



17th LOWESTOFT SCORES RACE



BRITAINS MOST EASTERLY HILL RACE

Licence No: 2012-104521

SUNDAY, 16th SEPTEMBER 2012 at 2.00pm

RESULTS

| NO | TIME | POSITION | FIRST NAME | SURNAME | CLUB | M/F | Category |
|-----|----------|----------|------------|---------------|------------------------------|-----|----------|
| 210 | 00:27:01 | 1 | Carl | Prewer | Lowestoft Road Runners | M | Vet 40 |
| 102 | 00:27:12 | 2 | Robert | Chenery | Ipswich Jaffa RC | M | Senior |
| 136 | 00:27:17 | 3 | Ben | Harris | Unattached | M | Senior |
| 215 | 00:27:37 | 4 | Johnny | Lee | Unattached | M | Senior |
| 149 | 00:27:46 | 5 | Nick | Palmer | Stowmarket Striders RC | M | Senior |
| 133 | 00:28:10 | 6 | Dominic | Oliver | Great Yarmouth & District AC | M | Senior |
| 148 | 00:28:57 | 7 | Jonathan | Ling | Ipswich Jaffa RC | M | Senior |
| 254 | 00:29:25 | 8 | Lee | Cook | Rock Estate | M | Senior |
| 235 | 00:30:08 | 9 | Chris | Scott | Lowestoft Road Runners | M | Senior |
| 104 | 00:30:18 | 10 | Stuart | Calver | Unattached | M | Vet 40 |
| 192 | 00:31:00 | 11 | Lee | Casey | Lowestoft A.B.C Boxing Club | M | Senior |
| 185 | 00:31:07 | 12 | Paul | Lyon | Lowestoft Road Runners | M | Senior |
| 229 | 00:31:16 | 13 | Kyle | Wilcox | Unattached | M | Senior |
| 219 | 00:31:18 | 14 | Jonathan | Cordle | Tri-Anglia | M | Vet 45 |
| 107 | 00:31:20 | 15 | Andy | Roberts | Unattached | M | Senior |
| 249 | 00:31:23 | 16 | Ian | McInally | Unattached | M | Senior |
| 222 | 00:31:24 | 17 | Mick | Glynn | Unattached | M | Vet 45 |
| 266 | 00:31:25 | 18 | Jonathan | Meadows | Lowestoft Road Runners | M | Senior |
| 231 | 00:31:53 | 19 | Tim | Earl | Waveney Valley AC | M | Senior |
| 121 | 00:32:05 | 20 | Ross | Lambert | Unattached | M | Senior |
| 190 | 00:32:11 | 21 | Peter | Davison-White | Lowestoft A.B.C Boxing Club | M | Senior |
| 247 | 00:32:29 | 22 | Mark | Philo | Tri-Anglia | M | Vet 40 |
| 197 | 00:32:55 | 23 | John | Baxter | Unattached | M | Vet 55 |
| 264 | 00:33:12 | 24 | Carl | Moore | Unattached | M | Senior |
| 246 | 00:33:16 | 25 | Lee | Cousens | Waveney Valley AC | M | Vet 40 |
| 184 | 00:33:20 | 26 | Ashley | Norton | Lowestoft Road Runners | M | Senior |
| 186 | 00:33:27 | 27 | John | Weston | Ipswich Jaffa RC | M | Vet 55 |
| 115 | 00:33:33 | 28 | Nick | Overy | Unattached | M | Vet 40 |
| 271 | 00:33:34 | 29 | James | Drake | Rock Estate | M | Senior |
| 178 | 00:33:38 | 30 | Peter | McGowan | Portobello Running Club | M | Vet 60 |
| 277 | 00:33:42 | 31 | Craig | Leech | Unattached | M | Senior |
| 154 | 00:33:49 | 32 | Barry | Stratford | Unattached | M | Senior |
| 160 | 00:33:52 | 33 | David | Fletcher | Unattached | M | Senior |
| 183 | 00:34:10 | 34 | Catherine | Lee | Great Yarmouth & District AC | F | Senior |
| 203 | 00:34:19 | 35 | Matt | Hardy | Unattached | M | Vet 40 |
| 196 | 00:34:20 | 36 | Jon | Wetherell | Unattached | M | Senior |
| 253 | 00:34:25 | 37 | Martin | Reeve | Unattached | M | Senior |

