

Coltishall Jaguars Autumn 10k 2010 Full Results

Sunday 3 October 2010. 10:30 am

Results for All Competitors in finish order.

						<i>Pace</i>	<i>Race</i>	<i>Race</i>
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/mile</i>			
1	0:33:39	THOMAS, Adam	Cornwall AC	Men 15-39	05:24.8	1	1	
2	0:34:26	DAVISON, Neil	City of Norwich Athletic Club	Men 40-49	05:32.4	121	2	
3	0:36:56	SHERRY, Karl	Norwich Road Runners	Men 40-49	05:56.5	189	3	
4	0:37:37	SCOTT, Chris	Lowestoft Road Runners	Men 15-39	06:03.1	170	4	
5	0:37:41	SEAMARK, Jamie	North Norfolk Beach Runners	Men 15-39	06:03.7	113	5	
6	0:37:44	GARRETT, Mark	Norwich Road Runners	Men 40-49	06:04.2	82	6	
7	0:38:30	BROCK, David	Orion Harriers	Men 50-59	06:11.6	104	7	
8	0:38:35	BETTS, Mark	Norwich Road Runners	Men 15-39	06:12.4	90	8	
9	0:38:45	FOULKES, Michael	North Norfolk Beach Runners	Men 15-39	06:14.0	112	9	
10	0:38:51	WHITE, Richard	Wymondham AC	Men 50-59	06:15.0	141	10	
11	0:39:11	CLUES, Mark	Tri-Anglia	Men 40-49	06:18.2	39	11	
12	0:39:17	MOORE, John	Norfolk Gazelles	Men 50-59	06:19.2	151	12	
13	0:39:19	JOHNSON, Pete	Norfolk Gazelles	Men 50-59	06:19.5	43	13	
14	0:39:43	LEVERSEDGE, John	Enfield & Haringey AC	Men 50-59	06:23.4	65	14	
15	0:39:55	DAVIES, Paul	Norwich Road Runners	Men 40-49	06:25.3	98	15	
16	0:40:04	HOOBKAMER, Rini	City of Norwich Athletic Club	Men 50-59	06:26.8	69	16	
17	0:40:05	THOMAS, Ian	UK Net Runner	Men 50-59	06:26.9	5	17	
18	0:40:06	BROWNING, Colin	Norwich Road Runners	Men 40-49	06:27.1	74	18	
19	0:40:08	KELLEHER, Derry	City of Norwich Athletic Club	Men 60+	06:27.4	184	19	
20	0:40:09	WATERS, Ady	Norfolk Gazelles	Men 40-49	06:27.6	101	20	
21	0:40:10	LEATHWOOD, Racheal	Norwich Road Runners	Ladies 15-39	06:27.7	48	21	
22	0:40:13	MASLEN, David	Tri-Anglia	Men 40-49	06:28.2	95	22	
23	0:40:47	PYNE, Steven	Mornington Chasers	Men 15-39	06:33.7	23	23	
24	0:40:52	FRARY, Matthew	Norwich Road Runners	Men 15-39	06:34.5	106	24	
25	0:41:05	SULLIVAN, Paul	Norwich Road Runners	Men 40-49	06:36.6	123	25	
26	0:41:27	WARD, Alex	City of Norwich Athletic Club	Men 40-49	06:40.1	36	26	
27	0:41:31	WOODS, Tim	Norfolk Gazelles	Men 40-49	06:40.8	83	27	
28	0:41:38	TANDY, David	Norwich Road Runners	Men 40-49	06:41.9	93	28	
29	0:41:46	PASK, Matthew	Norwich Road Runners	Men 40-49	06:43.2	55	29	
30	0:41:50	CHRISTOPHER, John	North Norfolk Beach Runners	Men 40-49	06:43.8	181	30	
31	0:41:53	KNIGHTS, Neville	Dereham Runners AC	Men 50-59	06:44.3	136	31	
