

## 20 Mile Race Results - March 2007

Place	Time	Name	Team	Cat2	Grad	EntrantNo	Posn
1	2:00:50	PITTS, Colin	Stowmarket Striders	vet men 40+	03:45.2	220	1
2	2:02:32	COOKE, Christopher	St Edmunds Pacers	vet men 45+	03:48.4	118	2
3	2:04:07	SHARMAN, Kevin	Lowestoft Road Runners	senior men	03:51.3	146	3
4	2:04:33	MCGREGOR, Roddy	Norwich Road Runners	senior men	03:52.1	9	4
5	2:04:42	DAY, Ian	Ely Runners	senior men	03:52.4	113	5
6	2:06:48	MANLOW, John		senior men	03:56.3	120	6
7	2:06:58	HEATH, James	St Edmunds Pacers	vet men 45+	03:56.6	47	7
8	2:07:23	COCKRELL, Steve	Fenland Runners	senior men	03:57.4	164	8
9	2:07:46	GLAYSHER, Stefan	City of Norwich Athletic Club	vet men 40+	03:58.1	37	9
10	2:09:15	CHAPMAN, Tim	Fenland Runners	vet men 40+	04:00.9	93	10
11	2:10:46	BETTS, Mark	Norwich Road Runners	senior men	04:03.7	20	11
12	2:11:55	LOWDEN, Richard	Royston Runners	senior men	04:05.9	78	12
13	2:13:26	GEITNER, Joseph	City of Norwich Athletic Club	senior men	04:08.7	204	13
14	2:13:51	CLYNES, Declan	Fairlands Valley Spartans	vet men 40+	04:09.5	77	14
15	2:14:05	BLAKE, Richard	Great Yarmouth Road Runners	vet men 55+	04:09.9	207	15
16	2:14:13	VAN MINDEN, Nils	Norwich Road Runners	senior men	04:10.1	32	16
17	2:14:39	PENN, Malcolm	Stowmarket Striders	vet men 45+	04:11.0	229	17
18	2:14:57	IVE, Martin	Ryston Runners	vet men 40+	04:11.5	46	18
19	2:15:40	BAILEY, Cliff	Thetford Athletic Club	vet men 45+	04:12.9	66	19
20	2:16:21	MACPHERSON, Al	St Edmunds Pacers	senior men	04:14.1	50	20
21	2:17:38	DUNCOMBE, Andrew	barrow runners	senior men	04:16.5	18	21
22	2:17:54	OSMONOVICH, Casey	Thetford Athletic Club	senior men	04:17.0	79	22
23	2:18:07	HASKEY-JONES, James	Tiptree Road Runners	senior men	04:17.4	183	23
24	2:18:25	RICHARDSON, Tom		senior men	04:18.0	140	24
25	2:18:48	ROBINSON, David	Ryston Runners	vet men 50+	04:18.7	53	25
26	2:19:00	BROWN, Jim	Fairlands Valley Spartans	vet men 50+	04:19.1	102	26
27	2:21:13	CHAMBERLAIN, Michael	Norwich Road Runners	vet men 45+	04:23.2	126	27
28	2:22:36	METCALFE, Peter	City of Norwich Athletic Club	senior men	04:25.8	194	28
29	2:22:50	EPPS, Terry	Wymondham Athletic Club	vet men 50+	04:26.2	85	29
30	2:22:53	EDWARDS, Penny	Norwich Road Runners	vet ladies 50+	04:26.3	123	30
31	2:23:17	WAKEFIELD, Caroline	Ryston Runners	senior ladies	04:27.1	130	31
32	2:23:22	GARRETT, Mark	Norwich Road Runners	vet men 40+	04:27.2	92	32
33	2:23:24	BOWER, Phillip	Thetford Athletic Club	vet men 45+	04:27.3	221	33
34	2:23:26	WILLIAMS, Sarah	Metropolitan Police	senior ladies	04:27.3	95	34
35	2:23:34	ELLIS, Vince	City of Norwich Athletic Club	vet men 50+	04:27.6	128	35
36	2:24:19	PALMER, Kelvin		senior men	04:29.0	214	36
37	2:25:27	FLANAGAN, Anne	Norwich Road Runners	senior ladies	04:31.1	22	37

38	2:25:30	DAVIS, Darryl	City of Norwich Athletic Club	senior men	04:31.2	132	38
39	2:26:30	BARRON, George	Bishops Stortford Running Club	vet men 60+	04:33.0	4	39
