

Wroxham 5k - Wednesday 26th May 2010

Position	Time	Name	Provisional Result Club	Category	No
1	0:15:16	EARL, Nick	City of Norwich A.C.	Senior Men	294
2	0:15:23	THOMAS, Adam	Cornwall A.C.	Senior Men	26
3	0:15:58	BEANEY, Alec	City of Norwich A.C.	Senior Men	295
4	0:16:03	ENTWISTLE, Joshua	UEA Trojans	Senior Men	293
5	0:16:09	HIGHAM, Paul	Norwich Road Runners	Senior Men	13
6	0:16:11	ROGERS, Damian	City of Norwich A.C.	Senior Men	253
7	0:16:23	KETT, Andy	North Norfolk Beach Runners	Senior Men	241
8	0:16:25	FULTON, John-Patrick	City of Norwich A.C.	Senior Men	175
9	0:16:37	MIDDLETON, Daniel		Senior Men	286
10	0:17:04	ARNOLD, Nigel	Norfolk Gazelles	Men 50-54	176
11	0:17:11	BALFE, Stephen	City of Norwich A.C.	Senior Men	159
12	0:17:18	GILLICK, Jack	Wymondham A.C.	Senior Men	217
13	0:17:19	TUFF, Malcolm	Ryston Runners	Men 45-49	128
14	0:17:19	HOOK, Tom	City of Norwich A.C.	Junior Men	85
15	0:17:23	MANNING, Andrew	Gt. Yarmouth RRC	Men 40-44	102
16	0:17:25	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	257
17	0:17:42	HAYNES, Mark	Coltishall Jaguars	Senior Men	134
18	0:17:44	LARK, Shaun	Lowestoft Road Runners	Senior Men	57
19	0:17:45	SEAMARK, Jamie	North Norfolk Beach Runners	Senior Men	178
20	0:17:50	ROONEY, Kevin	Intercity Strollers	Men 40-44	245
21	0:17:56	FOULKES, Michael	North Norfolk Beach Runners	Senior Men	59
22	0:17:57	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	90
23	0:17:57	GREENLAND, Edward	Wymondham A.C.	Men 45-49	148
24	0:17:59	RUSHTON, Jack		Senior Men	192
25	0:18:02	HAYES, Richard		Senior Men	152
26	0:18:04	HURREN, Thomas		Senior Men	206
27	0:18:06	JERMY, Sean	Gt. Yarmouth RRC	Senior Men	9
28	0:18:19	BRIGHTY, Joshua	Norwich Road Runners	Senior Men	181
29	0:18:20	RICHARDSON, Glen		Senior Men	279
30	0:18:32	LAKE, Todd	Dereham Runners A.C.	Men 45-49	66
31	0:18:33	WHITE, Richard	Wymondham A.C.	Men 45-49	141
32	0:18:35	EDRIDGE, Darren	Coltishall Jaguars	Men 40-44	129
33	0:18:36	JOHNSON, Peter	Norfolk Gazelles	Men 55-59	201
34	0:18:36	JACOBS, John		Senior Men	153
35	0:18:37	ROGERS, Micah	City of Norwich A.C.	Senior Men	252
36	0:18:37	PULLEN, Nick	UEA Trojans	Senior Men	280
37	0:18:41	PRESTON, Andrew	Wymondham A.C.	Men 45-49	197
38	0:18:43	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	182
39	0:18:46	CLUES, Mark	Tri-Anglia	Men 40-44	125
40	0:18:50	HOWE, Jon	Coltishall Jaguars	Men 50-54	34
41	0:18:53	SUTTON, Matthew	Gt. Yarmouth RRC	Senior Men	65
42	0:18:53	SCOTTER, Robert	City of Norwich A.C.	Senior Men	74
43	0:18:55	NICE, Paul		Men 40-44	263
44	0:19:00	CHRISTOPHER, John	North Norfolk Beach Runners	Men 45-49	222
45	0:19:01	RUPSTRA, Seb		Senior Men	30
46	0:19:02	ELY, Steve	Coltishall Jaguars	Senior Men	43
47	0:19:04	VINSEN, Andy	Wymondham A.C.	Senior Men	199
48	0:19:06	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	118
49	0:19:07	LANGTON, Chris	City of Norwich A.C.	Men 40-44	214
50	0:19:11	HURREN, Dale	Norwich Road Runners	Men 50-54	205
51	0:19:11	HILL, Mike	Tri-Anglia	Men 45-49	27
52	0:19:13	BRIDGES, Doug	Norfolk Gazelles	Senior Men	195
53	0:19:15	ARMES, Michael	Norwich Road Runners	Men 40-44	229
