

## The Eleventh Annual Mike Groves Run Mike Groves Run 2010

Wednesday 14 July 2010. 7:30 pm

### 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	0:20:52	MIDDLETON, Daniel	Unattached	Men 17-39	05:44.3	262	1
2	0:21:13	MANNING, Andrew	Great Yarmouth Road Runners	Men 40-49	05:50.1	243	2
3	0:22:13	GREENLAND, Eddie	Wymondham AC	Men 40-49	06:06.6	233	3
4	0:22:21	HAYNES, Mark	Coltishall Jaguars RC	Men 17-39	06:08.8	225	4
5	0:22:25	VERKAIK, Jan-Willem	Panas (Brunei Netherlands)	Men 40-49	06:09.9	206	5
6	0:22:59	EDRIDGE, Darren	Coltishall Jaguars RC	Men 40-49	06:19.2	223	6
7	0:23:45	EYRE, James	Unattached	Men 17-39	06:31.9	249	7
8	0:23:46	BUSHELL, Alan	Coltishall Jaguars RC	Men 17-39	06:32.2	217	8
9	0:23:54	PORTER, Melvyn	Coltishall Jaguars RC	Men 40-49	06:34.4	230	9
10	0:23:54	CHORLEY, Chris	Bungay Black Dog RC	Men 40-49	06:34.4	179	10
11	0:24:00	CRUTCHLEY, Ian	Wymondham AC	Men 40-49	06:36.0	253	11
12	0:24:01	PARKER, Chris	North Norfolk Beach Runners	Men 17-39	06:36.3	244	12
13	0:24:02	LEE, Catherine	Gt Yarmouth & District AC	Ladies 13-16	06:36.6	214	13
14	0:24:03	YEOMANS, Martin	Norwich Road Runners	Men 50-59	06:36.8	260	14
15	0:24:06	PYATT, Matthew	Ryston Runners	Men 17-39	06:37.7	205	15
16	0:24:09	JAY, Adrian	Coltishall Jaguars RC	Men 40-49	06:38.5	224	16
17	0:24:22	THOMPSON, Peter	Norfolk Gazelles	Men 50-59	06:42.1	193	17
18	0:24:48	COLEMAN, Graham	Wymondham AC	Men 40-49	06:49.2	235	18
19	0:24:49	GILBERT, Ashley	Unattached	Men 17-39	06:49.5	241	19
20	0:24:55	HILL, Les	Norfolk Gazelles	Men 40-49	06:51.1	252	20
21	0:24:57	WATSON, Gerry	Wymondham AC	Men 50-59	06:51.7	237	21
22	0:25:02	GROVES, Paul	Coltishall Jaguars RC	Men 40-49	06:53.1	216	22
23	0:25:08	GILBERT, Steve	Unattached	Men 50-59	06:54.7	240	23
24	0:25:11	DYE, Richard	Bungay Black Dog RC	Men 40-49	06:55.5	211	24
25	0:25:51	BOLAM, Jeremy	North Norfolk Beach Runners	Men 50-59	07:06.5	258	25
26	0:25:57	READER, Kim	Wymondham AC	Ladies 40-49	07:08.2	238	26
27	0:26:01	PECK, Andy	Great Yarmouth Road Runners	Men 40-49	07:09.3	194	27
28	0:26:19	MARDEN, Stewart	Coltishall Jaguars RC	Men 40-49	07:14.2	229	28
29	0:26:32	BEAUCHAMP, Gary	Unattached	Men 40-49	07:17.8	221	29
30	0:26:48	BLAKEMORE, Anthony	Unattached	Men 17-39	07:22.2	190	30
31	0:26:54	CORBOULD, Stephen	Norfolk Gazelles	Men 50-59	07:23.9	208	31
32	0:26:54	MILLS, Danny	york postal harriers	Men 50-59	07:23.9	247	32
33	0:27:19	JARVIS, Ian	North Norfolk Beach Runners	Men 40-49	07:30.8	203	33
34	0:27:24	HARDINGHAM, Graham	Norfolk Gazelles	Men 40-49	07:32.1	196	34
35	0:27:39	CULLABINE, James	Greens	Men 50-59	07:36.3	181	35
36	0:27:48	DURRANT, Jude	Reephham Runners	Ladies 40-49	07:38.7	231	36
37	0:27:57	MANNING, Karen	Great Yarmouth Road Runners	Ladies 17-39	07:41.2	177	37
38	0:28:09	PAGE, Simon	North Norfolk Beach Runners	Men 17-39	07:44.5	242	38
39	0:28:11	ELLEN, Anne	Norfolk Gazelles	Ladies 50-59	07:45.1	202	39
40	0:28:14	ETHERIDGE, John	Unattached	Men 40-49	07:45.9	188	40
41	0:28:18	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 50-59	07:47.0	180	41
42	0:28:24	FORKES, John	Eastern Veterans	Men 60+	07:48.6	212	42
43	0:28:27	COSTELLO, Marion	Unattached	Ladies 40-49	07:49.5	220	43
44	0:28:29	BURCH, Melanie	Coltishall Jaguars RC	Ladies 17-39	07:50.0	222	44
45	0:28:36	DAWSON, Lorraine	Great Yarmouth Road Runners	Ladies 50-59	07:51.9	182	45
46	0:29:05	GETLEY, Brian	Unattached	Men 40-49	07:59.9	256	46
47	0:29:10	ALFORD, Colin	Unattached	Men 40-49	08:01.3	192	47
48	0:29:37	HARMES, Rachel	Coltishall Jaguars RC	Ladies 40-49	08:08.7	207	48
49	0:29:40	ARDEN, Jeff	Norfolk Gazelles	Men 50-59	08:09.5	66	49
50	0:29:42	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:10.1	201	50
51	0:29:43	LEEDER, Victor	Unattached	Men 60+	08:10.4	239	51
52	0:29:44	ASHFORD, Justin	Diss AC	Men 17-39	08:10.6	227	52
53	0:29:49	LEE, Danielle	Coltishall Jaguars RC	Ladies 13-16	08:12.0	257	53
54	0:29:52	RICHARDSON, John	Dereham Runners AC	Men 50-59	08:12.8	213	54
55	0:29:53	COCKBURN, John	Unattached	Men 40-49	08:13.1	255	55
56	0:30:05	MCNAMARA, Andrew	Gt Yarmouth & District AC	Men 17-39	08:16.4	209	56
57	0:30:14	COLMAN, Mark	Unattached	Men 40-49	08:18.9	178	57
58	0:30:19	KANE, Marisol	Unattached	Ladies 40-49	08:20.3	263	58
59	0:30:21	HARROP, Jackie	Norfolk Gazelles	Ladies 40-49	08:20.8	250	59
60	0:30:34	FRASER, Susan	Gt Yarmouth & District AC	Ladies 50-59	08:24.4	186	60
61	0:30:43	WELLS, Susan	Reephham Runners	Ladies 50-59	08:26.9	232	61
62	0:31:08	ASHFORD, Martin	Diss AC	Men 60+	08:33.7	226	62
63	0:31:18	ALFORD, Karen	Unattached	Ladies 40-49	08:36.5	191	63
64	0:31:19	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	08:36.8	199	64
65	0:31:33	BRITT, Tony	UK Net Runner	Men 50-59	08:40.6	189	65
66	0:31:37	GAINSFORD, Ruth	Unattached	Ladies 40-49	08:41.7	210	66
67	0:31:54	GETLEY, Harriet	Unattached	Ladies 17-39	08:46.4	254	67
68	0:31:59	CUBITT, Rachel	Unattached	Ladies 17-39	08:47.8	261	68
69	0:32:06	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-49	08:49.7	195	69
70	0:32:16	LEES, Ivan	Great Yarmouth Road Runners	Men 50-59	08:52.4	184	70
71	0:33:14	NEALE, Matt	Unattached	Men 17-39	09:08.4	245	71
72	0:33:23	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-49	09:10.9	200	72
73	0:33:30	BUSHELL, Adele	Coltishall Jaguars RC	Ladies 40-49	09:12.8	218	73

