

Bungay Black Dog Running Club  
 Adnams Great East Run 20km - 21th February 2010  
 Provisional Results sorted by Number

Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
52	01:27:57	01:27:43	Abel	Laurence	Unattached	MV40	1
55	01:28:14	01:28:06	Adams	Charles	Unattached	Male Senior	2
412	02:29:45	02:29:34	Adams	Victoria	Unattached	Female Senior	5
408	02:23:40	02:23:06	Alderton	Ann	Unattached	FV45	6
156	01:39:51	01:39:17	Allan	Greg	Unattached	Male Senior	8
148	01:38:36	01:38:25	Allen	Daren	Unattached	MV45	9
410	02:26:45	02:26:17	Allen	Rachel	Unattached	Female Senior	10
379	02:10:50	02:10:16	Allum	Julie	Ryston Runners	FV35	11
255	01:50:46	01:50:33	Anderson	Carolynn	Newmarket Joggers	FV35	12
222	01:47:47	01:47:24	Anderson	Paul	Great Yarmouth Road Runners	MV50	13
57	01:28:35	01:28:28	Andrews	Gary	Unattached	MV40	14
70	01:29:59	01:29:52	Archbold	Karen	Lowestoft Road Runners	FV40	16
330	01:59:12	01:58:37	Arnold	Chris	Unattached	MV40	17
32	01:24:20	01:24:15	Bailey	Benjamin	Unattached	MV40	19
35	01:25:28	01:25:25	Bailey	Cliff	Unattached	MV50	20
10	01:18:37	01:18:34	Bailey	Ian	Unattached	Male Senior	21
184	01:43:07	01:42:43	Baker	Hannah	City of Norwich Athletic Club	Female Senior	23
388	02:13:18	02:13:00	Balmanno	Kathryn	Unattached	FV45	24
111	01:34:34	01:34:27	Barltrop	Verne	100 Marathon Club	MV60	28
126	01:35:39	01:35:28	Barron	Gavin	Unattached	Male Senior	29
65	01:29:26	01:29:22	Beach	Kate	Unattached	Female Senior	32
58	01:28:50	01:28:48	Beckett	Ian	Unattached	Male Senior	33
301	01:55:02	01:54:57	Bendix	Shona	Unattached	FV40	34
352	02:03:40	02:03:05	Bennett	Lyndsey	Unattached	Female Senior	35
15	01:21:22	01:21:20	Betts	Mark	Norwich Road Runners	Male Senior	37
242	01:49:02	01:48:50	Bewick	Jeremy	Framlingham Flyers	MV40	38
102	01:33:34	01:33:30	Billingham	Huw	Stowmarket Striders	MV40	39
74	01:30:19	01:29:54	Birch	Warren	Unattached	MV40	40
76	01:30:28	01:30:22	Birt	Andrew	Unattached	MV40	41
100	01:33:23	01:33:14	Blomfield	Stephen	Unattached	MV40	42
384	02:11:52	02:11:20	Bloomfield	Christine	Norfolk Gazelles	FV50	43
116	01:34:49	01:34:41	Bone	John	Great Yarmouth Road Runners	MV60	47
233	01:48:35	01:48:09	Boucher	Jonathan	Unattached	Male Senior	49
18	01:22:12	01:21:57	Bowen	David	Unattached	Male Senior	50
50	01:27:24	01:27:21	Bowen-Jones	Craig	Unattached	Male Senior	52

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40	01:26:21	01:26:19	Bower	Phil	Thetford Athletic Club	MV50	53
114	01:34:44	01:34:39	Bower	Sandra	Thetford Athletic Club	FV45	54
357	02:05:24	02:05:02	Brereton	Sarah	Unattached	FV35	56
199	01:44:59	01:44:57	Brigden	Martin	Unattached	MV50	57
270	01:52:28	01:52:08	Bright	Stephen	Unattached	MV45	58
128	01:35:55	01:35:26	Brooks	Richard	Unattached	Male Senior	59
47	01:26:52	01:26:39	Brown	Hugh	Unattached	MV40	60
107	01:34:13	01:34:08	Brown	Stephen	Cambridge Harriers	MV50	61
322	01:57:59	01:57:23	Browne	Simon	Unattached	MV50	62
308	01:56:22	01:56:06	Bullock	Matt	Unattached	MV40	63
314	01:57:14	01:56:58	Bunting	Simon	Lowestoft Road Runners	MV40	64
385	02:12:18	02:11:49	Burdett	Sara	Unattached	FV45	65
348	02:03:15	02:02:50	Burgin	Lorna	Unattached	FV40	66
341	02:01:24	02:00:54	Burley	George	Unattached	MV50	67
359	02:05:33	02:05:02	Burley	Jill	Unattached	FV50	68
61	01:29:00	01:28:53	Butcher	Matt	Unattached	Male Senior	70
321	01:57:58	01:57:22	Butler	Simon	Unattached	MV45	71
