

GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

REEDHAM TEN

Sunday 29 January 2012

Place	Name	Team	Bib No	Age	Age Group	Place	Chip Time
1	Wayne Lincoln	City of Norwich A.C.	445	45	**** M 45-49		55:06.0
2	Mazeyar Firouzi	Cambridge Tri Club	464	35	**** M 0-39		55:10.8
3	Daniel Middleton	Norwich Road Runners	465	29	**** M 0-39		55:18.4
4	David Bettinson	Cambridge Tri Club	116	38	1 M 0-39		56:31.5
5	Carl Prewer	Lowestoft Road Runners	319	42	1 M 40-44		56:46.5
6	Andrew Jones	City of Norwich A.C.	438	42	2 M 40-44		58:37.5
7	Spencer Goodall	Wymondham A.C.	203	44	3 M 40-44		58:52.3
8	Matt Spencer		155	28	2 M 0-39		59:01.7
9	Roger Stone	Felixstowe Road Runners	221	43	4 M 40-44		59:05.9
10	WILL Law	The Saxons	436	24	3 M 0-39		59:25.5
11	Stuart Smith	Norwich Road Runners	367	33	4 M 0-39		59:33.1
12	Chris Bennett		163	40	5 M 40-44		59:31.3
13	Sean Atterwill	Dereham Runners A.C.	317	19	5 M 0-39		59:58.4
14	Graeme Kennedy		75	34	6 M 0-39		1:00:09.2
15	Tom Richardson	Lowestoft Road Runners	225	27	7 M 0-39		1:00:52.9
16	SAM Proctor	Dartford+Whiteoak Tri	451	22	8 M 0-39		1:01:01.5
17	Callum Simpson		29	18	9 M 0-39		1:01:04.4
18	Stephan Glaysher	Norwich Road Runners	344	49	1 M 45-49		1:01:09.4
19	Steve Ely	Norwich Road Runners	307	40	6 M 40-44		1:01:12.6
20	Mark Thompson	Gt. Yarmouth RRC	421	26	10 M 0-39		1:02:22.1
21	Colin Stark	North Norfolk Beach Runners	314	37	11 M 0-39		1:02:21.6
22	Mark Clues	Tri-Anglia	183	44	7 M 40-44		1:02:33.1
23	Tristan Cossey		306	43	8 M 40-44		1:02:37.9
24	STEPHEN Nicholls		460	37	12 M 0-39		1:02:50.2
25	Colin Peirson		282	50	1 M 50-54		1:03:00.2
26	Edward Greenland	Wymondham A.C.	328	46	2 M 45-49		1:03:02.5
27	JOSEPH Kirton	Thetford A.C.	444	18	13 M 0-39		1:03:08.4
28	Paul Nickells	Woodbridge Shufflers	126	48	3 M 45-49		1:03:11.5
29	Kelly Rushton	City of Norwich A.C.	162	29	**** F 0-34		1:03:18.9
30	Tamara Jordan	Stowmarket Striders	264	33	**** F 0-34		1:03:18.5
31	Jonathan Meadows	Lowestoft Road Runners	248	35	14 M 0-39		1:03:26.6
32	Andrew Preston	Wymondham A.C.	429	46	4 M 45-49		1:03:43.3
33	Mark Grubb	Norfolk Gazelles	236	27	15 M 0-39		1:03:39.6
34	Jason Mountain	Wymondham A.C.	296	30	16 M 0-39		1:03:53.2
35	Nigel Hodge	City of Norwich A.C.	457	43	9 M 40-44		1:04:15.6
36	Chris Scott	Lowestoft Road Runners	377	35	17 M 0-39		1:04:24.6
37	Seb Rijpstra	Norwich Road Runners	308	39	18 M 0-39		1:04:26.2
38	Paul Lyon	Lowestoft Road Runners	247	32	19 M 0-39		1:04:43.3
39	Peter Johnson	Norfolk Gazelles	198	57	1 M 55-59		1:04:38.5
40	Matthew Fray	Norwich Road Runners	362	38	20 M 0-39		1:05:30.3
41	James O'Connor		260	40	10 M 40-44		1:05:28.4
42	Andrew Mulligan	Coltishall Jaguars	389	20	21 M 0-39		1:05:33.9
43	Neil Sibley	Gt. Yarmouth RRC	284	46	5 M 45-49		1:05:38.7
44	STUART Mannering	Purple Patch Runners	441	36	22 M 0-39		1:05:37.9
45	Timothy Earl	Waveney Valley A.C.	310	29	23 M 0-39		1:05:35.8
46	Benjamin Bailey	Norwich Road Runners	187	42	11 M 40-44		1:05:47.0
