

# Coltishall Jaguars Autumn 10K 2009 (including County Championships)

Sunday 4 October 2009. 10:00 am

## 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	0:33:54	BUNN, Andrew	City of Norwich AC - non scorer	Open Men 15-39	05:27.2	360	1
2	0:33:57	UTTING, Wayne	City of Norwich AC - non scorer	Open Men 15-39	05:27.7	389	2
3	0:34:10	DAVIES, Gavin	Ipswich Jaffa RC	Open Men 15-39	05:29.8	204	3
4	0:35:23	JONES, Steve	North Norfolk Beach Runners	Open Men 40-49	05:41.5	207	4
5	0:35:41	ROGERS, Nicola		Open Ladies 15-39	05:44.4	317	5
6	0:36:24	SMITH, Stuart	Norwich Road Runners	Open Men 15-39	05:51.4	190	6
7	0:37:18	CUTHBERT, Paul	Norwich Road Runners	Open Men 40-49	06:00.0	398	7
8	0:37:39	BROCK, Dave	Orion Harriers	Open Men 40-49	06:03.4	303	8
9	0:37:45	WALSHAW, John	City of Norwich Athletic Club	Open Men 40-49	06:04.4	222	9
10	0:37:56	WHITE, Richard	Wymondham AC	Open Men 40-49	06:06.2	364	10
11	0:37:58	PRESTON, Andrew	Wymondham AC	Open Men 40-49	06:06.5	206	11
12	0:38:10	LEVERSEDGE, John	Enfield & Haringey AC	Open Men 50-59	06:08.4	312	12
13	0:38:12	DONOVAN, Clare	North Norfolk Beach Runners	Open Ladies 15-39	06:08.7	388	13
14	0:38:15	ROBILLIARD, Colin		Open Men 50-59	06:09.2	186	14
15	0:38:27	GARRETT, Mark	Norwich Road Runners	Open Men 40-49	06:11.2	309	15
16	0:38:30	STEWART, Clive	Coltishall Jaguars RC	Open Men 40-49	06:11.6	387	16
17	0:38:49	BLAKE, Richard	North Norfolk Beach Runners	Open Men 50-59	06:14.7	334	17
18	0:38:56	MASLEN, David	Tri-Anglia	Open Men 40-49	06:15.8	308	18
19	0:39:12	CHRISTOPHER, John	North Norfolk Beach Runners	Open Men 40-49	06:18.4	394	19
20	0:39:40	CLUES, Mark	Tri-Anglia	Open Men 40-49	06:22.9	355	20
21	0:39:44	DAVIES, Paul	Norwich Road Runners	Open Men 40-49	06:23.5	341	21
22	0:39:46	JOHNSON, Pete	Norfolk Gazelles	Open Men 50-59	06:23.9	380	22
23	0:39:51	MERRYWEST, Mark	Norwich Road Runners	Open Men 15-39	06:24.7	216	23
24	0:40:11	THOMAS, Ian	UK Net Runner	Open Men 50-59	06:27.9	306	24
25	0:40:30	BOND, Aidan		Open Men 15-39	06:30.9	371	25
26	0:40:44	JAMES, Robert	Bungay Black Dog RC	Open Men 15-39	06:33.2	215	26
27	0:40:49	EWIN, Mark		Open Men 15-39	06:34.0	220	27
28	0:40:58	HALL, Samuel	Norwich Road Runners	Open Men 15-39	06:35.4	301	28
29	0:41:01	EASLEA, Wayne	Norwich Road Runners	Open Men 15-39	06:35.9	342	29
30	0:41:11	MCARDLE, Paul		Open Men 40-49	06:37.5	315	30
31	0:41:20	ALFORD, Nicky	City of Norwich Athletic Club	Open Ladies 15-39	06:39.0	302	31
32	0:41:21	HAYES, Jim	North Norfolk Beach Runners	Open Men 60+	06:39.1	187	32
