

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
1	406	0:33:57	Nick	Earl	25	M	M15-39		3:24	5:28
2	326	0:34:37	Dominic	Blake	31	M	M15-39		3:28	5:34
3	237	0:34:45	Dave	Kesterton	45	M	M45-49	HALESOWEN A & CC	3:29	5:36
4	393	0:35:15	Simon	Brown	33	M	M15-39		3:32	5:40
5	342	0:35:39	Robert	Reason	30	M	M15-39	HARWICH RUNNERS	3:34	5:44
6	402	0:35:57	Fernando	Silva	52	M	M50-54		3:36	5:47
7	485	0:36:28	Stephen	Auger	20	M	M15-39		3:39	5:52
8	292	0:36:33	Ian	Chant	39	M	M15-39	LONG EATON AC	3:39	5:53
9	144	0:36:35	Amy	Whitehead	31	F	F15-39	SALE HARRIERS MANCHESTER	3:40	5:53
10	418	0:36:35	Robert	Cheverton	53	M	M50-54	CITY OF NORWICH AC	3:40	5:53
11	206	0:36:48	Robert	Watson	49	M	M45-49	CAMBRIDGE AND COLERIDGE AC	3:41	5:55
12	450	0:37:13	Oliver	Upton	46	M	M45-49	STRAGGLERS	3:43	5:59
13	480	0:37:26	Tim	Vialls	47	M	M45-49		3:45	6:01
14	359	0:37:41	Dave	Brock	49	M	M45-49	ORION HARRIERS	3:46	6:04
15	449	0:37:42	Alex	Wright	42	M	M40-44	CORBY AC	3:46	6:04
16	311	0:37:52	Richard	Hanson	45	M	M45-49	TRI-ANGLIA	3:47	6:06
17	246	0:37:57	Mark	Garrett	46	M	M45-49	NORWICH ROAD RUNNERS	3:48	6:06
18	287	0:38:00	John	Leversedge	55	M	M55-59	ENFIELD AND HARINGEY AC	3:48	6:07
19	427	0:38:12	Andrew	Whitehead	32	M	M15-39		3:49	6:09
20	491	0:38:19	Andrew	Preston	44	M	M40-44	WYMONDHAM AC	3:50	6:10
21	254	0:38:28	Desmond	Michael	60	M	M60-64	BARNET & DISTRICT AC	3:51	6:11
22	410	0:38:35	Richard	Clifford	35	M	M15-39	OVERTON HARRIERS & AC	3:52	6:13
23	400	0:38:42	Neil	Shand	43	M	M40-44		3:52	6:14
24	489	0:38:44	Andrew	Ford	30	M	M15-39	ALTRINCHAM AND DISTRICT AC	3:52	6:14
25	295	0:38:57	Tom	Crawshaw	18	M	M15-39	CITY OF NORWICH AC	3:54	6:16
26	160	0:39:04	Natasha	Belsom	23	F	F15-39	IPSWICH JAFFA	3:54	6:17
27	270	0:39:05	Andrew	King	30	M	M15-39		3:55	6:17
28	265	0:39:11	Lee	Cook	34	M	M15-39	TRI-ANGLIA	3:55	6:18
29	407	0:39:12	Alan	Wilson	28	M	M15-39	ST ALBANS STRIDERS	3:55	6:19
30	417	0:39:16	Paddy	Wilson	49	M	M45-49		3:56	6:19
31	494	0:39:36	Mark	Thompson	25	M	M15-39		3:58	6:22
32	425	0:39:47	Sean	Watson	15	M	M15-39	CITY OF NORWICH AC	3:59	6:24

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
33	459	0:39:53	Stuart	Faust	39	M	M15-39	THETFORD AC	3:59	6:25
34	471	0:40:04	Robert	Wilton	35	M	M15-39	RYSTON RUNNERS AC	4:00	6:27
35	488	0:40:05	Paul	Cassels	27	M	M15-39		4:01	6:27
36	447	0:40:06	Neil	Shorten	32	M	M15-39	RIVERSIDE RUNNERS	4:01	6:27
37	369	0:40:06	Ben	Findlay	35	M	M15-39		4:01	6:27
38	298	0:40:13	Todd	Lake	46	M	M45-49	DEREHAM RUNNERS AC	4:01	6:28
39	224	0:40:20	Mike	Hill	46	M	M45-49	TRI-ANGLIA	4:02	6:29
40	209	0:40:22	Chris	Ault	24	M	M15-39		4:02	6:30
41	412	0:40:22	Steve	Ely	38	M	M15-39	COLITSHALL JAGUARS	4:02	6:30
42	448	0:40:27	Seb	Rijpstra	37	M	M15-39		4:03	6:31
43	304	0:40:36	Colin	Browning	45	M	M45-49	NORWICH ROAD RUNNERS	4:04	6:32
44	363	0:40:46	Tim	Vanderpump	29	M	M15-39		4:05	6:34
45	199	0:40:50	Philip	Johnson	25	M	M15-39		4:05	6:34
46	482	0:41:06	Ian	Sturgess	51	M	M50-54	WYMONDHAM AC	4:07	6:37
47	261	0:41:21	Thomas	Pinnington	28	M	M15-39		4:08	6:39
48	475	0:41:24	Peter	Nelson	40	M	M40-44		4:08	6:40
49	219	0:41:26	Chris	Barkway	51	M	M50-54		4:09	6:40
50	277	0:41:26	Matthew	Pask	43	M	M40-44	NORWICH ROAD RUNNERS	4:09	6:40
51	325	0:41:30	Paul	Mcardle	42	M	M40-44		4:09	6:41
52	284	0:41:30	Duane	Daugherty	49	M	M45-49		4:09	6:41
53	141	0:41:35	Lucy	Waterlow	29	F	F15-39	ST ALBANS STRIDERS	4:10	6:42
54	479	0:41:36	Christopher	Turner	46	M	M45-49	CITY OF NORWICH AC	4:10	6:42
55	71	0:41:55	Marion	Mccall	40	F	F40-44	THETFORD AC	4:12	6:45
56	442	0:41:58	Chris	Cooper	21	M	M15-39		4:12	6:45
57	496	0:41:58	Pete	Whaley	29	M	M15-39	TRI-ANGLIA	4:12	6:45
58	251	0:42:03	John	Drewry	44	M	M40-44		4:12	6:46
59	443	0:42:09	Richard	Mclellan	21	M	M15-39	TRI-ANGLIA	4:13	6:47
60	187	0:42:10	Andrew	Goodchild	43	M	M40-44	TRI-ANGLIA	4:13	6:47
61	422	0:42:21	Nathan	Hunt	32	M	M15-39		4:14	6:49
62	356	0:42:28	Stephen	Dady	58	M	M55-59	GREAT YARMOUTH ROAD RUNNERS	4:15	6:50
63	468	0:42:33	Bevan	Johnson	19	M	M15-39	NORFOLK GAZELLES RC	4:15	6:51
64	398	0:42:38	Paul	Wootton	41	M	M40-44		4:16	6:52

