

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
Kirton Seniors (inc. The Suffolk Grand Prix)								
1.	5062	1	1	Owen REES	MS	Ipswich Phoenix Running Club	26:21	500
2.	5249	2	2	James WILSON	MS	Saxmundham Sports Running &	26:38	499
3.	5152	3	1	Stuart HAYNES	MV45	Woodbridge Shufflers RC	26:49	498
4.	5438	4	3	Sam BOREHAM	MS	Pontypridd Roadents AC	27:06	497
5.	5290	1	1	Daisy GLOVER	FS	Framlingham Flyers	27:13	500
6.	5287	5	2	Jim LAST	MV45	Framlingham Flyers	27:31	496
7.	5075	6	3	David RAIMONDO	MV45	Saffron Striders RC	27:45	495
8.	5060	7	1	Joshua WIGMORE	MU20	Saint Edmund Pacers	27:48	494
9.	5059	8	1	Tony GAVIN	MV40	Felixstowe RRC	27:54	493
10.	5146	9	2	Luke GAVIN	MU20	Ipswich Harriers	28:06	492
11.	5394	10	3	Ethan WADE	MU20	Ipswich Jaffa RC	28:07	491
12.	5090	11	2	Stuart PRICE	MV40	Hadleigh Hares AC	28:28	490
13.	5014	12	4	Robert SMAILES	MS	Saint Edmund Pacers	28:50	489
14.	5105	13	5	Josh HARVEY	MS	Framlingham Flyers	29:23	488
15.	5285	14	6	Chris GREEN	MS	Felixstowe RRC	29:24	487
16.	5216	15	4	Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	29:27	486
17.	5334	16	3	Kevin LONG	MV40	Hadleigh Hares AC	29:34	485
18.	5206	17	7	Alex MCCARTHY	MS	Unattached	29:36	484
19.	5300	18	4	Gary TAYLOR	MV40	Felixstowe RRC	29:39	483
20.	5181	19	8	Oliver SCHOFIELD	MS	Saint Edmund Pacers	29:42	482
21.	5431	20	4	Matthew PECK	MU20	Ipswich Jaffa RC	29:44	481
22.	5276	21	5	Matthew AXTON	MV40	Saint Edmund Pacers	29:46	480
23.	5109	22	5	Nick LAWRIE	MV45	Harwich Runners	29:47	479
24.	5218	23	6	Chris MOWER	MV45	Saint Edmund Pacers	29:49	478
25.	5280	24	9	Neill READHEAD	MS	Saxmundham Sports Running &	29:56	477
26.	5217	25	10	Aidan ELMORE	MS	Saint Edmund Pacers	29:57	476
27.	5263	26	11	George MANN	MS	Unattached	30:00	475
28.	5328	27	5	Thomas SOUTHWOOD	MU20	Saint Edmund Pacers	30:08	474
29.	5325	28	1	Tom STEWART	MV50	Woodbridge Shufflers RC	30:09	473
30.	5076	29	6	Hayden PHILLIPS	MU20	Kesgrave Cruisers	30:14	472
31.	5089	30	2	Karl FEAGAN	MV50	Ipswich Harriers	30:19	471
32.	5018	31	1	Steve BROOKE	MV55	Felixstowe RRC	30:21	470
33.	5209	32	12	Ryan DAVIDSON	MS	Felixstowe RRC	30:25	469
34.	5143	2	1	Darcy GLADWELL	FU20	Ipswich Harriers	30:26	499
35.	5324	33	7	Jed LAWRENCE	MU20	Ipswich Jaffa RC	30:30	468
36.	5367	34	8	Tommy KIRK	MU20	Framlingham Flyers	30:43	467
37.	5061	35	7	Alastair READ	MV45	Felixstowe RRC	30:45	466
38.	5183	36	13	James PESTELL	MS	Unattached	30:47	465
39.	5191	37	8	Neal HARDWICK	MV45	Kesgrave Cruisers	30:48	464
40.	5205	38	6	Neil SMITH	MV40	Framlingham Flyers	30:53	463
41.	5320	39	3	Stephen BULLEN	MV50	Great Bentley Running Club	31:02	462
42.	5232	40	7	Jason EVANS	MV40	Ipswich Jaffa RC	31:10	461
43.	5006	41	4	Neil COULSON	MV50	Felixstowe RRC	31:14	460
44.	5046	42	14	Kyle CHURCH	MS	Saxmundham Sports Running &	31:17	459
45.	5156	43	5	Kevin PEIRCE	MV50	Ipswich Harriers	31:18	458

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
46.	5054	3	2	Sara BIRD	FS	Ipswich Jaffa RC	31:19	498
47.	5425	44	8	Melvyn MAYCOCK	MV40	Ipswich Jaffa RC	31:32	457
48.	5426	45	1	Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	31:40	456
49.	5187	46	6	Justin HAYHOE	MV50	Great Bentley Running Club	31:42	455
50.	5030	47	15	Duncan NG	MS	Stowmarket Striders RC	31:42	454
51.	5219	4	3	Katie KING	FS	Saint Edmund Pacers	31:45	497
52.	5399	48	7	Steve HALL	MV50	Framlingham Flyers	31:52	453
53.	5022	49	9	Ian WEIR	MV45	Colchester Harriers AC	31:54	452
54.	5132	5	1	Katie AUSTIN	FV40	Ipswich Jaffa RC	31:54	496
55.	5122	50	10	Paul DOCKERILL	MV45	Saint Edmund Pacers	31:56	451
56.	5040	51	8	Piotr BULACZ	MV50	Sudbury Joggers	32:03	450
57.	5063	52	16	Benjamin WHITING	MS	Ipswich Phoenix Running Club	32:08	449
