

DEREHAM 10 MILE - SUNDAY 11TH MAY 2014 - MAIN RESULTS

Pos	Name	Club	Category	Mins	Secs
1	Matt Pyatt	Huntingdon AC	SM	57	01
2	Richard Bateson	Coltishall Jaguars	SM	57	17
3	KEIRAN McMORRAN	Bungay Black Dog RC	SM	57	45
4	Jeremy Rogers	Abbey Runners	M40	58	45
5	Anthony Bourne	Horsham Blue Star	SM	59	17
6	Michal Wegrzyn	Unattached	SM	59	48
7	Lawrence Wade	Coltishall Jaguars	M40	60	10
8	Fernando Silva	Wymondham AC	M55	60	14
9	Jamie Seamark	North Norfolk Beach Runners	M40	60	28
10	ADAM HOWLETT	Unattached	M40	60	36
11	P J Muffett	North Norfolk Beach Runners	M55	60	58
12	JOHN MANLOW	Ely Runners	M45	61	09
13	Stephen Gibbs	Norwich Road Runners	SM	61	28
14	Steve Ely	Norwich Road Runners	M40	63	00
15	Mark Betts	Norwich Road Runners	M40	63	03
16	Chris Smith	Norfolk Gazelles AC	SM	63	12
17	Hugh Brown	North Norfolk Beach Runners	M40	63	17
18	Mark Clues	Tri-Anglia	M40	63	24
19	Mark Garrett	Norwich Road Runners	M50	63	32
20	Charlotte Rose	City of Norwich AC	SF	63	56
21	Stephen Rolfe	Norfolk Gazelles AC	M55	64	20
22	Jason Brunt	Unattached	M40	64	26
23	ALEX WILLIAMS	Port Talbot Harriers	M45	64	41
24	JONATHAN KENNEDY	Unattached	SM	64	43
25	Paul Martin	Norwich Road Runners	SM	64	50
26	ROGER MANTON	St Edmunds Pacers	M40	65	02
27	Dominic Hughes	West Norfolk AC	SM	65	10
28	Carmine De Grandis	North Norfolk Beach Runners	M40	65	22
29	John Drewry	Unattached	M45	65	38
30	Darren Neale	North Norfolk Beach Runners	SM	65	53
31	Richard White	Wymondham AC	M50	65	59
32	Stewart Robins	Ryston Runners AC	M45	66	10
33	Alexandra Smith	Norwich Road Runners	SF	66	14
34	Richard Johnson	Norwich Road Runners	SM	66	14
35	Steve Bowerman	Ryston Runners AC	M45	66	22
36	Jon Wiles	Bungay Black Dog RC	M40	66	27
37	David Kellaway	Dereham Runners AC	M50	67	11
38	BRIAN ROGERS	Ipswich Jaffa	M55	67	18
39	BRUCE GRIMLEY	Huntingdon AC	M55	67	21
40	Stephen Moseley	Norwich Road Runners	M45	67	22
41	Michael Howlett	Ryston Runners AC	SM	67	23
42	Tom Halliwell	Unattached	SM	67	50
43	Timothy Bragger	Unattached	SM	67	54
44	David Asker	Tri-Anglia	SM	68	13
45	PETER BIRD	St Edmunds Pacers	M40	68	24
46	LAURA THOMAS	Ipswich Jaffa	SF	68	28
47	Sebastien Rijpstra	Tri-Anglia	M40	68	31
48	Kirk Bagge	Wymondham AC	SM	68	42
49	Andrew Skiggs	Tri-Anglia	SM	68	45
50	Michael Armes	Norwich Road Runners	M45	68	46
51	Ellie Bye	Coltishall Jaguars	SF	69	37

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52	Stephen Dady	Wymondham AC	M60	69 43
53	Michael Spear	Unattached	SM	69 54
54	Keith Brighty	Norwich Road Runners	M50	69 58
55	Adrian Waters	Norfolk Gazelles AC	M45	70 01
56	STEVEN HUGHES	Stowmarket Striders	M50	70 19
57	Paul Beckett	Norwich Road Runners	M45	70 34
58	Sam Osborne	Unattached	SM	70 39
59	Helen Thurtle	Bungay Black Dog RC	F40	70 39
60	Andrew Preston	Wymondham AC	M45	70 40
61	RICHARD GRIMSDELL	St Edmunds Pacers	M45	70 48
62	Ian Moore	Norwich Road Runners	SM	70 58
63	Stephen Leeves	Gt Yarmouth Road Runners	M55	71 11
64	Neville Clarke	Newmarket Joggers	M60	71 21
65	John Leach	North Norfolk Beach Runners	M50	71 22
