

# **Norwich Road Runners : Broadland Half Marathon**

Sunday 15<sup>th</sup> March 2009. 10:00 am

## **PRIZE LIST : MEN**

	<b>1<sup>st</sup></b>	Allen SMALLS	Colchester Harriers	1:14:10
	<b>2<sup>nd</sup></b>	Carl PREWER	Lowestoft RRC	1:14:26
	<b>3<sup>rd</sup></b>	Nick EARL	Reading A.C.	1:15:13
<b>SENIOR MEN:</b>		Neil DAVISON	City of Norwich A.C.	1:16:17
<b>MEN 40-44:</b>		Alex WRIGHT	Corby A.C.	1:24:30
<b>MEN 45-49:</b>		Stephen GLAYSHER	City of Norwich A.C.	1:21:52
<b>MEN 50-59:</b>		Paul MUFFETT	North Norfolk Beach Runners	1:19:28
<b>MEN 60+:</b>		Tony HEATH	North Norfolk Beach Runners	1:42:37

## **TEAMS:**

**SENIORS:** City of Norwich A.C. Neil Davison, Iain Robertson, & Brian Warden  
**VETERANS:** N. Norfolk Beach Runners Paul Muffett, Richard Blake & Clive Hedges

## **PRIZE LIST : LADIES**

	<b>1<sup>st</sup></b>	Dena PARFITT	North Norfolk Beach Runners	1:26:23
	<b>2<sup>nd</sup></b>	Charlotte SMITH	Colchester Harriers	1:28:27
	<b>3<sup>rd</sup></b>	Sarah IVORY	Colchester Harriers	1:29:38
<b>SENIOR LADIES:</b>		Nicky ALFORD	City of Norwich A.C.	1:32:52
<b>LADIES 35-39:</b>		Lisa SYMONDS	FT-UK	1:39:52
<b>LADIES 40-44:</b>		Sarah KNIGHTS	City of Norwich A.C.	1:31:22
<b>LADIES 45-54:</b>		Lynn HIGGS	Colchester Harriers	1:29:56
<b>LADIES 55+:</b>		Pauline NORMAN	Lowestoft Road Runners	1:44:46

## **TEAMS:**

**SENIORS:** Colchester Harriers: Charlotte Smith, Sarah Ivory & Zoe Lyons  
**VETERANS:** City of Norwich A.C. : Sarah Knights, Angela Man & Beres Ward

