

**KEYS WORSTEAD FESTIVAL 5**  
**KEYS WORSTEAD FESTIVAL 5 2008**

Friday 25 July 2008. 7:00 pm

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:27:07	UTTING, Wayne	Norwich Road Runners	Senior Man	05:25.3	232	1
2	0:27:17	JONES, Steve	North Norfolk Beach Runners	Senior Man	05:27.3	494	2
3	0:27:21	PREWER, Carl	Lowestoft Road Runners	Senior Man	05:28.1	167	3
4	0:27:39	BUNN, ANDREW	Norwich Road Runners	Senior Man	05:31.7	224	4
5	0:28:16	PRESTON, James		Senior Man	05:39.1	279	5
6	0:28:41	MOORE, Richard	Waveney Valley A C	VET MAN 40 - 45	05:44.1	219	6
7	0:28:53	GLAYSHER, Stefan	City of Norwich AC	VET MAN 45-50	05:46.5	276	7
8	0:29:34	COOPER, Phil	Norfolk Gazelles	VET MAN 40 - 45	05:54.7	188	8
9	0:29:37	GARRETT, Mark	Norwich Road Runners	VET MAN 45-50	05:55.3	455	9
10	0:29:58	ATTERWILL, SEAN	Dereham Runners	JUNIOR MAN	05:59.5	174	10
11	0:30:02	BALDWIN, Steve	Norfolk Gazelles	Senior Man	06:00.3	291	11
12	0:30:03	VARLEY, Matthew	Norfolk Gazelles	Senior Man	06:00.5	290	12
13	0:30:25	BALFE, Stephen	City of Norwich AC	Senior Man	06:04.9	227	13
14	0:30:31	HODGE, Nigel	City of Norwich AC	VET MAN 40 - 45	06:06.1	258	14
15	0:30:38	ROPER, Goy	Norwich Road Runners	VET MAN 45-50	06:07.5	231	15
16	0:30:42	SULLIVAN, PAUL	Norwich Road Runners	VET MAN 40 - 45	06:08.3	222	16
17	0:30:53	HAYNES, Mark	Coltishall Jaguars	Senior Man	06:10.5	82	17
18	0:30:59	VIALLS, Tim		VET MAN 45-50	06:11.7	37	18
19	0:31:00	QUANTRILL, Phil	Great Yarmouth Road Runners	Senior Man	06:11.9	173	19
20	0:31:02	BLAKE, Richard	Great Yarmouth Road Runners	VET MAN 55 - 60	06:12.3	168	20
21	0:31:10	MATTHEWS, Eleanor	City of Norwich AC	Senior Lady	06:13.9	481	21
22	0:31:29	PRESTON, Adrian		VET MAN 40 - 45	06:17.7	29	22
23	0:31:33	CHRISTOPHER, John	North Norfolk Beach Runners	VET MAN 40 - 45	06:18.5	257	23
24	0:31:36	WILLIAMS, MICHAEL		Senior Man	06:19.1	268	24
25	0:31:37	LEE, John		VET MAN 50 - 55	06:19.3	87	25
26	0:31:41	EDRIDGE, Darren	Coltishall Jaguars	Senior Man	06:20.1	90	26
27	0:31:45	HURREN, Dale	Norwich Road Runners	VET MAN 50 - 55	06:20.9	92	27
28	0:31:48	EDWARDS, Mark	Norwich Road Runners	VET MAN 40 - 45	06:21.5	454	28
29	0:31:51	GOODRUM, Paul		Senior Man	06:22.1	255	29
30	0:31:57	BATES, STEVE	Coltishall Jaguars	Senior Man	06:23.3	135	30
31	0:32:08	BRIGHTY, Joshua	Norwich Road Runners	JUNIOR MAN	06:25.5	106	31
32	0:32:12	CURL, Tracey	Norwich Road Runners	VET LADY 45 - 50	06:26.3	230	32
33	0:32:18	HENDREY, Neil	City of Norwich AC	Senior Man	06:27.5	17	33
34	0:32:21	MASON, Shawn	Great Yarmouth & District AC	Senior Man	06:28.1	286	34
35	0:32:26	BRIDGES, Doug	Norfolk Gazelles	Senior Man	06:29.1	86	35
36	0:32:28	STEWART, Clive		VET MAN 45-50	06:29.5	16	36
37	0:32:30	READER, Jonathan	Coltishall Jaguars	Senior Man	06:29.9	20	37
38	0:32:30	ALFORD, Nicola	City of Norwich AC	Senior Lady	06:29.9	120	38
39	0:32:33	STURGESS, Ian	Wymondham Athletic Club	VET MAN 50 - 55	06:30.5	162	39
40	0:32:40	LETZER, BENJAMIN	Coltishall Jaguars	Senior Man	06:31.9	484	40
41	0:32:50	YEOMANS, Martin	Norwich Road Runners	VET MAN 55 - 60	06:33.9	139	41
42	0:32:50	BETTS, Mark	Norwich Road Runners	Senior Man	06:33.9	66	42
43	0:32:57	GUY, STEVEN	City of Norwich AC	Senior Man	06:35.3	464	43
44	0:33:00	THOMPSON, Peter	Norfolk Gazelles	VET MAN 50 - 55	06:35.9	440	44
45	0:33:13	BRADLEY, Alan	Norwich Road Runners	VET MAN 45-50	06:38.5	492	45
46	0:33:18	HARTLEY, John		VET MAN 40 - 45	06:39.5	446	46
47	0:33:19	POND, ANDREW	Norwich Road Runners	VET MAN 40 - 45	06:39.7	65	47
48	0:33:22	BLAKE, Dean	Coltishall Jaguars	Senior Man	06:40.3	482	48
49	0:33:26	SAVOURY, Andrew	Norwich Road Runners	VET MAN 40 - 45	06:41.1	468	49
50	0:33:27	FORD, TIM		Senior Man	06:41.3	474	50
51	0:33:35	GOULD, DAVID		Senior Man	06:42.9	200	51
52	0:33:38	FARROW, WILLIAM		Senior Man	06:43.5	143	52
53	0:33:41	BULLEN, Gary		Senior Man	06:44.1	114	53
54	0:33:44	EMMETT, Lynn	City of Norwich AC	VET LADY 35- 40	06:44.7	156	54
55	0:33:46	HARRISON, Paul	Dereham Runners	VET MAN 50 - 55	06:45.1	280	55
56	0:33:46	EKE, Shane		Senior Man	06:45.1	163	56
57	0:33:46	TYLER, STEVEN		Senior Man	06:45.1	113	57

*ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportssystem.co.uk Webresults on*

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
58	0:33:48	MANN, Elies	Norwich Road Runners	VET LADY 35- 40	06:45.5	273	58
59	0:33:48	BEAUCHAMP, Gary		VET MAN 45-50	06:45.5	142	59
60	0:33:55	WOMACK, Mark	Lowestoft Road Runners	Senior Man	06:46.9	79	60
61	0:33:58	WILSON, Robin	Bungay Black Dog R C	VET MAN 50 - 55	06:47.5	64	61
62	0:34:02	HOWARD, Nigel		VET MAN 50 - 55	06:48.3	161	62
63	0:34:03	FRARY, Matthew		Senior Man	06:48.5	197	63
64	0:34:15	VINCENT, TIM	Reepham Runners	Senior Man	06:50.9	215	64
65	0:34:17	LINES, Rob	Tri Anglia	VET MAN 40 - 45	06:51.3	129	65
66	0:34:22	HILL, Les	Norfolk Gazelles	VET MAN 45-50	06:52.3	59	66
67	0:34:23	ETHERINGTON, Stephen	Great Yarmouth Road Runners	VET MAN 50 - 55	06:52.5	84	67
68	0:34:24	GEORGE, David	Norwich Road Runners	VET MAN 40 - 45	06:52.7	460	68
69	0:34:30	HOWARD, Matt		Senior Man	06:53.9	457	69
70	0:34:35	HARDINGHAM, Kevin	Norfolk Gazelles	VET MAN 50 - 55	06:54.9	28	70
71	0:34:36	HAUGHTON, STEPHEN		Senior Man	06:55.1	267	71
72	0:34:38	BAMFORD, Phil	City of Norwich AC	VET MAN 55 - 60	06:55.5	247	72
73	0:34:43	BROWN, Hugh		Senior Man	06:56.5	49	73
74	0:34:49	ADCOCK, Trevor	Norfolk Gazelles	VET MAN 55 - 60	06:57.7	201	74
75	0:34:50	CHORLEY, CHRIS	Bungay Black Dog R C	VET MAN 45-50	06:57.9	443	75
76	0:34:54	PORTER, Meluyn	Coltishall Jaguars	VET MAN 40 - 45	06:58.7	185	76
77	0:34:55	WRIGHT, Aaron		Senior Man	06:58.9	144	77
78	0:34:59	BOWDEN, Nick	Reepham Runners	VET MAN 50 - 55	06:59.7	34	78
79	0:35:01	BROWN, QuintIn		Senior Man	07:00.1	53	79
80	0:35:03	VOGLER, Clem	Dereham Runners	VET MAN 60+	07:00.5	249	80
81	0:35:09	DOBBIE, STEPHEN		VET MAN 40 - 45	07:01.7	465	81
82	0:35:12	DADY, Stephen		VET MAN 55 - 60	07:02.3	164	82
83	0:35:25	CRUTCHLEY, Ian	Wymondham Athletic Club	VET MAN 40 - 45	07:04.8	119	83
84	0:35:26	PASK, Matthew		VET MAN 40 - 45	07:05.0	150	84
85	0:35:27	BYE, Barry	Ryston Runners	VET MAN 60+	07:05.2	467	85
86	0:35:28	GILBERT, Ashley	Dereham Runners	Senior Man	07:05.4	117	86
87	0:35:29	HASLETT, Jeremy	Reepham Runners	VET MAN 45-50	07:05.6	466	87
