

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	3	1:08:51	Ian Kimpton	LINCOLN WELLINGTON AC	Male	1	M15-39	1	1:08:48	1
2	16	1:09:58	Adrian Mussett	COLCHESTER HARRIERS	Male	2	M15-39	2	1:09:58	2
3	15	1:12:36	Andrew Hennessy	WELLS CITY HARRIERS	Male	3	M15-39	3	1:12:34	3
4	2054	1:12:44	Diarmuid Ó Séaghdha	CAMBRIDGE & COLERIDGE AC	Male	4	M15-39	4	1:12:42	4
5	8	1:13:15	Christopher Sellens	COLCHESTER HARRIERS	Male	5	M15-39	5	1:13:12	5
6	18	1:13:16	Wayne Lincoln	CITY OF NORWICH AC	Male	6	M40-44	1	1:13:15	6
7	10	1:13:32	John Herbert	WERRINGTON JOGGERS	Male	7	M15-39	6	1:13:30	7
8	2844	1:13:56	Pablo Rivero		Male	8	M15-39	7	1:13:54	8
9	19	1:14:36	Marc Clayton	BECKENHAM RC	Male	9	M15-39	8	1:14:33	9
10	964	1:15:37	Mazeyar Firouzi	CAMBRIDGE & COLERIDGE AC	Male	10	M15-39	9	1:15:34	10
11	2064	1:15:52	Wayne Utting	CITY OF NORWICH AC	Male	11	M15-39	10	1:15:49	11
12	2006	1:16:28	Dominic Blake		Male	12	M15-39	11	1:16:24	12
13	2000	1:16:42	Tom Kingsnorth	ST EDMUND PACERS	Male	13	M15-39	12	1:16:40	13
14	671	1:17:17	Martin Gray		Male	14	M15-39	13	1:17:14	14
15	2151	1:17:22	Roger Aldis	STOWMARKET STRIDERS	Male	15	M40-44	2	1:17:19	15
16	834	1:17:48	Mike Ellis	SPA STRIDERS	Male	16	M15-39	14	1:17:44	16
17	2076	1:17:49	Edmund Kelleher		Male	17	M15-39	15	1:17:44	17
18	2536	1:18:10	Fernando Silva		Male	18	M50-54	1	1:18:06	18
19	17	1:18:20	Sarah Stradling	COLCHESTER HARRIERS	Female	1	F15-39	1	1:18:18	19
20	1410	1:18:30	Colin Ridley	WEST SUFFOLK	Male	19	M45-49	1	1:18:27	20
21	968	1:18:53	Roger Braybrooks		Male	20	M40-44	3	1:18:49	21
22	1220	1:19:01	Rob Watts	DULWICH RUNNERS	Male	21	M15-39	16	1:18:58	22
23	2331	1:19:09	Stephen Gibbs	NORWICH RR	Male	22	M15-39	17	1:19:04	23
24	1161	1:19:21	Kenneth Heney	LONDON HEATHSIDE	Male	23	M15-39	18	1:19:19	24
25	2959	1:19:47	Ken Hoye	CHEMSFORD AC	Male	24	M15-39	19	1:19:45	25
26	2825	1:20:12	John Oakes	HAVERHILL RC	Male	25	M50-54	2	1:20:08	26
27	1131	1:20:14	Mark Wilkinson		Male	26	M15-39	20	1:20:11	27
28	1458	1:20:19	Andrew Walpole	CITY OF NORWICH AC	Male	27	M15-39	21	1:20:16	28
29	2152	1:20:24	Robert Kett	NORTH NORFOLK BEACH RUNNERS	Male	28	M15-39	22	1:20:19	29
30	1268	1:21:07	Karl Sherry	NORWICH RR	Male	29	M45-49	2	1:21:04	30
31	2340	1:21:11	Goy Roper	NORWICH RR	Male	30	M45-49	3	1:21:06	31
32	773	1:21:22	Aurelio Viganò		Male	31	M45-49	4	1:21:19	32
33	772	1:21:23	Riccardo Bonaiti		Male	32	M15-39	23	1:21:19	33
34	1776	1:21:49	Joe Hazell		Male	33	M15-39	24	1:21:43	34
35	2359	1:21:55	Tom Richardson		Male	34	M15-39	25	1:21:44	35
36	26	1:22:10	Mathew Ellis	CITY OF NORWICH AC	Male	35	M15-39	26	1:22:07	36
37	2767	1:22:12	David Wright	COLCHESTER HARRIERS	Male	36	M50-54	3	1:22:10	38
38	2600	1:22:16	Richard Hayes		Male	37	M15-39	27	1:22:09	37
39	2333	1:22:48	Andrew Preston	WYMONDHAM AC	Male	38	M40-44	4	1:22:44	39
40	2521	1:22:55	Tim Ellis	HAVERHILL RC	Male	39	M40-44	5	1:22:51	40
41	2820	1:23:03	Paul Churchill	NORWICH RR	Male	40	M15-39	28	1:22:54	41
42	2491	1:23:08	Colin Robilliard		Male	41	M55-59	1	1:23:04	42
43	21	1:23:17	Charlotte Smith	COLCHESTER HARRIERS	Female	2	F15-39	2	1:23:14	43
44	959	1:23:34	David Johnson	CAMBRIDGE & COLERIDGE AC	Male	42	M15-39	29	1:23:20	44
45	777	1:23:42	Nicholas Woollam		Male	43	M15-39	30	1:23:23	45
46	1589	1:23:50	Mark Potter	WAVENEY VALLEY AC	Male	44	M15-39	31	1:23:44	48
47	739	1:23:55	David Hollidge		Male	45	M15-39	32	1:23:37	46
48	2473	1:24:06	Radek Bohm		Male	46	M15-39	33	1:23:38	47
49	1511	1:24:15	Ed Rawlings	POCKLINGTON RUNNERS	Male	47	M15-39	34	1:24:01	50
50	1418	1:24:16	Rob Skinn		Male	48	M15-39	35	1:24:00	49
51	1974	1:24:25	Andy Kett	NORTH NORFOLK BEACH RUNNERS	Male	49	M15-39	36	1:24:21	53
52	2824	1:24:26	Aaron Wright		Male	50	M15-39	37	1:24:09	51
53	1752	1:24:27	Christian Davidson	STILTON STRIDERS	Male	51	M15-39	38	1:24:10	52
54	426	1:24:27	Mitchell Dann	GREENWICH TRITONS	Male	52	M15-39	39	1:24:21	54
55	792	1:24:37	Neil Gray	ROYAL ENGINEERS RC	Male	53	M15-39	40	1:24:34	55
56	1817	1:24:39	Clive Steward	COLTISHALL JAGUARS	Male	54	M45-49	5	1:24:35	56
57	929	1:24:42	Ian Bailey		Male	55	M15-39	41	1:24:37	58
58	889	1:24:44	Roger Higgins		Male	56	M15-39	42	1:24:35	57
59	2068	1:24:47	Adrian Martin	FENLAND RC	Male	57	M15-39	43	1:24:40	59
60	2612	1:24:49	Pete Johnson	NORFOLK GAZELLES	Male	58	M55-59	2	1:24:43	60
61	2263	1:24:50	Chris Scott	LOWESTOFT RR	Male	59	M15-39	44	1:24:43	61
62	23	1:24:50	Martha Hall	CAMDEN CITY RUNNERS	Female	3	F15-39	3	1:24:43	62
63	2459	1:24:58	Nicolas Dennilauler	CAMBRIDGE & COLERIDGE AC	Male	60	M15-39	45	1:24:44	63
64	2670	1:25:11	Joe Carr		Male	61	M15-39	46	1:25:05	65
65	623	1:25:18	Robin Butler	ASHFORD AND DISTRICT ROAD RC	Male	62	M15-39	47	1:24:46	64
66	2577	1:25:19	Sarah Ivory	COLCHESTER HARRIERS	Female	4	F15-39	4	1:25:17	68
67	2808	1:25:27	Patrick Mcneight	STILTON STRIDERS	Male	63	M15-39	48	1:25:09	66
68	1275	1:25:29	Danny Smith		Male	64	M15-39	49	1:25:14	67
69	1859	1:25:34	Charlie Nurse		Male	65	M15-39	50	1:25:31	72

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
70	2864	1:25:34	Jack Lewis	UEA AC	Male	66	M15-39	51	1:25:23	71
71	2854	1:25:35	Jack Gillick	WYMONDHAM AC	Male	67	M15-39	52	1:25:31	73
72	2815	1:25:41	Michael Wood		Male	68	M15-39	53	1:25:20	70
73	1040	1:25:42	Dave Ledward	TRI-ANGLIA	Male	69	M40-44	6	1:25:37	74
74	1905	1:25:49	Mark Haylett		Male	70	M45-49	6	1:25:44	76
75	2850	1:25:49	Richard White	WYMONDHAM AC	Male	71	M45-49	7	1:25:44	77
76	2848	1:25:50	Paul Martin		Male	72	M15-39	54	1:25:43	75
77	1571	1:25:51	Jamie Seamark	NORTH NORFOLK BEACH RUNNERS	Male	73	M15-39	55	1:25:44	78
78	3000	1:25:55	Brian Glasgow		Male	74	M40-44	7	1:25:17	69
79	2605	1:25:58	Simon Donaghy	HERNE HILL HARRIERS	Male	75	M40-44	8	1:25:52	79
80	22	1:26:14	Elizabeth Stavreski	THAMES HARE & HOUNDS	Female	5	F15-39	5	1:26:09	81
81	884	1:26:25	Vincent O'Neill		Male	76	M40-44	9	1:26:08	80
82	1830	1:26:29	Mark Garrett	NORWICH RR	Male	77	M45-49	8	1:26:18	82
83	1753	1:26:40	Stuart Faust	THETFORD AC	Male	78	M15-39	56	1:26:32	85
84	699	1:26:41	Cliff Bailey	THETFORD AC	Male	79	M45-49	9	1:26:24	83
85	2027	1:26:44	John Moore	NORFOLK GAZELLES	Male	80	M45-49	10	1:26:36	86
86	568	1:26:46	Trevor Bunch	HAVERHILL RC	Male	81	M15-39	57	1:26:39	87
87	1952	1:26:46	Conrad Burgess	IPSWICH JAFFA	Male	82	M15-39	58	1:26:27	84
88	2376	1:26:50	Kevin Youngs	NORFOLK GAZELLES	Male	83	M60-64	1	1:26:44	88
89	2269	1:26:59	Terry Epps	WYMONDHAM AC	Male	84	M55-59	3	1:26:54	90
90	2235	1:27:03	Graham Moore		Male	85	M45-49	11	1:26:55	91
91	2681	1:27:21	Benedikt Booker		Male	86	M15-39	59	1:27:10	92
92	1033	1:27:22	Perry Mann		Male	87	M15-39	60	1:26:52	89
93	1765	1:27:31	Nolan Wilkens	BECKENHAM RC	Male	88	M15-39	61	1:27:25	94
94	2539	1:27:33	Eddie Greenland	WYMONDHAM AC	Male	89	M40-44	10	1:27:27	95
95	2801	1:27:35	Jonathan Oxbrough	STILTON STRIDERS	Male	90	M15-39	62	1:27:18	93
96	1772	1:27:41	Simon Bryant		Male	91	M15-39	63	1:27:30	96
97	2327	1:27:53	Darren Edridge	COLTISHALL JAGUARS	Male	92	M40-44	11	1:27:48	100
98	2435	1:27:53	Simon Le Mare	SOUTHEND AC	Male	93	M45-49	12	1:27:42	98
99	1865	1:27:55	Tim Angell		Male	94	M45-49	13	1:27:32	97
100	695	1:28:00	Neil Holland	WYMONDHAM AC	Male	95	M45-49	14	1:27:52	101
101	1725	1:28:04	Andrew Pearce		Male	96	M15-39	64	1:27:58	104
102	1960	1:28:05	Steve Ely	COLTISHALL JAGUARS	Male	97	M15-39	65	1:27:57	103
103	1727	1:28:11	Neil Sibley	GREAT YARMOUTH RR	Male	98	M40-44	12	1:28:06	105
104	2204	1:28:14	Tim Fox	ST EDMUND PACERS	Male	99	M40-44	13	1:28:09	106
105	2985	1:28:14	Paul Hollidge		Male	100	M15-39	66	1:27:56	102
106	2485	1:28:19	Neville Knights	DEREHAM RUNNERS AC	Male	101	M50-54	4	1:28:10	109
107	1670	1:28:20	Steven Neaves	STOWMARKET STRIDERS	Male	102	M50-54	5	1:28:09	107
108	627	1:28:24	David Kettle		Male	103	M15-39	67	1:28:19	110
109	2093	1:28:30	David Evans		Male	104	M40-44	14	1:28:09	108
110	2190	1:28:33	Seb Rijpstra		Male	105	M15-39	68	1:28:25	112
111	2082	1:28:37	Nigel Buxton	HARWICH RUNNERS	Male	106	M40-44	15	1:28:20	111
112	1576	1:28:38	Matt Priddle		Male	107	M15-39	69	1:27:42	99
113	202	1:28:40	Alexis Atkinson		Male	108	M15-39	70	1:28:35	116
114	1603	1:28:40	Alex Williams	PORT TALBOT HARRIERS	Male	109	M40-44	16	1:28:31	113
115	1881	1:28:44	Chris Smith		Male	110	M40-44	17	1:28:32	114
116	14	1:28:45	Neil Mcfarquhar		Male	111	M15-39	71	1:28:36	117
117	2540	1:28:46	Richard Blake	NORTH NORFOLK BEACH RUNNERS	Male	112	M60-64	2	1:28:40	118
118	2219	1:28:52	Marie Shirley	SUDBURY JOGGERS	Female	6	F15-39	6	1:28:47	121
119	957	1:28:53	David Bowen	NORWICH RR	Male	113	M15-39	72	1:28:44	120
120	2987	1:28:55	Ronnie Osullivan	WOUDRUN GREEN AND ESSEX LADIES	Male	114	M15-39	73	1:28:40	119
121	690	1:29:11	Jamie Torrens	SERPENTINE	Male	115	M15-39	74	1:28:57	126
122	1428	1:29:13	Mark Merrywest	NORWICH RR	Male	116	M15-39	75	1:29:01	127
123	2217	1:29:14	Benjamin Bailey	TRI-ANGLIA	Male	117	M40-44	18	1:29:06	128
124	1363	1:29:19	Chris Beck	TRI-ANGLIA	Male	118	M15-39	76	1:28:54	122
125	1442	1:29:20	Mark Ewin		Male	119	M15-39	77	1:28:56	124
126	1638	1:29:21	Fraser Mccallum		Male	120	M15-39	78	1:28:54	123
127	2624	1:29:22	Rob Kay		Male	121	M15-39	79	1:29:13	129
128	1575	1:29:23	Timothy Earl	WAVENEY VALLEY AC	Male	122	M15-39	80	1:28:56	125
129	2717	1:29:30	Eugene Mitchell		Male	123	M15-39	81	1:29:18	133
130	2372	1:29:31	Jon Byford	SPRINGFIELD STRIDERS	Male	124	M15-39	82	1:29:13	130
131	1864	1:29:32	Chris Yeates		Male	125	M15-39	83	1:28:34	115
132	1625	1:29:36	Sean Robson	RAF MARHAM	Male	126	M40-44	19	1:29:30	134
133	1345	1:29:42	Alan Bradley	NORWICH RR	Male	127	M45-49	15	1:29:16	132
134	1534	1:29:44	Pat Muldoon		Male	128	M50-54	6	1:29:37	137
135	2879	1:29:45	Alexander Bamford	TRI-ANGLIA	Male	129	M15-39	84	1:29:34	135
136	367	1:29:47	Michael Foulkes	NORTH NORFOLK BEACH RUNNERS	Male	130	M15-39	85	1:29:37	138
137	1561	1:29:55	Rory Blazeby		Male	131	M15-39	86	1:29:35	136
138	2831	1:29:57	Nick Pullen	UEA AC	Male	132	M15-39	87	1:29:13	131

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139	1128	1:29:58	Paolo Zappia		Male	133	M40-44	20	1:29:37	139
140	1853	1:30:03	John Richmond		Male	134	M40-44	21	1:29:49	141
141	2161	1:30:04	Andrew Jessop		Male	135	M15-39	88	1:29:37	140
142	866	1:30:04	Luke Saxton		Male	136	M15-39	89	1:29:56	144
143	2708	1:30:13	Daniel Szczerban		Male	137	M15-39	90	1:29:54	143
144	878	1:30:18	Kieron Haines	NORWICH RR	Male	138	M50-54	7	1:30:06	147
145	677	1:30:24	Mary Buxton		Female	7	F15-39	7	1:29:57	145
146	412	1:30:26	Rosario Li-Rocchi		Male	139	M15-39	91	1:29:53	142
147	2901	1:30:27	Adam Bailey		Male	140	M15-39	92	1:30:04	146
148	1219	1:30:29	Thomas Sadler		Male	141	M15-39	93	1:30:10	148
149	1176	1:30:31	Mark Philo	TRI-ANGLIA	Male	142	M40-44	22	1:30:18	149
150	2203	1:30:37	Lenny Hughes	MALDWYN HARRIERS NEWTOWN POWYS	Male	143	M50-54	8	1:30:22	151
151	867	1:30:40	Stephen Dady	GREAT YARMOUTH RR	Male	144	M55-59	4	1:30:33	152
152	2692	1:30:45	Antony Kennedy		Male	145	M15-39	94	1:30:20	150
153	1058	1:30:50	Wayne Easlea	NORWICH RR	Male	146	M15-39	95	1:30:36	153
154	2411	1:30:53	Leslie Scott	RYSTON RUNNERS	Male	147	M50-54	9	1:30:38	154
155	1544	1:31:01	Terence Reece	WESTEND RUNNERS	Male	148	M40-44	23	1:30:56	158
156	2287	1:31:04	Matthew Fray	NORWICH RR	Male	149	M15-39	96	1:30:53	157
157	1915	1:31:11	Chris Beck		Male	150	M15-39	97	1:30:51	156
158	2213	1:31:19	Mick Glynn	DISS AC	Male	151	M40-44	24	1:31:09	160
159	2730	1:31:27	Steven Pyne	MORNINGTON CHASERS	Male	152	M15-39	98	1:31:18	163
160	122	1:31:30	Ian Thomas	UKNETRUNNER.CO.UK	Male	153	M50-54	10	1:31:16	161
161	1347	1:31:34	Martin Auger		Male	154	M50-54	11	1:31:07	159
162	2045	1:31:35	Philip Smith	TRI-ANGLIA	Male	155	M15-39	99	1:31:17	162
163	123	1:31:41	Chris Chorley	BUNGAY BLACK DOG	Male	156	M45-49	16	1:31:26	164
164	1378	1:31:44	Stephen Etherington	GREAT YARMOUTH RR	Male	157	M50-54	12	1:31:37	168
165	632	1:31:54	Jim Hayes	NORTH NORFOLK BEACH RUNNERS	Male	158	M60-64	3	1:31:44	171
166	2931	1:31:55	Michael Seger		Male	159	M45-49	17	1:31:44	172
167	1485	1:31:57	Harvey Christian		Male	160	M15-39	100	1:31:42	170
168	1610	1:31:59	Wayne Crabb		Male	161	M40-44	25	1:31:40	169
169	1658	1:32:00	Louis-Simon Ferland		Male	162	M15-39	101	1:31:31	166
170	528	1:32:01	David Samuels		Male	163	M15-39	102	1:31:29	165
171	2100	1:32:01	Martyn Clarke		Male	164	M45-49	18	1:31:44	173
172	368	1:32:05	Lee Cook	TRI-ANGLIA	Male	165	M15-39	103	1:30:49	155
173	2999	1:32:07	Geoffery Perry		Male	166	M40-44	26	1:31:47	174
174	749	1:32:18	Tom Campbell		Male	167	M15-39	104	1:31:34	167
175	11	1:32:19	Matthew Philpot		Male	168	M15-39	105	1:31:56	176
176	2052	1:32:21	Kevin Frazer		Male	169	M45-49	19	1:31:55	175
177	1342	1:32:22	Darwin Turner	NORWICH RR	Male	170	M15-39	106	1:32:08	178
178	2757	1:32:23	Mark Van Ree		Male	171	M15-39	107	1:32:17	180
179	2798	1:32:26	Tim Lam	CLAPHAM CHASERS	Male	172	M15-39	108	1:31:57	177
180	2823	1:32:33	Clive Gray		Male	173	M40-44	27	1:32:08	179
181	2728	1:32:35	Nick Adams	SPA STRIDERS	Male	174	M45-49	20	1:32:24	181
182	2562	1:32:43	Nick Esser		Male	175	M15-39	109	1:32:32	183
183	935	1:32:44	Ben Findlay		Male	176	M15-39	110	1:32:30	182
184	1068	1:32:49	Doug Bridges	NORFOLK GAZELLES	Male	177	M15-39	111	1:32:41	190
185	2486	1:32:53	Alan Bushell	COLTISHALL JAGUARS	Male	178	M15-39	112	1:32:47	192
186	2146	1:32:55	Mike Hill	TRI-ANGLIA	Male	179	M45-49	21	1:32:47	193
187	385	1:32:55	Simon English		Male	180	M15-39	113	1:32:32	184
188	163	1:33:03	Mark Dye		Male	181	M40-44	28	1:32:39	189
189	173	1:33:04	Brendon Lansdowne		Male	182	M15-39	114	1:32:33	186
190	1680	1:33:04	Nicholas Bull		Male	183	M15-39	115	1:32:34	187
191	2924	1:33:05	Anne Flanagan	NORWICH RR	Female	8	F15-39	8	1:32:32	185
192	2417	1:33:07	Richard Donovan		Male	184	M15-39	116	1:32:35	188
193	1380	1:33:09	Robin Scott	KILBARCHAN AAC	Male	185	M65+	1	1:32:41	191
194	2172	1:33:12	Louise Hampshire		Female	9	F15-39	9	1:32:52	194
195	2805	1:33:15	Vince Ellis	CITY OF NORWICH AC	Male	186	M50-54	13	1:32:52	195
196	2221	1:33:16	Emma Appleton	NORWICH RR	Female	10	F15-39	10	1:33:04	197
197	1104	1:33:26	Charlotte Bowers	CHIPPENHAM RC	Female	11	F15-39	11	1:33:11	198
198	2614	1:33:29	Richard Steer		Male	187	M15-39	117	1:33:13	200
199	2019	1:33:39	J Maccallum-Stewart		Male	188	M15-39	118	1:32:53	196
200	2530	1:33:41	Richard Lawes		Male	189	M50-54	14	1:33:20	201
201	480	1:33:44	Claire Brown	HUNTS AC	Female	12	F45-49	1	1:33:23	202
202	2851	1:33:48	Chris Pycroft	THORNEY	Male	190	M50-54	15	1:33:41	204
203	1943	1:33:51	Hugh Brown		Male	191	M40-44	29	1:33:35	203
204	2343	1:34:03	Timothy Bragger		Male	192	M15-39	119	1:33:12	199
205	1064	1:34:03	Mark Haynes	COLTISHALL JAGUARS	Male	193	M15-39	120	1:33:59	211
206	1177	1:34:08	Graeme Mcfarquhar		Male	194	M15-39	121	1:33:57	209
207	1420	1:34:21	John Pinnell		Male	195	M45-49	22	1:34:08	219

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
208	1196	1:34:23	Richard Howell		Male	196	M15-39	122	1:34:07	218
209	1911	1:34:32	Mark Carter		Male	197	M15-39	123	1:34:06	215
210	2914	1:34:36	Daniel Norton		Male	198	M15-39	124	1:34:06	216
211	2969	1:34:38	Vernon Hoare		Male	199	M45-49	23	1:33:50	206
212	2254	1:34:42	David Aldis	CITY OF NORWICH AC	Male	200	M55-59	5	1:34:21	222
213	865	1:34:45	Sam Plater		Male	201	M15-39	125	1:34:16	221
214	1584	1:34:46	Chris Barkway		Male	202	M50-54	16	1:34:05	214
215	2078	1:34:47	Martin Forrest		Male	203	M15-39	126	1:34:27	226
216	844	1:34:51	Gary Andrews		Male	204	M40-44	30	1:34:23	223
217	909	1:34:53	David Kellaway		Male	205	M45-49	24	1:34:38	230
218	2088	1:34:56	Richard Morris-Jones	REEPHAM RUNNERS	Male	206	M40-44	31	1:34:39	232
219	1714	1:34:57	Wilfred Campbell	IPSWICH JAFFA	Male	207	M45-49	25	1:34:42	235
220	1101	1:35:00	Simon Goodwin		Male	208	M15-39	127	1:34:03	212
221	2492	1:35:02	Craig Bowen - Jones		Male	209	M15-39	128	1:34:38	231
222	1734	1:35:03	Thomas Hubbard		Male	210	M15-39	129	1:34:42	236
223	2715	1:35:04	Richard Heyes	HUNTS AC	Male	211	M45-49	26	1:34:42	237
224	1895	1:35:04	Frances Cooke	MARCH AC	Female	13	F50-54	1	1:34:04	213
225	1665	1:35:05	Oliver Slater	NENE VALLEY HARRIERS	Male	212	M15-39	130	1:34:37	229
226	2103	1:35:06	David Lefevre		Male	213	M15-39	131	1:34:29	227
227	1360	1:35:07	Paul Rayner	HUNTS AC	Male	214	M45-49	27	1:34:45	240
228	2215	1:35:08	Nicholas Dunwell		Male	215	M15-39	132	1:34:39	233
229	814	1:35:08	Greg Marshall	FRAMLINGHAM FLYERS	Male	216	M55-59	6	1:33:57	210
230	1022	1:35:11	Nicholas Fitzpatrick		Male	217	M15-39	133	1:34:43	238
231	2497	1:35:12	Matthew Cork		Male	218	M15-39	134	1:35:03	246
232	358	1:35:19	Peter Caldwell		Male	219	M45-49	28	1:34:26	225
233	2474	1:35:20	Dominic Copping		Male	220	M15-39	135	1:34:52	243
234	2558	1:35:21	Stu Barnard	WYMONDHAM AC	Male	221	M15-39	136	1:35:00	245
235	2260	1:35:23	Tom Sparkes		Male	222	M15-39	137	1:33:54	207
236	1270	1:35:24	James Howard		Male	223	M15-39	138	1:35:06	248
237	2191	1:35:26	Christian Trotter	TRI-ANGLIA	Male	224	M15-39	139	1:34:59	244
238	1278	1:35:27	Clive Harrod	FENLAND RC	Male	225	M50-54	17	1:35:17	253
239	2939	1:35:28	Martin Sellens		Male	226	M55-59	7	1:34:40	234
240	2437	1:35:30	Andrew Bowen	NORWICH RR	Male	227	M15-39	140	1:34:36	228
241	360	1:35:32	Ian John Bishop		Male	228	M40-44	32	1:34:06	217
242	1460	1:35:33	Mark Scharff	TRI-ANGLIA	Male	229	M45-49	29	1:35:22	254
243	2727	1:35:34	Kyo Bye		Male	230	M15-39	141	1:34:10	220
244	2051	1:35:35	Paul O'Malley	NORTH NORFOLK BEACH RUNNERS	Male	231	M40-44	33	1:34:43	239
245	1404	1:35:37	Matthew Pask	NORWICH RR	Male	232	M40-44	34	1:35:24	257
246	1285	1:35:41	Richard Johnson	WYMONDHAM AC	Male	233	M15-39	142	1:34:49	242
247	2265	1:35:42	Simon Able	RYSTON RUNNERS	Male	234	M15-39	143	1:35:23	255
248	485	1:35:44	Stephen Ayres		Male	235	M15-39	144	1:33:49	205
249	1669	1:35:48	Keith White	FENLAND RC	Male	236	M60-64	4	1:35:11	250
250	2029	1:35:49	Chris Speakman		Male	237	M50-54	18	1:35:15	251
251	1509	1:35:50	Kelly Burwood	MAIDENHEAD AC	Female	14	F15-39	12	1:35:05	247
252	2782	1:35:55	Adrian Waters	NORFOLK GAZELLES	Male	238	M40-44	35	1:35:45	266
253	1528	1:35:56	Henry De Renzy-Martin		Male	239	M15-39	145	1:34:23	224
254	2780	1:35:57	David Minister		Male	240	M40-44	36	1:35:47	268
255	2183	1:36:02	Ian Kettle		Male	241	M15-39	146	1:35:29	259
256	1352	1:36:03	Paul Masterson		Male	242	M40-44	37	1:35:43	264
257	2478	1:36:04	Peter Cook	NORWICH RR	Male	243	M55-59	8	1:35:16	252
258	2058	1:36:05	Jonathan Brasnett		Male	244	M15-39	147	1:35:32	260
259	195	1:36:06	Robert Ellson		Male	245	M15-39	148	1:34:47	241
260	1331	1:36:06	Lucy Ellis	GREAT WESTERN RUNNERS	Female	15	F15-39	13	1:35:37	261
261	1366	1:36:07	Lee Edwards	STOWMARKET STRIDERS	Male	246	M15-39	149	1:35:45	267
262	2063	1:36:08	Stephen Broom		Male	247	M40-44	38	1:33:54	208
263	1201	1:36:11	Adam Watkin		Male	248	M15-39	150	1:35:41	262
264	976	1:36:12	James Dimmock		Male	249	M15-39	151	1:35:26	258
265	193	1:36:17	Carl Meen		Male	250	M15-39	152	1:35:56	272
266	500	1:36:19	Jonathan Cooper		Male	251	M15-39	153	1:35:41	263
267	1339	1:36:21	Christopher Payne		Male	252	M15-39	154	1:35:47	269
268	2794	1:36:22	Richard Rushton		Male	253	M15-39	155	1:35:44	265
269	2010	1:36:25	Nicholas Muir		Male	254	M45-49	30	1:35:54	271
270	142	1:36:26	Dean Kirton	THETFORD AC	Male	255	M45-49	31	1:36:07	282
271	1573	1:36:30	Michael Sadler	NORTH NORFOLK BEACH RUNNERS	Male	256	M45-49	32	1:36:04	278
272	125	1:36:32	Karen Archbold	LOWESTOFT RR	Female	16	F40-44	1	1:36:05	279
273	2666	1:36:32	Chris Cook		Male	257	M45-49	33	1:36:05	280
274	2982	1:36:34	Adam Monsell		Male	258	M15-39	156	1:36:18	287
275	1621	1:36:37	Ian Moore	NORWICH RR	Male	259	M40-44	39	1:36:23	292
276	1053	1:36:39	Carl Wright	NORWICH RR	Male	260	M45-49	34	1:35:23	256

