

Bungay Black Dog Running Club  
 Adnams Great East Run 20km - 6th November 2011  
 Results sorted by Name

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
191	01:51:01	01:50:49	Allard	Jane		SF	1
126	01:40:58	01:40:48	Allen	Daren		M45	2
32	01:26:00	01:25:57	Altarelli	Leo	Bungay Black Dog Running Club	SM	275
223	02:02:31	02:02:14	Ambrose	Sarah	City Of Norwich AC	F45	3
175	01:48:27	01:48:09	Arnold	Chris		M45	5
177	01:48:44	01:48:34	Ashcroft	Damian		M45	6
30	01:25:41	01:25:34	Bailey	Benjamin	Norwich Road Runners	M40	8
71	01:32:30	01:32:26	Baker	Andrew	Great Yarmouth Road Runners	M40	12
4	01:16:52	01:16:52	Balmer	Chris	Ryston Runners	SM	13
160	01:45:21	01:45:18	Barrett	John		SM	14
34	01:26:46	01:26:42	Belsom	Robin	Ipswich Jaffa	M50	18
215	01:58:46	01:58:32	Belsom	Ruth		F45	17
207	01:56:05	01:55:51	Bendix	Shona	Bungay Black Dog Running Club	F40	19
205	01:55:49	01:55:33	Berriman	Michelle		F35	21
74	01:32:45	01:32:39	Berriman	Paul		SM	20
110	01:38:31	01:38:27	Bird	Peter	Saint Edmund Pacers	SM	22
50	01:29:05	01:29:02	Blainey	Jon		M40	260
37	01:27:12	01:27:11	Blake	Richard	Great Yarmouth Road Runners	M60	23
63	01:30:28	01:30:21	Blomfield	Steve		M45	25
228	02:05:47	02:04:58	Boldin-Day	Ivan		SM	26
48	01:28:56	01:28:53	Bowman	Ken	Coltishall Jaguars RC	M60	281
119	01:39:55	01:39:48	Brand	Roger	Saint Edmund Pacers	M60	29
198	01:52:52	01:52:36	Bright	Stephen	British Atheletes Supporters Club	M45	30
46	01:28:50	01:28:47	Brown	Hugh		M40	31
17	01:22:22	01:22:18	Brown	Paul	Framlingham Flyers	M45	32
212	01:57:50	01:57:37	Burn	Helen		SF	34
209	01:57:11	01:57:01	Burrage	Andrew	Norfolk Gazelles AC	M55	35
199	01:52:53	01:52:43	Burrage	Carolyn	Norfolk Gazelles AC	F55	36
139	01:42:54	01:42:41	Burrows	Julie		F35	37
238	02:12:16	02:12:02	Bygrave	Mark		M45	39
222	02:00:31	02:00:19	Calver	Eloise	Saint Edmund Pacers	F40	40
42	01:28:20	01:28:19	Catling	Neil	Ipswich Triathlon Club	SM	44
44	01:28:46	01:28:38	Chorley	Chris	Bungay Black Dog Running Club	M45	45
29	01:25:21	01:25:20	Clarke	Martyn		M45	46
193	01:51:29	01:51:18	Cole	Michael		SM	47

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111	01:38:39	01:38:31	Cooke	Sue	City Of Norwich AC	F50	48
127	01:41:07	01:40:59	Cooper	Gary	Norwich Road Runners	M45	267
8	01:19:16	01:19:15	Copland	Dave	Ipswich Triathlon Club	M45	49
9	01:19:16	01:19:16	Craske	Adam	Bungay Black Dog Running Club	SM	50
230	02:06:05	02:05:52	Daggers	Jess		SF	53
103	01:36:58	01:36:48	Davison	Mark		SM	54
201	01:53:33	01:53:23	Denby	Marie		F35	56
202	01:53:35	01:53:24	Denby	Phil		SM	55
134	01:42:39	01:42:32	Deswarte	Richard		M45	253
107	01:38:11	01:38:03	Dixon	Scott		SM	58
121	01:40:13	01:40:04	Dixon	Tara		F40	57
54	01:29:22	01:29:20	Doak	Karen		F35	59
242	02:29:46	02:29:29	Donovan	Rob		M60	60
