

**North Norfolk 7**  
**North Norfolk 7**

Sunday 17 October 2010. 10:30 am

**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	0:41:09	O'NEILL, James	Ryston Runners	Male 20 -34	05:52.6	155	1
2	0:41:36	SHERRY, Karl	Norwich Road Runners	Male 45 - 49	05:56.5	157	2
3	0:43:00	WYER, Danny		Male 20 -34	06:08.5	153	3
4	0:43:12	WAITY, Phil	Wymondham Athletic Club	Junior male	06:10.2	179	4
5	0:43:16	JOHNSON, Pete	Norfolk Gazelles	Male 55+	06:10.7	138	5
6	0:43:22	BROCK, Dave	Orion Harriers	Male 50 - 54	06:11.6	166	6
7	0:44:07	LEVERSEDGE, John	Enfield & Haringey AC	Male 55+	06:18.0	125	7
8	0:44:29	LAKE, Todd	Dereham Runners	Male 45 - 49	06:21.2	174	8
9	0:44:53	NICKINSON, Andrew		Male 20 -34	06:24.6	211	9
10	0:44:59	NURSE, Charles		Male 20 -34	06:25.5	213	10
11	0:45:01	GREEN, Stuart	Stowmarket Striders	Male 50 - 54	06:25.7	107	11
12	0:45:33	WATERS, Ady	Norfolk Gazelles	Male 35 - 44	06:30.3	133	12
13	0:45:34	STEWART, Clive	Coltishall Jaguars	Male 45 - 49	06:30.5	128	13
14	0:46:06	LEATHWOOD, Racheal	Norwich Road Runners	Female 20 -34	06:35.0	9	14
15	0:46:37	BRYANT, Simon		Male 20 -34	06:39.5	177	15
16	0:46:38	EDRIDGE, Darren	Coltishall Jaguars	Male 35 - 44	06:39.6	161	16
17	0:46:44	KNIGHTS, Neville	Dereham Runners	Male 50 - 54	06:40.5	106	17
18	0:46:59	NELSON, Glen	Tri Anglia	Male 55+	06:42.6	171	18
19	0:47:07	BROWN, Hugh		Male 35 - 44	06:43.7	187	19
20	0:47:13	GRUBB, Mark	Norfolk Gazelles	Male 20 -34	06:44.6	137	20
21	0:47:28	GUY, Steven	City of Norwich AC	Male 35 - 44	06:46.7	152	21
22	0:47:49	CRUTCHLEY, Ian	Wymondham Athletic Club	Male 45 - 49	06:49.7	216	22
23	0:47:49	CHORLEY, Chris	Bungay Black Dog R C	Male 45 - 49	06:49.7	156	23
24	0:48:13	GOODCHILD, Andrew	Tri Anglia	Male 35 - 44	06:53.2	162	24
25	0:48:24	DADY, Stephen	Great Yarmouth Road Runners	Male 55+	06:54.7	110	25
26	0:48:28	HURREN, Sharon	Wymondham Athletic Club	Female 35 - 44	06:55.3	27	26
27	0:48:50	KENNEDY, Anthony		Male 35 - 44	06:58.5	210	27
28	0:48:54	BUSHELL, Alan	Coltishall Jaguars	Male 35 - 44	06:59.0	164	28
29	0:48:56	THOMPSON, Peter	Norfolk Gazelles	Male 50 - 54	06:59.3	191	29
30	0:49:08	EDWARDS, Penny	Norwich Road Runners	Female 55+	07:01.0	39	30
31	0:49:10	KING, Michael	Coltishall Jaguars	Male 55+	07:01.3	121	31
32	0:49:30	HAUGHTON, Stephen		Male 45 - 49	07:04.2	109	32
33	0:49:34	OSBORNE-SMITH, Andrew	Fenland Runners AC	Male 45 - 49	07:04.7	112	33
34	0:49:46	WEBSTER, Mark		Male 45 - 49	07:06.5	127	34
35	0:50:09	YEOMANS, Martin	Norwich Road Runners	Male 55+	07:09.7	119	35
36	0:50:28	BOWDEN, Nick	Reepham Runners	Male 50 - 54	07:12.4	214	36
37	0:50:31	HARVEY, Roy	Wymondham Athletic Club	Male 45 - 49	07:12.9	141	37
38	0:50:32	QUINN, Gregory	Reepham Runners	Male 50 - 54	07:13.0	220	38
39	0:50:37	FRARY, Matthew	City of Norwich AC	Male 35 - 44	07:13.7	132	39
40	0:50:43	RIX, Steven	Dereham Runners	Male 20 -34	07:14.6	167	40
41	0:50:51	CASSELS, Paul		Male 20 -34	07:15.7	207	41
42	0:51:07	FOX, Nigel	Spa Striders	Male 45 - 49	07:18.0	101	42
43	0:51:13	SLOWTHER, Denver		Male 35 - 44	07:18.9	120	43
44	0:51:25	MACLEOD, James	Tri Anglia	Male 45 - 49	07:20.6	176	44
45	0:51:29	TOLLEY, Merlin	North Norfolk Beach Runners	Male 20 -34	07:21.2	222	45
46	0:51:56	CLARK, Marie	Norwich Road Runners	Female 35 - 44	07:25.0	62	46
47	0:52:02	SADD, Stephen	Norfolk Gazelles	Male 50 - 54	07:25.9	140	47
48	0:52:30	HENERY, Catherine	Norwich Road Runners	Female 45 - 49	07:29.9	61	48
49	0:52:36	CARPENTER, Adrian		Male 20 -34	07:30.7	200	49
50	0:52:43	CUSHING, Sally	Norwich Road Runners	Female 45 - 49	07:31.7	44	50
51	0:52:44	WOODS, Ian	Norfolk Gazelles	Male 50 - 54	07:31.9	192	51
52	0:52:48	HAMES, Chris		Male 45 - 49	07:32.4	123	52
53	0:52:48	SPURR, Craig		Male 20 -34	07:32.4	102	53
54	0:53:01	MILNES, Christopher	Ryston Runners	Male 50 - 54	07:34.3	193	54
55	0:53:07	OLBY, Howard		Male 20 -34	07:35.2	144	55
56	0:53:17	ALLEN, Sue	Coltishall Jaguars	Female 50 - 54	07:36.6	5	56
57	0:53:19	CLAYDEN, Ray	North Norfolk Beach Runners	Male 55+	07:36.9	194	57

