

# Wroxham 5km Series 2008

## First in Series

Wednesday 28<sup>th</sup> May 2008. 7:15 pm

### Individual Prize List

#### **MEN OVERALL RACE WINNER: Rob JOY : Notts A.C. : 15:34**

##### **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>
2	0:15:45	ROBINSON, James	West Norfolk A.C.	Senior Men	754	2
3	0:16:26	BALDWIN, Steve	Norfolk Gazelles	Senior Men	897	3
4	0:16:45	JONES, Steve	North Norfolk Beach Runners	Senior Men	768	4
5	0:16:59	HIGHAM, Paul	Norfolk Gazelles	Senior Men	842	5
6	0:17:06	BUNN, Andrew	Norwich Road Runners	Senior Men	807	6

##### **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	0:17:51	MANNING, Andrew	Gt. Yarmouth RRC	Men 40-44	836	13

##### **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	0:17:09	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	488	7

##### **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	0:19:03	EPPS, Terry	Wymondham A.C.	Men 50-54	858	28

##### **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	0:19:37	ALDIS, David	City of Norwich A.C.	Men 55-59	879	45

##### **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	0:20:50	BRANNAN, Terry	Wymondham A.C.	Men 60+	776	81

##### **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	0:17:37	STRATTON, Ben	Wymondham A.C.	Junior Men	874	10
2	0:18:05	FRANCIS, Thomas	Thetford A.C.	Junior Men	820	15
3	0:19:55	SMITH, Luke		Junior Men	770	51

#### **LADIES OVERALL RACE WINNER: Nicky ALFORD : City of Norwich A.C. : 18:52**

##### **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>
2	0:19:04	ROSE, Carley	City of Norwich A.C.	Senior Ladies	972	29
3	0:19:06	MATHEWS, Ellie	City of Norwich A.C.	Senior Ladies	926	31
4	0:21:02	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Senior Ladies	974	84
5	0:21:32	JAMES, Joanne	Dereham Runners A.C.	Senior Ladies	982	97
6	0:22:29	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	924	119

##### **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	0:22:13	GARRETT, Helen	Beckenham Running Club	Ladies 40-44	935	113

##### **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	0:24:04	WESTBY, Heather		Ladies 45-49	715	152

##### **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	0:24:35	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	904	163

##### **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	0:26:47	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	962	201

##### **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	0:23:28	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	908	144

## 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	0:22:48	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	961	127
2	0:31:02	WATERS, Hannah	Bungay Black Dog A.C.	Junior Ladies	959	247
3	0:33:52	SHULVER, Tiffany	Gt. Yarmouth RRC	Junior Ladies	964	256

## Team Prize List

### Senior Men : Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:16:26	BALDWIN, Steve	Senior Men	897	3
5	0:16:59	HIGHAM, Paul	Senior Men	842	5
8	0:17:32	TOPPER, Tim	Senior Men	809	9
18	0:18:44	VARLEY, Matt	Senior Men	889	22

### Veteran Men : Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:09	YAXLEY, Mick	Men 45-49	488	7
3	0:17:52	COOPER, Phil	Men 40-44	861	14
13	0:19:35	KELF, Jason	Men 40-44	893	44
17	0:19:53	THOMPSON, Peter	Men 50-54	832	50

### 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	0:18:52	ALFORD, Nicky	Senior Ladies	708	24
2	0:19:04	ROSE, Carley	Senior Ladies	972	29
3	0:19:06	MATHEWS, Ellie	Senior Ladies	926	31

### Veteran Ladies : Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
10	0:24:21	HARROP, Jackie	Ladies 45-49	950	159
11	0:24:25	STEVENSON, Tracy	Ladies 40-44	914	160
12	0:24:35	ELLEN, Anne	Ladies 50-54	904	163

