

Wymondham Spring 10M Results - 2nd March 2008

Place	Time	Name	Team	Cat2	Grad	Entrant No	Posn
1	0:58:31	ALDIS, Roger	Stowmarket Striders	Senior Men	03:38.1	182	1
2	0:58:42	PREWER, Carl	Lowestoft Road Runners	Senior Men	03:38.8	94	2
3	0:58:53	LENTON, Tim	Norfolk Gazelles	Senior Men	03:39.5	215	3
4	0:59:26	UTTING, Wayne	Norwich Road Runners	Senior Men	03:41.5	202	4
5	0:59:39	ARNOLD, Nigel	Norfolk Gazelles	Vet Men 50-54	03:42.3	238	
6	1:00:22	YAXLEY, Mick	Norfolk Gazelles	Vet Men 45-49	03:45.0	234	6
7	1:01:48	HIGHAM, Paul	Norfolk Gazelles	Senior Men	03:50.4	153	7
8	1:02:18	JOHNSON, Pete	Norfolk Gazelles	Vet Men 50-54	03:52.2	96	8
9	1:02:37	GEITNER, Joseph	City of Norwich Athletic Club	Vet Men 40-44	03:53.4	208	9
10	1:02:51	HEATH, James	St Edmunds Pacers	Vet Men 45-49	03:54.3	217	10
11	1:03:01	OSMONOVICH, Casey	Thetford Athletic Club	Senior Men	03:54.9	61	11
12	1:03:33	HENDRY, Neil	City of Norwich Athletic Club	Senior Men	03:56.9	213	12
13	1:04:11	HARRISON, Richard	Royston Runners	Senior Men	03:59.3	37	13
14	1:04:38	NEALE, Darren	North Norfolk Beach Runners	Senior Men	04:00.9	179	14
15	1:04:50	DAVY, Jonathan	felixstowe road runners	Vet Men 50-54	04:01.7	91	15
16	1:04:52	ASKEW, Nick	City of Norwich Athletic Club	Vet Men 40-44	04:01.8	216	16
17	1:05:09	HURREN, Dale		Vet Men 50-54	04:02.9	6	17
18	1:06:06	LINSAY, Raymond	Norwich Road Runners	Vet Men 50-54	04:06.4	139	18
19	1:06:08	ROBERTS, Ray	felixstowe road runners	Vet Men 55-59	04:06.5	71	19
20	1:06:20	CAMPBELL, Wilfred	Ipswich Jaffa	Vet Men 40-44	04:07.3	192	20
21	1:07:20	NELSON, Peter		Senior Men	04:11.0	163	21
22	1:07:25	SMITH, Darren	Ryston Runners	Senior Men	04:11.3	9	22
23	1:07:51	STARK, Colin	North Norfolk Beach Runners	Senior Men	04:12.9	13	23
24	1:07:58	YEOMANS, Martin	Norwich Road Runners	Vet Men 55-59	04:13.4	188	24
25	1:08:14	NELHAMS, Michael	St Edmunds Pacers	Senior Men	04:14.4	187	25
26	1:08:21	HILL, Melvin	Norwich Road Runners	Vet Men 40-44	04:14.8	53	26
27	1:08:27	JUDD, Darren	sudbury joggers	Senior Men	04:15.2	137	27
28	1:08:36	MAYCOCK, James	Waveney Valley Athletic Club	Senior Men	04:15.7	231	28
29	1:08:47	CANDY, David	Norwich Road Runners	Senior Men	04:16.4	44	29
30	1:09:07	STELOARD, Clive		Vet Men 45-49	04:17.6	242	30

31	1:09:09	GREEN, Matthew	Norfolk Gazelles	Senior Men	04:17.8	132	31
32	1:09:10	ALFORD, Nicola	City of Norwich Athletic Club	Senior Ladies	04:17.8	246	32
33	1:09:22	BROWNING, Colin	Norwich Road Runners	Vet Men 40-44	04:18.6	105	33
34	1:09:41	TRUSSLER, Mark		Senior Men	04:19.8	60	34
35	1:09:53	SCOTT, Leslie	Ryston Runners	Vet Men 45-49	04:20.5	240	35
