

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

| Overall position | Finish Race Time | First name | Last name | Race number | Age category | Team name |
|------------------|------------------|------------|---------------|-------------|---------------|-----------------------------------|
| 311 | 01:53:25 | Roger | Adams | 243 | Male Senior | Brandon Fern Hoppers |
| 373 | 02:06:03 | Janet | Adams | 242 | FV45 | Brandon Fern Hoppers |
| 374 | 02:07:05 | Peter | Adams | 415 | MV60 | Bedford Harriers |
| 285 | 01:50:06 | Marianne | Aitken | 375 | FV35 | Hadleigh Hares |
| 125 | 01:34:42 | Brian | Akehurst | 304 | Male Senior | Unattached |
| 69 | 01:28:43 | David | Aldis | 121 | MV55 | City Of Norwich A C |
| 158 | 01:36:51 | Julian | Allaker | 384 | Male Senior | Norwich Road Runners |
| 188 | 01:40:18 | Paul | Anderson | 212 | MV50 | Great Yarmouth Road Runners |
| 281 | 01:49:57 | Carolynn | Anderson | 174 | Female Senior | Newmarket Joggers |
| 149 | 01:36:24 | Dan | Archer | 218 | MV40 | Unattached |
| 105 | 01:32:47 | Karen | Archibold | 111 | FV40 | Lowestoft Road Runners |
| 168 | 01:37:47 | Paul | Arnold | 366 | Male Senior | Unattached |
| 217 | 01:43:00 | Jennifer | Askew | 192 | Female Senior | Unattached |
| 191 | 01:40:27 | Mark | Avery | 405 | MV40 | Ipswich Jaffa |
| 19 | 01:19:42 | Ian | Bailey | 173 | Male Senior | Unattached |
| 174 | 01:38:25 | David | Bainbridge | 270 | Male Senior | Unattached |
| 136 | 01:35:42 | Andrew | Baines | 462 | Male Senior | Unattached |
| 300 | 01:51:53 | Hannah | Baker | 356 | Female Senior | City Of Norwich A C |
| 302 | 01:52:02 | Jo | Baker | 410 | FV35 | Hadleigh Hares |
| 313 | 01:54:12 | Darren | Baker | 451 | MV45 | Saint Edmund Pacers |
| 2 | 01:12:35 | Benvenuto | Baldelli | 262 | MV40 | Cambridge & Coleridge |
| 220 | 01:43:36 | Jon | Barber | 351 | Male Senior | Unattached |
| 233 | 01:44:55 | Sharon | Bardwell | 178 | FV35 | Unattached |
| 328 | 01:55:58 | Faye | Barker | 230 | Female Senior | Lowestoft Road Runners |
| 91 | 01:30:54 | Verne | Barltrop | 129 | MV60 | 100 Marathon Club |
| 327 | 01:55:52 | Beth | Barnes | 341 | Female Senior | Unattached |
| 212 | 01:42:27 | John | Barrett | 374 | MV45 | Team Rage |
| 58 | 01:27:27 | John | Bassinder | 214 | MV55 | Stainland Lions |
| 186 | 01:40:05 | John | Batchelor | 170 | MV40 | Unattached |
| 132 | 01:35:22 | Kate | Beach | 433 | Female Senior | Unattached |
| 141 | 01:35:58 | Tim | Beach | 437 | MV50 | Unattached |
| 199 | 01:40:52 | Angie | Bear | 134 | FV50 | Wymondham A C |
| 187 | 01:40:16 | Rick | Berry | 336 | Male Senior | The Saxons |
| 109 | 01:33:18 | Stephen | Blomfield | 79 | MV40 | Unattached |
| 383 | 02:11:27 | Christine | Bloomfield | 208 | FV50 | Norfolk Gazelles |
| 94 | 01:31:09 | John | Bone | 312 | MV60 | Great Yarmouth Road Runners |
| 208 | 01:41:51 | Brian | Borrows | 362 | MV40 | Leicester Tri Club |
| 145 | 01:36:13 | Craig | Bowen - Jones | 350 | Male Senior | Unattached |
| 377 | 02:09:09 | Lisa | Braat | 223 | Female Senior | Lowestoft Road Runners |
| 192 | 01:40:28 | Rob | Brady | 143 | MV45 | Team Rage |
| 238 | 01:45:35 | Terry | Braverman | 150 | MV60 | Haverhill Running Club |
| 304 | 01:52:16 | Diana | Braverman | 211 | FV55 | Cambridge & Coleridge |
| 258 | 01:47:34 | Stephen | Bright | 378 | MV45 | British Athletics Supporters Club |
| 114 | 01:33:28 | Matthew | Brint | 297 | MV45 | Unattached |
| 371 | 02:05:54 | Peter | Brown | 396 | MV45 | Ryston Runners |
| 195 | 01:40:38 | Colin | Browning | 197 | MV40 | Norwich Road Runners |
| 320 | 01:54:59 | Peter | Bultz | 152 | MV50 | Unattached |
| 10 | 01:15:57 | Andrew | Bunn | 113 | MV40 | City Of Norwich A C |
