

# 16th Lowestoft Scores Race

## Sunday 11th September 2011

POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
1	00:26:06	389	Luke	Allen	Waveney Valley AC	M	Senior
2	00:27:13	327	Carl	Prewer	Lowestoft Road Runners	M	Vet 40
3	00:27:46	317	Robert	Chenery	Ipswich Jaffa	M	Senior
4	00:28:00	400	Kevin	Sharman	Lowestoft Road Runners	M	Vet 40
5	00:28:09	297	Nick	Palmer	Stowmarket Striders	M	Senior
6	00:28:18	378	Johnny	Lee	CONAC	M	Senior
7	00:29:21	322	Tom	Richardson	Lowestoft Road Runners	M	Senior
8	00:29:48	258	Kyle	Ella	Great Yarmouth Road	M	Senior
9	00:30:05	333	Chris	Scott	Lowestoft Road Runners	M	Senior
10	00:30:42	363	Tim	Earl	Waveney Valley AC	M	Senior
11	00:30:43	365	Chris	Pimlott	Waveney Valley AC	M	Senior
12	00:31:08	318	Jonathan	Meadows	Lowestoft Road Runners	M	Senior
13	00:31:22	337	Neil	Sibley	Great Yarmouth Road	M	Vet 45
14	00:31:34	367	Stephen	Nibleit	Coltishall Jaguars	M	Vet 40
15	00:31:55	364	Stuart	Calver	Unattached	M	Vet 40
16	00:32:09	296	Matthew	Sutton	Great Yarmouth Road	M	Senior
17	00:32:58	405	Lee	Won	Rock Estate Riders	M	Senior
18	00:33:10	331	Richard	Blake	Great Yarmouth Road	M	Vet 60
19	00:33:31	361	Chris	Booth	Waveney Valley AC	M	Senior
20	00:33:33	396	Seb	Herrod	Waveney Valley AC	M	Senior
21	00:33:35	375	Alan	Brady	Unattached	M	Vet 50
22	00:33:37	334	Adrian	Jay	Lowestoft Road Runners	M	Vet 40
23	00:33:41	309	Carl	Meen	Lowestoft Road Runners	M	Senior
24	00:33:55	424	James	Drake	Rock Estate Riders	M	Senior
25	00:34:04	379	Jonathan	Comyar	Waveney Valley AC	M	Senior
26	00:34:25	287	Bill	Kingaby	Waveney Valley AC	M	Vet 55
27	00:34:50	420	Craig	Leech	Unattached	M	Senior
28	00:34:56	366	Steve	Barrett	Unattached	M	Vet 45
29	00:35:04	421	Ashley	Norton	Lowestoft Road Runners	M	Senior
30	00:35:08	303	John	Shaddock	Unattached	M	Vet 50
31	00:35:11	259	Richard	Gallard	Waveney Valley AC	M	Vet 40
32	00:35:12	292	Stephen	Leeves	Great Yarmouth Road	M	Vet 50
33	00:35:21	276	Barry	Stratford	Herts Pheonix	M	Senior
34	00:35:38	291	Kevin	Booth	Waveney Valley AC	M	Vet 45
35	00:35:54	283	Jon	Wetherell	Birds Eye	M	Senior
36	00:35:56	295	Ben	Churchman	Unattached	M	Senior
37	00:36:01	386	Mark	Saunders	Unattached	M	Vet 40
38	00:36:06	323	Richard	Guast	Unattached	M	Senior
39	00:36:10	374	Eric	Hutchings	Unattached	M	Vet 65
40	00:36:16	402	Carl	Moore	Unattached	M	Senior
41	00:36:18	300	Karen	Archbold	Lowestoft Road Runners	F	Vet 40
42	00:36:19	393	Nigel	Herrod	Waveney Valley AC	M	Vet 50
43	00:36:21	431	Mark	Caddy	Unattached	M	Senior
44	00:36:25	260	Christopher	Haylock	Lowestoft Road Runners	M	Senior
45	00:36:26	316	Jim	Newberry	Unattached	M	Senior
46	00:36:29	428	Steven	Barber	Rock Estate Riders	M	Senior
47	00:36:31	373	Louise	White	Thetford AC	F	Senior
48	00:36:34	329	Glenn	Doy	Waveney Valley AC	M	Vet 55
49	00:36:39	410	Matt	Ellis	Lowestoft Road Runners	M	Senior
50	00:36:54	382	Tim	Groombridge	Waveney Valley AC	M	Vet 45
51	00:37:00	406	Leigh	Smith	Unattached	M	Senior
52	00:37:02	401	Peter	Edmunds	Unattached	M	Vet 60
53	00:37:03	282	Nigel	Lyman	Bungay Black Dog	M	Vet 45