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
65	307	0:42:39	Iain	Milligan	37	M	M15-39	ST EDMUND PACERS	4:16	6:52
66	438	0:42:41	Robert	Adams	31	M	M15-39		4:16	6:52
67	385	0:42:46	Paul	Harrison	53	M	M50-54	DEREHAM RUNNERS AC	4:17	6:53
68	299	0:42:48	Adam	Bamford	21	M	M15-39	TRI-ANGLIA	4:17	6:53
69	250	0:42:49	Nigel	Sinclair	34	M	M15-39		4:17	6:53
70	303	0:42:53	Steve	Bird	43	M	M40-44	CITY OF NORWICH AC	4:17	6:54
71	371	0:42:58	Matt	Plunkett	38	M	M15-39	DEREHAM RUNNERS AC	4:18	6:55
72	451	0:43:12	Kevin	Gee	49	M	M45-49	NORWICH ROAD RUNNERS	4:19	6:57
73	222	0:43:13	Jack	Smith	17	M	M15-39		4:19	6:57
74	198	0:43:14	Gavin	Barron	28	M	M15-39	FAREHAM CRUSADERS	4:19	6:57
75	394	0:43:15	Nick	Askham	36	M	M15-39		4:20	6:58
76	347	0:43:17	Howard	Burton	41	M	M40-44	COLTISHALL JAGUARS	4:20	6:58
77	473	0:43:18	Jason	Houghton	38	M	M15-39		4:20	6:58
78	365	0:43:20	Julian	Tomkinson	42	M	M40-44	TRI-ANGLIA	4:20	6:58
79	388	0:43:21	Luke	Tilsley	22	M	M15-39		4:20	6:59
80	409	0:43:22	Bob	Kirk	33	M	M15-39		4:20	6:59
81	364	0:43:22	Julian	Allaker	32	M	M15-39	NORWICH ROAD RUNNERS	4:20	6:59
82	305	0:43:28	Philip	Bamford	57	M	M55-59	CITY OF NORWICH AC	4:21	7:00
83	243	0:43:31	Robin	Belsom	50	M	M50-54	IPSWICH JAFFA	4:21	7:00
84	322	0:43:34	Stuart	Bailey	37	M	M15-39		4:21	7:01
85	46	0:43:36	Lisa	Godwin	39	F	F15-39	NORWICH ROAD RUNNERS	4:22	7:01
86	416	0:43:41	David	Kellaway	49	M	M45-49	TRI-ANGLIA	4:22	7:02
87	334	0:43:49	Simon	Moore	45	M	M45-49		4:23	7:03
88	89	0:43:53	Tanya	Crofts	36	F	F15-39	WYMONDHAM AC	4:23	7:04
89	380	0:43:59	Stephen	Blomfield	44	M	M40-44		4:24	7:05
90	396	0:44:02	Stephen	Kenworthy	41	M	M40-44		4:24	7:05
91	444	0:44:03	Richard	Hazleton	23	M	M15-39		4:24	7:05
92	452	0:44:08	Timothy	Tyler	53	M	M50-54	NORWICH ROAD RUNNERS	4:25	7:06
93	329	0:44:10	Adam	Craske	23	M	M15-39		4:25	7:06
94	337	0:44:10	Ian	Sadler	31	M	M15-39	NORWICH ROAD RUNNERS	4:25	7:06
95	426	0:44:11	Jason	Mountain	28	M	M15-39		4:25	7:07
96	134	0:44:12	Agata	Chelchowska	29	F	F15-39	MARCH AC	4:25	7:07