47	Andrew Terry	Wymondham A.C.	413	40	12 M 40-44		1:05:57.9
48	Chris Seymour	Stowmarket Striders	115	43	13 M 40-44		1:06:01.6
49	David Tandy	Norwich Road Runners	293	42	14 M 40-44		1:06:09.1
50	Wayne Gibbs	Coltishall Jaguars	355	36	24 M 0-39		1:06:07.5
51	Ian Thomas	Norfolk Gazelles	218	52	2 M 50-54		1:06:06.6
52	David Fenton	Stowmarket Striders	60	41	15 M 40-44		1:06:17.5
53	JOHN Cox		453	41	16 M 40-44		1:06:20.9
54	Keith Brighty	Norwich Road Runners	447	48	6 M 45-49		1:06:25.9
55	Chris Cooper		372	23	25 M 0-39		1:06:23.9
56	Alexandra Smith	Norwich Road Runners	313	36	**** F 35-39		1:06:37.1
57	Craig Bowen-Jones		238	40	17 M 40-44		1:06:58.9
58	Kim Lo	Haywards Heath Harriers	327	32	1 F 0-34		1:07:17.3
59	Ben Snelling		70	40	18 M 40-44		1:07:25.2
60	Andrew Skiggs	Tri-Anglia	188	35	26 M 0-39		1:07:28.4

61	Denver Slowther	Coltishall Jaguars	312	38	27 M	0-39	1:07:31.3
62	Rebecca Flynn		356	25	2 F	0-34	1:07:33.6
63	Steven Rix	Dereham Runners A.C.	242	29	28 M	0-39	1:07:32.0
64	Benjamin Letzer	Coltishall Jaguars	323	34	29 M	0-39	1:07:29.6
65	Terry Epps	Wymondham A.C.	288	57	2 M	55-59	1:07:50.2
66	Richard Blake	Gt. Yarmouth RRC	386	62	1 M	60-64	1:07:53.4
67	James Barham		48	23	30 M	0-39	1:08:05.6
68	Duane Daugherty		324	51	3 M	50-54	1:08:24.0
69	Sergio Loi		49	28	31 M	0-39	1:08:18.5
70	ANTHONY Witmond	North Norfolk Beach Runners	448	44	19 M	40-44	1:08:26.2
71	Drrren Armstrong	North Norfolk Beach Runners	427	38	32 M	0-39	1:08:33.0
72	Molly McKay	West Norfolk A.C.	214	40	1 F	40-44	1:08:37.8
73	Paul O'Malley	North Norfolk Beach Runners	400	42	20 M	40-44	1:08:41.5
74	David Kellaway	Tri-Anglia	404	50	4 M	50-54	1:09:16.0
75	Rebecca Green	Wimbledon Windmilers	343	30	3 F	0-34	1:08:56.8
76	Mark Dye	York Knaesmire Athletic Club	66	46	7 M	45-49	1:09:16.9
77	Richard Lawes		383	55	3 M	55-59	1:09:18.8
78	Robert James	Bungay Black Dog A.C.	158	41	21 M	40-44	1:09:09.6
79	RICHARD Morris-jones	Reepham Runners	435	42	22 M	40-44	1:09:22.6
80	Dave Spooner	North Norfolk Beach Runners	387	39	33 M	0-39	1:09:27.7
81	Oliver Karger		428	32	34 M	0-39	1:09:22.2
82	Tim Woods	Norfolk Gazelles	152	50	5 M	50-54	1:09:28.0
83	Ed Taylor		289	37	35 M	0-39	1:09:29.8
84	Gavin Mitchell		246	39	36 M	0-39	1:09:38.5
85	Claire Davey		382	31	4 F	0-34	1:09:46.8
86	Dave Redman		415	55	4 M	55-59	1:09:43.1
87	Ian Crutchley	Wymondham A.C.	452	47	8 M	45-49	1:09:43.0
88	Andrew Savory	Norwich Road Runners	254	47	9 M	45-49	1:09:47.7
89	Andrew Nicholls	Hyde Park Harriers	1	53	6 M	50-54	1:09:52.0
90	Mark Tufts	Wymondham A.C.	213	43	23 M	40-44	1:09:56.8
91	Mandy Clarke	York Knaesmire Athletic Club	65	44	2 F	40-44	1:09:59.1
92	Alex Ward	City of Norwich A.C.	253	43	24 M	40-44	1:09:59.3
93	Jonathan Kemp		261	32	37 M	0-39	1:10:09.2
94	Ken Bowman	Coltishall Jaguars	96	64	2 M	60-64	1:10:13.5
95	Sandra Roberts	Norfolk Gazelles	164	47	1 F	45-49	1:10:20.4
96	Paul Davey	Witham R.C.	73	55	5 M	55-59	1:10:32.7
97	Katie Samuelson	Cambridge & coleridge A.C.	144	34	5 F	0-34	1:10:45.1
