

**'Chase the Train' 2010**  
 Sunday 11 April 2010. 12:15 pm  
**Results**

Place	Time	Name	Team	Age Category	Age Grading	Number	Comment
1	00:49:51	DAVISON, Neil	City of Norwich AC	M41	82.11%	598	
2	00:52:38	PARKER, Robin	Fenland Runners AC	M42	78.34%	541	
3	00:55:04	LEVERSEDGE, John	Enfield & Haringey AC	M55	82.90%	553	
4	00:56:05	HAYES, Richard		M37	70.97%	569	
5	00:57:58	BATTRICK, Lynton	North Norfolk Beach Runners	M34	68.09%	549	
6	00:58:33	CHRISTOPHER, John	North Norfolk Beach Runners	M45	71.99%	584	
7	00:58:44	NEAVES, STEVEN	Stowmarket Striders	M53	76.42%	544	
8	00:59:12	TURNER, Christopher	City of Norwich AC	M46	71.73%	593	
9	00:59:23	PHELPS, John		M48	72.61%	575	
10	00:59:46	SEYMOUR, Chris	Stowmarket Striders	M41	68.49%	531	
11	01:00:20	BLAKE, Richard	North Norfolk Beach Runners	M60	79.14%	581	
12	01:01:12	GOTTS, Mark	City of Norwich AC	M38	65.47%	601	
13	01:01:27	WATSON, Gerry	Wyndham Athletic Club	M54	73.66%	574	
14	01:01:38	HAYES, Jim	North Norfolk Beach Runners	M64	80.61%	512	
15	01:02:10	BUSHELL, Alan	Coltishall Jaguars	M38	64.45%	594	
16	01:04:01	PORTER, Meluyn	Coltishall Jaguars	M42	64.41%	588	
17	01:04:37	DICKENS, MATT	North Norfolk Beach Runners	M33	61.08%	599	
18	01:05:17	BOWMAN, Ken	Coltishall Jaguars	M62	74.60%	538	
19	01:05:36	CARTER, ANDY	HALSTEAD ROAD RUNNERS	M53	68.42%	527	
20	01:06:10	LETZER, BENJAMIN	Coltishall Jaguars	M32	59.65%	585	
21	01:07:09	GARWOOD, MAL	Wyndham Athletic Club	M42	61.40%	551	
22	01:07:27	GARWOOD, Kevin	Wyndham Athletic Club	M45	62.49%	532	
23	01:08:26	STANLEY, Gary	Great Yarmouth Road Runners	M54	66.15%	596	
24	01:08:30	CUSHING, Sally	Norwich Road Runners	<b>F45</b>	69.12%	571	
25	01:08:33	DREWERY, Pauline	Ryston Runners	<b>F40</b>	66.25%	556	
26	01:08:33	ROBINS, Lesley	Ryston Runners	<b>F38</b>	65.21%	514	
27	01:08:44	PAGE, Simon	North Norfolk Beach Runners	M33	57.42%	552	
28	01:08:49	WOODROW, JAMES	ARTHUR SPORTING CLUB	M55	66.34%	546	
29	01:08:50	FAIRCHILD, Michael	Coltishall Jaguars	M55	66.32%	582	
30	01:09:23	MILNES, Chris	Ryston Runners	M52	64.16%	560	
31	01:09:45	BYE, Rod	Coltishall Jaguars	M49	62.29%	595	
32	01:11:13	HANNANT, Emily	Coltishall Jaguars	<b>F21</b>	61.34%	600	
33	01:11:28	SCOTTOW, Lee	Norwich Road Runners	M36	55.29%	587	
34	01:12:18	CARTER, WENDY	HALSTEAD ROAD RUNNERS	<b>F45</b>	65.49%	526	
35	01:12:33	SMITH, Michael	Wyndham Athletic Club	M64	68.48%	572	
36	01:13:17	TAYLOR, Caroline	Norwich Road Runners	<b>F52</b>	68.82%	536	
37	01:14:00	SMITH, Mike		M68	70.14%	533	
38	01:16:08	WOLFE, Maureen		<b>F51</b>	65.63%	529	
39	01:16:30	EDWARDS, DAVID		M52	58.19%	558	
40	01:16:32	BROWES, Keith		M54	59.15%	576	
41	01:16:33	NOLAN, DANIEL		M44	54.65%	550	
42	01:16:44	JAY, Sarah	Coltishall Jaguars	<b>F43</b>	60.69%	589	
43	01:16:54	WOODHOUSE, Gill	Dereham Runners	<b>F62</b>	72.76%	518	
44	01:16:57	BALL, MALCOLM	North Norfolk Beach Runners	M77	75.92%	580	

