



# Team Overall Breakdown

03 August 2023

12:33:19

Position

Club

Category:

1 74 - Colchester Harriers Mens Open 1st team

MensOpen

1	Ramadam Osman	M	7.2K	00:26:39
2	Chris Sellens	M	5K	00:17:40
3	Dean Williamson	M	10K	00:33:03
4	Cameron Humphries	M	5K	00:17:54
5	Angus Holford	M	10K	00:35:17
6	James Morley	M	5K	00:16:27

**02:27:00**

2 53 - Pacers D MO

MensOpen

1	Craig Shand	M	7.2K	00:24:24
2	Seb Melero	M	5K	00:17:18
3	Scott Williams	M	10K	00:35:06
4	Charlie Boldock	M	5K	00:18:38
5	Jack Nixon	M	10K	00:33:27
6	Lewis Sullivan	M	5K	00:19:19

**02:28:13**

3 99 - Ipswich Harriers get up and go MX

Mixed

1	Hannah Petterson	F	7.2K	00:28:36
2	Danny Jones	M	5K	00:21:28
3	John Millar	M	10K	00:31:19
4	Molly	F	5K	00:23:41
5	Sam Burkitt	M	10K	00:33:16
6	Brandon Barber	M	5K	00:16:54

**02:35:15**

Position

Club

Category:

4 6 - BVH Men's Vets

MensVet

1	Simon Partridge	M	7.2K	00:26:51
2	Paul Ward	M	5K	00:19:34
3	Michael Eccles	M	10K	00:34:11
4	Steve Elvin	M	5K	00:20:11
5	Carl White	M	10K	00:37:25
6	Richard Johnson	M	5K	00:19:06
				<b>02:37:18</b>

5 12 - Colchester Harriers Mens Vets 1st team

MensVet

1	Nate Filer	M	7.2K	00:25:23
2	Simon Ford	M	5K	00:19:38
3	Barry Frost	M	10K	00:39:13
4	Jon Nears	M	5K	00:18:16
5	Jason Gunn	M	10K	00:36:57
6	Jerry Walder	M	5K	00:19:34
				<b>02:39:01</b>

6 78 - LRR Cookie Monsters MO

MensOpen

1	Tom Galley	M	7.2K	00:26:58
2	James Parr	M	5K	00:19:17
3	Simon Cook	M	10K	00:37:21
4	Martin Farr	M	5K	00:19:27
5	Chris Meadows	M	10K	00:38:28
6	Ross Kozyrko	M	5K	00:18:36
				<b>02:40:06</b>

Position	Club	Category:	
7	88 - Black Dogs 1 MO 'Top Dogs'	MensOpen	

1	Jack Teuten	M	7.2K	00:26:13
2	Jack Wright	M	5K	00:19:07
3	Oliver Gilbert	M	10K	00:39:22
4	Marcus Strak	M	5K	00:18:59
5	Matthew Lightfoot	M	10K	00:38:38
6	Julian Drewe	M	5K	00:19:12
				<b>02:41:29</b>

8	18 - Colchester Harriers Mens Supervets 1st team	MensSuperVet
---	--	--------------

1	Kevin Higgins	M	7.2K	00:28:09
2	Chris Stevenson	M	5K	00:19:58
3	Allen Smalls	M	10K	00:39:01
4	Peter West	M	5K	00:18:56
5	Jay Waite	M	10K	00:39:45
6	Adrian Mussett	M	5K	00:16:07
				<b>02:41:56</b>

9	13 - Framlingham Flyers MV40	MensVet
---	------------------------------	---------

1	Neil Smith	M	7.2K	00:27:59
2	Jason Marter	M	5K	00:19:42
3	Jim Last	M	10K	00:38:19
4	Chris Leek	M	5K	00:18:41
5	Lee Barber	M	10K	00:37:23
6	Simon Williams	M	5K	00:20:11
				<b>02:42:15</b>

Position	Club	Category:
10	75 - Colchester Harriers Mens Open 2nd team	MensOpen

1	Robert Smith	M	7.2K	00:29:24
2	Chris Edwards	M	5K	00:19:12
3	Chris Pugh	M	10K	00:39:55
4	Andrew Lovelock	M	5K	00:18:43
5	Mark Howard	M	10K	00:39:35
6	Chris Speed	M	5K	00:17:57
				<b>02:44:47</b>

11	2 - JAFFA Mens V40	MensVet
----	--------------------	---------

1	Nicholas Clarke	M	7.2K	00:27:42
2	Alec Wright	M	5K	00:20:51
3	James Calvert	M	10K	00:36:20
4	Tony Hubbard	M	5K	00:19:09
5	Gavin Davies	M	10K	00:41:19
6	Mark Allen	M	5K	00:19:30
				<b>02:44:50</b>

12	117 - Newmarket Joggers Mixed #1	Mixed
----	----------------------------------	-------

1	Daniel Tee	M	7.2K	00:29:56
2	Sarah Osbourne	F	5K	00:20:31
3	Sam Sadler	M	10K	00:38:03
4	Marc Drury	M	5K	00:20:06
5	Mark Hayward	M	10K	00:35:18
6	Lilian Corbett	F	5K	00:21:42
				<b>02:45:36</b>

Position	Club	Category:
13	82 - JAFFA Mens Open A	MensOpen

1	Paul Wain	M	7.2K	00:26:56
2	Ian Old	M	5K	00:20:48
3	Jack Noble	M	10K	00:36:44
4	Scott Sparkes	M	5K	00:19:36
5	James Parr	M	10K	00:43:10
6	Ollie Watson	M	5K	00:18:41
				<b>02:45:56</b>

14	112 - Kesgrave Kruisers MX	Mixed
----	----------------------------	-------

1	James Cornish	M	7.2K	00:27:47
2	Mia Palmer	F	5K	00:21:38
3	Paul Fenn	M	10K	00:38:31
4	Helen Jerrold	F	5K	00:21:53
5	Oliver Manning	M	10K	00:37:43
6	James Mallett	M	5K	00:19:15
				<b>02:46:48</b>

15	134 - FRR Siblings Unite (Mixed Open)	Mixed
----	---------------------------------------	-------

1	Henry Catling	M	7.2K	00:26:00
2	Sam Baxter	F	5K	00:21:39
3	Gary Taylor	M	10K	00:37:23
4	Holly Taylor	F	5K	00:21:28
5	Andy Ellis	M	10K	00:40:24
6	Tom Jacobs	M	5K	00:20:21
				<b>02:47:16</b>

Position

Club

Category:

16

184 - Stowmarket Striders In the Running - Senior

MensOpen

1	Jake Hayward	M	7.2K	00:25:26
2	Sophie Seward	F	5K	00:21:25
3	George Wright	M	10K	00:41:37
4	Tom Attwell	M	5K	00:21:44
5	Luke Heather	M	10K	00:38:38
6	Morgan Moore	M	5K	00:18:44
				<b>02:47:33</b>

17

7 - Pacers E MV

MensVet

1	Mike Greener	M	7.2K	00:28:49
2	Mike Mckinstry	M	5K	00:20:14
3	Andrew Southwood	M	10K	00:39:40
4	Ben Jeffery	M	5K	00:19:30
5	Ross Hollinworth	M	10K	00:39:18
6	Ady Frost	M	5K	00:20:09
				<b>02:47:39</b>

18

8 - GBRC - Team 1 Male Vets

MensVet

1	Craig Mitchell	M	7.2K	00:28:46
2	Paul Brazier	M	5K	00:21:51
3	Doug McGillivray	M	10K	00:36:54
4	Paul Davison	M	5K	00:20:47
5	Charlie Keitch	M	10K	00:40:00
6	Jonathan Mann	M	5K	00:19:50
				<b>02:48:08</b>

Position

Club

Category:

19

38 - Colchester Harriers Ladies Open

LadiesOpen

1	Victoria Primmer	F	7.2K	00:29:17
2	Justine Sheekey	F	5K	00:20:25
3	Lydia Callan	F	10K	00:40:12
4	Holly Freegard	F	5K	00:19:25
5	Roanna Vickers	F	10K	00:39:03
6	Jennifer Lovelock	F	5K	00:19:59
				<b>02:48:22</b>

20

178 - Running on empty MO

MensOpen

1	Matthew Isley	M	7.2K	00:29:42
2	James Eyre	M	5K	00:20:30
3	Craig Slocombe	M	10K	00:38:34
4	Chris Smith	M	5K	00:21:35
5	Harry Swinbourne	M	10K	00:41:17
6	Flynn Eyre	M	5K	00:19:01
				<b>02:50:37</b>

21

15 - FRR -Fording The Brooke (Male Supervet)

MensSuperVet

1	Ian Duggan	M	7.2K	00:29:36
2	Kerry Buckley	M	5K	00:20:50
3	Steve Brooke	M	10K	00:41:00
4	Jason Taylor	M	5K	00:19:30
5	Mark Ford	M	10K	00:40:51
6	Dave Solomon	M	5K	00:20:19
				<b>02:52:06</b>

Position

Club

Category:

22

43 - Pacers C LO

LadiesOpen

1	Jess Gooderham	F	7.2K	00:28:16
2	Louise Glass	F	5K	00:20:57
3	Katie King	F	10K	00:38:02
4	Gem carter	F	5K	00:20:13
5	Laura Blazey	F	10K	00:44:06
6	Caff Jeffery	F	5K	00:20:59
				<b>02:52:33</b>

23

1 - FRR Read &amp; Wright (Male Vet)

MensVet

1	Chris Boyt	M	7.2K	00:30:34
2	Robin Harper	M	5K	00:21:31
3	Alastair Read	M	10K	00:41:57
4	Garry Cullum	M	5K	00:21:31
5	Tony Gavin	M	10K	00:36:40
6	Stuart Wright	M	5K	00:20:37
				<b>02:52:50</b>

