

The Jaguars 'Mike Groves' 10K Road Race 2012

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:35:06	BATESON, Richard	Lincoln Wellington AC	Senior Mens (15-39)	05:38.8	149	1
2	0:35:52	CHEVERTON, Robert	City of Norwich Athletic Club	Mens 55-59	05:46.2	267	2
3	0:36:01	THOMPSON, Mark	Great Yarmouth Road Runners	Senior Mens (15-39)	05:47.7	266	3
4	0:36:05	ARNOLD, Nigel	Norfolk Gazelles	Mens 50-54	05:48.3	247	4
5	0:36:37	JORDAN, Richard	Eastern Veterans	Mens 55-59	05:53.5	245	5
6	0:36:48	THOMPSON, Gary	Ipswich jaffa RC	Senior Mens (15-39)	05:55.2	221	6
7	0:37:31	HIGHAM, Paul	Norwich Road Runners	Senior Mens (15-39)	06:02.1	173	7
8	0:37:37	MOORE, John	Norfolk Gazelles	Mens 50-54	06:03.1	106	8
9	0:38:14	GARRETT, Mark	Norwich Road Runners	Mens 45-49	06:09.1	197	9
10	0:38:15	STONE, Matthew	Coltishall Jaguars RC	Mens 40-44	06:09.2	252	10
11	0:38:29	SCOTT, Chris	Lowestoft Road Runners	Senior Mens (15-39)	06:11.5	258	11
12	0:38:56	JACOBS, John	Unattached	Senior Mens (15-39)	06:15.8	198	12
13	0:39:00	HONEYMAN, Ryan	Unattached	Senior Mens (15-39)	06:16.5	104	13
14	0:39:04	TANDY, David	Norwich Road Runners	Mens 40-44	06:17.1	209	14
15	0:39:10	PASK, Matthew	Wymondham AC	Mens 45-49	06:18.1	286	15
16	0:39:19	THOMAS, Ian	Norfolk Gazelles	Mens 50-54	06:19.5	203	16
17	0:39:28	DE GRANDIS, Carmine	North Norfolk Beach Runners	Mens 40-44	06:21.0	114	17
18	0:39:46	CHRISTOPHER, John	North Norfolk Beach Runners	Mens 45-49	06:23.9	298	18
19	0:39:47	GUY, Steven	City of Norwich Athletic Club	Senior Mens (15-39)	06:24.0	133	19
20	0:39:50	COPLEY, Alex	Unattached	Senior Mens (15-39)	06:24.5	171	20
21	0:39:54	WHITE, Richard	Wymondham AC	Mens 50-54	06:25.1	253	21
22	0:39:56	FRARY, Matthew	Norwich Road Runners	Senior Mens (15-39)	06:25.5	275	22
23	0:40:24	WATERS, Ady	Norfolk Gazelles	Mens 45-49	06:30.0	222	23
24	0:40:34	MCMORRIS, Will	Unattached	Senior Mens (15-39)	06:31.6	255	24
25	0:40:39	HOOK, David	City of Norwich Athletic Club	Senior Mens (15-39)	06:32.4	263	25
26	0:40:43	MASLEN, David	Tri-Anglia	Mens 45-49	06:33.0	261	26
27	0:40:56	CHAMBERLAIN, Michael	Norwich Road Runners	Mens 50-54	06:35.1	232	27
28	0:41:07	WADE, Christopher Mark	North Norfolk Beach Runners	Senior Mens (15-39)	06:36.9	113	28
29	0:41:12	CHURCH, Stephen	City of Norwich Athletic Club	Mens 50-54	06:37.7	285	29
30	0:41:26	LINDSAY, Ray	Norwich Road Runners	Mens 55-59	06:40.0	268	30
31	0:41:38	GIBBS, Wayne	Coltishall Jaguars RC	Senior Mens (15-39)	06:41.9	273	31
32	0:41:50	JOHNSON, Pete	Norfolk Gazelles	Mens 55-59	06:43.8	282	32
33	0:42:04	ROBERTS, Sandra	Norfolk Gazelles	Ladies 45-49	06:46.1	204	33
34	0:42:08	ELLIS, Vince	City of Norwich Athletic Club	Mens 55-59	06:46.7	254	34
35	0:42:11	DADY, Stephen	Great Yarmouth Road Runners	Mens 60+	06:47.2	219	35
36	0:42:14	BELSON, Robin	Ipswich jaffa RC	Mens 50-54	06:47.7	289	36
37	0:42:19	PRICE, Ben	Unattached	Senior Mens (15-39)	06:48.5	207	37
