

Woodbridge Shufilers 10K Race

CT=Chip timed

10K Overall Finish List

May 18, 2014

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
1	Bradley	Wattleworth		217	M	M15-19	1 Top Fin	35:10	35:10	
2	Stefan	Skrimshire	Abbey Runners	136	M	MO	2 Top Fin	35:48	35:48	
3	Tom	Fairbrother	Ipswich Jaffa RC	1	M	MO	3 Top Fin	35:57	35:58	CT
4	Theo	Passmore	Ipswich Harriers	407	M	M15-19	1 M 0-19	36:13	36:14	CT
5	Jason	Berry		218	M	M45	1 M 45-49	36:52	36:52	
6	Mark	Furnace	Ipswich Jaffa RC	518	M	M40	1 M 40-44	36:58	36:59	CT
7	Roger	Stone	Felixstowe RRC	42	M	M45	2 M 45-49	37:08	37:08	
8	Ben	Wharnsby	Ipswich Harriers	294	M	M15-19	2 M 0-19	37:12	37:12	
9	Chris	Miles	Tri-Anglia Triathlon Club	492	M	MO	1 M 20-39	37:17	37:17	
10	Warren	Birch	Ipswich Jaffa RC	324	M	M45	3 M 45-49	37:27	37:28	CT
11	ralph	Skrimshire		410	M	MO	2 M 20-39	37:28	37:29	CT
12	Patrick	Hudson		567	M	M40	2 M 40-44	37:36	37:37	CT
13	Steve	Cooper	Blackheath and Bromley Harriers Athletic Club	56	M	M40	3 M 40-44	37:50	37:50	
14	simon	ashmore	Ipswich Jaffa RC	97	M	M40	4 M 40-44	38:43	38:43	
15	Francis	Fox	Felixstowe RRC	651	M	MO	3 M 20-39	38:52	38:52	
16	Mark	Goddard		85	M	M50	1 M 50-54	39:09	39:09	
17	luke	whitwell	Felixstowe RRC	416	M	MO	4 M 20-39	39:10	39:10	
18	Sam	Allen	Ipswich Harriers	47	M	M15-19	3 M 0-19	39:14	39:14	
19	Anthony	Skrimshire		554	M	MO	5 M 20-39	39:16	39:16	
20	jim	last	Framlingham Flyers	114	M	MO	6 M 20-39	39:24	39:24	
21	john	thorpe	Ipswich Jaffa RC	600	M	M40	5 M 40-44	39:26	39:26	
22	Peter	Smith		39	M	MO	7 M 20-39	39:28	39:28	
23	Barnaby	Rufford		214	M	M45	4 M 45-49	39:31	39:31	
24	Tim	Hanman		437	M	M40	6 M 40-44	39:33	39:34	CT
25	Robin	Harper	Felixstowe RRC	129	M	MO	8 M 20-39	39:40	39:40	
26	Robin	Brookes	Harwich Runners	241	M	M45	5 M 45-49	39:41	39:41	
27	Adam	Johnson	Hadleigh Hares AC	236	M	M40	7 M 40-44	39:43	39:43	
28	Victoria	Kenny		354	F	F0	1 Top Fin	39:52	39:52	
29	Mark	Glanville		14	M	MO	9 M 20-39	39:58	39:58	
30	Mark	Watts	Saint Edmund Pacers	204	M	M50	2 M 50-54	40:00	40:00	
31	Steve	Garvie	Framlingham Flyers	533	M	M40	8 M 40-44	40:01	40:04	CT
32	Dave	Lumby	Ipswich Triathlon Club	106	M	M50	3 M 50-54	40:13	40:13	

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
33	Tim	Brammar		363	M	M45	6 M 45-49	40:21	40:23	CT
34	Paul	Nickells	Woodbridge Shufflers RC	15	M	M50	4 M 50-54	40:25	40:25	
35	Simon	Merrick	Felixstowe RRC	429	M	MO	10 M 20-39	40:33	40:33	
36	Peter	Bird	Saint Edmund Pacers	400	M	M40	9 M 40-44	40:46	40:46	
37	Peter	Mayer		69	M	M55	1 M 55-59	40:46	40:46	
38	Alistair	Dick	Ipswich Jaffa RC	160	M	M50	5 M 50-54	40:51	40:51	
39	paul	saunders	ambulance	191	M	MO	11 M 20-39	41:00	41:00	
40	Ian	Old		520	M	MO	12 M 20-39	41:00	41:00	
41	Paul	Bown		292	M	MO	13 M 20-39	41:08	41:08	
42	Jonathan	Horsfield		597	M	MO	14 M 20-39	41:09	41:09	
43	Daniel	Jones	Ipswich Harriers	489	M	MO	15 M 20-39	41:16	41:18	CT
44	Joe	Fairbrother		103	M	MO	16 M 20-39	41:32	41:32	
45	Gus	Cooney		239	M	M15-19	4 M 0-19	41:33	41:33	
46	Clare	Thompson	Sheffield RCDark Peak Fell Runners	409	F	F0	2 Top Fin	41:37	41:37	
47	Carl	Ashton	Ipswich Jaffa RCGFP	649	M	MO	17 M 20-39	41:39	41:39	
48	martin	Fox	Felixstowe RRCFarlingaye High School	631	M	MO	18 M 20-39	41:41	41:44	CT
49	Peter	Frost		6	M	M45	7 M 45-49	41:45	41:45	
50	Daniel	Scott		394	M	MO	19 M 20-39	41:47	41:47	
51	Michael	Galbraith		162	M	M40	10 M 40-44	41:51	41:51	
52	Bill	Watson		486	M	M45	8 M 45-49	41:55	41:55	
53	Douglas	Hobson	Woodbridge Shufflers RC	329	M	MO	20 M 20-39	41:59	41:59	
54	Lee	Markham	Woodbridge Shufflers RC	555	M	MO	21 M 20-39	41:58	42:02	CT
55	mark	ramsey	Ipswich Harriers	245	M	M40	11 M 40-44	42:05	42:05	
56	Aaron	Giles		182	M	MO	22 M 20-39	42:08	42:08	
57	Tom	Mecrow		298	M	MO	23 M 20-39	42:09	42:09	
58	Sean	Kennedy	Woodbridge Shufflers RC	197	M	MO	24 M 20-39	42:09	42:09	
59	Emma	Watts	Saint Edmund Pacers	203	F	F15-19	3 Top Fin	42:19	42:19	
60	Matthew	Payne		135	M	MO	25 M 20-39	42:20	42:20	
61	adrian	peake	Ipswich Jaffa RC	322	M	M45	9 M 45-49	42:18	42:21	CT
62	Callum	Andrews		405	M	M15-19	5 M 0-19	42:28	42:28	
63	Geraldine	Clarke	Framlingham Flyers	560	F	F45	1 F 45-49	42:31	42:31	
64	Sarah	Hanlon	Framlingham FlyersWaldringfield Bassett Hound Chas	346	F	F0	1 F 20-39	42:31	42:31	

