

DEREHAM 10 MILE ROAD RACE -SUNDAY 18th MAY 2008 - RACE RESULTS

Pos	Name	Club	Category	Mins	Secs
1	Darren Fowlie	Notts AC	SM	53	06
2	Andrew Hennessey	Wells City Harriers	SM	53	11
3	Carl Prewer	Lowestoft Road Runners	SM	55	50
4	Andy Jones	City of Norwich AC	SM	56	11
5	Richard Sales	City of Norwich AC	M45	56	47
6	Roger Aldis	Stowmarket Striders	SM	56	52
7	Wayne Utting	Norwich Road Runners	SM	56	55
8	Adam Lewis	City of Norwich AC	SM	57	37
9	Robert Watson	Haverhill Running Club	M45	58	15
10	Tony Johns	Norwich Road Runners	M40	58	25
11	Andrew Bunn	Norwich Road Runners	SM	59	45
12	Thomas Jarrett	Ipswich Jaffa	SM	59	57
13	Peter Pearce	Great Bentley Running Club	M40	60	13
14	Anthony Bourne	Virgin Active Road Runners	SM	60	15
15	Pete Johnson	Norfolk Gazelles AC	M50	60	21
16	John White	Bungay Black Dog RC	M45	60	30
17	Tim Topper	Norfolk Gazelles AC	SM	60	32
18	Kevin Lemmon	Norwich Road Runners	M45	60	51
19	Andrew Houghton	Unattached	M50	60	55
20	Richard White	Wymondham AC	M45	61	24
21	Robert Kett	North Norfolk Beach Runners	SM	61	35
22	Maurice Page	North Norfolk Beach Runners	M45	61	38
23	Goy Roper	Norwich Road Runners	M45	61	54
24	Richard Price-Thomas	North Norfolk Beach Runners	M45	62	40
25	Alan Dawson	St Edmunds Pacers	M50	62	50
26	David Nockels	North Norfolk Beach Runners	SM	63	09
27	Nicky Alford	City of Norwich AC	SF	63	10
28	Shaun Lark	Lowestoft Road Runners	SM	63	15
29	David Robinson	Ryston Runners AC	M50	63	17
30	John Leversedge	Enfield & Haringey AC	M50	63	20
31	Mark Garrett	Norwich Road Runners	M40	63	31
32	Terry Epps	Wymondham AC	M50	63	46
33	Jane Clarke	City of Norwich AC	F45	63	50
34	Simon Levy	Ryston Runners AC	SM	63	59
35	Nigel Whiteley	Unattached	M40	64	15
36	Claire Forbes	City of Norwich AC	F35	64	19
37	Peter Tuttle	City of Norwich AC	M40	64	24
38	Andy Smith	Ryston Runners AC	M40	64	48
39	Martin Ive	Ryston Runners AC	M40	65	09
40	Andy Briggs	Rutland Running Club	M40	65	24
41	Russell Clark	Wymondham AC	M50	65	50
42	Neil Sibley	Gt Yarmouth Road Runners	M40	66	02
43	Matthew Stone	Unattached	SM	66	27
44	Leslie Scott	Ryston Runners AC	M50	66	33
45	Mick Glynn	Diss AC	M40	66	35
46	Jason Kelf	Norfolk Gazelles AC	M40	66	36
47	Jim Hayes	North Norfolk Beach Runners	M60	66	41
48	Peter Nelson	Unattached	SM	66	59
49	Kevin Howlett	Ryston Runners AC	M50	67	22
50	Vincent Ellis	City of Norwich AC	M50	67	24
51	Kieron Haynes	Norwich Road Runners	M50	67	36
52	Michael Belshaw	Norfolk Orienteering Club	M45	68	01

