

RACE 3 RESULTS

<u>Pos</u>	<u>Number</u>	<u>Name</u>	<u>Club</u>	<u>Age</u>	<u>M / F</u>	<u>Cat</u>	<u>Time</u>
1	294	Luke Allen	CONAC	19	M	SM	0:26'24.62
2	35	Robert Chenery	Ipswich Jaffa	21	M	SM	0:26'37.96
3	10	Andrew Bunn	Norwich RR	21	M	SM	0:27'34.43
4	138	Richard Moore	Waveney Valley AC	43	M	M40	0:27'53.74
5	293	Martin Horlock	Norwich RR	34	M	SM	0:28'06.55
6	306	Andy Kett	North Norfolk BR Stowmarket	30	M	SM	0:28'23.90
7	62	Nick Palmer	Striders	33	M	SM	0:28'28.37
8	74	Kevin Sharman	Lowestoft RR	40	M	M40	0:28'28.99
9	139	Robert Cheverton	Waveney Valley AC	51	M	M50	0:28'38.81
10	288	Andrew Manning	GYRR	42	M	M40	0:28'53.65
11	109	Phil Cooper	Norfolk Gaz	44	M	M40	0:28'59.18
12	281	Andrew Houghton	U / A	49	M	M40	0:29'04.08
13	149	Shaun Lark	Lowestoft RR	32	M	SM	0:30'01.30
14	307	Wilfred Campbell	Ipswich Jaffa	43	M	M40	0:30'06.05
15	91	Mark Haynes	U / A	30	M	SM	0:30'08.11
16	75	Emma Coombs	CONAC	26	F	SF	0:30'09.40
17	14	Jim Cooper	Bungay BD	47	M	M40	0:30'09.90
18	175	Paul Sullivan	Norwich RR	41	M	M40	0:30'11.24
19	134	Glen Richardson	U / A	29	M	SM	0:30'12.40
20	116	Terry Epps	Wymondham AC	53	M	M50	0:30'28.55
21	102	Trevor Ling	U / A	42	M	M40	0:30'46.68
22	153	James Maycock	Waveney Valley AC	17	M	SM	0:30'51.65
23	54	Aidie Grand	Norwich RR	43	M	M40	0:30'56.34
24	55	David Maslen	Tri-Anglia	44	M	M40	0:31'08.46
25	285	Richard Hayes	U / A	35	M	SM	0:31'18.90
26	3	Ray Wilson	Peterborough AC	22	M	SM	0:31'31.40
27	308	Ben Collison	West Norfolk AC	25	M	SM	0:31'33.90
28	64	Steven Rendell- Read	Lowestoft RR Coltishall	44	M	M40	0:31'34.96
29	66	Darren Edridge	Jaguars	39	M	SM	0:31'48.71
30	171	Shawn Mason	GYRR	38	M	SM	0:31'52.14
31	280	Doug Bridges	Norfolk Gaz	36	M	SM	0:31'53.46
32	84	Neil Holland	Wymondham AC	46	M	M40	0:31'54.02
33	300	Adrian Preston	Wymondham AC	42	M	M40	0:31'54.68
34	8	Eleanor Matthews	CONAC	23	F	SF	0:31'56.46
35	88	Steve Bates	U / A	36	M	SM	0:32'00.68
36	34	Duncan Chenery	Ipswich Jaffa	48	M	M40	0:32'20.87
37	126	Lynn Emmett	CONAC	39	F	F35	0:32'27.96
38	106	Antony Croucher	GYRR	23	M	SM	0:32'31.96
39	133	Ian Sturgess	Wymondham AC	49	M	M40	0:32'38.90
40	32	Peter Thopson	Norfolk Gaz	52	M	M50	0:32'45.08
41	52	Stefan Rider	Norwich RR	35	M	SM	0:32'46.37
42	136	Leslie Hill	Norfolk Gaz	46	M	M40	0:32'49.43