36	1:10:04	BOWER, Sandra	Thetford Athletic Club	Vet Ladies 45-49	04:21.2	73	36
37	1:10:05	ROSE, Barnaby		Senior Men	04:21.2	15	37
38	1:10:12	FAUST, Stuart	Thetford Athletic Club	Senior Men	04:21.7	247	38
39	1:10:31	JAROSLAW, Nijak	Nene Valley Harriers	Senior Men	04:22.9	233	39
40	1:10:59	KINGABY, Bill	Waveney Valley Athletic Club	Vet Men 55-59	04:24.6	183	40
41	1:11:02	CROUCHER, Anthony	Great Yarmouth Road Runners	Senior Men	04:24.8	243	41
42	1:11:33	PITTOCK, Andre	Fenland Runners	Vet Men 40-44	04:26.7	106	42
43	1:11:52	ALDIS, David		Vet Men 55-59	04:27.9	135	43
44	1:12:16	CHORLEY, Chris	bungay black dog athletic club	Vet Men 40-44	04:29.4	12	44
45	1:12:26	WRIGHT, Brian	Thetford Athletic Club	Vet Men 50-54	04:30.0	126	45
46	1:12:56	WEBSTER, David		Senior Men	04:31.9	237	46
47	1:12:58	SMITH, Vincent	Stowmarket Striders	Senior Men	04:32.0	110	47
48	1:13:05	MATTHEWS, Eleanor	City of Norwich Athletic Club	Senior Ladies	04:32.4	30	48
49	1:13:13	MANNING, Carl	Ryston Runners	Vet Men 45-49	04:32.9	35	49
50	1:13:17	WOODS, Tim		Vet Men 45-49	04:33.2	151	50
51	1:13:30	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	04:34.0	40	51
52	1:13:44	THOMPSON, Peter	Norfolk Gazelles	Vet Men 50-54	04:34.9	134	52
53	1:14:34	TAYLER, Mark	Norwich Road Runners	Vet Men 55-59	04:38.0	145	53
54	1:14:41	FRETWELL, Andrew	Norwich Road Runners	Vet Men 45-49	04:38.4	170	54
55	1:14:50	LEMON, Scott		Senior Men	04:39.0	175	55
56	1:14:52	CARVER, Dawn	Norwich Road Runners	Vet. Ladies 40-44	04:39.1	97	56
57	1:14:59	EDWARDS, Penny	Norwich Road Runners	Vet ladies 50-54	04:39.5	87	57
58	1:15:02	HIGGINS, Tim	Ipswich Jaffa	Vet Men 40-44	04:39.7	90	58
59	1:15:43	FLEMING, John		Senior Men	04:42.3	66	59
60	1:15:45	CARR, John		Vet Men 40-44	04:42.4	171	60
61	1:16:04	BOWMAN, Ken	Coltishall Jaguars	Vet Men 60+	04:43.6	244	61
62	1:16:09	JONES, Howard		Vet Men 40-44	04:43.9	102	62

63	1:16:26	GORDON-GRAY, Anthony	Norfolk Gazelles	Vet Men 55-59	04:44.9	141	63
64	1:16:42	JOHNSTONE, CRAIG		Senior Men	04:45.9	131	64
65	1:17:32	SYMONDS, Lisa		Senior Ladies	04:49.0	38	65
66	1:17:43	FERGUSON, Frank		Senior Men	04:49.7	229	66
67	1:17:46	THROWER, Katherine		Senior Ladies	04:49.9	172	67
68	1:17:47	TYRRELL, Jonathan	Tri Anglia	Senior Men	04:50.0	59	68
69	1:17:48	TOMLINSON, Oliver		Senior Men	04:50.0	103	69
70	1:17:49	BRIGHTY, KEITH	Norwich Road Runners	Vet Men 40-44	04:50.1	127	70
71	1:17:50	ELLIS, Matt	Lowestoft Road Runners	Senior Men	04:50.1	223	71
72	1:17:51	HARROD, Clive	Fenland Runners	Vet Men 45-49	04:50.2	184	72
73	1:17:54	BAILEY, Stuart		Vet Men 40-44	04:50.4	195	73
