

Norfolk Gazelles Valentine 10K 2010

Place	Name	Age	Sex	Club	Race no	Time
1	Paul Higham	Senior Male	M	Norwich Road Runners	128	00:33:48
2	Wayne Utting	Senior Male	M	CONAC	135	00:33:53
3	Stephen Gibbs	Senior Male	M	Norwich Road Runners	113	00:34:37
4	Sean Atterwill	Senior Male	M	CONAC	199	00:35:09
5	Andy Kett	Senior Male	M	North Norfolk Beach Runners	202	00:35:36
6	Fernando Silva	M 50-54	M		65	00:35:38
7	Nigel Arnold	M 50-54	M	Norfolk Gazelles	85	00:35:39
8	Tom Richardson	Senior Male	M	Lowestoft Road Runners	140	00:36:21
9	Chris Merrylees	Senior Male	M	North Norfolk Beach Runners	169	00:36:39
10	Shaun Lark	Senior Male	M	Lowestoft Road Runners	64	00:37:10
11	Phil Waity	Senior Male	M	Wymondham AC	171	00:37:12
12	Dave Brock	M 45-49	M	Orion Harriers	157	00:37:13
13	Chris Scott	Senior Male	M	Lowestoft Road Runners	147	00:37:16
14	Mark Garrett	M 45-49	M	Norwich Road Runners	123	00:37:39
15	Mark Betts	M 35-39	M	Norwich Road Runners	124	00:38:09
16	Andrew Preston	M 40-44	M	Wymondham AC	200	00:38:15
17	Colin Robilliard	M 55+	M	Coltishall Jaguars	79	00:38:21
18	Richard White	M 45-49	M	Wymondham AC	216	00:38:53
19	Pete Johnson	M 55+	M	Norfolk Gazelles	42	00:39:02
20	Christopher Parker	Senior Male	M	North Norfolk Beach Runners	141	00:39:14
21	Paul Davies	M 40-44	M	Norwich Road Runners	55	00:39:22
22	Maurice Reed	M 45-49	M	Ely Runners	59	00:39:23
23	Ady Waters	M 40-44	M	Norfolk Gazelles	86	00:39:25
24	Andy Bond	Senior Male	M	Doncaster AC	148	00:39:48
25	Terry Epps	M 55+	M	Wymondham AC	6	00:39:57
26	Nicky Alford	Senior Female	F	CONAC	207	00:39:57
27	John Christopher	M 45-49	M	North Norfolk Beach Runners	235	00:39:59
28	Matthew Frary	M 35-39	M	Norwich Road Runners	37	00:40:08
29	Molly James	Senior Female	F	West Norfolk AC	205	00:40:09
30	David Tandy	M 40-44	M	Norwich Road Runners	102	00:40:11
31	Jon Howe	M 50-54	M	Coltishall Jaguars	193	00:40:36
32	Raymond Lindsay	M 50-54	M	Norwich Road Runners	92	00:41:12
33	Colin Browning	M 45-49	M	Norwich Road Runners	164	00:41:33
34	Carl Wright	M 45-49	M	Norwich Road Runners	197	00:41:40
35	Stephen Dady	M 55+	M	Great Yarmouth Road Runners	106	00:41:59
36	Nigel Sinclair	Senior Male	M		132	00:42:00

