

Hethel Engineering 10 mile Road Race 17 June 2007.

Place	Time	Name	Team	Cat	Grad	Entrant No	Posn
1	0:55:41	LEWIS, Adam	City of Norwich Athletic Club	Senior Men	03:27.6	157	1
2	0:58:36	LENTON, Tim	Norfolk Gazelles	Senior Men	03:38.4	223	2
3	0:59:21	YAXLEY, Mick	Norfolk Gazelles	Vet. Men 40-49	03:41.2	1	3
4	1:00:37	DEVLIN, Niamh	Dundrum South Dublin	Senior Ladies	03:46.0	98	4
5	1:00:50	MANLOW, John		senior men	03:46.8	87	5
6	1:01:08	WATSON, Robert		Vet. Men 40-49	03:47.9	72	6
7	1:01:23	COOKE, Christopher	St Edmunds Pacers	Vet. Men 40-49	03:48.8	209	7
8	1:01:43	HOPKIN, Jonathan	City of Norwich Athletic Club	senior men	03:50.1	4	8
9	1:01:48	WHITE, Richard	Wymondham Athletic Club	Vet. Men 40-49	03:50.4	156	9
10	1:01:49	HENDRY, Neil	City of Norwich Athletic Club	Senior Men	03:50.4	160	10
11	1:02:14	BETTS, Mark	Norwich Road Runners	senior men	03:52.0	82	11
12	1:02:52	TUTTLE, Peter	City of Norwich Athletic Club	Vet. Men 40-49	03:54.3	179	12
13	1:03:10	GARRETT, Mark	Norwich Road Runners	Vet. Men 40-49	03:55.5	122	13
14	1:03:41	BLAKE, Richard	Great Yarmouth Road Runners	Vet. Men 50-59	03:57.4	163	14
15	1:04:30	HURREN, Dale		Vet. Men 40-49	04:00.4	154	15
16	1:04:34	IVE, Martin	Ryston Runners	Vet. Men 40-49	04:00.7	36	16
17	1:04:37	BAILEY, Cliff	Thetford Athletic Club	Vet. Men 40-49	04:00.9	188	17
18	1:04:43	SULLIVAN, Paul	Norwich Road Runners	Vet. Men 40-49	04:01.2	198	18
19	1:05:03	SIBLEY, Neil	Great Yarmouth Road Runners	Vet. Men 40-49	04:02.5	132	19
20	1:05:18	ROBINSON, David	Ryston Runners	Vet. Men 50-59	04:03.4	75	20
21	1:05:33	YEOMANS, Martin	Norwich Road Runners	Vet. Men 50-59	04:04.3	207	21
22	1:05:50	MILK, Oliver	Wymondham Athletic Club	senior men	04:05.4	89	22
23	1:05:54	MASLEN, David		Vet. Men 40-49	04:05.7	115	23
24	1:06:05	VAN MINDEN, Nils	Norwich Road Runners	senior men	04:06.3	88	24
25	1:06:23	MCQUILLIN , Ben	Reepham Runners	Senior Men	04:07.5	226	25
26	1:06:30	HODGE, Nigel	City of Norwich Athletic Club	Senior Men	04:07.9	171	26
27	1:06:59	SPRAGG, Mike	Great Yarmouth Road Runners	Vet. Men 60+	04:09.7	102	27
28	1:07:09	MERRETT, Andy	Ryston Runners	senior men	04:10.3	229	28
29	1:07:20	CHAMBERLAIN, Michael	Norwich Road Runners	Vet. Men 40-49	04:11.0	53	29
30	1:07:27	MOORE, Graham		Vet. Men 40-49	04:11.4	92	30
31	1:07:48	HAINES, Kieron	Norwich Road Runners	Vet. Men 50-59	04:12.7	109	31
32	1:07:54	WARDEN, Brian	City of Norwich Athletic Club	Senior Men	04:13.1	127	32
