

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

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	1:18:20	1:18:20	Robert Chenery	Ipswich Jaffa RC	M 22 to 39	439
2	1:19:07	1:19:07	Martin Howetson	Bure Valley Harriers	M 40 to 49	801
3	1:22:08	1:22:08	David Sparshott	Bungay Black Dog RC	M 22 to 39	728
4	1:22:17	1:22:17	Pieter MacKeith		M 22 to 39	618
5	1:22:24	1:22:22	Richard Johnson	Norwich Road Runners	M 40 to 49	583
6	1:22:48	1:22:48	Marcus Sladden	Bungay Black Dog RC	M 22 to 39	720
7	1:22:59	1:22:57	Stephen Brown		M 40 to 49	417
8	1:25:07	1:25:06	Dylan Neeve	Waveney Valley AC	M 22 to 39	641
9	1:25:18	1:25:16	Grant Newman		M 22 to 39	643
10	1:25:37	1:25:35	Wayne Cook	Colchester Harriers AC	M 40 to 49	452
11	1:25:59	1:25:58	Chris Bullock	Norwich Road Runners	M 40 to 49	422
12	1:26:19	1:26:18	Christopher Pimlott	Waveney Valley AC	M 40 to 49	667
13	1:27:29	1:27:26	Andre Besant	Harwich Runners	M 40 to 49	398
14	1:27:40	1:27:39	Steve Brooke	Felixstowe RRC	M 40 to 49	414
15	1:27:57	1:27:56	Tom Galley	Lowestoft Road Runners	M 22 to 39	500
16	1:28:06	1:28:05	Scott Macsephney	Ipswich Jaffa RC	M 40 to 49	619
17	1:28:43	1:28:43	Robin Harper	Felixstowe RRC	M 40 to 49	533
18	1:28:52	1:28:47	Dave Copland	Ipswich Triathlon Club	M 50 to 59	454
19	1:29:09	1:29:09	Piers Serjeant	St Neots Riverside Runners	M 40 to 49	713
20	1:29:45	1:29:43	James Humphreys	Ipswich Jaffa RC	M 22 to 39	563
21	1:30:11	1:30:08	Pete Johnson	Ryston Runners	M 60 to 69	582
22	1:30:21	1:30:16	Clive Portman		M 40 to 49	671
23	1:31:02	1:31:00	Mick Glynn		M 50 to 59	509
24	1:31:11	1:31:07	Joe Parsons	Sevenoaks AC	M 22 to 39	660
25	1:31:20	1:31:19	Laurence Wright		M 22 to 39	794
26	1:32:08	1:32:08	Adam Graham		M 22 to 39	513
27	1:32:58	1:32:46	James O'Connor		M 40 to 49	653
28	1:33:11	1:33:08	Tom Ames	Stowmarket Striders RC	M 22 to 39	361
29	1:33:41	1:33:34	Mark Persich		M 22 to 39	666
30	1:33:48	1:33:45	Robert Hurford	City Of Norwich AC	M 22 to 39	569
31	1:34:23	1:34:21	Lloyd Scriven	Waveney Valley AC	M 40 to 49	708
32	1:35:04	1:35:01	Adam Bowers		M 22 to 39	410
33	1:35:15	1:35:11	Philip Cooper	Reepham Runners	M 50 to 59	453
34	1:35:32	1:35:30	Alastair Read	Felixstowe RRC	M 22 to 39	682
35	1:35:48	1:35:46	David Husband		M 40 to 49	572

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36	1:35:58	1:35:55	Tom Pullinger	Bungay Black Dog RC	M 40 to 49	676
37	1:36:19	1:36:17	John Francis	Harwich Runners	M 50 to 59	498
38	1:36:36	1:36:33	David Beighton	Saint Edmund Pacers	M 40 to 49	391
39	1:36:38	1:36:30	Peter Woods	City Of Norwich AC	M 40 to 49	791
40	1:36:40	1:36:32	Joanne Cox	Bungay Black Dog RC	F 45 to 54	460
41	1:37:03	1:36:59	Rowena Leary	Norfolk Gazelles AC	F 22 to 34	602
42	1:37:14	1:37:11	Jess Gooderham	Saint Edmund Pacers	F 21 and Under	511