33	0:41:32	LAWRENCE, Damon	Norwich Road Runners	Open Men 15-39	06:40.9	203	33
34	0:41:34	CHORLEY, Chris	Bungay Black Dog RC	Open Men 40-49	06:41.2	62	34
35	0:41:40	ADAMS, Steve	Eton Manor AC	Open Men 40-49	06:42.2	397	35
36	0:41:50	ADCOCK, Trevor	Norfolk Gazelles	Open Men 60+	06:43.8	210	36
37	0:41:59	FRARY, Matthew	Norwich Road Runners	Open Men 15-39	06:45.3	368	37
38	0:42:04	BRADLEY, Alan	Norwich Road Runners	Open Men 40-49	06:46.1	372	38
39	0:42:14	PASK, Matthew	Norwich Road Runners	Open Men 40-49	06:47.7	347	39
40	0:42:18	THOMPSON, Peter	Norfolk Gazelles	Open Men 50-59	06:48.3	326	40
41	0:42:26	HAINES, Kieron	Norwich Road Runners	Open Men 50-59	06:49.6	307	41
42	0:42:49	GREENLAND, Eddie	Wymondham AC	Open Men 40-49	06:53.3	214	42
43	0:42:51	SMITH, Alexandra	Norwich Road Runners	Open Ladies 15-39	06:53.6	333	43
44	0:42:56	BIRD, Steve	City of Norwich Athletic Club	Open Men 40-49	06:54.4	217	44
45	0:42:57	KING, Michael	Coltishall Jaguars RC	Open Men 50-59	06:54.6	218	45
46	0:43:00	BRIGHTY, Keith	Norwich Road Runners	Open Men 40-49	06:55.1	390	46
47	0:43:13	CHURCH, Stephen	City of Norwich Athletic Club	Open Men 40-49	06:57.2	367	47
48	0:43:23	WATSON, Gerry	Wymondham AC	Open Men 50-59	06:58.8	393	48
49	0:43:54	HURREN, Sharon	Wymondham AC	Open Ladies 15-39	07:03.8	310	49
50	0:44:25	FRARY, Matt		Open Men 40-49	07:08.8	198	50
51	0:44:32	NORMAN, Phil		Open Men 15-39	07:09.9	183	51
52	0:44:37	MASTERS, Jake		Open Men 15-39	07:10.7	322	52
53	0:44:42	HOWES, Matt	Norwich Road Runners	Open Men 15-39	07:11.5	330	53
54	0:44:48	MCMORRIS, Will		Open Men 15-39	07:12.5	354	54
55	0:44:50	CLARK, Marie	Norwich Road Runners	Open Ladies 15-39	07:12.8	228	55
56	0:44:56	CHRISTIAN, Jenny	Wymondham AC	Open Ladies 50-59	07:13.7	351	56
57	0:45:15	TYLER, Tim	Norwich Road Runners	Open Men 50-59	07:16.8	381	57
58	0:45:35	HILL, Les	Norfolk Gazelles	Open Men 40-49	07:20.0	320	58
59	0:45:41	MACLEOD, Jim	Tri-Anglia	Open Men 40-49	07:21.0	378	59
60	0:45:45	WALWYN, Stephen		Open Men 15-39	07:21.6	223	60
61	0:45:57	TOWNSHEND, Thomas		Open Men 15-39	07:23.6	184	61
62	0:46:06	READER, Kim	Wymondham AC	Open Ladies 15-39	07:25.0	384	62
63	0:46:11	SOPER, Michael	St Edmunds Pacers	Open Men 15-39	07:25.8	304	63
64	0:46:26	ALLISON, Sandra	Fetcheveryone.com	Open Ladies 40-49	07:28.2	188	64
65	0:46:29	BAGLEY, Mark	Wymondham AC	Open Men 15-39	07:28.7	339	65
66	0:46:31	COLLYER, Richard	Coltishall Jaguars RC	Open Men 40-49	07:29.0	379	66
67	0:46:33	STEVENSON, Tracy	Norfolk Gazelles	Open Ladies 40-49	07:29.3	209	67
