

HUMPTY DUMPTY 10K - Sunday 27th June 2010

Posn	Race No		Club	Cat	FinishTime	Perf	
1	353	Nick	Earl	City of Norwich A.C.	Senior Men	00:33:41	80.08
2	331	Luke	Allen	City of Norwich A.C.	Senior Men	00:34:30	78.18
3	427	Neil	Davison	City of Norwich A.C.	Vet Men: 40-44	00:34:56	80.35
4	295	Fernando	Silva		Vet Men: 50-54	00:35:32	86.64
5	313	Robert	Chenery	Ipswich JAFFA	Senior Men	00:36:54	73.1
6	351	Tony	Johns	Norwich Road Runners	Vet Men: 40-44	00:37:14	77.05
7	30	Mark	Garrett	Norwich Road Runners	Vet Men: 45-49	00:37:38	77.39
8	403	Stephen	Gibbs	Norwich Road Runners	Senior Men	00:37:44	71.48
9	76	Colin	Robilliard	Coltishall Jaguars	Vet Men: 55-59	00:37:51	84.2
10	392	Danielle	Nimmock	City of Norwich A.C.	Senior Ladies	00:37:58	78.8
11	25	Tom	Richardson	Lowestoft Road Runners	Senior Men	00:38:02	70.92
12	320	Stephen	Balfe	City of Norwich A.C.	Senior Men	00:38:15	70.52
13	213	Andrew	Manning	Gt. Yarmouth RRC	Vet Men: 40-44	00:38:23	74.74
14	346	Tim	Vials		Vet Men: 45-49	00:38:43	75.79
15	336	Richard	Weston	Ipswich JAFFA	Senior Men	00:38:47	69.55
16	252	Andrew	Bunn	City of Norwich A.C.	Vet Men: 40-44	00:38:56	72.09
17	140	Mark	Clues	Tri-Anglia	Vet Men: 40-44	00:39:00	72.49
18	266	Mark	Haylett		Vet Men: 45-49	00:39:09	74.39
19	341	Mark	Betts	Norwich Road Runners	Senior Men	00:39:21	69.35
20	191	Peter	Johnson	Norfolk Gazelles	Vet Men: 55-59	00:39:55	79.13
21	381	Natasha	Belsom	Ipswich JAFFA	Senior Ladies	00:40:13	74.39
22	339	John	Walshaw	City of Norwich A.C.	Vet Men: 40-44	00:40:23	69.5
23	395	Peter	Taylor		Senior Men	00:40:29	66.63
24	277	Adam	Peacock	Yaxley Runners	Senior Men	00:40:39	66.36
25	85	Paul	Davies	Norwich Road Runners	Vet Men: 40-44	00:40:45	68.88
26	316	Andrew	Vinsen	Wymondham A.C.	Senior Men	00:40:47	66.14
27	66	Ian	Thomas	UK Netrunners	Vet Men: 50-54	00:40:54	74.04
28	340	Christopher	Turner	City of Norwich A.C.	Vet Men: 45-49	00:40:57	71.12
29	301	Neil	Sibley	Gt. Yarmouth RRC	Vet Men: 40-44	00:40:59	70
30	348	Paul	Sullivan	Norwich Road Runners	Vet Men: 40-44	00:41:17	68.99
31	387	Richard	Blake	North Norfolk Beach Runners	Vet Men: 60-64	00:41:21	79.2
32	250	Darren	Edridge	Coltishall Jaguars	Vet Men: 40-44	00:41:25	67.77
33	399	Ian	Taylor	Bungay Black Dog A.C.	Vet Men: 45-49	00:41:38	69.42
34	350	David	Hart	City of Norwich A.C.	Vet Men: 40-44	00:41:44	68.74
35	9	Terry	Epps	Wymondham A.C.	Vet Men: 55-59	00:41:52	74.78
36	361	Molly	James	West Norfolk A.C.	Vet Ladies: 35-39	00:42:06	73.54
37	328	Nathan	Missin		Senior Men	00:42:16	63.82
38	415	Richard	Lesslie		Senior Men	00:42:19	63.74
39	297	Adrian	Waters	Norfolk Gazelles	Vet Men: 40-44	00:42:27	67.09
40	335	John	Weston	Ipswich JAFFA	Vet Men: 50-54	00:42:38	72.81
41	219	Paul	Grievesson	Humpty Dumpty Brewery	Senior Men	00:42:43	64.33
42	101	Racheal	Leathwood	Norwich Road Runners	Senior Ladies	00:43:04	69.47
43	236	Tim	Woods	Norfolk Gazelles	Vet Men: 45-49	00:43:15	68.38
