

Woodbridge Shufflers 10K Race
10K Overall Finish List
May 19, 2013

Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
1	Aaron Scott	Woodbridge Shufflers RC	1	M	MO	1 Top Fin	31:19
2	Joshua Entwistle	Felixstowe RRC	6	M	MO	2 Top Fin	32:53
3	Matthew Spencer	Ipswich Jaffa RC	4	M	MO	3 Top Fin	33:28
4	Gavin Davies	Ipswich Jaffa RC	89	M	MO	1 M 20-39	33:55
5	Jordan Ali	Barretts of Woodbridge	737	M	MO	2 M 20-39	34:35
6	Ross Fawcett	Ipswich Harriers	245	M	MO	3 M 20-39	35:15
7	Daniel Moss		515	M	MO	4 M 20-39	35:47
8	Jonathan Ling	Ipswich Jaffa RC	136	M	MO	5 M 20-39	36:35
9	jason BERRY		284	M	M40	1 M 40-44	36:40
10	Jim Last	Framlingham Flyers	423	M	MO	6 M 20-39	36:43
11	Darren Sheppard	Framlingham Flyers	653	M	M40	2 M 40-44	36:46
12	wilfred campbell	Ipswich Jaffa RC	221	M	M45	1 M 45-49	36:56
13	Steve Cooper	Blackheath and Bromley Harriers Athletic Club	427	M	M40	3 M 40-44	37:15
14	Ben Green	Ipswich Triathlon Club	280	M	M15	1 M 0-19	37:34
15	Theo Passmore	Ipswich Harriers	203	M	M15	2 M 0-19	37:35
16	Nick Smith	Clopton Emu Breeders	270	M	MO	7 M 20-39	37:55
17	Kevin Peirce	Ipswich Harriers	256	M	MO	8 M 20-39	37:59
18	Anthony Barraclough		555	M	MO	9 M 20-39	38:19
19	Ian Coxall	Ipswich Jaffa RC	563	M	M40	4 M 40-44	38:21
20	paul reynolds		627	M	MO	10 M 20-39	38:22
21	Patrick Hudson	Smart421	721	M	M40	5 M 40-44	38:25
22	Mark Bowditch		158	M	M45	2 M 45-49	38:30
23	ricky peacher	Framlingham Flyers	542	M	MO	11 M 20-39	38:36
24	Mark Goddard	Celotex Ltd	752	M	M45	3 M 45-49	38:38
25	James Potter	Newman Physiotherapy	768	M	MO	12 M 20-39	38:57
26	Chris Tye	Ipswich Triathlon Club	147	M	M45	4 M 45-49	39:09
27	Daniel Gardiner	Bungay Black Dog RC	656	M	M40	6 M 40-44	39:27
28	scott macsephney	Ipswich Jaffa RC	592	M	M45	5 M 45-49	39:31
29	Peter Mayer		76	M	M50	1 M 50-54	39:33
30	STEVEN NEAVES	Bungay Black Dog RC	640	M	M55	1 M 55-59	39:37
31	Tom Haslam	Saxmundham Sports Running & Fitness Club	684	M	M40	7 M 40-44	39:41
32	john thorpe	Ipswich Jaffa RC	55	M	M40	8 M 40-44	39:42
33	Andy Garvie	Clopton Emu Breeders	88	M	M40	9 M 40-44	39:43
34	Paul Nickells	Woodbridge Shufflers RC	14	M	M50	2 M 50-54	39:44
35	Mark Glanville		619	M	MO	13 M 20-39	39:47
36	Tim Hanman		94	M	M40	10 M 40-44	39:49

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37	Robin Harper	Felixstowe RRC	37	M	MO	14 M 20-39	39:50
38	James Parsons	Farlingaye	496	M	M15	3 M 0-19	39:56
39	Matt Hunter	Hadleigh Hares AC	368	M	MO	15 M 20-39	39:57
40	Matthew Payne		30	M	MO	16 M 20-39	39:59
41	Mark Watts	Saint Edmund Pacers	400	M	M50	3 M 50-54	40:01
42	Adam Johnson	Hadleigh Hares AC	613	M	M40	11 M 40-44	40:01
43	Dan Clapton	Ipswich Triathlon Club	603	M	MO	17 M 20-39	40:09
44	Dave Lumby	Ipswich Triathlon Club	424	M	M50	4 M 50-54	40:09
45	Andrew King		531	M	M50	5 M 50-54	40:12
46	Tim Brammar		444	M	M45	6 M 45-49	40:14
47	Jason Walne		598	M	M40	12 M 40-44	40:20
48	Adrian Peake	Ipswich Jaffa RC	196	M	M45	7 M 45-49	40:23
49	Jamie whittle	Waldringfield Basset Hound Chasers	474	M	MO	18 M 20-39	40:23
50	John Moore	Framlingham Flyers	308	M	M40	13 M 40-44	40:28
51	Bill Watson	Reading Roadrunners	294	M	M45	8 M 45-49	40:32
52	Tony Roberts	Woodbridge Shufflers RC	621	M	M45	9 M 45-49	40:34
53	Leon Jones	Clopton Emu Breeders	511	M	MO	19 M 20-39	40:58
54	Neil Seabury	2mine	512	M	MO	20 M 20-39	41:00
55	Richard Webster	Woodbridge Shufflers RC	121	M	M45	10 M 45-49	41:05
56	Stuart Fairweather	2mine	408	M	MO	21 M 20-39	41:16
57	Daniel Scott		657	M	MO	22 M 20-39	41:18
58	Douglas Hobson	Woodbridge Shufflers RC	549	M	MO	23 M 20-39	41:28
59	Terry Smith	Harwich Runners	462	M	M45	11 M 45-49	41:29
60	Peter Frost		13	M	M45	12 M 45-49	41:32
61	Robin Belsom	Ipswich Jaffa RC	309	M	M50	6 M 50-54	41:37
62	Steven Kent	Harwich Runners	125	M	M50	7 M 50-54	41:39
63	Neil Higgins		151	M	MO	24 M 20-39	41:47
64	Steve Garvie	Clopton Emu Breeders	168	M	M40	14 M 40-44	41:48
65	Rob Mackenzie	Framlingham Flyers	678	M	M50	8 M 50-54	41:49
66	Geraldine Clarke	Framlingham Flyers	504	F	F40	1 Top Fin	41:55
67	Ray Roberts	Felixstowe RRC	42	M	M65	1 M 65-69	41:57
68	Paul saunders	Ambulance	370	M	MO	25 M 20-39	41:58
69	Danny Markham	Felixstowe RRC	697	M	MO	26 M 20-39	42:02
70	Joe Fairbrother		272	M	MO	27 M 20-39	42:03
71	Ross Compton		397	M	MO	28 M 20-39	42:03
72	Mark Compton	Woodbridge Shufflers RC	396	M	M45	13 M 45-49	42:14

