

**Great Yarmouth Road Runners**  
**2009 Promenade 5 Mile Series**  
**Race 3 Results 20/5/2009**

<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	601	Richard Henderson	UEA	M	20	SM	0:26'23.58
2	414	James Preston	CONAC	M	19	SM	0:26'36.46
3	464	Carl Prewer	Lowestoft RR	M	39	SM	0:27'06.90
4	603	Wayne Utting	Norwich RR	M	32	SM	0:27'13.34
5	316	Robert Chenery	Ipswich Jaffa	M	22	SM	0:27'20.43
6	589	Steve Jones	North Norfolk BR	M	40	M40	0:27'24.68
7	566	Paul Higham	Norfolk Gaz	M	26	SM	0:27'37.93
8	593	Joshua Entwistle	UEA	M	20	SM	0:27'58.62
9	605	Simon O'Meara	UEA	M	20	SM	0:28'28.05
10	562	Mick Yaxley	Norfolk Gaz	M	48	M40	0:28'33.21
11	420	Richard Moore	Waveney Valley AC	M	44	M40	0:28'37.21
12	576	Jack Gillick	Wymondham AC	M	21	SM	0:29'09.05
13	422	Andrew Bunn	CONAC	M	40	M40	0:29'15.18
14	582	Paul Muffett	North Norfolk BR	M	50	M50	0:29'39.87
15	606	Tamara Jordon	Stowmarket Str	F	31	SF	0:29'42.43
16	624	Shaun Lark	Lowestoft RR	M	33	SM	0:29'56.49
17	600	Hollie Rolland	UEA	F	20	SF	0:30'14.52
18	571	Goy Roper	Norwich RR	M	47	M40	0:30'24.08
19	614	Paul Sullivan	Norwich RR	M	42	M40	0:30'40.05
20	575	Jane Clarke	CONAC	F	49	F45	0:30'41.58
21	404	Joshua Brighty	Norwich RR	M	17	SM	0:31'03.37
22	574	Eddie Greenland	Wymondham AC	M	44	M40	0:31'07.24
23	432	Glen Richardson	U/A	M	30	SM	0:31'11.37
24	623	Robert James	Bungay BD	M	38	SM	0:31'12.18
25	337	Sean Jermy	GYRR	M	20	SM	0:31'14.71
26	583	Paul Davies	Norwich RR	M	40	M40	0:31'28.18
27	609	Chris Parker	North Norfolk BR	M	26	SM	0:31'40.37
28	598	Clive Hedges	North Norfolk BR	M	50	M50	0:31'45.74
29	559	Darren Edridge	Coltishall Jaguars	M	40	M40	0:31'54.46
30	382	Dale Hurren	Norwich RR	M	51	M50	0:31'59.55
31	560	Steven Rendell-Read	Lowestoft RR	M	45	M40	0:32'07.52
32	356	Terry Epps	Wymondham AC	M	54	M50	0:32'10.68
33	572	Tracey Curl	Norwich RR	F	46	F45	0:32'13.58
34	393	Clare Donavon	North Norfolk BR	F	28	SF	0:32'14.11
35	451	Jordon Reed	U/A	M	16	SM	0:32'22.49
36	588	Lynn Emmett	CONAC	F	40	F35	0:32'39.37
37	431	Shaun Mason	GYRR	M	39	SM	0:32'50.68
38	587	Matthew Frary	Norwich RR	M	35	SM	0:32'53.62
39	317	Duncan Chenery	Ipswich Jaffa	M	49	M40	0:32'54.49
40	434	Elies Mann	Norwich RR	F	37	F35	0:32'58.21
41	377	Bill Kingaby	Waveney Valley AC	M	57	M50	0:33'06.14
42	613	Ace Dann	Tri-Anglia	M	37	SM	0:33'08.21
43	361	Tessa Pike	CONAC	F	49	F45	0:33'11.78
44	324	Kevin Hardingham	Norfolk Gaz	M	51	M50	0:33'17.18
45	428	Chris Mahoney	U/A	M	39	SM	0:33'29.58
46	353	Ryan Callaby	North Norfolk BR	M	28	SM	0:33'42.55

