

Bungay Black Dog Running Club

Great East Run 2008 Results in Race Number Order

Sponsored by Elgood's Brewery of Wisbech and B1st Sports and Leisure of Beccles

Position	Time	Name	Club	Category	Race Number
100	01:28:22	WHARTON, John	Bungay Black Dog Running Club	M50	1
315	01:45:44	SCARFO, Anthony	Unaffiliated	Male Open	2
327	01:46:33	VAN BOURGONDIEN, Marie-Jose	Unaffiliated	Female Open	3
499	02:06:43	JONES, Lucy	Unaffiliated	Female Open	4
183	01:36:00	SMITH, Andrew	Bungay Black Dog Running Club	M55	6
145	01:31:59	MCMASTER, Adam	Unaffiliated	Male Open	8
143	01:31:52	BAKER, Geoff	Unaffiliated	M50	9
87	01:27:19	DAY, Andrew	Petts Wood Runners	Male Open	10
227	01:39:26	WOOLLARD, Claire	Petts Wood Runners	Female Open	11
329	01:46:41	WITHEY, Sally	City of Norwich AC	F35	12
52	01:22:51	THOMPSON, Gary	Ipswich Jaffa	Male Open	13
181	01:35:48	HIGGINS, Carl	Thetford Athletic Club	M45	14
332	01:46:54	MEECHAM, Simon	Ipswich Jaffa	Male Open	15
393	01:53:03	CORBAY, Colin	Blackwater Tri	M45	16
234	01:39:42	BORKETT, Keith	Hunts AC	M45	17
291	01:43:50	STUBLEY, Kevin	Unaffiliated	Male Open	18
422	01:54:59	HEMMINGS, Rachel	Unaffiliated	Female Open	21
496	02:06:07	KING, Caroline	Unaffiliated	Female Open	22
282	01:43:08	POXON, Martyn	Unaffiliated	M50	23
115	01:29:45	YALLOP, Paul	Tri-Anglia	Male Open	24
44	01:22:06	WHITELELY, Nigel	Unaffiliated	M40	27
450	01:57:29	MCLEAN, Tracey	Unaffiliated	F35	28
178	01:35:34	RICHERS, Mark	Unaffiliated	M40	29
507	02:08:45	PHILLIPS, Roy	Lowestoft Road Runners	M40	30
210	01:38:23	TYRRELL, Jonathan	Tri-Anglia	Male Open	31
498	02:06:15	WALTERS, Katy	City of Norwich AC	Female Open	32
386	01:52:41	TEAGUE, Nicky	Unaffiliated	F40	36
168	01:34:24	FLEMING, Matthew	Unaffiliated	M40	39
358	01:49:18	BARKWAY, Lucy	Diss	Female Open	40

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Position	Time	Name	Club	Category	Race Number
370	01:50:43	WILSON, Sandra	Unaffiliated	F50	41
285	01:43:28	DAWSON, Lorrain	Unaffiliated	F45	42
108	01:29:02	RUSH, Jason	Unaffiliated	Male Open	43
25	01:17:21	LEVERSEDGE, John	Enfield & Harinsey AC	M50	44
446	01:57:21	SPINKS, Roger	Ipswich Jaffa	M65	45
193	01:36:59	GEE, Kevin	Norwich Road Runners	M45	46
331	01:46:44	DURRANT, Mark	Unaffiliated	M40	48
459	01:59:07	PALMER, Stuart	Unaffiliated	Male Open	49
483	02:03:27	BRADFORD, Paul	Unaffiliated	Male Open	50
481	02:03:25	MARLEY, Victoria	Unaffiliated	F40	51
482	02:03:26	MOGRIDGE, Stuart	Unaffiliated	Male Open	52
324	01:46:29	SMITH, Corrina	Thetford Athletic Club	F40	53
225	01:39:23	SHELDON, Tim	Unaffiliated	M45	54
78	01:26:25	EMERY, Trevor	North Norfolk Beach Runners	M55	64
96	01:28:10	COLEMAN, Jamie	North Norfolk Beach Runners	Male Open	65
500	02:06:56	ROSE, David	Unaffiliated	M40	68
22	01:16:52	PETTIT, Stephen	Ely Runners	M40	70
260	01:41:34	MAYCOCK, Carol	Bungay Black Dog Running Club	F45	71
195	01:37:04	REEVE, Sean	Unaffiliated	Male Open	72
48	01:22:22	MAYCOCK, James	Waveney Valley A.C.	Male Open	73
31	01:18:16	SAGE, Alex	Unaffiliated	Male Open	76
46	01:22:21	CLUES, Mark	Tri-Anglia	M40	77
417	01:54:38	CORBETT, Michael	Unaffiliated	M40	78
217	01:38:51	FISHER, Joe	Unaffiliated	M40	79
125	01:30:27	CROFTS, Tanya	Wymondham Athletic Club	Female Open	80
402	01:53:39	HULSE, Anne	Unaffiliated	F40	81
403	01:53:39	BURROWS, Mark	Unaffiliated	M40	82
348	01:48:26	BUTLER, Susan	Unaffiliated	F50	83
338	01:47:38	SAMKIN, James	Bungay Black Dog Running Club	M40	84

