

Coltishall Jaguars Spring 10K 2010

Sunday 28 March 2010. 10:30 am

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	0:35:53	WALWYN, Olivia	City of Norwich Athletic Club	Ladies 15-39	143	6
2	0:39:32	RUST, Sue	London Heathside	Ladies 15-39	145	21
3	0:40:06	JAMES, Molly	West Norfolk AC	Ladies 15-39	136	22

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	0:34:22	HIGHAM, Paul	Norwich Road Runners	Men 15-39	47	1
2	0:34:38	BUSH, Tom	Altrincham AC	Men 15-39	150	2
3	0:34:47	JONES, Andy	City of Norwich Athletic Club	Men 40-49	119	3

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>
4	0:40:12	DONOVAN, Clare	North Norfolk Beach Runners	Ladies 15-39	33	24
5	0:41:27	ALFORD, Nicky	City of Norwich Athletic Club	Ladies 15-39	192	28

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>
3	0:35:06	MIDDLETON, Daniel		Men 15-39	65	4
4	0:36:21	SMITH, Stuart	Norwich Road Runners	Men 15-39	118	7

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	0:42:03	JENNINGS, Val	Ipswich jaffa RC	Ladies 40-49	75	30
2	0:45:52	DURRANT, Jude		Ladies 40-49	163	63

Men 40-49

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2	0:36:39	SCROWTHER, Peter	North Herts Road Runners	Men 40-49	3	8
3	0:37:17	GARRETT, Mark	Norwich Road Runners	Men 40-49	23	9

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	0:45:32	CHRISTIAN, Jenny	Wymondham AC	Ladies 50-59	37	61
2	0:47:21	ELLEN, Anne	Norfolk Gazelles	Ladies 50-59	149	77

Men 50-59

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1	0:35:52	ARNOLD, Nigel	Norfolk Gazelles	Men 50-59	107	5
2	0:37:47	LEVERSEDGE, John	Enfield & Haringey AC	Men 50-59	25	11

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	0:52:06	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	11	124

Men 60+

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1	0:40:31	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	166	26
2	0:42:40	HAYES, Jim	North Norfolk Beach Runners	Men 60+	48	35