

Results

vc norwich

Position	First Name	Last Name	Gender	Category	Club	Time	Avg. Speed
1	Matthew	Senter	Male	Vet	Peterborough CC	00:19:37	30.586 Mph
2	Harley	Matthews	Male	Senior	Team PedalRevolution.co.uk	00:19:38	30.56 Mph
3	Mark	Richards	Male	Senior	VC Baracchi	00:19:59	30.025 Mph
4	James	Trenchard	Male	Vet	Godric CC	00:20:00	30 Mph
5	Sean	Taylor	Male	Vet	Royal Air Force Cycling Association	00:20:05	29.875 Mph
6	Steve	Gorbutt	Male	Vet	Diss & District CC	00:20:16	29.605 Mph
7	Paul	Vickers	Male	Vet	West Suffolk Wheelers	00:20:23	29.436 Mph
8	Stuart	Fairweather	Male	Vet	Plomesgate CC	00:20:30	29.268 Mph
9	Ross	Fawcett	Male	Senior	Ipswich BC	00:20:43	28.962 Mph
9	Richard	Carrington	Male	Vet	West Suffolk Wheelers	00:20:43	28.962 Mph
11	Dougal	Toms	Male	Senior	Iceni Velo	00:20:47	28.869 Mph
12	Mathew	Eley	Male	Vet	Ely & District CC/B&T Motor Repairs	00:20:51	28.777 Mph
13	Damon	Day	Male	Vet	CC Sudbury	00:20:55	28.685 Mph
13	Andy	Stuart	Male	Vet	Velo Club St Raphael	00:20:55	28.685 Mph
13	John	Swindells	Male	Vet	Iceni Velo	00:20:55	28.685 Mph
16	Graham	Sparkes	Male	Vet	Mulbarton Velo Club	00:21:08	28.391 Mph
17	Jason	Turner	Male	Vet	Norwich A B C	00:21:11	28.324 Mph
18	Tim	Duncan-Booth	Male	Vet	Farnborough & Camberley CC	00:21:14	28.257 Mph
19	Paul	Dennington	Male	Vet	VC Baracchi	00:21:15	28.235 Mph
20	Jon	Wilson	Male	Senior	Newmarket Cycling & Triathlon Club	00:21:17	28.191 Mph
21	Lee	Garrod	Male	Vet	Sole Bay Cycle Sport	00:21:25	28.016 Mph
22	Dan	Blackburn	Male	Vet	VC Norwich	00:21:27	27.972 Mph

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23	James	Senter	Male	Vet	Kings Lynn CC	00:21:34	27.821 Mph
24	Rory	Havis	Male	Vet	St Ives CC	00:21:36	27.778 Mph
25	Andy	Kennedy	Male	Vet	Ipswich BC	00:21:40	27.692 Mph
26	Stuart	Emmett	Male	Vet	Performancecoaching.me	00:21:46	27.565 Mph
27	Paul	Hayward	Male	Vet	VC Baracchi	00:21:48	27.523 Mph
28	Paul	Shelley	Male	Vet	Diss & District CC	00:21:53	27.418 Mph
29	Adam	Cross	Male	Senior	CC Breckland	00:21:54	27.397 Mph
29	Ed	Dean	Male	Vet	Norwich A B C	00:21:54	27.397 Mph
31	Barry	McDonald	Male	Vet	Velo Schils Interbike RT	00:21:55	27.376 Mph
31	Steve	Cave	Male	Vet	Wolsey RC	00:21:55	27.376 Mph
33	David	Moore	Male	Vet	VC Norwich	00:21:58	27.314 Mph
34	Peter	Kerry	Male	Vet	Ipswich Velo	00:22:02	27.231 Mph
35	Lyster	Romero	Male	Senior	Plomesgate CC	00:22:03	27.211 Mph
36	Nick	Esser	Male	Vet	VC Baracchi	00:22:05	27.17 Mph
37	Gary	Smith	Male	Vet	Team Velovelocity	00:22:08	27.108 Mph
38	Mark	Farrow	Male	Vet	Team PedalRevolution.co.uk	00:22:11	27.047 Mph
39	Julian	Bosley	Male	Vet	Stowmarket & District CC	00:22:16	26.946 Mph
40	Mark	Smart	Male	Vet	VC Norwich	00:22:18	26.906 Mph
41	Steve	Burrows	Male	Vet	Team Swift	00:22:22	26.826 Mph
41	Oliver	Cozens	Male	Senior	Norwich A B C	00:22:22	26.826 Mph
43	Henry	Woodley	Male	Senior	North Norfolk Whs	00:22:23	26.806 Mph
44	Tom	Sykes	Male	Vet	Ely & District CC/B&T Motor Repairs	00:22:25	26.766 Mph
45	Patrick	Ellis	Male	Vet	Diss & District CC	00:22:28	26.706 Mph
46	Chris	Roberts	Male	Vet	Anglia Velo	00:22:29	26.686 Mph
47	Jason	Corner	Male	Vet	Diss & District CC	00:22:30	26.667 Mph