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73	Neil turner		431	M	M45	14 M 45-49	42:16
74	Rod Prime	Ipswich Jaffa RC	112	M	M45	15 M 45-49	42:20
75	adrian goode	Ipswich Harriers	495	M	M45	16 M 45-49	42:21
76	jacob hussey	Plumstead Runners	71	M	M45	17 M 45-49	42:27
77	Luke O'Neill		12	M	MO	29 M 20-39	42:29
78	Steve Brooke	Felixstowe RRC	518	M	M40	15 M 40-44	42:33
79	Andrew Ellis		177	M	MO	30 M 20-39	42:34
80	Mark Goodwin	Felixstowe RRC	386	M	M40	16 M 40-44	42:34
81	Dan wood	Ipswich Jaffa RC	641	M	MO	31 M 20-39	42:46
82	Nick Beales	Harwich Runners	56	M	M55	2 M 55-59	42:48
83	Liam Manning		409	M	MO	32 M 20-39	42:50
84	paul masterson		35	M	M40	17 M 40-44	42:50
85	Ian Gooderham	Saint Edmund Pacers	402	M	M45	18 M 45-49	42:51
86	Chris Leek		144	M	MO	33 M 20-39	42:59
87	Aaron Beal		652	M	MO	34 M 20-39	43:02
88	Ashton Bird	Newman Physiotherapy	777	M	MO	35 M 20-39	43:02
89	Alan Jackson	Ipswich Jaffa RC	604	M	M50	9 M 50-54	43:05
90	Victor Brooks		77	M	M40	18 M 40-44	43:05
91	Greg Marshall	Framlingham Flyers	345	M	M60	1 M 60-64	43:05
92	Brian Rogers	Ipswich Jaffa RC	413	M	M55	3 M 55-59	43:10
93	Stuart Wade		519	M	MO	36 M 20-39	43:14
94	stephen Hatten	Saint Edmund Pacers	487	M	M45	19 M 45-49	43:17
95	Emma Watts	Saint Edmund Pacers	401	F	F15	2 Top Fin	43:17
96	Stephen Firth	Waldringfield Basset Hound Chasers	358	M	M40	19 M 40-44	43:19
97	Oliver Johnson		46	M	MO	37 M 20-39	43:20
98	Tom Elmer		506	M	MO	38 M 20-39	43:24
99	Michael Burrows	Colchester Harriers AC	599	M	M15	4 M 0-19	43:27
100	Brian Airlie	Hadleigh Hares AC	412	M	M45	20 M 45-49	43:30
101	Ker Macrosson	Ipswich Jaffa RC	329	M	M55	4 M 55-59	43:34
102	Steve Whittaker	woodbridgesurfers	761	M	M45	21 M 45-49	43:35
103	Tristan Childs		186	M	MO	39 M 20-39	43:35
104	Tom Wake	Ipswich Jaffa RC	50	M	MO	40 M 20-39	43:36
105	Paul Cooke		239	M	M40	20 M 40-44	43:37
106	Iain Catchpool	Ipswich Jaffa RC	172	M	M45	22 M 45-49	43:41
107	Luke Richardson		594	M	MO	41 M 20-39	43:45
108	nathan ellis		224	M	MO	42 M 20-39	43:46

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109	malcolm pidd	Woodbridge Shufflers RC	679	M	M50	10 M 50-54	43:48
110	Tom Leith		435	M	MO	43 M 20-39	43:50
111	Mark Henry		622	M	M40	21 M 40-44	43:53
112	Matt Davey	Tiptree Road Runners	271	M	MO	44 M 20-39	43:53
113	Anthony Mayston	woodbridgesurfers	755	M	M50	11 M 50-54	43:54
114	Gary Sadler		299	M	MO	45 M 20-39	43:55
115	Christian Pawsey	Woodbridge Shufflers RC	20	M	M45	23 M 45-49	43:55
116	Lucy Bowditch		157	F	F45	3 Top Fin	43:57
117	marcus leeder		182	M	MO	46 M 20-39	44:00
118	Vince Calver	Felixstowe RRC	630	M	M40	22 M 40-44	44:09
119	Kieron Bales	Ipswich Triathlon Club	405	M	MO	47 M 20-39	44:14
120	Michelle Gordon	Felixstowe RRC	616	F	F0	1 F 20-39	44:16
121	Rebecca Heath	Brafe Engineering Ltd	703	F	F0	2 F 20-39	44:21
122	Antonio Palladino		302	M	M40	23 M 40-44	44:23
123	James Manly		551	M	M40	24 M 40-44	44:25
124	Sean Kennedy		252	M	MO	48 M 20-39	44:26
125	Cheryl Holder	Purple Patch Runners	146	F	F45	1 F 45-49	44:27
126	Kieron Teeder	East Green Energy Ltd	724	M	MO	49 M 20-39	44:28
127	jesus bujan	Waldringfield Basset Hound Chasers	475	M	MO	50 M 20-39	44:29
128	Ben Hudson		85	M	MO	51 M 20-39	44:32
129	Sean Turner		142	M	MO	52 M 20-39	44:35
130	Christopher Bing	Ipswich Jaffa RC	573	M	MO	53 M 20-39	44:36
131	Tom Mecrow		520	M	MO	54 M 20-39	44:39
132	ian akers		27	M	MO	55 M 20-39	44:42
133	Vaughan MORRIS		566	M	M50	12 M 50-54	44:43
134	abby gaeta	Ipswich Jaffa RC	93	F	F0	3 F 20-39	44:44
135	Jim Hardwicke	2mine	163	M	M45	24 M 45-49	44:49
136	stephen curran	Woodbridge Shufflers RC	682	M	M45	25 M 45-49	44:51
137	Jamie Scales		428	M	MO	56 M 20-39	44:52
138	Paul Berriman		105	M	M40	25 M 40-44	44:57
139	Tom Cummings		360	M	MO	57 M 20-39	44:59
140	Rob Anderson	Wimborne AC	257	M	M40	26 M 40-44	45:00
141	James ArbonG	ufford park	322	M	MO	58 M 20-39	45:01
142	Duncan Brown	woodbridgesurfers	757	M	MO	59 M 20-39	45:13
143	Gary Lowe		130	M	M55	5 M 55-59	45:14
144	Terence O'sullivan	Framlingham Flyers	482	M	M55	6 M 55-59	45:19

