

HUMPTY DUMPTY 10K

Sunday 28th June, 2009

| Pos | | | | Club | Category | TIME |
|-----|-----|-----------|--------------|-----------------------------|-------------------|-------|
| 1 | 295 | Craig | Hopkins | Swansea Harriers AC | Senior Men | 31:59 |
| 2 | 146 | Carl | Prewer | Lowestoft Road Runners | Senior Men | 33:44 |
| 3 | 72 | Gavin | Davies | Ipswich JAFFA | Senior Men | 34:12 |
| 4 | 184 | Lee | Calderon | UEA Triathlon Club | Senior Men | 34:36 |
| 5 | 200 | Fernando | Silva | | Vet Men: 50-54 | 35:27 |
| 6 | 292 | Francis | Hale | Norwich Road Runners | Vet Men: 40-44 | 35:31 |
| 7 | 73 | Helen | Decker | Ipswich JAFFA | Senior Ladies | 35:59 |
| 8 | 252 | Mark | Betts | Norwich Road Runners | Senior Men | 36:55 |
| 9 | 117 | Tom | Richardson | | Senior Men | 37:02 |
| 10 | 289 | Kristin | Barnard | | Senior Men | 37:34 |
| 11 | 279 | Paul | Cuthbert | Norwich Road Runners | Vet Men: 45-49 | 37:52 |
| 12 | 194 | Shaun | Lark | Lowestoft Road Runners | Senior Men | 38:04 |
| 13 | 304 | Ian James | Randall | Humpty Dumpty Brewery | Senior Men | 38:14 |
| 14 | 237 | Wayne | Utting | Norwich Road Runners | Senior Men | 38:49 |
| 15 | 14 | Paul | Sullivan | Norwich Road Runners | Vet Men: 40-44 | 38:49 |
| 16 | 283 | Jack | Gillick | Wymondham A.C. | Senior Men | 38:59 |
| 17 | 267 | John | Moore | Norfolk Gazelles | Vet Men: 45-49 | 39:02 |
| 18 | 245 | Mark | Edwards | Norwich Road Runners | Vet Men: 40-44 | 39:11 |
| 19 | 37 | Sean | Atterwill | City of Norwich A.C. | Senior Men | 39:23 |
| 20 | 226 | Colin | Robilliard | | Vet Men: 55-59 | 39:24 |
| 21 | 258 | Neil | Davison | City of Norwich A.C. | Vet Men: 40-44 | 39:27 |
| 22 | 280 | Kirk | Dodd | | Senior Men | 39:45 |
| 23 | 202 | Graham | Chapman | Ely Runners | Vet Men: 50-54 | 39:45 |
| 24 | 99 | Sean | Jermy | Gt. Yarmouth RRC | Senior Men | 39:48 |
| 25 | 215 | Ray | Hill | Ipswich JAFFA | Vet Men: 55-59 | 39:54 |
| 26 | 223 | John | Hartley | Gt. Yarmouth RRC | Vet Men: 40-44 | 39:58 |
| 27 | 222 | Aidan | Bond | | Senior Men | 40:37 |
| 28 | 228 | Darren | Edridge | Coltishall Jaguars | Vet Men: 40-44 | 40:50 |
| 29 | 241 | Alex | Bamford | Tri-Anglia | Senior Men | 41:03 |
| 30 | 185 | Ian | Thomas | UK Netrunners | Vet Men: 50-54 | 41:05 |
| 31 | 166 | Cameron | Panting | Norwich Road Runners | Senior Men | 41:05 |
| 32 | 134 | Ray | Lindsay | Norwich Road Runners | Vet Men: 50-54 | 41:18 |
| 33 | 71 | Steven | Neaves | Stowmarket Striders | Vet Men: 50-54 | 41:25 |
| 34 | 83 | Jim | Hayes | North Norfolk Beach Runners | Vet Men: 60-64 | 41:29 |
| 35 | 284 | Craig | Bone | amazing feet rc | Vet Men: 45-49 | 41:32 |
| 36 | 64 | Steven | Rendell-read | Lowestoft Road Runners | Vet Men: 45-49 | 41:35 |
| 37 | 224 | Paul | Grieveson | | Senior Men | 41:46 |
| 38 | 169 | Shawn | Mason | Gt. Yarmouth RRC | Senior Men | 41:57 |
| 39 | 89 | Alan | Bradley | Norwich Road Runners | Vet Men: 45-49 | 42:01 |
| 40 | 115 | Stephen | Dady | | Vet Men: 55-59 | 42:16 |
| 41 | 294 | Nicky | Alford | City of Norwich A.C. | Senior Ladies | 42:23 |
| 42 | 277 | John | Bassinder | Stainland Lions R.C. | Vet Men: 55-59 | 42:33 |
| 43 | 41 | Anya | McIntosh | Norwich Road Runners | Senior Ladies | 42:36 |
| 44 | 240 | Jason | Kelf | Norfolk Gazelles | Vet Men: 40-44 | 42:40 |
| 45 | 213 | Matthew | Frary | Norwich Road Runners | Senior Men | 42:44 |
| 46 | 242 | Ashley | Semmence | | Senior Men | 42:58 |
| 47 | 187 | Paul | Wightman | Wymondham A.C. | Vet Men: 45-49 | 43:00 |
| 48 | 173 | Timothy | Bragger | | Senior Men | 43:01 |
| 49 | 7 | Chris | Chorley | Bungay Black Dog A.C. | Vet Men: 45-49 | 43:03 |
| 50 | 128 | David | Tandy | Norwich Road Runners | Senior Men | 43:04 |
| 51 | 153 | David | Aldis | City of Norwich A.C. | Vet Men: 55-59 | 43:19 |
| 52 | 257 | Terry | Quigley | North Norfolk Beach Runners | Vet Men: 60-64 | 43:24 |
| 53 | 216 | Matthew | Pask | Norwich Road Runners | Vet Men: 40-44 | 43:33 |
| 54 | 56 | Karen | Archbold | Lowestoft Road Runners | Vet Ladies: 40-44 | 43:45 |
| 55 | 195 | John | Bone | Gt. Yarmouth RRC | Vet Men: 60-64 | 43:48 |
| 56 | 290 | Stuart | Barnard | | Senior Men | 43:57 |
| 57 | 227 | Claire | Davis | | Senior Ladies | 43:58 |
| 58 | 281 | Steve | Bird | City of Norwich A.C. | Vet Men: 40-44 | 44:21 |
| 59 | 144 | Eamonn | McCusker | Ryston Runners | Vet Men: 55-59 | 44:32 |

