

# **10K County Championship Results 2010 Sunday 28<sup>th</sup> March 2010**

## **Ladies Norfolk County Champion**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:53	WALWYN, Olivia	City of Norwich Athletic Club	Ladies 15-39	143	6

## **Mens Norfolk County Champion**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:22	HIGHAM, Paul	Norwich Road Runners	Men 15-39	47	1

## **Norfolk County Championship Ladies 15-39**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:53	WALWYN, Olivia	City of Norwich Athletic Club	Ladies 15-39	143	6
2	0:40:06	JAMES, Molly	West Norfolk AC	Ladies 15-39	136	22
3	0:40:12	DONOVAN, Clare	North Norfolk Beach Runners	Ladies 15-39	33	24

## **Norfolk County Championship Men 15-39**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:22	HIGHAM, Paul	Norwich Road Runners	Men 15-39	47	1
2	0:35:06	MIDDLETON, Daniel		Men 15-39	65	4
3	0:36:21	SMITH, Stuart	Norwich Road Runners	Men 15-39	118	7

## **Norfolk County Championship Ladies 40-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:45:52	DURRANT, Jude		Ladies 40-49	163	63
2	0:46:06	STEVENSON, Tracy	Norfolk Gazelles	Ladies 40-49	91	68
3	0:46:21	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	14	70

## **Norfolk County Championship Men 40-49**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:47	JONES, Andy	City of Norwich Athletic Club	Men 40-49	119	3
2	0:37:17	GARRETT, Mark	Norwich Road Runners	Men 40-49	23	9
3	0:38:00	MANNING, Andrew	Great Yarmouth Road Runners	Men 40-49	32	12

## **Norfolk County Championship Ladies 50-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:45:32	CHRISTIAN, Jenny	Wymondham AC	Ladies 50-59	37	61
2	0:47:21	ELLEN, Anne	Norfolk Gazelles	Ladies 50-59	149	77
3	0:48:50	THORNE, Christine	North Norfolk Beach Runners	Ladies 50-59	121	94

## **Norfolk County Championship Men 50-59**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:52	ARNOLD, Nigel	Norfolk Gazelles	Men 50-59	107	5
2	0:37:47	LEVERSEDGE, John	Enfield & Haringey AC	Men 50-59	25	11
3	0:38:10	ROBILLIARD, Colin	Coltishall Jaguars RC	Men 50-59	108	14

## **Norfolk County Championship Ladies 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:52:06	WOODHOUSE, Gill	Dereham Runners AC	Ladies 60+	11	124

## **Norfolk County Championship Men 60+**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:40:31	BLAKE, Richard	North Norfolk Beach Runners	Men 60+	166	26
2	0:42:40	HAYES, Jim	North Norfolk Beach Runners	Men 60+	48	35
3	0:44:15	EDGE, Trevor		Men 60+	180	48

# Norfolk County Championship Team Competition

## Senior Ladies

(3 competitors per team. Based on cumulative position.)

### 1: West Norfolk AC

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:40:06	JAMES, Molly	Ladies 15-39	136	22
5	0:43:35	DAINES, Rebecca	Ladies 15-39	169	39
10	0:47:45	SIMILON, Ellen	Ladies 15-39	172	83
<b>17</b>	<b>2:11:26</b>	<b>Totals</b>			

### 2: City of Norwich Athletic Club

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:35:53	WALWYN, Olivia	Ladies 15-39	143	6
4	0:41:27	ALFORD, Nicky	Ladies 15-39	192	28
13	0:49:17	KNIGHT, Emilie	Ladies 15-39	162	97
<b>18</b>	<b>2:06:37</b>	<b>Totals</b>			

### 3: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
7	0:44:17	SMITH, Alexandra	Ladies 15-39	71	50
8	0:46:25	BULL, Michelle	Ladies 15-39	45	71
15	0:51:11	SULLIVAN, Kate	Ladies 15-39	152	118
<b>30</b>	<b>2:21:53</b>	<b>Totals</b>			

## Senior Men

4 competitors per team. Based on cumulative position.)

### 1: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:34:22	HIGHAM, Paul	Men 15-39	47	1
3	0:36:21	SMITH, Stuart	Men 15-39	118	7
13	0:44:13	HIGH, Richard	Men 15-39	161	46
16	0:45:26	ISHERWOOD, Jon	Men 15-39	199	60
<b>33</b>	<b>2:40:22</b>	<b>Totals</b>			

### 2: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
17	0:46:02	HOLLAND, Jon	Men 15-39	175	65
20	0:47:27	HILL, James	Men 15-39	112	78
22	0:48:22	HILL, Matthew	Men 15-39	113	90
26	0:49:46	SCOTTOW, Lee	Men 15-39	43	102
<b>85</b>	<b>3:11:37</b>	<b>Totals</b>			

## Veteran ladies

(3 competitors per team. Based on cumulative position.)

### 1: Norfolk Gazelles

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:46:06	STEVENSON, Tracy	Ladies 40-49	91	68
5	0:47:21	ELLEN, Anne	Ladies 50-59	149	77
15	0:50:40	HARROP, Jackie	Ladies 40-49	131	115
<b>23</b>	<b>2:24:07</b>	<b>Totals</b>			

### 2: Norwich Road Runners

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
4	0:46:21	CUSHING, Sally	Ladies 40-49	14	70
10	0:48:48	BRADLEY, Sarah	Ladies 40-49	85	92
13	0:49:58	TOMKINS,Debbie	Ladies 40-49	155	99
<b>27</b>	<b>2:25:07</b>	<b>Totals</b>			

### 3: City of Norwich Athletic Club

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
6	0:47:35	LOUGHLIN, Gillian	Ladies 40-49	28	79
7	0:47:44	COOKE, Sue	Ladies 40-49	72	81
17	0:52:15	HIGGINS, Janet	Ladies 50-59	36	125
<b>30</b>	<b>2:27:34</b>	<b>Totals</b>			

## **Veteran men**

(4 competitors per team. Based on cumulative position.)

### **1: Norfolk Gazelles**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
2	0:35:52	ARNOLD, Nigel	Men 50-59	107	5
8	0:39:19	JOHNSON, Pete	Men 50-59	109	17
15	0:41:51	WOODS, Tim	Men 40-49	73	29
16	0:42:27	HARDINGHAM, Kevin	Men 50-59	99	33
<b>41</b>	<b>2:39:29</b>	<b>Totals</b>			

### **2: Norwich Road Runners**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
3	0:37:17	GARRETT, Mark	Men 40-49	23	9
11	0:39:30	SULLIVAN, Paul	Men 40-49	154	20
19	0:43:11	BRADLEY, Alan	Men 40-49	84	36
20	0:43:27	ARMES, Michael	Men 40-49	101	38
<b>53</b>	<b>2:43:25</b>	<b>Totals</b>			

### **3: North Norfolk Beach Runners**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
10	0:39:29	CHRISTOPHER, John	Men 40-49	201	19
13	0:40:31	BLAKE, Richard	Men 60+	166	26
18	0:42:40	HAYES, Jim	Men 60+	48	35
29	0:45:24	WADE, Ian	Men 50-59	158	59
<b>70</b>	<b>2:48:04</b>	<b>Totals</b>			