

Bungay Black Dog Running Club
 NSPCC Bungay 10 km - 8th April 2018
 Provisional Results sorted by Time
 Updated 9th April 2018

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	37:05	37:03	Dominic OLIVER	City of Norwich Athletic Club	1 Top Fin	964
2	37:32	37:29	David SPARSHOTT	Bungay Black Dog RC	2 Top Fin	972
3	38:00	37:56	Dylan NEEVE		3 Top Fin	1273
4	38:18	38:17	Harry ALLCOCK	Bungay Black Dog RC	1 M 0-39	1004
5	38:20	38:19	Jo ANDREWS	Bungay Black Dog RC	1 Top Fin	1009
6	39:04	39:00	Jim BURGESS	Waveney Valley AC	1 M 40-49	1065
7	39:08	39:06	Nick HAMMOND	Framlingham Flyers	2 M 40-49	1153
8	39:34	39:32	Leigh BUTCHER	Lowestoft Road Runners	2 M 0-39	1068
9	39:50	39:46	Mat PORTER	Norwich RR	3 M 40-49	1303
10	40:03	40:00	Joshua BARNARD	Waveney Valley AC	3 M 0-39	1025
11	40:37	40:35	Lee FAIRWEATHER		4 M 40-49	1119
12	40:43	40:41	Dan PRATT	Ryston Runners AC	5 M 40-49	1307
13	40:53	40:47	Aidan THORPE		4 M 0-39	1365
14	40:54	40:50	Ronnie MOUNT	Norwich RR	6 M 40-49	962
15	40:55	40:53	Lee BARBER	Framlingham Flyers	5 M 0-39	1024
16	41:13	41:09	Aston MARTIN	Norwich RR	6 M 0-39	1247
17	41:29	41:25	Jan KADING	Stowmarket Striders Running Club	7 M 40-49	1207
18	41:46	41:38	Leon NEEVE	Waveney Valley AC	8 M 40-49	1274
19	42:01	41:57	Ricci WILSON	Waveney Valley AC	7 M 0-39	1404
20	42:05	42:03	Lorena LATISAITE	Ryston Runners AC	2 Top Fin	1218
21	42:16	42:12	Mark STOREY	City of Norwich Athletic Club	1 M 50-59	1354
22	42:43	42:40	Nick OVERY		2 M 50-59	965
23	42:56	42:49	Glenn FLETCHER		8 M 0-39	1128
24	43:00	42:55	Steve SYMSS	Stowmarket Striders Running Club	9 M 40-49	973
25	43:13	43:10	Pete JOHNSON	Royston Runners	1 M 60-69	1200
26	43:25	43:22	Steven ELVIN		3 M 50-59	1116
27	43:32	43:24	Cameron ROBSON		9 M 0-39	1319
28	43:39	43:33	PAUL HUNT		10 M 0-39	957
29	43:53	43:46	Martin MCCONNELL	Norwich RR	11 M 0-39	1257
30	44:07	43:54	Andrew FLEETWOOD		10 M 40-49	1127
31	44:13	44:07	Theresa DOOLEY	Norfolk Gazelles AC	3 Top Fin	1109
32	44:48	44:41	Paul FREESTONE		11 M 40-49	1135
33	44:58	44:51	Peter THOMPSON	Norfolk Gazelles AC	2 M 60-69	1363
34	45:14	45:02	Mike ROWE		12 M 40-49	1323
35	45:20	45:05	Kyle HIPPERSON		12 M 0-39	1176

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36	45:24	45:16	Tris HOLTZER	Waveney Valley AC	13 M 0-39	1183
37	45:27	45:21	Tom TOWNSEND	Norfolk Gazelles AC	4 M 50-59	1370
38	45:47	45:43	Phil HENRY	Coltishall Jaguars	5 M 50-59	1171
39	45:51	45:39	Wayne MANN		13 M 40-49	1240
40	46:01	45:56	Ben WATSON		14 M 0-39	1382
41	46:07	45:58	Matthew FISKE		15 M 0-39	1126
42	46:39	46:26	Marcus NICHOLS	Bungay Black Dog RC	14 M 40-49	1277
