North Norfolk Beach Runners North Norfolk 7

Sunday 19 October 2008. 10:30 am

<u>Provi</u>	sional F	Results for All Competito	rs in finish order.		Pace	Race	Race
Place		Name	Team	Race Age Category	min/mile		
1	0:38:55	O'NEILL, James	City of Norwich AC	Senior Male 20 to 34	05:33.5	538	1
2	0:39:23	BUNN, Andrew	Norwich Road Runners	Senior Male 20 to 34	05:37.5	521	2
3	0:41:08	ROONEY, Kevin	intercity strollers	Male 35 to 44	05:52.5	669	3
4	0:42:00	DORSETT, Will	-	Senior Male 20 to 34	05:59.9	514	4
5	0:42:37	ATTERWILL, SEAN	Dereham Runners	Junior Male U20	06:05.2	518	5
6	0:42:43	ROPER, Goy	Norwich Road Runners	Male 45 to 49	06:06.0	664	6
7	0:42:59	HIGHAM, Paul	Norfolk Gazelles	Senior Male 20 to 34	06:08.3	548	7
8	0:43:05	JOHNSON, Pete	Norfolk Gazelles	Male 50 to 54	06:09.2	632	8
9	0:43:11	VARLEY, Matthew	Norfolk Gazelles	Senior Male 20 to 34	06:10.0	629	9
10	0:43:22	BOOTH, Nigel		Male 45 to 49	06:11.6	599	10
11	0:43:31	VIALLS, Tim		Male 45 to 49	06:12.9	560	11
12	0:43:55	BROCK, Dave	Orion Harriers	Male 45 to 49	06:16.3	668	12
13	0:44:01	HUNTINGTON, Steven	City of Norwich AC	Male 50 to 54	06:17.2	640	13
14	0:44:03	HAYNES, Mark	Coltishall Jaguars	Senior Male 20 to 34	06:17.5	658	14
15	0:44:13	CHAPPELL, Wayne		Senior Male 20 to 34	06:18.9	513	15
16	0:44:33	LEVERSEDGE, John	ENFIELD @ HARINGEY AC	Male 50 to 54	06:21.7	532	16
17	0:44:50	STONE, Matthew		Male 35 to 44	06:24.2	652	17
18	0:44:55	GREEN, Stuart	Stowmarket Striders	Male 45 to 49	06:24.9	504	18
19	0:45:19	KNIGHTS, Neville	Dereham Runners	Male 45 to 49	06:28.3	517	19
20		BROOKSHAW, Paul	Great Yarmouth Road Runners	Male 45 to 49	06:28.6	522	20
21		ALFORD, Nicola	City of Norwich AC	Senior Female 20 -34	06:29.0	190	21
22	0:45:41	ELLIS, Matt	City of Norwich AC	Senior Male 20 to 34	06:31.5	622	22
23	0:45:42	DOWNIE, Iain	Ipswich Triathlon Club	Male 35 to 44	06:31.6	501	23
24	0:45:43	GREEN, Matthew	Norfolk Gazelles	Male 35 to 44	06:31.7	555	24
25		PHILLIPS, Sam	Norfolk Gazelles	Senior Male 20 to 34	06:33.3	653	25
26		EDRIDGE, Darren	Coltishall Jaguars	Male 35 to 44	06:34.3	648	26
27	0:46:14	CURL, Tracey	Norwich Road Runners	Female 45 to 49	06:36.2	191	27
28		WILLIAMSON, Luke		Senior Male 20 to 34	06:36.5	574	28
29		BRIDGES, Doug	Norfolk Gazelles	Male 35 to 44	06:37.9	553	29
30		HENDERSON, Ian		Male 45 to 49	06:38.0	524	30
31		BATES, Steve	Coltishall Jaguars	Male 35 to 44	06:39.3	659	31
32		HARTLEY, John		Male 35 to 44	06:42.2	561	32
33		JAMES, Molly	West Norfolk AC	Female 35 to 44	06:42.7	152	33
34		ETHERINGTON, Stephen	Great Yarmouth Road Runners	Male 50 to 54	06:43.5	542	34
35		YEOMANS, Martin	Norwich Road Runners	Male 55+	06:44.2	569	35
36		JONES, Martin	Herts Phoenix	Male 50 to 54	06:45.5	586	36
37		PHILO, Mark	Tri Anglia	Male 35 to 44	06:47.5	638	37
38		BLAKE, Dean	Coltishall Jaguars	Senior Male 20 to 34	06:48.5	582	38
39		DADY, Stephen		Male 55+	06:49.9	529	39
40		THOMPSON, Peter	Norfolk Gazelles	Male 50 to 54	06:50.3	547	40
41		SALMON, Andy	City of Norwich AC	Male 35 to 44	06:51.2	639	41
42		HILL, Leslie	Norfolk Gazelles	Male 45 to 49	06:54.2	631	42
43		PARFITT, Dena	North Norfolk Beach Runners	Female 45 to 49	06:55.0	186	43
44		MARTIN, Paul		Senior Male 20 to 34	06:56.9	559	44
45		LAMB, Alan		Male 35 to 44	06:58.5	509	45