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Position	Time	Name	Club	Category	Race Number
197	01:37:14	LOWTHORPQ, Shaun	Unaffiliated	Male Open	85
318	01:45:59	WOODHOUSE, Gill	Dereham Runners AC	F60	86
213	01:38:36	TYLER, Tim	Norwich Road Runners	M45	87
445	01:57:15	SPEED, David	Unaffiliated	M55	88
205	01:38:00	SHEPPARD, Dean	Ely Runners	Male Open	89
300	01:44:51	WASENIUS, Soraya	Unaffiliated	F35	90
230	01:39:37	FISHER, Ian	Unaffiliated	M45	91
158	01:33:24	BIRT, Andrew	Unaffiliated	M40	92
199	01:37:32	SHEVLIN, Stuart	Unaffiliated	Male Open	95
347	01:48:25	BURNS, Chris	Unaffiliated	Male Open	96
384	01:52:27	WILLIS, Richard	Unaffiliated	Male Open	97
152	01:33:05	WALNE, Jason	Unaffiliated	Male Open	98
434	01:56:37	BUNTING, Simon	Lowestoft Road Runners	M40	100
41	01:21:20	VICKERS, Ben	Unaffiliated	M40	101
447	01:57:22	JARDINE, Sandie	Newmarket Joggers	F45	102
247	01:40:40	ARNOLD, Christopher	Unaffiliated	M50	106
165	01:33:55	HINE, Adrian	Felixstowe Road Runners	M40	107
245	01:40:31	CLARK, Richard	The Saxons	M40	108
419	01:54:45	BARDWELL, Sharon	Unaffiliated	F35	109
510	02:08:54	BRAAT, Lisa	Lowestoft Road Runners	Female Open	110
171	01:34:39	SHURIAH, Horace	Haverhill Running Club	Male Open	113
367	01:50:21	BURT, Chloe	Witham Running Club	Female Open	114
268	01:41:56	BARROW, Steve	Witham Running Club	Male Open	115
418	01:54:45	JARVIS, Naomi	Unaffiliated	Female Open	117
224	01:39:23	KING, Michael	Unaffiliated	M55	118
391	01:52:56	GODWIN, Lisa	Unaffiliated	F35	120
15	01:15:19	GLAYSHER, Stefan	City of Norwich AC	M45	121
114	01:29:28	CLAY, Mark	Alchester	Male Open	122
364	01:49:42	LAMBERT, Paula	Waveney Valley A.C.	F35	123

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Position	Time	Name	Club	Category	Race Number
511	02:09:35	PARKER, Ed	Unaffiliated	Male Open	125
186	01:36:14	MOULD, David	Bushfield Joggers	M40	127
528	02:19:44	HAWKINS, Ross	Unaffiliated	Male Open	128
392	01:52:56	WEBSDALE, Steve	Norwich Road Runners	M45	129
454	01:58:35	HILTON, Gemma	Unaffiliated	Female Open	130
134	01:30:42	TOYNTON, Katie	Cambridge & Coleridge AC	Female Open	131
82	01:26:53	HORNSEY, Joseph	Diss	Male Open	132
259	01:41:29	DRIVER, Helen	Diss AC	Female Open	133
156	01:33:19	REID, Ian	Unaffiliated	M50	134
312	01:45:40	CLEARY, Jon	Unaffiliated	Male Open	135
50	01:22:28	TAYLOR, Ian	Bungay Black Dog Running Club	M40	136
448	01:57:27	PALMER, Joanne	Diss AC	F35	137
307	01:45:21	HOGG, Darren	Unaffiliated	Male Open	138
99	01:28:16	CRAVEN, Dave	Unaffiliated	Male Open	139
110	01:29:16	RENPHREY, Tom	Unaffiliated	M40	141
51	01:22:47	DAUGHERTY, Duane	Unaffiliated	M45	142
519	02:13:52	BLEAY, Elizabeth	Unaffiliated	Female Open	143
494	02:05:16	NICHOLLS, Kerry	Unaffiliated	F35	144
204	01:37:59	FREEMAN, Dennis	City of Norwich AC	M60	146
56	01:23:43	MOORE, John	Norfolk Gazelles	M45	148
517	02:13:24	PITMAN, Steve	Unaffiliated	Male Open	151
352	01:48:33	RENDELL-READ, Susan	Lowestoft Road Runners	F40	152
68	01:24:54	RENDELL-READ, Steven	Lowestoft Road Runners	M40	153
70	01:25:25	HORNE, Paul	Vegetarian Cycling & Athletic	M45	154
444	01:57:14	MINTER, Sarah	Unaffiliated	Female Open	157
424	01:55:13	BULMAN, Richard	Reepham Runners	M55	160
24	01:17:18	SAUNDERS, David	Leicester Coritanians	M40	161
411	01:54:12	BRITT, Tony	Unaffiliated	M50	163
306	01:45:11	PETER, Lennard	Ipswich Triathlon Club	M50	166

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Position	Time	Name	Club	Category	Race Number
542	02:41:41	TAYLOR, Glenda	Stowmarket	F55	167
328	01:46:34	ALLEN, Alison	Burnham Joggers	F45	169
293	01:43:55	ALLEN, Charles	Burnham Joggers	M45	170
163	01:33:49	IRVINE, Andy	Cambridge & Coleridge AC	M40	173
30	01:18:16	HORNEY, Nigel	Keswick A.C	M45	174
523	02:17:23	HAGGARTY, Elaine	Gt Yarmouth District A C	F50	177
185	01:36:10	GAY, Christopher	Gt Yarmouth District A C	M40	178
390	01:52:51	REEVE, Danny	Unaffiliated	Male Open	179
435	01:56:41	JENNINGS, Dean	Unaffiliated	M45	180
536	02:28:06	BETTS, Liam	Unaffiliated	Male Open	183
443	01:57:13	WHITE, Amanda	Unaffiliated	Female Open	184
401	01:53:37	CLAYDEN, Steve	Riverside Runners	M40	185
433	01:56:29	BUTLER, Simon	Unaffiliated	M40	186
43	01:21:54	STARK, Colin	North Norfolk Beach Runners	Male Open	190
239	01:40:17	FISHER, Melanie	Ely Runners	Female Open	191
277	01:42:55	SMITH, Wayne	Unaffiliated	Male Open	192
269	01:41:58	SIDDIQI, Abdul	Unaffiliated	Male Open	193
180	01:35:46	PURNELL, Ann	Unaffiliated	Female Open	195
420	01:54:46	KONOPKA, Thomas	Sudbury Joggers	Male Open	196
346	01:48:24	SUMMERS, Lucy	Unaffiliated	Female Open	197
174	01:34:46	RISEBOROUGH, Sam	Unaffiliated	Male Open	198
265	01:41:48	WENN, Jenny	Norwich Road Runners	F40	199
237	01:40:02	JACK, John	Norwich Road Runners	M50	200
356	01:49:05	EGAN, Gaynor	Tri-Anglia	F40	201
316	01:45:49	DOYLE, Craig	Unaffiliated	Male Open	203
196	01:37:05	LAMBERT, Catherine	Unaffiliated	F40	204
396	01:53:13	WARD, Jo	Unaffiliated	Female Open	205
414	01:54:26	REID, Steph	Unaffiliated	F45	206
209	01:38:15	ELLIS, Mike	Unaffiliated	M45	207

