

Woodbridge Shufflers 10K Race
10K Overall Finish List
May 15, 2016
Results By ChipTimingUK

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
1	Aaron	Scott	Notts AC	6	M	MO	1 Top Fin	31:23	31:23
2	Andrew	Rooke	Ipswich Jaffa RC	72	M	MO	2 Top Fin	32:50	32:50
3	Tom	Fairbrother	Woodbridge Shufflers RC	2	M	MO	3 Top Fin	34:11	34:11
4	Danny	Rock	Felixstowe RRC	364	M	MO	1 M 20-39	34:40	34:40
5	Gavin	Davies	Ipswich Jaffa RC	3	M	MO	2 M 20-39	34:44	34:44
6	Paul	Holley	Newmarket Joggers	4	M	M50	1 M 50-54	35:48	35:48
7	Richard	Whinnett		57	M	MO	3 M 20-39	36:03	36:03
8	Adam	Howlett	Framlingham Flyers	270	M	M45	1 M 45-49	36:14	36:15
9	Andy	Ellis	Felixstowe RRC	144	M	MO	4 M 20-39	36:58	37:00
10	Jim	Last	Framlingham Flyers	187	M	MO	5 M 20-39	37:03	37:05
11	Nicholas	Palmer	Barker Gotelee Solicitors	675	M	M40	1 M 40-44	37:13	37:15
12	Theo	Passmore	Ipswich Harriers	1	M	M15-19	1 M 0-19	37:20	37:20
13	Darren	Sheppard	Framlingham Flyers	196	M	M45	2 M 45-49	37:22	37:22
14	Roger	Stone	Felixstowe RRC	325	M	M45	3 M 45-49	37:29	37:31
15	Peter	Smith		428	M	MO	6 M 20-39	37:36	37:37
16	Jack	Wilkinson		416	M	MO	7 M 20-39	37:44	37:44
17	Roger	Aldis	Ipswich Harriers	415	M	M45	4 M 45-49	37:46	37:48
18	Dave	Solomon	Felixstowe RRC	613	M	M45	5 M 45-49	37:49	37:51
19	Wilfred	Campbell	Ipswich Jaffa RC	257	M	M50	2 M 50-54	37:57	37:58
20	Barnaby	Rufford		401	M	M45	6 M 45-49	38:07	38:08
21	Marc	Briggs	Ipswich Jaffa RC	244	M	MO	8 M 20-39	38:07	38:09
22	Darren	Cook	Felixstowe RRC	53	M	M40	2 M 40-44	38:11	38:13
23	Jason	Berry		112	M	M45	7 M 45-49	38:14	38:15
24	Kevin	Peirce	Ipswich Harriers	7	M	M40	3 M 40-44	38:27	38:27
25	Garry	Cullum	Ipswich Jaffa RC	603	M	MO	9 M 20-39	38:37	38:40
26	Robin	Harper	Felixstowe RRC	10	M	M40	4 M 40-44	38:41	38:41
27	Nick	Smith		502	M	M40	5 M 40-44	38:50	38:50
28	Thomas	Abbott	Ipswich Harriers	549	M	M15-19	2 M 0-19	38:55	38:56
29	Samuel	Burdett	Stowmarket Striders RC	359	M	MO	10 M 20-39	38:55	38:57
30	Michael	Galbraith		411	M	M40	6 M 40-44	38:57	39:00
31	Laura	Thomas	Ipswich Jaffa RC	5	F	F0	1 Top Fin	39:08	39:08
32	Alice	Heather Hayes	Hadleigh Hares AC	328	F	F40	2 Top Fin	39:11	39:11
33	Max	Tollemache	Fulham Running Club	598	M	MO	11 M 20-39	39:12	39:14

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34	Matthew	Hunt	Brafe	768	M	MO	12 M 20-39	39:12	39:14
35	Neil	Parkin		570	M	M40	7 M 40-44	39:12	39:15
36	Ben	Churchman	Diss and District AC	313	M	MO	13 M 20-39	39:11	39:18
37	Duncan	Cardwell	Adnams	721	M	M40	8 M 40-44	39:25	39:29
38	Matthew	Payne		110	M	MO	14 M 20-39	39:42	39:44
39	Steve	Brooke	Felixstowe RRC	40	M	M45	8 M 45-49	39:47	39:49
40	Dave	Lumby	Ipswich Jaffa RC	15	M	M55	1 M 55-59	39:49	39:52
41	Paul	Buckingham		508	M	M50	3 M 50-54	39:51	39:53
42	Elisa	Bostock	The Galley	639	F	F0	3 Top Fin	40:04	40:04
43	Richard	Porritt		11	M	MO	15 M 20-39	40:15	40:17
44	Oliver	Cooper		331	M	MO	16 M 20-39	40:27	40:30
45	Steve	Brammar	East Green Energy	741	M	M45	9 M 45-49	40:26	40:30
46	Stephanie	Tollemache	Fulham Running Club	134	F	F0	1 F 20-39	40:30	40:32
47	Adrian	Goode	Felixstowe RRC	223	M	M50	4 M 50-54	40:30	40:33
48	Will	Aldred	Framlingham Flyers	403	M	M45	10 M 45-49	40:38	40:41
49	Tom	Wake	Ipswich Jaffa RC	87	M	MO	17 M 20-39	40:40	40:42
50	Andy	Garvie		201	M	M45	11 M 45-49	40:42	40:43
51	Douglas	Hobson	St Albans Striders	272	M	MO	18 M 20-39	40:51	40:54
52	Mark	Allen		506	M	M45	12 M 45-49	40:53	40:58
53	Ben	Williams		185	M	MO	19 M 20-39	41:00	41:04
54	Jeff	Almeida-King		126	M	MO	20 M 20-39	41:04	41:06
55	Stuart	Weaver		287	M	M40	9 M 40-44	41:07	41:10
56	John	Aldred	Framlingham Flyers	404	M	MO	21 M 20-39	41:08	41:11
57	Jack	Trethewey		494	M	M15-19	3 M 0-19	41:11	41:15
58	Benjamin	Jacobs	Felixstowe RRC	150	M	M40	10 M 40-44	41:12	41:15
59	Jonathan	Glanfield	Felixstowe RRC	145	M	MO	22 M 20-39	41:14	41:18
60	Stuart	Yule	Gressingham Foods	696	M	M45	13 M 45-49	41:22	41:24
61	Ian	Duggan	Felixstowe RRC	385	M	M50	5 M 50-54	41:19	41:24
62	Tom	Mecrow		314	M	MO	23 M 20-39	41:31	41:35
63	Oliver	Symons		49	M	MO	24 M 20-39	41:35	41:37
64	Tom	Alexander	Woodbridge Shufflers RC	587	M	MO	25 M 20-39	41:42	41:45
65	Steve	Garvie	Framlingham Flyers	353	M	M45	14 M 45-49	41:46	41:48
66	Rupert	Cottam		158	M	MO	26 M 20-39	41:45	41:49

