

Somerleyton 5K 2013

Place	Name	Team	Bib No	Age	Age Category	Age Group Place	Gun Time	Pace	Gender Position
1	Nick Earl	City of Norwich AC	31	29	Male Senior	1 Top Fin	15:57.8	3:11/K	1
2	Kieran McMorran	Bungay Black Dog RC	66	17	Male 19 and under	2 Top Fin	16:31.6	3:18/K	2
3	Scott Filmer	Colchester Harriers	38	30	Male Senior	3 Top Fin	16:35.6	3:19/K	3
4	Ted Oldman	Bungay Black Dog RC	73	17	Male 19 and under	1 M 0-19	16:48.3	3:22/K	4
5	Lee Cook	Rock Estate Runners & Riders	19	28	Male Senior	1 M 20-39	17:07.3	3:25/K	5
6	Rob Thornton	Wymondham AC	96	30	Male Senior	2 M 20-39	17:51.6	3:34/K	6
7	Paul Nicholson		71	41	Male 40 to 44	1 M 40-44	18:47.5	3:45/K	7
8	David Tandy	Norwich Road Runners	95	44	Male 40 to 44	2 M 40-44	19:00.7	3:48/K	8
9	Goy Roper		114	51	M50	1 M 50-54	19:10.2	3:50/K	9
10	Chris haylock	Lowestoft Road Runners	46	41	Male 40 to 44	3 M 40-44	19:25.4	3:53/K	10
11	James Guylon	Wymondham AC	112	39	Male Senior	3 M 20-39	19:27.8	3:53/K	11
12	Matt Pask	Wymondham AC	111	46	M45	1 M 45-49	19:29.7	3:54/K	12
13	Leigh Butcher	Lowestoft Road Runners	11	31	Male Senior	4 M 20-39	19:30.2	3:54/K	13
14	Ben Snelling		92	42	Male 40 to 44	4 M 40-44	19:31.0	3:54/K	14
15	karl walker		98	42	Male 40 to 44	5 M 40-44	19:38.2	3:56/K	15
16	Iain Milligan	St Edmund Pacers	67	41	Male 40 to 44	6 M 40-44	19:40.4	3:56/K	16
17	Rowena Leary	Norfolk Gazelles	60	28	Female 20 to 34	1 Top Fin	19:49.5	3:58/K	1
18	Philip Harvey		45	42	Male 40 to 44	7 M 40-44	19:54.5	3:59/K	17
19	Valerie Gladwell	Hadleigh Hares	40	38	F35	2 Top Fin	19:55.5	3:59/K	2
20	Sam Kendrick		58	37	Male Senior	5 M 20-39	20:01.2	4:00/K	18
21	Phil Denby		26	38	Male Senior	6 M 20-39	20:08.9	4:02/K	19
22	Simon Bekker		109	38	Male Senior	7 M 20-39	20:26.3	4:05/K	20
23	Cat Ricketts	Norwich Road Runners	85	36	F35	3 Top Fin	20:33.8	4:07/K	3
24	Eddie Carman	North Norfolk Beach Runners	12	46	M45	2 M 45-49	20:46.9	4:09/K	21
25	Catherine Lee	Great Yarmouth Athletics Club	108	18	Female 19 and under	1 F 0-19	20:49.8	4:10/K	4
26	Ian Edwards	Norfolk Gazelles	32	38	Male Senior	8 M 20-39	20:54.6	4:11/K	22
27	Tracey Curl		113	50	F50	1 F 50-54	21:01.6	4:12/K	5
28	Duncan Chenery	Ipswich Jaffa	15	54	M50	2 M 50-54	21:06.9	4:13/K	23
29	karen archbold	Lowestoft Road Runners	3	46	F45	1 F 45-49	21:16.1	4:15/K	6
30	Jack Rayner		81	15	Male 19 and under	2 M 0-19	21:17.0	4:15/K	24
31	claire davey		23	33	Female 20 to 34	1 F 20-34	21:22.1	4:16/K	7
32	Steven Baker		105	38	Male Senior	9 M 20-39	21:22.5	4:16/K	25
33	Phil Dravec-Delf		29	40	Male 40 to 44	8 M 40-44	21:40.8	4:20/K	26
34	myles duffield		30	40	Male 40 to 44	9 M 40-44	21:52.3	4:22/K	27
35	Fiona Searson		89	41	F40	1 F 40-44	21:58.5	4:24/K	8
36	mark elflett	Lowestoft Road Runners	33	50	M50	3 M 50-54	21:59.4	4:24/K	28
37	Sarah Bowen		7	15	Female 19 and under	2 F 0-19	22:01.7	4:24/K	9
38	Ian Bowen		8	51	M50	4 M 50-54	22:01.8	4:24/K	29

