

## Great Yarmouth Road Runners

### 5 Mile Promenade Race 2 Grand Prix

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>M / F</u>	<u>Age</u>	<u>Cat</u>	<u>Time</u>
1	538	Nick Earl	UEA	M	24	SM	0:26'06.11
2	414	James Preston	CONAC	M	19	SM	0:26'23.18
3	464	Carl Prewer	Lowestoft RR	M	39	SM	0:26'32.93
4	481	Paul Higham	Norfolk Gaz	M	26	SM	0:27'09.18
5	511	Steve Jones	North Norfolk BR	M	40	M40	0:27'13.30
6	316	Robert Chenery	Ipswich Jaffa	M	22	SM	0:27'27.21
7	528	Simon O'Meara	UEA	M	20	SM	0:27'45.58
8	526	Joshua Entwistle	UEA	M	20	SM	0:28'03.40
9	503	Ben Stratton	U/A	M	16	SM	0:28'24.30
10	420	Richard Moore	Waveney Valley AC	M	44	M40	0:28'28.14
11	529	Chris Pimlott	Waveney Valley AC	M	34	SM	0:29'15.14
12	530	Tamara Jordon	Stowmarket Str	F	31	SF	0:29'17.18
13	505	Paul Muffett	North Norfolk BR	M	50	M50	0:29'55.05
14	467	Richard White	Wymondham AC	M	48	M40	0:30'11.74
15	328	Mark Garrett	Norwich RR	M	45	M40	0:30'15.71
16	504	Darren Neale	North Norfolk BR	M	30	SM	0:30'22.62
17	484	Andrew Houghton	U/A	M	50	M50	0:30'38.18
18	404	Joshua Brighty	Norwich RR	M	17	SM	0:30'38.74
19	522	Mark Haynes	Coltishall Jaguars	M	31	SM	0:30'40.05
20	369	Steve Bates	Coltishall Jaguars	M	37	SM	0:30'50.21
21	371	Paul Sullivan	Norwich RR	M	42	M40	0:31'00.52
22	502	John Christopher	North Norfolk BR	M	44	M40	0:31'08.87
23	494	Russell Clarke	Wymondham AC	M	52	M50	0:31'15.62
24	310	Pete Johnson	Norfolk Gaz	M	55	M50	0:31'22.21
25	480	Mark Edwards	Norwich RR	M	43	M40	0:31'26.90
26	451	Jordon Reed	U/A	M	16	SM	0:31'27.62
27	525	Neil Holland	Wymondham AC	M	47	M40	0:31'30.62
28	496	Chris Parker	North Norfolk BR	M	26	SM	0:31'36.96
29	356	Terry Epps	Wymondham AC	M	54	M50	0:31'41.62
30	431	Shaun Mason	GYRR	M	39	SM	0:31'56.43
31	474	Darren Edridge	Coltishall Jaguars	M	40	M40	0:32'09.65
32	337	Sean Jermy	GYRR	M	20	SM	0:32'24.14
33	543	James Maycock	Waveney Valley AC	M	18	SM	0:32'35.81
34	384	Chris Tye	U/A	M	42	M40	0:32'39.30
35	470	Kieron Haines	Norwich RR	M	53	M50	0:32'40.08
36	393	Clare Donavon	North Norfolk BR	F	28	SF	0:32'41.71
37	517	Matthew Frary	Norwich RR	M	0	0	0:32'48.21
38	317	Duncan Chenery	Ipswich Jaffa	M	49	M40	0:32'50.55
39	508	Timothy Earl	Waveney Valley AC	M	26	SM	0:32'53.08
40	422	Andrew Bunn	CONAC	M	40	M40	0:32'53.74
41	361	Tessa Pike	CONAC	F	49	F45	0:32'54.05
42	377	Bill Kingaby	Waveney Valley AC	M	57	M50	0:32'54.40
