



GREAT YARMOUTH & DISTRICT ATHLETIC CLUB

FREETHORPE TEN 2014

Sunday 2nd February

					CHIP TIME	GUN TIME	
1	180	Daniel	Middleton	Norwich Road Runners	55:09:00	55:09:00	Senior
2	291	Dominic	Blake	Reepham Runners	56:04:00	56:04:00	Senior
3	321	Michael	Eccles	Norfolk Gazelles	56:36:00	56:36:00	Senior
4	359	Alan	Cooney	Saxmundham Saxons	57:28:00	57:28:00	Senior
5	334	Joseph	Hawes	Norfolk Gazelles	57:33:00	57:33:00	Senior
6	555	Mark	Grubb	Norfolk Gazelles	58:19:00	58:19:00	Senior
7	331	Mark	Thompson	Gt. Yarmouth RRC	58:26:00	58:26:00	Senior
8	178	James	Ashton	Norwich Road Runners	58:56:00	58:57:00	Senior
9	348	Adam	Howlett		59:05:00	59:05:00	M40
10	273	John	Scoggins	City of Norwich A.C.	59:07:00	59:07:00	Senior
11	305	Robert	Chenery	Ipswich JAFFA	59:35:00	59:35:00	Senior
12	598	Eleanor	Matthews	City of Norwich A.C.	59:35:00	59:35:00	Senior
13	160	Mark	Clayton		01:00:17	01:00:17	Senior
14	532	Darren	Spindler	Vegan Runners	01:01:10	01:01:10	Senior
15	162	Andrew	Mulligan	Coltishall Jaguars	01:01:32	01:01:37	Senior
16	367	Charlie	Parr	Cambridge & Coleridge A.C.	01:01:59	01:01:59	Senior
17	586	Steve	Ely	Norwich Road Runners	01:02:22	01:02:25	M40
18	221	Paul	Muffett	North Norfolk Beach Runners	01:02:45	01:02:45	M55
19	219	Peter	Johnson	Norfolk Gazelles	01:03:02	01:03:03	M55
20	243	Mark	Clues	Tri-Anglia	01:03:52	01:03:52	M45
21	349	Mark	Garrett	Norwich Road Runners	01:04:41	01:04:42	M50
22	215	Todd	Lake	Dereham Runners A.C.	01:04:48	01:04:51	M50
23	387	Jason	Brunt		01:05:10	01:05:11	M40
24	368	Craig	Bowen-Jones		01:05:12	01:05:13	M40
25	257	Jonathan	Causton	Wymondham A.C.	01:05:19	01:05:22	Senior
26	270	Jonathan	Wiles	Bungay Black Dog A.C.	01:05:24	01:05:24	M40
27	174	Nicky	Alford	City of Norwich A.C.	01:05:27	01:05:27	Senior
28	175	Chris	Merrylees	North Norfolk Beach Runners	01:05:28	01:05:28	Senior
29	551	Martin	Auger		01:05:31	01:05:37	M55
30	456	Gregory	Allan	Birketts Runners AC	01:06:17	01:06:19	Senior
31	463	Matt	Howard		01:06:20	01:06:22	Senior
32	218	Joshua	Brighty	Norwich Road Runners	01:06:21	01:06:25	Senior
33	379	James	O'Connor		01:06:28	01:06:37	M40
34	481	Katherine	Trehane	Norfolk Gazelles	01:06:40	01:06:43	Senior
35	543	David	Tandy	Norwich Road Runners	01:07:05	01:07:09	M40
36	470	Tom	Richardson	Steel City Striders	01:07:13	01:07:15	Senior
37	312	Chris	Scott		01:07:13	01:07:15	Senior
38	478	Alexandra	Smith	Norwich Road Runners	01:07:17	01:07:22	F35
39	509	Ben	Snelling		01:07:19	01:07:25	M40
40	553	Chris	Tye	Ipswich Triathlon club	01:07:26	01:07:31	M45
41	453	Sarah	Adcock	City of Norwich A.C.	01:07:40	01:07:43	F35
42	335	Jonathan	Reader	Coltishall Jaguars	01:07:44	01:07:48	Senior
43	176	Patrick	Brien		01:07:53	01:07:56	Senior
44	163	Nigel	Hodge	City of Norwich A.C.	01:08:01	01:08:03	M45
