

Bungay Black Dog Running Club
 Bungay Half Marathon - 8th April 2018
 Results sorted by Time
 Updated 8th April 2018

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	1:14:30	1:14:27	Denys OLEFIR	St Edmunds Pacers	1 Top Fin	690
2	1:17:34	1:17:32	Matthew SPENCER	Bungay Black Dog RC	2 Top Fin	780
3	1:18:58	1:18:56	Robert CHENERY	Ipswich Jaffa RC	3 Top Fin	439
4	1:19:14	1:19:12	Dominic OLIVER	City of Norwich Athletic Club	1 M 22-39	964
5	1:19:30	1:19:28	Will LAW	Ipswich Jaffa RC	2 M 22-39	624
6	1:20:57	1:20:55	Marcus SLADDEN	Bungay Black Dog RC	3 M 22-39	767
7	1:21:45	1:21:42	Graham JENVEY	Bungay Black Dog RC	4 M 22-39	601
8	1:22:02	1:21:59	David SPARSHOTT	Bungay Black Dog RC	5 M 22-39	972
9	1:22:08	1:22:05	Gary TAYLOR	Felixstowe RRC	6 M 22-39	799
10	1:22:15	1:22:11	Stephen BROWN		1 M 40-49	414
11	1:22:41	1:22:39	Jordan BRETT		7 M 22-39	406
12	1:23:10	1:23:08	Simon BRIERLEY	Tri-Anglia	8 M 22-39	410
13	1:24:20	1:24:17	Oliver DAYKIN	Newmarket Joggers	1 M 0-21	474
14	1:24:22	1:24:19	Chris BULLOCK	Norwich RR	2 M 40-49	418
15	1:25:13	1:25:10	Shaun ALDOUS		3 M 40-49	355
16	1:25:46	1:25:43	Matt FORD-THOMAS	Saxmundham Sports Running & Fitness Club	9 M 22-39	512
17	1:25:50	1:25:46	Andy ELLIS	Felixstowe RRC	10 M 22-39	486
18	1:25:54	1:25:50	Leanne FINCH		1 Top Fin	501
19	1:26:46	1:26:40	Oliver MANNING		11 M 22-39	643
20	1:26:51	1:26:36	Thomas STEWART	Woodbridge Shufflers Running Club	4 M 40-49	785
21	1:27:33	1:27:24	Todd LEWIS	Sudbury Joggers	1 M 50-59	632
22	1:27:49	1:27:47	Steve BROOKE	Felixstowe RRC	5 M 40-49	413
23	1:28:19	1:28:15	Timothy EARL	Waveney Valley AC	12 M 22-39	482
24	1:28:29	1:28:25	Martin FARR	Lowestoft Road Runners	13 M 22-39	496
25	1:28:47	1:28:39	Nancy CONNOLLY		2 Top Fin	450
26	1:29:03	1:28:53	Will LAFFAN		14 M 22-39	620
27	1:29:27	1:29:22	Dave COPLAND	Ipswich Triathlon Club	2 M 50-59	452
28	1:29:38	1:29:35	Colin BAKER	Victoria Park Harriers & Tower Hamlets AC	15 M 22-39	375
29	1:29:56	1:29:40	Sam SUTTON-REID		16 M 22-39	793
30	1:30:06	1:30:03	Alastair READ	Felixstowe RRC	6 M 40-49	722
31	1:30:08	1:30:05	Daniel GARDINER	Bungay Black Dog RC	7 M 40-49	524
32	1:30:28	1:30:23	Mark DUFFIELD		8 M 40-49	478
33	1:30:56	1:30:52	David TANDY	Norwich RR	9 M 40-49	796
34	1:31:32	1:31:17	Nick KENT		17 M 22-39	614
35	1:32:27	1:32:15	Ross WILCOX	Stowmarket Striders Running Club	10 M 40-49	841

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36	1:32:33	1:32:24	Ben WILSON		18 M 22-39	851
37	1:32:45	1:32:40	Sam EVANS		11 M 40-49	495
38	1:33:01	1:32:53	Andrew CALLEN	Diss & District AC	19 M 22-39	425
39	1:33:02	1:32:58	Ryan KENNEDY	Norwich RR	20 M 22-39	613
40	1:33:25	1:33:16	Steven HARROWING	Norfolk Harriers RC	21 M 22-39	563
41	1:33:26	1:33:16	Ben JACKSON	Beccles Triathlon Club	12 M 40-49	596
42	1:33:30	1:33:26	Katy OLDMAN	Lowestoft Road Runners	3 Top Fin	689
43	1:33:39	1:33:26	Andrew LONG	Stowmarket Striders Running Club	13 M 40-49	637
44	1:33:40	1:33:33	Jess GOODERHAM	St Edmunds Pacers	1 F 0-21	538
45	1:34:02	1:33:48	Robert ALDOUS		22 M 22-39	354
46	1:34:19	1:34:10	Andrew THIRLWELL		23 M 22-39	803
47	1:34:35	1:34:20	Robert SCOTT	Barnet & District AC	14 M 40-49	749
48	1:35:13	1:35:01	Rebecca PITTMAN	Springfield Striders RC	1 F 55-64	709
49	1:35:29	1:35:19	Mark LEGGETT		24 M 22-39	630
50	1:35:33	1:35:24	Alistair BELSOM		25 M 22-39	388
51	1:35:45	1:35:34	Wayne GARDNER	Stowmarket Striders Running Club	26 M 22-39	525
52	1:36:16	1:36:07	Jon WILES	Bungay Black Dog RC	15 M 40-49	842