43	46:40	46:33	Mark FOWLER	Norfolk Gazelles AC	16 M 0-39	1134
44	46:41	46:31	Rebecca POUNTAIN	Coltishall Jaguars	1 F 35-44	1305
45	46:46	46:08	Chris DAVIES		15 M 40-49	1097
46	47:01	46:37	Sam WELLER	North Norfolk Beach Runners	3 M 60-69	1387
47	47:10	47:01	Stuart WATKINS		17 M 0-39	1381
48	47:12	47:09	Jenny SHEAHAN		1 F 55-64	1335
49	47:13	46:59	Stephen CROSS		16 M 40-49	1087
50	47:16	47:09	Terry HUBBARD	Great Yarmouth Road Runners	17 M 40-49	956
51	47:37	47:08	Alex BATHO		18 M 40-49	1033
52	47:40	47:34	Harley PEEK		18 M 0-39	1291
53	47:40	47:26	Martin HARRISON		19 M 0-39	1161
54	47:42	47:25	Mark OLLETT		19 M 40-49	1280
55	47:45	47:38	Ian HAWKES	Waveney Valley AC	6 M 50-59	1167
56	47:47	47:37	Wayne RAMSBOTTOM	Dereham Runners AC	7 M 50-59	1311
57	47:52	47:44	Neil DOBSON		20 M 0-39	1107
58	48:01	47:52	Matthew REYNOLDS	Lowestoft Road Runners	21 M 0-39	967
59	48:17	47:56	Harriet LYMAN	Waveney Valley AC	1 F 0-34	1234
60	48:26	48:18	Simon ANDREWS		20 M 40-49	1010
61	48:30	48:23	Merv LOCK		21 M 40-49	1227
62	48:33	48:27	Susanna MOORE	Norwich RR	2 F 0-34	1264
63	48:44	48:24	Greg HARVEY		8 M 50-59	1165
64	48:46	48:42	David JAY		22 M 40-49	1198
65	48:47	48:40	Stuart HARPER		23 M 40-49	1159
66	48:54	48:46	Gavin HUME		9 M 50-59	1189
67	48:55	48:50	Clive PURBROOK	Newmarket Joggers	4 M 60-69	1308
68	49:07	48:45	Nigel LYMAN		10 M 50-59	1235
69	49:21	49:11	Nick HOLTZER		22 M 0-39	1184
70	49:22	49:10	Karl MAYERS		23 M 0-39	1255

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71	49:23	49:07	Rob DAWSON		24 M 0-39	1101
72	49:25	49:21	David SHEAHAN		11 M 50-59	1336
73	49:28	49:17	Louise ISHERWOOD	Norfolk Gazelles AC	2 F 35-44	1193
74	49:29	49:21	MARIAN CROSSLAND		1 F 45-54	1088
75	49:32	49:26	Damian LESLIE		25 M 0-39	1223
76	49:45	49:36	Abigail KING		3 F 0-34	1209
77	49:52	49:41	Joe PARSONS		26 M 0-39	1288
78	49:55	49:26	Adam WALLER-TOYNE	53-12 Multisports	12 M 50-59	974
79	50:02	49:47	Richard WHITE		13 M 50-59	1394
80	50:13	49:52	Sam BULLEN		27 M 0-39	1063
81	50:20	50:09	Michael FISHER		28 M 0-39	1124
82	50:27	50:18	Amy VALLIS		4 F 0-34	1373
83	50:29	50:10	Allyson PHILLIPS		3 F 35-44	1296
84	50:30	50:15	Lucie HARROWING		5 F 0-34	1162
85	50:30	50:26	Michael PERSICH		5 M 60-69	1293
86	50:31	50:16	Nicola LAMBERT-JOHN	Coltishall Jaguars	4 F 35-44	959
87	50:40	50:17	Craig OSBORN		14 M 50-59	1283
88	50:51	50:40	Christopher CARR	Norwich RR	29 M 0-39	1070
89	50:55	50:52	Victor HUTCHINS	Hercules Wimbledon AC	6 M 60-69	1192
90	51:00	50:49	Josh WOOLNOUGH		30 M 0-39	1410
91	51:02	50:40	Sarah REYNOLDS		6 F 0-34	1314