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67	Robin	Belsom	Gotelee Solicitors	623	M	M55	2 M 55-59	41:48	41:51
68	Stephen	Brown	Gotelee Solicitors	626	M	MO	27 M 20-39	41:53	41:57
69	Thomas	Jarrett	Ipswich Triathlon Club	44	M	M40	11 M 40-44	42:06	42:08
70	Steve	Whittaker	Woodbridge Shufflers RC	417	M	M50	6 M 50-54	42:06	42:10
71	Brian	Rogers	Ipswich Jaffa RC	166	M	M60	1 M 60-64	42:25	42:27
72	Andrew	Hawes		121	M	MO	28 M 20-39	42:25	42:32
73	Abigail	Rose	Ipswich Harriers	455	F	F15-19	1 F 0-19	42:32	42:34
74	Stephen	Pugh	Adnams	722	M	M55	3 M 55-59	42:27	42:34
75	Dylan	Pomietlo		152	M	MO	29 M 20-39	42:36	42:40
76	David	Ackerley	Woodbridge Shufflers RC	229	M	MO	30 M 20-39	42:37	42:41
77	Sean	Kennedy	Woodbridge Shufflers RC	509	M	MO	31 M 20-39	42:36	42:42
78	Neil	Catley	Felixstowe RRC	299	M	MO	32 M 20-39	42:44	42:49
79	Jamie	Whittle		521	M	MO	33 M 20-39	42:51	42:57
80	Catherine	Morgan	The Galley	630	F	F45	1 F 45-49	42:52	42:58
81	James	Cornish	Woodbridge Shufflers RC	21	M	MO	34 M 20-39	42:54	42:59
82	Wayne	Martin		230	M	MO	35 M 20-39	42:56	43:00
83	Alastair	Read	Felixstowe RRC	122	M	MO	36 M 20-39	43:05	43:10
84	Mark	Rose	Ipswich Jaffa RC	512	M	M40	12 M 40-44	43:05	43:12
85	Simon	Tinkler	Framlingham Flyers	346	M	M40	13 M 40-44	43:07	43:13
86	Stuart	Wade		271	M	MO	37 M 20-39	43:04	43:14
87	Heidi	Wassermeyer	Ipswich Jaffa RC	369	F	F40	1 F 40-44	43:13	43:19
88	Mark	Hayden	Ipswich Harriers	419	M	M40	14 M 40-44	43:03	43:22
89	Joe	Fairbrother	Howard Construction	677	M	MO	38 M 20-39	43:22	43:25
90	Christopher	Osborne	Felixstowe RRC	182	M	M40	15 M 40-44	43:16	43:26
91	Janet	Brammar	East Green Energy	742	F	F45	2 F 45-49	43:23	43:28
92	James	Lewis		179	M	MO	39 M 20-39	43:26	43:33
93	Daniel	Ingleby	Ipswich Jaffa RC	280	M	MO	40 M 20-39	43:34	43:38
94	Geri	Clarke	Gressingham Foods	689	F	F50	1 F 50-54	43:42	43:45
95	Jess	Farthing	Felixstowe RRC	276	M	M40	16 M 40-44	43:37	43:45
96	Duncan	Brown	Brafe	765	M	MO	41 M 20-39	43:47	43:50
97	Walker	McFadden		43	M	MO	42 M 20-39	43:47	43:52
98	Chris	Leek		67	M	M40	17 M 40-44	43:52	43:59
99	Kevin	Whelan	Felixstowe RRC	335	M	M45	15 M 45-49	43:55	43:59

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100	Daniel	Davis		64	M	MO	43 M 20-39	43:57	44:02
101	Guy	Hayward	Framlingham Flyers	294	M	M40	18 M 40-44	44:03	44:07
102	Darren	Abbott		79	M	M45	16 M 45-49	44:02	44:07
103	Shaun	Nicholls	Ipswich Jaffa RC	128	M	MO	44 M 20-39	44:18	44:23
104	Louis	Dawson	Barretts of Woodbridge	728	M	M40	19 M 40-44	44:22	44:27
105	Peter	Gray	Framlingham Flyers	296	M	M40	20 M 40-44	44:24	44:27
106	John	Russell		165	M	M40	21 M 40-44	44:18	44:28
107	Paul	Osborne	Felixstowe RRC	310	M	MO	45 M 20-39	44:18	44:29
108	Tom	Cummings		30	M	MO	46 M 20-39	44:21	44:29
109	Andre	Neville	Stowmarket Striders RC	348	M	M40	22 M 40-44	44:23	44:29
110	Samantha	Spencer	Ipswich Jaffa RC	125	F	F0	2 F 20-39	44:22	44:30
111	Stephen	Levinson		427	M	M60	2 M 60-64	44:24	44:30
112	Marian	Patten		410	F	F15-19	2 F 0-19	44:27	44:30
113	Ashley	Smy	Ipswich Jaffa RC	51	M	MO	47 M 20-39	44:26	44:31
114	Peter	Jackson		441	M	M45	17 M 45-49	44:22	44:32
115	Ian	Old	Ipswich Jaffa RC	129	M	MO	48 M 20-39	44:27	44:32
116	Nathan	Ellis		170	M	M40	23 M 40-44	44:26	44:32
117	Inge	Van tuinen Nijkamp	Ipswich Jaffa RC	358	F	F0	3 F 20-39	44:28	44:33
118	Steven	Fosker		356	M	M40	24 M 40-44	44:27	44:35
119	Fergus	Cooney		565	M	M15-19	4 M 0-19	44:26	44:36
120	Carl	Witham		516	M	MO	49 M 20-39	44:31	44:38
121	Gary	Sadler		343	M	MO	50 M 20-39	44:38	44:41
122	Joshua	Ripman		197	M	MO	51 M 20-39	44:36	44:42
123	Wayne	Tillinghast		267	M	M40	25 M 40-44	44:32	44:45
124	Luke	Heeney		277	M	M45	18 M 45-49	44:40	44:48
125	Paul	Masterson		204	M	M45	19 M 45-49	44:45	44:48
126	Gary	Lowe		41	M	M55	4 M 55-59	44:44	44:53
127	Mark	Flatman		484	M	M40	26 M 40-44	44:46	44:53
128	Thomas	Dixon		194	M	MO	52 M 20-39	44:46	44:55
129	Mark	Lyttle	Haven Power - Lightning Voltz	658	M	MO	53 M 20-39	44:49	44:55
130	Oliver	Gillespie	Ipswich Harriers	448	M	M15-19	5 M 0-19	44:48	45:01
131	Matthew	Perks		212	M	MO	54 M 20-39	45:00	45:06
132	Mark	Goodwin	Felixstowe RRC	184	M	M40	27 M 40-44	45:04	45:07

