

# Norwich Road Runners Presents:

## The Wroxham Series 2013

### Race 1 Results

Wednesday 15 May 2013. 7:15 pm

#### Male : Race Overall

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:51	BATTRICK, John		<b>Senior Male</b>	<b>312</b>	<b>1</b>
2	0:15:52	BLAKE, Dominic	Reepham Runners	Senior Male	303	2
3	0:16:23	SANFORD, Paul	Norfolk Harriers	Senior Male	376	3

#### Male: Junior

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:56	ALDEN, Luke	City of Norwich A.C.	Junior Male	1667	7
2	0:17:46	FOSTER, Edward		Junior Male	1685	12
3	0:17:57	CROWE, Daniel	City of Norwich A.C.	Junior Male	323	15

#### Male: Senior

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:50	KETT, Andy	North Norfolk Beach Runners	Senior Male	315	5
2	0:16:53	THOMPSON, Mark	Gt. Yarmouth RRC	Senior Male	314	6

#### Male (40-49)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:44	GOODALL, Spencer	Wymondham A.C.	Male (40-49)	1688	4
2	0:18:20	GRAND, Adrian	Norwich Road Runners	Male (40-49)	338	21

#### Male (50-59)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:45	MUFFETT, Paul	North Norfolk Beach Runners	Male (50-59)	325	11
2	0:18:05	ARNOLD, Nigel	Norfolk Gazelles	Male (50-59)	319	16

#### Male 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:56	BOWMAN, Ken	Coltishall Jaguars	Male 60+	322	42
2	0:20:57	YEOMANS, Martin	Norwich Road Runners	Male 60+	309	56

#### Female: Race Overall

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:49	ALDEN, Sophie	<b>City of Norwich A.C.</b>	<b>Junior Female</b>	<b>1614</b>	<b>27</b>
2	0:19:43	LEARY, Rowena	Norfolk Gazelles	Senior Female	1603	37
3	0:19:46	SIMMONS, Georgiana	City of Norwich A.C.	Senior Female	356	38

#### Junior Female

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:49	ALDEN, Sophie	City of Norwich A.C.	Junior Female	1614	27
2	0:21:33	NORRIS, Kezia	North Norfolk Beach Runners	Junior Female	345	60
3	0:25:09	FRARY, Madeleine		Junior Female	378	113

#### Senior Female

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:26	BYE, Ellie	Coltishall Jaguars	Senior Female	360	47
2	0:22:02	LAURENCE, Stephanie	City of Norwich A.C.	Senior Female	373	66

#### Female (40-49)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:03	BULL, Michelle	City of Norwich A.C.	Female (40-49)	353	67
2	0:22:40	SPENCE, Sabina	City of Norwich A.C.	Female (40-49)	357	77

#### Female (50-59)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:53	COOKE, Sue	City of Norwich A.C.	Female (50-59)	1607	64
2	0:22:16	ALLEN, Sue	Coltishall Jaguars	Female (50-59)	1627	71

#### Female (60+)

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:27:16	DURANT, Becky	Coltishall Jaguars	Female (60+)	1622	131
2	0:27:35	MARTIN, Anne	Wymondham A.C.	Female (60+)	1608	132

# Race 1 : Team Prizes

(3 competitors per team. Based on cumulative position.)

## Senior Men: City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
6	0:16:56	ALDEN, Luke	Junior Male	1667	7
11	0:17:48	BALFE, Stephen	Senior Male	342	13
13	0:17:57	CROWE, Daniel	Junior Male	323	15
<b>30</b>	<b>0:52:41</b>	<b>Totals</b>			

## Vet Men : Wymondham A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:44	GOODALL, Spencer	Male (40-49)	1688	4
7	0:18:39	GREENLAND, Edward	Male (40-49)	317	25
8	0:18:54	PRESTON, Andrew	Male (40-49)	341	29
<b>16</b>	<b>0:54:17</b>	<b>Totals</b>			