88	0:35:34	HARDINGHAM, GRAHAM	Norfolk Gazelles	VET MAN 45-50	07:06.6	55	88
89	0:35:35	BONE, John	Great Yarmouth Road Runners	VET MAN 60+	07:06.8	131	89
90	0:35:40	MORRIS-JONES, Richard		Senior Man	07:07.8	202	90
91	0:35:51	WILLIAMS, DAVID		Senior Man	07:10.0	270	91
92	0:35:52	SMITH, Alexandra	Norwich Road Runners	Senior Lady	07:10.2	97	92
93	0:35:55	CATLEUGH, Hugh	Coltishall Jaguars	Senior Man	07:10.8	146	93
94	0:36:00	COLLINS, GARETH		Senior Man	07:11.8	145	94
95	0:36:04	BURTON, John	City of Norwich AC	VET MAN 55 - 60	07:12.6	124	95
96	0:36:14	BUSHELL, Ian	Norwich Road Runners	VET MAN 45-50	07:14.6	193	96
97	0:36:16	GAINSFORD, Patrick		JUNIOR MAN	07:15.0	13	97
98	0:36:18	BRIGHTY, Keith	Norwich Road Runners	VET MAN 45-50	07:15.4	107	98
99	0:36:27	HIGH, Christopher		Senior Man	07:17.2	226	99
100	0:36:42	BYE, Rod	Coltishall Jaguars	VET MAN 45-50	07:20.2	112	100
101	0:36:45	HOUCHEN, BEN		Senior Man	07:20.8	40	101
102	0:36:48	WHITING, Mark		VET MAN 45-50	07:21.4	32	102
103	0:37:01	FRETWELL, Andrew	Norwich Road Runners	VET MAN 45-50	07:24.0	199	103
104	0:37:08	COPPEN, Gary		Senior Man	07:25.4	9	104
105	0:37:11	BORROW, George		Senior Man	07:26.0	133	105
106	0:37:16	DOUGLASS, GAVIN		VET MAN 40 - 45	07:27.0	269	106
107	0:37:23	COPPEN, Luke		Senior Man	07:28.4	8	107
108	0:37:24	HAWES, Andrew		Senior Man	07:28.6	216	108
109	0:37:27	HATCH, Alison	Norwich Road Runners	VET LADY 40 - 45	07:29.2	192	109
110	0:37:30	PARKER, JASON		Senior Man	07:29.8	208	110
111	0:37:31	FORKES, John	EVAC	VET MAN 60+	07:30.0	178	111
112	0:37:34	GOODWIN, David	Great Yarmouth & Disrict AC	VET MAN 50 - 55	07:30.6	140	112
113	0:37:41	MARSHALL, RAYMOND		VET MAN 45-50	07:32.0	458	113
114	0:37:46	MIDDLETON, Sally	North Norfolk Beach Runners	VET LADY 35- 40	07:33.0	285	114
115	0:37:53	RAYNER, BRUCE	Bungay Black Dog R C	VET MAN 45-50	07:34.4	63	115
116	0:37:56	THOULESS, Gavin	Norwich Road Runners	Senior Man	07:35.0	22	116
117	0:37:58	DURRANT, Jude		VET LADY 35- 40	07:35.4	43	117

ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportsystems.co.uk Webresults on

