

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

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	1:13:16	1:13:15	James Hartop		M40	552
2	1:13:58	1:13:57	Aaron McGrady		MU40	627
3	1:15:32	1:15:31	Tony Gavin	Felixstowe RRC	MU40	513
4	1:19:10	1:19:09	Marcus Sladden	City Of Norwich AC	MU40	729
5	1:20:36	1:20:34	Mark Curtis	Ipswich Jaffa RC	M40	443
6	1:23:48	1:23:44	Björn Widing		MU40	791
7	1:24:10	1:23:59	Ashley Wakefield		MU40	769
8	1:24:34	1:24:32	M Thompson	Rock Estate	M40	754
9	1:25:30	1:25:26	Jon Wiles	Bungay Black Dog RC	M40	795
10	1:25:55	1:25:51	Tom Haslam	Saxmundham Sports Running & Fitness Club	M40	558
11	1:26:21	1:26:17	Ben Jackson		M40	592
12	1:26:36	1:26:34	Owen Marsden	Tri-Anglia Triathlon Club	M40	618
13	1:27:28	1:27:26	Karim Ouaddane	Waveney Valley AC	M50	665
14	1:27:48	1:27:45	Ian Duggan	Felixstowe RRC	M50	469
15	1:27:58	1:27:55	Phillip Bettinson		M40	387
16	1:28:30	1:28:09	Mark Saunders		M40	712
17	1:28:38	1:28:34	Charles Hann	Sudbury Joggers	M50	543
18	1:28:55	1:28:52	Hannah Somani		FU40	738
19	1:30:05	1:30:03	Geoffrey Green	Wymondham AC	MU40	694
20	1:30:13	1:30:11	Tom Pullinger	Bungay Black Dog RC	M40	693
21	1:30:24	1:30:17	Martin Auger		M60	365
22	1:30:33	1:30:29	Neil Renaut		MU40	699
23	1:30:51	1:30:48	Justin Potter	Stowmarket Striders RC	MU40	684
24	1:31:18	1:31:16	Chris Seymour	Stowmarket Striders RC	M50	978
25	1:31:20	1:31:13	Jessie Gooderham	Saint Edmund Pacers	FU40	963
26	1:31:21	1:31:07	Rob Naunton		M40	650
27	1:31:40	1:31:33	Gareth Clark	Dacorum & Tring AC	M40	419
28	1:33:17	1:33:05	Kevin Sadd		M40	710
29	1:33:31	1:33:12	Ben Wilson		MU40	797
30	1:34:00	1:33:53	Terry Epps	Wymondham AC	M60	480
31	1:34:20	1:34:09	Tom Spalding	Lowestoft Road Runners	MU40	739
32	1:34:35	1:34:30	Daniel Johnstone		MU40	596
33	1:34:40	1:34:35	Olof Löfving		MU40	614
34	1:34:40	1:34:26	Sean Crawford		MU40	434
35	1:34:57	1:34:51	Jason Elrick	Thetford AC	M50	477
36	1:34:57	1:34:50	Stewart Wharton		MU40	786

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37	1:35:00	1:34:39	Tom Hartwell		MU40	553
38	1:35:06	1:34:59	Jamie Pretty		MU40	691
39	1:35:12	1:35:04	Katy Oldman	Lowestoft Road Runners	F40	661
40	1:35:18	1:35:10	Ryan Green	Ipswich Jaffa RC	MU40	534
41	1:35:25	1:35:16	Mark Ogden		M40	660
42	1:35:32	1:34:51	Fraser McLeod		M40	628
43	1:35:51	1:35:36	Robert James	Bungay Black Dog RC	M40	594
44	1:36:18	1:36:11	Chris Tye	Ipswich Triathlon Club	M50	765
45	1:36:21	1:36:15	Katie Garrity		FU40	510
46	1:36:35	1:36:29	Barney Horne		M40	578
47	1:36:53	1:36:37	Natalie Johnston		FU40	595
48	1:37:03	1:37:00	Vaughan Morris	Stowmarket Striders RC	M50	642
49	1:37:08	1:37:02	Sandy Thorogood	Sudbury Joggers	F50	756
50	1:37:54	1:37:40	Rob Colman		M40	426
