

# The One Account Great Yarmouth 1/2M

15<sup>th</sup> August 2004

## Results

N - Norfolk Championships  
L - Late Entry Not Eligible for Prizes

1	85	Kevin Vaughan	M41	St Edmunds Pacers	1:17:53	N	80	242	Terry Harris	M39		1:39:19	L
2	249	Nigel Arnold	M46	Norfolk Gazelles	1:18:11	L	81	216	Ryan Harwood	M24		1:39:26	N
3	198	Glen Dunham	M39	CONAC	1:18:36	N	82	285	Robert Isbill	M39	Ryston Runners	1:39:42	L
4	223	Steve Jones	M35	CONAC	1:18:50	N	83	69	Anthony Theobald	M63		1:39:47	N
5	171	Colin Pitts	M44	Stowmarket Strdrs	1:18:56		84	268	John Leach	M42	N Norfolk Beach R	1:39:51	L
6	196	Stuart Cragg	M32	Boston & Dist AC	1:20:00		85	115	Andy Daniel	M34		1:40:04	N
7	204	Colin Arnold	M49	St Edmunds Pacers	1:20:23		86	152	Gavin Thouless	M35	Norwich RR	1:40:19	N
8	89	Andrew Jones	M35		1:22:23	N	87	11	Jarlath Fitzgerald	M37		1:40:26	
9	137	Peter Tuttle	M40	Norwich RR	1:22:32	N	88	159	Robert James	M33	Bungay Black Dog	1:40:29	
10	235	Christopher John	M40	Norwich RR	1:22:55	N	89	277	Gina Borley	F41	Ryston Runners	1:40:40	L
11	132	David Reed	M42	St Edmunds Pacers	1:23:00		90	127	Anne Millett	F48	Norwich RR	1:40:45	N
12	146	Steve Barrett	M41	Bungay Black Dog	1:23:04	N	91	77	Kevin Davidson	M42		1:40:53	
13	280	Richard Moore	M39	Waveney Valley AC	1:23:12	L	92	220	Ian Rogers	M38	Bishops Stortford	1:41:31	
14	189	Peter Golding	M48	St Edmunds Pacers	1:23:26		93	126	Andrew Fretwell	M44	Waveney Valley AC	1:41:51	
15	227	Terry Epps	M50	Wymondham AC	1:23:59	N	94	155	Mark Clues	M37		1:42:05	N
16	138	Mark Collinson	M26	Norwich RR	1:24:12	N	95	258	Matthew Knights	M30		1:42:05	L
17	59	Andrew Houghton	M46		1:25:01		96	225	Nicola Culican	F31	Norfolk Gazelles	1:42:30	N
18	253	Simon Richardson	M20	GYDAC	1:25:20	N	97	43	Colin Whale	M42	Bungay Black Dog	1:42:42	
19	259	Kinsley Elstow	M24	N Norfolk Beach R	1:25:20	L	98	165	Ian Wright	M36		1:42:49	N
20	201	Graham Moore	M42		1:25:31		99	182	Sindy-Marie Mark	F28		1:42:50	N
21	202	Lido Medori	M43	Milton Keynes AC	1:25:45		100	45	Nigel Gilham	M51	Bungay Black Dog	1:43:04	N
22	29	Michael McInnery	M38	Scunthorpe & Dist	1:25:52		101	81	Brian Modra	M40		1:43:11	
23	238	Goy Roper	M42	Norwich RR	1:26:05	N	102	232	Paul Cooney	M40		1:43:14	N
24	243	Martin Ive	M38	Ryston Runners	1:26:27	L	103	195	James Regan	M37	Stamford Striders	1:43:18	
25	101	Walter Hill	M51	Crawley AC	1:26:28		104	199	Gary Aldis	M45		1:43:26	
26	271	Andrew Preston	M39	Wymondham AC	1:26:47	L	105	23	Philip Neave	M55	Bungay Black Dog	1:43:28	N
27	203	Nick Shea	M33		1:27:48	N	106	55	Diane Pamplin	F54		1:43:34	N
28	162	Helen Cawthorne	F43	Redhill RR	1:27:58		107	123	Stephen New	M38	Gwent Police	1:43:35	
29	278	Adam Pettitt	M38		1:28:33	L	108	264	David Goodwin	M48	GYDAC	1:43:52	L
30	135	Dan Archer	M36	Norfolk Gazelles	1:28:33	N	109	228	Darren Honour	M35		1:44:01	
31	237	Tracey Curl	F42	Norwich RR	1:29:02	N	110	97	Gordon Merfield	M66	1066 Triathletes	1:44:06	
32	154	Ben McQuillin	M35		1:29:39	N	111	20	Richard Pilch	M57		1:44:09	N
33	67	Robert McDonough	M60	Kingston AC	1:29:42		112	42	Alex Spalding	M33		1:44:19	N
34	129	Trevor Browne	M42	Norwich RR	1:30:09	N	113	231	Lyn Hazleton	F45	Wymondham AC	1:44:25	N
35	150	Brian Warden	M30	CONAC	1:30:34	N	114	293	Narinder Bains	M38	Peugeot UK	1:44:40	L
36	170	Richard Gallard	M34	Waveney Valley AC	1:30:43	N	115	149	Ali Crane	F35	Norfolk Gazelles	1:44:44	N
37	158	Les Hill	M42	Norfolk Gazelles	1:30:48	N	116	119	Sally Cushing	F39	Norwich RR	1:44:45	N
38	250	Jack Nisbet	M42	Hayes & H'lington	1:30:53	L	117	71	Neal Shave	M29		1:44:53	N