44	324	Andrew	Savory	Norwich Road Runners	Vet Men: 45-49	00:43:34	66.34
45	253	David	Aldis	City of Norwich A.C.	Vet Men: 55-59	00:43:41	74.29
46	309	Stephen	Niblett	Coltishall Jaguars	Vet Men: 40-44	00:43:45	64.62
47	202	Matthew	Frary	Norwich Road Runners	Senior Men	00:43:52	62.21
48	204	Vincent	Ellis	City of Norwich A.C.	Vet Men: 50-54	00:43:53	70.74
49	57	Chris	Chorley	Bungay Black Dog A.C.	Vet Men: 45-49	00:43:59	67.24

50	499 Stephen	Dady	Gt. Yarmouth RRC	Vet Men: 55-59	00:44:02	73.03
51	121 Andrew	Goodchild	Tri-Anglia	Vet Men: 40-44	00:44:02	64.68
52	231 Ian	Crutchley	Wymondham A.C.	Vet Men: 45-49	00:44:05	65.56
53	409 Neville	Clarke	Newmarket Joggers	Vet Men: 55-59	00:44:06	71.62
54	284 Jethro	Walters		Senior Men	00:44:07	61.14
55	50 Chris	Lees		Vet Men: 40-44	00:44:09	64.98
56	437 Julian	Tomkinson	Tri-Anglia	Vet Men: 40-44	00:44:15	63.89
57	116 Chris	Cooper		Senior Men	00:44:15	60.96
58	389 Mark	Mantle		Senior Men	00:44:19	60.86
59	91 Soren	Royds	Diss A.C.	Senior Men	00:44:22	60.8
60	232 Simon	Able	Ryston Runners	Senior Men	00:44:26	62.28
61	362 Louise	Wilkinson	City of Norwich A.C.	Vet Ladies: 45-49	00:44:34	74.99
62	224 Phil	Rowland	North Norfolk Beach Runners	Senior Men	00:44:41	61.93
63	80 Jim	Hayes	North Norfolk Beach Runners	Vet Men: 60-64	00:44:41	76.28
64	310 Ben	Whattam		Senior Men	00:44:45	60.28
65	413 Nick	Askham		Senior Men	00:44:49	60.47
66	207 Karen	Archbold	Lowestoft Road Runners	Vet Ladies: 40-44	00:44:58	71.16
67	393 Melvyn	Porter	Coltishall Jaguars	Vet Men: 40-44	00:45:03	62.76
68	268 Robin	Belsom	Ipswich JAFFA	Vet Men: 50-54	00:45:03	66.67
69	84 Matt	Plunkett	Dereham Runners A.C.	Senior Men	00:45:04	60.97
70	429 Seb	Herrod		Senior Men	00:45:04	59.85
71	145 Tanya	Crofts	Wymondham A.C.	Vet Ladies: 35-39	00:45:06	67.03
72	410 Michael	Armes	Norwich Road Runners	Vet Men: 45-49	00:45:09	64.01
73	163 Sharon	Hurren	Wymondham A.C.	Vet Ladies: 35-39	00:45:19	67.77
74	240 Vinny	Jones		Senior Men	00:45:26	59.37
75	87 Michael	Hulme	Norwich Road Runners	Senior Men	00:45:41	59.04
76	419 William	Buck	Norwich Road Runners	Vet Men: 45-49	00:45:44	65.16
77	402 Mark	Winfield		Vet Men: 40-44	00:45:49	61.71
78	15 Matt	Howard	Norwich Road Runners	Senior Men	00:45:51	58.83
79	248 Ian	Vallance	Yaxley Runners	Senior Men	00:46:02	58.87
80	289 Richard	Dye	Bungay Black Dog A.C.	Vet Men: 45-49	00:46:06	64.15
81	119 Andrew	Baker	Gt. Yarmouth RRC	Vet Men: 40-44	00:46:15	61.13
82	246 Michael	King	Coltishall Jaguars	Vet Men: 60-64	00:46:16	70.79
83	22 Daniel	Middleton		Senior Men	00:46:20	58.22
84	422 Michael	Johnson	Norwich Road Runners	Vet Men: 40-44	00:46:27	60.43
85	438 David	Kellaway	Tri-Anglia	Vet Men: 45-49	00:46:32	64.04
86	435 Ian	Todd	West Norfolk A.C.	Vet Men: 45-49	00:46:38	62.45
87	360 Paul	Groves	Coltishall Jaguars	Vet Men: 45-49	00:46:47	62.25
88	62 Allan	McDuff		Senior Men	00:46:50	58.67
89	144 David	Hook		Senior Men	00:47:02	57.35