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Position	First Name	Last Name	Gender	Category	Club	Time	Avg. Speed
48	Verity	Smith	Female	Vet	Stowmarket & District CC	00:22:33	26.608 Mph
49	Chris	Dyason	Male	Vet	Cambridge CC	00:22:34	26.588 Mph
50	Chris	Womack	Male	Vet	VC Baracchi	00:22:35	26.568 Mph
51	Chris	Nudds	Male	Vet	CC Breckland	00:22:36	26.549 Mph
52	James	Walsgrove	Male	Vet	Tri Harder	00:22:38	26.51 Mph
52	Sophie	Lankford	Female	Senior	Cambridge Triathlon Club	00:22:38	26.51 Mph
54	Gary	Matthews	Male	Vet	Sole Bay Cycle Sport	00:22:44	26.393 Mph
55	Neil	Stevens	Male	Vet	Team PedalRevolution.co.uk	00:22:46	26.354 Mph
55	Myles	Higby	Male	Senior		00:22:46	26.354 Mph
55	Ian	Nixon	Male	Vet	Diss & District CC	00:22:46	26.354 Mph
58	Steven	Barnes	Male	Vet	Iceni Velo	00:22:50	26.277 Mph
59	Roger	Sewell	Male	Vet	Hounslow & District Whs	00:22:57	26.144 Mph
60	Andrew	Knowles	Male	Senior	St Ives CC	00:22:58	26.125 Mph
61	Steve	Shore	Male	Vet	Southend Wheelers	00:23:00	26.087 Mph
62	Michael	Meadows	Male	Vet	VC Norwich	00:23:03	26.03 Mph
63	Trevor	Figgitt	Male	Vet	Plomesgate CC	00:23:28	25.568 Mph
64	John	Adams	Male	Vet	Stowmarket & District CC	00:23:34	25.46 Mph
65	Gary	Pamment	Male	Vet	Velo Schils Interbike RT	00:23:37	25.406 Mph
66	Ashley	Thompson	Male	Senior	Diss & District CC	00:23:38	25.388 Mph
67	Ann	Shuttleworth	Female	Vet	Chelmer CC	00:23:40	25.352 Mph
68	Denise	Hurren	Female	Vet	Sole Bay Cycle Sport	00:23:44	25.281 Mph
69	Simon	Lomax	Male	Vet	VC Norwich	00:23:48	25.21 Mph
70	Jennifer	Smart	Female	Vet	VC Norwich	00:23:50	25.175 Mph
71	Paul	Seaman	Male	Vet	Wolsey RC	00:23:57	25.052 Mph
72	Nick	Ponsford	Male	Vet	VC Norwich	00:24:08	24.862 Mph