## Senior Female : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:49	ALDEN, Sophie	Junior Female	1614	27
3	0:19:46	SIMMONS, Georgiana	Senior Female	356	38
6	0:22:02	LAURENCE, Stephanie	Senior Female	373	66
<b>10</b>	<b>1:00:37</b>	<b>Totals</b>			

## Vet Female : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:53	COOKE, Sue	Female (50-59)	1607	64
2	0:22:03	BULL, Michelle	Female (40-49)	353	67
4	0:22:40	SPENCE, Sabina	Female (40-49)	357	77
<b>7</b>	<b>1:06:36</b>	<b>Totals</b>			

# Individual 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>Race No</i>	<i>Race Place</i>
1	0:15:51	BATTRICK, John		Senior Male	312	1
2	0:15:52	BLAKE, Dominic	Reepham Runners	Senior Male	303	2
3	0:16:23	SANFORD, Paul	Norfolk Harriers	Senior Male	376	3
4	0:16:44	GOODALL, Spencer	Wymondham A.C.	Male (40-49)	1688	4
5	0:16:50	KETT, Andy	North Norfolk Beach Runners	Senior Male	315	5
6	0:16:53	THOMPSON, Mark	Gt. Yarmouth RRC	Senior Male	314	6
7	0:16:56	ALDEN, Luke	City of Norwich A.C.	Junior Male	1667	7
8	0:17:15	CRASKE, Adam	Bungay Black Dog A.C.	Senior Male	1650	8
9	0:17:40	THORNTON, Rob	Wymondham A.C.	Senior Male	328	9
10	0:17:44	HONEYMAN, Ryan		Senior Male	1670	10
11	0:17:45	MUFFETT, Paul	North Norfolk Beach Runners	Male (50-59)	325	11
12	0:17:46	FOSTER, Edward		Junior Male	1685	12
13	0:17:48	BALFE, Stephen	City of Norwich A.C.	Senior Male	342	13
14	0:17:56	COLLINSON, Ben	West Norfolk A.C.	Senior Male	1660	14
15	0:17:57	CROWE, Daniel	City of Norwich A.C.	Junior Male	323	15
16	0:18:05	ARNOLD, Nigel	Norfolk Gazelles	Male (50-59)	319	16
17	0:18:08	MULLIGAN, Andrew	Coltishall Jaguars	Senior Male	335	17
18	0:18:09	RICHARDSON, Glen	City of Norwich A.C.	Senior Male	337	18
19	0:18:19	GILLICK, Jack	Wymondham A.C.	Senior Male	339	19
20	0:18:20	GUY, Steven	City of Norwich A.C.	Senior Male	1658	20
21	0:18:20	GRAND, Adrian	Norwich Road Runners	Male (40-49)	338	21
22	0:18:21	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Male	321	22
23	0:18:22	WITMOND, Anthony	North Norfolk Beach Runners	Male (40-49)	313	23
24	0:18:33	CLUES, Mark	Tri-Anglia	Male (40-49)	300	24