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
97	192	0:44:14	Chris	Lees	44	M	M40-44		4:25	7:07
98	158	0:44:15	Catherine	Wright	55	F	F55-59	CORBY AC	4:26	7:07
99	239	0:44:16	Chris	Chorley	46	M	M45-49	BUNGAY BLACK DOG RC	4:26	7:07
100	445	0:44:20	Mark	Jordan	25	M	M15-39		4:26	7:08
101	274	0:44:23	Cameron	Toms	15	M	M15-39		4:26	7:09
102	241	0:44:28	Matt	Howes	36	M	M15-39	NORWICH ROAD RUNNERS	4:27	7:09
103	202	0:44:31	Gavin	Brown	33	M	M15-39		4:27	7:10
104	205	0:44:31	Patrick	Colgan	42	M	M40-44		4:27	7:10
105	227	0:44:34	Ben	Snelling	39	M	M15-39		4:27	7:10
106	343	0:44:35	Andrew	Skiggs	34	M	M15-39		4:28	7:10
107	191	0:44:40	Phil	Norman	33	M	M15-39		4:28	7:11
108	375	0:44:54	Chris	Playford	42	M	M40-44	TRI-ANGLIA	4:29	7:14
109	436	0:44:57	Dominic	Hazell	16	M	M15-39		4:30	7:14
110	349	0:44:58	Nigel	Fox	49	M	M45-49	SPA STRIDERS	4:30	7:14
111	253	0:45:03	Denver	Slowther	36	M	M15-39		4:30	7:15
112	490	0:45:11	Gareth	Williams	30	M	M15-39		4:31	7:16
113	358	0:45:16	Robert	Hernstrom	45	M	M45-49		4:32	7:17
114	235	0:45:20	Ken	Bowman	62	M	M60-64	COLTISHALL JAGUARS	4:32	7:18
115	374	0:45:26	Jeremy	Read	38	M	M15-39	ULTRAMARATHON RC	4:33	7:19
116	413	0:45:28	Owain	Hall	39	M	M15-39		4:33	7:19
117	462	0:45:35	Ian	Pulford	47	M	M45-49	MILTON KEYNES AC	4:34	7:20
118	470	0:45:52	Guy	Youll	22	M	M15-39		4:35	7:23
119	20	0:45:58	Helen	Cumbers	25	F	F15-39		4:36	7:24
120	361	0:46:11	Hugh	Williams	16	M	M15-39		4:37	7:26
121	381	0:46:13	Steven	Bowerman	44	M	M40-44	RYSTON RUNNERS AC	4:37	7:26
122	446	0:46:15	Tom	Clarke	26	M	M15-39		4:38	7:27
123	271	0:46:20	Matthew	Earl	31	M	M15-39		4:38	7:27
124	376	0:46:21	Peter	Adams	28	M	M15-39		4:38	7:28
125	377	0:46:23	Toby	Thomas	32	M	M15-39		4:38	7:28
126	269	0:46:25	Adrian	Ebbs	47	M	M45-49		4:39	7:28
127	106	0:46:26	Anne	Millett	54	F	F50-54	NORWICH ROAD RUNNERS	4:39	7:28
128	14	0:46:35	Clare	Hewitt	32	F	F15-39	ST ALBANS STRIDERS	4:40	7:30

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
129	197	0:46:36	Paul	Hewitt	35	M	M15-39	ST ALBANS STRIDERS	4:40	7:30
130	435	0:46:40	Samuel	Perkins	15	M	M15-39		4:40	7:31
131	495	0:46:42	Kieren	Oxley	27	M	M15-39		4:40	7:31
132	213	0:46:42	Darren	Nockels	39	M	M15-39		4:40	7:31
133	143	0:46:48	Jude	Durrant	41	F	F40-44		4:41	7:32
134	465	0:46:49	Jeremy	Lawrence	51	M	M50-54	COLTISHALL JAGUARS	4:41	7:32
135	252	0:46:50	Darren	Cole	35	M	M15-39		4:41	7:32
136	318	0:46:57	Richard	Davis	36	M	M15-39		4:42	7:33
137	147	0:46:58	Debbie	Tooke	37	F	F15-39		4:42	7:34
138	302	0:46:59	Jason	Oakes	40	M	M40-44		4:42	7:34
139	384	0:47:03	Dale	Cooper	50	M	M50-54	WYMONDHAM AC	4:42	7:34
140	440	0:47:11	Jerry	Hazell	48	M	M45-49		4:43	7:36
141	430	0:47:12	Mike	Sothorn	27	M	M15-39		4:43	7:36
142	268	0:47:19	Thomas	Lincoln-Kemp	42	M	M40-44	NORWICH ROAD RUNNERS	4:44	7:37
143	53	0:47:22	Jo	Godwin	36	F	F15-39	NORWICH ROAD RUNNERS	4:44	7:37
144	44	0:47:23	Sandra	Allison	45	F	F45-49		4:44	7:38
145	397	0:47:25	Stuart	Robertson	41	M	M40-44		4:45	7:38
146	276	0:47:34	Daniel	Hardy	28	M	M15-39		4:45	7:39
147	321	0:47:34	Jon	Holland	29	M	M15-39	NORWICH ROAD RUNNERS	4:45	7:39
148	333	0:47:36	Richard	King	40	M	M40-44		4:46	7:40
149	378	0:47:36	Neil	Baxter	38	M	M15-39		4:46	7:40
150	383	0:47:38	Hugh	Bronson	49	M	M45-49	NORWICH ROAD RUNNERS	4:46	7:40
151	286	0:47:40	Raymond	Marshall	48	M	M45-49		4:46	7:40
152	312	0:47:42	Mark	O'Grady	46	M	M45-49		4:46	7:41
153	472	0:47:48	Carl	Fawkes	36	M	M15-39		4:47	7:42
154	282	0:47:51	Ben	Beale	37	M	M15-39		4:47	7:42
155	340	0:47:52	Peter	Tilbrook	22	M	M15-39		4:47	7:42
156	58	0:47:57	Kirsty	Johnstone	49	F	F45-49	BARNET & DISTRICT AC	4:48	7:43
157	247	0:47:57	Andrew	Hardy	41	M	M40-44		4:48	7:43
158	327	0:48:04	Dave	Clark	37	M	M15-39		4:48	7:44
159	300	0:48:04	Paul	Eglen	33	M	M15-39		4:48	7:44
160	441	0:48:12	Chris	Connolly	58	M	M55-59		4:49	7:45