43	1:37:16	1:36:58	Robert James	Bungay Black Dog RC	M 40 to 49	578
44	1:37:28	1:37:21	Matt Baldry	Waveney Valley AC	M 40 to 49	379
45	1:37:36	1:37:31	Mark Hayden	Ipswich Harriers	M 40 to 49	542
46	1:38:02	1:38:01	Terry Epps	Wymondham AC	M 60 to 69	487
47	1:38:23	1:38:06	Stephen Belderbos		M 40 to 49	392
48	1:38:35	1:38:26	Chris Cowley		M 50 to 59	458
49	1:38:43	1:38:39	Chris Sugars		M 40 to 49	735
50	1:38:48	1:38:37	Kyle Bowles		M 22 to 39	411
51	1:39:17	1:39:16	Mark Moore	Burnham Joggers	M 50 to 59	637
52	1:39:27	1:39:10	Mark Leggett		M 22 to 39	606
53	1:39:45	1:39:43	Dan Johnstone		M 22 to 39	585
54	1:39:50	1:39:42	Paul Hunt		M 22 to 39	566
55	1:39:56	1:39:53	Edward Sayer		M 22 to 39	704
56	1:40:31	1:40:29	Clayton Fosker		M 22 to 39	496
57	1:40:40	1:40:34	David Powles		M 22 to 39	673
58	1:40:50	1:40:43	David Marsh		M 22 to 39	620
59	1:40:51	1:40:48	Karen Archbold	Lowestoft Road Runners	F 45 to 54	364
60	1:40:54	1:40:48	Jamie Bennington		M 22 to 39	397
61	1:40:55	1:40:39	Tony Beales	Wymondham AC	M 50 to 59	390
62	1:40:57	1:40:57	Todd Strehlow	Framlingham Flyers	M 40 to 49	734
63	1:41:04	1:40:40	Marianne Defernez	Wymondham AC	F 45 to 54	470
64	1:41:08	1:40:58	Rebecca Pittman	Springfield Striders RC	F 55 to 64	669
65	1:41:19	1:41:15	Nicholas Bowden	Reepham Runners	M 60 to 69	409
66	1:41:30	1:41:23	Andy Ayers	Waveney Valley AC	M 40 to 49	372
67	1:41:43	1:41:31	Lukasz Supernak		M 22 to 39	799
68	1:42:10	1:41:58	Sandy Thorogood	Sudbury Joggers	F 45 to 54	750
69	1:42:24	1:42:18	Jason Hurst	Bungay Black Dog RC	M 40 to 49	570
70	1:42:37	1:42:26	Tom Butler		M 22 to 39	426

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71	1:42:55	1:42:49	Christopher Meadows		M 22 to 39	633
72	1:43:47	1:43:39	Andrew Hawes	Reepham Runners	M 22 to 39	541
73	1:44:02	1:43:51	Anne Swift	UKnetrunner.co.UK	F 45 to 54	740
74	1:44:08	1:43:57	Matthew Reynolds	Lowestoft Road Runners	M 22 to 39	689
75	1:44:18	1:44:12	Rebecca Thorby	Tri-Anglia Triathlon Club	F 35 to 44	748
76	1:44:36	1:44:26	Mike Harrington		M 40 to 49	534
77	1:44:47	1:44:37	Shaun Conway		M 50 to 59	449
78	1:44:53	1:44:50	Toby Sayer		M 21 and Under	705
79	1:44:54	1:44:48	Justin Potter	Stowmarket Striders RC	M 22 to 39	672
80	1:45:05	1:44:59	Stacey Towner		F 22 to 34	755
81	1:45:15	1:45:15	Spencer Vine		M 40 to 49	764
82	1:45:28	1:44:58	Sam Woodgate		M 22 to 39	789
83	1:45:37	1:45:30	Dean Saunders	Great Yarmouth Road Runners	M 40 to 49	703
84	1:45:41	1:45:10	Robert Earle-Mitchell		M 22 to 39	482
85	1:45:42	1:45:37	Tim Cook	Norfolk Gazelles AC	M 40 to 49	451
86	1:45:48	1:45:44	Derek Daly	Saxmundham Sports Running & Fitness Cl	M 50 to 59	467
87	1:46:05	1:45:56	Dennis Warner	Harwich Runners	M 50 to 59	769
88	1:46:32	1:46:27	James Howlett	Framlingham Flyers	M 40 to 49	562
89	1:46:33	1:46:24	James Willingham		M 22 to 39	782