43	306	Stephen Dady	U/A	M	57	M50	0:32'59.08
44	324	Kevin Hardingham	Norfolk Gaz	M	51	M50	0:33'04.55
45	514	Maurice Page	North Norfolk BR	M	47	M40	0:33'19.55
46	428	Chris Mahoney	U/A	M	39	SM	0:33'26.08
47	327	Peter Thompson	Norfolk Gaz	M	53	M50	0:33'35.93
48	536	Matt Frary	U/A	M	40	M40	0:33'37.62
49	353	Ryan Callaby	North Norfolk BR	M	28	SM	0:33'44.30

50	483	Ace Dann	Tri-Anglia	M	37	SM	0:33'53.99
51	390	Martin Yeomans	Norwich RR	M	58	M50	0:33'59.90
52	406	Adrian Jay	Coltishall Jaguars	M	39	SM	0:34'00.65
53	524	Trevor Adcock	Norfolk Gaz	M	59	M50	0:34'02.40
54	434	Elies Mann	Norwich RR	F	37	F35	0:34'19.74
55	364	Raymond Lindsey	Norwich RR	M	53	M50	0:34'20.14
56	440	Jeff Lansdell	Norfolk Gaz	M	38	SM	0:34'23.43
57	374	Michael Armes	Norwich RR	M	43	M40	0:34'24.78
58	472	Mark Betts	Norwich RR	M	36	SM	0:34'25.21
59	495	Jason Cole	U/A	M	27	SM	0:34'32.62
60	322	Ian Moore	Norwich RR	M	42	M40	0:34'34.58
61	478	Tim Woods	U/A	M	47	M40	0:34'36.11
62	533	Alan Holland	Wymondham AC	M	61	M60	0:34'39.58
63	490	John Bone	GYRR	M	62	M60	0:34'46.24
64	520	Jim Cooper	Bungay BD	M	48	M40	0:34'51.71
65	344	Karl Rumsby	U/A	M	25	SM	0:34'52.87
66	383	Ian Crutchley	Wymondham AC	M	44	M40	0:34'53.24
67	537	Gerry Watson	Wymondham AC	M	53	M50	0:34'54.78
68	304	Peter Bussey	Norwich RR	M	47	M40	0:34'57.49
69	539	Stephen Andrews	U/A	M	42	M40	0:34'57.78
70	333	Paul Evans	U/A	M	54	M50	0:34'58.02
71	491	Carl Moore	U/A	M	35	SM	0:34'59.49
72	488	Rob Emery	North Norfolk BR	M	39	SM	0:35'05.21
73	314	Chris Chorley	Bungay BD	M	45	M40	0:35'07.46
74	541	Ian Olley	U/A	M	28	SM	0:35'09.90
75	347	Graham Hardingham	Norfolk Gaz	M	48	M40	0:35'18.21
76	426	Leslie Hill	Norfolk Gaz	M	48	M40	0:35'18.46
77	532	Terry Brannan	Wymondham AC	M	65	M60	0:35'18.84
78	403	Keith Brighty	Norwich RR	M	45	M40	0:35'21.11
79	535	Chris Wade	North Norfolk BR	M	20	SM	0:35'27.90
80	413	Darwin Turner	Norwich RR	M	32	SM	0:35'31.74
81	367	Christopher Gay	GYDAC	M	46	M40	0:35'34.74
82	345	Ben Houchen	U/A	M	25	SM	0:35'38.55
83	321	Dawm Ann Carver	Norwich RR	F	44	F35	0:35'38.81
84	479	Mark Ring	U/A	M	42	M40	0:35'45.68
85	492	Tony Millett	Norwich RR	M	55	M50	0:35'48.27
86	473	David Simpson	Coltishall Jaguars	M	56	M50	0:35'58.02
87	443	Trevor Horrex	Norwich RR	M	49	M40	0:36'07.74
88	325	Barry Bye	Ryston Runners	M	61	M60	0:36'08.43
89	359	Richard Collyer	Coltishall Jaguars	M	41	M40	0:36'09.81
