

# GREAT YARMOUTH & DISTRICT ATHLETICS CLUB

**REEDHAM TEN**  
Sunday 1<sup>st</sup> February, 2009

FINISH POS	RACE NO					
1	235	Neil	Davison	City of Norwich A.C.	Senior Men	00:57:57
2	199	Steve	Baldwin	Norfolk Gazelles	Senior Men	00:59:03
3	228	Mark	Sands	sleaford town runners	Senior Men	00:59:25
4	66	Ben	Russell	Norwich Road Runners	Senior Men	00:59:31
5	190	Tim	Topper	Norfolk Gazelles	Senior Men	01:00:23
6	154	Paul	Muffett	North Norfolk Beach Runners	Vet Men: 50-54	01:00:47
7	224	Andrew	Bunn	City of Norwich A.C.	Vet Men: 40-44	01:00:56
8	160	Paul	Higham	Norfolk Gazelles	Senior Men	01:01:36
9	229	Dave	Tilley	sleaford town runners	Vet Men: 40-44	01:02:04
10	119	Andy	Kett	North Norfolk Beach Runners	Senior Men	01:02:37
11	219	NEIL	Gray	Royal Engineers	Senior Men	01:02:43
12	236	Mark	Collinson	City of Norwich A.C.	Senior Men	01:02:49
13	155	Tim	Vialls		Vet Men: 45-49	01:02:53
14	210	Stuart	Faust	Thetford A.C.	Senior Men	01:03:14
15	88	Phil	Quantrill	Gt. Yarmouth RRC	Senior Men	01:03:41
16	117	Mark	Betts	Norwich Road Runners	Senior Men	01:03:41
17	251	Adam	Etches	Ely Runners	Senior Men	01:04:51
18	238	John	Christopher	North Norfolk Beach Runners	Vet Men: 40-44	01:05:37
19	46	Mark	Garrett	Norwich Road Runners	Vet Men: 45-49	01:05:39
20	198	Mark	Clues	Tri-Anglia	Vet Men: 40-44	01:05:45
21	125	Mathew	Green	Norfolk Gazelles	Senior Men	01:05:49
22	240	Mark	Gotts	City of Norwich A.C.	Senior Men	01:06:05
23	237	Peter	Tuttle	City of Norwich A.C.	Vet Men: 40-44	01:06:28
24	2	Paul	Brookshaw	Gt. Yarmouth RRC	Vet Men: 45-49	01:06:46
25	231	Dale	Hurren	Norwich Road Runners	Vet Men: 50-54	01:07:19
26	195	Adrian	Waters	Norfolk Gazelles	Vet Men: 40-44	01:07:40
27	71	Trev	Wood		Vet Men: 40-44	01:07:56
28	233	Adrian	Grand	Norwich Road Runners	Vet Men: 40-44	01:08:13
29	234	Ray	Lindsay	Norwich Road Runners	Vet Men: 50-54	01:08:21
30	87	Duane	Daugherty		Vet Men: 45-49	01:08:25
31	55	Peter	Johnson	Norfolk Gazelles	Vet Men: 50-54	01:09:09
32	73	Jonathan	Kemp		Senior Men	01:09:33
33	11	Simon	Brierley	Tri-Anglia	Senior Men	01:09:56
34	78	Ryan	Callaby	North Norfolk Beach Runners	Senior Men	01:10:15
35	221	Stephen	Etherington	Gt. Yarmouth RRC	Vet Men: 50-54	01:10:19
36	207	Peter	Bussey	Norwich Road Runners	Vet Men: 45-49	01:10:51
37	95	Stephen	Dady		Vet Men: 55-59	01:11:07
38	161	Tanya	Crofts	Wymondham A.C.	Senior Ladies	01:11:31
39	250	Natalie	Etches	Ely Runners	Senior Ladies	01:11:32
40	86	Richard	Johnson		Senior Men	01:11:38
41	85	Vincent	Ellis	City of Norwich A.C.	Vet Men: 50-54	01:11:39
42	124	Samuel	Hall	Norwich Road Runners	Senior Men	01:11:41
43	89	Neville	Clarke	Newmarket Joggers	Vet Men: 55-59	01:11:43
44	126	William	Buck	Norwich Road Runners	Vet Men: 45-49	01:11:49
