

# Coltishall Jaguars Spring 10K 2010 (incorporating County Championships)

Sunday 28 March 2010. 10:30 am

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race No	Race Place
1	0:34:22	HIGHAM, Paul	Norwich Road Runners	Men 15-39	05:31.7	47	1
2	0:34:38	BUSH, Tom	Altrincham AC	Men 15-39	05:34.3	150	2
3	0:34:47	JONES, Andy	City of Norwich Athletic Club	Men 40-49	05:35.8	119	3
4	0:35:06	MIDDLETON, Daniel		Men 15-39	05:38.8	65	4
5	0:35:52	ARNOLD, Nigel	Norfolk Gazelles	Men 50-59	05:46.2	107	5
6	0:35:53	WALWYN, Olivia	City of Norwich Athletic Club	Ladies 15-39	05:46.4	143	6
7	0:36:21	SMITH, Stuart	Norwich Road Runners	Men 15-39	05:50.9	118	7
8	0:36:39	SCROWTHER, Peter	North Herts Road Runners	Men 40-49	05:53.8	3	8
9	0:37:17	GARRETT, Mark	Norwich Road Runners	Men 40-49	05:59.9	23	9
10	0:37:31	WAITY, Phil	Wymondham AC	Men 15-39	06:02.1	114	10
11	0:37:47	LEVERSEDGE, John	Enfield & Haringey AC	Men 50-59	06:04.7	25	11
12	0:38:00	MANNING, Andrew	Great Yarmouth Road Runners	Men 40-49	06:06.8	32	12
13	0:38:09	BROCK, Dave	Orion Harriers	Men 40-49	06:08.3	41	13
14	0:38:10	ROBILLIARD, Colin	Coltishall Jaguars RC	Men 50-59	06:08.4	108	14
15	0:38:14	PRESTON, Andrew	Wymondham AC	Men 40-49	06:09.1	130	15
16	0:39:06	MORRELL, Toby	Tri-Anglia	Men 15-39	06:17.4	111	16
17	0:39:19	JOHNSON, Pete	Norfolk Gazelles	Men 50-59	06:19.5	109	17
18	0:39:23	ROBSON, Sean	RAF Marham	Men 40-49	06:20.2	122	18
19	0:39:29	CHRISTOPHER, John	North Norfolk Beach Runners	Men 40-49	06:21.1	201	19
20	0:39:30	SULLIVAN, Paul	Norwich Road Runners	Men 40-49	06:21.3	154	20
21	0:39:32	RUST, Sue	London Heathside	Ladies 15-39	06:21.6	145	21
22	0:40:06	JAMES, Molly	West Norfolk AC	Ladies 15-39	06:27.1	136	22
23	0:40:10	NELSON, Glen	Tri-Anglia	Men 50-59	06:27.7	76	23
24	0:40:12	DONOVAN, Clare	North Norfolk Beach Runners	Ladies 15-39	06:28.0	33	24
25	0:40:22	GOTTS, Mark	City of Norwich Athletic Club	Men 15-39	06:29.7	198	25
26	0:40:31	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	06:31.1	166	26
27	0:40:41	LAKE, Todd	Dereham Runners AC	Men 40-49	06:32.7	146	27
28	0:41:27	ALFORD, Nicky	City of Norwich Athletic Club	Ladies 15-39	06:40.1	192	28
29	0:41:51	WOODS, Tim	Norfolk Gazelles	Men 40-49	06:44.0	73	29
30	0:42:03	JENNINGS, Val	Ipswich jaffa RC	Ladies 40-49	06:45.9	75	30
31	0:42:14	SMITH, Dennis	Ryston Runners	Men 15-39	06:47.7	170	31
32	0:42:25	WHITING, Phil	Norfolk Gazelles	Men 15-39	06:49.4	176	32
33	0:42:27	HARDINGHAM, Kevin	Norfolk Gazelles	Men 50-59	06:49.8	99	33
34	0:42:36	DADY, Stephen	Great Yarmouth Road Runners	Men 50-59	06:51.2	49	34
