



TOP 20 RESULTS TO RACE 2

			FREETHORPE TEN		VALENTINES 10K		
SENIOR WOMEN							
Faith	Viney	Bure Valley Harriers	1:04:12	100	38:00	100	200
Jessica	Behan	Norwich Road Runners	1:09:18	94	40:32	97	191
Becky	Willett	Norwich Road Runners	1:13:41	91	43:54	95	186
Jasmin	Honour		1:15:11	90	45:44	91	181
Claire	Kent	Wymondham AC	1:20:14	83	44:27	94	177
Anna	Frostwick	Tri-Anglia Triathlon Club	1:20:17	82	46:54	88	170
Sophie	Redgrave		1:21:17	79	47:37	86	165
Leanne	Bagge	Wymondham AC	1:21:57	75	48:29	85	160
Isabel	Shaw	Norwich Road Runners	1:27:38	64	50:58	79	143
Hattie	Swain	Coltishall Jaguars RC	1:27:48	63	51:56	74	137
Lucy	Ring	Norwich Road Runners	1:28:28	60	51:57	73	133
Michelle	Barker	Wymondham AC	1:29:06	57	51:55	75	132
Hayley	Strivens	GoodGym Race Team	1:21:47	77	56:01	50	127
Stephanie	Hall	Coltishall Jaguars RC	1:30:15	55	56:01	51	106
Rosanna	Andrews		1:05:12	99			99
Vicky	Bailey	Norwich Road Runners	1:35:15	39	54:28	60	99
Amy	Beck	Norwich Road Runners			38:47	99	99
Rowena	Leary	Norfolk Gazelles AC			40:25	98	98
Rose	Waterman	Tri-Anglia Triathlon Club	1:05:29	98			98
Emma	Risbey	City Of Norwich AC	1:06:36	97			97
WOMEN 40-44							
Emma	Blake	Coltishall Jaguars RC	1:08:44	98	40:51	100	198
Stacey	Harper	Norwich Road Runners	1:13:19	95	43:45	98	193
Joanna	Killingworth	Norwich Road Runners	1:16:00	90	43:50	97	187
Hazel	Thorn		1:24:57	79	50:57	86	165
Jennifer	Gould		1:26:59	73	50:23	90	163
Louise	Hudson	Dereham Runners & AC	1:29:54	66	48:56	92	158
Maureen	Hamis	Norwich Road Runners	1:28:58	68	50:51	87	155
Dominique	Bivar Segurado	Norwich Road Runners	1:30:16	64	54:10	82	146
Elizabeth	Browne	Norwich Road Runners	1:33:02	60	55:43	77	137
Marion	Bensley	Coltishall Jaguars RC	1:39:49	45	57:39	73	118
Hayley	Sendall		1:39:55	43	58:56	69	112
Katherine	Mortlock	Bure Valley Harriers	1:42:44	35	58:33	70	105
Rebecca	Wicks		1:42:01	36	1:00:05	66	102
Kathryn	Mathias	City Of Norwich AC	1:04:59	100			100
Anne	Flanagan	Norwich Road Runners			43:44	99	99
Louise	Juby	Dereham Runners & AC	1:07:26	99			99
Zoe	Chase	Waveney Valley AC	1:11:36	97			97
Nicola	Hill	Norwich Road Runners			43:50	96	96
Alexandra	Smith	Wymondham AC	1:12:34	96			96
Lisa	Greengrass	Wymondham AC			47:10	95	95
WOMEN 45-49							
Sabina	Spence	Bure Valley Harriers	1:10:07	100	43:02	100	200
Penny	Studley	Great Yarmouth Road Runners	1:15:13	97	44:55	98	195
Julie	Doughty		1:20:16	93	49:07	94	187
Joanna	Godwin	Wymondham AC	1:22:15	90	49:08	93	183
Katie	Whitmore	Wymondham AC	1:30:03	83	54:18	87	170
Kerry	Commosioug	Norwich Road Runners	1:39:25	67	58:45	77	144
Laura	Waters		1:38:55	68	1:00:40	72	140
Tracey	Reynolds	Lonely goat	1:41:49	61	1:00:02	74	135
Katherine	Mann	Norwich Road Runners	1:44:33	58	1:01:34	66	124
Fran	Morgan	Norwich Road Runners	1:37:56	70	1:07:42	54	124
Alison	Green	Wymondham AC	1:45:48	55	1:01:24	67	122
Sue	Emmett	Coltishall Jaguars RC	1:44:46	57	1:03:20	64	121
Joanna	Seaman		1:45:02	56	1:03:50	62	118
Kerry	Smith	North Norfolk Beach Runners	1:48:05	53	1:03:36	63	116
Hazel	Flower	Norfolk Harriers RC	1:56:02	48	1:06:55	57	105
Lisa	Knights	Waveney Valley AC	1:13:19	99			99
Rachel	Miller	Norwich Road Runners			43:10	99	99
Justine	Fawcett	Bungay Black Dog RC	1:14:44	98			98

