

# Wroxham 5km Series 2010

## Second in Series

Wednesday 23<sup>rd</sup> June 2010. 7:15 pm

### Individual Prize List

#### **MEN OVERALL RACE WINNER: Adam Thomas : Cornwall A.C. : 15:26**

##### **Men 17-39**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:26	THOMAS, Adam	Cornwall A.C.	Senior Men	1443	1
2	0:15:36	EARL, Nick	City of Norwich A.C.	Senior Men	1522	2
3	0:16:01	ROGERS, Damian	City of Norwich A.C.	Senior Men	1523	3

##### **Men 40-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:26	DAVISON, Neil	City of Norwich A.C.	Men 40-44	1497	7

##### **Men 45-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:22	SALES, Richard	Norwich Road Runners	Men 45-49	1457	13

##### **Men 50-54**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:59	ARNOLD, Nigel	Norfolk Gazelles	Men 50-54	1442	10

##### **Men 55-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:56	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	1427	19

##### **Men 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:21:33	BRANNAN, Terry	Wymondham A.C.	Men 60+	1501	74

##### **Junior Men**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:17:05	HOOK, Tom	City of Norwich A.C.	Junior Men	1503	11
2	0:21:06	HAZELL, Dominic		Junior Men	1403	65
3	0:22:12	DACK, Sam		Junior Men	1475	84

#### **LADIES OVERALL RACE WINNER: Nicky ALFORD : City of Norwich A.C. : 19:22**

##### **Ladies 17-39**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:22	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	1387	40
2	0:20:30	MILLS, Claire	Wymondham A.C.	Senior Ladies	1373	56
3	0:21:04	O'HARA, Claire	Dereham Runners A.C.	Senior Ladies	1396	64

##### **Ladies 40-44**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:06	ARCHBOLD, Karen		Ladies 40-44	1309	46

##### **Ladies 45-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:22:25	ALLISON, Sandra		Ladies 45-49	1322	92

##### **Ladies 50-54**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:20:25	PIKE, Tessa	City of Norwich A.C.	Ladies 50-54	1357	54

##### **Ladies 55-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:25:43	HART, Gill	Ryston Runners	Ladies 55-59	1338	154

##### **Ladies 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:30:54	FARROW, Linda	City of Norwich A.C.	Ladies 60+	1367	208

##### **Junior Ladies**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:30	HOOGKAMER, Emily	City of Norwich A.C.	Junior Ladies	1347	43
2	0:20:15	LEE, Catherine	Gt Yarmouth & D.A.C.	Junior Ladies	1395	49
3	0:22:22	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	1343	90

## Team Prize List

### Senior Men : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:15:36	EARL, Nick	Senior Men	1522	2
3	0:16:01	ROGERS, Damian	Senior Men	1523	3
4	0:16:08	UTTING, Wayne	Senior Men	1462	4
6	0:16:21	ENTWISTLE, Joshua	Senior Men	1521	6

### Veteran Men : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:16:26	DAVISON, Neil	Men 40-44	1497	7
3	0:17:09	CHEVERTON, Robert	Men 50-54	1446	12
7	0:18:17	WALSHAW, John	Men 40-44	1512	23
16	0:19:10	HODGE, Nigel	Men 40-44	1509	36

### Senior Ladies : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:19:22	ALFORD, Nicky	Senior Ladies	1387	40
2	0:19:30	HOOBKAMER, Emily	Junior Ladies	1347	43
10	0:22:22	WILSON, Hazel	Junior Ladies	1343	90

### Veteran Ladies : City of Norwich A.C.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:20:25	PIKE, Tessa	Ladies 50-54	1357	54
6	0:22:37	LOUGHLIN, Gillian	Ladies 45-49	1344	98
7	0:22:52	COOKE, Sue	Ladies 45-49	1360	103

