

Bakers and Larners of Holt 10K

Sunday 16 October 2011. 10:30 am

Provisional Results for All Competitors in finish order.

Place	Time	Name	Team	Cat	Grad	Entrant No
1	0:33:49	TOPPER, Tim	Norwich Road Runners	M40	0.8241	214
2	0:34:20	O'NEILL, James	Ryston Runners	M32	0.7856	128
3	0:34:27	MERRYLEES, Chris	North Norfolk Beach Runners	M33	0.783	288
4	0:34:38	HOLLY, Paul	Newmarket Joggers	M45	0.8345	252
5	0:35:06	WILBERFORCE, Gary	Ely Runners	M25	0.7685	226
6	0:36:04	TUFF, Malcolm	Ryston Runners	M46	0.8075	188
7	0:36:51	PARKER, Robin	Fenland Runners AC	M43	0.7729	145
8	0:36:55	LEVY, Simon	Ryston Runners	M30	0.7307	221
9	0:36:58	ALDIS, Roger	Stowmarket Striders	M43	0.7704	248
10	0:37:51	MOORE, John	Norfolk Gazelles	M51	0.8001	282
11	0:38:07	SCOTT, Chris	Lowestoft Road Runners	M35	0.7077	222
12	0:38:07	FRENCH, Marie	Ryston Runners	F31	0.7849	90
13	0:38:18	IVE, Martin	Ryston Runners	M45	0.7546	189
14	0:38:30	HAWKINS, Marcus	Ryston Runners	M38	0.7137	253
15	0:38:36	WATERS, Adrian	Norfolk Gazelles	M44	0.7432	114
16	0:38:42	JOHNSON, Pete	Norfolk Gazelles	M57	0.8235	203
17	0:39:00	GRUBB, Mark	Norfolk Gazelles	M27	0.6916	201
18	0:39:16	TURK, Steve	Shrewsbury AC	M44	0.7306	178
19	0:39:29	GIBBS, Wayne	Coltishall Jaguars	M35	0.6832	146
20	0:39:32	RICHARDSON, Glen	NORFOLK ORIENTEERING CLUB	M33	0.6823	247
21	0:39:49	QUANTRILL, Phil	Great Yarmouth Road Runners	M37	0.6854	216
22	0:39:51	EPPS, Terry	Wymondham Athletic Club	M57	0.7997	153
23	0:39:53	NAUGHTON, DARREN	Ryston Runners	M41	0.7038	285
24	0:39:57	CHRISTOPHER, John	North Norfolk Beach Runners	M47	0.7345	275
25	0:40:07	ANDREWS, Henry	London Heathside	M46	0.726	105
26	0:40:07	YEOMANS, Martin	Norwich Road Runners	M60	0.8164	191
27	0:40:20	HOLMAN, Matty		M29	0.6688	271
28	0:40:23	PLANT, Che	Ryston Runners	M32	0.6679	215
29	0:40:27	HAUGHTON, Stephen		M48	0.7311	102
30	0:40:30	LEVERSEDGE, John	Enfield & Haringey AC	M57	0.7869	233
31	0:40:36	HOUGHTON, Andrew		M53	0.7583	176
32	0:40:40	BLAKE, Richard	Great Yarmouth Road Runners	M61	0.8132	194
33	0:40:45	DENMARK, Mike		M50	0.7371	181
34	0:40:51	BOWERMAN, Steven	Ryston Runners	M45	0.7075	187
35	0:41:08	LAKE, Todd	Dereham Runners	M47	0.7134	256
36	0:41:08	COOK, Daniel		M21	0.6558	283
37	0:41:29	LEHANE, Martin	Norwich Road Runners	M33	0.6502	250
38	0:41:48	HARRISON, Paul	Dereham Runners	M54	0.7427	280
39	0:42:05	BRAGGER, Timothy		M30	0.641	234
40	0:42:06	WATE, Daniel	Fenland Running Club	M27	0.6407	274
41	0:42:23	EDGE, Trevor	Ryston Runners	M63	0.796	211
42	0:42:24	CHORLEY, Chris	Bungay Black Dog R C	M48	0.6975	113
43	0:42:27	SAUNDERS, Ian	Ryston Runners	M41	0.6612	159
44	0:42:35	FRARY, Matthew	City of Norwich AC	M42	0.6639	169
45	0:42:41	THOMPSON, Peter	Norfolk Gazelles	M55	0.7335	206
46	0:42:45	WITMOND, Tony	North Norfolk Beach Runners	M43	0.6662	249
