

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
1	Jonathan	Earl	203	35:26	35:26	1 M 1-39	
2	John	Scoggins	568	35:34	35:34	2 M 1-39	City of Norwich AC
3	Dero	Lami	396	35:42	35:42	3 M 1-39	City of Norwich AC
4	Tom	Greenacre	2	35:49	35:49	4 M 1-39	City of Norwich AC
5	Simon	Wright	711	36:42	36:42	5 M 1-39	
6	Jonathan	Stockwell	618	36:44	36:44	6 M 1-39	
7	Simon	Partridge	502	36:48	36:48	7 M 1-39	
8	Jack	Adcock	9	37:57	37:57	8 M 1-39	City of Norwich AC
9	Nico	Drinkwater	195	37:59	37:59	9 M 1-39	
10	Sam	Russell	559	38:07	38:07	10 M 1-39	Wymondham AC
11	Richard	Hanson	296	38:25	38:27	1 M 50-54	Tri-Anglia Triathlon Club
12	Richard	Johnson	364	38:30	38:34	1 M 40-44	Norwich Road Runners
13	Jonathan	Cordle	154	38:46	38:48	2 M 50-54	Tri-Anglia Triathlon Club
14	Mabel	Beckett	58	38:53	38:53	1 F 1-39	City of Norwich AC
15	Sam	Evans	220	38:53	38:53	2 M 40-44	
16	John	Hudson	337	38:59	39:03	11 M 1-39	Norwich Road Runners
17	Kevin	Frazer	245	39:13	39:13	3 M 50-54	
18	Christopher	Millsted	452	39:17	39:18	12 M 1-39	
19	Sebastian	Polomski	515	39:18	39:18	13 M 1-39	
20	Paul	Owen	491	39:18	39:22	14 M 1-39	
21	Daniel	Gardiner	255	39:22	39:22	1 M 45-49	Bungay Black Dog RC
22	Niall	Wapshott	681	39:23	39:23	15 M 1-39	
23	Barry	Wilton	702	39:30	39:30	16 M 1-39	
24	Daniel	Jones	366	39:33	39:33	17 M 1-39	
25	Marc	Coles	143	39:33	39:36	3 M 40-44	Norwich Road Runners
26	Todd	Lake	392	39:34	39:38	4 M 50-54	Dereham Runners AC
27	Nathan	Hunt	341	39:39	39:40	18 M 1-39	
28	Sean	Donoghue	189	39:41	39:42	4 M 40-44	Longdale Striders
29	Duncan	Samwell	561	39:48	39:51	5 M 40-44	Tri-Anglia Triathlon Club
30	Daniel	Tarr	634	39:52	39:53	19 M 1-39	
31	Rowena	Leary	401	40:27	40:32	2 F 1-39	Norfolk Gazelles
32	Richard	Walpole	679	40:42	40:49	20 M 1-39	
33	Ian	Bailey	37	40:50	40:53	6 M 40-44	
34	Simon	Kennison	376	41:04	41:05	7 M 40-44	City of Norwich AC
35	Matthew	Renforth	539	41:03	41:07	2 M 45-49	
36	Luke	Pavey	505	41:16	41:16	21 M 1-39	Tri-Anglia Triathlon Club
37	Adrian	Hall	289	41:16	41:17	5 M 50-54	Wymondham AC
38	Kate	Murrell	467	41:35	41:37	3 F 1-39	Tri-Anglia Triathlon Club
39	Matthew	Lambert	394	41:37	41:38	22 M 1-39	
40	Steven	Neaves	469	41:39	41:40	1 M 55-59	Bungay Black Dog RC
41	Bernie	Whelan	692	42:00	42:02	23 M 1-39	
42	David	Houghton	326	42:00	42:03	3 M 45-49	Norwich Road Runners
43	Daniel	Smith	583	42:05	42:09	24 M 1-39	
44	Michael	Timm	647	42:05	42:13	25 M 1-39	
45	Sam	Barker	44	42:21	42:21	26 M 1-39	Wymondham AC
46	Lee	Forder	241	42:13	42:23	27 M 1-39	
47	William	Robb	545	42:16	42:26	28 M 1-39	
48	Peter	Shackleton	571	42:26	42:31	6 M 50-54	
49	Emily	Woodfield	706	42:33	42:37	4 F 1-39	Tri-Anglia Triathlon Club
50	Jason	Tuttle	659	42:34	42:38	29 M 1-39	
51	Ben	Snelling	595	42:34	42:39	4 M 45-49	Norwich Road Runners
52	Jason	Sparkes	602	42:41	42:45	30 M 1-39	
53	Nicole	Beck	55	42:46	42:48	5 F 1-39	Tri-Anglia Triathlon Club
54	Daniel	Florido	237	42:50	43:00	31 M 1-39	
55	Robert	Spence	603	42:59	43:02	5 M 45-49	
56	Jason	Elrick	215	43:06	43:06	6 M 45-49	
57	Chris	Howard	329	43:04	43:11	32 M 1-39	
58	Mike	Howe	334	43:17	43:27	7 M 45-49	
59	Matt	Earl	204	43:32	43:36	33 M 1-39	
60	Jim	Fitch	233	43:25	43:38	8 M 45-49	

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
61	Alice	Rees	536	43:40	43:40	6 F 1-39	City of Norwich AC
62	Paul	Goodrum	273	43:33	43:43	34 M 1-39	
63	Liam	Marshall	431	43:36	43:45	35 M 1-39	