179	01:48:57	01:48:46	Downing	Terry		M55	61
62	01:30:23	01:30:19	Dye	Hannah		F35	63
145	01:43:29	01:43:23	Dzelzainis	Martin		M55	64
122	01:40:37	01:40:25	Edmunds	Peter		M60	249
69	01:31:44	01:31:42	Edwards	Penny	Norwich Road Runners	F55	65
146	01:43:30	01:43:19	Ellen	Anne	Norfolk Gazelles AC	F55	66
99	01:36:33	01:36:20	Ellis	Matt	Lowestoft Road Runners	SM	250
112	01:38:39	01:38:30	Ellis	Vince	City Of Norwich AC	M55	67
73	01:32:42	01:32:28	Enticknap	Andrew	Huntingdonshire AC	M40	68
27	01:25:05	01:25:04	Epps	Terry	Wymondham AC	M55	69
227	02:04:18	02:04:03	Farrar	Robin	Bungay Black Dog Running Club	M65	70
57	01:29:41	01:29:38	Fawbert	Mark		SM	71
135	01:42:42	01:42:32	Finch	Peter	Stowmarket Striders	M50	72
187	01:50:10	01:50:00	Finnis	Antony		SM	73
144	01:43:29	01:43:13	Fish	Colin		M45	74
43	01:28:43	01:28:39	Flack	Andrew		M40	76
58	01:29:42	01:29:35	Flatt	Lewis	Bungay Black Dog Running Club	SM	77
154	01:44:18	01:44:13	Fletcher	Adrian	Coltishall Jaguars RC	M40	78
95	01:35:29	01:35:23	Fordham	David	Saxons	M60	256
226	02:03:03	02:02:47	Foulkes	Mark		SM	79
68	01:31:42	01:31:37	France	Darren		M45	80
225	02:03:01	02:02:48	Francis	Gemma		SF	82

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217	01:58:58	01:58:41	Francis	Trevor		M60	81
140	01:42:57	01:42:47	Franks	Michael		M50	83
189	01:50:26	01:50:08	Fraser	Alec	North Norfolk Beach Runners	M70	84
171	01:47:21	01:47:09	Fribbens	Dorinda	Braintree Athletic Club	F45	86
136	01:42:45	01:42:33	Fribbens	Mark	Braintree Athletic Club	M45	85
192	01:51:08	01:51:01	Fulton	Michael		M45	87
114	01:38:56	01:38:45	Futter	Darryl	Bungay Black Dog Running Club	M50	88
60	01:29:44	01:29:42	Gadd	Matthew		SM	255
85	01:34:06	01:33:49	Gallard	Richard	Waveney Valley AC	M40	89
206	01:55:58	01:55:39	Gamble	David		SM	90
190	01:50:56	01:50:41	Garlick	Chris		M45	91
75	01:32:50	01:32:46	Garwood	Kevin	Wymondham AC	M45	92
162	01:45:27	01:45:16	Garwood	Malcolm	Wymondham AC	M40	93
161	01:45:22	01:45:13	Gaskins	Ben	Tri-Anglia Triathlon Club	SM	261
152	01:44:11	01:44:00	Gatehouse	Mary		F35	94
158	01:45:00	01:44:43	Gatenby	Hugh		M50	264
3	01:14:28	01:14:28	Gibbs	Stephen	Norwich Road Runners	SM	259
52	01:29:19	01:29:18	Gillingham	Neil	Ipswich Harriers	SM	96
150	01:43:59	01:43:54	Gillott	Freya		SF	97
168	01:47:03	01:46:54	Girling	Stephen		M45	98
6	01:18:58	01:18:58	Glaysher	Stefan	Norwich Road Runners	M45	99
173	01:47:55	01:47:44	Glover	Adam		SM	270
141	01:42:58	01:42:42	Goldthorpe	Jonathan	Ipswich Jaffa	M45	100
67	01:31:34	01:31:29	Gooderham	Ian	Saint Edmund Pacers	M40	101
64	01:30:36	01:30:30	Gouderham	Martin	Tri-Anglia Triathlon Club	SM	280
231	02:08:00	02:07:43	Graham	Claire	Bungay Black Dog Running Club	F40	102
14	01:21:02	01:21:01	Grubb	Mark	Norfolk Gazelles AC	SM	104
