

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
1	CHRIS SELLENS	Colchester Harriers	SM	56 13
2	Wayne Utting	Norwich Road Runners	SM	57 13
3	Francis Hale	Norwich Road Runners	M40	58 52
4	Anthony Bourne	Otley AC	SM	58 59
5	ROBIN PARKER	Fenland Running & AC	M40	60 00
6	Paul Muffett	North Norfolk Beach Runners	M50	60 43
7	Tim Vialls	Unattached	M45	60 56
8	Rob Kett	North Norfolk Beach Runners	SM	60 21
9	Mark Betts	Norwich Road Runners	SM	61 24
10	Richard White	Wymondham AC	M45	62 00
11	TAMARA JORDAN	Stowmarket Striders	SF	62 20
12	Pete Johnson	Norfolk Gazelles AC	M55	62 31
13	David Robinson	Ryston Runners AC	M50	62 33
14	Simon Levy	Ryston Runners AC	SM	62 35
15	JOHN LEVERSEDGE	Enfield & Haringey AC	M55	62 45
16	Goy Roper	Norwich Road Runners	M45	62 55
17	Mark Garrett	Norwich Road Runners	M45	63 09
18	Chris Bell	Unattached	SM	63 39
19	Terry Epps	Wymondham AC	M50	64 21
20	Nathan Smith	Unattached	SM	64 32
21	Martin Ive	Ryston Runners AC	M40	64 43
22	John Moore	Norfolk Gazelles AC	M45	64 49
23	Nicky Alford	City of Norwich AC	SF	64 50
24	Mark Edwards	Norwich Road Runners	M40	64 53
25	Leslie Scott	Ryston Runners AC	M50	65 17
26	DAVE BROCK	Orion Harriers	M45	65 23
27	Richard Blake	North Norfolk Beach Runners	M55	65 27
28	Trevor Wood	Unattached	M40	65 56
29	Ian Sturgess	Wymondham AC	M50	66 10
30	Raymond Lindsay	Norwich Road Runners	M50	66 28
31	Tracey Curl	Norwich Road Runners	F45	66 34
32	LEE RUTLAND	Ipswich Jaffa	SM	66 45
33	Kieron Haynes	Norwich Road Runners	M50	67 01
34	IAN THOMAS	UK Net Runners	M45	67 03
35	CHRIS SEYMOUR	Stowmarket Striders	M40	67 05
36	Tim Angell	Unattached	M45	67 07
37	MARK HAYLETT	Unattached	M45	67 14
38	NIGEL BOOTH	Mablethorpe RC	M45	67 18
39	Roger Higgins	Unattached	SM	67 37
40	Jo Tweed	Rugby & Northampton AC	SF	67 51
41	Jim Hayes	North Norfolk Beach Runners	M60	67 56
42	Paul Harrison	Dereham Runners AC	M50	68 08
43	Carl Manning	Ryston Runners AC	M45	68 15
44	Stephen Dady	Unattached	M55	68 17
45	Penny Edwards	Norwich Road Runners	F50	68 26
46	John Pinnell	Unattached	M40	68 35
47	PETER HARRIS	Ely Runners	M55	68 40
48	Hugh Catleugh	Colchester Harriers	SM	68 41
49	Tanya Crofts	Wymondham AC	F35	68 44
50	David Aldis	City of Norwich AC	M55	68 49
51	Trevor Adcock	Norfolk Gazelles AC	M60	68 58
52	Paul Firmage	Ryston Runners AC	M50	69 07
53	Matthew Frary	Norwich Road Runners	SM	69 14
<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
54	Mark Philo	Tri-Anglia	M40	69 26

