

## Bespak Grand East Anglia 10k extracted results :

Time	Name	Club	Age Cat	%
00:52:24	Andy Harrod	Ryston Runners AC	Vet Men 40-49	56.00
00:53:51	Anne Martin	Wymondham AC	Vet Ladies 70+	86.81
00:44:06	Annie Bradbury	Ryston Runners AC	Vet Ladies 50-59	77.15
01:10:36	Ben Delves	West Norfolk AC	Vet Men 60-69	50.44
00:46:36	Carl Manning	Ryston Runners AC	Vet Men 50-59	64.98
00:41:01	Caroline Wakefield	Ryston Runners AC	Vet Ladies 40-49	76.73
00:49:02	Chris Chapman	Ryston Runners AC	Vet Men 50-59	63.84
00:49:21	David Lane	Ryston Runners AC	Vet Men 40-49	59.45
00:42:30	David Neale	MARS UK	Vet Men 50-59	73.65
00:41:22	Ian Day	Huntingdonshire AC	Vet Men 40-49	68.34
00:58:00	Ian Stevenson		Senior Men	47.05
00:58:40	Jeffrey Reed	Ryston Runners AC	Vet Men 60-69	60.01
00:42:43	Jim Hayes	Nth Norfolk Beach Runners	Vet Men 60-69	81.49
00:55:43	Jo Isbill	Ryston Runners AC	Vet Ladies 40-49	59.45
00:33:03	John Herbert	Nene Valley Harriers	Vet Men 40-49	85.54
00:45:44	Katrina Wastenev	West Norfolk AC	Vet Ladies 40-49	68.24
00:44:47	Lesley Robins	Ryston Runners AC	Vet Ladies 40-49	69.69
00:46:39	Linda Marshall	Ryston Runners AC	Vet Ladies 40-49	71.00
00:34:53	Malcolm Tuff	Ryston Runners AC	Vet Men 40-49	84.12
00:46:51	Mark Collins		Senior Men	57.57
00:48:40	Maureen Wolfe	Ryston Runners AC	Vet Ladies 50-59	71.93
00:55:43	Melanie Watts	Ryston Runners AC	Senior Ladies	53.83
00:33:05	Michael Salt	Cambridge & Coleridge AC	Vet Men 40-49	84.24
00:49:23	Michael Smith	Wymondham AC	Vet Men 60-69	70.49
00:40:30	Molly McKay	West Norfolk AC	Vet Ladies 40-49	77.70
00:35:45	Nicholas Bensley	Ryston Runners AC	Vet Men 40-49	79.08
00:52:10	Peter Smith		Vet Men 40-49	55.82
00:55:02	Rachael Roberts		Senior Ladies	54.36
01:08:33	Robert Vincent	Team Darby	Vet Men 40-49	42.48
00:48:48	Sally Edwards	West Norfolk AC	Vet Ladies 40-49	67.88
00:44:51	Sarah Taylor	Ryston Runners AC	Vet Ladies 40-49	73.85
00:48:58	Stephen Atkins	Biggleswade AC	Vet Men 50-59	65.67
00:34:57	Stephen Pettit	Ely Runners	Vet Men 40-49	83.95
00:39:35	Stewart Robins	Ryston Runners AC	Vet Men 40-49	72.46
00:50:30	Terry Gamble	West Norfolk AC	Vet Men 60-69	68.18
00:50:09	Veronica Manly	Eastern Veterans AC	Vet Ladies 60-69	77.62

If your result is missing from this table, do please get in touch with [Maurice Hemingway](#). Good luck with the remaining race calendar.