

REEDHAM TEN 2010 - Sunday 28th February

Posn	Race No	Club	Cat	FinishTime	Perf	
1	327 Paul	Higham	Norwich Road Runners	Senior Men	00:59:24	75.20
2	334 Richard	Scott	Wimbledon Windmilers	Senior Men	01:00:07	74.30
3	278 Steve	Bates	Coltishall Jaguars	Senior Men	01:01:21	73.84
4	367 Mark	Haynes	Coltishall Jaguars	Senior Men	01:02:05	71.95
5	357 Roger	Stone	Felixstowe Road Runners	Vet Men: 40-44	01:03:13	73.19
6	256 Tim	Vials		Vet Men: 45-49	01:03:27	76.25
7	147 Mark	Betts	Norwich Road Runners	Senior Men	01:03:48	70.51
8	50 Colin	Robilliard	Coltishall Jaguars	Vet Men: 55-59	01:03:53	81.50
9	254 Peter	Johnson	Norfolk Gazelles	Vet Men: 55-59	01:04:25	80.83
10	59 Mark	Garrett	Norwich Road Runners	Vet Men: 45-49	01:05:18	73.51
11	233 Paul	Davies	Norwich Road Runners	Vet Men: 40-44	01:06:08	69.96
12	158 Steven	Neaves	Stowmarket Striders	Vet Men: 50-54	01:06:19	76.53
13	174 Darren	Edridge	Coltishall Jaguars	Vet Men: 40-44	01:06:27	69.63
14	266 Andrew	Houghton		Vet Men: 50-54	01:06:32	75.03
15	364 Edward	Greenland	Wymondham A.C.	Vet Men: 40-44	01:06:35	71.04
16	209 Mark	Merrywest	Norwich Road Runners	Senior Men	01:06:43	66.95
17	311 David	Maslen	Tri-Anglia	Vet Men: 45-49	01:07:38	70.45
18	130 Christopher	Turner	City of Norwich A.C.	Vet Men: 45-49	01:07:42	70.90
19	275 Graham	Moore		Vet Men: 45-49	01:08:15	71.43
20	212 Matthew	Frary	Norwich Road Runners	Senior Men	01:08:29	65.25
21	119 Racheal	Leathwood	Norwich Road Runners	Senior Ladies	01:08:33	72.04
22	340 Ray	Lindsay	Norwich Road Runners	Vet Men: 50-54	01:08:36	74.59
23	257 Andrew	Savory	Norwich Road Runners	Vet Men: 45-49	01:08:54	69.16
24	339 Leslie	Scott	Ryston Runners	Vet Men: 50-54	01:09:00	72.34
25	84 Carl	Wright	Norwich Road Runners	Vet Men: 45-49	01:09:01	70.10
26	42 Chris	Seymour	Stowmarket Striders	Vet Men: 40-44	01:09:17	66.78
27	88 Nick	Baldwin	Wymondham A.C.	Senior Men	01:10:38	63.24
28	312 Peter	Nelson		Vet Men: 40-44	01:10:54	64.81
29	202 Stephen	Dady	Gt. Yarmouth RRC	Vet Men: 55-59	01:10:57	74.02
30	137 Philip	Gagen		Senior Men	01:11:05	62.84
31	247 Jonathan	Wiles	Bungay Black Dog A.C.	Senior Men	01:11:07	63.70
32	219 Tim	Woods	Norfolk Gazelles	Vet Men: 45-49	01:11:29	68.20
33	105 Steven	Guy	City of Norwich A.C.	Senior Men	01:11:41	62.33
34	86 Matthew	Pask	Norwich Road Runners	Vet Men: 40-44	01:11:52	65.33
35	96 David	Brammer	March Braza	Vet Men: 45-49	01:11:53	67.31
36	157 Chris	Chorley	Bungay Black Dog A.C.	Vet Men: 45-49	01:12:06	67.11