46		MARSH, Andrew	West Norfolk AC	Male 45 to 49	06:59.2	578	46
47		RICE, Steve	Milton Keynes A C	Male 50 to 54	07:00.6	612	47
48		COUSINS, Rebecca	Fenland Runners AC	Junior Female U20	07:00.7	113	48
49		HARDINGHAM, Kevin	Norfolk Gazelles	Male 50 to 54	07:02.6	627	49
50		BOWDEN, Nick	Reepham Runners	Male 50 to 54	07:03.3	620	50
51		BUSHELL, Alan	Coltishall Jaguars	Male 35 to 44	07:03.5	566	51
52		LAMB, Jonathan		Senior Male 20 to 34	07:04.5	662	52
53		BEACHAMP, Gary	Namedala Barri I B	Male 45 to 49	07:05.7	643	53
54		GEORGE, David	Norwich Road Runners	Male 35 to 44	07:06.2	616	54
55		MACLEOD, James	Tri Anglia	Male 45 to 49	07:06.3	515	55
56		POTTER-CAMPBELL, Emma	Dereham Runners	Female 35 to 44	07:06.6	179	56
57	0:49:58	NIMMOCK, Steve	Dereham Runners	Male 45 to 49	07:08.2	642	57

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<u>Provi</u>	sional I	Results for All Competito	ors in finish order.		Pace	Race	Race
Place	Time	Name	Team	Race Age Category	min/mile		
58		LAWLOR, David	Great Yarmouth Road Runners	Male 35 to 44	07:08.7	562	58
59		JONES, Yvonne	Garden City Runners	Female 45 to 49	07:09.5	143	59
60		SMITH, Alexandra	Norwich Road Runners	Senior Female 20 -34	07:10.0	146	60
61		EGLINGTON, Sarah		Senior Female 20 -34	07:10.7	151	61
62		HIGH, Christopher		Male 35 to 44	07:14.3	617	62
63		CHAPMAN, David	Norfall, Carollas	Junior Male U20	07:14.9	594	63
64		HARDINGHAM, Graham	Norfolk Gazelles	Male 45 to 49	07:15.6	554	64
65		BYE, Barry	Ryston Runners	Male 55+	07:16.7	583	65
66 47		LOUGHLIN, Gillian	West Norfolk AC	Female 35 to 44	07:17.6 07:19.2	108 667	66 67
67 68		FRARY, Matthew RIDER, Stefan	Norwich Road Runners	Male 35 to 44 Male 35 to 44	07.19.2	570	68
69		BIRD, Steve	City of Norwich AC	Male 35 to 44	07:19.9	577	69
70		CAMPBELL, Rory	Dereham Runners	Male 45 to 49	07:20.7	650	70
71		GROUT, Edward	Derenam Rumers	Male 50 to 54	07:21.4	523	71
72		ADCOCK, Trevor	Norfolk Gazelles	Male 55+	07:22.0	628	72
73		MARSHALL, RAYMOND	Norton Gazones	Male 45 to 49	07:23.2	534	73
		GORDON-GRAY, Anthony	Norfolk Gazelles	Male 55+	07:23.9	633	74
75		GAUVIN, Sarah	Fenland Runners AC	Female 35 to 44	07:24.3	134	75
76		LINSTEAD, Tim		Male 35 to 44	07:25.3	603	76
77		GAY, Christopher	Great Yarmouth & Disrict AC	Male 45 to 49	07:27.0	665	77
78		WHITE, Simon		Senior Male 20 to 34	07:28.9	651	78
79		AMES, Ron	Stowmarket Striders	Male 55+	07:29.0	589	79
80		FOX, Colin		Male 35 to 44	07:32.2	601	80
81	0:52:47	QUINN, Gregory	Reepham Runners	Male 45 to 49	07:32.3	645	81
82	0:52:49	JONAS, Kevin		Male 35 to 44	07:32.6	623	82
83	0:52:56	IRLAM, Maire	Fenland Runners AC	Female 35 to 44	07:33.6	187	83
84	0:53:10	CUDE, Anthony		Senior Male 20 to 34	07:35.6	609	84
85	0:53:15	WOODS, Ian	Norfolk Gazelles	Male 50 to 54	07:36.3	556	85
86	0:53:27	COOPER, Bryan		Male 50 to 54	07:38.0	510	86
87		HAMMOND, Andrew		Male 50 to 54	07:38.3	608	87
88		FOX, Nigel	spa stri	Male 45 to 49	07:41.2	530	88
89		BRIGHTY, Keith	Norwich Road Runners	Male 45 to 49	07:41.9	584	89
		BRIGHTY, Joshua	Norwich Road Runners	Junior Male U20	07:41.9	585	90
91		PHELPS, John	Creat Varragish & Dispist AC	Male 45 to 49	07:42.2	615	91
92 93		GOODWIN, David RUGGIERO, Pasquale	Great Yarmouth & Disrict AC Fenland Runners AC	Male 50 to 54 Male 45 to 49	07:42.2 07:42.2	654 660	92 93
