

Groggy Doggy 2018: Two laps NO dog

Position	Time	Number		Name		Club
1	27:53	532	Two laps NO dog	Colin	High	M Guildford & Godalming AC
2	29:01	557	Two laps NO dog	Piers	Arnold	M City Of Norwich AC
3	30:13	705	Two laps NO dog	Ben	Harris	M Retford
4	30:29	514	Two laps NO dog	Jim	Last	M Framlingham Flyers
5	31:26	535	Two laps NO dog	Robert	Fryer	M City of Portsmouth
6	31:40	639	Two laps NO dog	Iain	Robertson	M Tri-Anglia
7	31:52	690	Two laps NO dog	James	Kershaw	M
8	31:54	573	Two laps NO dog	Scott	Williams	M Stowmarket Striders
9	31:55	658	Two laps NO dog	Benn	Walker	M
10	32:00	546	Two laps NO dog	Darren	Honour	M Team Dunerunner
11	32:03	672	Two laps NO dog	Tom	Bush	M
12	32:10	609	Two laps NO dog	Jo	Andrews	F Bungay Black Dog RC
13	32:12	693	Two laps NO dog	Philippe	Easterbrook	M
14	32:23	679	Two laps NO dog	Ben	Gibbison	M Mynydd Du
15	32:44	676	Two laps NO dog	Dominic	Oliver	M City Of Norwich AC
16	32:50	582	Two laps NO dog	Ted	Oldman	M Belgrave Harriers
17	32:55	510	Two laps NO dog	Matt	Spencer	M Bungay Black Dog RC
18	33:08	509	Two laps NO dog	Will	Law	M Ipswich Jaffa
19	33:10	508	Two laps NO dog	Chris	Hall	M Bungay Black Dog RC
20	33:31	594	Two laps NO dog	Graham	Jenvey	M
21	33:41	537	Two laps NO dog	Simon	Cook	M Lowestoft Road Runners
22	33:57	517	Two laps NO dog	Andrew	Preston	M Wymondham AC
23	34:02	580	Two laps NO dog	Nick	Hammond	M Framlingham Flyers
24	34:53	578	Two laps NO dog	Dylan	Neeve	M Waveney Valley AC
25	35:03	636	Two laps NO dog	Richard	Aukland	M Waveney Valley AC
26	35:08	668	Two laps NO dog	Benjamin	Garcia	M
27	35:10	538	Two laps NO dog	Jon	Wiles	M Bungay Black Dog RC
28	35:17	663	Two laps NO dog	Carl	Prewer	M Lowestoft Road Runners
29	35:26	626	Two laps NO dog	Mark	Collinson	M
30	35:27	655	Two laps NO dog	Bernard	Mukuya	M GYDAC
31	35:28	640	Two laps NO dog	Becky	Robertson	F Tri-Anglia
32	35:31	519	Two laps NO dog	Jason	Corner	M Coltishall Jaguars
33	35:51	651	Two laps NO dog	Will	Johnson	M
34	35:53	652	Two laps NO dog	Lauren	Howe	F Beccles & Bungay Harriers
35	36:03	699	Two laps NO dog	Alfie	Chapman	M ARUP
36	36:08	527	Two laps NO dog	Phil	Jenkins	M Norwich Canoe Club
37	36:13	577	Two laps NO dog	Leon	Neeve	M Waveney Valley AC
38	36:19	556	Two laps NO dog	Stephen	Curran	M Framlingham Flyers
39	36:30	618	Two laps NO dog	Karl	Chapman	M Wymomdham AC
40	36:50	569	Two laps NO dog	Rebecca	Goodwin	F Windrush Tri Club
41	36:54	585	Two laps NO dog	Gary	Grand	M Norwich Road Runners
42	37:00	695	Two laps NO dog	James	Carass	M Gt Yarmouth Road Runners
43	37:05	542	Two laps NO dog	Patrick	Harbord	M
44	37:14	575	Two laps NO dog	Alan	Bushell	M Coltishall Jaguars
