



# 18th LOWESTOFT SCORES RACE



BRITAINS MOST EASTERLY HILL RACE

Licence No: 2013-9334

SUNDAY, 08th SEPTEMBER 2013 at 2.00pm

## RESULTS

RACE NO	TIME	POS	FIRST NAME	SURNAME	CLUB	M/F	Category
89	00:26:17	1	Ted	Oldman	Bungay Black Dogs	M	Senior
361	00:26:24	2	Kieran	McMorran	Bungay Black Dogs	M	Senior
300	00:26:54	3	Roger	Braybrooks	London Heathside Runners AC	M	Vet 40
316	00:27:05	4	Ben	Harris	Retford	M	Senior
91	00:27:06	5	Dominic	Oliver	City of Norwich	M	Senior
348	00:28:01	6	Lee	Cook	Unattached	M	Senior
312	00:28:03	7	Johnny	Lee	Oldham & Royton Harriers AC	M	Senior
306	00:28:45	8	Lawrence	Wade	Coltishall Jaguars	M	Senior
354	00:29:02	9	Lee	Casey	Unattached	M	Senior
383	00:29:13	10	Richard	Moore	Unattached	M	Vet 45
308	00:29:22	11	Neil	Cone	Unattached	M	Senior
85	00:29:26	12	Matthew	Sutton	Gt Yarmouth Road Runners	M	Senior
288	00:29:26	13	Thomas	White	St Edmunds Pacers	M	Senior
395	00:29:27	14	Chris	Pimlott	Waveney Valley AC	M	Senior
82	00:29:29	15	Odette	Robson	St Edmunds Pacers	F	Vet 40
390	00:29:35	16	Shaun	Lark	Lowestoft Road Runners	M	Senior
52	00:29:54	17	Paul	Martin	Norwich Road Runners	M	Senior
54	00:31:08	18	Tony	Roberts	Woodbridge Shufflers	M	Vet 45
363	00:31:13	19	Sean	Jermy	Gt Yarmouth Road Runners	M	Senior
79	00:31:17	20	Scott	Williams	Stowmarket Striders	M	Senior
68	00:31:26	21	Chris	Haylock	Lowestoft Road Runners	M	Vet 40
376	00:31:32	22	Martin	Horlock	Norwich Road Runners	M	Senior
360	00:31:36	23	karen	Kettless	Unattached	F	Senior
331	00:31:39	24	Mark	Gosling	Lowestoft Road Runners	M	Senior
391	00:31:40	25	Richard	Rhodes	Bungay Black Dogs	M	Vet 50
304	00:31:42	26	Ian	McInally	Unattached	M	Senior
372	00:31:46	27	Chris	Scott	Unattached	M	Senior
99	00:31:47	28	Richard	Guast	Unattached	M	Senior
53	00:32:16	29	Gary	Matthews	Unattached	M	Vet 40
319	00:32:20	30	John	Baxter	Unattached	M	Vet 55
296	00:32:22	31	Andy	Roberts	Unattached	M	Senior
323	00:32:32	32	Simon	Blackburn	Bungay Black Dogs	M	Senior
398	00:32:32	33	Russel	Breyer	Ipswich Tri Club	M	Vet 50
65	00:33:08	34	Garth	Hunter	Lowestoft Road Runners	M	Senior
61	00:33:10	35	Matthew	Reynolds	Lowestoft Road Runners	M	Senior
70	00:33:15	36	Rafe	Garforth	Unattached	M	Senior
86	00:33:24	37	Ben	Churchman	Unattached	M	Senior