90	327 Andrew	Wolfe		Senior Men	00:47:11	57.17
91	334 Peter	French		Vet Men: 55-59	00:47:12	66.92
92	199 Gavin	Thouless	Norwich Road Runners	Vet Men: 40-44	00:47:20	59.3
93	287 James	Lewis		Senior Men	00:47:25	56.89
94	215 Barry	Bye	Ryston Runners	Vet Men: 60-64	00:47:26	70.42
95	152 Kevin	Gee	Norwich Road Runners	Vet Men: 50-54	00:47:30	63.24
96	154 Peter	Goddard	Birketts Runners AC	Vet Men: 50-54	00:47:34	65.26
97	227 Steve	Bowerman	Ryston Runners	Vet Men: 40-44	00:47:37	60.25
98	74 Steven	Guy	City of Norwich A.C.	Senior Men	00:47:39	56.87
99	261 Luke	Blackwell		Senior Men	00:47:40	56.59
100	382 Rob	Emery	North Norfolk Beach Runners	Vet Men: 40-44	00:47:50	58.26
101	394 David	Gilbert	Tri-Anglia	Vet Men: 65-69	00:47:57	72.6

102	176 Carl	Bettis		Senior Men	00:47:59	57.27
103	322 Anthony	Barstard	Dereham Runners A.C.	Vet Men: 60-64	00:47:59	68.92
104	345 Keith	Brighty	Norwich Road Runners	Vet Men: 45-49	00:48:05	60.57
105	198 Peter	Nelson	Norwich Road Runners	Vet Men: 60-64	00:48:07	69.42
106	281 Pauline	Drewery	Ryston Runners	Vet Ladies: 40-44	00:48:09	65.36
107	424 Terry	Quigley	North Norfolk Beach Runners	Vet Men: 60-64	00:48:13	69.28
108	299 Troy	Tobias		Senior Men	00:48:26	55.69
109	96 Lesley	Robins	Ryston Runners	Vet Ladies: 35-39	00:48:27	63.39
110	184 Ken	Bowman	Coltishall Jaguars	Vet Men: 60-64	00:48:28	68.92
111	311 Stephen	Cullum	Waveney Valley A.C.	Vet Men: 45-49	00:48:28	61.02
112	347 Sandra	Allison		Vet Ladies: 45-49	00:48:30	67.69
113	201 Andrew	Hammond		Vet Men: 50-54	00:48:32	63.96
114	183 Mark	Ring	Norwich Road Runners	Vet Men: 40-44	00:48:33	58.23
115	294 Jonathan	Owen		Senior Men	00:48:35	55.52
116	52 Robin	Broughton		Vet Ladies: 35-39	00:48:37	63.17
117	171 Michael	Papageorgiou		Senior Men	00:48:41	55.41
118	363 Mark	Shearing		Senior Men	00:48:47	55.29
119	397 Dave	Hazleton	Wymondham A.C.	Vet Men: 50-54	00:48:50	63.04
120	401 Kevin	Woodcock	Werrington Joggers	Vet Men: 45-49	00:48:50	59.64
121	412 Simon	Caley		Senior Men	00:48:52	55.2
122	192 Andrew	Shorthose	Humpty Dumpty Brewery	Senior Men	00:49:02	55.66
123	170 Lee	Aldred		Senior Men	00:49:02	55.01
124	317 Ellen	Similon	West Norfolk A.C.	Senior Ladies	00:49:10	60.85
125	318 Anne	Millett	Norwich Road Runners	Vet Ladies: 50-54	00:49:17	71.73
126	179 Christopher	Davies		Senior Men	00:49:21	55.3
127	356 Grant	Randall		Vet Men: 40-44	00:49:23	58.09
128	187 Stephen	Panting	Norwich Road Runners	Vet Men: 40-44	00:49:36	57.42
129	122 Bernard	Brett	Humpty Dumpty Brewery	Vet Men: 40-44	00:49:41	57.32
130	275 Liz	Fernandes	Norfolk Harriers	Vet Ladies: 35-39	00:49:43	62.27
131	135 Caroline	French	Norwich Road Runners	Senior Ladies	00:49:49	60.05
132	305 Geoff	Hayward	North Norfolk Beach Runners	Vet Men: 65-69	00:50:03	71.15
133	249 Michelle	Bull	Norwich Road Runners	Vet Ladies: 40-44	00:50:07	62.28
134	319 Carl	Hicks		Vet Men: 40-44	00:50:08	55.59
135	432 Keith	Dyke		Vet Men: 55-59	00:50:09	62.98
