

Spring 10k 2011
Coltishall Jaguars Spring 10k 2011

Sunday 27 March 2011. 10:30 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	0:34:12	JONES, Steve	North Norfolk Beach Runners	Men 40-49	05:30.1	357	1
2	0:35:55	ARNOLD, Nigel	Norfolk Gazelles	Men 50-59	05:46.7	393	2
3	0:36:14	KETT, Andy	North Norfolk Beach Runners	Men 15-39	05:49.8	383	3
4	0:36:24	WAITY, Phil	Wymondham AC	Men 15-39	05:51.4	389	4
5	0:36:42	SMITH, Stuart	Norwich Road Runners	Men 15-39	05:54.3	359	5
6	0:37:01	BATES, Steve	Coltishall Jaguars RC	Men 15-39	05:57.3	348	6
7	0:37:11	REYNARD, Mark	Stowmarket Striders	Men 15-39	05:58.9	371	7
8	0:37:13	GARRETT, Mark	Norwich Road Runners	Men 40-49	05:59.2	250	8
9	0:37:25	JORDAN, Tamara	Stowmarket Striders	Ladies 15-39	06:01.2	370	9
10	0:37:45	FULTON, John-Patrick	City of Norwich Athletic Club	Men 15-39	06:04.4	277	10
11	0:38:02	BROCK, David	Orion Harriers	Men 50-59	06:07.1	416	11
12	0:38:02	THOMPSON, Mark	Great Yarmouth Road Runners	Men 15-39	06:07.1	342	12
13	0:38:03	WATERS, Ady	Norfolk Gazelles	Men 40-49	06:07.3	293	13
14	0:38:20	JOHNSON, Pete	Norfolk Gazelles	Men 50-59	06:10.0	257	14
15	0:38:39	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-59	06:13.1	231	15
16	0:39:10	YEOMANS, Martin	Norwich Road Runners	Men 60+	06:18.1	224	16
17	0:39:15	ELY, Steve	Norwich Road Runners	Men 15-39	06:18.9	382	17
18	0:39:21	DAVIES, Paul	Norwich Road Runners	Men 40-49	06:19.8	379	18
19	0:39:26	SMITH, Alexandra	Norwich Road Runners	Ladies 15-39	06:20.6	247	19
20	0:39:31	LEVERSEDGE, John	Enfield & Haringey AC	Men 50-59	06:21.4	349	20
21	0:39:45	SUTTON, Matthew	Great Yarmouth Road Runners	Men 15-39	06:23.7	325	21
22	0:40:07	WARD, Alex	City of Norwich Athletic Club	Men 40-49	06:27.2	344	22
23	0:40:12	GUYTON, James	Norwich Road Runners	Men 15-39	06:28.0	337	23
24	0:40:18	LO, Kim	Haywards Heath harriers	Ladies 15-39	06:29.0	413	24
25	0:40:19	JERMY, Sean	Great Yarmouth Road Runners	Men 15-39	06:29.2	316	25
26	0:40:22	MULLIGAN, Andrew	Coltishall Jaguars RC	Men 15-39	06:29.7	363	26
27	0:40:46	NELSON, Glen	Tri-Anglia	Men 50-59	06:33.5	373	27
28	0:40:47	THOMAS, Ian	UK Net Runner	Men 50-59	06:33.7	333	28
29	0:40:49	WALLER, Edward		Men 15-39	06:34.0	296	29
30	0:41:10	BRAGGER, Timothy		Men 15-39	06:37.4	374	30
31	0:41:16	LINDSAY, Ray	Norwich Road Runners	Men 50-59	06:38.3	347	31
32	0:41:24	GRAVER, Stuart	UK Net Runner	Men 40-49	06:39.6	354	32
33	0:41:29	MOUNTAIN, Jason	Wymondham AC	Men 15-39	06:40.4	270	33
34	0:41:46	OLDHAM, Mark	Southend	Men 40-49	06:43.2	391	34
