

TWO laps, NO dog

| Position | Number | Name | | | Club | Time |
|-----------------|---------------|-------------|-------------|---|-------------------------------|-------------|
| 1 | 558 | Michael | Eccles | M | Bure Valley Harriers | 00:31:47 |
| 2 | 516 | Simon | Millett | M | Norwich Road Runners | 00:32:06 |
| 3 | 543 | Carl | Prewer | M | Lowestoft Road Runners | 00:32:48 |
| 4 | 570 | Scott | Williams | M | Stowmarket Striders | 00:33:22 |
| 5 | 652 | Benn | Walker | M | Beccles and Bungay Harriers | 00:33:50 |
| 6 | 569 | Chris | Hall | M | Stowmarket Striders | 00:34:29 |
| 7 | 609 | Jo | Andrews | F | Bungay Black Dog Running Club | 00:34:52 |
| 8 | 627 | Jon | Duffney | M | Ipswich Jaffa | 00:35:21 |
| 9 | 566 | Lauren | Howe | F | Beccles and Bungay Harriers | 00:35:47 |
| 10 | 509 | Jon | Wiles | M | Bungay Black Dog Running Club | 00:36:51 |
| 11 | 654 | Mark | Persich | M | | 00:37:03 |
| 12 | 585 | Darren | Honour | M | Team Dunerunner | 00:37:24 |
| 13 | 662 | Scott | Barnes-Bass | M | | 00:37:49 |
| 14 | 523 | Richard | Aukland | M | Waveney Valley AC | 00:37:51 |
| 15 | 642 | Dominic | Oliver | M | CONAC | 00:38:01 |
| 16 | 554 | Jason | Rix | M | Tri-Anglia Triathlon Club | 00:38:17 |
| 17 | 604 | Steven | Barber | M | GYDAC | 00:39:06 |
| 18 | 615 | Leon | Neeve | M | Waveney Valley AC | 00:39:28 |
| 19 | 649 | Alan | Bushell | F | Coltishall Jaguars | 00:39:36 |
| 20 | 555 | Lynn | Emmett | F | Beccles and Bungay Harriers | 00:39:55 |
| 21 | 535 | Patrick | Harbord | M | | 00:40:01 |
| 22 | 527 | Terry | Hubbard | M | Great Yarmouth Road Runners | 00:40:06 |

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| 23 | 644 | Rebecca | Goodwin | F | Windrush | 00:40:33 |
| 24 | 656 | Simon | Tinkler | M | Framlingham Flyers | 00:41:03 |
| 25 | 548 | Jock | O'Connor | M | | 00:41:11 |
| 26 | 673 | James | Sturgess | M | | 00:41:18 |
| 27 | 646 | Georgie | Manly | F | | 00:41:20 |
| 28 | 620 | Kevin | Frazer | M | Wymondham AC | 00:41:47 |
| 29 | 537 | Daniel | Nettle | M | Elswick Harriers | 00:41:56 |
| 30 | 586 | Jasmin | Honour | F | Team Dunerunner | 00:42:00 |
| 31 | 661 | Tim | Johnson | M | | 00:42:05 |
| 32 | 664 | Paul | Collins | M | | 00:42:25 |
| 33 | 575 | Sebastian | Southgate | M | | 00:42:27 |
| 34 | 531 | Darren | Goodby | M | Bungay Black Dog Running Club | 00:42:30 |
| 35 | 590 | Andy | Ayers | M | Waveney Valley AC | 00:42:42 |
| 36 | 626 | Will | Riley | M | Bungay Black Dog Running Club | 00:42:47 |
| 37 | 532 | Ben | Snelling | M | Norwich Road Runners | 00:42:52 |
| 38 | 501 | Rob | Hall | M | Bungay Black Dog Running Club | 00:43:27 |
| 39 | 667 | Scott | Liddle | M | Steel City Striders | 00:43:36 |
| 40 | 508 | Rob | Lines | M | Tri-Anglia Triathlon Club | 00:43:57 |
| 41 | 519 | Stephen | Dunnett | M | Framlingham Flyers | 00:44:14 |
| 42 | 580 | Steve | Cook | M | Norfolk Gazelles | 00:44:15 |
| 43 | 659 | Thakeni | Marston | F | Beccles Triathlon Club | 00:44:19 |
| 44 | 544 | Tracy | Prewer | F | Lowestoft Road Runners | 00:44:25 |
| 45 | 563 | David | Mower | M | Waveney Valley AC | 00:44:38 |
| 46 | 650 | Tessa | Killingbeck | F | | 00:44:46 |

