

# The Tenth Annual Mike Groves Run

## Mike Groves Run 2009

Wednesday 8 July 2009. 7:30 pm

### Provisional 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</i>	<i>Race</i>
1	0:21:25	JOHNS, Tony	Norwich Road Runners	Men 40-49	05:53.4	90	1
2	0:21:30	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-59	05:54.8	81	2
3	0:22:09	GREENLAND, Eddie	Wymondham AC	Men 40-49	06:05.5	156	3
4	0:22:24	GARRETT, Mark	Norwich Road Runners	Men 40-49	06:09.6	45	4
5	0:22:49	FULTON, JP	Norwich Road Runners	Men 13-39	06:16.5	143	5
6	0:23:19	NIBLETT, Stephen	Coltishall Jaguars RC	Men 40-49	06:24.7	130	6
7	0:23:44	HOUCHEN, Ben	Unattached	Men 13-39	06:31.6	36	7
8	0:23:48	THOMPSON, Peter	Norfolk Gazelles	Men 50-59	06:32.7	68	8
9	0:23:51	CHORLEY, Chris	Bungay Black Dog	Men 40-49	06:33.5	42	9
10	0:24:04	GILBERT, Ashley	Dereham Runners AC	Men 13-39	06:37.1	157	10
11	0:24:14	BIRD, Steve	City of Norwich Athletic Club	Men 40-49	06:39.9	160	11
12	0:24:30	LEE, Catherine	Gt Yarmouth & District AC	Ladies 13-39	06:44.3	92	12
13	0:24:52	HAYLETT, Robert	Unattached	Men 13-39	06:50.3	53	13
14	0:25:01	GILBERT, Steve	Dereham Runners AC	Men 50-59	06:52.8	153	14
15	0:25:08	WATSON, Gerry	Wymondham AC	Men 50-59	06:54.7	152	15
16	0:25:11	JAY, Adrian	Coltishall Jaguars RC	Men 13-39	06:55.5	128	16
17	0:25:39	BRANNAN, Terry	Wymondham AC	Men 60+	07:03.2	159	17
18	0:25:44	ASHFORD, Justin	Norwich Road Runners	Men 13-39	07:04.6	176	18
19	0:25:55	READER, Kim	Wymondham AC	Ladies 13-39	07:07.6	151	19
20	0:25:57	WILSON, Hazel	City of Norwich Athletic Club	Ladies 13-39	07:08.2	124	20
21	0:26:21	YEOMANS, Martin	Norwich Road Runners	Men 50-59	07:14.8	26	21
22	0:26:25	TUFTS, Mark	Wymondham AC	Men 40-49	07:15.9	69	22
23	0:26:27	BULL, Michelle	Norwich Road Runners	Ladies 13-39	07:16.4	86	23
24	0:26:28	COLEMAN, Graham	Wymondham AC	Men 40-49	07:16.7	150	24
25	0:26:29	ASHFORD, Luke	Unattached	Men 13-39	07:17.0	174	25
26	0:26:40	NORMAN, Phil	Unattached	Men 13-39	07:20.0	57	26
27	0:26:53	BAGNELL, Martin	Coltishall Jaguars RC	Men 40-49	07:23.6	125	27
28	0:26:56	WHITING, Mark	Unattached	Men 40-49	07:24.4	83	28
29	0:26:58	MCNAMARA, Andrew	Gt Yarmouth & District AC	Men 13-39	07:25.0	79	29
30	0:26:59	CRUTCHLEY, Ian	Wymondham AC	Men 40-49	07:25.2	164	30
31	0:27:04	MARDEN, Stewart	Coltishall Jaguars RC	Men 40-49	07:26.6	84	31
32	0:27:16	TURNER, Graeme	Unattached	Men 13-39	07:29.9	55	32
33	0:27:19	GROVES, Paul	Coltishall Jaguars RC	Men 40-49	07:30.8	127	33
34	0:27:21	SMITH, Michael	Wymondham AC	Men 60+	07:31.3	144	34
35	0:27:25	RUMSBY, Karl	Unattached	Men 13-39	07:32.4	34	35
36	0:27:26	FORKES, John	Eastern Veterans	Men 60+	07:32.7	158	36
