

**North Norfolk Beach Runners**  
**North Norfolk Seven - 2007**

Sunday 21 October 2007. 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>Race</i>	<i>Race</i>
1	0:38:09	HOLLINSHEAD, Chris	Stafford Harriers	Male Masters 35-44	476	1
2	0:38:48	O'NEILL, James	City of Norwich AC	Senior men 20-34	334	2
3	0:43:02	BROCK, Dave	Orion Harriers	Male Masters 45-49	347	3
4	0:43:10	LEVERSEDGE, John	ENFIELD @ HARINGEY AC	Male Masters 50-54	355	4
5	0:43:18	VANDERMARK, Richard	Abbey Runners	Male Masters 35-44	434	5
6	0:43:22	BOOTH, Nigel	UNATTACHED	Male Masters 45-49	441	6
7	0:43:30	HODGE, Nigel	City of Norwich AC	Male Masters 35-44	447	7
8	0:43:34	GARRETT, Mark	Norwich Road Runners	Male Masters 35-44	400	8
9	0:43:46	ROONEY, Kevin	Tri Anglia	Male Masters 35-44	469	9
10	0:44:10	TURK, Steve	Shrewsbury AC	Male Masters 35-44	387	10
11	0:44:48	ANDREWS, Henry	London Heathside	Male Masters 35-44	301	11
12	0:45:37	KAISER, Jan	UNATTACHED	Senior men 20-34	455	12
13	0:45:53	MASON, Shawn	Great Yarmouth & District AC	Male Masters 35-44	430	13
14	0:45:55	SMITH, Darren	Ryston Runners	Junior Male (under 20)	384	14
15	0:46:11	EDRIDGE, Darren	Coltishall Jaguars	Male Masters 35-44	395	15
16	0:46:18	LEES, Joe	Great Yarmouth Road Runners	Junior Male (under 20)	445	16
17	0:46:23	KEMP, Stephen	Norwich Road Runners	Male Masters 50-54	378	17
18	0:46:26	VIALLS, Tim	UNATTACHED	Male Masters 35-44	414	18
19	0:46:29	GREEN, Matthew	Norfolk Gazelles	Male Masters 35-44	406	19
20	0:46:32	WHITFIELD, Mark	Beaumont Running Club	Senior men 20-34	466	20
21	0:46:34	DOWNIE, Iain	Ipswich Triathlon Club	Male Masters 35-44	310	21
22	0:46:36	STONE, Matthew	UNATTACHED	Male Masters 35-44	416	22
23	0:46:42	DAUGHERTY, Duane	UNATTACHED	Male Masters 45-49	450	23
24	0:46:49	HAYES, Mark	Coltishall Jaguars	Senior men 20-34	463	24
25	0:46:55	HENDERSON, Ian	UNATTACHED	Male Masters 45-49	313	25
26	0:47:03	JONES, Martin	Herts Phoenix	Male Masters 50-54	443	26
27	0:47:15	MARTIN, Paul	UNATTACHED	Senior men 20-34	438	27
28	0:47:34	ALDIS, David	City of Norwich AC	Male Masters 55+	457	28
29	0:47:37	EKE, Shane	UNATTACHED	Senior men 20-34	369	29
30	0:47:37	BARKER, Lee	UNATTACHED	Junior Male (under 20)	465	30
31	0:47:40	BARKER, Stuart	Tri Anglia	Senior men 20-34	464	31
32	0:47:43	SCOTT, Les	Briston Runners	Male Masters 45-49	467	32
33	0:47:45	SUTTON, Natalie	West Norfolk AC	Junior Female (under 20)	134	33
34	0:48:17	PHILO, Mark	Tri Anglia	Male Masters 35-44	360	34
35	0:48:29	THOMPSON, Peter	Norfolk Gazelles	Male Masters 50-54	431	35
36	0:48:37	MILBURN, Ian	Fenland Runners AC	Male Masters 55+	456	36
37	0:48:45	RICE, Steve	Milton Keynes A C	Male Masters 50-54	470	37
38	0:48:45	ROBERTS, John	UNATTACHED	Male Masters 35-44	338	38
