

**Spring 2009 10K**  
**Coltishall Jaguars Spring 2009 10K**

Sunday 29 March 2009. 10:30 am

**Results for All Competitors in finish order.**

Place	Time	Name	Team	Age Category	Age Grading	Race	Race
1	0:32:10	WALLS, Glen	University of East Anglia	M22	83.85%	298	1
2	0:33:05	EARL, Nick	University of East Anglia	M24	81.53%	281	2
3	0:33:47	BUNN, Andrew	Norwich Road Runners	M22	79.84%	97	3
4	0:33:53	HENDERSON, Richard	University of East Anglia	M20	79.61%	283	4
5	0:34:19	JONES, Steve	North Norfolk Beach Runners	M40	81.21%	258	5
6	0:35:00	ENTWISTLE, Joshua	Felixstowe Road Runners	M19	77.07%	284	6
7	0:35:19	RUSSELL, Ben	Norwich Road Runners	M19	76.38%	143	7
8	0:36:06	O'MEARD, Simon	Birchfield Harriers	M20	74.72%	285	8
9	0:36:32	ARNOLD, Nigel	Norfolk Gazelles	M51	82.89%	222	9
10	0:36:49	FOODY, Pete	Ely Runners	M42	76.79%	172	10
11	0:37:20	ATTERWILL, Sean	City of Norwich Athletic Club	M16	72.25%	154	11
12	0:37:26	MERRYLEES, Chris	North Norfolk Beach Runners	M31	72.06%	270	12
13	0:37:31	QUANTRILL, Phil	North Norfolk Beach Runners	M34	71.90%	217	13
14	0:37:46	WALSHAW, John	City of Norwich Athletic Club	M40	73.79%	227	14
15	0:37:51	GARRETT, Mark	Norwich Road Runners	M45	76.36%	196	15
16	0:38:53	NEALE, Darren	North Norfolk Beach Runners	M30	69.37%	273	16
17	0:39:00	BLAKE, Richard	North Norfolk Beach Runners	M59	83.21%	216	17
18	0:39:03	PARFITT, Dena	North Norfolk Beach Runners	F47	84.82%	162	18
19	0:39:18	LEVERSEDGE, John	Enfield & Haringey AC	M54	78.99%	224	19
20	0:39:19	POCKLINGTON, Pete	Unattached	M43	72.44%	266	20
21	0:39:21	BROOKSHAW, Paul	Great Yarmouth Road Runners	M46	74.01%	197	21
22	0:39:47	BAILEY, Ben	Tri-Anglia	M40	70.05%	206	22
23	0:39:53	BRIGHTY, Joshua	Norwich Road Runners	M17	67.63%	150	23
24	0:39:57	GRAND, Adie	Norwich Road Runners	M44	71.81%	241	24
25	0:40:14	ROBSON, Sean	Unattached	M41	69.76%	268	25
26	0:40:15	HEDGES, Clive	North Norfolk Beach Runners	M50	74.63%	187	26
27	0:40:16	HILL, Melvin	Norwich Road Runners	M45	71.78%	215	27