94		WALPOLE, Stephen	remand Runners AC	Male 35 to 44	07:42.2	635	94
95		BURTON, Howard	Coltishall Jaguars	Male 35 to 44	07:42.3	580	95
96		PITCHER, Guy	Reepham Runners	Male 35 to 44	07:42.3	666	96
97		ROBINSON, Paul	Reepham Runners	Male 35 to 44	07:42.6	587	97
98		NORTON, Andrew	Dereham Runners	Male 35 to 44	07:42.6	531	98
99		JONAS, Billy	2 or or arm rearmore	Male 50 to 54	07:42.7	576	99
100		MONK, Patrick		Male 35 to 44	07:43.4	624	100
101		EBBS, Adrian		Male 45 to 49	07:44.0	597	101
102	0:54:20	DAVIES, Kate	West Norfolk AC	Senior Female 20 -34	07:45.6	170	102
103	0:54:25	BOWEN, Andrew	Norwich Road Runners	Senior Male 20 to 34	07:46.3	663	103
104	0:54:27	GILHAM, Richard	Norfolk Gazelles	Male 45 to 49	07:46.6	546	104
105	0:54:35	WOODWARD, Adrian		Male 45 to 49	07:47.7	572	105
106	0:54:44	CHAPMAN, John		Male 55+	07:49.0	593	106
107		HENERY, Catherine		Female 35 to 44	07:49.9	183	107
108		LAMBERT, John	Ipswich Jaffa	Male 55+	07:50.0	537	108
109		BLACKWELL, Kevin	Norfolk Gazelles	Male 50 to 54	07:50.6	557	109
110		BURROWS, Mark		Male 35 to 44	07:51.4	545	110
111		OLLINGTON, Robyn		Female 45 to 49	07:53.4	181	111
112		YELLOLY, Julia	Ipswich Triathlon Club	Female 35 to 44	07:55.9	101	112
113		SYMONDS, Sam	Thetford Athletic Club	Female 35 to 44	07:59.4	142	113
114		ANDERSON, Paul	Great Yarmouth Road Runners	Male 50 to 54	07:59.9	636	114
115		HULSE, Anne	West Norfell, AC	Female 45 to 49	08:00.7	118	115
116 117		BUSHELL, Paul	West Norfolk AC	Male 35 to 44	08:02.6	598 637	116 117
117	0.50.20	DESWART, Richard		Male 35 to 44	08:02.7	637	117

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		sional Results for All Competitors i	n finish order.		Pace	Race	Race
191		-		Race Age Category			
120 0.56.35 DAYKIN, Robert Senior Male 20 to 34 0.69.0 657 721 720.56.38 STEVENSON, Tracey Norfolk Gazelles Fermale 25 to 44 0.69.05 0.657 721 722 0.56.38 STEVENSON, Tracey Norfolk Gazelles Fermale 25 to 44 0.69.05 0.657 721 722	118	0:56:28 HORREX, Trevor	Norwich Road Runners		08:03.9	526	118
121 0.56-36 WITHERS, Bradley Norfolk Gazelles Female 35 to 44 0.80-05 0.87 121 122 0.56-36 0.054 0.054 0.054 0.054 0.055 1.45 1.25 1.25 0.56-46 0.054 0.054 0.054 0.054 0.054 0.054 0.055 0.154 0.056-36 1.27 1.24 0.056-36 0.054 0.054 0.054 0.054 0.056-36 0.054 0	119	0:56:28 THOMAS, Neil	Bungay Black Dog R C	Male 35 to 44	08:03.9	619	119
122 0.56-38 STEVENSON, Tracey Norfolk Gazelles Fernale 35 to 44 0.80-05 123 123 124 0.56-40 USHINIS, Sally Norwich Road Runners Fernale 35 to 44 0.80-05 177 124 125 125 126 0.56-46 SPENCE, Simon Male 35 to 44 0.80-05 177 124 125 126 0.56-46 SPENCE, Simon Male 35 to 44 0.80-05 177 124 126 127 126 0.56-54 RICHARDSON, John Dereham Runners Male 55+ 0.80-06 54 127 128 0.56-55 BETTS, Carol Norfolk Gazelles Fernale 50 to 44 0.80-07 102 128 128 128 128 128 129 0.57-06 JAY, Adrian Male 35 to 44 0.80-09 0.602 128 1							
123 0.56-40 CUSININS, Sally							
