

Bungay Black Dog Running Club
 Great East Run - 15th February 2009
 Results sorted by Category
 Sponsored by Elgoods Brewery of Wisbech

Overall position	Finish Race Time	First name	Last name	Race number	Age category	Team name
11	01:16:20	Tamara	Jordan	296	Female Senior	Stowmarket Striders
111	01:33:22	Samantha	Toop	397	Female Senior	Tri-Anglia
132	01:35:22	Kate	Beach	433	Female Senior	Unattached
147	01:36:18	Vicky	Sheldon	310	Female Senior	Unattached
163	01:37:32	Lorraine	Whitmarsh	123	Female Senior	City Of Norwich A C
164	01:37:33	Emma	Layton	22	Female Senior	Unattached
184	01:39:46	Claire	Woollard	21	Female Senior	Petts Wood Runners
207	01:41:46	Anita	Wreford	146	Female Senior	City Of Norwich A C
217	01:43:00	Jennifer	Askew	192	Female Senior	Unattached
231	01:44:37	Nicola	Grimes	222	Female Senior	Unattached
272	01:48:39	Sarah-Jane	Firman	249	Female Senior	Norwich Road Runners
274	01:48:52	Rebekah	Goodwin	260	Female Senior	Unattached
281	01:49:57	Carolynn	Anderson	174	Female Senior	Newmarket Joggers
298	01:51:47	Charlotte	Hadingham	281	Female Senior	Finch Coasters
300	01:51:53	Hannah	Baker	356	Female Senior	City Of Norwich A C
305	01:52:44	Anne-Marie	Falgate	81	Female Senior	Unattached
327	01:55:52	Beth	Barnes	341	Female Senior	Unattached
328	01:55:58	Faye	Barker	230	Female Senior	Lowestoft Road Runners
334	01:56:59	Tracy	Pettifer	311	Female Senior	Pitsea Running Club
340	01:57:57	Kate	Lloyd	59	Female Senior	Unattached
349	01:59:28	Catharine	Carfoot	168	Female Senior	Triathlon Essex
361	02:03:21	Faye	Woollard	19	Female Senior	Ipswich Jaffa
365	02:03:51	Katy	Walters	282	Female Senior	City Of Norwich A C
366	02:03:51	Liz	Kimbley	409	Female Senior	Unattached
369	02:04:52	Clare	Crisp	372	Female Senior	Unattached
372	02:05:57	Sarah	Wood	340	Female Senior	Unattached
377	02:09:09	Lisa	Braat	223	Female Senior	Lowestoft Road Runners
378	02:09:18	Anne-Marie	Freeman	387	Female Senior	Bungay Black Dog Running Club
379	02:09:36	Anna	Pell	388	Female Senior	City Of Norwich A C
387	02:12:33	M	Su	289	Female Senior	Unattached
96	01:31:14	Sarah	Vick	61	FV35	The Saxons
113	01:33:24	Lisa	Symonds	27	FV35	Unattached
126	01:34:46	Sharon	Hurren	101	FV35	Wymondham A C
139	01:35:48	Marie	Clark	401	FV35	Norwich Road Runners
142	01:36:00	Lisa	Godwin	42	FV35	Norwich Road Runners
143	01:36:00	Tracy	Stevens	93	FV35	Wymondham A C
194	01:40:36	Rachel	Roberts	15	FV35	Ely Runners
206	01:41:45	Sally	Withey	345	FV35	City Of Norwich A C
218	01:43:04	Sally-Anne	Hunt	439	FV35	Unattached
227	01:44:08	Rachel	Norton	127	FV35	Unattached
233	01:44:55	Sharon	Bardwell	178	FV35	Unattached
265	01:48:14	Miranda	Paul	18	FV35	Newmarket Joggers
269	01:48:27	Lorraine	Luck	181	FV35	Unattached
285	01:50:06	Marianne	Aitken	375	FV35	Hadleigh Hares