54	0:19:18	STURGESS, Ian	Wymondham A.C.	Men 50-54	183
55	0:19:19	HAZELL, Dominic		Junior Men	22
56	0:19:22	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	164
57	0:19:24	NELSON, Glen	Tri-Anglia	Men 55-59	113
58	0:19:25	THOMAS, Ian	UK Netrunners	Men 50-54	12
59	0:19:27	SMITH, Darren	Ryston Runners	Senior Men	185
60	0:19:32	TURNER, Christopher	City of Norwich A.C.	Men 45-49	247

61	0:19:35	NELSON, Peter		Men 40-44	157
62	0:19:35	YEOMANS, Martin	Norwich Road Runners	Men 55-59	91
63	0:19:36	HOOBKAMER, Emily	City of Norwich A.C.	Junior Ladies	100
64	0:19:39	HOOBKAMER, Rini	City of Norwich A.C.	Men 50-54	98
65	0:19:40	PYATT, Matthew		Senior Men	88
66	0:19:42	MOORE, Ian	Norwich Road Runners	Men 40-44	63
67	0:19:46	McCALL, Marion	Thetford A.C.	Ladies 40-44	32
68	0:19:54	ARCHBOLD, Karen		Ladies 40-44	68
69	0:19:56	BIRD, Steve	City of Norwich A.C.	Men 40-44	269
70	0:19:57	JAY, Adrian	Coltishall Jaguars	Men 40-44	122
71	0:19:57	GUY, Steven	City of Norwich A.C.	Senior Men	40
72	0:19:57	WOODS, Simon		Senior Men	179
73	0:19:59	ELLIS, Vince	City of Norwich A.C.	Men 50-54	41
74	0:20:00	PORTER, Mel	Coltishall Jaguars	Men 40-44	94
75	0:20:00	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	93
76	0:20:01	LEE, Catherine	Gt Yarmouth & D.A.C.	Junior Ladies	250
77	0:20:06	WATSON, Gerry	Wymondham A.C.	Men 50-54	83
78	0:20:14	HOUGHTON, Jason		Senior Men	288
79	0:20:14	COUSTHAM, Vincent	City of Norwich A.C.	Senior Men	290
80	0:20:16	PIKE, Tessa	City of Norwich A.C.	Ladies 50-54	145
81	0:20:16	HOOBKAMER, Anna		Junior Ladies	99
82	0:20:22	WADE, Christopher	North Norfolk Beach Runners	Senior Men	255
83	0:20:24	GILBERT, Ashley	Dereham Runners A.C.	Senior Men	209
84	0:20:27	BOLAM, Jeremy	North Norfolk Beach Runners	Men 50-54	249
85	0:20:37	COLLYER, Richard	Coltishall Jaguars	Men 40-44	276
86	0:20:38	O'HARA, Claire	Dereham Runners A.C.	Senior Ladies	289
87	0:20:40	HURREN, Sharon	Wymondham A.C.	Senior Ladies	147
88	0:20:42	GEE, Kevin	Norwich Road Runners	Men 45-49	216
89	0:20:43	DADY, Stephen	Gt. Yarmouth RRC	Men 55-59	132
90	0:20:46	MILLS, Claire	Wymondham A.C.	Senior Ladies	200
91	0:20:46	HERNSTROM, Robert		Men 45-49	158
92	0:20:48	FRARY, Mathew	City of Norwich A.C.	Men 40-44	77
93	0:20:50	CRUTCHLEY, Ian	Wymondham A.C.	Men 45-49	72
94	0:20:55	GILBERT, Steve		Men 50-54	210
95	0:21:00	PECK, Andy	Gt. Yarmouth RRC	Senior Men	236
96	0:21:02	HAZELL, Jerry		Men 45-49	21
97	0:21:02	KEMP, Alex		Senior Men	219
98	0:21:04	COLEMAN, Graham	Wymondham A.C.	Men 45-49	187
99	0:21:09	PLUNKETT, Matt	Dereham Runners A.C.	Senior Men	109
100	0:21:10	VOGLER, Clem	Dereham Runners A.C.	Men 60+	124
101	0:21:14	HILL, James	Norwich Road Runners	Senior Men	231
102	0:21:15	LAWRENCE, Jeremy	Coltishall Jaguars	Men 50-54	232
103	0:21:16	BEARD, Darren		Senior Men	48
104	0:21:16	GILHAM, Richard	Norfolk Gazelles	Men 45-49	266
105	0:21:17	NEALE, Charlotte	North Norfolk Beach Runners	Senior Ladies	287
106	0:21:17	LATHWELL, Simon		Senior Men	297
107	0:21:20	CHARTIER, Juliette	Tri-Anglia	Senior Ladies	223
108	0:21:20	NORMAN, Phil		Senior Men	184