53	1:36:17	1:36:12	Steve WHITELOCK		16 M 40-49	835
54	1:36:21	1:36:07	Sandy THOROGOOD	Sudbury Joggers	1 F 45-54	806
55	1:36:37	1:36:26	Stephen PRETTY	Stowmarket Striders Running Club	1 M 60-69	714
56	1:36:38	1:36:30	Tom PULLINGER	Bungay Black Dog RC	17 M 40-49	716
57	1:36:44	1:36:07	Robert JAMES	Bungay Black Dog RC	18 M 40-49	600
58	1:37:09	1:36:55	Jason HURST	Bungay Black Dog RC	19 M 40-49	591
59	1:37:26	1:37:21	Ronnie MOUNT	Norwich RR	20 M 40-49	962
60	1:37:39	1:37:29	Glenn SHARMAN	Bungay Black Dog RC	27 M 22-39	757
61	1:37:53	1:37:48	Adrian WATERS	Norfolk Gazelles AC	3 M 50-59	823
62	1:38:03	1:37:53	Daniel JOHNSTONE		28 M 22-39	605
63	1:38:11	1:37:42	Craig CATCHPOLE		29 M 22-39	432
64	1:38:45	1:38:23	John RICE		21 M 40-49	728
65	1:39:13	1:39:07	Stephen HATTEN	St Edmunds Pacers	4 M 50-59	566
66	1:39:23	1:39:13	Matthew PARKHOUSE		30 M 22-39	697
67	1:39:31	1:39:06	Steve SYMSS	Stowmarket Striders Running Club	22 M 40-49	973
68	1:39:34	1:39:23	Dudley GARNER	Norfolk Gazelles AC	31 M 22-39	526
69	1:39:56	1:39:48	Andrew LANE	Wymondham AC	2 M 60-69	622
70	1:40:03	1:39:47	James HOWARD		32 M 22-39	584

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71	1:40:23	1:40:09	Peter CHARLTON		33 M 22-39	436
72	1:40:26	1:40:09	Derek DALY	Saxmundham Sports Running & Fitness Club	5 M 50-59	467
73	1:40:38	1:40:31	Paul COTTRELL	Norfolk Gazelles AC	23 M 40-49	454
74	1:40:55	1:40:44	Chrissi HEAD		1 F 35-44	567
75	1:40:56	1:40:44	Darren HONOUR	Bungay Black Dog RC	24 M 40-49	583
76	1:41:21	1:41:00	Andreas PATERSON		34 M 22-39	698
77	1:41:29	1:41:22	Lucy PEARSON		2 F 35-44	703
78	1:41:47	1:41:23	Joanne COX	Bungay Black Dog RC	2 F 45-54	459
79	1:42:08	1:42:03	Warren NEWELL		6 M 50-59	678
80	1:42:10	1:42:02	Louise HURR	Norfolk Gazelles AC	3 F 45-54	589
81	1:42:22	1:42:15	Ian GOODERHAM	St Edmunds Pacers	7 M 50-59	537
82	1:42:26	1:42:14	Mark SHARMAN		35 M 22-39	758
83	1:42:33	1:42:19	Mark LAWSON	Great Yarmouth District AC	25 M 40-49	626
84	1:42:47	1:42:28	Edward SHACKLETON		36 M 22-39	968
85	1:43:00	1:42:43	Andy MCKEOWN		37 M 22-39	656
86	1:43:05	1:42:47	Anne FLANAGAN		3 F 35-44	508
87	1:43:10	1:43:04	Mark STONE	Great Yarmouth Road Runners	26 M 40-49	787
88	1:43:30	1:43:23	Richard Corner		8 M 50-59	753
89	1:43:40	1:43:28	PAUL HUNT		38 M 22-39	957
90	1:43:44	1:43:36	Russel BREYER	Ipswich Triathlon Club	9 M 50-59	408
91	1:43:58	1:43:41	Eddie CARMAN	North Norfolk Beach Runners	10 M 50-59	428
92	1:44:12	1:44:00	Jamie RANDALL	Haverhill Running Club	11 M 50-59	719
93	1:44:20	1:44:04	Daniel SUMMERSGILL		39 M 22-39	790
94	1:44:22	1:44:10	Terry HUBBARD	Great Yarmouth Road Runners	27 M 40-49	956
95	1:44:30	1:44:20	Jack TAPPIN	Haverhill Running Club	40 M 22-39	797
96	1:44:34	1:44:17	Alice MILTON		1 F 22-34	663
97	1:44:39	1:44:33	James DAVIS	Dereham Runners AC	2 M 0-21	469
98	1:44:56	1:44:41	Jackie HANN	Sudbury Joggers	4 F 45-54	555
99	1:45:05	1:44:54	Andrew LARKIN		28 M 40-49	623
100	1:45:11	1:44:49	Howard HARPER	Coltishall Jaguars	29 M 40-49	557
101	1:45:15	1:44:48	Martin JACKSON	Grange Farm Trotters	41 M 22-39	598
102	1:45:19	1:44:54	Neil ALLEN		42 M 22-39	359
103	1:45:20	1:44:43	Patrick DAY	Bungay Black Dog RC	3 M 0-21	472
104	1:45:39	1:45:31	David EASTAUGH		30 M 40-49	483
105	1:45:44	1:45:17	Rob ALDER		31 M 40-49	353

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106	1:45:55	1:45:04	Sam WOODGATE		43 M 22-39	853
107	1:45:55	1:45:50	Nick OVERY		12 M 50-59	965
