

Individual Results

03 August 2023

12:26:38

Distance

Position	Name	Club	Category	Time
1	Katie King	43 - Pacers C LO	LadiesOpen	00:38:02
2	Helen Davies	60 - JAFFA LV	LadiesVet	00:38:38
3	Roanna Vickers	38 - Colchester Harriers Ladies Open	LadiesOpen	00:39:03
4	Lydia Callan	38 - Colchester Harriers Ladies Open	LadiesOpen	00:40:12
5	Laura Cason	39 - JAFFA LO A	LadiesOpen	00:40:42
6	Kate Creak	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:40:51
7	Alison Armstrong	145 - Wymondham AC MX	Mixed	00:41:08
8	Jess Gooderham	125 - Pacers K MX	Mixed	00:41:49
9	Natasha Dunnage	60 - JAFFA LV	LadiesVet	00:42:55
10	Venetia Johnson	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:43:34
11	Laura Shewbridge	64 - Colchester Harriers Ladies Vets	LadiesVet	00:43:43
12	Laura Blazey	43 - Pacers C LO	LadiesOpen	00:44:06
13	Georgia Humphreys	39 - JAFFA LO A	LadiesOpen	00:44:14
14	Jo Watkins	121 - ALICE'S BVH MX 2	Mixed	00:44:35
15	Sian Kingston	51 - Framlingham Flyers Ladies	LadiesVet	00:44:47
16	Cath Watts	41 - Gazelles 3 LO	LadiesOpen	00:45:29
17	Amy Milburn	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:45:44
18	Kate Gooding	145 - Wymondham AC MX	Mixed	00:45:54
19	Rachel Plant	107 - LRR Running is our Therapy MX	Mixed	00:45:55
20	Wendy Smith	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:46:26
21	Jo Hayward	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:46:33
22	Lynn Emmett	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:46:34
23	Vanessa Dolling Edwards	80 - Boxted Bucks MO	Mixed	00:46:34
24	Emese Bartha	116 - Gazelles 4 MX	Mixed	00:47:03
25	Kate Scotter	65 - Kesgrave Cruisers FV35	LadiesVet	00:47:07
26	Sally Bowen	158 - Sudbury Joggers SJ MO	MensOpen	00:47:15

27	Zohra Armitage	59 - Pacers F LSV	LadiesSuperVet	00:47:23
28	Kes Hopkins	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:47:24
29	Alexandra Hennessy	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:47:37
30	Gill leathers	59 - Pacers F LSV	LadiesSuperVet	00:48:24
31	Val Jennings	54 - JAFFA LSV	LadiesSuperVet	00:48:42
32	Amanda Marshall	141 - NNBR Viva La Vets MX	Mixed	00:48:47
33	Tanya Straight	63 - Harwich Runners FV35	LadiesVet	00:48:54
34	Rosie Denny	67 - Shufflers Ruth's Racers LV	LadiesVet	00:49:02
35	Lauren Elmore	105 - LRR Olympic Worthy MX	Mixed	00:49:07
36	Kate Heeks	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:49:12
37	Nicola Hilson	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:49:17
38	Rebecca Maun	141 - NNBR Viva La Vets MX	Mixed	00:49:36
39	Karen Stapleton	63 - Harwich Runners FV35	LadiesVet	00:49:42
40	Kitty Mithen	135 - Shufflers - David's Dashers MX	Mixed	00:49:42
41	Kate Sandercock	64 - Colchester Harriers Ladies Vets	LadiesVet	00:49:54
42	Lou Hurr	41 - Gazelles 3 LO	LadiesOpen	00:49:59
43	Emily Spence	44 - Ipswich Tri Club 2 LO	LadiesOpen	00:50:02
44	Helen Barber	51 - Framlingham Flyers Ladies	LadiesVet	00:50:13
45	Aimee McLachlan	67 - Shufflers Ruth's Racers LV	LadiesVet	00:50:17
46	Meera Rajoo-Oakley	131 - GBRC - Team 6 Mixed Open	Mixed	00:50:17
47	Karen Offord	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	00:50:25
48	Mary-Ann Tuli	154 - Haverhill Running Club Mixed	Mixed	00:50:43
49	Ellie Bithell	42 - Newmarket Joggers LO	LadiesOpen	00:50:46
50	Karen Balcombe	31 - NNBR Karen and her Beach Boys V60	Over60	00:51:25
51	Tess Kirby	48 - RCR LO 4	LadiesOpen	00:51:25
52	Jo Stephenson	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:51:38
53	Jane Wall	71 - Pacers A 70s	Over70	00:51:39
54	Justine Fawcett	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:51:41
55	Kathy Bishop	129 - GBRC - Team 4 Mixed Open	Mixed	00:51:44
56	Claire Douglas	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:51:55
57	Sandy Page	65 - Kesgrave Cruisers FV35	LadiesVet	00:52:01

58	Maria Riera-Turro	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:52:12
59	Kayleigh Turpin	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:52:35
60	Becky Langford	106 - LRR Pacemakers MX	Mixed	00:52:36
61	Charlotte Elkin	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:52:45
62	Marie Clark	116 - Gazelles 4 MX	Mixed	00:53:01
63	Debbie Catling	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:53:04
64	Joanne Harper	66 - FRR Parking Brake (Female Vet)	LadiesVet	00:53:12
65	Marie Pavely	140 - Capel Cheetahs 2 MX	Mixed	00:53:22
66	Gemma Abbott	48 - RCR LO 4	LadiesOpen	00:53:24
67	Helen Yellop	139 - Capel Cheetahs 1 MX	Mixed	00:53:37
68	Belinda Godbold	62 - Hadleigh Hares Team LV 2	LadiesVet	00:53:52
69	Maggie Mason	61 - Witham - Small Elves LV	LadiesVet	00:53:56
70	Wendy Kellett	54 - JAFFA LSV	LadiesSuperVet	00:54:01
71	Wendy Ancill	42 - Newmarket Joggers LO	LadiesOpen	00:54:01
72	Elizabeth Stewart	95 - Hadleigh Hares Team MX 1	Mixed	00:54:22
73	Sian Abbott	40 - JAFFA LO B	LadiesOpen	00:54:23
74	Louise Wilkins	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:54:25
75	Annalise Tye	37 - Witham Running Club-Ladie's Open	LadiesOpen	00:54:55
76	Anika Balfe	146 - RCR MX 1	Mixed	00:54:55
77	Emma Meiring	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:54:58
78	Debra Shaverin	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:55:08
79	Lorna Webber	140 - Capel Cheetahs 2 MX	Mixed	00:55:27
80	Jackie McCambridge	68 - NNBR Scrambled Legs LV	LadiesSuperVet	00:55:32
81	jacquie King	127 - Boxted Broncos MX	Mixed	00:55:42
82	Katie Peake	46 - JAFFA LO C	LadiesOpen	00:55:50
83	Clair Jefferson	175 - Ellisons 2	Unaffiliated / Social	00:56:05
84	Cerys Gunn	180 - Ellisons 1	Unaffiliated / Social	00:56:06
85	Katherine Wright	47 - NNBR Ladies LO	LadiesOpen	00:56:08
86	Katrina Rigby	62 - Hadleigh Hares Team LV 2	LadiesVet	00:56:11
87	Helen Carey	133 - GBRC - Team 8 Mixed Open	Mixed	00:56:46

88	Sophie Bell	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:57:04
89	Ruby Francis	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:57:23
90	Helen Wass	58 - Newmarket Joggers LSV	LadiesSuperVet	00:58:36
91	Sian Tate	61 - Witham - Small Elves LV	LadiesVet	00:59:21
92	Nicola Weldon	180 - Ellisons 1	Unaffiliated / Social	00:59:26
93	Jen Wright	40 - JAFFA LO B	LadiesOpen	00:59:37
94	Annabel Brown	100 - JAFFA Mixed A	Mixed	00:59:56
95	Kate O'Connor Parker	136 - Shufflers Graham's Gallopers MX	Mixed	01:00:16
96	Sarah Naughton	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	01:01:41
97	Lysia Jiggins	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	01:01:46
98	Jane Moon	25 - FRR No Mooning In Church (Over 60)	Over60	01:02:07
99	Natasha Sumner	47 - NNBR Ladies LO	LadiesOpen	01:02:37
100	Dawn Gibson	66 - FRR Parking Brake (Female Vet)	LadiesVet	01:02:55
101	Helen Ayers	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	01:03:15
102	Jennifer Wright	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	01:03:27
103	Calli Challis	44 - Ipswich Tri Club 2 LO	LadiesOpen	01:03:32
104	Joanne Sargent	96 - Hadleigh Hares Team MX 3	Mixed	01:03:41
105	Simonne Graells	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	01:04:33
106	Sianie Painter	58 - Newmarket Joggers LSV	LadiesSuperVet	01:04:43
107	Gemma Copsy	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	01:05:31
108	Sharon Hayfield	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	01:05:44
109	Ali Ostler	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	01:05:56
110	Deb Hart	49 - RCR LO 6	LadiesOpen	01:06:15
111	Larissa Mayhew	49 - RCR LO 6	LadiesOpen	01:06:46
112	Carol Downs	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	01:07:45
113	Adriana Houchell	46 - JAFFA LO C	LadiesOpen	01:08:31
114	Christine Israel-Jones	37 - Witham Running Club-Ladie's Open	LadiesOpen	01:09:08
115	Sarah Keen	68 - NNBR Scrambled Legs LV	LadiesSuperVet	01:09:57

116	Heather Smith	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	01:13:31
117	Rachel Brand-Smith	159 - B&P Supreme	Unaffiliated / Social	01:15:17

Distance	10K	M
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Position	Name	Club	Category	Time
1	John Millar	99 - Ipswich Harriers get up and go MX	Mixed	00:31:19
2	Dean Williamson	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:33:03
3	Sam Burkitt	99 - Ipswich Harriers get up and go MX	Mixed	00:33:16
4	Jack Nixon	53 - Pacers D MO	MensOpen	00:33:27
5	Michael Eccles	6 - BVH Men's Vets	MensVet	00:34:11
6	Scott Williams	53 - Pacers D MO	MensOpen	00:35:06
7	Angus Holford	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:35:17
8	Mark Hayward	117 - Newmarket Joggers Mixed #1	Mixed	00:35:18
9	Stu Haynes	85 - Shufflers - Matt's Machines MO	MensOpen	00:35:35
10	Chay Hopkins	92 - Haverhill Running Club Mens Open	MensOpen	00:36:05
11	James Wilson	144 - Saxons 309 MX	Mixed	00:36:16
12	James Calvert	2 - JAFFA Mens V40	MensVet	00:36:20
13	William Radley	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:36:27
14	Tony Gavin	1 - FRR Read & Wright (Male Vet)	MensVet	00:36:40
15	Jack Noble	82 - JAFFA Mens Open A	MensOpen	00:36:44
16	Doug McGillivray	8 - GBRC - Team 1 Male Vets	MensVet	00:36:54
17	Jason Gunn	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:36:57
18	Joshua Beaumont	128 - GBRC - Team 3 Mixed Open	Mixed	00:37:18
19	Simon Cook	78 - LRR Cookie Monsters MO	MensOpen	00:37:21
20	Gary Taylor	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:37:23
21	Lee Barber	13 - Framlingham Flyers MV40	MensVet	00:37:23
22	Carl White	6 - BVH Men's Vets	MensVet	00:37:25
23	Oliver Manning	112 - Kesgrave Cruisers MX	Mixed	00:37:43
24	Dominic Blake	137 - Reepham Runners A MX	Mixed	00:37:43
25	Mark Allen	21 - JAFFA Mens V50	MensSuperVet	00:37:47
26	Sam Sadler	117 - Newmarket Joggers Mixed #1	Mixed	00:38:03

