

Bungay Black Dog Half Marathon 2009 - Results

Sunday 19th April 2009 12:30 pm

Position	Time	Name	Club	Category	Race No
1	1:17:23	David Bettinson	Cambridge Triathlon Club	MSNR	608
2	1:20:51	Francis Hale	Norwich Road Runners	MV40	844
3	1:21:35	Jason Rix		MSNR	983
4	1:22:53	Steve Fraser-Lim	Ipswich Jaffa	MSNR	871
5	1:23:27	Wilfred Campbell	Ipswich Jaffa	MV40	904
6	1:24:03	Jack Gillick	Wymondham A C	MSNR	1030
7	1:24:12	Richard Hayes		MSNR	1076
8	1:24:49	David Hellard	City Hash House Harriers	MSNR	741
9	1:25:20	Simon Brierley	Tri-Anglia	MSNR	875
10	1:25:21	Graham Chapman	Ely Runners	MV50	737
11	1:25:54	Paul Cuthbert	Norwich Road Runners	MV40	992
12	1:26:00	Graham Jenuey		MSNR	1067
13	1:27:20	Ricky Peacher	Framlingham Flyers	MSNR	915
14	1:27:36	Terry Epps	Wymondham A C	MV50	964
15	1:27:46	Rose Waterman	City Of Norwich A C	FSNR	978
16	1:28:29	Darren Neale	North Norfolk Beach Runners	MSNR	1026
17	1:28:37	Robert James	Bungay Black Dog Running Club	MSNR	789
18	1:30:16	Kevin Last		MSNR	1036
19	1:31:57	Clive Steward	Coltishall Jaguars	MV40	993
20	1:32:03	Matthew Cartledge		MSNR	903
21	1:32:11	Phillip Jenkins	Norwich Canoe Club	MV40	1056
22	1:32:15	John Pinnell		MV40	771
23	1:32:20	Richard Farmer		MSNR	831
24	1:32:39	John Moore	Norfolk Gazelles	MV40	863
25	1:32:48	Phillip Hastings-Jones		MSNR	778
26	1:32:53	Rob Kay		MSNR	1013
27	1:33:00	Christopher Roach		MSNR	1084
28	1:33:05	Melvin Hill	Norwich Road Runners	MV40	553
29	1:33:23	David Gallimore		MSNR	705
30	1:33:44	Andrew Vinsen		MSNR	1035
31	1:33:47	Dale Gowen	Waveney Valley A C	MV40	929
32	1:33:51	Paul Martin		MSNR	708
33	1:34:12	Tanya Crofts	Wymondham A C	FV35	1079
34	1:34:59	Jon Cockrell	53/12 Multisport	MV40	1050
35	1:35:08	Becky Mccorquodale	Harwich Runners	FV35	977
36	1:35:09	Clive Searson	Halesworth Running Club	MV40	761
37	1:35:23	Steven Hayward		MSNR	890
38	1:35:25	Adam Etches	Ely Runners	MSNR	580
39	1:35:27	Colin Thompson		MSNR	902
40	1:35:33	Simon Able		MSNR	974
41	1:35:35	Penny Rooney	Woodbridge Shufflers	FSNR	911
42	1:35:37	Brian Warden	City Of Norwich A C	MSNR	892
43	1:35:40	Phil Barnes	Bushfield Joggers	MSNR	940
44	1:35:41	Sam Richardson		MSNR	853
45	1:35:41	Will Crome		MSNR	914
46	1:36:30	Philip Smith	Tri-Anglia	MSNR	891
47	1:36:31	Paul Grieveson		MSNR	721
48	1:36:34	Simon Mills		MSNR	739
49	1:36:44	Matthew Frary	Norwich Road Runners	MSNR	952
50	1:37:01	Adam Bailey		MSNR	773
51	1:37:20	Peter Salmon		MSNR	695
52	1:37:22	Robert Steadman		MSNR	928
53	1:37:33	Steve Strickland	Thorney R C	MV50	658
54	1:37:35	Chris Lehrbach	Tri-Anglia	MSNR	1064