40	2:27:01	SMITH, A	Ryston Runners	vet men 40+	04:34.0	45	40
41	2:27:31	DYE, Richard	bungay black dog athletic club	vet men 45+	04:34.9	27	41
42	2:27:58	MCGURK, David	Bishops Stortford Running Club	vet men 45+	04:35.8	69	42
43	2:28:33	KNIGHTS, Matthew	Norwich Road Runners	senior men	04:36.9	210	43
44	2:29:28	STARK, Colin		senior men	04:38.6	139	44
45	2:29:53	BOWER, Sandra	Thetford Athletic Club	vet ladies 45+	04:39.4	222	45
46	2:30:10	COOK, Peter		vet men 55+	04:39.9	169	46
47	2:30:24	JACKSON, Alan	Ipswich Jaffa	vet men 45+	04:40.3	34	47
48	2:30:44	CHAPMAN, Paul	Bishops Stortford Running Club	vet men 50+	04:40.9	137	48
49	2:30:53	MITCHELL, Keith	Ely Runners	vet men 50+	04:41.2	43	49
50	2:30:58	RUTTERFORD, Darren		senior men	04:41.4	107	50
51	2:31:39	HOWLETT, Kevin	Ryston Runners	vet men 45+	04:42.6	28	51
52	2:31:50	EMERSON, Bruce		vet men 40+	04:43.0	233	52
53	2:32:11	NAVRADY, Jeremy	Ryston Runners	vet men 40+	04:43.6	54	53
54	2:32:35	KELLY, Tim	Bishops Stortford Running Club	vet men 50+	04:44.4	51	54
55	2:32:35	BRADLEY, Alan	Norwich Road Runners	vet men 40+	04:44.4	11	55
56	2:32:58	POPE, Andrew	Royston Runners	senior men	04:45.1	14	56
57	2:32:59	DUFF, Leesa	Royston Runners	vet ladies 40+	04:45.1	23	57
58	2:33:10	MATTHEWS, Hefin		vet men 40+	04:45.5	16	58
59	2:33:58	TALBOT, Richard	felixstowe road runners	vet men 45+	04:47.0	202	59
60	2:34:05	BURTON, John	City of Norwich Athletic Club	vet men 55+	04:47.2	122	60
61	2:34:06	SEMMENCE, Philip	Norwich Road Runners	senior men	04:47.2	142	61
62	2:34:08	TAYLOR, Ian	Stratton Striders	vet men 45+	04:47.3	19	62
63	2:34:13	KEMP, Stephen	Norwich Road Runners	vet men 50+	04:47.4	80	63
64	2:34:29	MOORE, John		vet men 45+	04:47.9	186	64
65	2:34:44	MCCUSKER, Eamonn	Ryston Runners	vet men 50+	04:48.4	83	65
66	2:35:22	KELF, Jon	Norfolk Gazelles	senior men	04:49.6	144	66
67	2:35:24	JUDD, Darren	sudbury joggers	senior men	04:49.6	228	67
68	2:35:47	PROBERT, Katherine	Royston Runners	senior ladies	04:50.4	86	68
69	2:36:55	HAYS, Ian	belper harriers	senior men	04:52.5	52	69
70	2:37:02	PECK, Andrew	Great Yarmouth Road Runners	senior men	04:52.7	106	70
71	2:37:26	FREMAN, Dennis	City of Norwich Athletic Club	vet men 55+	04:53.4	167	71
72	2:37:49	ALDIS, David	City of Norwich Athletic Club	vet men 55+	04:54.1	136	72
73	2:38:09	PITTOCK, Andre	Fenland Runners	vet men 40+	04:54.8	33	73

74	2:38:09	GRISLEY, Chris	Norfolk Gazelles	senior men	04:54.8	193	74
75	2:38:30	MATTHEWS, Eleanor	City of Norwich Athletic Club	senior ladies	04:55.4	127	75
76	2:38:30	ARMSTRONG, Donna	City of Norwich Athletic Club	senior ladies	04:55.4	179	76
77	2:38:30	GOSTLING, John	City of Norwich Athletic Club	senior men	04:55.4	147	77
78	2:38:30	POLLEY, Richard	City of Norwich Athletic Club	vet men 45+	04:55.4	178	78
79	2:38:48	WIGGINS, Simon	felixstowe road runners	senior men	04:56.0	42	79