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

55	Michael Belshaw	Norfolk Orienteering Club	M45	69 34
56	CHRIS CHORLEY	Bungay Black Dog RC	M45	69 37
57	Samuel Hall	Norwich Road Runners	SM	69 46
58	James Sturgess	Wymondham AC	SM	69 51
59	Andrew Marsh	West Norfolk AC	M45	69 58
60	Gary Secker	City of Norwich AC	M45	70 00
61	Ashley Semmence	Unattached	SM	70 08
62	Sean Radford	The Stragglers	SM	70 13
63	Matthew Pask	Norwich Road Runners	M40	70 15
64	HARVEY JONES	Ripon Runners	M40	70 29
65	CLIVE HARROD	Fenland Running & AC	M50	70 46
66	Richard Nolan	Unattached	M45	70 53
67	Matt Howard	Norwich Road Runners	SM	70 55
68	MARCUS CATLIN	Ipswich Jaffa	SM	70 55
69	Stephen Etherington	Gt Yarmouth Road Runners	M50	70 59
70	BRYAN GOODENOUGH	Thorney Running Clar	M60	71 15
71	Simon Able	Ryston Runners AC	SM	71 15
72	Alan Bradley	Norwich Road Runners	M45	71 22
73	Paul Sullivan	Norwich Road Runners	M40	71 26
74	Elies Mann	Norwich Road Runners	F35	71 27
75	Peter Cook	Norwich Road Runners	M55	71 28
76	Darren Smith	Ryston Runners AC	SM	71 28
77	John Leach	North Norfolk Beach Runners	M45	71 52
78	Paul Mcardle	Unattached	M40	72 08
79	Ian Todd	West Norfolk AC	M45	72 10
80	John Bone	Gt Yarmouth Road Runners	M60	72 12
81	Nigel Rees	Unattached	M45	72 18
82	Matthew Sutton	Gt Yarmouth Road Runners	SM	72 49
83	IAN MILBURN	Fenland Running & AC	M60	72 54
84	Alex Hall	Norwich Road Runners	SM	72 55
85	Ryan Calleby	North Norfolk Beach Runners	SM	72 57
86	Martin Yeomans	Norwich Road Runners	M55	72 58
87	Annie Bradbury	Ryston Runners AC	F45	73 02
88	Tim Woods	Norfolk Gazelles AC	M45	73 04
89	Christopher Gay	Gt Yarmouth & District AC	M45	73 08
90	Jeremy Navrady	Ryston Runners AC	M40	73 14
91	Dean Kirton	Thetford A C	M40	73 21
92	ANDREW NICHOLLS	Unattached	SM	73 26
93	Jenny Christian	Wymondham AC	F50	73 26
94	Richard Dye	Bungay Black Dog RC	M45	73 28
95	Matt Plunkett	Unattached	SM	73 32
96	Gillian Loughlin	West Norfolk AC	F40	73 38
97	Barry Bye	Ryston Runners AC	M60	73 55
98	Ken Bowman	Coltishall Jaguars	M60	74 00
99	MICHAEL KING	Coltishall Jaguars	M55	74 00
100	PERRY MANN	Unattached	SM	74 04
101	JOANNE DIFFEY	Lakeside Lincoln	F35	74 10
102	JOHN FORD	Unattached	M55	74 21
103	Shaun Parkinson	Unattached	SM	74 36
104	Mark Ring	Unattached	M40	74 38
105	MAIRE IRLAM	Fenland Running & AC	F40	74 40
106	ALAN BURGIN	Huntingdon AC	M55	74 50
107	ALAN RICHARDSON	Waveney Valley AC	M60	75 02
108	Peter Downing	Unattached	W/CHAIR	75 09
<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
109	RON AMES	Stowmarket Striders	M60	75 10

