

Bungay Summer Series 2018

Race 3 - 18th July

Position	Time	Number	Name	Club	Category
1	36:36	245	Johnson, Richard	Wymondham AC	M40
2	36:39	101	Allcock, Harry	Bungay Black Dog Running Club	MS
3	36:44	116	Bagge, Kirk	Wymondham Athletics Club	MS
4	36:59	152	Burgess, Jim	Waveney Valley Athletic Club	M45
5	37:42	102	Andrews, Jo	Bungay Black Dog RC	F40
6	38:21	353	Walker, Benn		MS
7	38:29	352	Vencovsky, Daniel		M35
8	38:48	159	Carruthers, Steven	Waveney valley ac	M45
9	38:57	163	Churchman, Ben	Diss AC	MS
10	39:06	321	Smith, Paul	Norwich Road Runners	M40
11	39:55	313	Scriven, Lloyd	Waveney Valley AC	M45
12	39:55	149	Buckoke, Matt	gyrr	M40
13	40:07	131	Betts, Mark	Norwich Road Runners	M45
14	40:16	258	Leeder, Richard	Stowmarket Striders	M40
15	40:18	247	Kent, Nick		MS
16	40:22	120	Barnes, Darren		M40
17	40:24	165	Clarke, Peter	Diss & District AC	M55
18	40:36	196	Frary, Matthew	Norwich Road Runners	M45
19	40:45	361	Wiles, Jon	Bungay Black dog rc	M45
20	40:47	367	Woods, Laurie	Bure Valley Harriers	MS
21	40:55	256	James, Carass		MS
22	41:10	234	Hughes, Steven	stowmarket striders	M50
23	41:18	148	Brunt, Jason	Norfolk Gazelles AC	M45
24	41:25	109	Armes, Michael	Norwich Road runners	M50
25	41:29	297	Pullinger, Tom	Bungay Black Dog RC	M45
26	41:36	243	James, Robert	Bungay Black Dog	M45
27	41:42	280	Neeve, David	Bungay black dog Running Club	M35
28	41:49	307	Rowe, Mike		M40
29	42:01	192	Fiske, Matthew		M35
30	32:18	355	Ward, Thomas		M35
31	42:19	314	Seymour, Chris	Stowmarket Striders	M45
32	42:46	123	Beck, Amy	Norwich Road runners	F35
33	43:00	112	Attwood, Emma	stowmarket striders	FS
34	43:03	279	Neaves, Steven	BUNGAY BLACK DOG	M60
35	43:04	175	Dady, Stephen	Wymondham ac	M65
36	43:07	348	Tufts, Mark	Wymondham Athletic Club	M50
37	43:16	144	Bowman, Ken	Coltishall Jaguars Running Club	M70
38	43:18	118	Baker, Steven	Great Yarmouth Road Runners	M40
39	43:21	177	Daly, Elizabeth	Dereham Runners AC	F35
40	43:27	292	Persich, Thomas		MS
41	43:36	317	Skoulding, Dale	Bungay Black Dog RC	M35
42	43:39	226	Higgins, Richard	Framlingham Fleys	M50
43	44:07	105	Andrews, Peter	Ipswich harriers	M45
44	44:08	241	Henry, Phil	Coltishall Jaguars RC	M55
45	44:12	330	Spurgeon, Stuart	Waveney Valley	M40
46	44:18	337	Stone, Mark	Great Yarmouth Road Runners	M45
47	44:21	269	McAllen, Chris		M35
48	44:26	128	Belsom, Robin	Ipswich JAFFA	M55
49	44:47	324	Snelling, Ben	Norwich Road Runners	M45
50	45:00	211	Gray, Andy		M40
51	45:01	347	Tovell, Kenneth	Framingham flyers	M45
52	45:08	345	Thompson, Peter	Norfolk Gazelles	M60
53	45:08	338	Strange, Chris	Waveney Valley AC	MS
54	45:15	308	Sadd, Stephen	norfolk gazelles	M55
