

DEREHAM 10 MILE RACE - SUNDAY 19TH MAY 2015 - MAIN RESULTS

Pos	Name	Club	Category	Mins	Secs
1	Matt Pyatt	Ryston Runners AC	SM	55	16
2	ROBERT CHENERY	Ipswich Jaffa	SM	56	46
3	ANTHONY BOURNE	Horsham Blue Star	SM	57	29
4	Stephen Gibbs	Norwich Road Runners	SM	57	43
5	Jeremy Rogers	Norfolk Gazelles AC	M40	58	25
6	Joseph Hawes	Norfolk Gazelles AC	SM	59	07
7	CHARLES WARTNABY	Cambridge & Coleridge	M45	60	06
8	John Moore	Norfolk Gazelles AC	M50	60	31
9	Sean Jermy	Gt Yarmouth Road Runners	SM	61	15
10	Alastair Robinson	Norfolk Gazelles AC	SM	61	44
11	Alec Francis	Norwich Road Runners	SM	61	51
12	ANDY ELLIS	Unattached	SM	62	22
13	JOHN BROOM	Barnsley AC	M45	62	29
14	Richard Johnson	Norwich Road Runners	SM	62	57
15	Danielle Nimmock	City of Norwich AC	SF	63	11
16	Colin Robilliard	Bure Valley Harriers	M60	63	47
17	Mark Clues	Tri-Anglia	M45	64	01
18	Simon English	Norwich Road Runners	M40	64	04
19	Simon Able	Ryston Runners AC	M40	65	14
20	Pete Johnson	Ryston Runners AC	M60	65	23
21	James Beadle	Reepham Runners	SM	65	48
22	Tim Sexton	Norfolk Gazelles AC	M40	66	11
23	Kevin Frazer	Unattached	M50	66	13
24	Marc Coles	Unattached	SM	66	53
25	Michael Howlett	Ryston Runners AC	SM	67	03
26	Karl Chapman	Wymondham AC	M45	67	13
27	ANDREW ENTICKNAP	Huntingdon AC	M45	67	35
28	Jason Brunt	Norfolk Gazelles AC	M40	67	41
29	DICCON LOY	East London Runners	M40	67	46
30	Guzel Sari	Dereham Runners AC	SM	68	00
31	Terry Epps	Wymondham AC	M60	68	03
32	Stephen Dady	Wymondham AC	M60	68	15
33	Richard Dale	Reepham Runners	M45	68	35
34	Andrew Manning	Gt Yarmouth Road Runners	M45	68	56
35	Francesca Hall	Unattached	SF	69	36
36	Paul Gardner	Unattached	M40	69	44
37	Kevin Sadd	Unattached	M40	69	44
38	Paul Hurr	North Norfolk Beach Runners	M55	69	53
39	Brooke Doughty	Unattached	SM	69	56
40	Matthew Dawson	Norwich Road Runners	SM	70	12
41	Russell Clarke	Wymondham AC	M55	70	50
42	Ben Snelling	Norwich Road Runners	M40	71	02
43	Tom Johnson	Coltishall Jaguars	SM	71	12
44	Paddy Thompson	Ryston Runners AC	M45	71	12
45	Andrew Lane	Wymondham AC	M55	71	14
46	PETER BIRD	St Edmunds Pacers	M40	71	18
47	Neil Walpole	Norwich Road Runners	M45	71	30
48	CLIVE HARROD	Fenland Running & AC	M55	71	30
49	Helen Mian	Norfolk Gazelles AC	F45	71	31
50	Simon Bekker	Gt Yarmouth Road Runners	M40	71	33
51	Dave Kellaway	Dereham Runners AC	M50	71	35

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52	Adrian Waters	Norfolk Gazelles AC	M45	71 39
53	Chris Moore	Norfolk Gazelles AC	M50	71 44
54	ANN SWIFT	UK Net Runners	F45	71 53
55	Catherine Henery	Norwich Road Runners	F50	72 05
56	Niall Mahoney	Wymondham AC	M45	72 12
57	Paul Smith	Norwich Road Runners	M45	72 12
58	Deborah English	Norwich Road Runners	SF	72 13
59	Nick Gurney	Norwich Road Runners	SM	72 26
60	Mark Garrett	Norwich Road Runners	M50	72 36
61	Kevin Howlett	Ryston Runners AC	M55	72 46
62	Heather Beattie	Ryston Runners AC	SF	72 57
63	Andy Rowles	Dereham Runners AC	M50	72 59
64	BILL KINGABY	Waveney Valley AC	M60	73 03