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Position	Time	Name	Club	Category	Race Number
461	01:59:20	CHRISTOPHER, Helen	Unaffiliated	F40	209
413	01:54:25	CHRISTOPHER, Ashley	Unaffiliated	M45	210
246	01:40:36	COOPER, Dale	Wymondham Athletic Club	M45	211
397	01:53:19	ROBINSON, Paul	Unaffiliated	M40	212
257	01:41:27	GILHAM, Richard	Norfolk Gazelles	M45	213
468	02:00:38	GILLIE, Sheila	Unaffiliated	F50	215
440	01:56:47	MARSHALL, Dawn	St Edmunds Pacers	F45	216
29	01:18:10	LARK, Shaun	Lowestoft Road Runners	Male Open	218
451	01:58:13	STONE, Rebecca	Unaffiliated	Female Open	219
74	01:25:49	WRIGHT, Dan	Colchester Harriers	Male Open	220
113	01:29:26	BOWEN, Emily	Colchester Harriers	Female Open	221
441	01:57:05	WRIGHT, Jacqueline	Unaffiliated	F45	223
226	01:39:24	LAY, James	Unaffiliated	Male Open	224
298	01:44:26	SAUNDERS, Mark	Unaffiliated	M40	226
480	02:02:55	COYSH, Katy	Unaffiliated	Female Open	227
77	01:26:14	TURNER, Andrew	Unaffiliated	M40	228
506	02:08:19	PACEY, Angela	Gt Yarmouth Road Runners	F60	229
470	02:01:04	QUENTIN-HICKS, Kate	City of Norwich AC	Female Open	232
371	01:50:50	LOWE, Andrea	Unaffiliated	F45	234
18	01:16:16	GRAY, Neil	Unaffiliated	Male Open	235
232	01:39:40	HALE, Kenneth	Unaffiliated	M50	236
372	01:50:51	GOODWIN, Jon	Unaffiliated	Male Open	238
320	01:46:09	SHERWIN, Kate	Felixstowe Road Runners	F40	239
321	01:46:10	COOPER, Philip	Felixstowe Road Runners	M50	240
465	02:00:06	HALLAM, Diane	Raveningham Runners	F40	241
416	01:54:37	WIGLEY, Carole	Saffron Striders	F45	242
385	01:52:39	POTTER, Lisa	Waveney Valley A.C.	Female Open	243
35	01:19:31	POTTER, Mark	Waveney Valley A.C.	Male Open	244
374	01:51:07	COOKE, Sue	City of Norwich AC	F45	245

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Position	Time	Name	Club	Category	Race Number
362	01:49:34	FARRAR, Robin	Bungay Black Dog Running Club	M65	247
527	02:19:18	HOWE, Gary	Saffron Striders	M45	248
67	01:24:52	GREEN, Matthew	Norfolk Gazelles	Male Open	249
111	01:29:22	LINES, Rob	Tri-Anglia	Male Open	250
276	01:42:48	MATTHEWS, Peter	Unaffiliated	M40	251
273	01:42:37	LESTER, Thomas	Ipswich Jaffa	Male Open	252
379	01:51:52	KENNELLY, Julia	Wymondham Athletic Club	F35	253
189	01:36:29	SILLETT, Graham	Unaffiliated	M45	254
529	02:21:42	ATKINSON, Sue	Norfolk Gazelles	F60	255
261	01:41:38	ANDERSON, Craig	Bungay Black Dog Running Club	M40	258
75	01:26:07	CHENERY, Duncan	Ipswich Jaffa	M45	259
97	01:28:12	BROOKSHAW, Paul	Gt Yarmouth Road Runners	M45	260
357	01:49:12	FRASER, Sue	Gt Yarmouth District A C	F45	262
290	01:43:47	RENSHAW, Kenneth	Dereham Runners AC	M45	264
409	01:54:11	COMBELAS, Claudie	Northbrook A.C	F45	265
478	02:02:21	HEWETSON, Brian	Northbrook A.C	M45	266
150	01:33:00	EVANS, Llyod	Unaffiliated	Male Open	267
279	01:42:57	BEACH, Kate	Unaffiliated	Female Open	268
343	01:48:19	VON GLASOW, Roland	Unaffiliated	Male Open	269
475	02:01:58	DAYKIN, Robert	Unaffiliated	M60	271
101	01:28:23	DAVIES, Robert	Unaffiliated	M40	274
148	01:32:25	TAYLOR, Ian	Road Runners Club	M50	275
63	01:24:31	PHILLIPS, Lee	Saxmundham Saxons	Male Open	276
308	01:45:22	PAYNE, Darren	Woodbridge Surfers	M40	277
428	01:55:54	MUNDAY, Susanna	Stowmarket Striders	Female Open	278
287	01:43:38	MANNING, Karen	Gt Yarmouth Road Runners	F35	279
339	01:47:48	PARTNER, Bill	Unaffiliated	Male Open	280
112	01:29:25	GEORGE, David	Norwich Road Runners	M40	281
509	02:08:48	ROWNTREE, David	Ranelagh Harriers	M55	282