37	165 Marcel	Braat	Lowestoft Road Runners	Vet Men: 40-44	01:12:19	63.54
38	177 Neville	Clarke	Newmarket Joggers	Vet Men: 55-59	01:12:26	71.88
39	51 Richard	Dye	Bungay Black Dog A.C.	Vet Men: 45-49	01:12:36	67.15
40	81 Keith	Brighty	Norwich Road Runners	Vet Men: 45-49	01:12:46	65.96
41	183 Scott	Sherman	Stowmarket Striders	Senior Men	01:13:09	61.06
42	146 Mary	Narey	Stowmarket Striders	Vet Ladies: 40-44	01:13:16	71.16
43	328 Gavin	Barron		Senior Men	01:13:37	60.67
44	220 Martin	Yeomans	Norwich Road Runners	Vet Men: 55-59	01:13:55	71.70
45	360 Richard	Collyer	Coltishall Jaguars	Vet Men: 40-44	01:14:20	62.24
46	135 Patrick	Larke	Wymondham A.C.	Vet Men: 50-54	01:14:24	68.21
47	374 Fiachra	Barry	Colchester & Tendering A.C.	Senior Men	01:14:36	59.87
48	358 Chris	Cooper		Senior Men	01:14:46	59.74
49	246 Tom	Pullinger	Bungay Black Dog A.C.	Senior Men	01:14:53	60.49
50	375 Stuart	Baird		Senior Men	01:14:55	59.64
51	215 John	Bone	Gt. Yarmouth RRC	Vet Men: 60-64	01:15:05	74.05
52	350 Adrian	Galvin		Vet Men: 45-49	01:15:22	63.22
53	95 Chris	Meadows		Senior Men	01:15:26	59.21
54	228 Jason	Cole		Senior Men	01:15:35	59.10
55	16 William	Buck	Norwich Road Runners	Vet Men: 45-49	01:15:48	64.31
56	354 Mark	Ring		Vet Men: 40-44	01:15:56	61.39
57	294 Andrew	Baker		Vet Men: 40-44	01:16:00	61.34
58	282 Julian	Allaker	Norwich Road Runners	Senior Men	01:16:08	58.67
59	383 David	Hall	Norwich Road Runners	Vet Men: 40-44	01:16:14	60.28
60	201 Stephen	Elliott		Senior Men	01:16:30	58.39
61	341 Matt	Plunkett	Dereham Runners A.C.	Senior Men	01:16:36	59.14
62	348 Adrian	Jay	Coltishall Jaguars	Vet Men: 40-44	01:16:39	59.95
63	238 Martin	Bagnall	Coltishall Jaguars	Vet Men: 45-49	01:16:40	62.61

64	292	Tim	Tyler	Norwich Road Runners	Vet Men: 50-54	01:16:42	66.17
65	8	Thomas	Lincoln-Kemp	Norwich Road Runners	Vet Men: 40-44	01:16:54	60.62
66	260	Marie	Clark	Norwich Road Runners	Vet Ladies: 35-39	01:16:59	65.04
67	111	Matt	Ellis	Lowestoft Road Runners	Senior Men	01:17:00	58.42
68	70	Dave	Spooner	North Norfolk Beach Runners	Senior Men	01:17:09	58.31
69	303	Denver	Slowther		Senior Men	01:17:12	57.88
70	363	Graham	Coleman	Wymondham A.C.	Vet Men: 45-49	01:17:20	63.04
71	381	John	Knight	Tri-Anglia	Senior Men	01:17:24	57.71
72	155	Ben	Snelling		Senior Men	01:17:36	58.78
73	274	John	Yare		Vet Men: 45-49	01:17:56	62.55
74	207	Jon	Holland	Norwich Road Runners	Senior Men	01:18:29	56.91
75	370	Andrew	Fretwell	Norwich Road Runners	Vet Men: 50-54	01:18:47	62.85
