

**14th Annual Mike Groves Run**

Wednesday 26 June 2013

**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<br/>min/mile</i> | <i>Race</i> | <i>Race</i> |
|--------------|-------------|--------------------|-------------------------------|--------------------------|--------------------------|-------------|-------------|
| 1            | 0:27:21     | BATESON, Richard   | Coltishall Jaguars RC         | Men 19-39                | 05:28.1                  | 303         | 1           |
| 2            | 0:29:31     | BALFE, Stephen     | City of Norwich Athletic Club | Men 19-39                | 05:54.1                  | 373         | 2           |
| 3            | 0:29:57     | BLAZEY, Paul       | Norwich Road Runners          | Men 19-39                | 05:59.3                  | 347         | 3           |
| 4            | 0:30:39     | GRAND, Adie        | Norwich Road Runners          | Men 40-49                | 06:07.7                  | 368         | 4           |
| 5            | 0:30:45     | BETTS, Mark        | Norwich Road Runners          | Men 40-49                | 06:08.9                  | 333         | 5           |
| 6            | 0:31:29     | BRAGGER, Timothy   | Unattached                    | Men 19-39                | 06:17.7                  | 354         | 6           |
| 7            | 0:31:44     | MCNICHOLAS, Steven | Unattached                    | Men 19-39                | 06:20.7                  | 342         | 7           |
| 8            | 0:32:11     | ARMES, Michael     | Norwich Road Runners          | Men 40-49                | 06:26.1                  | 339         | 8           |
| 9            | 0:32:27     | TOWNSHEND, Thomas  | Norwich Road Runners          | Men 19-39                | 06:29.3                  | 311         | 9           |
| 10           | 0:32:52     | LEACH, John        | North Norfolk Beach Runners   | Men 50-59                | 06:34.3                  | 313         | 10          |
| 11           | 0:33:05     | BRIGHTY, Joshua    | Norwich Road Runners          | Men 19-39                | 06:36.9                  | 362         | 11          |
| 12           | 0:33:09     | SIMMONS, Georgiana | Vegan Runners UK              | Ladies 19-39             | 06:37.7                  | 308         | 12          |
| 13           | 0:33:18     | DALY, Elizabeth    | Dereham Runners AC            | Ladies 19-39             | 06:39.5                  | 383         | 13          |
| 14           | 0:33:21     | BOWDEN, Nick       | Reepham Runners               | Men 50-59                | 06:40.1                  | 375         | 14          |
| 15           | 0:33:28     | BRIGHTY, Keith     | Norwich Road Runners          | Men 40-49                | 06:41.5                  | 361         | 15          |
| 16           | 0:34:08     | CHORLEY, Chris     | Bungay Black Dog RC           | Men 50-59                | 06:49.5                  | 341         | 16          |
| 17           | 0:34:12     | BEAUCHAMP, Gary    | Unattached                    | Men 50-59                | 06:50.3                  | 367         | 17          |
| 18           | 0:34:41     | LINDSAY, Ray       | Norwich Road Runners          | Men 50-59                | 06:56.1                  | 374         | 18          |
| 19           | 0:34:42     | YEOMANS, Martin    | Norwich Road Runners          | Men 60+                  | 06:56.3                  | 322         | 19          |
| 20           | 0:34:43     | BYE, Ellie         | Coltishall Jaguars RC         | Ladies 19-39             | 06:56.5                  | 364         | 20          |
| 21           | 0:35:09     | VENCOVSKY, Daniel  | Unattached                    | Men 19-39                | 07:01.7                  | 384         | 21          |
| 22           | 0:36:04     | GASS, Joe          | Unattached                    | Men 40-49                | 07:12.6                  | 370         | 22          |
| 23           | 0:36:07     | FOOT, Jonathan     | Coltishall Jaguars RC         | Men 50-59                | 07:13.2                  | 324         | 23          |
| 24           | 0:36:11     | HAMMOND, Andrew    | Norfolk Gazelles              | Men 50-59                | 07:14.0                  | 351         | 24          |
| 25           | 0:36:18     | GODWIN, Lisa       | Norwich Road Runners          | Ladies 40-49             | 07:15.4                  | 327         | 25          |
| 26           | 0:36:19     | BLACKWELL, Daniel  | Unattached                    | Men 19-39                | 07:15.6                  | 350         | 26          |
| 27           | 0:36:22     | HARDINGHAM, Graham | Norfolk Gazelles              | Men 50-59                | 07:16.2                  | 358         | 27          |
| 28           | 0:36:34     | SPENCE, Sabina     | City of Norwich Athletic Club | Ladies 40-49             | 07:18.6                  | 378         | 28          |
| 29           | 0:37:49     | ROBSON, Eddie      | Coltishall Jaguars RC         | Men 40-49                | 07:33.6                  | 345         | 29          |
| 30           | 0:37:57     | PECK, Andy         | Great Yarmouth Road Runners   | Men 40-49                | 07:35.2                  | 377         | 30          |
| 31           | 0:37:59     | MANNING, Karen     | Great Yarmouth Road Runners   | Ladies 40-49             | 07:35.6                  | 376         | 31          |
| 32           | 0:38:10     | HARPER, Stacey     | Unattached                    | Ladies 19-39             | 07:37.8                  | 344         | 32          |
| 33           | 0:38:49     | HAINES, David      | Dereham Runners AC            | Men 60+                  | 07:45.6                  | 388         | 33          |
| 34           | 0:38:54     | DAWSON, Lorraine   | Great Yarmouth Road Runners   | Ladies 50-59             | 07:46.6                  | 328         | 34          |
| 35           | 0:39:06     | SCIBILIA, Paul     | Tri-Anglia                    | Men 40-49                | 07:49.0                  | 382         | 35          |