124 0.56-64 WENN, Jenny Norwich Road Runners Fernale 35 to 44 0.81-05. 177 124 126 0.56-64 SPENCE, Simon Male 35 to 44 0.81-05. 125 126 0.56-64 RICHARDSON, John Dereham Runners Male 55+ 0.81-05. 54 127 127 0.55-55 BETTS, Carol Norfolk Gazelles Fernale 50 to 54 0.81-07 102 128 128 0.56-55 BETTS, Carol Norfolk Gazelles Fernale 50 to 54 0.80-07 102 128 130 0.57-06 JAY, Adrian Male 35 to 44 0.80-09 0.61-27 130 0.57-09 BRAY, Karyn Fernale 55 to 44 0.80-09 0.71 133 131 0.57-10 MILLS, Graham Norfolk Gazelles Senior Male 25 to 44 0.80-09 0.73 133 132 0.57-110 MILLS, Graham Norfolk Gazelles Senior Male 20 to 34 0.81-03 59 133 133 0.57-31 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0.81-03 590 133 135 0.57-15 SPONG, Garole Great Yarmouth Road Runners Fernale 35 to 44 0.81-03 590 134 133 0.57-32 TROPMAN, Adrian Fernale 35 to 44 0.81-05 136 0.57-29 CRANE, Michelle Fernale 35 to 44 0.81-05 136 0.57-29 CRANE, Michelle Fernale 35 to 44 0.81-10 137 138 0.57-32 TROPMAN, Adrian Fernale 35 to 44 0.81-10 138 0.57-32 TROPMAN, Adrian City of Norwich AC Male 35 to 44 0.81-10 138 0.57-32 TROPMAN, Adrian City of Norwich AC Male 35 to 44 0.81-15 0.55-15 0.59-20 JEMHWS, Paul Simon Male 45 to 49 0.81-15 0.55-15 0.59-20 JEMHWS, Paul Simon Male 45 to 49 0.81-15 0.55-15 0.59-24 BYE, Jackie Cotishall Jaguars Fernale 35 to 44 0.81-10 0.58-26 HOWARD, Darren Fernale 45 to 44 0.82-23 0.81-14 0.58-18 HOWARD, Darren Fernale 45 to 44 0.82-23 0.81-14 0.58-18 HOWARD, Darren Fernale 55 to 44 0.82-23 0.81-14 0.59-25 JEMHWS, Paul Simon Fernale 55 to 44 0.82-23 0.81-14 0.58-18 HOWARD, Darren Fernale 55 to 44 0.82-23 0.81-14 0.58-18 HOWARD, Darren Fernale 55 to 44 0.82-23 0.81-14							
125 0.56-64 SPENCE. SImon Dereham Runners Male 35 to 44 0.810.6.4 5.55 125 125 126 0.56-54 MILLARD, Ray Morfolk Gazelles Female 50 to 54 0.810.7.6 564 126 128							
126 0.56-49 RICHARDSON, John Dereham Runners Male 55+ 0.80-69, 54 112 127 128 0.56-55 MILLARD, Ray Norfolk Gazelles Female 55 to 5 to 5 do 8.07.6 127 128 129 0.57-06 JAY, Adrian Male 35 to 4 do 8.09.7 102 128 128 129 0.57-06 JAY, Adrian Male 35 to 4 do 8.09.3 614 130		-	Norwich Road Runners				
127 0.56:54 MILLARD, Ray Norfolk Gazelles Female 50 to 54 0.8077, 6 564 127 128 0.56:55 BETTS, Carlor Norfolk Gazelles Female 50 to 49 0.8090, 0 602 129 1			Daraham Dunnara				
128 0.55-55 BETTS, Carol Norfolk Gazelles Female 50 to 54 0819.77 102 128 129 0.557-06 JAY, Adrian Male 45 to 44 0819.07 153 131 132 0.557-06 JAY, Adrian Female 35 to 44 0819.07 153 131 132 0.557-10 MILLS, Graham Male 35 to 44 0819.07 153 131 132 0.557-10 MILLS, Graham Norfolk Gazelles Senior Male 20 to 34 0810.3 559 132 133 0.557-13 BALDWIN, Chris Norfolk Gazelles Senior Male 20 to 34 0810.3 559 134 135 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0810.3 550 134 135 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0810.3 550 134 135 0.557-29 CRANE, Michelle Great Yarmouth Road Runners Female 35 to 44 0811.0 135 136 0.557-29 CRANE, Michelle Great Yarmouth Road Runners Female 35 to 44 0811.0 155 136 136 137 0.557-30 JAY, Sarah Male 35 to 44 0811.0 0813.0 0.57-32 TROPMAN, Adrian Male 35 to 44 0811.0 0.57-50 JENHWS, Paul Simon Female 35 to 44 0811.0 0.57-50 JENHWS, Paul Simon Female 35 to 44 0811.0 0.57-50 JENHWS, Paul Simon Female 35 to 44 0811.0 0.57-50 JENHWS, Paul Simon Female 35 to 44 0811.0 0.57-50 JENHWS, Paul Simon Female 45 to 49 0811.0 0.57-50 JENHWS, Paul Simon Female 45 to 49 0811.0 0.57-50 JENHWS, Paul Simon Female 45 to 49 0811.0 0.57-50 JENHWS, Paul Simon Female 35 to 44 0.581.0 0.581.			Derenam Runners				