47	0:42:47	BOWDEN, Nick	Reepham Runners	M55	0.7317	165
48	0:43:08	ADAMS, Neil		M34	0.6253	223
49	0:43:13	CUDE, Anthony		M36	0.6271	232
50	0:43:13	CAMPBELL, Blair		M29	0.6241	171
51	0:43:17	BAKER, Andrew	Great Yarmouth Road Runners	M44	0.6628	251
52	0:43:19	ALDIS, David	City of Norwich AC	M61	0.7635	245
53	0:43:23	MOUNTAIN, MARK	Great Yarmouth Road Runners	M39	0.6379	104
54	0:43:25	HARDINGHAM, Kevin	Norfolk Gazelles	M53	0.7091	202
55	0:43:33	DALY, Elizabeth	Dereham Runners	F28	0.6869	43
56	0:43:43	BARRETT, Ian	Ryston Runners	M36	0.6199	240
57	0:43:46	ROBINS, Lesley	Ryston Runners	F39	0.7074	54

58	0:43:51	LAWRENCE, Steve	Coltishall Jaguars	M22	0.6151	273
59	0:44:03	GLOVER, John	Ely Runners	M48	0.6714	144
60	0:44:12	HURR, Phil	Norfolk Gazelles	M54	0.7023	162
61	0:44:14	GREAVES, Maria	Norfolk Harriers AC	F31	0.6763	5
62	0:44:17	ROBERTS, Sandra		F47	0.748	64
63	0:44:20	MILBURN, Ian	Fenland Runners AC	M67	0.7941	182
64	0:44:24	FENN, Maggie	Vale Royal	F37	0.6863	99
65	0:44:26	EVANS, Louise		F38	0.6912	13
66	0:44:33	DENMAR, Mark		M36	0.6083	254
67	0:44:35	DOWNES, OLLIE		M40	0.6251	268
68	0:44:37	GARWOOD, Kevin	Wymondham Athletic Club	M47	0.6577	175
69	0:44:37	ARMSTRONG, Darren		M37	0.6117	229
70	0:44:41	MCCLAREN, Andrew		M46	0.6518	235
71	0:44:48	CUSHING, Sally	Norwich Road Runners	F46	0.7328	26
72	0:44:48	HOLLOWAY, Oliver		M32	0.6021	137
73	0:44:48	YOUNG, James		M32	0.6021	136
74	0:44:58	BREEZE, Ian		M40	0.6198	130
75	0:44:59	GOLDSMITH, Sean		M42	0.6285	157
76	0:45:01	HARRIS, Ross		F45	0.723	91
77	0:45:08	WARD, Katie	Fenland Running Club	F31	0.6629	47
78	0:45:11	COOPER, Phillip	Reepham Runners	M51	0.6702	160
79	0:45:16	HARROD, Clive	Fenland Runners AC	M53	0.6801	163
80	0:45:20	MILLS, Ben		M33	0.595	193
81	0:45:29	SADD, Stephen	Norfolk Gazelles	M52	0.6713	204
82	0:45:34	PECK, Andrew	Great Yarmouth Road Runners	M41	0.616	278
83	0:45:36	ROUGHTON, Mark		M53	0.6751	183
84	0:45:38	MOORE, Martin		M36	0.5939	260
85	0:45:42	EBBS, Adrian		M49	0.6521	152
86	0:45:50	HUMPHREY, Nick		M41	0.6124	195
87	0:45:51	FOX, Nigel	Spa Striders	M50	0.6551	109
88	0:45:51	MOLL, Emily	Bellgrave Har	F30	0.6525	21
89	0:45:57	KELF, Jason	Norfolk Gazelles	M43	0.6198	217
90	0:46:00	PLUNKETT, Matt	Dereham Runners	M40	0.6058	220
91	0:46:02	RUST, Jason		M39	0.6012	266
92	0:46:04	RICHARDSON, Tony		M53	0.6683	161
93	0:46:05	HACON, Julie		F48	0.7252	53
94	0:46:28	MCVEIGH, Mark		M49	0.6414	140
95	0:46:30	CARVER, Dawn	Norwich Road Runners	F47	0.7123	17
96	0:46:35	TRETT, Ann	Fenland Running Club	F28	0.6422	78
97	0:46:36	VOGLER, Clem	Dereham Runners	M65	0.7389	279
98	0:46:55	MCSHANE, Andy	Fenland Running Club	M48	0.6303	261
99	0:46:57	MILNES, Christopher	Ryston Runners	M54	0.6612	207
100	0:47:08	WOLLOCOMBE, John		M51	0.6425	246
101	0:47:20	JONAS, Reg		M52	0.6451	172
102	0:47:26	MILBURN, Claudia	Fenland Runners AC	F27	0.6307	55