38	0:42:24	BRIERLEY, Simon	Tri-Anglia	Senior Mens (15-39)	06:49.3	265	38
39	0:42:25	BAKER, Stephen	Tri-Anglia	Mens 45-49	06:49.4	116	39
40	0:42:28	SADD, Stephen	Norfolk Gazelles	Mens 50-54	06:49.9	242	40
41	0:42:31	CHORLEY, Chris	Bungay Black Dog RC	Mens 45-49	06:50.4	184	41
42	0:42:39	RING, Mark	Norwich Road Runners	Mens 45-49	06:51.7	240	42
43	0:42:49	OLDHAM, Mark	Southend	Mens 45-49	06:53.3	228	43
44	0:42:55	THOMPSON, Peter	Norfolk Gazelles	Mens 55-59	06:54.3	236	44
45	0:43:06	VOGIATZIS, Lily	City of Norwich Athletic Club	Senior Ladies (15-39)	06:56.0	297	45
46	0:43:07	WALPOLE, Neil	Norwich Road Runners	Mens 40-44	06:56.2	257	46
47	0:43:17	VOGT, Gavin	Unattached	Mens 50-54	06:57.8	148	47
48	0:43:24	MOORE, Chris	Norfolk Gazelles	Mens 50-54	06:58.9	225	48
49	0:43:33	KELLAWAY, David	Unattached	Mens 50-54	07:00.4	112	49
50	0:43:38	WOODYATT, Paul	City of Norwich Athletic Club	Mens 50-54	07:01.2	192	50
51	0:43:43	LINES, Rob	Tri-Anglia	Mens 40-44	07:02.0	189	51
52	0:43:44	KINGABY, Bill	Waveney valley AC	Mens 60+	07:02.2	250	52
53	0:44:08	BLACKETT, Robert	Unattached	Senior Mens (15-39)	07:06.0	262	53
54	0:44:14	COOPER, Philip	Reepham Runners	Mens 50-54	07:07.0	179	54
55	0:44:47	FRARY, Matt	City of Norwich Athletic Club	Mens 40-44	07:12.3	299	55
56	0:45:25	MCFARLANE, James	Unattached	Senior Mens (15-39)	07:18.4	283	56
57	0:45:40	EDWARDS, Penny	Norwich Road Runners	Ladies 55-59	07:20.8	202	57
58	0:45:45	WILSON, William	Unattached	Senior Mens (15-39)	07:21.6	111	58
59	0:45:56	SMITH, Iain	City of Norwich Athletic Club	Mens 40-44	07:23.4	190	59
60	0:45:57	HARDINGHAM, Graham	Norfolk Gazelles	Mens 50-54	07:23.6	279	60
61	0:46:01	MURRAY, Philip	City of Norwich Athletic Club	Senior Mens (15-39)	07:24.2	284	61
62	0:46:23	CUSHING, Sally	Norwich Road Runners	Ladies 45-49	07:27.7	193	62
63	0:46:33	MOORE, Keith	Dereham Runners AC	Mens 45-49	07:29.3	200	63
64	0:46:54	BULL, Michelle	Norwich Road Runners	Ladies 40-44	07:32.7	230	64
65	0:47:00	PARKER, John	Unattached	Senior Mens (15-39)	07:33.7	199	65
66	0:47:01	FOOT, Jonathan	Unattached	Mens 50-54	07:33.9	237	66
67	0:47:11	PRICE, Ken	Tri-Anglia	Mens 60+	07:35.5	210	67
68	0:47:16	MILLETT, Anne	Norwich Road Runners	Ladies 55-59	07:36.3	196	68
69	0:47:31	HOVSTAD, Silje	City of Norwich Athletic Club	Senior Ladies (15-39)	07:38.7	224	69
70	0:47:34	MCVEIGH, Mark	Unattached	Mens 50-54	07:39.2	110	70
71	0:47:37	TARBET, Neal	Unattached	Senior Mens (15-39)	07:39.6	292	71
72	0:47:40	THOULESS, Gavin	Norwich Road Runners	Mens 40-44	07:40.1	235	72
73	0:47:46	REYNOLDS, Matthew	Lowestoft Road Runners	Senior Mens (15-39)	07:41.1	187	73
74	0:47:47	HARPER, Stacey	Unattached	Senior Ladies (15-39)	07:41.3	103	74
75	0:47:48	JESNEY, Joanne	Wymondham AC	Ladies 40-44	07:41.4	186	75
76	0:47:50	MILLER, John	Unattached	Mens 50-54	07:41.7	208	76
77	0:47:53	NORTON, Andrew	Dereham Runners AC	Mens 45-49	07:42.2	271	77