43	95	Jim Hayes	North Norfolk BR	62	M	M60	0:32'51.74
44	141	Chris Chorley	Bungay BD	44	M	M40	0:32'52.52
45	192	Bill Kingaby	Waveney Valley AC	56	M	M50	0:32'58.55
46	9	Steve Guy	CONAC	34	M	SM	0:32'59.52
47	164	Josh Brighty	Norwich RR	16	M	SM	0:33'10.87
48	120	Kevin Hardingham	Norfolk Gaz	50	M	M50	0:33'14.05
49	57	Ryan Callaby	North Norfolk BR	27	M	SM	0:33'15.37
50	130	Tim Morton	Bungay BD Coltishall	48	M	M40	0:33'16.78
51	295	Johnathon Reader	Jaguars	29	M	SM	0:33'21.99
52	290	Christopher High	U / A	34	M	SM	0:33'23.58
53	63	Paul Evans	GYRR	53	M	M50	0:33'26.71
54	56	Martin Yeomans	Norwich RR	57	M	M50	0:33'28.87
55	291	Terry Brannan	Wymondham AC	64	M	M60	0:33'34.58
56	286	Alan Bradley	Norwich RR	44	M	M40	0:33'38.34
57	4	Paul Metters	Dereham Runners	35	M	SM	0:33'43.52
58	143	Rob Lines	Tri-Anglia	39	M	SM	0:33'49.52
59	176	Elies Mann	Norwich RR	36	F	F35	0:33'56.37
60	191	Chris Mahoney	U / A	38	M	SM	0:33'57.49
61	187	Kevin Smith	Lowestoft RR	45	M	M40	0:33'58.02
62	178	John Wharton	Bungay BD	53	M	M50	0:34'01.55
63	83	Jeff Lansdell	Wymondham AC	37	M	SM	0:34'08.30
64	279	John Hills	GYRR	60	M	M60	0:34'10.78
65	19	Alexandra Smith	Norwich RR	32	F	SF	0:34'12.18
66	299	Ray Lindsay	Norwich RR	52	M	M50	0:34'13.18
67	45	Stephen Dady	U / A	56	M	M50	0:34'23.08
68	60	Graham Hardingham Emma Potter- Campbell	Norfolk Gaz	47	M	M40	0:34'33.30
69	145	Alan Holland	Dereham Runners	38	F	F35	0:34'43.81
70	292	Kevin Gee	Wymondham AC	60	M	M60	0:34'46.87
71	98	Keith Brighty	Norwich RR	47	M	M40	0:35'11.90
72	165	Marie Clark	Norwich RR	44	M	M40	0:35'12.55
73	303	Mark Ring	Norwich RR	35	F	F35	0:35'14.96
74	5	Bruce Rayner	U / A	41	M	M40	0:35'22.52
75	311	Mark Taylor	Bungay BD	48	M	M40	0:35'29.96
76	12	Graham McGrotty Colleen Nicole Anderson	Norwich RR	55	M	M50	0:35'30.62
77	167	U / A	U / A	35	M	SM	0:35'31.24
78	312	GYRR	GYRR	22	F	SF	0:35'41.74
79	50	Gavin Lane	West Norfolk AC	39	M	SM	0:35'42.43
80	301	David Punt	Bungay BD	54	M	M50	0:35'51.78
81	124	Anne Millett	Norwich RR	52	F	F45	0:36'04.24
82	122	Tony Miller	Norwich RR	54	M	M50	0:36'04.62
83	67	Kim Reader	Wymondham AC	37	F	F35	0:36'14.84
84	147	Mike Smith	Wymondham AC	66	M	M60	0:36'15.34
85	262	Ian Crutchley	Wymondham AC	43	M	M40	0:36'23.43
86	23	Ben Houchen	U / A	24	M	SM	0:36'26.90
87	163	Richard Hayes	U / A	35	M	SM	0:36'28.18