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
161	244	0:48:13	Graham	Watering	37	M	M15-39		4:49	7:46
162	463	0:48:13	Richard	Gilham	48	M	M45-49	NORFOLK GAZELLES RC	4:49	7:46
163	373	0:48:14	Guy	Shearwood	51	M	M50-54		4:49	7:46
164	223	0:48:24	David	Smith	44	M	M40-44		4:50	7:47
165	135	0:48:26	Amanda	Grey	36	F	F15-39		4:51	7:48
166	236	0:48:27	Andrew	Hayes	34	M	M15-39		4:51	7:48
167	115	0:48:30	Sarah	Bradley	47	F	F45-49	NORWICH ROAD RUNNERS	4:51	7:48
168	96	0:48:33	Tracy	Dodsworth	35	F	F15-39	WYMONDHAM AC	4:51	7:49
169	423	0:48:34	Vincent	Ellis	54	M	M50-54	CITY OF NORWICH AC	4:51	7:49
170	260	0:48:45	Matthew	Baxter	30	M	M15-39		4:52	7:51
171	414	0:48:46	William	Anderson	40	M	M40-44		4:53	7:51
172	345	0:48:55	Leighton	Edwards	36	M	M15-39		4:54	7:52
173	399	0:48:55	Shane	O'Connor	43	M	M40-44		4:54	7:52
174	391	0:48:55	James	Shipley	27	M	M15-39		4:54	7:52
175	279	0:49:04	Andrew	Thwaites	26	M	M15-39		4:54	7:54
176	368	0:49:08	James	Brindley	27	M	M15-39		4:55	7:54
177	34	0:49:09	Gemma	Sullivan	25	F	F15-39		4:55	7:55
178	344	0:49:10	Neil	Bower	36	M	M15-39		4:55	7:55
179	190	0:49:12	Andy	Brown	34	M	M15-39		4:55	7:55
180	481	0:49:17	Tony	Tyler	49	M	M45-49	THETFORD AC	4:56	7:56
181	76	0:49:31	Maria	Greaves	29	F	F15-39		4:57	7:58
182	492	0:49:36	James	Carnegie	45	M	M45-49		4:58	7:59
183	207	0:49:37	Andrew	Pearmain	55	M	M55-59		4:58	7:59
184	218	0:49:37	Ian	Moore	30	M	M15-39	NORWICH ROAD RUNNERS	4:58	7:59
185	174	0:49:38	Lynsey	Dunne	28	F	F15-39	TRI-ANGLIA	4:58	7:59
186	107	0:49:43	Natalie	Montegriffo	34	F	F15-39		4:58	8:00
187	315	0:49:44	Sean	O'Loughlin	45	M	M45-49		4:58	8:00
188	382	0:49:47	David	Moore	44	M	M40-44		4:59	8:01
189	47	0:49:48	Bobbie	Sauerzapf	51	F	F50-54	BUNGAY BLACK DOG RC	4:59	8:01
190	221	0:49:49	Craig	Spurr	33	M	M15-39		4:59	8:01
191	65	0:49:54	Julia	Peirson	43	F	F40-44	ORION HARRIERS	4:59	8:02
192	153	0:49:59	Kate	Davies	25	F	F15-39	WEST NORFOLK AC	5:00	8:03