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
277	2479	1:36:39	Paul Wightman	WYMONDHAM AC	Male	261	M45-49	35	1:36:23	293
278	1993	1:36:40	Jon Anderson		Male	262	M45-49	36	1:36:05	281
279	2610	1:36:43	Melvyn Porter	COLTISHALL JAGUARS	Male	263	M40-44	40	1:36:21	289
280	1595	1:36:45	Paul Page	BUSHFIELD JOGGERS	Male	264	M15-39	157	1:36:14	285
281	49	1:36:47	Jonathan Harrold	CITY OF NORWICH AC	Male	265	M15-39	158	1:36:27	297
282	315	1:36:47	Rhodri Phillips		Male	266	M15-39	159	1:36:00	276
283	2176	1:36:48	Matt Plunkett	DEREHAM RUNNERS AC	Male	267	M15-39	160	1:36:13	284
284	1687	1:36:49	Dan Archer		Male	268	M40-44	41	1:36:33	300
285	2866	1:36:49	David Bishop	WAMC	Male	269	M50-54	19	1:36:42	304
286	438	1:36:49	Gabriel Manoughian		Male	270	M15-39	161	1:35:50	270
287	1227	1:36:50	Sam Evans		Male	271	M15-39	162	1:36:22	291
288	1080	1:36:52	Maire Irlam	FENLAND RC	Female	17	F40-44	2	1:36:15	286
289	1166	1:36:54	Shaun Conway		Male	272	M45-49	37	1:36:25	294
290	2559	1:36:54	Rene Dreos		Male	273	M15-39	163	1:36:20	288
291	2383	1:36:54	Pete Goddard		Male	274	M50-54	20	1:36:25	295
292	2888	1:36:56	Andrew Marjoram		Male	275	M15-39	164	1:36:35	301
293	643	1:36:58	Roger Steggles		Male	276	M45-49	38	1:36:21	290
294	756	1:36:58	Mandy Clarke	BINGLEY HARRIERS	Female	18	F40-44	3	1:36:31	298
295	2354	1:37:00	Mark Fawbert	BUNGAY BLACK DOG	Male	277	M15-39	165	1:36:47	305
296	1236	1:37:05	David Harbrow		Male	278	M15-39	166	1:36:09	283
297	2314	1:37:05	James Wilson	UEA TRIATHLON	Male	279	M15-39	167	1:35:09	249
298	1475	1:37:06	Andy Keeler		Male	280	M45-49	39	1:36:31	299
299	1578	1:37:08	James Macleod	TRI-ANGLIA	Male	281	M45-49	40	1:36:35	302
300	763	1:37:09	Richard Hanson	TRI-ANGLIA	Male	282	M45-49	41	1:36:54	310
301	676	1:37:17	Rob Lines	TRI-ANGLIA	Male	283	M40-44	42	1:37:01	316
302	642	1:37:22	Simon Jay		Male	284	M15-39	168	1:36:26	296
303	732	1:37:22	Gordon Betts		Male	285	M40-44	43	1:35:58	274
304	2787	1:37:23	Andrew Pond	NORWICH RR	Male	286	M40-44	44	1:37:13	323
305	1167	1:37:25	Richard Hanley	HADLEIGH HARES AC	Male	287	M40-44	45	1:37:00	314
306	431	1:37:25	Nick Baldwin		Male	288	M15-39	169	1:36:48	307
307	1656	1:37:27	Andrew Findlay		Male	289	M15-39	170	1:36:01	277
308	1210	1:37:27	Peter Morgan		Male	290	M15-39	171	1:36:53	309
309	1028	1:37:30	Nicholas Auber		Male	291	M15-39	172	1:36:47	306
310	1192	1:37:31	Keith Moore	DEREHAM RUNNERS AC	Male	292	M45-49	42	1:37:11	321
311	2083	1:37:32	David Brammer	MARCH AC	Male	293	M45-49	43	1:36:56	311
312	1512	1:37:35	Craig Parker		Male	294	M15-39	173	1:36:57	313
313	2199	1:37:37	Martin Newstead		Male	295	M15-39	174	1:36:35	303
314	743	1:37:42	Simon Wiggins	FELIXSTOWE RR	Male	296	M15-39	175	1:37:14	324
315	2425	1:37:44	Edd Larwood		Male	297	M15-39	176	1:37:27	332
316	477	1:37:44	Richard Parnell	RUTLAND RC	Male	298	M45-49	44	1:36:52	308
317	2291	1:37:46	Paul Harrison	DEREHAM RUNNERS AC	Male	299	M50-54	21	1:37:24	326
318	1309	1:37:47	Daniel Brocklehurst		Male	300	M15-39	177	1:37:12	322
319	1333	1:37:47	Richard Fay	UEA AC	Male	301	M15-39	178	1:37:03	317
320	2655	1:37:50	Ben Norman		Male	302	M15-39	179	1:35:59	275
321	2525	1:37:52	Robert Astley		Male	303	M15-39	180	1:37:24	327
322	753	1:37:52	Declan Farrell		Male	304	M15-39	181	1:37:20	325
323	2979	1:37:54	Loay Al-Derazi		Male	305	M15-39	182	1:35:57	273
324	1434	1:37:54	Richard Nolan		Male	306	M45-49	45	1:36:56	312
325	1622	1:37:56	Ian Combella	READING JOGGERS	Male	307	M50-54	22	1:37:33	337
326	1682	1:37:57	Lee French	BUSHFIELD JOGGERS	Male	308	M15-39	183	1:37:25	329
327	1397	1:37:58	Ian Moody		Male	309	M40-44	46	1:37:24	328
328	1981	1:38:00	Nicholas Mcglashan		Male	310	M15-39	184	1:37:00	315
329	850	1:38:00	Dawn Clark	SPA STRIDERS	Female	19	F15-39	14	1:37:50	352
330	2991	1:38:02	Sam Rowe		Male	311	M15-39	185	1:37:52	354
331	1358	1:38:02	Phil Hurr		Male	312	M50-54	23	1:37:56	355
332	2117	1:38:02	Laurence Conway		Male	313	M15-39	186	1:37:27	333
333	2404	1:38:05	Richard Mouson		Male	314	M40-44	47	1:37:56	356
334	783	1:38:05	Jim Webster		Male	315	M40-44	48	1:37:51	353
335	2538	1:38:06	Samantha Toop	TRI-ANGLIA	Female	20	F15-39	15	1:37:32	336
336	1023	1:38:13	Keith Brighty	NORWICH RR	Male	316	M45-49	46	1:37:40	343
337	213	1:38:15	Adrian Jay	COLTISHALL JAGUARS	Male	317	M40-44	49	1:38:09	363
338	958	1:38:17	Alexandra Smith	NORWICH RR	Female	21	F15-39	16	1:37:30	334
339	417	1:38:20	Tim Ward		Male	318	M45-49	47	1:37:04	318
340	2756	1:38:21	Colin Forder		Male	319	M15-39	187	1:38:11	367
341	2937	1:38:22	Lisa Gough		Female	22	F15-39	17	1:37:35	339
342	390	1:38:24	Andrew Howes		Male	320	M15-39	188	1:37:47	347
343	1171	1:38:25	Doug Grimwade	HADLEIGH HARES AC	Male	321	M40-44	50	1:38:00	359
344	1901	1:38:25	Peter Salmon		Male	322	M15-39	189	1:37:56	357
345	2225	1:38:26	Will Hall	TRI-ANGLIA	Male	323	M15-39	190	1:37:10	320

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
346	1945	1:38:29	Chris Meadows		Male	324	M15-39	191	1:37:47	348
347	1010	1:38:29	David Little	LISS RUNNERS	Male	325	M50-54	24	1:37:45	344
348	1710	1:38:33	Andrew Meeks		Male	326	M15-39	192	1:37:38	342
349	1825	1:38:34	Kevin Johnston		Male	327	M50-54	25	1:38:09	364
350	754	1:38:34	Andrew Betts		Male	328	M40-44	51	1:37:09	319
351	2385	1:38:34	Will Stokes		Male	329	M15-39	193	1:37:25	330
352	2833	1:38:35	Jonathan Knights	DEREHAM RUNNERS AC	Male	330	M45-49	48	1:38:19	374
353	2855	1:38:35	Roger Brown		Male	331	M15-39	194	1:37:34	338
354	2912	1:38:36	Gavin Brown		Male	332	M15-39	195	1:37:37	340
355	2713	1:38:37	Joanne Diffey	LAKESIDE LINCOLN	Female	23	F15-39	18	1:38:10	366
356	2908	1:38:37	Patrick Colgan		Male	333	M40-44	52	1:37:37	341
357	2337	1:38:38	Andrew Birt		Male	334	M40-44	53	1:37:47	349
358	992	1:38:40	Robert Meeks		Male	335	M15-39	196	1:37:46	345
359	2723	1:38:41	Richard Sargeant	TRI-ANGLIA	Male	336	M15-39	197	1:37:46	346
360	2834	1:38:43	Emma Potter_Campbell	DEREHAM RUNNERS AC	Female	24	F40-44	4	1:37:56	358
361	796	1:38:44	Kevin Parsons		Male	337	M40-44	54	1:38:37	384
362	127	1:38:46	Nigel Bullen	NORFOLK GAZELLES	Male	338	M55-59	9	1:38:00	360
363	1852	1:38:47	Dave Lawson		Male	339	M40-44	55	1:38:33	380
364	2574	1:38:51	Iain Sheriffs		Male	340	M15-39	198	1:38:12	368
365	1146	1:38:53	Kyle Paulin		Male	341	M15-39	199	1:38:19	375
366	2778	1:38:55	James Summerfield		Male	342	M15-39	200	1:38:09	365
367	864	1:38:55	Marc Evans		Male	343	M15-39	201	1:38:00	361
368	2466	1:38:58	Mike Berry		Male	344	M15-39	202	1:38:36	382
369	2432	1:38:59	Tom Parker		Male	345	M15-39	203	1:38:14	370
370	2290	1:38:59	Simon Woods		Male	346	M15-39	204	1:38:13	369
371	2150	1:39:04	Andrew Savory	NORWICH RR	Male	347	M40-44	56	1:38:16	371
372	1427	1:39:04	Julian Allaker	NORWICH RR	Male	348	M15-39	205	1:38:47	390
373	1957	1:39:06	Paul Alderton		Male	349	M45-49	49	1:38:23	376
374	2271	1:39:09	Ron Gelberg		Male	350	M15-39	206	1:38:55	394
375	1904	1:39:09	Graham Sillett		Male	351	M50-54	26	1:38:24	377
376	2038	1:39:11	Paul Yallop	TRI-ANGLIA	Male	352	M40-44	57	1:38:42	385
377	1829	1:39:11	Teresa Clark	CREWKERNE RC	Female	25	F15-39	19	1:38:46	388
378	399	1:39:16	Alex Walton		Male	353	M15-39	207	1:38:42	386
379	486	1:39:17	Nik Ward		Male	354	M15-39	208	1:37:31	335
380	1316	1:39:18	Sarah Germain		Female	26	F15-39	20	1:38:16	372
381	2602	1:39:21	Simon Edye	NORWICH RR	Male	355	M55-59	10	1:38:26	379
382	2724	1:39:21	David George	NORWICH RR	Male	356	M40-44	58	1:38:52	392
383	625	1:39:23	David Dewing		Male	357	M15-39	209	1:39:18	402
384	2716	1:39:24	Steve Gilbert		Male	358	M50-54	27	1:38:45	387
385	366	1:39:26	Stuart Baird		Male	359	M15-39	210	1:38:51	391
386	1633	1:39:28	Jim Mccarthy		Male	360	M15-39	211	1:38:17	373
387	2812	1:39:29	Arthur Mason		Male	361	M15-39	212	1:37:47	350
388	1216	1:39:30	Patrick Barkham		Male	362	M15-39	213	1:38:03	362
389	679	1:39:31	Oliver Burwood	NORWICH RR	Male	363	M15-39	214	1:39:18	403
390	963	1:39:32	Neil Cronin		Male	364	M40-44	59	1:38:59	395
391	2312	1:39:33	Sarah Eglington		Female	27	F15-39	21	1:38:46	389
392	2636	1:39:38	Tim Warner		Male	365	M45-49	50	1:39:06	396
393	847	1:39:39	Sam Richardson		Male	366	M15-39	215	1:39:22	407
394	883	1:39:42	Emma Layton		Female	28	F15-39	22	1:39:10	400
395	2731	1:39:44	Christopher Steil		Male	367	M15-39	216	1:38:25	378
396	1105	1:39:44	Sarah Gauvin	FENLAND RC	Female	29	F15-39	23	1:39:07	397
397	1059	1:39:47	Alex Reis Alves		Male	368	M40-44	60	1:38:36	383
398	1651	1:39:47	Chris Varley		Male	369	M15-39	217	1:39:29	410
399	2682	1:39:52	Alan Holland	WYMONDHAM AC	Male	370	M60-64	5	1:39:35	413
400	1165	1:39:56	Nick Askham		Male	371	M15-39	218	1:39:26	408
401	2511	1:40:00	Duncan Jones		Male	372	M15-39	219	1:38:33	381
402	933	1:40:00	Dave Spooner	NORTH NORFOLK BEACH RUNNERS	Male	373	M15-39	220	1:39:09	399
403	2026	1:40:02	Ian Milburn	FENLAND RC	Male	374	M65+	2	1:39:26	409
404	1254	1:40:03	Chris Mahoney		Male	375	M40-44	61	1:39:20	404
405	1487	1:40:10	Marie Clark	NORWICH RR	Female	30	F15-39	24	1:39:38	418
406	2872	1:40:13	Nick Searle	THETFORD AC	Male	376	M45-49	51	1:39:53	427
407	275	1:40:14	Mark Bloomfield		Male	377	M15-39	221	1:39:20	405
408	841	1:40:15	Ian Beckett		Male	378	M15-39	222	1:39:58	430
409	2231	1:40:18	James Roberts		Male	379	M15-39	223	1:39:38	419
410	2070	1:40:21	Steve Lydall		Male	380	M55-59	11	1:39:36	414
411	2342	1:40:22	Stuart Bailey		Male	381	M15-39	224	1:37:26	331
412	2451	1:40:23	Erik Toemen		Male	382	M15-39	225	1:39:40	420
413	2007	1:40:23	Emma Barrowclough		Female	31	F15-39	25	1:39:52	425
414	2089	1:40:24	Neil Williamson	NEWMARKET JOGGERS	Male	383	M15-39	226	1:39:21	406

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
415	2438	1:40:24	Phillip Holland		Male	384	M15-39	227	1:39:43	421
416	1890	1:40:25	Ashley Gilbert	DEREHAM RUNNERS AC	Male	385	M15-39	228	1:40:11	437
417	1461	1:40:26	Danny Godward	FIRE SERVICE SPORTS AND ATHLET	Male	386	M15-39	229	1:40:16	439
418	1635	1:40:29	Simon Greenfield		Male	387	M45-49	52	1:39:36	415
419	1212	1:40:29	Martin Graveling		Male	388	M15-39	230	1:37:47	351
420	2783	1:40:29	Ian Hacon	TRI-ANGLIA	Male	389	M40-44	62	1:39:36	416
421	318	1:40:30	Paul Suggitt		Male	390	M15-39	231	1:38:54	393
422	201	1:40:31	Sarah Kimpton	UEA AC	Female	32	F15-39	26	1:39:59	431
423	388	1:40:34	Stephen Belderbos		Male	391	M15-39	232	1:39:07	398
424	2662	1:40:34	Andy Venables		Male	392	M15-39	233	1:39:16	401
425	1246	1:40:37	Matthew Dallywater		Male	393	M15-39	234	1:39:53	428
426	846	1:40:39	Graham Mcgrotty		Male	394	M15-39	235	1:39:37	417
427	206	1:40:44	Phil Norman		Male	395	M15-39	236	1:40:29	446
428	2119	1:40:46	Richard Dye	BUNGAY BLACK DOG	Male	396	M45-49	53	1:40:35	451
429	2158	1:40:46	Hannah Arnold		Female	33	F15-39	27	1:40:17	440
430	838	1:40:46	Sarah Vick	THE SAXONS	Female	34	F40-44	5	1:40:05	434
431	1684	1:40:46	John Higginson		Male	397	M15-39	237	1:40:29	447
432	2714	1:40:48	Will Brigham		Male	398	M15-39	238	1:39:33	411
433	1782	1:40:56	Martin Brigden		Male	399	M50-54	28	1:39:48	423
434	2224	1:41:03	John Bassinder	STAINLAND LIONS	Male	400	M55-59	12	1:39:33	412
435	1121	1:41:08	Tom Broughton		Male	401	M15-39	239	1:40:37	453
436	949	1:41:10	Debbie Clark	NORWICH RR	Female	35	F15-39	28	1:39:47	422
437	630	1:41:10	Howard Burton	COLTISHALL JAGUARS	Male	402	M40-44	63	1:40:38	455
438	2238	1:41:10	Chris Jones	TRI-ANGLIA	Male	403	M15-39	240	1:39:59	432
439	869	1:41:13	Matt Howes	NORWICH RR	Male	404	M15-39	241	1:40:11	438
440	1409	1:41:16	Andy Bobbin		Male	405	M15-39	242	1:39:55	429
441	735	1:41:16	Simon Tabiner		Male	406	M15-39	243	1:40:58	471
442	491	1:41:18	Patrick Larke	WYMONDHAM AC	Male	407	M50-54	29	1:40:55	466
443	2368	1:41:20	Will Buck	NORWICH RR	Male	408	M45-49	54	1:40:33	450
444	1811	1:41:26	Ian Passam		Male	409	M15-39	244	1:40:39	457
445	2871	1:41:27	Tim Reid		Male	410	M15-39	245	1:40:07	435
446	915	1:41:27	Ursula White	NEWMARKET JOGGERS	Female	36	F15-39	29	1:40:44	460
447	2380	1:41:28	Simon Witty		Male	411	M15-39	246	1:39:59	433
448	2608	1:41:29	Nicolas Dupre		Male	412	M15-39	247	1:40:25	444
449	95	1:41:29	Vincent Coustham	CITY OF NORWICH AC	Male	413	M15-39	248	1:40:25	445
450	411	1:41:31	Heather Fisher	DUDLEY KINGSWINFORD RC	Female	37	F15-39	30	1:39:51	424
451	1447	1:41:34	Mick Davidson	ROAD RUNNERS CLUB	Male	414	M45-49	55	1:40:55	467
452	1277	1:41:39	Graham Bainger	NORWICH RR	Male	415	M55-59	13	1:41:11	482
453	2804	1:41:41	Catherine Henery		Female	38	F45-49	2	1:41:00	472
454	392	1:41:42	Alastair White		Male	416	M15-39	249	1:39:52	426
455	334	1:41:42	Andrew Enticknap		Male	417	M40-44	64	1:40:38	456
456	1876	1:41:43	Sebastian Hall		Male	418	M15-39	250	1:40:18	441
457	1636	1:41:43	Timothy Newman		Male	419	M45-49	56	1:41:04	477
458	1949	1:41:43	Alan Lamb		Male	420	M40-44	65	1:41:11	483
459	2881	1:41:47	Peter Taylor		Male	421	M15-39	251	1:40:37	454
460	1894	1:41:48	Paul Metcalfe		Male	422	M40-44	66	1:41:01	474
461	2580	1:41:48	Bob Arthur	RAF TRIATHLON ASSOCIATION	Male	423	M40-44	67	1:40:30	448
462	4	1:41:48	Hugh Johnson		Male	424	M15-39	252	1:40:30	449
463	310	1:41:49	Bob Rodda		Male	425	M65+	3	1:41:29	489
464	2049	1:41:57	Robert Cross		Male	426	M15-39	253	1:40:23	443
465	1925	1:41:58	Jonathan Dixon		Male	427	M15-39	254	1:40:47	464
466	1463	1:42:01	Jason Clark		Male	428	M15-39	255	1:41:37	493
467	1492	1:42:02	Mike Cumming		Male	429	M15-39	256	1:40:44	461
468	2357	1:42:06	Graham Coleman	WYMONDHAM AC	Male	430	M45-49	57	1:41:56	508
469	1704	1:42:08	Andrew Skiggs		Male	431	M15-39	257	1:40:49	465
470	1709	1:42:12	Jonathan Wiles		Male	432	M15-39	258	1:41:02	475
471	2315	1:42:14	James Hipperson		Male	433	M15-39	259	1:40:46	463
472	1486	1:42:14	Owain Hall		Male	434	M15-39	260	1:40:18	442
473	1066	1:42:16	Clive Purbrook		Male	435	M50-54	30	1:41:09	480
474	984	1:42:16	Charles Napolitano		Male	436	M15-39	261	1:40:43	459
475	2436	1:42:17	Graham Ball		Male	437	M15-39	262	1:41:03	476
476	1703	1:42:17	Andrew Nichols		Male	438	M15-39	263	1:41:39	496
477	2818	1:42:25	Yuk Ting Kwok		Male	439	M15-39	264	1:40:42	458
478	807	1:42:28	Jon Webster	KENDAL AAC	Male	440	M40-44	68	1:42:12	515
479	766	1:42:29	Stephen Croft		Male	441	M15-39	265	1:41:00	473
480	2268	1:42:29	Paul Worster		Male	442	M45-49	58	1:41:38	494
481	510	1:42:31	Henry Woodley		Male	443	M15-39	266	1:40:45	462
482	2725	1:42:31	Jeffrey Adams	WELLINGBOROUGH AND DISTRICT A	Male	444	M50-54	31	1:41:39	497
483	2759	1:42:32	Phillip Bray		Male	445	M15-39	267	1:40:55	468

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
484	2760	1:42:32	Ian Bray		Male	446	M15-39	268	1:40:55	469
485	857	1:42:32	Katie Thrower		Female	39	F15-39	31	1:41:05	478
486	2226	1:42:35	Mark Tufts	WYMONDHAM AC	Male	447	M40-44	69	1:41:15	484
487	1971	1:42:36	Toby Newton		Male	448	M15-39	269	1:40:35	452
488	2047	1:42:37	Thien Nguyen		Male	449	M15-39	270	1:41:31	490
489	1459	1:42:40	David Husband	IPSWICH TRI CLUB	Male	450	M15-39	271	1:41:49	502
490	962	1:42:41	Tim Larke		Male	451	M15-39	272	1:42:18	519
491	1055	1:42:42	Laura Ramsay	BRIGHTON & HOVE CITY AC	Female	40	F15-39	32	1:41:43	499
492	1568	1:42:43	Sean Woodvine		Male	452	M40-44	70	1:41:35	491
493	208	1:42:43	Richard Collyer	COLTISHALL JAGUARS	Male	453	M40-44	71	1:41:39	498
494	1914	1:42:43	David Morrisson		Male	454	M15-39	273	1:41:49	503
495	1586	1:42:44	Stephen Kenworthy		Male	455	M40-44	72	1:41:24	487
496	1787	1:42:44	Matthew Ellis		Male	456	M15-39	274	1:41:49	504
497	748	1:42:45	Aidan Boys		Male	457	M15-39	275	1:41:07	479
498	1226	1:42:47	Craig Speirs		Male	458	M15-39	276	1:41:27	488
499	1873	1:42:48	Adam Pearce		Male	459	M15-39	277	1:41:50	506
500	1823	1:42:49	Jamie Coleman	NORTH NORFOLK BEACH RUNNERS	Male	460	M15-39	278	1:42:23	523
501	1634	1:42:50	Simon Smith		Male	461	M15-39	279	1:42:00	512
502	652	1:42:52	Mark Winfield		Male	462	M40-44	73	1:40:57	470
503	2663	1:42:54	Steve Middleton		Male	463	M15-39	280	1:40:08	436
504	45	1:42:55	Tim Seely		Male	464	M15-39	281	1:41:22	485
505	488	1:42:58	Scott Matless		Male	465	M15-39	282	1:42:40	537
506	904	1:43:00	Giles Branford		Male	466	M15-39	283	1:41:59	511
507	1289	1:43:00	Chris Staines		Male	467	M15-39	284	1:41:48	501
508	167	1:43:01	Huw Billingham	STOWMARKET STRIDERS	Male	468	M40-44	74	1:41:09	481
509	2746	1:43:01	Hugh Williams		Male	469	M15-39	285	1:41:46	500
510	1088	1:43:02	Lindsay Rolerkite	BRAINTREE DISTRICT AC	Female	41	F40-44	6	1:42:38	533
511	2720	1:43:04	Stephen Moore		Male	470	M15-39	286	1:41:56	509
512	544	1:43:06	Michael Raymond		Male	471	M15-39	287	1:42:23	524
513	982	1:43:07	James Doggett		Male	472	M15-39	288	1:41:50	507
514	2434	1:43:08	Adrian Ebbs		Male	473	M45-49	59	1:42:04	513
515	1807	1:43:10	Lucy Collyer		Female	42	F40-44	7	1:41:36	492
516	757	1:43:15	Kevin Gee	NORWICH RR	Male	474	M45-49	60	1:42:21	522
517	2749	1:43:18	Neil Kellett		Male	475	M40-44	75	1:42:14	516
518	1001	1:43:25	Paul Wallace	STOWMARKET STRIDERS	Male	476	M45-49	61	1:42:20	521
519	1438	1:43:26	Lisa Jermey	FENLAND RC	Female	43	F15-39	33	1:42:50	543
520	2671	1:43:28	Michael Barker		Male	477	M15-39	289	1:42:37	532
521	731	1:43:29	Frank Moggan	STOWMARKET STRIDERS	Male	478	M60-64	6	1:42:25	525
522	2389	1:43:30	Greg Allan		Male	479	M15-39	290	1:43:15	562
523	905	1:43:32	Robert Stenton		Male	480	M45-49	62	1:43:07	554
524	2143	1:43:33	Richard Little	LISS RUNNERS	Male	481	M50-54	32	1:41:49	505
525	1668	1:43:36	Lisa Jordan		Female	44	F40-44	8	1:42:42	539
526	829	1:43:37	Tracy Stevens	WYMONDHAM AC	Female	45	F40-44	9	1:43:10	558
527	1963	1:43:37	John Folkes		Male	482	M15-39	291	1:43:08	555
528	2442	1:43:40	Adrian Galvin		Male	483	M40-44	76	1:42:19	520
529	2443	1:43:41	Julian Hayes		Male	484	M40-44	77	1:42:14	517
530	1982	1:43:42	Alexandre Piper		Male	485	M15-39	292	1:42:52	545
531	1958	1:43:43	Edward Clarke		Male	486	M15-39	293	1:42:30	527
532	781	1:43:45	Derek Wignall		Male	487	M45-49	63	1:43:29	567
533	1996	1:43:46	Anthony Gordon-Gray	NORFOLK GAZELLES	Male	488	M60-64	7	1:41:58	510
534	2013	1:43:48	Ian Stolworthy		Male	489	M40-44	78	1:42:31	529
535	2059	1:43:49	Julian Lowe		Male	490	M45-49	64	1:42:45	540
536	1260	1:43:51	Mark Farley		Male	491	M40-44	79	1:42:17	518
537	2209	1:43:51	Catherine Drew		Female	46	F40-44	10	1:42:41	538
538	566	1:43:51	Sarah Bircham		Female	47	F15-39	34	1:42:29	526
539	1968	1:43:52	Gary Ambrose		Male	492	M50-54	33	1:43:04	551
540	2055	1:43:59	Michael Naylor		Male	493	M15-39	294	1:43:00	548
541	2680	1:44:01	Neal Hayes-Bradley		Male	494	M40-44	80	1:42:49	541
542	1637	1:44:04	Jeanie Ward-Waller		Female	48	F15-39	35	1:43:24	565
543	331	1:44:06	Gregoire De Person		Male	495	M15-39	295	1:42:39	536
544	826	1:44:07	Gary Butcher		Male	496	M45-49	65	1:42:38	534
545	1590	1:44:08	Claire Davey	LOWESTOFT RR	Female	49	F15-39	36	1:43:18	563
546	1934	1:44:10	Dom Norrish		Male	497	M15-39	296	1:42:49	542
547	1372	1:44:10	Robert Cooper		Male	498	M15-39	297	1:43:52	581
548	2548	1:44:11	Stuart Clark		Male	499	M15-39	298	1:43:14	560
549	2740	1:44:11	Andrew Ford	UEA TRIATHLON	Male	500	M15-39	299	1:43:08	556
550	2476	1:44:15	Vidya Ravi		Female	50	F15-39	37	1:43:35	569
551	1457	1:44:16	Ian Minty		Male	501	M40-44	81	1:43:24	566
552	2458	1:44:17	Mark Taylor		Male	502	M40-44	82	1:43:39	573



# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
553	713	1:44:20	Stuart Main		Male	503	M15-39	300	1:43:03	550
554	2115	1:44:24	Tom Conway		Male	504	M15-39	301	1:44:00	589
555	2906	1:44:25	Jason Kelf	NORFOLK GAZELLES	Male	505	M40-44	83	1:42:30	528
556	1426	1:44:28	Gavin Bolder		Male	506	M15-39	302	1:44:04	592
557	262	1:44:31	Jon Rowden		Male	507	M40-44	84	1:43:12	559
558	2294	1:44:32	Jonathan Bialick		Male	508	M15-39	303	1:43:06	553
559	2890	1:44:33	Simon Peck	WHITE HORSE TERRIERS	Male	509	M15-39	304	1:42:52	546
560	2278	1:44:33	Francesc Tous		Male	510	M15-39	305	1:43:59	585
561	2358	1:44:33	Anne Millett	NORWICH RR	Female	51	F50-54	2	1:43:39	574
562	2966	1:44:36	Mark Bowers		Male	511	M15-39	306	1:41:38	495
563	2546	1:44:37	Kevin Woodcock	WERRINGTON JOGGERS	Male	512	M45-49	66	1:44:28	603
564	1791	1:44:38	Terry Braverman	HAVERHILL RC	Male	513	M65+	4	1:44:04	593
565	2297	1:44:41	Phil Rowland	NORTH NORFOLK BEACH RUNNERS	Male	514	M15-39	307	1:43:40	575
566	1612	1:44:42	Jo Stephenson	STOWMARKET STRIDERS	Female	52	F40-44	11	1:43:38	571
567	2081	1:44:43	Kevin Howard		Male	515	M45-49	67	1:44:24	601
568	38	1:44:44	Adam Craske		Male	516	M15-39	308	1:44:08	596
569	487	1:44:47	Jon Ward		Male	517	M15-39	309	1:43:01	549
570	2309	1:44:51	Paul Gardner		Male	518	M15-39	310	1:43:43	577
571	851	1:44:53	Andrew Taylor		Male	519	M40-44	85	1:43:38	572
572	2102	1:44:54	David Waterman	BUNGAY BLACK DOG	Male	520	M45-49	68	1:44:34	606
573	1784	1:44:57	Mike Hooper		Male	521	M15-39	311	1:44:12	598
574	1992	1:44:58	Peter Scott		Male	522	M45-49	69	1:43:42	576
575	1158	1:44:58	James Mccraith		Male	523	M15-39	312	1:44:55	624
576	1751	1:45:01	Helen Widdowson	STILTON STRIDERS	Female	53	F15-39	38	1:43:30	568
577	2523	1:45:02	Sunil Aggarwal		Male	524	M15-39	313	1:42:56	547
578	1537	1:45:02	Anne Swift		Female	54	F40-44	12	1:43:37	570
579	2880	1:45:03	Paul Taverner	THETFORD AC	Male	525	M45-49	70	1:44:43	616
580	2085	1:45:04	Dale Cooper	WYMONDHAM AC	Male	526	M50-54	34	1:43:57	583
581	1951	1:45:06	Chris Haycock		Male	527	M40-44	86	1:43:55	582
582	932	1:45:06	James Edgoose		Male	528	M45-49	71	1:44:07	595
583	2873	1:45:12	Michael Van Ree		Male	529	M15-39	314	1:45:05	636
584	1745	1:45:12	Chris Murphy		Male	530	M15-39	315	1:42:35	530
585	778	1:45:14	Gary Matthews	IPSWICH TRI CLUB	Male	531	M45-49	72	1:44:46	617
586	2109	1:45:15	David Turner		Male	532	M15-39	316	1:44:35	607
587	478	1:45:19	Horace Shuriah	HAVERHILL RC	Male	533	M40-44	87	1:44:13	599
588	890	1:45:19	Tom Lackey		Male	534	M15-39	317	1:43:04	552
589	2165	1:45:21	Marcel Braat	LOWESTOFT RR	Male	535	M40-44	88	1:43:45	578
590	1916	1:45:22	Geoff Hayward	NORTH NORFOLK BEACH RUNNERS	Male	536	M65+	5	1:45:09	640
591	1868	1:45:25	Iain Murrell		Male	537	M15-39	318	1:44:05	594
592	1159	1:45:26	Cliff Lear	THETFORD AC	Male	538	M40-44	89	1:45:02	632
593	2035	1:45:27	Mark Harmer		Male	539	M15-39	319	1:44:02	590
594	2227	1:45:30	Gareth Hardy		Male	540	M15-39	320	1:45:04	633
595	2468	1:45:31	Jerry Fuller		Male	541	M15-39	321	1:44:02	591
596	2030	1:45:33	Jane Yardy		Female	55	F50-54	3	1:44:33	605
597	393	1:45:33	Mark Grubb		Male	542	M15-39	322	1:44:42	615
598	394	1:45:34	Stephen Sadd		Male	543	M50-54	35	1:44:41	611
599	2944	1:45:35	Paul White		Male	544	M45-49	73	1:44:25	602
600	1155	1:45:35	Daniel Perry		Male	545	M15-39	323	1:43:59	586
601	1081	1:45:35	Jane Holmes	FENLAND RC	Female	56	F15-39	39	1:44:59	627
602	441	1:45:35	Hayley Wilson	NEWBURY AC	Female	57	F15-39	40	1:44:41	612
603	1393	1:45:36	Rowan Baker	HEATHFIELD RR	Male	546	M15-39	324	1:42:35	531
604	797	1:45:41	Tim Gasser		Male	547	M15-39	325	1:43:59	587
605	1271	1:45:43	John Clarke		Male	548	M40-44	90	1:43:57	584
606	2345	1:45:44	Susannah Rush	NEWMARKET JOGGERS	Female	58	F40-44	13	1:44:41	613
607	2544	1:45:44	Arron Bolton		Male	549	M15-39	326	1:43:14	561
608	1051	1:45:45	Kathy Brady		Female	59	F15-39	41	1:45:17	645
609	2964	1:45:46	Marc Hill		Male	550	M15-39	327	1:44:10	597
610	1424	1:45:47	Andrew Smith	RAF HONINGTON	Male	551	M45-49	74	1:45:27	656
611	1574	1:45:48	Katie Rellis		Female	60	F15-39	42	1:44:31	604
612	1015	1:45:50	Michael Johnson	NORWICH RR	Male	552	M40-44	91	1:45:09	641
613	1860	1:45:51	Sally Middleton	NORTH NORFOLK BEACH RUNNERS	Female	61	F15-39	43	1:44:50	621
614	2480	1:45:51	Mark Goodwin		Male	553	M15-39	328	1:45:22	649
615	1780	1:45:52	Neil Moulton		Male	554	M15-39	329	1:45:20	646
616	378	1:45:54	John O'Halloran		Male	555	M15-39	330	1:44:38	609
617	2025	1:45:55	Martin Bagnall	COLTISHALL JAGUARS	Male	556	M45-49	75	1:44:46	618
618	1306	1:45:55	Jeremy Lawrence	COLTISHALL JAGUARS	Male	557	M50-54	36	1:44:46	619
619	398	1:45:56	Richard Brooks		Male	558	M15-39	331	1:44:53	623
620	1522	1:45:57	Patrick Goffin		Male	559	M15-39	332	1:44:46	620
621	1907	1:45:59	Stacy Tovell		Male	560	M15-39	333	1:41:23	486

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
622	1769	1:46:01	Gary Wright		Male	561	M40-44	92	1:43:59	588
623	2483	1:46:02	Sue Cooke	CITY OF NORWICH AC	Female	62	F45-49	3	1:44:40	610
624	2615	1:46:06	Jonathan Cordle		Male	562	M45-49	76	1:44:13	600
625	2065	1:46:10	Marc Coles		Male	563	M15-39	334	1:45:51	676
626	2707	1:46:10	Martin Gooderham		Male	564	M15-39	335	1:43:47	579
627	164	1:46:12	Luke Roberts		Male	565	M15-39	336	1:45:47	672
628	2113	1:46:12	Robert Conway		Male	566	M50-54	37	1:45:07	638
629	2607	1:46:18	David Houghton		Male	567	M15-39	337	1:46:03	683
630	602	1:46:18	Richard High	NORWICH RR	Male	568	M15-39	338	1:45:01	630
631	1034	1:46:20	John Ferguson		Male	569	M40-44	93	1:45:00	629
632	1238	1:46:24	Simon Brighten		Male	570	M15-39	339	1:44:59	628
633	693	1:46:24	Richard Lines		Male	571	M15-39	340	1:45:04	634
634	2579	1:46:24	Christopher Jenkins	TRI-ANGLIA	Male	572	M15-39	341	1:45:16	644
635	2563	1:46:25	Barry Wright		Male	573	M15-39	342	1:44:52	622
636	1547	1:46:26	Mark Philpot		Male	574	M15-39	343	1:45:26	653
637	2739	1:46:28	Oliver Downes		Male	575	M15-39	344	1:45:56	680
638	1435	1:46:28	Susan Jane Nolan		Female	63	F40-44	14	1:45:30	659
639	2766	1:46:29	Stuart Ayton		Male	576	M15-39	345	1:45:01	631
640	2836	1:46:32	Henry Horwood		Male	577	M15-39	346	1:45:29	658
641	2104	1:46:32	Elizabeth Fairs		Female	64	F15-39	44	1:45:14	643
642	1341	1:46:33	Paul Trett		Male	578	M15-39	347	1:45:04	635
643	37	1:46:34	Richard Davis		Male	579	M15-39	348	1:46:05	685
644	51	1:46:35	Sean Renahan	THE STRAGGLERS	Male	580	M40-44	94	1:45:20	647
645	2529	1:46:37	Roger Budds	NORWICH RR	Male	581	M60-64	8	1:45:49	674
646	1136	1:46:39	Nigel Gilham	BUNGAY BLACK DOG	Male	582	M55-59	14	1:46:18	694
647	2490	1:46:42	Sarah Yeates		Female	65	F15-39	45	1:45:08	639
648	1467	1:46:42	Jason Walker		Male	583	M15-39	349	1:43:49	580
649	698	1:46:43	Claire Mccormick		Female	66	F40-44	15	1:45:11	642
650	2706	1:46:44	Sarah Grabowski	BENFLEET RC	Female	67	F15-39	46	1:45:32	661
651	2588	1:46:44	Neil Crisp	HADLEIGH HARES AC	Male	584	M15-39	350	1:45:51	677
652	490	1:46:45	Robert Porter		Male	585	M15-39	351	1:45:28	657
653	1441	1:46:46	Wayne Hazell	WITHAM RC	Male	586	M45-49	77	1:46:33	703
654	1376	1:46:46	Sam Ashford-Thomas		Female	68	F15-39	47	1:42:38	535
655	2678	1:46:47	Caroline Rose		Female	69	F50-54	4	1:45:24	651
656	1623	1:46:47	William Thrower		Male	587	M15-39	352	1:44:57	625
657	2902	1:46:49	Patrick Friel		Male	588	M40-44	95	1:45:20	648
658	768	1:46:53	Shaun Parkinson		Male	589	M15-39	353	1:46:02	681
659	1897	1:46:53	Gavin Thouless	NORWICH RR	Male	590	M40-44	96	1:46:12	688
660	912	1:46:54	Susan Snelling		Female	70	F15-39	48	1:45:24	652
661	1440	1:46:54	Kevin Miles	KINGSTON STRAGGLERS	Male	591	M15-39	354	1:45:39	665
662	2464	1:46:55	David Hawkins		Male	592	M15-39	355	1:42:07	514
663	877	1:46:56	Josh Lackey		Male	593	M15-39	356	1:44:41	614
664	914	1:46:56	Hayley Page		Female	71	F15-39	49	1:45:26	654
665	2233	1:46:58	Mark Weldon	WYMONDHAM AC	Male	594	M45-49	78	1:45:44	669
666	1261	1:46:59	Nic Oughton	GREAT WESTERN RUNNERS	Male	595	M40-44	97	1:45:49	675
667	1781	1:47:01	Kevin Bradley	STOWMARKET STRIDERS	Male	596	M45-49	79	1:46:38	706
668	1076	1:47:02	Paul Sampson		Male	597	M45-49	80	1:45:30	660
669	2625	1:47:02	Alan Lucas	ABERGELE HARRIERS	Male	598	M65+	6	1:46:54	716
670	692	1:47:04	Paul Read	THETFORD AC	Male	599	M40-44	98	1:45:26	655
671	941	1:47:04	Deb Self		Female	72	F40-44	16	1:46:12	689
672	2253	1:47:09	Shane Herbert		Male	600	M15-39	357	1:46:30	702
673	1721	1:47:11	Matthew Hill	NORWICH RR	Male	601	M15-39	358	1:45:38	664
674	2334	1:47:18	Matt Ellis	LOWESTOFT RR	Male	602	M15-39	359	1:45:41	666
675	336	1:47:24	Simon Parsons		Male	603	M15-39	360	1:42:50	544
676	2239	1:47:26	Emma Stevens		Female	73	F15-39	50	1:46:08	686
677	2457	1:47:26	Stuart Gandy	NORWICH RR	Male	604	M15-39	361	1:46:13	690
678	1650	1:47:28	Craig Dearden		Male	605	M40-44	99	1:46:21	695
679	1482	1:47:32	Mark Bagley	WYMONDHAM AC	Male	606	M15-39	362	1:45:37	663
680	1553	1:47:33	Paul Marshall		Male	607	M15-39	363	1:45:46	671
681	1276	1:47:33	Nick Smith		Male	608	M15-39	364	1:46:15	692
682	96	1:47:36	David Webb		Male	609	M45-49	81	1:45:53	678
683	2656	1:47:37	Jo Burtonshaw	BENFLEET RC	Female	74	F40-44	17	1:46:25	696
684	246	1:47:39	Tony Heath	NORTH NORFOLK BEACH RUNNERS	Male	610	M60-64	9	1:46:46	710
685	1346	1:47:39	Sarah Bradley	NORWICH RR	Female	75	F45-49	4	1:46:44	708
686	1672	1:47:39	Antony Money	NORFOLK TRI CLUB	Male	611	M15-39	365	1:47:07	725
687	2178	1:47:39	Robert Haylett		Male	612	M15-39	366	1:45:22	650
688	1984	1:47:43	Matthew Sutton	GREAT YARMOUTH RR	Male	613	M15-39	367	1:47:33	746
689	74	1:47:44	Kevin Raisborough		Male	614	M40-44	100	1:44:36	608
690	2001	1:47:46	Chris Hill		Male	615	M15-39	368	1:46:53	714

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
691	704	1:47:50	Mark Watkinson		Male	616	M15-39	369	1:46:26	697
692	2627	1:47:50	Darrell Glover		Male	617	M45-49	82	1:46:02	682
693	1778	1:47:50	Pete Whaley	TRI-ANGLIA	Male	618	M15-39	370	1:46:14	691
694	1950	1:47:51	Paul Rudin		Male	619	M40-44	101	1:47:44	754
695	2789	1:47:53	Heather Storey		Female	76	F15-39	51	1:46:50	713
696	2905	1:47:53	Rebecca Sankey	TRI-ANGLIA	Female	77	F15-39	52	1:44:58	626
697	910	1:47:53	Victoria Tolchard		Female	78	F15-39	53	1:47:16	732
698	1454	1:47:53	James Groves		Male	620	M15-39	371	1:45:42	667
699	2361	1:47:55	Simon Blackmore		Male	621	M40-44	102	1:47:28	742
700	634	1:47:56	Tim Long	CAMBRIDGE & COLERIDGE AC	Male	622	M50-54	38	1:47:28	743
701	2105	1:47:56	Thomas Weeks		Male	623	M15-39	372	1:45:33	662
702	2589	1:47:56	Colin Hewes	UKNETRUNNER.CO.UK	Male	624	M55-59	15	1:46:26	698
703	2943	1:47:57	Joe Richer	NEWMARKET CYCLING & TRIATHLON	Male	625	M15-39	373	1:45:55	679
704	2182	1:47:58	Chris Bartley		Male	626	M15-39	374	1:43:09	557
705	954	1:48:00	Steven Wilson		Male	627	M45-49	83	1:46:03	684
706	2192	1:48:01	Lawrence Bucknell		Male	628	M15-39	375	1:46:54	717
707	1598	1:48:02	Sian Barker	HAVERHILL RC	Female	79	F15-39	54	1:47:05	721
708	1303	1:48:04	Stephen Elliott		Male	629	M15-39	376	1:46:36	705
709	2286	1:48:11	Gareth Walker	ENGLAND ATHLETICS	Male	630	M15-39	377	1:46:48	711
710	143	1:48:16	Chris Cox		Male	631	M55-59	16	1:47:34	748
711	2907	1:48:16	Neil Toll		Male	632	M15-39	378	1:47:19	735
712	335	1:48:19	Antony Mayers		Male	633	M15-39	379	1:47:53	761
713	1762	1:48:22	Chris Brooks		Male	634	M15-39	380	1:46:15	693
714	2166	1:48:25	Viraf Captain		Male	635	M45-49	84	1:46:27	699
715	2456	1:48:25	James Bell		Male	636	M40-44	103	1:46:08	687
716	120	1:48:26	Bobbie Sauerzapf	BUNGAY BLACK DOG	Female	80	F50-54	5	1:46:28	700
717	2077	1:48:27	Dimitri Billaud		Male	637	M15-39	381	1:45:05	637
718	1445	1:48:33	Tony Tyler	THETFORD AC	Male	638	M45-49	85	1:48:11	779
719	2747	1:48:33	John Kerrison		Male	639	M45-49	86	1:47:08	726
720	1851	1:48:35	Mark Ward		Male	640	M15-39	382	1:47:18	734
721	1374	1:48:37	Christine Thorne	NORTH NORFOLK BEACH RUNNERS	Female	81	F55-59	1	1:47:44	755
722	2626	1:48:38	Michael Smith	WYMONDHAM AC	Male	641	M60-64	10	1:47:58	766
723	1391	1:48:38	Andrew Cable	GREAT BENTLEY RC	Male	642	M45-49	87	1:47:29	744
724	81	1:48:41	Thompson Robinson		Male	643	M45-49	88	1:47:41	750
725	1835	1:48:41	Michael Franks		Male	644	M50-54	39	1:46:44	709
726	2445	1:48:44	Fergus Stirling		Female	82	F50-54	6	1:47:24	738
727	2661	1:48:45	Michael Watkins		Male	645	M15-39	383	1:45:44	670
728	1702	1:48:45	Roland Bewick		Male	646	M50-54	40	1:47:05	722
729	2246	1:48:47	Rosanna Dollman		Female	83	F15-39	55	1:47:15	731
730	2036	1:48:47	James Stanbrook		Male	647	M40-44	104	1:46:53	715
731	409	1:48:49	Carol Fisher	DUDLEY KINGSWINFORD RC	Female	84	F50-54	7	1:47:09	728
732	2335	1:48:50	Riccy Sidoli		Male	648	M40-44	105	1:47:41	751
733	1872	1:48:56	Bryan Cooper		Male	649	M50-54	41	1:48:14	783
734	2207	1:48:58	Jon Cleary		Male	650	M15-39	384	1:46:35	704
735	948	1:48:58	Simon Tinsley	TONBRIDGE AC	Male	651	M15-39	385	1:47:08	727
736	1364	1:48:58	Mel Clark		Male	652	M50-54	42	1:48:24	788
737	2149	1:49:01	Andrew Hills	LISS RUNNERS	Male	653	M45-49	89	1:47:17	733
738	2477	1:49:01	Steven Plumb		Male	654	M40-44	106	1:48:26	790
739	2878	1:49:03	Joseph Easton		Male	655	M15-39	386	1:47:41	752
740	2576	1:49:07	Darren Powell	NORWICH RR	Male	656	M40-44	107	1:47:45	756
741	828	1:49:07	Ashley Cairns		Male	657	M15-39	387	1:47:54	763
742	1510	1:49:09	Tim Caton		Male	658	M15-39	388	1:48:12	781
743	2590	1:49:09	Michael Moore		Male	659	M15-39	389	1:48:00	771
744	1624	1:49:09	Thomas Finch		Male	660	M15-39	390	1:47:23	737
745	840	1:49:10	Gary Cooper		Male	661	M40-44	108	1:48:12	782
746	2657	1:49:11	Roger Hobson	WOODBIDGE SHUFFLERS	Male	662	M60-64	11	1:48:11	780
747	1529	1:49:12	Jane Hannah		Female	85	F15-39	56	1:47:47	758
748	1423	1:49:15	Maxwell Scott		Male	663	M15-39	391	1:47:05	723
749	2585	1:49:16	Stephanie Beauvais		Female	86	F15-39	57	1:47:06	724
750	347	1:49:17	Nicholas Tuck		Male	664	M45-49	90	1:48:24	789
751	1233	1:49:18	Kim Chatten		Female	87	F45-49	5	1:48:06	774
752	2406	1:49:19	Patrick Collins	BROMLEY VETS	Male	665	M65+	7	1:48:32	794
753	1163	1:49:19	Andy Payne	RAF ODIHAM	Male	666	M40-44	109	1:48:32	795
754	1871	1:49:20	Gary Levey	WITHAM RC	Male	667	M40-44	110	1:49:07	827
755	2578	1:49:22	David Hollis	NORWICH RR	Male	668	M50-54	43	1:48:33	796
756	1265	1:49:23	Julien Nelson		Male	669	M40-44	111	1:47:27	740
757	1819	1:49:27	Mark Burrell		Male	670	M45-49	91	1:48:21	786
758	325	1:49:29	Wayne Smith		Male	671	M40-44	112	1:47:53	762
759	2528	1:49:30	Andrew Berry		Male	672	M15-39	392	1:46:48	712

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
760	260	1:49:31	Stewart Robins		Male	673	M40-44	113	1:46:59	719
761	311	1:49:32	Neil Harris		Male	674	M15-39	393	1:47:49	760
762	2775	1:49:32	Rob Tenner		Male	675	M40-44	114	1:46:56	718
763	1468	1:49:32	Stuart Bailey		Male	676	M40-44	115	1:47:41	753
764	429	1:49:34	Graeme Walker		Male	677	M15-39	394	1:48:39	802
765	1718	1:49:36	Andrew Wallis		Male	678	M15-39	395	1:47:59	769
766	1211	1:49:40	Ian Crutchley	WYMONDHAM AC	Male	679	M40-44	116	1:47:58	767
767	1491	1:49:41	Miles Griffies		Male	680	M15-39	396	1:48:33	797
768	1620	1:49:43	Matthew Houchen		Male	681	M15-39	397	1:46:29	701
769	618	1:49:45	Colin Fish		Male	682	M45-49	92	1:47:47	759
770	1011	1:49:46	Will Harvey		Male	683	M15-39	398	1:47:04	720
771	1407	1:49:47	Emily Neilan		Female	88	F15-39	58	1:48:06	775
772	2356	1:49:48	Nathan Burton		Male	684	M15-39	399	1:47:33	747
773	2868	1:49:48	Mike Wright	EYE COMMUNITY RUNNERS	Male	685	M40-44	117	1:48:57	814
774	264	1:49:49	David Hook		Male	686	M15-39	400	1:48:29	793
775	1462	1:49:50	Andrew King		Male	687	M15-39	401	1:47:59	770
776	665	1:49:51	Simon Green	IPSWICH TRI CLUB	Male	688	M50-54	44	1:48:05	773
777	2140	1:49:52	Steve Plunkett	DEREHAM RUNNERS AC	Male	689	M45-49	93	1:48:58	816
778	2452	1:49:53	Beres Ward	CITY OF NORWICH AC	Female	89	F50-54	8	1:47:27	741
779	1249	1:49:53	Robert Mcpherson		Male	690	M45-49	94	1:48:37	800
780	348	1:49:54	Chris Harrison		Male	691	M15-39	402	1:48:26	791
781	1151	1:49:55	John Tracey		Male	692	M40-44	118	1:48:21	787
782	2174	1:49:57	Adam Knights		Male	693	M15-39	403	1:47:19	736
783	1164	1:49:58	Jo Payne	RAF ODIHAM	Female	90	F40-44	18	1:49:11	829
784	2048	1:49:58	Ian Woods	NORFOLK GAZELLES	Male	694	M50-54	45	1:47:56	764
785	2039	1:50:01	Emily Hannant	COLTISHALL JAGUARS	Female	91	F15-39	59	1:49:32	844
786	2903	1:50:03	Elsie Louw		Female	92	F15-39	60	1:48:33	798
787	811	1:50:04	Amanda Grey		Female	93	F15-39	61	1:48:44	806
788	1816	1:50:08	Marta Walkowiak		Female	94	F15-39	62	1:47:56	765
789	2839	1:50:09	Gareth Stevens		Male	695	M15-39	404	1:45:42	668
790	1340	1:50:10	Paul Dack		Male	696	M45-49	95	1:49:36	846
791	564	1:50:10	Dean Phillips	WYMONDHAM AC	Male	697	M40-44	119	1:48:50	809
792	892	1:50:10	Mike Mcdonnell		Male	698	M55-59	17	1:49:06	826
793	1221	1:50:11	Tim Livermore		Male	699	M15-39	405	1:48:59	817
794	827	1:50:12	Peter Dilnot		Male	700	M40-44	120	1:49:53	862
795	236	1:50:12	Anna Ball		Female	95	F15-39	63	1:48:46	807
796	2016	1:50:15	Paul Wickens		Male	701	M15-39	406	1:49:43	851
797	2779	1:50:16	Ian Galloway		Male	702	M15-39	407	1:48:07	776
798	885	1:50:23	Kitty Shiner		Female	96	F15-39	64	1:49:24	840
799	2094	1:50:23	Guy Sheppard	NORTH NORFOLK BEACH RUNNERS	Male	703	M50-54	46	1:49:21	837
800	2846	1:50:23	Tom Freestone		Male	704	M15-39	408	1:49:24	841
801	1147	1:50:25	Steven Fay		Male	705	M15-39	409	1:49:42	850
802	2929	1:50:25	Joy Vyas		Male	706	M15-39	410	1:47:11	729
803	326	1:50:26	Michael Crust	KENILWORTH RUNNERS	Male	707	M55-59	18	1:48:57	815
804	2763	1:50:26	Richard Deswarte		Male	708	M40-44	121	1:49:54	864
805	673	1:50:27	Frances Rayner		Female	97	F40-44	19	1:49:23	839
806	1172	1:50:31	Martin Sherlock		Male	709	M15-39	411	1:48:28	792
807	320	1:50:31	James Francis		Male	710	M15-39	412	1:48:19	785
808	1892	1:50:31	Kevin Powles	NORWICH RR	Male	711	M40-44	122	1:49:53	863
809	1604	1:50:33	Nicholas Keable	GREAT YARMOUTH RR	Male	712	M15-39	413	1:48:37	801
810	1712	1:50:39	Amanda Hards		Female	98	F40-44	20	1:49:38	849
811	2110	1:50:40	Zoe Andrews		Female	99	F15-39	65	1:49:17	832
812	2107	1:50:40	Andrew Dawson		Male	713	M15-39	414	1:49:17	833
813	2044	1:50:41	Charlotte Pike		Female	100	F45-49	6	1:49:01	821
814	2395	1:50:43	Edward Wood		Male	714	M15-39	415	1:49:04	823
815	2977	1:50:43	Christopher Puttock		Male	715	M15-39	416	1:48:01	772
816	1758	1:50:44	Daniel Sutliff		Male	716	M15-39	417	1:47:37	749
817	574	1:50:46	Stuart Wasey		Male	717	M15-39	418	1:49:24	842
818	1681	1:50:46	Richard Tyrrell		Male	718	M15-39	419	1:49:50	857
819	2916	1:50:47	Oliver Westmancott		Male	719	M15-39	420	1:48:50	810
820	2214	1:50:50	Nigel Hart		Male	720	M45-49	96	1:49:02	822
821	1754	1:50:51	Julian Smith		Male	721	M40-44	123	1:49:12	831
822	672	1:50:52	Christina Walker	NORTH NORFOLK BEACH RUNNERS	Female	101	F15-39	66	1:49:19	836
823	2694	1:50:53	Robin Evans		Male	722	M15-39	421	1:49:48	856
824	2346	1:50:54	Ellery Powell		Male	723	M15-39	422	1:47:46	757
825	893	1:50:55	Mark Crack		Male	724	M45-49	97	1:48:53	812
826	1375	1:50:56	Andrew Stroud		Male	725	M40-44	124	1:48:56	813
827	2896	1:50:56	Race Number 2896		Male	726	M15-39	423	1:50:38	887
828	860	1:50:57	Michael Timm		Male	727	M15-39	424	1:45:48	673

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
829	135	1:50:58	Jonathan Cole		Male	728	M15-39	425	1:48:42	805
830	1291	1:51:00	Graham Clutten		Male	729	M15-39	426	1:50:00	865
831	27	1:51:01	Claire Jenner		Female	102	F15-39	67	1:49:45	854
832	2803	1:51:01	Nicholas Caudillo		Male	730	M15-39	427	1:47:12	730
833	494	1:51:02	Richard Huggins		Male	731	M15-39	428	1:49:18	835
834	2581	1:51:03	Gareth Thomson		Male	732	M15-39	429	1:50:25	878
835	1955	1:51:05	Paul Robinson	REEPHAM RUNNERS	Male	733	M40-44	125	1:50:30	881
836	2543	1:51:06	James Belcher		Male	734	M15-39	430	1:48:33	799
837	256	1:51:09	Sean Reeve		Male	735	M40-44	126	1:50:20	875
838	1348	1:51:11	Niamh Mc Grane		Female	103	F15-39	68	1:49:17	834
839	1125	1:51:11	Karyn Bray		Female	104	F40-44	21	1:49:50	858
840	2545	1:51:12	Marc Over	WERRINGTON JOGGERS	Male	736	M15-39	431	1:51:03	907
841	1701	1:51:13	Graham Mills		Male	737	M40-44	127	1:50:04	869
842	1933	1:51:13	Mark Smith		Male	738	M15-39	432	1:49:11	830
843	2163	1:51:14	James Daynes		Male	739	M15-39	433	1:49:00	820
844	1074	1:51:17	Andrew Hollingworth		Male	740	M15-39	434	1:47:26	739
845	133	1:51:18	Sarah Jay	COLTISHALL JAGUARS	Female	105	F40-44	22	1:50:49	901
846	1550	1:51:21	Giuseppe Ciarla		Male	741	M40-44	128	1:48:59	818
847	2272	1:51:21	Paul West		Male	742	M40-44	129	1:50:12	871
848	1250	1:51:23	Phil Bruce		Male	743	M15-39	435	1:47:32	745
849	647	1:51:24	David Cornell-Codling		Male	744	M40-44	130	1:49:52	860
850	1141	1:51:26	Tom Sleight		Male	745	M15-39	436	1:48:39	803
851	1899	1:51:27	Trevor Horrex	NORWICH RR	Male	746	M45-49	98	1:50:38	888
852	1481	1:51:27	David Barclay	NORFOLK GAZELLES	Male	747	M45-49	99	1:49:32	845
853	1215	1:51:30	Sue Mold	WITHAM RC	Female	106	F40-44	23	1:51:17	919
854	248	1:51:32	Maria Greaves		Female	107	F15-39	69	1:50:06	870
855	2169	1:51:33	Martin Roper	NORWICH RR	Male	748	M50-54	47	1:51:06	909
856	1629	1:51:34	Mark Evans		Male	749	M40-44	131	1:50:49	902
857	1387	1:51:35	Jack Broome		Male	750	M15-39	437	1:49:51	859
858	2690	1:51:40	David Egerton		Male	751	M40-44	132	1:48:59	819
859	1837	1:51:40	Don Waring		Male	752	M40-44	133	1:49:43	852
860	1626	1:51:43	Neil Tosdevin		Male	753	M40-44	134	1:49:47	855
861	2252	1:51:44	Guy David Shearwood		Male	754	M50-54	48	1:49:05	825
862	2255	1:51:44	Luke Brzeczek		Male	755	M15-39	438	1:49:04	824
863	2970	1:51:45	Simon Harrison		Male	756	M15-39	439	1:48:17	784
864	1959	1:51:49	Mark Timm		Male	757	M15-39	440	1:46:40	707
865	612	1:51:49	Geoff Walker		Male	758	M40-44	135	1:50:00	866
866	1245	1:51:50	Elizabeth Daly		Female	108	F15-39	70	1:47:58	768
867	266	1:51:52	Nick Thorpe		Male	759	M15-39	441	1:50:32	884
868	263	1:51:56	Stefan Rider	NORWICH RR	Male	760	M15-39	442	1:48:09	778
869	1699	1:51:57	Michael Lewis		Male	761	M45-49	100	1:50:03	868
870	2507	1:51:58	Eddy Hare		Male	762	M15-39	443	1:50:43	892
871	1439	1:51:59	Arnaud Guittat		Male	763	M15-39	444	1:48:07	777
872	1272	1:52:00	Orla Jupp	DEREHAM RUNNERS AC	Female	109	F15-39	71	1:51:07	911
873	1089	1:52:02	Adam Cullingham		Male	764	M15-39	445	1:49:22	838
874	1748	1:52:04	Neil Murfitt	HALSTEAD RR	Male	765	M50-54	49	1:50:46	896
875	237	1:52:04	Alex Gaunt		Male	766	M40-44	136	1:50:17	873
876	2638	1:52:05	Shaun Lowthorpe		Male	767	M15-39	446	1:49:10	828
877	2842	1:52:07	Andrew Shorthose		Male	768	M15-39	447	1:50:12	872
878	1282	1:52:08	Mike Brown		Male	769	M15-39	448	1:51:22	924
879	2954	1:52:08	Eldre Beukes		Female	110	F15-39	72	1:50:38	889
880	1232	1:52:10	Rick Page		Male	770	M45-49	101	1:50:48	900
881	1663	1:52:11	Colin Murfitt		Male	771	M50-54	50	1:51:02	906
882	1848	1:52:13	Nick Dean		Male	772	M40-44	137	1:50:31	882
883	2813	1:52:16	Christine Faulkner		Female	111	F15-39	73	1:49:30	843
884	2471	1:52:17	Ross Campbell	TRI-ANGLIA	Male	773	M50-54	51	1:50:59	904
885	1086	1:52:17	Tony Pick	TRI-ANGLIA	Male	774	M40-44	138	1:50:47	898
886	1069	1:52:17	Timothy Reed		Male	775	M50-54	52	1:50:46	897
887	1083	1:52:17	Dominic Kilburn	TRI-ANGLIA	Male	776	M40-44	139	1:50:47	899
888	1744	1:52:20	Paul Collins		Male	777	M40-44	140	1:50:01	867
889	1255	1:52:21	Harry Smith	STOWMARKET STRIDERS	Male	778	M40-44	141	1:51:37	935
890	2116	1:52:23	Matthew Conway		Male	779	M15-39	449	1:51:17	920
891	859	1:52:24	Melanie Carpenter		Female	112	F15-39	74	1:50:19	874
892	1436	1:52:25	Lucy Butler		Female	113	F15-39	75	1:49:52	861
893	1521	1:52:27	John Thorne		Male	780	M15-39	450	1:50:45	894
894	2208	1:52:27	Jon Holland	NORWICH RR	Male	781	M15-39	451	1:50:22	876
895	1489	1:52:28	Neil Clark	NORWICH RR	Male	782	M15-39	452	1:51:48	945
896	2284	1:52:31	Scott Chadwick		Male	783	M15-39	453	1:51:31	931
897	2841	1:52:33	Kate Stevenson		Female	114	F15-39	76	1:51:18	922

