



# Individual Results

09 August 2022

15:23:04

Distance

Position	Name	Club	Category	Time
1	Helen Davies	1 Ipswich JAFFA LV35 A	LadiesVet	00:36:59
2	Jess Gooderham	96 Pacers D MX	Mixed	00:38:36
3	Victoria Primmer	132 Colchester Harriers Senior women - LO	LadiesOpen	00:39:39
4	Tracy English	132 Colchester Harriers Senior women - LO	LadiesOpen	00:39:56
5	Katie Austin	1 Ipswich JAFFA LV35 A	LadiesVet	00:40:15
6	Davina Greenwell	142 Ipswich Tri Club 2	MensOpen	00:40:42
7	Annie Edwards	115 Gilmour Piper Plodders	Unaffiliated / Social	00:40:53
8	Sarah Stradling	133 Colchester Harriers Vet women LSV	LadiesSuperVet	00:42:45
9	Lynn Emmett	12 Beccles & Bungay Harriers AC MX	Mixed	00:44:20
10	Francesca Anderson	34 Framlingham Flyers LO	LadiesOpen	00:44:40
11	Wendy Smith	97 Pacers E LSV	LadiesSuperVet	00:44:57
12	Collette Green	22 Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:45:04
13	Anna Keeble	2 Ipswich JAFFA Ladies Open A	LadiesOpen	00:45:04
14	Jodie Ibbs	64 Diss & District AC MX	Mixed	00:45:05
15	Jo Leader	97 Pacers E LSV	LadiesSuperVet	00:45:41
16	Vicky Presland	48 GBRC Gerry and the Pacemakers - MX	Mixed	00:46:09
17	Sandra Mayhew	114 Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:46:12

18	Kaye Branton	22	Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:46:26
19	Sally Bowen	67	Drinking Club with a Running Habit	Mixed	00:46:46
20	Mags Komorowska	49	GBRC Mags-nificent 6 MX	Mixed	00:47:03
21	Rosie O'Neill	138	Shufflers Sole Sisters LV	LadiesVet	00:47:07
22	Hannah Parsons	84	Newmarket Joggers - Female Vets	LadiesVet	00:47:20
23	Faith Pearce	92	Norfolk Gazelles Stags MX	Mixed	00:47:20
24	Rachel O'Leary	59	WRC LO - Between a walk and a hard pace	LadiesOpen	00:47:49
25	Lisa Briggs	40	GBRC Praying for a Meera-cle MX	Mixed	00:47:54
26	Meera Rajoo-Oakley	40	GBRC Praying for a Meera-cle MX	Mixed	00:48:02
27	Fran Cooke	127	Bure Valley Harriers 2 MX	Mixed	00:48:04
28	Kate Heeks	109	Stowmarket Striders MX - The Fellowship	Mixed	00:48:26
29	Ruth Ackworth	136	Shufflers Golden Movers O60	Over60	00:48:56
30	Rachel Bodsworth	53	Hadleigh Hares C LO	LadiesOpen	00:48:57
31	Kate Gibson	133	Colchester Harriers Vet women LSV	LadiesSuperVet	00:49:10
32	Maddy Allen	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:49:11
33	Lara Pocock	129	Pacers J MX	Mixed	00:49:29
34	Sian Abbott	6	Ipswich JAFFA Mixed A	Mixed	00:49:39
35	Alice Grant	128	Bure Valley Harriers 3 MX	Mixed	00:49:44
36	Hayley Gittings	118	Design By Sports	Unaffiliated / Social	00:50:04
37	Claire Brown	130	Pacers K MX	Mixed	00:50:07
38	Kerry Watson	4	Ipswich JAFFA LV35 B	LadiesVet	00:50:26
39	Suzi Whymark	102	RCR 2 MX	Mixed	00:51:04
40	Sarah Vick	31	Saxons 2 MX	Mixed	00:51:04

41	Joanne Harper	99	Felixstowe Mixed 4 - Makin Stories	Mixed	00:51:11
42	Anita Mussett	134	Colchester Harriers Mixed	Mixed	00:51:17
43	Belinda Godbold	53	Hadleigh Hares C LO	LadiesOpen	00:51:27
44	Katie Beckinsale	120	AIRBORNE FIT THREE	Unaffiliated / Social	00:51:47
45	Olivia Ellis	3	Ipswich JAFFA Ladies Open B	LadiesOpen	00:51:48
46	Wendy Ancill	84	Newmarket Joggers - Female Vets	LadiesVet	00:51:56
47	Ketlaine Kombet Zegani	24	Running Colchester 2 MX	Mixed	00:52:18
48	Kyra Wilson	34	Framlingham Flyers LO	LadiesOpen	00:52:58
49	Becca Harry	138	Shufflers Sole Sisters LV	LadiesVet	00:53:00
50	Sarah Banham	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:53:06
51	Sharon Warland	114	Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:54:05
52	Caroline Peek	29	LRR Crispy Kremes MX	Mixed	00:54:38
53	Cerys Gunn	147	Ellisons Solicitors	Unaffiliated / Social	00:54:39
54	Lyndsey Squirrel	147	Ellisons Solicitors	Unaffiliated / Social	00:55:12
55	Celine Elson	60	WRC LV - Only here for the cake	LadiesVet	00:55:14
56	Michelle Constable	4	Ipswich JAFFA LV35 B	LadiesVet	00:55:20
57	Fiona Smith	2	Ipswich JAFFA Ladies Open A	LadiesOpen	00:56:17
58	Helen Wass	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	00:56:38
59	Emma Mardell	23	Running Colchester 1 MX	Mixed	00:57:25
60	Nicola Stevenson	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:57:42
61	Joanne Sargent	52	Hadleigh Hares B MX	Mixed	00:58:18
62	Misty Smith	103	RCR 3 MX	Mixed	00:58:27

63	Dawn Gibson	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	01:00:00
64	Debbie Hart	106	RCR 6 MX	Mixed	01:00:05
65	Geraldine Suckling	52	Hadleigh Hares B MX	Mixed	01:00:31
66	Katie Dagnall	120	AIRBORNE FIT THREE	Unaffiliated / Social	01:00:32
67	Cathy Russell	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	01:00:32
68	Leanne Andrews	59	WRC LO - Between a walk and a hard pace	LadiesOpen	01:00:42
69	Rebecca Morton	117	Team2gether	Unaffiliated / Social	01:01:18
70	Simonne Graells	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	01:02:03
71	Lisa Cox	145	I Can Run CIC 2	Unaffiliated / Social	01:02:06
72	Hannah Devine	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	01:02:45
73	Cornell Le Roux Groenewald	119	Boxted Runners 2 MX	Mixed	01:04:14
74	Lisa Leader	60	WRC LV - Only here for the cake	LadiesVet	01:04:46
75	Sharon Hayfield	145	I Can Run CIC 2	Unaffiliated / Social	01:06:01
76	Caroline McIntosh	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	01:07:18
77	Julie Selly	117	Team2gether	Unaffiliated / Social	01:07:28
78	Anja Tomaszczuk	144	I Can Run CIC 1	Unaffiliated / Social	01:08:04
79	Karen Brackenbury	144	I Can Run CIC 1	Unaffiliated / Social	01:08:34
80	Sianie Painter	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	01:09:13

81	Ali Ostler	99	Felixstowe Mixed 4 - Makin Stories	Mixed	01:09:51
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82	Amber Smith	3	Ipswich JAFFA Ladies Open B	LadiesOpen	01:17:00
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Distance

Position	Name	Club	Category	Time
1	Michael Eccles	126 Bure Valley Harriers 1 MV	MensVet	00:31:49
2	Jack Nixon	93 Pacers A MX	Mixed	00:32:25
3	Danny Rock	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:32:43
4	Tom Rehal	25 Colchester Harriers Senior A MO	MensOpen	00:32:53
5	Tony Gavin	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:33:18
6	Stuart Haynes	137 Shufflers Relay The Energy MO	MensOpen	00:33:33
7	Mark Hayward	18 Newmarket Joggers Mens Open (1)	MensOpen	00:34:08
8	Scott Williams	111 Stowmarket Striders MX - The Incredibles	Mixed	00:34:51
9	Chay Hopkins	62 Haverhill RC	MensOpen	00:35:01
10	Simon Partridge	126 Bure Valley Harriers 1 MV	MensVet	00:35:28
11	Neil Adams	87 NNBR In The Mix	Mixed	00:35:30
12	Tom Cresswell	25 Colchester Harriers Senior A MO	MensOpen	00:35:33
13	Mark McKeown	20 Colchester Harriers MV40 A	MensVet	00:35:36
14	Dan Hutchison	18 Newmarket Joggers Mens Open (1)	MensOpen	00:35:38
15	Andrew Heide	70 Kesgrave Cruisers MX 1	Mixed	00:35:39
16	James Calvert	5 Ipswich JAFFA Mens Open A	MensOpen	00:35:47
17	Aiden Bell	51 Hadleigh Hares A MO	MensOpen	00:36:07
18	Adam Benmore	122 Ipswich Radiotherapy white	Unaffiliated / Social	00:36:13
19	Simon Cook	81 LRR Meadow's Motivators MO	MensOpen	00:36:23
20	Steven Bacon	87 NNBR In The Mix	Mixed	00:36:36

