

GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

REEDHAM TEN

Sunday 29th January 2012

OVERALL WINNERS:

MEN			
1 st	Wayne Lincoln	City of Norwich AC	0:55:06 C.R.
2 nd	Mazeyar Firouzi	Cambridge Tri Club	0:55:10
3 rd	Daniel Middleton	Norwich Road Runners	0:55:18

All 3 men broke the previous Course Record of 55:41

LADIES

1 st	Kelly Rushton	City of Norwich AC	1:03:18
2 nd	Tamara Jordan	Stowmarket Striders	1:03:20
3 rd	Alexandra Smith	Norwich Road Runners	1:06:39

WHEELCHAIR

	Peter Downing		1:24:58
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AGE CATEGORY WINNERS:

MEN

Senior	David Bettinso	Cambridge Tri Club	0:56:31
	Matt Spencer		0:59:01
	Will Law		0:59:25
40-44	Carl Prewer	Lowestoft Road Runers	0:56:46
	Andrew Jones	City of Norwich AC	0:58:37
	Spencer Goodall	Wymondham AC	0:58:53
45-49	Stephan Glaysher	Norwich Road Runners	1:01:10
	Edward Greenland	Wymondham AC	1:03:03
	Paul Nickells	Woodridge Shufflers	1:03:12
50-54	Colin Peirson		1:03:01
	Ian Thomas	Norfolk Gazelles	1:06:15
	Tim Woods	Norfolk Gazelles	1:09:35
55-59	Peter Johnson	Norfolk Gazelles	1:04:46
	Terry Epps	Wymondham AC	1:07:51
	Richard Lawes		1:09:24
60-64	Richard Blake	Great Yarmouth RR	1:07:56
	Ken Bowman	Coltishall Jaguars	1:10:17
	Peter Edmunds		1:12:26
65 - 69	John Bone	Great Yarmouth RR	1:13:06
	Verne Barlthrop	100 Marathon Club	1:13:46
	Roger Hobson	Woodridge Shufflers	1:20:28
70+	Mike Smith	Wymondham AC	1:21:13
	Rod Shulver	Great Yarmouth RR	1:32:54
	Mike Marshall	North Norfolk Beach Runners	1:42:04

LADIES

Senior	Kim Lo	Haywards Heath	1:07:18
	Rebecca Flynn		1:07:36
	Rebecca Green	Wimbledon Windmilers	1:09:17
35-39	Polly Wake	Reepham Runners	1:15:03
	Melanie Burch	Coltishall Jaguars	1:17:24

	Jo Godwin	Norwich Road Runners	1:17:41
40-44	Molly McKay	West Norfolk AC	1:08:41
	Mandy Clarke	York Knaesmire Athletic	1:10:01
	Lisa Godwin	Norwich Road Runners	1:11:25
45-49	Sandra Roberts	Norfolk Gazelles	1:10:26
	Penny Waggott	Stowmarket Striders	1:16:16
	Sally Cushing	Norwich Road Runners	1:19:04
50-54	Lorraine Dawson	Great Yarmouth RR	1:21:35
	Bobbie Sauerzapf	Bungay Black Dog AC	1:23:19
	Patsy Bradley	Wymondham AC	1:23:30
55-59	Penny Edwards	Norwich Road Runners	1:11:14
	Frances Cooke	March Braza	1:15:01
	Jennifer Christian	Wymondham AC	1:17:38
60 – 64	Veronica Manly	Eastern Vets AC	1:24:27
	Cindy Burgess	Wymondham AC	1:40:53
	Adele Jones		1:48:10
65+	Anne Martin	Wymondham AC	1:34:01
	Dianne Crosby	Great Yarmouth RR	1:35:01

TEAM WINNERS:

SENIOR MEN

NORWICH ROAD RUNNERS

Daniel Middleton

Stuart Smith

Seb Rijpstra

SENIOR LADIES

NORWICH ROAD RUNNERS

Caroline Richardson

Emma Layton

Alice Birdsall

MENS MASTERS

CITY OF NORWICH AC

Wayne Lincoln

Andrew Jones

Nigel Hodge

LADIES MASTERS

NORFOLK ROAD RUNNERS

Alexandra Smith

Penny Edwards

Lisa Godwin