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
898	2840	1:52:33	Daniel Poulter		Male	784	M40-44	142	1:51:18	923
899	1408	1:52:35	Laura Mahony	CITY OF NORWICH AC	Female	115	F15-39	77	1:50:41	891
900	1133	1:52:37	Paul Beckett		Male	785	M40-44	143	1:48:40	804
901	1965	1:52:39	Stephen Poundall		Male	786	M15-39	454	1:51:46	942
902	2216	1:52:40	William Anderson		Male	787	M40-44	144	1:50:45	895
903	1893	1:52:42	Adam Heath		Male	788	M15-39	455	1:52:03	962
904	1548	1:52:42	James Clarke		Male	789	M15-39	456	1:52:03	963
905	470	1:52:46	Scott Newstead		Male	790	M15-39	457	1:49:43	853
906	798	1:52:46	Patrick Davies		Male	791	M45-49	102	1:50:58	903
907	2155	1:52:49	Peter Wapshott		Male	792	M60-64	12	1:51:09	915
908	2133	1:52:51	Richard Mclellan	UEA TRIATHLON	Male	793	M15-39	458	1:50:40	890
909	1841	1:52:52	Emma Fisher		Female	116	F15-39	78	1:50:59	905
910	701	1:52:54	Matt Rowland		Male	794	M15-39	459	1:51:28	929
911	1923	1:52:55	Jason Marsh		Male	795	M15-39	460	1:52:00	955
912	97	1:52:57	Nicholas Carpenter		Male	796	M60-64	13	1:51:35	933
913	2637	1:52:58	Sally Withey	CITY OF NORWICH AC	Female	117	F40-44	24	1:50:33	885
914	2419	1:52:58	Duncan Cardwell		Male	797	M15-39	461	1:51:44	940
915	1367	1:52:59	Daniel Nolan		Male	798	M40-44	145	1:51:17	921
916	2509	1:53:00	Stephen Bullen		Male	799	M40-44	146	1:51:07	912
917	2650	1:53:05	Rebecca Horne	TRI-ANGLIA	Female	118	F15-39	79	1:51:04	908
918	1377	1:53:08	Daniel Hughes		Male	800	M15-39	462	1:51:41	939
919	1314	1:53:09	Andrew Hart		Male	801	M45-49	103	1:51:15	916
920	285	1:53:09	Julia Hetherton		Female	119	F15-39	80	1:52:11	969
921	1021	1:53:11	Phil Payne		Male	802	M40-44	147	1:50:25	879
922	2220	1:53:12	Rachel Fiddy	NORWICH RR	Female	120	F15-39	81	1:50:44	893
923	1243	1:53:13	Justin Wormald		Male	803	M15-39	463	1:51:16	917
924	2919	1:53:13	Peter Morris		Male	804	M15-39	464	1:51:16	918
925	76	1:53:15	Robert Priddle		Male	805	M15-39	465	1:52:18	976
926	504	1:53:15	Paul Nicholson		Male	806	M50-54	53	1:52:26	982
927	1222	1:53:16	Yvonne Astley	NORWICH RR	Female	121	F40-44	25	1:52:50	1001
928	2566	1:53:18	Francesco Elia		Male	807	M40-44	148	1:51:06	910
929	153	1:53:18	Robin Forrest		Male	808	M45-49	104	1:51:22	925
930	450	1:53:19	Adam Neale		Male	809	M15-39	466	1:52:10	965
931	931	1:53:20	Joshua Vale		Male	810	M15-39	467	1:50:23	877
932	2613	1:53:23	Stephen Searle		Male	811	M55-59	19	1:51:07	913
933	465	1:53:24	Karl Rumsby		Male	812	M15-39	468	1:51:24	927
934	2527	1:53:25	Tom Hutchinson		Male	813	M15-39	469	1:50:31	883
935	1456	1:53:26	Julia Minty		Female	122	F40-44	26	1:50:29	880
936	2784	1:53:28	Adrian Whittle		Male	814	M40-44	149	1:51:39	937
937	1972	1:53:29	Nik Chapman		Male	815	M15-39	470	1:52:32	986
938	2983	1:53:29	Ben Hodds		Male	816	M15-39	471	1:51:24	928
939	2629	1:53:34	Spencer Snowling		Male	817	M15-39	472	1:52:40	992
940	2310	1:53:34	Mattia Campanati		Male	818	M15-39	473	1:52:59	1011
941	1218	1:53:34	John Richardson	DEREHAM RUNNERS AC	Male	819	M55-59	20	1:53:04	1020
942	2500	1:53:35	Rachel Norton		Female	123	F40-44	27	1:52:09	964
943	1546	1:53:36	Sarah Hinchliffe	ST EDMUND PACERS	Female	124	F15-39	82	1:52:13	971
944	2033	1:53:36	Karen Hatton	ST EDMUND PACERS	Female	125	F50-54	9	1:52:13	972
945	416	1:53:37	Daniel Millar		Male	820	M15-39	474	1:52:10	966
946	1017	1:53:37	Mark Faiers		Male	821	M15-39	475	1:48:46	808
947	1909	1:53:37	Matthew Crawley		Male	822	M15-39	476	1:51:22	926
948	1036	1:53:37	Juliet Chambers		Female	126	F15-39	83	1:50:37	886
949	764	1:53:39	John Hodds		Male	823	M15-39	477	1:51:33	932
950	166	1:53:39	David Nichols		Male	824	M15-39	478	1:52:56	1007
951	1499	1:53:43	Leanne Heavens		Female	127	F15-39	84	1:51:50	946
952	1417	1:53:43	Natasha Burr		Female	128	F15-39	85	1:51:50	947
953	2311	1:53:48	Bill Wedge		Male	825	M15-39	479	1:52:34	987
954	2606	1:53:48	Richard Fenn		Male	826	M15-39	480	1:52:34	988
955	1964	1:53:50	Simon Goldsmith		Male	827	M15-39	481	1:51:45	941
956	2898	1:53:50	Darrin Sore		Male	828	M40-44	150	1:52:18	977
957	33	1:53:51	Seth Makin		Male	829	M15-39	482	1:52:42	995
958	408	1:53:52	Joanna Diaper		Female	129	F15-39	86	1:51:51	949
959	1050	1:53:53	Matthew Sprake		Male	830	M15-39	483	1:51:47	943
960	1906	1:53:54	Ken Renshaw	DEREHAM RUNNERS AC	Male	831	M50-54	54	1:53:01	1015
961	2267	1:53:56	Anita Mussett	COLCHESTER HARRIERS	Female	130	F15-39	87	1:51:52	950
962	703	1:53:59	Juliette Chartier		Female	131	F15-39	88	1:52:35	989
963	1557	1:53:59	Karl Holmes		Male	832	M40-44	151	1:52:12	970
964	2719	1:53:59	Stuart Brunton-Douglas		Male	833	M15-39	484	1:48:51	811
965	476	1:53:59	Jordan Howe		Male	834	M15-39	485	1:52:24	981
966	1515	1:53:59	Robert Hammond		Male	835	M15-39	486	1:51:55	953

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
967	2167	1:54:00	Karl Cadman	BENFLEET RC	Male	836	M40-44	152	1:52:47	998
968	2989	1:54:01	Adam Veale		Male	837	M15-39	487	1:52:10	967
969	2222	1:54:01	Daniel Nichols		Male	838	M15-39	488	1:53:40	1052
970	2506	1:54:03	Oliver Nicholson		Male	839	M45-49	105	1:52:26	983
971	1162	1:54:03	Scott Wilkinson		Male	840	M15-39	489	1:52:37	991
972	942	1:54:04	Mark Peach	GREAT YARMOUTH RR	Male	841	M15-39	490	1:52:02	959
973	2202	1:54:05	Andrew Jenkins		Male	842	M15-39	491	1:52:56	1008
974	1929	1:54:05	Ashley Semmence		Male	843	M15-39	492	1:52:56	1009
975	2659	1:54:06	Nathan Lightening		Male	844	M15-39	493	1:52:40	993
976	780	1:54:08	William Riley		Male	845	M40-44	153	1:52:02	960
977	1594	1:54:08	Steven Baum		Male	846	M55-59	21	1:52:44	996
978	2487	1:54:08	Andrew Campbell		Male	847	M45-49	106	1:51:47	944
979	1854	1:54:10	Ben Shropshire		Male	848	M15-39	494	1:53:27	1040
980	569	1:54:11	Mark Brooks		Male	849	M15-39	495	1:51:52	951
981	882	1:54:12	Lee Kiddell		Male	850	M15-39	496	1:51:58	954
982	2796	1:54:12	Helen Allman		Female	132	F15-39	89	1:53:22	1034
983	956	1:54:13	John Squires		Male	851	M40-44	154	1:51:52	952
984	1432	1:54:15	Ngozi Onyesoh		Female	133	F15-39	90	1:52:47	999
985	2988	1:54:15	Richard Parker		Male	852	M15-39	497	1:52:02	961
986	2326	1:54:20	Roy Dearmsn		Male	853	M15-39	498	1:54:08	1073
987	1349	1:54:22	Ryan Hardman		Male	854	M15-39	499	1:51:38	936
988	1777	1:54:23	Darren Abbs		Male	855	M15-39	500	1:53:50	1060
989	2955	1:54:23	Ben Davis		Male	856	M15-39	501	1:54:01	1070
990	548	1:54:24	Darren Beard		Male	857	M15-39	502	1:52:13	973
991	1747	1:54:24	Jonathan Earl		Male	858	M40-44	155	1:52:36	990
992	1281	1:54:26	Miriam Nathoo		Female	134	F15-39	91	1:52:00	956
993	479	1:54:29	Miranda Paul	NEWMARKET JOGGERS	Female	135	F15-39	92	1:53:22	1035
994	868	1:54:29	James Samkin	BUNGAY BLACK DOG	Male	859	M40-44	156	1:53:20	1031
995	2293	1:54:31	Gavin Lloyd-Thompson		Male	860	M15-39	503	1:53:28	1041
996	43	1:54:31	Mandy Crust	KENILWORTH RUNNERS	Female	136	F45-49	7	1:53:01	1016
997	1477	1:54:32	Leila Ali		Female	137	F15-39	93	1:51:40	938
998	1713	1:54:33	Nick Hards		Male	861	M45-49	107	1:53:32	1044
999	2947	1:54:34	Robert Catton	ST EDMUND PACERS	Male	862	M15-39	504	1:49:37	847
1000	2948	1:54:34	Graham Fullam	ST EDMUND PACERS	Male	863	M15-39	505	1:49:37	848
1001	1646	1:54:38	Ian Smith		Male	864	M45-49	108	1:52:14	974
1002	1750	1:54:39	Rachel Bell		Female	138	F15-39	94	1:52:52	1003
1003	2111	1:54:41	Adam Hulley		Male	865	M15-39	506	1:54:03	1072
1004	2640	1:54:43	Barry Randle		Male	866	M15-39	507	1:52:10	968
1005	820	1:54:44	Phillip Seaman	RYSTON RUNNERS	Male	867	M50-54	55	1:53:22	1036
1006	2305	1:54:46	Cynthia Mills		Female	139	F15-39	95	1:51:29	930
1007	1686	1:54:46	Chris Brown		Male	868	M15-39	508	1:52:53	1005
1008	708	1:54:49	Emma Dowdeswell	CWTC	Female	140	F15-39	96	1:53:02	1017
1009	2004	1:54:50	Ben Boswell		Male	869	M15-39	509	1:54:12	1074
1010	1038	1:54:52	Gareth Jones		Male	870	M15-39	510	1:54:14	1076
1011	2075	1:54:52	Andrew Pearmain		Male	871	M55-59	22	1:53:10	1027
1012	2229	1:54:52	Claire Martin		Female	141	F15-39	97	1:53:03	1019
1013	903	1:54:54	Ellen Sieg		Female	142	F15-39	98	1:52:47	1000
1014	1497	1:54:54	Paul Knights		Male	872	M15-39	511	1:54:29	1092
1015	688	1:54:55	Carra Carter		Female	143	F15-39	99	1:53:22	1037
1016	738	1:55:07	Keith Hollidge		Male	873	M15-39	512	1:52:18	978
1017	536	1:55:08	Joanna Albert		Female	144	F15-39	100	1:52:01	958
1018	978	1:55:09	Nicola Grimes		Female	145	F15-39	101	1:53:35	1045
1019	2865	1:55:11	Nathan Parker		Male	874	M15-39	513	1:53:44	1056
1020	1433	1:55:11	Samantha Sharp		Female	146	F15-39	102	1:51:08	914
1021	2620	1:55:12	Robert Todd		Male	875	M40-44	157	1:51:35	934
1022	2338	1:55:13	Tony Lonsdale	SCUNTHORPE & DISTRICT AC	Male	876	M55-59	23	1:53:50	1061
1023	2495	1:55:15	Graham Wade		Male	877	M55-59	24	1:52:14	975
1024	2711	1:55:16	James Richards		Male	878	M15-39	514	1:53:00	1013
1025	383	1:55:17	Simon Caley		Male	879	M15-39	515	1:52:22	979
1026	1327	1:55:17	Scott Osborn		Male	880	M15-39	516	1:53:26	1039
1027	2428	1:55:19	Garry Brown		Male	881	M15-39	517	1:53:35	1046
1028	1267	1:55:20	Raphael Sanelli		Male	882	M15-39	518	1:52:30	985
1029	2193	1:55:21	Hazel Magrath		Female	147	F15-39	103	1:52:00	957
1030	2037	1:55:21	Sonya Cooper		Female	148	F15-39	104	1:54:20	1085
1031	2134	1:55:21	Alison Shipley		Female	149	F15-39	105	1:52:50	1002
1032	2745	1:55:22	Silke Hunter		Female	150	F40-44	28	1:53:54	1066
1033	1549	1:55:23	Louise White	THETFORD AC	Female	151	F15-39	106	1:53:39	1050
1034	1123	1:55:27	Katie Coss	DEREHAM RUNNERS AC	Female	152	F15-39	107	1:53:47	1058
1035	848	1:55:27	Ian Power		Male	883	M15-39	519	1:53:37	1048

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1036	2859	1:55:28	Dennis Freeman		Male	884	M60-64	14	1:55:13	1124
1037	1388	1:55:28	Chris Toyn		Male	885	M15-39	520	1:53:43	1055
1038	1356	1:55:31	James Aylett		Male	886	M15-39	521	1:54:02	1071
1039	5	1:55:34	Richard Mace	CITY OF SHEFFIELD AC	Male	887	M15-39	522	1:53:50	1062
1040	156	1:55:34	Christopher Mace		Male	888	M55-59	25	1:53:49	1059
1041	2940	1:55:34	Stephen Baker	TRI-ANGLIA	Male	889	M45-49	109	1:52:59	1012
1042	2245	1:55:34	Sarah Bailey		Female	153	F15-39	108	1:52:22	980
1043	1525	1:55:34	Darren Howarth		Male	890	M40-44	158	1:53:55	1067
1044	471	1:55:35	Steve Shingfield		Male	891	M15-39	523	1:52:52	1004
1045	2460	1:55:35	Andre Lucchetti	WYMONDHAM AC	Male	892	M15-39	524	1:53:09	1025
1046	1875	1:55:36	James Lay		Male	893	M15-39	525	1:53:39	1051
1047	1263	1:55:36	Michael Duddell		Male	894	M40-44	159	1:53:09	1026
1048	1047	1:55:37	James Flett		Male	895	M15-39	526	1:53:36	1047
1049	2611	1:55:38	Bob Daykin		Male	896	M60-64	15	1:54:36	1097
1050	292	1:55:39	Alastair Mccartney		Male	897	M15-39	527	1:52:44	997
1051	141	1:55:40	Wayne Goff		Male	898	M15-39	528	1:53:41	1053
1052	719	1:55:40	Glenn Bridges		Male	899	M15-39	529	1:53:10	1028
1053	2444	1:55:43	Gilly Savage	CITY OF NORWICH AC	Female	154	F15-39	109	1:55:08	1116
1054	680	1:55:45	Gareth Williams		Male	900	M15-39	530	1:53:15	1030
1055	2575	1:55:46	David Hind	HINCKLEY RC	Male	901	M55-59	26	1:53:28	1042
1056	2365	1:55:48	Jiri Vencovsky		Male	902	M55-59	27	1:53:37	1049
1057	75	1:55:52	Paul Sparrow		Male	903	M15-39	531	1:53:07	1024
1058	641	1:56:01	Helen Salmon	WYMONDHAM AC	Female	155	F40-44	29	1:53:31	1043
1059	2481	1:56:02	John Kelly		Male	904	M15-39	532	1:53:06	1023
1060	2482	1:56:02	Duane Sweet		Male	905	M15-39	533	1:53:05	1021
1061	2909	1:56:03	Mandy Nickerson	HAVERHILL RC	Female	156	F45-49	8	1:55:37	1145
1062	2910	1:56:03	Carl Vella	HAVERHILL RC	Male	906	M15-39	534	1:55:37	1146
1063	155	1:56:03	Shona Bendix		Female	157	F40-44	30	1:54:19	1083
1064	505	1:56:06	Nigel Clegg		Male	907	M15-39	535	1:53:24	1038
1065	2296	1:56:06	Richard Gray		Male	908	M40-44	160	1:54:00	1069
1066	2737	1:56:07	Les Pegg	CITY OF NORWICH AC	Male	909	M50-54	56	1:53:41	1054
1067	2384	1:56:08	Anna Douglas		Female	158	F15-39	110	1:53:56	1068
1068	585	1:56:10	Jonathan Thetford		Male	910	M15-39	536	1:55:17	1127
1069	2288	1:56:10	George Sayer		Male	911	M15-39	537	1:53:00	1014
1070	649	1:56:15	Paul Vincent		Male	912	M50-54	57	1:54:29	1093
1071	1927	1:56:16	Neil Stockham		Male	913	M15-39	538	1:52:29	984
1072	953	1:56:17	Ryan Honeyman		Male	914	M15-39	539	1:52:55	1006
1073	785	1:56:18	Katie Crawford		Female	159	F15-39	111	1:54:38	1099
1074	2592	1:56:20	Keith Breeze		Male	915	M45-49	110	1:53:21	1033
1075	519	1:56:21	Stevan Wilson		Male	916	M15-39	540	1:55:08	1117
1076	2899	1:56:23	Glenn Woodruff		Male	917	M40-44	161	1:54:37	1098
1077	1353	1:56:23	Matthew Barlow		Male	918	M15-39	541	1:54:41	1100
1078	2072	1:56:24	Peter Adams		Male	919	M15-39	542	1:53:51	1064
1079	1648	1:56:24	Leslie Basham	STOWMARKET STRIDERS	Male	920	M60-64	16	1:54:26	1088
1080	1641	1:56:25	Graham Holland		Male	921	M40-44	162	1:55:43	1161
1081	921	1:56:25	Frances Plume		Female	160	F40-44	31	1:53:05	1022
1082	1070	1:56:26	Jo Slade		Female	161	F15-39	112	1:54:13	1075
1083	2520	1:56:26	Alli Carter		Female	162	F15-39	113	1:54:44	1102
1084	109	1:56:27	Ian Walters		Male	922	M40-44	163	1:54:26	1089
1085	2329	1:56:28	Marie Worrell	GREAT YARMOUTH RR	Female	163	F40-44	32	1:54:32	1095
1086	2691	1:56:31	Neil Turner		Male	923	M40-44	164	1:55:07	1114
1087	1733	1:56:31	Elvira David		Female	164	F15-39	114	1:54:19	1084
1088	2320	1:56:34	Tom Buckham		Male	924	M15-39	543	1:52:40	994
1089	1471	1:56:38	Jo Godwin	NORWICH RR	Female	165	F15-39	115	1:55:40	1156
1090	1304	1:56:38	Sarah Collins	RYSTON RUNNERS	Female	166	F40-44	33	1:55:49	1166
1091	2414	1:56:41	Ken Matthews	TRI-ANGLIA	Male	925	M55-59	28	1:54:53	1104
1092	1862	1:56:42	Alex Scott	CITY OF NORWICH AC	Male	926	M15-39	544	1:54:17	1079
1093	2570	1:56:42	Stuart Mckay		Male	927	M15-39	545	1:54:17	1080
1094	2639	1:56:42	Jeremy Smeddle	WHITE HORSE HARRIERS	Male	928	M45-49	111	1:53:46	1057
1095	1195	1:56:44	Jonathan Richardson		Male	929	M40-44	165	1:52:58	1010
1096	2362	1:56:45	Jack Parnell		Male	930	M15-39	546	1:54:47	1103
1097	1936	1:56:48	Michael Burrell		Male	931	M40-44	166	1:55:42	1159
1098	1241	1:56:49	Louise Riley		Female	167	F40-44	34	1:55:12	1122
1099	63	1:56:51	Ian Benson		Male	932	M15-39	547	1:55:49	1167
1100	1324	1:56:51	Steve Towndrow		Male	933	M45-49	112	1:54:41	1101
1101	2734	1:56:52	Peter Martin	HIGHWORTH RC	Male	934	M60-64	17	1:55:37	1147
1102	2132	1:56:53	Nicholas Laugier		Male	935	M15-39	548	1:54:22	1086
1103	2689	1:56:54	Tristan Mcewen		Male	936	M15-39	549	1:54:32	1096
1104	1094	1:56:55	Matthew Parke		Male	937	M40-44	167	1:51:50	948



# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1105	1998	1:56:55	Samantha Jay		Female	168	F15-39	116	1:55:57	1176
1106	1908	1:56:58	Andrew Edge		Male	938	M45-49	113	1:54:30	1094
1107	845	1:56:59	Alexis Glazer		Female	169	F15-39	117	1:54:16	1078
1108	2282	1:56:59	Stephanie Jones		Female	170	F15-39	118	1:56:01	1180
1109	1953	1:57:01	Becki Halls		Female	171	F15-39	119	1:55:00	1108
1110	196	1:57:02	Georgina Macarthur		Female	172	F15-39	120	1:55:19	1128
1111	2942	1:57:02	Matthew Baker		Male	939	M15-39	550	1:54:28	1091
1112	597	1:57:04	Robert Hardy		Male	940	M15-39	551	1:55:00	1109
1113	1884	1:57:05	Mark Durrant		Male	941	M45-49	114	1:53:12	1029
1114	1627	1:57:07	Helen Tosdevin		Female	173	F40-44	35	1:55:11	1120
1115	2373	1:57:09	Claire Hendrick		Female	174	F15-39	121	1:55:29	1135
1116	2279	1:57:11	Steven Marrison		Male	942	M15-39	552	1:54:27	1090
1117	1678	1:57:13	Chiara Panzeri		Female	175	F15-39	122	1:55:21	1129
1118	538	1:57:16	Andreas Paterson		Male	943	M15-39	553	1:53:50	1063
1119	2726	1:57:18	Fiona Sweeney		Female	176	F15-39	123	1:56:52	1229
1120	1551	1:57:20	Alex Taylor		Male	944	M15-39	554	1:54:59	1107
1121	1406	1:57:20	Alastair Kingsland		Male	945	M40-44	168	1:55:14	1125
1122	324	1:57:23	Samuel Lee		Male	946	M15-39	555	1:56:12	1193
1123	2531	1:57:23	Bob Paul	BUNGAY BLACK DOG	Male	947	M55-59	29	1:57:03	1244
1124	1302	1:57:24	Jonathan Hall		Male	948	M15-39	556	1:55:25	1133
1125	2388	1:57:25	Tim Galloway		Male	949	M15-39	557	1:56:54	1233
1126	126	1:57:25	Simon Bunting	LOWESTOFT RR	Male	950	M40-44	169	1:55:40	1157
1127	1452	1:57:27	Steve Websdale	NORWICH RR	Male	951	M45-49	115	1:55:37	1148
1128	2499	1:57:27	Idris Thomas	CARDIFF AMATEUR AC	Male	952	M15-39	558	1:53:02	1018
1129	1505	1:57:27	Helen Mian		Female	177	F40-44	36	1:56:04	1182
1130	1402	1:57:27	Charlotte Wootton		Female	178	F40-44	37	1:56:04	1183
1131	668	1:57:28	Daniel North		Male	953	M15-39	559	1:56:12	1194
1132	2658	1:57:30	Victor Leeder		Male	954	M60-64	18	1:54:54	1105
1133	2281	1:57:32	Kelvin Waters		Male	955	M55-59	30	1:55:26	1134
1134	2900	1:57:32	Richard Bulman	REEPHAM RUNNERS	Male	956	M55-59	31	1:55:42	1160
1135	192	1:57:33	Jessy Quick		Female	179	F15-39	124	1:54:17	1081
1136	199	1:57:37	Brian Best		Male	957	M65+	8	1:56:06	1185
1137	1903	1:57:38	Mark Powles		Male	958	M45-49	116	1:56:00	1179
1138	1698	1:57:39	Emma Brigham		Female	180	F15-39	125	1:56:08	1189
1139	1642	1:57:41	Julie Hacon		Female	181	F45-49	9	1:55:12	1123
1140	1666	1:57:41	Lynsey Dunne	TRI-ANGLIA	Female	182	F15-39	126	1:54:17	1082
1141	2571	1:57:43	Scooba Tron	BRITISH ARMY SPORTS	Male	959	M15-39	560	1:56:06	1186
1142	194	1:57:46	Phil Towers		Male	960	M15-39	561	1:55:57	1177
1143	1639	1:57:48	Tara Nutt		Female	183	F15-39	127	1:54:25	1087
1144	2894	1:57:49	Sam Joyce		Male	961	M15-39	562	1:55:43	1162
1145	2242	1:57:49	Pauline Richardson		Female	184	F50-54	10	1:55:08	1118
1146	2086	1:57:50	Eric Williams	NORWICH RR	Male	962	M55-59	32	1:55:32	1139
1147	2363	1:57:50	Nicola Combs		Female	185	F15-39	128	1:55:30	1136
1148	2135	1:57:50	Cliff Moore		Male	963	M65+	9	1:56:16	1196
1149	930	1:57:51	Julia Kennelly	WYMONDHAM AC	Female	186	F15-39	129	1:55:21	1130
1150	2285	1:57:51	Ricky Passam		Male	964	M15-39	563	1:54:54	1106
1151	2930	1:57:51	Mark White		Male	965	M45-49	117	1:57:07	1247
1152	2925	1:57:51	Nicole Potgieter		Female	187	F40-44	38	1:57:07	1248
1153	203	1:57:52	Dawn Crane	COLTISHALL JAGUARS	Female	188	F15-39	130	1:55:32	1140
1154	2347	1:57:53	Kevin Tooke		Male	966	M45-49	118	1:55:39	1152
1155	2348	1:57:53	Linda Tooke		Female	189	F45-49	10	1:55:39	1153
1156	2429	1:57:54	Brendan Wilson	CITY OF NORWICH AC	Male	967	M40-44	170	1:56:29	1211
1157	321	1:57:56	Rebecca Wooderson		Female	190	F15-39	131	1:55:53	1174
1158	1225	1:57:57	Jacob Hussey		Male	968	M40-44	171	1:55:39	1154
1159	1920	1:57:58	Helen Lloyd	RYSTON RUNNERS	Female	191	F50-54	11	1:55:43	1163
1160	1662	1:57:58	Claire Woods		Female	192	F15-39	132	1:56:06	1187
1161	1234	1:57:59	Ian Boggan		Male	969	M50-54	58	1:56:48	1227
1162	952	1:58:00	Mark Avery	IPSWICH JAFFA	Male	970	M40-44	172	1:56:27	1209
1163	2454	1:58:01	Paul Fisher		Male	971	M60-64	19	1:57:10	1253
1164	1308	1:58:02	Gareth Cross		Male	972	M15-39	564	1:55:31	1137
1165	1253	1:58:02	Gary Fryer		Male	973	M15-39	565	1:56:26	1208
1166	1690	1:58:02	Roy Moir		Male	974	M15-39	566	1:56:16	1197
1167	1994	1:58:02	Simon Burdett	CITY OF NORWICH AC	Male	975	M15-39	567	1:55:37	1149
1168	2325	1:58:02	Luke Hawkins		Male	976	M15-39	568	1:57:32	1268
1169	1474	1:58:03	Malcolm Hogarth	STOWMARKET STRIDERS	Male	977	M50-54	59	1:55:21	1131
1170	716	1:58:05	Mark Hucker		Male	978	M15-39	569	1:55:07	1115
1171	2270	1:58:06	Marie Morton	COLTISHALL JAGUARS	Female	193	F55-59	2	1:56:33	1218
1172	2371	1:58:07	Tim O'Mullane		Male	979	M45-49	119	1:55:31	1138
1173	86	1:58:07	Jon Hall		Male	980	M40-44	173	1:56:29	1212