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| 60 | 212 | Keith | Brighty | Norwich Road Runners | Vet Men: 45-49 | 44:46 |
| 61 | 192 | Allan | McDuff | | Senior Men | 44:49 |
| 62 | 256 | Glenn | Doy | Waveney Valley A.C. | Vet Men: 50-54 | 45:18 |
| 63 | 203 | Mark | Elflett | Lowestoft Road Runners | Vet Men: 45-49 | 45:20 |
| 64 | 131 | Sharon | Hurren | Wymondham A.C. | Vet Ladies: 35-39 | 45:22 |
| 65 | 182 | David | Tudge | | Senior Men | 45:28 |
| 66 | 214 | Hugh | Brown | | Senior Men | 45:29 |
| 67 | 44 | Robert | Ellson | | Senior Men | 45:43 |
| 68 | 74 | Colin | Monks | Blackheath & Bromley Harriers A.C. | Vet Men: 60-64 | 45:45 |
| 69 | 35 | Gregoire | DePerson | | Senior Men | 45:48 |
| 70 | 32 | Oliver | Dack | Humpty Dumpty Brewery | Senior Men | 45:57 |
| 71 | 109 | Michael | King | Coltishall Jaguars | Vet Men: 55-59 | 45:58 |
| 72 | 138 | Tim | Linstead | | Vet Men: 40-44 | 46:18 |
| 73 | 16 | Michael | Armes | Norwich Road Runners | Vet Men: 40-44 | 46:22 |
| 74 | 262 | Matthew | Sutton | Gt. Yarmouth RRC | Senior Men | 46:29 |
| 75 | 110 | Martin | Yeomans | Norwich Road Runners | Vet Men: 55-59 | 46:35 |
| 76 | 293 | Andrew | Shorthouse | | Senior Men | 46:40 |
| 77 | 102 | Phil | Norman | | Senior Men | 46:40 |
| 78 | 229 | Christopher | Milnes | Ryston Runners | Vet Men: 50-54 | 46:46 |
| 79 | 175 | Michael | Hulme | Norwich Road Runners | Senior Men | 46:49 |
| 80 | 183 | Luke | Blackwell | | Senior Men | 46:54 |
| 81 | 90 | Gavin | Thouless | Norwich Road Runners | Vet Men: 40-44 | 47:00 |
| 82 | 96 | Bernard | Brett | Humpty Dumpty Brewery | Vet Men: 40-44 | 47:08 |
| 83 | 52 | Pauline | Drewery | | Vet Ladies: 40-44 | 47:12 |
| 84 | 38 | Bryan | Cooper | | Vet Men: 50-54 | 47:20 |
| 85 | 114 | Kevin | Gee | Norwich Road Runners | Vet Men: 45-49 | 47:24 |
| 86 | 111 | Peter | Downing | | Wheelchair | 47:27 |
| 87 | 269 | Paul | Carrier | | Senior Men | 47:29 |
| 88 | 161 | Carl | Higgins | Thetford A.C. | Vet Men: 45-49 | 47:32 |
| 89 | 88 | Sarah | Bradley | Norwich Road Runners | Vet Ladies: 45-49 | 47:34 |
| 90 | 105 | Diane | Pamplin | | Vet Ladies: 55-59 | 47:44 |
| 91 | 197 | Benjamin | Carvell | | Senior Men | 48:06 |
| 92 | 181 | Kevin | Blackwell | Norfolk Gazelles | Vet Men: 50-54 | 48:08 |