108	1:46:08	1:45:57	Paul CROSS		44 M 22-39	462
109	1:46:56	1:46:41	David NEEVE	Bungay Black Dog RC	45 M 22-39	676
110	1:46:59	1:46:35	Rajesh LOGASUNDARAM		32 M 40-49	636
111	1:47:05	1:46:50	Claire KINGWELL		2 F 22-34	616
112	1:47:16	1:47:05	DAVID SPASHETT		3 M 60-69	779
113	1:47:30	1:47:20	Sabrina NORTON	Bungay Black Dog RC	4 F 35-44	684
114	1:47:32	1:47:14	Sophie BELL	Bungay Black Dog RC	2 F 0-21	386
115	1:47:43	1:47:36	Andrew HAMMOND	Norfolk Gazelles AC	4 M 60-69	553
116	1:47:43	1:47:36	Amelia WHITING	Norfolk Gazelles AC	5 F 35-44	836
117	1:47:51	1:47:33	Jon MCGRAINE		46 M 22-39	655
118	1:47:58	1:47:53	Matthew SHUTT		47 M 22-39	762
119	1:48:00	1:47:47	Jo LOCKHART	Bungay Black Dog RC	5 F 45-54	635
120	1:48:06	1:47:56	Richard CROSSLAND	Bungay Black Dog RC	13 M 50-59	463
121	1:48:15	1:48:06	Stacey HARPER	Norwich RR	6 F 35-44	558
122	1:48:22	1:47:56	Martin CULPECK		33 M 40-49	464
123	1:48:34	1:48:10	Andy BAILEY	Bungay Black Dog RC	34 M 40-49	372
124	1:48:37	1:48:22	Kevin RAISBOROUGH		14 M 50-59	718
125	1:48:38	1:48:07	Mark HURREN		48 M 22-39	590
126	1:48:40	1:48:34	Adam WALLER-TOYNE	53-12 Multisports	15 M 50-59	974
127	1:48:41	1:48:06	Harrison PAGE		49 M 22-39	693
128	1:48:44	1:48:27	Lindsay BLACK		7 F 35-44	396
129	1:48:51	1:48:36	Nicole GOFFIN	Waveney Valley AC	6 F 45-54	534
130	1:48:52	1:48:36	Catherine BRAIN		8 F 35-44	405
131	1:48:54	1:48:44	Duncan CHENERY	Ipswich Jaffa RC	16 M 50-59	438
132	1:48:57	1:48:30	Matthew PAGE		50 M 22-39	694
133	1:49:00	1:48:29	Nicola LAMBERT-JOHN	Coltishall Jaguars	9 F 35-44	959
134	1:49:03	1:48:52	Alison FOX	Saxmundham Sports Running & Fitness Club	10 F 35-44	515
135	1:49:10	1:49:01	Rebecca THORBY	Tri-Anglia	11 F 35-44	804
136	1:49:14	1:48:29	PAUL WHITE		17 M 50-59	833
137	1:49:21	1:48:49	Andy GRAY		35 M 40-49	545
138	1:49:25	1:48:59	Paulus MAUKONEN		51 M 22-39	649
139	1:49:28	1:49:22	Natasha ROUT	Wymondham AC	3 F 22-34	740
140	1:49:32	1:49:25	Louise HOLLAND	Wymondham AC	7 F 45-54	578

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141	1:49:39	1:49:30	Daisy DONALDSON		4 F 22-34	476
142	1:49:43	1:49:27	Anne-Marie SALMON		12 F 35-44	746
143	1:49:49	1:49:44	Mik CARR	Bungay Black Dog RC	5 M 60-69	429
144	1:49:56	1:49:41	Andrew JOHNSON		52 M 22-39	602
145	1:49:57	1:49:24	James ALGER		36 M 40-49	356
146	1:50:00	1:49:38	James BOULDIN	Framlingham Flyers	53 M 22-39	401
147	1:50:17	1:49:32	Mark REGAN		18 M 50-59	726
148	1:50:17	1:49:39	Adam SMITH		37 M 40-49	768
149	1:50:59	1:50:26	Lily ALGER		3 F 0-21	357
150	1:51:04	1:50:47	Dawn MARSHALL	St Edmunds Pacers	2 F 55-64	645
151	1:51:21	1:50:48	Paul GARTLEY		38 M 40-49	529
152	1:51:35	1:51:19	Peter CROCKFORD		54 M 22-39	461
153	1:51:49	1:51:30	DANIEL COX		39 M 40-49	458
154	1:51:52	1:51:45	Jen RUDD	Wymondham AC	13 F 35-44	741
155	1:51:56	1:51:30	Jamie PAYNE	Framlingham Flyers	55 M 22-39	702
156	1:51:57	1:51:40	Catherine BELSOM	Stowmarket Striders Running Club	8 F 45-54	389
157	1:52:00	1:51:47	Simon SMITH	Bungay Black Dog RC	19 M 50-59	969
158	1:52:02	1:51:41	Graham WIGLEY	Framlingham Flyers	6 M 60-69	839
159	1:52:03	1:51:46	Tim SHATTOCK		56 M 22-39	760
160	1:52:05	1:51:39	Keelan SMITH	Saxmundham Sports Running & Fitness Club	57 M 22-39	769
161	1:52:27	1:52:06	Andy IRVINE	Cambridge & Coleridge AC	20 M 50-59	593
162	1:52:30	1:52:04	Damien SAVAGE		58 M 22-39	748
163	1:52:32	1:51:23	Kevin HANNER		40 M 40-49	556
164	1:52:32	1:51:23	David GODSMARK		7 M 60-69	533