27	Jim Last	13 - Framlingham Flyers MV40	MensVet	00:38:19
28	Aden Bell	95 - Hadleigh Hares Team MX 1	Mixed	00:38:24
29	Chris Meadows	78 - LRR Cookie Monsters MO	MensOpen	00:38:28
30	Paul Fenn	112 - Kesgrave Cruisers MX	Mixed	00:38:31
31	Craig Slocombe	178 - Running on empty MO	MensOpen	00:38:34
32	Luke Heather	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:38:38
33	Matthew Lightfoot	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:38:38
34	Doug McGilliray	131 - GBRC - Team 6 Mixed Open	Mixed	00:38:39
35	Josh Scarlett	122 - Pacers G MX	Mixed	00:38:46
36	Allen Smalls	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:39:01
37	Owen Rees	102 - Ipswich Phoenix RC Team A MX	Mixed	00:39:01
38	Barry Frost	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:39:13
39	Neal Hardwick	5 - Kesgrave Cruisers MV40	MensVet	00:39:15
40	Gary Taylor	179 - Ipswich Boys AC	Unaffiliated / Social	00:39:17
41	Ross Hollinworth	7 - Pacers E MV	MensVet	00:39:18
42	Oliver Gilbert	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:39:22
43	Gerald Buck	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:39:33
44	Mark Howard	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:39:35
45	Byron McGill	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:39:39
46	Andrew Southwood	7 - Pacers E MV	MensVet	00:39:40
47	Jay Waite	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:39:45
48	Chris Pugh	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:39:55
49	Charlie Keitch	8 - GBRC - Team 1 Male Vets	MensVet	00:40:00
50	Stu Ward	87 - RCR MO 5	MensOpen	00:40:02
51	Jason Evans	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:40:16
52	Oliver Schofield	122 - Pacers G MX	Mixed	00:40:20
53	Andy Ellis	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:40:24
54	Mark Ford	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:40:51

55	Kevin Peirce	3 - Ipswich Harriers Old boys MV	MensVet	00:40:55
56	Richard Smith	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:40:57
57	Steve Brooke	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:41:00
58	Glynn Thomas	30 - JAFFA Mens V60	Over60	00:41:05
59	Daniel Griffiths	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:41:09
60	Harry Swinbourne	178 - Running on empty MO	MensOpen	00:41:17
61	Gavin Davies	2 - JAFFA Mens V40	MensVet	00:41:19
62	Tom Hancock	9 - Harwich Runners MV40	MensVet	00:41:21
63	Kyle Church	143 - Saxons 261 MX	Mixed	00:41:22
64	Ady Frost	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:41:26
65	James Withams	92 - Haverhill Running Club Mens Open	MensOpen	00:41:30
66	Gary Licence	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:41:35
67	George Wright	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:41:37
68	Stephen Lee	138 - Reepham Runners B MX	Mixed	00:41:40
69	Kevin Collins	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:41:42
70	Carl Davey	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:41:45
71	Damian Elsdon	123 - Pacers H MX	Mixed	00:41:47
72	Paul Dellar	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:41:50
73	Alastair Read	1 - FRR Read & Wright (Male Vet)	MensVet	00:41:57
74	Nick Venner	171 - The Bright and Beautifuls	Unaffiliated / Social	00:41:58
75	Christopher Manby	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:42:00
76	Alex Elliot	152 - Colchester Harriers Mixed	Mixed	00:42:02
77	Howard Beasley	27 - Pacers B 60s	Over60	00:42:22
78	Owen Dare	10 - Witham Running Club-Men's Vets 1	MensVet	00:42:30
79	Michael Jennings	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:42:30
80	Rory Cameron	138 - Reepham Runners B MX	Mixed	00:42:31
81	Paul Cooke	23 - RCR MSV 2	MensSuperVet	00:42:32

82	Michael Smith	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:42:40
83	Gavin Byrne	128 - GBRC - Team 3 Mixed Open	Mixed	00:42:47
84	Kevin Stevens	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:42:52
85	Bart Rhodes	177 - Kelvedon Snivellers	Unaffiliated / Social	00:42:54
86	Chris Tye	81 - Ipswich Tri Club 1 MO	MensOpen	00:42:58
87	Dave Copland	81 - Ipswich Tri Club 1 MO	MensOpen	00:42:58
88	Chris Underwood	79 - Newmarket Joggers MO	MensOpen	00:42:59
89	Chris Wong	143 - Saxons 261 MX	Mixed	00:43:05
90	Terry Back	30 - JAFFA Mens V60	Over60	00:43:08
91	Kes Hawkins	87 - RCR MO 5	MensOpen	00:43:09
92	James Parr	82 - JAFFA Mens Open A	MensOpen	00:43:10
93	Peter Banks	11 - Witham Running Club-Men's Vets 2	MensVet	00:43:13
94	Shane Flack	113 - Kesgrave Kreuzers Ready Mixed	Mixed	00:43:20
95	Allen Smalls	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:43:25
96	Marcus Catlin	83 - JAFFA Mens Open B	MensOpen	00:43:28
97	James Plant	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:43:29
98	Mark Sailsbury	158 - Sudbury Joggers SJ MO	MensOpen	00:43:34
99	Rob Wallace	124 - Pacers J MX	Mixed	00:43:45
100	Tom Hayden	90 - Framlingham Flyers men's open blue	MensOpen	00:43:47
101	James Crisp	104 - LRR Marathon Maniacs MX	Mixed	00:43:49
102	John Henington	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:43:51
103	Craig Mitchell	132 - GBRC - Team 7 Mixed Open	Mixed	00:43:58
104	Simon Stafford	5 - Kesgrave Kreuzers MV40	MensVet	00:44:03
105	Karl Graves	80 - Boxted Bucks MO	Mixed	00:44:08
106	Rob Mackenzie	35 - Framlingham Silver Surfers	Over60	00:44:15
107	Marc Feary	118 - Newmarket Joggers Mixed #2	Mixed	00:44:16
108	Tom Galley	108 - LRR The Joggnauts MX	Mixed	00:44:18
109	Sam Hajder	10 - Witham Running Club-Men's Vets 1	MensVet	00:44:23
110	Karl Feagan	3 - Ipswich Harriers Old boys MV	MensVet	00:44:34
111	Stuart Pyke	159 - B&P Supreme	Unaffiliated / Social	00:44:35

112	Dan Gardiner	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:44:42
113	Kevin Coleman	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:44:45
114	Jon Ollington	20 - Newmarket Joggers MSV	MensSuperVet	00:44:58
115	Matthew Brand	172 - B&P Ultimate	Unaffiliated / Social	00:44:59
116	Julian Wareham	156 - Running Colchester 2	Mixed	00:45:01
117	Peter Ingram	110 - Kesgrave Cruisers Little Mixed	Mixed	00:45:05
118	Jonathan Weavers	104 - LRR Marathon Maniacs MX	Mixed	00:45:05
119	Stephen Mead	26 - Stow Striders Running with The Legends - V60	Over60	00:45:12
120	Mark Bulstrode	174 - The Royal Males	Unaffiliated / Social	00:45:15
121	Ben Bannar-Martin	177 - Kelvedon Snivellers	Unaffiliated / Social	00:45:30
122	Sam Good Matthews	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:45:42
123	Richard Higgins	91 - Framlingham Flyers men's open red	MensOpen	00:45:48
124	Tom Codling	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:45:51
125	Hayden Forder	125 - Pacers K MX	Mixed	00:46:00
126	Tim Edmonds	102 - Ipswich Phoenix RC Team A MX	Mixed	00:46:02
127	Warren Birch	23 - RCR MSV 2	MensSuperVet	00:46:02
128	Greg Howard	120 - BILLY'S BVH MX 1	Mixed	00:46:03
129	Mark Higgs	9 - Harwich Runners MV40	MensVet	00:46:09
130	Fish Sadler	31 - NNBR Karen and her Beach Boys V60	Over60	00:46:13
131	Andrew Horne	174 - The Royal Males	Unaffiliated / Social	00:46:15
132	Graham Wigley	35 - Framlingham Silver Surfers	Over60	00:46:20
133	Dave Howeego	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:46:22
134	Matt Alexander	85 - Shufflers - Matt's Machines MO	MensOpen	00:46:23
135	Derek Hood	83 - JAFFA Mens Open B	MensOpen	00:46:28
136	Rob Dyer	133 - GBRC - Team 8 Mixed Open	Mixed	00:46:36
137	Ray Brand-Smith	172 - B&P Ultimate	Unaffiliated / Social	00:46:39
138	Will Aldred	153 - Framlingham Flyers All Sorts	Mixed	00:46:39
139	Peter Gray	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:46:48

140	Paul Gardiner	152 - Colchester Harriers Mixed	Mixed	00:47:04
141	Jimmy Secker	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:47:12
142	Chris Moore	114 - Gazelles 1 MX	Mixed	00:47:14
143	Chris Wright	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:47:21
144	Karl Bedingfield	27 - Pacers B 60s	Over60	00:47:31
145	Philip Cooper	137 - Reepham Runners A MX	Mixed	00:47:35
146	Paul Strutt	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:47:35
147	Andrew Webber	26 - Stow Striders Running with The Legends - V60	Over60	00:47:37
148	Chris Servant	21 - JAFFA Mens V50	MensSuperVet	00:47:39
149	Ash Sadler	109 - Kesgrave Kruisers Essential Mixed	Mixed	00:47:39
150	Will Davidson	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:47:52
151	Chris Lock	109 - Kesgrave Kruisers Essential Mixed	Mixed	00:47:52
152	Barry Osbourne	154 - Haverhill Running Club Mixed	Mixed	00:48:02
153	Mark Crookes	121 - ALICE'S BVH MX 2	Mixed	00:48:03
154	Gary Cole	155 - Running Colchester 1	Mixed	00:48:06
155	Marcus Brown	86 - RCR MO 3	MensOpen	00:48:10
156	Will Terry	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:48:10
157	Ross Rands	171 - The Bright and Beautifuls	Unaffiliated / Social	00:48:21
158	Mark Lewis	124 - Pacers J MX	Mixed	00:48:23
159	Chris Wells	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:48:24
160	Ben Jackson	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:48:26
161	Rob Hall	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:48:44
162	Jonathan Briggs	130 - GBRC - Team 5 Mixed Open	Mixed	00:48:47
163	Darin Osborne	86 - RCR MO 3	MensOpen	00:48:48
164	Duncan Cox	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:48:57
165	Fraser Lewis	130 - GBRC - Team 5 Mixed Open	Mixed	00:49:00
166	Kim Pretty	24 - Harwich Runners MV50	MensSuperVet	00:49:01
167	Steven Newson	114 - Gazelles 1 MX	Mixed	00:49:06