21	Mark Allen	9	Ipswich JAFFA MSV50	MensSuperVet	00:36:37
22	Dan Widdowson	20	Colchester Harriers MV40 A	MensVet	00:36:41
23	Jim Last	39	Framlingham Flyers MV	MensVet	00:36:44
24	Chris Meadows	81	LRR Meadow's Motivators MO	MensOpen	00:36:50
25	Stuart Buchan	111	Stowmarket Striders MX - The Incredibles	Mixed	00:36:56
26	Mark Thompson	80	LRR Lincoln's Lead Outs MX	Mixed	00:37:17
27	Adrian Frost	100	Pacers G MSV	MensSuperVet	00:37:18
28	Jason Marter	39	Framlingham Flyers MV	MensVet	00:37:20
29	Harry Swinbourne	131	Colchester Harriers Senior B MO	MensOpen	00:37:22
30	Colin Ridley	14	Colchester Harriers MSV50 A	MensSuperVet	00:37:34
31	Oliver Manning	70	Kesgrave Cruisers MX 1	Mixed	00:37:40
32	Jack Noble	5	Ipswich JAFFA Mens Open A	MensOpen	00:37:44
33	Owen Rees	116	Ipswich Phoenix Team A	Mixed	00:37:48
34	Nico Drinkwater	90	Norfolk Gazelles Dorcas MX	Mixed	00:37:53
35	Harry Neale	92	Norfolk Gazelles Stags MX	Mixed	00:37:54
36	Jimmy Smith	65	Newmarket Joggers Mixed	Mixed	00:38:02
37	Tim Ballard	41	GBRC Paul's Persistent Performers MO	MensOpen	00:38:10
38	Tom Hayden	38	Framlingham Flyers MO	MensOpen	00:38:28
39	Ben Jacobs	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:38:42
40	Daniel Stocks	98	Pacers F MX	Mixed	00:38:52
41	Craig Mitchell	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:38:59
42	Howard Beasley	100	Pacers G MSV	MensSuperVet	00:39:06

43	Alex Archer	6	Ipswich JAFFA Mixed A	Mixed	00:39:09
44	Steve Brooke	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:39:21
45	Glynn Thomas	9	Ipswich JAFFA MSV50	MensSuperVet	00:39:21
46	Alistair Read	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:39:26
47	Luke Senior	93	Pacers A MX	Mixed	00:39:49
48	Neil Smith	38	Framlingham Flyers MO	MensOpen	00:39:53
49	Austen Mitchell	21	Colchester Harriers MV40 B	MensVet	00:39:55
50	Mark Novels	62	Haverhill RC	MensOpen	00:40:04
51	Tim Larke	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:40:15
52	Damian Elsdon	101	Pacers H MV	MensVet	00:40:18
53	Jonathan Pye	19	Newmarket Joggers Mens Open (2)	MensOpen	00:40:24
54	Andrew Howells	105	RCR 5 MO	MensOpen	00:40:26
55	Jay Waite	14	Colchester Harriers MSV50 A	MensSuperVet	00:40:33
56	Ian Duggan	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:40:34
57	Simon Colclough	21	Colchester Harriers MV40 B	MensVet	00:40:35
58	Jacob Howard	143	Ipswich Tri Club 1	MensOpen	00:40:42
59	Ben Jeffery	101	Pacers H MV	MensVet	00:40:45
60	Liam Stubbington	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:40:55
61	Robert Smith	131	Colchester Harriers Senior B MO	MensOpen	00:41:06
62	Michael Jennings	56	AIRBORNE FIT ONE	Unaffiliated / Social	00:41:06
63	Tom Hunnisett	31	Saxons 2 MX	Mixed	00:41:11

64	Chris Seymour	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:41:27
65	Chris Hall	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	00:41:28
66	Jamie Fittock	98	Pacers F MX	Mixed	00:41:32
67	Chris Tye	143	Ipswich Tri Club 1	MensOpen	00:41:32
68	Jason Dighton	116	Ipswich Phoenix Team A	Mixed	00:41:33
69	Peter Bank	61	WRC MO - Chafing the Dream	MensOpen	00:41:36
70	Reece Gooderham	96	Pacers D MX	Mixed	00:41:36
71	Marc Drury	19	Newmarket Joggers Mens Open (2)	MensOpen	00:41:38
72	Elliot Tyler	123	Mrs Brand's Boys	Unaffiliated / Social	00:41:41
73	Roger Stone	69	Kesgrave Cruisers MV50	MensSuperVet	00:41:42
74	Ben Stewart	141	Boxted Runners MO	MensOpen	00:41:47
75	Ben Churchman	64	Diss & District AC MX	Mixed	00:41:54
76	Sam Hajder	58	WRC MSV - SuperSwift Vets	MensVet	00:42:00
77	David Allen	45	GBRC - The Centurions MO	Mixed	00:42:24
78	Jonathan Ollington	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:42:32
79	Simon Stafford	69	Kesgrave Cruisers MV50	MensSuperVet	00:42:33
80	Andy Long	107	Stowmarket Striders MX - A Family Affair	Mixed	00:42:34
81	Daryl Simpson	8	Ipswich JAFFA MV40	MensVet	00:42:49
82	Michael Rushton	129	Pacers J MX	Mixed	00:42:56
83	David Carey	58	WRC MSV - SuperSwift Vets	MensVet	00:43:06
84	Howard Beasley	95	Pacers C 70	Over60	00:43:19
85	Simon Ray Jones	91	Norfolk Gazelles Muntjac MX	Mixed	00:43:19



86	Torben Wood	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:43:24
87	Gerry Gladden	48	GBRC Gerry and the Pacemakers - MX	Mixed	00:43:36
88	Todd Lewis	130	Pacers K MX	Mixed	00:43:42
89	Chris Sim	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:43:46
90	Chris Seymour	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:43:52
91	Ash Sadler	72	Kesgrave Cruisers MX 3	Mixed	00:43:54
92	Simon Tinkler	37	Framlingham Flyers Mixed Bunch	Mixed	00:43:54
93	John Jousiffe	51	Hadleigh Hares A MO	MensOpen	00:43:55
94	Stephen Mead	112	Stowmarket Striders V60 - The Professionals	Over60	00:44:10
95	Alex Thomson	74	Kesgrave Cruisers MX 5	Mixed	00:44:12
96	Richard Newman	27	Harwich Runners MX	Mixed	00:44:16
97	Peter Warland	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:44:17
98	Greg Howard	127	Bure Valley Harriers 2 MX	Mixed	00:44:18
99	Rob Dyer	49	GBRC Mags-nificent 6 MX	Mixed	00:44:20
100	Steve Ames	141	Boxted Runners MO	MensOpen	00:44:21
101	Shaun Lark	78	LRR Grant us Victory MX	Mixed	00:44:22
102	Marcus Brown	102	RCR 2 MX	Mixed	00:44:23
103	Femi Ariyo	140	YourPaceOrMine	Unaffiliated / Social	00:44:26
104	Rob Wallace	94	Pacers B MX	Mixed	00:44:30
105	Andrew Smith	61	WRC MO - Chafing the Dream	MensOpen	00:44:37
106	George Wright	109	Stowmarket Striders MX - The Fellowship	Mixed	00:44:43
107	Kyle Church	32	Saxons 3 MX	Mixed	00:44:43

108	Paul Davison	50	GBRC Paul's Pussycats MX	Mixed	00:44:46
109	Mat Laverack	43	GBRC - Scrambled Legs MX	Mixed	00:44:54
110	Adam Waller-Toyne	45	GBRC - The Centurions MO	Mixed	00:44:58
111	Richard Higgins	37	Framlingham Flyers Mixed Bunch	Mixed	00:45:01
112	Doug O'Neil	15	Colchester Harriers MSV50 B	MensSuperVet	00:45:05
113	Jem Smith	28	Drinking Club with a Running Habit FD	Mixed	00:45:10
114	Mark Hughes	124	Ipswich Phoenix Team B	Mixed	00:45:12
115	Graham Wigley	35	Framlingham Flyers Male 60	Over60	00:45:18
116	Andy Fryatt	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:45:21
117	Lee Oxbury	91	Norfolk Gazelles Muntjac MX	Mixed	00:45:25
118	Terry Garrity	17	BBDRC Hot Dogs O60	Over60	00:45:26
119	Adam Boyle	135	Shufflers Better Together MX	Mixed	00:45:37
120	Richard Creasey	71	Kesgrave Cruisers MX 2	Mixed	00:45:40
121	Kim Pretty	27	Harwich Runners MX	Mixed	00:45:54
122	Nick Card	115	Gilmour Piper Plodders	Unaffiliated / Social	00:46:06
123	Karl Holbrook	140	YourPaceOrMine	Unaffiliated / Social	00:46:07
124	Nick Moon	8	Ipswich JAFFA MV40	MensVet	00:46:08
125	Dave Robinson	104	RCR 4 MX	Mixed	00:46:09
126	William Woodhall	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:46:15
127	Steve Dunnett	35	Framlingham Flyers Male 60	Over60	00:46:17
128	Peter Gray	56	AIRBORNE FIT ONE	Unaffiliated / Social	00:46:28
129	Neil Catley	73	Kesgrave Cruisers MX 4	Mixed	00:46:32

