

Scores		14/09/2014	Scorer: Richard Aukland - richard@aukinfo.com / 07906 094578						
Race No	Firstname	Lastname	Gender	Affiliated Club/Team Name	Category	Time	Overall Rank	Male Rank	Female Rank
251	Luke	Allen	Male	Waveney Valley AC	Senior	00:25:54		1	1
152	Matthew	Jeffries	Male	Unaffiliated	Senior	No Official Time		2	2
112	Kyle	Ella	Male	Great Yarmouth And District AC	Senior	00:26:29		3	3
186	Ted	Oldman	Male	Bungay Black Dog RC	Senior	00:26:36		4	4
130	Benjamin	Harris	Male	Team Harris	Senior	00:27:14		5	5
196	Carl	Prewer	Male	Lowestoft Road Runners	Vet 40	00:27:35		6	6
240	Will	Wright	Male	Chelmsford AC	Senior	00:27:41		7	7
187	Dominic	Oliver	Male	City Of Norwich AC	Senior	00:27:48		8	8
83	Robert	Chenery	Male	Ipswich Jaffa RC	Senior	00:28:09		9	9
231	Lawrence	Wade	Male	BVH	Vet 40	00:28:40		10	10
236	Thomas	White	Male	Saint Edmund Pacers	Senior	00:28:50		11	11
220	Ben	Spratling	Male	City Of Norwich AC	Senior	00:29:07		12	12
243	Stanley	Collins	Male	Great Yarmouth And District AC	Senior	00:29:19		13	13
272	Marcus	Sladden	Male	Bungay Black Dog RC	Senior	00:29:42		14	14
154	Sean	Jermy	Male	Great Yarmouth Road Runners	Senior	00:29:54		15	15
66	Simon	Brierley	Male	Tri-Anglia Triathlon Club	Senior	00:29:57		16	16
188	Karim	Ouaddane	Male	Unaffiliated	Vet 45	00:30:00		17	17
76	Stuart	Calver	Male	Unaffiliated	Vet 40	00:30:10		18	18
93	Neil	Cone	Male	Unaffiliated	Senior	00:30:14		19	19
136	Martin	Horlock	Male	Norwich Road Runners	Vet 40	00:30:15		20	20
74	Leigh	Butcher	Male	Lowestoft Road Runners	Senior	00:30:26		21	21
283	Lee	Casey	Male	Unaffiliated	Senior	00:30:43		22	22
206	Chris	Scott	Male	Rock Estate Runners and Riders	Senior	00:30:54		23	23
180	Chris	Mower	Male	Saint Edmund Pacers	Senior	00:31:07		24	24
278	Grant	Rix	Male	Unaffiliated	Senior	00:31:20		25	25
95	Jonathan	Cordle	Male	Tri-Anglia Triathlon Club	Vet 50	00:31:24		26	26
282	David	Hughes	Male	Unaffiliated	Vet 50	00:31:27		27	27
73	Adam	Butcher	Male	Unaffiliated	Senior	00:31:31		28	28
268	Liam	Gentry	Male	Rock Estate Runners and Riders	Senior	00:31:36		29	29
211	Neil	Sibley	Male	Great Yarmouth Road Runners	Vet 45	00:31:48		30	30
65	Kyle	Bowles	Male	Unaffiliated	Senior	00:32:03		31	31
62	Simon	Blackburn	Male	Unaffiliated	Senior	00:32:14		32	32
226	Barry	Stratford	Male	Unaffiliated	Senior	00:32:19		33	33
104	Ben	Dennington	Male	Unaffiliated	Senior	00:32:24		34	34
247	Jonathan	Meadows	Male	Lowestoft Road Runners	Senior	00:32:36		35	35
285	Chris	Pimlott	Male	Unaffiliated	Vet 40	00:32:43		36	36
267	Andrew	Manning	Male	Great Yarmouth Road Runners	Vet 45	00:32:46		37	37