76	293	Kevin	Gee	Norwich Road Runners	Vet Men: 45-49	01:18:53	62.29
77	298	Vincent	Coustham	City of Norwich A.C.	Senior Men	01:18:53	56.62
78	154	Lisa	Godwin	Norwich Road Runners	Vet Ladies: 35-39	01:18:58	63.91
79	313	Stephen	Panting	Norwich Road Runners	Vet Men: 40-44	01:19:06	58.93
80	203	Gavin	Thouless	Norwich Road Runners	Vet Men: 40-44	01:19:15	58.38
81	63	Stephen	Warncken		Vet Men: 50-54	01:19:34	63.26
82	80	Nigel	Gilham	Bungay Black Dog A.C.	Vet Men: 55-59	01:19:37	65.40
83	52	Richard	Gilham	Norfolk Gazelles	Vet Men: 45-49	01:19:46	60.66
84	343	Barry	Bye	Ryston Runners	Vet Men: 60-64	01:20:15	68.60
85	347	Sarah	Jay	Coltishall Jaguars	Vet Ladies: 40-44	01:20:40	65.17
86	175	Duncan	Cardwell		Senior Men	01:21:12	56.18
87	192	Luke	Sutherland		Senior Men	01:21:22	54.90
88	213	Stephen	Niblett	Coltishall Jaguars	Vet Men: 40-44	01:21:41	56.64
89	85	Paul	Wright		Vet Men: 45-49	01:21:52	58.63
90	168	Bobbie	Sauerzapf	Bungay Black Dog A.C.	Vet Ladies: 50-54	01:21:55	68.85
91	61	Craig	Jennings	Coltishall Jaguars	Senior Men	01:22:04	54.45
92	12	Andy	Brown		Senior Men	01:22:12	54.34
93	123	David	Waterman	Bungay Black Dog A.C.	Vet Men: 45-49	01:22:37	59.47
94	376	Emily	Hannant	Coltishall Jaguars	Senior Ladies	01:22:40	59.74
95	349	Ian	Ogles		Senior Men	01:22:43	54.00
96	287	Margaret	McSweeney	Peel Road Runners	Vet Ladies: 50-54	01:22:54	68.68
97	259	Neil	Clark	Norwich Road Runners	Senior Men	01:23:03	54.55
98	78	Gemma	Sullivan		Senior Ladies	01:23:05	59.44
99	309	Jonathan	Boucher		Senior Men	01:23:07	53.74
100	372	Chris	Jenkins		Senior Men	01:23:08	53.73
101	338	Mark	Peach	Gt. Yarmouth RRC	Senior Men	01:23:46	53.70
102	276	Richard	Farrar		Senior Men	01:23:50	54.04
103	186	David	Lane	Ryston Runners	Vet Men: 45-49	01:23:56	56.77
104	91	Matt	Rowland		Senior Men	01:24:02	53.91
105	342	Neil	Thomas	Bungay Black Dog A.C.	Vet Men: 40-44	01:24:07	55.42
106	380	Jon	Isherwood	Norwich Road Runners	Senior Men	01:24:09	58.68
107	366	David	Simpson	Coltishall Jaguars	Vet Men: 55-59	01:24:10	62.40
108	295	Nicola	Baker		Vet Ladies: 40-44	01:24:40	61.57
109	336	Leigh	Marshall		Senior Men	01:24:45	52.70
110	320	Robert	Ewin	Wymondham A.C.	Vet Men: 60-64	01:25:01	64.75
111	332	Philippa	Rudd	Norwich Road Runners	Vet Ladies: 45-49	01:25:17	63.24
112	333	Christopher	Groves		Vet Men: 55-59	01:25:18	62.13
113	351	Toby	Redington		Senior Men	01:26:12	51.82
114	352	Ian	Welch		Senior Men	01:26:15	51.79
116	57	Gary	Pearson		Vet Men: 40-44	01:26:30	53.89