55	45:22	295	Prewer, Tracy	Lowestoft Road Runners	F50
56	45:33	179	Davies, Chris		M45
57	45:40	130	Betts, Laura		F35
58	46:11	169	Cox, Joanne	Bungay Black Dog Running Club	F45
59	46:19	133	Black, Lindsay		F35

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60	46:30	233	Hughes, Dianne	stowmarket striders	F55
61	46:33	251	Kingwell, Claire		FS
62	46:41	244	Jay, David		M45
63	46:56	209	Goulsbra, Paul		M45
64	46:58	340	Sturgess, Ian	Wymondham AC	M55
65	47:00	161	Chenery, Duncan	Ipswich jaffa	M55
66	47:19	121	Batho, Alex		M45
67	47:28	162	Chong, Jason		M35
68	47:29	202	Gilson, Paul	Ipswich JAFFA RC	M55
69	47:33	275	Milner, Robert	Waveney Valley Athletics Club	M35
70	47:36	262	Lock, Merv		M45
71	47:37	186	Dye, Richard	Bungay Black Dog RC	M55
72	47:37	117	Bailey, Andy	Bungay Black Dog	M45
73	47:38	322	Smith, Simon	BBDRC	M50
74	47:42	171	Critoph, Daniel	Waveney Valley AC	MS
75	47:47	146	Bretton, Mike		M55
76	47:49	369	Young, Stuart	Bungay Black Dog	M50
77	47:51	139	Bool, James		M50
78	47:58	359	Wharton, John	BBDRC	M60
79	48:05	188	Esser, Nick	Beccles Triathlon Club	M45
80	48:16	213	Hall, Lisa	Norwich Road Runner	F35
81	48:24	235	Hunn, Matt		M45
82	48:25	368	Woods, Tim	Norfolk Gazelles	M55
83	48:30	111	Ashcroft, Damian	Bungay Black Dog	M50
84	48:35	263	Lockhart, Jo	Bungay Black Dog	F45
85	48:43	270	McCusker, Eamonn	Ryston Runners	M65
86	48:44	255	Langford, Rebecca	waveney valley ac	F40
87	48:48	199	Gay, Christopher	Gt Yarmouth and District ac	M55
88	48:57	266	MacLean, Anthony	Framlingham Flyers	M45
89	48:59	351	Vallis, Amy		FS
90	49:02	346	Thomson, Joel		MS
91	49:05	197	Garner, Dudley	Norfolk Gazelles	M35
92	49:08	232	Holtzer, Tris	Waveney Valley AC	MS
93	49:11	129	Berner, Paul	Coltishall Jaguars	M40
94	49:13	240	Hyett, David		M35
95	49:27	331	Stacey, James		M40
96	49:28	332	Kevin, Hanner		M40
97	49:32	364	Winner, Rob	WYMONDHAM AC	M45
98	49:34	205	Godwin, Joanna	Wymondham AC	F40
99	49:36	326	Sparkes, Simon	Bungay Black Dog RC	M45
100	49:41	185	Dobson, Neil		M35
101	49:47	283	Norton, Sabrina	bungay black dog	F40
102	49:48	106	Andrews, Stuart		M40
103	49:49	208	Goodwin, David	Norfolk gazelles	M70
104	50:04	329	Sprake, Matthew		M35
105	50:02	320	Smith, Mark	Lowestoft Road Runners	M50
106	50:18	126	Bell, Richard		M50
107	50:20	289	Parden, Jo	Framlingham Flyers	F50
108	50:28	349	Tully, Howard		M65
109	50:29	222	Heatley, Sarah		F40
110	50:31	215	Hardingham, Graham	Norfolk Gazelles	M55
111	50:38	145	Brady, Karl		M50
112	50:45	252	Knights, Suzy	Beccles Triathlon Club	F35
113	50:53	300	Read, Stephen	Bungay Black Dog	M60
114	50:56	138	Bone, John	great yarmouth road runners	M70
115	50:57	217	Harris, Rebecca		F35