125	01:40:54	01:40:41	Hales	Andrew		SM	105
98	01:36:05	01:35:58	Hall	Chris	Tri-Anglia Triathlon Club	SM	106
220	01:59:56	01:59:44	Hamarsoo	Maria	Saint Edmund Pacers	SF	108
120	01:40:12	01:40:08	Hannah	Jane		SF	109
208	01:56:43	01:56:28	Hargadon	Sue	Ipswich Triathlon Club	F55	110
236	02:12:03	02:11:48	Harris	Dennis		M45	111
124	01:40:46	01:40:41	Harrison	Duncan		SM	112
83	01:33:58	01:33:52	Harrison	Tim		M40	113

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41	01:28:18	01:28:14	Havard	Lucy		SF	114
90	01:34:34	01:34:22	Haylock	Christopher		SM	115
137	01:42:50	01:42:36	Hickman	Tim		SM	116
55	01:29:29	01:29:21	Hill	Raymond	Ipswich Jaffa	M60	117
123	01:40:46	01:40:40	Hoblyn	Claire	Saint Edmund Pacers	F45	118
129	01:41:21	01:41:14	Hobson	Roger	Woodbridge Shufflers RC	M65	119
188	01:50:11	01:49:58	Holland	Julian		SM	120
203	01:54:19	01:54:08	Hood	Keith	Wymondham AC	M50	121
113	01:38:48	01:38:34	Hook	David	City Of Norwich AC	SM	122
92	01:34:51	01:34:45	Howes	Matthew	Norwich Road Runners	SM	123
5	01:17:12	01:17:12	Howlett	Adam		M40	276
117	01:39:35	01:39:30	Hudson	David	Tri-Anglia Triathlon Club	M40	272
49	01:28:58	01:28:53	Hughes	Robert	Saint Edmund Pacers	M45	124
56	01:29:36	01:29:34	Hughes	Steven	Stowmarket Striders	M45	247
216	01:58:53	01:58:36	Hunter	Andrew		M50	126
224	02:02:37	02:02:21	Hunting	Nicola	Bungay Black Dog Running Club	SF	127
130	01:41:37	01:41:33	Irvine	Andy	Cambridge & Coleridge AC	M40	128
165	01:45:58	01:45:43	Jennings	Belinda		F35	266
19	01:22:39	01:22:37	Jenvey	Graham		SM	130
2	01:12:34	01:12:34	Jones	Andy	City Of Norwich AC	M40	133
59	01:29:44	01:29:41	Jones	Dave		SM	131
88	01:34:23	01:34:09	Jones	Shaun		SM	132
10	01:19:23	01:19:23	Jordan	Tamara	Stowmarket Striders	SF	134
159	01:45:07	01:45:00	Keevil	Raymond	Thetford AC	M65	135
82	01:33:57	01:33:46	King	Mike		M60	136
78	01:33:17	01:33:02	Kingaby	Bill	Waveney Valley AC	M55	137
176	01:48:43	01:48:31	Konrad	Steven		SM	269
25	01:24:23	01:24:22	Larke	Tim	Stowmarket Striders	SM	138
210	01:57:14	01:57:04	Laurier	Phillip	Lowestoft Road Runners	M60	277
11	01:20:14	01:20:11	Law	Will	Crowborough Runners	SM	139
241	02:22:24	02:22:07	Lester	Caroline	Bungay Black Dog Running Club	F35	141
108	01:38:26	01:38:19	Long	Tim	Cambridge & Coleridge AC	M50	142
153	01:44:15	01:43:58	Mair	Logan	Ipswich Harriers	M40	251
80	01:33:28	01:33:19	Man	Angela	City Of Norwich AC	F40	144
166	01:46:01	01:45:56	Manly	Veronica	EVAC	F60	145

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149	01:43:41	01:43:28	Manning	Annette	Bungay Black Dog Running Club	F50	146
197	01:52:21	01:52:10	Marcuzzo	Kirsty		F40	147
66	01:31:07	01:30:58	Marriott	Michael		M55	148
184	01:49:46	01:49:32	Marshall	Dawn		F45	150
156	01:44:47	01:44:41	Marshall	Kevin	Ilford AC	M50	149
