

Ekiden Senior Individual Results 2026

1150 individual leg times — grouped by leg distance, fastest first

5K Leg (574 runners)

Rank	Name	Time	Gender	Team	Bib
1	Theo Gardiner	00:16:23	M	Colchester Harriers Senior Men A	14
2	Ben Peck	00:16:37	M	Pacers M Mo	2
3	Osman Adam	00:16:52	M	Jaffa Mens Open B	8
4	Oli Levens	00:17:01	M	Colchester Harriers Senior Men A	14
5	Max Jeffery	00:17:07	M	Pacers L Mo	1
6	Sultan Tusa	00:17:21	M	Jaffa Mens Open A	7
7	Sean Eales	00:17:31	M	Colchester Harriers Senior Men A	14
8	Jack Wilkinson	00:17:48	M	Jaffa Mens V40	45
9	James Parr	00:17:49	M	Jaffa Mens Open A	7
10	Ethan Wade	00:17:50	M	Jaffa Mens Open B	8
11	James Peck	00:18:12	M	Pacers L Mo	1
12	Ricky O'neil	00:18:16	M	Jaffa Mens V40	45
13	Matt Webster	00:18:20	M	Wymondham Ac Mx	177
14	Thomas Abbs	00:18:25	M	Bvh Mens Vets	40
15	Jack Harwood	00:18:26	M	Mileswithsmiles A Mo	23
16	Oliver Lamber	00:18:33	M	Pacers L Mo	1
17	Jon Nears	00:18:34	M	Colchester Harriers Men Supervets A	50
18	Josh Scarlett	00:18:38	M	Pacers G Mx	158
19	Jimmy Ho	00:18:40	M	Jaffa Mens Open A	7
20	Freddie Turner	00:18:46	M	Mileswithsmiles A Mo	23
21	Carl White	00:18:49	M	Bvh Mens Vets	40
22	Archie Bullingham	00:18:55	M	Fram 1 Mx	181
23	Kyle Church	00:18:57	M	Saxons Super Men's Mo	20
24	Adam Wade	00:19:02	M	Jaffa Mens V40	45
25	Jason Townsend	00:19:07	M	Cats - Fur-ious Paced Cats Mo	9
26	Richard Smith	00:19:07	M	Dirty Dolphiners - Team Irrawaddy Mo	16
27	Alfie Seamons	00:19:08	M	Saxons Super Men's Mo	20
28	Ian Flook	00:19:09	M	Harwich Runners Mo	6
29	Daniel Lee	00:19:12	M	Benfleet Mixed A	101
30	Harvey Wade	00:19:13	M	Braydeston Milers Male Open	35
31	Morgan Moore	00:19:17	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
32	Thomas Abbs	00:19:22	M	Bvh Open Mens	34
33	Mark Stratton	00:19:28	M	Pacers B Msv	52
34	Lee Quibell	00:19:34	M	Bvh Mens Vets	40
35	Simon Colclough	00:19:35	M	Colchester Harriers Vets Men A	49

Rank	Name	Time	Gender	Team	Bib
36	Eamonn Fahy	00:19:37	M	Colchester Harriers Senior Men B	3
37	Micky Ayling	00:19:38	M	Pacers M Mo	2
38	Thomas Southwood	00:19:38	M	Pacers M Mo	2
39	Tom Attwell	00:19:39	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
40	Elliot Hobson	00:19:40	M	Jaffa Mens Open C	11
41	Wilf Campbell	00:19:41	M	Jaffa Mens V60	62
42	David Dines	00:19:41	M	Boxted Bulls Mo	10
43	Graeme Knott	00:19:46	M	Harwich Runners Mensvet	44
44	Matt Bonnar	00:19:48	M	Clacton Seafront Runners Mo 2	27
45	Joseph Mayes	00:19:49	M	Norwich Road Runners 1 Mo	36
46	Ollie Gifford	00:19:49	M	Colchester Harriers Senior Men B	3
47	Ross Shaw	00:19:52	M	Colchester Harriers Senior Men B	3
48	Bill Hill	00:19:52	M	Pacers B Msv	52
49	Luca Kading	00:19:53	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
50	Maciej Golis	00:19:54	M	Colchester Harriers Vets Men A	49
51	Adrian Frost	00:19:54	M	Pacers B Msv	52
52	Will Ridgard	00:19:56	M	Saxons Super Men's Mo	20
53	Alex Borwick	00:19:56	M	Colchester Harriers Vets Men A	49
54	Kyle Richards	00:19:56	M	Cats - Fur-ious Paced Cats Mo	9
55	Ben Howard	00:19:57	M	Cats - Fur-ious Paced Cats Mo	9
56	Henry Fowler	00:20:00	M	Airborne Fit Mx	153
57	Nick Lawrie	00:20:03	M	Harwich Runners Mensvet	44
58	Billy Holland	00:20:10	M	Kesgrave Cruisers Ready Mix	137
59	Paul Wain	00:20:20	M	Jaffa Mens Open C	11
60	Daisy Watson	00:20:24	F	Benfleet Mixed A	101
61	Ella Stewart	00:20:25	F	Pacers D Lo	80
62	Will Taylor	00:20:27	M	Mileswithsmiles A Mo	23
63	Ryan Davidson	00:20:31	M	Frr Coned Off, Yeah? Mx	111
64	Mark Hayden	00:20:33	M	Si's Matters Mv	47
65	Matthew Cheung	00:20:35	M	Norwich Road Runners 1 Mo	36
66	Richard Leeder	00:20:36	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
67	Richard Boden	00:20:37	M	Colchester Harrieres Men V60 A	60
68	George Smith	00:20:38	M	Fram 1 Mx	181
69	Jack Noble	00:20:39	M	Bvh Open Mens	34
70	Thomas Jarrett	00:20:39	M	Ipswich Triathlon Club - The One & Only Team Mo	12
71	Mat Norris	00:20:42	M	Pacers J Mv	46
72	Harvey Thomas	00:20:49	M	Newmarket Joggers Mixed	143
73	Sara Bird	00:20:49	F	Ipswich Jaffa Ladies V35	200
74	Mason Groom	00:20:51	M	Martlesham Leisure 2 Mo	32

Rank	Name	Time	Gender	Team	Bib
75	William Simpson	00:20:52	M	Bvh Open Mens	34
76	Charlie Keitch	00:20:54	M	Gbrc Orange Team Mo	42
77	Alex Smith	00:20:56	M	Frr The Doberman Allstars Mo	21
78	Matt Bartram	00:20:57	M	Coastal Crew Mo	28
79	Phil Green	00:20:59	M	Pacers K Mo	15
80	Steve Foster	00:21:01	M	Haverhill Men Open A	17
81	Naomi Sandercock	00:21:07	F	Cats Win By A Whisker Lo	75
82	Ashley Smy	00:21:07	M	Frr The Doberman Allstars Mo	21
83	Hannah Manser	00:21:07	F	Diss Ac Road Runners Team 2 Mx	117
84	Cienna Carter	00:21:09	F	Newmarket Joggers Mixed	143
85	Cath Jeffery	00:21:11	F	Pacers D Lo	80
86	Gavin Horrex	00:21:13	M	Ipswich Phoenix Running Club Mx Team A	141
87	Craig Smith	00:21:14	M	Dirty Dolphiners - Team Irrawaddy Mo	16
88	Michael Knowles	00:21:15	M	Harwich Runners Mo	6
89	Paul Dellar	00:21:19	M	Colchester Harriers Men Supervets A	50
90	Will Aldred	00:21:22	M	Flyers V50 Mixed	123
91	Neil Oxbury	00:21:22	M	Braydeston Milers Male Open	35
92	Peter Squirrell	00:21:24	M	Jaffa Mens Open C	11
93	Paulus Hughes	00:21:25	M	Gbrc Orange Team Mo	42
94	Jamie Collier	00:21:29	M	Diss Ac Road Runners Mx Team 4	116
95	Kirsty Wheeler	00:21:30	F	Lowestoft Road Runners A: Shulver's Striders Mx	94
96	Paul Davison	00:21:31	M	Gbrc Purple Team Mx	129
97	Stacey Mockford	00:21:33	F	Pacers G Mx	158
98	Kerry Buckley	00:21:33	M	Frr Buckled And Stoned Msv	55
99	Tom Carter	00:21:33	M	Si's Matters Mv	47
100	Andy Cliston	00:21:34	M	Ipswich Phoenix Running Club Mx Team A	141
101	John Rainbow	00:21:35	M	Flyers V40 Mixed	122
102	Erica Cole	00:21:43	F	Moretonhallrunners	192
103	Sophie West	00:21:46	F	Gazelles Evans Eagles Mx	184
104	Maya Wright	00:21:49	F	Ipswich Jaffa Ladies Open A	78
105	Simon Peters	00:21:49	M	Tiptree Road Runners M Open	26
106	Chris Stevenson	00:21:52	M	Colchester Harrieres Men V60 A	60
107	Eleanor Chapman	00:21:55	F	Bvh Ladies Open	73
108	Ben Jackson	00:21:56	M	Frr The Doberman Allstars Mo	21
109	Kit Leonard	00:21:58	M	Boxted Bulls Mo	10
110	Thomas Richardson	00:22:01	M	Harwich Runners Mo	6
111	Izzy Hollands	00:22:02	F	Pacers G Mx	158
112	Lydia Kindred	00:22:04	F	Flyers V40 Mixed	122
113	Stefan Hogan Steele	00:22:05	M	Gbrc Yellow Team Mx	124

Rank	Name	Time	Gender	Team	Bib
114	Holly Wright	00:22:06	F	Ipswich Phoenix Running Club Mx Team A	141
115	Shelley Tonks	00:22:07	F	Clacton Seafront Runners Mx 1	155
116	Georgia Humphreys	00:22:09	F	Ipswich Jaffa Ladies V35	200
117	Rob Wallace	00:22:10	M	Pacers J Mv	46
118	Simon Colclough	00:22:10	M	Colchester Harriers Mixed A	114
119	Michael Harman	00:22:11	M	Boxted Bulls Mo	10
120	Paul Gardiner	00:22:11	M	Colchester Harriers Men Supervets A	50
121	Sarah Sellens	00:22:15	F	Colchester Harriers Women A	113
122	Lisa Greengrass	00:22:16	F	Wac Atak Mx	191
123	Nic Hool	00:22:17	F	Fram 1 Mx	181
124	Oscar Chapman	00:22:20	M	Martlesham Leisure 2 Mo	32
125	Helen Hilario	00:22:20	F	Newmarket Joggers Mixed	143
126	Phil Nicholson	00:22:23	M	Nrr Easier Said Than Run Mx	68
127	Jonathan Meadows	00:22:24	F	Lowestoft Road Runners A: Shulver's Striders Mx	94
128	Alex Ely	00:22:25	F	Jacass Cake Runners Mx	176
129	Graham Wigley	00:22:25	M	Flyers V60	61
130	Ruth Manly	00:22:27	F	Diss Ac Road Runners Team 2 Mx	117
131	Sophie Seward	00:22:28	F	Pacers D Lo	80
132	Zoe Webster	00:22:30	F	Wymondham Ac Mx	177
133	Tom Creber	00:22:30	M	Blc Mixed Team 1	103
134	Ellen Sitton	00:22:31	F	Harwich Runners Ladies Open	76
135	Jack Tappin	00:22:31	M	Haverhill Men Open A	17
136	Jasmine Bilner	00:22:31	F	Ipswich Jaffa Ladies Open A	78
137	Fran Cooke	00:22:35	F	Bvh Ladies Open	73
138	Tom Higgins	00:22:35	M	Gbrc Yellow Team Mx	124
139	Harry Noble	00:22:35	M	Dirty Dolphiners - Team Irrawaddy Mo	16
140	Lee Kingston	00:22:35	M	Clacton Seafront Runners Mx 1	155
141	Jack Tappin	00:22:37	M	Haverhill Men Open A	17
142	Dani Gilbert	00:22:37	F	Wymondham Ac Mx	177
143	Richard Hewitt	00:22:40	M	Ipswich Triathlon Club - The One & Only Team Mo	12
144	Lewis Fagg	00:22:40	M	Hrr Heroic Relay Runners Mo	5
145	Paul Brand	00:22:41	M	Ipswich Trail Runners 2 Mx	188
146	Paul Smith	00:22:42	M	Nrr Easier Said Than Run Mx	68
147	Xander Damen	00:22:45	M	Boxted Buffaloes Mx	110
148	Mark Womack	00:22:47	M	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
149	Rob White	00:22:48	M	Blc Mixed Team 3	105
150	Claire Brown	00:22:49	F	Jacass Cake Runners Mx	176
151	Daniel Mayes Dally	00:22:50	M	Jaffa Mens Open B	8
152	Chloe Neall	00:22:51	F	Woodbridge Shufflers - Lottie's Leapers Lo	84

