

Wroxham 5km Series 2009

Second in Series

Wednesday 24th June 2009. 7:15 pm

Individual Prize List

MEN OVERALL RACE WINNER: Glen WATTS : U.E.A. Trojans : 15:00

Men 17-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:00	WATTS, Glen	UEA Trojans	Senior Men	347	1
2	0:15:07	EARL, Nick	UEA Trojans	Senior Men	348	2
3	0:15:58	O'NEILL, James	City of Norwich A.C.	Senior Men	1	3

Men 40-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:04	WALSHAW, John	City of Norwich A.C.	Men 40-44	318	19

Men 45-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:12	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	56	10

Men 50-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:32	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	194	13

Men 55-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:38	HILL, Ray	Ipswich Jaffa	Men 55-59	309	30

Men 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:03	BOWMAN, Ken	Coltishall Jaguars	Men 60+	58	63

Junior Men

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:02	ATTERWILL, Sean	City of Norwich A.C.	Junior Men	25	7
2	0:17:35	ROGERS, Micah		Junior Men	366	14
3	0:18:02	ROGERS, Damian	City of Norwich A.C.	Junior Men	365	18

LADIES OVERALL RACE WINNER: Kelly RUSHTON : City of Norwich A.C. : 18:06

Ladies 17-39

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:06	RUSHTON, Kelly	City of Norwich A.C.	Senior Ladies	263	21
2	0:19:20	ARMSTRONG, Emily	Norwich Road Runners	Senior Ladies	218	43
3	0:19:42	MANN, Elies	Norwich Road Runners	Senior Ladies	257	54

Ladies 40-44

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:09	DURRANT, Judith		Ladies 40-44	253	108

Ladies 45-49

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:17	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-49	261	41

Ladies 50-54

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:23:23	WARD, Beres	City of Norwich A.C.	Ladies 50-54	228	138

Ladies 55-59

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:25:35	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 55-59	254	183

Ladies 60+

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:24:06	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	239	150

Junior Ladies

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:13	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	232	87
2	0:21:36	TURNER, Frankie	Gt Yarmouth & D.A.C.	Junior Ladies	264	93
3	0:21:43	BIRD, Grace	City of Norwich A.C.	Junior Ladies	270	96

Team Prize List

Senior Men : Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
4	0:16:08	MILLETT, Simon	Senior Men	21	4
5	0:16:11	UTTING, Wayne	Senior Men	31	5
6	0:16:40	BUNN, Andrew	Senior Men	51	6
9	0:17:09	FULTON, John-Patrick	Senior Men	66	9

Veteran Men : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:17:32	CHEVERTON, Robert	Men 50-54	194	13
4	0:18:04	WALSHAW, John	Men 40-44	318	19
14	0:19:04	HART, David	Men 40-44	191	37
18	0:19:25	TURNER, Christopher	Men 45-49	70	46

Senior Ladies : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:18:06	RUSHTON, Kelly	Senior Ladies	263	21
5	0:21:13	WILSON, Hazel	Junior Ladies	232	87
8	0:21:43	BIRD, Grace	Junior Ladies	270	96

Veteran Ladies : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:22:23	WITHEY, Sally	Ladies 40-44	258	114
4	0:22:55	COOKE, Sue	Ladies 45-49	212	123
6	0:23:23	WARD, Beres	Ladies 50-54	228	138