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
193	379	0:50:00	Richard	Farrar	38	M	M15-39		5:00	8:03
194	28	0:50:08	Philippa	Rudd	46	F	F45-49	NORWICH ROAD RUNNERS	5:01	8:04
195	266	0:50:09	Andrew	Earl	59	M	M55-59		5:01	8:04
196	70	0:50:10	Louise	Freestone	37	F	F15-39	WYMONDHAM AC	5:01	8:04
197	294	0:50:13	Paul	Hann	60	M	M60-64		5:01	8:05
198	487	0:50:13	Dave	Thomas	26	M	M15-39		5:01	8:05
199	466	0:50:14	Andrew	Nicholls	52	M	M50-54		5:01	8:05
200	362	0:50:20	Christopher	Daykin	17	M	M15-39		5:02	8:06
201	267	0:50:22	John	Kelly	31	M	M15-39		5:02	8:06
202	301	0:50:30	Peter	Walsh	33	M	M15-39		5:03	8:08
203	211	0:50:31	Tom	Mahood	31	M	M15-39		5:03	8:08
204	335	0:50:33	Richard	Pilch	63	M	M60-64		5:03	8:08
205	331	0:50:34	Chris	Gleeson	36	M	M15-39	NORWICH ROAD RUNNERS	5:03	8:08
206	109	0:50:34	Alison	Woods	37	F	F15-39		5:03	8:08
207	48	0:50:48	Maria	Alborough	28	F	F15-39		5:05	8:11
208	285	0:50:53	Jamie	Shanahan	25	M	M15-39		5:05	8:11
209	387	0:50:53	Seaman	Phillip	55	M	M55-59	RYSTON RUNNERS AC	5:05	8:11
210	281	0:50:54	Lee	Scottow	36	M	M15-39	NORWICH ROAD RUNNERS	5:05	8:11
211	226	0:50:57	Colin	Alford	46	M	M45-49		5:06	8:12
212	476	0:50:59	Chris	Arms	41	M	M40-44		5:06	8:12
213	175	0:50:59	Leanne	Middleton	28	F	F15-39		5:06	8:12
214	429	0:51:00	Yoshifumi	Kobayashi	20	M	M15-39		5:06	8:12
215	486	0:51:01	Aaron	Roberts	25	M	M15-39		5:06	8:13
216	320	0:51:15	Justin	Long	27	M	M15-39		5:07	8:15
217	168	0:51:16	Anne	Hulse	46	F	F45-49	NORWICH ROAD RUNNERS	5:08	8:15
218	460	0:51:19	Mark	Burrows	42	M	M40-44	NORWICH ROAD RUNNERS	5:08	8:16
219	159	0:51:24	Rebecca	Copeland	21	F	F15-39	NORWICH ROAD RUNNERS	5:08	8:16
220	283	0:51:33	Ian	Claybourn	42	M	M40-44		5:09	8:18
221	478	0:51:34	David	Lane	45	M	M45-49	RYSTON RUNNERS AC	5:09	8:18
222	210	0:51:36	Jonathan	Thetford	37	M	M15-39		5:10	8:18
223	332	0:51:38	Andy	Peck	39	M	M15-39	GREAT YARMOUTH ROAD RUNNERS	5:10	8:19
224	323	0:51:39	Mark	Peach	37	M	M15-39	GREAT YARMOUTH ROAD RUNNERS	5:10	8:19

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
225	432	0:51:47	Andrew	Bolden	34	M	M15-39		5:11	8:20
226	157	0:51:50	Maureen	Wolfe	51	F	F50-54	RYSTON RUNNERS AC	5:11	8:21
227	339	0:51:51	Michael	Jewiss	57	M	M55-59	DEREHAM RUNNERS AC	5:11	8:21
228	405	0:51:53	Bob	Daykin	65	M	M65+		5:11	8:21
229	25	0:51:54	Theresa	Dooley	40	F	F40-44		5:11	8:21
230	352	0:52:00	Jon	Moxon	33	M	M15-39		5:12	8:22
231	155	0:52:02	Polly	Williams	30	F	F15-39	NORWICH ROAD RUNNERS	5:12	8:22
232	72	0:52:07	Karen	Gitsham	31	F	F15-39	NORWICH ROAD RUNNERS	5:13	8:23
233	18	0:52:14	Dianne	Tilbrook	58	F	F55-59		5:13	8:24
234	404	0:52:16	Bob	Beattie	62	M	M60-64	NORWICH ROAD RUNNERS	5:14	8:25
235	137	0:52:17	Charlotte	Wootton	42	F	F40-44		5:14	8:25
236	148	0:52:18	Helen	Mian	42	F	F40-44		5:14	8:25
237	367	0:52:20	Keri	Williams	57	M	M55-59		5:14	8:25
238	120	0:52:21	Jacomín	Moolman	45	F	F45-49		5:14	8:25
239	35	0:52:22	Donna	Talby	35	F	F15-39		5:14	8:26
240	419	0:52:22	Ken	Mathews	56	M	M55-59		5:14	8:26
241	484	0:52:24	Terry	Youll	59	M	M55-59	NORWICH ROAD RUNNERS	5:14	8:26
242	360	0:52:25	Charles	Wood	52	M	M50-54	NORWICH ROAD RUNNERS	5:15	8:26
243	128	0:52:38	Claire	Heald	39	F	F15-39		5:16	8:28
244	154	0:52:41	Danielle	Rackham	25	F	F15-39	NORWICH ROAD RUNNERS	5:16	8:29
245	133	0:52:48	Rebecca	Widdows	28	F	F15-39		5:17	8:30
246	392	0:52:48	Gary	Fryer	29	M	M15-39		5:17	8:30
247	208	0:52:50	John	Tilbrook	67	M	M65+		5:17	8:30
248	90	0:52:51	Anne	Swift	31	F	F15-39		5:17	8:30
249	94	0:52:54	Bronwen	Fisher	32	F	F15-39		5:17	8:31
250	370	0:52:56	Chris	Carey	64	M	M60-64	NORFOLK GAZELLES RC	5:18	8:31
251	151	0:52:56	Orla	Jupp	34	F	F15-39	DEREHAM RUNNERS AC	5:18	8:31
252	310	0:52:59	Michael	Thomas	43	M	M40-44		5:18	8:32
253	245	0:53:01	Andy	Palmer	45	M	M45-49	RYSTON RUNNERS AC	5:18	8:32
254	163	0:53:03	Sarah	Starr	30	F	F15-39		5:18	8:32
255	61	0:53:08	Kathryn	Rodwell	24	F	F15-39		5:19	8:33
256	389	0:53:11	James	Francis	24	M	M15-39		5:19	8:34

