



COLTISHALL JAGUARS R.C.
SPRING 2009 10K
Sunday, 29 March 2009, 10:30 am

First Three Ladies

Time	Name	Club	Race Number	Race Place
39:03	PARFITT, Dena	North Norfolk Beach Runners	162	18
42:07	MANN, Elies	Norwich Road Runners	213	39
43:58	CARVER, Dawn	Norwich Road Runners	133	51

First Three Men

32:10	WALLS, Glen	University of East Anglia	298	1
33:05	EARL, Nick	University of East Anglia	281	2
33:47	BUNN, Andrew	Norwich Road Runners	97	3

First Man 15-39

33:53	HENDERSON, Richard	University of East Anglia	283	4
-------	--------------------	---------------------------	-----	---

First Lady 15-39

44:53	CLARK, Marie	Norwich Road Runners	278	64
-------	--------------	----------------------	-----	----

First Man 40-44

34:19	JONES, Steve	North Norfolk Beach Runners	258	5
-------	--------------	-----------------------------	-----	---

First Lady 40-44

45:47	CRANE, Sue	Unattached	122	75
-------	------------	------------	-----	----

First Man 45-49

37:51	GARRETT, Mark	Norwich Road Runners	196	15
-------	---------------	----------------------	-----	----

First Lady 45-49

46:56	Sarah Bradley	Norwich Road Runners	161	93
-------	---------------	----------------------	-----	----

First Man 50-54

36:32	ARNOLD, Nigel	Norfolk Gazelles	222	9
-------	---------------	------------------	-----	---

First Lady 50-54

44:56	CHRISTIAN, Jenny	Wymondham AC	147	65
-------	------------------	--------------	-----	----

First Man 55-59

39:00 BLAKE, Richard North Norfolk Beach Runners 216 17

First Lady 55-59

52:53 BATCHELOR, Audrey Norfolk Gazelles 135 129

First Man over 60

41:21 HAYES, Jim North Norfolk Beach Runners 178 32

First Lady over 60

49:39 WOODHOUSE, Gill Dereham Runners AC 120 117