136	306 Gillian	Loughlin	City of Norwich A.C.	Vet Ladies: 45-49	00:50:10	64.88
137	307 Tim	Linstead		Vet Men: 40-44	00:50:14	57.11
138	270 Mick	Staines	Castle Point Joggers	Vet Men: 60-64	00:50:24	66.28
139	14 Tony	Heath	North Norfolk Beach Runners	Vet Men: 60-64	00:50:28	65.53
140	203 Matthew	Bone	Yaxley Runners	Senior Men	00:50:34	53.34
141	146 Mark	Tufts	Wymondham A.C.	Vet Men: 40-44	00:50:39	55.82
142	337 James	Calver		Senior Men	00:50:42	53.2
143	211 Carol	Betts	Norfolk Gazelles	Vet Ladies: 55-59	00:50:43	71.1
144	237 Sally	Cushing	Norwich Road Runners	Vet Ladies: 45-49	00:50:52	63.98
145	430 Nigel	Herrod	Waveney Valley A.C.	Vet Men: 50-54	00:50:53	60.5
146	195 Gordon	Maw		Vet Men: 40-44	00:51:10	55.25
147	321 Stephen	Corbould	Norfolk Gazelles	Vet Men: 50-54	00:51:14	59.11
148	332 Trevor	Horrex	Norwich Road Runners	Vet Men: 50-54	00:51:18	58.55
149	267 Ian	Jarvis	North Norfolk Beach Runners	Vet Men: 40-44	00:51:22	55.44
150	174 Matt	Ellis	Lowestoft Road Runners	Senior Men	00:51:25	53.44
151	92 Tim	Royds		Vet Men: 45-49	00:51:30	56.12
152	79 Dan	Crawley		Senior Men	00:51:31	52.36
153	367 Sarah	Bradley	Norwich Road Runners	Vet Ladies: 45-49	00:51:31	64.3

154	120 Nicola	Baker	Gt. Yarmouth RRC	Vet Ladies: 40-44	00:51:36	61.5
155	243 Andy	Brown		Senior Men	00:51:46	52.11
156	431 Richard	Owen		Senior Men	00:52:00	53.22
157	323 Julian	Blakey		Vet Men: 50-54	00:52:05	58.14
158	300 Stuart	Canwell		Senior Men	00:52:13	51.66
159	182 Kevin	Howard		Vet Men: 45-49	00:52:14	56.18
160	426 Michael	Jewiss	Dereham Runners A.C.	Vet Men: 55-59	00:52:19	60.91
161	242 Leanne	Howlett	Wymondham A.C.	Senior Ladies	00:52:22	57.13
162	221 Christopher	Groves	Tri-Anglia	Vet Men: 55-59	00:52:28	61.85
163	226 Andrew	Hawes		Senior Men	00:52:35	51.3
164	93 Matthew	Bullock		Vet Men: 40-44	00:52:36	53.75
165	436 Gavin	Lane	West Norfolk A.C.	Vet Men: 40-44	00:52:38	53.33
166	158 Mark	Buckham		Senior Men	00:52:39	51.23
167	421 Steven	Williams		Vet Men: 45-49	00:52:40	55.72
168	414 Hugh	Brown		Vet Men: 40-44	00:52:48	52.78
169	416 Jonathan	Reader	Coltishall Jaguars	Senior Men	00:52:49	51.07
170	388 Noel	Spruce	North Norfolk Beach Runners	Vet Men: 65-69	00:52:52	65.13
171	83 Philip	Wynes	Norwich Road Runners	Vet Men: 55-59	00:52:54	59.18
172	222 Philippa	Rudd	Norwich Road Runners	Vet Ladies: 45-49	00:52:59	61.97
173	206 Paul	Wightman	Wymondham A.C.	Vet Men: 45-49	00:53:04	55.3
174	428 Graham	Creed		Vet Men: 40-44	00:53:08	52.83
175	278 Lenny	Peacock	Yaxley Runners	Vet Men: 45-49	00:53:09	56.07
176	329 Sue	Cooke	City of Norwich A.C.	Vet Ladies: 45-49	00:53:11	62.84
177	31 Stephen	Warncken		Vet Men: 50-54	00:53:11	57.41
178	56 Bobbie	Sauerzapf	Bungay Black Dog A.C.	Vet Ladies: 50-54	00:53:12	64.56
179	423 David	Punt	Bungay Black Dog A.C.	Vet Men: 55-59	00:53:14	59.33
180	342 Susan	Williams	Yaxley Runners	Vet Ladies: 40-44	00:53:19	60.02
