

### WORSTEAD FESTIVAL '5' 2010

Results for All Competitors in finish order.

Friday 23 July 2010. 7:00 pm

Place	Time	Name	Team	Cat	Grad	Posn
1	0:25:52	THOMAS, Adam	Cornwall AC	M29	0.8292	1
2	0:26:23	ALLEN, Luke	City of Norwich AC	M21	0.813	2
3	0:26:44	CHENERY, Robert	Ipswich Jaffa	M23	0.8023	3
4	0:26:48	HOLLINSHEAD,	STAFFORD HARRIERS	M44	0.8527	4
5	0:27:39	MIDDLETON, Daniel		M28	0.7757	5
6	0:28:38	HIGHAM, Paul	Norwich Road Runners	M27	0.7491	6
7	0:28:45	BROWN, Simon		M33	0.746	7
8	0:28:49	LARK, Shaun	Lowestoft Road Runners	M34	0.7443	8
9	0:28:50	SHARMAN, Kevin	Lowestoft Road Runners	M42	0.7811	9
10	0:28:58	KETT, Robert	Norwich Road Runners	M35	0.7404	10
11	0:29:26	WAITY, Phil	Wymondham Athletic Club	M17	0.7287	11
12	0:29:27	SCOTT, CHRIS	Lowestoft Road Runners	M34	0.7283	12
13	0:29:36	GARRETT, Mark	Norwich Road Runners	M47	0.7898	13
14	0:29:41	HAYES, Richard		M37	0.7324	14
15	0:29:43	BATES, Steve	Coltishall Jaguars	M38	0.7367	15
16	0:29:45	WHALL, Paul		M17	0.721	16
17	0:30:03	HOOBKAMER, Rini	City of Norwich AC	M51	0.8028	17
18	0:30:07	DAVIES, Paul	Norwich Road Runners	M42	0.7478	18
19	0:30:09	WALSHAW, John	City of Norwich AC	M41	0.7416	19
20	0:30:09	ROBILLIARD, Colin	Coltishall Jaguars	M57	0.842	20
21	0:30:14	HAYNES, Mark	Coltishall Jaguars	M33	0.7094	21
22	0:30:19	MORRELL, Toby	Tri Anglia	M29	0.7075	22
23	0:30:30	PRESTON, Andrew	Wymondham Athletic Club	M45	0.7549	23
24	0:30:34	CLUES, Mark	Tri Anglia	M42	0.7368	24
25	0:30:36	THOMAS, Ian	uknetrunner	M51	0.7883	25
26	0:30:50	BETTS, Mark	Norwich Road Runners	M38	0.71	26
27	0:30:51	SULLIVAN, PAUL	Norwich Road Runners	M43	0.7354	27
28	0:30:57	STURGESS, James	Wymondham Athletic Club	M23	0.693	28
29	0:31:02	LAKE, Todd	Dereham Runners	M46	0.7475	29
30	0:31:05	SIBLEY, Neil	Great Yarmouth Road	M44	0.7352	30
31	0:31:09	MASLEN, David	Tri Anglia	M46	0.7447	31
32	0:31:15	LEVERSEDGE, John	Enfield & Haringey AC	M56	0.8051	32
33	0:31:23	EDRIDGE, Darren	Coltishall Jaguars	M41	0.7125	33
34	0:31:42	ALFORD, Nicola	City of Norwich AC	F29	0.7507	34
35	0:31:45	HELMORE, Jeff	Great Yarmouth Road	M50	0.7536	35
36	0:31:48	FRARY, Matthew	Norwich Road Runners	M37	0.6836	36
37	0:32:00	KELLEHER, Derry	City of Norwich AC	M60	0.8152	37
38	0:32:07	LEATHWOOD,	Norwich Road Runners	F30	0.7409	38
39	0:32:15	LIST, Isabella	Coltishall Jaguars	F17	0.7379	39
40	0:32:19	CATLEUGH, Hugh	Coltishall Jaguars	M33	0.6637	40
41	0:32:22	AIMES, MICHAEL	Norwich Road Runners	M45	0.7113	41
42	0:32:23	CHRISTOPHER, John	North Norfolk Beach	M46	0.7163	42
43	0:32:35	CRUTCHLEY, Ian	Wymondham Athletic Club	M45	0.7066	43
44	0:32:39	BAMFORD, Adam	Tri Anglia	M21	0.6569	44
45	0:32:42	CHORLEY, CHRIS	Bungay Black Dog R C	M47	0.7149	45