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53	Matthew Spillman	Tri-Anglia	M40	68 04
54	Rose Waterman	City of Norwich AC	SF	68 05
55	Tracey Curl	Norwich Road Runners	F45	68 14
56	Michael Howlett	Ryston Runners AC	SM	68 29
57	Martin Auger	Unattached	M50	68 32
58	Peter Downing	Unattached	W/CHAIR	68 53
59	Hefin Matthews	Unattached	M40	68 57
60	Martin Yeomans	Norwich Road Runners	M55	68 58
61	Ian Milburn	Fenland Running & AC	M60	69 06
62	David Aldis	City of Norwich AC	M55	69 07
63	Brian Warden	City of Norwich AC	SM	69 13
64	Andrew Savory	Norwich Road Runners	M40	69 13
65	Penny Edwards	Norwich Road Runners	F50	69 16
66	Tom Stafford	Unattached	SM	69 21
67	Andrew Pond	Unattached	M40	69 24
68	Paul Firmage	Ryston Runners AC	M50	69 26
69	Stephen Dady	Unattached	M55	69 34
70	Ken Bowman	Coltishall Jaguars	M60	69 36
71	Peter Cook	Norwich Road Runners	M55	69 41
72	Ian Saunders	Ryston Runners AC	SM	69 50
73	Joanne Diffey	Lakeside Lincoln	F35	69 58
74	Peter Thompson	Norfolk Gazelles AC	M50	70 39
75	Stephen Etherington	Gt Yarmouth Road Runners	M50	70 48
76	Darren Smith	Ryston Runners AC	SM	70 51
77	Richard Dye	Bungay Black Dog RC	M45	71 01
78	Richard Johnson	Unattached	SM	71 03
79	Paul B McArdle	Unattached	M40	71 23
80	Peter Edmunds	Unattached	M55	71 47
81	John Leach	North Norfolk Beach Runners	M45	71 52
82	Robert Price	St Edmunds Pacers	M65	71 54
83	Jon Kelf	Norfolk Gazelles AC	M40	71 57
84	Andrew Fretwell	Norwich Road Runners	M45	72 02
85	Anthony Gordon-Gray	Norfolk Gazelles AC	M60	72 05
86	Robert Stevens	Unattached	SM	72 05
87	Simon Able	Unattached	SM	72 06
88	Karl Chapman	Wymondham AC	SM	72 20
89	Tanya Crofts	Wymondham AC	SF	72 20
90	Jeremy Navrady	Ryston Runners AC	M40	72 28
91	Alexandra Smith	Norwich Road Runners	SF	72 28
92	Robert King	Unattached	SM	72 37
93	Barry Bye	Ryston Runners AC	M60	72 39
94	John Hills	Gt Yarmouth Road Runners	M60	72 48
95	Brian Akehurst	Unattached	SM	72 49
96	James Macleod	Unattached	M40	72 50
97	Andrew Nichols	Unattached	SM	72 58
98	Paul Evans	Gt Yarmouth Road Runners	M50	73 51
99	Roger Biggs	Fairlands Valley Spartans	M55	73 53
100	Matt Wickham	Unattached	SM	74 02
101	David Colman	West Norfolk AC	M45	74 04
102	Jon Rowden	Unattached	M40	74 10
103	Mike McDonnell	Unattached	M50	74 12
104	Anne Millett	Norwich Road Runners	F50	74 18
105	Christopher Milnes	Ryston Runners AC	M50	74 20

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106	David King	Unattached	M45	74 23
107	Marie Clark	Norwich Road Runners	F35	74 25
108	David Pearce	Unattached	SM	74 32
109	Jason Tuttle	Unattached	SM	74 32
110	Ben Young-Longsatff	Unattached	SM	74 56
111	Ben Findlay	Unattached	SM	75 06
112	Stuart Graver	UK Net Runners	M40	75 14
113	Clive Harrod	Fenland Running & AC	M45	75 19
114	Tony Millett	Norwich Road Runners	M50	75 26
115	Howard Jones	Unattached	M40	75 38
116	Tracy Stevens	Wymondham AC	F35	75 48
117	Geoff Hayward	North Norfolk Beach Runners	M65	75 50
118	Mark Tayler	Norwich Road Runners	M55	76 00
119	Andrew Hammond	Unattached	M50	76 13
120	James Crosskill	Unattached	SM	76 14
121	Graham McGrotty	Unattached	SM	76 16
122	Cathy Lambert	St Edmunds Pacers	F40	76 18
123	Michael Anderson	Unattached	SM	76 46
124	Steve Websdale	Norwich Road Runners	M45	76 54
125	Matt Pask	Unattached	M40	76 55
126	Karen Manning	Gt Yarmouth Road Runners	F35	76 58
127	Stephen Girling	Unattached	M45	77 03
128	Keith Brighty	Norwich Road Runners	M40	77 10
129	Julien Nelson	Unattached	M40	77 24
130	Nigel Hart	Unattached	M45	77 27
131	Steven Hadley	Unattached	M45	77 37
132	Brian Cuddihy	Unattached	SM	77 39
133	Mike Smith	Wymondham AC	M65	77 44
134	Pauline Norman	Lowestoft Road Runners	F55	77 49
135	Glenn Woodruff	Unattached	SM	78 05
136	Graham Sillett	Unattached	M50	78 07
137	Richard Boulter	Unattached	M45	78 08
138	Tony Heath	North Norfolk Beach Runners	M55	78 12
139	Sean Radford	The Stragglers	SM	78 15
140	Oliver Burwood	Unattached	SM	78 29
141	Jude Durrant	Unattached	F35	78 31
142	Trevor Horrex	Norwich Road Runners	M45	78 35
143	Ron Ames	Stowmarket Striders	M60	78 43
144	Sarah Cave	Unattached	SF	78 47
145	David Punt	Bungay Black Dog RC	M50	78 52
146	Noel Spruce	North Norfolk Beach Runners	M60	79 03
147	Michael King	Unattached	M55	79 27
148	Mark Peach	Gt Yarmouth Road Runners	SM	79 28
149	Caroline Tayler	Norwich Road Runners	F50	79 56
150	Aaron Marchie	Unattached	SM	80 05
151	David Day	Unattached	SM	80 06
152	Christine Thorne	North Norfolk Beach Runners	F55	80 08
153	Catherine Piggott	Norwich Road Runners	SF	80 12
154	Mark Ellis	Unattached	M50	80 26
155	Brenda Kinch	North Norfolk Beach Runners	F60	80 48
156	Chris Eve	Unattached	M40	80 50
157	Sarah Bradley	Norwich Road Runners	F45	80 56
158	David Goodwin	Gt Yarmouth & District AC	M50	81 00

