

Groggy Doggy 2017: TWO laps, NO DOG

position	number	time	name		club	male/female
1	955	28:03	Will	Clarke	C&C	Male
2	808	28:30	Jack	White	CONAC	Male
3	105	29:40	Ben	Harris	Retford AC	Male
4	875	30:04	Robert	Chenery	BBDRRC	Male
5	869	31:14	Carl	Prewer	Lowestoft Road Runners	Male
6	86	31:44	Dominic	Oliver	CONAC	Male
7	818	32:05	Nathan	Risbey	Tri-Anglia	Male
8	811	32:22	Colleen-Nicole	Mukuya		Female
9	820	32:42	Mark	Persich		Male
10	910	32:58	Ted	Oldman	Belgrave Harriers	Male
11	111	33:20	Nick	Hammond	Framlingham Flyers	Male
12	951	33:59	Benn	Walker		Male
13	831	34:20	Simon	Cook	Lowestoft Road Runners	Male
14	833	34:21	Joseph	Peat	Ipswich Jaffa	Male
15	95	34:22	George	Edwards	Beccles & Bungay Harriers	Male
16	906	34:23	Steven	Barber	Waveney Valley AC	Male
17	860	34:24	Darren	Honour	BBDRRC	Male
18	887	34:33	Richard	Aukland	Waveney Valley AC	Male
19	835	34:34	Jon	Wiles	BBDRRC	Male
20	956	34:37	Kate	Murrell	Tri-Anglia	Female
21	854	35:10	Lauren	Howe	Beccles & Bungay Harriers	Female
22	911	35;26	Mick	Glynn		Male
23	93	35:27	Chris	Meadows	Waveney Valley	Male
24	807	35:28	Bernard	Mukuya	GYDAC	Male
25	842	35:30	Rowena	Leary	Norfolk Gazelles	Female
26	882	35:40	Peter	Rogers	Waveney Valley AC	Male
27	823	35:49	Scott	Williams	Stowmarket Striders	Male
28	816	36:16	Stephen	Curran	Framlingham Flyers	Male
29	813	36:28	Graham	Coulter	Framlingham Flyers	Male
30	849	36:36	Lynn	Emmett	Beccles & Bungay Harriers	Female
31	801	36:40	Jason	Corner	Coltishall Jaguars	Male
32	815	36:46	Peter	Woods	CONAC	Male
33	99	36:51	James	Carass	GYRR	Male
34	858	37:00	Alan	Bushell	Coltishall Jaguars RC	Male
35	832	37:10	Martin	Crowe		Male
36	908	37:12	Hazel	Garrity	BBDRRC	Female
37	107	37:16	Timothy	Earl	Waveney Valley AC	Male
38	897	37:20	Kenneth	Tovell	Framlingham Flyers	Male
39	871	37:24	Nigel	Horney	Keswick AC	Male
40	834	37:28	Marcus	Nichols	BBDRRC	Male
41	32	37:29	Chris	Hall	BBDRRC	Male
42	859	37:34	Neil	Bunnage	Norwich Road Runners	Male
43	921	37:36	Darrel	Roberts	Waveney Valley AC	Male
44	817	37:37	Dave	Casey	Ipswich Triathlon	Male
45	89	37:40	Mark	Tufts	Wymondham AC	Male
46	120	37:47	Robert	Blackham		Male
47	114	37:55	Stewart	Wharton		Male
48	845	37:56	Steve	Cowls	Headington Road Runners	Male
49	94	37:57	Terry	Hubbard	GYRR	Male
50	900	38:14	Lance	Escobar		Male