98	Chris Murphy		326	36	38 M	0-39	1:10:37.8
99	Ian Sturgess	Wymondham A.C.	459	53	7 M	50-54	1:10:48.1
100	Vincent Ellis	City of Norwich A.C.	130	55	6 M	55-59	1:10:54.0
101	Eve Dewsnap	Tri-Anglia	189	33	6 F	0-34	1:10:55.2
102	ZOE Ashe		469	34	7 F	0-34	1:10:47.7
103	Penny Edwards	Norwich Road Runners	294	57	1 F	55-59	1:11:12.6
104	Duncan Cardwell		193	41	25 M	40-44	1:11:00.8
105	Rob Lines	Tri-Anglia	376	43	26 M	40-44	1:11:04.8
106	LILY Vogiatzis	City of Norwich A.C.	467	22	8 F	0-34	1:11:17.9
107	Lisa Godwin	Norwich Road Runners	92	40	3 F	40-44	1:11:10.1
108	Gavin Vogt		295	49	10 M	45-49	1:11:15.4
109	Mark Davison		391	38	39 M	0-39	1:11:21.6
110	Chris Chorley	Bungay Black Dog A.C.	109	49	11 M	45-49	1:11:17.4
111	Gerry Watson	Wymondham A.C.	270	56	7 M	55-59	1:11:39.3
112	Mark Stone	Gt. Yarmouth RRC	77	39	40 M	0-39	1:11:29.5
113	Rowena Leary		173	26	9 F	0-34	1:11:42.2
114	James Guyton		446	37	41 M	0-39	1:11:47.2
115	Sharon Bardwell	Norwich Road Runners	91	42	4 F	40-44	1:11:36.0
116	Andrew McLaren	North Norfolk Beach Runners	393	47	12 M	45-49	1:11:56.3
117	Kevin Garwood	Wymondham A.C.	138	47	13 M	45-49	1:11:56.4
118	Robert Davies	Norwich Road Runners	54	30	42 M	0-39	1:11:55.4
119	Iain Johnson	Deal Tri Club	390	43	27 M	40-44	1:11:46.9
120	Chris Goodson	Coltishall Jaguars	191	32	43 M	0-39	1:11:56.6
121	Shaun Jones	Stowmarket Striders	265	31	44 M	0-39	1:11:53.4
122	Douglas Hobson	Woodbridge Shufflers	125	23	45 M	0-39	1:12:03.2
123	Neil Platten		333	43	28 M	40-44	1:12:03.5
124	Mark Ring	Norwich Road Runners	286	44	29 M	40-44	1:12:11.0
125	Neville Knights	Dereham Runners A.C.	368	52	8 M	50-54	1:12:14.1

126	Paul Beckett	Norwich Road Runners	418	45	14 M 45-49	1:12:20.0
127	Peter Edmunds		454	62	3 M 60-64	1:12:16.4
128	Stephen Leeves	Gt. Yarmouth RRC	271	54	9 M 50-54	1:12:17.0
129	Stephen Sadd	Norfolk Gazelles	235	52	10 M 50-54	1:12:21.4
130	Graham Coleman	Wymondham A.C.	439	50	11 M 50-54	1:12:29.7
131	Matt Howes	Norwich Road Runners	59	38	46 M 0-39	1:12:23.2
132	John Figiel		71	46	15 M 45-49	1:12:26.3
133	Karen Archbold	Lowestoft Road Runners	169	44	5 F 40-44	1:12:35.7
134	William Wilson		280	36	47 M 0-39	1:12:33.8
135	Caroline Richardson	Norwich Road Runners	224	34	10 F 0-34	1:12:32.1
136	Eamonn McCusker	Ryston Runners	123	58	8 M 55-59	1:12:41.4
137	Mathew Frary	City of Norwich A.C.	468	42	30 M 40-44	1:12:41.8
138	Guy Shearwood		44	53	12 M 50-54	1:12:30.6
139	Neil Leeds		76	34	48 M 0-39	1:12:44.7
140	David Aldis	City of Norwich A.C.	424	61	4 M 60-64	1:12:54.8
141	Ian Hacon	Tri-Anglia	230	42	31 M 40-44	1:12:52.6
142	MERVYN Dempsey		461	32	49 M 0-39	1:13:00.5
143	John Bone	Gt. Yarmouth RRC	337	65	1 M 65-69	1:13:01.4
144	Vaughan Morris		325	51	13 M 50-54	1:13:04.6
145	Andy Crook	Norwich Road Runners	405	38	50 M 0-39	1:13:07.6
146	David Hudson	Tri-Anglia	339	40	32 M 40-44	1:12:57.7
147	Mark Saunders		257	44	33 M 40-44	1:13:02.0
148	Matthew Sutton	Gt. Yarmouth RRC	184	25	51 M 0-39	1:13:17.1