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159	Andy Daniel	Serpentine	SM	81 01
160	Lorraine Whitmarsh	City of Norwich AC	SF	81 18
161	John Tunaley	Ipswich Jaffa	M55	81 27
162	Melvyn Wilkie	Tri-Anglia	M60	81 34
163	Andrew Atthowe	Tri-Anglia	SM	81 53
164	Mark Philo	Tri-Anglia	M40	81 53
165	Michael Woodhall	Unattached	M55	82 12
166	Paul Fisher	Unattached	M55	82 18
167	Stephen Plunkett	Dereham Runners AC	M45	82 30
168	Jason Marsh	Unattached	SM	82 39
169	Karen Gedge	Bungay Black Dog RC	F40	82 59
170	Vicky Berry	Royston Runners	F45	83 03
171	Richard Polley	City of Norwich AC	M50	83 40
172	Hannah Baker	City of Norwich AC	SF	83 42
173	Ian Chapman	St Edmunds Pacers	SM	83 52
174	Greg Florence	Unattached	SM	83 54
175	Neil Cockerton	Unattached	SM	83 55
176	Richard Pilch	Unattached	M60	84 02
177	Thomas Bell	Unattached	SM	84 03
178	Lucy Summers	Unattached	SF	84 23
179	Louise Radford	The Stragglers	F35	84 44
180	Michael Smith	Wymondham AC	M60	84 51
181	Mark Elflett	Lowestoft Road Runners	M40	85 01
182	Carolyn Poole	Norfolk Gazelles AC	F50	85 05
183	Anne Florence	Diss AC	F55	85 16
184	Jackie Harrop	Norfolk Gazelles AC	F45	85 24
185	Hannah Bell	Unattached	SF	85 58
186	Hayley Cocksedge	Thetford A C	F35	86 07
187	James F Lillistone	Unattached	SM	86 49
188	Matthew Dwyer	Unattached	M60	86 50
189	Alan Walker	Road Runners Club	M65	87 18
190	Peter Warren	City of Norwich AC	M50	87 20
191	Mark Durrant	Unattached	M40	87 24
192	Julia Kennelley	Wymondham AC	F35	87 27
193	Grant Chipperfield	Unattached	SM	87 31
194	Charlie Middleton	Norfolk Gazelles AC	M40	87 36
195	David Weeks	Unattached	M45	87 40
196	Des Smith	Unattached	M40	87 49
197	Cliff Moore	Unattached	M60	87 58
198	Stuart Mogridge	Unattached	SM	88 08
199	Samantha Ashford-Thomas	Unattached	F35	88 15
200	Stephen Bright	British Athletics Supporters Club	M45	88 16
201	Tracy Mair	Unattached	F35	88 34
202	Madelaine Bray	Unattached	F50	88 34
203	Simon Crane	Unattached	M40	88 57
204	Edward Ling	Unattached	M40	89 07
205	Carol Tennyson	Gt Yarmouth & District AC	F60	89 21
206	Graham Creed	Unattached	SM	90 12
207	Wesley Hicks	Unattached	M40	90 45
208	Tony Britt	Unattached	M50	90 49
209	Magdy El Sawy	Unattached	M50	91 04
210	Stuart Sutton	Unattached	SM	91 27
211	Dennis Simpson	Norwich Road Runners	M45	91 54