| 279 | 01:49:52 | Simon | Bunting | 112 | FV40 | Lowestoft Road Runners |
| 355 | 02:01:46 | Simon | Butler | 28 | MV40 | Unattached |
| 351 | 02:00:22 | Andrew | Caley | 184 | Male Senior | Unattached |
| 16 | 01:18:05 | Vince | Calver | 438 | Male Senior | Felixstowe Road Runners |
| 46 | 01:25:44 | Laurence | Calver | 364 | MV40 | Newmarket Joggers |
| 239 | 01:45:41 | Ross | Campbell | 165 | MV45 | Tri-Anglia |
| 349 | 01:59:28 | Catharine | Carfoot | 168 | Female Senior | Triathlon Essex |
| 329 | 01:56:07 | Colin | Carter | 233 | MV65 | Unattached |
| 338 | 01:57:35 | Nicholas | Carter | 161 | MV65 | Lowestoft Road Runners |
| 52 | 01:26:32 | Matthew | Cartledge | 236 | Male Senior | Unattached |
| 55 | 01:27:09 | Paul | Cassels | 343 | Male Senior | Raf Triathlon |
| 83 | 01:30:05 | Peter | Chapman | 308 | MV50 | Tri-Anglia |
| 362 | 02:03:25 | Lucy | Chapman | 382 | FV35 | Diss A C |
| 221 | 01:43:39 | James | Chase | 346 | MV40 | Unattached |
| 181 | 01:39:26 | John | Chitty | 153 | MV40 | Unattached |
| 335 | 01:57:10 | Ghislaine | Chitty | 261 | FV35 | Unattached |
| 139 | 01:35:48 | Marie | Clark | 401 | FV35 | Norwich Road Runners |

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|------------------|------------------|------------|-------------|-------------|---------------|-------------------------------|
| 309 | 01:53:20 | Neil | Clark | 400 | Male Senior | Norwich Road Runners |
| 21 | 01:20:13 | Jane | Clarke | 116 | FV45 | City Of Norwich A C |
| 45 | 01:25:33 | Neville | Clarke | 353 | MV55 | Newmarket Joggers |
| 85 | 01:30:19 | Geraldine | Clarke | 315 | FV40 | Unattached |
| 190 | 01:40:25 | John | Clarke | 463 | MV40 | Unattached |
| 106 | 01:33:08 | Rob | Clayton | 465 | MV50 | Felixstowe Road Runners |
| 201 | 01:41:09 | Peter | Clinton | 166 | MV45 | Unattached |
| 26 | 01:20:51 | Mark | Clues | 291 | MV40 | Tri-Anglia |
| 296 | 01:51:24 | Nick | Collins | 354 | Male Senior | Unattached |
| 342 | 01:58:10 | Jayne | Cook | 100 | FV45 | Unattached |
| 138 | 01:35:45 | Dale | Cooper | 359 | MV45 | Wymondham A C |
| 153 | 01:36:30 | James | Cornish | 124 | Male Senior | Unattached |
| 394 | 02:19:28 | Simon | Cox | 468 | Male Senior | Unattached |
| 400 | 02:38:15 | Gillian | Cox | 225 | FV40 | Newmarket Joggers |
| 345 | 01:58:33 | Mark | Crack | 137 | MV40 | Unattached |
| 229 | 01:44:33 | Adam | Craske | 237 | Male Senior | Unattached |
| 330 | 01:56:07 | Mark | Crisp | 234 | MV40 | Unattached |
| 369 | 02:04:52 | Clare | Crisp | 372 | Female Senior | Unattached |
| 382 | 02:11:06 | John | Crooks | 467 | Male Senior | Unattached |
| 156 | 01:36:44 | Anthony | Croucher | 145 | Male Senior | Great Yarmouth Road Runners |
| 392 | 02:17:50 | Louise | Cunningham | 30 | FV45 | Unattached |
| 36 | 01:24:03 | Tracey | Curl | 380 | FV45 | Norwich Road Runners |
| 133 | 01:35:37 | Adrian | Dale | 194 | Male Senior | Unattached |
| 203 | 01:41:21 | John | Dallen | 210 | Male Senior | Unattached |
| 97 | 01:32:03 | Robert | Davies | 204 | MV40 | Unattached |
| 1 | 01:10:16 | Neil | Davison | 426 | Male Senior | City Of Norwich A C |
| 364 | 02:03:39 | Diane | Dawson | 203 | FV55 | Unattached |
| 59 | 01:27:34 | Andrew | Day | 20 | Male Senior | Petts Wood Runners |
| 283 | 01:50:03 | Bob | Daykin | 316 | MV60 | Unattached |
| 316 | 01:54:35 | Agatha | De Boer | 302 | FV35 | Unattached |
| 202 | 01:41:09 | Harry | Deal | 320 | Male Senior | Unattached |
| 397 | 02:26:20 | Donna | Dean | 142 | FV40 | Bungay Black Dog Running Club |
| 70 | 01:28:45 | Paul | Dewison | 301 | MV55 | Cambridge & Coleridge |
| 401 | 02:38:52 | Ewan | Donald | 266 | MV40 | Unattached |