Wroxham 5km Series : 2009

2nd in Series

Wednesday 24 June 2009. 7:15 pm

Full 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 No</i>	<i>Race Place</i>
1	0:15:00	WATTS, Glen	UEA Trojans	Senior Men	347	1
2	0:15:07	EARL, Nick	UEA Trojans	Senior Men	348	2
3	0:15:58	O'NEILL, James	City of Norwich A.C.	Senior Men	1	3
4	0:16:08	MILLETT, Simon	Norwich Road Runners	Senior Men	21	4
5	0:16:11	UTTING, Wayne	Norwich Road Runners	Senior Men	31	5
6	0:16:40	BUNN, Andrew	Norwich Road Runners	Senior Men	51	6
7	0:17:02	ATTERWILL, Sean	City of Norwich A.C.	Junior Men	25	7
8	0:17:02	AUGER, Stephen		Senior Men	75	8
9	0:17:09	FULTON, John-Patrick	Norwich Road Runners	Senior Men	66	9
10	0:17:12	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	56	10
11	0:17:21	MERRYLEES, Chris	North Norfolk Beach Runners	Senior Men	65	11
12	0:17:27	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	52	12
13	0:17:32	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	194	13
14	0:17:35	ROGERS, Micah		Junior Men	366	14
15	0:17:44	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-54	324	15
16	0:17:54	GILLICK, Jack	Wymondham A.C.	Senior Men	86	16
17	0:17:56	PIMLOTT, Chris	Waveney Valley A.C.	Senior Men	98	17
18	0:18:02	ROGERS, Damian	City of Norwich A.C.	Junior Men	365	18
19	0:18:04	WALSHAW, John	City of Norwich A.C.	Men 40-44	318	19
20	0:18:06	SCOTTER, Robert	City of Norwich A.C.	Senior Men	68	20
21	0:18:06	RUSHTON, Kelly	City of Norwich A.C.	Senior Ladies	263	21
22	0:18:11	BALFE, Stephen	City of Norwich A.C.	Senior Men	343	22
23	0:18:15	MOORE, John	Norfolk Gazelles	Men 45-49	314	23
24	0:18:16	WRIGHT, Aaron	Anglia Ruskin University	Senior Men	359	24
25	0:18:17	CHRISTOPHER, John	North Norfolk Beach Runners	Men 45-49	73	25
26	0:18:20	LINFORD, Tony	Thrift Green Trotters	Men 45-49	69	26
27	0:18:22	HIGGINS, Jason	Thetford A.C.	Junior Men	46	27
28	0:18:31	GREENLAND, Edward	Wymondham A.C.	Men 40-44	81	28
29	0:18:37	BIRCH, James	Wymondham A.C.	Men 40-44	187	29
30	0:18:38	HILL, Ray	Ipswich Jaffa	Men 55-59	309	30
31	0:18:40	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	8	31
32	0:18:41	BLAKE, Richard	North Norfolk Beach Runners	Men 55-59	332	32
33	0:18:43	BEARDMORE, Roger	Wymondham A.C.	Men 45-49	61	33
34	0:18:52	JAMES, Robert	Bungay Black Dog A.C.	Senior Men	89	34
35	0:18:56	HAZELL, Dominic		Junior Men	48	35
36	0:18:58	ROBILLIARD, Colin		Men 55-59	182	36
37	0:19:04	HART, David	City of Norwich A.C.	Men 40-44	191	37
38	0:19:07	GRAND, Adrian	Norwich Road Runners	Men 40-44	192	38
39	0:19:12	JACOBS, John		Senior Men	19	39
40	0:19:14	WAITY, Phil	Thetford A.C.	Junior Men	4	40
41	0:19:17	PARFITT, Dena	North Norfolk Beach Runners	Ladies 45-49	261	41
42	0:19:19	NIBLETT, Stephen		Men 40-44	72	42
43	0:19:20	ARMSTRONG, Emily	Norwich Road Runners	Senior Ladies	218	43
44	0:19:21	BLAKE, Dean	Coltishall Jaguars	Senior Men	41	44
45	0:19:24	HOWE, Jon		Men 45-49	312	45
46	0:19:25	TURNER, Christopher	City of Norwich A.C.	Men 45-49	70	46
47	0:19:25	LIVERMORE, Tom		Senior Men	9	47
48	0:19:26	GUY, Steven	City of Norwich A.C.	Senior Men	5	48
49	0:19:30	WATKINSON, Kevin		Senior Men	337	49
50	0:19:35	KINGABY, Bill	Waveney Valley A.C.	Men 55-59	330	50
51	0:19:37	PHILO, Mark	Tri-Anglia	Men 40-44	188	51
52	0:19:40	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	198	52
53	0:19:41	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	3	53
54	0:19:42	MANN, Elies	Norwich Road Runners	Senior Ladies	257	54
55	0:19:45	BIRD, Steve	City of Norwich A.C.	Men 40-44	183	55
56	0:19:48	ROYSTON, John		Men 55-59	60	56
57	0:19:49	MAKAR, Dean	Newbury A.C.	Men 40-44	358	57
58	0:19:50	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	170	58
59	0:19:50	EARL, Timothy	Waveney Valley A.C.	Senior Men	92	59
60	0:19:52	PAGE, Maurice	North Norfolk Beach Runners	Men 45-49	345	60
61	0:19:57	HOUCHEEN, Ben		Senior Men	44	61
62	0:20:03	HAZELL, Jerry		Men 45-49	328	62
63	0:20:03	BOWMAN, Ken	Coltishall Jaguars	Men 60+	58	63
64	0:20:09	COOK, Lee	Tri-Anglia	Senior Men	82	64
65	0:20:11	GILBERT, Ashley	Dereham Runners A.C.	Senior Men	340	65
66	0:20:14	FRARY, Mathew		Men 40-44	199	66
67	0:20:15	WADE, Jamie	North Norfolk Beach Runners	Senior Men	351	67
68	0:20:19	KNOTT, Claire		Senior Ladies	289	68
69	0:20:20	WIGHTMAN, Paul	Wymondham A.C.	Men 45-49	307	69