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145	Ben Greenhouse		553	M	M15	5 M 0-19	45:22
146	Tom Preston		654	M	MO	60 M 20-39	45:22
147	Linda Woodard	Felixstowe RRC	584	F	F40	1 F 40-44	45:39
148	Richard Owen		152	M	M60	2 M 60-64	45:45
149	Geoffrey Buchanan	Gressingham Foods	712	M	M40	27 M 40-44	45:55
150	Dave Beighton		356	M	MO	61 M 20-39	45:55
151	Rosie O'Neill	Deben Inns	771	F	F0	4 F 20-39	45:55
152	Paul Schwer	Felixstowe RRC	25	M	M50	13 M 50-54	46:00
153	Paul Barrell	Waldringfield Basset Hound Chasers	211	M	M45	26 M 45-49	46:01
154	Martin Ball		303	M	M40	28 M 40-44	46:02
155	mark kitson		225	M	M45	27 M 45-49	46:03
156	Foppe d'Hane		692	M	M45	28 M 45-49	46:05
157	carl collins		181	M	M40	29 M 40-44	46:07
158	Nick Jackson		231	M	M40	30 M 40-44	46:08
159	Esther Lury	Barretts of Woodbridge	740	F	F0	5 F 20-39	46:08
160	Matthew Lambert		59	M	M40	31 M 40-44	46:14
161	Lucy Sheehan	Felixstowe RRC	628	F	F0	6 F 20-39	46:16
162	John Coxage	Framlingham Flyers	570	M	M50	14 M 50-54	46:22
163	KEVIN HOLLAND		554	M	MO	62 M 20-39	46:23
164	Simon Green	Ipswich Triathlon Club	279	M	M55	7 M 55-59	46:32
165	michael martin	Ipswich Jaffa RC	210	M	M45	29 M 45-49	46:35
166	Gary Pilkington		92	M	M40	32 M 40-44	46:38
167	Sarah JC Lewis	Kazakstan Running Club	393	F	F0	7 F 20-39	46:45
168	Tim Ryder	Hadleigh Hares AC	52	M	M50	15 M 50-54	46:46
169	Tom Allnutt		546	M	MO	63 M 20-39	46:50
170	Andy Tricker		677	M	M40	33 M 40-44	46:52
171	Mark Iankester	Ipswich Jaffa RC	548	M	M45	30 M 45-49	46:55
172	Becky Overy-Owen	Woodbridge Shufflers RC	267	F	F40	2 F 40-44	46:58
173	George Algar	Deben Inns	772	M	MO	64 M 20-39	47:05
174	seth davis	Ipswich Jaffa RC	693	M	MO	65 M 20-39	47:05
175	simon milldown		384	M	M50	16 M 50-54	47:07
176	Andrew Keeble	Tri-Anglia Triathlon Club	442	M	M40	34 M 40-44	47:07
177	Joshua Apperley		119	M	MO	66 M 20-39	47:09
178	Katie Jackson		232	F	F40	3 F 40-44	47:11
179	Greg Dodds		115	M	M40	35 M 40-44	47:15
180	oliver gray		110	M	MO	67 M 20-39	47:17

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181	Alistair Mitchell		277	M	M40	36 M 40-44	47:19
182	Charlie Nunn		47	M	M40	37 M 40-44	47:21
183	Michael Streat	Woodbridge School	65	M	M50	17 M 50-54	47:21
184	James Lewis	Super Noodle	86	M	MO	68 M 20-39	47:23
185	andrew covell	Woodbridge Shufflers RC	101	M	M45	31 M 45-49	47:24
186	Bryan Klug		569	M	M50	18 M 50-54	47:25
187	Jason Hollands	The Complementary Healing Centre	727	M	M40	38 M 40-44	47:31
188	Charlie Fulcher	Deben Inns	774	M	M15	6 M 0-19	47:32
189	Darren Payne	woodbridgesurfers	762	M	M45	32 M 45-49	47:39
190	william sunaway		282	M	M40	39 M 40-44	47:40
191	Trudy Avis	Hadleigh Hares AC	404	F	F40	4 F 40-44	47:45
192	Elsbeth Knott	Harwich Runners	455	F	F60	1 F 60-64	47:47
193	Tom Greig	Norbiton Nutbusters	208	M	MO	69 M 20-39	47:48
194	Guy Hayward	Framlingham Flyers	189	M	M40	40 M 40-44	47:48
195	Robert Turner		596	M	MO	70 M 20-39	47:49
196	David Hopkins	woodbridgesurfers	756	M	M45	33 M 45-49	47:52
197	Anna-Marie Rowledge		113	F	F40	5 F 40-44	47:54
198	Chris Jenkins		276	M	M45	34 M 45-49	47:55
199	Andrew Bannan		649	M	MO	71 M 20-39	47:55
200	Simon Goldsmith		116	M	MO	72 M 20-39	47:56
201	Steve Seinet martin		388	M	M55	8 M 55-59	47:58
202	Harry Stokes		191	M	MO	73 M 20-39	47:59
203	Michael Evennett		83	M	M55	9 M 55-59	48:00
204	Luke Heeney		51	M	M40	41 M 40-44	48:02
205	Chris Ball		304	M	MO	74 M 20-39	48:03
206	Kevin Pryke	Notcutts	9	M	MO	75 M 20-39	48:06
207	Richard Haxby		660	M	M50	19 M 50-54	48:09
208	Andrew Stroud		242	M	M45	35 M 45-49	48:09
209	Edward Leith		601	M	MO	76 M 20-39	48:10
210	Andrew Tyler		436	M	M45	36 M 45-49	48:10
211	Marion Walker	Framlingham Flyers	79	F	F55	1 F 55-59	48:14
212	Toby Hughes		478	M	M15	7 M 0-19	48:15
213	Rob Windus		751	M	MO	77 M 20-39	48:15
214	Sam Lomas	Deben Inns	770	M	M15	8 M 0-19	48:17
215	Jordan Bailey		161	M	MO	78 M 20-39	48:18
216	David Fordham	Saxmundham Sports Running & Fitness Club	111	M	M60	3 M 60-64	48:18