# Wroxham 5km Series : 2010

## 2nd in Series

Wednesday 23<sup>rd</sup> June 2010. 7:15 pm

### Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:15:26	THOMAS, Adam	Cornwall A.C.	Senior Men	1443	1
2	0:15:36	EARL, Nick	City of Norwich A.C.	Senior Men	1522	2
3	0:16:01	ROGERS, Damian	City of Norwich A.C.	Senior Men	1523	3
4	0:16:08	UTTING, Wayne	City of Norwich A.C.	Senior Men	1462	4
5	0:16:20	HIGHAM, Paul	Norwich Road Runners	Senior Men	1401	5
6	0:16:21	ENTWISTLE, Joshua	City of Norwich A.C.	Senior Men	1521	6
7	0:16:26	DAVISON, Neil	City of Norwich A.C.	Men 40-44	1497	7
8	0:16:48	MIDDLETON, Daniel		Senior Men	1514	8
9	0:16:52	BALFE, Stephen	City of Norwich A.C.	Senior Men	1466	9
10	0:16:59	ARNOLD, Nigel	Norfolk Gazelles	Men 50-54	1442	10
11	0:17:05	HOOK, Tom	City of Norwich A.C.	Junior Men	1503	11
12	0:17:09	CHEVERTON, Robert	City of Norwich A.C.	Men 50-54	1446	12
13	0:17:22	SALES, Richard	Norwich Road Runners	Men 45-49	1457	13
14	0:17:23	GILLICK, Jack	Wymondham A.C.	Senior Men	1491	14
15	0:17:29	SHARMAN, Kevin	Lowestoft Road Runners	Men 40-44	1455	15
16	0:17:38	LARK, Shaun	Lowestoft Road Runners	Senior Men	1411	16
17	0:17:40	SEAMARK, Jamie	North Norfolk Beach Runners	Senior Men	1447	17
18	0:17:49	SCOTT, Chris	Lowestoft Road Runners	Senior Men	1487	18
19	0:17:56	ROBILLIARD, Colin	Coltishall Jaguars	Men 55-59	1427	19
20	0:18:05	FOULKES, Michael	North Norfolk Beach Runners	Senior Men	1400	20
21	0:18:06	WHALL, Paul		Senior Men	1473	21
22	0:18:14	HAYES, Richard		Senior Men	1445	22
23	0:18:17	WALSHAW, John	City of Norwich A.C.	Men 40-44	1512	23
24	0:18:27	JOHNSON, Peter	Norfolk Gazelles	Men 55-59	1505	24
25	0:18:29	JACOBS, John		Senior Men	1482	25
26	0:18:32	CLUES, Mark	Tri-Anglia	Men 40-44	1465	26
27	0:18:39	LAKE, Todd	Dereham Runners A.C.	Men 45-49	1452	27
28	0:18:43	GREENLAND, Edward	Wymondham A.C.	Men 45-49	1498	28
29	0:18:50	BROWN, Quintin	North Norfolk Beach Runners	Senior Men	1476	29
30	0:18:52	THOMAS, Ian	UK Netrunners	Men 50-54	1402	30
31	0:18:55	ROBSON, Sean	RAF Marham	Men 40-44	1471	31
32	0:18:57	SCOTTER, Robert	City of Norwich A.C.	Senior Men	1456	32
33	0:18:58	SIBLEY, Neil	Gt. Yarmouth RRC	Men 40-44	1449	33
34	0:19:01	VINSEN, Andy	Wymondham A.C.	Senior Men	1479	34
35	0:19:01	HOWE, Jon	Coltishall Jaguars	Men 50-54	1404	35
36	0:19:10	HODGE, Nigel	City of Norwich A.C.	Men 40-44	1509	36
37	0:19:12	KEMP, Alex		Senior Men	1538	37
38	0:19:16	STURGESS, Ian	Wymondham A.C.	Men 50-54	1477	38
39	0:19:21	RUSHTON, David		Men 50-54	1494	39
40	0:19:22	ALFORD, Nicky	City of Norwich A.C.	Senior Ladies	1387	40
41	0:19:23	NELSON, Peter		Men 40-44	1507	41
42	0:19:27	PYATT, Matthew	Ryston Runners	Senior Men	1433	42
43	0:19:30	HOOBKAMER, Emily	City of Norwich A.C.	Junior Ladies	1347	43
44	0:19:40	HELMORE, Jeffrey	Gt. Yarmouth RRC	Men 50-54	1472	44
45	0:19:59	HOUGHTON, Jason		Senior Men	1485	45
46	0:20:06	ARCHBOLD, Karen		Ladies 40-44	1309	46
47	0:20:10	JAY, Adrian	Coltishall Jaguars	Men 40-44	1453	47
48	0:20:14	CRUTCHLEY, Ian	Wymondham A.C.	Men 45-49	1460	48
49	0:20:15	LEE, Catherine	Gt Yarmouth & D.A.C.	Junior Ladies	1395	49
50	0:20:18	ALDIS, David	City of Norwich A.C.	Men 55-59	1530	50
51	0:20:21	HARDINGHAM, Kevin	Norfolk Gazelles	Men 50-54	1496	51
52	0:20:23	CHORLEY, Chris	Bungay Black Dog A.C.	Men 45-49	1423	52
53	0:20:25	WARD, John		Men 40-44	1488	53
54	0:20:25	PIKE, Tessa	City of Norwich A.C.	Ladies 50-54	1357	54
55	0:20:28	WADE, Christopher	North Norfolk Beach Runners	Senior Men	1424	55
56	0:20:30	MILLS, Claire	Wymondham A.C.	Senior Ladies	1373	56
57	0:20:35	PECK, Andy	Gt. Yarmouth RRC	Men 40-44	1527	57
58	0:20:44	SLOWTHER, Denver		Senior Men	1434	58
59	0:20:47	COUSTHAM, Vincent	City of Norwich A.C.	Senior Men	1463	59
60	0:20:48	ARCHER, Gerry		Senior Men	1493	60
61	0:20:53	WIGHTMAN, Paul	Wymondham A.C.	Men 45-49	1499	61
62	0:20:54	FRARY, Mathew	City of Norwich A.C.	Men 40-44	1426	62
63	0:20:59	BEARD, Darren		Senior Men	1438	63
64	0:21:04	O'HARA, Claire	Dereham Runners A.C.	Senior Ladies	1396	64
65	0:21:06	HAZELL, Dominic		Junior Men	1403	65
66	0:21:08	GILBERT, Steve		Men 50-54	1450	66
67	0:21:09	BROWN, Kevin		Senior Men	1492	67
68	0:21:11	WADE, Jamie	North Norfolk Beach Runners	Senior Men	1539	68
69	0:21:11	CHARTIER, Juliette		Senior Ladies	1398	69

