

## Wymondham Spring 20M Results - 2nd March 2008

Place	Time	Name	Team	Cat2	Grad	EntrantNo	Posn
1	1:58:50	AMOS, Guy	City of Norwich Athletic Club	Vet Men 40-44	03:41.5	494	1
2	2:06:44	TILBROOK, Christoper	St Albans Striders	Senior Men	03:56.2	375	2
3	2:06:55	MCGREGOR, Roddy	Norwich Road Runners	Vet Men 40-44	03:56.5	441	3
4	2:08:02	MANLOW, John	Ely Runners	Senior Men	03:58.6	435	4
5	2:11:02	GLAYSHER, Stefan	City of Norwich Athletic Club	Vet Men 45-49	04:04.2	499	5
6	2:11:36	SULLIVAN, Paul	Norwich Road Runners	Vet Men 40-44	04:05.3	457	6
7	2:14:07	ROPER, Goy	Norwich Road Runners	Vet Men 45-49	04:10.0	540	7
8	2:14:53	LOWDEN, Richard	Royston Runners	Senior Men	04:11.4	315	8
9	2:15:31	HOUGHTON, Andrew		Vet Men 45-49	04:12.6	521	9
10	2:16:05	STAINES, Toby	Royston Runners	Senior Men	04:13.6	311	10
11	2:16:35	MACPHERSON, Al	St Edmunds Pacers	Senior Men	04:14.6	449	11
12	2:16:53	HILL, GRAHAM	Royston Runners	Senior Men	04:15.1	440	12
13	2:17:50	WORTLEY, Matthew	Ryston Runners	Senior Men	04:16.9	421	13
14	2:18:16	WILLIAMSON, Ken	St Edmunds Pacers	Vet Men 40-44	04:17.7	402	14
15	2:18:25	BLAKE, Richard	Great Yarmouth Road Runners	Vet men 55-59	04:18.0	496	15
16	2:18:53	TAYLOR, Ian	bungay black dog athletic club	Vet Men 40-44	04:18.8	367	16
17	2:19:23	EPPS, Terry	Wymondham Athletic Club	Vet Men 50-54	04:19.8	463	17
18	2:19:36	LEVY, Simon	Ryston Runners	Senior Men	04:20.2	379	18
19	2:20:07	GARRETT, Mark	Norwich Road Runners	Vet Men 40-44	04:21.1	344	19
20	2:20:08	BLACKBURN, Graham	Fairlands Valley Spartans	Vet Men 40-44	04:21.2	493	20
21	2:20:31	BARWICK, Darren	St Edmunds Pacers	Senior Men	04:21.9	535	21
22	2:21:06	MARTIN, Adrian	Fenland Runners	Senior Men	04:23.0	365	22

23	2:21:20	SIBLEY, Neil	Great Yarmouth Road Runners	Vet Men 40-44	04:23.4	482	23
24	2:21:37	BELSOM, Robin	Ipswich Jaffa	Vet Men 45-49	04:23.9	485	24
25	2:23:18	CURL, Tracey	Norwich Road Runners	Vet Ladies 45-49	04:27.1	539	25
26	2:23:23	HENRY, Amanda	sudbury joggers	Senior Ladies	04:27.2	393	26
27	2:23:24	PRESTON, Paul	sudbury joggers	Senior Men	04:27.3	490	27
28	2:24:57	MOORE, John	Norfolk Gazelles	Vet Men 45-49	04:30.2	504	28
29	2:25:05	CHAMBERLAIN, Michael	Norwich Road Runners	Vet Men 45-49	04:30.4	433	29
30	2:25:43	INNESS, Vicky	Serpentine Running Club	Senior Ladies	04:31.6	538	30
31	2:26:01	AVIGAD, Daniel	Serpentine Running Club	Senior Men	04:32.1	537	31
32	2:26:45	DOYLE, Mark	Harwich Runners	Vet Men 45-49	04:33.5	481	32
33	2:27:09	KELF, Jason	Norfolk Gazelles	Vet Men 40-44	04:34.3	516	33
34	2:27:12	THOMPSON, Gary	Ipswich Jaffa	Senior Men	04:34.4	436	34
35	2:27:43	WATERMAN, Rose	City of Norwich Athletic Club	Senior Ladies	04:35.3	503	35
36	2:27:47	CLARKE, Russell	Wymondham Athletic Club	Vet Men 50-54	04:35.4	350	36
37	2:27:54	ZIELINKSI, Jeremy	Newmarket Joggers	Vet men 55-59	04:35.7	373	37
38	2:28:26	WILLIAMS, Sarah	Metropolitan Police	Senior Ladies	04:36.7	448	38
39	2:28:44	BAYNES, Chris	Garden City Joggers	Senior Men	04:37.2	509	39
40	2:29:07	SMITH, Andy	Ryston Runners	Vet Men 40-44	04:37.9	453	40
41	2:29:52	ELLIS, Vince	City of Norwich Athletic Club	Vet Men 50-54	04:39.3	483	41
42	2:30:08	BURTON, John	City of Norwich Athletic Club	Vet men 55-59	04:39.8	467	42
43	2:30:18	HUNT, Michael		Vet Men 40-44	04:40.1	513	43
44	2:30:37	IVE, Martin	Ryston Runners	Vet Men 40-44	04:40.7	390	44
45	2:31:49	PECK, Andrew	Great Yarmouth Road Runners	Senior Men	04:43.0	530	45