Norfolk Gazelles Valentine 10K 2010

Place	Name	Age	Sex	Club	Race no	Time
37	Stefan Rider	M 35-39	M	Norwich Road Runners	46	00:42:19
38	Chris Chorley	M 45-49	M	Bungay Black Dog	185	00:42:23
39	David Kellaway	M 45-49	M	Tri-Anglia	231	00:42:23
40	Martin Yeomans	M 55+	M	Norwich Road Runners	233	00:42:38
41	Gavin Barron	Senior Male	M		172	00:42:52
42	Jason Oakes	M 40-44	M		12	00:42:54
43	Ryan Callaby	Senior Male	M	North Norfolk Beach Runners	201	00:43:00
44	Matt Berry-Smith	M 35-39	M		173	00:43:01
45	Paul McArdle	M 40-44	M		196	00:43:06
46	Richard Collyer	M 40-44	M	Coltishall Jaguars	138	00:43:08
47	Gavin Lane	M 40-44	M	West Norfolk AC	204	00:43:12
48	Jim Macleod	M 45-49	M	Tri-Anglia	154	00:43:13
49	Ken Bowman	M 55+	M	Coltishall Jaguars	122	00:43:16
50	Phil Norman	Senior Male	M		189	00:43:17
51	Alexandra Smith	Senior Female	F	Norwich Road Runners	103	00:43:22
52	Sharon Hurren	Senior Female	F	Wymondham AC	145	00:43:29
53	Simon Goldsmith	M 35-39	M		5	00:43:41
54	Zoe Campbell-Brown	Senior Female	F		68	00:43:44
55	Paul Harrison	M 50-54	M	Dereham Runners	192	00:43:51
56	Gregory Quinn	M 45-49	M	Reepham Runners	217	00:44:06
57	Ben Houchen	Senior Male	M		82	00:44:27
58	David Hudson	M 35-39	M	Tri-Anglia	230	00:44:28
59	Julien Nelson	M 40-44	M		88	00:44:38
60	Andrew Marsh	M 45-49	M		80	00:44:44
61	Mark Ring	M 40-44	M		70	00:44:55
62	Isabella List	Senior Female	F		238	00:44:57
63	Tracy Stevenson	F 40-44	F	Norfolk Gazelles	84	00:45:24
64	Chris Haycock	M 40-44	M		160	00:45:40
65	Mark Elflett	M 45-49	M	Lowestoft Road Runners	121	00:45:47
66	Jon Holland	Senior Male	M	Norwich Road Runners	69	00:45:50
67	Adam Craske	Senior Male	M		97	00:45:54
68	Terry Quigley	M 55+	M	North Norfolk Beach Runners	225	00:46:01
69	Gary Beauchamp	M 45-49	M		228	00:46:04
70	Andrew Skiggs	Senior Male	M		20	00:46:07
71	Eve Dewsnap	Senior Female	F		21	00:46:08
72	Samantha Goddard	Senior Female	F		187	00:46:12

Norfolk Gazelles Valentine 10K 2010

Place	Name	Age	Sex	Club	Race no	Time
73	Graham Coleman	M 45-49	M	Wymondham AC	209	00:46:15
74	Vincent Coustham	Senior Male	M	CONAC	75	00:46:20
75	Robin Broughton	M 35-39	M		54	00:46:27
76	Maxine Burgess	Senior Female	F	N'market Cycling & Triathlon	47	00:46:28
77	Chris Edwards	M 45-49	M	Reepham Runners	118	00:46:47
78	Amy Wales	Senior Female	F		165	00:46:51
79	Karen Doak	Senior Female	F		181	00:46:52
80	Amy Gypps	Senior Female	F		136	00:47:05
81	Andrew Hammond	M 50-54	M		107	00:47:08
82	Agata Chelchowska	Senior Female	F	March AC	63	00:47:13
83	Deborah Tooke	Senior Female	F		51	00:47:17
84	Guy Pitcher	M 40-44	M	Reepham Runners	203	00:47:17
85	Philip Cooper	M 45-49	M	Reepham Runners	17	00:47:19
86	Jude Durrant	F 40-44	F		81	00:47:22
87	Gavin Thouless	M 40-44	M	Norwich Road Runners	57	00:47:23
88	Anne Millett	F 50-54	F	Norwich Road Runners	195	00:47:52
89	Barry Bye	M 55+	M	Ryston Runners	119	00:47:54
90	Matthew Hill	Senior Male	M	Norwich Road Runners	174	00:48:06
91	Will Phillips	M 35-39	M	Brandon Fern Hoppers	114	00:48:19
92	Sam Hodgson	Senior Male	M		22	00:48:44
93	Richard Peachment	M 40-44	M		127	00:48:45
94	Thomas Greaves	Senior Male	M		188	00:48:53
95	Trevor Horrex	M 50-54	M	Norwich Road Runners	143	00:48:55
96	David Simpson	M 55+	M	Coltishall Jaguars	104	00:48:56
97	Ian Jaris	M 40-44	M	North Norfolk Beach Runners	206	00:49:04
98	John Forkes	M 55+	M	Eastern Vets	215	00:49:08
99	Colin Alford	M 45-49	M		31	00:49:12
100	Mike Smith	M 55+	M	Wymondham AC	101	00:49:16
101	Rob Jamieson	Senior Male	M		43	00:49:30
102	Silke Sheppard	F 45-49	F		4	00:49:36
103	Caroline French	Senior Female	F		142	00:49:37
104	Sally Cushing	F 45-49	F	Norwich Road Runners	67	00:49:38
105	Bobbie Sauerzapf	F 50-54	F	Bungay Black Dog	126	00:49:41
106	David Jones	Senior Male	M		186	00:49:49
107	Sandra Cooper	F 40-44	F	Brandon Fern Hoppers	210	00:49:54
108	Stuart Story	Senior Male	M		100	00:50:31