51	1:37:58	1:37:43	Iain Hill		MU40	566
52	1:38:00	1:37:51	Luke Withers	Haverhill Running Club	MU40	801
53	1:38:01	1:37:57	Rachel Gillings		FU40	518
54	1:38:20	1:38:06	Peter Andrews		M40	357
55	1:38:56	1:38:42	Graham Worsfold		MU40	807
56	1:39:06	1:38:55	Antony Croucher	Waveney Valley AC	MU40	440
57	1:39:07	1:39:02	Joanne Cox	Bungay Black Dog RC	F40	433
58	1:39:12	1:39:04	Mark Duffield		M40	466
59	1:39:18	1:39:08	Daniel Pelling	Haverhill Running Club	M40	674
60	1:39:39	1:39:34	Richard Crewe	Thetford AC	M40	435
61	1:39:42	1:39:38	Andrew Webber	Stowmarket Striders RC	M50	781
62	1:39:53	1:39:47	Karle Howard	Lowestoft Road Runners	M40	966
63	1:40:02	1:39:58	Justine Fawcett	Bungay Black Dog RC	F40	489
64	1:40:11	1:39:37	Bonamy Grimes		M40	537
65	1:40:27	1:40:19	Shaun Good	Felixstowe RRC	M50	520
66	1:40:32	1:40:28	Darren Goodby	Bungay Black Dog RC	M50	521
67	1:40:43	1:40:34	Lindi Wallace		FU40	774
68	1:40:49	1:40:46	Mary Narey	Stowmarket Striders RC	F50	649
69	1:41:11	1:40:53	Howard Harper	Coltishall Jaguars RC	M40	547
70	1:41:20	1:41:12	Gabriel Martins	Ipswich Jaffa RC	M50	621
71	1:41:41	1:41:37	Katarina Widing		FU40	793
72	1:41:41	1:41:35	Terry Garrity	Bungay Black Dog RC	M60	511

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73	1:41:43	1:41:34	Benjamin Askew		M40	362
74	1:42:03	1:41:56	Mark Harmer	Bure Valley Harriers	M40	545
75	1:42:05	1:41:56	Gavin Hume		M50	585
76	1:42:18	1:41:57	Zoe Catchpole		F40	415
77	1:42:39	1:42:15	Andrew Callen	Diss and District AC	MU40	954
78	1:43:16	1:43:06	Malcolm Huggins	Waveney Valley AC	M50	583
79	1:43:21	1:43:12	Andrew Elliott	Tri-Anglia Triathlon Club	MU40	474
80	1:43:26	1:43:13	Rebecca Thorby	Tri-Anglia Triathlon Club	F40	755
81	1:43:52	1:43:28	Ben Dean	Diss and District AC	MU40	960
82	1:44:02	1:43:58	Stuart Ward		MU40	775
83	1:44:14	1:43:59	Jonathan Thetford	Reepham Runners	M40	753
84	1:44:17	1:43:57	France France		M50	500
85	1:44:23	1:44:16	Justin Rabett		M50	695
86	1:44:27	1:44:16	Mark Alan Leggett		MU40	612
87	1:44:27	1:44:21	Emma Studd	Ipswich Triathlon Club	FU40	747
88	1:44:29	1:44:04	Rob Watson		M40	778
89	1:44:46	1:44:41	Frank Vandenberghe		M40	766
90	1:44:51	1:44:34	Richard Wakelin		M50	770
91	1:44:54	1:44:35	Rebecca Done		FU40	462
92	1:44:59	1:44:40	Stephen Cross		M50	438
93	1:45:14	1:45:07	Daniel Gorton		MU40	527
94	1:45:23	1:45:03	Andy Gray		M40	532
95	1:45:26	1:45:24	Jaya Mace		MU40	616
96	1:45:28	1:45:04	Gabby Dawnay		F50	452
97	1:45:30	1:45:24	Andy Fleet	Thetford AC	M40	494
98	1:45:33	1:45:28	Richard Balarkas		M50	373
99	1:45:40	1:45:03	Katie Thrower		F40	757
100	1:46:10	1:45:49	Rajesh Logasundaram		M40	971
101	1:46:28	1:45:58	Mark Bennnett		M40	386
102	1:46:39	1:46:32	Robert Morgan	Saint Edmund Pacers	M50	640