181	143 Julie	Deadman	Serpentine Runners	Vet Ladies: 40-44	00:53:20	60.5
182	10 Alec	Fraser	North Norfolk Beach Runners	Vet Men: 65-69	00:53:26	66.64
183	230 Neil	Read		Senior Men	00:53:27	50.46
184	315 Richard	Challis		Senior Men	00:53:28	50.45
185	343 Chris	Burke	Yaxley Runners	Vet Men: 55-59	00:53:39	60.49
186	186 Lorraine	Dawson	Gt. Yarmouth RRC	Vet Ladies: 50-54	00:53:45	63.31
187	63 Gemma	Sullivan		Senior Ladies	00:53:47	55.62
188	272 Belinda	Jennings		Senior Ladies	00:54:00	55.4
189	256 Colin	Alford		Vet Men: 45-49	00:54:19	53.62
190	384 David	Knight		Senior Men	00:54:20	49.64
191	193 Timothy	Johnson		Senior Men	00:54:20	49.64
192	255 Claire	Atkinson		Senior Ladies	00:54:21	55.04
193	61 Ian	Tooley		Vet Men: 45-49	00:54:30	54.68
194	408 Neil	Bason	Yaxley Runners	Vet Men: 60-64	00:54:33	60.63
195	78 Mike	Smith	Wymondham A.C.	Vet Men: 65-69	00:54:38	65.18
196	105 Maureen	Wolfe	Ryston Runners	Vet Ladies: 50-54	00:54:39	62.85
197	111 Marisol	Kane		Vet Ladies: 45-49	00:54:39	59.55
198	35 Neil	Thomas	Bungay Black Dog A.C.	Vet Men: 40-44	00:54:42	51.68
199	385 Ilse	Van Roy		Vet Ladies: 45-49	00:54:43	61.08
200	27 Tracy	Stevens	Wymondham A.C.	Vet Ladies: 40-44	00:54:44	57.5
201	251 Jo	Keenan		Senior Ladies	00:54:47	54.61
202	64 John	Tilbrook		Vet Men: 65-69	00:54:52	64.16
203	439 Gavin	Lloyd Thompson		Senior Men	00:54:53	49.15
204	188 Tom	Cheongvee		Senior Men	00:54:55	49.12
205	359 Andy	Wilson		Vet Men: 60-64	00:54:57	59.6

206	375 Jessica	Jennings	Humpty Dumpty Brewery	Vet Ladies: 40-44	00:55:04	56.68
207	241 Karen	Freeman	Yaxley Runners	Vet Ladies: 40-44	00:55:06	57.12
208	28 Gill	Woodhouse	Dereham Runners A.C.	Vet Ladies: 60-64	00:55:07	69.82
209	53 Tom	Warnes		Senior Men	00:55:17	48.79
210	177 Paul	Atherfold	Yaxley Runners	Senior Men	00:55:19	49.67
211	18 Stuart	Knight		Senior Men	00:55:21	48.73
212	151 Richard	Carr	Ryston Runners	Senior Men	00:55:42	48.43
213	20 Kirsty	Marcuzzo		Vet Ladies: 40-44	00:55:42	56.5
214	124 Jeremy	Walters		Vet Men: 40-44	00:55:46	50.7
215	352 Jon	Holland	Norwich Road Runners	Senior Men	00:55:49	48.32
216	131 Kate	McCabe		Vet Ladies: 35-39	00:55:54	54.51
217	398 Andrew	Chapman		Vet Men: 40-44	00:56:01	51.21
218	290 Chris	Carey	Norfolk Gazelles	Vet Men: 60-64	00:56:02	60.83
219	58 Kevin	Blackwell	Norfolk Gazelles	Vet Men: 50-54	00:56:02	54.49
220	65 Dianne	Tilbrook		Vet Ladies: 55-59	00:56:05	65.65
221	233 Robert	Sivell		Senior Men	00:56:09	48.04
222	425 Carole	Wyatt	Wymondham A.C.	Vet Ladies: 45-49	00:56:09	60.05
223	34 Phillip	Neave	Bungay Black Dog A.C.	Vet Men: 60-64	00:56:10	58.88
224	235 Carole	Spong	Gt. Yarmouth RRC	Vet Ladies: 65+	00:56:16	72.7
225	6 Mike	Creasor	Road Runners Club	Vet Men: 70+	00:56:18	66.39
226	220 Gill	Hart	Ryston Runners	Vet Ladies: 55-59	00:56:20	64.69
227	166 Claire	Ramsbottom	Norwich Road Runners	Vet Ladies: 35-39	00:56:22	53.63
228	420 Rod	Wells		Vet Men: 40-44	00:56:33	50.36
