

Mens 5k October 21 September 2003

Position	Name	Club	Category	Time
1	Guy Amos	City Of Norwich AC	V40-44	15.18
2	Rob Joy	North Norfolk Beach Runners	Snr	15.26
3	Steve Neill	RAF Marham	Snr	15.34
4	Tim Neill	Kingston Upon Hull AC	Snr	16.06
5	Ray Goose	City Of Norwich AC	Snr	16.25
6	Iain Bailey	Norwich AC	Snr	16.31
7	Nigel Arnold	Norfolk Gazelles	V45-49	16.54
8	Mick Yaxley	Norfolk Gazelles	V40-44	17.06
9	Glynn Harvey	City of Norwich AC	V45-49	17.09
10	Dale Hurren	Norwich Road Runners	V45-49	17.11
11	Pete Johnson	Norfolk Gazelles	V45-49	17.18
12	Raymond Hill	Ipswich Jaffa	V55-59	17.42
13	Adam Arnold	St Edmunds Pacers	Snr	17.46
14	Richard Pendlebury		Snr	17.53
15	Colin Arnold	St Edmunds Pacers	V45-49	17.55
16	Kevin Youngs	Norfolk Gazelles	V50-54	17.57
17	Paul Smith	Norwich Road Runners	Snr	18.06
18	Richard Blake	Gt Yarmouth Road Runners	V50-54	18.08
19	Carl Goose	City of Norwich AC	Snr	18.09
20	Karl Chapman	Wymondham AC	Snr	18.12
21	Peter Tuttle	Norwich Road Runners	Snr	18.13
22	Martin Yeomans	Norwich Road Runners	V50-54	18.32
23	Phillip Wolstanhome	RAF Marham	Snr	18.41
24	Russell Clarke	Wymondham AC	V45-49	18.53
25	Gordon Shrimpton	Halstead Road Runners	V55-59	18.55
26	Stephen Balfe	City of Norwich AC	Snr	19.02
27	Ian Bailey	Norfolk Gazelles	V40-44	19.04
28	Dan Archer	Norfolk Gazelles	Snr	19.09
29	Phil Shreeve	City of Norwich AC	Snr	19.12
30	Terry Quigley	North Norfolk Beach Runners	V55-59	19.19
31	Trevor Emery	North Norfolk Beach Runners	V50-54	19.34
32	William Haining	Colchester Harriers AC	V45-49	19.37
33	David Waterfield	Norfolk Gazelles	Snr	19.46
34	Neil Holland	Wymondham AC	V40-44	19.53
35	Paul Firmage	Ryston Runners AC	V45-49	19.56
36	Richard White		V40-44	19.57
37	Phil Norris	St Edmunds Pacers	Snr	20.05
38	Adrian Shaw		Snr	20.14
39	Matthew Frary		Snr	20.16
40	Adrian Hall		Snr	20.18
41	Terry Rigby	St Edmunds Pacers	Snr	20.21
42	James Hudson		Snr	20.31
43	Michael Artt		V40-44	20.49
44	Michael Lyons	Dereham Runners	Snr	21.01

45	Barry Bye	Ryston Runners	V55-59	21.08
46	Darryl Davis		Snr	21.14
47	Stephen Worrall	Biggleswade	V50-54	21.18
48	Paul Britt		Snr	21.21
49	Dennis Bartrum	Wymondham AC	V50-54	21.27
50	Michael Hall	Wymondham AC	Snr	21.37
51	Anthony Theobald		V60+	21.43
52	David Howard	City of Norwich AC	V45-49	21.44
53	Richard Polley	City of Norwich AC	V45-49	21.53
54	Malcolm Ball	North Norfolk Beach Runners	V60+	21.56
55	Trevor Horrex	Norwich Road Runners	V40-44	21.58
56	Colin Browning	Norwich Road Runners	Snr	22.13
57	Ian Woods	Norfolk Gazelles	V45-49	22.15
58	Paul Groves	Wymondham AC	Snr	22.28
59	Christopher Baldwin	Norfolk Gazelles	Snr	22.33
60	David Hutcheon	Norfolk Gazelles	V55-59	22.36
61	Paul Harvey	North Norfolk Beach Runners	V40-44	22.50
62	Tony Evans	Waveney Valley	V45-49	23.00
63	Andrew Hammond		V45-49	23.03
64	Alex Hartley	Wymondham AC	V45-49	23.06
65	Bremner Howatson		Snr	23.27
66	Dennis Simpson	Norwich Road Runners	V40-44	23.33
67	Kevin Orriss		Snr	23.33
68	Michael Bailey	Wymondham AC	V55-59	24.49
69	Wayne Flatman	St Edmunds Pacers	V40-44	25.07
70	John Stroulger	Norwich Road Runners	V45-49	25.26
71	Michael Harvey	North Norfolk Beach Runners	V45-49	25.28
72	Paul French		Snr	25.29
73	John Richardson	Dereham Runners AC	V50-54	25.33
74	Royston Payne		V60+	25.38
75	Steve Dodgson		Snr	25.50
76	Brian Moore	Norwich Road Runners	V50-54	26.34
77	Louis Miller		V60+	27.32
78	Roy Burfoot		V55-59	27.45