302	01:52:02	Jo	Baker	410	FV35	Hadleigh Hares
303	01:52:15	Sharon	Fairweather	227	FV35	Unattached
316	01:54:35	Agatha	De Boer	302	FV35	Unattached
317	01:54:35	Henriette	Ueckermann	422	FV35	Unattached
321	01:55:02	Joanna	Godwin	322	FV35	Norwich Road Runners
335	01:57:10	Ghislaine	Chitty	261	FV35	Unattached
343	01:58:13	Kerry	Nicholls	8	FV35	Unattached
358	02:02:44	Angela	Hardy	267	FV35	Unattached
362	02:03:25	Lucy	Chapman	382	FV35	Diss A C
385	02:11:56	Kimberley	Mercer	271	FV35	Unattached
85	01:30:19	Geraldine	Clarke	315	FV40	Unattached
100	01:32:21	Avril	Swan	460	FV40	100 Marathon Club
105	01:32:47	Karen	Archibold	111	FV40	Lowestoft Road Runners
171	01:38:11	Susannah	Rush	429	FV40	Unattached
244	01:46:02	Karen	Wilson	335	FV40	Unattached
262	01:47:47	Jenny	Pratt	103	FV40	Unattached
270	01:48:34	Lorna	Pettifer	190	FV40	Pitsea Running Club
279	01:49:52	Simon	Bunting	112	FV40	Lowestoft Road Runners
280	01:49:54	Amanda	Lasseter	219	FV40	Cambridge & Coleridge
294	01:51:15	Sarah	Owen	377	FV40	British Athletics Supporters Club
325	01:55:46	Sally	Whitby	385	FV40	Ryston Runners

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333	01:56:39	Lucy	Perry	200	FV40	Wymondham A C
339	01:57:43	Silke	Hunter	393	FV40	Unattached
356	02:02:03	Sandra	Stanton	418	FV40	Springfield Striders
357	02:02:23	Catherine	Tooley	9	FV40	Unattached
367	02:04:19	Rosemary	Matthewson	24	FV40	Unattached
393	02:17:50	Clare	Webb	333	FV40	Unattached
397	02:26:20	Donna	Dean	142	FV40	Bungay Black Dog Running Club
400	02:38:15	Gillian	Cox	225	FV40	Newmarket Joggers
21	01:20:13	Jane	Clarke	116	FV45	City Of Norwich A C
36	01:24:03	Tracey	Curl	380	FV45	Norwich Road Runners
89	01:30:46	Jackie	Wren	144	FV45	Hunts A C
214	01:42:35	Julie	Neilson	419	FV45	Springfield Striders
271	01:48:37	Philippa	Rudd	263	FV45	Unattached
293	01:51:05	Kate	Stannett	36	FV45	Ipswich Triathlon Club
314	01:54:25	Jane	Robinson	43	FV45	Unattached
331	01:56:22	Carole	Wyatt	447	FV45	Wymondham A C
341	01:58:03	Susan	Lock	84	FV45	Unattached
342	01:58:10	Jayne	Cook	100	FV45	Unattached
346	01:58:52	Claire	Van Leersum	138	FV45	Unattached
352	02:01:32	Sarah	Nasmyth-Miller	244	FV45	Unattached
354	02:01:43	Julia	Sowerbutts	96	FV45	Unattached
360	02:03:19	Sandie	Jardine	17	FV45	Newmarket Joggers
373	02:06:03	Janet	Adams	242	FV45	Brandon Fern Hoppers
375	02:08:34	Kim	Gregory	114	FV45	Haverhill Running Club
392	02:17:50	Louise	Cunningham	30	FV45	Unattached
82	01:29:56	Penny	Edwards	248	FV50	Norwich Road Runners
159	01:36:59	Anne	Millitt	329	FV50	Norwich Road Runners
199	01:40:52	Angie	Bear	134	FV50	Wymondham A C
213	01:42:33	Melanie	Roberts	277	FV50	Woodbridge Shufflers
245	01:46:03	Anne	Ellen	368	FV50	Norfolk Gazelles
251	01:46:40	Marion	Walker	257	FV50	Framlingham Flyers
