



Team Overall Breakdown

09 August 2022

15:17:52

Position

Club

Category:

1

11

Felixstowe Male Open - Team White Rock MO

MensOpen

1	Aiden Coughlan	M	7.2K	00:24:55
2	Jon Glanfield	M	5K	00:17:26
3	Danny Rock	M	10K	00:32:43
4	Will White	M	5K	00:17:21
5	Tony Gavin	M	10K	00:33:18
6	Gary Taylor	M	5K	00:16:48

02:22:32

2

25

Colchester Harriers Senior A MO

MensOpen

1	Ramadan Osman	M	7.2K	00:24:20
2	Chris Sellens	M	5K	00:16:50
3	Tom Rehal	M	10K	00:32:53
4	Cameron Humphries	M	5K	00:17:03
5	Tom Cresswell	M	10K	00:35:33
6	Max Caulfield	M	5K	00:16:44

02:23:24

3

126

Bure Valley Harriers 1 MV

MensVet

1	Carl White	M	7.2K	00:25:21
2	Matt Stone	M	5K	00:18:45
3	Michael Eccles	M	10K	00:31:49
4	Alastair Leckie	M	5K	00:18:31
5	Simon Partridge	M	10K	00:35:28
6	Richard Johnson	M	5K	00:18:01

02:27:54

Position	Club	Category:
4	18 Newmarket Joggers Mens Open (1)	MensOpen

1	Paul Holley	M	7.2K	00:24:36
2	Sam Sadler	M	5K	00:18:01
3	Dan Hutchison	M	10K	00:35:38
4	Jimmy Smith	M	5K	00:17:04
5	Mark Hayward	M	10K	00:34:08
6	Stuart Sowerby	M	5K	00:20:02
				02:29:28

5	111 Stowmarket Striders MX - The Incredibles	Mixed
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1	Sam Burdett	M	7.2K	00:26:36
2	Maddie Jordan-Lee	F	5K	00:17:13
3	Scott Williams	M	10K	00:34:51
4	Millie Jordan-Lee	F	5K	00:18:52
5	Stuart Buchan	M	10K	00:36:56
6	Morgan Moore	M	5K	00:18:21
				02:32:49

6	81 LRR Meadow's Motivators MO	MensOpen
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1	Chris Haylock	M	7.2K	00:26:26
2	Mark Thompson	M	5K	00:17:53
3	Chris Meadows	M	10K	00:36:50
4	Tom Galley	M	5K	00:17:50
5	Simon Cook	M	10K	00:36:23
6	James Parr	M	5K	00:18:29
				02:33:51

Position	Club	Category:
7	20 Colchester Harriers MV40 A	MensVet

1	Jason Gunn	M	7.2K	00:25:38
2	Jon Nears	M	5K	00:17:27
3	Mark McKeown	M	10K	00:35:36
4	Simon Ford	M	5K	00:18:54
5	Dan Widdowson	M	10K	00:36:41
6	Matt Davey	M	5K	00:19:36
				02:33:52

8	5 Ipswich JAFFA Mens Open A	MensOpen
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1	Nicholas Clarke	M	7.2K	00:26:22
2	Tim Byford	M	5K	00:17:49
3	James Calvert	M	10K	00:35:47
4	Paul Wain	M	5K	00:18:07
5	Jack Noble	M	10K	00:37:44
6	Gavin Davies	M	5K	00:18:09
				02:33:58

9	93 Pacers A MX	Mixed
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1	Andrew Southwood	M	7.2K	00:26:15
2	Katie King	F	5K	00:17:37
3	Jack Nixon	M	10K	00:32:25
4	Cath Jeffery	F	5K	00:20:22
5	Luke Senior	M	10K	00:39:49
6	Oliver Schofield	M	5K	00:18:39
				02:35:08

Position	Club	Category:
10	39 Framlingham Flyers MV	MensVet

1	Chris Leek	M	7.2K	00:26:01
2	Simon Williams	M	5K	00:19:31
3	Jim Last	M	10K	00:36:44
4	Darren Sheppard	M	5K	00:18:46
5	Jason Marter	M	10K	00:37:20
6	Mark Hayden	M	5K	00:19:44
				02:38:06

11	62 Haverhill RC	MensOpen
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1	Neal Coombe	M	7.2K	00:27:55
2	Chay Hopkins	M	5K	00:16:45
3	Mark Novels	M	10K	00:40:04
4	Angus Duckworth-Smith	M	5K	00:21:10
5	Chay Hopkins	M	10K	00:35:01
6	Stephen Husband	M	5K	00:20:52
				02:41:48

12	38 Framlingham Flyers MO	MensOpen
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1	Alex McKail	M	7.2K	00:25:34
2	Tommy Turner	M	5K	00:20:18
3	Neil Smith	M	10K	00:39:53
4	Stewart Woods	M	5K	00:19:11
5	Tom Hayden	M	10K	00:38:28
6	Michael Strowger	M	5K	00:19:07
				02:42:32

Position	Club	Category:
13	14 Colchester Harriers MSV50 A	MensSuperVet

1	Paul Dellar	M	7.2K	00:28:11
2	Keith Marley	M	5K	00:19:34
3	Colin Ridley	M	10K	00:37:34
4	James Waterson	M	5K	00:18:40
5	Jay Waite	M	10K	00:40:33
6	Andy Raynor	M	5K	00:19:29
				02:44:01

14	70 Kesgrave Kruisers MX 1	Mixed
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1	Neal Hardwick	M	7.2K	00:26:19
2	Helen Ariyo	F	5K	00:22:26
3	Andrew Heide	M	10K	00:35:39
4	Sandy Page	F	5K	00:23:22
5	Oliver Manning	M	10K	00:37:40
6	James Mallett	M	5K	00:19:47
				02:45:13

15	100 Pacers G MSV	MensSuperVet
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1	Mark Watts	M	7.2K	00:29:32
2	Vince Webb	M	5K	00:20:05
3	Howard Beasley	M	10K	00:39:06
4	Matt King	M	5K	00:20:45
5	Adrian Frost	M	10K	00:37:18
6	Nigel Schofield	M	5K	00:20:37
				02:47:23

Position	Club	Category:
16	9 Ipswich JAFFA MSV50	MensSuperVet

1	Ian McDermott	M	7.2K	00:31:14
2	John Thorpe	M	5K	00:18:48
3	Glynn Thomas	M	10K	00:39:21
4	David Garnham	M	5K	00:21:32
5	Mark Allen	M	10K	00:36:37
6	Terry Back	M	5K	00:19:59
				02:47:31

17	1 Ipswich JAFFA LV35 A	LadiesVet
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1	Rosie Horsfield	F	7.2K	00:28:25
2	Rachael Laurance	F	5K	00:21:09
3	Helen Davies	F	10K	00:36:59
4	Val Jennings	F	5K	00:21:40
5	Katie Austin	F	10K	00:40:15
6	Natasha Belsom	F	5K	00:19:44
				02:48:12

18	132 Colchester Harriers Senior women - LO	LadiesOpen
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1	Justine Sheekey	F	7.2K	00:28:38
2	Holly Freeguard	F	5K	00:20:43
3	Victoria Primmer	F	10K	00:39:39
4	Eleanor Mayne	F	5K	00:21:05
5	Tracy English	F	10K	00:39:56
6	Lydia Callan	F	5K	00:18:42
				02:48:44