24

92 - Haverhill Running Club Mens Open

MensOpen

1	Mark Novels	M	7.2K	00:32:06
2	John Steel	M	5K	00:23:08
3	James Withams	M	10K	00:41:30
4	Neal Coombe	M	5K	00:20:06
5	Chay Hopkins	M	10K	00:36:05
6	Benjamin Smith	M	5K	00:20:51
				<b>02:53:46</b>



Position	Club	Category:		
25	151 - Black Dogs 2 MX 'Barking Mad'	Mixed		
1	Richard Aukland	M	7.2K	00:29:30
2	Jo Andrews	F	5K	00:19:24
3	Byron McGill	M	10K	00:39:39
4	Jack Wright	M	5K	00:19:05
5	Dan Gardiner	M	10K	00:44:42
6	Sophie Barnard	F	5K	00:22:03
				<b>02:54:23</b>

26	76 - Colchester Harriers Mens Open 3rd team	MensOpen		
1	Tim Ballard	M	7.2K	00:29:25
2	Paul Rodgers	M	5K	00:19:52
3	Michael Smith	M	10K	00:42:40
4	Theo Gardiner	M	5K	00:18:03
5	James Plant	M	10K	00:43:29
6	Daniel Steptoe-Thompson	M	5K	00:22:18
				<b>02:55:47</b>

27	73 - Witham Boyz 2 Ekimen MO	MensOpen		
1	Paul English	M	7.2K	00:30:30
2	Ian Cuthbert	M	5K	00:22:38
3	Daniel Griffiths	M	10K	00:41:09
4	Jack Welch	M	5K	00:23:13
5	William Radley	M	10K	00:36:27
6	Clive Smith	M	5K	00:21:50
				<b>02:55:48</b>

Position

Club

Category:

28

181 - Colchester and Tendring AC Snr A MO

MensOpen

1	Chris Harvey	M	7.2K	00:33:01
2	Finn Rattray	M	5K	00:17:28
3	John Henington	M	10K	00:43:51
4	Andy Gooby	M	5K	00:21:38
5	Gerald Buck	M	10K	00:39:33
6	Rob Milburn	M	5K	00:20:37
				<b>02:56:09</b>

29

122 - Pacers G MX

Mixed

1	Matt King	M	7.2K	00:31:18
2	Natasha Michael	F	5K	00:21:57
3	Josh Scarlett	M	10K	00:38:46
4	Katie Margaron	F	5K	00:23:13
5	Oliver Schofield	M	10K	00:40:20
6	Dan Stocks	M	5K	00:20:51
				<b>02:56:25</b>

30

169 - Dirty Dolphiners - Team Irrawaddy

Unaffiliated / Social

1	Craig Smith	M	7.2K	00:31:08
2	Tom Codling	M	5K	00:20:41
3	Ady Frost	M	10K	00:41:26
4	Tony Smart	M	5K	00:19:10
5	Richard Smith	M	10K	00:40:57
6	Steffi Walker	F	5K	00:23:53
				<b>02:57:16</b>

Position	Club	Category:		
31	14 - Colchester Harriers Mens Vets 2nd team	MensVet		
1	Simon Colclough	M	7.2K	00:29:19
2	John Fryer	M	5K	00:20:13
3	Christopher Manby	M	10K	00:42:00
4	Andrew Raynor	M	5K	00:22:03
5	Kevin Stevens	M	10K	00:42:52
6	Ian Rattray	M	5K	00:22:17
				<b>02:58:44</b>

32	81 - Ipswich Tri Club 1 MO	MensOpen		
1	Jacob Howard	M	7.2K	00:29:57
2	Iain Johnston	M	5K	00:20:58
3	Dave Copland	M	10K	00:42:58
4	Craig Chidlow	M	5K	00:22:34
5	Chris Tye	M	10K	00:42:58
6	James Roberts	M	5K	00:19:28
				<b>02:58:53</b>

33	60 - JAFFA LV	LadiesVet		
1	Rosie Horsfield	F	7.2K	00:29:34
2	Amanda Mortimer	F	5K	00:22:21
3	Helen Davies	F	10K	00:38:38
4	Katherine Joyson	F	5K	00:24:39
5	Natasha Dunnage	F	10K	00:42:55
6	Sara Bird	F	5K	00:20:48
				<b>02:58:56</b>

Position

Club

Category:

34 19 - Colchester Harriers Mens Supervets 2nd team

MensSuperVet

1	James Waterson	M	7.2K	00:31:07
2	Keith Marley	M	5K	00:22:06
3	Gary Licence	M	10K	00:41:35
4	Gary Donoghue	M	5K	00:21:32
5	Paul Dellar	M	10K	00:41:50
6	Paul Neville	M	5K	00:21:17
				<b>02:59:26</b>

35 5 - Kesgrave Cruisers MV40

MensVet

1	Adie Kendall	M	7.2K	00:31:42
2	Kev Linsell	M	5K	00:21:28
3	Simon Stafford	M	10K	00:44:03
4	Alan Oliver	M	5K	00:22:05
5	Neal Hardwick	M	10K	00:39:15
6	Tim Naish	M	5K	00:21:00
				<b>02:59:33</b>

36 21 - JAFFA Mens V50

MensSuperVet

1	Keith Williams	M	7.2K	00:29:38
2	Tim Hanman	M	5K	00:20:40
3	Mark Allen	M	10K	00:37:47
4	Adrian Peake	M	5K	00:22:51
5	Chris Servant	M	10K	00:47:39
6	Andrew Laws	M	5K	00:21:04
				<b>02:59:38</b>

Position

Club

Category:

37

39 - JAFFA LO A

LadiesOpen

1	Katie Austin	F	7.2K	00:29:33
2	Anna Keeble	F	5K	00:22:26
3	Laura Cason	F	10K	00:40:42
4	Olivia Ellis	F	5K	00:24:10
5	Georgia Humphreys	F	10K	00:44:14
6	Helen Davies	F	5K	00:19:07
				<b>03:00:12</b>

38

128 - GBRC - Team 3 Mixed Open

Mixed

1	Gerry Gladden	M	7.2K	00:33:09
2	Magdalena Komorowska	F	5K	00:23:27
3	Joshua Beaumont	M	10K	00:37:18
4	Lisa Briggs	F	5K	00:21:33
5	Gavin Byrne	M	10K	00:42:47
6	Adam Robey	M	5K	00:22:11
				<b>03:00:26</b>

39

85 - Shufflers - Matt's Machines MO

MensOpen

1	Ben Williams	M	7.2K	00:26:21
2	Ed Abbott	M	5K	00:23:27
3	Stu Haynes	M	10K	00:35:35
4	Daniel Smith	M	5K	00:24:15
5	Matt Alexander	M	10K	00:46:23
6	Ian Ward	M	5K	00:24:35
				<b>03:00:36</b>

Position	Club	Category:		
40	145 - Wymondham AC MX	Mixed		
1	Mark Armstrong	M	7.2K	00:29:14
2	Matt Webster	M	5K	00:17:47
3	Alison Armstrong	F	10K	00:41:08
4	Zoe Webster	F	5K	00:23:32
5	Kate Gooding	F	10K	00:45:54
6	Sarah Cole	F	5K	00:25:23
				<b>03:02:59</b>

41	83 - JAFFA Mens Open B	MensOpen		
1	Daniel Summersgill	M	7.2K	00:31:04
2	Dale Fowler	M	5K	00:20:48
3	Derek Hood	M	10K	00:46:28
4	Nicholas Clarke	M	5K	00:19:55
5	Marcus Catlin	M	10K	00:43:28
6	Mark Farr	M	5K	00:21:57
				<b>03:03:40</b>

42	9 - Harwich Runners MV40	MensVet		
1	Graeme Knott	M	7.2K	00:28:27
2	Owen Goldsmith	M	5K	00:24:36
3	Tom Hancock	M	10K	00:41:21
4	Sean Smith	M	5K	00:18:39
5	Mark Higgs	M	10K	00:46:09
6	Matt Doran	M	5K	00:26:10
				<b>03:05:22</b>

Position	Club	Category:		
43	10 - Witham Running Club-Men's Vets 1	MensVet		
1	Simon Scott	M	7.2K	00:31:36
2	Thomas Ashley	M	5K	00:22:40
3	Sam Hajder	M	10K	00:44:23
4	Paul Cole	M	5K	00:21:45
5	Owen Dare	M	10K	00:42:30
6	David Carey	M	5K	00:23:15
				<b>03:06:09</b>
44	23 - RCR MSV 2	MensSuperVet		
1	David Robinson	M	7.2K	00:31:13
2	Ian Coxhall	M	5K	00:22:52
3	Paul Cooke	M	10K	00:42:32
4	Malcolm Innes	M	5K	00:20:22
5	Warren Birch	M	10K	00:46:02
6	Andrew Howells	M	5K	00:23:47
				<b>03:06:48</b>
45	27 - Pacers B 60s	Over60		
1	Todd Lewis	M	7.2K	00:29:31
2	Colin Knight	M	5K	00:24:09
3	Howard Beasley	M	10K	00:42:22
4	Mark Watts	M	5K	00:20:56
5	Karl Bedingfield	M	10K	00:47:31
6	Rob morgan	M	5K	00:22:39
				<b>03:07:09</b>

Position

Club

Category:

46

30 - JAFFA Mens V60

Over60

1	Ian McDermott	M	7.2K	00:31:57
2	Steve Langley	M	5K	00:22:05
3	Terry Back	M	10K	00:43:08
4	Ron McCullough	M	5K	00:26:55
5	Glynn Thomas	M	10K	00:41:05
6	Dave Lumby	M	5K	00:23:26
				<b>03:08:36</b>