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
25	0:18:39	GREENLAND, Edward	Wymondham A.C.	Male (40-49)	317	25
26	0:18:46	WADE, Christopher	North Norfolk Beach Runners	Senior Male	349	26
27	0:18:49	ALDEN, Sophie	City of Norwich A.C.	Junior Female	1614	27
28	0:18:50	FRARY, Matthew	Norwich Road Runners	Senior Male	340	28
29	0:18:54	PRESTON, Andrew	Wymondham A.C.	Male (40-49)	341	29
30	0:18:58	CHILDERHOUSE, Steve	Wymondham A.C.	Male (40-49)	379	30
31	0:18:59	WATKINSON, Kevin		Senior Male	333	31
32	0:19:01	WOODS, Peter	City of Norwich A.C.	Male (40-49)	1669	32
33	0:19:17	PASK, Matt	Wymondham A.C.	Male (40-49)	1677	33
34	0:19:18	ASKER, David		Senior Male	1693	34
35	0:19:27	NELSON, Glen	Tri-Anglia	Male (50-59)	327	35
36	0:19:32	McMORRIS, Will		Senior Male	305	36
37	0:19:43	LEARY, Rowena	Norfolk Gazelles	Senior Female	1603	37
38	0:19:46	SIMMONS, Georgiana	City of Norwich A.C.	Senior Female	356	38
39	0:19:51	TUDGE, David	City of Norwich A.C.	Senior Male	1666	39
40	0:19:52	COLE, Jason		Senior Male	1678	40
41	0:19:53	STOREY, Mark	City of Norwich A.C.	Male (40-49)	1672	41
42	0:19:56	BOWMAN, Ken	Coltishall Jaguars	Male 60+	322	42
43	0:19:57	LUNN, Andrew		Senior Male	301	43
44	0:20:01	SUTHERLAND, Luke		Senior Male	1690	44
45	0:20:04	ARMSTRONG, Darren	North Norfolk Beach Runners	Senior Male	1659	45
46	0:20:12	LEACH, John	North Norfolk Beach Runners	Male (50-59)	1657	46
47	0:20:26	BYE, Ellie	Coltishall Jaguars	Senior Female	360	47
48	0:20:26	CHORLEY, Chris	Bungay Black Dog A.C.	Male (50-59)	1683	48
49	0:20:28	NEALE, Darren	North Norfolk Beach Runners	Senior Male	324	49
50	0:20:30	BLAKE, Dean	Coltishall Jaguars	Senior Male	1663	50
51	0:20:32	NEWSTEAD, Martin		Male (40-49)	1649	51
52	0:20:40	CARMAN, Eddie	North Norfolk Beach Runners	Male (40-49)	1661	52
53	0:20:41	KING, Richard		Male (40-49)	306	53
54	0:20:45	MOORE, Chris	Norfolk Gazelles	Male (50-59)	1651	54
55	0:20:51	HARDINGHAM, Kevin	Norfolk Gazelles	Male (50-59)	331	55
56	0:20:57	YEOMANS, Martin	Norwich Road Runners	Male 60+	309	56
57	0:21:09	MAHONEY, Chris		Male (40-49)	1665	57
58	0:21:22	FRARY, Mathew		Male (40-49)	377	58
59	0:21:30	BRIGGS, Jonathan	Tri-Anglia	Male (40-49)	311	59
60	0:21:33	NORRIS, Kezia	North Norfolk Beach Runners	Junior Female	345	60
61	0:21:41	MAIN, Rod	Tri-Anglia	Male (40-49)	1698	61
