

Bungay Black Dog Running Club
 NSPCC Bungay 10 km - 2nd April 2017
 Results sorted by Time
 Updated 10th April 2017

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	34:50	34:50	Dominic Oliver	City Of Norwich AC	MU40	1256
2	39:04	39:04	Chris Leek	Framlingham Flyers	M 40 to 49	1216
3	39:07	39:07	Jo Andrews	Bungay Black Dog RC	F 35 to 44	1059
4	39:14	39:14	Daniel Gardiner	Bungay Black Dog RC	M 40 to 49	1144
5	39:18	39:18	David Hughes		M 50 to 59	1192
6	39:30	39:30	Will Aldred	Framlingham Flyers	M 40 to 49	1053
7	39:32	39:32	Mark Garrett	Norwich Road Runners	M 50 to 59	1146
8	40:34	40:33	Dan Pratt	Ryston Runners	MU40	1273
9	41:40	41:40	John Aldred	Framlingham Flyers	MU40	1051
10	41:45	41:44	Adam Howard	Ryston Runners	MU40	1188
11	42:13	42:12	Lorena Latisaite	Ryston Runners	F 34 and Under	1215
12	42:19	42:19	Philip Wright		M 40 to 49	1348
13	42:30	42:29	Mark Ogden		M 40 to 49	1254
14	43:07	43:07	Chris Vernon		MU40	1329
15	43:17	43:16	Henry Morrison		M 40 to 49	1244
16	43:58	43:58	mark Leeks	Ipswich Jaffa RC	MU40	1217
17	44:02	44:00	Sam Godden	Great Bentley Running Club	F 34 and Under	1151
18	44:08	44:07	Emilie Wix	Woodbridge Shufflers RC	F 35 to 44	1345
19	44:40	44:37	Peter Thompson	Norfolk Gazelles AC	M 60 to 69	1318
20	44:42	44:40	Harriet Lyman	Waveney Valley AC	F 34 and Under	1221
21	44:42	44:40	Graham Worsfold		MU40	1346
22	44:45	44:43	Will Kitchener		MU40	1212
23	45:14	45:11	Theresa Dooley		F 45 to 54	1116
24	45:29	45:27	Simon Andrews		MU40	1061
25	45:30	45:27	Tom Townsend		M 50 to 59	1323
26	45:42	45:39	Ben Crossman		M 40 to 49	1102
27	45:44	45:38	Gary Tuttle		M 50 to 59	1327
28	46:11	46:10	Maryanne Peters		F 35 to 44	1264
29	46:32	46:27	Karl Feagan	Hadleigh Hares AC	M 40 to 49	1131
30	46:44	46:42	Ian Gooderham	Saint Edmund Pacers	M 40 to 49	1156
31	46:51	46:49	Sam Bartram		MU40	1065
32	47:01	46:49	Phillip Goffin		M 40 to 49	1153
33	47:01	46:58	Steve McNamara	Stowmarket Striders RC	M 40 to 49	1236
34	47:27	47:24	Keith Blake		M 50 to 59	1073
35	47:40	47:38	Nick Overy		M 40 to 49	1257

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36	47:44	47:39	Mark Jones		M 40 to 49	1207
37	47:46	47:25	Oliver Bumstead		MU40	1082
38	47:59	47:56	Mark Skinner		M 40 to 49	1298
39	48:38	48:34	Julian Davis	Bungay Black Dog RC	MU40	1104
40	48:46	48:43	Becca Haynes		F 34 and Under	1173
41	48:57	48:52	Mark Smith		M 50 to 59	1301
42	49:12	49:00	Nicole Goffin		F 45 to 54	1152
43	49:17	49:10	Tris Holtzer		MU40	1185
44	49:29	49:29	Harley Brundle		MU40	1080
45	49:36	49:33	Amy Vallis		F 34 and Under	1328
46	49:43	49:37	Ian Hawkes		M 50 to 59	1170
47	49:48	49:42	Tom Smith		M 40 to 49	1302