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133	Graham	Lazenby		384	M	MO	55 M 20-39	45:09	45:14
134	Robert	Squirrell		413	M	M40	28 M 40-44	45:16	45:24
135	David	Marsh		262	M	MO	56 M 20-39	45:12	45:27
136	Steven	Kent	Harwich Runners	203	M	M50	7 M 50-54	45:20	45:31
137	Colin	Shaw		117	M	M45	20 M 45-49	45:26	45:32
138	Gavin	Raby		68	M	MO	57 M 20-39	45:20	45:33
139	Toby	Milton		355	M	MO	58 M 20-39	45:23	45:33
140	Ollie	Holloway	The Galley	636	M	MO	59 M 20-39	45:24	45:35
141	Jacob	Collins	Ipswich Jaffa RC	167	M	MO	60 M 20-39	45:30	45:45
142	Julian	Herbert	Notcutts	748	M	M45	21 M 45-49	45:22	45:51
143	Lee	Markham	Woodbridge Shufflers RC	536	M	MO	61 M 20-39	45:41	45:51
144	Sean	Turner		42	M	MO	62 M 20-39	45:44	45:53
145	Nick	Alexandrou		177	M	MO	63 M 20-39	45:47	45:53
146	Anthony	Mayston		159	M	M55	5 M 55-59	45:47	45:57
147	Gareth	Jones		377	M	MO	64 M 20-39	45:45	45:58
148	Alastair	Bartlett	Woodbridge Shufflers RC	71	M	MO	65 M 20-39	45:52	46:02
149	Anthony	Barsoum		111	M	MO	66 M 20-39	45:56	46:04
150	Daniel	Bond		255	M	MO	67 M 20-39	45:53	46:04
151	Max	Booth		35	M	M45	22 M 45-49	46:00	46:05
152	Daniel	Wildon		235	M	MO	68 M 20-39	46:02	46:07
153	Tom	Fletcher		581	M	M15-19	6 M 0-19	45:54	46:08
154	Ross	Compton		169	M	MO	69 M 20-39	46:06	46:08
155	Jordan	Bailey		269	M	MO	70 M 20-39	46:00	46:10
156	William	Owen		529	M	MO	71 M 20-39	46:04	46:14
157	Richard	Owen		527	M	M60	3 M 60-64	46:07	46:16
158	David	Fordham	Saxmundham Sports Running & Fitness Club	216	M	M65	1 M 65-69	46:11	46:18
159	Glenn	Howard	Howard Construction	682	M	M40	29 M 40-44	46:16	46:19
160	Kirsten	Jamie		365	F	F0	4 F 20-39	46:12	46:20
161	Matt	Davey	Tiptree Road Runners	54	M	MO	72 M 20-39	46:16	46:21
162	Luke	Garnham	Brafe	762	M	MO	73 M 20-39	46:12	46:22
163	Erika	Downs	Felixstowe RRC	543	F	F0	5 F 20-39	46:12	46:23
164	Stuart	Moyes		439	M	M40	30 M 40-44	46:12	46:25
165	David	Hopkins	Woodbridge Shufflers RC	297	M	M50	8 M 50-54	46:15	46:26

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166	Charlotte	Alexandrou		178	F	F0	6 F 20-39	46:23	46:28
167	Christian	Pawsey		284	M	M45	23 M 45-49	46:26	46:33
168	Nick	Cottam		241	M	M55	6 M 55-59	46:31	46:38
169	Martin	Andrews	The Cherry Tree	704	M	MO	74 M 20-39	46:19	46:38
170	Jake	Church	Saxmundham Sports Running & Fitness Club	553	M	M15-19	7 M 0-19	46:33	46:41
171	Mike	Ingle		332	M	MO	75 M 20-39	46:32	46:43
172	Martin	Jarvis		74	M	M40	31 M 40-44	46:40	46:43
173	Jon	Tooth		303	M	M45	24 M 45-49	46:40	46:46
174	Benjamin	Baumguertel		66	M	MO	76 M 20-39	46:41	46:48
175	Scott	Luckey	The Galley	631	M	M40	32 M 40-44	46:45	46:49
176	Alex	Jacobs	Felixstowe RRC	46	M	MO	77 M 20-39	46:10	46:50
177	Adrian	Hine	Felixstowe RRC	73	M	M50	9 M 50-54	46:41	46:52
178	Simon	Goldsmith		443	M	M40	33 M 40-44	46:40	46:54
179	Adam	Clark		164	M	MO	78 M 20-39	46:47	46:54
180	Rosie	O'Neill	Local Values	659	F	F0	7 F 20-39	46:42	46:54
181	James	Dunstan		116	M	MO	79 M 20-39	46:46	46:54
182	Phil	Mills		393	M	MO	80 M 20-39	46:48	46:56
183	Kevin	Holland		526	M	MO	81 M 20-39	46:25	46:59
184	David	Seymour	Felixstowe RRC	487	M	M55	7 M 55-59	46:51	47:02
185	Rod	Prime	Ipswich Jaffa RC	601	M	M45	25 M 45-49	46:51	47:07
186	Marc	Whiting		101	M	M40	34 M 40-44	46:52	47:08
187	William	Coe	The Galley	640	M	M45	26 M 45-49	47:06	47:10
188	Cliff	Baldock		208	M	M45	27 M 45-49	46:55	47:10
189	Graham	Brumpton		461	M	M40	35 M 40-44	47:05	47:12
190	David	Birkby		481	M	MO	82 M 20-39	47:01	47:15
191	Nick	Barker		189	M	M50	10 M 50-54	47:13	47:18
192	Vince	Calver	Felixstowe RRC	533	M	M45	28 M 45-49	47:08	47:21
193	Daniel	Markham		535	M	MO	83 M 20-39	47:14	47:24
194	Alistair	Goodier	Ipswich Jaffa RC	240	M	M45	29 M 45-49	47:29	47:29
195	Michael	Dale		497	M	M60	4 M 60-64	47:25	47:32
196	Peter	Frost		50	M	M45	30 M 45-49	47:35	47:35
197	Stuart	Moore		577	M	MO	84 M 20-39	47:30	47:39
198	Michael	Sheldrake	Ipswich Jaffa RC	612	M	MO	85 M 20-39	47:31	47:44

