

**One lap NO dog**

<b>Position</b>	<b>Number</b>	<b>Name</b>			<b>Club</b>	<b>Time</b>	
1	328	Owen	Lewis	M		00:19:11	* entered 2 lap race
2	344	Thomas	Persich	M	Beccles Triathlon Club	00:19:19	
3	318	Mark	Smith	M	Lowestoft Road Runners	00:22:05	
4	637*	Michael	White	M	Beccles and Bungay Harriers	00:23:01	
5	603*	Oliver	Roper	M		00:23:33	
6	302	Alec	Rapson	M		00:23:55	
7	329	Kyle	Frederick	M		00:24:20	
8	643*	David	Goodwin	M	Norfolk Gazelles	00:26:03	
9	549*	Lorrain	Dawson	F	Great Yarmouth Road Runners	00:26:32	
10	312	Louise	Harrod	F	Waveney Valley AC	00:26:37	
11	313	Zoe	Chase	F	Waveney Valley AC	00:26:38	
12	324	Samantha	O'Hara	F	Beccles and Bungay Harriers	00:27:24	
13	503*	Sophie	Evers	F		00:27:28	
14	342	Cheryl	Goymer	F	Beccles Triathlon Club	00:27:37	
15	333	Ellie	Veasy	F		00:27:53	
16	343	Roger	Wells	M	Beccles Triathlon Club	00:27:56	
17	310	Peter	Lang	M	Waveney Valley AC	00:28:30	
18	530*	Steve	Swallow		Team Dunerunner	00:29:08	
19	638*	Kevin	Kisby	M	Beccles and Bungay Harriers	00:29:12	
20	303	Philip	Neave	M	Bungay Black Dog Running Club	00:29:27	
21	325	Sally	Owen	F		00:29:52	
22	307	Mark	Head	M	Beccles and Bungay Harriers	00:29:54	

23	507*	Dave	Lines	M	Tri-Anglia Triathlon Club	00:30:15
24	676*	Kathleen	Altarelli	F		00:30:23
25	320	Sarah	Johnson	F		00:30:24
26	319	John	Johnson	M		00:30:25
27	306	Izzi	Rix	F		00:30:28
28	308	Samantha	Long	F		00:30:53
29	332	Stuart	Oxborough	M		00:30:55
30	301	Eleanor	Crossland	F		00:31:01
31	335	Christine	Frazer	F		00:31:29
32	315	Dawn	Nichols	F		00:31:52
33	345	Sophie	Ward	F		00:32:20
34	300	Graham	Sampson	M	Bungay Black Dog Running Club	00:32:46
35	314	Angeline	Ayers	F		00:33:04
36	528*	Alison	Masterson	F	Tri-Anglia Triathlon Club	00:33:13
37	337	Chris	Davey	M	Bungay Black Dog Running Club	00:33:25
38	618*	David	Utting			00:33:53
39	322	Justin	Skipper	M		00:34:13
40	323	Lauren	Skipper	F		00:34:13
41	331	Rebekah	Wilson	F		00:34:22
42	334	Chris	Gibbs	M		00:35:00
43	309	Frances	Hall	F		00:35:46
44	311	Rebecca	Finlayson	F		00:35:57
45	347	Katharine	Quarmby	F		00:36:00
46	346	Adrian	Bond	M	Bungay Black Dog Running Club	00:37:00

47	341	Helen	Hart	F	Bungay Black Dog Running Club	00:37:23
48	317	Lisa	Smith	F	Lowestoft Road Runners	00:37:25
49	316	Karla	Palgrave	F		00:37:35
50	602*	Mitzy	O'Loughlin	F	Bungay Black Dog Running Club	00:37:52
51	304	Phillip	Laurier	M	Lowestoft Road Runners	00:38:06
52	321	Kirsty	Sinclair	M		00:38:46
53	326	Roz	Maclachlan	F	Beccles and Bungay Harriers	00:39:13
54	336	Sarah	Ferguson	F		00:39:36
55	305	Jo	Fisk	F	Beccles Triathlon Club	00:40:17
56	339	Donna	Howlett	F		00:40:17
57	340	Vicky	Dowe	F	Bungay Black Dog Running Club	00:40:18
58	512*	Susan	Ryles	F	GYDAC	00:41:37
59	513*	Maureen	England	F	GYDAC	00:41:38
60	338	Alison	Howlett	F	Beccles and Bungay Harriers	00:41:59
61	327	Emma	Blackwell	F	Beccles and Bungay Harriers	00:42:00