361	02:05:48	02:05:20	Campbell-Gray	Robert	Unattached	MV45	72
53	01:28:06	01:28:06	Cassels	Paul	Unattached	Male Senior	74
223	01:47:52	01:47:20	Chadwick	Scott	Unattached	Male Senior	75
228	01:48:29	01:48:09	Challis	Richard	Unattached	Male Senior	76
122	01:35:13	01:35:04	Chapman	Peter	Tri-Anglia	MV50	77
413	02:29:46	02:29:35	Chase	Charlotte	Unattached	Female Senior	79
82	01:31:03	01:30:54	Churchman	Ben	Unattached	Male Senior	80
158	01:40:08	01:39:51	Clark	Richard	The Saxons	MV40	81
218	01:47:12	01:46:45	Clark	Roger	Unattached	MV50	82
273	01:52:42	01:52:14	Clarke	Edward	Unattached	Male Senior	83
259	01:50:57	01:50:38	Clarke	John	Unattached	MV40	84
129	01:35:56	01:35:48	Clements	Carl	Unattached	Male Senior	86
372	02:07:40	02:07:01	Clifford	David	Unattached	MV45	87
21	01:22:26	01:22:19	Clues	Mark	Tri-Anglia	MV40	88
68	01:29:42	01:29:28	Cockbain	Mark	Unattached	Male Senior	89
391	02:14:06	02:13:38	Cole	Clare	Tri-Anglia	FV35	91
195	01:44:28	01:44:17	Cole	Michael	Unattached	Male Senior	92
161	01:40:50	01:40:40	Constable	Michelle	Ipswich Triathlon Club	FV40	93

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
42	01:26:25	01:26:06	Cook	Darren	Unattached	Male Senior	94
333	01:59:17	01:59:06	Cook	Jayne	Unattached	FV45	95
80	01:30:55	01:30:48	Cooke	Frances	March Athletic Club	FV50	96
166	01:41:50	01:41:26	Cooke	Sue	City of Norwich Athletic Club	FV45	97
416	02:53:37	02:53:13	Copeland	Maurice	North Norfolk Beach Runners	MV70	98
390	02:13:57	02:13:38	Corbersmith	Leanne	Unattached	Female Senior	99
246	01:49:28	01:49:20	Jennings	Belinda	Unattached	Female Senior	100
176	01:42:32	01:42:10	Coustham	Vincent	City of Norwich Athletic Club	Male Senior	101
197	01:44:36	01:44:04	Crack	Mark	Unattached	MV45	105
145	01:38:25	01:38:16	Craske	Adam	Unattached	Male Senior	106
110	01:34:20	01:34:05	Crook	Mark	Unattached	Male Senior	107
171	01:42:23	01:41:56	Cunningham	Chris	Unattached	Male Senior	108
162	01:40:57	01:40:57	Curran	Martin	Unattached	Male Senior	109
59	01:28:53	01:28:51	Daugherty	Duane	Unattached	MV45	110
20	01:22:18	01:22:10	Davis	Darryl	City of Norwich Athletic Club	MV40	111
163	01:41:26	01:41:09	Davis	Richard	Unattached	Male Senior	112
194	01:44:16	01:44:16	Davison	Mark	Unattached	Male Senior	114
1	01:10:57	01:10:56	Davison	Neil	City of Norwich Athletic Club	MV40	115
334	01:59:31	01:59:12	Dennis	Emily Kate	Norwich Road Runners	Female Senior	116
287	01:54:00	01:53:40	Dixon	Sarah	Unattached	FV35	118
409	02:26:16	02:26:16	Donovan	Rob	Bungay Black Dog Running Club	MV60	119
149	01:38:45	01:38:35	Downie	Alex	Cambridge & Coleridge Athletic	MV60	120
206	01:45:19	01:44:57	Downie	Fiona	Cambridge & Coleridge Athletic	FV45	121
16	01:22:06	01:22:04	Drane	Kieren	Unattached	Male Senior	122
227	01:48:23	01:48:06	Durrant	Mark	Unattached	MV45	124
34	01:25:13	01:25:07	Earl	Timothy	Waveney Valley Athletic Club	Male Senior	125
27	01:23:31	01:23:31	Eastwood	Graham	Unattached	Male Senior	126
120	01:35:10	01:35:00	Edmunds	Peter	Unattached	MV60	127
269	01:52:20	01:51:52	Edwards	Anthony	Unattached	Male Senior	128
146	01:38:30	01:38:22	Elflett	Mark	Lowestoft Road Runners	MV45	131
369	02:07:09	02:06:42	English	Heather	Unattached	FV60	134
90	01:32:07	01:31:53	Enticknap	Andrew	Unattached	MV40	135
41	01:26:24	01:26:22	Epps	Terry	Wymondham Athletic Club	MV55	136
26	01:23:26	01:23:26	Ewin	Mark	Unattached	Male Senior	137