39	0:48:54	STAFFORD, Tom	UNATTACHED	Senior men 20-34	454	39
40	0:48:58	DADY, Stephen	UNATTACHED	Male Masters 55+	316	40
41	0:49:05	ETHERINGTON, Stephen	Great Yarmouth Road Runners	Male Masters 45-49	352	41
42	0:49:18	FRARY, Matthew	UNATTACHED	Male Masters 35-44	452	42
43	0:49:24	BROOKSHAW, Paul	Great Yarmouth Road Runners	Male Masters 35-44	354	43
44	0:49:34	HOWARD, Matt	UNATTACHED	Senior men 20-34	373	44
45	0:49:41	DEVITT, Russell	Shaftesbury Barnet	Male Masters 55+	405	45
46	0:49:42	OSBORNE-SMITH, Andrew	Fenland Runners AC	Male Masters 35-44	446	46
47	0:49:44	HARTLEY, John	UNATTACHED	Male Masters 35-44	344	47
48	0:49:50	JONES, Yvonne	Garden City Runners	Female Masters 45-49	191	48
49	0:50:05	NIMMOCK, Steve	Dereham Runners	Male Masters 35-44	468	49
50	0:50:11	GEORGE, David	Norwich Road Runners	Male Masters 35-44	337	50
51	0:50:12	BYE, Barry	Ryston Runners	Male Masters 55+	418	51
52	0:50:15	RUSHWORTH, Stuart	UNATTACHED	Male Masters 35-44	429	52
53	0:50:32	MOORE, Keith	Dereham Runners	Male Masters 35-44	304	53
54	0:50:38	POTTER-CAMPBELL, Emma	Dereham Runners	Female Masters 35-44	130	54
55	0:51:09	BYE, Rod	Coltishall Jaguars	Male Masters 45-49	475	55
56	0:51:11	SINCLAIR, Nigel	UNATTACHED	Senior men 20-34	348	56
57	0:51:13	VOGLER, Clem	Dereham Runners	Male Masters 55+	461	57

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**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>Race</i>	<i>Race</i>
58	0:51:13	WOODRUFF, Glen		Male Masters 35-44	472	58
59	0:51:19	BUSHELL, Alan	Coltishall Jaguars	Male Masters 35-44	409	59
60	0:51:21	BLAKE, Dean	UNATTACHED	Senior men 20-34	309	60
61	0:51:32	BOWMAN, Ken	Coltishall Jaguars	Male Masters 55+	332	61
62	0:51:34	STOLWORTHY, Steve	UNATTACHED	Senior men 20-34	303	62
63	0:51:50	POCKLEY, Michael	UNATTACHED	Male Masters 35-44	321	63
64	0:51:51	MILNES, Chris	Ryston Runners	Male Masters 50-54	435	64
65	0:51:55	BEAUCHAMP, Gary	UNATTACHED	Male Masters 35-44	436	65
66	0:52:04	ASHFORD, Justin	Norwich Road Runners	Senior men 20-34	389	66
67	0:52:04	GILLINGS, Simon	UNATTACHED	Senior men 20-34	326	67
68	0:52:23	HARRISON, Paul	Dereham Runners	Male Masters 50-54	462	68
69	0:52:29	HATCH, Alison	Norwich Road Runners	Female Masters 35-44	499	69
70	0:52:37	MOORE, DEBBIE	Norfolk Gazelles	Female Masters 35-44	139	70
71	0:52:43	ROSE, Nick	UNATTACHED	Male Masters 35-44	439	71
72	0:52:43	DICKINSON, Steve	UNATTACHED	Male Masters 35-44	381	72
73	0:52:54	CAMPBELL, Rory	Dereham Runners	Male Masters 45-49	333	73
74	0:52:58	JONAS, Billy	UNATTACHED	Male Masters 50-54	366	74
75	0:53:01	JENKINS, Paul	UNATTACHED	Male Masters 35-44	311	75
76	0:53:02	AMES, Ron	Stowmarket Striders	Male Masters 55+	449	76
77	0:53:05	HOLT, John	UNATTACHED	Male Masters 55+	331	77