28	0:40:46	GREENAWAY, Jamie	Unattached	M31	66.17%	296	28
29	0:40:56	GUY, Steven	City of Norwich Athletic Club	M35	65.90%	128	29
30	0:41:04	HILL, Mike	Tri-Anglia	M45	70.38%	220	30
31	0:41:10	THOMAS, Ian	UK Net Runner	M49	72.39%	115	31
32	0:41:21	HAYES, Jim	North Norfolk Beach Runners	M63	81.59%	178	32
33	0:41:43	DADY, Stephen	Unattached	M57	76.39%	189	33
34	0:41:50	ADCOCK, Trevor	Norfolk Gazelles	M59	77.57%	290	34
35	0:41:55	MARSH, Andrew	West Norfolk AC	M47	70.01%	179	35
36	0:41:57	JAMES, Robert	Bungay Black Dog	M38	65.50%	226	36
37	0:41:58	BUSSEY, Peter	Norwich Road Runners	M46	69.40%	255	37
38	0:42:00	SALMON, Andy	City of Norwich Athletic Club	M44	68.31%	248	38
39	0:42:07	MANN, Elies	Norwich Road Runners	F37	72.35%	213	39
40	0:42:12	THOMPSON, Peter	Norfolk Gazelles	M52	72.35%	129	40
41	0:42:27	JERMY, Sean	Gt Yarmouth & District AC	M20	63.54%	166	41
42	0:42:35	QUIGLEY, Terry	North Norfolk Beach Runners	M61	77.66%	250	42
43	0:42:41	BAYER, Jens	Unattached	M45	67.71%	171	43
44	0:42:47	KELF, Jason	Norfolk Gazelles	M41	65.61%	292	44
45	0:42:59	HAUGHTON, Stephen	Great Yarmouth Road Runners	M22	62.75%	223	45
46	0:43:01	ELY, Steve	Coltishall Jaguars	M37	63.44%	259	46
47	0:43:13	PASK, Matthew	Norwich Road Runners	M42	65.42%	287	47
48	0:43:28	BIRD, Steve	City of Norwich Athletic Club	M42	65.04%	289	48
49	0:43:50	BLOMFIELD, Stephen	Unattached	M43	64.97%	107	49
50	0:43:56	ALLAKER, Julian	Norwich Road Runners	M31	61.40%	202	50
51	0:43:58	CARVER, Dawn	Norwich Road Runners	F44	73.39%	133	51
52	0:44:05	FRARY, Matthew	Unattached	M40	63.22%	191	52
53	0:44:06	DORE, Matt	Unattached	M32	61.16%	141	53
54	0:44:15	WOODS, Tim	Norfolk Gazelles	M47	66.32%	170	54
55	0:44:17	BLATCHFORD, Ian	Ely Runners	M42	63.84%	146	55
56	0:44:19	ARMES, Michael	Norwich Road Runners	M44	64.73%	263	56
57	0:44:20	WADE, Christopher Mark	North Norfolk Beach Runners	M20	60.84%	262	57
58	0:44:21	LADDIMAN, Peter	Norfolk Police AC	M52	68.85%	269	58

