

Bungay Summer Series 2017

Race 3 - 26th July

Position	Time	Number	Name	Club
1	34:11	244	Oliver, Dominic	City of Norwich Athletics club
2	34:32	148	McMorran, Kieran	ipswich jaffa
3	35:29	273	Spencer, Matt	Bungay Black Dog Running Club
4	35:44	102	Sparshott, David	Bungay Black Dog Running Club
5	35:56	111	Law, Will	ipswich jaffa
6	37:14	235	Mingay, Paul	Tiptree Road Runners
7	37:17	217	Roper, Nick	Bungay Black Dog Running Club
8	37:46	190	Clements, Mark	ipswich jaffa
9	39:38	251	Larke, Tim	Stowmarket Striders RC
10	39:47	155	Sutton, Matthew	Lowestoft
11	39:48	297	Betts, Mark	norwich road runners
12	39:59	219	Rogers, Peter	Waveney AC
13	40:10	166	Walker, Benn	Beccles & Bungay Harriers
14	40:28	121	Churchman, Ben	Diss AC
15	40:32	161	Taylor, Jason	Felixstowe road runners
16	40:37	205	Barnes, Darren	
17	40:48	257	Wiles, Jon	Bungay Black Dog Running Club
18	40:50	126	Scriven, Lloyd	Waveney Valley AC
19	41:25	179	Manly, James	
20	41:39	151	Mead, Stephen W	stowmarket striders
21	42:06	290	Pullinger, Tom	Bungay Black Dog Running Club
22	42:17	222	Carass, James	Great Yarmouth Road Runners
23	42:23	296	Attwood, Emma	stowmarket striders
24	42:36	295	Kent, Nick	
25	42:43	191	Sayer, Dane	Beccles Tri Club
26	42:50	107	Husband, David	
27	43:04	284	Callen, Andrew	Diss and District Athletics Club
28	43:22	207	Underdown, Billy	Waveney Valley AC
29	43:30	264	Lay, James	
30	43:30	175	Neeve, David	Bungay Black Dog Running Club
31	43:38	103	Snelling, Ben	norwich road runners
32	44:07	246	Dean, Ben	Diss and District AC
33	44:14	180	Spence, Sabina	
34	44:15	170	Thompson, Peter	Norfolk Gazelles
35	44:17	287	Perryman, Gary	Tiptree Road Runners
36	44:21	144	Belsom, Robin	ipswich jaffa
37	44:22	298	Milner, Robert	Waveney Valley Athletics Club
38	44:39	259	Marjoram, Simon	UKRunChat Running Club
39	44:44	227	Dunnett, Stephen	
40	44:46	119	Aldous, Helen	
41	45:16	140	Stone, Mark	Great Yarmouth Road Runners
42	45:22	187	Harper, Stacey	norwich road runners
43	45:32	173	Garner, Dudley	Norfolk Gazelles
44	45:40	233	Epps, Terry	Wymondham AC
45	45:41	275	Hubbard, Terry	Great Yarmouth Road Runners
46	45:42	195	Goulsbra, Paul	
47	45:46	196	Cox, Joanne	Bungay Black Dog Running Club
48	46:10	164	Sadd, Stephen	Norfolk Gazelles running Club
49	46:16	105	Kingaby, Bill	Waveney Valley AC
50	46:20	285	Goodby, Darren	Bungay Black Dog Running Club
51	46:36	149	Cattermole, Stephen	
52	46:40	184	Spence, Robert	
53	46:46	199	Hunn, Matt	
54	46:55	269	Clarke, John	
55	46:59	176	Tuttle, Gary	

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56	47:03	134	Norton, Sabrina	Bungay Black Dog Running Club
57	47:13	241	Raisborough, Kevin	
58	47:30	237	Gray, Andy	
59	47:33	117	Avery, Sean	
60	47:44	249	Ashcroft, Damian	Bungay Black Dog Running Club
61	48:21	211	Earrye, Michael	
62	48:30	160	Hill, Leslie	NorfolkGazelles ac
63	48:42	137	Bumstead, Oliver	
64	48:48	116	Hardy, Justin	Framlingham Flyers
65	48:52	252	Chapman, Fred	
66	48:58	158	Payne, Jamie	Framlingham Flyers
67	49:11	200	Bailey, Andy	Bungay Black Dog Running Club
68	49:14	192	Young, Stuart	Bungay Black Dog Running Club
69	49:21	214	Lockhart, Jo	Bungay Black Dog Running Club
70	49:23	277	Woods, Tim	Norfolk Gazelles
71	49:42	177	Meiring, Emma	Bungay Black Dog Running Club
72	49:49	221	Walker, Marion	Framlingham Flyers
73	50:03	231	Richardson, Alan	WVAC
74	50:09	171	Tully, Howard	
75	50:45	292	Belsom, Catherine	Stowmarket Striders
76	50:53	172	Palmer, Andy	norwich road runners
77	50:56	209	Craig, Toby	Bungay Black Dog Running Club
78	50:57	100	Lees, Ivan	Great Yarmouth Road Runners
79	50:58	167	Thomas, Jane	Great Yarmouth Road Runners
80	51:04	243	Leeves, Pauline	Great Yarmouth Road Runners
81	51:20	203	Smith, Simon	Bungay Black Dog Running Club
82	51:42	213	Goodby, Maria	Bungay Black Dog Running Club
83	51:50	113	Dawson, Lorrain	Great Yarmouth road runner
84	51:53	282	Regan, Mark	Beccles Tri Club
85	52:00	202	Kingwell, Claire	
86	52:01	274	Anderson, Matthew	
87	52:05	162	Roberts, Hugh	Bungay Black Dog Running Club
88	52:08	189	Dean, Rebecca	Diss & District AC
89	52:10	110	Ashe, Robin	Bungay Black Dog Running Club
90	52:11	291	Roper, Nicky	Framlingham Flyers
91	52:16	198	Harris, Rebecca	Waveney Valley
92	52:53	133	Bone, John	Great Yarmouth Road Runners
93	53:07	228	Holland-Gladwish, Nikki	Bungay Black Dog Running Club
94	53:09	152	Sauerzapf, Bobbie	Bungay Black Dog Running Club
95	53:26	208	Rice, Peter	Norfolk Gazelles
96	53:28	183	Phillips, Edd	Bungay Black Dog Running Club
97	53:41	169	Netto, Lisa	Norfolk Gazelles
98	53:33	108	Holland-Gladwish, Julian	Bungay Black Dog Running Club
99	54:10	278	Sparkes, Jessica	Bungay Black Dog Running Club
100	54:31	154	Carr, Philip	
101	55:03	143	Harrod, Louise	Waveney Valley
102	55:37	225	Hyett, David	
103	56:03	280	Winney, Tina	Waveney athletic club
104	56:15	289	Hawkins, Fi	Diss Athletics
105	56:16	250	Hunter, Silke	
106	56:17	114	Ball, Rosemarie	Bungay Black Dog Running Club
107	56:18	256	Knee, Leah	
108	56:23	186	Thompson, Louise	Bungay Black Dogs Running Club
109	56:26	159	Goodman, Emma	Framlingham Flyers
110	56:27	150	Aldous, Rebekah	
111	56:31	226	Sprake, Matthew	