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
257	498	0:53:13	Graham	Parton	39	M	M15-39	ILKLEY HARRIERS	5:19	8:34
258	178	0:53:13	Julia	Williams	28	F	F15-39		5:19	8:34
259	497	0:53:14	Matt	Ellis	32	M	M15-39	CITY OF NORWICH AC	5:19	8:34
260	263	0:53:14	Peter	Clark	51	M	M50-54		5:19	8:34
261	116	0:53:15	Sue	Fraser	51	F	F50-54	GREAT YARMOUTH & DISTRICT AC	5:20	8:34
262	317	0:53:23	Richard	Harmer	25	M	M15-39		5:20	8:35
263	97	0:53:24	Jane	Smith	36	F	F15-39		5:20	8:36
264	170	0:53:34	Betty	Wilby	55	F	F55-59		5:21	8:37
265	63	0:53:37	Jacquie	Rodwell	45	F	F45-49		5:22	8:38
266	437	0:53:43	Lewis	Perkins	20	M	M15-39		5:22	8:39
267	234	0:53:48	Gary	Townsend	36	M	M15-39		5:23	8:39
268	395	0:53:55	Andrew	Stephenson	38	M	M15-39		5:23	8:41
269	296	0:53:57	Karl	Hunter	31	M	M15-39		5:24	8:41
270	24	0:54:02	Liz	Macdonald	41	F	F40-44		5:24	8:42
271	390	0:54:02	Edward	Bennett	26	M	M15-39		5:24	8:42
272	131	0:54:03	Melanie	Evans	43	F	F40-44		5:24	8:42
273	231	0:54:06	John	Bennett	60	M	M60-64		5:25	8:42
274	69	0:54:07	Cassie	Barker	34	F	F15-39	WYMONDHAM AC	5:25	8:43
275	433	0:54:08	Jonathan	Cook	34	M	M15-39		5:25	8:43
276	124	0:54:09	Jill	Copeland	51	F	F50-54	NORWICH ROAD RUNNERS	5:25	8:43
277	74	0:54:11	Katie	Mcintyre	44	F	F40-44		5:25	8:43
278	354	0:54:13	David	Horn	42	M	M40-44		5:25	8:44
279	103	0:54:17	Helen	Oghenegweke	36	F	F15-39	NORWICH ROAD RUNNERS	5:26	8:44
280	401	0:54:18	Michael	Armes	44	M	M40-44	NORWICH ROAD RUNNERS	5:26	8:44
281	474	0:54:18	Richard	High	39	M	M15-39	NORWICH ROAD RUNNERS	5:26	8:44
282	177	0:54:25	Clare	Lamb	41	F	F40-44		5:27	8:45
283	493	0:54:26	Robert	Scarfe	57	M	M55-59	WYMONDHAM AC	5:27	8:46
284	118	0:54:28	Ellen	Cottom	36	F	F15-39		5:27	8:46
285	150	0:54:29	Jo	Keenan	33	F	F15-39		5:27	8:46
286	477	0:54:30	Steve	Stringer	43	M	M40-44	GREAT YARMOUTH ROAD RUNNERS	5:27	8:46
287	40	0:54:35	Karen	Alford	46	F	F45-49		5:28	8:47
288	203	0:54:41	Neil	Gilding	34	M	M15-39		5:28	8:48

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
289	171	0:54:42	Gill	Hart	57	F	F55-59	RYSTON RUNNERS AC	5:28	8:48
290	4	0:54:46	Danielle	Drake	26	F	F15-39		5:29	8:49
291	229	0:54:47	Chris	Mills	49	M	M45-49		5:29	8:49
292	110	0:54:52	Sophie	Walpole	25	F	F15-39		5:29	8:50
293	411	0:54:55	Stuart	Weston	36	M	M15-39		5:30	8:50
294	146	0:54:58	Teresa	Lawrie	37	F	F15-39		5:30	8:51
295	112	0:55:00	Clare	Honeyman	33	F	F15-39		5:30	8:51
296	351	0:55:01	Ryan	Honeyman	32	M	M15-39		5:30	8:51
297	138	0:55:03	Sue	Shand	43	F	F40-44		5:30	8:52
298	114	0:55:08	Yvonne	Jackson	43	F	F40-44		5:31	8:52
299	93	0:55:13	Faye	Ellis	31	F	F15-39	LOWESTOFT ROAD RUNNERS	5:31	8:53
300	78	0:55:14	Rach	Edwards	39	F	F15-39		5:31	8:53
301	306	0:55:21	Roger	Eglen	64	M	M60-64	EASTERN VETS	5:32	8:54
302	232	0:55:32	Karl	Palmer	30	M	M15-39		5:33	8:56
303	309	0:55:38	Steve	Avery	43	M	M40-44		5:34	8:57
304	483	0:55:42	Ivan	Lees	53	M	M50-54	GREAT YARMOUTH ROAD RUNNERS	5:34	8:58
305	111	0:55:45	Sylvia	Dady	30	F	F15-39	GREAT YARMOUTH ROAD RUNNERS	5:35	8:58
306	256	0:55:50	Richard	Napthen	49	M	M45-49		5:35	8:59
307	84	0:55:53	Cathy	Mumford	47	F	F45-49	THETFORD AC	5:35	9:00
308	19	0:56:04	Sheila	Smith	57	F	F55-59		5:36	9:01
309	259	0:56:05	Stephen	Taylor	57	M	M55-59	GARDEN CITY RUNNERS	5:36	9:02
310	142	0:56:07	Claire	Atkinson	32	F	F15-39		5:37	9:02
311	51	0:56:09	Marisol	Kane	45	F	F45-49		5:37	9:02
312	458	0:56:10	Mark	Pearson	37	M	M15-39		5:37	9:02
313	455	0:56:19	Ben	Balaam-Reed	30	M	M15-39		5:38	9:04
314	52	0:56:32	Emily	Dennis	31	F	F15-39	NORWICH ROAD RUNNERS	5:39	9:06
315	348	0:56:36	Robert	Cox	47	M	M45-49		5:40	9:07
316	193	0:56:38	Stephen	Morley	57	M	M55-59	BRANDON FERN HOPPERS	5:40	9:07
317	17	0:56:47	Sandie	Jardine	47	F	F45-49		5:41	9:08
318	88	0:56:50	Anne	Martin	74	F	F65+	WYMONDHAM AC	5:41	9:09
319	346	0:56:56	Ed	Proffitt	37	M	M15-39		5:42	9:10
320	113	0:57:01	Nania	Poulson	35	F	F15-39		5:42	9:11