45	300	Chris	Mitchell		01:08:04	01:08:06	Senior
46	570	Ian	Moore	Norwich Road Runners	01:08:23	01:08:27	Senior
47	332	Anna	Blackwell	Cambridge Tri Club	01:08:36	01:08:38	F40
48	341	Vincent	Ellis	City of Norwich A.C.	01:08:39	01:08:41	M55
49	161	Jonathan	Kemp	Norwich Road Runners	01:08:42	01:08:47	Senior
50	173	Jonathan	Meadows	Lowestoft Road Runners	01:08:48	01:08:50	Senior
51	585	Graham	Chapman	Ely Runners	01:09:07	01:09:08	M55
52	228	Karim	Ouaddane	Triathlon England	01:09:12	01:09:15	M45
53	466	Richard	Aukland	Waveney Valley A.C.	01:09:16	01:09:24	M40
54	167	Adam	Masterson	Wymondham A.C.	01:09:32	01:09:40	Senior
55	251	Keith	Brighty	Norwich Road Runners	01:09:36	01:09:41	M50
56	424	Andrew	Skiggs	Tri-Anglia	01:09:38	01:09:44	Senior
57	448	Diccon	Loy	Clapham Chasers RC	01:09:37	01:09:45	M40
58	409	Rachel	Gillings	Norwich Road Runners	01:09:42	01:09:46	Senior
59	208	Marc	Evans	Gt. Yarmouth RRC	01:10:11	01:10:12	Senior
60	488	Stefan	Rider	Tri-Anglia	01:10:30	01:10:37	M40
61	469	Caroline	Richardson	Steel City Striders	01:10:37	01:10:39	F35
62	226	Ian	Hacon	Tri-Anglia	01:10:50	01:10:52	M40
63	414	Shaun	Conway		01:11:01	01:11:10	M50
64	217	Alex	Gaunt	Norwich Road Runners	01:11:13	01:11:23	M40
65	389	David	Kellaway	Dereham Runners A.C.	01:11:31	01:11:33	M50
66	356	Sharon	Hurren	Wymondham A.C.	01:11:29	01:11:36	F40
67	587	Stephen	Leeves	Gt. Yarmouth RRC	01:11:35	01:11:37	M55
68	346	Stephen	Wright		01:11:32	01:11:41	Senior
69	431	Mark	Stone	Gt. Yarmouth RRC	01:11:52	01:11:56	M40
70	202	Darren	Smith	Ryston Runners	01:11:55	01:12:02	Senior
71	597	Neville	Clarke	Newmarket Joggers	01:12:00	01:12:05	M60
72	484	Simon	Bekker		01:12:06	01:12:13	Senior

73	375	Kevin	Garwood	Wymondham A.C.	01:12:11	01:12:19	M45
74	412	Nick	Gurney	Norwich Road Runners	01:12:14	01:12:20	Senior
75	309	Rowena	Leary	Norfolk Gazelles	01:12:35	01:12:38	Senior
76	311	Stewart	Marden	Coltishall Jaguars	01:12:44	01:12:51	M50
77	222	Darren	Armstrong	North Norfolk Beach Runners	01:13:02	01:13:07	M40
78	213	Chris	Moore	Norfolk Gazelles	01:12:56	01:13:09	M50
79	267	Stephen	Faulkner	Petts Wood Runners	01:13:08	01:13:13	M40
80	444	Mark	Fiddy	Norwich Road Runners	01:13:13	01:13:24	Senior
81	325	Gary	McDonald	Lowestoft Road Runners	01:13:19	01:13:28	Senior
82	236	Tim	Parr		01:13:22	01:13:33	M40
83	224	Peter	Tilbrook		01:13:33	01:13:37	Senior
84	271	Helen	Thurtle	Bungay Black Dog A.C.	01:13:39	01:13:40	F40
85	485	Sharon	Bardwell	Norwich Road Runners	01:13:38	01:13:46	F40
86	223	Eddie	Carman	North Norfolk Beach Runners	01:13:43	01:13:47	M45
87	294	James	McFarlane	Norwich Road Runners	01:13:45	01:13:49	M40
88	293	Philip	Mordecai		01:13:34	01:13:50	Senior
89	263	Stephen	Neil	Gt. Yarmouth RRC	01:13:52	01:13:59	Senior
90	358	Kevin	Raisborough		01:13:43	01:14:00	M45