Position	Club	Category:		
19	87 NNBR In The Mix	Mixed		
1	Gav Dent	M	7.2K	00:28:32
2	Rebecca Maun	F	5K	00:22:24
3	Steven Bacon	M	10K	00:36:36
4	Ness Dent	F	5K	00:22:26
5	Neil Adams	M	10K	00:35:30
6	Jonathan Phillips	M	5K	00:23:24
				02:48:52
20	44 Felixstowe Male Vet 40 - Team Read & Wright MV	MensVet		
1	Chris Boyt	M	7.2K	00:29:03
2	Robin Harper	M	5K	00:20:42
3	Ben Jacobs	M	10K	00:38:42
4	Andy Metcalfe	M	5K	00:21:29
5	Alistair Read	M	10K	00:39:26
6	Stuart Wright	M	5K	00:19:53
				02:49:14
21	110 Stowmarket Striders MV - The Force Awakens	MensVet		
1	Phil Green	M	7.2K	00:29:32
2	Kevin Coleman	M	5K	00:19:52
3	Chris Seymour	M	10K	00:41:27
4	Rob Jewers	M	5K	00:20:43
5	Tim Larke	M	10K	00:40:15
6	Jan Kading	M	5K	00:19:09
				02:50:57

Position	Club	Category:
22	143 Ipswich Tri Club 1	MensOpen
1	Royston Theobald	M 7.2K 00:31:42
2	Mark Chennell	M 5K 00:20:20
3	Jacob Howard	M 10K 00:40:42
4	Richard Hewitt	M 5K 00:21:32
5	Chris Tye	M 10K 00:41:32
6	James Calvert	M 5K 00:17:49
02:53:37		

23	131 Colchester Harriers Senior B MO	MensOpen
1	Dean Wicks	M 7.2K 00:31:13
2	James Plant	M 5K 00:20:02
3	Harry Swinbourne	M 10K 00:37:22
4	Paul Clark	M 5K 00:21:52
5	Robert Smith	M 10K 00:41:06
6	Bill Hayton	M 5K 00:22:39
02:54:13		

24	8 Ipswich JAFFA MV40	MensVet
1	Marcus Catlin	M 7.2K 00:29:22
2	Adam Wade	M 5K 00:18:07
3	Daryl Simpson	M 10K 00:42:49
4	Jason Cattermole	M 5K 00:20:21
5	Nick Moon	M 10K 00:46:08
6	Mark Clements	M 5K 00:19:12
02:55:59		

Position	Club	Category:
25	21 Colchester Harriers MV40 B	MensVet

1	Paul Gardner	M	7.2K	00:30:37
2	Charlie Holohan	M	5K	00:20:21
3	Austen Mitchell	M	10K	00:39:55
4	Dan Macey	M	5K	00:22:50
5	Simon Colclough	M	10K	00:40:35
6	Chris Regan	M	5K	00:22:02
				02:56:21

26	55 Felixstowe Male Vet 50 - Duggan	MensSuperVet
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1	Kerry Buckley	M	7.2K	00:29:53
2	Justin Fiddaman	M	5K	00:21:25
3	Steve Brooke	M	10K	00:39:21
4	Tom Stephens	M	5K	00:22:45
5	Ian Duggan	M	10K	00:40:34
6	Dave Church	M	5K	00:22:42
				02:56:40

27	101 Pacers H MV	MensVet
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1	Peter Bird	M	7.2K	00:30:36
2	Dave Beighton	M	5K	00:21:24
3	Damian Elsdon	M	10K	00:40:18
4	Jimmy Secker	M	5K	00:22:27
5	Ben Jeffery	M	10K	00:40:45
6	Mark Davies	M	5K	00:22:36
				02:58:06

Position	Club	Category:
28	98 Pacers F MX	Mixed

1	Annie Richardson	F	7.2K	00:32:23
2	Stewart White	M	5K	00:23:07
3	Daniel Stocks	M	10K	00:38:52
4	Chloe Stuteley	F	5K	00:22:28
5	Jamie Fittock	M	10K	00:41:32
6	Louise Glass	F	5K	00:20:59
				02:59:21

29	116 Ipswich Phoenix Team A	Mixed
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1	Emma Mortimer	F	7.2K	00:29:41
2	Jamie Brandon	M	5K	00:21:46
3	Jason Dighton	M	10K	00:41:33
4	Bronwen Sarginson	F	5K	00:23:45
5	Owen Rees	M	10K	00:37:48
6	Gavin Horrex	M	5K	00:25:18
				02:59:51

30	69 Kesgrave Kruisers MV50	MensSuperVet
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1	Peter Ingram	M	7.2K	00:30:56
2	Adie Kendall	M	5K	00:21:05
3	Roger Stone	M	10K	00:41:42
4	Alan Oliver	M	5K	00:22:51
5	Simon Stafford	M	10K	00:42:33
6	Dave Howgego	M	5K	00:21:04
				03:00:11

Position

Club

Category:

31

96

Pacers D MX

Mixed

1	Ian Gooderham	M	7.2K	00:33:03
2	Hayden Forder	M	5K	00:22:33
3	Jess Gooderham	F	10K	00:38:36
4	Emily Gooderham	F	5K	00:23:20
5	Reece Gooderham	M	10K	00:41:36
6	Jamie Barclay	M	5K	00:21:04
				03:00:13

32

137

Shufflers Relay The Energy MO

MensOpen

1	Ben Burrows	M	7.2K	00:31:10
2	Mike Ward	M	5K	00:21:37
3	Stuart Haynes	M	10K	00:33:33
4	Ed Abbott	M	5K	00:24:14
5	Gregg Dodds	M	10K	00:48:17
6	Matthew Alexander	M	5K	00:22:05
				03:00:57

33

105

RCR 5 MO

MensOpen

1	Carl Berriman	M	7.2K	00:31:25
2	Ian Coxall	M	5K	00:19:36
3	Andrew Howells	M	10K	00:40:26
4	Stu Ward	M	5K	00:18:32
5	Darin Osborne	M	10K	00:48:47
6	Stu Weaver	M	5K	00:22:41
				03:01:26

Position	Club	Category:
34	19 Newmarket Joggers Mens Open (2)	MensOpen

1	Shane Basing	M	7.2K	00:31:07
2	Sam Chapman	M	5K	00:19:46
3	Jonathan Pye	M	10K	00:40:24
4	Jeremy Reader	M	5K	00:24:02
5	Marc Drury	M	10K	00:41:38
6	Robert Hawkins	M	5K	00:25:24
				03:02:21

35	115 Gilmour Piper Plodders	Unaffiliated / Social
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1	Emily Blew	F	7.2K	00:29:25
2	Katie Card	F	5K	00:21:37
3	Annie Edwards	F	10K	00:40:53
4	Mark Newman	M	5K	00:25:02
5	Nick Card	M	10K	00:46:06
6	Katie Card	F	5K	00:23:14
				03:06:16

36	56 AIRBORNE FIT ONE	Unaffiliated / Social
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1	Nicola Ripman	F	7.2K	00:32:36
2	Kate Wooldridge	F	5K	00:23:01
3	Peter Gray	M	10K	00:46:28
4	Alice Wilmer	F	5K	00:20:17
5	Michael Jennings	M	10K	00:41:06
6	Luke Read	M	5K	00:22:53
				03:06:20

