

Bungay Black Dog Running Club
 NSPCC Bungay Half Marathon - 10th April 2011
 Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
232	02:00:01	01:59:19	Adams	Joanne		H-F45	402
174	01:53:26	01:53:12	Adams	Luke		H-SM	405
366	02:22:09	02:20:59	Adams	Mark		H-M50	404
98	01:43:57	01:43:33	Adams	Peter		H-SM	403
201	01:57:21	01:56:56	Akast	Will		H-SM	406
230	01:59:58	01:58:50	Alfaro	Hernan		H-M40	407
293	02:09:00	02:09:00	Allard	Jane		H-SF	408
307	02:10:58	02:09:47	Alley	Dave		H-M40	409
364	02:21:53	02:21:07	Allum	Julie	Ryston Runners	H-F35	410
122	01:47:31	01:46:21	Anderson	Nick		H-SM	411
55	01:36:56	01:36:56	Andrew	Sheryl		H-SF	412
271	02:05:31	02:04:58	Andrews	Nick		H-SM	413
114	01:46:49	01:46:49	Arnold	Chris	Tri-Anglia	H-M50	415
267	02:04:37	02:04:37	Ashcroft	Damian		H-M40	416
239	02:00:50	02:00:14	Ashcroft	Robert		H-U22M	417
53	01:36:49	01:36:42	Askham	Nick		H-SM	418
330	02:14:18	02:13:45	Athorn	Beverley		H-F45	419
132	01:48:51	01:48:50	Atthowe	Andrew		H-SM	420
266	02:04:34	02:04:29	Ball	Nigel		H-M40	910
403	02:39:43	02:38:37	Ballantyne-Hall	Phoebe		H-U22F	421
323	02:13:27	02:13:20	Banks	Andy		H-M40	422
182	01:54:07	01:53:37	Barker	Ian		H-M40	423
100	01:44:14	01:44:04	Barrett	Steve		H-M40	424
130	01:48:31	01:48:00	Barry	Fiachra	Colchester And Tendring	H-SM	425
260	02:03:20	02:03:08	Bartrum	Melanie		H-F35	427
380	02:27:48	02:27:48	Basham	James	Stowmarket Striders	H-SM	428
247	02:01:27	02:00:41	Basham	Leslie	Stowmarket Striders	H-M60	429
17	01:26:46	01:26:07	Bavtista	Alberio		H-SM	919
422	02:53:57	02:52:55	Bear	Lewis		H-SM	432
111	01:46:33	01:46:29	Beavis	Julian	Spalding Tri Club	H-M40	867
124	01:47:36	01:46:48	Beckett	Paul		H-M40	433
356	02:19:41	02:19:41	Beeson	Helen		H-F45	434
166	01:52:14	01:51:46	Bell	Gillian		H-SF	435
332	02:14:19	02:13:25	Bennett	Glynis		H-F35	437
180	01:53:58	01:52:52	Benson	David		H-SM	439

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80	01:41:29	01:41:29	Betts	Laura		H-SF	440
377	02:27:25	02:27:19	Biggs	Andrea		H-F35	441
30	01:32:00	01:31:57	Birch	Warren	Ipswich Jaffa	H-M40	442
54	01:36:51	01:36:38	Bird	Melvyn	Tone Zone	H-M50	881
421	02:53:26	02:52:16	Bird	Richard		H-M60	443
47	01:36:11	01:36:06	Bliss	Ian		H-M40	444
50	01:36:23	01:36:23	Blomfield	Steve		H-M40	445
86	01:42:34	01:42:15	Bradley	Vic	Ipswich Jaffa	H-M40	880
25	01:30:21	01:30:21	Brierley	Simon	Tri-Anglia	H-SM	448
250	02:02:17	02:01:23	Bright	Stephen	British Athletics Supporters C	H-M40	449
304	02:10:30	02:09:39	Brookes	Anthony		H-M60	451
322	02:13:23	02:12:04	Brooks	David	Veterans Athletic Club	H-M60	452
259	02:03:14	02:02:07	Brown	Hannah		H-U22F	454
138	01:49:22	01:49:22	Brown	Kevin		H-F45	456
360	02:20:47	02:20:47	Browne	Julie		H-F35	457
298	02:09:40	02:08:47	Buck	Stuart		H-M40	908
65	01:38:47	01:38:39	Buckham	Tom		H-SM	458
66	01:39:02	01:39:02	Buckley	James		H-SM	459
390	02:31:03	02:30:45	Bullock	Sara		H-F35	460