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199	Gregory	Dodds	The King's Head Inn	654	M	M40	36 M 40-44	47:32	47:47
200	Abigail	Pawsey		106	F	F0	8 F 20-39	47:44	47:53
201	Peter	Woods	Felixstowe RRC	92	M	MO	86 M 20-39	47:30	47:53
202	Paul	Schwer	Felixstowe RRC	227	M	M55	8 M 55-59	47:44	47:54
203	Simon	Milldown		388	M	M50	11 M 50-54	47:44	47:56
204	Matt	Cummings	Amarinth	755	M	MO	87 M 20-39	47:53	48:02
205	Mark	Barnett-Ashworth	The Galley	652	M	M50	12 M 50-54	47:46	48:02
206	Sarah	Clarry	Local Values	660	F	F40	2 F 40-44	47:52	48:07
207	Rosie	Horsfield		153	F	F0	9 F 20-39	47:53	48:08
208	Eric	Searle		620	M	M50	13 M 50-54	47:58	48:09
209	Nicola	Weldon	Gotelee Solicitors	621	F	F0	10 F 20-39	48:03	48:10
210	Joe	Hindley		406	M	M15-19	8 M 0-19	47:57	48:11
211	Martin	Vazquez-Benitez		566	M	MO	88 M 20-39	47:54	48:12
212	Daniel	Turner		56	M	MO	89 M 20-39	48:02	48:13
213	Ricky	Burrows	Chapel Properties	734	M	MO	90 M 20-39	48:01	48:16
214	Catherine	Belsom	Gotelee Solicitors	622	F	F40	3 F 40-44	48:00	48:18
215	Nick	Woodley		438	M	MO	91 M 20-39	48:06	48:18
216	Nicola	Ripman		198	F	F0	11 F 20-39	48:04	48:19
217	Patrick	Martin		525	M	M55	9 M 55-59	48:01	48:21
218	Peter	Meads	Wigston Phoenix RC	407	M	M65	2 M 65-69	48:11	48:24
219	Richard	Dempsey	Woodbridge Shufflers RC	36	M	M45	31 M 45-49	48:24	48:33
220	David	Garnham	Ipswich Jaffa RC	473	M	M50	14 M 50-54	48:25	48:34
221	Ian	Kennedy	Framlingham Flyers	510	M	M50	15 M 50-54	48:16	48:35
222	Simon	Carpenter		478	M	MO	92 M 20-39	48:23	48:39
223	Chris	Hilling		567	M	MO	93 M 20-39	48:35	48:41
224	David	Magruder		537	M	MO	94 M 20-39	48:26	48:44
225	Mark	Coolé	Kingsland Linassi	714	M	MO	95 M 20-39	48:30	48:44
226	Paul	Gilson	Ipswich Jaffa RC	236	M	M55	10 M 55-59	48:47	48:47
227	Daniel	Gavin		91	M	M40	37 M 40-44	48:40	48:50
228	Tom	Horn		551	M	MO	96 M 20-39	48:44	48:51
229	Ben	Childs		513	M	MO	97 M 20-39	48:46	48:56
230	Stephen	Parker		540	M	M50	16 M 50-54	48:47	49:02
231	Michael	Mann	Gilmour Piper and Associates	759	M	M55	11 M 55-59	48:58	49:04

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
232	Scott	Hutchinson		264	M	M40	38 M 40-44	48:55	49:04
233	Darren	Sands	Framlingham Flyers	611	M	M40	39 M 40-44	48:54	49:05
234	Darren	Scriven		209	M	MO	98 M 20-39	48:43	49:06
235	Paul	Marshall		491	M	M55	12 M 55-59	48:46	49:06
236	Richard	Haxby		450	M	M50	17 M 50-54	48:59	49:07
237	James	Wood	Ipswich Triathlon Club	330	M	M40	40 M 40-44	48:56	49:07
238	Rachel	Bodsworth	Hadleigh Hares AC	429	F	F0	12 F 20-39	48:55	49:08
239	Nick	Falconer	Woodbridge Shufflers RC	396	M	M50	18 M 50-54	49:05	49:08
240	Andy	Wood	Adnams	726	M	M55	13 M 55-59	49:10	49:10
241	Dillon	Morris		173	M	MO	99 M 20-39	48:56	49:10
242	Andrew	Cooney		588	M	M50	19 M 50-54	49:02	49:13
243	Saffron	Eziashi Dobie		322	F	F15-19	3 F 0-19	48:56	49:13
244	Lee	Murray		375	M	M45	32 M 45-49	48:51	49:16
245	Kate	Card	Gilmour Piper and Associates	758	F	F0	13 F 20-39	49:12	49:17
246	Nik	Armes		563	M	MO	100 M 20-39	49:08	49:19
247	Helen	Jerrold		220	F	F0	14 F 20-39	49:02	49:21
248	Shelly	Chisnall	Local Values	661	F	F0	15 F 20-39	49:08	49:22
249	Rob	Lemare		479	M	M40	41 M 40-44	49:11	49:26
250	Tomas	Motyka		457	M	MO	101 M 20-39	49:16	49:27
251	Andrew	Covell	Woodbridge Shufflers RC	251	M	M50	20 M 50-54	49:15	49:27
252	Richard	Webster	Woodbridge Shufflers RC	458	M	M50	21 M 50-54	49:17	49:27
253	Daniel	Clark	Felixstowe RRC	233	M	M40	42 M 40-44	49:06	49:28
254	Stephen	Howard		98	M	M40	43 M 40-44	49:04	49:31
255	Lyndsey	Moyes		440	F	F0	16 F 20-39	49:16	49:32
256	Clare	Barstow	Framlingham Flyers	571	F	F0	17 F 20-39	49:24	49:34
257	Michael	Martin		293	M	M50	22 M 50-54	48:59	49:34
258	Mark	Sargeantson	Framlingham Flyers	321	M	M60	5 M 60-64	49:24	49:34
259	Ed	Ballard		188	M	M40	44 M 40-44	49:24	49:35
260	Adam	Haile		547	M	MO	102 M 20-39	49:18	49:37
261	Kevin	Clements		55	M	MO	103 M 20-39	49:31	49:37
262	Michael	Streat		308	M	M50	23 M 50-54	49:25	49:37
263	Carol	Kemp	Felixstowe RRC	333	F	F0	18 F 20-39	49:27	49:39
264	Jimmy	Russell	Felixstowe RRC	617	M	M45	33 M 45-49	49:29	49:39