130	Steve Newson	90	Norfolk Gazelles Dorcas MX	Mixed	00:46:38
131	Jon Meadows	76	LRR Clarkey's Cheetahs MX	Mixed	00:46:46
132	William Taylor	36	Framlingham Flyers Mixed Allsorts	Mixed	00:46:51
133	Mark Sailsbury	67	Drinking Club with a Running Habit	Mixed	00:46:51
134	Sam Sutton Reid	50	GBRC Paul's Pussycats MX	Mixed	00:46:52
135	Mark Crookes	128	Bure Valley Harriers 3 MX	Mixed	00:46:55
136	Lee Phillips	79	LRR Harmer's Hurricanes MX	Mixed	00:47:05
137	Len Saunders	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:47:07
138	Richard Phillips	73	Kesgrave Cruisers MX 4	Mixed	00:47:07
139	Lee Chapman	142	Ipswich Tri Club 2	MensOpen	00:47:08
140	Mark Skinner	106	RCR 6 MX	Mixed	00:47:18
141	Jonathan Poole	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:47:23
142	Michael Young	23	Running Colchester 1 MX	Mixed	00:47:30
143	Chris Fuller	30	Saxons 1 MX	Mixed	00:47:31
144	Marcus Kwan	72	Kesgrave Cruisers MX 3	Mixed	00:47:32
145	Mark Holland	71	Kesgrave Cruisers MX 2	Mixed	00:47:37
146	Rob Morgan	94	Pacers B MX	Mixed	00:48:00
147	Kyle Filby	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:48:03
148	David Brewster	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:48:05
149	Adam Buckle	118	Design By Sports	Unaffiliated / Social	00:48:08
150	Gregg Dodds	137	Shufflers Relay The Energy MO	MensOpen	00:48:17
151	Shaun Kay	80	LRR Lincoln's Lead Outs MX	Mixed	00:48:22
152	Fraser Lewis	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:48:23

153	Paul Scoggins	135	Shufflers Better Together MX	Mixed	00:48:24
154	Paul Banks	79	LRR Harmer's Hurricanes MX	Mixed	00:48:26
155	Daniel Whymark	42	GBRC - Geercha Casun Critters MX	Mixed	00:48:39
156	Rodger Alexander	42	GBRC - Geercha Casun Critters MX	Mixed	00:48:46
157	Darin Osborne	105	RCR 5 MO	MensOpen	00:48:47
158	Tony Morley	17	BBDRRC Hot Dogs O60	Over60	00:48:51
159	Rob Hall	16	BBDRRC Young Hearts Run Free O60	Over60	00:48:54
160	Steven Rue	95	Pacers C 70	Over60	00:49:05
161	Richard White	30	Saxons 1 MX	Mixed	00:49:29
162	Terry Spurgeon	7	Ipswich JAFFA Mixed B	Mixed	00:49:30
163	Patrick Wilford	32	Saxons 3 MX	Mixed	00:49:40
164	Paul Brand	123	Mrs Brand's Boys	Unaffiliated / Social	00:49:50
165	Ben Cuthbert	28	Drinking Club with a Running Habit FD	Mixed	00:50:14
166	Kevin Ward	74	Kesgrave Kruisers MX 5	Mixed	00:50:23
167	Mark Rose	7	Ipswich JAFFA Mixed B	Mixed	00:50:29
168	Paul Carlisle	41	GBRC Paul's Persistent Performers MO	MensOpen	00:50:31
169	Andrew Hollock	24	Running Colchester 2 MX	Mixed	00:50:32
170	Matt Standing	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:50:41
171	Paul Neville	15	Colchester Harriers MSV50 B	MensSuperVet	00:50:59
172	Trevor Johnson	76	LRR Clarkey's Cheetahs MX	Mixed	00:51:07
173	Guy Hayward	36	Framlingham Flyers Mixed Allsorts	Mixed	00:51:09
174	Mark Elflett	29	LRR Crispy Kremes MX	Mixed	00:51:16
175	Paul Smith	43	GBRC - Scrambled Legs MX	Mixed	00:51:28

176	Peter Woods	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:52:11
177	David Grimmer	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:52:18
178	Frank Moggan	112	Stowmarket Striders V60 - The Professionals	Over60	00:52:30
179	Dale Fowler	122	Ipswich Radiotherapy white	Unaffiliated / Social	00:52:34
180	Gerry McCarthy	124	Ipswich Phoenix Team B	Mixed	00:52:39
181	Tom Robinson	107	Stowmarket Striders MX - A Family Affair	Mixed	00:52:49
182	Mike Howard	75	Kesgrave Cruisers MX 6	Mixed	00:52:56
183	Ben Jackson	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:54:05
184	Jim Hayes	86	NNBR Super Seventies	Over70	00:54:32
185	Andrew Harvey	12	Beccles & Bungay Harriers AC MX	Mixed	00:54:34
186	Lee Stephenson	54	RCR 1 MX	Mixed	00:54:40
187	Mon Lee	10	Ipswich JAFFA Over 60s	Over60	00:54:45
188	Ian Bown	119	Boxted Runners 2 MX	Mixed	00:54:59
189	Brett Martin	75	Kesgrave Cruisers MX 6	Mixed	00:55:06
190	Tim Newton	10	Ipswich JAFFA Over 60s	Over60	00:55:30
191	Arthur Whiston	134	Colchester Harriers Mixed	Mixed	00:55:41
192	Harrison Page	78	LRR Grant us Victory MX	Mixed	00:55:54
193	Martin Spilsted	54	RCR 1 MX	Mixed	00:56:23
194	Hugh Roberts	16	BBDRC Young Hearts Run Free O60	Over60	00:56:40
195	Ian Gardner	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	00:57:09
196	Mark Skinner	103	RCR 3 MX	Mixed	00:57:52
197	Brett Deakin	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:57:53

198	Chris Aylmer	65	Newmarket Joggers Mixed	Mixed	00:59:11
199	Peter Hill	86	NNBR Super Seventies	Over70	00:59:48
200	Justin Ostler	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	01:03:34
201	Glen Page	104	RCR 4 MX	Mixed	01:04:50
202	Chris Johns	136	Shufflers Golden Movers O60	Over60	01:07:23

Distance

Position	Name	Club	Category	Time
1	Maddie Jordan-Lee	111 Stowmarket Striders MX - The Incredibles	Mixed	00:17:13
2	Katie King	93 Pacers A MX	Mixed	00:17:37
3	Katie King	129 Pacers J MX	Mixed	00:18:13
4	Lydia Callan	132 Colchester Harriers Senior women - LO	LadiesOpen	00:18:42
5	Millie Jordan-Lee	111 Stowmarket Striders MX - The Incredibles	Mixed	00:18:52
6	Natasha Belsom	1 Ipswich JAFFA LV35 A	LadiesVet	00:19:44
7	Alice Wilmer	56 AIRBORNE FIT ONE	Unaffiliated / Social	00:20:17
8	Cath Jeffery	93 Pacers A MX	Mixed	00:20:22
9	Holly Freeguard	132 Colchester Harriers Senior women - LO	LadiesOpen	00:20:43
10	Rosie Horsfield	2 Ipswich JAFFA Ladies Open A	LadiesOpen	00:20:51
11	Louise Glass	98 Pacers F MX	Mixed	00:20:59
12	Eleanor Mayne	132 Colchester Harriers Senior women - LO	LadiesOpen	00:21:05
13	Denise Morley	133 Colchester Harriers Vet women LSV	LadiesSuperVet	00:21:07
14	Rachael Laurance	1 Ipswich JAFFA LV35 A	LadiesVet	00:21:09

15	Alex Hennessey	133	Colchester Harriers Vet women LSV	LadiesSuperVet	00:21:31
16	Katie Card	115	Gilmour Piper Plodders	Unaffiliated / Social	00:21:37
17	Val Jennings	1	Ipswich JAFFA LV35 A	LadiesVet	00:21:40
18	Jasmine Bilner	2	Ipswich JAFFA Ladies Open A	LadiesOpen	00:22:00
19	Rebecca Maun	87	NNBR In The Mix	Mixed	00:22:24
20	Helen Ariyo	70	Kesgrave Kruisers MX 1	Mixed	00:22:26
21	Jenny Morgan	97	Pacers E LSV	LadiesSuperVet	00:22:26
22	Ness Dent	87	NNBR In The Mix	Mixed	00:22:26
23	Chloe Stuteley	98	Pacers F MX	Mixed	00:22:28
24	Gill Leathers	97	Pacers E LSV	LadiesSuperVet	00:22:37
25	Fran Norris	133	Colchester Harriers Vet women LSV	LadiesSuperVet	00:22:53
26	Kate Wooldridge	56	AIRBORNE FIT ONE	Unaffiliated / Social	00:23:01
27	Sofie Samuelsson	134	Colchester Harriers Mixed	Mixed	00:23:08
28	Katie Card	115	Gilmour Piper Plodders	Unaffiliated / Social	00:23:14
29	Rhiannon Evans	91	Norfolk Gazelles Muntjac MX	Mixed	00:23:15
30	Vicky Tapp	53	Hadleigh Hares C LO	LadiesOpen	00:23:18
31	Yolanda Sparkes	7	Ipswich JAFFA Mixed B	Mixed	00:23:18
32	Elizabeth Prior	59	WRC LO - Between a walk and a hard pace	LadiesOpen	00:23:19
33	Emily Gooderham	96	Pacers D MX	Mixed	00:23:20
34	Kirsty Brookfield	135	Shufflers Better Together MX	Mixed	00:23:22
35	Sandy Page	70	Kesgrave Kruisers MX 1	Mixed	00:23:22

