

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

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	2:44:06	2:44:03	Michael Nessling		MU40	197
2	2:46:33	2:46:31	Daisy Glover	Framlingham Flyers	FU40	159
3	2:46:58	2:46:56	Neil Shorten	St Neots Riverside Runners	M40	236
4	2:49:51	2:49:49	Aaron Graves	Tiptree Road Runners	MU40	167
5	2:56:17	2:56:15	Greg Harradine		MU40	173
6	3:03:21	3:03:20	Tim Bradley		MU40	117
7	3:03:58	3:03:56	Mark Ford	Felixstowe RRC	M50	153
8	3:07:14	3:07:12	Matthew Sutton	Lowestoft Road Runners	MU40	248
9	3:11:10	3:11:05	Scott Barnes		MU40	107
10	3:14:40	3:14:38	Ben Churchman	Diss and District AC	MU40	129
11	3:16:16	3:16:13	Jason Brunt	Norfolk Gazelles AC	M40	118
12	3:19:54	3:19:51	James Fisher	Ely Runners	M40	151
13	3:20:53	3:20:43	Alec Wright	Ipswich Jaffa RC	M40	266
14	3:21:48	3:21:44	Ross Ashton	City Of Norwich AC	M40	103
15	3:22:25	3:22:20	Gerard Whitfield		M40	259
16	3:22:43	3:22:40	Robin Harper	Felixstowe RRC	M40	172
17	3:24:34	3:24:32	Phil Whiting	Norfolk Gazelles AC	M40	260
18	3:24:36	3:24:30	Matthew Parkhouse	Norwich Road Runners	M40	205
19	3:24:45	3:24:41	Matthew Gallop		M40	156
20	3:26:03	3:25:52	Patrick Abbott		M40	100
21	3:26:43	3:26:39	Nick Askham	Tri-Anglia Triathlon Club	M40	104
22	3:27:27	3:27:23	Robert Milner	Waveney Valley AC	M40	194
23	3:30:19	3:30:12	Andrew Manning	Bungay Black Dog RC	M50	184
24	3:30:35	3:30:28	Patrick Batty		MU40	109
25	3:30:42	3:30:39	Samantha Godden	Tiptree Road Runners	FU40	161
26	3:31:12	3:31:00	James Fleming		MU40	152
27	3:31:58	3:31:51	Adam Williams		M40	261
28	3:32:06	3:31:57	Rebecca Pittman	Springfield Striders RC	F50	212
29	3:32:24	3:32:11	Piotr Siwonia		M40	237
30	3:33:17	3:33:13	Andrew Lane	Wymondham AC	M60	179
31	3:36:13	3:36:00	Jason Dighton		M40	142
32	3:36:43	3:36:39	Colin Robilliard	Bure Valley Harriers	M60	222
33	3:37:52	3:37:50	David Reece		M60	214
34	3:40:26	3:40:21	Neil May		M40	188
35	3:41:39	3:41:27	Tom Samuel		MU40	232
36	3:42:24	3:42:17	Simon Smith	Bungay Black Dog RC	M50	242

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37	3:43:51	3:43:36	Michael Turrington	Leigh on Sea Striders	MU40	254
38	3:44:32	3:44:32	Terry Hubbard	Great Yarmouth Road Runners	M40	174
39	3:45:10	3:45:00	Dave Robinson		M40	223
40	3:45:20	3:45:13	Paul de Bree		M40	141
41	3:46:29	3:46:18	Gavin Swanston		M40	249
42	3:48:51	3:48:42	Alan Dawson		M40	140
43	3:48:57	3:48:55	Christy Davis		MU40	138
44	3:49:03	3:48:59	Kevin Richardson		M60	218
45	3:49:04	3:48:59	Chris Crumly		M50	136
46	3:49:36	3:49:29	Christine Ashton		F40	102
47	3:50:24	3:50:13	John Glover		M50	160
48	3:53:35	3:53:33	Dean Hughes		MU40	176
49	3:54:16	2:01:10	Tony Rinaldi		M50	221
50	3:55:19	3:55:14	Sean Symonds	Bungay Black Dog RC	M50	251
51	3:55:29	3:55:19	Jimmy Russell	Felixstowe RRC	M50	229
52	3:55:42	3:55:38	Rich Chilver		MU40	128
53	3:55:44	3:55:33	Francis Eaton		MU40	146
54	3:55:44	3:55:33	Freddie Mowforth		MU40	196
55	3:55:48	3:55:38	Simon Barry	Little Baddow Ridge Runners	MU40	108
56	3:56:17	3:56:15	Mark Philo	Tri-Anglia Triathlon Club	M50	211
57	3:56:44	3:56:35	Julian Hanton		M40	171
58	3:57:02	3:56:57	Andrew Golding	Ware Joggers	M50	163
59	3:57:12	3:57:05	Richard Charley		M50	127
60	3:57:52	3:57:40	Mark Scott	Ipswich Jaffa RC	M40	234
61	3:58:31	2:03:28	Matthew Reynolds	Lowestoft Road Runners	MU40	216
62	3:59:48	3:59:37	Ian Bloomfield		MU40	116
63	3:59:55	3:59:41	Philip Sydney		M50	250
64	4:00:35	4:00:26	Claire Williams		F40	262
65	4:01:11	4:00:58	Tristan Baynes		M40	110
66	4:01:31	4:01:20	Melvyn Maycock	Ipswich Jaffa RC	MU40	189
67	4:02:01	2:04:05	Daniel Pheasant		M40	209
68	4:02:47	4:02:39	Norman Bungay		M40	119
69	4:04:23	4:04:14	Mark Farrar	Les Croupiers Running Club	M40	148
70	4:04:39	4:04:21	Mark Smith		M40	241
71	4:05:24	4:05:09	Avram Owen		MU40	204
72	4:05:33	2:11:27	Shirley Fowler	Haverhill Running Club	F50	154