168	Stephen Pulfer	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:49:10
169	Lee Ali	91 - Framlingham Flyers men's open red	MensOpen	00:49:13
170	Ian Cannons	24 - Harwich Runners MV50	MensSuperVet	00:49:13
171	Peter Warland	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:49:15
172	Nigel Schofield	123 - Pacers H MX	Mixed	00:49:17
173	Tim Bonnett	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:49:21
174	Adam Buckle	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:49:22
175	Chris Blagden	144 - Saxons 309 MX	Mixed	00:49:23
176	Robbie Lee	132 - GBRC - Team 7 Mixed Open	Mixed	00:49:26
177	Lee Phillips	107 - LRR Running is our Therapy MX	Mixed	00:49:35
178	Rob Jewers	4 - "Stowmarket Striders Eat	MensVet	00:49:37
179	Richard Phillips	110 - Kesgrave Cruisers Little Mixed	Mixed	00:49:42
180	Jem Smith	157 - Sudbury Joggers Ekidecades	Mixed	00:49:46
181	Jon Meadows	105 - LRR Olympic Worthy MX	Mixed	00:49:49
182	Greg Dodds	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:49:54
183	Harry King	100 - JAFFA Mixed A	Mixed	00:49:54
184	Marcus Kwan	113 - Kesgrave Cruisers Ready Mixed	Mixed	00:49:55
185	Chris Gilbert	179 - Ipswich Boys AC	Unaffiliated / Social	00:50:02
186	Andy Metcalfe	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:50:07
187	Steve Roberts	135 - Shufflers - David's Dashers MX	Mixed	00:50:09
188	Richard Hurthouse	4 - "Stowmarket Striders Eat	MensVet	00:50:09
189	Jonathan Puxley	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:50:12
190	Jack Jarvis	115 - Gazelles 2 MX	Mixed	00:50:22
191	Ian Bareham	157 - Sudbury Joggers Ekidecades	Mixed	00:50:41
192	Simon Miller	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:50:47
193	Kevin Holley	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	00:50:56
194	Peter Benton	129 - GBRC - Team 4 Mixed Open	Mixed	00:51:02
195	Ian Kennedy	90 - Framlingham Flyers men's open blue	MensOpen	00:51:02
196	Neville Clarke	118 - Newmarket Joggers Mixed #2	Mixed	00:51:05

197	Paul Carlisle	29 - GBRC - Team 2 Over 60s	Over60	00:51:09
198	Pat Morgan	28 - Ipswich Tri Club 3 V60	Over60	00:51:09
199	Rdoger Alexander	29 - GBRC - Team 2 Over 60s	Over60	00:51:13
200	Sam Hardwick	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:51:18
201	Jez Ashton	153 - Framlingham Flyers All Sorts	Mixed	00:51:23
202	Kevin Whelan	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:51:31
203	Louis Kitchener	89 - Witham Running Club-Men's Open	MensOpen	00:51:40
204	Chris Woodcock	106 - LRR Pacemakers MX	Mixed	00:51:46
205	Christopher Durrant	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:51:48
206	David McNae	142 - Kesgrave Kruisers Trail Mixed	Mixed	00:51:57
207	Mark Geddie	20 - Newmarket Joggers MSV	MensSuperVet	00:52:01
208	Terry Spurgeon	101 - JAFFA Mixed B	Mixed	00:52:23
209	Steven Rue	71 - Pacers A 70s	Over70	00:52:26
210	Ben Solway	136 - Shufflers Graham's Gallopers MX	Mixed	00:52:29
211	Luke Arkle	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:52:29
212	James Cooch	11 - Witham Running Club-Men's Vets 2	MensVet	00:52:32
213	Chris Ringrose	155 - Running Colchester 1	Mixed	00:52:39
214	Scott Chapman	120 - BILLY'S BVH MX 1	Mixed	00:52:41
215	Sam Weller	70 - NNBR Super Seventies	Over70	00:52:59
216	Joseph Martin	111 - Kesgrave Kruisers Mega Mixed	Mixed	00:53:04
217	David Jobling	34 - Witham Running Club-Over 60s	Over60	00:53:47
218	John Dunnett	139 - Capel Cheetahs 1 MX	Mixed	00:53:53
219	Tim woods	115 - Gazelles 2 MX	Mixed	00:54:01
220	Richard Dye	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:54:04
221	Kenneth Wright	111 - Kesgrave Kruisers Mega Mixed	Mixed	00:54:24
222	Matt hayward	126 - Boxted Bears MX	Mixed	00:54:27
223	Joe Cormack	79 - Newmarket Joggers MO	MensOpen	00:54:34
224	Ian Lucas	34 - Witham Running Club-Over 60s	Over60	00:54:42
225	Mark Davey	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	00:54:55
226	David Seymour	25 - FRR No Mooning In Church (Over 60)	Over60	00:54:58
227	Neil Williamson	119 - Newmarket Joggers Mixed #3	Mixed	00:55:03

228	Guy Longhurst	175 - Ellisons 2	Unaffiliated / Social	00:55:04
229	Kieran Healy	126 - Boxted Bears MX	Mixed	00:55:10
230	Martyn Brewster	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	00:55:11
231	Jonathan Summers	84 - JAFFA Mens Open C	MensOpen	00:55:25
232	Hugh Gatenby	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:55:29
233	Brad Guyon	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:55:40
234	Gerry Mccarthy	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:55:45
235	Neil Holloway	96 - Hadleigh Hares Team MX 3	Mixed	00:55:48
236	Lee Stephenson	146 - RCR MX 1	Mixed	00:55:58
237	Jim Hayes	70 - NNBR Super Seventies	Over70	00:55:59
238	Matt Standing	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:56:47
239	Brain Smith	156 - Running Colchester 2	Mixed	00:57:43
240	Jamie Mordecai	108 - LRR The Joggnauts MX	Mixed	00:58:06
241	Ian Bown	127 - Boxted Broncos MX	Mixed	00:58:22
242	Dave Rout	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:58:27
243	Mik Carr	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:58:51
244	Phil Davies	84 - JAFFA Mens Open C	MensOpen	00:59:42
245	Mon Lee	101 - JAFFA Mixed B	Mixed	00:59:58
246	Simon Green	28 - Ipswich Tri Club 3 V60	Over60	01:00:36
247	Steven Alder	89 - Witham Running Club-Men's Open	MensOpen	01:00:55
248	Andy Jump	142 - Kesgrave Kreuzers Trail Mixed	Mixed	01:05:48
249	Chris Aylmer	119 - Newmarket Joggers Mixed #3	Mixed	01:06:16

Distance

Position	Name	Club	Category	Time
1	Helen Davies	39 - JAFFA LO A	LadiesOpen	00:19:07
2	Jo Andrews	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:19:24
3	Holly Freegard	38 - Colchester Harriers Ladies Open	LadiesOpen	00:19:25
4	Aiko Henington	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:19:53
5	Jennifer Lovelock	38 - Colchester Harriers Ladies Open	LadiesOpen	00:19:59
6	Gem carter	43 - Pacers C LO	LadiesOpen	00:20:13

7	Justine Sheekey	38 - Colchester Harriers Ladies Open	LadiesOpen	00:20:25
8	Sarah Osbourne	117 - Newmarket Joggers Mixed #1	Mixed	00:20:31
9	Sara Bird	60 - JAFFA LV	LadiesVet	00:20:48
10	Louise Glass	43 - Pacers C LO	LadiesOpen	00:20:57
11	Caff Jeffery	43 - Pacers C LO	LadiesOpen	00:20:59
12	Cerys Bithell	42 - Newmarket Joggers LO	LadiesOpen	00:21:00
13	Louise Glass	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:21:07
14	Sophie Seward	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:21:25
15	Holly Taylor	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:21:28
16	Lisa Briggs	128 - GBRC - Team 3 Mixed Open	Mixed	00:21:33
17	Mia Palmer	112 - Kesgrave Cruisers MX	Mixed	00:21:38
18	Sam Baxter	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:21:39
19	Annette Oakman	64 - Colchester Harriers Ladies Vets	LadiesVet	00:21:41
20	Lilian Corbett	117 - Newmarket Joggers Mixed #1	Mixed	00:21:42
21	Helen Jerrold	112 - Kesgrave Cruisers MX	Mixed	00:21:53
22	Davina Greenwell	44 - Ipswich Tri Club 2 LO	LadiesOpen	00:21:56
23	Natasha Michael	122 - Pacers G MX	Mixed	00:21:57
24	Sophie Barnard	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:22:03
25	Alice Wilmer	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:22:08
26	Ellie Cumner	64 - Colchester Harriers Ladies Vets	LadiesVet	00:22:12
27	Amanda Mortimer	60 - JAFFA LV	LadiesVet	00:22:21
28	Emily Gooderham	125 - Pacers K MX	Mixed	00:22:24
29	Anna Keeble	39 - JAFFA LO A	LadiesOpen	00:22:26
30	Samantha Hart	152 - Colchester Harriers Mixed	Mixed	00:22:29
31	Rachael Page	54 - JAFFA LSV	LadiesSuperVet	00:22:33
32	Mary Narey	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:22:35
33	Denise Morley	64 - Colchester Harriers Ladies Vets	LadiesVet	00:22:35
34	Eva Eccles	121 - ALICE'S BVH MX 2	Mixed	00:22:45
35	Jo Wells	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:22:57
36	Sarah Clow	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:23:02
37	Crystal Murray	95 - Hadleigh Hares Team MX 1	Mixed	00:23:08

38	Katie Margaron	122 - Pacers G MX	Mixed	00:23:13
39	Angela Wray	61 - Witham - Small Elves LV	LadiesVet	00:23:15
40	Amanda Mortimer	48 - RCR LO 4	LadiesOpen	00:23:16
41	Amy Balaam	120 - BILLY'S BVH MX 1	Mixed	00:23:25
42	Magdalena Komorowska	128 - GBRC - Team 3 Mixed Open	Mixed	00:23:27
43	Vicky Tapp	95 - Hadleigh Hares Team MX 1	Mixed	00:23:31
44	Zoe Webster	145 - Wymondham AC MX	Mixed	00:23:32
45	Molly	99 - Ipswich Harriers get up and go MX	Mixed	00:23:41
46	Jenny Morgan	59 - Pacers F LSV	LadiesSuperVet	00:23:51
47	Melissa Dowell	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:23:51
48	Lara Pocock	123 - Pacers H MX	Mixed	00:23:52
49	Steffi Walker	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:23:53
50	Rachel Terry	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:23:55
51	Kirsty Weavers	59 - Pacers F LSV	LadiesSuperVet	00:23:59
52	Bron Sarginson	102 - Ipswich Phoenix RC Team A MX	Mixed	00:24:06
53	Suzi Whymark	48 - RCR LO 4	LadiesOpen	00:24:09
54	Olivia Ellis	39 - JAFFA LO A	LadiesOpen	00:24:10
55	Michelle Murphy	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:24:12
56	Aimee Venner	171 - The Bright and Beautifuls	Unaffiliated / Social	00:24:13
57	Eleanor Chapman	120 - BILLY'S BVH MX 1	Mixed	00:24:13
58	Lisa Clarke	40 - JAFFA LO B	LadiesOpen	00:24:13
59	Annie Richardson	124 - Pacers J MX	Mixed	00:24:14
60	Sal Ryder	141 - NNBR Viva La Vets MX	Mixed	00:24:18
61	Sophie Doe	65 - Kesgrave Kruisers FV35	LadiesVet	00:24:20
62	Terri Green	40 - JAFFA LO B	LadiesOpen	00:24:26
63	Jo Parden	51 - Framlingham Flyers Ladies	LadiesVet	00:24:28
64	Lucia Harvey	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:24:31
65	Gemma Moss	54 - JAFFA LSV	LadiesSuperVet	00:24:39
66	Katherine Joyson	60 - JAFFA LV	LadiesVet	00:24:39
67	Tracie Lawrie	63 - Harwich Runners FV35	LadiesVet	00:24:44
68	Anita Mussett	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:24:45

