

New Years Day 10k 2010

Sunday 24 January 2010. 11:00 am

Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
1	0:32:24	LINCOLN, Wayne	City of Norwich Athletic Club	Vet Men 40-44	504	1
2	0:32:33	EARL, Nick	University of East Anglia AC	Senior Men	542	2
3	0:32:38	WARD, Rick	City of Norwich Athletic Club	Senior Men	537	3
4	0:32:42	DAVISON, Neil	City of Norwich Athletic Club	Vet Men 40-44	454	4
5	0:33:50	BEANEY, Alec	University of East Anglia AC	Senior Men	543	5
6	0:35:21	GIBBS, Steve	Norwich Road Runners	Senior Men	376	6
7	0:36:34	MILK, Oliver	Wymondham Athletic Club	Senior Men	552	7
8	0:36:41	DA SILVA, Fernando		Vet Men 50-54	330	8
9	0:36:47	HAZELL, Joe	University of East Anglia AC	Senior Men	547	9
10	0:36:49	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	529	10
11	0:36:50	MIDDLETON, Daniel		Senior Men	225	11
12	0:36:52	ARNOLD, Nigel	Norfolk Gazelles	Vet Men 50-54	353	12
13	0:36:55	LARK, Shaun	Lowestoft Road Runners	Senior Men	103	13
14	0:37:42	SCOTT, Chris	Lowestoft Road Runners	Senior Men	33	14
15	0:37:52	LEDWARD, Dave	Tri Anglia	Vet Men 45-49	346	15
16	0:38:06	WHITE, Richard	Wymondham Athletic Club	Vet Men 45-49	358	16
17	0:38:09	JOHNSON, Pete	Norfolk Gazelles	Vet Men 55-59	255	17
18	0:38:15	CASEY, Ben		Senior Men	555	18
19	0:38:31	DONAVON, Clare	North Norfolk Beach Runners	Senior Ladies	104	19
20	0:38:32	WAITY, Philip	Wymondham Athletic Club	Senior Men	268	20
21	0:38:48	CHRISTOPHER, John	North Norfolk Beach Runners	Vet Men 45-49	440	21
22	0:39:02	DAVIES, Paul	Norwich Road Runners	Vet Men 40-44	23	22
23	0:39:04	GARRATT, Mark	Norwich Road Runners	Vet Men 45-49	136	23
24	0:39:05	FAUST, Stuart	Thetford Athletic Club	Senior Men	536	24
25	0:39:10	BETTS, Mark	Norwich Road Runners	Senior Men	406	25
26	0:39:12	ELLIS, Stewart	Braintree	Senior Men	507	26
27	0:39:36	ELVIN, Anya	Norwich Road Runners	Senior Ladies	429	27
28	0:39:52	HAWKINS, Chris		Vet Men 40-44	344	28
29	0:40:08	LINDSAY, Raymond	Norwich Road Runners	Vet Men 50-54	260	29
30	0:40:10	BLAKE, Richard	North Norfolk Beach Runners	Vet Men 60+	360	30
31	0:40:22	SMITH, Darren	Ryston Runners	Senior Men	369	31
32	0:40:31	FRARY, Matthew	Norwich Road Runners	Senior Men	247	32