35	0:42:40	HAYES, Jim	North Norfolk Beach Runners	Men 60+	06:51.9	48	35
36	0:43:11	BRADLEY, Alan	Norwich Road Runners	Men 40-49	06:56.8	84	36
37	0:43:15	COUSTHAM, Vincent	City of Norwich Athletic Club	Men 15-39	06:57.5	165	37
38	0:43:27	ARMES, Michael	Norwich Road Runners	Men 40-49	06:59.4	101	38
39	0:43:35	DAINES, Rebecca	West Norfolk AC	Ladies 15-39	07:00.7	169	39
40	0:43:36	PLUNKETT, Matt	Dereham Runners AC	Men 15-39	07:00.9	103	40
41	0:43:46	KNIGHT, John	Tri-Anglia	Men 15-39	07:02.5	135	41
42	0:43:49	NORMAN, Phil		Men 15-39	07:03.0	134	42
43	0:43:51	STAUNTON, Louise	Ipswich jaffa RC	Ladies 15-39	07:03.3	22	43
44	0:43:57	CROFTS, Tanya	Wymondham AC	Ladies 15-39	07:04.2	53	44
45	0:43:58	BLOMFIELD, Stephen		Men 40-49	07:04.4	124	45
46	0:44:13	HIGH, Richard	Norwich Road Runners	Men 15-39	07:06.8	161	46
47	0:44:14	YEOMANS, Martin	Norwich Road Runners	Men 50-59	07:07.0	8	47
48	0:44:15	EDGE, Trevor		Men 60+	07:07.1	180	48
49	0:44:16	FRARY, Matt	City of Norwich Athletic Club	Men 40-49	07:07.3	129	49
50	0:44:17	SMITH, Alexandra	Norwich Road Runners	Ladies 15-39	07:07.5	71	50
51	0:44:25	HARRIS, Peter	Ely Runners	Men 50-59	07:08.8	140	51
52	0:44:28	KENWORTHY, Stephen		Men 40-49	07:09.2	97	52
53	0:44:44	ELLIS, Matt	Lowestoft Road Runners	Men 15-39	07:11.8	92	53
54	0:45:12	DEBEER, Russell	Norfolk Gazelles	Men 15-39	07:16.3	205	54
55	0:45:13	CHURCH, Stephen	City of Norwich Athletic Club	Men 40-49	07:16.5	164	55
56	0:45:13	LANE, Gavin	West Norfolk AC	Men 40-49	07:16.5	128	56
57	0:45:16	NELSON, Peter	Norwich Road Runners	Men 60+	07:17.0	157	57
58	0:45:20	BROUGHTON, Robin		Men 15-39	07:17.6	35	58
59	0:45:24	WADE, Ian	North Norfolk Beach Runners	Men 50-59	07:18.2	158	59
60	0:45:26	ISHERWOOD, Jon	Norwich Road Runners	Men 15-39	07:18.6	199	60
61	0:45:32	CHRISTIAN, Jenny	Wymondham AC	Ladies 50-59	07:19.5	37	61
62	0:45:45	COLEMAN, Graham	Wymondham AC	Men 40-49	07:21.6	181	62
63	0:45:52	DURRANT, Jude		Ladies 40-49	07:22.8	163	63
64	0:45:57	JONES, Paul		Men 15-39	07:23.6	44	64
65	0:46:02	HOLLAND, Jon	Norwich Road Runners	Men 15-39	07:24.4	175	65
66	0:46:04	JONES, David		Men 15-39	07:24.7	178	66
67	0:46:05	MILNES, Christopher	Ryston Runners	Men 50-59	07:24.8	126	67
68	0:46:06	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-49	07:25.0	91	68
69	0:46:17	CARWYN, James	West Norfolk AC	Men 40-49	07:26.8	168	69
70	0:46:21	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	07:27.4	14	70
71	0:46:25	BULL, Michelle	Norwich Road Runners	Ladies 15-39	07:28.1	45	71