59	John	Baxter	Male	Unaffiliated	Vet 55	00:32:52		38	38
189	Nick	Overy	Male	Unaffiliated	Vet 45	00:32:52		38	38
212	Benjamin	Simon	Male	Unaffiliated	Senior	00:33:13		40	40
127	Mark	Harmer	Male	Coltishall Jaguars RC	Vet 40	00:33:18		41	41
84	Ben	Churchman	Male	Diss and District AC	Senior	00:33:19		42	42
53	Karen	Archbold	Female	Lowestoft Road Runners	Vet 45	00:33:22		43	1
132	Paul	Hayward	Male	Rock Estate Runners and Riders	Senior	00:33:28		44	43
69	Matthew	Buckoke	Male	Great Yarmouth Road Runners	Vet 40	00:33:40		45	44
131	Ian	Harrison	Male	Unaffiliated	Senior	00:34:04		46	45
215	Philip	Smith	Male	Beccles Triathlon Club	Vet 40	00:34:10		47	46
221	Chris	Squirell	Male	Unaffiliated	Senior	00:34:15		48	47
96	Lee	Cousens	Male	Waveney Valley AC	Vet 45	00:34:16		49	48
222	Ian	Stammars	Male	Unaffiliated	Senior	00:34:18		50	49
52	Jo	Andrews	Female	Bungay Black Dog RC	Senior	00:34:19		51	2
224	Mark	Stone	Male	Great Yarmouth Road Runners	Vet 40	00:34:20		52	50
114	Perry	Farman	Male	Unaffiliated	Senior	00:34:23		53	51
167	Catherine	Lee	Female	Great Yarmouth And District AC	Senior	00:34:27		54	3
273	Bruce	Wayne	Male	Unaffiliated	Senior	00:34:31		55	52
257	Johnathan	Comyn	Male	Unaffiliated	Senior	00:34:34		56	53
253	Nick	Copeman	Male	Unaffiliated	Senior	00:34:44		57	54
88	Tom	Collier	Male	Lowestoft Road Runners	Senior	00:34:46		58	55
174	Gary	Mcdonald	Male	Lowestoft Road Runners	Senior	00:34:54		59	56
190	Ashley	Palmer	Male	Unaffiliated	Senior	00:34:58		60	57
204	Billy	Saunders	Male	Unaffiliated	Senior	00:35:03		61	58
182	Marcus	Nichols	Male	Bungay Black Dog RC	Senior	00:35:13		62	59
122	Richard	Gallard	Male	Access Community Trust	Vet 40	00:35:16		63	60
142	Paul	Hunt	Male	Unaffiliated	Senior	00:35:18		64	61
82	Duncan	Chenery	Male	Ipswich Jaffa RC	Vet 55	00:35:22		65	62
207	Lloyd	Scriven	Male	Unaffiliated	Vet 40	00:35:23		66	63
216	Jake	Smithson	Male	Unaffiliated	Senior	00:35:24		67	64
237	Louise	White	Female	Theford AC	Senior	00:35:26		68	4
286	Richard	Temple	Male	Unaffiliated	Vet 40	00:35:27		69	65
249	Peter	McGown	Male	Unaffiliated	Vet 60	00:35:28		70	66

210	Andrew	Shorthose	Male	Unaffiliated	Vet 40	00:35:45	71	67	
262	James	Cousins	Male	Waveney Valley AC	Senior	00:35:51	72	68	
163	Sarah	Lauchlan	Female	Unaffiliated	Senior	00:35:54	73		5
153	Michael	Jermy	Male	Unaffiliated	Senior	00:35:58	74	69	
181	David	Mower	Male	Waveney Valley AC	Vet 60	00:36:03	75	70	
98	Shaun	Crowley	Male	Beccles Triathlon Club	Vet 50	00:36:11	76	71	
199	Matthew	Reynolds	Male	Lowestoft Road Runners	Senior	00:36:12	77	72	