33	0:40:39	HOWLETT, Kevin	Ryston Runners	Vet Men 50-54	532	33
34	0:40:45	CLARKE, Martyn		Vet Men 45-49	115	34
35	0:41:00	CLUES, Mark	Tri Anglia	Vet Men 45-49	73	35
36	0:41:09	GLYNN, Mick	Diss & district Athletic Club	Vet Men 40-44	545	36
37	0:41:19	JERMY, Sean	Great Yarmouth Road Runners	Senior Men	221	37
38	0:41:24	HAINES, Kieron	Norwich Road Runners	Vet Men 50-54	266	38
39	0:41:31	NELSON, GLEN	Tri Anglia	Vet Men 55-59	264	39
40	0:41:39	LEATHWOOD, Racheal	Norwich Road Runners	Senior Ladies	267	40
41	0:41:41	KIRTON, Dean	Thetford Athletic Club	Vet Men 45-49	11	41
42	0:41:43	IVE, Martin	Ryston Runners	Vet Men 40-44	170	42
43	0:41:45	WILTON, Robert		Senior Men	128	43
44	0:41:46	PIPER, Richard		Vet Men 40-44	72	44
45	0:41:49	TWELL, Robert		Senior Men	516	45
46	0:41:57	DADY, Stephen	Great Yarmouth Road Runners	Vet Men 55-59	257	46
47	0:42:01	ARMES, Michael	Norwich Road Runners	Vet Men 40-44	24	47
48	0:42:09	THOMPSON, Peter	Norfolk Gazelles	Vet Men 50-54	254	48
49	0:42:25	WOODS, Tim	Norfolk Gazelles	Vet Men 45-49	198	49
50	0:42:29	ADCOCK, Trevor	Norfolk Gazelles	Vet Men 60+	339	50
51	0:42:32	ARCHBOLD, Karen	Lowestoft Road Runners	Vet Ladies 40-44	66	51
52	0:42:37	WOMACK, Mark	Lowestoft Road Runners	Vet Men 40-44	165	52
53	0:42:39	SINCLAIR, Nigel		Senior Men	528	53
54	0:42:41	ALDIS, David	City of Norwich Athletic Club	Vet Men 55-59	310	54
55	0:42:46	BIRD, Steve	City of Norwich Athletic Club	Vet Men 40-44	168	55
56	0:42:53	BURTON, Howard	Coltishall Jaguars	Vet Men 40-44	301	56
57	0:43:13	WALKER, Gareth	Tri Anglia	Senior Men	217	57
58	0:43:35	YEOMANS, Martin	Norwich Road Runners	Vet Men 55-59	450	58
59	0:43:37	HILL, Melvin	Norwich Road Runners	Vet Men 45-49	259	59
60	0:43:44	SHERMAN, Scott	Stowmarket Striders	Senior Men	388	60
61	0:43:47	WOODYATT, Paul	City of Norwich Athletic Club	Vet Men 45-49	95	61
62	0:43:59	BURDETT, Sarah	University of East Anglia AC	Senior Ladies	549	62
63	0:44:03	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	431	63
64	0:44:07	FRARY, Matt		Vet Men 40-44	383	64
65	0:44:10	BERRY, Michael		Senior Men	98	65
66	0:44:12	DIFFEY, Jo	Lincoln Lakeside	Senior Ladies	527	66
67	0:44:43	READ, Jeremy	UltraMarathon RC	Senior Men	94	67
68	0:44:47	GALLOWAY, Ian		Senior Men	129	68

69	0:44:47	CRASKE, Adam		Senior Men	216	69
70	0:45:02	STEVENSON, Tracy	Norfolk Gazelles	Vet Ladies 40-44	456	70
71	0:45:09	NELSON, Julien		Vet Men 40-44	531	71
72	0:45:12	NORMAN, Phil		Senior Men	194	72
73	0:45:18	NEILAN, Emily	University of East Anglia AC	Senior Ladies	548	73
74	0:45:19	PARSONS, Kevin		Vet Men 40-44	185	74
75	0:45:23	PORTER, Robert		Senior Men	293	75
76	0:45:31	HIGH, Richard	Norwich Road Runners	Senior Men	375	76
77	0:45:36	NORRISH, Dom		Senior Men	381	77
78	0:46:05	GREGORY, Neil		Senior Men	513	78
79	0:46:15	BRIGHTY, Keith	Norwich Road Runners	Vet Men 45-49	140	79
80	0:46:17	HAYCOCK, Chris		Vet Men 40-44	509	80
81	0:46:22	CREEDY, Chris		Senior Men	205	81
82	0:46:24	RING, Mark		Vet Men 40-44	223	82
83	0:46:26	LINCOLN-KEMP, Thomas	Norwich Road Runners	Vet Men 40-44	88	83
84	0:46:30	MCCORMICK, Claire		Vet Ladies 40-44	207	84
85	0:46:32	HODGSON, Sam		Senior Men	333	85
86	0:46:34	STEVENSON, Paul		Vet Men 40-44	70	86
87	0:46:35	THOULESS, Gavin	Norwich Road Runners	Vet Men 40-44	520	87
88	0:46:36	DURRANT, Jude		Vet Ladies 40-44	203	88
89	0:46:39	BROUGHTON, Robin		Senior Men	246	89
90	0:46:40	GILHAM, Nigel	bungay black dog athletic club	Vet Men 55-59	243	90
91	0:46:41	SHARPE, Tom	Tri Anglia	Senior Men	241	91
92	0:46:44	BULL, Michelle	Norwich Road Runners	Senior Ladies	277	92
93	0:46:45	NOLAN, Daniel		Vet Men 40-44	117	93
94	0:46:46	GARWOOD, Mal	Wymondham Athletic Club	Vet Men 40-44	149	94
95	0:46:53	SNELLING, Ben		Senior Men	367	95
96	0:46:54	POWELL, Darren	Norwich Road Runners	Vet Men 40-44	449	96
97	0:47:10	GARWOOD, Kevin		Vet Men 45-49	182	97
98	0:47:12	STONE, Hannah		Senior Ladies	71	98