72	0:46:31	FRETWELL, Andrew	Norwich Road Runners	Men 50-59	07:29.0	104	72
73	0:46:50	COX, Juliet	Wymondham AC	Ladies 15-39	07:32.1	96	73
74	0:46:51	DAVIS, Richard		Men 15-39	07:32.2	2	74

75	0:46:54	WILSON, Brendan	City of Norwich Athletic Club	Men 40-49	07:32.7	83	75
76	0:47:20	THOULESS, Gavin	Norwich Road Runners	Men 40-49	07:36.9	70	76
77	0:47:21	ELLEN, Anne	Norfolk Gazelles	Ladies 50-59	07:37.1	149	77
78	0:47:27	HILL, James	Norwich Road Runners	Men 15-39	07:38.0	112	78
79	0:47:35	LOUGHLIN, Gillian	City of Norwich Athletic Club	Ladies 40-49	07:39.3	28	79
80	0:47:38	GORDON-GRAY, Anthony	Norfolk Gazelles	Men 60+	07:39.8	105	80
81	0:47:44	COOKE, Sue	City of Norwich Athletic Club	Ladies 40-49	07:40.8	72	81
82	0:47:45	TODD, Ian	West Norfolk AC	Men 40-49	07:40.9	196	82
83	0:47:45	SIMILON, Ellen	West Norfolk AC	Ladies 15-39	07:40.9	172	83
84	0:48:05	TOOKE, Deborah		Ladies 15-39	07:44.2	67	84
85	0:48:06	FAWKES, Carl		Men 15-39	07:44.3	197	85
86	0:48:09	ALFORD, Colin		Men 40-49	07:44.8	6	86
87	0:48:14	DEFERNEZ, Marianne		Ladies 40-49	07:45.6	64	87
88	0:48:17	DAVIES, Kate	West Norfolk AC	Ladies 15-39	07:46.1	127	88
89	0:48:21	PARSONS, Karen		Ladies 40-49	07:46.7	10	89
90	0:48:22	HILL, Matthew	Norwich Road Runners	Men 15-39	07:46.9	113	90
91	0:48:40	PEGG, Les	City of Norwich Athletic Club	Men 50-59	07:49.8	159	91
92	0:48:48	BRADLEY, Sarah	Norwich Road Runners	Ladies 40-49	07:51.1	85	92
93	0:48:49	CORBOULD, Stephen	Norfolk Gazelles	Men 50-59	07:51.2	100	93
94	0:48:50	THORNE, Christine	North Norfolk Beach Runners	Ladies 50-59	07:51.4	121	94
95	0:48:54	SMITH, Mike	Wymondham AC	Men 60+	07:52.0	55	95
96	0:49:14	JENNINGS, Craig	Coltishall Jaguars RC	Men 15-39	07:55.3	13	96
97	0:49:17	KNIGHT, Emilie	City of Norwich Athletic Club	Ladies 15-39	07:55.7	162	97
98	0:49:21	WICKS, Simon	Thetford AC	Men 15-39	07:56.4	27	98
99	0:49:23	JARVIS, Ian	North Norfolk Beach Runners	Men 40-49	07:56.7	151	99
100	0:49:32	PARFITT, Matthew		Men 15-39	07:58.1	182	100
101	0:49:33	THOMAS, Neil	Bungay Black Dog RC	Men 40-49	07:58.3	167	101
102	0:49:46	SCOTTOW, Lee	Norwich Road Runners	Men 15-39	08:00.4	43	102
103	0:49:52	SULLIVAN, Gemma		Ladies 15-39	08:01.4	12	103
104	0:49:57	HORREX, Trevor	Norwich Road Runners	Men 50-59	08:02.2	132	104
105	0:49:58	TOMKINS, Debbie	Norwich Road Runners	Ladies 40-49	08:02.3	155	105
106	0:49:58	SMITH, Mark		Men 15-39	08:02.3	74	106
107	0:49:59	DESWARTE, Richard		Men 40-49	08:02.5	190	107
108	0:50:00	ROWE, Tim	Norwich Road Runners	Men 40-49	08:02.7	137	108