55	1:37:58	Carl Meen		MSNR	513
56	1:37:58	Paul Lyon		MSNR	639
57	1:38:02	Richard Moulson		MV40	1012
58	1:38:24	Simon Smith		MSNR	673
59	1:38:24	Jeff Kasfikis		MSNR	826

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<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Race No</i>
60	1:38:29	Darren France		MV40	599
61	1:38:31	Simon Reeve		MV40	997
62	1:38:43	Gordon Aspin		MV50	781
63	1:38:56	John Bone	Great Yarmouth Road Runners	MV60	908
64	1:38:59	Peter Edmonds		MV60	1057
65	1:39:05	Marcus Catlin	Ipswich Jaffa	MSNR	862
66	1:39:11	Michael Soper	Saint Edmund Pacers	MSNR	888
67	1:39:15	Conrad Burgess	Ipswich Jaffa	MSNR	916
68	1:39:40	Nigel Rees		MV40	652
69	1:39:48	Graeme Smith	Tri-Anglia	MSNR	1065
70	1:40:15	Clive Harrod	Fenland Running Club	MV50	996
71	1:40:21	Stephen Blomfield		MV40	541
72	1:40:28	Rob Clayton	Felixstowe Road Runners	MV50	930
73	1:40:43	Paul Mcardle		MV40	1055
74	1:40:53	Tom Vellacott		MSNR	720
75	1:40:59	Scott Egan		MSNR	858
76	1:41:00	Richard Mableson		MSNR	1016
77	1:41:33	Lee French	Bushfield Joggers	MSNR	874
78	1:41:35	John Cotton		MV40	960
79	1:41:41	Christopher Gay	Great Yarmouth And District A C	MV40	963
80	1:41:50	Jaden Hatwell		MSNR	907
81	1:42:01	Ian Silver	Cambridge University Press Running Club	MV50	942
82	1:42:08	Chris Beck		MSNR	934
83	1:42:09	Simon Denny		MSNR	976
84	1:42:16	David Price		MSNR	966
85	1:42:19	Robin Mackenzie	Framlingham Flyers	MV40	1051
86	1:42:20	Jonathan Ramsey		MSNR	661
87	1:42:21	Hugh Gatenby		MV50	1007
88	1:42:26	Maire Irlam	Fenland Running Club	FV35	878
89	1:42:30	Andrew Renshaw		MV40	951
90	1:42:32	Colin Farmer		MV40	827
91	1:42:39	Stephanie Seymour		FSNR	861
92	1:42:58	Kenneth Tovell	Framlingham Flyers	MSNR	948
93	1:43:00	Rob Brady	Eire Og	MV40	965
94	1:43:00	Grant Rix		MSNR	1069
95	1:43:04	Vanessa Hollingworth	Felixstowe Road Runners	FV35	714
96	1:43:07	Susannah Hancock		FV35	684
97	1:43:11	Michael King	Coltishall Jaguars	MV50	995
98	1:43:19	Darrell Oldman	Bungay Black Dog Running Club	MV40	933
99	1:43:24	Graham Sillett		MV50	809
100	1:43:32	Nigel Fox		MV40	681
101	1:43:38	Daron Fincham	Telford Harriers	MV40	842
102	1:44:19	Jenny Sheahan	Ipswich Jaffa	FV45	654
103	1:44:35	Nina Reid	Royston Runners	FSNR	626
104	1:44:38	Gary Andrews		MV40	893
105	1:45:02	Kevin Baulk	Huntingdon A C	MSNR	655
106	1:45:02	Terry Downing		MV50	988
107	1:45:06	Melanie Fisher	Ely Runners	FSNR	745
108	1:45:13	Martin Brigden		MV50	565
109	1:45:17	Pauline Drewery		FV35	563
110	1:45:35	Tristan Baynes		MSNR	1053