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
265	Sarah	Proffitt	Felixstowe RRC	366	F	F40	4 F 40-44	49:29	49:40
266	Kevin	Hall		31	M	MO	104 M 20-39	49:39	49:45
267	Stephen	Didcott		607	M	M50	24 M 50-54	49:33	49:45
268	James	Rackham	Howard Construction	678	M	MO	105 M 20-39	49:40	49:48
269	Jason	Ashford		400	M	M45	34 M 45-49	49:41	49:50
270	Sam	Linassi	Kingsland Linassi	708	F	F40	5 F 40-44	49:37	49:54
271	Karl	Harris		589	M	MO	106 M 20-39	49:43	49:55
272	Matthew	Reynolds	Lowestoft Road Runners	312	M	MO	107 M 20-39	49:25	49:59
273	Gary	Pilkington		47	M	M45	35 M 45-49	49:33	49:59
274	Tony	Moorcroft		12	M	M50	25 M 50-54	49:53	50:00
275	Aidan	Norris		341	M	MO	108 M 20-39	49:45	50:03
276	Ian	Akers		38	M	MO	109 M 20-39	49:57	50:07
277	Samuel	Jennings		467	M	M40	45 M 40-44	50:02	50:13
278	Vicki	Grice	The Galley	649	F	F0	19 F 20-39	49:53	50:14
279	Amy	Brammar		339	F	F15-19	4 F 0-19	50:07	50:16
280	Graham	Bush	Woodbridge Shufflers RC	610	M	M65	3 M 65-69	50:05	50:16
281	Emma	Meiring		572	F	F45	3 F 45-49	49:58	50:17
282	Thomas	Beecroft		562	M	MO	110 M 20-39	49:48	50:17
283	Alan	Hillyard	Ipswich Jaffa RC	539	M	M50	26 M 50-54	50:09	50:19
284	Oliver	Trethewey		492	M	M50	27 M 50-54	50:13	50:25
285	Darin	Mills		599	M	M45	36 M 45-49	50:10	50:27
286	Darren	Bond	Ipswich Jaffa RC	95	M	M45	37 M 45-49	50:14	50:28
287	James	Buckingham	The Cherry Tree	700	M	MO	111 M 20-39	50:10	50:29
288	Adam	Shapland		292	M	MO	112 M 20-39	50:10	50:33
289	Steve	Reay		132	M	M40	46 M 40-44	50:12	50:34
290	Andy	Clarke		25	M	MO	113 M 20-39	50:20	50:35
291	Stephen	Wade		557	M	M45	38 M 45-49	50:28	50:37
292	Peter	Finch	Ipswich Jaffa RC	163	M	M50	28 M 50-54	50:29	50:46
293	Jo	Parden	Framlingham Flyers	279	F	F45	4 F 45-49	50:40	50:51
294	Sarah	Severwright	Felixstowe RRC	48	F	F0	20 F 20-39	50:42	50:53
295	Phil	Davies	Ipswich Jaffa RC	569	M	M50	29 M 50-54	50:46	50:56
296	Kerry	Buckley		115	M	M45	39 M 45-49	50:37	50:58
297	Ian	Bown		210	M	M50	30 M 50-54	50:46	51:03

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
298	Russell	Cole		108	M	MO	114 M 20-39	50:43	51:04
299	Nick	Fowler		76	M	M50	31 M 50-54	50:52	51:08
300	Dan	Jarrold	Ipswich Triathlon Club	575	M	M40	47 M 40-44	51:01	51:15
301	Lynsey	Leeks		218	F	F0	21 F 20-39	51:08	51:25
302	Susie	Edwards	Orpington Road Runners	609	F	F0	22 F 20-39	51:15	51:27
303	James	Norman		507	M	MO	115 M 20-39	51:06	51:28
304	James	Howard		140	M	MO	116 M 20-39	51:08	51:31
305	Annabel	Leech		174	F	F0	23 F 20-39	51:11	51:32
306	Matthew	McArdle	The King's Head Inn	655	M	MO	117 M 20-39	51:21	51:33
307	Mon	Lee	Ipswich Jaffa RC	496	M	M55	14 M 55-59	51:20	51:34
308	Kirsty	Turner		515	F	F0	24 F 20-39	51:11	51:41
309	Nicholas	Wright		113	M	MO	118 M 20-39	51:31	51:42
310	Chris	Souter	Howard Construction	683	M	M40	48 M 40-44	51:37	51:45
311	Jason	Bixby		432	M	M45	40 M 45-49	51:32	51:52
312	Mick	Taylor		143	M	M60	6 M 60-64	51:42	51:53
313	Adrian	Kendall	Amarinth	754	M	M45	41 M 45-49	51:40	51:56
314	Mike	Hill	Framlingham Flyers	70	M	M65	4 M 65-69	51:38	51:57
315	Hugo	King		183	M	M15-19	9 M 0-19	51:37	51:58
316	Andrew	Gibson	Stowmarket Striders RC	180	M	MO	119 M 20-39	51:28	51:58
317	John	Adams	Ipswich Jaffa RC	288	M	MO	120 M 20-39	51:44	51:59
318	Simon	Hale		418	M	M50	32 M 50-54	51:47	52:01
319	Laura	Davis		546	F	F0	25 F 20-39	51:43	52:02
320	Mark	Crisp	Chapel Properties	731	M	M45	42 M 45-49	51:44	52:03
321	Jason	Mann		20	M	M45	43 M 45-49	51:31	52:06
322	Dean	Porter	Chapel Properties	740	M	M50	33 M 50-54	51:49	52:06
323	Amanda	Deacon		368	F	F0	26 F 20-39	51:51	52:08
324	Melody-Anne	Neville	Stowmarket Striders RC	349	F	F45	5 F 45-49	51:53	52:08
325	Emma	Day	Felixstowe RRC	103	F	F0	27 F 20-39	51:54	52:14
326	Iain	Catchpool	Ipswich Jaffa RC	532	M	M45	44 M 45-49	52:18	52:20
327	Luke	Cerely		357	M	M15-19	10 M 0-19	52:05	52:22
328	Paul	Newson		85	M	M50	34 M 50-54	52:02	52:26
329	Faye	Dodwell		468	F	F0	28 F 20-39	52:07	52:30
330	Howard	Allen		462	M	M45	45 M 45-49	51:59	52:30

