

**GREAT YARMOUTH & DISTRICT ATHLETIC CLUB**  
**HUMPTY DUMPTY 10K**  
**SUNDAY 1st JULY 2012**

Place	Name	Club	Bib No	Gender	Age	Age Group	Place	Chip Time	Gun Time	Total Pace
1	Nick Earl	City of Norwich A.C.	307	M	27	1 Top Fin		33:25.7	33:25.7	3:21/K
2	Damian Rogers	City of Norwich A.C.	253	M	19	2 Top Fin		33:31.9	33:31.9	3:21/K
3	Gavin Davies	Ipswich JAFFA	2	M	32	3 Top Fin		33:50.6	33:50.6	3:23/K
4	Robert Chenery	Ipswich JAFFA	146	M	25	1 M 0-39		34:29.0	34:29.0	3:27/K
5	Sean Atterwill	Dereham Runners A.C.	256	M	19	2 M 0-39		34:40.5	34:40.5	3:28/K
6	Micah Rogers	City of Norwich A.C.	252	M	19	3 M 0-39		34:41.3	34:41.3	3:28/K
7	Andrew Jones	City of Norwich A.C.	183	M	42	1 M 40-44		35:07.1	35:07.6	3:31/K
8	Rob Skinn		148	M	37	4 M 0-39		35:38.2	35:38.2	3:34/K
9	Richard Bate	Fairlands Valley Spartans	9	M	30	5 M 0-39		36:17.0	36:17.0	3:38/K
10	Stuart Smith	Norwich Road Runners	257	M	34	6 M 0-39		36:38.0	36:38.0	3:40/K
11	Mark Thompson	Gt. Yarmouth RRC	194	M	27	7 M 0-39		37:04.2	37:04.2	3:42/K
12	Richard Jordan	Eastern Vets A.C.	254	M	54	1 M 50-54		37:05.4	37:05.4	3:43/K
13	Gary Thompson	Ipswich JAFFA	215	M	38	8 M 0-39		37:32.1	37:32.1	3:45/K
14	Stephan Glaysher	Norwich Road Runners	25	M	50	2 M 50-54		37:43.9	37:44.6	3:46/K
15	Christopher Tilbrook		312	M	43	2 M 40-44		37:54.3	37:54.3	3:47/K
16	Steve Ely	Norwich Road Runners	247	M	41	3 M 40-44		38:24.5	38:24.9	3:50/K
17	John Cox		275	M	42	4 M 40-44		38:30.3	38:32.2	3:51/K
18	Mark Garrett	Norwich Road Runners	203	M	49	1 M 45-49		38:39.8	38:39.8	3:52/K
19	Chris Scott	Lowestoft Road Runners	138	M	36	9 M 0-39		38:41.8	38:42.3	3:52/K
20	Richard White	Wymondham A.C.	216	M	51	3 M 50-54		39:01.9	39:01.9	3:54/K
21	Andrew Terry	Wymondham A.C.	260	M	41	5 M 40-44		39:02.5	39:04.4	3:54/K
22	Phil Waity	Wymondham A.C.	262	M	19	10 M 0-39		39:13.5	39:13.5	3:55/K
23	Michael Belshaw	Eryri Harriers	241	M	50	4 M 50-54		39:14.2	39:15.1	3:56/K
24	Mark Haylett		179	M	48	2 M 45-49		39:19.8	39:19.8	3:56/K
25	David Cross		188	M	26	11 M 0-39		39:29.8	39:29.8	3:57/K
26	Colin Robilliard	Coltishall Jaguars	115	M	59	1 M 55-59		39:31.8	39:35.7	3:58/K
27	Adrian Waters	Norfolk Gazelles	206	M	45	3 M 45-49		39:43.0	39:43.0	3:58/K
28	Tom Richardson	Lowestoft Road Runners	171	M	28	12 M 0-39		39:48.4	39:48.4	3:59/K
29	JAMES Adams	Serpentine Runners	306	M	32	13 M 0-39		39:52.7	39:57.2	4:00/K
30	Steven Rix	Dereham Runners A.C.	231	M	30	14 M 0-39		40:01.0	40:01.7	4:00/K
31	Jonathan Causton	Wymondham A.C.	266	M	28	15 M 0-39		40:24.0	40:26.9	4:03/K