# Broadland Half Marathon

Sunday 15<sup>th</sup> March 2009. 10:00 am

## Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
1	1:14:10	SMALLS, Allen	Colchester Harriers	Men 40-44	208	1
2	1:14:26	PREWER, Carl	Lowestoft Road Runners	Senior Men	41	2
3	1:15:13	EARL, Nick	Reading A C	Senior Men	231	3
4	1:16:17	DAVISON, Neil	City of Norwich A.C.	Senior Men	207	4
5	1:17:26	ROBERTSON, Iain	City of Norwich A.C.	Senior Men	192	5
6	1:17:48	RUSSELL, Ben	Norwich Road Runners	Senior Men	28	6
7	1:18:41	PALMER, Nick	Stowmarket Striders	Senior Men	18	7
8	1:19:28	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-59	142	8
9	1:19:34	WHITE, Nick	Saffron Striders	Senior Men	9	9
10	1:20:29	KETT, Robert	North Norfolk Beach Runners	Senior Men	25	10
11	1:21:46	OLIVER, David		Senior Men	47	11
12	1:21:52	GLAYSHER, Stephan	City of Norwich A.C.	Men 45-49	183	12
13	1:22:10	QUANTRILL, Phil	North Norfolk Beach Runners	Senior Men	193	13
14	1:22:30	MIDDLETON, Daniel		Senior Men	64	14
15	1:22:50	GIBBS, Steve	Norwich Road Runners	Senior Men	205	15
16	1:23:50	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	65	16
17	1:24:12	YOUNGS, Kevin	Norfolk Gazelles	Men 50-59	143	17
18	1:24:30	WRIGHT, Alex	Corby A.C.	Men 40-44	103	18
19	1:24:31	NICOL, Alister		Men 40-44	150	19
20	1:25:33	ROBINSON, Tony	Tri-Anglia	Senior Men	6	20
21	1:25:50	CLUES, Mark	Tri-Anglia	Men 40-44	160	21
22	1:26:05	BLAKE, Richard	North Norfolk Beach Runners	Men 50-59	165	22
23	1:26:22	FULTON, John-Patrick	Norwich Road Runners	Senior Men	210	23
24	1:26:23	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-54	329	24
25	1:27:02	BROOKSHAW, Paul	Gt. Yarmouth RRC	Men 45-49	92	25
26	1:27:10	MASLEN, David	Tri-Anglia	Men 40-44	108	26
27	1:28:27	SMITH, Charlotte	Colchester Harriers	Senior Ladies	318	27
28	1:28:52	EPPS, Terry	Wymondham A.C.	Men 50-59	206	28
29	1:28:57	GREENLAND, Edward	Wymondham A.C.	Men 40-44	149	29
30	1:29:29	KARGER, Oliver		Senior Men	55	30
31	1:29:38	IVORY, Sarah	Colchester Harriers	Senior Ladies	319	31
32	1:29:39	WRIGHT, David	Colchester Harriers	Men 50-59	113	32
33	1:29:41	HEDGES, Clive	North Norfolk Beach Runners	Men 50-59	176	33
34	1:29:45	CHRISTOPHER, John	North Norfolk Beach Runners	Men 40-44	228	34
35	1:29:46	WRIGHT, Aaron		Senior Men	203	35
36	1:29:47	CLARKE, Neville	Newmarket Joggers	Men 50-59	219	36
37	1:29:54	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	198	37
38	1:29:56	HIGGS, Lynn	Colchester Harriers	Ladies 45-54	383	38
39	1:30:15	WOOD, Trevor		Men 40-44	75	39
40	1:30:19	CLARKE, Russell	Wymondham A.C.	Men 50-59	189	40
41	1:30:21	ELLIS, Vince	City of Norwich A.C.	Men 50-59	182	41
42	1:30:56	WHITELEY, Nigel		Men 40-44	133	42
43	1:31:14	DADY, Stephen		Men 50-59	132	43
44	1:31:18	DAUGHERTY, Duane		Men 45-49	109	44
45	1:31:22	KNIGHTS, Sarah	City of Norwich A.C.	Ladies 40-44	317	45
46	1:31:40	RAZAZ, Daniel		Senior Men	40	46
47	1:31:47	KAY, Rob	Dussindale Dynamos	Senior Men	215	47
48	1:32:29	ADCOCK, Trevor	Norfolk Gazelles	Men 50-59	181	48
49	1:32:48	WOOTTON, Gary	Tri-Anglia	Men 40-44	131	49
50	1:32:50	WARDEN, Brian	City of Norwich A.C.	Senior Men	49	50
51	1:32:52	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	316	51
52	1:33:06	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men 50-59	197	52
53	1:33:44	HUDSON, David	Tri-Anglia	Senior Men	69	53
54	1:33:59	CATTERMOLE, Debbie	Colchester Harriers	Ladies 45-54	391	54
55	1:34:37	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	93	55
56	1:34:41	CONWAY, Shaun		Men 45-49	74	56
57	1:35:11	ALLEN, Steve	Barnet & District A.C.	Men 50-59	175	57
58	1:35:17	COLE, Jason		Senior Men	5	58
59	1:35:33	JONES, Chris		Senior Men	50	59
60	1:35:34	LETZER, Benjamin	Coltishall Jaguars	Senior Men	16	60
61	1:35:35	EGLINGTON, Sarah		Senior Ladies	375	61
62	1:35:58	McCUSKER, Eamonn	Ryston Runners	Men 50-59	166	62
63	1:36:20	BIRD, Jon	Norwich Road Runners	Men 40-44	159	63
64	1:36:27	MACLEOD, Jim	Tri-Anglia	Men 45-49	139	64
65	1:36:29	BIRD, Matthew		Senior Men	39	65

## Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
66	1:37:23	HOLMES, Graham		Men 50-59	79	66
67	1:37:24	COOK, Peter	Norwich Road Runners	Men 50-59	147	67
68	1:37:27	BROWN, Hugh		Senior Men	22	68
69	1:37:33	DANIEL, Andy	Serpentine Runners	Senior Men	34	69
70	1:37:36	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	371	70
71	1:37:53	WOODS, Tim	Norfolk Gazelles	Men 45-49	178	71
72	1:38:00	CASSELS, Paul	RAF Triathlon	Senior Men	229	72
73	1:38:02	FOX, Colin		Men 40-44	162	73
74	1:38:11	HOWARTH, Neil		Senior Men	10	74
75	1:38:11	REES, Nigel		Men 45-49	98	75
76	1:38:14	EMERY, Trevor	North Norfolk Beach Runners	Men 50-59	195	76
77	1:38:16	WARD, Nick		Senior Men	29	77
78	1:38:17	WRIGHT, Carl	Norwich Road Runners	Men 45-49	126	78
79	1:38:26	COSSEY, Tristan		Men 40-44	87	79
80	1:38:30	WHITE, Rebecca	Saffron Striders	Senior Ladies	336	80
81	1:38:35	RING, Mark		Men 40-44	127	81
82	1:38:48	LANSDELL, Jeff	Norfolk Gazelles	Senior Men	61	82
83	1:38:51	EDMUNDS, Peter		Men 50-59	174	83
84	1:39:20	AKEHURST, Brian		Senior Men	42	84
85	1:39:51	KING, Michael	Coltishall Jaguars	Men 50-59	138	85
86	1:39:52	SYMONDS, Lisa	FT-UK	Ladies 35-39	346	86
87	1:40:06	LINES, Rob	Tri-Anglia	Men 40-44	130	87
88	1:40:28	ARMES, Michael	Norwich Road Runners	Men 40-44	100	88
89	1:40:35	WHITMARSH, Lorraine	City of Norwich A.C.	Senior Ladies	389	89
90	1:40:47	HOPES, Kax		Ladies 40-44	230	90
91	1:40:51	MOULSON, Richard	Dussindale Dynamos	Men 40-44	214	91
92	1:40:59	DAVEY, Claire	Waveney Valley A.C.	Senior Ladies	397	92
93	1:41:03	DYE, Richard	Bungay Black Dog A.C.	Men 45-49	141	93
94	1:41:18	ALLEN, Peter	Bishops Stortford R.C.	Men 50-59	117	94
95	1:41:24	MAHONEY, Chirs		Senior Men	3	95
96	1:41:33	DAVIDSON, Mick	Road Runners Club	Men 45-49	146	96
97	1:41:44	ROBINSON, Paul	Reepham Runners	Men 40-44	83	97
98	1:41:46	LAYTON, Emma		Senior Ladies	321	98
99	1:41:55	POTGIETER, Andre	Tri-Anglia	Men 45-49	199	99
100	1:42:02	HAWES, Andrew		Senior Men	26	100
101	1:42:04	O'LEARY, John	Gt. Yarmouth RRC	Men 50-59	144	101
102	1:42:07	DUNCAN, Andrew	Stopsley Striders	Senior Men	11	102
103	1:42:18	STEVENS, Tracey	Wymondham A.C.	Ladies 35-39	325	103
104	1:42:26	ARAKLITI, Zak		Senior Men	21	104
105	1:42:27	ROWDEN, Jon		Men 40-44	154	105
106	1:42:30	TUCKWELL, Mel		Senior Ladies	385	106
107	1:42:34	PARKE, Yvonne	Road Runners Club	Ladies 45-54	396	107
108	1:42:37	HEATH, Tony	North Norfolk Beach Runners	Men 60+	114	108
109	1:42:54	GODWARD, Danny	Fire Services Sports & Athletic As.	Senior Men	63	109
110	1:43:00	WRIGHT, Catherine	Corby A.C.	Ladies 45-54	320	110
111	1:43:05	RUSH, Susan		Ladies 40-44	188	111
112	1:43:07	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	140	112
113	1:43:15	JOHNSON, Richard		Senior Men	56	113
114	1:43:41	ELLSON, Robert		Senior Men	14	114
115	1:44:09	JONES, Howard		Men 45-49	177	115
116	1:44:20	CHAPMAN, Nik	Brandon Fern Hoppers	Senior Men	66	116
117	1:44:24	CROWE, Wayne	City of Norwich A.C.	Men 40-44	209	117
118	1:44:42	LUSHER, James		Senior Men	67	118
119	1:44:43	EBBS, Adrian		Men 45-49	124	119
120	1:44:44	BURTON, Howard	Coltishall Jaguars	Men 40-44	97	120
121	1:44:46	NORMAN, Pauline	Lowestoft Road Runners	Ladies 55+	353	121
122	1:44:47	NOONE, Thera		Ladies 35-39	311	122
123	1:44:49	DOUGLAS, Lloyd		Senior Men	68	123
124	1:45:15	WEBSDALE, Steve	Norwich Road Runners	Men 45-49	99	124
125	1:45:18	STATTER, Graham	Bishops Stortford R.C.	Men 50-59	120	125
126	1:45:26	GALVIN, Adrian		Men 40-44	227	126
127	1:45:30	WALSINGHAM, Paul		Men 45-49	107	127
128	1:45:31	RAYWARD-SMITH, Will	Cambridge University Hare & Hounds	Senior Men	51	128
129	1:45:55	GURRIA, Angel		Senior Men	45	129
130	1:45:58	FELLINGHAM, Richard	Stowmarket Striders	Men 60+	216	130
131	1:46:00	LAYTON, Jonathan		Senior Men	36	131
132	1:46:02	POWELL, Darren	Tri-Anglia	Men 40-44	171	132
133	1:46:02	WILLIAMSON, Neil		Senior Men	202	133
134	1:46:07	COLMAN, Mark		Senior Men	4	134
135	1:46:09	CRANE, Greg		Senior Men	196	135

## Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
136	1:46:13	NEVILLE, Matt		Senior Men	62	136
137	1:46:21	LYONS, Zoe	Colchester Harriers	Senior Ladies	313	137
138	1:46:59	HARDY, Andy		Men 40-44	82	138
139	1:47:01	MACEY, Steve		Senior Men	35	139
140	1:47:21	OLIVER, Kirstine		Ladies 35-39	357	140
141	1:47:24	NIPPRESS, Terry		Senior Men	212	141
142	1:47:28	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	170	142
143	1:47:29	FISH, Colin		Men 45-49	104	143
144	1:47:46	MAN, Angela	City of Norwich A.C.	Ladies 35-39	365	144
145	1:47:54	HUNTER, Mark		Men 40-44	84	145
146	1:48:16	LYNCH, Daniel		Senior Men	200	146
147	1:48:19	TUVEY, Ryan		Senior Men	204	147
148	1:48:23	POLLETT, Derek	Springfield Striders	Men 50-59	123	148
149	1:48:24	KING, Melanie	Paddock Wood A.C.	Ladies 45-54	301	149
150	1:48:36	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-54	341	150
151	1:48:37	MORLEY, Paul		Senior Men	15	151
152	1:48:42	WARD, Beres	City of Norwich A.C.	Ladies 45-54	364	152
153	1:48:47	RICKETT, Jane		Ladies 40-44	217	153
154	1:48:49	PRATT, Jenny		Ladies 40-44	322	154
155	1:49:01	BARBER, Jon		Senior Men	223	155
156	1:49:09	CULLUM, Stephen	Waveney Valley A.C.	Men 45-49	156	156
157	1:49:11	CHASE, James		Men 40-44	222	157
158	1:49:11	THOMAS, Neil	Bungay Black Dog A.C.	Men 40-44	135	158
159	1:49:18	ASHFORD, Justin	Norwich Road Runners	Senior Men	224	159
160	1:49:25	DYSART, Dave	Wyndham A.C.	Senior Men	37	160
161	1:49:42	LOWTHORPE, Shaun		Senior Men	232	161
162	1:49:44	HALL, Will	Tri-Anglia	Senior Men	211	162
163	1:49:50	PAGE, Sharon		Ladies 35-39	233	163
164	1:49:56	ELLEN, Anne	Norfolk Gazelles	Ladies 45-54	392	164
165	1:49:59	RUDD, Philippa		Ladies 45-54	369	165
166	1:50:10	ANTINORI, Dino	Stopsley Striders	Men 50-59	94	166
167	1:50:17	BAKER, Stephen		Men 45-49	185	167
168	1:50:18	DOWSETT, Robert		Men 40-44	157	168
169	1:50:25	WARACKEN, Stephen		Men 50-59	226	169
170	1:50:27	ROGERS, Helen		Senior Ladies	235	170
171	1:50:38	WORRALL, Marie	Gt. Yarmouth RRC	Ladies 40-44	395	171
172	1:50:42	PUGH, Malcolm		Senior Men	27	172
173	1:50:49	DODSWORTH, Tracy	Wyndham A.C.	Senior Ladies	314	173
174	1:50:55	DESWARTE, Richard		Men 40-44	190	174
175	1:51:00	MOODY, Victoria		Senior Ladies	307	175
176	1:51:14	BARKER, Louise	Wyndham A.C.	Ladies 35-39	333	176
177	1:51:40	GRAVELING, Martin		Senior Men	234	177
178	1:51:44	STUBBERFIELD, James		Senior Men	12	178
179	1:51:50	PARKER, Adam	City of Norwich A.C.	Senior Men	60	179
180	1:52:02	ASPIN, Chris		Men 40-44	213	180
181	1:52:05	FULLER, Jerry		Senior Men	44	181
182	1:52:43	DEFERNEZ, Marianne		Ladies 35-39	355	182
183	1:52:45	GILHAM, Richard	Norfolk Gazelles	Men 45-49	116	183
184	1:52:54	ALEXANDER, Penelope	Norwich Road Runners	Senior Ladies	334	184
185	1:52:58	SPONG, Carole	Gt. Yarmouth RRC	Ladies 55+	310	185
186	1:53:07	GROOM, Jonny		Senior Men	33	186
187	1:53:44	ALFORD, Colin		Men 45-49	173	187
188	1:54:00	SANKEY, Rebecca	Tri-Anglia	Senior Ladies	324	188
189	1:54:24	ELLIS, Matt	Lowestoft Road Runners	Senior Men	57	189
190	1:54:31	SMIFFY, Daza		Men 40-44	85	190
191	1:54:34	GROVES, Christopher		Men 50-59	167	191
192	1:54:51	GASPER, Amy		Senior Ladies	304	192
193	1:54:56	MILLS, Graham		Senior Men	48	193
194	1:54:57	SPILSTED, Martin		Senior Men	58	194
195	1:55:08	HILL, Janet	Springfield Striders	Ladies 45-54	367	195
196	1:55:38	NIGHTINGDALE, Laura		Senior Ladies	390	196
197	1:55:54	ALLEN, Adrian		Senior Men	31	197
198	1:56:05	COOPER, Philip	Reepham Runners	Men 45-49	237	198
199	1:56:10	BURR, Natasha		Senior Ladies	361	199
200	1:56:24	SMITH, Michael	Wyndham A.C.	Men 60+	169	200
201	1:56:32	PUNT, David	Bungay Black Dog A.C.	Men 50-59	128	201
202	1:57:14	GREEN, Jemma	Norwich Road Runners	Senior Ladies	302	202
203	1:57:22	BULMAN, Richard	Reepham Runners	Men 50-59	236	203
204	1:57:50	VARLEY, Kerry	Tri-Anglia	Ladies 35-39	358	204
205	1:57:58	MACARTHUR, Georgina		Senior Ladies	332	205

## Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race No	Race Place
206	1:58:13	VALE, John	Newmarket Joggers	Men 45-49	129	206
207	1:58:34	HILL, James		Senior Men	19	207
208	1:58:39	CRASKE, Adam		Senior Men	20	208
209	1:58:55	RICHARDSON, John	Dereham Runners A.C.	Men 50-59	76	209
210	1:58:57	MILLS, Martin		Men 40-44	180	210
211	1:59:04	FRASER, Alec	North Norfolk Beach Runners	Men 60+	136	211
212	1:59:06	DREWITT, David	Gt Yarmouth & D.A.C.	Men 50-59	164	212
213	1:59:50	ASHFORD, Martin	Diss A.C.	Men 50-59	220	213
214	2:00:11	JONES, Stephanie		Senior Ladies	381	214
215	2:00:16	GRAVELING, Anne		Ladies 55+	356	215
216	2:00:23	CHAPMAN, Bee	Brandon Fern Hoppers	Ladies 40-44	387	216
217	2:00:33	WHALE, Colin	Bungay Black Dog A.C.	Men 45-49	137	217
218	2:00:38	BARKER, Ian		Men 40-44	134	218
219	2:00:49	FOULKES, Claire	North Norfolk Beach Runners	Senior Ladies	399	219
220	2:00:50	FRASER, Susan	Gt Yarmouth & D.A.C.	Ladies 45-54	351	220
221	2:00:53	DEBNAM, Helen	Norwich Road Runners	Ladies 35-39	347	221
222	2:00:55	CUVIELLO, Steve	Wymondham A.C.	Men 40-44	80	222
223	2:01:07	ALLTON JONES, John	Serpentine Runners	Men 45-49	115	223
224	2:01:14	WALKER, Christina	North Norfolk Beach Runners	Ladies 35-39	354	224
225	2:01:21	SMITH, Kia		Ladies 35-39	368	225
226	2:01:22	BRIGHAM, Emma		Senior Ladies	359	226
227	2:01:35	MOORE, Ian	Norwich Road Runners	Senior Men	8	227
228	2:01:56	COOPER, Louis	Wymondham A.C.	Men 60+	168	228
229	2:02:10	CARVER, Sheridan		Ladies 35-39	344	229
230	2:02:22	GEDGE, Karen	Bungay Black Dog A.C.	Ladies 40-44	225	230
231	2:02:31	MARTIN, Anne	Wymondham A.C.	Ladies 55+	373	231
232	2:02:55	BRIGHT, Stephen	British Athletes Supporters Club	Men 45-49	95	232
233	2:03:03	WALLACE, Keven		Men 45-49	73	233
234	2:03:05	POOLE, Carolyn	Norfolk Gazelles	Ladies 45-54	372	234
235	2:03:39	ALDREN, Marcus		Men 40-44	118	235
236	2:03:59	PERRY, Lucy	Wymondham A.C.	Ladies 40-44	343	236
237	2:04:01	ARMES, Robyn		Senior Ladies	303	237
238	2:04:09	BALLS, Eddie		Men 60+	163	238