35	0:41:48	WIGHTMAN, Paul	Wymondham AC	Men 40-49	06:43.5	328	35
36	0:41:51	WHITING, Phil	Norfolk Gazelles	Men 15-39	06:44.0	400	36
37	0:41:53	RIDER, Stefan	Tri-Anglia	Men 15-39	06:44.3	332	37
38	0:41:55	BOWDEN, Nick	Reepham Runners	Men 50-59	06:44.6	388	38
39	0:42:22	THOMPSON, Peter	Norfolk Gazelles	Men 50-59	06:49.0	255	39
40	0:42:27	APPLETON, Emma	Norwich Road Runners	Ladies 15-39	06:49.8	338	40
41	0:42:27	LEEVES, Stephen	Great Yarmouth Road Runners	Men 50-59	06:49.8	315	41
42	0:42:33	ALDIS, David	City of Norwich Athletic Club	Men 60+	06:50.7	410	42
43	0:42:35	HURREN, Sharon	Wymondham AC	Ladies 15-39	06:51.1	324	43
44	0:42:37	LAWES, Richard		Men 50-59	06:51.4	300	44
45	0:43:12	PECK, Andy	Great Yarmouth Road Runners	Men 40-49	06:57.0	375	45
46	0:43:17	COCKADAY, Paul	North Norfolk Beach Runners	Men 40-49	06:57.8	394	46
47	0:43:18	DADY, Stephen	Great Yarmouth Road Runners	Men 50-59	06:58.0	287	47
48	0:43:23	RING, Mark	Norwich Road Runners	Men 40-49	06:58.8	289	48
49	0:43:27	MCMORRIS, Will		Men 15-39	06:59.4	317	49
50	0:43:31	BAILEY, Stuart		Men 15-39	07:00.1	376	50
51	0:43:33	BLATCHFORD, Ian	Ely Runners	Men 40-49	07:00.4	229	51
52	0:43:40	WOODS, Tim	Norfolk Gazelles	Men 40-49	07:01.5	330	52
53	0:44:01	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	07:04.9	334	53
54	0:44:10	HILL, Mike	Tri-Anglia	Men 40-49	07:06.3	418	54
55	0:44:17	CROSSHEAD, Mark		Men 15-39	07:07.5	408	55
56	0:44:22	BYE, Derek		Men 50-59	07:08.3	265	56~
57	0:44:27	SHEARING, Mark		Men 15-39	07:09.1	343	57
58	0:44:34	JONES, David		Men 15-39	07:10.2	385	58
59	0:44:41	HENERY, Catherine	Norwich Road Runners	Ladies 40-49	07:11.3	377	59
60	0:44:41	BROUGHTON, Robin		Men 15-39	07:11.3	198	60
61	0:44:53	QUIGLEY, Terry	North Norfolk Beach Runners	Men 60+	07:13.3	378	61
62	0:44:55	MAHONEY, Christopher		Men 40-49	07:13.6	272	62
63	0:45:10	WOODYATT, Paul	City of Norwich Athletic Club	Men 40-49	07:16.0	399	63
64	0:45:19	GILHAM, Richard	Norfolk Gazelles	Men 40-49	07:17.4	326	64
65	0:45:21	WINFIELD, Mark	Tri-Anglia	Men 40-49	07:17.8	290	65
66	0:45:37	LEEDS, Neil		Men 15-39	07:20.3	341	66
67	0:45:47	ROBERTS, Sandra		Ladies 40-49	07:21.9	327	67
68	0:45:48	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-49	07:22.1	308	68
69	0:45:52	HILL, Chris		Men 15-39	07:22.8	219	69
70	0:45:57	PRICE, Ken	Dereham Runners AC	Men 60+	07:23.6	318	70
71	0:46:13	COOPER, Philip	Reepham Runners	Men 50-59	07:26.1	397	71
72	0:46:34	HIGH, Richard	Norwich Road Runners	Men 40-49	07:29.5	415	72
