

Norfolk Gazelles Valentine's 10K 2009 Results

| Place | Time | Name | Club | Age | Number |
|-------|----------|------------------|-----------------------------|---------------|--------|
| 1 | 00:33:30 | Andrew Bunn | Norwich Road Runners | Senior Men | 35 |
| 2 | 00:34:22 | Martyn Bath | CONAC | Senior Men | 130 |
| 3 | 00:34:51 | David Bettinson | Cambridge Tri Club | Men 35-39 | 12 |
| 4 | 00:35:08 | Wayne Utting | Norwich Road Runners | Senior Men | 132 |
| 5 | 00:35:36 | Ben Russell | Norwich Road Runners | Senior Men | 97 |
| 6 | 00:35:41 | Mick Yaxley | Norfolk Gazelles | Men 45-49 | 170 |
| 7 | 00:35:47 | Paul Higham | Norfolk Gazelles | Senior Men | 43 |
| 8 | 00:35:52 | Robert Kett | North Norfolk Beach Runners | Senior Men | 178 |
| 9 | 00:36:29 | Will Dorsett | North Norfolk Beach Runners | Senior Men | 179 |
| 10 | 00:37:20 | Mark Betts | Norwich Road Runners | Men 35-39 | 66 |
| 11 | 00:37:38 | Tim Vialls | | Men 45-49 | 125 |
| 12 | 00:37:58 | Richard White | Wymondham AC | Men 45-49 | 131 |
| 13 | 00:38:03 | Nigel Arnold | Norfolk Gazelles | Men 50-54 | 141 |
| 14 | 00:38:04 | Paul Sullivan | Norwich Road Runners | Men 40-44 | 144 |
| 15 | 00:38:07 | John Christopher | North Norfolk Beach Runners | Men 40-44 | 169 |
| 16 | 00:38:15 | Claire Donnelly | | Senior Ladies | 74 |
| 17 | 00:38:24 | Peter Tuttle | CONAC | Men 40-44 | 173 |
| 18 | 00:38:53 | Richard Blake | Great Yarmouth Road Runners | Men 55+ | 76 |
| 19 | 00:39:15 | Steven Guy | CONAC | Men 35-39 | 99 |
| 20 | 00:39:40 | Adrian Waters | Norfolk Gazelles | Men 40-44 | 95 |
| 21 | 00:39:54 | Paul Brookshaw | Great Yarmouth Road Runners | Men 45-49 | 14 |
| 22 | 00:40:09 | Kieron Haines | Norwich Road Runners | Men 50-54 | 124 |
| 23 | 00:40:44 | Dale Hurren | Norwich Road Runners | Men 50-54 | 126 |
| 24 | 00:40:45 | Sean Robson | | Men 40-44 | 152 |
| 25 | 00:40:47 | Steven Tyler | Coltishall Jaguars | Senior Men | 94 |
| 26 | 00:40:54 | Josh Brighty | Norwich Road Runners | Senior Men | 135 |
| 27 | 00:41:10 | Pat Muldoon | Mullingar Harriers | Men 50-54 | 199 |
| 28 | 00:41:24 | Peter Bussey | Norwich Road Runners | Men 45-49 | 145 |
| 29 | 00:41:26 | Melvin Hill | Norwich Road Runners | Men 45-49 | 47 |
| 30 | 00:41:40 | Pete Johnson | Norfolk Gazelles | Men 50-54 | 1 |
| 31 | 00:41:54 | Stephen Dady | | Men 55+ | 54 |
| 32 | 00:42:13 | Steven Pyne | Mornington Chasers | Men 35-39 | 32 |
| 33 | 00:42:15 | Matt Howard | Norwich Road Runners | Senior Men | 50 |
| 34 | 00:42:19 | Martin Yeoman | Norwich Road Runners | Men 55+ | 103 |
| 35 | 00:42:28 | Glen Nelson | Tri-Anglia | Men 55+ | 149 |