239	2:04:23	SHULVER, Rod	Gt. Yarmouth RRC	Men 60+	194	239
240	2:04:45	DELF, Jackie	Newmarket Joggers	Ladies 45-54	308	240
241	2:05:33	ODAI, Susan		Ladies 40-44	380	241
242	2:05:47	PUGH, David		Men 60+	148	242
243	2:06:09	McKEOWN, Thomas	Stopsley Striders	Men 50-59	91	243
244	2:06:12	MANTHORPE, Karen		Senior Ladies	374	244
245	2:06:24	PACEY, Angela	Gt. Yarmouth RRC	Ladies 55+	330	245
246	2:06:42	DURRANT, Mark		Men 45-49	101	246
247	2:08:00	JAY, Pater		Men 45-49	161	247
248	2:08:21	TOMLINSON, James		Senior Men	59	248
249	2:08:28	FURNISS, Joel		Senior Men	1	249
250	2:08:35	WATERMAN, Pater		Senior Men	70	250
251	2:08:55	COOK, Jayne		Ladies 45-54	393	251
252	2:09:32	CARTLEDGE, Sarah		Senior Ladies	342	252
253	2:09:58	MARSHALL, Mike	North Norfolk Beach Runners	Men 60+	111	253
254	2:10:30	STACEY, Adam	Tri-Anglia	Senior Men	13	254
255	2:10:30	CLARK, Peter		Men 45-49	179	255
256	2:10:32	CUBITT, Rachel		Senior Ladies	384	256
257	2:12:04	FOLKARD, Jonathan	North Norfolk Beach Runners	Men 45-49	172	257
258	2:12:32	CHAPMAN, Lucy	Diss A.C.	Ladies 35-39	388	258
259	2:12:57	CASEY, Joseph		Senior Men	43	259
260	2:13:22	SCURLL, Natalie		Ladies 35-39	382	260
261	2:13:34	MORLEY, Stephen	Brandon Fern Hoppers	Men 50-59	90	261
262	2:13:35	DEVERSON, Grahame		Senior Men	17	262
263	2:14:16	BAKER, Richard		Men 45-49	184	263
264	2:14:54	HARDY, Carol	Norfolk Gazelles	Ladies 45-54	366	264
265	2:15:07	DARNELL, Bob		Men 50-59	187	265
266	2:15:18	BRITCHER, Samantha	Tri-Anglia	Senior Ladies	400	266
267	2:15:25	WARREN, Kerry		Men 40-44	89	267
268	2:15:31	STARKINGS, Mark		Senior Men	23	268
269	2:15:31	HOUSTON, Rebecca	Norwich Road Runners	Ladies 35-39	305	269
270	2:15:31	CARTER, Stephen		Men 45-49	191	270
271	2:18:54	LIGHTOWLER, Michael		Men 40-44	122	271
272	2:19:32	JACK, Bob	Bungay Black Dog A.C.	Men 45-49	96	272
273	2:19:33	ALLEN, Melanie	Norwich Road Runners	Senior Ladies	386	273
274	2:20:18	ZIRNGAST, Julie		Ladies 35-39	348	274
275	2:20:34	RENSHAW, Diane	Dereham Runners A.C.	Ladies 45-54	360	275