Rank	Name	Time	Gender	Team	Bib
153	Christopher Thornton	00:22:51	M	Gbrc Orange Team Mo	42
154	Jack Thurston	00:22:52	M	Clacton Seafront Runners Mo 2	27
155	Julie Branch	00:22:53	F	Moretonhallrunners	192
156	Rachael Page	00:22:57	F	Ipswich Jaffa Ladies V35	200
157	Jo Harris	00:22:58	F	Capel Cheetahs Ladies Sv	86
158	Philip Wood	00:23:01	M	Cat-ch Us If You Can Mo	43
159	Christopher Purse	00:23:03	M	Springfield Striders Rc Mx	150
160	Karl Bedingfield	00:23:08	M	Pacers H Mx	180
161	Ben Bannar-martin	00:23:10	M	Kelvedon Snivellers Mv	58
162	Emma Jeffrey	00:23:10	F	Benfleet Mixed A	101
163	Matt Benson	00:23:11	M	Sj Fancy Dress	98
164	Mark. Watts	00:23:12	M	Pacers E 60s	65
165	Glen Head	00:23:13	M	Tiptree Road Runners M Open	26
166	Rick Robinson	00:23:13	M	Clacton Seafront Runners Mo 2	27
167	Piers Morgan	00:23:21	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
168	Karen Balcombe	00:23:22	F	Nnbr Six Sixties	64
169	Alison Briggs-mcmullen	00:23:22	F	Colchester Harriers Women A	113
170	Leonardo Waters	00:23:23	M	Khs2 Mo	30
171	Sophie Baines	00:23:23	F	Martlesham Leisure 1 Mx	164
172	Ryaan George	00:23:25	M	Lowestoft Parkrunners - Upper Esplanade Mx	163
173	Karen Offord	00:23:25	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
174	Col Everitt-barden	00:23:25	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
175	Kelly Finney	00:23:26	F	Clacton Seafront Runners Mx 1	155
176	Kate Sandercock	00:23:26	F	Colchester Harriers Women Supervets A	87
177	Kevin Bitter	00:23:27	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
178	Kayleigh Cosgrove	00:23:27	F	Blc Mixed Team 2	104
179	Georgia Blofeld	00:23:27	F	Wrc Team 2 Mx	173
180	Mark Stewart	00:23:28	M	Braydeston Milers Male Open	35
181	Vicky Tapp	00:23:28	F	Cats Win By A Whisker Lo	75
182	Matt Benson	00:23:29	M	Dirty Dolphiners - Team Pantropical Spotted Mx	190
183	Bradley Wheeler	00:23:31	M	Ipswich Phoenix Running Club Mx Team B	142
184	Jenny Last	00:23:32	F	Martlesham Leisure 1 Mx	164
185	Amanda Henry	00:23:32	F	Colchester Harriers Women Supervets A	87
186	Chris Gardiner	00:23:33	M	Tiptree Road Runners Team 4 Mixed	85
187	David Crotch	00:23:34	M	Norwich Road Runners 1 Mo	36
188	Gabriel Martins	00:23:34	M	Jaffa Mens V50	51
189	Duncan Cox	00:23:35	M	Dirty Dolphiners - Team Amazon River	186
190	Sarah Osborne	00:23:36	F	Newmarket Joggers Mixed Open #2	178
191	Alex Stuckey	00:23:37	M	Wrc Team 4 - Worst Pace Scenario Mo	22

Rank	Name	Time	Gender	Team	Bib
192	Mark Ashwood	00:23:39	M	Haverhill Men Open B	18
193	Paul Dellar	00:23:39	M	Colchester Harriers Senior Men C	4
194	Tom Stephens	00:23:44	M	Frr Buckled And Stoned Msv	55
195	Pat O'dea	00:23:45	M	Harwich Runners Mensvet	44
196	Kevin Bunton	00:23:46	M	Nnbr Six Sixties	64
197	Jack Shepherd	00:23:46	M	Springfield Striders Rc Mx	150
198	Andrew Ward	00:23:50	M	Pacers J Mv	46
199	Carl Stannard	00:23:52	M	Rcr Team 2 Mx	147
200	Kate Russell	00:23:52	F	Haverhill Rc Super Women Lo	83
201	Jules Beaumont	00:23:54	M	Kesgrave Kruisers Mega Mix	135
202	Mark Ewen	00:23:57	M	Cat-ch Us If You Can Mo	43
203	Terry Nippress	00:23:57	M	Pacers K Mo	15
204	Paul Ford	00:23:58	M	Kelvedon Snivellers Mv	58
205	Tarynn Macleod	00:23:58	F	Colchester Harriers Mixed A	114
206	Magdalena Komorowska	00:23:58	F	Gbrc Yellow Team Mx	124
207	Daniel Smith	00:23:59	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
208	Nivalda Dines	00:24:00	F	Boxted Butterflies Lo	72
209	Tom Walton	00:24:03	M	Khs1 Mx	161
210	Elly Downing	00:24:06	F	Airborne Fit Mx	153
211	Vicky Sheldon	00:24:06	F	Tiptree Road Runners Mixed Team 1	59
212	Lilly Kemp	00:24:07	F	Flyers Mixed 1	120
213	Katie Austin	00:24:08	F	Ipswich Jaffa Ladies Open B	79
214	Michael Tink	00:24:10	M	Kesgrave Kruisers Little Mix	134
215	Jessica Fahey	00:24:12	F	Colchester Harriers Women A	113
216	Natasha Smith	00:24:12	F	Ipswich Jaffa Ladies Open A	78
217	Sarah Meehan	00:24:14	F	Gazelles Durrants Dashers Mx	183
218	Joanna Bowley	00:24:14	F	Boxted Butterflies Lo	72
219	Steve Bird	00:24:17	M	Jacass Cake Runners Mx	176
220	Nic Robinson	00:24:18	F	Flyers V40 Mixed	122
221	Adrian Phillippo-green	00:24:18	M	Capel Cheetahs Mens Vets	41
222	Mark Kearton	00:24:19	M	Woodbridge Shufflers Roger's Runners Mx	175
223	Steve Dunnett	00:24:20	M	Flyers V60	61
224	Liz Stuckey	00:24:20	F	Wrc Team 3 Mx	174
225	Karen Evans	00:24:21	F	Lowestoft Road Runners A: Shulver's Striders Mx	94
226	Paul Stone	00:24:21	M	Frr Buckled And Stoned Msv	55
227	Rachel Terry	00:24:23	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
228	Kelvin Davies	00:24:23	M	Blc Mixed Team 1	103
229	Will Anderson	00:24:25	M	Diss Ac Road Runners Mx Team 4	116
230	Stephen Pretty	00:24:25	M	Pacers H Mx	180

Rank	Name	Time	Gender	Team	Bib
231	Gemma Gethen	00:24:26	F	Boxted Butterflies Lo	72
232	Richard Attwell	00:24:26	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
233	Georgie Wells	00:24:28	F	Airborne Fit Mx	153
234	Kate Russell	00:24:32	F	Haverhill Rc Super Women Lo	83
235	Jennie Martin	00:24:33	F	Blc Mixed Team 2	104
236	Liam Elvidge	00:24:34	M	Newmarket Joggers Mixed Open #2	178
237	Kieron Perry	00:24:34	M	Si's Matters Mv	47
238	Stephen Hatten	00:24:34	M	Pacers E 60s	65
239	Peter Benton	00:24:35	M	Gbrc Grey Team Mx	127
240	Ben Russell	00:24:35	M	Kelvedon Snivellers Mv	58
241	Robbie Starling	00:24:38	M	Wac Atak Mx	191
242	Cathy Tyrrell	00:24:38	F	Diss Ac Road Runners Mx Team 1	115
243	Ruth King	00:24:39	F	Tiptree Road Runners Team 4 Mixed	85
244	Gemma Smy	00:24:39	F	Ipswich Trail Runners 1 Mx	187
245	Martin Standen	00:24:41	M	Harwich Runners Mixed	131
246	Helen Richardson-hulme	00:24:42	F	Gazelles Evans Eagles Mx	184
247	Stuart Dewell	00:24:43	M	Lowestoft Road Runners B: Kerry On Running! Mx	95
248	Jacob Cooper	00:24:44	M	Kesgrave Kruisers Essential Mix Mo	133
249	Simon Kedge	00:24:46	M	Clacton Seafront Runners Mx Team 5	189
250	Michelle Hewitt	00:24:46	F	Flyers Mixed 1	120
251	Sophie Doe	00:24:48	F	Kesgrave Kruisers Mega Mix	135
252	Sue Begent	00:24:48	F	Colchester Harriers Mixed A	114
253	Karen Evans	00:24:50	F	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
254	Paul Arnold	00:24:50	M	Gbrc Pink Team Mx	128
255	Maureen Macarthy	00:24:52	F	Pacers F Lsv	91
256	Neil Beales	00:24:59	M	Martlesham Leisure 3 Mx	165
257	Ray Pyke	00:25:01	M	Familyteameleven Mo	29
258	Terri Green	00:25:03	F	Ipswich Jaffa Ladies Open B	79
259	Millie English	00:25:03	F	Mileswithsmiles C Mx	167
260	Natalie Hay	00:25:05	F	Pacers F Lsv	91
261	Mae Washington	00:25:05	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
262	Angela Dellar	00:25:05	F	Tiptree Road Runners F45+	93
263	Colin Knight	00:25:08	M	Pacers A 70s	71
264	Jack Elmslie	00:25:09	M	Onetopteam Mx	168
265	Rob Osborne	00:25:09	M	Dirty Dolphiners - Team Amazon River	186
266	Dave Robinson	00:25:11	M	Rcr Team 4 Mx	149
267	Martin Pearson	00:25:16	M	Moretonhallrunners	195
268	Sandra Bumphrey	00:25:16	F	Capel Cheetahs Ladies Sv	86
269	Laura Ali	00:25:16	F	Mileswithsmiles B Mx	166

Rank	Name	Time	Gender	Team	Bib
270	Garry Macdonald	00:25:19	M	Frr Old Macdonald Is Not A Walker 60s	67
271	Matthew Hall	00:25:21	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
272	Anita Mussett	00:25:23	F	Colchester Harriers Women Supervets A	87
273	Steve Morgan	00:25:25	M	Legs Miserables Mx	162
274	Ben Kendall	00:25:26	M	Nrr Easier Said Than Run Mx	68
275	Duncan Chenery	00:25:29	M	Jaffa Mens V60	62
276	Paul Connick	00:25:29	M	Flyers Mixed 2	121
277	Jodie Sharp	00:25:30	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
278	Graham Hipkin	00:25:31	M	Coastal Crew Mo	28
279	Steven Rue	00:25:31	M	Pacers A 70s	71
280	Tom Clements	00:25:35	M	Flyers V60	61
281	Xavier Mesquita	00:25:37	M	Mileswithsmiles B Mx	166
282	Dan Clapton	00:25:37	M	Capel Cheetahs Mens Vets	41
283	Tom Hoblyn	00:25:37	M	Pacers E 60s	65
284	Will Terry	00:25:38	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
285	Georgina Malster	00:25:40	F	Khs2 Mo	30
286	Mark Sills	00:25:42	M	Frr Cooking In The Woods Mx	196
287	Scott Young	00:25:44	M	Gbrc Purple Team Mx	129
288	James Parden	00:25:46	M	Hrr Heroic Relay Runners Mo	5
289	Catherine Beresford	00:25:47	F	Rcr Team 4 Mx	149
290	Andy Woodman	00:25:49	M	Martlesham Leisure 3 Mx	165
291	Martin Riley	00:25:53	M	Tiptree Road Runners Mixed Team 1	59
292	Misty Smith	00:25:54	F	Ipswich Jaffa Ladies Open B	79
293	Sal Ryder	00:25:57	F	Nnbr Six Sixties	64
294	Rob Hawkins	00:25:58	M	Newmarket Joggers- The Legends 60s	63
295	Angela Dellar	00:25:59	F	Tiptree Road Runners Team 4 Mixed	85
296	Teresa Clark	00:26:03	F	Dirty Dolphiners - Team Amazon River	186
297	Jim Brown	00:26:04	M	Suffolk County Council Team 1	193
298	Len Marten	00:26:04	M	Hrr Heroic Relay Runners Mo	5
299	Paul Kean	00:26:05	M	Springfield Striders Rc Mx	150
300	Wendy Kellett	00:26:08	F	Jaffa Ladies V45	88
301	Simon Hoyle	00:26:11	M	Kesgrave Kruisers Essential Mix Mo	133
302	Kimberley Powles	00:26:12	F	Wac Atak Mx	191
303	Erin Graves	00:26:14	F	Boxted Buffaloes Mx	110
304	Stephen Spinks	00:26:17	M	Ipswich Trail Runners 1 Mx	187
305	Kieran Bales	00:26:18	M	Pacers K Mo	15
306	Richard Phillips	00:26:19	M	Kesgrave Kruisers Spice Mix	138
307	Colby Hack	00:26:20	M	Onetopteam Mx	168
308	Ruth Ackworth	00:26:21	M	Woodbridge Shufflers Roger's Runners Mx	175

