

Wroxham 5km Series 2009

First in Series

Wednesday 27th May 2009. 7:15 pm

Individual Prize List

MEN OVERALL RACE WINNER: Glen WATTS : Shaftesbury & Barnet Harriers : 15:22

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	0:15:22	WATTS, Glen	Shaftesbury & Barnet Harriers	Senior Men	157	1
2	0:15:32	EARL, Nick	UEA Trojans	Senior Men	161	2
3	0:15:44	HENDERSON, Richard	UEA Trojans	Senior Men	154	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	0:17:17	BUNN, Andrew	City of Norwich A.C.	Men 40-44	59	12

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	0:17:02	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	62	9

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	0:17:56	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-54	144	17

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	0:19:31	ROBILLIARD, Colin		Men 55-59	117	42

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	0:18:38	YOUNGS, Kevin	Norfolk Gazelles	Men 60+	125	27

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	0:16:57	STRATTON, Ben	City of Norwich A.C.	Junior Men	48	7
2	0:17:13	ATTERWILL, Sean	City of Norwich A.C.	Junior Men	10	11
3	0:18:15	HIGGINS, Jason	Thetford A.C.	Junior Men	21	22

LADIES OVERALL RACE WINNER: Helen DECKER : Ipswich JAFFA : 17:00

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	0:17:00	DECKER, Helen	Ipswich JAFFA	Senior Ladies	338	8
2	0:17:18	FAWKE, Kim	Telford A.C.	Senior Ladies	334	13
3	0:17:27	ROWLAND, Hollie	UEA Trojans	Senior Ladies	319	14

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	0:20:17	MARSH, Sally	Amphill & Flitwick Flyers	Ladies 40-44	368	62

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	0:18:21	CLARKE, Jane	City of Norwich A.C.	Ladies 45-49	341	24

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	0:23:44	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	392	142

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	0:26:00	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 55-59	327	181

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	0:24:47	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	356	159

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	0:21:30	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	380	94
2	0:26:00	WESTBY, Sarah	Medway & Maidstone	Junior Ladies	366	180

Team Prize List

Senior 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>
4	0:16:17	PRESTON, James	Senior Men	63	4
7	0:16:57	STRATTON, Ben	Junior Men	48	7
9	0:17:13	ATTERWILL, Sean	Junior Men	10	11
17	0:18:46	ROGERS, Micah	Junior Men	167	29

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	0:17:17	BUNN, Andrew	Men 40-44	59	12
4	0:17:57	WALSHAW, John	Men 40-44	110	18
5	0:17:59	CHEVERTON, Robert	Men 50-54	69	19
6	0:18:10	HODGE, Nigel	Men 40-44	91	21

Senior Ladies : 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	0:19:46	MANN, Elies	Senior Ladies	339	47
8	0:22:12	BULL, Michelle	Senior Ladies	375	112
15	0:24:15	GODWIN, Jo	Senior Ladies	352	150

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>
1	0:18:21	CLARKE, Jane	Ladies 45-49	341	24
5	0:22:35	WITHEY, Sally	Ladies 40-44	333	125
7	0:23:36	COOKE, Sue	Ladies 45-49	388	141