334	00:33:31	38	Tom	Collier	Lowestoft Road Runners	M	Senior
59	00:33:32	39	Mark	White	Haverhill Running Club	M	Vet 40
365	00:33:39	40	Jon	Comyn	Waveney Valley AC	M	Senior
333	00:33:43	41	karen	Archbold	Lowestoft Road Runners	F	Vet 45
314	00:33:52	42	Wayne	Freeman	Waveney Valley AC	M	Vet 50
384	00:33:57	43	Matthew	Buckoke	Gt Yarmouth Road Runners	M	Senior
69	00:33:58	44	Stephen	Hatten	St Edmunds Pacers	M	Vet 45
72	00:34:00	45	Alan	Bushell	Coltishall Jaguars	M	Vet 40
326	00:34:03	46	Catherine	Lee	Gt Yarmouth & Dist AC	F	Senior
385	00:34:06	47	Mark	Stone	Gt Yarmouth Road Runners	M	Vet 40
78	00:34:07	48	Gary	Gunton	Unattached	M	Vet 50
299	00:34:09	49	Andrew	Shorthose	Unattached	M	Vet 40
76	00:34:10	50	David	Fletcher	Unattached	M	Senior
371	00:34:14	51	Nick	Copeman	Unattached	M	Senior
281	00:34:47	52	Stuart	Ruddick	Unattached	M	Senior
60	00:34:52	53	Jamie	Randall	Haverhill Running Club	M	Vet 45
337	00:34:57	54	Richard	Temple	Unattached	M	Vet 40
315	00:35:18	55	Billy	Underdown	Unattached	M	Senior
63	00:35:33	56	Ian	Elden	Haverhill Running Club	M	Senior
402	00:35:47	57	Seamus	Wrigley	Waveney Valley AC	M	Senior
369	00:35:48	58	Chris	Comyn	Unattached	M	Senior
364	00:35:49	59	Chris	Chorley	Bungay Black Dogs	M	Vet 50
327	00:35:55	60	Paul	Hayward	Rock Estate Runners & Riders	M	Senior
349	00:35:58	61	Glenn	Doy	Unattached	M	Vet 55
56	00:36:02	62	Stephen	Pretty	Stowmarket Striders	M	Vet 55
366	00:36:03	63	Paul	Harrold	Waveney Valley AC	M	Vet 50
335	00:36:10	64	Ashley	Palmer	Unattached	M	Senior
322	00:36:22	65	Emily	Gooderham	St Edmunds Pacers	F	Senior
336	00:36:29	66	Mark	Sherwood	Chineham Park Running Club	M	Senior
404	00:36:31	67	Leon	Bernasconi	Unattached	M	Vet 40
290	00:36:33	68	Mark	Lawson	Gt Yarmouth & Dist AC	M	Vet 40
318	00:36:34	69	Allan	Ing	Lowestoft Road Runners	M	Vet 55
58	00:36:39	70	Richard	Fallaize	Unattached	M	Senior
344	00:36:42	71	Peter	Edmunds	Bungay Black Dogs	M	Vet 60
321	00:36:50	72	Markus	Wegg	Lowestoft Road Runners	M	Vet 40
87	00:36:53	73	Gary	Howard	Unattached	M	Vet 40
90	00:36:59	74	Stephen	Oldman	Bungay Black Dogs	M	Vet 45
303	00:37:14	75	Jonathan	Price	Sudbury Joggers	M	Vet 60
379	00:37:18	76	David	Mowor	Waveney Valley AC	M	Vet 55
289	00:37:26	77	Sarah	Vick	Saxmundham Saxons	F	Vet 40
295	00:37:33	78	Dan	Hurren	Unattached	M	Senior
294	00:37:37	79	Adam	Ashcroft	Unattached	M	Senior
292	00:37:37	80	Nigel	Ayers	Unattached	M	Vet 45
357	00:37:40	81	Tina	Jordan	Unattached	F	Senior
74	00:37:42	82	Conor	Love	Unattached	M	Senior
342	00:37:51	83	Christopher	Gay	Gt Yarmouth & Dist AC	M	Vet 50
394	00:38:03	84	Jon	Buck	Unattached	M	Vet 45
399	00:38:06	85	Paul	Westgate	Gt Yarmouth Road Runners	M	Vet 55
311	00:38:07	86	Sarah	Jay	Coltishall Jaguars	F	Vet 45
386	00:38:14	87	Marcel	Gray	Unattached	M	Senior
355	00:38:18	88	Michael	Sharman	Unattached	M	Vet 45
57	00:38:19	89	James	Lambert	Unattached	M	Senior
389	00:38:27	90	Harvey	Goodfellow	Unattached	M	Senior
396	00:38:30	91	Jeremy	Woodnuff	Unattached	M	Vet 45
55	00:38:33	92	Stuart	Lawn	Bungay Black Dogs	M	Senior
64	00:38:34	93	Gary	McDonald	Lowestoft Road Runners	M	Senior
356	00:38:38	94	Sylvia	Wafula	Unattached	F	Senior
325	00:38:39	95	Chris	Dye	Unattached	M	Vet 45