48	49:56	49:52	Anna Gray	Bungay Black Dog RC	F 35 to 44	1159
49	50:03	50:01	Jo Lockhart	Bungay Black Dog RC	F 45 to 54	1219
50	50:12	50:09	Peter Russell	Framlingham Flyers	M 60 to 69	1288
51	50:19	50:11	Michael Fisher		MU40	1136
52	50:25	50:15	Patrick Day		MU40	1109
53	50:44	50:39	Christopher Carr	Norwich Road Runners	MU40	1090
54	50:45	50:37	Tony Morley	Bungay Black Dog RC	M 50 to 59	1243
55	50:56	50:55	Dominic West		M 40 to 49	1337
56	50:58	50:56	Emma Dawson	Great Yarmouth Road Runners	F 34 and Under	1105
57	50:58	50:52	Kevin Ellis		M 40 to 49	1123
58	51:03	50:51	Tom Thornley		MU40	1319
59	51:06	51:02	Robert Forder		M 40 to 49	1138
60	51:09	51:08	Lorrain Dawson	Great Yarmouth Road Runners	F 55 to 64	1108
61	51:10	51:00	Ruth Hoyle	City Of Norwich AC	F 34 and Under	1190
62	51:21	51:11	Paul Peek	Waveney Valley AC	M 50 to 59	1262
63	51:24	51:15	Peter Finch	Ipswich Jaffa RC	M 50 to 59	1135
64	51:30	51:27	Melody-Anne Neville	Stowmarket Striders RC	F 45 to 54	1249
65	51:48	51:46	Christine Marsh		F 55 to 64	1228
66	51:50	51:45	Matthew Anderson		MU40	1058
67	51:52	51:43	Rob Winner	Wymondham AC	M 40 to 49	1343
68	52:02	51:58	Simon McAlone		M 40 to 49	1234
69	52:19	52:12	Sarah Stacey		F 35 to 44	1309
70	52:21	52:17	Karen Hamilton		F 45 to 54	1163

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71	52:38	52:28	Linda ALdred	Framlingham Flyers	F 45 to 54	1052
72	52:43	52:35	Anthony Hughes		MU40	1191
73	52:47	52:35	James Ellis		MU40	1122
74	52:48	52:41	Robyn Rowe		F 35 to 44	1286
75	52:50	52:41	Rob Dawson		MU40	1107
76	52:54	52:40	Roddy Forster		M 40 to 49	1139
77	53:02	52:52	Nicky Roper	Framlingham Flyers	F 45 to 54	1284
78	53:14	52:53	Jamie Godbold		MU40	1150
79	53:14	52:53	Mark Willis		MU40	1341
80	53:22	53:12	Kirsty Schvier		F 35 to 44	1294
81	53:23	53:13	Nicola Seaman		F 35 to 44	1295
82	53:27	53:23	Nicola Pettit		F 34 and Under	1267
83	53:29	53:15	Lisa Netto	Norfolk Gazelles AC	F 35 to 44	1248
84	53:40	53:31	Michelle Hoare		F 35 to 44	1179
85	53:44	53:32	Jo Page		F 45 to 54	1258
86	53:45	53:33	Mike Page		M 50 to 59	1259
87	53:50	53:45	Linda Baxter	Saint Edmund Pacers	F 45 to 54	1066
88	54:08	54:03	Tina Everitt		F 35 to 44	1127
89	54:09	54:04	Anna Spendlove		F 34 and Under	1307
90	54:18	54:11	Thomas Riches		MU40	1281
91	54:33	54:27	Tim Canham		M 40 to 49	1087
92	54:35	54:22	Justin Freeman		MU40	1142
93	54:36	54:32	Nikki Holland-Gladwish		F 45 to 54	1181
94	54:39	54:33	Abi Canham		F 35 to 44	1086
95	54:55	54:35	Martin Strowger	Dereham Runners & AC	M 40 to 49	1311
96	55:34	55:22	Katie Everett	Framlingham Flyers	F 35 to 44	1126