68	0:46:40	HILL, Matthew	Norwich Road Runners	Open Men 15-39	07:30.5	321	68
69	0:46:57	MARDEN, Stewart	Coltishall Jaguars RC	Open Men 40-49	07:33.2	361	69
70	0:47:07	GEE, Kevin	Norwich Road Runners	Open Men 40-49	07:34.8	382	70
71	0:47:09	BROUGHTON, Robin		Open Men 15-39	07:35.1	385	71
72	0:47:13	STEVENS, Tracy	Wymondham AC	Open Ladies 40-49	07:35.8	191	72
73	0:47:19	ALFORD, Colin		Open Men 40-49	07:36.8	193	73
74	0:47:52	MIDDLETON, Julia	Newmarket Joggers	Open Ladies 60+	07:42.1	345	74

75	0:47:56	CHAVANNE, Cedric		Open Men 15-39	07:42.7	225	75
76	0:48:25	SAVAGE, Peter	Holme Pierreport RC	Open Men 50-59	07:47.4	212	76
77	0:48:31	PUNT, David	Bungay Black Dog RC	Open Men 50-59	07:48.3	211	77
78	0:48:57	SAUERZAPF, Bobbie	Bungay Black Dog RC	Open Ladies 50-59	07:52.5	182	78
79	0:49:12	BALL, Malcolm	North Norfolk Beach Runners	Open Men 60+	07:54.9	365	79
80	0:49:15	SMITH, Mike	Wymondham AC	Open Men 60+	07:55.4	369	80
81	0:49:25	BRAILEY, David		Open Men 15-39	07:57.0	314	81
82	0:49:26	MASTERS, Mark		Open Men 40-49	07:57.2	323	82
83	0:49:28	SAYER, Andrew		Open Men 15-39	07:57.5	332	83
84	0:49:30	WHALEY, Neil		Open Men 50-59	07:57.8	392	84
85	0:49:37	FLOWER, Michael	Norfolk Police AC	Open Men 15-39	07:59.0	353	85
86	0:49:39	HORREX, Trevor	Norwich Road Runners	Open Men 40-49	07:59.3	366	86
87	0:49:42	INGRAM, Stewart	Tri-Anglia	Open Men 50-59	07:59.8	370	87
88	0:50:00	DAVIS, Richard		Open Men 15-39	08:02.7	305	88
89	0:50:03	GREENGRASS, Colin		Open Men 50-59	08:03.1	396	89
90	0:50:05	DAWSON, Lorraine	Great Yarmouth Road Runners	Open Ladies 50-59	08:03.5	377	90
91	0:50:28	CORMACK, Richard		Open Men 15-39	08:07.2	391	91
92	0:50:34	THOMAS, Neil	Bungay Black Dog RC	Open Men 40-49	08:08.1	185	92
93	0:50:41	BRADLEY, Sarah	Norwich Road Runners	Open Ladies 40-49	08:09.3	373	93
94	0:50:42	MOORE, Debbie	Norfolk Gazelles	Open Ladies 40-49	08:09.4	356	94
95	0:50:59	BEATTIE, Bob	Norwich Road Runners	Open Men 60+	08:12.1	336	95
96	0:51:45	EWIN, Robert	Wymondham AC	Open Men 60+	08:19.5	383	96
97	0:51:48	MARSH, Ronald	Wymondham AC	Open Men 60+	08:20.0	350	97
98	0:51:48	SCARFE, Robert	Wymondham AC	Open Men 50-59	08:20.0	362	98
99	0:52:01	DILREW, Julie		Open Ladies 40-49	08:22.1	327	99
100	0:52:14	WALWYN, Peter		Open Men 60+	08:24.2	224	100
101	0:52:17	ALFORD, Karen		Open Ladies 40-49	08:24.7	192	101
102	0:52:32	DIXON, David		Open Men 50-59	08:27.1	340	102
103	0:52:45	BELL, Rachel		Open Ladies 15-39	08:29.2	400	103
104	0:52:47	STOLWORTHY, Samantha		Open Ladies 15-39	08:29.5	399	104