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
118	0:37:59	VALENTINE, Nigel		Senior Man	07:35.6	46	118
119	0:37:59	SIMPSON, David	Coltishall Jaguars	VET MAN 55 - 60	07:35.6	127	119
120	0:38:03	THOMAS, Neil	Bungay Black Dog R C	VET MAN 40 - 45	07:36.4	24	120
121	0:38:04	BARNES, Graham	Coltishall Jaguars	VET MAN 55 - 60	07:36.6	441	121
122	0:38:09	BEARD, Darren		Senior Man	07:37.6	436	122
123	0:38:13	GILBERT, Steve	Dereham Runners	VET MAN 50 - 55	07:38.4	118	123
124	0:38:18	MARAN, David		VET MAN 45-50	07:39.4	260	124
125	0:38:20	BROOKS, Julia	City of Norwich AC	VET LADY 40 - 45	07:39.8	2	125
126	0:38:45	JECKELL, Colin	Coltishall Jaguars	VET MAN 50 - 55	07:44.8	171	126
127	0:38:50	COX, JULIET	Wymondham Athletic Club	Senior Lady	07:45.8	126	127
128	0:38:51	PEACH, MARK	Great Yarmouth Road Runners	Senior Man	07:46.0	103	128
129	0:38:57	JENKINS, Paul		VET MAN 45-50	07:47.2	444	129
130	0:38:58	YORATH, Ceri		Senior Man	07:47.4	228	130
131	0:39:04	MORGAN, Jo	BITTON ROAD RUNNERS	Senior Lady	07:48.6	25	131
132	0:39:07	CAMPBELL, STUART		Senior Man	07:49.2	30	132
133	0:39:08	TUFTS, Mark	Wymondham Athletic Club	VET MAN 40 - 45	07:49.4	493	133
134	0:39:10	PAMPLIN, Diane		VET LADY 55+	07:49.8	452	134
135	0:39:12	BURTON, Howard	Coltishall Jaguars	VET MAN 40 - 45	07:50.2	254	135
136	0:39:14	BULL, Michelle	Norwich Road Runners	VET LADY 35- 40	07:50.6	451	136
137	0:39:16	MORGAN, Keith		VET MAN 40 - 45	07:51.0	26	137
138	0:39:20	KING, Michael		VET MAN 55 - 60	07:51.8	130	138
139	0:39:23	STEVENSON, Tracey	Norfolk Gazelles	VET LADY 40 - 45	07:52.4	18	139
140	0:39:24	PARKER, ADAM	City of Norwich AC	Senior Man	07:52.6	209	140
141	0:39:26	LAMBERT, John	Ipswich Jaffa	VET MAN 60+	07:53.0	471	141
142	0:39:30	GOWING, Peter	Reepham Runners	VET MAN 40 - 45	07:53.8	166	142
143	0:39:33	CASSON, PETER		VET MAN 40 - 45	07:54.4	463	143
144	0:39:37	RICHARDSON, Andy	WOODFORD GREEN AC	VET MAN 50 - 55	07:55.2	181	144
145	0:39:37	PAMPLIN, John		VET MAN 55 - 60	07:55.2	453	145
146	0:39:48	BRADLEY, Sarah	Norwich Road Runners	VET LADY 45 - 50	07:57.4	491	146
147	0:39:50	MONEY, Marie	City of Norwich AC	Senior Lady	07:57.8	497	147