| 36 | 00:42:29 | Elies Mann | Norwich Road Runners | Ladies 35-39 | 193 |
| 37 | 00:42:43 | Matthew Frary | Norwich Road Runners | Men 35-39 | 115 |
| 38 | 00:42:53 | Benjamin Letzer | Coltishall Jaguars | Senior Men | 153 |
| 39 | 00:42:55 | Dean Blake | Coltishall Jaguars | Senior Men | 51 |
| 40 | 00:43:28 | Alan Bushell | Coltishall Jaguars | Men 35-39 | 146 |
| 41 | 00:43:29 | Sean Jermy | Great Yarmouth District AC | Senior Men | 137 |
| 42 | 00:43:31 | Mark Taylor | Norwich Road Runners | Men 55+ | 140 |
| 43 | 00:43:41 | Terry Quigley | North Norfolk Beach Runners | Men 55+ | 147 |

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| 44 | 00:43:48 | Andrew Marsh | West Norfolk AC | Men 45-49 | 34 |
| 45 | 00:44:01 | Gavin Thouless | Norwich Road Runners | Men 40-44 | 28 |
| 46 | 00:44:02 | Nigel Sinclair | Bunwell Strollers | Senior Men | 176 |
| 47 | 00:44:11 | Peter Allen | Bishops Stortford RC | Men 50-54 | 122 |
| 48 | 00:44:14 | Ken Bowman | Coltishall Jaguars | Men 55+ | 163 |
| 49 | 00:44:35 | John Leach | North Norfolk Beach Runners | Men 45-49 | 174 |
| 50 | 00:44:43 | Mark Tufts | Wymondham AC | Men 40-44 | 19 |
| 51 | 00:44:55 | Tom Stafford | Bunwell Strollers | Senior Men | 177 |
| 52 | 00:44:56 | Michael Armes | Norwich Road Runners | Men 40-44 | 31 |
| 53 | 00:44:57 | Matt Frary | | Men 40-44 | 133 |
| 54 | 00:45:19 | Ben Houchen | | Senior Men | 85 |
| 55 | 00:45:21 | Howard Burton | Coltishall Jaguars | Men 40-44 | 20 |
| 56 | 00:45:24 | Richard High | Norwich Road Runners | Men 35-39 | 93 |
| 57 | 00:45:25 | Ian Crutchley | Wymondham AC | Men 40-44 | 171 |
| 58 | 00:45:32 | Graham Statter | Bishops Stortford RC | Men 50-54 | 123 |
| 59 | 00:45:32 | Jeremy Boreham | North Norfolk Beach Runners | Men 35-39 | 180 |
| 60 | 00:45:34 | Raymond Marshall | | Men 45-49 | 65 |
| 61 | 00:45:42 | Adrian Jay | Coltishall Jaguars | Men 35-39 | 129 |
| 62 | 00:45:44 | John Cotton | | Men 45-49 | 116 |
| 63 | 00:45:51 | Andrew Fretwell | Norwich Road Runners | Men 45-49 | 142 |
| 64 | 00:45:52 | Philip Younge | | Men 40-44 | 154 |
| 65 | 00:45:57 | Michael Soper | St Edmunds Pacers | Men 35-39 | 104 |
| 66 | 00:46:13 | Bernadette Smith | Serpentine RC | Senior Ladies | 196 |
| 67 | 00:46:14 | Phil Smith | | Senior Men | 197 |
| 68 | 00:46:16 | Mark Ring | | Men 40-44 | 120 |
| 69 | 00:46:17 | Dominic Norrish | | Senior Men | 111 |
| 70 | 00:46:22 | Gary Beauchamp | | Men 45-49 | 186 |
| 71 | 00:46:23 | Andrew Hammond | | Men 50-54 | 114 |
| 72 | 00:46:28 | Raymond Templeton | | Men 35-39 | 83 |
| 73 | 00:46:29 | Glen Dunham | CONAC | Men 40-44 | 183 |