45	18	Carl	Manning	Ryston Runners	Vet Men: 45-49	01:11:52
46	118	David	Aldis	City of Norwich A.C.	Vet Men: 55-59	01:12:41
47	105	Martin	Yeomans	Norwich Road Runners	Vet Men: 55-59	01:12:48
48	144	Oliver	Dack		Senior Men	01:12:56
49	213	Amy	Wales		Vet Ladies: 35-39	01:12:57
50	8	Nigel	Rees		Vet Men: 45-49	01:13:01
51	10	Brian	Airlie	Hadleigh Hares	Vet Men: 40-44	01:13:03
52	183	Chirs	Mahoney		Senior Men	01:13:03
53	33	Mark	Tufts	Wymondham A.C.	Vet Men: 40-44	01:13:04
54	209	Mark	Merrywest	Norwich Road Runners	Senior Men	01:13:08
55	230	John	Bone	Gt. Yarmouth RRC	Vet Men: 60+	01:13:09
56	208	Karen	Hopes		Vet Ladies: 40-44	01:13:20
57	109	Matt	Howard	Norwich Road Runners	Senior Men	01:13:24
58	241	Mick	Dakin	sleaford town runners	Vet Men: 55-59	01:13:29
59	83	Carl	Wright	Norwich Road Runners	Vet Men: 45-49	01:13:33
60	70	Paul	Cassels	RAF Triathlon	Senior Men	01:13:47
61	182	Alexandra	Smith	Norwich Road Runners	Senior Ladies	01:13:57
62	51	Gavin	Thouless	Norwich Road Runners	Vet Men: 40-44	01:13:59
63	138	Matthew	Pask	Norwich Road Runners	Vet Men: 40-44	01:14:14
64	79	Dan	Rix		Senior Men	01:14:33
65	204	Iain	Johnson	Deal Tri Club	Vet Men: 40-44	01:14:36
66	246	Emma	Appleton	Norwich Road Runners	Senior Ladies	01:14:54
67	203	Alex	Hall		Senior Men	01:15:02
68	142	Andrew	Elvin		Senior Men	01:15:10
69	162	Colin	Monks	Blackheath & Bromley Harriers A.C.	Vet Men: 60+	01:15:13

70	145	Tim	Woods		Vet Men: 45-49	01:15:21
71	98	Dawn	Carver	Norwich Road Runners	Vet Ladies: 40-44	01:15:21
72	136	Timothy	Bragger		Senior Men	01:15:24
73	247	Emma	Potter-Campbell	Dereham Runners A.C.	Vet Ladies: 35-39	01:15:28
74	12	Jennifer	Christian	Wymondham A.C.	Vet Ladies: 50-54	01:15:31
75	178	Stephen	Robinson	Norfolk Gazelles	Vet Men: 40-44	01:15:41
76	184	Sharon	Hurren	Wymondham A.C.	Vet Ladies: 35-39	01:15:54
77	49	Barry	Bye	Ryston Runners	Vet Men: 60+	01:15:56
78	248	Rory	Campbell	Dereham Runners A.C.	Vet Men: 45-49	01:16:05
79	147	Antony	Croucher	Gt. Yarmouth RRC	Senior Men	01:16:11
80	239	David	Lawlor	Gt. Yarmouth RRC	Vet Men: 40-44	01:16:12
81	16	Sean	Reeve		Senior Men	01:16:15
82	17	Thomas	Lincoln-Kemp		Vet Men: 40-44	01:16:41
83	103	John	O'Leary	Gt. Yarmouth RRC	Vet Men: 55-59	01:16:45
84	225	Andy	Crook	Norwich Road Runners	Senior Men	01:16:56
85	45	Tracey	Stevens	Wymondham A.C.	Vet Ladies: 35-39	01:16:57
86	42	Michael	Armes	Norwich Road Runners	Vet Men: 40-44	01:17:02
87	214	Juliet	Cox	Wymondham A.C.	Senior Ladies	01:17:10
88	187	Howard	Jones		Vet Men: 40-44	01:17:19
89	37	Mark	Colman		Senior Men	01:17:31
90	150	John	Cotton		Vet Men: 45-49	01:17:34
91	22	Paul	Robinson	Reepham Runners	Vet Men: 40-44	01:17:38
92	143	Jon	Humphreys		Vet Men: 45-49	01:17:43