| 36           | 0:39:28     | HIGHE, Robert      | Unattached                    | Male 15                  | 07:53.4                  | 304         | 36          |
| 37           | 0:39:30     | SULLIVAN, Gemma    | Unattached                    | Ladies 19-39             | 07:53.8                  | 325         | 37          |
| 38           | 0:39:31     | MINNS, Paul        | Unattached                    | Men 40-49                | 07:54.0                  | 371         | 38          |
| 39           | 0:39:48     | SAUERZAPF, Bobbie  | Bungay Black Dog RC           | Ladies 50-59             | 07:57.4                  | 340         | 39          |
| 40           | 0:39:52     | BIRD, Dianne       | Unattached                    | Ladies 50-59             | 07:58.2                  | 307         | 40          |
| 41           | 0:39:57     | COY, Jonathan      | Unattached                    | Men 40-49                | 07:59.2                  | 369         | 41          |
| 42           | 0:40:16     | CUSHWAY, Janine    | Unattached                    | Ladies 19-39             | 08:03.0                  | 343         | 42          |
| 43           | 0:40:19     | GIBSON, Nicola     | Norwich Road Runners          | Ladies 19-39             | 08:03.6                  | 386         | 43          |
| 44           | 0:40:20     | SMITH, Michael     | Wymondham AC                  | Men 60+                  | 08:03.8                  | 357         | 44          |
| 45           | 0:40:30     | DURRANT, Jude      | Reepham Runners               | Ladies 40-49             | 08:05.8                  | 323         | 45          |
| 46           | 0:40:42     | BIRD, Amii         | Unattached                    | Ladies 19-39             | 08:08.2                  | 305         | 46          |
| 47           | 0:40:48     | WOODYATT, Paul     | City of Norwich Athletic Club | Men 50-59                | 08:09.4                  | 366         | 47          |
| 48           | 0:40:53     | WOODCOCK, Francis  | Unattached                    | Men 40-49                | 08:10.4                  | 356         | 48          |
| 49           | 0:41:23     | PRESTON, Gina      | Unattached                    | Ladies 40-49             | 08:16.4                  | 306         | 49          |
| 50           | 0:41:28     | HORREX, Trevor     | Norwich Road Runners          | Men 50-59                | 08:17.4                  | 337         | 50          |
| 51           | 0:41:36     | GOWING, Jackie     | Norwich Road Runners          | Ladies 40-49             | 08:19.0                  | 309         | 51          |
| 52           | 0:41:43     | TARRANT, Toni      | Dereham Runners AC            | Ladies 40-49             | 08:20.4                  | 310         | 52          |
| 53           | 0:42:06     | LONDON, Julie      | Norfolk Gazelles              | Ladies 40-49             | 08:25.0                  | 349         | 53          |
| 54           | 0:42:24     | GOREHAM, William   | Unattached                    | Men 50-59                | 08:28.6                  | 363         | 54          |
| 55           | 0:42:47     | BARBER, Owen       | Coltishall Jaguars RC         | Men 40-49                | 08:33.2                  | 365         | 55          |
| 56           | 0:43:01     | COOPER, Carol      | Norfolk Gazelles              | Ladies 40-49             | 08:36.0                  | 385         | 56          |
| 57           | 0:43:25     | COLE, Jill         | Coltishall Jaguars RC         | Ladies 50-59             | 08:40.8                  | 387         | 57          |
| 58           | 0:43:35     | HALL, Edward       | Unattached                    | Men 60+                  | 08:42.8                  | 330         | 58          |
| 59           | 0:43:41     | NEAVE, Philip      | Bungay Black Dog RC           | Men 60+                  | 08:44.0                  | 321         | 59          |
| 60           | 0:43:48     | AMOS, David        | Unattached                    | Men 50-59                | 08:45.4                  | 372         | 60          |
| 61           | 0:44:07     | WATERS, Michelle   | Norfolk Gazelles              | Ladies 40-49             | 08:49.2                  | 348         | 61          |
| 62           | 0:44:36     | HOUGHTON, Heather  | Unattached                    | Ladies 40-49             | 08:55.0                  | 355         | 62          |
| 63           | 0:44:50     | HIGH, Richard      | Norwich Road Runners          | Men 40-49                | 08:57.8                  | 326         | 63          |
| 64           | 0:44:51     | KRUMHOLZ, Jeremy   | Norfolk Gazelles              | Men 40-49                | 08:58.0                  | 352         | 64          |
| 65           | 0:44:56     | BLOUNT, Rebecca    | Norfolk Gazelles              | Ladies 19-39             | 08:59.0                  | 353         | 65          |
| 66           | 0:45:10     | POTTER, Benjamin   | Unattached                    | Men 15-18                | 09:01.8                  | 381         | 66          |
| 67           | 0:46:38     | MOORE, Brian       | Norwich Road Runners          | Men 60+                  | 09:19.4                  | 314         | 67          |
| 68           | 0:47:40     | MOORE, Lynda       | Norwich Road Runners          | Ladies 60+               | 09:31.8                  | 315         | 68          |
| 69           | 0:47:43     | ENGLAND, John      | Gt Yarmouth & District AC     | Men 60+                  | 09:32.4                  | 360         | 69          |
| 70           | 0:51:16     | ASHFORD, Andrea    | Norwich Road Runners          | Ladies 19-39             | 10:15.0                  | 329         | 70          |
| 71           | 0:51:16     | ARMES, Sharon      | Norwich Road Runners          | Ladies 40-49             | 10:15.0                  | 338         | 71          |