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|-----|----------|----|----------|-------------|-------------------------------|---|--------|
| 134 | 00:34:26 | 38 | Seamus | Wrigley | Waveney Valley AC | M | Senior |
| 214 | 00:34:34 | 39 | Karen | Archbold | Lowestoft Road Runners | F | Vet 45 |
| 260 | 00:34:36 | 40 | Lee | Ellis | Unattached | M | Senior |
| 129 | 00:34:39 | 41 | Simon | Wiggins | Felixstowe RRC | M | Vet 40 |
| 126 | 00:34:45 | 42 | Duncan | Chenery | Ipswich Jaffa RC | M | Vet 50 |
| 194 | 00:34:47 | 43 | Billy | Innes | Lowestoft A.B.C Boxing Club | M | Senior |
| 221 | 00:35:03 | 44 | Phil | Denby | Tri-Anglia | M | Senior |
| 262 | 00:35:06 | 45 | Robert | Brough | Unattached | M | Senior |
| 263 | 00:35:17 | 46 | Ryan | Mitchell | Unattached | M | Senior |
| 217 | 00:35:18 | 47 | Alan | Brady | Unattached | M | Vet 50 |
| 213 | 00:35:19 | 48 | Samuel | Payne | Unattached | M | Senior |
| 265 | 00:35:22 | 49 | Mark | Elflett | Lowestoft Road Runners | M | Vet 45 |
| 167 | 00:35:24 | 50 | Mark | Hedges | Unattached CID1 | M | Senior |
| 141 | 00:35:37 | 51 | Stephen | Leeves | Great Yarmouth Road Runners | M | Vet 55 |
| 198 | 00:36:00 | 52 | Jonathan | Price | Sudbury Joggers | M | Vet 60 |
| 268 | 00:36:06 | 53 | Jon | Comyn | Waveney Valley AC | M | Senior |
| 158 | 00:36:11 | 54 | Leon | Gooch | Unattached | M | Senior |
| 250 | 00:36:12 | 55 | Mike | Teale | Unattached | M | Vet 50 |
| 156 | 00:36:13 | 56 | Phil | Cox | Unattached | M | Senior |
| 135 | 00:36:17 | 57 | Paul | Brown | Great Yarmouth & District AC | M | Vet 45 |
| 171 | 00:36:24 | 58 | Paddy | Woodham | Unattached CID1 | M | Vet 45 |
| 132 | 00:36:31 | 59 | Richard | knights | Unattached | M | Vet 45 |
| 252 | 00:36:32 | 60 | Leigh | Smith | Unattached | M | Senior |
| 191 | 00:36:33 | 61 | Lewis | Davies | Lowestoft A.B.C Boxing Club | M | Senior |
| 230 | 00:36:34 | 62 | Peter | Edmunds | Unattached | M | Vet 60 |
| 270 | 00:36:37 | 63 | Chris | Davies | Unattached | M | Senior |
| 259 | 00:36:38 | 64 | John | Bone | Great Yarmouth Road Runners | M | Vet 65 |
| 258 | 00:36:39 | 65 | Ashley | Palmer | Unattached | M | Senior |
| 209 | 00:36:40 | 66 | Mike | Bretton | Unattached | M | Vet 45 |
| 207 | 00:36:43 | 67 | Steve | Gibbs | Waveney Valley AC | M | Vet 45 |
| 241 | 00:36:44 | 68 | Sylvia | Kiafvla | Unattached | F | Senior |
| 244 | 00:36:55 | 69 | Paul | Harrod | Waveney Valley AC | M | Vet 50 |
| 164 | 00:37:03 | 70 | Sarah | Vick | The Saxons | F | Vet 40 |
| 267 | 00:37:05 | 71 | Peter | Drake | Rock Estate | M | Vet 65 |
| 139 | 00:37:10 | 72 | Darryl | Futter | Bungay Black Dog Running Club | M | Vet 50 |
| 245 | 00:37:10 | 73 | Karmin | Quaddane | Unattached | F | Vet 45 |
| 193 | 00:37:16 | 74 | Jamie | Brewer | Lowestoft A.B.C Boxing Club | M | Senior |
| 257 | 00:37:18 | 75 | Roger | Williams | Great Yarmouth Road Runners | M | Vet 55 |
| 188 | 00:37:20 | 76 | Wayne | Freeman | Unattached | M | Vet 50 |
| 180 | 00:37:21 | 77 | Glenn | Doy | Unattached | M | Vet 65 |
| 145 | 00:37:23 | 78 | Michael | Kirk | Unattached | M | Vet 50 |
| 255 | 00:37:29 | 79 | James | Donnelly | Unattached | M | Vet 40 |
| 110 | 00:37:37 | 80 | Adrian | Hunt | Unattached | M | Vet 55 |
| 202 | 00:37:41 | 81 | Lisa | Knights | Unattached | F | Senior |
| 105 | 00:38:10 | 82 | Michael | Flower | Norfolk Harriers | M | Senior |
| 240 | 00:38:14 | 83 | Paula | Lambert | Waveney Valley AC | F | Vet 40 |
| 137 | 00:38:24 | 84 | Matthew | Reynolds | Unattached | M | Senior |
| 143 | 00:38:26 | 85 | Markus | Wegg | Unattached | M | Vet 40 |
| 228 | 00:38:28 | 86 | Joesph | Mayne | Waveney Valley AC | M | Vet 45 |
| 226 | 00:38:31 | 87 | Nigel | Ayers | Unattached | M | Vet 45 |
| 103 | 00:38:38 | 88 | Sue | Allen | Coltishall Jaguars | F | Vet 50 |
| 232 | 00:38:44 | 89 | Adrian | Fisher | Unattached | M | Vet 45 |
| 227 | 00:39:05 | 90 | Tina | Jordan | Birds Eye | F | Senior |
| 248 | 00:39:06 | 91 | Paul | Westgate | Great Yarmouth Road Runners | M | Vet 50 |
| 169 | 00:39:13 | 92 | Rob | Brotherston | Unattached CID2 | M | Senior |
| 175 | 00:39:13 | 93 | Darren | Winchester | Unattached CID2 | M | Vet 45 |
| 147 | 00:39:21 | 94 | Chris | Dye | Unattached | M | Vet 45 |