97	01:43:53	01:43:06	Burgess	Kevin		H-SM	461
189	01:54:49	01:54:26	Burrows	Julie		H-F35	462
272	02:05:34	02:04:57	Butler	Gavin		H-SM	464
346	02:15:43	02:14:48	Capps-Jenner	Jayne		H-F45	466
109	01:46:05	01:45:13	Cardwell	Duncan		H-SM	467
192	01:56:01	01:55:34	Carpenter	Richard		H-M40	876
193	01:56:02	01:55:38	Carter	Helen		H-F35	471
39	01:34:02	01:33:45	Cassels	Paul		H-SM	473
152	01:51:15	01:51:00	Catchpool	Iain	Ipswich Jaffa	H-M40	474
249	02:02:11	02:01:23	Chadd	Jonathan		H-M50	475
406	02:40:09	02:39:09	Chalk	Sally		H-F35	921
15	01:26:30	01:26:23	Chancellor	Henry	Erwarton Ghosts	H-M40	899
246	02:01:26	02:01:04	Child	Megan		H-SF	476
164	01:51:41	01:51:02	Clare	Rebecca	Woodbridge Shufflers	H-F45	477
144	01:50:24	01:50:07	Clayton	Rob	Felixstowe Road Runners	H-M50	482
19	01:27:30	01:27:28	Clements	Mark	Ipswich Jaffa	H-SM	483

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
276	02:07:01	02:06:02	Cole	Michael		H-SM	486
243	02:01:06	02:00:28	Colley	Martin		H-SM	487
112	01:46:39	01:45:38	Colman	Jack		H-U22M	488
88	01:42:43	01:42:39	Comyn	Jonathan		H-SM	489
83	01:42:01	01:41:56	Connor	Sean		H-SM	490
171	01:53:05	01:52:45	Cook	David		H-M40	491
314	02:11:33	02:11:03	Cook	Elaine		H-F45	492
303	02:10:12	02:09:34	Cook	Jayne	Norwich Road Runners	H-F45	493
234	02:00:10	01:59:34	Cooke	Alistair	Saffron Striders	H-SM	494
3	01:22:46	01:22:41	Cooney	Alan		H-SM	495
8	01:24:01	01:23:59	Copland	David	Ipswich Triathlon Club	H-M40	496
12	01:25:52	01:25:49	Craske	Adam	Bungay Black Dog Running Club	H-SM	498
18	01:27:14	01:27:13	Crook	Mark		H-SM	499
36	01:33:47	01:33:22	Crowhurst	Phil		H-SM	907
309	02:11:15	02:10:58	Cundy	Rebecca		H-SF	500
389	02:31:03	02:30:26	Curlett	Sarah		H-F35	501
179	01:53:57	01:53:26	Cushion	Ben		H-SM	503
64	01:38:41	01:38:39	Dady	Stephan	Great Yarmouth Road Runners	H-M50	504
140	01:49:38	01:48:54	Davey	Russell		H-M40	886
186	01:54:32	01:53:58	Davidson	Ben		H-SM	913
398	02:37:29	02:36:30	Davies	Megan		H-SF	506
375	02:27:04	02:25:54	Davis	Tom		H-SM	897
294	02:09:17	02:08:48	Dawson	Anne		H-SF	507
264	02:04:20	02:03:36	Daykin	Bob		H-M60	884
367	02:22:20	02:21:27	De Sousa	Sally		H-F35	509
224	01:59:24	01:58:43	Deal	Harry		H-U22M	901
225	01:59:32	01:58:57	Deller	Matt		H-U22M	510
391	02:31:23	02:31:23	Dennis	Edmund		H-SM	512
254	02:03:04	02:03:04	Dennis	Katharine		H-SF	511
139	01:49:29	01:48:49	Devereux	Laura	Bungay Black Dog Running Club	H-F35	513
404	02:39:45	02:38:39	Diaper	James		H-U22M	514
373	02:27:03	02:26:04	Dogbey	John		H-SM	883
223	01:59:13	01:58:29	Dunne	Lynsey		H-SF	515
118	01:47:12	01:46:30	Dunnett	Peter		H-SM	516
217	01:58:48	01:58:20	Eastham	Dean	Wimbledon Windmilers	H-SM	517

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60	01:37:39	01:36:56	Edmunds	Peter		H-M60	520
258	02:03:12	02:02:52	Edwards	Jo		H-F35	521
341	02:15:06	02:14:01	Edwards	Shaun		H-M50	522