111	1:46:12	Karl Knowles		MSNR	700
112	1:46:15	Leon Bernasconi		MSNR	1068
113	1:46:32	Sarah Lewis		FSNR	1014
114	1:46:37	Pauline Norman	Lowestoft Road Runners	FV55	1004
115	1:46:39	David Spashett	Bungay Black Dog Running Club	MV50	955
116	1:46:50	Deborah Stamp	Tunbridge Wells Harriers	FV35	674
117	1:46:53	Jacob Gannon		MSNR	1060
118	1:46:58	Nicholas Elvin		MSNR	664

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Position	Time	Name	Club	Category	Race No
119	1:47:04	David Turner		MSNR	1082
120	1:47:14	John Clarke		MV40	876
121	1:47:22	John Chitty		MV40	767
122	1:47:23	Mel Roberts	Woodbridge Shufflers	FV45	944
123	1:47:26	Andy Tricker		MSNR	560
124	1:47:27	Nigel Gilham	Bungay Black Dog Running Club	MV50	701
125	1:47:28	Phil Nicholson	Bushfield Joggers	MV40	941
126	1:47:39	Tom Persich		MSNR	790
127	1:47:41	Hannah Pennock		FSNR	838
128	1:47:42	Philip Cooper		MV40	938
129	1:47:43	Brandon Robshaw		MV40	833
130	1:47:46	Robert Davies		MSNR	787
131	1:47:49	Rodney Jones	Newport	MV60	1085
132	1:47:53	Mary Pendered		FV45	587
133	1:47:55	David Sayer		MV40	666
134	1:48:01	Sally-Anne Hunt		FV35	1032
135	1:48:03	Tracey Vane	Saint Edmund Pacers	FV45	1019
136	1:48:04	Claire Mills		FSNR	1034
137	1:48:17	Matt Ellis	Lowestoft Road Runners	MSNR	731
138	1:48:19	Samuel Richardson		MSNR	614
139	1:48:19	Graham Mills		MSNR	975
140	1:48:29	Allistair Banks		MV50	607
141	1:48:36	Paul Stocker		MSNR	1061
142	1:48:39	Peter Dunnett		MSNR	545
143	1:48:46	Michelle Gordon	Felixstowe Road Runners	FSNR	879
144	1:49:02	Paul Carlisle		MV40	822
145	1:49:11	Netta Tyler	Riverside Runners	FV35	1006
146	1:49:17	Chris Creedy		MSNR	906
147	1:49:34	Aaron Powell		MSNR	905
148	1:49:44	Scott Gooch		MSNR	1039
149	1:49:45	Bill Gerrish		MV40	605
150	1:49:55	Damian Hack		MSNR	900
151	1:49:56	Benjamin Wilson		MSNR	819
152	1:49:56	Richard Deswarte		MV40	1017
153	1:50:02	Ian Smith		MV40	896
154	1:50:09	Gemma Taylor		FSNR	755
155	1:50:17	Mike Hurst		MSNR	823
156	1:50:25	Courtney Parker		FSNR	990
157	1:50:26	Jacob Parker		MSNR	991
158	1:50:40	Brandon Quentin Hicks		MSNR	649
159	1:50:43	Carl Friar		MV40	899
160	1:50:50	Geoffrey Urry		MV40	846
161	1:50:54	Anna Eaton	Newmarket Joggers	FV35	735
162	1:50:54	Rachel Norton		FV35	958
163	1:51:04	David Egerton		MV40	793
164	1:51:04	Paul Sayer		MSNR	959
165	1:51:14	Simon Mckinna		MSNR	857
166	1:51:19	Shaun O'Connell		MV40	627
167	1:51:20	Mark Cox		MSNR	659
168	1:51:20	Rachel Fiddy	Norwich Road Runners	FSNR	1031
169	1:51:32	Chris Titman		MSNR	804
170	1:51:35	Thomas Georgeson	City Hash House Harriers	MSNR	1000