*RaceMaster98 from Sport Systems +44(0)20 8399 1773 www.sportsystems.co.uk Webresults on*

Results produced by North Norfolk Beach Runners. Printed by North Norfolk Beach Runners on 17

Page 1 of 3

**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	0:53:26	BARSTARD, Anthony	Dereham Runners	Male 55+	07:37.9	199	58
59	0:53:39	GILBERT, David	Tri Anglia	Male 55+	07:39.7	221	59
60	0:53:50	SPENCER, Geoff		Male 35 - 44	07:41.3	183	60
61	0:54:00	GAY, Christopher	Great Yarmouth & District AC	Male 45 - 49	07:42.7	184	61
62	0:54:03	JONAS, Billy		Male 55+	07:43.2	150	62
63	0:54:05	COOPER, Phillip	Reepham Runners	Male 50 - 54	07:43.4	170	63
64	0:54:13	AMES, Ron	Stowmarket Striders	Male 55+	07:44.6	205	64
65	0:54:19	CAVE, Jane		Female 35 - 44	07:45.4	42	65
66	0:54:19	EVERARD, Chris	North Norfolk Tri Club	Male 35 - 44	07:45.4	126	66
67	0:54:30	GREAVES, Maria	Norfolk Harriers AC	Female 20 -34	07:47.0	4	67
68	0:54:46	HIGH, Christopher		Male 35 - 44	07:49.3	208	68
69	0:54:55	JEWISS, Michael	Dereham Runners	Male 55+	07:50.6	105	69
70	0:55:00	BETTS, Carol	Norfolk Gazelles	Female 55+	07:51.3	21	70
71	0:55:15	BEAR, Angie	Wymondham Athletic Club	Female 50 - 54	07:53.4	25	71
72	0:55:27	SAUERZAPE, Bobbie	Bungay Black Dog R C	Female 50 - 54	07:55.2	30	72
73	0:55:43	WATSON, Charlie		Male 50 - 54	07:57.4	124	73
74	0:55:45	CORBOULD, Stephen	Norfolk Gazelles	Male 50 - 54	07:57.7	139	74
75	0:55:49	DEFERNEZ, Marianne		Female 35 - 44	07:58.3	46	75
76	0:55:56	SMITH, Mike		Male 55+	07:59.3	148	76
77	0:55:58	HOLLISTER, Heather	Tri Anglia	Female 55+	07:59.6	13	77
78	0:56:17	HANNER, Amy		Female 20 -34	08:02.3	70	78
79	0:56:28	NOBLE, Harry	SERPENTINE	Male 55+	08:03.9	163	79
80	0:56:37	EARLAND, Rachel	Flechney & Kibwomth AC	Female 45 - 49	08:05.2	31	80
81	0:56:41	BARTRAM, Dennis	Wymondham Athletic Club	Male 55+	08:05.7	172	81
82	0:56:52	MILNES, Alison	Ryston Runners	Female 45 - 49	08:07.3	55	82
83	0:56:59	JAMES, Joanne	Dereham Runners	Female 20 -34	08:08.3	33	83
84	0:57:00	HORREX, Trevor	Norwich Road Runners	Male 50 - 54	08:08.4	169	84
85	0:57:02	HANNER, Jonathon		Male 20 -34	08:08.7	219	85