65	Ken Bowman	Coltishall Jaguars	M65	73 06
66	Paul Spooner	Unattached	SM	73 06
67	Craig Farr	Reepham Runners	M40	73 10
68	IAN MILBURN	Fenland Running & AC	M65	73 13
69	Penny Edwards	Norwich Road Runners	F60	73 20
70	Peter Downing	Unattached	W/CHAIR	73 41
71	Sarah Peachey	Norwich Road Runners	SF	73 45
72	James Howlett	Unattached	M40	73 48
73	DAVID BELL	Yaxley Runners	M40	73 59
74	Ian Sturgess	Wymondham AC	M55	74 03
75	Adrian Thompson	Tring	M55	74 08
76	Guy Shearwood	Norwich Road Runners	M55	74 15
77	Shaun Conway	Unattached	M50	74 17
78	Tim Woods	Norfolk Gazelles AC	M50	74 28
79	JOANNE DIFFEY	Lakeside Lincoln	F45	74 30
80	Kevin Garwood	Wymondham AC	M50	74 38
81	Lorena Latisaite	Ryston Runners AC	SF	74 39
82	John Bone	Gt Yarmouth Road Runners	M65	74 42
83	Jon Beverley	Reepham Runners	SM	74 45
84	Jim Hayes	North Norfolk Beach Runners	M65	75 03
85	Jonathan Eagle	Unattached	SM	75 21
86	Andrew Hawes	Reepham Runners	SM	75 24
87	Garry Whiting	Wymondham AC	M45	75 26
88	WILLIAM WILSON	Norfolk Gazelles AC	M40	75 30
89	David Mower	Waveney Valley AC	M60	75 42
90	Neil Bunnage	Unattached	M45	75 44
91	Shane Morgan	Wymondham AC	SM	75 59
92	MORRIS VAUGHAN	Unattached	M55	76 00
93	ANDREW NICHOLLS	Hyde Park Harriers	M55	76 16
94	Matthew Spillman	Tri-Anglia	M45	76 27
95	John Morgan	Reepham Runners	M50	76 48
96	Niki Park	Norwich Road Runners	F45	76 55
97	Paul Firmage	Ryston Runners AC	M60	76 58
98	Sabine Schaefer	Unattached	SF	77 02
99	Sharon Bardwell	Norwich Road Runners	F45	77 24
100	Melanie Reed	Ryston Runners AC	SF	77 30
101	Peter Fox	Unattached	M55	77 31
102	DANIEL BELL	Unattached	M45	77 42
103	Sean Radford	Unattached	M40	78 16

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104	David Crow	Unattached	SM	78 23
105	PETER EDMUNDS	Bungay Black Dog RC	M65	78 37
106	Dave King	Unattached	M50	78 52
107	Rovena Leary	Norfolk Gazelles AC	SF	79 03
108	Charlotte Smith	Thetford A C	SF	79 07
109	Konrad Pytlarz	Unattached	SM	79 11
110	Andrew Palmer	Norwich Road Runners	M50	79 34
111	Max Fancourt	Unattached	SM	79 37
112	John Holsworth	Unattached	M50	79 37
113	Vicky Tovell	Coltishall Jaguars	F40	79 54
114	TOM HOBLYN	St Edmunds Pacers	M50	79 57
115	LUCY JARVIS	East London Runners	SF	79 59
116	Michael Barrett	Dereham Runners AC	M55	80 14
117	Natasha Walsh	Norwich Road Runners	SF	80 19
118	Ian Moore	Norwich Road Runners	SM	80 21
119	Andrew Fretwell	Unattached	M55	80 31
120	DARREN TAYLOR	Riverside Runners	SM	80 35
121	Dirk James	Unattached	M45	80 39
122	Maureen Wolfe	Ryston Runners AC	F55	80 44
123	Mike Jolly	Unattached	M45	80 49
124	Nigel Kinsella	Tri-Anglia	M45	80 55
125	Anne Ellen	Norfolk Gazelles AC	F55	81 08
126	Robert Ewin	Wymondham AC	M65	81 38
127	Cassie Barker	Wymondham AC	SF	81 55
128	Ian Smith	North Norfolk Beach Runners	M50	82 07
129	Raymond Lindsey	Norwich Road Runners	M55	82 13
130	Rachel Cubitt	Norwich Road Runners	SF	82 20
131	Alex Bowen	Wymondham AC	SM	82 21
132	Graham Johnson	Coltishall Jaguars	M45	82 28