51	116	38:16	Radley	Fenn	Coltishall Jaguars	Male
52	826	38:17	Ben	Snelling	Norwich Road Runners	Male
53	100	38:19	Matt	Peck		Male
54	866	38:22	Jessica	Behan	Norwich Road Runners	Female
55	829	38:29	Darrell	Oldman	BBDRC	Male
56	924	38:30	Gary	McDonald	Lowestoft Road Runners	Male
57	851	38:39	Russel	Breyer	Ipswich Triathlon	Male
58	97	38;50	Matthew	Reynolds	Lowestoft Road Runners	Male
59	117	38:52	Sean	O'Loughlin	BBDRC	Male
60	959	39:13	Harry	Bont		Male
61	119	39:30	Laurence	Abel		Male
62	122	39:35	Rachel	Miller	Norwich Road Runners	Female
63	577	39:38	James	Manly		Male
64	824	39:41	Blaine	Craddock	GYDAC	Male
65	874	39:48	Duncan	Chenery	Ipswich Jaffa	Male
66	870	39:55	Tracy	Prewer	Lowestoft Road Runners	Female
67	812	39:57	Peter	Chapman	Tri-Anglia	Male
68	810	40:02	Peter	Warland	Stowmarket Striders	Male
69	909	40:16	Terry	Garrity	BBDRC	Male
70	865	40:19	Pete	Thompson	Norfolk Gazelles	Male
71	957	40:23	Mark	Flatman		Male
72	919	40;27	Joe	Skipper		Male
73	879	40:28	Peter	Woods	Felixstowe Road Runners	Male
74	905	40:29	Sam	Cook		Male
75	904	40:41	Steve	Cook	Norfolk Gazelles	Male
76	894	41:14	Nicola	Forwood	Hyde Park Harriers	Female
77	947	41:16	Ian	Sturgess	Wymondham AC	Male
78	855	41:26	Gary	Howe	Beccles & Bungay Harriers	Male
79	103	41:27	Anna	Harris	Retford AC	Female
80	907	41:54	Andrew	Hammond	Norfolk Gazelles	Male
81	850	41:56	Sean	Avery		Male
82	888	42:04	Lindsay	Black		Female
83	802	42:14	Matt	Plummer	Waveney Valley AC	Male
84	83	42:15	Rob	Hall	BBDRC	Male
85	112	42:16	Simon	Sparkes	BBDRC	Male
86	903	42:23	Chris	Lambarth		Male
87	949	42:39	Roger	Bacon		Male
88	840	42:48	Ashley	Johnson	Beccles & Bungay Harriers	Male
89	830	43:02	Stuart	Brown	Beccles Traithlon Club	Male
90	16	43:05	Jo	Lockhart	BBDRC	Female
91	898	43:06	Andy	Ives	Team Dunerunner	Male
92	836	43:09	Mandi	Moyse	Framlingham Flyers	Female
93	837	43:10	Lee	Phillips	Framlingham Flyers	Male
94	881	43:18	Dave	Russell		Male
95	876	43:36	Sarah	Maidment	BBDRC	Female
96	108	43:37	Karle	Howard	Lowestoft Road Runners	Male
97	841	43:42	Ulrich	Pieper		Male
98	873	43:45	Rebecca	Bone		Female
99	96	43:48	Paul	Youngman	Tri-Anglia	Male
100	899	43:49	Lizzie	Escobar		Female
101	856	44:00	Cara	Howe	Beccles & Bungay Harriers	Female
102	954	44:01	Roland	Kuhn		Male