37	0:27:30	SAUERZAPF, Bobbie	Bungay Black Dog	Ladies 50-59	07:33.8	41	37
38	0:27:34	WATKINSON-POWELL, Anna	Unattached	Ladies 13-39	07:34.9	98	38
39	0:27:36	DURRANT, Jude	Unattached	Ladies 40-49	07:35.4	31	39
40	0:27:38	FRADLEY-WILDE, Rob	Unattached	Men 60+	07:36.0	93	40
41	0:27:38	JAY, Sarah	Coltishall Jaguars RC	Ladies 40-49	07:36.0	129	41
42	0:28:00	BUTLER, Nick	Unattached	Men 40-49	07:42.0	154	42
43	0:28:02	HORREX, Trevor	Norwich Road Runners	Men 40-49	07:42.6	76	43
44	0:28:05	ELLEN, Anne	Norfolk Gazelles	Ladies 50-59	07:43.4	85	44
45	0:28:32	RAY, Liam	Unattached	Men 13-39	07:50.8	172	45
46	0:28:35	SMITH, Wendy	Norwich Road Runners	Ladies 40-49	07:51.7	161	46
47	0:28:44	ENGLAND, John	Gt Yarmouth & District AC	Men 60+	07:54.1	71	47
48	0:28:46	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	07:54.7	30	48
49	0:28:50	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	07:55.8	162	49
50	0:28:51	BELL, Richard	Unattached	Men 13-39	07:56.1	168	50
51	0:28:57	POINTER, Stephen	Unattached	Men 13-39	07:57.7	54	51
52	0:29:08	MANLY, Veronica	Diss AC	Ladies 60+	08:00.7	75	52
53	0:29:21	EDWARDS, Jonathan	Coltishall Jaguars RC	Men 40-49	08:04.3	80	53
54	0:29:27	ALFORD, Colin	Unattached	Men 40-49	08:06.0	39	54
55	0:29:34	FLYNN, David	Unattached	Men 40-49	08:07.9	58	55
56	0:29:34	HOPKINS, Mary	Coltishall Jaguars RC	Ladies 40-49	08:07.9	142	56
57	0:29:35	BLAZER, Kim	Unattached	Ladies 40-49	08:08.2	134	57
58	0:29:38	JENNINGS, Craig	Unattached	Men 13-39	08:09.0	48	58
59	0:30:08	GETLEY, Brian	Unattached	Men 40-49	08:17.2	140	59
60	0:30:17	COCKBURN, John	Unattached	Men 40-49	08:19.7	163	60
61	0:30:18	LEEDER, Victor	Unattached	Men 60+	08:20.0	155	61
62	0:30:19	CHANDLER, Wendy	Unattached	Ladies 13-39	08:20.3	64	62
63	0:30:21	MILLARD, Ray	Unattached	Men 60+	08:20.8	146	63
64	0:30:27	AMES, Martin	Unattached	Men 13-39	08:22.5	59	64
65	0:30:47	ASHFORD, Martin	Diss AC	Men 50-59	08:28.0	175	65
66	0:30:51	HARDY, Carol	Norfolk Gazelles	Ladies 40-49	08:29.1	60	66
67	0:31:09	ALFORD, Karen	Unattached	Ladies 40-49	08:34.0	38	67
68	0:31:14	BRITT, Tony	Unattached	Men 50-59	08:35.4	82	68
69	0:31:15	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	08:35.7	73	69
70	0:31:18	NEAVE, Philip	Bungay Black Dog	Men 60+	08:36.5	37	70
71	0:31:26	GETLEY, Harriet	Unattached	Ladies 13-39	08:38.7	141	71
72	0:31:31	RAY, Clark	Unattached	Men 40-49	08:40.1	173	72
73	0:31:38	MOORE, Brian	Norwich Road Runners	Men 50-59	08:42.0	47	73
74	0:31:48	LANGFORD, Tony	Unattached	Men 50-59	08:44.7	91	74
75	0:31:59	BELL, Rachel	Unattached	Ladies 13-39	08:47.8	167	75
76	0:32:13	WELLS, Dennis	Wymondham AC	Men 50-59	08:51.6	56	76

