

**Bungay Black Dog Summer Series 10k**  
2nd Race - Wednesday 29 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	0:33:58	DAVIES, Gavin	Ipswich Jaffa	M Open	376	1
2	0:34:27	HIGHAM, Paul	Norwich Road Runners	M Open	367	2
3	0:34:29	ARNOLD, Nigel	Norfolk Gazelles	M50	366	3
4	0:34:41	CHENERY, Robert	Ipswich Jaffa	M Open	382	4
5	0:35:12	CHEVERTON, Robert	City of Norwich AC	M50	296	5
6	0:35:29	MCMORRAN, Kieran	Bungay Black Dog Running Club	M Open	360	6
7	0:35:37	SHARMAN, Kevin	Lowestoft Road Runners	M40	399	7
8	0:36:44	COONEY, Alan	UNATTACHED	M Open	348	8
9	0:36:58	WALSHAW, John	City of Norwich AC	M40	363	9
10	0:37:02	STARMER, Chris	Stowmarket Striders	M50	412	10
11	0:37:48	JENVEY, Graham	UNATTACHED	M Open	370	11
12	0:38:29	MEADOWS, Jonathan	Lowestoft Road Runners	M Open	272	12
13	0:38:33	KINSMAN, Daniel	Framlingham Flyers	M Open	302	13
14	0:38:42	GREENLAND, Eddie	Unaffiliated	M40	383	14
15	0:39:05	LARKE, Tim	Stowmarket Striders	M Open	245	15
16	0:39:18	WILKINSON, Angus	Tri-Anglia	M Open	393	16
17	0:39:24	TYE, Chris	Ipswich Triathlon Club	M40	239	17
18	0:39:27	FRARY, Matthew	Norwich Road Runners	M Open	307	18
19	0:39:31	FLATT, Lewis	Bungay Black Dog Running Club	M Open	225	19
20	0:39:38	SIBLEY, Neil	Gt Yarmouth Road Runners	M40	241	20
21	0:39:40	LYON, Paul	Lowestoft Road Runners	M Open	377	21
22	0:39:41	HAMMOND, Nick	Stowmarket Striders	M Open	387	22
23	0:39:47	CHAPMAN, Karl	Wymondham Athletic Club	M40	369	23
24	0:39:57	WOODS, Tim	Norfolk Gazelles	M40	384	24
25	0:40:18	HELMORE, JEFF	Gt Yarmouth Road Runners	M50	291	25
26	0:40:24	BECK, Chris	Tri-Anglia	M Open	404	26
27	0:40:41	COLLINS, Michael	Bungay Black Dog Running Club	M Open	270	27
28	0:40:43	WILES, Jonathan	Bungay Black Dog Running Club	M Open	262	28
29	0:40:50	ALTARELLI, Leo	Bungay Black Dog Running Club	M Open	333	29
30	0:40:55	BLAKE, Richard	Gt Yarmouth Road Runners	M60	281	30
31	0:40:57	GRAND, Adrian	Norwich Road Runners	M40	306	31
32	0:41:04	WALKER, Jason	Stowmarket Striders	M Open	357	32
33	0:41:06	EPPS, Terry	Wymondham Athletic Club	M50	392	33
34	0:41:24	COULTER, Graham	Diss AC	M Open	317	34
35	0:41:33	JAMES, Robert	Bungay Black Dog Running Club	M40	398	35
36	0:41:51	CHORLEY, CHRIS	Bungay Black Dog Running Club	M40	249	36
37	0:42:05	BLAINEY, Jonathan	UNATTACHED	M40	354	37
38	0:42:14	BOWMAN, Ken	Coltishall Jaguars	M60	368	38
39	0:42:37	SNELLING, Benjamin	UNATTACHED	M40	355	39
40	0:42:40	HOLDER, Cheryl	Purple Patch Runners	F35	238	40
41	0:42:54	BELSOM, Robin	Ipswich Jaffa	M50	227	41
42	0:42:58	PECK, Andy	Gt Yarmouth Road Runners	M40	318	42
43	0:43:01	WOOLDRIDGE, Kate	Ipswich Jaffa	F35	362	43