171	1:51:36	Neil Thomas	Bungay Black Dog Running Club	MV40	947
172	1:51:37	Samuel Betts	Waveney Valley A C	MSNR	1040
173	1:51:52	Martin Hanner		MV50	624
174	1:51:53	Ken Rooke	Framlingham Flyers	MV60	889
175	1:51:54	Ed Proffitt		MSNR	682
176	1:51:58	Steve Coey	Redrose Runners	MV50	1027
177	1:52:01	Yvonne Mann	Bushfield Joggers	FV55	954

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Position	Time	Name	Club	Category	Race No
178	1:52:19	Tony Tyler	Thetford A C	MV40	1042
179	1:52:20	Ashley Norton		MSNR	810
180	1:52:29	Charlotte Elvin		FSNR	667
181	1:52:39	Cheryl Kershaw		FSNR	679
182	1:52:43	Nick Collinson	Ipswich Triathlon Club	MV40	1078
183	1:52:52	Bryn Williams		MV40	730
184	1:53:00	Andrew Thorpe		MSNR	1066
185	1:53:03	Clare Copeman		FV35	1080
186	1:53:14	Mark Saunders		MSNR	631
187	1:53:24	Rob Butler		MV40	690
188	1:53:28	Kirsty Gelsthorpe		FSNR	740
189	1:53:33	Derek Keeble		MV40	989
190	1:53:36	Keith O'Dowd		MV50	656
191	1:53:36	Steven Baum		MV50	776
192	1:53:57	Vic Platten		MV40	549
193	1:54:20	Adam Craske		MSNR	736
194	1:54:35	James Mahoney		MSNR	797
195	1:54:37	Tunde Metz		FSNR	588
196	1:54:40	Penny Alexander	Norwich Road Runners	FSNR	917
197	1:54:41	Antony Croucher	Great Yarmouth Road Runners	MSNR	855
198	1:54:42	Angela Man	City Of Norwich A C	FV35	543
199	1:54:50	Simon Hooper		MSNR	864
200	1:54:52	Jen Armstrong	North Norfolk Beach Runners	FSNR	669
201	1:54:58	Nigel Sharp		MV40	877
202	1:54:59	Sati Sembhi		FV35	689
203	1:55:02	Becks Sankey	Tri-Anglia	FSNR	551
204	1:55:08	Victoria Biggs		FSNR	1048
205	1:55:09	Jeff Hamblion		MSNR	901
206	1:55:15	David Gilbert	Waveney Valley A C	MV40	645
207	1:55:23	Jayne Nunn	Haverhill Running Club	FV35	812
208	1:55:31	Colin Fish		MV40	500
209	1:55:34	Richard Taylor		MSNR	872
210	1:55:37	Joanna Godwin	Norwich Road Runners	FV35	885
211	1:55:38	Richard Austin	Bungay Black Dog Running Club	MV50	706
212	1:55:39	Mark Coombes	South Derbyshire Road Runners	MSNR	768
213	1:55:43	William Pitt		MV40	609
214	1:55:44	Alicia Higuieruelo		FV35	622
215	1:55:47	Martin Lowe		MV40	912
216	1:55:51	Michaela Gillett		FV35	1075
217	1:55:56	Hazel Spalding	Ipswich Jaffa	FV45	1038
218	1:55:58	Ruth Cottam	Collingwood A C	FV35	729
219	1:55:58	Gavin Cole	Bungay Black Dog Running Club	MSNR	1054
220	1:55:59	Hannah Robson		FSNR	1025
221	1:56:00	Christian Smith		MSNR	894
222	1:56:01	David Tibbetts		MSNR	852
223	1:56:01	Janet Ivers		FV35	919
224	1:56:02	David Sprake		MV50	757
225	1:56:06	Andrew Walmsley		MSNR	743
226	1:56:08	Jo Austin		FSNR	711