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217	Andrew Hawes		153	M	MO	79 M 20-39	48:19
218	Michael Robinson	Deben Inns	773	M	MO	80 M 20-39	48:20
219	ben childs		212	M	MO	81 M 20-39	48:22
220	Vicky Mctaggart	Gressingham Foods	713	F	F0	8 F 20-39	48:22
221	William Owen		63	M	MO	82 M 20-39	48:24
222	WILLIAM SMITH	Ipswich Jaffa RC	70	M	MO	83 M 20-39	48:25
223	Ben Greenway		167	M	MO	84 M 20-39	48:25
224	Ben Case		434	M	MO	85 M 20-39	48:28
225	matthew pearce		361	M	M40	42 M 40-44	48:29
226	Adrian Kite	Ipswich Jaffa RC	379	M	M45	37 M 45-49	48:30
227	Oliver Riches	BMF Ipswich	452	M	MO	86 M 20-39	48:32
228	Simon Hattan		418	M	M45	38 M 45-49	48:35
229	Alistair Goodier	Ipswich Jaffa RC	124	M	M45	39 M 45-49	48:36
230	Mark Andrews		96	M	M45	40 M 45-49	48:40
231	Scott Mayson		246	M	MO	87 M 20-39	48:41
232	paul kingsord-bere		589	M	M45	41 M 45-49	48:42
233	Elizabeth Parker	Felixstowe RRC	470	F	F40	6 F 40-44	48:43
234	Robert Mawson	Framlingham Flyers	31	M	M55	10 M 55-59	48:43
235	timothy beecroft		588	M	M50	20 M 50-54	48:45
236	Suzi Whymark		353	F	F0	9 F 20-39	48:46
237	Douglas Petheram		513	M	M45	42 M 45-49	48:46
238	Patrick Martin		226	M	M50	21 M 50-54	48:47
239	Andrew Marshall-Tierney		258	M	M50	22 M 50-54	48:47
240	Glenn Howard		327	M	M40	43 M 40-44	48:48
241	Niok Apperley		287	M	M50	23 M 50-54	48:54
242	Nick Elmer		507	M	M15	9 M 0-19	48:54
243	Paul Gilson	Ipswich Jaffa RC	565	M	M50	24 M 50-54	49:01
244	Andy Gordon	Felixstowe RRC	617	M	MO	88 M 20-39	49:01
245	Peter Gray		468	M	MO	89 M 20-39	49:07
246	Simon Rudland		416	M	M50	25 M 50-54	49:10
247	Daniel Wildon		437	M	MO	90 M 20-39	49:10
248	John Penny		141	M	M55	11 M 55-59	49:13
249	Catherine Powell		547	F	F40	7 F 40-44	49:15
250	Jeff Higgon	Harwich Runners	446	M	M60	4 M 60-64	49:18
251	Stuart Hunt	Hadleigh Hares AC	480	M	MO	91 M 20-39	49:23
252	John Mitcheson	The Anchor	733	M	M50	26 M 50-54	49:25

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253	mark crisp		522	M	M45	43 M 45-49	49:26
254	CLare Barstow	Goyt Valley Striders	528	F	F0	10 F 20-39	49:27
255	Theodore Roberts	Farlingaye	3	M	M15	10 M 0-19	49:27
256	Lewis Jackson		10	M	M40	44 M 40-44	49:28
257	liz witherley		120	F	F55	2 F 55-59	49:29
258	andy mexome		432	M	M45	44 M 45-49	49:33
259	Alan Flatt		82	M	M40	45 M 40-44	49:34
260	Donald MacLeod		66	M	M45	45 M 45-49	49:35
261	Jason Mann		545	M	M45	46 M 45-49	49:35
262	Nick Card		40	M	MO	92 M 20-39	49:37
263	Fiona Hunt		220	F	F40	8 F 40-44	49:38
264	Michael Hammond		643	M	M50	27 M 50-54	49:38
265	Ian Stockley	Martlesham Squash Club	36	M	M45	47 M 45-49	49:39
266	Daniel Davis		608	M	MO	93 M 20-39	49:40
267	Ken Gould		481	M	M45	48 M 45-49	49:41
268	Andy Etherington		53	M	M55	12 M 55-59	49:43
269	Kevin Hall		639	M	MO	94 M 20-39	49:46
270	Sam Jennings		331	M	M40	46 M 40-44	49:46
271	Angus Lawson		385	M	M45	49 M 45-49	49:48
272	Gary Taylor	Woodbridge Shufflers RC	414	M	M50	28 M 50-54	49:49
273	Mark Sargeantson	Framlingham Flyers	122	M	M60	5 M 60-64	49:49
274	Gareth Seddon-Price		69	M	M45	50 M 45-49	49:52
275	Murray Burgess		229	M	MO	95 M 20-39	49:53
276	Juliet Rhodes		33	F	F50	1 F 50-54	49:53
277	Lizzie Vincent		572	F	F40	9 F 40-44	50:01
278	Patrick Cooney		268	M	M45	51 M 45-49	50:03
279	MICK TAYLOR	MCT ELECTRICAL	375	M	M55	13 M 55-59	50:06
280	stuart robertson		179	M	M40	47 M 40-44	50:09
281	Martin Finn		98	M	M50	29 M 50-54	50:13
282	Sally connick	Ipswich Jaffa RC	149	F	F0	11 F 20-39	50:16
283	Vicki Strowger		106	F	F0	12 F 20-39	50:16
284	Victoria Sharp		129	F	F0	13 F 20-39	50:21
285	simon oswald		237	M	MO	96 M 20-39	50:23
286	martin andrews		301	M	MO	97 M 20-39	50:29
287	Pauline Barr		582	F	F0	14 F 20-39	50:33
288	Jack Hardwicke	2mine	164	M	M15	11 M 0-19	50:34