92	51:04	50:57	Graham HARDINGHAM	Norfolk Gazelles AC	15 M 50-59	1157
93	51:05	50:43	Richard WOODARD		16 M 50-59	1406
94	51:07	50:58	Angela BRINKLEY	Stowmarket Striders Running Club	2 F 55-64	1056
95	51:08	50:58	Stuart BROWN	Beccles Triathlon Club	31 M 0-39	1059
96	51:08	50:58	Kevin CARTER	Norwich RR	32 M 0-39	1073
97	51:20	50:59	Simon SKINNER	Beccles and Bungay Harriers	24 M 40-49	1342
98	51:24	51:14	Simon BRAND		25 M 40-49	1053
99	51:28	51:19	Barry WOOLNOUGH		33 M 0-39	1411
100	51:29	51:20	Sandra MAYHEW	Stowmarket Striders Running Club	2 F 45-54	1256
101	51:30	51:19	Simon SMITH	Bungay Black Dog RC	17 M 50-59	969
102	51:32	51:25	Tim WOODS	Norfolk Gazelles AC	18 M 50-59	1409
103	51:36	51:14	Dios FERNANDEZ		19 M 50-59	1120
104	51:46	51:34	Steve MCGILLIVRAY		34 M 0-39	1259
105	51:49	51:32	Janine SALTER		5 F 35-44	1326

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106	51:52	51:37	Sally BELLIS		7 F 0-34	1039
107	52:02	51:48	Simon SPARKES	Bungay Black Dog RC	26 M 40-49	971
108	52:02	51:52	Mike JAMES		20 M 50-59	1195
109	52:13	52:08	Sonny NEEVE	Waveney Valley AC	35 M 0-39	1275
110	52:17	52:11	Craig MOUNSER		36 M 0-39	1267
111	52:17	52:11	Kevin HARBER		37 M 0-39	1156
112	52:19	52:09	Florence ASHDOWN	Lowestoft Road Runners	8 F 0-34	1014
113	52:27	52:13	George FIRTH	Stowmarket Striders Running Club	38 M 0-39	1123
114	52:28	52:13	EMMA DAVIDS		9 F 0-34	1096
115	52:31	52:20	Paul PARFITT		21 M 50-59	1287
116	52:53	52:37	Kieran HARTIGAN	Stowmarket Striders Running Club	27 M 40-49	1163
117	52:57	52:51	Neil THOMAS	Bungay Black Dog RC	22 M 50-59	1362
118	53:08	53:05	Rob SILLETT		39 M 0-39	1339
119	53:14	53:01	Max BARNES		40 M 0-39	1028
120	53:14	53:01	Nicola BARNES		6 F 35-44	1029
121	53:20	53:12	David DREW		41 M 0-39	1111
122	53:30	53:25	Daryl MCKEOWN	Waveney Valley AC	42 M 0-39	1261
123	53:34	53:21	Ella WAKELEY	Great Yarmouth & District AC	10 F 0-34	1376
124	53:41	53:36	Paul PEEK	Waveney Valley AC	23 M 50-59	1292
125	53:50	53:36	Lilly POWER		11 F 0-34	1306
126	53:52	53:41	Sarah HEATLEY		7 F 35-44	1170
127	53:55	53:50	Dominic WEST		28 M 40-49	1389
128	54:18	54:07	Glenn BASHAM	Wymondham AC	29 M 40-49	1032
129	54:28	54:11	Adrian WICKS		24 M 50-59	1395
130	54:28	53:59	Amy GODBOLD	Bungay Black Dog RC	8 F 35-44	1141
131	54:29	54:03	JOHN SKELLY	Waveney Valley AC	25 M 50-59	1341
132	54:37	54:29	Dennis HARRIS		26 M 50-59	1160
133	54:53	54:35	Sara MATTHEWS		3 F 45-54	1252
134	55:06	54:39	Sarah CATCHPOLE		9 F 35-44	1075
135	55:18	55:04	Hung LAI		30 M 40-49	1217
136	55:20	55:04	Mike BEARD		43 M 0-39	1037
137	55:22	54:58	Claire ROSE	Beccles and Bungay Harriers	10 F 35-44	1322