36	Juliet Garnham	109	Stowmarket Striders MX - The Fellowship	Mixed	00:23:29
37	Kirsty Weavers	97	Pacers E LSV	LadiesSuperVet	00:23:31
38	Katie Rixon	118	Design By Sports	Unaffiliated / Social	00:23:33
39	Hien Hoang	48	GBRC Gerry and the Pacemakers - MX	Mixed	00:23:35
40	Karen Offord	114	Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:23:37
41	Conner Bilner	6	Ipswich JAFFA Mixed A	Mixed	00:23:40
42	Bronwen Sarginson	116	Ipswich Phoenix Team A	Mixed	00:23:45
43	Annalise Tye	59	WRC LO - Between a walk and a hard pace	LadiesOpen	00:23:47
44	Rachel Terry	114	Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:23:48
45	Victoria Orford	34	Framlingham Flyers LO	LadiesOpen	00:23:49
46	Gemma Abbott	102	RCR 2 MX	Mixed	00:23:49
47	Terri Green	4	Ipswich JAFFA LV35 B	LadiesVet	00:24:01
48	Michelle Hewitt	34	Framlingham Flyers LO	LadiesOpen	00:24:01
49	Debbie Catling	22	Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:24:02
50	Amanda Dunn	53	Hadleigh Hares C LO	LadiesOpen	00:24:09
51	Maria Riera Turro	22	Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:24:12
52	Marion Parker	22	Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:24:24
53	Kathy Wilson-Brown	2	Ipswich JAFFA Ladies Open A	LadiesOpen	00:24:27
54	Emma Ward	64	Diss & District AC MX	Mixed	00:24:32
55	Tania Stacey	118	Design By Sports	Unaffiliated / Social	00:24:34



56	Ruth Eberhardt	84	Newmarket Joggers - Female Vets	LadiesVet	00:24:38
57	Orla Holland	73	Kesgrave Kruisers MX 4	Mixed	00:24:51
58	Caroline Dyer	49	GBRC Mags-nificent 6 MX	Mixed	00:24:52
59	Holly Harmer	79	LRR Harmer's Hurricanes MX	Mixed	00:24:55
60	Emma Harwood	37	Framlingham Flyers Mixed Bunch	Mixed	00:24:58
61	Bella Lock	74	Kesgrave Kruisers MX 5	Mixed	00:25:04
62	Sandra Roberts	6	Ipswich JAFFA Mixed A	Mixed	00:25:09
63	Wendy Kellett	6	Ipswich JAFFA Mixed A	Mixed	00:25:14
64	Sophie Doe	71	Kesgrave Kruisers MX 2	Mixed	00:25:16
65	Denise Betts	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	00:25:26
66	Eleanor Chapman	128	Bure Valley Harriers 3 MX	Mixed	00:25:32
67	Amanda Smith	138	Shufflers Sole Sisters LV	LadiesVet	00:25:37
68	Nathalie Hooper	53	Hadleigh Hares C LO	LadiesOpen	00:25:56
69	Debs Hollidge	49	GBRC Mags-nificent 6 MX	Mixed	00:25:58
70	Ruth Cowlin	28	Drinking Club with a Running Habit FD	Mixed	00:26:01
71	Hannah Wattam	135	Shufflers Better Together MX	Mixed	00:26:03
72	Leoni Harvey	48	GBRC Gerry and the Pacemakers - MX	Mixed	00:26:03
73	Fiona Smith	124	Ipswich Phoenix Team B	Mixed	00:26:08
74	Samantha Arterton	91	Norfolk Gazelles Muntjac MX	Mixed	00:26:10
75	Bobbie Sauerzapf	17	BBDRC Hot Dogs O60	Over60	00:26:13
76	Louise Savage	3	Ipswich JAFFA Ladies Open B	LadiesOpen	00:26:13
77	Christina Pretty	27	Harwich Runners MX	Mixed	00:26:20
78	Stephanie Evans	90	Norfolk Gazelles Dorcas MX	Mixed	00:26:21
79	Jo Parden	34	Framlingham Flyers LO	LadiesOpen	00:26:21

80	Claire Phillips	72	Kesgrave Cruisers MX 3	Mixed	00:26:22
81	Nicky Watson	138	Shufflers Sole Sisters LV	LadiesVet	00:26:32
82	Claire Poole	40	GBRC Praying for a Meera-cle MX	Mixed	00:26:38
83	Sue Downes	122	Ipswich Radiotherapy white	Unaffiliated / Social	00:26:39
84	Eileen Shadford	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:26:40
85	Samantha Tapp	52	Hadleigh Hares B MX	Mixed	00:26:43
86	Claire Bransby	27	Harwich Runners MX	Mixed	00:26:49
87	Suzy Grant	78	LRR Grant us Victory MX	Mixed	00:26:58
88	Wendy Hughes	112	Stowmarket Striders V60 - The Professionals	Over60	00:26:58
89	Tonie Wilson	42	GBRC - Geercha Casun Critters MX	Mixed	00:27:06
90	Emily Warren-ward	128	Bure Valley Harriers 3 MX	Mixed	00:27:14
91	Paula Canham	12	Beccles & Bungay Harriers AC MX	Mixed	00:27:17
92	Dawn Marshall	130	Pacers K MX	Mixed	00:27:22
93	Amy Dines	106	RCR 6 MX	Mixed	00:27:22
94	Katherine Garwood	127	Bure Valley Harriers 2 MX	Mixed	00:27:22
95	Kate Hutson	4	Ipswich JAFFA LV35 B	LadiesVet	00:27:23
96	Holly Crimp	36	Framlingham Flyers Mixed Allsorts	Mixed	00:27:24
97	Pamela St.Leger-McConnell	106	RCR 6 MX	Mixed	00:27:27
98	Julia Moss-Eccardt	114	Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:27:33
99	Elspeth Knott	27	Harwich Runners MX	Mixed	00:27:35
100	Annie Gourlay	28	Drinking Club with a Running Habit FD	Mixed	00:27:39
101	Gemma Harvey	12	Beccles & Bungay Harriers AC MX	Mixed	00:27:48

102	Helen Turvey	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:27:49
103	Natasha Korovilas	29	LRR Crispy Kremes MX	Mixed	00:27:53
104	Kathryn Gerry	138	Shufflers Sole Sisters LV	LadiesVet	00:27:54
105	Lizzie Gibson	64	Diss & District AC MX	Mixed	00:27:55
106	Victoria Hammond	54	RCR 1 MX	Mixed	00:28:00
107	Sally Porter	127	Bure Valley Harriers 2 MX	Mixed	00:28:02
108	Joanne White	32	Saxons 3 MX	Mixed	00:28:03
109	Lisa Loomes	3	Ipswich JAFFA Ladies Open B	LadiesOpen	00:28:13
110	Justine Davenport	90	Norfolk Gazelles Dorcas MX	Mixed	00:28:18
111	Laura Holland	74	Kesgrave Kruisers MX 5	Mixed	00:28:27
112	Nicola Laverack	49	GBRC Mags-nificent 6 MX	Mixed	00:28:29
113	Yolande Arnold	40	GBRC Praying for a Meera-cle MX	Mixed	00:28:29
114	Rita Rue	94	Pacers B MX	Mixed	00:28:30
115	Jackie Bell	17	BBDRC Hot Dogs O60	Over60	00:28:32
116	Gail Hardingham	128	Bure Valley Harriers 3 MX	Mixed	00:28:32
117	Debbie Secret	79	LRR Harmer's Hurricanes MX	Mixed	00:28:32
118	Eloise Bird	94	Pacers B MX	Mixed	00:28:37
119	Kate Wills	119	Boxted Runners 2 MX	Mixed	00:28:38
120	Sue Glazer	16	BBDRC Young Hearts Run Free O60	Over60	00:28:44
121	Debbie Hall	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:28:45
122	Hayley Howard	54	RCR 1 MX	Mixed	00:28:46
123	Charlotte Richardson	118	Design By Sports	Unaffiliated / Social	00:28:48
124	Debra Kay	78	LRR Grant us Victory MX	Mixed	00:28:52
125	Larissa Mayhew	104	RCR 4 MX	Mixed	00:28:54

126	Lindsey Allen	42	GBRC - Geercha Casun Critters MX	Mixed	00:28:59
127	Calli Challis	99	Felixstowe Mixed 4 - Makin Stories	Mixed	00:29:00
128	Sarah Hearn	119	Boxted Runners 2 MX	Mixed	00:29:06
129	Angela Barnes	84	Newmarket Joggers - Female Vets	LadiesVet	00:29:07
130	Jenny Layley	60	WRC LV - Only here for the cake	LadiesVet	00:29:09
131	Kirsty Marsh	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:29:11
132	Larissa Mayhew	106	RCR 6 MX	Mixed	00:29:19
133	Sammy Cotton	50	GBRC Paul's Pussycats MX	Mixed	00:29:27
134	Adriana Houchell	4	Ipswich JAFFA LV35 B	LadiesVet	00:29:30
135	Diana Thomson	72	Kesgrave Kruisers MX 3	Mixed	00:29:37
136	Rebecca Palmer	76	LRR Clarkey's Cheetahs MX	Mixed	00:29:46
137	Phillipa Sargent	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	00:29:50
138	Jodee Mayer	59	WRC LO - Between a walk and a hard pace	LadiesOpen	00:29:52
139	Norma Smith	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:29:53
140	Caroline Parnis	76	LRR Clarkey's Cheetahs MX	Mixed	00:29:55
141	Georgia Read	117	Team2gether	Unaffiliated / Social	00:30:02
142	Jayne Capps-Jenner	17	BBDRRC Hot Dogs O60	Over60	00:30:08
143	Michelle Keeble	30	Saxons 1 MX	Mixed	00:30:13
144	Carina Sewell	136	Shufflers Golden Movers O60	Over60	00:30:17
145	Justine Wiseman	32	Saxons 3 MX	Mixed	00:30:22
146	Viv Taylor	36	Framlingham Flyers Mixed Allsorts	Mixed	00:30:25
147	Jo Whelan	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	00:30:27