90	365	Peter Nelson	Norwich RR	M	61	M60	0:36'10.11
91	378	Jonathon O'Hara	U/A	M	40	M40	0:36'19.58
92	350	John Hills	GYRR	M	61	M60	0:36'25.08
93	348	Gavin Thouless	Norwich RR	M	40	M40	0:36'30.30
94	489	Michael King	Coltishall Jaguars	M	59	M50	0:36'41.34
95	396	Nigel Gilham	Bungay BD	M	56	M50	0:36'43.78
96	534	Ian Wade	North Norfolk BR	M	51	M50	0:36'46.40
97	546	Robbin Stebbings	U/A	M	53	M50	0:36'46.65
98	516	Emily Hannant	Coltishall Jaguars	F	20	SF	0:36'49.18
99	531	Rebecca Jordon	Stowmarket Str	F	31	SF	0:36'49.52
100	385	Cheryl Holder	U/A	F	41	F35	0:36'53.21
101	509	Glenn Doy	Waveney Valley AC	M	53	M50	0:36'56.30
102	493	Anne Millett	Norwich RR	F	53	F45	0:36'56.71
103	392	Richard High	Norwich RR	M	38	SM	0:37'03.78

104	409	Rick Page	U/A	M	47	M40	0:37'11.30
105	497	David Goodwin	GYDAC	M	52	M50	0:37'11.68
106	475	Michelle Bull	Norwich RR	F	39	F35	0:37'12.46
107	447	Matt Ellis	Lowestoft RR	M	36	SM	0:37'13.90
108	453	Pauline Norman	Lowestoft RR	F	59	F55	0:37'15.68
109	342	Jude Durrant	U/A	F	40	F35	0:37'27.55
110	363	Sarah Bradley	Norwich RR	F	46	F45	0:37'37.99
111	381	Ian Jarvis	North Norfolk BR	M	42	M40	0:37'52.24
112	452	Marcel Braat	Lowestoft RR	M	39	SM	0:38'03.55
113	469	Geoff Hayward	North Norfolk BR	M	67	M60	0:38'05.11
114	407	Sarah Jay	Coltishall Jaguars	F	43	F35	0:38'05.58
115	477	Sirkka Love	Haverhill RC	F	54	F45	0:38'07.34
116	501	David Drewitt	GYDAC	M	58	M50	0:38'08.90
117	485	Graham Coleman	Wymondham AC	M	47	M40	0:38'20.14
118	376	John Grice	Lowestoft RR	M	56	M50	0:38'38.62
119	450	Alan Fairs	Waveney Valley AC	M	40	M40	0:38'56.90
120	339	Wendy Smith	Norwich RR	F	47	F45	0:39'00.49
121	389	Andrew McNamara	GYDAC	M	26	SM	0:39'14.96
122	315	Gill Woodhouse	Dereham Runners	F	61	F55	0:39'20.37
123	336	Gary Cooper	U/A	M	43	M40	0:39'24.37
124	500	Andrea Prime	Lowestoft RR	F	36	F35	0:39'28.46
125	330	Angela Tosh	U/A	F	31	SF	0:39'31.24
126	527	Hayley Litchfield	UEA	F	22	SF	0:39'32.58
127	433	Martin Stacey	Yeovil RR	M	51	M50	0:39'41.90
128	307	Neil Thomas	Bungay BD	M	41	M40	0:39'44.62
129	362	Jill Copeland	Norwich RR	F	50	F45	0:39'51.37
130	354	Jonathon Thetford	U/A	M	36	SM	0:40'20.24
131	542	Bob Paul	Bungay BD	M	56	M50	0:40'37.40
132	313	Bobbie Sauerzapf	Bungay BD	F	50	F45	0:40'50.11
133	399	Ivan Coleman	Norwich RR	M	47	M40	0:40'59.58
134	544	Kevin Pywell	U/A	M	49	M40	0:41'10.52