62	0:21:44	HARDINGHAM, Graham	Norfolk Gazelles	Male (50-59)	1652	62
63	0:21:50	BRANNAN, Terry	Wymondham A.C.	Male 60+	316	63
64	0:21:53	COOKE, Sue	City of Norwich A.C.	Female (50-59)	1607	64
65	0:21:56	BOND, Danny	Norwich Road Runners	Senior Male	1699	65
66	0:22:02	LAURENCE, Stephanie	City of Norwich A.C.	Senior Female	373	66
67	0:22:03	BULL, Michelle	City of Norwich A.C.	Female (40-49)	353	67
68	0:22:10	ROWLEY, David		Male (40-49)	1692	68
69	0:22:12	OSBORNE, Robert	North Norfolk Beach Runners	Male (50-59)	1681	69
70	0:22:16	WILLIAMS, Bryn	Coltishall Jaguars	Male (40-49)	332	70
71	0:22:16	ALLEN, Sue	Coltishall Jaguars	Female (50-59)	1627	71
72	0:22:17	CUTTING, Nigel		Senior Male	372	72
73	0:22:17	SULLIVAN, Paul	Norwich Road Runners	Male (40-49)	371	73
74	0:22:18	CLEMINSON, Ian	Coltishall Jaguars	Male (40-49)	375	74
75	0:22:26	MAW, Gordon	Norwich Road Runners	Male (40-49)	1646	75
76	0:22:32	BLACKWELL, Daniel		Senior Male	1664	76
77	0:22:40	SPENCE, Sabina	City of Norwich A.C.	Female (40-49)	357	77
78	0:22:41	HILL, Fiona		Senior Female	1602	78
79	0:22:48	JENKINS, Paul		Male (50-59)	1689	79
80	0:22:49	JARVEY, Paul		Male (40-49)	329	80
81	0:22:53	PRIOR, Kevin		Male (40-49)	302	81
82	0:23:01	LIVERMORE, Tom	Bungay Black Dog A.C.	Senior Male	1643	82
83	0:23:04	ROBSON, Graham		Male (50-59)	1676	83
84	0:23:08	WADE, Ian	North Norfolk Beach Runners	Male (50-59)	348	84
85	0:23:12	RICHARDSON, Pauline	Gt. Yarmouth RRC	Female (50-59)	359	85
86	0:23:18	WARD, Kevin		Male (50-59)	336	86
87	0:23:20	BATTRICK, Peter		Male 60+	1674	87
88	0:23:22	ELLEN, Anne	Norfolk Gazelles	Female (50-59)	1635	88
89	0:23:23	STUBBS, Sarah	Coltishall Jaguars	Senior Female	1641	89
90	0:23:23	HARDS, Amanda		Female (40-49)	362	90
91	0:23:33	JONES, Stephanie		Senior Female	1601	91
92	0:23:37	GILBERT, David	Tri-Anglia	Male 60+	326	92
93	0:23:38	TAYLOR, Martin		Senior Male	1697	93
94	0:23:39	STRINGER, Stephen	Gt. Yarmouth RRC	Male (40-49)	318	94
95	0:23:45	NELSON, Erik		Male (40-49)	344	95
96	0:23:47	GOODMAN, Andrew	Birstall R.C.	Male 60+	310	96
97	0:23:58	RUMSBY, Karl	Reepham Runners	Senior Male	334	97
98	0:24:04	ROBSON, Rachel	North Norfolk Beach Runners	Female (40-49)	1621	98
99	0:24:15	TAYLOR, Daniel		Senior Male	1656	99
100	0:24:16	STEELE, Ruth	Norwich Road Runners	Female (40-49)	1631	100