58.	5091	53	2	Peter WEST	MV60	Colchester Harriers AC	32:09	448
59.	5445	54	17	Callum CAHILL	MS	Unattached	32:11	447
60.	5362	55	18	William DUNN	MS	Unattached	32:21	446
61.	5243	56	9	Stephen MUNNINGS	MV40	Felixstowe RRC	32:31	445
62.	5173	57	19	Thomas BEECROFT	MS	Framlingham Flyers	32:36	444
63.	5008	58	10	Jason KING	MV40	Felixstowe RRC	32:39	443
64.	5026	59	20	Craig STARLING	MS	Ipswich Jaffa RC	32:41	442
65.	5253	60	11	Ashley SMY	MV40	Felixstowe RRC	32:42	441
66.	5133	6	2	Rosie HORSFIELD	FV40	Ipswich Jaffa RC	32:50	495
67.	5327	61	9	Tom ATTWELL	MU20	Stowmarket Striders RC	32:52	440
68.	5456	62	11	Simon WILLIAMS	MV45	Framlingham Flyers	33:03	439
69.	5424	63	21	Oliver QUINTON	MS	Unattached	33:04	438
70.	5233	64	12	Ant WALKER	MV45	Saint Edmund Pacers	33:09	437
71.	5023	7	1	Holly WEIR	FV45	Colchester Harriers AC	33:09	494
72.	5360	65	13	Steve SMITH	MV45	Lonely Goat RC	33:10	436
73.	5108	8	4	Emma WHEELER	FS	Ipswich Phoenix Running Club	33:10	493
74.	5338	66	3	Dave COPLAND	MV60	Ipswich Triathlon Club	33:12	435
75.	5001	67	9	Christopher BOYT	MV50	Felixstowe RRC	33:12	434
76.	5406	68	10	Simon STAFFORD	MV50	Kesgrave Cruisers	33:15	433
77.	5258	69	11	Tim HANMAN	MV50	Ipswich Jaffa RC	33:21	432
78.	5452	70	12	Simon WALLIS	MV40	Haverhill Running Club	33:23	431
79.	5242	9	3	Sam BAXTER	FV40	Felixstowe RRC	33:28	492
80.	5135	71	2	Mark FORD	MV55	Felixstowe RRC	33:28	430
81.	5373	72	12	Daryl SIMPSON	MV50	Ipswich Jaffa RC	33:40	429
82.	5169	73	14	Robert KINGSTON	MV45	Unattached	33:42	428
83.	5068	74	22	David JOHNSON	MS	Framlingham Flyers	33:43	427
84.	5345	75	13	Mark WHITE	MV50	Haverhill Running Club	33:49	426
85.	5374	76	23	Martin FOX	MS	Unattached	33:49	425
86.	5189	77	13	Chris HALL	MV40	Stowmarket Striders RC	33:50	424
87.	5305	78	10	Luca KADING	MU20	Stowmarket Striders RC	33:56	423
88.	5150	79	11	Ben HOWARD	MU20	Colchester & Tendring AC	33:58	422
89.	5117	80	14	Ben GLADWELL	MV40	Stowmarket Striders RC	34:00	421
90.	5295	81	4	Tom TAYLOR	MV60	Unattached	34:01	420
91.	5363	82	3	Vince WEBB	MV55	Saint Edmund Pacers	34:03	419
92.	5129	83	24	Alfie SEAMONS	MS	Saxmundham Sports Running &	34:03	418

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
93.	5025	84	14	Trev BALLARD	MV50	Unattached	34:04	417
94.	5241	85	15	Barry HAWTIN	MV40	Felixstowe RRC	34:04	416
95.	5085	10	4	Jenni ASKEW-MARTIN	FV40	Kesgrave Cruisers	34:07	491
96.	5019	11	5	Natasha MICHAEL	FS	Saint Edmund Pacers	34:09	490
97.	5057	86	25	Isaac HENDY	MS	Unattached	34:10	415
98.	5045	87	15	Roger KERR	MV45	Stowmarket Striders RC	34:12	414
99.	5238	88	4	Colin ELLIS	MV55	Kesgrave Cruisers	34:12	413
100.	5198	89	15	Marcus CATLIN	MV50	Ipswich Jaffa RC	34:16	412
101.	5182	90	16	Stuart WRIGHT	MV50	Felixstowe RRC	34:17	411
102.	5170	12	2	Sian KINGSTON	FV45	Framlingham Flyers	34:18	489
103.	5278	91	16	Jamie FITTOCK	MV40	Saint Edmund Pacers	34:22	410
104.	5200	92	16	Robin HARPER	MV45	Felixstowe RRC	34:26	409
105.	5273	93	26	Alex SMITH	MS	Felixstowe RRC	34:27	408
106.	5229	94	5	Nigel SCHOFIELD	MV60	Saint Edmund Pacers	34:31	407
107.	5400	95	17	Mike ROWE	MV50	Saxmundham Sports Running &	34:33	406
108.	5228	13	5	Amanda MORTIMER	FV40	Ipswich Jaffa RC	34:36	488
109.	5011	96	17	Mike HOWARD	MV45	Kesgrave Cruisers	34:38	405
110.	5410	14	6	Maria RIERA TURRO	FS	Felixstowe RRC	34:38	487
111.	5267	97	17	Bryan WYBROW	MV40	Felixstowe RRC	34:40	404
112.	5446	98	18	Anthony WHITESIDE	MV45	Unattached	34:44	403
113.	5245	99	5	Mark LAWES	MV55	Tiptree Road Runners	34:45	402
114.	5257	15	7	Zara HANMAN	FS	Ipswich Jaffa RC	34:47	486
115.	5074	100	18	Iain TAYLOR	MV50	Woodbridge Shufflers RC	34:54	401
116.	5125	101	19	Glenn HOBBS	MV45	Colchester & Tendring AC	34:56	400
117.	5005	102	6	Kerry BUCKLEY	MV55	Felixstowe RRC	34:57	399
