

Bungay Black Dog Running Club
 Adnams Great East Run 10km - 6th November 2011
 Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
168	01:10:54	01:10:46	Adams	Tracy		F35	551
67	52:23:00	52:18:00	Akast	Will		SM	552
13	43:42:00	43:42:00	Aldis	David	City of Norwich AC	M60	734
49	49:32:00	49:26:00	Alford	Colin		M40	554
79	54:16:00	54:10:00	Alford	Karen		F45	553
153	01:05:52	01:05:44	Arnell	Bob	Great Yarmouth Road Runners	M60	555
38	47:17:00	47:16:00	Beighton	Dave		SM	556
126	01:01:21	01:01:10	Bell	Jackie	Bungay Black Dog Running Club	F45	557
14	44:01:00	44:00:00	Bendix-Hickman	Robin	Bungay Black Dog Running Club	SM	558
94	56:18:00	56:04:00	Blair	Margaret		F35	745
140	01:03:33	01:03:21	Boggis	Donna		F35	747
112	58:51:00	58:40:00	Bond	Tammy		F35	559
60	50:58:00	50:57:00	Borrett	Keith	Stowmarket Striders	M50	743
58	50:27:00	50:26:00	Bradley	Sarah	Norwich Road Runners	F45	560
175	01:14:26	01:14:15	Brightman	Pat	Great Yarmouth & District Athletic C	F55	561
95	56:20:00	56:13:00	Britt	Tony	UKnetrunner.co.uk	M50	562
165	01:10:32	01:10:19	Brock	Hannah	Bungay Black Dog Running Club	SF	563
177	01:19:02	01:18:48	Brock	Hazel	Bungay Black Dog Running Club	F55	565
159	01:07:29	01:07:16	Brock	Rebecca	Bungay Black Dog Running Club	SF	564
56	50:22:00	50:21:00	Brown	Hannah	Bungay Black Dog Running Club	F35	566
120	01:00:04	59:54:00	Brown	Warren		SM	567
42	48:13:00	48:09:00	Carter	Helen		F35	568
19	45:03:00	45:00:00	Carter	Matthew		SM	569
31	46:51:00	46:51:00	Challis	Carole		SF	571
3	36:07:01	36:07:00	Cheverton	Robert	City of Norwich AC	M50	572
11	42:36:00	42:35:00	Churchman	Ben		SM	573
136	01:02:41	01:02:28	Clark	James		SM	574
20	45:12:00	45:07:00	Clark	Kristian		SM	575
131	01:02:13	01:02:01	Clarke	Philip		M50	576
152	01:05:36	01:05:24	Clegg	Dawn	Great Yarmouth & District Athletic C	F45	577
22	45:31:00	45:31:00	Collyer	Richard		M40	578
28	46:22:00	46:19:00	Colman	Peter	Ipswich Jaffa RC	M60	579
124	01:00:52	1:00:36	Cooper	Martin		M60	581
53	49:50:00	49:44:00	Cowan	John		SM	582
37	47:03:00	47:02:00	Cox	Joanne	Bungay Black Dog Running Club	F35	584

Bungay Black Dog Running Club
 Adnams Great East Run 10km - 6th November 2011
 Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
7	38:48:00	38:48:00	Cox	John		M40	583
101	56:50:00	56:38:00	Coyte-Mckenzie	H	Norfolk Gazelles AC	F45	586
55	50:19:00	50:09:00	Crane	Scott		SM	587
109	58:33:00	58:25:00	Crosby	Diane	Great Yarmouth Road Runners	F65	735
76	53:49:00	53:40:00	Cross	Paul		SM	588
23	45:35:00	45:31:00	Crowe	Wayne		M40	589
129	01:01:52	1:01:48	Cummings	Steve		M40	741