47

3 - Ipswich Harriers Old boys MV

MensVet

1	Stephen Hicks	M	7.2K	00:36:23
2	Nathan Laud	M	5K	00:19:45
3	Kevin Peirce	M	10K	00:40:55
4	Marcin Kulczynski	M	5K	00:22:34
5	Karl Feagan	M	10K	00:44:34
6	Jeremy Hennell James	M	5K	00:25:12
				<b>03:09:22</b>

48

177 - Kelvedon Snivellers

Unaffiliated / Social

1	Dave Rees	M	7.2K	00:32:00
2	Tom Sutton	M	5K	00:21:30
3	Bart Rhodes	M	10K	00:42:54
4	Ben Russell	M	5K	00:23:48
5	Ben Bannar-Martin	M	10K	00:45:30
6	Paul Ford	M	5K	00:23:50
				<b>03:09:33</b>



Position	Club	Category:
49	152 - Colchester Harriers Mixed	Mixed

1	Gemma Ballard	F	7.2K	00:35:55
2	Daniel Meecham	M	5K	00:20:54
3	Alex Elliot	M	10K	00:42:02
4	Simon Morgan	M	5K	00:23:05
5	Paul Gardiner	M	10K	00:47:04
6	Samantha Hart	F	5K	00:22:29
				<b>03:11:29</b>

50	95 - Hadleigh Hares Team MX 1	Mixed
----	-------------------------------	-------

1	Adam Chamberlin	M	7.2K	00:29:12
2	Crystal Murray	F	5K	00:23:08
3	Aden Bell	M	10K	00:38:24
4	Vicky Tapp	F	5K	00:23:31
5	Elizabeth Stewart	F	10K	00:54:22
6	Joel Bamsey	M	5K	00:23:34
				<b>03:12:11</b>

51	87 - RCR MO 5	MensOpen
----	---------------	----------

1	Adam Plummer	M	7.2K	00:33:24
2	Martin Spilsted	M	5K	00:26:46
3	Kes Hawkins	M	10K	00:43:09
4	Lee Cornwell	M	5K	00:27:41
5	Stu Ward	M	10K	00:40:02
6	Mark Griggs	M	5K	00:21:38
				<b>03:12:41</b>

Position	Club	Category:		
52	64 - Colchester Harriers Ladies Vets	LadiesVet		
1	Sarah Stradling	F	7.2K	00:33:26
2	Denise Morley	F	5K	00:22:35
3	Kate Sandercock	F	10K	00:49:54
4	Annette Oakman	F	5K	00:21:41
5	Laura Shewbridge	F	10K	00:43:43
6	Ellie Cumner	F	5K	00:22:12
				<b>03:13:31</b>

53	102 - Ipswich Phoenix RC Team A MX	Mixed		
1	Jason Dighton	M	7.2K	00:31:44
2	Mark Downey	M	5K	00:23:41
3	Owen Rees	M	10K	00:39:01
4	Bron Sarginson	F	5K	00:24:06
5	Tim Edmonds	M	10K	00:46:02
6	Lisa Carrington	F	5K	00:28:59
				<b>03:13:33</b>

54	125 - Pacers K MX	Mixed		
1	Ian Gooderham	M	7.2K	00:34:51
2	Emily Gooderham	F	5K	00:22:24
3	Jess Gooderham	F	10K	00:41:49
4	Rebecca Gooderham	F	5K	00:28:04
5	Hayden Forder	M	10K	00:46:00
6	Reece Gooderham	M	5K	00:20:35
				<b>03:13:44</b>

Position

Club

Category:

55

35 - Framlingham Silver Surfers

Over60

1	Steve Dunnett	M	7.2K	00:33:12
2	Howard Revell	M	5K	00:22:31
3	Rob Mackenzie	M	10K	00:44:15
4	Tim Cherrett	M	5K	00:24:32
5	Graham Wigley	M	10K	00:46:20
6	Steve Curran	M	5K	00:23:49
				<b>03:14:40</b>

56

79 - Newmarket Joggers MO

MensOpen

1	Stuart Sowerby	M	7.2K	00:30:44
2	Jon Brooker	M	5K	00:23:23
3	Chris Underwood	M	10K	00:42:59
4	Jacob Freeborough	M	5K	00:18:34
5	Joe Cormack	M	10K	00:54:34
6	Rob Hawkins	M	5K	00:25:27
				<b>03:15:40</b>

57

90 - Framlingham Flyers men's open blue

MensOpen

1	Freddie Turner	M	7.2K	00:29:09
2	Mark Hayden	M	5K	00:22:28
3	Tom Hayden	M	10K	00:43:47
4	David Fordham	M	5K	00:25:01
5	Ian Kennedy	M	10K	00:51:02
6	Stewart Hambling	M	5K	00:24:34
				<b>03:16:01</b>

Position

Club

Category:

58

168 - Dirty Dolphiners - Team Hector's

Unaffiliated / Social

1	Stacey Bunn	F	7.2K	00:36:29
2	Sarah Osborne	F	5K	00:25:39
3	Kate Creak	F	10K	00:40:51
4	Claire Welford	F	5K	00:24:47
5	Wendy Smith	F	10K	00:46:26
6	Craig Smith	M	5K	00:21:56
				<b>03:16:08</b>

59

138 - Reepham Runners B MX

Mixed

1	Robert Greeves	M	7.2K	00:38:11
2	Leona Broughton	F	5K	00:28:45
3	Rory Cameron	M	10K	00:42:31
4	Sue Beavis	F	5K	00:26:56
5	Stephen Lee	M	10K	00:41:40
6	Dominic Blake	M	5K	00:18:40
				<b>03:16:42</b>

60

80 - Boxted Bucks MO

Mixed

1	Lee Spencer	M	7.2K	00:32:17
2	Kate Willis	F	5K	00:25:57
3	Vanessa Dolling Edwards	F	10K	00:46:34
4	Adam Box	M	5K	00:25:07
5	Karl Graves	M	10K	00:44:08
6	Sam Rix	M	5K	00:22:55
				<b>03:16:59</b>

Position

Club

Category:

61 182 - Colchester and Tendring AC Snr B LO

LadiesOpen

1	Grainne Hallahan	F	7.2K	00:38:49
2	Chloe Wilson	F	5K	00:25:29
3	Amy Milburn	F	10K	00:45:44
4	Lucia Harvey	F	5K	00:24:31
5	Venetia Johnson	F	10K	00:43:34
6	Aiko Henington	F	5K	00:19:53
				<b>03:17:59</b>

62 17 - Stowmarket Striders The Long Run - MV50

MensSuperVet

1	Andy Long	M	7.2K	00:31:37
2	Steve Mcnamara	M	5K	00:26:51
3	Kevin Coleman	M	10K	00:44:45
4	Martin Little	M	5K	00:22:46
5	Peter Warland	M	10K	00:49:15
6	Piers Morgan	M	5K	00:22:49
				<b>03:18:03</b>

63 4 - "Stowmarket Striders Eat

MensVet

1	Phil Green	M	7.2K	00:30:08
2	Jamie Campbell	M	5K	00:23:19
3	Rob Jewers	M	10K	00:49:37
4	Mark Watts	M	5K	00:22:12
5	Richard Hurthouse	M	10K	00:50:09
6	Daniel Selfe	M	5K	00:22:41
				<b>03:18:06</b>

Position

Club

Category:

64

86 - RCR MO 3

MensOpen

1	Christy Fenelon	M	7.2K	00:41:44
2	Mark Griggs	M	5K	00:21:00
3	Darin Osborne	M	10K	00:48:48
4	Paul Wain	M	5K	00:18:54
5	Marcus Brown	M	10K	00:48:10
6	Tony Hubbard	M	5K	00:20:20
				<b>03:18:56</b>

65

120 - BILLY'S BVH MX 1

Mixed

1	Billy Eccles	M	7.2K	00:26:09
2	Eleanor Chapman	F	5K	00:24:13
3	Greg Howard	M	10K	00:46:03
4	Amy Balaam	F	5K	00:23:25
5	Scott Chapman	M	10K	00:52:41
6	Bob Carter	M	5K	00:26:27
				<b>03:18:58</b>

66

163 - Hard Core Coffee Runners Team 1

Unaffiliated / Social

1	Heather Bush	F	7.2K	00:35:59
2	Caroline Green	F	5K	00:25:19
3	Jason Evans	M	10K	00:40:16
4	Kerry Buckley	M	5K	00:22:00
5	Debra Shaverin	F	10K	00:55:08
6	Alec Wright	M	5K	00:21:19
				<b>03:20:02</b>

Position	Club	Category:
67	154 - Haverhill Running Club Mixed	Mixed

1	Mark White	M	7.2K	00:31:57
2	Chris Hawkins	M	5K	00:21:21
3	Mary-Ann Tuli	F	10K	00:50:43
4	Cheryll Trundle	F	5K	00:26:13
5	Barry Osbourne	M	10K	00:48:02
6	Trevor Bunch	M	5K	00:22:11
				<b>03:20:26</b>

68	20 - Newmarket Joggers MSV	MensSuperVet
----	----------------------------	--------------

1	Neville Clarke	M	7.2K	00:32:27
2	Tom Elton	M	5K	00:24:31
3	Mark Geddie	M	10K	00:52:01
4	Steve Cousins	M	5K	00:24:40
5	Jon Ollington	M	10K	00:44:58
6	Steve Edwards	M	5K	00:23:28
				<b>03:22:05</b>

69	123 - Pacers H MX	Mixed
----	-------------------	-------

1	Dave Beighton	M	7.2K	00:31:06
2	Lara Pocock	F	5K	00:23:52
3	Damian Elsdon	M	10K	00:41:47
4	Dawn Marshall	F	5K	00:30:10
5	Nigel Schofield	M	10K	00:49:17
6	Veronica Versino	F	5K	00:25:54
				<b>03:22:06</b>