93	15	Tom	Pateman		Senior Men	01:17:43
94	149	Andrew	Fretwell	Norwich Road Runners	Vet Men: 45-49	01:17:47
95	25	Lisa	Symonds	FT-UK	Vet Ladies: 35-39	01:17:48
96	243	Liz	Fernandes		Vet Ladies: 35-39	01:18:16
97	217	Paul	Anderson	Gt. Yarmouth RRC	Vet Men: 50-54	01:18:23
98	244	CHRIS	Burton		Senior Men	01:18:29
99	36	Richard	High	Norwich Road Runners	Senior Men	01:18:35
100	110	Paul	Westgate	Gt. Yarmouth RRC	Vet Men: 50-54	01:19:01
101	164	Roy	Hughes	Eryri Harriers	Vet Men: 55-59	01:19:09
102	27	Emma	Layton		Senior Ladies	01:19:15
103	44	Tony	Heath	North Norfolk Beach Runners	Vet Men: 60+	01:19:20
104	205	Louise	Juby		Senior Ladies	01:19:23
105	176	Marie	Clark	Norwich Road Runners	Vet Ladies: 35-39	01:19:28
106	202	Deborah	Jones	North Norfolk Beach Runners	Senior Ladies	01:19:31
107	206	Christopher	Milnes	Ryston Runners	Vet Men: 50-54	01:19:33
108	193	Denver	Slowther		Senior Men	01:19:35
109	82	Tracy	Stevenson	Norfolk Gazelles	Vet Ladies: 40-44	01:19:37
110	185	Michael	Smith	Wymondham A.C.	Vet Men: 60+	01:19:49
111	156	Geoff	Hayward	North Norfolk Beach Runners	Vet Men: 60+	01:19:52
112	34	Paul	Arnold		Senior Men	01:19:53
113	180	Pauline	Norman	Lowestoft Road Runners	Vet Ladies: 55+	01:20:05
114	212	Ian	Jarvis	North Norfolk Beach Runners	Vet Men: 40-44	01:20:47
115	121	Ashley	Semmence		Senior Men	01:20:53
116	159	Guy	Pitcher	Reepham Runners	Vet Men: 40-44	01:20:58
117	65	Mick	Davidson	Road Runners Club	Vet Men: 45-49	01:21:00
118	80	Adam	Parker	City of Norwich A.C.	Senior Men	01:21:32
119	218	Julien	Nelson		Vet Men: 40-44	01:21:44
120	20	Patrick	Larke	Wymondham A.C.	Vet Men: 50-54	01:21:53
121	130	Angie	Bear	Wymondham A.C.	Vet Ladies: 50-54	01:21:53
122	152	Martin	Roper		Vet Men: 50-54	01:22:22
123	163	Sue	Hughes	Eryri Harriers	Vet Ladies: 55+	01:22:32
124	40	Matt	Ellis	Lowestoft Road Runners	Senior Men	01:22:49
125	31	Richard	Gilham	Norfolk Gazelles	Vet Men: 45-49	01:22:59
126	173	Bernard	Brett		Vet Men: 40-44	01:23:06
127	41	Mary	Hopkins	Coltishall Jaguars	Vet Ladies: 45-49	01:23:11
128	135	Rachel	Fiddy	Norwich Road Runners	Senior Ladies	01:23:19
129	96	Stephen	Warncken		Vet Men: 50-54	01:23:43
130	47	Veronica	Manly	Diss A.C.	Vet Ladies: 55+	01:23:50
131	24	Colin	Fish		Vet Men: 45-49	01:23:52
132	123	Rachel	Norton		Senior Men	01:23:56
133	122	Paul	Sayer		Senior Men	01:23:57
134	59	Benjamin	Watttam		Senior Men	01:24:02
135	94	Philippa	Rudd		Vet Ladies: 40-44	01:24:31
136	151	Chris	Aspin		Vet Men: 40-44	01:24:38
137	215	Shaun	Daly		Vet Men: 45-49	01:24:47
138	252	Andrew	Shorthose		Senior Men	01:24:51
139	93	Christopher	Groves		Vet Men: 55-59	01:24:52
140	106	John	Pettifer	Pitsea Running Club	Vet Men: 60+	01:25:12
141	165	Anne	Ellen	Norfolk Gazelles	Vet Ladies: 50-54	01:25:15