78	0:53:07	SHARPE, John	Coltishall Jaguars	Male Masters 55+	377	78
79	0:53:10	COSTELLO, Marian	Coltishall Jaguars	Female Masters 35-44	117	79
80	0:53:21	MACLEOD, James	UNATTACHED	Male Masters 35-44	362	80
81	0:53:22	AKEHURST, Brian	UNATTACHED	Senior men 20-34	351	81
82	0:53:22	GOODWILLE, Katherine	UNATTACHED	Senior Women 20-34	106	82
83	0:53:27	BETTS, Carol	Norfolk Gazelles	Female Masters 50-54	135	83
84	0:53:31	NORTON, Andrew	Dereham Runners	Male Masters 35-44	312	84
85	0:53:31	SALMON, David	Norwich Road Runners	Male Masters 45-49	440	85
86	0:53:36	CRUTCHLEY, Ian	Wymondham Athletic Club	Male Masters 35-44	437	86
87	0:53:39	GOODWIN, David	Great Yarmouth & District AC	Male Masters 50-54	408	87
88	0:53:41	OLLINGTON, Robyn	UNATTACHED	Female Masters 45-49	137	88
89	0:53:55	SAUNDERS, Adam		Senior men 20-34	343	89
90	0:54:09	MANLY, Veronica	Wymondham Athletic Club	Female Masters 55+	142	90
91	0:54:12	HAYWARD, James	Tri Anglia	Senior men 20-34	335	91
92	0:54:20	HOYLE, Helen	Shaftesbury Barnet	Female Masters 35-44	174	92
93	0:54:23	WOODRUFF, Kevin		Male Masters 35-44	473	93
94	0:54:30	SPONG, Carole	Great Yarmouth Road Runners	Female Masters 55+	168	94
95	0:54:32	KING, Michael	UNATTACHED	Male Masters 55+	427	95
96	0:54:34	COOPER, Bryan	UNATTACHED	Male Masters 50-54	345	96
97	0:54:40	RICHARDSON, Andy	WOODFORD GREEN AC	Male Masters 50-54	425	97
98	0:54:42	GILHAM, Richard	Norfolk Gazelles	Male Masters 45-49	374	98
99	0:54:54	KINCH, Markus	Bearbrook Joggers	Male Masters 45-49	372	99
100	0:55:01	HANNANT, Emily	Coltishall Jaguars	Junior Female (under 20)	125	100
101	0:55:03	WOODWARD, Adrian	UNATTACHED	Male Masters 35-44	451	101
102	0:55:12	MANNING, Karen	Great Yarmouth Road Runners	Female Masters 35-44	171	102
103	0:55:13	JONES, James	UNATTACHED	Male Masters 55+	367	103
104	0:55:14	COOKE, Frances	March Braza AC	Female Masters 50-54	193	104
105	0:55:17	BURROWS, Mark	UNATTACHED	Male Masters 35-44	317	105
106	0:55:18	BURTON, Howard	Coltishall Jaguars	Male Masters 35-44	421	106
107	0:55:22	BROWNE, Kevin	UNATTACHED	Senior men 20-34	404	107
108	0:55:24	HAMMOND, Andrew	UNATTACHED	Male Masters 50-54	422	108
109	0:55:25	YELLOLY, Julia	Ipswich Triathlon Club	Female Masters 35-44	111	109
110	0:55:40	HODGE, Jane	Hardley Runners	Female Masters 45-49	129	110
111	0:56:09	CHAPMAN, John	UNATTACHED	Male Masters 55+	376	111
112	0:56:09	CUSHING, Sally	Norwich Road Runners	Female Masters 35-44	186	112
113	0:56:11	WOODHOUSE, Gill	Dereham Runners	Female Masters 55+	103	113
114	0:56:24	HOLLIS, David	Norwich Road Runners	Male Masters 45-49	458	114
115	0:56:27	ASHFORD, Martin	Diss AC	Male Masters 55+	388	115
116	0:56:28	CHAPPELL, Wayne	UNATTACHED	Senior men 20-34	361	116