Kirsty	Winter				45:54	97	97
Claire	Rackham	Norwich Road Runners			46:10	96	96

WOMEN 50-54

Marian	Crossland	City Of Norwich AC	1:24:48	90	49:48	94	184
Kim	Blazer	Norwich Road Runners	1:27:31	86	50:01	92	178
Emma	Potter-Campbell	Dereham Runners & AC	1:19:23	94	55:11	84	178
Sharon	Jones	Coltishall Jaguars RC	1:32:02	83	53:43	88	171
Nicola	Weldon	Wymondham AC	1:35:01	77	53:48	87	164
Claire	Smith	Norwich Road Runners	1:36:45	73	53:02	89	162
Gina	Preston	Norwich Road Runners	1:34:17	78	55:22	83	161
Hayley	Gerrard	Norwich Road Runners	1:36:24	74	55:57	81	155
Linda	Storey		1:39:40	69	56:30	79	148
Mary	Cordeaux	City Of Norwich AC	1:42:39	67	58:16	77	144
Tracey	Goodrum	Lonely Goat RC	1:41:37	68	1:01:12	73	141
Lisa	Rodgers	Wymondham AC	2:01:54	59	1:05:53	69	128
Caren	Maidment	Coltishall Jaguars RC	1:59:41	60	1:11:23	66	126
Helen	Mian	Norfolk Gazelles AC	1:14:40	100			100
Elly	Young	Coltishall Jaguars RC			44:20	100	100
Karyn	Bray	Bure Valley Harriers			46:55	99	99
Gillian	Leathers	Saint Edmund Pacers	1:14:59	99			99
Jo	Anverali	Great Yarmouth Road Runners	1:15:34	98			98
Geraldine	Jordan				47:16	98	98
Nicola	Baker	Great Yarmouth Road Runners	1:15:54	97			97

WOMEN 55-59

Anna	Coulborn	Great Yarmouth Road Runners	1:26:32	98	50:16	99	197
Ruth	Gainsford	Coltishall Jaguars RC	1:25:50	99	51:52	98	197
Judy	Crooks	Norwich Road Runners	1:28:26	97	53:30	97	194
Jenny	Mayne	City Of Norwich AC	1:28:46	95	53:43	96	191
Debbie	Secret		1:32:42	93	55:03	95	188
Jackie	Gooch	Coltishall Jaguars RC	1:35:38	90	55:12	94	184
Valerie	Gidney	City Of Norwich AC	1:38:56	87	58:56	90	177
Jackie	Eastaugh-king	Norwich Road Runners	1:54:51	80	58:04	91	171
Sally	Kelly		1:43:10	84	1:06:43	86	170
Dianne	Hughes	Stowmarket Striders RC	1:21:35	100			100
Louise	Wilkinson	City Of Norwich AC			48:19	100	100
Philippa	Rudd	Norwich Road Runners	1:28:29	96			96
Julie	Dilrew		1:32:32	94			94
Sally	Cushing	Norwich Road Runners			56:01	93	93
Karen	Gedge	Bungay Black Dog RC	1:35:06	92			92
Sally	Porter	Bure Valley Harriers			57:43	92	92
Helen	Ganson	Coltishall Jaguars RC	1:35:06	91			91
Karen	Dawson	Norwich Road Runners			1:01:04	89	89
Jan	Totterdale	Dereham Runners & AC	1:38:03	89			89
Katy	Armes				1:01:29	88	88