99	0:47:16	KIRTON, Joseph	Thetford Athletic Club	Senior Men	12	99
100	0:47:19	MILNES, Christopher	Ryston Runners	Vet Men 50-54	393	100
101	0:47:21	HILL, Matt	Norwich Road Runners	Senior Men	392	101
102	0:47:45	SKIGGS, Andrew		Senior Men	86	102
103	0:47:45	DEWSNAP, Eve		Senior Ladies	87	103
104	0:47:45	GAUNT, Alex		Vet Men 40-44	226	104
105	0:47:56	CAMPBELL, Rory	Dereham Runners Athletic Club	Vet Men 45-49	418	105
106	0:48:04	BARCLAY, David	Norfolk Gazelles	Vet Men 45-49	121	106
107	0:48:06	COOK, Sue	City of Norwich Athletic Club	Vet Ladies 45-49	145	107
108	0:48:07	WILSON, Brendan	City of Norwich Athletic Club	Vet Men 40-44	196	108
109	0:48:13	GODWIN, Lisa	Norwich Road Runners	Senior Ladies	60	109
110	0:48:14	HAMMOND, Andrew		Vet Men 50-54	357	110
111	0:48:22	BARSTARD, Anthony	Dereham Runners Athletic Club	Vet Men 60+	363	111
112	0:48:22	LAMBERT, John	Ipswich Jaffa	Vet Men 60+	395	112
113	0:48:25	ALFORD, Colin		Vet Men 45-49	54	113
114	0:48:33	MCDONNELL, Mike		Vet Men 55-59	397	114
115	0:48:38	FISH, Colin		Vet Men 45-49	53	115
116	0:48:46	BURROWS, Mark	Norwich Road Runners	Vet Men 40-44	446	116
117	0:48:54	WILLIAMS, Barry		Senior Men	89	117
118	0:49:01	WARD, Beres	City of Norwich Athletic Club	Vet Ladies 50-54	84	118
119	0:49:02	THOMAS, Neil	bungay black dog athletic club	Vet Men 40-44	17	119
120	0:49:03	ISHERWOOD, Jon	Norwich Road Runners	Senior Men	538	120
121	0:49:09	PILGRIM, Dean	halstead runners	Vet Men 40-44	512	121
122	0:49:15	CHADWICK, Scott		Senior Men	175	122
123	0:49:26	CHENERY, Will		Senior Men	222	123
124	0:49:36	RIBATI, Darren		Senior Men	55	124
125	0:49:36	FAGAN, John		Senior Men	452	125
126	0:49:37	HILL, James	Norwich Road Runners	Senior Men	391	126
127	0:49:38	ROPER, Martin	Norwich Road Runners	Vet Men 50-54	533	127
128	0:49:46	HEATH, Tony	North Norfolk Beach Runners	Vet Men 60+	105	128

