

TURKEY TROT

Sunday 18th December 2011

POS	M	F	Cat	TIME	NO	FIRST NAME	SURNAME	CLUB	Category	M/F
1	1		1	00:54:13	287	Luke	Allen	Waveney Valley AC	Senior	M
2	2		2	00:54:30	237	Daniel	Bradley	Tonbridge AC	Senior	M
3	3		3	00:56:44	267	Steven	Cannell	City Of Norwich AC	Senior	M
4	4		1	00:57:55	250	Neil	Davison	City Of Norwich AC	Vet 40	M
5	5		4	00:59:08	292	Jim	Norris	UWIC AC	Senior	M
6	6		5	01:00:36	169	Tom	Cresswell	Sudbury Joggers	Senior	M
7	7		6	01:00:55	218	Will	Law	The Saxons	Senior	M
8	8		7	01:02:10	219	Arnold	Piers	City Of Norwich AC	Senior	M
9	9		8	01:02:59	207	Alan	Cooney	Saxmundham Saxons	Senior	M
10	10		9	01:03:40	300	Paul	Preston	Colchester Harriers	Senior	M
11	11		1	01:03:48	298	John	Moore	Norfolk Gazelles	Vet 50	M
12	12		10	01:03:56	270	Chris	Scott	Lowestoft Road Runners	Senior	M
13	13		1	01:04:08	309	John	Christopher	North Norfolk Beach Runners	Vet 45	M
14	14		2	01:04:11	318	Adrian	Waters	Norfolk Gazelles	Vet 40	M
15	15		2	01:04:25	168	Andrew	Buck	Sudbury Joggers	Vet 45	M
16	16		3	01:04:32	277	John	Walshaw	City Of Norwich AC	Vet 40	M
17	17		11	01:04:35	290	Sam	Proctor	Dartford White Oak Tri	Senior	M
18		1	1	01:04:42	302	Marie	Shirley	Colchester Harriers	Senior	F
19	18		3	01:04:48	264	Paul	Brown	Framlingham Flyers	Vet 45	M
20	19		2	01:04:54	305	David	Wright	Colchester Harriers	Vet 50	M
21	20		4	01:05:09	273	Darren	Sheppard	Framlingham Flyers	Vet 40	M
22	21		1	01:05:21	212	Arthur	Whiston	Colchester Harriers	Vet 60	M
23	22		3	01:05:53	301	Richard	Rhodes	Bungay Black Dog	Vet 50	M
24	23		12	01:06:10	241	Jonathan	Meadows	Lowestoft Road Runners	Senior	M
25	24		4	01:06:19	175	Paul	Nickells	Woodbridge Shufflers	Vet 45	M
26	25		4	01:06:32	236	Cain	Bradley	Tonbridge AC	Vet 50	M
27	26		1	01:06:46	283	Terry	Epps	Wymondham AC	Vet 55	M
28	27		5	01:06:49	321	Warren	Birch	Ipswich Jaffa	Vet 45	M
29	28		5	01:07:13	188	David	Tandy	Norwich Road Runners	Vet 40	M
30	29		13	01:08:19	323	Richard	Hayes	Unattached	Senior	M
31	30		6	01:08:27	229	Chris	Tye	Ipswich Tri Club	Vet 40	M
32	31		7	01:08:33	164	Chris	Seymour	Stowmarket Striders	Vet 40	M
33	32		14	01:08:42	40	Jonathan	Wiles	Bungay Black Dog	Senior	M
34	33		2	01:09:11	163	Chris	Arnold	Tri Anglia	Vet 55	M
35	34		6	01:09:21	186	Steven	Hughes	Stowmarket Striders	Vet 45	M
36	35		3	01:09:26	269	John	Squirrell	Stowmarket Striders	Vet 55	M
37	36		8	01:09:30	304	John	Greener	St Edmunds Pacers	Vet 40	M
38	37		7	01:09:31	248	Mark	Watts	St Edmunds Pacers	Vet 45	M
39	38		15	01:09:36	288	Mark	Vince	Woodbridge Shufflers	Senior	M
40	39		9	01:09:53	303	Mike	Greener	St Edmunds Pacers	Vet 40	M
41	40		16	01:10:00	227	Marcus	Sladden	Bungay Black Dog	Senior	M
42	41		5	01:10:09	224	Tim	Woods	Norfolk Gazelles	Vet 50	M
43		2	2	01:10:13	209	Rebecca	Jordan	Stowmarket Striders	Senior	F