149	Mark Mountain	Gt. Yarmouth RRC	40	39	52 M 0-39	1:13:13.9
150	Thomas Townshend	Norwich Road Runners	135	33	53 M 0-39	1:13:06.1
151	Thomas Lincoln-Kemp	Norwich Road Runners	14	44	34 M 40-44	1:13:34.8
152	Verne Barltrop	100 Marathon Club	226	66	2 M 65-69	1:13:29.5
153	Richard Dye	Bungay Black Dog A.C.	200	50	14 M 50-54	1:13:50.1
154	Jon Rowden		359	45	16 M 45-49	1:13:55.9
155	Simon Caley		137	32	54 M 0-39	1:13:57.4
156	Simon Bransby		392	44	35 M 40-44	1:14:01.6
157	Tim Ward		216	48	17 M 45-49	1:14:05.1
158	Adrian Ebbs		51	49	18 M 45-49	1:14:06.4
159	Emma Layton	Norwich Road Runners	357	25	11 F 0-34	1:14:11.7
160	Martin Bagnall	Coltishall Jaguars	266	48	19 M 45-49	1:14:18.3
161	Kim Reader	Wymondham A.C.	269	41	6 F 40-44	1:14:33.1
162	Lucy Cooper	Norfolk Gazelles	287	44	7 F 40-44	1:14:33.9
163	Stephen Panting	Norwich Road Runners	222	44	36 M 40-44	1:14:36.7
164	Darren Gillman	Spa Striders	143	41	37 M 40-44	1:14:48.1
165	Frances Cooke	March Braza	104	55	2 F 55-59	1:14:57.0
166	Polly Wake	Reepham Runners	262	38	1 F 35-39	1:14:49.8
167	Stewart Marden	Coltishall Jaguars	244	49	20 M 45-49	1:14:51.1
168	Andy Peck	Gt. Yarmouth RRC	237	41	38 M 40-44	1:15:02.4
169	Christain Pawsey	Woodbridge Shufflers	154	45	21 M 45-49	1:15:08.8
170	Stephen Baker	Tri-Anglia	371	48	22 M 45-49	1:15:25.0
171	Terry Nippress		215	38	55 M 0-39	1:15:33.9
172	Mark Crack		291	47	23 M 45-49	1:15:46.0
173	Penny Waggott	Stowmarket Striders	274	45	2 F 45-49	1:16:03.8
174	Colin Browning	Norwich Road Runners	354	47	24 M 45-49	1:16:19.9
175	David Knight	Norwich Road Runners	122	34	56 M 0-39	1:16:21.0
176	Paul Greensides		366	40	39 M 40-44	1:16:25.5
177	Fernando Da Silva Andrade		182	47	25 M 45-49	1:16:32.3
178	Richard Gilham	Norfolk Gazelles	88	49	26 M 45-49	1:17:00.0
179	Tom Collier	Lowestoft Road Runners	336	32	57 M 0-39	1:16:53.8
180	Thomas Brennan		42	42	40 M 40-44	1:16:29.7
181	Dave Beighton		379	35	58 M 0-39	1:17:12.4
182	Katrina Wastenev	West Norfolk A.C.	277	40	8 F 40-44	1:17:06.1
183	Nicholas Ford		161	38	59 M 0-39	1:17:10.7
184	Joanne Cox	Bungay Black Dog A.C.	305	40	9 F 40-44	1:17:12.9
185	Tony Richardson		207	53	15 M 50-54	1:17:18.7
186	Melanie Burch	Coltishall Jaguars	240	38	2 F 35-39	1:17:12.0
187	Allan McDuff		330	40	41 M 40-44	1:17:07.9
188	Colin Hewes	UK Netrunners	168	57	9 M 55-59	1:17:22.2
189	Jennifer Christian	Wymondham A.C.	241	57	3 F 55-59	1:17:31.2
190	Kevin Howard		373	49	27 M 45-49	1:17:30.0

191	Jo Godwin	Norwich Road Runners	41	38	3 F 35-39	1:17:25.5
192	David Boyce		57	42	42 M 40-44	1:17:21.9
193	Andrew Gibson		93	46	28 M 45-49	1:17:40.8
194	Stacey Daniele Owen	Thetford A.C.	211	29	12 F 0-34	1:17:46.9
195	SHELLEY Smith	Lowestoft Road Runners	456	24	13 F 0-34	1:18:06.8
196	Jeremy Walters	Virgin Money Athletics Club	285	44	43 M 40-44	1:18:08.8
197	Ben Harding		375	25	60 M 0-39	1:18:07.0
198	Martyn Taylor		20	48	29 M 45-49	1:17:54.5
199	Mark Colman		180	41	44 M 40-44	1:18:03.0
200	Marianne Defernez		437	42	10 F 40-44	1:18:14.2