91	313	Richard	Lawes		01:14:13	01:14:19	M55
92	235	Craig	Catchpole		01:14:20	01:14:36	Senior
93	402	Stephen	Dady	Wymondham A.C.	01:14:50	01:14:53	M60
94	518	Simon	Bransby		01:14:54	01:14:56	M45
95	599	Gary	Beauchamp		01:14:58	01:15:05	M50
96	471	Mark	Crack		01:15:09	01:15:15	M45
97	408	Michael	Johnson	Norwich Road Runners	01:15:28	01:15:32	M40
98	371	Lisa	Knights	Waveney Valley A.C.	01:15:27	01:15:34	F40
99	497	Myles	Duffied		01:15:24	01:15:39	M40
100	343	Neville	Knights	Dereham Runners A.C.	01:15:38	01:15:42	M55
101	250	Sabrina	Spence	City of Norwich A.C.	01:15:37	01:15:47	F40
102	503	Iain	Johnson	Deal Tri Club	01:15:39	01:15:52	M45
103	304	Matthew	Reynolds	Lowestoft Road Runners	01:15:51	01:15:53	Senior
104	467	Wayne	Freeman	Waveney Valley A.C.	01:15:54	01:16:01	M55
105	429	Tony	Richardson	Wymondham A.C.	01:16:04	01:16:08	M55
106	362	Justin	Dicks		01:15:53	01:16:16	M40
107	552	Cheryl	Tye	PURPLE PATCH RUNNERS	01:16:13	01:16:20	F45
108	259	Stephen	Kenworthy		01:16:13	01:16:23	M45
109	410	John	Bone	Gt. Yarmouth RRC	01:16:18	01:16:24	M65
110	427	Tim	Woods	Norfolk Gazelles	01:16:20	01:16:27	M50
111	439	James	Howlett		01:16:16	01:16:29	M40
112	493	Dudley	Garner	Norfolk Gazelles	01:16:23	01:16:38	Senior
113	361	Gary	Cooper	Norwich Road Runners	01:16:47	01:16:57	M45
114	274	Richard	Dye	Bungay Black Dog A.C.	01:16:59	01:17:02	M50
115	306	Kirk	Wilson	Norwich Road Runners	01:17:00	01:17:06	M40
116	231	Emily	Hannant	Coltishall Jaguars	01:17:13	01:17:21	Senior
117	253	Kevin	Holley		01:17:20	01:17:27	M50
118	357	Dave	Dysart	Wymondham A.C.	01:17:30	01:17:37	M40
119	419	Carly	Jermy		01:17:33	01:17:50	Senior
120	275	John	Walshe	East Cork AC	01:17:46	01:17:52	M60
121	397	Carl	Yaxley		01:17:48	01:17:55	Senior
122	171	Ian	Morgan		01:17:42	01:18:02	Senior
123	506	Stephen	Girling		01:17:57	01:18:05	M50
124	339	Keith	Moore	Dereham Runners A.C.	01:17:57	01:18:06	M50
125	276	Martin	Church		01:17:53	01:18:09	Senior
126	413	Antony	Beales	Wymondham A.C.	01:17:56	01:18:11	M45
127	264	Nina	Simnett	Gt. Yarmouth RRC	01:18:04	01:18:12	Senior
128	529	Dawn	Carver	Norwich Road Runners	01:18:10	01:18:16	F45
129	514	Jane	Hannah	Bungay Black Dog A.C.	01:18:22	01:18:23	F35
130	542	Eamonn	McCusker	Ryston Runners	01:18:15	01:18:23	M60
131	365	Kevin	Carter	Norwich Road Runners	01:18:21	01:18:25	Senior
132	373	Mark	Mountain	Gt. Yarmouth RRC	01:18:15	01:18:26	M40
133	272	Adam	Mixer		01:18:20	01:18:28	M40
134	401	Brian	Titchiner	Dereham Runners A.C.	01:18:25	01:18:40	M50
135	364	Marcus	Nichols	Bungay Black Dog A.C.	01:18:47	01:18:52	Senior
136	494	Joanna	Godwin	Norwich Road Runners	01:18:54	01:19:01	F40
137	370	Guy	Shearwood		01:18:56	01:19:06	M55
138	454	David	Mower	Waveney Valley A.C.	01:19:02	01:19:10	M60