116	50:58	362	Wilkinson, Claire		FS
117	51:00	290	Parker, Simon		M45
118	51:10	214	Hardingham, Gail		F60
119	51:42	150	Bumstead, Oliver		MS

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120	51:50	115	Backhouse, Chris	Bungay Black Dog Running Club	M45
121	51:55	158	Carr, Philip		M35
122	52:21	183	Dean, Rebecca	Diss & District AC	FS
123	52:23	182	Dean, Ben	Diss & District AC	M35
124	52:27	267	Maidment, Sarah	Bbdr	F40
125	52:29	229	Holland-Gladwish, Nikki	Bungay Black Dog RC	F45
126	52:30	318	Smith, Keelan	saxmundham running and fitness club	MS
127	52:34	140	Bouldin, James	framingham flyers	MS
128	52:34	305	Roberts, Hugh	Bungay Black Dog	M65
129	52:42	170	Craig, Toby	Bungay Black Dog	M45
130	52:57	265	London, Julie	norfolk gazelles	F50
131	53:20	201	Gilham, Nigel	Bungay black dog rc	M65
132	53:41	228	Holland-Gladwish, Julian	Bungay Black Dog RC	M45
133	53:49	260	Lightfoot, Michelle	Bungay Black Dog	F45
134	53:55	210	Goymer, Cheryl	WVAC	F55
135	54:03	259	Lees, Ivan	Great Yarmouth Road Runners	M60
136	54:18	200	Gilham, Michaela	Bungay Black Dog RC	F40
137	54:20	282	North, Andrew		M35
138	54:23	134	Blagden, Christopher		M50
139	54:31	315	Sharpe, Pete	Wymondham AC	M40
140	54:34	104	Andrews, Jon	Waveney Valley AC	M35
141	54:46	160	Catchpole, Dave	Waveney Valley AC	M35
142	54:55	366	Woodgate, Martyn	Bungay Black Dog RC	M45
143	55:01	237	Hurren, Gemma		F35
144	55:07	238	Hurst, Hayley		FS
145	55:08	323	Smith, Stuart	Waveney Valley AC	M60
146	55:12	306	Roth, Lee	Lowestoft roadrunners	M45
147	55:17	227	Hill, Leslie	norfolk gazelles	M55
148	55:19	248	King, Beth	Norfolk Gazelles AC	F40
149	55:21	304	Rickards, Julie	Bungay Black Dog RC	F45
150	55:21	278	Muttitt, Christine	Bungay Black Dog Running Club	F65
151	55:25	334	Stedman-Jones, Samantha	Bungay Black Dog Running Club	F50
152	55:34	303	Reeve, Sophie		FS
153	55:36	253	Lakey, Christina	Wymondham AC	F35
154	55:37	230	Holloway, Tanya	Bungay Black Dog	F35
155	55:37	204	Godbold, Amy	Bungay black dog	F35
156	55:37	286	Ottaway, Lyn	Wymondham Athletic Club	F40
157	56:09	107	Andrews, Tim		M45
158	56:29	358	Wharfe, Karen		F45
159	56:30	344	Thompson, Louise	Bungay Black Dog	F45
160	57:38	167	Cooper, Carol	Norfolk Gazelles	F50
161	57:43	261	Lock, Ali		F50
162	57:44	166	Cooper, Alison	WVAC	F60
163	57:49	236	Hunter, Silke		F45
164	58:01	257	Laws, Rachael		FS
165	58:08	193	Fitzpatrick, Agnes	City of Norwich Athletics	FS
166	58:08	301	Redgrave, Sophie		FS
167	58:15	312	Schwieer, Kirsty	Bungay Black dog rc	F35
168	58:19	155	Button, Laura		F35
169	58:20	365	Winney, Tina	Waveney Valley Athletic club	F50
170	58:25	231	Holtzer, Kate	WVAC	FS
