

The Hethel Engineering 10 Mile

Sunday 15 June 2008. 10:30 am

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>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
1	0:57:22	COX, Jez	St Albans Striders	Senior Men	03:33.8	142	1
2	0:59:29	WILSON, Gareth	Glossopdale Harriers	Senior Men	03:41.7	70	2
3	0:59:53	MILLETT, Simon	Norwich Road Runners	Senior Men	03:43.2	155	3
4	1:00:09	BUNN, Andrew	Norwich Road Runners	Senior Men	03:44.2	126	4
5	1:01:04	JOHNSON, Pete	Norfolk Gazelles	Vet. Men 50-54	03:47.6	63	5
6	1:01:12	PALMER, Roy	Canterbury Harriers	Vet. Men 40-44	03:48.1	111	6
7	1:01:22	LARK, Shaun	Lowestoft Road Runners	Senior Men	03:48.8	157	7
8	1:01:45	LEMMON, Kevin	Norwich Road Runners	Vet. Men 45-49	03:50.2	90	8
9	1:02:35	GARRATT, Mark	Norwich Road Runners	Vet. Men 40-44	03:53.3	5	9
10	1:02:52	BOWKER, David	Fairlands Valley Spartans	Vet. Men 45-49	03:54.3	27	10
11	1:03:07	DAWSON, Alan	St Edmunds Pacers	Vet. Men 50-54	03:55.3	119	11
12	1:04:08	HILL, Raymond	Ipswich Jaffa	Vet. Men 55-59	03:59.1	97	12
13	1:04:11	SULLIVAN, Paul	Norwich Road Runners	Vet. Men 40-44	03:59.3	169	13
14	1:04:25	KNIGHTS, Neville	Dereham Runners Athletic Club	Vet. Men 45-49	04:00.1	74	14
15	1:04:49	ROBINSON, David	Ryston Runners	Vet. Men 50-54	04:01.6	44	15
16	1:05:21	COOMES, Emma	City of Norwich Athletic Club	Senior Ladies	04:03.6	160	16
17	1:05:22	BLAKE, Richard	Great Yarmouth Road Runners	Vet. Men 55-59	04:03.7	120	17
18	1:05:52	WHITELEY, Nigel		Vet. Men 40-44	04:05.5	134	18
19	1:05:54	MOORE, John	Norfolk Gazelles	Vet. Men 45-49	04:05.7	116	19
20	1:05:57	LEVY, Simon	Ryston Runners	Senior Men	04:05.8	39	20
21	1:06:00	HEATH, James	St Edmunds Pacers	Vet. Men 45-49	04:06.0	166	21
22	1:06:11	CLUES, Mark	Tri Anglia	Vet. Men 45-49	04:06.7	137	22
23	1:06:21	DAVIS, Darryl	City of Norwich Athletic Club	Vet. Men 40-44	04:07.3	38	23
24	1:06:39	GLYNN, Mick	Diss & district Athletic Club	Vet. Men 40-44	04:08.4	54	24
25	1:06:56	SCOTT, Leslie	Ryston Runners	Vet. Men 50-54	04:09.5	93	25
26	1:07:00	CLARKE, Jane	City of Norwich Athletic Club	Vet. Ladies 45-49	04:09.8	159	26
27	1:07:36	SPILLMAN, Matthew	Tri Anglia	Vet. Men 40-44	04:12.0	52	27
28	1:07:48	WILLIAMS, Keith	Newmarket Joggers	Vet. Men 45-49	04:12.7	171	28