Rank	Name	Time	Gender	Team	Bib
309	Dean Catling	00:26:23	M	Frr Old Macdonald Is Not A Walker 60s	67
310	Chris Bareham	00:26:24	M	Haverhill Men Open B	18
311	Jo Stephenson	00:26:26	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
312	Irina Ashdown	00:26:27	F	Wrc Team 3 Mx	174
313	Andrew Vickers	00:26:27	M	Tiptree Road Runners Mixed Team 1	59
314	David Graham	00:26:28	M	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
315	Dave Thornton	00:26:28	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
316	Enzo Johnson	00:26:29	M	Martlesham Leisure 2 Mo	32
317	Roger Barcham	00:26:32	M	Jaffa Mens V60	62
318	Marie Bonnier	00:26:33	F	Harwich Runners Ladies Open	76
319	Maddie Smart	00:26:35	F	Benfleet Mixed B	102
320	Molly Wales	00:26:35	F	Clacton Seafront Runners Mx 4	157
321	David Seymour	00:26:35	M	Frr Old Macdonald Is Not A Walker 60s	67
322	Laura Brown	00:26:36	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
323	Debbie Catling	00:26:38	F	Frr Baxter's Bullets Lsv	100
324	Steffi Walker	00:26:38	F	Dirty Dolphiners - Team Hector's Mx	170
325	Rachel Sharp	00:26:40	F	Wrc Team 2 Mx	173
326	Jo Harper	00:26:41	F	Frr Hurley's Hurricanes Lv	198
327	Lorna Webber	00:26:41	F	Jaffa Mixed	132
328	Deborah Hollidge	00:26:41	F	Gbrc Grey Team Mx	127
329	Lucie Durrant	00:26:44	F	Gazelles Hudsons Heroes Mx	185
330	Kelly Guyon	00:26:44	F	Dirty Dolphiners - Team Pantropical Spotted Mx	190
331	Katie Rixon	00:26:46	F	Dirty Dolphiners - Team Pantropical Spotted Mx	190
332	Rianne Clarey	00:26:52	F	Benfleet Mixed B	102
333	Andrew Anderson-hurst	00:26:52	M	Kesgrave Kruisers Trail Mix	139
334	Stephen Costello	00:26:53	M	Running Colchester Mix 2	145
335	Helen Andvig	00:26:54	F	Kesgrave Kruisers Little Mix	134
336	Chris Gladwell	00:26:57	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
337	Beth King	00:26:58	F	Bvh Ladies Open	73
338	Jo Garrard	00:26:58	F	Woodbridge Shufflers - Lottie's Leapers Lo	84
339	Gemma Moss	00:26:59	F	Jaffa Ladies V45	88
340	Stefan Glaysher	00:27:00	M	Nrr Team Satgas Mx	69
341	Jp Broughton	00:27:00	M	Sj Fancy Dress	98
342	David Clark	00:27:01	M	Dirty Dolphiners - Team Hector's Mx	170
343	Ruth Cowlin	00:27:02	F	Sj Fancy Dress Optional	99
344	Leah Hughes	00:27:05	F	Legs Miserables Mx	162
345	David Field	00:27:07	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
346	Annie Watson	00:27:08	F	Benfleet Mixed B	102
347	Paul George	00:27:12	M	Lowestoft Parkrunners - Lower Esplanade Mo	31

Rank	Name	Time	Gender	Team	Bib
348	Seb Jacobs	00:27:13	M	Colchester Harriers Senior Men C	4
349	Vicki Neve	00:27:13	F	Blc Mixed Team 3	105
350	Caroline Spendlove	00:27:14	F	Saxons Super Ladies Lo	82
351	Jane Wall	00:27:16	F	Pacers A 70s	71
352	Caroline Curney	00:27:16	F	Tiptree Road Runners F45+	93
353	Christy Fenelon	00:27:17	M	Rcr Team 1 Mx	146
354	Jodie Bird	00:27:22	F	Ipswich Jaffa Ladies Open C	77
355	Andrea Dalton	00:27:22	F	Running Colchester Mix 1	144
356	Theo Sims	00:27:23	M	Martlesham Leisure 1 Mx	164
357	Rachel Hartley	00:27:29	F	Frr Baxter's Bullets Lsv	100
358	Kieran Callaghan	00:27:30	M	Colchester Harriers Senior Men C	4
359	Stephen Gray	00:27:30	M	Hope Runners Mx	160
360	Angela Drury	00:27:32	F	Newmarket Joggers Mixed Open #2	178
361	Laura Crossley	00:27:32	F	Capel Cheetahs Ladies Sv	86
362	Andrew Vickers	00:27:33	M	Tiptree Road Runners M Open	26
363	Patrick Marsh	00:27:36	M	Colchester Harrieres Men V60 A	60
364	Anita Grainger	00:27:38	F	Wrc Team 1 Mx	172
365	Dawn Marshall	00:27:39	F	Pacers H Mx	180
366	Celine Elson	00:27:40	F	Wrc Team 4 - Worst Pace Scenario Mo	22
367	Emma Madden	00:27:40	F	Cats Win By A Whisker Lo	75
368	Danielle Whatling	00:27:43	F	Diss Ac Road Runners Mx Team 1	115
369	Trevor Stevenson	00:27:44	M	Capel Cheetahs Mens Vets	41
370	Lisa Loomes	00:27:45	F	Ipswich Jaffa Ladies Open C	77
371	Dorz Ansell	00:27:50	M	Coastal Crew Mo	28
372	Yvonne Kelly	00:27:50	F	Ipswich Phoenix Running Club Mx Team B	142
373	George Creasey	00:27:52	M	Kesgrave Kruisers Little Mix	134
374	Grace Judge	00:27:52	F	Haverhill Rc Super Women Lo	83
375	Macy Guerrero	00:27:56	F	Hope Runners Mx	160
376	Kate Howard	00:27:56	F	Kesgrave Kruisers Trail Mix	139
377	Dawn Staff	00:27:57	F	Saxons Super Ladies Lo	82
378	Danni Coates	00:27:57	F	Pacers C Mx	179
379	Felicity Edwards	00:27:58	F	Blc Mixed Team 1	103
380	Linda Aldred	00:28:00	F	Flyers V50 Mixed	123
381	Ruth Cowlin	00:28:02	F	Sj Fancy Dress Optional	99
382	Matt Moseley	00:28:03	M	Rebel Alliance Mx	169
383	Catherine Ott	00:28:05	F	Clacton Seafront Runners Mx 4	157
384	Sarah Golding	00:28:09	F	Pacers F Lsv	91
385	Carla Ewen	00:28:09	F	Cats Feline Good Lo	74
386	Megan Frost	00:28:12	F	Diss Ac Road Runners Team 5 Mx	119

Rank	Name	Time	Gender	Team	Bib
387	Olivia Beer	00:28:15	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
388	Hayley Coles	00:28:18	F	Ipswich Trail Runners 2 Mx	188
389	Michele Walters	00:28:18	F	Diss Ac Road Runners Team 5 Mx	119
390	Kelly Wade	00:28:21	F	Ipswich Jaffa Ladies Open C	77
391	Sarah Davison	00:28:21	F	Gbrc Blue Team Mx	125
392	Kieran Marsh	00:28:25	M	Flyers Mixed 2	121
393	Ian Gooderham	00:28:26	M	Pacers C Mx	179
394	Peter Fraserhopewell	00:28:29	M	Harwich Runners Mixed	131
395	Paul Heeks	00:28:30	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
396	Janette Smith	00:28:31	F	Ipswich Phoenix Running Club Mx Team C	140
397	Leoni Harvey	00:28:32	F	Gbrc Purple Team Mx	129
398	Caitlin Henery	00:28:33	F	Gazelles Hudsons Heroes Mx	185
399	Amy Kading	00:28:34	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
400	Keira Hughes	00:28:38	F	Sole Survivors Mx	171
401	Daniella Harris	00:28:38	F	Gbrc Pink Team Mx	128
402	Sophie Briggs	00:28:39	F	Gazelles Cartners Cruisers Mx	182
403	Paul Henry	00:28:42	M	Suffolk County Council Team 1	193
404	Emma Gladden	00:28:44	F	Gbrc Blue Team Mx	125
405	Howard Allen	00:28:45	M	Jaffa Mens V50	51
406	Mike Morley	00:28:51	M	Cat-ch Us If You Can Mo	43
407	Yasmin George	00:28:53	F	Lowestoft Parkrunners - Upper Esplanade Mx	163
408	Coralie Mariaux	00:28:53	F	Cats Feline Good Lo	74
409	Sally Clarke	00:28:55	F	Flyers V50 Mixed	123
410	Mary Taylor	00:28:57	F	Gbrc Red Team Mx	130
411	Sarah Brown	00:28:58	F	Cats Feline Good Lo	74
412	Emily Bronson	00:29:00	F	Mileswithsmiles C Mx	167
413	Paul Moore	00:29:01	M	Clacton Seafront Runners Mx 4	157
414	Garry Shipp	00:29:02	M	The Saxons Keelan's Kamikases Mx	151
415	Tim Woods	00:29:02	M	Gazelles Cartners Cruisers Mx	182
416	Charlotte Smith	00:29:05	F	Lowestoft Road Runners B: Kerry On Running! Mx	95
417	Nicola Tyler	00:29:06	F	Blc Mixed Team 4	106
418	Ian Knights	00:29:08	M	Kesgrave Kreuzers Spice Mix	138
419	Kirsty Marsh	00:29:09	F	Frr Hurley's Hurricanes Lv	198
420	Gary Kingshott	00:29:12	M	Saxon Saxy 60s	66
421	Wendy Smith	00:29:13	F	Nrr Team Satgas Mx	69
422	Ketlaine Combet-zigani	00:29:14	F	Running Colchester Mix 2	145
423	Jo Clarke	00:29:15	F	Flyers Mixed 1	120
424	Aaron Heard	00:29:15	M	Capel Cheetahs Mixed	112
425	Clare Boston	00:29:16	F	Wrc Team 2 Mx	173