39	169	Martin Yeomans	M53	Norwich RR	1:31:12	N	118	172	Kevin Smith	M41	Lowestoft RR	1:45:23	
40	186	Michael East	M49	Broxbourne Runner	1:32:26		119	246	Sarah Parker	F31	Norfolk Gazelles	1:45:25	L
41	173	Robert King	M28	Norwich RR	1:32:54	N	120	125	A W Penn	M60		1:45:26	
42	65	Neil Hacon	M36	Sittingbourne Strd	1:32:56		121	291	Peter Fitzgeorge	M39		1:45:37	L
43	206	Jo Tweed	F28	St Edmunds Pacers	1:33:17		122	114	Philip Cernik	M43		1:45:40	
44	288	Adam Connor	M36	Waveney Valley AC	1:33:54	L	123	294	Mark Trigger	M43	Peugeot UK	1:45:55	L
45	229	Paul Firmage	M49	Ryston Runners	1:34:06	N	124	251	Derek Sadler	M50	N Norfolk Beach R	1:46:15	L
46	287	Jon Buck	M40		1:34:22	L	125	174	Rita Peck	F59		1:46:22	N
47	95	Barry Mills	M55		1:34:25		126	273	Karen Wilson	F41	Bishops Stortford	1:46:43	L
48	98	Richard Dye	M42	Bungay Black Dog	1:34:55	N	127	286	Paul Fisher	M55		1:47:02	L
49	76	Peter Oldman	M65		1:34:59		128	252	Mark Womack	M34	Lowestoft RR	1:47:06	L
50	140	David Waterfield	M34	Norfolk Gazelles	1:35:03	N	129	58	Mark Tufts	M36	Wymondham AC	1:47:14	N
51	236	Zak Arakliti	M31		1:35:06		130	245	Darren Smart	M29	Dartford Harriers	1:47:43	L
52	269	Karl Chapman	M35	Wymondham AC	1:35:14	L	131	64	Carol Betts	F50	Norfolk Gazelles	1:48:27	N
53	217	Robert Price	M61	St Edmunds Pacers	1:35:25		132	56	Nigel Pettitt	M40	St Edmunds Pacers	1:48:47	
54	144	Andrew Palmer	M31		1:35:26	N	133	107	Martin Burke	M49	Wadhurst Runners	1:48:59	
55	188	Simon Render	M40		1:35:42		134	47	John Keeble	M58	Diss AC	1:49:14	N
56	261	Andrew McAlister	M20		1:35:48	L	135	190	Michael Flower	M29		1:49:15	
57	226	Gail Pryke	F44	Ipswich Jaffa	1:35:59		136	247	Graham Holmes	M39		1:49:22	L
58	207	Geraint Williams	M32		1:36:20		137	211	Trevor Horrex	M44	Norwich RR	1:49:30	N
59	5	Graham Leslie	M30		1:36:24		138	156	Beverley Hampshire	F34		1:49:31	
60	184	Steven Plackett	M41	Reepham Runners	1:36:33	N	139	166	Barry Smith	M44	Lowestoft RR	1:49:49	
61	248	Nicholas Gould	M41	Buxton	1:36:38	L	140	181	Dennis Simpson	M44	Norwich RR	1:49:52	N
62	296	Phillip Duffy	M62	Peugeot UK	1:36:40	L	141	15	Leigh Horton	M33		1:50:07	
63	157	Alan Clark	M38	Billericay Strdrs	1:36:47		142	33	Emma Robinson	F27	Colchester Harr	1:50:12	
64	161	Stephen Robinson	M39	Norfolk Gazelles	1:36:58	N	143	221	Christopher Gay	M41		1:50:15	N
65	234	Geoff Hayward	M62	N Norfolk Beach R	1:37:01	N	144	7	Paul Dowling	M29		1:50:47	
66	68	Vincent Purdy	M28	Team Real Runner	1:37:07	N	145	28	Gill Wodhouse	F56	Dereham Runners	1:51:20	N
67	230	Katherine Trehane	F23	Norfolk Gazelles	1:37:15	N	146	90	Anne Flanagan	F27		1:51:50	N
68	147	Michelle Farman	F36		1:37:37	N	147	84	Terry Barnato	M37		1:51:52	
69	167	Barry Bye	M56	Ryston Runners	1:37:41	N	148	239	Frances Cooke	F47	March AC	1:51:54	L
70	80	Anthony Croucher	M19		1:37:50	N	149	289	Bob Boswell	M53		1:52:30	L
71	284	Chris Parker	M22		1:38:06	L	150	54	John Pamplin	M54		1:52:47	N
72	219	Alan Richards	M51	NSRRA	1:38:14		151	177	Wendy Smith	F42	Norwich RR	1:52:48	N
73	120	Andy Hood	M41		1:38:16	N	152	3	Ian Dallas	M41		1:52:49	N
74	113	Michael Sadler	M41	N Norfolk Beach R	1:38:19	N	153	142	Mike Turner	M65	Liverpool Harr	1:53:20	
75	200	Mark Saunders	M37		1:38:21		154	141	William Brunton	M48	Bishops Stortford	1:53:25	
76	99	Veronica Manly	F56	Wymondham AC	1:38:24	N	155	176	David Ratchford	M44	Brandon Fernhopper	1:53:33	N
77	214	Claire Sapwell	F32	Bristol	1:38:48	N	156	256	Glenn Woodruff	M35		1:53:38	L
78	130	David Barclay	M43	Norfolk Gazelles	1:38:51	N	157	31	Julie Garrett	F36	Norwich RR	1:53:48	N
79	136	Tom Strowlger	M22	Lowestoft RR	1:38:59		158	30	Mark Garrett	M41		1:53:49	N

