05:10.2	135	216
217	0:51:43	HOYLE, Stephanie	Diss & district Athletic	Vet Ladies 40-	05:10.3	256	217

			Club	44			
218	0:51:46	LAYCOCK, Simon		Senior Men	05:10.6	63	218
219	0:51:47	MAY, Amanda	Spa Striders	Senior ladies	05:10.7	312	219
220	0:51:52	SAUERZEPF, Bobbie	bungay black dog athletic club	Vet Ladies 45-49	05:11.2	24	220
221	0:51:54	HOWLETT, Keir		Senior Men	05:11.4	255	221
222	0:51:55	SMITH, Corrina	Thetford Athletic Club	Vet Ladies 40-44	05:11.5	5	222
223	0:51:56	LAW, Barbara	Great Bentley Running Club	Vet Ladies 60+	05:11.6	141	223
224	0:52:01	FERGUSON, Alex		Vet Ladies 40-44	05:12.1	32	224
225	0:52:01	ERICHES, Nick		Vet Men 45-49	05:12.1	78	225
226	0:52:18	BEVAN, Jonathan		Vet Men 40-44	05:13.8	58	226
227	0:52:20	CARTY, Kevin	Forrest Gate Strollers	Vet Men 50-54	05:14.0	204	227
228	0:52:36	FISH, Anne	Stowmarket Striders	Vet Ladies 55-59	05:15.6	162	228
229	0:52:45	FISH, Grayhame	Stowmarket Striders	Vet Men 55-59	05:16.5	163	229
230	0:52:45	FLORENCE, Anne	Diss & district Athletic Club	Vet Ladies 55-59	05:16.5	392	230
231	0:52:52	WARREN, Peter	Dulwich Runners	Vet Men 50-54	05:17.2	352	231
232	0:52:54	LOPEZ, Shelley		Senior ladies	05:17.4	48	232
233	0:52:56	STEAVENSON, Laura		Senior ladies	05:17.6	34	233
234	0:52:56	NEAL, Graeme	Belgrave harriers	Vet Men 40-44	05:17.6	328	234
235	0:53:07	PHILLIPPO, Helen	Norwich Road Runners	Senior ladies	05:18.7	199	235
236	0:53:18	MONEY, Marie	City of Norwich Athletic Club	Senior ladies	05:19.8	359	236
237	0:53:26	FRANKS, Michael		Vet Men 45-49	05:20.6	167	237
238	0:53:27	SMITH, Katy		Senior ladies	05:20.7	280	238
239	0:53:28	PEACOCK, Rachael		Senior ladies	05:20.8	311	239
240	0:53:28	POOLE, Carolyn	Norfolk Gazelles	Vet Ladies 50-54	05:20.8	293	240
241	0:53:31	JANACEK, Sophie		Senior ladies	05:21.1	131	241
242	0:53:34	HALL, Barry		Vet Men 45-49	05:21.4	205	242
243	0:53:36	TYLER, Tony	Thetford Athletic Club	Vet Men 45-49	05:21.6	342	243
244	0:53:37	FIDDY, Rachel	Norwich Road Runners	Senior ladies	05:21.7	324	244
245	0:53:41	NICHOLLS, Sally	bungay black dog athletic club	Vet Ladies 45-49	05:22.1	370	245
246	0:53:42	NAPTHEN, Richard		Vet Men 40-44	05:22.2	7	246
247	0:53:59	WILLSON, David		Vet Men 45-49	05:23.9	404	247
248	0:54:03	GERRARD, Hayley	Norfolk Gazelles	Senior ladies	05:24.3	26	248
249	0:54:14	MARTIN, Anne	Wymondham Athletic Club	Vet Ladies 60+	05:25.4	174	249
250	0:54:18	DENNIS, Michael	Dereham Runners Athletic Club	Vet Men 40-44	05:25.8	51	250
251	0:54:27	HILL, Melvin	Norwich Road Runners	Vet Men 40-44	05:26.7	247	251
252	0:54:38	HAYCOCK, Chris		Vet Men 40-44	05:27.8	222	252
253	0:54:45	BULTZ, Peter		Vet Men 45-49	05:28.5	68	253
254	0:54:52	BOGGAN, Ian		Vet Men 45-49	05:29.2	74	254
255	0:54:56	CHATTEN, Kim		Vet Ladies 45-	05:29.6	75	255

				49			
256	0:54:56	CORBYN, Ryan		Senior Men	05:29.6	120	256
257	0:54:57	HERBERT, Mark		Senior Men	05:29.7	281	257
258	0:55:02	VELLA, Carl	Haverhill 90 Joggers	Senior Men	05:30.2	302	258
259	0:55:12	CHAPMAN, Louise	Norwich Road Runners	Senior ladies	05:31.2	301	259