WOMEN 60-64

Alison	Stewart	Norwich Road Runners	1:22:44	99	47:57	100	199
Jayne	Capps-Jenner	Bungay Black Dog RC	1:39:16	91	56:39	97	188
Sue	Carver	Norwich Road Runners	1:42:29	90	1:01:12	95	185
Teresa	Solomon		1:43:25	89	1:02:01	94	183
Elaine	Haggarty	Great Yarmouth & District AC	1:51:28	88	1:05:04	93	181
Helen	Taylor	Norwich Road Runners	2:02:53	87	1:10:26	91	178
Sharon	Baldwin	Bungay Black Dog RC	1:17:23	100			100
Gail	Hardingham	Bure Valley Harriers			50:06	99	99
Karen	Hatton	Saint Edmund Pacers	1:25:36	98			98
Elaine	Savvas				54:48	98	98
Bobbie	Sauerzapf	Bungay Black Dog RC	1:26:43	97			97
Elaine	Hudson	Norfolk Gazelles AC	1:29:53	96			96
Caroline	Taylor	Norwich Road Runners			57:26	96	96
Patricia	Tuttle	Waveney Valley AC	1:33:32	95			95
Doreen	Neal	Coltishall Jaguars RC	1:35:18	94			94
Belinda	Schofield	Newmarket Joggers	1:35:53	93			93
Amanda	Gray	Wymondham AC			1:05:55	92	92
Linda	Hunt	Bungay Black Dog RC	1:36:18	92			92
Suzanne	King		2:17:06	86			86

WOMEN 65+

Rosemary	Jackson	Coltishall Jaguars RC	1:29:16	100	52:15	98	198
Sheila	Smith		1:43:45	95	59:18	95	190
Margaret	Faherty	Norwich Road Runners	1:49:18	93	1:07:39	90	183
Penny	Edwards	Norwich Road Runners			48:08	100	100
Linda	Cusack				50:48	99	99
Dianne	Tilbrook		1:31:34	99			99
Christine	Muttitt	Bungay Black Dog RC	1:35:59	98			98

Anne	Graveling				53:41	97	97
Carole	Spong	Great Yarmouth Road Runners	1:37:57	97			97
Jennifer	Burfoot	Norfolk Gazelles AC	1:41:19	96			96
Cindy	Burgess	Wymondham AC			58:39	96	96
Stephanie	Madden				1:00:57	94	94
Sandy	Wells	Great Yarmouth & District AC	1:47:47	94			94
Elizabeth	Davison	Norwich Road Runners			1:02:04	93	93
Jacqueline	Wood	Dereham Runners & AC			1:02:05	92	92
Jennifer	Rowley				1:04:36	91	91
Maureen	England				1:12:26	89	89

SENIOR MEN

Samuel	Coyne	Bure Valley Harriers	55:27	98	33:03	99	197
Ryan	Davidson	Bure Valley Harriers	57:12	97	34:14	98	195
Chris	Parker	North Norfolk Beach Runners	1:03:07	89	36:42	93	182
Liam	Rowlands	Norwich Road Runners	1:03:58	86	37:37	90	176
Kyle	Brooks	Wymondham AC	1:03:26	88	38:33	87	175
Dominic	Richardson	Norwich Road Runners	1:04:10	85	37:39	89	174
Daniel	Smith	Coltishall Jaguars RC	1:06:25	80	38:39	86	166
Adam	Bamford	City Of Norwich AC	1:06:27	79	38:42	85	164
Nick	Kent	Wymondham AC	1:08:32	75	39:06	84	159
Sam	Barker	Wymondham AC	1:09:08	72	40:47	74	146
Rafal	Drygas		1:09:09	71	41:19	70	141
James	Tubb		1:09:07	73	41:40	68	141
Scotty	Bruce	Lowestoft Road Runners	1:11:54	64	42:03	67	131
Nick	Gurney	Norwich Road Runners	1:09:16	68	42:31	62	130
Kevin	Rowe	Norwich Road Runners	1:13:39	61	42:08	65	126
Shaun	Sparkes	Norwich Road Runners	1:12:41	63	43:27	58	121
Robert	Organ		1:14:37	56	44:00	55	111
Michal	Grucelski		1:15:10	54	44:07	54	108
Tyrone	Young		1:19:40	36	40:50	72	108
Ashley	Speight		1:16:54	48	43:55	56	104