90	1:46:35	1:46:17	Cristobal Uauy		M 22 to 39	761
91	1:46:37	1:46:18	Richard Dye	Bungay Black Dog RC	M 50 to 59	477
92	1:46:51	1:46:38	Jonas Ericsson		M 60 to 69	488
93	1:46:56	1:46:36	Anthony Harris	Sudbury Joggers	M 40 to 49	536
94	1:46:59	1:46:56	Shaun Kay	Lowestoft Road Runners	M 40 to 49	590
95	1:47:22	1:47:14	Matt Rowe		M 22 to 39	699
96	1:47:23	1:47:11	Mark Duffield		M 40 to 49	476
97	1:47:35	1:47:23	Jonathan O'Hara	Great Yarmouth Road Runners	M 40 to 49	654
98	1:47:38	1:47:06	Tom Barne		M 22 to 39	387
99	1:47:54	1:47:50	James Archer	Bungay Black Dog RC	M 22 to 39	365
100	1:48:04	1:48:03	Thomas Hunnisett	Saxmundham Sports Running & Fitness Cl	M 22 to 39	564
101	1:48:14	1:48:09	Dean Norman		M 22 to 39	651
102	1:48:19	1:48:11	Liam Butler		M 21 and Under	425
103	1:48:26	1:48:09	Adam Baker		M 22 to 39	376
104	1:48:31	1:48:03	Mark Regan		M 40 to 49	685
105	1:48:32	1:48:18	Nicola Holden		F 35 to 44	553

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106	1:48:32	1:48:24	David Hogg		M 50 to 59	552
107	1:48:36	1:48:28	Martin Culpeck		M 40 to 49	463
108	1:48:40	1:48:38	Ricci Wilson		M 22 to 39	785
109	1:49:00	1:48:49	Catherine Belsom	Stowmarket Striders RC	F 45 to 54	393
110	1:49:01	1:48:50	Robin Belsom	Ipswich Jaffa RC	M 50 to 59	394
111	1:49:05	1:48:55	Michael McKinnell		M 60 to 69	632
112	1:49:25	1:49:07	Tom Coe		M 22 to 39	445
113	1:49:33	1:49:10	Tim Armitage		M 50 to 59	367
114	1:49:40	1:49:26	Brendan Bourne		M 40 to 49	408
115	1:49:49	1:49:35	Nicky Dowson	Norwich Road Runners	F 45 to 54	475
116	1:49:53	1:49:37	Zoe Jones	Wymondham AC	F 35 to 44	588
117	1:49:57	1:49:43	Anne Millett	Norwich Road Runners	F 55 to 64	635
118	1:50:19	1:50:05	Jon Rowden		M 50 to 59	698
119	1:50:33	1:50:27	Duncan Yuile		M 40 to 49	796
120	1:50:41	1:50:33	Tony Hardy	Bungay Black Dog RC	M 50 to 59	529
121	1:50:45	1:50:35	Stuart Brown	Waveney Valley AC	M 22 to 39	418
122	1:51:37	1:51:09	Lee Kerrison	Tiptree Road Runners	M 40 to 49	591
123	1:51:53	1:51:42	Sam Sutcliffe		M 22 to 39	737
124	1:51:57	1:51:26	Rebecca Tuite		F 35 to 44	758
125	1:51:57	1:51:26	Tony Tuite		M 40 to 49	759
126	1:52:00	1:51:44	Alan Richardson	Waveney Valley AC	M 60 to 69	690
127	1:52:10	1:52:05	Laurence Carey		M 40 to 49	429
128	1:52:13	1:52:00	Philip Powles		M 40 to 49	674
129	1:52:25	1:52:18	Kyle Doughty		M 21 and Under	473
130	1:52:33	1:52:26	Brett Bayliss		M 40 to 49	389
131	1:52:41	1:52:11	Fergus Stirling		M 50 to 59	732
132	1:52:44	1:52:28	Sean O'Loughlin	Bungay Black Dog RC	M 50 to 59	656
133	1:53:00	1:52:50	Jennifer Lau		F 22 to 34	599
134	1:53:05	1:52:58	George Core		M 50 to 59	455
135	1:53:14	1:53:14	Dean Searle	Felixstowe RRC	M 22 to 39	710
136	1:53:15	1:53:07	Nicholas Harvey		M 22 to 39	539
137	1:53:17	1:52:49	Amy Charter		F 21 and Under	438