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1174	229	1:58:08	Mark Reynolds		Male	981	M15-39	570	1:56:32	1216
1175	2876	1:58:08	Kurtis Grimmette		Male	982	M15-39	571	1:57:07	1249
1176	1677	1:58:09	Sean Crisford		Male	983	M15-39	572	1:55:02	1110
1177	1691	1:58:09	Toby Hockley		Male	984	M15-39	573	1:55:02	1111
1178	2196	1:58:10	Nicola Adlam		Female	194	F15-39	133	1:56:10	1190
1179	1526	1:58:11	Daniel Bullock		Male	985	M15-39	574	1:53:20	1032
1180	2274	1:58:12	Lucy Battersby		Female	195	F15-39	134	1:55:14	1126
1181	795	1:58:12	H Daugaard - Hansen		Female	196	F15-39	135	1:55:11	1121
1182	1206	1:58:15	Andrew Friend		Male	986	M40-44	174	1:55:51	1173
1183	2028	1:58:16	Tony Eynon		Male	987	M15-39	575	1:55:38	1150
1184	1301	1:58:19	Paul Berriman		Male	988	M15-39	576	1:55:59	1178
1185	2634	1:58:19	Peter Walsh		Male	989	M15-39	577	1:55:45	1164
1186	2990	1:58:20	Ian Bareham		Male	990	M40-44	175	1:56:19	1201
1187	1115	1:58:25	Matthew Field		Male	991	M15-39	578	1:57:08	1250
1188	2405	1:58:27	Jackie Bye	COLTISHALL JAGUARS	Female	197	F50-54	12	1:56:07	1188
1189	252	1:58:27	James Hayday		Male	992	M15-39	579	1:57:18	1260
1190	2744	1:58:28	David Godsmark		Male	993	M55-59	33	1:55:35	1143
1191	1919	1:58:29	Kevin Hanner		Male	994	M15-39	580	1:55:35	1144
1192	1838	1:58:29	Damian Ashcroft		Male	995	M45-49	120	1:56:32	1217
1193	2945	1:58:29	Neil Adams		Male	996	M15-39	581	1:56:25	1207
1194	1395	1:58:30	Darren Holmes		Male	997	M40-44	176	1:58:24	1314
1195	1049	1:58:31	Danielle Draper		Female	198	F15-39	136	1:55:49	1168
1196	389	1:58:31	Vincent Cook	TRI-ANGLIA	Male	998	M15-39	582	1:56:21	1203
1197	2584	1:58:31	Christopher Ling		Male	999	M15-39	583	1:55:50	1170
1198	497	1:58:31	Feria Siblon	CAMBRIDGE & COLERIDGE AC	Female	199	F50-54	13	1:55:04	1113
1199	1330	1:58:31	Joni Larbalestier		Female	200	F15-39	137	1:57:50	1279
1200	2628	1:58:34	Samantha Cadman		Female	201	F15-39	138	1:56:11	1192
1201	2642	1:58:34	Julie Gover		Female	202	F40-44	39	1:58:00	1287
1202	1797	1:58:35	Robert Cook		Male	1000	M15-39	584	1:58:04	1289
1203	2994	1:58:35	Scott Hayworth		Male	1001	M15-39	585	1:57:51	1280
1204	1382	1:58:35	Elizabeth Whitbourn		Female	203	F15-39	139	1:57:51	1281
1205	341	1:58:36	Elizabeth Jones		Female	204	F15-39	140	1:56:44	1224
1206	1788	1:58:36	Wendy Hughes	STOWMARKET STRIDERS	Female	205	F45-49	11	1:56:23	1206
1207	62	1:58:37	Ben Slater		Male	1002	M15-39	586	1:56:02	1181
1208	288	1:58:38	Alan Taylor		Male	1003	M15-39	587	1:54:14	1077
1209	926	1:58:40	John Holden		Male	1004	M40-44	177	1:55:46	1165
1210	1539	1:58:41	Gareth Denbury		Male	1005	M15-39	588	1:55:38	1151
1211	2829	1:58:44	Stuart Herring		Male	1006	M45-49	121	1:56:48	1228
1212	2043	1:58:44	Dennis Rogers		Male	1007	M15-39	589	1:57:09	1252
1213	1189	1:58:46	Barbs Jones		Female	206	F15-39	141	1:55:32	1141
1214	2827	1:58:47	Andy Peck	GREAT YARMOUTH RR	Male	1008	M15-39	590	1:56:52	1230
1215	2095	1:58:48	Phillippa Rudd	NORWICH RR	Female	207	F45-49	12	1:56:21	1204
1216	2867	1:58:49	Reena Gajjar		Female	208	F15-39	142	1:56:42	1223
1217	940	1:58:49	Rachael Moore		Female	209	F15-39	143	1:55:40	1158
1218	2073	1:58:50	Micheal Sothem		Male	1009	M15-39	591	1:56:17	1199
1219	1619	1:58:50	Carla Shorten		Female	210	F15-39	144	1:57:55	1284
1220	1444	1:58:51	Dale Mann		Male	1010	M15-39	592	1:55:21	1132
1221	938	1:58:52	Rona Dick		Female	211	F15-39	145	1:55:56	1175
1222	1607	1:58:54	Anne-Marie Boyd		Female	212	F15-39	146	1:58:28	1321
1223	2522	1:58:58	Paul Maycock	CAPEL CHEETAHS	Male	1011	M50-54	60	1:56:45	1225
1224	1749	1:58:59	Richard Bell		Male	1012	M15-39	593	1:57:11	1254
1225	2573	1:58:59	Matt Bartram		Male	1013	M40-44	178	1:56:59	1239
1226	1581	1:59:00	Anton Wimmer		Male	1014	M15-39	594	1:56:59	1240
1227	2998	1:59:02	Matt Hamnett		Male	1015	M15-39	595	1:57:11	1255
1228	709	1:59:03	Luke Taylor		Male	1016	M15-39	596	1:56:56	1235
1229	2532	1:59:03	Barry Williams		Male	1017	M15-39	597	1:56:29	1213
1230	1321	1:59:06	Tina Belsom	STOWMARKET STRIDERS	Female	213	F45-49	13	1:56:57	1236
1231	752	1:59:07	Leon Woodcock		Male	1018	M15-39	598	1:55:08	1119
1232	2201	1:59:09	James Smith		Male	1019	M15-39	599	1:58:31	1323
1233	2228	1:59:09	Michael Townsend		Male	1020	M15-39	600	1:58:31	1324
1234	961	1:59:10	Colin Hickey		Male	1021	M15-39	601	1:56:12	1195
1235	2232	1:59:11	David Thrower		Female	214	F40-44	40	1:57:11	1256
1236	352	1:59:11	Annmarie West		Female	215	F15-39	147	1:56:57	1237
1237	1190	1:59:18	Dominic Jones		Male	1022	M15-39	602	1:56:04	1184
1238	401	1:59:20	Shaun Vincent		Male	1023	M15-39	603	1:58:34	1327
1239	397	1:59:21	Laura Tibbs		Female	216	F15-39	148	1:58:58	1343
1240	1948	1:59:21	James Birtwhistle		Male	1024	M15-39	604	1:55:50	1171
1241	534	1:59:22	Toni George		Female	217	F15-39	149	1:56:39	1221
1242	543	1:59:22	Christina Burdakova		Female	218	F15-39	150	1:56:55	1234

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1243	1533	1:59:24	Anthony Ward		Male	1025	M40-44	179	1:56:16	1198
1244	2777	1:59:25	Frank Anderson		Male	1026	M15-39	605	1:56:27	1210
1245	162	1:59:26	Roger Dye		Male	1027	M15-39	606	1:58:59	1346
1246	535	1:59:28	Julian Keenan		Male	1028	M15-39	607	1:56:21	1205
1247	2317	1:59:30	Mark Pettigrew		Male	1029	M40-44	180	1:57:00	1241
1248	2696	1:59:31	Mick Atkins		Male	1030	M40-44	181	1:55:39	1155
1249	1822	1:59:31	Gill Woodhouse	DEREHAM RUNNERS AC	Female	219	F60-64	1	1:58:06	1293
1250	302	1:59:32	Brigitta Hunt		Female	220	F15-39	151	1:57:15	1259
1251	2399	1:59:33	Matthew Wright		Male	1031	M15-39	608	1:57:56	1286
1252	2198	1:59:33	Stewart Hart		Male	1032	M55-59	34	1:57:30	1267
1253	79	1:59:33	Simon Butler		Male	1033	M45-49	122	1:57:01	1242
1254	907	1:59:34	Fran Talavera		Female	221	F15-39	152	1:56:52	1231
1255	2212	1:59:34	Jon Mccullagh		Male	1034	M15-39	609	1:56:35	1219
1256	2387	1:59:35	Nigel Farthing		Male	1035	M50-54	61	1:58:14	1302
1257	2258	1:59:36	Richard Willson		Male	1036	M15-39	610	1:55:02	1112
1258	2090	1:59:36	Kari Schaitel		Female	222	F15-39	153	1:56:20	1202
1259	439	1:59:36	Gemma Hilton		Female	223	F15-39	154	1:58:12	1296
1260	2891	1:59:39	Stephen Parker		Male	1037	M40-44	182	1:55:32	1142
1261	2461	1:59:40	Hazel Bannister		Female	224	F15-39	155	1:57:01	1243
1262	2069	1:59:42	Aine Keating		Female	225	F15-39	156	1:57:20	1262
1263	2096	1:59:43	Chris Groves		Male	1038	M55-59	35	1:57:32	1269
1264	2887	1:59:43	Tim James		Male	1039	M15-39	611	1:56:47	1226
1265	2277	1:59:43	Polly Williams	NORWICH RR	Female	226	F15-39	157	1:57:51	1282
1266	2677	1:59:45	Janet Watson	FALMOUTH RR	Female	227	F55-59	3	1:58:13	1299
1267	2106	1:59:45	Tim Armstrong		Male	1040	M15-39	612	1:57:23	1263
1268	2819	1:59:45	Jeremy Warren		Male	1041	M40-44	183	1:57:36	1271
1269	2042	1:59:46	Alban Rrustemi		Male	1042	M15-39	613	1:57:54	1283
1270	1150	1:59:47	John Wilkes		Male	1043	M45-49	123	1:56:41	1222
1271	1257	1:59:51	Elaine O'Donnell		Female	228	F45-49	14	1:57:32	1270
1272	410	1:59:53	Claire Fisher	DUDLEY KINGSWINFORD RC	Female	229	F15-39	158	1:58:12	1297
1273	2074	1:59:54	Felix Loy		Male	1044	M45-49	124	1:59:25	1359
1274	2685	1:59:54	Andy Stephenson		Male	1045	M15-39	614	1:57:40	1274
1275	1065	1:59:55	Odaatei Nanka-Bruce		Male	1046	M15-39	615	1:57:47	1276
1276	646	1:59:57	Nancy Taylor		Female	230	F15-39	159	1:58:08	1294
1277	413	1:59:57	Jason Koczur		Male	1047	M15-39	616	1:56:53	1232
1278	495	1:59:58	Paul Dodimead		Male	1048	M15-39	617	1:58:13	1300
1279	823	1:59:58	Paul Lefever		Male	1049	M15-39	618	1:55:49	1169
1280	824	1:59:58	Richard Sunley		Male	1050	M15-39	619	1:55:50	1172
1281	1924	2:00:00	Rachael Nunn		Female	231	F15-39	160	1:58:26	1318
1282	2653	2:00:00	James Batchelor		Male	1051	M40-44	184	1:58:28	1322
1283	710	2:00:01	Claire Bates		Female	232	F15-39	161	1:57:55	1285
1284	1555	2:00:03	John Wilson		Male	1052	M45-49	125	1:57:12	1257
1285	2156	2:00:03	Gill Hart	RYSTON RUNNERS	Female	233	F55-59	4	1:58:31	1325
1286	2718	2:00:04	David Carter		Male	1053	M45-49	126	1:57:42	1275
1287	1228	2:00:05	Stuart Moran	SLEAFORD TOWN RUNNERS	Male	1054	M45-49	127	1:57:13	1258
1288	975	2:00:10	Mark Levers		Male	1055	M15-39	620	1:57:05	1246
1289	2882	2:00:11	Andrew Keeble		Male	1056	M15-39	621	1:57:23	1264
1290	1731	2:00:13	Jacqueline Lake		Female	234	F45-49	15	1:59:25	1360
1291	2762	2:00:14	George Calvert		Male	1057	M15-39	622	1:57:18	1261
1292	2772	2:00:15	Carole Spong	GREAT YARMOUTH RR	Female	235	F65+	1	1:58:20	1312
1293	979	2:00:17	Duncan Taylor		Male	1058	M15-39	623	1:58:13	1301
1294	2883	2:00:19	Elizabeth Shubbrook		Female	236	F40-44	41	1:59:17	1354
1295	1186	2:00:20	Ashwin Patel		Male	1059	M15-39	624	1:58:58	1344
1296	547	2:00:20	Steve Wilson		Male	1060	M15-39	625	1:59:35	1365
1297	179	2:00:23	Danny Newman		Male	1061	M15-39	626	1:56:29	1214
1298	2709	2:00:24	Jonny Groom		Male	1062	M15-39	627	1:56:10	1191
1299	2304	2:00:25	Russell Baker		Male	1063	M45-49	128	1:56:58	1238
1300	934	2:00:28	Sarah Starr		Female	237	F15-39	162	1:58:17	1309
1301	2980	2:00:30	Nathaniel Mcmurdock		Male	1064	M15-39	628	1:57:36	1272
1302	1856	2:00:31	Louise Outred		Female	238	F15-39	163	1:58:52	1337
1303	1618	2:00:32	Sue Hargadon	IPSWICH TRI CLUB	Female	239	F50-54	14	1:59:07	1347
1304	2567	2:00:32	Joanna Flack		Female	240	F15-39	164	1:58:14	1303
1305	1660	2:00:33	Christopher Kett		Male	1065	M15-39	629	2:00:03	1385
1306	467	2:00:35	Dave Hearnden-Hall		Male	1066	M40-44	185	1:58:34	1328
1307	2164	2:00:35	Peter Warren	CITY OF NORWICH AC	Male	1067	M50-54	62	1:58:09	1295
1308	839	2:00:35	Rebecca Widdows		Female	241	F15-39	165	1:59:16	1353
1309	2601	2:00:36	Robert Ewin	WYMONDHAM AC	Male	1068	M60-64	20	1:57:04	1245
1310	1673	2:00:36	Jamie Waller		Male	1069	M15-39	630	1:58:12	1298
1311	1774	2:00:37	Mark Harding		Male	1070	M15-39	631	1:58:55	1338

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1312	2703	2:00:37	Cristina Bouchcinsky		Female	242	F15-39	166	1:56:18	1200
1313	1394	2:00:38	Paul Taylor		Male	1071	M45-49	129	1:58:37	1330
1314	1770	2:00:39	John Tilbrook		Male	1072	M65+	10	1:58:04	1290
1315	696	2:00:45	Matthew White		Male	1073	M15-39	632	1:58:33	1326
1316	2649	2:00:45	David Beckett		Male	1074	M45-49	130	1:56:31	1215
1317	1305	2:00:47	Sally Cushing	NORWICH RR	Female	243	F45-49	16	1:58:44	1331
1318	2884	2:00:49	Don Onions		Male	1075	M55-59	36	1:58:25	1316
1319	1912	2:00:49	Mark Starkings		Male	1076	M40-44	186	1:59:35	1366
1320	2262	2:00:50	Richard Hammond		Male	1077	M50-54	63	1:58:45	1332
1321	1976	2:00:50	Mark Brodie		Male	1078	M40-44	187	1:58:03	1288
1322	1063	2:00:53	Aaron Gubb		Male	1079	M15-39	633	1:59:47	1375
1323	1242	2:00:55	Paul Taylor		Male	1080	M40-44	188	1:58:05	1292
1324	1443	2:00:56	Sarah O'Connor		Female	244	F15-39	167	1:57:26	1265
1325	1109	2:00:57	Holly Mason		Female	245	F15-39	168	1:57:26	1266
1326	666	2:00:57	Paul Quantrill		Male	1081	M45-49	131	1:59:24	1358
1327	2631	2:00:58	Peter Waters		Male	1082	M40-44	189	1:58:27	1320
1328	1390	2:01:00	Craig Catchpole		Male	1083	M15-39	634	1:56:36	1220
1329	2953	2:01:07	Guy Wightman		Male	1084	M45-49	132	1:58:26	1319
1330	2020	2:01:08	Jonathan Meadows		Male	1085	M15-39	635	2:00:14	1394
1331	1181	2:01:09	Edric T Merciful	VIKINGS	Male	1086	M15-39	636	1:59:25	1361
1332	2508	2:01:09	Dan Hamilton		Male	1087	M45-49	133	1:58:25	1317
1333	2122	2:01:10	James Shipley		Male	1088	M15-39	637	1:57:39	1273
1334	314	2:01:11	James Green		Male	1089	M15-39	638	1:57:08	1251
1335	1961	2:01:13	Cindy Blackmore		Female	246	F15-39	169	1:58:14	1304
1336	2736	2:01:16	Nick Taylor		Male	1090	M45-49	134	1:58:48	1334
1337	2244	2:01:16	Richard Challis		Male	1091	M15-39	639	1:57:48	1278
1338	881	2:01:21	Paul Goulsbra		Male	1092	M40-44	190	1:58:22	1313
1339	729	2:01:25	Pete Brooks		Male	1093	M15-39	640	1:58:16	1308
1340	1501	2:01:27	Karen Gedge	BUNGAY BLACK DOG	Female	247	F40-44	42	1:58:19	1310
1341	2101	2:01:28	Laura Mckay		Female	248	F40-44	43	1:58:04	1291
1342	52	2:01:28	Mo Hay		Female	249	F15-39	170	2:00:27	1411
1343	338	2:01:28	Ian Baker	BEDFORD HARRIERS	Male	1094	M55-59	37	1:58:55	1339
1344	145	2:01:28	Joni Lambert		Female	250	F15-39	171	2:00:27	1412
1345	1490	2:01:30	Patrick Rolph		Male	1095	M45-49	135	2:00:21	1400
1346	2397	2:01:35	Paul Hill		Male	1096	M15-39	641	1:59:14	1352
1347	2814	2:01:36	Joanne Chapman		Female	251	F15-39	172	1:59:23	1357
1348	989	2:01:37	Jonathan Williams		Male	1097	M15-39	642	1:58:48	1335
1349	1827	2:01:37	Sheridan Carver	NORFOLK GAZELLES	Female	252	F15-39	173	2:00:36	1417
1350	1645	2:01:39	Andrew Hardwick		Male	1098	M45-49	136	1:59:10	1349
1351	2993	2:01:40	Rebeca Spencer		Female	253	F40-44	44	1:58:19	1311
1352	813	2:01:43	Alan Dawson		Male	1099	M15-39	643	1:58:14	1305
1353	721	2:01:47	Stephen Stringer		Male	1100	M40-44	191	1:58:15	1307
1354	1095	2:01:48	Louise Busby	FENLAND RC	Female	254	F40-44	45	1:58:55	1340
1355	1169	2:01:48	Jane Greenwood	FENLAND RC	Female	255	F50-54	15	1:58:55	1341
1356	579	2:01:49	Barbara Harmer		Female	256	F15-39	174	1:59:43	1373
1357	1092	2:01:50	Cheryl Chapman	FENLAND RC	Female	257	F40-44	46	1:58:58	1345
1358	2160	2:01:50	Antonia Hardiman		Female	258	F40-44	47	2:00:22	1401
1359	2259	2:01:51	Alistair Rusholme		Male	1101	M15-39	644	1:57:47	1277
1360	1373	2:01:51	Martin Spaul		Male	1102	M45-49	137	2:00:57	1424
1361	1552	2:01:51	Keith Oldmeadow		Male	1103	M40-44	192	1:59:48	1378
1362	571	2:01:53	James Beales		Male	1104	M15-39	645	1:59:34	1364
1363	723	2:01:53	Eurwyn Jones	NORFOLK GAZELLES	Male	1105	M50-54	64	2:00:23	1403
1364	1724	2:01:55	John Mortimer		Male	1106	M15-39	646	1:58:48	1336
1365	2712	2:01:56	Anne Graveling		Female	259	F55-59	5	1:59:13	1351
1366	1478	2:01:57	Adrian Macey		Male	1107	M40-44	193	1:59:42	1372
1367	645	2:01:59	Danuta Buick		Female	260	F15-39	175	2:01:10	1436
1368	2697	2:02:02	Steve Small		Male	1108	M45-49	138	2:00:22	1402
1369	1026	2:02:03	Luke Mosley		Male	1109	M15-39	647	2:00:17	1395
1370	2080	2:02:08	Jayne Barnes		Female	261	F15-39	176	1:59:35	1367
1371	305	2:02:09	Callum Eele		Male	1110	M15-39	648	1:59:54	1381
1372	1711	2:02:12	Phillip Laurier	LOWESTOFT RR	Male	1111	M60-64	21	2:01:46	1455
1373	1975	2:02:13	Isla Nisbet		Female	262	F15-39	177	1:59:47	1376
1374	435	2:02:15	Richard Pilch		Male	1112	M60-64	22	2:01:28	1450
1375	762	2:02:16	Richard Thomson		Male	1113	M15-39	649	2:01:18	1444
1376	507	2:02:17	Michael Jewiss		Male	1114	M55-59	38	1:58:14	1306
1377	2353	2:02:18	Andrew Burrage	NORFOLK GAZELLES	Male	1115	M55-59	39	1:59:12	1350
1378	2079	2:02:20	Lewis Burridge		Male	1116	M15-39	650	1:59:47	1377
1379	1739	2:02:21	Phil Suffolk		Male	1117	M40-44	194	2:00:37	1418
1380	89	2:02:23	Chris Sheppard		Male	1118	M45-49	139	2:00:10	1390

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1381	2960	2:02:25	Paul Sayer		Male	1119	M15-39	651	2:00:59	1428
1382	2557	2:02:25	And Grieb		Male	1120	M40-44	195	1:59:39	1371
1383	1707	2:02:25	Andrew R		Male	1121	M45-49	140	2:00:18	1396
1384	1918	2:02:26	Chris Walmsley		Male	1122	M15-39	652	2:00:09	1388
1385	2809	2:02:27	G Garcia Rodriguez		Female	263	F15-39	178	1:58:47	1333
1386	1570	2:02:28	Darren Ribati		Male	1123	M15-39	653	1:59:44	1374
1387	1935	2:02:31	Gayle Digby		Female	264	F15-39	179	1:59:07	1348
1388	1926	2:02:32	Charles Whall		Male	1124	M15-39	654	1:59:56	1382
1389	159	2:02:32	Julie Dilrew		Female	265	F45-49	17	1:59:49	1379
1390	2847	2:02:32	Andrew Winter		Male	1125	M15-39	655	1:59:19	1356
1391	1928	2:02:32	Thomas Thomson		Male	1126	M55-59	40	1:59:57	1383
1392	511	2:02:32	Jill Anderson	FRAMLINGHAM FLYERS	Female	266	F55-59	6	2:00:03	1386
1393	1204	2:02:34	Alan Bruce		Male	1127	M15-39	656	2:00:12	1392
1394	2341	2:02:35	Susanna Munday	STOWMARKET STRIDERS	Female	267	F15-39	180	1:59:37	1369
1395	2799	2:02:39	Toby Cullingham		Male	1128	M15-39	657	1:58:35	1329
1396	601	2:02:42	Alex Mansell		Male	1129	M15-39	658	2:00:04	1387
1397	2446	2:02:44	Nicole Myers		Female	268	F15-39	181	2:01:40	1454
1398	2382	2:02:45	Jon Moxon		Male	1130	M15-39	659	1:59:50	1380
1399	1737	2:02:47	Matthew Davy		Male	1131	M15-39	660	1:59:17	1355
1400	1861	2:02:47	Carl Boardman		Male	1132	M15-39	661	2:00:23	1404
1401	981	2:02:48	Alan Faulkner		Male	1133	M40-44	196	1:59:57	1384
1402	1652	2:02:51	Daniel Hart		Male	1134	M15-39	662	2:00:24	1406
1403	1601	2:02:52	Andrew Titmas		Male	1135	M15-39	663	2:00:24	1407
1404	2018	2:02:53	Sarah Smith		Female	269	F40-44	48	2:00:58	1427
1405	2005	2:02:58	Jill Copeland	NORWICH RR	Female	270	F50-54	16	2:00:31	1415
1406	2895	2:02:59	Alison Haynes	COLTISHALL JAGUARS	Female	271	F15-39	182	2:02:31	1475
1407	2046	2:02:59	Stacie Mchugh		Female	272	F15-39	183	2:01:54	1460
1408	1016	2:03:00	Neil Loadman	TRI-ANGLIA	Male	1136	M15-39	664	2:00:51	1421
1409	1178	2:03:00	Janice Moore	DEREHAM RUNNERS AC	Female	273	F45-49	18	2:01:35	1452
1410	2693	2:03:00	Simon Bales		Male	1137	M15-39	665	2:00:50	1420
1411	1799	2:03:05	Linda Osborne	SHROPSHIRE SHUFFLERS	Female	274	F45-49	19	2:02:15	1469
1412	2679	2:03:06	Jane Ratcliffe	NORTH NORFOLK BEACH RUNNERS	Female	275	F15-39	184	1:59:37	1370
1413	2131	2:03:07	Rebecca Wheatley		Female	276	F40-44	49	1:58:55	1342
1414	598	2:03:07	Paul Mckay		Male	1138	M15-39	666	2:01:10	1437
1415	554	2:03:07	Jamie Hutchin		Male	1139	M15-39	667	2:01:11	1440
1416	2674	2:03:08	Paul Munford		Male	1140	M15-39	668	2:00:26	1409
1417	1453	2:03:08	Margaret Kent		Female	277	F45-49	20	2:00:19	1397
1418	2932	2:03:11	Jo Fox		Female	278	F15-39	185	2:01:10	1438
1419	2885	2:03:11	Jacob Awotwi		Male	1141	M15-39	669	2:01:06	1433
1420	1719	2:03:12	Rebecca Hone		Female	279	F15-39	186	2:00:19	1398
1421	617	2:03:13	Stuart Mann		Male	1142	M45-49	141	2:00:12	1393
1422	1311	2:03:17	Brian Meacher		Male	1143	M45-49	142	1:58:24	1315
1423	2381	2:03:21	Claire Heald		Female	280	F15-39	187	2:00:26	1410
1424	2701	2:03:23	Steve Dickinson		Male	1144	M40-44	197	2:00:11	1391
1425	531	2:03:25	Danielle Farrow		Female	281	F15-39	188	2:01:07	1434
1426	2022	2:03:26	Holly Mcdonnell	SLEAFORD TOWN RUNNERS	Female	282	F15-39	189	2:00:34	1416
1427	994	2:03:26	Lisa Howard	NORWICH RR	Female	283	F15-39	190	2:01:09	1435
1428	928	2:03:29	Juliette Bringloe	NORWICH RR	Female	284	F15-39	191	2:01:12	1442
1429	2604	2:03:30	Sam Baillie		Male	1145	M15-39	670	2:00:23	1405
1430	1654	2:03:31	Lisa Ward	NORTH NORFOLK BEACH RUNNERS	Female	285	F15-39	192	2:01:01	1430
1431	2441	2:03:32	Ruth Belsom		Female	286	F45-49	21	2:01:23	1449
1432	293	2:03:35	Alan Mann		Male	1146	M15-39	671	2:01:00	1429
1433	1516	2:03:38	Robert Mayor		Male	1147	M15-39	672	2:00:24	1408
1434	498	2:03:38	Michele Williams		Female	287	F50-54	17	2:00:09	1389
1435	1450	2:03:39	Charles Allen		Male	1148	M15-39	673	2:02:48	1484
1436	1099	2:03:41	Kelly Burrage	GREAT YARMOUTH RR	Female	288	F15-39	193	2:02:50	1488
1437	2768	2:03:42	Paul Wishart	NORWICH RR	Male	1149	M15-39	674	2:02:06	1467
1438	272	2:03:44	Morag Burnard		Female	289	F15-39	194	1:59:35	1368
1439	468	2:03:47	Tracey Mounter		Female	290	F15-39	195	2:00:45	1419
1440	342	2:03:53	Jennie Billings		Female	291	F15-39	196	2:00:57	1425
1441	1470	2:03:54	Donna Ketteringham		Female	292	F15-39	197	2:00:28	1414
1442	1134	2:03:57	Leanne Howlett	CITY OF NORWICH AC	Female	293	F15-39	198	2:02:20	1470
1443	1801	2:04:00	Steven Tasker		Male	1150	M40-44	198	2:00:27	1413
1444	2583	2:04:02	Draper Katherine		Female	294	F15-39	199	2:01:21	1446
1445	832	2:04:03	Zoe Harris		Female	295	F15-39	200	2:02:43	1482
1446	2928	2:04:04	Eddie Balls		Male	1151	M65+	11	2:01:52	1458
1447	651	2:04:08	Vanessa Sewell		Female	296	F15-39	201	2:00:57	1426
1448	2938	2:04:09	Belinda Jennings		Female	297	F15-39	202	2:01:20	1445
1449	2188	2:04:11	Jeremy Walters		Male	1152	M40-44	199	2:00:19	1399