97	55:37	55:28	Julie Winner	Wymondham AC	F 45 to 54	1342
98	55:39	55:27	Holly Burrows		F 34 and Under	1085
99	55:48	55:43	Lindsey Anderson		F 34 and Under	1057
100	56:08	55:48	James Moran		MU40	1240
101	56:15	56:15	Peter Downing		M 60 to 69	1118
102	56:32	56:21	Simon Harkin		M 40 to 49	1166
103	56:35	56:27	Rory Fairfoot	City Of Norwich AC	MU40	1128
104	56:39	56:36	Angie Jackson		F 35 to 44	1198
105	56:39	56:36	Darron Jackson		M 40 to 49	1199

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106	56:43	56:35	Jenny Mayne	City Of Norwich AC	F 55 to 64	1233
107	56:45	56:43	Kate Smith	Bungay Black Dog RC	F 45 to 54	1299
108	56:46	56:41	Maria Goodby		F 45 to 54	1155
109	56:52	56:41	Sarah Worthy	Vegan Runners UK	F 35 to 44	1347
110	56:52	56:41	Philip Ray		M 40 to 49	1276
111	56:58	56:43	Fiona Cantrill		F 34 and Under	1088
112	57:01	56:56	Jean Rattenbury		F 45 to 54	1275
113	57:01	56:57	Tessa Wardley	Reigate Priory AC	F 45 to 54	1332
114	57:02	56:57	Chris Turner		M 50 to 59	1324
115	57:02	56:58	Mollie Turner		F 34 and Under	1326
116	57:03	57:03	Peter Richardson		M 40 to 49	1279
117	57:09	57:01	Claire Rose		F 35 to 44	1285
118	57:12	57:05	Darren Cattermole		M 40 to 49	1092
119	57:20	57:00	Vaida Morkunaite		F 34 and Under	1242
120	57:21	57:10	Lynda Howard		F 45 to 54	1189
121	57:22	57:06	Alex Wynn		F 34 and Under	1349
122	57:22	57:02	Sam McKenzie		MU40	1235
123	57:26	57:15	Anna Palmer		F 35 to 44	1261
124	57:35	57:31	Jo Clifton	Saxmundham Sports Running & Fitness Cl	F 45 to 54	1097
125	57:47	57:37	Andy Evans	City Of Norwich AC	M 60 to 69	1125
126	57:51	57:31	Neil Sparshott		MU40	1306
127	57:53	57:43	Rachel Dawson		F 34 and Under	1106
128	58:01	57:47	Sarah Tovell	Norwich Road Runners	F 34 and Under	1322
129	58:06	57:48	Sarah Withington		F 35 to 44	1344
130	58:08	58:02	Edward Phillips	Bungay Black Dog RC	MU40	1269
131	58:08	57:49	Patrick Hull		MU40	1193
132	58:12	58:03	Sarah Phillips	Waveney Valley AC	F 45 to 54	1271
133	58:18	58:06	Nigel Lyman		M 50 to 59	1222
134	58:24	58:08	Elizabeth Wilbourn		F 34 and Under	1339
135	58:26	58:12	Allyson Phillips		F 35 to 44	1268
136	58:33	58:28	Jayne Richardson	Waveney Valley AC	F 45 to 54	1278
137	58:48	58:28	James Herrieven		F 35 to 44	1178
138	59:07	58:51	Stephen Andrews		M 50 to 59	1060
139	59:21	59:10	Pamela Brown	Bungay Black Dog RC	F 65 and Over	1077
140	59:29	59:08	Joshua Bell		MU40	1068

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141	59:37	59:22	Jonathan Jenkyn	Felixstowe RRC	M 40 to 49	1204
142	59:56	59:47	Sarah Cuthbertson		F 45 to 54	1103
143	1:00:01	59:54	Victoria Thurston		F 35 to 44	1320
144	1:00:12	1:00:11	William Jones		M 50 to 59	1208