227	1:56:09	Jo Newton		FV45	715
228	1:56:16	David Michal		MSNR	634
229	1:56:16	Ken Matthews	Tri-Anglia	MV50	953
230	1:56:31	Nick Mccowen		MV40	756
231	1:56:36	Tabitha Steel		FSNR	922
232	1:56:36	Graham Steel		MV40	923
233	1:56:38	Mark Dorrington		MSNR	699
234	1:56:41	Roger Adams	Brandon Fern Hoppers	MSNR	618
235	1:56:54	Barry Tierney		MSNR	936
236	1:57:04	Kelvin Waters		MV50	685

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Position	Time	Name	Club	Category	Race No
237	1:57:17	Ben Thompson		MSNR	935
238	1:57:22	Louise Lovegrove		FSNR	887
239	1:57:30	Craig Fuller		MSNR	1021
240	1:57:38	Luke Parker		MSNR	660
241	1:57:38	Gilly Chitty		FV35	724
242	1:57:39	Jane Robinson		FV45	510
243	1:57:40	David Haynes		MSNR	770
244	1:57:40	Dan Keates	Green Dragon	MSNR	1074
245	1:57:43	Jennifer Veale		FSNR	820
246	1:57:44	Ben Davidson	Green Dragon	MSNR	1073
247	1:57:46	Laura Devereux		FV35	523
248	1:57:46	Adam Patterson		MSNR	524
249	1:57:47	Sian Barker	Haverhill Running Club	FV35	754
250	1:57:47	Tim Ellis	Haverhill Running Club	MV40	848
251	1:57:55	Charlie Stannett	Ipswich Triathlon Club	MV50	505
252	1:57:56	Tim O'Mullane		MV40	909
253	1:58:01	Stuart Trayhorn		MSNR	777
254	1:58:07	Jason Browne	Dartford Harriers	MSNR	971
255	1:58:13	Ray Knights		MV50	765
256	1:58:32	Gill Woodhouse	Dereham Runners A C	FV55	946
257	1:58:33	Charles Carr		MSNR	1058
258	1:58:34	Steve Smith		MV40	509
259	1:58:37	Kevin Altria	Manuden Running Club	MV40	854
260	1:58:38	John Pettifer	Pitsea Running Club	MV60	677
261	1:58:41	Karen Gedge	Bungay Black Dog Running Club	FV35	999
262	1:58:54	Melvyn Wilkie	Tri-Anglia	MV60	1063
263	1:59:04	James Arbon		MSNR	949
264	1:59:06	Paul Addis		MSNR	1062
265	1:59:45	Andrew Burrage	Norfolk Gazelles	MV50	920
266	1:59:48	Lucy Perry	Wymondham A C	FV35	602
267	1:59:54	David Chittich		MV40	1072
268	2:00:00	Edward Webster		MV50	650
269	2:00:00	David Yeates		MV50	818
270	2:00:15	Chapman Peter		MV50	897
271	2:00:21	Amanda Martin	Saint Edmund Pacers	FV35	1028
272	2:00:23	Michael Fosbrooke		MSNR	998
273	2:00:37	Michael Cole		MSNR	638
274	2:00:42	Judy Potter	Bungay Black Dog Running Club	FV55	956
275	2:01:00	Ben Gilbert		MSNR	566
276	2:01:00	Skye Maes		FSNR	597
277	2:01:09	Robin Farrar	Bungay Black Dog Running Club	MV60	582
278	2:01:19	Sue Jones		FV35	749
279	2:01:40	Kevin Robinson		MSNR	590
280	2:01:46	Wendy Aldhouse	Haverhill Running Club	FV35	748
281	2:01:53	Gemma Dawson		FSNR	807
282	2:01:56	Damon Toczylowski	Raf Lakenheath	MSNR	802
283	2:01:58	David Coley	Ipswich Jaffa	MV50	1043