118.	5204	103	27	Joe WHITLEY	MS	Unattached	35:00	398
119.	5390	104	28	Hayden FORDER	MS	Saint Edmund Pacers	35:00	397
120.	5283	16	3	Vashti MACDONALD-CLINK	FV45	Cambridge & Coleridge AC	35:03	485
121.	5312	105	18	Peter SQUIRRELL	MV40	Ipswich Jaffa RC	35:06	396
122.	5186	106	20	Andrew CHATFIELD	MV45	Capel Cheetahs	35:09	395
123.	5317	17	8	Rebecca SMITH	FS	Unattached	35:10	484
124.	5086	18	4	Sandy PAGE	FV45	Kesgrave Cruisers	35:11	483
125.	5346	19	6	Karen FARTHING	FV40	Haverhill Running Club	35:12	482
126.	5072	107	19	Matt TRILL	MV50	Ipswich Jaffa RC	35:16	394
127.	5093	108	21	Steven LANE	MV45	Ipswich Jaffa RC	35:16	393
128.	5371	109	20	Mark GOODWIN	MV50	Felixstowe RRC	35:19	392
129.	5231	110	19	David DINNAGE	MV40	Framlingham Flyers	35:21	391
130.	5309	111	22	Alli MACLEAN	MV45	Hadleigh Hares AC	35:22	390
131.	5083	112	21	Kevin LINSELL	MV50	Kesgrave Cruisers	35:23	389
132.	5358	113	20	Duncan SCOTT	MV40	Colchester Harriers AC	35:25	388
133.	5115	114	22	Mark HOLLAND	MV50	Kesgrave Cruisers	35:26	387
134.	5119	115	23	Dominic BAREHAM	MV45	Felixstowe RRC	35:27	386
135.	5188	116	7	Dave HOWGEGO	MV55	Woodbridge Shufflers RC	35:27	385
136.	5409	20	9	Holly TAYLOR	FS	Felixstowe RRC	35:30	481
137.	5340	21	1	Juliet GARNHAM	FV50	Stowmarket Striders RC	35:32	480
138.	5097	117	6	Tim RANSON	MV60	Vegan Runners UK	35:32	384
139.	5174	118	8	Richard NEWMAN	MV55	Harwich Runners	35:34	383

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
140.	5376	119	23	David ROBERTSON	MV50	Ipswich Jaffa RC	35:35	382
141.	5176	120	29	Malakye MURRAIN	MS	Unattached	35:37	381
142.	5162	121	24	Peter BIRD	MV50	Saint Edmund Pacers	35:39	380
143.	5064	122	30	Jeanpierre AKAKPO	MS	Unattached	35:41	379
144.	5024	22	10	Kate HEEKS	FS	Stowmarket Striders RC	35:43	479
145.	5038	123	1	Andrew BUDD	MV65	Capel Cheetahs	35:47	378
146.	5194	124	31	William TAYLOR	MS	Framlingham Flyers	35:52	377
147.	5124	125	24	Mark WRIGHT	MV45	Unattached	35:54	376
148.	5184	126	32	Aaron SPALDING	MS	Capel Cheetahs	35:57	375
149.	5437	127	2	Kim PRETTY	MV65	Harwich Runners	36:03	374
150.	5134	128	25	Mark GLEEN	MV45	Kesgrave Kruisers	36:04	373
151.	5107	129	33	Bradley WHEELER	MS	Ipswich Phoenix Running Club	36:05	372
152.	5455	130	21	Mark SADLER	MV40	Felixstowe RRC	36:06	371
153.	5098	131	26	Laurence GOWERS	MV45	Unattached	36:10	370
154.	5428	132	25	Derek HOOD	MV50	Ipswich Jaffa RC	36:12	369
155.	5333	133	27	Steve NEUMANN	MV45	Unattached	36:21	368
156.	5044	134	1	Neville CLARKE	MV70+	Newmarket Joggers	36:23	367
157.	5092	135	9	Paul MITCHELL	MV55	Haverhill Running Club	36:26	366
158.	5142	136	7	Chris CHORLEY	MV60	Bungay Black Dog RC	36:26	365
159.	5161	137	10	Richard GRIMSDELL	MV55	Saint Edmund Pacers	36:30	364
160.	5032	138	34	Adam ROBERTSON	MS	Unattached	36:31	363
161.	5196	23	1	Val JENNINGS	FV60	Ipswich Jaffa RC	36:31	478
162.	5322	139	35	James CULLEN	MS	Unattached	36:34	362
163.	5330	24	11	Emma KEEN	FS	Felixstowe RRC	36:35	477
164.	5272	140	11	Andrew WARD	MV55	Saint Edmund Pacers	36:35	361
165.	5435	141	22	Neil DENNIS	MV40	Stowmarket Striders RC	36:36	360
166.	5460	142	12	Chris SERVANT	MV55	Ipswich Jaffa RC	36:40	359
167.	5203	143	26	Paul STONE	MV50	Felixstowe RRC	36:41	358
168.	5389	144	36	Adam PLUMMER	MS	Rushmere Community Runners	36:43	357
169.	5417	145	28	Ashley EVANS	MV45	Unattached	36:44	356
170.	5303	146	3	Robert MORGAN	MV65	Saint Edmund Pacers	36:44	355
171.	5027	25	12	Izzy HOLLANDS	FS	Saint Edmund Pacers	36:45	476
172.	5102	147	4	Graham WIGLEY	MV65	Framlingham Flyers	36:47	354
173.	5175	148	29	Darren GREEN	MV45	Colchester & Tendring AC	36:48	353
174.	5289	149	30	Christian HADWEN	MV45	Felixstowe RRC	36:49	352