109	0:50:01	NICHOLLS, Andrew		Men 50-59	08:02.8	58	109
110	0:50:17	MOORE, Ian	Norwich Road Runners	Men 15-39	08:05.4	174	110
111	0:50:20	BURROWS, Mark	Norwich Road Runners	Men 40-49	08:05.9	142	111
112	0:50:24	SMITH, Serena	West Norfolk AC	Ladies 15-39	08:06.5	171	112
113	0:50:28	MAHONEY, Laura	City of Norwich Athletic Club	Ladies 15-39	08:07.2	148	113
114	0:50:32	HULSE, Anne	Norwich Road Runners	Ladies 40-49	08:07.8	141	114
115	0:50:40	HARROP, Jackie	Norfolk Gazelles	Ladies 40-49	08:09.1	131	115
116	0:50:51	SMITH, Michael	Wymondham AC	Men 60+	08:10.9	179	116
117	0:51:10	BRITCHER, Simon	Norwich Road Runners	Men 40-49	08:13.9	88	117
118	0:51:11	SULLIVAN, Kate	Norwich Road Runners	Ladies 15-39	08:14.1	152	118
119	0:51:20	GLEESON, Chris	Norwich Road Runners	Men 15-39	08:15.5	19	119
120	0:51:28	MAN, Angela	City of Norwich Athletic Club	Ladies 15-39	08:16.8	18	120
121	0:51:47	JEWISS, Michael	Dereham Runners AC	Men 50-59	08:19.9	133	121
122	0:52:02	BEATTIE, Bob	Norwich Road Runners	Men 60+	08:22.3	184	122
123	0:52:03	EWIN, Robert	Wymondham AC	Men 60+	08:22.4	156	123
124	0:52:06	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	08:22.9	11	124
125	0:52:15	HIGGINS, Janet	City of Norwich Athletic Club	Ladies 50-59	08:24.4	36	125
126	0:52:19	GITSHAM, Karen	Norman Road Runners	Ladies 15-39	08:25.0	173	126
127	0:52:23	MINNS, Paul		Men 40-49	08:25.7	77	127
128	0:52:33	MANNING, Karen	Great Yarmouth Road Runners	Ladies 15-39	08:27.3	31	128
129	0:52:38	WALWYN, Peter		Men 60+	08:28.1	115	129
130	0:52:39	MARSH, Ronald	Wymondham AC	Men 60+	08:28.2	38	130
131	0:52:44	COPELAND, Jill	Norwich Road Runners	Ladies 50-59	08:29.0	86	131
132	0:52:47	BATCHELOR, Audrey	Norfolk Gazelles	Ladies 50-59	08:29.5	98	132
133	0:53:12	DIXON, David		Men 50-59	08:33.5	191	133
134	0:53:37	AVERY, Steve		Men 40-49	08:37.6	54	134
135	0:53:46	PUNT, David	Bungay Black Dog RC	Men 50-59	08:39.0	195	135
136	0:54:07	YATES, Dylan		Men 15-39	08:42.4	4	136
137	0:54:11	ALFORD, Karen		Ladies 40-49	08:43.0	5	137
138	0:54:29	MILNES, Alison	Ryston Runners	Ladies 40-49	08:45.9	125	138
139	0:54:30	TILBURY-LARTER, Wayne		Men 15-39	08:46.1	42	139
140	0:54:31	MARTIN, Peter	Highworth Running Club	Men 60+	08:46.3	200	140
141	0:54:54	BUSSEY, Alison		Ladies 15-39	08:50.0	188	141
142	0:54:57	LAWRIE, Teresa		Ladies 15-39	08:50.4	66	142
143	0:55:13	MARSHALL, Mike	North Norfolk Beach Runners	Men 60+	08:53.0	189	143
144	0:55:14	SAINES, Rob	North Norfolk Beach Runners	Men 60+	08:53.2	81	144
145	0:55:49	WILLIMOTT, Helen	Norwich Road Runners	Ladies 15-39	08:58.8	160	145