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Place	Time	Name	Team	Age Category	Age Grading	Race	Race
59	0:44:28	BLACKWELL, Kevin	Norfolk Gazelles	M50	67.55%	173	59
60	0:44:31	BRIGHTY, Keith	Norwich Road Runners	M45	64.92%	151	60
61	0:44:39	WADE, Ian	North Norfolk Beach Runners	M51	67.82%	231	61
62	0:44:40	BUSHELL, Ian	Norwich Road Runners	M49	66.72%	176	62
63	0:44:42	HARDINGHAM, Graham	Norfolk Gazelles	M48	66.16%	186	63
64	0:44:53	CLARK, Marie	Norwich Road Runners	F36	67.36%	278	64
65	0:44:56	CHRISTIAN, Jenny	Wymondham AC	F54	78.67%	147	65
66	0:44:57	RAYNER, Bruce	Bungay Black Dog	M49	66.30%	208	66
67	0:44:59	HIGH, Richard	Norwich Road Runners	M38	61.09%	249	67
68	0:45:00	CRUTCHLEY, Ian	Wymondham AC	M44	63.75%	165	68
69	0:45:05	NELSON, Peter	Fittleworth Flyers	M61	73.36%	207	69
70	0:45:12	WILSON, Robin	Bungay Black Dog	M54	68.68%	210	70
71	0:45:19	COTTON, John	Unattached	M49	65.76%	163	71
72	0:45:37	BAKER, Stephen	Unattached	M45	63.36%	288	72
73	0:45:39	HAMMOND, Andrew	Unattached	M53	67.44%	182	73
74	0:45:45	CZYKIETA, Natalie	Norwich Road Runners	F29	65.39%	149	74
75	0:45:47	CRANE, Sue	Unattached	F42	69.31%	122	75
76	0:45:49	COX, Juliet	Wymondham AC	F33	65.30%	237	76
77	0:45:55	HARMER, Mark	Unattached	M34	58.74%	181	77
78	0:46:03	BYE, Barry	Ryston Runners	M61	71.82%	198	78
79	0:46:12	MILNES, Christopher	Ryston Runners	M51	65.55%	234	79
80	0:46:17	BIRD, Peter	Ampthill & Flitwick Flyers	M50	64.90%	261	80
81	0:46:23	THOULESS, Gavin	Norwich Road Runners	M40	60.08%	160	81
82	0:46:24	DURRANT, Jude	Unattached	F40	67.27%	274	82
83	0:46:26	SHELDON, Vicky	Unattached	F32	64.43%	111	83
84	0:46:28	KNIGHT, Anthony	Thrft Green Trotters	M41	60.41%	112	84
85	0:46:30	DUNNETT, Peter	Unattached	M28	58.01%	272	85
86	0:46:35	WOODS, Ian	Norfolk Gazelles	M51	65.01%	236	86
87	0:46:37	WHITING, Phil	Norfolk Gazelles	M34	57.86%	275	87
88	0:46:38	KERRISON, John	Unattached	M48	63.42%	201	88
89	0:46:47	FOYSTER, Mandy	Unattached	F42	67.83%	286	89
90	0:46:51	MAXWELL, Andrew	Unattached	M17	57.57%	140	90
91	0:46:53	FORKES, John	Eastern Veterans	M63	71.96%	254	91
92	0:46:55	JARVIS, Ian	North Norfolk Beach Runners	M42	60.26%	219	92
93	0:46:56	BRADLEY, Sarah	Norwich Road Runners	F46	69.95%	161	93
94	0:47:04	COX, Russell	Wymondham AC	M42	60.07%	238	94
95	0:47:07	BULL, Michelle	Norwich Road Runners	F38	65.18%	136	95
96	0:47:12	PARKER, Yvonne	Road Runners Club	F54	74.89%	245	96
97	0:47:13	HOWARD, Darren	Coltishall Jaguars	M40	59.02%	257	97
98	0:47:25	ALFORD, Colin	Unattached	M45	60.95%	126	98
99	0:47:38	GUMLEY, Anne	Unattached	F26	62.81%	233	99
100	0:47:40	BROUGHTON, Ellen	Stowmarket Striders	F44	67.70%	114	100
101	0:47:41	WADE, Jamie Simon	North Norfolk Beach Runners	M18	56.57%	230	101
102	0:47:43	MCKINNA, Simon	Unattached	M36	56.79%	247	102
103	0:47:53	BUDDS, Roger	Norwich Road Runners	M60	68.40%	280	103
104	0:48:11	SPOONER, Dave	Unattached	M36	56.24%	204	104
105	0:48:12	HOWES, Matt	Unattached	M35	55.96%	175	105
106	0:48:14	PUNT, David	Bungay Black Dog	M54	64.36%	291	106
107	0:48:32	MARDEN, Stewart	Coltishall Jaguars	M46	60.01%	99	107
108	0:48:43	LAUGHLIN, Simon	Unattached	M42	58.03%	138	108
109	0:48:50	ELLIS, Matt	Lowestoft Road Runners	M36	55.49%	167	109
110	0:49:02	CHATTEN, Kim	Unattached	F48	68.15%	130	110
111	0:49:19	COLLYER, Richard	Coltishall Jaguars	M41	56.91%	225	111
112	0:49:22	SMITH, Christian	Unattached	M31	54.64%	271	112
113	0:49:25	HORREX, Trevor	Norwich Road Runners	M49	60.31%	232	113
114	0:49:28	ARDEN, Jeff	Norfolk Gazelles	M50	60.72%	101	114
115	0:49:30	COLEMAN, Graham	Wymondham AC	M47	59.28%	294	115
116	0:49:35	CUSHING, Sally	Norwich Road Runners	F44	65.08%	243	116
117	0:49:39	WOODHOUSE, Gill	Dereham Runners AC	F61	76.62%	120	117
118	0:49:39	SMITH, Wendy	Norwich Road Runners	F47	66.71%	169	118
119	0:50:04	BRITTAİN, Christopher	Road Runners Club	M44	57.30%	244	119