159	266	Christine Thorne	F51	N Norfolk Beach R	1:54:01	L	242	263	Denise Goodwin	F46	GYDAC	2:14:11	L
160	191	Rod Bye	M43		1:54:06	N	243	297	Bernadette Duffy	F50	Victoria Park Harr	2:16:07	L
161	121	Richard Bullman	M53	Reepham Runners	1:54:12	N	244	48	Zoe Rookyard	F22	Bungay Black Dog	2:17:11	
162	103	Amanda White	F23		1:54:21	N	245	57	Debbie Gannon	F26	Norfolk Gazelles	2:18:27	N
163	92	James Hopegood	M39	Serpentine AC	1:54:40		246	110	Daren Bloor	M26		2:20:03	
164	194	Alison Marvel	F41	Stamford Striders	1:54:53		247	122	Mick Kelly	M53	Reepham Runners	2:20:04	N
165	282	Elisabeth Blair	F25		1:55:06	L	248	18	Duncan Hockley	M54		2:21:08	N
166	37	Kate Skinner	F25		1:55:20	N	249	108	Susan Matthews	F46	Bungay Black Dog	2:22:24	
167	38	Chris Blincoe	M24		1:55:20	N	250	16	John Cook	M21		2:22:24	
168	241	Geoffrey Raven	M50		1:55:32	L	251	87	Tony Britt	M48		2:22:51	N
169	295	Tim Andrews	M43	Peugeot UK	1:55:48	L	252	134	Louis Miller	M74		2:23:18	N
170	281	Ali Beckett	M35		1:55:49	L	253	151	Colin Thouless	M67	Norwich RR	2:23:22	N
171	283	Darren Barnes	M29		1:56:03	L	254	96	Wendy Merfield	F64	1066 Triathletes	2:23:35	
172	72	Phillip Williams	M52		1:56:26		255	257	James Goff	M30	N Norfolk Beach R	2:24:00	L
173	124	Larry Wise	M49	Great Bentley RC	1:56:32		256	39	Patricia McCarthy	F33		2:26:34	N
174	4	Terry Clemence	M41		1:56:38	N	257	265	John Foden	M78	RRC	2:26:45	L
175	213	Andrew Burrage	M50	Norfolk Gazelles	1:56:48	N	258	148	Maurice Copeland	M75	N Norfolk Beach R	2:27:25	N
176	193	Carl Shore	M43		1:56:51	N	259	40	Robert Evans	M33		2:27:43	N
177	274	John England	M56	GYDAC	1:56:53	L	260	179	Elaine Stone	F45		2:33:02	N
178	240	Paul Blackwell	M37	Great Bentley RC	1:56:58	L	261	131	Charles Houghton	M53		2:33:02	N
179	209	Andrew Pougher	M33		1:57:12	N	262	222	Elaine Haggarty	F48		2:42:43	N
180	46	Paul Darby	M38		1:57:15		263	244	Sally Bonds	F35		2:44:21	L
181	109	Steve Rogan	M56	Kimberworth Strdrs	1:57:28		264	290	Josey Wales	M41		2:56:04	L
182	260	Alec Fraser	M63	N Norfolk Beach R	1:57:37	L							
183	6	Nicola Sullivan	F28		1:57:45						Wheelchair		
184	12	Scott Lucarelli	M40		1:57:48								
185	88	Darren Powell	M37		1:58:24	N	1	100	Peter Downing	M		1:29:18	
186	73	Mervyn Kesselring	M57	Bungay Black Dog	1:58:26	N							
187	153	Michael Harvey	M49	N Norfolk Beach R	1:58:46	N							
188	279	Glen Dyle	M46	Lowestoft RR	1:58:52	L							
189	218	Yvonne Richards	F46	NSRRA	1:59:05								
190	197	Ivan Clarke	M44		1:59:40								
191	52	Terence Kavanagh	M50		1:59:52								
