

Norfolk Gazelles Valentine 10K Prize Winners 2010

Mens

1st	Paul Higham	Norwich Road Runners
2nd	Wayne Utting	CONAC
3rd	Stephen Gibbs	Norwich Road Runners
1st Senior	Sean Atterwill	CONAC
1st 35-39	Mark Betts	Norwich Road Runners
1st 40-44	Andrew Preston	Wymondham AC
1st 45-49	Dave Brock	Orion Harriers
1st 50-54	Fernando Silva	
1st 55+	Colin Robilliard	Coltishall Jaguars

Ladies

1st	Nicky Alford	CONAC
2nd	Molly James	West Norfolk AC
3rd	Alexandra Smith	Norwich Road Runners
1st Senior	Sharon Hurren	Wymondham AC
1st 40-44	Tracy Stevenson	Norfolk Gazelles
1st 45-49	Silke Sheppard	
1st 50-54	Anne Millett	Norwich Road Runners
1st 55+	Carol Betts	Norfolk Gazelles

Team Prizes

Male Team Prizes

1st Male Senior Team

Tom Richardson
Shaun Lark
Chris Scott

Lowestoft Road Runners

1st Male Masters Team

Nigel Arnold
Pete Johnson
Ady Waters

Norfolk Gazelles

Ladies Team Prizes

1st Ladies Senior Team

Alexandra Smith
Karen Gitsham
Emma Withers

Norwich Road Runners

1st Ladies Masters Team

Anne Millett
Sally Cushion
Lybda Moore

Norfolk Road Runners