284	2:02:11	Alex Weinle		MSNR	970
285	2:02:15	Emma Birch		FV35	530
286	2:02:21	Sara Bloor	The Saxons	FV35	710
287	2:02:25	Peter Bultz		MV50	821
288	2:02:32	Clive Baker		MV50	788
289	2:02:36	David Ar Toms	Brandon Fern Hoppers	MV50	1083
290	2:02:54	Ian Moore	Norwich Road Runners	MSNR	1020
291	2:03:05	Alexander Baker		MSNR	547
292	2:03:13	Peter Lumsden		MV50	752
293	2:03:15	Piers Jones		MSNR	895
294	2:03:25	James Gilbert		MSNR	646
295	2:03:30	Jana Mlejnecka		FSNR	633

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296	2:03:49	Mark Jones		MSNR	931
297	2:03:53	Mark Farrar		MSNR	769
298	2:04:14	Carolyn Burrage	Norfolk Gazelles	FV45	921
299	2:04:17	Mike Tyrrell		MV40	525
300	2:04:36	Rosemary Matlock	Thetford A C	FV45	968
301	2:04:36	Hass Sanyavi		MV40	1059
302	2:05:20	Jane Mcleman	Great Yarmouth Road Runners	FV35	816
303	2:05:20	Garrie Willgress		MV50	1077
304	2:05:21	Colin Knights	Bungay Black Dog Running Club	MV60	945
305	2:05:25	David Rotheron		MV60	980
306	2:05:39	Lucy Rolfe		FV35	648
307	2:05:45	Mark Durrant		MV40	718
308	2:06:02	Nikki Carey		FV35	537
309	2:06:05	Sheila Smith		FV55	567
310	2:06:11	Phillip Curry		MSNR	1029
311	2:06:25	Clare Crisp		FSNR	1041
312	2:06:30	Karen Rix		FV35	884
313	2:06:34	Kirsty Taylor		FSNR	688
314	2:06:42	Richard Wellburn		MSNR	653
315	2:06:46	Colin Mcquillan		MSNR	913
316	2:06:52	Sean Davidson		MSNR	867
317	2:06:57	David Sowry		MSNR	727
318	2:07:09	John Tilbrook		MV60	569
319	2:07:22	Simon Waterhouse		MSNR	806
320	2:07:26	Rebecca Jennings	Saint Edmund Pacers	FV35	994
321	2:07:37	Richard Challis		MSNR	981
322	2:07:47	Gitte Sejersen		FV35	559
323	2:07:51	Hugo Baker		MSNR	534
324	2:08:04	Keith Scrivener	Great Bentley Running Club	MV60	859
325	2:08:33	Trevor Turner	Ebbw Vale Running Club	MV60	791
326	2:08:35	Jacqueline Wright		FV45	815
327	2:08:35	Frances Squires		FV45	881
328	2:08:42	Jayne Cook		FV45	843
329	2:08:54	David Pimlott	Waveney Valley A C	MV60	939
330	2:09:13	Martin Pond		MSNR	606
331	2:09:14	Sandie Jardine	Newmarket Joggers	FV45	527
332	2:09:19	Fionnuala Donovan		FSNR	675
333	2:09:19	Alice Davenport		FSNR	794
334	2:09:20	Izzy Rotheron		FSNR	979
335	2:09:38	Lyndsey Bennett		FSNR	629
336	2:09:39	Stan Stafford		MV40	637
337	2:09:43	Janet Adams	Brandon Fern Hoppers	FV45	617
338	2:09:52	Tamsin Taylor		FV35	873
339	2:10:01	Darren Jordan		MSNR	526
340	2:10:20	Kate Lee	Bungay Black Dog Running Club	FSNR	1011
341	2:10:21	Christoper Belcher		MSNR	519
342	2:10:26	Jason Hurst		MSNR	515
343	2:10:26	Samatha Britcher	Tri-Anglia	FSNR	1046