69	Claire Welford	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:24:47
70	Anna Keeble	100 - JAFFA Mixed A	Mixed	00:24:58
71	Katie Holmes	140 - Capel Cheetahs 2 MX	Mixed	00:25:02
72	Susan Waller-Toyne	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:25:02
73	Sandra Mayhew	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:25:03
74	Inga Hayden-Cooper	129 - GBRC - Team 4 Mixed Open	Mixed	00:25:08
75	Helinä Salo	42 - Newmarket Joggers LO	LadiesOpen	00:25:09
76	Laura Collinson	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:25:13
77	Rachel O'Leary	37 - Witham Running Club-Ladie's Open	LadiesOpen	00:25:16
78	Caroline Green	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:25:19
79	Sarah Cole	145 - Wymondham AC MX	Mixed	00:25:23
80	Freya Wilcox	46 - JAFFA LO C	LadiesOpen	00:25:24
81	Emma Mortimer	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	00:25:27
82	Chloe Wilson	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:25:29
83	Carissa Wyatt	65 - Kesgrave Kruisers FV35	LadiesVet	00:25:29
84	Maria Ward	62 - Hadleigh Hares Team LV 2	LadiesVet	00:25:33
85	Jasmine Ager	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:25:34
86	Hazel Garrity	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:25:37
87	Bella Lock	65 - Kesgrave Kruisers FV35	LadiesVet	00:25:39
88	Geraldine Suckling	62 - Hadleigh Hares Team LV 2	LadiesVet	00:25:39
89	Sarah Osborne	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:25:39
90	Rachel Southgate	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	00:25:43
91	Nadia McLeod	37 - Witham Running Club-Ladie's Open	LadiesOpen	00:25:44
92	Ruth Baker	54 - JAFFA LSV	LadiesSuperVet	00:25:46
93	Lindsey Morgan	61 - Witham - Small Elves LV	LadiesVet	00:25:46
94	Victoria Wagg	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:25:47
95	Kate Hayward Brackenbury	67 - Shufflers Ruth's Racers LV	LadiesVet	00:25:47
96	Sarah Vick	144 - Saxons 309 MX	Mixed	00:25:49

97	Veronica Versino	123 - Pacers H MX	Mixed	00:25:54
98	Hils Harmer-Jones	137 - Reepham Runners A MX	Mixed	00:25:55
99	Kate Willis	80 - Boxted Bucks MO	Mixed	00:25:57
100	Liz Stuckey	61 - Witham - Small Elves LV	LadiesVet	00:25:58
101	Ruth Acworth	28 - Ipswich Tri Club 3 V60	Over60	00:25:59
102	Ruth Cowlin	157 - Sudbury Joggers Ekidecades	Mixed	00:26:03
103	Sarah Maidment	51 - Framlingham Flyers Ladies	LadiesVet	00:26:07
104	Jonathon Puxley	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:26:08
105	Emma Duffy	63 - Harwich Runners FV35	LadiesVet	00:26:11
106	Cheryll Trundle	154 - Haverhill Running Club Mixed	Mixed	00:26:13
107	Helen Harrison	47 - NNBR Ladies LO	LadiesOpen	00:26:14
108	Kyra Wilson	153 - Framlingham Flyers All Sorts	Mixed	00:26:24
109	Katie Rixon	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:26:26
110	Amiee Heeks	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:26:34
111	Danielle Wright	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:26:40
112	Anna Clapton	140 - Capel Cheetahs 2 MX	Mixed	00:26:41
113	Lorna Hemmant	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:26:42
114	Amanda Smith	135 - Shufflers - David's Dashers MX	Mixed	00:26:43
115	Steph Ellis	121 - ALICE'S BVH MX 2	Mixed	00:26:53
116	Laura Ali	51 - Framlingham Flyers Ladies	LadiesVet	00:26:53
117	Sue Beavis	138 - Reepham Runners B MX	Mixed	00:26:56
118	Claire Matthieson	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:27:04
119	Laura Ayling	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:27:08
120	Linda Aldred	153 - Framlingham Flyers All Sorts	Mixed	00:27:08
121	Claire Phillips	111 - Kesgrave Cruisers Mega Mixed	Mixed	00:27:13
122	Sarah Banham	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:27:15
123	Belle Watkins	121 - ALICE'S BVH MX 2	Mixed	00:27:16
124	Kate Hutson	40 - JAFFA LO B	LadiesOpen	00:27:21
125	Faith Lewis	59 - Pacers F LSV	LadiesSuperVet	00:27:21
126	Angela Drury	42 - Newmarket Joggers LO	LadiesOpen	00:27:26
127	Maria Huntley	48 - RCR LO 4	LadiesOpen	00:27:26

128	Penny Barrington	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:27:29
129	Nicky Watson	135 - Shufflers - David's Dashers MX	Mixed	00:27:32
130	Lyndsey Squirrell	180 - Ellisons 1	Unaffiliated / Social	00:27:37
131	Michelle Lightfoot	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:27:39
132	Ketlaine Combet-Zegani	156 - Running Colchester 2	Mixed	00:27:39
133	Emma Wright	130 - GBRC - Team 5 Mixed Open	Mixed	00:27:41
134	Tonie Wilson	29 - GBRC - Team 2 Over 60s	Over60	00:27:42
135	Stephanie Evans	41 - Gazelles 3 LO	LadiesOpen	00:27:48
136	Janette Smith	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	00:27:50
137	Alison Hare	180 - Ellisons 1	Unaffiliated / Social	00:27:51
138	Kelly Wade	100 - JAFFA Mixed A	Mixed	00:27:53
139	Suzanne Bailey	58 - Newmarket Joggers LSV	LadiesSuperVet	00:27:53
140	Lisa Loomes	46 - JAFFA LO C	LadiesOpen	00:27:54
141	Julia Moss-Eccardt	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	00:27:54
142	Alison Evans	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:27:54
143	Paula Canham	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:27:55
144	Beccy Parke	114 - Gazelles 1 MX	Mixed	00:27:57
145	Bobbie Sauerzapf	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:27:58
146	Rebecca Gooderham	125 - Pacers K MX	Mixed	00:28:04
147	Helen Drane	143 - Saxons 261 MX	Mixed	00:28:06
148	Eileen Shadford	133 - GBRC - Team 8 Mixed Open	Mixed	00:28:09
149	Annie Gourlay	157 - Sudbury Joggers Ekidecades	Mixed	00:28:09
150	Melanie Moore	29 - GBRC - Team 2 Over 60s	Over60	00:28:10
151	Claire Harrington	67 - Shufflers Ruth's Racers LV	LadiesVet	00:28:18
152	Laura Cook	129 - GBRC - Team 4 Mixed Open	Mixed	00:28:27
153	Donna Harris	131 - GBRC - Team 6 Mixed Open	Mixed	00:28:31
154	Liz Masding	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	00:28:32
155	Donna Chidlow	66 - FRR Parking Brake (Female Vet)	LadiesVet	00:28:34
156	Norma Smith	29 - GBRC - Team 2 Over 60s	Over60	00:28:36

157	Lucy Jay	62 - Hadleigh Hares Team LV 2	LadiesVet	00:28:38
158	Helen Mullins	114 - Gazelles 1 MX	Mixed	00:28:40
159	Leona Broughton	138 - Reepham Runners B MX	Mixed	00:28:45
160	Amy Welsh	110 - Kesgrave Cruisers Little Mixed	Mixed	00:28:45
161	Charlotte Richardson	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:28:50
162	Steph Ling	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:28:52
163	Izzy Longhurst	175 - Ellisons 2	Unaffiliated / Social	00:28:53
164	Nicola Balding	47 - NNBR Ladies LO	LadiesOpen	00:28:54
165	Jo Pallant	104 - LRR Marathon Maniacs MX	Mixed	00:28:55
166	Lisa Carrington	102 - Ipswich Phoenix RC Team A MX	Mixed	00:28:59
167	Flo Lyon	107 - LRR Running is our Therapy MX	Mixed	00:28:59
168	Fiona Smith	100 - JAFFA Mixed A	Mixed	00:29:01
169	Mel Blagden	144 - Saxons 309 MX	Mixed	00:29:06
170	Lisa Leader	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	00:29:06
171	Julie London	115 - Gazelles 2 MX	Mixed	00:29:07
172	Nikki Kavanagh	47 - NNBR Ladies LO	LadiesOpen	00:29:07
173	Chloe Heeks	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:29:09
174	Bridget Wallwin	58 - Newmarket Joggers LSV	LadiesSuperVet	00:29:10
175	Angela Brennan	119 - Newmarket Joggers Mixed #3	Mixed	00:29:14
176	James Mortimer	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	00:29:16
177	Helen McLennon Warwick	67 - Shufflers Ruth's Racers LV	LadiesVet	00:29:17
178	Pippa Sargent	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:29:19
179	Eloise Bird	124 - Pacers J MX	Mixed	00:29:21
180	Wendy Bell	155 - Running Colchester 1	Mixed	00:29:24
181	Clair Block	63 - Harwich Runners FV35	LadiesVet	00:29:30
182	Jasmine Selfe	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:29:40
183	Rachel Stone	110 - Kesgrave Cruisers Little Mixed	Mixed	00:29:40
184	Karen Flowers	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	00:29:43

185	Jayne Capps-Jenner	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:29:45
186	Geraldine Clifford	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:29:46
187	Angela Selfe	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	00:29:52
188	Hayley Howard	146 - RCR MX 1	Mixed	00:29:53
189	Melanie Elliot	137 - Reepham Runners A MX	Mixed	00:29:53
190	Tracy Ratcliffe	146 - RCR MX 1	Mixed	00:29:58
191	Jo Whelan	25 - FRR No Mooning In Church (Over 60)	Over60	00:29:59
192	Natasha Korovilas	106 - LRR Pacemakers MX	Mixed	00:29:59
193	Lola-Jane Miller	175 - Ellisons 2	Unaffiliated / Social	00:30:05
194	Sharon Warland	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	00:30:06
195	Dawn Marshall	123 - Pacers H MX	Mixed	00:30:10
196	Angela Duncan	155 - Running Colchester 1	Mixed	00:30:14
197	Olivia Catley	109 - Kesgrave Kruisers Essential Mixed	Mixed	00:30:15
198	Denise Wright	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:30:16
199	Cath Orrin	109 - Kesgrave Kruisers Essential Mixed	Mixed	00:30:24
200	Helen Offord	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:30:26
201	Farley Boxall	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:30:34
202	Ann Smith	68 - NNBR Scrambled Legs LV	LadiesSuperVet	00:30:36
203	Sammy Cotton	130 - GBRC - Team 5 Mixed Open	Mixed	00:30:36
204	Jan Wilcox	126 - Boxted Bears MX	Mixed	00:30:43
205	Jodee Mayer	37 - Witham Running Club-Ladie's Open	LadiesOpen	00:30:44
206	Amy Arkle	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:30:46
207	Deborah Stewart	96 - Hadleigh Hares Team MX 3	Mixed	00:30:47
208	Chrissy Palmer	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:30:51
209	Zoe Orr	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:30:59
210	Karen West	68 - NNBR Scrambled Legs LV	LadiesSuperVet	00:31:02
211	Wendy Quantrill	136 - Shufflers Graham's Gallopers MX	Mixed	00:31:09
212	Jenny Church	25 - FRR No Mooning In Church (Over 60)	Over60	00:31:12