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Position	Time	Name	Club	Category	Race Number
304	01:45:09	KEEP, John	Ranelagh Harriers	Male Open	283
167	01:34:02	HOLLEY, Kevin	Unaffiliated	M40	284
3	01:09:02	DAVISON, Neil	City of Norwich AC	Male Open	285
432	01:56:27	BROWNE, Simon	Stowmarket Striders	M45	286
513	02:09:38	NUTH, Brian	UEA Medsoc	Male Open	287
206	01:38:05	DODD, Chris	Unaffiliated	Male Open	288
473	02:01:57	STAINES, Christopher	Unaffiliated	M60	290
93	01:27:55	PHILO, Mark	Tri-Anglia	Male Open	291
299	01:44:41	HILL, James	Unaffiliated	Male Open	292
45	01:22:10	BAILEY, Ian	Unaffiliated	Male Open	293
118	01:30:00	THOMPSON, Peter	Norfolk Gazelles	M50	294
526	02:18:55	SPONG, Albert	Gt Yarmouth Road Runners	M65	295
179	01:35:36	SPONG, Carole	Gt Yarmouth Road Runners	F60	296
438	01:56:46	CALVER, Eloise	St Edmunds Pacers	F40	299
303	01:44:59	BROWN, Hugh	Unaffiliated	Male Open	300
539	02:35:11	READER, Frank	Norwich Road Runners	M60	301
271	01:42:16	HOWARD, Barry	Unaffiliated	Male Open	302
456	01:58:48	MACHELL, Carole	Unaffiliated	F45	306
333	01:46:55	CHITTY, John	Unaffiliated	M40	307
55	01:23:24	CLARKE, Russell	Wymondham Athletic Club	M50	308
323	01:46:26	PURSER, Kevin	Unaffiliated	M45	309
342	01:48:11	MARSH, Jason	Unaffiliated	Male Open	310
116	01:29:47	LEAVER, Michael	Unaffiliated	Male Open	311
262	01:41:39	NEY, David	Unaffiliated	M55	312
474	02:01:58	DAVIDSON, Catherine	Waveney Valley A.C.	Female Open	313
66	01:24:48	BELL, Tom	Unaffiliated	Male Open	315
383	01:52:26	BELL, Hannah	Unaffiliated	Female Open	316
355	01:49:03	RICKETT, Jane	Unaffiliated	F40	319
453	01:58:34	CRISP, Clare	Unaffiliated	Female Open	320

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Position	Time	Name	Club	Category	Race Number
244	01:40:30	HOLT, John	Unaffiliated	M60	321
169	01:34:30	GARDNER, Tony	Colchester & Tendring A.C	M40	322
187	01:36:14	SYMONDS, Lisa	Unaffiliated	F35	323
39	01:20:54	EPPS, Terry	Wymondham Athletic Club	M50	324
399	01:53:30	DAKIN, Robert	Unaffiliated	M60	325
490	02:04:54	SIMMONDS, Sally	Unaffiliated	F40	327
466	02:00:08	TEMPLEMAN, Clare	Unaffiliated	F40	328
164	01:33:53	YOUNG, Patrick	Unaffiliated	M40	329
289	01:43:42	KINCH, Brenda	North Norfolk Beach Runners	F60	332
109	01:29:03	MCGRAIN, Jon	Unaffiliated	Male Open	333
207	01:38:09	HILLS, John	Gt Yarmouth Road Runners	M60	335
534	02:23:57	CLEGG, Karly	Unaffiliated	Female Open	336
172	01:34:42	SMITH, Vincent	Stowmarket Striders	Male Open	337
426	01:55:45	WAUCHOPE, Kate	Unaffiliated	F35	338
76	01:26:13	DALE, Ady	Unaffiliated	Male Open	339
94	01:27:57	SAVAGE, Paul	Unaffiliated	Male Open	340
533	02:23:57	CLEGG, Dawn	Unaffiliated	F50	342
410	01:54:12	MIDDLETON, Charlie	Norfolk Gazelles	M40	343
351	01:48:30	BROSTER, Linsey	Dereham Runners AC	F35	345
146	01:32:08	GILBERT, Andrew	Unaffiliated	M40	346
251	01:41:01	CASBARD, Eve	Unaffiliated	Female Open	347
360	01:49:24	WYATT, Jonny	Unaffiliated	Male Open	348
359	01:49:24	WARNES, Simone	Unaffiliated	F35	349
508	02:08:45	ALLUM, Julie	Ryston Runners	F35	352
365	01:49:55	SEWELL, Michael	Hayes & Harlington Road	Male Open	354
215	01:38:48	SLATTER, David	Unaffiliated	M40	355
270	01:42:12	BRIGHTY, Keith	Norwich Road Runners	M40	356
292	01:43:51	ADAMS, Roger	Brandon Fern Hoppers	Male Open	357
427	01:55:46	ADAMS, Janet	Brandon Fern Hoppers	F40	358