| 93 | 164 | Stephen | Kenworthy | | Vet Men: 40-44 | 48:15 |
| 94 | 113 | Darren | Powell | | Vet Men: 40-44 | 48:25 |
| 95 | 47 | Kevin | Howard | | Vet Men: 45-49 | 48:33 |
| 96 | 130 | Stephen | Warncken | | Vet Men: 50-54 | 48:37 |
| 97 | 254 | John | Forkes | Eastern Vets A.C. | Vet Men: 60-64 | 48:38 |
| 98 | 288 | Richard | Fellingham | Stowmarket Striders | Vet Men: 60-64 | 48:44 |
| 99 | 225 | Michael | Smith | Wymondham A.C. | Vet Men: 60-64 | 48:50 |
| 100 | 124 | Derek | Bale | Humpty Dumpty Brewery | Vet Men: 45-49 | 48:54 |
| 101 | 127 | Michael | O'Connor | North Norfolk Beach Runners | Vet Men: 55-59 | 48:59 |
| 102 | 270 | Justin | Ashford | Norwich Road Runners | Senior Men | 49:09 |
| 103 | 34 | Darren | Palgrave | | Senior Men | 49:12 |
| 104 | 54 | Melissa | Bell | | Senior Ladies | 49:17 |
| 105 | 220 | Mark | Buckham | | Senior Men | 49:20 |
| 106 | 174 | Sally | Cushing | Norwich Road Runners | Vet Ladies: 40-44 | 49:30 |
| 107 | 179 | Matt | Ellis | Lowestoft Road Runners | Senior Men | 49:32 |
| 108 | 78 | Annabel | Hodgkinson | | Vet Ladies: 40-44 | 49:35 |
| 109 | 211 | Colin | Fish | | Vet Men: 45-49 | 49:44 |
| 110 | 107 | Tracey | Stevens | Wymondham A.C. | Vet Ladies: 40-44 | 49:47 |
| 111 | 232 | Richard | High | Norwich Road Runners | Senior Men | 49:55 |
| 112 | 122 | Richard | Dye | Bungay Black Dog A.C. | Vet Men: 45-49 | 50:01 |
| 113 | 118 | Andrew | Baker | | Vet Men: 40-44 | 50:06 |
| 114 | 119 | Nicola | Baker | | Vet Ladies: 40-44 | 50:12 |
| 115 | 160 | Trevor | Horrex | Norwich Road Runners | Vet Men: 45-49 | 50:14 |
| 116 | 282 | Amy | Hill | Lowestoft Road Runners | Senior Ladies | 50:19 |
| 117 | 112 | Alec | Fraser | North Norfolk Beach Runners | Mens Vet Team | 50:32 |
| 118 | 287 | Neil | Whaley | | Vet Men: 45-49 | 50:36 |
| 119 | 62 | Stephen | Bassett | | Senior Men | 50:38 |
| 120 | 248 | Nicola | Grimes | | Senior Ladies | 50:40 |
| 121 | 61 | Lesley | Robins | | Vet Ladies: 35-39 | 50:40 |
| 122 | 8 | Bobbie | Sauerzapf | Bungay Black Dog A.C. | Vet Ladies: 50-54 | 50:41 |
| 123 | 305 | Robert | Randall | Humpty Dumpty Brewery | Senior Men | 50:52 |
| 124 | 126 | Chris | Aspin | | Vet Men: 40-44 | 50:52 |