109	0:21:21	CUDE, Anthony		Senior Men	273
110	0:21:23	READER, Kim	Wymondham A.C.	Senior Ladies	84
111	0:21:25	WHEELER, Luice		Senior Men	298
112	0:21:30	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-44	107
113	0:21:33	ENNIS, Joe		Men 40-44	17
114	0:21:33	WILSON, Brendan	City of Norwich A.C.	Men 40-44	56
115	0:21:35	PAGE, Simon	North Norfolk Beach Runners	Senior Men	194
116	0:21:39	HAMMOND, Andrew		Men 50-54	104
117	0:21:41	BULL, Michelle	Norwich Road Runners	Ladies 40-44	1
118	0:21:42	HILL, Matthew	Norwich Road Runners	Senior Men	160
119	0:21:46	WADE, Ian	North Norfolk Beach Runners	Men 50-54	254
120	0:21:49	MARDEN, Stewart	Coltishall Jaguars	Men 45-49	165
121	0:21:52	BRAWHALL, Terry		Men 60+	204
122	0:21:53	WESTGATE, Paul	Gt. Yarmouth RRC	Men 50-54	230
123	0:21:54	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	23
124	0:21:56	NELSON, Peter	Norwich Road Runners	Men 50-54	174

125	0:22:00	ROYSTON, John		Men 55-59	224
126	0:22:05	LOUGHLIN, Gillian	City of Norwich A.C.	Ladies 45-49	248
127	0:22:07	DURRANT, Judith	Norfolk Gazelles	Ladies 40-44	163
128	0:22:09	COOPER, Robert		Senior Men	149
129	0:22:11	MACCABE, Derek	City of Norwich A.C.	Men 40-44	5
130	0:22:14	GLEESON, Chris	Norwich Road Runners	Senior Men	106
131	0:22:20	CHURCH, Stephen	City of Norwich A.C.	Men 45-49	45
132	0:22:25	MAW, Gordon		Men 40-44	60
133	0:22:26	BUCKHAM, Mark		Senior Men	180
134	0:22:27	MILLETT, Anne	Norwich Road Runners	Ladies 50-54	86
135	0:22:28	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	172
136	0:22:31	CUSHING, Sally	Norwich Road Runners	Ladies 45-49	44
137	0:22:32	O'CALLAGHAN, James		Senior Men	37
138	0:22:33	GRICE, John		Men 55-59	264
139	0:22:34	POLLEY, Richard	City of Norwich A.C.	Men 50-54	177
140	0:22:37	COX, Juliet	Wymondham A.C.	Senior Ladies	196
141	0:22:37	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	190
142	0:22:38	ROBERTSON, Karen	Bedford Harriers	Ladies 45-49	291
143	0:22:46	EDWARDS, Ian		Senior Men	202
144	0:22:50	ROYSTON, Edward		Senior Men	203
145	0:22:51	BRENNAN, Thomas		Men 40-44	53
146	0:22:54	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	36
147	0:22:58	BRADLEY, Sarah	Norwich Road Runners	Ladies 45-49	89
148	0:23:03	COTTRELL, Paul		Senior Men	11
149	0:23:04	CLARKE, Martin		Senior Men	82
150	0:23:06	STEVENS, Tracey	Wymondham A.C.	Ladies 40-44	97
151	0:23:10	MAHONY, Laura	City of Norwich A.C.	Senior Ladies	135
152	0:23:12	WARNES, Tom		Senior Men	193
153	0:23:13	ELLEN, Anne	Norfolk Gazelles	Ladies 50-54	50
154	0:23:16	MANNING, Karen	Gt. Yarmouth RRC	Senior Ladies	103
155	0:23:19	DACK, Sam		Senior Men	228
156	0:23:22	SIMPSON, David	Coltishall Jaguars	Men 55-59	131
157	0:23:27	COOKE, Sue	City of Norwich A.C.	Ladies 45-49	120
158	0:23:31	WOODHOUSE, Paul		Men 45-49	271
159	0:23:32	TIMM, Michael		Senior Men	261
160	0:23:33	SPRUCE, Noel	North Norfolk Beach Runners	Men 60+	169
161	0:23:39	COOMBES, Isobel		Senior Ladies	162
162	0:23:43	PEGG, Les	City of Norwich A.C.	Men 50-54	188
163	0:23:47	BELL, Antony		Senior Men	154
164	0:23:50	SOMMERFIELD, Michael		Senior Men	237