47	314	Chris Chorley	Bungay BD	M	45	M40	0:33'43.84
48	327	Peter Thompson	Norfolk Gaz	M	53	M50	0:33'52.93
49	364	Raymond Lindsey	Norwich RR	M	53	M50	0:33'58.49
50	390	Martin Yeomans	Norwich RR	M	58	M50	0:34'04.99
51	374	Michael Armes	Norwich RR	M	43	M40	0:34'17.81
52	612	Adie Grand	Norwich RR	M	44	M40	0:34'21.08
53	341	Stuart Southgate	U/A	M	45	M40	0:34'33.74
54	564	Karen Archbold	Lowestoft RR	F	42	F35	0:34'36.27
55	618	Terry Brannan	Wymondham AC	M	65	M60	0:34'37.43
56	322	Ian Moore	Norwich RR	M	42	M40	0:34'37.87
57	383	Ian Crutchley	Wymondham AC	M	44	M40	0:34'38.46
58	306	Stephen Dady	U/A	M	57	M50	0:34'39.02
59	403	Keith Brighty	Norwich RR	M	45	M40	0:34'39.68
60	556	Jake Grand	Norwich RR	M	15	SM	0:34'44.27
61	616	Alan Holland	Wymondham AC	M	61	M60	0:34'46.78
62	304	Peter Bussey	Norwich RR	M	47	M40	0:34'51.46
63	580	Stephen Etherington	GYRR	M	51	M50	0:34'52.87
64	621	David Hall	U/A	M	39	SM	0:34'55.99
65	602	Sarah Burdett	UEA	F	19	SF	0:34'59.30
66	635	Hugh Brown	U/A	M	39	SM	0:35'11.81
67	406	Adrian Jay	Coltishall Jaguars	M	39	SM	0:35'15.30
68	629	Bruce Rayner	Bungay BD	M	49	M40	0:35'42.99
69	554	Kevin Powles	Norwich RR	M	41	M40	0:35'48.18
70	413	Darwin Turner	Norwich RR	M	32	SM	0:35'51.30
71	625	Emily Hannant	Coltishall Jaguars	F	20	SF	0:35'56.90
72	338	Emma Potter-Campbell	Dereham Runners	F	39	SF	0:36'00.58
73	570	Michael King	Coltishall Jaguars	M	59	M50	0:36'05.11
74	604	Mark Elflett	Lowestoft RR	M	45	M40	0:36'10.99
75	378	Jonathon O'Hara	U/A	M	40	M40	0:36'20.43
76	392	Richard High	Norwich RR	M	38	SM	0:36'33.62
77	396	Nigel Gilham	Bungay BD	M	56	M50	0:36'36.55
78	443	Trevor Horrex	Norwich RR	M	49	M40	0:36'38.78
79	561	David Simpson	Coltishall Jaguars	M	56	M50	0:36'40.11
80	581	David Punt	Bungay BD	M	55	M50	0:36'50.87
81	345	Ben Houchen	U/A	M	25	SM	0:36'53.46
82	409	Rick Page	U/A	M	47	M40	0:36'55.71
83	433	Martin Stacey	Yeovil RR	M	51	M50	0:36'58.24
84	381	Ian Jarvis	North Norfolk BR	M	42	M40	0:37'00.30
85	586	Anne Millett	Norwich RR	F	53	F45	0:37'05.08
86	359	Richard Collyer	Coltishall Jaguars	M	41	M40	0:37'17.14
87	447	Matt Ellis	Lowestoft RR	M	36	SM	0:37'26.74
88	342	Jude Durrant	U/A	F	40	F35	0:37'27.37
89	452	Marcel Braat	Lowestoft RR	M	39	SM	0:37'29.27
90	569	Graham Coleman	Wymondham AC	M	47	M40	0:37'30.87
91	615	Lucy Cooper	Norfolk Gaz	F	42	F35	0:37'41.71
92	426	Leslie Hill	Norfolk Gaz	M	48	M40	0:37'42.37
93	453	Pauline Norman	Lowestoft RR	F	59	F55	0:37'43.43
94	497	David Goodwin	GYDAC	M	52	M50	0:37'46.84
95	308	Richard Gilham	Norfolk Gaz	M	47	M40	0:37'48.05
96	339	Wendy Smith	Norwich RR	F	47	F45	0:38'01.34
97	567	Kevin Gee	Norwich RR	M	48	M40	0:38'01.90
98	336	Gary Cooper	U/A	M	43	M40	0:38'04.55

