

One lap WITH dog

Position	Number	Name			Club	Time
1	219	Dylan	Neeve	M	Waveney Valley AC	00:17:25
2	214	Thomas	Long	M		00:17:27
3	216	Ben	Wilson	M		00:18:05
4	224	Troy	Douglas-Collow	M		00:19:06
5	213	Julian	Long	M	Saint Edmund Pacers	00:21:15
6	203	Ben	O'Keefe	M	Team Dunedawg	00:21:21
7	208	Claire	Stammers	F	Beccles Triathlon Club	00:21:26
8	204	Rebecca	Thorby	F	CONAC	00:21:29
9	205	Mark	Thorby	M		00:21:29
10	222	Kevin	Clark	M	Bungay Black Dog Running Club	00:22:21
11	218	Olivia	Harrod	F	Waveney Valley AC	00:22:43
12	230	Stuart	Dewell	M	Lowestoft Road Runners	00:23:03
13	209	Juliette	Head	F	Beccles and Bungay Harriers	00:24:13
14	231	Sean	Woodvine	M		00:24:22
15	206	Ian	Gardner	M	Beccles and Bungay Harriers	00:24:29
16	200	Midge	Crossland	F		00:24:31
17	215	Zoe	Johnson	F		00:24:43
18	212	Guy	Paul	M		00:24:54
19	442	Aaron	Jackson	M	Bungay Black Dog Running Club	00:25:02
20	229	Clare	Wilkins	F		00:25:51
21	456	Chris	Mills	M	Beccles Triathlon Club	00:26:32
22	624	Joe	Bean	M		00:26:33

23	225	Riasa	Douglas-collow	F	Bungay Black Dog Running Club	00:26:47
24	223	Stuart	Howard	M		00:26:55
25	459	Michelle	Sayer	F	Beccles Triathlon Club	00:27:12
26	458	Daniel	Sayer	M	Beccles Triathlon Club	00:27:12
27	226	Carl	Butcher	M		00:28:13
28	227	Jay	Butcher	F	Waveney Valley AC	00:28:17
29	455	Donna	Mills	F	Beccles Triathlon Club	00:31:10
30	453	John	Pallister	M		00:32:01
31	201	Tim	Hirst	M	Bungay Black Dog Running Club	00:32:10
32	217	Ian	Roper	M		00:32:14
33	202	Jayne	Capps-Jenner	F	Bungay Black Dog Running Club	00:32:18
34	221	Devon	Clark	F		00:32:23
35	220	Jo	Clark	F		00:32:23
36	207	Jessica	Sacharczuk	F		00:36:31
37	211	Hannah	Peck	F		00:37:49
38	210	Matt	Peck	M	Run Things Run Club	00:37:49
39	228	Kimberley	Roper	F		00:40:10