

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

Sunday 16 November 2008. 2:30 pm

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>Pace min/mile</i>	<i>Race No</i>	<i>Race Place</i>
1	0:32:40	AMOS, Guy	City of Norwich Athletic Club	Vet Men 40-49	05:15.3	144	1
2	0:33:19	DAVISON, Neil	City of Norwich Athletic Club	Senior Men 15-39	05:21.6	143	2
3	0:33:56	WALFORD, Scott	City of Norwich Athletic Club	Senior Men 15-39	05:27.5	2	3
4	0:36:38	ELLIS, Matt	City of Norwich Athletic Club	Senior Men 15-39	05:53.6	106	4
5	0:36:44	ATTERWILL, Sean	Dereham Runners AC	Senior Men 15-39	05:54.6	16	5
6	0:36:47	VIALLS, Tim		Vet Men 40-49	05:55.1	53	6
7	0:37:04	CARR, Joe		Senior Men 15-39	05:57.8	4	7
8	0:37:13	MUFFETT, Paul	North Norfolk Beach Runners	Vet Men 50-59	05:59.2	26	8
9	0:37:15	ROPER, Goy	Norwich Road Runners	Vet Men 40-49	05:59.6	157	9
10	0:37:20	CHAPPELL, Wayne		Senior Men 15-39	06:00.4	17	10
11	0:37:30	WALSHAW, John	City of Norwich Athletic Club	Senior Men 15-39	06:02.0	147	11
12	0:37:54	GARRETT, Mark	Norwich Road Runners	Vet Men 40-49	06:05.8	20	12
13	0:37:57	BLAKE, Richard	Great Yarmouth Road Runners	Vet Men 50-59	06:06.3	75	13
14	0:37:58	HOOGKAMER, Rini	City of Norwich Athletic Club	Vet Men 40-49	06:06.5	72	14
15	0:38:00	MARTIN, Paul		Senior Men 15-39	06:06.8	70	15
16	0:38:09	JOHNSON, Pete	Norfolk Gazelles	Vet Men 50-59	06:08.3	1	16
17	0:38:34	CHRISTOPHER, John	North Norfolk Beach Runners	Vet Men 40-49	06:12.3	170	17
18	0:38:36	MOORE, John	Norfolk Gazelles	Vet Men 40-49	06:12.6	118	18
19	0:38:42	MASLEN, David	Tri-Anglia	Vet Men 40-49	06:13.6	82	19
20	0:38:47	BROWN, Quinton Michael	North Norfolk Beach Runners	Senior Men 15-39	06:14.4	117	20
21	0:38:53	BIRCH, James	Wymondham AC	Vet Men 40-49	06:15.3	104	21
22	0:38:54	GREEN, Matthew	Norfolk Gazelles	Senior Men 15-39	06:15.5	128	22
23	0:39:10	LEVERSEDGE, John	Enfield & Haringey AC	Vet Men 50-59	06:18.1	130	23
24	0:39:13	GUY, Steven	City of Norwich Athletic Club	Senior Men 15-39	06:18.6	7	24
25	0:39:17	PARKER, Chris	North Norfolk Beach Runners	Senior Men 15-39	06:19.2	123	25
26	0:39:25	ALFORD, Nicky	City of Norwich Athletic Club	Senior Ladies 15-39	06:20.5	129	26
27	0:39:45	JERMY, Sean	Gt Yarmouth & District AC	Senior Men 15-39	06:23.7	63	27
28	0:39:49	YEOMANS, Martin	Norwich Road Runners	Vet Men 50-59	06:24.3	27	28
29	0:39:58	ARNOLD, Nigel	Norfolk Gazelles	Vet Men 50-59	06:25.8	152	29
30	0:40:06	HORNEY, Nigel	Keswick AC	Vet Men 50-59	06:27.1	3	30