80	2:38:55	TAYLER, Mark	Norwich Road Runners	vet men 50+	04:56.2	100	80
81	2:39:00	SUTTLE, Haley	Stowmarket Striders	vet ladies 40+	04:56.3	5	81
82	2:40:20	GAY, Christopher	Great Yarmouth and District	vet men 40+	04:58.8	152	82
83	2:40:31	HOCKLEY, Marie	Bishops Stortford Running Club	vet ladies 40+	04:59.2	36	83
84	2:41:17	CHAMBERLIN, Simon	Wymondham Athletic Club	senior men	05:00.6	103	84
85	2:41:34	JONES, Howard		vet men 40+	05:01.1	10	85
86	2:41:38	SPONG, Carole	Great Yarmouth Road Runners	vet ladies60+	05:01.3	124	86
87	2:41:39	DAY, Richard	Stowmarket Striders	senior men	05:01.3	208	87
88	2:42:12	FERGUSON, Naomi	chapel allerton	senior ladies	05:02.3	134	88
89	2:42:41	BARCLAY, David	Norfolk Gazelles	vet men 45+	05:03.2	143	89
90	2:43:25	MILNES, Christopher	Ryston Runners	vet men 45+	05:04.6	114	90
91	2:43:28	BROWN, Chris	Cambridge and Coleridge	vet men 40+	05:04.7	68	91
92	2:43:53	MANLY, Veronica	Wymondham Athletic Club	vet ladies 55+	05:05.5	121	92
93	2:43:59	PRANCE, Carole	Stowmarket Striders	vet ladies 40+	05:05.6	170	93
94	2:43:59	DANIELS, David	Stowmarket Striders	vet men 40+	05:05.6	211	94
95	2:44:41	SCHORMANN, Mark	City of Norwich Athletic Club	senior men	05:06.9	195	95
96	2:45:09	BRIDGES, Doug	Norfolk Gazelles	senior men	05:07.8	213	96
97	2:46:05	STACEY, Martin	yeovil town road runners	vet men 45+	05:09.6	180	97
98	2:46:12	DOWNING, Terry		vet men 50+	05:09.8	163	98
99	2:46:15	HOWARD, Karl	Royston Runners	senior men	05:09.9	162	99
100	2:47:39	PLUNKETT, Steve	Dereham Runners Athletic Club	vet men 40+	05:12.5	125	100
101	2:48:03	FERNANDES, Liz		senior ladies	05:13.2	227	101
102	2:48:16	CROOK, Andy		senior men	05:13.6	225	102
103	2:48:29	TYRRELL, Jonathan		senior men	05:14.0	60	103
104	2:48:32	BOND, Nicola	chapel allerton	senior ladies	05:14.1	133	104
105	2:48:43	IRVINE, Andy	Cambridge and Coleridge	senior men	05:14.5	73	105
106	2:48:52	COOK, Ian		senior men	05:14.7	94	106
107	2:49:02	KNIGHTS, Diane	Witham Runners	vet ladies 45+	05:15.1	81	107
108	2:49:29	O'CONNOR, Rachel	Witham Runners	senior ladies	05:15.9	13	108
109	2:50:24	BAINGER, Graham	Norwich Road Runners	vet men 50+	05:17.6	182	109

110	2:50:31	ATKINSON, Alexis		senior men	05:17.8	155	110
111	2:50:45	HUNT, Nicky	Bishops Stortford Running Club	senior ladies	05:18.3	158	111
112	2:50:47	ASTLEY, Robert		senior men	05:18.3	181	112
113	2:50:53	BETTS, Carol	Norfolk Gazelles	vet ladies 50+	05:18.5	84	113
114	2:51:13	DALLAS, Ian	Norfolk Gazelles	vet men 40+	05:19.1	160	114
115	2:51:18	AVES, Susan	Witham Runners	vet ladies 40+	05:19.3	3	115
116	2:52:48	COX, Vanda	Thames Hare & Hounds	vet ladies 45+	05:22.1	159	116
117	2:52:57	SUTHERLAND, Fiona	Bishops Stortford Running Club	vet ladies 45+	05:22.4	61	117
118	2:52:59	POWELL, Darren	Tri Anglia	vet men 40+	05:22.4	59	118
119	2:53:48	WAGGOTT, Penny	Stowmarket Striders	vet ladies 40+	05:23.9	101	119