155	01:06:22	01:06:08	Curry	Samantha	Bungay Black Dog Running Club	SF	590
89	55:43:00	55:36:00	Dady	Sylvia	Great Yarmouth Road Runners	SF	591
160	01:07:33	01:07:18	Das	Alexander		M40	592
36	46:59:00	46:57:00	Davies	Chris		SM	593
46	49:04:00	49:03:00	Dawson	Lorraine	Great Yarmouth Road Runners	F45	595
78	54:13:00	54:06:00	Deacon	Anthony	Tri-Anglia Triathlon Club	M50	725
65	52:19:00	52:17:00	Delf	William		M50	597
121	01:00:24	1:00:14	Dietrich	Christian		M40	598
16	44:25:00	44:22:00	Downes	Oliver		M40	746
123	01:00:34	1:00:22	Doyle	Danny		SM	724
137	01:03:19	01:03:13	Eden	Kim		F45	600
26	45:50:00	45:49:00	Elfett	Mark	Lowestoft Road Runners	M40	740
118	59:26:00	59:19:00	Ellis	Faye	Lowestoft Road Runners	SF	727
40	47:40:00	47:40:00	Elmy	Mark		M40	601
1	36:00:00	36:00:00	Fawcett	Ross	Ipswich Harriers	SM	729
162	01:08:02	01:07:53	Fenech	Charles		M60	602
169	01:11:05	01:10:49	Flatt	Maggie	Bungay Black Dog Running Club	F45	603
125	01:01:18	1:01:06	Francis	Lesley		F55	604
138	01:03:28	01:03:17	Franks	Janette		F45	605
178	01:28:36	01:28:24	Gamble	Rebecca		F35	606
102	57:11:00	56:57:00	Gant	Carl		M40	607
141	01:03:33	01:03:21	Gilbert	Denise		F35	748
132	01:02:16	01:02:07	Gillingham	Ayten	Mid Essex Casuals	F35	608
164	01:09:22	01:09:15	Gladwin	Douglas	Bungay Black Dog Running Club	M50	609
35	46:58:00	46:54:00	Goldsmith	Simon		SM	610
57	50:23:00	50:18:00	Gray	Dwaine		M40	611
8	39:52:00	39:52:00	Green	Stuart	Stowmarket Striders	M50	612
110	58:35:00	58:20:00	Grover	Mark		M40	613

Bungay Black Dog Running Club
 Adnams Great East Run 10km - 6th November 2011
 Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
144	01:03:40	01:03:30	Hands	Rebecca		F35	614
34	46:57:00	46:56:00	Hannant	Emily		SF	615
4	37:35:00	37:35:00	Hanson	Richard		M40	616
85	55:10:00	55:02:00	Hardy	Anna		SF	617
25	45:48:00	45:43:00	Harris	Michael		SM	618
84	54:54:00	54:51:00	Harrison	Matthew		SM	619
54	50:08:00	49:57:00	Harvey	Ben		SM	620
170	01:11:29	01:11:20	Herlitz	Marissa		SF	621
133	01:02:17	01:02:09	Highet	Rosalind		SF	622
176	01:15:02	01:14:48	Hill	Jenny	Bungay Black Dog Running Club	F55	623
104	58:09:00	58:01:00	Hind	Laura		SF	624
24	45:39:00	45:36:00	Hobson	Douglas	Woodbridge Shufflers	SM	625
172	01:12:27	01:12:13	Holland	Michelle		SF	626
21	45:30:00	45:25:00	Hood	Nick		SM	627
103	57:26:00	57:18:00	Houlihan	Julie-Ann		SF	738
61	51:29:00	51:24:00	Howard	Timothy		M50	628
59	50:51:00	50:50:00	Hughes	Diane	Stowmarket Striders	F45	726
41	48:02:00	47:52:00	Hunter	Stuart		M40	629
15	44:15:00	44:13:00	Hurr	Phil	Norfolk Gazelles AC	M50	630