Wroxham 5km Series : 2009

1st in Series

Wednesday 27 May 2009. 7:15 pm

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	0:15:22	WATTS, Glen	Shaftesbury & Barnet Harriers	Senior Men	157	1
2	0:15:32	EARL, Nick	UEA Trojans	Senior Men	161	2
3	0:15:44	HENDERSON, Richard	UEA Trojans	Senior Men	154	3
4	0:16:17	PRESTON, James	City of Norwich A.C.	Senior Men	63	4
5	0:16:36	HIGHAM, Paul	Norfolk Gazelles	Senior Men	60	5
6	0:16:41	ENTWISTLE, Joshua	UEA Trojans	Senior Men	156	6
7	0:16:57	STRATTON, Ben	City of Norwich A.C.	Junior Men	48	7
8	0:17:00	DECKER, Helen	Ipswich JAFFA	Senior Ladies	338	8
9	0:17:02	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	62	9
10	0:17:07	VON GORDON, Albie		Senior Men	71	10
11	0:17:13	ATTERWILL, Sean	City of Norwich A.C.	Junior Men	10	11
12	0:17:17	BUNN, Andrew	City of Norwich A.C.	Men 40-44	59	12
13	0:17:18	FAWKE, Kim	Telford A.C.	Senior Ladies	334	13
14	0:17:27	ROWLAND, Hollie	UEA Trojans	Senior Ladies	319	14
15	0:17:43	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	30	15
16	0:17:53	PIMLOTT, Chris	Waveney Valley A.C.	Senior Men	162	16
17	0:17:56	MUFFETT, Paul	North Norfolk Beach Runners	Men 50-54	144	17
18	0:17:57	WALSHAW, John	City of Norwich A.C.	Men 40-44	110	18
19	0:17:59	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	69	19
20	0:18:08	NEALE, Darren	North Norfolk Beach Runners	Senior Men	82	20
21	0:18:10	HODGE, Nigel	City of Norwich A.C.	Men 40-44	91	21
22	0:18:15	HIGGINS, Jason	Thetford A.C.	Junior Men	21	22
23	0:18:17	FUITON, JP	Norwich Road Runners	Senior Men	81	23
24	0:18:21	CLARKE, Jane	City of Norwich A.C.	Ladies 45-49	341	24
25	0:18:24	BATES, Steve	Coltishall Jaguars	Senior Men	61	25
26	0:18:31	JERMY, Sean	Gt. Yarmouth RRC	Senior Men	15	26
27	0:18:38	YOUNGS, Kevin	Norfolk Gazelles	Men 60+	125	27
28	0:18:40	HEDGES, Clive	North Norfolk Beach Runners	Men 50-54	72	28
29	0:18:46	ROGERS, Micah	City of Norwich A.C.	Junior Men	167	29
30	0:18:57	HOLLAND, Neil	Wymondham A.C.	Men 45-49	83	30
31	0:18:58	CHRISTOPHER, John	North Norfolk Beach Runners	Men 40-44	80	31
32	0:19:01	PHILLIPS, Jonathan		Junior Men	86	32
33	0:19:01	PHILLIPS, Michael		Men 50-54	85	33
34	0:19:03	MASON, Shawn	Gt. Yarmouth RRC	Senior Men	94	34
35	0:19:04	PARKER, Chris	North Norfolk Beach Runners	Senior Men	77	35
36	0:19:05	WAITY, Phil	Thetford A.C.	Junior Men	20	36
37	0:19:09	EDRIDGE, Darren	Coltishall Jaguars	Men 40-44	143	37
38	0:19:12	BIRD, Sam		Junior Men	13	38
39	0:19:24	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	70	39
40	0:19:27	HOWE, Jon		Men 45-49	109	40
41	0:19:28	HARTLEY, John	Gt. Yarmouth RRC	Men 40-44	148	41
42	0:19:31	ROBILLIARD, Colin		Men 55-59	117	42
43	0:19:36	DUNGAR, John		Senior Men	151	43
44	0:19:40	ROGERS, Damian	City of Norwich A.C.	Junior Men	168	44
45	0:19:43	HARDINGHAM, Kevin	Norfolk Gazelles	Men 50-54	107	45
46	0:19:44	TYLER, Rhys	Thetford A.C.	Senior Men	75	46
47	0:19:46	MANN, Elies	Norwich Road Runners	Senior Ladies	339	47
48	0:19:49	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	40	48
49	0:19:50	BIRD, Steve	City of Norwich A.C.	Men 40-44	111	49
50	0:19:52	HAZELL, Dominic		Junior Men	42	50
51	0:19:53	MAHONEY, Chris		Senior Men	17	51
52	0:19:56	HAYES, Jim	North Norfolk Beach Runners	Men 60+	137	52
53	0:19:58	EARL, Timothy	Waveney Valley A.C.	Senior Men	163	53
54	0:19:59	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	112	54
55	0:20:00	NIBLETT, Stephen		Men 40-44	68	55
56	0:20:07	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	120	56
57	0:20:08	KINGABY, Bill	Waveney Valley A.C.	Men 55-59	140	57
58	0:20:09	McCRAITH, James		Senior Men	92	58
59	0:20:12	HARRISON, Paul	Dereham Runners A.C.	Men 50-54	165	59
60	0:20:13	COLE, Jason		Senior Men	51	60
61	0:20:16	WATKINSON, Kevin		Senior Men	97	61
62	0:20:17	MARSH, Sally	Ampthill & Flitwick Flyers	Ladies 40-44	368	62
63	0:20:17	ELLIS, Vince	City of Norwich A.C.	Men 50-54	128	63
64	0:20:19	LIVERMORE, Tom		Senior Men	33	64
65	0:20:20	ADCOCK, Trevor	Norfolk Gazelles	Men 60+	96	65

