

10k Road Race Mad March Hare 2014

Sunday 23 March 2014. 10:00 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	0:33:56	SANFORD, Paul	Norfolk Harriers RC	Men 15-39	05:24.3	196	1
2	0:35:03	THOMPSON, Mark	Great Yarmouth Road Runners	Men 15-39	05:38.3	227	2
3	0:35:17	GRUBB, Mark	Norfolk Gazelles	Men 15-39	05:40.6	217	3
4	0:35:29	ELLA, Kyle	Gt Yarmouth & District AC	Men 15-39	05:42.5	44	4
5	0:35:31	HEWETSON, Martin	Norwich Road Runners	Men 15-39	05:42.8	138	5
6	0:35:53	ARNOLD, Nigel	Norfolk Gazelles	Men 55-59	05:46.4	128	6
7	0:36:03	BIRD, Sara	Woodford Green AC	Ladies 15-39	05:48.0	49	7
8	0:38:05	HURREN, Dale	Norwich Road Runners	Men 55-59	06:07.6	86	8
9	0:38:15	GRAND, Adie	Norwich Road Runners	Men 45-49	06:09.2	92	9
10	0:38:26	EDWARDS, Oliver	Unattached	Men 15-39	06:11.0	114	10
11	0:38:52	CARROLL, Thomas	Birchfield Harriers	Men 15-39	06:15.2	152	11
12	0:39:06	GARRETT, Mark	Norwich Road Runners	Men 50-54	06:17.4	103	12
13	0:39:12	SAUNDERS, Mark	Unattached	Men 40-44	06:18.4	16	13
14	0:39:23	MCMORRIS, Will	Unattached	Men 15-39	06:20.2	250	14
15	0:39:33	DAWSON, Liam	Bearbrook Joggers	Men 40-44	06:21.8	100	15
16	0:39:39	CAUSTON, Jonathon	Wymondham AC	Men 15-39	06:22.7	188	16
17	0:39:45	HAYES, Richard	Unattached	Men 40-44	06:23.7	197	17
18	0:39:47	MOUNTAIN, Jason	Wymondham AC	Men 15-39	06:24.0	191	18
19	0:40:14	FRARY, Matthew	Norwich Road Runners	Men 40-44	06:28.4	184	19
20	0:40:16	MOTTRAM, Paul	Dulwich Runners	Men 50-54	06:28.7	155	20
21	0:40:37	ROGERS, Brian	Ipswich jaffa RC	Men 55-59	06:32.1	171	21
22	0:40:54	STOREY, Mark	City of Norwich Athletic Club	Men 45-49	06:34.8	111	22
23	0:40:56	PATEL, Emma	North Norfolk Beach Runners	Ladies 15-39	06:35.1	239	23
24	0:41:08	SEXTON, Tim	Norfolk Gazelles	Men 40-44	06:37.1	54	24
25	0:41:09	CANE, Sam	Unattached	Men 15-39	06:37.2	130	25
26	0:41:10	BAXTER, Simon	Unattached	Men 15-39	06:37.4	67	26
27	0:41:13	PERRY, Daniel	Unattached	Men 15-39	06:37.9	77	27
28	0:41:14	PEARCE, Adam	City of Norwich Athletic Club	Men 15-39	06:38.0	230	28
29	0:41:21	PHILO, Mark	Tri-Anglia	Men 45-49	06:39.1	179	29
30	0:41:29	MOORE, Chris	Norfolk Gazelles	Men 50-54	06:40.4	168	30
31	0:41:32	SNELLING, Ben	Unattached	Men 40-44	06:40.9	125	31
32	0:41:50	LANE, Andrew	Wymondham AC	Men 55-59	06:43.8	42	32
33	0:41:54	DADY, Stephen	Wymondham AC	Men 60+	06:44.5	63	33
34	0:41:55	THOMPSON, Sean	Wymondham AC	Men 45-49	06:44.6	118	34
35	0:42:00	ARMSTRONG, Darren	North Norfolk Beach Runners	Men 40-44	06:45.4	144	35
36	0:42:04	MAHONEY, Niall	Wymondham AC	Men 40-44	06:46.1	174	36
37	0:42:28	GASKINS, Ben	Tri-Anglia	Men 15-39	06:49.9	182	37
