

Overall Results Kirton Seniors

Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
Kirton Seniors								
1.	5015	1	1	Owen REES	MS	Ipswich Phoenix Running Club	25:33	500
2.	5104	2	2	James WILSON	MS	Saxmundham Sports Running & Fitness	27:19	499
3.	5009	3	3	Sultan TUSA	MS	Ipswich Jaffa RC	27:27	498
4.	5273	4	1	Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	27:54	497
5.	5265	5	4	Ed SEELEY	MS	Ipswich Harriers	28:17	496
6.	5242	6	5	Ryan DAVIDSON	MS	Felixstowe RRC	28:22	495
7.	5405	7	6	Aidan ELMORE	MS	Saint Edmund Pacers	28:34	494
8.	5095	8	7	Louis CHANCELLOR	MS	Unattached	28:41	493
9.	5339	9	1	Ethan WADE	MU20	Ipswich Jaffa RC	28:42	492
10.	5303	10	8	Thomas SMITH	MS	Saint Edmund Pacers	28:57	491
11.	5184	11	1	Jack WILKINSON	MV40	Ipswich Jaffa RC	29:10	490
12.	5053	12	9	Tobie STOLLERY	MS	Unattached	29:30	489
13.	5018	13	2	Kevin LONG	MV40	Hadleigh Hares AC	29:32	488
14.	5089	14	2	Hayden PHILLIPS	MU20	Kesgrave Cruisers	29:33	487
15.	5261	15	3	Luke GAVIN	MU20	Ipswich Harriers	29:44	486
16.	5320	16	3	Alex MCCARTHY	MV40	Unattached	29:46	485
17.	5204	17	2	Matthew HUNT	MV45	Unattached	29:53	484
18.	5280	18	1	Peter BANKS	MV50	Tiptree Road Runners	30:00	483
19.	5182	19	4	Gary TAYLOR	MV40	Felixstowe RRC	30:06	482
20.	5244	20	5	Ricky O'NEILL	MV40	Ipswich Jaffa RC	30:08	481
21.	5297	1	1	Katie KING	FS	Saint Edmund Pacers	30:08	500
22.	5290	21	3	Jonathan MANN	MV45	Great Bentley Running Club	30:11	480
23.	5231	22	10	Michael JENNINGS	MS	Unattached	30:14	479
24.	5348	23	11	Owen BROOM	MS	Ipswich Jaffa RC	30:22	478
25.	5313	24	12	John JOUSIFFE	MS	Unattached	30:26	477
26.	5142	25	1	Steve BROOKE	MV55	Felixstowe RRC	30:28	476
27.	5330	26	13	Stuart WARD	MS	Felixstowe RRC	30:30	475
28.	5168	27	14	Francis FOX	MS	Unattached	30:39	474
29.	5344	28	4	Alastair READ	MV45	Felixstowe RRC	31:01	473
30.	5022	29	15	Paul WAIN	MS	Ipswich Jaffa RC	31:06	472
31.	5267	30	6	Ross CHINERY	MV40	Unattached	31:09	471
32.	5445	31	16	William DUNN	MS	Unattached	31:11	470
33.	5078	32	2	Kevin CARPENTER	MV50	Hadleigh Hares AC	31:14	469
34.	5250	33	2	John THORPE	MV55	Ipswich Jaffa RC	31:15	468
35.	5396	34	17	Joe WHITLEY	MS	Ipswich Jaffa RC	31:16	467
36.	5237	35	3	Thomas STEWART	MV55	Woodbridge Shufflers RC	31:18	466
37.	5198	36	18	Joshua MILLS	MS	Unattached	31:22	465
38.	5058	37	5	Westley WALKER	MV45	Unattached	31:26	464
39.	5274	38	19	Tom COWLEY	MS	Hadleigh Hares AC	31:32	463
40.	5046	2	2	Aiya HOWE	FS	Unattached	31:34	499
41.	5210	39	3	Mark STRATTON	MV50	Saint Edmund Pacers	31:41	462
42.	5234	40	4	Stephen BULLEN	MV50	Great Bentley Running Club	31:47	461
43.	5048	3	3	Emma WHEELER	FS	Ipswich Phoenix Running Club	31:48	498
44.	5037	41	5	Simon STAFFORD	MV50	Kesgrave Cruisers	31:49	460
45.	5032	42	20	Oliver WATSON	MS	Unattached	31:50	459

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Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
46.	5120	4	4	Charlotte WICKENS	FS	Unattached	31:58	497
47.	5213	43	21	Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	31:59	458
48.	5351	44	1	Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	32:01	457
49.	5153	45	22	Oliver SCHOFIELD	MS	Saint Edmund Pacers	32:03	456
50.	5006	46	2	Duane HOWARD	MV60	Kesgrave Cruisers	32:11	455
51.	5271	47	23	Jonathon HOLYHEAD	MS	Unattached	32:14	454
52.	5215	48	24	Duncan NG	MS	Stowmarket Striders RC	32:17	453
53.	5233	49	6	Anthony WHITESIDE	MV45	Unattached	32:25	452
54.	5383	50	25	Charles OHSTEN	MS	Stowmarket Striders RC	32:26	451
55.	5311	51	3	Jim MACKENZIE	MV60	Framlingham Flyers	32:27	450
56.	5252	52	6	Neil COULSON	MV50	Felixstowe RRC	32:28	449
