



Category:

Position	Club	Time
1	38 - Colchester Harriers Ladies Open	02:48:22
2	43 - Pacers C LO	02:52:33
3	39 - JAFFA LO A	03:00:12
4	182 - Colchester and Tendring AC Snr B LO	03:17:59
5	42 - Newmarket Joggers LO	03:31:34
6	36 - Stowmarket Striders Lore of Running - Ladies	03:38:01
7	48 - RCR LO 4	03:39:12
8	50 - Black Dogs 3 LO 'Hot Dogs'	03:40:59
9	45 - FRR Stand & Deliver (Female Open)	03:42:57
10	40 - JAFFA LO B	03:48:42
11	41 - Gazelles 3 LO	03:49:30
12	37 - Witham Running Club-Ladie's Open	04:01:58
13	47 - NNBR Ladies LO	04:03:37
14	44 - Ipswich Tri Club 2 LO	04:15:18
15	46 - JAFFA LO C	04:15:27
16	49 - RCR LO 6	04:44:50

Category:

Position	Club	Time
1	55 - Stowmarket Striders Running the World - FV45	03:22:15
2	59 - Pacers F LSV	03:22:30
3	57 - Colchester Harriers Ladies Supervets	03:24:29
4	54 - JAFFA LSV	03:33:00
5	56 - Stowmarket Striders The Grace to Run - FV45	04:02:03
6	58 - Newmarket Joggers LSV	04:13:02
7	52 - Witham Running Club-Ladie's Super Vets	04:16:02
8	68 - NNBR Scrambled Legs LV	04:30:39

Category: LadiesVet

Position	Club	Time
1	60 - JAFFA LV	02:58:56
2	64 - Colchester Harriers Ladies Vets	03:13:31
3	51 - Framlingham Flyers Ladies	03:27:34
4	65 - Kesgrave Kruisers FV35	03:28:47
5	63 - Harwich Runners FV35	03:37:49
6	67 - Shufflers Ruth's Racers LV	03:38:30
7	61 - Witham - Small Elves LV	03:51:09
8	62 - Hadleigh Hares Team LV 2	03:51:42
9	66 - FRR Parking Brake (Female Vet)	04:15:45

Category: MensOpen

Position	Club	Time
1	74 - Colchester Harriers Mens Open 1st team	02:27:00
2	53 - Pacers D MO	02:28:13
3	78 - LRR Cookie Monsters MO	02:40:06
4	88 - Black Dogs 1 MO 'Top Dogs'	02:41:29
5	75 - Colchester Harriers Mens Open 2nd team	02:44:47
6	82 - JAFFA Mens Open A	02:45:56
7	184 - Stowmarket Striders In the Running - Senior	02:47:33
8	178 - Running on empty MO	02:50:37
9	92 - Haverhill Running Club Mens Open	02:53:46
10	76 - Colchester Harriers Mens Open 3rd team	02:55:47
11	73 - Witham Boyz 2 Ekimen MO	02:55:48
12	181 - Colchester and Tendring AC Snr A MO	02:56:09
13	81 - Ipswich Tri Club 1 MO	02:58:53
14	85 - Shufflers - Matt's Machines MO	03:00:36
15	83 - JAFFA Mens Open B	03:03:40
16	87 - RCR MO 5	03:12:41
17	79 - Newmarket Joggers MO	03:15:40
18	90 - Framlingham Flyers men's open blue	03:16:01
19	86 - RCR MO 3	03:18:56

20	91 - Framlingham Flyers men's open red	03:22:45
21	69 - FRR Jackson At The Double (Male Open)	03:23:11
22	158 - Sudbury Joggers SJ MO	03:27:53
23	103 - Ipswich Phoenix RC Team B MX	03:40:42
24	89 - Witham Running Club-Men's Open	03:42:54
25	84 - JAFFA Mens Open C	03:43:01

Category:

Position	Club	Time
1	18 - Colchester Harriers Mens Supervets 1st team	02:41:56
2	15 - FRR -Fording The Brooke (Male Supervet)	02:52:06
3	19 - Colchester Harriers Mens Supervets 2nd team	02:59:26
4	21 - JAFFA Mens V50	02:59:38
5	23 - RCR MSV 2	03:06:48
6	17 - Stowmarket Striders The Long Run - MV50	03:18:03
7	20 - Newmarket Joggers MSV	03:22:05
8	22 - Shufflers Roger's Runners MSV	03:22:07
9	16 - FRR Good Win In Church (Male Supervet)	03:24:30
10	24 - Harwich Runners MV50	03:26:08

Category:

Position	Club	Time
1	6 - BVH Men's Vets	02:37:18
2	12 - Colchester Harriers Mens Vets 1st team	02:39:01
3	13 - Framlingham Flyers MV40	02:42:15
4	2 - JAFFA Mens V40	02:44:50
5	7 - Pacers E MV	02:47:39
6	8 - GBRC - Team 1 Male Vets	02:48:08
7	1 - FRR Read & Wright (Male Vet)	02:52:50
8	14 - Colchester Harriers Mens Vets 2nd team	02:58:44
9	5 - Kesgrave Kruisers MV40	02:59:33
10	9 - Harwich Runners MV40	03:05:22
11	10 - Witham Running Club-Men's Vets 1	03:06:09

12	3 - Ipswich Harriers Old boys MV	03:09:22
13	4 - "Stowmarket Striders Eat	03:18:06
14	11 - Witham Running Club-Men's Vets 2	03:23:28
15	77 - Colchester Harriers Mens Vets 3rd team	03:26:44

Category:

Position	Club	Time
1	99 - Ipswich Harriers get up and go MX	02:35:15
2	117 - Newmarket Joggers Mixed #1	02:45:36
3	112 - Kesgrave Kruisers MX	02:46:48
4	134 - FRR Siblings Unite (Mixed Open)	02:47:16
5	151 - Black Dogs 2 MX 'Barking Mad'	02:54:23
6	122 - Pacers G MX	02:56:25
7	128 - GBRC - Team 3 Mixed Open	03:00:26
8	145 - Wymondham AC MX	03:02:59
9	152 - Colchester Harriers Mixed	03:11:29
10	95 - Hadleigh Hares Team MX 1	03:12:11
11	102 - Ipswich Phoenix RC Team A MX	03:13:33
12	125 - Pacers K MX	03:13:44
13	138 - Reepham Runners B MX	03:16:42
14	80 - Boxted Bucks MO	03:16:59
15	120 - BILLY'S BVH MX 1	03:18:58
16	154 - Haverhill Running Club Mixed	03:20:26
17	123 - Pacers H MX	03:22:06
18	124 - Pacers J MX	03:23:00
19	137 - Reepham Runners A MX	03:25:41
20	121 - ALICE'S BVH MX 2	03:26:20
21	129 - GBRC - Team 4 Mixed Open	03:26:33
22	143 - Saxons 261 MX	03:32:58
23	110 - Kesgrave Kruisers Little Mixed	03:34:50
24	135 - Shufflers - David's Dashers MX	03:35:08
25	141 - NNBR Viva La Vets MX	03:36:03
26	113 - Kesgrave Kruisers Ready Mixed	03:36:52