31	0:40:16	CURL, Tracey	Norwich Road Runners	Vet Ladies 40-49	06:28.7	156	31
32	0:40:46	BROWNING, Colin	Norwich Road Runners	Vet Men 40-49	06:33.5	73	32
33	0:40:51	BAILEY, Ben		Senior Men 15-39	06:34.3	51	33
34	0:40:54	BOWER, Phillip	Thetford AC	Vet Men 40-49	06:34.8	95	34
35	0:40:56	RYPSTRA, Seb		Senior Men 15-39	06:35.1	78	35
36	0:41:02	ELLIS, Vince	City of Norwich Athletic Club	Vet Men 50-59	06:36.1	62	36
37	0:41:21	MORRIS, Nick		Senior Men 15-39	06:39.1	15	37
38	0:41:36	BUSSEY, Peter	Norwich Road Runners	Vet Men 40-49	06:41.6	150	38
39	0:41:53	ADCOCK, Trevor	Norfolk Gazelles	Vet Men 50-59	06:44.3	172	39
40	0:41:54	DONOVAN, Clare	North Norfolk Beach Runners	Senior Ladies 15-39	06:44.5	154	40
41	0:42:09	CHORLEY, Chris	Bungay Black Dog	Vet Men 40-49	06:46.9	109	41
42	0:42:16	HAYES, Jim	North Norfolk Beach Runners	Vet Men 60+	06:48.0	9	42
43	0:42:24	ROBSON, Sean		Vet Men 40-49	06:49.3	159	43
44	0:42:51	HARRISON, Paul	Dereham Runners AC	Vet Men 50-59	06:53.6	60	44
45	0:43:19	BOWER, Sandra	Thetford AC	Vet Ladies 40-49	06:58.1	94	45
46	0:43:20	WRIGHT, Brian	Thetford AC	Vet Men 50-59	06:58.3	96	46
47	0:43:20	BRIGHTY, Keith	Norwich Road Runners	Vet Men 40-49	06:58.3	166	47
48	0:43:22	SMITH, Alexandra	Norwich Road Runners	Senior Ladies 15-39	06:58.6	124	48
49	0:43:24	HARDINGHAM, Graham	Norfolk Gazelles	Vet Men 40-49	06:58.9	23	49
50	0:43:38	BONE, John	Great Yarmouth Road Runners	Vet Men 60+	07:01.2	165	50
51	0:43:39	CRUTCHLEY, Ian	Wymondham AC	Vet Men 40-49	07:01.4	111	51
52	0:43:44	QUIGLEY, Terry	North Norfolk Beach Runners	Vet Men 60+	07:02.2	71	52
53	0:43:52	CLARK, Marie	Norwich Road Runners	Senior Ladies 15-39	07:03.4	161	53
54	0:43:53	BIRD, Steve	City of Norwich Athletic Club	Vet Men 40-49	07:03.6	175	54
55	0:43:59	FRARY, Matthew		Senior Men 15-39	07:04.6	173	55
56	0:44:02	VOGLER, Clem	Dereham Runners AC	Vet Men 60+	07:05.1	61	56
57	0:44:06	DAVIS, Mike		Senior Men 15-39	07:05.7	174	57
58	0:44:27	MARSHALL, Raymond		Vet Men 40-49	07:09.1	24	58
59	0:44:33	COLLINS, Lee		Senior Men 15-39	07:10.0	177	59
60	0:44:40	WADE, Jamie Simon	North Norfolk Beach Runners	Senior Men 15-39	07:11.2	87	60
61	0:44:43	WALPOLE, Stephen		Vet Men 40-49	07:11.6	145	61
62	0:45:18	WADE, Ian	North Norfolk Beach Runners	Vet Men 50-59	07:17.3	81	62
63	0:45:29	PARKER, Jason	Benfleet Runners Club	Senior Men 15-39	07:19.1	180	63
64	0:45:33	MONK, Patrick		Vet Men 40-49	07:19.7	163	64
65	0:45:47	NAUGHTON, Chanelle		Senior Ladies 15-39	07:21.9	141	65
66	0:45:54	WOODWARD, Adrian		Vet Men 40-49	07:23.1	169	66
