

Bungay Black Dog Running Club
 BFoR 10 km - 14th April 2019
 Updated 29th April 2019

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	34:06	34:05	Dominic Oliver	City Of Norwich AC	MU40	1342
2	34:24	34:23	David Sparshott	Bungay Black Dog RC	MU40	1442
3	36:59	36:58	John Cox	Kent AC	M40	1120
4	37:40	37:39	Richard Jones	City Of Norwich AC	MU40	1251
5	37:42	37:41	Chris Bullock	Norwich Road Runners	M40	1079
6	37:45	37:44	Dave Solomon	Felixstowe RRC	M50	1439
7	38:11	38:10	Russell Brown		M50	1074
8	38:14	38:13	Steve Brooke	Felixstowe RRC	M50	1070
9	38:28	38:27	Alan Hume	Norfolk Gazelles AC	M40	1235
10	39:12	39:10	Ian Elden	Ipswich Jaffa RC	M40	1154
11	39:14	39:13	James Fowler	Norfolk Gazelles AC	M40	1179
12	39:18	39:12	Nick Kent	Wymondham AC	MU40	1262
13	39:41	39:39	Chris Seymour	Stowmarket Striders RC	M50	978
14	39:52	39:50	Ian Bailey		M40	1023
15	39:59	39:56	Darren Barnes		M40	1032
16	40:05	40:02	Tim Phipps	Cambridge & Coleridge AC	M50	1365
17	40:11	40:05	George Shiplee	Beccles & Bungay Harriers	MU40	1425
18	40:22	40:10	Chris Mower	Saint Edmund Pacers	M40	1323
19	40:22	40:19	Peter Clarke	Diss and District AC	M50	1106
20	40:26	40:21	Gregor Kennedy		M50	968
21	40:31	40:30	Lauren Howe	City Of Norwich AC	FU40	1232
22	40:54	40:49	Steven Harrowing	Norfolk Harriers RC	MU40	1211
23	40:59	40:58	Tom Alexander	Woodbridge Shufflers RC	M40	1008
24	41:02	40:58	Andrew Buck		M40	1078
25	41:05	40:56	Andrew Fleetwood		M40	1173
26	41:28	41:20	Kevin Rowe	Norwich Road Runners	MU40	1408
27	41:52	41:48	David Worrall		MU40	1494
28	41:54	41:51	Pete Johnson	Ryston Runners	M60	1247
29	41:54	41:42	Peter Charlton		MU40	1096
30	41:58	41:56	Holly Phipps	University of Sheffield Athletics and XC Club	FU40	1364
31	42:00	41:57	Glenn Fletcher	Waveney Valley AC	MU40	1175
32	42:01	41:57	Jordan Beaumont	Ipswich Jaffa RC	MU40	1041
33	42:03	41:58	Adam Graham		MU40	1199
34	42:04	41:58	Matthew Tye	Bungay Black Dog RC	MU40	1468
35	42:13	42:07	Matthew Fiske		MU40	1171
36	42:16	42:13	Dylan Neeve	Waveney Valley AC	M40	1331

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
37	42:17	42:13	Zoe Chase	Waveney Valley AC	F40	1097
38	42:23	42:20	Karen Martin	Haverhill Running Club	FU40	1303
39	42:28	42:21	Neil Leeds		M40	1278
40	42:32	42:21	Jessie Gooderham	Saint Edmund Pacers	FU40	963
41	42:33	42:21	Peter Bird	Saint Edmund Pacers	M40	1051
42	42:35	42:31	Paulus Maukonen	BRJ Run and Tri	MU40	1306
43	42:36	42:33	Chris Chew	Bishops Stortford RC	M50	1099
44	42:52	42:49	David Neeve	Bungay Black Dog RC	MU40	1330
45	43:03	42:58	Jacob Howard	Ipswich Triathlon Club	MU40	1228
46	43:10	43:05	Stephen Kenworthy		M50	1263
47	43:11	43:08	Matt Baldry	Waveney Valley AC	M40	1026
48	43:36	43:35	Harry Curtis		MU40	1129
49	43:44	43:40	Emilie Wix	Woodbridge Shufflers RC	FU40	1491
50	44:00	43:48	Nigel Schofield	Saint Edmund Pacers	M50	1415
51	44:02	43:57	Harley Brundle		MU40	1077
52	44:27	44:17	Elfed Samuel		MU40	1412
53	44:28	44:23	Mark Fowler	Norfolk Gazelles AC	M40	1180