Norfolk Gazelles Valentine 10K 2010

Place	Name	Age	Sex	Club	Race no	Time
109	Keith Dickens	M 55+	M	North Norfolk Beach Runners	224	00:50:32
110	Graham Creed	M 40-44	M		198	00:50:37
111	Richard High	M 35-39	M	Norwich Road Runners	146	00:51:01
112	Elies Mann	Senior Female	F	Norwich Road Runners	232	00:51:01
113	Lee Scottow	M 35-39	M	Norwich Road Runners	133	00:51:14
114	Jonathan Thetford	M 35-39	M		10	00:51:24
115	James Armstrong	Senior Male	M		211	00:51:27
116	Helen Tosdevin	F 40-44	F		95	00:51:29
117	Neil Tosdevin	M 40-44	M		96	00:51:29
118	Eric Williams	M 55+	M	Norwich Road Runners	105	00:51:47
119	Victoria Dyke	Senior Female	F		219	00:51:47
120	Keith Dyke	M 55+	M		220	00:51:47
121	Shirley Wadham	Senior Female	F		91	00:51:50
122	Carol Betts	F 55+	F	Norfolk Gazelles	120	00:52:09
123	Trevor Rolph	M 55+	M	Brandon Fern Hoppers	110	00:52:10
124	Nicola Adlam	Senior Female	F		176	00:52:12
125	Chris Adlam	Senior Male	M		177	00:52:12
126	John Richardson	M 55+	M	Dereham Runners	90	00:52:17
127	Gemma Sullivan	Senior Female	F		62	00:52:19
128	Anne Florence	F 55+	F	Diss AC	153	00:52:19
129	Michael Jewiss	M 55+	M	Dereham Runners	191	00:52:23
130	Ian Moore	Senior Male	M	Norwich Road Runners	45	00:52:36
131	Karen Gitsham	Senior Female	F	Norwich Road Runners	74	00:52:47
132	John Tilbrook	M 55+	M		33	00:52:59
133	Lisa Redman	Senior Female	F	Ely Runners	32	00:53:07
134	Dylan Yates	M 35-39	M		27	00:53:08
135	Charlotte Groom	Senior Female	F		226	00:53:12
136	Dianne Tilbrook	F 55+	F		34	00:53:17
137	Dianne Bird	F 45-49	F		223	00:53:28
138	Sandie Jardine	F 45-49	F		108	00:53:39
139	Louise Slaughter	Senior Female	F	Wymondham AC	208	00:53:54
140	Christina Lloyd	Senior Female	F	North Derbyshire	149	00:53:57
141	Karen Alford	F 45-49	F		30	00:54:12
142	Peter Warren	M 50-54	M	CONAC	150	00:54:13
143	Teresa Lawrie	Senior Female	F		50	00:54:21
144	Chris Hurcomb	M 35-39	M		38	00:54:24

Norfolk Gazelles Valentine 10K 2010

Place	Name	Age	Sex	Club	Race no	Time
145	Emma Withers	Senior Female	F	Norwich Road Runners	151	00:54:27
146	Steve Avery	M 40-44	M		19	00:54:34
147	Chris Carey	M 55+	M	Norfolk Gazelles	41	00:54:39
148	Paul Saunders	M 35-39	M		182	00:54:39
149	Simon Warr	M 45-49	M		73	00:54:40
150	Matt Plunkett	M 35-39	M	Dereham Runners	152	00:54:45
151	Susan Fraser	F 50-54	F	Gt Yarmouth & District AC	60	00:54:58
152	Louis Cooper	M 55+	M	Wymondham AC	144	00:54:58
153	Julie Dilrew	F 45-49	F		163	00:55:08
154	Mike Marshall	M 55+	M	North Norfolk Beach Runners	93	00:55:10
155	Neil Bower	M 35-39	M		116	00:55:11
156	Helen Oghenegweke	Senior Female	F	Norwich Road Runners	76	00:55:53
157	Michael Armes	M 40-44	M	Norwich Road Runners	167	00:55:53
158	Leighton Edwards	M 35-39	M		117	00:55:59
159	Julie Lamping	Senior Female	F		131	00:55:59
160	Brian Moore	M 55+	M	Norwich Road Runners	156	00:56:00
161	Paul Baker	M 45-49	M		129	00:56:41
162	Steve Cryer	M 55+	M		214	00:56:42
163	Stephen Morley	M 55+	M	Brandon Fern Hoppers	3	00:56:46
164	Aaron Jacobs	M 35-39	M		8	00:56:57
165	Andi Osborne	F 55+	F	North Norfolk Beach Runners	28	00:57:09
166	Rob Osborne	M 55+	M	North Norfolk Beach Runners	29	00:57:09
167	Yvonne Jackson	F 40-44	F		40	00:57:13
168	Mike Creasor	M 55+	M	Norwich Road Runners	109	00:57:21
169	Philip Neave	M 55+	M	Bungay Black Dog	2	00:57:29
170	Tom Warnes	Senior Male	M		139	00:57:49
171	Lynda Moore	F 55+	F	Norwich Road Runners	155	00:57:52
172	Simon Moore	Senior Male	M		161	00:57:53
173	Clare Bailey	Senior Female	F		18	00:58:00
174	David Toms	M 55+	M	Brandon Fern Hoppers	212	00:58:06
175	Timothy Johnson	Senior Male	M		78	00:58:09
176	Bruce Rayner	M 50-54	M	Bungay Black Dog	183	00:58:17
177	Karen Waters	F 40-44	F	Bungay Black Dog	184	00:58:17
178	Vicky Le Fur	Senior Female	F		15	00:58:23
179	Vicky Royal	Senior Female	F		162	00:58:26
180	Faye Yuasa	Senior Female	F		178	00:58:28