46	0:32:45	EPPS, Terry	Wymondham Athletic Club	M56	0.7682	46
47	0:32:49	LETZER, BENJAMIN	Coltishall Jaguars	M32	0.6536	47
48	0:32:50	WOODS, Tim	Norfolk Gazelles	M48	0.7175	48
49	0:32:55	PASK, Matthew	Norwich Road Runners	M43	0.6892	49
50	0:32:56	LINDSAY, Ray	Norwich Road Runners	M54	0.7508	50
51	0:32:57	WOMACK, Mark	Lowestoft Road Runners	M40	0.6737	51
52	0:32:58	BUSHELL, Alan	Coltishall Jaguars	M39	0.6687	52
53	0:33:21	BOWMAN, Ken	Coltishall Jaguars	M62	0.7977	53
54	0:33:23	BURTON, Howard	Coltishall Jaguars	M42	0.6746	54
55	0:33:24	WILKINSON, Louise	City of Norwich AC	F48	0.7977	55
56	0:33:25	BAMFORD, Phil	City of Norwich AC	M57	0.7597	56

57	0:33:26	BROWN, Hugh		M40	0.664	57
58	0:33:43	DADY, Stephen	Great Yarmouth Road	M58	0.7597	58
59	0:33:44	BORROW, George		M41	0.6628	59
60	0:33:45	LEFEVER, Tom		M31	0.6355	60
61	0:34:02	SMITH, Alexandra	Norwich Road Runners	F35	0.7024	61
62	0:34:06	PLUNKETT, Matt	Dereham Runners	M38	0.642	62
63	0:34:10	CHILDERHOUSE,	Wymondham Athletic Club	M39	0.6452	63
64	0:34:12	MEADOWS, Jonathan	Lowestoft Road Runners	M33	0.6271	64
65	0:34:13	COLEMAN,	Wymondham Athletic Club	M48	0.6885	65
66	0:34:16	HURREN, Sharon	Wymondham Athletic Club	F39	0.7202	66
67	0:34:18	JAY, Adrian	Coltishall Jaguars	M40	0.6472	67
68	0:34:21	COLLYER, Richard	Coltishall Jaguars	M42	0.6557	68
69	0:34:32	BEARD, Darren		M36	0.6252	69
70	0:34:39	BAGNALL, Martin	Coltishall Jaguars	M47	0.6747	70
71	0:34:41	CLARK, Marie	Norwich Road Runners	F37	0.7003	71
72	0:34:46	POLLEY, Richard	City of Norwich AC	M52	0.6995	72
73	0:34:52	BLACKWELL, Luke	Flegg AC	M26	0.6152	73
74	0:34:59	QUINN, Gregory	Reepham Runners	M49	0.6787	74
75	0:35:00	ROBERTSON, Alan		M54	0.7065	75
76	0:35:01	KELLAWAY, DAVID	Tri Anglia	M49	0.678	76
77	0:35:01	JOHNSON,	Norwich Road Runners	M41	0.6386	77
78	0:35:09	MORRIS-JONES,	Reepham Runners	M40	0.6316	78
79	0:35:11	ASKHAM, STEVE		M36	0.6136	79
80	0:35:12	GODWIN, LISA	Norwich Road Runners	F39	0.7011	80
81	0:35:23	BYE, Rod	Coltishall Jaguars	M49	0.671	81
82	0:35:24	MARDEN,	Coltishall Jaguars	M43	0.6409	82
83	0:35:37	OLDHAM, Mark	Southend Ac	M45	0.6464	83
84	0:35:42	LAWRENCE, Jeremy	Coltishall Jaguars	M52	0.6812	84
85	0:35:44	BRIGHTY, Keith	Norwich Road Runners	M47	0.6542	85
86	0:35:51	HIGH, Richard	Norwich Road Runners	M39	0.6149	86
87	0:35:55	FRARY, Matthew	City of Norwich AC	M41	0.6226	87
88	0:35:58	SMITH, JULIAN		M41	0.6217	88
89	0:36:08	HAZLETON, David	Wymondham Athletic Club	M53	0.6787	89
90	0:36:15	NELSON, PETER	Norwich Road Runners	M62	0.7339	90
91	0:36:18	JAMES, MARTIN		M47	0.644	91
92	0:36:23	WAKE, POLLY	Norwich Road Runners	F37	0.6676	92
93	0:36:24	WHITING, Mark		M50	0.6573	93
94	0:36:25	LOUGHLIN, Gillian	City of Norwich AC	F45	0.7124	94