229	418 Paul	Pugh	Tri-Anglia	Senior Men	00:56:38	48.52
230	103 Anne	Sinclair		Vet Ladies: 50-54	00:56:40	61.78
231	276 Margaret	Newman		Vet Ladies: 35-39	00:56:42	54.6
232	29 Johnny	Wyndham		Senior Men	00:56:49	47.47
233	194 Faye	Ellis	Lowestoft Road Runners	Senior Ladies	00:56:49	52.65
234	244 Peter	Walwyn		Vet Men: 65-69	00:56:54	63.3
235	259 Sharon	Howell		Vet Ladies: 40-44	00:57:04	55.6
236	417 Adrian	Driver		Vet Men: 45-49	00:57:18	51.21
237	8 Mark	Durrant		Vet Men: 45-49	00:57:24	50.74
238	164 Karen	Gedge	Bungay Black Dog A.C.	Vet Ladies: 45-49	00:57:32	56.57
239	312 John	Richardson	Dereham Runners A.C.	Vet Men: 55-59	00:57:39	54.79
240	21 Matthew	Middleton		Senior Men	00:57:43	47.95
241	175 Anna	Bettis		Senior Ladies	00:57:46	51.79
242	185 Lindsay Stewart	Kitchen	North Norfolk Beach Runners	Vet Men: 45-49	00:58:06	50.9
243	374 Iain	White		Vet Men: 55-59	00:58:10	55.28
244	216 Gary Alan	Thurgood	Yaxley Runners	Vet Men: 50-54	00:58:21	51.9
245	358 Diane	Hallam		Vet Ladies: 45-49	00:58:22	56.25
246	88 Rachael	Friend	Norwich Road Runners	Senior Ladies	00:58:22	51.26
247	126 Rachel	Cubitt		Senior Ladies	00:58:23	51.24
248	330 Julie	Garrett	Norwich Road Runners	Vet Ladies: 40-44	00:58:29	54.26
249	197 Blaine	Craddock		Senior Men	00:58:30	47.3
250	38 Matt	Paine		Senior Men	00:58:32	46.62
251	247 Emily	Dennis	Norwich Road Runners	Senior Ladies	00:58:36	51.05
252	344 Richard	High	Norwich Road Runners	Senior Men	00:58:37	47.21
253	282 Jon	Moxon		Senior Men	00:58:45	45.91
254	218 Chris	Aspin		Vet Men: 45-49	00:58:48	49.15
255	274 Audrey	Batchelor	Norfolk Gazelles	Vet Ladies: 55-59	00:59:00	61.76
256	279 Jacqui	Munford		Vet Ladies: 35-39	00:59:07	51.54
257	265 Lisa	Taylor		Vet Ladies: 35-39	00:59:09	50.71

258	378 Bruce	Humphries	Alton Runners	Vet Men: 45-49	00:59:10	49.22
259	228 Patrick	Larke	Wymondham A.C.	Vet Men: 50-54	00:59:16	51.94
260	180 Marianne	Saunders	Norfolk Gazelles	Vet Ladies: 40-44	00:59:28	52.92
261	196 Mark	Mountain		Senior Men	00:59:35	45.8
262	125 Amy	Brooke		Senior Ladies	00:59:53	49.96
263	112 Richard	Keeble		Vet Men: 55-59	00:59:57	52.22
264	258 Lee	Howell		Vet Men: 40-44	01:00:19	47.56
265	94 Sara	Bullock		Vet Ladies: 35-39	01:00:20	49.72
266	160 Claire	Deeprise		Senior Ladies	01:00:25	49.52
267	134 Adrian	Chojnowski		Vet Men: 40-44	01:00:26	46.11
268	4 Lucille	Chitty		Vet Ladies: 40-44	01:00:34	51.53
269	60 Cathy	Tooley		Vet Ladies: 45-49	01:00:40	53.65
270	262 Olly	Cator		Senior Men	01:00:47	44.38
271	51 Clare	Denzey	Norwich Road Runners	Senior Ladies	01:01:01	49.03
272	364 Jacqueline	Wright		Vet Ladies: 50-54	01:01:09	55.64
273	296 Colin	Berridge	Yaxley Runners	Vet Men: 60-64	01:01:12	55.13
274	123 Ardyn	Ross	Humpty Dumpty Brewery	Vet Ladies: 40-44	01:01:14	52.26
275	23 Michael	O'Connor	North Norfolk Beach Runners	Vet Men: 60-64	01:01:16	53.45
276	89 Joanne	Flegg		Vet Ladies: 40-44	01:01:29	51.19
277	380 Robin	Farrar	Bungay Black Dog A.C.	Vet Men: 65-69	01:01:34	57.18