103	1:46:43	1:46:22	Chris Backhouse	Bungay Black Dog RC	M40	369
104	1:46:48	1:46:37	Jo Lockhart	Bungay Black Dog RC	F40	613
105	1:46:50	1:46:30	Richard Dye	Bungay Black Dog RC	M50	470
106	1:46:52	1:46:18	Lee Phillips	Framlingham Flyers	M40	485
107	1:46:55	1:46:42	Nick Storey		M40	746
108	1:47:08	1:46:58	Derek Daly	Saxmundham Sports Running & Fitness Club	M50	447

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109	1:47:15	1:46:40	Mandi Moyse	Framlingham Flyers	F50	646
110	1:47:17	1:47:07	Simon Askew		M40	363
111	1:47:20	1:47:16	Laura Devereux	Bungay Black Dog RC	F40	459
112	1:47:35	1:47:19	Alistair Hallam		MU40	540
113	1:47:43	1:47:31	Jackie Hann	Sudbury Joggers	F50	544
114	1:48:00	1:47:34	Darren Potter		MU40	683
115	1:48:07	1:47:45	David Tilley		M40	761
116	1:48:08	1:47:46	Adrian Dale		M40	446
117	1:48:24	1:47:49	Alison Fox	Saxmundham Sports Running & Fitness Club	F40	499
118	1:48:30	1:48:08	Christopher Gay	Great Yarmouth & District AC	M50	515
119	1:48:35	1:47:58	James Brabben		MU40	398
120	1:48:54	1:48:43	Emma Meiring	Bungay Black Dog RC	F40	631
121	1:49:05	1:48:59	Gary Perryman	Tiptree Road Runners	M40	677
122	1:49:23	1:49:07	Ian Edwards	Norfolk Gazelles AC	M40	472
123	1:49:41	1:49:27	Eleanor Mayne		FU40	623
124	1:49:45	1:49:36	Mik Carr	Bungay Black Dog RC	M60	409
125	1:50:00	1:49:36	Martin MacDonald		MU40	615
126	1:50:10	1:49:43	Daniel Zipfel		M40	815
127	1:50:16	1:49:49	Mark Regan		M50	698
128	1:50:20	1:49:49	Ian Cullen		MU40	441
129	1:50:22	1:49:33	Simon Poulton		MU40	687
130	1:50:51	1:50:02	Darren Gore		M40	526
131	1:50:54	1:50:34	James Wright		MU40	809
132	1:51:00	1:50:49	Andrew Gilbert		MU40	516
133	1:51:06	1:50:53	Sabrina Norton	Bungay Black Dog RC	F40	657
134	1:51:06	1:50:53	Anna Gray	Bungay Black Dog RC	F40	533
135	1:51:08	1:50:49	Vikki Harper	Coltishall Jaguars RC	F40	548
136	1:51:11	1:50:56	Steven Robbins		MU40	702
137	1:51:11	1:50:56	Aimee Barker		FU40	377
138	1:51:12	1:50:38	Sam Woodgate		MU40	805
139	1:51:15	1:51:02	Andrew Thomas	Great Yarmouth Road Runners	M40	984
140	1:51:24	1:50:49	Ian Robinson		M40	703
141	1:51:27	1:50:51	Victoria Stace	Framlingham Flyers	F40	742
142	1:51:30	1:51:12	Francis Vickers		M60	768
143	1:51:40	1:51:32	Mark Rudrum		M50	707
144	1:51:43	1:51:35	Sian Abbott	Ipswich Jaffa RC	FU40	351

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145	1:51:48	1:51:12	Andy Brooks		M40	400
146	1:51:51	1:51:43	Stuart Dewell	Lowestoft Road Runners	M50	460
147	1:51:53	1:51:44	Rose Westall		FU40	783
148	1:52:18	1:51:55	Paul Savage		M40	714
149	1:52:28	1:52:16	Helen Harradine		FU40	549
150	1:52:52	1:52:41	Pauline Leeves	Great Yarmouth Road Runners	F50	611
151	1:52:56	1:52:35	Clare Shortman		FU40	724
152	1:53:02	1:52:54	Karen Evans	Lowestoft Road Runners	F40	483