57.	5099	53	26	Christopher FULLER	MS	Saxmundham Sports Running & Fitness	32:28	448
58.	5071	54	7	Tom ALEXANDER	MV45	Woodbridge Shufflers RC	32:30	447
59.	5310	55	4	Darren SHEPPARD	MV55	Framlingham Flyers	32:30	446
60.	5287	56	8	Ben JEFFERY	MV45	Saint Edmund Pacers	32:32	445
61.	5292	57	9	Paul DOCKERILL	MV45	Saint Edmund Pacers	32:36	444
62.	5345	58	27	George WRIGHT	MS	Stowmarket Striders RC	32:38	443
63.	5256	59	7	Neil SMITH	MV40	Framlingham Flyers	32:43	442
64.	5203	60	28	Thomas BEECROFT	MS	Framlingham Flyers	32:43	441
65.	5370	61	7	Paul COOKE	MV50	Ipswich Jaffa RC	32:49	440
66.	5181	62	5	Mark FORD	MV55	Felixstowe RRC	32:54	439
67.	5304	63	10	Jason KING	MV45	Felixstowe RRC	32:59	438
68.	5340	64	29	Kieren HART	MS	Unattached	33:02	437
69.	5035	65	11	Andrew CHATFIELD	MV45	Capel Cheetahs	33:03	436
70.	5295	5	5	Emma ATTWOOD	FS	Stowmarket Striders RC	33:07	496
71.	5305	66	6	Michael MCKINSTRY	MV55	Saint Edmund Pacers	33:07	435
72.	5124	67	8	Ashley SMY	MV40	Felixstowe RRC	33:11	434
73.	5322	68	9	James HORNE	MV40	Unattached	33:12	433
74.	5293	69	4	Luca KADING	MU20	Stowmarket Striders RC	33:16	432
75.	5296	70	5	Tom ATTWELL	MU20	Stowmarket Striders RC	33:16	431
76.	5074	71	12	Carl CREASEY	MV45	Unattached	33:17	430
77.	5452	72	13	Simon WILLIAMS	MV45	Framlingham Flyers	33:23	429
78.	5136	73	8	Tom GLADSTONE	MV50	Saint Edmund Pacers	33:32	428
79.	5012	74	1	Richard HARVEY	MV65	Framlingham Flyers	33:34	427
80.	5270	75	30	Martin FOX	MS	Unattached	33:56	426
81.	5057	76	31	Wayne MANN	MS	Ipswich Jaffa RC	33:58	425
82.	5085	77	32	Euan CHILDS	MS	Unattached	33:59	424
83.	5084	78	33	Finn CHILDS	MS	Unattached	34:01	423
84.	5122	79	9	Steven OFFORD	MV50	Stowmarket Striders RC	34:02	422
85.	5065	80	34	Oliver QUINTON	MS	Unattached	34:03	421
86.	5139	81	2	Richard WOLD	MV65	Ipswich Phoenix Running Club	34:04	420
87.	5437	82	7	Warren BIRCH	MV55	Ipswich Triathlon Club	34:06	419
88.	5051	83	10	Peter SQUIRRELL	MV40	Ipswich Jaffa RC	34:11	418
89.	5211	84	4	Ian DUGGAN	MV60	Felixstowe RRC	34:14	417
90.	5107	85	6	Jed LAWRENCE	MU20	Ipswich Jaffa RC	34:15	416
91.	5216	86	14	Charlie KEITCH	MV45	Great Bentley Running Club	34:22	415
92.	5109	6	1	Stacey MOCKFORD	FV40	Saint Edmund Pacers	34:25	495

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93.	5350	87	10	Matt BROOM	MV50	Unattached	34:28	414
94.	5042	88	11	Chris SMITH	MV40	Unattached	34:28	413
95.	5121	89	8	Kerry BUCKLEY	MV55	Felixstowe RRC	34:28	412
96.	5001	90	11	Robin HARPER	MV50	Felixstowe RRC	34:31	411
97.	5327	7	2	Jenny STEEDMAN	FV40	Saint Edmund Pacers	34:32	494
98.	5372	8	1	Amanda MORTIMER	FV45	Ipswich Jaffa RC	34:37	493
99.	5444	91	12	Tom PENROSE	MV40	Saint Edmund Pacers	34:40	410
100.	5314	92	15	Rob KINGSTON	MV45	Framlingham Flyers	34:43	409
101.	5374	9	6	Maria RIERA TURRO	FS	Felixstowe RRC	34:47	492
102.	5450	93	35	Josh WARRINGTON	MS	Unattached	34:52	408
103.	5149	94	5	Nigel SCHOFIELD	MV60	Saint Edmund Pacers	34:52	407
104.	5063	10	7	Anna KEEBLE	FS	Ipswich Jaffa RC	34:55	491
105.	5390	95	36	Owen WOOLLARD	MS	Unattached	34:59	406
106.	5419	96	37	Ryan CHAPMAN	MS	Saxmundham Sports Running & Fitness	35:01	405
107.	5325	97	6	Todd LEWIS	MV60	Saint Edmund Pacers	35:05	404
108.	5436	98	38	Ben JACKSON	MS	Felixstowe RRC	35:07	403
109.	5326	99	16	Robert WALLACE	MV45	Saint Edmund Pacers	35:10	402
110.	5375	11	8	Holly TAYLOR	FS	Felixstowe RRC	35:11	490
111.	5060	100	9	Robert SOMMERVILLE	MV55	Stowmarket Striders RC	35:15	401
112.	5140	101	39	Connor DIPLOCK	MS	Saxmundham Sports Running & Fitness	35:16	400
113.	5384	102	17	Stephen NEUMANN	MV45	Unattached	35:24	399
114.	5420	103	13	Rob ARMSTRONG	MV40	Lonely Goat RC	35:27	398