45	37:20	724	Two laps NO dog	A	Scholey	O
46	37:35	697	Two laps NO dog	Eric	Chapman	M ICXCAC
47	37:40	529	Two laps NO dog	Mark	Tufts	M Wymondham AC
48	37:48	603	Two laps NO dog	Robert	Blackham	M
49	37:49	661	Two laps NO dog	Chris	Dale	M
50	37:51	592	Two laps NO dog	Kenneth	Tovell	M Framlingham Flyers
51	37:58	665	Two laps NO dog	Sean	O'Loughlin	M Bungay Black Dog RC
52	38:13	622	Two laps NO dog	Darren	Goodby	M Bungay Black Dog RC
53	38:22	682	Two laps NO dog	Robert	James	M Bungay Black Dog RC
54	38:30	635	Two laps NO dog	Timothy	Earl	M Waveney Valley AC
55	38:45	531	Two laps NO dog	Russell	Clarke	M Tri-Anglia
56	38:48	700	Two laps NO dog	Rose	Westall	F
57	38:52	520	Two laps NO dog	Peter	Woods	M Felixstowe Road Runners

58	39:06	522	Two laps NO dog	Ray	Kirby	M Tri-Anglia
59	39:19	634	Two laps NO dog	Terry	Hubbard	M Gt Yarmouth Road Runners
60	39:25	601	Two laps NO dog	Ben	Snelling	M Norwich Road Runners
61	39:32	528	Two laps NO dog	Gary	McDonald	M Lowestoft Road Runners
62	39:34	611	Two laps NO dog	Neil	Bunnage	M Norwich Road Runners
63	39:54	713	Two laps NO dog	Katie	Garrity	F
64	40:01	642	Two laps NO dog	Duncan	Chenery	M Ipswich Jaffa
65	40:03	664	Two laps NO dog	Tracy	Prewer	F Lowestoft Road Runners
66	40:04	692	Two laps NO dog	Darren	France	M
67	40:13	534	Two laps NO dog	Neil	May	M Team Dunerunner
68	40:18	715	Two laps NO dog	Terry	Garrity	M Bungay Black Dog RC
69	40:24	615	Two laps NO dog	Darrell	Oldman	M Bungay Black Dog RC
70	40:42	698	Two laps NO dog	Dan	Chapman	M Tri-Anglia
71	41:02	649	Two laps NO dog	Tim	Johnson	M
72	41:05	501	Two laps NO dog	Rob	Lines	M Tri-Anglia
73	41:20	551	Two laps NO dog	Nicola	Baker	F Gt Yarmouth Road Runners
74	41:32	623	Two laps NO dog	Lindsay	Black	F Beccles & Bungay Harriers
75	41:35	643	Two laps NO dog	Steve	Cook	M Norfolk Gazelles
76	41:38	558	Two laps NO dog	Patrick	Day	M Bungay Black Dog RC
77	41:47	552	Two laps NO dog	Phoebe	Baker	F
78	41:48	526	Two laps NO dog	Matt	Baldry	M Waveney Valley AC
79	41:49	548	Two laps NO dog	Gerry	Watson	M Wymondham AC
80	41:50	502	Two laps NO dog	Rob	Hall	M Bungay Black Dog RC
81	41:51	521	Two laps NO dog	Rick	Voutt	M
82	41:52	550	Two laps NO dog	Andrew	Baker	M Gt Yarmouth Road Runners
83	41:53	562	Two laps NO dog	David	Mower	M Waveney Valley AC
84	41:55	624	Two laps NO dog	Damian	Ashcroft	M Bungay Black Dog RC
85	41:58	620	Two laps NO dog	David	Smith	M Bungay Black Dog RC
86	42:00	516	Two laps NO dog	Matthew	Reynolds	M Lowestoft Road Runners
87	42:06	704	Two laps NO dog	Ann	Harris	F Retford
88	42:12	591	Two laps NO dog	Pete	Thompson	M Norfolk Gazelles