213	Michelle Martin	109 - Kesgrave Cruisers Essential Mixed	Mixed	00:31:16
214	Jackie Bell	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:31:17
215	Adel Webber	113 - Kesgrave Cruisers Ready Mixed	Mixed	00:31:20
216	Lucy Driver	66 - FRR Parking Brake (Female Vet)	LadiesVet	00:31:21
217	Jenny Layley	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	00:31:22
218	Katherine Saunders	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:31:25
219	Chelsea Forwood	104 - LRR Marathon Maniacs MX	Mixed	00:31:39
220	Karen Flower	144 - Saxons 309 MX	Mixed	00:31:45
221	Ali Rands	171 - The Bright and Beautifuls	Unaffiliated / Social	00:31:46
222	Julie Haselwood	101 - JAFFA Mixed B	Mixed	00:31:57
223	Debbie Secret	106 - LRR Pacemakers MX	Mixed	00:31:58
224	Sophie Coleman	101 - JAFFA Mixed B	Mixed	00:32:05
225	Jane Mathias	142 - Kesgrave Cruisers Trail Mixed	Mixed	00:32:08
226	Caroline Parniss	108 - LRR The Joggeronauts MX	Mixed	00:32:13
227	Yaz Seivey	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:32:14
228	Gina Warford	107 - LRR Running is our Therapy MX	Mixed	00:32:20
229	Natalia Shuttlewood	175 - Ellisons 2	Unaffiliated / Social	00:32:24
230	Justine Davenport	41 - Gazelles 3 LO	LadiesOpen	00:32:25
231	Jacqueline Surtees	126 - Boxted Bears MX	Mixed	00:32:30
232	Tina Church	143 - Saxons 261 MX	Mixed	00:32:31
233	Lex Carlisle	132 - GBRC - Team 7 Mixed Open	Mixed	00:32:31
234	Hayley Roche	44 - Ipswich Tri Club 2 LO	LadiesOpen	00:32:41
235	Ingaret Howells	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	00:32:54
236	Jackie Henley	119 - Newmarket Joggers Mixed #3	Mixed	00:32:55
237	Jenny Kaye	156 - Running Colchester 2	Mixed	00:32:57
238	Melonie Tatnell-Evans	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	00:33:13
239	Niamh Lingley	136 - Shufflers Graham's Gallopers MX	Mixed	00:33:16
240	Liz Letzer	70 - NNBR Super Seventies	Over70	00:33:29
241	Allie Cornwell	49 - RCR LO 6	LadiesOpen	00:33:32
242	Zoila Reyes	25 - FRR No Mooning In Church (Over 60)	Over60	00:33:37

243	Claire Rush	142 - Kesgrave Cruisers Trail Mixed	Mixed	00:33:38
244	Sarah Box	127 - Boxted Broncos MX	Mixed	00:33:39
245	Jan Holmes	58 - Newmarket Joggers LSV	LadiesSuperVet	00:33:39
246	Heidi Knight	139 - Capel Cheetahs 1 MX	Mixed	00:33:43
247	Mandy Chinery	111 - Kesgrave Cruisers Mega Mixed	Mixed	00:33:51
248	Sarah Morter	68 - NNBR Scrambled Legs LV	LadiesSuperVet	00:34:00
249	Cheryl Damen	126 - Boxted Bears MX	Mixed	00:34:07
250	Dinah Foster	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:34:17
251	Heather Dagraca	115 - Gazelles 2 MX	Mixed	00:34:24
252	Nicola Currant	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:34:29
253	Jo Bouttell	119 - Newmarket Joggers Mixed #3	Mixed	00:34:37
254	Naomi Roberts	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	00:34:46
255	Jane Collins	143 - Saxons 261 MX	Mixed	00:34:47
256	Karen Brackenbury	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	00:34:49
257	Toni Brand	172 - B&P Ultimate	Unaffiliated / Social	00:34:53
258	Nicky Cant	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:35:26
259	Heather Houghton	41 - Gazelles 3 LO	LadiesOpen	00:35:32
260	Judy Potter	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:35:44
261	Daniela Elstone	66 - FRR Parking Brake (Female Vet)	LadiesVet	00:35:56
262	Justine Harrison	46 - JAFFA LO C	LadiesOpen	00:36:49
263	Sue Foley	155 - Running Colchester 1	Mixed	00:36:51
264	Nicola Sanderson	49 - RCR LO 6	LadiesOpen	00:37:11
265	Jane Metcalfe	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	00:37:13
266	Jodie Budd	157 - Sudbury Joggers Ekidecades	Mixed	00:37:35
267	Pearl Fay	118 - Newmarket Joggers Mixed #2	Mixed	00:38:05
268	Becky Palmer	105 - LRR Olympic Worthy MX	Mixed	00:38:32
269	Rachael Hagger	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	00:38:48
270	Bev De Boos	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	00:39:14

271	Pauline McGlynn	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	00:39:58
272	Leanne Oatham	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:41:18
273	Susannah Rosenberg	44 - Ipswich Tri Club 2 LO	LadiesOpen	00:41:36
274	Lesley Last	49 - RCR LO 6	LadiesOpen	00:41:49
275	Ella Macartney	101 - JAFFA Mixed B	Mixed	00:43:33
276	Barbara Law	132 - GBRC - Team 7 Mixed Open	Mixed	00:44:04
277	Amberley Fitzalan-Cram	114 - Gazelles 1 MX	Mixed	00:46:34

Distance

Position	Name	Club	Category	Time
1	Adrian Mussett	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:16:07
2	James Morley	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:16:27
3	Brandon Barber	99 - Ipswich Harriers get up and go MX	Mixed	00:16:54
4	Seb Melero	53 - Pacers D MO	MensOpen	00:17:18
5	Mark Hayward	118 - Newmarket Joggers Mixed #2	Mixed	00:17:28
6	Finn Rattray	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:17:28
7	Chris Sellens	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:17:40
8	Matt Webster	145 - Wymondham AC MX	Mixed	00:17:47
9	Cameron Humphries	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:17:54
10	Chris Speed	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:17:57
11	Theo Gardiner	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:18:03
12	Jon Nears	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:18:16
13	Jacob Freeborough	79 - Newmarket Joggers MO	MensOpen	00:18:34
14	Ross Kozyrko	78 - LRR Cookie Monsters MO	MensOpen	00:18:36
15	Charlie Boldock	53 - Pacers D MO	MensOpen	00:18:38
16	Sean Smith	9 - Harwich Runners MV40	MensVet	00:18:39
17	Dominic Blake	138 - Reepham Runners B MX	Mixed	00:18:40
18	Chris Leek	13 - Framlingham Flyers MV40	MensVet	00:18:41

19	Ollie Watson	82 - JAFFA Mens Open A	MensOpen	00:18:41
20	Andrew Lovelock	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:18:43
21	Morgan Moore	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:18:44
22	Paul Wain	86 - RCR MO 3	MensOpen	00:18:54
23	Peter West	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:18:56
24	Marcus Strak	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:18:59
25	Flynn Eyre	178 - Running on empty MO	MensOpen	00:19:01
26	Jack Wright	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:19:05
27	Richard Johnson	6 - BVH Men's Vets	MensVet	00:19:06
28	Jack Wright	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:19:07
29	Tony Hubbard	2 - JAFFA Mens V40	MensVet	00:19:09
30	Tony Smart	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:19:10
31	Julian Drewe	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:19:12
32	Chris Edwards	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:19:12
33	James Mallett	112 - Kesgrave Cruisers MX	Mixed	00:19:15
34	James Parr	78 - LRR Cookie Monsters MO	MensOpen	00:19:17
35	Lewis Sullivan	53 - Pacers D MO	MensOpen	00:19:19
36	Tony Smart	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:19:25
37	Martin Farr	78 - LRR Cookie Monsters MO	MensOpen	00:19:27
38	James Roberts	81 - Ipswich Tri Club 1 MO	MensOpen	00:19:28
39	Jason Taylor	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:19:30
40	Ben Jeffery	7 - Pacers E MV	MensVet	00:19:30
41	Mark Allen	2 - JAFFA Mens V40	MensVet	00:19:30
42	Jerry Walder	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:19:34
43	Paul Ward	6 - BVH Men's Vets	MensVet	00:19:34
44	Scott Sparkes	82 - JAFFA Mens Open A	MensOpen	00:19:36
45	Simon Ford	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:19:38
46	Jason Marter	13 - Framlingham Flyers MV40	MensVet	00:19:42

47	Nathan Laud	3 - Ipswich Harriers Old boys MV	MensVet	00:19:45
48	Jonathan Mann	8 - GBRC - Team 1 Male Vets	MensVet	00:19:50
49	Paul Rodgers	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:19:52
50	Nicholas Clarke	83 - JAFFA Mens Open B	MensOpen	00:19:55
51	Chris Stevenson	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:19:58
52	Neal Coombe	92 - Haverhill Running Club Mens Open	MensOpen	00:20:06
53	Marc Drury	117 - Newmarket Joggers Mixed #1	Mixed	00:20:06
54	Owen Dare	34 - Witham Running Club-Over 60s	Over60	00:20:08
55	Ady Frost	7 - Pacers E MV	MensVet	00:20:09
56	Steve Elvin	6 - BVH Men's Vets	MensVet	00:20:11
57	Simon Williams	13 - Framlingham Flyers MV40	MensVet	00:20:11
58	John Fryer	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:20:13
59	Mike Mckinstry	7 - Pacers E MV	MensVet	00:20:14
60	Dave Solomon	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:20:19
61	Tony Hubbard	86 - RCR MO 3	MensOpen	00:20:20
62	Tom Jacobs	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:20:21
63	Malcolm Innes	23 - RCR MSV 2	MensSuperVet	00:20:22
64	Daniel Griffiths	89 - Witham Running Club-Men's Open	MensOpen	00:20:25
65	Elliot Tyler	159 - B&P Supreme	Unaffiliated / Social	00:20:27
66	Robin Oakley	129 - GBRC - Team 4 Mixed Open	Mixed	00:20:28
67	James Eyre	178 - Running on empty MO	MensOpen	00:20:30
68	Reece Gooderham	125 - Pacers K MX	Mixed	00:20:35
69	Stuart Wright	1 - FRR Read & Wright (Male Vet)	MensVet	00:20:37
70	Rob Milburn	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:20:37
71	Tim Hanman	21 - JAFFA Mens V50	MensSuperVet	00:20:40
72	Tom Codling	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:20:41
73	Paul Davison	8 - GBRC - Team 1 Male Vets	MensVet	00:20:47
74	Dale Fowler	83 - JAFFA Mens Open B	MensOpen	00:20:48
75	Ian Old	82 - JAFFA Mens Open A	MensOpen	00:20:48