44	0:43:20	OLDHAM, Mark	UNATTACHED	M40	264	44
45	0:43:24	CANHAM, Aimee	Saxmundham Saxons	F Open	372	45
46	0:43:31	DADY, Steve	Gt Yarmouth Road Runners	M50	273	46
47	0:43:34	SCOTT, Lee	Diss AC	M Open	385	47
48	0:43:44	SKOULDING, Dale	UNATTACHED	M Open	410	48
49	0:43:57	GARWOOD, Kevin	Wymondham Athletic Club	M40	303	49
50	0:43:59	PULLINGER, Tom	Bungay Black Dog Running Club	M40	305	50
51	0:44:02	WHARTON, John	Bungay Black Dog Running Club	M50	280	51
52	0:44:04	WIGGINS, Simon	Felixstowe Road Runners	M Open	242	52
53	0:44:14	BETTS, Laura	UNATTACHED	F Open	351	53
54	0:44:18	FORDHAM, David	Saxmundham Saxons	M60	329	54
55	0:44:20	EDMUNDS, Peter	Unaffiliated	M60	397	55
56	0:44:32	MCCLUSKER, Eamon	Ryston Runners	M50	235	56
57	0:44:34	CHENERY, Duncan	Ipswich Jaffa	M50	381	57
58	0:44:35	MCTERNAN, Sean	UNATTACHED	M50	229	58
59	0:44:58	HUNTON, Steve	UNATTACHED	M40	254	59
60	0:45:05	DUPRES, Jon	UNATTACHED	M Open	285	60
61	0:45:06	MULCAHEY, Terry	Bungay Black Dog Running Club	M60	413	61
62	0:45:15	SPASHETT, David	Bungay Black Dog Running Club	M60	336	62
63	0:45:16	GARWOOD, Malcolm	Wymondham Athletic Club	M40	311	63
64	0:45:35	GODWIN, Lisa	Norwich Road Runners	F35	345	64
65	0:45:45	CLARKE, Myles	UNATTACHED	M Open	374	65
66	0:45:54	COMFORT, Norman	UNATTACHED	M Open	365	66
67	0:46:11	BARDWELL, Sharon	UNATTACHED	F35	255	67
68	0:46:22	MANNING, Karen	Gt Yarmouth Road Runners	F35	324	68
69	0:46:30	ELFLETT, Mark	Lowestoft Road Runners	M40	375	69
70	0:47:07	WATERMAN, David	Bungay Black Dog Running Club	M50	284	70

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71	0:47:19	CLARK, Richard	Saxmundham Saxons	M50	389	71
72	0:47:26	GODWIN, Joanna	Norwich Road Runners	F35	358	72
73	0:47:29	COX, Joanne	Bungay Black Dog Running Club	F35	335	73
74	0:47:33	MANNING, Annette	Bungay Black Dog Running Club	F45	226	74
75	0:47:44	BUCKHAM, Mark	UNATTACHED	M Open	325	75
76	0:47:47	AVERY, Mark	Ipswich Jaffa	M40	337	76
77	0:47:50	SAUERZAPF, BOBBIE	Bungay Black Dog Running Club	F45	248	77
78	0:48:07	OLDMAN, Stephen	Bungay Black Dog Running Club	M40	346	78
79	0:48:11	ASHCROFT, Damien	UNATTACHED	M40	408	79
80	0:48:31	TIPPLE, Barry	UNATTACHED	M40	353	80
81	0:48:46	WATERWORTH, Mark	UNATTACHED	M40	251	81
82	0:48:52	FELLINGHAM, Richard	Stowmarket Striders	M60	396	82
83	0:48:55	THOMAS, Neil	Bungay Black Dog Running Club	M40	256	83
84	0:48:56	STRINGER, Steve	Gt Yarmouth Road Runners	M40	342	84
85	0:49:19	FRANKS, Michael	UNATTACHED	M50	405	85
86	0:49:40	COULTER, Sarah	Diss AC	F35	316	86
87	0:49:54	ROSBROOK, Mike	Hadleigh Hares	M70	277	87
88	0:50:27	LEES, IVAN	Gt Yarmouth Road Runners	M50	323	88