261	01:47:44	Carol	Maycock	348	FV50	Bungay Black Dog Running Club
347	01:58:58	Rosemary	Matlock	172	FV50	Thetford A C
381	02:10:59	Sheila	Gillie	7	FV50	Unattached
383	02:11:27	Christine	Bloomfield	208	FV50	Norfolk Gazelles
384	02:11:28	Sallyann	Protheroe	109	FV50	Lowestoft Road Runners
386	02:11:58	Janet	Drake	309	FV50	Wadhurst Runners
165	01:37:37	Pauline	Norman	306	FV55	Lowestoft Road Runners
183	01:39:39	Julia	Midleton	258	FV55	Newmarket Joggers
243	01:45:53	Anne	Florance	383	FV55	Diss A C
277	01:49:41	Frances	Humphries	52	FV55	Vegan Runners Uk
304	01:52:16	Diana	Braverman	211	FV55	Cambridge & Coleridge
337	01:57:28	Gillian	Paremain	323	FV55	Thetford A C
364	02:03:39	Diane	Dawson	203	FV55	Unattached
368	02:04:43	Sheila	Smith	157	FV55	Unattached
256	01:47:25	Gill	Woodhouse	95	FV60	Dereham Runners A C
282	01:50:01	Carole	Spong	319	FV65	Great Yarmouth Road Runners
344	01:58:22	Anne	Martin	303	FV65	Wymondham A C
370	02:05:48	Phylly	Wilson	133	FV65	Wreake Runners
396	02:22:22	Wendy	Merfield	62	FV65	The Saxons
1	01:10:16	Neil	Davison	426	Male Senior	City Of Norwich A C
4	01:13:38	Iain	Robertson	425	Male Senior	City Of Norwich A C
6	01:13:48	Tim	Topper	324	Male Senior	Norfolk Gazelles
8	01:14:06	Doug	Slater	357	Male Senior	Unattached
13	01:17:09	Neil	Gray	276	Male Senior	Royal Engineers R C
14	01:17:16	Shaun	Lark	147	Male Senior	Lowestoft Road Runners
16	01:18:05	Vince	Calver	438	Male Senior	Felixstowe Road Runners
17	01:18:48	Philip	Quantrill	298	Male Senior	Great Yarmouth Road Runners
19	01:19:42	Ian	Bailey	173	Male Senior	Unattached
20	01:20:05	Brad	Jones	414	Male Senior	Ipswich Jaffa
23	01:20:24	Jim	Watchorn	280	Male Senior	Royal Navy Triathlon Club
25	01:20:29	Richard	Hayes	358	Male Senior	Unattached
29	01:22:03	Mark	Gotts	238	Male Senior	City Of Norwich A C
30	01:22:39	Chris	Scott	251	Male Senior	Lowestoft Road Runners
32	01:22:48	Ricky	Peacher	231	Male Senior	Framlingham Flyers

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33	01:23:12	Danny	Wyer	444	Male Senior	Unattached
38	01:24:34	Christopher	Roach	131	Male Senior	Unattached
39	01:24:48	Matthew	Sutton	206	Male Senior	Great Yarmouth Road Runners
40	01:25:06	Trevor	Fulcher	328	Male Senior	Unattached
41	01:25:18	Piers	Lewis	321	Male Senior	Unattached
43	01:25:25	Lee	Field	44	Male Senior	Unattached
48	01:26:05	Seb	Rijpstra	226	Male Senior	Unattached
49	01:26:17	Robert	James	246	Male Senior	Bungay Black Dog Running Club
50	01:26:26	Peter	Stephens	448	Male Senior	St Radegund RADC
52	01:26:32	Matthew	Cartledge	236	Male Senior	Unattached
54	01:27:01	John	Evans	431	Male Senior	Unattached
55	01:27:09	Paul	Cassels	343	Male Senior	Raf Triathlon
56	01:27:12	Mark	Fawbert	457	Male Senior	Bungay Black Dog Running Club