201	Alex Gray		299	26	61 M 0-39	1:18:08.0
202	Darren Collison		21	42	45 M 40-44	1:18:01.1
203	Anne Millett	Norwich Road Runners	440	55	4 F 55-59	1:18:16.5
204	Samantha Wing	Thetford A.C.	239	22	14 F 0-34	1:18:13.5
205	Neil McDougall		470	47	30 M 45-49	1:18:10.3
206	Carol Betts	Norfolk Gazelles	202	57	5 F 55-59	1:18:29.4
207	Anthony Gordon-Gray	Norfolk Gazelles	315	63	5 M 60-64	1:18:31.3
208	Vikki Bradley	Wymondham A.C.	297	27	15 F 0-34	1:18:53.6
209	Sally Cushing	Norwich Road Runners	300	47	3 F 45-49	1:18:55.5
210	Gavin Thouless	Norwich Road Runners	348	43	46 M 40-44	1:18:46.7
211	Grant Randall		179	45	31 M 45-49	1:19:07.5
212	Darren Rowley	Dereham Runners A.C.	292	45	32 M 45-49	1:19:21.0
213	Martin Hazell		120	44	47 M 40-44	1:19:18.0
214	Alice Birdsall	Norwich Road Runners	22	24	16 F 0-34	1:19:22.0
215	Joanne Jesney	Wymondham A.C.	267	40	11 F 40-44	1:19:35.7
216	John Kenyon	Biggleswade A.C.	255	40	48 M 40-44	1:19:30.5
217	CHARLIE Dyke		463	59	10 M 55-59	1:19:28.2
218	Cliff Lear	Thetford A.C.	420	46	33 M 45-49	1:19:43.3
219	Haley Suttle	Stowmarket Striders	273	47	4 F 45-49	1:19:48.0
220	Louise Freestone	Wymondham A.C.	167	39	4 F 35-39	1:20:06.0
221	Jayne Hudson		350	36	5 F 35-39	1:20:10.0
222	Matthew Davies		412	40	49 M 40-44	1:20:11.9
223	Roger Hobson	Woodbridge Shufflers	124	66	3 M 65-69	1:20:08.7
224	Jethro Walters		381	23	62 M 0-39	1:20:19.7
225	Angie Bear	Wymondham A.C.	268	55	6 F 55-59	1:20:22.9
226	David Dilrew		423	55	11 M 55-59	1:20:17.2
227	Peter Matthews	Gt. Yarmouth RRC	172	54	16 M 50-54	1:20:32.4
228	Richard High	Norwich Road Runners	370	41	50 M 40-44	1:20:39.3
229	Sue Stirling	Wymondham A.C.	62	46	5 F 45-49	1:20:49.9
230	Nigel Rees	Vets AC	442	52	17 M 50-54	1:20:57.4
231	Keith Bearne		6	56	12 M 55-59	1:20:38.9
232	Gary Tortice		86	38	63 M 0-39	1:21:06.8
233	Tony Heath	North Norfolk Beach Runners	186	63	6 M 60-64	1:21:01.3
234	Carly Jermy	Norwich Road Runners	178	32	17 F 0-34	1:21:06.6
235	Mike Smith	Wymondham A.C.	201	70	1 M 70-99	1:21:05.6
236	Nicky Chapman		227	30	18 F 0-34	1:21:01.2
237	Anne Ellen	Norfolk Gazelles	256	56	7 F 55-59	1:21:05.5
238	Tracy Canham		228	33	19 F 0-34	1:21:07.2
239	Mick Staines	Castle Point Joggers	204	64	7 M 60-64	1:20:58.3
240	Lorraine Dawson	Gt. Yarmouth RRC	443	52	1 F 50-54	1:21:20.6
241	Melanie Widdows		416	42	12 F 40-44	1:21:07.1
242	Terry Downing		341	57	13 M 55-59	1:21:33.3
243	Sarah Barber	Norwich Road Runners	136	34	20 F 0-34	1:21:51.5
244	Julia Peirson		281	45	6 F 45-49	1:21:45.6
245	John O'Leary	Gt. Yarmouth RRC	401	61	8 M 60-64	1:21:40.9
246	Nigel Gilham	Bungay Black Dog A.C.	165	58	14 M 55-59	1:21:46.9
247	Vincent Butler	Tri-Anglia	303	42	51 M 40-44	1:21:44.5
248	Jane Hannah		309	33	21 F 0-34	1:21:52.1
249	Tracy Stevens	Wymondham A.C.	347	42	13 F 40-44	1:22:02.9
250	Keith Hood	Wymondham A.C.	192	52	18 M 50-54	1:22:03.9
251	Rachel Cubitt	Norwich Road Runners	133	25	22 F 0-34	1:21:57.3
252	Natalie Chernucha		153	28	23 F 0-34	1:21:49.9