138	1:53:44	1:53:30	Paul Gartley		M 40 to 49	503
139	1:53:50	1:52:38	David Godsmark		M 60 to 69	510
140	1:53:50	1:52:38	Kevin Hanner		M 40 to 49	528

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141	1:53:56	1:53:38	James Bouldin		M 22 to 39	407
142	1:54:00	1:53:56	Paul Schwer	Felixstowe RRC	M 50 to 59	707
143	1:54:01	1:53:56	Paul Thurbon		M 40 to 49	752
144	1:54:07	1:53:44	Paulus Maukonen		M 22 to 39	625
145	1:54:24	1:54:15	Kevin Knuckey	Hadleigh Hares AC	M 40 to 49	597
146	1:54:32	1:54:27	Phil Payne		M 50 to 59	663
147	1:54:37	1:54:22	Ian McCreery		M 22 to 39	628
148	1:54:45	1:54:40	Karen Evans	Lowestoft Road Runners	F 35 to 44	489
149	1:54:47	1:54:35	Sarah Lauchlan		F 22 to 34	600
150	1:54:50	1:54:11	Anthony Fullam		M 40 to 49	499
151	1:54:58	1:54:49	Stuart Gorey	Bungay Black Dog RC	M 40 to 49	802
152	1:55:09	1:54:41	Michael Barrett	Dereham Runners & AC	M 60 to 69	388
153	1:55:11	1:54:40	Joe Serjent		M 21 and Under	714
154	1:55:16	1:55:07	Lee Calver		M 21 and Under	427
155	1:55:24	1:55:07	Dawn Marshall	Saint Edmund Pacers	F 45 to 54	621
156	1:55:24	1:55:08	Tim Page	Saint Edmund Pacers	M 40 to 49	657
157	1:55:27	1:55:19	Martin Roberts		M 50 to 59	693
158	1:55:37	1:55:08	Philippa Wright	Woodbridge Shufflers RC	F 22 to 34	795
159	1:55:38	1:55:24	Martin Churcher		M 40 to 49	441
160	1:56:05	1:55:33	Paul Nicol		M 40 to 49	646
161	1:56:12	1:56:06	Stephen Bullen	Lowestoft Road Runners	M 40 to 49	421
162	1:56:17	1:55:59	Graham Waudby		M 40 to 49	773
163	1:56:19	1:55:54	Rebecca Kirby		F 22 to 34	595
164	1:56:23	1:56:11	Dominic Carter	Framlingham Flyers	M 40 to 49	433
165	1:56:57	1:56:44	Lindsay Black		F 35 to 44	400
166	1:57:14	1:57:07	Tom Palmer		M 60 to 69	658
167	1:57:15	1:56:54	Jonathan Thetford	Reepham Runners	M 40 to 49	745
168	1:57:27	1:57:03	Eammon Andrews		M 50 to 59	362
169	1:57:42	1:57:02	David Hall		M 40 to 49	525
170	1:57:43	1:57:41	Mark Nobbs		M 22 to 39	649
171	1:57:48	1:57:21	Vicky Jones	Norwich Road Runners	F 35 to 44	587
172	1:57:53	1:57:35	Andrew Johnson		M 22 to 39	580
173	1:57:53	1:57:40	Eva Widing		F 55 to 64	779
174	1:57:54	1:57:30	Karen Maukonen		F 22 to 34	624
175	1:58:11	1:57:50	Matt Egerton		M 40 to 49	483

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176	1:58:23	1:57:52	Chris Groves		M 60 to 69	520
177	1:58:34	1:58:20	Joanne Harper	Felixstowe RRC	F 35 to 44	532
178	1:58:38	1:58:09	Matthew Atkinson		M 22 to 39	369
179	1:58:41	1:58:18	Peter Sutton		M 50 to 59	738
180	1:58:51	1:58:43	Simon Smith	Bungay Black Dog RC	M 50 to 59	723
181	1:58:53	1:58:22	Steve Cook		M 21 and Under	450
182	1:59:02	1:58:56	Brett Deakin	Felixstowe RRC	M 22 to 39	468
183	1:59:18	1:58:41	Tom Mcilwaine		M 22 to 39	800
184	1:59:28	1:59:10	Jack Hines	Hadleigh Hares AC	M 22 to 39	546
185	1:59:41	1:59:35	Alex Jacobs	Felixstowe RRC	M 22 to 39	575