64	Rosie	Earl	205	43:44	43:46	7 F 1-39	Victoria Park Harriers
65	Paul	Baisley	40	43:43	43:47	8 M 40-44	
66	Jonathan	Batchelor	54	43:48	43:51	36 M 1-39	Wymondham AC
67	Neil	Button	113	43:48	43:56	9 M 45-49	Coltishall Jaguars
68	Thomas	Price	520	43:53	43:57	37 M 1-39	Tri-Anglia Triathlon Club
69	Matthew	Grimwood	284	43:53	44:05	9 M 40-44	
70	Matt	Collier	144	44:02	44:10	10 M 40-44	
71	Paul	Quantrill	524	44:11	44:15	7 M 50-54	Tri-Anglia Triathlon Club
72	Richard	Crewes	163	44:16	44:16	11 M 40-44	
73	Paul	Cross	164	44:10	44:17	38 M 1-39	
74	Martin	Cornish	156	44:14	44:17	39 M 1-39	
75	Nick	Richards	542	44:18	44:18	12 M 40-44	
76	Andrew	Frwnch	249	44:09	44:18	13 M 40-44	
77	Ulysse	Pasquier	503	44:17	44:19	40 M 1-39	
78	Chris	Lee	402	44:17	44:22	41 M 1-39	City of Norwich AC
79	Mark	Stone	619	44:17	44:23	14 M 40-44	Great Yarmouth Road Runners
80	Lee	Emmett	216	44:04	44:23	42 M 1-39	
81	David	Eastaugh	207	44:24	44:27	15 M 40-44	
82	Garry	Whiting	694	44:32	44:35	10 M 45-49	Wymondham AC
83	Rebecca	Thorby	644	44:34	44:37	8 F 1-39	
84	Robert	Blackham	77	44:33	44:48	11 M 45-49	
85	Guy	Shearwood	574	44:40	44:48	2 M 55-59	Norwich Road Runners
86	Paul	Frarey	243	44:50	44:50	16 M 40-44	
87	Greg	Hale	288	44:50	44:53	43 M 1-39	
88	Lee	Boswell	90	44:50	44:54	12 M 45-49	
89	Tom	Hutchings	347	44:26	44:55	13 M 45-49	Norfolk Gazelles
90	Mark	Bloomfield	81	44:46	44:56	14 M 45-49	
91	Sarah	Peachey	506	44:53	44:57	9 F 1-39	Norwich Road Runners
92	Alexandra	French	248	44:48	44:57	1 F 40-44	City of Norwich AC
93	Andy	Rowles	555	44:58	45:03	8 M 50-54	Dereham Runners AC
94	Gav	Smith	584	45:03	45:08	44 M 1-39	
95	Simon	Feakes	226	45:02	45:12	45 M 1-39	
96	Theresa	Dooley	190	45:18	45:20	1 F 45-49	
97	Nathan	Polley	512	45:21	45:22	46 M 1-39	City of Norwich AC
98	Mark	Thorpe	646	45:13	45:25	9 M 50-54	
99	Roger	Madle	420	45:16	45:26	10 M 50-54	
100	Luke	Ellis	214	45:18	45:29	47 M 1-39	
101	Matthew	Parkhouse	500	45:25	45:33	48 M 1-39	
102	Nicholas	Richardson	543	45:33	45:44	49 M 1-39	
103	Carly	Jermy	359	45:38	45:45	10 F 1-39	City of Norwich AC
104	Graeme	Wooden	705	45:14	45:46	50 M 1-39	
105	Chris	Squirrel	606	45:44	45:46	51 M 1-39	
106	Jay	Buck	103	45:41	45:46	52 M 1-39	
107	Michael	Wilkinson	700	45:26	45:51	53 M 1-39	
108	Tom	Steverson	614	45:30	45:51	54 M 1-39	
109	Patrick	Fisher	231	45:26	45:54	55 M 1-39	
110	Neil	Boyce	91	45:33	45:55	17 M 40-44	Norwich Road Runners
111	Thomas	Lincoln-Kemp	406	45:54	46:02	15 M 45-49	Tri-Anglia Triathlon Club
112	Tom	Clarke	137	45:57	46:04	56 M 1-39	
113	Juliette	Watkinson	683	45:53	46:12	11 F 1-39	Wymondham AC
114	Lewis	Spurgin	605	46:05	46:13	57 M 1-39	
115	Simon	Howard	332	46:04	46:14	18 M 40-44	
116	Alison	Stewart	617	46:08	46:15	1 F 55-59	Norwich Road Runners
117	Gavin	Eke	211	45:48	46:16	19 M 40-44	
118	Nigel	Lambert	395	46:17	46:19	3 M 55-59	
119	Heath	Alexander-Bew	17	46:20	46:23	20 M 40-44	Wymondham AC
120	Shane	Smith	589	46:21	46:26	21 M 40-44	

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
121	Lucy	Anderson	23	46:19	46:27	12 F 1-39	Coltishall Jaguars
122	Karl	Rumsby	557	46:19	46:29	58 M 1-39	
123	Alfie	Maddison	419	46:10	46:32	59 M 1-39	
124	Mark	Regan	538	46:23	46:35	16 M 45-49	
125	Andrew	Cooper	150	46:19	46:36	60 M 1-39	Norwich Road Runners
126	Alexandre	Florida	236	46:30	46:41	61 M 1-39	Mafalda Sofia Pais
127	Lisa	Symon	630	46:22	46:42	13 F 1-39	
128	Andrew	Lillicrop	405	46:30	46:43	62 M 1-39	