253	Simon Goldsmith		249	38	64 M 0-39	1:21:50.7
254	SIMON Proctor	Tri-Anglia	450	50	19 M 50-54	1:22:01.0
255	Stephen Warncken		107	54	20 M 50-54	1:22:01.1

256	Andrew Hammond		318	56	15 M 55-59	1:22:23.8
257	Cassie Barker	Wymondham A.C.	53	36	6 F 35-39	1:22:35.7
258	Julian Holland		195	36	65 M 0-39	1:22:41.1
259	Orla Jupp		388	36	7 F 35-39	1:22:49.9
260	Jen Rudd	Wymondham A.C.	414	38	8 F 35-39	1:22:54.8
261	Ivan Lees	Gt. Yarmouth RRC	99	55	16 M 55-59	1:22:53.6
262	Colin Fish		127	48	34 M 45-49	1:23:10.0
263	Noel Spruce	North Norfolk Beach Runners	278	67	4 M 65-69	1:22:58.3
264	Bobbie Sauerzapf	Bungay Black Dog A.C.	108	53	2 F 50-54	1:22:56.5
265	Patsy Bradley	Wymondham A.C.	298	52	3 F 50-54	1:23:23.0
266	Chris Lambarth		160	47	35 M 45-49	1:23:29.9
267	Peter Samuelson	Spectrum Striders	320	68	5 M 65-69	1:23:44.9
268	Michael Smith	Wymondham A.C.	403	66	6 M 65-69	1:23:53.4
269	Dale Henri		2	53	21 M 50-54	1:23:56.3
270	Jane Stafford	Norwich Road Runners	455	46	7 F 45-49	1:24:04.3
271	Martin Colley		361	24	66 M 0-39	1:24:08.2
272	Veronica Manly	Eastern Vets A.C.	349	63	1 F 60-64	1:24:20.3
273	Silke Hunter		352	43	14 F 40-44	1:24:04.0
274	John Tilbrook		68	69	7 M 65-69	1:24:19.3
275	Rachael Lockwood	Wymondham A.C.	208	38	9 F 35-39	1:24:35.9
276	Gemma Dullea		322	28	24 F 0-34	1:24:27.3
277	Naomi Jarvis	Norwich Road Runners	311	33	25 F 0-34	1:24:29.5
278	Roger Dye		64	41	52 M 40-44	1:25:01.0
279	Ryan Hubbard		141	27	67 M 0-39	1:24:56.5
280	Chris Brett		142	27	68 M 0-39	1:25:14.5
281	Ray Knights		425	57	17 M 55-59	1:24:58.4
282	Helen Oghenegweke	Norwich Road Runners	61	38	10 F 35-39	1:25:23.5
283	Tracy Stevenson	Norfolk Gazelles	217	43	15 F 40-44	1:25:11.9
284	Craig Lyon		406	49	36 M 45-49	1:25:25.2
285	Andrea Osborne	North Norfolk Beach Runners	101	57	8 F 55-59	1:25:28.8
286	Karen Gedge	Bungay Black Dog A.C.	103	47	8 F 45-49	1:25:52.4
287	Ian Jarvis	North Norfolk Beach Runners	353	45	37 M 45-49	1:26:05.6
288	John Barrett		430	30	69 M 0-39	1:26:17.9
289	Robert Peevor	Ipswich Triathlon club	419	35	70 M 0-39	1:26:19.8
290	Tina Belsom	Stowmarket Striders	151	48	9 F 45-49	1:26:34.7
291	Trevor Horrex	Norwich Road Runners	385	52	22 M 50-54	1:26:27.3
292	John Yare		233	50	23 M 50-54	1:27:13.3
293	David Brammer	March Braza	251	49	38 M 45-49	1:27:13.6
294	Tony Adolphus	Ipswich JAFFA	378	53	24 M 50-54	1:27:18.0
295	Pauline Richardson	Gt. Yarmouth RRC	272	52	4 F 50-54	1:27:14.0
296	Peter Spandler	Gt. Yarmouth RRC	95	52	25 M 50-54	1:27:37.4
297	David Girling	Gt. Yarmouth RRC	25	50	26 M 50-54	1:27:37.4
298	Mark Peach	Gt. Yarmouth RRC	234	39	71 M 0-39	1:27:37.2
299	Simon Bunting	Lowestoft Road Runners	170	46	39 M 45-49	1:27:41.2
300	Robert Scarfe	Wymondham A.C.	346	59	18 M 55-59	1:27:52.3
301	Jill Stanforth		56	28	26 F 0-34	1:27:51.7
302	SARAH Bradley	Wymondham A.C.	433	26	27 F 0-34	1:28:27.9
303	Karen Hatton	St Edmunds Pacers	85	52	5 F 50-54	1:28:21.1
304	Duncan Sides		250	30	72 M 0-39	1:28:22.6