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| 47 | 600 | Tom | Allenby | M | | 00:44:57 |
| 48 | 683 | Peter | Warland | M | Stowmarket Striders | 00:45:06 |
| 49 | 621 | Lindsay | Black | F | Beccles and Bungay Harriers | 00:45:08 |
| 50 | 571 | Nicola | Baker | F | Great Yarmouth Road Runners | 00:45:22 |
| 51 | 551 | Jo | Anverali | F | Great Yarmouth Road Runners | 00:45:22 |
| 52 | 572 | Andrew | Baker | M | Great Yarmouth Road Runners | 00:45:23 |
| 53 | 663 | George | Collins | M | | 00:45:24 |
| 54 | 610 | Mark | Dixon | M | Tri-Anglia Triathlon Club | 00:45:28 |
| 55 | 665 | Isaac | Collins | M | | 00:45:38 |
| 56 | 628 | Dan | Brocklehurst | M | Wymondham AC | 00:45:43 |
| 57 | 611 | Andy | Ives | M | | 00:45:54 |
| 58 | 631 | Peter | Woods | M | Felixstowe Road Runners | 00:46:02 |
| 59 | 595 | David | Dinnage | M | Framlingham flyers | 00:46:03 |
| 60 | 601 | Sean | O'Loughlin | M | Bungay Black Dog Running Club | 00:46:06 |
| 61 | 552 | Richard | Beevor | M | Great Yarmouth Road Runners | 00:46:07 |
| 62 | 522 | Matthew | Reynolds | M | Lowestoft Road Runners | 00:46:16 |
| 63 | 542 | Karle | Howard | M | Lowestoft Road Runners | 00:46:24 |
| 64 | 525 | Peter | Thompson | M | Norfolk Gazelles | 00:46:45 |
| 65 | 594 | Gareth | Davies | M | Great Yarmouth Road Runners | 00:46:49 |
| 66 | 612 | Stuart | Lawn | M | Beccles and Bungay Harriers | 00:46:54 |
| 67 | 614 | Sarah | Maidment | F | Bungay Black Dog Running Club | 00:47:04 |
| 68 | 668 | Roger | Bacon | M | | 00:47:13 |
| 69 | 502 | Richard | Dye | M | Bungay Black Dog Running Club | 00:48:00 |
| 70 | 672 | Ian | Sturgess | M | Wymondham AC | 00:48:05 |

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| 71 | 505 | Jo | Lockhart | F | Bungay Black Dog Running Club | 00:48:07 |
| 72 | 674 | Ellie | Morton | F | | 00:48:08 |
| 73 | 675 | Leo | Altarelli | M | | 00:48:13 |
| 74 | 607 | Stewart | Wharton | M | Bungay Black Dog Running Club | 00:48:16 |
| 75 | 634 | Thomas | Harvey | M | | 00:48:17 |
| 76 | 617 | Jonathan | Kenny | M | Felixstowe Road Runners | 00:48:20 |
| 77 | 584 | James | Beech | M | | 00:48:28 |
| 78 | 553 | Karen | Rix | F | Norfolk Gazelles | 00:48:33 |
| 79 | 564 | Justine | Fawcett | F | Bungay Black Dog Running Club | 00:48:43 |
| 80 | 625 | Mark | Elflett | M | Lowestoft Road Runners | 00:48:46 |
| 81 | 613 | Andy | Owen | M | | 00:48:49 |
| 82 | 583 | David | Walton | M | | 00:48:50 |
| 83 | 629 | Chris | Lambarth | M | | 00:49:16 |
| 84 | 678 | Raffy | Tindale | M | | 00:49:34 |
| 85 | 677 | Josie | Tindale | F | | 00:49:34 |
| 86 | 645 | Alice | Grant | F | | 00:49:43 |
| 87 | 538 | Melissa | Bateson | F | Elswick Harriers | 00:49:43 |
| 88 | 639 | Jonathan | Speed-Andrews | M | | 00:49:48 |
| 89 | 547 | Tim | Hunn | M | Bungay Black Dog Running Club | 00:49:51 |
| 90 | 606 | Anthony | Maclean | M | Framlingham Flyers | 00:49:56 |
| 91 | 518 | Gary | McDonald | M | The Trail Running Association | 00:50:13 |
| 92 | 510 | Anne | Millett | F | Norwich Road Runners | 00:50:21 |
| 93 | 596 | Daren | Dinnage | M | | 00:50:32 |
| 94 | 605 | Nicky | Roper | F | Framlingham Flyers | 00:50:34 |