38	0:42:38	BAKER, Stephen	Tri-Anglia	Men 50-54	06:51.5	214	38
39	0:42:47	GURNEY, Nick	Norwich Road Runners	Men 15-39	06:53.0	18	39
40	0:42:51	GAY, John	Unattached	Men 50-54	06:53.6	37	40
41	0:43:11	WALPOLE, Neil	Norwich Road Runners	Men 40-44	06:56.8	91	41
42	0:43:13	FREEMAN, Wayne	Waveney valley AC	Men 55-59	06:57.2	194	42
43	0:43:38	HAWES, Andrew	Reepham Runners	Men 15-39	07:01.2	15	43
44	0:44:07	JOHNSON, Michael	Norwich Road Runners	Men 40-44	07:05.9	186	44
45	0:44:08	LOWE, Matt	Unattached	Men 15-39	07:06.0	107	45
46	0:44:11	COLES, Marc	Unattached	Men 15-39	07:06.5	153	46
47	0:44:15	HURST, Jason	Unattached	Men 15-39	07:07.1	189	47
48	0:44:18	BOND, Danny	Norwich Road Runners	Men 15-39	07:07.6	219	48
49	0:44:18	LAWES, Richard	Unattached	Men 55-59	07:07.6	221	49
50	0:44:25	THOMPSON, Peter	Norfolk Gazelles	Men 55-59	07:08.8	207	50
51	0:44:47	BRIGHTEN, Simon	Unattached	Men 15-39	07:12.3	34	51
52	0:44:56	O'LOUGHLIN, Sean	Bungay Black Dog RC	Men 45-49	07:13.7	79	52
53	0:45:01	SHEARWOOD, Guy	Norwich Road Runners	Men 55-59	07:14.5	70	53
54	0:45:03	RANSON, Piers	Unattached	Men 45-49	07:14.9	240	54
55	0:45:25	BRIGHTY, Keith	Norwich Road Runners	Men 50-54	07:18.4	185	55
56	0:45:27	GARNER, Dudley	Norfolk Gazelles	Men 15-39	07:18.7	150	56
57	0:45:38	YAXLEY, Carl	Unattached	Men 15-39	07:20.5	120	57
58	0:45:50	HENRY, Phil	Unattached	Men 50-54	07:22.4	21	58
59	0:45:56	GODWIN, Jo	Norwich Road Runners	Ladies 40-44	07:23.4	110	59
60	0:46:15	COLMAN, Ivan	Wymondham AC	Men 50-54	07:26.5	78	60
61	0:46:24	FRETWELL, Andrew	Norwich Road Runners	Men 50-54	07:27.9	160	61
62	0:46:27	LAYTON, Will	Unattached	Men 15-39	07:28.4	205	62
63	0:46:41	JOHNSON, Tom	Unattached	Men 15-39	07:30.6	33	63
64	0:46:42	MAHONEY, Christopher	Unattached	Men 40-44	07:30.8	177	64
65	0:46:44	PARKER, Yvonne	Road Runners Club	Ladies 55-59	07:31.1	147	65
66	0:46:45	EDWARDS, Ian	Norfolk Gazelles	Men 15-39	07:31.3	216	66
67	0:46:47	HAMMOND, Andrew	Norfolk Gazelles	Men 55-59	07:31.6	213	67
68	0:46:54	RUSSELL, Sam	Unattached	Men 15-39	07:32.7	72	68
69	0:46:57	STEELE, Ruth	Norwich Road Runners	Ladies 45-49	07:33.2	201	69
70	0:47:02	JONES, Joanne	Unattached	Ladies 15-39	07:34.0	93	70
71	0:47:05	DESBOROUGH, Tamsin	Great Yarmouth Road Runners	Ladies 15-39	07:34.5	203	71
72	0:47:20	SADLER, Derek	North Norfolk Beach Runners	Men 60+	07:36.9	183	72
73	0:47:27	MILLETT, Anne	Norwich Road Runners	Ladies 55-59	07:38.0	105	73

74	0:47:30	WOODS, Andrew	Unattached	Men 15-39	07:38.5	96	74
75	0:47:31	HARDINGHAM, Graham	Norfolk Gazelles	Men 50-54	07:38.7	106	75