117	153	Sheridan	Carver	Norfolk Gazelles	Vet Ladies: 35-39	01:26:32	58.78
118	270	David	Hutcheon	Coltishall Jaguars	Vet Men: 65-69	01:26:38	65.49
119	365	David	Kelf	AXE VALLEY RUNNERS	Vet Men: 60-64	01:26:48	64.06
120	133	Julian	Holland		Senior Men	01:26:59	51.35
121	353	Graham	Edmond		Senior Men	01:27:03	52.40
122	161	Kevin	Howard		Vet Men: 45-49	01:27:15	55.45
123	55	Simon	Wicks	Thetford A.C.	Senior Men	01:27:25	51.10
124	198	John	Crawford	Ely Runners	Vet Men: 55-59	01:27:37	60.49
125	121	Jeremy	Sinclair		Vet Men: 55-59	01:27:48	59.30
126	378	Keith	Dyke		Vet Men: 55-59	01:27:58	59.19
127	359	Jethro	Walters		Senior Men	01:27:59	50.77
128	379	Victoria	Dyke		Senior Ladies	01:28:00	56.12
129	290	Trevor	Horrex	Norwich Road Runners	Vet Men: 50-54	01:28:23	56.02

130	308	Stephen	Cunningham		Vet Men: 50-54	01:28:45	55.79
131	361	Jill	Copeland	Norwich Road Runners	Vet Ladies: 50-54	01:29:07	62.71
132	191	Shona	Bendix		Vet Ladies: 40-44	01:29:21	58.83
133	187	Gill	Hart	Ryston Runners	Vet Ladies: 55-59	01:29:30	66.83
134	152	Mandy	Fulton	Norwich Road Runners	Vet Ladies: 35-39	01:30:10	56.41
135	368	Alison	Haynes	Coltishall Jaguars	Senior Ladies	01:30:22	54.65
136	269	Brenda	Hutcheon	Coltishall Jaguars	Vet Ladies: 60-64	01:30:23	69.87
137	200	Michael	Jewiss	Dereham Runners A.C.	Vet Men: 55-59	01:30:43	57.89
138	112	Faye	Ellis	Lowestoft Road Runners	Senior Ladies	01:31:00	54.27
139	306	Helen	Oghenegweke	Norwich Road Runners	Vet Ladies: 35-39	01:31:19	54.41
140	369	Colin	Whale		Vet Men: 45-49	01:31:40	53.18
141	382	Mike	Davis		Senior Men	01:31:56	49.27
142	162	Gwyneth	Jones		Vet Ladies: 50-54	01:32:07	61.23
143	235	Carole	Spong	Gt. Yarmouth RRC	Vet Ladies: 65+	01:32:10	71.88
144	371	Alexandra	Nichol	Tri-Anglia	Senior Ladies	01:32:22	53.46
145	62	Kate	McCabe		Vet Ladies: 35-39	01:33:00	53.84
146	122	Anne	Sinclair		Vet Ladies: 50-54	01:33:01	61.80
147	346	Kurtis	Grimmette		Senior Men	01:33:09	47.95
148	117	Timothy	Johnson		Senior Men	01:33:20	47.86
149	314	Chloe	Wigg		Senior Ladies	01:33:21	52.90
150	377	Peter	Wigg		Vet Men: 50-54	01:33:22	53.03
151	148	Lisa	Howard	Norwich Road Runners	Senior Ladies	01:33:23	52.88
152	223	Becky	Ingham		Vet Ladies: 35-39	01:33:34	53.94
153	224	Andy	Bruce		Vet Men: 45-49	01:33:34	51.71
154	33	Judith	Berry		Vet Ladies: 35-39	01:34:32	52.56
155	197	Fran	Crawford	Ely Runners	Vet Ladies: 55-59	01:34:38	63.21
156	118	Margaret	Newman		Vet Ladies: 35-39	01:34:57	53.15
157	73	Sarah	Chowdhury		Senior Ladies	01:34:57	52.01
