

GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

**HUMPTY DUMPTY 10K**

Sunday 27<sup>th</sup> June 2010

**OVERALL WINNERS:**

**Wheelchair**

1<sup>st</sup> Peter Downing 49:56

**MEN**

1<sup>st</sup> Nick Earl City of Norwich AC 33:41

2<sup>nd</sup> Luke Allen City of Norwich AC 34:30

3<sup>rd</sup> Neil Davison City of Norwich AC 34:56

**LADIES**

1<sup>st</sup> Danielle Nimmock City of Norwich AC 37:58

2<sup>nd</sup> Natasha Belsom Ipswich Jaffa 40:13

3<sup>rd</sup> Molly James West Norfolk AC 42:06

**AGE CATEGORY WINNERS:**

**MEN**

**Senior**

1<sup>st</sup> Robert Chenery Ipswich Jaffa 36:54

2<sup>nd</sup> Stephen Gibbs Norwich Road Runners 37:44

3<sup>rd</sup> Tom Richardson Lowestoft Road Runners 38:02

**40-44**

1<sup>st</sup> Tony Johns Norwich Road Runners 37:14

2<sup>nd</sup> Andrew Manning Great Yarmouth Road Runners 38:23

3<sup>rd</sup> Andrew Bunn City of Norwich AC 38:56

**45-49**

1<sup>st</sup> Mark Garrett Norwich Road Runners 37:38

2<sup>nd</sup> Tim Vialls 38:43

3<sup>rd</sup> Mark Haylett 39:09

**50-54**

1<sup>st</sup> Fernando Silva 35:32

2<sup>nd</sup> Ian Thomas UK Netrunners 40:54

3<sup>rd</sup> John Weston Ipswich Jaffa 42:38

**55-59**

1<sup>st</sup> Colin Robilliard Coltishall Jaguars 37:51

2<sup>nd</sup> Peter Johnson Norfolk Gazelles 39:55

3<sup>rd</sup> Terry Epps Wymondham AC 41:52

**60-64**

1<sup>st</sup> Richard Blake North Norfolk Beach Runners 41:21

2<sup>nd</sup> Jim Hayes North Norfolk Beach Runners 44:41

3<sup>rd</sup> Michael King Coltishall Jaguars 46:16

**65-69**

1<sup>st</sup> David Gilbert Tri-Anglia 47:57

2<sup>nd</sup> Geoff Hayward North Norfolk Beach Runners 50:03

3<sup>rd</sup> Noel Spruce North Norfolk Beach Runnersw 52:52

**70+**

1<sup>st</sup> Mike Creasor Road Runners Club 56:18

2<sup>nd</sup> Rodney Freeburn Wymondham AC 1:08:19

3<sup>rd</sup> Colin Thouless Norwich Road Runners 1:08:25

**LADIES**

**Senior**

1<sup>st</sup> Racheal Leathwood Norwich Road Runners 43:04

2<sup>nd</sup> Ellen Similon West Norfolk AC 49:10

3<sup>rd</sup> Caroline French Norwich Road Runners 49:49

**35-39**

1<sup>st</sup> Tanya Crofts Wymondham AC 45:06

2<sup>nd</sup> Sharon Hurren Wymondham AC 45:19

3<sup>rd</sup> Lesley Robins Ryston Runners 48:27

**40-44**

1<sup>st</sup> Karen Archbold Lowestoft Road Runners 44:58

2<sup>nd</sup> Pauline Drewery Ryston Runners 48:09

3<sup>rd</sup> Michelle Bull Norwich Road Runners 50:07

<b>45-49</b>			
1 <sup>st</sup>	Louise Wilkinson	City of Norwich AC	44:34
2 <sup>nd</sup>	Sandra Allison		48:30
3 <sup>rd</sup>	Gillian Loughlin	City of Norwich AC	50:10
<b>50-54</b>			
1 <sup>st</sup>	Anne Millett	Norwich Road Runners	49:17
2 <sup>nd</sup>	Bobbie Sauerzapf	Bungay Black Dog AC	53:12
3 <sup>rd</sup>	Lorraine Dawson	Great Yarmouth Road Runners	53:45
<b>55-59</b>			
1 <sup>st</sup>	Carol Betts	Norfolk Gazelles	50:43
2 <sup>nd</sup>	Dianne Tilbrook		56:06
3 <sup>rd</sup>	Gill Hart	Ryston Runners	56:20
<b>60-64</b>			
1 <sup>st</sup>	Gill Woodhouse	Dereham Runners AC	55:07
2 <sup>nd</sup>	Jennifer Burfoot	Norfolk Gazelles	1:07:16
3 <sup>rd</sup>	Dianne Crosby		1:09:42
<b>65+</b>			
1 <sup>st</sup>	Carol Spong	Great Yarmouth Road Runners	56:16