305	Timothy Johnson	Wymondham A.C.	316	23	73 M 0-39	1:28:27.4
306	Christine Cooke	Coltishall Jaguars	369	52	6 F 50-54	1:29:08.0
307	Emma Blake	Coltishall Jaguars	342	35	11 F 35-39	1:29:18.9
308	Jackie Gowing	Norwich Road Runners	364	39	12 F 35-39	1:29:08.4
309	Andy Walter	Norfolk Gazelles	397	43	53 M 40-44	1:29:12.0
310	Alan Woolley		374	52	27 M 50-54	1:29:21.0
311	Helen Southgate		279	35	13 F 35-39	1:29:21.5
312	Kerry Nicholls	Gt. Yarmouth RRC	252	42	16 F 40-44	1:29:49.5
313	Mark Durrant		434	48	40 M 45-49	1:30:00.3
314	VICTORIA Harmer		462	31	28 F 0-34	1:30:15.3
315	Carolyn Burrage	Norfolk Gazelles	410	57	9 F 55-59	1:30:11.1
316	Ray Milliard		365	64	9 M 60-64	1:31:00.6
317	Peter Cropley		363	42	54 M 40-44	1:30:48.2
318	Susanna Pritchard	Stowmarket Striders	426	27	29 F 0-34	1:31:02.7
319	Liz Beighton	Stowmarket Striders	174	37	14 F 35-39	1:31:06.9
320	Jonathan Thetford		24	39	74 M 0-39	1:32:01.2

321	EUAN Ross		432	49	41 M 45-49	1:31:52.3
322	Philip Ayers		275	43	55 M 40-44	1:31:52.5
323	Marie Ayers		276	42	17 F 40-44	1:31:53.0
324	Peter Rawlings		97	65	8 M 65-69	1:32:00.9
325	Andrew Burrage	Norfolk Gazelles	409	57	19 M 55-59	1:32:35.0
326	Rod Wells		146	45	42 M 45-49	1:32:25.5
327	Rod Shulver	Gt. Yarmouth RRC	396	70	2 M 70-99	1:32:35.5
328	Peter Downing		209	60	10 M 60-64	1:33:00.0
329	Stuart Palmer		345	42	56 M 40-44	1:32:42.8
330	Karen Alford		26	48	10 F 45-49	1:33:11.9
331	Wendy Burgess	Wymondham A.C.	176	36	15 F 35-39	1:33:31.1
332	Keith Bridger		394	49	43 M 45-49	1:33:28.5
333	Matthew Reynolds		74	29	75 M 0-39	1:33:33.5
334	Anne Martin	Wymondham A.C.	263	76	1 F 65-99	1:33:52.3
335	Sarah Ardizzzone		38	53	7 F 50-54	1:33:54.4
336	Christine Hall	Stowmarket Striders	395	55	10 F 55-59	1:34:00.1
337	Neil Howes		113	30	76 M 0-39	1:33:56.8
338	Matthew Bullock		417	44	57 M 40-44	1:33:55.5
339	Agnieszka Pieterse		131	29	30 F 0-34	1:34:03.3
340	Tony Britt	UK Netrunners	380	56	20 M 55-59	1:33:58.5
341	Jo Wharam		171	36	16 F 35-39	1:34:13.3
342	Paul Spandler	Gt. Yarmouth RRC	94	44	58 M 40-44	1:34:14.8
343	Gill Hart	Ryston Runners	334	59	11 F 55-59	1:34:24.3
344	Dianne Crosby	Gt. Yarmouth RRC	18	65	2 F 65-99	1:34:46.0
345	Donna Boggis		408	35	17 F 35-39	1:34:53.4
346	John Fox		407	46	44 M 45-49	1:34:53.4
347	Graeme Kidd		36	40	59 M 40-44	1:34:55.0
348	Carolyn Poole	Norfolk Gazelles	411	56	12 F 55-59	1:35:01.5
349	Claire Mingay	Norwich Road Runners	304	37	18 F 35-39	1:35:00.5
350	Sue Smith	Norwich Road Runners	399	38	19 F 35-39	1:35:00.9
351	Rebecca Durant	Coltishall Jaguars	212	59	13 F 55-59	1:35:21.2
352	Melanie Floyd		132	41	18 F 40-44	1:35:12.3
353	Sheila Smith		340	58	14 F 55-59	1:35:17.5
354	Claire Van Leersum	Ely Runners	290	50	8 F 50-54	1:35:26.4
355	Gemma Francis		302	34	31 F 0-34	1:35:26.2
356	Dermot Cronin		258	53	28 M 50-54	1:36:08.0
357	Dennis Wells	Wymondham A.C.	34	62	11 M 60-64	1:36:15.7
358	John Richardson	Dereham Runners A.C.	185	58	21 M 55-59	1:36:24.3