199 0.557-04 PIATTEN, Jon Male 45 to 49 0.809.0 0.002 129 130 0.557-06 JAY, Adrian			Norfolk Cazalles				
130 0.557-06 JAY, Adriam Male 35 to 44 08.09, 3 0.14 130 130 0.557-09 BRAY, Karyn Female 35 to 44 08.09, 7 153 131 132 0.557-10 MILLS, Graham Male 35 to 44 08.09, 9 573 132 133 0.557-13 BALDWIN, Chris Norfolk Gazelles Senior Male 20 to 34 0.810, 3 550 134 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0.810, 3 550 134 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0.810, 3 550 134 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 0.810, 3 550 134 0.557-13 SPONG, Carole Great Yarmouth Road Runners Female 35 to 44 0.811, 3 550 134 0.557-29 CRANE, Michelle Female 35 to 44 0.811, 3 550 134 0.557-29 CRANE, Michelle Female 35 to 44 0.811, 3 0.557-30 JAY, Sarah Female 35 to 44 0.811, 3 0.557-30 JAY, Sarah Male 35 to 44 0.811, 3			NOTION Gazenes				
131 0.557-09 BRAY, Karyn Female 35 to 44 08.09,7 153 131 132 0.557-13 BALDWIN, Chris Norfolk Gazelles Senior Male 20 to 34 08.09,7 153 131 135 0.557-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 08.10,3 549 133 135 0.557-15 SPDNG, Carole Great Yarmouth Road Runners Female 55 to 44 08.10,6 155 136 137 0.557-30 CRNE, Michelle Female 35 to 44 08.10,6 155 136 137 0.557-30 JRN, Variah Female 35 to 44 08.11,6 155 136 137 0.557-30 JRN, Variah Male 35 to 44 08.11,6 644 138 139 0.557-33 JRN, Variah Great Yarmouth Road Runners Female 35 to 44 08.11,6 644 138 139 0.557-30 JRN, Variah Great Yarmouth Road Runners Female 35 to 44 08.11,6 644 138 139 0.557-30 JRN, Variah Great Yarmouth Road Runners Female 35 to 44 08.11,6 644 138 139 0.557-30 JRN, Washam Great Yarmouth Road Runners Female 35 to 44 08.11,6 644 138 139 0.557-30 JRN, Washam Great Yarmouth Road Runners Female 35 to 44 08.11,6 645 138 141 141 0.58-24 BYL, Jackle Great Yarmouth Road Runners Female 35 to 44 08.11,6 645 141 141 141 0.58-24 BYL, Jackle Great Yarmouth Road Runners Female 35 to 44 08.11,6 645 141 141 141 0.58-24 BYL, Jackle Great Yarmouth Road Runners Female 50 to 54 08.20,4 162 144 0.58-25 GUTRED, Louise Female 35 to 44 08.11,6 161 141		•					
132 0-57-10 MILLS, Gråham Morfolk Gazelles Senior Male 20 to 34 08:10.3 549 133 134 0:57-13 BALDWIN, Steve Norfolk Gazelles Senior Male 20 to 34 08:10.3 550 134 135 0:57-15 SPONG, Carole Great Yarmouth Road Runners Female 55 + 08:10.6 133 134 135 0:57-15 SPONG, Carole Great Yarmouth Road Runners Female 35 to 44 08:12.6 155 136 137 137 137 0:57:32 TROPMAN, Adrian Great Yarmouth Acc Male 35 to 44 08:12.6 155 136 137 0:57:32 TROPMAN, Adrian Great Yarmouth Acc Male 35 to 44 08:13.0 644 138 139 0:57:43 LIUBBOCK, David City of Norwich AC Male 35 to 44 08:14.6 641 139 0:57:50 JENHWS, Paul Simon Male 45 to 49 08:18.5 505 140 141 0:58:04 SAUNDERS, Karen Female 35 to 44 08:11.6 505 140 141 0:58:04 SAUNDERS, Karen Female 35 to 44 08:11.6 505 140 141 142 0:58:12 EARILAND, Rachel Cotishall Jaguars Female 35 to 44 08:11.6 141 142 0:58:12 FULTON, Mandy Norwich Road Runners Female 35 to 44 08:11.7 141 141 141 0:58:04 SAUNDERS, Karen Female 35 to 44 08:11.7 141							
133							