115.	5433	104	12	Torben WOOD	MV50	Felixstowe RRC	35:28	397
116.	5128	105	14	Dale FOWLER	MV40	Unattached	35:30	396
117.	5161	106	7	Colin ELLIS	MV60	Kesgrave Cruisers	35:31	395
118.	5368	107	10	Mark ANDREWS	MV55	Lonely Goat RC	35:36	394
119.	5422	108	13	Mark WHITE	MV50	Haverhill Running Club	35:39	393
120.	5066	109	14	Derek HOOD	MV50	Ipswich Jaffa RC	35:39	392
121.	5460	110	40	Samuel ADAMS	MS	Unattached	35:49	391
122.	5133	111	15	Kevin LINSELL	MV50	Kesgrave Cruisers	35:53	390
123.	5331	112	41	Paul CONNICK	MS	Framlingham Flyers	35:54	389
124.	5451	12	9	Isobel VICKERY	FS	Royal Navy Athletics Club	35:55	489
125.	5008	13	2	Vicky SHELDON	FV45	Tiptree Road Runners	35:56	488
126.	5197	113	42	Christian HANMAN	MS	Unattached	35:58	388
127.	5217	114	16	Matt TRILL	MV50	Ipswich Jaffa RC	36:00	387
128.	5382	115	11	Carl BERRIMAN	MV55	Rushmere Community Runners	36:04	386
129.	5082	116	15	Mark SADLER	MV40	Felixstowe RRC	36:05	385
130.	5283	117	43	Craig STARLING	MS	Unattached	36:06	384
131.	5241	118	44	George ALLEN	MS	Saint Edmund Pacers	36:07	383
132.	5014	119	17	Mark GLEEN	MV50	Kesgrave Cruisers	36:09	382
133.	5369	14	3	Sandy PAGE	FV45	Kesgrave Cruisers	36:16	487
134.	5425	15	1	Juliet GARNHAM	FV50	Stowmarket Striders RC	36:20	486
135.	5176	120	18	Peter BIRD	MV50	Saint Edmund Pacers	36:22	381
136.	5336	121	3	Tim RANSON	MV65	Vegan Runners UK	36:25	380
137.	5093	16	10	Claire FISHER	FS	Victoria Park Harriers and Tower	36:31	485
138.	5119	122	19	Richard LEEDER	MV50	Stowmarket Striders RC	36:33	379
139.	5196	123	18	Neil HUNTING	MV45	Unattached	36:35	378

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140.	5277	124	12	Paul MITCHELL	MV55	Haverhill Running Club	36:36	377
141.	5229	125	16	David DINNAGE	MV40	Framlingham Flyers	36:37	376
142.	5286	126	19	Darren GREEN	MV45	Colchester & Tendring AC	36:40	375
143.	5263	127	20	Dominic BAREHAM	MV45	Felixstowe RRC	36:40	374
144.	5134	128	21	Ash SADLER	MV45	Kesgrave Cruisers	36:41	373
145.	5146	17	2	Samantha LINASSI	FV50	Felixstowe RRC	36:41	484
146.	5226	129	17	Darren WALKER	MV40	Colchester Harriers AC	36:41	372
147.	5141	18	11	Kate HEEKS	FS	Stowmarket Striders RC	36:43	483
148.	5227	19	4	Ellie CUMNER	FV45	Colchester Harriers AC	36:45	482
149.	5047	20	12	Zara HANMAN	FS	Unattached	36:46	481
150.	5158	21	3	Lydia KINDRED	FV40	Framlingham Flyers	36:52	480
151.	5366	130	20	Christian HADWEN	MV50	Felixstowe RRC	36:56	371
152.	5361	131	13	Tom STEPHENS	MV55	Felixstowe RRC	36:58	370
153.	5257	132	45	Alex SMITH	MS	Felixstowe RRC	36:59	369
154.	5187	133	21	Simon GOLDSMITH	MV50	Unattached	37:00	368
155.	5298	134	46	Peter CLEAVES	MS	Stowmarket Striders RC	37:01	367
156.	5191	22	1	Jessica READ	FU20	Unattached	37:04	479
157.	5401	135	4	Andrew BUDD	MV65	Capel Cheetahs	37:05	366
158.	5209	136	22	Craig WRIGHT	MV45	Ipswich Phoenix Running Club	37:05	365
159.	5429	137	47	Max HARROLD	MS	Unattached	37:09	364
160.	5402	138	22	Laurence GOWERS	MV50	Braintree & District AC	37:11	363
161.	5254	139	7	Logan MACLEAN	MU20	Unattached	37:23	362
162.	5069	140	14	Richard NEWMAN	MV55	Harwich Runners	37:23	361
163.	5177	23	13	Natasha SMITH	FS	Ipswich Jaffa RC	37:26	478
164.	5249	141	15	Dave HOWGEGO	MV55	Woodbridge Shufflers RC	37:27	360
165.	5253	142	18	Alli MACLEAN	MV40	Hadleigh Hares AC	37:29	359
166.	5414	24	5	Karen FARTHING	FV45	Haverhill Running Club	37:35	477
167.	5455	143	48	Jacob WRIGHT	MS	Unattached	37:38	358
168.	5029	144	16	Jules BEAUMONT	MV55	Unattached	37:38	357
169.	5115	145	49	Ryan WATERS	MS	Unattached	37:39	356
170.	5219	25	14	Hannah LAST	FS	Unattached	37:39	476
171.	5224	146	1	Neville CLARKE	MV70+	Newmarket Joggers	37:40	355