89	0:50:27	BIDNALL, Jim	Bungay Black Dog Running Club	M40	286	89
90	0:50:36	O'MULLANE, Tim	UNATTACHED	M50	274	90
91	0:50:39	INGRAM, Stewart	Tri-Anglia	M50	278	91
92	0:50:48	GEORGE, Henry	UNATTACHED	M Open	414	92
93	0:51:30	OSBORNE, Robert	North Norfolk Beach Runners	M50	379	93
94	0:51:54	WHALE, Colin	Bungay Black Dog Running Club	M40	373	94
95	0:51:59	CONNELLAN, Sarah	Bungay Black Dog Running Club	F Open	406	95
96	0:52:29	BENDIX, Shona	Bungay Black Dog Running Club	F35	352	96
97	0:52:41	BEVAN, Jonathon	UNATTACHED		341	97
98	0:52:51	PRYCE, David	Waveney Valley A.C.	M60	409	98
99	0:52:53	PLUMMER, Matt	UNATTACHED	M Open	411	99
100	0:53:19	MITCHELL, William	UNATTACHED	M Open	326	100
101	0:53:23	SOGBESAN, Suji	UNATTACHED	M Open	400	101
102	0:53:24	OSBORNE, Andrea	North Norfolk Beach Runners	F55	380	102
103	0:53:35	GEDGE, Karen	Bungay Black Dog Running Club	F45	261	103
104	0:53:49	LINES, David	Bungay Black Dog Running Club	M40	259	104
105	0:53:50	WHITE, John	Bungay Black Dog Running Club	M40	267	105
106	0:54:15	SPANDLER, Peter	Gt Yarmouth Road Runners	M50	319	106
107	0:54:25	POTTER, Judy	Bungay Black Dog Running Club	F65	260	107
108	0:55:00	HAGAN, Patricia	Bungay Black Dog Running Club	F45	347	108
109	0:55:03	MEDWAY, Louise	UNATTACHED	F Open	391	109
110	0:55:35	PREW, Rachel	UNATTACHED	F Open	237	110
111	0:55:54	FARRAR, Robin	Bungay Black Dog Running Club	M60	221	111
112	0:56:42	MCMORRAN, Karen	Bungay Black Dog Running Club	F35	361	112
113	0:57:16	GLADWIN, Douglas	Bungay Black Dog Running Club	M40	378	113
114	0:57:30	GOWING, Jackie	Wymondham Athletic Club	F35	371	114
115	0:57:32	GRAHAM, Claire	Bungay Black Dog Running Club	F35	356	115
116	0:58:09	KEEBLE, Rebecca	UNATTACHED	F35	349	116
117	0:58:13	WESTON, Shirley	UNATTACHED	F45	390	117
118	0:58:32	ADAMS, Hayley	UNATTACHED	F Open	350	118
119	0:58:36	HUNTING, Nicola	Bungay Black Dog Running Club	F Open	223	119
120	0:58:36	REED, Louise	Bungay Black Dog Running Club	F35	252	120
121	0:59:07	READ, Leigh	UNATTACHED	F35	321	121
122	0:59:10	CAPPS-JENNER, Jayne	Bungay Black Dog Running Club	F45	322	122
123	1:00:45	KEMPSTER, Amy	UNATTACHED	F55	395	123
124	1:00:46	PRETTY, Jamie	UNATTACHED	M Open	394	124
125	1:01:41	ROUSE, Karl	Diss AC	M Open	386	125
126	1:02:34	HEDRICH, Julia	UNATTACHED	F Open	401	126
127	1:02:49	TURRES, Juan	UNATTACHED	M Open	403	127
128	1:03:28	NICHOLLS, Sally	Bungay Black Dog Running Club	F45	407	128
129	1:04:11	OLABE, Olatz	UNATTACHED	M Open	402	129
130	1:06:07	JACK, Bob	Bungay Black Dog Running Club	M50	247	130
131	1:06:30	DUNSDON, Martyn	UNATTACHED	M Open	388	131
132	1:08:51	FLATT, Maggie	Bungay Black Dog Running Club	F45	224	132