32	Matthew Stephens		229	M	30	16 M 0-39		40:42.8	40:46.2	4:05/K
33	Craig Bowen-Jones		119	M	41	6 M 40-44		40:55.1	40:55.9	4:06/K
34	Matthew Frary	Norwich Road Runners	264	M	39	17 M 0-39		41:00.3	41:01.0	4:06/K
35	Will McMorris		258	M	33	18 M 0-39		41:00.8	41:02.3	4:06/K
36	Thomas Townshend	Norwich Road Runners	117	M	34	19 M 0-39		40:59.6	41:03.4	4:06/K
37	Neil Sibley	Gt. Yarmouth RRC	238	M	46	4 M 45-49		41:09.0	41:10.3	4:07/K
38	Clive Steward		291	M	50	5 M 50-54		41:12.1	41:15.2	4:08/K
39	Paul Grieveson	Humpty Dumpty Brewery	106	M	40	7 M 40-44		41:20.1	41:28.7	4:09/K
40	Molly McKay	West Norfolk A.C.	280	F	41	1 Top Fin		41:25.8	41:28.9	4:09/K
41	Sze-Ming Cheung		271	M	38	20 M 0-39		41:32.7	41:35.2	4:10/K
42	Alexandra Smith	Norwich Road Runners	145	F	37	2 Top Fin		41:35.4	41:35.6	4:10/K
43	Amy Dungar	Wymondham A.C.	219	F	30	3 Top Fin		41:44.7	41:45.4	4:11/K
44	Samuel Hall	Norwich Road Runners	185	M	25	21 M 0-39		41:45.9	41:47.4	4:11/K
45	Richard Blake	North Norfolk Beach Runners	270	M	62	1 M 60-64		41:49.0	41:49.7	4:11/K
46	Matthew Sutton	Gt. Yarmouth RRC	182	M	25	22 M 0-39		41:52.8	41:54.5	4:11/K
47	Stephen Dady	Gt. Yarmouth RRC	108	M	60	2 M 60-64		41:56.1	41:57.5	4:12/K
48	Howard Norton		267	M	50	6 M 50-54		42:03.3	42:03.3	4:12/K
49	Keelan Pywell	GT Yarmouth & D.A.C	42	M	16	23 M 0-39		42:20.3	42:20.3	4:14/K
50	Michael Sadler		129	M	49	5 M 45-49		42:23.7	42:32.1	4:15/K
51	Chris Haylock	Lowestoft Road Runners	67	M	40	8 M 40-44		42:34.8	42:37.6	4:16/K
52	Graham Watering		223	M	39	24 M 0-39		42:46.5	42:49.2	4:17/K
53	Vinny Jones		296	M	32	25 M 0-39		42:45.4	42:52.8	4:17/K
54	Sharon Hurren	Wymondham A.C.	259	F	40	1 F 40-44		43:10.7	43:15.2	4:20/K
55	Colin Shadbolt		122	M	34	26 M 0-39		43:15.0	43:28.8	4:21/K
56	Stephen Andrews		205	M	46	6 M 45-49		43:27.7	43:30.3	4:21/K
57	Stephen Leeves	Gt. Yarmouth RRC	166	M	54	7 M 50-54		43:37.2	43:39.6	4:22/K
58	Richard Collyer	Coltishall Jaguars	212	M	44	9 M 40-44		43:36.9	43:41.6	4:22/K
59	Stephen Etherington	Gt. Yarmouth RRC	284	M	54	8 M 50-54		43:43.1	43:46.2	4:23/K
60	Nick Overy		292	M	44	10 M 40-44		43:42.7	43:48.5	4:23/K

61	Alex Hall		211	M	26	27 M 0-39	43:47.8	43:49.1	4:23/K
62	Richard Lawes		295	M	55	2 M 55-59	43:41.1	43:57.2	4:24/K
63	Sandra Roberts	Norfolk Gazelles	29	F	48	1 F 45-49	44:01.0	44:03.3	4:24/K
64	Robert Davies	Norwich Road Runners	4	M	31	28 M 0-39	43:59.8	44:06.6	4:25/K
65	Matthew Buckoke	Gt. Yarmouth RRC	45	M	37	29 M 0-39	44:04.6	44:07.4	4:25/K