175.	5361	26	7	Louise CRACKNELL	FV40	Felixstowe RRC	36:55	475
176.	5375	150	8	David CAHILL	MV60	Colchester & Tendring AC	37:00	351
177.	5248	27	5	Helen ARIYO	FV45	Kesgrave Kruisers	37:00	474
178.	3466	151	27	Kevin HARPER	MV50	Unattached	37:05	350
179.	5066	28	1	Jenny MORGAN	FV65	Saint Edmund Pacers	37:06	473
180.	5414	29	13	Lisa CLARKE	FS	Ipswich Jaffa RC	37:06	472
181.	5051	152	31	Alec WRIGHT	MV45	Ipswich Jaffa RC	37:10	349
182.	5035	153	9	Kevin BIRD	MV60	Unattached	37:10	348
183.	5418	154	12	Drew HUNTING	MU20	Unattached	37:11	347
184.	5215	155	37	Jeremy ASHDOWN	MS	Framlingham Flyers	37:12	346
185.	5130	156	32	Craig WRIGHT	MV45	Ipswich Phoenix Running Club	37:14	345
186.	5256	157	33	David BEIGHTON	MV45	Saint Edmund Pacers	37:14	344

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
187.	5335	158	28	Daniel SELFE	MV50	Stowmarket Striders RC	37:15	343
188.	5197	30	8	Lynsey WARREN	FV40	Unattached	37:18	471
189.	5350	31	9	Clare FITZJOHN	FV40	Haverhill Running Club	37:19	470
190.	5114	159	38	Tom MONK	MS	Unattached	37:19	342
191.	5121	32	2	Rebecca PITTMAN	FV60	Springfield Striders RC	37:20	469
192.	5274	160	39	John WINTER	MS	Felixstowe RRC	37:21	341
193.	5369	33	14	Henrietta-Mae BAWN	FS	Unattached	37:23	468
194.	5160	161	34	Lewis GRANT	MV45	Unattached	37:24	340
195.	5247	162	23	Martin CORNWELL	MV40	Felixstowe RRC	37:26	339
196.	5120	34	10	Stacey MOCKFORD	FV40	Saint Edmund Pacers	37:26	467
197.	5351	163	13	Mark ANDREWS	MV55	Lonely Goat RC	37:26	338
198.	5370	164	24	Tom CARTER	MV40	Unattached	37:29	337
199.	5237	165	35	Keith ANDREWS	MV45	Kesgrave Cruisers	37:30	336
200.	5292	35	11	Lydia KINDRED	FV40	Vegan Runners UK	37:36	466
201.	5310	166	10	John DUNNETT	MV60	Capel Cheetahs	37:39	335
202.	5302	36	12	Helen BARBER	FV40	Framlingham Flyers	37:40	465
203.	5136	37	2	Rachel TERRY	FV50	Stowmarket Striders RC	37:47	464
204.	5141	167	36	Chris LOCK	MV45	Kesgrave Cruisers	37:49	334
205.	5080	168	25	Matthew SMY	MV40	Unattached	37:52	333
206.	5009	38	1	Debbie CATLING	FV55	Felixstowe RRC	37:58	463
207.	5195	169	14	Philip BROWN	MV55	Saint Edmund Pacers	37:59	332
208.	5071	170	26	David WENYON	MV40	Woodbridge Shufflers RC	38:02	331
209.	5401	171	37	Lee RUDLAND	MV45	Unattached	38:04	330
210.	5016	39	6	Helen FINDLEY	FV45	Kesgrave Cruisers	38:05	462
211.	5366	172	11	Tim HIGGINS	MV60	Ipswich Jaffa RC	38:06	329
212.	5315	173	5	Gary LOWE	MV65	Saxmundham Sports Running &	38:08	328
213.	5260	40	2	Sandra WEBB	FV55	Saint Edmund Pacers	38:10	461
214.	5313	174	29	Richard ATTWELL	MV50	Stowmarket Striders RC	38:12	327
215.	5116	175	30	Matt JEFFREY	MV50	Unattached	38:13	326
216.	5177	176	40	Joshua DAY	MS	Unattached	38:17	325
217.	5391	41	3	Deb CHING	FV50	Capel Cheetahs	38:24	460
218.	5227	177	13	Thomas SOUTHGATE	MU20	Unattached	38:28	324
219.	5077	178	6	Robin BELSOM	MV65	Ipswich Jaffa RC	38:30	323
220.	5126	179	38	Carl NEWELL	MV45	Felixstowe RRC	38:31	322
221.	5154	180	27	Rob ARMSTRONG	MV40	Unattached	38:32	321
222.	5384	181	12	Stuart MASON	MV60	Felixstowe RRC	38:32	320
223.	5359	182	41	Max HARROLD	MS	Unattached	38:33	319
224.	5416	183	39	Neil HUNTING	MV45	Unattached	38:35	318
225.	5459	184	13	Craig CHIDLOW	MV60	Ipswich Triathlon Club	38:37	317
226.	5259	42	7	Kelly HAYHOE	FV45	Great Bentley Running Club	38:38	459
227.	5450	185	14	Richard HIGGINS	MV60	Framlingham Flyers	38:41	316
228.	5055	186	31	Andre EDWARDS	MV50	Kesgrave Cruisers	38:41	315
229.	5255	43	2	Susan LOCKHART	FV65	Ipswich Jaffa RC	38:44	458
230.	3465	187	15	Yusuf FIRAT	MV60	Saffron Striders RC	38:46	314
231.	5415	188	14	Luke STAFFORD	MU20	Kesgrave Cruisers	38:47	313
232.	5111	189	42	Andrew GEDNY	MS	Haverhill Running Club	38:49	312
233.	5211	190	32	Mark EWEN	MV50	Colchester & Tendring AC	38:51	311