46	2:32:00	MCLEAN, Ian	Wymondham Athletic Club	Vet Men 40-44	04:43.3	526	46
47	2:32:38	COUSINS, Rebecca	Fenland Runners	Senior Ladies	04:44.5	363	47
48	2:32:54	MASLEN, David	Tri Anglia	Vet Men 40-44	04:45.0	472	48
49	2:33:13	PEARSONS, Mat	Witham Runners	Senior Men	04:45.6	398	49
50	2:34:05	BROOKSHAW, Paul	Great Yarmouth Road Runners	Vet Men 45-49	04:47.2	486	50
51	2:34:22	HUNT, Steve	hadleigh hares	Vet Men 45-49	04:47.7	542	51
52	2:35:48	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Vet Men 45-49	04:50.4	423	52
53	2:35:58	GEORGE, David	Norwich Road Runners	Vet Men 40-44	04:50.7	323	53
54	2:36:15	BROWN, Ian		Senior Men	04:51.2	511	54
55	2:36:38	HOWLETT, Kevin	Ryston Runners	Vet Men 50-54	04:51.9	372	55
56	2:36:40	MUDGE, Ian		Vet Men 50-54	04:52.0	442	56
57	2:36:41	COOK, Peter	Norwich Road Runners	Vet men 55-59	04:52.0	454	57
58	2:36:50	WHITE, Keith	Fenland Runners	Vet men 60 +	04:52.3	432	58
59	2:37:02	NAVRADY, Jeremy	Ryston Runners	Vet Men 40-44	04:52.7	356	59
60	2:37:44	BEAMISH, Ian		Senior Men	04:54.0	533	60
61	2:38:50	MARSH, David	Ipswich Jaffa	Senior Men	04:56.0	426	61
62	2:38:57	DOWNING, Paula		Vet Ladies 40-44	04:56.3	345	62
63	2:39:02	ANDERSON, Tony	Great Yarmouth Road Runners	Senior Men	04:56.4	392	63
64	2:39:06	SPONG, Carole	Great Yarmouth Road Runners	Vet ladies 60 +	04:56.5	468	64
65	2:39:18	PASQUALE, Ruggiero	Fenland Runners	Vet Men 40-44	04:56.9	364	65
66	2:39:19	HEASMAN, David		Vet Men 40-44	04:56.9	477	66
67	2:39:52	MARTIN, Phil	Witham Runners	Vet Men 45-49	04:58.0	397	67
68	2:40:11	HOLLINGSWORTH, Richard	Amphill & Flitwick Harriers	Vet Men 45-49	04:58.6	347	68