76	Kerry Buckley	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:20:50
77	Alec Wright	2 - JAFFA Mens V40	MensVet	00:20:51
78	Dan Stocks	122 - Pacers G MX	Mixed	00:20:51
79	Benjamin Smith	92 - Haverhill Running Club Mens Open	MensOpen	00:20:51
80	Daniel Meecham	152 - Colchester Harriers Mixed	Mixed	00:20:54
81	Mark Watts	27 - Pacers B 60s	Over60	00:20:56
82	Iain Johnston	81 - Ipswich Tri Club 1 MO	MensOpen	00:20:58
83	Mark Griggs	86 - RCR MO 3	MensOpen	00:21:00
84	Tim Naish	5 - Kesgrave Kruisers MV40	MensVet	00:21:00
85	Andrew Laws	21 - JAFFA Mens V50	MensSuperVet	00:21:04
86	Elliot Tyler	159 - B&P Supreme	Unaffiliated / Social	00:21:13
87	Paul Neville	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:21:17
88	Alec Wright	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:21:19
89	Chris Hawkins	154 - Haverhill Running Club Mixed	Mixed	00:21:21
90	Kev Linsell	5 - Kesgrave Kruisers MV40	MensVet	00:21:28
91	Danny Jones	99 - Ipswich Harriers get up and go MX	Mixed	00:21:28
92	Tom Sutton	177 - Kelvedon Snivellers	Unaffiliated / Social	00:21:30
93	Garry Cullum	1 - FRR Read & Wright (Male Vet)	MensVet	00:21:31
94	Robin Harper	1 - FRR Read & Wright (Male Vet)	MensVet	00:21:31
95	Gary Donoghue	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:21:32
96	Chris Smith	178 - Running on empty MO	MensOpen	00:21:35
97	Andy Gooby	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:21:38
98	Mark Griggs	87 - RCR MO 5	MensOpen	00:21:38
99	Michael Knowles	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:21:41
100	Tom Attwell	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:21:44
101	Stuart Pyke	172 - B&P Ultimate	Unaffiliated / Social	00:21:44
102	Paul Cole	10 - Witham Running Club-Men's Vets 1	MensVet	00:21:45

103	Mark Salisbury	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:21:45
104	Richard Newman	24 - Harwich Runners MV50	MensSuperVet	00:21:47
105	Clive Smith	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:21:50
106	Jason Dighton	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:21:50
107	Paul Brazier	8 - GBRC - Team 1 Male Vets	MensVet	00:21:51
108	Craig Smith	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:21:56
109	Mark Farr	83 - JAFFA Mens Open B	MensOpen	00:21:57
110	Kerry Buckley	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:22:00
111	Andrew Raynor	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:22:03
112	Steve Langley	30 - JAFFA Mens V60	Over60	00:22:05
113	Alan Oliver	5 - Kesgrave Cruisers MV40	MensVet	00:22:05
114	Keith Marley	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:22:06
115	Trevor Bunch	154 - Haverhill Running Club Mixed	Mixed	00:22:11
116	Adam Robey	128 - GBRC - Team 3 Mixed Open	Mixed	00:22:11
117	Kenny Balding	31 - NNBR Karen and her Beach Boys V60	Over60	00:22:12
118	Mark Watts	4 - "Stowmarket Striders Eat	MensVet	00:22:12
119	Simon Day	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:22:12
120	Ben Cuthbert	158 - Sudbury Joggers SJ MO	MensOpen	00:22:16
121	Ian Rattray	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:22:17
122	Daniel Steptoe-Thompson	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:22:18
123	Mark Goodwin	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:22:26
124	Mark Hayden	90 - Framlingham Flyers men's open blue	MensOpen	00:22:28
125	Matthew Brand	159 - B&P Supreme	Unaffiliated / Social	00:22:28
126	Howard Revell	35 - Framlingham Silver Surfers	Over60	00:22:31
127	Marcin Kulczynski	3 - Ipswich Harriers Old boys MV	MensVet	00:22:34
128	Craig Chidlow	81 - Ipswich Tri Club 1 MO	MensOpen	00:22:34
129	Trevor Johnson	34 - Witham Running Club-Over 60s	Over60	00:22:35
130	Ian Cuthbert	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:22:38

131	Rob morgan	27 - Pacers B 60s	Over60	00:22:39
132	Will Haining	24 - Harwich Runners MV50	MensSuperVet	00:22:40
133	Thomas Ashley	10 - Witham Running Club-Men's Vets 1	MensVet	00:22:40
134	Tom Stephens	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:22:40
135	Daniel Selfe	4 - "Stowmarket Striders Eat	MensVet	00:22:41
136	David Robinson	146 - RCR MX 1	Mixed	00:22:44
137	Martin Little	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:22:46
138	Piers Morgan	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:22:49
139	Chris Starmer	26 - Stow Striders Running with The Legends - V60	Over60	00:22:50
140	Adrian Peake	21 - JAFFA Mens V50	MensSuperVet	00:22:51
141	John Gage	26 - Stow Striders Running with The Legends - V60	Over60	00:22:51
142	Charlie Keitch	133 - GBRC - Team 8 Mixed Open	Mixed	00:22:52
143	Ian Coxhall	23 - RCR MSV 2	MensSuperVet	00:22:52
144	Sam Rix	80 - Boxted Bucks MO	Mixed	00:22:55
145	Adrian Peake	84 - JAFFA Mens Open C	MensOpen	00:23:05
146	Simon Morgan	152 - Colchester Harriers Mixed	Mixed	00:23:05
147	John Steel	92 - Haverhill Running Club Mens Open	MensOpen	00:23:08
148	Alex Stuckey	11 - Witham Running Club-Men's Vets 2	MensVet	00:23:08
149	Chris Meadows	105 - LRR Olympic Worthy MX	Mixed	00:23:12
150	Jack Welch	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:23:13
151	David Carey	10 - Witham Running Club-Men's Vets 1	MensVet	00:23:15
152	Rob Alder	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:23:19
153	Jamie Campbell	4 - "Stowmarket Striders Eat	MensVet	00:23:19
154	Simon Goldsmith	174 - The Royal Males	Unaffiliated / Social	00:23:21
155	Jon Brooker	79 - Newmarket Joggers MO	MensOpen	00:23:23
156	Dave Lumby	30 - JAFFA Mens V60	Over60	00:23:26
157	Ed Abbott	85 - Shufflers - Matt's Machines MO	MensOpen	00:23:27
158	Steve Edwards	20 - Newmarket Joggers MSV	MensSuperVet	00:23:28
159	Iain Taylor	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:23:30
160	Joel Bamsey	95 - Hadleigh Hares Team MX 1	Mixed	00:23:34

161	Mark Downey	102 - Ipswich Phoenix RC Team A MX	Mixed	00:23:41
162	Steve Bembridge	28 - Ipswich Tri Club 3 V60	Over60	00:23:42
163	Sam Toy	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:23:44
164	Andrew Howells	23 - RCR MSV 2	MensSuperVet	00:23:47
165	Ben Russell	177 - Kelvedon Snivellers	Unaffiliated / Social	00:23:48
166	Steve Curran	35 - Framlingham Silver Surfers	Over60	00:23:49
167	Paul Ford	177 - Kelvedon Snivellers	Unaffiliated / Social	00:23:50
168	Charles Layzell	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:23:59
169	Andrew Notley	11 - Witham Running Club-Men's Vets 2	MensVet	00:23:59
170	Dave Hamer	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:24:04
171	Alex Steward	84 - JAFFA Mens Open C	MensOpen	00:24:06
172	Colin Knight	27 - Pacers B 60s	Over60	00:24:09
173	Dave Church	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:24:14
174	Daniel Smith	85 - Shufflers - Matt's Machines MO	MensOpen	00:24:15
175	Gary Ingram	84 - JAFFA Mens Open C	MensOpen	00:24:24
176	James Ellis	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:24:27
177	Joe Francis	171 - The Bright and Beautifuls	Unaffiliated / Social	00:24:29
178	Stephen Pretty	124 - Pacers J MX	Mixed	00:24:29
179	Phil Brand	107 - LRR Running is our Therapy MX	Mixed	00:24:29
180	Jem Smith	158 - Sudbury Joggers SJ MO	MensOpen	00:24:31
181	Tom Elton	20 - Newmarket Joggers MSV	MensSuperVet	00:24:31
182	Tim Cherrett	35 - Framlingham Silver Surfers	Over60	00:24:32
183	Steve Stratton	180 - Ellisons 1	Unaffiliated / Social	00:24:32
184	John Stevens	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:24:33
185	Stewart Hambling	90 - Framlingham Flyers men's open blue	MensOpen	00:24:34
186	Ian Ward	85 - Shufflers - Matt's Machines MO	MensOpen	00:24:35
187	Owen Goldsmith	9 - Harwich Runners MV40	MensVet	00:24:36
188	Steve Cousins	20 - Newmarket Joggers MSV	MensSuperVet	00:24:40

189	Simon Wyatt	110 - Kesgrave Cruisers Little Mixed	Mixed	00:24:47
190	Dave Steward	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:24:59
191	David Fordham	90 - Framlingham Flyers men's open blue	MensOpen	00:25:01
192	Adam Box	80 - Boxted Bucks MO	Mixed	00:25:07
193	Jeremy Hennell James	3 - Ipswich Harriers Old boys MV	MensVet	00:25:12
194	Michael Conroy	89 - Witham Running Club-Men's Open	MensOpen	00:25:16
195	Tom Clements	91 - Framlingham Flyers men's open red	MensOpen	00:25:17
196	Rob Hawkins	79 - Newmarket Joggers MO	MensOpen	00:25:27
197	Jamie Jackson	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:25:30
198	Kieran Callaghan	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:25:35
199	Johnny Rowland	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:25:36
200	Phil Ayres	108 - LRR The Joggnauts MX	Mixed	00:25:41
201	Andrew Read	11 - Witham Running Club-Men's Vets 2	MensVet	00:25:41
202	Matt Standing	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:25:42
203	Glenn Yellop	140 - Capel Cheetahs 2 MX	Mixed	00:25:48
204	Glen Mures	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:25:55
205	Mark Foulkes	113 - Kesgrave Cruisers Ready Mixed	Mixed	00:25:55
206	Jonathan Phillips	141 - NNBR Viva La Vets MX	Mixed	00:25:56
207	Ian Gardner	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:26:07
208	Kieron Perry	174 - The Royal Males	Unaffiliated / Social	00:26:08
209	Dylan Ali	91 - Framlingham Flyers men's open red	MensOpen	00:26:09
210	Matt Doran	9 - Harwich Runners MV40	MensVet	00:26:10
211	Clive Hedges	31 - NNBR Karen and her Beach Boys V60	Over60	00:26:25
212	Mark Elflett	108 - LRR The Joggnauts MX	Mixed	00:26:27
213	Bob Carter	120 - BILLY'S BVH MX 1	Mixed	00:26:27
214	Arthur Whiston	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:26:33
215	Andrew Dyer	132 - GBRC - Team 7 Mixed Open	Mixed	00:26:35
216	Martin Spilsted	87 - RCR MO 5	MensOpen	00:26:46
217	Graham Hardingham	116 - Gazelles 4 MX	Mixed	00:26:51