67	0:46:02	MILNES, Christopher	Ryston Runners	Vet Men 50-59	07:24.4	79	67
68	0:46:20	COOPER, Bryan		Vet Men 50-59	07:27.3	13	68
69	0:46:22	BROOKS, Richard		Senior Men 15-39	07:27.6	151	69
70	0:46:26	DAY, Tony		Vet Men 40-49	07:28.2	181	70
71	0:46:32	BULL, Michelle	Norwich Road Runners	Senior Ladies 15-39	07:29.2	38	71
72	0:46:33	SOUTHWELL, Chris		Vet Men 60+	07:29.3	158	72
73	0:46:35	JAY, Adrian	Coltishall Jaguars RC	Senior Men 15-39	07:29.7	132	73

74	0:46:36	EMERY, Rob	North Norfolk Beach Runners	Senior Men 15-39	07:29.8	168	74
75	0:46:43	DUNWELL, Nick		Senior Men 15-39	07:31.0	48	75
76	0:46:50	GAY, Christopher	Gt Yarmouth & District AC	Vet Men 40-49	07:32.1	149	76
77	0:47:03	COX, Juliet	Wymondham AC	Vet Ladies 15-39	07:34.2	85	77
78	0:47:07	ALFORD, Colin		Vet Men 40-49	07:34.8	11	78
79	0:47:09	PARKER, Adam	City of Norwich Athletic Club	Senior Men 15-39	07:35.1	179	79
80	0:47:11	MOORE, Debbie	Norfolk Gazelles	Vet Ladies 40-49	07:35.5	102	80
81	0:47:14	WADE, Christopher Mark	North Norfolk Beach Runners	Senior Men 15-39	07:35.9	88	81
82	0:47:15	BURROWS, Mark	Norwich Road Runners	Vet Men 40-49	07:36.1	112	82
83	0:47:23	O'CONNOR, Michael	North Norfolk Beach Runners	Vet Men 50-59	07:37.4	29	83
84	0:47:31	ELY, Steve		Senior Men 15-39	07:38.7	37	84
85	0:47:37	PAMPLIN, Diane		Vet Ladies 50-59	07:39.6	120	85
86	0:47:54	PITCHER, Guy	Reepham Runners	Vet Men 40-49	07:42.4	139	86
87	0:47:59	CUVIELLO, Stephen	Wymondham AC	Senior Men 15-39	07:43.2	178	87
88	0:48:33	WYNN, James		Senior Men 15-39	07:48.7	167	88
89	0:48:34	SAUERZAPE, Bobbie	Bungay Black Dog	Vet Ladies 40-49	07:48.8	108	89
90	0:48:38	MANLY, Veronica	Diss AC	Vet Ladies 60+	07:49.5	121	90
91	0:48:40	HORREX, Trevor	Norwich Road Runners	Vet Men 40-49	07:49.8	22	91
92	0:48:47	COLEMAN, Graham	Wymondham AC	Vet Men 40-49	07:50.9	162	92
93	0:48:54	RICHARDSON, John	Dereham Runners AC	Vet Men 50-59	07:52.0	107	93
94	0:48:57	FULTON, Mandy	Norwich Road Runners	Senior Ladies 15-39	07:52.5	116	94
95	0:49:15	ANDERSON, Paul	Great Yarmouth Road Runners	Vet Men 50-59	07:55.4	127	95
96	0:49:21	CULLABINE, James	Greens	Vet Men 40-49	07:56.4	45	96
97	0:49:23	JAY, Sarah	Coltishall Jaguars RC	Vet Ladies 40-49	07:56.7	131	97
98	0:49:46	PAMPLIN, John		Vet Men 50-59	08:00.4	119	98
99	0:49:54	CUSHING, Sally	Norwich Road Runners	Vet Ladies 40-49	08:01.7	83	99
100	0:49:57	PAGE, Rick		Vet Men 40-49	08:02.2	28	100
101	0:49:58	HEATH, Tony	North Norfolk Beach Runners	Vet Men 50-59	08:02.3	31	101
