

# Norwich Union Trowse 10k - 23 March 2008 - individual results

Place	Time	Name	Team	Race Age Category		
1	0:32:56	THOMAS, Adam	Cornwall AC	M15-39	275	1
2	0:34:08	EARL, Nick	Birmingham University	M15-39	217	2
3	0:34:38	BALDWIN , Steve	Norfolk Gazelles	M15-39	325	3
4	0:34:48	PREWER, Carl	Lowestoft Road Runners	M15-39	291	4
5	0:34:56	LENTON, Tim	Norfolk Gazelles	M15-39	240	5
6	0:34:57	UTTING, Wayne	Norwich Road Runners	M15-39	266	6
7	0:35:10	OLCHAWA, Piotr		M40-49	120	7
8	0:35:18	ROBINSON, Steven	St Edmund Pacers	M15-39	133	8
9	0:35:57	YAXLEY, Mick	Norfolk Gazelles	M40-49	211	9
10	0:36:09	ALLEN, Stuart		M15-39	107	10
11	0:36:15	WATSON, Robert	Haverhill RC	M40-49	104	11
12	0:36:50	ROBERTS, Jennie	Ipswich Jaffa	W15-39	547	12
13	0:36:55	COOPER, Phil	Norfolk Gazelles	M40-49	282	13
14	0:37:06	DA SILVA, Fernando		M50-59	355	14
15	0:37:14	MILLETT, Simon	Norwich Road Runners	M15-39	162	15
16	0:37:32	MOONEY, Iain		M15-39	214	16
17	0:37:55	CLIFFORD, Richard	Overton Harriers & AC	M15-39	173	17
18	0:38:14	AUGER, Stephen		M15-39	205	18
19	0:38:18	WILSON, Alan	St Albans Striders	M15-39	250	19
20	0:39:03	AUGER, Mike		M15-39	124	20
21	0:39:05	NEALE, Darren	North Norfolk Beach Runners	M15-39	320	21
22	0:39:11	MAYCOCK, James	Waveney Valley	M15-39	354	22
23	0:39:17	BROCK, Dave	Orion Harriers	M40-49	278	23
24	0:39:21	HOOGKAMER, Rini	City of Norwich AC	M40-49	158	24
25	0:39:23	PRESTON, Andrew	Wymondham AC	M40-49	296	25
26	0:39:24	STARK, Colin	North Norfolk Beach Runners	M15-39	287	26
27	0:39:25	VIALLS, Tim		M40-49	209	27
28	0:39:32	BECK, Henry	TV Lemgo	M15-39	218	28
29	0:39:37	NELSON, Peter		M15-39	220	29
30	0:39:40	HUME, Neil		M15-39	339	30
31	0:39:44	GARRETT, Mark	Norwich Road Runners	M40-49	164	31
32	0:39:46	WATERLOW, Lucy	St Albans Striders	W15-39	457	32
33	0:39:47	HUNT, Nathan		M15-39	264	33
34	0:39:53	CLUES, Mark	Tri Anglia	M40-49	109	34
35	0:39:57	BOLAM, Jeremy	North Norfolk Beach Runners	M40-49	337	35
36	0:40:10	HAYNES, Mark	Coltishall Jaguars	M15-39	234	36
37	0:40:19	OAKMAN, Annette	Chelmsford	W15-39	258	37
38	0:40:30	BARRETT, Steve	Bungay Black Dog RC	M40-49	317	38
39	0:40:33	TANDY, David	Norwich Road Runners	M15-39	222	39
40	0:40:36	WATERLOW, Roy		M50-59	269	40
41	0:40:57	HURREN, Dale		M50-59	243	41
42	0:40:59	EDRIDGE, Darren	Coltishall Jaguars	M15-39	152	42
43	0:41:10	PRIOR, Michael		M40-49	307	43
44	0:41:11	GREEN, Matthew	Norfolk Gazelles	M15-39	114	44
45	0:41:13	ELLIS, Richard		M15-39	265	45
46	0:41:23	THODAY, Corin		M15-39	189	46
47	0:41:38	SPILLMAN, Matthew	Tri Anglia	M40-49	190	47
48	0:41:44	KNIGHTS, Neville	Dereham Runners	M40-49	245	48