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
234.	5131	44	4	Mary Ann TULI	FV50	Haverhill Running Club	38:53	457
235.	5236	191	28	David MASTERS	MV40	Felixstowe RRC	38:54	310
236.	5433	192	33	Simon GOLDSMITH	MV50	Unattached	38:56	309
237.	5252	193	7	Stephen HICKS	MV65	Ipswich Harriers	39:05	308
238.	5304	194	15	Simon MILLER	MV55	Halstead RRC	39:14	307
239.	5404	195	43	Matthew SALISBURY	MS	Unattached	39:17	306
240.	5139	196	16	Piers MORGAN	MV55	Stowmarket Striders RC	39:18	305
241.	5319	197	34	Mark FOULKES	MV50	Kesgrave Cruisers	39:22	304
242.	5339	45	3	Sandra ROBERTS	FV65	Ipswich Jaffa RC	39:24	456
243.	5381	46	13	Sophie DOE	FV40	Kesgrave Cruisers	39:27	455
244.	5331	198	17	Graham ROOKE	MV55	Felixstowe RRC	39:31	303
245.	5349	47	14	Annabel SHIROI-THOMAS	FV40	Framlingham Flyers	39:36	454
246.	5436	199	44	Mark PRETTY	MS	Harwich Runners	39:37	302
247.	5316	200	35	Roger TAYLOR	MV50	Unattached	39:38	301
248.	5230	48	3	Nathalie HOOPER	FV55	Hadleigh Hares AC	39:51	453
249.	5070	49	15	Jennifer WRIGHT	FV40	Ipswich Jaffa RC	39:52	452
250.	5101	201	40	Richard HURSTHOUSE	MV45	Stowmarket Striders RC	39:56	300
251.	5451	202	45	Thomas CRITCHELL	MS	Unattached	39:58	299
252.	5379	50	5	Fiona HUNT	FV50	Kesgrave Cruisers	40:01	451
253.	5088	203	36	Dave YOUNG	MV50	Unattached	40:16	298
254.	5323	51	16	Terri GREEN	FV40	Ipswich Jaffa RC	40:25	450
255.	5212	52	4	Anita WARD	FV55	Saint Edmund Pacers	40:27	449
256.	5293	53	6	Victoria ORFORD	FV50	Framlingham Flyers	40:30	448
257.	5269	54	5	Beryl LANSDOWN	FV55	Ipswich Jaffa RC	40:33	447
258.	5268	55	7	Rachel BROOKE	FV50	Ipswich Jaffa RC	40:33	446
259.	5329	204	46	Joe NOACK	MS	Colchester Harriers AC	40:34	297
260.	5192	56	8	Amanda SMITH	FV45	Woodbridge Shufflers RC	40:37	445
261.	5147	205	8	Dave ROBBIE	MV65	Saxmundham Sports Running &	40:38	296
262.	5049	57	8	Gemma MOSS	FV50	Ipswich Jaffa RC	40:39	444
263.	5012	206	2	Pat MORGAN	MV70+	Ipswich Triathlon Club	40:45	295
264.	5042	58	6	Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	40:45	443
265.	5266	59	9	Sarah FROST	FV50	Woodbridge Shufflers RC	40:55	442
266.	5422	207	47	Stuart HUNT	MS	Colchester Harriers AC	40:58	294
267.	5079	208	37	Dean CATCHPOLE	MV50	Unattached	40:59	293
268.	5201	209	38	Andy STRINGER	MV50	Colchester & Tendring AC	41:00	292
269.	5222	60	15	Hayley WILSON	FS	Haverhill Running Club	41:03	441
270.	5281	210	9	Duncan CHENERY	MV65	Ipswich Jaffa RC	41:08	291
271.	5434	211	39	Kieron PERRY	MV50	Ipswich Jaffa RC	41:14	290
272.	5065	212	15	Codie CALVER	MU20	Unattached	41:14	289
273.	5157	61	16	Sophie BELL	FS	Ipswich Phoenix Running Club	41:22	440
274.	5357	213	48	Adam CHAPPELL	MS	Ipswich Jaffa RC	41:23	288
275.	5144	214	10	Stephen PRETTY	MV65	Saint Edmund Pacers	41:25	287
276.	5048	62	9	Tracy LAWRIE	FV45	Harwich Runners	41:28	439
277.	5288	63	17	Michelle HEWITT	FS	Framlingham Flyers	41:29	438
278.	5393	215	29	James WATSON	MV40	Hadleigh Hares AC	41:31	286
279.	5223	64	3	Ruth COWLIN	FV60	Sudbury Joggers	41:37	437
280.	5454	65	18	Kayleigh TURPIN	FS	Felixstowe RRC	41:37	436

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
281.	5220	66	10	Helen EVANS	FV50	Ipswich Jaffa RC	41:40	435
282.	5100	67	4	Jenny SHEAHAN	FV60	Eastern Masters AC	41:41	434
283.	5448	68	2	Amelia BANFIELD	FU20	Kesgrave Cruisers	41:43	433
284.	5407	69	19	Jodie SHARP	FS	Stowmarket Striders RC	41:46	432
285.	5453	70	7	Nicky WATSON	FV55	Woodbridge Shufflers RC	41:46	431
286.	5021	71	20	Chloe HEEKS	FS	Stowmarket Striders RC	41:48	430
287.	5149	72	17	Donna HOWARD	FV40	Colchester & Tendring AC	41:51	429
288.	5172	216	11	Tom CLEMENTS	MV65	Framlingham Flyers	41:51	285
289.	5069	217	49	Jack MASON	MS	Unattached	41:56	284