Position	Club	Category:
37	58 WRC MSV - SuperSwift Vets	MensVet

1	Owen Dare	M	7.2K	00:29:08
2	Geoff Reddin	M	5K	00:24:00
3	Sam Hajder	M	10K	00:42:00
4	Gerry Greenwold	M	5K	00:22:10
5	David Carey	M	10K	00:43:06
6	Andrew Read	M	5K	00:26:07
				03:06:31

38	108 Stowmarket Striders MSV - The Avengers	MensSuperVet
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1	Chris Starmer	M	7.2K	00:35:15
2	Andy Long...	M	5K	00:20:10
3	Peter Warland	M	10K	00:44:17
4	Kevin Coleman	M	5K	00:20:53
5	Chris Seymour	M	10K	00:43:52
6	John Gage	M	5K	00:22:05
				03:06:33

39	129 Pacers J MX	Mixed
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1	Tom Hoblyn	M	7.2K	00:35:02
2	Mark Raine	M	5K	00:18:26
3	Michael Rushton	M	10K	00:42:56
4	Richard Smith	M	5K	00:23:16
5	Lara Pocock	F	10K	00:49:29
6	Katie King	F	5K	00:18:13
				03:07:22

Position	Club	Category:
40	51 Hadleigh Hares A MO	MensOpen

1	Steve Hunt	M	7.2K	00:35:09
2	Glen Avis	M	5K	00:23:27
3	Aiden Bell	M	10K	00:36:07
4	Ryan McNeil	M	5K	00:25:56
5	John Jousiffe	M	10K	00:43:55
6	Joel Bamsey	M	5K	00:22:55
				03:07:28

41	85 Newmarket Joggers - Male Supervets	MensSuperVet
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1	Mark Geddie	M	7.2K	00:32:34
2	Neville Clarke	M	5K	00:21:23
3	Andy Fryatt	M	10K	00:45:21
4	Brian Munns	M	5K	00:24:34
5	Jonathan Ollington	M	10K	00:42:32
6	Steve Edwards	M	5K	00:22:09
				03:08:32

42	35 Framlingham Flyers Male 60	Over60
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1	Rob Mackenzie	M	7.2K	00:29:41
2	Ian Kennedy	M	5K	00:23:49
3	Graham Wigley	M	10K	00:45:18
4	David Fordham	M	5K	00:22:54
5	Steve Dunnett	M	10K	00:46:17
6	Tim Cherrett	M	5K	00:21:43
				03:09:42

Position

Club

Category:

43

133

Colchester Harriers Vet women LSV

LadiesSuperVet

1	Annette Oakman	F	7.2K	00:32:25
2	Denise Morley	F	5K	00:21:07
3	Kate Gibson	F	10K	00:49:10
4	Alex Hennessey	F	5K	00:21:31
5	Sarah Stradling	F	10K	00:42:45
6	Fran Norris	F	5K	00:22:53
				03:09:51

44

97

Pacers E LSV

LadiesSuperVet

1	Sandra Webb	F	7.2K	00:32:20
2	Kirsty Weavers	F	5K	00:23:31
3	Jo Leader	F	10K	00:45:41
4	Gill Leathers	F	5K	00:22:37
5	Wendy Smith	F	10K	00:44:57
6	Jenny Morgan	F	5K	00:22:26
				03:11:31

45

61

WRC MO - Chafing the Dream

MensOpen

1	James Attenborough	M	7.2K	00:33:19
2	Steven Alder	M	5K	00:24:37
3	Andrew Smith	M	10K	00:44:37
4	Shane Ketteridge	M	5K	00:25:28
5	Peter Bank	M	10K	00:41:36
6	Clive Smith	M	5K	00:22:04
				03:11:41

Position	Club	Category:
46	15 Colchester Harriers MSV50 B	MensSuperVet

1	Dave Hilson	M	7.2K	00:28:54
2	Simon Miller	M	5K	00:23:35
3	Paul Neville	M	10K	00:50:59
4	Simon Morgan	M	5K	00:22:14
5	Doug O'Neil	M	10K	00:45:05
6	Bill Haining	M	5K	00:22:06
				03:12:53

47	6 Ipswich JAFFA Mixed A	Mixed
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1	Daniel Summersgill	M	7.2K	00:30:11
2	Sandra Roberts	F	5K	00:25:09
3	Sian Abbott	F	10K	00:49:39
4	Wendy Kellett	F	5K	00:25:14
5	Alex Archer	M	10K	00:39:09
6	Conner Bilner	F	5K	00:23:40
				03:13:02

48	140 YourPaceOrMine	Unaffiliated / Social
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1	Andre Edwards	M	7.2K	00:32:30
2	Simon Wyatt	M	5K	00:22:38
3	Karl Holbrook	M	10K	00:46:07
4	Vaughan Clarke	M	5K	00:28:19
5	Femi Ariyo	M	10K	00:44:26
6	Matt Hough	M	5K	00:19:31
				03:13:32

Position

Club

Category:

49

80

LRR Lincoln's Lead Outs MX

Mixed

1	Jonathan Lincoln	M	7.2K	00:31:26
2	Regina Warford	F	5K	00:32:46
3	Shaun Kay	M	10K	00:48:22
4	James Crisp	M	5K	00:21:09
5	Mark Thompson	M	10K	00:37:17
6	Philip Brand	M	5K	00:23:00
				03:13:59

50

90

Norfolk Gazelles Dorcas MX

Mixed

1	Sinead Rogan	F	7.2K	00:33:49
2	Justine Davenport	F	5K	00:28:18
3	Steve Newson	M	10K	00:46:38
4	Stephanie Evans	F	5K	00:26:21
5	Nico Drinkwater	M	10K	00:37:53
6	Ryan Davenport	M	5K	00:22:03
				03:15:03

51

141

Boxted Runners MO

MensOpen

1	Daniel Steptoe-Thompson	M	7.2K	00:34:07
2	Adam Box	M	5K	00:22:57
3	Ben Stewart	M	10K	00:41:47
4	Sam Rix	M	5K	00:23:34
5	Steve Ames	M	10K	00:44:21
6	Lukas Groenewald	M	5K	00:28:43
				03:15:28

Position	Club	Category:
52	64 Diss & District AC MX	Mixed

1	Sarah Hanlon	F	7.2K	00:30:13
2	Emma Ward	F	5K	00:24:32
3	Ben Churchman	M	10K	00:41:54
4	Lizzie Gibson	F	5K	00:27:55
5	Jodie Ibbs	F	10K	00:45:05
6	Harry Abbott	M	5K	00:26:31
				03:16:10

53	22 Felixstowe Female Open - Team Keen & Green LO	LadiesOpen
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1	Emma Keen	F	7.2K	00:32:48
2	Marion Parker	F	5K	00:24:24
3	Collette Green	F	10K	00:45:04
4	Debbie Catling	F	5K	00:24:02
5	Kaye Branton	F	10K	00:46:26
6	Maria Riera Turro	F	5K	00:24:12
				03:16:56

54	102 RCR 2 MX	Mixed
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1	Adam Plummer	M	7.2K	00:31:48
2	Stuart Ward	M	5K	00:18:12
3	Suzi Whymark	F	10K	00:51:04
4	Gemma Abbott	F	5K	00:23:49
5	Marcus Brown	M	10K	00:44:23
6	Dave Robinson	M	5K	00:27:50
				03:17:06