139	164	Stephen	Taylor		01:18:53	01:19:13	Senior
140	430	Keith	Hood	Wymondham A.C.	01:19:15	01:19:17	M50
141	442	Dtuart	Simpson		01:19:14	01:19:27	Senior
142	299	Anthony	Gordon-Gray	Norfolk Gazelles	01:19:15	01:19:32	M65
143	492	Joanna	Killingworth		01:19:22	01:19:41	F35
144	302	Paul	Evans	Gt. Yarmouth RRC	01:19:37	01:19:44	M55
145	248	Sarah	Stubbs	Coltishall Jaguars	01:19:40	01:19:50	F35
146	380	Nick	Partridge		01:19:46	01:19:54	Senior
147	426	Jon	Regester		01:19:52	01:19:56	M45
148	337	Neil	Ashley	Tri-Anglia	01:19:51	01:19:56	Senior
149	324	Stephen	Howard		01:19:47	01:20:00	M40
150	290	Pat	Thompson		01:19:53	01:20:10	Senior
151	278	Robyn	Ollington		01:20:07	01:20:12	F50
152	286	Richard	Hazleton	Norfolk Gazelles	01:19:59	01:20:14	Senior

153	406	Matt	Plunkett	Dereham Runners A.C.	01:20:21	01:20:23	M40
154	395	Silke	Hunter		01:20:08	01:20:23	F45
155	220	Andrew	Taggart		01:20:06	01:20:24	Senior
156	502	Nigel	Gilham	Bungay Black Dog A.C.	01:20:33	01:20:38	M60
157	234	Vicky	Quantrill		01:20:31	01:20:40	F35
158	487	David	Knight		01:20:41	01:20:43	Senior
159	207	Joseph	Kiddell		01:20:27	01:20:45	M40
160	534	Martin	Bagnall	Coltishall Jaguars	01:20:34	01:20:47	M50
161	425	David	Goodwin		01:20:44	01:20:53	M65
162	280	Anne	Millett	Norwich Road Runners	01:20:58	01:21:03	F55
163	563	Cassie	Barker	Wymondham A.C.	01:20:47	01:21:03	F35
164	369	Lisa	Symonds		01:20:57	01:21:10	F40
165	169	Ruth	Steele	Norwich Road Runners	01:20:58	01:21:10	F45
166	388	Anne	Ellen	Norfolk Gazelles	01:21:03	01:21:14	F55
167	526	Paul	Westgate	Gt. Yarmouth RRC	01:21:10	01:21:19	M55
168	545	Jonathan	Thetford		01:21:27	01:21:48	M40
169	205	Robert	Ewin	Wymondham A.C.	01:22:04	01:22:08	M65
170	303	Paul	Woodyatt	City of Norwich A.C.	01:21:54	01:22:09	M50
171	210	Glenn	Sharman		01:21:57	01:22:21	M50
172	450	Stacey	Harper	Norwich Road Runners	01:22:13	01:22:21	F35
173	225	David	Gilbert	Tri-Anglia	01:22:19	01:22:25	M70+
174	525	Ian	Tooley	Gt. Yarmouth RRC	01:22:15	01:22:29	M50
175	391	Toby	Craig	Bungay Black Dog A.C.	01:22:08	01:22:30	M40
176	489	Melanie	Widdows		01:22:18	01:22:30	F40
177	342	Ben	Harding		01:22:42	01:22:45	Senior
178	246	Kevin	Bayes	Gt. Yarmouth RRC	01:22:33	01:22:46	M50
179	285	Sue	Stirling	Wymondham A.C.	01:22:31	01:22:49	F45
180	385	Bobbie	Sauerzapf	Bungay Black Dog A.C.	01:22:31	01:22:52	F55
181	377	Kathryn	Hammond	Norwich Road Runners	01:22:40	01:22:54	F35
182	333	Imogen	Lees		01:22:39	01:22:54	F40
183	378	Steve	Stringer	Gt. Yarmouth RRC	01:22:57	01:23:10	M45
184	584	Carol	Betts	Norfolk Gazelles	01:23:03	01:23:15	F55
	405	Peter	Downing	Wheelchair	01:23:10		M60
185	486	Ben	Smith		01:23:11	01:23:23	Senior
186	480	Andrea	Osborne	North Norfolk Beach Runners	01:23:05	01:23:27	F55
187	261	Jamie	Garbutt	Gt. Yarmouth RRC	01:23:27	01:23:39	Senior