278	377 Christopher	Stitson		Vet Men: 40-44	01:01:41	46.17
279	303 Stuart	Medland		Vet Men: 55-59	01:01:42	51.19
280	159 Will	Mitchell		Senior Men	01:01:44	43.69
281	86 Annette	Carter	Gt. Yarmouth RRC	Vet Ladies: 40-44	01:01:46	51.37
282	16 Yvonne	Jackson		Vet Ladies: 40-44	01:02:07	51.52
283	245 Rosamund	Walwyn		Vet Ladies: 55-59	01:02:13	58.57
284	43 Rach	Edwards		Vet Ladies: 35-39	01:02:14	49.75
285	178 Jenny	Jones		Vet Ladies: 35-39	01:02:15	48.18
286	355 Emma	Jermey		Vet Ladies: 35-39	01:02:25	48.44
287	354 Robert	Wilton	Ryston Runners	Senior Men	01:02:26	43.2
288	155 Peter	Drew	Ryston Runners	Vet Men: 55-59	01:02:33	50.05
289	149 Teresa	Burdett		Vet Ladies: 35-39	01:02:42	48.98
290	147 Rebecca	Durant	Coltishall Jaguars	Vet Ladies: 55-59	01:02:53	58.55
291	117 Charles	Weigand		Vet Men: 65-69	01:03:06	54.57
292	376 Helen	Oghenegweke	Norwich Road Runners	Vet Ladies: 35-39	01:03:31	47.97
293	338 Lee	Scottow	Norwich Road Runners	Senior Men	01:03:31	42.67
294	373 Joshua	Middleton		Senior Men	01:03:35	42.42
295	400 Jonathan	Folkard	North Norfolk Beach Runners	Vet Men: 45-49	01:03:54	46.28
296	107 Ivan	Lees	Gt. Yarmouth RRC	Vet Men: 50-54	01:04:15	48.32
297	132 Mark	Wigley		Senior Men	01:04:26	42.35
298	172 Kim	Pratt		Senior Men	01:04:29	41.83
299	371 Nigel	Middleton	North Norfolk Beach Runners	Vet Men: 55-59	01:04:33	49.37
300	161 Tamsin	Desborough	Gt Yarmouth & D.A.C.	Senior Ladies	01:04:41	46.25
301	128 Kevin	Parkings		Vet Men: 40-44	01:04:45	43.66
302	115 Lisa	Chamberlen		Senior Ladies	01:04:50	46.14
303	37 Sandie	Jardine		Vet Ladies: 45-49	01:04:53	51.05
304	386 Sally	Evans	Yaxley Runners	Vet Ladies: 35-39	01:05:03	46.47
305	383 Eric	Jeyes	Werrington Joggers	Vet Men: 55-59	01:05:04	48.11
306	148 Fiona	Martin		Vet Ladies: 40-44	01:05:07	48.73
307	150 Melanie	Waite		Vet Ladies: 45-49	01:05:17	51.19
308	433 Todd	Nimigon		Senior Men	01:05:24	41.24
309	406 Robert	Caley		Vet Men: 55-59	01:05:46	47.6

310	189 Nicola	Cheongvee		Senior Ladies	01:05:51	45.43
311	500 Sylvia	Dady	Gt. Yarmouth RRC	Senior Ladies	01:06:02	45.31
312	292 John	Lingard	Gt. Yarmouth RRC	Vet Men: 50-54	01:06:02	45.86
313	205 Mark	Peach	Gt. Yarmouth RRC	Senior Men	01:06:03	41.6
314	90 Lisa	Rodgers		Vet Ladies: 40-44	01:06:08	48.39
315	434 Thomas	Gibson		Senior Men	01:06:09	40.78
316	141 Elizabeth	Clues		Vet Ladies: 35-39	01:06:10	46.79
317	404 Karen	Wraighte		Senior Ladies	01:06:12	45.19
318	365 Joanne	Jesney		Vet Ladies: 35-39	01:06:12	46.39
319	48 Hannah	Bell		Senior Ladies	01:06:20	45.1
320	293 Anna	Owen		Senior Ladies	01:06:46	44.81
321	396 Peter	Midgley		Vet Men: 45-49	01:06:52	43.89
322	304 Samantha	Epps	Wymondham A.C.	Senior Ladies	01:07:11	44.53
323	212 Jennifer	Burfoot	Norfolk Gazelles	Vet Ladies: 60-64	01:07:16	56.56
324	59 Tony	Britt	UK Netrunners	Vet Men: 50-54	01:07:31	45.98
325	254 David	Rose		Vet Men: 40-44	01:07:31	42.49