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
65	Tom	Wake	Ipswich Jaffa RC	88	M	MO	26 M 20-39	42:33	42:36	CT
66	Steve	Whittaker	Woodbridge Surfers	684	M	M50	6 M 50-54	42:44	42:44	
67	James	Manly		382	M	M40	12 M 40-44	42:40	42:49	CT
68	Mark	Arbon		138	M	M50	7 M 50-54	42:52	42:52	
69	Rob	Squirrell		266	M	M40	13 M 40-44	42:53	42:53	
70	Tony	Roberts	Framlingham Flyers	5	M	M45	10 M 45-49	42:59	42:59	
71	Neil	Gillingham	Ipswich Harriers	616	M	MO	27 M 20-39	43:02	43:02	
72	Mike	Rowe		288	M	MO	28 M 20-39	43:05	43:05	
73	Rod	Prime	Ipswich Jaffa RC	215	M	M45	11 M 45-49	43:06	43:06	
74	john	weston	Ipswich Jaffa RC	75	M	M55	2 M 55-59	43:07	43:07	
75	Steve	Cox	Hadleigh Hares AC	222	M	M50	8 M 50-54	43:07	43:07	
76	Ben	Bartlett	ECT	312	M	MO	29 M 20-39	43:08	43:08	
77	Will	Saddington		314	M	MO	30 M 20-39	43:07	43:12	CT
78	paul	masterson		130	M	M45	12 M 45-49	43:15	43:15	
79	Steve	Brooke	Felixstowe RRC	67	M	M45	13 M 45-49	43:18	43:18	
80	Adrian	goode	Ipswich Harriers	279	M	M50	9 M 50-54	43:22	43:22	
81	Kate	Wooldridge	Ipswich Jaffa RC	360	F	F40	1 F 40-44	43:29	43:34	CT
82	Tim	Ryder	Hadleigh Hares AC	599	M	M50	10 M 50-54	43:36	43:36	
83	Eugene	Hood		501	M	MO	31 M 20-39	43:36	43:36	
84	Chris	Lawson	CrossFit ISC	451	M	MO	32 M 20-39	43:38	43:38	
85	Steven	Kent	Harwich Runners	587	M	M50	11 M 50-54	43:39	43:39	
86	Benjamin	Baumguertel		605	M	MO	33 M 20-39	43:43	43:49	CT
87	Stephen	Firth		320	M	M45	14 M 45-49	43:49	43:49	
88	Richard	Grimsdell	Saint Edmund Pacers	399	M	M45	15 M 45-49	43:59	43:59	
89	Jordon	Vaughan	Brafe	709	M	M55		44:01	44:01	
90	Anthony	Mayston	Woodbridge Surfers	681	M	M50	12 M 50-54	44:06	44:06	
91	Neil	Turner		270	M	M45	16 M 45-49	44:07	44:07	
92	Dawn	Davies	Ipswich Jaffa RC	361	F	F0	2 F 20-39	44:14	44:14	
93	Stephen	Pugh	Adnams	758	M	M55	3 M 55-59	44:07	44:16	CT
94	Mark	Compton		372	M	M50	13 M 50-54	44:19	44:19	
95	Alexander	Edwards	ECT	313	M	MO	34 M 20-39	44:27	44:27	
96	Daniel	Shanks	Felixstowe RRC	335	M	M40	14 M 40-44	44:23	44:30	CT

Woodbridge Shufers 10K Race
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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
97	dave	beighton		546	M	MO	35 M 20-39	44:30	44:30	
98	Scott	Hutchinson		45	M	M40	15 M 40-44	44:33	44:33	
99	Sam	Brooke	Felixstowe RRC	66	M	MO	36 M 20-39	44:34	44:34	
100	Guy	Hayward	Framlingham Flyers	438	M	M40	16 M 40-44	44:35	44:35	
101	Ben	Rayment	Smart421	29	M	MO	37 M 20-39	44:32	44:39	CT
102	nathan	ellis		31	M	MO	38 M 20-39	44:40	44:40	
103	chris	leek		104	M	MO	39 M 20-39	44:43	44:43	
104	Paul	Henderson	East Essex Triathlon Club	669	M	M45	17 M 45-49	44:46	44:46	
105	Andrew	Hawes	Reepham Runners	4	M	MO	40 M 20-39	44:48	44:48	
106	Stewart	Wade		300	M	MO	41 M 20-39	44:49	44:49	
107	Davina	Greenwell		652	F	F0	3 F 20-39	44:50	44:50	
108	Steve	Levinson		342	M	M60	1 M 60-64	44:52	44:52	
109	Duncan	Andrews	Waldringfield Bassett Hound Chasers	402	M	M45	18 M 45-49	44:55	44:55	
110	Stephen	Hatten	Saint Edmund Pacers	110	M	M45	19 M 45-49	44:55	44:55	
111	Andrew	Ellis		299	M	MO	42 M 20-39	44:58	44:58	
112	Gabriel	Martins	Ipswich Jaffa RC	584	M	M45	20 M 45-49	44:54	44:58	CT
113	Oliver	Minns		568	M	MO	43 M 20-39	44:56	44:59	CT
114	ian	Gooderham	Saint Edmund Pacers	636	M	M45	21 M 45-49	45:07	45:07	
115	Matt	Davey	Tiptree Road Runners	571	M	MO	44 M 20-39	45:00	45:10	CT
116	Lucy	Bowditch		146	F	F50	1 F 50-54	45:12	45:12	
117	Gareth	Jones		267	M	MO	45 M 20-39	45:03	45:13	CT
118	Kevin	Bird	Stowmarket Striders RC	459	M	M50	14 M 50-54	45:15	45:15	
119	Aaron	Beal		678	M	MO	46 M 20-39	45:16	45:16	
120	Paul	Berriman	Ipswich Hospital running Club	46	M	M40	17 M 40-44	45:20	45:20	
121	Mark	Kitson	Equiniti Premier Services	333	M	M50	15 M 50-54	45:25	45:25	
122	andrew	budd	Smart421	38	M	M50	16 M 50-54	45:37	45:37	
123	Richard	Owen		445	M	M60	2 M 60-64	45:39	45:39	
124	Charles	Hopkins		150	M	M15-19	6 M 0-19	45:53	45:53	
125	Colin	Shaw	Farlingaye High School	20	M	M45	22 M 45-49	45:55	45:55	
126	Jamie	Scales		442	M	MO	47 M 20-39	45:58	45:58	
127	Owen	Cook		614	M	MO	48 M 20-39	46:03	46:03	
128	Tomas	Motyka		120	M	MO	49 M 20-39	46:03	46:03	

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
129	Martin	Ball		64	M	M40	18 M 40-44	46:03	46:03	
130	Stephen	Parker		475	M	M45	23 M 45-49	46:04	46:04	
131	Ross	Compton		373	M	MO	50 M 20-39	46:08	46:08	
132	Ben	Aktinson		63	M	MO	51 M 20-39	46:09	46:09	
133	Paul	Wright	Woodbridge Shufflers RC	17	M	MO	52 M 20-39	46:12	46:12	
134	Kirsty	Morgan	Ipswich Jaffa RC	278	F	F0	4 F 20-39	45:55	46:14	CT
135	Becky	Overy-Owen	Woodbridge Shufflers RCFarlingaye High School	425	F	F40	2 F 40-44	46:00	46:15	CT
136	Luke	Heeney	HomeStart	53	M	M45	24 M 45-49	46:16	46:16	
137	christopher	hartley		253	M	MO	53 M 20-39	46:12	46:18	CT
138	philip	skinner		254	M	MO	54 M 20-39	46:18	46:18	
139	KEVIN	FISHER	68 Auto Performance Ltd	525	M	M50	17 M 50-54	46:25	46:25	
140	Anna-Marie	Rowledge		505	F	F40	3 F 40-44	46:28	46:28	
141	Lucy	Sheehan	Felixstowe RRC	295	F	F0	5 F 20-39	46:28	46:28	
142	Katie	Beckinsale		264	F	F0	6 F 20-39	46:30	46:30	
143	Nick	Alexandrou		577	M	MO	55 M 20-39	46:31	46:31	
144	Jordan	Bailey		258	M	MO	56 M 20-39	46:34	46:34	
145	Oliver	Riches		355	M	MO	57 M 20-39	46:37	46:37	
146	Terence	O'sullivan	Framlingham Flyers	32	M	M55	5 M 55-59	46:28	46:38	CT
147	Luke	Garnham	Brafe	705	M	MO	58 M 20-39	46:39	46:39	
148	Malcolm	Pidd	Woodbridge Shufflers RC	420	M	M50	18 M 50-54	46:40	46:40	
149	ian	akers		10	M	MO	59 M 20-39	46:45	46:45	
150	Jake	Church	Saxmundham Sports Running & Fitness Club	296	M	M15-19	7 M 0-19	46:45	46:45	
151	Conor	Wakeman		557	M	M15-19	8 M 0-19	46:47	46:47	
152	Stuart	Weaver		376	M	M40	19 M 40-44	46:51	46:51	
153	Kevin	Hall		387	M	MO	60 M 20-39	46:53	46:53	
154	Daniel	Day		570	M	MO	61 M 20-39	46:54	46:54	
155	Carl	Fitch	Farlingaye High School	94	M	MO	62 M 20-39	46:57	46:57	
156	Christian	Pawsey		247	M	M45	25 M 45-49	47:02	47:02	
157	Richard	Garrard		30	M	MO	63 M 20-39	47:03	47:03	
158	Victor	Brooks		16	M	M40	20 M 40-44	47:05	47:05	
159	Jake	Guest		640	M	MO	64 M 20-39	47:10	47:10	
160	Iain	Catchpool	Ipswich Jaffa RC	441	M	M45	26 M 45-49	47:17	47:17	