99	363	Sarah Bradley	Norwich RR	F	46	F45	0:38'15.21
100	631	Kevin Pywell	U/A	M	49	M40	0:38'37.65
101	450	Alan Fairs	Waveney Valley AC	M	40	M40	0:38'41.46
102	590	Tracy Stevenson	Norfolk Gaz	F	40	F35	0:38'45.08
103	307	Neil Thomas	Bungay BD	M	41	M40	0:38'52.49
104	551	Anne Ellen	Norfolk Gaz	F	53	F45	0:39'06.71
105	376	John Grice	Lowestoft RR	M	56	M50	0:39'08.81
106	608	Heidi Bingham	Stowmarket Str	F	33	SF	0:39'25.02
107	563	Simon Bunting	Lowestoft RR	M	43	M40	0:39'34.14
108	573	Gill Woodhouse	Dereham Runners	F	61	F55	0:39'53.30
109	471	Rob Saines	North Norfolk BR	M	67	M60	0:40'07.87
110	599	Marrie Worrall	GYRR	F	41	F35	0:40'18.14
111	632	John Richardson	Dereham Runners	M	55	M50	0:40'25.27
112	313	Bobbie Sauerzapf	Bungay BD	F	50	F45	0:40'25.96
113	354	Jonathon Thetford	U/A	M	36	SM	0:40'26.74
114	301	Philip Neane	Bungay BD	M	60	M60	0:40'55.62
115	626	Karen Gedge	Bungay BD	F	44	F35	0:41'02.27
116	611	Bob Paul	Bungay BD	M	56	M50	0:41'03.14
117	607	David Pryce	Waveney Valley AC	M	63	M60	0:41'10.14
118	565	Eric Williams	Norwich RR	M	59	M50	0:41'20.58
119	389	Andrew McNamara	GYDAC	M	26	SM	0:41'39.52
120	633	Isobel Coombes	U/A	F	17	SF	0:41'40.18
121	579	Carolyn Poole	Norfolk Gaz	F	53	F45	0:41'49.99
122	578	Jonathon Folkard	North Norfolk BR	M	47	M40	0:41'57.81
123	568	Kenneth Renshaw	Dereham Runners	M	50	M50	0:41'58.46
124	595	Bob Beatie	Norwich RR	M	61	M60	0:41'59.21
125	558	Jackie Harrop	Norfolk Gaz	F	47	F45	0:42'11.49
126	362	Jill Copeland	Norwich RR	F	50	F45	0:42'21.02
127	358	Dawn Crane	Coltishall Jaguars	F	29	SF	0:42'29.87
128	592	Emma Denms	North Norfolk BR	F	34	SF	0:42'32.87
129	591	Shelley Burton	North Norfolk BR	F	38	F35	0:42'33.27
130	594	Derek Ribbands	GYRR	M	50	M50	0:42'40.81
131	545	Faye Barker	Lowestoft RR	F	30	SF	0:42'46.90
132	360	Audrey Batchelor	Norfolk Gaz	F	55	F55	0:42'54.08
133	343	Timmy Warnes	U/A	M	27	SM	0:43'00.90
134	596	Paula Lambert	Waveney Valley AC	F	40	F35	0:43'06.78
135	557	Carol Hardy	Norfolk Gaz	F	48	F45	0:43'14.37
136	620	Colin Dagl	Norwich RR	M	49	M40	0:43'18.02
137	619	Clair Collingsworth	Norwich RR	F	36	F35	0:43'18.43
138	388	Robin Farrah	Bungay BD	M	66	M60	0:43'20.90
139	344	Karl Rumsby	U/A	M	25	SM	0:43'27.99
140	584	Nigel James	Lowestoft RR	M	52	M50	0:43'31.30
141	352	Alexandra McLaren	Lowestoft RR	M	60	M60	0:43'39.46
142	351	Tracy Moyse	Lowestoft RR	F	42	F35	0:43'43.62
143	552	Gemma Sullivan	U/A	F	24	SF	0:43'51.52
144	585	Michelle Beckett	U/A	F	27	SF	0:44'01.11
145	305	John Lingard	GYRR	M	50	M50	0:44'15.14
146	597	Hannah Marks	Waveney Valley AC	F	23	SF	0:44'22.11
147	402	Marianne Saunders	Norfolk Gaz	F	40	F35	0:44'47.71
148	577	Gary Etherington	U/A	M	23	SM	0:45'02.30
149	303	Julia Knights	Norwich RR	F	32	SF	0:45'09.43
150	405	Phillip Laurier	Lowestoft RR	M	60	M60	0:45'38.11

151	459	Yvonne Jackson	U/A	F	42	F35	0:45'56.62
152	373	Lynda Moore	Norwich RR	F	55	F55	0:46'04.74
153	460	Kerry Nicholls	U/A	F	39	F35	0:46'19.14
154	628	Karen Waters	Bungay BD	F	39	F35	0:46'21.02
155	397	Stephen Carter	U/A	M	47	M40	0:46'26.11
156	372	Brian Moore	Norwich RR	M	58	M50	0:47'16.43
157	627	Martyn Starlings	Frank Readers Elite	M	38	SM	0:47'28.90
158	340	Diane Renshaw	Dereham Runners	F	50	F45	0:47'30.46
159	550	Linda Farrow	CONAC	F	61	F55	0:48'05.99
160	412	Jackie Wright	U/A	F	46	F45	0:48'52.49
161	312	Charles Fenech	U/A	M	63	M60	0:48'57.55
162	622	Zoe Mellor	U/A	F	23	SF	0:49'53.62
163	617	Dale DePasquale	U/A	M	41	M40	0:49'54.05
164	411	Richard Latham	U/A	M	20	SM	0:51'36.21
165	331	Chris Moore	U/A	M	32	SM	0:55'14.52
166	332	Mark Beales	U/A	M	34	SM	0:55'21.52
167	634	Frank Reader	U/A	M	64	M60	0:59'11.08
168	375	Sharron Armes	Norwich RR	F	39	F35	1:01'28.37
169	399	Ivan Coleman	Norwich RR	M	47	M40	1:01'29.49