

Wissey Half Marathon 2017

Position	Forename	Surname	Category	Club	Gun Time	Chip Time
1	Matthew	Allen	M40-44	Ryston Runners AC	01:15:23	01:15:23
2	Will	Law	MO	Ipswich Jaffa	01:18:38	01:18:37
3	Martin	Jennings	M45-49	Fenland Running Club	01:21:04	01:21:04
4	Warren	Armstrong	M40-44	Ryston Runners AC	01:22:25	01:22:23
5	Chris	Parker	MO	North Norfolk Beach Runners	01:23:28	01:23:27
6	Andrew	Conway	M45-49	Colchester Harriers AC	01:24:11	01:24:09
7	Craig	Bowen-Jones	M45-49	Bure Valley Harriers	01:24:25	01:24:24
8	John	Moore	M55-59	Norfolk Gazelles AC	01:25:28	01:25:27
9	Nico	Drinkwater	MO		01:25:48	01:25:47
10	Todd	Lake	M50-54	Dereham Runners AC	01:27:26	01:27:23
11	Thomas	Robshaw	MO		01:28:31	01:28:28
12	Jason	Brunt	M40-44	Norfolk Gazelles AC	01:28:48	01:28:45
13	Richard	Doyle	MO		01:29:11	01:29:09
14	Lynton	Battrick	M40-44	North Norfolk Beach Runners	01:29:16	01:29:14
15	Will	Honeybone	M45-49	Ryston Runners AC	01:29:47	01:29:40
16	Ronnie	Mount	M40-44	Norwich Road Runners	01:29:59	01:29:57
17	Darren	Easter	M45-49	Ryston Runners AC	01:30:07	01:30:00
18	Billy	Slaven	MO	Werrington Joggers	01:30:12	01:30:09
19	Benjamin	Collison	MO	West Norfolk AC	01:30:15	01:30:13
20	Jon	Wiles	M45-49	Bungay Black Dog RC	01:30:58	01:30:52
21	James	Burton	MO	Werrington Joggers	01:31:46	01:31:43
22	Kevin	Sadd	M45-49		01:32:01	01:31:56
23	Ian	Milburn	MO	Ryston Runners AC	01:32:36	01:32:36
24	Nick	Askham	M40-44	Tri-Anglia Triathlon Club	01:32:59	01:32:55
25	Neil	Stapleton	M45-49	Ryston Runners AC	01:33:13	01:33:06
26	Richard	Hill	M40-44	Ely Runners	01:34:01	01:33:56
27	Martin	Koenigsberger	M45-49	West Norfolk AC	01:34:35	01:34:27
28	Cat	Cummings	F35-39	Wymondham AC	01:34:39	01:34:37
29	Jeremy	Bell	M45-49		01:34:50	01:34:44
30	Alexandra	Smith	F40-44	Wymondham AC	01:35:23	01:35:20
31	Sean	Radford	M45-49	TrainAsONE	01:35:55	01:35:49
32	Geraldine	Larham	F45-49	March AC	01:36:06	01:36:04
33	Yusuf	Firat	M50-54	Haverhill Running Club	01:36:36	01:36:30
34	Cindy	Drinnan	FO	Saffron Striders	01:37:00	01:36:55
35	Nick	Biggane	M45-49		01:37:04	01:36:56
36	Ross	Ashton	M40-44		01:37:21	01:37:18
37	Kirsty	Millard	FO	Haverhill Running Club	01:37:28	01:37:21
38	Lydia	Growns	FO	Ryston Runners AC	01:37:36	01:37:27
39	Steve	Hughes	MO		01:37:41	01:37:38
40	Andrew	Larham	M55-59	March AC	01:37:53	01:37:47
41	Chris	Hosier	M40-44	Dereham Runners AC	01:38:08	01:38:02
42	Sabrina	Crothall	FO	BRJ Run & Tri	01:38:13	01:38:09