33	1:07:58	MOORE, John	Norfolk Gazelles	Vet. Men 40-49	04:13.4	228	33

34	1:08:22	WORTLEY, Matthew	Ryston Runners	Senior Men	04:14.8	193	34
35	1:08:35	SALISBURY, Andrew	Herts Phoenix AC	Vet. Men 50-59	04:15.7	39	35
36	1:08:42	WRIGHT, Alex	uknetrunners	senior men	04:16.1	13	36
37	1:08:44	BUNN, Andrew	Liverpool Harriers	Senior Men	04:16.2	58	37
38	1:08:50	BROWNING, Colin	Norwich Road Runners	Vet. Men 40-49	04:16.6	106	38
39	1:08:54	COOPER, Jim	bungay black dog athletic club	Vet. Men 40-49	04:16.8	212	39
40	1:08:59	HILL, Melvin		Vet. Men 40-49	04:17.1	59	40
41	1:09:04	ALFORD, Nicola	City of Norwich Athletic Club	Senior Ladies	04:17.5	230	41
42	1:09:31	ALDIS, David	City of Norwich Athletic Club	Vet. Men 50-59	04:19.1	145	42
43	1:09:44	STONE, Matthew		senior men	04:19.9	174	43
44	1:09:48	KENNEDY, Antony		senior men	04:20.2	166	44
45	1:10:04	HAYES, Jim	North Norfolk Beach Runners	Vet. Men 60+	04:21.2	85	45
46	1:10:22	EVANS, Paul	Great Yarmouth Road Runners	Vet. Men 50-59	04:22.3	57	46
47	1:10:54	CHORLEY, Chris	bungay black dog athletic club	Vet. Men 40-49	04:24.3	16	47
48	1:10:56	SINCLAIR, Nigel		Senior Men	04:24.4	65	48
49	1:11:10	MOORE, Ian	Norwich Road Runners	Vet. Men 40-49	04:25.3	135	49
50	1:11:21	STARK, Colin	North Norfolk Beach Runners	senior men	04:26.0	137	50
51	1:11:36	DADY, Stephen		Vet. Men 50-59	04:26.9	29	51
52	1:11:46	BONE, John	Great Yarmouth Road Runners	Vet. Men 60+	04:27.5	138	52
53	1:12:03	GLYNN, Mick		Vet. Men 40-49	04:28.6	211	53
54	1:12:09	CLUES, Mark	Tri Anglia	Vet. Men 40-49	04:29.0	189	54
55	1:12:20	FIRMAGE, Paul	Ryston Runners	Vet. Men 50-59	04:29.6	184	55
56	1:12:35	ROBERTS, James		senior men	04:30.6	74	56
57	1:12:40	WELHAM-STONACK, Trudy		Vet. Ladies 40-49	04:30.9	167	57
58	1:12:40	JOHNSON, Pete	Norfolk Gazelles	Vet. Men 50-59	04:30.9	48	58
59	1:12:45	COOK, Peter	Norwich Road Runners	Vet. Men 50-59	04:31.2	139	59
60	1:13:14	MCCUSKER, Eamonn	Ryston Runners	Vet. Men 50-59	04:33.0	73	60
61	1:13:39	HALL, Jamie		senior men	04:34.5	3	61
62	1:13:45	BROOKSHAW, Paul	Great Yarmouth Road Runners	Vet. Men 40-49	04:34.9	14	62
63	1:13:47	WATSON, Jerry	Wymondham Athletic Club	Vet. Men 50-59	04:35.0	103	63
64	1:13:47	BYE, Barry	Ryston Runners	Vet. Men 50-59	04:35.0	101	64
65	1:13:49	THOMPSON, Peter	Norfolk Gazelles	Vet. Men 50-59	04:35.2	185	65
66	1:13:50	PRANCE, Carol	Stowmarket Striders	Vet. Ladies 40-49	04:35.2	128	66
67	1:13:50	POTTER-CAMPBELL, Emma	Dereham RunnersAthletic Club	senior ladies	04:35.2	70	67