192	62	John Richardson	M50	Dereham Runners	2:00:14	N							
193	49	Ronel Van Der Merwe	F45	Stowmarket Strdrs	2:00:26								
194	117	Paul Batson	M43		2:00:30								
195	70	Corrina Theobald	F33		2:00:36	N							
196	34	Lucy Hurry	F30	Diss AC	2:00:46	N							
197	178	Howard Wilcox	M48		2:01:03	N							
198	160	Robin Farrar	M62		2:01:08	N							
199	145	Deborah Lock	F31		2:01:19	N							
200	106	Catherine Burke	F43	Wadhurst Runners	2:01:53								
201	21	Penny Elliott	F61	Waverley Harriers	2:02:13								
202	292	Jason Callistan	M24	Waveney Valley AC	2:02:22	L							
203	254	David Valentine	M34		2:02:27	L							
204	163	David Lewis	M46	New Eltham Joggers	2:02:37								
205	262	Graham McAlister	M49		2:03:14	L							
206	255	Kevin Woodruff	M32		2:03:31	L							
207	41	Jason Walne	M33		2:04:20	N							
208	24	Debbie Moore	F38		2:04:27	N							
209	91	Nick Brooken	M43		2:04:32								
210	187	Gary Harber	M36		2:05:16								
211	180	John Dolamore	M47		2:05:23	N							
212	63	Alan Sadler	M53		2:05:38	N							
213	14	Fiona Clark	F41	Colchester Harr	2:06:04								
214	116	Vernon Harvey	M43	Hunts AC	2:06:25								
215	66	Lynne Hacon	F38	Sittingbourne Strd	2:06:32								
216	118	Glenda Toach	F33	Lowestoft RR	2:06:33								
217	26	John Butler	M53		2:07:08	N							
218	10	Nicola Leitch	F35		2:07:49								
219	192	Tony Anderson	M35		2:07:56	N							
220	53	Juliette Bringloe	F29	Norwich RR	2:08:05	N							
221	212	Carolyn Burrage	F49	Norfolk Gazelles	2:08:12	N							
222	79	Vicky Whitworth	F43		2:08:37								
223	78	Mick Whitworth	M41		2:08:38								
224	27	Rosie Butler	F53		2:08:44	N							
225	74	Charlie Middleton	M38	Norfolk Gazelles	2:08:55	N							
226	275	Maureen England	F60	GYDAC	2:09:56	L							
227	205	Lisa Symonds	F31		2:10:22	N							
228	22	Jo Middleton	F39		2:11:28								
229	75	Kate Scott	F46		2:11:29								
230	168	Lynda Moore	F51	Norwich RR	2:11:30	N							
231	139	Juliette Arnott	F30		2:11:32	N							
232	276	Joan Gill	F54	Ryston Runners	2:12:11	L							
233	9	Ruth Boetzel	F38	Norfolk Gazelles	2:12:13	N							
234	183	Dawn Baines	F40	Reepham Runners	2:12:23	N							
235	36	Avril Roe	F65	Lowestoft RR	2:12:36								
236	267	Susan Fraser	F45	GYDAC	2:12:37	L							
237	105	Tracey Shorter	F42	St Edmunds Pacers	2:12:41								
238	35	Robert Standing	M37		2:13:15								
239	272	Paul Thynne	M48		2:13:28	L							
240	93	Marianne Neave	F35	Norfolk Gazelles	2:13:45	N							
241	270	Jane Hayden	F42	Bury Pacers	2:13:56	L							