86	0:57:06	EVANS, Louise		Female 35 - 44	08:09.3	34	86
87	0:57:11	HARDINGHAM, Graham	Norfolk Gazelles	Male 50 - 54	08:10.0	189	87
88	0:57:13	BRAILEY, David	Coltishall Jaguars	Male 35 - 44	08:10.3	212	88
89	0:57:17	RUSH, Steve	Tri Anglia	Male 45 - 49	08:10.9	201	89
90	0:57:23	PITCHER, Guy	Reepham Runners	Male 45 - 49	08:11.7	218	90
91	0:57:25	CLARK, Neil	Norwich Road Runners	Male 35 - 44	08:12.0	204	91
92	0:57:31	ALFORD, Colin		Male 45 - 49	08:12.9	115	92
93	0:57:41	WITTING, Craig	Ryston Runners	Junior male	08:14.3	160	93
94	0:57:45	DESWARTE, Richard		Male 45 - 49	08:14.9	215	94
95	0:57:49	HUTCHEON, David	Coltishall Jaguars	Male 55+	08:15.4	209	95
96	0:57:55	NEAVE, Philip	Bungay Black Dog R C	Male 55+	08:16.3	104	96
97	0:58:41	LANE, David	Ryston Runners	Male 45 - 49	08:22.9	159	97
98	0:58:42	SADLER, Derek		Male 55+	08:23.0	158	98
99	0:58:52	COTTOM, Ellen		Female 35 - 44	08:24.4	19	99
100	0:59:12	BATCHELOR, Audrey	Norfolk Gazelles	Female 55+	08:27.3	20	100
101	0:59:15	WALTER, Andy	Norfolk Gazelles	Male 35 - 44	08:27.7	190	101
102	0:59:26	MCVEIGH, Mark		Male 45 - 49	08:29.3	151	102
103	0:59:29	GILDING, Neil		Male 20 -34	08:29.7	103	103
104	0:59:33	CRISP, Basil	Norfolk Gazelles	Male 55+	08:30.3	134	104
105	0:59:38	BURROWS, Mark	Norwich Road Runners	Male 35 - 44	08:31.0	185	105
106	1:00:03	MILLARD, Ray		Male 55+	08:34.6	154	106
107	1:00:09	JUPP, Orla	Dereham Runners	Female 35 - 44	08:35.4	3	107
108	1:00:16	JEWISS, Paul		Male 35 - 44	08:36.4	202	108
109	1:00:17	KENNELLY, Julia	Wymondham Athletic Club	Female 35 - 44	08:36.6	71	109
110	1:00:17	HARMES, Rachel	Coltishall Jaguars	Female 45 - 49	08:36.6	10	110
111	1:00:19	DACE, Kelly		Female 20 -34	08:36.9	59	111
112	1:00:19	KNOWLES, James		Male 20 -34	08:36.9	173	112
113	1:00:43	WALWYN, Peter		Male 55+	08:40.3	182	113
114	1:00:48	POOLE, Carolyn	Norfolk Gazelles	Female 50 - 54	08:41.0	52	114
115	1:00:55	FLORENCE, Anne	Tri Anglia	Female 55+	08:42.0	68	115
116	1:00:57	DOWNING, Terry		Male 55+	08:42.3	145	116
117	1:01:01	HOVENDEN, Victoria		Female 35 - 44	08:42.9	38	117

