

The Trowse 10k - Sunday 10 April 2005

Place	Time	Name	Team	Race Age Category	Pace min/Km	Race	Race
1	0:32:39	AMOS, Guy	City of Norwich AC	Men 40-49	03:15.9	199	1
2	0:33:53	LEWIS, Adam	Norwich Road Runners		03:23.3	153	2
3	0:34:27	AUGER, Mike			03:26.7	245	3
4	0:34:29	GOOSE, Ray	City of Norwich AC	Men 40-49	03:26.9	123	4
5	0:34:30	BAILEY, Iain	City of Norwich AC		03:27.0	43	5
6	0:34:37	JACKSON, Nigel	Lowestoft Road Runners	Men 40-49	03:27.7	173	6
7	0:35:04	SHERRY, Karl	Norwich Road Runners	Men 40-49	03:30.4	227	7
8	0:35:09	MOORE, Richard	Waveney Valley AC	Men 40-49	03:30.9	141	8
9	0:35:32	GOOSE, Carl	City of Norwich AC		03:33.2	170	9
10	0:36:23	JOHNSON, Pete	Norfolk Gazelles	Men 50-59	03:38.3	147	10
11	0:36:30	BLAKE, Dominic			03:39.0	165	11
12	0:36:33	PRESTON, James	City of Norwich AC		03:39.3	198	12
13	0:37:17	WALWYN, Olivia	City of Norwich AC		03:43.7	247	13
14	0:37:42	MCGREGOR, Roddy	Norwich Road Runners		03:46.2	131	14
15	0:38:00	ROONEY, Kevin	Intercity Strollers		03:48.0	216	15
16	0:38:01	MANNING, Andrew	Norfolk Gazelles		03:48.1	140	16
17	0:38:02	HICKS, Andy	Lowestoft Road Runners	Men 40-49	03:48.2	6	17
18	0:38:06	CHAPMAN, Karl	Wymondham AC		03:48.6	159	18
19	0:38:09	CLARKE, Jane	Norfolk Gazelles	Ladies 40-49	03:48.9	8	19
20	0:38:15	BOLAM, Jeremy	North Norfolk Beach Runners	Men 40-49	03:49.5	82	20
21	0:38:26	BARKER, Stewart			03:50.6	235	21
22	0:38:29	MANLOW, John			03:50.9	124	22
23	0:38:54	ARCHER, Dan	Norfolk Gazelles		03:53.4	39	23
24	0:39:08	NELSON, Peter			03:54.8	269	24
25	0:39:16	GOODWIN, Mick	Huddersfield Road Runners	Men 40-49	03:55.6	263	25
26	0:39:17	HOWARD, David	City of Norwich AC	Men 40-49	03:55.7	179	26
27	0:39:19	SADLER, Michael	North Norfolk Beach Runners	Men 40-49	03:55.9	65	27
28	0:39:26	BARKWAY, Chris		Men 40-49	03:56.6	125	28
29	0:39:52	MULCAHY, Terry	Bungay Black Dog RC	Men 50-59	03:59.2	248	29
30	0:39:59	FREEMAN, Paul	Norwich Road Runners		03:59.9	231	30
31	0:40:09	WOODYATT, Paul	City of Norwich AC	Men 40-49	04:00.9	148	31
32	0:40:16	HAINES, Kieron	Norwich Road Runners	Men 40-49	04:01.6	49	32
33	0:40:44	PALMER, Andrew			04:04.4	113	33
34	0:40:46	SMART, Paul			04:04.6	87	34
35	0:40:48	YEOMANS, Martin	Norwich Road Runners	Men 50-59	04:04.8	37	35
36	0:41:03	ROSE, Carley	City of Norwich AC		04:06.3	106	36
37	0:41:04	ROSE, Stuart	City of Norwich AC	Men 40-49	04:06.4	107	37
38	0:41:11	VINSEN, Andrew			04:07.1	240	38
39	0:41:22	PARFITT, Dena	Norfolk Gazelles	Ladies 40-49	04:08.2	132	39
40	0:41:36	NEWNHAM, Mark			04:09.6	177	40
41	0:41:39	KNIGHTS, Neville	Dereham Runners	Men 40-49	04:09.9	118	41
42	0:41:45	HUNT, David			04:10.5	126	42
43	0:41:47	GINN, Richard	Pocklington Runners		04:10.7	274	43
