

Bungay Black Dog Running Club
 BFoR 5 km - 14th April 2019
 Updated 1st May 2019

Pos	Gun Time	Chip Time	Name	Club	Category	Number
1	16:25	16:24	Robert Chenery	Ipswich Jaffa RC	MU40	1514
2	16:46	16:44	Joseph Smith	Bungay Black Dog RC	MU40	1590
3	19:10	19:08	Benjamin Thompson	Great Yarmouth & District AC	MU40	1598
4	19:26	19:25	Peter Lowther	Bungay Black Dog RC	MU40	1558
5	19:47	19:45	Laurie Woods	Bure Valley Harriers	MU40	1612
6	19:58	19:56	Amelia Webber	Beccles & Bungay Harriers	FU40	1605
7	20:08	20:06	Alex Hassan		M40	1538
8	20:09	20:05	Jake Hayward	Stowmarket Striders RC	MU40	1540
9	20:24	20:22	Harry Smith	Bungay Black Dog RC	MU40	1589
10	20:39	20:36	Charlotte Parker	Bungay Black Dog RC	FU40	1577
11	20:55	20:51	Joshua Mullender		MU40	1571
12	20:58	20:56	Ali Wareham		F40	1603
13	21:07	21:05	George Goodby	Bungay Black Dog RC	MU40	1530
14	21:08	21:05	Rachel Miller	Norwich Road Runners	F40	1568
15	21:11	21:08	Matt Howes	Norwich Road Runners	M40	1543
16	22:23	22:20	Simon Sparkes	Bungay Black Dog RC	M40	1595
17	22:41	22:39	Thomas Carey	Norwich Road Runners	MU40	1512
18	22:56	22:54	Freddie Cox-Hartigan	Bungay Black Dog RC	MU40	1516
19	23:19	23:15	James Woodworth		MU40	1613
20	23:22	23:19	David Smith	Bungay Black Dog RC	M50	1588
21	23:29	23:21	Jason Snowling		MU40	1591
22	23:48	23:44	Zai Spencer		MU40	1596
23	23:51	23:46	Byron McGill	Bungay Black Dog RC	MU40	1566
24	24:00	23:57	Clare Kemsley		F50	1552
25	24:25	24:16	Euan Reid		MU40	1583
26	24:27	24:19	Paul Garrity		M50	1527
27	24:30	24:25	Duncan Chenery	Ipswich Jaffa RC	M50	1615
28	24:40	24:37	Diane Pamplin		F60	1575
29	24:42	24:39	Noah Rickards	Bungay Black Dog RC	MU40	1585
30	24:51	24:47	Kathryn Jervis	Norwich Road Runners	FU40	1549
31	25:06	25:00	James Crisp	Lowestoft Road Runners	MU40	1517
32	25:10	25:05	Kieran Davis		MU40	1521
33	25:16	25:12	Bob Becker		M50	1508
34	25:16	25:12	Louis Lummis		MU40	1509
35	25:23	25:18	Jennifer Lynch		FU40	1560
36	25:25	25:21	Kayleigh Bailey	Thetford AC	FU40	1506

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37	25:32	25:23	Elizabeth Gibson	Diss and District AC	FU40	1528
38	25:47	25:41	Matthew Lightfoot	Bungay Black Dog RC	MU40	1557
39	26:14	26:08	Simon Alcock	Bure Valley Harriers	M40	1501
40	26:57	26:51	Brodie Reavil	Beccles & Bungay Harriers	MU40	1580
41	27:01	26:55	John Colledge		MU40	1515
42	27:16	27:10	Louise Batchelor	Waveney Valley AC	FU40	1507
43	27:20	27:16	John Pamplin		M60	1576
44	28:07	28:06	Louis Martin		MU40	1564
45	28:09	28:07	Charles Wareham		MU40	1604
46	28:30	28:26	Lorrain Dawson	Great Yarmouth Road Runners	F50	1522
47	28:33	28:28	David Doddington	Waveney Valley AC	M60	1525
48	28:36	28:29	Nigel Kingwell		M60	1553
49	28:39	28:33	Tiffany Aldous		FU40	1503
50	28:46	28:42	Helen Jervis		FU40	1548
51	28:50	28:39	Lauren Wolfe		FU40	1610
52	28:53	28:44	Sarah Sparkes	Bungay Black Dog RC	F40	1594
53	29:15	29:09	Ian Gardner		M60	1526
54	29:29	29:23	Sophie Huxtable		FU40	1545
55	29:34	29:30	Zoe Curtis		F50	1520
56	30:05	29:59	Anna Gook	Beccles & Bungay Harriers	F40	1533
57	30:47	30:41	James Ludlam	Great Yarmouth Road Runners	MU40	1559
58	31:12	31:05	Vikki Jones		FU40	1551
59	31:18	31:06	Ian Day		M50	1523
60	31:27	31:21	Suaad Hassan		FU40	1539
61	31:42	31:35	Jenna Slaughter		FU40	1587
62	31:43	31:36	Bella Nice		FU40	1573
63	31:54	31:45	Simon Hannant		M40	1536
64	31:58	31:54	Elaine Haggarty	Great Yarmouth & District AC	F60	1535
65	32:00	31:51	Rebecca Dean	Diss and District AC	FU40	1524
66	32:33	32:26	Jo Williams		F50	1609
67	32:33	32:22	Lyn Snowling		F50	1592
68	32:54	32:42	Richard Allsworth		M40	1504
69	32:54	32:43	Fran Rowley		F40	1586
70	32:58	32:52	Alison Hurren		FU40	1544
71	33:23	33:15	Libby Mullender		FU40	1572
72	33:27	33:19	Chris Mullender		M40	1570

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73	33:28	33:21	Katie Walker		F40	1602
74	33:37	33:30	Simon Moore		M40	1569
75	33:54	33:45	Emma Bolam		FU40	1510
76	33:54	33:46	Angela Jermy		FU40	1546
77	34:17	34:07	Alan Jervis		M70	1547
78	34:45	34:36	Darryl Ainslie	Lowestoft Road Runners	M40	1500
79	35:56	35:47	Shirley Kingwell	Bungay Black Dog RC	F60	1554
80	36:07	35:59	Penelope Pullinger	Bungay Black Dog RC	F60	1579
81	36:14	36:06	Danny Goodwin	Haddiscoe Harriers	M40	1531
82	36:14	36:05	Michele Goodwin		F40	1532
83	37:24	37:13	Gemma Soar		FU40	1593
84	37:25	37:13	Jeanette Jones		F40	1550
85	38:10	38:03	Louise Aldous	Bungay Black Dog RC	F40	1502
86	38:49	38:44	Chloe Lambert		FU40	1555
87	40:30	40:19	Sharon Nichols	Waveney Valley AC	F50	1574
88	41:00	40:54	Paul Hierons	Waveney Valley AC	M60	1542
89	42:27	42:19	Jane Lawrence	Bungay Black Dog RC	F50	1556
90	42:56	42:46	Hayley Maud	Waveney Valley AC	FU40	1565
91	43:04	42:50	Sarah Wilby	Bungay Black Dog RC	F50	1606
92	44:54	44:43	Linda Crook	BRJ Run and Tri	F50	1518
93	47:00	46:49	Emily Harding	Waveney Valley AC	FU40	1537
94	47:28	47:18	Amaia Visiers		FU40	1600