54	44:33	44:26	Stephen Leeves		M50	1308
55	44:39	44:33	Matt King		M40	1266
56	44:58	44:54	James Roberts	Bungay Black Dog RC	M40	1396
57	45:00	44:59	Rob Hall	Bungay Black Dog RC	M50	1205
58	45:02	44:41	Stuart Rose	Dereham Runners & AC	M40	1403
59	45:06	45:04	Louise Marsden	Tri-Anglia Triathlon Club	F40	1301
60	45:07	44:54	Andrew Thomas	Great Yarmouth Road Runners	M40	984
61	45:08	45:03	Richard Crossland	Bungay Black Dog RC	M50	1125
62	45:14	45:05	Chloe Lamb		F40	1272
63	45:16	45:11	Russel Breyer	Ipswich Triathlon Club	M50	1067
64	45:23	45:18	Peter Smith		M40	1437
65	45:30	45:29	Stefan Goodswen		MU40	1197
66	45:44	45:42	Robin Hooton		M40	1225
67	45:45	45:35	Lorena Latisaite	Ryston Runners	FU40	1275
68	45:52	45:50	Rob Herring		M50	1220
69	45:55	45:49	Ian Hawkes	Waveney Valley AC	M50	1213
70	46:04	46:01	Ben Wilson		M50	1489
71	46:06	46:00	Robin Jones	Waveney Valley AC	M60	1252
72	46:13	46:06	Zoe Jones	Wymondham AC	F40	1253

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73	46:28	46:26	Keith Blake	Norwich Road Runners	M50	1055
74	46:34	46:31	Lindsay Black	Beccles & Bungay Harriers	FU40	1053
75	46:53	46:46	Ross Arnold	Haverhill Running Club	MU40	1015
76	46:54	46:32	Patrick Day	Bungay Black Dog RC	MU40	1136
77	46:55	46:43	Luke Brown		MU40	953
78	47:00	46:49	John Digby	Norfolk Gazelles AC	M40	1142
79	47:20	47:11	Chris Kent		MU40	1260
80	47:23	47:17	Paul Spooner		MU40	981
81	47:24	47:19	Imogen Curtis		FU40	1130
82	47:24	47:13	Ian Gooderham	Saint Edmund Pacers	M50	1195
83	47:29	47:21	Ben Howlett-Cobb	Norwich Road Runners	MU40	1233
84	47:30	47:22	James Crisp	Lowestoft Road Runners	MU40	1121
85	47:31	46:29	Dan Smith		MU40	1434
86	47:38	47:32	David Thrower		M50	1463
87	47:42	47:37	Christopher Carr	Norwich Road Runners	MU40	1090
88	47:46	47:34	Jordan Greer	Saint Edmund Pacers	MU40	1203
89	47:48	47:42	Stephen Worrall		MU40	1495
90	47:48	47:22	Simon Skinner	Beccles & Bungay Harriers	M40	1431
91	47:51	47:48	Jenny Sheahan	Eastern Masters AC	F50	1421
92	47:53	47:46	Dominic West		M40	1478
93	47:58	47:51	Tim Woods	Norfolk Gazelles AC	M50	1493
94	48:01	47:47	Stephen Cattermole		M50	1094
95	48:03		Jonathon Coulson		MU40	1117
96	48:05	47:56	Carys Samuel		FU40	1411
97	48:12	47:58	Gary Tuttle	Team Dunerunner	M50	1467
98	48:15	47:54	Stefan Baber		M40	1021
99	48:17	48:14	Jonathan Mulley		M50	1326
100	48:18	48:05	Robert Reason	Stowmarket Striders RC	M50	1385
101	48:21	48:08	Nicola Seaman	Bungay Black Dog RC	FU40	1417
102	48:28	48:19	Graham Aldous		M40	1005
103	48:28	48:23	Connor Davis		MU40	1134
104	48:29	48:04	Jonathan Puxley	Beccles & Bungay Harriers	M40	1378
105	48:31	48:22	Clive Purbrook	Newmarket Joggers	M60	1377
106	48:33	48:29	David Sheahan		M50	1420
107	48:41	48:27	Matt Licence		MU40	1283
108	48:56	48:53	Gary Howe	Beccles & Bungay Harriers	M60	1231

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109	48:56	48:24	Andrew Callen	Diss and District AC	MU40	954
