

Wymondham Abbey 5k Results - 9th September 2007

Place	Time		Team	Cat2	Grad	EntrantNo	Posn
1	0:16:21	LINCOLN, Wayne		Mens V 40-44	03:16.2	145	1
2	0:16:42	EARL, Nick	Reading Road Runners	Senior Men	03:20.4	131	2
3	0:17:05	BALDWIN, Steve	Norfolk Gazelles	Senior Men	03:25.0	75	3
4	0:17:12	PRESTON, James	City of Norwich Athletic Club	Senior Men	03:26.4	150	4
5	0:17:22	COOPER, Phil	Norfolk Gazelles	Mens V 40-44	03:28.4	144	5
6	0:17:24	BUNN, Andrew	City of Norwich Athletic Club	Senior Men	03:28.8	147	6
7	0:17:25	MURRAY, Shayne	City of Norwich Athletic Club	Senior Men	03:29.0	65	7
8	0:17:26	BUNN, Andrew	Liverpool Harriers	Senior Men	03:29.2	23	8
9	0:17:27	GLAYSHER, Stefan	City of Norwich Athletic Club	Mens V45-49	03:29.4	22	9
10	0:17:47	HIGHAM, Paul	Norfolk Gazelles	Senior Men	03:33.4	101	10
11	0:17:58	PENDLEBURY, Richard		Senior Men	03:35.6	124	11
12	0:18:02	WHITE, John	bungay black dog athletic club	Mens V45-49	03:36.4	139	12
13	0:18:02	LEDWARD, Dave		Mens V45-49	03:36.4	166	13
14	0:18:10	FRANCIS, Thomas	Thetford Athletic Club	Senior Men	03:38.0	126	14
15	0:18:16	PRING, Claire	City of Norwich Athletic Club	Senior Ladies	03:39.2	137	15
16	0:18:28	BLAKE, Richard	Great Yarmouth Road Runners	Mens V 55-59	03:41.6	154	16
17	0:18:32	STRATTON, Ben	Wymondham Athletic Club	Senior Men	03:42.4	133	17
18	0:18:47	CHAMBERLAIN, Michael	Norwich Road Runners	Mens V45-49	03:45.4	151	18
19	0:18:49	COOPER, Jim	bungay black dog athletic club	Mens V45-49	03:45.8	50	19
20	0:18:51	NELSON, Peter		Senior Men	03:46.2	111	20
21	0:18:54	BROOKS, Jessica	City of Norwich Athletic Club	Senior Ladies	03:46.8	135	21
22	0:18:56	EDRIDGE, DARREN	Coltishall Jaguars	Senior Men	03:47.2	87	22
23	0:19:18	CATLEUGH, Hugh	Coltishall Jaguars	Senior Men	03:51.6	26	23
24	0:19:21	TAYLOR, Ian	bungay black dog athletic club	Mens V 40-44	03:52.2	85	24
25	0:19:28	SINCLAIR, Nigel		Senior Men	03:53.6	29	25
26	0:19:32	BATES, STEVE	Coltishall Jaguars	Senior Men	03:54.4	104	26
27	0:19:35	MOORE, Ian	Norwich Road Runners	Mens V 40-44	03:55.0	9	27
28	0:19:37	THOMPSON, Peter	Norfolk Gazelles	Mens V 50-54	03:55.4	81	28
29	0:19:52	PRING, David	City of Norwich Athletic Club	Mens V 50-54	03:58.4	136	29
30	0:19:54	CHORLEY, Chris	bungay black dog athletic club	Mens V 40-44	03:58.8	28	30
31	0:19:59	HAYES, Jim	North Norfolk Beach Runners	Mens V 60+	03:59.8	155	31
32	0:20:10	POLLEY, Richard	City of Norwich Athletic Club	Mens V45-49	04:02.0	94	32
33	0:20:20	HOWARD, Matt		Senior Men	04:04.0	99	33

34	0:20:23	BRADLEY, Alan	Norwich Road Runners	Mens V 40-44	04:04.6	53	34
35	0:20:29	MULOAHY, Terry	bungay black dog athletic club	Mens V 60+	04:05.8	175	35
36	0:20:29	WILSON, Robin	bungay black dog athletic club	Mens V 50-54	04:05.8	93	36
37	0:20:34	BROOKSHAW, Paul	Great Yarmouth Road Runners	Mens V 40-44	04:06.8	47	37
