

10k Road Race
Jolly Jaguars 10k 2013

Sunday 29 September 2013. 10:30 am

Provisional Results for All Competitors in finish order.

| <i>Place</i> | <i>Time</i> | <i>Name</i> | <i>Team</i> | <i>Race Age Category</i> | <i>Pace min/mile</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|---------------------|-------------------------------|--------------------------|--------------------------|-------------|-------------|
| 1 | 0:33:34 | BLAKE, Dominic | Reepham Runners | Men 15-39 | 05:24.0 | 71 | 1 |
| 2 | 0:34:18 | BATTRICK, John | North Norfolk Beach Runners | Men 15-39 | 05:31.1 | 122 | 2 |
| 3 | 0:34:26 | BATESON, Richard | Coltishall Jaguars RC | Men 15-39 | 05:32.4 | 32 | 3 |
| 4 | 0:35:50 | ALDEN, Luke | City of Norwich Athletic Club | Men 15-39 | 05:45.9 | 100 | 4 |
| 5 | 0:35:59 | DAVISON, Neil | City of Norwich Athletic Club | Men 40-44 | 05:47.3 | 132 | 5 |
| 6 | 0:36:12 | CRASKE, Adam | Norwich Road Runners | Men 15-39 | 05:49.4 | 68 | 6 |
| 7 | 0:36:20 | ARNOLD, Nigel | Norfolk Gazelles | Men 55-59 | 05:50.7 | 92 | 7 |
| 8 | 0:36:49 | ROONEY, Kevin | Intercity Strollers | Men 45-49 | 05:55.4 | 125 | 8 |
| 9 | 0:37:42 | HONEYMAN, Ryan | Unattached | Men 15-39 | 06:03.9 | 4 | 9 |
| 10 | 0:38:11 | PARR, Charlie | Cambridge & Coleridge AC | Men 15-39 | 06:08.6 | 53 | 10 |
| 11 | 0:38:25 | SUTTON, Matthew | Great Yarmouth Road Runners | Men 15-39 | 06:10.8 | 63 | 11 |
| 12 | 0:38:57 | JOHNSON, Pete | Norfolk Gazelles | Men 55-59 | 06:16.0 | 109 | 12 |
| 13 | 0:39:07 | DE GRANDIS, Carmine | North Norfolk Beach Runners | Men 40-44 | 06:17.6 | 137 | 13 |
| 14 | 0:39:20 | WHITE, Richard | Wymondham AC | Men 50-54 | 06:19.7 | 91 | 14 |
| 15 | 0:39:55 | HARVEY, Peter | Unattached | Men 15-39 | 06:25.3 | 82 | 15 |
| 16 | 0:40:17 | GARRETT, Mark | Norwich Road Runners | Men 50-54 | 06:28.9 | 27 | 16 |
| 17 | 0:40:37 | RODRIGUEZ, Ben | Stowmarket Striders | Men 15-39 | 06:32.1 | 102 | 17 |
| 18 | 0:40:39 | MCMORRIS, Will | Unattached | Men 15-39 | 06:32.4 | 77 | 18 |
| 19 | 0:41:09 | SNELLING, Ben | Unattached | Men 40-44 | 06:37.2 | 26 | 19 |
| 20 | 0:41:39 | SNELLING, Kevin | Norwich Road Runners | Men 45-49 | 06:42.0 | 69 | 20 |
| 21 | 0:42:04 | BAKER, Stephen | Tri-Anglia | Men 45-49 | 06:46.1 | 112 | 21 |
| 22 | 0:42:38 | TOWNSHEND, Thomas | Norwich Road Runners | Men 15-39 | 06:51.5 | 14 | 22 |
| 23 | 0:43:08 | DADY, Stephen | Wymondham AC | Men 60+ | 06:56.4 | 46 | 23 |
| 24 | 0:43:14 | TUFTS, Mark | Wymondham AC | Men 45-49 | 06:57.3 | 52 | 24 |
| 25 | 0:43:22 | CLAFIN, Daniel | Unattached | Men 15-39 | 06:58.6 | 17 | 25 |
| 26 | 0:43:26 | WILCOCK, Sam | Unattached | Men 15-39 | 06:59.3 | 93 | 26 |
| 27 | 0:43:28 | LAWES, Richard | Unattached | Men 55-59 | 06:59.6 | 138 | 27 |
| 28 | 0:43:30 | PARR, Tim | Unattached | Men 15-39 | 06:59.9 | 96 | 28 |
| 29 | 0:43:31 | LEE, Stephen | Unattached | Men 15-39 | 07:00.1 | 103 | 29 |