148	Jenny Church	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	00:30:29
149	Emma Wakeling	50	GBRC Paul's Pussycats MX	Mixed	00:30:31
150	Kelly Wade	7	Ipswich JAFFA Mixed B	Mixed	00:30:37
151	Lucy Bryanton	73	Kesgrave Kruisers MX 4	Mixed	00:30:43
152	Claire Butcher	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:30:43
153	Sophie Adams	65	Newmarket Joggers Mixed	Mixed	00:30:44
154	Katy Windeatt	75	Kesgrave Kruisers MX 6	Mixed	00:30:55
155	Ingaret Howells	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:31:08
156	Sianie Painter	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	00:31:12
157	Emma Pyke	123	Mrs Brand's Boys	Unaffiliated / Social	00:31:15
158	Allie Cornwell	103	RCR 3 MX	Mixed	00:31:22
159	Adel Webber	71	Kesgrave Kruisers MX 2	Mixed	00:31:26
160	Karen Flower	32	Saxons 3 MX	Mixed	00:31:49
161	Kerry Townsend	60	WRC LV - Only here for the cake	LadiesVet	00:32:09
162	Kim Cook	120	AIRBORNE FIT THREE	Unaffiliated / Social	00:32:12
163	Melayney Grimwood-McCourt	122	Ipswich Radiotherapy white	Unaffiliated / Social	00:32:17
164	Zoila Reyes	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:32:22
165	Jane Collins	30	Saxons 1 MX	Mixed	00:32:25
166	Alison Beech	10	Ipswich JAFFA Over 60s	Over60	00:32:25
167	Lex Carlisle	45	GBRC - The Centurions MO	Mixed	00:32:27
168	Mandy Chinery	72	Kesgrave Kruisers MX 3	Mixed	00:32:28

169	Kerry Saxton	120	AIRBORNE FIT THREE	Unaffiliated / Social	00:32:33
170	Tina Leppard	67	Drinking Club with a Running Habit	Mixed	00:32:34
171	Jacqui Allport	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:32:45
172	Regina Warford	80	LRR Lincoln's Lead Outs MX	Mixed	00:32:46
173	Sophie Leigh-Pearson	144	I Can Run CIC 1	Unaffiliated / Social	00:32:48
174	Tania Paterson	145	I Can Run CIC 2	Unaffiliated / Social	00:32:48
175	Jo Boutelle	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	00:33:00
176	Sue Sorrell	41	GBRC Paul's Persistent Performers MO	MensOpen	00:33:03
177	Helene Tyler	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:33:07
178	Jackie Henley	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	00:33:09
179	Gemma Harvey	12	Beccles & Bungay Harriers AC MX	Mixed	00:33:11
180	Olivia Catley	71	Kesgrave Cruisers MX 2	Mixed	00:33:38
181	Charlotte Norfolk	117	Team2gether	Unaffiliated / Social	00:33:40
182	Heather Houghton	92	Norfolk Gazelles Stags MX	Mixed	00:33:41
183	Liz Hicks	104	RCR 4 MX	Mixed	00:33:43
184	Tina Church	31	Saxons 2 MX	Mixed	00:33:53
185	Kathryn Sumner	24	Running Colchester 2 MX	Mixed	00:34:06
186	Kate Warboys	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	00:34:08
187	Pearl Fay	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	00:34:12
188	Sue Foley	23	Running Colchester 1 MX	Mixed	00:34:14

189	Jenny Kaye	23	Running Colchester 1 MX	Mixed	00:34:17
190	Aymee Langmead	24	Running Colchester 2 MX	Mixed	00:34:25
191	Angela Read	60	WRC LV - Only here for the cake	LadiesVet	00:34:28
192	Rachel Rodgers	43	GBRC - Scrambled Legs MX	Mixed	00:34:33
193	Daniela Elstone	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:34:42
194	Christine Evans	103	RCR 3 MX	Mixed	00:34:43
195	Elaine Robinson	107	Stowmarket Striders MX - A Family Affair	Mixed	00:34:48
196	Laura Cook	48	GBRC Gerry and the Pacemakers - MX	Mixed	00:34:48
197	Ruth Gailey	117	Team2gether	Unaffiliated / Social	00:35:07
198	Christine Windsor	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	00:35:11
199	Nicola Sanderson	124	Ipswich Phoenix Team B	Mixed	00:35:13
200	Judy Potter	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	00:35:36
201	Alyson Limpkin-Challis	99	Felixstowe Mixed 4 - Makin Stories	Mixed	00:35:55
202	Angie Leggett	104	RCR 4 MX	Mixed	00:36:32
203	Natalia Shuttlewood	147	Ellisons Solicitors	Unaffiliated / Social	00:36:35
204	Millie Anderson	65	Newmarket Joggers Mixed	Mixed	00:36:37
205	Andy Hayward	65	Newmarket Joggers Mixed	Mixed	00:36:39
206	Amanda Kelly	147	Ellisons Solicitors	Unaffiliated / Social	00:37:00
207	Julia Bilotta	52	Hadleigh Hares B MX	Mixed	00:37:02
208	Jane Metcalfe	145	I Can Run CIC 2	Unaffiliated / Social	00:37:04
209	Beverley de Boos	144	I Can Run CIC 1	Unaffiliated / Social	00:37:15

210	Maria Bilner	3	Ipswich JAFFA Ladies Open B	LadiesOpen	00:38:15
211	Rachel Wilding	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:38:21
212	Jodie Budd	28	Drinking Club with a Running Habit FD	Mixed	00:39:26
213	Vicki Allison	37	Framlingham Flyers Mixed Bunch	Mixed	00:39:34
214	Leanne Oatham	107	Stowmarket Striders MX - A Family Affair	Mixed	00:39:35
215	Marisa Murray	144	I Can Run CIC 1	Unaffiliated / Social	00:39:43
216	Pauline McGlynn	145	I Can Run CIC 2	Unaffiliated / Social	00:41:24
217	Rachel Allen	84	Newmarket Joggers - Female Vets	LadiesVet	00:43:25
218	Sofia Standring	120	AIRBORNE FIT THREE	Unaffiliated / Social	00:43:42

Distance

Position	Name	Club	Category	Time
1	Max Caulfield	25 Colchester Harriers Senior A MO	MensOpen	00:16:44
2	Chay Hopkins	62 Haverhill RC	MensOpen	00:16:45
3	Gary Taylor	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:16:48
4	Chris Sellens	25 Colchester Harriers Senior A MO	MensOpen	00:16:50
5	Cameron Humphries	25 Colchester Harriers Senior A MO	MensOpen	00:17:03
6	Jimmy Smith	18 Newmarket Joggers Mens Open (1)	MensOpen	00:17:04
7	James Wilson	31 Saxons 2 MX	Mixed	00:17:21
8	Will White	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:17:21
9	Jon Glanfield	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:17:26
10	Jon Nears	20 Colchester Harriers MV40 A	MensVet	00:17:27



11	Tim Byford	5	Ipswich JAFFA Mens Open A	MensOpen	00:17:49
12	James Calvert	143	Ipswich Tri Club 1	MensOpen	00:17:49
13	Tom Galley	81	LRR Meadow's Motivators MO	MensOpen	00:17:50
14	Mark Thompson	81	LRR Meadow's Motivators MO	MensOpen	00:17:53
15	Richard Johnson	126	Bure Valley Harriers 1 MV	MensVet	00:18:01
16	Sam Sadler	18	Newmarket Joggers Mens Open (1)	MensOpen	00:18:01
17	Adam Wade	8	Ipswich JAFFA MV40	MensVet	00:18:07
18	Paul Wain	5	Ipswich JAFFA Mens Open A	MensOpen	00:18:07
19	Gavin Davies	5	Ipswich JAFFA Mens Open A	MensOpen	00:18:09
20	Stuart Ward	102	RCR 2 MX	Mixed	00:18:12
21	Morgan Moore	111	Stowmarket Striders MX - The Incredibles	Mixed	00:18:21
22	Mark Raine	129	Pacers J MX	Mixed	00:18:26
23	James Parr	81	LRR Meadow's Motivators MO	MensOpen	00:18:29
24	Alastair Leckie	126	Bure Valley Harriers 1 MV	MensVet	00:18:31
25	Stu Ward	105	RCR 5 MO	MensOpen	00:18:32
26	Oliver Schofield	93	Pacers A MX	Mixed	00:18:39
27	James Waterson	14	Colchester Harriers MSV50 A	MensSuperVet	00:18:40
28	Matt Stone	126	Bure Valley Harriers 1 MV	MensVet	00:18:45
29	Darren Sheppard	39	Framlingham Flyers MV	MensVet	00:18:46
30	John Thorpe	9	Ipswich JAFFA MSV50	MensSuperVet	00:18:48
31	Simon Ford	20	Colchester Harriers MV40 A	MensVet	00:18:54
32	Michael Strowger	38	Framlingham Flyers MO	MensOpen	00:19:07
33	Phil Green	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:19:09
34	Stewart Woods	38	Framlingham Flyers MO	MensOpen	00:19:11