186	1:59:46	1:59:32	Gary Bignell	Dartford Road Runners	M 40 to 49	399
187	1:59:51	1:59:42	Stuart Lawn	Bungay Black Dog RC	M 22 to 39	601
188	1:59:53	1:59:44	Barry Rogers	Bungay Black Dog RC	M 40 to 49	694
189	2:00:13	2:00:01	Marie Hill		F 35 to 44	545
190	2:00:19	2:00:07	Graham Hammond		M 50 to 59	526
191	2:00:19	2:00:08	Mark Kingston		M 50 to 59	593
192	2:00:25	2:00:13	Mary Skelcher	Saxmundham Sports Running & Fitness Cl	F 45 to 54	719
193	2:00:36	2:00:12	Shane Horn		M 22 to 39	561
194	2:00:36	2:00:13	Ashley Sale		M 22 to 39	701
195	2:00:37	2:00:32	Marie Ayers	Lowestoft Road Runners	F 45 to 54	373
196	2:00:37	2:00:32	Philip Ayers	Lowestoft Road Runners	M 40 to 49	374
197	2:00:41	2:00:26	Rachel Pearsons	Witham RC	F 35 to 44	664
198	2:00:47	2:00:21	Liz Jones	Norwich Road Runners	F 35 to 44	586
199	2:00:48	2:00:15	Chris Backhouse	Bungay Black Dog RC	M 40 to 49	375
200	2:01:09	2:00:48	Guy Pitcher	Reepham Runners	M 50 to 59	668
201	2:01:13	2:00:50	Matthew Reid		M 22 to 39	686
202	2:01:14	2:01:10	Debra Kay	Lowestoft Road Runners	F 35 to 44	589
203	2:01:28	2:01:06	Mary Floate	Reepham Runners	F 35 to 44	494
204	2:01:29	2:01:11	Martin Holland		M 40 to 49	555
205	2:01:30	2:01:30	Jonathan Tricker		M 40 to 49	757
206	2:01:37	2:01:11	Imogen Curtis		F 21 and Under	464
207	2:01:39	2:01:12	Joni Tallamy		F 35 to 44	741
208	2:01:52	2:01:47	Gareth Thomson		M 22 to 39	747
209	2:01:55	2:01:33	Tara Holmes		F 35 to 44	557
210	2:02:03	2:01:42	Jenni Egmore	Reepham Runners	F 45 to 54	484

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211	2:02:04	2:02:04	Leon Neeve		M 22 to 39	642
212	2:02:25	2:01:56	Suz Knights	Waveney Valley AC	F 35 to 44	596
213	2:02:30	2:02:08	Caroline Armitage		F 45 to 54	366
214	2:02:34	2:02:05	Alex Sellers		M 40 to 49	712
215	2:02:42	2:02:31	Ian Barker		M 40 to 49	385
216	2:02:53	2:02:20	Daryl Mckeown	Waveney Valley AC	M 22 to 39	631
217	2:03:00	2:02:42	Ivan Lees	Great Yarmouth Road Runners	M 60 to 69	604
218	2:03:07	2:02:54	Keelan Smith	Saxmundham Sports Running & Fitness Cl	M 22 to 39	722
219	2:03:09	2:02:54	Dianne Tilbrook		F 65 and Over	753
220	2:03:15	2:03:03	Kirsty Dekeyzer		F 22 to 34	471
221	2:03:18	2:03:00	Paul Westwood	Bognor Regis Tone Zone Runners	M 60 to 69	774
222	2:03:18	2:02:55	Ian Hollis		M 40 to 49	556
223	2:03:29	2:03:13	Sarah James		F 22 to 34	576
224	2:03:49	2:03:34	James Farebrother		M 22 to 39	490
225	2:04:26	2:04:10	Janet Ivers		F 45 to 54	574
226	2:04:30	2:04:23	Luke Groves	Great Bentley Running Club	M 22 to 39	521
227	2:04:35	2:04:12	Esther Norton		F 45 to 54	652
228	2:04:56	2:04:41	Paula McCann		F 65 and Over	627
229	2:04:56	2:04:41	John Tilbrook		M70+	754
230	2:05:25	2:05:06	Ruth Cowlin	Sudbury Joggers	F 45 to 54	459
231	2:05:29	2:05:00	Lisa Wilson	Waveney Valley AC	F 45 to 54	784