66	Jim Hayes	North Norfolk Beach Runners	112	M	66	1 M 65-69	44:08.1	44:10.1	4:25/K
67	Philip John Harvey		43	M	41	11 M 40-44	44:02.5	44:10.7	4:25/K
68	Mathew Frary	City of Norwich A.C.	314	M	43	12 M 40-44	44:17.8	44:21.4	4:26/K
69	Caroline Richardson	Norwich Road Runners	121	F	34	1 F 0-34	44:20.3	44:24.1	4:26/K
70	David Kellaway	Tri-Anglia	309	M	51	9 M 50-54	44:25.9	44:28.3	4:27/K
71	Daniel Brocklehurst	Norwich Road Runners	21	M	28	30 M 0-39	44:18.1	44:32.0	4:27/K
72	Simon English		3	M	37	31 M 0-39	44:19.0	44:33.3	4:27/K
73	Grant Randall	Coltishall Jaguars	136	M	46	7 M 45-49	44:29.1	44:36.2	4:28/K
74	Ben Dennington	Coltishall Jaguars	233	M	28	32 M 0-39	44:36.1	44:40.1	4:28/K
75	Shaun Conway		140	M	49	8 M 45-49	44:35.9	44:41.0	4:28/K
76	Mark Saunders		227	M	44	13 M 40-44	44:36.5	44:46.5	4:29/K
77	Simon Darvell		287	M	25	33 M 0-39	44:41.5	44:49.9	4:29/K
78	Richard Dye	Bungay Black Dog A.C.	152	M	50	10 M 50-54	44:44.6	44:50.7	4:29/K
79	Claire Davey		198	F	31	2 F 0-34	44:54.0	44:58.9	4:30/K
80	Paul Jarvey		34	M	41	14 M 40-44	44:59.2	45:02.0	4:30/K
81	Simon Bransby		172	M	45	9 M 45-49	45:06.7	45:06.9	4:31/K
82	Tom Collier	Lowestoft Road Runners	250	M	32	34 M 0-39	45:11.4	45:13.8	4:31/K
83	Nick Gurney		46	M	20	35 M 0-39	45:16.1	45:23.6	4:32/K
84	Bill Kingaby	Waveney Valley A.C.	225	M	60	3 M 60-64	45:25.7	45:34.1	4:33/K
85	Stephen Panting	Norwich Road Runners	222	M	45	10 M 45-49	45:30.0	45:37.1	4:34/K
86	Sally Cushing	Norwich Road Runners	118	F	47	2 F 45-49	45:35.9	45:40.1	4:34/K
87	Terry Quigley	North Norfolk Beach Runners	272	M	64	4 M 60-64	45:37.1	45:41.2	4:34/K
88	William Wilson		289	M	37	36 M 0-39	45:25.2	45:44.8	4:34/K
89	John Bone	Gt. Yarmouth RRC	186	M	65	2 M 65-69	45:48.7	45:52.7	4:35/K
90	Dylan Thomas		7	M	34	37 M 0-39	45:32.7	45:53.2	4:35/K
91	Neil Walpole		218	M	42	15 M 40-44	45:43.6	45:58.3	4:36/K
92	Steven Mills		22	M	31	38 M 0-39	45:55.6	46:02.1	4:36/K
93	Ian Timms		303	M	36	39 M 0-39	45:50.9	46:02.3	4:36/K
94	Terence O'Sullivan	Framlingham Flyers	144	M	57	3 M 55-59	45:58.2	46:08.8	4:37/K
95	Sharon Bardwell	Norwich Road Runners	193	F	42	2 F 40-44	46:05.4	46:15.7	4:38/K
96	Ruth MacKenzie		187	F	24	3 F 0-34	46:13.6	46:22.9	4:38/K
97	Michael Johnson	Norwich Road Runners	39	M	43	16 M 40-44	46:18.3	46:27.5	4:39/K
98	Allan McDuff		13	M	40	17 M 40-44	46:30.3	46:35.1	4:40/K
99	Carl Bettis		69	M	40	18 M 40-44	46:29.7	46:37.9	4:40/K
100	Roderick Main		47	M	46	11 M 45-49	46:30.7	46:39.7	4:40/K