290.	5405	73	10	Jane HUTCHINSON	FV45	Woodbridge Shufflers RC	42:01	428
291.	5127	218	41	Daniel UPTON	MV45	Unattached	42:10	283
292.	5326	74	18	Gemma SMY	FV40	Unattached	42:10	427
293.	5123	219	18	Chris FOX	MV55	Woodbridge Shufflers RC	42:12	282
294.	5430	220	42	Matt SAUNDERS	MV45	Felixstowe RRC	42:17	281
295.	5078	221	12	Chris GLADWELL	MV65	Stowmarket Striders RC	42:18	280
296.	5294	222	16	David NEWCOMBE	MU20	Unattached	42:19	279
297.	5388	75	19	Keeley SWORDS	FV40	Colchester & Tendring AC	42:27	426
298.	5279	223	30	Mike GREEN	MV40	Felixstowe RRC	42:28	278
299.	5110	76	11	Sam LINASSI	FV45	Felixstowe RRC	42:28	425
300.	5440	224	40	Tom ORFORD	MV50	Unattached	42:28	277
301.	5210	225	19	Ian DUGGAN	MV55	Felixstowe RRC	42:29	276
302.	5348	226	50	Thomas NEWCOMBE	MS	Unattached	42:31	275
303.	5356	227	51	Liam JARRETT	MS	Unattached	42:32	274
304.	5164	77	20	Amy DINES	FV40	Unattached	42:36	424
305.	5002	228	16	Neil WINTON	MV60	Felixstowe RRC	42:41	273
306.	5221	229	17	Robert WALKER	MV60	Felixstowe RRC	42:42	272
307.	5214	230	41	Jason ABLETT	MV50	Stowmarket Striders RC	42:43	271
308.	5163	231	20	Adam HOCKEN	MV55	Witham RC	42:46	270
309.	5282	78	8	Sarah VICK	FV55	Saxmundham Sports Running &	42:47	423
310.	5457	232	31	Paul BRAND	MV40	Unattached	42:50	269
311.	5036	79	4	Fiona HOLLAND	FV65	Hadleigh Hares AC	42:54	422
312.	5028	80	21	Rebecca-Ann	FS	Ipswich Jaffa RC	42:55	421
313.	5224	233	42	Oliver SOUTHGATE	MV50	Ipswich Jaffa RC	42:56	268
314.	5264	234	18	Brian MUNNS	MV60	Newmarket Joggers	43:01	267
315.	5251	235	52	Sam HARDWICK	MS	Stowmarket Striders RC	43:06	266
316.	5165	236	32	Samuel DINES	MV40	Unattached	43:08	265
317.	5155	237	43	Paul MATHIAS	MV50	Kesgrave Cruisers	43:10	264
318.	5017	238	53	Ben NAUGHTON	MS	Unattached	43:12	263
319.	5270	81	9	Jenny BIRD	FV55	Unattached	43:13	420
320.	5397	82	22	Rosie OVEL	FS	Fordy Runs Running Club	43:15	419
321.	5094	239	43	Mark FARROW	MV45	Felixstowe RRC	43:21	262
322.	5039	240	19	Alan HILLYARD	MV60	Unattached	43:23	261
323.	5392	241	21	Alex KUCZER	MV55	Unattached	43:24	260
324.	5386	83	23	Hannah PRIOR	FS	Capel Cheetahs	43:30	418
325.	5067	84	21	Kyra WILSON	FV40	Framlingham Flyers	43:31	417
326.	5341	85	22	Claire MASKERY	FV40	Stowmarket Striders RC	43:32	416
327.	5398	242	44	Ross OVEL	MV45	Unattached	43:34	259

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
328.	5299	86	24	Bethany JOHNSON	FS	Unattached	43:35	415
329.	5185	87	10	Ronnie EGAN	FV55	Stowmarket Striders RC	43:35	414
330.	5145	243	3	Trevor STEVENSON	MV70+	Unattached	43:41	258
331.	5314	244	44	David CRANE	MV50	Kesgrave Cruisers	43:42	257
332.	5291	245	4	Frank MOGGAN	MV70+	Stowmarket Striders RC	43:47	256
333.	5047	88	1	Ann PIERCY	FV70+	Harwich Runners	43:51	413
334.	5395	246	54	Thomas RUSSELL	MS	Felixstowe RRC	43:53	255
335.	5153	89	5	Rebecca HEWSON	FV60	Felixstowe RRC	44:01	412
336.	5254	90	6	Sarah GOLDING	FV60	Saint Edmund Pacers	44:06	411
337.	5159	91	11	Deb BROUGHTON	FV55	Unattached	44:07	410
338.	5050	92	23	Kirsty MARSH	FV40	Felixstowe RRC	44:13	409
339.	5347	93	25	Tayne EATON	FS	Unattached	44:22	408
340.	5412	94	26	Jessica BENNEWORTH	FS	Unattached	44:22	407
341.	5118	95	12	Alison BILLS	FV45	Unattached	44:23	406
342.	5311	96	12	Helen DAVIES	FV55	Framlingham Flyers	44:23	405
343.	5178	247	22	Simon HOYLE	MV55	Kesgrave Cruisers	44:32	254
344.	5158	248	20	Eric BROWN	MV60	Saxmundham Sports Running &	44:34	253
345.	5138	97	13	Kate HUTSON	FV45	Ipswich Jaffa RC	44:35	404
346.	5296	249	23	Glen MURES	MV55	Felixstowe RRC	44:37	252
347.	5396	98	27	Martyna KITA	FS	Unattached	44:42	403
348.	5168	250	21	David SWALES	MV60	Unattached	44:43	251
349.	5099	251	45	Matt DORAN	MV50	Harwich Runners	44:45	250