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256	01:41:21	BRADLEY, Sarah	Norwich Road Runners	F45	359
176	01:35:14	BRADLEY, Alan	Norwich Road Runners	M40	360
249	01:40:52	HEATH, Tony	North Norfolk Beach Runners	M55	361
515	02:11:18	THOULESS, Colin	Norwich Road Runners	M65	362
162	01:33:42	THOULESS, Gavin	Norwich Road Runners	Male Open	363
107	01:28:55	JONES, Christopher	The Saxons	M45	365
521	02:16:04	WOODWARD, Julie	Unaffiliated	F35	366
484	02:03:28	ROBERTS, Hayley	Unaffiliated	F35	367
128	01:30:30	MCCOLL, James	Unaffiliated	Male Open	368
378	01:51:43	MCCOLL, William	Unaffiliated	M45	369
263	01:41:47	BAKER, Hannah	City of Norwich AC	Female Open	372
64	01:24:44	CAWTHORNE, Helen	Redhill Road Runners Notts.	F45	373
38	01:20:53	GREEN, Stuart	Stowmarket Striders	M45	374
337	01:47:26	SYKES, Jonathan	Ely Runners	M45	375
368	01:50:31	CHIPPERFIELD, Grant	Unaffiliated	Male Open	376
69	01:25:09	YEOMANS, Martin	Norwich Road Runners	M55	377
535	02:28:05	MARTIN, Ashlea	Unaffiliated	Female Open	378
137	01:31:08	MAWBY, Samantha	Cambridge & Coleridge AC	Female Open	379
463	01:59:48	MATLOCK, Rosemary	Thetford Athletic Club	F45	380
126	01:30:28	ALDIS, David	City of Norwich AC	M55	381
231	01:39:39	SMITH, Mike	Wymondham Athletic Club	M65	382
537	02:28:32	PROTHEROE, Sallyann	Lowestoft Road Runners	F45	383
280	01:42:59	SMITH, Angharad	Unaffiliated	Female Open	384
460	01:59:11	JENNINGS, Kevin	Ely Runners	M45	385
334	01:46:58	HATTON, Karen	St Edmunds Pacers	F45	387
149	01:32:54	THEAKER, Darren	Unaffiliated	Male Open	388
102	01:28:28	BONE, John	Gt Yarmouth Road Runners	M60	389
264	01:41:47	POLLEY, Richard	City of Norwich AC	M50	391
61	01:24:19	WATCHORN, Jim	Royal Navy Triathlon Club	Male Open	392

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Position	Time	Name	Club	Category	Race Number
9	01:11:21	MOORE, Richard	Waveney Valley A.C.	M40	393
161	01:33:33	SKIMSHIRE, Chris	Woodbridge Shufflers R. C	M55	396
274	01:42:38	MAN, Angela	Unaffiliated	F35	397
472	02:01:49	LAWRENCE, Kelli	Unaffiliated	Female Open	398
404	01:53:55	BRIGHT, Stephen	British Athletics Supporters	M40	399
442	01:57:10	OWEN, Sarah	British Athletics Supporters	F40	400
353	01:48:34	PETTIFER, John	Pitsea Running Club	M60	402
305	01:45:09	PETTIFER, Lorna	Pitsea Running Club	F40	403
132	01:30:36	SAVORY, Andrew	Norwich Road Runners	M40	404
518	02:13:49	SULLIVAN, Genette	Norwich Road Runners	F40	405
23	01:16:57	SULLIVAN, Paul	Norwich Road Runners	M40	406
382	01:52:25	CARTER, Nicholas	Lowestoft Road Runners	M65	408
130	01:30:31	NAREY, Mary	Stowmarket Striders	F40	409
408	01:54:09	HORGAN, John	100 Marathon Club	M50	410
10	01:13:00	LOUND, Charles	Dulwich Runners	M40	411
124	01:30:21	KNIGHT, Anthony	Thrift Green Trotters	Male Open	412
449	01:57:28	NORMAN, Gary	Unaffiliated	M45	415
361	01:49:26	MARTIN, Anne	Wymondham Athletic Club	F60	416
235	01:39:44	STEVENS, Tracy	Wymondham Athletic Club	F35	417
59	01:24:00	DISNEY, Richard	Reading A.C	M50	418
85	01:27:14	CROUCHER, Anthony	Gt Yarmouth Road Runners	Male Open	420
229	01:39:34	CLINTON, Peter	Unaffiliated	M45	421
398	01:53:26	LOADMAN, Neil	Tri-Anglia	Male Open	422
155	01:33:17	JAMES, Robert	Bungay Black Dog Running Club	Male Open	423
202	01:37:51	COLMAN, Mark	Unaffiliated	Male Open	424
62	01:24:28	LEATHWOOD, Rachael	Reepham Runners	Female Open	425
389	01:52:51	POUNDALL, Stephen	Unaffiliated	Male Open	426
208	01:38:12	COLLINS, Paul	Unaffiliated	Male Open	427
286	01:43:37	HASTINGS, Barry	Unaffiliated	M40	428

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Position	Time	Name	Club	Category	Race Number
485	02:03:46	GUYTON, Teresa	Unaffiliated	F45	429
228	01:39:30	HILL, Nicola	Unaffiliated	Female Open	430
395	01:53:07	CHILVERS, Richard	Unaffiliated	M40	431
309	01:45:28	BASHAM, Leslie	Stowmarket Striders	M55	432
103	01:28:38	HOLLAND, Neil	Wymondham Athletic Club	M45	433
214	01:38:44	WHITE, Paul	Unaffiliated	M45	435
135	01:30:49	GALLARD, Richard	Waveney Valley A.C.	Male Open	436
504	02:08:06	GALLARD, Stephanie	Raveningham Runners	F35	437
486	02:04:21	CARTER, Stephen	Unaffiliated	M45	438
65	01:24:47	GREENLAND, Eddie	Wymondham Athletic Club	M40	439
489	02:04:51	THURSTON, Charles	Unaffiliated	M45	440
200	01:37:34	MABLESON, Richard	Unaffiliated	Male Open	441
266	01:41:50	FINEGAN, Tim	Felixstowe Road Runners	M45	442
388	01:52:48	NAIR, Raj	Unaffiliated	Male Open	443
248	01:40:51	ADAMS, Luke	Unaffiliated	Male Open	444
211	01:38:23	BAILEY, Stuart	Unaffiliated	M40	445
431	01:56:14	MOORE, Lynda	Norwich Road Runners	F50	447
345	01:48:23	O'CONNOR, Michael	North Norfolk Beach Runners	M55	448
495	02:05:26	BARKER, Faye	Lowestoft Road Runners	Female Open	449
479	02:02:54	COOK, Jayne	Wymondham Athletic Club	F40	450
429	01:55:59	LEVANS, David	Felixstowe Road Runners	M45	451
203	01:37:53	ASKINS, Louise	Unaffiliated	F40	452
288	01:43:42	FLORENCE, Anne	Diss AC	F55	453
376	01:51:31	PILCH, Richard	Unaffiliated	M60	455
129	01:30:31	BURTON, John	City of Norwich AC	M55	457
194	01:37:02	GROVES, Paul	Coltishall Jaguars	M40	458
58	01:23:52	CHAMBERLAIN, Michael	Norwich Road Runners	M45	459
344	01:48:20	CAMPBELL, Ross	Tri-Anglia	M45	460
430	01:56:10	BENNETT, Robert	Unaffiliated	M50	461