|    |         |                  |                           |              |         |     |    |
|----|---------|------------------|---------------------------|--------------|---------|-----|----|
| 72 | 0:51:22 | POTTER, Trevor   | Unattached                | Men 60+      | 10:16.2 | 380 | 72 |
| 73 | 0:53:36 | FREEBURN, Rodney | Wymondham AC              | Men 60+      | 10:43.0 | 346 | 73 |
| 74 | 0:56:31 | KING, Donna      | Reepham Runners           | Ladies 19-39 | 11:18.0 | 317 | 74 |
| 75 | 0:56:56 | GOWING, Jean     | Reepham Runners           | Ladies 60+   | 11:23.0 | 316 | 75 |
| 76 | 0:58:20 | PEARCE, Kate     | Unattached                | Ladies 19-39 | 11:39.8 | 335 | 76 |
| 77 | 0:58:22 | WALLACE, Libby   | Unattached                | Ladies 19-39 | 11:40.2 | 336 | 77 |
| 78 | 0:58:37 | KING, Sue        | Reepham Runners           | Ladies 50-59 | 11:43.2 | 332 | 78 |
| 79 | 0:59:21 | BRIGHTMAN, Pat   | Gt Yarmouth & District AC | Ladies 60+   | 11:52.0 | 320 | 79 |

There were 79 finishers in the All Competitors category.

All Proceeds to Quidenham Children's Hospice

RaceMaster98 from Sport Systems +44(0)870 5123 [www.sportsystems.co.uk](http://www.sportsystems.co.uk) Webresults on [www.runnerswebuk.com](http://www.runnerswebuk.com)

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