95	0:36:28	OWEN, Richard		M39	0.6045	95
96	0:36:29	CORBOULD, Stephen	Norfolk Gazelles	M51	0.6612	96
97	0:36:29	STEVENSON, Tracey	Norfolk Gazelles	F42	0.6933	97
98	0:36:30	RANDELL, Grant		M44	0.6261	98
99	0:36:35	GLEESON, CHRIS	Norwich Road Runners	M36	0.5902	99
100	0:36:38	DURRANT, Jude	Reepham Runners	F41	0.6848	100
101	0:36:47	TUFTS, Mark	Wymondham Athletic Club	M42	0.6123	101
102	0:36:48	BLACKWELL, Kevin	Norfolk Gazelles	M52	0.6609	102
103	0:36:51	EDWARDS,	Coltishall Jaguars	M47	0.6344	103
104	0:37:20	HAWES, Andrew		M31	0.5745	104
105	0:37:22	POWELL, Michael	Norwich Road Runners	M61	0.705	105
106	0:37:25	GODWIN, JOANNA	Norwich Road Runners	F36	0.644	106
107	0:37:26	HUNT, Adrian	Lowestoft Road Runners	M56	0.6721	107
108	0:37:27	PECK, Andrew	Great Yarmouth Road	M40	0.5928	108
109	0:37:30	HARDINGHAM,	Norfolk Gazelles	M49	0.6331	109
110	0:37:33	ADCOCK,		M28	0.5712	110
111	0:37:38	BROWN, CHRIS		M29	0.5699	111
112	0:37:40	SADD, STEPHEN	Norfolk Gazelles	M50	0.6352	112
113	0:37:41	SPENCER, GEOFF		M44	0.6065	113
114	0:37:47	READER, Jonathan	Coltishall Jaguars	M31	0.5677	114
115	0:37:53	BARTRAM, Dennis	Wymondham Athletic Club	M60	0.6886	115
116	0:37:57	DYKE, Charlie		M57	0.6689	116
117	0:37:58	JONAS, Billy		M54	0.6513	117

118	0:38:09	COLLINS, Andy	SNEYD STRIDERS	M46	0.608	118
119	0:38:14	ELLEN, Anne	Norfolk Gazelles	F54	0.7372	119
120	0:38:17	LAMBERT, John	Ipswich Jaffa	M65	0.7163	120
121	0:38:27	HAUGHTON, Stephen		M47	0.608	121
122	0:38:30	SIMPSON, David	Coltishall Jaguars	M57	0.6594	122
123	0:38:36	SIVELL, ROBERT	Dereham Runners	M29	0.5557	123
124	0:38:38	HURREN, Daniel		M26	0.5552	124
125	0:38:39	ELFLETT, MARK	Lowestoft Road Runners	M47	0.6048	125
126	0:38:39	CLARK, Neil	Norwich Road Runners	M38	0.5664	126
127	0:38:40	FORKES, John	EVAC	M64	0.7021	127
128	0:38:42	DEADMAN, JULIE	SERPENTINE	F44	0.6647	128
129	0:38:48	TOMALIN, DAVID		M29	0.5528	129
130	0:38:50	WITHEY, Sally	City of Norwich AC	F41	0.646	130
131	0:38:52	BURCH, MELANIE	Coltishall Jaguars	F37	0.6249	131
132	0:39:07	HANDS, AMANDA		F43	0.6521	132
133	0:39:16	BYE, Jackie	Coltishall Jaguars	F52	0.704	133
134	0:39:21	MOODY, David		M35	0.5451	134
135	0:39:23	LLOYD-	Frank Reader	M33	0.5446	135
136	0:39:25	CHADWICK, Scott		M33	0.5441	136
137	0:39:27	SAUERZAPF,	Bungay Black Dog R C	F51	0.6942	137
138	0:39:34	HUTCHEON, David	Coltishall Jaguars	M66	0.7008	138
139	0:39:37	COOPER, Phillip	Reepham Runners	M49	0.5993	139
140	0:39:59	HANDS, NICK		M48	0.5892	140
141	0:40:00	THETFORD, Jonathon		M38	0.5473	141
142	0:40:02	PANNELL, Mark		M47	0.5839	142
143	0:40:03	HANNANT, Emily	Coltishall Jaguars	F21	0.5942	143
144	0:40:04	WEBSTER, Mark		M47	0.5834	144
145	0:40:06	HORREX, Trevor	Norwich Road Runners	M50	0.5967	145