188	297	Rachel	Cubitt	Norwich Road Runners	01:23:37	01:23:47	Senior
189	528	Nigel	Kinsella	Hillingdon AC	01:23:54	01:23:58	M45
190	447	Pauline	Leeves	Gt. Yarmouth RRC	01:23:50	01:23:59	F50
191	345	Daniel	Nolan	Tri-Anglia	01:23:49	01:24:10	M45
192	443	Robby	Copsey		01:24:03	01:24:11	Senior
193	347	Sarah	Mapes	North Norfolk Beach Runners	01:23:54	01:24:16	F35
194	212	Jon	Kelly		01:24:07	01:24:21	Senior
195	350	Mike	Smith	Wymondham A.C.	01:24:16	01:24:27	M70+
196	281	Daniel	Taylor		01:24:25	01:24:34	Senior
197	211	Emma	Thurtle		01:24:20	01:24:34	Senior
198	354	Charles	Wood	Norwich Road Runners	01:24:15	01:24:34	M55
199	308	Anna	Frostwick	Tri-Anglia	01:24:21	01:24:37	Senior
200	249	Paul	Harrod	Waveney Valley A.C.	01:24:33	01:24:41	M50
201	394	Tom	Ablett		01:24:28	01:24:51	Senior
202	515	Martin	Hazell		01:24:30	01:24:56	M45
203	574	Keith	Dyke		01:24:33	01:24:57	M60
204	227	Jen	Armstrong	North Norfolk Beach Runners	01:24:49	01:24:59	F35
205	535	Suzanne	Rodger	Norwich Road Runners	01:24:50	01:25:05	Senior
206	417	Alex	Bowen	Wymondham A.C.	01:25:09	01:25:21	Senior
207	540	Dianne	Tilbrook		01:25:21	01:25:34	F60
208	583	Angie	Bear	Wymondham A.C.	01:25:24	01:25:36	F55
209	244	David	Goosey	Waveney Valley A.C.	01:25:34	01:25:39	M45
210	216	Christine	Thorne	North Norfolk Beach Runners	01:25:34	01:25:56	F60
211	490	David	Waterman	Bungay Black Dog A.C.	01:25:56	01:25:58	M50
212	504	Veronica	Manly	Eastern Vets A.C.	01:25:48	01:26:00	F65+
213	508	Graham	Sampson	Bungay Black Dog A.C.	01:25:54	01:26:00	M65
214	384	Philip	Norman	Riverside Runners	01:25:49	01:26:05	M60
215	240	Patsy	Bradley	Wymondham A.C.	01:25:56	01:26:08	F50
216	289	Lisa	Nixon		01:25:53	01:26:10	Senior
217	233	David	Lane	Ryston Runners	01:26:01	01:26:20	M45
218	284	Christopher	Groves	Tri-Anglia	01:26:18	01:26:38	M60
219	539	John	Tilbrook		01:26:42	01:26:57	M70+
220	320	Amie	Dixon	Gt. Yarmouth RRC	01:26:48	01:27:00	Senior
221	418	Jessica	Ashley		01:26:51	01:27:04	F40
222	524	Cathy	Tooley	Gt. Yarmouth RRC	01:26:56	01:27:09	F45
223	317	Stuart	Lawn	Bungay Black Dog A.C.	01:26:54	01:27:16	Senior
224	252	David	Haines	Dereham Runners A.C.	01:27:10	01:27:21	M65
225	477	Noel	Spruce	North Norfolk Beach Runners	01:27:06	01:27:30	M65
226	314	Sonya	Cooper		01:27:19	01:27:34	F40
227	229	Karen	Rix	Norfolk Gazelles	01:27:21	01:27:36	F45
228	455	Wendy	Smith	Norwich Road Runners	01:27:23	01:27:37	F50
229	482	Richard	Pilch		01:27:35	01:27:43	M65
230	310	Becky	Sturgeon	Bungay Black Dog A.C.	01:27:27	01:27:49	F40

231	403	Philip	Carr	Norwich Road Runners	01:27:35	01:27:49	Senior
232	381	Julian	Holland		01:27:32	01:27:58	Senior
233	428	Paul	Gerber	Coltishall Jaguars	01:28:09	01:28:16	M45
234	279	Shona	Bendix	Bungay Black Dog A.C.	01:28:14	01:28:20	F45