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|-----|----------|-----|-------------|------------|-------------------------------|---|--------|
| 161 | 00:39:29 | 95 | Nigel | Lyman | Bungay Black Dog Running Club | M | Vet 45 |
| 127 | 00:39:30 | 96 | Steve | Mableson | Unattached | M | Vet 40 |
| 276 | 00:39:30 | 97 | Luke | Pipe | Unattached | M | Senior |
| 117 | 00:39:36 | 98 | Patrick | McCabe | Unattached | M | Vet 50 |
| 199 | 00:39:36 | 99 | Annette | Manning | Bungay Black Dog Running Club | F | Vet 50 |
| 200 | 00:39:39 | 100 | Martin | Hazell | Unattached | M | Vet 45 |
| 128 | 00:39:48 | 101 | Jason | Tillett | Unattached | M | Vet 40 |
| 144 | 00:39:48 | 102 | Nicholas | Gibbs | Unattached | M | Senior |
| 106 | 00:39:50 | 103 | Neil | Thomas | Bungay Black Dog Running Club | M | Vet 40 |
| 204 | 00:39:54 | 104 | Nicholas | Hodges | Unattached | M | Senior |
| 131 | 00:40:04 | 105 | Christopher | Howard | Unattached | M | Senior |
| 181 | 00:40:06 | 106 | Kelvin | Waters | Unattached | M | Vet 55 |
| 225 | 00:40:08 | 107 | Dan | Hurren | Unattached | M | Senior |
| 273 | 00:40:09 | 108 | Steven | Shiple | Unattached | M | Senior |
| 233 | 00:40:12 | 109 | Leslie | Slater | Unattached | F | Vet 50 |
| 124 | 00:40:15 | 110 | Lorrain | Dawson | Great Yarmouth Road Runners | F | Vet 50 |
| 224 | 00:40:18 | 111 | Harley | Ayers | Unattached | M | Senior |
| 205 | 00:40:23 | 112 | Silke | Hunter | Unattached | F | Vet 40 |
| 272 | 00:40:24 | 113 | Philip | Conquest | Unattached | M | Vet 55 |
| 172 | 00:40:25 | 114 | Simon | Bridgland | Unattached CID2 | M | Senior |
| 174 | 00:40:26 | 115 | Shane | Davey | Unattached CID4 | M | Vet 45 |
| 162 | 00:40:34 | 116 | Heather | Hollister | Coltishall Jaguars | F | Vet 60 |
| 155 | 00:41:21 | 117 | Lisa | Riley | Unattached | F | Vet 40 |
| 177 | 00:41:21 | 118 | Matthew | Rogers | Unattached CID1 | M | Senior |
| 269 | 00:41:22 | 119 | Elayne | Hilton | Lowestoft Road Runners | F | Vet 45 |
| 140 | 00:41:25 | 120 | Pauline | Richardson | Great Yarmouth Road Runners | F | Vet 50 |
| 279 | 00:41:26 | 121 | Blake | Peter | Unattached | M | Senior |
| 122 | 00:41:31 | 122 | Marie | Ayers | Unattached | F | Vet 40 |