146	0:40:12	WOODHOUSE, Gill	Dereham Runners	F62	0.7634	146
147	0:40:16	EVANS, David		M48	0.585	147
148	0:40:18	KEENAN, Joanne		F34	0.5905	148
149	0:40:19	MINNS, PAUL		M45	0.5711	149
150	0:40:19	ATKINSON, Claire		F32	0.5902	150
151	0:40:31	NICHOLSON, JOHN		M35	0.5294	151
152	0:40:46	RAMSBOTTOM,	Norwich Road Runners	F36	0.5911	152
153	0:40:51	HOWELL, LEE		M44	0.5594	153
154	0:40:53	MARTIN, Andy	Wymondham Athletic Club	M37	0.5318	154
155	0:40:53	JENKINS, Paul		M47	0.5718	155
156	0:41:06	BEATTIE, Bob	Norwich Road Runners	M63	0.6539	156
157	0:41:19	GARRETT, Julie	Norwich Road Runners	F42	0.6122	157
158	0:41:22	HURREN, Shane		M45	0.5566	158
159	0:41:41	HURREN, Dale	Norwich Road Runners	M52	0.5834	159
160	0:41:43	TOWNSHEND,	Norwich Road Runners	M32	0.5141	160
161	0:41:47	ALEXANDER, Sarah		F40	0.5955	161
162	0:41:48	WEST, JOANNE	Coltishall Jaguars	F46	0.6262	162
163	0:41:50	BULLMAN, Richard	Reepham Runners	M59	0.6178	163
164	0:41:56	BIRD, Diane		F47	0.6297	164
165	0:41:57	LEE, GAVIN	Coltishall Jaguars	M33	0.5113	165
166	0:42:02	POSTLE, ADELE	Great Yarmouth & Disrict	F45	0.6172	166
167	0:42:02	FRASER, Susan	Great Yarmouth & Disrict	F51	0.6515	167
168	0:42:05	GADSDEN, Tim		M56	0.5978	168
169	0:42:11	HAGG, Simon		M42	0.5339	169
170	0:42:16	HARMES, Rachel	Coltishall Jaguars	F48	0.6304	170
171	0:42:17	KENNELLY, Julia	Wymondham Athletic Club	F37	0.5744	171
172	0:42:21	COPELAND, Jill	Norwich Road Runners	F51	0.6466	172
173	0:42:31	BATCHELOR,	Norfolk Gazelles	F57	0.6834	173
174	0:42:33	CUBITT, RACHEL		F24	0.5593	174
175	0:42:36	GRAND, Adrian	Norwich Road Runners	M45	0.5405	175
176	0:42:42	QUILTER, Simon		M47	0.5475	176
177	0:42:42	SILK, JOHN		M30	0.5023	177
178	0:42:43	NIGHTINGALE,		F22	0.5571	178

179	0:43:04	WARREN, Peter	City of Norwich AC	M54	0.5741	179
180	0:43:11	NEAVE, Philip	Bungay Black Dog R C	M61	0.61	180
181	0:43:15	HOLWELL,		F42	0.5849	181
182	0:43:18	MCCABE, KATE		F37	0.5609	182
183	0:43:24	SINCLAIR, Anne		F53	0.6432	183
184	0:43:28	JORDAN, Emma		F39	0.5678	184
185	0:43:31	HUTCHEON, Brenda	Coltishall Jaguars	F62	0.7052	185
186	0:43:31	HAYNES, Alison	Coltishall Jaguars	F31	0.5468	186
187	0:43:33	ARDEN, Jeff	Norfolk Gazelles	M51	0.5539	187
188	0:43:36	BARTRUM, Jenny		F56	0.6595	188
189	0:43:37	GAINSFORD, Ruth		F45	0.5948	189
190	0:43:39	NEWMAN, Margaret		F39	0.5654	190
191	0:43:42	PIGRAM, Barry		M59	0.5915	191
192	0:43:42	HOWARD, LISA	Norwich Road Runners	F34	0.5445	192
193	0:43:46	COPELAND, Jennifer	Norwich Road Runners	F24	0.5437	193
194	0:43:55	THORNHILL, David		M35	0.4884	194
195	0:43:56	WILTON, SHAUN		M34	0.4882	195
196	0:43:57	COTTOM, Ellen		F36	0.5483	196
197	0:43:58	SCOTT, GEORGINA	Lowestoft Road Runners	F31	0.5412	197