69	01:39:42	01:39:33	Ellis	Matt	Lowestoft Road Runners	H-SM	524
146	01:50:28	01:49:48	Enticknap	Andrew	Huntingdonshire Athletic Club	H-M40	526
10	01:25:05	01:25:05	Eustace	James		H-SM	528
361	02:20:51	02:20:51	Evans	Mark		H-M50	529
362	02:20:51	02:20:01	Evans	Sam		H-SM	530
295	02:09:18	02:08:40	Farrar	Robin	Bungay Black Dog Running Club	H-M60	531
350	02:17:15	02:16:43	Farrow	Jemma		H-SF	532
52	01:36:39	01:36:27	Fawbert	Mark		H-SM	879
191	01:55:38	01:54:50	Ffrench	Lee		H-M40	533
274	02:06:10	02:05:23	Flannigan	Peter	Pitsea Rc	H-M60	868
72	01:40:26	01:40:16	Flatt	Lewis	Bungay Black Dog Running Club	H-SM	535
416	02:50:29	02:49:31	Flatt	Maggie	Bungay Black Dog Running Club	H-F45	536
211	01:58:23	01:57:49	Flower	Michael	Norfolk Harriers	H-SM	537
95	01:43:24	01:43:12	Foster	Laura		H-SF	538
167	01:52:17	01:52:17	Fox	John		H-M40	540
90	01:42:48	01:42:38	France	Darren		H-M40	541
210	01:58:18	01:57:54	Francis	James		H-SM	542
401	02:38:21	02:37:48	Franklyn-Bray	Jonathan		H-SM	543
241	02:00:51	02:00:26	Freeman	Thomas		H-SM	544
419	02:52:32	02:51:23	Friend	Bertrand		H-M70	898
81	01:41:52	01:41:23	Fulmine	Anna		H-SF	545
4	01:22:48	01:22:48	Furnace	Mark	Ipswich Jaffa	H-SM	546
154	01:51:22	01:51:22	Futter	Darryl	Bungay Black Dog Running Club	H-M50	547
256	02:03:09	02:01:56	Gatenby	Hugh		H-M60	891
335	02:14:23	02:14:08	Gidlow	Daisy		H-U22F	549
334	02:14:23	02:14:08	Gidlow	Sarah		H-F45	548
228	01:59:42	01:58:58	Gilbert	David	Bungay Black Dog Running Club	H-M40	551
339	02:14:40	02:13:56	Gilbert	Sarah		H-SF	550
185	01:54:31	01:54:20	Gilham	Nigel	Bungay Black Dog Running Club	H-M50	552
313	02:11:29	02:10:33	Gillett	Clinton		H-SM	553
312	02:11:29	02:10:33	Gillett	Michaela		H-F35	554
158	01:51:32	01:51:04	Gilmartin	Brian		H-SM	555

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145	01:50:26	01:50:17	Girling	Dave	Great Yarmouth Road Runners	H-M40	556
363	02:21:11	02:21:00	Gladwin	Douglas	Bungay Black Dog Running Club	H-M40	557
155	01:51:23	01:50:10	Godsmark	David		H-M50	559
156	01:51:24	01:50:10	Godsmark	Rob		H-SM	558
413	02:44:27	02:43:41	Goldsmith	Denise		H-F35	560
370	02:26:02	02:25:55	Goldsmith	Odette		H-F35	562
418	02:52:31	02:51:23	Good	Christopher		H-M40	900
73	01:40:36	01:40:20	Gooderham	Ian	Saint Edmund Pacers	H-M40	564
123	01:47:31	01:47:31	Gooderham	Martin	Tri-Anglia	H-SM	906
338	02:14:39	02:14:30	Gooding	Emma		H-U22F	565
28	01:30:53	01:30:50	Green	Andrew	Stowmarket Striders	H-M40	568
27	01:30:49	01:30:41	Greener	John	Saint Edmund Pacers	H-M40	569
289	02:08:20	02:07:49	Greenwood	Jackie		H-F45	571
278	02:07:20	02:06:49	Greenwood	Kevin		H-M50	570
209	01:58:15	01:57:26	Gregory	Duncan		H-M40	572
22	01:28:12	01:28:06	Grint	Andy		H-M40	573
393	02:33:30	02:33:30	Groen	Jacques	Bungay Black Dog Running Club	H-M60	903
14	01:26:22	01:26:21	Grubb	Mark	Norfolk Gazelles	H-SM	574
333	02:14:20	02:13:17	Guise	Richard		H-M50	576
220	01:59:03	01:58:48	Hack	Damian		H-SM	577