235	296	Beres	Ward	Wymondham A.C.	01:28:09	01:28:27	F55
236	496	Donald	Tiffin	Bungay Black Dog A.C.	01:28:26	01:28:30	M65
237	536	Hayley	Gerrard	Norwich Road Runners	01:28:17	01:28:36	F45
238	214	John	Newell		01:28:20	01:28:38	M45
239	322	Toni	Tarrant	Dereham Runners A.C.	01:28:28	01:28:38	F45
240	393	Shane	May		01:28:18	01:28:40	Senior
241	268	Anthony	Mattocks		01:28:39	01:28:40	M50
242	522	Stephen	Bright		01:28:38	01:28:51	M50
243	400	Caroline	Long		01:28:38	01:28:57	Senior
244	258	Faye	Ellis	Bungay Black Dog A.C.	01:28:48	01:29:02	F35
245	323	Rebecca	Hardy	Dereham Runners A.C.	01:29:03	01:29:12	Senior
246	319	Kevin	Smith	Ryston Runners	01:29:08	01:29:15	Senior
247	283	Iain	White	Tri-Anglia	01:28:55	01:29:16	M60
248	520	Peter	Cropley		01:29:02	01:29:19	M40
249	327	William	Delf	City of Norwich A.C.	01:29:03	01:29:24	M55
250	266	Marianne	Armstrong		01:29:15	01:29:25	Senior
251	392	Barry	Hipwell	Norwich Road Runners	01:29:37	01:29:42	M50
252	203	Jo	Anverali		01:29:37	01:29:51	F45
253	411	Julia	Lloyd	Wymondham A.C.	01:29:38	01:29:55	F45
254	172	David	Hilburn		01:29:37	01:29:56	M55
255	269	Adam	Sexton		01:29:56	01:29:57	M40
256	383	Ray	Millard		01:30:10	01:30:20	M65
257	432	Cathy	Pearson		01:30:02	01:30:20	F45
258	556	Hazel	Brain		01:30:18	01:30:42	F40
259	241	Steve	Bradley	Wymondham A.C.	01:30:34	01:30:45	M60
260	483	Tara	Holmes		01:30:23	01:30:46	F40
261	292	Neil	Hardingham		01:30:25	01:30:48	Senior
262	457	Richard	High	Norwich Road Runners	01:30:24	01:30:50	M40
263	352	Mike	Marshall	North Norfolk Beach Runners	01:30:32	01:30:57	M70+
264	582	Julie	London	Norfolk Gazelles	01:30:43	01:31:01	F45
265	533	Ivan	Lees	Gt. Yarmouth RRC	01:30:49	01:31:14	M55
266	336	Carole	Spong	Gt. Yarmouth RRC	01:31:41	01:31:50	F65+
267	435	Jeremy	Sinclair		01:31:59	01:32:18	M60
268	461	Paul	Grant		01:32:24	01:32:33	M45
269	245	Kerry	Nicholls	Gt. Yarmouth RRC	01:32:22	01:32:38	F40
270	398	Aimee	Long		01:32:22	01:32:42	F35
271	351	Gill	Woodhouse	Dereham Runners A.C.	01:32:33	01:32:46	F65+
272	576	Dawn	Collyer	Coltishall Jaguars	01:32:29	01:32:49	Senior
273	237	Emma	Parr		01:32:33	01:32:54	F35
274	416	Nigel	Green		01:33:10	01:33:35	M40
275	561	Julie	Dilrew	Reepham Runners	01:33:37	01:33:54	F50
276	476	Alec	Fraser	North Norfolk Beach Runners	01:33:42	01:34:05	M70+
277	179	Louise	Macrae		01:34:18	01:34:28	Senior
278	376	Sheila	Smith		01:34:51	01:35:11	F60
279	200	Ronnie	Woods		01:35:12	01:35:30	M50
280	434	Anne	Sinclair		01:35:43	01:36:02	F55
281	168	Dean	Gray		01:35:47	01:36:03	M50
282	338	Mark	Durrant		01:35:52	01:36:13	M50
283	505	Lisa	Rodgers	Wymondham A.C.	01:35:57	01:36:14	F45
284	360	Louise	Grinsdale	Norwich Road Runners	01:36:05	01:36:19	F35
285	460	Robert	Belcher		01:36:05	01:36:20	M55
286	301	Frank	Marsh		01:36:16	01:36:27	M65