| 74 | 00:46:29 | Nathan Solomon | | Senior Men | 184 |
| 75 | 00:46:30 | Justin Ashford | Norwich Road Runners | Senior Men | 201 |
| 76 | 00:46:31 | Michelle Bull | Norwich Road Runners | Ladies 35-39 | 59 |
| 77 | 00:46:32 | Stephen Walpole | | Men 40-44 | 189 |
| 78 | 00:46:43 | Chris Southwell | | Men 55+ | 161 |
| 79 | 00:46:44 | Kevin House | | Men 35-39 | 16 |
| 80 | 00:46:56 | Trevor Horrex | Norwich Road Runners | Men 45-49 | 119 |
| 81 | 00:46:57 | Mark Burrows | Norwich Road Runners | Men 40-44 | 10 |
| 82 | 00:47:00 | Rob Emery | North Norfolk Beach Runners | Men 35-39 | 159 |
| 83 | 00:47:11 | David Simpson | Coltishall Jaguars | Men 55+ | 148 |
| 84 | 00:47:12 | Rod Bye | Coltishall Jaguars | Men 45-49 | 195 |
| 85 | 00:47:14 | Jonathan O'Hara | | Men 40-44 | 38 |
| 86 | 00:47:17 | Jude Durrant | | Ladies 40-44 | 84 |
| 87 | 00:47:27 | Keith Brighty | Norwich Road Runners | Men 45-49 | 136 |
| 88 | 00:47:28 | Karen Manning | Great Yarmouth Road Runners | Ladies 35-39 | 46 |
| 89 | 00:48:15 | Anne Hulse | Norwich Road Runners | Ladies 45-49 | 9 |
| 90 | 00:48:17 | Bill Powis | Ripley RC | Men 50-54 | 139 |
| 91 | 00:48:18 | Steve Field | | Men 35-39 | 61 |
| 92 | 00:48:27 | Kim Chatten | | Ladies 45-49 | 44 |

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|------------|----------|-----------------------|-----------------------------|---------------|-----|
| 93 | 00:48:47 | Stephen Frosdick | Wymondham AC | Men 45-49 | 158 |
| 94 | 00:48:53 | Corrina Smith | Thetford AC | Ladies 40-44 | 68 |
| 95 | 00:49:02 | John Forkes | Eastern Veterans AC | Men 55+ | 151 |
| 96 | 00:49:23 | Colin Alford | | Men 45-49 | 73 |
| 97 | 00:49:27 | Sarah Jay | Coltishall Jaguars | Ladies 40-44 | 128 |
| 98 | 00:49:40 | John Kerrison | | Men 45-49 | 168 |
| 99 | 00:49:41 | Veronica Manly | Diss AC | Ladies 55+ | 17 |
| 100 | 00:49:43 | Karl Rumsby | | Senior Men | 86 |
| 101 | 00:49:45 | Frances Hardman | | Senior Ladies | 79 |
| 102 | 00:49:51 | Mark Peach | Great Yarmouth Road Runners | Men 35-39 | 36 |
| 103 | 00:50:02 | Peter Dunnett | | Senior Men | 165 |
| 104 | 00:50:05 | Lee Jackson | | Men 40-44 | 198 |
| 105 | 00:50:08 | Mary Hopkins | Coltishall Jaguars | Ladies 45-49 | 18 |
| 106 | 00:50:24 | Chris Smith | | Senior Men | 166 |
| 107 | 00:50:46 | Rachel Fiddy | Norwich Road Runners | Senior Ladies | 188 |
| 108 | 00:51:01 | Jackie Bye | Coltishall Jaguars | Ladies 50-54 | 194 |
| 109 | 00:51:14 | Martin Ashford | Diss AC | Men 55+ | 200 |
| 110 | 00:51:17 | Alicia Higuero | | Ladies 35-39 | 11 |
| 111 | 00:51:18 | Ian Boggan | | Men 45-49 | 45 |