140	David	Hudson	Male	Tri-Anglia Triathlon Club	Vet 40	00:36:14	78	73	
219	Simon	Sparkes	Male	Bungay Black Dog RC	Vet 40	00:36:19	79	74	
254	Samuel	Payne	Male	Unaffiliated	Senior	00:36:33	80	75	
75	Neil	Bye	Male	Lowestoft Road Runners	Senior	00:36:34	81	76	
229	Ian	Tooley	Male	Great Yarmouth Road Runners	Vet 50	00:36:39	82	77	
110	Glenn	Doy	Male	Unaffiliated	Vet 55	00:36:50	83	78	
183	Nina	Nickerson	Female	Unaffiliated	Senior	00:36:54	84		6
89	Richard	Collyer	Male	Unaffiliated	Vet 45	00:36:55	85	79	
125	Kevin	Gunton	Male	Unaffiliated	Senior	00:37:03	86	80	
126	Craig	Hamilton	Male	Birds Eye	Vet 40	00:37:05	87	81	
266	Nigel	Herrod	Male	Unaffiliated	Vet 55	00:37:06	88	82	
191	Jack	Payne	Male	Unaffiliated	Senior	00:37:08	89	83	
252	Ian	Carrell	Male	Unaffiliated	Vet 45	00:37:12	90	84	
284	Mark	Lawson	Male	Great Yarmouth And District AC	Vet 40	00:37:13	91	85	
165	Stuart	Lawn	Male	Bungay Black Dog RC	Senior	00:37:17	92	86	
101	Chris	Davies	Male	Unaffiliated	Vet 40	00:37:20	93	87	
134	Ben	Hodds	Male	Lowestoft Road Runners	Senior	00:37:26	94	88	
217	Imogen	Snelling	Female	Bungay Black Dog RC	Senior	00:37:26	94		7
260	Paul	Tennant	Male	Unaffiliated	Senior	00:37:29	96	89	
277	Kyle	Garrett	Male	Unaffiliated	Senior	00:37:33	97	90	
64	John	Bone	Male	Great Yarmouth Road Runners	Vet 65	00:37:35	98	91	
239	Matthew	Wooltorton	Male	Unaffiliated	Senior	00:37:43	99	92	
194	Gary	Pillar	Male	Great Yarmouth Road Runners	Vet 45	00:37:47	100	93	
120	Ian	Frame	Male	Unaffiliated	Senior	00:37:52	101	94	
176	David	Mcwilliam	Male	Unaffiliated	Senior	00:37:56	102	95	
60	Chris	Beare	Male	Unaffiliated	Vet 40	00:37:59	103	96	
116	Mark	Ford	Male	Unaffiliated	Vet 50	00:37:59	103	96	
119	Lewis	Foulger	Male	Unaffiliated	Senior	00:38:01	105	98	
250	Mark	Plummer	Male	Unaffiliated	Senior	00:38:09	106	99	
223	Gary	Stanley	Male	Great Yarmouth Road Runners	Vet 55	00:38:10	107	100	
177	Shaun	Meadows	Male	Unaffiliated	Vet 50	00:38:18	108	101	
241	Stuart	Young	Male	Bungay Black Dog RC	Vet 45	00:38:26	109	102	
244	Markus	Wegg	Male	Lowestoft Road Runners	Senior	00:38:28	110	103	
289	Robert	Brough	Male	Unaffiliated	Senior	00:38:28	110	103	
141	Marc	Hummerson	Male	Unaffiliated	Vet 40	00:38:30	112	105	
158	Stephen	Kenworthy	Male	Unaffiliated	Vet 45	00:38:34	113	106	
71	Neil	Bunnage	Male	Unaffiliated	Vet 45	00:38:35	114	107	
67	Kate	Bryson	Female	Waveney Valley AC	Vet 50	00:38:39	115		8
228	Gary	Tahmasbi	Male	Unaffiliated	Senior	00:38:40	116	108	
185	Stephen	Oldman	Male	Bungay Black Dog RC	Vet 45	00:38:41	117	109	