117	0:56:30	NAUGHTON, Chanelle	UNATTACHED	Junior Female (under 20)	189	117

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118	0:56:36	RICHARDSON, John	Dereham Runners	Male Masters 50-54	426	118
119	0:56:38	BUCKINGHAM, Julia	UNATTACHED	Female Masters 35-44	150	119
120	0:56:40	RENSHAW, Kenneth	Dereham Runners	Male Masters 45-49	340	120
121	0:56:43	TROPAN, Adrian	UNATTACHED	Male Masters 35-44	417	121
122	0:56:50	RUSH, Steve	Tri Anglia	Male Masters 35-44	370	122
123	0:56:51	WENN, Jenny	Norwich Road Runners	Female Masters 35-44	136	123
124	0:56:52	MILLS, Graham	UNATTACHED	Male Masters 35-44	358	124
125	0:57:01	LAMBERT, John	Ipswich Jaffa	Male Masters 55+	371	125
126	0:57:28	DAYKIN, Robert	UNATTACHED	Male Masters 55+	407	126
127	0:57:29	WARREN, Peter	DULWICH RUNNERS	Male Masters 50-54	419	127
128	0:57:47	FOX, Colin	UNATTACHED	Male Masters 35-44	323	128
129	0:57:56	SIZER, John		Senior men 20-34	459	129
130	0:58:08	BURRAGE, Andrew	Norfolk Gazelles	Male Masters 50-54	396	130
131	0:58:28	SHARPE, Margaret	Coltishall Jaguars	Female Masters 50-54	158	131
132	0:58:33	BYE, Jackie	Coltishall Jaguars	Female Masters 45-49	500	132
133	0:58:37	HOWETT, William	UNATTACHED	Male Masters 45-49	393	133
134	0:58:44	FRASER, Susan	Great Yarmouth & District AC	Female Masters 45-49	184	134
135	0:58:47	HUNTER, Julia	UNATTACHED	Female Masters 35-44	126	135
136	0:58:48	MILLARD, Ray	UNATTACHED	Male Masters 55+	394	136
137	0:58:54	JUPP, Orla	Dereham Runners	Senior Women 20-34	176	137
138	0:59:05	COPPEN, Luke	UNATTACHED	Senior men 20-34	328	138
139	0:59:10	BLAKE, Emma	UNATTACHED	Senior Women 20-34	110	139
140	0:59:14	HULL, Ronni	UNATTACHED	Senior Women 20-34	140	140
141	0:59:21	CLARKE, Isobel		Female Masters 35-44	200	141
142	0:59:21	CLARKE, Christopher		Male Masters 35-44	471	142
143	0:59:25	CUVIELLO, Steve	UNATTACHED	Male Masters 35-44	368	143
144	0:59:27	BANNER, Steve	UNATTACHED	Male Masters 45-49	359	144
145	0:59:31	WHITE, Michael	UNATTACHED	Male Masters 50-54	453	145
146	0:59:32	GOODHAND, Paul	UNATTACHED	Male Masters 35-44	330	146
147	0:59:37	CREED, Graham	UNATTACHED	Male Masters 35-44	315	147
148	1:00:08	HUTCHEON, Brenda	Coltishall Jaguars	Female Masters 55+	182	148
149	1:00:59	SLADDEN, Amanda	UNATTACHED	Female Masters 35-44	153	149
150	1:00:59	PULFNER, Suzanne	UNATTACHED	Senior Women 20-34	121	150
151	1:01:17	FIJALKOWSKA, Rachel	UNATTACHED	Senior Women 20-34	163	151
152	1:01:19	WALKER, Morag	UNATTACHED	Senior Women 20-34	122	152
153	1:01:44	MILBURN, Claudia	Fenland Runners AC	Senior Women 20-34	196	153
154	1:01:47	COLLINS-SHIRLEY, Samantha	ELY RUNNERS	Senior Women 20-34	144	154
155	1:02:02	ROSE, Lorna	UNATTACHED	Female Masters 35-44	190	155
156	1:02:07	ARDEN, Jeff	Norwich Road Runners	Male Masters 45-49	390	156