Position

Club

Category:

70

22 - Shufflers Roger's Runners MSV

MensSuperVet

1	Roger Ackerley	M	7.2K	00:34:05
2	Iain Taylor	M	5K	00:23:30
3	Dave Howegeo	M	10K	00:46:22
4	Dave Steward	M	5K	00:24:59
5	Greg Dodds	M	10K	00:49:54
6	Rob Alder	M	5K	00:23:19
				<b>03:22:07</b>

71

55 - Stowmarket Striders Running the World - FV45

LadiesSuperVet

1	Juliet Garnham	F	7.2K	00:32:30
2	Mary Narey	F	5K	00:22:35
3	Jo Hayward	F	10K	00:46:33
4	Sandra Mayhew	F	5K	00:25:03
5	Jo Stephenson	F	10K	00:51:38
6	Rachel Terry	F	5K	00:23:55
				<b>03:22:15</b>

72

59 - Pacers F LSV

LadiesSuperVet

1	Wendy Smith	F	7.2K	00:31:32
2	Kirsty Weavers	F	5K	00:23:59
3	Zohra Armitage	F	10K	00:47:23
4	Faith Lewis	F	5K	00:27:21
5	Gill leathers	F	10K	00:48:24
6	Jenny Morgan	F	5K	00:23:51
				<b>03:22:30</b>



Position

Club

Category:

73

174 - The Royal Males

Unaffiliated / Social

1	Sandy Page	F	7.2K	00:34:20
2	Stuart Goldsmith	M	5K	00:27:19
3	Mark Bulstrode	M	10K	00:45:15
4	Kieron Perry	M	5K	00:26:08
5	Andrew Horne	M	10K	00:46:15
6	Simon Goldsmith	M	5K	00:23:21
				<b>03:22:39</b>

74

91 - Framlingham Flyers men's open red

MensOpen

1	Stewart Woods	M	7.2K	00:28:52
2	Dylan Ali	M	5K	00:26:09
3	Lee Ali	M	10K	00:49:13
4	Tom Clements	M	5K	00:25:17
5	Richard Higgins	M	10K	00:45:48
6	Mark Sargeantson	M	5K	00:27:26
				<b>03:22:45</b>

75

124 - Pacers J MX

Mixed

1	Peter Bird	M	7.2K	00:32:48
2	Annie Richardson	F	5K	00:24:14
3	Rob Wallace	M	10K	00:43:45
4	Eloise Bird	F	5K	00:29:21
5	Mark Lewis	M	10K	00:48:23
6	Stephen Pretty	M	5K	00:24:29
				<b>03:23:00</b>

Position

Club

Category:

76

69 - FRR Jackson At The Double (Male Open)

MensOpen

1	Peter Woods	M	7.2K	00:34:06
2	Jamie Jackson	M	5K	00:25:30
3	Chris Wright	M	10K	00:47:21
4	Sam Toy	M	5K	00:23:44
5	Ben Jackson	M	10K	00:48:26
6	Dave Hamer	M	5K	00:24:04
				<b>03:23:11</b>

77

11 - Witham Running Club-Men's Vets 2

MensVet

1	James Attenborough	M	7.2K	00:34:55
2	Alex Stuckey	M	5K	00:23:08
3	Peter Banks	M	10K	00:43:13
4	Andrew Notley	M	5K	00:23:59
5	James Cooch	M	10K	00:52:32
6	Andrew Read	M	5K	00:25:41
				<b>03:23:28</b>

78

26 - Stow Striders Running with The Legends - V60

Over60

1	Frank Moggan	M	7.2K	00:37:45
2	Frank Watson	M	5K	00:27:56
3	Stephen Mead	M	10K	00:45:12
4	Chris Starmer	M	5K	00:22:50
5	Andrew Webber	M	10K	00:47:37
6	John Gage	M	5K	00:22:51
				<b>03:24:10</b>

Position

Club

Category:

79

57 - Colchester Harriers Ladies Supervets

LadiesSuperVet

1	Fran Norris	F	7.2K	00:33:57
2	Melissa Dowell	F	5K	00:23:51
3	Nicola Hilson	F	10K	00:49:17
4	Susan Waller-Toyne	F	5K	00:25:02
5	Alexandra Hennessy	F	10K	00:47:37
6	Anita Mussett	F	5K	00:24:45
				<b>03:24:29</b>

80

16 - FRR Good Win In Church (Male Supervet)

MensSuperVet

1	Adrian Goode	M	7.2K	00:33:33
2	Tom Stephens	M	5K	00:22:40
3	Kevin Whelan	M	10K	00:51:31
4	Dave Church	M	5K	00:24:14
5	Andy Metcalfe	M	10K	00:50:07
6	Mark Goodwin	M	5K	00:22:26
				<b>03:24:30</b>

81

137 - Reepham Runners A MX

Mixed

1	Robert Groves	M	7.2K	00:34:44
2	Melanie Elliot	F	5K	00:29:53
3	Dominic Blake	M	10K	00:37:43
4	Hils Harmer-Jones	F	5K	00:25:55
5	Philip Cooper	M	10K	00:47:35
6	Paul Elliot	M	5K	00:29:51
				<b>03:25:41</b>

Position

Club

Category:

82

24 - Harwich Runners MV50

MensSuperVet

1	Robin Brookes	M	7.2K	00:29:05
2	Ian David	M	5K	00:34:22
3	Kim Pretty	M	10K	00:49:01
4	Richard Newman	M	5K	00:21:47
5	Ian Cannons	M	10K	00:49:13
6	Will Haining	M	5K	00:22:40
				<b>03:26:08</b>

83

121 - ALICE'S BVH MX 2

Mixed

1	Alice Grant	F	7.2K	00:36:48
2	Eva Eccles	F	5K	00:22:45
3	Jo Watkins	F	10K	00:44:35
4	Belle Watkins	F	5K	00:27:16
5	Mark Crookes	M	10K	00:48:03
6	Steph Ellis	F	5K	00:26:53
				<b>03:26:20</b>

84

129 - GBRC - Team 4 Mixed Open

Mixed

1	Jonathon Mann	M	7.2K	00:29:44
2	Inga Hayden-Cooper	F	5K	00:25:08
3	Kathy Bishop	F	10K	00:51:44
4	Laura Cook	F	5K	00:28:27
5	Peter Benton	M	10K	00:51:02
6	Robin Oakley	M	5K	00:20:28
				<b>03:26:33</b>

Position

Club

Category:

85

77 - Colchester Harriers Mens Vets 3rd team

MensVet

1	Chris Panton	M	7.2K	00:34:47
2	Johnny Rowland	M	5K	00:25:36
3	Simon Miller	M	10K	00:50:47
4	Kieran Callaghan	M	5K	00:25:35
5	Allen Smalls	M	10K	00:43:25
6	Arthur Whiston	M	5K	00:26:33
				<b>03:26:44</b>

86

51 - Framlingham Flyers Ladies

LadiesVet

1	Annabel Shiroi- Thomas	F	7.2K	00:35:05
2	Sarah Maidment	F	5K	00:26:07
3	Sian Kingston	F	10K	00:44:47
4	Laura Ali	F	5K	00:26:53
5	Helen Barber	F	10K	00:50:13
6	Jo Parden	F	5K	00:24:28
				<b>03:27:34</b>

87

31 - NNBR Karen and her Beach Boys V60

Over60

1	Kenny Balding	M	7.2K	00:31:59
2	Martin Eden	M	5K	00:29:35
3	Fish Sadler	M	10K	00:46:13
4	Clive Hedges	M	5K	00:26:25
5	Karen Balcombe	F	10K	00:51:25
6	Kenny Balding	M	5K	00:22:12
				<b>03:27:48</b>

Position

Club

Category:

88

158 - Sudbury Joggers SJ MO

MensOpen

1	Rob Gourlay	M	7.2K	00:35:45
2	Jonathan Price	M	5K	00:34:32
3	Mark Sailsbury	M	10K	00:43:34
4	Ben Cuthbert	M	5K	00:22:16
5	Sally Bowen	F	10K	00:47:15
6	Jem Smith	M	5K	00:24:31
				<b>03:27:53</b>

89

171 - The Bright and Beautifuls

Unaffiliated / Social

1	Jimmy Ho	M	7.2K	00:37:17
2	Ali Rands	F	5K	00:31:46
3	Ross Rands	M	10K	00:48:21
4	Joe Francis	M	5K	00:24:29
5	Nick Venner	M	10K	00:41:58
6	Aimee Venner	F	5K	00:24:13
				<b>03:28:05</b>

90

65 - Kesgrave Cruisers FV35

LadiesVet

1	Helen Findley	F	7.2K	00:34:12
2	Sophie Doe	F	5K	00:24:20
3	Sandy Page	F	10K	00:52:01
4	Bella Lock	F	5K	00:25:39
5	Kate Scotter	F	10K	00:47:07
6	Carissa Wyatt	F	5K	00:25:29
				<b>03:28:47</b>

Position

Club

Category:

91

173 - AIRBORNE FIT ONE

Unaffiliated / Social

1	Nicola Ripman	F	7.2K	00:33:13
2	Connor Wilson	M	5K	00:47:31
3	Kevin Collins	M	10K	00:41:42
4	Sarah Clow	F	5K	00:23:02
5	Michael Jennings	M	10K	00:42:30
6	Alice Wilmer	F	5K	00:22:08
				<b>03:30:06</b>

92

42 - Newmarket Joggers LO

LadiesOpen

1	Hannah Parsons	F	7.2K	00:33:12
2	Helinä Salo	F	5K	00:25:09
3	Wendy Ancill	F	10K	00:54:01
4	Cerys Bithell	F	5K	00:21:00
5	Ellie Bithell	F	10K	00:50:46
6	Angela Drury	F	5K	00:27:26
				<b>03:31:34</b>