81	54:26:00	54:18:00	Ivers	Janet	Tri-Anglia Triathlon Club	F35	631
171	01:12:14	01:11:59	Jack	Bob	Bungay Black Dog Running Club	M50	632
100	56:32:00	56:22:00	Jackson	Yvonne		F35	633
43	48:24:00	48:14:00	Jacobs	Richard		SM	634
173	01:12:27	01:12:22	James	Katy	Bungay Black Dog Running Club	F65	636
9	41:24:00	41:22:00	James	Robert	Bungay Black Dog Running Club	M40	635
135	01:02:24	01:02:17	Johnson	Carla	Felixstowe Road Runners	SF	637
145	01:04:07	01:03:55	Jones	Jenny		F35	639
167	01:10:51	01:10:38	Jones	Steve		M40	638
12	43:04:00	43:03:00	Jordan	Rebecca	Stowmarket Striders	SF	640
51	49:42:00	49:35:00	Keating	Anne		SF	737
82	54:40:00	54:34:00	Keeble	Laura		SF	641
48	49:21:00	49:16:00	Keeble	Richard		M50	642
117	59:24:00	59:21:00	Kennedy	Cliodhna		SF	732
47	49:05:00	49:01:00	Kennedy	Daniel		SM	733
45	48:43:00	48:40:00	Kinsella	Nigel		M40	645

Bungay Black Dog Running Club
 Adnams Great East Run 10km - 6th November 2011
 Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
63	52:01:00	51:55:00	Knapp	Mary		F35	646
68	52:33:00	52:30:00	Lambert	John	Ipswich Jaffa RC	M60	647
73	53:40:00	53:35:00	Lambert	Paula	Waveney Valley AC	F35	731
5	37:48:00	37:48:00	Lark	Shaun	Lowestoft Road Runners	SM	752
106	58:09:00	57:59:00	Larner	Stephen		SM	648
17	44:44:00	44:40:00	Leeds	Neil		SM	649
18	44:52:00	44:48:00	Lees	Chris		M40	650
77	54:11:00	54:02:00	Littler	Bill		M40	653
157	01:06:58	01:06:49	Lockhart	Rebecca		F35	655
151	01:05:19	01:05:06	Long	Beverly		F45	736
105	58:09:00	58:03:00	Lutkin	Alison		F35	656
158	01:07:26	01:07:12	Matthewson	Ann	Bungay Black Dog Running Club	F45	657
156	01:06:43	01:06:38	Mayne	Tracy	Waveney Valley AC	F35	659
108	58:22:00	58:10:00	McCabe	Kate		F35	660
75	53:41:00	53:34:00	McCann	Paula		F55	661
115	59:24:00	59:21:00	McCartney	Margaret		F45	662
122	01:00:31	1:00:20	McIntyre	Craig		SM	749
74	53:41:00	53:33:00	McKinnell	Michael		M50	663
10	42:13:00	42:12:00	Milligan	Iain		SM	665
139	01:03:28	01:03:17	Mitcham	Andy		SM	666
166	01:10:44	01:10:29	Morgan	Andrew		SM	667
27	46:13:00	46:13:00	Mowbray	Matt	Ful-On-Tri-Club	SM	728
119	59:55:00	59:42:00	Nichols	Marcus		SM	670
72	53:38:00	53:27:00	Oldman	Stephen	Bungay Black Dog Running Club	M40	671
86	55:16:00	55:14:00	Oshitola	Oloruntobi		SM	672
97	56:28:00	56:16:00	Owen	Claire	Coltishall Jaguars RC	F35	673
29	46:37:00	46:36:00	Owen	Stacey	Thetford AC	SF	674
52	49:46:00	49:36:00	Pelly	Lorna		SF	744
174	01:12:53	01:12:38	Peryer	David		M60	675
163	01:09:20	01:09:05	Peryer	Jen		F45	676
69	53:06:00	53:06:00	Philpott	Carl		SM	677
6	38:47:00	38:47:00	Pimlott	Chris	Waveney Valley AC	SM	751