27	153 - Framlingham Flyers All Sorts	03:37:09
28	140 - Capel Cheetahs 2 MX	03:38:45
29	131 - GBRC - Team 6 Mixed Open	03:39:18
30	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	03:40:08
31	144 - Saxons 309 MX	03:40:41
32	104 - LRR Marathon Maniacs MX	03:41:19
33	116 - Gazelles 4 MX	03:41:24
34	130 - GBRC - Team 5 Mixed Open	03:41:25
35	108 - LRR The Joggeronauts MX	03:43:49
36	150 - Harwich Runners Mixed B - Interclub Challeng	03:44:19
37	107 - LRR Running is our Therapy MX	03:44:40
38	148 - Beccles & Bungay Harriers (Eagles) MX	03:44:56
39	97 - Harwich Runners Mixed A - Interclub Challenge	03:45:45
40	149 - Beccles & Bungay Harriers (Falcons) MX	03:47:56
41	106 - LRR Pacemakers MX	03:48:08
42	111 - Kesgrave Kruisers Mega Mixed	03:49:04
43	147 - Beccles & Bungay Harriers (Buzzards) MX	03:49:49
44	118 - Newmarket Joggers Mixed #2	03:50:05
45	109 - Kesgrave Kruisers Essential Mixed	03:50:49
46	100 - JAFFA Mixed A	03:50:50
47	105 - LRR Olympic Worthy MX	03:51:27
48	114 - Gazelles 1 MX	03:52:03
49	132 - GBRC - Team 7 Mixed Open	03:52:44
50	115 - Gazelles 2 MX	03:52:46
51	72 - Stowmarket Striders Paul's Running Formula -	03:52:58
52	183 - Stowmarket Striders Don't Stop Me Now - Ope	03:53:18
53	157 - Sudbury Joggers Ekidecades	03:53:28
54	133 - GBRC - Team 8 Mixed Open	03:53:39
55	146 - RCR MX 1	03:55:42
56	155 - Running Colchester 1	03:58:35
57	139 - Capel Cheetahs 1 MX	04:03:20
58	156 - Running Colchester 2	04:04:40
59	142 - Kesgrave Kruisers Trail Mixed	04:05:02

60	136 - Shufflers Graham's Gallopers MX	04:07:23
61	96 - Hadleigh Hares Team MX 3	04:08:22
62	126 - Boxted Bears MX	04:09:36
63	127 - Boxted Broncos MX	04:16:35
64	101 - JAFFA Mixed B	04:18:59
65	119 - Newmarket Joggers Mixed #3	04:21:15
66	94 - FRR Ostler's Brew (Mixed Vet)	04:27:18

Category:

Position	Club	Time
1	27 - Pacers B 60s	03:07:09
2	30 - JAFFA Mens V60	03:08:36
3	35 - Framlingham Silver Surfers	03:14:40
4	26 - Stow Striders Running with The Legends - V60	03:24:10
5	31 - NNBR Karen and her Beach Boys V60	03:27:48
6	33 - Black Dogs 5 V60 'New Tricks'	03:33:17
7	29 - GBRC - Team 2 Over 60s	03:42:46
8	34 - Witham Running Club-Over 60s	03:43:59
9	28 - Ipswich Tri Club 3 V60	03:47:26
10	32 - Black Dogs 4 V60 'Canis Major'	04:04:31
11	25 - FRR No Mooning In Church (Over 60)	04:06:49

Category:

Position	Club	Time
1	71 - Pacers A 70s	04:09:22
2	70 - NNBR Super Seventies	04:10:24

Category:

Position	Club	Time
1	169 - Dirty Dolphiners - Team Irrawaddy	02:57:16
2	177 - Kelvedon Snivellers	03:09:33
3	168 - Dirty Dolphiners - Team Hector's	03:16:08
4	163 - Hard Core Coffee Runners Team 1	03:20:02

5	174 - The Royal Males	03:22:39
6	171 - The Bright and Beautifuls	03:28:05
7	173 - AIRBORNE FIT ONE	03:30:06
8	165 - Dirty Dolphiners - Team Australian Snubfin	03:35:28
9	167 - Dirty Dolphiners - Team Dusky	03:39:41
10	170 - Dirty Dolphiners - Team Pantropical Spotted	03:39:57
11	159 - B&P Supreme	03:41:16
12	172 - B&P Ultimate	03:41:39
13	176 - AIRBORNE FIT TWO	03:42:25
14	166 - Dirty Dolphiners - Team Amazon River	03:54:36
15	175 - Ellisons 2	03:57:36
16	179 - Ipswich Boys AC	03:58:22
17	164 - Hard Core Coffee Runners Team 2	03:59:59
18	162 - Ipswich Phoenix RC Team C Soc	04:04:22
19	180 - Ellisons 1	04:12:16
20	160 - I Can Run CIC Team Cakes	04:54:09
21	161 - I Can Run CIC Team Cookies	05:10:53