142	56	Gill	Woodhouse	Dereham Runners A.C.	Vet Ladies: 55+	01:25:33
143	4	Matt	Howes		Senior Men	01:25:40
144	249	Ian	Mills		Vet Men: 45-49	01:25:43
145	157	Trevor	Horrex	Norwich Road Runners	Vet Men: 45-49	01:25:44
146	242	ALLAN	Mcduff		Senior Men	01:25:46
147	107	Lorna	Pettifer	Pitsea Running Club	Vet Ladies: 40-44	01:25:48
148	148	Nicholas	Forey	Lowestoft Road Runners	Senior Men	01:25:54

149	77	Magdy	Elsawy		Vet Men: 55-59	01:25:58
150	84	Chris	Haycock		Vet Men: 40-44	01:26:02
151	28	Carole	Spong	Gt. Yarmouth RRC	Vet Ladies: 55+	01:26:07
152	201	Jane	Robinson		Vet Ladies: 45-49	01:26:10
153	222	Marie	Worrall	Gt. Yarmouth RRC	Vet Men: 40-44	01:26:15
154	75	Tracy	Dodsworth	Wymondham A.C.	Senior Ladies	01:26:46
155	167	Tony	Blaxell		Senior Men	01:26:56
156	35	Chris	McCormick		Senior Men	01:26:57
157	61	Stephen	Bright	British Athletes Supporters Club	Vet Men: 45-49	01:26:57
158	81	Anna	Needs	Wymondham A.C.	Vet Ladies: 40-44	01:27:02
159	74	Louise	Barker	Wymondham A.C.	Vet Ladies: 35-39	01:27:03
160	21	Rick	Page		Vet Men: 45-49	01:27:20
161	38	Stephen	Love		Vet Men: 45-49	01:28:13
162	139	Richard	Bulman	Reepham Runners	Vet Men: 55-59	01:28:29
163	60	Sarah	Owen	British Athletes Supporters Club	Vet Ladies: 40-44	01:28:30
164	134	Sean	Scott		Senior Men	01:28:32
165	120	Jeremy	Sinclair		Vet Men: 55-59	01:28:43
166	19	Darren	Palgrave		Senior Men	01:28:59
167	53	Mark	Durrant		Vet Men: 45-49	01:29:10
168	196	Laura	Hughes		Senior Ladies	01:29:17
169	30	Ray	Millard		Vet Men: 60+	01:29:18
170	131	Martin	Spilsted		Senior Men	01:29:33
171	175	Sally	Cushing	Norwich Road Runners	Vet Ladies: 40-44	01:29:48
172	174	Sheridan	Carver		Senior Men	01:30:10
173	58	Phillip	Neave	Bungay Black Dog A.C.	Vet Men: 60+	01:30:26
174	111	Paul	Ferrow		Vet Men: 50-54	01:30:46
175	43	John	Richardson	Dereham Runners A.C.	Vet Men: 55-59	01:31:00
176	90	Mike	Marshall	North Norfolk Beach Runners	Vet Men: 60+	01:31:00
177	116	Lisa	Howard	Norwich Road Runners	Senior Ladies	01:31:08
178	192	Michelle	Rushbrook		Vet Ladies: 35-39	01:31:09
179	191	Nicola	Baker		Vet Ladies: 40-44	01:31:10
180	197	Louis	Cooper	Wymondham A.C.	Vet Men: 60+	01:31:10
181	114	Jemma	Green	Norwich Road Runners	Senior Ladies	01:31:11
182	101	Jonathan	Thetford		Senior Men	01:31:55
183	170	David	Marks	Norwich Road Runners	Vet Men: 40-44	01:32:09
184	216	Richard	Challis		Senior Men	01:32:12
185	67	Wendy	Smith	Norwich Road Runners	Vet Ladies: 45-49	01:32:13
186	13	Ron	Marsh	Wymondham A.C.	Vet Men: 60+	01:32:31
187	113	Peter	Downing		Wheelchair	01:32:46
188	177	Neil	Clark		Senior Men	01:32:54
189	57	Fay	Barker	Lowestoft Road Runners	Senior Ladies	01:33:16
190	172	Debby	Squires		Vet Ladies: 40-44	01:33:24