89	42:19	545	Two laps NO dog	Laurie	Abel	M
90	42:20	629	Two laps NO dog	Mike	White	M Beccles & Bungay Harriers
91	42:21	648	Two laps NO dog	Nick	Esser	M Beccles Tri Club
92	42:22	675	Two laps NO dog	Paul	Collins	M
93	42:23	547	Two laps NO dog	Jasmin	Honour	F Team Dunerunner
94	42:24	688	Two laps NO dog	James	Mackenzie	M
95	42:25	689	Two laps NO dog	Fiona	McKibben	F
96	42:27	687	Two laps NO dog	Robin	Mackenzie	M Framlingham Flyers
97	42:29	576	Two laps NO dog	David	Dinnage	M Framlingham Flyers
98	42:30	667	Two laps NO dog	Gary	Howe	M Beccles & Bungay Harriers
99	42:32	539	Two laps NO dog	Rich	Sargeant	M Norwich Road Runners
100	42:34	512	Two laps NO dog	Kevin	Hardingham	M Norfolk Gazelles
101	42:38	728	Two laps NO dog	Kieron TS	Hetherington	M
102	42:39	506	Two laps NO dog	Jo	Lockhart	F Bungay Black Dog RC
103	42:40	565	Two laps NO dog	Richard	Dye	M Bungay Black Dog RC
104	42:41	507	Two laps NO dog	Roly	Shaw	M Beccles Tri Club
105	42:47	729	Two laps NO dog	Jack	Ellwood	M
106	43:08	590	Two laps NO dog	Stephanie	Pimlott	F Waveney Valley AC
107	43:18	583	Two laps NO dog	Sarah	Norman	F
108	43:19	599	Two laps NO dog	Tony	Morley	M Bungay Black Dog RC
109	43:27	670	Two laps NO dog	Peter	Warland	M Stowmarket Striders
110	43:32	630	Two laps NO dog	David	Brown	M Beccles tri club
111	43:33	631	Two laps NO dog	Thakeni	Marston	F Beccles tri club
112	43:36	588	Two laps NO dog	Laura	Johnson	F
113	43:40	650	Two laps NO dog	Andrew	Johnson	M
114	43:44	504	Two laps NO dog	Sarah	Maidment	F Bungay Black Dog RC
115	43:54	524	Two laps NO dog	Peter	Woods	M Bure Valley Harriers
116	43:56	530	Two laps NO dog	Stephen	Dunnett	M Framlingham Flyers

117	43:59	641	Two laps NO dog	Roger	Bacon	M
118	44:27	570	Two laps NO dog	David	Goodwin	M
119	45:08	722	Two laps NO dog	Tom	Allenby	M
120	45:13	621	Two laps NO dog	Maria	Goodby	F Bungay Black Dog RC
121	45:35	604	Two laps NO dog	Daniel	Clark	M Felixstowe Road Runners
122	45:38	686	Two laps NO dog	Anthony	Maclean	M Framlingham Flyers
123	45:49	707	Two laps NO dog	Bruce	Rayner	M Bungay Black Dog RC
124	45:51	608	Two laps NO dog	Karen	Rix	F Norfolk Gazelles
125	46:00	602	Two laps NO dog	Mark	Regan	M
126	46:03	659	Two laps NO dog	Jake	Steele	M
127	46:04	677	Two laps NO dog	Andrew	McPhillie	M
128	46:05	684	Two laps NO dog	Nicky	Roper	F Framlingham Flyers
129	46:08	694	Two laps NO dog	Michael	Stollery	M
130	46:19	579	Two laps NO dog	Sandra	Mayhew	F Stowmarket Striders
131	46:20	513	Two laps NO dog	Kevin	Ward	M
132	46:28	543	Two laps NO dog	Matt	Plummer	M BTC
133	46:44	669	Two laps NO dog	Sharon	Warland	F Stowmarket Striders
