

The 4th Guy Fawkes 10k - Friday 5 June 2009

Thanks very much to everyone who took part in this year's Guy Fawkes 10k; we hope you enjoyed it as much as we did. The next road race organised by City of Norwich AC is the Lord Mayor's 5k City Centre Classic on Saturday 11 July in Norwich city centre - in front of an enthusiastic audience estimated at 50,000. Please visit www.conac.org.uk for full details.

All the best.

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Place	Time	Name	Team	Race Age Category	Race	Place
1	0:32:12	EARL, Nick	UEA Athletics Club	M15-39	190	1
2	0:34:41	NEILL, Steven		M40-44	101	2
3	0:36:31	MERRYLEES, Chris	North Norfolk Beach Runners	M15-39	206	3
4	0:36:45	ATTERWILL, Sean	City of Norwich AC	M15-39	42	4
5	0:37:12	MUFFETT, Paul	North Norfolk Beach Runners	M50-54	216	5
6	0:37:38	BRIGHTY, Josh	Norwich Road Runners	M15-39	155	6
7	0:37:40	ROBINSON, David	Ryston Runners	M50-54	129	7
8	0:37:47	WHITE, Richard	Wymondham AC	M45-49	111	8
9	0:38:07	SULLIVAN, Paul	Norwich Road Runners	M40-44	62	9
10	0:38:08	LEVY, Simon	Ryston Runners	M15-39	64	10
11	0:38:20	IVE, Martin	Ryston Runners	M40-44	52	11
12	0:38:24	MARTIN, Paul		M15-39	164	12
13	0:38:26	HOUGHTON, Andrew		M50-54	38	13
14	0:38:27	CHRISTOPHER, John	North Norfolk Beach Runners	M40-44	209	14
15	0:38:28	MOORE, John	Norfolk Gazelles RC	M45-49	165	15
16	0:38:40	MICHAEL, Des	Barnet & District	M55-59	204	16
17	0:38:41	FULTON, JP	Norwich Road Runners	M15-39	203	17
18	0:38:47	GARRETT, Mark	Norwich Road Runners	M45-49	58	18
19	0:38:51	BLAKE, Richard	North Norfolk Beach Runners	M55-59	145	19
20	0:39:01	WRIGHT, Aaron		M15-39	200	20
21	0:39:15	JOHNSON, Peter	Norfolk Gazelles RC	M55-59	85	21
22	0:39:18	BOND, Aidan		M15-39	163	22
23	0:39:21	JERMY, Sean	Great Yarmouth Road Runners	M15-39	86	23
24	0:39:22	ALFORD, Nicky	City of Norwich AC	F15-39	199	24
25	0:39:40	PULLEN, Nick	UEA Athletics Club	M15-39	198	25
26	0:39:41	STAFFORD, Thomas		M15-39	140	26
27	0:39:44	BRIDGES, Douglas	Norfolk Gazelles RC	M15-39	213	27
28	0:39:45	SAVAGE, Tony	Ryston Runners	M45-49	89	28
29	0:39:49	GREENLAND, Eddie	Wymondham AC	M40-44	147	29
30	0:39:55	TYLER, Rhys	Thetford AC	M15-39	122	30
31	0:39:55	PRESTON, Andrew	Wymondham AC	M40-44	179	31
32	0:39:59	LINDSAY, Raymond	Norwich Road Runners	M50-54	69	32
33	0:40:00	LEATHWOOD, Racheal	Norwich Road Runners	F15-39	109	33
34	0:40:12	THOMAS, Ian	Uknetrunner.co.uk	M45-49	11	34
35	0:40:14	PYNE, Steven	Mornington Chasers	M15-39	7	35
36	0:40:20	PARFITT, Dena		F45-49	188	36
37	0:40:26	KNIGHTS, Neville	Dereham Runners	M45-49	100	37
38	0:40:27	CATLEUGH, Hugh	Coltishall Jaguars	M15-39	135	38