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| 125 | 157 | Paul | Wright | | Vet Men: 45-49 | 50:54 |
| 126 | 147 | Hazel | Wilson | City of Norwich A.C. | Senior Ladies | 50:54 |
| 127 | 266 | Tony | Molloy | Birchfield Harriers | Vet Men: 50-54 | 50:56 |
| 128 | 143 | William | Craggs | | Senior Men | 51:01 |
| 129 | 106 | John | Pamplin | | Vet Men: 55-59 | 51:04 |
| 130 | 165 | Stephen | Panting | Norwich Road Runners | Vet Men: 40-44 | 51:05 |
| 131 | 6 | Gill | Woodhouse | Dereham Runners A.C. | Vet Ladies: 60+ | 51:07 |
| 132 | 251 | Rob | Fradley-Wilde | | Vet Men: 60-64 | 51:10 |
| 133 | 81 | Stephen | Bright | British Athletes Supporters Club | Vet Men: 45-49 | 51:12 |
| 134 | 244 | Allun | Overton | | Senior Men | 51:12 |
| 135 | 49 | Andy | Stephenson | | Senior Men | 51:14 |
| 136 | 301 | Adam | Parker | City of Norwich A.C. | Senior Men | 51:18 |
| 137 | 243 | Wendy | Smith | Norwich Road Runners | Vet Ladies: 45-49 | 51:23 |
| 138 | 191 | Ian | Tooley | | Vet Men: 45-49 | 51:30 |
| 139 | 221 | Sue | Osborne | | Vet Ladies: 40-44 | 51:35 |
| 140 | 263 | Jackie | Harrop | Norfolk Gazelles | Vet Ladies: 45-49 | 51:35 |
| 141 | 82 | Claire | Heald | | Vet Ladies: 35-39 | 51:49 |
| 142 | 276 | Rick | Page | | Vet Men: 45-49 | 52:16 |
| 143 | 39 | Ivan | Lees | Gt. Yarmouth RRC | Vet Men: 50-54 | 52:32 |
| 144 | 45 | Georgina | MacArthur | | Senior Ladies | 52:38 |
| 145 | 268 | Stephen | Corbould | Norfolk Gazelles | Vet Men: 50-54 | 52:47 |
| 146 | 247 | Peter | Savage | Holme Pierrepont | Vet Men: 50-54 | 52:56 |
| 147 | 234 | Kim | Blazer | | Vet Ladies: 40-44 | 53:02 |
| 148 | 172 | Sandie | Jardine | Newmarket Joggers | Vet Ladies: 45-49 | 53:04 |
| 149 | 271 | Martin | Ashford | Diss A.C. | Vet Men: 55-59 | 53:05 |
| 150 | 193 | Michelle | Kelly | | Vet Ladies: 35-39 | 53:08 |
| 151 | 246 | Sean | Harwood | | Vet Men: 45-49 | 53:13 |
| 152 | 80 | Sarah | Owen | British Athletes Supporters Club | Vet Ladies: 40-44 | 53:23 |
| 153 | 98 | Chris | Scott | | Senior Men | 53:24 |
| 154 | 230 | Alison | Milnes | Ryston Runners | Vet Ladies: 45-49 | 53:31 |
| 155 | 238 | Gary | Pearson | | Vet Men: 40-44 | 53:35 |
| 156 | 65 | Robert | Sivell | Dereham Runners A.C. | Senior Men | 53:46 |
| 157 | 95 | Graham | Creed | | Vet Men: 40-44 | 53:53 |
| 158 | 201 | Guy | Gomez | | Senior Men | 54:06 |
| 159 | 188 | Carole | Spong | Gt. Yarmouth RRC | Vet Ladies: 60+ | 54:09 |
| 160 | 159 | Anne | Florence | Diss A.C. | Vet Ladies: 55-59 | 54:10 |
| 161 | 255 | Andrew | McNamara | Gt Yarmouth & D.A.C. | Senior Men | 54:11 |
| 162 | 286 | Jason | Tillett | | Senior Men | 54:16 |
| 163 | 209 | Selma | Barker | | Vet Ladies: 40-44 | 54:17 |
| 164 | 116 | Marian | Pratt | | Vet Ladies: 40-44 | 54:20 |
| 165 | 148 | Peter | Walwyn | | Mens Vet Team | 54:23 |
| 166 | 85 | Brenda | Fee | Shafestbury Barnet Harriers | Vet Ladies: 60+ | 54:23 |
| 167 | 77 | Mike | Creasor | Road Runners Club | Mens Vet Team | 54:24 |
| 168 | 20 | Karen | Alford | | Vet Ladies: 45-49 | 54:25 |
| 169 | 137 | Audrey | Batchelor | Norfolk Gazelles | Vet Ladies: 55-59 | 54:38 |
| 170 | 163 | Paul | Minns | | Vet Men: 40-44 | 54:39 |
| 171 | 93 | Jon | Moxon | | Senior Men | 54:50 |
| 172 | 11 | Tamsin | Desborough | Waveney Valley A.C. | Senior Ladies | 54:51 |
| 173 | 123 | Karen | Smith | Diss A.C. | Vet Ladies: 35-39 | 54:51 |
| 174 | 59 | Maureen | Wolfe | | Vet Ladies: 50-54 | 54:56 |
| 175 | 236 | Julie | Dilrew | | Vet Ladies: 45-49 | 55:13 |
| 176 | 302 | Penny | Alexander | Norwich Road Runners | Senior Ladies | 55:14 |
| 177 | 253 | Lisa | Howard | Norwich Road Runners | Senior Ladies | 55:18 |
| 178 | 299 | Sarah | Sargeant | | Vet Ladies: 35-39 | 55:22 |
| 179 | 300 | David | Gilbert | Tri-Anglia | Mens Vet Team | 55:23 |
| 180 | 28 | Michael | Gray | Hunts AC | Vet Men: 60-64 | 55:31 |
| 181 | 273 | Andrew | Chapman | | Vet Men: 40-44 | 55:35 |
| 182 | 168 | Jeremy | Sinclair | | Vet Men: 55-59 | 55:49 |
| 183 | 259 | Sylvia | Dady | | Senior Ladies | 55:50 |
| 184 | 75 | Gemma | Sullivan | | Senior Ladies | 55:52 |
| 185 | 1 | Phillip | Neave | Bungay Black Dog A.C. | Vet Men: 60-64 | 55:59 |
| 186 | 76 | Michelle | Beckett | | Senior Ladies | 56:05 |
| 187 | 205 | Natasha | Davis | | Senior Ladies | 56:12 |
| 188 | 46 | Carl | Kwiatkowski | | Vet Men: 50-54 | 56:21 |
| 189 | 291 | Thomas | Leach | | Senior Men | 56:28 |