32	0:42:02	CHORLEY, Chris	Bungay Black Dog RC	Men 40-49	06:45.7	14	32	
33	0:42:23	PIMLOTT, Chris	Waveney valley AC	Men 15-39	06:49.1	187	33	
34	0:42:24	YEOMANS, Martin	Norwich Road Runners	Men 50-59	06:49.3	142	34	
35	0:42:28	PORTER, Melvyn	Coltishall Jaguars RC	Men 40-49	06:49.9	165	35	
36	0:42:42	ARMES, Michael	Norwich Road Runners	Men 40-49	06:52.2	148	36	
37	0:42:50	SAVORY, Andrew	Norwich Road Runners	Men 40-49	06:53.5	130	37	
38	0:42:51	HULME, Michael	Norwich Road Runners	Men 15-39	06:53.6	7	38	
39	0:42:57	SMITH, Alexandra	Norwich Road Runners	Ladies 15-39	06:54.6	81	39	
40	0:43:03	ASKHAM, Nick		Men 15-39	06:55.6	64	40	
41	0:43:25	BRIGHTY, Keith	Norwich Road Runners	Men 40-49	06:59.1	168	41	
42	0:43:29	DADY, Stephen	Great Yarmouth Road Runners	Men 50-59	06:59.7	63	42	
43	0:43:33	EDWARDS, Penny	Norwich Road Runners	Ladies 50-59	07:00.4	92	43	
44	0:43:54	WALWYN, Stephen		Men 15-39	07:03.8	59	44	
45	0:44:15	RING, Mark	Norwich Road Runners	Men 40-49	07:07.1	114	45	
46	0:44:26	BOWMAN, Ken	Coltishall Jaguars RC	Men 60+	07:08.9	164	46	
47	0:44:55	GRAND, Adie	Norwich Road Runners	Men 40-49	07:13.6	171	47	
48	0:44:59	GYTON, Justin		Men 15-39	07:14.2	46	48	
49	0:45:02	BRANNON, Terry	Wymondham AC	Men 60+	07:14.7	159	49	
50	0:45:10	SINCLAIR, Nigel		Men 15-39	07:16.0	61	50	
51	0:45:28	FRARY, Matt	City of Norwich Athletic Club	Men 40-49	07:18.9	185	51	
52	0:45:33	HIGH, Richard	Norwich Road Runners	Men 15-39	07:19.7	147	52	
53	0:45:36	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	07:20.2	34	53	
54	0:45:45	SPOONER, Dave	North Norfolk Beach Runners	Men 15-39	07:21.6	88	54	
55	0:46:00	QUIGLEY, Terry	North Norfolk Beach Runners	Men 60+	07:24.0	191	55	
56	0:46:16	EDWARDS, Chris	Reepham Runners	Men 50-59	07:26.6	167	56	
57	0:46:17	NELSON, Peter	Norwich Road Runners	Men 60+	07:26.8	107	57	
58	0:46:24	HARMER, Mark	Coltishall Jaguars RC	Men 15-39	07:27.9	138	58	
59	0:46:26	BROUGHTON, Robin		Men 15-39	07:28.2	9	59	
60	0:46:36	PANTING, Cameron	Norwich Road Runners	Men 15-39	07:29.8	78	60	
61	0:46:36	COX, Russell	Wymondham AC	Men 40-49	07:29.8	111	61	
62	0:46:41	GLEESON, Chris	Norwich Road Runners	Men 15-39	07:30.6	103	62	
63	0:46:51	LOUGHLIN, Gillian	City of Norwich Athletic Club	Ladies 40-49	07:32.2	133	63	
64	0:46:54	HAMMOND, Andrew		Men 50-59	07:32.7	49	64	
65	0:46:58	DURRANT, Jude	Reepham Runners	Ladies 40-49	07:33.4	172	65	
66	0:47:25	GILHAM, Richard	Norfolk Gazelles	Men 40-49	07:37.7	119	66	
67	0:47:27	ELLIS, Matt	Lowestoft Road Runners	Men 15-39	07:38.0	75	67	