103	0:47:32	NEALE, Charlotte	North Norfolk Beach Runners	F25	0.6294	92
104	0:47:34	ULPH, Tim		M41	0.5901	241
105	0:47:36	SMIT, Nick		M28	0.5667	259
106	0:47:38	CLARKE, Scott		M37	0.5729	156
107	0:47:39	JEWISS, Michael	Dereham Runners	M58	0.6749	210
108	0:47:52	SADLER, Derek		M57	0.6658	264
109	0:47:55	CARMAN, Eddie	North Norfolk Beach Runners	M44	0.5987	239
110	0:48:04	RUSSELL, Tom	Ely Runners	M27	0.5612	225
111	0:48:04	TOVEY, Anthony		M0	0.5612	242
112	0:48:04	JONAS, Billy		M56	0.6571	208
113	0:48:11	ANDREWS, Frank		M18	0.5598	132
114	0:48:15	WOLFE, Maureen	Ryston Runners	F52	0.7186	33
115	0:48:16	HOLROYD, Mark		M44	0.5944	286
116	0:48:22	RUSH, Steve	NNTC	M47	0.6067	277
117	0:48:24	ELLEN, Anne	Norfolk Gazelles	F56	0.7451	76
118	0:48:29	DREWERY, Pauline	Ryston Runners	F42	0.6545	36

119	0:48:30	WIGHTMAN, Guy		M44	0.5915	262
120	0:48:31	SAUERZAPF, Bobbie	Bungay Black Dog R C	F52	0.7147	7
121	0:48:40	FIDDY, Rachel	Norwich Road Runners	F33	0.6147	8
122	0:48:42	DESWARTE, Richard		M46	0.598	267
123	0:48:44	BANNING, Ric		M33	0.5535	276
124	0:48:53	BURCHAM, Andrew		M31	0.5518	219
125	0:48:58	NORTON, Andrew	Dereham Runners	M47	0.5993	158
126	0:48:59	WOOD, Charles	Norwich Road Runners	M53	0.6285	265
127	0:49:04	FORTH, Simon		M41	0.572	212
128	0:49:05	WOODS, Ian	Norfolk Gazelles	M54	0.6325	205
129	0:49:05	BETTS, Carol	Norfolk Gazelles	F57	0.7424	59
130	0:49:06	HARDINGHAM, Graham	Norfolk Gazelles	M51	0.6168	170
131	0:49:09	RAMSBOTTOM, Claire	Norwich Road Runners	F37	0.62	20
132	0:49:10	HOOD, Keith	Wymondham Athletic Club	M52	0.621	179
133	0:49:13	MARETT, Anthony		M44	0.5829	287
134	0:49:19	CHAPMAN, Chris	Ryston Runners	M54	0.6295	224
135	0:49:22	ALFORD, Colin		M48	0.5991	121
136	0:49:27	MOORE, Debbie	Coltishall Jaguars	F46	0.6639	45
137	0:49:32	BRAILEY, David	Coltishall Jaguars	M39	0.5587	123
138	0:49:45	JOHNSON, Timothy		M23	0.5422	164
139	0:49:47	RUDD, Jen	Wymondham Athletic Club	F38	0.6169	34
140	0:49:55	HALL, Lisa	St Edmunds Pacers	F32	0.5993	81
141	0:50:00	HORREX, Trevor	Norwich Road Runners	M51	0.6057	166
142	0:50:03	STEVENS, Jennifer		F28	0.5977	85
143	0:50:03	MCPAUL, Robert		M66	0.6956	272
144	0:50:08	TYRRELL, Peter		M28	0.538	120
145	0:50:10	GAMBLE, Terence	West Norfolk AC	M64	0.6794	148
146	0:50:17	PITCHER, Guy	Reepham Runners	M46	0.5792	236
147	0:50:21	HIGH, Christopher		M38	0.5457	255
148	0:50:26	VAUGHAM, Kevin	Fenland Running Club	M48	0.5864	231
149	0:50:34	BRADLEY, Sarah	Norwich Road Runners	F48	0.6609	50
150	0:50:37	NEAVE, Philip	Bungay Black Dog R C	M63	0.6665	103
151	0:50:42	ANDERSON, Caroline	Newmarket Joggers	F36	0.5963	89
152	0:50:44	STARR, Steve	Ely Runners	M44	0.5655	213
153	0:50:48	BANNING, Robert		M35	0.531	173
154	0:50:53	MAY, Gary		M53	0.605	270
155	0:50:56	SMITH, Mike		M69	0.7071	147