138	55:22	55:15	Sarah CHAMBERS		4 F 45-54	951
139	55:30	55:20	Karen WHARFE		5 F 45-54	1391
140	55:33	55:01	Hannah CUNNINGHAM		11 F 35-44	1090

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141	55:35	55:15	Kevin CLARK	Bungay Black Dog RC	27 M 50-59	952
142	55:43	55:36	Callum DAVENPORT	Norfolk Gazelles AC	44 M 0-39	1094
143	55:46	55:41	Adam RAFFERTY		45 M 0-39	1310
144	55:50	55:23	Linda SAWER		6 F 45-54	1328
145	55:52	55:38	Ben HOWLETT COBB		46 M 0-39	1186
146	55:58	55:43	Rachael LAWS		12 F 0-34	1220
147	56:01	55:51	Linda STOREY	Norwich RR	7 F 45-54	1353
148	56:05	55:44	Tim ANDREWS		31 M 40-49	1012
149	56:14	55:56	Stephen HARVEY	Beccles and Bungay Harriers	7 M 60-69	1166
150	56:26	56:00	GAVIN BATTLE		32 M 40-49	1034
151	56:32	56:19	Sandy PHILLIPS	Ipswich Jaffa RC	8 F 45-54	1298
152	56:39	56:19	Sharon HOOTON		12 F 35-44	1185
153	56:46	56:29	Bryony JAMES		13 F 0-34	1197
154	56:49	56:37	Lauren BAKER		14 F 0-34	1020
155	56:50	56:41	Jemma COBY		13 F 35-44	1078
156	57:04	56:44	Lauren PAGE		14 F 35-44	1285
157	57:06	56:53	Thomas KELLY		28 M 50-59	958
158	57:12	57:05	Kerry LESLIE		15 F 0-34	1224
159	57:13	56:43	Tanya HOLLOWAY	Bungay Black Dog RC	15 F 35-44	1180
160	57:19	57:01	Caroline PEEK		9 F 45-54	1290
161	57:19	57:01	Maria BOYALL		10 F 45-54	1050
162	57:26	57:03	Rachel OLLETT	Great Yarmouth Road Runners	11 F 45-54	1281
163	57:31	57:09	Karen HAMILTON	Stowmarket Striders Running Club	12 F 45-54	954
164	57:32	57:10	Jonathan GARNHAM		33 M 40-49	1136
165	57:35	57:01	Amanda TOOKE		16 F 35-44	1368
166	57:44	57:23	Toby WESTGARTH		47 M 0-39	1390
167	57:49	57:23	Prue BATTLE		17 F 35-44	1035
168	57:52	57:39	Steven THOMPSON-FRII		48 M 0-39	1364
169	57:53	57:24	Tony MORLEY	Bungay Black Dog RC	29 M 50-59	961
170	57:53	57:33	Hayley SUMMERFIELD		18 F 35-44	1356
171	57:55	57:39	Natalie BROWN	Waveney Valley AC	19 F 35-44	1058
172	57:56	57:40	Edward SHACKLETON		49 M 0-39	968
173	57:57	57:41	Stuart SHACKLETON		50 M 0-39	1332
174	57:57	57:40	Lisa STEWART		13 F 45-54	1350
175	57:57	57:28	Kate HOLTZER	Waveney Valley AC	16 F 0-34	1182

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176	57:57	57:40	Leyla MARRIOTT	Norwich RR	20 F 35-44	1244
177	58:01	57:41	David SMITH	Lowestoft Road Runners	34 M 40-49	1345
178	58:02	57:33	Martyn WOODGATE	Bungay Black Dog RC	35 M 40-49	1407
179	58:18	58:03	Daniel LOWE		51 M 0-39	1230
180	58:26	58:08	Sarah RHODEN		21 F 35-44	1315
181	58:30	58:22	Troy ALLEN		52 M 0-39	1007
182	58:32	58:23	Nick HUBBARD		53 M 0-39	1187
183	58:44	58:17	Sarah SPARKES	Bungay Black Dog RC	22 F 35-44	970