133	Ian Windley	North Norfolk Beach Runners	M60	82 41
134	DEAN HEARN	Stowmarket Striders	M45	82 48
135	Hazel Wray	North Norfolk Beach Runners	F45	82 52
136	Stacey Harper	Norwich Road Runners	SF	83 09
137	Derek Sadler	North Norfolk Beach Runners	M60	83 12
138	Brian Wright	Thetford A C	M60	83 15
139	RAY CLAYDEN	Unattached	M55	83 18
140	Sal Ryder	North Norfolk Beach Runners	F45	83 25
141	Andrew Cooper	Unattached	SM	83 30
142	KEITH BLAKE	Unattached	M50	83 31
143	Ruth Gaunt	Norwich Road Runners	F45	83 41
144	Alex Gaunt	Norwich Road Runners	M45	83 41
145	Lorraine Dawson	Gt Yarmouth Road Runners	F55	83 51
146	Paul Rayner	Thetford A C	M50	83 56
147	Jonathan Breeze	Unattached	SM	83 58
148	Graham Sampson	Bungay Black Dog RC	M65	84 00
149	Jonathan Burton	Dereham Runners AC	M45	84 05
150	Sean Brandrick	Unattached	SM	84 15
151	Alastair Wilkinson	North Norfolk Beach Runners	M60	84 21
152	Chris Tindall	North Norfolk Beach Runners	SM	84 30
153	Eirrin Thompson	Unattached	M45	84 49
154	Susan Ilsley	North Norfolk Beach Runners	F50	84 51
155	William Vincent	Unattached	SM	85 00

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156	Rachel Miller	Norwich Road Runners	F40	85 01
157	Melanie Widdows	Unattached	F45	85 04
158	Colin Fish	Unattached	M50	85 10
159	Alice Kirk	Bungay Black Dog RC	SF	85 16
160	Ben Smith	Unattached	M40	85 20
161	David Lane	Ryston Runners AC	M50	85 21
162	Jeffrey Read	Ryston Runners AC	M65	85 33
163	Joanne McKay	Wymondham AC	SF	85 35
164	Wendy Fisher	Ryston Runners AC	F50	85 44
165	ROBERT CROCKFORD	Unattached	M40	85 55
166	Andrew Smith	St Edmunds Pacers	M45	86 09
167	Rick Voutt	Unattached	M40	86 10
168	Rowley Kurtz	Unattached	M55	86 25
169	PHILIP NORMAN	Riverside Runners	M60	86 39
170	Andi Osborne	Longdale Striders	F60	86 49
171	Malcolm Fisher	Dereham Runners AC	SM	87 10
172	Julia Lloyd	Wymondham AC	F45	87 20
173	REBECCA LANGFORD	Waveney Valley AC	F40	87 24
174	Charles Wood	Norwich Road Runners	M55	87 32
175	Graeme Rockett	Tri-Anglia	M50	87 33
176	Rob Osborne	North Norfolk Beach Runners	M55	87 34
177	Jane Ashby	Ryston Runners AC	F65	87 36
178	Martin Roper	Norwich Road Runners	M55	87 40
179	John Newell	Wymondham AC	M45	87 43
180	Gina Preston	Norwich Road Runners	F45	87 45
181	Halina Zaleski	Unattached	F60	88 12
182	HUW JONES	St Edmunds Pacers	M50	88 13
183	Laura Parker	Unattached	SF	88 14
184	Kathryn Hammond	Norwich Road Runners	F40	88 25
185	Louise Blazey	Norwich Road Runners	SF	88 25
186	Stuart Sayer	Norwich Road Runners	M55	88 58
187	Shirley Standley	Unattached	F45	89 00
188	Ivan Allen	North Norfolk Beach Runners	M50	89 03
189	Sheila Smith	Unattached	F60	89 06
190	John Miller	Norwich Road Runners	M50	89 12
191	Victoria Jones	Norwich Road Runners	SF	89 15
192	ALAN RICHARDSON	Waveney Valley AC	M65	89 42
193	Charlotte Wyndham	Unattached	SF	89 42
194	Stephanie Clouston	Thetford A C	F40	89 46
195	Richard Gray	Unattached	M45	89 49
196	Jody Donaldson	Gt Yarmouth Road Runners	F45	89 50