317	01:57:33	01:57:11	Falgate	Anne-Marie	Unattached	Female Senior	138

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
386	02:13:01	02:12:35	Farrar	Robin	Bungay Black Dog Running Club	MV65	139
403	02:19:46	02:19:13	Fenna	Mike	Unattached	Male Senior	140
240	01:49:00	01:48:39	Finch	Peter	Unattached	MV45	142
362	02:05:48	02:05:17	Fitzgerald	Tim	Unattached	Male Senior	143
326	01:58:30	01:58:18	Florence	Anne	Diss Athletic Club	FV55	145
169	01:42:20	01:42:12	Floyd	Simon	Unattached	MV40	146
250	01:50:23	01:50:00	Fordham	David	The Saxons	MV55	149
365	02:06:15	02:05:59	Fowler	Shirley	Haverhill Running Club	FV45	151
71	01:30:00	01:29:58	Fox	Nigel	Unattached	MV40	152
69	01:29:59	01:29:48	France	Darren	Unattached	MV40	153
318	01:57:45	01:57:08	Fraser	Alec	North Norfolk Beach Runners	MV65	155
43	01:26:35	01:26:25	Garbett	Danny	Bexhill Runners	MV45	158
249	01:50:08	01:49:41	Gardner	Dave	Woodbridge Shufflers	MV50	159
370	02:07:20	02:06:50	Garner	Peter	Unattached	MV45	160
337	02:00:42	02:00:10	Gerrard	Hayley	Norwich Road Runners	FV40	161
177	01:42:37	01:42:22	Gilham	Richard	Norfolk Gazelles	MV45	162
289	01:54:02	01:53:43	Gilley	Rebecca	Unattached	FV35	163
81	01:31:02	01:31:00	Gillingham	Neil	Ipswich Harriers	Male Senior	164
78	01:30:48	01:30:44	Glass	Andy	Sudbury Joggers	Male Senior	165
217	01:47:10	01:46:50	Glen	David	Unattached	Male Senior	167
213	01:45:54	01:45:27	Godwin	Joanna Louise	Norwich Road Runners	FV35	168
142	01:38:03	01:37:36	Godwin	Lisa	Norwich Road Runners	FV35	169
132	01:36:03	01:35:57	Goodwin	Mark	Unattached	Male Senior	170
350	02:03:26	02:02:49	Goodwin	Phil	Unattached	MV55	171
211	01:45:52	01:45:29	Gostling	John	City of Norwich Athletic Club	Male Senior	172
371	02:07:38	02:07:22	Gregory	Kim	Haverhill Running Club	FV45	174
237	01:48:40	01:48:32	Groves	Chris	Unattached	MV55	176
164	01:41:31	01:41:04	Guy	Steven	City of Norwich Athletic Club	Male Senior	177
351	02:03:29	02:03:00	Hadgraft	Alice	Unattached	Female Senior	178
174	01:42:30	01:42:13	Hagger	Andrew	Unattached	MV45	180
25	01:23:14	01:23:13	Hanman	Tim	Unattached	Male Senior	181
179	01:42:45	01:42:30	Hannah	Jane	Unattached	Female Senior	182
113	01:34:43	01:34:15	Hanner	Kevin	Unattached	Male Senior	183
258	01:50:57	01:50:38	Harper	Martin	Unattached	MV40	184
150	01:38:53	01:38:48	Harris	Peter	Ely Runners	MV55	185

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155	01:39:43	01:39:28	Harrison	Tim	Unattached	MV40	186
45	01:26:42	01:26:25	Hart	David	City of Norwich Athletic Club	MV40	187
263	01:51:57	01:51:42	Hart	Gill	Ryston Runners	FV55	188
214	01:46:30	01:46:14	Hart	Nigel	Unattached	MV45	189
196	01:44:32	01:44:19	Heath	Tony	North Norfolk Beach Runners	MV60	192
93	01:32:38	01:32:31	Hesp	Andy	Tri-Anglia	Male Senior	193
140	01:37:48	01:37:48	Higgins	Carl	Thetford Athletic Club	MV45	194
63	01:29:01	01:28:58	Higgins	Neil	Unattached	Male Senior	195
19	01:22:14	01:22:00	Higgins	Roger	Unattached	Male Senior	196
99	01:33:06	01:32:47	Hoare	Vernon	Unattached	MV45	199
167	01:42:00	01:41:50	Hodson	Cath	Unattached	Female Senior	201
224	01:48:01	01:47:48	Holder	Cheryl	Unattached	FV40	203
159	01:40:08	01:40:08	Holland	Jon	Norwich Road Runners	Male Senior	204
281	01:53:47	01:53:23	Holland	Julian	Unattached	Male Senior	205
180	01:42:53	01:42:38	Holt	John	Unattached	MV60	207