184	58:44	58:18	Sarah STACEY		23 F 35-44	1349
185	58:47	58:12	Antony WARNER		36 M 40-49	1379
186	58:47	58:13	Lisa WARNER		24 F 35-44	1380
187	58:48	58:28	Victoria LAUGHLAND		14 F 45-54	1219
188	58:49	58:40	Anna JORDAN-SMITH		17 F 0-34	1206
189	58:55	58:22	Faye ELLIS	Bungay Black Dog RC	25 F 35-44	1115
190	59:00	58:39	Jordan SIBLEY		18 F 0-34	1338
191	59:06	58:47	Graham SAMPSON	Bungay Black Dog RC	1 M 70-99	1327
192	59:12	58:53	Lesley HEATH	Harling AC	15 F 45-54	1169
193	59:14	59:01	Moira PINKNEY	Ipswich Jaffa RC	1 F 65-99	1300
194	59:17	59:02	Lynsey FLETCHER		19 F 0-34	1129
195	59:21	59:06	Louise THACKER		20 F 0-34	1360
196	59:28	59:00	Andy KIRK	Bungay Black Dog RC	8 M 60-69	1212
197	59:38	59:26	Louise TRIPTREE		21 F 0-34	1371
198	59:46	59:33	Andy EVANS	City of Norwich Athletic Club	9 M 60-69	1117
199	59:58	59:28	Rebecca WILSON	Beccles and Bungay Harriers	22 F 0-34	1403
200	1:00:00	59:29	Hayley GERRARD	Norwich RR	16 F 45-54	1138
201	1:00:02	59:49	Ryan CRISP		54 M 0-39	1086
202	1:00:03	59:50	Charlie MATTOCKS		55 M 0-39	1254
203	1:00:05	59:39	Lin HUNT	Bungay Black Dog RC	3 F 55-64	1190
204	1:00:06	59:48	Cheryl PETHYBRIDGE		26 F 35-44	1295
205	1:00:10	59:38	Katie EVERETT	Framlingham Flyers	27 F 35-44	1118
206	1:00:10	59:56	Dean SHARMAN		56 M 0-39	1333
207	1:00:22	59:52	Stephen ANDREWS		30 M 50-59	1011
208	1:00:26	1:00:15	Rachel BUTLIN		28 F 35-44	1069
209	1:00:27	1:00:15	Kate BUCK		29 F 35-44	1061
210	1:00:28	1:00:10	Lauren FINCH	Waveney Valley AC	23 F 0-34	1121

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211	1:00:28	59:56	Demelza HAMMOND	Waveney Valley AC	30 F 35-44	1154
212	1:00:29	59:57	Rachel DAWSON		24 F 0-34	1100
213	1:00:34	1:00:18	Maddy WHITE		25 F 0-34	1393
214	1:00:34	1:00:18	Joanna WHITE		17 F 45-54	1392
215	1:00:36	1:00:09	Emma FOUNTAIN	Lowestoft Road Runners	26 F 0-34	1133
216	1:00:58	1:00:35	Chris NEARY		57 M 0-39	1271
217	1:01:09	1:01:03	David HEAD		10 M 60-69	1168
218	1:01:15	1:00:46	Amy HOLTZER		27 F 0-34	1181
219	1:01:27	1:01:14	Dan JILLINGS		58 M 0-39	1199
220	1:01:29	1:01:05	Pat ATWOOD	Hadleigh Hares AC	2 F 65-99	1016
221	1:01:35	1:01:09	JENNIFER SKELLY	Waveney Valley AC	18 F 45-54	1340
222	1:01:39	1:01:29	Ian TURNER		31 M 50-59	1372
223	1:01:46	1:01:26	Samantha BIRD		28 F 0-34	1044
224	1:01:47	1:01:23	Libby ASHTON	North Norfolk Beach Runners	31 F 35-44	1015
225	1:02:26	1:02:05	Charlotte DIXON		29 F 0-34	1106
226	1:02:33	1:02:19	Catharine EARL	Waveney Valley AC	32 F 35-44	1113
227	1:02:36	1:02:08	Stephen KIRK		37 M 40-49	1215
228	1:02:39	1:02:22	ANTHONY OSBORNE		32 M 50-59	1284
229	1:03:01	1:02:31	Emma BOLAM		30 F 0-34	1046