29	1:08:06	SMITH, Andy	Ryston Runners	Vet. Men 40-44	04:13.9	118	29
30	1:08:08	HAYES, Jim	North Norfolk Beach Runners	Vet. Men 60 +	04:14.0	62	30
31	1:08:20	MATTHEWS, Eleanor	City of Norwich Athletic Club	Senior Ladies	04:14.7	32	31
32	1:08:24	WATERMAN, Rose	City of Norwich Athletic Club	Senior Ladies	04:15.0	156	32
33	1:08:29	LEIGH, Jon	Stubbington Green Runners	Vet. Men 45-49	04:15.3	31	33
34	1:08:44	POLLEY, Richard	City of Norwich Athletic Club	Vet. Men 50-54	04:16.2	145	34
35	1:08:50	YEOMANS, Martin	Norwich Road Runners	Vet. Men 55-59	04:16.6	28	35
36	1:09:07	HAYNES, Keiron	Norwich Road Runners	Vet. Men 50-54	04:17.6	60	36
37	1:09:18	BETHERINGTON, Stephen	Great Yarmouth Road Runners	Vet. Men 50-54	04:18.3	40	37
38	1:09:24	ELLIS, Vince	City of Norwich Athletic Club	Vet. Men 50-54	04:18.7	115	38
39	1:09:34	EDWARDS, Penny	Norwich Road Runners	Vet. Ladies 50-54	04:19.3	124	39
40	1:09:42	EVANS, Paul	Great Yarmouth Road Runners	Vet. Men 50-54	04:19.8	46	40
41	1:10:17	BASSINDER, John	Stainland Lions Running Club	Vet. Men 50-54	04:22.0	13	41
42	1:10:25	BRADLEY, Alan	Norwich Road Runners	Vet. Men 45-49	04:22.5	56	42
43	1:10:41	SAVORY, Andrew	Norwich Road Runners	Vet. Men 40-44	04:23.5	94	43
44	1:11:01	DADY, Stephen		Vet. Men 55-59	04:24.7	20	44
45	1:11:08	SMITH, Darren	Ryston Runners	Senior Men	04:25.2	81	45
46	1:11:28	MCCUSKER, Eamonn	Ryston Runners	Vet. Men 50-54	04:26.4	102	46
47	1:11:48	THOMPSON, Peter	Norfolk Gazelles	Vet. Men 50-54	04:27.6	35	47
48	1:12:06	SAUNDERS, Ian	Ryston Runners	Senior Men	04:28.8	15	48
49	1:12:33	BYE, Barry	Ryston Runners	Vet. Men 60 +	04:30.4	67	49
50	1:12:34	WOODS, Tim		Vet. Men 45-49	04:30.5	91	50
51	1:12:55	NICHOLS, Andrew		Senior Men	04:31.8	135	51
52	1:13:04	DYE, Richard	bungay black dog athletic club	Vet. Men 45-49	04:32.4	95	52
53	1:13:11	BROWNING, Colin	Norwich Road Runners	Vet. Men 40-44	04:32.8	151	53
54	1:13:18	PEARCE, David		Vet. Men 40-44	04:33.2	143	54
55	1:13:26	THOULESS, Gavin	Norwich Road Runners	Senior Men	04:33.7	26	55
56	1:13:37	GUY, Steven	City of Norwich Athletic Club	Senior Men	04:34.4	33	56
57	1:13:51	JONES, Wendy	St Edmunds Pacers	Vet. Ladies 40-44	04:35.3	172	57