218	Steve Mcnamara	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:26:51
219	Brett Martin	142 - Kesgrave Kreuzers Trail Mixed	Mixed	00:26:51
220	Ron McCullough	30 - JAFFA Mens V60	Over60	00:26:55
221	Stuart Goldsmith	174 - The Royal Males	Unaffiliated / Social	00:27:19
222	Ryan McNeil	96 - Hadleigh Hares Team MX 3	Mixed	00:27:20
223	Mark Sargeantson	91 - Framlingham Flyers men's open red	MensOpen	00:27:26
224	Martin Cotton	130 - GBRC - Team 5 Mixed Open	Mixed	00:27:28
225	Chris Dutton	111 - Kesgrave Kreuzers Mega Mixed	Mixed	00:27:35
226	Lee Cornwell	87 - RCR MO 5	MensOpen	00:27:41
227	Martin Garrod	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:27:42
228	Gavin Douglass	115 - Gazelles 2 MX	Mixed	00:27:47
229	Jono Sheldrake-Gooding	135 - Shufflers - David's Dashers MX	Mixed	00:27:49
230	Frank Watson	26 - Stow Striders Running with The Legends - V60	Over60	00:27:56
231	Jim Hayes	70 - NNBR Super Seventies	Over70	00:28:04
232	Stephen Edmondson	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:28:07
233	Shawn Leek	131 - GBRC - Team 6 Mixed Open	Mixed	00:28:10
234	Liam Mullen	106 - LRR Pacemakers MX	Mixed	00:28:19
235	Paul Dorset	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:28:26
236	David Grainger	89 - Witham Running Club-Men's Open	MensOpen	00:28:28
237	Ian Woods	116 - Gazelles 4 MX	Mixed	00:28:42
238	Joe Naughton	28 - Ipswich Tri Club 3 V60	Over60	00:28:43
239	Lee Roth	105 - LRR Olympic Worthy MX	Mixed	00:28:51
240	Richard West	141 - NNBR Viva La Vets MX	Mixed	00:29:08
241	Mark Thorpe	116 - Gazelles 4 MX	Mixed	00:29:12
242	Peppe Rella	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:29:18
243	John Wharton	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:29:19
244	Martin Eden	31 - NNBR Karen and her Beach Boys V60	Over60	00:29:35
245	Peter Russell	153 - Framlingham Flyers All Sorts	Mixed	00:29:37
246	Paul Elliot	137 - Reepham Runners A MX	Mixed	00:29:51
247	Andrew Stewart	96 - Hadleigh Hares Team MX 3	Mixed	00:29:58

248	Graham Bush	136 - Shufflers Graham's Gallopers MX	Mixed	00:29:59
249	Matt Williamson	113 - Kesgrave Cruisers Ready Mixed	Mixed	00:30:21
250	Martin West	133 - GBRC - Team 8 Mixed Open	Mixed	00:30:34
251	Colin Short	34 - Witham Running Club-Over 60s	Over60	00:31:01
252	Paul Hales	139 - Capel Cheetahs 1 MX	Mixed	00:31:19
253	Nick Pyke	172 - B&P Ultimate	Unaffiliated / Social	00:31:33
254	Lukas Groenwald	127 - Boxted Broncos MX	Mixed	00:31:42
255	Nigel Johns	139 - Capel Cheetahs 1 MX	Mixed	00:31:47
256	Roger Garrod	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	00:32:05
257	John Cullum	71 - Pacers A 70s	Over70	00:32:37
258	Mike Lancaster	179 - Ipswich Boys AC	Unaffiliated / Social	00:33:24
259	Roger Brand	71 - Pacers A 70s	Over70	00:33:26
260	Gary C	131 - GBRC - Team 6 Mixed Open	Mixed	00:34:05
261	Ian David	24 - Harwich Runners MV50	MensSuperVet	00:34:22
262	Jonathan Price	158 - Sudbury Joggers SJ MO	MensOpen	00:34:32
263	Andy Hayward	118 - Newmarket Joggers Mixed #2	Mixed	00:34:59
264	David Scrivener	179 - Ipswich Boys AC	Unaffiliated / Social	00:35:06
265	Robert Price	71 - Pacers A 70s	Over70	00:35:47
266	Rod Smith	70 - NNBR Super Seventies	Over70	00:35:49
267	Darryl Ainslie	104 - LRR Marathon Maniacs MX	Mixed	00:35:55
268	John Perry	127 - Boxted Broncos MX	Mixed	00:36:51
269	Justin Hunter	179 - Ipswich Boys AC	Unaffiliated / Social	00:37:39
270	Andy Thompson	156 - Running Colchester 2	Mixed	00:38:13
271	John Driver	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	00:38:14
272	Connor Wilson	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:47:31

Distance

Position	Name	Club	Category	Time
1	Jess Gooderham	43 - Pacers C LO	LadiesOpen	00:28:16
2	Hannah Petterson	99 - Ipswich Harriers get up and go MX	Mixed	00:28:36
3	Victoria Primmer	38 - Colchester Harriers Ladies Open	LadiesOpen	00:29:17

4	Katie Austin	39 - JAFFA LO A	LadiesOpen	00:29:33
5	Rosie Horsfield	60 - JAFFA LV	LadiesVet	00:29:34
6	Wendy Smith	59 - Pacers F LSV	LadiesSuperVet	00:31:32
7	Juliet Garnham	55 - Stowmarket Striders Running the World - FV45	LadiesSuperVet	00:32:30
8	Hannah Parsons	42 - Newmarket Joggers LO	LadiesOpen	00:33:12
9	Nicola Ripman	173 - AIRBORNE FIT ONE	Unaffiliated / Social	00:33:13
10	Sarah Stradling	64 - Colchester Harriers Ladies Vets	LadiesVet	00:33:26
11	Fran Norris	57 - Colchester Harriers Ladies Supervets	LadiesSuperVet	00:33:57
12	Helen Findley	65 - Kesgrave Cruisers FV35	LadiesVet	00:34:12
13	Sandy Page	174 - The Royal Males	Unaffiliated / Social	00:34:20
14	Annabel Shiroy- Thomas	51 - Framlingham Flyers Ladies	LadiesVet	00:35:05
15	Donna Cooper	36 - Stowmarket Striders Lore of Running - Ladies	LadiesOpen	00:35:36
16	Ruth Ackworth	67 - Shufflers Ruth's Racers LV	LadiesVet	00:35:49
17	Gemma Ballard	152 - Colchester Harriers Mixed	Mixed	00:35:55
18	Heather Bush	163 - Hard Core Coffee Runners Team 1	Unaffiliated / Social	00:35:59
19	Deborah Stocker	113 - Kesgrave Cruisers Ready Mixed	Mixed	00:36:01
20	Caroline Dyer	132 - GBRC - Team 7 Mixed Open	Mixed	00:36:11
21	Elizabeth Prior	37 - Witham Running Club-Ladie's Open	LadiesOpen	00:36:11
22	Bron Sarginson	162 - Ipswich Phoenix RC Team C Soc	Unaffiliated / Social	00:36:18
23	Stacey Bunn	168 - Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:36:29
24	Alice Grant	121 - ALICE'S BVH MX 2	Mixed	00:36:48
25	Karen Evans	108 - LRR The Joggnauts MX	Mixed	00:37:04
26	Rhiannon Evans	115 - Gazelles 2 MX	Mixed	00:37:05
27	Rachel Southgate	45 - FRR Stand & Deliver (Female Open)	LadiesOpen	00:37:08
28	Sue Lockhart	54 - JAFFA LSV	LadiesSuperVet	00:37:19
29	Kate Wooldridge	176 - AIRBORNE FIT TWO	Unaffiliated / Social	00:37:29
30	Hannah Mae Taylor	50 - Black Dogs 3 LO 'Hot Dogs'	LadiesOpen	00:37:57
31	Annie Warman	41 - Gazelles 3 LO	LadiesOpen	00:38:17
32	Natasha Smith	40 - JAFFA LO B	LadiesOpen	00:38:41

33	Helen Benham	63 - Harwich Runners FV35	LadiesVet	00:38:48
34	Grainne Hallahan	182 - Colchester and Tendring AC Snr B LO	LadiesOpen	00:38:49
35	Ruth Eberhardt	58 - Newmarket Joggers LSV	LadiesSuperVet	00:39:01
36	Jo Harris	139 - Capel Cheetahs 1 MX	Mixed	00:39:02
37	Lisa Loomes	100 - JAFFA Mixed A	Mixed	00:39:08
38	Charlotte Hawes	56 - Stowmarket Striders The Grace to Run - FV45	LadiesSuperVet	00:39:14
39	Carol Miller	49 - RCR LO 6	LadiesOpen	00:39:17
40	Hayley Gittings	170 - Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:39:19
41	Teresa Brown	48 - RCR LO 4	LadiesOpen	00:39:32
42	Hannah Devine	147 - Beccles & Bungay Harriers (Buzzards) MX	Mixed	00:40:08
43	Rachel Kearton	136 - Shufflers Graham's Gallopers MX	Mixed	00:40:13
44	Helen Scott	127 - Boxted Broncos MX	Mixed	00:40:20
45	Claire Foulkes	47 - NNBR Ladies LO	LadiesOpen	00:40:37
46	Christina Pretty	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed	00:40:46
47	Fiona Holland	96 - Hadleigh Hares Team MX 3	Mixed	00:40:47
48	Misty Smith	46 - JAFFA LO C	LadiesOpen	00:41:00
49	Sarah Pennock	157 - Sudbury Joggers Ekidecades	Mixed	00:41:14
50	Amber Fox-Hammond	155 - Running Colchester 1	Mixed	00:41:21
51	Kelly Guyon	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:41:30
52	Samantha Cooper	62 - Hadleigh Hares Team LV 2	LadiesVet	00:41:49
53	Suzy Grant	105 - LRR Olympic Worthy MX	Mixed	00:41:56
54	Anita Grainger	52 - Witham Running Club-Ladie's Super Vets	LadiesSuperVet	00:42:24
55	Elsbeth Knott	150 - Harwich Runners Mixed B - Interclub Challeng	Mixed	00:42:34
56	Jen carter-Horner	126 - Boxted Bears MX	Mixed	00:42:39
57	Leanne Andrews	61 - Witham - Small Elves LV	LadiesVet	00:42:53
58	Claire Trott	164 - Hard Core Coffee Runners Team 2	Unaffiliated / Social	00:43:31
59	Hillary Brake	66 - FRR Parking Brake (Female Vet)	LadiesVet	00:43:48
60	Sophie Adams	118 - Newmarket Joggers Mixed #2	Mixed	00:44:12