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
70	0:21:14	BRAAT, Marcel		Men 40-44	1470	70
71	0:21:21	COLEMAN, Graham	Wymondham A.C.	Men 45-49	1489	71
72	0:21:31	GILHAM, Richard	Norfolk Gazelles	Men 45-49	1534	72
73	0:21:33	HAMMOND, Andrew		Men 50-54	1431	73
74	0:21:33	BRANNAN, Terry	Wymondham A.C.	Men 60+	1501	74
75	0:21:35	WADE, Ian	North Norfolk Beach Runners	Men 50-54	1529	75
76	0:21:39	POLLEY, Richard	City of Norwich A.C.	Men 50-54	1458	76
77	0:21:44	ELLIS, Vince	City of Norwich A.C.	Men 50-54	1405	77
78	0:21:54	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-44	1386	78
79	0:21:59	ARDEN, Daniel		Senior Men	1413	79
80	0:22:03	ROYSTON, John	Tri-Anglia	Men 55-59	1536	80
81	0:22:04	CUDE, Anthony		Senior Men	1519	81
82	0:22:06	WALKER, Christina	North Norfolk Beach Runners	Senior Ladies	1590	82
83	0:22:08	NEILAN, Emily	UEA Trojans	Senior Ladies	1599	83
84	0:22:12	DACK, Sam		Junior Men	1475	84
85	0:22:15	MAW, Gordon		Men 40-44	1461	85
86	0:22:17	BULL, Michelle	Norwich Road Runners	Ladies 40-44	1306	86
87	0:22:18	HAZELL, Jerry		Men 45-49	1406	87
88	0:22:19	RIX, Steven	Dereham Runners A.C.	Senior Men	1510	88
89	0:22:21	FISH, Mary		Senior Ladies	1358	89
90	0:22:22	WILSON, Hazel	City of Norwich A.C.	Junior Ladies	1343	90
91	0:22:24	HOLLIS, Dave	Norwich Road Runners	Men 50-54	1464	91
92	0:22:25	ALLISON, Sandra		Ladies 45-49	1322	92
93	0:22:30	EDRIDGE, Darren	Coltishall Jaguars	Men 40-44	1418	93
94	0:22:30	HOLLAND, Alan	Wymondham A.C.	Men 60+	1500	94
95	0:22:34	PAGE, Simon	North Norfolk Beach Runners	Senior Men	1415	95
96	0:22:34	COX, Juliet	Wymondham A.C.	Senior Ladies	1372	96
97	0:22:35	GILBERT, David	Tri-Anglia	Men 60+	1483	97
98	0:22:37	LOUGHLIN, Gillian	City of Norwich A.C.	Ladies 45-49	1344	98
99	0:22:39	BYE, Barry	Ryston Runners	Men 60+	1441	99
100	0:22:41	LUCAS, Alan	Dereham Runners A.C.	Men 45-49	1486	100
101	0:22:45	ADCOCK, Matthew		Senior Men	1533	101
102	0:22:51	ROYSTON, Edward		Senior Men	1526	102
103	0:22:52	COOKE, Sue	City of Norwich A.C.	Ladies 45-49	1360	103
104	0:22:57	JARVIS, Ian	North Norfolk Beach Runners	Men 40-44	1420	104
105	0:23:01	WOODHOUSE, Paul		Men 45-49	1520	105
106	0:23:04	THOULESS, Gavin	Norwich Road Runners	Men 40-44	1409	106
107	0:23:05	WILSON, Brendan	City of Norwich A.C.	Men 40-44	1444	107