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161	Gary	Minns	Barretts	746	M	MO	65 M 20-39	47:18	47:18	
162	Paul	Barrell	Waldringfield Bassett Hound Chasers	237	M	M45	27 M 45-49	47:20	47:20	
163	William	Owen		469	M	MO	66 M 20-39	47:23	47:23	
164	Keiron	Richardson		671	M	MO	67 M 20-39	47:24	47:24	
165	Joshua	Ripman		449	M	MO	68 M 20-39	47:19	47:27	CT
166	Alex	Morrison		158	M	M50	19 M 50-54	47:30	47:30	
167	Hannah	Wood	Ipswich Jaffa RC	517	F	F40	4 F 40-44	47:31	47:31	
168	Stuart	Batte		393	M	M40	21 M 40-44	47:33	47:33	
169	Daniel	Gould	Felixstowe RRC	277	M	MO	69 M 20-39	47:34	47:34	
170	jessie	Gooderham	Saint Edmund Pacers	637	F	F15-19	1 F 0-19	47:40	47:40	
171	William	Smith		127	M	MO	70 M 20-39	47:45	47:45	
172	karl	tovell	ambulance	190	M	MO	71 M 20-39	47:46	47:46	
173	Peter	Woods		9	M	MO	72 M 20-39	47:47	47:47	
174	Debbie	Watson		488	F	F0	7 F 20-39	47:40	47:51	CT
175	Robert	Mawson	Framlingham Flyers	7	M	M55	6 M 55-59	47:54	47:54	
176	kevin	holland		579	M	MO	73 M 20-39	48:03	48:03	
177	Marcus	Whistler		476	M	M45	28 M 45-49	48:03	48:03	
178	Liam	Kennedy		199	M	MO	74 M 20-39	48:09	48:09	
179	Keith	Budden		224	M	MO	75 M 20-39	48:16	48:16	
180	Tim	Dafforn		163	M	MO	76 M 20-39	48:20	48:20	
181	David	Farrow		128	M	M40	22 M 40-44	48:23	48:23	
182	Georgia	Follett		590	F	F0	8 F 20-39	48:12	48:24	CT
183	louise	johnson	Ipswich Jaffa RC	321	F	F0	9 F 20-39	48:16	48:25	CT
184	Gary	Lowe		178	M	M55	7 M 55-59	48:27	48:27	
185	NICK	ELMER		585	M	M15-19	9 M 0-19	48:27	48:27	
186	Vicky	Mctaggart		348	F	F0	10 F 20-39	48:28	48:28	
187	James	Calver	Notcutts	704	M	MO	77 M 20-39	48:29	48:29	
188	Max	Booth		99	M	M40	23 M 40-44	48:33	48:33	
189	Adrian	Hine	Felixstowe RRC	531	M	M50	20 M 50-54	48:36	48:36	
190	Karl	Harris		60	M	MO	78 M 20-39	48:47	48:47	
191	Phil	Trett		504	M	M40	24 M 40-44	48:55	48:55	
192	Ashley	Smy	Ipswich Jaffa RC	167	M	MO	79 M 20-39	49:01	49:01	

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193	Darren	Scriven		514	M	MO	80 M 20-39	48:50	49:02	CT
194	David	Hopkins	Woodbridge Surfers	682	M	M50	21 M 50-54	49:04	49:04	
195	Daniel	Davis		622	M	MO	81 M 20-39	49:05	49:05	
196	Mark	Andrews		192	M	M45	29 M 45-49	49:05	49:05	
197	Thomas	bond		670	M	MO	82 M 20-39	49:06	49:06	
198	Alistair	Goodier	Ipswich Jaffa RC	487	M	M45	30 M 45-49	49:11	49:11	
199	Kirstie	Gladwell		260	F	F0	11 F 20-39	49:13	49:13	
200	Sean	Turner		19	M	MO	83 M 20-39	49:13	49:13	
201	amy	brammar		426	F	F15-19	2 F 0-19	49:17	49:17	
202	Danny	Milne	East Green	754	M	MO	84 M 20-39	49:22	49:22	
203	simon	Oswald		184	M	MO	85 M 20-39	49:26	49:26	
204	michael	leach		36	M	M60	3 M 60-64	49:31	49:31	
205	Martin	Jarvis		91	M	MO	86 M 20-39	49:35	49:35	
206	John	Spear		611	M	M40	25 M 40-44	49:36	49:36	
207	Douglas	Hutton-Squire	Gressingham Foods	722	M	M40	26 M 40-44	49:37	49:37	
208	Nick	Jackson		193	M	M40	27 M 40-44	49:18	49:38	CT
209	Francis	Dickinson		341	M	M40	28 M 40-44	49:41	49:41	
210	Tom	Cummings		81	M	MO	87 M 20-39	49:48	49:48	
211	Ben	Williams		665	M	MO	88 M 20-39	49:52	49:52	
212	andrew	oswald		183	M	MO	89 M 20-39	49:55	49:55	
213	Owen	Johnston		658	M	MO	90 M 20-39	49:32	49:55	CT
214	Sarah	Proffitt		602	F	F40	5 F 40-44	49:55	49:55	
215	Katie	Jackson		194	F	F40	6 F 40-44	49:36	49:56	CT
216	Darren	Payne	The Cherry Tree	687	M	M45	31 M 45-49	49:56	49:56	
217	EDWARD	LAMBERT		615	M	M40	29 M 40-44	49:59	49:59	
218	Geoffrey	Buchanan	Gressingham Foods	718	M	M40	30 M 40-44	49:56	50:01	CT
219	Mark	Flatman		624	M	M40	31 M 40-44	50:06	50:06	
220	Robert	Michael		28	M	M40	32 M 40-44	50:08	50:08	
221	Danny	Elias	Framlingham Flyers	189	M	M40	33 M 40-44	50:10	50:10	
222	Patrick	Martin		414	M	M55	8 M 55-59	50:11	50:11	
223	Georgia	Goodall		395	F	F0	12 F 20-39	50:11	50:11	
224	Nicola	Ripman	CrossFit ISC	450	F	F0	13 F 20-39	49:58	50:11	CT