165	1:52:35	1:52:21	John NEVIN	Haverhill Running Club	8 M 60-69	677
166	1:52:35	1:52:13	Pauline LEEVES	Great Yarmouth Road Runners	3 F 55-64	629
167	1:52:40	1:52:09	Ruth PILCH	Coltishall Jaguars	14 F 35-44	707
168	1:52:42	1:52:10	Jamie LOUDOUN		41 M 40-49	638
169	1:52:43	1:52:24	Richard DYE	Bungay Black Dog RC	21 M 50-59	480
170	1:52:55	1:52:28	Max PODGER		59 M 22-39	712
171	1:53:04	1:52:50	Dan MEAD	St Edmunds Pacers	42 M 40-49	658
172	1:53:04	1:52:52	Richard SMITH	St Edmunds Pacers	22 M 50-59	772
173	1:53:09	1:52:55	Giles MACROW	Newmarket Joggers	23 M 50-59	640
174	1:53:10	1:52:42	Kevin ELLIS	Bungay Black Dog RC	24 M 50-59	487
175	1:53:21	1:52:55	Brett BAYLISS		43 M 40-49	381

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176	1:53:24	1:52:56	Bethany ROGERS	Bungay Black Dog RC	4 F 0-21	733
177	1:53:27	1:53:17	Gavin DAVISON		60 M 22-39	470
178	1:53:27	1:53:17	Joe SOCRATOUS		61 M 22-39	776
179	1:53:31	1:53:05	Ben COWLEY	Saxmundham Sports Running & Fitness Club	62 M 22-39	456
180	1:53:42	1:53:24	Graham BAINGER	Norwich RR	9 M 60-69	373
181	1:54:18	1:53:45	Simon BLACKWELL	Beccles and Bungay Harriers	44 M 40-49	397
182	1:54:31	1:54:10	Simon GOLDSMITH		45 M 40-49	535
183	1:54:38	1:53:43	Eammon ANDREWS		25 M 50-59	361
184	1:54:40	1:54:21	Erika DOWNS	Felixstowe RRC	15 F 35-44	477
185	1:54:45	1:54:14	Fergus STIRLING		26 M 50-59	786
186	1:54:48	1:54:24	Vikki HARPER	Coltishall Jaguars	16 F 35-44	559
187	1:54:58	1:54:32	Emma GOODMAN	Framlingham Flyers	5 F 22-34	539
188	1:55:02	1:54:55	Yvonne FREIHERR-FENTON		17 F 35-44	521
189	1:55:44	1:55:23	Tom SMITH	Norfolk Harriers RC	46 M 40-49	774
190	1:55:57	1:55:22	Chris GROVES	Brecon AC	10 M 60-69	549
191	1:56:00	1:55:39	Mark SMITH	Lowestoft Road Runners	27 M 50-59	771
192	1:56:03	1:55:52	Clare MOODIE	Framlingham Flyers	18 F 35-44	667
193	1:56:03	1:55:36	John MORGAN		63 M 22-39	669
194	1:56:05	1:55:50	Anna COULBORN	Great Yarmouth Road Runners	4 F 55-64	455
195	1:56:06	1:55:39	Paul CLINE	Ipswich Jaffa RC	64 M 22-39	441
196	1:56:12	1:55:57	Nick Esser ESSER		47 M 40-49	491
197	1:56:12	1:55:57	Suzy KNIGHTS	Beccles Triathlon Club	19 F 35-44	618
198	1:56:12	1:55:52	Carmel MCENIERY	Cambridge & Coleridge AC	9 F 45-54	654
199	1:56:13	1:55:40	Stuart ANDREWS		48 M 40-49	363
200	1:56:36	1:56:07	Kimberley DYE		6 F 22-34	479
201	1:56:37	1:56:18	Catherine WALSH	Felixstowe RRC	10 F 45-54	819
202	1:56:44	1:56:18	Chantelle GALLAGHER		20 F 35-44	523
203	1:56:53	1:56:20	Nicky ROPER	Framlingham Flyers	11 F 45-54	735
204	1:56:57	1:56:26	Charlotte REED	Coltishall Jaguars	7 F 22-34	724
205	1:57:04	1:56:55	Sarah WHITELOCK		21 F 35-44	834
206	1:57:07	1:56:41	Karen MAUKONEN		8 F 22-34	648
207	1:57:08	1:56:36	Susan ARCHER	Tiptree RRC	12 F 45-54	365
208	1:57:10	1:57:06	Tom STRACHAN		65 M 22-39	788
209	1:57:13	1:57:04	Alan RICHARDSON	Waveney Valley AC	1 M 70-99	729
210	1:57:14	1:56:34	Damian ASHCROFT	Bungay Black Dog RC	28 M 50-59	367

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211	1:57:16	1:56:49	Graham HAMMOND	Bungay Black Dog RC	29 M 50-59	554
212	1:57:16	1:56:51	Mark KINGSTON	Bungay Black Dog RC	30 M 50-59	615
213	1:57:29	1:56:54	Karen EVANS	Lowestoft Road Runners	22 F 35-44	494
214	1:57:33	1:56:55	Karl BRADY		31 M 50-59	404
215	1:57:38	1:57:19	Will BARNARD		4 M 0-21	378
216	1:57:47	1:57:37	Magdalena NOWAK		23 F 35-44	685
217	1:57:56	1:57:25	Nick ARCHER	Tiptree RRC	32 M 50-59	364
218	1:57:57	1:57:34	Rachel PLANT	Lowestoft Road Runners	9 F 22-34	711