74	1:17:55	MILLETT, Anne	Norwich Road Runners	Vet ladies 50-54	04:50.5	115	74
75	1:18:08	GUY, Steven	City of Norwich Athletic Club	Senior Men	04:51.3	31	75
76	1:18:13	BALDWIN, Chris	Norfolk Gazelles	Senior Men	04:51.6	196	76
77	1:18:13	BALDWIN, Steve	Norfolk Gazelles	Senior Men	04:51.6	197	77
78	1:18:24	GAY, Christopher	Great Yarmouth and District	Vet Men 40-44	04:52.3	124	78
79	1:18:44	HARLE, Daniel		Senior Men	04:53.5	205	79
80	1:18:46	MCDONNELL, Mike		Vet Men 50-54	04:53.6	166	80
81	1:19:12	PENNY, John		Vet Men 50-54	04:55.2	177	81
82	1:19:26	MORTON, Anna	Woodbridge shufflers	Senior Ladies	04:56.1	104	82
83	1:19:45	MCCARTHY, Jimmy		Senior Men	04:57.3	100	83
84	1:19:57	MCGROTTY, Graham		Senior Men	04:58.0	147	84
85	1:19:57	ASTLEY, Robert		Senior Men	04:58.0	236	85
86	1:19:58	ALDBOROUGH, Maria		Senior Ladies	04:58.1	92	86
87	1:20:02	MILLETT, Tony	Norwich Road Runners	Vet Men 50-54	04:58.3	114	87
88	1:20:10	BROWNE, Kevin		Senior Men	04:58.8	118	88
89	1:20:11	CLARK, Marie	Norwich Road Runners	Senior Ladies	04:58.9	42	89
90	1:20:28	WILLIS, Thomas		Vet Men 40-44	05:00.0	149	90
91	1:20:35	BAKER, Hannah	City of Norwich Athletic Club	Senior Ladies	05:00.4	167	91
92	1:20:36	POLLEY, Richard	City of Norwich Athletic Club	Vet Men 50-54	05:00.5	160	92
93	1:20:45	HORREX, Trevor	Norwich Road Runners	Vet Men 45-49	05:01.0	174	93
94	1:21:00	WENN, Jenny	Norwich Road Runners	Vet. Ladies 40-44	05:01.9	3	94
95	1:21:06	DURRANT, Jude		Senior Ladies	05:02.3	122	95
96	1:21:09	GILVEY, Louise	City of Norwich Athletic Club	Senior Ladies	05:02.5	250	96

97	1:21:15	TUNALEY, John	Ipswich Jaffa	Vet Men 55-59	05:02.9	245	97
98	1:21:16	LAMBERT, John	Ipswich Jaffa	Vet Men 60+	05:02.9	159	98
99	1:21:29	THOMAS, Neil	bungay black dog athletic club	Senior Men	05:03.8	161	99
100	1:21:45	TYLER, Tony	Thetford Athletic Club	Vet Men 45-49	05:04.7	232	100
101	1:21:58	RING, Mark		Vet Men 40-44	05:05.6	77	101
102	1:22:08	BRADLEY, Sarah	Norwich Road Runners	Vet Ladies 45-49	05:06.2	113	102
103	1:22:09	SAUERZAPF, Bobbie	bungay black dog athletic club	Vet Ladies 45-49	05:06.2	11	103
104	1:22:15	GOODWIN, David	Great Yarmouth and District	Vet Men 50-54	05:06.6	186	104
105	1:22:20	JARVIS, Ian	North Norfolk Beach Runners	Vet Men 40-44	05:06.9	79	105
106	1:22:39	TAYLER, Caroline	Norwich Road Runners	Vet ladies 50-54	05:08.1	146	106
107	1:23:27	WORRALL, Marie	Great Yarmouth Road Runners	Senior Ladies	05:11.1	158	107
108	1:23:31	FIRMAN, Sarah-jane	Norwich Road Runners	Senior Ladies	05:11.3	180	108
109	1:24:01	SALMON, David	Norwich Road Runners	Vet Men 50-54	05:13.2	75	109