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
225	Michael	Martin		290	M	M45	32 M 45-49	50:12	50:12	
226	Fiona	Hunt	Ipswich Jaffa RC	137	F	F40	7 F 40-44	50:02	50:14	CT
227	Emily	Chiverton		211	F	F0	14 F 20-39	50:16	50:16	
228	michael	mckinnell		96	M	M60	4 M 60-64	50:18	50:18	
229	Jacob	Collins	Angel Pub	769	M	MO	91 M 20-39	50:18	50:18	
230	Elise	Daykin-Colombel	Ipswich Jaffa RC	411	F	F0	15 F 20-39	50:18	50:18	
231	Ann	Zie		41	F	F40	8 F 40-44	49:53	50:26	CT
232	KIRSTY	THORNDYKE	Ipswich Harriers	444	F	F0	16 F 20-39	50:27	50:27	
233	Ian	Kennedy	Framlingham Flyers	198	M	M50	22 M 50-54	50:27	50:27	
234	sharon	farthing		293	F	F0	17 F 20-39	50:10	50:29	CT
235	Michael	Streat		633	M	M50	23 M 50-54	50:07	50:29	CT
236	Andy	Garvie	ipswich ym	534	M	M45	33 M 45-49	50:30	50:30	
237	Charlie	Nunn		596	M	M40	34 M 40-44	50:30	50:30	
238	Simon	Milldown		263	M	M50	24 M 50-54	50:31	50:31	
239	Marc	Whiting		621	M	M40	35 M 40-44	50:31	50:31	
240	Andy	Etherington		35	M	M55	9 M 55-59	50:32	50:32	
241	Ben	Richards		358	M	M40	36 M 40-44	50:32	50:32	
242	Andrew	Covell	Woodbridge Shufflers RC	173	M	M45	34 M 45-49	50:37	50:37	
243	Cliff	Baldock	Deben Inns	723	M	M40	37 M 40-44	50:37	50:37	
244	Anna	Sinclair	Woodbridge School	672	F	F45	2 F 45-49	50:41	50:41	
245	Andrew	Cooney		228	M	M50	25 M 50-54	50:47	50:47	
246	Inge	Van Tuinen	Angel Pub	768	F	F0	18 F 20-39	50:34	50:47	CT
247	timothy	beecroft		609	M	M50	26 M 50-54	50:48	50:48	
248	Marion	Parker	Felixstowe RRC	119	F	F50	2 F 50-54	50:50	50:50	
249	MICK	TAYLOR	MCT ELECTRICAL	166	M	M60	5 M 60-64	50:54	50:54	
250	Greg	Dodds	Team Kings Head	697	M	M40	38 M 40-44	50:54	50:54	
251	Brian	Powlett	Ipswich Triathlon ClubTeamIpswich Water Polo	503	M	MO	92 M 20-39	50:57	50:57	
252	Jonothan	Tooth		153	M	M45	35 M 45-49	51:01	51:01	
253	Benjamin	Greenway		159	M	MO	93 M 20-39	51:03	51:03	
254	Eddie	Marrett		331	M	M40	39 M 40-44	50:41	51:04	CT
255	Adam	Stiff		101	M	MO	94 M 20-39	51:12	51:12	
256	Abigail	Pawsey		246	F	F0	19 F 20-39	51:15	51:15	

Woodbridge Shufilers 10K Race

CT=Chip timed

10K Overall Finish List

May 18, 2014

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	CT
257	Nick	Apperley		57	M	M50	27 M 50-54	51:06	51:24	CT
258	Angus	Greig	Norbiton Nutbusters	365	M	MO	95 M 20-39	51:24	51:24	
259	Samuel	Jennings		620	M	M40	40 M 40-44	51:25	51:25	
260	Jason	Mann		628	M	M45	36 M 45-49	51:25	51:25	
261	Alistair	Mitchell		443	M	M45	37 M 45-49	51:27	51:27	
262	Clive	Gardiner	Ipswich Jaffa RC	374	M	M55	10 M 55-59	51:20	51:29	CT
263	Mark	Crisp		249	M	M45	38 M 45-49	51:30	51:30	
264	Alastair	Read	Hairdresser	251	M	MO	96 M 20-39	51:38	51:38	
265	Gary	Taylor	Ipswich Jaffa RC	230	M	M50	28 M 50-54	51:39	51:39	
266	George	Algar	Deben Inns	725	M	MO	97 M 20-39	51:25	51:39	CT
267	mark	kendall		180	M	M50	29 M 50-54	51:42	51:42	
268	James	Fox	Saxmundham Sports Running & Fitness Club	89	M	MO	98 M 20-39	51:43	51:43	
269	tim	long	Ipswich Jaffa RC	408	M	M50	30 M 50-54	51:44	51:44	
270	Daniel	Gavin		275	M	MO	99 M 20-39	51:51	51:51	
271	Steven	Seinet-Martin	Felixstowe RRC	273	M	M55	11 M 55-59	51:29	51:52	CT
272	Richard	Farres	Gressingham Foods	721	M	M40	41 M 40-44	51:54	51:54	
273	Phil	Marsden		583	M	M50	31 M 50-54	51:55	51:55	
274	Richard	Dempsey		74	M	M45	39 M 45-49	51:56	51:56	
275	Adam	May		472	M	MO	100 M 20-39	51:48	51:56	CT
276	Glenn	Howard		482	M	M40	42 M 40-44	51:57	51:57	
277	Daniel	Wildon		502	M	MO	101 M 20-39	52:04	52:04	
278	Benjamin	Oswin	ECT	311	M	MO	102 M 20-39	52:08	52:13	CT
279	Steve	Reay		352	M	MO	103 M 20-39	52:20	52:20	
280	Adrian	Simm	St Albans Striders	561	M	M50	32 M 50-54	52:23	52:23	
281	Alex	Brigginshaw	Amarinth Ltd	734	M	M40	43 M 40-44	52:24	52:24	
282	Ben	Childs		49	M	MO	104 M 20-39	52:26	52:26	
283	Charles	Layzell		220	M	MO	105 M 20-39	52:11	52:32	CT
284	Farran	Scott		52	F	F0	20 F 20-39	52:21	52:36	CT
285	Emma	Meiring		240	F	F40	9 F 40-44	52:37	52:37	
286	Jennifer	Bird	Stowmarket Striders RC	458	F	F45	3 F 45-49	52:26	52:40	CT
287	Pip	Cresdee	Ipswich Jaffa RC	87	F	F0	21 F 20-39	52:40	52:40	
288	mel	moye		205	F	F0	22 F 20-39	52:18	52:43	CT

Woodbridge Shufflers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
289	Rob	Sweeney		491	M	M40	44 M 40-44	52:43	52:43	
290	Terry	Pearce		634	M	M55	12 M 55-59	52:43	52:43	
291	Belinda	Jennings	Adnams	765	F	F0	23 F 20-39	52:47	52:47	
292	Jo	Hunt	Brafe	716	F	F0	24 F 20-39	52:48	52:48	
293	David	Taylor	Framlingham Flyers	576	M	M65	1 M 65-69	52:49	52:49	
294	Linda	Grave	East Green	755	F	F50	3 F 50-54	52:53	52:53	
295	Paul	Sheldrake		562	M	MO	106 M 20-39	52:54	52:54	
296	Gail	Mackie	Felixstowe RRC	383	F	F0	25 F 20-39	52:57	52:57	
297	Helen	Cook		613	F	F50	4 F 50-54	52:58	52:58	
298	Adam	Middlemiss	Angel Pub	770	M	MO	107 M 20-39	53:01	53:01	
299	Charles	Beardall		274	M	M55	13 M 55-59	52:39	53:02	CT
300	Graham	Sampson	Bungay Black Dog RC	391	M	M65	2 M 65-69	52:51	53:05	CT
301	Sophie	Finch	Amarinth Ltd	735	F	F0	26 F 20-39	53:07	53:07	
302	Ian	Bown		291	M	M50	33 M 50-54	52:41	53:11	CT
303	Alan	Flatt		123	M	M45	40 M 45-49	53:13	53:13	
304	Simon	Hale	Woodbridge Surfers	683	M	M50	34 M 50-54	53:14	53:14	
305	Mike	Chaplin		397	M	M70	1 M 70-99	53:15	53:15	
306	Toby	Milton		371	M	MO	108 M 20-39	52:45	53:15	CT
307	Simon	Goldsmith		433	M	M40	45 M 40-44	53:15	53:15	
308	Matt	Cottrell	Deben Inns	727	M	M50	35 M 50-54	53:18	53:18	
309	Andrew	Leather	Ipswich Jaffa RC	186	M	M50	36 M 50-54	53:06	53:23	CT
310	Stuart	Abbott	Woodbridge Shufflers RC	105	M	M40	46 M 40-44	53:27	53:27	
311	Calvin	Meek	Notcutts	701	M	MO	109 M 20-39	53:30	53:30	
312	Dominic	Wing		65	M	M40	47 M 40-44	53:33	53:33	
313	Ian	Coutts	Woodbridge Surfers	685	M	M50	37 M 50-54	53:38	53:38	
314	Jon	Dodman		385	M	M40	48 M 40-44	53:40	53:40	
315	Dan	Probert	Adnams	764	M	MO	110 M 20-39	53:19	53:44	CT
316	David	Whelan		462	M	M45	41 M 45-49	53:45	53:45	
317	James	Elsey		639	M	MO	111 M 20-39	53:49	53:49	
318	Graham	Bush	Woodbridge Shufflers RC	626	M	M65	3 M 65-69	53:56	53:56	
319	Richard	Smith	Felixstowe RRC	34	M	M50	38 M 50-54	53:58	53:58	
320	Gareth	Sedona-price		388	M	M45	42 M 45-49	53:35	53:58	CT