39	0:40:33	HAINES, Kieron	Norwich Road Runners	M50-54	80	39
40	0:40:33	GRAND, Adie	Norwich Road Runners	M40-44	159	40
41	0:40:39	DODDS, Kirk		M15-39	183	41
42	0:40:41	SUTTON, Matthew	Great Yarmouth Road Runners	M15-39	6	42
43	0:40:48	HARRISON, Paul	Dereham Runners	M50-54	156	43
44	0:40:53	GREENAWAY, James		M15-39	185	44
45	0:41:00	HARWOOD, Ben	Norwich Road Runners	M15-39	182	45
46	0:41:26	SMITH, Darren	Ryston Runners	M15-39	47	46
47	0:41:29	FRARY, Matthew	Norwich Road Runners	M15-39	138	47
48	0:41:29	MANN, Elies	Norwich Road Runners	F15-39	160	48
49	0:41:56	EDWARDS, Penny	Norwich Road Runners	F50-54	161	49
50	0:42:01	MCARDLE, Paul		M40-44	215	50
51	0:42:16	HOWARD, Matt	Norwich Road Runners	M15-39	31	51
52	0:42:21	BOWEN-JONES, Craig		M15-39	173	52
53	0:42:26	BIRD, Steve	City of Norwich AC	M40-44	22	53
54	0:42:33	JOHNSON, Bevan		M15-39	169	54
55	0:42:38	NOLAN, Richard		M45-49	83	55
56	0:42:43	MERRYWEST, Mark	Norwich Road Runners	M15-39	217	56
57	0:42:49	DADY, Stephen		M55-59	97	57
58	0:42:52	WIGHTMAN, Paul	Wymondham AC	M45-49	139	58
59	0:42:54	MANN, Perry		M15-39	202	59
60	0:43:10	KIRTON, Dean	Thetford AC	M40-44	142	60
61	0:43:18	ABLE, Simon	Ryston Runners	M15-39	99	61

62	0:43:23	PITTOCK, Andre	Fenland Running AC	M40-44	192	62
63	0:43:25	BRIGHTY, Keith	Norwich Road Runners	M45-49	154	63
64	0:43:32	MANLY, Ruth		F15-39	194	64
65	0:43:38	COUSTHAM, Vincent	City of Norwich AC	M15-39	39	65
66	0:43:46	SMITH, Alex	Norwich Road Runners	F15-39	34	66
67	0:43:50	BURDETT, Sarah	UEA Athletics Club	F15-39	189	67
68	0:43:53	ARMES, Michael	Norwich Road Runners	M40-44	15	68
69	0:43:58	DIMMOCK, James		M15-39	214	69
70	0:44:00	GODWARD, Danny	Fire Service Athletics	M15-39	168	70
71	0:44:10	BONE, John	Great Yarmouth Road Runners	M60-64	81	71
72	0:44:14	BRADBURY, Annie	Ryston Runners	F45-49	124	72
73	0:44:17	GAUVIN, Sarah	Fenland Running AC	F15-39	191	73
74	0:44:30	CASSIDY, Vincent		M15-39	27	74
75	0:44:32	LINSTEAD, Tim		M40-44	131	75
76	0:44:50	HURREN, Sharon	Wymondham AC	F15-39	149	76
77	0:44:54	WARRIN, Graham	City of Norwich AC	M45-49	57	77
78	0:44:55	EBBS, Adrian		M45-49	79	78
79	0:44:58	NORMAN, Phil		M15-39	88	79
80	0:45:00	MILLETT, Tony	Norwich Road Runners	M55-59	90	80
81	0:45:08	KING, Michael	Coltishall Jaguars	M55-59	201	81
82	0:45:10	WASTENEY, Nicola		F15-39	102	82
83	0:45:15	SLOWTHER, Denver		M15-39	136	83
84	0:45:31	CRUTCHLEY, Ian	Wymondham AC	M40-44	137	84
85	0:45:42	BULL, Michelle	Norwich Road Runners	F15-39	93	85
86	0:45:42	HAMMOND, Andrew		M50-54	212	86
87	0:45:44	TIMM, Michael		M15-39	172	87
88	0:45:46	WALKER, Dean		M15-39	54	88
89	0:45:48	SINCLAIR, Nigel	Bunwell Strollers	M15-39	187	89