110	1:24:08	RENSHAW, Kenneth	Dereham Runners Athletic Club	Vet Men 45-49	05:13.6	191	110
111	1:24:16	HILL, Nicola		Senior Ladies	05:14.1	239	111
112	1:24:18	BROWN, Margery	Stowmarket Striders	Vet Ladies 60+	05:14.3	82	112
113	1:24:34	DURRANT, Mark		Vet Men 40-44	05:15.2	67	113
114	1:24:45	MAYCOCK, Carol	bungay black dog athletic club	Vet Ladies 45-49	05:15.9	230	114
115	1:24:49	WOODHOUSE, Gill	Dereham Runners Athletic Club	Vet Ladies 60+	05:16.2	69	115
116	1:24:50	ELLEN, Anne	Norfolk Gazelles	Vet ladies 50-54	05:16.2	93	116
117	1:24:52	WEBSDALE, Steve	Norwich Road Runners	Vet Men 45-49	05:16.4	16	117
118	1:24:52	HAYES, Louise	Norwich Road Runners	Senior Ladies	05:16.4	248	118
119	1:25:06	RICHARDSON, John	Dereham Runners Athletic Club	Vet Men 50-54	05:17.2	76	119
120	1:25:21	CUSHING, Sally	Norwich Road Runners	Vet. Ladies 40-44	05:18.2	136	120
121	1:25:32	BURRAGE, Andrew	Norfolk Gazelles	Vet Men 50-54	05:18.9	200	121
122	1:25:38	BEST, Brian		Vet Men 60+	05:19.2	125	122
123	1:25:46	LEAR, Cliff	Thetford Athletic Club	Vet Men 40-44	05:19.7	154	123
124	1:26:04	WILSON, Alex	sudbury joggers	Senior Men	05:20.8	181	124
125	1:26:20	STEVENSON, Tracy	Norfolk Gazelles	Senior Ladies	05:21.8	165	125
126	1:26:39	PLUNKETT, Steve	Dereham Runners Athletic Club	Vet Men 45-49	05:23.0	98	126

127	1:27:36	CHATTEN, Kim		Vet Ladies 45-49	05:26.6	4	127
128	1:27:37	BOGGAN, Ian		Vet Men 45-49	05:26.6	5	128
129	1:27:48	LEVANS, David	felixstowe road runners	Vet Men 45-49	05:27.3	43	129
130	1:28:14	GILBERT, David	Waveney Valley Athletic Club	Vet Men 45-49	05:28.9	128	130
131	1:28:19	WILSON, David		Vet Men 45-49	05:29.2	142	131
132	1:28:22	RAGG, Monica		Senior Ladies	05:29.4	25	132
133	1:28:33	HOWLETT, Leanne		Senior Ladies	05:30.1	47	133
134	1:28:36	HIPKINS, Cherie	Great Bentley Running Club	Senior Ladies	05:30.3	130	134
135	1:28:40	KWIATKOWSKI, Carl		Vet Men 45-49	05:30.5	222	135
136	1:28:53	RAGG, Keith		Vet Men 50-54	05:31.3	24	136
137	1:28:57	LOZANO, Michael		Senior Men	05:31.6	162	137
138	1:29:35	GEDGE, Karen	bungay black dog athletic club	Vet. Ladies 40-44	05:34.0	68	138
139	1:29:35	CHRISTOPHER, Ashley		Vet Men 45-49	05:34.0	157	139
140	1:29:46	SPARROW, Pauline	Ryston Runners	Vet Ladies 55-59	05:34.6	57	140
141	1:29:49	PILCH, Richard		Vet Men 60+	05:34.8	64	141
142	1:29:50	SHULVER, Rod	Great Yarmouth Road Runners	Vet Men 60+	05:34.9	185	142
143	1:29:56	HOWLETT, Keir		Senior Men	05:35.3	48	143
144	1:30:13	MOORE, Cliff		Vet Men 60+	05:36.3	201	144
145	1:30:18	NAPTHEN, Richard		Vet Men 40-44	05:36.6	164	145
146	1:30:20	NICHOLLS, Sally	bungay black dog athletic club	Vet Ladies 45-49	05:36.7	144	146