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
70	0:20:21	WADE, Christopher	North Norfolk Beach Runners	Senior Men	349	70
71	0:20:22	ADCOCK, Trevor	Norfolk Gazelles	Men 60+	80	71
72	0:20:33	HOLLAND, Alan	Wymondham A.C.	Men 60+	344	72
73	0:20:34	LAKE, Todd	Dereham Runners A.C.	Men 45-49	184	73
74	0:20:36	AMES, Matthew		Senior Men	88	74
75	0:20:37	BROOKS, Richard		Senior Men	85	75
76	0:20:41	SLOWTHER, Denver		Senior Men	29	76
77	0:20:43	GRAND, Jake	Norwich Road Runners	Junior Men	23	77
78	0:20:46	HALL, David		Senior Men	335	78
79	0:20:49	LYON, Gary		Senior Men	362	79
80	0:20:50	ROSBY, Thomas	Norwich Road Runners	Junior Men	28	80
81	0:20:58	TIMM, Michael		Senior Men	43	81
82	0:20:59	ARNOLD, Chris	Tri-Anglia	Men 50-54	179	82
83	0:21:01	GODWARD, Danny	Fire Services Sports & Athletic As.	Senior Men	38	83
84	0:21:07	NORMAN, Phil		Senior Men	6	84
85	0:21:10	BEE, Glenn		Men 45-49	301	85
86	0:21:12	HILL, Les	Norfolk Gazelles	Men 45-49	352	86
87	0:21:13	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	232	87
88	0:21:17	HUNT, Spencer		Senior Men	90	88
89	0:21:17	GILBERT, Steve	Dereham Runners A.C.	Men 50-54	95	89
90	0:21:23	COLLYER, Richard	Coltishall Jaguars	Men 40-44	87	90
91	0:21:25	SHORTHOSE, Andrew		Senior Men	40	91
92	0:21:30	O'HARA, Jonathan		Men 40-44	189	92
93	0:21:36	TURNER, Frankie	Gt Yarmouth & D.A.C.	Junior Ladies	264	93
94	0:21:39	SIMPSON, David	Coltishall Jaguars	Men 55-59	327	94
95	0:21:43	CHARTIER, Juliette		Senior Ladies	280	95
96	0:21:43	BIRD, Grace	City of Norwich A.C.	Junior Ladies	270	96
97	0:21:44	WILSON, Robin	Bungay Black Dog A.C.	Men 55-59	323	97
98	0:21:46	WILSON, Brendan	City of Norwich A.C.	Men 40-44	308	98
99	0:21:47	CARVELL, Benjamin		Senior Men	27	99
100	0:21:49	EMERY, Trevor	North Norfolk Beach Runners	Men 55-59	357	100
101	0:21:53	McKINNA, Simon		Senior Men	12	101
102	0:21:57	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	266	102
103	0:21:58	BULL, Michelle	Norwich Road Runners	Senior Ladies	220	103
104	0:21:59	MACKAY, David	City of Norwich A.C.	Senior Men	84	104
105	0:22:04	GEE, Kevin	Norwich Road Runners	Men 45-49	336	105
106	0:22:04	PAGE, Rick		Men 45-49	338	106
107	0:22:07	ALFORD, Colin		Men 45-49	180	107