43	Jesse	Timberlake	MO	Bungay Black Dog RC	01:38:21	01:37:45

44	David	Houghton	M45-49	Norwich Road Runners	01:38:39	01:38:37
45	Justin	Showell	M40-44	March AC	01:39:05	01:39:01
46	Warren	Newell	M50-54		01:40:07	01:40:03
47	Neil	Watson	M45-49	West Norfolk AC	01:40:54	01:40:46
48	Catherine	Henery	F50-54	Norwich Road Runners	01:40:59	01:40:54
49	Jeremy	Navrady	M50-54	Ryston Runners AC	01:41:02	01:40:49
50	Lee	Emmett	MO		01:41:04	01:40:53
51	Theresa	Dooley	F45-49		01:41:05	01:41:01
52	Justin	Potter	MO	Stowmarket Striders RC	01:41:09	01:40:59
53	Robert	Groves	MO	Reepham Runners	01:41:22	01:41:12
54	Samantha	Dearing	FO		01:41:24	01:41:13
55	Andrew	Hood	MO	Dereham Runners AC	01:41:53	01:41:43
56	Richard	Piper	M45-49		01:42:11	01:42:05
57	Mel	Reed	F35-39	Ryston Runners AC	01:43:10	01:43:07
58	Lukasz	Supernak	MO	Saint Edmund Pacers	01:43:15	01:42:35
59	Matt	Giess	MO		01:43:16	01:43:03
60	Richard	Dye	M55-59	Bungay Black Dog RC	01:44:10	01:43:57
61	Tim	Rudd	M45-49	Ryston Runners AC	01:44:11	01:43:57
62	Darren	Davey	MO		01:44:15	01:44:05
63	Vanessa	Sewell-Allen	F45-49		01:44:42	01:44:35
64	Philip	Cooper	M55-59	Reepham Runners	01:45:24	01:45:14
65	Peter	Gowing	M45-49	Reepham Runners	01:45:25	01:45:15
66	Zoe	Jones	F40-44	Wymondham AC	01:45:27	01:45:19
67	Martin	Perry	M50-54		01:45:36	01:45:28
68	Debbie	Schwarz	F45-49	West Norfolk AC	01:45:37	01:45:30
69	Scott	Shrubsall	MO	Coltishall Jaguars	01:45:41	01:45:30
70	Abdul	Siddiqi	M45-49		01:45:48	01:45:37
71	Martyn	Benstead	M40-44		01:45:55	01:45:46
72	Brian	Titchiner	M55-59	Dereham Runners AC	01:46:21	01:46:07
73	Jim	Hayes	M60+	North Norfolk Beach Runners	01:46:35	01:46:26
74	David	Neeve	MO	Bungay Black Dog RC	01:47:47	01:47:41
75	Sabrina	Norton	F35-39	Bungay Black Dog RC	01:47:53	01:47:40
76	Adrian	Ebbs	M55-59	Kings Lynn Triathlon Club	01:48:08	01:48:01
77	Laura	Mansell	FO		01:48:16	01:48:10
78	Steven	Wilson	M50-54		01:48:22	01:48:16
79	Alex	Hough	MO		01:48:29	01:48:22
80	Caroline	Houghton	F40-44	Norwich Road Runners	01:48:35	01:48:29
81	Richard	Tubb	MO	Wymondham AC	01:48:35	01:48:27
82	Mal	Taylor	M55-59	Reepham Runners	01:48:50	01:48:39
83	Barry	Smith	M50-54	Ryston Runners AC	01:48:52	01:48:39
84	Hugh	Roberts	M60+	Bungay Black Dog RC	01:49:00	01:48:44
85	Peter	Downing	W		01:49:02	01:49:02
86	Simon	Sparkes	M40-44	Bungay Black Dog RC	01:49:13	01:49:05
87	Richard	Penska	M50-54		01:49:19	01:49:11
88	Mik	Carr	M60+	Bungay Black Dog RC	01:49:34	01:49:24