Woodbridge Shufilers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
321	DUNCAN	CHAMBERLAIN		513	M	M45	43 M 45-49	53:59	53:59	
322	Gerry	Toplis		653	M	M55	14 M 55-59	54:01	54:01	
323	Timothy	Baugh		272	M	M45	44 M 45-49	54:07	54:07	
324	Pippa	Atkinson		62	F	F0	27 F 20-39	54:07	54:07	
325	Nick	Newman		530	M	M40	49 M 40-44	54:10	54:10	
326	Chris	Annis		529	M	MO	112 M 20-39	54:10	54:10	
327	sabine	vogler		544	F	F45	4 F 45-49	54:13	54:13	
328	Vicki	Grice		271	F	F0	28 F 20-39	54:13	54:13	
329	Anna	Smith	Stowmarket Striders RC	309	F	F40	10 F 40-44	53:51	54:23	CT
330	Jean	Morris	Smart421	604	F	F40	11 F 40-44	54:02	54:27	CT
331	Jamie	Lawton		21	M	MO	113 M 20-39	54:28	54:28	
332	Matthew	Davy		389	M	M40	50 M 40-44	54:28	54:28	
333	Edward	Kreckler		139	M	MO	114 M 20-39	54:30	54:30	
334	Daniel	Mayhew		474	M	MO	115 M 20-39	54:31	54:31	
335	Keith	Fisher		510	M	M50	39 M 50-54	54:38	54:38	
336	lisa	barwick		323	F	F40	12 F 40-44	54:21	54:40	CT
337	Faye	Hubbard		500	F	F0	29 F 20-39	54:26	54:44	CT
338	TIM	BURROWS		423	M	M40	51 M 40-44	54:46	54:46	
339	Jonathan	Kent		2	M	M40	52 M 40-44	54:50	54:50	
340	Mark	Newstead		68	M	M50	40 M 50-54	54:51	54:51	
341	Kim	Jervis		286	F	F0	30 F 20-39	54:51	54:51	
342	Richard	Attenborrow		659	M	M60	6 M 60-64	54:51	54:51	
343	Kate	Clapton		481	F	F0	31 F 20-39	54:53	54:53	
344	Dan	Clapton	Ipswich Triathlon Club	480	M	MO	116 M 20-39	54:54	54:54	
345	Mark	Barlex		108	M	M45	45 M 45-49	54:56	54:56	
346	Charlie	Stannett	Ipswich Triathlon Club	174	M	M55	15 M 55-59	54:58	54:58	
347	oliver	gray		498	M	MO	117 M 20-39	55:00	55:00	
348	Pauline	Barr		377	F	F0	32 F 20-39	54:45	55:00	CT
349	Paul	Johnson		378	M	MO	118 M 20-39	55:01	55:01	
350	Geoff	Wake		551	M	M55	16 M 55-59	54:40	55:02	CT
351	Patrick	Cooney		238	M	M50	41 M 50-54	55:03	55:03	
352	James	Calvesbert	Waldringfield Bassett Hound Chasers	524	M	MO	119 M 20-39	55:04	55:04	

Woodbridge Shufflers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
353	Rosie	Richardson		655	F	F0	33 F 20-39	55:07	55:07	
354	Helen	Full		287	F	F0	34 F 20-39	54:43	55:07	CT
355	Adam	Richardson		656	M	M40	53 M 40-44	55:08	55:08	
356	Robert	Peck		431	M	M40	54 M 40-44	55:11	55:11	
357	Christopher	Street		337	M	M60	7 M 60-64	55:17	55:17	
358	Alastair	Browning		643	M	M40	55 M 40-44	55:21	55:21	
359	Chris	Cook		612	M	M55	17 M 55-59	54:58	55:23	CT
360	Pete	Russell		619	M	MO	120 M 20-39	55:36	55:36	
361	Martin	Thorpe		256	M	M50	42 M 50-54	55:38	55:38	
362	Nick	Good	Ipswich Jaffa RC	499	M	M45	46 M 45-49	55:47	55:47	
363	Alok	Ruia	Woodbridge Complementary Health	751	M	M45	47 M 45-49	55:51	55:51	
364	William	Hopkins		151	M	MO	121 M 20-39	55:51	55:51	
365	Andrew	Nowosad		233	M	MO	122 M 20-39	55:52	55:52	
366	Jeff	Almeida-King		542	M	MO	123 M 20-39	55:54	55:54	
367	SALLY	HARRIS		202	F	F45	5 F 45-49	55:34	55:55	CT
368	Richard	Keeble		617	M	M55	18 M 55-59	55:58	55:58	
369	Clayton	Fosker		390	M	MO	124 M 20-39	55:04	55:59	CT
370	Terri	Green		635	F	F0	35 F 20-39	56:04	56:04	
371	Scott	Gillies		506	M	M50	43 M 50-54	56:05	56:05	
372	jennifer	jarrett	Felixstowe RRC	196	F	F50	5 F 50-54	55:34	56:05	CT
373	Steve	Byford		118	M	M45	48 M 45-49	56:06	56:06	
374	Simon	Hedge		141	M	M45	49 M 45-49	56:07	56:07	
375	michael	linnett		543	M	M45	50 M 45-49	56:11	56:11	
376	Clare	BAILIE	Stowmarket Striders RC	225	F	F0	36 F 20-39	56:11	56:11	
377	Harry	Fulcher	Deben Inns	733	M	M15-19	10 M 0-19	56:14	56:14	
378	Sam	Lomas	Deben Inns	724	M	M15-19	11 M 0-19	56:15	56:15	
379	Heather	Bush		642	F	F0	37 F 20-39	55:54	56:15	CT
380	nick	falconer		117	M	M45	51 M 45-49	56:17	56:17	
381	Laura	Gilmore	Framlingham Flyers	422	F	F45	6 F 45-49	56:18	56:18	
382	Cristiana	Riberiro		306	F	F0	38 F 20-39	55:58	56:18	CT
383	Eloise	Bird	Saint Edmund PacersWaldringfield Bassett hound cha	401	F	F45	7 F 45-49	56:20	56:20	
384	Joanna	McKenzie	Woodbridge Shufflers RC	188	F	F0	39 F 20-39	56:24	56:24	