74	0:33:49	COOPER, Carol	Norfolk Gazelles	Ladies 40-49	09:18.0	215	74
75	0:33:54	WELLS, Robert	Unattached	Men 17-39	09:19.4	234	75
76	0:34:14	LONDON, Julie	Norfolk Gazelles	Ladies 40-49	09:24.9	204	76
77	0:34:23	CUSHINE, Diane	Norwich Road Runners	Ladies 40-49	09:27.4	197	77
78	0:34:24	EASTAUGH-KING, Jackie	Norwich Road Runners	Ladies 40-49	09:27.6	198	78
79	0:34:39	CAMMIDGE, Andy	Unattached	Men 40-49	09:31.8	246	79
80	0:34:53	COOK, Sharon	Unattached	Ladies 17-39	09:35.6	185	80
81	0:34:55	FARROW, Linda	City of Norwich Athletic Club	Ladies 60+	09:36.2	236	81
82	0:35:45	RAYNER, Anne	Unattached	Ladies 40-49	09:49.9	183	82
83	0:36:13	GRIBBEN, David	Unattached	Men 40-49	09:57.6	248	83
84	0:36:14	LANGFORD, Tony	Unattached	Men 50-59	09:57.9	259	84
85	0:39:12	ETHERIDGE, Karen	Unattached	Ladies 40-49	10:46.9	187	85
86	0:45:45	HARBORD, Chris	Great Yarmouth Road Runners	Men 60+	12:34.9	264	86
87	0:46:47	MILLER, Louis	Unattached	Men 60+	12:52.0	228	87
88	0:47:15	COPELAND, Maurice	North Norfolk Beach Runners	Men 60+	12:59.7	251	88

There were 88 finishers in the All Competitors category.

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