

WORSTEAD FESTIVAL'5' - Friday 29 July 2011. 7:00 pm**Male Team Results****(3 competitors per team. Based on cumulative position.)**

CLUB	PLACE	TIME	NAME	CAT	POS'N
1 : City of Norwich AC	1	0:25:07	HUNTINGTON, Stuart	SENIOR MEN	724
	6	0:27:21	LINOLN, Wayne	VET MEN 40-44	693
	8	0:27:49	CHEVERTON, Robert	VET MEN 50 - 54	594
2 : Norwich Road Runners	3	0:25:43	RUSSELL, Ben	SENIOR MEN	516
	7	0:27:41	HIGHAM, Paul	SENIOR MEN	577
	10	0:28:20	KETT, Robert	SENIOR MEN	420
3 : Lowestoft Road Runners	9	0:28:11	SHARMAN, Kevin	VET MEN 40-44	526
	11	0:28:35	WHALL, Paul	SENIOR MEN	559
	20	0:30:05	SCOTT, CHRIS	SENIOR MEN	475
4 : Coltishall Jaguars	12	0:29:15	BATES, Steve	SENIOR MEN	587
	15	0:29:47	HAYNES, Mark	SENIOR MEN	599
	21	0:30:11	LETZER, BENJAMIN	SENIOR MEN	731
5 : Wymondham Athletic Club	4	0:26:12	PRESTON, James	SENIOR MEN	579
	24	0:30:30	WHITE, Richard	VET MEN 50 - 54	396
	29	0:30:59	PRESTON, Andrew	VET MEN 45 - 49	578
6 : Norwich Road Runners	13	0:29:27	GARRETT, Mark	VET MEN 45 - 49	282
	19	0:30:03	BRIGHTY, Joshua	SENIOR MEN	564
	28	0:30:45	SMITH, Paul	SENIOR MEN	479
7 : Norwich Road Runners	32	0:31:04	EDWARDS, Mark	VET MEN 45 - 49	537
	37	0:31:15	BETTS, Mark	SENIOR MEN	341
	38	0:31:17	YEOMANS, Martin	VET MEN 60+	298
8 : Norwich Road Runners	40	0:31:20	TANDY, David	VET MEN 40-44	302
	43	0:31:22	SULLIVAN, PAUL	VET MEN 40-44	546
	45	0:31:30	GLAYSHER, Stefan	VET MEN 45 - 49	503
9 : Great Yarmouth Road Runners	35	0:31:09	SIBLEY, Neil	VET MEN 45 - 49	466
	47	0:31:35	HELMORE, Jeff	VET MEN 50 - 54	439
	56	0:32:15	PECK, Andrew	VET MEN 40-44	405
10 : Coltishall Jaguars	30	0:30:59	MULLIGAN, ANDREW	SENIOR MEN	543
	51	0:31:59	MACE, ZAC	SENIOR MEN	362
	60	0:32:31	SLOWTHER, Denver	SENIOR MEN	428
11 : Wymondham Athletic Club	36	0:31:10	VINSEN, ANDY	SENIOR MEN	506
	54	0:32:10	MOUNTAIN, JASON	SENIOR MEN	533
	55	0:32:12	EPPS, Terry	VET MEN 55 - 59	308
12 : Tri Anglia	26	0:30:36	CLUES, Mark	VET MEN 40-44	507
	58	0:32:22	NELSON, Glen	VET MEN 55 - 59	472
	68	0:33:14	WOOTTON, GARY	VET MEN 40-44	497
13 : Norwich Road Runners	46	0:31:32	FRARY, Matthew	SENIOR MEN	442
	49	0:31:50	GRAND, Adrian	VET MEN 45 - 49	294