# Wroxham 5km Series : 2008

## 1st in Series

Wednesday 28 May 2008. 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	0:15:34	JOY, Rob	Notts A.C.	Senior Men	847	1
2	0:15:45	ROBINSON, James	West Norfolk A.C.	Senior Men	754	2
3	0:16:26	BALDWIN, Steve	Norfolk Gazelles	Senior Men	897	3
4	0:16:45	JONES, Steve	North Norfolk Beach Runners	Senior Men	768	4
5	0:16:59	HIGHAM, Paul	Norfolk Gazelles	Senior Men	842	5
6	0:17:06	BUNN, Andrew	Norwich Road Runners	Senior Men	807	6
7	0:17:09	YAXLEY, Mick	Norfolk Gazelles	Men 45-49	488	7
8	0:17:20	MILK, Oliver	Wymondham A.C.	Senior Men	875	8
9	0:17:32	TOPPER, Tim	Norfolk Gazelles	Senior Men	809	9
10	0:17:37	STRATTON, Ben	Wymondham A.C.	Junior Men	874	10
11	0:17:45	KETT, Andy	North Norfolk Beach Runners	Senior Men	759	11
12	0:17:46	BUNN, Andrew	City of Norwich A.C.	Senior Men	484	12
13	0:17:51	MANNING, Andrew	Gt. Yarmouth RRC	Men 40-44	836	13
14	0:17:52	COOPER, Phil	Norfolk Gazelles	Men 40-44	861	14
15	0:18:05	FRANCIS, Thomas	Thetford A.C.	Junior Men	820	15
16	0:18:24	KETT, Robert	North Norfolk Beach Runners	Senior Men	779	16
17	0:18:24	HAYNES, Mark	Coltishall Jaguars	Senior Men	898	17
18	0:18:26	HODGE, Nigel	City of Norwich A.C.	Men 40-44	881	18
19	0:18:33	RICHARDSON, Glen		Senior Men	750	19
20	0:18:39	CHAPMAN, Karl	Wymondham A.C.	Senior Men	495	20
21	0:18:41	WALSHAW, John	City of Norwich A.C.	Senior Men	845	21
22	0:18:44	VARLEY, Matt	Norfolk Gazelles	Senior Men	889	22
23	0:18:51	GRAND, Adrian	Norwich Road Runners	Men 40-44	853	23
24	0:18:52	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	708	24
25	0:18:56	PRESTON, Andrew	Wymondham A.C.	Men 40-44	785	25
26	0:18:56	DAVIS, Darryl	City of Norwich A.C.	Men 40-44	878	26
27	0:19:00	SKINN, Rob		Senior Men	491	27
28	0:19:03	EPPS, Terry	Wymondham A.C.	Men 50-54	858	28
29	0:19:04	ROSE, Carley	City of Norwich A.C.	Senior Ladies	972	29
30	0:19:06	POLLEY, Richard	City of Norwich A.C.	Men 50-54	481	30
31	0:19:06	MATHEWS, Ellie	City of Norwich A.C.	Senior Ladies	926	31
32	0:19:10	PECK, Andy	Gt. Yarmouth RRC	Senior Men	762	32
33	0:19:13	HURREN, Dale		Men 50-54	758	33
34	0:19:15	NELSON, Peter		Senior Men	864	34
35	0:19:17	EDRIDGE, Darren	Coltishall Jaguars	Senior Men	821	35
36	0:19:19	WARDEN, Brian	City of Norwich A.C.	Senior Men	793	36
37	0:19:20	YOUNGS, James		Senior Men	823	37
38	0:19:22	RIDER, Stefan	Norwich Road Runners	Senior Men	817	38
39	0:19:25	HOLLAND, Neil	Wymondham A.C.	Men 45-49	492	39
40	0:19:27	COLLISON, Ben	West Norfolk A.C.	Senior Men	753	40
41	0:19:29	GREENLAND, Edward	Wymondham A.C.	Men 40-44	876	41
42	0:19:31	GREEN, Mathew	Norfolk Gazelles	Senior Men	810	42
43	0:19:33	GUY, Steven		Senior Men	844	43
44	0:19:35	KELF, Jason	Norfolk Gazelles	Men 40-44	893	44
45	0:19:37	ALDIS, David	City of Norwich A.C.	Men 55-59	879	45
46	0:19:38	KNIGHTS, Neville	Dereham Runners A.C.	Men 45-49	485	46
47	0:19:41	TYE, Chris		Men 40-44	802	47
48	0:19:41	CALLABY, Ryan	North Norfolk Beach Runners	Senior Men	757	48
49	0:19:47	BATES, Steve	Coltishall Jaguars	Senior Men	882	49
50	0:19:53	THOMPSON, Peter	Norfolk Gazelles	Men 50-54	832	50
51	0:19:55	SMITH, Luke		Junior Men	770	51
52	0:19:56	PLACKETT, Stephen	Reepham Runners	Men 45-49	783	52
53	0:19:57	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	814	53
54	0:20:06	PARKER, Chris	North Norfolk Beach Runners	Senior Men	773	54
55	0:20:06	FLEMING, John		Senior Men	839	55
56	0:20:07	METTERS, Paul	Dereham Runners A.C.	Senior Men	841	56
57	0:20:12	GOTTS, Mark	City of Norwich A.C.	Senior Men	781	57
58	0:20:13	WATKINSON, Kevin		Senior Men	739	58
59	0:20:14	EVANS, Paul	Gt. Yarmouth RRC	Men 50-54	761	59
60	0:20:15	READER, Jonathan	Coltishall Jaguars	Senior Men	489	60
61	0:20:16	KINGABY, Bill	Waveney Valley A.C.	Men 55-59	892	61
62	0:20:23	BRIGHTY, Joshua	Norwich Road Runners	Junior Men	796	62
63	0:20:24	BLAKE, Dean	Coltishall Jaguars	Senior Men	811	63
64	0:20:26	JAMES, Robert	Bungay Black Dog A.C.	Senior Men	870	64
65	0:20:28	HIGH, Christopher		Senior Men	888	65
66	0:20:28	GILBERT, Ashley	Dereham Runners A.C.	Senior Men	771	66
67	0:20:29	FORD, Tim		Senior Men	493	67
68	0:20:30	WILSON, Robin	Bungay Black Dog A.C.	Men 50-54	890	68
69	0:20:35	LINES, Rob	Tri-Anglia	Senior Men	867	69