Rank	Name	Time	Gender	Team	Bib
426	Melanie Moore	00:29:20	F	Gbrc Red Team Mx	130
427	Laura Bowdler	00:29:21	F	Blc Mixed Team 4	106
428	Anna Clapton	00:29:23	F	Capel Cheetahs Mixed	112
429	Pam Young	00:29:23	F	Running Colchester Mix 2	145
430	Emma Kitchen	00:29:23	F	Diss Ac Road Runners Team 3 Mx	118
431	Lisa Leader	00:29:26	F	Wrc Team 3 Mx	174
432	Claire Wallace	00:29:27	F	Kesgrave Cruisers Spice Mix	138
433	Antoinette Wilson	00:29:28	F	Gbrc Green Team Mx	126
434	Elizabeth Woldsmith	00:29:29	F	Ipswich Phoenix Running Club Mx Team B	142
435	Phil Davies	00:29:33	M	Jaffa Mens V50	51
436	Lynsey Warfield	00:29:33	F	Khs1 Mx	161
437	Iain Catchpool	00:29:40	M	Jaffa Mixed	132
438	Pauline Goffin	00:29:41	F	Blc Mixed Team 4	106
439	Steve Baker	00:29:42	M	Nnbr Super Seventies	70
440	Louise Ramsay	00:29:45	F	Jaffa Ladies V45	88
441	Pippa Sargent	00:29:46	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
442	Sinead Rogan	00:29:50	F	Gazelles Durrants Dashers Mx	183
443	Cleola Van Eijl	00:29:54	F	Rcr Team 2 Mx	147
444	Ashlea Moore	00:29:55	F	Rebel Alliance Mx	169
445	Gus Young	00:30:06	F	Saxons Super Ladies Lo	82
446	Emma Smith	00:30:11	F	Martlesham Leisure 3 Mx	165
447	Yolande Arnold	00:30:12	F	Gbrc Green Team Mx	126
448	Melanie Blagdon	00:30:16	F	The Saxons Tina's Titans Mx	152
449	Geogy Roche	00:30:17	M	Hope Runners Club Mx	159
450	Dave Crafts	00:30:19	M	Clacton Seafront Runners Mx Team 5	189
451	Georgina Ling	00:30:20	F	Boxted Bisons Mx	108
452	Alan Thornhill	00:30:21	M	Newmarket Joggers- The Legends 60s	63
453	Deb Hart	00:30:24	F	Rcr Team 1 Mx	146
454	Christine Hall	00:30:26	F	Woodbridge Shufflers - Lottie's Leapers Lo	84
455	Darin Geary	00:30:29	M	Ipswich Triathlon Club - The One & Only Team Mo	12
456	Tanya Wagstaff	00:30:30	F	Onetopteam Mx	168
457	Ella Sancassani	00:30:33	F	Boxted Bears Mx	107
458	Hetty Madge	00:30:36	F	Suffolk County Council Team 2	194
459	Val Haynes	00:30:37	F	Running Colchester Mix 1	144
460	Georgia Scott	00:30:40	F	Mileswithsmiles C Mx	167
461	Nicola Stevenson	00:30:46	F	Frr Hurley's Hurricanes Lv	198
462	Clive Darvill	00:30:47	M	Sole Survivors Mx	171
463	Kate Collier	00:30:47	F	Diss Ac Road Runners Team 3 Mx	118
464	Colin Short	00:30:48	M	Wrc Team 1 Mx	172

Rank	Name	Time	Gender	Team	Bib
465	Lissy Standen	00:30:49	F	Harwich Runners Ladies Open	76
466	Kerry Marsh	00:30:51	F	Tiptree Road Runners F45+	93
467	Mary Burgess	00:30:53	F	Frr Taylor's Torpedoes Mx	197
468	Derek Sadler	00:30:54	M	Nnbr Super Seventies	70
469	Sarah Osborne	00:30:59	F	Dirty Dolphiners - Team Hector's Mx	170
470	David Blades	00:31:00	M	Rcr Team 5 Mx	13
471	Natacha Bines	00:31:08	F	Suffolk County Council Team 2	194
472	Sue Richardson	00:31:11	F	Suffolk County Council Team 2	194
473	Carol Downs	00:31:20	F	Rcr Team 1 Mx	146
474	Tony Millett	00:31:21	M	Nrr Team Satgas Mx	69
475	Rosie Youngs	00:31:28	F	Gbrc Green Team Mx	126
476	Kiera Bays	00:31:30	F	Boxted Broncos Mx	109
477	Helen Harris	00:31:33	F	Kesgrave Kruisers Mega Mix	135
478	Sara Basey-fisher	00:31:37	F	Gazelles Cartners Cruisers Mx	182
479	Tanya Barnes	00:31:40	F	Jaffa Mixed	132
480	James Montgomery	00:31:47	M	Wrc Team 1 Mx	172
481	Debs Priest	00:31:49	F	Diss Ac Road Runners Team 3 Mx	118
482	Ben Brown	00:31:54	M	Barker Gotelee Solicitors Mx	154
483	Aimee Spaul	00:31:55	F	Flyers Mixed 2	121
484	Fiona Gosling	00:32:00	F	Gbrc Pink Team Mx	128
485	Laura Holland	00:32:01	F	Kesgrave Kruisers Trail Mix	139
486	Sally Black	00:32:01	F	Gazelles Hudsons Heroes Mx	185
487	Remy Bohassani	00:32:02	F	Ipswich Trail Runners 1 Mx	187
488	Helen Johnson	00:32:04	F	Moretonhallrunners	195
489	Denise Lancaster	00:32:14	F	Lowestoft Road Runners B: Kerry On Running! Mx	95
490	Tina Crafts	00:32:16	F	Clacton Seafront Runners Mx Team 5	189
491	James Briggs	00:32:21	M	Lowestoft Parkrunners - Lower Esplanade Mo	31
492	Elisabeth Lewis	00:32:23	F	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
493	Chadia Sahili	00:32:24	F	Harwich Runners Mixed	131
494	Ken Stowe	00:32:24	M	Rcr Team 3 Mx	148
495	Glenn Yellop	00:32:28	M	Capel Cheetahs Mixed	112
496	Andy Rutson-edwards	00:32:29	M	Rebel Alliance Mx	169
497	Jess Fotheringham	00:32:31	F	Kesgrave Kruisers Essential Mix Mo	133
498	Joanne May	00:32:34	F	Saxon Saxy 60s	66
499	Zoe Batho	00:32:34	F	The Saxons Keelan's Kamikases Mx	151
500	Jay Simpson	00:32:35	M	Clacton Seafront Runners Mx 3	156
501	Kevin Hughes	00:32:36	M	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
502	Emma Harrison	00:32:36	F	The Saxons Tina's Titans Mx	152
503	Lisa Baker	00:32:39	F	Nnbr Scrambled Legs Mk 2 Lsv	90

Rank	Name	Time	Gender	Team	Bib
504	Abi Carson	00:32:43	F	Khs1 Mx	161
505	Amberley Fitzalan-cram	00:32:51	F	Gazelles Durrants Dashers Mx	183
506	Kirsty Hobart	00:32:53	F	Nnbr Scrambled Legs Lsv	89
507	Sharon Hayfield	00:32:55	F	Rcr Team 3 Mx	148
508	Helen Brooks	00:32:57	F	Ipswich Trail Runners 2 Mx	188
509	Lysia Jiggins	00:32:58	F	Wrc Team 4 - Worst Pace Scenario Mo	22
510	Ian Sparks	00:32:59	M	Nnbr Super Seventies	70
511	Claire Ellis	00:33:02	F	Hope Runners Club Mx	159
512	Bronya Patmore	00:33:05	F	Boxted Broncos Mx	109
513	Ben Flatt	00:33:06	M	Mileswithsmiles B Mx	166
514	Sue Thomas	00:33:10	F	Blc Mixed Team 2	104
515	Bee Harris	00:33:23	F	Gbrc Blue Team Mx	125
516	Roger Brand	00:33:27	M	Familyteameleven Mo	29
517	Hillary Cook	00:33:27	F	Frr Cooking In The Woods Mx	196
518	Hazel Fuller	00:33:40	F	Saxon Saxy 60s	66
519	Wendy Tunstall	00:33:40	F	Ipswich Phoenix Running Club Mx Team C	140
520	Sue Wardropper	00:33:47	F	Barker Gotelee Solicitors Mx	154
521	Heather Mills	00:33:51	F	Rcr Team 2 Mx	147
522	Jen Evans	00:33:52	F	Woodbridge Shufflers Roger's Runners Mx	175
523	Mark Smith	00:33:52	M	Hope Runners Mx	160
524	Rebecca Jennings	00:33:53	F	Moretonhallrunners	195
525	Anca Sadler	00:33:55	F	Frr Coned Off, Yeah? Mx	111
526	Lindsay Churchman	00:33:56	F	Diss Ac Road Runners Mx Team 4	116
527	Joanne Lambert	00:33:58	F	Boxted Bisons Mx	108
528	Sam Brown	00:34:02	F	Barker Gotelee Solicitors Mx	154
529	Lorraine Adams	00:34:12	F	Gbrc Red Team Mx	130
530	Tina Church	00:34:17	F	The Saxons Tina's Titans Mx	152
531	Esther Eddy	00:34:20	F	Boxted Buffaloes Mx	110
532	Janet Askew	00:34:27	F	Kesgrave Cruisers Ready Mix	137
533	Caroline Stacey	00:34:27	F	Nnbr Scrambled Legs Mk 2 Lsv	90
534	Jo Blyth	00:34:31	F	Frr Cooking In The Woods Mx	196
535	Nicky Ridgard	00:34:39	F	The Saxons Keelan's Kamikases Mx	151
536	Abbie Lindsey	00:34:53	F	Clacton Seafront Runners Mx 3	156
537	Chloe Rumsby	00:35:00	F	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
538	Claire Grainger	00:35:06	F	Nnbr Scrambled Legs Lsv	89
539	Kevin Grimwood	00:35:11	M	Boxted Bears Mx	107
540	Chris Alymer	00:35:19	M	Newmarket Joggers- The Legends 60s	63
541	Zoe Lindsey	00:35:25	F	Clacton Seafront Runners Mx 3	156
542	Toni Brand	00:36:04	F	Familyteameleven Mo	29

Rank	Name	Time	Gender	Team	Bib
543	Deborah Gillespie	00:36:08	F	Nnbr Scrambled Legs Lsv	89
544	Donna Wenden	00:36:17	F	Blc Mixed Team 3	105
545	Anne Mills	00:36:21	F	Hope Runners Club Mx	159
546	Horace Shuriah	00:36:51	M	Haverhill Men Open B	18
547	Mandisa Khabo	00:37:02	F	Boxted Bears Mx	107
548	Sue Foley	00:37:09	F	Running Colchester Mix 1	144
549	Zoila Reyes	00:37:24	F	Frr Taylor's Torpedoes Mx	197
550	Emma Byrne	00:37:37	F	Frr Baxter's Bullets Lsv	100
551	William Eaglesham	00:37:54	M	Khs2 Mo	30
552	Louise Wright	00:38:30	F	Ipswich Phoenix Running Club Mx Team C	140
553	Karen Austin	00:38:35	F	Sj Fancy Dress Optional	99
554	Sam Sims	00:38:45	F	Rcr Team 3 Mx	148
555	Emma Duffy	00:38:49	F	Frr Coned Off, Yeah? Mx	111
556	Danyele Higgins	00:38:56	F	Suffolk County Council Team 1	193
557	Karen O-grady	00:39:15	F	Gbrc Grey Team Mx	127
558	Sarah Watts	00:39:35	F	Diss Ac Road Runners Team 5 Mx	119
559	Helen Stephen	00:39:38	F	Boxted Bisons Mx	108
560	Christine Thorne	00:39:56	F	Nnbr Scrambled Legs Mk 2 Lsv	90
561	Lisa Hunt	00:40:06	F	Moretonhallrunners	192
562	Zoe Hughes	00:40:30	F	Sole Survivors Mx	171
563	Helen Barber	00:40:37	F	Lowestoft Parkrunners - Lower Esplanade Mo	31
564	Kat Ross	00:40:50	F	Sj Fancy Dress	98
565	Daniela Elstone	00:41:03	F	Frr Taylor's Torpedoes Mx	197
566	Leanne Oatham	00:41:07	F	Diss Ac Road Runners Mx Team 1	115
567	Kirsty Green	00:41:55	F	Gazelles Evans Eagles Mx	184
568	Shannon Read	00:42:55	F	Rcr Team 5 Mx	13
569	Amanda Garrard	00:43:25	F	Kesgrave Kruisers Ready Mix	137
570	Annie Robb	00:44:04	F	Rcr Team 4 Mx	149
571	John Perry	00:44:14	M	Boxted Broncos Mx	109
572	Tony Hayfield	00:44:27	M	Rcr Team 5 Mx	13
573	Johanna Reeve	00:45:26	F	Lowestoft Parkrunners - Upper Esplanade Mx	163
574	Helen Morgan	00:46:24	F	Legs Miserables Mx	162

7.2K Leg (192 runners)

Rank	Name	Time	Gender	Team	Bib
1	Max Uttley	00:23:03	M	Pacers M Mo	2
2	Owen Rees	00:23:46	M	Jaffa Mens Open A	7
3	Scott Williams	00:25:02	M	Pacers G Mx	158
4	Archie Bullingham	00:25:32	M	Mileswithsmiles A Mo	23