| 112 | 00:51:26 | Richard Bulman | Reepham Runners | Men 55+ | 69 |
| 113 | 00:51:27 | Ray Millard | getsetgo2fitness | Men 55+ | 118 |
| 114 | 00:51:29 | Brenda Fee | Shaftesbury Barnet Harriers | Ladies 55+ | 49 |
| 115 | 00:51:34 | Jen Armstrong | North Norfolk Beach Runners | Senior Ladies | 67 |
| 116 | 00:52:15 | Alec Fraser | North Norfolk Beach Runners | Men 55+ | 167 |
| 117 | 00:52:18 | Marie Patricia House | | Senior Ladies | 15 |
| 118 | 00:52:26 | Rob Saines | North Norfolk Beach Runners | Men 55+ | 27 |
| 119 | 00:52:51 | Wendy Smith | Norwich Road Runners | Ladies 45-49 | 33 |
| 120 | 00:52:56 | John England | Great Yarmouth District AC | Men 55+ | 78 |
| 121 | 00:53:26 | Susan Fraser | Great Yarmouth District AC | Ladies 45-49 | 91 |
| 122 | 00:53:37 | Henry Read | | Men 35-39 | 202 |
| 123 | 00:53:44 | Jeff Arden | Norfolk Gazelles | Men 50-54 | 92 |
| 124 | 00:53:51 | Richard Verschoyle | Great Yarmouth District AC | Men 55+ | 164 |
| 125 | 00:53:54 | Richard Collyer | Coltishall Jaguars | Men 40-44 | 108 |
| 126 | 00:54:09 | Jonathan Thetford | | Men 35-39 | 4 |
| 127 | 00:54:14 | Tony Britt | | Men 50-54 | 24 |
| 128 | 00:54:22 | Simon Laughlin | | Men 40-44 | 71 |
| 129 | 00:54:28 | Jon Hall | | Men 40-44 | 8 |
| 130 | 00:54:32 | Paul Minns | | Men 40-44 | 172 |
| 131 | 00:54:35 | Mike Marshall | North Norfolk Beach Runners | Men 55+ | 162 |
| 132 | 00:54:55 | Angela Langrish-Smith | | Ladies 55+ | 121 |
| 133 | 00:55:10 | Sally Carroll | | Ladies 40-44 | 25 |
| 134 | 00:55:14 | Joanne West | Coltishall Jaguars | Ladies 45-49 | 109 |
| 135 | 00:55:49 | Lynny Lee | | Ladies 35-39 | 98 |
| 136 | 00:56:04 | Sylvia Dady | | Senior Ladies | 53 |
| 137 | 00:56:13 | Jill Fisher | Norfolk Gazelles | Ladies 50-54 | 88 |
| 138 | 00:56:25 | Keith Wisdom | | Men 45-49 | 181 |
| 139 | 00:56:31 | Karen Alford | | Ladies 45-49 | 72 |
| 140 | 00:56:34 | Fran Barton | CONAC | Ladies 45-49 | 155 |
| 141 | 00:56:47 | Lynda Moore | Norwich Road Runners | Ladies 55+ | 62 |

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|------------|----------|-----------------------|-----------------------------|---------------|-----|
| 142 | 00:57:37 | Stephen Morley | Brandon Fern Hoppers | Men 55+ | 100 |
| 143 | 00:57:47 | Dee Neal | Coltishall Jaguars | Ladies 50-54 | 187 |
| 144 | 00:57:52 | Brian Moore | Norwich Road Runners | Men 55+ | 63 |
| 145 | 00:58:05 | Rebecca Morton | | Senior Ladies | 117 |
| 146 | 00:58:11 | Helen Coyte-McKenzie | Norfolk Gazelles | Ladies 40-44 | 22 |
| 147 | 00:58:12 | Andrew Coyte-McKenzie | Norfolk Gazelles | Men 45-49 | 23 |
| 148 | 00:58:17 | Gayle Digby | | Senior Ladies | 112 |