89	Penny	Seeger	FO	Ryston Runners AC	01:49:39	01:49:30

90	Stuart	Clarke	M40-44	Cambridge & Coleridge AC	01:50:36	01:50:32
91	Bridget	Shaw	MO	Bungay Black Dog RC	01:50:59	01:50:46
92	Pippa	Maskell	F35-39		01:51:09	01:50:49
93	Chris	Bone	MO		01:51:25	01:51:12
94	Stuart	Govey	M45-49	Bungay Black Dog RC	01:51:42	01:51:27
95	Kate	Penn	FO	Ryston Runners AC	01:51:49	01:51:39
96	Damo	Steward	M45-49		01:52:01	01:51:45
97	Michael	Barrett	M60+	Dereham Runners AC	01:52:12	01:52:00
98	Keith	Brighty	M50-54	Norwich Road Runners	01:52:16	01:52:04
99	Julia	Norman	F40-44	Ryston Runners AC	01:52:29	01:52:20
100	Jonathan	Thetford	M45-49	Reepham Runners	01:53:06	01:52:56
101	Vicky	Jones	F35-39	Norwich Road Runners	01:53:07	01:52:48
102	Carol	Betts	F55+	Norfolk Gazelles AC	01:53:17	01:53:03
103	Andrew	Robertson	MO	Run For Your Life	01:53:27	01:53:18
104	James	Frary	M40-44	Norfolk Gazelles AC	01:53:48	01:53:35
105	Dominic	West	M40-44		01:54:24	01:54:13
106	Quincy	Boswell	FO		01:54:27	01:54:09
107	Robin	Ashe	M60+	Bungay Black Dog RC	01:54:35	01:54:18
108	Bob	Paul	M60+	Bungay Black Dog RC	01:54:40	01:54:21
109	Marissa	Konicke	FO		01:54:46	01:54:27
110	Jane	Greenwood	F55+	Fenland Running Club	01:54:47	01:54:33
111	Nick	Mackay	M55-59		01:55:07	01:54:44
112	Howard	Tully	M60+		01:55:13	01:54:53
113	Mark	Drysdale	M40-44	Norfolk Gazelles AC	01:55:35	01:55:15
114	Nicola	Hill	F40-44	Norwich Road Runners	01:56:01	01:55:48
115	Andy	Wicklen	M40-44		01:56:34	01:56:21
116	Marc	Akers	M40-44	East London Runners	01:56:36	01:56:21
117	Bobbie	Sauerzapf	F55+	Bungay Black Dog RC	01:56:45	01:56:21
118	Philippa	Rudd	F50-54	Tri-Anglia Triathlon Club	01:58:29	01:58:15
119	Chris	Adams	M45-49		01:58:32	01:58:11
120	Anna	Gray	F40-44	Bungay Black Dog RC	01:58:48	01:58:32
121	Kevin	Ellis	M50-54	Bungay Black Dog RC	01:58:49	01:58:32
122	Toby	Craig	M45-49	Bungay Black Dog RC	01:58:52	01:58:35
123	Andy	Proudfoot	M55-59	Plymouth Coasters	01:59:03	01:58:47
124	Robert	Hensen	M50-54		01:59:08	01:58:48
125	Simon	Smith	M40-44		01:59:12	01:58:51
126	Martin	Blackburn	M60+	Ryston Runners AC	01:59:28	01:58:48
127	Ruth	Gainsford	F50-54	Coltishall Jaguars	01:59:28	01:59:07
128	Helen	Procter	F50-54	Lynnsport Ladybirds	01:59:34	01:59:12
129	Stephen	McCarthy	M50-54		01:59:39	01:59:21
130	Pauline	Sparrow	F55+	Ryston Runners AC	01:59:42	01:59:20
131	Andy	Scottow	MO		02:00:08	01:59:53
132	Sine	Garvie McInally	F55+		02:00:30	02:00:04