148	0:39:57	HUTCHEON, David	Coltishall Jaguars	VET MAN 60+	07:59.2	155	148
149	0:39:59	BOREHAM, Jeremy		Senior Man	07:59.6	132	149
150	0:39:59	WARD, BERES	City of Norwich AC	VET LADY 50 - 55	07:59.6	241	150
151	0:40:05	COLEMAN, GRAHAM	Wymondham Athletic Club	VET MAN 45-50	08:00.8	33	151
152	0:40:06	GREENLAND, Eddie	Wymondham Athletic Club	VET MAN 40 - 45	08:01.0	496	152
153	0:40:07	SAUERZAPF, BOBBIE	Bungay Black Dog R C	VET LADY 45 - 50	08:01.2	442	153
154	0:40:11	WOODHOUSE, Gill	Dereham Runners	VET LADY 55+	08:02.0	450	154
155	0:40:20	WITHERS, Bradley		Senior Man	08:03.8	6	155
156	0:40:24	WOOD, Charles	Norwich Road Runners	VET MAN 50 - 55	08:04.6	470	156
157	0:40:28	MCGILL, Hugh	City of Norwich AC	VET MAN 45-50	08:05.4	253	157
158	0:40:32	STAINES, EDWARD	Norwich Road Runners	Senior Man	08:06.2	284	158
159	0:40:37	ELLEN, Anne	Norfolk Gazelles	VET LADY 50 - 55	08:07.2	475	159
160	0:40:38	SMITH, JULIAN		Senior Man	08:07.4	274	160
161	0:40:41	MARKS, David	Norwich Road Runners	VET MAN 40 - 45	08:08.0	109	161
162	0:40:41	FLIGG, Jason		Senior Man	08:08.0	198	162
163	0:40:56	CRANE, Michelle		VET LADY 40 - 45	08:11.0	195	163
164	0:41:04	ARMSTRONG, Jenny		Senior Lady	08:12.6	115	164
165	0:41:06	RENSHAW, Kenneth	Dereham Runners	VET MAN 45-50	08:13.0	81	165
166	0:41:11	HOWES, Ian		Senior Man	08:14.0	287	166
167	0:41:18	LEE, GAVIN	Coltishall Jaguars	Senior Man	08:15.4	239	167
168	0:41:23	COLLYER, LUCY		VET LADY 40 - 45	08:16.4	69	168
169	0:41:28	BYE, Jackie	Coltishall Jaguars	VET LADY 50 - 55	08:17.4	111	169
170	0:41:30	ENGLAND, John	Great Yarmouth & Disrict AC	VET MAN 60+	08:17.8	75	170
171	0:41:35	CURRIE, Ian		VET MAN 40 - 45	08:18.8	60	171
172	0:41:51	BOWERS, DEBBIE	City of Norwich AC	Senior Lady	08:22.0	194	172
173	0:41:52	RUSSELL, Paul	Norwich Road Runners	Senior Man	08:22.2	214	173
174	0:41:53	PIGRAM, BARRY		VET MAN 55 - 60	08:22.4	101	174
175	0:41:56	PAGE, RICK		VET MAN 45-50	08:23.0	177	175
176	0:41:59	ASKHAM, Steve	City of Norwich AC	VET MAN 55 - 60	08:23.6	136	176
177	0:42:00	COLLINS, GRAHAME	City of Norwich AC	VET MAN 50 - 55	08:23.8	189	177

ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportsystems.co.uk Webresults on

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
178	0:42:01	HIGH, RICHARD		Senior Man	08:24.0	175	178
179	0:42:06	ROLPH, Pat		VET LADY 45 - 50	08:25.0	61	179
180	0:42:13	WILLIS, Paul		VET MAN 50 - 55	08:26.4	47	180
181	0:42:16	COLEBY, Jonathan		Senior Man	08:27.0	220	181
182	0:42:22	SMITH, Michael	Wymondham Athletic Club	VET MAN 60+	08:28.2	245	182
183	0:42:22	RUNSBY, Karl		Senior Man	08:28.2	41	183
184	0:42:27	EVANS, David		VET MAN 45-50	08:29.2	500	184
185	0:42:32	HUTCHEON, Brenda	Coltishall Jaguars	VET LADY 55+	08:30.2	154	185
186	0:42:35	CREED, Graham		Senior Man	08:30.8	56	187
187	0:42:39	COLMAN, Ivan	Norwich Road Runners	VET MAN 45-50	08:31.6	187	188
188	0:42:41	WILLIAMS, Eric	Norwich Road Runners	VET MAN 55 - 60	08:32.0	104	189
189	0:42:43	POOLE, Carolyn	Norfolk Gazelles	VET LADY 50 - 55	08:32.4	212	190
190	0:42:52	HOWARD, LISA	Norwich Road Runners	Senior Lady	08:34.2	67	191
191	0:42:54	HARROP, Jackie	Norfolk Gazelles	VET LADY 45 - 50	08:34.6	240	192
192	0:42:54	UGLOW, PAUL		Senior Man	08:34.6	225	193
193	0:42:57	DAYNES, KIRSTY	Wymondham Athletic Club	Senior Lady	08:35.2	186	194
194	0:42:58	SIMMS, KARL		Senior Man	08:35.4	265	195
195	0:43:00	BURNS, Julian		VET MAN 50 - 55	08:35.8	294	196
196	0:43:03	BLAKE, Emma	Coltishall Jaguars	Senior Lady	08:36.4	483	197
197	0:43:04	NICHOLSON, Daniel		Senior Man	08:36.6	438	198
198	0:43:06	GAINSFORD, Ruth		VET LADY 40 - 45	08:37.0	14	199
199	0:43:07	COX, Chris		VET MAN 40 - 45	08:37.2	190	200
200	0:43:09	CHAPMAN, Louise	Norwich Road Runners	VET LADY 35- 40	08:37.6	449	201
201	0:43:22	SIVELL, ROBERT	Dereham Runners	Senior Man	08:40.2	248	202
202	0:43:33	NEALE, Janet	Coltishall Jaguars	VET LADY 45 - 50	08:42.4	477	203
203	0:43:45	WARREN, Peter	City of Norwich AC	VET MAN 50 - 55	08:44.8	486	204
204	0:43:47	DARNELL, Bob		VET MAN 55 - 60	08:45.2	85	205
205	0:43:53	MUGGRIDGE, CAROLINE		VET LADY 35- 40	08:46.4	206	206
206	0:43:56	NEAVE, Philip	Bungay Black Dog R C	VET MAN 55 - 60	08:47.0	180	207
207	0:44:02	NICHOLSON, JOHN		Senior Man	08:48.2	439	208
208	0:44:11	MADDEN, PAUL		VET MAN 45-50	08:50.0	262	209
209	0:44:12	MINNS, PAUL		VET MAN 40 - 45	08:50.2	91	210
210	0:44:19	GADSDEN, Tim		VET MAN 50 - 55	08:51.6	36	211
211	0:44:21	HARDY, CAROL	Norfolk Gazelles	VET LADY 45 - 50	08:52.0	153	212
212	0:44:35	BAUMBACH, Peter		VET MAN 50 - 55	08:54.8	74	213
213	0:44:41	HAWKINS, Christopher		Senior Man	08:56.0	77	214
214	0:44:41	TYRRELL, Steve		VET MAN 45-50	08:56.0	78	215
215	0:44:56	GERRARD, Hayley	Norfolk Gazelles	VET LADY 40 - 45	08:59.0	256	216
216	0:44:56	THORNHILL, David		Senior Man	08:59.0	151	217
217	0:45:03	COLLINS, James		Senior Man	09:00.4	478	218
218	0:45:07	LANGRISH-SMITH, Angella		VET LADY 55+	09:01.2	263	219
219	0:45:10	CARR, Caroline	Wymondham Athletic Club	VET LADY 35- 40	09:01.8	99	220
220	0:45:31	HIGHAM, HANNAH	City of Norwich AC	Senior Lady	09:06.0	283	221
221	0:45:32	MORREY, Alison		VET LADY 45 - 50	09:06.2	134	222
222	0:45:32	CHAPMAN, Heather		VET LADY 40 - 45	09:06.2	128	223
223	0:45:33	ELLIS, Amanda		Senior Lady	09:06.4	271	224
224	0:45:37	HATHAWAY, DAPHNE	Coltishall Jaguars	VET LADY 55+	09:07.2	159	225
225	0:45:42	THETFORD, JONATHAN		Senior Man	09:08.2	259	226
226	0:45:45	BURRAGE, Carolyn	Norfolk Gazelles	VET LADY 50 - 55	09:08.8	246	227
227	0:45:53	BROWN, Cheryl		VET LADY 40 - 45	09:10.4	210	228
228	0:45:56	BATCHELOR, Audrey	Norfolk Gazelles	VET LADY 55+	09:11.0	138	229
229	0:45:57	WALTERS, Mark	City of Norwich AC	Senior Man	09:11.2	4	230
230	0:46:00	BARTON, Fran	City of Norwich AC	VET LADY 45 - 50	09:11.8	485	231
231	0:46:01	WALTERS, KATY	City of Norwich AC	Senior Lady	09:12.0	5	232
232	0:46:08	PERKINS, JENNIFER		VET LADY 40 - 45	09:13.4	211	233
233	0:46:20	SAUNDERS, MARIANNE	Norfolk Gazelles	VET LADY 35- 40	09:15.8	105	234
234	0:46:30	DENTON, KIRSTY		Senior Lady	09:17.8	235	235
235	0:46:35	CRAMP, Stephen		VET MAN 55 - 60	09:18.8	100	236
236	0:46:43	CRANE, Clive		VET MAN 55 - 60	09:20.4	196	237
237	0:46:46	DURANT, Becky	Coltishall Jaguars	VET LADY 55+	09:21.0	182	238

ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportsystems.co.uk Webresults on