120	2:54:27	WOMACK, Mark	Lowestoft Road Runners	senior men	05:25.1	190	120
121	2:54:36	ADAMS, Roger	Brandon Fern Hoppers	senior men	05:25.4	216	121
122	2:54:56	MANNING, Karen	Great Yarmouth Road Runners	senior ladies	05:26.0	6	122
123	2:55:10	BROWN, Ian		senior men	05:26.5	224	123
124	2:55:10	BROWN, Alison		senior ladies	05:26.5	141	124
125	2:55:16	BARBER, Ian		senior men	05:26.7	200	125
126	2:55:16	KANE, Nik		vet men 40+	05:26.7	212	126
127	2:55:51	WIEGAND, Paul	Fenland Runners	vet men 45+	05:27.8	117	127
128	2:55:54	LEVETT, Kim	Stowmarket Striders	senior ladies	05:27.9	105	128
129	2:55:54	TOOGOOD, Rachel	Stowmarket Striders	senior ladies	05:27.9	104	129
130	2:56:08	MCENIERY, Carmel	Cambridge and Coleridge	senior ladies	05:28.3	74	130
131	2:56:20	CORBOULD, Stephen	Norfolk Gazelles	vet men 45+	05:28.7	30	131
132	2:56:22	TAYLER, Caroline	Norwich Road Runners	vet ladies 45+	05:28.7	99	132
133	2:56:28	BEAR, Angela	Wymondham Athletic Club	vet ladies 50+	05:28.9	206	133
134	2:56:28	RONEY, Jon		senior men	05:28.9	185	134
135	2:56:38	BRIGHTY, KEITH	Norwich Road Runners	vet men 40+	05:29.2	217	135
136	2:56:46	MATTHEWS, Ken	Tri Anglia	vet men 50+	05:29.5	149	136
137	2:56:49	OSMOND, David		vet men 40+	05:29.6	176	137
138	2:56:54	AHAMD, Rafat		senior men	05:29.7	151	138
139	2:57:01	PILCH, Richard		vet men 60+	05:29.9	88	139
140	2:57:12	BROOKER, Paul		vet men 55+	05:30.3	110	140
141	2:57:17	BASHAM, Leslie	Stowmarket Striders	vet men 55+	05:30.4	38	141
142	2:57:20	BROSTER, Linsey	Dereham Runners Athletic Club	senior ladies	05:30.5	75	142
143	2:57:35	GAUVIN, Sarah	Fenland Runners	senior ladies	05:31.0	62	143
144	2:57:38	MILLS, Lorraine	Stowmarket Striders	senior ladies	05:31.1	197	144
145	2:57:40	GLADWELL, Chris	Stowmarket Striders	vet men 50+	05:31.1	76	145
146	2:58:00	BRADLEY, Sarah	Norwich Road Runners	vet ladies 40+	05:31.8	12	146

147	2:58:29	ASPIN, Chris		vet men 40+	05:32.7	91	147
148	2:58:30	THORNTON, Christopher		vet men 45+	05:32.7	231	148
149	2:58:55	MARKS, David	Norwich Road Runners	senior men	05:33.5	184	149
150	2:59:05	STEVENS, Tracy		senior ladies	05:33.8	90	150
151	2:59:43	KINCH, Brenda	North Norfolk Beach Runners	vet ladies60+	05:35.0	15	151
152	3:00:06	MARTIN, Peter	highworth running club	vet men 55+	05:35.7	49	152
153	3:01:40	BESCHIZZA, Mark		vet men 40+	05:38.6	187	153
154	3:02:53	THOMAS, Neil	bungay black dog athletic club	senior men	05:40.9	89	154
155	3:03:27	PEATE, Stephanie		senior ladies	05:41.9	232	155
156	3:05:03	FRIBBENS, Mark	halstead runners	vet men 40+	05:44.9	131	156
157	3:05:46	CROSBY, Louise		vet ladies 45+	05:46.2	156	157
158	3:06:03	ASHFORD, Justin	Norwich Road Runners	senior men	05:46.8	215	158
159	3:07:21	GERAGHTY, Charmaine	Stowmarket Striders	senior ladies	05:49.2	198	159
160	3:08:01	BROMBOSZCZ, Tracie	Witham Runners	vet ladies 40+	05:50.4	25	160