59	01:27:34	Andrew	Day	20	Male Senior	Petts Wood Runners
62	01:27:43	Colin	Stark	290	Male Senior	North Norfolk Beach Runners
64	01:28:06	Dave	Lawson	69	Male Senior	Army
66	01:28:16	Tim	Earl	171	Male Senior	Waveney Valley A C
67	01:28:33	Oliver	Jones	3	Male Senior	Cambridge University Hare & Hounds
68	01:28:38	Simon	Hogan	13	Male Senior	Unattached
71	01:28:49	Richard	Gallard	449	Male Senior	Waveney Valley A C
74	01:28:58	Lee	Phillips	92	Male Senior	The Saxons
77	01:29:18	Mark	Merrywest	293	Male Senior	Norwich Road Runners
78	01:29:35	David	Hudson	411	Male Senior	Tri-Anglia
84	01:30:05	Nicholas	Dunwell	313	Male Senior	Unattached
87	01:30:24	Tom	Vellacott	254	Male Senior	Unattached
90	01:30:53	Lee	White	288	Male Senior	Leicester Tri Club
93	01:31:05	Simon	Smith	151	Male Senior	Unattached
95	01:31:12	David	Marsh	367	Male Senior	Ipswich Jaffa
102	01:32:32	Jason	Rush	360	Male Senior	Unattached
103	01:32:33	Paul	Flynn	339	Male Senior	Ipswich Jaffa
104	01:32:35	Neil	Williamson	430	Male Senior	Unattached
108	01:33:17	Will	Hall	420	Male Senior	Tri-Anglia
110	01:33:21	Richard	Mablesen	331	Male Senior	Unattached
117	01:33:56	Andrew	Hesp	423	Male Senior	Tri-Anglia
120	01:34:09	James	Maycock	428	Male Senior	Waveney Valley A C
125	01:34:42	Brian	Akehurst	304	Male Senior	Unattached
127	01:35:02	Matthew	Leach	435	Male Senior	Unattached
131	01:35:17	Peter	Turner	122	Male Senior	Fetcheveryone R C
133	01:35:37	Adrian	Dale	194	Male Senior	Unattached
136	01:35:42	Andrew	Baines	462	Male Senior	Unattached
137	01:35:44	Tom	Pateman	12	Male Senior	Unattached
145	01:36:13	Craig	Bowen - Jones	350	Male Senior	Unattached
148	01:36:24	Paul	Savage	196	Male Senior	Unattached
151	01:36:25	Craig	Robinson	398	Male Senior	Unattached
152	01:36:27	Sean	Reeve	33	Male Senior	Unattached
153	01:36:30	James	Cornish	124	Male Senior	Unattached
156	01:36:44	Anthony	Croucher	145	Male Senior	Great Yarmouth Road Runners
158	01:36:51	Julian	Allaker	384	Male Senior	Norwich Road Runners
160	01:37:19	Steve	Turner	72	Male Senior	Army
168	01:37:47	Paul	Arnold	366	Male Senior	Unattached
173	01:38:17	Andrew	Pipe	399	Male Senior	The Saxons
174	01:38:25	David	Bainbridge	270	Male Senior	Unattached
177	01:38:40	Ben	Snelling	40	Male Senior	Unattached
180	01:39:14	Clifford	Youngberg	452	Male Senior	Unattached
187	01:40:16	Rick	Berry	336	Male Senior	The Saxons
196	01:40:39	Gregory	Tunmore	140	Male Senior	Unattached
197	01:40:48	Alex	Pentney-Smith	445	Male Senior	Unattached
198	01:40:52	Dave	Dysart	10	Male Senior	Wymondham A C
200	01:41:08	Steve	Ely	283	Male Senior	Unattached
202	01:41:09	Harry	Deal	320	Male Senior	Unattached
203	01:41:21	John	Dallen	210	Male Senior	Unattached
205	01:41:41	Nick	Matthews	373	Male Senior	Mornington Chasers