66	Chris Chorley	Bungay Black Dog RC	M50	71 24
67	FIONA KENNEDY	Unattached	SF	71 52
68	Shaun Conway	Unattached	M50	71 53
69	Jason Tuttle	Unattached	SM	72 00
70	Tom Rivett	North Norfolk Beach Runners	SM	72 02
71	Kevin Howlett	Ryston Runners AC	M55	72 45
72	Andy Wicklen	Ryston Runners AC	SM	72 48
73	BILL KINGABY	Waveney Valley AC	M60	72 53
74	Simon Bekker	Gt Yarmouth Road Runners	SM	72 57
75	Tim Parr	Unattached	M40	72 57
76	David Hudson	Tri-Anglia	M40	73 11
77	Raymond Lindsay	Norwich Road Runners	M55	73 24
78	Jonathan Foot	Coltishall Jaguars	M55	73 25
79	Gary Hurrell	Norwich Road Runners	M40	73 28
80	Helen Mian	Norfolk Gazelles AC	F45	73 30
81	Jim Hayes	North Norfolk Beach Runners	M65	73 39
82	Kevin Garwood	Wymondham AC	M45	73 51
83	MATT ROSE	Unattached	SM	73 52
84	Nick Gurney	Norwich Road Runners	SM	73 52
85	Danny Bond	Norwich Road Runners	SM	73 54
86	Simon English	Norwich Road Runners	SM	73 57
87	DAVID POWLES	Unattached	SM	74 01
88	James Howlett	Unattached	M40	74 13
89	Stephen Lee	Unattached	SM	74 15
90	Anna Kirkham	Norwich Road Runners	SF	74 23
91	Ben Gaskins	Tri-Anglia	SM	74 26
92	Penny Edwards	Norwich Road Runners	F55	74 26
93	Jonathan Tyrrell	Tri-Anglia	M40	74 28
94	Louise White	Thetford A C	SF	74 29
95	Ian Todd	Ryston Runners AC	M50	74 29
96	Richard Lawes	Unattached	M55	74 31
97	SIMON FENN	Hadleigh Hares	M45	74 34
98	Lorena Latisaite	Ryston Runners AC	SF	74 40
99	P Reeve	Unattached	M40	74 44
100	John Royce	Unattached	M55	74 45
101	Julia Hetheron	Greens	SF	74 59
102	Matthew Crane	Coltishall Jaguars	SM	75 04
103	RICHARD PEGG	Steel City Striders	M55	75 12

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104	Tim Woods	Norfolk Gazelles AC	M50	75 20
105	Mark Crack	Unattached	M50	75 27
106	Alex Gaunt	Norwich Road Runners	M45	75 42
107	Shaun Button	Bungay Black Dog RC	SM	75 50
108	William Wilson	Norfolk Gazelles AC	SM	76 04
109	SEAN RADFORD	Unattached	M40	76 24
110	Pete Thompson	Norfolk Gazelles AC	M55	76 25
111	EUAN AITKENHEAD	Unattached	SM	76 26
112	Mark Taylor	Norwich Road Runners	M60	76 47
113	DAVID MOWEN	Waveney Valley AC	M60	76 51
114	Colin Smith	Norwich Road Runners	SM	77 37
115	Catherine Cook	Norwich Road Runners	N/A	77 43
116	Stephen Smith	Unattached	M40	77 47
117	Raphael Sanelli	Tri-Anglia	M40	77 47
118	Colin Weller	Unattached	M40	77 52
119	Jo Godwin	Norwich Road Runners	F40	78 01
120	Gerry Watson	Wymondham AC	M55	78 02
121	Jen Rudd	Wymondham AC	F40	78 08
122	JENNIFER ASKEW-MARTIN	Unattached	SF	78 13
123	DIANNE HUGHES	Stowmarket Striders	F50	79 06
124	Sally Juby	Unattached	SF	79 13
125	Gary Gannon	Norwich Road Runners	M45	79 13
126	Cassie Barker	Wymondham AC	SF	79 16
127	Ruth Steele	Norwich Road Runners	F45	79 27
128	Ivan Coleman	Wymondham AC	M50	79 29
129	Paul Woodyatt	City of Norwich AC	M50	79 39
130	Dawn Carver	Norwich Road Runners	F45	79 46
131	James Lambert	Coltishall Jaguars	SM	79 59
132	Carl Yaxley	Unattached	SM	80 08
133	Dudley Garner	Norfolk Gazelles AC	SM	80 16
134	Julz Williams	Norwich Road Runners	SF	80 25
