

Coltishall Jaguars Autumn 10k

Sunday 2 October 2011. 10:30 am

Race Directors' Prize Presentation List

Cat	Place	Time	Name	Team	Race No	Posn
Ladies						
	1	0:41:20	DUNGAR, Amy	Wymondham AC	153	36
	2	0:42:28	SMITH, Alexandra	Norwich Road Runners	74	47
	3	0:43:07	PARSLEY, Julia	City of Norwich Athletic Club	122	54
Mens						
	1	0:34:17	PRESTON, James	Wymondham AC	145	1
	2	0:35:46	ARNOLD, Nigel	Norfolk Gazelles	104	2
	3	0:36:10	PETTIT, Stephen	Ely Runners	82	3
Ladies 15-39						
	4	0:44:54	RICKETTS, Catherine	Norwich Road Runners	152	65
	5	0:45:02	GODWIN, Jo	Norwich Road Runners	163	66
Mens 15-39						
	2	0:37:11	YEATES, Chris	City of Norwich Athletic Club	55	5
	3	0:37:22	SMITH, Stuart	Norwich Road Runners	102	6
Ladies 40-49						
	1	0:45:55	CUSHING, Sally	Norwich Road Runners	45	73
	2	0:46:03	ROBERTS, Sandra	Norfolk Gazelles	129	75
Mens 40-49						
	2	0:37:08	GLAYSHER, Stefan	Norwich Road Runners	144	4
	3	0:37:30	TOSELAND, Terry	Wellingborough & District	143	7
Ladies 50-59						
	1	0:48:53	SAUERZAPF, Bobbie	Bungay Black Dog RC	87	90
	2	0:49:40	BETTS, Carol	Norfolk Gazelles	106	95
Mens 50-59						
	2	0:37:48	MUFFETT, Paul	North Norfolk Beach Runners	150	11
	3	0:38:33	BROCK, David	Orion Harriers	53	16
Ladies 60+						
	1	0:55:44	WOODHOUSE, Gill	Dereham Runners AC	2	117
Mens 60+						
	1	0:40:32	BLAKE, Richard	Great Yarmouth Road Runners	121	31
	2	0:41:43	YEOMANS, Martin	Norwich Road Runners	57	40

Ladies Senior Team

Norwich Road Runners

SMITH,Alexandra
RICKETS,Catherine
GODWIN,Jo

Mens Senior Team

Wymondham AC

PRESTON,James
WAITY,Phil
MONTAIN,Jason

Ladies Veteran Team

Norwich Road Runners

CUSHING,Sally
CARVER,Dawn
BULL,Michele

Mens Veteran Team

Norwich Road Runners

GLAYSHER,Stefan
GARRET,Mark
ELY,Steve