*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	1:01:09	WOODHOUSE, Gill	Dereham Runners	Female 55+	08:44.0	2	118
119	1:01:17	BUCKINGHAM, Julia		Female 35 - 44	08:45.1	28	119
120	1:01:35	BURRAGE, Andrew	Norfolk Gazelles	Male 55+	08:47.7	188	120
121	1:01:46	SINCLAIR, Jeremy		Male 55+	08:49.3	203	121
122	1:01:54	LADDIMAN, Hazel	Norfolk Gazelles	Female 50 - 54	08:50.4	51	122
123	1:02:13	ALFORD, Karen		Female 45 - 49	08:53.1	7	123
124	1:02:29	VERHULST, Diana		Female 45 - 49	08:55.4	35	124
125	1:02:33	BATCHELOR, James		Male 35 - 44	08:56.0	197	125
126	1:02:42	STRINGER, Steve	Great Yarmouth Road Runners	Male 35 - 44	08:57.3	143	126
127	1:02:44	BURRAGE, Carolyn	Norfolk Gazelles	Female 55+	08:57.6	50	127
128	1:02:52	ARMSTRONG, Donna	City of Norwich AC	Female 20 -34	08:58.7	29	128
129	1:03:39	SINCLAIR, Anne		Female 50 - 54	09:05.4	40	129
130	1:03:42	COOPER, Louis	Wymondham Athletic Club	Male 55+	09:05.9	168	130
131	1:04:11	ACKLAND, Sacha	ETON MANOR	Female 35 - 44	09:10.0	6	131
132	1:04:45	RUMSBY, John		Male 35 - 44	09:14.9	195	132
133	1:04:52	LUBBOCK, Kim	Norfolk Gazelles	Female 45 - 49	09:15.9	23	133
134	1:05:36	LEES, Ivan	Great Yarmouth Road Runners	Male 50 - 54	09:22.1	142	134
135	1:05:52	BUSHELL, Adele	Coltishall Jaguars	Female 35 - 44	09:24.4	36	135
136	1:06:03	GERRARD, Hayley	Norwich Road Runners	Female 35 - 44	09:26.0	63	136
137	1:06:09	FORTES, Anita	Dereham Runners	Female 45 - 49	09:26.9	58	137
138	1:06:17	HEWITT, LISA		Female 35 - 44	09:28.0	18	138
139	1:06:34	SAUNDERS, Marianne	Norfolk Gazelles	Female 35 - 44	09:30.4	24	139
140	1:06:42	COOKE, Christine	Coltishall Jaguars	Female 50 - 54	09:31.6	45	140
141	1:06:42	O'BRIEN, Nathaniel		Junior male	09:31.6	131	141
142	1:06:56	WALLWYN, Rosamund		Female 55+	09:33.6	48	142
143	1:07:18	HARROD, Andy	Ryston Runners	Male 45 - 49	09:36.7	149	143
144	1:07:21	DURANT, Rebecca	Coltishall Jaguars	Female 55+	09:37.1	32	144
145	1:07:46	BUTLER, Megan		Female 45 - 49	09:40.7	11	145
146	1:07:51	PIGRAM, Donna		Female 20 -34	09:41.4	1	146
147	1:07:51	PIGRAM, Barry		Male 55+	09:41.4	108	147
148	1:07:55	DADY, Sylvia	Great Yarmouth Road Runners	Female 20 -34	09:42.0	57	148
149	1:08:07	CHILD, Jennifer	Tri Anglia	Female 45 - 49	09:43.7	60	149
150	1:08:28	WARREN, Peter	City of Norwich AC	Male 50 - 54	09:46.7	165	150
151	1:08:41	COOPER, Carol	Norfolk Gazelles	Female 45 - 49	09:48.6	53	151
152	1:08:45	LONDON, Julie	Norfolk Gazelles	Female 35 - 44	09:49.1	22	152
153	1:09:05	MAWER, Roger	Lowestoft Road Runners	Male 55+	09:52.0	114	153
154	1:09:23	VIRANI, Sabine		Female 35 - 44	09:54.6	12	154
155	1:09:59	WELHAM, Trudy		Female 45 - 49	09:59.7	67	155
156	1:09:59	KNIGHTS, Ben		Male 35 - 44	09:59.7	217	156
157	1:10:35	ANDRADE, Nicola		Female 20 -34	10:04.8	16	157
158	1:10:47	DAWBBER, David		Male 45 - 49	10:06.6	147	158
159	1:10:51	STEVENS, Julie		Female 45 - 49	10:07.1	26	159
160	1:10:51	STEVENS, Chris		Male 45 - 49	10:07.1	146	160
161	1:11:28	WARREN, Christine	Norfolk Gazelles	Female 50 - 54	10:12.4	37	161
162	1:11:29	DAGLESS, KAREN	Norwich Road Runners	Female 35 - 44	10:12.6	69	162
163	1:15:00	GOODING, Maureen		Female 55+	10:42.7	66	163
164	1:15:09	LATTA, Anna	North Norfolk Beach Runners	Female 55+	10:44.0	43	164
165	1:15:17	SULLIVAN, Genette	Norwich Road Runners	Female 45 - 49	10:45.1	54	165
166	1:15:30	ARMES, Sharon	Norwich Road Runners	Female 35 - 44	10:47.0	64	166
167	1:17:49	RUMBSY, Nicola		Female 20 -34	11:06.8	56	167
168	1:18:13	GARRETT, Julie	Norwich Road Runners	Female 35 - 44	11:10.3	17	168
169	1:21:35	FENECH, Charles		Male 55+	11:39.1	130	169
170	1:32:37	READER, Frank		Male 55+	13:13.7	186	170
171	1:39:08	TATAM, Ellen		Female 35 - 44	14:09.5	14	171
172	1:39:08	PATTEN, Tonya		Female 35 - 44	14:09.5	47	172

There were 172 finishers in the All Competitors category.