78	0:47:58	WILSON, Brian	Norwich Road Runners	Senior Mens (15-39)	07:43.0	180	78
79	0:48:02	OSBORNE, Andi	North Norfolk Beach Runners	Ladies 55-59	07:43.7	101	79
80	0:48:09	GASS, Joe	Unattached	Mens 40-44	07:44.8	206	80
81	0:48:10	OSBORNE, Rob	North Norfolk Beach Runners	Mens 50-54	07:45.0	102	81
82	0:48:22	TITCHINER, Brian	Dereham Runners AC	Mens 50-54	07:46.9	201	82
83	0:48:38	MANLY, Veronica	Eastern Veterans	Ladies 60+	07:49.5	162	83
84	0:48:40	BRADLEY, Sarah	Norwich Road Runners	Ladies 45-49	07:49.8	226	84
85	0:48:42	SAUERZAPF, Bobbie	Bungay Black Dog RC	Ladies 50-54	07:50.1	185	85
86	0:48:44	CORBOULD, Stephen	Norfolk Gazelles	Mens 50-54	07:50.4	217	86
87	0:48:48	ALFORD, Colin	Unattached	Mens 45-49	07:51.1	137	87
88	0:48:50	SYMONDS, Robin	Norwich Road Runners	Mens 50-54	07:51.4	269	88
89	0:48:55	DUGDALE, Tanya	Norwich Road Runners	Senior Ladies (15-39)	07:52.2	270	89
90	0:48:58	HAINES, David	Dereham Runners AC	Mens 60+	07:52.7	295	90
91	0:49:07	DYE, Christopher	Unattached	Mens 45-49	07:54.1	238	91
92	0:49:28	WILSON, Jacqueline	Unattached	Ladies 45-49	07:57.5	181	92
93	0:49:29	WILSON, Steven	Unattached	Mens 50-54	07:57.7	182	93
94	0:49:36	KEATING, Aine	Unattached	Senior Ladies (15-39)	07:58.8	296	94
95	0:49:46	BUFFORD, Bill	Unattached	Mens 40-44	08:00.4	205	95
96	0:49:48	WOOD, Charlie	Norwich Road Runners	Mens 50-54	08:00.7	280	96
97	0:49:51	STAFFORD, Jane	Norwich Road Runners	Ladies 45-49	08:01.2	272	97
98	0:49:53	JOHNSON, Timothy	Wymondham AC	Senior Mens (15-39)	08:01.5	134	98
99	0:49:59	ROBERTS, Hugh	Bungay Black Dog RC	Mens 60+	08:02.5	290	99
100	0:50:34	JANACEK, Sophie	Unattached	Senior Ladies (15-39)	08:08.1	172	100
101	0:50:46	GRAY, Donna	Unattached	Ladies 40-44	08:10.1	287	101
102	0:50:51	OGHENEGWEKE, Helen	Norwich Road Runners	Senior Ladies (15-39)	08:10.9	274	102
103	0:50:55	WILSON, Kirk	Unattached	Mens 40-44	08:11.5	164	103
104	0:51:35	DILREW, Julie	Reepham Runners	Ladies 50-54	08:17.9	191	104
105	0:51:53	BALDWIN, Chris	Norfolk Gazelles	Senior Mens (15-39)	08:20.8	220	105
106	0:52:06	HORREX, Trevor	Norwich Road Runners	Mens 50-54	08:22.9	141	106
107	0:52:18	TIFFIN, Donald	Unattached	Mens 45-49	08:24.9	246	107
108	0:52:35	NEAVE, Philip	Bungay Black Dog RC	Mens 60+	08:27.6	163	108
109	0:52:37	PUNT, David	Bungay Black Dog RC	Mens 55-59	08:27.9	278	109
110	0:52:49	BOGGAN, Kim	Unattached	Ladies 50-54	08:29.8	167	110
111	0:53:22	WATERS, Michelle	Norfolk Gazelles	Ladies 40-44	08:35.2	223	111
112	0:53:25	LONDON, Julie	Norfolk Gazelles	Ladies 45-49	08:35.6	243	112
113	0:53:30	YAXLEY, Deborah	Unattached	Senior Ladies (15-39)	08:36.4	174	113
114	0:53:31	GODWIN, Jo	Norwich Road Runners	Senior Ladies (15-39)	08:36.6	233	114
115	0:53:31	BUFFINI, Lauren	Norwich Road Runners	Senior Ladies (15-39)	08:36.6	300	115
116	0:54:00	BELSON, Janine	Unattached	Senior Ladies (15-39)	08:41.3	194	116
117	0:54:07	SCARFE, Robert	Wymondham AC	Mens 55-59	08:42.4	249	117