101	John Figiel		286	M	46	12 M 45-49	46:31.1	46:44.1	4:40/K
102	Andrew Hammond		294	M	56	4 M 55-59	46:34.9	46:44.1	4:40/K
103	Keith Wagg	Fenland A.C.	15	M	47	13 M 45-49	46:39.3	46:47.5	4:41/K
104	Michael Fulton		114	M	47	14 M 45-49	46:42.6	46:48.1	4:41/K
105	Gemma Greenwood	Serpentine Runners	276	F	36	1 F 35-39	46:45.3	46:49.9	4:41/K
106	Trevor Adcock	Norfolk Gazelles	293	M	63	5 M 60-64	46:42.9	46:52.2	4:41/K
107	Joanne Cox	Bungay Black Dog A.C.	265	F	40	3 F 40-44	46:42.3	46:52.9	4:41/K
108	Bernard Brett	Humpty Dumpty Brewery	123	M	45	15 M 45-49	46:53.6	47:01.4	4:42/K
109	Keith Hood	Wymondham A.C.	160	M	53	11 M 50-54	46:58.2	47:04.2	4:42/K
110	Paul Greensides		285	M	41	19 M 40-44	47:00.5	47:14.0	4:43/K
111	Chris Vernon		139	M	23	40 M 0-39	47:08.9	47:14.7	4:43/K
112	Cameron Brett	Humpty Dumpty Brewery	125	M	15	41 M 0-39	47:13.7	47:21.0	4:44/K
113	David Knight		97	M	34	42 M 0-39	47:26.1	47:26.8	4:45/K
114	Joanne Jesney	Wymondham A.C.	224	F	40	4 F 40-44	47:24.6	47:29.8	4:45/K
115	Anne Millett	Norwich Road Runners	26	F	56	1 F 55-59	47:37.8	47:40.6	4:46/K
116	Paul Timms		299	M	35	43 M 0-39	47:40.4	47:52.4	4:47/K
117	Stuart Canwell		32	M	36	44 M 0-39	47:35.8	47:55.7	4:48/K
118	Peter Tilbrook		71	M	24	45 M 0-39	48:00.0	48:05.6	4:49/K
119	Gavin Thouless	Norwich Road Runners	147	M	43	20 M 40-44	47:55.4	48:08.0	4:49/K
120	Anna Smith	Stowmarket Striders	8	F	39	2 F 35-39	48:16.9	48:26.3	4:51/K
121	Darren Collison		54	M	42	21 M 40-44	48:11.7	48:26.7	4:51/K
122	Rick Page		301	M	50	12 M 50-54	48:21.5	48:31.4	4:51/K
123	Samantha Epps	Wymondham A.C.	141	F	26	4 F 0-34	48:28.6	48:33.8	4:51/K
124	Michelle Bull	Norwich Road Runners	31	F	42	5 F 40-44	48:33.3	48:37.1	4:52/K
125	Roger Mason		50	M	59	5 M 55-59	48:30.9	48:37.8	4:52/K

126	Scott Sherman	Stowmarket Striders	242	M	19	46 M 0-39	48:32.4	48:44.1	4:52/K
127	Michael Jewiss	Dereham Runners A.C.	41	M	59	6 M 55-59	48:36.0	48:44.9	4:52/K
128	Thomas Lincoln-Kemp	Norwich Road Runners	308	M	44	22 M 40-44	48:33.6	48:46.8	4:53/K
129	Andrew White		281	M	44	23 M 40-44	48:39.7	48:50.0	4:53/K
130	Stephen Corbould	Norfolk Gazelles	200	M	53	13 M 50-54	48:56.5	49:00.1	4:54/K
131	Martyn Taylor		53	M	48	16 M 45-49	48:50.8	49:06.6	4:55/K
132	Alan Ward		191	M	50	14 M 50-54	48:49.5	49:11.2	4:55/K
133	David Barclay	Norfolk Gazelles	199	M	51	15 M 50-54	49:03.4	49:12.9	4:55/K
134	Nicola Baker	Gt. Yarmouth RRC	246	F	44	6 F 40-44	49:08.7	49:15.4	4:56/K
135	Neil Thomas	Bungay Black Dog A.C.	103	M	44	24 M 40-44	49:13.3	49:15.6	4:56/K
