



# Wymondham Midsummer 10 Mile

Sunday 12<sup>th</sup> June 2011

## Individual & Team Results



| LADIES                 |           |                      |                        |                |
|------------------------|-----------|----------------------|------------------------|----------------|
| 1                      | Helen     | Decker               | JAFFA RC               | 58:20.5        |
| 2                      | Nicky     | Alford               | Conac                  | 1:05:24.8      |
| 3                      | Hannah    | Stone                |                        | 1:10:58.2      |
| 1 <sup>ST</sup> Senior | Laura     | Betts                |                        | 1:16:39.6      |
| 40-44                  | Karen     | Archbold             | Lowestoft road runners | 1:07:54.9      |
| 45-49                  | Sally     | Cushing              | Norwich Road Runners   | 1:16:26.7      |
| 50-54                  | Gail      | Pryke                | JAFFA RC               | 1:08:25.2      |
| 55-59                  | Catherine | Wright               | Corby AC               | 1:15:48.8      |
| 60+                    | Veronica  | Manly                | EVAC                   | 1:22:13.3      |
| Team Prize             | Senior    | Norwich Road Runners |                        | Joanna Godwin  |
|                        |           |                      |                        | Alice Birdsall |
|                        |           |                      |                        | Rachel Cubitt  |
|                        | Vet       | Norwich Road Runners |                        | sally cushing  |
|                        |           |                      |                        | Lisa Godwin    |
|                        |           |                      |                        | Yvonne Parker  |

| Men                    |         |                             |                             |                  |
|------------------------|---------|-----------------------------|-----------------------------|------------------|
| 1                      | Gavin   | Davis                       | JAFFA RC                    | 56:23.5          |
| 2                      | Daniel  | Middleton                   | Norwich Road Runners        | 56:58.6          |
| 3                      | Stephen | Pettit                      | Ely Runners                 | 58:41.8          |
| 1 <sup>ST</sup> Senior | Chris   | Merrylees                   | North Norfolk Beach Runners | 59:09.4          |
| 40-44                  | John    | Manlow                      | Ely Runners                 | 59:42.9          |
| 45-49                  | Mark    | Garrett                     | Norwich Road Runners        | 1:01:09.2        |
| 50-54                  | Paul    | Muffett                     | North Norfolk Beach Runners | 1:01:14.0        |
| 55-59                  | Colin   | Robilliard                  | Coltishall Jaguars          | 1:01:40.0        |
| 60+                    | Richard | Blake                       | Great Yarmouth Road Runners | 1:07:34.3        |
| Team Prize             | Senior  | Norwich Road Runners        |                             | Daniel Middleton |
|                        |         |                             |                             | Stuart Smith     |
|                        |         |                             |                             | Mark Betts       |
|                        | Vet     | Great Yarmouth Road Runners |                             | Andrew Manning   |
|                        |         |                             |                             | Neil Sibley      |
|                        |         |                             |                             | Richard Blake    |