

Richard Bennett Felixstowe Coastal 10m

Sunday 18th September 2022

Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP
Richard Bennett Felixstowe Coastal 10m								
1.	156	Stuart HAYNES	Male V45	Woodbridge Shufflers RC	53:39	53:38	1.	1.
2.	238	Scott RAMSEY	Male Senior	Ipswich Harriers	54:06	54:06	2.	1.
3.	326	Scott WILLIAMS	Male Senior	Stowmarket Striders RC	54:44	54:43	3.	2.
4.	110	James EVE	Male V45	Headington RR	57:20	57:18	4.	2.
5.	286	Gary TAYLOR	Male Senior	Felixstowe RRC	58:02	58:02	5.	3.
6.	325	Jack WILKINSON	Male Senior	Ipswich Jaffa RC	58:05	58:05	6.	4.
7.	169	Adam HOWLETT	Male V50	Unattached	58:40	58:40	7.	1.
8.	7	Mark ALLEN	Male V55	Ipswich Jaffa RC	59:13	59:12	8.	1.
9.	63	Henry CATLING	Male Senior	Felixstowe RRC	59:19	59:18	9.	5.
10.	301	Haydn WADE	Male Senior	Felixstowe RRC	59:28	59:27	10.	6.
11.	259	John SCAIFE	Male V45	Colchester Harriers AC	59:47	59:47	11.	3.
12.	320	Geraint WHITE	Male Senior	Ipswich Jaffa RC	59:54	59:53	12.	7.
13.	201	Chris LEEK	Male V45	Framlingham Flyers	1:00:24	1:00:22	13.	4.
14.	81	James CORNISH	Male V45	Kesgrave Cruisers	1:01:32	1:01:31	14.	5.
15.	130	Jonathan GLANFIELD	Male Senior	Felixstowe RRC	1:01:56	1:01:55	15.	8.
16.	59	Jack CARPENTER	Male Senior	Unattached	1:02:09	1:02:08	16.	9.
17.	111	Andrew FARN	Male Senior	Unattached	1:02:21	1:02:17	17.	10.
18.	303	Paul WAIN	Male Senior	Ipswich Jaffa RC	1:03:13	1:03:11	18.	11.
19.	137	Chris GREEN	Male Senior	Unattached	1:03:37	1:03:34	19.	12.
20.	289	Jason TAYLOR	Male V45	Felixstowe RRC	1:03:48	1:03:45	20.	6.
21.	276	Ashley SMY	Male V40	Ipswich Jaffa RC	1:04:02	1:04:00	21.	1.
22.	229	Kevin PEIRCE	Male V45	Ipswich Harriers	1:04:24	1:04:23	22.	7.
23.	172	Tony HUBBARD	Male V40	Rushmere Community Runners	1:04:34	1:04:32	23.	2.
24.	220	Paul OSBORNE	Male V45	Felixstowe RRC	1:05:12	1:05:10	24.	8.
25.	231	David PERCY	Male V45	Haverhill Running Club	1:05:18	1:05:15	25.	9.
26.	309	Stuart WARD	Male Senior	Rushmere Community Runners	1:06:02	1:05:59	26.	13.
27.	162	Jonny HODGSON	Male Senior	Vegan Runners UK	1:06:14	1:06:09	27.	14.
28.	232	Jonathan PESTELL	Male V40	Unattached	1:06:16	1:06:11	28.	3.
29.	318	Suzy WEST	Female Senior	Ipswich Jaffa RC	1:06:32	1:06:23	1.	1.
30.	61	Marcus CATLIN	Male V45	Ipswich Jaffa RC	1:06:38	1:06:33	29.	10.
31.	146	Gavin HAMMOND	Male V40	Ipswich Jaffa RC	1:06:42	1:06:40	30.	4.
32.	94	Jason DIGHTON	Male V45	Ipswich Phoenix Running Club	1:06:51	1:06:45	31.	11.
33.	47	Jason BRUNT	Male V45	Norfolk Gazelles AC	1:07:05	1:07:03	32.	12.
34.	147	Neal HARDWICK	Male V40	Kesgrave Cruisers	1:07:06	1:07:02	33.	5.
35.	84	Ian COXALL	Male V45	Rushmere Community Runners	1:07:38	1:07:35	34.	13.
36.	18	Terry BACK	Male V60+	Ipswich Jaffa RC	1:07:47	1:07:32	35.	1.
37.	332	Stuart WRIGHT	Male V45	Felixstowe RRC	1:07:59	1:07:56	36.	14.
38.	213	Stephen MUNNINGS	Male V40	Felixstowe RRC	1:08:46	1:08:42	37.	6.
39.	279	Simon STAFFORD	Male V50	Kesgrave Cruisers	1:08:50	1:08:45	38.	2.