172.	5118	147	50	Daniel RIVERA	MS	Unattached	37:40	354
173.	5341	26	1	Val JENNINGS	FV60	Ipswich Jaffa RC	37:42	475
174.	5094	27	15	Heather FISHER	FS	Unattached	37:46	474
175.	5180	148	23	Lewis GRANT	MV50	Unattached	37:55	353
176.	5007	149	51	Michael HAMMOND	MS	Unattached	37:56	352
177.	5428	150	52	Edward ELLIS	MS	Unattached	37:58	351
178.	5049	151	53	Bradley WHEELER	MS	Ipswich Phoenix Running Club	38:01	350
179.	5454	28	6	Helen FINDLEY	FV45	Kesgrave Cruisers	38:07	473
180.	5054	152	8	Adrian PEAKE	MV60	Ipswich Jaffa RC	38:09	349
181.	5038	153	8	Luke STAFFORD	MU20	Kesgrave Cruisers	38:11	348
182.	5321	154	5	Robert MORGAN	MV65	Saint Edmund Pacers	38:12	347
183.	5426	155	9	Chris SERVANT	MV60	Ipswich Jaffa RC	38:13	346
184.	5199	156	19	Mike GREEN	MV40	Felixstowe RRC	38:15	345
185.	5406	29	4	Lara CHILDS	FV40	Unattached	38:16	472
186.	5202	30	1	Anita WARD	FV55	Saint Edmund Pacers	38:17	471

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187.	5427	31	16	Olivia WILLIAMS	FS	Ipswich Jaffa RC	38:21	470
188.	5170	157	54	Stuart HUNT	MS	Colchester Harriers AC	38:24	344
189.	5138	158	6	John DUNNETT	MV65	Capel Cheetahs	38:25	343
190.	5087	32	17	Steph WILDING	FS	Unattached	38:26	469
191.	5013	159	7	Gary LOWE	MV65	Saxmundham Sports Running & Fitness	38:28	342
192.	5103	160	23	James ELLUL	MV45	Felixstowe RRC	38:30	341
193.	5105	33	7	Helen ARIYO	FV45	Kesgrave Cruisers	38:32	468
194.	5207	161	20	Mark ASHWOOD	MV40	Haverhill Running Club	38:40	340
195.	5377	162	55	Gary INGRAM	MS	Ipswich Jaffa RC	38:41	339
196.	5028	163	24	Paul STONE	MV50	Felixstowe RRC	38:43	338
197.	5276	164	17	Andrew WARD	MV55	Saint Edmund Pacers	38:47	337
198.	5299	165	25	Mark EWEN	MV50	Colchester & Tendring AC	38:49	336
199.	5346	166	18	Simon CHRISTIE	MV55	Unattached	38:49	335
200.	5328	167	26	Jon BLOOR	MV50	Ipswich Jaffa RC	38:56	334
201.	5100	34	2	Rachel TERRY	FV55	Stowmarket Striders RC	38:56	467
202.	5442	168	56	Alex KNIGHT	MS	Kesgrave Cruisers	38:57	333
203.	5379	169	24	Keith ANDREWS	MV45	Kesgrave Cruisers	38:57	332
204.	5355	170	57	James CALVER	MS	Unattached	38:59	331
205.	5318	35	1	Jenny MORGAN	FV70+	Saint Edmund Pacers	39:00	466
206.	5172	171	19	Wayne MUMFORD	MV55	Unattached	39:03	330
207.	5061	36	2	Haley	FV60	Saint Edmund Pacers	39:07	465
208.	5289	37	8	Donna HOWARD	FV45	Colchester & Tendring AC	39:07	464
209.	5098	38	3	Sharon BARNETT	FV50	Maidstone Harriers	39:13	463
210.	5236	172	27	Richard ATTWELL	MV50	Stowmarket Striders RC	39:23	329
211.	5232	173	58	Jamie SLEET	MS	Unattached	39:25	328
212.	5308	39	4	Karen OFFORD	FV50	Stowmarket Striders RC	39:26	462
213.	5243	40	3	Mary NAREY	FV55	Stowmarket Striders RC	39:29	461
214.	5388	174	59	Lee CALVER	MS	Felixstowe RRC	39:30	327
215.	5036	175	21	Richard NEAL	MV40	Unattached	39:31	326
216.	5453	176	28	Guy HAYWARD	MV50	Framlingham Flyers	39:36	325
217.	5376	41	2	Evie GOWERS	FU20	Colchester Harriers AC	39:39	460
218.	5208	177	20	Tim PARNELL	MV55	Kesgrave Cruisers	39:44	324
219.	5398	42	5	Victoria ORFORD	FV50	Framlingham Flyers	39:47	459
220.	5194	178	25	Ashley EVANS	MV45	Unattached	39:48	323
221.	5443	179	22	Colin EVERITT-BARDEN	MV40	Stowmarket Striders RC	39:51	322
222.	5164	43	5	Misty SMITH	FV40	Ipswich Jaffa RC	39:51	458
223.	5144	180	29	Neil RICHARDSON	MV50	Harwich Runners	39:53	321
224.	5117	181	10	Kevin COLEMAN	MV60	Stowmarket Striders RC	39:55	320
225.	5407	182	21	Jamie RANDALL	MV55	Haverhill Running Club	39:55	319
226.	5005	183	26	Brett DEAKIN	MV45	Felixstowe RRC	39:56	318
227.	5278	184	22	Ashton DYSON	MV55	Unattached	39:58	317
228.	5354	185	30	Paul GOLDRING	MV50	Ipswich Jaffa RC	39:59	316