118	0:54:28	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:45.8	126	118
119	0:54:44	ENGLAND, John	Gt Yarmouth & District AC	Mens 60+	08:48.4	294	119
120	0:54:49	DE GRANDIS, Jenny	North Norfolk Beach Runners	Senior Ladies (15-39)	08:49.2	241	120
121	0:55:21	COOPER, Carol	Norfolk Gazelles	Ladies 45-49	08:54.3	264	121
122	0:55:36	BOGGAN, Ian	Unattached	Mens 50-54	08:56.7	166	122
123	0:55:37	BRITT, Tony	UK Net Runner	Mens 55-59	08:56.9	143	123
124	0:55:41	MOORE, Susan	Norfolk Gazelles	Ladies 55-59	08:57.5	231	124
125	0:55:46	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-44	08:58.3	145	125
126	0:56:11	SMITH, Susan	Norwich Road Runners	Senior Ladies (15-39)	09:02.3	152	126
127	0:56:18	FAGGE, Jonathon	Tri-Anglia	Mens 40-44	09:03.5	119	127
128	0:56:18	SMITHSON, Jo	Unattached	Ladies 45-49	09:03.5	105	128
129	0:56:33	SINCLAIR, Anne	Unattached	Ladies 55-59	09:05.9	157	129
130	0:56:34	BELCHER, Robert	Unattached	Mens 50-54	09:06.0	256	130
131	0:56:52	PRESTON, Gina	Unattached	Ladies 45-49	09:08.9	115	131
132	0:56:53	FOLKARD, Julie	Unattached	Ladies 45-49	09:09.1	288	132
133	0:56:55	STEEL, Elaine	Unattached	Ladies 45-49	09:09.4	281	133
134	0:57:16	RICHARDSON, John	Dereham Runners AC	Mens 55-59	09:12.8	229	134
135	0:57:23	MCCABE, Kate	Unattached	Senior Ladies (15-39)	09:13.9	259	135
136	0:57:25	HARDY, Carol	Norfolk Gazelles	Ladies 50-54	09:14.3	146	136
137	0:57:50	MOORE, Hermoine	Unattached	Senior Ladies (15-39)	09:18.3	277	137
138	0:58:04	BLOOMFIELD, Graham	Unattached	Senior Mens (15-39)	09:20.5	161	138
139	0:58:09	PUGH, David	Unattached	Mens 60+	09:21.3	251	139
140	0:58:51	WILLIAMS, Rachel	Bungay Black Dog RC	Ladies 40-44	09:28.1	138	140
141	0:58:53	CREASOR, Mike	Road Runners Club	Mens 60+	09:28.4	195	141
142	0:59:03	ROWLEY, John	Reepham Runners	Mens 60+	09:30.0	212	142
143	0:59:16	ARMES, Sharon	Norwich Road Runners	Ladies 40-44	09:32.1	276	143
144	0:59:29	BYRNE, Paul	Imberhorne	Senior Mens (15-39)	09:34.2	227	144
145	1:01:32	WHITING, Jean	Unattached	Ladies 40-44	09:54.0	147	145
146	1:01:37	DEVEREUX, Katie	Unattached	Senior Ladies (15-39)	09:54.8	165	146
147	1:02:29	BAXTER, Bryan	Tri-Anglia	Mens 50-54	10:03.2	107	147
148	1:02:53	TAYLOR, Cas	Unattached	Senior Ladies (15-39)	10:07.0	293	148
149	1:03:19	ROWLEY, Jennifer	Reepham Runners	Ladies 60+	10:11.2	211	149
150	1:06:05	MITCHELL, Kelly	Unattached	Senior Ladies (15-39)	10:37.9	175	150
151	1:06:06	GREEN, Dianne	Unattached	Ladies 50-54	10:38.1	176	151
152	1:06:35	MACRAE, Louise	Unattached	Senior Ladies (15-39)	10:42.8	260	152
153	1:08:43	FREEBURN, Rodney	Wymondham AC	Mens 60+	11:03.3	291	153
154	1:11:30	GOWING, Jean	Reepham Runners	Ladies 60+	11:30.2	160	154
155	1:12:45	KING, Donna	Reepham Runners	Senior Ladies (15-39)	11:42.3	244	155
156	1:14:43	DOBBS, Ali	Unattached	Senior Ladies (15-39)	12:01.3	170	156

There were 156 finishers in the All Competitors category.