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73	4:07:22	2:06:26	Simon Marjoram	UKRUNCHAT running club	M40	186
74	4:08:22	4:08:19	Martin Bingle		M50	115
75	4:11:05	4:10:54	Simon Halliday		M40	170
76	4:12:19	4:12:08	Bobbie Sauerzapf	Bungay Black Dog RC	F60	233
77	4:12:38	4:12:24	Mandy Foyster	Norwich Road Runners	F50	155
78	4:13:00	4:12:51	Joanna Godwin	Wymondham AC	F40	162
79	4:13:19	4:13:14	Adam Wareham		MU40	257
80	4:14:42	2:16:48	Ricardo Mendes		MU40	192
81	4:14:43	2:16:49	Philip Rusted	Bungay Black Dog RC	M40	230
82	4:14:45	4:14:33	David Casey	Ipswich Triathlon Club	M50	125
83	4:14:50	4:14:42	Susan Osborne-Clamp	100 MARATHON CLUB	F50	202
84	4:15:08	4:14:56	Christopher Cant	Ipswich Triathlon Club	M40	121
85	4:15:17	4:15:04	Robert Bennett		M40	113
86	4:16:23	4:16:17	Thomas Cox		MU40	135
87	4:16:41	4:16:27	Hayley Donnelly		F40	144
88	4:17:14	4:17:07	Andrew Soanes		MU40	243
89	4:18:02	4:17:52	Philip Carr		M40	123
90	4:19:08	4:18:59	Bill Partner		M40	207
91	4:20:26	4:20:13	Janice Coglin-Hibbert	Tri-Anglia Triathlon Club	F40	132
92	4:20:27	4:20:14	Kevin Burgess		M40	120
93	4:22:06	4:22:00	Julie Rickards	Bungay Black Dog RC	F40	219
94	4:22:08	4:21:59	Jennifer Gould		F40	166
95	4:23:19	4:23:15	Joan Lightning		F50	181
96	4:23:21	4:23:12	Alan Bell		M60	111
97	4:28:03	4:27:53	Samantha Cooper	Sudbury Joggers	F50	134
98	4:28:11	4:28:01	Emma Ruane	Sudbury Joggers	F40	225
99	4:29:35	4:29:24	Daniel Garcia Fernandez		MU40	157
100	4:29:51	4:29:43	Jonathan Clements	Redway Runners	M40	131
101	4:32:35	4:32:19	Steve Clark	Sudbury Joggers	M40	130
102	4:32:36	4:32:19	Nefise Onbasi	Sudbury Joggers	FU40	201
103	4:33:28	4:33:18	Michael Sheldrake		MU40	235
104	4:33:40	4:33:33	Hugh Woolfenden	Norfolk Gazelles AC	M40	265
105	4:34:52	4:34:46	James Marshall		MU40	187
106	4:36:12	4:36:05	Alice Kirk	Bungay Black Dog RC	FU40	177
107	4:40:30	4:40:24	Michelle Lightfoot	Bungay Black Dog RC	F40	180
108	4:41:17	4:41:11	Jody Donaldson	Bungay Black Dog RC	F50	143

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109	4:42:00	4:41:51	Tom Allenby		MU40	101
110	4:43:10	4:42:59	Sergio Tauste Garcia		M40	252
111	4:43:38	4:43:25	Roy Barnes	100 MARATHON CLUB	M60	106
112	4:45:48	4:45:43	Jayne Rudolph		F40	228
113	4:46:42	4:46:25	David Mayes	Felixstowe RRC	MU40	190
114	4:50:50	4:50:38	Mark Baker		M40	105
115	4:51:32	4:51:23	Gemma Colling	100 MARATHON CLUB	FU40	133
116	4:53:18	4:53:10	Daniel Smith	Sudbury Joggers	MU40	240
117	4:54:36	4:54:27	Vic Goodman	Brandon Fern Hoppers	M60	164
118	4:55:30	4:55:15	Alan Faulkner		M40	149
119	4:55:31	4:55:16	Joseph Dunning		MU40	145
120	4:57:05	4:56:48	Dan Kitchener		M40	178
121	5:03:29	5:03:22	Stuart Young	Bungay Black Dog RC	M50	267
122	5:09:19	5:09:06	Sarah Miller		F40	193
123	5:18:05	5:17:56	Julie Wade		F50	256
124	5:21:01	5:20:50	Stuart Mosley		M40	195
125	5:21:02	5:20:50	Stephen New	100 MARATHON CLUB	M50	198
126	5:22:56	5:22:39	Anneli Ostler	Felixstowe RRC	FU40	203
127	5:26:11	5:25:56	Richard Davis		M40	139
128	5:28:54	5:28:42	Mark Vaughan		M60	255
129	5:29:07	5:28:58	Natalie Southgate		F40	244
130	5:30:43	5:30:28	Glenn Parrott		M50	206
131	5:30:43	5:30:28	Ian Sutton		MU40	247
132	5:30:44	5:30:28	Daniel Bennett		MU40	112
133	5:30:44	5:30:29	Victoria Smart		FU40	239
134	5:30:44		Scott Greenwood		M40	168