153	1:53:10	1:52:48	Magdalena Komorowska	Great Bentley Running Club	F40	606
154	1:53:20	1:53:17	Jamie Bennington		MU40	385
155	1:53:22	1:52:47	Andrew Hammond	Norfolk Gazelles AC	M60	964
156	1:53:28	1:53:21	Eva Widing		F60	792
157	1:53:38	1:53:04	Louise Oakley		F40	658
158	1:53:52	1:53:32	Ian McDermott		M50	625
159	1:53:57	1:53:08	Rob Davies		MU40	449
160	1:54:15	1:54:02	Kieron Hetherington		MU40	563
161	1:54:16	1:54:02	Mark Elden		M40	473
162	1:54:20	1:53:32	Sam Harbrow		MU40	965
163	1:54:22	1:54:05	Andrew Pottruff		M50	976
164	1:54:24	1:54:01	Billy Richmond		M50	700
165	1:54:29	1:54:22	Jonas Ericsson	Tureberg FK	M60	481
166	1:54:30	1:54:16	Jack Ellwood		MU40	476
167	1:54:36	1:53:59	Vanessa Duffy/Browne	Team Dunerunner	F50	467
168	1:54:38	1:54:11	Harley Evans		MU40	482
169	1:54:38	1:54:11	Benjamin Cook		MU40	427
170	1:54:47	1:54:32	Kate Gooding	Wyndham AC	FU40	522
171	1:54:53	1:54:39	Dawn Marshall	Saint Edmund Pacers	F50	619
172	1:55:04	1:54:20	Chloe Cross		FU40	437
173	1:55:38	1:55:25	Daniel Trinder		M40	764
174	1:55:40	1:55:24	Harry Smith		MU40	732
175	1:55:40	1:55:18	Jeff Gamby-Boulger	Bungay Black Dog RC	MU40	503
176	1:55:45	1:55:29	David Smith		M50	731
177	1:55:55	1:55:28	Jenny Garth	Swindon Harriers	F60	512
178	1:56:03	1:55:57	Nigel Gilham	Bungay Black Dog RC	M60	517
179	1:56:10	1:56:00	Paul Parfitt		M50	668
180	1:56:20	1:55:42	Natalie Cant	Team Dunerunner	FU40	407

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181	1:56:23	1:55:49	Rob Winner	Wymondham AC	M40	800
182	1:56:26	1:55:40	Leo Stead	Waveney Valley AC	M40	982
183	1:56:26	1:55:40	Daniella Liffen	Waveney Valley AC	FU40	970
184	1:56:28	1:55:41	Julie Winner	Wymondham AC	F40	799
185	1:56:34	1:56:04	Nichola Bennett		FU40	382
186	1:56:37	1:56:19	Gemma Hurren		FU40	590
187	1:56:55	1:56:33	Frank Gardiner	Great Bentley Running Club	M60	505
188	1:56:59	1:56:11	Rachel Chester	Wymondham AC	F50	417
189	1:57:12	1:56:52	Vanessa Scanlan		FU40	717
190	1:57:28	1:57:07	Michelle Hewitt	Framlingham Flyers	FU40	564
191	1:57:29	1:57:18	Kelly Shaw		F40	979
192	1:57:34	1:57:24	Sarah Taylor	Ryston Runners	F50	751
193	1:57:42	1:56:58	Sue Archer	Tiptree Road Runners	F50	359
194	1:57:47	1:57:22	Paul Maycock	Capel Cheetahs	M60	622
195	1:57:49	1:57:11	Michelle Sinclair	Team Dunerunner	F40	727
196	1:57:52	1:57:23	Timothy Hunn	Bungay Black Dog RC	M50	588
197	1:58:07	1:57:32	Dianne Tilbrook		F60	759
198	1:58:24	1:58:12	Catherine Fletcher	Lowestoft Road Runners	FU40	496
199	1:58:29	1:58:15	Stuart Smith	Waveney Valley AC	M60	736
200	1:58:31	1:58:02	Ben Spencer		M40	741
201	1:58:32	1:58:18	Barry Rogers	Bungay Black Dog RC	M40	704
202	1:58:35	1:58:21	Juliet Garnham	Stowmarket Striders RC	F40	508
203	1:58:40	1:58:06	Miles Yaxley		MU40	812