73	0:46:42	MAW, Gordon	Norwich Road Runners	Men 40-49	07:30.8	299	73

74	0:46:45	WAKE, Polly		Ladies 15-39	07:31.3	412	74
75	0:47:04	HARDINGHAM, Graham	Norfolk Gazelles	Men 50-59	07:34.3	307	75
76	0:47:19	COOPER, Lucy	Norfolk Gazelles	Ladies 40-49	07:36.8	306	76
77	0:47:21	MANNING, Karen	Great Yarmouth Road Runners	Ladies 40-49	07:37.1	266	77
78	0:47:24	JEWISS, Michael	Dereham Runners AC	Men 50-59	07:37.6	309	78
79	0:47:27	WESTGATE, Paul	Great Yarmouth Road Runners	Men 50-59	07:38.0	302	79
80	0:47:27	MCVEIGH, Mark		Men 40-49	07:38.0	360	80
81	0:47:30	DONE, Rebecca		Ladies 15-39	07:38.5	407	81
82	0:47:34	MINNS, Paul		Men 40-49	07:39.2	417	82
83	0:47:47	SCOTT, Tim		Men 40-49	07:41.3	411	83
84	0:47:50	VERTIGAN, Ian		Men 15-39	07:41.7	273	84
85	0:47:50	ALFORD, Colin		Men 40-49	07:41.7	196	85
86	0:47:58	JOHNSON, Timothy		Men 15-39	07:43.0	286	86
87	0:48:13	COLMAN, Mark		Men 40-49	07:45.4	222	87
88	0:48:25	SHANNON, Matthew		Men 15-39	07:47.4	206	88
89	0:48:27	HUGHES, Warren		Men 15-39	07:47.7	226	89
90	0:48:28	CUVIELLO, Steve	Wymondham AC	Men 40-49	07:47.9	339	90
91	0:48:42	TOWNSHEND, Thomas	Norwich Road Runners	Men 15-39	07:50.1	281	91
92	0:48:50	WOODHOUSE, John	Reepham Runners	Men 40-49	07:51.4	256	92
93	0:48:52	HIGH, Christopher		Men 15-39	07:51.7	392	93
94	0:48:55	MCCALLUM, Tony		Men 15-39	07:52.2	275	94
95	0:49:11	FORKES, John	Eastern Veterans	Men 60+	07:54.8	322	95
96	0:49:29	WADE, Chris	Reepham Runners	Men 15-39	07:57.7	268	96
97	0:49:43	CARTER, Stephen		Men 40-49	07:59.9	395	97
98	0:49:50	HOUSTON, Richard	Diss AC	Men 40-49	08:01.0	245	98
99	0:50:15	BRADLEY, Vikki	Wymondham AC	Ladies 15-39	08:05.1	271	99
100	0:50:25	OSBORNE, Rob	North Norfolk Beach Runners	Men 50-59	08:06.7	194	100
101	0:50:27	LAMBERT, Edward		Men 15-39	08:07.0	284	101
102	0:50:32	LEES, Ivan	Great Yarmouth Road Runners	Men 50-59	08:07.8	404	102
103	0:50:36	WONES, Anne		Ladies 40-49	08:08.4	244	103
104	0:50:45	NEAVE, Philip	Bungay Black Dog RC	Men 60+	08:09.9	238	104
105	0:50:52	WALWYN, Peter		Men 60+	08:11.0	321	105
106	0:51:02	HORREX, Trevor	Norwich Road Runners	Men 50-59	08:12.6	367	106
107	0:51:14	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	08:14.6	313	107
108	0:51:14	HILL, Les	Norfolk Gazelles	Men 40-49	08:14.6	419	108
109	0:51:23	ADCOCK, Susan		Ladies 40-49	08:16.0	365	109
110	0:51:25	GRAY, Donna		Ladies 40-49	08:16.3	212	110
111	0:51:30	BRIGGS, Michael	Tri-Anglia	Men 40-49	08:17.1	406	111