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
238	0:46:50	WEST, JOANNE	Coltishall Jaguars	VET LADY 40 - 45	09:21.8	264	239
239	0:46:53	DADY, Sylvia		Senior Lady	09:22.4	165	240
240	0:46:55	HICKS, Clare		Senior Lady	09:22.8	498	241
241	0:47:02	WILCOX, SHIRLEY	Coltishall Jaguars	VET LADY 45 - 50	09:24.2	237	242
242	0:47:05	BALDWIN, Fiona	Coltishall Jaguars	VET LADY 35- 40	09:24.8	54	243
243	0:47:07	MOORE, Lynda	Norwich Road Runners	VET LADY 55+	09:25.2	148	244
244	0:47:19	KNIGHTS, JULIA	Norwich Road Runners	Senior Lady	09:27.6	72	245
245	0:47:22	SMITH, Susan	Norfolk Gazelles	Senior Lady	09:28.2	116	246
246	0:47:23	KEMP, LINDA		Senior Lady	09:28.4	110	247
247	0:47:31	HUGGETT, Adrian		VET MAN 45-50	09:30.0	288	248
248	0:47:42	LATHAM, RICHARD		Senior Man	09:32.2	157	249
249	0:47:49	WARD, TONY		VET MAN 50 - 55	09:33.6	50	250
250	0:47:53	VIALLS, Sharon		VET LADY 40 - 45	09:34.4	38	251
251	0:48:14	HOWARD, GARY		VET MAN 45-50	09:38.6	261	252
252	0:48:16	BROOKER, NICK		VET MAN 45-50	09:39.0	73	253
253	0:48:21	DUNCAN, RICHARD	Norwich Road Runners	VET MAN 40 - 45	09:40.0	437	254
254	0:48:22	FARROW, Linda	Norfolk Gazelles	VET LADY 55+	09:40.2	490	255
255	0:48:23	WITHERS, Emma		Senior Lady	09:40.4	7	256
256	0:48:23	KING, Sally		VET LADY 40 - 45	09:40.4	207	257
257	0:48:31	DAVIES, ANDY		VET MAN 40 - 45	09:42.0	58	258
258	0:48:39	AUSTEN, DAWN		Senior Lady	09:43.6	459	259
259	0:48:40	CURRIE, Darren		Senior Man	09:43.8	15	260
260	0:48:45	DAZELEY, RICHARD		Senior Man	09:44.8	244	261
261	0:48:49	RILEY, DAWN		VET LADY 40 - 45	09:45.6	203	262
262	0:48:50	JACKSON, Yvonne		VET LADY 40 - 45	09:45.8	137	263
263	0:49:04	GARRETT, Julie	Norwich Road Runners	VET LADY 40 - 45	09:48.6	3	264
264	0:49:04	BLOOMFIELD, Christine	Norfolk Gazelles	VET LADY 50 - 55	09:48.6	487	265
265	0:49:11	BECKWITH, LINDA		Senior Lady	09:50.0	217	266
266	0:49:27	MCCARTHY, Patricia	Tri Anglia	VET LADY 35- 40	09:53.2	281	267
267	0:49:32	MORTER, SARAH	Norwich Road Runners	VET LADY 40 - 45	09:54.2	108	268
268	0:49:43	BUSSEY, Alison		VET LADY 35- 40	09:56.4	292	269
269	0:49:46	RUSSELL, John	Norwich Road Runners	VET MAN 60+	09:57.0	213	270
270	0:49:53	ELLIS, BARRY		VET MAN 45-50	09:58.4	121	271
271	0:50:02	RYLES, Sue	Great Yarmouth & District AC	VET LADY 50 - 55	10:00.2	243	272
272	0:50:02	CLARK, Diane	Great Yarmouth & District AC	VET LADY 45 - 50	10:00.2	242	273
273	0:50:07	SHORE, Daniel		Senior Man	10:01.2	125	274
274	0:50:09	RACKHAM, DANIELLE	Norwich Road Runners	Senior Lady	10:01.6	89	275
275	0:50:09	RACKHAM, EMMA	Norwich Road Runners	Senior Lady	10:01.6	88	276
276	0:50:09	DRUAY, Sam		Senior Man	10:01.6	152	277
277	0:50:17	HARTLEY, MARIE		VET LADY 35- 40	10:03.2	445	278
278	0:50:20	STARTKINGS, MARTYN		Senior Man	10:03.8	51	279
279	0:50:22	BIRD, Amii		Senior Lady	10:04.2	495	280
280	0:50:36	GUYTON, TERESA		VET LADY 45 - 50	10:07.0	277	281
281	0:50:39	FLATT, LINDA	Wymondham Athletic Club	VET LADY 55+	10:07.6	251	282
282	0:50:39	POLLEY, JEANETTE	Wymondham Athletic Club	VET LADY 45 - 50	10:07.6	250	283
283	0:50:59	ETHERINGTON, Denise	Great Yarmouth Road Runners	VET LADY 50 - 55	10:11.6	83	284
284	0:51:03	BURNETT, TONY		Senior Man	10:12.4	68	285
285	0:51:07	GOOCH, JACKIE		VET MAN 45-50	10:13.2	158	286
286	0:51:23	SULLIVAN, GENETTE	Norwich Road Runners	VET LADY 40 - 45	10:16.4	223	287
287	0:51:39	ENGLAND, Maureen	Great Yarmouth & District AC	VET LADY 55+	10:19.6	76	288
288	0:51:40	SMITH, STUART		VET MAN 50 - 55	10:19.8	172	289
289	0:51:47	HOLLAND, Martin	Ryston Runners	VET MAN 60+	10:21.2	469	290
290	0:52:07	LEWIS, KIRSTY		Senior Lady	10:25.2	52	291
291	0:52:22	EVANS, Rob	Tri Anglia	Senior Man	10:28.2	282	292
292	0:52:30	HILL, Clare		VET LADY 45 - 50	10:29.8	236	293
293	0:52:38	EGMORE, Jenni	Reepham Runners	VET LADY 40 - 45	10:31.4	35	294
294	0:52:41	RANDALL, Rachel		VET LADY 35- 40	10:32.0	94	295
295	0:52:50	BRAYBROOK, IAIN		VET MAN 45-50	10:33.8	448	296
296	0:52:50	PANNELL, Mark		VET MAN 45-50	10:33.8	447	297
297	0:52:59	RENSHAW, Diane	Dereham Runners	VET LADY 45 - 50	10:35.6	80	298

ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportsystems.co.uk Webresults on

**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 min/mile</i>	<i>Race</i>	<i>Race</i>
298	0:53:10	SMITH, TONY		VET MAN 40 - 45	10:37.8	191	299
299	0:53:13	HAGGARTY, Elaine	Great Yarmouth & Disrict AC	VET LADY 50 - 55	10:38.4	489	300
300	0:54:33	GEE, Marcus		VET MAN 60+	10:54.4	293	301
301	0:54:34	TAYLOR, LAURA		Senior Lady	10:54.6	480	302
302	0:54:34	DAVE, NISHA		Senior Lady	10:54.6	479	303
303	0:54:50	WATERS, KAREN	Bungay Black Dog R C	VET LADY 35- 40	10:57.8	62	304
304	0:55:03	JONES, FREDERICK	Coltishall Jaguars	VET MAN 60+	11:00.4	149	305
305	0:55:25	SHARMAN, Kevin	Lowestoft Road Runners	VET MAN 40 - 45	11:04.8	234	306
306	0:55:25	GOODWIN, Denise	Great Yarmouth & Disrict AC	VET LADY 50 - 55	11:04.8	141	307
307	0:56:40	TYLER, ANDREA		VET LADY 40 - 45	11:19.8	93	308
308	0:56:40	RANDALL, MARK		Senior Man	11:19.8	95	309
309	0:56:52	MOORE, Brian	Norwich Road Runners	VET MAN 55 - 60	11:22.2	147	310
310	0:56:52	CLAXTON, Mhairi	Norwich Road Runners	VET LADY 35- 40	11:22.2	476	311
311	0:56:52	THOULESS, Colin	Norwich Road Runners	VET MAN 60+	11:22.2	21	312
312	0:56:52	BARKER, Sarah	Norwich Road Runners	VET LADY 35- 40	11:22.2	98	313
313	0:56:54	YALLOP, KATRINA		VET LADY 35- 40	11:22.6	473	314
314	0:57:20	WARNER, Ken		VET MAN 55 - 60	11:27.8	96	315
315	0:57:48	READER, Frank		VET MAN 60+	11:33.4	48	316
316	0:59:25	WATSON, Jackie	Reepham Runners	VET LADY 55+	11:52.8	488	317
317	0:59:34	GOWING, Jean	Reepham Runners	VET LADY 55+	11:54.6	462	318
318	1:00:28	DI GORGIO, Kim		VET LADY 40 - 45	12:05.4	23	319
319	1:00:32	KING, Sue	Reepham Runners	VET LADY 50 - 55	12:06.2	71	320
320	1:00:41	LEE, ANNE		VET LADY 55+	12:08.0	238	321
321	1:01:06	BEARD, Claire		Senior Lady	12:13.0	435	322
322	1:01:50	KERCHEK, LOUISE		Senior Lady	12:21.8	31	323
323	1:02:04	SULLIVAN, ERIKA	Norwich Road Runners	JUNIOR LADY	12:24.6	221	324
324	1:03:45	STALLABRASS, SHIRLEY			12:44.8	184	325
325	1:03:45	BIRD, CAROLINE		Senior Lady	12:44.8	183	326
326	1:03:45	FORD, JO		VET LADY 50 - 55	12:44.8	169	327
327	1:03:49	BUCK, Amy		Senior Lady	12:45.6	11	328
328	1:05:40	IVORY, PETER		Senior Man	13:07.8	122	329
329	1:07:47	READER, Jacqui		VET LADY 55+	13:33.2	204	330
330	1:09:20	HANNANT, HAZEL		VET LADY 45 - 50	13:51.7	205	331

There were 330 finishers in the All Competitors category.

ORGANISED BY NORTH NORFOLK BEACH RUNNERS THANKS TO THE RUNNERS, THANKS TO THE HELPERS TO MAKE THIS  
RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportssystem.co.uk Webresults on