210	01:42:13	Jonathan	Tyrrell	221	Male Senior	Tri-Anglia
215	01:42:56	Matt	Ellis	229	Male Senior	Lowestoft Road Runners
220	01:43:36	Jon	Barber	351	Male Senior	Unattached

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223	01:43:45	Terry	Nippress	407	Male Senior	Unattached
224	01:43:52	Paul	Sayer	126	Male Senior	Unattached
228	01:44:23	James	Lay	193	Male Senior	Unattached
229	01:44:33	Adam	Craske	237	Male Senior	Unattached
232	01:44:49	Iain	Sheriffs	295	Male Senior	Unattached
237	01:45:22	Martin	Harper	49	Male Senior	Unattached
241	01:45:45	James	Francis	163	Male Senior	Unattached
242	01:45:46	Kasey	Hamrick	453	Male Senior	Unattached
252	01:46:48	Chris	Holmes	71	Male Senior	Army
253	01:46:54	Robert	Peevor	406	Male Senior	Ipswich Triathlon Club
255	01:47:18	Jason	Marsh	132	Male Senior	Unattached
257	01:47:27	Anthony	Scarfo	65	Male Senior	Unattached
263	01:47:54	Ed	Proffitt	183	Male Senior	Unattached
266	01:48:14	Horace	Shuriah	275	Male Senior	Haverhill Running Club
278	01:49:46	Mark	Saunders	55	Male Senior	Unattached
295	01:51:21	Daniel	Watson	412	Male Senior	Unattached
296	01:51:24	Nick	Collins	354	Male Senior	Unattached
301	01:52:01	Alex	Robinson	104	Male Senior	Unattached
308	01:53:19	David	Tilley	195	Male Senior	Unattached
309	01:53:20	Neil	Clark	400	Male Senior	Norwich Road Runners
311	01:53:25	Roger	Adams	243	Male Senior	Brandon Fern Hoppers
312	01:53:31	Chris	Titman	2	Male Senior	Unattached
332	01:56:24	Jason	Walne	11	Male Senior	Unattached
351	02:00:22	Andrew	Caley	184	Male Senior	Unattached
380	02:10:46	William	Roberts	389	Male Senior	Unattached
382	02:11:06	John	Crooks	467	Male Senior	Unattached
389	02:13:31	Martin	Starkings	355	Male Senior	Unattached
394	02:19:28	Simon	Cox	468	Male Senior	Unattached
2	01:12:35	Benvenuto	Baldelli	262	MV40	Cambridge & Coleridge
3	01:13:14	Charles	Lound	191	MV40	Dulwich Runners A C
5	01:13:41	John	Manlow	107	MV40	Ely Runners
7	01:13:53	Stephen	Pettit	85	MV40	Ely Runners
9	01:15:28	Richard	Moore	160	MV40	Waveney Valley A C
10	01:15:57	Andrew	Bunn	113	MV40	City Of Norwich A C
12	01:16:47	Baard	Grindberg	337	MV40	Tri-Anglia
26	01:20:51	Mark	Clues	291	MV40	Tri-Anglia
27	01:21:16	Ian	Taylor	115	MV40	Bungay Black Dog Running Club
28	01:21:37	Joseph	Geitner	376	MV40	City Of Norwich A C
35	01:23:35	Nigel	Hodge	327	MV40	City Of Norwich A C
44	01:25:26	Chris	Seymour	136	MV40	Stowmarket Striders
46	01:25:44	Laurence	Calver	364	MV40	Newmarket Joggers
63	01:28:06	John	Richmond	68	MV40	Army
72	01:28:57	Matt	Dye	325	MV40	The Saxons
76	01:29:15	Paul	Mcardle	470	MV40	Unattached
79	01:29:42	Rob	Lines	391	MV40	Tri-Anglia
80	01:29:43	Stewart	Hambling	228	MV40	Framlingham Flyers
92	01:31:05	Paul	Yallop	141	MV40	Tri-Anglia
97	01:32:03	Robert	Davies	204	MV40	Unattached