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com *

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>Pace min/Km</i>	<i>Race</i>	<i>Race</i>
58	1:14:08	HAYES, Dan	Guildford & Godalming	Senior Men	04:36.3	173	58
59	1:14:09	POTTER-CAMPBELL, Emma	Dereham Runners Athletic Club	Senior Ladies	04:36.4	72	59
60	1:14:27	TAYLER, Mark	Norwich Road Runners	Vet. Men 55-59	04:37.5	42	60
61	1:14:32	WOMACK, Mark	Lowestoft Road Runners	Senior Men	04:37.8	162	61
62	1:14:58	KAY, Robert		Senior Men	04:39.5	168	62
63	1:15:02	MCARDLE, Paul		Vet. Men 40-44	04:39.7	163	63
64	1:15:07	CAMPBELL, Rory	Dereham Runners Athletic Club	Vet. Men 45-49	04:40.0	73	64
65	1:15:21	MILLETT, Anne	Norwich Road Runners	Vet. Ladies 50-54	04:40.9	88	65
66	1:15:23	HARROD, Clive	Fenland Runners	Vet. Men 45-49	04:41.0	133	66
67	1:15:55	LAMB, Simon	City of Norwich Athletic Club	Senior Men	04:43.0	170	67
68	1:16:00	TYLER, Tim	Norwich Road Runners	Vet. Men 50-54	04:43.3	58	68
69	1:16:14	WILLIAMSON, Ellis		Senior Men	04:44.2	66	69
70	1:16:27	HAYWARD, Geoff	North Norfolk Beach Runners	Vet. Men 60 +	04:45.0	101	70
71	1:16:32	BAINGER, Graham	Norwich Road Runners	Vet. Men 55-59	04:45.3	164	71
72	1:16:36	MILLETT, Tony	Norwich Road Runners	Vet. Men 50-54	04:45.5	154	72
73	1:16:53	NAVRADY, Jeremy	Ryston Runners	Vet. Men 40-44	04:46.6	128	73
74	1:17:00	STIRLING, Fergus		Vet. Men 45-49	04:47.0	127	74
75	1:17:10	MARSHALL, Raymond		Vet. Men 45-49	04:47.7	105	75
76	1:17:16	ANDERSON, Michael		Senior Men	04:48.0	132	76
77	1:17:24	HORTON, Ashley	Tring Running Club	Senior Men	04:48.5	113	77
78	1:17:40	SMITH, Wayne		Senior Men	04:49.5	17	78
79	1:17:42	DANIEL, Andy	Serpentine Running Club	Senior Men	04:49.6	85	79
80	1:17:44	HAMMOND, Andrew		Vet. Men 50-54	04:49.8	59	80
81	1:17:46	BRIGHTY, KEITH	Norwich Road Runners	Vet. Men 40-44	04:49.9	106	81
82	1:17:48	WOOD, Edward			04:50.0	21	82
83	1:17:51	ELFLETT, Mark	Lowestoft Road Runners	Vet. Men 40-44	04:50.2	158	83
84	1:17:55	WOODRUFF, Glenn		Senior Men	04:50.5	140	84
85	1:17:59	MOULSON, Richard		Senior Men	04:50.7	167	85
86	1:18:00	NORMAN , Pauline	Lowestoft Road Runners	Vet. Ladies 55-59	04:50.8	108	86
87	1:18:18	GROVES, Paul	Coltishall Jaguars	Vet. Men 40-44	04:51.9	165	87
88	1:18:37	SHERIFFS, Iain		Senior Men	04:53.1	43	88
89	1:18:56	JARVIS, Ian	North Norfolk Beach Runners	Vet. Men 40-44	04:54.2	87	89
90	1:18:59	CROWE, Wayne	City of Norwich Athletic Club	Vet. Men 40-44	04:54.4	139	90
91	1:19:08	HORREX, Trevor	Norwich Road Runners	Vet. Men 45-49	04:55.0	141	91
92	1:19:17	WRIGHT, Carl		Vet. Men 45-49	04:55.5	96	92
93	1:20:09	MILLER, Sarah	Ipswich Jaffa	Vet. Ladies 50-54	04:58.8	103	93
94	1:20:56	ASHFORD, Justin	Norwich Road Runners	Senior Men	05:01.7	79	94
95	1:21:54	SAUERZAPF, Bobbie	bungay black dog athletic club	Vet. Ladies 45-49	05:05.3	1	95
96	1:22:40	BUCKHAM, Mark		Senior Men	05:08.2	153	96
97	1:22:40	PENNY, John		Vet. Men 50-54	05:08.2	107	97
98	1:22:40	MARSH, Jason		Senior Men	05:08.2	75	98
99	1:22:45	DAJA, Nick	Headington Road Runners	Senior Men	05:08.5	29	99
100	1:22:52	VERNEY, Andrew	Tri Anglia	Vet. Men 40-44	05:08.9	112	100
101	1:22:54	HOYLE, Stephanie	Diss & district Athletic Club	Vet. Ladies 40-44	05:09.0	53	101
102	1:23:09	LEAR, Cliff	Thetford Athletic Club	Vet. Men 40-44	05:10.0	147	102
103	1:23:12	SPRUCE, Noel	North Norfolk Beach Runners	Vet. Men 60 +	05:10.2	138	103
104	1:23:26	ELLEN, Anne	Norfolk Gazelles	Vet. Ladies 50-54	05:11.0	131	104
105	1:23:35	WOOD, Charles	Norwich Road Runners	Vet. Men 50-54	05:11.6	148	105
106	1:23:36	WOODHOUSE, Gill	Dereham Runners Athletic Club	Vet. Ladies 60+	05:11.6	3	106
107	1:23:45	WEBSDALE, Steve	Norwich Road Runners	Vet. Men 45-49	05:12.2	50	107
108	1:23:50	HARRIS, Neil		Senior Men	05:12.5	84	108
109	1:23:57	BRADLEY, Sarah	Norwich Road Runners	Vet. Ladies 45-49	05:12.9	57	109
110	1:25:05	ASHFORD, Martin	Diss & district Athletic Club	Vet. Men 55-59	05:17.2	80	110
111	1:25:26	RICHARDSON, John	Dereham Runners Athletic Club	Vet. Men 50-54	05:18.5	11	111
112	1:25:34	GODWIN, Lisa		Senior Ladies	05:19.0	77	112
113	1:26:05	BEST, Brian		Vet. Men 60 +	05:20.9	24	113
114	1:26:11	WARREN, Peter	Dulwich Runners	Vet. Men 50-54	05:21.3	129	114