320	02:12:46	02:12:12	Hagan	Patricia	Bungay Black Dog Running Club	H-F45	578
187	01:54:37	01:54:11	Hague	Myles		H-SM	579
40	01:34:12	01:34:10	Hall	Deborah	Portsmouth Joggers	H-SF	580
270	02:05:31	02:04:57	Hall	Fiona		H-SF	581
262	02:03:58	02:03:58	Halls	Becki		H-SF	582
117	01:47:03	01:46:48	Hamblion	Jeff		H-SM	583
354	02:19:15	02:18:26	Hammett	Laura		H-SF	584
285	02:07:54	02:07:11	Hardy	Clare		H-SF	872
284	02:07:53	02:07:11	Hardy	Ian		H-SM	871
301	02:09:53	02:09:08	Hargadon	Sue	Ipswich Triathlon Club	H-F55	586
178	01:53:55	01:52:49	Harper	Ian		H-M40	588
368	02:23:04	02:22:00	Harris	Dennis		H-M40	589
203	01:57:31	01:56:57	Harris	Matthew		H-SM	591
207	01:57:53	01:57:19	Harrison	Duncan		H-SM	592
280	02:07:23	02:06:18	Harvey	Wil		H-M60	593

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382	02:27:53	02:26:40	Hawes	Kevin		H-M50	890
417	02:52:16	02:52:16	Hayes	Simone		H-SF	594
355	02:19:36	02:18:35	Hayward	Juliet		H-SF	595
34	01:33:06	01:33:06	Heselwood	Paul		H-SM	596
133	01:49:06	01:49:01	Hickman	Brendan		H-SM	598
71	01:40:24	01:40:18	Hickman	Tim		H-SM	597
102	01:45:04	01:44:40	Hicks	Laura		H-SF	599
337	02:14:27	02:13:40	Hitchborn	Alan		H-M50	602
378	02:27:26	02:26:25	Hodge	John		H-SM	604
321	02:13:11	02:12:21	Holmes	Rowland		H-M40	922
37	01:33:49	01:33:47	Holroyd	Ivan		H-SM	606
105	01:45:16	01:45:04	Holt	John		H-M60	607
82	01:41:59	01:41:48	Hornsey	Joe	Bungay Black Dog Running Club	H-SM	878
244	02:01:12	02:00:43	Houlihan	Caoimhe		H-SF	609
149	01:50:43	01:50:00	Howes	Neil		H-SM	610
13	01:25:59	01:25:59	Howlett	Adam		H-M40	889
219	01:59:01	01:58:34	Hughes	Dianne	Stowmarket Striders	H-F45	612
67	01:39:04	01:39:04	Hughes	Steven	Stowmarket Striders	H-M40	611
199	01:57:04	01:56:58	Hunt	Adrian		H-M50	614
386	02:29:11	02:28:52	Hunt	Sharon		H-F35	613
394	02:33:46	02:32:48	Hunting	Nikki	Bungay Black Dog Running Club	H-SF	865
344	02:15:39	02:14:38	Hupton	David		H-M50	615
190	01:54:54	01:54:54	Hurcomb	Chris	Cambridge And Coleridge	H-M40	616
343	02:15:39	02:14:37	Hurst	Ken		H-M60	617
108	01:45:50	01:45:33	Husband	David		H-SM	618
113	01:46:41	01:46:27	Hutchins	Victor	Doncaster Athletic Club	H-M50	619
161	01:51:37	01:50:00	Hutchinson	Iain		H-SM	870
135	01:49:16	01:48:42	Inkley	Stephen	Saffron Striders	H-M50	620
227	01:59:37	01:59:12	Irvine	Rose		H-SF	621
237	02:00:39	01:59:53	Ison	Andy		H-SM	623
236	02:00:39	01:59:53	Ison	Cathy		H-F35	622
245	02:01:20	02:00:39	Ivers	Janet		H-F35	624
420	02:52:44	02:51:30	Jack	Bob	Bungay Black Dog Running Club	H-M50	625
110	01:46:21	01:46:21	James	Robert	Bungay Black Dog Running Club	H-M40	630
287	02:08:03	02:08:03	Jardine	Sandie		H-F45	631

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43	01:34:50	01:34:47	Jenkins	Phillip		H-M40	873
387	02:29:11	02:28:53	Jenvey	Graham		H-SM	632
316	02:11:51	02:11:17	Johnson	Timothy		H-SM	634
141	01:49:54	01:49:09	Johnson	Trevor		H-M40	633