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

110	Andrew Hammond	Unattached	M50	75 14
111	DAVID HOOD	Fenland Running & AC	M45	75 16
112	Tony Heath	North Norfolk Beach Runners	M60	75 25
113	Alexandra Smith	Norwich Road Runners	SF	75 42
114	Christopher Milnes	Ryston Runners AC	M50	75 48
115	Graham Sillett	Unattached	M50	75 49
116	Ian Crutchley	Wymondham AC	M40	75 50
117	Pauline Drewery	Unattached	F35	75 55
118	Michael Armes	Norwich Road Runners	M40	76 01
119	Sarah Gauvin	Fenland Running & AC	F35	76 09
120	JEREMY READ	Unattached	SM	76 15
121	Gavin Thouless	Norwich Road Runners	M40	76 23
122	Tony Millett	Norwich Road Runners	M55	76 28
123	Matt Howes	Unattached	SM	76 44
124	Geoff Hayward	North Norfolk Beach Runners	M65	76 45
125	GAVIN FARROW	Yaxley Runners	SM	76 46
126	ANDREA SEWELL	Bedford Harriers	F45	77 02
127	YVONNE PARKER	Road Runners Club	F50	77 08
128	John Hills	Gt Yarmouth Road Runners	M60	77 26
129	PASQUALE RUGGIERO	Fenland Running & AC	M45	77 30
130	Mark Tufts	Wymondham AC	M40	77 32
131	JULIA MIDDLETON	Newmarket Joggers	F55	77 38
132	Sylvia Williamson	Unattached	F45	77 38
133	Anne Millett	Norwich Road Runners	F50	77 44
134	Ian Jarvis	North Norfolk Beach Runners	M40	77 45
135	Pauline Norman	Lowestoft Road Runners	F55	77 49
136	RACHEL NORTON	Unattached	F35	77 51
137	David Brammer	March AC	M45	77 55
138	PENNY WAGGOTT	Stowmarket Striders	F40	77 58
139	Jude Durrant	Unattached	F40	78 02
140	Stephen Frosdick	Wymondham AC	M45	78 07
141	Ian Wade	North Norfolk Beach Runners	M50	78 11
142	Andrew Fretwell	Norwich Road Runners	M45	78 14
143	Kate Davies	West Norfolk AC	SF	78 20
144	Stephen Girling	Unattached	M45	78 27
145	HAYLEY SUTTLE	Stowmarket Striders	F40	78 33
146	DAVID DANIELS	Stowmarket Striders	M45	78 37
147	Sarah Bradley	Norwich Road Runners	F45	78 40
148	Tony Tyler	Thetford A C	M45	78 45
149	NIGAL DALTON	Unattached	M55	78 47
150	Tracy Dodsworth	Wymondham AC	SF	78 49
151	SIMON LEWIS	Unattached	M45	78 58
152	Martin Roper	Norwich Road Runners	M50	79 03
153	Keith Brighty	Norwich Road Runners	M45	79 21
154	Tom Bell	Unattached	SM	79 22
155	Louise Barker	Wymondham AC	F35	79 25
156	Susan Nolan	Unattached	F40	79 26
157	DAVID BARCLAY	Norfolk Gazelles AC	M45	79 27
158	Trevor Emery	North Norfolk Beach Runners	M55	79 46
159	Karen Manning	Gt Yarmouth Road Runners	F35	79 50
160	Marianne Defernez	Unattached	F40	79 55
161	Andy Jones	City of Norwich AC	SM	79 57
162	Anne Hulse	Norwich Road Runners	F45	79 58
163	Nigel Hart	Unattached	M45	80 03
<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
164	Richard High	Norwich Road Runners	SM	80 23

