

**Bungay Black Dog Summer Series 10k**  
1st Race - Wednesday 1 June 2011. 7:30 pm

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
1	0:34:23	PRESTON, James	Wymondham Athletic Club	M Open	287	1
2	0:35:30	CHEVERTON, Robert	City of Norwich AC	M50	296	2
3	0:36:09	GRAYSHER, Stefan	Norwich Road Runners	M40	298	3
4	0:37:33	DAVIES, Andrew	Serpentine Running Club	M Open	275	4
5	0:38:45	WEBSTER, Craig	Newquay Road Runners	M Open	310	5
6	0:38:50	MEADOWS, Jonathan	Lowestoft Road Runners	M Open	272	6
7	0:39:23	LARKE, Tim	Stowmarket Striders	M Open	245	7
8	0:39:25	YEOMANS, Martin	Norwich Road Runners	M60	301	8
9	0:39:29	SIBLEY, Neil	Gt Yarmouth Road Runners	M40	241	9
10	0:39:30	KINSMAN, Daniel	Framlingham Flyers	M Open	302	10
11	0:39:37	TYE, Chris	UNATTACHED	M40	239	11
12	0:39:47	FRARY, Matthew	Norwich Road Runners	M Open	307	12
13	0:40:11	STURGESS, Ian	Wymondham Athletic Club	M50	312	13
14	0:40:18	HELMORE, JEFF	Gt Yarmouth Road Runners	M50	291	14
15	0:40:45	OLDHAM, Mark	Unaffiliated	M40	264	15
16	0:40:46	FLATT, Lewis	Bungay Black Dog Running Club	M Open	225	16
17	0:40:50	BLAKE, Richard	Gt Yarmouth Road Runners	M60	281	17
18	0:40:53	MACKENZIE, Rob	Framlingham Flyers	M40	313	18
19	0:40:55	COULTER, Graham	Diss AC	M Open	317	19
20	0:40:59	CLUES, Mark	Tri-Anglia	M40	292	20
21	0:41:13	COLLINS, Michael	Bungay Black Dog Running Club	M Open	270	21
22	0:41:25	WILES, Jonathan	Bungay Black Dog Running Club	M Open	262	22
23	0:41:27	CHORLEY, CHRIS	Bungay Black Dog Running Club	M40	249	23
24	0:41:34	JOHNSON, Richard	UNATTACHED	M Open	276	24
25	0:41:58	GRAND, Adrian	Norwich Road Runners	M40	306	25
26	0:42:12	PECK, Andy	Gt Yarmouth Road Runners	M40	318	26
27	0:42:22	ALTARELLI, Leo	Bungay Black Dog Running Club	M Open	333	27
28	0:42:35	MACLEAN, Anthony	Framlingham Flyers	M40	279	28
29	0:42:55	THOMPSON, Peter	Norfolk Gazelles	M50	263	29
30	0:42:57	HORNSEY, Joe	Bungay Black Dog Running Club	M Open	288	30
31	0:43:05	BELSOM, Robin	Ipswich Jaffa	M50	227	31
32	0:43:15	DADY, Steve	Gt Yarmouth Road Runners	M50	273	32
33	0:43:30	WIGGINS, Simon	Felixstowe Road Runners	M Open	242	33
34	0:43:35	HOLDER, Cheryl	Purple Patch Runners	F35	238	34
35	0:43:37	WHARTON, John	Bungay Black Dog Running Club	M50	280	35
36	0:43:54	PULLINGER, Tom	Bungay Black Dog Running Club	M40	305	36
37	0:44:00	VOGT, Gavin	UNATTACHED	M40	232	37
38	0:44:05	ELLIS, Matt	Lowestoft Road Runners	M Open	300	38
39	0:44:20	SPASHETT, David	Bungay Black Dog Running Club	M60	336	39
40	0:44:34	HAMBLING, Stewart	Framlingham Flyers	M40	282	40
41	0:44:43	FORDHAM, David	Saxmundham Saxons	M60	329	41
42	0:44:55	MCCLUSKER, Eamon	Ryston Runners	M50	235	42
43	0:44:56	TILBURY-LARTER, Wayne	Framlingham Flyers	M Open	330	43
44	0:44:58	ETHERINGTON, Steve	Gt Yarmouth Road Runners	M50	290	44
45	0:45:06	KEEBLE, Andy	Tri-Anglia	M40	331	45
46	0:45:35	TOVELL, Kenneth	Framlingham Flyers	M40	304	46
47	0:45:45	DUPRES, Jon	UNATTACHED	M Open	285	47
48	0:45:49	BUCKHAM, Mark	UNATTACHED	M Open	325	48
49	0:45:50	HUNTON, Steve	UNATTACHED	M40	254	49
50	0:45:55	GARWOOD, Kevin	Wymondham Athletic Club	M40	303	50
51	0:46:02	HORNSEY, Helen	Bungay Black Dog Running Club	F Open	289	51
52	0:46:03	MANNING, Karen	Gt Yarmouth Road Runners	F35	324	52
53	0:46:12	MCTERNAN, Sean	UNATTACHED	M50	229	53
54	0:46:34	HIGGINS, Richard	Framlingham Flyers	M40	327	54
55	0:46:55	GARWOOD, Malcolm	Wymondham Athletic Club	M40	311	55
56	0:47:07	TOSH, Alex	UNATTACHED	M40	283	56
57	0:47:13	HARDINGHAM, Graham	Norfolk Gazelles	M50	295	57
58	0:47:29	BARDWELL, Sharon	UNATTACHED	F35	255	58
59	0:47:42	WATERMAN, David	Bungay Black Dog Running Club	M50	284	59
60	0:48:17	AVERY, Mark	Ipswich Jaffa	M40	337	60
61	0:48:42	WESTERN, Angus	Framlingham Flyers	M40	332	61
62	0:48:54	CUVIELLO, Steve	Wymondham Athletic Club	M40	246	62
63	0:49:17	COULTER, Sarah	Diss AC	F35	316	63
64	0:49:21	COX, Joanne	Bungay Black Dog Running Club	F35	335	64
65	0:49:29	MANNING, Annette	Bungay Black Dog Running Club	F45	226	65
66	0:49:29	O'MULLANE, Tim	Unaffiliated	M50	274	66
67	0:49:34	BEWICK, Jeremy	Framlingham Flyers	M40	314	67
68	0:49:48	SAUERZAPF, BOBBIE	Bungay Black Dog Running Club	F45	248	68
69	0:49:52	THOMAS, Neil	Bungay Black Dog Running Club	M40	256	69