110	49:00	48:54	Ellen Lockhart	Bungay Black Dog RC	FU40	1287
111	49:01	48:44	Srikanth Balaji		MU40	1025
112	49:17	48:53	Nicola Barnes		FU40	1035
113	49:21	48:57	Max Barnes		MU40	1034
114	49:24	49:24	Patrick Wilford	Saxmundham Sports Running & Fitness Club	MU40	1486
115	49:28	49:20	Kaye Branton	Felixstowe RRC	F40	1064
116	49:33	49:23	Duncan Cox		M40	1061
117	49:36	49:29	Michael Persich		M60	1360
118	49:38	49:12	Sharon Brandon	Saint Edmund Pacers	F50	1063
119	49:38	49:29	Allyson Phillips		FU40	1361
120	49:40	49:34	Penny Edwards	Norwich Road Runners	F60	1153
121	49:41	49:27	Chrissi Middleton		FU40	1310
122	49:46	49:30	Jonathan Wilding	Felixstowe RRC	M50	1485
123	49:59	49:51	Claire Kent	Wymondham AC	FU40	1261
124	50:00	49:29	Sally Bellis		FU40	1043
125	50:01	49:57	Stuart Shackleton		MU40	1419
126	50:02	49:00	Michael Fisher		MU40	1169
127	50:04	49:55	Rhiannon Evans		FU40	1158
128	50:08	50:02	Tony Morley	Bungay Black Dog RC	M60	1320
129	50:08	49:58	Martin Keeler		MU40	1257
130	50:11	50:02	Bethany Rogers	Bungay Black Dog RC	FU40	1400
131	50:15	50:00	Marian Crossland	City Of Norwich AC	F50	1124
132	50:18	49:53	Robert Hudson		MU40	1234
133	50:19	49:54	Chris Martin		MU40	1302
134	50:21	50:10	Sam Harbrow		MU40	965
135	50:27	50:12	Sundee Denton Chandler		FU40	1140
136	50:28	50:11	Daniella Liffen	Waveney Valley AC	FU40	970
137	50:30	50:13	Leo Stead	Waveney Valley AC	M40	982
138	50:46	50:35	Christopher Jones	Thrift Green Trotters	M50	967
139	50:48	50:28	Kim Blazer		F50	1057
140	50:48	50:38	Phil Henry	Coltishall Jaguars RC	M50	1219
141	50:51	50:45	Sarah Graham		FU40	1200
142	50:59	50:50	Sam Weller	North Norfolk Beach Runners	M70	1477
143	50:59		Liam Robson		MU40	1399
144	50:59	50:48	Sarah MacDonald	Bungay Black Dog RC	FU40	1292

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145	51:02	50:40	Iain Johnstone	Great Yarmouth Road Runners	M50	1250
146	51:02	50:54	John Nevin	Haverhill Running Club	M60	1334
147	51:04	50:57	Caroline Peek	Lowestoft Road Runners	F40	1355
148	51:05	51:02	Rebecca Evers	Bungay Black Dog RC	FU40	1160
149	51:08	50:53	James Steel		MU40	1447
150	51:08	50:53	Rory Steel		MU40	1448
151	51:08	50:54	Sarah Steel	City Of Norwich AC	F50	1449
152	51:12	51:03	Anna Cue		FU40	1126
153	51:13	51:05	Robert Quinlan		M40	1380
154	51:14	51:01	James Stacey		M40	1444
155	51:16	50:54	Teresa Franklin	Haverhill Running Club	F50	1182
156	51:27	51:13	Kirsty Bennett		F40	1047
157	51:31	51:20	Joanne Hutt		F40	1240
158	51:31	50:56	Ben Dean	Diss and District AC	MU40	960
159	51:32	51:21	Nick Allen	Saint Edmund Pacers	MU40	1010
160	51:39	51:35	Louise Pascoe	Witham RC	FU40	1354
161	51:42	51:12	Paul Peek	Waveney Valley AC	M50	1356
162	52:01	51:51	Hazel Garrity	Bungay Black Dog RC	F60	1185
163	52:07	51:44	Karle Howard	Lowestoft Road Runners	M40	966
164	52:09	52:04	David Drew		MU40	1147
165	52:10	52:01	Neil Burwood	Waveney Valley AC	M40	1084
166	52:30	52:16	Crispian Garth		M60	962
167	52:35	52:14	Andrew Hammond	Norfolk Gazelles AC	M60	964