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

165	Derek McCabe	City of Norwich AC	M40	80 39
166	Corrina Smith	Thetford A C	F40	80 58
167	Richard Pilch	Unattached	M60	81 02
168	Christer Lawrence	Bunwell Strollers	SM	81 03
169	Bobbie Sauerzapf	Bungay Black Dog RC	F50	81 14
170	AGATHA CHELCHOWSKA	March AC	SF	81 31
171	PAUL HEWSBY	March AC	M40	81 39
172	VIKTORIA MASTEN	Unattached	F40	81 42
173	Christine Thorne	North Norfolk Beach Runners	F55	81 52
174	Colin Fish	Unattached	M45	81 57
175	Alan Ward	Gt Yarmouth Road Runners	M45	82 03
176	Tony Barnard	Unattached	M60	82 15
177	Michael Smith	Wymondham AC	M60	82 19
178	Andrew Jenkins	Unattached	SM	82 26
179	Michaela Gillett	Unattached	F35	83 02
180	Clinton Gillett	Unattached	SM	83 17
181	MARK CRACK	Unattached	M45	83 18
182	Stephen Niblett	Unattached	M40	83 22
183	Charlie Wood	Norwich Road Runners	M50	83 53
184	Ian Hodges	Unattached	M40	83 58
185	Rick Page	Unattached	M45	84 08
186	Paul Fisher	Unattached	M60	84 12
187	John Poole	Unattached	M50	84 13
188	John England	Gt Yarmouth & District AC	M60	84 14
189	Janet Ivers	Unattached	F35	84 22
190	Lottain Dawson	Gt Yarmouth Road Runners	F45	84 33
191	Michael O'Connor	North Norfolk Beach Runners	M55	84 41
192	Claire Heald	Unattached	F35	85 08
193	IAN CRAY	Unattached	M50	85 11
194	Barry Hall	Unattached	M50	85 11
195	ISABEL WREFORD	Hedington Road Runners	SF	85 25
196	Alec Fraser	North Norfolk Beach Runners	M65	85 27
197	Christina Walker	North Norfolk Beach Runners	F35	85 43
198	Jonathan Burton	Unattached	M40	85 46
199	Karen Gedge	Bungay Black Dog RC	F40	85 57
200	Ronald Marsh	Wymondham AC	M65	85 58
201	CLIFF MOORE	Unattached	M60	86 00
202	Andrew Edge	Unattached	M40	86 11
203	Gill Hart	Ryston Runners AC	F55	86 22
204	TERENCE GAMBLE	West Norfolk AC	M60	86 24
205	Claire Foulkes	North Norfolk Beach Runners	F35	86 35
206	GIUSEPPE FRANCAVILLA	Unattached	M50	86 47
207	Rob Saines	North Norfolk Beach Runners	M65	87 09
208	STEPHEN BRIGHT	British Athletics Supporters Club	M45	87 14
209	MICHAEL O'CALLAGHAN	Yaxley Runners	M55	87 37
210	Julien Nelson	Unattached	M40	88 00
211	Derek Ribbons	Gt Yarmouth Road Runners	M50	88 07
212	Nikki Kavanagh	North Norfolk Beach Runners	SF	88 08
213	Richard Napthen	Unattached	M45	88 39
214	Joanne West	Coltishall Jaguars	F45	88 41
215	Philip Neave	Bungay Black Dog RC	M60	88 43
216	Ivan Coleman	Norwich Road Runners	M45	88 48
217	Wesley Hicks	Unattached	M40	88 55
218	RICHARD CHALLIS	Unattached	SM	89 01
<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
219	CAROLYN ANDERSON	Newmarket Joggers	SF	89 11

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

220	Gwyneth Jones	Unattached	F50	89 13
221	Carole Wyatt	Wymondham AC	F45	89 21
222	Anne Martin	Wymondham AC	F60	89 25
223	SARAH OWEN	British Athletics Supporters Club	F40	89 31
224	Sheila Smith	Unattached	F55	89 34
225	Sarah Lake	Dereham Runners AC	SF	89 35
226	Emma Dennis	North Norfolk Beach Runners	SF	89 43
227	Emma Bayliss	Unattached	SF	89 55
228	Andrew Burrage	Norfolk Gazelles AC	M50	90 11
229	Sally Dormer	Brandon Fern Hoppers	F55	90 23
230	Hayley Cocksedge	Thetford A C	F35	90 24
231	Mike Marshall	North Norfolk Beach Runners	M65	90 25
232	JACKIE DELF	Newmarket Joggers	F45	90 42
233	Peter Warren	City of Norwich AC	M50	91 27
234	Carolyn Burrage	Norfolk Gazelles AC	F50	91 28
235	Jon Hall	Unattached	M40	91 41
236	JULIE DILDREW	Unattached	F45	91 54
237	Jayne Cook	Unattached	F45	92 36
238	CLAIRE JEFFERY	Unattached	SF	93 01
239	Lesley Oliver	Unattached	F60	93 12
240	Lucinda Leonard	Dereham Runners AC	SF	93 54
241	CLAIRE VAN LEERSUM	Unattached	F45	94 38
242	Georgina Allen	Ryston Runners AC	F50	94 40
243	Helen Melville	Ryston Runners AC	SF	94 57
244	Cathy Berry	Unattached	F40	95 32
245	Gillian Paremain	Thetford A C	F55	95 34
246	Claire Blackmore	Unattached	SF	95 46
247	Shelley Burton	North Norfolk Beach Runners	F35	96 27
248	Sue Smith	Ryston Runners AC	F40	96 34
249	LAURA WILLAVOY	Unattached	SF	97 01
250	SIMON WINGROVE	Unattached	SM	97 02
251	Louise Smith	Unattached	F35	97 03
252	LAURA RICHARDS	Unattached	SF	97 29
253	Alan Staton	Unattached	M45	98 15
254	Michael Radbourne	Unattached	M40	99 10
255	Christine Bilomfield	Norfolk Gazelles AC	F50	100 59
256	Charles Fenech	Unattached	M60	101 01
257	David Rose	Unattached	M40	102 11
258	Samantha Loosley	Unattached	F35	102 25
259	Susan Ryles	Gt Yarmouth & District AC	F55	102 54
260	Ivan Lees	Gt Yarmouth Road Runners	M50	103 10
261	Colin Thouless	Norwich Road Runners	M65	104 57
262	Denise Etherington	Gt Yarmouth Road Runners	F50	106 53
263	Maureen England	Gt Yarmouth & District AC	F60	107 23
264	Elaine Haggarty	Gt Yarmouth & District AC	F50	113 37
265	Rodney Freeburn	Wymondham AC	M65	115 02
266	Dave Massey	Unattached	M55	121 51
267	Louis Miller	Unattached	M65	123 22
DNF	ALBERT SPONG	Gt Yarmouth Road Runners	M65	0 0
DNF	RENU SHARMA	Unattached	F40	0 0
DNF	CAROLE SPONG	Gt Yarmouth Road Runners	F60	0 0
DNF	Dawn Clegg	Gt Yarmouth & District AC	F50	0 0
DNF	Stuart Palmer	Unattached	SM	0 0
DNF	AUDREY KAMINSKI	Unattached	F50	0 0
<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Time</i>
DNF	Stephen Love	Unattached	M45	0 0