Rank	Name	Time	Gender	Team	Bib
5	Flynn Eyre	00:25:36	M	Gbrc Yellow Team Mx	124
6	Max Hemson	00:25:37	M	Colchester Harriers Senior Men A	14
7	Daniel Cooper	00:25:55	M	Cats - Fur-ious Paced Cats Mo	9
8	Simon Partridge	00:26:11	M	Bvh Mens Vets	40
9	Ben Turley	00:26:24	M	Jaffa Mens V40	45
10	John Jervis	00:26:35	M	Lowestoft Road Runners A: Shulver's Striders Mx	94
11	Adam Hemsworth	00:26:50	M	Benfleet Mixed A	101
12	Kieran Richardson	00:27:11	M	Colchester Harriers Senior Men B	3
13	Lewis Sullivan	00:27:19	M	Pacers L Mo	1
14	Kevin Murphy	00:27:35	M	Pacers B Msv	52
15	Heidi Hogan-steele	00:27:39	F	Colchester Harriers Women A	113
16	Neil Dinwiddie	00:27:52	M	Jaffa Mens Open C	11
17	John Breardsworth	00:27:53	M	Newmarket Joggers Mixed	143
18	Mark Howard	00:28:00	M	Colchester Harriers Vets Men A	49
19	Nick Lawrie	00:28:15	M	Harwich Runners Mo	6
20	Clive Cartner	00:28:16	M	Gazelles Cartners Cruisers Mx	182
21	Regan Simpson	00:28:20	M	Clacton Seafront Runners Mo 2	27
22	Tommy Kirk	00:28:31	M	Flyers Mixed 2	121
23	Rob Rogers	00:28:35	M	Fram 1 Mx	181
24	Rory Hunter	00:28:41	M	Airborne Fit Mx	153
25	Jonathan Holyhead	00:28:47	M	Dirty Dolphiners - Team Irrawaddy Mo	16
26	Paul Wain	00:28:49	M	Jaffa Mens Open B	8
27	Katie Austin	00:29:00	F	Ipswich Jaffa Ladies V35	200
28	Stuart Harris	00:29:05	M	Colchester Harriers Men Supervets A	50
29	Christopher Fuller	00:29:11	M	Saxons Super Men's Mo	20
30	Emma Wheeler	00:29:12	F	Ipswich Phoenix Running Club Mx Team A	141
31	Warren Birch	00:29:17	M	Ipswich Triathlon Club - The One & Only Team Mo	12
32	Richard Defries	00:29:27	M	Newmarket Joggers Mixed Open #2	178
33	Oliver Dack	00:29:29	M	Norwich Road Runners 1 Mo	36
34	Paul Davison	00:29:33	M	Gbrc Orange Team Mo	42
35	Mikey Buick	00:29:34	M	Blc Mixed Team 2	104
36	Peter Clarke	00:29:35	M	Diss Ac Road Runners Team 2 Mx	117
37	Keith Russell	00:29:37	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
38	Natasha Michael	00:29:41	F	Pacers D Lo	80
39	Cameron Wishart	00:29:55	M	Haverhill Men Open B	18
40	Annette Oakman	00:30:02	F	Colchester Harriers Women Supervets A	87
41	Sean Thompson	00:30:03	M	Jacass Cake Runners Mx	176
42	Philip Chappels	00:30:10	M	Kesgrave Kruisers Essential Mix Mo	133
43	Matt Roe	00:30:17	M	Pacers J Mv	46

Rank	Name	Time	Gender	Team	Bib
44	Daniel Aldis	00:30:22	M	Clacton Seafront Runners Mx 1	155
45	Matt King	00:30:29	M	Pacers K Mo	15
46	Pete West	00:30:41	M	Colchester Harrieres Men V60 A	60
47	Karl Graves	00:30:44	M	Boxted Bulls Mo	10
48	Stewart Woods	00:30:45	M	Mileswithsmiles B Mx	166
49	Chris Hall	00:30:50	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
50	Paige Buisson	00:30:54	F	Clacton Seafront Runners Mx 4	157
51	Stephen Edwards	00:30:55	M	Newmarket Joggers- The Legends 60s	63
52	Greg Howard	00:30:57	M	Bvh Open Mens	34
53	Nigel Schofield	00:31:09	M	Pacers E 60s	65
54	Willie Howard	00:31:15	M	Nnbr Six Sixties	64
55	Kamran George	00:31:22	M	Lowestoft Parkrunners - Upper Esplanade Mx	163
56	Seb Pinchin	00:31:32	M	Flyers Mixed 1	120
57	Kate Gooding	00:31:38	F	Wymondham Ac Mx	177
58	Scott Hipkin	00:31:42	M	Coastal Crew Mo	28
59	Dominic Bareham	00:31:46	M	Frr The Doberman Allstars Mo	21
60	Derek Hood	00:31:55	M	Jaffa Mens V50	51
61	Glen Head	00:32:01	M	Tiptree Road Runners Mixed Team 1	59
62	Caroline Jeggo	00:32:05	F	Dirty Dolphiners - Team Hector's Mx	170
63	Simon Day	00:32:09	M	Harwich Runners Mensvet	44
64	Peter Gray	00:32:10	M	Flyers V50 Mixed	123
65	Rachel Jackson	00:32:21	F	Braydeston Milers Male Open	35
66	Mike Howard	00:32:26	M	Kesgrave Kruisers Spice Mix	138
67	Neve Gribble	00:32:27	F	Benfleet Mixed B	102
68	Matt Darvill	00:32:29	M	Sole Survivors Mx	171
69	Adam Plummer	00:32:32	M	Rcr Team 3 Mx	148
70	Donald Stewart	00:32:36	M	Flyers V60	61
71	Tom Sutton	00:32:41	M	Kelvedon Snivellers Mv	58
72	Craig Skipper	00:32:48	M	Wac Atak Mx	191
73	James Darvill	00:33:00	M	Legs Miserables Mx	162
74	Sam Wolton	00:33:08	M	Hrr Heroic Relay Runners Mo	5
75	Zoe Dines	00:33:16	F	Boxted Butterflies Lo	72
76	David Dinnage	00:33:20	M	Flyers V40 Mixed	122
77	Paul Durrant	00:33:28	M	Gazelles Durrants Dashers Mx	183
78	Annalise Etherington	00:33:33	F	Wrc Team 2 Mx	173
79	Robin Harper	00:33:35	M	Frr Buckled And Stoned Msv	55
80	Tom Walton	00:33:37	M	Khs1 Mx	161
81	Gavin King	00:33:37	M	Ipswich Trail Runners 1 Mx	187
82	Catherine Hull	00:33:38	F	Springfield Striders Rc Mx	150

Rank	Name	Time	Gender	Team	Bib
83	Manon Kinchin	00:33:45	F	Saxons Super Ladies Lo	82
84	Amy Balaam	00:33:54	F	Bvh Ladies Open	73
85	Darcy Bowen	00:33:58	F	Ipswich Jaffa Ladies Open A	78
86	Steve Palfry	00:34:00	M	Suffolk County Council Team 2	194
87	Helen Wilson	00:34:01	F	Colchester Harriers Mixed A	114
88	Steph Hudson	00:34:03	F	Gazelles Hudsons Heroes Mx	185
89	Andy Long	00:34:03	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
90	Charlene Omari	00:34:04	F	Hope Runners Mx	160
91	Keiron Donovan	00:34:05	M	Kesgrave Cruisers Mega Mix	135
92	Olivia Williams	00:34:05	F	Ipswich Jaffa Ladies Open B	79
93	Roger Ackerley	00:34:05	M	Woodbridge Shufflers Roger's Runners Mx	175
94	Ben O'leary	00:34:07	M	Wrc Team 4 - Worst Pace Scenario Mo	22
95	John Phillips	00:34:10	M	Blc Mixed Team 3	105
96	Jo Leader	00:34:14	F	Pacers F Lsv	91
97	Vincent Steensma	00:34:19	M	Capel Cheetahs Mens Vets	41
98	Chris Harman	00:34:20	M	Pacers C Mx	179
99	Tomasz Komorowski	00:34:23	M	Gbrc Blue Team Mx	125
100	Deb Ching	00:34:30	F	Capel Cheetahs Ladies Sv	86
101	Paul Brand	00:34:47	M	Familyteameleven Mo	29
102	William Eddy	00:34:49	M	Boxted Bisons Mx	108
103	Stuart Mason	00:34:54	M	Frr Old Macdonald Is Not A Walker 60s	67
104	Martin Riley	00:35:20	M	Tiptree Road Runners M Open	26
105	Glenn Massey	00:35:28	M	Cat-ch Us If You Can Mo	43
106	Lisa Owen	00:35:30	F	Nrr Easier Said Than Run Mx	68
107	Chris Mayhew	00:35:35	M	Frr Cooking In The Woods Mx	196
108	Stuart Goldsmith	00:35:38	M	Si's Matters Mv	47
109	Kate Wills	00:35:53	F	Boxted Broncos Mx	109
110	Claudia Keitch	00:36:02	F	Gbrc Pink Team Mx	128
111	Martin Holtham-payne	00:36:11	M	Tiptree Road Runners F45+	93
112	Jon Summers	00:36:13	M	Jaffa Mixed	132
113	Sallyanne Clarke	00:36:15	F	Moretonhallrunners	192
114	Caroline Peek	00:36:21	F	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
115	Darren Orves	00:36:31	M	Diss Ac Road Runners Team 3 Mx	118
116	Julia Stell	00:36:35	F	Ipswich Trail Runners 2 Mx	188
117	Andy Metcalfe	00:36:40	M	Frr Taylor's Torpedoes Mx	197
118	James Cresswell	00:36:41	M	Khs2 Mo	30
119	Hien Hoang	00:36:46	F	Gbrc Red Team Mx	130
120	Stuart Hunt	00:36:52	M	Colchester Harriers Senior Men C	4
121	Stuart George	00:36:54	M	Lowestoft Parkrunners - Lower Esplanade Mo	31

Rank	Name	Time	Gender	Team	Bib
122	Sandra Roberts	00:36:56	F	Jaffa Ladies V45	88
123	Tom Jermyn	00:37:06	M	Martlesham Leisure 1 Mx	164
124	Tom Brown	00:37:07	M	Kesgrave Cruisers Trail Mix	139
125	Anna Lyon	00:37:08	F	Gbrc Green Team Mx	126
126	Kerry Potter	00:37:14	F	Lowestoft Road Runners B: Kerry On Running! Mx	95
127	Sarah Bradley	00:37:45	F	Nrr Team Satgas Mx	69
128	Glen Waller	00:37:45	M	Wrc Team 1 Mx	172
129	Jack Lugar	00:37:47	M	Boxted Buffaloes Mx	110
130	Alex Smith	00:37:51	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
131	Joanne Grimwood	00:37:55	F	Rcr Team 4 Mx	149
132	Graham Eyre	00:37:58	M	Wrc Team 3 Mx	174
133	Geraldine Clifford	00:38:00	F	Dirty Dolphiners - Team Amazon River	186
134	Helen Carey	00:38:15	M	Gbrc Grey Team Mx	127
135	Louise Rushbrook	00:38:19	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
136	Chris Durrant	00:38:28	M	Frr Coned Off, Yeah? Mx	111
137	Annabel Sargent	00:38:31	F	Cats Win By A Whisker Lo	75
138	Sarah Pennock	00:38:32	F	Sj Fancy Dress	98
139	Natalie Butler	00:38:36	F	Diss Ac Road Runners Mx Team 1	115
140	Phil Hymers	00:38:44	M	Pacers A 70s	71
141	Evie Horne	00:38:45	F	Martlesham Leisure 2 Mo	32
142	Katie Peake	00:38:45	F	Ipswich Jaffa Ladies Open C	77
143	Lee Stephenson	00:38:53	M	Rcr Team 5 Mx	13
144	James Hymas	00:38:58	M	Haverhill Men Open A	17
145	Hannah Rennie	00:38:59	F	Blc Mixed Team 4	106
146	Paul Maycock	00:39:00	M	Capel Cheetahs Mixed	112
147	Debbie Jacob	00:39:14	F	Diss Ac Road Runners Mx Team 4	116
148	Natalie Shaw	00:39:19	F	Onetopteam Mx	168
149	Eileen Shadford	00:39:20	F	Gbrc Purple Team Mx	129
150	Sam Hardwick	00:39:22	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
151	Lucy English	00:39:27	F	Mileswithsmiles C Mx	167
152	Chris Johnson	00:39:34	M	Martlesham Leisure 3 Mx	165
153	Charlotte Richardson	00:39:51	F	Dirty Dolphiners - Team Pantropical Spotted Mx	190
154	Mark Harris	00:39:53	M	Kesgrave Cruisers Ready Mix	137
155	Andy Clayton	00:39:55	M	Pacers H Mx	180
156	Katie Rawlinson	00:40:14	F	Tiptree Road Runners Team 4 Mixed	85
157	Jon Enefer	00:40:15	M	Running Colchester Mix 1	144
158	Sofia Brown	00:40:18	F	Haverhill Rc Super Women Lo	83
159	Charlie Calladine	00:40:20	F	Diss Ac Road Runners Team 5 Mx	119
160	Alison Evans	00:40:26	F	Harwich Runners Mixed	131