69	2:40:15	STURZAKER, Nikki		Senior Ladies	04:58.7	456	69
70	2:40:16	CROWE, Wayne	City of Norwich Athletic Club	Vet Men 40-44	04:58.7	505	70
71	2:40:20	HUDSON, David	Tri Anglia	Senior Men	04:58.8	527	71
72	2:40:55	MAWBY, Sam	Cambridge and Coleridge	Senior Ladies	04:59.9	514	72
73	2:41:39	KELLY, Tim	Bishops Stortford Running Club	Vet Men 50-54	05:01.3	316	73
74	2:41:39	HUNT, Nicky	Bishops Stortford Running Club	Senior Ladies	05:01.3	308	74
75	2:41:46	WITHERS, Jim	Newmarket Joggers	Vet Men 50-54	05:01.5	479	75
76	2:42:33	WATSON, Libby	Royston Runners	Senior Ladies	05:03.0	349	76
77	2:42:35	KEEVIL, Raymond	Brandon Fern Hoppers	Vet men 60 +	05:03.0	317	77
78	2:42:40	SUTTLE, Haley	Stowmarket Striders	Vet Ladies 40-44	05:03.2	484	78
79	2:42:46	MELLO, Michael	North Herts Road Runners	Vet Men 45-49	05:03.4	415	79
80	2:43:08	KING, Michael		Vet men 55-59	05:04.1	452	80
81	2:43:12	CANNON, Sarah		Senior Ladies	05:04.2	412	81
82	2:43:14	WALNE, Jason		Senior Men	05:04.2	301	82
83	2:43:48	TOLAN, Keith		Vet Men 50-54	05:05.3	333	83
84	2:44:12	THOULESS, Gavin	Norwich Road Runners	Senior Men	05:06.0	388	84
85	2:45:20	BAINGER, Graham	Norwich Road Runners	Vet men 55-59	05:08.2	495	85
86	2:45:38	HOWES, Rob	Wymondham Athletic Club	Senior Men	05:08.7	351	86
87	2:45:46	TAYLOR, Ian	Road Runners Club	Vet Men 50-54	05:09.0	420	87
88	2:46:03	STUCKEY, Liz	Witham Runners	Senior Ladies	05:09.5	405	88
89	2:46:38	DARRALL, Tara		Senior Ladies	05:10.6	543	89
90	2:46:39	WOODRUFF, Glenn		Senior Men	05:10.6	474	90
91	2:46:53	PIGGOTT, Catherine	Norwich Road Runners	Senior Ladies	05:11.0	403	91

92	2:46:55	KERSHAW, Cheryl		Senior Ladies	05:11.1	544	92
93	2:46:56	LAVIN, Paddy	sudbury joggers	Vet Men 40-44	05:11.1	478	93
94	2:47:44	RODGERS, Ian	Bishops Stortford Running Club	Vet Men 40-44	05:12.6	508	94
95	2:47:52	PHILO, Marl	Tri Anglia	Senior Men	05:12.9	341	95
96	2:47:59	TOWELL, Shaun	Bourne Town Harriers	Vet Men 40-44	05:13.1	318	96
97	2:48:47	DAINES, Michael		Vet Men 45-49	05:14.6	400	97
98	2:48:53	COX, Vanda	Thames Hare & Hounds	Vet Ladies 45-49	05:14.8	387	98
99	2:48:56	ISBILL, Jo	Ryston Runners	Vet Ladies 40-44	05:14.9	382	99
100	2:49:27	POND, Andrew		Vet Men 40-44	05:15.8	541	100
101	2:50:36	REED, James	Woodbridge shufflers	Senior Men	05:18.0	383	101
102	2:51:28	JOHNSON, Iain	Deal	Senior Men	05:19.6	518	102
103	2:51:47	TYLER, Tim	Norwich Road Runners	Vet Men 50-54	05:20.2	489	103
104	2:51:47	BOYD, Tim	march athletic club	Vet Men 40-44	05:20.2	355	104
105	2:52:00	FREEMAN, Dennis	City of Norwich Athletic Club	Vet men 60 +	05:20.6	330	105
106	2:52:37	GEE, Kevin	Norwich Road Runners	Vet Men 45-49	05:21.7	488	106
107	2:52:49	GAUVIN, Sarah	Fenland Runners	Senior Ladies	05:22.1	413	107
108	2:53:25	WATERHOUSE, Simon		Senior Men	05:23.2	534	108
109	2:53:44	HAZELTON, Lyn	Wymondham Athletic Club	Vet Ladies 45-49	05:23.8	407	109
110	2:53:52	WIMMER, Anton		Senior Men	05:24.1	532	110
111	2:53:53	BROOKS, Julia	City of Norwich Athletic Club	Vet Ladies 40-44	05:24.1	360	111
112	2:54:24	SUTHERLAND, Fiona	Bishops Stortford Running Club	Vet Ladies 50-54	05:25.1	361	112
113	2:54:29	ALDERTON, Paul		Vet Men 45-49	05:25.2	519	113
114	2:54:32	GARROD, Sue	Stowmarket Striders	Vet Ladies 40-44	05:25.3	429	114