108	0:23:06	READER, Jonathan	Coltishall Jaguars	Senior Men	1532	108
109	0:23:07	BUCKHAM, Mark		Senior Men	1524	109
110	0:23:13	SIMPSON, David	Coltishall Jaguars	Men 55-59	1454	110
111	0:23:18	COPELAND, Rebecca	Norwich Road Runners	Senior Ladies	1394	111
112	0:23:29	HANNANT, Emily	Coltishall Jaguars	Senior Ladies	1598	112
113	0:23:33	FIDDY, Rachel	Norwich Road Runners	Senior Ladies	1321	113
114	0:23:35	DACK, Colin		Men 50-54	1474	114
115	0:23:37	HARDINGHAM, Graham	Norfolk Gazelles	Men 45-49	1436	115
116	0:23:38	HARDS, Nicholas		Men 45-49	1451	116
117	0:23:39	DAWSON, Lorraine	Gt. Yarmouth RRC	Ladies 50-54	1330	117
118	0:23:40	ARMES, Chris		Men 40-44	1495	118
119	0:23:40	MIDDLETON, Leanne		Senior Ladies	1380	119
120	0:23:42	FITZHARRIS, Dan		Senior Men	1422	120
121	0:23:44	BAKER, Hannah	City of Norwich A.C.	Senior Ladies	1370	121
122	0:23:44	JARVIS, Naomi		Senior Ladies	1351	122
123	0:23:44	HUGGINS, Anna	City of Norwich A.C.	Senior Ladies	1383	123
124	0:23:45	HARDS, Amanda		Ladies 40-44	1359	124
125	0:23:47	MAHONY, Laura	City of Norwich A.C.	Senior Ladies	1594	125
126	0:23:50	BYE, Jackie	Coltishall Jaguars	Ladies 50-54	1342	126
127	0:24:07	WARNES, Tom		Senior Men	1469	127
128	0:24:16	BAVERSTOCK, Tom		Senior Men	1419	128
129	0:24:18	KNIGHT, Emilie	City of Norwich A.C.	Senior Ladies	1366	129
130	0:24:20	HAYWARD, Geoff	North Norfolk Beach Runners	Men 60+	1468	130
131	0:24:25	FRASER, Alec	North Norfolk Beach Runners	Men 60+	1481	131
132	0:24:26	HIGGINS, Janet	City of Norwich A.C.	Ladies 50-54	1318	132
133	0:24:27	MACAREE, Greg		Senior Men	1407	133
134	0:24:28	ARDEN, Jeff	Norfolk Gazelles	Men 50-54	1410	134
135	0:24:29	SHIPP, Lizzie	Wymondham A.C.	Senior Ladies	1354	135
136	0:24:30	COOMBES, Isobel		Senior Ladies	1345	136
137	0:24:33	SOMMERFIELD, Michael		Senior Men	1528	137
138	0:24:48	LEE, Gavin	Coltishall Jaguars	Senior Men	1540	138
139	0:24:50	LEE, Danielle	Coltishall Jaguars	Junior Ladies	1593	139
140	0:24:50	BROWN, Chris		Senior Men	1502	140
141	0:24:52	SAUERZAPF, Bobbie	Bungay Black Dog A.C.	Ladies 50-54	1329	141
142	0:24:57	JUPP, Orla	Dereham Runners A.C.	Senior Ladies	1317	142
143	0:25:03	BALL, Malcolm	North Norfolk Beach Runners	Men 60+	1416	143
144	0:25:08	ROBINSON, Charlotte	Norwich Road Runners	Senior Ladies	1379	144