68	1:13:59	ENGLISH, Simon		senior men	04:35.8	93	68
69	1:14:02	PAINTING, Stephen	Norwich Road Runners	Vet.Men 40-49	04:36.0	67	69
70	1:14:44	TAYLER, Mark	Norwich Road Runners	Vet.Men 50-59	04:38.6	78	70

71	1:14:52	FRETWELL, Andrew	Norwich Road Runners	Vet.Men 40-49	04:39.1	151	71
72	1:15:06	HILL, John	Great Yarmouth Road Runners	Vet.Men 50-59	04:40.0	124	72
73	1:15:19	TODD, Paul		Vet.Men 40-49	04:40.8	5	73
74	1:15:28	WOMACK,Mark	Lowestoft Road Runners	senior men	04:41.3	206	74
75	1:15:46	MILNES, Christopher	Ryston Runners	Vet.Men 50-59	04:42.4	144	75
76	1:15:57	LAWRENCE, Tony	Brandon Fern Hoppers	Vet.Men 40-49	04:43.1	71	76
77	1:16:23	WOODRUFF, Glen		senior men	04:44.7	218	77
78	1:16:37	KELLY, Jon		senior men	04:45.6	99	78
79	1:17:00	BATEMAN, Thom		senior men	04:47.0	213	79
80	1:17:27	MANLY, Veronica	Wymondham Athletic Club	Vet.Ladies 50-59	04:48.7	123	80
81	1:17:33	GEE, Kevin	Norwich Road Runners	Vet.Men 40-49	04:49.1	21	81
82	1:17:46	CROFTS, Tanya	Wymondham Athletic Club	senior ladies	04:49.9	217	82
83	1:17:56	PARKER, Ronnie		senior men	04:50.5	46	83
84	1:18:02	SUTTLE, Haley	Stowmarket Striders	Vet.Ladies 40-49	04:50.9	143	84
85	1:18:05	MCDONNELL, Mike		Vet.Men 50-59	04:51.1	95	85
86	1:18:18	TYLER, Tim	Norwich Road Runners	Vet.Men 50-59	04:51.9	22	86
87	1:18:19	BERGIN, Chris		senior men	04:51.9	44	87
88	1:18:29	ELLIS, Matt	Lowestoft Road Runners	senior men	04:52.6	205	88
89	1:18:38	WHILLEY, Shane		senior men	04:53.1	45	89
90	1:18:41	ETHRINGTON,Stephen		Vet.Men 40-49	04:53.3	80	90
91	1:18:48	THOULESS, Gavin	Norwich Road Runners	senior men	04:53.7	113	91
92	1:18:49	BRIGHTY, Keith	Norwich Road Runners	Vet.Men 40-49	04:53.8	183	92
93	1:18:58	GROVES, Paul	Coltishall Jaguars	Vet.Men 40-49	04:54.4	180	93
94	1:19:10	BECK, Aaron		senior men	04:55.1	42	94
95	1:19:58	SHULVER, Edward	Great Yarmouth Road Runners	senior men	04:58.1	210	95
96	1:20:01	BROOKER, Paul		Vet.Men 50-59	04:58.3	55	96
97	1:20:07	CAMPBELL, Rory	Dereham Runners Athletic Club	Vet.Men 40-49	04:58.7	130	97
98	1:20:09	OSBORNE, Andrea	North Norfolk Beach Runners	Vet.Ladies 50-59	04:58.8	7	98
99	1:20:11	WAGGOTT, Penny	Stowmarket Striders	Vet.Ladies 40-49	04:58.9	129	99
100	1:20:19	GOODWIN, David	Great Yarmouth and District	Vet.Men 50-59	04:59.4	219	100
101	1:20:57	ASHFORD, Justin	Norwich Road Runners	senior men	05:01.8	90	101
102	1:21:21	COLMAN, Mark		senior men	05:03.3	64	102