93

143 - Saxons 261 MX

Mixed

1	Jake Church	M	7.2K	00:33:07
2	Tina Church	F	5K	00:32:31
3	Kyle Church	M	10K	00:41:22
4	Jane Collins	F	5K	00:34:47
5	Chris Wong	M	10K	00:43:05
6	Helen Drane	F	5K	00:28:06
				<b>03:32:58</b>

Position

Club

Category:

94

54 - JAFFA LSV

LadiesSuperVet

1	Sue Lockhart	F	7.2K	00:37:19
2	Rachael Page	F	5K	00:22:33
3	Val Jennings	F	10K	00:48:42
4	Gemma Moss	F	5K	00:24:39
5	Wendy Kellett	F	10K	00:54:01
6	Ruth Baker	F	5K	00:25:46
				<b>03:33:00</b>

95

33 - Black Dogs 5 V60 'New Tricks'

Over60

1	Chris Chorley	M	7.2K	00:32:29
2	Bobbie Sauerzapf	F	5K	00:27:58
3	Rob Hall	M	10K	00:48:44
4	John Wharton	M	5K	00:29:19
5	Stephen Pulfer	M	10K	00:49:10
6	Hazel Garrity	F	5K	00:25:37
				<b>03:33:17</b>

96

110 - Kesgrave Kruisers Little Mixed

Mixed

1	Martin Ashworth	M	7.2K	00:36:51
2	Amy Welsh	F	5K	00:28:45
3	Richard Phillips	M	10K	00:49:42
4	Simon Wyatt	M	5K	00:24:47
5	Peter Ingram	M	10K	00:45:05
6	Rachel Stone	F	5K	00:29:40
				<b>03:34:50</b>



Position	Club	Category:
97	135 - Shufflers - David's Dashers MX	Mixed

1	David Wenyon	M	7.2K	00:33:13
2	Nicky Watson	F	5K	00:27:32
3	Kitty Mithen	F	10K	00:49:42
4	Amanda Smith	F	5K	00:26:43
5	Steve Roberts	M	10K	00:50:09
6	Jono Sheldrake-Gooding	M	5K	00:27:49
				<b>03:35:08</b>

98	165 - Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social
----	--	-----------------------

1	Kelly Guyon	F	7.2K	00:41:30
2	Amy Arkle	F	5K	00:30:46
3	Duncan Cox	M	10K	00:48:57
4	Katie Rixon	F	5K	00:26:26
5	Chris Wells	M	10K	00:48:24
6	Tony Smart	M	5K	00:19:25
				<b>03:35:28</b>

99	141 - NNBR Viva La Vets MX	Mixed
----	----------------------------	-------

1	David Dawbar	M	7.2K	00:38:17
2	Richard West	M	5K	00:29:08
3	Amanda Marshall	F	10K	00:48:47
4	Sal Ryder	F	5K	00:24:18
5	Rebecca Maun	F	10K	00:49:36
6	Jonathan Phillips	M	5K	00:25:56
				<b>03:36:03</b>

Position	Club	Category:		
100	113 - Kesgrave Kruisers Ready Mixed	Mixed		
1	Deborah Stocker	F	7.2K	00:36:01
2	Mark Foulkes	M	5K	00:25:55
3	Marcus Kwan	M	10K	00:49:55
4	Adel Webber	F	5K	00:31:20
5	Shane Flack	M	10K	00:43:20
6	Matt Williamson	M	5K	00:30:21
				<b>03:36:52</b>

101	153 - Framlingham Flyers All Sorts	Mixed		
1	David Dinnage	M	7.2K	00:35:57
2	Linda Aldred	F	5K	00:27:08
3	Will Aldred	M	10K	00:46:39
4	Kyra Wilson	F	5K	00:26:24
5	Jez Ashton	M	10K	00:51:23
6	Peter Russell	M	5K	00:29:37
				<b>03:37:09</b>

102	63 - Harwich Runners FV35	LadiesVet		
1	Helen Benham	F	7.2K	00:38:48
2	Tracie Lawrie	F	5K	00:24:44
3	Karen Stapleton	F	10K	00:49:42
4	Emma Duffy	F	5K	00:26:11
5	Tanya Straight	F	10K	00:48:54
6	Clair Block	F	5K	00:29:30
				<b>03:37:49</b>

Position

Club

Category:

103

36 - Stowmarket Striders Lore of Running - Ladies

LadiesOpen

1	Donna Cooper	F	7.2K	00:35:36
2	Jasmine Ager	F	5K	00:25:34
3	Claire Douglas	F	10K	00:51:55
4	Amiee Heeks	F	5K	00:26:34
5	Kate Heeks	F	10K	00:49:12
6	Chloe Heeks	F	5K	00:29:09
				<b>03:38:01</b>

104

67 - Shufflers Ruth's Racers LV

LadiesVet

1	Ruth Ackworth	F	7.2K	00:35:49
2	Claire Harrington	F	5K	00:28:18
3	Rosie Denny	F	10K	00:49:02
4	Kate Hayward Brackenbury	F	5K	00:25:47
5	Aimee McLachlan	F	10K	00:50:17
6	Helen McLennon Warwick	F	5K	00:29:17
				<b>03:38:30</b>

105

140 - Capel Cheetahs 2 MX

Mixed

1	Andrew Chatfield	M	7.2K	00:32:24
2	Glenn Yellop	M	5K	00:25:48
3	Marie Pavely	F	10K	00:53:22
4	Anna Clapton	F	5K	00:26:41
5	Lorna Webber	F	10K	00:55:27
6	Katie Holmes	F	5K	00:25:02
				<b>03:38:45</b>

Position

Club

Category:

106

48 - RCR LO 4

LadiesOpen

1	Teresa Brown	F	7.2K	00:39:32
2	Suzi Whymark	F	5K	00:24:09
3	Tess Kirby	F	10K	00:51:25
4	Maria Huntley	F	5K	00:27:26
5	Gemma Abbott	F	10K	00:53:24
6	Amanda Mortimer	F	5K	00:23:16
				<b>03:39:12</b>

107

131 - GBRC - Team 6 Mixed Open

Mixed

1	Mark Harris	M	7.2K	00:39:37
2	Shawn Leek	M	5K	00:28:10
3	Meera Rajoo-Oakley	F	10K	00:50:17
4	Gary C	M	5K	00:34:05
5	Doug McGilliray	M	10K	00:38:39
6	Donna Harris	F	5K	00:28:31
				<b>03:39:18</b>

108

167 - Dirty Dolphiners - Team Dusky

Unaffiliated / Social

1	Ian Elkins	M	7.2K	00:34:55
2	Charlotte Richardson	F	5K	00:28:50
3	Jimmy Secker	M	10K	00:47:12
4	Nicola Currant	F	5K	00:34:29
5	Luke Arkle	M	10K	00:52:29
6	Mark Salisbury	M	5K	00:21:45
				<b>03:39:41</b>

Position

Club

Category:

109

170 - Dirty Dolphiners - Team Pantropical Spotted

Unaffiliated / Social

1	Hayley Gittings	F	7.2K	00:39:19
2	Steph Ling	F	5K	00:28:52
3	Adam Buckle	M	10K	00:49:22
4	Nicky Cant	F	5K	00:35:26
5	Tom Codling	M	10K	00:45:51
6	Louise Glass	F	5K	00:21:07
				<b>03:39:57</b>

110

93 - FRR Storeys Of Dorset (Mixed Supervet) MX

Mixed

1	Darren Storey	M	7.2K	00:36:44
2	Paul Dorset	M	5K	00:28:26
3	Debbie Catling	F	10K	00:53:04
4	Michelle Murphy	F	5K	00:24:12
5	Christopher Durrant	M	10K	00:51:48
6	Glen Mures	M	5K	00:25:55
				<b>03:40:08</b>

111

144 - Saxons 309 MX

Mixed

1	Chris Lucas	M	7.2K	00:48:22
2	Sarah Vick	F	5K	00:25:49
3	Chris Blagden	M	10K	00:49:23
4	Karen Flower	F	5K	00:31:45
5	James Wilson	M	10K	00:36:16
6	Mel Blagden	F	5K	00:29:06
				<b>03:40:41</b>

Position

Club

Category:

112

103 - Ipswich Phoenix RC Team B MX

MensOpen

1	Kyle Filby	M	7.2K	00:34:22
2	Martin Garrod	M	5K	00:27:42
3	Gerry Mccarthy	M	10K	00:55:45
4	Charles Layzell	M	5K	00:23:59
5	Sophie Bell	F	10K	00:57:04
6	Jason Dighton	M	5K	00:21:50
				<b>03:40:42</b>

113

50 - Black Dogs 3 LO 'Hot Dogs'

LadiesOpen

1	Hannah Mae Taylor	F	7.2K	00:37:57
2	Jo Wells	F	5K	00:22:57
3	Justine Fawcett	F	10K	00:51:41
4	Victoria Wagg	F	5K	00:25:47
5	Emma Meiring	F	10K	00:54:58
6	Michelle Lightfoot	F	5K	00:27:39
				<b>03:40:59</b>

114

159 - B&amp;P Supreme

Unaffiliated / Social

1	Paul Brand	M	7.2K	00:37:16
2	Elliot Tyler	M	5K	00:20:27
3	Stuart Pyke	M	10K	00:44:35
4	Elliot Tyler	M	5K	00:21:13
5	Rachel Brand-Smith	F	10K	01:15:17
6	Matthew Brand	M	5K	00:22:28
				<b>03:41:16</b>

Position	Club	Category:		
115	104 - LRR Marathon Maniacs MX	Mixed		
1	James White	M	7.2K	00:35:56
2	Chelsea Forwood	F	5K	00:31:39
3	Jonathan Weavers	M	10K	00:45:05
4	Darryl Ainslie	M	5K	00:35:55
5	James Crisp	M	10K	00:43:49
6	Jo Pallant	F	5K	00:28:55
				<b>03:41:19</b>