255	Penny	Studley	Female	Great Yarmouth Road Runners	Vet 40	00:38:45	118		9
184	Gemma	Offord	Female	Unaffiliated	Senior	00:38:46	119		10
160	Alice	Kirk	Female	Unaffiliated	Senior	00:38:52	120		11
270	Mike	Pritchard	Male	Beccles Triathlon Club	Vet 40	00:38:54	121	110	
200	Lisa	Riley	Female	Lowestoft Road Runners	Vet 45	00:38:57	122		12
261	Ryan	Forsyth	Male	Unaffiliated	Senior	00:38:59	123	111	
85	Ian	Cleminson	Male	Coltishall Jaguars RC	Vet 45	00:39:00	124	112	
79	Duncan	Carter	Male	Waveney Valley AC	Vet 40	00:39:01	125	113	
143	Adrian	Hunt	Male	Unaffiliated	Vet 60	00:39:02	126	114	
264	Paul	Harrod	Male	Waveney Valley AC	Vet 50	00:39:04	127	115	
166	Richard	Lee	Male	Unaffiliated	Vet 45	00:39:10	128	116	
144	Pete	Hunt	Male	LCC Running Club	Vet 40	00:39:19	129	117	
121	Darryl	Futter	Male	Bungay Black Dog RC	Vet 55	00:39:25	130	118	
156	Tina	Jordon	Female	Birds Eye	Senior	00:39:29	131		13
227	Sarah	Stubbs	Female	Coltishall Jaguars RC	Senior	00:39:50	132		14
274	Matt	Ellis	Male	Lowestoft Road Runners	Vet 40	00:39:54	133	119	
102	Emily	Day	Female	Unaffiliated	Senior	00:39:55	134		15
230	David	Varndell	Male	Unaffiliated	Vet 55	00:40:01	135	120	
81	Lynsey	Chenery	Female	Unaffiliated	Senior	00:40:02	136		16
56	Claire	Baker	Female	Great Yarmouth Road Runners	Senior	00:40:06	137		17
70	Christy	Bullen	Male	Unaffiliated	Senior	00:40:08	138	121	
137	Christopher	Howard	Male	Unaffiliated	Senior	00:40:09	139	122	
258	Michael	Illingsworth	Male	Unaffiliated	Vet 45	00:40:13	140	123	
225	Elaine	Stone	Female	Great Yarmouth Road Runners	Vet 55	00:40:14	141		18
234	David	Waterman	Male	Bungay Black Dog RC	Vet 50	00:40:19	142	124	
203	Robbie	Sauerzapf	Female	Bungay Black Dog RC	Vet 55	00:40:20	143		19

72	Jonny	Burrell	Male	Unaffiliated	Senior	00:40:21	144	125	
135	Clint	Holmes	Male	Unaffiliated	Senior	00:40:24	145	126	
129	Ann	Harris	Female	Team Harris	Senior	00:40:25	146		20
178	Tim	Moore	Male	Unaffiliated	Senior	00:40:26	147	127	
133	Martin	Hazell	Male	Unaffiliated	Vet 45	00:40:29	148	128	
288	Paul	Westgate	Male	Great Yarmouth Road Runners	Vet 55	00:40:41	149	129	
246	Neil	Thomas	Male	Bungay Black Dog RC	Vet 45	00:40:46	150	130	
238	Tim	Willis	Male	LCC Running Club	Senior	00:40:55	151	131	
115	Michael	Flower	Male	Norfolk Harriers RC	Senior	00:40:56	152	132	
259	Jason	Tillett	Male	Unaffiliated	Vet 45	00:40:59	153	133	
146	Silke	Hunter	Female	Bungay Black Dog RC	Vet 45	00:41:03	154		21
179	Carl	Moore	Male	Unaffiliated	Vet 40	00:41:13	155	134	
57	Andy	Banks	Male	Unaffiliated	Vet 45	00:41:16	156	135	