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70	0:50:01	WATERWORTH, Mark	Unaffiliated	M40	251	70
71	0:50:02	SAN MIGUEL, Jon	UNATTACHED	M Open	338	71
72	0:50:09	DUNNE, LYNSEY	Tri-Anglia	F Open	271	72
73	0:50:22	ROSBROOK, Mike	Hadleigh Hares	M70	277	73
74	0:50:50	ABBOTT, Catherine	Stowmarket Striders	F35	320	74
75	0:51:10	INGRAM, Stewart	Tri-Anglia	M50	278	75
76	0:51:13	ELLIS, Andy	UNATTACHED	M Open	258	76
77	0:51:27	WHEELER, Jane	UNATTACHED	F35	315	77
78	0:51:29	BIDNALL, Jim	Bungay Black Dog Running Club	M40	286	78
79	0:51:46	CARWELL, Michelle	Bungay Black Dog Running Club	F35	340	79
80	0:52:10	WOODHOUSE, Gill	Dereham Runners AC	F55	309	80
81	0:52:11	GEDGE, Karen	Bungay Black Dog Running Club	F45	261	81
82	0:52:12	WHITE, John	Bungay Black Dog Running Club	M40	267	82
83	0:52:37	LEES, IVAN	Gt Yarmouth Road Runners	M50	323	83
84	0:52:57	LEWIS, David	UNATTACHED	M Open	222	84
85	0:53:16	POTTER, Judy	Bungay Black Dog Running Club	F65	260	85
86	0:53:38	LINES, David	Bungay Black Dog Running Club	M40	259	86
87	0:54:28	SPONG, Carole	Gt Yarmouth Road Runners	F65	231	87
88	0:55:33	MITCHELL, William	UNATTACHED	M Open	326	88
89	0:55:40	BOUND, John	Gt Yarmouth Road Runners	M60	240	89
90	0:56:25	CREASOR, Michael	Road Runners	M70	269	90
91	0:56:36	PREW, Rachel	UNATTACHED	F Open	237	91
92	0:56:44	POTTER, Sue	Bungay Black Dog Running Club	F45	244	92
93	0:59:05	DEPASQUALE, Dale	Waveney Valley A.C.	M40	328	93
94	0:59:26	SPANDLER, Peter	Gt Yarmouth Road Runners	M50	319	94
95	0:59:53	READ, Leigh	UNATTACHED	F35	321	95
96	1:00:04	CAPPS-JENNER, Jayne	Bungay Black Dog Running Club	F45	322	96
97	1:00:48	HUNTING, Nicola	Bungay Black Dog Running Club	F Open	223	97
98	1:00:48	REED, Louise	Bungay Black Dog Running Club	F35	252	98
99	1:01:26	NICHOLS, Marcus	UNATTACHED	M Open	236	99
100	1:02:22	WHITING, Jean	UNATTACHED	F35	234	100
101	1:02:52	JOHNSON, Carla	Felixstowe Road Runners	F Open	297	101
102	1:03:50	CROSBY, Diane	Gt Yarmouth Road Runners	F65	294	102
103	1:04:30	PEMBERTON, Victoria	UNATTACHED	F Open	250	103
104	1:04:31	FREEMAN, Helen	UNATTACHED	F Open	253	104
105	1:04:43	RENSHAW, Diane	Dereham Runners AC	F45	266	105
106	1:06:53	ARNELL, Robert	Gt Yarmouth Road Runners	M60	299	106
107	1:07:23	JACK, Bob	Bungay Black Dog Running Club	M50	247	107
108	1:09:47	FLATT, Maggie	Bungay Black Dog Running Club	F45	224	108
109	1:15:14	JAMES, Katy	Bungay Black Dog Running Club	F55	308	109
110	1:17:23	SPONG, Jim	Gt Yarmouth Road Runners	M70	230	110
111	1:27:31	HARBORD, Chris	Bungay Black Dog Running Club	M60	339	111
112	1:28:46	CALLES, Bertha	UNATTACHED	F35	334	112