

Coltishall Jaguars Autumn 10k  
 Sunday 2 October 2011. 10:30 am  
Race Directors' Prize Presentation List

Cat	Place	Time	Name	Team	Race No	Posn
<b>Ladies</b>						
	1	0:41:20	DUNGAR, Amy	Wymondham AC	153	36
	2	0:42:28	SMITH, Alexandra	Norwich Road Runners	74	47
	3	0:43:07	PARSLEY, Julia	City of Norwich Athletic Club	122	54
<b>Mens</b>						
	1	0:34:17	PRESTON, James	Wymondham AC	145	1
	2	0:35:46	ARNOLD, Nigel	Norfolk Gazelles	104	2
	3	0:36:10	PETTIT, Stephen	Ely Runners	82	3
<b>Ladies 15-39</b>						
	4	0:44:54	RICKETTS, Catherine	Norwich Road Runners	152	65
	5	0:45:02	GODWIN, Jo	Norwich Road Runners	163	66
<b>Mens 15-39</b>						
	2	0:37:11	YEATES, Chris	City of Norwich Athletic Club	55	5
	3	0:37:22	SMITH, Stuart	Norwich Road Runners	102	6
<b>Ladies 40-49</b>						
	1	0:45:55	CUSHING, Sally	Norwich Road Runners	45	73
	2	0:46:03	ROBERTS, Sandra	Norfolk Gazelles	129	75
<b>Mens 40-49</b>						
	2	0:37:08	GLAYSHER, Stefan	Norwich Road Runners	144	4
	3	0:37:30	TOSELAND, Terry	Wellingborough & District	143	7
<b>Ladies 50-59</b>						
	1	0:48:53	SAUERZAPF, Bobbie	Bungay Black Dog RC	87	90
	2	0:49:40	BETTS, Carol	Norfolk Gazelles	106	95
<b>Mens 50-59</b>						
	2	0:37:48	MUFFETT, Paul	North Norfolk Beach Runners	150	11
	3	0:38:33	BROCK, David	Orion Harriers	53	16
<b>Ladies 60+</b>						
	1	0:55:44	WOODHOUSE, Gill	Dereham Runners AC	2	117
<b>Mens 60+</b>						
	1	0:40:32	BLAKE, Richard	Great Yarmouth Road Runners	121	31
	2	0:41:43	YEOMANS, Martin	Norwich Road Runners	57	40

**Ladies Senior Team**

Norwich Road Runners  
 SMITH,Alexandra  
 RICKETS,Catherine  
 GODWIN,Jo

**Mens Senior Team**

Wymondham AC  
 PRESTON,James  
 WAITY,Phil  
 MONTAIN,Jason

**Ladies Veteran Team**

Norwich Road Runners  
 CUSHING,Sally  
 CARVER,Dawn  
 BULL,Michele

**Mens Veteran Team**

Norwich Road Runners  
 GLAYSHER,Stefan  
 GARRET,Mark  
 ELY,Steve