49	0:41:47	SINCLAIR, Tom		M15-39	200	49
50	0:41:50	HANSON, Richard		M40-49	274	50
51	0:41:51	YEOMANS, Martin	Norwich Road Runners	M50-59	148	51
52	0:41:53	SAVORY, Andrew	Norwich Road Runners	M40-49	279	52
53	0:41:53	BATES, Steve	Coltishall Jaguars	M15-39	239	53
54	0:41:58	JONES, Yvonne	Garden City Runners	W40-49	441	54
55	0:42:12	SMITH, Darren	Ryston Runners	M15-39	197	55
56	0:42:22	MILLIGAN, Iain	St Edmund Pacers	M15-39	118	56
57	0:42:27	BROOKY, Paul	Great Yarmouth Road Runners	M40-49	159	57
58	0:42:28	HAYES, Jim	North Norfolk Beach Runners	M60+	141	58
59	0:42:31	EVERETT, Claire	City of Norwich AC	W15-39	446	59
60	0:42:43	SHIPLEY, Anthony		M15-39	212	60
61	0:42:57	YOUNGMAN, Nigel		M15-39	206	61
62	0:43:00	MARTIN, Paul		M15-39	226	62
63	0:43:06	CASSELS, Paul	RAF Triathlon	M15-39	128	63
64	0:43:13	TYLER, Rhys	Thetford AC	M15-39	208	64
65	0:43:16	BAILEY, Benjamin		M15-39	336	65
66	0:43:17	JULIAN, Begona	City of Norwich AC	W15-39	422	66
67	0:43:23	WILKINSON, Louise	City of Norwich AC	W40-49	451	67
68	0:43:29	BOWMAN, Ken	Coltishall Jaguars	M60+	163	68
69	0:43:33	GUYTON, James	Norwich Road Runners	M15-39	318	69
70	0:43:33	ROBERTS, James		M15-39	126	70
71	0:43:35	SMITH, Alexandra	Norwich Road Runners	W15-39	544	71
72	0:43:43	MANN, Perry		M15-39	306	72
73	0:43:47	DADY, Stephen		M50-59	153	73
74	0:44:04	TAYLER, Mark	Norwich Road Runners	M50-59	242	74
75	0:44:10	BRIERLEY, Simon	Fire Triathlon UK	M15-39	304	75
76	0:44:11	MORTON, Tim	Bungay Black Dog RC	M40-49	143	76

77	0:44:12	BRIGHTY, Joshua	Norwich Road Runners	M15-39	170	77
78	0:44:15	POND, Andrew		M15-39	343	78
79	0:44:21	HARDINGHAM, Graham	Norfolk Gazelles	M40-49	156	79
80	0:44:25	BRANNAN, Terry	Wymondham AC	M60+	302	80
81	0:44:28	RIJPSTRA, Seb		M15-39	335	81
82	0:44:40	PHILLIPS, Simon		M15-39	267	82
83	0:44:44	HOWARD, Matt		M15-39	132	83
84	0:44:47	CAWSTON, Matthew		M15-39	303	84
85	0:44:53	FRETWELL, Andrew	Norwich Road Runners	M40-49	244	85
86	0:44:54	HILL, Mike	Tri Anglia	M40-49	341	86
87	0:44:55	ROBERTSON, Chrissie		M15-39	426	87
88	0:44:56	DUDGEON, Benjamin	Serpentine Running Club	M15-39	101	88
89	0:45:05	THURLING, Steven		M15-39	196	89
90	0:45:06	WARNER, Tim		M40-49	280	90
91	0:45:11	WILSON, Robin	Bungay Black Dog RC	M50-59	276	91
92	0:45:25	BATCHELOR, Jon		M15-39	195	92
93	0:45:26	RAYNER, Bruce	Bungay Black Dog RC	M40-49	277	93
94	0:45:27	BOWDEN, Nicholas	Reepham Runners	M50-59	235	94
95	0:45:30	SMITH, Simon		M15-39	247	95
96	0:45:41	BRIGHTY, Keith	Norwich Road Runners	M40-49	169	96
97	0:45:46	HAYES, Andrew		M15-39	249	97
98	0:45:51	ADAMS, Peter		M15-39	178	98
