

Spring 10k 2011
Coltishall Jaguars Spring 10k 2011

Sunday 27 March 2011. 10:30 am

Provisional Race Directors' Prize Presentation List

Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:12	JONES, Steve	North Norfolk Beach Runners	Men 40-49	357	1
2	0:35:55	ARNOLD, Nigel	Norfolk Gazelles	Men 50-59	393	2
3	0:36:14	KETT, Andy	North Norfolk Beach Runners	Men 15-39	383	3

Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:25	JORDAN, Tamara	Stowmarket Striders	Ladies 15-39	370	9
2	0:39:26	SMITH, Alexandra	Norwich Road Runners	Ladies 15-39	247	19
3	0:40:18	LO, Kim	Haywards Heath harriers	Ladies 15-39	413	24

Men 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:36:24	WAITY, Phil	Wymondham AC	Men 15-39	389	4
2	0:36:42	SMITH, Stuart	Norwich Road Runners	Men 15-39	359	5

Ladies 15-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:42:27	APPLETON, Emma	Norwich Road Runners	Ladies 15-39	338	40
2	0:42:35	HURREN, Sharon	Wymondham AC	Ladies 15-39	324	43

Men 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:37:13	GARRETT, Mark	Norwich Road Runners	Men 40-49	250	8
2	0:38:03	WATERS, Ady	Norfolk Gazelles	Men 40-49	293	13

Ladies 40-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:44:01	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	334	53
2	0:44:41	HENERY, Catherine	Norwich Road Runners	Ladies 40-49	377	59

Men 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:38:02	BROCK, David	Orion Harriers	Men 50-59	416	11
2	0:38:20	JOHNSON, Pete	Norfolk Gazelles	Men 50-59	257	14

Ladies 50-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:51:14	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	313	107
2	0:52:06	BRADLEY, Patsy	Wymondham AC	Ladies 50-59	269	114

Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:39:10	YEOMANS, Martin	Norwich Road Runners	Men 60+	224	16
2	0:42:33	ALDIS, David	City of Norwich Athletic Club	Men 60+	410	42

Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:52:32	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	285	116
2	1:01:34	OWEN, Mary	Haverhill Running club	Ladies 60+	403	171