147	1:30:28	WIGGIN, Jeremy		Senior Men	05:37.2	14	147
148	1:30:31	SEXTON, Christoper		Senior Men	05:37.4	19	148
149	1:30:32	SEXTON, Georgina		Senior Ladies	05:37.5	18	149
150	1:30:52	PAREMAIN, Gillian	Thetford Athletic Club	Vet Ladies 55-59	05:38.7	155	150
151	1:30:52	COCKSEGE, Hayley	Thetford Athletic Club	Senior Ladies	05:38.7	143	151
152	1:31:01	SHEAD, Sheila		Vet Ladies 55-59	05:39.3	22	152
153	1:31:11	DONAVON, Clare	North Norfolk Beach Runners	Senior Ladies	05:39.9	218	153
154	1:31:15	BARKER, Selma		Vet. Ladies 40-44	05:40.2	33	154
155	1:31:17	RIGG, Darren		Senior Men	05:40.3	108	155
156	1:32:18	BURRAGE, Carolyn	Norfolk Gazelles	Vet ladies 50-54	05:44.1	199	156
157	1:32:22	THROWER, David		Vet Men 40-44	05:44.3	173	157
158	1:32:27	PACEY, Angela	Great Yarmouth Road Runners	Vet Ladies 60+	05:44.6	107	158

159	1:33:03	OWEN, Chris		Senior Men	05:46.9	194	159
160	1:33:05	WALTER, Andy		Vet Men 40-44	05:47.0	80	160
161	1:33:30	CUMMINGS, Lorna		Senior Ladies	05:48.6	206	161
162	1:33:41	LEDGER, Robert		Vet Men 40-44	05:49.2	83	162
163	1:34:30	NEEDS, Anna		Senior Ladies	05:52.3	8	163
164	1:34:41	MOORE, Lynda	Norwich Road Runners	Vet ladies 50-54	05:53.0	116	164
165	1:34:50	BRITT, Tony		Vet Men 50-54	05:53.5	148	165
166	1:35:46	MATLOCK, Rosemary	Thetford Athletic Club	Vet Ladies 45-49	05:57.0	101	166
167	1:35:51	RANKIN, Marilyn		Vet Ladies 60+	05:57.3	176	167
168	1:35:58	CHILD, Jennifer	Tri Anglia	Vet Ladies 45-49	05:57.8	54	168
169	1:36:09	CHAPMAN, Louise	Norwich Road Runners	Senior Ladies	05:58.4	70	169
170	1:36:16	ROSE, David		Vet Men 40-44	05:58.9	36	170
171	1:37:06	SEWELL, Amy		Senior Ladies	06:02.0	50	171
172	1:37:45	POTTER, Susan	bungay black dog athletic club	Vet ladies 50-54	06:04.4	29	172
173	1:37:46	WOODARD, Ann	felixstowe road runners	Vet. Ladies 40-44	06:04.5	62	173
174	1:37:55	CHRISTOPHER, Helen		Vet. Ladies 40-44	06:05.0	156	174
175	1:37:57	ALLUM, Julie	Ryston Runners	Senior Ladies	06:05.1	49	175
176	1:38:30	PITMAN, Steve		Senior Men	06:07.2	2	176
177	1:39:02	SMITH, Sue	Ryston Runners	Vet. Ladies 40-44	06:09.2	10	177
178	1:39:08	MOORE, Brian	Norwich Road Runners	Vet Men 55-59	06:09.6	117	178
179	1:39:31	QUENTIN-HICKS, Kate	City of Norwich Athletic Club	Senior Ladies	06:11.0	190	179
180	1:39:31	DAVIS, Kerry	Tri Anglia	Senior Ladies	06:11.0	27	180
181	1:39:32	TYLER, Rosemary	Stowmarket Striders	Vet Ladies 55-59	06:11.0	72	181
182	1:39:35	BARKER, Faye	Lowestoft Road Runners	Senior Ladies	06:11.2	209	182
183	1:39:42	CHESTERMAN, Sabrina		Senior Ladies	06:11.7	210	183
184	1:39:44	FLAUME, Daren	St Edmunds Pacers	Senior Men	06:11.8	219	184