99	0:45:56	BUCK, Paul		M15-39	216	99
100	0:45:57	WOODRUFF, Glenn		M15-39	301	100
101	0:46:01	SOTHERN, Mike		M15-39	177	101
102	0:46:05	HORNAGOLD, James		M15-39	184	102
103	0:46:06	CHURCH, Stephen		M40-49	172	103
104	0:46:06	SKIGGS, Andrew		M15-39	130	104
105	0:46:07	HORTH, Stuart		M40-49	333	105
106	0:46:07	LONGSTAFF, Ben		M15-39	313	106
107	0:46:08	PHILLIPS, David		M15-39	268	107
108	0:46:08	MCGROTTY, Graham		M15-39	329	108
109	0:46:15	CLARK, Marie	Norwich Road Runners	W15-39	507	109
110	0:46:31	EDWARDS, Ian		M15-39	347	110
111	0:46:34	THAINE, Emmerson		M15-39	146	111
112	0:46:35	PLAYFORD, Chris		M40-49	305	112
113	0:46:53	MOORE, Debbie	Norfolk Gazelles	W40-49	545	113
114	0:46:54	BALDWIN, Christopher	Norfolk Gazelles	M15-39	324	114
115	0:46:54	ALBOROUGH, Maria		W15-39	461	115
116	0:47:03	SMITH, Justin		M15-39	121	116
117	0:47:05	PALMINTERI, Sue	City of Norwich AC	M40-49	425	117
118	0:47:09	BUSHELL, Alan	Coltishall Jaguars	M15-39	295	118
119	0:47:10	JOUBERT, Gareth		M15-39	290	119
120	0:47:11	ELLIS, Vincent	City of Norwich AC	M50-59	256	120
121	0:47:12	JAMES, Joanne	Dereham Runners	W15-39	469	121
122	0:47:13	BULL, Rachel		W15-39	470	122
123	0:47:14	BYE, Barry	Ryston Runners	M60+	228	123
124	0:47:15	BOWEN, Andrew		M15-39	203	124
125	0:47:16	POWLES, Kevin	Norwich Road Runners	M40-49	520	125
126	0:47:17	BULL, Michelle	Norwich Road Runners	W15-39	531	126
127	0:47:28	NORMAN, Pauline	Lowestoft Road Runners	W50-59	415	127
128	0:47:44	SHEVLIN, Stuart		M15-39	223	128
129	0:47:52	KELLY, Jon	Witham Running Club	M15-39	345	129
130	0:47:54	DURRANT, Jude		W15-39	430	130
131	0:47:57	BONNER, Shaun	Uknetrunner.co.uk	M40-49	192	131
132	0:47:59	GOODWIN, David	Great Yarmouth & District AC	M50-59	229	132
133	0:48:03	BROWNE, Kevin		M15-39	248	133
134	0:48:04	STEVENS, Tracy	Wymondham AC	W15-39	501	134
135	0:48:08	CLARK, David		M15-39	191	135
136	0:48:09	COX, Juliet	Wymondham AC	W15-39	505	136
137	0:48:10	COOPER, Dale	Wymondham AC	M40-49	188	137
138	0:48:10	SHARPE, John	Coltishall Jaguars	M50-59	342	138
139	0:48:11	JAMES, Robert	Bungay Black Dog RC	M15-39	213	139
140	0:48:20	SALMON, David	Norwich Road Runners	M50-59	157	140
141	0:48:29	EARL, Andrew		M50-59	263	141
142	0:48:32	BALL, Martyn		M15-39	261	142
143	0:48:32	GREEN, Julie	Tri Anglia	W15-39	241	143
144	0:49:01	PEACH, Mark	Great Yarmouth Road Runners	M15-39	106	144
145	0:49:03	HANNANT, Emily Jane	Coltishall Jaguars	W15-39	513	145
146	0:49:05	JACK, Stuart	Norwich Road Runners	M50-59	165	146
147	0:49:14	DENNIS, Michael	Dereham Runners	M40-49	110	147