145	1:00:20	1:00:09	David Weeding		M 40 to 49	1335
146	1:00:22	1:00:09	Kate Mawson	Framlingham Flyers	F 35 to 44	1232
147	1:00:25	1:00:18	Tony Lud		M 50 to 59	1220
148	1:00:28	1:00:12	Cassie Wildey		F 35 to 44	1340
149	1:00:40	1:00:38	Georgina Swift		F 34 and Under	1315
150	1:00:46	1:00:38	Rachel Johnstone		F 35 to 44	1206
151	1:00:46	1:00:39	Keith Johnstone		MU40	1205
152	1:00:58	1:00:40	Nick Watts		M 50 to 59	1333
153	1:01:01	1:00:42	Hayley Holmes		F 35 to 44	1183
154	1:01:07	1:00:53	Amanda Scarff	Waveney Valley AC	F 34 and Under	1291
155	1:01:12	1:00:57	Demelza Hammond	Waveney Valley AC	F 35 to 44	1164
156	1:01:13	1:00:55	Janice Nottingham		F 55 to 64	1252
157	1:01:30	1:01:19	Robin Brown	Bungay Black Dog RC	M70+	1078
158	1:01:32	1:01:15	Melanie Ellis		F 35 to 44	1124
159	1:01:32	1:01:16	Nicola Barnes		F 35 to 44	1064
160	1:01:33	1:01:26	Kate Holtzer		F 34 and Under	1184
161	1:01:46	1:01:42	Ian Turner		M 50 to 59	1325
162	1:01:57	1:01:49	Tara Riches		F 34 and Under	1280
163	1:02:00	1:01:57	Mandy Moore	Bungay Black Dog RC	F 45 to 54	1239
164	1:02:01	1:01:58	Tessa Ford		F 35 to 44	1137
165	1:02:02	1:01:43	Stephanie Madden		F 65 and Over	1224
166	1:02:29	1:02:23	Sophie Getley	Norfolk Harriers RC	F 35 to 44	1148
167	1:02:36	1:02:21	Jen Inglis	Norwich Road Runners	F 34 and Under	1196
168	1:02:36	1:02:17	Leigh Taylor	Great Yarmouth Road Runners	M 40 to 49	1316
169	1:02:36	1:02:17	Michael Swann		M 50 to 59	1314
170	1:02:37	1:02:28	Neil Goward	Bungay Black Dog RC	M 50 to 59	1158
171	1:02:47	1:02:38	Danniella Ciarla		F 34 and Under	1095
172	1:02:47	1:02:38	Zep Ciarla		M 40 to 49	1094
173	1:02:51	1:02:41	Melanie Sanders		F 35 to 44	1290
174	1:03:19	1:02:59	Karen Phillips		F 45 to 54	1270
175	1:03:28	1:03:19	Lesley Barnes		F 35 to 44	1063

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176	1:03:39	1:03:23	Garrick Fox	Bungay Black Dog RC	M 60 to 69	1141
177	1:03:44	1:03:27	Sarah Marsh		F 35 to 44	1229
178	1:03:45	1:03:37	Izzy Bennett		F 55 to 64	1070
179	1:03:48	1:03:40	Emma Harrison	Saxmundham Sports Running & Fitness Cl	F 34 and Under	1167
180	1:03:50	1:03:32	Georgia Hegarty		F 45 to 54	1176
181	1:03:51	1:03:33	Simon Burr ridge		M 50 to 59	1084
182	1:04:18	1:04:12	Heather Houghton		F 45 to 54	1187
183	1:04:43	1:04:32	Laura Head		F 45 to 54	1175
184	1:04:54	1:04:35	Helen Swann		F 45 to 54	1313
185	1:04:54	1:04:48	Stacey Remblance	Bungay Black Dog RC	F 34 and Under	1277
186	1:04:58	1:04:46	Beth Bell	Waveney Valley AC	F 34 and Under	1067
187	1:05:13	1:05:08	Judith Sadler	Bungay Black Dog RC	F 45 to 54	1289