109	01:33:18	Stephen	Blomfield	79	MV40	Unattached
116	01:33:53	Simon	Reeve	461	MV40	Unattached
124	01:34:36	Paul	Robinson	255	MV40	Reepham Runners
128	01:35:10	Stephen	Niblett	78	MV40	Unattached
129	01:35:13	Howard	Jones	381	MV40	Unattached
144	01:36:00	Andrew	Savory	330	MV40	Norwich Road Runners
149	01:36:24	Dan	Archer	218	MV40	Unattached
150	01:36:25	Paul	Groves	120	MV40	Colt Jaguars
157	01:36:45	Kevin	White	205	MV40	Bedford Harriers
175	01:38:33	Brendan	Wilson	156	MV40	City Of Norwich A C
176	01:38:37	Jorge	Laurel	441	MV40	Unattached
181	01:39:26	John	Chitty	153	MV40	Unattached
182	01:39:38	Tony	Kirby-Cook	106	MV40	Unattached
186	01:40:05	John	Batchelor	170	MV40	Unattached
190	01:40:25	John	Clarke	463	MV40	Unattached
191	01:40:27	Mark	Avery	405	MV40	Ipswich Jaffa
193	01:40:31	Julien	Nelson	90	MV40	Unattached

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195	01:40:38	Colin	Browning	197	MV40	Norwich Road Runners
208	01:41:51	Brian	Borrows	362	MV40	Leicester Tri Club
221	01:43:39	James	Chase	346	MV40	Unattached
230	01:44:34	Peter	Matthews	256	MV40	Unattached
240	01:45:41	Mike	Willis	471	MV40	Unattached
247	01:46:07	Chris	Haycock	105	MV40	Unattached
273	01:48:43	David	Pearson	60	MV40	Unattached
288	01:50:29	Martin	Mills	253	MV40	Unattached
318	01:54:50	Robert	Dowsett	432	MV40	Unattached
322	01:55:03	David	Marks	395	MV40	Norwich Road Runners
323	01:55:22	Botond	Virginas	232	MV40	Unattached
330	01:56:07	Mark	Crisp	234	MV40	Unattached
336	01:57:25	Oliver	Isaac	361	MV40	Unattached
345	01:58:33	Mark	Crack	137	MV40	Unattached
355	02:01:46	Simon	Butler	28	MV40	Unattached
363	02:03:36	David	Rose	77	MV40	Strollers Athletic
401	02:38:52	Ewan	Donald	266	MV40	Unattached
15	01:17:32	Goy	Roper	379	MV45	Norwich Road Runners
18	01:19:11	David	Saunders	149	MV45	Leicester Coritanians
24	01:20:27	Nicholas	Stephens	446	MV45	Stowmarket Striders
47	01:25:54	Christopher	Jones	239	MV45	The Saxons
53	01:26:57	Paul	Horne	177	MV45	Vegetarian Cycling & Athletic Club
57	01:27:25	Paul	Woodyatt	198	MV45	City Of Norwich A C
60	01:27:36	Steven	Rendell-Read	213	MV45	Lowestoft Road Runners
61	01:27:38	Chris	Pycroft	442	MV45	Unattached
65	01:28:11	Robin	Mackenzie	284	MV45	Framlingham Flyers
75	01:29:03	Mike	Hill	454	MV45	Tri-Anglia
81	01:29:52	Timothy	Long	185	MV45	Cambridge & Coleridge
86	01:30:20	Paul	Rayner	6	MV45	Hunts A C
88	01:30:35	Carl	Manning	14	MV45	Ryston Runners
112	01:33:23	Paul	White	272	MV45	Unattached
114	01:33:28	Matthew	Brint	297	MV45	Unattached
115	01:33:32	Tim	Woods	370	MV45	Unattached
119	01:34:05	Christopher	Gay	299	MV45	Gt Yarmouth & District A C
121	01:34:14	Adrian	Sadler	334	MV45	Waveney Valley A C
122	01:34:20	James	Macleod	201	MV45	Tri-Anglia
123	01:34:34	Adrian	Mills	434	MV45	Unattached