229.	5165	44	18	Alice MEADOWS	FS	Felixstowe RRC	40:02	457
230.	5186	186	27	Kevin PYLE	MV45	Rushmere Community Runners	40:06	315
231.	5190	45	19	Bethany JOHNSON	FS	Unattached	40:09	456
232.	5214	187	31	Kevin BITTER	MV50	Woodbridge Shufflers RC	40:11	314
233.	5111	188	23	Shane BROWNLEE	MV40	Unattached	40:16	313

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234.	5319	46	6	Katarzyna DABROWSKA	FV40	Capel Cheetahs	40:19	455
235.	5175	189	32	Matthew RAWLINGS	MV50	Saint Edmund Pacers	40:26	312
236.	5023	190	8	Stephen HICKS	MV65	Ipswich Harriers	40:29	311
237.	5079	47	4	Nathalie HOOPER	FV55	Hadleigh Hares AC	40:32	454
238.	5279	191	11	Stephen HATTEN	MV60	Saint Edmund Pacers	40:35	310
239.	5067	48	7	Kyra WILSON	FV40	Framlingham Flyers	40:36	453
240.	5201	49	8	Sophie DOE	FV40	Kesgrave Cruisers	40:41	452
241.	5288	50	9	Lynsey WARREN	FV40	Unattached	40:41	451
242.	5403	192	33	Oliver SOUTHGATE	MV50	Ipswich Jaffa RC	40:45	309
243.	5072	193	12	Robert WALKER	MV60	Felixstowe RRC	40:46	308
244.	5235	51	20	Chloe HEEKS	FS	Stowmarket Striders RC	40:46	450
245.	5155	52	1	Sandra ROBERTS	FV65	Ipswich Jaffa RC	40:47	449
246.	5223	194	13	Garry MACDONALD	MV60	Felixstowe RRC	40:50	307
247.	5373	195	23	Dave SOLOMON	MV55	Felixstowe RRC	40:53	306
248.	5356	196	24	David SMITH	MV55	Unattached	40:56	305
249.	5260	197	14	Craig CHIDLOW	MV60	Ipswich Triathlon Club	40:58	304
250.	5363	53	9	Catherine HUGHES	FV45	Unattached	40:59	448
251.	5360	198	25	Dave YOUNG	MV55	Unattached	41:10	303
252.	5349	199	26	Andrew SMITH	MV55	Thetford AC	41:11	302
253.	5338	200	28	Matthew BULLOCK	MV45	Unattached	41:13	301
254.	5389	54	21	Rosie OVEL	FS	Ipswich Phoenix Running Club	41:14	447
255.	5381	55	5	Suzi CATCHPOOL	FV55	Ipswich Jaffa RC	41:16	446
256.	5285	201	9	Duncan CHENERY	MV65	Ipswich Jaffa RC	41:16	300
257.	5245	56	3	Claire BROWN	FV60	Saint Edmund Pacers	41:18	445
258.	5440	202	15	Yusuf FIRAT	MV60	Saffron Striders RC	41:33	299
259.	5169	57	10	Gemma SMY	FV45	Trail Running Association	41:34	444
260.	5266	203	29	Daniel UPTON	MV45	Unattached	41:34	298
261.	5189	204	16	Tom TAYLOR	MV60	Unattached	41:38	297
262.	5438	58	10	Keeley SWORDS	FV40	Colchester & Tendring AC	41:41	443
263.	5062	59	6	Wendy KELLETT	FV55	Ipswich Jaffa RC	41:41	442
264.	5323	60	22	Rebecca	FS	Kesgrave Cruisers	41:44	441
265.	5221	205	24	David YOUNG	MV40	Unattached	41:45	296
266.	5449	61	23	Jodie SHARP	FS	Stowmarket Striders RC	41:46	440
267.	5309	206	34	Andy STRINGER	MV50	Colchester & Tendring AC	41:47	295
268.	5387	207	30	Ross OVEL	MV45	Unattached	41:52	294
269.	5386	62	24	Ashleigh MILLS	FS	Ipswich Jaffa RC	41:52	439
270.	5302	208	31	Allen COPEMAN	MV45	Unattached	41:54	293
271.	5281	209	35	Stephen MOORE	MV50	Unattached	41:59	292
272.	5294	63	11	Louise CRACKNELL	FV40	Felixstowe RRC	42:00	438
273.	5434	64	25	Imogen HONEY	FS	Stowmarket Striders RC	42:02	437
274.	5090	210	27	Tom ORFORD	MV55	Unattached	42:08	291
275.	5461	65	12	Kayleigh TURPIN	FV40	Felixstowe RRC	42:11	436
276.	5359	66	26	Rachel ANDVIG	FS	Kesgrave Cruisers	42:16	435
277.	5145	211	60	James GIRLING	MS	Unattached	42:17	290
278.	5439	212	10	Paul SCHWER	MV65	Felixstowe RRC	42:20	289
279.	5044	67	3	Amelia BANFIELD	FU20	Kesgrave Cruisers	42:21	434
280.	5282	213	17	Timothy LONG	MV60	Ipswich Jaffa RC	42:23	288

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Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
281.	5371	68	13	Rosanna HOLDEN	FV40	Colchester & Tendring AC	42:24	433
282.	5101	214	25	James WATSON	MV40	Hadleigh Hares AC	42:26	287
283.	5045	215	28	Simon Peter HOYLE	MV55	Kesgrave Cruisers	42:26	286