35	Mark Clements	8	Ipswich JAFFA MV40	MensVet	00:19:12
36	Andy Raynor	14	Colchester Harriers MSV50 A	MensSuperVet	00:19:29
37	Simon Williams	39	Framlingham Flyers MV	MensVet	00:19:31
38	Matt Hough	140	YourPaceOrMine	Unaffiliated / Social	00:19:31
39	Keith Marley	14	Colchester Harriers MSV50 A	MensSuperVet	00:19:34
40	Ian Coxall	105	RCR 5 MO	MensOpen	00:19:36
41	Matt Davey	20	Colchester Harriers MV40 A	MensVet	00:19:36
42	Mark Hayden	39	Framlingham Flyers MV	MensVet	00:19:44
43	Sam Chapman	19	Newmarket Joggers Mens Open (2)	MensOpen	00:19:46
44	James Mallett	70	Kesgrave Cruisers MX 1	Mixed	00:19:47
45	Kevin Coleman	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:19:52
46	Stuart Wright	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:19:53
47	Terry Back	9	Ipswich JAFFA MSV50	MensSuperVet	00:19:59
48	James Plant	131	Colchester Harriers Senior B MO	MensOpen	00:20:02
49	Stuart Sowerby	18	Newmarket Joggers Mens Open (1)	MensOpen	00:20:02
50	Vince Webb	100	Pacers G MSV	MensSuperVet	00:20:05
51	Kevin Coleman	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:20:10
52	Martin Farr	76	LRR Clarkey's Cheetahs MX	Mixed	00:20:14
53	Iain Johnson	142	Ipswich Tri Club 2	MensOpen	00:20:17
54	Tommy Turner	38	Framlingham Flyers MO	MensOpen	00:20:18
55	Mark Chennell	143	Ipswich Tri Club 1	MensOpen	00:20:20
56	Charlie Holohan	21	Colchester Harriers MV40 B	MensVet	00:20:21

57	Jason Cattermole	8	Ipswich JAFFA MV40	MensVet	00:20:21
58	Nigel Schofield	100	Pacers G MSV	MensSuperVet	00:20:37
59	Robin Harper	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:20:42
60	Rob Jewers	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:20:43
61	Matt King	100	Pacers G MSV	MensSuperVet	00:20:45
62	Stephen Husband	62	Haverhill RC	MensOpen	00:20:52
63	Chris Starmer	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:20:53
64	George Wright	107	Stowmarket Striders MX - A Family Affair	Mixed	00:20:55
65	Jacob Howard	142	Ipswich Tri Club 2	MensOpen	00:20:57
66	Dave Howgego	69	Kesgrave Cruisers MV50	MensSuperVet	00:21:04
67	Jamie Barclay	96	Pacers D MX	Mixed	00:21:04
68	Adie Kendall	69	Kesgrave Cruisers MV50	MensSuperVet	00:21:05
69	James Crisp	80	LRR Lincoln's Lead Outs MX	Mixed	00:21:09
70	Angus Duckworth-Smith	62	Haverhill RC	MensOpen	00:21:10
71	Ben Cuthbert	67	Drinking Club with a Running Habit	Mixed	00:21:11
72	Ben Weeding	142	Ipswich Tri Club 2	MensOpen	00:21:16
73	Neville Clarke	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:21:23
74	Dave Beighton	101	Pacers H MV	MensVet	00:21:24
75	Justin Fiddaman	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:21:25
76	Robin Harper	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:21:27

77	Andy Metcalfe	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:21:29
78	David Garnham	9	Ipswich JAFFA MSV50	MensSuperVet	00:21:32
79	Richard Hewitt	143	Ipswich Tri Club 1	MensOpen	00:21:32
80	Mike Ward	137	Shufflers Relay The Energy MO	MensOpen	00:21:37
81	Tim Cherrett	35	Framlingham Flyers Male 60	Over60	00:21:43
82	Jamie Brandon	116	Ipswich Phoenix Team A	Mixed	00:21:46
83	Paul Clark	131	Colchester Harriers Senior B MO	MensOpen	00:21:52
84	Robin Belsom	10	Ipswich JAFFA Over 60s	Over60	00:21:59
85	Callum Davenport	92	Norfolk Gazelles Stags MX	Mixed	00:22:01
86	Chris Regan	21	Colchester Harriers MV40 B	MensVet	00:22:02
87	Ryan Davenport	90	Norfolk Gazelles Dorcas MX	Mixed	00:22:03
88	Clive Smith	61	WRC MO - Chafing the Dream	MensOpen	00:22:04
89	Matthew Alexander	137	Shufflers Relay The Energy MO	MensOpen	00:22:05
90	John Gage	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:22:05
91	Bill Haining	15	Colchester Harriers MSV50 B	MensSuperVet	00:22:06
92	Steve Edwards	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:22:09
93	Gerry Greenwold	58	WRC MSV - SuperSwift Vets	MensVet	00:22:10
94	Simon Morgan	15	Colchester Harriers MSV50 B	MensSuperVet	00:22:14
95	Guy Hayward	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:22:24
96	Jimmy Secker	101	Pacers H MV	MensVet	00:22:27
97	Hayden Forder	96	Pacers D MX	Mixed	00:22:33
98	Mark Davies	101	Pacers H MV	MensVet	00:22:36

99	Simon Wyatt	140	YourPaceOrMine	Unaffiliated / Social	00:22:38
100	Bill Hayton	131	Colchester Harriers Senior B MO	MensOpen	00:22:39
101	Dave Solomon	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:22:40
102	Stu Weaver	105	RCR 5 MO	MensOpen	00:22:41
103	Dave Church	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:22:42
104	James Ellis	109	Stowmarket Striders MX - The Fellowship	Mixed	00:22:44
105	Tom Stephens	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:22:45
106	Andrew Wright	94	Pacers B MX	Mixed	00:22:47
107	Dan Macey	21	Colchester Harriers MV40 B	MensVet	00:22:50
108	Alan Oliver	69	Kesgrave Cruisers MV50	MensSuperVet	00:22:51
109	Luke Read	56	AIRBORNE FIT ONE	Unaffiliated / Social	00:22:53
110	David Fordham	35	Framlingham Flyers Male 60	Over60	00:22:54
111	Joel Bamsey	51	Hadleigh Hares A MO	MensOpen	00:22:55
112	Adam Box	141	Boxted Runners MO	MensOpen	00:22:57
113	Philip Brand	80	LRR Lincoln's Lead Outs MX	Mixed	00:23:00
114	Stewart White	98	Pacers F MX	Mixed	00:23:07
115	Duncan Chenery	10	Ipswich JAFFA Over 60s	Over60	00:23:07
116	Colin Knight	130	Pacers K MX	Mixed	00:23:11
117	Richard Smith	129	Pacers J MX	Mixed	00:23:16
118	Paul Taylor	134	Colchester Harriers Mixed	Mixed	00:23:20
119	Jonathan Phillips	87	NNBR In The Mix	Mixed	00:23:24
120	Chris Meadows	29	LRR Crispy Kremes MX	Mixed	00:23:25

121	Glen Avis	51	Hadleigh Hares A MO	MensOpen	00:23:27
122	Tomasz Komorowski	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:23:28
123	Sam Rix	141	Boxted Runners MO	MensOpen	00:23:34
124	Simon Miller	15	Colchester Harriers MSV50 B	MensSuperVet	00:23:35
125	Peter Benton	41	GBRC Paul's Persistent Performers MO	MensOpen	00:23:37
126	Ian Kennedy	35	Framlingham Flyers Male 60	Over60	00:23:49
127	Phil Drage	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:23:52
128	Andrew Webber	112	Stowmarket Striders V60 - The Professionals	Over60	00:23:54
129	Geoff Reddin	58	WRC MSV - SuperSwift Vets	MensVet	00:24:00
130	Jeremy Reader	19	Newmarket Joggers Mens Open (2)	MensOpen	00:24:02
131	Paul Arnold	45	GBRC - The Centurions MO	Mixed	00:24:09
132	Pat Marsh	134	Colchester Harriers Mixed	Mixed	00:24:11
133	Ed Abbott	137	Shufflers Relay The Energy MO	MensOpen	00:24:14
134	Phil Brown	130	Pacers K MX	Mixed	00:24:15
135	Ben Solway	135	Shufflers Better Together MX	Mixed	00:24:15
136	Mark King	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:24:16
137	Paul Hollidge	50	GBRC Paul's Pussycats MX	Mixed	00:24:17
138	Gabriel Martins	7	Ipswich JAFFA Mixed B	Mixed	00:24:25
139	Brian Munns	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:24:34
140	Steven Alder	61	WRC MO - Chafing the Dream	MensOpen	00:24:37
141	Tom Clements	37	Framlingham Flyers Mixed Bunch	Mixed	00:24:42
142	Darren Storey	99	Felixstowe Mixed 4 - Makin Stories	Mixed	00:24:53