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
321	81	0:57:01	Sarah	Cooper	37	F	F15-39	TRI-ANGLIA	5:42	9:11
322	121	0:57:05	Jane	Rackham	49	F	F45-49	NORWICH ROAD RUNNERS	5:42	9:11
323	172	0:57:05	Sarah	Borer	26	F	F15-39		5:42	9:11
324	77	0:57:07	Michaela	Joysey	29	F	F15-39		5:43	9:12
325	167	0:57:08	Susan	Stirling	44	F	F40-44		5:43	9:12
326	421	0:57:09	Tom	Warnes	31	M	M15-39		5:43	9:12
327	249	0:57:09	Neil	Cocketon	34	M	M15-39		5:43	9:12
328	173	0:57:12	Lucy	Gooderham	26	F	F15-39		5:43	9:12
329	424	0:57:14	Phillip	Laurier	61	M	M60-64	LOWESTOFT ROAD RUNNERS	5:43	9:13
330	386	0:57:15	Tony	Britt	54	M	M50-54	UKNETRUNNER	5:44	9:13
331	439	0:57:19	Mark	Perkins	46	M	M45-49		5:44	9:13
332	273	0:57:24	Gary	Jeeves	42	M	M40-44		5:44	9:14
333	67	0:57:28	Katie	Selwood	32	F	F15-39		5:45	9:15
334	194	0:57:31	Philip	Neave	61	M	M60-64	BUNGAY BLACK DOG RC	5:45	9:15
335	225	0:57:36	Neil	Cooper	47	M	M45-49	TRI-ANGLIA	5:46	9:16
336	39	0:57:37	Sue	Cooper	48	F	F45-49	NORWICH ROAD RUNNERS	5:46	9:16
337	264	0:57:46	Tom	Selwood	30	M	M15-39		5:47	9:18
338	456	0:57:50	Ryan	Morley	34	M	M15-39		5:47	9:18
339	162	0:57:51	Susannah	Eastaugh	28	F	F15-39		5:47	9:19
340	214	0:57:58	Alan J	Cross	45	M	M45-49		5:48	9:20
341	57	0:58:01	Annette	Carter	42	F	F40-44	GREAT YARMOUTH ROAD RUNNERS	5:48	9:20
342	21	0:58:02	Emma	Fickling	28	F	F15-39		5:48	9:20
343	180	0:58:11	Mohammed	Aklaqul-Ambea	30	M	M15-39		5:49	9:22
344	42	0:58:14	Sarah	Cassells	28	F	F15-39		5:49	9:22
345	499	0:58:14	Ivan	Colman	48	M	M45-49	NORWICH ROAD RUNNERS	5:49	9:22
346	166	0:58:15	Debbie	Galanti	42	F	F40-44		5:49	9:22
347	102	0:58:19	Joanna	Wymer	30	F	F15-39		5:50	9:23
348	31	0:58:23	Melisande	Parsons	40	F	F40-44		5:50	9:24
349	139	0:58:23	Rebecca	Durant	57	F	F55-59		5:50	9:24
350	355	0:58:24	Peter	Drew	55	M	M55-59	RYSTON RUNNERS AC	5:50	9:24
351	453	0:58:32	Richard	Vincent	54	M	M50-54	WEST NORFOLK AC	5:51	9:25
352	50	0:58:41	Louise	Powell	40	F	F40-44		5:52	9:27