130	01:35:15	Janathon	Hamilton	455	MV45	Woodbridge Shufflers
138	01:35:45	Dale	Cooper	359	MV45	Wymondham A C
155	01:36:43	Steve	Websdale	279	MV45	Norwich Road Runners
169	01:37:50	David	Hood	443	MV45	Fenland Running Club
170	01:38:10	Frank	Tyldesley	187	MV45	Saint Edmund Pacers
179	01:39:13	Kevin	Marshall	86	MV45	Iford A C
192	01:40:28	Rob	Brady	143	MV45	Team Rage
201	01:41:09	Peter	Clinton	166	MV45	Unattached
209	01:42:06	Kevin	Holley	159	MV45	Unattached
212	01:42:27	John	Barrett	374	MV45	Team Rage
226	01:44:02	Stephen	Rudolf	466	MV45	Unattached
239	01:45:41	Ross	Campbell	165	MV45	Tri-Anglia
248	01:46:17	Colin	Fish	169	MV45	Unattached
249	01:46:22	Rick	Page	23	MV45	Unattached
258	01:47:34	Stephen	Bright	378	MV45	British Athletics Supporters Club
260	01:47:40	Tony	Tyler	371	MV45	Thetford A C
264	01:48:03	Kevin	Purser	179	MV45	Unattached
268	01:48:25	Pete	Gladwin	436	MV45	Ryston Runners
275	01:48:55	Mark	Elflett	347	MV45	Lowestoft Road Runners
286	01:50:19	Andrew	Luck	180	MV45	Unattached
291	01:50:39	Stephen	Girling	456	MV45	Unattached
297	01:51:24	Stephen	Gray	408	MV45	Unattached
307	01:53:02	Mark	Durrant	241	MV45	Unattached
313	01:54:12	Darren	Baker	451	MV45	Saint Edmund Pacers
315	01:54:32	Kevin	Jennings	25	MV45	Ely Runners
324	01:55:38	Tim	O'Mullane	215	MV45	Unattached
350	01:59:59	Ricky	Evans	352	MV45	Pewsey Vale R C
353	02:01:41	Steve	Love	97	MV45	Unattached

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371	02:05:54	Peter	Brown	396	MV45	Ryston Runners
34	01:23:18	John	Weston	459	MV50	Ipswich Jaffa
37	01:24:16	Terry	Epps	128	MV50	Wymondham A C
42	01:25:22	Steven	Neaves	317	MV50	Stowmarket Striders
51	01:26:27	Vince	Ellis	344	MV50	City Of Norwich A C
73	01:28:58	Clive	Hedges	16	MV50	North Norfolk Beach Runners
83	01:30:05	Peter	Chapman	308	MV50	Tri-Anglia
106	01:33:08	Rob	Clayton	465	MV50	Felixstowe Road Runners
107	01:33:14	Ian	Mudge	363	MV50	Unattached
141	01:35:58	Tim	Beach	437	MV50	Unattached
146	01:36:17	Ian	Reid	176	MV50	Unattached
167	01:37:45	Jim	Withers	386	MV50	Newmarket Joggers
172	01:38:14	Ian	Taylor	287	MV50	Road Runners Club
185	01:39:54	Glenn	Doy	402	MV50	Unattached
188	01:40:18	Paul	Anderson	212	MV50	Great Yarmouth Road Runners
211	01:42:21	Stephen	Roberts	440	MV50	Unattached
216	01:42:58	Ken	Hale	56	MV50	Unattached
234	01:45:04	Colin	Louch	259	MV50	Hadleigh Hares
235	01:45:11	Peter	Lennard	155	MV50	Ipswich Triathlon Club
246	01:46:05	Richard	Hall	217	MV50	Unattached
250	01:46:37	Geoff	Pye	292	MV50	Woodham Runners
254	01:47:10	David	Richmond	417	MV50	Eye Community runners
267	01:48:21	Alan	Law	394	MV50	Ryston Runners
284	01:50:03	Mike	White	369	MV50	Unattached
287	01:50:25	Charlie	Stannett	35	MV50	Ipswich Triathlon Club
292	01:50:45	David	Punt	326	MV50	Bungay Black Dog Running Club