44	0:41:49	KING, David	Royal Air Force	Men 40-49	04:10.9	265	44
45	0:41:53	FORKES, John	Eastern Vets	Men 50-59	04:11.3	160	45
46	0:42:02	BONE, John	Great Yarmouth Road	Men 50-59	04:12.2	121	46
47	0:42:05	SADLER, Mark			04:12.5	30	47
48	0:42:06	EDWARDS, Keith		Men 50-59	04:12.6	114	48
49	0:42:22	QUIGLEY, Terry	North Norfolk Beach Runners	Men 50-59	04:14.2	255	49
50	0:42:26	QUERIPEL, Jon	Coltishall Jaguars		04:14.6	54	50
51	0:42:31	MATTHEWS, Russell		Men 40-49	04:15.1	257	51
52	0:42:34	OLDMAN, Peter	Lowestoft Road Runners	Men 60+	04:15.4	67	52
53	0:42:40	GARRETT, Mark		Men 40-49	04:16.0	28	53
54	0:42:40	BROWN, Mark			04:16.0	91	54
55	0:42:41	LINES, Robert	Wymondham AC		04:16.1	178	55
56	0:42:42	BARR, Sam			04:16.2	213	56
57	0:42:43	PRYKE, Gail	Ipswich Triathlon Club	Ladies 40-49	04:16.3	95	57
58	0:42:46	KILBOURN, Robert			04:16.6	238	58
59	0:43:21	ROBINSON, Stephen	Norfolk Gazelles	Men 40-49	04:20.1	225	59
60	0:43:23	KELLAWAY, David		Men 40-49	04:20.3	280	60
61	0:43:24	ALFORD, Nicola	City of Norwich AC		04:20.4	249	61
62	0:43:27	HARVEY, Glen	Bildeston Bounders	Men 40-49	04:20.7	174	62
63	0:43:28	COTTON, John		Men 40-49	04:20.8	36	63
64	0:43:40	DYE, Richard	Bungay Black Dog RC	Men 40-49	04:22.0	119	64
65	0:43:44	BYE, Barry	Ryston Runners	Men 50-59	04:22.4	163	65
66	0:43:47	PARKER, Nigel		Men 40-49	04:22.7	230	66
67	0:43:48	BROMLEY, Brian	Norfolk Gazelles	Men 60+	04:22.8	219	67
68	0:44:06	EDGE, Nigel	Bungay Black Dog RC	Men 40-49	04:24.6	86	68
69	0:44:08	PIGGOTT, Catherine	Norwich Road Runners		04:24.8	275	69
70	0:44:16	PHILO, Mark			04:25.6	281	70
71	0:44:22	SHELLEY, Peter			04:26.2	79	71
72	0:44:24	HAYNES, Mark	Coltishall Jaguars		04:26.4	185	72
73	0:44:30	LEVETT-PRINSEP, Richard			04:27.0	80	73

74	0:44:37	JOY, Kevin	Dereham Runners	Men 50-59	04:27.7	166	74
75	0:44:56	MARSHALL, Kelly			04:29.6	283	75
76	0:44:58	BARKES, John			04:29.8	46	76
77	0:45:00	BLAXELL, Alex	City of Norwich AC		04:30.0	209	77
78	0:45:15	HORREX, Trevor	Norwich Road Runners	Men 40-49	04:31.5	44	78
79	0:45:17	ROWDEN, Jon			04:31.7	284	79
80	0:45:19	GAY, Christopher	Great Yarmouth & District AC	Men 40-49	04:31.9	193	80
81	0:45:21	CARVER, Dawn	Norwich Road Runners	Ladies 40-49	04:32.1	55	81
82	0:45:23	SWIFT, Anne			04:32.3	96	82
83	0:45:24	DALY, Shaun		Men 40-49	04:32.4	278	83
84	0:45:42	GORDON-GRAY, Anthony	Norfolk Gazelles	Men 50-59	04:34.2	237	84
85	0:45:44	SMITH, Michael	Wymondham AC	Men 50-59	04:34.4	175	85
86	0:45:47	ASHFORD, Justin			04:34.7	130	86
87	0:45:48	MILNES, Chris	Ryston Runners	Men 40-49	04:34.8	151	87
88	0:45:49	WOODS, Ian	Norfolk Gazelles	Men 40-49	04:34.9	221	88