148	0:49:17	FLOWER, Michael	Norfolk Constabulary	M15-39	312	148
149	0:49:18	DAWSON, Lorraine		W40-49	534	149
150	0:49:25	HORREX, Trevor	Norwich Road Runners	M40-49	297	150
151	0:49:26	ENGLAND, John	Great Yarmouth & District AC	M60+	137	151
152	0:49:28	HEATH, Tony	North Norfolk Beach Runners	M50-59	308	152
153	0:49:29	HUTCHEON, David	Coltishall Jaguars	M60+	285	153
154	0:49:37	ELFLETT, Mark	Lowestoft Road Runners	M40-49	236	154
155	0:49:41	HILL, Joe		M15-39	340	155
156	0:49:48	BRADLEY, Sarah	Norwich Road Runners	W40-49	481	156
157	0:49:53	TYLER, Tony	Thetford AC	M40-49	207	157

158	0:49:58	BUDDS, Roger	Norwich Road Runners	M50-59	254	158
159	0:49:59	POXON, Martin		M50-59	182	159
160	0:50:04	WOODHOUSE, Gill	Dereham Runners	W60+	440	160
161	0:50:06	MARSHALL, Raymond		M40-49	344	161
162	0:50:09	MASTERS, Mark		M40-49	233	162
163	0:50:11	BRAILEY, David		M15-39	237	163
164	0:50:32	SMITH, Simon		M15-39	122	164
165	0:50:36	ALFORD, Colin		M40-49	117	165
166	0:50:44	BELL, Hannah		W15-39	437	166
167	0:50:47	GIBBONS, Robert	Norwich Road Runners	M15-39	348	167
168	0:50:56	CHASE, James		M40-49	231	168
169	0:50:58	BARDWELL, Sharon		W15-39	488	169
170	0:50:59	JESSOP, Peter		M15-39	321	170
171	0:51:04	FLORENCE, Anne	Diss AC	W50-59	550	171
172	0:51:10	PILCH, Richard		M60+	144	172
173	0:51:11	WALKER, Dean		M15-39	183	173
174	0:51:12	COLLEN, Jonathan		M15-39	311	174
175	0:51:13	WENN, Gary	Royal Navy Athletics Association	M40-49	103	175
176	0:51:13	WENN, Stephen		M15-39	102	176
177	0:51:14	MORTON, Marie	Coltishall Jaguars	W50-59	504	177
178	0:51:16	BALL, Malcolm	North Norfolk Beach Runners	M60+	111	178
179	0:51:17	DULLEA, Gemma		W15-39	535	179
180	0:51:19	BURNS, Chris		M15-39	224	180
181	0:51:28	LEAR, Cliff	Thetford AC	M40-49	334	181
182	0:51:29	EARL, Tim		M15-39	255	182
183	0:51:29	DRINKELL, Andy		M40-49	459	183
184	0:51:30	MORTON, Alison	Bungay Black Dog RC	W40-49	477	184
185	0:51:31	BECKETT, Michael		M40-49	327	185
186	0:51:34	DAVIES, Edward		M15-39	322	186
187	0:51:46	JUPP, Orla	Dereham Runners	W15-39	493	187
188	0:51:46	HOWLETT, Leanne		W15-39	492	188
189	0:51:47	CHATTEN, Kim		W40-49	537	189
190	0:51:47	GEDGE, Karen	Bungay Black Dog RC	W40-49	546	190
191	0:51:48	TAYLOR, Stephen		M50-59	147	191
192	0:51:53	CAWSTON, Sarah		W15-39	511	192
193	0:52:02	HUTCHEON, Brenda	Coltishall Jaguars	W60+	474	193
194	0:52:11	BELL, Thomas		M15-39	310	194
195	0:52:15	STEVENSON, Tracy	Norfolk Gazelles	W15-39	471	195
196	0:52:30	GREEN, Paul	Tri Anglia	M15-39	467	196
197	0:52:41	JONES, Huw	Dereham Runners	M40-49	270	197
198	0:52:48	KEAN-COCKBURN, Peter	Coltishall Jaguars	M40-49	316	198