219	1:57:58	1:57:51	Dominic MIRNER		66 M 22-39	664
220	1:58:10	1:57:57	Marcus LEE		49 M 40-49	627
221	1:58:17	1:57:47	IAN SILLETT	Felixstowe RRC	11 M 60-69	764
222	1:58:29	1:58:01	Daniel SOUTHGATE	Newmarket Joggers	50 M 40-49	777
223	1:58:53	1:58:15	Richard STEELE		33 M 50-59	784
224	1:59:01	1:58:34	Mandi MOYSE	Framlingham Flyers	13 F 45-54	674
225	1:59:08	1:58:32	Jeremy SIMEONS		51 M 40-49	765
226	1:59:09	1:58:51	Alex SEAMAN		67 M 22-39	751
227	1:59:15	1:58:56	Gordon PENNINGTON	Werrington Joggers	52 M 40-49	704
228	1:59:20	1:59:14	Stephen WILLIAMS	St Edmunds Pacers	12 M 60-69	845
229	1:59:22	1:58:59	Christopher SEXTON	Tri-Anglia	68 M 22-39	755
230	1:59:22	1:58:59	Georgina SEXTON	Tri-Anglia	24 F 35-44	756
231	1:59:33	1:58:55	Rachel BELL		14 F 45-54	387
232	1:59:40	1:59:20	Matthew REYNOLDS	Lowestoft Road Runners	69 M 22-39	967
233	1:59:42	1:59:07	Mark ALLEN	Woodbridge Shufflers Running Club	13 M 60-69	358
234	1:59:46	1:59:28	Andy THORNTON	Bungay Black Dog RC	34 M 50-59	805
235	1:59:50	1:59:22	Paul MAYCOCK	Capel Cheetahs	14 M 60-69	651
236	1:59:56	1:59:20	Daniel CARTWRIGHT		35 M 50-59	431
237	2:00:04	1:59:37	David HUPTON	Bungay Black Dog RC	36 M 50-59	588
238	2:00:33	2:00:02	Paul GRAVES	Tiptree RRC	15 M 60-69	544
239	2:00:33	1:59:37	Colin FISH		37 M 50-59	504
240	2:00:34	2:00:13	Janet IVERS		15 F 45-54	594
241	2:00:54	2:00:17	Stephen COLE		38 M 50-59	444
242	2:00:56	2:00:14	Christopher LUCAS	Saxmundham Sports Running & Fitness Club	39 M 50-59	639
243	2:01:08	2:00:59	Sam BENNETT		53 M 40-49	393
244	2:01:10	2:00:50	Gary CAMPANY		54 M 40-49	426
245	2:01:20	2:01:04	Catherine JACKSON		10 F 22-34	597

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246	2:01:31	2:01:27	Stephen BULLEN	Lowestoft Road Runners	55 M 40-49	417
247	2:01:35	2:01:00	Peter GOWING		56 M 40-49	540
248	2:01:38	2:01:38	Izzy ROTHON		11 F 22-34	739
249	2:01:52	2:01:06	Nichola BENNETT		25 F 35-44	392
250	2:02:03	2:01:33	Daniel ZIPFEL		57 M 40-49	859
251	2:02:05	2:01:45	Margo NEWMAN		16 F 45-54	679
252	2:02:19	2:01:50	Andrew COCKER		40 M 50-59	442
253	2:02:21	2:02:12	Emma FOX	Bure Valley Harriers	26 F 35-44	516
254	2:02:56	2:02:19	Claire LI		17 F 45-54	633
255	2:03:06	2:02:37	Nick VICKERY		41 M 50-59	817
256	2:03:09	2:02:23	Mark NICHOLLS		42 M 50-59	680
257	2:03:11	2:02:58	Chris AYLMER	Newmarket Joggers	16 M 60-69	370
258	2:03:20	2:02:42	James SEREDA-BARSBY		58 M 40-49	754
259	2:03:48	2:03:13	Leila BYE	Lowestoft Road Runners	27 F 35-44	423
260	2:03:50	2:03:26	Daisy FRANKLIN		18 F 45-54	517
261	2:03:54	2:03:18	Neil BYE	Lowestoft Road Runners	70 M 22-39	424
262	2:04:15	2:03:21	Katie PRICE		28 F 35-44	715
263	2:04:23	2:04:08	Cathy BEARD		5 F 55-64	382
264	2:04:25	2:03:53	Katie ABBOTT		12 F 22-34	350
265	2:04:29	2:03:55	Jenni EGMORE	Reepham Runners	19 F 45-54	485
266	2:04:29	2:04:20	Tim SUTHERS		43 M 50-59	792
267	2:04:32	2:03:36	Nick SAUNDERS		71 M 22-39	747
268	2:04:37	2:04:16	Stuart SMITH	Waveney Valley AC	17 M 60-69	773
269	2:04:42	2:04:26	David LEWIS	Waveney Valley AC	59 M 40-49	631
270	2:04:45	2:04:04	Paul COLLINS		44 M 50-59	449
271	2:04:47	2:04:25	Pete SHARPE	Wymondham AC	60 M 40-49	759
272	2:04:50	2:04:21	Katie JOLLY		13 F 22-34	606
273	2:04:56	2:04:23	Thomas KELLY		45 M 50-59	958
274	2:05:01	2:04:09	Steven RAY		61 M 40-49	721
275	2:05:11	2:04:31	Iain HUNTER	Stowmarket Striders Running Club	18 M 60-69	587
276	2:05:13	2:04:55	Ruth BELSOM		6 F 55-64	391
277	2:05:15	2:04:20	Eric PAYNE		72 M 22-39	701