38	0:20:37	BOWMAN, Ken	Coltishall Jaguars	Mens V 60+	04:07.4	2	38
39	0:20:39	FISH, Michael		Senior Men	04:07.8	19	39
40	0:20:40	DADY, Stephen		Mens V 55-59	04:08.0	116	40
41	0:20:41	CARVER, Dawn	Norwich Road Runners	Ladies V 40-44	04:08.2	49	41
42	0:20:45	NIMMOCK, Steven	Dereham Runners Athletic Club	Mens V 40-44	04:09.0	122	42
43	0:20:46	POTTER-CAMPBELL, Emma	Dereham Runners Athletic Club	Senior Ladies	04:09.2	103	43
44	0:20:55	HARDINGHAM, Graham	Norfolk Gazelles	Mens V45-49	04:11.0	91	44
45	0:20:58	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	04:11.6	121	45
46	0:21:04	SLAUGHTER, Mark		Senior Men	04:12.8	58	46
47	0:21:05	SHERLOCK, Martin		Senior Men	04:13.0	164	47
48	0:21:05	BUSHELL, Alan	Coltishall Jaguars	Senior Men	04:13.0	127	48
49	0:21:11	KELLY, Jon	Witham Runners	Senior Men	04:14.2	129	49
50	0:21:31	SMITH, Alexandra	Norwich Road Runners	Senior Ladies	04:18.2	32	50
51	0:21:39	BRIGHTY, KEITH	Norwich Road Runners	Mens V 40-44	04:19.8	159	51
52	0:21:43	HURDING, Robert	Riverside Runners	Senior Men	04:20.6	39	52
53	0:21:44	WOODRUFF, Glenn		Senior Men	04:20.8	174	53
54	0:21:49	JAMES, Joanne	Dereham Runners Athletic Club	Senior Ladies	04:21.8	46	54
55	0:22:02	MILNES, Christopher	Ryston Runners	Mens V 50-54	04:24.4	95	55
56	0:22:10	ASHFORD, Justin	Norwich Road Runners	Senior Men	04:26.0	148	56
57	0:22:12	JACK, Stuart	Norwich Road Runners	Mens V 50-54	04:26.4	8	57
58	0:22:17	PUNT, David	bungay black dog athletic club	Mens V 50-54	04:27.4	138	58
59	0:22:20	HULL, Ronni		Senior Ladies	04:28.0	77	59
60	0:22:22	ALFORD, Colin		Mens V 40-44	04:28.4	74	60
61	0:22:24	STEVENS, Tracy		Senior Ladies	04:28.8	35	61
62	0:22:26	JONES, Eurwyn	Norfolk Gazelles	Mens V45-49	04:29.2	123	62
63	0:22:34	LUBBOCK, David	City of Norwich Athletic Club	Mens V 40-44	04:30.8	106	63
64	0:22:36	BULL, Michelle	Norwich Road Runners	Senior Ladies	04:31.2	33	64
65	0:22:37	MAKINS, Tansy	Thetford Athletic Club	Senior Ladies	04:31.4	130	65
66	0:22:40	SOPER, Mike	St Edmunds Pacers	Senior Men	04:32.0	16	66
67	0:22:48	THACKER, Helen		Senior Ladies	04:33.6	25	67
68	0:22:52	OSBORNE, Andrea	North Norfolk Beach Runners	Ladies V50-54	04:34.4	1	68
69	0:22:56	EARL, Andrew		Mens V 55-59	04:35.2	132	69
70	0:22:56	ALDBOROUGH, Maria		Senior Ladies	04:35.2	21	70
71	0:23:04	FULTON, Mandy	Norwich Road Runners	Senior Ladies	04:36.8	100	71
72	0:23:08	BRADLEY, Sarah	Norwich Road Runners	Ladies V 40-44	04:37.6	52	72
73	0:23:22	ROSE, Barnaby		Senior Men	04:40.4	140	73

74	0:23:34	WENN, Jenny	Norwich Road Runners	Ladies V 40-44	04:42.8	55	74
75	0:23:36	CUSHING, Sally	Norwich Road Runners	Ladies V 40-44	04:43.2	72	75
76	0:23:39	BROWNE, Kevin		Senior Men	04:43.8	162	76
77	0:23:52	FARR, Craig		Senior Men	04:46.4	119	77
78	0:23:57	LILLEY, John		Senior Men	04:47.4	120	78
79	0:24:02	RICHARDSON, John	Dereham Runners Athletic Club	Mens V 50-54	04:48.4	10	79