68	0:47:29	RICKETTS, Catherine	Bournville Harriers	Ladies 15-39	07:38.4	129	68	
69	0:47:49	COX, Juliet	Wymondham AC	Ladies 15-39	07:41.6	110	69	
70	0:47:51	THOULESS, Gavin	Norwich Road Runners	Men 40-49	07:41.9	53	70	
71	0:47:54	ALLEN, Sue	Coltishall Jaguars RC	Ladies 50-59	07:42.4	66	71	
72	0:47:55	WAKE, Polly		Ladies 15-39	07:42.5	89	72	

73	0:48:01	ELFLETT, Mark	Lowestoft Road Runners	Men 40-49	07:43.5	128	73
74	0:48:19	DYKE, Keith		Men 50-59	07:46.4	156	74
75	0:48:30	BYE, Barry	Ryston Runners	Men 60+	07:48.2	154	75
76	0:48:38	PANTING, Stephen	Norwich Road Runners	Men 40-49	07:49.5	79	76
77	0:48:52	PARFITT, Matthew	North Norfolk Beach Runners	Men 15-39	07:51.7	174	77
78	0:48:53	ALFORD, Nicky	City of Norwich Athletic Club	Ladies 15-39	07:51.9	180	78
79	0:48:56	HAGG, Simon		Men 40-49	07:52.4	146	79
80	0:48:57	COLMAN, Mark		Men 40-49	07:52.5	117	80
81	0:49:08	ALFORD, Colin		Men 40-49	07:54.3	21	81
82	0:49:10	JEWISS, Michael	Dereham Runners AC	Men 50-59	07:54.6	17	82
83	0:49:11	JERMY, Sean	Great Yarmouth Road Runners	Men 15-39	07:54.8	166	83
84	0:49:30	JARVIS, Ian	North Norfolk Beach Runners	Men 40-49	07:57.8	87	84
85	0:49:33	BRAILEY, David	Coltishall Jaguars RC	Men 15-39	07:58.3	158	85
86	0:49:34	STAINES, Mick	Castle Point Joggers	Men 60+	07:58.5	44	86
87	0:50:03	SMITH, Mike	Wymondham AC	Men 60+	08:03.1	41	87
88	0:50:18	HOLLISTER, Heather	Tri-Anglia	Ladies 50-59	08:05.6	72	88
89	0:50:21	SCAIFE, John	Maidenhead	Men 50-59	08:06.0	190	89
90	0:50:27	DODSWORTH, Tracy	Wymondham AC	Ladies 15-39	08:07.0	77	90
91	0:50:29	EWIN, Robert	Wymondham AC	Men 60+	08:07.3	137	91
92	0:50:30	HOLLIS, David	Norwich Road Runners	Men 50-59	08:07.5	68	92
93	0:50:39	LANE, David	Ryston Runners	Men 40-49	08:08.9	162	93
94	0:50:43	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 50-59	08:09.6	13	94
95	0:50:50	GAY, Christopher	Gt Yarmouth & District AC	Men 40-49	08:10.7	56	95
96	0:51:02	DAWSON, Lorraine	Great Yarmouth Road Runners	Ladies 50-59	08:12.6	118	96
97	0:51:35	FARR, Craig		Men 15-39	08:17.9	183	97
98	0:51:41	MINNS, Paul		Men 40-49	08:18.9	177	98
99	0:51:47	CORBOLUD, Stephen	Norfolk Gazelles	Men 50-59	08:19.9	116	99
100	0:51:58	SIMPSON, David	Coltishall Jaguars RC	Men 50-59	08:21.6	139	100
101	0:52:06	TAYLER, Caroline	Norwich Road Runners	Ladies 50-59	08:22.9	45	101
102	0:52:07	TILBROOK, Dianne		Ladies 50-59	08:23.1	26	102
103	0:52:09	SMITH, Andrew		Men 15-39	08:23.4	125	103
104	0:52:11	TILBROOK, John		Men 60+	08:23.7	25	104