168	52:36	52:17	Michael Beard		MU40	1039
169	52:37	52:11	Jonathan Brighton	Norfolk Gazelles AC	MU40	1068
170	52:38	52:20	Kelly Shaw		F40	979
171	52:38	52:24	Keith Moyse	Great Yarmouth Road Runners	M50	1324
172	52:44	52:37	Robyn Howard		FU40	1230
173	52:44	52:30	Julie Lincoln		FU40	1285
174	52:44	52:30	Paul Martin	Norwich Road Runners	M40	1304
175	52:45	52:39	Emma Renouf		F40	1389
176	52:47	52:36	Chris Bennett		MU40	1045
177	52:52	52:29	Jo Fisk	Beccles Triathlon Club	F40	1170
178	53:00	52:51	Ian Kendrick		MU40	1259
179	53:02	53:02	Kevin Ellis	Bungay Black Dog RC	M50	961
180	53:04	52:38	Lucie Harrowing		FU40	1210

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181	53:05	52:47	Rachel Ollett		F40	1344
182	53:05	52:58	Sarah Cole	Wymondham AC	FU40	1107
183	53:07	52:59	Sarah Nelis	Wymondham AC	F40	1332
184	53:08	52:54	Leon Carrara		M50	1092
185	53:09	52:47	Sean Day	Bungay Black Dog RC	M40	1138
186	53:10	52:45	Michelle Hewitt	Beccles & Bungay Harriers	FU40	1221
187	53:12	52:55	Catherine Belsom	Stowmarket Striders RC	F40	1044
188	53:14	53:01	kirsty schwier	Bungay Black Dog RC	FU40	1416
189	53:22	53:03	Layla Bedford	Waveney Valley AC	F40	1042
190	53:26	53:19	Lin Bolton	Team Dunerunner	F50	952
191	53:32	53:06	Lauren Finch	Waveney Valley AC	FU40	1166
192	53:34	53:15	Gareth Bradbury	Waveney Valley AC	M40	1062
193	53:38	53:13	Jenny Morgan	Saint Edmund Pacers	F60	1319
194	53:45	53:33	Sarah Heatley	Norwich Road Runners	F40	1218
195	53:48	53:28	Jo Fisher	Waveney Valley AC	F40	1168
196	53:49	53:32	Charlotte Durrant	Woodbridge Shufflers RC	F40	1149
197	53:51	53:35	Victoria Laughland		F50	1276
198	53:52	53:28	Eloise Bird	Saint Edmund Pacers	F50	1050
199	54:02	53:48	Gary Smith		M50	1435
200	54:03	54:03	Peter Downing		M60	1146
201	54:03	53:30	Lucy Lee		FU40	1277
202	54:04	53:52	Matt lfe	Bungay Black Dog RC	M40	1241
203	54:07	53:57	lynsey fletcher	Waveney Valley AC	FU40	1176
204	54:09	53:56	Joanne Rosenwold	Haverhill Running Club	F40	1404
205	54:09	53:52	Richard Smith	Felixstowe RRC	M50	1438
206	54:12	53:52	Dennis Simpson	Norwich Road Runners	M50	1428
207	54:17	54:00	Sandy Phillips	Ipswich Jaffa RC	F50	1363
208	54:23	54:13	Tony Wood		M50	1492
209	54:24	54:11	Rebecca Alexander		FU40	1007
210	54:26	54:05	Sarah Quayle		F40	1379
211	54:31	54:23	Mark Godbold	Ipswich Harriers	M50	1191
212	54:41	54:24	Mike James		M50	1245
213	54:46	54:24	Caroline Fletcher	Dereham Runners & AC	FU40	1174
214	54:50	54:29	Izzy Rotheron		FU40	977
215	54:54	54:31	Stuart Lawn	Beccles & Bungay Harriers	MU40	969
216	54:56	54:42	Grace Judge	Haverhill Running Club	F50	1254

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217	55:05	54:32	Trevor Rawson		M50	1383
218	55:13	54:50	Kerstin Langer	Great Yarmouth Road Runners	F50	1274
219	55:13	54:51	Jane Thomas	Great Yarmouth Road Runners	F40	1135
220	55:14	55:03	Mel Roberts	Woodbridge Shufflers RC	F60	1398
221	55:36	55:21	Anthony Chatters		MU40	1098
222	55:36	55:21	Jamie Rose		M40	1402
