

**WAVENEY VALLEY ATHLETIC CLUB  
TURKET TROT 10 MILE ROAD RACE  
13 DECEMBER 2009**

**PRIZES**

**MALE**

1 <sup>st</sup>	Carl Prewer	Lowestoft Road Runners	55:17
2 <sup>nd</sup>	Maz Firouri	Cambridge Tri Club	55:25
3 <sup>rd</sup>	Neil Davidson	City of Norwich AC	55:29

**FEMALE**

1 <sup>st</sup>	Natasha Belson	Ipswich Jaffa	64:08
2 <sup>nd</sup>	Marie Shirley	Sudbury Joggers	65:02
3 <sup>rd</sup>	Tracey Curl	Norwich Road Runners	66:50

**MALE VETERAN**

40+	Andy Jones	City of Norwich	56:30
45+	Karl Sherry	Norwich Road Runners	61:18
50+	Lindsay Raymond	Norwich Road Runners	66:49
55+	Terry Epps	Wymondham	65:33
60+	Jim Hayes	North Norfolk Beach Runners	67:57
65+	David Gilbert	Tri Anglia	77:38

**FEMALE VETERAN**

40+	Lynn Emmett	City of Norwich AC	68:33
45+	Sue Aves	Mid Essex Casuals	70:56
50+	Jacqueline Wright	Unattached	90:24
55+	Marion Walker	Framlingham Fliers	85:42
60+	Christine Muttit	Unattached	85:32