77	0:32:17	LANSDELL, Anita	Unattached	Ladies 40-49	08:52.7	171	77
78	0:32:18	MELTON, Alison	Unattached	Ladies 40-49	08:53.0	147	78
79	0:32:37	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-49	08:58.2	65	79
80	0:32:41	GERMANY, Emma	Unattached	Ladies 13-39	08:59.3	72	80
81	0:32:42	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-49	08:59.6	49	81
82	0:32:45	MOORE, Lynda	Norwich Road Runners	Ladies 50-59	09:00.4	46	82
83	0:32:45	GOOCH, Jackie	Coltishall Jaguars RC	Ladies 40-49	09:00.4	89	83
84	0:32:46	LONDON, Julie	Norfolk Gazelles	Ladies 40-49	09:00.7	50	84
85	0:32:58	ALLEN, Samantha	City of Norwich Athletic Club	Ladies 13-39	09:04.0	51	85
86	0:33:03	FARROW, Linda	City of Norwich Athletic Club	Ladies 60+	09:05.4	87	86
87	0:33:13	MELTON, Simon	Unattached	Men 40-49	09:08.1	148	87
88	0:33:19	DARNELL, Bob	Unattached	Men 50-59	09:09.8	67	88
89	0:33:25	LATHAM, Richard	Coltishall Jaguars RC	Men 13-39	09:11.4	88	89
90	0:33:35	COOPER, Carol	Norfolk Gazelles	Ladies 40-49	09:14.2	149	90
91	0:33:42	WALKER, Lucy	Unattached	Ladies 13-39	09:16.1	165	91
92	0:33:49	BETTS, Joanna	Unattached	Ladies 13-39	09:18.0	44	92
93	0:33:50	BETTS, Carol	Norfolk Gazelles	Ladies 50-59	09:18.3	43	93
94	0:34:47	WESTON, Sharon	Unattached	Ladies 13-39	09:34.0	96	94
95	0:34:48	SMITH, Andrew	Unattached	Men 40-49	09:34.2	97	95
96	0:35:32	SALMON, Helen	Wymondham AC	Ladies 40-49	09:46.3	27	96
97	0:35:33	CURTIS, Lydia	Unattached	Ladies 13-39	09:46.6	40	97
98	0:36:02	CLARK, Diane	Gt Yarmouth & District AC	Ladies 40-49	09:54.6	95	98
99	0:36:04	RYLES, Susan	Gt Yarmouth & District AC	Ladies 50-59	09:55.1	99	99
100	0:36:07	CLEGG, Dawn	Gt Yarmouth & District AC	Ladies 50-59	09:56.0	52	100
101	0:36:40	ENGLAND, Maureen	Gt Yarmouth & District AC	Ladies 60+	10:05.0	70	101
102	0:36:43	GAMMIDGE, Andy	Unattached	Men 40-49	10:05.9	170	102
103	0:37:03	GOODWIN, Karen	Unattached	Ladies 13-39	10:11.4	131	103
104	0:37:34	GRIBBEN, David	Unattached	Men 40-49	10:19.9	169	104
105	0:37:42	GETLEY, Georgina	Unattached	Ladies 13-39	10:22.1	139	105
106	0:37:49	BUFFINI, Lynn	Unattached	Ladies 50-59	10:24.0	77	106
107	0:37:59	EASTAUGH-KING, Jackie	Unattached	Ladies 40-49	10:26.8	62	107
108	0:38:34	RAYNER, Anne	Unattached	Ladies 13-39	10:36.4	74	108
109	0:39:32	GOODWIN, Denise	Gt Yarmouth & District AC	Ladies 50-59	10:52.4	133	109
110	0:41:46	READER, Frank	Unattached	Men 60+	11:29.2	166	110
111	0:42:40	BUFFINI, Gerald	Unattached	Men 60+	11:44.1	78	111
112	0:43:38	ARMES, Sharon	Norwich Road Runners	Ladies 40-49	12:00.0	28	112
113	0:43:39	ARMES, Michael	Norwich Road Runners	Men 40-49	12:00.3	29	113
114	0:43:49	MILLER, Louis	Unattached	Men 60+	12:03.0	100	114
115	0:45:24	BRIGHTMAN, Pat	Gt Yarmouth & District AC	Ladies 50-59	12:29.2	145	115
116	0:50:19	HARBORD, Chris	Great Yarmouth Road Runners	Men 60+	13:50.3	94	116

*All Proceeds to Quidenham Children's Hospice*

\* RaceMaster98 from Sport Systems +44(0)870 5123 [www.sportsystems.co.uk](http://www.sportsystems.co.uk) Webresults on [www.runnerswebuk.com](http://www.runnerswebuk.com) \*  
Results produced by Coltishall Jaguars RC. Printed by Coltishall Jaguars RC on 8 July 2009