44	42		6	01:10:22	262	Robin	Belsom	Ipswich Jaffa	Vet 50	M
45		3	3	01:10:51	275	Zoe	Ashe	Unattached	Senior	F
46		4	4	01:11:12	252	Karen	Doak	Unattached	Senior	F
47	43		8	01:11:19	311	Ian	Taylor	Bungay Black Dog	Vet 45	M
48	44		9	01:11:26	312	Darrell	Oldman	Bungay Black Dog	Vet 45	M
49	45		10	01:11:27	151	Chris	Chorley	Bungay Black Dog	Vet 45	M
50	46		10	01:12:17	247	Ian	Gooderham	St Edmunds Pacers	Vet 40	M
51	47		1	01:12:19	160	Jim	Hayes	North Norfolk Beach Runners	Vet 65	M
52	48		11	01:12:28	205	Kevin	Garwood	Wymondham AC	Vet 45	M
53	49		17	01:12:56	316	Shaun	Jones	Stowmarket Striders	Senior	M
54	50		11	01:13:05	286	Tom	Pullinger	Bungay Black Dog	Vet 40	M
55		5	1	01:13:44	239	Sandra	Roberts	Norfolk Gazelles	Vet 45	F
57	52		13	01:13:53	281	Mark	Elflutt	Lowestoft Road Runners	Vet 45	M
56	51		12	01:13:53	254	Stephen	Hatten	St Edmunds Pacers	Vet 45	M
58		6	1	01:13:58	215	Angela	Man	City Of Norwich AC	Vet 40	F
59	53		18	01:14:00	158	Douglas	Hobson	Woodbridge Shufflers	Senior	M

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60	54		2	01:14:02	183	Michael	King	Bungay Black Dog	Vet 60	M
61	55		4	01:14:13	172	John	Wharton	Bungay Black Dog	Vet 55	M
62	56		19	01:14:16	221	Matthew	Sutton	Gt Yarmouth Road Runners	Senior	M
63	57		20	01:14:39	276	Jonathan	Loud	Unattached	Senior	M
64	58		7	01:14:46	325	Guy	Shearwood	Unattached	Vet 50	M
65		7	2	01:15:18	228	Cheryl	Holder	Purple Patch Runners	Vet 40	F
66	59		21	01:15:28	279	Terry	Nippress	Unattached	Senior	M
67		8	5	01:16:15	306	Elenor	Mayne	Colchester Harriers	Senior	F
68	60		22	01:16:35	165	David	Beighton	Unattached	Senior	M
69		9	3	01:16:47	159	Mary	Narey	Stowmarket Striders	Vet 40	F
70		10	2	01:16:52	263	Haley	Suttle	Stowmarket Striders	Vet 45	F
71	61		5	01:16:54	278	Nigel	Herrod	Waveney Valley AC	Vet 55	M
72		11	3	01:16:56	260	Penelope	Waggott	Stowmarket Striders	Vet 45	F
73	62		14	01:17:08	289	Richard	Clarke	The Saxons	Vet 45	M
74	63		8	01:17:13	204	Wayne	Freeman	Unattached	Vet 50	M
75	64		9	01:17:17	178	Darrl	Futter	Bungay Black Dog	Vet 50	M
76		12	6	01:17:32	225	Hannah	Proctor	Gravesend Road Runners	Senior	F
77	65		12	01:17:55	310	Eppie	Carman	North Norfolk Beach Runners	Vet 40	M
78		13	4	01:18:07	190	Sarah	Vick	The Saxons	Vet 40	F
79	66		10	01:18:23	167	Richard	Dye	Bungay Black Dog	Vet 50	M
80	67		6	01:18:31	324	Terry	Garrity	Bungay Black Dog	Vet 55	M
81		14	7	01:18:33	285	Emily	Baker	West Suffolk AC	Senior	F
82	68		11	01:18:37	308	Adrian	Mills	Unattached	Vet 50	M
83	69		23	01:19:11	200	Simon	Wiggins	Felixstowe Road Runners	Senior	M
84	70		7	01:19:36	272	Mick	Taylor	Unattached	Vet 55	M
85	71		12	01:19:49	294	Tony	Richardson	Unattached	Vet 50	M
86		15	5	01:20:22	191	Karen	Archbold	Lowestoft Road Runners	Vet 40	F