Woodbridge Shufilers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
385	Neal	Goldsmith		432	M	MO	125 M 20-39	56:27	56:27	
386	Mark	Blackburn	Ipswich Jaffa RC	250	M	M40	56 M 40-44	56:29	56:29	
387	Mike	Hill		58	M	M60	8 M 60-64	56:32	56:32	
388	David	Overy-Owen		424	M	M45	52 M 45-49	56:36	56:36	
389	Judith	Reemtsma	Woodbridge Surfers	680	F	F15-19	3 F 0-19	56:20	56:37	CT
390	michael	howard		592	M	M45	53 M 45-49	56:38	56:38	
391	Wyn	Jones	Felixstowe RRC	610	M	M55	19 M 55-59	56:40	56:40	
392	lesley	cooper	Felixstowe RRC	284	F	F40	13 F 40-44	56:41	56:41	
393	Kay	Wilson		280	F	F45	8 F 45-49	56:44	56:44	
394	Georgia	Halls		457	F	F40	14 F 40-44	56:44	56:44	
395	Liz	Beighton		547	F	F40	15 F 40-44	56:47	56:47	
396	Stephen	Shaw		508	M	M40	57 M 40-44	56:49	56:49	
397	Jessica	Milton		370	F	F40	16 F 40-44	56:20	56:50	CT
398	Vicki	Duncan		598	F	F0	40 F 20-39	56:53	56:53	
399	Lori	Harvey	Ipswich Jaffa RC	316	F	F40	17 F 40-44	56:33	56:53	CT
400	Emily	Burrell		436	F	F0	41 F 20-39	56:56	56:56	
401	Tom	Richards		357	M	MO	126 M 20-39	56:13	56:56	CT
402	jason	smy		606	M	MO	127 M 20-39	56:31	56:58	CT
403	John	Tilbrook		601	M	M45	54 M 45-49	56:59	56:59	
404	Sam	Fulcher	Deben Inns	726	F	F45	9 F 45-49	57:01	57:01	
405	Baz	Algar	Deben Inns	731	M	M55	20 M 55-59	57:03	57:03	
406	Sarah	Cole		515	F	F0	42 F 20-39	56:48	57:05	CT
407	Craig	Cordle		148	M	MO	128 M 20-39	57:05	57:05	
408	Matthew	Phillips		464	M	MO	129 M 20-39	57:05	57:05	
409	ROBERT	CASS		50	M	MO	130 M 20-39	57:07	57:07	
410	Tony	Moorcroft		418	M	M50	44 M 50-54	57:11	57:11	
411	Michelle	Berriman	Farlingaye High School	24	F	F40	18 F 40-44	57:14	57:14	
412	Emma	Burrows		428	F	F45	10 F 45-49	56:43	57:14	CT
413	Chris	Slemmings		133	M	M65	4 M 65-69	56:57	57:16	CT
414	Ian	Setchell	Brafe	712	M	M50	45 M 50-54	57:19	57:19	
415	Jayne	Burman	Felixstowe RRC	18	F	F0	43 F 20-39	56:47	57:25	CT
416	alison	scahill		79	F	F45	11 F 45-49	57:27	57:27	

Woodbridge Shufers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
417	gemma	moss		430	F	F40	19 F 40-44	57:03	57:29	CT
418	Neil	Miles	Smart421	739	M	M45	55 M 45-49	57:31	57:31	
419	Matt	Saunders		59	M	MO	131 M 20-39	57:32	57:32	
420	Susie	Edwards	Orpington Road Runners	629	F	F0	44 F 20-39	57:32	57:32	
421	abby	powlett		479	F	F0	45 F 20-39	57:35	57:35	
422	Karle	Howard	Team Kings Head	696	M	M40	58 M 40-44	57:43	57:43	
423	Stephen	Curzon	Gressingham Foods	720	M	M50	46 M 50-54	57:44	57:44	
424	Michael	Grist	Barretts	741	M	M45	56 M 45-49	57:47	57:47	
425	Simon	Downey		206	M	M40	59 M 40-44	57:51	57:51	
426	Darren	Guest		381	M	M40	60 M 40-44	57:54	57:54	
427	Bridget	Read		72	F	F0	46 F 20-39	57:41	57:54	CT
428	Guy	Middleton		276	M	M40	61 M 40-44	57:55	57:55	
429	david	Coley		304	M	M60	9 M 60-64	57:59	57:59	
430	kate	hendy		318	F	F55	1 F 55-59	57:59	57:59	
431	steven	Reynolds	Sky Sports News	454	M	M55	21 M 55-59	58:04	58:04	
432	Andy	Smith		473	M	MO	132 M 20-39	58:11	58:11	
433	Michael	Broom		380	M	M45	57 M 45-49	58:11	58:11	
434	lucy	king		548	F	F45	12 F 45-49	58:16	58:16	
435	Maureen	Wright	Ipswich Jaffa RC	435	F	F65	1 F 65-69	58:17	58:17	
436	Gary	Barker		545	M	M45	58 M 45-49	58:20	58:20	
437	paula	mccann		27	F	F65	2 F 65-69	58:21	58:21	
438	Greg	Russell		80	M	M55	22 M 55-59	58:22	58:22	
439	Christina	Morton		532	F	F50	6 F 50-54	57:43	58:22	CT
440	Matt	Lay-Flurrie	Brafe	737	M	MO	133 M 20-39	58:23	58:23	
441	Gary	Pilkington		76	M	M40	62 M 40-44	57:32	58:24	CT
442	Ashley	Watson		595	M	M40	63 M 40-44	58:24	58:24	
443	Tim	Howard		566	M	M55	23 M 55-59	58:24	58:24	
444	Colin	Monks	Blackheath and Bromley Harriers Athletic Club	210	M	M65	5 M 65-69	58:26	58:26	
445	Sue	Fry		207	F	F40	20 F 40-44	58:10	58:32	CT
446	Stephen	Barnes		219	M	M60	10 M 60-64	58:35	58:35	
447	Shirley	Batchelor		235	F	F50	7 F 50-54	58:35	58:35	
448	Mark	Deabill	Gressingham Foods	719	M	MO	134 M 20-39	58:37	58:37	

Woodbridge Shufers 10K Race

CT=Chip timed

10K Overall Finish List

May 18, 2014

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
449	Sam	Simpson		268	F	F45	13 F 45-49	58:39	58:39	
450	Mark	Cope		100	M	M40	64 M 40-44	58:42	58:42	
451	Daniel	Wilson	Brafe	714	M	MO	135 M 20-39	58:45	58:45	
452	Jill	Anderson	Framlingham Flyers	208	F	F60	1 F 60-64	58:48	58:48	
453	James	Mehmed		33	M	M40	65 M 40-44	58:52	58:52	
454	Steve	Dersley		213	M	M40	66 M 40-44	58:52	58:52	
455	Chris	Childs		307	M	M45	59 M 45-49	58:53	58:53	
456	Rachel	Lawrence		61	F	F0	47 F 20-39	58:19	59:00	CT
457	martin	pratley		573	M	M45	60 M 45-49	58:26	59:04	CT
458	Nicola	Stevenson		625	F	F50	8 F 50-54	58:17	59:05	CT
459	caroline	hunt		572	F	F0	48 F 20-39	59:06	59:06	
460	Martin	Stanley		54	M	M50	47 M 50-54	59:06	59:06	
461	Lizzy	Cantwell	Adnams	761	F	F0	49 F 20-39	58:27	59:08	CT
462	Peter	Ruddy	BanhamDark Estates	327	M	MO	136 M 20-39	59:10	59:10	
463	Marika	Hastie		537	F	F0	50 F 20-39	59:13	59:13	
464	Harry	Lewis	Smart421	384	M	M15-19	12 M 0-19	59:18	59:18	
465	Adie	Kendall		477	M	M40	67 M 40-44	59:19	59:19	
466	Graeme	Banham	BanhamDark Estates	328	M	M45	61 M 45-49	59:19	59:19	
467	Ian	Humphrey		490	M	M50	48 M 50-54	59:24	59:24	
468	John	Cummings		82	M	M50	49 M 50-54	59:08	59:25	CT
469	John	Leonard		234	M	M50	50 M 50-54	59:25	59:25	
470	Hayley	Hannatt		113	F	F40	21 F 40-44	58:59	59:27	CT
471	Jeremy	Gray		37	M	M50	51 M 50-54	59:27	59:27	
472	Rob	Thurkettle	The Cherry Tree	690	M	MO	137 M 20-39	59:31	59:31	
473	Jonathan	Brooks	Deben Inns	732	M	M40	68 M 40-44	59:34	59:34	
474	laura	Collinson		95	F	F40	22 F 40-44	59:35	59:35	
475	Meinir	Hughes		308	F	F0	51 F 20-39	59:36	59:36	
476	Mark	Cummins	Deben Inns	730	M	M55	24 M 55-59	59:36	59:36	
477	Robin	Meehan	Smart421	738	M	M45	62 M 45-49	59:37	59:37	
478	Alex	Allen		134	M	MO	138 M 20-39	59:38	59:38	
479	Matthew	Lewis		315	M	M40	69 M 40-44	59:11	59:44	CT
480	Hannah	Jennings		90	F	F0	52 F 20-39	59:46	59:46	