NCC Male Vet 40+

1 Norwich RR Total :- 76  
: 137 - P Tuttle 9: 235 - C John 10:  
: 238 - G Roper 23: 129 - T Browne 34:  
2 Bungay Black Dog Total :- 265  
: 146 - S Barrett 12: 98 - R Dye 48:  
: 45 - N Gilham 100: 23 - P Neave 105:  
3 Norwich RR Total :- 569  
: 169 - M Yeomans 39: 211 - T Horrex 137:  
: 181 - D Simpson 140: 151 - C Thouless 253:  
4 N Norfolk Beach R Total :- 584  
: 234 - G Hayward 65: 113 - M Sadler 74:  
: 153 - M Harvey 187: 148 - M Copeland 258:

NCC Sen Female 17-39

1 Norfolk Gazelles Total :- 278  
: 230 - K Trehane 67: 225 - N Culican 96: 149 - A Crane 115:  
2 Norwich RR Total :- 493  
: 119 - S Cushing 116: 31 - J Garrett 157: 53 - J Bringloe 220:  
3 Norfolk Gazelles Total :- 718  
: 9 - R Boetzel 233: 93 - M Neave 240: 57 - D Gannon 245:

NCC Female Vet 40+

1 Norwich RR Total :- 272  
: 237 - T Curl 31: 127 - A Millett 90: 177 - W Smith 151: