



Team Results by Category

07 July 2024

18:28:40

Category:

| Position | Club | Time |
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| 1 | Colchester Harriers Ladies Open | 02:58:35 |
| 2 | JAFFA Ladies Open A | 03:14:16 |
| 3 | Harwich Runners FO | 03:32:35 |
| 4 | NRR LO Team 3 | 03:33:10 |
| 5 | Newmarket Joggers LO Female Open | 03:34:36 |
| 6 | Witham RC Womens Open Team 1 | 03:38:27 |
| 7 | SS9 - RUNNING WITHOUT HEELS - LO | 03:46:36 |
| 8 | Tiptree Road Runners G3 Female Open | 03:49:05 |
| 9 | JAFFA Ladies Open B | 03:56:37 |
| 10 | JAFFA Ladies Open C | 03:57:11 |
| 11 | NRR LO Team 4 | 04:05:15 |
| 12 | Woodbridge Shufflers Lottie's Ladies LO | 04:11:42 |
| 13 | Warrior Race Crew - WRC WO2 | 04:19:15 |
| 14 | JAFFA Ladies Open D | 04:19:32 |

Category:

| Position | Club | Time |
|----------|--------------------------------------|----------|
| 1 | Colchester Harriers Ladies Supervets | 03:22:18 |
| 2 | SS5 - SOLE SISTAS - FV45 | 03:29:40 |
| 3 | Pacers L LSV | 03:33:17 |
| 4 | NNBR Beach Runners Belles LSV | 03:55:45 |
| 5 | The Heavy Breathers - WRC Womens SV | 04:22:36 |
| 6 | JAFFA Ladies V45 | 04:27:14 |
| 7 | NNBR Scrambled Legs LSV | 04:35:14 |

Category:

| Position | Club | Time |
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| 1 | Pacers B LV | 03:05:32 |
| 2 | JAFFA Ladies V35 | 03:07:36 |

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| 3 | Kesgrave Kruisers FV35 | 03:21:21 |
| 4 | FRR Banham's Bullets LV | 03:26:42 |
| 5 | GBRC Female Vets | 03:27:35 |
| 6 | Colchester Harriers Ladies Vets | 03:29:00 |
| 7 | Framlingham Flyers Ladies Vet Red | 03:44:33 |
| 8 | Capel Cheetahs LadiesVet | 03:50:14 |
| 9 | Framlingham Flyers Ladies Vet Blue | 04:06:32 |
| 10 | Woodbridge Shufflers Rachel's Runners LV | 04:07:49 |
| 11 | Newmarket Joggers Female Vet 35 | 04:27:08 |

Category:

| Position | Club | Time |
|----------|--|----------|
| 1 | Colchester Harriers Mens Open A | 02:26:59 |
| 2 | Pacers F MO | 02:32:54 |
| 3 | FRR Adam And The Pants MO | 02:37:15 |
| 4 | NRR MO Team 1 | 02:40:12 |
| 5 | Colchester Harriers Mens Open B | 02:45:34 |
| 6 | Haverhill RC Men's Open | 02:46:37 |
| 7 | JAFFA Mens Open A | 02:48:29 |
| 8 | LRR Galley Gazelles MO | 02:49:07 |
| 9 | Witham RC Mens Open Team 1 | 02:52:54 |
| 10 | Kesgrave Kruisers MO | 02:53:21 |
| 11 | Harwich Runners MO | 02:56:20 |
| 12 | SS1 - WONDER STUFF - MO | 03:03:33 |
| 13 | Framlingham Flyers Men's Open | 03:05:24 |
| 14 | FRR Bare In The Woods MO | 03:06:06 |
| 15 | NRR MO Team 2 | 03:07:38 |
| 16 | JAFFA Mens Open B | 03:08:44 |
| 17 | NRR MO Team 6 | 03:12:13 |
| 18 | Woodbridge Shufflers Keith's Kwikkies MO | 03:15:44 |
| 19 | Newmarket Joggers Mens Open | 03:18:33 |
| 20 | Sudbury Joggers Fancy Dress Optional | 03:24:16 |
| 21 | Capel Cheetahs MensOpen | 03:29:27 |

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| 22 | RCR 5 MO | 03:32:15 |
| 23 | JAFFA Mens Open C | 03:34:30 |
| 24 | Woodbridge Shufflers David's Dashers MO | 03:38:04 |
| 25 | LRR Blue Chironics MX | 03:44:11 |
| 26 | WRC Misfits - WRC MO2 | 03:47:00 |

Category:

| Position | Club | Time |
|----------|--|----------|
| 1 | Colchester Harriers Mens Supervets A | 02:48:02 |
| 2 | FRR Not So Young Bucks MSV | 03:01:24 |
| 3 | Pacers G MSV | 03:03:46 |
| 4 | Harwich Runners Mens Super Vets | 03:16:15 |
| 5 | Newmarket Joggers Men V50 | 03:19:48 |
| 6 | Colchester Harriers Mens Supervets B | 03:20:58 |
| 7 | Framlingham Flyers men's supervet | 03:21:10 |
| 8 | JAFFA Mens V50 | 03:22:52 |
| 9 | Witham RC Mens SV | 03:29:23 |
| 10 | RCR MSV 3 | 03:32:55 |
| 11 | Woodbridge Shufflers Roger's Rascals MSV | 03:32:59 |
| 12 | SS4 - SWIFTIES - MV50 | 03:37:35 |

Category:

| Position | Club | Time |
|----------|----------------------------------|----------|
| 1 | Bure Valley Harriers Male Vets | 02:44:51 |
| 2 | Colchester Harriers Mens Vets A | 02:45:37 |
| 3 | Pacers C MV | 02:46:01 |
| 4 | Framlingham Flyers Men's Vet Red | 02:54:05 |
| 5 | CATs Mens Vet | 02:54:40 |
| 6 | GBRC Male Vets | 02:56:51 |
| 7 | FRR Read & Wright MV | 02:58:39 |
| 8 | JAFFA Mens V40 | 02:58:43 |
| 9 | Colchester Harriers Mens Vets B | 03:03:39 |
| 10 | Tiptree Road Runners G3 MV | 03:20:35 |

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| 11 | SS2 - SOLE II SOLE - MV40 | 03:28:40 |
| 12 | Pacers J MV | 03:33:42 |
| 13 | Framlingham Flyers Men Vet Blue | 03:37:01 |

Category:

| Position | Club | Time |
|----------|--|----------|
| 1 | GBRC Mixed Open Team 7 | 02:54:21 |
| 2 | Pacers K MXD | 02:56:58 |
| 3 | Wymondham AC MX | 02:58:26 |
| 4 | Bure Valley Harriers Mixed | 03:07:40 |
| 5 | Tiptree Road Runners G4 mixed | 03:09:13 |
| 6 | Ipswich Phoenix Team A MX | 03:11:15 |
| 7 | CATS Senior Mix Team A | 03:14:09 |
| 8 | Ipswich Triathlon Serious Team MX | 03:21:06 |
| 9 | Hadleigh Hares Senior Team 1 MX | 03:21:23 |
| 10 | Pacers H MXD | 03:25:41 |
| 11 | Colchester Harriers Mixed A | 03:29:31 |
| 12 | Saxons MX 3 | 03:31:07 |
| 13 | Gazelles Dorcas MX | 03:32:01 |
| 14 | Jacks Jammers MX | 03:34:45 |
| 15 | Pacers M MXD | 03:35:52 |
| 16 | Haverhill RC Mixed open 1 | 03:36:27 |
| 17 | Beccles & Bungay Harriers Team 1 (Mixed) | 03:37:12 |
| 18 | Gazelles Springboks | 03:37:13 |
| 19 | Kesgrave Kruisers Spice Mix | 03:39:24 |
| 20 | LRR The Fitzgerald Flyers MX | 03:40:33 |
| 21 | Boxted Bears MX | 03:40:41 |
| 22 | Pacers E MXD | 03:41:39 |
| 23 | NRR MX Team 7 | 03:41:52 |
| 24 | CATs Senior Mix team B | 03:41:53 |
| 25 | Framlingham Flyers mixed | 03:42:01 |
| 26 | LRR Amazing Grace MX | 03:42:21 |
| 27 | Gazelles Chinkaras MX | 03:42:35 |

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| 28 | LRR Lotties Legwarmers MX | 03:44:20 |
| 29 | Saxons MX 2 | 03:44:58 |
| 30 | Beccles & Bungay Harriers Team 3 (Mixed) | 03:45:58 |
| 31 | Saxons MX 1 | 03:46:12 |
| 32 | GBRC Mixed Open Team 1 | 03:46:22 |
| 33 | Kesgrave Kruisers Essential Mix | 03:46:43 |
| 34 | GBRC Mixed Open Team 5 | 03:48:06 |
| 35 | GBRC Mixed Open Team 3 | 03:48:40 |
| 36 | Kesgrave Kruisers Little Mix | 03:48:51 |
| 37 | Hadleigh Hares Senior Team 2 MX | 03:49:01 |
| 38 | FRR Debbie's Delights MX | 03:49:12 |
| 39 | GBRC Mixed Open Team 2 | 03:49:31 |
| 40 | Colchester Harriers Mixed B | 03:49:49 |
| 41 | Kesgrave Kruisers Mega Mix | 03:50:29 |
| 42 | Woodbridge Shufflers MX Graham's Gallopers | 03:50:42 |
| 43 | Tiptree Road Runners Gp2 MX | 03:51:22 |
| 44 | Sudbury Joggers Fancy Dress | 03:52:23 |
| 45 | Saxons MX 4 | 03:53:31 |
| 46 | Kesgrave Kruisers Trail Mix | 03:53:33 |
| 47 | GBRC Mixed Open Team 6 | 03:54:00 |
| 48 | Ipswich Phoenix Team B MX | 03:54:49 |
| 49 | GBRC Mixed Open Team 4 | 03:55:21 |
| 50 | Capel Cheetahs Mixed | 03:57:18 |
| 51 | Kesgrave Kruisers Ready Mix | 03:57:24 |
| 52 | Boxted Broncos MX | 04:00:21 |
| 53 | RCR MX 4 | 04:00:45 |
| 54 | Beccles & Bungay Harriers Team 2 (Mixed) | 04:02:36 |
| 55 | RCR MX 2 | 04:03:53 |
| 56 | Harwich Runners Mixed Team | 04:04:21 |
| 57 | SS6 - SOLE TRADERS - MXO | 04:05:19 |
| 58 | Running Colchester 2 MX | 04:07:05 |
| 59 | RCR MX 1 | 04:07:05 |
| 60 | FRR Dropping Anca For A Macdonalds MX | 04:09:40 |

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| 61 | FRR Hard Luck - No Parking Here MX | 04:11:06 |
| 62 | JAFFA Mixed A | 04:11:22 |
| 63 | Running Colchester 1 MX | 04:14:47 |
| 64 | RCR 6 MX | 04:17:00 |
| 65 | FRR Makin The Dog Bark MX | 04:18:50 |
| 66 | Hadleigh Hares Senior Team 3 MX | 04:19:31 |
| 67 | SS8 - SOLEFUL - MXO | 04:25:41 |
| 68 | FRR Heading South To Dorset MX | 04:37:18 |
| 69 | Ipswich Triathlon Club - Here for the Picnic Team | 05:13:08 |

Category:

| Position | Club | Time |
|----------|-------------------------------------|----------|
| 1 | Colchester Harriers Mens 60 | 02:59:43 |
| 2 | Pacers D V60 | 03:15:07 |
| 3 | Newmarket Joggers Men V60 | 03:31:45 |
| 4 | Witham RC Over 60s Men | 03:32:29 |
| 5 | NNBR - Karen and her Beach Boys 60+ | 03:32:34 |
| 6 | SS3 - GOLDEN SOLES - MXV60 | 03:44:28 |
| 7 | JAFFA Mens V60 | 03:48:04 |
| 8 | FRR Like A Fine Wine 60s | 03:53:48 |
| 9 | NRR 60s Team 5 | 03:59:05 |
| 10 | SS7 - HEART & SOLE - MXV60 | 04:12:45 |
| 11 | The Also Rans - WRC O60Mi | 04:38:47 |

Category:

| Position | Club | Time |
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| 1 | Pacers A V70 | 04:07:57 |
| 2 | NNBR Super Seventies | 04:23:49 |

Category:

| Position | Club | Time |
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| 1 | Dirty Dolphiners - Team Irrawaddy | 03:00:26 |
| 2 | Airborne Fit One | 03:02:22 |

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| 3 | Kelvedon Snivellers | 03:09:17 |
| 4 | Lowestoft Park Runners | 03:16:40 |
| 5 | Ensors | 03:21:21 |
| 6 | Airborne Fit Two | 03:28:26 |
| 7 | Dirty Dolphiners - Team Pantropical Spotted | 03:30:12 |
| 8 | Dirty Dolphiners - Team Australian Snubfin | 03:32:21 |
| 9 | Airborne Fit Four | 03:33:01 |
| 10 | Dirty Dolphiners - Team Amazon River | 03:36:31 |
| 11 | Hard Core Coffee Runners 1 | 03:43:18 |
| 12 | Dirty Dolphiners - Team Hector's | 03:46:57 |
| 13 | Hard Core Coffee Runners 2 | 03:47:42 |
| 14 | SIXOFTHEBEST | 03:55:48 |
| 15 | KHS1 | 03:56:49 |
| 16 | Dirty Dolphiners - Team Dusky | 03:57:57 |
| 17 | Airborne Fit Five | 03:58:07 |
| 18 | Ipswich High School - Orwell Team | 03:59:44 |
| 19 | Ipswich High School - Woolverstone Team | 04:00:57 |
| 20 | Airborne Fit Three | 04:19:09 |
| 21 | KHS2 | 04:21:24 |
| 22 | Jammy Dodgers | 04:21:30 |
| 23 | Hadleigh Jeffing Queens 2 | 04:47:52 |
| 24 | Hadleigh Jeffing Queens 1 | 04:56:29 |