223	55:37	55:28	Mandy Godbold	Ipswich Harriers	F50	1190
224	55:42	55:06	Justine Norfolk		F40	974
225	55:42	55:05	Helen Curr		F40	959
226	55:42	55:05	Claire White		FU40	986
227	55:44	55:28	Linda Samuel		F50	1413
228	55:45	55:25	Stephen Pulfer	Bungay Black Dog RC	M60	1375
229	55:47	55:19	Claire Rose	Beccles & Bungay Harriers	F40	1401
230	55:53	55:44	David Kendrick		MU40	1258
231	56:10	55:58	Paul Thorpe		M50	1462
232	56:18	55:57	Colin Reuben		MU40	1390
233	56:18	55:47	Zoe Johnson		FU40	1249
234	56:19	55:59	Bella Lewendon	Felixstowe RRC	F50	1281
235	56:25	56:04	Stephanie Evans	Norfolk Gazelles AC	FU40	1159
236	56:33	56:03	Kerry Webber		F40	1475
237	56:34	56:04	Matthew Webber	Beccles & Bungay Harriers	M50	1476
238	56:40	56:28	Chris Mullender		M40	1325
239	56:41	56:15	Christopher Knoglinger		M50	1269
240	56:42	56:26	Mark Ollett		M40	1343
241	56:42	56:27	Jono Heale		M50	1216
242	56:50	56:31	Eleanor Bland		FU40	1056
243	56:50	56:38	Simon Moore	Haddiscoe Harriers	M40	1316
244	56:54	56:34	Sharon Hooton		F40	1226
245	57:01	56:45	Joanne Brooke	Felixstowe RRC	F40	1069
246	57:02	56:35	Kelly Church		FU40	1102
247	57:02	56:36	Lee Fairweather		M40	1162
248	57:31	57:18	Lindsey Anderson		FU40	1013
249	57:37	57:17	Alison Cooper	Waveney Valley AC	F60	1113
250	57:38	57:14	Roshan Lal		M50	1271
251	57:39	57:14	Hayley Sendall		F40	1418
252	57:40	57:15	James Driscoll		M40	1148

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253	57:41	57:23	Tony Ludlam	Great Yarmouth Road Runners	M50	1290
254	57:49	57:14	Rachel Acamon-carbonelli	Great Yarmouth Road Runners	F40	950
255	57:51	57:20	Stephanie Callen	Diss and District AC	FU40	1086
256	57:53	57:28	Lucy Coleman	Norwich Road Runners	FU40	1108
257	57:55	57:41	Ian Gardner		M60	1184
258	57:56	57:31	Beth Licence	Diss and District AC	FU40	1282
259	58:00	57:49	Danny Goodwin	Haddiscoe Harriers	M40	1198
260	58:00	57:48	Ian Rigg		M40	1394
261	58:01	57:50	Katie Walker		F40	1473
262	58:03	57:28	Hannah Wilson		FU40	1490
263	58:07	57:50	James Ludlam	Great Yarmouth Road Runners	MU40	1289
264	58:13	57:53	Lauren Page		FU40	1346
265	58:16	58:00	Amanda Childs	Ipswich Jaffa RC	F40	1100
266	58:18	57:59	Melonie Evans	TRISudbury	F40	1157
267	58:33	58:13	Sarah Barber		F40	1029
268	58:44	58:34	Jane Oldman-Hands		F50	1340
269	58:46	58:14	Stephen Taylor	Wymondham AC	M60	1456
270	58:47	58:40	Louise Adams		F50	1001
271	58:48	58:13	Jade Goodfellow		FU40	1196
272	58:48	58:19	Mandy Moore	Bungay Black Dog RC	F40	1315
273	58:48	58:13	Louise Thacker		FU40	1457
274	58:51	58:11	Peter Crockford		MU40	958
275	58:51	58:12	Victoria Pritchard		FU40	1374
276	58:52	58:23	Jayne Capps-Jenner	Bungay Black Dog RC	F60	1088
277	59:01	58:51	Jemma Park		FU40	1349
278	59:02	58:49	Cheryl Eden	Haverhill Running Club	FU40	1152
279	59:04	58:55	Scott Mcmillan		M50	1309
280	59:08	58:42	Sally Day		F60	1137
281	59:08	58:51	Jo Bennett		F50	1046
282	59:18	58:51	Tracy Humphreys	Stowmarket Striders RC	F50	1236