165	0:23:51	RUMSBY, Karl		Senior Men	211
166	0:23:52	SNELLING, Sarah		Senior Ladies	189
167	0:23:53	LIVERMORE, Tom		Senior Men	143
168	0:23:55	PAGANINI, Nico		Senior Men	19
169	0:23:56	HUGGINS, Anna		Senior Ladies	191
170	0:24:02	DAWSON, Lorraine	Gt Yarmouth & D.A.C.	Ladies 50-54	110
171	0:24:09	HARROP, Jackie	Norfolk Gazelles	Ladies 45-49	108
172	0:24:14	GRICE, Vicki		Senior Ladies	265
173	0:24:21	ROGERS, Chris	Bungay Black Dog A.C.	Junior Men	3
174	0:24:24	RICHARDSON, John	Dereham Runners A.C.	Men 55-59	112
175	0:24:29	ARMES, Chris		Men 40-44	218
176	0:24:30	JARVIS, Naomi		Senior Ladies	31
177	0:24:33	ALFORD, Colin		Men 45-49	55
178	0:24:36	DACK, Colin		Men 50-54	226
179	0:24:38	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	300
180	0:24:39	JUPP, Orla	Dereham Runners A.C.	Senior Ladies	151
181	0:24:39	MOORE, Ian	Norwich Road Runners	Senior Men	139
182	0:24:44	HART, Gill	Ryston Runners	Ladies 55-59	75
183	0:24:48	HIGGINS, Janet	City of Norwich A.C.	Ladies 50-54	62
184	0:24:53	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	127
185	0:24:55	SYMINGTON, Alex		Senior Men	144
186	0:25:05	BLOCK, Tim		Men 45-49	29
187	0:25:07	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	168
188	0:25:08	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	78

189	0:25:10	MULLANY, Frances	City of Norwich A.C.	Junior Ladies	87
190	0:25:12	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 50-54	92
191	0:25:26	COOPER, Sarah	Tri-Anglia	Senior Ladies	51
192	0:25:28	PRATT, Jenny		Ladies 40-44	8
193	0:25:29	SWANSON, Alison	North Norfolk Beach Runners	Ladies 40-44	114
194	0:25:36	CHANDLER, Wendy		Senior Ladies	281
195	0:25:42	WARREN, Peter	City of Norwich A.C.	Men 50-54	161
196	0:25:50	ALFORD, Karen		Ladies 45-49	54
197	0:25:51	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 55-59	251
198	0:25:53	COLLINGWORTH, Claire		Senior Ladies	234
199	0:25:58	CUBITT, Rachel		Senior Ladies	285
200	0:25:59	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	95
201	0:26:01	MARTIN, Anne	Wymondham A.C.	Ladies 60+	292
202	0:26:02	COOKE, Liz		Senior Ladies	49
203	0:26:03	PAYNE, Stuart		Senior Men	227
204	0:26:15	WOODHOUSE, Libby		Ladies 45-49	272
205	0:26:16	PAGE, Sarah		Senior Ladies	198
206	0:26:20	LEEDER, Victor		Men 60+	208
207	0:26:20	DENZEY, Clare	Norwich Road Runners	Senior Ladies	215
208	0:26:48	BOOT, Andy	Norwich Road Runners	Men 40-44	46
209	0:26:59	BACON, Katie		Senior Ladies	238
210	0:26:59	JONES, Leanne		Senior Ladies	258
211	0:27:00	PRESTON, Sarah		Senior Ladies	39
212	0:27:00	MACAREE, Greg		Senior Men	71
213	0:27:01	BURTON, Shelley	North Norfolk Beach Runners	Senior Ladies	207
214	0:27:02	LONDON, Julie	Norfolk Gazelles	Ladies 40-44	81
215	0:27:09	VERSCHOYLE, Richard	Gt Yarmouth & D.A.C.	Men 60+	186
216	0:27:21	KENT, Karen		Ladies 40-44	167
217	0:27:26	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-44	80
218	0:27:35	CUSHINE, Diane		Men 45-49	221
219	0:27:35	EASTAUGH-KING, Jackie	Norwich Road Runners	Ladies 45-49	220
220	0:27:44	CARTER, Annette	Gt Yarmouth & D.A.C.		137