135 0.57:15 SPONC, Carole Great Yarmouth Road Runners Female 55+ 0.81.0.6 13.3 13.5 136 0.57:29 CRANE, Michelle Female 35 to 44 0.81.2.6 15.5 13.6 13.7 0.57:30 JAY, Sarah Female 35 to 44 0.81.2.6 15.5 13.6 13.7 13.8 0.57:32 TROPMAN, Adrian City of Norwich AC Male 35 to 44 0.81.1.6 641 13.9 13.0 0.57:50 JENHWS, Paul Simon Male 45 to 49 0.81.5.6 505 14.0 0.57:50 JENHWS, Paul Simon Male 45 to 49 0.81.5.6 505 14.0 0.57:50 JENHWS, Paul Simon Male 45 to 49 0.81.5.6 505 14.0 14.1 0.58:04 SAUNDERSK, Karen Female 35 to 44 0.81.7.6 505 14.0 14.1 0.58:12 EARLAND, Rachel Female 35 to 44 0.81.7.6 17.2 14.1 14.2 0.58:12 EARLAND, Rachel Female 35 to 44 0.81.7.6 17.2 14.1 14.4 0.58:24 BYE, Jackle Coltishall Jaguars Female 35 to 44 0.81.9.6 0.58:24 BYE, Jackle Coltishall Jaguars Female 35 to 44 0.81.9.6 0.58:37 FISHER, Paul Male 55:4 OUTRED Louise Male 55:4 0.58:54 UTRED Louise Male 55:4 0.58:55 0.01TRED 0.59:03			Norfolk Gazelles				
136 0.57.29 CRANE, Michelle Female 35 to 44 0.812.6 155 136 137 0.57.30 JAY, Sarah City of Norwich AC Male 35 to 44 0.812.0 0.812.7 150 137 138 0.57.32 TROPMAN, Adrian Male 35 to 44 0.813.0 0.814.6 0.811.6 0.	134	0:57:13 BALDWIN, Steve	Norfolk Gazelles	Senior Male 20 to 34	08:10.3	550	134
137 0.57:30 JAY, Sarah Female 35 to 44 08:12.7 150 137 138 0.57:30 TROPMAN, Adrian Male 35 to 44 08:13.0 644 138 139 0.57:43 LUBBOCK, David City of Norwich AC Male 35 to 44 08:14.6 641 139 140 0.57:50 JENHWS, Paul Simon Male 45 to 49 08:15.6 505 140 141 0.58:60 SAUNDERS, Karen Female 35 to 44 08:17.6 172 141 142 0.58:12 EARLAND, Rachel Female 35 to 44 08:17.6 172 141 142 0.58:12 EARLAND, Rachel Female 35 to 44 08:17.6 172 141 144 0.58:24 BYE, Jackle Cottishall Jaguars Female 50 to 54 08:20.4 162 144 145 0.58:24 BYE, Jackle Cottishall Jaguars Female 50 to 54 08:20.4 162 144 145 0.58:37 WOODHOUSE, Gill Dereham Runners Female 55 to 44 08:24.7 115 147 0.58:54 OUTRED, Louise Female 55 to 44 08:24.7 115 147 148 0.58:58 HOWARD, Darren Male 35 to 44 08:24.7 115 147 148 0.58:58 HOWARD, Darren Male 35 to 44 08:25.3 625 148 149 0.59:03 COOPER, Lucy Norfolk Gazelles Female 35 to 44 08:25.3 625 148 149 0.59:03 KEAVE, Phillip Bungay Black Dog R C Male 55 to 40 08:26.0 579 150 150 0.59:03 BAWE, Phillip Bungay Black Dog R C Male 55 to 44 08:26.0 160 149 143 144 144 145	135	0:57:15 SPONG, Carole	Great Yarmouth Road Runners	Female 55+	08:10.6	133	135
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164 1:01:00 RUSH, Steve Tri Anglia Male 35 to 44 08:42.7 605 164 165 1:01:10 MUGGRIDGE, Caroline Female 35 to 44 08:44.1 109 165 166 1:01:11 BRITT, Tony Male 50 to 54 08:44.3 607 166 167 1:01:29 HOVENDEN, Victoria Female 35 to 44 08:46.9 139 167 168 1:01:40 ENGLAND, John Great Yarmouth & Disrict AC Male 55+ 08:48.4 649 168 169 1:01:45 WOODHOUSE, Paul Male 45 to 49 08:49.1 610 169 170 1:01:50 THETFORD, JONATHAN Male 35 to 44 08:49.9 539 170 171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+							
165 1:01:10 MUGGRIDGE, Caroline Female 35 to 44 08:44.1 109 165 166 1:01:11 BRITT, Tony Male 50 to 54 08:44.3 607 166 167 1:01:29 HOVENDEN, Victoria Female 35 to 44 08:46.9 139 167 168 1:01:40 ENGLAND, John Great Yarmouth & Disrict AC Male 55+ 08:48.4 649 168 169 1:01:45 WOODHOUSE, Paul Male 45 to 49 08:49.1 610 169 170 1:01:50 THETFORD, JONATHAN Male 35 to 44 08:49.9 539 170 171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:55.3 <td></td> <td></td> <td>•</td> <td></td> <td></td> <td></td> <td></td>			•				