278	2:05:16	2:04:22	Angelique SCULLY		20 F 45-54	750
279	2:05:26	2:05:01	Jackie COLLINS	Felixstowe RRC	21 F 45-54	448
280	2:05:56	2:05:26	Nigel MULFORD		73 M 22-39	675

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281	2:05:57	2:05:23	Esther NORTON		22 F 45-54	683
282	2:05:59	2:05:40	Robert WHALEN	Tri-Anglia	74 M 22-39	832
283	2:06:10	2:05:33	Jaqueline COLEMAN		14 F 22-34	445
284	2:06:34	2:06:04	Stu HART		19 M 60-69	564
285	2:06:40	2:06:10	Steve NICHOLLS	Great Yarmouth Road Runners	46 M 50-59	681
286	2:06:40	2:06:22	Sybil HARRIS		23 F 45-54	561
287	2:06:46	2:06:04	Emma HARRISON	Saxmundham Sports Running & Fitness Club	15 F 22-34	562
288	2:06:48	2:06:05	Claire PIZZEY		29 F 35-44	710
289	2:06:50	2:06:34	Vikki WASPE		16 F 22-34	821
290	2:06:55	2:06:28	Lee BRACE		62 M 40-49	403
291	2:07:18	2:06:35	Alison GROGAN		30 F 35-44	548
292	2:07:38	2:07:04	Martin JONES	Wymondham AC	75 M 22-39	608
293	2:07:42	2:07:12	Shane MAY		63 M 40-49	650
294	2:08:10	2:07:39	Tony MORLEY	Bungay Black Dog RC	47 M 50-59	961
295	2:08:13	2:07:21	Debbie SECRET		24 F 45-54	752
296	2:08:23	2:08:18	Simon SPARKES	Bungay Black Dog RC	64 M 40-49	971
297	2:08:26	2:07:58	Ken HURST	Bungay Black Dog RC	2 M 70-99	592
298	2:08:27	2:07:37	John TILBROOK		3 M 70-99	810
299	2:08:35	2:07:59	Emily WARBURTON-BROWN	Dulwich Runners AC	17 F 22-34	820
300	2:08:45	2:08:15	Carole SPONG	Great Yarmouth Road Runners	1 F 65-99	782
301	2:09:00	2:08:24	Mark KEENAN		65 M 40-49	611
302	2:09:02	2:08:38	Hayley COLES	Felixstowe RRC	31 F 35-44	447
303	2:09:33	2:08:49	Jayne CAPPS-JENNER	Bungay Black Dog RC	7 F 55-64	427
304	2:09:36	2:08:55	Michael FOWER	Norfolk Harriers RC	66 M 40-49	514
305	2:09:59	2:09:20	Lisa FORD		25 F 45-54	511
306	2:10:02	2:09:14	Sarah SPARKES	Bungay Black Dog RC	32 F 35-44	970
307	2:10:03	2:09:39	Joanne BROOKE	Felixstowe RRC	26 F 45-54	412
308	2:10:05	2:09:51	Jeremy HOLT	Sudbury Joggers	48 M 50-59	582
309	2:10:28	2:10:19	Deborah ENGLISH	Norwich RR	33 F 35-44	489
310	2:10:30	2:10:02	Jay BUTCHER	Waveney Valley AC	34 F 35-44	421
311	2:10:35	2:09:54	Ann GRANGER	Saxmundham Sports Running & Fitness Club	8 F 55-64	543
312	2:10:47	2:10:12	Kevin CLARK	Bungay Black Dog RC	49 M 50-59	952
313	2:10:53	2:10:40	Ruth COWLIN	Sudbury Joggers	27 F 45-54	457
314	2:11:06	2:10:37	Svitlana ZINCHENKO	Newmarket Joggers	35 F 35-44	858
315	2:11:10	2:10:17	DONNA SINGER		36 F 35-44	766

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316	2:11:28	2:11:07	Fran WILLIAMS	Haverhill Running Club	28 F 45-54	844
317	2:11:37	2:11:26	Rebecca BONE	Bungay Black Dog RC	37 F 35-44	400
318	2:11:40	2:10:49	Dave CATCHPOLE	Waveney Valley AC	76 M 22-39	433
319	2:11:44	2:11:29	Ivan LEES	Great Yarmouth Road Runners	20 M 60-69	628
320	2:11:47	2:11:02	Jo FISK	Beccles Triathlon Club	29 F 45-54	507
321	2:12:04	2:11:40	Richard TUBB	Wymondham AC	77 M 22-39	814
322	2:12:08	2:11:17	Paul MORLING		50 M 50-59	670
323	2:12:09	2:11:45	Nick EAGLE		78 M 22-39	481
324	2:12:13	2:11:40	Maria GOODBY	Bungay Black Dog RC	30 F 45-54	536
325	2:12:43	2:12:15	Katherine MORTON		31 F 45-54	672
326	2:12:53	2:12:12	Steve JORDAN	Saxmundham Sports Running & Fitness Club	67 M 40-49	610
327	2:12:58	2:12:34	Laura BUTTON	Bungay Black Dog RC	38 F 35-44	422
328	2:13:05	2:12:10	Nicholas CURTIS		68 M 40-49	466
329	2:13:12	2:12:29	Rachael COLE		39 F 35-44	443
330	2:13:17	2:12:32	Danielle PALMER		18 F 22-34	695
331	2:13:18	2:12:33	Lara TOWNSEND	Great Bentley Running Club	32 F 45-54	813