230	1:03:10	1:03:00	Robert MUNCASTER		59 M 0-39	1269
231	1:03:12	1:02:50	Alli LOCK		19 F 45-54	1226
232	1:03:20	1:03:09	Luke BAXTER		60 M 0-39	1036
233	1:03:21	1:02:57	Louise MULLINEAUX		33 F 35-44	963
234	1:03:32	1:03:02	Elizabeth WILBOURN		31 F 0-34	1398
235	1:03:32	1:03:02	Anne WILBOURN		4 F 55-64	1397
236	1:03:41	1:03:16	Michelle HEWITT	Beccles and Bungay Harriers	34 F 35-44	1173
237	1:03:45	1:03:33	Su WILSON	Lowestoft Road Runners	20 F 45-54	1405
238	1:03:46	1:03:25	Debbie BUNN	Norfolk Gazelles AC	21 F 45-54	1064
239	1:03:50	1:03:19	Sarah DAVEY	Bungay Black Dog RC	35 F 35-44	1095
240	1:04:07	1:03:49	Kelly TAYLOR		36 F 35-44	1358
241	1:04:13	1:03:45	Claire HOLLAND		37 F 35-44	1177
242	1:04:13	1:03:41	Rosemary MATTHEWSC		22 F 45-54	1253
243	1:04:17	1:03:53	Stephanie DEEKS	Great Yarmouth Road Runners	38 F 35-44	1102
244	1:04:26	1:03:55	Salina JONES	Norwich RR	39 F 35-44	1204
245	1:04:29	1:04:10	Sarah MARSH		40 F 35-44	1245

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246	1:04:34	1:04:09	David MARKS	Norwich RR	33 M 50-59	1242
247	1:04:40	1:04:21	Brindley SPINKS		61 M 0-39	1348
248	1:04:46	1:04:23	Amanda SCARFF	Waveney Valley AC	32 F 0-34	1329
249	1:04:47	1:04:20	Michaela SCARLE		23 F 45-54	1330
250	1:04:55	1:04:37	Amanda GRAY		5 F 55-64	1149
251	1:05:08	1:04:46	Helen DRIVER		24 F 45-54	1112
252	1:05:26	1:05:08	Rachael FINCH	Waveney Valley AC	25 F 45-54	1122
253	1:05:31	1:05:09	Linzi CLARKE	Great Yarmouth Road Runners	41 F 35-44	1077
254	1:05:31	1:05:13	Tara CARROLL	Waveney Valley AC	26 F 45-54	1072
255	1:05:32	1:05:15	Sarah JAMES	Waveney Valley AC	42 F 35-44	1196
256	1:05:33	1:05:15	Debbie FOSTER	Waveney Valley AC	43 F 35-44	1132
257	1:05:34	1:05:15	Sarah RICHES	Bungay Black Dog RC	33 F 0-34	1317
258	1:05:40	1:05:24	Hannah DENNANT		34 F 0-34	1103
259	1:05:40	1:05:24	Louise GOLDSON		27 F 45-54	1144
260	1:05:42	1:05:26	Sarah DENNANT		28 F 45-54	1104
261	1:06:03	1:05:35	Lesley BARNES		44 F 35-44	1027
262	1:06:03	1:05:36	Sarah PHILLIPS	Waveney Valley AC	29 F 45-54	1299
263	1:06:09	1:05:48	Jenna KEMP	Great Yarmouth Road Runners	35 F 0-34	1208
264	1:06:11	1:05:50	Kelly THOMAS		45 F 35-44	1361
265	1:06:12	1:05:45	Hannah WILSON		46 F 35-44	1402
266	1:06:27	1:06:00	Christie O'GORM		36 F 0-34	1279
267	1:06:33	1:06:21	Caroline MOORE	Lowestoft Road Runners	37 F 0-34	1265
268	1:06:36	1:06:00	Graham TOMES		38 M 40-49	1367
269	1:06:39	1:06:17	Ann POINTER		11 M 60-69	1301
270	1:06:44	1:06:23	Paul THORPE		34 M 50-59	1366
271	1:06:45	1:06:33	Kylie BURKE	Bungay Black Dog RC	47 F 35-44	1067
272	1:06:56	1:06:43	Marie WALLACE	Lowestoft Road Runners	48 F 35-44	1377