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112	56:36	276	Riches, Tom	
113	56:45	267	Keable, Claire	
114	57:02	124	Lightfoot, Michelle	Bungay Black Dog Running Club
115	57:12	270	Muttit, Christsine	Bungay Black Dog Running Club
116	57:19	185	Gerrard, Hayley	norwich road runners
117	57:27	174	Sparkes, Simon	Bungay Black Dog Running Club
118	58:05	288	Alderson, Steven	
119	58:06	153	Ashe, Christine	Bungay Black Dog Running Club
120	58:06	293	Pullinger, Victoria	Bungay Black Dog Running Club
121	58:09	130	Eastough-King, Jackie	
122	58:20	115	Hurst, Ken	Bungay Black Dog Running Club
123	58:32	194	Breeze, Christine	
124	58:44	109	Sampson, Graham	Bungay Black Dog Running Club
125	58:51	165	Gilham, Michaela	Bungay Black Dog Running Club
126	59:03	240	Knoglinger, Christopher	
127	59:08	263	Hewitt, Michelle	Beccles and Bungay Harriers
128	59:32	247	Spong, Carole	Great Yarmouth Road Runners
129	59:34	145	Anderson, Lindsey	
130	59:54	239	Flatt, Rachel	Unaffiliated
131	59:59	141	Bell, Beth	Waveney Valley AC
132	60:04	122	Gooch, James	Waveney Valley AC
133	60:22	142	Pelham, Julia	
134	60:23	139	Taylor, Leigh	Great Yarmouth Road Runners
135	60:40	128	Richardson, Jayne	WVAC
136	60:43	147	Stacey, Sarah	Saxons
137	60:53	258	Yaxley, Deborah	norwich road runners
138	60:54	218	Deal, Laura	Bungay Black Dog Running Club
139	60:59	112	Farrar, Robin	Bungay Black Dog Running Club
140	61:59	223	O'Loughlin, Mitzy	Bungay Black Dog Running Club
141	62:43	271	Moore, Mandy	Bungay Black Dog Running Club
142	62:49	279	Hammond, Demelza	WVAC
143	62:51	265	Cone, Lisa	Wavelley valley a c
144	63:01	168	Masters, Judith	Bungay Black Dog Running Club
145	63:04	132	Scarle, Michaela	
146	63:19	294	Capps-Jenner, Lily	Bungay Black Dog Running Club
147	63:30	136	Harrison, Victoria	
148	63:31	210	Bird, Paul	Bungay Black Dog Running Club
149	63:33	266	Branch, Emma	Waveney valley athletic club
150	64:13	242	Webb, Clare	Bungay Black Dog Running Club
151	64:46	118	Butler, Natalie	
152	65:06	248	Dean, Hanna	Bungay Black Dog Running Club
153	65:32	182	Sharman, Amy	
154	65:32	181	Sharman, Glenn	Bungay Black Dog Running Club
155	67:31	245	Wharfe, Karen	
156	67:54	220	Sparkes, Jenny	
157	67:57	229	Burke, Kylie	
158	68:07	299	Allen, Rachel	Bungay Black Dog Running Club
159	68:11	206	Kingwell, Christine	Bungay Black Dog Running Club
160	69:08	131	Liffen, Emma	
161	69:44	253	Ball, Michael	Bungay Black Dog Running Club
162	71:39	123	Thandi, Harpreet	Bungay Black Dog Running Club
163	72:24	188	Foster, Carol	The Saxons
164	72:32	268	Taylor, Jess	Bungay Black Dog Running Club
165	72:32	286	Farrar, Fudge	Bungay Black Dog Running Club
166	72:53	135	Sparkes, Sarah	Bungay Black Dog Running Club
167	72:53	215	Haylock, Tracey	Bungay Black Dog Running Club

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168	73:12	120	Milner, Donna	Waveney Valley Athletics Club
169	76:29	261	Theobald, Dom	Bungay Black Dog Running Club
170	84:50	201	Allen, Elizabeth	Bungay Black Dog Running Club