24	01:24:21	01:24:19	Maslen	David	Tri-Anglia Triathlon Club	M45	151
51	01:29:14	01:29:09	Masterson	Paul		M40	152
131	01:42:02	01:41:53	McDuff	Allan		M40	153
186	01:49:53	01:49:41	Mckay	Laura		F45	154
39	01:27:39	01:27:37	Meadows	Chris		SM	155
20	01:22:43	01:22:41	Meadows	Jonathan	Lowestoft Road Runners	SM	156
91	01:34:40	01:34:27	Meen	Carl	Lowestoft Road Runners	SM	157
102	01:36:56	01:36:48	Miller	Simon		SM	158
240	02:16:07	02:15:53	Monson	Mike	Stowmarket Striders	M55	160
12	01:20:18	01:20:16	Moore	John	Norfolk Gazelles AC	M50	161
79	01:33:25	01:33:21	Morris	Vaughan		M50	162
76	01:32:54	01:32:49	Morrison	Alex	Ipswich Jaffa	M50	163
72	01:32:40	01:32:36	Mountain	Mark	Great Yarmouth Road Runners	SM	282
109	01:38:29	01:38:21	Musgrave-Brown	E		F35	164
234	02:09:33	02:09:17	Myhill	Julie	Bungay Black Dog Running Club	F40	165
94	01:35:14	01:35:11	Narey	Mary	Stowmarket Striders	F40	166
218	01:59:23	01:59:08	Nasmyth-Miller	Sarah		F45	167
15	01:21:44	01:21:41	Niblett	Stephen	Coltishall Jaguars RC	M40	262
81	01:33:55	01:33:46	Nichols	Dan		SM	168
31	01:25:45	01:25:42	Nickells	Paul	Woodbridge Shufflers RC	M45	169
89	01:34:30	01:34:17	Norton	Ashley	Lowestoft Road Runners	SM	271
194	01:51:45	01:51:34	Norton	Esther		F40	170
195	01:51:54	01:51:37	O'Brien	Wendy		SF	171
40	01:28:01	01:28:00	O'Malley	Paul	North Norfolk Beach Runners	M40	265
151	01:44:01	01:43:51	O'Mullane	Tim		M50	172
214	01:58:41	01:58:25	Owen	Sarah	British Athletes Supporters Club	F45	173
77	01:33:09	01:33:08	Palamer	Jonny		SM	174
143	01:43:25	01:43:18	Palmer	Thomas		M55	175
38	01:27:12	01:27:05	Parsley	Julia	City Of Norwich AC	SF	274
96	01:35:51	01:35:49	Payne	Kevin	Mid Essex Casuals	M45	176

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237	02:12:13	02:12:00	Penfold	Kerry		F40	178
155	01:44:32	01:44:25	Penny	John		M55	179
169	01:47:04	01:46:54	Pilch	Richard		M60	180
93	01:34:57	01:34:49	Potter	James		SM	182
65	01:31:03	01:30:57	Pullinger	Tom	Bungay Black Dog Running Club	M40	183
164	01:45:31	01:45:13	Punt	David	Bungay Black Dog Running Club	M55	245
97	01:35:53	01:35:47	Purbrook	Clive		M55	184
18	01:22:23	01:22:23	Quantrill	Phil	Great Yarmouth Road Runners	SM	185
229	02:06:02	02:05:46	Reed	Louise	Bungay Black Dog Running Club	F35	186
167	01:46:40	01:46:35	Reeve	Sean		M40	188
204	01:54:20	01:54:08	Richardson	Tony		M50	191
101	01:36:53	01:36:47	Ricketts	Catherine	Norwich Road Runners	SF	278
36	01:27:05	01:26:59	Rijpstra	Seb		SM	192
21	01:22:59	01:22:57	Robilliard	Colin	Coltishall Jaguars RC	M55	194
239	02:12:51	02:12:37	Rush	Kelly		SF	196
106	01:37:25	01:37:19	Sadd	Stephen	Norfolk Gazelles AC	M50	197
128	01:41:17	01:41:08	Sadler	Gary		SM	198
132	01:42:11	01:41:58	Sauerzapf	Bobbie	Bungay Black Dog Running Club	F50	199
7	01:19:06	01:19:05	Scott	Chris	Lowestoft Road Runners	SM	263