171	Annette	Manning	Female	Bungay Black Dog RC	Vet 50	00:41:23	157		22
175	Jon	Mcgraine	Male	Unaffiliated	Senior	00:41:40	158	136	
128	Rebecca	Harris	Female	Team Harris	Senior	00:41:42	159		23
242	Paul	Amer	Male	Unaffiliated	Senior	00:41:47	160	137	
202	Graham	Sampson	Male	Bungay Black Dog RC	Vet 65	00:41:49	161	138	
213	Adrian	Slattery	Male	Unaffiliated	Senior	00:41:50	162	139	
275	Janina	Domiczew	Female	Unaffiliated	Senior	00:41:51	163		24
197	Jonathan	Price	Male	Sudbury Joggers	Vet 60	00:41:53	164	140	
280	Melissa	Mitchell	Female	Great Yarmouth Road Runners	Senior	00:41:54	165		25
99	Stephen	Cunningham	Male	Unaffiliated	Senior	00:41:55	166	141	
117	Harry	Ford	Male	Unaffiliated	Senior	00:42:06	167	142	
150	Wojtek	Jasie	Male	Unaffiliated	Vet 50	00:42:09	168	143	
256	Hannah	Marus	Female	Unaffiliated	Senior	00:42:18	169		26
198	Kylie	Rafferty	Female	Unaffiliated	Senior	00:42:19	170		27
276	Emily	Hannant	Female	Coltishall Jaguars RC	Senior	00:42:23	171		28
218	Sarah	Sparkes	Female	Bungay Black Dog RC	Vet 40	00:42:30	172		29
235	David	Watson	Male	Unaffiliated	Senior	00:42:31	173	144	
139	Liam	Howlett	Male	Unaffiliated	Senior	00:42:35	174	145	
138	Tim	Howlett	Male	Unaffiliated	Vet 50	00:42:36	175	146	
109	Yasmin	Dodd	Female	Unaffiliated	Senior	00:43:13	176		30
265	Jake	Wright	Male	Saxmundham Saxons	Senior	00:43:25	177	147	
90	Dawn	Collyer	Female	Unaffiliated	Senior	00:43:28	178		31
92	Lisa	Cone	Female	Unaffiliated	Senior	00:43:30	179		32
172	Dave	Martindale	Male	Unaffiliated	Vet 55	00:43:31	180	148	
113	Lee	Ellis	Male	Unaffiliated	Senior	00:43:34	181	149	
208	Ian	Sharman	Male	Unaffiliated	Senior	00:43:34	181	149	
111	Dave	Eagle	Male	Unaffiliated	Senior	00:43:37	183	151	
63	Alice	Blower	Female	Waveney Valley AC	Senior	00:43:38	184		33
192	Jon	Peddle	Male	Unaffiliated	Vet 40	00:43:43	185	152	
162	Rob	Knights	Male	Unaffiliated	Senior	00:43:49	186	153	
94	Stephen	Corbould	Male	Norfolk Gazelles AC	Vet 55	00:43:50	187	154	
91	Christopher	Comyn	Male	Unaffiliated	Senior	00:44:17	188	155	
193	Sarah	Pennock	Female	Sudbury Joggers	Senior	00:44:52	189		34
100	Clive	Davey	Male	Sudbury Joggers	Vet 40	00:44:53	190	156	
54	Marie	Ayers	Female	Unaffiliated	Vet 40	00:45:05	191		35
55	Philip	Ayers	Male	Unaffiliated	Vet 45	00:45:05	191	157	
209	Nick	Sheppard	Male	Unaffiliated	Senior	00:45:06	193	158	
269	Faye	Ellis	Female	Bungay Black Dog RC	Senior	00:45:08	194		36
106	Amanda	Dewbery	Female	Unaffiliated	Senior	00:45:19	195		37
287	Ray	Walsh	Male	Wheatshaf Sloggers	Vet 50	00:45:22	196	159	
263	John	England	Male	Great Yarmouth And District AC	Vet 65	00:45:34	197	160	
118	Bob	Fossey	Male	Unaffiliated	Vet 55	00:45:51	198	161	
248	Chris	Andrews	Male	DWP	Vet 50	00:46:02	199	162	
61	Claire	Beraud	Female	Unaffiliated	Senior	00:46:17	200		38
155	David	John	Male	Unaffiliated	Vet 50	00:46:20	201	163	
281	Rachel	Acamon-Carbonell	Female	Great Yarmouth Road Runners	Senior	00:46:22	202		39
169	Ivan	Lees	Male	Great Yarmouth Road Runners	Vet 55	00:46:34	203	164	
148	Brenda	Hutcheon	Female	Eastern Veterans AC	Vet 65	00:46:43	204		40
279	Heather	Houghton	Female	Unaffiliated	Vet 40	00:46:48	205		41
245	Alan	Cummingham	Male	Unaffiliated	Vet 40	00:46:57	206	165	
170	Tony	Ludlam	Male	Unaffiliated	Vet 45	00:47:04	207	166	
149	David	Hutcheon	Male	Eastern Veterans AC	Vet 70	00:47:20	208	167	
161	Suzy	Knights	Female	Unaffiliated	Senior	00:47:37	209		42
58	Kevin	Barnard	Male	Unaffiliated	Vet 40	00:47:40	210	168	
123	Michael	Garry	Male	Unaffiliated	Vet 70	00:47:46	211	169	
124	Caroline	Grint	Female	Unaffiliated	Vet 40	00:47:46	211		43
51	Joanna	Andrews	Female	Unaffiliated	Senior	00:47:53	213		44
232	David	Walton	Male	Unaffiliated	Vet 55	00:48:01	214	170	
173	Sharn	Mcdonald	Female	Unaffiliated	Senior	00:48:49	215		45
78	Nick	Carter	Male	Unaffiliated	Vet 70	00:48:54	216	171	

164	Phillip	Laurier	Male	Lowestoft Road Runners	Vet 65	00:49:01	217	172	
145	Jane	Hunt	Female	Waveney Valley AC	Vet 45	00:49:18	218		46
80	Ian	Castro	Male	Unaffiliated	Vet 50	00:50:03	219	173	
87	John	Clough	Male	Framlingham Flyers	Vet 50	00:50:31	220	174	
97	Paul	Crowe	Male	Unaffiliated	Vet 70	00:51:01	221	175	
195	Richard	Poynton	Male	Unaffiliated	Vet 40	00:51:25	222	176	
86	Agnes	Clough	Female	Unaffiliated	Vet 40	00:53:36	223		47
201	Claire	Robinson	Female	Unaffiliated	Vet 50	00:53:36	223		47
68	Emma-Jane	Buck	Female	Unaffiliated	Senior	01:04:16	225		49
103	Jenny	Delph	Female	Unaffiliated	Vet 40	01:04:16	225		49
77	Robert	Capps	Male	Unaffiliated	Vet 50	DNS			
105	Helen	Denny	Female	Unaffiliated	Senior	DNS			
107	Katy	Dickinson	Female	Unaffiliated	Senior	DNS			
108	Karen	Doak	Female	Tri-Anglia Triathlon Club	Senior	DNS			
147	Gareth	Hunter	Male	Lowestoft Road Runners	Senior	DNS			
151	Sarah	Jay	Female	BVH	Vet 45	DNS			
157	Dave	Joyce	Male	Unaffiliated	Vet 40	DNS			
159	Richard	Kerrison	Male	Unaffiliated	Senior	DNS			
168	Johnny	Lee	Male	Oldham & Royton H & AC	Senior	DNS			
205	Paul	Saunders	Male	Tri-Anglia Triathlon Club	Vet 40	DNS			
214	Shaun	Sleight	Male	Unaffiliated	Vet 40	DNS			
233	Neil	Waterman	Male	Unaffiliated	Senior	DNS			
271	Sophie	Bell	Female	Bungay Black Dog RC	Senior	DNF			