197	Christopher Milnes	Ryston Runners AC	M55	90 05
198	Louise Radford	Unattached	F40	90 11
199	Paul Robinson	Unattached	M50	90 13
200	Thomas Markhan-Uden	Norwich Road Runners	SM	90 18
201	Claire Smith	Norwich Road Runners	F45	90 19
202	Jane Stafford	Norwich Road Runners	F45	90 19
203	Liz Jones	Norwich Road Runners	SF	90 21
204	Terry Brunton	Unattached	F45	90 21
205	Daniel Ward	Thetford A C	SM	90 28
206	Michael Smith	Wymondham AC	M65	90 28
207	ANDY PROUDFOOT	Plymouth Coasters	M50	90 50

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208	Mike Smith	Wymondham AC	M65	90 56
209	Jodie Lee	Gt Yarmouth Road Runners	SF	90 56
210	Hayley Gerrard	Norwich Road Runners	F45	91 08
211	ADRIAN COLE	Stowmarket Striders	M50	91 45
212	Emma Crow	Unattached	SF	92 10
213	JULIA PROUDFOOT	Plymouth Coasters	F50	92 26
214	Dean Gray	Unattached	M55	92 30
215	Steve Endresen	Unattached	M45	92 34
216	Richard Lamer	Unattached	M50	92 49
217	Lisa Smith	Gt Yarmouth Road Runners	F40	93 14
218	David Silk	Gt Yarmouth Road Runners	M45	93 16
219	KERRIE BELL	Unattached	F40	93 18
220	Lucy Coleman	Unattached	SF	93 36
221	Chris Jackson	Unattached	SM	93 49
222	Angela Bell	Norwich Road Runners	F40	93 58
223	Clive Cartner	Norwich Road Runners	SM	93 58
224	Julie Gardner	Unattached	F50	94 04
225	Louise Norkett	Thetford A C	SF	94 34
226	Dudley Garner	Norfolk Gazelles AC	SM	94 39
227	Carol Cooper	Norfolk Gazelles AC	F50	94 39
228	ANGELA WHITING	Stowmarket Striders	F50	94 57
229	David Hilburn	Unattached	M55	95 13
230	Sarah Partridge	Ryston Runners AC	F55	95 36
231	Katie Whitmore	Unattached	F40	95 36
232	Lou Boyce	Unattached	F40	95 37
233	Simon Tarling	Ryston Runners AC	M50	95 52
234	DONNA FLANNAGAN	Unattached	SF	95 55
235	Andy Harrod	Ryston Runners AC	M50	96 04
236	Brian Moore	Norwich Road Runners	M60	96 06
237	Mike Bendzulla	Unattached	M40	96 12
238	Malcolm Ball	North Norfolk Beach Runners	M65	96 19
239	Robert Scarfe	Wymondham AC	M60	97 03
240	Anne Sinclair	Unattached	F55	97 15
241	Jeremy Sinclair	Unattached	M60	97 22
242	Keith Morris	Ryston Runners AC	M55	97 25
243	Keith Dickens	North Norfolk Beach Runners	M60	97 34
244	Wendy Howard	Thetford A C	F40	98 03
245	Jen Nicholls-Inglis	Unattached	SF	98 09
246	Kerry Metcalf	Norwich Road Runners	SF	98 18
247	Lisa Adams	Unattached	F40	99 03
248	Aaron Marche	Unattached	SM	99 11
249	Louise Grinsdale	Norwich Road Runners	F40	99 48
250	Susan Moore	Norfolk Gazelles AC	F55	100 20
251	Georgina Bridgen	Thetford A C	SF	100 21
252	Michelle Passam	Unattached	F45	100 33
253	John Royce	Unattached	M55	100 33
254	Peter Spandler	Gt Yarmouth Road Runners	M55	101 06
255	Michelle Waters	Norfolk Gazelles AC	F45	101 16
256	Darren Adams	Unattached	M45	101 18
257	Sean Newbury	Unattached	M40	101 18
258	Laura Allen	Ryston Runners AC	SF	102 30
259	Rod Smith	North Norfolk Beach Runners	M65	102 39

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260	Mike Marshall	North Norfolk Beach Runners	M65	102 39