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10K Overall Finish List
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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
289	Jamie Burman		590	M	MO	98 M 20-39	50:38
290	Richard Keeble	Woodbridge Shufflers RC	278	M	M55	14 M 55-59	50:41
291	Joanne Garrard		247	F	F40	10 F 40-44	50:41
292	Paul Johnson		583	M	MO	99 M 20-39	50:41
293	Lisa Cox	Felixstowe RRC	571	F	F40	11 F 40-44	50:44
294	Veronica Manly	Eastern Veterans AC	441	F	F60	2 F 60-64	50:46
295	Lucy McAlpine	Felixstowe RRC	376	F	F0	15 F 20-39	50:46
296	Marion Parker	Felixstowe RRC	456	F	F50	2 F 50-54	50:48
297	Alok Ruia	The Complementary Healing Centre	726	M	M45	52 M 45-49	50:49
298	nick falconer		97	M	M45	53 M 45-49	50:49
299	Petra Risbridger	The Complementary Healing Centre	728	F	F40	12 F 40-44	50:49
300	Richard Eaton	Waldringfield Basset Hound Chasers	180	M	M45	54 M 45-49	50:52
301	Claire Burrows		325	F	F0	16 F 20-39	50:55
302	Robert Michael		260	M	M40	48 M 40-44	50:55
303	VICKI GRICE		178	F	F0	17 F 20-39	50:58
304	Martin Thorpe		399	M	M50	30 M 50-54	50:59
305	Jemma Hale	The Anchor	731	F	F0	18 F 20-39	51:00
306	Martyn Bailey		340	M	MO	100 M 20-39	51:05
307	Rebecca Clare	Woodbridge Shufflers RC	529	F	F45	2 F 45-49	51:09
308	Clare Barlex		95	F	F40	13 F 40-44	51:11
309	Stuart Richardson	Clopton Emu Breeders	169	M	M40	49 M 40-44	51:13
310	Clive Day		694	M	MO	101 M 20-39	51:16
311	James ArbonF	ufford park	321	M	MO	102 M 20-39	51:25
312	Rachel Crisp	Felixstowe RRC	508	F	F0	19 F 20-39	51:31
313	Jamie Clarkson		610	M	MO	103 M 20-39	51:37
314	Suzanne Heath	Ipswich Jaffa RC	629	F	F40	14 F 40-44	51:37
315	Michael Howard		273	M	M40	50 M 40-44	51:39
316	Farran Scott		145	F	F0	20 F 20-39	51:40
317	Jacob Collins	The Angel	763	M	MO	104 M 20-39	51:41
318	Chris Miller	Saxmundham Sports Running & Fitness Club	539	M	MO	105 M 20-39	51:44
319	Linda Grave	East Green Energy Ltd	723	F	F50	3 F 50-54	51:45
320	Neill Lillywhite		537	F	F45	3 F 45-49	51:46
321	Toby Milne	Smart421	486	M	M40	51 M 40-44	51:48
322	Joanne Marshall	Serpentine RC	346	F	F55	3 F 55-59	51:48
323	Michael Mann		377	M	M55	15 M 55-59	51:48
324	Edward Lambert		620	M	M40	52 M 40-44	51:48

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
325	Owen Passmore		204	M	M15	12 M 0-19	51:50
326	Belinda Jennings	Adnams	748	F	F0	21 F 20-39	51:50
327	Noel Kearney		367	M	M40	53 M 40-44	51:54
328	Joanne Freezer		341	F	F40	15 F 40-44	51:57
329	Jo Parden	Framlingham Flyers	84	F	F45	4 F 45-49	51:59
330	Jonathan Stammers		166	M	M15	13 M 0-19	52:06
331	Jonathan Kent		228	M	M40	54 M 40-44	52:07
332	James ArbonE	ufford park	320	M	MO	106 M 20-39	52:08
333	Georgia Follett		645	F	F0	22 F 20-39	52:09
334	Paul Sheldrake		133	M	MO	107 M 20-39	52:12
335	michael mckinnell		662	M	M55	16 M 55-59	52:13
336	Jon Dodman	Smart421	510	M	M40	55 M 40-44	52:18
337	David Jeffreys		440	M	M45	55 M 45-49	52:24
338	Oliver Mummery		445	M	MO	108 M 20-39	52:25
339	Mon Lee	Ipswich Jaffa RC	398	M	M55	17 M 55-59	52:26
340	James ArbonA	ufford park	316	M	MO	109 M 20-39	52:29
341	Simon Beckett		150	M	MO	110 M 20-39	52:30
342	david lampard	Felixstowe RRC	312	M	M45	56 M 45-49	52:31
343	Cathrine Abbott	Stowmarket Striders RC	310	F	F40	16 F 40-44	52:34
344	samantha fulcher		288	F	F45	5 F 45-49	52:36
345	Alys Thompson		44	F	F0	23 F 20-39	52:37
346	Ian Kennedy	Framlingham Flyers	251	M	M50	31 M 50-54	52:41
347	Jason Throp		491	M	M45	57 M 45-49	52:44
348	Gareth Raymond		183	M	MO	111 M 20-39	52:46
349	nick partridge		332	M	MO	112 M 20-39	52:47
350	Andrew Leather	Ipswich Jaffa RC	219	M	M50	32 M 50-54	52:50
351	Nicola Stokes		193	F	F0	24 F 20-39	52:52
352	Laura Collinson		21	F	F40	17 F 40-44	52:56
353	Caroline Green		557	F	F0	25 F 20-39	52:59
354	Tim Hanson		343	M	M40	56 M 40-44	53:00
355	Russell Davey		631	M	M45	58 M 45-49	53:00
356	Darren Channer		201	M	M45	59 M 45-49	53:02
357	Anna Sinclair		137	F	F40	18 F 40-44	53:02
358	Tim Emery	Felixstowe RRC	139	M	M50	33 M 50-54	53:03
359	Jamie Lawton		132	M	MO	113 M 20-39	53:06
360	Charlotte Alcock		248	F	F0	26 F 20-39	53:07