157	1:02:13	VINCENT, Richard	West Norfolk AC	Male Masters 50-54	319	157
158	1:02:15	BELL, Hannah	UNATTACHED	Senior Women 20-34	145	158
159	1:02:15	BELL, Thomas	UNATTACHED	Senior men 20-34	365	159
160	1:02:29	WRIGHT, Jacqueline	UNATTACHED	Female Masters 45-49	185	160
161	1:02:44	HAYNES, Frank		Male Masters 55+	477	161
162	1:02:46	MORRISSEY, Julie	UNATTACHED	Female Masters 35-44	132	162
163	1:02:56	GRIFFITHS, Katie	Beaumont Running Club	Senior Women 20-34	198	163
164	1:03:06	HOWELL, Richard	UNATTACHED	Senior men 20-34	325	164
165	1:03:16	HALLAM, Diane	UNATTACHED	Female Masters 35-44	178	165
166	1:03:26	STOLWORTHY, Steve	UNATTACHED	Senior men 20-34	303	166
167	1:03:30	DADY, Sylvia	UNATTACHED	Senior Women 20-34	113	167
168	1:03:35	BURRAGE, Carolyn	Norfolk Gazelles	Female Masters 50-54	172	168
169	1:03:45	COX, Chris	UNATTACHED	Male Masters 35-44	382	169
170	1:03:46	ACKLAND, Sacha		Senior Women 20-34	143	170
171	1:04:11	BARKWAY, Paul	UNATTACHED	Male Masters 50-54	448	171
172	1:04:39	GERRARD, Hayley	Norfolk Gazelles	Female Masters 35-44	102	172
173	1:04:48	HARE, Peter	UNATTACHED	Male Masters 45-49	349	173
174	1:04:53	ARMSTRONG, Jenny	UNATTACHED	Senior Women 20-34	123	174
175	1:04:55	BOREHAM, Jeremy	UNATTACHED	Senior men 20-34	327	175
176	1:04:58	HUDSON, Phil	Ware Joggers	Male Masters 50-54	432	176
177	1:05:27	TIPLADY, Louise	UNATTACHED	Senior Women 20-34	104	177
178	1:05:36	GARRARD, Martin	UNATTACHED	Senior men 20-34	392	178

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
179	1:05:44	MAKEPEACE, Philip	UNATTACHED	Male Masters 35-44	380	179
180	1:05:50	CHAPMAN, Louise	Norwich Road Runners	Female Masters 35-44	127	180
181	1:05:55	BAGNALL, Mark	UNATTACHED	Male Masters 35-44	353	181
182	1:05:58	ROSE, Michael	UNATTACHED	Male Masters 55+	411	182
183	1:06:06	SWANSON, Alison	UNATTACHED	Female Masters 35-44	197	183
184	1:06:09	RADFORD GORE, Thirza	Norfolk Gazelles	Female Masters 50-54	112	184
185	1:06:27	RUSSELL, Val	Milton Keynes A C	Female Masters 55+	146	185
186	1:06:45	GREENWOOD, Jane	Fenland Runners AC	Female Masters 50-54	147	186
187	1:06:48	OUTRED, Louise	UNATTACHED	Senior Women 20-34	162	187
188	1:06:49	BOYES, Christopher	UNATTACHED	Male Masters 55+	306	188
189	1:06:58	BURFOOT, Jennifer	Norfolk Gazelles	Female Masters 55+	101	189
190	1:07:03	GARRARD, Michael	UNATTACHED	Male Masters 55+	391	190
191	1:07:13	HAGON-POWLEY, Clive	UNATTACHED	Male Masters 55+	415	191
192	1:07:47	FREEBURN, David	UNATTACHED	Male Masters 55+	320	192
193	1:08:05	MOORE, Janice	Dereham Runners	Female Masters 35-44	107	193
194	1:08:22	HULSE, Anne	UNATTACHED	Female Masters 35-44	114	194
195	1:08:23	ROGERS, Rosemary	Norfolk Gazelles	Female Masters 45-49	105	195