40.	187	Michael JENNINGS	Male Senior	Unattached	1:08:53	1:08:46	39.	15.
41.	129	Neil GILLINGHAM	Male Senior	Ipswich Harriers	1:08:56	1:08:55	40.	16.
42.	212	Emma MORTIMER	Female Senior	Ipswich Phoenix Running Club	1:08:57	1:08:52	2.	2.
43.	268	Wayne SKUDDER	Male Senior	Unattached	1:09:13	1:09:09	41.	17.
44.	331	Dean WRIGHT	Male V40	Unattached	1:09:16	1:09:11	42.	7.
45.	261	Chris SERVANT	Male V55	Ipswich Jaffa RC	1:09:21	1:09:17	43.	2.
46.	200	Andrew LAWS	Male V55	Ipswich Jaffa RC	1:09:23	1:09:13	44.	3.
47.	282	Roger STONE	Male V50	Kesgrave Cruisers	1:09:29	1:09:15	45.	3.
48.	255	Ash SADLER	Male V45	Kesgrave Cruisers	1:09:35	1:09:26	46.	15.
49.	85	Andrew CRAIG	Male V45	Woodbridge Shufflers RC	1:09:53	1:09:49	47.	16.
50.	50	Pawel BUCZEK	Male V40	Unattached	1:09:53	1:09:48	48.	8.
51.	152	Robin HARPER	Male V45	Felixstowe RRC	1:10:01	1:09:59	49.	17.
52.	86	Kate CREAK	Female Senior	TRISudbury	1:10:09	1:10:06	3.	3.

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP
53.	285	Daniel SUMMERSGILL	Male Senior	Ipswich Jaffa RC	1:10:11	1:10:08	50.	18.
54.	34	Warren BIRCH	Male V55	Rushmere Community Runners	1:10:13	1:10:11	51.	4.
55.	113	Karl FEAGAN	Male V45	Ipswich Harriers	1:10:27	1:10:21	52.	18.
56.	64	Jonathan CHAPMAN	Male Senior	Unattached	1:11:14	1:11:12	53.	19.
57.	49	Kerry BUCKLEY	Male V50	Felixstowe RRC	1:11:15	1:11:10	54.	4.
58.	300	John VINECOMBE	Male Senior	Unattached	1:11:38	1:11:35	55.	20.
59.	141	Mark GRIGGS	Male V45	Rushmere Community Runners	1:12:13	1:12:06	56.	19.
60.	294	Matt TRILL	Male V45	Ipswich Jaffa RC	1:12:23	1:12:16	57.	20.
61.	72	Kevin CLEGG	Male V40	Kesgrave Cruisers	1:12:38	1:12:35	58.	9.
62.	227	Steve PAUL	Male V60+	Eastern Masters AC	1:12:50	1:12:42	59.	2.
63.	278	Rob SQUIRRELL	Male V45	Woodbridge Shufflers RC	1:13:03	1:13:00	60.	21.
64.	27	Robin BELSOM	Male V60+	Ipswich Jaffa RC	1:13:33	1:13:27	61.	3.
65.	121	Simon FRASER	Male V50	Rushmere Community Runners	1:13:57	1:13:51	62.	5.
66.	54	James BURNETT	Male Senior	Unattached	1:14:06	1:14:04	63.	21.
67.	124	Andrew GARNHAM	Male V50	Felixstowe RRC	1:14:13	1:14:05	64.	6.
68.	16	Tom AYKROYD	Male V40	Felixstowe RRC	1:14:23	1:14:18	65.	10.
69.	12	Benjamin ASKEW	Male V45	Unattached	1:14:27	1:14:23	66.	22.
70.	99	Stephen DUNNETT	Male V60+	Framlingham Flyers	1:14:29	1:14:26	67.	4.
71.	13	Simon ASKEW	Male V45	Unattached	1:14:32	1:14:27	68.	23.
72.	287	Holly TAYLOR	Female Senior	Felixstowe RRC	1:14:35	1:14:29	4.	4.
73.	14	Jenni ASKEW-MARTIN	Female Senior	Kesgrave Cruisers	1:14:54	1:14:45	5.	5.
74.	246	Nicki RIPMAN	Female V40	Unattached	1:15:03	1:14:54	6.	1.
75.	55	Ben BURROWS	Male V45	Woodbridge Shufflers RC	1:15:03	1:14:58	69.	24.
76.	32	Carl BERRIMAN	Male V50	Rushmere Community Runners	1:15:11	1:15:01	70.	7.
77.	258	Len SAUNDERS	Male V45	Felixstowe RRC	1:15:13	1:15:06	71.	25.