232	2:05:31	2:05:14	Ruth Belsom		F 45 to 54	395
233	2:05:33	2:05:11	Charis Parker		F 22 to 34	659
234	2:05:36	2:05:22	Carole Spong	Great Yarmouth Road Runners	F 65 and Over	730
235	2:05:43	2:05:30	Anna Coulborn	Great Yarmouth Road Runners	F 55 to 64	456
236	2:05:44	2:05:10	Claire Li		F 45 to 54	609
237	2:05:45	2:05:05	Rob Watson		M 22 to 39	772
238	2:05:54	2:05:39	Duncan Chamberlain	Ipswich Jaffa RC	M 50 to 59	437
239	2:06:08	2:05:48	Adam Collins		M 22 to 39	446
240	2:06:32	2:06:13	David Hupton	Bungay Black Dog RC	M 50 to 59	567
241	2:06:34	2:06:15	Ken Hurst	Bungay Black Dog RC	M 60 to 69	571
242	2:06:49	2:06:49	Treena Harrington	Halstead RRC	F 35 to 44	535
243	2:07:00	2:06:46	David Hirst		M 50 to 59	547
244	2:07:01	2:06:39	Michael Mills		M 22 to 39	636
245	2:07:37	2:07:33	Emma Garrard	Lowestoft Road Runners	F 35 to 44	502

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246	2:07:46	2:07:13	Gordon Adams		M 22 to 39	354
247	2:07:55	2:07:42	Stephen Pointer		M 22 to 39	670
248	2:07:55	2:07:42	Emma Wilcock	Coltishall Jaguars RC	F 22 to 34	780
249	2:08:35	2:08:15	Paul Bale		M 40 to 49	381
250	2:08:35	2:08:15	Catherine Baldwin		F 35 to 44	380
251	2:08:38	2:08:07	David Simpson		M 40 to 49	718
252	2:08:54	2:08:36	Etienne Swarts	Bungay Black Dog RC	M 50 to 59	739
253	2:09:37	2:09:21	Christine King	Tiptree Road Runners	F 55 to 64	592
254	2:09:37	2:09:21	Joanne Dickman	Tiptree Road Runners	F 45 to 54	472
255	2:10:00	2:09:32	Katherine Morton		F 45 to 54	639
256	2:10:13	2:09:54	Robin Farrar	Bungay Black Dog RC	M70+	491
257	2:10:53	2:10:18	Martyn Woodgate	Bungay Black Dog RC	M 40 to 49	788
258	2:10:58	2:10:21	Sarah Watkins	Hadleigh Hares AC	F 35 to 44	770
259	2:11:07	2:10:37	Dave Lines	Tri-Anglia Triathlon Club	M 40 to 49	610
260	2:11:16	2:11:04	Rebekah Aldous		F 22 to 34	359
261	2:11:18	2:11:01	Alex Watson	Bungay Black Dog RC	M 22 to 39	771
262	2:11:21	2:10:55	Nick Curtis		M 50 to 59	466
263	2:11:42	2:11:04	Rosemarie Ball	Bungay Black Dog RC	F 55 to 64	383
264	2:11:51	2:11:47	Vanessa May	Lowestoft Road Runners	F 35 to 44	626
265	2:12:04	2:11:36	Andrew Warner		M 40 to 49	768
266	2:12:22	2:11:47	Adrian Wilson		M 40 to 49	783
267	2:12:31	2:12:17	Karen Barlow	Royston Runners	F 55 to 64	386
268	2:12:43	2:12:16	Alexander Kington	Sutton Runners	M 22 to 39	594
269	2:12:49	2:12:12	Sara Taylor-Balls	Hadleigh Hares AC	F 45 to 54	798
270	2:12:50	2:12:23	Jack Luther		M 22 to 39	617
271	2:12:52	2:12:30	Ian Gardner		M 50 to 59	501
272	2:13:03	2:12:36	Emma Bolam		F 22 to 34	405
273	2:13:17	2:12:42	Debbie Secret		F 45 to 54	711
274	2:13:20	2:12:44	Louise Reed	Bungay Black Dog RC	F 35 to 44	684
275	2:13:23	2:12:47	Joanne Taylor	Bungay Black Dog RC	F 35 to 44	742
276	2:13:28	2:13:04	Joanne Jesney		F 45 to 54	579
277	2:13:28	2:13:03	Anthony Richardson	Wymondham AC	M 50 to 59	691