108	0:22:09	DURRANT, Judith		Ladies 40-44	253	108
109	0:22:10	BURDETT, Simon	City of Norwich A.C.	Senior Men	39	109
110	0:22:13	COLEMAN, Graham	Wymondham A.C.	Men 45-49	78	110
111	0:22:13	BEAUCHAMP, Gary		Men 45-49	195	111
112	0:22:15	WADE, Ian	North Norfolk Beach Runners	Men 50-54	350	112
113	0:22:17	GILHAM, Richard	Norfolk Gazelles	Men 45-49	181	113
114	0:22:23	WITHEY, Sally	City of Norwich A.C.	Ladies 40-44	258	114
115	0:22:24	GREEN, James		Senior Men	355	115
116	0:22:29	McNAMARA, Andrew	Gt Yarmouth & D.A.C.	Senior Men	360	116
117	0:22:42	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	341	117
118	0:22:43	McCABE, Derek	City of Norwich A.C.	Men 40-44	171	118
119	0:22:45	HIGGINS, Carl	Thetford A.C.	Men 45-49	326	119
120	0:22:48	TUFTS, Mark	Wymondham A.C.	Men 40-44	174	120
121	0:22:49	WARD, Kevin		Men 50-54	197	121
122	0:22:49	GREEN, Stephen		Senior Men	364	122
123	0:22:55	COOKE, Sue	City of Norwich A.C.	Ladies 45-49	212	123
124	0:22:56	MANN, Helen		Senior Ladies	293	124
125	0:22:56	WALKER, Christina	North Norfolk Beach Runners	Senior Ladies	240	125
126	0:22:57	HARRISON, Chris		Senior Men	22	126
127	0:22:58	NEEVE, Steven		Senior Men	47	127
128	0:23:01	BUTLER, Nick		Men 40-44	339	128
129	0:23:04	AMOS, David		Men 45-49	93	129
130	0:23:06	SMALL, Jennifer		Senior Ladies	281	130
131	0:23:06	SHAUL, Phil		Men 40-44	303	131
132	0:23:08	AMES, Martin		Senior Men	7	132
133	0:23:09	WOODHOUSE, Paul		Men 45-49	97	133
134	0:23:12	ADCOCK, Matthew		Senior Men	356	134
135	0:23:14	BATES, Angus		Senior Men	17	135
136	0:23:16	BURR, Natasha		Senior Ladies	249	136
137	0:23:21	MOORE, Debbie	Norfolk Gazelles	Ladies 40-44	234	137
138	0:23:23	WARD, Beres	City of Norwich A.C.	Ladies 50-54	228	138
139	0:23:29	JAY, Sarah	Coltishall Jaguars	Ladies 40-44	268	139
140	0:23:32	FLYNN, Dave		Men 40-44	178	140
141	0:23:33	NICHOL, Alex	Tri-Anglia	Senior Ladies	215	141
142	0:23:34	RUMSBY, Karl		Senior Men	42	142
143	0:23:35	KAVANAGH, Nikki	North Norfolk Beach Runners	Senior Ladies	233	143
144	0:23:39	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 50-54	203	144
145	0:23:42	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	333	145