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| 95 | 651 | Paul | Youngman | M | Tri-Anglia Triathlon Club | 00:50:50 |
| 96 | 669 | Gemma | Bacon | F | | 00:50:54 |
| 97 | 608 | Paul | Spooner | M | | 00:50:57 |
| 98 | 593 | Stephanie | Pimlott | F | Waveney Valley AC | 00:51:03 |
| 99 | 653 | Michael | Persich | M | | 00:51:04 |
| 100 | 679 | Roland | Kuhn | M | | 00:51:09 |
| 101 | 598 | Mike | James | M | | 00:51:19 |
| 102 | 506 | Tony | Millett | M | Norwich Road Runners | 00:51:33 |
| 103 | 648 | Adele | Bushell | F | Coltishall Jaguars | 00:51:36 |
| 104 | 520 | Nigel | Gilham | M | Bungay Black Dog Running Club | 00:51:52 |
| 105 | 599 | Stephen | Morran | M | | 00:52:12 |
| 106 | 591 | Martin | Bagnall | M | Reepham Runners | 00:52:27 |
| 107 | 533 | Hannah-Mae | Taylor | F | Bungay Black Dog Running Club | 00:52:28 |
| 108 | 504 | Rebecca | Evers | F | Bungay Black Dog Running Club | 00:52:29 |
| 109 | 545 | Gail | Hardingham | F | Bure Valley Harriers | 00:53:10 |
| 110 | 682 | Sharon | Warland | F | Stowmarket Striders | 00:53:35 |
| 111 | 559 | Karen | Peck | F | Great Yarmouth Road Runners | 00:53:43 |
| 112 | 671 | Christian | Drane | M | Beccles and Bungay Harriers | 00:53:51 |
| 113 | 576 | Mark | Regan | M | Bungay Black Dog Running Club | 00:53:54 |
| 114 | 577 | Ken | Ward | M | Bungay Black Dog Running Club | 00:53:56 |
| 115 | 582 | Claire | Wilkinson | F | | 00:54:06 |
| 116 | 581 | Jon | Wilkinson | M | | 00:54:06 |
| 117 | 500 | Robin | Ashe | M | Bungay Black Dog Running Club | 00:54:16 |
| 118 | 588 | Malcolm | Stedman-Jones | M | Team Dunerunner | 00:54:22 |

