

**Groggy Doggy 2018: One lap NO dog**

<b>Position</b>	<b>Time</b>	<b>Number</b>		<b>Name</b>		<b>Club</b>
1	19:49	322	one lap NO dog	Mark	Smith	M Lowestoft Road Runners
2	19:56	302	one lap NO dog	Richard	Crossland	M Bungay Black Dog RC
3	20:45	723	one lap NO dog	Aaron	Blowers	M
4	20:47	316	one lap NO dog	Sabrina	Norton	F Bungay Black Dog RC
5	21:13	323	one lap NO dog	Peter	Lang	M Waveney Valley AC
6	21:17	333	one lap NO dog	Rebecca	Evers	F Bungay Black Dog RC
7	21:57	338	one lap NO dog	Ellie	Kershaw	F
8	21:59	301	one lap NO dog	Marian	Crossland	F
9	22:21	349	one lap NO dog	Cara	Howe	F Beccles & Bungay Harriers
10	22:54	356	one lap NO dog	Lois	Overvoorde	F
11	22:56	568	one lap NO dog	Lindsay	Johnston	F
12	23:09	319	one lap NO dog	Justin	Ashford	M
13	23:18	341	one lap NO dog	Gemma	Bacon	F
14	23:30	339	one lap NO dog	Matt	Bodmer	M Bungay Black Dog RC
15	23:37	357	one lap NO dog	Gary	Smy	M Denver Mile High RC
16	23:46	329	one lap NO dog	Tim	Andrews	M
17	24:17	314	one lap NO dog	Annie	Jenkins	F Norwich Canoe Club
18	24:32	332	one lap NO dog	Austen	Bradley	M
19	24:32	359	one lap NO dog	Stuart	Howard	M
20	24:49	320	one lap NO dog	David	Limpenny	M
21	26:05	348	one lap NO dog	Susan	Brockhouse	F
22	26:07	344	one lap NO dog	Suzy	Knights	F Beccles Tri Club
23	26:07	328	one lap NO dog	Jo	Fisk	F Beccles Tri Club
24	26:38	306	one lap NO dog	Tom	Crossland	M
25	26:42	317	one lap NO dog	Sharon	Mills	F
26	26:43	346	one lap NO dog	Briony	Lowe	F
27	26:43	347	one lap NO dog	Beth	Jones	F
28	26:45	345	one lap NO dog	Will	Lawson-Brown	M
29	26:49	337	one lap NO dog	Simon	Blackwell	M Beccles & Bungay Harriers
30	27:06	315	one lap NO dog	Sarah	Sargeant	F
31	27:12	309	one lap NO dog	Sarah	Davey	F Bungay Black Dog RC
32	27:17	331	one lap NO dog	Kevin	KISBY	M Beccles & Bungay Harriers
33	27:21	318	one lap NO dog	Martin	Ashford	M
34	27:30	358	one lap NO dog	Sarah	Johnson	F
35	27:33	354	one lap NO dog	Georgia	Fulcher	F Beccles & Bungay Harriers
36	27:34	355	one lap NO dog	Victoria	Cole	F Beccles & Bungay Harriers
37	27:54	303	one lap NO dog	Eleanor	Crossland	F
38	28:02	647	one lap NO dog	Jane	Hunt	F Waveney Valley AC
39	28:06	313	one lap NO dog	Ruth	Leary	F
40	28:21	352	one lap NO dog	Paul	Jackson	M
41	28:29	330	one lap NO dog	Beth	King	F Norfolk Gazelles
42	28:29	300	one lap NO dog	Julia	Glenn	F Bungay Black Dog RC
43	28:36	327	one lap NO dog	Jacqueline	Keeling	F
44	28:36	326	one lap NO dog	Dee	Middleton Hall	F Wymondham AC
45	28:45	351	one lap NO dog	Catherine	Player	F
46	28:53	343	one lap NO dog	Sally	Owen	F
47	29:11	311	one lap NO dog	Rebekah	Wilson	F
48	29:12	312	one lap NO dog	Craig	Wilson	M
49	29:34	350	one lap NO dog	Nathan	Drake	M
50	29:47	586	one lap NO dog	Jamie	Garbutt	M
51	29:48	587	one lap NO dog	Liam	Miller	M
52	30:07	654	one lap NO dog	Lisa	Adams	F Team Dunerunner

53	30:07	310	one lap NO dog	Christopher	Davey	M	Bungay Black Dog RC
54	31:06	340	one lap NO dog	Claire	Bodmer	F	
55	31:30	671	one lap NO dog	Peter	Walwyn	M	
56	31:32	335	one lap NO dog	Rachel	Robson	F	
57	31:32	307	one lap NO dog	Judith	Sadler	F	Bungay Black Dog RC
58	31:43	308	one lap NO dog	Frances	Hall	F	
59	31:48	325	one lap NO dog	Sarah	James	F	Waveney Valley AC
60	31:49	324	one lap NO dog	Rachael	Finch	F	Waveney Valley AC
61	31:50	336	one lap NO dog	Emma	Blackwell	F	Beccles & Bungay Harriers
62	32:02	321	one lap NO dog	Lisa	Smith	F	Lowestoft Road Runners
63	32:28	342	one lap NO dog	Laura	Marjoram	F	
64	32:49	334	one lap NO dog	Liz	Clark	F	
65	33:10	304	one lap NO dog	James	Crossland	M	
66	33:26	305	one lap NO dog	Jane	Crossland	F	
67	34:09	353	one lap NO dog	Emma	Youngman	F	Norwich Road Runners
68	42:50	607	one lap NO dog	Philip	Taylor	M	