DEREHAM 10 MILE RACE - SUNDAY 17th MAY 2009 - FULL RESULTS

DNF	ROSLYN CONWAY	Unattached	F45	0 0
DNF	MATT NEVILLE	Unattached	SM	0 0
DNF	Richard McCormack	Unattached	M40	0 0
DNF	Daniel Bell	Unattached	SM	0 0
DNF	Janet Neale	Coltishall Jaguars	F50	0 0
DNF	Lorraine Craine	Unattached	F40	0 0
DNF	Dawn Carver	Norwich Road Runners	F40	0 0
DNF	ELLE IRWIN	Unattached	F35	0 0
DNF	Ken Earle	Unattached	M60	0 0
DNF	Brenda Kinch	North Norfolk Beach Runners	F60	0 0
DNF	Helen Sewell	Ryston Runners AC	F60	0 0
DNF	Jill Copeland	Norwich Road Runners	F50	0 0
DNF	KATY BURGIN	Huntingdon AC	SF	0 0
DNF	TOM STAFFORD	Unattached	SM	0 0
DNF	SAMANTHA LINNEY	Bedford Harriers	F40	0 0
DNF	CRAIG GILES	Unattached	SM	0 0
DNF	Katrine Middleton	North Norfolk Beach Runners	F45	0 0
DNF	Paul Westgate	Gt Yarmouth Road Runners	M50	0 0
DNF	Wayne Chappell	Unattached	SM	0 0
DNF	Andrew Manning	Gt Yarmouth Road Runners	M40	0 0
DNF	BRYAN COOPER	Unattached	M50	0 0
DNF	Darren Abbs	Unattached	SM	0 0
DNF	Colin Berry	Unattached	M40	0 0
DNF	Jeff Arden	Norfolk Gazelles AC	M50	0 0
DNF	Vincent Somers	Unattached	M50	0 0
DNF	Jack Morter	Unattached	SM	0 0
DNF	IKKI TOYAMA	Unattached	SM	0 0
DNF	CLIVE PURBROOK	Unattached	M50	0 0
DNF	Richard Piper	Unattached	M40	0 0
DNF	Ian Moore	Norwich Road Runners	SM	0 0
DNF	Mike Creasor	Unattached	M65	0 0
DNF	Bob Darnell	Unattached	M55	0 0
DNF	Richard Larner	Unattached	M45	0 0
DNF	Veronica Manly	Diss AC	F60	0 0
DNF	Debby Squires	Unattached	F40	0 0
DNF	TRACEY VANE	St Edmunds Pacers	F45	0 0
DNF	Carl Wright	Norwich Road Runners	M45	0 0