359	Charles Weigand	Gt. Yarmouth RRC	17	66	9 M 65-69	1:36:44.7
360	Brian Moore	Norwich Road Runners	231	61	12 M 60-64	1:37:05.0
361	Stuart Brown		111	32	77 M 0-39	1:37:28.1
362	Kevin Carter		112	29	78 M 0-39	1:37:27.9
363	Julia Wright		398	35	20 F 35-39	1:37:36.4
364	Jon De Gray	Norwich Road Runners	384	51	29 M 50-54	1:37:34.8
365	Jodie Williams		196	32	32 F 0-34	1:37:36.5
366	Andy Booth		197	41	60 M 40-44	1:37:40.2
367	Vicky Le Fur		229	40	19 F 40-44	1:37:55.8
368	Michelle Waters	Norfolk Gazelles	105	43	20 F 40-44	1:38:34.5
369	Carol Hardy	Norfolk Gazelles	190	50	9 F 50-54	1:38:35.7
370	MICHELLE Purnell	Datchet Dashers	449	30	33 F 0-34	1:38:42.6
371	Kate Leeson		52	30	34 F 0-34	1:39:07.0
372	Craig Woollard		80	30	79 M 0-39	1:38:43.7
373	Marianne Saunders	Norfolk Gazelles	128	42	21 F 40-44	1:38:57.2
374	Julie London	Norfolk Gazelles	301	44	22 F 40-44	1:39:12.9
375	Tom Taylor		199	50	30 M 50-54	1:36:48.9
376	Lynda Moore	Norwich Road Runners	232	58	15 F 55-59	1:39:17.3
377	Jayne Cook	Norwich Road Runners	31	48	11 F 45-49	1:40:11.6
378	Marie Bunting		7	35	21 F 35-39	1:40:03.3
379	Tony Gooding		206	53	31 M 50-54	1:37:56.3
380	Cindy Burgess	Wymondham A.C.	175	62	2 F 60-64	1:40:34.1
381	Rachael Williams	Bungay Black Dog A.C.	335	43	23 F 40-44	1:41:23.7
382	Barry Hipwell		79	52	32 M 50-54	1:41:36.1
383	Mike Marshall	North Norfolk Beach Runners	121	70	3 M 70-99	1:41:37.2
384	JOE Pennington		458	24	80 M 0-39	1:42:51.4
385	Mike Creasor	Road Runners Club	43	73	4 M 70-99	1:44:02.8

386	Alice Barani		37	25	35 F 0-34	1:44:19.7
387	Wendy Larke	Wymondham A.C.	283	46	12 F 45-49	1:45:05.5
388	Julie Allum	Ryston Runners	19	40	24 F 40-44	1:45:25.2
389	Heather Guttery		220	54	10 F 50-54	1:45:57.1
390	Sandie Jardine	Ely Tri Club	69	49	13 F 45-49	1:45:59.9
391	Robert Arnell	Gt. Yarmouth RRC	67	68	10 M 65-69	1:46:56.8
392	Albert Spong	Gt. Yarmouth RRC	89	73	5 M 70-99	1:47:39.2
393	Michelle Cassidy		45	32	36 F 0-34	1:47:38.7
394	Adele Jones		245	64	3 F 60-64	1:48:10.9
395	Stella Burton		219	50	11 F 50-54	1:50:20.0
396	Madeleine Starks		4	19	37 F 0-34	1:51:17.8
397	Sally-Anne Wilmot		5	48	14 F 45-49	1:51:38.6
398	MARION Parks	Stowmarket Striders	431	43	25 F 40-44	1:52:36.8
399	Warren Sparkes		358	40	61 M 40-44	1:54:22.3
400	Lester Pearson		110	72	6 M 70-99	1:55:51.3
401	Joanna Blackford		332	32	38 F 0-34	1:57:54.3
402	Daniela Blackford		331	56	16 F 55-59	1:58:46.5
403	Nick Hudson		259	35	81 M 0-39	1:59:15.9
404	Keren Goff		3	32	39 F 0-34	1:59:18.2
405	Leslie Scott	Ryston Runners	402	53	33 M 50-54	2:00:33.1
406	Frank Reader		422	65	11 M 65-69	2:07:53.1

Thank you all for your support at this race - Well done
 We understand that lots of you achieved PB's today - again Well Done

We always appreciate your feedback so if you can take a minute to email us at gydacraces@btconnect.com
 and/or add your comments onto the Runners World website
 it would be much appreciated.

Our next race is: **HUMPTY DUMPTY 10K - Sunday 1st July 2012**
 Entires NOW OPEN