105	0:52:21	SMITH, Michael	Wymondham AC	Men 60+	08:25.3	176	105
106	0:52:23	HORREX, Trevor	Norwich Road Runners	Men 50-59	08:25.7	144	106
107	0:52:43	BEATTIE, Bob	Norwich Road Runners	Men 60+	08:28.9	99	107
108	0:52:49	HUGHES, Warren		Men 15-39	08:29.8	105	108
109	0:52:50	NEAVE, Philip	Bungay Black Dog RC	Men 60+	08:30.0	47	109
110	0:53:00	WYATT, Carole	Wymondham AC	Ladies 40-49	08:31.6	175	110
111	0:53:02	RUDD, Jen	Wymondham AC	Ladies 15-39	08:31.9	97	111
112	0:53:04	ELVIN, Bob		Men 40-49	08:32.3	30	112
113	0:53:12	SULLIVAN, Gemma		Ladies 15-39	08:33.5	33	113
114	0:53:18	MCVEIGH, Mark		Men 40-49	08:34.5	126	114
115	0:53:19	BARKER, Cassie	Wymondham AC	Ladies 15-39	08:34.7	52	115
116	0:53:23	SYMONDS, Robin	Norwich Road Runners	Men 50-59	08:35.3	94	116
117	0:53:28	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	08:36.1	109	117
118	0:53:32	WONES, Anne		Ladies 40-49	08:36.8	80	118
119	0:54:09	WALWYN, Peter		Men 60+	08:42.7	58	119
120	0:54:10	SCARFE, Robert	Wymondham AC	Men 50-59	08:42.9	102	120
121	0:54:12	LARKE, Patrick	Wymondham AC	Men 50-59	08:43.2	19	121
122	0:54:31	ALFORD, Karen		Ladies 40-49	08:46.3	22	122
123	0:54:38	SUTTON, Sarah		Ladies 15-39	08:47.4	152	123
124	0:54:48	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:49.0	67	124
125	0:54:53	MOORE, Ian	Norwich Road Runners	Men 15-39	08:49.8	4	125
126	0:54:54	APPLETON, Heather		Ladies 50-59	08:50.0	186	126
127	0:54:56	DENZEY, Clare	Norwich Road Runners	Ladies 15-39	08:50.3	8	127
128	0:55:10	EPPS, Samantha	Wymondham AC	Ladies 15-39	08:52.5	10	128
129	0:55:21	WADE, Chris	Reepham Runners	Men 15-39	08:54.3	173	129
130	0:55:37	HARMER, Victoria		Ladies 15-39	08:56.9	155	130
131	0:55:51	LEES, Ivan	Great Yarmouth Road Runners	Men 50-59	08:59.1	76	131
132	0:55:53	HART, Gill	Ryston Runners	Ladies 50-59	08:59.5	163	132
133	0:56:12	CREASOR, Mike	Road Runners Club	Men 60+	09:02.5	32	133
134	0:56:18	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-49	09:03.5	161	134
135	0:56:22	MCKINLAY, Rachel		Ladies 15-39	09:04.1	140	135
136	0:56:29	DONE, Rebecca		Ladies 15-39	09:05.2	188	136
137	0:56:57	DOWNING, Terry		Men 50-59	09:09.8	108	137
138	0:57:45	COOK, Jayne	Norwich Road Runners	Ladies 40-49	09:17.5	169	138
139	0:58:23	ACKLAND, Sacha	Eton Manor AC	Ladies 15-39	09:23.6	24	139
140	0:58:29	WENLOCK, Kate		Ladies 15-39	09:24.6	124	140
141	0:58:41	BURTON, Shelley	North Norfolk Beach Runners	Ladies 15-39	09:26.5	179	141
142	0:58:45	HOWARD, Lisa	Norwich Road Runners	Ladies 15-39	09:27.1	91	142