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Position	Time	Name	Club	Category	Race Number
212	01:38:30	BENNETT, Susan	Unaffiliated	F45	462
458	01:59:05	MOFFAT, Alex	Unaffiliated	F40	464
71	01:25:36	ZIELINSKI, Jeremy	Unaffiliated	M55	465
350	01:48:26	APPLETON, Jane	Unaffiliated	F40	466
538	02:34:30	WHITTINGTON, Doreen	Bungay Black Dog Running Club	F60	467
157	01:33:21	PATTERSON, Ben	Unaffiliated	Male Open	468
2	01:06:59	MERCKEL, Dan	Oxford City AC	Male Open	469
302	01:44:52	MCDERMOTTROE, Joe	Unaffiliated	Male Open	470
188	01:36:15	REEVE, Simon	Unaffiliated	M40	471
88	01:27:32	HILL, Lestie	Norfolk Gazelles	M45	472
140	01:31:13	CHAPMAN, Peter	Tri-Anglia	M45	473
520	02:16:04	KING, Tracey	Unaffiliated	Female Open	474
369	01:50:40	FLAHERTY, Kealie	Unaffiliated	Female Open	475
8	01:11:04	NASH, John	Nene Valley Harriers	Male Open	476
491	02:04:55	CARTER, Colin	Unaffiliated	M65	477
254	01:41:08	CARTER, Clare	Unaffiliated	F40	478
297	01:44:25	FOX, Charlotte	Unaffiliated	F40	479
492	02:04:55	FOX, Jonathan	Unaffiliated	M40	480
142	01:31:36	COLE, Gavin	Bungay Black Dog Running Club	Male Open	482
437	01:56:44	WATERHOUSE, Simon	Unaffiliated	Male Open	483
436	01:56:44	DAWSON, Gemma	Unaffiliated	Female Open	484
541	02:40:25	DAWES, Deborah	Unaffiliated	F35	485
487	02:04:39	NASMYTH-MILLER, Sarah	Unaffiliated	F40	488
240	01:40:23	WELTON, Ross	Ipswich Triathlon Club	Male Open	490
198	01:37:22	NORMAN, Pauline	Lowestoft Road Runners	F55	491
336	01:47:23	BURRAGE, Andrew	Norfolk Gazelles	M50	492
37	01:20:27	ASKEW, Nick	City of Norwich AC	M40	495
516	02:12:56	TAYLOR, Jane	Unaffiliated	F45	496
255	01:41:10	HUMPHREYS, Jon	Unaffiliated	M45	497

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Position	Time	Name	Club	Category	Race Number
275	01:42:41	DEFERNEZ, Marianne	Unaffiliated	F35	498
4	01:09:56	JONES, Andy	City of Norwich AC	Male Open	499
294	01:43:56	ELFLETT, Mark	Lowestoft Road Runners	M40	500
387	01:52:47	SPARROW, Pauline	Ryston Runners	F55	501
160	01:33:27	ANDERSON, Tony	Gt Yarmouth Road Runners	Male Open	502
400	01:53:32	PROFFITT, Ed	Unaffiliated	Male Open	503
457	01:58:50	DALBY, Mary	Unaffiliated	F40	504
421	01:54:47	LONG, Jason	Unaffiliated	Male Open	505
121	01:30:06	O'MALLEY, Paul	North Norfolk Beach Runners	Male Open	507
530	02:22:49	BENNETT, Louise	Unaffiliated	Female Open	508
219	01:38:59	STOCKS, Alice	Ashbourne	F40	509
6	01:10:36	MCNEELY, Darren	Serpentine Running Club	Male Open	510
505	02:08:17	HASWELL, Shelli	Unaffiliated	F35	511
243	01:40:27	MABLESON, Stephen	Unaffiliated	Male Open	512
493	02:04:57	TESTER, Michel	Unaffiliated	M45	513
83	01:27:01	HAUGHTON, Colin	Unaffiliated	Male Open	514
123	01:30:19	DYE, Richard	Bungay Black Dog Running Club	M45	515
90	01:27:40	DOIG, Adrian	Stowmarket Striders	Male Open	516
363	01:49:40	LANE, David	Ryston Runners	M40	517
452	01:58:31	HART, Gill	Ryston Runners	F55	518
522	02:16:56	TURNER, Brian	Ipswich Jaffa	M65	519
26	01:17:22	JORDAN, Tamara	Stowmarket Striders	Female Open	520
122	01:30:09	ETHERINGTON, Stephen	Gt Yarmouth Road Runners	M45	521
488	02:04:48	MAWER, Roger	Lowestoft Road Runners	M65	522
406	01:53:57	FEAR, Mandy	Stowmarket Striders	F35	525
191	01:36:52	TARLOW, Ben	Unaffiliated	Male Open	526
91	01:27:52	DAVEY, Claire	Waveney Valley A.C.	Female Open	527
36	01:19:52	HODGE, Nigel	City of Norwich AC	Male Open	528
220	01:39:14	LAMPSHIRE, Michael	Unaffiliated	Male Open	529