Place	Time	Name	Team	Race Age Category	Race	
					No	Place
66	0:20:30	VAUGHAN, Tom		Junior Men	169	66
67	0:20:32	JAY, Adrian	Coltishall Jaguars	Senior Men	2	67
68	0:20:34	DADY, Stephen		Men 55-59	122	68
69	0:20:35	GOSTLING, John	City of Norwich A.C.	Senior Men	5	69
70	0:20:36	BOWMAN, Ken	Coltishall Jaguars	Men 60+	57	70
71	0:20:38	HAZELL, Jerry		Men 45-49	136	71
72	0:20:39	HOUCHEN, Ben		Senior Men	24	72
73	0:20:41	COUSTHAM, Vincent	City of Norwich A.C.	Senior Men	46	73
74	0:20:42	TIMM, Michael		Senior Men	23	74
75	0:20:42	WIGHTMAN, Paul	Wymondham A.C.	Men 45-49	65	75
76	0:20:45	BRANNAN, Terry	Wymondham A.C.	Men 60+	67	76
77	0:20:48	JACOBS, John		Senior Men	79	77
78	0:20:51	KNOTT, Claire		Senior Ladies	324	78
79	0:20:52	RAYNER, Bruce	Bungay Black Dog A.C.	Men 45-49	134	79
80	0:20:52	GRAND, Jake	Norwich Road Runners	Junior Men	56	80
81	0:20:53	MAKAR, Dean	Newbury A.C.	Men 40-44	160	81
82	0:20:54	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	138	82
83	0:20:57	BRIGHTY, Keith	Norwich Road Runners	Men 45-49	129	83
84	0:21:02	NEVILLE, Michael		Men 40-44	131	84
85	0:21:03	SHORTHOSE, Andrew		Senior Men	49	85
86	0:21:08	CRUTCHLEY, Ian	Wymondham A.C.	Men 40-44	90	86
87	0:21:10	O'HARA, Jonathan		Men 40-44	127	87
88	0:21:11	SINCLAIR, Nigel	Bunwell Strollers	Senior Men	50	88
89	0:21:13	SLOWTHER, Denver		Senior Men	18	89
90	0:21:14	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	322	90
91	0:21:19	NORMAN, Phil		Senior Men	1	91
92	0:21:20	PEACH, Mark	Gt. Yarmouth RRC	Senior Men	4	92
93	0:21:28	WILSON, Robin	Bungay Black Dog A.C.	Men 55-59	139	93
94	0:21:30	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	380	94
95	0:21:31	CHURCH, Stephen	City of Norwich A.C.	Men 45-49	118	95
96	0:21:33	GILBERT, Steve	Dereham Runners A.C.	Men 50-54	87	96
97	0:21:34	ROSBY, Thomas	Norwich Road Runners	Junior Men	39	97
98	0:21:35	ARNOLD, Chris	Waveney Tri-Masters	Men 50-54	124	98
99	0:21:35	GODWARD, Danny		Senior Men	78	99
100	0:21:36	BEE, Glenn		Men 45-49	142	100
101	0:21:37	COLMAN, Mark		Senior Men	27	101