77	01:30:40	01:30:36	Horne	Paul	Vegetarian C & AC	MV50	208
205	01:45:18	01:45:01	Hornsey	Helen	Bungay Black Dog Running Club	Female Senior	209
87	01:31:41	01:31:32	Hornsey	Joseph	Bungay Black Dog Running Club	Male Senior	210
31	01:24:00	01:23:56	Houghton	Andrew	Unattached	MV50	211
94	01:32:42	01:32:29	Hudson	David	Tri-Anglia	Male Senior	212
172	01:42:25	01:42:09	Hughes	Howard	Unattached	MV55	213
397	02:14:46	02:14:16	Humphry	Anamda	Unattached	FV45	215
272	01:52:40	01:52:31	Hunt	Caroline	Unattached	Female Senior	216
207	01:45:29	01:45:16	Hunter	Silke	Unattached	FV40	218
349	02:03:15	02:02:51	Hysom	Ali	Unattached	FV35	220
106	01:34:12	01:34:12	Ibrahim	Ali	Unattached	Male Senior	221
278	01:53:18	01:53:00	Imeson	Richard	Unattached	Male Senior	222
244	01:49:12	01:49:01	Inkley	Stephen	Saffron Striders Running Club	MV45	223
86	01:31:39	01:31:32	Irvine	Andy	Cambridge & Coleridge Athletic	MV40	224
375	02:08:33	02:08:01	Isaac	Oliver	Unattached	MV40	225
316	01:57:25	01:57:04	Jackson	Yvonne	Unattached	FV40	226
335	01:59:51	01:59:19	Jardine	Sandie	Unattached	FV45	227
210	01:45:45	01:45:31	Jennings	Craig	Coltishall Jaguars	Male Senior	228
294	01:54:56	01:54:19	Johnson	Nick	Unattached	MV45	229
392	02:14:28	02:14:07	Jones	Adele	Unattached	FV60	230

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3	01:12:47	01:12:46	Jones	Andrew	City of Norwich Athletic Club	MV40	231
12	01:19:00	01:18:59	Jones	Brad	Ipswich Jaffa	Male Senior	232
60	01:28:57	01:28:51	Jones	Christopher	The Saxons	MV45	234
307	01:56:10	01:55:50	Jones	Gwyneth	Unattached	FV50	235
95	01:32:52	01:32:44	Jones	Leon	Unattached	Male Senior	236
286	01:53:59	01:53:37	Jones	Paul	Unattached	Male Senior	237
288	01:54:02	01:53:43	Joyce	Claire	Unattached	Female Senior	238
67	01:29:32	01:29:29	Karger	Oliver	Unattached	Male Senior	239
366	02:06:34	02:06:14	Keeble	Jaime	Unattached	Female Senior	240
239	01:48:51	01:48:33	Keevil	Raymond	Brandon Fern Hoppers	MV65	241
29	01:23:33	01:23:32	Kent	Glen	Chelmsford Athletic Club	MV50	242
354	02:05:11	02:04:36	Kent	Jonathan	Unattached	Male Senior	243
234	01:48:37	01:48:17	Key	Natalie	Unattached	Female Senior	244
121	01:35:12	01:34:51	King	Mike	Coltishall Jaguars	MV55	245
4	01:12:58	01:12:57	Kingsnorth	Tom	Saint Edmund Pacers	Male Senior	246
23	01:23:09	01:23:09	Kinsman	Daniel	Framlingham Flyers	Male Senior	247
96	01:32:55	01:32:45	Kitchener	Philip	Unattached	Male Senior	248
226	01:48:21	01:47:56	Lane	David	Ryston Runners	MV45	251
13	01:20:17	01:20:12	Lark	Shaun	Lowestoft Road Runners	Male Senior	252
130	01:35:57	01:35:51	Larke	Patrick	Wymondham Athletic Club	MV50	253
230	01:48:33	01:47:59	Lasseter	Amanda	Cambridge & Coleridge Athletic	FV40	254
378	02:10:33	02:10:07	Lees	Ivan	Unattached	MV50	256
346	02:02:46	02:02:06	Lett	Rebecca	Unattached	FV40	258
178	01:42:43	01:42:15	Lewis	Ed	Unattached	Male Senior	259
51	01:27:52	01:27:46	Lines	Rob	Tri-Anglia	MV40	260
389	02:13:20	02:13:00	Lister	Stephen	Unattached	Male Senior	261
355	02:05:20	02:04:49	Little	Sue	Unattached	FV55	262
336	02:00:18	02:00:10	Loadman	Neil	Tri-Anglia	Male Senior	264
131	01:36:02	01:35:51	Long	Tim	Cambridge & Coleridge Athletic	MV50	267
305	01:55:45	01:55:24	Luck	Katarina	Unattached	FV35	270
37	01:25:56	01:25:47	Lyon	Paul	Unattached	Male Senior	271
72	01:30:04	01:29:51	Mackenzie	Rob	Framlingham Flyers	MV45	273
91	01:32:17	01:32:04	Maclean	Tony	Framlingham Flyers	Male Senior	274