116	116 - Gazelles 4 MX	Mixed		
1	Steve Sadd	M	7.2K	00:36:35
2	Mark Thorpe	M	5K	00:29:12
3	Emese Bartha	F	10K	00:47:03
4	Ian Woods	M	5K	00:28:42
5	Marie Clark	F	10K	00:53:01
6	Graham Hardingham	M	5K	00:26:51
				<b>03:41:24</b>

117	130 - GBRC - Team 5 Mixed Open	Mixed		
1	Nick Goodman	M	7.2K	00:37:53
2	Emma Wright	F	5K	00:27:41
3	Jonathan Briggs	M	10K	00:48:47
4	Sammy Cotton	F	5K	00:30:36
5	Fraser Lewis	M	10K	00:49:00
6	Martin Cotton	M	5K	00:27:28
				<b>03:41:25</b>

Position

Club

Category:

118

172 - B&amp;P Ultimate

Unaffiliated / Social

1	Ray Pyke	M	7.2K	00:41:52
2	Toni Brand	F	5K	00:34:53
3	Matthew Brand	M	10K	00:44:59
4	Nick Pyke	M	5K	00:31:33
5	Ray Brand-Smith	M	10K	00:46:39
6	Stuart Pyke	M	5K	00:21:44
				<b>03:41:39</b>

119

176 - AIRBORNE FIT TWO

Unaffiliated / Social

1	Kate Wooldridge	F	7.2K	00:37:29
2	Matt Standring	M	5K	00:25:42
3	Peter Gray	M	10K	00:46:48
4	Helen Offord	F	5K	00:30:26
5	Matt Standring	M	10K	00:56:47
6	Laura Collinson	F	5K	00:25:13
				<b>03:42:25</b>

120

29 - GBRC - Team 2 Over 60s

Over60

1	Paul Smith	M	7.2K	00:35:57
2	Norma Smith	F	5K	00:28:36
3	Paul Carlisle	M	10K	00:51:09
4	Tonie Wilson	F	5K	00:27:42
5	Rdoger Alexander	M	10K	00:51:13
6	Melanie Moore	F	5K	00:28:10
				<b>03:42:46</b>



Position

Club

Category:

121

89 - Witham Running Club-Men's Open

MensOpen

1	Ben O'Leary	M	7.2K	00:36:11
2	David Grainger	M	5K	00:28:28
3	Louis Kitchener	M	10K	00:51:40
4	Michael Conroy	M	5K	00:25:16
5	Steven Alder	M	10K	01:00:55
6	Daniel Griffiths	M	5K	00:20:25
				<b>03:42:54</b>

122

45 - FRR Stand &amp; Deliver (Female Open)

LadiesOpen

1	Rachel Southgate	F	7.2K	00:37:08
2	Sarah Banham	F	5K	00:27:15
3	Kayleigh Turpin	F	10K	00:52:35
4	Danielle Wright	F	5K	00:26:40
5	Maria Riera-Turro	F	10K	00:52:12
6	Laura Ayling	F	5K	00:27:08
				<b>03:42:57</b>

123

84 - JAFFA Mens Open C

MensOpen

1	Paul Goldring	M	7.2K	00:36:18
2	Adrian Peake	M	5K	00:23:05
3	Phil Davies	M	10K	00:59:42
4	Alex Steward	M	5K	00:24:06
5	Jonathan Summers	M	10K	00:55:25
6	Gary Ingram	M	5K	00:24:24
				<b>03:43:01</b>

Position

Club

Category:

124

108 - LRR The Joggnauts MX

Mixed

1	Karen Evans	F	7.2K	00:37:04
2	Phil Ayres	M	5K	00:25:41
3	Tom Galley	M	10K	00:44:18
4	Caroline Parniss	F	5K	00:32:13
5	Jamie Mordecai	M	10K	00:58:06
6	Mark Elflett	M	5K	00:26:27
				<b>03:43:49</b>

125

34 - Witham Running Club-Over 60s

Over60

1	Michael Poulter	M	7.2K	00:41:47
2	Owen Dare	M	5K	00:20:08
3	Ian Lucas	M	10K	00:54:42
4	Trevor Johnson	M	5K	00:22:35
5	David Jobling	M	10K	00:53:47
6	Colin Short	M	5K	00:31:01
				<b>03:43:59</b>

126

150 - Harwich Runners Mixed B - Interclub Challeng

Mixed

1	Elspeth Knott	F	7.2K	00:42:34
2	Simon Day	M	5K	00:22:12
3	Sam Good Matthews	M	10K	00:45:42
4	Penny Barrington	F	5K	00:27:29
5	Dave Rout	M	10K	00:58:27
6	Alison Evans	F	5K	00:27:54
				<b>03:44:19</b>

Position	Club	Category:
127	107 - LRR Running is our Therapy MX	Mixed

1	Pete Kohler	M	7.2K	00:43:22
2	Flo Lyon	F	5K	00:28:59
3	Rachel Plant	F	10K	00:45:55
4	Phil Brand	M	5K	00:24:29
5	Lee Phillips	M	10K	00:49:35
6	Gina Warford	F	5K	00:32:20
				<b>03:44:40</b>

128	148 - Beccles & Bungay Harriers (Eagles) MX	Mixed
-----	---	-------

1	Gemma Wright	F	7.2K	00:44:36
2	Chrissy Palmer	F	5K	00:30:51
3	Carl Davey	M	10K	00:41:45
4	Ian Gardner	M	5K	00:26:07
5	Hugh Gatenby	M	10K	00:55:29
6	Jonathon Puxley	F	5K	00:26:08
				<b>03:44:56</b>

129	97 - Harwich Runners Mixed A - Interclub Challenge	Mixed
-----	--	-------

1	Christina Pretty	F	7.2K	00:40:46
2	Michael Knowles	M	5K	00:21:41
3	Ruby Francis	F	10K	00:57:23
4	Zoe Orr	F	5K	00:30:59
5	Will Davidson	M	10K	00:47:52
6	Claire Matthieson	F	5K	00:27:04
				<b>03:45:45</b>

Position

Club

Category:

130

28 - Ipswich Tri Club 3 V60

Over60

1	Alan Hillyard	M	7.2K	00:37:17
2	Steve Bembridge	M	5K	00:23:42
3	Simon Green	M	10K	01:00:36
4	Joe Naughton	M	5K	00:28:43
5	Pat Morgan	M	10K	00:51:09
6	Ruth Acworth	F	5K	00:25:59
				<b>03:47:26</b>

131

149 - Beccles &amp; Bungay Harriers (Falcons) MX

Mixed

1	Karen Waters	F	7.2K	00:48:30
2	Lorna Hemmant	F	5K	00:26:42
3	Jonathan Puxley	M	10K	00:50:12
4	Katherine Saunders	F	5K	00:31:25
5	Lynn Emmett	F	10K	00:46:34
6	John Stevens	M	5K	00:24:33
				<b>03:47:56</b>

132

106 - LRR Pacemakers MX

Mixed

1	Jonathan Lincoln	M	7.2K	00:33:30
2	Natasha Korovilas	F	5K	00:29:59
3	Becky Langford	F	10K	00:52:36
4	Liam Mullen	M	5K	00:28:19
5	Chris Woodcock	M	10K	00:51:46
6	Debbie Secret	F	5K	00:31:58
				<b>03:48:08</b>

Position

Club

Category:

133

40 - JAFFA LO B

LadiesOpen

1	Natasha Smith	F	7.2K	00:38:41
2	Lisa Clarke	F	5K	00:24:13
3	Jen Wright	F	10K	00:59:37
4	Kate Hutson	F	5K	00:27:21
5	Sian Abbott	F	10K	00:54:23
6	Terri Green	F	5K	00:24:26
				<b>03:48:42</b>

134

111 - Kesgrave Kruisers Mega Mixed

Mixed

1	Femi Ariyo	M	7.2K	00:32:56
2	Mandy Chinery	F	5K	00:33:51
3	Joseph Martin	M	10K	00:53:04
4	Chris Dutton	M	5K	00:27:35
5	Kenneth Wright	M	10K	00:54:24
6	Claire Phillips	F	5K	00:27:13
				<b>03:49:04</b>

135

41 - Gazelles 3 LO

LadiesOpen

1	Annie Warman	F	7.2K	00:38:17
2	Justine Davenport	F	5K	00:32:25
3	Lou Hurr	F	10K	00:49:59
4	Heather Houghton	F	5K	00:35:32
5	Cath Watts	F	10K	00:45:29
6	Stephanie Evans	F	5K	00:27:48
				<b>03:49:30</b>

Position

Club

Category:

136

147 - Beccles &amp; Bungay Harriers (Buzzards) MX

Mixed

1	Hannah Devine	F	7.2K	00:40:08
2	Paula Canham	F	5K	00:27:55
3	Tim Bonnett	M	10K	00:49:21
4	Judy Potter	F	5K	00:35:44
5	Kes Hopkins	F	10K	00:47:24
6	Peppe Rella	M	5K	00:29:18
				<b>03:49:49</b>

137

118 - Newmarket Joggers Mixed #2

Mixed

1	Sophie Adams	F	7.2K	00:44:12
2	Andy Hayward	M	5K	00:34:59
3	Marc Feary	M	10K	00:44:16
4	Pearl Fay	F	5K	00:38:05
5	Neville Clarke	M	10K	00:51:05
6	Mark Hayward	M	5K	00:17:28
				<b>03:50:05</b>