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1450	1400	2:04:11	Danielle Rackham	NORWICH RR	Female	298	F15-39	203	2:01:11	1441
1451	2648	2:04:12	Margaret Sharpe	COLTISHALL JAGUARS	Female	299	F55-59	7	2:01:29	1451
1452	1143	2:04:14	Carly Houghton		Female	300	F15-39	204	1:59:25	1362
1453	424	2:04:16	Kevin Westgate		Male	1153	M15-39	675	2:02:20	1471
1454	1503	2:04:17	Sean O'Driscoll	BUSHFIELD JOGGERS	Male	1154	M50-54	65	2:03:29	1518
1455	1995	2:04:18	Jennifer Bartrum		Female	301	F55-59	8	2:02:36	1477
1456	675	2:04:18	Emma Nudds		Female	302	F15-39	205	2:01:52	1459
1457	2336	2:04:27	Laura Hind		Female	303	F15-39	206	2:02:50	1489
1458	2676	2:04:30	Kirsty Taylor		Female	304	F15-39	207	2:01:21	1447
1459	2913	2:04:31	Daniel Watson		Male	1155	M15-39	676	2:02:26	1473
1460	496	2:04:31	Simon Macdonald	UKNETRUNNER.CO.UK	Male	1156	M45-49	143	1:59:28	1363
1461	724	2:04:38	Theresa Dooley		Female	305	F15-39	208	2:01:10	1439
1462	1027	2:04:40	Louisa Peaver		Female	306	F15-39	209	2:01:56	1461
1463	1060	2:04:42	Sarita Rao		Female	307	F40-44	50	2:01:50	1457
1464	1726	2:04:46	Jill Towns		Female	308	F50-54	18	2:03:14	1508
1465	1659	2:04:46	Tami Chuang		Female	309	F15-39	210	2:02:54	1495
1466	265	2:04:47	Nick Robinson		Male	1157	M15-39	677	2:03:11	1506
1467	1898	2:04:50	Michael Scott		Male	1158	M45-49	144	2:01:48	1456
1468	2061	2:04:51	John Barnes		Male	1159	M45-49	145	2:02:48	1485
1469	1879	2:04:52	Mike Marshall	NORTH NORFOLK BEACH RUNNERS	Male	1160	M65+	12	2:01:57	1462
1470	1966	2:04:54	Kirsty Poundall		Female	310	F15-39	211	2:02:45	1483
1471	2893	2:05:02	Saule Zukauskaite		Female	311	F15-39	212	2:03:15	1509
1472	2091	2:05:02	Gary Cheesman		Male	1161	M15-39	678	2:00:52	1422
1473	863	2:05:03	Will Chenery		Male	1162	M15-39	679	2:03:25	1514
1474	2997	2:05:04	David Sowry		Male	1163	M15-39	680	2:01:13	1443
1475	1831	2:05:07	Andrade Fernando		Male	1164	M45-49	146	2:00:52	1423
1476	2826	2:05:10	Robert Witton		Male	1165	M15-39	681	2:02:20	1472
1477	759	2:05:11	Michael Claxton	NORWICH RR	Male	1166	M50-54	66	2:01:22	1448
1478	1203	2:05:18	Eleanor Goldstein	23 MILE CLUB	Female	312	F15-39	213	2:02:56	1496
1479	906	2:05:20	Katie Cresswell-Maynard		Female	313	F15-39	214	2:02:38	1479
1480	2040	2:05:21	Qendrim Gashi		Male	1167	M15-39	682	2:03:29	1519
1481	1921	2:05:25	Gwyneth Thorneywork		Female	314	F40-44	51	2:03:02	1500
1482	1843	2:05:26	Mark Balfour		Male	1168	M45-49	147	2:03:03	1502
1483	2112	2:05:28	Darren Clarke		Male	1169	M15-39	683	2:04:07	1545
1484	670	2:05:28	Anna Pell	CITY OF NORWICH AC	Female	315	F15-39	215	2:01:38	1453
1485	518	2:05:32	Gordon Cartwright		Male	1170	M45-49	148	2:01:58	1463
1486	855	2:05:32	Steven Mills		Male	1171	M15-39	684	2:01:04	1431
1487	2205	2:05:34	Amy Thirkettle		Female	316	F15-39	216	2:02:50	1490
1488	714	2:05:36	Stefan Henriksen		Male	1172	M40-44	200	2:01:04	1432
1489	1098	2:05:40	Lewis Valori		Male	1173	M15-39	685	2:03:05	1504
1490	1455	2:05:42	Susan Black		Female	317	F15-39	217	2:02:49	1487
1491	138	2:05:42	Chris Lee		Male	1174	M15-39	686	2:02:50	1491
1492	2761	2:05:44	Leo Cullingham		Male	1175	M15-39	687	2:03:04	1503
1493	1798	2:05:50	Stephen Faragher		Male	1176	M15-39	688	2:05:19	1589
1494	1298	2:05:54	Alex Howell		Male	1177	M15-39	689	2:03:21	1512
1495	758	2:05:54	Melanie Claxton	NORWICH RR	Female	318	F50-54	19	2:02:04	1466
1496	1483	2:05:56	Sue Smith	NORWICH RR	Female	319	F15-39	218	2:02:02	1465
1497	508	2:06:00	Alexandra Harvey		Female	320	F15-39	219	2:03:41	1525
1498	55	2:06:00	Andrew Blanchard		Male	1178	M15-39	690	2:03:15	1510
1499	1197	2:06:02	Beth Bowstead		Female	321	F15-39	220	2:02:53	1493
1500	1947	2:06:03	Daniel Parry		Male	1179	M15-39	691	2:03:41	1526
1501	2503	2:06:04	Hazel Ecclestone		Female	322	F45-49	22	2:03:39	1523
1502	317	2:06:04	Sandie Jardine	NEWMARKET JOGGERS	Female	323	F45-49	23	2:03:39	1524
1503	697	2:06:08	Michael Briggs	TRI-ANGLIA	Male	1180	M15-39	692	2:03:56	1534
1504	180	2:06:10	Linda Winstanley		Female	324	F15-39	221	2:04:15	1551
1505	1100	2:06:12	Nathan Kidd		Male	1181	M15-39	693	2:04:24	1558
1506	560	2:06:13	Chantal Clarke		Female	325	F15-39	222	2:03:22	1513
1507	1144	2:06:14	Annie Ng		Female	326	F45-49	24	2:03:36	1522
1508	2856	2:06:14	John Beamish		Male	1182	M60-64	23	2:04:10	1546
1509	2609	2:06:14	Catherine Garrod		Female	327	F40-44	52	2:03:05	1505
1510	2234	2:06:17	Rita Norry	THETFORD AC	Female	328	F45-49	25	2:02:01	1464
1511	767	2:06:22	Shaun Cutting		Male	1183	M15-39	694	2:02:14	1468
1512	2752	2:06:24	Ben Olney		Male	1184	M15-39	695	2:03:42	1527
1513	475	2:06:26	James Harvey		Male	1185	M15-39	696	2:03:43	1528
1514	2547	2:06:26	Catherine Pearson		Female	329	F40-44	53	2:03:28	1517
1515	622	2:06:28	Anne Wones		Female	330	F15-39	223	2:04:13	1548
1516	2790	2:06:28	Mandy Foyster		Female	331	F40-44	54	2:04:13	1549
1517	1800	2:06:28	Colin Osborne	SHROPSHIRE SHUFFLERS	Male	1186	M55-59	41	2:05:39	1609
1518	1046	2:06:30	Simon Clough		Male	1187	M15-39	697	2:04:44	1567

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1519	1722	2:06:30	Jamie Shanahan		Male	1188	M15-39	698	2:04:51	1573
1520	2843	2:06:31	Martin Reed		Male	1189	M55-59	42	2:02:38	1480
1521	506	2:06:33	Paul Jewiss		Male	1190	M15-39	699	2:02:30	1474
1522	1679	2:06:36	Gillian Coyle		Female	332	F15-39	224	2:04:49	1570
1523	812	2:06:36	Hans De Vrijer		Male	1191	M45-49	149	2:03:27	1516
1524	129	2:06:37	Marc Betts		Male	1192	M15-39	700	2:04:21	1555
1525	131	2:06:39	Chris Mills		Male	1193	M45-49	150	2:03:48	1531
1526	1110	2:06:41	Graham Bunting		Male	1194	M15-39	701	2:03:25	1515
1527	374	2:06:44	Hazel Garrity	BUNGAY BLACK DOG	Female	333	F55-59	9	2:03:02	1501
1528	546	2:06:46	Luke Potter		Male	1195	M15-39	702	2:02:31	1476
1529	793	2:06:48	Graham Cassie		Male	1196	M50-54	67	2:03:58	1536
1530	1415	2:06:48	Johnny Wyndham		Male	1197	M15-39	703	2:02:53	1494
1531	2126	2:06:50	Justin Barnard		Male	1198	M45-49	151	2:04:06	1543
1532	1694	2:06:50	Lisa Berridge		Female	334	F15-39	225	2:05:31	1600
1533	1693	2:06:50	Richard Manning		Male	1199	M15-39	704	2:05:32	1603
1534	1116	2:06:51	Chris Scott		Male	1200	M15-39	705	2:04:31	1562
1535	1535	2:06:52	Cassie Mcdonald		Female	335	F15-39	226	2:03:29	1520
1536	2807	2:06:54	Michelle Mcneight	STILTON STRIDERS	Female	336	F15-39	227	2:05:21	1591
1537	2360	2:06:54	Faye Ellis	LOWESTOFT RR	Female	337	F15-39	228	2:04:13	1550
1538	1657	2:06:55	Clare Van Gulp		Female	338	F15-39	229	2:03:54	1533
1539	1431	2:06:57	Andrew Dowler		Male	1201	M40-44	201	2:02:42	1481
1540	430	2:07:00	John Wilson	TRI-ANGLIA	Male	1202	M40-44	202	2:05:25	1594
1541	2510	2:07:01	Charlotte Eddleston		Female	339	F15-39	230	2:04:04	1540
1542	1889	2:07:02	James Curtis		Male	1203	M15-39	706	2:04:04	1541
1543	2514	2:07:07	Michael Bucknell		Male	1204	M15-39	707	2:05:59	1620
1544	1779	2:07:08	Robert Bennett		Male	1205	M50-54	68	2:04:24	1559
1545	1789	2:07:13	Luke French		Male	1206	M15-39	708	2:04:05	1542
1546	1922	2:07:14	Carol Hardy	NORFOLK GAZELLES	Female	340	F45-49	26	2:04:27	1561
1547	1154	2:07:14	Catherine Brooks	IPSWICH TRI CLUB	Female	341	F50-54	20	2:04:23	1556
1548	333	2:07:18	Mark Burghall		Male	1207	M40-44	203	2:04:23	1557
1549	2811	2:07:18	David Haines		Male	1208	M60-64	24	2:04:38	1564
1550	1502	2:07:19	Sarah Mitchell		Female	342	F40-44	55	2:04:06	1544
1551	1205	2:07:21	Katherine Pye		Female	343	F15-39	231	2:04:34	1563
1552	2377	2:07:23	David Horn		Male	1209	M40-44	204	2:02:48	1486
1553	2352	2:07:26	Emma Walls		Female	344	F15-39	232	2:05:21	1592
1554	2949	2:07:26	Nigel Kershaw		Male	1210	M40-44	205	2:02:50	1492
1555	1882	2:07:34	David Willson		Male	1211	M45-49	152	2:02:57	1497
1556	289	2:07:37	Russell Taylor		Male	1212	M15-39	709	2:03:13	1507
1557	1886	2:07:41	Paul Silwood		Male	1213	M15-39	710	2:02:37	1478
1558	1818	2:07:44	Mandy Fulton	NORWICH RR	Female	345	F15-39	233	2:03:01	1498
1559	463	2:07:45	Tanya Martin		Female	346	F40-44	56	2:03:01	1499
1560	1362	2:07:46	John Gilbert		Male	1214	M45-49	153	2:03:19	1511
1561	2838	2:07:47	Charlotte Groom		Female	347	F15-39	234	2:05:27	1596
1562	2237	2:07:47	Tamsin Lillie		Female	348	F15-39	235	2:05:27	1597
1563	92	2:07:48	Stuart Knight		Male	1215	M15-39	711	2:03:52	1532
1564	2594	2:07:49	Martyn Starkings		Male	1216	M15-39	712	2:06:36	1640
1565	2153	2:07:49	Michael Beresford		Male	1217	M40-44	206	2:05:56	1617
1566	1209	2:07:50	Andrew Cliff		Male	1218	M15-39	713	2:03:35	1521
1567	920	2:07:51	Anushka Howell	MAIDENHEAD AC	Female	349	F50-54	21	2:05:32	1604
1568	991	2:07:52	Paul Russell		Male	1219	M15-39	714	2:06:05	1624
1569	1688	2:07:53	Anna Panton		Female	350	F15-39	236	2:03:43	1529
1570	402	2:07:54	Peter Howes		Male	1220	M55-59	43	2:05:05	1582
1571	1054	2:07:55	Matthew Kilbey		Male	1221	M15-39	715	2:03:58	1537
1572	924	2:07:56	Andrew Kilbey		Male	1222	M15-39	716	2:03:59	1538
1573	1842	2:07:57	Ian Fitch		Male	1223	M40-44	207	2:05:35	1606
1574	2961	2:07:59	Brian Watkins		Male	1224	M50-54	69	2:05:29	1599
1575	1392	2:08:01	Sally Cable	GREAT BENTLEY RC	Female	351	F50-54	22	2:06:53	1653
1576	1643	2:08:02	Sally Hardwick		Female	352	F45-49	27	2:05:33	1605
1577	94	2:08:05	Jon Millburn		Male	1225	M40-44	208	2:04:10	1547
1578	381	2:08:09	Matthew Applegate		Male	1226	M15-39	717	2:05:13	1585
1579	290	2:08:09	Robert Taylor		Male	1227	M15-39	718	2:03:45	1530
1580	1628	2:08:10	Ed Proffitt		Male	1228	M15-39	719	2:05:52	1614
1581	1583	2:08:11	Graham Robinson		Male	1229	M40-44	209	2:04:56	1576
1582	722	2:08:12	Mike Feeny		Male	1230	M40-44	210	2:04:52	1574
1583	1857	2:08:15	Margaret Newman		Female	353	F15-39	237	2:06:46	1643
1584	1430	2:08:16	Daniel Nicholl		Male	1231	M15-39	720	2:07:30	1676
1585	1973	2:08:16	Rosemary Matlock	THETFORD AC	Female	354	F50-54	23	2:04:00	1539
1586	706	2:08:18	Dennis Simpson	NORWICH RR	Female	355	F45-49	28	2:04:24	1560
1587	1317	2:08:19	Kevin Murray		Male	1232	M15-39	721	2:05:15	1587

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1588	557	2:08:21	Helen Greenwood		Female	356	F15-39	238	2:04:49	1571
1589	1425	2:08:21	Donna-Marie Crane		Female	357	F15-39	239	2:05:52	1615
1590	615	2:08:21	David Mason		Male	1233	M40-44	211	2:04:50	1572
1591	2211	2:08:26	Laure Mouaraki		Female	358	F15-39	240	2:04:17	1552
1592	1429	2:08:26	Arthur Nicholl		Male	1234	M50-54	70	2:07:40	1684
1593	149	2:08:27	Helen Johnson		Female	359	F15-39	241	2:05:02	1580
1594	157	2:08:28	Gemma Sullivan		Female	360	F15-39	242	2:07:13	1667
1595	2776	2:08:30	George Forrester		Male	1235	M60-64	25	2:06:55	1654
1596	804	2:08:32	Melisande Parsons		Female	361	F15-39	243	2:04:41	1565
1597	2695	2:08:34	David Yeates		Male	1236	M55-59	44	2:03:57	1535
1598	442	2:08:35	Lloyd Clark		Male	1237	M15-39	722	2:05:28	1598
1599	2923	2:08:35	Lauren Ayers		Female	362	F15-39	244	2:07:37	1683
1600	728	2:08:39	Rhodri Coleman		Male	1238	M15-39	723	2:05:47	1612
1601	1541	2:08:39	Rob Godsmark		Male	1239	M15-39	724	2:05:46	1611
1602	1991	2:08:42	Elaine Burrows		Female	363	F45-49	29	2:04:20	1554
1603	1335	2:08:43	Dave Auton		Male	1240	M40-44	212	2:05:31	1601
1604	1012	2:08:43	Stuart Horth		Male	1241	M40-44	213	2:06:51	1649
1605	2367	2:08:43	Martin Taylor		Male	1242	M15-39	725	2:06:51	1650
1606	1524	2:08:44	Geraldine Jordan		Female	364	F40-44	57	2:05:38	1607
1607	2950	2:08:44	Jo-Anne Ryan		Female	365	F15-39	245	2:05:38	1608
1608	2927	2:08:45	Jacqueline Wright		Female	366	F50-54	24	2:07:47	1689
1609	2470	2:08:48	Alan Dunsmore		Male	1243	M15-39	726	2:06:03	1622
1610	2413	2:08:50	Philip Neave	BUNGAY BLACK DOG	Male	1244	M60-64	26	2:07:00	1657
1611	277	2:08:53	Martin Harris		Male	1245	M15-39	727	2:04:19	1553
1612	580	2:08:56	Cheryl O'Sullivan		Female	367	F15-39	246	2:04:41	1566
1613	1446	2:08:57	David Scotford	STOWMARKET STRIDERS	Male	1246	M40-44	214	2:06:16	1634
1614	2621	2:08:58	Luke Townsend		Male	1247	M15-39	728	2:07:45	1688
1615	1488	2:09:01	Rachel Taylor		Female	368	F15-39	247	2:04:53	1575
1616	1129	2:09:02	Nicola Read	THETFORD AC	Female	369	F40-44	58	2:04:45	1568
1617	1414	2:09:02	Colin Payne		Male	1248	M40-44	215	2:07:00	1658
1618	1558	2:09:04	Mark Peacock		Male	1249	M15-39	729	2:05:11	1584
1619	1644	2:09:05	Laurence Bartrum		Male	1250	M15-39	730	2:05:56	1618
1620	2889	2:09:06	Robert Mercer		Male	1251	M45-49	154	2:05:49	1613
1621	1175	2:09:07	Sam Morley		Male	1252	M15-39	731	2:06:37	1641
1622	161	2:09:09	Sophie De Winton		Female	370	F45-49	30	2:05:14	1586
1623	1041	2:09:13	Kirsty Jarvis		Female	371	F15-39	248	2:04:59	1578
1624	1325	2:09:16	Peter Knox		Male	1253	M55-59	45	2:06:13	1631
1625	1120	2:09:17	Vicki Christian	DEREHAM RUNNERS AC	Female	372	F40-44	59	2:05:04	1581
1626	2555	2:09:21	Adrian Driver		Male	1254	M45-49	155	2:05:09	1583
1627	648	2:09:23	Veronica Van Scheltinga		Female	373	F15-39	249	2:04:56	1577
1628	1160	2:09:25	Gillian Paremain	THETFORD AC	Female	374	F55-59	10	2:04:59	1579
1629	1615	2:09:26	Jason Ellis		Male	1255	M40-44	216	2:06:27	1638
1630	128	2:09:27	Dan Skipper		Male	1256	M15-39	732	2:06:15	1633
1631	1591	2:09:30	Adrian Buizer		Male	1257	M40-44	217	2:08:56	1712
1632	2926	2:09:32	Richard Farrar		Male	1258	M15-39	733	2:06:47	1644
1633	2515	2:09:32	Wendy Paremain	THETFORD AC	Female	375	F15-39	250	2:05:17	1588
1634	2587	2:09:34	Clare Nicholas		Female	376	F15-39	251	2:06:37	1642
1635	1368	2:09:35	Jayne Cook		Female	377	F45-49	31	2:06:51	1651
1636	2793	2:09:35	Deborah Bacon		Female	378	F40-44	60	2:06:52	1652
1637	2496	2:09:36	Jo Aitken		Female	379	F15-39	252	2:06:27	1639
1638	725	2:09:36	Jane Wilson	WOMEN'S RUNNING NETWORK	Female	380	F40-44	61	2:05:31	1602
1639	329	2:09:37	Chris Hurcomb		Male	1259	M15-39	734	2:07:11	1664
1640	637	2:09:39	Helen Willimott	NORWICH RR	Female	381	F15-39	253	2:08:58	1715
1641	340	2:09:41	Robert Futter		Male	1260	M15-39	735	2:06:16	1635
1642	422	2:09:43	David Phillips		Male	1261	M15-39	736	2:07:33	1679
1643	2822	2:09:43	Suzanna Lines	NORWICH RR	Female	382	F15-39	254	2:05:45	1610
1644	2118	2:09:44	Melanie Evans		Female	383	F40-44	62	2:07:17	1671
1645	2741	2:09:45	Miriam Mathers		Female	384	F15-39	255	2:07:35	1681
1646	816	2:09:46	Bryony Redfern		Female	385	F15-39	256	2:05:19	1590
1647	1786	2:09:47	Amanda Fear	STOWMARKET STRIDERS	Female	386	F15-39	257	2:08:25	1706
1648	2849	2:09:47	Abby Turley		Female	387	F15-39	258	2:07:24	1674
1649	2519	2:09:47	Derek Burchnall		Male	1262	M40-44	218	2:07:14	1669
1650	1107	2:09:48	Anna Smith	STOWMARKET STRIDERS	Female	388	F15-39	259	2:07:34	1680
1651	2141	2:09:49	Gary Wyatt		Male	1263	M60-64	27	2:06:12	1630
1652	1290	2:09:52	William Laws		Male	1264	M15-39	737	2:04:47	1569
1653	2568	2:09:58	Simon Warr		Male	1265	M45-49	156	2:05:56	1619
1654	999	2:10:00	Jem Brereton		Male	1266	M15-39	738	2:08:14	1699
1655	2493	2:10:02	Bruce Rayner	BUNGAY BLACK DOG	Male	1267	M50-54	71	2:07:40	1685
1656	2494	2:10:02	Karen Waters	BUNGAY BLACK DOG	Female	389	F40-44	63	2:07:40	1686



# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1657	1766	2:10:04	Martin Spilsted		Male	1268	M15-39	739	2:07:51	1692
1658	2786	2:10:04	Timothy Johnson		Male	1269	M15-39	740	2:06:05	1625
1659	1247	2:10:04	Jo Margereson		Female	390	F15-39	260	2:05:53	1616
1660	2240	2:10:05	Victoria Harvey		Female	391	F15-39	261	2:07:02	1660
1661	586	2:10:06	Anne Thorell		Female	392	F15-39	262	2:06:08	1629
1662	587	2:10:06	Alfonso Avila		Male	1270	M40-44	219	2:06:07	1628
1663	919	2:10:07	Isabel Ribeiro	WOMEN'S RUNNING NETWORK	Female	393	F15-39	263	2:06:02	1621
1664	1138	2:10:10	Lynsey Tabrett		Female	394	F15-39	264	2:06:47	1645
1665	291	2:10:10	Aimee Long		Female	395	F15-39	265	2:07:15	1670
1666	2321	2:10:10	Alex Brickham		Male	1271	M15-39	741	2:06:16	1636
1667	2517	2:10:10	David Horner		Male	1272	M60-64	28	2:06:58	1656
1668	2465	2:10:11	Lindsay Barker		Female	396	F45-49	32	2:06:48	1646
1669	1796	2:10:14	Lowri Norris		Female	397	F15-39	266	2:07:00	1659
1670	2858	2:10:15	Joan Mason	KENILWORTH RUNNERS	Female	398	F60-64	2	2:06:03	1623
1671	1728	2:10:18	Julia Wright	NORWICH RR	Female	399	F15-39	267	2:07:08	1661
1672	1888	2:10:19	Jason Snook		Male	1273	M40-44	220	2:07:10	1663
1673	1599	2:10:21	Mark Fitch		Male	1274	M15-39	742	2:06:14	1632
1674	786	2:10:23	Zara Williams		Female	400	F15-39	268	2:07:12	1665
1675	1350	2:10:23	Anthony Linehan		Male	1275	M15-39	743	2:07:12	1666
1676	130	2:10:28	Simon Mckinna		Male	1276	M15-39	744	2:05:24	1593
1677	253	2:10:28	Angus Bates		Male	1277	M15-39	745	2:05:25	1595
1678	1883	2:10:32	Peter Galbraith		Male	1278	M15-39	746	2:08:06	1696
1679	1988	2:10:32	Donald Macdonald		Male	1279	M55-59	46	2:08:06	1697
1680	2933	2:10:34	Sandie Smith		Female	401	F15-39	269	2:08:26	1707
1681	2241	2:10:39	Helen Guy		Female	402	F15-39	270	2:09:15	1719
1682	2651	2:10:42	Lorraine Murphy		Female	403	F15-39	271	2:08:04	1695
1683	1845	2:10:43	Steve Banner		Male	1280	M45-49	157	2:06:26	1637
1684	2921	2:10:45	Kate Alcraft		Female	404	F15-39	272	2:07:18	1672
1685	1008	2:10:46	Ian Lindsay		Male	1281	M40-44	221	2:07:40	1687
1686	1708	2:10:53	Jane Pye		Female	405	F40-44	64	2:08:39	1709
1687	1785	2:10:56	Peter Boyce		Male	1282	M40-44	222	2:06:06	1626
1688	2243	2:10:57	Samantha Britcher		Female	406	F15-39	273	2:06:06	1627
1689	2197	2:11:03	Daniel Boulter		Male	1283	M15-39	747	2:08:26	1708
1690	2863	2:11:03	Tom Warnes		Male	1284	M15-39	748	2:07:35	1682
1691	1768	2:11:10	Neil Richardson		Male	1285	M45-49	158	2:10:16	1748
1692	1631	2:11:16	Dawn Broome		Female	407	F40-44	65	2:08:00	1693
1693	2686	2:11:17	Lisa Kitching		Female	408	F15-39	274	2:06:49	1647
1694	1286	2:11:18	Lorraine Coulstock		Female	409	F15-39	275	2:10:35	1756
1695	2687	2:11:18	Martin Strain		Male	1286	M15-39	749	2:06:50	1648
1696	1588	2:11:19	Peter Kean-Cockburn	COLTISHALL JAGUARS	Male	1287	M50-54	72	2:07:48	1690
1697	2771	2:11:19	Nathan Santiago		Male	1288	M15-39	750	2:07:18	1673
1698	1496	2:11:20	Robert Collingwood		Male	1289	M65+	13	2:08:10	1698
1699	1577	2:11:25	Simon Websdale		Male	1290	M40-44	223	2:08:53	1711
1700	2319	2:11:25	Debra Smith		Female	410	F15-39	276	2:08:02	1694
1701	715	2:11:26	Noelle Wilson-Smith		Female	411	F40-44	66	2:07:50	1691
1702	908	2:11:27	Jane Bentley		Female	412	F15-39	277	2:08:21	1702
1703	1572	2:11:27	Matthew Arnold		Male	1291	M15-39	751	2:08:21	1703
1704	1157	2:11:30	Emily Dennis	NORWICH RR	Female	413	F15-39	278	2:10:49	1762
1705	82	2:11:30	Deborah Lilwall		Female	414	F40-44	67	2:07:13	1668
1706	2770	2:11:30	Ryan Bloom		Male	1292	M15-39	752	2:07:28	1675
1707	1937	2:11:32	Robin Farrar	BUNGAY BLACK DOG	Male	1293	M65+	14	2:09:41	1731
1708	1674	2:11:32	James Lusher		Male	1294	M15-39	753	2:07:32	1678
1709	2289	2:11:33	Rod Wells		Male	1295	M40-44	224	2:09:20	1724
1710	2420	2:11:44	Guy Gowing		Male	1296	M40-44	225	2:09:08	1718
1711	2418	2:11:46	Greg Duffield		Male	1297	M15-39	754	2:10:00	1740
1712	1736	2:11:49	Andrew Boorman		Male	1298	M45-49	159	2:08:56	1713
1713	420	2:11:49	Bob Giddings		Male	1299	M50-54	73	2:08:57	1714
1714	2704	2:11:49	Michael Garrard		Male	1300	M60-64	29	2:09:51	1736
1715	573	2:11:49	Jaan Larner		Male	1301	M15-39	755	2:08:19	1701
1716	2067	2:11:50	Caroline Barnes		Female	415	F15-39	279	2:09:47	1735
1717	1258	2:11:51	Anne Francis		Female	416	F55-59	11	2:09:32	1728
1718	84	2:11:52	Hedley Harnett		Male	1302	M40-44	226	2:08:16	1700
1719	2705	2:11:54	Charles Thurston		Male	1303	M45-49	160	2:09:33	1729
1720	1029	2:11:57	Ann Le Page		Female	417	F50-54	25	2:09:23	1726
1721	1111	2:11:57	Simon Lepage		Female	418	F15-39	280	2:09:23	1727
1722	2390	2:11:57	Sarah Cole		Female	419	F15-39	281	2:09:44	1732
1723	2351	2:11:58	Julie Curtis		Female	420	F15-39	282	2:09:21	1725
1724	1093	2:11:59	Wendy Westerhoff		Female	421	F40-44	68	2:06:55	1655
1725	2092	2:12:01	Eamonn King	THETFORD AC	Male	1304	M15-39	756	2:08:24	1704

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1726	1532	2:12:03	Samina Walimohamed		Female	422	F15-39	283	2:11:32	1787
1727	2897	2:12:03	James Alderton		Male	1305	M15-39	757	2:11:32	1788
1728	330	2:12:04	Richard Mcevoy	BRITISH ARMY SPORTS	Male	1306	M40-44	227	2:10:26	1751
1729	2462	2:12:06	Nick Bowler		Male	1307	M45-49	161	2:07:08	1662
1730	2015	2:12:10	Amanda White		Female	423	F15-39	284	2:09:53	1738
1731	1140	2:12:10	Marianne Aitken	HADLEIGH HARES AC	Female	424	F15-39	285	2:10:50	1764
1732	2533	2:12:10	Jo Keenan		Female	425	F15-39	286	2:09:54	1739
1733	1030	2:12:11	Chris Devereux-Cooke		Male	1308	M55-59	47	2:07:31	1677
1734	2971	2:12:21	Aubrey Green		Male	1309	M40-44	228	2:10:35	1757
1735	2972	2:12:21	Sarah Barr-Young		Female	426	F15-39	287	2:10:35	1758
1736	972	2:12:24	Anita Talby		Female	427	F15-39	288	2:10:07	1744
1737	973	2:12:24	Donna Talby		Female	428	F15-39	289	2:10:08	1746
1738	1102	2:12:27	Tom Jolly		Male	1310	M15-39	758	2:08:24	1705
1739	58	2:12:31	Matthew Miller		Male	1311	M15-39	759	2:10:31	1754
1740	1962	2:12:37	Tamzin Sale		Female	429	F15-39	290	2:09:16	1720
1741	584	2:12:43	David Green		Male	1312	M65+	15	2:10:57	1768
1742	2683	2:12:51	Keith Browes		Male	1313	M50-54	74	2:08:41	1710
1743	1061	2:12:53	Brian Moore	NORWICH RR	Male	1314	M55-59	48	2:09:19	1723
1744	1149	2:12:57	Mark Savage		Male	1315	M15-39	760	2:11:08	1774
1745	620	2:12:57	Deborah English		Female	430	F15-39	291	2:10:07	1745
1746	1200	2:13:06	Paul Hutchins		Male	1316	M45-49	162	2:10:17	1749
1747	2330	2:13:11	Linda Gardner	SERPENTINE	Female	431	F45-49	33	2:10:45	1761
1748	2630	2:13:16	Adrian Snowling		Male	1317	M40-44	229	2:11:27	1785
1749	1942	2:13:17	David Christian		Male	1318	M15-39	761	2:11:39	1790
1750	2488	2:13:19	Siobhan O'Neill		Female	432	F15-39	292	2:12:41	1819
1751	1284	2:13:24	Patrick Compton		Male	1319	M55-59	49	2:11:17	1781
1752	73	2:13:31	Chris Read		Male	1320	M15-39	762	2:09:36	1730
1753	2423	2:13:34	Natalie Heyhoe		Female	433	F15-39	293	2:10:58	1770
1754	2364	2:13:40	Tonya Patten		Female	434	F15-39	294	2:09:18	1721
1755	2283	2:13:41	Sarah Colman		Female	435	F15-39	295	2:09:18	1722
1756	2168	2:13:46	Karen Gitsham	NORWICH RR	Female	436	F15-39	296	2:11:40	1791
1757	1978	2:13:49	Trish Judson		Female	437	F50-54	26	2:12:08	1802
1758	436	2:13:49	Jonathan Burton		Male	1321	M40-44	230	2:10:53	1767
1759	258	2:13:50	Andi Richardson		Female	438	F15-39	297	2:12:14	1805
1760	1386	2:13:51	John Lemon		Male	1322	M45-49	163	2:10:39	1759
1761	1987	2:13:52	James Wells		Male	1323	M15-39	763	2:09:05	1716
1762	1191	2:13:52	Johanna Loodin		Female	439	F15-39	298	2:09:45	1733
1763	1983	2:13:52	Andy Tracey		Male	1324	M45-49	164	2:09:06	1717
1764	2828	2:13:53	Jason Lewis		Male	1325	M15-39	764	2:09:51	1737
1765	2308	2:13:54	Lindsay Stewart Kitchen	NORTH NORFOLK BEACH RUNNERS	Male	1326	M45-49	165	2:12:02	1800
1766	2097	2:13:54	Jinny Brook		Female	440	F15-39	299	2:10:03	1742
1767	969	2:14:04	Rob Cameron		Male	1327	M15-39	765	2:10:58	1771
1768	970	2:14:04	Erica Eriksson		Female	441	F15-39	300	2:10:57	1769
1769	1824	2:14:10	Suzy Jermyn		Female	442	F15-39	301	2:12:16	1807
1770	2273	2:14:11	Clive Murfitt		Male	1328	M15-39	766	2:11:14	1780
1771	2318	2:14:13	Susan Nursey		Female	443	F55-59	12	2:10:50	1765
1772	755	2:14:13	Helen Harding		Female	444	F15-39	302	2:11:27	1786
1773	667	2:14:17	Emily Howard		Female	445	F15-39	303	2:13:38	1842
1774	960	2:14:20	Camilla Scaiff		Female	446	F15-39	304	2:11:12	1775
1775	2791	2:14:20	Caroline Kelly		Female	447	F15-39	305	2:10:00	1741
1776	407	2:14:20	Tim Shotbolt	NORTH NORFOLK BEACH RUNNERS	Male	1329	M50-54	75	2:11:25	1784
1777	2699	2:14:21	Craig Hallewell		Male	1330	M15-39	767	2:12:45	1824
1778	453	2:14:21	Jackie Bonham		Female	448	F40-44	69	2:12:18	1809
1779	1032	2:14:22	Nigel Broom		Male	1331	M40-44	231	2:10:58	1772
1780	2127	2:14:23	Angela Burdett	STOWMARKET STRIDERS	Female	449	F40-44	70	2:10:19	1750
1781	1323	2:14:25	Amanda Mayhew		Female	450	F50-54	27	2:10:03	1743
1782	2975	2:14:27	Hannah Render		Female	451	F15-39	306	2:10:13	1747
1783	343	2:14:28	Wayne Guy		Male	1332	M15-39	768	2:13:00	1830
1784	1208	2:14:30	Diana Vosseller		Female	452	F15-39	307	2:10:33	1755
1785	1562	2:14:30	Marianne Saunders	NORFOLK GAZELLES	Female	453	F40-44	71	2:11:44	1793
1786	1113	2:14:31	Stacey Gutkowski		Female	454	F15-39	308	2:11:47	1797
1787	1396	2:14:39	Ally Evans		Female	455	F15-39	309	2:10:28	1752
1788	1127	2:14:39	Ruth Marlow		Female	456	F15-39	310	2:10:28	1753
1789	2702	2:14:39	Emma Fickling		Female	457	F15-39	311	2:11:13	1776
1790	2742	2:14:40	David Petch		Male	1333	M45-49	166	2:09:45	1734
1791	2560	2:14:42	Ivan Colman	NORWICH RR	Male	1334	M45-49	167	2:14:00	1849
1792	629	2:14:42	Lorraine Robertson	NORWICH RR	Female	458	F15-39	312	2:14:00	1850
1793	247	2:14:48	Mark Fairhead		Male	1335	M45-49	168	2:12:43	1822
1794	25	2:14:53	Rodney Potter		Male	1336	M65+	16	2:13:38	1843