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212	Sheila Smith	Unattached	F55	92 12
213	Angela Pacey	Gt Yarmouth Road Runners	F60	92 45
214	Robert Scarfe	Wymondham AC	M55	92 53
215	Barry Hall	Unattached	M45	92 56
216	Catherine Evans	Gt Yarmouth Road Runners	F50	93 16
217	Louise Chapman	Norwich Road Runners	F35	94 19
218	Jonathan Burton	Unattached	M40	94 21
219	Victor Leeder	Unattached	M60	95 25
220	Liz Lee	Unattached	SF	95 25
221	Juliet Davies	Unattached	F35	95 25
222	Jane O'Nions	Unattached	F50	95 59
223	Ellen Sweet-Escott	Unattached	F45	96 01
224	Dawn Belshaw	Norfolk Orienteering Club	F40	96 21
225	Sheila Gillie	Unattached	F50	96 44
226	David Rose	Unattached	M40	97 42
227	Christine Bloomfield	Norfolk Gazelles AC	F50	100 03
228	Louisa Bayley	Unattached	F35	100 36
229	Vicki Marley	Unattached	F40	100 36
230	Sally-Ann Protheroe	Lowestoft Road Runners	F45	103 09
231	Maureen England	Gt Yarmouth & District AC	F60	103 19
232	Susan Ryles	Gt Yarmouth & District AC	F50	103 19
233	Albert Spong	Gt Yarmouth Road Runners	M65	105 16
234	Rebecca Davies-Riand	Unattached	SF	106 07
235	Rebecca Lewis	Unattached	SF	106 08
236	Lisa Braat	Lowestoft Road Runners	SF	106 57
237	Steven Rendell-Read	Lowestoft Road Runners	M40	106 57
238	Anthony Ashton	Unattached	SM	107 04
239	Denise Etherington	Gt Yarmouth Road Runners	F50	107 13
240	Rodney Freeburn	Wymondham AC	M65	108 07
241	Katrine Middleton	Unattached	F45	108 08
242	Mike Marshall	North Norfolk Beach Runners	M65	108 08
243	Kinga Maciejewska	Unattached	SF	108 08
244	Sue Atkinson	Norfolk Gazelles AC	F60	109 38
245	Oliver Harvey	Unattached	SM	113 51
246	Ann Odgers	Unattached	F60	117 13
247	Ian Odgers	Dereham Runners AC	SM	117 13
248	Jamie Caseley	Unattached	SM	120 02
249	Maurice Copeland	North Norfolk Beach Runners	M65	124 43
250	Silvana Riotto	Unattached	F45	132 36
251	Angelina Boulter	Unattached	F40	132 36
252	Margaret Ison	North Norfolk Beach Runners	F60	143 23
DNF	Peter Knowles	Unattached	M50	0 0
DNF	Trevor Emery	North Norfolk Beach Runners	M55	0 0
DNF	Simon Reeve	Unattached	M40	0 0
DNF	Rod Shulver	Gt Yarmouth Road Runners	M65	0 0
DNF	Richard Cadman	Reepham Runners	M45	0 0
DNF	Alec Fraser	North Norfolk Beach Runners	M65	0 0
DNF	Michael O'Connor	North Norfolk Beach Runners	M55	0 0
DNF	Lucy Perry	Wymondham AC	F40	0 0
DNF	Melvin Hill	Norwich Road Runners	M45	0 0
DNF	Peter Gowing	Reepham Runners	SM	0 0
DNF	Ivan Lees	Bungay Black Dog RC	M50	0 0
DNF	Dennis Wells	Wymondham AC	M55	0 0

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DNF	Alan Diplock	Unattached	SM	0 0
DNF	Andrew Preston	Wymondham AC	M40	0 0
DNF	Carole Spong	Gt Yarmouth Road Runners	F60	0 0
DNF	Peter Thompson	Yaxley Runners	M55	0 0
DNF	Howard Young	Unattached	M45	0 0
DNF	Steven Pyne	Mornington Chasers	SM	0 0
DNF	Bob Darnell	Unattached	M55	0 0
DNF	Mandy Fulton	Norwich Road Runners	F35	0 0
DNF	Thomas Good	Unattached	M40	0 0
DNF	Sally Dormer	Brandon Fern Hoppers	F55	0 0
DNF	Paul Muffett	North Norfolk Beach Runners	M45	0 0
DNF	Nina Cotterell	Unattached	SF	0 0
DNF	Jenny Wenn	Norwich Road Runners	F40	0 0
DNF	Sue Smith	Ryston Runners AC	F40	0 0
DNF	Diane Glynn	Royston Runners	F50	0 0
DNF	Sabrina Chesterman	Tri-Anglia	SF	0 0
DNF	Dave Brock	Orion Harriers	M45	0 0
DNF	Dawn Carver	Norwich Road Runners	F40	0 0