115	1:26:32	FARRAR, Robin	bungay black dog athletic club	Vet. Men 60 +	05:22.6	92	115
116	1:26:35	PILCH, Richard		Vet. Men 60 +	05:22.8	7	116
117	1:26:57	WILSON, David		Vet. Men 45-49	05:24.1	36	117
118	1:26:59	MCGRATH, Steven		Senior Men	05:24.3	110	118
<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>min/Km</i>		
119	1:27:30	ROWE, Carole		Vet. Ladies 45-49	05:26.2	86	119
120	1:27:39	DULLEA, Gemma		Senior Ladies	05:26.7	109	120
121	1:28:18	BAKER, Darren	St Edmunds Pacers	Vet. Men 45-49	05:29.2	149	121
122	1:29:08	MIDDLETON, Charlie	Norfolk Gazelles	Vet. Men 40-44	05:32.3	51	122
123	1:29:32	DREWITT, David	Great Yarmouth and District	Vet. Men 55-59	05:33.8	61	123
124	1:30:38	RICHES, Nick		Vet. Men 45-49	05:37.9	49	124
125	1:30:50	FLORENCE, Anne	Diss & district Athletic Club	Vet. Ladies 55-59	05:38.6	161	125
126	1:31:04	SUMMERS, Lucy		Senior Ladies	05:39.5	48	126
127	1:32:10	PAREMMAIN, Gillian	Thetford Athletic Club	Vet. Ladies 55-59	05:43.6	146	127
128	1:32:38	SMITH, Sheila		Vet. Ladies 55-59	05:45.3	16	128
129	1:33:48	EVANS, Catherine	Great Yarmouth Road Runners	Vet. Ladies 50-54	05:49.7	47	129
130	1:33:59	CHAPMAN, Louise	Norwich Road Runners	Senior Ladies	05:50.4	76	130
131	1:34:50	MITCHELL, Will		Senior Men	05:53.5	152	131
132	1:35:16	NEEDS, Anna	Wymondham Athletic Club	Senior Ladies	05:55.1	8	132
133	1:35:44	PALMER, Jeanette	City of Norwich Athletic Club	Vet. Ladies 40-44	05:56.9	100	133
134	1:37:06	DAJA, Richard	Royston Runners	Vet. Men 55-59	06:02.0	19	134
135	1:37:11	MATLOCK, Rosemary	Thetford Athletic Club	Vet. Ladies 45-49	06:02.3	78	135
136	1:37:19	BARKER, Faye	Lowestoft Road Runners	Senior Ladies	06:02.8	122	136
137	1:37:23	MOORE, Lynda	Norwich Road Runners	Vet. Ladies 55-59	06:03.0	123	137
138	1:37:32	COOK, Jayne		Vet. Ladies 40-44	06:03.6	68	138
139	1:38:06	ROBERTS, Samantha	Wymondham Athletic Club	Vet. Ladies 40-44	06:05.7	9	139
140	1:40:08	THOULESS, Colin	Norwich Road Runners	Vet. Men 60 +	06:13.3	25	140
141	1:40:46	BRITT, Tony		Vet. Men 50-54	06:15.6	71	141
142	1:42:11	WARNES, Tom		Senior Men	06:20.9	136	142
143	1:43:03	MCCARTNEY, Margaret	Norfolk Gazelles	Vet. Ladies 45-49	06:24.2	144	143
144	1:43:26	NORRY, Rita	Thetford Athletic Club	Vet. Ladies 45-49	06:25.6	89	144
145	1:44:07	PROTHEROE, Sallyann	Lowestoft Road Runners	Vet. Ladies 45-49	06:28.1	125	145
146	1:51:14	ATKINSON, Sue	Norfolk Gazelles	Vet. Ladies 60 +	06:54.7	37	146
147	1:52:16	SPONG, Albert	Great Yarmouth Road Runners	Vet. Men 60 +	06:58.5	98	147
148	1:55:52	ETHERINGTON, Denise	GreatYarmouth Road Runners	Vet. Ladies 50-54	07:11.9	41	148

There were 148 finishers in the All Competitors category.

* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com *