129	0:50:02	SMITH, Harry	Stowmarket Striders	Vet Men 40-44	387	129
130	0:50:05	GODWIN, Joanna	Norwich Road Runners	Senior Ladies	348	130
131	0:50:13	HULSE, Anne	Norwich Road Runners	Vet Ladies 45-49	445	131
132	0:50:23	PILCH, Richard		Vet Men 60+	361	132
133	0:50:23	PEGG, Les	City of Norwich Athletic Club	Vet Men 50-54	524	133
134	0:50:24	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 60+	248	134
135	0:50:25	TWELL, Stephen		Senior Men	178	135
136	0:50:36	JENNINGS, Craig	Coltishall Jaguars	Senior Men	518	136
137	0:50:54	HOLLAND, Jack		Senior Men	345	137
138	0:51:00	TAYLER, Caroline	Norwich Road Runners	Vet Ladies 50-54	426	138
139	0:51:01	MONEY, Kyle		Senior Men	403	139
140	0:51:02	JOHNSON, Timothy		Senior Men	398	140
141	0:51:03	LLOYD, Trevor		Vet Men 60+	186	141
142	0:51:11	CHALLIS, Richard		Senior Men	503	142
143	0:51:15	COLMAN, Ivan	Norwich Road Runners	Vet Men 45-49	253	143
144	0:51:44	WOODHOUSE, Gill	Dereham Runners Athletic Club	Vet Ladies 60+	106	144
145	0:51:48	WEBSDALE, Steve	Norwich Road Runners	Vet Men 45-49	421	145
146	0:51:49	DIGBY, Gayle		Senior Ladies	382	146
147	0:51:50	JEWISS, Michael	Dereham Runners Athletic Club	Vet Men 55-59	290	147
148	0:52:03	DUNNE, Lindsey	Tri Anglia	Senior Ladies	214	148
149	0:52:03	EASTER, Arron		Senior Men	535	149
150	0:52:29	FRASER, Alec	North Norfolk Beach Runners	Vet Men 60+	502	150
151	0:52:31	O'CONNOR, Michael	North Norfolk Beach Runners	Vet Men 60+	263	151
152	0:52:37	SIVELL, Robert	Dereham Runners Athletic Club	Senior Men	271	152
153	0:52:41	GLEESON, Robbie		Senior Men	405	153
154	0:52:49	BETTS, Carol	Norfolk Gazelles	Vet Ladies 55-59	179	154
155	0:52:52	SINCLAIR, Jeremy		Vet Men 55-59	554	155
156	0:52:55	HALL, Barry		Vet Men 50-54	420	156
157	0:53:00	GREEN, Richard		Senior Men	514	157

158	0:53:00	MELVILLE, Hamish		Vet Men 45-49	252	158
159	0:53:10	HARROP, Jacquie	Norfolk Gazelles	Vet Ladies 45-49	400	159
160	0:53:24	FOX, Matthew		Senior Men	546	160
161	0:53:29	WOLFE, Maureen		Vet Ladies 50-54	298	161
162	0:53:36	MCKAY, Laura		Vet Ladies 40-44	9	162
163	0:53:40	JARDINE, Sandie	Newmarket Joggers	Vet Ladies 45-49	540	163
164	0:53:42	RICHARDSON, John	Dereham Runners Athletic Club	Vet Men 55-59	377	164
165	0:53:43	WARREN, Peter	City of Norwich Athletic Club	Vet Men 50-54	372	165
166	0:53:53	HIGGINS, Janet	City of Norwich Athletic Club	Vet Ladies 50-54	300	166
167	0:53:59	ENGLAND, John	Great Yarmouth and District	Vet Men 60+	325	167
168	0:53:59	JAY, Peter		Vet Men 45-49	220	168
169	0:54:03	MONEY, Tony		Vet Men 40-44	74	169
170	0:54:04	GERRARD, Hayley	Norwich Road Runners	Vet Ladies 40-44	351	170
171	0:54:10	SMITH, Wendy	Norwich Road Runners	Vet Ladies 45-49	309	171
172	0:54:14	ALFORD, Karen		Vet Ladies 45-49	523	172
173	0:54:18	HEWITT, Danny	halstead runners	Vet Men 45-49	511	173
174	0:54:18	MARJORAM, Michael		Senior Men	508	174
175	0:54:22	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60+	526	175
176	0:54:27	PRICE, Dave	Newmarket Joggers	Senior Men	114	176
177	0:54:33	BAILEY, Leon		Senior Men	506	177
178	0:54:34	WITHERS, Emma		Senior Ladies	183	178
179	0:54:39	FLORENCE, Anne	Diss & district Athletic Club	Vet Ladies 55-59	26	179
180	0:54:39	ELFLETT, Mark	Lowestoft Road Runners	Vet Men 45-49	97	180
181	0:54:42	BUNTING, Simon	Lowestoft Road Runners	Vet Men 40-44	67	181
182	0:54:58	TAYLOR, Paul		Vet Men 40-44	210	182
183	0:54:59	RICHARDSON, Dean		Senior Men	505	183
184	0:55:00	CARROLL, Sally		Vet Ladies 40-44	83	184
185	0:55:04	MELVILLE, Helen	Ryston Runners	Senior Ladies	539	185
186	0:55:05	MATLOCK, Rosemary	Thetford Athletic Club	Vet Ladies 50-54	515	186
187	0:55:06	AVERY, Steve		Vet Men 40-44	228	187