134	46:48	645	Two laps NO dog	Phillip	Goffin	M
135	46:49	555	Two laps NO dog	Karen	Peck	F
136	46:50	646	Two laps NO dog	Nicole	Goffin	F Waveney Valley AC
137	47:17	720	Two laps NO dog	Roland	Kuhn	M
138	47:18	617	Two laps NO dog	Mark	Ollett	M Team Dunerunner
139	47:22	714	Two laps NO dog	Hazel	Garrity	F Bungay Black Dog RC
140	47:27	628	Two laps NO dog	Andrew	North	M
141	47:32	660	Two laps NO dog	Lucy	Steele	F
142	47:32	662	Two laps NO dog	Emily	Dale	F
143	47:36	584	Two laps NO dog	Tony	Beales	M Wymondham AC
144	47:47	523	Two laps NO dog	Calli	Challis	F
145	47:48	525	Two laps NO dog	Will	Burl	M
146	47:49	711	Two laps NO dog	Martyn	Woodgate	M Bungay Black Dog RC
147	48:00	533	Two laps NO dog	John	Barnes	M Godric
148	48:20	725	Two laps NO dog	Paul	Youngman	M Tri-Anglia
149	48:30	719	Two laps NO dog	Christian	Drane	M Bungay Black Dog RC
150	48:43	505	Two laps NO dog	Robin	Ashe	M Bungay Black Dog RC
151	48:53	681	Two laps NO dog	Justine	Collins	F
152	49:00	515	Two laps NO dog	Ian	Edwards	M Norfolk Gazelles
153	49:08	680	Two laps NO dog	Moira	Ash	F
154	49:08	571	Two laps NO dog	Alison	Sinclair	F Bushfield Joggers
155	49:09	572	Two laps NO dog	Ray	Causton	M Bushfield Joggers
156	49:23	614	Two laps NO dog	George	Shiplee	M Beccles & Bungay Harriers
157	49:25	600	Two laps NO dog	Kevin	Copeman-lamoureux	M Beccles & Bungay Harriers
158	49:37	730	Two laps NO dog	Steph	Strowger	F Lowestoft Road Runners
159	49:37	731	Two laps NO dog	James	White	M
160	49:40	627	Two laps NO dog	Lin	Goram	F
161	49:42	559	Two laps NO dog	Sean	Day	M Bungay Black Dog RC
162	49:54	616	Two laps NO dog	Rachel	Ollett	F Team Dunerunner
163	49:54	566	Two laps NO dog	Kelly	Shaw	F Team Dunerunner
164	49:54	718	Two laps NO dog	Eirrin	Donna	M Gytt
165	49:55	500	Two laps NO dog	Dave	Lines	M Tri-Anglia
166	49:56	717	Two laps NO dog	Donna	Machin	F
167	49:58	644	Two laps NO dog	Andrew	Ives	M Team Dunerunner
168	50:01	612	Two laps NO dog	Michaela	Gilham	F Bungay Black Dog RC
169	50:02	733	Two laps NO dog	Steve	Randle	M
170	50:03	619	Two laps NO dog	Kate	Smith	F Bungay Black Dog RC
171	50:06	598	Two laps NO dog	Sam	O'Hara	F Beccles & Bungay Harriers
172	50:13	732	Two laps NO dog	Jacqui	Randle	F
173	50:23	610	Two laps NO dog	Cheryl	Goymer	F Waveney Valley AC
174	50:32	734	Two laps NO dog	Barry	Randle	M
175	50:39	625	Two laps NO dog	Mark	Kingston	M

176	50:45	701	Two laps NO dog	Tracy	Stevens	F Wymondham AC
177	50:52	696	Two laps NO dog	Gemma	Aylen	F Gt Yarmouth Road Runners
178	50:54	574	Two laps NO dog	Adele	Bushell	F Coltishall Jaguars
179	50:57	710	Two laps NO dog	Nicola	Weldon	F Wymondham AC DEFINITELY!