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| 190 | 219 | Will | Mitchell | | Senior Men | 56:32 |
| 191 | 92 | Neil | Cockerton | | Senior Men | 56:39 |
| 192 | 86 | Carole | Brown | Shafestbury Barnet Harriers | Vet Ladies: 60+ | 56:56 |
| 193 | 139 | Lee | Howell | | Vet Men: 40-44 | 57:09 |
| 194 | 140 | Sharon | Howell | | Vet Ladies: 40-44 | 57:10 |
| 195 | 142 | David | Craggs | | Vet Men: 50-54 | 57:19 |
| 196 | 120 | Andrew | Burrage | Norfolk Gazelles | Vet Men: 55-59 | 57:20 |
| 197 | 180 | Faye | Barker | Lowestoft Road Runners | Senior Ladies | 57:30 |
| 198 | 25 | Ailsa | MacDonald | | Senior Ladies | 57:36 |
| 199 | 218 | Peter | Warren | City of Norwich A.C. | Vet Men: 50-54 | 57:54 |
| 200 | 108 | Margaret | Newman | | Vet Ladies: 35-39 | 57:59 |
| 201 | 50 | Kaitlyn | Bell | | Senior Ladies | 58:06 |
| 202 | 26 | Tim | Morris | Humpty Dumpty Brewery | Vet Men: 40-44 | 58:07 |
| 203 | 36 | Katharine | Wallace | | Vet Ladies: 40-44 | 58:13 |
| 204 | 136 | William | Gilder | Humpty Dumpty Brewery | Senior Men | 58:21 |
| 205 | 250 | Ian | Moore | Norwich Road Runners | Senior Men | 58:28 |
| 206 | 296 | Steve | Thorpe | | Vet Men: 50-54 | 58:31 |
| 207 | 121 | Carolyn | Burrage | Norfolk Gazelles | Vet Ladies: 50-54 | 58:35 |
| 208 | 190 | Cathy | Tooley | | Vet Ladies: 40-44 | 58:53 |
| 209 | 186 | Kerry | Nicholls | | Vet Ladies: 35-39 | 58:53 |
| 210 | 278 | Sarah | Wells | | Senior Ladies | 58:55 |
| 211 | 158 | Andy | Thorpe | | Vet Men: 45-49 | 59:12 |
| 212 | 196 | David | Rose | | Vet Men: 40-44 | 59:28 |
| 213 | 23 | Tony | Britt | | Vet Men: 50-54 | 59:29 |
| 214 | 264 | Lindsay | Barker | | Vet Ladies: 45-49 | 59:34 |
| 215 | 4 | Anne | Sinclair | | Vet Ladies: 50-54 | 59:40 |
| 216 | 162 | Mike | Marshall | North Norfolk Beach Runners | Mens Vet Team | 59:40 |
| 217 | 135 | Laura | Arnall | | Senior Ladies | 59:48 |
| 218 | 285 | Lindsay | Bagshaw | | Vet Ladies: 35-39 | 60:12 |
| 219 | 141 | Sue | Craggs | | Vet Ladies: 50-54 | 60:18 |
| 220 | 177 | Victoria | Cornwall | | Vet Ladies: 35-39 | 60:23 |
| 221 | 58 | Ann | Hughes | | Vet Ladies: 35-39 | 60:32 |
| 222 | 145 | Mike | Smith | Wymondham A.C. | Mens Vet Team | 60:33 |