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race Race</i>	
					<i>No</i>	<i>Place</i>
101	0:24:19	DURRANT, Judith	Reepham Runners	Female (40-49)	364	101
102	0:24:27	SIMPSON, David	Coltishall Jaguars	Male 60+	307	102
103	0:24:40	PRESTON, Sarah		Senior Female	358	103
104	0:24:41	HILL, Chris		Senior Male	1645	104
105	0:24:43	DICKENS, Keith	North Norfolk Beach Runners	Male 60+	330	105
106	0:24:47	HELSON, Simon		Senior Male	308	106
107	0:24:49	MILLER, Sarah		Senior Female	1630	107
108	0:24:55	LONG, Jurgen		Senior Male	1668	108
109	0:24:56	WATERS, Michelle	Norfolk Gazelles	Female (40-49)	1628	109
110	0:24:58	HOLLIS, Liz	City of Norwich A.C.	Female (40-49)	1632	110
111	0:25:00	NICE, Karen		Senior Female	1611	111
112	0:25:05	LONDON, Julie	Norfolk Gazelles	Female (40-49)	1616	112
113	0:25:09	FRARY, Madeleine		Junior Female	378	113
114	0:25:27	HARDINGHAM, Gail	Norfolk Gazelles	Female (50-59)	1604	114
115	0:25:34	DADY, Sylvia	Wymondham A.C.	Senior Female	368	115
116	0:25:40	HARROP, Jackie	Coltishall Jaguars	Female (40-49)	1617	116
117	0:25:45	JERMYN, Lorna		Senior Female	1640	117
118	0:25:48	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Female (50-59)	1623	118
119	0:25:50	HARMER, Charlotte	Coltishall Jaguars	Senior Female	365	119
120	0:25:55	JERMYN, Suzy		Senior Female	369	120
121	0:26:03	MOORE, Susan	Norfolk Gazelles	Female (50-59)	367	121
122	0:26:05	KENT, Karen	Wymondham A.C.	Female (40-49)	350	122
123	0:26:07	NEEDS, Anna	Wymondham A.C.	Female (40-49)	370	123
124	0:26:08	COOK, Sharon	Wymondham A.C.	Female (40-49)	1637	124
125	0:26:16	CLUES, Elizabeth	Tri-Anglia	Female (40-49)	354	125
126	0:26:21	MINGAY, Cathy	City of Norwich A.C.	Female (40-49)	1633	126
127	0:26:25	BALL, Malcolm	North Norfolk Beach Runners	Male 60+	1648	127
128	0:26:26	CORDEAUX, Mary	City of Norwich A.C.	Female (40-49)	1612	128
129	0:26:31	BRITT, Tony	UK Netrunners	Male (50-59)	1647	129
130	0:27:01	STRATTON, Andrew	Wymondham A.C.	Male (50-59)	1696	130
131	0:27:16	DURANT, Becky	Coltishall Jaguars	Female (60+)	1622	131
132	0:27:35	MARTIN, Anne	Wymondham A.C.	Female (60+)	1608	132
133	0:27:45	NEAVE, Phillip	Bungay Black Dog A.C.	Male 60+	1682	133
134	0:28:08	BENFIELD, Mark		Male (40-49)	320	134
135	0:28:09	ROWLEY, John	Reepham Runners	Male 60+	1600	135
136	0:28:10	STOREY, Linda		Female (40-49)	351	136
137	0:28:13	KRUMHOLZ, Jeremy	Norfolk Gazelles	Male (40-49)	1673	137
138	0:28:40	STEELE, Martin		Male (40-49)	1686	138
139	0:28:55	MILLER, Rachel		Senior Female	1636	139
140	0:29:17	FUTTER, Clare		Senior Female	1638	140
141	0:29:55	WATERS, Hope		Junior Female	361	141
142	0:29:56	GOWING, Sherry	Norfolk Gazelles	Female (40-49)	363	142
143	0:29:57	WATERS, Adrian	Norfolk Gazelles	Male (40-49)	1679	143
144	0:30:20	LONG, Stephen		Senior Male	1654	144
145	0:30:32	CLEGG, Dawn	Gt Yarmouth & D.A.C.	Female (50-59)	1605	145
146	0:30:41	SMITH, Elaine		Female (40-49)	374	146
147	0:30:41	SMITH, Andrew		Male (40-49)	1653	147
148	0:31:11	SCOTT, Claire		Female (40-49)	1610	148
149	0:31:13	NEAL, Henry	Coltishall Jaguars	Junior Male	380	149
150	0:31:15	TIDY, Frankie		Junior Female	366	150
151	0:31:19	LAWRENCE, Steve		Senior Male	343	151
152	0:31:26	NEAL, Dee	Coltishall Jaguars	Female (50-59)	381	152
153	0:32:31	FREEBURN, Rodney	Wymondham A.C.	Male 60+	1642	153
154	0:33:24	TUDHOPE, Sarah		Female (40-49)	1629	154
155	0:33:31	CHILSON, Beverly		Female (40-49)	346	155
156	0:34:10	LONG, David		Male 60+	1655	156
157	0:35:10	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Female (60+)	1609	157
158	0:41:49	MILLER, Lou		Male 60+	1675	158

There were 158 finishers in the All Competitors category.

Next Race is on Wednesday 19th June 2013 at 19:15 & includes  
The Norfolk County 5Km Championships