MEN 40-44

Neil	Adams	North Norfolk Beach Runners	59:41	99	35:22	97	196
Simon	Wright	Norwich Road Runners	59:32	100	35:44	96	196
Marc	Coles	Norwich Road Runners	1:02:38	97	37:58	92	189
Alastair	Leckie	Norwich Road Runners	1:03:32	95	37:11	94	189
Paul	Smith	Norwich Road Runners	1:05:44	92	38:24	91	183
Philip	Wright	Bure Valley Harriers	1:07:52	85	39:26	90	175
Mark	Mardell	Norwich Road Runners	1:12:25	80	42:23	86	166
Andrew	Thomas	Great Yarmouth Road Runners	1:12:46	77	43:39	83	160
Chris	Hosier	Dereham Runners & AC	1:14:48	75	44:47	80	155
Gav	Dent	North Norfolk Beach Runners	1:16:56	72	44:59	78	150
Shane	Smith		1:19:56	66	46:41	74	140
Stuart	Gollands		1:20:10	65	46:49	73	138
James	Driscoll		1:29:25	51	52:40	63	114
Michael	Flower	Norfolk Harriers RC	1:42:12	50	55:38	58	108
Dominic	Blake	Reepham Runners			33:17	100	100
James	Johnson	Norwich Road Runners			34:22	99	99
Simon	Cook	Lowestoft Road Runners	1:00:23	98			98
Matt	Pyatt	Dereham Runners & AC			34:23	98	98
Jesse	Timberlake	Bungay Black Dog RC	1:02:45	96			96
Trevor	Gannon	Norwich Road Runners			35:50	95	95

MEN 45-49

Jan	Kaiser	City Of Norwich AC	59:21	99	35:12	100	199
Chris	Haylock	Lowestoft Road Runners	1:01:58	98	36:45	99	197
Darren	Easter	Dereham Runners & AC	1:04:57	94	37:52	97	191
Chris	Bullock	Norwich Road Runners	1:04:29	95	38:52	95	190
Matthew	Stone	Bure Valley Harriers	1:04:59	92	37:36	98	190
Mat	Porter	Norwich Road Runners	1:04:59	93	37:59	96	189
Neil	Walpole	Norwich Road Runners	1:08:07	88	40:26	93	181
Ashley	Yellop	Norwich Road Runners	1:12:42	81	42:58	89	170
Robert	Spence		1:13:41	79	43:07	88	167
Mark	Stone	Great Yarmouth Road Runners	1:14:17	74	43:43	86	160
Simon	Ottaway		1:16:19	70	43:41	87	157
Lee	Bryer		1:14:48	72	45:04	81	153
Jimmy	Secker	Sudbury Joggers	1:16:24	69	44:52	83	152
Keith	Walpole	Norwich Road Runners	1:13:43	78	46:48	73	151
Heath	Alexander-Bew	Wymondham AC	1:17:19	67	45:38	79	146
Cathal	Daly	City Of Norwich AC	1:19:09	65	45:31	80	145
Dave	Spooner	North Norfolk Beach Runners	1:19:10	64	46:38	75	139
Philip	Websdale	Dereham Runners & AC	1:21:42	58	46:44	74	132

Mark	Townsend	Norwich Road Runners	1:20:45	60	47:00	71	131
Paul	Youngman	Tri-Anglia Triathlon Club	1:28:10	44	49:12	64	108

MEN 50-54

Darren	Honour		1:05:40	99	37:16	99	198
Andrew	Dormer	Great Yarmouth Road Runners	1:06:04	98	39:07	98	196
Neil	Button	Coltishall Jaguars RC	1:08:15	96	39:59	96	192
Stephen	Moseley	Norwich Road Runners	1:12:20	89	42:10	93	182
Neil	Bunnage	Norwich Road Runners	1:11:45	91	44:49	86	177
Wayne	Ramsbottom	Dereham Runners & AC	1:15:31	82	45:39	81	163
Garry	Whiting	Wymondham AC	1:17:14	75	44:45	87	162
James	Nice	City Of Norwich AC	1:17:13	76	45:02	84	160
Gary	Pillar	Great Yarmouth Road Runners	1:17:02	77	45:12	83	160
Lee	Harvey	Great Yarmouth Road Runners	1:16:49	78	46:54	77	155
Barney	Goodrum	Lonely Goat RC	1:25:03	64	50:46	72	136
Steve	Sharp		1:30:02	51	51:56	69	120
Mike	Jolly	Reepham Runners	1:26:52	59	58:56	55	114
Tony	Ludlam	Great Yarmouth Road Runners	1:37:11	48	59:13	54	102
Nicholas	Bensley	Ryston Runners			37:07	100	100
Kevin	Rooney		1:03:14	100			100
Mark	Clues	Tri-Anglia Triathlon Club			39:11	97	97
Gordon	Lee	Rugby and Northampton Athletics Club	1:06:33	97			97
Andrew	Preston	Wymondham AC			40:19	95	95
Michael	Quantrill	Waveney Valley AC	1:08:28	95			95

