

Mens 5k 10 September 2006

Position	Time	Name	Club	Category	Pace	Entry no
1	0:15:38	SALMON, TOMMY	City of Norwich Athletic Club	senior mens	05:01.8	31
2	0:16:33	PRESTON, James	City of Norwich Athletic Club	senior mens	05:19.5	35
3	0:16:49	ROBINSON, James	west norfolk athletic club	senior mens	05:24.7	52
4	0:16:53	HOYE, Ken	Chelmsford	senior mens	05:25.9	60
5	0:16:54	SMITH, Paul	Norwich Road Runners	senior mens	05:26.3	55
6	0:16:55	LENTON, Tim	Norfolk Gazelles	senior mens	05:26.6	61
7	0:17:04	GLAYSHER, Stefan	City of Norwich Athletic Club	vets mens 40-44	05:29.5	44
8	0:18:00	MILK, Oliver	Wymondham Athletic Club	senior mens	05:47.5	21
9	0:18:06	JOHNSON, Pete	Norfolk Gazelles	vets men 50-54	05:49.4	1
10	0:18:16	BLAKE, Richard	Great Yarmouth Road Runners	vets men 55-59	05:52.6	22
11	0:18:25	WHITE, Richard	Wymondham Athletic Club	vet mens 45-49	05:55.5	40
12	0:18:27	PREST, Luke	City of Norwich Athletic Club	senior mens	05:56.2	50
13	0:18:32	LAWRENCE, Damon		senior mens	05:57.8	36
14	0:18:34	MUFFETT, Paul		vet mens 45-49	05:58.4	15
15	0:18:43	LAYBOURN, Jonathan	west norfolk athletic club	senior mens	06:01.3	51
16	0:18:46	BELSHAW, Michael	Norfolk Orienteers	vets mens 40-44	06:02.3	47
17	0:19:05	HAYNES, MARK	Coltishall Jaguars	senior mens	06:08.4	28
18	0:19:09	CLARKE, Russell	Wymondham Athletic Club	vet mens 45-49	06:09.7	41
19	0:19:26	GREENLAND, Eddie	Wymondham Athletic Club	vets mens 40-44	06:15.2	34
20	0:19:30	EDRIDGE, DARREN	Coltishall Jaguars	senior mens	06:16.5	5
21	0:19:38	CROUCHER, Anthony	Great Yarmouth Road Runners	senior mens	06:19.0	23
22	0:19:39	YEOMANS, Martin	Norwich Road Runners	vets men 55-59	06:19.4	29
23	0:19:42	HUDSON, John		senior mens	06:20.3	58
24	0:19:48	HAYES, Jim	North Norfolk Beach Runners	vets vets men 60+	06:22.3	4
25	0:19:53	THOMPSON, Peter	Norfolk Gazelles	vets men 50-54	06:23.9	11
26	0:20:01	LAWRENCE, Ashley		senior mens	06:26.4	48
27	0:20:17	DOWNES, Malcolm		vet mens 45-49	06:31.6	54
28	0:20:30	MIDDLETON, Daniel		senior mens	06:35.8	59
29	0:20:32	ADCOCK, Trevor	Norfolk Gazelles	vets men 55-59	06:36.4	49
30	0:20:34	DADY, Stephen		vets men 50-54	06:37.1	37
31	0:20:42	BETTS, Gary	Wymondham Athletic Club	senior mens	06:39.6	45
32	0:21:24	BOND, AIDAN		senior mens	06:53.1	13
33	0:21:34	THOULESS, Gavin	Norwich Road Runners	senior mens	06:56.4	3
34	0:21:43	CUGNONI, STEVEN		senior mens	06:59.3	16
35	0:21:47	POWEL, Mike	Norwich Road Runners	vets men 55-59	07:00.5	43
36	0:21:58	BATES, STEVE	Coltishall Jaguars	senior mens	07:04.1	10
37	0:21:59	HAMMOND, Andrew		vets men 50-54	07:04.4	56
38	0:22:04	ARCHER, RICHARD		senior mens	07:06.0	7
39	0:22:10	RICHES, Mike		senior mens	07:07.9	53

40	0:22:16	CARTER, RICHARD	South London Harriers	vets vets men 60+	07:09.9	9
41	0:22:23	WHITE, JUSTIN		senior mens	07:12.1	19
42	0:22:26	HUTCHEON, DAVID	Coltishall Jaguars	vets vets men 60+	07:13.1	20
43	0:22:38	BRIGHTY, KEITH	Norwich Road Runners	vets mens 40-44	07:17.0	25
44	0:22:45	ROPER, ANTHONY	St Edmunds Pacers	vets vets men 60+	07:19.2	6
45	0:22:46	MILLER, BRIAN		vets men 55-59	07:19.5	8
46	0:23:30	ALFORD, Colin		vets mens 40-44	07:33.7	32
47	0:25:04	SEAWARD, NIGEL	bunwell strollers	vets mens 40-44	08:03.9	18
48	0:25:09	KWIATKOWSKI, Carl		vet mens 45-49	08:05.6	33
49	0:25:33	COLE, Paul		senior mens	08:13.3	38
50	0:25:46	ASHTON, Robert		vets men 50-54	08:17.5	26
51	0:25:58	HOOLAHAN, RICGARD	bunwell strollers	senior mens	08:21.3	17
52	0:26:36	POTTER, David	bungay black dog athletic club	vets vets men 60+	08:33.5	46
53	0:27:19	HARVEY, Michael	North Norfolk Beach Runners	vets men 50-54	08:47.4	39
54	0:27:23	HOLLIS, Dave	Norwich Road Runners	vet mens 45-49	08:48.7	62
55	0:27:30	FROST, Ken	Brandon Fern Hoppers	vets vets men 60+	08:50.9	57
56	0:28:19	HARBORD, CHRISTOPHER	Great Yarmouth Road Runners	vets vets men 60+	09:06.7	27
57	0:28:33	THOULESS, Colin	Norwich Road Runners	vets vets men 60+	09:11.2	2
58	0:28:39	TURK, Trevor		vets men 50-54	09:13.1	42
59	0:30:10	MILLER, Louis		vets vets men 60+	09:42.4	24