313	00:38:42	96	James	Dyble	Unattached	M	Senior
305	00:38:51	97	Matt	Ellis	Unattached	M	Vet 40
92	00:39:01	98	David	Waterman	Bungay Black Dogs	M	Vet 50
93	00:39:05	99	James	Cousins	Unattached	M	Senior
368	00:39:12	100	Annette	Manning	Bungay Black Dogs	F	Vet 50
381	00:39:15	101	Paul	Amer	Unattached	M	Senior
370	00:39:16	102	Emily	Hannant	Coltishall Jaguars	F	Senior
51	00:39:18	103	Bobbie	Sauerzapf	Bungay Black Dogs	F	Vet 50
343	00:39:19	104	Patrick	McCabe	Unattached	M	Vet 50
401	00:39:30	105	Natasha	Korovilas	Lowestoft Road Runners	F	Senior
400	00:39:30	106	Jonathan	Meadows	Lowestoft Road Runners	M	Senior
67	00:39:37	107	Roger	Hobson	Woodbridge Shufflers	M	Vet 65
66	00:39:42	108	Christopher	Howard	Unattached	M	Senior
324	00:39:56	109	Silke	Hunter	Unattached	F	Vet 40
297	00:40:02	110	Martin	Hazell	Unattached	M	Vet 45
373	00:40:09	111	Mark	Wright	Saxmundham Saxons	M	Vet 55
367	00:40:12	112	Neil	Thomas	Bungay Black Dogs	M	Vet 45
362	00:40:18	113	Kelvin	Waters	Unattached	M	Vet 60
298	00:40:21	114	Pauline	Leeves	Gt Yarmouth Road Runners	F	Vet 50
317	00:40:29	115	David	Reid	Stowmarket Striders	M	Vet 50
338	00:40:30	116	Lisa	Riley	Lowestoft Road Runners	F	Vet 45
403	00:40:38	117	Miko	Benerton	VCB	M	Vet 50
350	00:40:43	118	Lorraine	Nicholls	Unattached	F	Senior
353	00:40:56	119	Ann	Harris	Unattached	F	Senior
380	00:40:58	120	Janina	Domiczew	Unattached	F	Senior
388	00:41:00	121	Elayne	Hilton	Lowestoft Road Runners	F	Vet 45
397	00:41:07	122	Richard	Chilvers	Unattached	M	Vet 45
405	00:41:30	123	Philip	Conquest	Unattached	M	Vet 55
374	00:41:36	124	Jake	Wright	Saxmundham Saxons	M	Senior
97	00:41:38	125	Marie	Ayers	Unattached	F	Vet 40
98	00:41:39	126	Philip	Ayers	Unattached	M	Vet 40
358	00:41:56	127	Lee	Brooks	Unattached	M	Senior
359	00:41:56	128	Daniel	Smith	Unattached	M	Senior
347	00:42:07	129	Alan	Barnes	Unattached	M	Vet 45
387	00:42:11	130	Howard	Wilcox	Unattached	M	Vet 55
307	00:42:18	131	David	Walton	Unattached	M	Vet 55
71	00:42:24	132	Adele	Bushell	Coltishall Jaguars	F	Vet 45
83	00:42:25	133	Faye	Ellis	Bungay Black Dogs	F	Senior
382	00:42:32	134	John	England	Gt Yarmouth & Dist AC	M	Vet 65
94	00:42:45	135	Lesley	Euston	St Edmunds Pacers	F	Vet 40
80	00:42:48	136	Becky	Sturgeon	Bungay Black Dogs	F	Vet 40
332	00:42:52	137	Pete	Hunt	Unattached	M	Vet 40
77	00:43:06	138	Claire	Fletcher	Unattached	F	Senior
301	00:43:09	139	Martin	Fuller	Felixstowe Road Runners	M	Vet 45
309	00:43:13	140	Lisa	Cone	Unattached	F	Senior
346	00:43:14	141	Angela	Peerless	Handy Cross Runners	F	Vet 60
293	00:43:15	142	Alison	Ayers	Unattached	F	Vet 45
286	00:43:19	143	Mark	Durrant	Unattached	M	Vet 50
378	00:43:26	144	Anne	Florence	Unattached	F	Vet 60
329	00:43:36	145	Dean	Gray	Unattached	M	Vet 50
291	00:43:37	146	Philip	Neave	Bungay Black Dogs	M	Vet 60
330	00:43:38	147	Alex	Gray	Unattached	M	Senior
392	00:43:40	148	Tracey	Hunn	Unattached	F	Vet 40
96	00:43:43	149	Dennis	Simpson	Norwich Road Runners	M	Vet 50
341	00:44:07	150	Tony	Ludham	Unattached	M	Vet 45
377	00:44:19	151	Macolm	Holmes	Gt Yarmouth Road Runners	M	Vet 65
328	00:44:34	152	Alice	Larter	Unattached	F	Senior
375	00:45:16	153	Sara	Bloor	Saxmundham Saxons	F	Vet 45

310	00:45:22	154	Stephen	Clark	Unattached	M	Senior
345	00:45:33	155	John	Peerless	Handy Cross Runners	M	Vet 55
352	00:45:49	156	Len	Cousens	Unattached	M	Vet 65
351	00:46:20	157	Kevin	Barnard	Unattached	M	Vet 40
73	00:46:30	158	Dave	Martindale	Herts Pheonix	M	Vet 55
393	00:46:34	159	Rachel	Carbonelli	Unattached	F	Senior
339	00:46:47	160	Ashley	Hutchings	Unattached	M	Vet 45
340	00:46:58	161	Nicholas	Carter	Unattached	M	Vet 65
287	00:48:27	162	Somei	Back	Unattached	F	Vet 45
302	00:49:40	163	Karla	Read	Felixstowe Road Runners	F	Senior
84	00:49:40	164	Roy	Phillips	Unattached	M	Vet 45
285	DNS		Elliot	Hunter	Bungay Black Dogs	M	Senior
95	DNS		Jim	Bidnall	Bungay Black Dogs	M	Vet 45
320	DNS		Matt	Hardy	Rock Estate Runners & Riders	M	Vet 40
282	DNS		Sarah	Pennock	Sudbury Joggers	F	Senior
284	DNS		Clive	Davey	Sudbury Joggers	M	Vet 40
283	DNS		David	Chapman	Sudbury Joggers	M	Vet 50
88	DNS		Mel	Raven	Unattached	F	Senior
62	DNS		Lee	Ffrench	Unattached	M	Vet 40
81	DNS		Tim	Howlett	Unattached	M	Vet 45
75	DNS		Steve	Love	Unattached	M	Vet 50