135	Stacey Harper	Norwich Road Runners	SF	80 43
136	JOHN WHARTON	Bungay Black Dog RC	M55	81 01
137	Peter Kean-Cockburn	Coltishall Jaguars	M55	81 15
138	JOHN WALSHE	East Cork AC	M60	81 23
139	Melanie Widdows	Unattached	F40	81 35
140	Catherine Scott	Unattached	F40	81 46
141	John Miller	Norwich Road Runners	M50	81 52
142	Anne Millett	Norwich Road Runners	F55	81 52
143	Ian Odgers	Unattached	M45	81 54
144	Andi Osborne	North Norfolk Beach Runners	F60	82 06
145	SARAH BAUMBER	Ely Runners	SF	82 24
146	Colin Fish	Unattached	M50	82 26
147	Gary Cooper	Norwich Road Runners	M45	82 29
148	Bobbie Sauerzapf	Bungay Black Dog RC	F55	82 43
149	Heath Alexander-Bew	Unattached	M40	82 47
150	David Hunter	Unattached	M50	82 48
151	Mark Smith	Unattached	M40	82 54
152	Peter Downing	Unattached	W/Chair	83 00
153	Garry Hobart	North Norfolk Beach Runners	M50	83 01
154	LARA THOMPSON	Bungay Black Dog RC	SF	83 03
155	Graham Bloomfield	Tri-Anglia	SM	83 04

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156	Mark Weldon	Wymondham AC	M50	83 12
157	Charles Wood	Norwich Road Runners	M55	83 23
158	STEVE STARR	Ely Runners	M45	83 26
159	Karen Smith	Ryston Runners AC	F45	83 30
160	Sarah Bradley	Norwich Road Runners	F50	83 31
161	Kathryn Hammond	Norwich Road Runners	SF	84 07
162	Jude Durrant	Unattached	F45	84 56
163	Jane Stafford	Norwich Road Runners	F45	85 06
164	Anna Frostwick	Tri-Anglia	SF	85 11
165	Julia Lloyd	Wymondham AC	F45	85 27
166	PHILIP NORMAN	Riverside Runners	M60	85 27
167	Wendy Smith	Norwich Road Runners	F50	85 30
168	Graham Sampson	Bungay Black Dog RC	M65	85 33
169	Leanne Howlett	Wymondham AC	SF	85 44
170	Simon Tarling	Ryston Runners AC	M45	85 52
171	Ian Graveling	Unattached	M40	86 12
172	Jillian Davis	Ryston Runners AC	F55	86 14
173	Gavin Thouless	Norwich Road Runners	M45	86 22
174	Julie London	Norfolk Gazelles AC	F45	86 32
175	Ian Windley	North Norfolk Beach Runners	M55	86 45
176	Julia Norman	Ryston Runners AC	SF	86 51
177	Juliette Meek	Ryston Runners AC	SF	86 54
178	Elaine Stone	Gt Yarmouth Road Runners	F55	86 58
179	Polly Williams	Norwich Road Runners	SF	87 14
180	Nicola Day	Wymondham AC	F40	87 23
181	Mike Smith	Wymondham AC	M65	87 24
182	Jeffrey Reed	Ryston Runners AC	M65	87 25
183	Sue Fraser	Gt Yarmouth & District AC	F55	87 26
184	Claire Smith	Norwich Road Runners	F45	87 32
185	Kevin Bray	Norwich Road Runners	M40	87 33
186	Kerry Wettelan	Norwich Road Runners	SF	87 34
187	Steven Neeve	Wymondham AC	M40	87 41
188	Tony Heath	North Norfolk Beach Runners	M65	87 45
189	STUART LAWN	Bungay Black Dog RC	SM	87 50
190	BECKY STURGEON	Bungay Black Dog RC	F40	87 50
191	Steve Kirkendall	Unattached	M50	88 00
192	David Hilburn	Unattached	M55	88 12
193	Emma Blake	Coltishall Jaguars	SF	88 18
194	Emma Fox	Coltishall Jaguars	SF	88 27
195	David Lane	Ryston Runners AC	M45	88 35
196	Sarah Sayers	Unattached	SF	88 43
197	Daryl Smith	Unattached	SM	88 55
198	Christopher Cann	Unattached	SM	88 55
199	Claire Baker	Gt Yarmouth Road Runners	SF	89 04
200	IAN GARDNER	Unattached	M55	89 10
201	Hayley Gerrard	Norwich Road Runners	F45	89 13