53	01:29:20	01:29:13	Shearing	Mark	Tri-Anglia Triathlon Club	SM	200
28	01:25:16	01:25:15	Shuck	Steve	Littletown Harriers	M50	201
23	01:24:00	01:23:59	Sibley	Neil	Great Yarmouth Road Runners	M45	202
133	01:42:36	01:42:19	Sims	Matt		M40	203
45	01:28:47	01:28:44	Slowther	Denver	Coltishall Jaguars RC	SM	273
142	01:43:00	01:42:50	Smith	Michael	Wymondham AC	M65	258
183	01:49:45	01:49:33	Smith	Mike	Wymondham AC	M65	254
87	01:34:15	01:34:10	Smith-Bosanquet	Jake		SM	208
200	01:53:11	01:53:05	Smith-Bosanquet	S		SF	207
181	01:49:18	01:49:02	Solomon	Andrew		M55	209
70	01:32:17	01:32:12	Solomon	Carl		SM	210
13	01:20:50	01:20:48	Solomon	Dave	Felixstowe RRC	M40	211
47	01:28:52	01:28:50	Spindler	Rod		M45	212
178	01:48:52	01:48:47	Spong	Carole	Great Yarmouth Road Runners	F65	213
170	01:47:08	01:46:51	Spruce	Noel	North Norfolk Beach Runners	M65	257
185	01:49:47	01:49:32	Stannett	Kate	Ipswich Triathlon Club	F50	215

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116	01:39:23	01:39:14	Stronach	Andrew		M40	216
138	01:42:51	01:42:41	Stroud	Andrew		M40	217
157	01:44:59	01:44:50	Supernak	Lukasz		SM	283
233	02:09:00	02:08:52	Supernak	Lukasz		SM	284
147	01:43:32	01:43:17	Swarts	Etienne	Bungay Black Dog Running Club	M45	219
105	01:37:17	01:37:04	Sweeney	Fiona		SF	248
163	01:45:28	01:45:19	Swift	Ben		SM	252
22	01:23:03	01:23:03	Taylor	Tom		SM	220
221	01:59:58	01:59:48	Thetford	Johnathon		SM	221
115	01:39:10	01:38:56	Thorpe	Nick		SM	222
211	01:57:49	01:57:44	Tiffin	Donald		M60	223
182	01:49:38	01:49:30	Tilbrook	John		M65	224
1	01:12:04	01:12:04	Topper	Tim	Norwich Road Runners	M40	225
243	02:55:19	02:55:04	Turner	Brian	Ipswich Jaffa	M70	226
219	01:59:49	01:59:35	Van Der Merwe	Ronel		F50	227
84	01:34:05	01:33:46	Wagstaff	Tim		SM	279
180	01:49:05	01:48:56	Walker	Jo		F35	246
148	01:43:33	01:43:25	Walker	Marion	Framlingham Flyers	F55	228
174	01:48:25	01:48:11	Warren	Glenn	Framlingham Flyers	M40	229
232	02:08:23	02:08:11	Warren	Peter	City Of Norwich AC	M55	230
172	01:47:32	01:47:24	Waterman	David	Bungay Black Dog Running Club	M50	231
16	01:21:48	01:21:46	Waters	Adrian	Norfolk Gazelles AC	M40	268
61	01:30:07	01:30:01	Watts	Mark	Saint Edmund Pacers	M45	232
104	01:37:05	01:36:59	Whalley	Simon	Saint Edmund Pacers	M45	233
100	01:36:51	01:36:45	White	Paul		M45	234
213	01:58:23	01:58:13	Whitehead	Mark		M40	236
86	01:34:10	01:34:07	Wiggins	Simon	Felixstowe RRC	SM	237
35	01:26:56	01:26:54	Wiles	Jonathan	Bungay Black Dog Running Club	SM	238
118	01:39:41	01:39:35	Williams	Stephen	Saint Edmund Pacers	M55	239
235	02:09:41	02:09:26	Winder	Julie		F40	240
33	01:26:41	01:26:38	Woods	Tim	Norfolk Gazelles AC	M45	241
196	01:51:55	01:51:37	Worsdell	Gary		SM	242
26	01:24:44	01:24:43	Yeomans	Martin	Norwich Road Runners	M60	243