76	0:47:44	RUDD, Jen	Wymondham AC	Ladies 40-44	07:40.8	98	76
77	0:47:45	BARKER, Cassie	Wymondham AC	Ladies 15-39	07:40.9	80	77
78	0:47:49	BAYES, Kevin	Great Yarmouth Road Runners	Men 50-54	07:41.6	245	78
79	0:47:53	THETFORD, Jonathan	Unattached	Men 40-44	07:42.2	19	79
80	0:47:57	BULL, Michelle	City of Norwich Athletic Club	Ladies 40-44	07:42.9	89	80
81	0:47:58	YEOMANS, Martin	Norwich Road Runners	Men 60+	07:43.0	127	81
82	0:48:04	SHARMAN, Glenn	Unattached	Men 50-54	07:44.0	113	82
83	0:48:09	HARPER, Stacey	Norwich Road Runners	Ladies 15-39	07:44.8	10	83
84	0:48:11	HAMMOND, Kathryn	Norwich Road Runners	Ladies 15-39	07:45.1	102	84
85	0:48:16	SMITHSON, Paul	Unattached	Men 50-54	07:45.9	151	85
86	0:48:18	LONG, Caroline	Unattached	Ladies 15-39	07:46.2	69	86
87	0:48:38	THOULESS, Gavin	Norwich Road Runners	Men 45-49	07:49.5	170	87
88	0:48:43	MOUNTAIN, Vikki	Wymondham AC	Ladies 15-39	07:50.3	192	88
89	0:48:48	ROBSON, Rachel	North Norfolk Beach Runners	Ladies 50-54	07:51.1	47	89
90	0:48:53	BRADLEY, Sarah	Norwich Road Runners	Ladies 50-54	07:51.9	141	90
91	0:49:09	ROBSON, Graham	Unattached	Men 50-54	07:54.4	46	91
92	0:49:13	HALL, Gavin	Wymondham AC	Men 40-44	07:55.1	53	92
93	0:49:19	SIMNETT, Nina	Great Yarmouth Road Runners	Ladies 15-39	07:56.1	243	93
94	0:49:45	OSBORNE, Andi	North Norfolk Beach Runners	Ladies 55-59	08:00.2	13	94
95	0:49:50	LEEVEES, Pauline	Great Yarmouth Road Runners	Ladies 50-54	08:01.0	158	95
96	0:49:56	EVANS, Andy	Unattached	Men 55-59	08:02.0	62	96
97	0:50:01	BEAR, Angie	Wymondham AC	Ladies 55-59	08:02.8	206	97
98	0:50:03	ORFORD, Emily	Unattached	Ladies 15-39	08:03.1	39	98
99	0:50:11	NEWELL, Warren	Unattached	Men 50-54	08:04.4	99	99
100	0:50:25	SMITH, Mike	Wymondham AC	Men 60+	08:06.7	131	100
101	0:50:26	BRADLEY, Patsy	Wymondham AC	Ladies 50-54	08:06.8	193	101
102	0:50:28	BRITTAİN, Christopher	Road Runners Club	Men 45-49	08:07.2	146	102
103	0:50:35	CHESTER, Rachel	Unattached	Ladies 45-49	08:08.3	17	103
104	0:50:43	DAWSON, Nicholas	Unattached	Men 55-59	08:09.6	190	104
105	0:50:45	GOODWIN, Jennifer	City of Norwich Athletic Club	Ladies 15-39	08:09.9	51	105
106	0:50:49	SMITH, Wendy	Norwich Road Runners	Ladies 50-54	08:10.5	133	106
107	0:50:54	CORBOULD, Stephen	Norfolk Gazelles	Men 55-59	08:11.3	176	107
108	0:51:00	THORNE, Christine	North Norfolk Beach Runners	Ladies 60+	08:12.3	210	108
109	0:51:16	BEALES, Antony	Wymondham AC	Men 45-49	08:14.9	73	109
110	0:51:27	TAYLOR, Daniel	Unattached	Men 15-39	08:16.7	154	110
111	0:51:52	GILLION, Stewart	Wymondham AC	Men 55-59	08:20.7	90	111
112	0:51:53	KILLET, Anne	Hadleigh Hares	Ladies 50-54	08:20.8	52	112