129	Colin	Oswald	488	46:32	46:44	63 M 1-39	
130	Peter	Elliott	213	46:37	46:45	17 M 45-49	
131	Stuart	Main	423	46:44	46:45	64 M 1-39	
132	Andrew	Clark	132	46:36	46:52	11 M 50-54	
133	Mary	Gillings	264	46:33	46:54	2 F 45-49	
134	Louise	Gardiner	256	46:57	47:04	3 F 45-49	
135	Richard	Crossland	166	47:01	47:06	12 M 50-54	Bungay Black Dog RC
136	Gerry	Watson	684	46:47	47:07	1 M 60-64	Wymondham AC
137	Shaune	Gooch	271	47:07	47:19	22 M 40-44	Norwich Road Runners
138	Darren	Douglass	192	47:22	47:23	13 M 50-54	Tri-Anglia Triathlon Club
139	Anna	Boden	83	47:20	47:24	14 F 1-39	
140	Joanna	Killingworth	381	47:16	47:29	2 F 40-44	Norwich Road Runners
141	Paul	Sanders	562	47:06	47:31	65 M 1-39	
142	Eve	Dewsnap	184	47:30	47:32	15 F 1-39	Tri-Anglia Triathlon Club
143	Derin	Clark	133	47:34	47:35	16 F 1-39	
144	Sam	Bence	63	47:27	47:38	66 M 1-39	
145	Roderick	Main	422	47:23	47:39	14 M 50-54	Tri-Anglia Triathlon Club
146	John	Bone	86	47:36	47:41	1 M 65-99	Great Yarmouth Road Runners
147	James	O'Grady	481	47:40	47:42	67 M 1-39	
148	Zoe	Jones	370	47:24	47:42	3 F 40-44	Wymondham AC
149	Lindsay	Black	75	47:49	47:51	17 F 1-39	
150	Frances	Wall	678	47:25	47:51	18 F 1-39	
151	Paul	Youngman	716	47:45	47:53	23 M 40-44	Tri-Anglia Triathlon Club
152	Becky	Wilkinson	699	47:49	47:56	19 F 1-39	
153	Stephen	Gook	274	47:09	47:56	15 M 50-54	
154	Caroline	Houghton	325	47:47	47:57	4 F 40-44	Norwich Road Runners
155	Lee	Wilson	701	47:44	47:57	24 M 40-44	
156	Jo	Phillips	508	47:49	47:59	20 F 1-39	
157	Simon	Mortlock	460	47:52	48:03	68 M 1-39	Bure Valley Harriers
158	James	Cooper	151	48:01	48:04	69 M 1-39	
159	Steven	Tuttle	660	47:52	48:05	4 M 55-59	
160	David	Prior	521	47:50	48:08	2 M 60-64	
161	Matthew	Driver	196	47:59	48:19	70 M 1-39	
162	Oliver	Timson	648	48:11	48:23	25 M 40-44	Wymondham AC
163	Sam	Bartram	52	48:24	48:35	71 M 1-39	
164	Deborah	Blackwell	78	48:18	48:38	21 F 1-39	
165	Tim	Earl	206	48:43	48:46	72 M 1-39	
166	Grant	King	382	48:28	48:51	73 M 1-39	
167	Paul	Smith	588	48:26	48:58	26 M 40-44	Norwich Road Runners
168	Theresa	Colby	140	48:51	49:00	5 F 40-44	
169	Andreas	Paterson	504	48:46	49:02	74 M 1-39	
170	Jerry	Fuller	251	48:57	49:04	27 M 40-44	
171	Richard	Houston	328	49:02	49:06	18 M 45-49	
172	Michelle	Atkinson	31	48:54	49:09	22 F 1-39	
173	Paul	Rees	537	48:56	49:11	75 M 1-39	
174	Raymond	Marshall	432	48:53	49:13	16 M 50-54	Norwich Road Runners
175	Glenn	Smith	585	49:12	49:13	17 M 50-54	
176	Alan	Butterworth	111	48:51	49:21	28 M 40-44	Norfolk Gazelles
177	Simon	Fields	229	49:13	49:26	19 M 45-49	
178	Kerry	Alderton	16	49:18	49:29	23 F 1-39	
179	Camille	Davila	177	49:08	49:30	24 F 1-39	
180	Chris	Baldwin	41	49:08	49:31	76 M 1-39	

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
181	Richard	Woodward	707	49:15	49:32	5 M 55-59	Tri-Anglia Triathlon Club
182	Joao	Florido	238	49:23	49:36	2 M 65-99	Mafalda Sofia Pais
183	Anne	Ellen	212	49:03	49:37	1 F 60-64	Norfolk Gazelles
184	Tom	Cowan	159	49:31	49:40	77 M 1-39	
185	Paul	Hann	295	49:33	49:46	3 M 65-99	
186	Peter	Keogh	377	49:40	49:48	78 M 1-39	
187	Mark	Nickerson	473	49:35	49:54	79 M 1-39	
188	Clement	Rouillard	554	49:54	49:59	80 M 1-39	
189	Graham	Cornish	155	49:55	50:02	20 M 45-49	North Norfolk Beach Runners
190	Cassie	Barker	42	49:44	50:03	6 F 40-44	Wymondham AC
191	Shaun	Braybrook	94	49:45	50:04	81 M 1-39	
192	Stacey	Harper	302	49:37	50:04	25 F 1-39	Norwich Road Runners