80	0:24:05	SAUERZEPF, Bobbie	bungay black dog athletic club	Ladies V 45-49	04:49.0	27	80
81	0:24:09	THOMAS, Neil	bungay black dog athletic club	Senior Men	04:49.8	82	81
82	0:24:11	HORNER, Alison	Coltishall Jaguars	Senior Ladies	04:50.2	165	82
83	0:24:13	WARD, Beres	City of Norwich Athletic Club	Ladies V50-54	04:50.6	68	83
84	0:24:26	BROOKES, Anthony		Mens V 60+	04:53.2	31	84
85	0:24:30	MCGROTTY, Graham		Senior Men	04:54.0	14	85
86	0:24:34	ELLEN, Sara	Norfolk Gazelles	Ladies V50-54	04:54.8	38	86
87	0:24:44	HARROP, Jacquie	Norfolk Gazelles	Ladies V 45-49	04:56.8	88	87
88	0:24:50	COOMBES, Isobel		Senior Ladies	04:58.0	84	88
89	0:24:53	WILCOCK, Emma	Coltishall Jaguars	Senior Ladies	04:58.6	109	89
90	0:25:02	JUPP, Orla	Dereham Runners Athletic Club	Senior Ladies	05:00.4	36	90
91	0:25:03	KWIATKOWSKI, Carl		Mens V45-49	05:00.6	67	91
92	0:25:08	WILCOCK, Emma	Coltishall Jaguars	Senior Ladies	05:01.6	109	92
93	0:25:12	RACKHAM, Jane	Norwich Road Runners	Ladies V 45-49	05:02.4	169	93
94	0:25:12	HARRISON, Michelle		Senior Ladies	05:02.4	86	94
95	0:25:16	DARNELL, Bob		Mens V 55-59	05:03.2	70	95
96	0:25:26	WHITE, Michelle		Senior Ladies	05:05.2	71	96
97	0:25:32	SEAWARD, NIGEL	bunwell strollers	Mens V 40-44	05:06.4	40	97
98	0:25:36	SIMMONS, Adam		Senior Men	05:07.2	125	98
99	0:25:38	HALES, Melanie		Senior Ladies	05:07.6	30	99
100	0:25:51	PRATT, Jenny		Senior Ladies	05:10.2	173	100
101	0:26:01	EVANS, Carl	Wayland Runners	Mens V 40-44	05:12.2	171	101
102	0:26:10	DADY, Sylvia		Senior Ladies	05:14.0	115	102
103	0:26:11	HOGAN, Caroline	Wayland Runners	Senior Ladies	05:14.2	172	103
104	0:26:11	HANFORD, Julia		Senior Ladies	05:14.2	18	104
105	0:26:27	HOBBS, David	Ryston Runners	Mens V 60+	05:17.4	143	105
106	0:26:31	EWIN, Robert		Mens V 60+	05:18.2	128	106
107	0:26:35	COLEMAN, Graham		Mens V45-49	05:19.0	44	107
108	0:26:36	LUBBOCK, Rachel		Senior Ladies	05:19.2	107	108
109	0:26:38	CHAPMAN, Kim		Ladies V50-54	05:19.6	3	109
110	0:26:45	HEIMSTAEDT, Susi		Senior Ladies	05:21.0	161	110
111	0:26:47	KNIGHTS, Julia		Senior Ladies	05:21.4	78	111
112	0:26:52	GEARD, Terri		Senior Ladies	05:22.4	56	112
113	0:26:53	BENTLEY, Ian		Senior Men	05:22.6	54	113
114	0:26:59	BARTON, Fran	City of Norwich Athletic Club	Ladies V 45-49	05:23.8	42	114
115	0:27:10	FARROW, Linda	Norfolk Gazelles	Ladies V 60 +	05:26.0	48	115

116	0:27:22	KEMP, William		Senior Men	05:28.4	114	116
117	0:27:30	GOODALL, Robert		Senior Men	05:30.0	37	117
118	0:27:31	SMITH, Sue	Norfolk Gazelles	Senior Ladies	05:30.2	57	118
119	0:27:35	DURRANT, Becky	Coltishall Jaguars	Ladies V55-59	05:31.0	97	119
120	0:28:03	LADUSANS, Imant		Mens V 50-54	05:36.6	118	120
121	0:28:10	CASEY,James		Mens V 60+	05:38.0	112	121
122	0:28:12	WILCOCK, Shirley	Coltishall Jaguars	Ladies V 45-49	05:38.4	108	122
123	0:28:13	WILLIMOTT, Helen		Senior Ladies	05:38.6	163	123