188	0:55:10	MCCABE, Kate		Senior Ladies	349	188
189	0:55:10	SINCLAIR, Anne		Vet Ladies 50-54	359	189
190	0:55:12	EDE, Simon		Senior Men	173	190
191	0:55:23	SILVER, Rob		Vet Men 40-44	126	191
192	0:55:25	DALLAS, Michael		Vet Men 45-49	413	192
193	0:55:54	DIGBY, Emma		Senior Ladies	551	193
194	0:55:56	WARNES, Tom		Senior Men	522	194
195	0:55:58	ALLEN, Georgina	Ryston Runners	Vet Ladies 50-54	541	195
196	0:56:22	SCOTTO, Lee		Senior Men	318	196
197	0:56:40	MOORE, Brian	Norwich Road Runners	Vet Men 55-59	354	197
198	0:56:44	BRITT, Tony		Vet Men 50-54	90	198
199	0:56:48	GLEESON, Chris	Norwich Road Runners	Senior Men	320	199
200	0:56:52	MAWER, Roger	Lowestoft Road Runners	Vet Men 60+	521	200
201	0:57:00	COOK, Jayne		Vet Ladies 45-49	110	201
202	0:57:26	JOHNSON, Michael		Vet Men 55-59	181	202
203	0:57:40	CREASOR, Mike	Road Runners Club	Vet Men 60+	343	203
204	0:57:41	MOELEY, Stephen	Brandon Fern Hoppers	Vet Men 55-59	5	204
205	0:57:48	NORRIS, Lowri	Coltishall Jaguars	Senior Ladies	29	205
206	0:57:57	MOORE, Lynda	Norwich Road Runners	Vet Ladies 55-59	355	206
207	0:57:58	CARTER, Annette	Great Yarmouth Road Runners	Vet Ladies 40-44	69	207
208	0:58:31	NAPTHEN, Richard		Vet Men 45-49	75	208
209	0:58:34	ARMITAGE, Sara		Vet Ladies 40-44	408	209
210	0:58:38	OWEN, Mary		Vet Ladies 60+	525	210
211	0:58:39	SMITH, Sheila		Vet Ladies 55-59	302	211
212	0:58:48	RODGERS, Lisa		Vet Ladies 40-44	46	212
213	0:58:59	PERRY, Lucy	Wyndham Athletic Club	Vet Ladies 40-44	44	213
214	0:58:59	SAUNDERS, Marianne	Norfolk Gazelles	Vet Ladies 40-44	282	214
215	0:59:07	BARTRUM, Laurence		Senior Men	57	215
216	0:59:08	FRETTER, Paul		Vet Men 40-44	195	216