191	108	Michael	O'Connor	North Norfolk Beach Runners	Vet Men: 55-59	01:33:31
192	166	Paul	Darby		Vet Men: 40-44	01:33:39
193	188	Carol	Hardy	Norfolk Gazelles	Vet Ladies: 45-49	01:33:43
194	128	Jayne	Cook		Vet Ladies: 45-49	01:34:20
195	223	STEPHEN	Carter		Vet Ladies: 45-49	01:34:44
196	168	Peter	Warren	City of Norwich A.C.	Vet Men: 50-54	01:34:51
197	245	Shona	Eldridge		Senior Ladies	01:35:18
198	211	Kerry	Nicholls		Vet Ladies: 35-39	01:35:58
199	32	David	Rose	Bunwell Strollers	Vet Men: 40-44	01:36:35
200	64	Bob	Jack	Bungay Black Dog A.C.	Vet Men: 45-49	01:37:27
201	104	Ann	O'Leary	Gt. Yarmouth RRC	Vet Ladies: 55+	01:37:42
202	158	Jill	Asher	Norfolk Gazelles	Vet Ladies: 50-54	01:37:50
203	171	Anne	Holmes	Victoria Park Harriers & Tower AC	Vet Ladies: 55+	01:37:52
204	54	Thirza	Radford Gore	Norfolk Gazelles	Vet Ladies: 50-54	01:37:57
205	100	Lynda	Moore	Norwich Road Runners	Vet Ladies: 55+	01:38:06
206	189	Marianne	Saunders	Norfolk Gazelles	Vet Ladies: 35-39	01:38:47
207	52	Tony	Britt		Vet Men: 50-54	01:40:25
208	99	Brian	Moore	Norwich Road Runners	Vet Men: 55-59	01:41:08
209	232	Janet	Drake	Wadhurst Runners	Vet Ladies: 50-54	01:42:23
210	129	Ivan	Lees	Bungay Black Dog A.C.	Vet Men: 50-54	01:43:21
211	29	Tim	Morris		Vet Men: 40-44	01:43:21
212	146	Lisa	Braat	Lowestoft Road Runners	Senior Ladies	01:44:13
213	194	Rosie	Rogers	Norfolk Gazelles	Vet Ladies: 45-49	01:44:14
214	112	Sally Ann	Protheroe	Lowestoft Road Runners	Vet Ladies: 50-54	01:44:18
215	141	Shelli	Haswell		Vet Ladies: 35-39	01:44:35
216	169	Christine	Bloomfield	Norfolk Gazelles	Vet Ladies: 50-54	01:45:33
217	137	Debbie	Austin		Vet Ladies: 35-39	01:45:51
218	50	Colin	Thouless	Norwich Road Runners	Vet Men: 60+	01:45:57
219	153	Rod	Shulver	Gt. Yarmouth RRC	Vet Men: 60+	01:46:35
220	226	REBECCA	Houston	Norwich Road Runners	Senior Men	01:47:05
221	220	Denise	Etherington	Gt. Yarmouth RRC	Vet Ladies: 50-54	01:48:30
222	200	Melanie	Allen	Norwich Road Runners	Senior Ladies	01:48:59
223	186	Clare	Denzey	Norwich Road Runners	Senior Ladies	01:48:59
224	140	Diane	Renshaw	Dereham Runners A.C.	Vet Ladies: 45-49	01:49:22
225	1	Albert	Spong	Gt. Yarmouth RRC	Vet Men: 60+	02:06:57
226	133	Maurice	Copeland	North Norfolk Beach Runners	Vet Men: 60+	02:18:12

GYDAC would like to take this opportunity of thanking everyone for attending their inaugural 10 mile race – on an oh so windy, cold day – the sun did shine for a few minutes!! We thank you for all the comments on Runners World website and the emails that have been sent. We look forward to seeing you on Sunday 28<sup>th</sup> June @ 10.30 am for the HUMPTY DUMPTY 10K and again on Sunday 31<sup>st</sup> January 2010.

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