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
331	Ed	Millar	East End Road Runners	300	M	MO	121 M 20-39	52:22	52:30
332	Emily	Fisk		217	F	F0	29 F 20-39	52:14	52:32
333	Delroy	Forester	Gressingham Foods	697	M	M40	49 M 40-44	51:54	52:33
334	Isis	Yearley		172	F	F0	30 F 20-39	52:19	52:34
335	Patrick	Cooney		564	M	M50	35 M 50-54	52:23	52:34
336	Alex	Morrison		219	M	M50	36 M 50-54	52:12	52:36
337	Jonathan	Scott	Ipswich Jaffa RC	93	M	MO	122 M 20-39	52:10	52:36
338	John	Penny		295	M	M60	7 M 60-64	52:21	52:37
339	Matthew	Phillips		252	M	MO	123 M 20-39	52:19	52:38
340	Tom	Mayhew	The Cherry Tree	707	M	MO	124 M 20-39	52:27	52:39
341	Matthew	Driver		135	M	M40	50 M 40-44	52:22	52:39
342	Jak	Cook	Specsavers	667	M	MO	125 M 20-39	52:27	52:41
343	David	Mayes	Felixstowe RRC	260	M	MO	126 M 20-39	52:41	52:41
344	Alison	Bills	Brafe	766	F	F40	6 F 40-44	52:21	52:42
345	Shannon	Hopkins	Woodbridge Shufflers RC	24	F	F15-19	5 F 0-19	52:32	52:43
346	Steven	Seinet-Martin	Felixstowe RRC	456	M	M55	15 M 55-59	52:27	52:43
347	Christine	Marsh		263	F	F60	1 F 60-64	52:30	52:45
348	David	Steward		225	M	M50	37 M 50-54	52:34	52:48
349	Adam	Lubbock	Woodbridge School	769	M	M45	46 M 45-49	52:28	52:50
350	Peter	Dyson		544	M	M60	8 M 60-64	52:38	52:56
351	Michael	Howard	Howard Construction	684	M	M45	47 M 45-49	52:48	52:56
352	Stephen	Wade		186	M	M45	48 M 45-49	52:31	52:57
353	Richard	Smith	Felixstowe RRC	320	M	M55	16 M 55-59	52:36	52:57
354	Victoria	Sharp		84	F	F40	7 F 40-44	52:37	53:01
355	Ian	Sillett	Capel Cheetahs	398	M	M55	17 M 55-59	52:36	53:02
356	Gale	Baxter	Specsavers	664	F	F40	8 F 40-44	52:54	53:06
357	Alasdair	McNabb	Gilmour Piper and Associates	760	M	MO	127 M 20-39	53:02	53:08
358	Bob	Reason		62	M	M50	38 M 50-54	52:47	53:08
359	Scott	Earrey		363	M	MO	128 M 20-39	52:57	53:16
360	Simon	Hedge	Felixstowe RRC	305	M	M45	49 M 45-49	52:47	53:17
361	Filipe	Tome	Gressingham Foods	688	M	MO	129 M 20-39	52:37	53:18
362	Pippa	Cresdee	Ipswich Jaffa RC	88	F	F0	31 F 20-39	53:05	53:19
363	Jo	Cresdee		390	F	F0	32 F 20-39	53:05	53:19

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
364	Duncan	Chamberlain	Ipswich Jaffa RC	281	M	M50	39 M 50-54	53:07	53:20
365	Jane	Hutchinson		265	F	F40	9 F 40-44	53:01	53:21
366	Vicky	Westlake	Haven Power - Lightning Voltz	657	F	F0	33 F 20-39	52:53	53:21
367	Matt	Moseley	The Cherry Tree	705	M	MO	130 M 20-39	52:51	53:23
368	Wendy	Houston		590	F	F40	10 F 40-44	53:07	53:23
369	Emma	Gray		350	F	F0	34 F 20-39	53:08	53:26
370	Lucy	Gilbert		464	F	F0	35 F 20-39	53:09	53:26
371	Graham	Mitchell		594	M	M45	50 M 45-49	52:58	53:26
372	Julia	Liddy		511	F	F45	6 F 45-49	53:11	53:27
373	Andrew	Stroud		301	M	M45	51 M 45-49	53:07	53:31
374	Anthony John	Hagen	The Galley	647	M	M40	51 M 40-44	53:18	53:34
375	Ian	Carver		500	M	M40	52 M 40-44	53:14	53:34
376	Alex	Brigginshaw	Amarinth	751	M	M45	52 M 45-49	53:18	53:34
377	Claire	Hobson		274	F	F0	36 F 20-39	53:29	53:36
378	Nick	Apperley		45	M	MO	131 M 20-39	53:19	53:36
379	Juliet	Rhodes		245	F	F50	2 F 50-54	53:15	53:38
380	Arabella	Lewendon	Stowmarket Striders RC	602	F	F50	3 F 50-54	53:19	53:39
381	Paul	McGregor		154	M	M55	18 M 55-59	53:21	53:39
382	Justin	Brown		176	M	M40	53 M 40-44	53:31	53:45
383	Wayne	Wildig	Specsavers	672	M	M45	53 M 45-49	53:23	53:47
384	Malcolm	Horn		550	M	M60	9 M 60-64	53:44	53:51
385	Teresa	Bailey	Framlingham Flyers	268	F	F45	7 F 45-49	53:33	53:52
386	Paul	Cherry		89	M	M45	54 M 45-49	53:28	53:54
387	Brie	Alberto	Specsavers	665	F	F40	11 F 40-44	53:44	53:57
388	Karle	Howard	The King's Head Inn	653	M	M45	55 M 45-49	53:59	53:59
389	Sara	Mcclaughlin	Woodbridge School	770	F	F15-19	6 F 0-19	53:37	53:59
390	Steve	Wilding	Ipswich Jaffa RC	52	M	M55	19 M 55-59	53:46	54:07
391	Clayton	Fosker		482	M	MO	132 M 20-39	53:55	54:08
392	John	Grace		307	M	M40	54 M 40-44	53:47	54:10
393	Sabine	Vogler		605	F	F45	8 F 45-49	54:03	54:12
394	Mark	Wootton	Notcutts	746	M	M45	56 M 45-49	53:55	54:14
395	Calvin	Meek	Notcutts	747	M	MO	133 M 20-39	53:54	54:16
396	Andrew	Bradshaw		222	M	M40	55 M 40-44	53:55	54:16