344	2:10:27	Ronel Van Der Merwe		FV45	696
345	2:10:38	Matt Bullock		MV40	746
346	2:10:40	Andy Wilson		MV50	783
347	2:10:48	Dave Robb		MSNR	1001
348	2:10:50	Elaine Kozlik		FV45	671
349	2:10:52	Ashley Christopher		MV50	987
350	2:11:03	Lucy Mcnamara		FSNR	707
351	2:11:03	Katy Lee		FSNR	784
352	2:11:24	Catherine Hawkshaw		FV35	927
353	2:11:26	Brett Girdlestone		MV40	687
354	2:11:47	Peter Waterman		MSNR	1002

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Sunday 19th April 2009 12:30 pm

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Race No</i>
355	2:11:53	Andrew Banks		MV40	910
356	2:12:05	Sam Bennett		MSNR	635
357	2:12:05	Caroline Bennett		FSNR	636
358	2:12:19	Paul Shersby		MV40	785
359	2:12:28	Jane Mcculloch		FV45	918
360	2:12:28	Mike Sinclair		MV50	984
361	2:12:32	Carol Worster		FV45	828
362	2:12:39	Dan Furr		MSNR	792
363	2:12:39	Emma Chapman		FSNR	898
364	2:13:17	Peter Boyce		MV40	1045
365	2:13:18	Samantha Linassi		FSNR	957
366	2:13:37	Nicholas Grinyer		MSNR	759
367	2:13:49	Matthew Kelly		MSNR	813
368	2:14:00	Patricia Hagan	Bungay Black Dog Running Club	FV35	616
369	2:14:04	Lindsay Matthews		FV35	882
370	2:14:12	Karen Evans		FSNR	925
371	2:14:17	Patricia Mccarthy	Tri-Anglia	FV35	982
372	2:14:37	Roy Phillips	Lowestoft Road Runners	MV40	600
373	2:14:43	Laura Richards		FSNR	824
374	2:14:52	Eric Read		MV60	1070
375	2:14:57	Simon Butler		MV40	539
376	2:15:11	Christian Roberts		MSNR	1087
377	2:15:12	Vivienne Lock		FV45	672
378	2:15:15	Robert Whalen		MSNR	825
379	2:15:34	Stephen Morley	Brandon Fern Hoppers	MV50	943
380	2:15:40	Lesley Hanner		FV45	623
381	2:15:53	Martyn Payne		MSNR	869
382	2:15:55	Steve Simpson		MV40	774
383	2:15:55	Jim Carpenter		MV60	1024
384	2:16:05	Rachel Fijalkowska	Tri-Anglia	FV35	860
385	2:16:34	Megan Fergusson		FSNR	811
386	2:16:41	Ken Hurst		MV60	511
387	2:16:41	David Hupton		MV40	556
388	2:16:49	Kerry Burwood		FSNR	880
389	2:16:55	Sally Songer		FSNR	585
390	2:17:28	Sarah Tooth		FSNR	837
391	2:17:30	Phoebe Rope		FSNR	836
392	2:17:58	Kay Chapman		FSNR	969
393	2:18:00	Helen Christopher		FV35	986
394	2:18:58	Anne Florence	Diss A C	FV55	1071
395	2:19:08	Emily Orme		FSNR	870
396	2:19:22	Rod Wells		MV40	747
397	2:19:24	Kim Gregory	Haverhill Running Club	FV45	579
398	2:19:29	Lynsey Warne		FV35	613
399	2:19:47	Sallyann Protheroe	Lowestoft Road Runners	FV45	577
400	2:19:58	Robert Keane		MV40	780
401	2:20:16	Gail Hawes		FV35	572
402	2:20:16	Mandy Henderson		FV35	573
403	2:20:51	Odette Goldsmith		FV35	834
404	2:20:51	Grainne Purvis		FV35	851
405	2:21:18	Rob Donovan	Bungay Black Dog Running Club	MV60	678