MEN 55-59

Mark	Garrett	Norwich Road Runners	1:05:54	99	40:17	99	198
Mark	Griffin		1:14:45	93	43:12	97	190
David	Kellaway	Dereham Runners & AC	1:15:12	91	43:19	96	187
Andrew	Rowles	Dereham Runners & AC	1:16:26	89	44:20	94	183
Mark	Harrison		1:18:08	83	45:52	91	174
Warren	Newell		1:19:16	82	46:28	89	171
Keith	Brighty	Coltishall Jaguars RC	1:24:20	77	45:26	92	169
Dougie	Barber	Coltishall Jaguars RC	1:17:49	85	49:28	83	168
David	Crotch		1:26:40	74	47:50	86	160
Stephen	Andrews		1:43:25	63	1:06:55	73	136
Andrew	Stratton	Wymondham AC	1:49:54	61	1:05:32	75	136
Paul	Bloomfield	Coltishall Jaguars RC	1:59:42	60	1:05:36	74	134
Mark	Nind		1:01:52	100			100
Richard	White	Wymondham AC			39:28	100	100
Kevin	Frazer	Wymondham AC			40:53	98	98
Gary	Grand	Norwich Road Runners	1:08:06	98			98
Steven	Hughes	Stowmarket Striders RC	1:09:26	97			97
Graham	Moore		1:11:28	96			96
Robin	Belsom	Ipswich Jaffa RC	1:12:59	95			95
Todd	Lake	Dereham Runners & AC			43:34	95	95

MEN 60-64

Phil	Hurr	North Norfolk Beach Runners	1:05:32	100	39:36	100	200
Andrew	Lane	Wymondham AC	1:14:42	97	44:15	98	195
Paul	Richardson	Dereham Runners & AC	1:15:54	94	43:34	99	193
Peter	Laddiman	Norfolk Harriers RC	1:18:39	91	45:23	96	187
Ivan	Lees	Great Yarmouth Road Runners	1:23:00	88	50:23	94	182
Phil	King	North Norfolk Beach Runners	1:28:11	82	50:39	93	175
Keith	Morris	Ryston Runners	1:31:16	80	52:50	90	170
Stuart	Sayer	Norwich Road Runners	1:38:16	79	58:00	85	164
Nigel	Arnold	Norfolk Gazelles AC	1:06:20	99			99
Tom	Townsend	Norfolk Gazelles AC	1:14:18	98			98
Nicholas	Eley	Coltishall Jaguars RC			45:22	97	97
Stephen	Sadd	Norfolk Gazelles AC	1:15:05	96			96
Paul	Dowson	Norwich Road Runners			50:02	95	95
Wayne	Freeman		1:15:06	95			95
Guy	Shearwood	Norwich Road Runners	1:15:59	93			93
Jonathan	Foot	Bure Valley Harriers			51:26	92	92
Ian	Hawkes	Waveney Valley AC	1:17:43	92			92
Gary	Snelling				52:17	91	91
Andrew	Hammond	Norfolk Gazelles AC	1:20:17	90			90
Mik	Carr	Bungay Black Dog RC	1:21:47	89			89

MEN 65+

Pete	Johnson	Ryston Runners	1:11:33	99	42:17	100	199
David	Aldis	City Of Norwich AC	1:18:44	97	46:03	97	194
Derek	Sadler	North Norfolk Beach Runners	1:21:37	93	46:33	96	189
Eamonn	McCusker	Ryston Runners	1:19:29	95	49:14	92	187
John	Bone	Great Yarmouth Road Runners	1:23:43	90	49:09	93	183
Michael	Persich		1:27:30	87	52:19	89	176

Neil	Anderton	Dereham Runners & AC	1:28:54	84	50:48	91	175
Michael	Smith	Wymondham AC	1:30:38	83	55:45	87	170
David	Field	Norwich Road Runners	1:47:15	79	1:04:37	81	160
Stephen	Mead	Stowmarket Striders RC	1:09:46	100			100
Glen	Nelson	Bure Valley Harriers			42:42	99	99
Neville	Clarke	Newmarket Joggers	1:13:31	98			98
Frank	Gribben	Bure Valley Harriers			44:23	98	98
David	Mower	Waveney Valley AC	1:19:21	96			96
Martin	Howard	Norwich Road Runners			47:48	95	95
Bill	Kingaby	Waveney Valley AC	1:20:02	94			94
Mark	Taylor	Norwich Road Runners			48:09	94	94
Paul	Evans		1:22:26	92			92
Philip	Hymers	Saint Edmund Pacers	1:23:12	91			91
Roger	Gooch				52:11	90	90