87	72		2	01:20:24	244	Ray	Short	St Edmunds Pacers	Vet 65	M
88	73		13	01:20:25	245	Bob	Elvin	Tri Anglia	Vet 40	M
89		16	4	01:20:44	182	Sarah	Golding	St Edmunds Pacers	Vet 45	F
90	74		3	01:21:07	284	Ron	Ames	Stowmarket Striders	Vet 60	M
91	75		13	01:21:22	202	Peter	Jay	St Edmunds Pacers	Vet 50	M
92		17	1	01:21:58	152	Bobbie	Sauerzapf	Bungay Black Dog	Vet 50	F
93		18	5	01:22:33	187	Dianne	Hughes	Stowmarket Striders	Vet 45	F
94	76		15	01:22:41	216	Nigel	Kinsella	Greenwich Tritons	Vet 45	M
95	77		14	01:22:56	291	Simon	Proctor	Tri Anglia	Vet 50	M
96	78		8	01:23:03	206	Nigel	Gilham	Bungay Black Dog	Vet 55	M
97	79		15	01:23:29	155	Tim	O'Mullane	Unattached	Vet 50	M
98		19	6	01:23:33	261	Hilary	Wood	Ipswich Jaffa	Vet 45	F
99	80		16	01:23:36	293	Keith	Hood	Wymondham AC	Vet 50	M
100		20	7	01:23:37	319	Sue	Stirling	Wymondham AC	Vet 45	F
101		21	8	01:23:46	174	Laura	Devereux	Bungay Black Dog	Senior	F
102	81		16	01:24:01	295	Philip	Crisp	Unattached	Vet 45	M
103	82		9	01:24:08	208	Ivan	Lees	Gt Yarmouth Road Runners	Vet 55	M
104	83		14	01:24:27	234	Stuart	Spencer	Unattached	Vet 40	M
105		22	6	01:25:15	282	Elayne	Hilton	Lowestoft Road Runners	Vet 40	F
106	84		10	01:25:43	173	Peter	Downing	Unattached	Vet 55	M
107	85		11	01:26:38	217	Bob	Paul	Bungay Black Dog	Vet 55	M
108		23	7	01:27:13	249	Shona	Bendix	Bungay Black Dog	Vet 40	F
109		24	8	01:27:18	179	Dawn	Marshall	St Edmunds Pacers	Vet 45	F
110		25	9	01:27:29	154	Karen	Gedge	Bungay Black Dog	Vet 45	F
111		26	9	01:28:18	320	Jen	Rudd	Wymondham AC	Senior	F
112		27	2	01:28:32	297	Rita	Rye	St Edmunds Pacers	Vet 50	F
113	86		15	01:28:39	177	Dave	Lines	Bungay Black Dog	Vet 40	M
114	87		12	01:28:47	274	Keith	Borrett	Stowmarket Striders	Vet 55	M
115		28	10	01:28:56	223	Sarah	Bultz	Unattached	Senior	F
116		29	11	01:29:00	195	Katie	Harvey	Bildeston Bounders	Senior	F
117	88		17	01:29:00	194	Glen	Harvey	Bildeston Bounders	Vet 50	M
118		30	3	01:29:53	296	Pauline	Richardson	Gt Yarmouth Road Runners	Vet 50	F
119	89		18	01:30:01	230	David	Girling	Gt Yarmouth Road Runners	Vet 50	M

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120	90		16	01:30:02	315	Andrew	Peck	Gt Yarmouth Road Runners	Vet 40	M
121	91		4	01:30:26	271	Peter	Rawlings	Unattached	Vet 60	M
122		31	1	01:30:58	251	Veronica	Manly	Eastern Vets	Vet 60	F
123	92		5	01:31:22	280	David	Coley	Felixstowe Road Runners	Vet 60	M
124	93		24	01:32:07	266	Nicholas	Ford	Tri Anglia	Senior	M
125		32	12	01:32:18	307	Sarah	Connellan	Bungay Black Dog	Senior	F
126		33	13	01:32:28	299	Rebecca	Sturgeon	Bungay Black Dog	Senior	F
127		34	10	01:32:33	198	Rebecca	Jennings	St Edmunds Pacers	Vet 45	F
128		35	11	01:32:52	203	Ruth	Belsom	Unattached	Vet 45	F
129	94		17	01:34:22	322	Colin	Close	Unattached	Vet 40	M