89	0:45:49	LEACH, John	North Norfolk Beach Runners	Men 40-49	04:34.9	256	89
90	0:45:50	SMITH, Alexandra	Norwich Road Runners		04:35.0	59	90
91	0:45:57	BOWDEN, Nicholas	Reepham Runners	Men 40-49	04:35.7	48	91
92	0:45:57	SMITH, Mike	Wymondham AC	Men 60+	04:35.7	101	92
93	0:45:57	COOPER, Lucy	Norfolk Gazelles		04:35.7	94	93
94	0:46:04	SAINES, Rob	North Norfolk Beach Runners	Men 60+	04:36.4	47	94
95	0:46:08	MARTIN, Gill		Ladies 50-59	04:36.8	211	95
96	0:46:13	HEATH, Anthony	North Norfolk Beach Runners	Men 50-59	04:37.3	63	96
97	0:46:27	FLOWER, Michael			04:38.7	223	97
98	0:46:29	BETTS, David			04:38.9	234	98
99	0:46:35	CUSHING, Sally	Norwich Road Runners	Ladies 40-49	04:39.5	134	99
100	0:46:37	PILCH, Richard		Men 50-59	04:39.7	29	100
101	0:46:40	ASPIN, Chris		Men 40-49	04:40.0	127	101
102	0:46:41	HARROP, Jackie	Norfolk Gazelles	Ladies 40-49	04:40.1	176	102
103	0:46:42	BULL, Michelle	Norwich Road Runners		04:40.2	66	103
104	0:46:44	WAKE, Polly	Norwich Road Runners		04:40.4	270	104
105	0:46:46	SPONG, Carole	Great Yarmouth Road	Ladies 60+	04:40.6	12	105
106	0:46:48	TASSIE, Bill		Men 50-59	04:40.8	146	106
107	0:47:02	SADLER, Derek	North Norfolk Beach Runners	Men 50-59	04:42.2	20	107
108	0:47:16	GILVEY, Louise			04:43.6	259	108
109	0:47:20	MATHEWS, Ken		Men 50-59	04:44.0	81	109
110	0:47:36	KENT, Sean	Norfolk Gazelles		04:45.6	171	110
111	0:47:40	POTTAGE, Sandie	Stowmarket Striders	Ladies 40-49	04:46.0	56	111
112	0:47:48	STACEY, Martin	Bungay Black Dog RC	Men 40-49	04:46.8	215	112
113	0:47:49	ROBERTS, Neil		Men 40-49	04:46.9	251	113
114	0:48:02	GARRETT, Julie	Norwich Road Runners		04:48.2	27	114
115	0:48:06	MOORE, Keith	Dereham Runners	Men 40-49	04:48.6	258	115
116	0:48:07	BETTS, Carol	Norfolk Gazelles	Ladies 50-59	04:48.7	271	116
117	0:48:16	MAWER, Roger	Lowestoft Road Runners	Men 60+	04:49.6	226	117
118	0:48:24	FRASER, Alec	North Norfolk Beach Runners	Men 60+	04:50.4	40	118
119	0:48:25	GOODWIN, Dan			04:50.5	242	119
120	0:48:26	GOSTLING, John			04:50.6	60	120
121	0:48:38	GILHAM, Nigel	Bungay Black Dog RC	Men 50-59	04:51.8	207	121
122	0:48:47	LEUNG, Janice			04:52.7	97	122
123	0:48:49	WOODHOUSE, Gill	Dereham Runners	Ladies 50-59	04:52.9	18	123
124	0:48:53	GROVES, Paul	Coltishall Jaguars	Men 40-49	04:53.3	109	124
125	0:48:54	WILLSON, David		Men 40-49	04:53.4	167	125
126	0:49:01	PARKER, Barry	Wymondham AC	Men 50-59	04:54.1	254	126
127	0:49:05	WOODS, Tim		Men 40-49	04:54.5	149	127
128	0:49:14	PENN, Graham		Men 40-49	04:55.4	267	128
129	0:49:20	WARMAN, Christopher			04:56.0	62	129
130	0:49:40	NORGATE, Simon	North Norfolk Beach Runners		04:58.0	70	130
131	0:49:42	BYE, Rod		Men 40-49	04:58.2	197	131
