

Runners Centre Grand Prix 2009													
Ladies 29 & under	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Sylvia Dady	GYRR	9		2			8	6	8	23	4	28	1
Ladies 30 - 39	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Lisa Braat	Lowestoft	20	18					21		23	12	94	
Michelle Bull	NRR			3	4		7	3	5			22	3
Elies Mann	NRR	5		1	2	4	1		1	1		6	1
Alex Smith	NRR		3			6	3	1	3	4		14	2
Ladies 40 - 44	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Jude Durrant				1	2	6	2	4	2	3		10	1
Yvonne Jackson				8	9			22	12	15		66	
Marianne Saunders	Gazelles	12	14		7		8	15	10			51	2
Genette Sullivan	NRR			7	10		10	25	14	20		61	3
Ladies 45 - 49	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Karen Alford		9		6			6		7	8		36	
Annie Bradbury	Ryston					2	2	3	1		3	11	1
Sarah Bradley	NRR	3			3	6		6	2	2		16	2
Julie Dilrew						11		10	4	6	4	35	
Carol Hardy	Gazelles	8	6				7	12	8	7		36	
Rosie Rogers	Gazelles		8		5		10	17		11		51	
Wendy Smith	NRR	10	5	4	4				6		5	24	3
Ladies 50 - 54	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Dawn Clegg	GYDAC			5	6		7	14	13	6		37	
Jill Copeland	NRR	2			2		2	4	7			17	3

Susan Fraser	GYDAC			2	4		3	8	8	3		20	
Elaine Haggarty	GYDAC			6	8	9	9	16	14	8		40	
Anne Millett	NRR	1			1	2	1	1	1	1	3	5	1
Sallyanne Protheroe	Lowestoft	15	6				8		12	7		48	
Bobbie Sauerzapf	BBD	3			3	3		3	2		5	14	2
Ladies 55 - 59	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Audrey Batchelor	Gazelles	7			3			4	4	2		20	2
Lynda Moore	NRR	11	5	2	5		5	6		4		21	3
Pauline Norman	Lowestoft	3	2		1	3	2					11	1
Ladies 60 +	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Maureen England	GYDAC	8		5	2	4	2	9				21	
Brenda Kinch	NNBR	2						1	1	1	1	6	1
Veronica Manly	Diss	1	1	1			1	4	3	4		7	2
Gill Woodhouse	Dereham	3	2		1				2	2	2	9	3
Male 29 & under	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Joshua Brighty	NRR	9		6	8		3	3		24		29	2
Sean Jermy	GYDAC	12		7	11		7		8	17	4	45	3
Simon Levy	Ryston	10				3	4		9	20	2	28	1
Male 30 - 39	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Mark Betts	NRR	7	8	4	10	3						32	1
Matt Fray	NRR	10		9	7	7	9	9				41	2
Richard High	NRR	22	22	14	13	18	23	23		32	21	88	
Matt Howard	NRR		16	8		9	10	10	14			51	3
Jonathan Thetford			35	25	15		26	35	46	37		136	
Male 40 - 44	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Michael Armes	NRR	25	16	7	11	15	9	21	11	21		53	3

Richard Collyer	Coltishall			18	16		11	24		27		96	
Martin Ive	Ryston	2				3	3		4	9		21	2
Ian Jarvis	NNBR	24	18		19	18	12			42		91	
Matthew Pask	NRR	13	11			8		13		20		65	
Mark Ring				11	15	14				29	14	83	
Paul Sullivan	NRR	1		1	3	11	2	3		8	8	10	1
Gavin Thouless	NRR	17	10	4	18	16	13	26	15	32	17	58	
Male 45 -49	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Colin Alford		44		18			14		31	24		131	
Keith Brighty	NRR	15		16	13	33	10	15	16		15	68	
Chris Chorley	BBD	10			10	14		9	15	9	8	46	
John Christopher	NNBR		2	4	3		2	6	7	4	2	13	2
Ivan Colman	NRR	40		23	18	43		39	37			157	
Ian Crutchley	WAC			11	8	25	13	17	21	16		65	
Colin Fish		37	19			36			27		24	143	
Mark Garrett	NRR	4	3		2	4	4	5	4	1	6	14	3
Trevor Horrex	NRR		22	14	15			35	29			115	
Carl Manning	Ryston	13	10			11		11	10	8	9	48	
John Moore	Gazelles					5	3	2	6	3		19	
Rick Page			24		16	39	17	30		19	23	99	
Richard White	WAC	2		3	1	2	1	3	3	2		8	1
Tim Woods	Gazelles	19	12		6	21			17	13		67	
Male 50 - 54	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Tony Britt		33	18	12			11	19	21	16	24	78	
Kieron Haines	NRR	5		2	4	6	7	3				20	1
Andrew Hammond		18		9		12	9	7			23	55	3
Ray Lindsay	NRR		3		8	5	4	2			6	20	1
Chris Milnes	Ryston	16	11			14			8	11	15	59	
Pete Thompson	Gazelles	6		13	7			4	7	5		29	2
Male 55 - 59	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position

Stephen Dady	GYRR	4	2	2	4	4	3	3	3	5	3	13	2
Pete Johnson	Gazelles	1	1	1	1	1	2		2	3	1	5	1
Tony Millett	NRR				7	13	4	6			7	37	
Brian Moore	NRR	18	14	10	14		6	14		11		55	
Martin Yeomans	NRR	5	5	3	5	9		5	6			23	3
Male 60 - 69	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Richard Blake	GYRR	2		1		1	1		1	1	1	5	1
Barry Bye	Ryston	5	3		5	7	3	3	5	7		19	3
John England	GYDAC	19		10	11	18	6	9				54	
Charles Fenech		24		13	15	27	9	17	23	21	11	65	
Jim Hayes	NNBR	3				2			2	3	2	12	2
Geoff Hayward	NNBR	9	6		8	12				17	5	40	
Mike Marshall	NNBR		10	12		26			21		9	78	
Philip Neave	BBD	22	9		9	25	7	14	16	15		54	
Male 70 +	Club	WAC 10km	Reedham 10 m	Gazelles 10km	GYRR 5 m	Dereham 10 m	Guy Fawkes 10km	Worstead 5 m	Reepham 10 km	Wroxham 5 km	Wissey half	Total	Position
Louis Miller		4			3	3	3	3		3		15	2
Colin Thouless	NRR	2	1	1	1	1		2	3	2		6	1

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