326	127 Elizabeth	Walne	Wymondham A.C.	Senior Ladies	01:07:43	44.18
327	391 Hetal	Patel		Senior Ladies	01:07:49	44.11
328	156 Robert	Elvin		Vet Men: 40-44	01:08:02	40.96
329	173 Marie-Laure	Warner		Senior Ladies	01:08:11	43.88
330	24 Sally Ann	Protheroe	Lowestoft Road Runners	Vet Ladies: 50-54	01:08:15	50.32
331	326 Rodney	Freeburn	Wymondham A.C.	Vet Men: 70+	01:08:19	54.72
332	208 Mariella	Voogt-Elissen		Vet Ladies: 40-44	01:08:19	46.45
333	286 Allison	Ragosa		Senior Ladies	01:08:21	43.77
334	200 Colin	Thouless	Norwich Road Runners	Vet Men: 70+	01:08:25	55.36
335	349 Genette	Sullivan	Norwich Road Runners	Vet Ladies: 40-44	01:08:38	47.02
336	225 Rebecca	Sankey	Tri-Anglia	Senior Ladies	01:09:08	43.27
337	81 Leanne	Catchpole	Norwich Road Runners	Senior Ladies	01:09:31	43.04
338	109 Emlyn	James		Senior Men	01:09:36	38.75
339	118 Dianne	Crosby		Vet Ladies: 60-64	01:09:42	56.51
340	167 Fay	Sutton		Vet Ladies: 35-39	01:09:44	44.4
341	68 Robert	Arnell	Gt. Yarmouth RRC	Vet Men: 65-69	01:10:18	49.52
342	407 Jason	Vernalls	Yaxley Runners	Senior Men	01:10:34	38.22
343	229 Wendy	Larke	Wymondham A.C.	Vet Ladies: 40-44	01:11:45	44.97
344	288 Sally	Deasley	Norwich Road Runners	Vet Ladies: 40-44	01:12:13	43.22
345	269 Andrew	Boot	Norwich Road Runners	Vet Men: 40-44	01:12:14	38.58
346	302 Marcus	Costelloe		Senior Men	01:12:23	37.26
347	366 Karren	Dagless	Norwich Road Runners	Vet Ladies: 40-44	01:12:28	44.16
348	46 Mark	Schluter		Vet Men: 50-54	01:12:36	41.37
349	73 Clare	Currie		Vet Ladies: 60-64	01:12:38	51.78
350	104 Gabriel	Black		Vet Ladies: 50-54	01:12:38	48.2
351	114 Laura	Keeble		Senior Ladies	01:12:39	41.18
352	234 Albert	Spong	Gt. Yarmouth RRC	Vet Men: 70+	01:12:47	50.71
353	370 Linda	Farrow	City of Norwich A.C.	Vet Ladies: 60-64	01:13:07	53.24
354	298 Michelle	Waters		Vet Ladies: 40-44	01:14:05	42.83
355	411 Sharon	Armes	Norwich Road Runners	Vet Ladies: 40-44	01:14:10	42.43
356	372 Katrine	Middleton	North Norfolk Beach Runners	Vet Ladies: 45-49	01:14:48	45.08
357	260 Lauren	Smith		Senior Ladies	01:14:48	40
358	162 Robert	Jack	Bungay Black Dog A.C.	Vet Men: 50-54	01:14:49	40.15
359	45 Helena	Schluter		Senior Ladies	01:15:53	39.42
360	390 Amy	Turner		Senior Ladies	01:17:30	38.6
361	17 Gill	Holmes	Thorney R.C.	Vet Ladies: 55-59	01:18:50	45.74

362	82 Fiona	Wynes	Norwich Road Runners	Vet Ladies: 55-59	01:18:57	45.21
363	102 Hugh	Ferguson		Vet Men: 40-44	01:20:07	35.29
364	99 Jonathan	Beaumont		Vet Men: 55-59	01:24:21	37.45
365	325 Lou	Miller		Vet Men: 70+	01:24:46	49.57
366	1 Maurice	Copeland	North Norfolk Beach Runners	Vet Men: 70+	01:26:21	49.57

Great Yarmouth & District Athletic club would like to thank everyone who attended this race. We apologise to the last few finishers regarding their mementoes - these will be forwarded shortly

RACE PHOTOS: Will be available on the website after Tuesday 29th June

Our next race: REEDHAM TEN - late January 2011