Woodbridge Shufers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
481	Alex	Jacobs	Felixstowe RRC	43	M	MO	139 M 20-39	59:23	59:48	CT
482	andrew	rush		71	M	M40	70 M 40-44	59:49	59:49	
483	ruth	sunaway		70	F	F0	53 F 20-39	59:50	59:50	
484	Amelie	Jarvis		92	F	F0	54 F 20-39	59:10	59:50	CT
485	MARY	ASHCROFT		434	F	F45	14 F 45-49	59:08	59:51	CT
486	Nick	Collinson		467	M	M45	63 M 45-49	59:53	59:53	
487	Emma	Gray	68 Auto Performance Ltd	526	F	F0	55 F 20-39	59:57	59:57	
488	Andrew	King		509	M	M45	64 M 45-49	59:57	59:57	
489	Louise	Burrell	Tottenham Terriers	364	F	F0	56 F 20-39	59:19	59:57	CT
490	Teresa	Bailey		257	F	F45	15 F 45-49	59:59	59:59	
491	Carol	Edworthy		269	F	F45	16 F 45-49	59:33	1:00:06	CT
492	David	Maile		77	M	M55	25 M 55-59	1:00:06	1:00:06	
493	Murray	Jervis		216	M	M45	65 M 45-49	1:00:07	1:00:07	
494	Hannah	Brown		22	F	F0	57 F 20-39	1:00:09	1:00:09	
495	Roger	Sales		86	M	M60	11 M 60-64	1:00:09	1:00:09	
496	Samantha	Mitson		677	F	F0	58 F 20-39	59:38	1:00:14	CT
497	Clark	Skates	Woodbridge Surfers	686	M	M50	52 M 50-54	1:00:14	1:00:14	
498	Paul	Catchpole	Gressingham Foods	717	M	M55	26 M 55-59	1:00:19	1:00:19	
499	Carolyn	Woollard		161	F	F50	9 F 50-54	1:00:29	1:00:29	
500	Carla	Wiggins	Felixstowe RRC	124	F	F0	59 F 20-39	1:00:36	1:00:36	
501	tim	finegan	Felixstowe RRC	55	M	M50	53 M 50-54	1:00:37	1:00:37	
502	Robert	Armour	ECT	310	M	MO	140 M 20-39	1:00:40	1:00:40	
503	Paul	Cheshire	Deben Inns	729	M	M45	66 M 45-49	1:00:42	1:00:42	
504	Lindsay	Stiles	Notcutts	702	F	F55	2 F 55-59	1:00:44	1:00:44	
505	Jonathan	Parker	Axa Finance	171	M	M45	67 M 45-49	1:00:46	1:00:46	
506	Duncan	Reed	Amarinth Ltd	736	M	MO	141 M 20-39	1:00:46	1:00:46	
507	RICHARD	PEARCE	Ipswich Jaffa RCEve appeal	301	M	M50	54 M 50-54	1:00:50	1:00:50	
508	Vivienne	Taylor	Framlingham Flyers	575	F	F60	2 F 60-64	1:00:53	1:00:53	
509	Katherine	Atkinson	Brafe	711	F	F0	60 F 20-39	1:00:31	1:01:08	CT
510	David	Tillett		221	M	M45	68 M 45-49	1:01:08	1:01:08	
511	Bella	Lewendon	Ipswich Jaffa RCWaldringfield Bassett Hound Chaser	281	F	F50	10 F 50-54	1:00:29	1:01:12	CT
512	John	Clough	Framlingham Flyers	111	M	M50	55 M 50-54	1:00:40	1:01:16	CT

Woodbridge Shufers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
513	Jonathan	Ripman		461	M	M60	12 M 60-64	1:01:09	1:01:17	CT
514	Sarah	Cavanagh		359	F	F40	23 F 40-44	1:01:17	1:01:17	
515	Emma	Hibbert	Adnams	759	F	F40	24 F 40-44	1:00:38	1:01:18	CT
516	Kate	Riley		455	F	F0	61 F 20-39	1:01:19	1:01:19	
517	Jan	Gillespie		586	F	F45	17 F 45-49	1:00:37	1:01:28	CT
518	Miles	Vartan		511	M	M50	56 M 50-54	1:01:41	1:01:41	
519	angela	falconer	falcon flyers	116	F	F15-19	4 F 0-19	1:02:09	1:02:09	
520	Anna	Sharpin		156	F	F40	25 F 40-44	1:01:22	1:02:09	CT
521	Samantha	Bateman		647	F	F0	62 F 20-39	1:02:10	1:02:10	
522	Hilary	Magnall		179	F	F50	11 F 50-54	1:01:34	1:02:12	CT
523	Diane	Watson		78	F	F45	18 F 45-49	1:02:18	1:02:18	
524	David	Watson		368	M	M55	27 M 55-59	1:01:34	1:02:18	CT
525	Andrew	Watkins		350	M	M50	57 M 50-54	1:01:51	1:02:19	CT
526	Anna	Mason		3	F	F40	26 F 40-44	1:01:33	1:02:20	CT
527	William	Brammar		200	M	M70	2 M 70-99	1:02:27	1:02:27	
528	Rebecca	Scott-Charters	Kazakastan Running Club	580	F	F0	63 F 20-39	1:02:28	1:02:28	
529	Andrew	Stroud		332	M	M45	69 M 45-49	1:02:29	1:02:29	
530	Jack	Setchell	Brafe	713	M	M15-19	13 M 0-19	1:02:30	1:02:30	
531	Gary	Reeve		40	M	M40	71 M 40-44	1:02:32	1:02:32	
532	Nicki	Brown		427	F	F45	19 F 45-49	1:02:11	1:02:42	CT
533	Anne	Oliver	Felixstowe RRC	627	F	F55	3 F 55-59	1:02:47	1:02:47	
534	toby	slater-robins		23	M	M40	72 M 40-44	1:02:52	1:02:52	
535	Vincent	Hunt	Barretts	747	M	M50	58 M 50-54	1:03:00	1:03:00	
536	Clair	Fiddaman		556	F	F0	64 F 20-39	1:03:09	1:03:09	
537	Ruth	Owen		468	F	F0	65 F 20-39	1:03:14	1:03:14	
538	Teresa	Jennings		419	F	F55	4 F 55-59	1:03:16	1:03:16	
539	john	davis		664	M	M55	28 M 55-59	1:03:16	1:03:16	
540	Stephen	Barker	Brafe	715	F	F0	66 F 20-39	1:03:17	1:03:17	
541	Phil	Howard		227	M	M45	70 M 45-49	1:03:19	1:03:19	
542	Sarah	Aveston		603	F	F0	67 F 20-39	1:03:22	1:03:22	
543	david	atkins		421	M	M45	71 M 45-49	1:03:25	1:03:25	
544	Sarah	Howe	Adnams	757	F	F0	68 F 20-39	1:02:38	1:03:26	CT