115	2:54:38	PATON, Abigail	Stowmarket Striders	Senior Ladies	05:25.5	536	115
116	2:54:56	BOND, Nicola	chapel allerton	Senior Ladies	05:26.0	374	116
117	2:55:19	KING, Martin	march athletic club	Vet Men 40-44	05:26.8	362	117
118	2:55:21	GRETTON, Adam	Thetford Athletic Club	Senior Men	05:26.8	473	118
119	2:56:47	ASHFORD, Justin	Norwich Road Runners	Senior Men	05:29.5	528	119
120	2:56:57	SHEPPARD, Guy	North Norfolk Beach Runners	Vet Men 50-54	05:29.8	480	120
121	2:57:42	ROBERTS, Neil		Vet Men 50-54	05:31.2	391	121
122	2:57:45	EL SAWY, Magdy		Vet Men 50-54	05:31.3	414	122
123	2:58:28	BRAMMER, David	march athletic club	Vet Men 45-49	05:32.6	376	123
124	2:58:35	SARGEAUNT-THOMPSON, Tristan		Senior Men	05:32.9	322	124
125	2:58:51	BLATCHFORD, Ian	Ely Runners	Vet Men 40-44	05:33.4	439	125
126	2:58:55	PERKS, Benjamin		Vet Men 45-49	05:33.5	531	126
127	2:59:25	DAWSON, Gemma		Senior Ladies	05:34.4	384	127
128	2:59:25	MILBANK, Camila	Newmarket Joggers	Senior Ladies	05:34.4	368	128
129	2:59:59	BELSOM, Tina	Stowmarket Striders	Vet Ladies 40-44	05:35.5	309	129
130	3:00:03	STUCKEY, Alex	Witham Runners	Senior Men	05:35.6	404	130
131	3:00:08	FINEGAM, Tim	felixstowe road runners	Vet Men 45-49	05:35.7	406	131
132	3:00:16	COLLINS, Grahame	City of Norwich Athletic Club	Vet Men 50-54	05:36.0	410	132
133	3:02:12	BASHAM, Leslie	Stowmarket Striders	Vet men 55-59	05:39.6	346	133
134	3:02:21	HART, Nigel		Vet Men 40-44	05:39.9	428	134
135	3:02:22	NORBURY, Audrey	Thetford Athletic Club	Vet Ladies 40-44	05:39.9	466	135
136	3:03:00	MARSH, Jason		Senior Men	05:41.1	450	136
137	3:03:12	PYE, Geoff		Vet Men 50-54	05:41.5	487	137

138	3:03:16	COWAN, Eleanor	Bishops Stortford Running Club	Senior Ladies	05:41.6	507	138
139	3:03:38	BROWN, Alison		Senior Ladies	05:42.3	512	139
140	3:03:51	ENGLAND, John	Great Yarmouth and District	Vet men 60 +	05:42.7	401	140
141	3:04:02	LADDIMAN, Hazel	Norfolk Gazelles	Vet Ladies 50-54	05:43.0	335	141
142	3:04:22	AVERY, Mark		Vet Men 40-44	05:43.6	409	142
143	3:04:24	LEWIS, Debbie	Witham Runners	Vet Ladies 45-49	05:43.7	396	143
144	3:04:28	BLACKWELL, Paul	Great Bentley Running Club	Vet Men 40-44	05:43.8	506	144
145	3:04:56	FRASER, Susan	Great Yarmouth and District	Vet Ladies 45-49	05:44.7	386	145
146	3:04:57	OWEN, Roy	Haverhill 90 Joggers	Vet men 55-59	05:44.7	524	146
147	3:05:11	IRONS, Claire	Ely Runners	Senior Ladies	05:45.2	455	147
148	3:06:27	HATTON, Karen	St Edmunds Pacers	Vet Ladies 45-49	05:47.5	325	148
149	3:06:38	PARKER, Elizabeth	felixstowe road runners	Senior Ladies	05:47.9	465	149
150	3:06:40	DUFFY, Rachel		Senior Ladies	05:47.9	510	150
151	3:07:30	FLORENCE, Anne	Diss & district Athletic Club	Vet Ladies 55-59	05:49.5	470	151
152	3:08:01	ATKIN, James	march athletic club	Vet Men 50-54	05:50.4	331	152
153	3:08:46	CROOT, Sarah	Bishops Stortford Running Club	Senior Ladies	05:51.8	389	153
154	3:08:53	ANDERSON, Carolynn	Newmarket Joggers	Senior Ladies	05:52.1	381	154
155	3:10:01	RUSH, Steve	Tri Anglia	Vet Men 40-44	05:54.2	366	155
156	3:11:03	DADGE, Nigel	felixstowe road runners	Vet Men 40-44	05:56.1	464	156
157	3:11:34	WHALE, Colin	bungay black dog athletic club	Vet Men 45-49	05:57.1	337	157
158	3:11:36	BECKETT-ALLEN, Anne		Senior Ladies	05:57.1	302	158
159	3:11:57	HEWITT, Joanne	Bishops Stortford Running Club	Senior Ladies	05:57.8	352	159
160	3:13:03	NETTO, Lisa		Senior Ladies	05:59.8	438	160