105	0:52:53	BATCHELOR, Audrey	Norfolk Gazelles	Open Ladies 50-59	08:30.5	311	105
106	0:52:54	WONES, Anne		Open Ladies 15-39	08:30.7	344	106
107	0:53:38	BURTON, Shelley	North Norfolk Beach Runners	Open Ladies 15-39	08:37.7	229	107
108	0:53:41	KELLY, Paul		Open Men 50-59	08:38.2	343	108
109	0:54:23	COOPER, Louis	Wymondham AC	Open Men 60+	08:45.0	374	109
110	0:55:00	NICHOLLS, Sally	Bungay Black Dog RC	Open Ladies 40-49	08:50.9	219	110
111	0:55:00	MARSHALL, Mike	North Norfolk Beach Runners	Open Men 60+	08:50.9	300	111
112	0:55:15	TILLET, Jason		Open Men 40-49	08:53.3	395	112
113	0:55:49	CRYER, Steve		Open Men 60+	08:58.8	328	113
114	0:56:22	LUBBOCK, Kim	Norfolk Gazelles	Open Ladies 40-49	09:04.1	349	114
115	0:56:24	COOPER, Carol	Norfolk Gazelles	Open Ladies 40-49	09:04.4	346	115
116	0:58:22	ACKLAND, Sacha	Eton Manor AC	Open Ladies 15-39	09:23.4	194	116
117	0:58:26	WICKER, Mark		Open Men 15-39	09:24.1	337	117
118	0:58:37	MOORE, Lynda	Norwich Road Runners	Open Ladies 50-59	09:25.8	358	118
119	0:58:38	MOORE, Brian	Norwich Road Runners	Open Men 50-59	09:26.0	359	119
120	0:58:58	WICKER, Johanna		Open Ladies 15-39	09:29.2	338	120
121	0:59:06	CLUES, Liz		Open Ladies 15-39	09:30.5	357	121
122	0:59:31	DENZEY, Clare	Norwich Road Runners	Open Ladies 15-39	09:34.5	386	122
123	0:59:31	COLMAN, Ivan	Norwich Road Runners	Open Men 40-49	09:34.5	221	123
124	1:00:32	FENECH, Charles		Open Men 60+	09:44.3	329	124
125	1:01:49	MIDDLETON, Nigel	North Norfolk Beach Runners	Open Men 50-59	09:56.7	226	125
126	1:01:53	TAYLOR, Hazel	Norfolk Police AC	Open Ladies 15-39	09:57.4	352	126
127	1:03:45	MIDDLETON, Katrine	North Norfolk Beach Runners	Open Ladies 40-49	10:15.4	227	127
128	1:04:18	CLARK, Rhonda		Open Ladies 50-59	10:20.7	325	128
129	1:04:19	CLARK, Peter		Open Men 50-59	10:20.9	324	129
130	1:05:10	JAMES, Katy	Bungay Black Dog RC	Open Ladies 60+	10:29.1	213	130
131	1:06:06	SMITH, Krysia	Coltishall Jaguars RC	Open Ladies 15-39	10:38.1	363	131
132	1:07:37	GROEN, Jacques	Bungay Black Dog RC	Open Men 60+	10:52.7	205	132
133	1:10:35	BOOT, Andy	Norwich Road Runners	Open Men 15-39	11:21.4	231	133
134	1:10:36	AMES, Sharon	Norwich Road Runners	Open Ladies 40-49	11:21.5	230	134
135	1:12:23	GARWOOD, Katherine		Open Ladies 15-39	11:38.7	335	135
136	1:14:27	KING, Donna	Reepham Runners	Open Ladies 15-39	11:58.7	197	136
137	1:15:39	MITCHELL, Elaine	Castle Point Joggers	Open Ladies 60+	12:10.3	376	137
138	1:15:40	STAINES, Mick	Castle Point Joggers	Open Men 60+	12:10.4	375	138

There were 138 finishers in the All Competitors category.