## Results for All Competitors in finish order contd.

Place	Time	Name	Team	Race Age Category	Race	
					No	Place
70	0:20:36	FRARY, Mathew		Senior Men	756	70
71	0:20:37	KELF, Jon	Norfolk Gazelles	Men 40-44	749	71
72	0:20:40	ELLIS, Vince	City of Norwich A.C.	Men 50-54	868	72
73	0:20:41	HARDINGHAM, Kevin	Norfolk Gazelles	Men 50-54	825	73
74	0:20:42	MUFFETT, Paul	North Norfolk Beach Runners	Men 45-49	856	74
75	0:20:43	PLACKETT, Joshua	Reepham Runners	Junior Men	782	75
76	0:20:45	STURGESS, James	Wymondham A.C.	Senior Men	738	76
77	0:20:46	HOWARD, Nigel		Men 50-54	884	77
78	0:20:47	BUSHELL, Alan	Coltishall Jaguars	Senior Men	751	78
79	0:20:48	GOTTS, Sam	City of Norwich A.C.	Junior Men	780	79
80	0:20:49	LAMB, Simon	City of Norwich A.C.	Senior Men	744	80
81	0:20:50	BRANNAN, Terry	Wymondham A.C.	Men 60+	776	81
82	0:20:54	NIBLETT, Stephen		Men 40-44	795	82
83	0:20:58	VOGLER, Clem	Dereham Runners A.C.	Men 60+	886	83
84	0:21:02	POTTER-CAMPBELL, Emma	Dereham Runners A.C.	Senior Ladies	974	84
85	0:21:03	ETHERINGTON, Stephen	Gt. Yarmouth RRC	Men 50-54	822	85
86	0:21:05	BEAUCHAMP, Gary		Men 45-49	746	86
87	0:21:06	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	834	87
88	0:21:09	WALTON, Kevin		Senior Men	735	88
89	0:21:10	KIRTON, Joseph	Thetford A.C.	Junior Men	826	89
90	0:21:10	RAYNER, Bruce	Bungay Black Dog A.C.	Men 45-49	891	90
91	0:21:12	CHURCH, Stephen		Men 45-49	812	91
92	0:21:13	HAZELL, Dominic		Junior Men	778	92
93	0:21:13	JONES, Howard		Men 40-44	872	93
94	0:21:18	BYE, Rod	Coltishall Jaguars	Men 45-49	786	94
95	0:21:26	HOUCHE, Ben		Senior Men	850	95
96	0:21:30	HAZELL, Jerry		Men 45-49	777	96
97	0:21:32	JAMES, Joanne	Dereham Runners A.C.	Senior Ladies	982	97
98	0:21:41	DADY, Stephen		Men 55-59	838	98
99	0:21:46	WEBSDALE, Steve	Norwich Road Runners	Men 45-49	741	99
100	0:21:47	CAMPBELL, Rory	Dereham Runners A.C.	Men 45-49	480	100
101	0:21:50	EMMETT, Lee		Senior Men	763	101
102	0:21:54	BARNES, Graham	Coltishall Jaguars	Men 55-59	819	102
103	0:21:55	JAMES, Matthew		Junior Men	871	103
104	0:21:55	HOWARD, David	City of Norwich A.C.	Men 50-54	787	104
105	0:21:56	BIRD, Steve		Men 40-44	479	105
106	0:21:58	HARMER, Mark	City of Norwich A.C.	Senior Men	764	106
107	0:22:00	CUSHION, Michael		Junior Men	784	107
108	0:22:01	CRUTCHLEY, Ian	Wymondham A.C.	Men 40-44	486	108