113	0:52:02	BAKER, Claire	Great Yarmouth Road Runners	Ladies 15-39	08:22.3	241	113
114	0:52:04	MINNS, Paul	Unattached	Men 45-49	08:22.6	232	114
115	0:52:06	BALDWIN, Chris	Norfolk Gazelles	Men 15-39	08:22.9	115	115
116	0:52:06	BALDWIN, Steve	Norfolk Gazelles	Men 15-39	08:22.9	116	116
117	0:52:09	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:23.4	132	117
118	0:52:11	GARDNER, Ian	Unattached	Men 55-59	08:23.7	61	118
119	0:52:22	WILLIAMS, William	Unattached	Men 15-39	08:25.5	122	119
120	0:52:26	TILBROOK, Dianne	Unattached	Ladies 60+	08:26.1	149	120
121	0:52:33	STONE, Elaine	Great Yarmouth Road Runners	Ladies 55-59	08:27.3	142	121
122	0:52:37	FENWICK, Hayley	Unattached	Ladies 15-39	08:27.9	136	122
123	0:52:42	MCCARTNEY, Alastair	Unattached	Men 15-39	08:28.7	76	123
124	0:52:45	LONDON, Julie	Norfolk Gazelles	Ladies 45-49	08:29.2	204	124
125	0:52:50	TIFFIN, Donald	Bungay Black Dog RC	Men 45-49	08:30.0	14	125
126	0:52:55	BRADLEY, Steve	Wymondham AC	Men 60+	08:30.8	199	126
127	0:53:06	SAYERS, Sarah	Unattached	Ladies 15-39	08:32.6	137	127
128	0:53:09	COX, Robert	Unattached	Men 50-54	08:33.1	94	128
129	0:53:12	HORREX, Trevor	Norwich Road Runners	Men 50-54	08:33.5	211	129
130	0:53:13	TILBROOK, John	Unattached	Men 60+	08:33.7	148	130
131	0:53:19	POTTER, Benjamin	Unattached	Men 15-39	08:34.7	83	131
132	0:53:21	COOPER, Carol	Norfolk Gazelles	Ladies 50-54	08:35.0	202	132
133	0:53:30	BURFOOT, Charlotte	Wymondham AC	Ladies 15-39	08:36.4	66	133
134	0:53:40	DILREW, Julie	Reepham Runners	Ladies 50-54	08:38.1	166	134
135	0:53:41	SOTHERN, Mike	Unattached	Men 15-39	08:38.2	156	135
136	0:53:53	DADY, Sylvia	Wymondham AC	Ladies 15-39	08:40.1	121	136
137	0:54:01	BOND, Joanne	Unattached	Ladies 40-44	08:41.4	220	137
138	0:54:04	WALSH, Natasha	Norwich Road Runners	Ladies 15-39	08:41.9	88	138
139	0:54:05	ALLEN, Ivan	Unattached	Men 45-49	08:42.1	82	139
140	0:54:06	PEGG, Emma	Unattached	Ladies 15-39	08:42.2	81	140
141	0:54:13	LEES, Ivan	Great Yarmouth Road Runners	Men 55-59	08:43.4	45	141
142	0:54:21	DASH, Nicholas	Unattached	Men 15-39	08:44.6	223	142
143	0:54:24	SHANKS, Leanne	Unattached	Ladies 15-39	08:45.1	68	143
144	0:54:26	GRINSDALE, Louise	Norwich Road Runners	Ladies 40-44	08:45.5	32	144
145	0:54:35	LONG, Aimee	Unattached	Ladies 15-39	08:46.9	75	145
146	0:54:37	WILLIAMS, Sarah	Unattached	Ladies 15-39	08:47.2	123	146
147	0:54:42	DICKENS, Keith	North Norfolk Beach Runners	Men 60+	08:48.0	242	147
148	0:54:51	TWYMAN, Jonathan	Unattached	Men 15-39	08:49.5	157	148
149	0:55:03	BRAND, Lisa	Unattached	Ladies 40-44	08:51.4	235	149