196	1:08:29	CHAPMAN, Cheryl	Fenland Runners AC	Female Masters 35-44	199	196
197	1:08:42	RENSHAW, Diane	Dereham Runners	Female Masters 45-49	133	197
198	1:09:20	BLOOMFIELD, Christine	Norfolk Gazelles	Female Masters 50-54	181	198
199	1:09:29	HICKS, Clare	UNATTACHED	Senior Women 20-34	124	199
200	1:09:31	JECKELL, Colin	Coltishall Jaguars	Male Masters 50-54	474	200
201	1:10:10	MAKEPEACE, Carmen	UNATTACHED	Junior Female (under 20)	160	201
202	1:10:12	MCCARTHY, Patricia	Tri Anglia	Female Masters 35-44	159	202
203	1:10:14	INGRAM, Stewart	Diss AC	Male Masters 55+	383	203
204	1:10:14	EVANS, Rob	Tri Anglia	Male Masters 35-44	379	204
205	1:10:29	SMITH, Sue	UNATTACHED	Female Masters 35-44	166	205
206	1:10:52	GOODWIN, Denise	Great Yarmouth & District AC	Female Masters 45-49	175	206
207	1:11:44	MIDDLETON, Katrine	UNATTACHED	Female Masters 45-49	128	207
208	1:11:44	MARSHALL, Mike	UNATTACHED	Male Masters 55+	336	208
209	1:12:03	WARD, Luan	UNATTACHED	Female Masters 35-44	173	209
210	1:12:03	THORNHILL, David	UNATTACHED	Senior men 20-34	403	210
211	1:12:36	CALDWELL, Joanne	UNATTACHED	Senior Women 20-34	165	211
212	1:12:45	SPONG, Albert	Great Yarmouth Road Runners	Male Masters 55+	386	212
213	1:12:50	KIMBER, Lisa	UNATTACHED	Female Masters 35-44	179	213
214	1:12:50	MAKEPEACE, Kirsten	UNATTACHED	Female Masters 35-44	161	214
215	1:13:02	CHILD, Jennifer	Tri Anglia	Female Masters 45-49	151	215
216	1:13:15	ATKINS, Linda		Senior Women 20-34	138	216
217	1:13:43	ETHERINGTON, Denise	Great Yarmouth Road Runners	Female Masters 45-49	141	217
218	1:14:36	COPPEN, Gary	UNATTACHED	Senior men 20-34	329	218
219	1:14:41	JACKSON, Yvonne	UNATTACHED	Female Masters 35-44	118	219
220	1:15:10	HAGGARTY, Elaine	Great Yarmouth & District AC	Female Masters 50-54	183	220
221	1:15:29	FLYNN, Mark	UNATTACHED	Male Masters 50-54	444	221
222	1:15:40	DAY, Jill	Great Yarmouth Road Runners	Female Masters 35-44	157	222
223	1:16:07	KELLY, James	TRAMLINGHAM FLYERS	Male Masters 55+	423	223
224	1:16:48	SCUTTER, Tim	UNATTACHED	Senior men 20-34	357	224
225	1:18:52	BAKER, Janice	EVAC	Female Masters 55+	167	225
226	1:21:07	HARRISON, Peter	Great Yarmouth Road Runners	Male Masters 55+	307	226
227	1:27:28	GOODING, Maureen	UNATTACHED	Female Masters 55+	194	227
228	1:27:28	KING, Sally	UNATTACHED	Female Masters 35-44	195	228
229	1:27:37	PROTHEROE, Sally Anne	Lowestoft Road Runners	Female Masters 45-49	116	229
230	1:29:13	BRIGHTMAN, Pat	Great Yarmouth & District AC	Female Masters 55+	120	230
231	1:34:45	PERRY, Angela	UNATTACHED	Senior Women 20-34	188	231
232	1:40:28	EVENSON, Ros	Bearbrook Joggers	Female Masters 45-49	152	232
233	1:47:28	MURRAY, John Hector	UNATTACHED	Male Masters 50-54	375	233

There were 233 finishers in the All Competitors category.