146	0:56:01	TURNER, Chris	City of Norwich Athletic Club	Men 40-49	09:00.7	203	146
147	0:56:02	LAMB, Clare		Ladies 40-49	09:00.9	204	147
148	0:56:12	CHILD, Jennifer	Tri-Anglia	Ladies 40-49	09:02.5	193	148
149	0:56:14	DADY, Sylvia	Great Yarmouth Road Runners	Ladies 15-39	09:02.8	50	149
150	0:56:36	BRITT, Tony	UK Net Runner	Men 50-59	09:06.4	120	150
151	0:56:41	WARNES, Tom		Men 15-39	09:07.2	147	151
152	0:56:48	DENMADE, Tony		Men 40-49	09:08.3	82	152
153	0:57:07	OWEN, Stacey	Thetford AC	Ladies 15-39	09:11.4	26	153
154	0:57:21	BROWN, Sharon		Ladies 15-39	09:13.6	183	154

155	0:57:23	JOHNSON, Timothy		Men 15-39	09:13.9	87	155
156	0:57:40	LUBBOCK, Kim	Norfolk Gazelles	Ladies 40-49	09:16.7	62	156
157	0:58:23	DARNELL, Robert		Men 50-59	09:23.6	95	157
158	0:58:24	NEAVE, Philip	Bungay Black Dog RC	Men 60+	09:23.7	63	158
159	0:58:43	BURTON, Shelley	North Norfolk Beach Runners	Ladies 15-39	09:26.8	202	159
160	0:58:52	BLAKESLEY, Emily	City of Norwich Athletic Club	Ladies 15-39	09:28.3	177	160
161	0:59:04	LONDON, Julie	Norfolk Gazelles	Ladies 40-49	09:30.2	61	161
162	0:59:06	ROBERTSON, Lorraine	Norwich Road Runners	Ladies 15-39	09:30.5	144	162
163	0:59:08	DENZEY, Clare	Norwich Road Runners	Ladies 15-39	09:30.8	34	163
164	1:01:08	PEACOCK, Susan		Ladies 40-49	09:50.1	89	164
165	1:01:09	FLEGG, Joanne		Ladies 40-49	09:50.3	16	165
166	1:01:23	POWELL, Sappho		Ladies 15-39	09:52.5	9	166
167	1:01:30	HOLT, Linda	North Norfolk Beach Runners	Ladies 50-59	09:53.7	30	167
168	1:02:44	JOHNS, Naomi		Ladies 15-39	10:05.6	194	168
169	1:03:07	COOK, Ruth		Ladies 15-39	10:09.3	186	169
170	1:03:29	MANNERS, Roberta		Ladies 50-59	10:12.8	187	170
171	1:03:29	POOLEY, Diane		Ladies 15-39	10:12.8	185	171
172	1:03:46	THOULESS, Colin	Norwich Road Runners	Men 60+	10:15.6	69	172
173	1:04:27	SULLIVAN, Genette	Norwich Road Runners	Ladies 40-49	10:22.2	153	173
174	1:05:41	DAGLESS, Karren	Norwich Road Runners	Ladies 40-49	10:34.1	117	174
175	1:07:32	FENECH, Charles		Men 60+	10:51.9	52	175
176	1:08:46	LARKE, Wendy	Wymondham AC	Ladies 40-49	11:03.8	60	176
177	1:08:58	ARMES, Sharon	Norwich Road Runners	Ladies 40-49	11:05.8	102	177
178	1:12:44	MEREDITH, Faye	Norwich Road Runners	Ladies 15-39	11:42.1	139	178
179	1:12:45	COLMAN, Ivan	Norwich Road Runners	Men 40-49	11:42.3	138	179
180	1:18:05	BRACKENBURY, Johanna	Norwich Road Runners	Ladies 15-39	12:33.8	80	180
181	1:18:06	BOOT, Andrew	Norwich Road Runners	Men 40-49	12:33.9	78	181

There were 181 finishers in the All Competitors category.