273	1:06:57	1:06:22	Jane CRANE		49 F 35-44	1085
274	1:07:01	1:06:39	Vikki BROWNSSELL	Great Yarmouth Road Runners	30 F 45-54	1060
275	1:07:03	1:06:39	Mandy JORDAN	Saxmundham Sports Running & Fitness Cl	31 F 45-54	1205
276	1:07:19	1:06:52	Susan POTTER	Bungay Black Dog RC	6 F 55-64	966
277	1:07:28	1:07:06	Elaine HAGGARTY	Great Yarmouth & District AC	7 F 55-64	1152
278	1:07:29	1:07:14	Sadie PAGE		50 F 35-44	1286
279	1:07:29	1:07:14	Tommy TAYLOR		62 M 0-39	1359
280	1:08:09	1:07:59	Sam BONE		63 M 0-39	1048

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281	1:08:21	1:07:53	Kirsten KIRK		32 F 45-54	1213
282	1:08:32	1:08:01	Lorraine CASON	Bungay Black Dog RC	33 F 45-54	1074
283	1:08:43	1:08:20	Anna SPACKMAN	Great Yarmouth Road Runners	51 F 35-44	1346
284	1:08:54	1:08:30	Caroline FOSTER	Saxmundham Sports Running & Fitness Cl	8 F 55-64	1131
285	1:09:11	1:08:35	John MANDERS		35 M 50-59	1238
286	1:09:26	1:09:08	Rebecca WICKS		52 F 35-44	1396
287	1:09:27	1:09:08	Sarah CARR		34 F 45-54	1071
288	1:09:49	1:09:18	Terry GREEN	Bungay Black Dog RC	12 M 60-69	1150
289	1:09:52	1:09:32	Alice HARVEY		38 F 0-34	1164
290	1:09:58	1:09:50	Matt LOWE		64 M 0-39	1229
291	1:09:58	1:09:48	Charlie JONES		65 M 0-39	1203
292	1:10:03	1:09:32	Teresa BAILEY-GREEN	Bungay Black Dog RC	35 F 45-54	1018
293	1:10:07	1:09:33	Wendy JOHNSTONE		53 F 35-44	1202
294	1:10:08	1:09:34	Emma LIFFEN		54 F 35-44	1225
295	1:10:10	1:09:36	Rachel ALLEN	Bungay Black Dog RC	55 F 35-44	1006
296	1:10:40	1:10:08	Helen FISKE	Norwich RR	36 F 45-54	1125
297	1:10:40	1:10:09	Sophie MACRAE	Norwich RR	39 F 0-34	1237
298	1:10:51	1:10:42	Yousuf RAB		66 M 0-39	1309
299	1:10:52	1:10:40	Kirsty BURGESS	Bungay Black Dog RC	56 F 35-44	1066
300	1:10:56	1:10:25	Rosie GOODSSELL		9 F 55-64	1145
301	1:11:11	1:10:58	Emily HARBER		40 F 0-34	1155
302	1:11:11	1:10:59	Molly-Jane BARRETT		41 F 0-34	1031
303	1:11:34	1:11:09	Daniel BALL		67 M 0-39	1021
304	1:11:35	1:11:10	Louise BALL		37 F 45-54	1022
305	1:11:46	1:11:28	Leanne MOSS		57 F 35-44	1266
306	1:11:47	1:11:15	Diane CUSHINE		38 F 45-54	1092
307	1:11:53	1:11:19	Helena CHERRY		39 F 45-54	1076
308	1:11:55	1:11:24	Kim BRIGHTON		40 F 45-54	1055
309	1:12:26	1:11:54	Kevin COPEMAN-LAMOU	Beccles and Bungay Harriers	36 M 50-59	1081
310	1:12:26	1:11:54	Annette COPEMAN-LAMOU	Beccles and Bungay Harriers	41 F 45-54	1080
311	1:12:38	1:12:05	Sarah SHIPLEE		42 F 45-54	1337
312	1:12:50	1:12:36	Nicola WATSON	Lowestoft Road Runners	58 F 35-44	1383
313	1:12:50	1:12:37	David GRAHAM	Lowestoft Road Runners	37 M 50-59	1147