156	0:50:58	HARROP, Jackie	Norfolk Gazelles	F49	0.6616	80
157	0:51:01	BOUND, John	Norwich Road Runners	M64	0.6681	129
158	0:51:02	MILLARD, Ray		M64	0.6679	125
159	0:51:09	HARDINGHAM, Gail	Norfolk Gazelles	F53	0.6845	63
160	0:51:25	IRLAM, Maire	Fenland Runners AC	F46	0.6385	97
161	0:51:37	SIMONS, Ronald		M65	0.6671	122
162	0:51:37	LAMBERT, John	Ipswich Jaffa	M66	0.6745	143
163	0:51:44	DOWNING, Terry		M57	0.616	155
164	0:51:47	HARRIS, Robert		M42	0.546	133
165	0:51:50	JORDAN, Geraldine	Dereham Runners	F46	0.6334	350
166	0:51:51	HARPER, Anne	Dereham Runners	F47	0.6388	100
167	0:51:52	MILNES, Alison	Ryston Runners	F50	0.656	68
168	0:51:53	SPARROW, Pauline	Ryston Runners	F60	0.7249	46
169	0:52:06	BUCKINGHAM, Julia		F43	0.6142	82
170	0:52:13	CORCORAN, Liam		M27	0.5166	119
171	0:52:19	GREENWOOD, Jane	Fenland Runners AC	F56	0.6893	10
172	0:52:25	WELLS, Robert	Norfolk Gazelles	M35	0.5146	101
173	0:52:32	WOOD, Karen	Ryston Runners	F47	0.6305	69
174	0:52:33	FORTH, Cathy	Norfolk Gazelles	F41	0.5989	70
175	0:52:40	SPONG, Carole	Great Yarmouth Road Runners	F68	0.787	29
176	0:52:52	LEWIS, Sarah		F38	0.5809	52
177	0:52:54	WALTER, Andy	Norfolk Gazelles	M43	0.5384	190
178	0:52:54	BATCHELOR, Audrey	Norfolk Gazelles	F58	0.696	61
179	0:53:07	GIRLING, Dave	Great Yarmouth Road Runners	M50	0.5655	281

180	0:53:16	CORBOULD, Stephen	Norfolk Gazelles	M52	0.5732	198
181	0:53:18	TARRANT, Toni	Dereham Runners	F44	0.6054	71
182	0:53:18	HARDWICK, Paul		M50	0.5635	180
183	0:53:24	COOKE, Christine	Coltishall Jaguars	F52	0.6493	95
184	0:53:38	HAYWARD, Sarah		F43	0.5966	16
185	0:53:48	MARCUZZO, Kirsty		F43	0.5948	94
186	0:53:51	RUMSBY, John		M38	0.5103	263
187	0:53:56	OWEN, Claire	Coltishall Jaguars	F35	0.5561	73
188	0:53:57	MONTGOMERY, Helena		F41	0.5833	86
189	0:54:04	PREW, Rachel		F35	0.5548	35
190	0:54:04	BAKER, Stephen		M40	0.5154	177
191	0:54:17	ENGLAND, James		M54	0.5719	227
192	0:54:25	POOLE, Carolyn	Norfolk Gazelles	F55	0.656	66
193	0:54:27	MITCHELL, Sarah		F45	0.5977	98
194	0:54:30	ARTHUR, Simon		M53	0.5649	118
195	0:54:32	WOODHOUSE, Paul		M49	0.5465	284
196	0:54:33	THETFORD, Jonathon		M39	0.5073	110
197	0:54:34	GARCIA, Annie		F42	0.5815	12
198	0:54:40	MOORE, Susanna	virgin Money AC	F28	0.5473	349
199	0:54:42	IVES, Suzanne	virgin Money AC	F27	0.5469	348
200	0:54:42	WOODHOUSE, Gill	Dereham Runners	F63	0.7117	2
201	0:54:54	ALFORD, Karen		F48	0.6087	14
202	0:55:05	JACKSON, Yvonne		F44	0.5858	31
203	0:55:13	DYE, Claire		F30	0.5418	24
204	0:55:18	BUSHELL, Adele	Coltishall Jaguars	F44	0.5835	32
205	0:55:18	HEWITT, LISA		F43	0.5787	38
206	0:55:20	COOPER, Carol	Norfolk Gazelles	F47	0.5986	74
207	0:55:22	DAWBBER, David		M48	0.5341	150
208	0:55:24	BARRETT, John		M30	0.4869	238
209	0:55:27	MILLARD, Graeme		M20	0.4864	237
210	0:55:49	DUTTON, Christopher		M63	0.6044	116