217	0:59:10 WILFORD, Michelle		Vet Ladies 40-44	172	217
218	0:59:15 OSBORNE, Andi	North Norfolk Beach Runners	Vet Ladies 55-59	77	218
219	0:59:15 OSBORNE, Rob	North Norfolk Beach Runners	Vet Men 45-49	78	219
220	0:59:20 COOPER, Sarah		Senior Ladies	91	220
221	0:59:31 ARMITAGE, Craig		Vet Men 45-49	407	221
222	1:00:00 VENCOVSKY, David		Senior Men	311	222
223	1:00:09 JONES, Adele	Coltishall Jaguars	Vet Ladies 60+	30	223
224	1:00:17 NEAVE, PHILIP	bungay black dog athletic club	Vet Men 60+	42	224
225	1:00:22 JUDD, Vikki	Norwich Road Runners	Senior Ladies	378	225
226	1:00:24 COOPER, Carol	Norfolk Gazelles	Vet Ladies 45-49	530	226
227	1:00:34 ROGERS, Rosemary	Norfolk Gazelles	Vet Ladies 45-49	324	227
228	1:00:50 WHITMORE, Katie		Senior Ladies	109	228
229	1:00:51 HARWOOD, Charlie		Senior Men	200	229
230	1:00:52 SHEARMAN, Luke		Senior Men	233	230
231	1:00:53 ADAMSON, Barry		NDB	553	231
232	1:00:56 SALKUS, Tracey		Senior Ladies	63	232
233	1:01:01 OWEN, Claire		Senior Ladies	174	233
234	1:01:01 CRAMP, Stephen		Vet Men 60+	352	234
235	1:01:36 ROSE, David		Vet Men 40-44	544	235
236	1:01:53 MATTHEWSON, Rosemary		Vet Ladies 40-44	224	236
237	1:01:53 ROYALL, Victoria		Senior Ladies	453	237
238	1:01:58 LANGFORD, Peter		Senior Men	510	238
239	1:02:10 WARREN, Christine	Norfolk Gazelles	Vet Ladies 50-54	371	239
240	1:02:25 GAUNT, Ruth		Vet Ladies 40-44	227	240
241	1:02:41 ROBERTSON, Lorraine		Senior Ladies	155	241
242	1:02:43 DENZEY, Clare	Norwich Road Runners	Senior Ladies	245	242
243	1:02:59 THOULESS, Colin	Norwich Road Runners	Vet Men 60+	519	243
244	1:03:06 RUSSELL, Andrew	Norwich Road Runners	Vet Men 45-49	285	244
245	1:03:58 POPP, Jayne		Senior Ladies	402	245
246	1:03:58 POPP, George		Vet Men 50-54	401	246

247	1:04:16 SULLIVAN, Genette	Norwich Road Runners	Vet Ladies 40-44	439	248
248	1:04:23 MOSS, Naomi		Senior Ladies	120	249
249	1:05:02 CLEGG, Dawn	Great Yarmouth and District	Vet Ladies 50-54	368	250
250	1:05:36 WHITMORE, Katie		Senior Ladies	109	251
251	1:07:55 ANDREWS, Sarah	Running 4 Women	Vet Ladies 45-49	1	252
252	1:08:07 GOODWIN, Denise	Great Yarmouth and District	Vet Ladies 50-54	517	253
253	1:08:42 ARMES, Sharon	Norwich Road Runners	Vet Ladies 40-44	25	254
254	1:09:21 MORGAN-HUGHES, John		Vet Men 60+	550	255
255	1:09:24 ENGLAND, Maureen	Great Yarmouth and District	Vet Ladies 60+	326	256
256	1:09:45 MOXHAM, Tracy		Senior Ladies	50	257
257	1:09:47 WALKER, Andrea		Vet Ladies 40-44	14	258
258	1:10:37 HAGGARTY, Elaine	Great Yarmouth and District	Vet Ladies 50-54	534	259
259	1:13:49 MILLER, Louis		Vet Men 60+	419	260
260	1:24:53 COPELAND, Maurice	North Norfolk Beach Runners	Vet Men 60+	501	261

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