132	0:49:46	SIMPSON, Dennis	Norwich Road Runners	Men 40-49	04:58.6	17	132
133	0:49:49	DURRANT, Jude			04:58.9	224	133
134	0:50:09	COX, Robert		Men 40-49	05:00.9	158	134
135	0:50:11	LOCKYER, Mervyn		Men 40-49	05:01.1	195	135
136	0:50:12	JUHOLA, Sirkku			05:01.2	92	136
137	0:50:15	WARMAN, David		Men 50-59	05:01.5	61	137
138	0:50:16	SUTTON, Sue		Ladies 40-49	05:01.6	14	138
139	0:50:18	NEAVE, Philip	Bungay Black Dog RC	Men 50-59	05:01.8	23	139
140	0:50:24	FLEW, Alun			05:02.4	264	140
141	0:50:28	SHORE, Carl	Norfolk Gazelles	Men 40-49	05:02.8	16	141
142	0:50:33	OUTRED, Joss	Stratton Striders		05:03.3	268	142
143	0:50:46	WRIGHT, Cas	Norfolk Gazelles		05:04.6	253	143
144	0:50:51	CRISP, Basil	Norfolk Gazelles	Men 50-59	05:05.1	112	144
145	0:50:59	LADDIMAN, Hazel	Norfolk Gazelles	Ladies 40-49	05:05.9	273	145
146	0:51:00	STALLEY, Sian			05:06.0	122	146
147	0:51:03	HARVEY, Michael	North Norfolk Beach Runners	Men 40-49	05:06.3	164	147
148	0:51:07	ASHFORD, Martin		Men 50-59	05:06.7	129	148
149	0:51:20	SPINKS, Roger	Ipswich Jaffa	Men 60+	05:08.0	139	149
150	0:51:39	EDWARDS, Nigel	Norwich Road Runners		05:09.9	279	150
151	0:51:47	JACOTINE, Earle		Men 50-59	05:10.7	232	151
152	0:51:53	HICKS, Andrew		Men 40-49	05:11.3	45	152
153	0:51:55	BURRAGE, Carolyn	Norfolk Gazelles	Ladies 50-59	05:11.5	145	153

154	0:51:59	MAY, Melvin	Norwich Road Runners	Men 40-49	05:11.9	32	154
155	0:52:08	HAMES, Richard		Men 50-59	05:12.8	133	155
156	0:52:11	POWLES, Sandra	North Norfolk Beach Runners	Ladies 40-49	05:13.1	190	156
157	0:52:14	POWELL, Annie			05:13.4	77	157
158	0:52:24	ARMSTRONG, Donna	City of Norwich AC		05:14.4	246	158
159	0:52:33	SADLER, Alan		Men 50-59	05:15.3	262	159
160	0:52:35	MIDDLETON, Charlie	Norwich Road Runners		05:15.5	196	160
161	0:52:41	RACKHAM, Jane	Norwich Road Runners	Ladies 40-49	05:16.1	184	161
162	0:52:42	RIBBANDS, Derek	Great Yarmouth Road	Men 40-49	05:16.2	244	162
163	0:52:52	MACHIN, Donna			05:17.2	156	163
164	0:52:54	ENGLAND, John	Great Yarmouth & District AC	Men 50-59	05:17.4	203	164
165	0:53:15	FRASER, Susan	Great Yarmouth & District AC	Ladies 40-49	05:19.5	252	165
166	0:53:22	GOFF, James	North Norfolk Beach Runners		05:20.2	120	166
167	0:53:28	NEAVE, Marianne	Norfolk Gazelles		05:20.8	71	167
168	0:53:38	PLATTON, Roy		Men 60+	05:21.8	24	168
169	0:53:38	AMBRIDGE, Terry		Men 50-59	05:21.8	35	169
170	0:53:42	BRITT, Tony		Men 40-49	05:22.2	5	170
171	0:53:54	HYSLOP, Duncan			05:23.4	201	171
172	0:53:58	BRIGHT, Stephen	British Athletics Supporters	Men 40-49	05:23.8	182	172
173	0:54:04	DUFFIELD, Michael		Men 60+	05:24.4	15	173
174	0:54:05	SQUIRES, Deborah			05:24.5	104	174
175	0:54:09	EGLIN, Roger	Eastern Vets	Men 50-59	05:24.9	89	175
