

WYMONDHAM SPRING 10 MILE – 2ND MARCH 2008**MEN**

Place	Name	Club	Time
1 st	Roger Aldis	Stowmarket Striders	58.31
2 nd	Carl Prewer	Lowestoft Runners	58.42
3 rd	Tim Lenton	Norfolk Gazelles	58.53
1 st Senior	Wayne Utting	Norwich Road Runners	59.26
40+	Joseph Geitner	City Of Norwich AC	1.02.37
45+	Mick Yaxley	Norfolk Gazelles	1.00.22
50+	Nigel Arnold	Norfolk Gazelles	59.39
55+	Ray Roberts	Felixstowe Road Runners	1.06.08
60+	Ken Bowman	Coltishall Jaguars	1.16:04
1 st Senior Team		Norfolk Gazelles	
	Tim Lenton		
	Paul Higham		
	Matthew Green		
1 st Vets Team		Norfolk Gazelles	
	Nigel Arnold		
	Mick Yaxley		
	Pete Johnson		

WYMONDHAM SPRING 10 MILE – 2ND MARCH 2008**LADIES**

Place	Name	Club	Time
1 st	Nicola Alford	City Of Norwich AC	1.09.10
2 nd	Sandra Bower	Thetford AC	1.10.04
3 rd	Eleanor Matthews	City Of Norwich	1.13.05
1 st Senior	Alexandra Smith	Norwich Road Runners	1.13.30
40+	Dawn Carver	Norwich Road Runners	1.14.52
45+	Sarah Bradley	Norwich Road Runners	1.22.08
50+	Penny Edwards	Norwich Road Runners	1.14.59
55+	Pauline Sparrow	Ryston Runners	1.29.46
60+	Margery Brown	Stowmarket Striders	1.24.18
1 st Senior Team		City Of Norwich AC	
	Nicola Alford		
	Eleanor Matthews		
	Hannah Baker		
1 st Vets Team		Norwich Road Runners	
	Dawn Carver		
	Penny Edwards		
	Anne Millet		