112	0:51:36	CORBOULD, Stephen	Norfolk Gazelles	Men 50-59	08:18.1	396	112
113	0:51:43	JESNEY, Joanne	Wymondham AC	Ladies 15-39	08:19.2	297	113
114	0:52:06	BRADLEY, Patsy	Wymondham AC	Ladies 50-59	08:22.9	269	114
115	0:52:31	WIDDOWS, Rebecca		Ladies 15-39	08:27.0	199	115
116	0:52:32	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:27.1	285	116
117	0:52:37	ADCOCK, Mark		Men 15-39	08:27.9	207	117
118	0:52:40	MUFFETT, Emma	North Norfolk Beach Runners	Ladies 15-39	08:28.4	230	118
119	0:52:44	MEASURES, Chris		Men 40-49	08:29.0	310	119
120	0:52:47	BRAMFORD, Michael		Men 15-39	08:29.5	214	120
121	0:53:06	SMITH, Andrew		Men 15-39	08:32.6	260	121
122	0:53:10	RICHARDSON, Pauline	Great Yarmouth Road Runners	Ladies 50-59	08:33.2	314	122
123	0:53:16	QUANTRILL, Emma		Ladies 15-39	08:34.2	369	123
124	0:53:19	SPANDLER, Peter	Great Yarmouth Road Runners	Men 50-59	08:34.7	384	124
125	0:53:25	DENZAY, Clare	Norwich Road Runners	Ladies 15-39	08:35.6	197	125
126	0:53:29	STOUTT, Jamie		Men 15-39	08:36.3	278	126
127	0:53:31	BARRETT, Teresa		Ladies 40-49	08:36.6	241	127
128	0:53:40	FLETCHER, Adrian	Coltishall Jaguars RC	Men 40-49	08:38.1	372	128
129	0:53:44	MARTIN, Peter	Highnorth RC	Men 60+	08:38.7	420	129
130	0:53:56	CANNELL, Ian		Men 40-49	08:40.6	261	130
131	0:53:56	WILSON, Gina		Ladies 40-49	08:40.6	262	131
132	0:53:58	ALLAN, Julie		Men 15-39	08:40.9	401	132
133	0:54:05	WOOD, Tony		Men 60+	08:42.1	398	133
134	0:54:11	CREASOR, Mike	Road Runners Club	Men 60+	08:43.0	345	134
135	0:54:26	HUDSON, Elaine		Ladies 50-59	08:45.5	352	135
136	0:54:33	THOMPSON, Alan		Men 40-49	08:46.6	276	136
137	0:54:36	HUDSON, Louise		Ladies 15-39	08:47.1	353	137
138	0:54:37	LOFTS, Jeremy		Men 15-39	08:47.2	356	138
139	0:54:38	MILLER, John		Men 40-49	08:47.4	209	139
140	0:54:40	ALLAN, Matthew		Men 15-39	08:47.7	402	140
141	0:54:43	TARRY, Ellen		Ladies 15-39	08:48.2	295	141
142	0:54:45	OSBORNE, Andi	North Norfolk Beach Runners	Ladies 50-59	08:48.5	193	142
143	0:54:51	ALFORD, Karen		Ladies 40-49	08:49.5	195	143
144	0:55:04	WATERS, Michelle	Norfolk Gazelles	Ladies 40-49	08:51.6	294	144
145	0:55:19	COOPER, Carol	Norfolk Gazelles	Ladies 40-49	08:54.0	237	145
146	0:55:20	MCCABE, Kate		Ladies 15-39	08:54.1	323	146
147	0:55:21	SINCLAIR, Anne		Ladies 50-59	08:54.3	280	147
148	0:55:28	WARNES, Tom		Men 15-39	08:55.4	381	148
149	0:55:31	PROFFITT, Ed		Men 15-39	08:55.9	355	149
150	0:55:37	DILREW, Julie		Ladies 50-59	08:56.9	252	150
151	0:55:38	WENLOCK, Kate		Ladies 15-39	08:57.0	259	151