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181	David Yuasa	Senior Male	M		179	00:58:29
182	Dee Neal	F 50-54	F	Coltishall Jaguars	236	00:58:41
183	Andy Vickers	Senior Male	M		137	00:58:48
184	Peter Stamp	M 55+	M		213	00:58:49
185	Rebecca Littleboy	Senior Female	F		227	00:59:24
186	Emily Blakesley	Senior Female	F		194	00:59:26
187	Rebecca Durrant	F 55+	F	Coltishall Jaguars	115	00:59:35
188	Lorraine Robertson	Senior Female	F	Norwich Road Runners	190	01:00:15
189	Suzanne Howes	Senior Female	F		221	01:00:52
190	Dawn Clegg	F 50-54	F	Gt Yarmouth & District AC	58	01:01:01
191	Tony Britt	M 50-54	M		71	01:01:18
192	Clare Denzey	Senior Female	F	Norwich Road Runners	53	01:01:20
193	Sharon Weston	F 40-44	F		159	01:01:53
194	Andrew Smith	M 40-44	M		234	01:01:53
195	Linda Holt	F 55+	F	North Norfolk Beach Runners	16	01:02:12
196	Victoria West	Senior Female	F		222	01:02:16
197	Jackie Eastaugh-King	F 45-49	F	Norwich Road Runners	35	01:02:17
198	Diane Cushine	F 45-49	F	Norwich Road Runners	36	01:02:19
199	Katrine Middleton	F 45-49	F	North Norfolk Beach Runners	218	01:02:19
200	Sharon Brown	Senior Female	F		229	01:02:26
201	Susan Peacock	F 45-49	F		48	01:02:51
202	Bryan Baxter	M 45-49	M		237	01:02:54
203	Faye Brickel	Senior Female	F		25	01:02:59
204	Billy French	Senior Male	M		112	01:02:59
205	Jan Knight	F 45-49	F		44	01:03:38
206	Colin Thouless	M 55+	M	Norwich Road Runners	56	01:04:06
207	Nina Willhoft	Senior Female	F		130	01:04:56
208	Andy Boot	M 40-44	M	Norwich Road Runners	89	01:04:58
209	Denise Goodwin	F 50-54	F	Gt Yarmouth & District AC	180	01:05:26
210	Elaine Haggarty	F 50-54	F	Gt Yarmouth & District AC	49	01:05:50
211	Robert Jack	M 45-49	M	Bungay Black Dog	23	01:06:09
212	Charles Fenech	M 55+	M		98	01:06:21
213	Karren Dagless	F 40-44	F	Norwich Road Runners	158	01:06:47
214	Paul Meader	M 45-49	M	Brandon Fern Hoppers	111	01:07:55
215	Sharon Armes	F 40-44	F	Norwich Road Runners	168	01:08:30
216	Ivan Colman	M 45-49	M	Norwich Road Runners	39	01:08:31

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Place	Name	Age	Sex	Club	Race no	Time
217	Bryany Higgins	Senior Female	F		7	01:13:46
218	Kat Turton	Senior Female	F		9	01:13:47