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
397	Adam	May		148	M	MO	134 M 20-39	53:49	54:16
398	Laura	Collinson		200	F	F45	9 F 45-49	53:57	54:18
399	William	Mcglennon		345	M	M15-19	11 M 0-19	53:46	54:18
400	Duncan	Reed	Amarinth	756	M	MO	135 M 20-39	54:03	54:20
401	Jonathan	Jenkyn	Felixstowe RRC	23	M	MO	136 M 20-39	53:59	54:21
402	Penny	Brice		465	F	F45	10 F 45-49	53:58	54:26
403	Andrew	Soames	Chapel Properties	735	M	M50	40 M 50-54	54:09	54:28
404	Emma	Harraway		114	F	F40	12 F 40-44	54:08	54:28
405	Katie	Churchyard	Brafe	764	F	F0	37 F 20-39	54:25	54:32
406	Emma	Roberts		578	F	F0	38 F 20-39	54:25	54:32
407	James	Foreman	Brafe	763	M	MO	137 M 20-39	54:26	54:33
408	Lisa	Squirrell		412	F	F0	39 F 20-39	54:20	54:34
409	Stephen	Dersley		352	M	M40	56 M 40-44	53:57	54:39
410	Debra	Shaverin		518	F	F0	40 F 20-39	54:18	54:41
411	Mark	Banham	Felixstowe RRC	490	M	M45	57 M 45-49	54:24	54:45
412	Helen	Duggan	Felixstowe RRC	386	F	F50	4 F 50-54	54:20	54:47
413	Mark	Allen	Woodbridge Shufflers RC	141	M	M55	20 M 55-59	54:36	54:52
414	Wendy	Atkinson	Local Values	662	F	F45	11 F 45-49	54:40	54:55
415	Richard	Astbury		39	M	MO	138 M 20-39	54:32	54:59
416	Maia	Gillespie		446	F	F15-19	7 F 0-19	54:39	55:01
417	Dave	Lampard	Felixstowe RRC	453	M	M50	41 M 50-54	54:47	55:03
418	Juliet	Redding		583	F	F45	12 F 45-49	54:45	55:06
419	Faye	Hubard		202	F	F0	41 F 20-39	54:47	55:06
420	Emma	Swallow		475	F	F0	42 F 20-39	54:42	55:07
421	Clare	Reader	The Galley	637	F	F0	43 F 20-39	54:52	55:14
422	David	Beighton	Saint Edmund Pacers	234	M	MO	139 M 20-39	54:55	55:14
423	Gemma	Beckett		582	F	F0	44 F 20-39	55:04	55:17
424	Ashley	Carver		501	M	MO	140 M 20-39	55:04	55:23
425	Paul	Hannatt	Brafe	761	M	M40	57 M 40-44	55:16	55:26
426	Anuradha	Ariyaratne	Specsavers	673	M	M45	58 M 45-49	55:17	55:30
427	David	Jeffreys		466	M	M50	42 M 50-54	55:04	55:31
428	Martin	Stanley		29	M	M50	43 M 50-54	55:09	55:34
429	James	Mehmed		351	M	M40	58 M 40-44	55:00	55:42

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
430	Alex	Williamson		157	M	M15-19	12 M 0-19	55:37	55:49
431	Paul	Williamson		414	M	M55	21 M 55-59	55:37	55:49
432	Keelan	Smith	Saxmundham Sports Running & Fitness Club	63	M	MO	141 M 20-39	55:43	55:51
433	Christopher	Dack	Howard Construction	686	M	M50	44 M 50-54	55:47	55:55
434	Ash	Baker	The Cherry Tree	702	M	MO	142 M 20-39	55:24	55:57
435	Mike	Linnett		127	M	M50	45 M 50-54	55:30	56:01
436	Maureen	Wright	Ipswich Jaffa RC	474	F	F65	1 F 65-69	55:39	56:04
437	Ella	Gillespie		447	F	F15-19	8 F 0-19	55:51	56:13
438	Iain	Hunter	Stowmarket Striders RC	130	M	M55	22 M 55-59	55:58	56:13
439	Mike	Richardson		495	M	M55	23 M 55-59	55:54	56:16
440	Dominique	Ward		360	F	F0	45 F 20-39	56:02	56:25
441	Kate	Hendy	Felixstowe RRC	463	F	F55	1 F 55-59	56:07	56:31
442	Jason	Hope		86	M	M40	59 M 40-44	56:21	56:36
443	Andrew	Reynolds		61	M	MO	143 M 20-39	56:22	56:43
444	Sue	Downes	The Cherry Tree	750	F	F55	2 F 55-59	56:20	56:50
445	Nicola	Garnham	The Cherry Tree	706	F	F0	46 F 20-39	56:19	56:50
446	James	Olsson		17	M	MO	144 M 20-39	56:37	56:50
447	Mary	Ashcroft		445	F	F50	5 F 50-54	56:29	56:51
448	Stafford	Taylor		69	M	M40	60 M 40-44	56:25	56:53
449	Jeremy	Gray		211	M	M50	46 M 50-54	56:28	56:54
450	Tim	Canham		123	M	M40	61 M 40-44	56:27	56:54
451	Abigail	Canham		124	F	F0	47 F 20-39	56:29	56:57
452	Lynsey	Groom		221	F	F0	48 F 20-39	56:38	56:58
453	Robyne	Ingle		444	F	F0	49 F 20-39	56:34	56:58
454	Jo	Hunt	Brafe	767	F	F0	50 F 20-39	56:44	57:01
455	Jan	Risebrow		142	F	F50	6 F 50-54	56:39	57:06
456	Gary	Barker		604	M	M50	47 M 50-54	57:00	57:08
457	Ben	Saunders	Barretts of Woodbridge	729	M	MO	145 M 20-39	56:46	57:10
458	Nick	Jarrold	Ipswich Jaffa RC	309	M	MO	146 M 20-39	56:48	57:13
459	Stuart	Abbott	Amarinth	753	M	M40	62 M 40-44	56:55	57:14
460	Sally	Stowe	Chapel Properties	749	F	F45	13 F 45-49	56:58	57:17
461	Alan	Flatt		104	M	M45	59 M 45-49	56:55	57:21
462	Daisy	Shaw		118	F	F15-19	9 F 0-19	56:59	57:22

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
463	Jennifer	Lynch	Felixstowe RRC	431	F	F50	7 F 50-54	57:00	57:24
464	Andrew	Rice		402	M	M45	60 M 45-49	56:45	57:25
465	Andrew	Thompson	The Cherry Tree	699	M	MO	147 M 20-39	56:54	57:27
466	Tim	Beecroft		561	M	M50	48 M 50-54	57:02	57:31
467	Emma	Hibbert	Adnams	727	F	F40	13 F 40-44	57:10	57:32
468	Phil	Jerstice		327	M	M45	61 M 45-49	57:10	57:34
469	Jenny	Double		97	F	F0	51 F 20-39	57:10	57:42
470	Rob	Parr	Kingsland Linassi	716	M	MO	148 M 20-39	57:21	57:44
471	Ruth	Owen		528	F	F0	52 F 20-39	57:21	57:45
472	Chris	Childs		421	M	M45	62 M 45-49	57:10	57:46
473	Paul	Martin		190	M	M55	24 M 55-59	57:20	57:47
474	Tom	Walter	Gressingham Foods	691	M	MO	149 M 20-39	57:18	57:49
475	Mary	Burgess	Felixstowe RRC	372	F	F60	2 F 60-64	57:14	57:50
476	Chris	Slemmings	Ipswich Triathlon Club	470	M	M65	5 M 65-69	57:22	57:52
477	Rosie	Jackson		505	F	F0	53 F 20-39	57:15	57:53
478	Felix	Cory-Wright		504	M	MO	150 M 20-39	57:15	57:53
479	Roger	Tripp	Chapel Properties	737	M	M50	49 M 50-54	57:35	57:54
480	Jackie	Tripp	Chapel Properties	739	F	F50	8 F 50-54	57:35	57:54
481	Natasha	Goldsmith		477	F	F0	54 F 20-39	57:28	57:56
482	Mark	Goldsmith		476	M	M55	25 M 55-59	57:28	57:56
483	Onitha	Jarrold		574	F	F40	14 F 40-44	57:34	57:59
484	Stuart	Hollingsworth		489	M	M45	63 M 45-49	57:28	57:59
485	Jennifer	Wright	Ipswich Jaffa RC	370	F	F0	55 F 20-39	57:37	58:03
486	Amanda	Childs		18	F	F45	14 F 45-49	57:36	58:03
487	Hugh	Rowland	Gotelee Solicitors	627	M	M55	26 M 55-59	57:36	58:05
488	Robert	Whiting		548	M	M55	27 M 55-59	57:46	58:06
489	Damian	Heavern		437	M	M45	64 M 45-49	57:41	58:06
490	Jo	Whelan	Felixstowe RRC	334	F	F55	3 F 55-59	57:45	58:07
491	Tom	Griffiths		239	M	M40	63 M 40-44	57:42	58:08
492	Paul	Sheldrake		247	M	M40	64 M 40-44	57:40	58:09
493	Katherine	Aveston		426	F	F0	56 F 20-39	57:42	58:11
494	Paddy	Allen		618	M	M45	65 M 45-49	57:50	58:13
495	Louise	Judge		250	F	F45	15 F 45-49	57:51	58:14