Position	Club	Category:
55	142 Ipswich Tri Club 2	MensOpen

1	Rob Roche	M	7.2K	00:46:56
2	Ben Weeding	M	5K	00:21:16
3	Davina Greenwell	F	10K	00:40:42
4	Iain Johnson	M	5K	00:20:17
5	Lee Chapman	M	10K	00:47:08
6	Jacob Howard	M	5K	00:20:57
				03:17:17

56	91 Norfolk Gazelles Muntjac MX	Mixed
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1	Cora O'Mahony	F	7.2K	00:33:00
2	Ian Woods	M	5K	00:28:08
3	Lee Oxbury	M	10K	00:45:25
4	Samantha Arterton	F	5K	00:26:10
5	Simon Ray Jones	M	10K	00:43:19
6	Rhiannon Evans	F	5K	00:23:15
				03:19:16

57	2 Ipswich JAFFA Ladies Open A	LadiesOpen
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1	Alice Goodwin	F	7.2K	00:31:05
2	Jasmine Bilner	F	5K	00:22:00
3	Anna Keeble	F	10K	00:45:04
4	Rosie Horsfield	F	5K	00:20:51
5	Fiona Smith	F	10K	00:56:17
6	Kathy Wilson-Brown	F	5K	00:24:27
				03:19:43

Position

Club

Category:

58

33

Felixstowe Male Open - Team Green King MO

MensOpen

1	Mike Green	M	7.2K	00:31:31
2	Mark King	M	5K	00:24:16
3	Ben Jackson	M	10K	00:54:05
4	Robin Harper	M	5K	00:21:27
5	Torben Wood	M	10K	00:43:24
6	Jamie Jackson	M	5K	00:26:23
				03:21:06

59

92

Norfolk Gazelles Stags MX

Mixed

1	Steve Sadd	M	7.2K	00:35:10
2	Heather Houghton	F	5K	00:33:41
3	Faith Pearce	F	10K	00:47:20
4	Mark Thorpe	M	5K	00:25:09
5	Harry Neale	M	10K	00:37:54
6	Callum Davenport	M	5K	00:22:01
				03:21:15

60

135

Shufflers Better Together MX

Mixed

1	Dave Steward	M	7.2K	00:33:49
2	Kirsty Brookfield	F	5K	00:23:22
3	Adam Boyle	M	10K	00:45:37
4	Hannah Wattam	F	5K	00:26:03
5	Paul Scoggins	M	10K	00:48:24
6	Ben Solway	M	5K	00:24:15
				03:21:28

Position	Club	Category:
61	130 Pacers K MX	Mixed

1	Stephen Hatten	M	7.2K	00:33:06
2	Colin Knight	M	5K	00:23:11
3	Claire Brown	F	10K	00:50:07
4	Phil Brown	M	5K	00:24:15
5	Todd Lewis	M	10K	00:43:42
6	Dawn Marshall	F	5K	00:27:22
				03:21:43

62	109 Stowmarket Striders MX - The Fellowship	Mixed
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1	Claire Maskery	F	7.2K	00:36:46
2	Juliet Garnham	F	5K	00:23:29
3	Kate Heeks	F	10K	00:48:26
4	James Ellis	M	5K	00:22:44
5	George Wright	M	10K	00:44:43
6	Sam Hardwick	M	5K	00:27:42
				03:23:50

63	27 Harwich Runners MX	Mixed
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1	Ian Cannon	M	7.2K	00:33:46
2	Christina Pretty	F	5K	00:26:20
3	Kim Pretty	M	10K	00:45:54
4	Elspeth Knott	F	5K	00:27:35
5	Richard Newman	M	10K	00:44:16
6	Claire Bransby	F	5K	00:26:49
				03:24:41

Position

Club

Category:

64

34

Framlingham Flyers LO

LadiesOpen

1	Gerri Clarke	F	7.2K	00:33:38
2	Victoria Orford	F	5K	00:23:49
3	Kyra Wilson	F	10K	00:52:58
4	Michelle Hewitt	F	5K	00:24:01
5	Francesca Anderson	F	10K	00:44:40
6	Jo Parden	F	5K	00:26:21
				03:25:27

65

94

Pacers B MX

Mixed

1	Mark Lewis	M	7.2K	00:33:10
2	Andrew Wright	M	5K	00:22:47
3	Rob Wallace	M	10K	00:44:30
4	Eloise Bird	F	5K	00:28:37
5	Rob Morgan	M	10K	00:48:00
6	Rita Rue	F	5K	00:28:30
				03:25:34

66

45

GBRC - The Centurions MO

Mixed

1	Helen Carey	F	7.2K	00:36:09
2	Nick Goodman	M	5K	00:25:31
3	Adam Waller-Toyne	M	10K	00:44:58
4	Lex Carlisle	F	5K	00:32:27
5	David Allen	M	10K	00:42:24
6	Paul Arnold	M	5K	00:24:09
				03:25:37

Position	Club	Category:
67	49 GBRC Mags-nificent 6 MX	Mixed

1	Mike Deed	M	7.2K	00:35:44
2	Debs Hollidge	F	5K	00:25:58
3	Mags Komorowska	F	10K	00:47:03
4	Nicola Laverack	F	5K	00:28:29
5	Rob Dyer	M	10K	00:44:20
6	Caroline Dyer	F	5K	00:24:52
				03:26:27

68	114 Stowmarket Striders LSV - The War of the Roses	LadiesSuperVet
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1	Juliet Garnham	F	7.2K	00:32:27
2	Karen Offord	F	5K	00:23:37
3	Sharon Warland	F	10K	00:54:05
4	Julia Moss-Eccardt	F	5K	00:27:33
5	Sandra Mayhew	F	10K	00:46:12
6	Rachel Terry	F	5K	00:23:48
				03:27:42

69	74 Kesgrave Kruisers MX 5	Mixed
----	---------------------------	-------

1	Patrick Holland	M	7.2K	00:31:52
2	Laura Holland	F	5K	00:28:27
3	Alex Thomson	M	10K	00:44:12
4	Ant Fleming	M	5K	00:28:17
5	Kevin Ward	M	10K	00:50:23
6	Bella Lock	F	5K	00:25:04
				03:28:15

Position

Club

Category:

70

46

GBRC 3 Gents 2 ladies and 1 we don't mention -
MX

MensOpen

1	Paul Davidson	M	7.2K	00:30:32
2	Norma Smith	F	5K	00:29:53
3	Fraser Lewis	M	10K	00:48:23
4	Mark Lashmor	M	5K	00:29:50
5	William Woodhall	M	10K	00:46:15
6	Tomasz Komorowski	M	5K	00:23:28
				03:28:21

71

134

Colchester Harriers Mixed

Mixed

1	Amelia Green	F	7.2K	00:30:55
2	Pat Marsh	M	5K	00:24:11
3	Anita Mussett	F	10K	00:51:17
4	Sofie Samuelsson	F	5K	00:23:08
5	Arthur Whiston	M	10K	00:55:41
6	Paul Taylor	M	5K	00:23:20
				03:28:32

72

50

GBRC Paul's Pussycats MX

Mixed

1	Jon Briggs	M	7.2K	00:32:44
2	Emma Wakeling	F	5K	00:30:31
3	Sam Sutton Reid	M	10K	00:46:52
4	Sammy Cotton	F	5K	00:29:27
5	Paul Davison	M	10K	00:44:46
6	Paul Hollidge	M	5K	00:24:17
				03:28:36