7	01:15:55	01:15:54	Manlow	John	Ely Runners	MV40	275
300	01:55:00	01:54:42	Marcuzzo	Kirsty	Unattached	FV40	276

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125	01:35:28	01:35:04	Marley	Richard	Unattached	MV45	277
115	01:34:45	01:34:35	Marriott	Michael	Unattached	MV50	278
98	01:33:04	01:33:00	Masterson	Paul	Unattached	MV40	281
312	01:56:41	01:56:24	Matlock	Rosemary	Thetford Athletic Club	FV50	282
153	01:39:25	01:39:10	Matthews	Nick	Unattached	Male Senior	283
304	01:55:31	01:54:58	Maulkerson	Rosalind	Unattached	FV40	284
383	02:11:51	02:11:27	Mawer	Roger	Lowestoft Road Runners	MV65	285
36	01:25:55	01:25:44	Mcallen	Jonathan	Unattached	Male Senior	286
73	01:30:11	01:29:39	Mcardle	Paul	Unattached	MV40	287
24	01:23:11	01:23:05	Mccoy	Robin	Unattached	MV40	288
402	02:19:24	02:18:51	Mcculloch	Jane	Unattached	FV50	289
193	01:44:12	01:43:54	Mceniery	Carmel	Cambridge & Coleridge Athletic	FV35	290
168	01:42:00	01:41:45	Mcgarry	Tom	Unattached	Male Senior	291
411	02:27:31	02:27:17	Mcintosh	Carol	Unattached	FV55	292
105	01:33:52	01:33:39	Meadows	Chris	Unattached	Male Senior	293
209	01:45:42	01:45:30	Meadows	Jonathan	Unattached	Male Senior	294
66	01:29:29	01:29:27	Meecham	Simon	Ipswich Jaffa	Male Senior	295
123	01:35:16	01:34:56	Meen	Carl	Unattached	Male Senior	296
260	01:51:17	01:51:02	Mercer	Jeff	Unattached	Male Senior	297
182	01:43:01	01:42:55	Merchant	James	Unattached	Male Senior	298
256	01:50:49	01:50:22	Millar	Jim	Unattached	MV45	299
170	01:42:20	01:42:13	Mills	Paula	Unattached	FV35	300
220	01:47:39	01:47:26	Mitchell	Kate	Unattached	Female Senior	301
393	02:14:28	02:14:04	Mogford	Stirling	Unattached	MV50	302
267	01:52:16	01:52:06	Moore	Cliff	Unattached	MV65	303
33	01:24:48	01:24:44	Moore	Graham	Unattached	MV45	304
248	01:49:59	01:49:34	Moore	Ian	Norwich Road Runners	Male Senior	305
9	01:17:08	01:17:07	Moore	Richard	Waveney Valley Athletic Club	MV45	306
75	01:30:21	01:29:57	Moorhouse	Tony	Sutton Runners	MV45	307
414	02:35:08	02:34:41	Morgan	Andrew	Unattached	Male Senior	308
44	01:26:39	01:26:32	Mudge	Ian	Unattached	MV50	309
252	01:50:33	01:50:16	Munday	Susanna	Unattached	Female Senior	310
320	01:57:57	01:57:34	Napthen	Richard	Unattached	MV45	311
79	01:30:51	01:30:47	Narey	Mary	Stowmarket Striders	FV40	312
253	01:50:43	01:50:17	Nasmyth-Miller	Dominic	Unattached	MV40	313

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358	02:05:26	02:05:00	Nasmyth-Miller	Sarah	Unattached	FV45	314
117	01:34:57	01:34:39	Nelson	Julien	Unattached	MV40	315
38	01:26:08	01:26:03	Newbury	Sean	Unattached	Male Senior	316
368	02:06:40	02:06:01	Nickerson	Mandy	Haverhill Running Club	FV45	317
154	01:39:40	01:39:19	Nippress	Terry	Unattached	Male Senior	318
202	01:45:08	01:44:54	Nockels	Darren	Unattached	Male Senior	319
295	01:54:56	01:54:36	Norman	Gary	Thorney Running Club	MV45	320
112	01:34:39	01:34:18	Norman	Phil	Unattached	Male Senior	321
367	02:06:38	02:06:17	Norris	Lowri	Unattached	FV35	322
324	01:58:10	01:57:51	Norton	Esther	Unattached	FV40	323
274	01:52:52	01:52:31	Norton	Rachel	Unattached	FV40	324
339	02:01:12	02:00:49	Nutt	Tracey	Unattached	FV40	325
303	01:55:21	01:54:56	Oakes	Adam	Unattached	Male Senior	326
302	01:55:05	01:54:28	O'Connor	Michael	North Norfolk Beach Runners	MV60	327
340	02:01:23	02:01:08	Ohare	Mark	Unattached	MV50	328