136	Michael Smith	Wymondham A.C.	221	M	66	3 M 65-69	48:53.5	49:16.5	4:56/K
137	Martin Hazell		245	M	45	17 M 45-49	48:57.2	49:16.9	4:56/K
138	Colin Alford		20	M	48	18 M 45-49	49:09.9	49:23.8	4:56/K
139	Simon Forth		153	M	42	25 M 40-44	49:17.3	49:30.0	4:57/K
140	Colin Fish		137	M	49	19 M 45-49	49:16.8	49:31.2	4:57/K
141	Toni George	Gt. Yarmouth RRC	60	F	37	3 F 35-39	49:21.6	49:37.0	4:58/K
142	Mark Mountain	Gt. Yarmouth RRC	104	M	39	47 M 0-39	49:37.7	49:40.1	4:58/K
143	Tony Millett	Norwich Road Runners	305	M	59	7 M 55-59	49:32.2	49:41.3	4:58/K
144	Kieron Carvell	City of Norwich A.C.	311	M	54	16 M 50-54	49:37.5	49:44.8	4:58/K
145	Carl Hicks		59	M	42	26 M 40-44	49:40.5	49:51.0	4:59/K
146	Paul Bowen		58	M	36	48 M 0-39	49:41.4	49:51.3	4:59/K
147	Gary Gannon		55	M	43	27 M 40-44	49:38.4	49:53.1	4:59/K
148	Mike Smith	Wymondham A.C.	107	M	70	1 M 70-99	49:53.3	49:59.0	5:00/K
149	Sarah Bradley	Norwich Road Runners	177	F	49	3 F 45-49	49:58.6	50:01.4	5:00/K
150	Michael Lozano		52	M	38	49 M 0-39	49:40.3	50:03.6	5:00/K
151	Lauren Buffini	Norwich Road Runners	239	F	34	5 F 0-34	49:56.9	50:06.6	5:01/K
152	Andrea Osborne	North Norfolk Beach Runners	91	F	58	2 F 55-59	49:53.3	50:10.5	5:01/K
153	Adrian Hunt		213	M	58	8 M 55-59	50:11.9	50:13.5	5:01/K
154	Cassie Barker	Wymondham A.C.	98	F	36	4 F 35-39	49:58.9	50:14.3	5:01/K
155	Glen Sharman		48	M	50	17 M 50-54	49:50.0	50:15.4	5:02/K
156	Ivan Lees	Gt. Yarmouth RRC	74	M	56	9 M 55-59	50:12.3	50:19.7	5:02/K
157	Matthew Reynolds	Lowestoft Road Runners	86	M	29	50 M 0-39	50:00.3	50:20.4	5:02/K
158	Veronica Manly	Eastern Vets A.C.	14	F	64	1 F 60-64	50:17.3	50:23.9	5:02/K
159	Darren Powell		93	M	45	20 M 45-49	50:11.6	50:26.2	5:03/K
160	Silke Hunter		268	F	43	7 F 40-44	50:12.7	50:26.4	5:03/K
161	Chris Dye		244	M	45	21 M 45-49	50:11.5	50:28.2	5:03/K
162	Ian Hawkes		77	M	52	18 M 50-54	50:19.8	50:30.2	5:03/K
163	Nigel Ball		269	M	44	28 M 40-44	50:28.7	50:30.4	5:03/K
164	Mark Peach	Gt. Yarmouth RRC	63	M	40	29 M 40-44	50:28.3	50:31.8	5:03/K
165	Lorrain Dawson	Gt. Yarmouth RRC	11	F	52	1 F 50-54	50:29.4	50:32.0	5:03/K
166	Sean Jermy	Gt. Yarmouth RRC	209	M	23	51 M 0-39	50:11.1	50:32.1	5:03/K
167	Angie Bear	Wymondham A.C.	204	F	55	3 F 55-59	50:38.7	50:43.0	5:04/K
168	Peter Cunningham		78	M	47	22 M 45-49	50:32.0	50:53.7	5:05/K
169	Andy Walter	Norfolk Gazelles	192	M	44	30 M 40-44	50:46.9	50:58.4	5:06/K
170	Jennifer Graham	Tri-Anglia	248	F	28	6 F 0-34	50:53.6	51:06.3	5:07/K
171	Helen Richardson	Wymondham A.C.	158	F	47	4 F 45-49	50:57.2	51:08.6	5:07/K