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
361	Juliet Redding		580	F	F40	19 F 40-44	53:10
362	Newland Andrews	The Saxons	540	M	MO	114 M 20-39	53:13
363	Joseph Cook	Team Cook	527	M	M15	14 M 0-19	53:15
364	Michael Broom	AXA Commercial Business Finance	364	M	M45	60 M 45-49	53:15
365	Matthew Bendell	Ipswich Building Society	750	M	MO	115 M 20-39	53:16
366	Helen Cook	Team Cook	524	F	F50	4 F 50-54	53:17
367	lucy king		562	F	F45	6 F 45-49	53:18
368	Stephen Wade		240	M	M40	57 M 40-44	53:23
369	Karle Howard	The Kings Head Inn	719	M	M40	58 M 40-44	53:24
370	Gwyneth Richings		419	F	F0	27 F 20-39	53:24
371	Lisa Preece	Southwell Running Club	227	F	F45	7 F 45-49	53:25
372	Inge Van Tuinen-Nijkamp	The Kings Head Inn	718	F	F0	28 F 20-39	53:25
373	Laura Keeble		91	F	F0	29 F 20-39	53:26
374	Stephen Carter		162	M	MO	116 M 20-39	53:28
375	SARAH RATTLE		24	F	F0	30 F 20-39	53:33
376	Rebecca Wilson		249	F	F0	31 F 20-39	53:34
377	James ArbonD	ufford park	319	M	MO	117 M 20-39	53:36
378	Simon Hale	woodbridgesurfers	759	M	M50	34 M 50-54	53:38
379	Rachael Hamblyn		687	F	F0	32 F 20-39	53:40
380	Mark Wootton	Waldringfield Basset Hound Chasers	502	M	M45	61 M 45-49	53:46
381	Richard Smith	Felixstowe RRC	23	M	M50	35 M 50-54	53:46
382	Abby Powlett	Ipswich Jaffa RC	328	F	F0	33 F 20-39	53:46
383	Amanda Deacon		354	F	F0	34 F 20-39	53:47
384	Jonathan King		689	M	M40	59 M 40-44	53:48
385	Paul Winter	Ipswich Building Society	749	M	M60	6 M 60-64	53:50
386	Amy Smith		43	F	F0	35 F 20-39	53:51
387	Neal Goldsmith		263	M	MO	118 M 20-39	53:53
388	sabine vogler		467	F	F45	8 F 45-49	53:54
389	keith Fisher		535	M	M50	36 M 50-54	53:55
390	lisa squirrel		103	F	F0	36 F 20-39	53:56
391	Roger Frost		410	M	MO	119 M 20-39	53:57
392	Michelle Berriman		104	F	F40	20 F 40-44	53:57
393	Sarah Cole		463	F	F0	37 F 20-39	53:58
394	Glynis Leech	The Anchor	732	F	F55	4 F 55-59	54:08
395	Cliff Baldock		476	M	M40	60 M 40-44	54:10
396	Faye Hubard		450	F	F0	38 F 20-39	54:11

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
397	christopher cook	Team Cook	525	M	M50	37 M 50-54	54:13
398	Michael Grist	Barretts of Woodbridge	735	M	M45	62 M 45-49	54:14
399	mark rodwell		392	M	MO	120 M 20-39	54:16
400	Scott Gillies		624	M	M50	38 M 50-54	54:17
401	Pippa Cresdee	Ipswich Jaffa RC	49	F	F0	39 F 20-39	54:19
402	Nicola Reid		637	F	F0	40 F 20-39	54:20
403	Joshua Ripman		636	M	MO	121 M 20-39	54:20
404	Carl Berriman		262	M	M40	61 M 40-44	54:22
405	liz Beighton	Stowmarket Striders RC	355	F	F0	41 F 20-39	54:23
406	gemma moss		165	F	F40	21 F 40-44	54:25
407	Jessica Milton		298	F	F40	22 F 40-44	54:31
408	Dan Probert	Adnams	745	M	MO	122 M 20-39	54:35
409	Jennifer Jarrett	Felixstowe RRC	461	F	F45	9 F 45-49	54:37
410	Carole Challis	Ipswich Triathlon Club	349	F	F0	42 F 20-39	54:41
411	Alex Allen		255	M	MO	123 M 20-39	54:43
412	Alexander Das	Stowmarket Striders RC	29	M	M40	62 M 40-44	54:51
413	Lucie Fairweather		205	F	F40	23 F 40-44	54:51
414	Maxine Hayward		647	F	F40	24 F 40-44	54:58
415	Michael Cooper	Ipswich Jaffa RC	449	M	M55	18 M 55-59	54:58
416	John Tilbrook		448	M	M45	63 M 45-49	55:01
417	tim finegan	Felixstowe RRC	638	M	M50	39 M 50-54	55:11
418	Mary Graham	Framlingham Flyers	457	F	F45	10 F 45-49	55:11
419	Mark Stancombe-Duhm	Smart421	380	M	MO	124 M 20-39	55:12
420	Emma Gray	68 Auto Performance Ltd	382	F	F0	43 F 20-39	55:14
421	andrew albins		541	M	MO	125 M 20-39	55:17
422	Jonathan Parker	AXA Commercial Business Finance	5	M	M45	64 M 45-49	55:22
423	Aidan McGlennon		230	M	MO	126 M 20-39	55:24
424	Vicki de Blocq		477	F	F45	11 F 45-49	55:26
425	Chris Childs		199	M	M40	63 M 40-44	55:27
426	alan huggins		680	M	MO	127 M 20-39	55:29
427	Chris Slemmings		253	M	M65	2 M 65-69	55:41
428	John Leonard		236	M	M50	40 M 50-54	55:42
429	Shirley Batchelor		235	F	F50	5 F 50-54	55:42
430	Guy Middleton		556	M	M40	64 M 40-44	55:42
431	Robin Parsons		497	M	M50	41 M 50-54	55:51
432	Robin Meehan	Smart421	552	M	M40	65 M 40-44	55:56