Position

Club

Category:

73

57

AIRBORNE FIT TWO

Unaffiliated / Social

1	Leanne Fairweather	F	7.2K	00:35:43
2	Guy Hayward	M	5K	00:22:24
3	Matt Standing	M	10K	00:50:41
4	Helen Turvey	F	5K	00:27:49
5	Chris Sim	M	10K	00:43:46
6	Hannah Sim	M	5K	00:28:35
				03:28:58

74

112

Stowmarket Striders V60 - The Professionals

Over60

1	Chris Gladwell	M	7.2K	00:36:43
2	Wendy Hughes	F	5K	00:26:58
3	Stephen Mead	M	10K	00:44:10
4	Frank Watson	M	5K	00:25:44
5	Frank Moggan	M	10K	00:52:30
6	Andrew Webber	M	5K	00:23:54
				03:29:59

75

48

GBRC Gerry and the Pacemakers - MX

Mixed

1	Paul Arnold	M	7.2K	00:35:58
2	Leoni Harvey	F	5K	00:26:03
3	Gerry Gladden	M	10K	00:43:36
4	Laura Cook	F	5K	00:34:48
5	Vicky Presland	F	10K	00:46:09
6	Hien Hoang	F	5K	00:23:35
				03:30:11

Position	Club	Category:
76	31 Saxons 2 MX	Mixed

1	Gary Lowe	M	7.2K	00:32:59
2	Tina Church	F	5K	00:33:53
3	Sarah Vick	F	10K	00:51:04
4	James Wilson	M	5K	00:17:21
5	Tom Hunnisett	M	10K	00:41:11
6	John Axtell	M	5K	00:34:22
				03:30:49

77	67 Drinking Club with a Running Habit	Mixed
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1	Andy Buck	M	7.2K	00:31:46
2	Ben Cuthbert	M	5K	00:21:11
3	Mark Sailsbury	M	10K	00:46:51
4	Tina Leppard	F	5K	00:32:34
5	Sally Bowen	F	10K	00:46:46
6	Jonathan Price	M	5K	00:32:06
				03:31:14

78	37 Framlingham Flyers Mixed Bunch	Mixed
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1	Peter Gray	M	7.2K	00:33:16
2	Vicki Allison	F	5K	00:39:34
3	Simon Tinkler	M	10K	00:43:54
4	Emma Harwood	F	5K	00:24:58
5	Richard Higgins	M	10K	00:45:01
6	Tom Clements	M	5K	00:24:42
				03:31:25

Position	Club	Category:
79	36 Framlingham Flyers Mixed Allsorts	Mixed

1	Alex MacGregor	M	7.2K	00:29:20
2	Holly Crimp	F	5K	00:27:24
3	William Taylor	M	10K	00:46:51
4	Viv Taylor	F	5K	00:30:25
5	Guy Hayward	M	10K	00:51:09
6	David Taylor	M	5K	00:26:31
				03:31:39

80	127 Bure Valley Harriers 2 MX	Mixed
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1	Emily Jordan	F	7.2K	00:38:33
2	Sally Porter	F	5K	00:28:02
3	Greg Howard	M	10K	00:44:18
4	Scott Chapman	M	5K	00:25:33
5	Fran Cooke	F	10K	00:48:04
6	Katherine Garwood	F	5K	00:27:22
				03:31:52

81	122 Ipswich Radiotherapy white	Unaffiliated / Social
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1	Jonathan Benmore	M	7.2K	00:35:07
2	Sue Downes	F	5K	00:26:39
3	Dale Fowler	M	10K	00:52:34
4	Melayney Grimwood-McCourt	F	5K	00:32:17
5	Adam Benmore	M	10K	00:36:13
6	James Harden	M	5K	00:30:32
				03:33:23

Position	Club	Category:
82	29 LRR Crispy Kremes MX	Mixed

1	James Crisp	M	7.2K	00:28:06
2	Natasha Korovilas	F	5K	00:27:53
3	Mark Elflett	M	10K	00:51:16
4	Lee Roth	M	5K	00:28:11
5	Caroline Peek	F	10K	00:54:38
6	Chris Meadows	M	5K	00:23:25
				03:33:30

83	41 GBRC Paul's Persistent Performers MO	MensOpen
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1	Phil Presland	M	7.2K	00:34:12
2	Sue Sorrell	F	5K	00:33:03
3	Tim Ballard	M	10K	00:38:10
4	Gary C	M	5K	00:34:17
5	Paul Carlisle	M	10K	00:50:31
6	Peter Benton	M	5K	00:23:37
				03:33:49

84	40 GBRC Praying for a Meera-cle MX	Mixed
----	------------------------------------	-------

1	Tom Komorowski	M	7.2K	00:33:29
2	Shawn Leek	M	5K	00:29:19
3	Meera Rajoo-Oakley	F	10K	00:48:02
4	Claire Poole	F	5K	00:26:38
5	Lisa Briggs	F	10K	00:47:54
6	Yolande Arnold	F	5K	00:28:29
				03:33:51

Position	Club	Category:
85	53 Hadleigh Hares C LO	LadiesOpen

1	Samantha Cooper	F	7.2K	00:40:06
2	Nathalie Hooper	F	5K	00:25:56
3	Rachel Bodsworth	F	10K	00:48:57
4	Amanda Dunn	F	5K	00:24:09
5	Belinda Godbold	F	10K	00:51:27
6	Vicky Tapp	F	5K	00:23:18
				03:33:52

86	118 Design By Sports	Unaffiliated / Social
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1	Lana Milne	F	7.2K	00:38:47
2	Charlotte Richardson	F	5K	00:28:48
3	Adam Buckle	M	10K	00:48:08
4	Katie Rixon	F	5K	00:23:33
5	Hayley Gittings	F	10K	00:50:04
6	Tania Stacey	F	5K	00:24:34
				03:33:54

87	17 BBDRC Hot Dogs O60	Over60
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1	Hazel Garrity	F	7.2K	00:35:34
2	Bobbie Sauerzapf	F	5K	00:26:13
3	Tony Morley	M	10K	00:48:51
4	Jackie Bell	F	5K	00:28:32
5	Terry Garrity	M	10K	00:45:26
6	Jayne Capps-Jenner	F	5K	00:30:08
				03:34:43

Position

Club

Category:

88

73

Kesgrave Kruisers MX 4

Mixed

1	Martin Ashworth	M	7.2K	00:36:27
2	Lucy Bryanton	F	5K	00:30:43
3	Richard Phillips	M	10K	00:47:07
4	Orla Holland	F	5K	00:24:51
5	Neil Catley	M	10K	00:46:32
6	Richie Taylor	M	5K	00:29:04
				03:34:44

89

138

Shufflers Sole Sisters LV

LadiesVet

1	Jane Hutchinson	F	7.2K	00:34:59
2	Amanda Smith	F	5K	00:25:37
3	Rosie O'Neill	F	10K	00:47:07
4	Nicky Watson	F	5K	00:26:32
5	Becca Harry	F	10K	00:53:00
6	Kathryn Gerry	F	5K	00:27:54
				03:35:10