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Team</b>	<b>Race Age Category</b>	<b>Race No</b>	<b>Race Place</b>
145	0:25:14	JACKSON, Victoria		Senior Ladies	1389	145
146	0:25:20	HARMES, Rachel		Ladies 45-49	1369	146
147	0:25:21	LEEDER, Victor		Men 60+	1467	147
148	0:25:28	HAYNES, Alison	Coltishall Jaguars	Senior Ladies	1377	148
149	0:25:34	SIMPSON, Pete		Men 45-49	1516	149
150	0:25:35	ASHFORD, Martin		Men 60+	1506	150
151	0:25:36	WARREN, Peter	City of Norwich A.C.	Men 50-54	1459	151
152	0:25:37	O'CONNOR, Michael	North Norfolk Beach Runners	Men 60+	1480	152
153	0:25:41	CUBITT, Rachel		Senior Ladies	1393	153
154	0:25:43	HART, Gill	Ryston Runners	Ladies 55-59	1338	154
155	0:25:44	PRATT, Jenny		Ladies 40-44	1312	155
156	0:25:48	FRARY, Madeleine	City of Norwich A.C.	Junior Ladies	1337	156
157	0:25:54	CONNOLLY, Selina		Senior Ladies	1368	157
158	0:25:56	NEAVE, Phillip	Bungay Black Dog A.C.	Men 60+	1531	158
159	0:26:03	KANE, Marisol		Ladies 45-49	1323	159
160	0:26:07	PARKIN, Rachel		Senior Ladies	1376	160
161	0:26:09	COOPER, Sarah	Tri-Anglia	Senior Ladies	1332	161
162	0:26:14	LEES, Ivan	Gt. Yarmouth RRC	Men 50-54	1437	162
163	0:26:16	SWANSON, Alison	North Norfolk Beach Runners	Ladies 40-44	1362	163
164	0:26:19	GILHAM, George		Senior Men	1535	164
165	0:26:33	PAYNE, Stuart	Tri-Anglia	Senior Men	1504	165
166	0:26:37	BUNTING, Simon	Lowestoft Road Runners	Men 40-44	1515	166
167	0:26:40	WOODHOUSE, Libby		Ladies 45-49	1399	167
168	0:26:42	JONES, Leanne		Senior Ladies	1597	168
169	0:26:43	BACON, Katie		Senior Ladies	1596	169
170	0:26:45	SAUNDERS, Marianne	Norfolk Gazelles	Ladies 40-44	1316	170
171	0:26:48	HARDY, Carol	Norfolk Gazelles	Ladies 45-49	1352	171
172	0:26:52	SMITH, Krysia	Coltishall Jaguars	Senior Ladies	1355	172
173	0:26:56	DURANT, Becky	Coltishall Jaguars	Ladies 55-59	1339	173
174	0:26:59	DOWSON, Nicky	Norwich Road Runners	Ladies 40-44	1363	174
175	0:27:04	CLARKE, Martin		Senior Men	1421	175
176	0:27:17	BURCH, Sam	Norwich Road Runners	Senior Ladies	1325	176
177	0:27:21	ASHFORD, Justin	Norwich Road Runners	Senior Men	1511	177
178	0:27:25	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-44	1326	178
179	0:27:34	CORK, Beth		Ladies 40-44	1384	179
180	0:27:34	LOCKWOOD, Rachael		Senior Ladies	1340	180
181	0:27:42	SHEAD, Sheila		Ladies 55-59	1308	181
182	0:27:48	LONDON, Julie	Norfolk Gazelles	Ladies 40-44	1327	182
183	0:27:50	HARRIS, Chris		Men 55-59	1425	183
184	0:28:03	COTTON, Anita		Ladies 40-44	1328	184
185	0:28:06	CAWTHORNE, Haley		Senior Ladies	1361	185
186	0:28:16	PAYNE, Simat		Senior Ladies	1385	186
187	0:28:19	COOPER, Carol	Norfolk Gazelles	Ladies 45-49	1397	187
188	0:28:21	FLATT, Linda June	Wymondham A.C.	Ladies 55-59	1353	188
189	0:28:27	VERSCHOYLE, Richard	Gt Yarmouth & D.A.C.	Men 60+	1484	189
190	0:28:27	LIMEHOUSE, Gary		Men 45-49	1537	190
191	0:28:41	CASELLS, Sarah		Senior Ladies	1382	191
192	0:28:42	WITHEY, Sally	City of Norwich A.C.	Ladies 40-44	1381	192
193	0:28:46	OTTAWAY, Lyn		Senior Ladies	1313	193
194	0:28:54	BAGNALL, Kathryn	Coltishall Jaguars	Ladies 45-49	1375	194
195	0:29:04	TUVEY, Victoria		Ladies 50-54	1378	195
196	0:29:23	FERGUSON, Anya		Senior Ladies	1392	196
197	0:29:25	HAYWOOD, Lisa	Norwich Road Runners	Senior Ladies	1365	197
198	0:29:34	MARTIN, Fiona		Ladies 40-44	1320	198
199	0:29:37	GARWOOD, Katherine		Senior Ladies	1356	199
200	0:29:39	BORRMAN, Virginia	North Norfolk Beach Runners	Ladies 45-49	1307	200
201	0:29:41	HARE, Peter		Men 50-54	1517	201
202	0:29:52	BURDETT, Theresa		Senior Ladies	1390	202
203	0:30:16	LONG, Jurgen		Senior Men	1490	203
204	0:30:20	DOWNES, Nick		Men 40-44	1448	204
205	0:30:22	RAYNER, Anne		Ladies 40-44	1335	205
206	0:30:27	CARROLL, Leigh		Senior Men	1518	206
207	0:30:30	WALNE, Elizabeth	Wymondham A.C.	Senior Ladies	1314	207
208	0:30:54	FARROW, Linda	City of Norwich A.C.	Ladies 60+	1367	208
209	0:31:00	HALL, Paula	Tri-Anglia	Ladies 40-44	1391	209
210	0:31:01	FARR, Craig		Senior Men	1513	210
211	0:31:15	JACK, Bob	Bungay Black Dog A.C.	Men 50-54	1428	211
212	0:31:16	DUNSDON, Martyn		Senior Men	1508	212
213	0:31:30	O'HARA, Karen		Senior Ladies	1374	213
214	0:31:31	SPINKS, Nicola		Senior Ladies	1388	214
215	0:31:34	FREEBURN, Rodney	Wymondham A.C.	Men 60+	1525	215