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1795	2041	2:14:57	Steve Avery		Male	1337	M40-44	232	2:12:49	1825
1796	1338	2:15:02	Helen Oghenegweke	NORWICH RR	Female	459	F15-39	313	2:11:13	1777
1797	1384	2:15:04	Philip Catchpole		Male	1338	M55-59	50	2:14:27	1863
1798	1383	2:15:04	Verity Catchpole		Female	460	F15-39	314	2:14:26	1862
1799	1073	2:15:05	Colin Crump		Male	1339	M15-39	769	2:11:13	1778
1800	911	2:15:05	Eddie Tolchard		Male	1340	M15-39	770	2:14:27	1864
1801	1689	2:15:14	Jonathan Lees		Male	1341	M15-39	771	1:43:19	564
1802	523	2:15:14	Cheryl Kerry		Female	461	F15-39	315	2:10:39	1760
1803	2350	2:15:19	Caroline Curtis		Female	462	F15-39	316	2:12:42	1820
1804	2758	2:15:21	Tony Millett	NORWICH RR	Male	1342	M55-59	51	2:12:42	1821
1805	1351	2:15:22	Jack McClure		Male	1343	M45-49	169	2:12:44	1823
1806	842	2:15:22	Timothy Giles		Male	1344	M55-59	52	2:11:13	1779
1807	1692	2:15:24	Sandra Yallop		Female	463	F40-44	72	2:11:34	1789
1808	2422	2:15:25	Adam Stannard		Male	1345	M15-39	772	2:12:25	1812
1809	2962	2:15:25	Andrew Chadwick		Male	1346	M15-39	773	2:12:31	1817
1810	700	2:15:28	Ivana Stastna	WOMEN'S RUNNING NETWORK	Female	464	F15-39	317	2:11:23	1782
1811	833	2:15:28	Rebecca Wilburn	WOMEN'S RUNNING NETWORK	Female	465	F15-39	318	2:11:23	1783
1812	1606	2:15:29	Victoria Dack		Female	466	F15-39	319	2:12:12	1803
1813	1605	2:15:29	Alison Brister		Female	467	F40-44	73	2:12:12	1804
1814	2524	2:15:32	Chris Cox		Male	1347	M45-49	170	2:12:19	1810
1815	682	2:15:35	Neil Aylott		Male	1348	M15-39	774	2:12:24	1811
1816	1090	2:15:35	Matthew Fox		Male	1349	M15-39	775	2:10:49	1763
1817	502	2:15:41	Sarah Pyne		Female	468	F15-39	320	2:13:35	1841
1818	516	2:15:51	Ruth Ackers		Female	469	F15-39	321	2:12:25	1813
1819	489	2:15:52	Hannah Graveling		Female	470	F15-39	322	2:12:26	1814
1820	339	2:15:56	Matthew Stevenson		Male	1350	M15-39	776	2:10:51	1766
1821	1695	2:15:57	Sarah Lock		Female	471	F50-54	28	2:12:27	1816
1822	987	2:15:57	Rachel Nichols		Female	472	F15-39	323	2:11:44	1794
1823	2965	2:15:58	Zafar Ahmad		Male	1351	M15-39	777	2:13:01	1831
1824	2668	2:15:59	Suzy Ashworth		Female	473	F15-39	324	2:12:17	1808
1825	1153	2:16:00	Lindsay Perry		Female	474	F15-39	325	2:11:47	1798
1826	2973	2:16:05	Paul Scaife		Male	1352	M40-44	233	2:13:03	1832
1827	2952	2:16:06	Debbie Bowers		Female	475	F15-39	326	2:14:48	1873
1828	925	2:16:06	Alex Leslie		Female	476	F15-39	327	2:11:06	1773
1829	255	2:16:07	Martin Pond		Male	1353	M15-39	778	2:13:56	1848
1830	1773	2:16:09	Andrew Seabrook		Male	1354	M15-39	779	2:11:59	1799
1831	100	2:16:11	David Cooper	MK LAKESIDE RUNNERS	Male	1355	M60-64	30	2:12:57	1827
1832	589	2:16:12	Cathy Tooley		Female	477	F45-49	34	2:13:23	1837
1833	2187	2:16:15	Stuart Blacklock		Male	1356	M15-39	780	2:15:08	1884
1834	1071	2:16:17	Josephine Williams		Female	478	F40-44	74	2:12:26	1815
1835	2664	2:16:18	Kerry Nicholls		Female	479	F40-44	75	2:13:29	1840
1836	712	2:16:19	Nicola Barrett		Female	480	F15-39	328	2:12:07	1801
1837	243	2:16:21	Wayne Mann		Male	1357	M15-39	781	2:12:54	1826
1838	1235	2:16:23	Anne Harper		Female	481	F45-49	35	2:13:18	1835
1839	2618	2:16:24	Soraya Wasenius	NORFOLK GAZELLES	Female	482	F15-39	329	1:53:51	1065
1840	2449	2:16:26	Katy Brandom		Female	483	F15-39	330	2:15:00	1877
1841	1082	2:16:26	Annabel Harris		Female	484	F40-44	76	2:13:21	1836
1842	2142	2:16:29	Marcin Miller		Male	1358	M45-49	171	2:11:46	1796
1843	1199	2:16:30	Matthew Cole		Male	1359	M15-39	782	2:13:43	1845
1844	1828	2:16:30	Emma Yerby Smith	REEPHAM RUNNERS	Female	485	F15-39	331	2:14:39	1869
1845	1849	2:16:31	Philip Cooper	REEPHAM RUNNERS	Male	1360	M45-49	172	2:14:39	1870
1846	2236	2:16:34	Steve Goodridge		Male	1361	M45-49	173	2:14:05	1853
1847	2469	2:16:36	Alec Hunter		Male	1362	M15-39	783	2:12:15	1806
1848	1042	2:16:41	Zabir Munir		Male	1363	M15-39	784	2:11:43	1792
1849	1332	2:16:49	Lisa Cuthbert		Female	486	F40-44	77	2:11:44	1795
1850	2374	2:16:55	Roger Mawer	LOWESTOFT RR	Male	1364	M65+	17	2:15:03	1878
1851	53	2:16:56	Teresa Guyton		Female	487	F50-54	29	2:14:19	1858
1852	2257	2:17:00	Helen Lambert		Female	488	F15-39	332	2:12:58	1828
1853	1985	2:17:07	Richard Allsworth		Male	1365	M15-39	785	2:12:37	1818
1854	1361	2:17:07	Wendy Smith	NORWICH RR	Female	489	F45-49	36	2:12:59	1829
1855	2641	2:17:09	Teresa Fenn		Female	490	F15-39	333	2:13:17	1834
1856	711	2:17:13	Jeremy Houghton		Male	1366	M40-44	234	2:14:56	1876
1857	1808	2:17:18	Lee Harris		Male	1367	M15-39	786	2:14:08	1854
1858	747	2:17:20	Laurence Hill		Male	1368	M45-49	174	2:13:40	1844
1859	2667	2:17:20	Joseph Turvey		Male	1369	M15-39	787	2:14:28	1865
1860	2541	2:17:27	Rachel Magee		Female	491	F15-39	334	2:14:03	1851
1861	2934	2:17:29	Chris Plunkett		Male	1370	M15-39	788	2:17:02	1929
1862	640	2:17:34	Lee Scottow		Male	1371	M15-39	789	2:15:15	1887
1863	2795	2:17:34	Alex Symington		Male	1372	M15-39	790	2:15:17	1889

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1864	2920	2:17:38	John Newman	TRAIL RUNNING ASSOCIATION	Male	1373	M45-49	175	2:15:55	1903
1865	918	2:17:41	Lynn Jones		Female	492	F40-44	78	2:14:33	1868
1866	2654	2:17:43	Diane Frior		Female	493	F15-39	335	2:14:04	1852
1867	2177	2:17:50	Graeme Turner		Male	1374	M15-39	791	2:15:33	1894
1868	895	2:17:51	Angela Mccarthy	THETFORD AC	Female	494	F45-49	37	2:13:24	1838
1869	2366	2:17:55	Johnathan Spray		Male	1375	M15-39	792	2:15:38	1895
1870	2012	2:17:56	Michael Johnson		Male	1376	M60-64	31	2:14:12	1857
1871	2181	2:17:57	Elaine Kozlik		Female	495	F45-49	38	2:13:50	1847
1872	2396	2:17:58	Ross Hamilton		Male	1377	M15-39	793	2:16:19	1917
1873	362	2:17:58	Neil Kirkby		Male	1378	M15-39	794	2:16:22	1918
1874	2963	2:18:10	James Hunter		Male	1379	M40-44	235	2:16:03	1907
1875	2463	2:18:11	Glenn Ward		Male	1380	M50-54	76	2:13:27	1839
1876	44	2:18:17	Paul Amer		Male	1381	M15-39	795	2:13:14	1833
1877	200	2:18:19	Pat Kimpton	LINCOLN WELLINGTON AC	Female	496	F45-49	39	2:15:50	1900
1878	2123	2:18:21	Steven Shead		Male	1382	M15-39	796	2:14:49	1874
1879	1616	2:18:23	Julie London	NORFOLK GAZELLES	Female	497	F40-44	79	2:14:09	1855
1880	1448	2:18:24	Jessica Seal	DARTFORD RR	Female	498	F15-39	336	2:16:45	1923
1881	2300	2:18:28	Rob Mckillop		Male	1383	M40-44	236	2:13:45	1846
1882	1062	2:18:29	Lynda Moore	NORWICH RR	Female	499	F55-59	13	2:14:55	1875
1883	2032	2:18:30	Julie Melia		Female	500	F15-39	337	2:15:31	1892
1884	445	2:18:30	Bernard Ogoe		Male	1384	M15-39	797	2:17:47	1939
1885	452	2:18:30	Laura Clifford		Female	501	F15-39	338	2:17:48	1941
1886	2031	2:18:30	Alex Bremner		Male	1385	M45-49	176	2:15:32	1893
1887	2751	2:18:32	Gavin Bond		Male	1386	M15-39	798	2:15:24	1890
1888	1283	2:18:34	Carol Cooper	NORFOLK GAZELLES	Female	502	F45-49	40	2:14:19	1859
1889	2951	2:18:37	Maureen Su		Female	503	F15-39	339	2:16:02	1906
1890	2564	2:18:37	Natalie Nicholson		Female	504	F40-44	80	2:15:24	1891
1891	1152	2:18:39	Charlotte Papworth		Female	505	F15-39	340	2:15:12	1885
1892	1809	2:18:42	Michelle Passam		Female	506	F40-44	81	2:15:40	1896
1893	1112	2:18:47	Diane Renshaw	DEREHAM RUNNERS AC	Female	507	F50-54	30	2:16:23	1919
1894	1716	2:18:49	Rachael Peacock		Female	508	F40-44	82	2:16:00	1905
1895	2175	2:18:53	Joanne Barlow		Female	509	F40-44	83	2:15:52	1902
1896	2981	2:18:56	Rosie Rogers	NORFOLK GAZELLES	Female	510	F45-49	41	2:14:43	1871
1897	2550	2:18:58	Robert Crane		Male	1387	M15-39	799	2:14:28	1866
1898	2549	2:18:59	Alison Black		Female	511	F15-39	341	2:14:28	1867
1899	2623	2:19:00	Chris Bullock		Male	1388	M15-39	800	2:15:16	1888
1900	212	2:19:00	Ken Hurst		Male	1389	M60-64	32	2:14:21	1861
1901	306	2:19:00	David Hupton		Male	1390	M45-49	177	2:14:20	1860
1902	2754	2:19:05	Raymond Bond		Male	1391	M55-59	53	2:15:57	1904
1903	80	2:19:06	Lisa Ford		Female	512	F40-44	84	2:15:03	1879
1904	2810	2:19:10	Ashley Mccormick		Male	1392	M15-39	801	2:16:08	1909
1905	2800	2:19:12	Gareth Magee		Male	1393	M15-39	802	2:15:50	1901
1906	2729	2:19:13	Oley Sarah		Female	513	F15-39	342	2:16:11	1912
1907	1310	2:19:13	Wendy Mcallister		Female	514	F45-49	42	2:17:55	1946
1908	1312	2:19:13	Wayne Mcallister		Male	1394	M45-49	178	2:17:55	1947
1909	861	2:19:16	Colin Buckley		Male	1395	M55-59	54	2:14:11	1856
1910	1493	2:19:16	Tilly Chuter		Female	515	F15-39	343	2:14:45	1872
1911	2023	2:19:16	Paul Gibbs		Male	1396	M55-59	55	2:16:12	1913
1912	1566	2:19:16	Sharon Weston		Female	516	F40-44	85	2:16:03	1908
1913	537	2:19:17	Mike Jones		Male	1397	M15-39	803	2:16:34	1921
1914	1542	2:19:26	Kate Grimble	BUNGAY BLACK DOG	Female	517	F15-39	344	2:17:48	1942
1915	2002	2:19:33	Paul Brookes		Male	1398	M15-39	804	2:15:14	1886
1916	2976	2:19:35	Stefania Copping		Female	518	F15-39	345	2:19:18	1967
1917	1554	2:19:35	Sarah Andrews		Female	519	F15-39	346	2:16:13	1914
1918	2011	2:19:39	Katy Norman		Female	520	F15-39	347	2:15:06	1880
1919	2552	2:19:39	Shane Lutkin		Male	1399	M50-54	77	2:15:06	1881
1920	2553	2:19:39	Dawn Clark		Female	521	F50-54	31	2:15:06	1882
1921	2665	2:19:40	Vanessa Pooley		Female	522	F50-54	32	2:15:06	1883
1922	2439	2:19:41	Karen Nicholas		Female	523	F40-44	86	2:17:02	1930
1923	2869	2:19:58	Daniel Ryman		Male	1400	M15-39	805	2:16:50	1924
1924	2542	2:19:59	Tom Williams		Male	1401	M15-39	806	2:17:56	1948
1925	1847	2:20:02	Stacey Owen	THETFORD AC	Female	524	F15-39	348	2:15:45	1898
1926	1970	2:20:03	Danny Watkins		Male	1402	M15-39	807	2:15:44	1897
1927	2688	2:20:03	Jane Clayton		Female	525	F50-54	33	2:16:24	1920
1928	2129	2:20:07	Linda Flatt	WYMONDHAM AC	Female	526	F55-59	14	2:16:08	1910
1929	2180	2:20:08	Vicki Tuvey		Female	527	F50-54	34	2:16:09	1911
1930	2053	2:20:08	Christine Frazer		Female	528	F40-44	87	2:17:00	1928
1931	205	2:20:11	Elaine Muskett		Female	529	F15-39	349	2:17:10	1932
1932	1248	2:20:16	Daniel Mitchinson		Male	1403	M15-39	808	2:17:11	1933

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1933	111	2:20:19	Keith Franklin		Male	1404	M55-59	56	2:19:03	1962
1934	2306	2:20:23	George Popp		Male	1405	M50-54	78	2:15:47	1899
1935	2765	2:20:38	Stuart Swanson		Male	1406	M40-44	237	2:17:51	1944
1936	1795	2:20:39	Adele Jones		Female	530	F60-64	3	2:17:24	1935
1937	1244	2:20:42	Leanne Richards		Female	531	F15-39	350	2:17:38	1938
1938	1280	2:20:47	Kevin Green		Male	1407	M15-39	809	2:19:23	1968
1939	603	2:20:49	Magalie Gratien		Female	532	F15-39	351	2:16:18	1916
1940	1213	2:20:59	Samantha Loosley		Female	533	F40-44	88	2:16:13	1915
1941	269	2:21:05	Nicola Cornwall		Female	534	F15-39	352	2:18:10	1952
1942	835	2:21:09	Gina Lowman		Female	535	F40-44	89	2:18:06	1950
1943	849	2:21:09	Gillian Sutherland		Female	536	F15-39	353	2:18:06	1951
1944	139	2:21:15	Jenny Pearson		Female	537	F15-39	354	2:18:16	1953
1945	2410	2:21:16	Emily Baxter		Female	538	F15-39	355	2:18:58	1959
1946	1020	2:21:17	Liz Clues		Female	539	F15-39	356	2:17:02	1931
1947	1913	2:21:19	Paul Fraser		Male	1408	M45-49	179	2:16:37	1922
1948	2121	2:21:24	Matthew Thompson		Male	1409	M15-39	810	2:17:52	1945
1949	604	2:21:30	Adrian Cooper		Male	1410	M15-39	811	2:16:59	1927
1950	1653	2:21:33	Fiona Baldwin	COLTISHALL JAGUARS	Female	540	F15-39	357	2:18:47	1957
1951	2448	2:21:37	Helen Hyde		Female	541	F45-49	43	2:16:52	1925
1952	2450	2:21:37	Angela Hyde		Female	542	F50-54	35	2:16:52	1926
1953	638	2:21:39	Derek Robertson		Male	1411	M40-44	238	2:17:50	1943
1954	2995	2:21:42	Ross Millard		Male	1412	M15-39	812	2:17:32	1937
1955	1613	2:21:44	Alan Staton		Male	1413	M45-49	180	2:18:02	1949
1956	1821	2:21:50	Stephen Cramp		Male	1414	M60-64	33	2:19:38	1971
1957	1954	2:21:50	Burjor Langdana		Male	1415	M40-44	239	2:17:21	1934
1958	1117	2:21:53	Kelvin Chilleystone		Male	1416	M15-39	813	2:19:02	1961
1959	720	2:21:56	John Flaxman	ROPSLEY RR	Male	1417	M55-59	57	2:19:05	1963
1960	2551	2:22:02	Karl Bennett		Male	1418	M15-39	814	2:17:31	1936
1961	2556	2:22:09	Mark Hawkins		Male	1419	M15-39	815	2:19:52	1973
1962	2393	2:22:10	Katie Harris-Wright		Female	543	F15-39	358	2:20:00	1975
1963	996	2:22:21	Ashleigh Binnie		Female	544	F15-39	359	2:20:34	1983
1964	590	2:22:23	Andy Russell	NORWICH RR	Male	1420	M45-49	181	2:17:47	1940
1965	2505	2:22:27	Jamie Chui		Male	1421	M15-39	816	2:22:15	2018
1966	270	2:22:30	Clare Denzey	NORWICH RR	Female	545	F15-39	360	2:20:03	1977
1967	2537	2:22:30	Glyndwr Thomas		Male	1422	M15-39	817	2:20:02	1976
1968	872	2:22:31	Ruth Combellack		Female	546	F45-49	44	2:19:05	1964
1969	1056	2:22:40	Lewis Jones		Male	1423	M15-39	818	2:18:42	1956
1970	2316	2:22:48	Martin Holland	RYSTON RUNNERS	Male	1424	M65+	18	2:18:53	1958
1971	1743	2:22:53	Daniel Vencovsky		Male	1425	M15-39	819	2:19:00	1960
1972	1214	2:22:54	Jackie Stuart		Female	547	F15-39	361	2:19:29	1970
1973	267	2:22:58	Neil Collyer		Male	1426	M15-39	820	2:18:30	1954
1974	515	2:22:59	Richard Woolley		Male	1427	M45-49	182	2:18:41	1955
1975	2256	2:23:00	Lee Todd		Male	1428	M15-39	821	2:21:01	1995
1976	2599	2:23:01	Kate Hill		Female	548	F15-39	362	2:21:02	1996
1977	1986	2:23:01	Paul O'Horan		Male	1429	M15-39	822	2:21:15	2003
1978	2632	2:23:21	Janette Palmer	CITY OF NORWICH AC	Female	549	F45-49	45	2:21:27	2004
1979	294	2:23:22	Carol O'Gorman		Female	550	F45-49	46	2:20:37	1984
1980	2171	2:23:22	Jenny Deavin		Female	551	F15-39	363	2:20:08	1978
1981	2173	2:23:22	Lee-Paul Field		Male	1430	M15-39	823	2:20:08	1979
1982	2475	2:23:23	Andrew Coghlin		Male	1431	M15-39	824	2:20:55	1991
1983	650	2:23:29	Alan Lathey		Male	1432	M15-39	825	2:20:29	1982
1984	596	2:23:31	Isla Fay		Female	552	F15-39	364	2:19:12	1965
1985	595	2:23:31	Mike Evans		Male	1433	M15-39	826	2:19:12	1966
1986	1930	2:23:37	Aisha Holmes		Female	553	F15-39	365	2:21:05	1998
1987	1517	2:23:37	Elizabeth Chapman		Female	554	F15-39	366	2:21:05	1999
1988	1938	2:23:46	Jane Mcculloch		Female	555	F50-54	36	2:20:57	1993
1989	2378	2:23:58	Jenny Bettinson		Female	556	F15-39	367	2:19:23	1969
1990	2904	2:24:10	Rachel Fijalkowska	TRI-ANGLIA	Female	557	F15-39	368	2:20:42	1985
1991	87	2:24:18	Jayne Cronin		Female	558	F15-39	369	2:19:51	1972
1992	2595	2:24:22	William Wilson		Male	1434	M15-39	827	2:21:41	2007
1993	2874	2:24:31	Lydia Munyi		Female	559	F15-39	370	2:19:59	1974
1994	2672	2:24:42	Sallyann Protheroe	LOWESTOFT RR	Female	560	F50-54	37	2:22:12	2015
1995	2554	2:24:43	Anna Latta	NORTH NORFOLK BEACH RUNNERS	Female	561	F55-59	15	2:21:05	2000
1996	2593	2:24:43	Michelle Smith		Female	562	F15-39	371	2:21:55	2012
1997	2917	2:24:48	Antonia Webster		Female	563	F15-39	372	2:21:50	2009
1998	1593	2:24:53	Nigel Sheldrake		Male	1435	M15-39	828	2:21:54	2010
1999	791	2:24:53	Roy Cowley		Male	1436	M15-39	829	2:21:44	2008
2000	2806	2:24:58	Lucy Ashby		Female	564	F15-39	373	2:20:45	1986
2001	870	2:24:58	Sarah Parker		Female	565	F15-39	374	2:20:47	1987

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2002	380	2:25:01	Emily Blakesley		Female	566	F15-39	375	2:20:15	1980
2003	1867	2:25:04	Andrew Small		Male	1437	M15-39	830	2:23:24	2039
2004	551	2:25:07	Sarah Adcock		Female	567	F15-39	376	2:20:51	1990
2005	2710	2:25:08	Richard Gould		Male	1438	M55-59	58	2:20:59	1994
2006	2344	2:25:16	Peter Witley	BRANDON FERN HOPPERS	Male	1439	M65+	19	2:22:14	2016
2007	2764	2:25:19	Andrew Cousens		Male	1440	M50-54	79	2:20:27	1981
2008	1902	2:25:23	Claire Sparkes		Female	568	F15-39	377	2:20:50	1989
2009	730	2:25:24	Carl Mcgranachan		Male	1441	M15-39	831	2:22:14	2017
2010	606	2:25:25	Roger Wood		Male	1442	M15-39	832	2:20:55	1992
2011	298	2:25:30	Lisa Foster		Female	569	F15-39	378	2:21:55	2013
2012	965	2:25:36	Daniel Drage		Male	1443	M15-39	833	2:20:49	1988
2013	1014	2:25:38	Luc Farrant		Male	1444	M15-39	834	2:22:31	2025
2014	916	2:25:40	Lisa Liversidge		Female	570	F40-44	90	2:21:54	2011
2015	843	2:25:51	Charlotte Mckinlay		Female	571	F15-39	379	2:21:02	1997
2016	67	2:25:55	Adam Ferjani		Male	1445	M15-39	835	2:22:25	2022
2017	323	2:26:00	James Crouchman		Male	1446	M45-49	183	2:22:27	2024
2018	2773	2:26:02	Joseph Hemmings		Male	1447	M15-39	836	2:21:37	2005
2019	239	2:26:02	Layla Dickerson		Female	572	F15-39	380	2:21:37	2006
2020	91	2:26:06	Steve Moore		Male	1448	M50-54	80	2:24:23	2059
2021	610	2:26:06	Anna Metcalf		Female	573	F15-39	381	2:23:31	2042
2022	69	2:26:10	Melanie Warren		Female	574	F45-49	47	2:23:33	2043
2023	71	2:26:10	Kerry Chrysafi		Female	575	F40-44	91	2:23:33	2044
2024	68	2:26:10	Yolande Russell		Female	576	F40-44	92	2:23:33	2045
2025	2502	2:26:17	David Flewin		Male	1449	M15-39	837	2:22:44	2029
2026	1464	2:26:18	Erica Blatchford		Female	577	F15-39	382	2:22:44	2030
2027	372	2:26:18	Laura Richards		Female	578	F15-39	383	2:24:36	2062
2028	913	2:26:23	Tessa Jones		Female	579	F15-39	384	2:22:41	2028
2029	1142	2:26:26	Mike Cowan		Male	1450	M50-54	81	2:23:48	2049
2030	1273	2:26:29	Julie Elwin		Female	580	F15-39	385	2:22:54	2033
2031	822	2:26:29	Emma Goldsmith		Female	581	F15-39	386	2:22:54	2034
2032	375	2:26:33	Brad Mclean		Male	1451	M15-39	838	2:23:29	2041
2033	2591	2:26:35	Laura Fenson		Female	582	F15-39	387	2:22:03	2014
2034	873	2:26:43	Suzanne Howes		Female	583	F15-39	388	2:23:16	2036
2035	448	2:26:43	Victoria West		Female	584	F15-39	389	2:23:16	2037
2036	356	2:26:45	Christopher Joyner		Male	1452	M45-49	184	2:22:47	2031
2037	2440	2:26:51	Rebecca Oxborough		Female	585	F15-39	390	2:22:15	2019
2038	1419	2:26:52	Domnic Christian		Male	1453	M45-49	185	2:22:24	2021
2039	2307	2:26:54	Michelle Mabbott		Female	586	F15-39	391	2:24:03	2051
2040	158	2:27:00	Simon Hilton		Male	1454	M45-49	186	2:22:25	2023
2041	2586	2:27:02	Ian Lightfoot	WOODBRIIDGE SHUFFLERS	Male	1455	M15-39	839	2:22:58	2035
2042	1320	2:27:12	Karina Fish		Female	587	F15-39	392	2:22:23	2020
2043	2886	2:27:13	Jane Simmonds		Female	588	F45-49	48	2:22:31	2026
2044	799	2:27:14	Kathrine Davies		Female	589	F45-49	49	2:22:31	2027
2045	1293	2:27:18	David Winfield		Male	1456	M50-54	82	2:23:18	2038
2046	2860	2:27:18	Karen Murton		Female	590	F15-39	393	2:23:40	2048
2047	357	2:27:22	Matthew Goodchild		Male	1457	M40-44	240	2:23:24	2040
2048	1091	2:27:33	James Brindley		Female	591	F15-39	394	2:24:04	2052
2049	309	2:27:35	Liane Preston		Female	592	F15-39	395	2:22:49	2032
2050	817	2:27:46	Carl Lamb		Male	1458	M45-49	187	2:24:07	2053
2051	2264	2:27:49	Claire Owen		Female	593	F15-39	396	2:26:13	2085
2052	2301	2:27:49	Mary Owen		Female	594	F60-64	4	2:26:14	2086
2053	108	2:27:59	Ian Tovell		Male	1459	M15-39	840	2:23:34	2047
2054	1671	2:28:01	Sarah Lyons		Female	595	F15-39	397	2:23:48	2050
2055	805	2:28:02	Allison West	THETFORD AC	Female	596	F45-49	50	2:24:22	2058
2056	1820	2:28:04	Caroline Dunne		Female	597	F40-44	93	2:24:34	2061
2057	995	2:28:10	Robert Whalen		Male	1460	M15-39	841	2:26:02	2083
2058	373	2:28:13	Jackie Eastaugh-King		Female	598	F45-49	51	2:25:26	2070
2059	658	2:28:13	Diane Cushine	NORWICH RR	Female	599	F45-49	52	2:25:26	2071
2060	404	2:28:14	Kevin Bayne		Male	1461	M15-39	842	2:25:24	2069
2061	403	2:28:14	Thalia Bayne		Female	600	F15-39	398	2:25:23	2068
2062	2218	2:28:22	Louise Howe		Female	601	F15-39	399	2:24:39	2063
2063	985	2:28:23	Edward Napolitano		Male	1462	M15-39	843	2:23:33	2046
2064	894	2:28:28	Claire Van Leersum		Female	602	F45-49	53	2:26:25	2088
2065	1896	2:28:35	Colin Thouless	NORWICH RR	Male	1463	M65+	20	2:27:50	2103
2066	1740	2:28:40	Jack Cranshaw		Male	1464	M15-39	844	2:25:09	2067
2067	406	2:28:45	Tony Rickwood		Male	1465	M40-44	241	2:25:54	2079
2068	220	2:28:58	Christopher Adams		Male	1466	M55-59	59	2:24:16	2054
2069	1145	2:29:06	Jolene Harris		Female	603	F15-39	400	2:24:16	2055
2070	1630	2:29:12	Kevin Howard		Male	1467	M45-49	188	2:25:56	2081