88	15	Paul Jenkins	U / A	45	M	M40	0:36'28.99
89	160	Dean Foden	U / A	39	M	SM	0:36'29.81
90	282	Neil Tatton	Hinkley RC	30	M	SM	0:36'36.96
91	305	Hugh Brown	U / A	38	M	SM	0:36'38.65
92	297	Steve Bird	U / A	41	M	M40	0:36'40.43
93	68	Richard Gilham	Norfolk Gaz	46	M	M40	0:36'55.37
94	195	Alan Fairs	Waveney Valley AC	39	M	SM	0:36'58.30
95	142	Sally Withey	CONAC	38	F	F35	0:37'06.14
96	309	Leigh Smith	Lowestoft RR	21	M	SM	0:37'06.68
97	92	Pauline Norman	Lowestoft RR	58	F	F55	0:37'09.55
98	21	Jude Durrant	U / A	39	F	F35	0:37'22.11
99	77	Ian Jarvis	North Norfolk BR	41	M	M40	0:37'28.78
100	310	Martin Stacey	Yeovil RR	49	M	M40	0:37'34.68
101	152	Carol Maycock	Bungay BD	49	F	F45	0:37'57.11
102	37	Jenny Wenn	Norwich RR	42	F	F35	0:37'57.96
103	93	Tom Willis	U / A	44	M	M40	0:38'05.96
104	158	Mark Elflett	Lowestoft RR	44	M	M40	0:38'07.27
105	284	Neil Coleman	GYRR	44	M	M40	0:38'20.24
106	283	Trudie Coleman	Tri-Anglia	42	F	F35	0:38'20.81
107	287	Sarah Bradley	Norwich RR	45	F	F45	0:38'29.27
108	298	Peter Bussey Peter Kean- Cockburn	Norwich RR Coltishall Jaguars	46 49	M M	M40 M40	0:38'42.40 0:38'43.84
109	6	Ian Hacon	U / A	39	M	SM	0:38'46.46
110	31	John Richardson	Dereham Runners	54	M	M50	0:38'53.02
111	47	Carol Betts	Norfolk Gaz	54	F	F45	0:38'53.52
112	101	Karl Rumsby	U / A	24	M	SM	0:38'59.14
113	22	Nigel Gilham	Bungay BD	55	M	M50	0:39'00.90
114	107	John Grice	Lowestoft RR	55	M	M50	0:39'04.74
115	181	Roger Mower	Lowestoft RR	67	M	M60	0:39'05.24
116	296	Bobbie Sauerzapf	Bungay BD	49	F	F45	0:39'08.37
117	29	Lyn Hazleton	Wymondham AC	48	F	F45	0:39'19.14
118	16	Timmy Warnes	U / A	26	M	SM	0:39'29.71
119	24	Karen Gedge	Bungay BD	43	F	F35	0:39'31.68
120	179	Kenneth Renshaw	Dereham Runners	49	M	M40	0:39'46.27
121	58	David Drewitt	GYDAC	57	M	M50	0:39'48.27
122	43	Caroline Taylor	Norwich RR Anglia Ruskin University	50 21	F M	F45 SM	0:39'51.55 0:40'10.24
123	78	Nick Hodds	Norfolk Gaz	52	F	F45	0:40'15.08
124	82	Anne Ellen	U / A	37	M	SM	0:40'43.87
125	289	Richard High	U / A	37	M	SM	0:40'43.87
126	239	Julie Haselwood	Ipswich Jaffa	55	F	F55	0:40'50.37
127	86	Tony Britt	U / A	52	M	M50	0:41'02.24
128	86	Tony Britt	U / A	52	M	M50	0:41'02.24
129	41	Louise Chapman	Norwich RR	37	F	F35	0:41'14.14
130	41	Louise Chapman	Norwich RR	37	F	F35	0:41'14.14
131	96	Ivan Coleman	Norwich RR	46	M	M40	0:41'14.84
132	48	Robin Farrar	Bungay BD	65	M	M60	0:41'16.55
133	7	Peter Warren	CONAC	52	M	M50	0:41'31.24

133	185	Charlie Middleton	Norfolk Gaz	42	M	M40	0:42'08.93
134	154	Christine Muttitt	Bungay BD	59	F	F55	0:42'22.99
		Susan Rendell-					
135	65	Read	Lowestoft RR	45	F	F45	0:42'31.34
136	117	Sally Nicholls	Bungay BD	47	F	F45	0:42'49.55
137	278	Sylvia Dady	U / A	28	F	SF	0:43'35.14
138	186	David McLaren	Lowestoft RR	59	M	M50	0:44'04.46
139	20	Stuart Southgate	U / A	44	M	M40	0:44'18.40
140	13	Philip Neave	Bungay BD	59	M	M50	0:44'42.55
141	81	Linda Farrow	Norfolk Gaz	60	F	F55	0:45'03.71
142	156	Cathy Tooley	U / A	43	F	F35	0:45'29.05
143	252	Kerry Nicholls	U / A	38	F	F35	0:45'29.96
			Coltishall				
144	87	Becky Durant	Jaguars	55	F	F55	0:45'39.46
		Christine					
145	115	Bloomfield	Norfolk Gaz	51	F	F45	0:46'19.27
146	129	David Potter	Bungay BD	65	M	M60	0:47'24.37
147	111	Robert Harman	U / A	42	M	M40	0:47'52.49
		Sallyann					
148	236	Protheroe	Lowestoft RR	49	F	F45	0:47'54.05
149	302	Lauralea Hewitt	U / A	28	F	SF	0:48'02.46
150	79	Ross Howe	North Norfolk BR	31	M	SM	0:49'08.08
151	71	Lisa Braat	Lowestoft RR	32	F	SF	0:49'29.62
152	266	Rodney Freeburn	Wymondham AC	69	M	M60	0:50'37.18
153	151	Mark Womack	Lowestoft RR	38	M	SM	0:52'07.21
154	304	Frank Reader	U / A	62	M	M60	0:56'41.43