88	55:39:00	55:33:00	Poole	Carolyn	Norfolk Gazelles AC	F55	679
64	52:13:00	52:10:00	Pritchard	Susanna	Stowmarket Striders	SF	681
150	01:05:14	01:05:07	Protheroe	Sallyann	Lowestoft Road Runners	F45	682

Bungay Black Dog Running Club
 Adnams Great East Run 10km - 6th November 2011
 Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
113	58:51:00	58:46:00	Pumfrey	Karen		F35	742
44	48:37:00	48:31:00	Raisborough	Kevin		M40	683
111	58:50:00	58:40:00	Rake	Carole		F35	684
147	01:04:36	01:04:23	Roper	Rachel	Bungay Black Dog Running Club	SF	687
83	54:49:00	54:39:00	Saunders	Paul		sm	753
80	54:21:00	54:16:00	Schofield	Belinda		F55	689
161	01:07:54	01:07:40	Scutter	Tim		SM	690
2	36:07:00	36:07:00	Shaw	Jamie	Newmarket Joggers	SM	691
107	58:10:00	58:03:00	Shulver	Rod	Great Yarmouth Road Runners	M70	692
99	56:30:00	56:20:00	Sims	Tabatha		F35	694
114	59:01:00	58:50:00	Sinclair	Anne		F45	695
92	56:08:00	56:00:00	Smith	Sue	Tri-Anglia Triathlon Club	F45	697
91	55:59:00	55:57:00	Spandler	Peter	Great Yarmouth Road Runners	M50	698
154	01:06:09	01:06:00	Spong	Jim	Great Yarmouth Road Runners	M70	699
179	01:28:36	01:28:28	Spoor	Jean		F55	700
62	51:59:00	51:57:00	Stockdale	Mark		SM	701
134	01:02:17	01:02:09	Stratton	Andrew		M50	702
50	49:39:00	49:39:00	Stringer	Steve	Great Yarmouth Road Runners	M40	703
143	01:03:34	01:03:25	Sugars	Helen		F35	704
130	01:02:13	01:02:00	Summerfield	Sally		F45	705
98	56:28:00	56:15:00	Tang	Pei		SM	706
70	53:06:00	53:06:00	Tassone	Peter		SM	707
148	01:04:36	01:04:23	Taylor	Joanne	Bungay Black Dog Running Club	F35	708
71	53:18:00	53:10:00	Tilbrook	Dianne		F55	709
116	59:24:00	59:19:00	Tovell	Michelle		F35	710
39	47:23:00	47:18:00	Tovey	Anthony		SM	711
93	56:16:00	56:08:00	Trusler	Alex		SM	712
32	46:53:00	46:46:00	Vigiatzis	Lily	City of Norwich AC	SF	739
96	56:24:00	56:10:00	Wang	Ang		SM	750
90	55:52:00	55:43:00	Ward	Steve		M50	713
146	01:04:32	01:04:21	Warren	Christine	Norfolk Gazelles AC	F55	714
127	01:01:28	01:01:24	Watson	Nikki		F35	715
128	01:01:33	01:01:26	Whyte	Natalie	Bungay Black Dog Running Club	SF	718
66	52:21:00	52:14:00	Whyte	Philip	Tri-Anglia Triathlon Club	M40	717
142	01:03:34	01:03:25	Wilkinson	Sally		F45	719

Bungay Black Dog Running Club
Adnams Great East Run 10km - 6th November 2011
Provisional Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
30	46:50:00	46:44:00	Wilson	Brendan	City of Norwich AC	M40	721
33	46:55:00	46:54:00	Wing	Samantha	Thetford AC	SF	722
87	55:29:00	55:23:00	Withey	Sally	City of Norwich AC	F35	730
149	01:04:55	01:04:45	Young	Belinda		SF	723