172	David Simpson	Coltishall Jaguars	120	M	59	10 M 55-59	51:01.5	51:10.1	5:07/K
173	Tom Warnes	UK Netrunners	169	M	33	52 M 0-39	50:49.3	51:13.8	5:07/K
174	Noel Spruce	North Norfolk Beach Runners	235	M	67	4 M 65-69	50:54.9	51:17.6	5:08/K
175	Julie Dilrew	Reepham Runners	23	F	52	2 F 50-54	51:04.8	51:21.7	5:08/K
176	Cathy Forth	Norfolk Gazelles	154	F	42	8 F 40-44	51:27.1	51:39.0	5:10/K
177	JACK Cronin		310	M	15	53 M 0-39	51:32.6	51:40.2	5:10/K
178	Victoria Swanston		302	F	32	7 F 0-34	51:29.2	51:41.5	5:10/K
179	Pauline Richardson	Gt. Yarmouth RRC	165	F	52	3 F 50-54	51:41.9	51:51.7	5:11/K
180	Tracy Stevens	Wymondham A.C.	162	F	43	9 F 40-44	51:54.2	51:59.4	5:12/K
181	John DiMarco		132	M	24	54 M 0-39	51:35.5	52:00.5	5:12/K
182	Phillip Neave	Bungay Black Dog A.C.	96	M	63	6 M 60-64	51:47.3	52:02.5	5:12/K
183	Adrian Jay	Coltishall Jaguars	298	M	42	31 M 40-44	51:55.2	52:02.9	5:12/K
184	Sarah Jay	Coltishall Jaguars	297	F	46	5 F 45-49	51:59.1	52:06.7	5:13/K
185	John Tilbrook		73	M	69	5 M 65-69	51:50.3	52:08.1	5:13/K
186	Alec Fraser	North Norfolk Beach Runners	95	M	70	2 M 70-99	51:58.5	52:17.7	5:14/K
187	Trevor Horrex	Norwich Road Runners	255	M	52	19 M 50-54	52:03.0	52:19.8	5:14/K
188	Carly Jermy	Norwich Road Runners	181	F	32	8 F 0-34	52:06.1	52:23.1	5:14/K
189	Anthony Brookes		109	M	67	6 M 65-69	52:08.7	52:29.3	5:15/K
190	Steve Websdale	Norwich Road Runners	170	M	49	23 M 45-49	52:15.5	52:31.9	5:15/K

191	Kathryn Hammond	Norwich Road Runners	36	F	37	5 F 35-39	52:15.3	52:32.0	5:15/K
192	Donald Tiffin		40	M	65	7 M 65-69	52:20.2	52:32.4	5:15/K
193	Paul Westgate	Gt. Yarmouth RRC	150	M	54	20 M 50-54	52:20.2	52:41.2	5:16/K
194	Stephen Warncken		111	M	54	21 M 50-54	52:39.2	52:52.7	5:17/K
195	Blaine Craddock		131	M	41	32 M 40-44	52:46.4	53:11.0	5:19/K
196	Peter Downing		161	M	60	7 M 60-64	53:28.0	53:28.0	5:21/K
197	Paul Cross		18	M	33	55 M 0-39	53:13.3	53:31.3	5:21/K
198	Nicky Dowson	Norwich Road Runners	110	F	47	6 F 45-49	53:18.2	53:36.4	5:22/K
199	Peter Walwyn		157	M	71	3 M 70-99	53:29.2	53:44.0	5:22/K
200	Helen Coyte-McKenzie	Norfolk Gazelles	128	F	47	7 F 45-49	53:27.2	53:44.3	5:22/K
201	Suzanne Rodger	Norwich Road Runners	282	F	29	9 F 0-34	53:23.1	53:46.1	5:23/K
202	Chris Aspin		100	M	47	24 M 45-49	53:35.3	53:53.3	5:23/K
203	Ardyn Ross	Humpty Dumpty Brewery	124	F	45	8 F 45-49	53:47.1	53:53.8	5:23/K
204	Karen Tye		24	F	34	10 F 0-34	53:49.2	53:54.4	5:23/K
205	Duncan Harrison		164	M	37	56 M 0-39	53:46.3	53:58.9	5:24/K