| 391 | 02:16:07 | Rob | Donovan | 186 | MV60 | Bungay Black Dog Running Club |
| 318 | 01:54:50 | Robert | Dowsett | 432 | MV40 | Unattached |
| 185 | 01:39:54 | Glenn | Doy | 402 | MV50 | Unattached |
| 386 | 02:11:58 | Janet | Drake | 309 | FV50 | Wadhurst Runners |
| 84 | 01:30:05 | Nicholas | Dunwell | 313 | Male Senior | Unattached |
| 307 | 01:53:02 | Mark | Durrant | 241 | MV45 | Unattached |
| 72 | 01:28:57 | Matt | Dye | 325 | MV40 | The Saxons |
| 198 | 01:40:52 | Dave | Dysart | 10 | Male Senior | Wymondham A C |
| 66 | 01:28:16 | Tim | Earl | 171 | Male Senior | Waveney Valley A C |
| 98 | 01:32:15 | Peter | Edmunds | 110 | MV55 | Unattached |
| 82 | 01:29:56 | Penny | Edwards | 248 | FV50 | Norwich Road Runners |
| 275 | 01:48:55 | Mark | Elflett | 347 | MV45 | Lowestoft Road Runners |
| 245 | 01:46:03 | Anne | Ellen | 368 | FV50 | Norfolk Gazelles |
| 51 | 01:26:27 | Vince | Ellis | 344 | MV50 | City Of Norwich A C |
| 215 | 01:42:56 | Matt | Ellis | 229 | Male Senior | Lowestoft Road Runners |
| 200 | 01:41:08 | Steve | Ely | 283 | Male Senior | Unattached |
| 134 | 01:35:38 | Trevor | Emery | 450 | MV55 | North Norfolk Beach Runners |
| 37 | 01:24:16 | Terry | Epps | 128 | MV50 | Wymondham A C |
| 54 | 01:27:01 | John | Evans | 431 | Male Senior | Unattached |
| 350 | 01:59:59 | Ricky | Evans | 352 | MV45 | Pewsey Vale R C |
| 303 | 01:52:15 | Sharon | Fairweather | 227 | FV35 | Unattached |
| 305 | 01:52:44 | Anne-Marie | Falgate | 81 | Female Senior | Unattached |
| 319 | 01:54:51 | Robin | Farrar | 32 | MV65 | Bungay Black Dog Running Club |
| 56 | 01:27:12 | Mark | Fawbert | 457 | Male Senior | Bungay Black Dog Running Club |
| 43 | 01:25:25 | Lee | Field | 44 | Male Senior | Unattached |
| 272 | 01:48:39 | Sarah-Jane | Firman | 249 | Female Senior | Norwich Road Runners |
| 248 | 01:46:17 | Colin | Fish | 169 | MV45 | Unattached |
| 243 | 01:45:53 | Anne | Florance | 383 | FV55 | Diss A C |
| 103 | 01:32:33 | Paul | Flynn | 339 | Male Senior | Ipswich Jaffa |
| 118 | 01:33:59 | John | Ford | 269 | MV55 | Unattached |
| 241 | 01:45:45 | James | Francis | 163 | Male Senior | Unattached |

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|------------------|------------------|-------------|-----------|-------------|---------------|------------------------------------|
| 378 | 02:09:18 | Anne-Marie | Freeman | 387 | Female Senior | Bungay Black Dog Running Club |
| 40 | 01:25:06 | Trevor | Fulcher | 328 | Male Senior | Unattached |
| 71 | 01:28:49 | Richard | Gallard | 449 | Male Senior | Waveney Valley A C |
| 178 | 01:38:58 | Hugh | Gatenby | 458 | MV55 | Unattached |
| 119 | 01:34:05 | Christopher | Gay | 299 | MV45 | Gt Yarmouth & District A C |
| 28 | 01:21:37 | Joseph | Geitner | 376 | MV40 | City Of Norwich A C |
| 219 | 01:43:10 | Nigel | Gilham | 392 | MV55 | Bungay Black Dog Running Club |
| 381 | 02:10:59 | Sheila | Gillie | 7 | FV50 | Unattached |
| 291 | 01:50:39 | Stephen | Girling | 456 | MV45 | Unattached |
| 268 | 01:48:25 | Pete | Gladwin | 436 | MV45 | Ryston Runners |
| 142 | 01:36:00 | Lisa | Godwin | 42 | FV35 | Norwich Road Runners |
| 321 | 01:55:02 | Joanna | Godwin | 322 | FV35 | Norwich Road Runners |
| 274 | 01:48:52 | Rebekah | Goodwin | 260 | Female Senior | Unattached |
| 348 | 01:59:27 | Phil | Goodwin | 307 | MV55 | Trail Runners Association |
| 29 | 01:22:03 | Mark | Gotts | 238 | Male Senior | City Of Norwich A C |
| 13 | 01:17:09 | Neil | Gray | 276 | Male Senior | Royal Engineers R C |
| 297 | 01:51:24 | Stephen | Gray | 408 | MV45 | Unattached |
| 225 | 01:43:59 | John | Greener | 286 | MV65 | Bildeston Bounders |