406	2:21:59	Sarah Martin		FSNR	1044
407	2:22:05	Michael Radbourne		MV40	676
408	2:22:14	David Francis		MSNR	583
409	2:22:36	Julia Easter	Goyt Valley Striders	FV35	501
410	2:22:57	Karen Stefanyszyn		FV45	512
411	2:24:09	Elaine Muskett		FV35	517
412	2:24:49	Tony Matthews		MV40	621
413	2:26:01	Andrea Biggs		FV35	835

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Sunday 19th April 2009 12:30 pm

<i>Position</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>	<i>Race No</i>
414	2:26:02	Ruth Bee		FV35	619
415	2:26:14	Helen Browne		FSNR	555
416	2:26:20	Emma Hales	Ipswich Harriers	FSNR	1023
417	2:26:24	Caroline Martin		FSNR	725
418	2:26:36	John Hatch		MSNR	1005
419	2:27:09	Lucy Ashby		FV35	856
420	2:27:21	Jimmy Scott		MSNR	1003
421	2:28:04	Gordon Merfield	The Saxons	MV70	698
422	2:28:09	Andy Wisher		MV40	535
423	2:28:17	Katherine Parsons		FSNR	1047
424	2:28:33	Brian Turner	Ipswich Jaffa	MV70	845
425	2:30:15	Claire Powell		FSNR	642
426	2:30:29	Michael Saville	Stowmarket Striders	MV40	972
427	2:30:53	Colin Thouless	Norwich Road Runners	MV70	839
428	2:31:58	Rebecca Belcher		FSNR	518
429	2:32:07	Peter Jarvis		MSNR	1033
430	2:32:12	Peter Urry		MV70	847
431	2:32:18	Bridget Grayston		FV45	620
432	2:32:47	Clare Morgan		FSNR	516
433	2:33:05	Alan Faulkner		MSNR	985
434	2:33:07	Helen Bowen		FV45	529
435	2:33:07	Neil Shiach		MV40	610
436	2:33:18	Joe Matthews		MSNR	1022
437	2:34:45	Ben Sprake		MSNR	841
438	2:35:21	Matthew Davey		MSNR	937
439	2:35:39	Nicola Barrington		FSNR	703
440	2:35:39	Helen Hardy		FV35	704
441	2:35:50	Jennifer Pena		FSNR	632
442	2:36:28	Kelly Douglas-Parsons		FSNR	532
443	2:36:57	Simon Balysz		MSNR	973
444	2:37:39	Paul Seary		MSNR	1049
445	2:37:54	John Amies		MV60	961
446	2:37:54	Hannah Amies		FSNR	962
447	2:38:30	Vicky Morgan		FSNR	644
448	2:38:31	Sarah Hulm		FV35	643
449	2:38:53	Elizabeth Mobbs		FV35	651
450	2:38:54	Stephanie Foster-Clarke		FV35	722
451	2:39:36	Amanda Vipond		FV35	628
452	2:39:44	Jacquie Wilcox		FV45	728
453	2:40:32	Rebecca Alexander		FSNR	805
454	2:41:22	Ian Thurbon		MSNR	1037
455	2:41:23	Dennis Harris		MV40	680
456	2:41:24	Sarah Swanston		FSNR	570
457	2:42:05	Sarah Stephenson		FV35	719
458	2:43:04	James Wilson		MV40	586
459	2:45:40	Carrie Abbott-Levett		FV35	832
460	2:48:05	Bob Jack	Bungay Black Dog Running Club	MV40	733
461	2:49:28	Wendy Merfield	The Saxons	FV65	697
462	2:59:33	Maxine Bills		FV35	670
463	3:01:45	Rachel Suckling		FSNR	1052
464	3:01:47	Rachel Bent		FSNR	1010
465	3:40:48	Anthony Roberts		MV50	1086