332	2:13:20	2:12:47	Jean RATTENBURY		33 F 45-54	720
333	2:13:35	2:13:15	Jackie BELL	Bungay Black Dog RC	9 F 55-64	385
334	2:13:39	2:12:44	Jane MIDDLETON		34 F 45-54	662
335	2:14:11	2:13:27	Carol BAKER	Norfolk Gazelles AC	40 F 35-44	374
336	2:14:20	2:13:37	Rachel MARTELL		41 F 35-44	646
337	2:15:00	2:14:39	Ali METCALFE		42 F 35-44	661
338	2:15:01	2:14:38	Andrew CUNNINGHAM		69 M 40-49	465
339	2:15:01	2:14:24	Ian THURBON		70 M 40-49	807
340	2:15:12	2:14:26	Justine DAVENPORT	Norfolk Gazelles AC	35 F 45-54	468
341	2:15:12	2:14:26	LEE OXBURY	Norfolk Gazelles AC	51 M 50-59	691
342	2:15:26	2:14:29	Stephen FROSTWICK		79 M 22-39	522
343	2:15:35	2:15:16	Sophie GETLEY	Norfolk Harriers RC	43 F 35-44	531
344	2:16:21	2:15:45	Sean DAY	Bungay Black Dog RC	71 M 40-49	473
345	2:16:29	2:15:44	John JOHNSON		52 M 50-59	604
346	2:16:42	2:16:01	Justine WISEMAN	Saxmundham Sports Running & Fitness Club	36 F 45-54	852
347	2:17:16	2:16:27	Louise REED	Bungay Black Dog RC	44 F 35-44	725
348	2:17:16	2:16:27	Joanne TAYLOR	Bungay Black Dog RC	45 F 35-44	800
349	2:17:19	2:16:32	Edward PHILLIPS	Bungay Black Dog RC	80 M 22-39	705
350	2:17:20	2:16:57	Christina LAKEY	Wymondham AC	46 F 35-44	621

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
351	2:17:33	2:16:52	Eugene MCCARTHY		72 M 40-49	653
352	2:17:43	2:17:04	Joanna ANDREWS		47 F 35-44	362
353	2:17:50	2:17:27	Louisa MARCQ		48 F 35-44	644
354	2:18:13	2:17:35	Samantha O'HARA	Beccles and Bungay Harriers	37 F 45-54	687
355	2:18:13	2:17:35	Helen Louise GARTLEY		49 F 35-44	528
356	2:18:17	2:17:57	Jordan WOOLNOUGH		81 M 22-39	854
357	2:18:20	2:18:00	Connie HODGKINSON LAHIFF	Norwich RR	19 F 22-34	576
358	2:18:27	2:18:07	Talia FARROW		20 F 22-34	499
359	2:19:17	2:18:39	Sarah TOMALEWICZ		50 F 35-44	811
360	2:19:18	2:19:12	Luke PATTERSON		82 M 22-39	699
361	2:19:20	2:18:25	Sarah HOWE		51 F 35-44	585
362	2:19:47	2:18:54	Amanda FRASER FISH	Woodbridge Shufflers Running Club	52 F 35-44	518
363	2:19:59	2:19:19	Karen HAMILTON	Stowmarket Striders Running Club	38 F 45-54	954
364	2:20:07	2:19:21	Colin FORRESTER		53 M 50-59	513
365	2:20:11	2:19:31	Lana RIX		21 F 22-34	731
366	2:20:24	2:19:51	Robin FARRAR	Bungay Black Dog RC	4 M 70-99	498
367	2:21:03	2:20:50	Michelle LIGHTFOOT	Bungay Black Dog RC	39 F 45-54	634
368	2:21:38	2:21:22	Faye MOLONEY		53 F 35-44	666
369	2:21:46	2:20:57	Bryony GAWNE		54 F 35-44	530
370	2:21:47	2:21:06	Hollie SUTHERLAND		22 F 22-34	791
371	2:22:39	2:21:55	Sam BARWICK	Norfolk Gazelles AC	40 F 45-54	379
372	2:22:40	2:21:55	Michelle WATERS	Norfolk Gazelles AC	41 F 45-54	824
373	2:22:44	2:22:10	Clare HALL	Saints & Sinners Fun Runners	42 F 45-54	550
374	2:22:44	2:22:10	Sarah EDWARDS	Framlingham Flyers	43 F 45-54	484
375	2:23:13	2:22:53	Paula HILL		55 F 35-44	573
376	2:23:55	2:23:37	Grace ROTHON		23 F 22-34	738
377	2:23:55	2:23:15	Rosemary Bailey	Bungay Black Dog RC	24 F 22-34	860
378	2:23:56	2:23:15	Samantha COOPER		56 F 35-44	451
379	2:24:06	2:23:26	Robert ASTLE		73 M 40-49	368
380	2:24:23	2:23:31	Georgia HEGARTY		44 F 45-54	569
381	2:24:41	2:23:57	Victoria PULLINGER	Bungay Black Dog RC	57 F 35-44	717
382	2:26:16	2:25:52	Joan Nevin	Haverhill Running Club	2 F 65-99	861
383	2:26:17	2:25:54	Rachel ACAMON-CARBONELLI	Great Yarmouth Road Runners	58 F 35-44	351
384	2:26:30	2:25:51	Adrian WILSON		74 M 40-49	848
385	2:26:43	2:26:01	Fiona O'HARA		45 F 45-54	686

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386	2:28:01	2:27:17	Rachel HIRST	Bungay Black Dog RC	46 F 45-54	574