241	01:49:01	01:48:47	Oliveri	William	Unattached	Male Senior	329
254	01:50:44	01:50:27	O'Mullane	Tim	Unattached	MV45	330
404	02:22:52	02:22:18	Owen	Claire	Unattached	Female Senior	331
382	02:11:44	02:11:08	Owen	Stacey	Thetford Athletic Club	Female Senior	332
188	01:43:32	01:43:22	Page	Rick	Unattached	MV45	333
315	01:57:18	01:57:00	Penman	Linda	Unattached	FV40	337
374	02:08:04	02:07:35	Petts-Hannant	Gillian	Bungay Black Dog Running Club	Female Senior	339
236	01:48:39	01:48:08	Pettifer	John	Pitsea Running Club	MV60	340
238	01:48:41	01:48:11	Pettifer	Lorna	Pitsea Running Club	FV40	341
8	01:16:49	01:16:47	Pettit	Stephen	Ely Runners	MV45	342
46	01:26:44	01:26:40	Phillips	Lee	The Saxons	Male Senior	343
332	01:59:16	01:58:51	Pimlott	David	Waveney Valley Athletic Club	MV60	344
219	01:47:34	01:46:55	Piper-Hunter	Allistair	Unattached	MV40	346
183	01:43:07	01:42:43	Polley	Richard	City of Norwich Athletic Club	MV50	347
2	01:11:34	01:11:33	Prewer	Carl	Lowestoft Road Runners	MV40	349
285	01:53:59	01:53:37	Prickett	Susan	Unattached	FV35	350
109	01:34:18	01:34:01	Pullinger	Tom	Bungay Black Dog Running Club	Male Senior	352
127	01:35:51	01:35:51	Purbrook	Clive	Unattached	MV50	353
261	01:51:45	01:51:26	Purser	Kevin	Unattached	MV45	354
141	01:37:51	01:37:21	Raisborough	Kevin	Unattached	MV40	356

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
85	01:31:29	01:31:25	Rayner	Paul	Huntingdonshire Athletic Club	MV45	357
415	02:48:26	02:47:50	Reader	Frank	Unattached	MV60	358
88	01:31:55	01:31:37	Reader	Jeremy	Unattached	Male Senior	359
297	01:54:59	01:54:37	Redding	Hannah	Unattached	Female Senior	360
92	01:32:24	01:32:19	Reece	David	Unattached	MV50	361
6	01:15:48	01:15:47	Reed	David	Saint Edmund Pacers	MV45	362
137	01:37:10	01:37:03	Reid	Ian	Unattached	MV50	363
347	02:02:46	02:02:06	Richardson	Helen	Unattached	FV40	364
30	01:23:47	01:23:41	Rijpstra	Seb	Unattached	Male Senior	365
282	01:53:49	01:53:37	Rix	Karen	Unattached	FV40	366
173	01:42:25	01:42:16	Roberts	Mel	Woodbridge Shufflers	FV50	367
313	01:56:55	01:56:37	Roberts	Rachel	Ely Runners	FV35	368
356	02:05:24	02:05:01	Robinson	Caroline	Unattached	Female Senior	369
62	01:29:01	01:28:54	Rogers	Nigel	Unattached	MV40	370
398	02:17:02	02:16:29	Rogers	Rosie	Norfolk Gazelles	FV45	371
377	02:09:09	02:08:36	Rose	David	Unattached	MV40	372
225	01:48:16	01:48:00	Rowland	Matt	Unattached	Male Senior	373
216	01:46:49	01:46:40	Rudd	Philippa	Norwich Road Runners	FV45	374
208	01:45:41	01:45:35	Rushall	Daniel	Unattached	Male Senior	375
221	01:47:43	01:47:32	Russell	Colin	Unattached	Male Senior	376
190	01:43:42	01:43:18	Saalau Bethell	Susanne	Unattached	FV45	377
136	01:37:04	01:36:51	Sadd	Stephen	Unattached	MV50	378
56	01:28:26	01:28:21	Sadler	Steve	Ware Joggers	MV45	379
268	01:52:18	01:51:51	Samkin	James	Unattached	MV40	380
262	01:51:45	01:51:16	Samuel	Huw	Unattached	MV50	381
229	01:48:32	01:48:11	Saunders	Karen	Unattached	FV40	383
231	01:48:35	01:48:06	Saunders	Mark	Unattached	Male Senior	384
323	01:58:01	01:57:25	Saville	Mike	Stowmarket Striders	MV45	385
101	01:33:24	01:33:10	Sayer	Phil	Unattached	Male Senior	386
331	01:59:16	01:58:58	Schofield	Belinda	Unattached	FV50	387
14	01:21:11	01:21:11	Scott	Chris	Lowestoft Road Runners	Male Senior	388
364	02:06:12	02:06:02	Scrivener	Keith	Great Bentley Running Club	MV65	389
399	02:18:38	02:18:16	Seary	Paul	Bungay Black Dog Running Club	MV40	390