| 375 | 02:08:34 | Kim | Gregory | 114 | FV45 | Haverhill Running Club |
| 231 | 01:44:37 | Nicola | Grimes | 222 | Female Senior | Unattached |
| 12 | 01:16:47 | Baard | Grindberg | 337 | MV40 | Tri-Anglia |
| 150 | 01:36:25 | Paul | Groves | 120 | MV40 | Colt Jaguars |
| 259 | 01:47:38 | Chris | Groves | 264 | MV55 | Unattached |
| 298 | 01:51:47 | Charlotte | Hadingham | 281 | Female Senior | Finch Coasters |
| 216 | 01:42:58 | Ken | Hale | 56 | MV50 | Unattached |
| 108 | 01:33:17 | Will | Hall | 420 | Male Senior | Tri-Anglia |
| 246 | 01:46:05 | Richard | Hall | 217 | MV50 | Unattached |
| 80 | 01:29:43 | Stewart | Hambling | 228 | MV40 | Framlingham Flyers |
| 130 | 01:35:15 | Janathon | Hamilton | 455 | MV45 | Woodbridge Shufflers |
| 242 | 01:45:46 | Kasey | Hamrick | 453 | Male Senior | Unattached |
| 358 | 02:02:44 | Angela | Hardy | 267 | FV35 | Unattached |
| 237 | 01:45:22 | Martin | Harper | 49 | Male Senior | Unattached |
| 247 | 01:46:07 | Chris | Haycock | 105 | MV40 | Unattached |
| 25 | 01:20:29 | Richard | Hayes | 358 | Male Senior | Unattached |
| 154 | 01:36:32 | Geoff | Hayward | 274 | MV65 | North Norfolk Beach Runners |
| 162 | 01:37:30 | Tony | Heath | 64 | MV60 | North Norfolk Beach Runners |
| 73 | 01:28:58 | Clive | Hedges | 16 | MV50 | North Norfolk Beach Runners |
| 117 | 01:33:56 | Andrew | Hesp | 423 | Male Senior | Tri-Anglia |
| 31 | 01:22:46 | Raymond | Hill | 300 | MV55 | Ipswich Jaffa |
| 75 | 01:29:03 | Mike | Hill | 454 | MV45 | Tri-Anglia |
| 35 | 01:23:35 | Nigel | Hodge | 327 | MV40 | City Of Norwich A C |
| 68 | 01:28:38 | Simon | Hogan | 13 | Male Senior | Unattached |
| 209 | 01:42:06 | Kevin | Holley | 159 | MV45 | Unattached |
| 101 | 01:32:29 | Graham | Holmes | 148 | MV55 | Unattached |
| 252 | 01:46:48 | Chris | Holmes | 71 | Male Senior | Army |
| 169 | 01:37:50 | David | Hood | 443 | MV45 | Fenland Running Club |
| 53 | 01:26:57 | Paul | Horne | 177 | MV45 | Vegetarian Cycling & Athletic Club |
| 78 | 01:29:35 | David | Hudson | 411 | Male Senior | Tri-Anglia |
| 277 | 01:49:41 | Frances | Humphries | 52 | FV55 | Vegan Runners Uk |
| 218 | 01:43:04 | Sally-Anne | Hunt | 439 | FV35 | Unattached |
| 339 | 01:57:43 | Silke | Hunter | 393 | FV40 | Unattached |
| 126 | 01:34:46 | Sharon | Hurren | 101 | FV35 | Wymondham A C |
| 276 | 01:49:19 | Stewart | Ingram | 404 | MV55 | Norwich Road Runners |
| 336 | 01:57:25 | Oliver | Isaac | 361 | MV40 | Unattached |
| 49 | 01:26:17 | Robert | James | 246 | Male Senior | Bungay Black Dog Running Club |
| 360 | 02:03:19 | Sandie | Jardine | 17 | FV45 | Newmarket Joggers |
| 315 | 01:54:32 | Kevin | Jennings | 25 | MV45 | Ely Runners |
| 20 | 01:20:05 | Brad | Jones | 414 | Male Senior | Ipswich Jaffa |
| 47 | 01:25:54 | Christopher | Jones | 239 | MV45 | The Saxons |
| 67 | 01:28:33 | Oliver | Jones | 3 | Male Senior | Cambridge University Hare & Hounds |
| 129 | 01:35:13 | Howard | Jones | 381 | MV40 | Unattached |
| 11 | 01:16:20 | Tamara | Jordan | 296 | Female Senior | Stowmarket Striders |
| 189 | 01:40:25 | Raymond | Keevil | 80 | MV65 | Brandon Fern Hoppers |
| 366 | 02:03:51 | Liz | Kimbley | 409 | Female Senior | Unattached |
| 161 | 01:37:25 | Michael | King | 73 | MV55 | Coltishall Jaguars |

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|------------------|------------------|------------|----------------|-------------|---------------|-----------------------------------|
| 182 | 01:39:38 | Tony | Kirby-Cook | 106 | MV40 | Unattached |
| 204 | 01:41:30 | John | Lambert | 158 | MV60 | Ipswich Jaffa |
| 14 | 01:17:16 | Shaun | Lark | 147 | Male Senior | Lowestoft Road Runners |
| 280 | 01:49:54 | Amanda | Lasseter | 219 | FV40 | Cambridge & Coleridge |