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
433	Matthew Moreton		352	M	MO	128 M 20-39	55:57
434	ruth sunaway		281	F	F0	44 F 20-39	55:59
435	Joe Ward		676	M	MO	129 M 20-39	56:02
436	Emma Meiring		567	F	F40	25 F 40-44	56:06
437	David Maile	The Angel	764	M	M55	19 M 55-59	56:06
438	Michael Donoghue		591	M	M45	65 M 45-49	56:07
439	Gary Barker		466	M	M45	66 M 45-49	56:10
440	michael linnett		595	M	M45	67 M 45-49	56:13
441	Steven Reynolds		534	M	M50	42 M 50-54	56:15
442	Nick Good	Ipswich Jaffa RC	700	M	M45	68 M 45-49	56:17
443	Margaret Walsh	The Anchor	730	F	F55	5 F 55-59	56:19
444	Caray Walker		505	F	F0	45 F 20-39	56:21
445	sara bloor	Saxmundham Sports Running & Fitness Club	264	F	F45	12 F 45-49	56:22
446	Maureen Wright	Ipswich Jaffa RC	68	F	F65	1 F 65-69	56:23
447	Simon Guest	woodbridgesurfers	760	M	M50	43 M 50-54	56:25
448	Simon Podd		691	M	M40	66 M 40-44	56:26
449	Andrew king		173	M	M40	67 M 40-44	56:27
450	Ann Granger	Saxmundham Sports Running & Fitness Club	606	F	F50	6 F 50-54	56:30
451	clayton fosker		118	M	MO	130 M 20-39	56:44
452	Keith Jennings		632	M	M45	69 M 45-49	56:44
453	Annabel Leech		338	F	F0	46 F 20-39	56:46
454	MURRAY JERVIS		80	M	M45	70 M 45-49	56:53
455	Vincent Hunt	Barretts of Woodbridge	741	M	M50	44 M 50-54	56:54
456	Anna Anderson	Harwich Runners	612	F	F40	26 F 40-44	56:55
457	Garrad Richens		644	M	M45	71 M 45-49	56:57
458	Graeme Banham		390	M	M45	72 M 45-49	56:58
459	Neil Miles	Smart421	421	M	M45	73 M 45-49	57:03
460	Katie Brown		192	F	F0	47 F 20-39	57:12
461	William Catchpole	Ipswich Triathlon Club	454	M	M50	45 M 50-54	57:16
462	Paul Bailey		160	M	M45	74 M 45-49	57:17
463	Mark Crompton		195	M	M45	75 M 45-49	57:29
464	Lesley Cooper	Felixstowe RRC	15	F	F40	27 F 40-44	57:33
465	Hayley Hannatt		683	F	F40	28 F 40-44	57:39
466	James Arbon	ufford park	315	M	MO	131 M 20-39	57:41
467	JOHN CLOUGH	Framlingham Flyers	633	M	M50	46 M 50-54	57:50
468	Andrew Frost	The Angel	765	M	MO	132 M 20-39	57:53

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
469	Jonathon Brooks	Deben Inns	769	M	M40	68 M 40-44	58:01
470	Carolyn Woollard		156	F	F50	7 F 50-54	58:05
471	jen mclaren		696	F	F0	48 F 20-39	58:10
472	Jet Bielecka		699	F	F0	49 F 20-39	58:14
473	Matthew Davy		16	M	MO	133 M 20-39	58:18
474	Tracey Wade		241	F	F40	29 F 40-44	58:19
475	ROBERT CASS		11	M	MO	134 M 20-39	58:26
476	Tanya Whitehead		314	F	F40	30 F 40-44	58:26
477	Mark Whitehead	Ipswich Jaffa RC	313	M	M45	76 M 45-49	58:26
478	Carol Edworthy		291	F	F45	13 F 45-49	58:33
479	James Jay	The Anchor	729	M	MO	135 M 20-39	58:38
480	Aison Taylor		426	F	F45	14 F 45-49	58:39
481	Christine Challenger		389	F	F50	8 F 50-54	58:40
482	Roger Sales		67	M	M60	7 M 60-64	58:41
483	Amanda Ross		73	F	F0	50 F 20-39	58:46
484	Richard Bond	Anglia car valeting	493	M	MO	136 M 20-39	58:46
485	Teresa Bailey		159	F	F45	15 F 45-49	58:50
486	Anna Sharpin		102	F	F40	31 F 40-44	58:50
487	Timothy Baugh		222	M	M45	77 M 45-49	58:51
488	Mark Blackburn	Ipswich Jaffa RC	7	M	M40	69 M 40-44	58:52
489	Jackie Kirk	Hadleigh Hares AC	564	F	F45	16 F 45-49	58:54
490	Paul Hannatt	Brafe Engineering Ltd	706	M	M40	70 M 40-44	58:57
491	Natasha Wakeman		286	F	F0	51 F 20-39	58:58
492	Jennifer Double		538	F	F0	52 F 20-39	59:00
493	Mark Newman	Newman Physiotherapy	766	M	MO	137 M 20-39	59:03
494	Jo Cresdee		289	F	F0	53 F 20-39	59:24
495	Sarah Croucher		373	F	F0	54 F 20-39	59:37
496	Christopher Lucas	Saxmundham Sports Running & Fitness Club	574	M	M50	47 M 50-54	59:38
497	David Telling		188	M	M45	78 M 45-49	59:39
498	Sarah Howe	Adnams	747	F	F0	55 F 20-39	59:44
499	Jonathan Ripman		135	M	M55	20 M 55-59	59:44
500	Demi Brooks		108	F	F0	56 F 20-39	59:45
501	Daniel Stewart		218	M	MO	138 M 20-39	59:46
502	Steven Brooks		109	M	MO	139 M 20-39	59:47
503	Elizabeth Cobbold	Adnams	746	F	F0	57 F 20-39	59:55
504	Christopher Street	Ipswich Jaffa RC	335	M	M55	21 M 55-59	1:00:04