91	01:42:49	01:42:37	Jones	David		H-SM	636
282	02:07:45	02:07:08	Jones	Graig		H-SM	904
408	02:40:13	02:39:51	Jones	Lynn		H-SF	635
125	01:47:41	01:47:29	Jordan	Tina		H-SF	637
208	01:58:01	01:58:01	Keates	Dan		H-SM	912
136	01:49:19	01:48:23	Keeble	Derek		H-M50	915
336	02:14:33*	02:14:33*	Keith	Francesca		H-U22F	638
405	02:40:09	02:39:09	Kelly	Jansy		H-F35	639
381	02:27:48	02:27:48	Kibbel	Jodie		H-SF	640
347	02:16:54	02:16:16	Kidd	Graeme		H-M40	641
79	01:41:22	01:41:09	King	Michael		H-M60	642
29	01:31:20	01:31:17	Kinsman	Daniel	Framlingham Flyers	H-SM	643
297	02:09:32	02:08:39	Knapp	Mary		H-F35	645
58	01:37:13	01:37:11	Knights	Neville	Dereham Runners	H-M50	646
127	01:47:59	01:47:39	Landriault	Emily		H-SF	648
159	01:51:32	01:51:05	Langford	Rebecca		H-F35	649
409	02:41:04	02:40:17	Larter	Michelle		H-F45	651
177	01:53:51	01:53:27	Leech	Craig		H-U22M	918
400	02:38:19	02:37:48	Leech	Spencer		H-SM	652
45	01:35:01	01:34:32	Lehrbach	Chris		H-M40	653
411	02:43:28	02:42:31	Lewis	Richard		H-SM	655
175	01:53:30	01:53:05	Lightening	Nathan		H-SM	656
205	01:57:42	01:57:42	Linassi	Samantha	Felixstowe Road Runners	H-SF	657
148	01:50:38	01:50:10	Lincoln	Piers		H-SM	658
277	02:07:04	02:06:52	Lines	Dave	Bungay Black Dog Running Club	H-M40	659
402	02:39:04	02:38:09	Lobo	Tony		H-M40	660
198	01:57:03	01:56:35	Longmore	Lucinda		H-SF	661
62	01:38:22	01:38:15	Lowe	Alex		H-SM	662
359	02:20:08	02:19:16	Lowes	Alison	Blyth Running Club	H-SF	663
308	02:10:59	02:09:58	Lowther	Sue	Bungay Black Dog Running Club	H-F35	664
183	01:54:09	01:53:20	Lumsden	Peter		H-M50	665

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24	01:29:35	01:29:30	Lyon	Paul		H-SM	667
120	01:47:14	01:46:38	Macarthur	Georgina		H-F35	668
215	01:58:41	01:58:15	Maccrimmon	Shirlee		H-F35	669
229	01:59:45	01:59:30	Macmillan	Georgia		H-F35	670
126	01:47:46	01:47:32	Mahony	Laura	City Of Norwich Athletic Club	H-SF	671
369	02:24:44	02:24:44	Malhi	Charandeep		H-SF	672
176	01:53:30	01:53:25	Manly	Veronica	Eastern Vets Athletic Club	H-F55	673
26	01:30:24	01:30:21	Mann	Jason	Ely Runners	H-M40	674
11	01:25:18	01:25:18	Manning	Andrew	Great Yarmouth Road Runners	H-M40	677
150	01:50:45	01:50:31	Manning	Annette	Bungay Black Dog Running Club	H-F45	675
106	01:45:20	01:45:13	Manning	Karen	Great Yarmouth Road Runners	H-F35	676
63	01:38:33	01:38:16	Margason	Chris		H-SM	875
410	02:43:28	02:42:31	Marriott	Jane		H-SF	678
77	01:41:11	01:40:30	Marriott	Michael		H-M50	679
195	01:56:21	01:56:12	Marshall	Linda	Ryston Runners	H-F45	680
107	01:45:32	01:45:09	Martin	Daniel		H-M50	882
315	02:11:40	02:11:02	Mcaneny	Susan		H-SF	682
328	02:14:15	02:14:15	Mcvicar	Niall		H-SM	683
16	01:26:40	01:26:37	Merrywest	Mark	Norwich Road Runners	H-SM	888
218	01:58:50	01:58:00	Mickleburgh	Jemma		H-SF	684
213	01:58:40	01:57:44	Midmore	Darron		H-SM	685
6	01:23:34	01:23:33	Milk	Oliver	Wymondham Athletic Club	H-SM	687