166 1:01:11 BRITT, Tony Male 50 to 54 08:44.3 607 166 167 1:01:29 HOVENDEN, Victoria Female 35 to 44 08:46.9 139 167 168 1:01:40 ENGLAND, John Great Yarmouth & Disrict AC Male 55+ 08:48.4 649 168 169 1:01:45 WOODHOUSE, Paul Male 45 to 49 08:49.1 610 169 170 1:01:50 THETFORD, JONATHAN Male 35 to 44 08:49.9 539 170 171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:55.3 188 176 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 <td></td> <td></td> <td>TT Aligila</td> <td></td> <td></td> <td></td> <td></td>			TT Aligila				
167 1:01:29 HOVENDEN, Victoria Female 35 to 44 08:46.9 139 167 168 1:01:40 ENGLAND, John Great Yarmouth & Disrict AC Male 55+ 08:48.4 649 168 169 1:01:45 WOODHOUSE, Paul Male 45 to 49 08:49.1 610 169 170 1:01:50 THETFORD, JONATHAN Male 35 to 44 08:49.9 539 170 171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:55.3 188 176 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176		·					
168 1:01:40 ENGLAND, John Great Yarmouth & Disrict AC Male 55+ 08:48.4 649 168 169 1:01:45 WOODHOUSE, Paul Male 45 to 49 08:49.1 610 169 170 1:01:50 THETFORD, JONATHAN Male 35 to 44 08:49.9 539 170 171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:55.3 188 176 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176		-					
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171 1:01:50 BAKER, Duncan Senior Male 20 to 34 08:49.9 590 171 172 1:02:07 GARRARD, Martin Senior Male 20 to 34 08:52.3 595 172 173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:54.7 149 175 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176							
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173 1:02:15 CHILD, Jennifer Tri Anglia Female 45 to 49 08:53.4 148 173 174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:54.7 149 175 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176	171			Senior Male 20 to 34	08:49.9	590	171
174 1:02:21 ROSE, Michael Male 55+ 08:54.3 600 174 175 1:02:24 WOODHOUSE, Libby Female 35 to 44 08:54.7 149 175 176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176	172			Senior Male 20 to 34			
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176 1:02:28 COFFEY, Ellice Senior Female 20 -34 08:55.3 188 176							
1// 1:03:08 BATCHELOR, Audrey Norfolk Gazelles Female 55+ 09:01.0 124 177			N 6 11 0 11				
	177	1:03:08 BATCHELOR, Audrey	Nortolk Gazelles	Female 55+	09:01.0	124	177

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		Results for All Competitors in			Paca	Daca	Paco
Place		Name	Team	Race Age Category	<i>Pace</i> min/mile	Race	Race
178		MARTIN, Tanya	ream	Female 35 to 44	09:02.3	107	178
		MARSH, Mary	newmarket joggers	Female 55+	09:02.3	169	179
		JONES, Barbs	newmarket joggers	Senior Female 20 -34	09:02.0	182	180
181		WILLIAMS, Roger	Fenland Runners AC	Male 55+	09:07.1	604	181
		BANNER, Steve	Terriana Numers AC	Male 45 to 49	09:07.1	506	182
183		PALMER, Stuart		Male 35 to 44	09:00.1	544	183
184		HINSHELWOOD, Linda	Watford Joggers	Female 55+	09:03.7	168	184
		TAYLOR, Nancy	Wattord Joggers	Senior Female 20 -34	09:13.3	165	185
		MAKEPEACE, Philip		Male 45 to 49	09:14.7	571	186
187		WARNES, Tom		Senior Male 20 to 34	09:15.6	606	187
		PROCTOR, Matt		Senior Male 20 to 34	09:16.3	540	188
		LEE, Peter		Male 55+	09:21.6	527	189