387	02:13:15	02:12:44	Shah	Jeeten	Unattached	Male Senior	391
204	01:45:16	01:45:02	Shanahan	Jamie	Unattached	Male Senior	392

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
181	01:42:54	01:42:54	Sharman	Michael	Unattached	MV40	393
299	01:55:00	01:53:17	Shaw	Carol	Sudbury Joggers	FV50	395
296	01:54:57	01:53:14	Shaw	Robert	Sudbury Joggers	MV50	396
203	01:45:08	01:44:41	Shortland	Robert	Unattached	MV50	397
134	01:36:15	01:36:15	Simmons	Stuart	Unattached	Male Senior	398
310	01:56:38	01:56:27	Skilbeck	Patricia	Unattached	FV50	400
309	01:56:38	01:56:27	Skilbeck	Paul	Unattached	MV55	401
133	01:36:11	01:35:53	Sleight	Tom	Unattached	Male Senior	402
277	01:53:07	01:52:44	Smith	Lynne	Unattached	FV50	403
119	01:35:03	01:34:40	Smith	Mark	Unattached	Male Senior	404
276	01:53:06	01:52:43	Smith	Rebecca	Unattached	Female Senior	405
376	02:09:03	02:08:34	Smith	Sheila	Unattached	FV55	406
319	01:57:48	01:57:48	Smith	Stephen	Unattached	MV45	407
151	01:39:20	01:39:03	Smith	Wayne	Unattached	MV40	408
235	01:48:39	01:48:15	Sparrow	Pauline	Ryston Runners	FV55	411
291	01:54:21	01:54:03	Speed	David	Unattached	MV55	412
187	01:43:25	01:43:25	Staines	Mick	Castle Point Joggers	MV60	413
363	02:05:57	02:05:17	Stannett	Charlie	Ipswich Triathlon Club	MV50	414
306	01:56:00	01:55:26	Stannett	Kate	Ipswich Triathlon Club	FV45	415
28	01:23:33	01:23:28	Stark	Colin	North Norfolk Beach Runners	Male Senior	416
198	01:44:42	01:44:29	Starling	Cathryn	Newmarket Joggers	FV35	417
185	01:43:10	01:43:05	Stevens	Tracy	Wymondham Athletic Club	FV40	418
175	01:42:31	01:42:27	Sutton	Matthew	Great Yarmouth Road Runners	Male Senior	422
103	01:33:45	01:33:32	Tabiner	Simon	Unattached	Male Senior	423
104	01:33:47	01:33:38	Taylor	Ed	Unattached	Male Senior	424
192	01:44:06	01:43:52	Taylor	Lucy	Unattached	Female Senior	425
345	02:02:43	02:02:21	Tennekoon	Milinda	Unattached	MV40	426
245	01:49:17	01:48:55	Theftford	Jonathan	Unattached	Male Senior	427
275	01:52:56	01:52:30	Towns	Jill	Unattached	FV50	428
406	02:23:31	02:22:55	Turner	Brian	Ipswich Jaffa	MV70	429
201	01:45:06	01:44:53	Tye	Chris	Ipswich Triathlon Club	MV40	430
360	02:05:43	02:05:11	Van Leersum	Claire	Unattached	FV45	431
147	01:38:35	01:38:32	Vardy	Christopher	Unattached	MV40	432
189	01:43:33	01:43:33	Vella	Carl	Haverhill Running Club	Male Senior	433
108	01:34:16	01:33:55	Vellacott	Tom	Unattached	Male Senior	434

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
144	01:38:24	01:38:19	Vick	Sarah	The Saxons	FV40	435
344	02:02:37	02:02:11	Virginas	Botond	Unattached	MV40	436
396	02:14:43	02:14:15	Voogt-Elissen	Mariella	Unattached	FV40	437
342	02:01:48	02:01:13	Wallis	James	Unattached	MV45	438
257	01:50:56	01:50:31	Walter	Andy	Norfolk Gazelles	MV40	439
264	01:52:05	01:51:48	Walters	Jeremy	Unattached	MV40	440
200	01:44:59	01:44:35	Ward	Beres	City of Norwich Athletic Club	FV50	441
283	01:53:53	01:53:19	Warren	Peter	City of Norwich Athletic Club	MV50	442
5	01:14:13	01:14:11	Wartnaby	Charles	Unattached	MV40	443
395	02:14:42	02:14:11	Webb	Clare	Unattached	FV40	446
279	01:53:19	01:53:08	Whales	Nathan	Unattached	Male Senior	450
247	01:49:29	01:48:56	Whitaker	Steven	Unattached	MV40	451
186	01:43:14	01:43:03	White	Paul	Unattached	MV45	452
48	01:27:00	01:26:53	Whiteley	Nigel	Unattached	MV45	454
311	01:56:41	01:56:06	Wicks	Simon	Thetford AFC	Male Senior	455