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Race	Race
					No	Place
146	0:23:46	HARDS, Nicholas		Men 45-49	306	146
147	0:23:49	COOMBES, Isobel		Senior Ladies	248	147
148	0:23:51	HARDS, Amanda		Ladies 40-44	241	148
149	0:23:53	COPELAND, Rebecca	Norwich Road Runners	Senior Ladies	256	149
150	0:24:06	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	239	150
151	0:24:10	COOK, Vincent	Tri-Anglia	Senior Men	83	151
152	0:24:11	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	186	152
153	0:24:12	LONG, Andy	Liverpool Harriers A.C.	Senior Men	57	153
154	0:24:13	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	200	154
155	0:24:17	CRANE, Dawn	Coltishall Jaguars	Senior Ladies	273	155
156	0:24:21	BAMFORD, Joanna		Senior Ladies	219	156
157	0:24:22	HIGGINS, Janet	City of Norwich A.C.	Ladies 50-54	217	157
158	0:24:24	DENNIS, Emma	North Norfolk Beach Runners	Senior Ladies	267	158
159	0:24:24	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	331	159
160	0:24:27	THETFORD, Jonathan		Senior Men	2	160
161	0:24:28	KIMBLEY, Liz	City of Norwich A.C.	Senior Ladies	208	161
162	0:24:31	FRADLEY-WILDE, Rob		Men 60+	76	162
163	0:24:39	ROBERTSON, Rory		Men 40-44	53	163
164	0:24:40	BURTON, Shelley	North Norfolk Beach Runners	Senior Ladies	274	164
165	0:24:41	POLLEY, Richard	City of Norwich A.C.	Men 50-54	54	165
166	0:24:41	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	251	166
167	0:24:42	WILLSON, David		Men 45-49	146	167
168	0:24:43	WATKINSON-POWELL, Anna		Senior Ladies	259	168
169	0:24:44	WEST, Joanne	Coltishall Jaguars	Ladies 45-49	246	169
170	0:24:50	MANLY, Veronica	Diss A.C.	Ladies 60+	202	170
171	0:24:56	DACK, Colin		Men 45-49	96	171
172	0:25:02	POTTER, Judy	Bungay Black Dog A.C.	Ladies 60+	262	172
173	0:25:05	NURSE, Natasha	North Norfolk Beach Runners	Junior Ladies	260	173
174	0:25:06	SADLER, Micheal	North Norfolk Beach Runners	Men 45-49	62	174
175	0:25:06	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	245	175
176	0:25:07	SLAUGHTER, Louise	Wymondham A.C.	Senior Ladies	294	176
177	0:25:10	WARREN, Peter	City of Norwich A.C.	Men 50-54	59	177
178	0:25:11	DEPASQUALE, Dale		Men 40-44	175	178
179	0:25:16	GILHAM, George		Junior Men	99	179