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Position	Time	Name	Club	Category	Race Number
7	01:10:43	KEEBLE, Ian	Stowmarket Striders	Male Open	530
512	02:09:37	FRIED, Bertrand	Unaffiliated	M65	531
27	01:17:27	QUANTRILL, Phil	Gt Yarmouth Road Runners	Male Open	532
253	01:41:07	HOGARTH, Paul	City of London Police A.C	M40	534
467	02:00:14	CHAPLIN, Andrew	Pitsea Running Club	Male Open	535
412	01:54:16	DE BOER, Agatha	Unaffiliated	F35	537
325	01:46:30	PANG, Chun Lap	Unaffiliated	Male Open	539
301	01:44:51	FARRELL, Donal	Unaffiliated	Male Open	540
89	01:27:36	EDWARDS, Penny	Norwich Road Runners	F50	541
375	01:51:16	MOORE, Cliff	Unaffiliated	M60	542
12	01:14:39	PREWER, Carl	Lowestoft Road Runners	Male Open	543
173	01:34:43	RAYNER, Bruce	Bungay Black Dog Running Club	M45	544
170	01:34:38	WILSON, Robin	Bungay Black Dog Running Club	M50	545
223	01:39:22	SHORT, Ray	St Edmunds Pacers	M60	546
47	01:22:22	KINSMAN, Daniel	The Saxons	Male Open	547
314	01:45:43	WARD, Beres	City of Norwich AC	F50	548
267	01:41:52	RUSH, Susannah	Unaffiliated	F35	549
139	01:31:11	WILLIAMSON, Neil	Unaffiliated	Male Open	550
117	01:30:00	MARSH, David	Ipswich Jaffa	Male Open	551
250	01:40:55	MOREAU, Alexis	Unaffiliated	Male Open	552
471	02:01:38	BROAD, Kate	Unaffiliated	F45	553
92	01:27:53	BROAD, Kevin	MPAA	M45	554
326	01:46:32	GHANT, Debbie	Stowmarket Striders	F40	555
531	02:23:07	WOOLLARD, Faye	Unaffiliated	Female Open	556
20	01:16:35	INDER, Harley	Ealing, Southall & Middlesex	Male Open	557
313	01:45:41	HORREX, Trevor	Norwich Road Runners	M45	558
144	01:31:53	SUTTLE, Haley	Stowmarket Striders	F40	559
394	01:53:05	HASELWOOD, Julie	Ipswich Jaffa	F55	560
60	01:24:05	WILLIAMSON, Ken	St Edmunds Pacers	M40	561

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Position	Time	Name	Club	Category	Race Number
295	01:44:07	FRIBBENS, Mark	Halstead Road Runners	M40	562
153	01:33:12	GOULDING, Jeremy	Ipswich Jaffa	Male Open	563
373	01:50:57	POOLE, Carolyn	Norfolk Gazelles	F50	564
105	01:28:47	FRISTON, Simon	Unaffiliated	M40	565
86	01:27:16	BROWN, Mark	Unaffiliated	Male Open	566
283	01:43:13	PERKS, Benjamin	Unaffiliated	M45	568
497	02:06:14	LEROY, Rob	Unaffiliated	Male Open	569
349	01:48:26	EASTERBROOK, Hugh	Serpentine Running Club	M50	570
159	01:33:26	HESP, Andrew	Unaffiliated	Male Open	571
233	01:39:41	BARRETT, Paul	Tri-Anglia	Male Open	572
166	01:33:57	WARD, Katie	March AC	Female Open	573
439	01:56:46	MORREY, Alison	Unaffiliated	F45	574
238	01:40:15	DENOTTI, Lena	Unaffiliated	Female Open	575
476	02:02:16	RUDD, Philippa	Unaffiliated	F40	576
381	01:52:19	GROVES, Chris	Unaffiliated	M55	577
477	02:02:16	DODIMEAD, Jinny	Unaffiliated	Female Open	578
380	01:52:02	HARROP, Jackie	Norfolk Gazelles	F45	579
136	01:31:07	FRETWELL, Andrew	Norwich Road Runners	M45	580
317	01:45:56	MAULKERSON, Rosalind	Unaffiliated	F40	581
147	01:32:24	NICHOLS, Andrew	Unaffiliated	Male Open	582
335	01:47:03	WILLIS, Mike	City of Norwich AC	M40	583
21	01:16:47	DAWSON, Alan	St Edmunds Pacers	M50	584
532	02:23:24	STAMFORD, John	Pitsea Running Club	M40	586
1	01:06:18	AMOS, Guy	City of Norwich AC	M40	587
340	01:48:03	SLACK, Philippa	Kingston & Polytechnic	Female Open	588
57	01:23:47	KEMP, Jon	Unaffiliated	Male Open	589
540	02:37:07	KELLY, James	Framlingham Flyers	M65	590
222	01:39:21	MARR, Irvine	Ipswich Jaffa	Male Open	591
201	01:37:44	GREEN, Debbie	City of Norwich AC	F35	592