387	2:28:05	2:27:31	Judith MASTERS	Bungay Black Dog RC	10 F 55-64	647
388	2:28:08	2:27:56	Hannah ST LEDGER	Sudbury Joggers	25 F 22-34	783
389	2:28:21	2:28:08	Sally BUCKLE	Sudbury Joggers	47 F 45-54	415
390	2:28:21	2:28:10	Sharon BREWARD	Sudbury Joggers	48 F 45-54	407
391	2:28:23	2:27:40	Helen HATCHER	Cambridge & Coleridge AC	49 F 45-54	565
392	2:28:26	2:28:09	Laura BUGG		59 F 35-44	416
393	2:29:18	2:28:36	Zoe WILLIS		26 F 22-34	847
394	2:29:47	2:28:55	Simon BURRIDGE		54 M 50-59	420
395	2:29:58	2:29:24	Elizabeth GREEN	Norwich RR	27 F 22-34	547
396	2:30:09	2:29:30	Annabelle BLOCK		28 F 22-34	398
397	2:30:21	2:29:29	Steve NICHOLSON		75 M 40-49	682
398	2:30:26	2:29:52	Lucy SPINKS	Norwich RR	29 F 22-34	781
399	2:31:34	2:30:39	Leigh TAYLOR	Great Yarmouth Road Runners	76 M 40-49	801
400	2:32:19	2:32:11	Sarah CHAMBERS		50 F 45-54	951
401	2:32:19	2:32:11	Juliette CHAMBERS		51 F 45-54	950
402	2:32:44	2:32:14	Sarah VICKERY		52 F 45-54	818
403	2:34:12	2:33:18	Angela SOAMES	Felixstowe RRC	60 F 35-44	775
404	2:34:41	2:33:48	Louise WRIGHT		61 F 35-44	856
405	2:35:04	2:34:21	Rochine SYMONDS	Great Yarmouth Road Runners	53 F 45-54	794
406	2:36:49	2:35:58	Nicholas CARTER		5 M 70-99	430
407	2:37:04	2:36:17	Mandy MOORE	Bungay Black Dog RC	54 F 45-54	668
408	2:37:55	2:37:12	Jo PINKNEY	Great Yarmouth Road Runners	62 F 35-44	708
409	2:38:29	2:37:41	Louise MULLINEAUX		63 F 35-44	963
410	2:38:39	2:37:49	Mikaela HEANEY		30 F 22-34	568
411	2:38:39	2:37:49	Sally-Anne BISHOP		55 F 45-54	395
412	2:40:15	2:39:28	Lucie MORRAN	Bungay Black Dog RC	56 F 45-54	671
413	2:40:15	2:39:29	Judith SADLER	Bungay Black Dog RC	57 F 45-54	745
414	2:40:15	2:39:29	STACEY REMBLANCE	Bungay Black Dog RC	31 F 22-34	727
415	2:40:16	2:39:29	Hilary BALL	Bungay Black Dog RC	64 F 35-44	376
416	2:40:24	2:39:26	Katharine HOLMES		58 F 45-54	580
417	2:40:24	2:39:26	Richard HOLMES		77 M 40-49	581
418	2:40:52	2:40:08	Hazel FLOWER	Norfolk Harriers RC	59 F 45-54	510
419	2:41:22	2:40:33	Jane PATTISON	Bungay Black Dog RC	60 F 45-54	700
420	2:41:22	2:40:34	Kate RINGWOOD	Bungay Black Dog RC	32 F 22-34	730

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421	2:41:22	2:40:34	Jess BEDINGFIELD	Bungay Black Dog RC	33 F 22-34	383
422	2:41:22	2:40:34	Fudge FARRAR	Bungay Black Dog RC	61 F 45-54	497
423	2:42:45	2:41:56	Karen CHAPMAN-HAMMOND		62 F 45-54	435
424	2:42:55	2:42:02	Lisa SMITH	Lowestoft Road Runners	63 F 45-54	770
425	2:43:01	2:42:08	Louise ADLARD		11 F 55-64	352
426	2:43:14	2:42:43	Ben ROSS	Somer AC	83 M 22-39	737
427	2:47:13	2:46:45	Catherine MAHONY PARFITT		34 F 22-34	641
428	2:48:48	2:47:59	Nicki BURFOOT		64 F 45-54	419
429	2:50:57	2:50:10	David JOHNSON		55 M 50-59	603
430	2:51:03	2:50:16	Kate GRAY		3 F 65-99	546
431	2:53:20	2:52:31	Steve ROBERTS	Sudbury Joggers	84 M 22-39	732
432	2:53:20	2:52:31	Zoey BATTELL	Sudbury Joggers	65 F 35-44	380
433	2:55:17	2:54:22	Emily BARCLAY		66 F 35-44	377
434	2:55:18	2:54:23	Rebecca WASS	Tri-Anglia	67 F 35-44	822
435	2:55:20	2:54:25	Lucy COTTON		35 F 22-34	453
436	3:01:02	3:00:12	Bob ARNELL	Great Yarmouth Road Runners	6 M 70-99	366
437	3:01:43	3:00:53	Sandy MALOY	Sudbury Joggers	65 F 45-54	642
438	3:01:45	3:00:54	Sue MOYE	Sudbury Joggers	66 F 45-54	673
439	3:04:44	3:03:50	Emily COLES		36 F 22-34	446
440	3:24:12	3:23:04	Theresa JONES	Haverhill Running Club	67 F 45-54	609
441	3:24:12	3:23:05	Yusuf FIRAT	Haverhill Running Club	56 M 50-59	502