138

109 - Kesgrave Kruisers Essential Mixed

Mixed

1	Richie Taylor	M	7.2K	00:43:22
2	Cath Orrin	F	5K	00:30:24
3	Ash Sadler	M	10K	00:47:39
4	Michelle Martin	F	5K	00:31:16
5	Chris Lock	M	10K	00:47:52
6	Olivia Catley	F	5K	00:30:15
				<b>03:50:49</b>

Position

Club

Category:

139

100 - JAFFA Mixed A

Mixed

1	Lisa Loomes	F	7.2K	00:39:08
2	Fiona Smith	F	5K	00:29:01
3	Annabel Brown	F	10K	00:59:56
4	Anna Keeble	F	5K	00:24:58
5	Harry King	M	10K	00:49:54
6	Kelly Wade	F	5K	00:27:53
				<b>03:50:50</b>

140

61 - Witham - Small Elves LV

LadiesVet

1	Leanne Andrews	F	7.2K	00:42:53
2	Liz Stuckey	F	5K	00:25:58
3	Sian Tate	F	10K	00:59:21
4	Lindsey Morgan	F	5K	00:25:46
5	Maggie Mason	F	10K	00:53:56
6	Angela Wray	F	5K	00:23:15
				<b>03:51:09</b>

141

105 - LRR Olympic Worthy MX

Mixed

1	Suzy Grant	F	7.2K	00:41:56
2	Lee Roth	M	5K	00:28:51
3	Lauren Elmore	F	10K	00:49:07
4	Becky Palmer	F	5K	00:38:32
5	Jon Meadows	M	10K	00:49:49
6	Chris Meadows	M	5K	00:23:12
				<b>03:51:27</b>

Position

Club

Category:

142

62 - Hadleigh Hares Team LV 2

LadiesVet

1	Samantha Cooper	F	7.2K	00:41:49
2	Geraldine Suckling	F	5K	00:25:39
3	Belinda Godbold	F	10K	00:53:52
4	Lucy Jay	F	5K	00:28:38
5	Katrina Rigby	F	10K	00:56:11
6	Maria Ward	F	5K	00:25:33
				<b>03:51:42</b>

143

114 - Gazelles 1 MX

Mixed

1	Lee Oxbury	M	7.2K	00:32:33
2	Amberley Fitzalan-Cram	F	5K	00:46:34
3	Steven Newson	M	10K	00:49:06
4	Beccy Parke	F	5K	00:27:57
5	Chris Moore	M	10K	00:47:14
6	Helen Mullins	F	5K	00:28:40
				<b>03:52:03</b>

144

132 - GBRC - Team 7 Mixed Open

Mixed

1	Caroline Dyer	F	7.2K	00:36:11
2	Barbara Law	F	5K	00:44:04
3	Robbie Lee	M	10K	00:49:26
4	Andrew Dyer	M	5K	00:26:35
5	Craig Mitchell	M	10K	00:43:58
6	Lex Carlisle	F	5K	00:32:31
				<b>03:52:44</b>



Position	Club	Category:	
145	115 - Gazelles 2 MX	Mixed	

1	Rhiannon Evans	F	7.2K	00:37:05
2	Julie London	F	5K	00:29:07
3	Tim woods	M	10K	00:54:01
4	Heather Dagraca	F	5K	00:34:24
5	Jack Jarvis	M	10K	00:50:22
6	Gavin Douglass	M	5K	00:27:47
				<b>03:52:46</b>

146	72 - Stowmarket Striders Paul's Running Formula -	Mixed
-----	---	-------

1	Paul Heeks	M	7.2K	00:39:40
2	Jasmine Selfe	F	5K	00:29:40
3	Charlotte Elkin	F	10K	00:52:45
4	Denise Wright	F	5K	00:30:16
5	Sam Hardwick	M	10K	00:51:18
6	Pippa Sargent	F	5K	00:29:19
				<b>03:52:58</b>

147	183 - Stowmarket Striders Don't Stop Me Now - Ope	Mixed
-----	---	-------

1	Kim Drain	M	7.2K	00:36:51
2	Leanne Oatham	F	5K	00:41:18
3	Louise Wilkins	F	10K	00:54:25
4	Stephen Edmondson	M	5K	00:28:07
5	Will Terry	M	10K	00:48:10
6	James Ellis	M	5K	00:24:27
				<b>03:53:18</b>

Position

Club

Category:

148

157 - Sudbury Joggers Ekidecades

Mixed

1	Sarah Pennock	F	7.2K	00:41:14
2	Ruth Cowlin	F	5K	00:26:03
3	Jem Smith	M	10K	00:49:46
4	Jodie Budd	F	5K	00:37:35
5	Ian Bareham	M	10K	00:50:41
6	Annie Gourlay	F	5K	00:28:09
				<b>03:53:28</b>

149

133 - GBRC - Team 8 Mixed Open

Mixed

1	Caroline Searle	F	7.2K	00:48:42
2	Martin West	M	5K	00:30:34
3	Rob Dyer	M	10K	00:46:36
4	Eileen Shadford	F	5K	00:28:09
5	Helen Carey	F	10K	00:56:46
6	Charlie Keitch	M	5K	00:22:52
				<b>03:53:39</b>

150

166 - Dirty Dolphiners - Team Amazon River

Unaffiliated / Social

1	Ed Lui	M	7.2K	00:38:46
2	Yaz Seivey	F	5K	00:32:14
3	Paul Strutt	M	10K	00:47:35
4	Farley Boxall	F	5K	00:30:34
5	Brad Guyon	M	10K	00:55:40
6	Geraldine Clifford	F	5K	00:29:46
				<b>03:54:36</b>

Position

Club

Category:

151

146 - RCR MX 1

Mixed

1	Andrew Cocker	M	7.2K	00:42:15
2	Hayley Howard	F	5K	00:29:53
3	Lee Stephenson	M	10K	00:55:58
4	Tracy Ratcliffe	F	5K	00:29:58
5	Anika Balfe	F	10K	00:54:55
6	David Robinson	M	5K	00:22:44
				<b>03:55:42</b>

152

175 - Ellisons 2

Unaffiliated / Social

1	Tim Bacon	M	7.2K	00:35:07
2	Natalia Shuttlewood	F	5K	00:32:24
3	Guy Longhurst	M	10K	00:55:04
4	Izzy Longhurst	F	5K	00:28:53
5	Clair Jefferson	F	10K	00:56:05
6	Lola-Jane Miller	F	5K	00:30:05
				<b>03:57:36</b>

153

179 - Ipswich Boys AC

Unaffiliated / Social

1	Lee Coote	M	7.2K	00:42:54
2	Mike Lancaster	M	5K	00:33:24
3	Chris Gilbert	M	10K	00:50:02
4	David Scrivener	M	5K	00:35:06
5	Gary Taylor	M	10K	00:39:17
6	Justin Hunter	M	5K	00:37:39
				<b>03:58:22</b>

Position

Club

Category:

154

155 - Running Colchester 1

Mixed

1	Amber Fox-Hammond	F	7.2K	00:41:21
2	Angela Duncan	F	5K	00:30:14
3	Gary Cole	M	10K	00:48:06
4	Sue Foley	F	5K	00:36:51
5	Chris Ringrose	M	10K	00:52:39
6	Wendy Bell	F	5K	00:29:24
				<b>03:58:35</b>

155

164 - Hard Core Coffee Runners Team 2

Unaffiliated / Social

1	Claire Trott	F	7.2K	00:43:31
2	Liz Masding	F	5K	00:28:32
3	Kevin Holley	M	10K	00:50:56
4	Rachel Southgate	F	5K	00:25:43
5	Jennifer Wright	F	10K	01:03:27
6	Janette Smith	F	5K	00:27:50
				<b>03:59:59</b>

156

37 - Witham Running Club-Ladie's Open

LadiesOpen

1	Elizabeth Prior	F	7.2K	00:36:11
2	Rachel O'Leary	F	5K	00:25:16
3	Christine Israel-Jones	F	10K	01:09:08
4	Nadia McLeod	F	5K	00:25:44
5	Annalise Tye	F	10K	00:54:55
6	Jodee Mayer	F	5K	00:30:44
				<b>04:01:58</b>

Position

Club

Category:

157

56 - Stowmarket Striders The Grace to Run - FV45

LadiesSuperVet

1	Charlotte Hawes	F	7.2K	00:39:14
2	Angela Selfe	F	5K	00:29:52
3	Karen Offord	F	10K	00:50:25
4	Sharon Warland	F	5K	00:30:06
5	Simonne Graells	F	10K	01:04:33
6	Julia Moss-Eccardt	F	5K	00:27:54
				<b>04:02:03</b>

158

139 - Capel Cheetahs 1 MX

Mixed

1	Jo Harris	F	7.2K	00:39:02
2	Paul Hales	M	5K	00:31:19
3	Helen Yellop	F	10K	00:53:37
4	Nigel Johns	M	5K	00:31:47
5	John Dunnett	M	10K	00:53:53
6	Heidi Knight	F	5K	00:33:43
				<b>04:03:20</b>

159

47 - NNBR Ladies LO

LadiesOpen

1	Claire Foulkes	F	7.2K	00:40:37
2	Nicola Balding	F	5K	00:28:54
3	Katherine Wright	F	10K	00:56:08
4	Helen Harrison	F	5K	00:26:14
5	Natasha Sumner	F	10K	01:02:37
6	Nikki Kavanagh	F	5K	00:29:07
				<b>04:03:37</b>

Position

Club

Category:

160

162 - Ipswich Phoenix RC Team C Soc

Unaffiliated / Social

1	Bron Sarginson	F	7.2K	00:36:18
2	Emma Mortimer	F	5K	00:25:27
3	Gemma Copsey	F	10K	01:05:31
4	Ingaret Howells	F	5K	00:32:54
5	Mark Davey	M	10K	00:54:55
6	James Mortimer	F	5K	00:29:16
				<b>04:04:22</b>