283	59:25	58:57	Eve Mahoney		FU40	1296
284	59:26	58:58	Lisa Clarke		F40	1105
285	59:26	59:19	Phil Hazell	Waveney Valley AC	M70	1214
286	59:27	59:20	David Head		M60	1215
287	59:30	59:14	Moiria Pinkney	Ipswich Triathlon Club	F60	1366
288	59:31	59:14	Elizabeth Cooke		F50	1112

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289	59:33	59:22	Ian Stockley		M50	1451
290	59:38	59:06	Lesley Heath	Harling Athletic Club	F50	1217
291	59:40	59:12	Karen Nye		F40	1338
292	59:41	59:10	Jane Ray		F40	696
293	59:43	59:26	Sally Nicholls		F50	1335
294	59:45	59:28	Andrew Pottruff		M50	976
295	59:46	59:30	Rebecca Pottruff		F50	1370
296	59:48	59:36	Andrew Kirk	Bungay Black Dog RC	M60	1268
297	59:48	59:27	Jenny Harmer		F50	1208
298	59:48	59:44	Helen Morgan		F50	1318
299	59:55	59:25	Amy Lever		FU40	1280
300	59:56	59:29	Annette Copeman-lamoureux	Beccles & Bungay Harriers	F40	1114
301	59:57	59:30	Kevin Copeman-lamoureux	Beccles & Bungay Harriers	M50	1115
302	59:58	59:41	Jayne Richardson		F50	1499
303	1:00:06	59:35	Kenneth Parke		M50	1350
304	1:00:08	59:44	Naomi Shelmerdine	Haverhill Running Club	F40	1422
305	1:00:11	59:52	Maddy White	White-Beard Runners	FU40	1480
306	1:00:11	59:44	Julia Pelham	Beccles & Bungay Harriers	F40	1358
307	1:00:15	59:52	Nicola Stevenson	Felixstowe RRC	F50	1450
308	1:00:17	59:56	Ian Plowman		MU40	1367
309	1:00:19	1:00:01	Malcolm Howard	Waveney Valley AC	M50	1229
310	1:00:28	1:00:02	Gemma Airey		FU40	1003
311	1:00:30	1:00:08	Jo Vickery	Haverhill Running Club	FU40	1470
312	1:00:30	1:00:12	Gregory Liffen		M40	1284
313	1:00:31	1:00:13	Carl Wright		M40	1496
314	1:00:32	1:00:06	Thomas Coulthard		MU40	1118
315	1:00:35	59:23	Sarah Stacey	Saxmundham Sports Running & Fitness Club	F40	1446
316	1:00:42	1:00:30	Ian Stride	Bungay Black Dog RC	M40	1452
317	1:00:51	1:00:23	Suzanne Porter	Lowestoft Road Runners	F40	1369
318	1:00:54	1:00:30	John Cullum	Saint Edmund Pacers	M70	1127
319	1:00:59	1:00:20	Maggie Godfrey	Waveney Valley AC	F50	1192
320	1:01:00	1:00:37	Megan Oram	Dereham Runners & AC	F40	1345
321	1:01:00	1:00:34	Julie Finch		F40	1165
322	1:01:04	1:00:28	Debbie Foster	Waveney Valley AC	F40	1178
323	1:01:06	1:00:43	AnnaBella Lock		FU40	1286
324	1:01:24	1:01:04	Heather Burton		F40	1083

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325	1:01:25	1:00:57	Jenny Caulfield	Waveney Valley AC	FU40	1095
326	1:01:26	1:01:07	Hannah Beard		FU40	1038
327	1:01:35	1:01:16	Joanna White		F50	1479
328	1:01:36	1:01:05	Edward Phillips		MU40	1362
329	1:01:39	1:01:02	Rachael Finch	Waveney Valley AC	F50	1167
330	1:01:42	1:01:30	Stephen Andrews		M50	1014
331	1:01:44	1:01:11	Stephanie Madden		F60	1295
332	1:01:50	1:01:32	Lee Wicks		MU40	1484
333	1:01:50	1:01:32	Gary Oakshott		MU40	1483
334	1:02:13	1:02:02	Mitzy O'Loughlin	Bungay Black Dog RC	F50	1339
335	1:02:15	1:01:44	Keelan Smith	Saxmundham Sports Running & Fitness Club	MU40	980
336	1:02:18	1:01:48	jamie payne	Framlingham Flyers	MU40	975