78.	23	Nigel BARNES	Male V50	Vegan Runners UK	1:15:24	1:15:18	72.	8.
79.	37	Adam BOYLE	Male V50	Woodbridge Shufflers RC	1:15:36	1:15:26	73.	9.
80.	265	Gemma SHEPPARD	Female V40	Felixstowe RRC	1:15:47	1:15:44	7.	2.
81.	92	Ricky DEASY	Male V40	Unattached	1:15:55	1:15:43	74.	11.
82.	65	Mathew CHAPPLE	Male V45	Kesgrave Cruisers	1:16:14	1:16:06	75.	26.
83.	66	Luz CHAVEZ	Female Senior	Ipswich Jaffa RC	1:16:19	1:16:09	8.	6.
84.	313	Mark WATTS	Male Senior	Stowmarket Striders RC	1:16:26	1:16:22	76.	22.
85.	168	Dave HOWGEGO	Male V55	Kesgrave Cruisers	1:16:39	1:16:23	77.	5.
86.	193	Paul KETRIDGE	Male V40	Unattached	1:16:42	1:16:25	78.	12.
87.	51	Trevor BUNCH	Male V45	Haverhill Running Club	1:16:46	1:16:43	79.	27.
88.	154	Barry HAWTIN	Male V40	Unattached	1:16:47	1:16:40	80.	13.
89.	267	Anna SKUDDER	Female Senior	Unattached	1:16:48	1:16:44	9.	7.
90.	185	Martin JARVIS	Male V45	Unattached	1:16:49	1:16:33	81.	28.
91.	175	Oliver HUGHES	Male V40	Haverhill Running Club	1:16:51	1:16:48	82.	14.
92.	100	Chris DURRANT	Male V55	Unattached	1:17:01	1:16:53	83.	6.
93.	211	Natasha MICHAEL	Female Senior	Saint Edmund Pacers	1:17:09	1:17:03	10.	8.
94.	295	Caroline TUCK	Female V55	Dagenham 88 Runners	1:17:16	1:17:10	11.	1.
95.	190	Anna KEEBLE	Female Senior	Ipswich Jaffa RC	1:17:19	1:17:09	12.	9.
96.	56	Heather BUSH	Female V45	Unattached	1:17:19	1:17:08	13.	1.
97.	71	Daniel CLARK	Male V45	Felixstowe RRC	1:17:31	1:17:17	84.	29.
98.	207	Cynthia MATEO PENA	Female Senior	Woodbridge Shufflers RC	1:17:38	1:17:32	14.	10.
99.	136	Lewis GRANT	Male V45	Unattached	1:17:38	1:17:21	85.	30.
100.	102	Kimberley DYE	Female Senior	Ipswich Jaffa RC	1:17:57	1:17:49	15.	11.
101.	337	Sarah STUART	Female V45	Unattached	1:18:02	1:17:52	16.	2.
102.	39	Lee BRIERS	Male V40	Unattached	1:18:03	1:17:54	86.	15.
103.	5	Matthew ALEXANDER	Male Senior	Woodbridge Shufflers RC	1:18:07	1:18:02	87.	23.
104.	176	Caroline HUNT	Female Senior	Unattached	1:18:13	1:17:59	17.	12.
105.	264	Ben SHEPPARD	Male V45	Felixstowe RRC	1:18:25	1:18:21	88.	31.
106.	133	Mark GOODWIN	Male V50	Felixstowe RRC	1:18:27	1:18:21	89.	10.

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107.	87	Richard CREASEY	Male Senior	Kesgrave Cruisers	1:18:33	1:18:24	90.	24.
108.	107	James ELLUL	Male V40	Felixstowe RRC	1:18:35	1:18:29	91.	16.
109.	69	David CHURCH	Male V50	Felixstowe RRC	1:18:44	1:18:39	92.	11.
110.	119	Mark FOSKER	Male Senior	Unattached	1:18:48	1:18:42	93.	25.
111.	270	Daniel SMART	Male Senior	Unattached	1:18:54	1:18:40	94.	26.
112.	106	James ELLIS	Male V40	Stowmarket Striders RC	1:18:56	1:18:41	95.	17.
113.	105	Olivia ELLIS	Female Senior	Ipswich Jaffa RC	1:18:57	1:18:47	18.	13.
114.	123	Daniel GARNER	Male Senior	Ipswich Jaffa RC	1:19:18	1:19:07	96.	27.
115.	195	Steven LANE	Male V40	Ipswich Jaffa RC	1:19:23	1:19:08	97.	18.
116.	248	Dave ROBINSON	Male V50	Rushmere Community Runners	1:19:25	1:19:09	98.	12.
117.	233	Richard PHILLIPS	Male V40	Kesgrave Cruisers	1:19:30	1:19:21	99.	19.