| 176 | 01:38:37 | Jorge | Laurel | 441 | MV40 | Unattached |
| 267 | 01:48:21 | Alan | Law | 394 | MV50 | Ryston Runners |
| 64 | 01:28:06 | Dave | Lawson | 69 | Male Senior | Army |
| 228 | 01:44:23 | James | Lay | 193 | Male Senior | Unattached |
| 164 | 01:37:33 | Emma | Layton | 22 | Female Senior | Unattached |
| 127 | 01:35:02 | Matthew | Leach | 435 | Male Senior | Unattached |
| 388 | 02:12:46 | Ivan | Lees | 182 | MV50 | Great Yarmouth Road Runners |
| 235 | 01:45:11 | Peter | Lennard | 155 | MV50 | Ipswich Triathlon Club |
| 41 | 01:25:18 | Piers | Lewis | 321 | Male Senior | Unattached |
| 79 | 01:29:42 | Rob | Lines | 391 | MV40 | Tri-Anglia |
| 340 | 01:57:57 | Kate | Lloyd | 59 | Female Senior | Unattached |
| 341 | 01:58:03 | Susan | Lock | 84 | FV45 | Unattached |
| 81 | 01:29:52 | Timothy | Long | 185 | MV45 | Cambridge & Coleridge |
| 234 | 01:45:04 | Colin | Louch | 259 | MV50 | Hadleigh Hares |
| 3 | 01:13:14 | Charles | Lound | 191 | MV40 | Dulwich Runners A C |
| 353 | 02:01:41 | Steve | Love | 97 | MV45 | Unattached |
| 269 | 01:48:27 | Lorraine | Luck | 181 | FV35 | Unattached |
| 286 | 01:50:19 | Andrew | Luck | 180 | MV45 | Unattached |
| 110 | 01:33:21 | Richard | Mablesen | 331 | Male Senior | Unattached |
| 65 | 01:28:11 | Robin | Mackenzie | 284 | MV45 | Framlingham Flyers |
| 122 | 01:34:20 | James | Macleod | 201 | MV45 | Tri-Anglia |
| 5 | 01:13:41 | John | Manlow | 107 | MV40 | Ely Runners |
| 88 | 01:30:35 | Carl | Manning | 14 | MV45 | Ryston Runners |
| 322 | 01:55:03 | David | Marks | 395 | MV40 | Norwich Road Runners |
| 95 | 01:31:12 | David | Marsh | 367 | Male Senior | Ipswich Jaffa |
| 255 | 01:47:18 | Jason | Marsh | 132 | Male Senior | Unattached |
| 179 | 01:39:13 | Kevin | Marshall | 86 | MV45 | Iford A C |
| 344 | 01:58:22 | Anne | Martin | 303 | FV65 | Wymondham A C |
| 347 | 01:58:58 | Rosemary | Matlock | 172 | FV50 | Thetford A C |
| 205 | 01:41:41 | Nick | Matthews | 373 | Male Senior | Mornington Chasers |
| 230 | 01:44:34 | Peter | Matthews | 256 | MV40 | Unattached |
| 367 | 02:04:19 | Rosemary | Matthewson | 24 | FV40 | Unattached |
| 306 | 01:52:55 | Roger | Mawer | 125 | MV65 | Lowestoft Road Runners |
| 120 | 01:34:09 | James | Maycock | 428 | Male Senior | Waveney Valley A C |
| 261 | 01:47:44 | Carol | Maycock | 348 | FV50 | Bungay Black Dog Running Club |
| 76 | 01:29:15 | Paul | Mcardle | 470 | MV40 | Unattached |
| 385 | 02:11:56 | Kimberley | Mercer | 271 | FV35 | Unattached |
| 390 | 02:14:04 | Gordon | Merfield | 63 | MV70 | The Saxons |
| 396 | 02:22:22 | Wendy | Merfield | 62 | FV65 | The Saxons |
| 77 | 01:29:18 | Mark | Merrywest | 293 | Male Senior | Norwich Road Runners |
| 183 | 01:39:39 | Julia | Midleton | 258 | FV55 | Newmarket Joggers |
| 222 | 01:43:41 | Tony | Millett | 464 | MV55 | Norwich Road Runners |
| 159 | 01:36:59 | Anne | Millitt | 329 | FV50 | Norwich Road Runners |
| 123 | 01:34:34 | Adrian | Mills | 434 | MV45 | Unattached |
| 288 | 01:50:29 | Martin | Mills | 253 | MV40 | Unattached |
| 9 | 01:15:28 | Richard | Moore | 160 | MV40 | Waveney Valley A C |
| 289 | 01:50:30 | Cliff | Moore | 130 | MV60 | Unattached |
| 107 | 01:33:14 | Ian | Mudge | 363 | MV50 | Unattached |
| 352 | 02:01:32 | Sarah | Nasmyth-Miller | 244 | FV45 | Unattached |
| 42 | 01:25:22 | Steven | Neaves | 317 | MV50 | Stowmarket Striders |
| 214 | 01:42:35 | Julie | Neilson | 419 | FV45 | Springfield Striders |
| 193 | 01:40:31 | Julien | Nelson | 90 | MV40 | Unattached |
| 128 | 01:35:10 | Stephen | Niblett | 78 | MV40 | Unattached |
| 343 | 01:58:13 | Kerry | Nicholls | 8 | FV35 | Unattached |