180	0:25:24	MARTIN, Anne	Wymondham A.C.	Ladies 60+	238	180
181	0:25:30	GREENWOOD, Sara	Tri-Anglia	Senior Ladies	285	181
182	0:25:31	BRITT, Tony		Men 50-54	329	182
183	0:25:35	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 55-59	254	183
184	0:25:38	WOODHOUSE, Libby		Ladies 40-44	278	184
185	0:25:44	ALFORD, Karen		Ladies 45-49	209	185
186	0:25:49	CHANDLER, Wendy		Senior Ladies	272	186
187	0:25:54	LEEDER, Victor		Men 60+	94	187
188	0:26:07	GAINSFORD, Ruth		Ladies 40-44	236	188
189	0:26:16	MOORE, Glenn		Men 50-54	55	189
190	0:26:16	WELLS, Dennis	Wymondham A.C.	Men 55-59	176	190
191	0:26:27	ARDEN, Jeff	Norfolk Gazelles	Men 50-54	185	191
192	0:26:32	ROEBUCK, John	Norwich Road Runners	Men 50-54	190	192
193	0:26:42	COLE, Jillie	Coltishall Jaguars	Ladies 50-54	277	193
194	0:26:52	COLE, Stephen	Coltishall Jaguars	Men 55-59	91	194
195	0:27:07	CLIFTON, Jason	West Norfolk A.C.	Senior Men	26	195
196	0:27:09	COLLINGWORTH, Claire		Senior Ladies	279	196
197	0:27:10	PRESTON, Sarah		Senior Ladies	226	197
198	0:27:12	WILLIMOTT, Helen	Norwich Road Runners	Senior Ladies	282	198
199	0:27:15	MELTON, Alison		Ladies 45-49	291	199
200	0:27:15	LANSDELL, Anita		Ladies 40-44	292	200
201	0:27:22	SLOWTHER, Darren		Senior Men	30	201
202	0:27:32	SMITH, Derek		Men 45-49	100	202
203	0:27:38	FARROW, Linda	City of Norwich A.C.	Ladies 60+	213	203
204	0:28:09	CORK, Beth		Ladies 40-44	284	204
205	0:28:10	PERKINS, Jan	Tri-Anglia	Ladies 40-44	206	205
206	0:28:13	TATHAM, Richard		Senior Men	346	206
207	0:28:21	ROGERS, Rosie	Norfolk Gazelles	Ladies 45-49	288	207
208	0:28:27	LENNARD, Rose		Ladies 45-49	296	208
209	0:28:27	COLEY, Beth	Tri-Anglia	Senior Ladies	255	209
210	0:28:28	SHELDON, Micheal		Men 50-54	79	210
211	0:28:30	GOOCH, Jackie		Ladies 45-49	287	211
212	0:28:47	FRARY, Bernice		Ladies 40-44	230	212
213	0:28:52	DICKERSON, John	Garden City Joggers	Men 55-59	342	213
214	0:28:54	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	286	214
215	0:29:07	BOOT, Andy	Norwich Road Runners	Senior Men	18	215
216	0:29:15	CARROLL, Leigh		Senior Men	63	216
217	0:29:15	HARE, Peter		Men 50-54	64	217
218	0:29:23	WESTON, Sharon		Senior Ladies	222	218
219	0:29:23	SMITH, Andrew		Men 40-44	193	219
220	0:29:28	REAY, Lisa		Senior Ladies	216	220