| 30 | 0:43:37 | CHORLEY, Chris | Bungay Black Dog RC | Men 50-54 | 07:01.0 | 31 | 30 |
| 31 | 0:43:40 | LEARY, Rowena | Norfolk Gazelles | Ladies 15-39 | 07:01.5 | 50 | 31 |
| 32 | 0:43:46 | STURMAN, James | Unattached | Men 15-39 | 07:02.5 | 3 | 32 |
| 33 | 0:43:47 | WOODRUFF, Glenn | Unattached | Men 40-44 | 07:02.6 | 131 | 33 |
| 34 | 0:44:05 | EDGE, Trevor | Ryston Runners | Men 60+ | 07:05.5 | 110 | 34 |
| 35 | 0:44:33 | THOMPSON, Peter | Norfolk Gazelles | Men 55-59 | 07:10.0 | 94 | 35 |
| 36 | 0:44:35 | BUNN, Gavin | Unattached | Men 15-39 | 07:10.4 | 45 | 36 |
| 37 | 0:44:41 | GURNEY, Nick | Norwich Road Runners | Men 15-39 | 07:11.3 | 8 | 37 |
| 38 | 0:44:43 | RING, Mark | Norwich Road Runners | Men 45-49 | 07:11.6 | 79 | 38 |
| 39 | 0:44:47 | WRIGHT, Stephen | Unattached | Men 15-39 | 07:12.3 | 62 | 39 |
| 40 | 0:45:28 | BARDWELL, Sharon | Norwich Road Runners | Ladies 40-44 | 07:18.9 | 24 | 40 |
| 41 | 0:45:36 | DREWERY, Pauline | Ryston Runners | Ladies 40-44 | 07:20.2 | 13 | 41 |
| 42 | 0:45:39 | FRARY, Matt | Unattached | Men 40-44 | 07:20.7 | 134 | 42 |
| 43 | 0:46:04 | MAW, Gordon | Norwich Road Runners | Men 45-49 | 07:24.7 | 75 | 43 |
| 44 | 0:46:09 | WOODS, Tim | Norfolk Gazelles | Men 50-54 | 07:25.5 | 84 | 44 |
| 45 | 0:47:08 | CUSHING, Sally | Norwich Road Runners | Ladies 45-49 | 07:35.0 | 10 | 45 |
| 46 | 0:47:14 | MCDONALD, Gary | Lowestoft Road Runners | Men 15-39 | 07:35.9 | 76 | 46 |
| 47 | 0:47:26 | CRANE, Matthew | Unattached | Men 15-39 | 07:37.9 | 54 | 47 |
| 48 | 0:47:30 | ROBINSON, Glen | Norwich Road Runners | Men 40-44 | 07:38.5 | 115 | 48 |
| 49 | 0:47:31 | MCFARLANE, James | Unattached | Men 40-44 | 07:38.7 | 116 | 49 |
| 50 | 0:47:31 | STEELE, Ruth | Norwich Road Runners | Ladies 45-49 | 07:38.7 | 88 | 50 |
| 51 | 0:47:55 | JONES, Joanne | Unattached | Ladies 15-39 | 07:42.5 | 1 | 51 |
| 52 | 0:48:05 | BULL, Michelle | City of Norwich Athletic Club | Ladies 40-44 | 07:44.2 | 21 | 52 |
| 53 | 0:48:08 | BAYES, Kevin | Unattached | Men 50-54 | 07:44.6 | 78 | 53 |
| 54 | 0:48:14 | HOPPER, Kerry | Wymondham AC | Men 40-44 | 07:45.6 | 73 | 54 |
| 55 | 0:48:21 | HUETSON, Samuel | Unattached | Men 15-39 | 07:46.7 | 111 | 55 |
| 56 | 0:48:27 | BATTRICK, Peter | Unattached | Men 60+ | 07:47.7 | 121 | 56 |
| 57 | 0:48:36 | GODWIN, Jo | Norwich Road Runners | Ladies 40-44 | 07:49.1 | 44 | 57 |
| 58 | 0:48:52 | THETFORD, Jonathan | Unattached | Men 40-44 | 07:51.7 | 6 | 58 |
| 59 | 0:48:58 | BARKER, Cassie | Wymondham AC | Ladies 15-39 | 07:52.7 | 34 | 59 |
| 60 | 0:49:00 | SHARMAN, Glenn | Unattached | Men 50-54 | 07:53.0 | 15 | 60 |
| 61 | 0:49:04 | THOULESS, Gavin | Norwich Road Runners | Men 40-44 | 07:53.6 | 61 | 61 |
| 62 | 0:49:06 | MINNS, Paul | Unattached | Men 45-49 | 07:54.0 | 118 | 62 |
| 63 | 0:49:08 | GANNON, Gary | Norwich Road Runners | Men 40-44 | 07:54.3 | 67 | 63 |