	59	0:32:26 BRIGHTY, Keith	VET MEN 45 - 49	456
14 : City of Norwich AC	31	0:31:00 KNOWLES, HARRY	VET MEN 55 - 59	385
	63	0:32:48 FRARY, Matthew	VET MEN 40-44	717
	71	0:33:26 TURNER, Christopher	VET MEN 45 - 49	602
15 : Ryston Runners	17	0:29:57 BENSLEY, NICHOLAS	VET MEN 40-44	518
	44	0:31:23 NAUGHTON, DARREN	VET MEN 40-44	514
	127	0:37:42 LANE, David	VET MEN 45 - 49	383
16 : Coltishall Jaguars	62	0:32:48 HARMER, MARK	SENIOR MEN	412
	64	0:32:53 JAY, Adrian	VET MEN 40-44	547
	67	0:33:11 BAGNALL, Martin	VET MEN 45 - 49	467
17 : Norwich Road Runners	61	0:32:33 LAWRENCE, Damon	SENIOR MEN	743
	69	0:33:17 LINDSAY, Ray	VET MEN 55 - 59	556
	73	0:33:34 BROWNING, Colin	VET MEN 45 - 49	581
18 : Lowestoft Road Runners	22	0:30:13 MEADOWS, Jonathan	SENIOR MEN	468
	83	0:34:37 ELLIS, Matt	SENIOR MEN	523
	105	0:35:56 ELFETT, Mark	VET MEN 45 - 49	350
19 : Reepham Runners	70	0:33:23 GREGORY, QUIN	VET MEN 50 - 54	538
	72	0:33:31 BOWDEN, Nick	VET MEN 55 - 59	379
	80	0:34:35 MORRIS-JONES, Richard	VET MEN 40-44	366
20 : Coltishall Jaguars	74	0:33:36 LAWRENCE, Jeremy	VET MEN 50 - 54	305
	75	0:33:38 BOWMAN, Ken	VET MEN 60+	432
	76	0:34:00 BYE, Rod	VET MEN 50 - 54	330
21 : Norfolk Gazelles	16	0:29:52 MOORE, John	VET MEN 50 - 54	562
	100	0:35:34 GILHAM, Richard	VET MEN 45 - 49	544
	123	0:37:20 HARDINGHAM, Graham	VET MEN 50 - 54	342
22 : Wymondham Athletic Club	65	0:33:00 CHILDERHOUSE, Steve	VET MEN 40-44	513
	91	0:34:56 COLEMAN, GRAHAM	VET MEN 45 - 49	745
	97	0:35:18 TUFTS, Mark	VET MEN 40-44	500
23 : Coltishall Jaguars	79	0:34:24 CHADWICK, Scott	SENIOR MEN	484
	95	0:35:15 EDWARDS, Johnathon	VET MEN 45 - 49	511
	98	0:35:23 COLLYER, Richard	VET MEN 40-44	376
24 : Great Yarmouth Road Runners	84	0:34:38 DADY, Stephen	VET MEN 55 - 59	311
	92	0:34:57 MOUNTAIN, MARK	SENIOR MEN	460
	96	0:35:17 PEACH, MARK	SENIOR MEN	438
25 : Bungay Black Dog R C	52	0:31:59 SLADDEN, Marcus	JUNIOR MAN	375
	66	0:33:07 CHORLEY, Chris	VET MEN 45 - 49	291
	157	0:40:17 NEAVE, Phillip	VET MEN 60+	315
26 : Reepham Runners	82	0:34:36 EDWARDS, CHRIS	VET MEN 50 - 54	565
	108	0:36:20 COOPER, Phillip	VET MEN 50 - 54	723
	113	0:36:48 HASLETT, Jeremy	VET MEN 50 - 54	309
27 : Norwich Road Runners	102	0:35:48 JOHNSON, MICHAEL	VET MEN 40-44	592
	117	0:36:58 POWELL, Michael	VET MEN 60+	400

	124	0:37:30 TOWNSHEND, Thomas	SENIOR MEN	435
28 : Wymondham Athletic Club				
	99	0:35:25 GARWOOD, Kevin	VET MEN 45 - 49	474
	111	0:36:47 COX, RUSSELL	VET MEN 45 - 49	452
	137	0:38:55 BARTRAM, Dennis	VET MEN 60+	361
29 : Coltishall Jaguars				
	103	0:35:48 MARDEN, STEWART	VET MEN 40-44	549
	140	0:39:11 HUTCHEON, David	VET MEN 60+	541
	142	0:39:20 SIMPSON, David	VET MEN 55 - 59	471
30 : Norwich Road Runners				
	126	0:37:41 GRAND, JAKE	JUNIOR MAN	293
	129	0:38:01 MILLETT, Tony	VET MEN 55 - 59	722
	141	0:39:13 HORREX, Trevor	VET MEN 50 - 54	280
31 : Coltishall Jaguars				
	143	0:39:27 FLIGG, Jason	SENIOR MEN	555
	156	0:40:17 KEAN-COCKBURN, Peter	VET MEN 50 - 54	505
	171	0:42:47 LEE, GAVIN	SENIOR MEN	398
32 : Wymondham Athletic Club				
	149	0:39:43 SMITH, Michael	VET MEN 60+	557
	160	0:40:52 CUVIELLO, Steve	VET MEN 40-44	542
	167	0:42:20 SCARFE, Robert	VET MEN 55 - 59	384

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