90	0:45:49	BYE, Barry	Ryston Runners	M60-64	68	90
91	0:45:54	HOUCHIN, Ben		M15-39	171	91
92	0:46:07	COLLYER, Richard	Coltishall Jaguars	M40-44	153	92
93	0:46:09	MILLETT, Anne	Norwich Road Runners	F50-54	91	93
94	0:46:26	GORDON-GRAY, Anthony	Norfolk Gazelles RC	M60-64	166	94
95	0:46:26	ALFORD, Collin		M45-49	21	95
96	0:46:34	NOLAN, Susan		F40-44	84	96
97	0:46:44	JARVIS, Ian	North Norfolk Beach Runners	M40-44	92	97
98	0:46:45	GILHAM, Richard	Norfolk Gazelles RC	M45-49	141	98
99	0:46:49	DURRANT, Jude		F40-44	121	99
100	0:46:59	HUMAN, Isle-Marie		F15-39	55	100
101	0:47:09	TYLER, Tony	Thetford AC	M45-49	123	101
102	0:47:12	PAGE, Rich		M45-49	45	102
103	0:47:19	CARVELL, Benjamin		M15-39	146	103
104	0:47:20	PALGRAVE, Darren		M15-39	24	104
105	0:47:45	HIGH, Richard	Norwich Road Runners	M15-39	119	105
106	0:47:48	ALBOROUGH, Maria		F15-39	14	106
107	0:47:51	COOPER, Bryan		M50-54	300	107
108	0:47:53	BELL, Tom		M15-39	144	108
109	0:48:01	NORMAN, Pauline	Lowestoft Road Runners	F55-59	152	109
110	0:48:19	HART, Nigel		M45-49	210	110
111	0:48:27	BAKER, Stephan	Tri Anglia	M45-49	180	111
112	0:48:40	PEARMAIN, Andrew		M50-54	19	112
113	0:48:54	THOULESS, Gavin	Norwich Road Runners	M40-44	60	113
114	0:49:06	CURRAN, Kevin		M45-49	50	114
115	0:49:06	GROVES, Jason		M15-39	170	115
116	0:49:15	JOHNSTONE, Kirsty	Barnet & District	F45-49	205	116
117	0:49:27	BURCHAM, Andrew		M15-39	48	117
118	0:49:39	RICHS, Nick		M45-49	151	118
119	0:49:49	KENNELLY, Julia	Wymondham AC	F15-39	176	119
120	0:49:52	SIMPSON, Dennis	Norwich Road Runners	M45-49	30	120
121	0:49:59	RANSOM, Jamie		M15-39	28	121
122	0:50:13	THETFORD, Jonathan		M15-39	25	122
123	0:50:16	ROACH, Peter	Norwich Road Runners	M65+	106	123
124	0:50:33	SMITH, Christian		M15-39	195	124
125	0:50:39	GRIMES, Nicola		F15-39	110	125
126	0:50:47	DULLEA, Gemma		F15-39	53	126
127	0:50:49	ENGLAND, John	Great Yarmouth & District AC	M60-64	94	127
128	0:51:04	KNIGHT, Emilie	City of Norwich AC	F15-39	56	128
129	0:51:27	TILBROOK, Peter		M15-39	128	129
130	0:51:44	HEALD, Claire		F40-44	114	130
131	0:51:45	COPELAND, Jill	Norwich Road Runners	F50-54	70	131
132	0:51:51	CREASOR, Mike	Road Runners Club	M65+	107	132
133	0:51:51	HARROP, Jackie	Norfolk Gazelles RC	F45-49	162	133
134	0:51:54	MANLY, Veronica	Diss & District AC	F60-65	71	134
135	0:52:01	NEAVE, Philip	Bungay Black Dog RC	M60-64	23	135
136	0:52:04	BEVAN, Janathan		M45-49	51	136
137	0:52:13	BAMFORD, Joanne		F15-39	73	137
138	0:52:14	BAMFORD, Julian	Norwich Road Runners	M15-39	72	138
139	0:52:25	HART, Gill	Ryston Runners	F55-59	125	139
140	0:52:35	PROFFITT, Ed		M15-39	105	140
141	0:52:44	SIVELL, Robert	Dereham Runners	M15-39	67	141