176	0:54:10	POTTER, Rodney		Men 60+	05:25.0	108	176
177	0:54:22	BETTS, David	Norfolk Gazelles	Men 50-59	05:26.2	272	177
178	0:54:28	DICKERSON, John	Garden City Joggers	Men 50-59	05:26.8	181	178
179	0:54:35	MURPHY-BARNES, Karl			05:27.5	115	179
180	0:54:40	STAFFORD, Hannah			05:28.0	76	180
181	0:54:43	BEZANT, Jane		Ladies 40-49	05:28.3	212	181
182	0:54:44	KESSELRING, Mervyn	Bungay Black Dog RC	Men 50-59	05:28.4	69	182
183	0:54:47	SWEET-ESCOTT, Ellen		Ladies 40-49	05:28.7	161	183
184	0:54:48	FOULKES, Claire	North Norfolk Beach Runners		05:28.8	105	184
185	0:54:49	SCARFE, Robert	Wymondham AC	Men 50-59	05:28.9	222	185
186	0:54:50	MACKIE, Lorna			05:29.0	192	186
187	0:54:55	MILNES, Alison	Ryston Runners	Ladies 40-49	05:29.5	150	187
188	0:54:56	QUANTRILL, Trevor		Men 40-49	05:29.6	143	188
189	0:54:57	TORN, Freyja			05:29.7	180	189
190	0:55:03	STARLING, Jacqueline	Diss AC	Ladies 40-49	05:30.3	2	190
191	0:55:04	FLATMAN, Wayne	St Edmund Pacers	Men 40-49	05:30.4	38	191
192	0:55:05	O'SHEA, Judith			05:30.5	25	192
193	0:55:10	FARROW, Linda	Norfolk Gazelles	Ladies 50-59	05:31.0	7	193
194	0:55:20	MILLER, Gordon		Men 60+	05:32.0	189	194
195	0:55:22	BAILEY, Margaret	Wymondham AC	Ladies 50-59	05:32.2	4	195
196	0:55:29	HIGHMOOR, George		Men 50-59	05:32.9	58	196
197	0:55:30	SNELL, Simon	Norfolk Gazelles		05:33.0	241	197
198	0:55:31	STEWART, Diane		Ladies 40-49	05:33.1	57	198
199	0:55:34	WARRENT, Karolyn	Norwich Road Runners		05:33.4	188	199
200	0:55:36	SPARROW, Pauline	Ryston Runners	Ladies 50-59	05:33.6	26	200
201	0:55:36	SHARP, Susan	Ryston Runners	Ladies 40-49	05:33.6	250	201
202	0:55:54	BALL, Hilary			05:35.4	136	202
203	0:55:54	BALL, Martyn			05:35.4	137	203
204	0:56:00	POTGIETER, Nicole		Ladies 40-49	05:36.0	260	204
205	0:56:01	POTGIETER, Andre		Men 40-49	05:36.1	261	205
206	0:56:01	BROSTER, Linsey	Dereham Runners		05:36.1	172	206
207	0:56:05	WILSON, Russell			05:36.5	236	207
208	0:56:10	WHITE, Amanda			05:37.0	138	208
209	0:56:10	KEENAN, Joanne			05:37.0	135	209
210	0:56:17	BLOWS, Aaron			05:37.7	74	210
211	0:56:30	EVELEIGH, Stephen		Men 50-59	05:39.0	186	211
212	0:56:35	MACRAE, Christine		Ladies 40-49	05:39.5	210	212
213	0:56:38	FEAST, Caroline	Diss AC		05:39.8	282	213
214	0:56:54	RICHARDSON, John	Dereham Runners	Men 50-59	05:41.4	34	214
215	0:56:56	MARSHALL, John	Eye Community Runners	Men 50-59	05:41.6	155	215
216	0:57:02	WELLS, Caz			05:42.2	157	216
217	0:57:08	HARDY, Carol	Norfolk Gazelles	Ladies 40-49	05:42.8	100	217
218	0:57:16	APPLETON, Katy	City of Norwich AC		05:43.6	31	218
219	0:57:24	O'NEILL, Daniel		Men 40-49	05:44.4	206	219
220	0:57:27	FISHER, Gill		Ladies 40-49	05:44.7	277	220