118.	101	Steve DURRANT	Male V60+	Unattached	1:19:56	1:19:48	100.	5.
119.	235	Adam PLUMMER	Male Senior	Rushmere Community Runners	1:20:08	1:19:57	101.	28.
120.	115	Justin FIDDAMAN	Male V50	Felixstowe RRC	1:20:18	1:20:12	102.	13.
121.	35	Rachel BODSWORTH	Female V40	Hadleigh Hares AC	1:20:29	1:20:26	19.	3.
122.	112	Justin FARRIS	Male Senior	Woodbridge Shufflers RC	1:20:35	1:20:31	103.	29.
123.	317	David WENYON	Male V40	Woodbridge Shufflers RC	1:20:39	1:20:35	104.	20.
124.	135	Michael GRAHAM	Male Senior	Unattached	1:20:39	1:20:18	105.	30.
125.	58	Daniel BYCRAFT	Male Senior	Unattached	1:20:43	1:20:33	106.	31.
126.	116	Helen FINDLEY	Female V40	Kesgrave Cruisers	1:21:00	1:20:51	20.	4.
127.	312	Kerry WATSON	Female V40	Ipswich Jaffa RC	1:21:02	1:20:53	21.	5.
128.	3	Ruth ACWORTH	Female V60+	Woodbridge Shufflers RC	1:21:03	1:20:50	22.	1.
129.	280	Daniel	Male Senior	Boxted Runners	1:21:04	1:20:57	107.	32.
130.	263	Jack SHEPHERD	Male Senior	Unattached	1:21:27	1:21:05	108.	33.
131.	15	Susan AVES	Female V55	Springfield Striders RC	1:21:29	1:21:16	23.	2.
132.	62	Debbie CATLING	Female V50	Felixstowe RRC	1:21:36	1:21:25	24.	1.
133.	25	Katie BECKINSALE	Female Senior	Unattached	1:21:49	1:21:39	25.	14.
134.	228	Adrian PEAKE	Male V55	Ipswich Jaffa RC	1:22:01	1:21:55	109.	7.
135.	178	Jane HUTCHINSON	Female V45	Woodbridge Shufflers RC	1:22:02	1:21:54	26.	3.
136.	128	Rob GILLAN	Male Senior	Unattached	1:22:18	1:22:05	110.	34.
137.	41	Rachel BROOKE	Female V50	Ipswich Jaffa RC	1:22:37	1:22:25	27.	2.
138.	165	Peter HOPSON	Male V50	Unattached	1:23:01	1:22:41	111.	14.
139.	91	Karen DEASY	Female V40	Unattached	1:23:04	1:22:51	28.	6.
140.	292	Karl TOVELL	Male V40	Unattached	1:23:09	1:22:55	112.	21.
141.	252	Mark ROSE	Male V45	Ipswich Jaffa RC	1:23:13	1:23:07	113.	32.
142.	157	Guy HAYWARD	Male V50	Unattached	1:23:22	1:23:13	114.	15.
143.	224	Marion PARKER	Female V55	Felixstowe RRC	1:23:51	1:23:43	29.	3.
144.	257	Bronwen SARGINSON	Female V40	Ipswich Phoenix Running Club	1:23:52	1:23:40	30.	7.
145.	275	Daniel SMITH	Male Senior	Woodbridge Shufflers RC	1:24:00	1:23:54	115.	35.
146.	140	Connal GRIFFITHS	Male V40	Unattached	1:24:28	1:24:08	116.	22.
147.	186	Steven JEGGO	Male V50	Unattached	1:24:36	1:24:18	117.	16.
148.	202	Colin LEWIS	Male V55	Unattached	1:25:17	1:24:59	118.	8.
149.	75	Gavin COLEMAN	Male V40	Unattached	1:25:22	1:25:12	119.	23.
150.	298	Carl VINCE	Male V45	Unattached	1:25:22	1:25:12	120.	33.
151.	1	Sian ABBOTT	Female Senior	Ipswich Jaffa RC	1:25:42	1:25:31	31.	15.
152.	191	Wendy KELLETT	Female V50	Ipswich Jaffa RC	1:25:45	1:25:31	32.	3.
153.	254	Chris RYAN	Male V60+	Unattached	1:25:47	1:25:35	121.	6.
154.	310	Muttley WARDASHTON	Male V50	Unattached	1:25:55	1:25:44	122.	17.
155.	95	Trevor DIXON	Male V45	Unattached	1:25:57	1:25:40	123.	34.
156.	225	Jane PARKINGTON	Female V50	Unattached	1:26:03	1:25:44	33.	4.
157.	198	Keith LANSDOWN	Male V55	Ipswich Jaffa RC	1:26:21	1:26:09	124.	9.