130	95		19	01:35:18	240	Peter	Spandler	Gt Yarmouth Road Runners	Vet 50	M
131	96		17	01:35:45	192	Simon	Bunting	Lowestoft Road Runners	Vet 45	M
132	97		18	01:36:05	313	David	Hall	Unattached	Vet 45	M
133	98		6	01:36:20	211	Brian	Moore	Norwich Road Runners	Vet 60	M
134	99		3	01:36:34	233	Robin	Farrar	Bungay Black Dog	Vet 65	M
135		36	14	01:36:45	226	Nikki	Hunting	Bungay Black Dog	Senior	F
136		37	15	01:36:49	232	Louise	Reed	Bungay Black Dog	Senior	F
137		38	4	01:36:54	238	Jackie	Bell	Bungay Black Dog	Vet 50	F
138	100		20	01:37:04	220	Peter	Bultz	Unattached	Vet 50	M
139		39	12	01:37:56	314	Sarah	Gower	Unattached	Vet 45	F
140		40	16	01:37:59	253	Rosemary	Bradbury	Unattached	Senior	F
141	101		25	01:37:59	231	Darryl	Fulcher	Unattached	Senior	M
142	102		13	01:38:34	214	William	Perks	Unattached	Vet 55	M
143		41	17	01:38:41	213	Donna	Boggis	Unattached	Senior	F
144	103		19	01:38:41	235	John	Fox	Unattached	Vet 45	M
145		42	1	01:39:04	210	Lynda	Moore	Norwich Road Runners	Vet 55	F
146	104		4	01:39:08	256	Nicholas	Carter	Lowestoft Road Runners	Vet 65	M
147	105		18	01:39:31	317	David	Henshaw	Bungay Black Dog	Vet 40	M
148		43	18	01:43:05	255	Tamsin	Desborough	Gt Yarmouth AC	Senior	F
149	106		21	01:43:06	259	Douglas	Gladwin	Bungay Black Dog	Vet 50	M
150		44	19	01:45:31	199	Emily	Blakesley	City Of Norwich AC	Senior	F
151	107		26	01:45:32	197	David	Jones	Unattached	Senior	M
152		45	8	01:45:59	265	Rachael	Williams	Bungay Black Dog	Vet 40	F
153		46	20	01:46:40	201	Carla	Johnson	Felixstowe Road Runners	Senior	F
154	108		27	01:48:15	222	Martyn	Dunsdon	Unattached	Senior	M
155		47	5	01:49:57	258	Elizabeth	Moore	Unattached	Vet 50	F
156		48	21	01:50:16	153	Caroline	Lester	Bungay Black Dog	Senior	F
157		49	9	01:54:10	257	Tracy	Mayne	Waveney Valley AC	Vet 40	F
158		50	6	01:56:05	196	Maggie	Flatt	Bungay Black Dog	Vet 50	F
				DNF	268	Claire	Davey	Unattached	Senior	F
				DNF	157	Roger	Hobson	Woodbridge Shufflers	Vet 65	M
				DNR	171	Susan	Potter	Bungay Black Dog	Vet 50	F
				DNR	150	Sarah	Ambrose	City Of Norwich AC	Vet 45	F
				DNR	176	Lorrain	Dawson	Gt Yarmouth Road Runners	Vet 50	F
				DNR	185	Sarah	Fardell	Unattached	Senior	F
				DNR	161	Marie	Ayers	Unattached	Vet 40	F
				DNR	166	David	Waterman	Bungay Black Dog	Vet 50	M
				DNR	243	Paul	Woodyatt	City Of Norwich AC	Vet 50	M
				DNR	193	Ken	Bowman	Coltishall Jaguars	Vet 60	M
				DNR	189	Chris	Gay	Gt Yarmouth AC	Vet 45	M
				DNR	180	Neil	Gillingham	Ipswich Harriers	Senior	M
				DNR	184	Paul	Gilson	Ipswich Jaffa	Vet 50	M
				DNR	181	Ian	Thomas	Norfolk Gazelles	Vet 50	M
				DNR	246	Ashley	Marsh	Unattached	Senior	M
				DNR	162	Philip	Ayers	Unattached	Vet 40	M
				DNR	170	Elian	Ross	Unattached	Vet 45	M
				DNR	242	Guy	Shearwood	Unattached	Vet 50	M
				DNR	156	Garrick	Fox	Unattached	Vet 60	M