| 64 | 0:49:10 | LEES, Imogen | Unattached | Ladies 15-39 | 07:54.6 | 5 | 64 |
| 65 | 0:49:24 | LEEVEES, Pauline | Great Yarmouth Road Runners | Ladies 50-54 | 07:56.9 | 58 | 65 |
| 66 | 0:49:32 | GAY, Christopher | Gt Yarmouth & District AC | Men 50-54 | 07:58.1 | 106 | 66 |
| 67 | 0:49:50 | GARROD, Mark | Unattached | Men 50-54 | 08:01.0 | 85 | 67 |
| 68 | 0:49:56 | HAINES, David | Dereham Runners AC | Men 60+ | 08:02.0 | 86 | 68 |
| 69 | 0:50:03 | FREESTONE, Louise | Wymondham AC | Ladies 40-44 | 08:03.1 | 113 | 69 |
| 70 | 0:50:07 | HARPER, Stacey | Norwich Road Runners | Ladies 15-39 | 08:03.8 | 12 | 70 |
| 71 | 0:50:20 | SPANDLER, Paul | Great Yarmouth Road Runners | Men 45-49 | 08:05.9 | 19 | 71 |
| 72 | 0:50:22 | MANLY, Veronica | Eastern Veterans | Ladies 60+ | 08:06.2 | 65 | 72 |
| 73 | 0:50:35 | OSBORNE, Andi | North Norfolk Beach Runners | Ladies 55-59 | 08:08.3 | 22 | 73 |

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| 74 | 0:51:02 | DAWSON, Lorrain | Great Yarmouth Road Runners | Ladies 50-54 | 08:12.6 | 49 | 74 |
| 75 | 0:51:08 | MENKE, Frank | Unattached | Men 40-44 | 08:13.6 | 64 | 75 |
| 76 | 0:51:19 | NORMAN, Philip | Riverside Runners | Men 60+ | 08:15.4 | 43 | 76 |
| 77 | 0:51:24 | GRAPES, Karen | Reepham Runners | Ladies 45-49 | 08:16.2 | 136 | 77 |
| 78 | 0:51:37 | JEWISS, Michael | Dereham Runners AC | Men 60+ | 08:18.3 | 89 | 78 |
| 79 | 0:51:44 | DADY, Sylvia | Wymondham AC | Ladies 15-39 | 08:19.4 | 48 | 79 |
| 80 | 0:51:53 | HORREX, Trevor | Norwich Road Runners | Men 50-54 | 08:20.8 | 90 | 80 |
| 81 | 0:51:54 | SMITHSON, Paul | Unattached | Men 45-49 | 08:21.0 | 51 | 81 |
| 82 | 0:51:55 | HOLLIS, David | Norwich Road Runners | Men 55-59 | 08:21.2 | 57 | 82 |
| 83 | 0:52:05 | SAUERZAPF, Bobbie | Bungay Black Dog RC | Ladies 50-54 | 08:22.8 | 30 | 83 |
| 84 | 0:52:10 | HALL, Gavin | Wymondham AC | Men 40-44 | 08:23.6 | 126 | 84 |
| 85 | 0:52:26 | FRASER, Susan | Gt Yarmouth & District AC | Ladies 50-54 | 08:26.1 | 37 | 85 |
| 86 | 0:52:32 | ARMSTRONG, Donna | City of Norwich Athletic Club | Ladies 15-39 | 08:27.1 | 42 | 86 |
| 87 | 0:52:43 | SAMPSON, Graham | Bungay Black Dog RC | Men 60+ | 08:28.9 | 66 | 87 |
| 88 | 0:53:02 | KINCH, Brenda | North Norfolk Beach Runners | Ladies 60+ | 08:31.9 | 38 | 88 |
| 89 | 0:53:21 | GOWING, Joe | Norwich Road Runners | Men 15-39 | 08:35.0 | 83 | 89 |
| 90 | 0:53:52 | DURRANT, Jude | Unattached | Ladies 45-49 | 08:40.0 | 25 | 90 |
| 91 | 0:55:06 | WOODHOUSE, Gill | Dereham Runners AC | Ladies 60+ | 08:51.9 | 60 | 91 |
| 92 | 0:55:17 | COOPER, Carol | Norfolk Gazelles | Ladies 45-49 | 08:53.7 | 95 | 92 |
| 93 | 0:55:39 | LONDON, Julie | Norfolk Gazelles | Ladies 45-49 | 08:57.2 | 123 | 93 |
| 94 | 0:56:06 | GREEN, Ian | Unattached | Men 15-39 | 09:01.5 | 124 | 94 |
| 95 | 0:56:06 | JONES, Liz | Norwich Road Runners | Ladies 15-39 | 09:01.5 | 70 | 95 |