284.	5070	216	36	Matt DORAN	MV50	Harwich Runners	42:27	285
285.	5306	69	4	Jenny SHEAHAN	FV60	Eastern Masters AC	42:29	432
286.	5112	217	29	Chris DURRANT	MV55	Felixstowe RRC	42:37	284
287.	5026	218	61	Stuart MATHIESON	MS	Sudbury Joggers	42:38	283
288.	5106	219	26	Andy BARTLETT	MV40	Unattached	42:42	282
289.	5255	220	18	Tom HOBLYN	MV60	Saint Edmund Pacers	42:45	281
290.	5092	70	14	Jenny HURLEY	FV40	Felixstowe RRC	42:55	431
291.	5206	221	30	David CRANE	MV55	Kesgrave Cruisers	42:55	280
292.	5125	222	11	Stephen PRETTY	MV65	Saint Edmund Pacers	42:56	279
293.	5395	71	27	Holly WHITE	FS	Unattached	43:01	430
294.	5080	72	6	Nikki VINCE	FV50	Hadleigh Hares AC	43:02	429
295.	5150	223	31	Mervyn COOK	MV55	Unattached	43:04	278
296.	5347	73	2	Belinda GODBOLD	FV65	Hadleigh Hares AC	43:07	428
297.	5050	74	15	Kirsty MARSH	FV40	Felixstowe RRC	43:11	427
298.	5160	75	5	Sandra MAYHEW	FV60	Stowmarket Striders RC	43:12	426
299.	5329	224	19	Phil DAVIES	MV60	Ipswich Jaffa RC	43:16	277
300.	5307	76	7	Jo GARRARD	FV55	Woodbridge Shufflers RC	43:18	425
301.	5316	225	27	Helder CAMPOS	MV40	Unattached	43:28	276
302.	5019	77	6	Ruth COWLIN	FV60	Sudbury Joggers	43:30	424
303.	5343	78	3	Helen ANDVIG	FV65	Kesgrave Cruisers	43:32	423
304.	5167	226	2	Philip HYMERS	MV70+	Saint Edmund Pacers	43:39	275
305.	5130	227	37	Mark SILLS	MV50	Felixstowe RRC	43:44	274
306.	5342	228	12	David MOON	MV65	Unattached	43:45	273
307.	5021	229	62	Scott SHERMAN	MS	Unattached	43:53	272
308.	5418	79	16	Laura BROWN	FV40	Stowmarket Striders RC	43:55	422
309.	5076	230	32	Rod PRIME	MV55	Unattached	43:57	271
310.	5127	231	38	Brett MARTIN	MV50	Kesgrave Cruisers	44:00	270
311.	5025	80	11	Carrie KEMP	FV45	Felixstowe RRC	44:01	421
312.	5096	232	9	Codie CALVER	MU20	Unattached	44:03	269
313.	5380	233	33	Iain CATCHPOOL	MV55	Ipswich Jaffa RC	44:08	268
314.	5247	234	39	Roger TAYLOR	MV50	Unattached	44:10	267
315.	5248	235	32	Martin MURRAY	MV45	Unattached	44:10	266
316.	5193	81	12	Amy DINES	FV45	Unattached	44:10	420
317.	5259	82	28	Kate MELLOR HINE	FS	Unattached	44:15	419
318.	5166	83	29	Katie MEADOWS	FS	Felixstowe RRC	44:16	418
319.	5108	84	8	Caroline SPENDLOVE	FV55	Saxmundham Sports Running & Fitness	44:19	417
320.	5225	236	28	Matt MAKIN	MV40	Felixstowe RRC	44:22	265
321.	5220	237	34	Darren BIRCH	MV55	Unattached	44:28	264
322.	5192	238	29	Sam DINES	MV40	Unattached	44:28	263
323.	5030	85	9	Janice MITCHELL	FV55	Haverhill Running Club	44:40	416
324.	5228	239	20	Joff HAYES	MV60	Capel Cheetahs	44:41	262
325.	5031	86	10	Samantha CLOUD	FV55	Unattached	44:46	415
326.	5448	87	4	Rebecca HEWSON	FV65	Felixstowe RRC	44:48	414
327.	5385	240	13	Mon LEE	MV65	Ipswich Jaffa RC	44:48	261

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Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
328.	5246	241	63	Regan PEACOCK	MS	Unattached	44:48	260
329.	5251	88	13	Kate HUTSON	FV45	Ipswich Jaffa RC	44:50	413
330.	5129	242	64	Will DURRANCE	MS	Unattached	44:51	259
331.	5423	243	21	Billy RICHMOND	MV60	Ipswich Jaffa RC	44:54	258
332.	5400	244	33	Dominic MIAOULIS	MV45	Felixstowe RRC	44:59	257
333.	5300	245	22	Neil WINTON	MV60	Felixstowe RRC	45:00	256
334.	5148	246	40	Christopher OZANNE	MV50	Unattached	45:09	255
335.	5110	247	10	Reece CREASEY	MU20	Unattached	45:12	254
336.	5430	89	17	Lydia SIMMONS	FV40	Saint Edmund Pacers	45:22	412
337.	5284	248	14	Chris GLADWELL	MV65	Stowmarket Striders RC	45:24	253
338.	5431	249	30	David VINCE	MV40	Unattached	45:24	252
339.	5200	250	34	Nathaniel BROUGHTON	MV45	Unattached	45:25	251
340.	5312	90	7	Sarah GOLDING	FV60	Saint Edmund Pacers	45:28	411
341.	5393	91	4	Evie ROPER	FU20	Unattached	45:33	410