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POS	TIME	NO	FIRST NAME	SURNAME	CLUB	M/F	Category
54	00:37:04	413	Mike	Teale	Unattached	M	Vet 50
55	00:37:07	408	Chris	Davies	Unattached	M	Senior
57	00:37:08	380	John	Bone	Great Yarmouth Road	M	Vet 65
56	00:37:08	324	Mark	Sherwood	Tadley Runners	M	Senior
58	00:37:10	418	Ian	Conroy	Unattached	M	Senior
59	00:37:14	343	Kevin	Smith	Unattached	M	Vet 45
60	00:37:14	415	Jon	Buck	Unattached	M	Vet 45
61	00:37:17	422	Luke	Pipe	Unattached	M	Senior
62	00:37:18	314	Mark	Peach	Great Yarmouth Road	M	Senior
63	00:37:21	321	Caroline	Richards	Norwich Road Runners	F	Senior
64	00:37:24	274	Sarah	Vick	The Saxons	F	Vet 40
65	00:37:33	426	Peter	Drake	Rock Estate Riders	M	Vet 65
66	00:37:41	414	Nick	Overy	Unattached	M	Vet 40
67	00:37:52	360	Michael	Tickner	Unattached	M	Vet 60
68	00:37:58	269	Mark	Nussey	Waveney Valley AC	M	Vet 40
69	00:38:04	267	Karen	Manning	Great Yarmouth Road	F	Vet 40
70	00:38:22	417	Louise	Bernasconi	Unattached	F	Senior
71	00:38:32	312	Chris	Gay	Great Yarmouth AC	M	Vet 45
72	00:38:36	399	Steve	Mableson	Unattached	M	Vet 40
73	00:38:49	423	Steve	Jones	Rock Estate Riders	M	Vet 40
74	00:38:57	302	Andy	Peck	Great Yarmouth Road	M	Vet 40
75	00:38:58	284	Ray	Knights	Unattached	M	Vet 55
76	00:39:00	253	Sue	Allen	Coltishall Jaguars	F	Vet 50
77	00:39:04	304	David	Waterman	Bungay Black Dog	M	Vet 50
78	00:39:23	315	Emily	Hannant	Coltishall Jaguars	F	Senior
79	00:39:29	261	Martin	Hazell	Unattached	M	Vet 40
80	00:39:36	285	Kelvin	Waters	Unattached	M	Vet 55
81	00:39:45	306	Adele	Postle	Great Yarmouth AC	F	Vet 45
82	00:39:48	407	Darryl	Futter	Bungay Black Dog	M	Vet 50
83	00:39:59	338	Wayne	Freeman	Unattached	M	Vet 50
84	00:40:13	305	Adrian	Hunt	Unattached	M	Vet 55
85	00:40:26	392	Shelley	Smith	Lowestoft Road Runners	F	Senior
86	00:40:28	320	David	Hutcheon	Coltishall Jaguars	M	Vet 65
87	00:40:38	313	Lorrain	Dawson	Great Yarmouth Road	F	Vet 50
88	00:40:42	281	Stephen	Bullen	Unattached	M	Vet 40
89	00:40:42	289	Paul	Breach	Unattached	M	Vet 45
90	00:40:48	372	Graham	Hardingham	Norfolk Gazelles	M	Vet 50
91	00:40:50	275	Colin	Whale	Bungay Black Dog	M	Vet 45
92	00:41:00	255	Tom	Cheongvee	Unattached	M	Senior
93	00:41:03	263	Paula	Lambert	Waveney Valley AC	F	Vet 40
94	00:41:06	398	Marie	Worrall	Great Yarmouth Road	F	Vet 40
95	00:41:38	427	David	Lewis	Unattached	M	Senior
96	00:41:45	301	Simon	Bunting	Lowestoft Road Runners	M	Vet 45
97	00:41:46	266	Andrew	Manning	Great Yarmouth Road	M	Vet 45
98	00:41:48	429	Kalvin	Scott	Unattached	M	Senior
99	00:41:49	397	Howard	Wilcox	Unattached	M	Vet 55
100	00:41:57	262	Heather	Hollister	Coltishall Jaguars	F	Vet 60
101	00:41:58	388	Elanyne	Hilton	Lowestoft Road Runners	F	Vet 40
102	00:42:02	394	Cathrine	Meadows	Unattached	F	Senior
103	00:42:15	371	David	Walton	Unattached	M	Vet 55
104	00:42:35	339	Paul	Harrod	Waveney Valley AC	M	Vet 50
106	00:42:40	381	Nigel	Ball	Unattached	M	Vet 40
105	00:42:40	294	Colin	Lambert	Unattached	M	Vet 55