103	864	44:03	Leslie	Hill	Norfolk Gazelles	Male
104	872	44:24	Mike	James		Male
105	819	44:34	Michael	Persich		Male
106	908	44:45	Sarah	James		Female
107	109	45:02	Vicki	Grice	Lowestoft Road Runners	Female
108	867	45:07	Darren	Midmore	Norwich Road Runners	Male
109	922	45:27	Nicky	Roper	Framlingham Flyers	Female
110	37	45:47	Stuart	Young	BBDRC	Male
111	892	45:47	Nicole	Goffin	Waveney Valley AC	Female
112	893	45:49	Phillip	Goffin	Waveney Valley AC	Male
113	946	45:50	Matt	Goodfellow		Male
114	828	45:51	Jane	Thomas	GYRR	Female
115	846	45:52	Karen	Peck	GYRR	Female
116	847	46:06	Nicola	Baker	GYRR	Female
117	861	46:20	Andrew	Owen		Male
118	889	46:21	Anna	Gray	BBDRC	Female
119	890	46:34	Kevin	Ellis	BBDRC	Male
120	927	46:36	Dominic	Carter		Male
121	928	46:37	James	McFarlane	Norwich Road Runners	Male
122	916	46:42	Tom	Allenby		Male
123	121	46:44	Louis	Miller	Norwich Road Runners	Male
124	809	46:48	Sharon	Warland	Stowmarket Striders	Female
125	115	46:55	Katie	Fenn	Coltishall Jaguars	Female
126	920	46:56	Robin	Ashe	BBDRC	Male
127	857	47:40	Adele	Bushell	Coltishall Jaguars RC	Female
128	945	47:47	Lauren	Mickleburgh		Female
129	883	47:48	Graham	Hammond	BBDRC	Male
130	884	47:50	Mark	Kingston		Male
131	27	47:53	Julie	Rickards	BBDRC	Female
132	912	48:53	Sean	Day	BBDRC	Male
133	814	48:54	Ian	Rodwell	BBDRC	Male
134	825	48:57	Lorrain	Dawson	GYRR	Female
135	803	48:59	Neil	Thomas	BBDRC	Male
136	918	49:10	Zoe	Johnson		Female
137	917	49:11	John	Johnson		Male
138	950	49:39	Justine	Davenport	Norfolk Gazelles	Female
139	863	49:40	Beth	King	Norfolk Gazelles	Female
140	853	49:43	Simon	Alcock		Male
141	118	49:45	Peter	Hammond		Male
142	90	49:51	Laura	Button	BBDRC	Female
143	92	49:53	Vivien-Leanne	Saunders	Lowestoft Road Runners	Female
144	839	50:05	Fiona	Williams	GYRR	Female
145	923	50:20	Sarah	Edwards	Framlingham Flyers	Female
146	877	50:25	Kirsten	Warfdale		Female
147	880	50:29	Mike	Earrye		Male
148	895	50:38	Justin	Skipper		Male
149	914	50:40	Tracy	Stevens	Wymondham AC	Female
150	852	51:23	Hayley	Coles	Felixstowe Road Runners	Female
151	915	51:47	Mel	Greer-Walker	Dulwich Park Runners	Female
152	925	52:10	Sasha	Chilvers		Female
153	901	53:03	Steven J	Neale		Male
154	902	53:03	Josh	Neale		Male

155	886	53:09	Bruce	Rayner	BBDRC	Male
156	868	53:36	Lee	Holt		Female
157	106	53:37	Graham	Sampson	BBDRC	Male
158	821	53:40	Eva	Osborne	Wymondham AC	Female
159	805	53:50	Jane	Hunt	Waveney Valley AC	Female
160	84	54:26	Malcolm	Stedman-Jones	BBDRC	Male
161	822	54:43	Ray	Lindsay	Norwich Road Runners	Male
162	862	55:02	Amy	Owen		Female
163	848	55:35	Judy	Potter	Beccles & Bungay Harriers	Female
164	963	56:26	Rachel	Hirst	BBDRC	Female
165	913	56:34	Stephen	Oldman	BBDRC	Male
166	85	56:39	Sean	Newbury	GYRR	Male
167	838	57:12	Pamela	Brown	BBDRC	Female
168	885	58:12	Karen	Waters	BBDRC	Female
169	926	58:13	Shivani	De Swardt		Female
170	101	59:03	Judith	Masters	BBDRC	Female
171	102	59:03	Francesca	Sutton		Female
172	6	59:31	Susan	Potter		Female
173	952	59:46	Carole	Challis		Female
174	878	59:47	Agnieszka	Andrzejak		Female
175	113	60:52	Julie	Grooms	Framlingham Flyers	Female