338	02:00:51	02:00:28	Wilding	Steve	Unattached	MV50	457
97	01:33:03	01:32:46	Wiles	Jon	Bungay Black Dog Running Club	Male Senior	458
232	01:48:35	01:48:09	Willis	Mark	Unattached	Male Senior	460
407	02:23:39	02:23:24	Wilson	Alex	Unattached	Female Senior	461
165	01:41:44	01:41:18	Wilson	Brendan	City of Norwich Athletic Club	MV40	462
212	01:45:52	01:45:29	Withey	Sally	City of Norwich Athletic Club	FV40	465
64	01:29:04	01:28:54	Woods	Tim	Norfolk Gazelles	MV45	466
135	01:36:50	01:36:33	Worster	Paul	Unattached	MV45	467
89	01:32:01	01:31:57	Wright	Alexander	Corby Athletic Club	MV40	468
157	01:39:56	01:39:51	Wright	Catherine	Corby Athletic Club	FV55	469
143	01:38:10	01:38:02	Wright	Gary	Unattached	MV40	470
160	01:40:18	01:39:53	Wright	Lesley	Unattached	FV40	471
290	01:54:15	01:53:48	Wyatt	Carole	Unattached	FV45	472
405	02:23:26	02:23:01	Wyndham	Clare	Unattached	FV45	473
83	01:31:04	01:31:00	Yeomans	Martin	Norwich Road Runners	MV55	474
394	02:14:33	02:14:28	Zhiri	Youssef	Unattached	MV40	475
54	01:28:06	01:27:42	Turner	Christopher	City of Norwich Athletic Club	MV45	476
380	02:11:40	02:11:07	Cousens	Andrew	Unattached	MV50	477
138	01:37:28	01:37:16	Rush	Susannah	Unattached	FV40	478
118	01:35:00	01:34:22	Williamson	Neil	Unattached	Male Senior	479

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Pos	Gun Time	Chip Time	Surname	Forename	Club	Age category	Number
298	01:54:59	01:54:38	Barker	Faye	Lowestoft Road Runners	Female Senior	480
353	02:05:07	02:04:37	Britt	Tony	Unattached	MV50	481
381	02:11:40	02:11:07	Starkings	Martyn	Unattached	Male Senior	482
280	01:53:23	01:52:54	Kelf	Dave	Axe Valley Runners	MV60	484
373	02:07:41	02:07:15	Blakesley	Emily	Unattached	Female Senior	485
293	01:54:50	01:54:36	Girling	David	Unattached	MV45	486
328	01:58:59	01:58:31	Gillett	Michaela	Unattached	FV35	487
329	01:58:59	01:58:31	Gillett	Clinton	Unattached	Male Senior	488
191	01:43:47	01:43:35	Cooper	Gary David	Unattached	MV40	489
124	01:35:24	01:35:17	Whiting	Phil	Norfolk Gazelles	Male Senior	490
84	01:31:14	01:31:02	Grubb	Mark	Unattached	Male Senior	491
292	01:54:45	01:54:17	Skeet	Lucinda	Unattached	Female Senior	492
139	01:37:38	01:37:04	Archer	Dan	Unattached	MV40	493
39	01:26:10	01:25:52	Merrywest	Mark	Norwich Road Runners	Male Senior	494
271	01:52:36	01:52:05	Pye	Geoff	Woodham Runners	MV50	495
49	01:27:18	01:27:14	Holland	Neil	Wymondham Athletic Club	MV40	496
17	01:22:10	01:22:09	Dawson	Alan	Saint Edmund Pacers	MV50	497
284	01:53:53	01:53:19	Francis	James	Unattached	Male Senior	498
401	02:18:43	02:18:13	Woolnough	Jo	Unattached	Female Senior	499
400	02:18:43	02:18:43	Ford	Michelle	Unattached	FV35	500
22	01:22:45	01:22:39	Grindberg	Barro	Tri-Anglia	MV40	501
152	01:39:21	01:39:09	Harper	Robin	Unattached	Male Senior	502
327	01:58:52	01:58:52	Docherty	Steve	Unattached	MV40	503
343	02:02:16	02:01:44	Thompson	Bob	Cambridge & Coleridge Athletic	MV45	504
243	01:49:04	01:48:31	Lloyd-Thompson	Gavin	Unattached	Male Senior	505
251	01:50:24	01:50:24	Bunn	Mandy	Haverhill Running Club	FV40	506
11	01:18:57	01:18:56	Papworth	Neil	Wymondham Athletic Club	Male Senior	507
215	01:46:41	01:46:11	James	Stuart	Newmarket Joggers	MV40	508
266	01:52:10	01:51:39	Browes	Christopher	Felixstowe Road Runners	MV50	509
325	01:58:20	01:57:49	Rideout	Ann	Felixstowe Road Runners	FV40	510
265	01:52:10	01:51:39	Gaffer	Paul	Unattached	MV45	511