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 No</i>	<i>Race Place</i>
221	0:29:32	SMITH, Sally		Ladies 40-44	231	221
222	0:29:51	GARWOOD, Katherine		Senior Ladies	214	222
223	0:29:56	HARRISON, Nicola		Senior Ladies	223	223
224	0:29:57	SCUTTER, Tim	Tri-Anglia	Senior Men	15	224
225	0:30:06	SMITH, Krysia		Senior Ladies	211	225
226	0:30:08	FENECH, Charles		Men 60+	311	226
227	0:30:09	BERTOLDI, Giovanna	Tri-Anglia	Senior Ladies	205	227
228	0:30:13	JAMES, Katy	Bungay Black Dog A.C.	Ladies 60+	275	228
229	0:30:36	CRAMP, Stephen		Men 55-59	71	229
230	0:31:06	ROBERTSON, Lorraine	Norwich Road Runners	Senior Ladies	283	230
231	0:31:12	BARRETT, Matt		Senior Men	34	231
232	0:31:42	WARING, Amanda		Senior Ladies	210	232
233	0:31:51	ROGERS, Alison	Bungay Black Dog A.C.	Ladies 40-44	229	233
234	0:31:57	HART, Alan		Men 60+	320	234
235	0:32:34	HENNESSEY, Lesley	North Norfolk Beach Runners	Ladies 60+	265	235
236	0:32:56	DOWNER, Debbie		Senior Ladies	224	236
237	0:32:56	COTTRELL, Lisa		Senior Ladies	225	237
238	0:34:15	RAYNER, Anne		Senior Ladies	204	238
239	0:34:38	MACONOCHIE, Annette		Senior Ladies	295	239
240	0:34:45	PHILLIPS, Sarah Ann		Senior Ladies	243	240
241	0:41:38	SPONG, Albert	Gt. Yarmouth RRC	Men 60+	196	241
242	0:41:39	SPONG, Carole	Gt. Yarmouth RRC	Ladies 60+	227	242
243	0:41:40	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	247	243
244	0:41:41	SYMEOU, Nicos	Gt. Yarmouth RRC	Men 50-54	363	244
245	0:41:41	JERMY, Sean	Gt. Yarmouth RRC	Senior Men	10	245
246	0:41:42	ANDERSON, Nicole	Gt. Yarmouth RRC	Senior Ladies	290	246
247	0:41:43	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	319	247
248	0:41:44	TURNER, Mark	Gt. Yarmouth RRC	Men 40-44	67	248
249	0:41:44	OVERY, Ken	Gt. Yarmouth RRC	Men 60+	321	249
250	0:41:44	WORRALL, Marie	Gt. Yarmouth RRC	Ladies 40-44	271	250
251	0:41:45	SHULVER, Rod	Gt. Yarmouth RRC	Men 60+	317	251
252	0:41:45	HARTLEY, John	Gt. Yarmouth RRC	Men 40-44	310	252
253	0:41:46	BONE, John	Gt. Yarmouth RRC	Men 60+	316	253
254	0:41:46	LINGARD, John	Gt. Yarmouth RRC	Men 50-54	74	254
255	0:41:47	HARRISON, Peter	Gt. Yarmouth RRC	Men 60+	305	255
256	0:41:47	HARBORD, Chris	Gt. Yarmouth RRC	Men 60+	304	256
257	0:41:47	ANDERSON, Paul	Gt. Yarmouth RRC	Men 50-54	77	257
258	0:41:48	O'LEARY, John	Gt. Yarmouth RRC	Men 55-59	334	258
259	0:41:48	SPRAGG, Michael	Gt. Yarmouth RRC	Men 60+	354	259
260	0:41:49	WARD, Alan	Gt. Yarmouth RRC	Men 45-49	315	260
261	0:41:49	PECK, Andy	Gt. Yarmouth RRC	Senior Men	36	261
262	0:41:50	HELMORE, Jeffrey	Gt. Yarmouth RRC	Men 45-49	313	262
263	0:41:51	ANDREWS, Roger	Gt. Yarmouth RRC	Men 60+	361	263
264	0:41:53	PEACH, Mark	Gt. Yarmouth RRC	Senior Men	32	264
265	0:41:54	MUTCH, Kerry	Gt. Yarmouth RRC	Men 45-49	37	265
266	0:41:54	DADY, Sylvia		Senior Ladies	269	266
267	0:41:55	DADY, Stephen		Men 55-59	172	267
268	0:41:55	STANLEY, Gary	Gt. Yarmouth RRC	Men 50-54	353	268
269	0:41:56	FODEN, Jo	Gt. Yarmouth RRC	Ladies 40-44	237	269
270	0:41:56	FODEN, Dean	Gt. Yarmouth RRC	Men 40-44	302	270
271	0:41:58	O'LEARY, Ann	Gt. Yarmouth RRC	Ladies 55-59	276	271

There were 271 finishers in the All Competitors category.

REMEMBER.....The Final Race in This Year's Series is a Grand Prix Event as well as the County 5km Championship Race.....Wednesday 26th August 2009.