143	0:58:51	OWEN, Claire	Coltishall Jaguars	Ladies 15-39	09:28.1	40	143
144	0:58:57	FLATT, Linda	Wymondham AC	Ladies 50-59	09:29.1	145	144
145	0:59:01	CLUES, Liz		Ladies 15-39	09:29.7	51	145
146	0:59:24	ADAMS, John		Men 50-59	09:33.4	157	146
147	1:00:18	BAXTER, Bryan	Tri-Anglia	Men 50-59	09:42.1	131	147
148	1:00:38	COOK, Sharon		Ladies 40-49	09:45.3	31	148
149	1:00:56	WALWYN, Rosamund		Ladies 50-59	09:48.2	60	149
150	1:00:59	EASTAUGH-KING, Jackie	Norwich Road Runners	Ladies 40-49	09:48.7	115	150
151	1:01:00	CUSHINE, Diane	Norwich Road Runners	Ladies 40-49	09:48.8	153	151
152	1:01:21	DAGLESS, Karren	Norwich Road Runners	Ladies 40-49	09:52.2	135	152
153	1:01:32	BOOT, Andy	Norwich Road Runners	Men 40-49	09:54.0	16	153

154	1:01:46	DEASLEY, Sally	Norwich Road Runners	Ladies 40-49	09:56.3	15	154
155	1:02:15	MCDUGALL, Neil		Men 40-49	10:00.9	192	155
156	1:02:33	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-49	10:03.8	37	156
157	1:02:54	WATERS, Michelle		Ladies 40-49	10:07.2	100	157
158	1:03:00	ORR, Julie		Ladies 60+	10:08.2	84	158
159	1:03:34	GARRETT, Julie	Norwich Road Runners	Ladies 40-49	10:13.6	35	159
160	1:03:36	CULLEY, Emma	North Norfolk Beach Runners	Ladies 40-49	10:13.9	86	160
161	1:03:37	TOOGOOD, Andrew	North Norfolk Beach Runners	Men 15-39	10:14.1	85	161
162	1:04:32	MOORE, Sarah		Ladies 15-39	10:23.0	182	162
163	1:04:37	THOULESS, Colin	Norwich Road Runners	Men 60+	10:23.8	54	163
164	1:04:43	RAYNER, Anne		Ladies 40-49	10:24.7	28	164
165	1:06:26	JACK, Bob	Bungay Black Dog RC	Men 50-59	10:41.3	12	165
166	1:06:57	LARKE, Wendy	Wymondham AC	Ladies 40-49	10:46.3	20	166
167	1:07:04	CULLEY, Maria	North Norfolk Beach Runners	Ladies 40-49	10:47.4	134	167
168	1:07:47	SULLIVAN, Genette	Norwich Road Runners	Ladies 40-49	10:54.3	122	168
169	1:07:47	SMITH, Wendy	Norwich Road Runners	Ladies 40-49	10:54.3	150	169
170	1:08:00	HAGGARTY, Elaine	Gt Yarmouth & District AC	Ladies 50-59	10:56.4	57	170
171	1:11:11	MILLWOOD, June		Ladies 60+	11:27.2	132	171
172	1:11:32	ARMES, Sharon	Norwich Road Runners	Ladies 40-49	11:30.5	149	172
173	1:11:52	EMERY, Karen	North Norfolk Beach Runners	Ladies 15-39	11:33.8	127	173
174	1:14:57	FENECH, Charles		Men 60+	12:03.5	71	174
175	1:18:56	BROMFIELD, Julie		Ladies 15-39	12:42.0	29	175
176	1:18:58	MILLER, Louis		Men 60+	12:42.3	160	176

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Results produced by Coltishall Jaguars RC. Printed by Coltishall Jaguars RC on 3 October 2010