221	0:57:34	GILLIE, Sheila	Norwich Road Runners	Ladies 50-59	05:45.4	233	221
222	0:57:39	WYATT, Carole		Ladies 40-49	05:45.9	99	222
223	0:57:42	BECKETT, Denise	Norfolk Gazelles	Ladies 40-49	05:46.2	64	223
224	0:57:53	KNIGHTS, Julia	Norfolk Gazelles		05:47.3	266	224
225	0:57:53	DORRICOOT, Susan	Norfolk Gazelles		05:47.3	68	225
226	0:57:54	LLOYD, Julia			05:47.4	103	226
227	0:57:55	BURFOOT, Roy	Norfolk Gazelles	Men 50-59	05:47.5	228	227
228	0:57:56	FISHER, Jo	Dereham Runners		05:47.6	84	228
229	0:57:56	SCOTT, Maxine	Dereham Runners		05:47.6	85	229
230	0:58:06	O'NEILL, Eunice			05:48.6	205	230
231	0:58:25	SMITH, Sheila		Ladies 50-59	05:50.5	200	231
232	0:58:33	ALLUM, Julie	Ryston Runners		05:51.3	183	232
233	0:58:37	JACK, Bob	Stratford Upon Avon	Men 40-49	05:51.7	98	233

234	0:58:48	BURTON, Diane	Wymondham AC	Ladies 40-49	05:52.8	22	234
235	0:58:49	BURTON, Eddie	Wymondham AC		05:52.9	21	235
236	0:58:50	HUNTER, Sarah		Ladies 40-49	05:53.0	73	236
237	0:58:55	ENGLAND, Maureen	Great Yarmouth & District AC	Ladies 60+	05:53.5	202	237
238	0:59:04	PERKINS, James			05:54.4	9	238
239	0:59:06	SPONG, Albert	Great Yarmouth Road	Men 60+	05:54.6	13	239
240	0:59:20	ANDREWS, Roger	Great Yarmouth Road	Men 60+	05:56.0	1	240
241	0:59:52	BARKER, Sarah			05:59.2	72	241
242	1:00:53	BURDETT, Sara		Ladies 40-49	06:05.3	88	242
243	1:01:21	GOODWIN, Denise	Great Yarmouth & District AC	Ladies 40-49	06:08.1	243	243
244	1:01:54	SMITHSON, Rosie		Ladies 40-49	06:11.4	191	244
245	1:02:17	FOLKARD, Jonathan	North Norfolk Beach Runners	Men 40-49	06:13.7	102	245
246	1:02:49	STEVENS, Rachel	Norfolk Gazelles	Ladies 40-49	06:16.9	52	246
247	1:03:05	RADFORD GORE, Thirza	Road Runners Club	Ladies 50-59	06:18.5	110	247
248	1:03:19	WEST, Julia		Ladies 40-49	06:19.9	19	248
249	1:04:12	ASPIN, Debbie		Ladies 40-49	06:25.2	128	249
250	1:04:18	GROOM, Amanda			06:25.8	78	250
251	1:04:58	MILLER, Louis		Men 60+	06:29.8	168	251
252	1:05:34	BURTON, John		Men 40-49	06:33.4	217	252
253	1:05:34	SAGROTT, Jo-ann			06:33.4	218	253
254	1:05:38	GOWING, Geoffrey	Reepham Runners	Men 60+	06:33.8	41	254
255	1:06:11	RENSHAW, Diane	Dereham Runners	Ladies 40-49	06:37.1	208	255
256	1:06:19	HAGGARTY, Elaine	Great Yarmouth & District AC	Ladies 40-49	06:37.9	194	256
257	1:10:54	CLEGG, Karly	Great Yarmouth & District AC		07:05.4	239	257
258	1:20:47	QUANTRILL, Angela			08:04.7	142	258
259	1:20:48	BOREHAM, Alison			08:04.8	220	259
260	1:23:50	ISON, Margaret		Ladies 50-59	08:23.0	42	260
261	1:28:59	BRIGHTMAN, Pat	Great Yarmouth & District AC	Ladies 50-59	08:53.9	154	261
262	1:29:00	MILLER, Cynthia		Ladies 60+	08:54.0	169	262

There were 262 finishers in the All Competitors category.