103	1:21:26	HORREX, Trevor	Norwich Road Runners	Vet.Men 40-49	05:03.6	54	103
104	1:21:28	SPONG, Carole	Great Yarmouth Road Runners	Vet. ladies 60+	05:03.7	175	104
105	1:21:31	HUMPHREYS, Jon		Vet.Men 40-49	05:03.9	181	105
106	1:21:40	LAWRENCE Dean		senior men	05:04.4	28	106
107	1:21:42	LUBBOCK, David	City of Norwich Athletic Club	Vet.Men 40-49	05:04.6	190	107
108	1:21:43	PILCH, Richard		Vet. men 60+	05:04.6	27	108
109	1:21:53	BALL, Malcolm	North Norfolk Beach	Vet. men 60+	05:05.2	208	109

			Runners				
110	1:22:07	ELFLETT, Mark	Lowestoft Road Runners	Vet.Men 40-49	05:06.1	86	110
111	1:22:14	BASHAM, Leslie	Stowmarket Striders	Vet.Men 50-59	05:06.5	149	111
112	1:22:16	JORDAN, Catherine	Norolk Gazelles	Vet.Ladies 50-59	05:06.7	12	112
113	1:22:18	WALKER, Ian		Senior Men	05:06.8	47	113
114	1:22:20	ENGLAND, John	Great Yarmouth and District	Vet.Men 50-59	05:06.9	172	114
115	1:22:21	STEVENS, Tracy		Senior Ladies	05:07.0	51	115
116	1:22:33	WHALE, Colin	bungay black dog athletic club	Vet.Men 40-49	05:07.7	152	116
117	1:22:39	KEEBLE, Ian	Diss & district Athletic Club	Senior Men	05:08.1	131	117
118	1:23:00	SAUERZAPF, Bobbie	bungay black dog athletic club	Vet.Ladies 40-49	05:09.4	15	118
119	1:23:02	BRINDLEY, Mark		Senior Men	05:09.5	104	119
120	1:23:21	CARVER, Dawn	Norwich Road Runners	Vet.Ladies 40-49	05:10.7	34	120
121	1:23:28	WOOD, Charles	Norwich Road Runners	Vet.Men 40-49	05:11.1	164	121
122	1:23:41	WILLIAMS, Eric	Norwich Road Runners	Vet.Men 50-59	05:12.0	111	122
123	1:23:43	SCHOFIELD, Sarah		Vet.Ladies 40-49	05:12.1	186	123
124	1:23:46	HEASMAN, David		Vet.Men 40-49	05:12.3	10	124
125	1:24:07	ANDREWS, Sarah		senior ladies	05:13.6	187	125
126	1:24:12	BROSTER, Linsey	Dereham Runners Athletic Club	senior ladies	05:13.9	50	126
127	1:24:18	TAYLER, Caroline	Norwich Road Runners	Vet.Ladies 50-59	05:14.3	77	127
128	1:24:33	RICHARDSON, John	Dereham Runners Athletic Club	Vet.Men 50-59	05:15.2	30	128
129	1:24:38	WILSON, David		Vet.Men 40-49	05:15.5	214	129
130	1:24:51	ADAMS, Roger	Brandon Fern Hoppers	senior men	05:16.3	108	130
131	1:24:59	MARTIN, James		senior men	05:16.8	43	131
132	1:25:03	JARVIS, Ian		Vet.Men 40-49	05:17.0	97	132
133	1:25:05	FARRAR, Robin	bungay black dog athletic club	Vet. men 60+	05:17.2	155	133
134	1:25:29	HOYLE, Stephanie	Diss & district Athletic Club	Vet.Ladies 40-49	05:18.7	133	134
135	1:26:42	BURROWS, Elaine	Diss & district Athletic Club	Vet.Ladies 40-49	05:23.2	118	135