342.	5392	251	41	Kyle ROPER	MV50	Unattached	45:33	250
343.	5291	92	18	Amy KADING	FV40	Stowmarket Striders RC	45:41	409
344.	5222	252	35	Darin OSBORNE	MV55	Rushmere Community Runners	45:45	249
345.	5409	93	30	Charlotte SALTER	FS	Unattached	45:45	408
346.	5337	94	2	Elsbeth KNOTT	FV70+	Harwich Runners	45:50	407
347.	5362	253	65	Sam HARDWICK	MS	Stowmarket Striders RC	45:53	248
348.	5357	254	42	Michael MORLEY	MV50	Colchester & Tendring AC	45:57	247
349.	5132	255	3	David TAYLOR	MV70+	Framlingham Flyers	46:01	246
350.	5075	256	66	Alex WALNE	MS	Unattached	46:05	245
351.	5154	257	23	Brian MUNNS	MV60	Newmarket Joggers	46:09	244
352.	5399	95	31	Olivia BEER	FS	Stowmarket Striders RC	46:12	406
353.	5011	258	24	Chris CLOW	MV60	Unattached	46:13	243
354.	5240	96	8	Helen WASS	FV60	Newmarket Joggers	46:13	405
355.	5034	259	43	Matthew BYARD	MV50	Kesgrave Cruisers	46:16	242
356.	5185	97	14	Haley DUFFY	FV45	Ipswich Jaffa RC	46:18	404
357.	5055	98	15	Jennifer EVANS	FV45	Woodbridge Shufflers RC	46:20	403
358.	5333	260	25	Duncan CHAMBERLAIN	MV60	Unattached	46:22	241
359.	5097	99	19	Becky ELLUL	FV40	Felixstowe RRC	46:24	402
360.	5272	261	36	Lee CAULFIELD	MV55	Colchester Harriers AC	46:30	240
361.	5447	262	44	Neil WILLIAMSON	MV50	Newmarket Joggers	46:34	239
362.	5258	100	11	Gill MELLOR	FV55	Felixstowe RRC	46:34	401
363.	5352	101	7	Kirsty ABERDEIN	FV50	Unattached	46:41	400
364.	5027	102	16	Kaye STONE	FV45	Felixstowe RRC	46:51	399
365.	5391	263	11	Ben PLEASANCE	MU20	Unattached	46:56	238
366.	5077	103	8	Joanne SARGENT	FV50	Hadleigh Hares AC	47:05	398
367.	5157	264	31	Jp BROUGHTON	MV40	Sudbury Joggers	47:09	237
368.	5179	104	9	Adele FIELD	FV60	Felixstowe RRC	47:10	397
369.	5324	265	45	Ian KNIGHTS	MV50	Kesgrave Cruisers	47:19	236
370.	5041	266	35	Mark SMITH	MV45	Unattached	47:31	235
371.	5262	105	20	Melanie GAVIN	FV40	Unattached	47:41	396
372.	5424	106	32	Florence RICHMOND	FS	Unattached	47:44	395
373.	5441	107	12	Amanda PRIOR	FV55	Capel Cheetahs	47:45	394
374.	5004	108	5	Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	47:46	393

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Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
375.	5205	109	17	Louise RIDDLESTON	FV45	Unattached	47:50	392
376.	5126	267	12	Joseph MARTIN	MU20	Kesgrave Cruisers	48:01	234
377.	5269	268	26	Robert BARKER	MV60	Felixstowe RRC	48:05	233
378.	5367	110	6	Sally GARNHAM	FV65	Felixstowe RRC	48:32	391
379.	5171	111	10	Sarah DAVIES	FV60	Framlingham Flyers	48:40	390
380.	5116	112	5	Lottie ELLIS	FU20	Unattached	48:43	389
381.	5114	269	32	Keelan SMITH	MV40	Saxmundham Sports Running & Fitness	48:49	232
382.	5230	113	13	Karen FLOWER	FV55	Saxmundham Sports Running & Fitness	48:54	388
383.	5335	114	33	Faye METCALFE	FS	Unattached	49:00	387
384.	5421	270	67	Lewis DIVINCENZO	MS	Unattached	49:05	231
385.	5315	115	14	Lisa BOND	FV55	Ipswich Phoenix Running Club	49:12	386
386.	5020	116	9	Anna SMITH	FV50	Unattached	49:17	385
387.	5002	271	33	Paul SMITH	MV40	Great Bentley Running Club	49:18	230
388.	5218	117	15	Helen DAVIES	FV55	Framlingham Flyers	49:20	384
389.	5301	272	15	Shane LAWRENCE	MV65	Eastern Masters AC	49:22	229
390.	5416	118	34	Amelia BONES	FS	Unattached	49:23	383
391.	5417	119	21	Alice METZLER	FV40	Unattached	49:24	382
392.	5432	273	68	Thomas RUSSELL	MS	Felixstowe RRC	49:26	228
393.	5083	120	10	Julia ASHLEY	FV50	Kesgrave Cruisers	49:29	381
394.	5195	274	34	George HINDS	MV40	Unattached	49:37	227
395.	5457	121	35	Danielle D'ARCY	FS	Unattached	49:46	380
396.	5404	275	27	Steve ADAMS	MV60	Felixstowe RRC	49:48	226
397.	5446	122	22	Laura LAWRENCE	FV40	Felixstowe RRC	49:48	379
