

**New Years Day 2009 10k
Men**

Place	Name	Club	Time
1 st	Craig Hopkins	Swansea AC	32.28
2 nd	Luke Allen	City of Norwich AC	32.38
3 rd	Adam Lewis	City of Norwich AC	32.39
1 st Senior	Andrew Bunn	Norwich Road Runners	
40+	Paul Sullivan	Norwich Road Runners	38.09
45+	James Heath	St Edmunds Pacers	37.38
50+	Silva Fernando	Unattached	36.24
55+	Kevin Youngs	Norfolk Gazelles	38.41
60+	Jim Hayes	North Norfolk Beach Runners	41.54
1 st Senior Team		City Of Norwich AC	
	Like Allen		
	Adam Lewis		
	James O'Neil		
1 st Vets Team		Norwich Road Runners	
	Paul Sullivan		
	Kieron Haines		
	Mark Garrett		

**New Years Day 2009 10k
Ladies**

Place	Name	Club	Time
1 st	Phillipa Taylor	Stamford Striders	38.20
2 nd	Louise Peters	Stopsley Striders	39.04
3 rd	Dena Parfitt	North Norfolk Beach Runners	39.40
1 st Senior	Rachel Leathwood	Norwich Road Runners	39.45
40+	Lynn Emmett	City of Norwich AC	42.27
45+	Jill Larham	March AC	45.43
50+	Penny Edwards	Norwich Road Runners	43.48
55+	Pauline Norman	Lowestoft Road Runners	48.45
60+	Veronica Manly	Diss AC	49.24
1 st Senior Team		Norwich Road Runners	
	Rachel Leathwood		
	Elies Manly		
	Rachel Fiddy		
1 st Vets Team		Norwich Road Runners	
	Penny Edwards		
	Anne Millett		
	Sarah Bradley		