143	Guy Longhurst	147	Ellisons Solicitors	Unaffiliated / Social	00:24:54
144	Mark Newman	115	Gilmour Piper Plodders	Unaffiliated / Social	00:25:02
145	Richard Allport	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	00:25:06
146	Mark Thorpe	92	Norfolk Gazelles Stags MX	Mixed	00:25:09
147	Alex Kuczer	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:25:11
148	Gavin Horrex	116	Ipswich Phoenix Team A	Mixed	00:25:18
149	Robert Hawkins	19	Newmarket Joggers Mens Open (2)	MensOpen	00:25:24
150	Shane Ketteridge	61	WRC MO - Chafing the Dream	MensOpen	00:25:28
151	Nick Goodman	45	GBRC - The Centurions MO	Mixed	00:25:31
152	Jamie Mordecai	78	LRR Grant us Victory MX	Mixed	00:25:31
153	Scott Chapman	127	Bure Valley Harriers 2 MX	Mixed	00:25:33
154	Frank Watson	112	Stowmarket Striders V60 - The Professionals	Over60	00:25:44
155	Rob Kidd	54	RCR 1 MX	Mixed	00:25:52
156	Paul Schwer	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:25:55
157	Ryan McNeil	51	Hadleigh Hares A MO	MensOpen	00:25:56
158	Stephen Walsh	43	GBRC - Scrambled Legs MX	Mixed	00:25:56
159	Andrew Read	58	WRC MSV - SuperSwift Vets	MensVet	00:26:07
160	Leo Banfield	75	Kesgrave Cruisers MX 6	Mixed	00:26:08
161	Jamie Jackson	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:26:23
162	David Taylor	36	Framlingham Flyers Mixed Allsorts	Mixed	00:26:31
163	Helder Campos	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:26:31
164	Harry Abbott	64	Diss & District AC MX	Mixed	00:26:31

165	Neil Robins	43	GBRC - Scrambled Legs MX	Mixed	00:26:41
166	Brian Airlie	52	Hadleigh Hares B MX	Mixed	00:26:47
167	Mon Lee	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:27:04
168	Tony Burdett	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	00:27:07
169	Graham Bush	136	Shufflers Golden Movers O60	Over60	00:27:11
170	James Scott	119	Boxted Runners 2 MX	Mixed	00:27:19
171	Garry Shipp	30	Saxons 1 MX	Mixed	00:27:20
172	Sam Hardwick	109	Stowmarket Striders MX - The Fellowship	Mixed	00:27:42
173	David Damant	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	00:27:44
174	Dave Robinson	102	RCR 2 MX	Mixed	00:27:50
175	Mark Davey	124	Ipswich Phoenix Team B	Mixed	00:28:02
176	John Wharton	16	BBDRC Young Hearts Run Free O60	Over60	00:28:07
177	Ian Woods	91	Norfolk Gazelles Muntjac MX	Mixed	00:28:08
178	Lee Roth	29	LRR Crispy Kremes MX	Mixed	00:28:11
179	Ant Fleming	74	Kesgrave Cruisers MX 5	Mixed	00:28:17
180	Vaughan Clarke	140	YourPaceOrMine	Unaffiliated / Social	00:28:19
181	Ian Mace	136	Shufflers Golden Movers O60	Over60	00:28:25
182	Lee Cornwell	103	RCR 3 MX	Mixed	00:28:32
183	Robert Barker	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:28:34
184	Hannah Sim	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:28:35
185	Lukas Groenewald	141	Boxted Runners MO	MensOpen	00:28:43
186	Nick Pyke	123	Mrs Brand's Boys	Unaffiliated / Social	00:28:50



187	Richie Taylor	73	Kesgrave Cruisers MX 4	Mixed	00:29:04
188	Ian Knights	75	Kesgrave Cruisers MX 6	Mixed	00:29:17
189	Shawn Leek	40	GBRC Praying for a Meera-cle MX	Mixed	00:29:19
190	Roger Brand	95	Pacers C 70	Over60	00:29:29
191	Mark Lashmor	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:29:50
192	James Harden	122	Ipswich Radiotherapy white	Unaffiliated / Social	00:30:32
193	Mark Crittenden	42	GBRC - Geercha Casun Critters MX	Mixed	00:30:54
194	Caroline Searle	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:31:05
195	John Cullum	95	Pacers C 70	Over60	00:31:58
196	Jonathan Price	67	Drinking Club with a Running Habit	Mixed	00:32:06
197	Graham Sampson	16	BBDRC Young Hearts Run Free O60	Over60	00:32:24
198	Roger Brand	123	Mrs Brand's Boys	Unaffiliated / Social	00:32:50
199	Craig Knights	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	00:33:01
200	Noel Spruce	86	NNBR Super Seventies	Over70	00:33:33
201	Rod Smith	86	NNBR Super Seventies	Over70	00:33:39
202	Gary C	41	GBRC Paul's Persistent Performers MO	MensOpen	00:34:17
203	John Axtell	31	Saxons 2 MX	Mixed	00:34:22
204	Darryl Ainslie	79	LRR Harmer's Hurricanes MX	Mixed	00:34:34
205	Robert Price	95	Pacers C 70	Over60	00:34:53
206	Paul Cross	23	Running Colchester 1 MX	Mixed	00:35:02
207	Andy Thompson	24	Running Colchester 2 MX	Mixed	00:37:14
208	Mike Marshall	86	NNBR Super Seventies	Over70	00:41:54

Distance 7.2K F

Position	Name	Club	Category	Time
1	Rosie Horsfield	1 Ipswich JAFFA LV35 A	LadiesVet	00:28:25
2	Justine Sheekey	132 Colchester Harriers Senior women - LO	LadiesOpen	00:28:38
3	Emily Blew	115 Gilmour Piper Plodders	Unaffiliated / Social	00:29:25
4	Emma Mortimer	116 Ipswich Phoenix Team A	Mixed	00:29:41
5	Sarah Hanlon	64 Diss & District AC MX	Mixed	00:30:13
6	Amelia Green	134 Colchester Harriers Mixed	Mixed	00:30:55
7	Alice Goodwin	2 Ipswich JAFFA Ladies Open A	LadiesOpen	00:31:05
8	Sandra Webb	97 Pacers E LSV	LadiesSuperVet	00:32:20
9	Annie Richardson	98 Pacers F MX	Mixed	00:32:23
10	Annette Oakman	133 Colchester Harriers Vet women LSV	LadiesSuperVet	00:32:25
11	Juliet Garnham	114 Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet	00:32:27
12	Nicola Ripman	56 AIRBORNE FIT ONE	Unaffiliated / Social	00:32:36
13	Emma Keen	22 Felixstowe Female Open - Team Keen & Green LO	LadiesOpen	00:32:48
14	Cora O'Mahony	91 Norfolk Gazelles Muntjac MX	Mixed	00:33:00
15	Gerri Clarke	34 Framlingham Flyers LO	LadiesOpen	00:33:38
16	Sinead Rogan	90 Norfolk Gazelles Dorcas MX	Mixed	00:33:49
17	Rebecca Oettle	84 Newmarket Joggers - Female Vets	LadiesVet	00:34:05
18	Inga Hayden-Cooper	43 GBRC - Scrambled Legs MX	Mixed	00:34:58
19	Jane Hutchinson	138 Shufflers Sole Sisters LV	LadiesVet	00:34:59
20	Rachael Bartlett	32 Saxons 3 MX	Mixed	00:35:18

21	Kathy Bishop	42	GBRC - Geercha Casun Critters MX	Mixed	00:35:30
22	Hazel Garrity	17	BBDRC Hot Dogs O60	Over60	00:35:34
23	Leanne Fairweather	57	AIRBORNE FIT TWO	Unaffiliated / Social	00:35:43
24	Helen Carey	45	GBRC - The Centurions MO	Mixed	00:36:09
25	Carissa Wyatt	72	Kesgrave Cruisers MX 3	Mixed	00:36:21
26	Sarah Davidson	47	GBRC Edge of Seventeen (Laps) MX	Mixed	00:36:31
27	Claire Maskery	109	Stowmarket Striders MX - The Fellowship	Mixed	00:36:46
28	Teresa Brown	104	RCR 4 MX	Mixed	00:37:04
29	Dominique Ward	147	Ellisons Solicitors	Unaffiliated / Social	00:37:25
30	Sarah Pennock	28	Drinking Club with a Running Habit FD	Mixed	00:38:26
31	Samantha Martin	60	WRC LV - Only here for the cake	LadiesVet	00:38:29
32	Emily Jordan	127	Bure Valley Harriers 2 MX	Mixed	00:38:33
33	Steph Ellis	128	Bure Valley Harriers 3 MX	Mixed	00:38:41
34	Lana Milne	118	Design By Sports	Unaffiliated / Social	00:38:47
35	Sarah Naughton	59	WRC LO - Between a walk and a hard pace	LadiesOpen	00:38:53
36	Suzanne Bailey	82	Newmarket Joggers - Female Supervets (1)	LadiesSuperVet	00:39:17
37	Nicole Smith	83	Newmarket Joggers - Female Supervets (2)	LadiesSuperVet	00:39:23
38	Helen Scott	119	Boxted Runners 2 MX	Mixed	00:39:49
39	Samantha Cooper	53	Hadleigh Hares C LO	LadiesOpen	00:40:06
40	Danielle Wright	26	Felixstowe Mixed 5 - A Wright Butchering MX	Mixed	00:40:40
41	Sophie Coleman	3	Ipswich JAFFA Ladies Open B	LadiesOpen	00:41:00