398.	5173	123	11	Jan HOLMES	FV60	Newmarket Joggers	49:49	378
399.	5039	124	16	Jacqueline ALLPORT	FV55	Felixstowe RRC	49:54	377
400.	5365	276	28	Colin WALNE	MV60	Unattached	49:59	225
401.	5016	125	12	Heather RUFF	FV60	Unattached	50:04	376
402.	5040	126	13	Michelle WALNE	FV60	Felixstowe RRC	50:05	375
403.	5174	127	11	Anna TOMASZCZUK	FV50	Unattached	50:08	374
404.	5003	277	16	Wayne GRANT	MV65	Unattached	50:12	224
405.	5162	128	18	Lucy JONES	FV45	Felixstowe RRC	50:13	373
406.	5056	129	36	Eleanor CHAMBERLAIN	FS	Unattached	50:16	372
407.	5024	130	37	Emma LEANING	FS	Unattached	50:23	371
408.	5156	278	17	Martin GARROD	MV65	Ipswich Phoenix Running Club	50:30	223
409.	5088	131	17	Debbie HART	FV55	Unattached	50:30	370
410.	5268	132	18	Dawn BINGE	FV55	Felixstowe RRC	50:39	369
411.	5456	133	19	Claire ROWBOTHAM	FV45	Felixstowe RRC	50:40	368
412.	5152	134	14	Joanne BOUTTELL	FV60	Newmarket Joggers	50:40	367
413.	5413	135	38	Kirsty LAMB	FS	Unattached	50:41	366
414.	5435	136	20	Cara BARKER	FV45	Unattached	50:41	365
415.	5188	137	19	Heather SMITH	FV55	Lonely Goat RC	50:43	364
416.	5358	138	21	Natalie GOWERS	FV45	Running Colchester	50:53	363
417.	5073	139	12	Rachael WILLIAMS	FV50	Felixstowe RRC	51:30	362
418.	5238	140	22	Sue RUSSELL	FV45	Capel Cheetahs	51:32	361
419.	5394	141	6	Sophie KIRK	FU20	Unattached	51:46	360
420.	5378	142	13	Sharon HAYFIELD	FV50	Rushmere Community Runners	51:46	359
421.	5102	143	23	Karen SHARKEY	FV40	Unattached	51:57	358

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Plac	Bib	MF	Cat	Name	Cat	Club	Gun	Point
422.	5159	144	39	Klaudia KOWALSKA	FS	Unattached	52:25	357
423.	5353	145	40	Adriana HOUCHELL	FS	Ipswich Jaffa RC	52:30	356
424.	5334	146	3	Vivienne TAYLOR	FV70+	Framlingham Flyers	52:54	355
425.	5408	147	41	Stacey ROWE	FS	Unattached	53:00	354
426.	5410	148	42	Emily MAGUIRE	FS	Unattached	53:00	353
427.	5183	279	4	Jim WITHERS	MV70+	Newmarket Joggers	53:05	222
428.	5275	149	20	Ann KIRTON	FV55	Thetford AC	53:06	352
429.	5017	150	14	Teresa BARNETT	FV50	Capel Cheetahs	53:15	351
430.	5212	151	21	Rachel MORLEY	FV55	Colchester & Tendring AC	53:21	350
431.	5086	280	35	Robert KEMP	MV40	Felixstowe RRC	53:23	221
432.	5033	152	43	Abby FLEMING	FS	Felixstowe RRC	53:40	349
433.	5163	153	44	Melody HOWARD	FS	Unattached	54:18	348
434.	5364	154	7	Hilary COOK	FV65	Felixstowe RRC	54:45	347
435.	5064	155	15	Sarah HARMON	FV50	Felixstowe RRC	54:47	346
436.	5317	156	16	Tina CHURCH	FV50	Saxmundham Sports Running & Fitness	55:23	345
437.	5239	281	36	Mark ANDERSON	MV40	Unattached	55:31	220
438.	5397	282	18	Steven REYNOLDS	MV65	Unattached	55:51	219
439.	5412	157	45	Heather MILLS	FS	Rushmere Community Runners	55:55	344
440.	5059	283	19	Phil HUDSON	MV65	Ware Joggers	56:31	218
441.	5123	158	23	Agnieszka ANDRZEJAK	FV45	Stowmarket Striders RC	57:00	343
442.	5178	159	4	Sue HARGADON	FV70+	Woodbridge Shufflers RC	57:02	342
443.	5264	284	5	David SUTHERLAND	MV70+	Framlingham Flyers	57:16	217
444.	5091	160	15	Jackie COLLINS	FV60	Felixstowe RRC	57:36	341
445.	5043	161	22	Sharon TAYLOR	FV55	Unattached	57:58	340
446.	5052	162	23	Debbie SMITH	FV55	Thetford AC	58:19	339
447.	5411	285	46	Justin OSTLER	MV50	Unattached	59:08	216
448.	5135	163	16	Sharon HALPIN	FV60	Unattached	59:25	338
449.	5131	164	46	Maricris GUERRERO	FS	Unattached	1:00:07	337
450.	5010	165	8	Sue PEARSON	FV65	Saxmundham Sports Running & Fitness	1:00:14	336
451.	5137	166	17	Sonia DUNNETT	FV60	Capel Cheetahs	1:02:21	335
452.	5113	286	6	Mel CHITTOCK	MV70+	Unattached	1:07:11	215
453.	5415	167	18	Claire JAY	FV60	Unattached	1:08:29	334
454.	5151	168	47	Rhiannon WARD	FS	Felixstowe RRC	1:19:50	333