| 96 | 0:56:12 | PARR, Emma | Unattached | Ladies 15-39 | 09:02.5 | 97 | 96 |
| 97 | 0:56:13 | WARREN, Peter | City of Norwich Athletic Club | Men 55-59 | 09:02.7 | 114 | 97 |
| 98 | 0:56:19 | DOUBLE-KING, Libby | Unattached | Ladies 15-39 | 09:03.6 | 135 | 98 |
| 99 | 0:56:31 | NEAVE, Philip | Bungay Black Dog RC | Men 60+ | 09:05.6 | 29 | 99 |
| 100 | 0:56:37 | SPANDLER, Peter | Great Yarmouth Road Runners | Men 50-54 | 09:06.5 | 18 | 100 |
| 101 | 0:56:50 | WRIGHT, Mark | Unattached | Men 15-39 | 09:08.6 | 130 | 101 |
| 102 | 0:56:52 | FAWKES, Lynette | Unattached | Ladies 15-39 | 09:08.9 | 9 | 102 |
| 103 | 0:57:27 | MARSHALL, Mike | North Norfolk Beach Runners | Men 60+ | 09:14.6 | 36 | 103 |
| 104 | 0:57:29 | MILLER, Rachel | Unattached | Ladies 15-39 | 09:14.9 | 98 | 104 |
| 105 | 0:57:47 | BAXTER, Bryan | Tri-Anglia | Men 50-54 | 09:17.8 | 133 | 105 |
| 106 | 0:57:58 | BRITT, Tony | UK Net Runner | Men 55-59 | 09:19.6 | 16 | 106 |
| 107 | 0:58:38 | FRASER, Alec | North Norfolk Beach Runners | Men 60+ | 09:26.0 | 35 | 107 |
| 108 | 0:58:52 | HOPPER, Felicity | Wymondham AC | Ladies 15-39 | 09:28.3 | 74 | 108 |
| 109 | 0:59:49 | EVANS, Shona | Unattached | Ladies 15-39 | 09:37.4 | 39 | 109 |
| 110 | 0:59:59 | WIGG, Lorna | Unattached | Ladies 15-39 | 09:39.0 | 81 | 110 |
| 111 | 1:00:00 | SULLIVAN, Gemma | Unattached | Ladies 15-39 | 09:39.2 | 80 | 111 |
| 112 | 1:00:21 | FREEMAN, Helen | Unattached | Ladies 15-39 | 09:42.6 | 40 | 112 |
| 113 | 1:00:56 | RENSHAW, Diane | Dereham Runners AC | Ladies 50-54 | 09:48.2 | 107 | 113 |
| 114 | 1:02:26 | PUGH, David | Unattached | Men 60+ | 10:02.7 | 119 | 114 |
| 115 | 1:02:53 | MELTON, Linda | North Norfolk Beach Runners | Ladies 50-54 | 10:07.0 | 120 | 115 |
| 116 | 1:03:46 | MIDDLETON, Katrine | Reepham Runners | Ladies 50-54 | 10:15.6 | 117 | 116 |
| 117 | 1:04:28 | MILLS, Ann | Wymondham AC | Ladies 45-49 | 10:22.3 | 55 | 117 |
| 118 | 1:04:38 | FENECH, Charles | Unattached | Men 60+ | 10:23.9 | 47 | 118 |
| 119 | 1:05:50 | JACK, Bob | Bungay Black Dog RC | Men 50-54 | 10:35.5 | 2 | 119 |
| 120 | 1:05:54 | BLANCH, Tina | Dereham Runners AC | Ladies 40-44 | 10:36.2 | 108 | 120 |
| 121 | 1:08:00 | HAGGARTY, Elaine | Gt Yarmouth & District AC | Ladies 55-59 | 10:56.4 | 104 | 121 |
| 122 | 1:08:48 | FREEBURN, Rodney | Wymondham AC | Men 60+ | 11:04.2 | 101 | 122 |
| 123 | 1:13:50 | ELOIN, Barbara | Unattached | Ladies 50-54 | 11:52.7 | 128 | 123 |
| 124 | 1:14:48 | HUNT, Helen | Unattached | Ladies 45-49 | 12:02.1 | 127 | 124 |
| 125 | 1:14:49 | HUNT, Dayna | Unattached | Ladies 15-39 | 12:02.2 | 129 | 125 |
| 126 | 1:17:54 | BRIGHTMAN, Pat | Gt Yarmouth & District AC | Ladies 60+ | 12:32.0 | 105 | 126 |
| 127 | 1:27:05 | MILLER, Louis | Unattached | Men 60+ | 14:00.7 | 99 | 127 |

There were 127 finishers in the All Competitors category.