193	Ruth	Gaunt	259	49:37	50:05	1 F 50-54	Norwich Road Runners
194	Helen	Mann	427	49:58	50:05	7 F 40-44	
195	Kevin	Clark	134	49:52	50:05	21 M 45-49	Bungay Black Dog RC
196	Silvia	Ferretti	228	49:57	50:06	2 F 50-54	
197	Stuart	Lusher	417	49:58	50:06	18 M 50-54	
198	Tom	Smith	593	49:35	50:08	22 M 45-49	
199	Jack	Stuttle	623	49:29	50:12	82 M 1-39	
200	Samantha	Appleyard-Smith	26	49:49	50:12	26 F 1-39	
201	Samantha	Laurie	398	50:14	50:15	27 F 1-39	Diss Heywood Joggers
202	Jodie	Causer	123	50:03	50:16	28 F 1-39	Norwich Road Runners
203	Brooke	Clarke	136	50:10	50:19	29 F 1-39	
204	Joanna	Godwin	266	49:58	50:22	8 F 40-44	Norwich Road Runners
205	Susanna	Moore	459	50:15	50:25	30 F 1-39	
206	Archie	Roques	6	50:16	50:25	83 M 1-39	
207	Hayley	Strivens	621	50:02	50:27	31 F 1-39	
208	Emma	Dawson	178	50:32	50:38	32 F 1-39	Great Yarmouth Road Runners
209	Julia	Lloyd	410	50:20	50:39	4 F 45-49	Wymondham AC
210	Andrew	Smith	580	50:34	50:41	23 M 45-49	Saint Edmund Pacers
211	Amanda	Hards	299	50:11	50:45	5 F 45-49	
212	Marian	Crossland	165	50:35	50:52	6 F 45-49	
213	Laura	Noakes	474	50:47	50:56	33 F 1-39	
214	Sophie	Best	71	50:30	50:59	34 F 1-39	
215	Ray	Knights	389	50:50	51:04	3 M 60-64	Waveney Valley AC
216	James	Knapman	386	51:01	51:12	84 M 1-39	
217	Lorraine	Dawson	179	51:09	51:15	2 F 55-59	Great Yarmouth Road Runners
218	Ben	Gipson	265	50:36	51:15	85 M 1-39	
219	Gavin	Douglas	191	50:46	51:16	19 M 50-54	Norfolk Gazelles
220	Emma	Moolman	455	51:06	51:18	35 F 1-39	
221	Richard	High	318	50:48	51:21	24 M 45-49	Norwich Road Runners
222	Neil	Staveley	609	51:06	51:24	86 M 1-39	Vegan Runners UK
223	Nick	Dann	172	51:11	51:26	87 M 1-39	
224	Charlotte	Wootton	709	51:20	51:34	7 F 45-49	Norfolk Gazelles
225	Michael	Ducker	198	51:04	51:36	88 M 1-39	
226	Tracy	Eaton	208	51:32	51:39	9 F 40-44	
227	Jude	Durrant	200	51:16	51:40	8 F 45-49	
228	James	Oxbury	494	51:34	51:42	89 M 1-39	
229	Louise	Grinsdale	285	51:19	51:44	10 F 40-44	Norwich Road Runners
230	Steven	Wickham	697	51:13	51:47	25 M 45-49	
231	Andrew	Earl	202	51:28	51:48	4 M 65-99	
232	Donna	Armstrong	28	51:35	51:50	36 F 1-39	
233	Simon	Carnell	118	51:29	51:52	26 M 45-49	
234	Rachel	Taylor	639	51:43	51:58	11 F 40-44	
235	Steve	Avery	33	51:46	51:58	27 M 45-49	
236	Pete	Sharpe	572	51:46	52:06	29 M 40-44	Wymondham AC
237	Francis	Vickers	671	51:57	52:07	6 M 55-59	
238	Samantha	Ralph	530	51:52	52:08	37 F 1-39	
239	Simon	Howard	333	51:34	52:08	30 M 40-44	
240	Alfie	Davies	175	51:32	52:14	90 M 1-39	

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
241	Paul	Steed	610	51:55	52:15	91 M 1-39	
242	Darryn	Ralph	527	52:02	52:18	92 M 1-39	
243	David	Litchfield	409	51:56	52:20	31 M 40-44	
244	Maria	Hutson	348	52:03	52:26	38 F 1-39	
245	Iain	Crawford	162	52:18	52:26	32 M 40-44	
246	Terry	Hutson	349	52:04	52:27	93 M 1-39	
247	Ken	Adlard	12	52:11	52:28	20 M 50-54	
248	Laura	Mansell	429	52:12	52:29	39 F 1-39	
249	Vanessa	Munford	465	52:07	52:29	40 F 1-39	
250	Martin	Noble-James	475	52:11	52:37	28 M 45-49	
251	Ben	Wall	677	52:12	52:38	94 M 1-39	
252	Jason	Brook	98	52:15	52:41	95 M 1-39	
253	Karl	Tutt	658	52:11	52:42	29 M 45-49	
254	Christina	Boswell	89	52:20	52:44	41 F 1-39	
255	Steven	Utting	665	52:21	52:47	30 M 45-49	Norwich Road Runners
256	Beth	Underwood	5	52:40	52:51	42 F 1-39	
257	Deborah	Tooke	651	52:28	52:51	12 F 40-44	Norwich Road Runners
258	Rob	Miller	449	52:16	52:58	21 M 50-54	