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39	mark peach	GYRR	77	41	Male 40 to 44	10 M 40-44	22:03.7	4:25/K	30
40	Gareth Hunter	Lowestoft Road Runners	50	35	Male Senior	10 M 20-39	22:12.1	4:26/K	31
41	Graham Hardingham	Norfolk Gazelles	44	53	M50	5 M 50-54	22:12.4	4:26/K	32
42	Allan David ING	Lowestoft Road Runners	52	58	M55	1 M 55-59	22:15.1	4:27/K	33
43	Tim Morton	Bungay Black Dog RC	70	54	M50	6 M 50-54	22:26.3	4:29/K	34
44	matthew reynolds	Lowestoft Road Runners	83	31	Male Senior	11 M 20-39	22:27.5	4:29/K	35
45	John Cowan		20	38	Male Senior	12 M 20-39	22:38.0	4:32/K	36
46	Jonathon Loud		62	32	Male Senior	13 M 20-39	23:04.8	4:37/K	37
47	warren hych	Waveney Valley AC	51	40	Male 40 to 44	11 M 40-44	23:17.8	4:39/K	38
48	Nigel Ayers		5	49	M45	3 M 45-49	23:25.8	4:41/K	39
49	paul hayward	Rock Estate Runners & Riders	48	35	Male Senior	14 M 20-39	23:27.6	4:41/K	40
50	pauline richardson	GYRR	84	54	F50	2 F 50-54	23:31.9	4:42/K	10
51	Kayleigh Chenery	Ipswich Jaffa	14	24	Female 20 to 34	2 F 20-34	23:42.2	4:44/K	11
52	Harvey Goodfellow	Rock Estate Runners & Riders	110	28	Male Senior	15 M 20-39	23:45.5	4:45/K	41
53	Mik Carr		13	58	M55	2 M 55-59	23:51.0	4:46/K	42
54	Lorrain Dawson	GYRR	24	54	F50	3 F 50-54	23:53.9	4:47/K	12
55	Sarah Sayers		87	37	F35	1 F 35-39	24:02.6	4:48/K	13
56	Tabatha Sims		90	45	F45	2 F 45-49	24:02.8	4:48/K	14
57	Gary McDonald	Lowestoft Road Runners	65	30	Male Senior	16 M 20-39	24:12.4	4:50/K	43
58	Alison Morton	Bungay Black Dog RC	69	51	F50	4 F 50-54	24:21.9	4:52/K	15
59	John Wraight	Dymchurch	103	63	M60+	1 M 60-99	24:26.7	4:53/K	44
60	Sam Cole	Rock Estate Runners & Riders	17	48	M45	4 M 45-49	24:28.7	4:54/K	45
61	Veronica Manly	Eastern Vets	64	65	F55+	1 F 55-99	24:37.7	4:55/K	16
62	Ian Gardner		39	56	M55	3 M 55-59	24:44.0	4:57/K	46
63	Dean Gray		43	54	M50	7 M 50-54	25:04.6	5:01/K	47
64	Peter Spandler	GYRR	107	54	M50	8 M 50-54	25:10.0	5:02/K	48
65	sabrina mirgaux	Lowestoft Road Runners	68	34	Female 20 to 34	3 F 20-34	25:13.6	5:03/K	17
66	Elayne Hilton	Lowestoft Road Runners	49	46	F45	3 F 45-49	25:18.6	5:04/K	18
67	julie webster		100	44	F40	2 F 40-44	25:47.0	5:09/K	19
68	PHILIP NORMAN		72	61	M60+	2 M 60-99	25:48.4	5:10/K	49
69	sue smith	Tri-Anglia	91	52	F50	5 F 50-54	26:02.9	5:12/K	20
70	Liz Clues	Tri-Anglia	16	42	F40	3 F 40-44	26:28.4	5:18/K	21
71	Kerstin langer		59	47	F45	4 F 45-49	26:39.9	5:20/K	22
72	hayley donnelly		28	40	F40	4 F 40-44	26:42.8	5:20/K	23
73	Alison Ayers		4	47	F45	5 F 45-49	26:46.1	5:21/K	24
74	Dee Jennings		54	52	F50	6 F 50-54	26:50.1	5:22/K	25
75	James Oxbury		76	36	Male Senior	17 M 20-39	26:58.7	5:24/K	50
76	steven alderson		2	52	M50	9 M 50-54	26:59.1	5:24/K	51
77	Steve Cummings	Norwich Road Runners	22	42	Male 40 to 44	12 M 40-44	27:34.1	5:31/K	52

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78	Derry Kelleher	Tri-Anglia	57	64	M60+	3 M 60-99	27:51.7	5:34/K	53
79	Frank Ellis		34	66	M60+	4 M 60-99	27:52.1	5:34/K	54
80	Carla Potter	Wymondham AC	79	31	Female 20 to 34	4 F 20-34	27:58.0	5:36/K	26
81	Fiona Coles		18	38	F35	2 F 35-39	28:34.5	5:43/K	27
82	Jo Rayner		82	44	F40	5 F 40-44	28:53.6	5:47/K	28
83	Neil Taylor		106	48	M45	5 M 45-49	28:57.8	5:47/K	55
84	Melissa Gray		41	24	Female 20 to 34	5 F 20-34	29:33.4	5:55/K	29
85	Katie Jones		56	39	F35	3 F 35-39	29:41.8	5:56/K	30
86	Teresa Burdett		10	42	F40	6 F 40-44	29:49.1	5:58/K	31
87	Linda Gray		42	54	F50	7 F 50-54	31:03.9	6:13/K	32
88	Catherine Delf		25	34	Female 20 to 34	6 F 20-34	31:04.1	6:13/K	33
89	Keith Jennings		55	60	M60+	5 M 60-99	31:26.3	6:17/K	56
90	INGA JAYNE HAYNES		47	43	F40	7 F 40-44	31:26.3	6:17/K	34
91	Lester Pearson	Diss Athletics	78	74	M60+	6 M 60-99	31:40.9	6:20/K	57
92	Claire Staff		93	41	F40	8 F 40-44	31:55.3	6:23/K	35
93	Catherine Eyles		37	23	Female 20 to 34	7 F 20-34	32:10.8	6:26/K	36
94	Briony English		35	23	Female 20 to 34	8 F 20-34	32:11.0	6:26/K	37
95	Jane Ray		80	37	F35	4 F 35-39	32:32.3	6:30/K	38
96	Helen Bicknell		6	37	F35	5 F 35-39	32:36.8	6:31/K	39
97	Claire Scott		88	44	F40	9 F 40-44	32:56.1	6:35/K	40
98	Hilary Ricketts		86	37	F35	6 F 35-39	33:11.8	6:38/K	41