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45	01:17:27	UPPIAN, Dominic		M29	50.96%	586	
46	01:17:39	WEST, JOANNE	Coltishall Jaguars	<b>F46</b>	61.52%	597	
47	01:17:49	BEATTIE, Bob	Norwich Road Runners	M62	62.58%	519	
48	01:17:53	FOULKES, CLAIRE	North Norfolk Beach Runners	F35	56.09%	590	
49	01:18:03	SMITH, HARRY	Stowmarket Striders	M45	54.00%	523	
50	01:18:03	SMITH, ANNA	Stowmarket Striders	<b>F36</b>	56.37%	522	
51	01:18:13	LAMB, Claire		<b>F41</b>	58.56%	592	
52	01:18:13	BRITT, Tony	uknetrunner	M54	57.87%	520	
53	01:18:51	SCARFE, Robert	Wymondham Athletic Club	M57	58.93%	573	
54	01:19:06	OGHENEGWEKE, Helen	Norwich Road Runners	<b>F36</b>	55.63%	566	
55	01:19:21	NEWSTEAD, Steve	North Norfolk Beach Runners	M49	54.76%	515	
56	01:19:22	HUTCHEON, Brenda	Coltishall Jaguars	<b>F62</b>	70.50%	562	
57	01:20:33	SPONG, Carole	Great Yarmouth Road Runners	<b>F67</b>	73.81%	547	
58	01:21:23	WICKS, SIMON	Thetford Athletic Club	M32	48.49%	555	
59	01:21:34	WARREN, Peter	City of Norwich AC	M54	55.50%	542	
60	01:21:39	HOWLETT, Leanne		<b>F25</b>	53.50%	563	
61	01:21:41	WESTON, SHARON		<b>F40</b>	55.60%	513	
62	01:21:50	BELSOM, Tina	Stowmarket Striders	<b>F46</b>	58.37%	577	
63	01:21:53	GRAPES, Karen		<b>F43</b>	56.87%	535	
64	01:23:06	COOPER, Louis	Wymondham Athletic Club	M67	61.75%	578	
65	01:23:59	LEE, GAVIN	Coltishall Jaguars	M32	46.99%	567	
66	01:24:25	BURTON, Michelle	North Norfolk Beach Runners	<b>F39</b>	53.37%	583	
67	01:24:35	MARSHALL, Mike	North Norfolk Beach Runners	M68	61.36%	516	
68	01:24:37	CLAXTON, MICHAEL	Norwich Road Runners	M53	53.04%	540	
69	01:26:35	CLAXTON, MELANIE	Norwich Road Runners	<b>F54</b>	59.38%	539	
70	01:26:49	OWEN, STACEY	Thetford Athletic Club	<b>F27</b>	50.32%	554	
71	01:26:58	DURANT, Becky	Coltishall Jaguars	<b>F57</b>	60.94%	565	
72	01:30:28	WARREN, CHRISTINE	Norfolk Gazelles	<b>F53</b>	56.30%	543	
73	01:31:33	LITTLEBOY, Rebecca	Norfolk Gazelles	<b>F38</b>	48.83%	564	
74	01:34:03	MIDDLETON, Katrine	North Norfolk Beach Runners	<b>F49</b>	52.15%	579	
75	01:34:04	CULLEY, EMMA	North Norfolk Beach Runners	<b>F39</b>	47.89%	524	
76	01:34:04	TOOGOOD, ANDY	North Norfolk Beach Runners	M47	45.50%	525	
77	01:34:19	EATON, PETER	North Norfolk Beach Runners	M72	57.77%	591	
78	01:37:02	CRAMP, Stephen		M60	49.21%	534	
79	01:37:55	LARKE, Wendy	Wymondham Athletic Club	<b>F44</b>	47.95%	570	
80	01:38:32	CLARK, Diane	Great Yarmouth & District AC	<b>F50</b>	50.24%	530	
81	01:38:32	ENGLAND, Maureen	Great Yarmouth & District AC	<b>F66</b>	59.57%	528	
82	01:40:06	SPONG, Albert	Great Yarmouth Road Runners	M71	53.75%	548	
83	01:59:57	BRIGHTMAN, Pat	Great Yarmouth & District AC	<b>F57</b>	44.19%	559	
84	02:01:11	COPELAND, MAURICE	North Norfolk Beach Runners	M81	51.46%	568	

There were 84 finishers in the All Competitors category

**Race Organised by NORTH NORFOLK BEACH RUNNERS Supported by Bure Valley Rail**

**Thankyou for supporting Crossroads Care Norwich & East Norfolk**