61	Gemma Wright	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed	00:44:36
62	Gemma Howard	44 - Ipswich Tri Club 2 LO	LadiesOpen	00:45:31
63	Karen Waters	149 - Beccles & Bungay Harriers (Falcons) MX	Mixed	00:48:30
64	Caroline Searle	133 - GBRC - Team 8 Mixed Open	Mixed	00:48:42
65	Deborah Gillespie	68 - NNBR Scrambled Legs LV	LadiesSuperVet	00:49:32
66	Lisa Keane	160 - I Can Run CIC Team Cakes	Unaffiliated / Social	00:53:10
67	Aimee Phillips	180 - Ellisons 1	Unaffiliated / Social	00:56:44
68	Karen Poulter	161 - I Can Run CIC Team Cookies	Unaffiliated / Social	00:56:49

Distance

Position	Name	Club	Category	Time
1	Craig Shand	53 - Pacers D MO	MensOpen	00:24:24
2	Nate Filer	12 - Colchester Harriers Mens Vets 1st team	MensVet	00:25:23
3	Jake Hayward	184 - Stowmarket Striders In the Running - Senior	MensOpen	00:25:26
4	Henry Catling	134 - FRR Siblings Unite (Mixed Open)	Mixed	00:26:00
5	Billy Eccles	120 - BILLY'S BVH MX 1	Mixed	00:26:09
6	Jack Teuten	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	00:26:13
7	Ben Williams	85 - Shufflers - Matt's Machines MO	MensOpen	00:26:21
8	Ramadam Osman	74 - Colchester Harriers Mens Open 1st team	MensOpen	00:26:39
9	Simon Partridge	6 - BVH Men's Vets	MensVet	00:26:51
10	Paul Wain	82 - JAFFA Mens Open A	MensOpen	00:26:56
11	Tom Galley	78 - LRR Cookie Monsters MO	MensOpen	00:26:58
12	Nicholas Clarke	2 - JAFFA Mens V40	MensVet	00:27:42
13	James Cornish	112 - Kesgrave Kreuzers MX	Mixed	00:27:47
14	Neil Smith	13 - Framlingham Flyers MV40	MensVet	00:27:59
15	Kevin Higgins	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet	00:28:09
16	Graeme Knott	9 - Harwich Runners MV40	MensVet	00:28:27
17	Craig Mitchell	8 - GBRC - Team 1 Male Vets	MensVet	00:28:46
18	Mike Greener	7 - Pacers E MV	MensVet	00:28:49

19	Stewart Woods	91 - Framlingham Flyers men's open red	MensOpen	00:28:52
20	Robin Brookes	24 - Harwich Runners MV50	MensSuperVet	00:29:05
21	Freddie Turner	90 - Framlingham Flyers men's open blue	MensOpen	00:29:09
22	Adam Chamberlin	95 - Hadleigh Hares Team MX 1	Mixed	00:29:12
23	Mark Armstrong	145 - Wymondham AC MX	Mixed	00:29:14
24	Simon Colclough	14 - Colchester Harriers Mens Vets 2nd team	MensVet	00:29:19
25	Robert Smith	75 - Colchester Harriers Mens Open 2nd team	MensOpen	00:29:24
26	Tim Ballard	76 - Colchester Harriers Mens Open 3rd team	MensOpen	00:29:25
27	Richard Aukland	151 - Black Dogs 2 MX 'Barking Mad'	Mixed	00:29:30
28	Todd Lewis	27 - Pacers B 60s	Over60	00:29:31
29	Ian Duggan	15 - FRR -Fording The Brooke (Male Supervet)	MensSuperVet	00:29:36
30	Keith Williams	21 - JAFFA Mens V50	MensSuperVet	00:29:38
31	Matthew Isley	178 - Running on empty MO	MensOpen	00:29:42
32	Jonathon Mann	129 - GBRC - Team 4 Mixed Open	Mixed	00:29:44
33	Daniel Tee	117 - Newmarket Joggers Mixed #1	Mixed	00:29:56
34	Jacob Howard	81 - Ipswich Tri Club 1 MO	MensOpen	00:29:57
35	Phil Green	4 - "Stowmarket Striders Eat	MensVet	00:30:08
36	Paul English	73 - Witham Boyz 2 Ekimen MO	MensOpen	00:30:30
37	Chris Boyt	1 - FRR Read & Wright (Male Vet)	MensVet	00:30:34
38	Stuart Sowerby	79 - Newmarket Joggers MO	MensOpen	00:30:44
39	Daniel Summersgill	83 - JAFFA Mens Open B	MensOpen	00:31:04
40	Dave Beighton	123 - Pacers H MX	Mixed	00:31:06
41	James Waterson	19 - Colchester Harriers Mens Supervets 2nd team	MensSuperVet	00:31:07
42	Craig Smith	169 - Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:31:08
43	David Robinson	23 - RCR MSV 2	MensSuperVet	00:31:13
44	Matt King	122 - Pacers G MX	Mixed	00:31:18
45	Simon Scott	10 - Witham Running Club-Men's Vets 1	MensVet	00:31:36
46	Andy Long	17 - Stowmarket Striders The Long Run - MV50	MensSuperVet	00:31:37
47	Adie Kendall	5 - Kesgrave Cruisers MV40	MensVet	00:31:42
48	Jason Dighton	102 - Ipswich Phoenix RC Team A MX	Mixed	00:31:44

49	Mark White	154 - Haverhill Running Club Mixed	Mixed	00:31:57
50	Ian McDermott	30 - JAFFA Mens V60	Over60	00:31:57
51	Kenny Balding	31 - NNBR Karen and her Beach Boys V60	Over60	00:31:59
52	Dave Rees	177 - Kelvedon Snivellers	Unaffiliated / Social	00:32:00
53	Mark Novels	92 - Haverhill Running Club Mens Open	MensOpen	00:32:06
54	Lee Spencer	80 - Boxted Bucks MO	Mixed	00:32:17
55	Andrew Chatfield	140 - Capel Cheetahs 2 MX	Mixed	00:32:24
56	Neville Clarke	20 - Newmarket Joggers MSV	MensSuperVet	00:32:27
57	Chris Chorley	33 - Black Dogs 5 V60 'New Tricks'	Over60	00:32:29
58	Lee Oxbury	114 - Gazelles 1 MX	Mixed	00:32:33
59	Peter Bird	124 - Pacers J MX	Mixed	00:32:48
60	Femi Ariyo	111 - Kesgrave Kreuzers Mega Mixed	Mixed	00:32:56
61	Chris Harvey	181 - Colchester and Tendring AC Snr A MO	MensOpen	00:33:01
62	Jake Church	143 - Saxons 261 MX	Mixed	00:33:07
63	Gerry Gladden	128 - GBRC - Team 3 Mixed Open	Mixed	00:33:09
64	Steve Dunnett	35 - Framlingham Silver Surfers	Over60	00:33:12
65	David Wenyon	135 - Shufflers - David's Dashers MX	Mixed	00:33:13
66	Adam Plummer	87 - RCR MO 5	MensOpen	00:33:24
67	Jonathan Lincoln	106 - LRR Pacemakers MX	Mixed	00:33:30
68	Adrian Goode	16 - FRR Good Win In Church (Male Supervet)	MensSuperVet	00:33:33
69	Roger Ackerley	22 - Shufflers Roger's Runners MSV	MensSuperVet	00:34:05
70	Peter Woods	69 - FRR Jackson At The Double (Male Open)	MensOpen	00:34:06
71	Kyle Filby	103 - Ipswich Phoenix RC Team B MX	MensOpen	00:34:22
72	Neil Catley	142 - Kesgrave Kreuzers Trail Mixed	Mixed	00:34:40
73	Robert Groves	137 - Reepham Runners A MX	Mixed	00:34:44
74	Chris Panton	77 - Colchester Harriers Mens Vets 3rd team	MensVet	00:34:47
75	Ian Gooderham	125 - Pacers K MX	Mixed	00:34:51
76	Ian Elkins	167 - Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:34:55
77	James Attenborough	11 - Witham Running Club-Men's Vets 2	MensVet	00:34:55
78	Stuart Mason	25 - FRR No Mooning In Church (Over 60)	Over60	00:34:57

79	Tim Bacon	175 - Ellisons 2	Unaffiliated / Social	00:35:07
80	Rob Gourlay	158 - Sudbury Joggers SJ MO	MensOpen	00:35:45
81	James White	104 - LRR Marathon Maniacs MX	Mixed	00:35:56
82	Paul Smith	29 - GBRC - Team 2 Over 60s	Over60	00:35:57
83	David Dinnage	153 - Framlingham Flyers All Sorts	Mixed	00:35:57
84	Ben O'Leary	89 - Witham Running Club-Men's Open	MensOpen	00:36:11
85	Bruce Rayner	32 - Black Dogs 4 V60 'Canis Major'	Over60	00:36:17
86	Paul Goldring	84 - JAFFA Mens Open C	MensOpen	00:36:18
87	Stephen Hicks	3 - Ipswich Harriers Old boys MV	MensVet	00:36:23
88	Steve Sadd	116 - Gazelles 4 MX	Mixed	00:36:35
89	Darren Storey	93 - FRR Storeys Of Dorset (Mixed Supervet) MX	Mixed	00:36:44
90	Martin Ashworth	110 - Kesgrave Cruisers Little Mixed	Mixed	00:36:51
91	Kim Drain	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed	00:36:51
92	Paul Brand	159 - B&P Supreme	Unaffiliated / Social	00:37:16
93	Alan Hillyard	28 - Ipswich Tri Club 3 V60	Over60	00:37:17
94	Jimmy Ho	171 - The Bright and Beautifuls	Unaffiliated / Social	00:37:17
95	Frank Moggan	26 - Stow Striders Running with The Legends - V60	Over60	00:37:45
96	Nick Goodman	130 - GBRC - Team 5 Mixed Open	Mixed	00:37:53
97	Robert Greeves	138 - Reepham Runners B MX	Mixed	00:38:11
98	David Dawbar	141 - NNBR Viva La Vets MX	Mixed	00:38:17
99	Ed Lui	166 - Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:38:46
100	Howard Allen	101 - JAFFA Mixed B	Mixed	00:39:03
101	Mark Harris	131 - GBRC - Team 6 Mixed Open	Mixed	00:39:37
102	Paul Heeks	72 - Stowmarket Striders Paul's Running Formula -	Mixed	00:39:40
103	Christy Fenelon	86 - RCR MO 3	MensOpen	00:41:44
104	Michael Poulter	34 - Witham Running Club-Over 60s	Over60	00:41:47
105	Ray Pyke	172 - B&P Ultimate	Unaffiliated / Social	00:41:52
106	Andrew Cocker	146 - RCR MX 1	Mixed	00:42:15

107	Justin Ostler	94 - FRR Ostler's Brew (Mixed Vet)	Mixed	00:42:40
108	Lee Coote	179 - Ipswich Boys AC	Unaffiliated / Social	00:42:54
109	Jon Enefer	156 - Running Colchester 2	Mixed	00:43:07
110	Jim Withers	119 - Newmarket Joggers Mixed #3	Mixed	00:43:11
111	Pete Kohler	107 - LRR Running is our Therapy MX	Mixed	00:43:22
112	Richie Taylor	109 - Kesgrave Cruisers Essential Mixed	Mixed	00:43:22
113	Chris Cook	71 - Pacers A 70s	Over70	00:43:27
114	Peter Hill	70 - NNBR Super Seventies	Over70	00:44:04
115	Chris Lucas	144 - Saxons 309 MX	Mixed	00:48:22