260	0:55:39	RUE, Steven		Vet Men 55-59	05:33.9	139	260
261	0:55:48	PAREMAN, Gillian	Thetford Athletic Club	Vet Ladies 55-59	05:34.8	287	261
262	0:55:54	WIGGIN, Jeremy		Senior Men	05:35.4	53	262
263	0:56:03	BRITT, Tony		Vet Men 50-54	05:36.3	193	263
264	0:56:10	BAMFORD, Julian	Norwich Road Runners	Senior Men	05:37.0	140	264
265	0:56:24	PAGE, Darren		Vet Men 40-44	05:38.4	341	265
266	0:56:28	HORREX, Trevor	Norwich Road Runners	Vet Men 45-49	05:38.8	298	266
267	0:56:29	PROFFITT, Ed		Senior Men	05:38.9	102	267
268	0:56:32	MAY, Melvin	Norwich Road Runners	Vet Men 50-54	05:39.2	202	268
269	0:56:35	BETTS, David	Norfolk Gazelles	Vet Men 50-54	05:39.5	80	269
270	0:56:45	SCOTT, Angus		Vet Men 40-44	05:40.5	401	270
271	0:56:53	BULTZ, Sarah		Senior ladies	05:41.3	69	271
272	0:56:54	SPINKS, Roger	Ipswich Jaffa	Vet Men 60+	05:41.4	158	272
273	0:56:54	HIPKINS, Cherie	Great Bentley Running Club	Senior ladies	05:41.4	223	273
274	0:56:58	SHEAD, Sheila		Vet Ladies 55-59	05:41.8	99	274
275	0:57:00	PITMAN, Steve		Senior Men	05:42.0	4	275
276	0:57:10	NEEDS, Anna		Senior ladies	05:43.0	20	276
277	0:57:25	MATLOCK, Rosemary	Thetford Athletic Club	Vet Ladies 45-49	05:44.5	176	277
278	0:57:44	OLIVER, Lesley		Vet Ladies 60+	05:46.4	347	278
279	0:57:48	DOOK, Colin	Ely Runners	Vet Men 40-44	05:46.8	29	279
280	0:57:49	RENNISON, Steve		Vet Men 45-49	05:46.9	320	280
281	0:58:02	GREEN, Sean		Vet Men 40-44	05:48.2	396	281
282	0:58:13	WYATT, Carole		Vet Ladies 45-49	05:49.3	353	282
283	0:58:13	RUE, Rita		Vet Ladies 45-49	05:49.3	138	283
284	0:58:37	FARROW, Linda	Norfolk Gazelles	Vet Ladies 60+	05:51.7	231	284
285	0:58:49	LEEDER, Vic		Vet Men 60+	05:52.9	232	285
286	0:58:55	POTTER, Susan	bungay black dog athletic club	Vet Ladies 50-54	05:53.5	343	286
287	0:58:57	SMITH, Sue	Ryston Runners	Vet Ladies 40-44	05:53.7	71	287
288	0:58:58	NEAVE, PHILIP	bungay black dog athletic club	Vet Men 55-59	05:53.8	10	288
289	0:59:05	TWINEM, Richard	Dartmouth AC	Vet Men 60+	05:54.5	366	289
290	0:59:36	BRAAT, Lisa	Lowestoft Road Runners	Senior ladies	05:57.6	246	290
291	0:59:40	LYNCH-AIRD, Jeanne	Stowmarket Striders	Vet Ladies 50-54	05:58.0	323	291
292	0:59:41	CARTY, Lesley	Forrest Gate Strollers	Vet Ladies 45-49	05:58.1	203	292

293	0:59:48	POPP, John		Vet Men 50-54	05:58.8	88	293
294	0:59:50	SMITH, Sheila		Vet Ladies 50-54	05:59.0	6	294
295	0:59:51	MOORE, Lynda	Norwich Road Runners	Vet Ladies 50-54	05:59.1	237	295
296	0:59:51	MOORE, Brian	Norwich Road Runners	Vet Men 55-59	05:59.1	236	296
297	1:00:20	QUENTIN-HICKS, Kate	City of Norwich Athletic Club	Senior ladies	06:02.0	357	297
298	1:00:39	REYNOLDS, Paul		Senior Men	06:03.9	178	298
299	1:00:52	MOORE, Jane	Norfolk Gazelles	Vet Ladies 40-44	06:05.2	275	299
300	1:01:04	TYLER, Rosemary	Stowmarket Striders	Vet Ladies 55-59	06:06.4	208	300
301	1:01:26	MCCULLOCH, Jane		Vet Ladies 45-49	06:08.6	272	301
302	1:01:27	SHERRIFF, Carol	Garden City Joggers	Vet Ladies 50-54	06:08.7	284	302
303	1:01:27	WILSON, Simon	Garden City Joggers	Vet Men 45-49	06:08.7	285	303