| 223 | 261 | DAVID | Holmes | Humpty Dumpty Brewery | Vet Men: 50-54 | 60:51 |
| 224 | 125 | Chris | Homes | Humpty Dumpty Brewery | Vet Ladies: 45-49 | 60:55 |
| 225 | 231 | Bob | Jack | Bungay Black Dog A.C. | Vet Men: 45-49 | 60:57 |
| 226 | 189 | Marianne | Saunders | Norfolk Gazelles | Vet Ladies: 40-44 | 61:03 |
| 227 | 5 | Sarah | Hughes | | Senior Ladies | 61:09 |
| 228 | 63 | Andrew | Palmer | | Vet Men: 40-44 | 61:13 |
| 229 | 151 | Jane | O'Nions | | Vet Ladies: 50-54 | 61:37 |
| 230 | 152 | Magdy | Elsawy | | Vet Men: 55-59 | 61:38 |
| 231 | 260 | Penny | Holmes | Humpty Dumpty Brewery | Vet Ladies: 40-44 | 61:51 |
| 232 | 84 | Naomi | Mellersh | Gt Bentley A.C. | Senior Ladies | 61:55 |
| 233 | 70 | Sally-Ann | Edmonds | | Vet Ladies: 35-39 | 62:33 |
| 234 | 217 | Christine | Bloomfield | Norfolk Gazelles | Vet Ladies: 50-54 | 62:40 |
| 235 | 33 | Helen | Bicknell | | Senior Ladies | 62:52 |
| 236 | 149 | Rosamund | Walwyn | | Vet Ladies: 55-59 | 63:15 |
| 237 | 207 | Martin | Baylis | | Senior Men | 63:17 |
| 238 | 206 | Angie | Weber | | Senior Ladies | 63:18 |
| 239 | 104 | Jennifer | Bettinson | Tri-Anglia | Senior Ladies | 63:22 |
| 240 | 27 | Elaine | Gray | Hunts AC | Vet Ladies: 50-54 | 64:32 |
| 241 | 156 | Caron | Wright | Diss A.C. | Vet Ladies: 45-49 | 65:15 |
| 242 | 24 | Ian | Ashman | Humpty Dumpty Brewery | Vet Men: 45-49 | 65:16 |
| 243 | 150 | June | Frary | Diss A.C. | Vet Ladies: 50-54 | 65:17 |
| 244 | 87 | Wendy | Larke | Wymondham A.C. | Vet Ladies: 40-44 | 65:35 |
| 245 | 69 | Amanda | Dudley | | Senior Ladies | 65:36 |
| 246 | 42 | Deanne | Rogers | | Senior Ladies | 65:38 |
| 247 | 171 | Sally Ann | Protheroe | Lowestoft Road Runners | Vet Ladies: 50-54 | 65:48 |
| 248 | 204 | Charles | Fenech | | Vet Men: 60-64 | 65:49 |
| 249 | 13 | Genette | Sullivan | Norwich Road Runners | Vet Ladies: 40-44 | 66:05 |
| 250 | 297 | Sara | Bullock | | Senior Ladies | 66:31 |
| 251 | 298 | Matthew | Bullock | | Vet Men: 40-44 | 66:32 |
| 252 | 199 | Helen | May | | Vet Ladies: 45-49 | 66:40 |
| 253 | 198 | Jane | Calne | | Vet Ladies: 50-54 | 66:41 |
| 254 | 275 | Katrine | Middleton | North Norfolk Beach Runners | Vet Ladies: 45-49 | 67:21 |