109	0:22:02	WADE, Christopher	North Norfolk Beach Runners	Senior Men	798	109
110	0:22:02	WADE, Ian	North Norfolk Beach Runners	Men 50-54	799	110
111	0:22:05	QUIGLEY, Terry	North Norfolk Beach Runners	Men 60+	745	111
112	0:22:07	WADE, Jamie	North Norfolk Beach Runners	Senior Men	797	112
113	0:22:13	GARRETT, Helen	Beckenham Running Club	Ladies 40-44	935	113
114	0:22:14	WAITY, Phil		Junior Men	860	114
115	0:22:16	COLEMAN, Neil	Gt. Yarmouth RRC	Men 40-44	792	115
116	0:22:20	WESTBY, Andrew		Men 45-49	740	116
117	0:22:22	SHARPE, John	Coltishall Jaguars	Men 55-59	885	117
118	0:22:24	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	866	118
119	0:22:29	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	924	119
120	0:22:33	BULL, Michelle	Norwich Road Runners	Senior Ladies	902	120
121	0:22:34	BALDWIN, Chris	Norfolk Gazelles	Senior Men	896	121
122	0:22:39	WITHEY, Sally	City of Norwich A.C.	Senior Ladies	939	122
123	0:22:40	THOMPSON, Eirrin		Senior Men	767	123
124	0:22:42	STEBBINGS, Robin	Wymondham A.C.	Men 50-54	788	124
125	0:22:45	COLEMAN, Trudie	Tri-Anglia	Ladies 40-44	602	125
126	0:22:45	BUSSEY, Peter	Norwich Road Runners	Men 45-49	742	126
127	0:22:48	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	961	127
128	0:22:52	KERRISON, John		Men 45-49	846	128
129	0:22:54	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	940	129
130	0:22:59	ALFORD, Colin		Men 40-44	801	130
131	0:23:00	WILSON, Steven		Men 45-49	829	131
132	0:23:04	COX, Juliet	Wymondham A.C.	Senior Ladies	951	132
133	0:23:05	CLOUGHTON, Bob	Norwich Road Runners	Men 55-59	478	133
134	0:23:06	GILBERT, Steve	Dereham Runners A.C.	Men 50-54	775	134
135	0:23:07	GRAND, Jake	Norwich Road Runners	Junior Men	852	135
136	0:23:17	SIMPSON, David	Coltishall Jaguars	Men 55-59	869	136
137	0:23:18	WARNES, Timmy		Senior Men	848	137
138	0:23:18	DURRANT, Judith		Senior Ladies	934	138
139	0:23:19	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	979	139
140	0:23:19	BURDETT, Simon	City of Norwich A.C.	Senior Men	483	140
141	0:23:21	WENN, Jenny	Norwich Road Runners	Ladies 40-44	929	141
142	0:23:23	WORRALL, Marie	Gt. Yarmouth RRC	Ladies 40-44	957	142
143	0:23:25	WALKER, Christina	North Norfolk Beach Runners	Senior Ladies	701	143
144	0:23:28	WOODHOUSE, Gill	Dereham Runners A.C.	Ladies 60+	908	144
145	0:23:33	MILLER, Brian		Men 60+	824	145