180	51:08	683	Two laps NO dog	Mike	James	M
181	51:26	712	Two laps NO dog	Kirsten	Warfdale	F
182	51:26	685	Two laps NO dog	Ian	Roper	M
183	51:59	606	Two laps NO dog	Vivienne	Taylor	F Framlingham Flyers
184	52:33	511	Two laps NO dog	Alice	Kirk	F Bungay Black Dog RC
185	52:52	721	Two laps NO dog	Zoe	Johnson	F
186	53:10	691	Two laps NO dog	Hayley	Coles	F Felixstowe Road Runners
187	53:12	589	Two laps NO dog	Lynne	Johnson	F
188	53:15	596	Two laps NO dog	Linda	Nobbs	F Beccles & Bungay Harriers
189	53:17	637	Two laps NO dog	Robert	Scarfe	M Wymondham AC
190	53:18	716	Two laps NO dog	Ian	Freel	M Team Dunerunner
191	53:19	544	Two laps NO dog	Eva	Osborne	F Wymondham AC
192	53:20	561	Two laps NO dog	Helen	Atkinson	F
193	53:41	653	Two laps NO dog	Darren	Adams	M Team Dunerunner
194	53:43	706	Two laps NO dog	Jill	Vaughan	F
195	53:48	581	Two laps NO dog	Stephen	Oldman	M Bungay Black Dog RC
196	53:51	536	Two laps NO dog	Stephen	Swallow	F
197	54:20	541	Two laps NO dog	Martin	Hazell	M
198	54:24	726	Two laps NO dog	Phil	Ormston	M
199	54:26	727	Two laps NO dog	Marion	Walker	F Framlingham Flyers
200	54:51	638	Two laps NO dog	Karen	Prime	F
201	54:58	632	Two laps NO dog	Rebecca	Hodges	F
202	55:07	709	Two laps NO dog	Anastasia	Dewell	F Redway Runners
203	55:09	518	Two laps NO dog	Andrew	Moore	M Parkrun
204	55:11	595	Two laps NO dog	Julia	Pelham	F Beccles & Bungay Harriers
205	55:39	554	Two laps NO dog	Jennifer	Baker	F
206	55:39	553	Two laps NO dog	Holly	Baker	F
207	55:55	503	Two laps NO dog	Lucie	Morran	F Bungay Black Dog RC
208	57:26	633	Two laps NO dog	Philip	Neave	M Bungay Black Dog RC
209	58:07	708	Two laps NO dog	Karen	Waters	F Bungay Black Dog RC
210	58:48	597	Two laps NO dog	Anna	Clark	F Beccles & Bungay Harriers
211	59:02	702	Two laps NO dog	Katie	Franks	F
212	59:10	703	Two laps NO dog	Janette	Franks	F
213	59:28	593	Two laps NO dog	Miki	Bloomfield	F
214	59:49	666	Two laps NO dog	Madeleine	Little	F
215	60:04	564	Two laps NO dog	Raymond	Lindsay	M Norwich Road Runners
216	60:18	656	Two laps NO dog	Natalie	Bloor	F SAXONS
217	60:18	657	Two laps NO dog	Sara	Bloor	F
218	61:19	567	Two laps NO dog	Rochine	Symonds	F Gt Yarmouth Road Runners
219	61:35	549	Two laps NO dog	Marianne	Flack	F
220	61:39	563	Two laps NO dog	Angela	Mower	F Waveney Valley AC
221	62:09	560	Two laps NO dog	Jane	Eaglen	F Waveney Valley AC
222	63:12	674	Two laps NO dog	Rachel	Acamon-carbonelli	F Gt Yarmouth Road Runners
223	63:12	673	Two laps NO dog	Hayley	Donnelly	F
224	65:44	613	Two laps NO dog	Sarah	Shiplee	F Beccles & Bungay Harriers
225	67:29	540	Two laps NO dog	Pat	Brightman	F GYDAC