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73	Simon	Ridgewell	Male	Senior	Wisbech Whs	00:24:09	24.845 Mph
74	Nigel	Hodge	Male	Vet	Tri-Anglia Triathlon Club	00:24:10	24.828 Mph
75	Tom	Moore	Male	Senior	Great Yarmouth C C	00:24:11	24.81 Mph
76	Patrick	Charlton	Male	Vet	Wolsey RC	00:24:12	24.793 Mph
77	Carl	Murley	Male	Vet	Wisbech Whs	00:24:16	24.725 Mph
78	John	Swanbury	Male	Vet	VC Baracchi	00:24:20	24.658 Mph
79	Francesca	Rust	Female	Senior	Ely & District CC/B&T Motor Repairs	00:24:22	24.624 Mph
80	Paul	Willis	Male	Vet	Wisbech Whs	00:24:30	24.49 Mph
81	Roger	Graham	Male	Vet	CC Breckland	00:24:31	24.473 Mph
82	John	Brown	Male	Vet	Wisbech Whs	00:24:36	24.39 Mph
82	Robert	Tillott	Male	Vet	St Ives CC	00:24:36	24.39 Mph
84	Bob	Quarton	Male	Vet	Wolsey RC	00:24:37	24.374 Mph
85	Neil	Empson	Male	Senior	Anglia Velo	00:24:39	24.341 Mph
85	Rebecca	Murley	Female	Vet	Wisbech Whs	00:24:39	24.341 Mph
87	Ali	Argo	Male	Senior	VC Norwich	00:24:50	24.161 Mph
88	Pete	Baldwin	Male	Vet	Wisbech Whs	00:24:54	24.096 Mph
89	Kate	Lucas	Female	Vet	Norwich A B C	00:25:00	24 Mph
89	Len	Benton	Male	Vet	Colchester Rovers CC	00:25:00	24 Mph
91	Markos	Janes	Male	Vet	VC Norwich	00:25:04	23.936 Mph
92	Nick	Parravani	Male	Vet	CC Breckland	00:25:12	23.81 Mph
93	Mandy	Bunn	Female	Vet	CC Sudbury	00:25:24	23.622 Mph
94	Jenny	Anderson	Female	Vet	Great Yarmouth C C	00:25:31	23.514 Mph
95	Lewis	Fulljames	Male	Senior	Kings Lynn CC	00:25:34	23.468 Mph
96	Emma	Taylor	Female	Senior	Stowmarket & District CC	00:25:40	23.377 Mph
97	Joe	Empson	Male	Vet	Anglia Velo	00:25:47	23.271 Mph
98	Trevor	Roberts	Male	Vet	Wolsey RC	00:25:52	23.196 Mph

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99	Bob	Carter	Male	Vet	VC Norwich	00:25:58	23.107 Mph
100	David	Fenn	Male	Vet	CC Sudbury	00:26:21	22.77 Mph
101	Kay	Burgess	Female	Vet	Kings Lynn CC	00:26:22	22.756 Mph
102	Cindy	Berry	Female	Senior	Hoddesdon Tri Club	00:26:31	22.627 Mph
103	Colin	Harris	Male	Vet	CC Sudbury	00:26:32	22.613 Mph
104	Michael	Jones	Male	Vet	Performancecoaching.me	00:26:35	22.571 Mph
105	Peter	Beard	Male	Vet	Stowmarket & District CC	00:27:10	22.086 Mph
106	Keith	Grasby	Male	Vet	CC Breckland	00:27:43	21.648 Mph
107	Jane	Hannah	Female	Vet	Tri Harder	00:27:50	21.557 Mph
108	Christina	Lankford	Female	Vet	Cambridge Triathlon Club	00:28:16	21.226 Mph
109	Christine	Cooke	Female	Vet	Godric CC	00:28:31	21.04 Mph
110	Roger	Selmes	Male	Vet	Wolsey RC	00:28:50	20.809 Mph
111	John	Shellard	Male	Vet	Team PedalRevolution.co.uk	00:29:19	20.466 Mph
112	Paul	Coulthred	Male		CC Breckland	00:29:47	20.145 Mph
113	Giovanna	Bertoldi	Female	Vet	Iceni Velo	00:30:03	19.967 Mph
DNF	Michael	Fry	Male		Glendene CC		
DNS	David	Miller	Male	Vet	CC Sudbury		
DNS	Derek	Lusher	Male	Vet	Norwich A B C		
DNS	Lloyd	Chapman	Male	Senior			
DNS	Karl	Read	Male	Vet	North Norfolk Whs		
DNS	Nick	Robinson	Male	Vet	100% ME		
DNS	Andrew	Hill	Male	Senior	VC Deal		
DNS	Darren	Preston	Male	Vet	St Neots CC		
DNS	James	Wylie	Male	Vet	Velo Schils Interbike RT		
DNS	Matt	Smith	Male	Vet	Team PedalRevolution.co.uk		
DNS	Graham	Dilks	Male	Vet	Norwich A B C		
DNS	Jim	Hardwicke	Male	Vet	Plomesgate CC		
DNS	Nick	Dunkley	Male	Vet	Anglia Velo		
DNS	Mark	Field	Male	Vet	VC Norwich		