90

7

Ipswich JAFFA Mixed B

Mixed

1	Phil Davies	M	7.2K	00:37:00
2	Yolanda Sparkes	F	5K	00:23:18
3	Terry Spurgeon	M	10K	00:49:30
4	Kelly Wade	F	5K	00:30:37
5	Mark Rose	M	10K	00:50:29
6	Gabriel Martins	M	5K	00:24:25
				03:35:20

Position	Club	Category:
91	47 GBRC Edge of Seventeen (Laps) MX	Mixed

1	Sarah Davidson	F	7.2K	00:36:31
2	Eileen Shadford	F	5K	00:26:40
3	Craig Mitchell	M	10K	00:38:59
4	Helene Tyler	F	5K	00:33:07
5	Maddy Allen	F	10K	00:49:11
6	Caroline Searle	M	5K	00:31:05
				03:35:32

92	121 Ipswich Radiotherapy Blue	Unaffiliated / Social
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1	Mark Foulkes	M	7.2K	00:38:35
2	Phil Drage	M	5K	00:23:52
3	Jonathan Poole	M	10K	00:47:23
4	Rachel Wilding	F	5K	00:38:21
5	Liam Stubbington	M	10K	00:40:55
6	Helder Campos	M	5K	00:26:31
				03:35:37

93	72 Kesgrave Kruisers MX 3	Mixed
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1	Carissa Wyatt	F	7.2K	00:36:21
2	Claire Phillips	F	5K	00:26:22
3	Ash Sadler	M	10K	00:43:54
4	Diana Thomson	F	5K	00:29:37
5	Marcus Kwan	M	10K	00:47:32
6	Mandy Chinery	F	5K	00:32:28
				03:36:13

Position	Club	Category:
94	128 Bure Valley Harriers 3 MX	Mixed

1	Steph Ellis	F	7.2K	00:38:41
2	Gail Hardingham	F	5K	00:28:32
3	Mark Crookes	M	10K	00:46:55
4	Eleanor Chapman	F	5K	00:25:32
5	Alice Grant	F	10K	00:49:44
6	Emily Warren-ward	F	5K	00:27:14
				03:36:38

95	78 LRR Grant us Victory MX	Mixed
----	----------------------------	-------

1	Phil Ayers	M	7.2K	00:36:35
2	Debra Kay	F	5K	00:28:52
3	Shaun Lark	M	10K	00:44:22
4	Suzy Grant	F	5K	00:26:58
5	Harrison Page	M	10K	00:55:54
6	Jamie Mordecai	M	5K	00:25:31
				03:38:12

96	43 GBRC - Scrambled Legs MX	Mixed
----	-----------------------------	-------

1	Inga Hayden-Cooper	F	7.2K	00:34:58
2	Neil Robins	M	5K	00:26:41
3	Paul Smith	M	10K	00:51:28
4	Rachel Rodgers	F	5K	00:34:33
5	Mat Laverack	M	10K	00:44:54
6	Stephen Walsh	M	5K	00:25:56
				03:38:31

Position	Club	Category:
97	79 LRR Harmer's Hurricanes MX	Mixed

1	Luke Catchpole	M	7.2K	00:35:36
2	Holly Harmer	F	5K	00:24:55
3	Paul Banks	M	10K	00:48:26
4	Debbie Secret	F	5K	00:28:32
5	Lee Phillips	M	10K	00:47:05
6	Darryl Ainslie	M	5K	00:34:34
				03:39:09

98	30 Saxons 1 MX	Mixed
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1	Jake Church	M	7.2K	00:32:42
2	Jane Collins	F	5K	00:32:25
3	Richard White	M	10K	00:49:29
4	Garry Shipp	M	5K	00:27:20
5	Chris Fuller	M	10K	00:47:31
6	Michelle Keeble	F	5K	00:30:13
				03:39:40

99	42 GBRC - Geercha Casun Critters MX	Mixed
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1	Kathy Bishop	F	7.2K	00:35:30
2	Tonie Wilson	F	5K	00:27:06
3	Daniel Whymark	M	10K	00:48:39
4	Mark Crittenden	M	5K	00:30:54
5	Rodger Alexander	M	10K	00:48:46
6	Lindsey Allen	F	5K	00:28:59
				03:39:54

Position	Club	Category:
100	32 Saxons 3 MX	Mixed

1	Rachael Bartlett	F	7.2K	00:35:18
2	Justine Wiseman	F	5K	00:30:22
3	Kyle Church	M	10K	00:44:43
4	Joanne White	F	5K	00:28:03
5	Patrick Wilford	M	10K	00:49:40
6	Karen Flower	F	5K	00:31:49
				03:39:56

101	71 Kesgrave Kruisers MX 2	Mixed
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1	Nathan Harvey	M	7.2K	00:36:23
2	Adel Webber	F	5K	00:31:26
3	Mark Holland	M	10K	00:47:37
4	Olivia Catley	F	5K	00:33:38
5	Richard Creasey	M	10K	00:45:40
6	Sophie Doe	F	5K	00:25:16
				03:39:59

102	76 LRR Clarkey's Cheetahs MX	Mixed
-----	------------------------------	-------

1	James Clarke	M	7.2K	00:42:21
2	Caroline Parnis	F	5K	00:29:55
3	Jon Meadows	M	10K	00:46:46
4	Martin Farr	M	5K	00:20:14
5	Trevor Johnson	M	10K	00:51:07
6	Rebecca Palmer	F	5K	00:29:46
				03:40:08

Position	Club	Category:
103	12 Beccles & Bungay Harriers AC MX	Mixed

1	Stephen Harvey	M	7.2K	00:34:40
2	Gemma Harvey	F	5K	00:27:48
3	Andrew Harvey	M	10K	00:54:34
4	Gemma Harvey	F	5K	00:33:11
5	Lynn Emmett	F	10K	00:44:20
6	Paula Canham	F	5K	00:27:17
				03:41:50

104	113 Stowmarket Striders MX - The Rebel Alliance	Mixed
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1	Richard Hurthouse	M	7.2K	00:35:22
2	Tony Burdett	M	5K	00:27:07
3	Simonne Graells	F	10K	01:02:03
4	David Damant	M	5K	00:27:44
5	Chris Hall	M	10K	00:41:28
6	Phillipa Sargent	F	5K	00:29:50
				03:43:35

105	123 Mrs Brand's Boys	Unaffiliated / Social
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1	Ray Pyke	M	7.2K	00:39:52
2	Nick Pyke	M	5K	00:28:50
3	Elliot Tyler	M	10K	00:41:41
4	Emma Pyke	F	5K	00:31:15
5	Paul Brand	M	10K	00:49:50
6	Roger Brand	M	5K	00:32:50
				03:44:19

Position	Club	Category:		
106	124 Ipswich Phoenix Team B	Mixed		
1	Martin Garrod	M	7.2K	00:37:06
2	Fiona Smith	F	5K	00:26:08
3	Gerry McCarthy	M	10K	00:52:39
4	Mark Davey	M	5K	00:28:02
5	Mark Hughes	M	10K	00:45:12
6	Nicola Sanderson	F	5K	00:35:13
				03:44:20

107	59 WRC LO - Between a walk and a hard pace	LadiesOpen		
1	Sarah Naughton	F	7.2K	00:38:53
2	Jodee Mayer	F	5K	00:29:52
3	Rachel O'Leary	F	10K	00:47:49
4	Elizabeth Prior	F	5K	00:23:19
5	Leanne Andrews	F	10K	01:00:42
6	Annalise Tye	F	5K	00:23:47
				03:44:22