350.	5354	252	46	Martin COTTON	MV50	Great Bentley Running Club	44:46	249
351.	5180	253	47	David CHURCH	MV50	Felixstowe RRC	44:48	248
352.	5004	99	7	Jenny CHURCH	FV60	Felixstowe RRC	44:49	402
353.	5084	254	48	Stefan GREGSON	MV50	Kesgrave Cruisers	44:51	247
354.	5140	255	33	Christopher BING	MV40	Ipswich Jaffa RC	44:51	246
355.	5413	100	24	Claire WHITE	FV40	Unattached	44:53	401
356.	5382	256	13	David MOON	MV65	Unattached	44:55	245
357.	5355	257	49	Mark HARRIS	MV50	Great Bentley Running Club	44:59	244
358.	5081	101	14	Cath ORRIN	FV45	Kesgrave Cruisers	45:01	400
359.	5421	102	11	Hayley BERKEL	FV50	Kesgrave Cruisers	45:01	399
360.	5082	103	8	Grace JUDGE	FV60	Haverhill Running Club	45:02	398
361.	5408	104	28	Samantha MACKIN	FS	Unattached	45:08	397
362.	5029	258	24	Mark FINCH	MV55	Unattached	45:08	243
363.	5423	105	12	Kirsty ABERDEIN	FV50	Unattached	45:09	396
364.	5112	259	5	David TAYLOR	MV70+	Framlingham Flyers	45:11	242
365.	5301	260	14	Garry PAXTON	MV65	Haverhill Running Club	45:12	241
366.	5137	106	25	Kimberley KERRY	FV40	Framlingham Flyers	45:20	395
367.	5246	107	15	Kaye STONE	FV45	Unattached	45:23	394
368.	5336	108	9	Jenny LYNCH	FV60	Felixstowe RRC	45:30	393
369.	5387	261	45	James HYMAS	MV45	Haverhill Running Club	45:36	240
370.	5240	109	2	Elsbeth KNOTT	FV70+	Harwich Runners	45:51	392
371.	5343	110	5	Christina PRETTY	FV65	Harwich Runners	45:59	391
372.	5308	111	6	Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	46:04	390
373.	5250	112	3	Liz PAXTON	FV70+	Haverhill Running Club	46:06	389
374.	5377	113	13	Helen FORREST	FV50	Woodbridge Shufflers RC	46:07	388

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
375.	5306	114	26	Amy KADING	FV40	Stowmarket Striders RC	46:17	387
376.	5321	115	14	Jayne ATTWELL	FV50	Stowmarket Striders RC	46:21	386
377.	5442	116	16	Claire ROWBOTHAM	FV45	Unattached	46:23	385
378.	5443	117	17	Cara BARKER	FV45	Unattached	46:27	384
379.	5286	262	25	Colin TURNER	MV55	Unattached	46:38	239
380.	5318	118	13	Adele FIELD	FV55	Felixstowe RRC	46:43	383
381.	5166	119	29	Georgia LAWRIE	FS	Harwich Runners	46:47	382
382.	5261	120	15	Joanne SARGENT	FV50	Hadleigh Hares AC	46:47	381
383.	5007	263	34	David BREWSTER	MV40	Felixstowe RRC	46:49	238
384.	5383	121	10	Jane MOON	FV60	Felixstowe RRC	46:49	380
385.	5095	122	27	Melanie GAVIN	FV40	Unattached	46:50	379
386.	5226	123	14	Karen FLOWER	FV55	Saxmundham Sports Running &	46:59	378
387.	5344	124	18	Victoria RAYNER	FV45	Unattached	47:00	377
388.	5015	125	19	Louise RIDDLESTON	FV45	Unattached	47:01	376
389.	5342	264	15	Martin GARROD	MV65	Ipswich Phoenix Running Club	47:16	237
390.	5087	126	20	Lucy JONES	FV45	Felixstowe RRC	47:24	375
391.	5207	127	30	Claire DAY	FS	Unattached	47:25	374
392.	5235	128	21	Clare WALKER	FV45	Unattached	47:38	373
393.	5179	129	31	Lara ROBINSON	FS	Unattached	47:41	372
394.	5010	265	26	Carl ROBINSON	MV55	Unattached	47:42	236
395.	5275	266	27	Sean DAVIDSON	MV55	Unattached	47:53	235
396.	5208	267	50	Paul DORSET	MV50	Felixstowe RRC	47:57	234
397.	5003	130	28	Claire BUTCHER	FV40	Felixstowe RRC	48:02	371
398.	5193	268	35	Keelan SMITH	MV40	Saxmundham Sports Running &	48:13	233
399.	5271	131	29	Katherine AYKROYD	FV40	Felixstowe RRC	48:29	370
400.	5148	269	16	Mik CARR	MV65	Bungay Black Dog RC	48:32	232
401.	5106	270	22	Stuart SHEPHERD	MV60	Saint Edmund Pacers	48:39	231
402.	5037	132	16	Angela SELFE	FV50	Stowmarket Striders RC	48:55	369
403.	5053	133	30	Pippa SARGENT	FV40	Stowmarket Striders RC	48:56	368
404.	5213	134	32	Niamh WHITE	FS	Unattached	49:06	367
405.	5167	135	17	Rachael WILLIAMS	FV50	Felixstowe RRC	49:07	366
406.	5058	136	22	Laura CROSSLEY	FV45	Capel Cheetahs	49:12	365
407.	5439	271	23	Lee KNIGHT	MV60	Rushmere Community Runners	49:37	230
