

Coltishall Jaguars Autumn 10K 2008 (including Norfolk County Championships)

Sunday 16 November 2008. 2:30 pm

Prize List Open Race

Open Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:25	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies 15-39	129	26
2	0:40:16	CURL, Tracey	Norwich Road Runners	Vet Ladies 40-49	156	31
3	0:41:54	DONOVAN, Clare	North Norfolk Beach Runners	Senior Ladies 15-39	154	40

Open Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:40	AMOS, Guy	City of Norwich Athletic Club	Vet Men 40-49	144	1
2	0:33:19	DAVISON, Neil	City of Norwich Athletic Club	Senior Men 15-39	143	2
3	0:33:56	WALFORD, Scott	City of Norwich Athletic Club	Senior Men 15-39	2	3

Senior Ladies 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:43:22	SMITH, Alexandra	Norwich Road Runners	Senior Ladies 15-39	124	48
2	0:43:52	CLARK, Marie	Norwich Road Runners	Senior Ladies 15-39	161	53

Senior Men 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:38	ELLIS, Matt	City of Norwich Athletic Club	Senior Men 15-39	106	4
2	0:36:44	ATTERWILL, Sean	Dereham Runners AC	Senior Men 15-39	16	5

Vet Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:43:19	BOWER, Sandra	Thetford AC	Vet Ladies 40-49	94	45
2	0:47:11	MOORE, Debbie	Norfolk Gazelles	Vet Ladies 40-49	102	80

Vet Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:47	VIALLS, Tim	Norwich Road Runners	Vet Men 40-49	53	6
2	0:37:15	ROPER, Goy	Norwich Road Runners	Vet Men 40-49	157	9

Vet Ladies 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:47:37	PAMPLIN, Diane	Norwich Road Runners	Vet Ladies 50-59	120	85
2	0:55:56	MOORE, Lynda	Norwich Road Runners	Vet Ladies 50-59	46	119

Vet Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:13	MUFFETT, Paul	North Norfolk Beach Runners	Vet Men 50-59	26	8
2	0:37:57	BLAKE, Richard	Great Yarmouth Road Runners	Vet Men 50-59	75	13

Vet Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:48:38	MANLY, Veronica	Diss AC	Vet Ladies 60+	121	90
2	0:51:57	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 60+	21	105

Vet Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:42:16	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	9	42
2	0:43:38	BONE, John	Great Yarmouth Road Runners	Vet Men 60+	165	50

Prize List Norfolk County Championships

Ladies County Champion

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:25	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies 15-39	129	26

Men's County Champion

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:40	AMOS, Guy	City of Norwich Athletic Club	Vet Men 40-49	144	1

County Championship Ladies 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:25	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies 15-39	129	26
2	0:41:54	DONOVAN, Clare	North Norfolk Beach Runners	Senior Ladies 15-39	154	40
3	0:43:22	SMITH, Alexandra	Norwich Road Runners	Senior Ladies 15-39	124	48

County Championship Men 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:33:19	DAVISON, Neil	City of Norwich Athletic Club	Senior Men 15-39	143	2
2	0:33:56	WALFORD, Scott	City of Norwich Athletic Club	Senior Men 15-39	2	3
3	0:36:38	ELLIS, Matt	City of Norwich Athletic Club	Senior Men 15-39	106	4

County Championship Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:16	CURL, Tracey	Norwich Road Runners	Vet Ladies 40-49	156	31
2	0:43:19	BOWER, Sandra	Thetford AC	Vet Ladies 40-49	94	45
3	0:47:11	MOORE, Debbie	Norfolk Gazelles	Vet Ladies 40-49	102	80

County Championship Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:40	AMOS, Guy	City of Norwich Athletic Club	Vet Men 40-49	144	1
2	0:36:47	VIALLS, Tim		Vet Men 40-49	53	6
3	0:37:15	ROPER, Goy	Norwich Road Runners	Vet Men 40-49	157	9

County Championship Ladies 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:47:37	PAMPLIN, Diane		Vet Ladies 50-59	120	85
2	0:55:56	MOORE, Lynda	Norwich Road Runners	Vet Ladies 50-59	46	119
3	1:03:21	ARNOLD, Marion	Norwich Road Runners	Vet Ladies 50-59	153	130

County Championship Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:13	MUFFETT, Paul	North Norfolk Beach Runners	Vet Men 50-59	26	8
2	0:37:57	BLAKE, Richard	Great Yarmouth Road Runners	Vet Men 50-59	75	13
3	0:38:09	JOHNSON, Pete	Norfolk Gazelles	Vet Men 50-59	1	16

County Championship Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:48:38	MANLY, Veronica	Diss AC	Vet Ladies 60+	121	90
2	0:51:57	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 60+	21	105
3	1:02:01	ENGLAND, Maureen	Gt Yarmouth & District AC	Vet Ladies 60+	92	129

County Championship Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>club</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:42:16	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	9	42
2	0:43:38	BONE, John	Great Yarmouth Road Runners	Vet Men 60+	165	50
3	0:43:44	QUIGLEY, Terry	North Norfolk Beach Runners	Vet Men 60+	71	52

County Championship Senior Ladies Teams

(3 competitors per team. Based on cumulative position.)