233	02:00:07	01:59:00	Miller	Patrick		H-M50	689
395	02:34:17	02:33:55	Millican	Andrew		H-M40	690
396	02:34:17	02:33:56	Millican	Dawn		H-F45	691
235	02:00:22	01:59:28	Minshal	Ian	Wadhurst Runners	H-M60	692
296	02:09:27	02:09:27	Mitchell	Jayne		H-SF	694
46	01:35:49	01:35:31	Mitchell	Liam		H-SM	693
147	01:50:30	01:50:30	Moggan	Frank	Stowmarket Striders	H-M60	695
240	02:00:50	02:00:50	Montgomery	James		H-SM	696
392	02:32:14	02:31:02	Moore	Elizabeth		H-F45	698
200	01:57:20	01:56:43	Moore	Tracy		H-F35	700
423	02:57:00	02:57:00	Moorhouse	Christina		H-F35	701
104	01:45:11	01:44:54	Morris	Vaughan		H-M50	702
324	02:13:37	02:13:29	Mowforth	Freddie		H-U22M	703

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351	02:17:20	02:16:32	Mulley	Mick		H-M50	704
257	02:03:12	02:02:51	Munton	Sarah	Kingswood Running Club	H-F35	705
242	02:00:52	02:00:26	Nadarajan	Raja		H-SM	706
92	01:43:06	01:43:06	Narey	Mary	Stowmarket Striders	H-F35	707
23	01:28:43	01:28:43	Neaves	Steven	Stowmarket Striders	H-M50	708
42	01:34:35	01:34:31	Nedd	Paul		H-M40	709
342	02:15:13	02:14:08	Nicholls	Sally	Bungay Black Dog Running Club	H-F45	920
329	02:14:17	02:13:23	Nichols	Belinda		H-F35	711
49	01:36:20	01:35:42	Nilsson	Jonas		H-SM	712
84	01:42:03	01:42:03	Norman	Joe	Ryde Harriers	H-M40	714
57	01:37:03	01:37:03	Norman	Mary	Ryde Harriers	H-F45	713
168	01:52:45	01:52:22	Norton	Ashley	Lowestoft Road Runners	H-SM	902
255	02:03:05	02:02:10	Norton	Esther		H-F35	715
318	02:12:14	02:12:14	Nursey	Tim		H-M60	716
251	02:02:22	02:02:22	Oghenegweke	Helen	Norwich Road Runners	H-F35	718
61	01:37:47	01:37:38	Oldman	Darrell	Bungay Black Dog Running Club	H-M40	719
202	01:57:22	01:56:42	O'Mullane	Tim		H-M50	721
31	01:32:24	01:32:22	Pearce	Adam		H-SM	724
68	01:39:35	01:39:22	Perry	Geoff		H-M40	726
349	02:17:13	02:16:03	Phillips	Roy		H-M40	728
327	02:14:08	02:13:11	Pimlott	Stephanie	Waveney Valley Athletic Club	H-SF	896
263	02:04:04	02:03:17	Potter	Judy	Bungay Black Dog Running Club	H-F65	730
317	02:12:09	02:12:09	Potter	Susan	Bungay Black Dog Running Club	H-F45	729
290	02:08:34	02:08:07	Prodhomme	Anaelle		H-SF	731
371	02:26:02	02:25:55	Purvis	Grainne		H-F35	733
226	01:59:35	01:58:58	Randall	Kerry		H-SF	736
184	01:54:10	01:53:43	Read	Chris		H-SM	739
345	02:15:42	02:15:42	Read	Leigh		H-F35	738
275	02:06:43	02:06:43	Read	Neil		H-SM	740
115	01:46:49	01:46:38	Reid	Ian		H-M50	742
319	02:12:19	02:11:50	Resker	Diane		H-F35	917
94	01:43:24	01:42:43	Reynolds	Nathan		H-SM	743
216	01:58:47	01:58:18	Richardson	Louise		H-SF	745
181	01:54:05	01:53:53	Roberts	Hugh	Bungay Black Dog Running Club	H-M60	747
32	01:32:37	01:32:32	Roberts	Ray	Felixstowe Road Runners	H-M60	749

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
85	01:42:17	01:42:10	Roberts	Sandra		H-F45	750
424	03:07:51	03:07:14	Robinson	Julie		H-F45	752
340	02:14:54	02:14:28	Robinson	Karen		H-SF	751