206	Dianne Tilbrook		72	F	60	2 F 60-64	53:48.2	54:06.3	5:25/K
207	Hayley Hooper		37	F	40	10 F 40-44	54:06.4	54:13.3	5:25/K
208	Karen Gedge	Bungay Black Dog A.C.	94	F	47	9 F 45-49	53:53.4	54:18.7	5:26/K
209	Neville Green		288	M	47	25 M 45-49	54:16.4	54:29.4	5:27/K
210	Hayley Gerrard	Norwich Road Runners	230	F	44	11 F 40-44	54:08.0	54:31.1	5:27/K
211	Kasia Urbaniak		173	F	28	11 F 0-34	54:10.4	54:34.3	5:27/K
212	Judy Potter	Bungay Black Dog A.C.	304	F	66	1 F 65-99	54:32.1	54:38.6	5:28/K
213	Joni Lambert		214	F	29	12 F 0-34	54:23.8	54:42.8	5:28/K
214	Julie London	Norfolk Gazelles	251	F	44	12 F 40-44	54:33.9	54:49.4	5:29/K
215	Deborah English		277	F	33	13 F 0-34	54:35.2	54:50.1	5:29/K
216	John Lockett		168	M	54	22 M 50-54	54:39.2	54:54.7	5:29/K
217	Sheridan Carver		197	F	42	13 F 40-44	55:03.0	55:03.0	5:30/K
218	Lindsay Stiles		27	F	53	4 F 50-54	55:05.5	55:16.9	5:32/K
219	Michelle Waters	Norfolk Gazelles	207	F	44	14 F 40-44	55:03.2	55:18.7	5:32/K
220	Ray Knights		228	M	58	11 M 55-59	55:13.3	55:23.9	5:32/K
221	Barry Payne		261	M	29	57 M 0-39	55:01.0	55:24.5	5:32/K
222	Mike Creasor	Road Runners Club	10	M	74	4 M 70-99	55:14.5	55:31.9	5:33/K
223	Dean Gray		279	M	52	23 M 50-54	55:25.1	55:49.7	5:35/K
224	Ian Graveling		12	M	39	58 M 0-39	55:31.4	55:51.0	5:35/K
225	Gemma Francis	Coltishall Jaguars	99	F	34	14 F 0-34	56:13.3	56:19.3	5:38/K
226	Jane Ashby		290	F	64	3 F 60-64	56:19.3	56:36.5	5:40/K
227	Jeremy Sinclair		237	M	58	12 M 55-59	56:32.9	56:50.9	5:41/K
228	David Girling	Gt. Yarmouth RRC	61	M	51	24 M 50-54	56:36.1	56:57.1	5:42/K
229	Tamsin Desborough	Gt. Yarmouth RRC	234	F	18	15 F 0-34	56:43.7	56:59.9	5:42/K
230	Anne Martin	Wymondham A.C.	113	F	76	2 F 65-99	56:50.5	57:11.1	5:43/K
231	Andrew Stratton	Wymondham A.C.	208	M	51	25 M 50-54	57:08.4	57:13.3	5:43/K
232	Marie Frary		263	F	42	15 F 40-44	56:53.5	57:15.8	5:44/K
233	Robert Belcher		190	M	53	26 M 50-54	56:55.6	57:19.8	5:44/K
234	Louis Cooper	Wymondham A.C.	313	M	69	8 M 65-69	57:03.9	57:27.4	5:45/K
235	GILL Grand		300	F	45	10 F 45-49	57:08.1	57:30.7	5:45/K
236	Carole Spong	Gt. Yarmouth RRC	175	F	69	3 F 65-99	57:17.5	57:33.2	5:45/K
237	Stephanie Whyte	Bungay Black Dog A.C.	273	F	35	6 F 35-39	57:08.0	57:33.4	5:45/K
238	Anne Sinclair		236	F	55	4 F 55-59	57:22.9	57:40.9	5:46/K
239	Rod Shulver	Gt. Yarmouth RRC	232	M	70	5 M 70-99	57:27.1	57:48.7	5:47/K
240	Mik Carr		82	M	56	13 M 55-59	57:29.5	57:51.2	5:47/K
241	Rebecca Durant	Coltishall Jaguars	226	F	60	4 F 60-64	57:32.8	57:53.9	5:47/K