Woodbridge Shufilers 10K Race

CT=Chip timed

10K Overall Finish List

May 18, 2014

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	CT
545	Simon	Podd		679	M	M40	73 M 40-44	1:02:51	1:03:27	CT
546	Anna	Carr		446	F	F40	27 F 40-44	1:02:56	1:03:28	CT
547	Stacey	Townsend	Adnams	763	F	F40	28 F 40-44	1:02:50	1:03:30	CT
548	John	Hughes		93	M	M50	59 M 50-54	1:03:48	1:03:48	
549	Heather	Marsden		285	F	F50	12 F 50-54	1:03:53	1:03:53	
550	Amanda	Roxburgh		661	F	F40	29 F 40-44	1:04:05	1:04:05	
551	Kathryn	Donovan	Kings Head	698	F	F50	13 F 50-54	1:03:25	1:04:06	CT
552	Lucy	Ball	Team Kings Head	695	F	F0	69 F 20-39	1:03:25	1:04:06	CT
553	Cher	Milbourne		528	F	F40	30 F 40-44	1:03:36	1:04:14	CT
554	Emma	Gregory		8	F	F0	70 F 20-39	1:04:16	1:04:16	
555	Amy	Smith		259	F	F0	71 F 20-39	1:03:31	1:04:17	CT
556	Laura	Melville		185	F	F0	72 F 20-39	1:04:02	1:04:29	CT
557	Mike	Williams		187	M	M55	29 M 55-59	1:04:41	1:04:41	
558	Nigel	Bond		550	M	M65	6 M 65-69	1:03:56	1:04:41	CT
559	Debbie	Taylor		231	F	F45	20 F 45-49	1:04:42	1:04:42	
560	Matthew	Drouet		538	M	M40	74 M 40-44	1:05:01	1:05:01	
561	Shannon	Hopkins		152	F	F15-19	5 F 0-19	1:05:10	1:05:10	
562	Alex	Williamson		154	M	M15-19	14 M 0-19	1:05:12	1:05:12	
563	Sue	Daniels	Notcutts	703	F	F0	73 F 20-39	1:05:16	1:05:16	
564	Paul	Williamson		155	M	M50	60 M 50-54	1:05:18	1:05:18	
565	Katharine	Garfath-Cox		51	F	F0	74 F 20-39	1:05:19	1:05:19	
566	Elisabeth	Shannon		654	F	F45	21 F 45-49	1:04:28	1:05:20	CT
567	Aison	Taylor		369	F	F45	22 F 45-49	1:05:24	1:05:24	
568	Sandy	Phillips	Ipswich Hospital running Club	170	F	F45	23 F 45-49	1:04:39	1:05:28	CT
569	Lisa	Thurkettle	The Cherry Tree	689	F	F0	75 F 20-39	1:05:34	1:05:34	
570	David	Thurkettle	The Cherry Tree	688	M	MO	142 M 20-39	1:05:35	1:05:35	
571	Alison	Leech	Stowmarket Striders RC	440	F	F40	31 F 40-44	1:04:59	1:05:41	CT
572	Jonathan	Knight		112	M	M45	72 M 45-49	1:05:46	1:05:46	
573	Janet	Fricker		607	F	F45	24 F 45-49	1:05:49	1:05:49	
574	Laura	Searle	Suffolk College	242	F	F0	76 F 20-39	1:05:50	1:05:50	
575	tracey	Childs		48	F	F0	77 F 20-39	1:05:20	1:05:58	CT
576	Jean	Freeman		496	F	F45	25 F 45-49	1:05:26	1:06:01	CT

Woodbridge Shufers 10K Race

CT=Chip timed

10K Overall Finish List

May 18, 2014

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
577	charlotte	Richardson		201	F	F0	78 F 20-39	1:05:27	1:06:01	CT
578	millie	dobie		168	F	F45	26 F 45-49	1:06:09	1:06:09	
579	kevin	bolton		169	M	M45	73 M 45-49	1:06:09	1:06:09	
580	Ann	Bond		549	F	F60	3 F 60-64	1:05:28	1:06:14	CT
581	Katrina	Jones	Waldringfield Bassett Hound Chasers	319	F	F40	32 F 40-44	1:06:31	1:06:31	
582	Tom	Griffiths		282	M	MO	143 M 20-39	1:06:32	1:06:32	
583	Darren	Rodgers	Felixstowe RRCFelixstowe road runners	334	M	MO	144 M 20-39	1:06:44	1:06:44	
584	Sarah	Versey	BanhamDark Estates	325	F	F15-19	6 F 0-19	1:06:45	1:06:45	
585	Emily	Shevlin	BanhamDark Estates	326	F	F0	79 F 20-39	1:06:45	1:06:45	
586	Christopher	Gibbins		343	M	M65	7 M 65-69	1:06:18	1:06:54	CT
587	Julia	Pritchatt		232	F	F45	27 F 45-49	1:06:55	1:06:55	
588	Megan	Moon		563	F	F15-19	7 F 0-19	1:07:01	1:07:01	
589	Katy	Irvine		483	F	F0	80 F 20-39	1:07:03	1:07:03	
590	Catherine	Beresford	hairdressing	662	F	F45	28 F 45-49	1:06:44	1:07:13	CT
591	Caroline	Chapman		485	F	F55	5 F 55-59	1:06:30	1:07:14	CT
592	jo	dickinson		439	F	F40	33 F 40-44	1:07:44	1:07:44	
593	Sarah	Owen		470	F	F0	81 F 20-39	1:07:52	1:07:52	
594	Brett	Witham		140	M	MO	145 M 20-39	1:08:07	1:08:07	
595	Marianne	Hedge		142	F	F40	34 F 40-44	1:08:11	1:08:11	
596	Wilma	Hoyle		243	F	F0	82 F 20-39	1:08:32	1:08:32	
597	Martin	Wilson		663	M	M60	13 M 60-64	1:07:52	1:08:34	CT
598	Louisa	Greig	Norbiton Nutbusters	366	F	F0	83 F 20-39	1:07:56	1:08:36	CT
599	Martin	Sylvester		303	M	M55	30 M 55-59	1:09:07	1:09:07	
600	Anne	Chapman		540	F	F65	3 F 65-69	1:09:13	1:09:13	
601	Emily	Howell	Team Kings Head	694	F	F0	84 F 20-39	1:09:43	1:09:43	
602	Andrew	Thompson	The Cherry Tree	691	M	MO	146 M 20-39	1:09:44	1:09:44	
603	Chris	Reeve		675	M	MO	147 M 20-39	1:10:07	1:10:07	
604	Gill	Robinson		484	F	F50	14 F 50-54	1:09:53	1:10:34	CT
605	Samantha	Boutell	Barretts	744	F	F0	85 F 20-39	1:09:51	1:10:38	CT
606	Gavin	Rousseau	Deben Inns	728	M	MO	148 M 20-39	1:10:56	1:10:56	
607	Michael	Williams		521	M	MO	149 M 20-39	1:11:06	1:11:06	
608	sally	solomon	Felixstowe RRC	143	F	F45	29 F 45-49	1:11:48	1:11:48	

Woodbridge Shufilers 10K Race
 10K Overall Finish List
 May 18, 2014

CT=Chip timed

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time	
609	Jonathan	Jenkyn		593	M	MO	150 M 20-39	1:12:02	1:12:02	
610	Chelsea	Nunn	Barretts	743	F	F0	86 F 20-39	1:12:07	1:12:07	
611	Iouis	Dawson	Barretts	750	M	MO	151 M 20-39	1:12:07	1:12:07	
612	Katherine	Aveston		516	F	F0	87 F 20-39	1:12:11	1:12:11	
613	Jane	Stone		149	F	F40	35 F 40-44	1:12:56	1:12:56	
614	Stacey	Burrows	Brafe	710	F	F0	88 F 20-39	1:12:23	1:12:59	CT
615	Christopher	Lucas	Saxmundham Sports Running & Fitness Club	122	M	M50	61 M 50-54	1:13:10	1:13:10	
616	Lynn	Dixon-Minter	Brafe	706	F	F0	89 F 20-39	1:13:14	1:13:14	
617	Anneli	Ostler	Felixstowe RRC	471	F	F0	90 F 20-39	1:13:59	1:13:59	
618	Michelle	Eyles		465	F	F0	91 F 20-39	1:15:35	1:16:16	CT
619	Kieron	Bales		466	M	MO	152 M 20-39	1:16:17	1:16:17	
620	Felicity	Sylvester		448	F	F0	92 F 20-39	1:16:07	1:16:47	CT
621	Yvonne	Sylvester		302	F	F55	6 F 55-59	1:16:06	1:16:47	CT
622	Philip	Cowles		121	M	M50	62 M 50-54	1:17:20	1:17:20	
623	Tina	Church	Saxmundham Sports Running & Fitness Club	297	F	F40	36 F 40-44	1:17:45	1:18:24	CT
624	Linda	Thrift		176	F	F55	7 F 55-59	1:22:05	1:22:05	
625	Jane	Day		512	F	F50	15 F 50-54	1:24:39	1:24:39	
626	Jim	Dale		648	M	MO	153 M 20-39	1:23:47	1:24:39	CT
627	Joanna	Weaver		375	F	F40	37 F 40-44	2:01:08	2:01:08	