198	0:44:16	SAUNDERS,	Norfolk Gazelles	F41	0.5667	198
199	0:44:29	NEALE, Matt		M34	0.4822	199
200	0:44:36	CASSON, PETER		M42	0.505	200
201	0:44:36	BOON, Pete		M42	0.505	201
202	0:44:38	DARNELL, Bob		M58	0.5739	202
203	0:44:39	BIRD, Amii		F24	0.533	203
204	0:44:40	COOPER, Louis	Wymondham Athletic Club	M67	0.6278	204
205	0:44:49	WYMER, Joanna		F30	0.531	205
206	0:44:53	DURANT, Becky	Coltishall Jaguars	F58	0.6542	206
207	0:44:53	TODD, Lee		M34	0.4779	207
208	0:44:57	SNELL, Simon		M41	0.4974	208
209	0:44:59	NEAL, Dee	Coltishall Jaguars	F51	0.6088	209
210	0:45:05	BUSHELL, ADELE	Coltishall Jaguars	F43	0.5658	210
211	0:45:07	POPP, GEORGE		NDB	0	211
212	0:45:08	LUBBOCK, Kim	Norfolk Gazelles	F44	0.5699	212
213	0:45:21	THORNHILL,		M54	0.5452	213
214	0:45:22	COTTON, ANITA		F43	0.5623	214
215	0:45:35	OWEN, Claire		F34	0.522	215
216	0:45:57	EVANS, Rob	Tri Anglia	M39	0.4798	216
217	0:46:14	WATERS, KAREN	Bungay Black Dog R C	F41	0.5426	217
218	0:46:15	RAYNER, BRUCE	Bungay Black Dog R C	M51	0.5216	218
219	0:46:22	SMITH, STUART		M52	0.5245	219
220	0:46:25	CURRIE, Ian		M42	0.4852	220
221	0:46:44	FARROW, Linda	City of Norwich AC	F63	0.6643	221
222	0:46:53	JACKSON,		F55	0.6071	222
223	0:47:02	CLUES, LIZ		F39	0.5247	223
224	0:47:53	GUYTON, TERESA		F51	0.5719	224
225	0:48:20	MCCARTHY, Patricia	Tri Anglia	F39	0.5106	225
226	0:48:45	HITCHENS, Rebecca		F57	0.596	226
227	0:49:06	COOKE, Christine	Coltishall Jaguars	F51	0.5577	227
228	0:49:14	MAWER, Roger	Lowestoft Road Runners	M70	0.5894	228
229	0:49:24	JEFFERIES, Michael		M25	0.4342	229
230	0:49:27	BAGNALL, Kathryn	Coltishall Jaguars	F48	0.5388	230
231	0:49:43	SULLIVAN, Genette	Norwich Road Runners	F44	0.5174	231
232	0:49:43	SMITH, Wendy	Norwich Road Runners	F48	0.5359	232
233	0:50:09	LINDSAY, JULIE	Norwich Road Runners	F47	0.5266	233
234	0:50:12	HEROD, Stefanie	Great Yarmouth & Disrict	F29	0.474	234
235	0:50:14	HAYTON, Julie		F42	0.5036	235
236	0:50:43	HEWITT, LISA		F42	0.4988	236
237	0:51:12	BRITT, Tony	uknetrunner	M54	0.4829	237
238	0:51:13	BOOT, ANDREW	Norwich Road Runners	M40	0.4335	238
239	0:51:23	CLEGG, Dawn	Great Yarmouth & Disrict	F53	0.5433	239

240	0:51:43	LONG, Jurgon		M25	0.4147	240
241	0:51:44	AIMES, Sharon	Norwich Road Runners	F41	0.4849	241
242	0:51:52	WRAIGHTE, KAREN		F32	0.4588	242
243	0:51:56	MILLER, Ros		F41	0.4831	243
244	0:52:47	BEARD, Claire		F35	0.4529	244
245	0:54:45	STARKINGS, Andy	Frank Reader	M39	0.4026	245
246	0:56:24	HUNTER, Catherine		F32	0.4219	246
247	0:57:03	GRIFFITHS, Carla		F37	0.4257	247
248	0:59:16	BACON, JOHN		M53	0.4138	248
249	1:01:38	READER, Frank		M64	0.4405	249
250	1:02:55	BRIGHTMAN, Pat	Great Yarmouth & Disrict	F58	0.4667	250
251	1:04:09	STEVENS, Louise		F40	0.3878	251