242	Priscilla Davies		274	F	41	16 F 40-44	58:03.0	58:17.0	5:50/K
243	Jackie Eastaugh-king	Norwich Road Runners	17	F	51	5 F 50-54	58:17.9	58:40.9	5:52/K
244	Mike Marshall	North Norfolk Beach Runners	163	M	70	6 M 70-99	59:54.2	1:00:21.2	6:02/K
245	Charles Weigand	Gt. Yarmouth RRC	5	M	67	9 M 65-69	1:00:29.0	1:00:51.4	6:05/K
246	Tony Britt	UK Netrunners	135	M	56	14 M 55-59	1:00:51.8	1:01:16.8	6:08/K
247	Anna Bettis		70	F	32	16 F 0-34	1:01:08.8	1:01:17.4	6:08/K
248	David Rose	Wymondham A.C.	16	M	46	26 M 45-49	1:00:57.6	1:01:22.4	6:08/K
249	Irene Brown		84	F	34	17 F 0-34	1:01:13.5	1:01:39.8	6:10/K
250	Dean Horobin-Wright		83	M	51	27 M 50-54	1:01:13.7	1:01:40.1	6:10/K
251	Kim Belcher	Norwich Road Runners	189	F	53	6 F 50-54	1:01:35.5	1:01:59.6	6:12/K
252	Catherine Coman		38	F	49	11 F 45-49	1:02:21.7	1:02:33.3	6:15/K
253	Tanya Martin	Wymondham A.C.	167	F	44	17 F 40-44	1:02:13.7	1:02:34.0	6:15/K
254	Rachael Williams	Bungay Black Dog A.C.	195	F	44	18 F 40-44	1:02:50.5	1:03:09.2	6:19/K
255	Robert Jack	Bungay Black Dog A.C.	102	M	52	28 M 50-54	1:03:11.6	1:03:30.3	6:21/K

256	Jennifer Rowley	Reepham Runners	178	F	63	5 F 60-64	1:03:32.9	1:03:50.2	6:23/K
257	Tabatha Sims		105	F	44	19 F 40-44	1:04:02.0	1:04:13.6	6:25/K
258	Peter Spandler	Gt. Yarmouth RRC	151	M	52	29 M 50-54	1:04:20.4	1:04:43.3	6:28/K
259	Robert Arnell	Gt. Yarmouth RRC	51	M	68	10 M 65-69	1:05:02.5	1:05:21.3	6:32/K
260	Paul Spandler		35	M	44	33 M 40-44	1:07:51.0	1:08:13.5	6:49/K
261	Sarah Marsh		176	F	31	18 F 0-34	1:08:26.7	1:08:37.7	6:52/K
262	Wendy Larke	Wymondham A.C.	87	F	46	12 F 45-49	1:09:05.2	1:09:28.8	6:57/K
263	Lester Pearson	Diss A.C	101	M	72	7 M 70-99	1:09:14.8	1:09:36.8	6:58/K
264	Albert Spong	Gt. Yarmouth RRC	174	M	73	8 M 70-99	1:10:46.7	1:11:06.1	7:07/K
265	Annette Carter	Gt. Yarmouth RRC	68	F	44	20 F 40-44	1:11:33.4	1:11:59.5	7:12/K
266	Jannine Parry	Humpty Dumpty Brewery	143	F	30	19 F 0-34	1:15:14.9	1:15:29.0	7:33/K
267	Rebecca Marsh		126	F	32	20 F 0-34	1:15:43.9	1:15:55.9	7:36/K
268	Julie Jarvey		33	F	40	21 F 40-44	1:17:32.3	1:17:58.3	7:48/K
269	Lou Miller		283	M	82	9 M 70-99	1:28:00.0	1:28:20.3	8:50/K

Great Yarmouth & District Athletic Club

would like to thank everyone for entering - WELL DONE

We appreciate your feedback so if you can take a minute to email us at [gydacraces@btconnect.com](mailto:gydacraces@btconnect.com)

and/or add your comments onto the Runners World website

it would be much appreciated

Next Event: **REEDHAM TEN Sunday 27th January 2013**