199	0:52:49	HICKLING, Martin		M15-39	181	199
200	0:52:51	MCKINNEY, Brian		M40-49	350	200
201	0:53:09	GODWIN, Lisa		W15-39	508	201
202	0:53:21	PARTON, Graham		M15-39	338	202
203	0:53:29	BARBER, Chris		M40-49	283	203
204	0:53:30	BARBER, Jon		M15-39	284	204
205	0:53:36	DROSSEL, Marie-Theresa		W15-39	512	205
206	0:53:45	FEE, Brenda	Shaftesbury Barnet	W60+	475	206
207	0:53:58	BEZANT, Jane		W40-49	503	207
208	0:54:00	HILL, Nicola		W15-39	429	208
209	0:54:01	CLARK, Peter		M40-49	119	209
210	0:54:04	NEALE, Janet	Coltishall Jaguars	W40-49	526	210
211	0:54:09	SINCLAIR, Jeremy		M50-59	155	211
212	0:54:11	WARRENT, Karolyn		W40-49	438	212
213	0:54:16	CATOR, Oliver		M15-39	219	213
214	0:54:30	GARGIULO, Gabriella		W15-39	447	214
215	0:54:30	FOYE, Susan	North Norfolk Beach Runners	W40-49	472	215
216	0:54:54	MIDDLETON, Charlie	Norfolk Gazelles	M40-49	257	216
217	0:54:58	SCARFE, Robert	Wymondham AC	M50-59	294	217
218	0:55:05	NORGATE, Simon	North Norfolk Beach Runners	M15-39	289	218
219	0:55:13	RACKHAM, Jane	Norwich Road Runners	W40-49	419	219
220	0:55:19	PEARMAIN, Andy		M50-59	185	220
221	0:55:21	BRITT, Tony		M50-59	330	221
222	0:55:23	WITTRED, Daniel		M15-39	180	222
223	0:55:24	HOWELL, Richard		M15-39	293	223
224	0:55:28	CHAPMAN, Louise	Norwich Road Runners	W15-39	479	224
225	0:55:36	TOMS, Katie		W40-49	495	225
226	0:55:49	CHILD, Jennie	Tri Anglia	W40-49	543	226
227	0:55:53	MOORE, Lynda	Norwich Road Runners	W50-59	444	227
228	0:55:56	DURANT, Becky	Coltishall Jaguars	W50-59	458	228
229	0:55:56	FEEK, Lisa		W15-39	496	229
230	0:55:59	BULTZ, Sarah		W15-39	484	230
231	0:56:01	ROBY, Sarah		W15-39	435	231
232	0:56:01	WELLS, Dennis	Wymondham AC	M50-59	125	232
233	0:56:04	MOORE, Brian	Norwich Road Runners	M50-59	281	233
234	0:56:11	THORNHILL, David		M15-39	225	234
235	0:56:22	BULTZ, Peter		M40-49	198	235
236	0:56:24	RIGG, Darren	Tri Anglia	M15-39	331	236
237	0:56:24	PANTON, Anna		W15-39	529	237
238	0:56:26	PULFER, Suzanne		W15-39	439	238

239	0:56:27	WILLIMOT, Helen	Norwich Road Runners	W15-39	460	239
240	0:56:35	WATNEY, Leah		W40-49	516	240
241	0:56:41	ROGERS, Geoff		M40-49	227	241
242	0:56:42	PUGH, David		M60+	131	242
243	0:57:06	ACKLAND, Sacha	Orion Harriers	W15-39	455	243
244	0:57:32	GODWIN, Joanna		W15-39	449	244
245	0:57:53	DANE, Janice		W40-49	483	245
246	0:57:54	JESSOP, Nicola		W15-39	434	246
247	0:57:56	PITCHER, Liane		W15-39	464	247
248	0:58:02	MUNFORD, Kerrie		W15-39	465	248
249	0:58:05	BRADLEY, Alan	Norwich Road Runners	M40-49	140	249
250	0:58:06	WARBURTON, John		M40-49	201	250
251	0:58:08	LIMEHOUSE, Gary		M40-49	142	251