408.	5265	272	6	Jim WITHERS	MV70+	Newmarket Joggers	49:45	229
409.	5297	273	46	Matthew BYARD	MV45	Kesgrave Cruisers	50:02	228
410.	5441	137	18	Sharon TAYLOR	FV50	Unattached	50:06	364
411.	3461	274	51	Justin OSTLER	MV50	Felixstowe RRC	50:16	227
412.	3464	275	55	Taylor EDWARDS	MS	Unattached	50:17	226
413.	5352	138	23	Donna HARRIS	FV45	Great Bentley Running Club	50:22	363
414.	5013	139	4	Pam MORGAN	FV70+	Ipswich Triathlon Club	50:26	362
415.	5103	140	33	Anca STADLER	FS	Felixstowe RRC	50:27	361
416.	5244	141	34	Adriana HOUCHELL	FS	Ipswich Jaffa RC	50:27	360
417.	5353	142	24	Sammy COTTON	FV45	Great Bentley Running Club	50:29	359
418.	5033	276	47	Adam GRIMSHAW	MV45	Unattached	50:31	225
419.	5034	143	25	Edyta GRIMSHAW	FV45	Unattached	50:31	358
420.	5444	144	11	Jo WHELAN	FV60	Felixstowe RRC	50:39	357
421.	5234	145	26	Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	50:46	356

Overall Results Kirton Seniors (inc. The Suffolk Grand Prix)

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
422.	5020	146	12	Tracy JECKELLS	FV60	Felixstowe RRC	50:49	355
423.	5378	277	24	David LAMPARD	MV60	Felixstowe RRC	50:49	224
424.	5365	147	35	Kirsty LAMB	FS	Capel Cheetahs	50:57	354
425.	5449	148	19	Lois MICKLEBURGH	FV50	Kesgrave Cruisers	51:26	353
426.	5113	149	5	Vivienne TAYLOR	FV70+	Framlingham Flyers	51:32	352
427.	5239	278	25	Simon ASHTON	MV60	Lonely Goat RC	51:36	223
428.	5298	279	56	Peri JOHNSON	MS	Unattached	52:19	222
429.	5432	150	31	Suzi SAUNDERS	FV40	Unattached	52:28	351
430.	5368	280	17	Steven REYNOLDS	MV65	Unattached	52:30	221
431.	5411	151	20	Lucy BRYANTON	FV50	Unattached	52:39	350
432.	5332	152	21	Claire ROOKE	FV50	Sudbury Joggers	52:39	349
433.	5284	153	27	Claire RUSH	FV45	Kesgrave Cruisers	52:39	348
434.	5056	281	18	Phil HUDSON	MV65	Ware Joggers	52:56	220
435.	5385	154	15	Amanda PRIOR	FV55	Unattached	52:57	347
436.	5337	155	16	Tracey NOBBS	FV55	Sudbury Court Running Club	52:58	346
437.	5041	156	6	Julie HASELWOOD	FV70+	Ipswich Jaffa RC	53:25	345
438.	5096	157	28	Michelle RANSON	FV45	Vegan Runners UK	53:31	344
439.	5171	158	22	Lisa MAHONEY	FV50	Unattached	53:40	343
440.	5031	159	13	Jackie COLLINS	FV60	Felixstowe RRC	54:33	342
441.	5199	160	23	Susan SMALE	FV50	Felixstowe RRC	54:42	341
442.	5364	282	26	Nigel JOHNS	MV60	Capel Cheetahs	54:53	219
443.	5073	161	24	Tina CHURCH	FV50	Saxmundham Sports Running &	55:13	340
444.	3463	162	36	Molly LEWIS	FS	Unattached	55:29	339
445.	5104	283	57	Alex STADLER	MS	Felixstowe RRC	55:34	218
446.	3462	163	25	Faith LEWIS	FV50	Saint Edmund Pacers	55:40	338
447.	5380	164	14	Karen BRACKENBURY	FV60	Lonely Goat RC	55:52	337
448.	5043	165	17	Heather SMITH	FV55	Lonely Goat RC	55:56	336
449.	5419	166	15	Helen OFFORD	FV60	Unattached	56:19	335
450.	5420	167	29	Kate ASHBY	FV45	Unattached	56:19	334
451.	5372	168	7	Sue HARGADON	FV70+	Woodbridge Shufflers RC	56:25	333
452.	5307	169	26	Rebecca OLIVER	FV50	Kesgrave Cruisers	56:26	332
453.	5128	284	58	Mark PERRYMAN	MS	Unattached	56:56	217
454.	5458	170	30	Emma DUFFY	FV45	Unattached	57:00	331
455.	5447	171	27	Mandy CHINERY	FV50	Kesgrave Cruisers	57:06	330
456.	5190	172	7	Simone SUTHERLAND	FV65	Framlingham Flyers	57:36	329
457.	5429	173	18	Karen AUSTIN	FV55	Sudbury Joggers	57:47	328
458.	5151	174	28	Michelle JARRETT	FV50	Unattached	58:01	327
459.	5277	175	29	Chantal CULLINGTON-READ	FV50	Unattached	58:04	326
460.	5052	176	16	Sue PEARSON	FV60	Saxmundham Sports Running &	59:05	325
461.	5427	177	31	Jodie BUDD	FV45	Sudbury Joggers	1:02:46	324
462.	5403	178	37	Sophie LEIGH-PEARSON	FS	Unattached	1:13:09	323
463.	5202	179	30	Rachael HAGGER	FV50	Unattached	1:13:10	322
464.	5402	180	17	Briony LEIGH-PEARSON	FV60	Unattached	1:13:10	321