299	01:51:52	Richard	Polley	252	MV50	City Of Norwich A C
320	01:54:59	Peter	Bultz	152	MV50	Unattached
359	02:03:00	Peter	Warren	207	MV50	City Of Norwich A C
388	02:12:46	Ivan	Lees	182	MV50	Great Yarmouth Road Runners
22	01:20:14	Kevin	Youngs	202	MV55	Norfolk Gazelles
31	01:22:46	Raymond	Hill	300	MV55	Ipswich Jaffa
45	01:25:33	Neville	Clarke	353	MV55	Newmarket Joggers
58	01:27:27	John	Bassinder	214	MV55	Stainland Lions
69	01:28:43	David	Aldis	121	MV55	City Of Norwich A C
70	01:28:45	Paul	Dewison	301	MV55	Cambridge & Coleridge
98	01:32:15	Peter	Edmunds	110	MV55	Unattached
101	01:32:29	Graham	Holmes	148	MV55	Unattached
118	01:33:59	John	Ford	269	MV55	Unattached
134	01:35:38	Trevor	Emery	450	MV55	North Norfolk Beach Runners
135	01:35:40	Mike	Quick	175	MV55	Bracknell Forest Runners
140	01:35:49	Bob	Watt	26	MV55	Great Bentley R C
161	01:37:25	Michael	King	73	MV55	Coltishall Jaguars
178	01:38:58	Hugh	Gatenby	458	MV55	Unattached
219	01:43:10	Nigel	Gilham	392	MV55	Bungay Black Dog Running Club
222	01:43:41	Tony	Millett	464	MV55	Norwich Road Runners
236	01:45:13	Andrew	Smith	98	MV55	Bungay Black Dog Running Club
259	01:47:38	Chris	Groves	264	MV55	Unattached
276	01:49:19	Stewart	Ingram	404	MV55	Norwich Road Runners
326	01:55:51	David	Toms	469	MV55	Brandon Fern Hoppers
348	01:59:27	Phil	Goodwin	307	MV55	Trail Runners Association
91	01:30:54	Verne	Barltrop	129	MV60	100 Marathon Club
94	01:31:09	John	Bone	312	MV60	Great Yarmouth Road Runners
99	01:32:17	Glyn	Smith	139	MV60	Cambridge & Coleridge
162	01:37:30	Tony	Heath	64	MV60	North Norfolk Beach Runners
166	01:37:44	Rex	Toop	416	MV60	Poole AC
204	01:41:30	John	Lambert	158	MV60	Ipswich Jaffa
238	01:45:35	Terry	Braverman	150	MV60	Haverhill Running Club
283	01:50:03	Bob	Daykin	316	MV60	Unattached
289	01:50:30	Cliff	Moore	130	MV60	Unattached
290	01:50:39	Richard	Pilch	102	MV60	Unattached
310	01:53:21	John	Pettifer	189	MV60	Pitsea Running Club
374	02:07:05	Peter	Adams	415	MV60	Bedford Harriers
391	02:16:07	Rob	Donovan	186	MV60	Bungay Black Dog Running Club
399	02:36:17	Frank	Reader	285	MV60	Unattached

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154	01:36:32	Geoff	Hayward	274	MV65	North Norfolk Beach Runners
189	01:40:25	Raymond	Keevil	80	MV65	Brandon Fern Hoppers
225	01:43:59	John	Greener	286	MV65	Bildeston Bounders
306	01:52:55	Roger	Mawer	125	MV65	Lowestoft Road Runners
319	01:54:51	Robin	Farrar	32	MV65	Bungay Black Dog Running Club
329	01:56:07	Colin	Carter	233	MV65	Unattached
338	01:57:35	Nicholas	Carter	161	MV65	Lowestoft Road Runners
376	02:09:07	Roger	Spinks	54	MV65	Ipswich Jaffa
390	02:14:04	Gordon	Merfield	63	MV70	The Saxons
395	02:20:12	Brian	Turner	99	MV70	Ipswich Jaffa
398	02:32:19	Albert	Spong	318	MV70	Great Yarmouth Road Runners