Race 3 Category and Series Winners

Senior Men

Pos	Number	Name	Club	Age	M / F	Cat	Time
1	294	Luke Allen	CONAC	19	M	SM	0:26'2 4.62
2	35	Robert Chenery	Ipswich Jaffa	21	M	SM	0:26'3 7.96
3	10	Andrew Bunn	Norwich RR	21	M	SM	0:27'3 4.43

Vet 40 Men

4	138	Richard Moore	Waveney Valley AC	43	M	M40	0:27'5 3.74
8	74	Kevin Sharman	Lowestoft RR	40	M	M40	0:28'2 8.99
10	288	Andrew Manning	GYRR	42	M	M40	0:28'5 3.65

Vet 50 Men

9	139	Robert Cheverton	Waveney Valley AC	51	M	M50	0:28'3 8.81
20	116	Terry Epps	Wymondham AC	53	M	M50	0:30'2 8.55

Vet 60 Men

43	95	Jim Hayes	North Norfolk BR	62	M	M60	0:32'5 1.74
55	291	Terry Brannan	Wymondham AC	64	M	M60	0:33'3 4.58

Senior Women

16	75	Emma Coombs	CONAC	26	F	SF	0:30'0 9.40
34	8	Eleanor Matthews	CONAC	23	F	SF	0:31'5 6.46
65	19	Alexandra Smith	Norwich RR	32	F	SF	0:34'1 2.18

Vet 35 Women

37	126	Lynn Emmett	CONAC	39	F	F35	0:32'2 7.96
59	176	Elies Mann	Norwich RR	36	F	F35	0:33'5 6.37
69	145	Emma Potter- Campbell	Dereham Runners	38	F	F35	0:34'4 3.81

Vet 45 Women

81	124	Anne Millett	Norwich RR	52	F	F45	0:36'0 4.24
10 1	152	Carol Maycock	Bungay BD	49	F	F45	0:37'5 7.11

Vet 55 Women

97	92	Pauline Norman	Lowestoft RR	58	F	F55	0:37'0 9.55
12 7	239	Julie Haselwood	Ipswich Jaffa	55	F	F55	0:40'5 0.37

Senior Mens Team

3	10	Andrew Bunn	Norwich RR	21	M	SM	0:27'3 4.43
5	293	Martin Horlock	Norwich RR	34	M	SM	0:28'0 6.55
41	52	Stefan Rider	Norwich RR	35	M	SM	0:32'4 6.37

Vet Mens Team

4	138	Richard Moore	Waveney Valley AC	43	M	M40	0:27'5 3.74
9	139	Robert Cheverton	Waveney Valley AC	51	M	M50	0:28'3 8.81
45	192	Bill Kingaby	Waveney Valley AC	56	M	M50	0:32'5 8.55

Womens Team

16	75	Emma Coombs	CONAC	26	F	SF	0:30'0 9.40
34	8	Eleanor Matthews	CONAC	23	F	SF	0:31'5 6.46
37	126	Lynn Emmett	CONAC	39	F	F35	0:32'2 7.96

Series Winners

Senior Men	Robert Chenery	Ipswich Jaffa	21	M	SM	
Vet 40 Men	Richard Moore	Waveney Valley AC	43	M	M40	
Vet 50 Men	Robert Cheverton	Waveney Valley AC	51	M	M50	
Vet 60 Men	Jim Hayes	North Norfolk BR	62	M	M60	

Senior Women	Emma Coombs	CONAC	26	F	SF	
Vet 35 Women	Emma Potter- Campbell	Dereham Runners	38	F	F35	
Vet 45 Women	Carol Maycock	Bungay BD	49	F	F45	
Vet 55 Women	Pauline Norman	Lowestoft RR	58	F	F55	