108	28 Drinking Club with a Running Habit FD	Mixed		
1	Sarah Pennock	F	7.2K	00:38:26
2	Ruth Cowlin	F	5K	00:26:01
3	Jem Smith	M	10K	00:45:10
4	Annie Gourlay	F	5K	00:27:39
5	Ben Cuthbert	M	10K	00:50:14
6	Jodie Budd	F	5K	00:39:26
				03:46:55

Position

Club

Category:

109

4

Ipswich JAFFA LV35 B

LadiesVet

1	Liz Beighton	F	7.2K	00:41:11
2	Terri Green	F	5K	00:24:01
3	Kerry Watson	F	10K	00:50:26
4	Kate Hutson	F	5K	00:27:23
5	Michelle Constable	F	10K	00:55:20
6	Adriana Houchell	F	5K	00:29:30
				03:47:51

110

77

Felixstowe Mixed 2 - The Rower & The Driver MX

Mixed

1	Lucy Driver	F	7.2K	00:48:14
2	Dave Solomon	M	5K	00:22:40
3	David Brewster	M	10K	00:48:05
4	Kirsty Marsh	F	5K	00:29:11
5	Len Saunders	M	10K	00:47:07
6	Jacqui Allport	F	5K	00:32:45
				03:48:01

111

95

Pacers C 70

Over60

1	Chris Cook	M	7.2K	00:39:53
2	Roger Brand	M	5K	00:29:29
3	Steven Rue	M	10K	00:49:05
4	Robert Price	M	5K	00:34:53
5	Howard Beasley	M	10K	00:43:19
6	John Cullum	M	5K	00:31:58
				03:48:38

Position

Club

Category:

112

107

Stowmarket Striders MX - A Family Affair

Mixed

1	Paul Heeks	M	7.2K	00:39:26
2	George Wright	M	5K	00:20:55
3	Tom Robinson	M	10K	00:52:49
4	Elaine Robinson	F	5K	00:34:48
5	Andy Long	M	10K	00:42:34
6	Leanne Oatham	F	5K	00:39:35
				03:50:08

113

84

Newmarket Joggers - Female Vets

LadiesVet

1	Rebecca Oettle	F	7.2K	00:34:05
2	Ruth Eberhardt	F	5K	00:24:38
3	Hannah Parsons	F	10K	00:47:20
4	Rachel Allen	F	5K	00:43:25
5	Wendy Ancill	F	10K	00:51:56
6	Angela Barnes	F	5K	00:29:07
				03:50:32

114

106

RCR 6 MX

Mixed

1	David Blades	M	7.2K	00:41:13
2	Amy Dines	F	5K	00:27:22
3	Debbie Hart	F	10K	01:00:05
4	Pamela St.Leger-McConnell	F	5K	00:27:27
5	Mark Skinner	M	10K	00:47:18
6	Larissa Mayhew	F	5K	00:29:19
				03:52:44

Position	Club	Category:
115	54 RCR 1 MX	Mixed

1	Andrew Cocker	M	7.2K	00:39:40
2	Rob Kidd	M	5K	00:25:52
3	Martin Spilsted	M	10K	00:56:23
4	Hayley Howard	F	5K	00:28:46
5	Lee Stephenson	M	10K	00:54:40
6	Victoria Hammond	F	5K	00:28:00
				03:53:21

116	125 Ipswich Phoenix Team C	Unaffiliated / Social
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1	Jordan Hall	M	7.2K	00:49:06
2	Debbie Hall	F	5K	00:28:45
3	David Grimmer	M	10K	00:52:18
4	Alex Kuczer	M	5K	00:25:11
5	Kyle Filby	M	10K	00:48:03
6	Ingaret Howells	F	5K	00:31:08
				03:54:32

117	136 Shufflers Golden Movers O60	Over60
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1	Roger Ackerley	M	7.2K	00:32:59
2	Graham Bush	M	5K	00:27:11
3	Ruth Ackworth	F	10K	00:48:56
4	Ian Mace	M	5K	00:28:25
5	Chris Johns	M	10K	01:07:23
6	Carina Sewell	F	5K	00:30:17
				03:55:09

Position	Club	Category:
118	75 Kesgrave Cruisers MX 6	Mixed

1	Kate Howard	F	7.2K	00:41:02
2	Katy Windeatt	F	5K	00:30:55
3	Brett Martin	M	10K	00:55:06
4	Ian Knights	M	5K	00:29:17
5	Mike Howard	M	10K	00:52:56
6	Leo Banfield	M	5K	00:26:08
				03:55:23

119	10 Ipswich JAFFA Over 60s	Over60
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1	Julie Haselwood	F	7.2K	00:47:43
2	Duncan Chenery	M	5K	00:23:07
3	Mon Lee	M	10K	00:54:45
4	Alison Beech	F	5K	00:32:25
5	Tim Newton	M	10K	00:55:30
6	Robin Belsom	M	5K	00:21:59
				03:55:30

120	16 BBDRC Young Hearts Run Free O60	Over60
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1	Robin Ashe	M	7.2K	00:41:05
2	Sue Glazer	F	5K	00:28:44
3	Hugh Roberts	M	10K	00:56:40
4	John Wharton	M	5K	00:28:07
5	Rob Hall	M	10K	00:48:54
6	Graham Sampson	M	5K	00:32:24
				03:55:53

Position

Club

Category:

121

88

Felixstowe Mixed 3 - Barking In A Dorset Wood
MX

Mixed

1	Paul Dorset	M	7.2K	00:39:46
2	Robert Barker	M	5K	00:28:34
3	Sarah Banham	F	10K	00:53:06
4	Paul Schwer	M	5K	00:25:55
5	Nicola Stevenson	F	10K	00:57:42
6	Daniela Elstone	F	5K	00:34:42
				03:59:44

122

26

Felixstowe Mixed 5 - A Wright Butchering MX

Mixed

1	Danielle Wright	F	7.2K	00:40:40
2	Zoila Reyes	F	5K	00:32:22
3	Peter Woods	M	10K	00:52:11
4	Claire Butcher	F	5K	00:30:43
5	Brett Deakin	M	10K	00:57:53
6	Mon Lee	M	5K	00:27:04
				04:00:53

123

65

Newmarket Joggers Mixed

Mixed

1	Jim Withers	M	7.2K	00:41:38
2	Millie Anderson	F	5K	00:36:37
3	Chris Aylmer	M	10K	00:59:11
4	Andy Hayward	F	5K	00:36:39
5	Jimmy Smith	M	10K	00:38:02
6	Sophie Adams	F	5K	00:30:44
				04:02:50

Position	Club	Category:
124	119 Boxted Runners 2 MX	Mixed

1	Helen Scott	F	7.2K	00:39:49
2	Sarah Hearn	F	5K	00:29:06
3	Ian Bown	M	10K	00:54:59
4	James Scott	M	5K	00:27:19
5	Cornell Le Roux Groenewald	F	10K	01:04:14
6	Kate Wills	F	5K	00:28:38
				04:04:04