102	0:49:59	HULSE, Anne	Norwich Road Runners	Vet Ladies 40-49	08:02.5	113	102
103	0:50:19	CUDE, Nikki	North Norfolk Beach Runners	Senior Ladies 15-39	08:05.7	146	103
104	0:51:06	COX, Russell	Wymondham AC	Vet Men 40-49	08:13.3	84	104
105	0:51:57	KINCH, Brenda	North Norfolk Beach Runners	Vet Ladies 60+	08:21.5	21	105
106	0:52:18	CLARK, Neil	Norwich Road Runners	Senior Men 15-39	08:24.9	160	106
107	0:52:19	THETFORD, Jonathan		Senior Men 15-39	08:25.0	115	107
108	0:52:42	BRITT, Tony		Vet Men 50-59	08:28.7	171	108
109	0:52:51	SCARFE, Robert	Wymondham AC	Vet Men 50-59	08:30.2	67	109
110	0:53:33	FOLKARD, Jonathan	North Norfolk Beach Runners	Vet Men 40-49	08:36.9	90	110
111	0:54:11	SWANSON, Alison	North Norfolk Beach Runners	Senior Ladies 15-39	08:43.0	103	111
112	0:54:42	HOPKINS, Mary	Coltishall Jaguars RC	Vet Ladies 40-49	08:48.0	142	112
113	0:54:47	REYNOLDS, Amelia		Senior Ladies 15-39	08:48.8	133	113
114	0:54:48	WHITELEY, David		Senior Men 15-39	08:49.0	134	114
115	0:55:05	JENKINS, Paul		Vet Men 40-49	08:51.7	114	115
116	0:55:34	ALFORD, Karen		Vet Ladies 40-49	08:56.4	10	116
117	0:55:36	MARSHALL, Mike	North Norfolk Beach Runners	Vet Men 60+	08:56.7	25	117
118	0:55:37	COAD, Alison	Norfolk Gazelles	Vet Ladies 40-49	08:56.9	176	118
119	0:55:56	MOORE, Lynda	Norwich Road Runners	Vet Ladies 50-59	08:59.9	46	119
120	0:56:25	COOPER, Neil		Vet Men 40-49	09:04.6	69	120
121	0:56:40	MOORE, Brian	Norwich Road Runners	Vet Men 50-59	09:07.0	47	121
122	0:56:54	LINGARD, John		Vet Men 50-59	09:09.3	122	122
123	0:58:02	JACKSON, Yvonne		Vet Ladies 40-49	09:20.2	125	123
124	0:59:00	LUBBOCK, Kim	Norfolk Gazelles	Vet Ladies 40-49	09:29.5	55	124
125	0:59:01	LONDON, Julie	Norfolk Gazelles	Vet Ladies 40-49	09:29.7	54	125
126	1:01:17	SHULVER, Rod	Great Yarmouth Road Runners	Vet Men 60+	09:51.6	140	126
127	1:01:47	BEAUMONT, Jennifer		Vet Ladies 40-49	09:56.4	135	127
128	1:01:48	BEAUMONT, Philip		Vet Men 50-59	09:56.6	136	128
129	1:02:01	ENGLAND, Maureen	Gt Yarmouth & District AC	Vet Ladies 60+	09:58.7	92	129
130	1:03:21	ARNOLD, Marion	Norwich Road Runners	Vet Ladies 50-59	10:11.5	153	130
131	1:06:23	HAGGARTY, Elaine	Gt Yarmouth & District AC	Vet Ladies 50-59	10:40.8	148	131
132	1:07:33	GOODWIN, Denise	Gt Yarmouth & District AC	Vet Ladies 50-59	10:52.1	164	132
133	1:07:58	EMERY, Karen	North Norfolk Beach Runners	Senior Ladies 15-39	10:56.1	98	133

There were 133 finishers in the All Competitors category.

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