259	Sarah	Ramshaw	532	52:28	52:59	9 F 45-49	
260	Karl	Steward	616	52:28	52:59	33 M 40-44	
261	Martin	Ramshaw	531	52:29	52:59	22 M 50-54	
262	Matthew	Hinchliffe	319	52:46	53:14	96 M 1-39	
263	Richard	Sage	560	52:40	53:20	97 M 1-39	
264	Dean	Gray	277	52:54	53:22	7 M 55-59	Norwich Road Runners
265	Kirsty	Dekeyzer	182	53:09	53:25	43 F 1-39	
266	Robert	Osborne	487	53:01	53:26	8 M 55-59	
267	Peter	Wapshott	682	53:09	53:27	5 M 65-99	
268	Steven	Alderson	15	53:15	53:28	9 M 55-59	
269	Emma	Yardy	712	52:59	53:29	44 F 1-39	
270	Matthew	Cawston	125	53:10	53:31	98 M 1-39	
271	Tom	Roques	551	53:22	53:32	31 M 45-49	
272	Victoria	Jones	369	53:09	53:36	45 F 1-39	Norwich Road Runners
273	Andrea	Osborne	486	53:13	53:38	2 F 60-64	
274	Andy	Hughes	339	53:08	53:39	23 M 50-54	
275	Sarah	Shipley	576	53:26	53:46	13 F 40-44	Tri-Anglia Triathlon Club
276	Danielle	Whatling	691	53:37	53:49	46 F 1-39	Diss & District AC
277	Mark	Rose	552	53:39	53:51	34 M 40-44	Ipswich Jaffa Running Club
278	Emma	Blackham	76	53:40	53:55	14 F 40-44	
279	Giuseppe	Ciarla	130	53:13	53:57	32 M 45-49	Coltishall Jaguars
280	James	Ducker	197	53:25	53:57	99 M 1-39	
281	James	Kybird	390	53:51	54:03	100 M 1-39	
282	Vanessa	Pooley	516	53:48	54:05	3 F 55-59	Swallowtails
283	Kathryn	Hammond	292	53:45	54:09	15 F 40-44	Norwich Road Runners
284	Jayne	Hudson	336	53:43	54:10	16 F 40-44	
285	Robin	Evans	219	53:30	54:12	101 M 1-39	
286	Kate	Sullivan	625	53:43	54:12	17 F 40-44	
287	Gabriella	Cawston	124	53:53	54:12	47 F 1-39	
288	Lizzie	Moulton	462	53:53	54:14	48 F 1-39	
289	Robert	Whalen	690	54:04	54:18	102 M 1-39	Norfolk Gazelles
290	Matt	Brewer	96	54:07	54:24	103 M 1-39	
291	Jonathan	Mulley	464	53:42	54:25	24 M 50-54	
292	Clair	Robinson	547	54:24	54:25	49 F 1-39	
293	Elizabeth	Meekings	444	53:56	54:27	18 F 40-44	
294	Amy	Hancock	293	53:58	54:27	50 F 1-39	
295	Michelle	Finch	230	54:10	54:28	51 F 1-39	
296	Lucy	Spratling	4	54:19	54:30	52 F 1-39	
297	Linda	Palmer	496	54:12	54:33	53 F 1-39	
298	Jason	Booty	87	54:11	54:37	35 M 40-44	
299	Neil	Barlow	47	54:24	54:41	33 M 45-49	
300	Fiona	Henderson	312	54:23	54:44	54 F 1-39	Tri-Anglia Triathlon Club

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
301	Nicola	Jepson	358	54:23	54:44	55 F 1-39	
302	James	Mair	424	54:05	54:46	36 M 40-44	
303	David	Horn	323	54:38	54:49	34 M 45-49	
304	Sarah	Bird	73	54:15	54:53	56 F 1-39	Bure Valley Harriers
305	Matthew	Hurrell	345	54:31	54:56	104 M 1-39	
306	Stuart	Sayer	566	54:29	54:59	10 M 55-59	Norwich Road Runners
307	Anna	Huggins	338	54:33	54:59	57 F 1-39	
308	Cheryl	Bailey	36	54:15	55:00	58 F 1-39	
309	Louis	Hobbs	321	54:52	55:04	37 M 40-44	
310	Danielle	Crane	161	54:43	55:05	59 F 1-39	
311	Matt	Walker	673	54:28	55:08	105 M 1-39	
312	Christopher	Aitken	14	54:54	55:13	106 M 1-39	
313	Lisa	Netto	470	54:41	55:15	19 F 40-44	Norfolk Gazelles
314	Ian	Whalebelly	689	54:52	55:18	35 M 45-49	
315	Sarah	Cole	142	54:35	55:20	60 F 1-39	
316	Anna	Smith	581	54:38	55:22	20 F 40-44	Stowmarket Striders
317	David	Egerton	210	54:43	55:25	25 M 50-54	
318	Victoria	Utting	666	54:57	55:25	10 F 45-49	Norwich Road Runners
319	Lisa	Hall	291	54:53	55:25	61 F 1-39	Norwich Road Runners
320	Kelly-Marie	Loftus	412	55:14	55:26	62 F 1-39	Norwich Road Runners
321	Richard	Pollard	511	54:53	55:29	26 M 50-54	Farnham Common Joggers & Wheelers
322	Emily	Arbon	27	55:00	55:33	63 F 1-39	