135	499	Susan Fraser	GYDAC	F	50	F45	0:41'16.74
136	343	Timmy Warnes	U/A	M	27	SM	0:41'22.18
137	301	Philip Neane	Bungay BD	M	60	M60	0:41'24.99
138	506	Bob Beatie	Norwich RR	M	61	M60	0:41'37.96
139	519	John England	GYDAC	M	61	M60	0:41'39.11
140	540	Neil Saunders	U/A	M	29	SM	0:41'46.78
141	510	Karen Gedge	Bungay BD	F	44	F35	0:41'53.74
142	513	Jonathon Folkard	North Norfolk BR	M	47	M40	0:42'01.34
143	486	Derek Ribbands	GYRR	M	50	M50	0:42'07.74
144	397	Stephen Carter	U/A	M	47	M40	0:42'08.62
145	545	Faye Barker	Lowestoft RR	F	30	SF	0:42'54.43
146	360	Audrey Batchelor	Norfolk Gaz	F	55	F55	0:43'08.46
147	405	Phillip Laurier	Lowestoft RR	M	60	M60	0:43'31.78
148	352	Alexandra McLaren	Lowestoft RR	M	60	M60	0:43'41.58
149	351	Tracy Moyse	Lowestoft RR	F	42	F35	0:43'42.74
150	515	Carolyn Burrage	Norfolk Gaz	F	54	F45	0:43'45.43
151	388	Robin Farrah	Bungay BD	M	66	M60	0:44'29.02
152	303	Julia Knights	Norwich RR	F	32	SF	0:44'43.34
153	521	Claire Collingsworth	Norwich RR	F	36	SF	0:44'46.11
154	523	Colin Dagl	Norwich RR	M	49	M40	0:44'47.81
155	305	John Lingard	GYRR	M	50	M50	0:45'05.52
156	507	Beth Cork	Norwich RR	F	40	F35	0:45'11.87
157	372	Brian Moore	Norwich RR	M	58	M50	0:45'13.30

158	402	Marianne Saunders	Norfolk Gaz	F	40	F35	0:45'41.68
159	373	Lynda Moore	Norwich RR	F	55	F55	0:46'20.96
160	547	Karen Waters	Bungay BD	F	39	F35	0:47'21.08
161	548	Bruce Rayner	Bungay BD	M	49	M40	0:47'21.37
162	459	Yvonne Jackson	U/A	F	42	F35	0:47'35.34
163	340	Diane Renshaw	Dereham Runners	F	50	F45	0:48'00.68
164	446	Rosie Rogers	Norfolk Gaz	F	49	F45	0:48'11.46
165	411	Richard Latham	U/A	M	20	SM	0:48'29.81
166	312	Charles Fenech	U/A	M	63	M60	0:49'20.08
167	349	Colin Thouless	Norwich RR	M	72	M60	0:49'58.52
168	370	Genette Sullivan	Norwich RR	F	43	F35	0:50'17.93
169	386	Dawn Clegg	GYDAC	F	51	F45	0:51'31.21
170	518	Maureen England	GYDAC	F	65	F55	0:51'31.43
171	549	Rodney Freeburn	Wymondham AC	M	70	M60	0:51'44.93
172	487	Karen Emery	North Norfolk BR	F	37	F35	0:51'51.52
173	476	Gemma Wyer	U/A	F	24	SF	0:52'18.62
174	498	Denise Goodwin	GYDAC	F	51	F45	0:52'37.40
175	366	Elaine Haggarty	GYDAC	F	53	F45	0:52'52.55
176	331	Chris Moore	U/A	M	32	SM	0:54'50.58
177	332	Mark Beales	U/A	M	34	SM	0:57'30.46
178	468	Louis Miller	U/A	M	78	M60	0:59'40.18
179	391	Pat Brightman	GYDAC	F	56	F55	1:00'05.43
180	512	Margaret Ison	North Norfolk BR	F	62	F55	1:01'50.78