125	147 Ellisons Solicitors	Unaffiliated / Social
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1	Dominique Ward	F	7.2K	00:37:25
2	Guy Longhurst	M	5K	00:24:54
3	Lyndsey Squirrell	F	10K	00:55:12
4	Amanda Kelly	F	5K	00:37:00
5	Cerys Gunn	F	10K	00:54:39
6	Natalia Shuttlewood	F	5K	00:36:35
				04:05:44

126	66 Felixstowe Mixed 1 - Team Slow Start MX	Mixed
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1	Paul Schwer	M	7.2K	00:36:45
2	Jo Whelan	F	5K	00:30:27
3	Justin Ostler	M	10K	01:03:34
4	Jenny Church	F	5K	00:30:29
5	Dawn Gibson	F	10K	01:00:00
6	Richard Allport	M	5K	00:25:06
				04:06:22

Position

Club

Category:

127

99

Felixstowe Mixed 4 - Makin Stories

Mixed

1	David Seymour	M	7.2K	00:36:07
2	Alyson Limpkin-Challis	F	5K	00:35:55
3	Joanne Harper	F	10K	00:51:11
4	Calli Challis	F	5K	00:29:00
5	Ali Ostler	F	10K	01:09:51
6	Darren Storey	M	5K	00:24:53
				04:06:56

128

104

RCR 4 MX

Mixed

1	Teresa Brown	F	7.2K	00:37:04
2	Larissa Mayhew	F	5K	00:28:54
3	Dave Robinson	M	10K	00:46:09
4	Liz Hicks	F	5K	00:33:43
5	Glen Page	M	10K	01:04:50
6	Angie Leggett	F	5K	00:36:32
				04:07:12

129

24

Running Colchester 2 MX

Mixed

1	Jon Enefer	M	7.2K	00:42:40
2	Aymee Langmead	F	5K	00:34:25
3	Ketlaine Kombet Zegani	F	10K	00:52:18
4	Andy Thompson	M	5K	00:37:14
5	Andrew Hollock	M	10K	00:50:32
6	Kathryn Sumner	F	5K	00:34:06
				04:11:15

Position	Club	Category:
130	23 Running Colchester 1 MX	Mixed

1	Amber Fox Hammond	F	7.2K	00:42:48
2	Jenny Kaye	F	5K	00:34:17
3	Michael Young	M	10K	00:47:30
4	Sue Foley	F	5K	00:34:14
5	Emma Mardell	F	10K	00:57:25
6	Paul Cross	M	5K	00:35:02
				04:11:15

131	103 RCR 3 MX	Mixed
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1	Michael Sheldrake	M	7.2K	00:41:33
2	Allie Cornwell	F	5K	00:31:22
3	Mark Skinner	M	10K	00:57:52
4	Christine Evans	F	5K	00:34:43
5	Misty Smith	F	10K	00:58:27
6	Lee Cornwell	M	5K	00:28:32
				04:12:29

132	60 WRC LV - Only here for the cake	LadiesVet
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1	Samantha Martin	F	7.2K	00:38:29
2	Kerry Townsend	F	5K	00:32:09
3	Celine Elson	F	10K	00:55:14
4	Jenny Layley	F	5K	00:29:09
5	Lisa Leader	F	10K	01:04:46
6	Angela Read	F	5K	00:34:28
				04:14:15

Position	Club	Category:
133	3 Ipswich JAFFA Ladies Open B	LadiesOpen

1	Sophie Coleman	F	7.2K	00:41:00
2	Lisa Loomes	F	5K	00:28:13
3	Amber Smith	F	10K	01:17:00
4	Louise Savage	F	5K	00:26:13
5	Olivia Ellis	F	10K	00:51:48
6	Maria Bilner	F	5K	00:38:15
				04:22:29

134	52 Hadleigh Hares B MX	Mixed
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1	David Miller	M	7.2K	00:53:37
2	Brian Airlie	M	5K	00:26:47
3	Joanne Sargent	F	10K	00:58:18
4	Julia Bilotta	F	5K	00:37:02
5	Geraldine Suckling	F	10K	01:00:31
6	Samantha Tapp	F	5K	00:26:43
				04:22:58

135	82 Newmarket Joggers - Female Supervets (1)	LadiesSuperVet
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1	Suzanne Bailey	F	7.2K	00:39:17
2	Sianie Painter	F	5K	00:31:12
3	Helen Wass	F	10K	00:56:38
4	Kate Warboys	F	5K	00:34:08
5	Sianie Painter	F	10K	01:09:13
6	Jackie Henley	F	5K	00:33:09
				04:23:37

Position

Club

Category:

136

13

Beccles & Bungay Harriers AC - Ramblers MX

Mixed

1	Ria Freeman	F	7.2K	00:52:53
2	Denise Betts	F	5K	00:25:26
3	Hannah Devine	F	10K	01:02:45
4	Judy Potter	F	5K	00:35:36
5	Ian Gardner	M	10K	00:57:09
6	Craig Knights	M	5K	00:33:01
				04:26:50

137

120

AIRBORNE FIT THREE

Unaffiliated / Social

1	Sarah Day	F	7.2K	00:46:42
2	Sofia Standring	F	5K	00:43:42
3	Katie Dagnall	F	10K	01:00:32
4	Kerry Saxton	F	5K	00:32:33
5	Katie Beckinsale	F	10K	00:51:47
6	Kim Cook	F	5K	00:32:12
				04:27:29

138

83

Newmarket Joggers - Female Supervets (2)

LadiesSuperVet

1	Nicole Smith	F	7.2K	00:39:23
2	Christine Windsor	F	5K	00:35:11
3	Caroline Mcintosh	F	10K	01:07:18
4	Pearl Fay	F	5K	00:34:12
5	Cathy Russell	F	10K	01:00:32
6	Jo Boutelle	F	5K	00:33:00
				04:29:38

Position

Club

Category:

139

117

Team2gether

Unaffiliated / Social

1	Gemma Oliver	F	7.2K	00:44:20
2	Charlotte Norfolk	F	5K	00:33:40
3	Rebecca Morton	F	10K	01:01:18
4	Ruth Gailey	F	5K	00:35:07
5	Julie Selly	F	10K	01:07:28
6	Georgia Read	F	5K	00:30:02
				04:31:55

140

86

NNBR Super Seventies

Over70

1	Liz Letzer	F	7.2K	00:49:23
2	Mike Marshall	M	5K	00:41:54
3	Jim Hayes	M	10K	00:54:32
4	Rod Smith	M	5K	00:33:39
5	Peter Hill	M	10K	00:59:48
6	Noel Spruce	M	5K	00:33:33
				04:32:49

141

144

I Can Run CIC 1

Unaffiliated / Social

1	Danielle Andrews	F	7.2K	00:47:37
2	Marisa Murray	F	5K	00:39:43
3	Karen Brackenbury	F	10K	01:08:34
4	Beverley de Boos	F	5K	00:37:15
5	Anja Tomaszczuk	F	10K	01:08:04
6	Sophie Leigh-Pearson	F	5K	00:32:48
				04:54:00

Position

Club

Category:

142

145

I Can Run CIC 2

Unaffiliated / Social

1	Cathy Barber	F	7.2K	00:54:37
2	Pauline McGlynn	F	5K	00:41:24
3	Lisa Cox	F	10K	01:02:06
4	Jane Metcalfe	F	5K	00:37:04
5	Sharon Hayfield	F	10K	01:06:01
6	Tania Paterson	F	5K	00:32:48
				04:54:00