Rank	Name	Time	Gender	Team	Bib
161	Samantha Cooper	00:40:33	F	Cats Feline Good Lo	74
162	Keelan Smith	00:40:37	M	The Saxons Keelan's Kamikases Mx	151
163	Mike Watson	00:40:48	M	The Saxons Tina's Titans Mx	152
164	Steph Evans	00:40:52	F	Gazelles Evans Eagles Mx	184
165	Jim Hayes	00:40:58	M	Nnbr Super Seventies	70
166	Aaron Bolлу	00:40:59	M	Rebel Alliance Mx	169
167	Tony Canham	00:41:07	M	Clacton Seafront Runners Mx Team 5	189
168	Dave Lindsey	00:41:10	M	Clacton Seafront Runners Mx 3	156
169	Angela Duncan	00:41:15	F	Running Colchester Mix 2	145
170	Eric Brown	00:41:28	M	Saxon Saxy 60s	66
171	Clare Richardson	00:41:41	F	Harwich Runners Ladies Open	76
172	Kaye Stone	00:41:43	F	Frr Baxter's Bullets Lsv	100
173	Laura Jane Lawrence	00:41:50	F	Frr Hurley's Hurricanes Lv	198
174	Jo Clements	00:42:04	F	Suffolk County Council Team 1	193
175	Kerryann Eglinton	00:42:20	F	Moretonhallrunners	195
176	Amanda Prior	00:42:37	F	Barker Gotelee Solicitors Mx	154
177	Darin Geary	00:42:55	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
178	Alex Kuczer	00:43:03	M	Ipswich Phoenix Running Club Mx Team B	142
179	Tim Newton	00:43:04	M	Jaffa Mens V60	62
180	Teresa Brown	00:43:23	F	Rcr Team 1 Mx	146
181	Hayley Howard	00:43:25	F	Rcr Team 2 Mx	147
182	Lottie Williams	00:43:41	F	Woodbridge Shufflers - Lottie's Leapers Lo	84
183	Sharon Smith	00:43:42	F	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
184	Matt Williamson	00:44:09	M	Kesgrave Kruisers Little Mix	134
185	Paul Wenden	00:44:56	M	Blc Mixed Team 1	103
186	Sarah Keen	00:45:21	F	Nnbr Scrambled Legs Lsv	89
187	Ashish Abraham	00:45:22	M	Hope Runners Club Mx	159
188	Rachel Lee	00:45:54	F	Boxted Bears Mx	107
189	Vickey Summerbee	00:46:21	F	Nnbr Scrambled Legs Mk 2 Lsv	90
190	Tracey Nobbs	00:47:21	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
191	Lisa Bond	00:47:48	F	Ipswich Phoenix Running Club Mx Team C	140
192	Claire Rooke	00:50:16	F	Sj Fancy Dress Optional	99

10K Leg (384 runners)

Rank	Name	Time	Gender	Team	Bib
1	Brandon Barber	00:33:07	M	Mileswithsmiles A Mo	23
2	Joe Patterson	00:33:50	M	Colchester Harriers Senior Men A	14
3	Daisy Glover	00:33:57	F	Fram 1 Mx	181
4	Adrian Mussett	00:34:14	M	Colchester Harriers Senior Men A	14

Rank	Name	Time	Gender	Team	Bib
5	Max Fisher	00:35:10	M	Mileswithsmiles A Mo	23
6	Russell Mcgavock	00:35:14	M	Benfleet Mixed A	101
7	Jake Garrett	00:35:16	M	Pacers M Mo	2
8	James Wilson	00:35:31	M	Saxons Super Men's Mo	20
9	Will Hollands	00:35:39	M	Pacers L Mo	1
10	Alex Richardson	00:36:01	M	Pacers M Mo	2
11	Ryan Davidson	00:36:08	M	Frr The Doberman Allstars Mo	21
12	Michael Eccles	00:36:16	M	Bvh Mens Vets	40
13	Craig Fiddaman	00:36:27	M	Jaffa Mens V40	45
14	Aden Bell	00:36:27	M	Pacers L Mo	1
15	Andrew Southwood	00:36:29	M	Pacers G Mx	158
16	Daniel Borrett	00:36:43	M	Jaffa Mens V40	45
17	Scott Manning	00:36:56	M	Fram 1 Mx	181
18	Owen Rees	00:37:00	M	Ipswich Phoenix Running Club Mx Team A	141
19	Sam Caslin	00:37:09	M	Colchester Harriers Vets Men A	49
20	Dom Hazel-evans	00:37:11	M	Dirty Dolphiners - Team Irrawaddy Mo	16
21	Chris Green	00:37:13	M	Frr The Doberman Allstars Mo	21
22	Will Radley	00:37:27	M	Wrc Team 1 Mx	172
23	James Arnold	00:37:40	M	Benfleet Mixed A	101
24	James Reed	00:37:42	M	Bvh Mens Vets	40
25	Brandon Shulver	00:37:45	M	Lowestoft Road Runners A: Shulver's Striders Mx	94
26	Aidan Elmore	00:37:50	M	Pacers G Mx	158
27	Jim Last	00:37:53	M	Flyers V40 Mixed	122
28	Freddie Willows	00:37:55	M	Diss Ac Road Runners Team 2 Mx	117
29	David Tyrrell	00:37:58	M	Diss Ac Road Runners Team 2 Mx	117
30	Chris Sellens	00:38:02	M	Colchester Harriers Vets Men A	49
31	Sam Saddler	00:38:24	M	Newmarket Joggers Mixed	143
32	Danny Orman	00:38:25	M	Blc Mixed Team 4	106
33	Simon Cook	00:38:28	M	Lowestoft Road Runners A: Shulver's Striders Mx	94
34	Tim Ballard	00:38:36	M	Blc Mixed Team 2	104
35	Izzy Talbot-price	00:38:39	F	Newmarket Joggers Mixed	143
36	Jake Cazey	00:38:41	M	Martlesham Leisure 2 Mo	32
37	Matthew Peck	00:38:41	M	Jaffa Mens Open A	7
38	Alex Penfold	00:38:43	M	Cats - Fur-ious Paced Cats Mo	9
39	Cameron Humphries	00:38:44	M	Colchester Harriers Senior Men B	3
40	Sam Borrer	00:38:53	M	Saxons Super Men's Mo	20
41	Ryan Baker	00:39:05	M	Boxted Bulls Mo	10
42	Dan Morgan	00:39:17	M	Legs Miserables Mx	162
43	Mike Greener	00:39:22	M	Pacers B Msv	52

Rank	Name	Time	Gender	Team	Bib
44	Gerald Buck	00:39:44	M	Cats - Fur-ious Paced Cats Mo	9
45	Leanne Finch	00:39:47	F	Bvh Ladies Open	73
46	Alex Archer	00:39:51	M	Jaffa Mens Open A	7
47	Sam Dench	00:39:56	M	Clacton Seafront Runners Mo 2	27
48	Mark Allen	00:40:01	M	Jaffa Mens V50	51
49	Katie King	00:40:15	F	Pacers D Lo	80
50	Simon Hipkin	00:40:17	M	Coastal Crew Mo	28
51	Samuel Irungu	00:40:20	M	Cat-ch Us If You Can Mo	43
52	Chris Mower	00:40:23	M	Pacers B Msv	52
53	Adam Baker	00:40:30	M	Jacass Cake Runners Mx	176
54	Gavin Davies	00:40:34	M	Jaffa Mens Open C	11
55	Ian Old	00:40:37	M	Jaffa Mens Open C	11
56	Roanna Vickers	00:40:40	F	Colchester Harriers Women A	113
57	Hannah Flucker	00:40:52	F	Moretonhallrunners	195
58	Chris Edwards	00:40:58	M	Colchester Harriers Senior Men B	3
59	John Jervis	00:41:01	M	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
60	Kevin Higgins	00:41:03	M	Colchester Harriers Men Supervets A	50
61	Colin Ridley	00:41:11	M	Colchester Harrieres Men V60 A	60
62	Kate Creak	00:41:13	F	Colchester Harriers Women A	113
63	Ian Flook	00:41:20	M	Harwich Runners Mensvet	44
64	Tim England	00:41:21	M	Ipswich Trail Runners 1 Mx	187
65	Paul Spowage	00:41:21	M	Colchester Harrieres Men V60 A	60
66	David Houghton	00:41:22	M	Braydeston Milers Male Open	35
67	Reuben Houghton	00:41:22	M	Braydeston Milers Male Open	35
68	Oliver Schofield	00:41:24	M	Pacers K Mo	15
69	Mat Gilbert	00:41:28	M	Wymondham Ac Mx	177
70	Andrea James	00:41:28	F	Gbrc Yellow Team Mx	124
71	Ben Churchman	00:41:32	M	Diss Ac Road Runners Mx Team 1	115
72	Tom Hayden	00:41:36	M	Flyers Mixed 1	120
73	Matthew Illsley	00:41:37	M	Gbrc Yellow Team Mx	124
74	James Eyre	00:41:39	M	Gbrc Orange Team Mo	42
75	Mark Armstrong	00:42:08	M	Wac Atak Mx	191
76	Sam Hajder	00:42:09	M	Wrc Team 4 - Worst Pace Scenario Mo	22
77	Paul Connell	00:42:09	M	Colchester Harriers Men Supervets A	50
78	Michael Hilton	00:42:11	M	Boxted Bulls Mo	10
79	Bart Rhodes	00:42:16	M	Kelvedon Snivellers Mv	58
80	Duane Howard	00:42:39	M	Kesgrave Kruisers Essential Mix Mo	133
81	Richard Harvey	00:42:41	M	Flyers V60	61
82	Chris Boyt	00:42:47	M	Frr Buckled And Stoned Msv	55

Rank	Name	Time	Gender	Team	Bib
83	Jim Mackenzie	00:42:48	M	Flyers V60	61
84	Steve Hall	00:42:49	M	Mileswithsmiles C Mx	167
85	Kate Creak	00:42:55	F	Dirty Dolphiners - Team Irrawaddy Mo	16
86	Laura Biazey	00:42:56	F	Pacers D Lo	80
87	Archie George	00:43:00	M	Lowestoft Parkrunners - Upper Esplanade Mx	163
88	Luis Betancourt Canas	00:43:01	M	Hrr Heroic Relay Runners Mo	5
89	Harry Swinbourne	00:43:02	M	Coastal Crew Mo	28
90	Henry Welham	00:43:07	M	Blc Mixed Team 3	105
91	Chris Gwatkin	00:43:11	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
92	Elliot Tyler	00:43:26	M	Familyteameleven Mo	29
93	Richard Wold	00:43:28	M	Ipswich Phoenix Running Club Mx Team A	141
94	David Powles	00:43:29	M	Wymondham Ac Mx	177
95	Steve Offord	00:43:35	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
96	Ian Stammers	00:43:40	M	Norwich Road Runners 1 Mo	36
97	Ben Jeffery	00:43:40	M	Pacers J Mv	46
98	Simon Williams	00:43:43	M	Flyers V50 Mixed	123
99	Simon Stafford	00:43:52	M	Kesgrave Cruisers Ready Mix	137
100	Joe Whitley	00:43:56	M	Jaffa Mens Open B	8
101	Darin Osborne	00:43:58	M	Rcr Team 1 Mx	146
102	Dan Upton	00:43:58	M	Ipswich Trail Runners 2 Mx	188
103	Grace Turner	00:44:02	F	Gazelles Hudsons Heroes Mx	185
104	Duncan Brown	00:44:07	M	Mileswithsmiles C Mx	167
105	Matt Stone	00:44:08	M	Bvh Open Mens	34
106	Robin Brookes	00:44:08	M	Harwich Runners Mensvet	44
107	Jordan Antoniou	00:44:09	M	Clacton Seafront Runners Mo 2	27
108	Mark Novels	00:44:09	M	Haverhill Men Open B	18
109	Juliette Watkinson	00:44:09	F	Jacass Cake Runners Mx	176
110	Dave Copland	00:44:10	M	Ipswich Triathlon Club - The One & Only Team Mo	12
111	Sonny Allain	00:44:12	M	Benfleet Mixed B	102
112	James Manly	00:44:15	M	Colchester Harriers Senior Men C	4
113	Matt Brand	00:44:21	M	Familyteameleven Mo	29
114	Tom Alexander	00:44:21	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
115	Christopher Fuller	00:44:24	M	The Saxons Keelan's Kamikases Mx	151
116	Steve Foster	00:44:29	M	Haverhill Men Open A	17
117	Faye Lindsey	00:44:31	F	Clacton Seafront Runners Mx 3	156
118	Kirstie Gladwell	00:44:36	F	Flyers V40 Mixed	122
119	Connor Diplock	00:44:39	M	The Saxons Keelan's Kamikases Mx	151
120	Rob Sommerville	00:44:40	M	Stow Striders Team 4 - Mv50 - 'livin' On A Prayer'	53
121	Wayne Mann	00:44:41	M	Jaffa Mens Open B	8

Rank	Name	Time	Gender	Team	Bib
122	Jem Smith	00:44:44	M	Sj Fancy Dress	98
123	Reece Gooderham	00:44:44	M	Pacers C Mx	179
124	Charles Ohsten	00:44:49	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
125	Tom Wood	00:44:50	M	Harwich Runners Mo	6
126	Amanda Mortimer	00:44:52	F	Ipswich Jaffa Ladies V35	200
127	Roger Kerr	00:44:55	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
128	Christopher Thompson	00:44:56	M	Flyers Mixed 1	120
129	Mark Garrett	00:44:58	M	Norwich Road Runners 1 Mo	36
130	Maciej Zielinski	00:45:08	M	Lowestoft Parkrunners - Lower Esplanade Mo	31
131	Dean Salisbury	00:45:10	M	Diss Ac Road Runners Team 5 Mx	119
132	Toby Downing	00:45:11	M	Airborne Fit Mx	153
133	Simon Ray-jones	00:45:14	M	Gazelles Evans Eagles Mx	184
134	Tom Gladstone	00:45:16	M	Pacers K Mo	15
135	Carl Stannard	00:45:17	M	Rcr Team 2 Mx	147
136	David Johnson	00:45:20	M	Flyers Mixed 2	121
137	Chris Kyriacou	00:45:21	M	Clacton Seafront Runners Mx 1	155
138	Andy Chatfield	00:45:22	M	Capel Cheetahs Mens Vets	41
139	Gerry Gladden	00:45:28	M	Gbrc Orange Team Mo	42
140	Ian Duggan	00:45:29	M	Frr Old Macdonald Is Not A Walker 60s	67
141	Barry Whitcomb	00:45:44	M	Hope Runners Mx	160
142	Tim Higgins	00:45:45	M	Jaffa Mens V60	62
143	Chris Gardiner	00:45:46	M	Tiptree Road Runners Mixed Team 1	59
144	Jack Quin	00:45:47	M	Capel Cheetahs Mixed	112
145	Sam Baxter	00:45:51	F	Frr Baxter's Bullets Lsv	100
146	Lauren Squirrel	00:45:56	F	Martlesham Leisure 3 Mx	165
147	Phil Green	00:45:56	M	Pacers J Mv	46
148	Charles Jones	00:46:04	M	Newmarket Joggers- The Legends 60s	63
149	Mark Austin	00:46:20	M	Wrc Team 3 Mx	174
150	Anna Keeble	00:46:21	F	Ipswich Jaffa Ladies Open A	78
151	Daniel Griffiths	00:46:23	M	Wrc Team 2 Mx	173
152	Sam Wilkinson	00:46:26	M	Stow Striders Team 1 - Mo - 'sledgehammer'	24
153	Ross Finley	00:46:26	M	Rcr Team 4 Mx	149
154	Lisa Briggs	00:46:38	F	Gbrc Purple Team Mx	129
155	Mark Chalklen	00:46:41	M	Martlesham Leisure 3 Mx	165
156	Harvey George	00:46:42	M	Lowestoft Parkrunners - Upper Esplanade Mx	163
157	Benison George	00:46:47	M	Colchester Harriers Senior Men C	4
158	Matt Crane	00:46:49	M	Bvh Open Mens	34
159	Scott Belmonte	00:46:52	M	Gazelles Hudsons Heroes Mx	185
160	Jamie Morgan	00:46:53	M	Legs Miserables Mx	162

Rank	Name	Time	Gender	Team	Bib
161	Kenny Balding	00:46:56	M	Nnbr Six Sixties	64
162	Charlotte Harris Cook	00:46:56	F	Bvh Ladies Open	73
163	Luke Rolfe-herbert	00:46:59	M	Cat-ch Us If You Can Mo	43
164	Alan Carter	00:46:59	M	Diss Ac Road Runners Mx Team 4	116
165	James Johnston	00:47:00	M	Nnbr Six Sixties	64
166	Alex Simpson	00:47:01	M	Blc Mixed Team 1	103
167	Paul Smith	00:47:02	M	Clacton Seafront Runners Mx 4	157
168	Riley Spurling	00:47:03	M	Kesgrave Cruisers Trail Mix	139
169	Simon Goldsmith	00:47:04	M	Si's Matters Mv	47
170	Graham Watering	00:47:20	M	Nrr Team Satgas Mx	69
171	Adam Buckle	00:47:24	M	Dirty Dolphiners - Team Amazon River	186
172	Matt Stranding	00:47:24	M	Martlesham Leisure 1 Mx	164
173	Gavin Talbot	00:47:25	M	Suffolk County Council Team 1	193
174	Tom Butler	00:47:27	M	Diss Ac Road Runners Team 5 Mx	119
175	Dale Fowler	00:47:28	M	Si's Matters Mv	47
176	Matt Bailey	00:47:29	M	Airborne Fit Mx	153
177	Alan Card	00:47:30	M	Flyers V50 Mixed	123
178	Amy Wright	00:47:31	F	Gazelles Durrants Dashers Mx	183
179	Katie Gibson	00:47:36	F	Colchester Harriers Women Supervets A	87
180	Jack Blackbeard	00:47:37	M	Onetopteam Mx	168
181	Quang Hoang	00:47:37	M	Frr Buckled And Stoned Msv	55
182	Louise Stevens	00:47:47	F	Wac Atak Mx	191
183	Jake Church	00:47:48	M	The Saxons Tina's Titans Mx	152
184	Daryl Simpson	00:47:55	M	Jaffa Mens V50	51
185	Paul Jones	00:47:56	M	Gazelles Cartners Cruisers Mx	182
186	Lindi Wallace	00:48:00	F	Ipswich Jaffa Ladies V35	200
187	Oliver Payne	00:48:05	M	Lowestoft Parkrunners - Lower Esplanade Mo	31
188	Paul Brimson	00:48:11	M	Saxon Saxy 60s	66
189	Paul Hollidge	00:48:13	M	Gbrc Red Team Mx	130
190	Pamerjit Kaur	00:48:14	F	Pacers H Mx	180
191	Dave Rees	00:48:15	M	Kelvedon Snivellers Mv	58
192	Simon Peters	00:48:17	M	Tiptree Road Runners Mixed Team 1	59
193	Phil Ewing	00:48:18	M	The Saxons Tina's Titans Mx	152
194	Kelly Smith	00:48:21	F	Boxted Butterflies Lo	72
195	Neville Clarke	00:48:21	M	Newmarket Joggers- The Legends 60s	63
196	Carl Collins	00:48:25	M	Jaffa Mixed	132
197	Emily Gooderham	00:48:30	F	Pacers C Mx	179
198	Luke Tynan	00:48:30	M	Harwich Runners Mo	6
199	Simon Scott	00:48:32	M	Wrc Team 3 Mx	174

Rank	Name	Time	Gender	Team	Bib
200	Michelle Lock	00:48:33	F	Colchester Harriers Women Supervets A	87
201	Paul Connick	00:48:35	M	Mileswithsmiles B Mx	166
202	Sam Linassi	00:48:35	F	Frr Baxter's Bullets Lsv	100
203	Jonny Wilson	00:48:45	M	Gazelles Durrants Dashers Mx	183
204	Adam Sales	00:48:47	M	Benfleet Mixed B	102
205	Vicky Sheldon	00:48:51	F	Tiptree Road Runners F45+	93
206	Dale Steggles	00:48:52	M	Clacton Seafront Runners Mx 1	155
207	Joe Moore	00:48:55	M	Gazelles Evans Eagles Mx	184
208	Mark Holland	00:48:55	M	Kesgrave Cruisers Mega Mix	135
209	Lee Tooley	00:48:56	M	Wrc Team 4 - Worst Pace Scenario Mo	22
210	Eamonn Coveney	00:48:56	M	Pacers E 60s	65
211	Craig Wright	00:48:56	M	Ipswich Phoenix Running Club Mx Team B	142
212	Madeline Turner	00:49:00	F	Springfield Striders Rc Mx	150
213	Alan Jackson	00:49:07	M	Ipswich Trail Runners 1 Mx	187
214	Phil King	00:49:08	M	Nnbr Super Seventies	70
215	Lil Odey	00:49:09	F	Harwich Runners Ladies Open	76
216	Helen Came	00:49:16	F	Dirty Dolphiners - Team Hector's Mx	170
217	Rob Morgan	00:49:19	M	Pacers E 60s	65
218	Katie Woods	00:49:20	F	Nrr Easier Said Than Run Mx	68
219	Helen Barber	00:49:21	F	Mileswithsmiles B Mx	166
220	Stephen Mead	00:49:22	M	Pacers A 70s	71
221	Dave Robinson	00:49:23	M	Rcr Team 4 Mx	149
222	Daisy Watson	00:49:24	F	Lowestoft Road Runners C: Sharon's Speedsters Mx	96
223	Carl Berriman	00:49:24	M	Rcr Team 5 Mx	13
224	Vicky Moore	00:49:24	F	Clacton Seafront Runners Mx 4	157
225	Paul Mitchell	00:49:27	M	Haverhill Men Open A	17
226	Tristram Hilborn	00:49:28	M	Newmarket Joggers Mixed Open #2	178
227	Simon Morgan	00:49:38	M	Colchester Harriers Mixed A	114
228	Thomas Spurling	00:49:39	M	Kesgrave Cruisers Little Mix	134
229	Ray Mooney	00:49:41	M	Haverhill Men Open B	18
230	Christian Hadwen	00:49:42	M	Sole Survivors Mx	171
231	Matt Sims	00:49:49	M	Rcr Team 3 Mx	148
232	Megan Smith	00:49:53	F	Flyers Mixed 2	121
233	Rob Farthing	00:50:00	M	Dirty Dolphiners - Team Pantropical Spotted Mx	190
234	Greg Ward	00:50:04	M	Nrr Easier Said Than Run Mx	68
235	Bradley Robb	00:50:12	M	Rcr Team 1 Mx	146
236	Richard Manning	00:50:18	M	Running Colchester Mix 2	145
237	Anita Ward	00:50:24	F	Pacers F Lsv	91
238	Dave Howgego	00:50:28	M	Woodbridge Shufflers Roger's Runners Mx	175