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
353	59	0:58:44	Georgina	Scott	31	F	F15-39		5:52	9:27
354	149	0:58:44	Danielle	Payton	17	F	F15-39		5:52	9:27
355	54	0:58:45	Elayne	Hilton	43	F	F40-44		5:53	9:27
356	319	0:58:47	Sean	Clark	42	M	M40-44		5:53	9:28
357	233	0:58:58	Jon	Goodwin	41	M	M40-44		5:54	9:29
358	230	0:58:58	Richard	Burbage	37	M	M15-39		5:54	9:29
359	431	0:59:05	Gavin	Adcock	30	M	M15-39		5:54	9:31
360	126	0:59:16	Sharon	Weston	40	F	F40-44		5:56	9:32
361	366	0:59:16	Andrew	Smith	44	M	M40-44		5:56	9:32
362	80	0:59:26	Anita	Talby	35	F	F15-39		5:57	9:34
363	125	0:59:41	Michelle	Carnwell	37	F	F15-39		5:58	9:36
364	454	0:59:48	Miles	Fish	58	M	M55-59		5:59	9:37
365	185	0:59:55	Charles	Weigand	64	M	M60-64		6:00	9:39
366	403	0:59:59	John	Innes	53	M	M50-54		6:00	9:39
367	461	1:00:06	Alan	Thompson	46	M	M45-49		6:01	9:40
368	464	1:00:08	Gavin	Bane	51	M	M50-54		6:01	9:41
369	119	1:00:12	Lisa	Hewitt	42	F	F40-44		6:01	9:41
370	15	1:00:12	Cassie	Williams	31	F	F15-39		6:01	9:41
371	176	1:00:18	Ruth	Leeming	33	F	F15-39		6:02	9:42
372	212	1:00:19	Greg	Graver	35	M	M15-39		6:02	9:42
373	16	1:00:20	Lucy	Milroy	38	F	F15-39		6:02	9:43
374	30	1:00:22	Jodi	Barber	30	F	F15-39		6:02	9:43
375	288	1:00:43	James	Dungar	60	M	M60-64		6:04	9:46
376	188	1:00:48	Edward	Armishaw	24	M	M15-39		6:05	9:47
377	101	1:00:49	Liz	Clues	39	F	F15-39		6:05	9:47
378	297	1:00:59	Chris	Bonner	43	M	M40-44		6:06	9:49
379	338	1:01:01	Tim	Cheesman	28	M	M15-39		6:06	9:49
380	12	1:01:09	Lisa	Chamberlen	32	F	F15-39		6:07	9:50
381	13	1:01:10	Laura	Keeble	24	F	F15-39		6:07	9:51
382	316	1:01:13	David	Harbour	49	M	M45-49		6:07	9:51
383	95	1:01:15	Clare	Denzey	34	F	F15-39	NORWICH ROAD RUNNERS	6:07	9:51
384	255	1:01:15	Steve	Websdale	47	M	M45-49	NORWICH ROAD RUNNERS	6:07	9:51

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
385	7	1:01:39	Dianne	Crosby	64	F	F60-64		6:10	9:55
386	83	1:01:44	Claire	Bonner	32	F	F15-39		6:10	9:56
387	105	1:01:46	Lynne	Johnson	41	F	F40-44		6:11	9:56
388	104	1:01:57	Jayne	Cronin	40	F	F40-44		6:12	9:58
389	336	1:01:57	Matthew	Cronin	30	M	M15-39		6:12	9:58
390	169	1:02:11	Sharon	Brown	37	F	F15-39		6:13	10:00
391	82	1:02:12	Victoria	Cooper	29	F	F15-39		6:13	10:01
392	100	1:02:18	Nicki	Mclean	36	F	F15-39		6:14	10:02
393	49	1:02:22	Helen	Mahood	29	F	F15-39		6:14	10:02
394	38	1:02:25	Sarah	Dye	42	F	F40-44		6:15	10:03
395	23	1:02:28	Melanie	Waite	48	F	F45-49		6:15	10:03
396	428	1:02:41	Kevin	Rowe	53	M	M50-54		6:16	10:05
397	228	1:02:48	Andy	Boot	40	M	M40-44	NORWICH ROAD RUNNERS	6:17	10:06
398	196	1:03:06	Philip	Sneesby	43	M	M40-44		6:19	10:09
399	132	1:03:12	Mitzy	Bond	46	F	F45-49		6:19	10:10
400	145	1:03:15	Jayne	Popp	36	F	F15-39		6:20	10:11
401	434	1:03:15	George	Popp	52	M	M50-54		6:20	10:11
402	73	1:03:32	Louise	Boyce	39	F	F15-39		6:21	10:13
403	186	1:03:44	David	Robinson	42	M	M40-44	YAXLEY JOGGERS	6:22	10:15
404	164	1:03:59	Sally	Hunter	34	F	F15-39		6:24	10:18
405	36	1:04:00	Teresa	Burdett	38	F	F15-39		6:24	10:18
406	350	1:04:15	Graham	Hunt	55	M	M55-59		6:26	10:20
407	165	1:04:19	Sarah	Wilby	35	F	F15-39		6:26	10:21
408	45	1:04:20	Catherine	Coman	47	F	F45-49		6:26	10:21
409	43	1:04:21	Sally	Harl	44	F	F40-44		6:26	10:21
410	140	1:04:25	Jennifer	Bettinson	29	F	F15-39	TRI-ANGLIA	6:26	10:22
411	330	1:04:56	Chris	Cox	26	M	M15-39	READING ROAD RUNNERS	6:30	10:27
412	92	1:04:57	Gillian	Cobbold	45	F	F45-49		6:30	10:27
413	122	1:05:11	Ruth	Sandler	30	F	F15-39		6:31	10:29
414	136	1:05:12	Sharon	Armes	40	F	F40-44	NORWICH ROAD RUNNERS	6:31	10:30
415	62	1:05:31	Kim	Di Giorgio	43	F	F40-44		6:33	10:33
416	99	1:06:16	Anne	Faulkner	62	F	F60-64		6:38	10:40

Trowse 10K Results.xls - Results

Position	Race Number	Time	First Name	Surname	Age	Sex	Cat	Club	Min/km	Min/M
417	117	1:06:23	Beth	Davies	26	F	F15-39		6:38	10:41
418	79	1:06:42	Paula	Hall	42	F	F40-44	TRI-ANGLIA	6:40	10:44
419	457	1:07:13	Matthew	Wilby	35	M	M15-39		6:43	10:49
420	123	1:08:43	Katherine	Garwood	34	F	F15-39		6:52	11:04
421	32	1:08:44	Linda	Thursby	42	F	F40-44		6:52	11:04
422	41	1:09:42	Ashlea	Martin	23	F	F15-39		6:58	11:13
423	87	1:09:58	Allison	Stevens	47	F	F45-49		7:00	11:16
424	66	1:16:07	Victoria	Cook	29	F	F15-39		7:37	12:15