42	Kate Howard	75	Kesgrave Cruisers MX 6	Mixed	00:41:02
43	Liz Beighton	4	Ipswich JAFFA LV35 B	LadiesVet	00:41:11
44	Amber Fox Hammond	23	Running Colchester 1 MX	Mixed	00:42:48
45	Gemma Oliver	117	Team2gether	Unaffiliated / Social	00:44:20
46	Sarah Day	120	AIRBORNE FIT THREE	Unaffiliated / Social	00:46:42
47	Danielle Andrews	144	I Can Run CIC 1	Unaffiliated / Social	00:47:37
48	Julie Haselwood	10	Ipswich JAFFA Over 60s	Over60	00:47:43
49	Lucy Driver	77	Felixstowe Mixed 2 - The Rower & The Driver MX	Mixed	00:48:14
50	Liz Letzer	86	NNBR Super Seventies	Over70	00:49:23
51	Ria Freeman	13	Beccles & Bungay Harriers AC - Ramblers MX	Mixed	00:52:53
52	Cathy Barber	145	I Can Run CIC 2	Unaffiliated / Social	00:54:37

Distance

Position	Name	Club	Category	Time
1	Ramadan Osman	25 Colchester Harriers Senior A MO	MensOpen	00:24:20
2	Paul Holley	18 Newmarket Joggers Mens Open (1)	MensOpen	00:24:36
3	Aiden Coughlan	11 Felixstowe Male Open - Team White Rock MO	MensOpen	00:24:55
4	Carl White	126 Bure Valley Harriers 1 MV	MensVet	00:25:21
5	Alex McKail	38 Framlingham Flyers MO	MensOpen	00:25:34
6	Jason Gunn	20 Colchester Harriers MV40 A	MensVet	00:25:38
7	Chris Leek	39 Framlingham Flyers MV	MensVet	00:26:01
8	Andrew Southwood	93 Pacers A MX	Mixed	00:26:15
9	Neal Hardwick	70 Kesgrave Cruisers MX 1	Mixed	00:26:19

10	Nicholas Clarke	5	Ipswich JAFFA Mens Open A	MensOpen	00:26:22
11	Chris Haylock	81	LRR Meadow's Motivators MO	MensOpen	00:26:26
12	Sam Burdett	111	Stowmarket Striders MX - The Incredibles	Mixed	00:26:36
13	Neal Coombe	62	Haverhill RC	MensOpen	00:27:55
14	James Crisp	29	LRR Crispy Kremes MX	Mixed	00:28:06
15	Paul Dellar	14	Colchester Harriers MSV50 A	MensSuperVet	00:28:11
16	Gav Dent	87	NNBR In The Mix	Mixed	00:28:32
17	Dave Hilson	15	Colchester Harriers MSV50 B	MensSuperVet	00:28:54
18	Chris Boyt	44	Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet	00:29:03
19	Owen Dare	58	WRC MSV - SuperSwift Vets	MensVet	00:29:08
20	Alex MacGregor	36	Framlingham Flyers Mixed Allsorts	Mixed	00:29:20
21	Marcus Catlin	8	Ipswich JAFFA MV40	MensVet	00:29:22
22	Jan Kading	110	Stowmarket Striders MV - The Force Awakens	MensVet	00:29:32
23	Mark Watts	100	Pacers G MSV	MensSuperVet	00:29:32
24	Rob Mackenzie	35	Framlingham Flyers Male 60	Over60	00:29:41
25	Kerry Buckley	55	Felixstowe Male Vet 50 - Duggan	MensSuperVet	00:29:53
26	Daniel Summersgill	6	Ipswich JAFFA Mixed A	Mixed	00:30:11
27	Paul Davidson	46	GBRC 3 Gents 2 ladies and 1 we don't mention - MX	MensOpen	00:30:32
28	Peter Bird	101	Pacers H MV	MensVet	00:30:36
29	Paul Gardner	21	Colchester Harriers MV40 B	MensVet	00:30:37
30	Peter Ingram	69	Kesgrave Kruisers MV50	MensSuperVet	00:30:56

31	Shane Basing	19	Newmarket Joggers Mens Open (2)	MensOpen	00:31:07
32	Ben Burrows	137	Shufflers Relay The Energy MO	MensOpen	00:31:10
33	Dean Wicks	131	Colchester Harriers Senior B MO	MensOpen	00:31:13
34	Ian McDermott	9	Ipswich JAFFA MSV50	MensSuperVet	00:31:14
35	Carl Berriman	105	RCR 5 MO	MensOpen	00:31:25
36	Jonathan Lincoln	80	LRR Lincoln's Lead Outs MX	Mixed	00:31:26
37	Mike Green	33	Felixstowe Male Open - Team Green King MO	MensOpen	00:31:31
38	Royston Theobald	143	Ipswich Tri Club 1	MensOpen	00:31:42
39	Andy Buck	67	Drinking Club with a Running Habit	Mixed	00:31:46
40	Adam Plummer	102	RCR 2 MX	Mixed	00:31:48
41	Patrick Holland	74	Kesgrave Cruisers MX 5	Mixed	00:31:52
42	Andre Edwards	140	YourPaceOrMine	Unaffiliated / Social	00:32:30
43	Mark Geddie	85	Newmarket Joggers - Male Supervets	MensSuperVet	00:32:34
44	Jake Church	30	Saxons 1 MX	Mixed	00:32:42
45	Jon Briggs	50	GBRC Paul's Pussycats MX	Mixed	00:32:44
46	Roger Ackerley	136	Shufflers Golden Movers O60	Over60	00:32:59
47	Gary Lowe	31	Saxons 2 MX	Mixed	00:32:59
48	Ian Gooderham	96	Pacers D MX	Mixed	00:33:03
49	Stephen Hatten	130	Pacers K MX	Mixed	00:33:06
50	Mark Lewis	94	Pacers B MX	Mixed	00:33:10
51	Peter Gray	37	Framlingham Flyers Mixed Bunch	Mixed	00:33:16
52	James Attenborough	61	WRC MO - Chafing the Dream	MensOpen	00:33:19
53	Tom Komorowski	40	GBRC Praying for a Meera-cle MX	Mixed	00:33:29
54	Ian Cannon	27	Harwich Runners MX	Mixed	00:33:46

55	Dave Steward	135	Shufflers Better Together MX	Mixed	00:33:49
56	Daniel Steptoe-Thompson	141	Boxted Runners MO	MensOpen	00:34:07
57	Phil Presland	41	GBRC Paul's Persistent Performers MO	MensOpen	00:34:12
58	Stephen Harvey	12	Beccles & Bungay Harriers AC MX	Mixed	00:34:40
59	Tom Hoblyn	129	Pacers J MX	Mixed	00:35:02
60	Jonathan Benmore	122	Ipswich Radiotherapy white	Unaffiliated / Social	00:35:07
61	Steve Hunt	51	Hadleigh Hares A MO	MensOpen	00:35:09
62	Steve Sadd	92	Norfolk Gazelles Stags MX	Mixed	00:35:10
63	Andy Long	108	Stowmarket Striders MSV - The Avengers	MensSuperVet	00:35:15
64	Richard Hurthouse	113	Stowmarket Striders MX - The Rebel Alliance	Mixed	00:35:22
65	Luke Catchpole	79	LRR Harmer's Hurricanes MX	Mixed	00:35:36
66	Mike Deed	49	GBRC Mags-nificent 6 MX	Mixed	00:35:44
67	Paul Arnold	48	GBRC Gerry and the Pacemakers - MX	Mixed	00:35:58
68	David Seymour	99	Felixstowe Mixed 4 - Makin Stories	Mixed	00:36:07
69	Nathan Harvey	71	Kesgrave Kruisers MX 2	Mixed	00:36:23
70	Martin Ashworth	73	Kesgrave Kruisers MX 4	Mixed	00:36:27
71	Phil Ayers	78	LRR Grant us Victory MX	Mixed	00:36:35
72	Chris Gladwell	112	Stowmarket Striders V60 - The Professionals	Over60	00:36:43
73	Paul Schwer	66	Felixstowe Mixed 1 - Team Slow Start MX	Mixed	00:36:45
74	Phil Davies	7	Ipswich JAFFA Mixed B	Mixed	00:37:00
75	Martin Garrod	124	Ipswich Phoenix Team B	Mixed	00:37:06

76	Mark Foulkes	121	Ipswich Radiotherapy Blue	Unaffiliated / Social	00:38:35
77	Paul Heeks	107	Stowmarket Striders MX - A Family Affair	Mixed	00:39:26
78	Andrew Cocker	54	RCR 1 MX	Mixed	00:39:40
79	Paul Dorset	88	Felixstowe Mixed 3 - Barking In A Dorset Wood MX	Mixed	00:39:46
80	Ray Pyke	123	Mrs Brand's Boys	Unaffiliated / Social	00:39:52
81	Chris Cook	95	Pacers C 70	Over60	00:39:53
82	Robin Ashe	16	BBDRC Young Hearts Run Free O60	Over60	00:41:05
83	David Blades	106	RCR 6 MX	Mixed	00:41:13
84	Michael Sheldrake	103	RCR 3 MX	Mixed	00:41:33
85	Jim Withers	65	Newmarket Joggers Mixed	Mixed	00:41:38
86	James Clarke	76	LRR Clarkey's Cheetahs MX	Mixed	00:42:21
87	Jon Enefer	24	Running Colchester 2 MX	Mixed	00:42:40
88	Rob Roche	142	Ipswich Tri Club 2	MensOpen	00:46:56
89	Jordan Hall	125	Ipswich Phoenix Team C	Unaffiliated / Social	00:49:06
90	David Miller	52	Hadleigh Hares B MX	Mixed	00:53:37