158.	226	Tim PARNELL	Male V55	Ipswich Jaffa RC	1:26:21	1:26:09	125.	10.
159.	180	Veronique INIZAN	Female V45	Unattached	1:26:26	1:26:08	34.	4.
160.	307	Steven WARD	Male V40	Unattached	1:26:34	1:26:17	126.	24.

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161.	204	Simon LUCKING	Male V40	Unattached	1:26:36	1:26:17	127.	25.
162.	283	Darren STOREY	Male V55	Felixstowe RRC	1:27:03	1:26:56	128.	11.
163.	247	Sandra ROBERTS	Female V60+	Ipswich Jaffa RC	1:27:06	1:26:51	35.	2.
164.	82	Luke COSTER-REEVE	Male Senior	Unattached	1:27:08	1:26:44	129.	36.
165.	192	Amanda KEMP	Female V40	Felixstowe RRC	1:27:17	1:27:08	36.	8.
166.	114	Christy FENELON	Male Senior	Unattached	1:27:20	1:27:08	130.	37.
167.	40	Jimmy BRIERS	Male V55	Unattached	1:27:25	1:27:16	131.	12.
168.	143	Christian HADWEN	Male V45	Unattached	1:27:28	1:27:26	132.	35.
169.	189	Holly JOHNSON	Female Senior	Vegan Runners UK	1:27:31	1:27:19	37.	16.
170.	236	Carl PURNELL	Male V60+	Unattached	1:27:40	1:27:24	133.	7.
171.	210	Andy MENIN	Male V60+	Unattached	1:27:41	1:27:37	134.	8.
172.	43	Amy BROWN	Female Senior	Unattached	1:27:42	1:27:31	38.	17.
173.	160	Alex HERMON	Male Senior	Unattached	1:27:51	1:27:40	135.	38.
174.	44	Adam BROWN	Male Senior	Unattached	1:28:00	1:27:49	136.	39.
175.	45	Marcus BROWN	Male V50	Rushmere Community Runners	1:28:04	1:27:52	137.	18.
176.	46	Teresa BROWN	Female Senior	Rushmere Community Runners	1:28:04	1:27:52	39.	18.
177.	182	Ben JACKSON	Male Senior	Felixstowe RRC	1:28:09	1:28:03	138.	40.
178.	297	Sarah VICK	Female V50	Saxmundham Sports Running &	1:28:17	1:28:05	40.	5.
179.	122	Oliver FRATER	Male Senior	Unattached	1:28:28	1:28:15	139.	41.
180.	132	Ruth GOODCHILD	Female V45	Unattached	1:28:30	1:28:16	41.	5.
181.	125	Martin GARROD	Male V60+	Ipswich Phoenix Running Club	1:28:34	1:28:18	140.	9.
182.	173	Paul HUBERT	Male V40	Unattached	1:28:39	1:28:21	141.	26.
183.	293	Sam TOY	Male Senior	Unattached	1:28:52	1:28:36	142.	42.
184.	241	Simon REED	Male V40	Unattached	1:29:15	1:29:06	143.	27.
185.	249	Roger	Male V50	Unattached	1:29:25	1:29:15	144.	19.
186.	273	Misty SMITH	Female Senior	Rushmere Community Runners	1:29:27	1:29:14	42.	19.
187.	151	Rebecca HARLING	Female Senior	Unattached	1:29:37	1:29:21	43.	20.
188.	266	Robert SIMPSON	Male V40	Unattached	1:29:37	1:29:21	145.	28.
189.	215	Carl NEWELL	Male V45	Unattached	1:29:47	1:29:32	146.	36.
190.	76	Carl COLLINS	Male Senior	Unattached	1:29:48	1:29:32	147.	43.
191.	188	Matt JOHNSON	Male V40	Unattached	1:29:50	1:29:34	148.	29.
192.	21	Sarah BANHAM	Female Senior	Felixstowe RRC	1:29:56	1:29:44	44.	21.
193.	118	Clayton FOSKER	Male Senior	Unattached	1:30:06	1:29:49	149.	44.
194.	262	Alison SEVERY	Female Senior	Unattached	1:30:07	1:29:54	45.	22.
195.	153	Stephen HARVEY	Male V60+	Beccles & Bungay Harriers	1:30:09	1:30:01	150.	10.
196.	33	Doug BETTS	Male V40	Unattached	1:30:33	1:30:15	151.	30.
197.	205	Jenny LYNCH	Female V55	Felixstowe RRC	1:30:45	1:30:32	46.	4.
198.	274	Amanda SMITH	Female V45	Woodbridge Shufflers RC	1:31:05	1:30:51	47.	6.
199.	24	Pauline BARR	Female V40	Unattached	1:31:09	1:30:57	48.	9.