204	1:58:41	1:58:26	John Skelly	Waveney Valley AC	M50	728
205	1:58:42	1:58:34	Jennifer Wright	Ipswich Jaffa RC	FU40	810
206	1:58:43	1:58:09	Keith Yaxley		M40	811
207	1:58:45	1:58:28	Alan Ahern		M40	352
208	1:58:47	1:58:11	Vicky Day	Wymondham AC	F40	453
209	1:58:48	1:58:31	Lisa Wilson		FU40	798
210	1:58:52	1:58:31	Naomi Hawkins		FU40	559
211	1:58:55	1:58:30	Vicki Calleja	Brentwood Running Club	FU40	406
212	1:58:59	1:58:46	Agata Milk	Tri-Anglia Triathlon Club	FU40	633
213	1:59:16	1:58:40	Nicky Roper	Framlingham Flyers	F40	705
214	1:59:26	1:59:10	Matt Howe	Felixstowe RRC	M40	581
215	1:59:36	1:59:26	Ailsa Cary		FU40	411
216	1:59:43	1:59:39	Peter Crockford		MU40	958

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217	1:59:54	1:59:13	Thomas Smith	Norfolk Harriers RC	M40	737
218	1:59:58	1:59:19	Eammon Andrews		M50	356
219	2:00:03	1:59:18	Charlie Andrews		MU40	355
220	2:00:04	1:59:19	Alice Montrose		FU40	638
221	2:00:05	1:59:39	Christopher Jones	Thrift Green Trotters	M50	967
222	2:00:06	1:59:37	Izzy Rothern		FU40	977
223	2:00:10	2:00:04	Dave Catchpole	Waveney Valley AC	M40	414
224	2:00:32	1:59:42	Nick Saunders		MU40	713
225	2:00:37	2:00:18	Sian O'Sullivan	Bungay Black Dog RC	FU40	664
226	2:01:00	2:00:23	Nick Curtis		M50	444
227	2:01:08	2:01:00	Elaine Parsley		F40	670
228	2:01:16	2:00:44	Mary Harmer		FU40	546
229	2:01:20	2:00:36	Justine Norfolk		F40	974
230	2:01:24	2:00:41	Helen Curr		F40	959
231	2:01:35	2:01:19	Laura Brown	Stowmarket Striders RC	FU40	401
232	2:01:46	2:01:16	Rachel Goodwin		FU40	816
233	2:02:03	2:01:54	Clare Wigg	Stowmarket Striders RC	FU40	794
234	2:02:14	2:01:34	Debbie Secret	Lowestoft Road Runners	F50	721
235	2:02:20	2:02:07	Steven Bennett		M60	384
236	2:02:28	2:01:39	Eric Payne		MU40	673
237	2:02:36	2:02:17	Alex Seaman		MU40	720
238	2:03:02	2:02:44	Catherine Jackson		FU40	593
239	2:03:09	2:02:34	Sam Bennett		M40	383
240	2:03:13	2:02:32	Paul Scibilia	Tri-Anglia Triathlon Club	M50	719
241	2:03:16	2:02:33	Claire White		FU40	986
242	2:03:20	2:02:56	Billy Donachie	Rookery Park	M70	461
243	2:03:31	2:02:58	Christopher Aylmer	Newmarket Joggers	M60	368
244	2:03:51	2:03:05	Nick Archer	Tiptree Road Runners	M50	358
245	2:03:55	2:03:35	Ayla Spells		FU40	740
246	2:03:55	2:03:36	Olivia Findlay		FU40	490
247	2:04:06	2:03:35	Nikki Holland-Gladwish	Bungay Black Dog RC	F40	572
248	2:04:17	2:03:39	Lin Bolton	Team Dunerunner	F50	952
249	2:04:20	2:03:29	Lucy English		FU40	479
250	2:04:52	2:04:16	Jamie Curtis		M40	442
251	2:04:53	2:04:27	Daniel Gapp		MU40	504
252	2:04:54	2:04:26	Sean Bolger		MU40	395

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253	2:05:09	2:04:53	Kayleigh Bezance	Norwich Road Runners	FU40	388
254	2:05:27	2:04:52	Adrain Cole	Stowmarket Striders RC	M50	423
