

### Bungay Black Dog 10 km - 2019 Provisional Prize List

Sunday 14th April 2019 9.30 am

Edited 14th April 2019

#### **Mens Prizes**

<i>Prize</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>
<b>1st</b>	00:34:07	Dominic Oliver	CoNAC	MS
<b>2nd</b>	00:34:19	David Sparshott	Bungay Black Dog RC	MS
<b>3rd</b>	00:37:00	John Cox		MS
<b>Male Senior</b>	00:37:41	Richard Jones	CoNAC	MS
<b>Male V40</b>	0:37:43	Chris Bullock	Norwich Road Runners	M40
<b>Male V50</b>	00:37:46	Dave Solomon	Felixstowe RRC	M50
<b>Male V60</b>	00:41:54	Pete Johnson	Ryston Runners	M60
<b>Male V70</b>	00:50:59	Sam Weller	North Norfolk Beach Runners	M70

#### **Male Team**

00:34:19 David Sparshott  
0:42:04 Matthew Tye  
0:43:52 David Neeve  
**01:59:16**

Bungay Black Dog RC

#### **Womens Prizes**

<i>Prize</i>	<i>Time</i>	<i>Name</i>	<i>Club</i>	<i>Category</i>
<b>1st</b>	00:40:32	Lauren Howe	CoNAC	FS
<b>2nd</b>	00:41:58	Holly Phipps	University of Sheffield	
<b>3rd</b>	00:42:17	Zoe Chase	Waveney Valley AC	
<b>Female Senior</b>	00:42:24	Karen Martin	Haverhill Running Club	FS
<b>Female V40</b>	00:45:07	Louise Marsden	Tri-Anglia	F40
<b>Female V50</b>	0:47:51	Jenny Sheahan	Eastern Masters AC	F50
<b>Female V60</b>	0:49:40	Penny Edwards	Norwich Road Runners	F60
<b>Female V70</b>		No Runner Qualified		F70

#### **Female Team**

00:40:32 Lauren Howe  
00:50:15 Marian Crossland  
00:51:09 Sarah Steel  
**02:21:56**

CoNAC