252	0:58:23	BOWEN, Paul		M40-49	204	252
253	0:58:27	CHASE, Thomas		M15-39	232	253
254	0:58:31	DADY, Sylvia		W15-39	548	254
255	0:58:43	BARKER, Sarah	Norwich Road Runners	W15-39	538	255
256	0:58:43	ALFORD, Karen		W40-49	489	256
257	0:58:47	SMITH, Sue	Ryston Runners	W40-49	521	257
258	0:59:04	SMITH, Sheila		W50-59	524	258
259	0:59:13	DENTON, Kirsty		W15-39	518	259
260	0:59:14	RACKHAM, Emma		W15-39	423	260
261	0:59:14	RACKHAM, Danielle	Norwich Road Runners	F15-39	424	261
262	0:59:36	BURFOOT, Jennifer	Norfolk Gazelles	W50-59	433	262
263	0:59:37	JERMYN, Suzy		W15-39	427	263
264	0:59:49	BUCK, Louise		W15-39	497	264
265	0:59:58	OGHENEGWEKE, Tim		M40-49	230	265
266	0:59:59	GUYTON, Teresa		W40-49	450	266
267	1:00:05	MATTHEWSON, Rosemary		W40-49	420	267
268	1:00:11	COYTE-MCKENZIE, Helen	Norfolk Gazelles	W40-49	452	268
269	1:00:16	DAVIS, Kerry	Tri Anglia	W15-39	443	269
270	1:00:30	PALMER, Janette	City of Norwich AC	W40-49	506	270
271	1:00:33	THOULESS, Colin	Norwich Road Runners	M60+	292	271
272	1:00:36	HAMMERTON, Clare		W15-39	517	272
273	1:00:36	MEEHAN, Anni		W40-49	519	273
274	1:00:43	GIRDLESTONE, Jane	Trianglia	W40-49	417	274
275	1:01:04	HUME, Lisa		W15-39	416	275
276	1:01:26	WIGG, Chloe		W15-39	418	276
277	1:01:28	WIGG, Peter		M40-49	349	277
278	1:01:35	KEMP, William		M15-39	300	278
279	1:01:46	DAVIES, Caroline		W15-39	221	279
280	1:01:46	TOVELL, Ian		M15-39	262	280
281	1:01:49	BARKER, Lindsay		W40-49	509	281
282	1:02:01	ENGLAND, Maureen	Great Yarmouth & District AC	W60+	482	282
283	1:02:05	COOPER, Susan		W40-49	530	283
284	1:02:18	SCUTTER, Tim	Tri Anglia	M15-39	112	284
285	1:02:25	COOPER, Neil		M40-49	187	285
286	1:02:25	ROBERTSON, Lorraine	Norwich Road Runners	W15-39	453	286
287	1:02:40	HOWE, Ross		M15-39	332	287
288	1:02:53	FERGUSON, Alex		M40-49	323	288
289	1:02:59	HEEPS, Vanessa		W15-39	536	289
290	1:03:35	CLARK, Suzanne		W15-39	428	290
291	1:03:48	HOWATSON, Kate		M15-39	421	291
292	1:03:54	PEACOCK, Matthew		M15-39	271	292
293	1:04:06	GARRETT, Julie	Norwich Road Runners	W40-49	533	293
294	1:05:13	LADUSANS, Imant		M50-59	272	294
295	1:05:21	FENECH, Charles		M60+	167	295
296	1:05:47	BOOT, Andrew	Norwich Road Runners	M15-39	319	296
297	1:06:17	DENZEY, Clare	Norwich Road Runners	W15-39	448	297
298	1:07:42	CLEGG, Karly		W15-39	462	298
299	1:07:43	CLEGG, Dawn		W50-59	463	299
300	1:09:30	OGHENEGWEKE, Helen	Norwich Road Runners	W15-39	473	300
301	1:09:31	HARDMAN, Sallie		W40-49	542	301
302	1:09:42	GOODWIN, Denise	Great Yarmouth & District AC	W50-59	502	302
303	1:13:19	VISSER, Jill		W40-49	436	303
304	1:16:12	WALFORD, Karen		W15-39	476	304