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2071	2034	2:29:15	Angie Weber		Female	604	F15-39	401	2:24:27	2060
2072	1399	2:29:20	Steven Johnson		Male	1468	M50-54	83	2:26:16	2087
2073	234	2:29:20	Hannah Wallace-Goodall		Female	605	F15-39	402	2:24:18	2056
2074	466	2:29:20	James Sagggers		Male	1469	M15-39	845	2:24:18	2057
2075	694	2:29:22	Matt Wing		Male	1470	M15-39	846	2:25:04	2065
2076	454	2:29:25	Bob Fossey		Male	1471	M50-54	84	2:24:45	2064
2077	2743	2:29:27	Hollebon Joshua		Male	1472	M15-39	847	2:26:47	2093
2078	2956	2:29:29	Andrew Wade		Male	1473	M15-39	848	2:28:31	2110
2079	1767	2:29:29	Chris Perkins		Male	1474	M15-39	849	2:28:32	2113
2080	132	2:29:37	Manali Chitre		Female	606	F15-39	403	2:26:02	2084
2081	1793	2:29:37	George Anthony		Male	1475	M45-49	189	2:25:35	2074
2082	2299	2:29:42	David Dawber		Male	1476	M45-49	190	2:25:08	2066
2083	2941	2:29:45	Krzysztof Kowalewski		Male	1477	M15-39	850	2:29:31	2125
2084	2332	2:29:52	Tracey Mulcahy		Female	607	F15-39	404	2:25:29	2072
2085	2394	2:29:55	John Russell		Male	1478	M55-59	60	2:27:22	2099
2086	1239	2:29:57	Laura Tollerton		Female	608	F15-39	405	2:25:35	2075
2087	858	2:30:03	Charles Fenech		Male	1479	M60-64	34	2:25:53	2078
2088	1527	2:30:08	Johanna Fitzgerald		Female	609	F15-39	406	2:25:34	2073
2089	2774	2:30:08	Sharon Allen		Female	610	F40-44	94	2:25:35	2076
2090	1956	2:30:09	Ann Alderton		Female	611	F45-49	54	2:25:36	2077
2091	1135	2:30:13	Chris Cox	READING ROADRUNNERS	Male	1480	M15-39	851	2:26:45	2092
2092	2918	2:30:28	David Edwards		Male	1481	M55-59	61	2:25:57	2082
2093	2303	2:30:29	Sarah Cox		Female	612	F15-39	407	2:27:02	2096
2094	776	2:30:37	Paul Kerrison	HARWICH RUNNERS	Male	1482	M40-44	242	2:27:25	2100
2095	1870	2:30:42	Maria Culley	NORTH NORFOLK BEACH RUNNERS	Female	613	F40-44	95	2:26:36	2090
2096	2369	2:30:43	Cathryn Wood		Female	614	F15-39	408	2:25:54	2080
2097	1072	2:30:43	Tina Wilson		Female	615	F15-39	409	2:26:52	2094
2098	281	2:30:44	Karen Haughton		Female	616	F50-54	38	2:29:53	2129
2099	2647	2:30:45	Emma Brown		Female	617	F15-39	410	2:21:12	2001
2100	2646	2:30:45	Nicola Shorten		Female	618	F15-39	411	2:21:12	2002
2101	661	2:30:58	Jenny Martin		Female	619	F15-39	412	2:26:35	2089
2102	1989	2:31:00	Kenneth Bray		Male	1483	M50-54	85	2:27:54	2104
2103	1990	2:31:00	Celia Bates		Female	620	F50-54	39	2:27:54	2105
2104	803	2:31:00	Martin Canwell		Male	1484	M15-39	852	2:26:53	2095
2105	150	2:31:03	Rebecca Rust		Female	621	F15-39	413	2:28:55	2117
2106	2652	2:31:03	Marcus Kilpatrick		Male	1485	M15-39	853	2:28:06	2107
2107	2179	2:31:03	Jan Knight		Female	622	F45-49	55	2:29:24	2123
2108	660	2:31:05	Emma Chandler		Female	623	F15-39	414	2:26:41	2091
2109	154	2:31:06	Daniel Hollis		Male	1486	M15-39	854	2:28:57	2119
2110	1498	2:31:18	Ashlea Martin		Female	624	F15-39	415	2:28:56	2118
2111	1732	2:31:19	Susan Harvey	WYMONDHAM AC	Female	625	F50-54	40	2:27:21	2098
2112	66	2:31:23	Gary Heffer		Male	1487	M15-39	855	2:29:22	2122
2113	2427	2:31:26	Robyn Howard		Female	626	F15-39	416	2:27:13	2097
2114	2415	2:31:56	Lisa Kimber		Female	627	F40-44	96	2:27:33	2101
2115	2375	2:31:59	Andrew Gibbs		Male	1488	M15-39	856	2:28:09	2109
2116	628	2:32:11	Anna Youll		Female	628	F15-39	417	2:28:31	2111
2117	1035	2:32:11	Terry Youll	NORWICH RR	Male	1489	M55-59	62	2:28:31	2112
2118	2210	2:32:12	John Innes		Male	1490	M50-54	86	2:29:39	2126
2119	1806	2:32:14	Mike Beames		Male	1491	M55-59	63	2:27:42	2102
2120	2643	2:32:31	Rachel Cubitt		Female	629	F15-39	418	2:28:48	2114
2121	2302	2:32:41	Rebecca Chapman		Female	630	F40-44	97	2:29:13	2120
2122	221	2:32:45	Gina Adams		Female	631	F15-39	419	2:28:02	2106
2123	2936	2:32:52	Rachel Randall		Female	632	F15-39	420	2:28:08	2108
2124	349	2:32:59	Nicola Harrison		Female	633	F15-39	421	2:30:31	2138
2125	1319	2:33:06	Tom Garwood		Male	1492	M15-39	857	2:30:06	2130
2126	1980	2:33:06	Caroline Kennell		Female	634	F15-39	422	2:30:06	2131
2127	771	2:33:07	Dominic Doe		Male	1493	M45-49	191	2:29:28	2124
2128	2139	2:33:10	Darren Burch		Male	1494	M15-39	858	2:28:53	2116
2129	2821	2:33:13	Joanne Jesney		Female	635	F15-39	423	2:30:31	2139
2130	1279	2:33:17	Clare Green		Female	636	F15-39	424	2:31:53	2143
2131	2400	2:33:37	Peter Durrant		Male	1495	M40-44	243	2:29:43	2127
2132	896	2:33:41	Jim Mccarthy	THETFORD AC	Male	1496	M40-44	244	2:29:15	2121
2133	575	2:33:50	Dermot Cronin		Male	1497	M50-54	87	2:29:51	2128
2134	328	2:33:55	David Robinson	YAXLEY JOGGERS	Male	1498	M40-44	245	2:28:51	2115
2135	1910	2:33:55	Kenny Robertson		Male	1499	M40-44	246	2:30:30	2137
2136	1005	2:34:01	Carla Rollason		Female	637	F15-39	425	2:31:40	2141
2137	2223	2:34:01	Stuart Taylor		Male	1500	M15-39	859	2:31:41	2142
2138	1379	2:34:33	Denise Etherington	GREAT YARMOUTH RR	Female	638	F50-54	41	2:33:22	2162
2139	72	2:34:58	Clare Butler		Female	639	F15-39	426	2:32:17	2146

# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2140	1582	2:35:10	Robin Mallett		Male	1501	M15-39	860	2:30:07	2132
2141	1803	2:35:16	Todd Wayne		Male	1502	M15-39	861	2:35:05	2171
2142	1833	2:35:16	Kevin Walden		Male	1503	M15-39	862	2:35:05	2172
2143	2057	2:35:18	Vicki Bumphrey		Female	640	F15-39	427	2:30:22	2133
2144	1940	2:35:19	Lynne Mezzetti		Female	641	F15-39	428	2:30:22	2134
2145	2431	2:35:19	Sharon Jones		Female	642	F40-44	98	2:30:23	2136
2146	2817	2:35:19	Graham Hurst		Male	1504	M55-59	64	2:30:22	2135
2147	2582	2:35:25	Robert Keane		Male	1505	M45-49	192	2:33:02	2154
2148	923	2:35:43	Claire Finlay		Female	643	F40-44	99	2:31:55	2144
2149	482	2:36:00	Sarah Andrews	RUNNING4WOMEN.COM	Female	644	F45-49	56	2:31:10	2140
2150	631	2:36:03	Xiaoxu Huang		Male	1506	M15-39	863	2:34:34	2166
2151	1106	2:36:05	Julie Garner	FENLAND RC	Female	645	F40-44	100	2:33:12	2157
2152	204	2:36:07	Clare Morgan		Female	646	F15-39	429	2:33:06	2155
2153	240	2:36:17	Matt Cole		Male	1507	M15-39	864	2:35:22	2176
2154	1667	2:36:37	Ciaran Ellis		Female	647	F15-39	430	2:33:21	2161
2155	917	2:36:46	Richard Liversidge		Male	1508	M40-44	247	2:32:59	2150
2156	808	2:36:46	Mark Harbin		Male	1509	M40-44	248	2:32:59	2151
2157	810	2:36:46	Steve Willis		Male	1510	M40-44	249	2:32:59	2152
2158	902	2:36:46	John Allton Jones	SERPENTINE	Male	1511	M45-49	193	2:33:07	2156
2159	788	2:36:46	Matt Laing		Male	1512	M40-44	250	2:32:59	2153
2160	744	2:36:52	Carla Johnson	FELIXSTOWE RR	Female	648	F15-39	431	2:33:14	2159
2161	874	2:36:58	Paul Corder		Male	1513	M45-49	194	2:32:47	2148
2162	2750	2:37:02	Telisha Johnson		Female	649	F15-39	432	2:32:13	2145
2163	2684	2:37:23	Sarah Gain		Female	650	F15-39	433	2:34:30	2165
2164	801	2:37:33	Joanne Flegg	TRI-ANGLIA	Female	651	F40-44	101	2:33:31	2163
2165	2565	2:37:34	Martin Greiller		Male	1514	M15-39	865	2:32:28	2147
2166	259	2:37:37	Sharne Howes		Female	652	F15-39	434	2:35:17	2175
2167	2062	2:37:43	George Greer		Male	1515	M15-39	866	2:32:53	2149
2168	2597	2:38:09	Gabrielle Mcdonald		Female	653	F15-39	435	2:34:46	2168
2169	137	2:38:21	Caroline Mansfield		Female	654	F40-44	102	2:33:13	2158
2170	136	2:38:22	Keith Mansfield		Male	1516	M45-49	195	2:33:14	2160
2171	1119	2:38:36	Carol Mcintosh		Female	655	F55-59	16	2:35:12	2174
2172	1297	2:38:46	James Nicholls		Male	1517	M45-49	196	2:33:45	2164
2173	549	2:39:06	Mark Linehan		Male	1518	M15-39	867	2:34:51	2169
2174	769	2:39:11	James Garrett-Pegge		Male	1519	M55-59	65	2:35:22	2177
2175	770	2:39:11	Ronnie Brown		Female	656	F45-49	57	2:35:23	2178
2176	2402	2:39:23	Steven Cotton		Male	1520	M15-39	868	2:36:38	2180
2177	2401	2:39:24	Adrian Moody		Male	1521	M15-39	869	2:36:39	2181
2178	1969	2:39:36	Sarah Ambrose		Female	657	F40-44	103	2:34:35	2167
2179	283	2:39:40	Kelly Jones		Female	658	F15-39	436	2:35:02	2170
2180	1288	2:39:56	Alison Rogers	BUNGAY BLACK DOG	Female	659	F40-44	104	2:35:07	2173
2181	898	2:40:19	Sharon Armes	NORWICH RR	Female	660	F40-44	105	2:37:31	2187
2182	897	2:40:19	Michael Armes	NORWICH RR	Male	1522	M40-44	251	2:37:31	2188
2183	683	2:40:21	Stephen Bumfrey		Male	1523	M50-54	88	2:38:17	2191
2184	70	2:40:21	Rosie Thomas		Female	661	F40-44	106	2:37:41	2189
2185	1858	2:40:54	Wendy Larke	WYMONDHAM AC	Female	662	F40-44	107	2:36:24	2179
2186	740	2:41:05	Kerry Palmer		Female	663	F15-39	437	2:37:22	2185
2187	876	2:41:19	Rebecca Oven		Female	664	F15-39	438	2:37:02	2183
2188	871	2:41:20	Fel Roberts		Female	665	F15-39	439	2:37:01	2182
2189	2407	2:41:37	Bryan Baxter		Male	1524	M45-49	197	2:39:19	2193
2190	113	2:42:06	Bob Jack	BUNGAY BLACK DOG	Male	1525	M45-49	198	2:37:16	2184
2191	1118	2:42:07	Jonathan Parke		Male	1526	M45-49	199	2:37:26	2186
2192	875	2:42:26	Chris Mcintic		Male	1527	M55-59	66	2:38:08	2190
2193	2421	2:43:26	Gary Reeve		Male	1528	M15-39	870	2:40:27	2199
2194	2721	2:43:27	Arlyn Hunton		Female	666	F15-39	440	2:38:25	2192
2195	2250	2:43:38	Robyn Greenacre		Female	667	F15-39	441	2:39:42	2195
2196	2322	2:43:39	Simone Hayes		Female	668	F15-39	442	2:39:43	2196
2197	986	2:43:43	Paula Mckenzie		Female	669	F15-39	443	2:39:32	2194
2198	1187	2:44:20	Nicola Uglow		Female	670	F15-39	444	2:40:14	2197
2199	1763	2:44:49	Paul Johnson		Male	1529	M55-59	67	2:44:28	2210
2200	2603	2:45:19	Kathryn Brooks		Female	671	F15-39	445	2:40:18	2198
2201	2159	2:46:12	Mary Ann Coupland		Female	672	F50-54	42	2:43:00	2200
2202	787	2:46:50	Luke Cowley		Male	1530	M15-39	871	2:43:40	2205
2203	2248	2:47:11	Terri Kelsall		Female	673	F40-44	108	2:43:15	2202
2204	2518	2:47:52	Elizabeth Horner		Female	674	F60-64	5	2:43:46	2206
2205	2534	2:47:52	Liz Groves		Female	675	F45-49	58	2:43:29	2203
2206	2837	2:48:05	Richard Drake		Male	1531	M15-39	872	2:43:01	2201
2207	718	2:48:11	Lisa Kent		Female	676	F15-39	446	2:43:32	2204
2208	1869	2:48:21	Chris Southwell	NORTH NORFOLK BEACH RUNNERS	Male	1532	M60-64	35	2:43:56	2208



# City of Norwich Half Marathon 2009

29th November 2009

# RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
2209	1412	2:48:21	Karen Emery	NORTH NORFOLK BEACH RUNNERS	Female	677	F15-39	447	2:43:57	2209
2210	556	2:48:47	Sullivan Robin		Male	1533	M15-39	873	2:43:49	2207
2211	821	2:48:48	Hazel Best		Female	678	F15-39	448	2:47:17	2218
2212	2986	2:48:50	Dean Cooke		Male	1534	M15-39	874	2:45:01	2211
2213	533	2:49:37	Lauren Peacock		Female	679	F15-39	449	2:46:54	2215
2214	379	2:49:51	Alan Kirton		Male	1535	M15-39	875	2:45:08	2212
2215	1048	2:50:25	Elise Faiers		Female	680	F15-39	450	2:45:29	2213
2216	2295	2:50:34	Jennifer Barwell		Female	681	F15-39	451	2:50:09	2221
2217	40	2:51:01	Kirsteen Grahn		Female	682	F15-39	452	2:45:59	2214
2218	2622	2:51:26	Stuart Jones		Male	1536	M15-39	876	2:47:43	2219
2219	2186	2:52:04	Ed Cooper		Male	1537	M15-39	877	2:47:00	2216
2220	2184	2:52:04	Martin Cooper		Male	1538	M60-64	36	2:47:00	2217
2221	88	2:53:19	Lois Wiltshire		Female	683	F55-59	17	2:49:56	2220
2222	284	2:54:54	Nicola Jones		Female	684	F15-39	453	2:50:15	2222
2223	1706	2:55:24	Catherine Hearne		Female	685	F50-54	43	2:50:24	2223
2224	2392	2:55:43	Adrian Possener		Male	1539	M45-49	200	2:52:19	2224
2225	359	2:59:31	Ashley Seager		Male	1540	M15-39	878	2:54:51	2225
2226	115	3:00:12	Laura Piekos	MERRYHILL STRIDERS	Female	686	F50-54	44	2:59:01	2228
2227	2967	3:00:42	Margaret Ison	NORTH NORFOLK BEACH RUNNERS	Female	687	M15-39	879	3:00:33	2230
2228	282	3:01:54	Glenda Taylor	STOWMARKET STRIDERS	Female	688	F60-64	6	2:57:20	2226
2229	425	3:02:23	Maurice Copeland	NORTH NORFOLK BEACH RUNNERS	Male	1541	M65+	21	2:57:55	2227
2230	2769	3:04:08	Louis Miller		Male	1542	M65+	22	2:59:37	2229
2231	1880	3:04:55	Julie Milner		Female	689	F50-54	45	3:01:32	2231
2232	2700	3:18:02	Kong Wing (Joe) Chen		Male	1543	M15-39	880	3:14:00	2232
2233	2098	3:18:35	James Mcculloch		Male	1544	M15-39	881	3:16:25	2233

1	<b>CITY OF NORWICH AC</b> Wayne Lincoln (6), Wayne Utting (11), Andrew Walpole (27) & Mathew Ellis (35)	79
2	<b>CAMBRIDGE &amp; COLERIDGE AC</b> Diarmuid Ó Séaghdha (4), Mazeyar Firouzi (10), David Johnson (42) & Nicolas Dennilauler (60)	116
3	<b>NORWICH RR</b> Stephen Gibbs (22), Karl Sherry (29), Goy Roper (30) & Paul Churchill (40)	121
4	<b>WYMONDHAM AC</b> Andrew Preston (38), Jack Gillick (67), Richard White (71) & Terry Epps (84)	260
5	<b>NORTH NORFOLK BEACH RUNNERS</b> Robert Kett (28), Andy Kett (49), Jamie Seamark (73) & Richard Blake (112)	262
6	<b>NORFOLK GAZELLES</b> Pete Johnson (58), John Moore (80), Kevin Youngs (83) & Doug Bridges (177)	398
7	<b>COLTISHALL JAGUARS</b> Clive Steward (54), Darren Edridge (92), Steve Ely (97) & Alan Bushell (178)	421
8	<b>TRI-ANGLIA</b> Dave Ledward (69), Benjamin Bailey (117), Chris Beck (118) & Alexander Bamford (129)	433
9	<b>NORWICH RR</b> Mark Garrett (77), David Bowen (113), Mark Merrywest (116) & Alan Bradley (127)	433
10	<b>NORWICH RR</b> Kieron Haines (138), Wayne Easlea (146), Matthew Fray (149) & Darwin Turner (170)	603
11	<b>WYMONDHAM AC</b> Eddie Greenland (89), Neil Holland (95), Stu Barnard (221) & Richard Johnson (233)	638
12	<b>TRI-ANGLIA</b> Mark Philo (142), Philip Smith (155), Lee Cook (165) & Mike Hill (179)	641
13	<b>HAVERHILL RC</b> John Oakes (25), Tim Ellis (39), Trevor Bunch (81) & Terry Braverman (513)	658
14	<b>NORTH NORFOLK BEACH RUNNERS</b> Michael Foulkes (130), Jim Hayes (158), Paul O'Malley (231) & Michael Sadler (256)	775
15	<b>THETFORD AC</b> Stuart Faust (78), Cliff Bailey (79), Dean Kirton (255) & Nick Searle (376)	788
16	<b>STOWMARKET STRIDERS</b> Roger Aldis (15), Steven Neaves (102), Lee Edwards (246) & Huw Billingham (468)	831
17	<b>FENLAND RC</b> Adrian Martin (57), Clive Harrod (225), Keith White (236) & Ian Milburn (374)	892
18	<b>DEREHAM RUNNERS AC</b> Neville Knights (101), Matt Plunkett (267), Keith Moore (292) & Paul Harrison (299)	959
19	<b>NORWICH RR</b> Andrew Bowen (227), Matthew Pask (232), Peter Cook (243) & Ian Moore (259)	961
20	<b>GREAT YARMOUTH RR</b> Neil Sibley (98), Stephen Dady (144), Stephen Etherington (157) & Matthew Sutton (613)	1012
21	<b>TRI-ANGLIA</b> Christian Trotter (224), Mark Scharff (229), James Macleod (281) & Richard Hanson (282)	1016
22	<b>CITY OF NORWICH AC</b> Vince Ellis (186), David Aldis (200), Jonathan Harrold (265) & Vincent Coustham (413)	1064
23	<b>COLTISHALL JAGUARS</b> Mark Haynes (193), Melvyn Porter (263), Adrian Jay (317) & Howard Burton (402)	1175
24	<b>NORWICH RR</b> Carl Wright (260), Andrew Pond (286), Keith Brighty (316) & Andrew Savory (347)	1209
25	<b>TRI-ANGLIA</b> Rob Lines (283), Will Hall (323), Richard Sargeant (336) & Paul Yallop (352)	1294

26	<b>BUNGAY BLACK DOG</b> Chris Chorley (156), Mark Fawbert (277), Richard Dye (396) & David Waterman (520)	1349
27	<b>NORWICH RR</b> Julian Allaker (348), Simon Edye (355), David George (356) & Oliver Burwood (363)	1422
28	<b>WYMONDHAM AC</b> Paul Wightman (261), Alan Holland (370), Patrick Larke (407) & Graham Coleman (430)	1468
29	<b>NORFOLK GAZELLES</b> Adrian Waters (238), Nigel Bullen (338), Anthony Gordon-Gray (488) & Jason Kelf (505)	1569
30	<b>NORWICH RR</b> Matt Howes (404), Will Buck (408), Graham Bainger (415) & Kevin Gee (474)	1701
31	<b>ST EDMUND PACERS</b> Tom Kingsnorth (13), Tim Fox (99), Robert Catton (862) & Graham Fullam (863)	1837
32	<b>NORTH NORFOLK BEACH RUNNERS</b> Dave Spooner (373), Jamie Coleman (460), Phil Rowland (514) & Geoff Hayward (536)	1883
33	<b>TRI-ANGLIA</b> Ian Hacon (389), Chris Jones (403), Christopher Jenkins (572) & Pete Whaley (618)	1982
34	<b>LOWESTOFT RR</b> Chris Scott (59), Marcel Braat (535), Matt Ellis (602) & Simon Bunting (950)	2146
35	<b>WYMONDHAM AC</b> Mark Tufts (447), Dale Cooper (526), Mark Weldon (594) & Mark Bagley (606)	2173
36	<b>DEREHAM RUNNERS AC</b> Jonathan Knights (330), Ashley Gilbert (385), Steve Plunkett (689) & John Richardson (819)	2223
37	<b>NORWICH RR</b> Michael Johnson (552), Richard High (568), Roger Budds (581) & Gavin Thouless (590)	2291
38	<b>THETFORD AC</b> Paul Taverner (525), Cliff Lear (538), Paul Read (599) & Tony Tyler (638)	2300
39	<b>STOWMARKET STRIDERS</b> Paul Wallace (476), Frank Moggan (478), Kevin Bradley (596) & Harry Smith (778)	2328
40	<b>NORWICH RR</b> Matthew Hill (601), Stuart Gandy (604), Darren Powell (656) & David Hollis (668)	2529
41	<b>RYSTON RUNNERS</b> Leslie Scott (147), Simon Able (234), Phillip Seaman (867) & Martin Holland (1424)	2672
42	<b>COLTISHALL JAGUARS</b> Richard Collyer (453), Martin Bagnall (556), Jeremy Lawrence (557) & Peter Kean-Cockburn (1287)	2853
43	<b>WYMONDHAM AC</b> Michael Smith (641), Ian Crutchley (679), Dean Phillips (697) & Andre Lucchetti (892)	2909
44	<b>NORWICH RR</b> Kevin Powles (711), Trevor Horrex (746), Martin Roper (748) & Stefan Rider (760)	2965
45	<b>TRI-ANGLIA</b> Ross Campbell (773), Tony Pick (774), Dominic Kilburn (776) & Stephen Baker (889)	3212
46	<b>REEPHAM RUNNERS</b> Richard Morris-Jones (206), Paul Robinson (733), Richard Bulman (956) & Philip Cooper (1360)	3255
47	<b>NORWICH RR</b> Jon Holland (781), Neil Clark (782), Steve Websdale (951) & Eric Williams (962)	3476
48	<b>BUNGAY BLACK DOG</b> Nigel Gilham (582), James Samkin (859), Bob Paul (947) & Philip Neave (1244)	3632
49	<b>NORFOLK GAZELLES</b> Ian Woods (694), David Barclay (747), Eurwyn Jones (1105) & Andrew Burrage (1115)	3661
50	<b>CITY OF NORWICH AC</b> Les Pegg (909), Alex Scott (926), Brendan Wilson (967) & Simon Burdett (975)	3777

# City of Norwich Half Marathon 2009

29th November 2009

## Male Team

51	<b>NORTH NORFOLK BEACH RUNNERS</b> Tony Heath (610), Guy Sheppard (703), Mike Marshall (1160) & Lindsay Stewart Kitchen (1326)	3799
52	<b>TRI-ANGLIA</b> Ken Matthews (925), Vincent Cook (998), Neil Loadman (1136) & Michael Briggs (1180)	4239
53	<b>NORWICH RR</b> Paul Wishart (1149), Michael Claxton (1166), Brian Moore (1314) & Ivan Colman (1334)	4963
54	<b>NORWICH RR</b> Tony Millett (1342), Andy Russell (1420), Colin Thouless (1463) & Terry Youll (1489)	5714

1	<b>COLCHESTER HARRIERS</b> Sarah Stradling (1), Charlotte Smith (2) & Sarah Ivory (4)	7
2	<b>NORWICH RR</b> Anne Flanagan (8), Emma Appleton (10) & Alexandra Smith (21)	39
3	<b>FENLAND RC</b> Maire Irlam (17), Sarah Gauvin (29) & Lisa Jermey (43)	89
4	<b>NORWICH RR</b> Marie Clark (30), Debbie Clark (35) & Anne Millett (51)	116
5	<b>TRI-ANGLIA</b> Samantha Toop (20), Rebecca Sankey (77) & Rebecca Horne (118)	215
6	<b>NEWMARKET JOGGERS</b> Ursula White (36), Susannah Rush (58) & Miranda Paul (135)	229
7	<b>NORTH NORFOLK BEACH RUNNERS</b> Sally Middleton (61), Christine Thorne (81) & Christina Walker (101)	243
8	<b>CITY OF NORWICH AC</b> Sue Cooke (62), Beres Ward (89) & Laura Mahony (115)	266
9	<b>DEREHAM RUNNERS AC</b> Emma Potter_Campbell (24), Orla Jupp (109) & Katie Coss (152)	285
10	<b>NORWICH RR</b> Sarah Bradley (75), Rachel Fiddy (120) & Yvonne Astley (121)	316
11	<b>DUDLEY KINGSWINFORD RC</b> Heather Fisher (37), Carol Fisher (84) & Claire Fisher (229)	350
12	<b>COLTISHALL JAGUARS</b> Emily Hannant (91), Sarah Jay (105) & Dawn Crane (188)	384
13	<b>WYMONDHAM AC</b> Tracy Stevens (45), Helen Salmon (155) & Julia Kennelly (186)	386
14	<b>LOWESTOFT RR</b> Karen Archbold (16), Claire Davey (49) & Faye Ellis (337)	402
15	<b>STOWMARKET STRIDERS</b> Jo Stephenson (52), Wendy Hughes (205) & Tina Belsom (213)	470
16	<b>CITY OF NORWICH AC</b> Sally Withey (117), Gilly Savage (154) & Leanne Howlett (293)	564
17	<b>FENLAND RC</b> Jane Holmes (56), Louise Busby (254) & Jane Greenwood (255)	565
18	<b>RYSTON RUNNERS</b> Sarah Collins (166), Helen Lloyd (191) & Gill Hart (233)	590
19	<b>NORWICH RR</b> Jo Godwin (165), Phillippa Rudd (207) & Polly Williams (226)	598
20	<b>BUNGAY BLACK DOG</b> Bobbie Sauerzapf (80), Karen Gedge (247) & Hazel Garrity (333)	660
21	<b>COLTISHALL JAGUARS</b> Marie Morton (193), Jackie Bye (197) & Alison Haynes (271)	661
22	<b>GREAT YARMOUTH RR</b> Marie Worrell (163), Carole Spong (235) & Kelly Burrage (288)	686
23	<b>NORWICH RR</b> Sally Cushing (243), Jill Copeland (270) & Lisa Howard (283)	796
24	<b>THETFORD AC</b> Louise White (151), Rita Norry (328) & Rosemary Matlock (354)	833
25	<b>DEREHAM RUNNERS AC</b> Gill Woodhouse (219), Janice Moore (273) & Vicki Christian (372)	864

26	<b>NORWICH RR</b> Juliette Bringloe (284), Danielle Rackham (298) & Melanie Claxton (318)	900
27	<b>NORWICH RR</b> Sue Smith (319), Mandy Fulton (345) & Dennis Simpson (355)	1019
28	<b>STOWMARKET STRIDERS</b> Susanna Munday (267), Amanda Fear (386) & Anna Smith (388)	1041
29	<b>NORFOLK GAZELLES</b> Sheridan Carver (252), Carol Hardy (340) & Marianne Saunders (453)	1045
30	<b>THETFORD AC</b> Nicola Read (369), Gillian Paremain (374) & Wendy Paremain (375)	1118
31	<b>NORTH NORFOLK BEACH RUNNERS</b> Jane Ratcliffe (275), Lisa Ward (285) & Anna Latta (561)	1121
32	<b>NORWICH RR</b> Helen Willimott (381), Suzanna Lines (382) & Julia Wright (399)	1162
33	<b>WOMEN'S RUNNING NETWORK</b> Jane Wilson (380), Isabel Ribeiro (393) & Ivana Stastna (464)	1237
34	<b>NORWICH RR</b> Emily Dennis (413), Karen Gitsham (436) & Lorraine Robertson (458)	1307
35	<b>TRI-ANGLIA</b> Lynsey Dunne (182), Rachel Fijalkowska (557) & Joanne Flegg (651)	1390
36	<b>NORWICH RR</b> Helen Oghenegweke (459), Wendy Smith (489) & Lynda Moore (499)	1447
37	<b>NORFOLK GAZELLES</b> Soraya Wasenius (482), Julie London (497) & Carol Cooper (502)	1481
38	<b>BUNGAY BLACK DOG</b> Karen Waters (389), Kate Grimble (517) & Alison Rogers (659)	1565
39	<b>THETFORD AC</b> Angela Mccarthy (494), Stacey Owen (524) & Allison West (596)	1614
40	<b>NORWICH RR</b> Clare Denzey (545), Diane Cushine (599) & Sharon Armes (660)	1804
41	<b>WYMONDHAM AC</b> Linda Flatt (526), Susan Harvey (625) & Wendy Larke (662)	1813
42	<b>NORTH NORFOLK BEACH RUNNERS</b> Maria Culley (613), Karen Emery (677) & Margaret Ison (687)	1977