## Results for All Competitors in finish order contd.

<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>
146	0:23:36	HUTCHEON, David	Coltishall Jaguars	Men 60+	490	146
147	0:23:57	RICHARDSON, John	Dereham Runners A.C.	Men 50-54	818	147
148	0:23:59	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	895	148
149	0:24:01	LEE, Gavin	Coltishall Jaguars	Senior Men	487	149
150	0:24:02	COLEMAN, Graham	Wymondham A.C.	Men 45-49	877	150
151	0:24:03	ROBINSON, Neil		Men 40-44	766	151
152	0:24:04	WESTBY, Heather		Ladies 45-49	715	152
153	0:24:05	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	827	153
154	0:24:12	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 45-49	909	154
155	0:24:13	HARDS, Nicholas		Men 45-49	880	155
156	0:24:15	HARDS, Amanda		Ladies 40-44	953	156
157	0:24:17	HIGH, Richard		Senior Men	863	157
158	0:24:19	KINCH, Brenda	North Norfolk Beach Runners	Ladies 60+	969	158
159	0:24:21	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	950	159
160	0:24:25	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-44	914	160
161	0:24:27	BAMFORD, Julian	Norwich Road Runners	Senior Men	803	161
162	0:24:29	MAN, Angela		Senior Ladies	920	162
163	0:24:35	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	904	163
164	0:24:37	DACE, Kelly	North Norfolk Beach Runners	Senior Ladies	711	164
165	0:24:42	PAGANINI, Nico		Senior Men	734	165
166	0:24:43	ROBERTSON, Karen	Bedford Harriers	Ladies 45-49	601	166
167	0:24:44	ADCOCK, Matthew		Senior Men	900	167
168	0:24:46	ROBERTSON, Andrew		Men 50-54	800	168
169	0:24:50	MACKAY, David	City of Norwich A.C.	Senior Men	791	169
170	0:24:51	ARMES, Michael		Men 40-44	899	170
171	0:24:51	WHITMARSH, Lorraine	City of Norwich A.C.	Senior Ladies	946	171
172	0:24:52	WARREN, Peter	City of Norwich A.C.	Men 50-54	873	172
173	0:24:56	JECKELL, Colin	Coltishall Jaguars	Men 50-54	752	173
174	0:25:06	HORNER, Alison	Coltishall Jaguars	Senior Ladies	967	174
175	0:25:09	NEALE, Janet	Coltishall Jaguars	Ladies 45-49	928	175
176	0:25:10	FOLKARD, Jonathan	North Norfolk Beach Runners	Men 45-49	790	176
177	0:25:12	LOUGHLIN, Gillian	West Norfolk A.C.	Ladies 40-44	988	177
178	0:25:18	JUPP, Orla	Dereham Runners A.C.	Senior Ladies	986	178
179	0:25:24	CONNOLLY, Chris	Ryston Runners	Men 55-59	862	179
180	0:25:26	PLUNKETT, Claire	Halifax Harriers	Senior Ladies	989	180
181	0:25:28	KIRTON, Dean	Thetford A.C.	Men 40-44	772	181