102	0:21:40	HIGGINS, Carl	Thetford A.C.	Men 45-49	121	102
103	0:21:46	MONK, Patrick		Men 40-44	99	103
104	0:21:49	JOHNSON, Aaron		Senior Men	84	104
105	0:21:57	SIMPSON, David	Coltishall Jaguars	Men 55-59	135	105
106	0:22:05	MURRELL, Robert		Senior Men	32	106
107	0:22:06	ALFORD, Colin		Men 45-49	101	107
108	0:22:08	GILHAM, Richard	Norfolk Gazelles	Men 45-49	147	108
109	0:22:09	BRIGHTY, Joseph		Junior Men	31	109
110	0:22:10	JENKINS, Chris	Tri-Anglia	Senior Men	29	110
111	0:22:11	WESTBY, Andrew	Medway & Maidstone	Men 45-49	132	111
112	0:22:12	BULL, Michelle	Norwich Road Runners	Senior Ladies	375	112
113	0:22:13	VOGLER, Clem	Dereham Runners A.C.	Men 60+	141	113
114	0:22:15	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	130	114
115	0:22:15	CROSSFIELD, Mark		Senior Men	76	115
116	0:22:19	FARROW, Mike		Senior Men	9	116
117	0:22:25	STACEY, Martin	Yeovil Road Runners	Men 50-54	58	117
118	0:22:26	PAGE, Rick		Men 45-49	95	118
119	0:22:26	McKINNA, Simon		Senior Men	6	119
120	0:22:30	COOPER, Lucy	Norfolk Gazelles	Ladies 40-44	335	120
121	0:22:30	DURRANT, Judith		Ladies 40-44	378	121
122	0:22:31	COLEMAN, Graham	Wymondham A.C.	Men 45-49	150	122
123	0:22:32	McCABE, Derek	City of Norwich A.C.	Men 40-44	114	123
124	0:22:32	WILSON, Brendan	City of Norwich A.C.	Men 40-44	108	124
125	0:22:35	WITHEY, Sally	City of Norwich A.C.	Ladies 40-44	333	125
126	0:22:40	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	383	126
127	0:22:43	FLOWER, Michael	Norfolk Police A.C.	Senior Men	34	127
128	0:22:48	ANDERSON, Nicole	Gt. Yarmouth RRC	Senior Ladies	317	128
129	0:22:52	McNAMARA, Andrew	Gt Yarmouth & D.A.C.	Senior Men	35	129
130	0:22:53	BURDETT, Simon	City of Norwich A.C.	Senior Men	11	130
131	0:23:01	HOWARD, Darren	Coltishall Jaguars	Men 40-44	100	131
132	0:23:10	TUFTS, Mark	Wymondham A.C.	Men 40-44	73	132
133	0:23:15	CARVELL, Benjamin		Senior Men	98	133
134	0:23:18	BUTLER, Nick		Men 40-44	89	134
135	0:23:21	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	158	135