200.	335	Bryan WYBROW	Male V40	Unattached	1:31:20	1:31:12	152.	31.
201.	209	Gerry MCCARTHY	Male V60+	Ipswich Phoenix Running Club	1:31:48	1:31:33	153.	11.
202.	70	Bev CLARK	Female V50	Barnsley Harriers	1:31:49	1:31:38	49.	6.
203.	11	Leanne ASHDOWN	Female V40	Unattached	1:32:00	1:31:40	50.	10.
204.	281	Tony STEWART	Male V60+	Unattached	1:32:00	1:31:39	154.	12.
205.	206	Garry MACDONALD	Male V55	Unattached	1:32:06	1:31:58	155.	13.
206.	296	Duane TURPIN	Male V45	Unattached	1:32:07	1:31:54	156.	37.
207.	242	Carl REEDER	Male V55	Unattached	1:32:12	1:31:59	157.	14.
208.	336	Goldie YULE	Female V45	Unattached	1:32:26	1:32:17	51.	7.
209.	334	Carissa WYATT	Female V45	Unattached	1:32:26	1:32:17	52.	8.
210.	218	Alan OLIVER	Male V55	Kesgrave Cruisers	1:32:28	1:32:17	158.	15.
211.	308	Kevin WARD	Male V45	Kesgrave Cruisers	1:32:29	1:32:19	159.	38.
212.	93	Sean DICKINSON	Male V45	Vegan Runners UK	1:32:46	1:32:24	160.	39.
213.	323	Steve WILDING	Male V60+	12 in 12	1:32:46	1:32:33	161.	13.
214.	177	Maria HUNTLEY	Female Senior	Unattached	1:33:10	1:32:47	53.	23.

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Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP
215.	98	John DUNNETT	Male V60+	Unattached	1:33:25	1:33:15	162.	14.
216.	127	Dawn GIBSON	Female V40	Felixstowe RRC	1:33:31	1:33:23	54.	11.
217.	10	Richard ALLPORT	Male V55	Felixstowe RRC	1:33:40	1:33:27	163.	16.
218.	216	Tim NIVEN	Male V50	Ipswich Jaffa RC	1:34:21	1:34:00	164.	20.
219.	243	Sharon REEDER	Female V50	Ipswich Jaffa RC	1:34:59	1:34:46	55.	7.
220.	42	Emma BROWN	Female V45	Unattached	1:35:17	1:35:00	56.	9.
221.	171	Catherine HUBBARD	Female V40	Unattached	1:35:18	1:34:59	57.	12.
222.	327	Neil WINTON	Male V55	Felixstowe RRC	1:35:34	1:35:21	165.	17.
223.	97	Paul DORSET	Male V50	Felixstowe RRC	1:35:43	1:35:26	166.	21.
224.	120	Lydia FOY	Female V45	Unattached	1:35:53	1:35:46	58.	10.
225.	4	Jasmine AGER	Female Senior	Unattached	1:35:57	1:35:37	59.	24.
226.	28	Nichola BENNETT	Female V40	Unattached	1:36:02	1:35:39	60.	13.
227.	104	Charlotte ELKIN	Female Senior	Stowmarket Striders RC	1:36:03	1:35:43	61.	25.
228.	239	Erin RANSON	Female Senior	Unattached	1:36:04	1:35:44	62.	26.
229.	163	Claire HOLDAWAY	Female V45	Unattached	1:36:42	1:36:31	63.	11.
230.	170	Annali HUBBARD	Female Senior	Unattached	1:36:42	1:36:31	64.	27.
231.	322	Alison WILCOCK	Female Senior	Unattached	1:36:42	1:36:32	65.	28.
232.	74	Ben COLE	Male Senior	Unattached	1:37:03	1:36:46	167.	45.
233.	203	Lisa LOOMES	Female Senior	Ipswich Jaffa RC	1:37:03	1:36:47	66.	29.
234.	314	Graham WAUDBY	Male V50	Rushmere Community Runners	1:37:09	1:36:52	168.	22.
235.	199	Siobhan LASKEY	Female V50	Unattached	1:37:26	1:37:10	67.	8.
236.	139	Ruth GREGGOR	Female V55	Unattached	1:37:28	1:37:25	68.	5.
237.	183	Richard JAQUES	Male V60+	Unattached	1:37:28	1:37:25	169.	15.
238.	288	Rhian TAYLOR	Female Senior	Unattached	1:37:37	1:37:19	69.	30.
239.	319	Richard WESTLEY	Male V55	Unattached	1:37:43	1:37:39	170.	18.
240.	179	Kate HUTSON	Female V40	Ipswich Jaffa RC	1:37:56	1:37:41	70.	14.