| 223 | 01:43:45 | Terry | Nippress | 407 | Male Senior | Unattached |
| 165 | 01:37:37 | Pauline | Norman | 306 | FV55 | Lowestoft Road Runners |
| 227 | 01:44:08 | Rachel | Norton | 127 | FV35 | Unattached |
| 324 | 01:55:38 | Tim | O'Mullane | 215 | MV45 | Unattached |
| 294 | 01:51:15 | Sarah | Owen | 377 | FV40 | British Athletics Supporters Club |
| 249 | 01:46:22 | Rick | Page | 23 | MV45 | Unattached |
| 337 | 01:57:28 | Gillian | Paremain | 323 | FV55 | Thetford A C |

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|------------------|------------------|-------------|---------------|-------------|---------------|-------------------------------|
| 137 | 01:35:44 | Tom | Pateman | 12 | Male Senior | Unattached |
| 265 | 01:48:14 | Miranda | Paul | 18 | FV35 | Newmarket Joggers |
| 32 | 01:22:48 | Ricky | Peacher | 231 | Male Senior | Framlingham Flyers |
| 273 | 01:48:43 | David | Pearson | 60 | MV40 | Unattached |
| 253 | 01:46:54 | Robert | Peevor | 406 | Male Senior | Ipswich Triathlon Club |
| 379 | 02:09:36 | Anna | Pell | 388 | Female Senior | City Of Norwich A C |
| 197 | 01:40:48 | Alex | Pentney-Smith | 445 | Male Senior | Unattached |
| 333 | 01:56:39 | Lucy | Perry | 200 | FV40 | Wymondham A C |
| 270 | 01:48:34 | Lorna | Pettifer | 190 | FV40 | Pitsea Running Club |
| 310 | 01:53:21 | John | Pettifer | 189 | MV60 | Pitsea Running Club |
| 334 | 01:56:59 | Tracy | Pettifer | 311 | Female Senior | Pitsea Running Club |
| 7 | 01:13:53 | Stephen | Pettit | 85 | MV40 | Ely Runners |
| 74 | 01:28:58 | Lee | Phillips | 92 | Male Senior | The Saxons |
| 290 | 01:50:39 | Richard | Pilch | 102 | MV60 | Unattached |
| 173 | 01:38:17 | Andrew | Pipe | 399 | Male Senior | The Saxons |
| 299 | 01:51:52 | Richard | Polley | 252 | MV50 | City Of Norwich A C |
| 262 | 01:47:47 | Jenny | Pratt | 103 | FV40 | Unattached |
| 263 | 01:47:54 | Ed | Proffitt | 183 | Male Senior | Unattached |
| 384 | 02:11:28 | Sallyann | Protheroe | 109 | FV50 | Lowestoft Road Runners |
| 292 | 01:50:45 | David | Punt | 326 | MV50 | Bungay Black Dog Running Club |
| 264 | 01:48:03 | Kevin | Purser | 179 | MV45 | Unattached |
| 61 | 01:27:38 | Chris | Pycroft | 442 | MV45 | Unattached |
| 250 | 01:46:37 | Geoff | Pye | 292 | MV50 | Woodham Runners |
| 17 | 01:18:48 | Philip | Quantrill | 298 | Male Senior | Great Yarmouth Road Runners |
| 135 | 01:35:40 | Mike | Quick | 175 | MV55 | Bracknell Forest Runners |
| 86 | 01:30:20 | Paul | Rayner | 6 | MV45 | Hunts A C |
| 399 | 02:36:17 | Frank | Reader | 285 | MV60 | Unattached |
| 116 | 01:33:53 | Simon | Reeve | 461 | MV40 | Unattached |
| 152 | 01:36:27 | Sean | Reeve | 33 | Male Senior | Unattached |
| 146 | 01:36:17 | Ian | Reid | 176 | MV50 | Unattached |
| 60 | 01:27:36 | Steven | Rendell-Read | 213 | MV45 | Lowestoft Road Runners |
| 63 | 01:28:06 | John | Richmond | 68 | MV40 | Army |
| 254 | 01:47:10 | David | Richmond | 417 | MV50 | Eye Community runners |
| 48 | 01:26:05 | Seb | Rijpstra | 226 | Male Senior | Unattached |
| 38 | 01:24:34 | Christopher | Roach | 131 | Male Senior | Unattached |
| 194 | 01:40:36 | Rachel | Roberts | 15 | FV35 | Ely Runners |
| 211 | 01:42:21 | Stephen | Roberts | 440 | MV50 | Unattached |
| 213 | 01:42:33 | Melanie | Roberts | 277 | FV50 | Woodbridge Shufflers |
| 380 | 02:10:46 | William | Roberts | 389 | Male Senior | Unattached |
| 4 | 01:13:38 | Iain | Robertson | 425 | Male Senior | City Of Norwich A C |
| 124 | 01:34:36 | Paul | Robinson | 255 | MV40 | Reepham Runners |
| 151 | 01:36:25 | Craig | Robinson | 398 | Male Senior | Unattached |
| 301 | 01:52:01 | Alex | Robinson | 104 | Male Senior | Unattached |
| 314 | 01:54:25 | Jane | Robinson | 43 | FV45 | Unattached |