261	Tessa Morgan	Unattached	F50	103 03
262	Margaret McCartney	Unattached	F50	103 03
263	Sara Burdett	Unattached	F50	103 06
264	TRAVIS FLANNAGAN	Unattached	SM	103 24
265	Siobhan Laskey	Unattached	F45	103 34
266	CLIFF MOORE	Unattached	M65	104 08
267	Samantha Reddy	Norwich Road Runners	F45	104 16
268	Lorraine Tweedy	Unattached	F50	104 19
269	Sharon Emery	Unattached	F40	104 30
270	Helen Reed	Ryston Runners AC	F45	104 58
271	Lynda Moore	Norwich Road Runners	F60	105 05
272	Rosemary Matlock	Thetford A C	F55	105 12
273	Kelly Byrne	Unattached	SF	106 59
274	Ken Byrne	Unattached	M45	106 59
275	Alison Bellamy	Unattached	F45	106 59
276	Paul Bird	Unattached	M50	108 55
277	Ann Kirton	Thetford A C	F45	110 12
278	Sharon Try	Thetford A C	SF	110 12
279	CHRISTOPHER MEWHORT	Unattached	M60	111 28
280	Lisa Whitehead	Unattached	SF	111 42
281	Alison Seys	Unattached	F45	111 45
282	Michael Ennis	Ryston Runners AC	M65	113 29
283	Pat Brightman	Gt Yarmouth & District AC	F60	117 51
284	Sarah Tovell	Unattached	SF	125 22
DNF	Catherine Scott	Unattached	F40	0 00
DNF	David Neeve	Bungay Black Dog RC	SM	0 00
DNF	Paul Rayner	Thetford A C	M50	0 00
DNF	Beryl Knowles	Norwich Road Runners	F60	0 00
DNF	Joanna Killingworth	Unattached	SF	0 00
DNF	Philippa Rudd	Tri-Anglia	F50	0 00
DNF	Andy Kett	North Norfolk Beach Runners	SM	0 00
DNF	MELANIE BARTRUM	Unattached	F40	0 00
DNF	DAWN BROOM	Barnsley AC	F50	0 00
DNF	Jillian Davis	Ryston Runners AC	F60	0 00
DNF	Victoria Jones	Norwich Road Runners	SF	0 00
DNF	Carole Spong	Gt Yarmouth Road Runners	F65	0 00
DNF	Penny Studley	Gt Yarmouth Road Runners	F40	0 00
DNF	Sine Garviemcinally	Ryston Runners AC	F55	0 00
DNF	Joni Lambert	Unattached	SF	0 00
DNF	Mark Thompson	Gt Yarmouth Road Runners	SM	0 00
DNF	Pete Thompson	Norfolk Gazelles AC	M55	0 00
DNF	Sarah Marshall-Nicholls	Unattached	SF	0 00
DNF	Jude Durrant	Longdale Striders	F45	0 00
DNF	Naomi Bowditch	Norwich Road Runners	SF	0 00
DNF	Oliver Truby	City of Norwich AC	SM	0 00
DNF	Julia Parsley	City of Norwich AC	SF	0 00
DNF	Tony Holden	Unattached	M60	0 00
DNF	Rebecca Coulter	Wymondham AC	SF	0 00
DNF	Katherine Trehane	Norfolk Gazelles AC	SF	0 00
DNF	ELOISE BIRD	St Edmunds Pacers	F45	0 00
DNF	Sharon Hurren	Wymondham AC	F40	0 00

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DNF	Dale Hurren	Unattached	M55	0 00
DNF	Gavin Hall	Wymondham AC	M45	0 00
DNF	Warren Newell	Unattached	M50	0 00
DNF	Gareth Walker	Unattached	SM	0 00
DNF	James Beech	Unattached	SM	0 00
DNF	JACK LITTLE	Yaxley Runners	M60	0 00
DNF	Karl Wright	Thetford A C	SM	0 00
DNF	David Tandy	Norwich Road Runners	M45	0 00
DNF	Mal Taylor	Reepham Runners	M50	0 00
DNF	Dennis Wells	Unattached	M65	0 00
DNF	Andrew Hood	Unattached	SM	0 00
DNF	Robert Hodges	Unattached	SM	0 00
DNF	Richard Cadman	Reepham Runners	M55	0 00
DNF	Martin Hewetson	Unattached	M40	0 00
DNF	David Moody	Unattached	SM	0 00
DNF	Stefan White	Unattached	SM	0 00
DNF	Lee Sadler	Unattached	SM	0 00
DNF	Ian Edwards	Norfolk Gazelles AC	M40	0 00