<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>
136	0:23:25	CHARTIER, Juliette		Senior Ladies	328	136
137	0:23:27	HARDS, Amanda		Ladies 40-44	397	137
138	0:23:29	WARD, Kevin		Men 50-54	103	138
139	0:23:33	DONE, Rebecca		Senior Ladies	330	139
140	0:23:35	MANN, Helen		Senior Ladies	320	140
141	0:23:36	COOKE, Sue	City of Norwich A.C.	Ladies 45-49	388	141
142	0:23:44	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	392	142
143	0:23:45	WARD, Beres	City of Norwich A.C.	Ladies 50-54	399	143
144	0:23:48	BATES, Angus		Senior Men	12	144
145	0:23:51	HARDS, Nicholas		Men 45-49	105	145
146	0:23:58	RUMSBY, Karl		Senior Men	26	146
147	0:24:04	WARNES, Timmy		Senior Men	25	147
148	0:24:05	KAVANAGH, Nikki	North Norfolk Beach Runners	Senior Ladies	362	148
149	0:24:08	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	149	149
150	0:24:15	GODWIN, Jo	Norwich Road Runners	Senior Ladies	352	150
151	0:24:18	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 50-54	385	151
152	0:24:20	HARRISON, Chris		Senior Men	44	152
153	0:24:24	PAGANINI, Nico		Senior Men	16	153
154	0:24:26	WORRELL, Marie	Gt. Yarmouth RRC	Ladies 40-44	343	154
155	0:24:38	PRESTON, Jessica	Wymondham A.C.	Senior Ladies	337	155
156	0:24:39	DUNGAR, Craig	Wymondham A.C.	Senior Men	64	156
157	0:24:39	THETFORD, Jonathan		Senior Men	38	157
158	0:24:46	KIMBLEY, Liz	City of Norwich A.C.	Senior Ladies	387	158
159	0:24:47	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	356	159
160	0:24:47	O'CALLAGHAN, Michael	Yaxley Runners	Men 55-59	66	160
161	0:24:51	GRAY, Rene		Senior Men	54	161
162	0:24:53	MACKAY, David	City of Norwich A.C.	Senior Men	152	162
163	0:24:55	FRASER, Susan	Gt Yarmouth & D.A.C.	Ladies 50-54	363	163
164	0:25:01	LEECH, Tim		Men 45-49	159	164
165	0:25:13	SMITH, Tammy		Senior Ladies	389	165
166	0:25:14	YOUNG, Dave		Senior Men	8	166
167	0:25:15	MARTIN, Anne	Wymondham A.C.	Ladies 60+	360	167
168	0:25:20	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	379	168
169	0:25:23	MANLY, Veronica	Wymondham A.C.	Ladies 60+	351	169
170	0:25:24	SLAUGHTER, Louise		Senior Ladies	381	170
171	0:25:27	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	364	171
172	0:25:28	HOPKINS, Mary	Coltishall Jaguars	Ladies 45-49	342	172
173	0:25:30	WESTBY, David		Junior Men	37	173
174	0:25:32	ALFORD, Karen		Ladies 45-49	400	174
175	0:25:33	COOPER, Louis	Wymondham A.C.	Men 60+	93	175
176	0:25:34	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	371	176
177	0:25:34	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	119	177
178	0:25:38	MARKS, Hannah	Waveney Valley A.C.	Senior Ladies	318	178
179	0:25:48	SWANSON, Alison	North Norfolk Beach Runners	Ladies 40-44	369	179
180	0:26:00	WESTBY, Sarah	Medway & Maidstone	Junior Ladies	366	180
181	0:26:00	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 55-59	327	181
182	0:26:05	WESTBY, Heather	Medway & Maidstone	Ladies 45-49	367	182
183	0:26:07	WESTBY, Tim	Medway & Maidstone	Junior Men	36	183
184	0:26:15	BORTON, Shelly	North Norfolk Beach Runners	Senior Ladies	329	184
185	0:26:17	FLYNN, Dave		Men 40-44	126	185
186	0:26:18	AMES, Martin		Senior Men	3	186
187	0:26:30	COPELAND, Rebecca	Norwich Road Runners	Senior Ladies	332	187
188	0:26:39	PAGE, Sarah		Senior Ladies	316	188
189	0:26:44	COLE, Jillie	Coltishall Jaguars	Ladies 50-54	358	189
190	0:26:55	LEEDER, Victor		Men 60+	88	190
191	0:26:59	WALTERS, Mark	City of Norwich A.C.	Senior Men	22	191
192	0:27:00	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-44	386	192
193	0:27:09	CHANDLER, Wendy		Senior Ladies	344	193
194	0:27:10	DEPASQUALE, Dale		Men 40-44	155	194
195	0:27:10	SLOWTHER, Darren		Senior Men	41	195
196	0:27:12	UTTING, John		Men 50-54	153	196
197	0:27:13	WELLS, Dennis	Wymondham A.C.	Men 55-59	106	197
198	0:28:01	CLIFTON, Jason	West Norfolk A.C.	Senior Men	7	198
199	0:28:02	WATERS, Karen	Bungay Black Dog A.C.	Senior Ladies	361	199
200	0:28:03	HUGGETT, Sonya		Senior Ladies	355	200
201	0:28:03	HUGGETT, Adrian		Men 45-49	145	201
202	0:28:05	MELTON, Alison		Ladies 45-49	365	202
203	0:28:05	LANSDALE, Anita		Ladies 40-44	348	203
204	0:28:26	LATHAM, Richard		Senior Men	43	204
205	0:28:37	GOOCH, Jackie		Ladies 45-49	353	205