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
216	0:31:39	COOK, Laura	Norwich Road Runners	Senior Ladies	1592	216
217	0:31:56	THOULESS, Colin	Norwich Road Runners	Men 60+	1408	217
218	0:32:18	BELL, Sarah		Ladies 40-44	1371	218
219	0:32:18	BELL, Antony		Senior Men	1478	219
220	0:32:48	LIMEHOUSE, Kim		Ladies 45-49	1595	220
221	0:32:49	SLATER, Jo	Norwich Road Runners	Ladies 45-49	1324	221
222	0:32:57	SPINKS, Roger	Ipswich Jaffa	Men 60+	1435	222
223	0:34:07	TUDHOPE, Sarah		Ladies 40-44	1310	223
224	0:34:42	PHILLIPS, Sarah Ann		Senior Ladies	1305	224
225	0:36:43	COOK, Haley	Norwich Road Runners	Junior Ladies	1591	225
226	0:37:06	BEAUMONT, Jonathan		Men 55-59	1417	226
227	0:37:42	BRIGHTMAN, Pat	Gt Yarmouth & D.A.C.	Ladies 55-59	1319	227
228	0:38:02	MILLER, Lou		Men 60+	1439	228

There were 228 finishers in the All Competitors category.

REMEMBER.....The Final Race in This Year's Series is the County 5km Championship Race.....  
Wednesday 25<sup>th</sup> August 2009.