Rank	Name	Time	Gender	Team	Bib
239	Holly Taylor	00:50:32	F	Frr Taylor's Torpedoes Mx	197
240	Neal Hughes	00:50:32	M	Sole Survivors Mx	171
241	Phil Priest	00:50:38	M	Diss Ac Road Runners Mx Team 1	115
242	Amy Thompson	00:50:38	F	Cats Win By A Whisker Lo	75
243	Imogen Elliott	00:50:39	F	Saxons Super Ladies Lo	82
244	Keith Andrews	00:50:39	M	Kesgrave Cruisers Spice Mix	138
245	Mark Jeffrey	00:50:42	M	Springfield Striders Rc Mx	150
246	Jeremy Reader	00:50:44	M	Newmarket Joggers Mixed Open #2	178
247	Joachim Benford	00:50:49	M	Moretonhallrunners	195
248	Paul Goldring	00:50:52	F	Jaffa Mixed	132
249	Andy Budd	00:50:54	M	Capel Cheetahs Mens Vets	41
250	Jenny Morgan	00:51:00	F	Pacers A 70s	71
251	Amy Eyo	00:51:02	F	Wrc Team 1 Mx	172
252	Tia Toppie	00:51:06	F	Ipswich Jaffa Ladies Open C	77
253	Kate Heeks	00:51:06	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
254	Adam Kinsmore-ward	00:51:13	M	Blc Mixed Team 4	106
255	Gary Linder	00:51:13	M	Nnbr Super Seventies	70
256	Jonathan Meadows	00:51:14	M	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
257	Sarah Bennett	00:51:18	F	Ipswich Jaffa Ladies Open B	79
258	Steve Roberts	00:51:19	M	Woodbridge Shufflers - Keith's Kwickies Mo	33
259	Libby Abbott	00:51:26	F	Martlesham Leisure 2 Mo	32
260	Bronwen Sarginson	00:51:31	F	Ipswich Phoenix Running Club Mx Team B	142
261	Lisa Clarke	00:51:34	F	Ipswich Jaffa Ladies Open A	78
262	Hannah Prince	00:51:45	F	Suffolk County Council Team 1	193
263	Sally Banyard	00:51:46	F	Tiptree Road Runners F45+	93
264	Chris Servant	00:51:47	M	Jaffa Mens V60	62
265	Mary Narey	00:51:49	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
266	Simon Butler	00:51:53	M	Kesgrave Cruisers Essential Mix Mo	133
267	Neil Thomas	00:51:54	M	Running Colchester Mix 1	144
268	Andrew Horlock	00:51:55	M	Running Colchester Mix 2	145
269	Sarah Davies	00:52:05	F	Haverhill Rc Super Women Lo	83
270	Jonathan Briggs	00:52:07	M	Gbrc Pink Team Mx	128
271	Ben Cuthbert	00:52:14	M	Sj Fancy Dress	98
272	Paul Strutt	00:52:15	M	Dirty Dolphiners - Team Pantropical Spotted Mx	190
273	Tom Higgins	00:52:15	M	Gbrc Grey Team Mx	127
274	Steve Hunt	00:52:25	M	Colchester Harriers Mixed A	114
275	Georgie Roadnight	00:52:25	F	Blc Mixed Team 1	103
276	Nuno Vidal	00:52:30	M	Running Colchester Mix 1	144
277	Christopher Blagdon	00:52:33	M	Saxon Saxy 60s	66

Rank	Name	Time	Gender	Team	Bib
278	Louise Wilkins	00:52:34	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
279	Colin Braithwaite	00:52:39	M	Diss Ac Road Runners Team 3 Mx	118
280	Katie Holmes	00:52:51	F	Cats Win By A Whisker Lo	75
281	Kat Dabrowska	00:52:52	F	Capel Cheetahs Mixed	112
282	Claire Brown	00:52:55	F	Pacers F Lsv	91
283	Paul Carlise	00:53:01	M	Gbrc Green Team Mx	126
284	Bill Pryor	00:53:01	M	Onetopteam Mx	168
285	Graham Brumpton	00:53:04	M	Ipswich Phoenix Running Club Mx Team C	140
286	Annabel Attwell	00:53:05	F	Barker Gotelee Solicitors Mx	154
287	Stuart Gollands	00:53:16	M	Lowestoft Road Runners D: Go Go Go-Ilands! Mx	97
288	Kelsey Borrer	00:53:19	F	Saxons Super Ladies Lo	82
289	Marcus Kwan	00:53:21	M	Kesgrave Cruisers Trail Mix	139
290	Kathryn Cooper	00:53:24	F	Boxted Butterflies Lo	72
291	Phil Brown	00:53:29	M	Pacers H Mx	180
292	Elizabeth Atkinson	00:53:34	F	Wrc Team 2 Mx	173
293	Naomi Darcy	00:53:39	F	Boxted Buffaloes Mx	110
294	Chris Lawrence	00:53:45	M	Frr Taylor's Torpedoes Mx	197
295	Lisa Perkins	00:53:46	F	Martlesham Leisure 1 Mx	164
296	Jessica Gould	00:53:48	F	Gbrc Pink Team Mx	128
297	Nick Runnacles	00:53:51	M	Boxted Broncos Mx	109
298	Leigh Corbould	00:53:53	M	Blc Mixed Team 2	104
299	Stephen Hargreaves	00:54:00	M	Tiptree Road Runners M Open	26
300	Tim Matson	00:54:01	M	Khs2 Mo	30
301	Gemma Smy	00:54:01	F	Ipswich Trail Runners 2 Mx	188
302	Rhiannon Johnson	00:54:04	F	Diss Ac Road Runners Team 3 Mx	118
303	Robert Walker	00:54:11	M	Frr Old Macdonald Is Not A Walker 60s	67
304	Zoe Proctor	00:54:12	F	Kesgrave Cruisers Ready Mix	137
305	Nick Walker	00:54:12	M	Stow Striders Team 3 - Mv40 - 'danger Zone'	48
306	Andrew Howard	00:54:13	M	Hope Runners Club Mx	159
307	Goldie Orman	00:54:22	F	Blc Mixed Team 3	105
308	Jason Black	00:54:24	M	Gazelles Cartners Cruisers Mx	182
309	Brad Guyon	00:54:26	M	Dirty Dolphiners - Team Hector's Mx	170
310	Samantha Wilkinson	00:54:31	F	Stow Striders Team 6 - Female Vet 40 - 'run Dmc'	199
311	Helen Yellop	00:54:36	F	Capel Cheetahs Ladies Sv	86
312	Ashea Aphane	00:54:48	F	Hope Runners Club Mx	159
313	Marie Paveley	00:54:56	F	Capel Cheetahs Ladies Sv	86
314	Kim Drain	00:55:01	M	Stow Striders Team 2 - Mo B - 'final Countdown'	25
315	Norman Jubb	00:55:11	M	Boxted Buffaloes Mx	110
316	John Harris	00:55:14	M	Rebel Alliance Mx	169

Rank	Name	Time	Gender	Team	Bib
317	Ross Kozyrko	00:55:29	M	Lowestoft Road Runners B: Kerry On Running! Mx	95
318	Ellie Barnes	00:55:44	F	Khs1 Mx	161
319	Emma Ward	00:55:48	F	Diss Ac Road Runners Mx Team 4	116
320	Hayley Gittings	00:55:50	F	Dirty Dolphiners - Team Amazon River	186
321	Sam Spencer	00:56:03	F	Ipswich Jaffa Ladies Open B	79
322	Martin Holtham-payne	00:56:04	M	Tiptree Road Runners M Open	26
323	Lou Balfour	00:56:08	F	Gbrc Red Team Mx	130
324	Rosanna Holden	00:56:16	F	Cats Feline Good Lo	74
325	Claire White	00:56:18	F	Tiptree Road Runners Team 4 Mixed	85
326	Connor Adams	00:56:20	M	Rcr Team 2 Mx	147
327	Kate Hayward Brackenbury	00:56:22	F	Woodbridge Shufflers Roger's Runners Mx	175
328	Martin Cotton	00:56:25	M	Gbrc Blue Team Mx	125
329	Amanda Smith	00:56:28	F	Woodbridge Shufflers - Lottie's Leapers Lo	84
330	Chloe Heeks	00:56:34	F	Stow Striders Team 5- Ladies Open - The 'a' Team	81
331	Keeley Swords	00:56:37	F	Cats Feline Good Lo	74
332	Valentina Burley	00:56:41	F	Harwich Runners Mixed	131
333	Jenny Hurley	00:56:48	F	Frr Hurley's Hurricanes Lv	198
334	Laura Greenman	00:57:01	F	Ipswich Jaffa Ladies Open C	77
335	Noud Van Der Wielen	00:57:12	M	Moretonhallrunners	192
336	Kerry Daly	00:57:18	F	Moretonhallrunners	192
337	Cheryl Trundle	00:57:34	F	Haverhill Rc Super Women Lo	83
338	Rachel Andvig	00:57:35	F	Kesgrave Kruisers Little Mix	134
339	Anne Millett	00:57:40	F	Nrr Team Satgas Mx	69
340	Caroline Corney	00:57:42	F	Tiptree Road Runners Team 4 Mixed	85
341	Rebecca Palmer	00:57:44	F	Lowestoft Road Runners B: Kerry On Running! Mx	95
342	Amelia Banfield	00:57:55	F	Kesgrave Kruisers Spice Mix	138
343	Isabelle Pound	00:58:08	F	Nnbr Scrambled Legs Lsv	89
344	Robert Cone	00:58:15	M	Frr Coned Off, Yeah? Mx	111
345	Mary Ashcroft	00:58:18	F	Stow Striders - Fv50 - 'don't Leave Me This Way'	92
346	David Crane	00:58:23	M	Kesgrave Kruisers Mega Mix	135
347	Louise Waterhouse-taylor	00:58:26	F	Barker Gotelee Solicitors Mx	154
348	Haydn Chaplin	00:58:46	M	Boxted Bisons Mx	108
349	Katie Siggery	00:58:54	F	Rebel Alliance Mx	169
350	Rachel Kerton	00:59:18	F	Woodbridge Shufflers - Lottie's Leapers Lo	84
351	Cornell Groenewald	00:59:24	F	Boxted Broncos Mx	109
352	Rachel Budd	01:00:18	F	Sj Fancy Dress Optional	99
353	Helen Berry	01:00:26	F	Jaffa Ladies V45	88
354	Peter Woods	01:00:43	M	Frr Cooking In The Woods Mx	196
355	Jon Bliss	01:01:00	M	Harwich Runners Mixed	131

Rank	Name	Time	Gender	Team	Bib
356	Andrew Wynn	01:01:39	M	Ipswich Triathlon Club - The One & Only Team Mo	12
357	Paula Mayes	01:01:50	F	Nnbr Scrambled Legs Mk 2 Lsv	90
358	Nicky Kedge	01:01:56	F	Clacton Seafront Runners Mx Team 5	189
359	Martin Garrod	01:02:15	M	Ipswich Phoenix Running Club Mx Team C	140
360	Mark Harris	01:02:30	M	Gbrc Green Team Mx	126
361	Haley Duffy	01:02:38	F	Jaffa Ladies V45	88
362	Ruth Gray	01:03:05	F	Hope Runners Mx	160
363	Harry Noble	01:03:11	M	Sj Fancy Dress Optional	99
364	Tim Clifton	01:03:17	M	Gbrc Blue Team Mx	125
365	Andrea Markwick	01:03:22	F	Gbrc Grey Team Mx	127
366	Helen Harrison	01:03:24	F	Nnbr Scrambled Legs Lsv	89
367	Billy Fuller	01:03:35	M	Khs2 Mo	30
368	Mon Lee	01:04:07	M	Frr Cooking In The Woods Mx	196
369	Paul Smith	01:04:32	M	Gbrc Purple Team Mx	129
370	Natasha Sumner	01:04:33	F	Nnbr Scrambled Legs Mk 2 Lsv	90
371	David Clark	01:05:26	M	Hrr Heroic Relay Runners Mo	5
372	Emily Maguire	01:05:33	F	Rcr Team 5 Mx	13
373	Kevin Scott	01:05:53	M	Rcr Team 3 Mx	148
374	Caroline Bose	01:06:22	F	Boxted Bisons Mx	108
375	Peter Stewart	01:06:29	M	Khs1 Mx	161
376	Lauren Challen	01:06:59	F	Suffolk County Council Team 2	194
377	Jane Hallinan	01:07:24	F	Suffolk County Council Team 2	194
378	Anna Anderson	01:08:54	F	Boxted Bears Mx	107
379	Lukas Groenewald	01:09:02	M	Boxted Bears Mx	107
380	Ali Ostler	01:09:39	F	Frr Hurley's Hurricanes Lv	198
381	Karen Simpson	01:09:43	F	Clacton Seafront Runners Mx 3	156
382	Ginette Loach	01:10:07	F	Clacton Seafront Runners Mx Team 5	189
383	Bethany Godfrey	01:10:45	F	Harwich Runners Ladies Open	76
384	Alex Stadler	01:17:20	M	Frr Coned Off, Yeah? Mx	111