425	03:07:51	03:07:15	Robinson	William		H-M50	753
385	02:29:02	02:28:23	Rodger	Suzanne		H-SF	754
162	01:51:38	01:51:08	Roper	Martin	Norwich Road Runners	H-M50	755
352	02:18:34	02:18:34	Rossor	Charlotte		H-SF	756
160	01:51:34	01:51:04	Rowland-Hinton	Matthew		H-SM	877
153	01:51:17	01:51:06	Sabatini-Grace	Luca		H-SM	757
119	01:47:12	01:46:27	Sale	Ashley		H-SM	758
231	02:00:00	01:59:38	Samkin	James		H-M40	759
128	01:48:20	01:48:03	Sampson	Sean		H-M40	760
48	01:36:18	01:35:59	Sankey	Duncan		H-M40	761
87	01:42:39	01:41:46	Saunders	Dean		H-SM	762
358	02:20:01	02:19:23	Savage	Adam		H-SM	763
379	02:27:34	02:27:21	Self	Helen		H-F35	764
131	01:48:35	01:47:45	Sheahan	David		H-M50	765
238	02:00:44	02:00:34	Siater	Nathan	Bungay Black Dog Running Club	H-SM	869
414	02:45:37	02:44:29	Simmons	Charles		H-M60	866
33	01:32:52	01:32:47	Singer	Iain	Blyth Running Club	H-M40	767
357	02:19:53	02:19:43	Sizer	Laura		H-U22F	769
78	01:41:18	01:40:51	Skipper	Philip		H-SM	770
89	01:42:43	01:42:25	Smith	James		H-U22M	778
214	01:58:40	01:57:57	Smith	Justin		H-M40	776
407	02:40:11	02:39:48	Smith	Liz		H-F35	782
169	01:52:51	01:52:30	Smith	Mark		H-SM	771
331	02:14:19	02:13:24	Smith	Matthew		H-SM	779
279	02:07:22	02:06:17	Smith	Philip		H-M50	780
170	01:52:51	01:52:30	Smith	Rebecca		H-SF	773
194	01:56:17	01:55:38	Smith	Steve	Huntingdonshire Athletic Club	H-M50	911
348	02:16:56	02:16:00	Smith	Stuart	Waveney Valley Athletic Club	H-M50	777
306	02:10:51	02:10:08	Smith	Susan		H-F45	781
59	01:37:20	01:37:04	Snelling	Ben		H-M40	783
101	01:44:42	01:44:19	Sothern	Michael		H-SM	784
204	01:57:42	01:57:33	Sparrow	Pauline	Ryston Runners	H-F55	785

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
93	01:43:22	01:43:22	Spashett	David		H-M60	786
21	01:28:09	01:28:09	Spencer	David	Grange Farm And Dunmow Runners	H-M40	789
2	01:22:24	01:22:23	Spencer	Matthew		H-SM	787
51	01:36:38	01:36:27	Spindler	Rod		H-M40	790
248	02:02:11	02:01:22	Sprake	David		H-M50	791
5	01:23:20	01:23:17	Spurling	Chris		H-SM	792
75	01:40:46	01:40:31	Squirrell	Chris	Ipswich Jaffa	H-SM	793
206	01:57:44	01:56:26	Stannett	Charlie	Ipswich Triathlon Club	H-M50	794
253	02:02:46	02:01:55	Stannett	Kate	Ipswich Triathlon Club	H-F45	795
74	01:40:39	01:40:26	Steel	Barrie		H-M40	796
157	01:51:24	01:51:24	Stephens	Dave		H-M50	797
20	01:28:03	01:28:01	Steward	Clive		H-M40	798
374	02:27:04	02:26:05	Stretton-Derham	Annabel		H-F35	799
121	01:47:25	01:46:16	Stronach	Andrew		H-M40	800
41	01:34:15	01:34:05	Sturgess	Ian	Waveney Valley Athletic Club	H-M50	892
7	01:23:50	01:23:39	Sutton	Will	Loughborough Students Triathlo	H-SM	874
281	02:07:30	02:06:20	Swales	Chris		H-M40	803
103	01:45:07	01:44:51	Swannack	David		H-M40	804
143	01:50:01	01:49:29	Swanston	Victoria		H-SF	805
197	01:56:52	01:56:02	Swarts	Etienne		H-M40	806
99	01:44:05	01:43:43	Swift	Anne		H-F35	807
265	02:04:22	02:04:13	Tall	Rachael		H-F35	808