278	2:13:29	2:13:04	Rachael Lockwood		F 35 to 44	614
279	2:13:29	2:13:04	Cassie Barker	Wymondham AC	F 35 to 44	384
280	2:13:29	2:13:03	Keith Hood	Wymondham AC	M 50 to 59	560



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281	2:13:29	2:13:04	Julia Lloyd	Wymondham AC	F 45 to 54	613
282	2:13:29	2:13:04	Louise Holland	Wymondham AC	F 35 to 44	554
283	2:13:31	2:13:14	Katherine Doveston		F 22 to 34	474
284	2:13:32	2:13:09	Samantha O'Hara	Great Yarmouth Road Runners	F 45 to 54	655
285	2:13:35	2:12:57	Mark Nicholls		M 50 to 59	645
286	2:13:40	2:13:29	Charles Eagling		M 21 and Under	480
287	2:13:47	2:13:31	Sue Brockhouse	Tri-Anglia Triathlon Club	F 55 to 64	413
288	2:13:50	2:13:43	Rajesh Logasundaram		M 40 to 49	616
289	2:13:51	2:13:42	Aravind Shastri		M 40 to 49	716
290	2:14:12	2:14:01	Oliver Flood		M 40 to 49	495
291	2:14:39	2:14:16	Steve Thorndyke		M 22 to 39	749
292	2:14:51	2:14:45	Owen Lewis		M 22 to 39	608
293	2:15:03	2:14:53	Mike Baker		M 50 to 59	378
294	2:15:15	2:14:48	Linda Hunt	Bungay Black Dog RC	F 55 to 64	565
295	2:15:20	2:14:45	Jayne Capps-Jenner	Bungay Black Dog RC	F 55 to 64	428
296	2:15:43	2:15:21	Sarah Sayers		F 35 to 44	706
297	2:16:10	2:15:45	Erin Coyle		F 35 to 44	461
298	2:16:38	2:16:19	Aaron Smart		M 22 to 39	721
299	2:16:40	2:16:12	Ian Thurbon		M 40 to 49	751
300	2:17:22	2:16:45	Melissa Russell		F 22 to 34	700
301	2:18:32	2:17:50	Katie Przykowska		F 22 to 34	675
302	2:18:54	2:18:14	Kate Gray		F 65 and Over	516
303	2:19:45	2:19:11	Richard Guise		M 50 to 59	523
304	2:20:15	2:19:48	Hannah Burson		F 22 to 34	423
305	2:20:44	2:20:24	Amanda Baker	Dereham Runners & AC	F 55 to 64	377
306	2:20:48	2:20:25	Susan Rendell-Read		F 45 to 54	687
307	2:20:54	2:20:41	Sarah Avery		F 45 to 54	371
308	2:21:05	2:20:33	Hanna Shea		F 22 to 34	717
309	2:21:24	2:21:11	James Soanes		M 40 to 49	725
310	2:21:54	2:21:38	Paul Gillings		M 40 to 49	507
311	2:22:07	2:21:47	Helen McGrath		F 35 to 44	629
312	2:22:19	2:21:56	Patricia Hagan		F 45 to 54	524
313	2:22:22	2:22:01	Aoife Ni Neachtain		F 22 to 34	644
314	2:22:28	2:21:52	Rachel Martell		F 22 to 34	622
315	2:23:30	2:22:57	Tim Hirst	Bungay Black Dog RC	M70+	549

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316	2:23:31	2:22:57	Rachel Hirst	Bungay Black Dog RC	F 45 to 54	548
317	2:24:00	2:23:36	Suzanne Littlechild		F 35 to 44	612
318	2:24:22	2:24:01	Peter Rawlings	Sudbury Joggers	M70+	680
319	2:24:29	2:24:07	Jane Ray		F 45 to 54	681
320	2:24:35	2:24:30	Jonny Miles	Felixstowe RRC	M 22 to 39	634
321	2:24:40	2:24:25	Thomas James		M 22 to 39	577
322	2:24:45	2:24:19	Stephanie White		F 22 to 34	778
323	2:24:46	2:24:35	Graham Sampson	Bungay Black Dog RC	M70+	702
324	2:24:53	2:24:18	Martyna Lisowska		F 22 to 34	611
325	2:25:21	2:25:04	Catherine Dynan		F 35 to 44	478