202	Ruth Gaunt	Norwich Road Runners	F45	89 18
203	Sian Childs	Unattached	F40	89 19
204	William Delf	City of Norwich AC	M55	89 23
205	Paul Gerber	Coltishall Jaguars	M45	89 29
206	Caroline Tayler	Norwich Road Runners	F55	89 34
207	Sarah Hood	Unattached	SF	89 35

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208	Steve Connelly	Unattached	SM	89 36
209	Emma Muffett	North Norfolk Beach Runners	SF	89 43
210	Laura Bullimore	Unattached	SF	89 43
211	Lucy Hazleton	Unattached	SF	89 59
212	Keith Morris	Ryston Runners AC	M55	90 00
213	CAROLE SPONG	Gt Yarmouth Road Runners	F65	90 12
214	Tony Millet	Norwich Road Runners	M60	90 19
215	Don Tiffin	Bungay Black Dog RC	M65	90 29
216	Carol Cooper	Norfolk Gazelles AC	F50	90 35
217	LUCY WRIGHT	Unattached	SF	91 03
218	BEVERLEY RACKHAM	Unattached	F50	91 04
219	GILLIAN PAREMAIN	Thetford A C	F60	91 13
220	DAVID BROOKS	AC Veterans	M65	91 17
221	John England	Gt Yarmouth & District AC	M65	91 46
222	HUW JONES	St Edmunds Pacers	M50	91 57
223	Nicola Ward	UK Net Runners	F40	92 29
224	Georgina Allen	Ryston Runners AC	F55	92 45
225	Gemma Willett	Unattached	SF	92 48
226	Sheila Smith	Unattached	F60	92 49
227	Joanne Bond	Norwich Road Runners	F40	92 51
228	Angie Martin	Unattached	F50	93 02
229	CLAIRE GOLDSTONE	Thetford A C	SF	93 15
230	Jerry Sinclair	Unattached	M60	93 37
231	Clare Vassallo	Unattached	SF	93 48
232	Ghretta Cooper	Unattached	F45	93 49
233	CLIFF MOORE	Unattached	M65	93 50
234	Peter Warren	City of Norwich AC	M55	93 51
235	Richard High	Norwich Road Runners	M40	94 07
236	Howard Wilcox	Gt Yarmouth Road Runners	M55	95 02
237	Bill Griffin	Norwich Road Runners	M45	95 25
238	Liz Jones	Norwich Road Runners	SF	95 25
239	Matthew Fox	Unattached	M40	95 35
240	Jane O'Nions	Unattached	F55	95 59
241	Ellen Sweet-Escott	Unattached	F50	95 59
242	Emma Parr	Unattached	SF	96 20
243	Alison West	Thetford A C	F50	96 45
244	Christopher Kountze	Unattached	SM	97 04
245	Rob Osborne	North Norfolk Beach Runners	M50	97 05
246	Lorna Wigg	Unattached	SF	97 22
247	Gemma Sullivan	Unattached	SF	97 22
248	KATY BRILL	Unattached	SF	97 27
249	Linda Storey	Norwich Road Runners	F45	97 30
250	Samantha Reddy	Norwich Road Runners	F45	97 32
251	Mike Marshall	North Norfolk Beach Runners	M65	97 36
252	Anne Sinclair	Unattached	F55	97 45
253	Fiona Martin	Wymondham AC	F45	97 49
254	ELOISE BIRD	St Edmunds Pacers	F45	99 00
255	Alec Fraser	North Norfolk Beach Runners	M65	99 13
256	S Burdett	Unattached	F50	99 26
257	Michael Ennis	Ryston Runners AC	M65	99 50
258	Rod Smith	North Norfolk Beach Runners	M65	100 29
259	Michelle Passam	Unattached	F40	100 41

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260	Karen Moss	Unattached	F45	100 59
261	Charles Fenech	Wymondham AC	M65	101 07
262	Gill Hart	Ryston Runners AC	F60	101 15
263	Karren Dix	Norwich Road Runners	F45	101 47
264	Gina Preston	Norwich Road Runners	F45	101 47
265	CHARLOTTE EVERETT	Unattached	SF	101 53
266	Karen Cudden	Norwich Road Runners	F50	102 14
267	Helen Fiske	Norwich Road Runners	F40	102 14