323	Jacomin	Moolman	456	55:22	55:35	3 F 50-54	
324	Kirsty	Hurrell	344	55:13	55:39	64 F 1-39	
325	Rick	Herdman	315	55:31	55:43	27 M 50-54	
326	Kevin	Westgate	688	55:18	55:45	107 M 1-39	
327	David	Freezer	247	55:13	55:48	108 M 1-39	
328	Barry	Woolnough	708	55:26	55:52	109 M 1-39	
329	Kevin	Carter	120	55:27	55:52	110 M 1-39	
330	Paul	Mccarthy	441	55:22	55:58	111 M 1-39	
331	Steven	Boyd	92	55:22	55:59	36 M 45-49	
332	Simon	Ayto	34	55:36	56:00	112 M 1-39	
333	Darren	Potter	517	55:32	56:02	113 M 1-39	
334	Tamsyn	Noble-James	476	55:37	56:04	65 F 1-39	
335	Tim	Cheesman	128	55:45	56:06	114 M 1-39	
336	Simon	Smith	591	55:59	56:10	115 M 1-39	
337	Gareth	Francis	242	55:35	56:10	116 M 1-39	
338	Oliver	Best	70	55:42	56:12	117 M 1-39	
339	Lisa	Potter	518	55:45	56:18	21 F 40-44	
340	Tiffany	Bentley	68	55:38	56:18	66 F 1-39	
341	Ross	Lovewell	415	55:40	56:21	118 M 1-39	
342	Natalie	Freeman	246	55:59	56:22	67 F 1-39	
343	Lucy	Fleming	235	55:46	56:22	22 F 40-44	
344	Lucy	Vanhinsbergh	668	55:38	56:22	11 F 45-49	
345	Manuela	Moxon	463	55:42	56:25	68 F 1-39	
346	Helen	James	357	56:18	56:26	69 F 1-39	
347	Dariusz	Fassihi	224	55:52	56:26	119 M 1-39	
348	Paul	Nearney	468	55:52	56:26	38 M 40-44	
349	Rose	Barnes	48	56:05	56:34	70 F 1-39	
350	Jo	Fisk	232	56:05	56:34	23 F 40-44	Waveney Valley AC
351	Kayleigh	Bailey	38	56:28	56:44	71 F 1-39	
352	Danielle	Rackham	526	56:18	56:51	72 F 1-39	
353	Susan	Smith	592	56:28	56:53	24 F 40-44	
354	Clare	Gooch	269	56:25	56:53	25 F 40-44	Norwich Road Runners
355	Jack	Luther	418	56:11	56:55	120 M 1-39	
356	Sheila	Smith	590	56:26	56:55	3 F 60-64	
357	Adrian	Mccrum	443	56:52	57:03	37 M 45-49	
358	Claire	Owen	489	56:26	57:09	26 F 40-44	Coltishall Jaguars
359	Hannah	Kelly	374	56:50	57:09	73 F 1-39	
360	Vicky	Bailey	39	56:47	57:20	74 F 1-39	Norwich Road Runners

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
361	Tracy	Stevens	613	56:58	57:23	12 F 45-49	Wymondham AC
362	Lynda	Howard	331	57:03	57:28	13 F 45-49	
363	Phil	Soanes	598	57:13	57:35	121 M 1-39	
364	Andrew	Grimley	283	57:17	57:56	38 M 45-49	Norwich Road Runners
365	Robert	Belcher	59	57:30	57:59	11 M 55-59	
366	Rebecca	Cockerill	139	57:32	58:01	75 F 1-39	
367	Dennis	Simpson	579	57:27	58:02	12 M 55-59	Norwich Road Runners
368	Adrian	Vivian	672	57:27	58:08	39 M 45-49	
369	Louise	Stevens	612	57:29	58:10	76 F 1-39	
370	Liz	Jones	367	57:44	58:12	77 F 1-39	Norwich Road Runners
371	Matt	Howes	335	57:45	58:12	39 M 40-44	Norwich Road Runners
372	Gemma	Sullivan	624	58:05	58:24	78 F 1-39	
373	Jeni	Love	414	58:00	58:27	79 F 1-39	
374	Julie	Knight	387	58:17	58:33	4 F 50-54	Norwich Road Runners
375	Sarah	Tovell	653	58:11	58:33	80 F 1-39	
376	Zoe	Sanders	563	58:11	58:35	81 F 1-39	
377	Rachael	Storr	620	57:57	58:37	82 F 1-39	
378	Niki	Kaiser	372	58:24	58:41	27 F 40-44	
379	Sue	O'Halloran	482	58:11	58:43	14 F 45-49	
380	Sarah	Raspin	534	58:16	58:43	83 F 1-39	Coltishall Jaguars
381	Barbara	Button	112	58:13	58:44	15 F 45-49	
382	Donna	Talby	632	58:24	58:55	28 F 40-44	
383	Faith	Mixer	454	58:32	58:55	5 F 50-54	Wymondham AC
384	Vicky	Day	180	58:32	58:59	29 F 40-44	
385	Stephen	Andrews	24	58:29	59:03	13 M 55-59	
386	Emma	Bolam	84	58:23	59:07	84 F 1-39	
387	Diane	Thompson	643	58:32	59:11	6 F 50-54	
388	Ben	Owen-Raymond	493	58:53	59:15	122 M 1-39	
389	Lisa	Rodgers	549	58:42	59:20	7 F 50-54	Wymondham AC
390	James	King	383	58:44	59:21	123 M 1-39	
391	Lucy	Peele	507	59:10	59:28	85 F 1-39	