| 149 | 00:58:18 | Linda Farrow | CONAC | Ladies 55+ | 156 |
| 150 | 00:58:20 | Geoff Yates | | Men 35-39 | 90 |
| 151 | 00:59:00 | Sammi Jayawardane | | Senior Ladies | 191 |
| 152 | 00:59:08 | Lorna Rowe | | Senior Ladies | 190 |
| 153 | 00:59:12 | Louise Chapman | Norwich Road Runners | Ladies 35-39 | 64 |
| 154 | 00:59:19 | Andrea Osborne | North Norfolk Beach Runners | Ladies 50-54 | 52 |
| 155 | 00:59:33 | Ian Ross | | Men 40-44 | 26 |
| 156 | 00:59:44 | Bernice Frary | | Ladies 35-39 | 134 |
| 157 | 01:00:38 | Rebecca Houston | Norwich Road Runners | Ladies 35-39 | 185 |
| 158 | 01:01:50 | Sarah Crawshaw | | Senior Ladies | 42 |
| 159 | 01:01:53 | Peter Thompson | Norfolk Gazelles | Men 50-54 | 41 |
| 160 | 01:01:53 | Cynthia Crawshaw | Black Combe Runners | Ladies 55+ | 182 |
| 161 | 01:02:06 | Charles Fenech | | Men 55+ | 82 |
| 162 | 01:02:19 | Clare Denzy | Norwich Road Runners | Senior Ladies | 175 |
| 163 | 01:02:23 | Dawn Clegg | Great Yarmouth District AC | Ladies 50-54 | 40 |
| 164 | 01:02:51 | Johanna Wicker | Reepham Runners | Ladies 35-39 | 57 |
| 165 | 01:03:20 | Helen Chatten | | Ladies 40-44 | 105 |
| 166 | 01:03:29 | Genette Sullivan | Norwich Road Runners | Ladies 40-44 | 143 |
| 167 | 01:03:36 | Mark Wicker | Reepham Runners | Men 35-39 | 58 |
| 168 | 01:03:49 | Michelle Yates | | Senior Ladies | 89 |
| 169 | 01:03:50 | Yvonne Jackson | | Ladies 40-44 | 2 |
| 170 | 01:03:58 | Michael Radbourne | | Men 40-44 | 96 |
| 171 | 01:04:21 | Les Digby | | Men 55+ | 110 |
| 172 | 01:04:23 | Scott Wakeling | | Senior Men | 81 |
| 173 | 01:04:58 | Elaine Haggarty | Great Yarmouth District AC | Ladies 50-54 | 48 |
| 174 | 01:05:01 | Colin Thouless | Norwich Road Runners | Men 55+ | 29 |
| 175 | 01:05:33 | Jan Sumpter | | Ladies 55+ | 56 |
| 176 | 01:05:52 | Maureen England | Great Yarmouth District AC | Ladies 55+ | 77 |
| 177 | 01:06:19 | Erika Martin | | Senior Ladies | 80 |
| 178 | 01:06:28 | Rodney Freeburn | Wymondham AC | Men 55+ | 192 |
| 179 | 01:07:01 | Emma Brandon | | Ladies 35-39 | 75 |
| 180 | 01:07:02 | Helen Bowen | | Ladies 45-49 | 70 |
| 181 | 01:08:38 | Karen Emery | North Norfolk Beach Runners | Ladies 35-39 | 160 |
| 182 | 01:17:31 | Donna King | Reepham Runners | Senior Ladies | 60 |
| 183 | 01:17:52 | Sharon Armes | Norwich Road Runners | Ladies 35-39 | 30 |
| 184 | 01:17:53 | Ivan Colman | Norwich Road Runners | Men 45-49 | 106 |
| 185 | 01:18:32 | Roger Hall | | Men 40-44 | 102 |
| 186 | 01:18:42 | Fiona Martin | | Ladies 35-39 | 101 |
| 187 | 01:20:58 | Jill Francis | Norwich Road Runners | Ladies 50-54 | 157 |