

# 10K County Championships Results 2009

Sunday 4 October 2009. 10:30 am

## **Ladies Norfolk County Champion**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:38:12	DONOVAN, Clare	North Norfolk Beach Runners	Open Ladies 15-39	388	13

There was 1 prize winner in the Ladies Norfolk County Champion category.

## **Mens Norfolk County Champion**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:33:54	BUNN, Andrew	City of Norwich AC - non scorer	Open Men 15-39	360	1

There was 1 prize winner in the Mens Norfolk County Champion category.

## **Norfolk County Championship Ladies 15-39**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:38:12	DONOVAN, Clare	North Norfolk Beach Runners	Open Ladies 15-39	388	13
2	0:41:20	ALFORD, Nicky	City of Norwich Athletic Club	Open Ladies 15-39	302	31
3	0:42:51	SMITH, Alexandra	Norwich Road Runners	Open Ladies 15-39	333	43

There were 3 prize winners in the Norfolk County Championship Ladies 15-39 category.

## **Norfolk County Championship Men 15-39**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:33:54	BUNN, Andrew	City of Norwich AC - non scorer	Open Men 15-39	360	1
2	0:33:57	UTTING, Wayne	City of Norwich AC - non scorer	Open Men 15-39	389	2
3	0:36:24	SMITH, Stuart	Norwich Road Runners	Open Men 15-39	190	6

There were 3 prize winners in the Norfolk County Championship Men 15-39 category.

## **Norfolk County Championship Ladies 40-49**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:46:26	ALLISON, Sandra	Fetcheveryone.com	Open Ladies 40-49	188	64
2	0:46:33	STEVENSON, Tracy	Norfolk Gazelles	Open Ladies 40-49	209	67
3	0:47:13	STEVENS, Tracy	Wymondham AC	Open Ladies 40-49	191	72

There were 3 prize winners in the Norfolk County Championship Ladies 40-49 category.

## **Norfolk County Championship Men 40-49**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:35:23	JONES, Steve	North Norfolk Beach Runners	Open Men 40-49	207	4
2	0:37:18	CUTHBERT, Paul	Norwich Road Runners	Open Men 40-49	398	7
3	0:37:45	WALSHAW, John	City of Norwich Athletic Club	Open Men 40-49	222	9

There were 3 prize winners in the Norfolk County Championship Men 40-49 category.

Autumn 10K 2009 (including County Championships), Coltishall Jaguars Autumn 10k 2009 - Sunday 4 October 2009. 10:00 am

## **Norfolk County Championship Ladies 50-59**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:44:56	CHRISTIAN, Jenny	Wymondham AC	Open Ladies 50-59	351	56
2	0:48:57	SAUERZAPF, Bobbie	Bungay Black Dog RC	Open Ladies 50-59	182	78
3	0:50:05	DAWSON, Lorraine	Great Yarmouth Road Runners	Open Ladies 50-59	377	90

There were 3 prize winners in the Norfolk County Championship Ladies 50-59 category.

## **Norfolk County Championship Men 50-59**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:38:10	LEVERSEDGE, John	Enfield & Haringey AC	Open Men 50-59	312	12
2	0:38:15	ROBILLIARD, Colin		Open Men 50-59	186	14
3	0:38:49	BLAKE, Richard	North Norfolk Beach Runners	Open Men 50-59	334	17

There were 3 prize winners in the Norfolk County Championship Men 50-59 category.

## **Norfolk County Championship Men 60+**

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	0:41:21	HAYES, Jim	North Norfolk Beach Runners	Open Men 60+	187	32
2	0:41:50	ADCOCK, Trevor	Norfolk Gazelles	Open Men 60+	210	36
3	0:49:12	BALL, Malcolm	North Norfolk Beach Runners	Open Men 60+	365	79

There were 3 prize winners in the Norfolk County Championship Men 60+ category.

## **Norfolk County Championship Team Competition**

### **Senior Ladies**

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

#### **1 : Norwich Road Runners**

Place	Time	Name	Race Age Category	Race No	Race Place
3	0:42:51	SMITH, Alexandra	Open Ladies 15-39	333	43
5	0:44:50	CLARK, Marie	Open Ladies 15-39	228	55
13	0:59:31	DENZEY, Clare	Open Ladies 15-39	386	122
<b>21</b>	<b>2:27:12</b>	<b>Totals</b>			

## Senior Men

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

<b>1 : Norwich Road Runners</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
3	0:36:24	SMITH, Stuart	Open Men 15-39	190	6
4	0:39:51	MERRYWEST, Mark	Open Men 15-39	216	23
6	0:40:58	HALL, Samuel	Open Men 15-39	301	28
7	0:41:01	EASLEA, Wayne	Open Men 15-39	342	29
<b>20</b>	<b>2:38:14</b>	<b>Totals</b>			

<b>2 : Norwich Road Runners</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
8	0:41:32	LAWRENCE, Damon	Open Men 15-39	203	33
9	0:41:59	FRARY, Matthew	Open Men 15-39	368	37
12	0:44:42	HOWES, Matt	Open Men 15-39	330	53
18	0:46:40	HILL, Matthew	Open Men 15-39	321	68
<b>47</b>	<b>2:54:53</b>	<b>Totals</b>			

## Vet Ladies

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

<b>1 : Norfolk Gazelles</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
3	0:46:33	STEVENSON, Tracy	Open Ladies 40-49	209	67
8	0:50:42	MOORE, Debbie	Open Ladies 40-49	356	94
11	0:52:53	BATCHELOR, Audrey	Open Ladies 50-59	311	105
<b>22</b>	<b>2:30:08</b>	<b>Totals</b>			

<b>2 : Norwich Road Runners</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
7	0:50:41	BRADLEY, Sarah	Open Ladies 40-49	373	93
15	0:58:37	MOORE, Lynda	Open Ladies 50-59	358	118
18	1:10:36	AMES, Sharon	Open Ladies 40-49	230	134
<b>40</b>	<b>2:59:54</b>	<b>Totals</b>			

## Vet Men

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

<b>1 : North Norfolk Beach Runners</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
1	0:35:23	JONES, Steve	Open Men 40-49	207	4
10	0:38:49	BLAKE, Richard	Open Men 50-59	334	17
12	0:39:12	CHRISTOPHER, John	Open Men 40-49	394	19
17	0:41:21	HAYES, Jim	Open Men 60+	187	32
<b>40</b>	<b>2:34:45</b>	<b>Totals</b>			

<b>2 : Norwich Road Runners</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
2	0:37:18	CUTHBERT, Paul	Open Men 40-49	398	7
8	0:38:27	GARRETT, Mark	Open Men 40-49	309	15
14	0:39:44	DAVIES, Paul	Open Men 40-49	341	21
19	0:42:04	BRADLEY, Alan	Open Men 40-49	372	38
<b>43</b>	<b>2:37:33</b>	<b>Totals</b>			

<b>3 : Wymondham AC</b>			<i>Race</i>	<i>Race</i>	
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
4	0:37:56	WHITE, Richard	Open Men 40-49	364	10
5	0:37:58	PRESTON, Andrew	Open Men 40-49	206	11
23	0:42:49	GREENLAND, Eddie	Open Men 40-49	214	42
28	0:43:23	WATSON, Gerry	Open Men 50-59	393	48
<b>60</b>	<b>2:42:06</b>	<b>Totals</b>			