304	1:01:29	CHILD, Jennifer	Tri Anglia	Vet Ladies 45-49	06:08.9	378	304
305	1:01:29	WALTERS, Katy	City of Norwich Athletic Club	Senior ladies	06:08.9	136	305
306	1:01:44	SHERMAN, Anna		Senior ladies	06:10.4	160	306
307	1:02:11	WARREN, Kate		Senior ladies	06:13.1	349	307
308	1:02:11	ROBERTS, Samantha		Vet Ladies 40-44	06:13.1	19	308
309	1:02:19	THOULESS, Colin	Norwich Road Runners	Vet Men 60+	06:13.9	96	309
310	1:02:23	BURFOOT, Jennifer	Norfolk Gazelles	Vet Ladies 55-59	06:14.3	184	310
311	1:02:46	BARRETT, Gill		Vet Ladies 40-44	06:16.6	164	311
312	1:02:57	O'BRIEN, Roger		Vet Men 40-44	06:17.7	369	312
313	1:03:10	RADBOURNE, Michael		Vet Men 40-44	06:19.0	134	313
314	1:03:43	SMITH, Sue	Norwich Road Runners	Senior ladies	06:22.3	273	314
315	1:03:43	SMITH, Wendy	Norwich Road Runners	Vet Ladies 45-49	06:22.3	244	315
316	1:03:44	EVANS, Robert	Tri Anglia	Senior Men	06:22.4	59	316
317	1:03:47	ATKINSON, Sue	Norfolk Gazelles	Vet Ladies 60+	06:22.7	119	317
318	1:03:53	HOLLAND, Marti		Vet Men 60+	06:23.3	261	318
319	1:04:03	GARRETT, Julie	Norwich Road Runners	Vet Ladies 40-44	06:24.3	144	319
320	1:04:04	DAVIES, Kerry	Tri Anglia	Senior ladies	06:24.4	358	320
321	1:04:05	SIMPSON, Dennis	Norwich Road Runners	Vet Men 45-49	06:24.5	124	321
322	1:04:09	MORLEY, Stephen		Vet Men 50-54	06:24.9	137	322
323	1:04:09	QUANG, Le		Senior Men	06:24.9	230	323
324	1:04:11	RUTTERFORD, Ricky		Senior Men	06:25.1	225	324
325	1:04:52	FORTEESCUE, Nichola		Senior ladies	06:29.2	128	325
326	1:04:52	FORTEESCUE, Paul		Senior Men	06:29.2	129	326
327	1:05:06	MARKS, David	Norwich Road Runners	Vet Men 40-44	06:30.6	217	327
328	1:05:13	PACEY, Angela		Vet Ladies 60+	06:31.3	233	328
329	1:05:15	HOWEG, Andrea		Senior ladies	06:31.5	57	329

330	1:05:29	DURKIN, Kelly		Senior ladies	06:32.9	344	330
331	1:05:29	STALLABRASS, Shirley		Vet Men 50-54	06:32.9	269	331
332	1:06:00	POPE, Chris		Senior Men	06:36.0	122	332
333	1:06:00	COOK, Jayne		Vet Ladies 40-44	06:36.0	180	333
334	1:06:14	RENSHAW, Diane	Dereham Runners Athletic Club	Vet Ladies 45-49	06:37.4	44	334
335	1:06:24	NICHOLL, Rosemary		Vet Ladies 45-49	06:38.4	393	335
336	1:06:25	HILL, Michael		Senior Men	06:38.5	403	336
337	1:06:31	LACEY, Jacqui		Senior ladies	06:39.1	186	337
338	1:06:54	SPONG, Albert	Great Yarmouth Road Runners	Vet Men 60+	06:41.4	339	338
339	1:07:04	SAVILLE, Michael	Stowmarket Striders	Vet Men 45-49	06:42.4	218	339
340	1:07:30	MCCARTHY, Patricia	Tri Anglia	Senior ladies	06:45.0	60	340
341	1:07:37	PARKE, Jonathan		Vet Men 45-49	06:45.7	215	341
342	1:08:14	NAPTHEN, Karen		Vet Ladies 40-44	06:49.4	8	342
343	1:08:36	MASSEY, Dave		Vet Men 50-54	06:51.6	330	343
344	1:09:43	GRIFFIN, Maty		Vet Ladies 60+	06:58.3	66	344
345	1:11:00	MILLER, Louis		Vet Men 60+	07:06.0	227	345
346	1:14:09	JOHNSON, Claire		Senior ladies	07:24.9	56	346
347	1:15:39	GILBERT, Penny		Vet Ladies 40-44	07:33.9	72	347
348	1:20:08	ISON, Margaret	North Norfolk Beach Runners	Vet Ladies 60+	08:00.8	316	348
349	1:20:08	COPELAND, Maurice	North Norfolk Beach Runners	Vet Men 60+	08:00.8	317	349