326	2:25:26	2:24:56	Zoe Caston	Waveney Valley AC	F 35 to 44	435
327	2:25:34	2:25:10	Jo Clark		F 45 to 54	442
328	2:25:34	2:25:11	Kevin Clark	Bungay Black Dog RC	M 40 to 49	443
329	2:26:21	2:26:13	Bethan Adams		F 35 to 44	353
330	2:27:08	2:26:41	Lewis Upson		M 22 to 39	775
331	2:27:09	2:26:31	Michael Ball	Bungay Black Dog RC	M 60 to 69	382
332	2:27:15	2:26:51	Elizabeth Blakie	Ryston Runners	F 55 to 64	402
333	2:28:09	2:27:44	Kelly Taylor		F 35 to 44	743
334	2:28:34	2:28:04	Grace Rothern		F 22 to 34	697
335	2:28:34	2:28:04	David Rothern		M70+	696
336	2:28:52	2:28:24	Jennifer Honeywood		F 22 to 34	558
337	2:30:09	2:29:36	Laura Deal	Bungay Black Dog RC	F 35 to 44	469
338	2:30:11	2:29:39	Victoria Pullinger	Bungay Black Dog RC	F 35 to 44	677
339	2:30:21	2:30:17	James Hampton		M 21 and Under	527
340	2:30:28	2:30:07	Judith Masters	Bungay Black Dog RC	F 55 to 64	623
341	2:30:34	2:30:20	Zoila Reyes	Felixstowe RRC	F 55 to 64	688
342	2:30:40	2:30:06	Harpreet Thandi	Bungay Black Dog RC	F 22 to 34	744
343	2:30:41	2:30:08	Stephen Warman	Bungay Black Dog RC	M 40 to 49	766
344	2:30:41	2:30:08	Susannah Warman	Bungay Black Dog RC	F 45 to 54	767
345	2:31:01	2:30:57	Gina Warford	Lowestoft Road Runners	F 35 to 44	765
346	2:31:18	2:30:51	Daniel Trent		M 22 to 39	756
347	2:31:19	2:30:51	Wendy Harlett		F 45 to 54	530
348	2:31:51	2:31:25	James Gay		M 22 to 39	504
349	2:32:00	2:31:23	Pat Atwood	Hadleigh Hares AC	F 65 and Over	370
350	2:32:37	2:32:06	Lucy Spinks		F 22 to 34	729

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351	2:32:46	2:32:07	Jessica Scully		F 35 to 44	709
352	2:32:58	2:32:32	Sharon Johnson		F 35 to 44	584
353	2:32:58	2:32:32	Lindsey Husband		F 35 to 44	573
354	2:34:25	2:34:16	Carol Collins		F 45 to 54	447
355	2:36:08	2:36:07	Julie Grooms		F 45 to 54	518
356	2:37:29	2:36:49	John Bush	Great Bentley Running Club	M 50 to 59	424
357	2:38:03	2:37:36	Laura Gay		F 22 to 34	505
358	2:38:27	2:38:08	Douglas Gladwin	Bungay Black Dog RC	M 50 to 59	508
359	2:38:51	2:38:12	Samantha Abbott	Bungay Black Dog RC	F 45 to 54	352
360	2:38:51	2:38:12	Darren Abbott	Benfleet RC	M 40 to 49	350
361	2:39:25	2:38:52	Kirsty Loftus		F 22 to 34	615
362	2:39:26	2:38:53	Simon Leeder		M 22 to 39	603
363	2:40:09	2:39:31	Leigh Brown		M 40 to 49	416
364	2:40:36	2:40:22	Chrissie Turnbull		F 21 and Under	760
365	2:40:36	2:40:22	Amity Harrison		F 21 and Under	538
366	2:41:27	2:40:50	Helen Carr	Burgess Hill Runners	F 45 to 54	431
367	2:41:56	2:41:35	Lucy Wood		F 22 to 34	787
368	2:43:49	2:43:12	Sue Carver		F 55 to 64	434
369	2:43:49	2:43:13	Dennis Harris		M 50 to 59	537
370	2:48:01	2:47:22	Esther Wright		F 35 to 44	792
371	2:48:39	2:48:08	Lydia Earle-Mitchell		F 35 to 44	481
372	2:57:45	2:57:22	Elizabeth Broadhurst		F 35 to 44	412
373	3:22:00	3:21:21	Judith Niller		F 55 to 64	647