158	355	Laurine	Hanna		Senior Ladies	01:35:26	51.75
159	98	Carol	Hardy	Norfolk Gazelles	Vet Ladies: 45-49	01:35:38	57.91
160	324	Tom	Taylor		Vet Men: 45-49	01:35:43	50.93
161	234	Mike	Marshall	North Norfolk Beach Runners	Vet Men: 65-69	01:35:46	61.26
162	127	Jayne	Cook	Norwich Road Runners	Vet Ladies: 45-49	01:36:00	56.18
163	362	Anthony	Balls		Vet Men: 45-49	01:36:20	49.46
164	94	Marianne	Saunders	Norfolk Gazelles	Vet Ladies: 40-44	01:36:55	52.91
165	262	Brian	Moore	Norwich Road Runners	Vet Men: 55-59	01:37:42	54.74
166	286	Tony	Britt		Vet Men: 50-54	01:37:55	52.26
167	28	Phillip	Neave	Bungay Black Dog A.C.	Vet Men: 60-64	01:37:58	55.65
168	267	Jacques	Groen	Bungay Black Dog A.C.	Vet Men: 60-64	01:38:12	55.52
169	32	Rachel	Ingram		Vet Ladies: 40-44	01:38:21	52.57
170	261	Lynda	Moore	Norwich Road Runners	Vet Ladies: 55-59	01:38:40	60.00
171	239	Kathryn	Bagnall	Coltishall Jaguars	Vet Ladies: 45-49	01:38:45	55.58
172	9	Gillian	Petts-Hannant	Bungay Black Dog A.C.	Senior Ladies	01:39:01	49.87
173	243	Rebecca	Durant	Coltishall Jaguars	Vet Ladies: 55-59	01:39:30	60.12
174	36	Ivan	Lees	Gt. Yarmouth RRC	Vet Men: 50-54	01:40:20	50.58
175	6	Andrea	Osborne	North Norfolk Beach Runners	Vet Ladies: 55-59	01:41:14	57.89
176	7	Robert	Osborne	North Norfolk Beach Runners	Vet Men: 50-54	01:41:14	48.91
177	56	Stacey Daniele	Owen	Thetford A.C.	Senior Ladies	01:41:21	48.73
178	72	Moses	Chowdhury		Vet Men: 40-44	01:41:41	45.50
179	69	Lorraine	Robertson	Norwich Road Runners	Vet Ladies: 35-39	01:41:54	49.53
180	325	Louisa	Rodwell		Senior Ladies	01:42:18	48.27
181	68	Clare	Denzey	Norwich Road Runners	Senior Ladies	01:43:50	47.56
182	373	Grahame	Walkingshaw		Vet Men: 45-49	01:44:22	46.36
183	178	Joanne	Flegg		Vet Ladies: 40-44	01:44:31	49.47
184	97	Lisa	Rodgers		Vet Ladies: 40-44	01:44:31	50.30
185	21	Justine	Griffin		Vet Ladies: 35-39	01:45:32	47.44
186	22	Daniel	Griffin		Vet Men: 45-49	01:45:35	45.13
187	204	Colin	Thouless	Norwich Road Runners	Vet Men: 70+	01:49:18	57.09
188	156	Wendy	Larke	Wymondham A.C.	Vet Ladies: 40-44	01:52:16	47.22
189	25	Sharon	Armes	Norwich Road Runners	Vet Ladies: 40-44	01:52:31	45.58
190	24	Michael	Armes	Norwich Road Runners	Vet Men: 40-44	01:52:32	42.03
191	283	Richard	High	Norwich Road Runners	Senior Men	01:52:32	40.54
192	317	Karen	Emery	North Norfolk Beach Runners	Vet Ladies: 35-39	02:02:23	41.24
193	344	Katrine	Middleton	North Norfolk Beach Runners	Vet Ladies: 45-49	02:02:25	45.24
194	299	Lou	Miller		Vet Men: 70+	02:22:14	47.89