287	344	Peter	Warren	City of Norwich A.C.	01:36:56	01:37:12	M55
288	204	Samantha	Reddy	Norwich Road Runners	01:38:07	01:38:23	F45
289	262	Melissa	Mitchell	Gt. Yarmouth RRC	01:38:20	01:38:35	Senior
290	316	Rachel	Acamon-Carbonelli	Gt. Yarmouth RRC	01:38:46	01:38:59	F35
291	340	Jacquie	Wood	Dereham Runners A.C.	01:39:07	01:39:18	F60
292	287	Liz	Jones	Norwich Road Runners	01:39:10	01:39:30	Senior
293	415	Sara	Burdett		01:39:11	01:39:32	F50
294	399	Alastair	McCartney		01:39:52	01:40:12	Senior
295	256	Alex	Smith		01:40:17	01:40:40	Senior
296	260	Peter	Hilling		01:40:19	01:40:41	M60
297	255	Emma	Hilling		01:40:27	01:40:51	Senior
298	254	Louis	Cooper	Wymondham A.C.	01:41:02	01:41:26	M70+
299	165	Louise	Powell	Dereham Runners A.C.	01:41:21	01:41:38	F40
300	464	Mark	Miller	Stowmarket Striders	01:41:32	01:41:54	M40
301	459	Deborah	Carter	Tri-Anglia	01:41:33	01:41:54	F45
302	423	Charles	Fenech		01:41:50	01:42:09	M65
303	239	Lynda	Moore	Norwich Road Runners	01:41:58	01:42:19	F60
304	500	Gemma	Sullivan		01:43:15	01:43:30	Senior
305	501	Lorna	Wigg		01:43:15	01:43:30	Senior
306	232	Gill	Hart	Ryston Runners	01:43:18	01:43:34	F60
307	458	Gina	Purvis		01:43:16	01:43:34	F55
308	404	Karen	Glenister		01:43:30	01:43:48	F40
309	355	Janete	Franks		01:43:33	01:43:54	F50

310	422	Julie	Adams		01:43:54	01:44:18	F35
311	396	Marin	Yaxley		01:44:59	01:45:05	Senior
312	230	Sue	Smith	Ryston Runners	01:45:32	01:45:50	F45
313	421	Tiffany	Laskey		01:45:47	01:46:12	Senior
314	201	Bill	Griffin	Norwich Road Runners	01:45:56	01:46:18	M45
315	452	Jessica	Withey	Birketts Runners AC	01:48:21	01:48:44	Senior
316	441	Sarah	Marsh		01:48:42	01:48:52	Senior
317	282	Alyson Zena	Limpkin- Challis	Felixstowe Road Runners	01:49:03	01:49:14	F45
318	407	Katrine	Middleton	Reepham Runners	01:49:12	01:49:36	F50
319	209	Cherone	Challis	Felixstowe Road Runners	01:49:26	01:49:37	Senior
320	353	Diane	Renshaw	Dereham Runners A.C.	01:49:40	01:50:03	F50
321	390	Tina	Blanch	Dereham Runners A.C.	01:50:37	01:50:55	F45
322	177	Hazel	Cason		01:52:58	01:53:15	F55
323	170	Lorrain	Dawson	Gt. Yarmouth RRC	01:53:37	01:53:40	F50
324	382	Michelle	Holland		01:54:09	01:54:34	Senior
325	363	Emma	Broomfield		01:55:08	01:55:32	F35
326	440	Rebecca	Marsh		01:56:35	01:56:45	Senior
327	206	Simon	Faure	Norwich Road Runners	02:01:25	02:01:39	M45

Great Yarmouth & District Athletic Club
would like to thank all runners & their supporters
for another excellent event.

Our next race is
HUMPTY DUMPTY 10K
Sunday 29th June 2014
Includes
NORFOLK COUNTY 10K CHAMPIONSHIPS
&
RUNNERS CENTRE GRAND PRIX RACE #5

Entry Forms and Online Entries available shortly

We welcome all comments (good or bad) so look forward
to hearing from you very shortly at
gydacraces@btconnect.com