136	1:26:48	WOODHOUSE, Gill	Dereham Runners Athletic Club	Vet.Ladies 50-59	05:23.6	17	136
137	1:27:08	FRANKS, Michael		Vet.Men 40-49	05:24.8	24	137
138	1:27:11	WARD, Beres		Vet.Ladies 50-59	05:25.0	168	138
139	1:27:40	BRADLEY, Patsy		Vet.Ladies 40-49	05:26.8	2	139
140	1:28:04	BURRAGE, Andrew	Norfolk Gazelles	Vet.Men 50-59	05:28.3	195	140
141	1:28:16	POTTER, Judie	bungay black dog athletic club	Vet. ladies 60+	05:29.0	225	141
142	1:28:42	MALHERBE, Stephan		senior men	05:30.7	126	142

143	1:29:15	MIDDLETON, Charlie	Norfolk Gazelles	Vet.Men 40-49	05:32.7	84	143
144	1:29:52	BANHAM, Keith		senior ladies	05:35.0	100	144
145	1:30:27	DAYKIN, Robert		Vet. men 60+	05:37.2	162	145
146	1:30:43	ASHCROFT, Damian		Vet.Men 40-49	05:38.2	81	146
147	1:30:48	SPINKS, Roger		Vet. men 60+	05:38.5	121	147
148	1:30.49	LAURIER, Phillip	Lowestoft Road Runners	Vet.Men 50-59	05:38.5	202	148
149	1:30:54	RENSHAW, Kenneth	Dereham Runners Athletic Club	Vet.Men 40-49	05:38.9	112	149
150	1:31:05	SIMPSON, Dennis	Norwich Road Runners	Vet.Men 40-49	05:39.5	19	150
151	1:31:14	HUMPHRIES, Frances Patricia	Brentwood	Vet.Ladies 50-59	05:40.1	203	151
152	1:31:22	MCNICOL, David		Vet.Men 40-49	05:40.6	11	152
153	1:31:46	BAILEY, Margaret	Wymondham Athletic Club	Vet.Ladies 50-59	05:42.1	142	153
154	1:31:56	JUPP, Orla	Dereham Runners Athletic Club	senior ladies	05:42.7	146	154
155	1:31:57	HARVEY, Michael	North Norfolk Beach Runners	Vet.Men 50-59	05:42.8	165	155
156	1:32:4	LUBBOCK, Sandra		Vet.Ladies 40-49	05:43.2	191	156
157	1:32:14	CREED, Graham		senior men	05:43.8	125	157
158	1:32:57	HOUSE, Kevin		senior men	05:46.5	26	158
159	1:32:57	WADE, Marie		senior ladies	05:46.5	52	159
160	1:33:10	BURRAGE, Caroline	Norolk Gazelles	Vet.Ladies 50-59	05:47.3	194	160
161	1:33:27	BAKER, Hannah	City of Norwich Athletic Club	senior ladies	05:48.4	182	161
162	1:33:27	POLLEY, Richard	City of Norwich Athletic Club	Vet.Men 40-49	05:48.4	37	162
163	1:34:06	SMITH, Sheila		Vet.Ladies 50-59	05:50.8	94	163
164	1:34:35	AMITAGE, Craig		Vet.Men 40-49	05:52.6	91	164
165	1:34:40	AMITAGE, Sarah		Vet.Ladies 40-49	05:52.9	222	165
166	1:34:40	HOWES, Rob		senior men	05:52.9	221	166
167	1:35:22	RUE, Rita		Vet.Ladies 40-49	05:55.5	61	167
168	1:35:22	RUE, Stephen		Vet.Men 50-59	05:55.5	62	168
169	1:36:02	HALLAM, Diane		Vet.Ladies 40-49	05:58.0	178	169
170	1:36:08	MATLOCK, Rosemary	Thetford Athletic Club	Vet.Ladies 40-49	05:58.4	9	170