255	2:05:32	2:05:20	Joanna Blyth	Felixstowe RRC	F40	392
256	2:05:35	2:05:04	Jackie Bell	Bungay Black Dog RC	F50	379
257	2:05:47	2:05:31	Mark Kingston		M50	605
258	2:05:52	2:05:17	John Tilbrook		M70	760
259	2:05:57	2:05:18	Rachel Martell		FU40	620
260	2:05:58	2:05:18	Rowan York-Smith		F40	814
261	2:06:01	2:05:56	Royston Theobald		MU40	752
262	2:06:05	2:05:21	Katie Bonham Carter		F50	396
263	2:06:46	2:06:17	Sam Austin		F50	366
264	2:07:00	2:06:50	Lucy Woodburn	Tri-Anglia Triathlon Club	F50	803
265	2:07:08	2:06:47	Marion Walker	Framlingham Flyers	F60	772
266	2:07:24	2:06:55	Ruth Hambling	Hadleigh Hares AC	F40	542
267	2:07:33	2:07:04	Sarah Watkins	Hadleigh Hares AC	F40	777
268	2:07:53	2:07:36	Caroline Stafford	Felixstowe RRC	F40	743
269	2:08:01	2:07:09	Crispian Garth		M60	962
270	2:08:14	2:07:37	Luke Brown		MU40	953
271	2:08:16	2:07:49	Nathalie Hooper	Hadleigh Hares AC	F50	577
272	2:08:26	2:07:45	Dave Granger		M40	530
273	2:08:44	2:08:39	Charlotte Webb		FU40	780
274	2:08:46	2:08:40	Marcus Nichols	Beccles Triathlon Club	M40	656
275	2:09:05	2:08:21	Amy Godbold	Bungay Black Dog RC	FU40	519
276	2:09:28	2:09:00	Adrian Wicks	Rookery Park	M50	789
277	2:09:35	2:09:14	Kate Holtzer	Waveney Valley AC	FU40	576
278	2:09:36	2:09:04	Hanna Dean	Bungay Black Dog RC	FU40	455
279	2:09:38	2:09:06	Rachel Hirst	Bungay Black Dog RC	F50	569
280	2:09:39	2:09:12	Pete McCarthy	Ipswich Triathlon Club	M50	624
281	2:10:15	2:10:05	Ian Sillett	Felixstowe RRC	M60	725
282	2:10:20	2:09:51	David Sutton		MU40	748
283	2:10:58	2:10:40	Jan Harvey		FU40	555
284	2:10:58	2:10:41	Alex Harvey		MU40	554
285	2:11:11	2:10:56	Kevin Ellis	Bungay Black Dog RC	M50	961
286	2:11:22	2:11:02	Andrew Moore		M40	639
287	2:11:30	2:11:03	Ros Hollingworth		F40	573
288	2:11:40	2:11:00	Sarah Withington	Lonely Goat RC	F40	802

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
289	2:11:43	2:11:12	Leon Palmer		MU40	667
290	2:11:56	2:11:17	Tamara Clark	Dacorum & Tring AC	F40	421
291	2:12:28	2:11:46	Caroline Perry		F No Age Provided	416
292	2:12:33	2:11:47	Rachel Acamon-carbonelli	Great Yarmouth Road Runners	F40	950
293	2:13:28	2:13:01	Rachel Baynes		F40	378
294	2:13:42	2:13:34	Regina Warford		F40	776
295	2:13:50	2:13:13	Stuart Lawn	Beccles & Bungay Harriers	MU40	969
296	2:13:57	2:13:40	Mandy Jordan	Saxmundham Sports Running & Fitness Club	F40	600
297	2:13:57	2:13:40	Steven Jordan	Saxmundham Sports Running & Fitness Club	M40	601
298	2:13:58	2:13:46	Nigel Lee		M40	610
299	2:14:16	2:13:37	Ali Naqvi		M50	648
300	2:14:26	2:13:49	Jamie Payne	Framlingham Flyers	MU40	975
301	2:14:29	2:14:16	Paul Graves	Tiptree Road Runners	M60	531
302	2:14:35	2:14:06	Daisy Ashton		FU40	361
303	2:14:49	2:14:30	Joanne Taylor	Bungay Black Dog RC	F40	750