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Position	Time	Name	Club	Category	Race Number
120	01:30:04	SMITH, Kevin	Lowestoft Road Runners	M40	593
81	01:26:39	CLARKE, Neville	Newmarket Joggers	M50	594
175	01:35:04	CAMPBELL, Rory	Dereham Runners AC	M45	595
42	01:21:37	COPLAND, Dave	Ipswich Triathlon Club	M40	596
216	01:38:49	PIGOTT SMITH, Tom	Unaffiliated	Male Open	597
49	01:22:24	HILL, Raymond	Ipswich Jaffa	M55	598
95	01:28:00	HUDSON, John	Unaffiliated	Male Open	600
190	01:36:46	SMITH, Barry	Lowestoft Road Runners	M45	601
469	02:01:01	SMITH, Ian	Unaffiliated	M40	602
423	01:55:07	VELLA, Carl	Haverhill Running Club	Male Open	603
16	01:15:52	MIDDLETON, Daniel	Unaffiliated	Male Open	606
310	01:45:34	LAMBERT, John	Ipswich Jaffa	M60	607
330	01:46:42	BROWN, Paul	Unaffiliated	Male Open	608
106	01:28:48	HUDSON, David	Tri-Anglia	Male Open	610
281	01:43:06	MARSH, Christine	Unaffiliated	F50	611
366	01:50:08	GEORGE, Melanie	Wymondham Athletic Club	Female Open	612
84	01:27:04	KENYON, Steve	Waveney Valley A.C.	M40	614
182	01:35:54	WOODS, Tim	Unaffiliated	M45	615
525	02:18:49	STORY, Anthony	Unaffiliated	M50	616
524	02:18:48	GUYMER, John	Unaffiliated	M50	617
501	02:07:19	WILDING, Steve	Unaffiliated	M45	618
502	02:07:19	NUTT, Tracey	Unaffiliated	F40	619
154	01:33:16	CLAYSON, Ben	Petts Wood Runners	M45	620
80	01:26:34	EARL, Tim	Triathlon Essex	Male Open	621
11	01:13:59	FLOOD, Chris	Cambridge & Coleridge AC	Male Open	622
341	01:48:08	PYE, Geoff	Club Woodham Runners	M50	623
272	01:42:20	CARFOOT, Catharine	Triathlon Essex	Female Open	624
218	01:38:58	HERROD, Nigel	Waveney Valley A.C.	M50	625
322	01:46:22	ELLIS, Matt	Lowestoft Road Runners	Male Open	626

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Position	Time	Name	Club	Category	Race Number
28	01:17:30	GEITNER, Joseph	City of Norwich AC	M40	627
407	01:54:05	THORNE, Katherine	Unaffiliated	Female Open	628
464	01:59:57	GREEB, Sean	Unaffiliated	M40	629
242	01:40:26	WOODRUFF, Jeremy	Unaffiliated	Male Open	630
119	01:30:00	BASSINDER, John	Stainland Lions	M50	631
133	01:30:40	BROWNING, James	Triathlon Essex	Male Open	632
34	01:19:18	PETERSON, Garth	Brandon Fern Hoppers	M45	633
319	01:46:05	PEPPER, Aimee	Unaffiliated	Female Open	634
296	01:44:11	SAYRE, Alexander	Unaffiliated	Male Open	635
79	01:26:31	BROOKS, Suzannah	Norfolk Gazelles	Female Open	636
14	01:15:10	BUNN, Andrew	Norwich Road Runners	Male Open	637
258	01:41:28	BATTERHAM, Claire	Triathlon Essex	Female Open	638
98	01:28:14	PYCROFT, Christopher	Thorney	M45	639
184	01:36:01	HEASMAN, Dave	Unaffiliated	M40	640
236	01:39:46	HUNT, Sally Anne	Unaffiliated	F35	641
455	01:58:46	ABBOTT-LEVETT, Carrie	Unaffiliated	F35	642
104	01:28:43	SAWYER, Robin	Bungay Black Dog Running Club	Male Open	643
54	01:23:17	CALVER, Vince	Felixstowe Road Runners	Male Open	644
278	01:42:56	GATENBY, Hugh	Unaffiliated	M55	645
127	01:30:29	MCARDLE, Paul	Unaffiliated	M40	646
131	01:30:35	BRADFORD, Paul	Unaffiliated	Male Open	647
5	01:10:10	REED, David	St Edmunds Pacers	M45	648
503	02:08:05	BARFORD, Julie	Unaffiliated	F45	649
192	01:36:53	DOWNES, Malcolm	Unaffiliated	M45	650
53	01:23:06	JAGGER, Mark	Metropolitan Police	Male Open	651
177	01:35:31	CURRAN, Stephen	Woodbridge Shufflers R. C	M40	652
221	01:39:16	JOHNSON, Iain	Deal	Male Open	653
73	01:25:38	BOBBINS, Tom	Unaffiliated	Male Open	654
33	01:18:40	PARFITT, Dena	North Norfolk Beach Runners	F45	655

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Position	Time	Name	Club	Category	Race Number
40	01:20:57	PARFITT, Kevin	North Norfolk Beach Runners	M45	656
17	01:15:54	MERRYLEES, Chris	North Norfolk Beach Runners	Male Open	657
462	01:59:23	COOMBES, Roger	Unaffiliated	M60	658
252	01:41:02	HALL, Will	Tri-Anglia	Male Open	659
354	01:48:48	BAKER, Susanna	Lowestoft Road Runners	F40	660
377	01:51:38	CARTWRIGHT, Barry	Lowestoft Road Runners	Male Open	661
138	01:31:09	HOULSTON, Howard	Herne Hill Harriers	Male Open	662
19	01:16:25	ROONEY, Kevin	Inter City Strollers	M40	663
415	01:54:34	WARMAN, Stephen	Waveney Valley A.C.	Male Open	664
13	01:15:00	LOWE, Joseph	Highgate Harriers	Male Open	665
32	01:18:29	EVANS-HART, John	Unaffiliated	Male Open	666
311	01:45:36	EL-SAWF, Hadgy	Unaffiliated	M50	667
405	01:53:55	HILL, Nicholas	Unaffiliated	Male Open	668
514	02:09:50	REYNOLDS, Maria	Stowmarket Striders	F50	669
151	01:33:01	LAWRENCE, Tony	Brandon Fern Hoppers	M40	670
425	01:55:38	TOMS, David	Brandon Fern Hoppers	M55	671
72	01:25:37	JENLEY, Graham	Unaffiliated	Male Open	672
241	01:40:25	HANNAY, Mark	Unaffiliated	Male Open	673
141	01:31:16	WANKOWSKI, John	Ipswich Triathlon Club	Male Open	674
284	01:43:21	EDGE, Nigel	Bungay Black Dog Running Club	M40	700