		GARRARD, Michael		Male 55+	09:22.3	596	190
191		DUE, Claire		Senior Female 20 -34	09:26.4	106	191
		ARDEN, Jeff	Norfolk Gazelles	Male 50 to 54	09:26.4	630	192
		PACEY, Angela	Great Yarmouth Road Runners	Female 55+	09:27.1	111	193
194		FISHER, Jill	Norfolk Gazelles	Female 50 to 54	09:27.6	161	194
		MOORE, Brian	Norwich Road Runners	Male 55+	09:31.3	558	195
		VINCENT, Richard	West Norfolk AC	Male 50 to 54	09:34.4	507	196
		SQUIRES, Michelle		Female 35 to 44	09:35.7	144	197
		TYRRELL, Jonathon	Tri Anglia	Male 35 to 44	09:35.7	588	198
199		WITHERS, Emma	3	Senior Female 20 -34	09:36.0	185	199
		RADFORD GORE, Thirza	Norfolk Gazelles	Female 50 to 54	09:45.4	125	200
201		ATKINSON, Sue	Norfolk Gazelles	Female 55+	09:47.0	130	201
202		FREEBURN, David		Male 55+	09:55.6	567	202
203		BLOOMFIELD, Christine	Norfolk Gazelles	Female 50 to 54	09:58.0	122	203
204		CLEGG, Dawn	Great Yarmouth & Disrict AC	Female 50 to 54	10:00.1	131	204
205		RYLES, Sue	Great Yarmouth & Disrict AC	Female 50 to 54	10:00.1	173	205
206	1:10:34	JACKSON, Yvonne		Female 35 to 44	10:04.7	136	206
207	1:10:46	SMITH, Tony		Male 45 to 49	10:06.4	611	207
208	1:11:37	ENGLAND, Maureen	Great Yarmouth & Disrict AC	Female 55+	10:13.7	178	208
209	1:12:07	ETHERINGTON, Denise	Great Yarmouth Road Runners	Female 50 to 54	10:18.0	116	209
210	1:12:25	EGMORE, Jenni	Reepham Runners	Female 35 to 44	10:20.6	154	210
211	1:12:30	BURFOOT, Jennifer	Norfolk Gazelles	Female 55+	10:21.3	128	211
212	1:12:30	GERRARD, Hayley	Norfolk Gazelles	Female 35 to 44	10:21.3	129	212
213	1:12:30	HARROP, Jackie	Norfolk Gazelles	Female 45 to 49	10:21.3	120	213
214	1:12:30	SAUNDERS, Marianne	Norfolk Gazelles	Female 35 to 44	10:21.3	126	214
215	1:12:30	CRISP, Basil	Norfolk Gazelles	Male 55+	10:21.3	551	215
216	1:12:30	POOLE, Carolyn	Norfolk Gazelles	Female 50 to 54	10:21.3	121	216
217	1:12:33	CORBOULD, Stephen	Norfolk Gazelles	Male 45 to 49	10:21.7	626	217
218	1:12:38	MOORE, Jane	Norfolk Gazelles	Female 45 to 49	10:22.4	158	218
219		CIARLA, Truti	Norfolk Gazelles	Female 35 to 44	10:23.4	157	219
220		SULLIVAN, Genette	Norwich Road Runners	Female 35 to 44	10:26.4	174	220
		ROGERS, Rosemary	Norfolk Gazelles	Female 45 to 49	10:29.6	159	221
		LADDIMAN, Hazel	Norfolk Gazelles	Female 50 to 54	10:29.6	127	222
223		MAKEPEACE, Kirsten		Female 45 to 49	10:33.1	138	223
224		MAKEPEACE, Carmen		Junior Female U20	10:33.1	137	224
225		SPIRO, Joe	N B B	Female 45 to 49	10:33.3	189	225
226		ELLIS, Sarah	Norwich Road Runners	Female 35 to 44	10:33.3	167	226
227		LEE, Susan	Norwich Road Runners	Female 45 to 49	10:33.3	166	227
228		HARE, Peter		Male 50 to 54	10:37.8	591	228
229		CULLEY, Maria	Crost Vermouth & Dissist AC	Female 35 to 44	10:47.7	184	229
230		HAGGARTY, Elaine	Great Yarmouth & Disrict AC	Female 50 to 54	10:56.0	192	230
231 232		GOODWIN, Denise SCUTTER, Tim	Great Yarmouth & Disrict AC Tri Anglia	Female 50 to 54	10:58.7	180 525	231 232
		EVERITT, Katie	TT Aliglia	Senior Male 20 to 34 Senior Female 20 -34	11:01.4 11:26.1	525 164	232
233 234		SPONG, Albert	Great Yarmouth Road Runners	Male 55+	12:13.5	563	233
235		HARBORD, Chris	Great Yarmouth Road Runners	Male 55+	13:16.1	516	235
		OF finishers in the All Competitors		maic 55 i	13.10.1	310	200

There were 235 finishers in the All Competitors category.