182	0:25:33	BLAKE, Emma	Coltishall Jaguars	Senior Ladies	907	182
183	0:25:35	LOADMAN, Neil	Tri-Anglia	Senior Men	482	183
184	0:25:40	DENNIS, Emma	North Norfolk Beach Runners	Senior Ladies	702	184
185	0:25:41	DAYNES, Kirsty	Wymondham A.C.	Senior Ladies	716	185
186	0:25:46	MARTIN, Anne	Wymondham A.C.	Ladies 60+	911	186
187	0:25:47	BRITT, Tony		Men 50-54	843	187
188	0:25:51	SHULVER, Rod	Gt. Yarmouth RRC	Men 60+	894	188
189	0:25:56	CARR, Caroline	Wymondham A.C.	Senior Ladies	973	189
190	0:25:57	SWANSON, Alison	North Norfolk Beach Runners	Senior Ladies	925	190
191	0:26:00	PRATT, Jenny		Senior Ladies	918	191
192	0:26:02	GREENWOOD, Sara	Tri-Anglia	Senior Ladies	713	192
193	0:26:03	WILLIMOTT, Helen	Norwich Road Runners	Senior Ladies	983	193
194	0:26:17	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	949	194
195	0:26:20	OGHENEWEKE, Helen	Norwich Road Runners	Senior Ladies	936	195
196	0:26:23	ARDEN, Jeff	Norwich Road Runners	Men 45-49	828	196
197	0:26:24	WRIGHT, Kevin		Men 40-44	808	197
198	0:26:31	OSBORNE, Eva	Wymondham A.C.	Ladies 60+	707	198
199	0:26:35	BYE, Ellie		Senior Ladies	705	199
200	0:26:38	DADY, Sylvia		Senior Ladies	706	200
201	0:26:47	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	962	201
202	0:26:49	ROEBUCK, John	Norwich Road Runners	Men 50-54	774	202
203	0:26:50	HIGGINS, Janet	City of Norwich A.C.	Ladies 45-49	980	203
204	0:26:51	HARLOW, Beverley	Fairlands Valley Spartans	Ladies 50-54	970	204
205	0:26:53	FOSTER, Stephen		Men 50-54	477	205
206	0:26:54	WALTON, Andrew		Senior Men	736	206
207	0:26:57	NEWSTEAD, Stephen	North Norfolk Beach Runners	Men 45-49	743	207
208	0:27:00	BALDWIN, Fiona	Coltishall Jaguars	Senior Ladies	948	208
209	0:27:07	QUENTIN-HICKS, Kate	City of Norwich A.C.	Senior Ladies	985	209
210	0:27:11	SLOWTHER, Darren		Senior Men	835	210
211	0:27:13	MARTYN, Tanya		Ladies 40-44	714	211
212	0:27:14	RACKHAM, Emma	Norwich Road Runners	Senior Ladies	937	212
213	0:27:14	RACKHAM, Danielle	Norwich Road Runners	Senior Ladies	938	213
214	0:27:17	HATHAWAY, Daphne	Coltishall Jaguars	Ladies 60+	956	214
215	0:27:25	BARTON, Frances	City of Norwich A.C.	Ladies 45-49	930	215
216	0:27:29	ALFORD, Karen		Ladies 40-44	901	216
217	0:27:34	SNELLING, Neville	Norwich Road Runners	Senior Men	789	217
218	0:27:35	POTTER, David	Bungay Black Dog A.C.	Men 60+	747	218
219	0:27:43	RUHRUM, Stefanie	Gt Yarmouth & D.A.C.	Senior Ladies	903	219