161	3:13:05	COOPER, Sonya		Senior Ladies	05:59.9	377	161
162	3:13:07	HUMPHREYS, Jon		Vet Men 45-49	05:59.9	446	162
163	3:13:13	HOLLINGSWORTH, Karen	Amphill & Flitwick Harriers	Vet Ladies 45-49	06:00.1	348	163
164	3:13:34	GAYLOR, Barbara	Norfolk Gazelles	Vet Ladies 45-49	06:00.8	501	164
165	3:13:40	SMITH, Corrina	Thetford Athletic Club	Vet Ladies 40-44	06:01.0	515	165
166	3:13:40	TURNER, Peter		Senior Men	06:01.0	517	166
167	3:14:03	ARMSTRONG, Vicky		Senior Ladies	06:01.7	411	167
168	3:15:41	ASHFORD, Martin	Diss & district Athletic Club	Vet men 55-59	06:04.7	529	168
169	3:15:51	HUMPHRIES, Frances Patricia	Thrift Green Trotters	Vet Ladies 50-54	06:05.0	304	169
170	3:17:36	FARRAR, Robin	bungay black dog athletic club	Vet men 60 +	06:08.3	451	170
171	3:18:02	CALVER, Eloise	St Edmunds Pacers	Vet Ladies 40-44	06:09.1	324	171
172	3:19:49	HUGGINS, Nick	St Edmunds Pacers	Vet men 55-59	06:12.4	434	172
173	3:19:50	BARDWELL, Sharon		Senior Ladies	06:12.5	320	173
174	3:19:53	JARVIS, Naomi		Senior Ladies	06:12.6	321	174
175	3:20:17	LUBBOCK, Sandra	City of Norwich Athletic Club	Vet Ladies 40-44	06:13.3	326	175
176	3:20:18	LUBBOCK, David	City of Norwich Athletic Club	Vet Men 40-44	06:13.3	418	176
177	3:23:11	BUTLER, Michael		Senior Men	06:18.7	431	177
178	3:23:35	MORREY, Alison		Vet Ladies 45-49	06:19.5	497	178
179	3:24:05	JACKMAN, Kelly	Norwich Road Runners	Senior Ladies	06:20.4	334	179
180	3:24:28	HAWKINS, Ross		Senior Men	06:21.1	359	180
181	3:25:13	BARKER, Sarah	Norwich Road Runners	Senior Ladies	06:22.5	310	181
182	3:25:22	SMITH, Sheila		Vet Ladies 50-54	06:22.8	394	182
183	3:25:32	FITCH, Ian		Vet Men 40-44	06:23.1	525	183



184	3:26:05	SIMPSON, Dennis	Norwich Road Runners	Vet Men 45-49	06:24.1	425	184
185	3:26:06	SMITH, Sue	Norwich Road Runners	Senior Ladies	06:24.1	498	185
186	3:26:40	PERRY, Lucy	Wymondham Athletic Club	Vet Ladies 40-44	06:25.2	340	186
187	3:28:40	WHITE, Amanda		Senior Ladies	06:28.9	419	187
188	3:30:43	CHITTACK, David		Vet Men 45-49	06:32.8	342	188
189	3:30:45	HARRIS, David	Fenland Runners	Vet Men 50-54	06:32.8	445	189
190	3:32:11	CLARKE, Penelope	Witham Runners	Vet Ladies 45-49	06:35.5	460	190
191	3:33:21	ITHELL, Mark	Dereham Runners Athletic Club	Vet Men 40-44	06:37.7	378	191
192	3:34:37	GILLIE, Sheila	Norwich Road Runners	Vet Ladies 50-54	06:40.0	303	192
193	3:41:31	SPINKS, Roger	Ipswich Jaffa	Vet Men 40-44	06:52.9	447	193
194	3:41:31	LIMEHOUSE, Gary		Vet Men 45-49	06:52.9	427	194
195	3:42:41	COLEMAN, Paul		Vet Men 40-44	06:55.1	458	195
196	3:43:47	ALDERTON, Ann		Vet Ladies 45-49	06:57.1	520	196
197	3:46:34	MOORE, Jane	Norfolk Gazelles	Vet Ladies 40-44	07:02.3	306	197
198	3:58:36	STORY, Anthony		Vet Men 50-54	07:24.7	522	198
199	3:58:39	GUYMER, John		Vet Men 50-54	07:24.8	523	199
200	4:08:21	KEEBLE, Colin	Harwich Runners	Senior Men	07:42.9	424	200
201	4:28:48	VISSER, Jill		Vet Ladies 45-49	08:21.0	459	201