150	0:55:10	GOODCHILD, Rachel	Unattached	Ladies 15-39	08:52.5	222	150
151	0:55:12	GRAY, Dean	Unattached	Men 50-54	08:52.9	226	151
152	0:55:14	MOORE, Susan	Norfolk Gazelles	Ladies 55-59	08:53.2	233	152
153	0:55:20	STEVENS, Tracy	Wymondham AC	Ladies 40-44	08:54.1	237	153
154	0:55:37	OTTAWAY, Gemma	Unattached	Ladies 15-39	08:56.9	135	154

155	0:55:41	PRIOR, David	Unattached	Men 55-59	08:57.5	109	155
156	0:55:47	BAVIN, Katrina	Unattached	Ladies 15-39	08:58.5	50	156
157	0:55:50	TAYLOR, Stephen	Garden City Joggers	Men 60+	08:59.0	209	157
158	0:55:53	LAKEY, Christina	Wymondham AC	Ladies 15-39	08:59.5	3	158
159	0:56:00	OSBORNE, Rob	North Norfolk Beach Runners	Men 50-54	09:00.6	12	159
160	0:56:08	CUDDEN, Karen	Norwich Road Runners	Ladies 50-54	09:01.9	195	160
161	0:56:09	COOK, Sharon	Wymondham AC	Ladies 40-44	09:02.0	236	161
162	0:56:40	HATFIELD, Stuart	Unattached	Men 45-49	09:07.0	167	162
163	0:56:43	WALWYN, Peter	Unattached	Men 60+	09:07.5	248	163
164	0:56:46	SULLIVAN, Gemma	Unattached	Ladies 15-39	09:08.0	26	164
165	0:56:46	WIGG, Lorna	Unattached	Ladies 15-39	09:08.0	27	165
166	0:56:47	WADE, Andy	Unattached	Men 45-49	09:08.1	134	166
167	0:56:55	THORNHILL, David	Unattached	Men 15-39	09:09.4	95	167
168	0:56:58	BAILEY, Nathan	Unattached	Men 15-39	09:09.9	57	168
169	0:56:59	BIRD, Sarah	Unattached	Ladies 15-39	09:10.1	4	169
170	0:57:02	BIDDLE, Justin	Unattached	Men 40-44	09:10.6	238	170
171	0:57:03	BIRD, Andrew	Unattached	Men 50-54	09:10.7	5	171
172	0:57:30	ASHTON, Libby	North Norfolk Beach Runners	Ladies 15-39	09:15.1	198	172
173	0:57:32	REID, Naomi	Unattached	Ladies 15-39	09:15.4	244	173
174	0:57:36	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	09:16.0	225	174
175	0:57:45	STOREY, Linda	Norwich Road Runners	Ladies 45-49	09:17.5	112	175
176	0:58:02	ACAMON-CARBONELLI, Rachel	Great Yarmouth Road Runners	Ladies 15-39	09:20.2	164	176
177	0:58:06	SIMPSON, Dennis	Norwich Road Runners	Men 50-54	09:20.9	60	177
178	0:58:09	WARREN, Peter	City of Norwich Athletic Club	Men 55-59	09:21.3	40	178
179	0:58:30	POTTER, Trevor	Unattached	Men 60+	09:24.7	84	179
180	0:58:36	NEAVE, Philip	Bungay Black Dog RC	Men 60+	09:25.7	11	180
181	0:58:38	BURGESS, Cindy	Wymondham AC	Ladies 60+	09:26.0	108	181
182	0:58:40	GILLESPIE, Deborah	North Norfolk Beach Runners	Ladies 45-49	09:26.3	9	182
183	0:58:41	WALKER, Tina	Unattached	Ladies 50-54	09:26.5	224	183
184	0:58:47	ROSSER, Kitty	Unattached	Ladies 15-39	09:27.4	180	184
185	0:58:54	TALBOT, Paul	Unattached	Men 50-54	09:28.6	181	185
186	0:58:56	MORRISON, Fiona	North Norfolk Beach Runners	Ladies 60+	09:28.9	7	186