| 15 | 01:17:32 | Goy | Roper | 379 | MV45 | Norwich Road Runners |
| 363 | 02:03:36 | David | Rose | 77 | MV40 | Strollers Athletic |
| 271 | 01:48:37 | Philippa | Rudd | 263 | FV45 | Unattached |
| 226 | 01:44:02 | Stephen | Rudolf | 466 | MV45 | Unattached |
| 102 | 01:32:32 | Jason | Rush | 360 | Male Senior | Unattached |
| 171 | 01:38:11 | Susannah | Rush | 429 | FV40 | Unattached |
| 121 | 01:34:14 | Adrian | Sadler | 334 | MV45 | Waveney Valley A C |
| 18 | 01:19:11 | David | Saunders | 149 | MV45 | Leicester Coritanians |
| 278 | 01:49:46 | Mark | Saunders | 55 | Male Senior | Unattached |
| 148 | 01:36:24 | Paul | Savage | 196 | Male Senior | Unattached |
| 144 | 01:36:00 | Andrew | Savory | 330 | MV40 | Norwich Road Runners |
| 224 | 01:43:52 | Paul | Sayer | 126 | Male Senior | Unattached |
| 257 | 01:47:27 | Anthony | Scarfo | 65 | Male Senior | Unattached |
| 30 | 01:22:39 | Chris | Scott | 251 | Male Senior | Lowestoft Road Runners |
| 44 | 01:25:26 | Chris | Seymour | 136 | MV40 | Stowmarket Striders |
| 147 | 01:36:18 | Vicky | Sheldon | 310 | Female Senior | Unattached |
| 232 | 01:44:49 | Iain | Sheriffs | 295 | Male Senior | Unattached |
| 266 | 01:48:14 | Horace | Shuriah | 275 | Male Senior | Haverhill Running Club |
| 8 | 01:14:06 | Doug | Slater | 357 | Male Senior | Unattached |
| 93 | 01:31:05 | Simon | Smith | 151 | Male Senior | Unattached |
| 99 | 01:32:17 | Glyn | Smith | 139 | MV60 | Cambridge & Coleridge |

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

| Overall position | Finish Race Time | First name | Last name | Race number | Age category | Team name |
|------------------|------------------|------------|-------------|-------------|---------------|-------------------------------|
| 236 | 01:45:13 | Andrew | Smith | 98 | MV55 | Bungay Black Dog Running Club |
| 368 | 02:04:43 | Sheila | Smith | 157 | FV55 | Unattached |
| 177 | 01:38:40 | Ben | Snelling | 40 | Male Senior | Unattached |
| 354 | 02:01:43 | Julia | Sowerbutts | 96 | FV45 | Unattached |
| 376 | 02:09:07 | Roger | Spinks | 54 | MV65 | Ipswich Jaffa |
| 282 | 01:50:01 | Carole | Spong | 319 | FV65 | Great Yarmouth Road Runners |
| 398 | 02:32:19 | Albert | Spong | 318 | MV70 | Great Yarmouth Road Runners |
| 287 | 01:50:25 | Charlie | Stannett | 35 | MV50 | Ipswich Triathlon Club |
| 293 | 01:51:05 | Kate | Stannett | 36 | FV45 | Ipswich Triathlon Club |
| 356 | 02:02:03 | Sandra | Stanton | 418 | FV40 | Springfield Striders |
| 62 | 01:27:43 | Colin | Stark | 290 | Male Senior | North Norfolk Beach Runners |
| 389 | 02:13:31 | Martin | Starkings | 355 | Male Senior | Unattached |
| 24 | 01:20:27 | Nicholas | Stephens | 446 | MV45 | Stowmarket Striders |
| 50 | 01:26:26 | Peter | Stephens | 448 | Male Senior | St Radegund RADC |
| 143 | 01:36:00 | Tracy | Stevens | 93 | FV35 | Wymondham A C |
| 387 | 02:12:33 | M | Su | 289 | Female Senior | Unattached |
| 39 | 01:24:48 | Matthew | Sutton | 206 | Male Senior | Great Yarmouth Road Runners |
| 100 | 01:32:21 | Avril | Swan | 460 | FV40 | 100 Marathon Club |
| 113 | 01:33:24 | Lisa | Symonds | 27 | FV35 | Unattached |
| 27 | 01:21:16 | Ian | Taylor | 115 | MV40 | Bungay Black Dog Running Club |
| 172 | 01:38:14 | Ian | Taylor | 287 | MV50 | Road Runners Club |
| 308 | 01:53:19 | David | Tilley | 195 | Male Senior | Unattached |
| 312 | 01:53:31 | Chris | Titman | 2 | Male Senior | Unattached |
| 326 | 01:55:51 | David | Toms | 469 | MV55 | Brandon Fern Hoppers |
| 357 | 02:02:23 | Catherine | Tooley | 9 | FV40 | Unattached |
| 111 | 01:33:22 | Samantha | Toop | 397 | Female Senior | Tri-Anglia |
| 166 | 01:37:44 | Rex | Toop | 416 | MV60 | Poole AC |