165	01:51:59	01:51:59	Tappin	Jack		H-SM	809
70	01:40:22	01:39:54	Taylor	Mark	Norwich Road Runners	H-M50	810
325	02:13:49	02:13:24	Taylor	Ben		H-SM	812
9	01:24:09	01:24:09	Taylor	Tom		H-U22M	811
305	02:10:42	02:10:01	Tedore	Alan		H-M40	815
163	01:51:39	01:51:25	Thomas	Neil	Bungay Black Dog Running Club	H-M40	816
56	01:36:57	01:36:42	Thompson	Colin		H-SM	819
365	02:22:01	02:20:54	Thurbon	Paul		H-SM	820
273	02:05:43	02:05:24	Thurtell	Caroline		H-F45	887
299	02:09:42	02:09:38	Tiffin	Donald		H-M60	821
172	01:53:10	01:52:36	Tiller	Richard	Ipswich Triathlon Club	H-M40	822
269	02:05:25	02:04:35	Tomlin	Sophie		H-SF	823
1	01:16:26	01:16:25	Topper	Tim	Norwich Road Runners	H-SM	824

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
388	02:31:03	02:30:25	Tovell	Michelle		H-F35	825
384	02:28:09	02:27:50	Tricker	Andrew		H-M40	827
383	02:28:09	02:27:48	Tricker	Cheralyne		H-F35	826
252	02:02:40	02:02:00	TronsTn	Andreas		H-SM	828
261	02:03:32	02:02:21	Turner	Alison		H-F35	829
397	02:37:07	02:35:56	Turner	Brian	Ipswich Jaffa	H-M70	830
96	01:43:25	01:43:25	Turner	George		H-SM	895
286	02:07:56	02:07:04	Van Der Merwe	Ronel		H-F45	832
292	02:08:58	02:08:05	Van Der Merwe	Suzanne		H-F35	831
188	01:54:46	01:54:46	Vaughan	Stephen		H-M40	833
173	01:53:22	01:52:49	Venn-Munns	Hannah	East End Road Runners	H-SF	834
399	02:37:35	02:36:30	Voogt-Elissen	Mariella		H-F35	835
222	01:59:13	01:58:28	Walker	Gareth	Tri-Anglia	H-SM	836
212	01:58:33	01:58:29	Walker	Jo		H-F35	909
300	02:09:51	02:09:22	Walsh	Fiona		H-SF	837
137	01:49:21	01:49:21	Ward	Maria		H-F35	838
283	02:07:53	02:07:09	Wash	Darren		H-M40	839
142	01:49:57	01:49:51	Waterman	David	Bungay Black Dog Running Club	H-M50	840
76	01:40:49	01:40:34	Watts	Mark		H-M40	842
291	02:08:47	02:07:58	Webster	Antonia		H-SF	843
311	02:11:28	02:10:59	Webster-Newmar	Emma	Odyssey Runners	H-SF	916
302	02:09:54	02:09:45	Wells	Rod		H-M40	914
221	01:59:08	01:58:57	Whale	Colin	Bungay Black Dog Running Club	H-M40	844
376	02:27:04	02:26:01	Whatrup	Cliff		H-M40	846
35	01:33:40	01:32:38	Whatrup	Gavin		H-M40	845
412	02:43:28	02:43:28	White	Faye		H-SF	847
116	01:46:59	01:46:36	White	Paul		H-M40	848
268	02:05:05	02:04:39	Wigger	Rachel		H-SF	849
38	01:33:59	01:33:47	Wilkinson	Angus		H-SM	851
134	01:49:08	01:48:46	Williamson	Philip	Elmbridge Road Runners	H-M50	852
415	02:48:43	02:47:44	Wilson	Alex		H-SF	854
372	02:26:51	02:25:47	Winder	Julie		H-F35	855
151	01:50:45	01:50:09	Wiseman	Gemma		H-SF	894
310	02:11:18	02:11:01	Wood	Vicky		H-F35	857
129	01:48:24	01:48:24	Woodard	Linda	Felixstowe Road Runners	H-F35	858

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44	01:35:01	01:34:22	Wootton	Gary	Tri-Anglia	H-M40	859
353	02:19:14	02:18:12	Worster	Carol		H-F45	860
196	01:56:42	01:56:15	Worster	Paul		H-M50	861
326	02:13:55	02:13:33	Wright	Jackie		H-F45	893
288	02:08:13	02:07:31	Wright	Kate		H-F35	864

*time not confirmed.