241.	174	Rebecca HUGHES	Female V50	Unattached	1:38:17	1:38:02	71.	9.
242.	184	Carl JARRETT	Male V45	Felixstowe RRC	1:38:17	1:38:01	171.	40.
243.	89	Jen CROSS	Female Senior	Unattached	1:38:25	1:38:14	72.	31.
244.	88	Aaron CROSS	Male Senior	Unattached	1:38:25	1:38:14	172.	46.
245.	148	Lucia HARDWICK	Female V45	Kesgrave Cruisers	1:38:40	1:38:21	73.	12.
246.	237	Olivia RADFORD	Female Senior	Unattached	1:39:05	1:38:48	74.	32.
247.	324	Martyn WILDNEY	Male Senior	Unattached	1:39:06	1:38:48	173.	47.
248.	20	John BAIN	Male V60+	Unattached	1:40:21	1:40:00	174.	16.
249.	2	Kirsty ABERDEIN	Female V50	Unattached	1:40:40	1:40:26	75.	10.
250.	109	Samantha EMMS	Female V40	Unattached	1:40:50	1:40:31	76.	15.
251.	208	Larissa MAYHEW	Female V50	Rushmere Community Runners	1:40:59	1:40:41	77.	11.
252.	22	Cara BARKER	Female V40	Unattached	1:41:19	1:41:04	78.	16.
253.	253	Claire ROWBOTHAM	Female V45	Unattached	1:41:19	1:41:04	79.	13.
254.	73	Andrew COCKER	Male V55	Unattached	1:41:21	1:41:04	175.	19.
255.	134	Daryn GOSLING	Male V45	Unattached	1:41:28	1:41:05	176.	41.
256.	78	Paul COLLINS	Male V60+	Ipswich Triathlon Club	1:42:04	1:41:42	177.	17.
257.	77	Bernard COLLINS	Male V60+	Unattached	1:42:05	1:41:42	178.	18.
258.	181	Jamie JACKSON	Male Senior	Felixstowe RRC	1:42:09	1:42:03	179.	48.
259.	68	Jenny CHURCH	Female V60+	Felixstowe RRC	1:43:16	1:43:05	80.	3.
260.	330	Zoe WRAGG	Female V50	Unattached	1:43:36	1:43:15	81.	12.
261.	277	Tabetha SNAPE	Female V45	Unattached	1:43:36	1:43:15	82.	14.
262.	142	Lionel GUINEA	Male V50	Unattached	1:43:54	1:43:32	180.	23.
263.	240	Lesley RAWLINSON	Female V50	Unattached	1:44:10	1:43:52	83.	13.
264.	269	Chris SLEMMINGS	Male V60+	Ipswich Triathlon Club	1:44:10	1:43:52	181.	19.
265.	306	Helen WARD	Female V45	Unattached	1:44:30	1:44:16	84.	15.
266.	305	Joe WARD	Male Senior	Unattached	1:44:42	1:44:18	182.	49.
267.	328	Debbie WISEMAN	Female V50	Unattached	1:45:15	1:44:56	85.	14.
268.	60	Lauren CARR	Female V40	Unattached	1:45:21	1:44:59	86.	17.

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP
269.	234	Leah PHILLIPS	Female Senior	Rushmere Community Runners	1:45:30	1:45:09	87.	33.
270.	230	Luke PENFOLD	Male Senior	Unattached	1:46:00	1:45:38	183.	50.
271.	167	Adriana HOUCHELL	Female Senior	Ipswich Jaffa RC	1:48:07	1:47:51	88.	34.
272.	67	Mandy CHINERY	Female V50	Unattached	1:48:49	1:48:30	89.	15.
273.	57	Claire BUTCHER	Female V40	Felixstowe RRC	1:49:51	1:49:45	90.	18.
274.	38	Doranne BREWSTER	Female V40	Unattached	1:51:22	1:51:15	91.	19.
275.	221	Justin OSTLER	Male V50	Felixstowe RRC	1:51:32	1:51:12	184.	24.
276.	9	Jacqueline ALLPORT	Female V55	Felixstowe RRC	1:51:36	1:51:28	92.	6.
277.	291	Anna TOMASZCZUK	Female V45	Unattached	1:51:45	1:51:22	93.	16.
278.	155	Sharon HAYFIELD	Female V45	Unattached	1:51:45	1:51:25	94.	17.
279.	271	Heather SMITH	Female V50	Unattached	1:52:13	1:51:53	95.	16.
280.	158	Sarah HEARN	Female Senior	Boxted Runners	1:54:11	1:53:57	96.	35.
281.	108	David EMENY	Male Senior	Unattached	1:56:02	1:55:54	185.	51.
282.	194	Amy KNOTT	Female Senior	Unattached	1:56:32	1:56:17	97.	36.