268	Kelly Bray	Norwich Road Runners	SF	102 15
269	Andrea Clarke	Norwich Road Runners	F40	105 45
270	Jacqueline Ronsdorf	Unattached	F45	108 02
271	Janette Franks	Unattached	F50	108 34
272	Susannah Naylor	Ryston Runners AC	SF	108 54
273	Karen Glenister	Unattached	F40	111 44
274	Elizabeth McNamara	Unattached	SF	112 30
275	Tomasina Overall	Unattached	SF	112 33
276	Sharon Armes	Norwich Road Runners	F40	112 38
277	Tim Scutter	Unattached	M40	116 36
278	Martin Yaxley	Unattached	SM	121 56
279	Jessica Withey	Birketts Runners	SF	123 43
DNF	Claire Cork	Unattached	SF	0 00
DNF	PHIL LANGHAM	Unattached	SM	0 00
DNF	Richard Blake	North Norfolk Beach Runners	M60	0 00
DNF	PHILLIP LAURIER	Lowestoft Road Runners	M65	0 00
DNF	Jo Isbill	Ryston Runners AC	F45	0 00
DNF	Jane Ashby	Ryston Runners AC	F65	0 00
DNF	Sue Smith	Ryston Runners AC	F45	0 00
DNF	Pauline Leeves	Gt Yarmouth Road Runners	F50	0 00
DNF	Sue Nolan	Unattached	F45	0 00
DNF	Pete Whaley	Norfolk Gazelles AC	SM	0 00
DNF	Baz Hipwell	Norwich Road Runners	M55	0 00
DNF	Rowena Leary	Norfolk Gazelles AC	SF	0 00
DNF	Stefan Rider	Tri-Anglia	M40	0 00
DNF	Rachel Robson	North Norfolk Beach Runners	F50	0 00
DNF	Jo Sayer	Wymondham AC	F40	0 00
DNF	Veronica Manly	Eastern Vets AC	F65	0 00
DNF	MARK SPENCE	Corby AC	M40	0 00
DNF	MICHAEL WYARD	Unattached	M50	0 00
DNF	Karen Wood	Ryston Runners AC	F45	0 00
DNF	Paul Westgate	Gt Yarmouth Road Runners	M55	0 00
DNF	Leslie Scott	Ryston Runners AC	M55	0 00
DNF	Dennis Wells	Unattached	M60	0 00
DNF	GEOFFREY HARRISON	Unattached	M55	0 00
DNF	Kevin Smith	Ryston Runners AC	SM	0 00
DNF	Steven Mills	Unattached	SM	0 00
DNF	Glenn Woodruff	Unattached	M45	0 00
DNF	Leela Osborne	Dover Road Runners	SF	0 00
DNF	Graham Robson	Unattached	M50	0 00
DNF	Anna Dean	Thetford A C	F40	0 00
DNF	Kerstin Langer	Gt Yarmouth Road Runners	F45	0 00
DNF	NEIL FORRESTER	Unattached	SM	0 00
DNF	Warren Newell	Unattached	M50	0 00

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DNF	Richard Hazleton	Norfolk Gazelles AC	SM	0 00
DNF	Andrew Lane	Wymondham AC	M55	0 00
DNF	Henry Horwood	Unattached	SM	0 00
DNF	David Tandy	Norwich Road Runners	M40	0 00
DNF	LOY DICCON	Clapham Chasers	M40	0 00
DNF	YVONNE OSBORNE	Unattached	F50	0 00
DNF	EMILY KNIGHT	Ely Runners	SF	0 00
DNF	Kayleigh Odat	Norwich Road Runners	SF	0 00
DNF	Thoang Marriott	Unattached	SF	0 00
DNF	LUCY JARVIS	East London Runners	SF	0 00
DNF	CHERYL TYE	Purple Patch Runners	F45	0 00
DNF	TONY MORLEY	Bungay Black Dog RC	M55	0 00
DNF	Sharon Hurren	Wymondham AC	F40	0 00
DNF	Lauren Gipson	Norwich Road Runners	SF	0 00
DNF	Katherine Trehane	Norfolk Gazelles AC	SF	0 00
DNF	Anna Cain	Unattached	SF	0 00
DNF	KAREN McMORRAN	Bungay Black Dog RC	F40	0 00
DNF	Ivan Lees	Gt Yarmouth Road Runners	M55	0 00
DNF	Stuart Catchpole	Unattached	M45	0 00
DNF	Robert Ewin	Wymondham AC	M65	0 00
DNF	Jonathan Cordle	Tri-Anglia	M45	0 00
DNF	Chris Tomlinson	Unattached	M40	0 00
DNF	Richard Nolan	Unattached	M50	0 00
DNF	RICHARD PEGG	Steel City Striders	M55	0 00
DNF	Katherine Thrower	Unattached	SF	0 00