171	58:36	151	Burgess, Cindy	Wymondham Athletic Club	F65
172	58:43	141	Bound, John	Gyrr	M70
173	58:51	316	Shepstone, Mark		M35
174	59:04	342	Taylor, Joanne	Bungay Black Dog rc	F40
175	59:04	302	Reed, Louise	Bungay Black Dog rc	F40
176	59:14	277	Morton, Katherine		F45
177	59:17	281	Newton, Jo	Black dog running club	F55
178	59:20	328	Spong, Carole	great yarmouth road runners	F70
179	59:21	137	Blyth, Sarah		FS

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180	59:43	206	Goich, Michaela	Waveney Valley AC	F50
181	59:44	198	Garrard, Emma	Lowestoft road runners	F40
182	59:45	207	Gooch, James	Waveney Valley AC	M40
183	60:02	276	Morran, Lucie		F50
184	60:07	103	Andrews, Joanna	Beccles and Bungay Harriers	F35
185	60:16	336	Steele, Lucy		F35
186	60:16	335	Steele, Jake		M40
187	60:32	119	Ball, Hilary	Bungay Black Dog RC	F40
188	61:28	284	O'loughlin, Mitzy	Bungay Black Dog Running club	F50
189	61:31	274	Milner, Donna	Waveney Valley Athletics Club	F35
190	61:41	157	Carr, Deborah		F40
191	61:50	189	Fallon, Teresa		F45
192	61:57	294	Potter, Judy	beccles&bungay harriers ac	F70
193	62:12	285	O'Gorman, Christie		FS
194	62:19	350	Turner, Graham	Diss and District A/C	M35
195	62:28	135	Blagden, Melanie		F45
196	62:36	180	Davis, Julia		F35
197	62:36	181	Davis, Julian	BBDRRC	M35
198	62:48	178	Davey, Sarah	BBDRRC	F40
199	63:14	249	Kingaby, Bill	Waveney Valley AC	M65
200	63:35	309	Sadler, Judith	Bungay Black Dog Running Club	F50
201	63:59	268	Matthewson, Rosemary		F50
202	64:02	164	Clarke, James	Lowestoft Road runners	MS
203	64:21	132	Bird, Paul	Bungay Black Dog RC	M55
204	66:45	195	Franks, Janette		F55
205	66:48	114	Avery, Sarah		F50
206	67:27	218	Harrison, Victoria		F40
207	67:31	264	Lomax, Alice	Bungay Black Dog Running Club	FS
208	67:34	124	Bedingfield, Jessica	Bungay Black Dog RC	FS
209	67:34	298	Pullinger, Victoria	Bungay Black Dog RC	F40
210	67:47	212	Haggarty, Elaine	Gt Yarmouth and District AC	F60
211	67:49	108	Andrzejak, Agnieszka		F35
212	68:24	296	Prime, Karen		F45
213	68:54	293	Pitcher, Jayne		F65
214	69:14	194	Flatt, Maggie		F55
215	70:27	191	Farrar, Robin	Bungay Black Dog Running Club	M70
216	70:40	319	Smith, Lisa	Lowestoft Road Runners	F45
217	71:56	110	Arnell, Bob	GYRRC	M70
218	77:01	147	Brighton, Kim		F45
219	77:01	173	Cushine, Diane		F50
220	77:11	184	Deeks, Stephanie	Great Yarmouth Road Runners	F40
221	77:11	113	Audus, Katherine	Great Yarmouth Road Runners	FS
222	79:11	221	Haylock, Tracey	Bungay Black Dog	F50
223	79:43	250	Kingwell, Christine	Bungay black dog Running Club	FS
224	80:57	242	Jack, Bob	Bungay Black Dog Runners	M55
225	81:35	239	Hurst, Sue	Great Yarmouth Road Runners	F65