| 278 | 00:41:31 | 123 | Mark | Lawson | Great Yarmouth & District AC | M | Vet 40 |
| 123 | 00:41:32 | 124 | Philip | Ayers | Unattached | M | Vet 40 |
| 216 | 00:41:51 | 125 | Ewan | Gittins | Unattached | M | Senior |
| 208 | 00:41:57 | 126 | James | Wilson | Unattached | M | Senior |
| 166 | 00:42:01 | 127 | Gary | Small | Unattached CID3 | M | Vet 45 |
| 113 | 00:42:08 | 128 | Dennis | Simpson | Unattached | M | Vet 50 |
| 275 | 00:42:10 | 129 | Victoria | Swanston | Unattached | F | Senior |
| 243 | 00:42:22 | 130 | Phillip | Codmore | Unattached | M | Vet 55 |
| 100 | 00:42:24 | 131 | Abi | Ife | Unattached | F | Senior |
| 101 | 00:42:24 | 132 | Tracey | Read | Unattached | F | Senior |
| 146 | 00:42:31 | 133 | Carolyn | Jay | Unattached | F | Senior |
| 238 | 00:42:45 | 134 | Adam | Faben | Unattached | M | Senior |
| 108 | 00:43:00 | 135 | Andrew | McNamara | Great Yarmouth & District AC | M | Senior |
| 242 | 00:43:01 | 136 | David | Wanton | Unattached | M | Vet 55 |
| 176 | 00:43:07 | 137 | Darren | Skuse | Unattached CID3 | M | Vet 45 |
| 157 | 00:43:14 | 138 | Mark | Durrant | Unattached | M | Vet 45 |
| 111 | 00:43:30 | 139 | David | Drewitt | Great Yarmouth & District AC | M | Vet 60 |
| 218 | 00:43:33 | 140 | Stephanie | Hoyle | Unattached | F | Vet 45 |
| 256 | 00:43:34 | 141 | Hayley | Donnelly | Unattached | F | Senior |
| 201 | 00:43:49 | 142 | Adele | Bushell | Coltishall Jaguars | F | Vet 45 |
| 170 | 00:44:10 | 143 | Alan | Barnes | Unattached CID3 | M | Vet 45 |
| 261 | 00:44:22 | 144 | Elaine | Stone | Unattached | F | Vet 50 |
| 125 | 00:44:27 | 145 | Paul | Breach | Unattached | M | Vet 45 |
| 187 | 00:44:49 | 146 | Ashley | Hutchings | Unattached | M | Vet 45 |
| 211 | 00:44:57 | 147 | Tamsin | Desborough | Great Yarmouth Road Runners | F | Senior |
| 159 | 00:45:01 | 148 | Phillip | Laurier | Lowestoft Road Runners | M | Vet 60 |
| 179 | 00:45:05 | 149 | Kevin | Barnard | Unattached | M | Vet 40 |
| 223 | 00:45:08 | 150 | Alison | Ayers | Unattached | F | Vet 45 |
| 239 | 00:45:16 | 151 | Sally | Adams | Unattached | F | Vet 50 |
| 206 | 00:45:20 | 152 | Carolyn | Poole | Norfolk Gazelles AC | F | Vet 55 |