142	0:52:45	PERRY, Lucy	Wymondham AC	F50-54	41	142

143	0:52:49	MOATE, Sabra		F45-49	117	143
144	0:52:50	MOATE, Simon		M45-49	118	144
145	0:53:28	FRASER, Sue	Great Yarmouth & District AC	F50-54	87	145
146	0:53:36	ATTER, Sue		F40-44	29	146
147	0:53:38	ALFORD, Karen		F45-49	20	147
148	0:53:46	TILBROOK, Dianne		F55-59	127	148
149	0:53:54	BRITT, Tony		M50-54	9	149
150	0:54:04	HARDY, Carol	Norfolk Gazelles RC	F45-49	120	150
151	0:54:08	DADY, Sylvia		F15-39	96	151
152	0:54:41	DE GREY, Jon	Norwich Road Runners	M45-49	26	152
153	0:54:51	JONES, Stephanie		F15-39	178	153
154	0:55:00	FLEGG, Joanne		F40-44	43	154
155	0:55:01	TILBROOK, John		M65+	126	155
156	0:55:13	DAVIS, Natasha		F15-39	75	156
157	0:55:25	JONES, Gwyneth		F50-54	130	157
158	0:55:31	SEAL, Nell		F15-39	132	158
159	0:55:55	MATTHEWS, Mark		M40-44	76	159
160	0:56:44	GERRARD, Hayley	Norwich Road Runners	F40-44	4	160
161	0:56:45	MOORE, Lynda	Norwich Road Runners	F55-59	35	161
162	0:57:02	SMITH, Sue	Ryston Runners	F40-44	46	162
163	0:57:30	BRAY, Curney	Dereham Runners	F55-59	98	163
164	0:57:41	MOORE, Brian	Norwich Road Runners	M55-59	33	164
165	0:57:44	SAUNDERS, Marianne	Norfolk Gazelles RC	F40-44	134	165
166	0:58:08	COE, Wendy		F15-39	133	166
167	0:58:16	BETTINSON, Jenny		F15-39	115	167
168	0:58:23	BARKER, Lindsay		F45-49	197	168
169	0:58:34	SOMNER, Louise		F15-39	186	169
170	0:58:39	DEARING, Julia		F15-39	37	170
171	0:58:47	DENTON, Kirsty		F15-39	196	171
172	0:58:59	RENSHAW, Diane	Dereham Runners	F50-54	103	172
173	0:59:07	JAMES, Lorna		F15-39	208	173
174	1:00:34	STARKINGS, Martyn		M15-39	218	174
175	1:00:55	CASON, Hazel	Dereham Runners	F50-54	143	175
176	1:01:13	HOLLAND, Martin	Ryston Runners	M65+	18	176
177	1:01:27	MATTHEWS, Michelle		F40-44	77	177
178	1:01:34	JACK, Bob	Bungay Black Dog RC	M45-49	1	178
179	1:01:37	CLEGG, Dawn	Great Yarmouth & District AC	F50-54	44	179
180	1:01:45	PROTHEROE, Sallyann	Lowestoft Road Runners	F50-54	177	180
181	1:02:37	ENGLAND, Maureen	Great Yarmouth & District AC	F60-65	95	181
182	1:02:42	ROGERS, Rosie	Norfolk Gazelles RC	F45-49	207	182
183	1:02:42	SOUTHGATE, Helen		F15-39	174	183
184	1:02:43	PIPER, Jess		F15-39	175	184
185	1:02:44	FENECH, Charles		M60-64	65	185
186	1:03:43	CLARK, Suzanne		F15-39	211	186
187	1:04:21	SULLIVAN, Genette	Norwich Road Runners	F40-44	61	187
188	1:04:30	SANDERSON, Julie		F40-44	184	188
189	1:06:36	HAGGARTY, Elaine	Great Yarmouth & District AC	F50-54	113	189
190	1:08:29	BAKER, Lauren		F15-39	181	190
191	1:11:35	READER, Frank		M60-64	219	191
192	1:16:00	MILLER, Louis		M65+	74	192
193	1:16:22	ARMES, Sharon (40 today!!)	Norwich Road Runners	F40-44	40	193