337	1:02:27	1:02:06	Elise Naunton		FU40	1328
338	1:02:35	1:02:27	Philip Neave	Bungay Black Dog RC	M70	1329
339	1:02:57	1:02:34	Emily Baxter		FU40	1037
340	1:03:00	1:02:38	Sandra Hiscox	Haverhill Running Club	F50	1222
341	1:03:03	1:02:48	Zoe Batho		F40	1036
342	1:03:13	1:03:03	Amaarah Hussain	Lowestoft Road Runners	FU40	1239
343	1:03:21	1:02:59	Lisa Condron		F40	1110
344	1:03:27	1:03:02	Sarah Willcox		FU40	1488
345	1:03:34	1:03:26	Becky Irwing	Wymondham AC	FU40	1243
346	1:03:39	1:03:17	Sally Solomon	Felixstowe RRC	F50	1440
347	1:03:46	1:03:14	Sarah Rhoden	Wymondham AC	F40	1392
348	1:03:55	1:03:26	Nicky Galwey-Woolston	Norfolk Gazelles AC	F50	1183
349	1:04:02	1:03:29	Dean Wright		MU40	1497
350	1:04:06	1:03:50	Christine Kingwell	Bungay Black Dog RC	FU40	1267
351	1:04:10	1:03:39	Sarah Peek	Waveney Valley AC	F40	1357
352	1:04:13	1:03:46	Rachel Mahoney		F40	1297
353	1:04:16	1:03:38	Lisa Saunders	Waveney Valley AC	FU40	1414
354	1:04:16	1:04:11	Katie Mace		F50	1293
355	1:04:19	1:03:44	Katrina Southey		F50	1441
356	1:04:19	1:03:46	Scotty Bruce	Lowestoft Road Runners	MU40	1076
357	1:04:21	1:03:52	Abby Bolderston	Bungay Black Dog RC	FU40	1060
358	1:04:25	1:04:04	Jon Denny		M40	1139
359	1:04:30	1:03:58	Liv Birch		FU40	1049
360	1:04:46	1:04:24	Paula Trail		F40	1465

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
361	1:04:46	1:04:25	Sharon Baker		F40	1024
362	1:04:54	1:04:22	Amanda Gray	Wymondham AC	F60	1202
363	1:05:00	1:04:30	Liam Brown	Beccles & Bungay Harriers	MU40	1073
364	1:05:01	1:04:44	Marguerite Bingle		F40	1048
365	1:05:01	1:04:31	Hayley Barnes		FU40	1033
366	1:05:01	1:04:37	Laura Bagshaw	Norfolk Harriers RC	FU40	1022
367	1:05:03	1:04:26	Heather Dagraca		FU40	1131
368	1:05:05	1:04:39	Angela Whiting	Stowmarket Striders RC	F50	1481
369	1:05:13	1:04:40	Lorna Blackmore	Bungay Black Dog RC	F40	1054
370	1:05:14	1:04:42	Claudia Bangs		F40	1028
371	1:05:18	1:04:44	Chris Utton		MU40	1469
372	1:05:18	1:04:44	Hyojoo Park		FU40	1348
373	1:05:21	1:04:46	Ayshea Christian		F40	1101
374	1:05:24	1:05:04	Rachel Parsons		FU40	1353
375	1:05:24	1:05:04	Emma-Jane Cowley	Norfolk Harriers RC	F40	1119
376	1:05:30	1:05:01	Grace Rotheron		FU40	1407
377	1:05:40	1:05:10	David Rotheron		M70	1406
378	1:05:40	1:05:17	Zoe Burgess		FU40	1082
379	1:05:42	1:05:09	Angela Carr		FU40	1089
380	1:05:42	1:05:10	Michael Carr		M40	1091
381	1:05:53	1:05:16	Kirsty Sturman		F40	1453
382	1:05:58	1:05:30	Samantha Abbott	Bungay Black Dog RC	F40	1000
383	1:06:09	1:05:44	Rachel Flatt		F40	1172
384	1:06:11	1:05:38	Charlotte Slater		F40	1432
385	1:06:17	1:05:40	Martin Murray		M40	973
386	1:06:17	1:05:40	Roger Taylor		M40	983
387	1:06:19	1:05:41	Jane Eaglen	Waveney Valley AC	F40	1150
388	1:06:20	1:05:58	Debbie Thompson		F50	1459
389	1:06:21	1:05:43	Lindsay Churchman		FU40	1103
390	1:06:23	1:05:58	Lucy Ashford-Scott	Ipswich Jaffa RC	F40	1018
391	1:06:30	1:06:17	Joan Nevin	Haverhill Running Club	F60	1333
392	1:06:35	1:06:06	Alice Harvey		FU40	1212