1: Norwich Road Runners

Place	Time	Name
3	0:43:22	SMITH, Alexandra
4	0:43:52	CLARK, Marie
6	0:46:32	BULL, Michelle
13	2:13:46	Totals

Race Age Category
Senior Ladies 15-39
Senior Ladies 15-39
Senior Ladies 15-39

Race No	Race Place
124	48
161	53
38	71

2: North Norfolk Beach Runners

Place	Time	Name
2	0:41:54	Donovan, Clare
8	0:50:19	Cude, Nikki
10	1:07:58	Emery, Karen
20	2:40:11	Totals

Race Age Category
Senior Ladies 15-39
Senior Ladies 15-39
Senior Ladies 15-39

Race No	Race Place
154	40
146	103
98	133

County Championship Senior Men's Teams

(4 competitors per team. Based on cumulative position.)

1: City of Norwich AC

Place	Time	Name
1	0:33:19	Davison, Neil
6	0:37:30	Walshaw, John
10	0:39:13	Guy, Steven
22	0:47:09	Parker, Adam
39	2:37:11	Totals

Race Age Category
Senior Men 15-39
Senior Men 15-39
Senior Men 15-39
Senior Men 15-39

Race No	Race Place
143	2
147	11
7	24
179	79

2: North Norfolk Beach Runners

Place	Time	Name
8	0:38:47	BROWN, Quinton Michael
11	0:39:17	PARKER, Chris
17	0:44:40	WADE, Jamie Simon
21	0:46:36	EMERY, Rob
57	2:49:20	Totals

Race Age Category
Senior Men 15-39
Senior Men 15-39
Senior Men 15-39
Senior Men 15-39

Race No	Race Place
117	20
123	25
87	60
168	74

County Championship Vet Ladies Teams

(3 competitors per team. Based on cumulative position.)

1: Norwich Road Runners

Place	Time	Name
1	0:40:16	CURL, Tracey
9	0:49:54	CUSHING, Sally
10	0:49:59	HULSE, Anne
20	2:20:09	Totals

Race Age Category
Vet Ladies 40-49
Vet Ladies 40-49
Vet Ladies 40-49

Race No	Race Place
156	31
83	99
113	102

2: Gt Yarmouth & District AC

Place	Time	Name
20	1:02:01	ENGLAND, Maureen
22	1:06:23	HAGGARTY, Elaine
23	1:07:33	GOODWIN, Denise
65	3:15:57	Totals

Race Age Category
Vet Ladies 60+
Vet Ladies 50-59
Vet Ladies 50-59

Race No	Race Place
92	129
148	131
164	132

County Championship Vet Men's Teams

(4 competitors per team. Based on cumulative position.)

1: Norwich Road Runners

Place	Time	Name
4	0:37:15	ROPER, Goy
5	0:37:54	GARRETT, Mark
14	0:39:49	YEOMANS, Martin
17	0:40:46	BROWNING, Colin
40	2:35:44	Totals

Race Age Category
Vet Men 40-49
Vet Men 40-49
Vet Men 50-59
Vet Men 40-49

Race No	Race Place
157	9
20	12
27	28
73	32

2: Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
8	0:38:09	JOHNSON, Pete	Vet Men 50-59	1	16
10	0:38:36	MOORE, John	Vet Men 40-49	118	18
15	0:39:58	ARNOLD, Nigel	Vet Men 50-59	152	29
21	0:41:53	ADCOCK, Trevor	Vet Men 50-59	172	39
54	2:38:36	Totals			

3: City of Norwich Athletic Club

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:40	AMOS, Guy	Vet Men 40-49	144	1
7	0:37:58	HOOGKAMER, Rini	Vet Men 40-49	72	14
19	0:41:02	ELLIS, Vince	Vet Men 50-59	62	36
32	0:43:53	BIRD, Steve	Vet Men 40-49	175	54
59	2:35:33	Totals			