**Results for All Competitors in finish order.**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Race Age Category</b>	<b>Race No</b>	<b>Race Place</b>
276	2:20:41	DENZEY, Clare	Norwich Road Runners	Senior Ladies	327	276
277	2:21:46	DRAKE, Janet	Wadhurst Runners	Ladies 45-54	315	277
278	2:22:22	ROBB, David		Senior Men	201	278
279	2:24:05	HODGSON, Alison		Ladies 35-39	309	279
280	2:24:05	MIDDLETON, Katrine	North Norfolk Beach Runners	Ladies 45-54	352	280
281	2:27:29	ATKINSON, Sue	Norfolk Gazelles	Ladies 55+	328	281
282	2:28:34	HILL, Stephen		Men 40-44	72	282
283	2:28:35	HILL, Nicola		Senior Ladies	350	283
284	2:30:17	ETHERINGTON, Denise	Gt. Yarmouth RRC	Ladies 45-54	394	284
285	2:31:19	THURLOW, Anna	Norwich Road Runners	Senior Ladies	218	285
286	2:31:58	COLE, Claire	Tri-Anglia	Ladies 35-39	378	286
287	2:34:45	POPP, John		Men 50-59	106	287
288	2:35:33	UGLOW, Nicola		Senior Ladies	312	288
289	2:36:24	JARREY, Chris	Marvern Joggers	Men 45-49	155	289
290	2:41:11	SUTTLE, Debbie		Ladies 40-44	338	290
291	2:45:14	SPONG, Albert	Gt. Yarmouth RRC	Men 60+	125	291
292	2:45:41	READER, Frank		Men 60+	105	292
293	2:47:11	MITCHELL, Kelly	Norwich Road Runners	Senior Ladies	221	293
294	2:57:07	ISON, Margaret	North Norfolk Beach Runners	Ladies 55+	398	294
295	3:00:15	SMITH, Karen		Ladies 40-44	335	295
296	3:01:54	MORTIMER, Alan		Men 40-44	81	296
297	3:01:54	BAYFORD, Nicola		Ladies 40-44	337	297
298	3:02:28	FRANCIS, Jill	Norwich Road Runners	Ladies 45-54	363	298
299	3:14:50	COPELAND, Maurice	North Norfolk Beach Runners	Men 60+	121	299

There were 299 finishers in the All Competitors category.

**Don't forget.....**

**The Wroxham 5Km Series Races are on WEDNESDAY'S**

**i.e. 27<sup>th</sup> May, 24<sup>th</sup> June & 26<sup>th</sup> August 2009**