

# Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race

13 December 2009

## RESULTS

RACE NO.	TIME	POSITION	FIRST NAME	SURNAME	Cat.	CLUB
59	55:17:00	1	CARL	PREWER	M	LOWESTOFT ROAD RUNNERS
139	55:25:00	2	MAZ	FIROURI	M	CAMBRIDGE TRI CLUB
120	55:29:00	3	NEIL	DAVISON	M40	CITY OF NORWICH AC
95	56:30:00	4	ANDY	JONES	M40	CITY OF NORWICH A.C.
108	58:15:00	5	DAVID	BETTINSON	M	CAMBRIDGE TRIATHLON CLUB
143	59:07:00	6	RICHARD	MOORE	M40	WAVENEY VALLEY ATHLETIC CLUB
86	60:52:00	7	STEPHEN	BALFE	M	CITY OF NORWICH A.C.
145	61:15:00	8	JOHNNY	LEE	M	CITY OF NORWICH ATHLETIC CLUB
75	61:18:00	9	KARL	SHERRY	M45	NORWICH ROAD RUNNERS
130	61:41:00	10	GOY	ROPERS	M45	NORWICH ROAD RUNNERS
142	62:02:00	11	MARK	POTTER	M	WAVENEY VALLEY ATHLETIC CLUB
44	62:18:00	12	SHAUN	LARK	M	LOWESTOFT ROAD RUNNERS
105	62:58:00	13	CLIVE	STEWART	M45	COLTISHALL JAGUARS
96	63:07:00	14	JOHN	WALSHAW	M40	CITY OF NORWICH A.C.
100	63:50:00	15	CHRIS	SCOTT	M	LOWESTOFT ROAD RUNNERS
52	63:53:00	16	CHRIS	SEYMOUR	M40	STOWMARKET STRIDERS
7	63:58:00	17	LEE	PHILLIPS	M	SAXMUNDHAM SAXONS
134	64:08:00	18	NATASHA	BELSOM	F	IPSWICH JAFFA
1	65:00:00	19	TIM	EARL	M	WAVENEY VALLEY AC
102	65:01:00	20	JOHN	MOORE	M45	NORFOLK GAZELLES
149	65:02:00	21	MARIE	SHIRLEY	F	SUDBURY JOGGERS
51	65:26:00	22	PAUL	DAVIES	M40	NORWICH ROAD RUNNERS
22	65:33:00	23	TERRY	EPPS	M55	WYMONDHAM
71	66:49:00	24	LINDSAY	RAYMOND	M50	NORWICH ROAD RUNNERS
129	66:50:00	25	TRACEY	CURL	F45	NORWICH ROAD RUNNERS
114	67:04:00	26	KEVIN	SHARMAN	M40	LOWESTOFT ROAD RUNNERS
79	67:07:00	27	TOM	LIVERMORE	M	
46	67:16:00	28	ROBERT	JAMES	M	BUNGAY BLACK DOG
127	67:24:00	29	SEAN	JERMY	M	GREAT YARMOUTH ROAD RUNNERS
89	67:29:00	30	NICK	HAMMOND	M	STOWMARKET STRIDERS
32	67:57:00	31	JIM	HAYES	M60	NORTH NORFOLK BEACH RUNNERS
36	68:01:00	32	BEN	CHURCHMAN	M	
45	68:29:00	33	RAYMOND	HILL	M60	IPSWICH JAFFA
133	68:33:00	34	LYNN	EMMETT	F40	CITY OF NORWICH ATHLETIC CLUB
147	68:38:00	35	LIAM	GENTRY	M	WAVENEY VALLEY ATHLETIC CLUB
5	68:48:00	36	GRAHAM	COULTER	M	DISS A.C.
126	68:50:00	37	PAUL	BANKS	M40	LOWESTOFT ROAD RUNNERS
55	69:26:00	38	BILL	KINGABY	M55	WAVENEY VALLEY AC
9	69:31:00	39	IAN	MOORE	M40	NORWICH ROAD RUNNERS
90	69:54:00	40	CHRISTOPHER	JONES	M45	SAMUNDHAM SPORTS RUNNING & FITNESS CLUB
82	70:02:00	41	GILLIAN	CORRIGAN	F	STOWMARKET STRIDERS
97	70:23:00	42	MICHAEL	KING	M55	COLTISHALL JAGUARS
135	70:24:00	43	REBECCA	JORDAN	F	STOWMARKET STRIDERS
2	70:25:00	44	KAREN	ARCHBOLD	F40	LOWESTOFT ROAD RUNNERS
35	70:56:00	45	SUE	AVES	F45	MID ESSEX CASUALS
28	71:03:00	46	SIMON	WIGGINS	M	FELIXSTOWE ROAD RUNNERS
19	71:54:00	47	SCOTT	SHERMAN	M	STOWMARKET STRIDERS
13	71:55:00	48	MARY	NAREY	F40	STOWMARKET STRIDERS
49	72:27:00	49	MICHELLE	GORDON	F	FELIXSTOWE ROAD RUNNERS
125	72:29:00	50	PETER	EDMUNDS	M60	

# Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race

13 December 2009

## RESULTS

68	72:57:00	51	JAMES	MACLEOD	M45	TRI ANGLIA
10	73:58:00	52	PAUL	WOODYATT	M45	CITY OF NORWICH AC
99	73:59:00	53	ROB	CLAYTON	M50	FELIXSTOWE ROAD RUNNERS
148	74:04:00	54	ALAN	FAIRS	M40	WAVENEY VALLEY ATHLETIC CLUB
6	74:19:00	55	CHRIS	MEADOWS	M	
41	74:55:00	56	ROLAND	SHAW	M50	BUNGAY BLACK DOG
92	75:26:00	57	NIGEL	HEROD	M50	WAVENEY VALLEY AC
101	75:30:00	58	ADRIAN	GALVIN	M40	
8	75:32:00	59	ASHLEY	NORTON	M	LOWESTOFT ROAD RUNNERS
29	75:53:00	60	IAN	HACON	M40	TRI-ANGLIA
23	76:16:00	61	IAN	REID	M50	
58	76:17:00	62	MARK	EFLETT	M45	LOWESTOFT ROAD RUNNERS
70	76:18:00	63	PATRICK	LARKE	M50	WYMONDHAM AC
73	76:21:00	64	GARY	WRIGHT	M40	
54	76:28:00	65	CHRIS	ARNOLD	M50	TRI-ANGLIA
76	76:34:00	66	BRUCE	RAYNER	M50	BIUNGAY BLACK DOG
69	76:48:00	67	NIGEL	GILHAM	M55	BUNGAY BLACK DOG
113	77:12:00	68	SIMON	GOLDSMITH	M	
138	77:14:00	69	ROBERT	SPECK	M	
132	77:23:00	70	TOM	SLEIGHT	M	
112	77:38:00	71	DAVID	GILBERT	M65	TRIANGLIA
104	77:49:00	72	HALEY	SUTTLE	F45	STOWMARKET STRIDERS
60	78:02:00	73	GEOFF	HAYWOOD	M65	NORTH NORFOLK BEACH RUNNERS
146	78:07:00	74	CRAIG	OSBORN	M50	
123	78:22:00	75	JENNY	STEPHAN	F45	IPSWICH JAFFA
140	78:24:00	76	MICHAEL	SHARMAN	M40	
38	78:34:00	77	ANDREW	BAKER	M40	
78	79:07:00	78	KATHY	BRADY	F	
103	79:25:00	79	MATTHEW	SUTTON	M	GREAT YARMOUTH ROAD RUNNERS
141	79:28:00	80	RICHARD	CLARK	M40	THE SAXONS
72	79:34:00	81	PETER	DOWNING	W/CH	
74	79:36:00	82	JOHN	LAMBERT	M60	IPSWICH JAFFA
98	80:09:00	83	ANDREW	SMITH	M55	BUNGAY BLACK DOG
12	80:35:00	84	DAVID	LEVANS	M45	FELIXSTOWE ROAD RUNNERS
20	81:23:00	85	HARRY	SMITH	M40	STOWMARKET STRIDERS
48	82:32:00	86	SHAUN	TAYLOR	M50	
62	82:54:00	87	MATT	ELLIS	M	LOWESTOFT ROAD RUNNERS
39	83:57:00	88	NICOLA	BAKER	F40	
110	84:04:00	89	DAVID	HUTCHEON	M65	COLTISHALL JAGUARS
115	84:39:00	90	JONATHAN	MEADOWS	M	
118	84:46:00	91	HILARY	WOOD	F45	
117	85:12:00	92	STEPHEN	WOOD	M50	
3	85:28:00	93	SIMON	BUNTING	M40	LOWESTOFT ROAD RUNNERS
116	85:32:00	94	CHRISTINE	MUTTIT	F60	
34	85:42:00	95	SARA	BLOOR	F40	THE SAXONS
37	85:42:00	96	MARION	WALKER	F55	FRAMLINGHAM FLIERS
64	86:15:00	97	PETER	WARREN	M50	CITY OF NORWICH AC
137	86:18:00	98	MARTIN	CHURCH	M	
111	86:30:00	99	BRENDA	HUTCHEON	F60	COLTISHALL JAGUARS
50	86:50:00	100	BOB	BEATTIE	M60	NORWICH ROAD RUNNERS

# Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race

13 December 2009

## RESULTS

122	87:00:00	101	WENDY	HUGHES	F45	STOWMARKET STRIDERS
66	87:10:00	102	TINA	BELSOM	F45	STOWMARKET STRIDERS
88	88:40:00	103	COLIN	WHALE	M45	BUNGAY BLACK DOG
128	88:41:00	104	RUTH	BELSOM	F45	
131	88:41:00	105	BOB	PAUL	M55	BUNGAY BLACK DOG
21	89:11:00	106	PETER	BULTZ	M50	
31	89:58:00	107	ANNA	SMITH	F	STOWMARKET STRIDERS
144	90:00:00	108	ANNE-MARIE	FALGATE	F	
93	90:01:00	109	BARRY	GOLDSTONE	M55	IPSWICH JAFFA
136	90:24:00	110	JACQUELINE	WRIGHT	F50	
4	90:34:00	111	RICHARD	FARRAR	M	
121	91:05:00	112	ANNE	FLORENCE	F55	DISS A.C.
40	91:21:00	113	WILLIAN	PERKS	M55	
63	91:24:00	114	FAYE	ELLIS	F	LOWESTOFT ROAD RUNNERS
56	91:45:00	115	BRIAN	MOORE	M55	NORWICH ROAD RUNNERS
67	92:14:00	116	SANDRA	MAYHEW	F45	STOWMARKET STRIDERS
24	93:17:00	117	ALI	HYSOM	F	
25	93:17:00	118	LORNA	BURGIN	F40	
61	93:43:00	119	DENISE	WRIGHT	F45	STOWMARKET STRIDERS
83	93:44:00	120	KAREN	EVANS	F	
57	94:01:00	121	LYNDA	MOORE	F55	NORWICH ROAD RUNNERS
26	94:16:00	122	MICHAEL	SAVILLE	M45	STOWMARKET STRIDERS
94	94:43:00	123	SYLVIA	ROBBINS	F50	
47	95:02:00	124	SALLY	NICHOLLS	F45	BUNGAY BLACK DOG
77	95:52:00	125	KAREN	WATERS	F40	BUNGAY BLACK DOG
124	97:52:00	126	MIKE	DEACON	M65	FELIXSTOWE ROAD RUNNERS
106	98:40:00	127	PAUL	SEARY	M40	BUNGAY BLACK DOG RUNNING CLUB
84	98:45:00	128	STUART	SMITH	M50	
30	99:44:00	129	IVAN	LEES	M50	GREAT YARMOUTH ROAD RUNNERS
65	100:35:00	130	CHRISTINE	BLOOMFIELD	F50	NORFOLK GAZELLES
119	100:48:00	131	ROBIN	FARRAR	M65	
109	104:54:00	132	ROGER	MAWER	M65	LOWESTOFT ROAD RUNNERS
14	105:10:00	133	GRAINNE	PURVIS	F40	
15	105:12:00	134	JULIE	RUDD	F45	
27	105:39:00	135	CARLA	JOHNSON	F	FELIXSTOWE ROAD RUNNERS
87	DNF	DNF	IAN	COXALL	M	IPSWICH JAFFA
81	DNS	DNS	LISA	BRAAT	F	LOWESTOFT ROAD RUNNERS
11	DNS	DNS	MICHAELA	BAILEY	F40	THE SAXONS
16	DNS	DNS	ANDREA	BIGGS	F40	
17	DNS	DNS	ODETTE	GOLDSMITH	F40	
18	DNS	DNS	ROISIN	HAWKES	F40	
91	DNS	DNS	ANNABEL	HODGKINSON	F45	
42	DNS	DNS	ADRIAN	BATEMAN	M	
43	DNS	DNS	STEVAN	WILSON	M	
80	DNS	DNS	JORDAN	BATE	M	
53	DNS	DNS	MARK	TUFTS	M40	WYMONDHAM AC
85	DNS	DNS	HOWARD	JONES	M45	
107	DNS	DNS	STEPHEN	CULLUM	M45	WAVENEY VALLEY AC
33	DNS	DNS	PAUL	ANDERSON	M50	GREAT YARMOUTH ROAD RUNNERS

**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**

**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**

**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**

**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**

**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**



**Waveney Valley Athletic Club Turkey Trot 10 Mile Road Race**  
**13 December 2009**

**RESULTS**