

Spring 10k 2011
Coltishall Jaguars Spring 10k 2011

Sunday 27 March 2011. 10:30 am

Mens 15-39 Team team competition.

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

1 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
3	0:36:42	SMITH, Stuart	Men 15-39	359	5
8	0:39:15	ELY, Steve	Men 15-39	382	17
10	0:40:12	GUYTON, James	Men 15-39	337	23
21	1:56:09	Totals			
2 : Great Yarmouth Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
7	0:38:02	THOMPSON, Mark	Men 15-39	342	12
9	0:39:45	SUTTON, Matthew	Men 15-39	325	21
11	0:40:19	JERMY, Sean	Men 15-39	316	25
27	1:58:06	Totals			

Ladies 15-39 Team team competition.

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

1 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
2	0:39:26	SMITH, Alexandra	Ladies 15-39	247	19
4	0:42:27	APPLETON, Emma	Ladies 15-39	338	40
13	0:53:25	DENZEY, Clare	Ladies 15-39	197	125
19	2:15:18	Totals			
2 : Wymondham AC				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
5	0:42:35	HURREN, Sharon	Ladies 15-39	324	43
8	0:50:15	BRADLEY, Vikki	Ladies 15-39	271	99
9	0:51:43	JESNEY, Joanne	Ladies 15-39	297	113
22	2:24:33	Totals			

Mens 40+ Team team competition.

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

1 : Norfolk Gazelles				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
2	0:35:55	ARNOLD, Nigel	Men 50-59	393	2
5	0:38:03	WATERS, Ady	Men 40-49	293	13
6	0:38:20	JOHNSON, Pete	Men 50-59	257	14
13	1:52:18	Totals			
2 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
3	0:37:13	GARRETT, Mark	Men 40-49	250	8
8	0:39:10	YEOMANS, Martin	Men 60+	224	16
9	0:39:21	DAVIES, Paul	Men 40-49	379	18
20	1:55:44	Totals			
3 : North Norfolk Beach Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
1	0:34:12	JONES, Steve	Men 40-49	357	1
7	0:38:39	MUFFETT, Paul	Men 50-59	231	15
24	0:43:17	COCKADAY, Paul	Men 40-49	394	46
32	1:56:08	Totals			
4 : City of Norwich Athletic Club				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
11	0:40:07	WARD, Alex	Men 40-49	344	22
21	0:42:33	ALDIS, David	Men 60+	410	42
33	0:45:10	WOODYATT, Paul	Men 40-49	399	63
65	2:07:50	Totals			
5 : Great Yarmouth Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
20	0:42:27	LEEVEES, Stephen	Men 50-59	315	41
23	0:43:12	PECK, Andy	Men 40-49	375	45
25	0:43:18	DADY, Stephen	Men 50-59	287	47
68	2:08:57	Totals			

6: Tri-Anglia				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
12	0:40:46	NELSON, Glen	Men 50-59	373	27
29	0:44:10	HILL, Mike	Men 40-49	418	54
35	0:45:21	WINFIELD, Mark	Men 40-49	290	65
76	2:10:17	Totals			

7 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
14	0:41:16	LINDSAY, Ray	Men 50-59	347	31
26	0:43:23	RING, Mark	Men 40-49	289	48
38	0:46:34	HIGH, Richard	Men 40-49	415	72
78	2:11:13	Totals			

8 : Norfolk Gazelles				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
19	0:42:22	THOMPSON, Peter	Men 50-59	255	39
28	0:43:40	WOODS, Tim	Men 40-49	330	52
34	0:45:19	GILHAM, Richard	Men 40-49	326	64
81	2:11:21	Totals			

Ladies 40+ Team team competition.

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

1 : Norfolk Gazelles				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
4	0:45:48	STEVENSON, Tracy	Ladies 40-49	308	68
5	0:47:19	COOPER, Lucy	Ladies 40-49	306	76
8	0:51:14	BATCHELOR, Audrey	Ladies 50-59	313	107
17	2:24:21	Totals			

2 : Norwich Road Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
1	0:44:01	CUSHING, Sally	Ladies 40-49	334	53
2	0:44:41	HENERY, Catherine	Ladies 40-49	377	59
30	1:00:08	ARMES, Sharon	Ladies 40-49	409	168
33	2:28:50	Totals			

3 : Norfolk Gazelles				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
19	0:55:04	WATERS, Michelle	Ladies 40-49	294	144
20	0:55:19	COOPER, Carol	Ladies 40-49	237	145
23	0:55:43	LUBBOCK, Kim	Ladies 40-49	362	152
62	2:46:06	Totals			

4 : North Norfolk Beach Runners				<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>		
17	0:54:45	OSBORNE, Andi	Ladies 50-59	193	142
28	0:59:50	MIDDLETON, Katrine	Ladies 50-59	361	166
33	1:03:25	HOLT, Linda	Ladies 60+	312	179
78	2:58:00	Totals			