304	2:14:49	2:14:30	Louise Reed	Bungay Black Dog RC	F40	697
305	2:14:56	2:14:29	Katy Osborne		F40	663
306	2:14:59	2:14:31	Joanna Christopher		F40	418
307	2:15:11	2:14:43	Sara Armitage		F50	360
308	2:15:20	2:15:01	Chris Murray		M40	647
309	2:15:20	2:15:01	Sue Ellis		F50	475
310	2:15:27	2:14:52	Andrew Cousens		M60	432
311	2:15:37	2:15:20	Hayley Coles	Felixstowe RRC	FU40	425
312	2:15:49	2:15:15	Paul Morling		M50	641
313	2:15:54	2:15:32	Colin West	BRJ Run and Tri	M50	985
314	2:16:01	2:15:50	Catherine Hubbard		FU40	582
315	2:16:08	2:15:30	Judith Bolger		F50	394
316	2:16:11	2:15:58	Caroline Burgess		F40	403
317	2:16:11	2:15:59	Lois Mickleburgh		F40	632
318	2:16:25	2:16:05	Aaron Rush		MU40	708
319	2:16:37	2:16:04	Hannah-Mae Taylor	Bungay Black Dog RC	FU40	749
320	2:16:44	2:16:13	Debbie Fisher	Ely Runners	F40	492
321	2:17:04	2:16:20	Georgia Hegarty		F50	562
322	2:17:05	2:16:21	Simon Burridge		M50	404
323	2:17:29	2:16:59	Jason Belmore		MU40	381
324	2:17:33	2:17:11	David Porter	Rookery Park	M60	682

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
325	2:18:15	2:17:49	Amy Shawcross	Tri-Anglia Triathlon Club	FU40	723
326	2:18:26	2:18:03	Keelan Smith	Saxmundham Sports Running & Fitness Club	MU40	980
327	2:19:16	2:18:48	Jake Williams		MU40	796
328	2:19:53	2:19:39	Linda Hunt	Bungay Black Dog RC	F60	589
329	2:20:01	2:19:37	Joe Plant		MU40	679
330	2:20:12	2:19:28	Kirsty Howe	Waveney Valley AC	FU40	580
331	2:20:12	2:19:29	Rosemary Plant	Waveney Valley AC	FU40	680
332	2:20:14	2:19:45	Hannah Gorton		FU40	528
333	2:20:18	2:19:36	Roger Taylor		M40	983
334	2:20:20	2:19:59	Tom Davis		M40	451
335	2:20:48	2:20:35	Rebecca Wicks	Coltishall Jaguars RC	F40	790
336	2:22:08	2:21:22	Kevin Hill		M50	567
337	2:22:08	2:21:22	Karen Prime		F40	692
338	2:22:51	2:22:19	Clodagh Dugdale		F50	468
339	2:22:57	2:22:15	Martin Murray		M40	973
340	2:23:03	2:22:33	Will Riley		MU40	701
341	2:23:03	2:22:32	Jason Kercher		M40	604
342	2:23:20	2:22:37	Ivan Baker		M60	372
343	2:23:37	2:23:24	Kelly Naylor		F40	651
344	2:23:37	2:23:24	Demelza Penberth		F40	675
345	2:23:41	2:23:28	Gregor Kennedy		M50	968
346	2:24:10	2:23:27	Donna Milner	Waveney Valley AC	FU40	635
347	2:24:15	2:23:27	Sara Humphreys		F40	586
348	2:24:27	2:23:46	Sarah Sayers		F40	716
349	2:24:39	2:23:57	Rosemarie Ball	Bungay Black Dog RC	F60	376
350	2:24:45	2:24:12	Rebecca Vass	Bungay Black Dog RC	FU40	767
351	2:24:50	2:24:09	Kitty Rosser	Tri-Anglia Triathlon Club	FU40	706
352	2:25:30	2:25:25	Eliza Yoke		F50	813
353	2:25:31	2:25:00	Julian Holland-Gladwish	Bungay Black Dog RC	M40	571
354	2:25:41	2:25:08	Laura Deal	Bungay Black Dog RC	F40	454
355	2:25:42	2:25:10	Martyn Woodgate	Bungay Black Dog RC	M40	804
356	2:25:48	2:25:06	Nadia Krauhaus		FU40	607
357	2:25:59	2:25:26	Jamie Pout		MU40	689