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| 119 | 550 | Fiona | Williams | F | Great Yarmouth Road Runners | 00:54:22 |
| 120 | 567 | Cara | Howe | F | Beccles and Bungay Harriers | 00:54:30 |
| 121 | 565 | Gary | Howe | M | Beccles and Bungay Harriers | 00:54:30 |
| 122 | 521 | Michaela | Gilham | F | Bungay Black Dog Running Club | 00:54:46 |
| 123 | 541 | Rachel | Ollett | F | Team Dunerunner | 00:54:49 |
| 124 | 560 | Jane | Thomas | F | Great Yarmouth Road Runners | 00:54:50 |
| 125 | 681 | Oscar | Stevens | M | | 00:54:56 |
| 126 | 655 | Trudie | Timms | F | Framlingham Flyers | 00:55:25 |
| 127 | 536 | Eva | Osborne | F | Wymondham AC | 00:56:00 |
| 128 | 633 | Nikki | Holland-Gladwish | F | Bungay Black Dog Running Club | 00:56:19 |
| 129 | 680 | Tracy | Stevens | F | Wymondham AC | 00:56:26 |
| 130 | 539 | Jono | Heale | M | | 00:56:29 |
| 131 | 540 | Mark | Ollett | M | Team Dunerunner | 00:56:29 |
| 132 | 635 | Robert | Scarfe | M | Wymondham AC | 00:57:32 |
| 133 | 623 | Elayne | Hilton | F | Lowestoft Road Runners | 00:57:40 |
| 134 | 657 | Steph | Strowger | F | Lowestoft Road Runners | 00:57:40 |
| 135 | 658 | James | White | M | | 00:57:41 |
| 136 | 666 | Andrew | Kirk | M | Bungay Black Dog Running Club | 00:58:15 |
| 137 | 587 | Sarah | Edwards | F | Framlingham Flyers | 00:58:36 |
| 138 | 529 | Glenn | Masterson | M | Tri-Anglia Triathlon Club | 00:58:47 |
| 139 | 578 | Adam | Finlayson | M | | 00:58:48 |
| 140 | 579 | Brian | Titchiner | M | Dereham Runners | 00:58:55 |
| 141 | 597 | Mark | Dinnage | M | | 00:59:06 |
| 142 | 647 | Suzy | Knights | F | Beccles Triathlon Club | 01:00:13 |

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| 143 | 632 | Jackie | Bell | F | Bungay Black Dog Running Club | 01:00:15 |
| 144 | 636 | Mandy | Moore | F | Bungay Black Dog Running Club | 01:00:17 |
| 145 | 511 | Julie | Rickards | F | Bungay Black Dog Running Club | 01:00:25 |
| 146 | 515 | Alice | Kirk | F | Bungay Black Dog Running Club | 01:00:25 |
| 147 | 514 | John | England | M | GYDAC | 01:00:29 |
| 148 | 534 | Sharon | Mills | F | | 01:01:58 |
| 149 | 640 | Tessa | Ford | F | | 01:02:05 |
| 150 | 641 | Nick | Ford | M | | 01:02:05 |
| 151 | 524 | Andrew Brian | Moore | M | Shepshed RC | 01:02:18 |
| 152 | 589 | Samantha | Stedman-Jones | F | Team Dunerunner | 01:02:26 |
| 153 | 616 | Arabella | Lewendon | F | Felixstowe Road Runners | 01:03:09 |
| 154 | 619 | Hollie | Sutherland | F | Felixstowe Road Runners | 01:03:09 |
| 155 | 622 | Hayley | Coles | F | Felixstowe Road Runners | 01:03:10 |
| 156 | 556 | Julia | Pelham | F | Beccles and Bungay Harriers | 01:03:48 |
| 157 | 557 | Linda | Nobbs | F | Beccles and Bungay Harriers | 01:03:48 |
| 158 | 573 | Jennifer | Baker | F | Great Yarmouth Road Runners | 01:04:51 |
| 159 | 574 | Holly | Baker | F | | 01:04:51 |
| 160 | 592 | Penny | Pullinger | F | Bungay Black Dog Running Club | 01:05:37 |
| 161 | 670 | Madeleine | Little | F | | 01:07:34 |
| 162 | 630 | Agnieszka | Andrzejak | F | | 01:12:16 |
| 163 | 561 | Helen | Atkinson | F | | 01:14:14 |
| 164 | 562 | Angela | Mower | F | Waveney Valley AC | 01:14:14 |
| 165 | 517 | Pat | Brightman | F | GYDAC | 01:16:12 |
| Tailrunner | | Damian | Ashcroft | M | Bungay Black Dog Running Club | 01:16:14 |