211	0:55:50	LEES, Ivan	Great Yarmouth Road Runners	M55	0.5607	131
212	0:56:01	WOOD, Tony		M66	0.6215	185
213	0:56:04	WOODHOUSE, Libby		F46	0.5856	79
214	0:56:05	GROVES, Robert		M15	0.481	111
215	0:56:16	EGMORE, Jenni	Reepham Runners	F44	0.5735	44
216	0:56:28	LITTLEBOY, Rebecca	Norfolk Gazelles	F40	0.5527	1
217	0:56:55	SIMS, Tabatha		F43	0.5622	37
218	0:57:01	MCCABE, Kate		F38	0.5386	18
219	0:57:06	COYTE-MCKENZIE, Helen	Norfolk Gazelles	F47	0.5801	62
220	0:57:09	MOORE, Brian	Norwich Road Runners	M61	0.5787	196
221	0:57:24	ANDREWS, Matthew		M50	0.5233	117
222	0:57:30	MULCAHY, Tracey		F37	0.5299	84
223	0:57:30	SINCLAIR, Anne		F54	0.6148	6
224	0:57:38	HART, Gill	Ryston Runners	F58	0.6389	75
225	0:57:50	GOWING, Jackie	Wymondham Athletic Club	F39	0.5353	51
226	0:57:50	WATERS, Michelle	Norfolk Gazelles	F43	0.5533	9
227	0:58:00	HARRIS, Jake		M21	0.4651	186
228	0:58:02	BRITT, Tony	uknetrunner	M55	0.5395	257
229	0:58:16	CREASOR, Mike	Norwich Road Runners	M73	0.65	167
230	0:58:23	WARNES, Tom		M32	0.462	269
231	0:58:35	MOORE, Mary	Wellingb AC	F26	0.5107	15
232	0:58:58	MATTHEWS, Lucy		F37	0.5168	96
233	0:59:10	VARDIGANS, Wendy		F53	0.5917	25
234	0:59:15	DRAKARD, Ian		M32	0.4552	134
235	0:59:15	HOLLOWAY, Christopher		M57	0.5379	151
236	0:59:15	HOLLOWAY, Alexander		M29	0.4552	141
237	0:59:22	JOHNSON, Susan		F50	0.5732	93
238	0:59:22	KELLY, Craig		M49	0.502	258
239	0:59:42	MOORE, Lynda	Norwich Road Runners	F58	0.6168	60
240	1:00:10	WESTGATE, Peter		M62	0.5552	154

241	1:00:16	HARDWICK, Sally		F51	0.5699	87
242	1:00:28	HACK, Maggie		F56	0.5964	4
243	1:00:39	TATAM, Ellen		F44	0.532	23
244	1:00:57	GOLDSMITH, Billie		F36	0.496	39
245	1:01:13	LONDON, Julie	Norfolk Gazelles	F44	0.5271	83
246	1:01:54	HUMPHREY, Karen		F43	0.517	58
247	1:02:27	SMITH, Sue	Ryston Runners	F47	0.5304	49
248	1:02:55	SOUTHGATE, Natalie	Reepham Runners	F41	0.5002	42
249	1:03:36	BROWN, Elma	Fell Running Ass	F64	0.6193	19
250	1:05:04	ARNELL, Bob	Great Yarmouth Road Runners	M67	0.541	174
251	1:05:48	SPONG, Albert	Great Yarmouth Road Runners	M72	0.5681	135
252	1:06:13	RUSH, Aidan		M15	0.4073	244
253	1:06:20	RUSH, Robin	North Norfolk Beach Runners	M70	0.5493	243
254	1:08:08	FREEBURN, David		M61	0.4854	184
255	1:08:35	PHILLIPS, Sharon		F36	0.4408	27
256	1:08:35	WATSON, Michelle		F41	0.4589	28
257	1:08:52	BLACKFORD, Daniela		F56	0.5236	57
258	1:09:11	TIDY, Claire		F47	0.4788	3
259	1:09:12	TIDY, Mark	Coltishall Jaguars	M47	0.4241	107
260	1:09:12	LAWRENCE, Jeremy	Coltishall Jaguars	M53	0.4449	108
261	1:10:04	FREEBURN, Rodney	Wymondham Athletic Club	M73	0.5405	289
262	1:10:54	KING, Donna	Reepham Runners	F36	0.4264	88
263	1:14:59	GROVES, Ian		M44	0.3826	112
264	1:20:28	MUSTOE, Mary		F53	0.4351	11
265	1:20:29	PATTEN, Tonya		F41	0.391	67
266	1:22:03	SPEED, Sophie	Dereham Runners	F33	0.3646	40
267	1:22:03	CHANT, Jeanette		F40	0.3804	41