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

<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>
220	0:27:46	BURTON, Michelle	North Norfolk Beach Runners	Senior Ladies	703	220
221	0:27:47	HORTH, Stuart		Men 40-44	494	221
222	0:27:47	JERMYN, Suzy		Senior Ladies	987	222
223	0:27:47	FLATT, Linda June		Ladies 55-59	977	223
224	0:27:48	TUVEY, Victoria		Ladies 45-49	976	224
225	0:27:48	KETT, Chris		Senior Men	755	225
226	0:27:48	FRARY, Bernice		Senior Ladies	712	226
227	0:27:57	DEPASQUALE, Dale		Men 40-44	851	227
228	0:28:03	FARROW, Linda	Norfolk Gazelles	Ladies 60+	916	228
229	0:28:07	HIGHAM, Hannah	City of Norwich A.C.	Senior Ladies	941	229
230	0:28:13	WALTERS, Mark		Senior Men	816	230
231	0:28:15	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	910	231
232	0:28:18	BELL, Jeremy		Men 40-44	833	232
233	0:28:35	BOOT, Andy	Norwich Road Runners	Senior Men	748	233
234	0:29:05	DAVIS, Kerry	Tri-Anglia	Senior Ladies	952	234
235	0:29:11	MOORE, Jane	Norfolk Gazelles	Ladies 40-44	921	235
236	0:29:12	POLLEY, Jeanette		Ladies 45-49	975	236
237	0:29:14	HARVEY, Susan		Ladies 50-54	978	237
238	0:29:24	CLEGG, Dawn	Gt Yarmouth & D.A.C.	Ladies 50-54	709	238
239	0:29:30	OGHENEGWEKE, Tim		Men 45-49	859	239
240	0:29:43	BOUTLE, Hannah		Senior Ladies	971	240
241	0:29:55	LAWRENCE, Sarah		Senior Ladies	945	241
242	0:29:57	BALL, Sue	North Norfolk Beach Runners	Ladies 60+	947	242
243	0:30:08	SMITH, Derek		Men 40-44	737	243
244	0:30:31	RAHAMAN, Rayhaan		Senior Men	865	244
245	0:30:45	WATERS, Karen	Bungay Black Dog A.C.	Senior Ladies	960	245
246	0:30:47	HOWE, Ross	North Norfolk Beach Runners	Senior Men	831	246
247	0:31:02	WATERS, Hannah	Bungay Black Dog A.C.	Junior Ladies	959	247
248	0:31:02	ROBERTSON, Lorraine	Norwich Road Runners	Senior Ladies	966	248
249	0:31:40	BARTON, Amy		Senior Ladies	931	249
250	0:31:42	GREENLAND, Helen		Ladies 40-44	943	250
251	0:31:47	JONES, Freddie	Coltishall Jaguars	Men 60+	855	251
252	0:32:20	HARRISON, Peter	Gt. Yarmouth RRC	Men 60+	837	252
253	0:32:33	HARRINGTON, Kim	Wymondham A.C.	Ladies 45-49	927	253
254	0:32:34	BROWN, Richard		Senior Men	765	254
255	0:32:49	KELF, Nicola		Senior Ladies	963	255
256	0:33:52	SHULVER, Tiffany	Gt. Yarmouth RRC	Junior Ladies	964	256
257	0:34:02	TILLET, Cassie		Ladies 45-49	906	257
258	0:34:23	SPONG, Albert	Gt. Yarmouth RRC	Men 60+	887	258
259	0:34:47	WRIGHT, Tracy		Ladies 40-44	944	259
260	0:34:48	READER, Frank		Men 60+	794	260
261	0:35:14	RUMBELOW, Hayley		Senior Ladies	923	261
262	0:35:15	BELL, Tracey		Ladies 45-49	922	262
263	0:36:28	BEAUMONT, Jonathan		Men 50-54	830	263
264	0:39:26	ISON, Margaret	North Norfolk Beach Runners	Ladies 60+	704	264
265	0:44:35	GALLAGHER, Jan		Men 50-54	710	265
266	0:44:36	GALLAGHER, Mike		Men 50-54	760	266

**There were 266 finishers in the All Competitors category.**

**RACE 2 OF THE 2008 SERIES IS ON:  
WEDNESDAY 25<sup>TH</sup> JUNE**