161	3:08:03	ARCHBOLD, Karen		senior ladies	05:50.5	2	161
162	3:08:08	EVANS, Lorraine	Bishops Stortford Running Club	vet ladies 45+	05:50.7	98	162
163	3:08:26	NORRIS, Louise	Thetford Athletic Club	senior ladies	05:51.2	29	163
164	3:08:49	BAKER, Hannah	City of Norwich Athletic Club	senior ladies	05:51.9	138	164
165	3:12:45	GAYLOR, Barbara	Norfolk Gazelles	vet ladies 45+	05:59.3	129	165
166	3:12:45	WOORUFF, Glenn		senior men	05:59.3	226	166
167	3:13:14	CAUSON, Roger	felixstowe road runners	vet men 55+	06:00.2	56	167
168	3:13:18	GHANT, Debbie	Stowmarket Striders	vet ladies 40+	06:00.3	209	168
169	3:13:18	BAILE, Clare	Stowmarket Striders	senior ladies	06:00.3	168	169
170	3:14:37	SHULVER, Rod	Great Yarmouth Road Runners	vet men 60+	06:02.7	112	170
171	3:14:39	MARRIAGE, I	Royston Runners	vet ladies 40+	06:02.8	63	171
172	3:14:39	HAYNES, Paul	Royston Runners	senior men	06:02.8	26	172
173	3:14:44	DOYLE, Philip	Royston Runners	vet men 45+	06:03.0	64	173
174	3:16:13	LACK, Tony	Ramsey Road Runners	vet men 60+	06:05.7	108	174
175	3:16:34	CLARK, Roger		vet men 50+	06:06.4	177	175
176	3:19:12	PAUL, Bob	bungay black dog athletic club	vet men 50+	06:11.3	154	176
177	3:19:33	CUTLER, Deb	Witham Runners	senior ladies	06:11.9	203	177
178	3:20:38	SAGE, David		vet men 50+	06:14.0	148	178
179	3:21:01	SPINKS, Roger	Ipswich Jaffa	vet men 60+	06:14.7	153	179
180	3:21:29	EAVES, Laura		senior ladies	06:15.5	71	180
181	3:21:29	EAVES, Joe		senior men	06:15.5	72	181
182	3:21:34	BUNTING, Simon		vet men 40+	06:15.7	1	182

183	3:22:04	SHIPPEY, Susan	Witham Runners	senior ladies	06:16.6	119	183
184	3:22:05	PECK, Janet	Witham Runners	senior ladies	06:16.7	205	184
185	3:22:19	TYLER, Rosemary	Stowmarket Striders	vet ladies 55+	06:17.1	87	185
186	3:23:42	CHASE, Daniel		senior men	06:19.7	199	186
187	3:23:42	CHASE, James		vet men 40+	06:19.7	201	187
188	3:26:39	BAILEY, Margaret	Wymondham Athletic Club	vet ladies 55+	06:25.2	24	188
189	3:27:05	ANDERSON, Tony	Great Yarmouth Road Runners	senior men	06:26.0	175	189
190	3:28:36	BUTLER, Sandra	Ramsey Road Runners	vet ladies60+	06:28.8	111	190
191	3:28:58	CHITTICK, David	Stowmarket Striders	senior men	06:29.5	230	191
192	3:31:11	BROWN, Peter	Ryston Runners	vet men 45+	06:33.6	109	192
193	3:31:11	PRATT, Barry		vet men 60+	06:33.6	41	193
194	3:33:35	LAURIER, Phillip	Lowestoft Road Runners	vet men 55+	06:38.1	196	194
195	3:36:32	HUFF, Zoe		senior ladies	06:43.6	135	195
196	3:39:44	COOK, Joanne		senior ladies	06:49.6	192	196
197	3:40:02	VIRGIN, Suzy		senior ladies	06:50.1	189	197
198	3:40:04	ROBB, Nicola		senior ladies	06:50.2	166	198
199	3:44:05	CLARKE, Penelope	Witham Runners	vet ladies 45+	06:57.7	191	199
200	3:58:46	PRATT, Kate	Royston Runners	senior ladies	07:25.0	39	200
201	3:58:50	CLARKE, Alison	Royston Runners	senior ladies	07:25.2	40	201
202	4:02:10	KEENE, Alison	Bishops Stortford Running Club	vet ladies 45+	07:31.4	218	202