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| 255 | 94 | Sharne | Howes | | Senior Ladies | 67:28 |
| 256 | 272 | Roger | Andrews | Gt. Yarmouth RRC | Mens Vet Team | 67:50 |
| 257 | 31 | Brendon | Lansdowne | | Senior Men | 68:16 |
| 258 | 103 | Elizabeth | Clues | | Vet Ladies: 35-39 | 68:25 |
| 259 | 265 | Andrea | Black | Birchfield Harriers | Vet Ladies: 40-44 | 70:22 |
| 260 | 239 | Shaun | Mills | | Senior Men | 70:26 |
| 261 | 235 | Jannine | Parry | Humpty Dumpty Brewery | Senior Ladies | 75:02 |
| 262 | 133 | Denise | Skyes | Broxbourne Runners | Vet Ladies: 35-39 | 77:08 |
| 263 | 66 | Rebecca | Crothers | | Senior Ladies | 77:10 |
| 264 | 68 | Lucy | Hewitt | | Senior Ladies | 77:10 |
| 265 | 15 | Sharon | Armes | Norwich Road Runners | Vet Ladies: 40-44 | 79:35 |
| 266 | 91 | Colin | Thouless | Norwich Road Runners | Mens Vet Team | 79:35 |
| 267 | 306 | Denise | Randall | Humpty Dumpty Brewery | Vet Ladies: 60+ | 91:54 |
| 268 | 303 | Carmel | O'Brien | Humpty Dumpty Brewery | Vet Ladies: 35-39 | 91:55 |

GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

Would like to thank everyone for supporting this race.

We look forward to seeing you on

Sunday 31st January 2010

for the **REEDHAM TEN**

If you have any queries on the above, please do not hesitate
to contact us by email at:
gydacraces@btconnect.com