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
505	Carol Stroud	Barretts of Woodbridge	736	F	F40	32 F 40-44	1:00:10
506	Marianne Burnell	Ipswich Jaffa RC	686	F	F60	3 F 60-64	1:00:14
507	Jo Higgon	Harwich Runners	447	F	F50	9 F 50-54	1:00:20
508	Sarah Cavanagh		578	F	F40	33 F 40-44	1:00:21
509	toby slater-robins		371	M	M40	71 M 40-44	1:00:29
510	clare slater-robins		372	F	F40	34 F 40-44	1:00:29
511	Lisa Bond		688	F	F40	35 F 40-44	1:00:36
512	tracey childs		213	F	F0	58 F 20-39	1:00:46
513	Mark Chapman	Barretts of Woodbridge	739	M	M50	48 M 50-54	1:00:52
514	Lucy Brett	Group of us from ITFC	517	F	F0	59 F 20-39	1:00:58
515	Mike Hill		57	M	M60	8 M 60-64	1:00:59
516	Dawn Avery		184	F	F45	17 F 45-49	1:01:01
517	Kelly Calver		75	F	F0	60 F 20-39	1:01:08
518	Catherine Beresford		453	F	F40	36 F 40-44	1:01:22
519	Rindy Frost	68 Auto Performance Ltd	383	M	M45	79 M 45-49	1:01:24
520	James ArbonC	ufford park	318	M	MO	140 M 20-39	1:01:26
521	James ArbonB	ufford park	317	M	MO	141 M 20-39	1:01:26
522	Richard POwell		536	M	M45	80 M 45-49	1:01:28
523	Darren Sutcliffe		123	M	M45	81 M 45-49	1:01:34
524	Tracey Lucas		532	F	F0	61 F 20-39	1:01:37
525	James Rackham		326	M	MO	142 M 20-39	1:01:37
526	Emma Ratcliffe	Hadleigh Hares AC	362	F	F0	62 F 20-39	1:01:40
527	Maggie Davis		488	F	F50	10 F 50-54	1:01:46
528	Zonja Bunn		465	F	F45	18 F 45-49	1:01:48
529	Carolyn Griffiths	Waldringfield Basset Hound Chasers	492	F	F40	37 F 40-44	1:01:48
530	janet fricker		214	F	F45	19 F 45-49	1:01:52
531	Anthony Scriven		223	M	M55	22 M 55-59	1:01:54
532	Emma Hibbert	Adnams	775	F	F40	38 F 40-44	1:02:01
533	Max Booth		307	M	M40	72 M 40-44	1:02:01
534	Victoria Johnston	Saxmundham Sports Running & Fitness Club	484	F	F40	39 F 40-44	1:02:13
535	Elaine Beckett		576	F	F45	20 F 45-49	1:02:16
536	Karen Whittingham		597	F	F45	21 F 45-49	1:02:17
537	Rose Paul	Framlingham Flyers	350	F	F0	63 F 20-39	1:02:19
538	Jonathan Knight		363	M	M45	82 M 45-49	1:02:24
539	Ian Hammond		32	M	M45	83 M 45-49	1:02:37
540	Mark Bearn		690	M	M40	73 M 40-44	1:02:42

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Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
541	Debbie Taylor		415	F	F45	22 F 45-49	1:02:46
542	Nichita Misin		550	M	MO	143 M 20-39	1:02:48
543	David Tillett		451	M	M40	74 M 40-44	1:02:53
544	Matt Johnson		607	M	MO	144 M 20-39	1:02:54
545	Meinir Hughes		200	F	F0	64 F 20-39	1:03:09
546	Ruth Owen		62	F	F0	65 F 20-39	1:03:15
547	steve Shutlar		344	M	M50	49 M 50-54	1:03:19
548	Emma Dixon		695	F	F40	40 F 40-44	1:03:42
549	Emma Burrows		500	F	F40	41 F 40-44	1:03:42
550	Josephine Lovell		290	F	F50	11 F 50-54	1:03:44
551	Scarlett Keen		655	F	F0	66 F 20-39	1:03:44
552	Catherine Larner	Woodbridge Shufflers RC	185	F	F45	23 F 45-49	1:03:46
553	Nicki Brown		501	F	F45	24 F 45-49	1:03:46
554	Alison Leech	Stowmarket Striders RC	190	F	F40	42 F 40-44	1:03:54
555	Charles Liddy	The Anchor	734	M	MO	145 M 20-39	1:04:06
556	Joanna Hedges		337	F	F45	25 F 45-49	1:04:18
557	Sarah Owen		61	F	F0	67 F 20-39	1:04:21
558	Maxine Cooper		634	F	F40	43 F 40-44	1:04:37
559	Jessica Curtis		250	F	F0	68 F 20-39	1:04:58
560	Lynnsey Fitzgerald		533	F	F0	69 F 20-39	1:05:09
561	John-Paul Grogan		411	M	MO	146 M 20-39	1:05:17
562	Mary Russell		8	F	F40	44 F 40-44	1:05:25
563	Jenny Parker		674	F	F40	45 F 40-44	1:05:26
564	david atkins		469	M	M45	84 M 45-49	1:05:30
565	William Brammar		285	M	M70	1 M 70-99	1:05:50
566	Richard Orme		530	M	M45	85 M 45-49	1:06:02
567	Nicola Obrien		673	F	F45	26 F 45-49	1:06:10
568	Anna Were		293	F	F0	70 F 20-39	1:06:20
569	Ann Were		292	F	F60	4 F 60-64	1:06:20
570	Kathy Wilton	East Green Energy Ltd	725	F	F55	6 F 55-59	1:06:27
571	Jo Dickinson	Felixstowe RRC	460	F	F40	46 F 40-44	1:06:46
572	Lucy Ball	The Kings Head Inn	720	F	F0	71 F 20-39	1:06:52
573	Kathryn Donovan	The Kings Head Inn	717	F	F45	27 F 45-49	1:06:52
574	Andrew Moore		174	M	MO	147 M 20-39	1:07:04
575	Eric Orme		175	M	M45	86 M 45-49	1:07:07
576	Alan Howarth		266	M	M50	50 M 50-54	1:07:09

Woodbridge Shufflers 10K Race
10K Overall Finish List
May 19, 2013

Place	Name	Team	Bib No	Gender	Age Group	Age Group Place	Gun Time
577	Ian Bodsworth	Hadleigh Hares AC	464	M	MO	148 M 20-39	1:07:18
578	Samantha Bouttel	Barretts of Woodbridge	738	F	F0	72 F 20-39	1:07:28
579	niki macsephney	Ipswich Jaffa RC	593	F	F40	47 F 40-44	1:08:09
580	Karen Bass		99	F	F0	73 F 20-39	1:08:33
581	Paul Cheshire		417	M	M45	87 M 45-49	1:08:33
582	Daryl Butcher	Brafe Engineering Ltd	707	M	M55	23 M 55-59	1:08:34
583	Philip Cowles		347	M	M50	51 M 50-54	1:08:58
584	Jason Clench		100	M	MO	149 M 20-39	1:09:19
585	Jayne Double		295	F	F45	28 F 45-49	1:13:03
586	John Cummings		359	M	M50	52 M 50-54	1:13:04
587	Rachael Porter		675	F	F40	48 F 40-44	1:14:12
588	Sally Solomon	Felixstowe RRC	559	F	F45	29 F 45-49	1:15:55
589	Linda Thrift	Serpentine RC	28	F	F55	7 F 55-59	1:17:46
590	Yvonne Sylvester		64	F	F50	12 F 50-54	1:17:53