133	Steve	Eke	M50-54		02:00:53	02:00:45
134	Kirsty	Dekeyzer	FO		02:01:01	02:00:42
135	Paul	Smithson	M50-54		02:01:11	02:00:53

136	Ross	Arnold	MO	Haverhill Running Club	02:01:56	02:01:36
137	Graham	Sampson	M60+	Bungay Black Dog RC	02:02:05	02:01:47
138	Julia	Proudfoot	F55+	Plymouth Coasters	02:04:05	02:03:48
139	Kerryn	Cyfka	FO		02:04:10	02:03:49
140	Ryan	Middleton	MO	Dereham Runners AC	02:04:19	02:03:58
141	Sarah	Smith	F45-49		02:04:26	02:04:04
142	Shaun	Lowthorpe	M40-44		02:04:30	02:04:05
143	Peter	Rice	M45-49	Norfolk Gazelles AC	02:04:32	02:04:14
144	Yasmin	Dodd	FO		02:04:51	02:04:35
145	Svetlana	Zinchenko	F35-39	Newmarket Joggers	02:05:07	02:04:52
146	Sara	Penketh	F45-49	Werrington Joggers	02:05:54	02:05:40
147	Peter	Gay	M60+	Stowmarket Striders RC	02:06:50	02:06:29
148	John	Greenhalgh	M50-54	West Norfolk AC	02:07:15	02:07:00
149	Gill	Woodhouse	F55+	Dereham Runners AC	02:07:19	02:07:01
150	Louise	Radford	F45-49	TrainAsONE	02:07:26	02:07:06
151	Juliette	Meek	F35-39	Ryston Runners AC	02:07:53	02:07:44
152	Emma	Thompson	F35-39	Ryston Runners AC	02:08:06	02:07:53
153	Natalie	Freeman	F35-39		02:08:11	02:07:44
154	Nicholas	Marison	MO		02:08:30	02:07:53
155	Lisa	Netto	F40-44	Norfolk Gazelles AC	02:08:44	02:08:26
156	Christine	Ashe	F55+	Bungay Black Dog RC	02:08:55	02:08:32
157	Avril	Squire	F35-39		02:09:16	02:08:53
158	Tracey	Else	F40-44	Three Counties Running Club	02:09:52	02:09:34
159	Stephen	Best	MO		02:09:58	02:09:41
160	Pauline	Clements	F40-44		02:09:59	02:09:40
161	Robert	Osborne	M55-59	Longdale Striders	02:10:30	02:09:55
162	Jamie	Bowler	MO		02:10:45	02:10:11
163	Sarah	Sparkes	F40-44	Bungay Black Dog RC	02:11:33	02:11:12
164	Paul	Stratford	M55-59	Three Counties Running Club	02:11:38	02:11:10
165	Michael	Harris	M45-49		02:12:27	02:12:06
166	Carol	Slater-Garner	F40-44	Fenland Running Club	02:12:36	02:12:18
167	Lisa	Rodgers	F50-54	Wymondham AC	02:12:58	02:12:29
168	Jayne	Capps-Jenner	F55+	Bungay Black Dog RC	02:13:03	02:12:38
169	Jacquie	Wood	F55+	Dereham Runners AC	02:13:03	02:12:44
170	Benjamin	Sutton	MO		02:13:33	02:13:17
171	David	Field	M60+	Norwich Road Runners	02:13:35	02:13:07
172	Adrian	Wilson	M45-49		02:13:57	02:13:32
173	Helen	Harrison	F35-39	Dereham Runners AC	02:14:46	02:14:23
174	Katie	Przykowska	FO	Saint Edmund Pacers	02:14:53	02:14:26
175	Andrea	Osborne	F55+		02:16:01	02:15:25
176	Shelley	Yeaman	F45-49		02:16:15	02:15:52