| 6 | 01:13:48 | Tim | Topper | 324 | Male Senior | Norfolk Gazelles |
| 196 | 01:40:39 | Gregory | Tunmore | 140 | Male Senior | Unattached |
| 131 | 01:35:17 | Peter | Turner | 122 | Male Senior | Fetcheveryone R C |
| 160 | 01:37:19 | Steve | Turner | 72 | Male Senior | Army |
| 395 | 02:20:12 | Brian | Turner | 99 | MV70 | Ipswich Jaffa |
| 170 | 01:38:10 | Frank | Tyldesley | 187 | MV45 | Saint Edmund Pacers |
| 260 | 01:47:40 | Tony | Tyler | 371 | MV45 | Thetford A C |
| 210 | 01:42:13 | Jonathan | Tyrell | 221 | Male Senior | Tri-Anglia |
| 317 | 01:54:35 | Henriette | Ueckermann | 422 | FV35 | Unattached |
| 346 | 01:58:52 | Claire | Van Leersum | 138 | FV45 | Unattached |
| 87 | 01:30:24 | Tom | Vellacott | 254 | Male Senior | Unattached |
| 96 | 01:31:14 | Sarah | Vick | 61 | FV35 | The Saxons |
| 323 | 01:55:22 | Botond | Virginas | 232 | MV40 | Unattached |
| 251 | 01:46:40 | Marion | Walker | 257 | FV50 | Framlingham Flyers |
| 332 | 01:56:24 | Jason | Walne | 11 | Male Senior | Unattached |
| 365 | 02:03:51 | Katy | Walters | 282 | Female Senior | City Of Norwich A C |
| 359 | 02:03:00 | Peter | Warren | 207 | MV50 | City Of Norwich A C |
| 23 | 01:20:24 | Jim | Watchorn | 280 | Male Senior | Royal Navy Triathlon Club |
| 295 | 01:51:21 | Daniel | Watson | 412 | Male Senior | Unattached |
| 140 | 01:35:49 | Bob | Watt | 26 | MV55 | Great Bentley R C |
| 393 | 02:17:50 | Clare | Webb | 333 | FV40 | Unattached |
| 155 | 01:36:43 | Steve | Websdale | 279 | MV45 | Norwich Road Runners |
| 34 | 01:23:18 | John | Weston | 459 | MV50 | Ipswich Jaffa |
| 325 | 01:55:46 | Sally | Whitby | 385 | FV40 | Ryston Runners |
| 90 | 01:30:53 | Lee | White | 288 | Male Senior | Leicester Tri Club |
| 112 | 01:33:23 | Paul | White | 272 | MV45 | Unattached |
| 157 | 01:36:45 | Kevin | White | 205 | MV40 | Bedford Harriers |
| 284 | 01:50:03 | Mike | White | 369 | MV50 | Unattached |
| 163 | 01:37:32 | Lorraine | Whitmarsh | 123 | Female Senior | City Of Norwich A C |
| 104 | 01:32:35 | Neil | Williamson | 430 | Male Senior | Unattached |
| 240 | 01:45:41 | Mike | Willis | 471 | MV40 | Unattached |
| 175 | 01:38:33 | Brendan | Wilson | 156 | MV40 | City Of Norwich A C |
| 244 | 01:46:02 | Karen | Wilson | 335 | FV40 | Unattached |
| 370 | 02:05:48 | Phylly | Wilson | 133 | FV65 | Wreake Runners |
| 167 | 01:37:45 | Jim | Withers | 386 | MV50 | Newmarket Joggers |
| 206 | 01:41:45 | Sally | Withey | 345 | FV35 | City Of Norwich A C |
| 372 | 02:05:57 | Sarah | Wood | 340 | Female Senior | Unattached |
| 256 | 01:47:25 | Gill | Woodhouse | 95 | FV60 | Dereham Runners A C |

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

| Overall position | Finish Race Time | First name | Last name | Race number | Age category | Team name |
|------------------|------------------|------------|-----------|-------------|---------------|---------------------|
| 115 | 01:33:32 | Tim | Woods | 370 | MV45 | Unattached |
| 57 | 01:27:25 | Paul | Woodyatt | 198 | MV45 | City Of Norwich A C |
| 184 | 01:39:46 | Claire | Woollard | 21 | Female Senior | Petts Wood Runners |
| 361 | 02:03:21 | Faye | Woollard | 19 | Female Senior | Ipswich Jaffa |
| 207 | 01:41:46 | Anita | Wreford | 146 | Female Senior | City Of Norwich A C |
| 89 | 01:30:46 | Jackie | Wren | 144 | FV45 | Hunts A C |
| 331 | 01:56:22 | Carole | Wyatt | 447 | FV45 | Wymondham A C |
| 33 | 01:23:12 | Danny | Wyer | 444 | Male Senior | Unattached |
| 92 | 01:31:05 | Paul | Yallop | 141 | MV40 | Tri-Anglia |
| 180 | 01:39:14 | Clifford | Youngberg | 452 | Male Senior | Unattached |
| 22 | 01:20:14 | Kevin | Youngs | 202 | MV55 | Norfolk Gazelles |