171	1:36:09	BUTLER, Sandra	Ramsey Road Runners	vet ladies 60+	05:58.4	134	171
172	1:36:17	FLORENCE, Anne	Diss & district Athletic Club	Vet.Ladies 50-59	05:58.9	49	172
173	1:36:20	HUGGINS, Mark		senior men	05:59.1	40	173
174	1:36:31	CULLUP, Catherine	Dulwich Runners	senior ladies	05:59.8	68	174
175	1:36:40	MARKS, David	Norwich Road Runners	Vet.Men 40-49	06:00.4	60	175
176	1:37:48	THURSTON, Rosemary	Stowmarket Striders	Vet.Ladies 50-59	06:04.6	153	176
177	1:37:59	SHULVER, Rod	Great Yarmouth Road	vet men 60+	06:05.3	201	177

			Runners				
178	1:38:27	DOAK, Colin	Ely Runners	Vet.Men 40-49	06:07.0	63	178
179	1:38:37	SAMS, Chris		senior men	06:07.6	177	179
180	1:38:50	GILLIE, Sheila	Norwich Road Runners	Vet.Ladies 50-59	06:08.4	204	180
181	1:38:54	MCNICOL, Rebekah		Vet.Ladies 40-49	06:08.7	6	181
182	1:39:11	WRIGHT, Jacqueline		Vet.Ladies 40-49	06:09.7	196	182
183	1:39:22	PRAGNELL, MJ		Vet.Ladies 40-49	06:10.4	96	183
184	1:39:25	MOORE, Lynda	Norwich Road Runners	Vet.Ladies 50-59	06:10.6	159	184
185	1:39:25	MOORE, Brian	Norwich Road Runners	Vet.Men 50-59	06:10.6	158	185
186	1:39:32	MCCARTNEY, Margaret	Norfolk Gazelles	Vet.Ladies 40-49	06:11.0	227	186
187	1:40:58	BURDETT, Sara	City of Norwich Athletic Club	Vet.Ladies 40-49	06:16.4	216	187
188	1:41:58	LACK, Tony	Ramsey Road Runners	Vet.Men 60+	06:20.1	136	188
189	1:42:26	BARKER, Selma		Vet.Ladies 40-49	06:21.9	141	189
190	1:42:59	THOULESS, Colin	Norwich Road Runners	Vet.Men 60+	06:23.9	114	190
191	1:45:33	BRITT, Tony		Vet.Men 50-59	06:33.5	200	191
192	1:45:33	ROSE, David		Vet.Men 40-49	06:33.5	56	192
193	1:46:49	WEST, Imogen		Vet.Ladies 40-49	06:38.2	215	193
194	1:47:20	GUYTON, Teresa		Vet.Ladies 40-49	06:40.1	23	194
195	1:47:36	ENGLAND, Maureen	Great Yarmouth and District	Vet.Ladies 60+	06:41.1	173	195
196	1:47:42	SULLIVAN, Genette	Norwich Road Runners	Vet.Ladies 40-49	06:41.5	197	196
197	1:49:15	FERGUSON, Alex		Vet.Ladies 40-49	06:47.3	31	197
198	1:49:15	GOODWIN, Denise	Great Yarmouth and District	Vet.Ladies 40-49	06:47.3	220	198
199	1:49:34	PROTHEROE, Sallyann	Lowestoft Road Runners	Vet.Ladies 40-49	06:48.5	83	199
200	1:49:43	MILBANK, Lee		senior men	06:49.0	105	200
201	1:49:59	HUGGINS, James		senior men	06:50.0	41	201
202	1:49:59	CALNE, Jane		Vet.Ladies 40-49	06:50.0	147	202
203	1:50:01	MAY, Helen		Vet.Ladies 40-49	06:50.1	148	203
204	1:56:09	SPONG, Albert	Great yarmouth Road Runners	Vet. Men 60+	07:13.0	176	204
205	1:56:09	MILLER, Louis		Vet. Men 60+	07:13.0	120	205