188	1:05:16	1:05:06	Philip Neave	Bungay Black Dog RC	M 60 to 69	1246
189	1:05:20	1:05:06	Amy Godbold	Bungay Black Dog RC	F 35 to 44	1149
190	1:05:29	1:05:15	Michaela Scarle		F 45 to 54	1292
191	1:05:37	1:05:24	Lucie Stevens		F 35 to 44	1310
192	1:05:44	1:05:24	Cheryl Herrieven		F 35 to 44	1177
193	1:06:05	1:05:48	Hanna Dean		F 35 to 44	1111
194	1:06:05	1:05:51	Isobel Demangeat-Ranso		F 35 to 44	1115
195	1:06:16	1:05:57	Emma Pugh		F 35 to 44	1274
196	1:06:52	1:06:37	Angela Soames	Felixstowe RRC	F 35 to 44	1304
197	1:07:14	1:07:02	Charles Weigand	Great Yarmouth Road Runners	M70+	1336
198	1:07:43	1:07:30	Lisa Cone	Waveney Valley AC	F 35 to 44	1099
199	1:07:50	1:07:34	John Manders		M 50 to 59	1225
200	1:08:00	1:07:55	Rachel Mather		F 34 and Under	1230
201	1:08:03	1:07:51	Sarah James	Waveney Valley AC	F 35 to 44	1203
202	1:08:12	1:07:55	Emma Liffen		F 35 to 44	1218
203	1:08:51	1:08:36	Jan Green	Framlingham Flyers	F 65 and Over	1160
204	1:09:05	1:08:48	Jasmin Farebrother		F 35 to 44	1129
205	1:09:28	1:09:12	Leticia Manders		F 45 to 54	1226
206	1:09:56	1:09:35	Lisa Hawkins-Weeks		F 45 to 54	1172
207	1:10:15	1:10:01	Tracey Bingham		F 45 to 54	1072
208	1:10:16	1:10:01	Conrad Burgess		M 40 to 49	1083
209	1:10:17	1:09:56	Lisa Smith		F 45 to 54	1300
210	1:10:17	1:10:00	Rosie Goodsell		F 55 to 64	1157

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211	1:10:30	1:10:12	Leah Anderson		F 35 to 44	1056
212	1:10:52	1:10:39	Amy Shawcross		F 35 to 44	1296
213	1:10:54	1:10:37	Roz Maclachlan	Beccles & Bungay Harriers	F 45 to 54	1223
214	1:11:39	1:11:21	Anita Betts	Great Yarmouth Road Runners	F 65 and Over	1071
215	1:11:49	1:11:30	Sadie Page		F 35 to 44	1260
216	1:11:49	1:11:31	Tommy Taylor		MU40	1317
217	1:12:03	1:11:56	Terry Green	Bungay Black Dog RC	M 50 to 59	1161
218	1:12:03	1:11:56	Teresa Bailey-Green	Bungay Black Dog RC	F 45 to 54	1062
219	1:12:19	1:12:01	Pete Dean		M 50 to 59	1114
220	1:12:49	1:12:31	Rachel Allen	Bungay Black Dog RC	F 35 to 44	1055
221	1:12:58	1:12:42	Angela Carr		F 35 to 44	1089
222	1:13:02	1:12:50	Donna Milner	Waveney Valley AC	F 35 to 44	1237
223	1:14:23	1:14:10	Laura Marjoram		F 35 to 44	1227
224	1:15:33	1:15:23	Christine Kingwell	Bungay Black Dog RC	F 34 and Under	1210
225	1:15:33	1:15:23	David Neeve	Bungay Black Dog RC	MU40	1247
226	1:16:35	1:16:22	Katy James		F 65 and Over	1202
227	1:16:59	1:16:41	Sarah Watts	Diss and District AC	F 45 to 54	1334
228	1:19:26	1:19:14	Christine Rogers		F 45 to 54	1283
229	1:21:30	1:21:17	Michelle Holland		F 45 to 54	1180
230	1:25:52	1:25:40	Julie Garrett		F 45 to 54	1145
231	1:27:35	1:27:18	Elizabeth Allen	Bungay Black Dog RC	F 35 to 44	1054