221	0:27:53	HOWES, Suzanne		Senior Ladies	213
222	0:27:55	CARROLL, Leigh		Senior Men	270
223	0:27:56	BAGNALL, Kathryn	Coltishall Jaguars	Ladies 45-49	299
224	0:28:09	PAYNE, Simone		Senior Ladies	225
225	0:28:15	FERGUSON, Anya		Senior Ladies	146
226	0:28:16	DADY, Sylvia	Gt. Yarmouth RRC	Senior Ladies	133
227	0:28:18	MATTHANS, Georgina		Senior Ladies	274
228	0:28:19	LOCKWOOD, Rachael		Senior Ladies	101
229	0:28:20	MARTIN, Fiona		Ladies 40-44	76
230	0:28:21	SMITH, Kryisia	Coltishall Jaguars	Senior Ladies	70
231	0:28:23	LIMEHOUSE, Gary		Men 45-49	259
232	0:28:23	FLATT, Linda June	Wymondham A.C.	Ladies 55-59	126
233	0:28:24	TUVEY, Victoria		Ladies 50-54	246
234	0:28:31	DESBOROUGH, Tamsin	Gt Yarmouth & D.A.C.	Junior Ladies	296
235	0:28:32	HEROD, Stefanie	Gt Yarmouth & D.A.C.	Senior Ladies	277
236	0:28:34	HARRIS, Chris		Men 55-59	96
237	0:29:04	COLLINGSWORTH, Amy		Senior Ladies	235
238	0:29:05	COLLINSWORTH, Shaun		Senior Men	233
239	0:29:09	WAITE, Melanie		Ladies 45-49	171
240	0:29:33	DOWNER, Debbie		Senior Ladies	42
241	0:29:34	HALLIDAY, Susan		Ladies 50-54	16
242	0:29:36	COTTON, Anita		Ladies 40-44	67
243	0:29:39	WEST, Victoria		Senior Ladies	212
244	0:29:39	BECKETT, Jay		Ladies 45-49	242
245	0:29:40	BECKETT, Denise		Ladies 45-49	243
246	0:29:44	DOWNES, Nick		Men 40-44	10
247	0:29:49	OTTAWAY, Lyn		Senior Ladies	25
248	0:29:50	GARWOOD, Katherine		Senior Ladies	140
249	0:29:53	ENGLAND, Maureen	Gt Yarmouth & D.A.C.	Ladies 60+	282
250	0:29:59	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	73
251	0:30:01	DUNSDON, Martyn		Senior Men	275
252	0:30:01	SPINKS, Nicola		Senior Ladies	173

253	0:30:06	WALTERS, Katy	City of Norwich A.C.	Senior Ladies	278
254	0:30:34	LONG, Jurgen		Senior Men	268
255	0:30:38	BURDETT, Theresa		Senior Ladies	170
256	0:30:46	SULLIVAN, Genette	Norwich Road Runners	Ladies 40-44	123
257	0:30:49	PEAROON, Lisa		Senior Ladies	302
258	0:30:49	PATERSON, Kirsty		Senior Ladies	301
259	0:31:21	CRAMP, Stephen		Men 60+	240
260	0:31:22	CURTIS, Sally		Ladies 50-54	267
261	0:31:28	FARR, Craig		Senior Men	150
262	0:31:29	HALL, Paula	Tri-Anglia	Ladies 40-44	142
263	0:31:41	ROGERS, Alison	Bungay Black Dog A.C.	Ladies 40-44	4
264	0:31:43	WALNE, Elizabeth	Wymondham A.C.	Senior Ladies	69
265	0:31:49	HAGGARTY, Elaine	Gt Yarmouth & D.A.C.	Ladies 50-54	136
266	0:31:57	JACK, Bob	Bungay Black Dog A.C.	Men 50-54	6
267	0:32:35	LIMEHOUSE, Kim		Ladies 45-49	260
268	0:32:36	BLACK, Tony		Men 40-44	155
269	0:32:37	DEASLEY, Sally	Norwich Road Runners	Ladies 40-44	256
270	0:33:10	O'FLYNN, Daisy		Senior Ladies	284
271	0:33:47	MOORHOUSE, Laura		Senior Ladies	15
272	0:34:12	PHILLIPS, Sarah Ann		Senior Ladies	38
273	0:34:34	HARDY, Anne		Senior Ladies	47
274	0:35:07	BEAUMONT, Jonathan		Men 55-59	33
275	0:35:46	KELLY, Elish		Senior Ladies	244
276	0:36:33	TUDHOPE, Sarah		Ladies 40-44	64
277	0:37:05	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Ladies 55-59	156
278	0:38:21	BLAKEMORE, Laura		Senior Ladies	262
279	0:39:53	MILLER, Lou		Men 60+	119
280	0:40:33	BISHOP, Sarah		Senior Ladies	303
281	0:40:34	LANCASTER, Kristy		Senior Ladies	304