161

32 - Black Dogs 4 V60 'Canis Major'

Over60

1	Bruce Rayner	M	7.2K	00:36:17
2	Jayne Capps-Jenner	F	5K	00:29:45
3	Richard Dye	M	10K	00:54:04
4	Jackie Bell	F	5K	00:31:17
5	Mik Carr	M	10K	00:58:51
6	Dinah Foster	F	5K	00:34:17
				<b>04:04:31</b>

162

156 - Running Colchester 2

Mixed

1	Jon Enefer	M	7.2K	00:43:07
2	Andy Thompson	M	5K	00:38:13
3	Julian Wareham	M	10K	00:45:01
4	Jenny Kaye	F	5K	00:32:57
5	Brain Smith	M	10K	00:57:43
6	Ketlaine Combet-Zegani	F	5K	00:27:39
				<b>04:04:40</b>

Position

Club

Category:

163

142 - Kesgrave Kruisers Trail Mixed

Mixed

1	Neil Catley	M	7.2K	00:34:40
2	Claire Rush	F	5K	00:33:38
3	Andy Jump	M	10K	01:05:48
4	Jane Mathias	F	5K	00:32:08
5	David McNae	M	10K	00:51:57
6	Brett Martin	M	5K	00:26:51
				<b>04:05:02</b>

164

25 - FRR No Mooning In Church (Over 60)

Over60

1	Stuart Mason	M	7.2K	00:34:57
2	Jo Whelan	F	5K	00:29:59
3	David Seymour	M	10K	00:54:58
4	Jenny Church	F	5K	00:31:12
5	Jane Moon	F	10K	01:02:07
6	Zoila Reyes	F	5K	00:33:37
				<b>04:06:49</b>

165

136 - Shufflers Graham's Gallopers MX

Mixed

1	Rachel Kearton	F	7.2K	00:40:13
2	Niamh Lingley	F	5K	00:33:16
3	Kate O'Connor Parker	F	10K	01:00:16
4	Graham Bush	M	5K	00:29:59
5	Ben Solway	M	10K	00:52:29
6	Wendy Quantrill	F	5K	00:31:09
				<b>04:07:23</b>

Position	Club	Category:		
166	96 - Hadleigh Hares Team MX 3	Mixed		
1	Fiona Holland	F	7.2K	00:40:47
2	Ryan McNeil	M	5K	00:27:20
3	Joanne Sargent	F	10K	01:03:41
4	Deborah Stewart	F	5K	00:30:47
5	Neil Holloway	M	10K	00:55:48
6	Andrew Stewart	M	5K	00:29:58
				<b>04:08:22</b>

167	71 - Pacers A 70s	Over70		
1	Chris Cook	M	7.2K	00:43:27
2	Roger Brand	M	5K	00:33:26
3	Jane Wall	F	10K	00:51:39
4	Robert Price	M	5K	00:35:47
5	Steven Rue	M	10K	00:52:26
6	John Cullum	M	5K	00:32:37
				<b>04:09:22</b>

168	126 - Boxted Bears MX	Mixed		
1	Jen carter-Horner	F	7.2K	00:42:39
2	Cheryl Damen	F	5K	00:34:07
3	Matt hayward	M	10K	00:54:27
4	Jacqueline Surtees	F	5K	00:32:30
5	Kieran Healy	M	10K	00:55:10
6	Jan Wilcox	F	5K	00:30:43
				<b>04:09:36</b>



Position

Club

Category:

169

70 - NNBR Super Seventies

Over70

1	Peter Hill	M	7.2K	00:44:04
2	Liz Letzer	F	5K	00:33:29
3	Jim Hayes	M	10K	00:55:59
4	Rod Smith	M	5K	00:35:49
5	Sam Weller	M	10K	00:52:59
6	Jim Hayes	M	5K	00:28:04
				<b>04:10:24</b>

170

180 - Ellisons 1

Unaffiliated / Social

1	Aimee Phillips	F	7.2K	00:56:44
2	Alison Hare	F	5K	00:27:51
3	Cerys Gunn	F	10K	00:56:06
4	Steve Stratton	M	5K	00:24:32
5	Nicola Weldon	F	10K	00:59:26
6	Lyndsey Squirrell	F	5K	00:27:37
				<b>04:12:16</b>

171

58 - Newmarket Joggers LSV

LadiesSuperVet

1	Ruth Eberhardt	F	7.2K	00:39:01
2	Suzanne Bailey	F	5K	00:27:53
3	Helen Wass	F	10K	00:58:36
4	Bridget Wallwin	F	5K	00:29:10
5	Sianie Painter	F	10K	01:04:43
6	Jan Holmes	F	5K	00:33:39
				<b>04:13:02</b>

Position

Club

Category:

172

44 - Ipswich Tri Club 2 LO

LadiesOpen

1	Gemma Howard	F	7.2K	00:45:31
2	Hayley Roche	F	5K	00:32:41
3	Emily Spence	F	10K	00:50:02
4	Susannah Rosenberg	F	5K	00:41:36
5	Calli Challis	F	10K	01:03:32
6	Davina Greenwell	F	5K	00:21:56
				<b>04:15:18</b>

173

46 - JAFFA LO C

LadiesOpen

1	Misty Smith	F	7.2K	00:41:00
2	Justine Harrison	F	5K	00:36:49
3	Adriana Houchell	F	10K	01:08:31
4	Lisa Loomes	F	5K	00:27:54
5	Katie Peake	F	10K	00:55:50
6	Freya Wilcox	F	5K	00:25:24
				<b>04:15:27</b>

174

66 - FRR Parking Brake (Female Vet)

LadiesVet

1	Hillary Brake	F	7.2K	00:43:48
2	Daniela Elstone	F	5K	00:35:56
3	Dawn Gibson	F	10K	01:02:55
4	Donna Chidlow	F	5K	00:28:34
5	Joanne Harper	F	10K	00:53:12
6	Lucy Driver	F	5K	00:31:21
				<b>04:15:45</b>

Position

Club

Category:

175

52 - Witham Running Club-Ladie's Super Vets

LadiesSuperVet

1	Anita Grainger	F	7.2K	00:42:24
2	Karen Flowers	F	5K	00:29:43
3	Lysia Jiggins	F	10K	01:01:46
4	Jenny Layley	F	5K	00:31:22
5	Sarah Naughton	F	10K	01:01:41
6	Lisa Leader	F	5K	00:29:06
				<b>04:16:02</b>

176

127 - Boxted Broncos MX

Mixed

1	Helen Scott	F	7.2K	00:40:20
2	Sarah Box	F	5K	00:33:39
3	jacquie King	F	10K	00:55:42
4	Lukas Groenwald	M	5K	00:31:42
5	Ian Bown	M	10K	00:58:22
6	John Perry	M	5K	00:36:51
				<b>04:16:35</b>

177

101 - JAFFA Mixed B

Mixed

1	Howard Allen	M	7.2K	00:39:03
2	Julie Haselwood	F	5K	00:31:57
3	Terry Spurgeon	M	10K	00:52:23
4	Ella Macartney	F	5K	00:43:33
5	Mon Lee	M	10K	00:59:58
6	Sophie Coleman	F	5K	00:32:05
				<b>04:18:59</b>

Position

Club

Category:

178

119 - Newmarket Joggers Mixed #3

Mixed

1	Jim Withers	M	7.2K	00:43:11
2	Jackie Henley	F	5K	00:32:55
3	Neil Williamson	M	10K	00:55:03
4	Angela Brennan	F	5K	00:29:14
5	Chris Aylmer	M	10K	01:06:16
6	Jo Bouttell	F	5K	00:34:37
				<b>04:21:15</b>

179

94 - FRR Ostler's Brew (Mixed Vet)

Mixed

1	Justin Ostler	M	7.2K	00:42:40
2	Melonie Tatnell-Evans	F	5K	00:33:13
3	Martyn Brewster	M	10K	00:55:11
4	Roger Garrod	M	5K	00:32:05
5	Ali Ostler	F	10K	01:05:56
6	John Driver	M	5K	00:38:14
				<b>04:27:18</b>

180

68 - NNBR Scrambled Legs LV

LadiesSuperVet

1	Deborah Gillespie	F	7.2K	00:49:32
2	Ann Smith	F	5K	00:30:36
3	Sarah Keen	F	10K	01:09:57
4	Karen West	F	5K	00:31:02
5	Jackie McCambridge	F	10K	00:55:32
6	Sarah Morter	F	5K	00:34:00
				<b>04:30:39</b>

Position

Club

Category:

181

49 - RCR LO 6

LadiesOpen

1	Carol Miller	F	7.2K	00:39:17
2	Allie Cornwell	F	5K	00:33:32
3	Deb Hart	F	10K	01:06:15
4	Lesley Last	F	5K	00:41:49
5	Larissa Mayhew	F	10K	01:06:46
6	Nicola Sanderson	F	5K	00:37:11
				<b>04:44:50</b>

182

160 - I Can Run CIC Team Cakes

Unaffiliated / Social

1	Lisa Keane	F	7.2K	00:53:10
2	Pauline McGlynn	F	5K	00:39:58
3	Helen Ayers	F	10K	01:03:15
4	Jane Metcalfe	F	5K	00:37:13
5	Sharon Hayfield	F	10K	01:05:44
6	Karen Brackenbury	F	5K	00:34:49
				<b>04:54:09</b>

183

161 - I Can Run CIC Team Cookies

Unaffiliated / Social

1	Karen Poulter	F	7.2K	00:56:49
2	Naomi Roberts	F	5K	00:34:46
3	Carol Downs	F	10K	01:07:45
4	Bev De Boos	F	5K	00:39:14
5	Heather Smith	F	10K	01:13:31
6	Rachael Hagger	F	5K	00:38:48
				<b>05:10:53</b>