152	0:55:43	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-49	08:57.8	362	152
153	0:56:30	BRITT, Tony	UK Net Runner	Men 50-59	09:05.4	304	153

154	0:56:39	GOWING, Sherry	Norfolk Gazelles	Ladies 40-49	09:06.9	368	154
155	0:56:44	ASSUNCAO, Marta	City of Norwich Athletic Club	Ladies 15-39	09:07.7	380	155
156	0:56:46	LONDON, Julie	Norfolk Gazelles	Ladies 40-49	09:08.0	358	156
157	0:57:22	GILL, Kathy		Ladies 40-49	09:13.8	243	157
158	0:57:26	KERRY, Cheryl		Ladies 15-39	09:14.4	213	158
159	0:57:54	FREEMAN, Wayne	Waveney valley AC	Men 50-59	09:18.9	366	159
160	0:57:57	DARNELL, Bob		Men 50-59	09:19.4	350	160
161	0:58:04	ACKLAND, Sacha	Eton Manor AC	Ladies 15-39	09:20.5	414	161
162	0:58:21	BLAKESLEY, Emily	City of Norwich Athletic Club	Ladies 15-39	09:23.3	386	162
163	0:58:48	SPENCE, Tracy		Ladies 15-39	09:27.6	208	163
164	0:58:48	MARTIN, Fiona		Ladies 40-49	09:27.6	335	164
165	0:59:12	BATCHELOR, Adam		Men 15-39	09:31.5	283	165
166	0:59:50	MIDDLETON, Katrine	North Norfolk Beach Runners	Ladies 50-59	09:37.6	361	166
167	0:59:58	PEACOCK, Susan		Ladies 40-49	09:38.9	351	167
168	1:00:08	ARMES, Sharon	Norwich Road Runners	Ladies 40-49	09:40.5	409	168
169	1:00:14	MARSHALL, Mike	North Norfolk Beach Runners	Men 60+	09:41.4	405	169
170	1:01:07	BRIDGES, Caroline		Ladies 15-39	09:50.0	346	170
171	1:01:34	OWEN, Mary	Haverhill Running Club	Ladies 60+	09:54.3	403	171
172	1:01:48	GARRETT, Julie	Norwich Road Runners	Ladies 40-49	09:56.6	305	172
173	1:01:50	FRAZER, Jodie		Ladies 15-39	09:56.9	298	173
174	1:02:17	BYE, Melissa		Ladies 15-39	10:01.2	254	174
175	1:02:22	HARRIS, Tracie		Ladies 15-39	10:02.0	223	175
176	1:02:37	WALWYN, Rosamund		Ladies 50-59	10:04.5	319	176
177	1:02:55	LUNNY, Emma		Ladies 15-39	10:07.4	221	177
178	1:02:56	HOLLIDAY, Janey		Ladies 15-39	10:07.5	218	178
179	1:03:25	HOLT, Linda	North Norfolk Beach Runners	Ladies 60+	10:12.2	312	179
180	1:03:35	GIBSON, Sandra		Ladies 40-49	10:13.8	220	180
181	1:04:16	FARRAR, Louise		Ladies 40-49	10:20.4	274	181
182	1:05:03	POWELL, Anna-Marie		Ladies 40-49	10:27.9	211	182
183	1:05:25	COX, Vince		Men 40-49	10:31.5	210	183
184	1:07:27	LUNNY, Rosina		Ladies 50-59	10:51.1	253	184
185	1:09:20	GAYLOR, Barbara		Ladies 50-59	11:09.3	232	185
186	1:09:33	EVANS, Alan		Men 60+	11:11.4	288	186
187	1:12:42	KENT, Lisa		Ladies 15-39	11:41.8	216	187
188	1:13:46	SCOTTOW, Lee	Norwich Road Runners	Men 15-39	11:52.1	390	188
189	1:13:47	BARNARD, Sarah		Ladies 15-39	11:52.3	387	189

There were 189 finishers in the All Competitors category.