392	Leah	Stenning	611	59:08	59:30	86 F 1-39	Farnham Common Joggers & Wheelers
393	Karen	Pollard	510	58:54	59:30	8 F 50-54	
394	Victoria	Favish	225	59:20	59:34	9 F 50-54	
395	Kate	King	385	59:03	59:41	87 F 1-39	
396	Louise	Howard	330	59:08	59:42	30 F 40-44	
397	Mark	Nicholls	471	59:01	59:44	14 M 55-59	
398	Leon	Carrara	119	59:19	59:44	15 M 55-59	Norwich Road Runners
399	Sarah	Schofield	567	59:23	59:45	88 F 1-39	
400	Shauna	Gooch	270	59:18	59:46	89 F 1-39	
401	Dennis	Harris	303	59:08	59:50	28 M 50-54	
402	Jamie	Smith	586	59:23	59:54	124 M 1-39	
403	David	Thornhill	645	59:23	59:54	40 M 40-44	
404	Glen	Scott	569	59:40	1:00:00	125 M 1-39	
405	Andrew	Sherwood	575	59:54	1:00:02	40 M 45-49	
406	Lisa	Hurry	346	59:49	1:00:05	10 F 50-54	
407	Jen	Inglis	351	59:47	1:00:08	90 F 1-39	Norwich Road Runners
408	Kate	Gooding	272	59:25	1:00:09	91 F 1-39	
409	Claire	Beckett	57	59:45	1:00:22	31 F 40-44	
410	Abby	Holden	322	1:00:03	1:00:23	92 F 1-39	
411	Hana	Barringer	51	59:55	1:00:24	93 F 1-39	
412	Helen	Tatler	635	59:55	1:00:25	94 F 1-39	
413	Paula	Wickham	696	59:54	1:00:27	11 F 50-54	
414	Kevin	Wickham	695	59:54	1:00:27	29 M 50-54	
415	Mark	Burrows	107	1:00:06	1:00:27	30 M 50-54	
416	Cristina	Lemus	403	1:00:06	1:00:30	95 F 1-39	
417	Michaela	Loades	411	59:57	1:00:37	16 F 45-49	
418	Hayley	Sendall	570	1:00:28	1:00:50	32 F 40-44	
419	Sonia	Cardoso	117	1:00:43	1:00:56	96 F 1-39	
420	Andrew	Heaford	310	1:00:37	1:01:00	126 M 1-39	

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
421	Amy	Walker-Hall	674	1:00:36	1:01:00	97 F 1-39	
422	Hannah	Knights	388	1:00:48	1:01:03	98 F 1-39	
423	Angela	Bell	60	1:00:18	1:01:05	33 F 40-44	Norwich Road Runners
424	Clive	Cartner	121	1:00:20	1:01:08	127 M 1-39	Norwich Road Runners
425	Paul	Sorrell	600	1:00:38	1:01:16	41 M 45-49	
426	Bill	Jones	365	1:01:02	1:01:18	31 M 50-54	
427	Laura	Cook	147	1:01:15	1:01:33	99 F 1-39	
428	Jane	Crowe	167	1:00:52	1:01:38	100 F 1-39	
429	Louise	Adlard	13	1:01:21	1:01:39	12 F 50-54	
430	Suzanne	Hurn	343	1:01:22	1:01:44	101 F 1-39	
431	Chloe	Harcourt	298	1:01:32	1:01:52	102 F 1-39	
432	Georgina	Swift	629	1:01:40	1:01:56	103 F 1-39	
433	Nick	Hyman	350	1:01:40	1:01:57	128 M 1-39	
434	Penny	Craft	160	1:01:26	1:02:01	104 F 1-39	
435	Emily	Mann	426	1:01:26	1:02:02	34 F 40-44	
436	Chloe	Kiggins	379	1:01:23	1:02:02	105 F 1-39	
437	Georgia	Hegarty	311	1:01:46	1:02:04	13 F 50-54	
438	Elizabeth	Green	278	1:01:39	1:02:08	106 F 1-39	
439	Jasmine	Daynes	181	1:01:51	1:02:13	107 F 1-39	
440	Hannah	Hanford	294	1:02:11	1:02:16	108 F 1-39	
441	Ben	Jest	360	1:02:05	1:02:23	129 M 1-39	
442	Paul	Blake	79	1:02:11	1:02:32	4 M 60-64	
443	Phillip	Laurier	399	1:01:48	1:02:32	6 M 65-99	Lowestoft Road Runners
444	Jenny	Cadman	115	1:01:54	1:02:32	109 F 1-39	Norwich Road Runners
445	Valerie	Gidney	263	1:02:15	1:02:33	14 F 50-54	City of Norwich AC
446	Ben	Burton	108	1:01:57	1:02:35	130 M 1-39	
447	Christine	Barker	43	1:02:38	1:02:42	15 F 50-54	
448	Darren	Utting	664	1:02:31	1:02:48	42 M 45-49	
449	Georgina	Harvey	306	1:02:37	1:02:51	110 F 1-39	
450	Simon	Roddis	548	1:02:47	1:02:58	131 M 1-39	
451	Vicki	Parker	499	1:02:57	1:02:59	111 F 1-39	
452	Cheryl	Dodd	186	1:02:25	1:03:11	112 F 1-39	
453	Sophie	Getley	262	1:02:37	1:03:17	113 F 1-39	Norfolk Harriers
454	Kerry	Harper	300	1:02:58	1:03:17	35 F 40-44	
455	Lorinda	Lainah	391	1:02:46	1:03:17	114 F 1-39	