358	2:25:59	2:25:26	Bethan Garrity		FU40	509
359	2:26:04	2:25:38	Tina Brown		F50	402
360	2:26:07	2:25:44	Jules Cooper	Sudbury Joggers	F40	429

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
361	2:26:07	2:25:45	Kimberley Sayers		FU40	715
362	2:26:41	2:26:02	Richard Holmes		M40	575
363	2:26:52	2:26:18	Alice Hosking		FU40	579
364	2:27:20	2:27:07	Danielle Harrington	Tiptree Road Runners	F40	550
365	2:28:18	2:27:55	Sarah Avery		F50	367
366	2:28:35	2:28:03	Katy Mitchell		FU40	636
367	2:28:40		Taylor Ness		FU40	652
368	2:29:44	2:29:33	Samantha Emms		FU40	478
369	2:30:03	2:29:31	Trevor Potter	Norwich Road Runners	M60	686
370	2:30:07	2:29:39	Helen Driver	Renegade Runners	F40	465
371	2:30:19	2:29:43	Linda Carter	Great Yarmouth Road Runners	F40	410
372	2:31:00	2:30:44	Kevin Jolly		M40	597
373	2:31:01	2:30:44	Scott Faulkner		M50	488
374	2:31:19	2:30:34	Tanya Holloway	Bungay Black Dog RC	FU40	574
375	2:31:20	2:30:35	Terry Green	Bungay Black Dog RC	M60	535
376	2:33:48	2:33:37	Sarah Cardy		F40	408
377	2:33:50	2:33:17	Fudge Farrar	Bungay Black Dog RC	F40	486
378	2:34:12	2:33:24	Robin Farrar	Bungay Black Dog RC	M70	487
379	2:34:18	2:34:07	Lucie Gresham-Hill		FU40	536
380	2:35:42	2:34:53	Louise Salmon		F40	711
381	2:35:49	2:35:00	Vicky Harrison		F40	551
382	2:36:04	2:35:19	Helen Atkinson		F40	364
383	2:36:04	2:35:17	Susan Potter	Bungay Black Dog RC	F60	685
384	2:36:16	2:35:45	Vince Meadows	Bungay Black Dog RC	M40	629
385	2:36:17	2:35:47	Jane Pattison	Bungay Black Dog RC	F50	672
386	2:36:32	2:36:22	Seda Demir Garcia Fernand		FU40	457
387	2:37:21	2:36:36	Angela Mower	Waveney Valley AC	F60	644
388	2:38:26	2:37:59	Anna Groom		FU40	538
389	2:39:30	2:38:41	Rebecca Jones		FU40	598
390	2:39:31	2:38:48	Hazel Flower	Norfolk Harriers RC	F40	497
391	2:39:57	2:39:17	Donna Mills		F50	634
392	2:40:13	2:39:51	Emma Flaxman-Taylor		FU40	493
393	2:40:38	2:39:59	Colin Whale	Bungay Black Dog RC	M50	785
394	2:40:52	2:40:12	Tim Hirst	Bungay Black Dog RC	M70	570
395	2:41:09	2:40:31	Sarah Cuthbertson	Great Yarmouth Road Runners	F40	445
396	2:41:09	2:40:31	Matthew Hunn		M40	587

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Pos	Gun Time	Chip Time	Name	Club	Category	Number
397	2:41:12		Suzanne Fleet		FU40	495
398	2:42:28	2:41:39	Nicholas Carter		M70	955
399	2:42:42	2:42:02	Lisa Smith	Lowestoft Road Runners	F40	733
400	2:43:51	2:43:02	Ruth Eastaugh		F40	471
401	2:45:14	2:44:50	Renee Bird		FU40	390
402	2:48:28	2:47:46	Michael Ball	Bungay Black Dog RC	M60	375
403	2:48:50	2:47:59	Kayt Ormston		FU40	662
404	2:51:18	2:50:52	Heidi Hayward		F40	561
405	2:51:19	2:50:52	Sonia Froude		F40	502
406	2:52:50	2:52:22	Eleanor Stewart		FU40	745
407	3:15:10	3:14:23	Paul Bird	Bungay Black Dog RC	M50	389