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| 220 | 00:45:22 | 153 | Anne | Florence | Tri-Anglia | F | Vet 60 |
| 153 | 00:45:54 | 154 | Nicholas | Carter | Unattached | M | Vet 65 |
| 189 | 00:45:59 | 155 | Ben | Poole | Lowestoft A.B.C Boxing Club | M | Senior |
| 151 | 00:46:13 | 156 | Darren | Hambly | Unattached | M | Vet 40 |
| 168 | 00:46:23 | 157 | Shelley | Haverson | Waveney Valley AC | F | Senior |
| 152 | 00:46:25 | 158 | Ashling | Rivá | Unattached | F | Vet 45 |
| 150 | 00:46:28 | 159 | Rod | Palmer | Unattached | M | Vet 65 |
| 236 | 00:46:30 | 160 | Melissa | Mitchell | Coyotes | F | Senior |
| 116 | 00:46:31 | 161 | Amie Jane | Williams | Waveney Valley AC | F | Senior |
| 280 | 00:46:31 | 162 | Donna | Boggis | Waveney Valley AC | F | Senior |
| 195 | 00:46:46 | 163 | Rebecca | Dowsett | Unattached | F | Senior |
| 234 | 00:47:02 | 164 | Georgina | Scott | Lowestoft Road Runners | F | Senior |
| 274 | 00:47:18 | 165 | Vicky | Aldred | Lowestoft Road Runners | F | Senior |
| 119 | 00:47:44 | 166 | Stuart | Martindale | Unattached | M | Senior |
| 182 | 00:47:55 | 167 | Tony | Ludlam | Unattached | M | Vet 45 |
| 237 | 00:48:22 | 168 | Liam | Miller | Coyotes | M | Senior |
| 120 | 00:48:25 | 169 | Carrie | Martindale | Unattached | F | Vet 50 |
| 118 | 00:48:26 | 170 | Dave | Martindale | Unattached | M | Vet 50 |
| 251 | 00:50:10 | 171 | Robert | Arnell | Great Yarmouth Road Runners | M | Vet 65 |
| 212 | 00:50:19 | 172 | Helen | Denny | Unattached | F | Senior |
| 165 | 00:51:32 | 173 | Hayley | Coleman | Unattached CID4 | F | Senior |
| 173 | 00:51:32 | 174 | Denny | Davey | Unattached CID4 | M | Vet 40 |
| 138 | 00:53:45 | 175 | Graeme | Kidd | Unattached | M | Vet 40 |
| 112 | 00:57:55 | 176 | Roger | Mawer | Lowestoft Road Runners | M | Vet 65 |
| 163 | 01:03:09 | 177 | Wendy | Merfield | The Saxons | F | Vet 65 |
| 109 | DNF | DNF | Stephen | Oldman | Bungay Black Dog Running Club | M | Vet 45 |
| 142 | DNS | DNS | Ailsa | MacDonald | Waveney Valley AC | F | Senior |
| 130 | DNS | DNS | Bob | Arnell | Great Yarmouth Road Runners | M | Vet 65 |
| 114 | DNS | DNS | Mark | Thompson | Unattached | M | Senior |