124	0:28:21	TIMSON, Oliver		Senior Men	05:40.2	83	124
125	0:28:24	ALFORD, Karen		Ladies V 40-44	05:40.8	73	125
126	0:28:29	MILNES, Alison	Ryston Runners	Ladies V 45-49	05:41.8	96	126
127	0:28:54	HARRISON, Elizabeth		Ladies V50-54	05:46.8	61	127
128	0:29:03	HOWE, Louise		Senior Ladies	05:48.6	20	128
129	0:29:20	SIMMONDS, Alma	Norwich Road Runners	Ladies V 60 +	05:52.0	170	129
130	0:29:35	CHAPPELL, Louise		Senior Ladies	05:55.0	160	130
131	0:29:46	MINORS, Adam		Senior Men	05:57.2	153	131
132	0:29:46	TUVEY, Victoria		Ladies V 45-49	05:57.2	152	132
133	0:30:04	FLATT, Linda	City of Norwich Athletic Club	Ladies V50-54	06:00.8	141	133
134	0:30:06	SMITH, Sally Anne		Senior Ladies	06:01.2	51	134
135	0:30:34	HARBORD, CHRISTOPHER	Great Yarmouth Road Runners	Mens V 60+	06:06.8	176	135
136	0:30:35	SULLIVAN, Genette	Norwich Road Runners	Ladies V 40-44	06:07.0	11	136
137	0:30:35	ROYAL, Tracey	Norwich Road Runners	Ladies V 40-44	06:07.0	117	137
138	0:30:43	SMITH, Wendy	Norwich Road Runners	Ladies V 45-49	06:08.6	149	138
139	0:30:45	HYNDE, Clare	North Norfolk Beach Runners	Senior Ladies	06:09.0	59	139
140	0:30:48	PARSLOW-WILLIAMS, Sophie	Norwich Road Runners	Senior Ladies	06:09.6	80	140
141	0:30:48	WAYMAN, Judy		Ladies V50-54	06:09.6	7	141
142	0:31:00	ARDEN, Jeff		Mens V45-49	06:12.0	6	142
143	0:31:00	RICHARDSON, Jayne		Ladies V 45-49	06:12.0	157	143
144	0:31:16	RICHARDSON, Alan	Waveney Valley Athletic Club	Mens V 60+	06:15.2	158	144
145	0:31:18	POLLEY, Jeanette	City of Norwich Athletic Club	Ladies V 45-49	06:15.6	142	145
146	0:31:27	CASEY, Eddie		Ladies V55-59	06:17.4	113	146
147	0:31:33	VIRGO, Ellie		Senior Ladies	06:18.6	64	147
148	0:31:38	TOPPER, Caroline		Senior Ladies	06:19.6	13	148
149	0:31:44	JOY, Rose		Ladies V45-49	06:20.8	167	149
150	0:31:45	WILLIMOTT, Suzie	Norwich Road Runners	Senior Ladies	06:21.0	98	150
151	0:32:12	BUNN, Carol	Norwich Road Runners	Ladies V 40-44	06:26.4	146	151
152	0:32:18	SULLIVAN, Erika	Norwich Road Runners	Senior Ladies	06:27.6	12	152
153	0:32:50	FOX, Karen		Senior Ladies	06:34.0	168	153
154	0:32:51	HARDMAN, Sallie		Ladies 40-44	06:34.2	66	154
155	0:33:06	CHILD, Jennifer	Tri Anglia	Ladies V 45-49	06:37.2	34	155
156	0:33:06	MORRISON, Rebecca	Norwich Road Runners	Senior Ladies	06:37.2	79	156
157	0:33:17	COLMAN, Ivan	Norwich Road Runners	Mens V45-49	06:39.4	92	157

158	0:34:21	HARPER, Cate	bunwell strollers	Senior ladies	06:52.2	105	158
159	0:34:22	BUDDS, Maureen	Norwich Road Runners	Ladies V55-59	06:52.4	89	159
160	0:34:44	BUDDS, Roger	Norwich Road Runners	Mens V 55-59	06:56.8	90	160
161	0:34:51	HARVEY, Susan	City of Norwich Athletic Club	Ladies V 45-49	06:58.2	156	161
162	0:39:03	FENECH, Charles		Mens V 60+	07:48.6	60	162
163	0:39:03	Fay,Isla		Senior Ladies	07:48.6	4	163
164	0:39:03	EVANS, Mike		Senior Men	07:48.6	5	164