283.	150	Sue HARGADON	Female V60+	Woodbridge Shufflers RC	1:57:10	1:56:50	98.	4.
284.	29	Annabel BENNETT	Female V55	Felixstowe RRC	2:03:11	2:02:50	99.	7.
285.	145	Julian HALL	Male V55	Unattached	2:03:11	2:02:50	186.	20.
286.	304	Cheryl WAKERLEY	Female V40	Unattached	2:05:12	2:04:52	100.	20.
287.	161	Sarah HODGE	Female V55	Rushmere Community Runners	2:07:35	2:07:12	101.	8.
288.	217	Clare NORTON	Female V45	Unattached	2:07:35	2:07:13	102.	18.
289.	144	Rachael HAGGER	Female V45	Unattached	2:12:12	2:11:51	103.	19.
290.	315	Paul WEEKES	Male V40	Unattached	2:20:15	2:19:49	187.	32.
291.	284	Emma STRUTT	Female V45	Rushmere Community Runners	2:21:39	2:21:17	104.	20.
DNF	83	Aidan COUGHLAN	Male V40	Felixstowe RRC				
DNS	6	Jordan ALLEN	Male Senior	Unattached				
DNS	8	Lynette ALLISON	Female V45	Unattached				
DNS	17	Laura AYLING	Female Senior	Unattached				
DNS	19	Tim BACON	Male V55	Unattached				
DNS	26	Jonathan BEECH	Male V45	Unattached				
DNS	30	Holly BENNETT	Female Senior	Felixstowe RRC				
DNS	31	Rosie BENNETT	Female Senior	Felixstowe RRC				
DNS	36	William BOWERS	Male V45	Unattached				
DNS	48	Stuart BUCHAN	Male Senior	Stowmarket Striders RC				
DNS	52	William BURDETT	Male V60+	Stowmarket Striders RC				
DNS	53	Samuel BURDETT	Male Senior	Stowmarket Striders RC				
DNS	79	Paul COOKE	Male V50	Rushmere Community Runners				
DNS	80	Emily COOPER-READE	Female V55	Stowmarket Striders RC				
DNS	90	Phil DAVIES	Male V55	Ipswich Jaffa RC				
DNS	96	Sophie DOE	Female Senior	Unattached				
DNS	103	Stephen EDMONDSON	Male V55	Unattached				
DNS	117	Mark FLATMAN	Male V45	Ipswich Triathlon Club				
DNS	126	Tony GAVIN	Male Senior	Felixstowe RRC				
DNS	131	Shaun GOOD	Male V55	Felixstowe RRC				
DNS	138	Collette GREEN	Female Senior	Felixstowe RRC				
DNS	149	Lisa HARES	Female V45	Ipswich Jaffa RC				
DNS	159	Jeremy HENNELLS JAMES	Male V55	Ipswich Harriers				
DNS	164	Deborah HOLLIS	Female V60+	Unattached				
DNS	166	Rosie HORSFIELD	Female Senior	Ipswich Jaffa RC				
DNS	196	Mark LANKESTER	Male V50	Capel Cheetahs				
DNS	197	Beryl LANSDOWN	Female V50	Ipswich Jaffa RC				
DNS	214	Vicki NEVE	Female V40	Unattached				
DNS	219	Ricky O'NEILL	Male Senior	Ipswich Jaffa RC				
DNS	222	Glen PAGE	Male V40	Rushmere Community Runners				
DNS	223	Gary PARKER	Male Senior	Unattached				

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Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP
DNS	244	Zoila REYES	Female V60+	Felixstowe RRC				
DNS	245	Charlotte RICHARDSON	Female V45	Unattached				
DNS	250	Jamie ROCK	Male Senior	Unattached				
DNS	251	Danny ROCK	Male V40	Felixstowe RRC				
DNS	256	Pippa SARGENT	Female V40	Stowmarket Striders RC				
DNS	260	Kevin SCUTCHER	Male V40	Unattached				
DNS	272	Samantha SMITH	Female V45	Kesgrave Cruisers				
DNS	290	Vanessa THORPE	Female V45	Ipswich Triathlon Club				
DNS	299	Nikki VINCE	Female V45	Hadleigh Hares AC				
DNS	302	Kelly WADE	Female V40	Ipswich Jaffa RC				
DNS	311	David WATKINS	Male Senior	Unattached				
DNS	316	Anna WEISS-HINDLE	Female V45	Unattached				
DNS	321	Luke WHITWELL	Male Senior	Felixstowe RRC				
DNS	329	Robert WORTHINGTON	Male V45	Felixstowe RRC				
DNS	333	Sarah WWBB	Female V40	Unattached				

Number of records: 337