393	1:06:43	1:06:15	Darryl Ainslie	Lowestoft Road Runners	M40	1002
394	1:06:56	1:06:45	Sarah Nichols		FU40	1336
395	1:07:02	1:06:53	Joseph Stacey		MU40	1445
396	1:07:02	1:06:53	Olivia Hodgson		FU40	1223

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
397	1:07:05	1:06:32	Louise Ball		F40	1027
398	1:07:06	1:06:29	Alison Barnard	Waveney Valley AC	F40	1031
399	1:07:06	1:06:33	Mark Cook		M50	1111
400	1:07:17	1:06:45	Emmie Shephard		FU40	1423
401	1:07:30	1:06:53	Sarah James	Waveney Valley AC	F40	1246
402	1:07:44	1:07:34	Charlotte Keeler		FU40	1256
403	1:07:51	1:07:30	Rachel Allen	Bungay Black Dog RC	FU40	1011
404	1:07:51	1:07:31	Penelope Pullinger	Bungay Black Dog RC	F60	1376
405	1:07:59	1:07:40	Colin West	BRJ Run and Tri	M50	985
406	1:07:59	1:07:24	Fiona Houghton	Waveney Valley AC	F50	1227
407	1:08:09	1:07:53	Kelly Taylor		F40	1454
408	1:08:11	1:07:36	Mandy Roberts	Waveney Valley AC	F60	1397
409	1:08:52	1:08:29	Alf Keeble		M60	1255
410	1:09:04		Isis Reid		FU40	1388
411	1:09:33	1:09:10	Tony Hogan		MU40	1224
412	1:09:59	1:09:35	Michelle Simpson		F40	1429
413	1:10:02	1:09:32	Katie Clarke		FU40	1104
414	1:10:23	1:09:48	Abbie Hampson		FU40	1206
415	1:10:31	1:09:58	Nicholas Carter		M70	955
416	1:11:07	1:10:29	Charlotte Dixon	Renegade Runners	FU40	1143
417	1:11:09	1:10:42	Jodie Finch		FU40	1164
418	1:11:20	1:10:51	Graham Sampson	Bungay Black Dog RC	M70	1410
419	1:11:51	1:11:19	Emily Curtis	Beccles & Bungay Harriers	FU40	1128
420	1:11:55	1:11:33	Laura Marjoram		F40	1299
421	1:12:19	1:11:50	Jordan Sibley	Beccles & Bungay Harriers	FU40	1427
422	1:12:20	1:11:49	Stacey Shiplee	Beccles & Bungay Harriers	FU40	1426
423	1:12:51	1:12:38	Sam Thornton	Bungay Black Dog RC	F40	1461
424	1:13:07	1:12:52	Sharon Johnson		F40	1248
425	1:13:07	1:12:52	Lindsey Husband		F40	1238
426	1:14:13	1:14:07	Hannah Konieczny	Dereham Runners & AC	FU40	1270
427	1:14:37	1:14:09	Elizabeth Fox	Bungay Black Dog RC	F40	1181
428	1:14:45	1:14:36	Charlotte Elson		F50	1156
429	1:14:55	1:14:27	Louise McCurdy	Lowestoft Road Runners	F50	1307
430	1:15:07	1:14:49	Barbara Moss-Taylor		F50	1321
431	1:15:14	1:14:34	Denise Bjorck	Waveney Valley AC	F50	1052
432	1:15:14	1:14:36	Tara Carroll	Waveney Valley AC	F50	1093

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
433	1:15:57	1:15:27	Emma Brooks	Bungay Black Dog RC	F50	1071
434	1:16:22	1:15:53	Juliet Grimes		F40	1204
435	1:17:29	1:17:00	Rachel Hardingham	Bungay Black Dog RC	FU40	1207
436	1:18:20	1:17:45	Sam Ruskin		F40	1409
437	1:18:34	1:17:59	Annabel Bruce		FU40	1075
438	1:19:12	1:18:52	Elizabeth Allen	Bungay Black Dog RC	FU40	1009
439	1:20:19	1:20:05	Donna Monk	Coltishall Jaguars RC	F40	1314
440	1:20:25	1:19:53	Sheryl Parke		FU40	1352
441	1:20:37	1:20:23	Sarah Letzer	Coltishall Jaguars RC	FU40	1279
442	1:22:07	1:21:37	Stephanie Brooks		FU40	1072
443	1:25:52	1:25:33	Linda Crook	BRJ Run and Tri	F50	1123
444	1:34:54	1:34:23	Marilyn Parke		F50	1351
445	1:41:15	1:40:38	Tracy Rinaldi		F40	1395