185	1:39:58	LEES, Ivan	bungay black dog athletic club	Vet Men 50-54	06:12.7	211	185
186	1:40:00	BROWNE, Simon	Stowmarket Striders	Vet Men 45-49	06:12.8	32	186
187	1:40:30	FARROW, Linda	Norfolk Gazelles	Vet Ladies 60+	06:14.7	86	187
188	1:40:46	HALLIDIE, Phyllida	sudbury joggers	Senior Ladies	06:15.6	178	188
189	1:40:50	CHAPLIN, Rebecca	Stowmarket Striders	Senior Ladies	06:15.9	221	189
190	1:40:58	PIETZSCH, Gerko		Vet Men 60+	06:16.4	17	190

191	1:42:41	KUCZER, Alex		Vet Men 40-44	06:22.8	249	191
192	1:42:42	MCCARTHY, Angela	Thetford Athletic Club	Vet. Ladies 40-44	06:22.9	99	192
193	1:43:34	ROBERTS, Samantha		Vet. Ladies 40-44	06:26.1	7	193
194	1:43:48	ROGERS, Rosemary	Norfolk Gazelles	Vet Ladies 45-49	06:27.0	138	194
195	1:43:58	NORRY, Rita	Thetford Athletic Club	Vet Ladies 45-49	06:27.6	84	195
196	1:44:01	HASWELL, Shelli		Senior Ladies	06:27.8	21	196
197	1:44:12	ASTLEY, Irene		Senior Ladies	06:28.4	235	197
198	1:44:38	FAIRMAN, Louise		Senior Ladies	06:30.1	227	198
199	1:44:38	HIGHAM, Jackie		Vet Ladies 45-49	06:30.1	63	199
200	1:45:26	ATKINSON, Sue	Norfolk Gazelles	Vet Ladies 60+	06:33.0	23	200
201	1:45:40	HAGGARTY, Elaine	Great Yarmouth and District	Vet ladies 50-54	06:33.9	123	201
202	1:46:25	PHILLIPS, Ellie		Vet. Ladies 40-44	06:36.7	109	202
203	1:47:31	WIGGIN, Diane		Vet Ladies 55-59	06:40.8	120	203
204	1:47:33	ETHERINGTON, Denise	Great Yarmouth Road Runners	Vet Ladies 45-49	06:40.9	121	204
205	1:48:20	PRAGNELL, M J		Vet. Ladies 40-44	06:43.9	34	205
206	1:49:03	DEWREE, Anette	Norwich Road Runners	Senior Ladies	06:46.5	225	206
207	1:49:41	SPONG, Albert	Great Yarmouth Road Runners	Vet Men 60+	06:48.9	241	207
208	1:49:46	BETTS, Liam		Senior Men	06:49.2	251	208
209	1:49:56	ALLEN, Melanie	Norwich Road Runners	Senior Ladies	06:49.8	168	209
210	1:50:33	ENGLAND, Maureen	Great Yarmouth and District	Vet Ladies 60+	06:52.1	85	210
211	1:50:45	CLEGG, Karly		Senior Ladies	06:52.9	169	211
212	1:51:04	PROTHEROE, Sallyann	Lowestoft Road Runners	Vet Ladies 45-49	06:54.0	189	212
213	1:52:35	OWEN, Mary	Haverhill 90 Joggers	Vet Ladies 55-59	06:59.7	226	213
214	1:53:03	DAYKIN, Eric	Road Runners Club	Vet Men 60+	07:01.4	95	214
215	1:54:13	DENZEY, Clare	Norwich Road Runners	Senior Ladies	07:05.8	78	215
216	2:01:19	KELLY, James	Framlingham Flyers	Vet Men 60+	07:32.3	193	216
217	2:02:04	WIGGIN, Nigel		Vet Men 60+	07:35.1	119	217
218	2:04:51	BRIGHTMAN, Pat	Great Yarmouth and District	Vet Ladies 55-59	07:45.4	56	218
219	2:08:28	TURNER, Jennie		Vet Ladies 55-59	07:58.9	111	219
220	2:10:17	FENN, Sarah		Senior Ladies	08:05.7	89	220