177	Jan	Totterdale	F55+	Dereham Runners AC	02:16:24	02:16:03
178	Holly	Taylor	F40-44		02:16:26	02:15:55
179	James	Taylor	M60+		02:16:29	02:15:58
180	Andrew	Sargent	MO		02:17:44	02:17:20
181	Philip	Websdale	M40-44	Dereham Runners AC	02:18:17	02:17:55

182	Paula	Olley	F40-44	Dereham Runners AC	02:18:18	02:17:55
183	Sharon	Penska	F50-54		02:18:47	02:18:21
184	Laura	Deal	F40-44	Bungay Black Dog RC	02:19:18	02:18:51
185	Ed	Phillips	MO	Bungay Black Dog RC	02:21:33	02:21:00
186	Aneta	Grad	F40-44		02:22:30	02:22:05
187	Liz	Thomson	F55+	Lynnsport Ladybirds	02:23:09	02:22:43
188	Charlotte	Bennett	FO		02:23:20	02:22:56
189	Rebecca	Frost	FO		02:23:20	02:22:56
190	Gary	Cullimore	M60+		02:25:40	02:25:13
191	Joann	Birkhead	F45-49		02:26:07	02:25:37
192	Rachel	Hirst	F50-54	Bungay Black Dog RC	02:26:42	02:26:14
193	Victoria	Pullinger	F40-44	Bungay Black Dog RC	02:26:43	02:26:16
194	Mike	Marshall	M60+	North Norfolk Beach Runners	02:26:44	02:26:12
195	Steve	Warman	M45-49	Bungay Black Dog RC	02:27:59	02:27:28
196	Alice	Kirk	FO	Bungay Black Dog RC	02:28:01	02:27:33
197	Paul	Baldwin	MO		02:28:08	02:27:33
198	Sean	O'Halloran	MO	Kirkstall Harriers	02:29:27	02:29:04
199	Ceridwen	Howell	F55+	Kings Heath RC - The lions	02:31:41	02:31:10
200	James	Fenton	M45-49		02:31:47	02:31:20
201	Caine	Lloyd	M40-44		02:32:10	02:31:44
202	Stacey	Remblance	FO	Bungay Black Dog RC	02:34:10	02:33:37
203	Judith	Sadler	F50-54	Bungay Black Dog RC	02:34:28	02:33:54
204	Sandy	Wells	F55+	Longdale Striders	02:34:33	02:33:57
205	Sue	Pilcher	F40-44	Werrington Joggers	02:35:04	02:34:34
206	Catherine	Dynan	F40-44	Running Mums Australia	02:35:27	02:35:00
207	Sue	King	F55+	Reepham Runners	02:36:28	02:35:52
208	Demelza	Hammond	F35-39	Waveney Valley AC	02:37:22	02:36:53
209	Jo	Clarke	F50-54		02:37:23	02:36:54
210	Tracey	Haylock	F50-54	Bungay Black Dog RC	02:37:27	02:36:53
211	Hazel	Cason	F55+	Dereham Runners AC	02:37:28	02:36:57
212	Lisa	Ward	F40-44	North Norfolk Beach Runners	02:40:30	02:39:56
213	Kelly	Adams	F35-39		02:40:31	02:39:55
214	Gill	Holmes	F55+	Werrington Joggers	02:45:28	02:44:49
215	Jean	Reynolds	F50-54	Brandon Fern Hoppers	02:46:57	02:46:20
216	Martin	Elsegood	M50-54		02:51:01	02:50:21
217	Karen	Hinton	F35-39	Stowmarket Striders RC	02:54:42	02:54:10
218	Michaela	Sears	F45-49		02:54:42	02:54:04
219	Pippa	Sargent	F35-39	Stowmarket Striders RC	02:54:43	02:54:10
220	Hannah	Marsters	F35-39	West Norfolk AC	02:55:24	02:54:51