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107	00:42:43	370	Gary	Allard	Unattached	M	Senior
108	00:42:53	387	David	Hutchings	Unattached	M	Senior
109	00:42:57	311	Ailsa	MacDonald	Bungay Black Dog	F	Senior
110	00:43:37	403	John	England	Great Yarmouth AC	M	Vet 60
111	00:43:46	362	Catherine	Carfoot	Waveney Valley AC	F	Senior
112	00:44:02	369	David	Drewitt	Great Yarmouth AC	M	Vet 60
113	00:44:07	341	Christine	Cooke	Coltishall Jaguars	F	Vet 50
114	00:44:13	319	Brenda	Hutcheon	Coltishall Jaguars	F	Vet 60
115	00:44:19	409	Faye	Ellis	Lowestoft Road Runners	F	Senior
116	00:44:33	395	Damian	Murdin	Unattached	M	Senior
117	00:44:55	326	Sally	Adams	Unattached	F	Vet 50
119	00:45:02	307	Karen	Evans	Unattached	F	Senior
118	00:45:02	257	Mark	Durrant	Unattached	M	Vet 45
120	00:45:26	330	Nick	Riches	CONAC	M	Vet 45
121	00:45:27	340	Matt	Bullock	Unattached	M	Vet 40
122	00:45:31	288	Roy	Phillips	Lowestoft Road Runners	M	Vet 45
123	00:45:32	299	Rod	Palmer	Unattached	M	Vet 65
124	00:45:41	293	Pauline	Richardson	Great Yarmouth Road	F	Vet 50
125	00:45:41	265	Ivan	Lees	Great Yarmouth Road	M	Vet 55
126	00:45:42	298	Mark	Palmer	Unattached	M	Vet 40
127	00:45:47	286	Nicholas	Carter	Lowestoft Road Runners	M	Vet 65
128	00:45:49	264	Phillip	Laurier	Lowestoft Road Runners	M	Vet 60
129	00:46:19	273	Ashling	Riva	Unattached	M	Vet 45
130	00:46:23	425	George	Askew	Unattached	M	Senior
131	00:46:28	328	Kevin	Barnard	Unattached	M	Senior
132	00:47:45	278	Dave	Martindale	Luton AC	M	Vet 60
133	00:47:48	376	Sara	Bloor	The Saxons	F	Vet 40
134	00:47:54	385	Marion	Walker	Framlingham Flyers	F	Vet 55
135	00:47:54	384	Miki	Bloomfield	The Saxons	F	Vet 40
136	00:47:54	377	Michaela	Bailey	The Saxons	F	Vet 45
137	00:47:54	383	Lynda	Debano	The Saxons	F	Vet 55
138	00:47:54	419	Rachel	Acamon-Carbonelli	Unattached	F	Senior
139	00:48:10	308	Matthew	Reynolds	Unattached	M	Senior
140	00:48:14	390	Rebecca	Durant	Coltishall Jaguars	F	Vet 55
141	00:49:12	336	Eric	Hutchings	Unattached	M	Vet 65
142	00:50:05	335	David	Sowter	Coltishall Jaguars	M	Vet 65
143	00:50:14	325	Tony	Ludlam	Unattached	M	Vet 40
144	00:50:23	430	Ashley	Hutchings	Unattached	M	Vet 40
145	00:50:39	411	Tamsin	Desborough	Great Yarmouth AC	F	Senior
146	00:51:30	404	Maureen	England	Great Yarmouth AC	F	Vet 65
147	00:53:09	280	Angela	Mower	Waveney Valley AC	F	Vet 55
148	00:53:38	290	Helen	Denny	Unattached	F	Senior
149	00:53:46	368	Sallyann	Prothorge	Lowestoft Road Runners	F	Vet 50
150	00:54:01	271	Rosamund	Payne	Unattached	F	Vet 45
151	00:55:07	391	Gary	Lansdale	Unattached	M	Senior
152	00:55:41	416	Rosie	Grieve	Waveney Valley AC	F	Senior
153	00:59:03	268	Wendy	Merfield	The Saxons	F	Vet 65
154	01:02:29	342	Hayley	Donnelly	Unattached	F	Senior
155	DNF	277	Louis	Martindale	Luton AC	M	Senior
156	DNF	412	Charlie	Jones	Rock Estate Riders	M	Senior
157	DNF	256	Philip	Conquest	Unattached	M	Vet 55
158	DNR	332	Mark	Mountain	Great Yarmouth Road	M	Senior
159	DNR	254	Robert	Arnell	Great Yarmouth Road	M	Vet 65

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160	DNR	270	Sam	Payne	Unattached	M	Senior
161	DNR	272	Philip	Powles	Unattached	M	Senior
162	DNR	310	Andrew	Horton	Unattached	M	Senior
163	DNR	279	David	Mower	Waveney Valley AC	M	Vet 55