314	1:13:12	1:12:48	Katherine AUDUS	Great Yarmouth Road Runners	42 F 0-34	1017
315	1:13:21	1:13:21	Peter DOWNING		13 M 60-69	1110

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316	1:13:24	1:12:59	Tracie KIRBY		43 F 45-54	1211
317	1:13:24	1:12:54	Sheila NICHOLLS		10 F 55-64	1276
318	1:13:29	1:13:04	Karen BIRCHAM		59 F 35-44	1042
319	1:13:39	1:13:20	Philip NEAVE	Bungay Black Dog RC	14 M 60-69	1272
320	1:14:19	1:13:50	Alice LOMAX	Bungay Black Dog RC	43 F 0-34	1228
321	1:15:06	1:14:40	Betty WILBY		11 F 55-64	1399
322	1:15:06	1:14:41	Deborah BROWN		44 F 45-54	1057
323	1:15:06	1:14:39	Abby BOLDERSTON	Bungay Black Dog RC	60 F 35-44	1047
324	1:15:20	1:15:01	Kim STONE	Waveney Valley AC	45 F 45-54	1352
325	1:15:30	1:14:55	Lucy JOHNSTON	Bungay Black Dog RC	61 F 35-44	1201
326	1:15:31	1:14:56	Laura MARJORAM		62 F 35-44	1241
327	1:15:55	1:15:29	Christine KINGWELL	Bungay Black Dog RC	44 F 0-34	1210
328	1:15:57	1:15:37	Hannah WILLIS	Great Yarmouth Road Runners	63 F 35-44	1401
329	1:16:14	1:15:50	Adele GODBOLT	Great Yarmouth Road Runners	64 F 35-44	1142
330	1:16:29	1:16:05	Liz DANIELS		12 F 55-64	1093
331	1:16:34	1:16:15	Vikki KIRK		65 F 35-44	1216
332	1:16:34	1:16:15	Nathan KIRK		68 M 0-39	1214
333	1:16:37	1:16:10	Anita BETTS	Great Yarmouth Road Runners	3 F 65-99	1040
334	1:16:37	1:16:09	Sarah WATTS	Diss & District AC	46 F 45-54	1385
335	1:16:47	1:16:28	Hannah-Mae TAYLOR	Bungay Black Dog RC	45 F 0-34	1357
336	1:16:54	1:16:25	Jennie CRAIG	Bungay Black Dog RC	66 F 35-44	1083
337	1:16:54	1:16:25	Toby CRAIG	Bungay Black Dog RC	39 M 40-49	1084
338	1:16:55	1:16:30	Jocelyn ARTHUR		47 F 45-54	1013
339	1:16:56	1:16:30	ANNIE PHILLIPS		48 F 45-54	1297
340	1:16:59	1:16:38	Holly WEGG		46 F 0-34	1386
341	1:17:33	1:17:05	Katy JAMES		4 F 65-99	1194
342	1:18:51	1:18:25	Katherine MANN	Norwich RR	67 F 35-44	1239
343	1:19:39	1:19:16	Judith MILLER		13 F 55-64	1262
344	1:20:47	1:20:23	Joanne STONE	Great Yarmouth Road Runners	68 F 35-44	1351
345	1:20:48	1:20:23	Alison BILYARD	Great Yarmouth Road Runners	49 F 45-54	1041
346	1:21:10	1:20:38	Michelle RUTTERFORD		50 F 45-54	1325
347	1:21:10	1:20:38	Christopher CURTIS		40 M 40-49	1091
348	1:21:30	1:20:57	Stephen ORGAN		41 M 40-49	1282
349	1:24:07	1:23:44	Sue HURST	Great Yarmouth Road Runners	14 F 55-64	1191
350	1:24:54	1:24:24	Rachel HARDINGHAM		69 F 35-44	1158

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351	1:27:10	1:26:36	Roz MACLACHLAN	Beccles and Bungay Harriers	51 F 45-54	1236
352	1:27:10	1:26:36	Emma BLACKWELL	Beccles and Bungay Harriers	70 F 35-44	1045
353	1:29:03	1:28:28	Maree MARKS	Norwich RR	52 F 45-54	1243