187	0:59:05	FENECH, Charles	Wymondham AC	Men 60+	09:30.3	71	187
188	0:59:10	KENDALL, Sophie	Norfolk Gazelles	Ladies 15-39	09:31.2	231	188
189	0:59:11	SAUNDERS, Marianne	Unattached	Ladies 45-49	09:31.3	139	189
190	0:59:14	WHITE, Jayne	Unattached	Ladies 15-39	09:31.8	38	190
191	0:59:17	BICKNELL, Helen	Unattached	Ladies 15-39	09:32.3	43	191
192	0:59:25	CAZIER, Sally	Norfolk Gazelles	Ladies 45-49	09:33.6	162	192
193	0:59:26	RAY, Jane	Unattached	Ladies 40-44	09:33.7	215	193
194	0:59:29	SMITH, Inge	Unattached	Ladies 50-54	09:34.2	163	194
195	0:59:39	BARTRAM, Dennis	Wymondham AC	Men 60+	09:35.8	2	195
196	0:59:56	ANDREWS, Stephen	Unattached	Men 50-54	09:38.6	104	196
197	1:00:30	MELTON, Linda	North Norfolk Beach Runners	Ladies 50-54	09:44.0	249	197
198	1:00:32	GLENISTER, Karen	Unattached	Ladies 40-44	09:44.3	85	198
199	1:00:47	WAGER, Catherine	Hadleigh Hares	Ladies 15-39	09:46.8	234	199
200	1:00:47	BARLEY, Sarah	Unattached	Ladies 45-49	09:46.8	129	200
201	1:00:52	CLARK, Andrea	Norwich Road Runners	Ladies 15-39	09:47.6	246	201
202	1:01:07	YAXLEY, Martin	Unattached	Men 15-39	09:50.0	119	202
203	1:01:16	FICKLING, Emma	Wymondham AC	Ladies 15-39	09:51.4	218	203
204	1:02:59	BROWN, Roger	Unattached	Men 40-44	10:08.0	126	204
205	1:03:11	DAWSON, Rachel	Bearbrook Joggers	Ladies 40-44	10:09.9	101	205
206	1:04:05	ARMES, Sharon	Norwich Road Runners	Ladies 40-44	10:18.6	8	206
207	1:04:21	THATCHER, Nichola	Wymondham AC	Ladies 45-49	10:21.2	117	207
208	1:04:42	BIRD, Russell	Norfolk Gazelles	Men 50-54	10:24.6	172	208
209	1:05:32	COLMAN, Melinda	Wymondham AC	Ladies 50-54	10:32.6	212	209
210	1:06:05	DOLEMAN, Joanne	Unattached	Ladies 40-44	10:37.9	161	210
211	1:06:37	TWISS, Catherine	Unattached	Ladies 40-44	10:43.1	58	211
212	1:06:37	CIARLA, Trudi	Unattached	Ladies 45-49	10:43.1	59	212
213	1:07:22	GREIG, Ann	Unattached	Ladies 45-49	10:50.3	159	213
214	1:07:56	CHOAT, Amelia	North Norfolk Beach Runners	Ladies 15-39	10:55.8	173	214
215	1:08:37	MCGUIGAN, Mark	Unattached	Men 15-39	11:02.4	1	215
216	1:09:01	FREEBURN, Rodney	Wymondham AC	Men 60+	11:06.2	208	216
217	1:10:56	LARKE, Wendy	Wymondham AC	Ladies 45-49	11:24.7	124	217
218	1:15:44	ROYALL, Sarah	Wymondham AC	Ladies 15-39	12:11.1	228	218
219	1:15:45	WRAY, Sharon	Wymondham AC	Ladies 50-54	12:11.2	229	219
220	1:17:55	FISKE, Helen	Norwich Road Runners	Ladies 40-44	12:32.2	55	220
221	1:17:56	BAILEY, Allyson	Norwich Road Runners	Ladies 15-39	12:32.3	56	221
222	1:18:07	ODAT, Kayleigh	Norwich Road Runners	Ladies 15-39	12:34.1	25	222

There were 222 finishers in the All Competitors category.