456	Claire	Sparkes	601	1:02:54	1:03:20	36 F 40-44	
457	Donna	Dingle	185	1:02:56	1:03:31	115 F 1-39	
458	Amanda	Grimley	282	1:03:01	1:03:34	17 F 45-49	
459	Sam	Boarder	82	1:03:39	1:03:53	116 F 1-39	
460	Peter	Reuben	540	1:03:47	1:04:03	132 M 1-39	
461	Chloe	Urquhart	662	1:03:52	1:04:07	117 F 1-39	City of Norwich AC
462	Emma-Louise	Fern	227	1:03:53	1:04:17	18 F 45-49	
463	Abigail	Yaxley	714	1:03:43	1:04:20	118 F 1-39	
464	Amanda	Gray	276	1:03:49	1:04:23	4 F 60-64	
465	Fotoula	Blias	80	1:04:23	1:04:40	119 F 1-39	
466	Tina	Clark	135	1:04:11	1:04:57	120 F 1-39	
467	Sarah	Rhoden	541	1:04:25	1:04:58	37 F 40-44	
468	Catherine	Usher	663	1:04:40	1:05:15	121 F 1-39	
469	Tommy	Taylor	641	1:05:30	1:05:33	133 M 1-39	
470	Eleanor	Cain	116	1:05:06	1:05:44	122 F 1-39	
471	Lisa	Edwards	209	1:05:07	1:05:47	16 F 50-54	
472	Hayley	Truswell	655	1:05:00	1:05:47	38 F 40-44	
473	Elly	Haylock	309	1:05:34	1:05:51	123 F 1-39	
474	Anthony	Hughes	340	1:05:34	1:05:52	134 M 1-39	
475	Katie	Fryatt	250	1:05:21	1:05:54	124 F 1-39	
476	Katy	Smith	587	1:05:16	1:05:54	39 F 40-44	
477	Michelle	Davenport	173	1:05:28	1:06:02	125 F 1-39	
478	Ann	Greenizan	280	1:06:07	1:06:51	5 F 60-64	
479	Barry	Hall	290	1:06:34	1:06:51	16 M 55-59	
480	Chris	Mills	450	1:06:18	1:06:54	17 M 55-59	Waveney Valley AC

2016 Trowse 10k - Sunday 30 October

Position	First Name	Last Name	Bib No	Chip Time	Gun Time	Category	Club
481	Donna	Mills	451	1:06:19	1:06:54	17 F 50-54	
482	Lucy	Burton	109	1:06:18	1:06:55	126 F 1-39	
483	Laura	Gabell	253	1:06:17	1:06:55	127 F 1-39	
484	Karen	Mallett	425	1:06:44	1:07:25	40 F 40-44	
485	Andrew	Bird	72	1:07:06	1:07:33	18 M 55-59	Bure Valley Harriers
486	Gemma	Snape	594	1:06:54	1:07:34	128 F 1-39	
487	Kerry	Metcalfe	446	1:07:08	1:07:36	129 F 1-39	Norwich Road Runners
488	Fiona	Munn	466	1:07:14	1:07:40	41 F 40-44	
489	Sheila	Nicholls	472	1:07:52	1:08:34	4 F 55-59	
490	Joanne	Mason	436	1:08:38	1:09:02	19 F 45-49	
491	Sue	Carver	122	1:08:38	1:09:21	5 F 55-59	
492	Michelle	Cooper	152	1:08:49	1:09:29	20 F 45-49	
493	Sarah	Barley	46	1:09:05	1:09:40	18 F 50-54	
494	Nicole	Cole	141	1:09:41	1:10:01	42 F 40-44	
495	Susan	Nurse	479	1:10:00	1:10:34	1 F 65-99	
496	Jacquie	Wilcox	698	1:10:00	1:10:34	19 F 50-54	
497	Sarah	Goldser	267	1:10:34	1:11:05	6 F 55-59	
498	Tracy	Yates	713	1:10:34	1:11:05	20 F 50-54	
499	Sharon	Lister	408	1:10:43	1:11:10	43 F 40-44	
500	Sally	Sutton	627	1:10:41	1:11:26	21 F 45-49	
501	Melanie	Quinn	525	1:10:59	1:11:38	130 F 1-39	
502	Gemma	Hatson	308	1:11:28	1:11:42	131 F 1-39	
503	Bob	Jack	356	1:12:05	1:12:43	19 M 55-59	Bungay Black Dog RC
504	Lawrence	Tuddenham	656	1:12:14	1:13:00	135 M 1-39	
505	Emma	Youngman	715	1:12:16	1:13:01	44 F 40-44	
506	Emma	Main	421	1:12:46	1:13:10	22 F 45-49	
507	Stephanie	Wenn	687	1:12:58	1:13:29	132 F 1-39	
508	Lesley	Burrows	106	1:13:10	1:13:31	21 F 50-54	
509	Ben	Moulton	461	1:13:19	1:13:39	136 M 1-39	
510	Alexandra	Logue	413	1:13:53	1:14:32	133 F 1-39	
511	Carolyn	Anderson	22	1:14:24	1:15:07	22 F 50-54	
512	Sarah	Watts	685	1:15:25	1:16:02	23 F 45-49	Diss & District AC
513	Danniella	Ciarla	129	1:16:08	1:16:53	134 F 1-39	
514	Trudi	Ciarla	131	1:16:10	1:16:54	23 F 50-54	
515	Linzie	Benstead	64	1:17:54	1:18:35	135 F 1-39	
516	Dawn	Higgs	316	1:18:22	1:18:49	136 F 1-39	
517	Gareth	Aust	32	1:18:22	1:18:50	32 M 50-54	
518	Marie	Charles	127	1:19:39	1:20:05	45 F 40-44	
519	Louise	Adams	7	1:19:44	1:20:16	24 F 50-54	