<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>
206	0:28:38	SMITH, Derek		Men 45-49	164	206
207	0:28:56	FARROW, Linda	City of Norwich A.C.	Ladies 60+	395	207
208	0:28:57	DICKERSON, John	Garden City Joggers	Men 50-54	133	208
209	0:29:07	PERKINS, Jan	Tri-Anglia	Ladies 40-44	370	209
210	0:29:19	BARTON, Amy	Tri-Anglia	Senior Ladies	346	210
211	0:29:35	ANTUNES, Andrea		Senior Ladies	359	211
212	0:29:36	FRICKE, Claudia	City of Norwich A.C.	Senior Ladies	357	212
213	0:29:36	REAY, Lisa		Senior Ladies	345	213
214	0:29:37	ROGERS, Rosie	Norfolk Gazelles	Ladies 45-49	326	214
215	0:29:43	BOOT, Andy	Norwich Road Runners	Senior Men	52	215
216	0:29:54	COLEY, Beth	Tri-Anglia	Senior Ladies	376	216
217	0:30:03	BURR, Natasha		Senior Ladies	372	217
218	0:30:03	SPARKES, Thea		Senior Ladies	349	218
219	0:30:04	GOWLAND, Julie		Senior Ladies	321	219
220	0:30:18	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	323	220
221	0:30:20	HARRISON, Nicola		Senior Ladies	350	221
222	0:30:21	SCUTTER, Tim	Tri-Anglia	Senior Men	45	222
223	0:30:46	GARWOOD, Katherine		Senior Ladies	347	223
224	0:31:06	CRAMP, Stephen		Men 55-59	55	224
225	0:31:17	FREEBURN, Rodney	Wymondham A.C.	Men 60+	166	225
226	0:31:19	SMITH, Sally		Ladies 40-44	382	226
227	0:33:18	CALLABY, Andrew		Senior Men	74	227
228	0:33:19	CALLABY, Katie		Senior Ladies	331	228
229	0:33:51	GARTLEY, Helen		Senior Ladies	373	229
230	0:33:52	GUTTRICH, Jodie		Ladies 45-49	396	230
231	0:35:02	MACONOCHIE, Annette		Senior Ladies	340	231
232	0:35:08	BUTLER, Alison		Senior Ladies	393	232
233	0:36:13	PHILLIPS, Sarah Ann		Senior Ladies	394	233
234	0:36:19	RAYNER, Anne		Senior Ladies	377	234
235	0:36:41	DOWNING, Deborah		Ladies 45-49	336	235
236	0:38:59	LAMBERT, Janet		Ladies 60+	354	236
237	0:38:59	ARMES, Sharon	Norwich Road Runners	Senior Ladies	325	237

There were 237 finishers in the All Competitors category.

Don't Forget.....Next Race....Wednesday 24th June 2009