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>Age Grading</i>	<i>Race</i>	<i>Race</i>
120	0:50:10	RICHARDSON, John	Dereham Runners AC	M55	62.41%	256	120
121	0:50:23	COLMAN, Ivan	Norwich Road Runners	M47	58.24%	194	121
122	0:50:28	FEE, Brenda	Shaftesbury Barnet Harriers	F62	76.25%	134	122
123	0:51:39	MARSH, Ron	Wymondham AC	M65	66.66%	148	123
124	0:51:47	BOYCE, Peter	Unattached	M40	53.82%	239	124
125	0:51:49	BRITCHER, Samantha	Tri-Anglia	F34	57.74%	240	125
126	0:52:01	GERAGHTY, Suzannah	Unattached	F29	57.51%	297	126
127	0:52:10	BRAILEY, David	Unattached	M36	51.95%	110	127
128	0:52:14	CREASOR, Mike	Norwich Road Runners	M71	70.65%	168	128
129	0:52:23	BATCHELOR, Audrey	Norfolk Gazelles	F55	68.15%	135	129
130	0:52:30	ROACH, Peter	Norwich Road Runners	M65	65.58%	184	130
131	0:52:41	BOGGAN, Ian	Unattached	M49	56.57%	131	131
132	0:52:50	VERSCHOYLE, Richard	Gt Yarmouth & District AC	M66	65.89%	264	132
133	0:53:21	WILLIAMS, Eric	Norwich Road Runners	M59	60.83%	155	133
134	0:53:27	THETFORD, Jonathan	Unattached	M36	50.70%	139	134
135	0:53:30	EWIN, Robert	Wymondham AC	M61	61.82%	295	135
136	0:53:35	CHILD, Jennifer	Tri-Anglia	F46	61.27%	276	136
137	0:53:44	BRITT, Tony	Unattached	M53	57.29%	203	137
138	0:53:53	KIMBLEY, Liz	City of Norwich Athletic Club	F34	55.52%	174	138
139	0:53:56	CRANE, Roger	Unattached	M43	52.81%	121	139
140	0:54:10	DADY, Sylvia	Unattached	F29	55.23%	190	140
141	0:54:54	ALFORD, Karen	Unattached	F45	59.28%	125	141
142	0:55:13	NEAVE, Philip	Bungay Black Dog	M60	59.31%	113	142
143	0:55:36	SIMPSON, Dennis	Norwich Road Runners	M48	53.19%	251	143
144	0:55:37	SMITH, Susan	Norwich Road Runners	F35	53.93%	252	144
145	0:55:52	HARVEY, Michael	North Norfolk Beach Runners	M53	55.10%	235	145
146	0:56:28	WONES, Anne	Unattached	F39	54.83%	282	146
147	0:56:31	MARSHALL, Mike	North Norfolk Beach Runners	M67	62.29%	200	147
148	0:56:39	COYTE-MCKENZIE, Helen	Norfolk Gazelles	F44	56.96%	157	148
149	0:56:40	COYTE-MCKENZIE, Andrew	Norfolk Gazelles	M48	52.19%	158	149
150	0:56:42	MOORE, Brian	Norwich Road Runners	M58	56.71%	193	150
151	0:56:44	OSBORNE, Andrea	North Norfolk Beach Runners	F54	62.31%	152	151
152	0:57:00	MOORE, Lynda	Norwich Road Runners	F55	62.63%	192	152
153	0:57:13	MCCULLOCH, Jane	Unattached	F51	60.03%	277	153
154	0:57:41	GOOCH, Jackie	Unattached	F46	56.92%	221	154
155	0:57:45	DARNELL, Bob	Unattached	M56	54.69%	228	155
156	0:58:19	FINCH, Joanne	Unattached	F16	51.30%	164	156
157	0:58:20	MAXWELL, Alice	Unattached	F19	51.29%	132	157
158	0:58:36	NICHOLLS, Sally	Bungay Black Dog	F48	57.03%	279	158
159	0:58:50	WATERS, Karen	Bungay Black Dog	F39	52.62%	209	159
160	0:58:56	RENSHAW, Diane	Dereham Runners AC	F49	57.22%	205	160
161	0:59:02	LEES, Ivan	Great Yarmouth Road Runners	M52	51.72%	119	161
162	1:00:22	ACKLAND, Sacha	Eton Manor AC	F34	49.56%	293	162
163	1:00:30	FENECH, Charles	Unattached	M63	55.77%	156	163
164	1:00:42	DOOLEY, Theresa	Unattached	F39	51.00%	144	164
165	1:01:38	MIDDLETON, Katrine	North Norfolk Beach Runners	F48	54.22%	214	165
166	1:01:59	BIRD, Dawn	Amphill & Flitwick Flyers	F52	55.94%	260	166
167	1:02:14	JACKSON, Yvonne	Unattached	F42	50.99%	153	167
168	1:02:25	BOOT, Andy	Norwich Road Runners	M39	44.34%	299	168
169	1:02:56	SULLIVAN, Genette	Norwich Road Runners	F43	50.85%	218	169
170	1:03:44	THOULESS, Colin	Norwich Road Runners	M72	58.65%	159	170
171	1:03:59	STARR, Malcolm	Wreake Runners	M62	52.21%	246	171
172	1:07:58	FREEBURN, Rodney	Wymondham AC	M70	53.61%	211	172
173	1:08:43	MANLY, Veronica	Diss AC	F60	54.73%	137	173
174	1:17:36	MILLER, Louis	Unattached	M78	52.47%	199	174
175	1:20:07	FRANCIS, Jill	Norwich Road Runners	F50	42.47%	267	175

There were 175 finishers in the All Competitors category.

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