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
496	William	Schwer	Felixstowe RRC	228	M	MO	151 M 20-39	57:41	58:14
497	Hannah	Brown		242	F	F0	57 F 20-39	57:42	58:17
498	Paul	Wallington		243	M	MO	152 M 20-39	57:42	58:17
499	Megan	Moon		522	F	F15-19	10 F 0-19	57:57	58:19
500	Jennifer	Devaney	Stowmarket Striders RC	524	F	F0	58 F 20-39	58:02	58:22
501	Michelle	Gooding	Specsavers	671	F	F40	15 F 40-44	58:09	58:23
502	Sarah	Baker	Specsavers	668	F	F0	59 F 20-39	58:10	58:23
503	Kat	Easthope	Kingsland Linassi	711	F	F0	60 F 20-39	57:53	58:29
504	Sandra	Thornton		100	F	F40	16 F 40-44	58:06	58:29
505	William	Catchpole	East Green Energy	743	M	M55	28 M 55-59	58:15	58:40
506	Meinir	Childs		422	F	F40	17 F 40-44	58:29	58:47
507	Adam	Kearney		161	M	MO	153 M 20-39	58:24	58:47
508	Eleanor	Berry		531	F	F0	61 F 20-39	58:13	58:49
509	Julia	Wetzel		423	F	F0	62 F 20-39	58:14	58:50
510	Jack	Saville	Turk's head	719	M	M15-19	13 M 0-19	58:35	58:50
511	Yasmin	Purves	Turk's head	720	F	F0	63 F 20-39	58:38	58:54
512	Hayley	Hannatt		77	F	F40	18 F 40-44	58:35	58:56
513	Sarah	Lemare		480	F	F0	64 F 20-39	58:32	59:01
514	Samantha	Simpson		595	F	F45	16 F 45-49	58:41	59:03
515	Tracey	Childs		514	F	F0	65 F 20-39	58:47	59:06
516	Steven	Reynolds		109	M	M55	29 M 55-59	58:42	59:13
517	Laura	Ford		285	F	F0	66 F 20-39	58:59	59:16
518	Jan	Gillespie		449	F	F50	9 F 50-54	58:54	59:17
519	Lisa	Foster		394	F	F40	19 F 40-44	58:53	59:19
520	Hannah	Dale		498	F	F15-19	11 F 0-19	58:56	59:21
521	Ant	Whitaker		249	M	M50	50 M 50-54	58:59	59:23
522	Tammy	Sillett		600	F	F0	67 F 20-39	59:03	59:29
523	Tracey	Wade		558	F	F40	20 F 40-44	59:19	59:33
524	Lucy	King		75	F	F50	10 F 50-54	59:16	59:36
525	Andrea	Dix		22	F	F40	21 F 40-44	59:12	59:39
526	Wendy	Kellett		541	F	F45	17 F 45-49	59:11	59:45
527	Cath	Norton		459	F	F0	68 F 20-39	59:25	59:48
528	Clare	Adams		329	F	F50	11 F 50-54	59:12	59:48

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
529	Mark	Cope		542	M	M45	66 M 45-49	59:12	59:48
530	Shannen	Church		554	F	F0	69 F 20-39	59:35	59:51
531	Fiona	Hotston-Moore		361	F	F50	12 F 50-54	59:21	59:55
532	Graham	Hines		362	M	M50	51 M 50-54	59:23	59:57
533	Alexander	Holsgrove		283	M	MO	154 M 20-39	59:36	59:57
534	Luke	Bidulph	The Cherry Tree	703	M	MO	155 M 20-39	1:00:03	1:00:03
535	Margaret	Pratt		28	F	F40	22 F 40-44	59:38	1:00:05
536	Terri	Green	Ipswich Jaffa RC	171	F	F0	70 F 20-39	59:39	1:00:06
537	Holly	Gibson		27	F	F40	23 F 40-44	59:39	1:00:06
538	Sarah	Cole		282	F	F0	71 F 20-39	59:45	1:00:07
539	Jordan	Harrison		420	F	F0	72 F 20-39	59:43	1:00:10
540	Carl	Dunnett		579	M	M40	65 M 40-44	59:43	1:00:10
541	Josi	Barker		391	F	F0	73 F 20-39	59:34	1:00:12
542	Sue	Jerstice	Felixstowe RRC	326	F	F45	18 F 45-49	59:50	1:00:14
543	Alison	Taylor		405	F	F50	13 F 50-54	59:59	1:00:18
544	Mark	Crompton		58	M	M50	52 M 50-54	1:00:09	1:00:24
545	Farran	Scott		389	M	MO	156 M 20-39	1:00:24	1:00:24
546	Michael	Cook		573	M	M45	67 M 45-49	1:00:13	1:00:33
547	David	Atkins		399	M	M45	68 M 45-49	1:00:01	1:00:33
548	Laura	Gilmore	Framlingham Flyers	597	F	F45	19 F 45-49	1:00:14	1:00:41
549	Heidi	Knight	Capel Cheetahs	102	F	F40	24 F 40-44	1:00:16	1:00:42
550	Abraham	Akbareian	Amarinth	757	M	MO	157 M 20-39	1:00:27	1:00:44
551	Jon	Parker		237	M	M45	69 M 45-49	1:00:06	1:00:45
552	Ian	Linassi	Kingsland Linassi	709	M	M40	66 M 40-44	1:00:08	1:00:45
553	Laura	Read	Gotelee Solicitors	625	F	F0	74 F 20-39	1:00:17	1:00:46
554	Angie	Lewis		224	F	F40	25 F 40-44	1:00:13	1:00:48
555	Kurt	Lewis		138	M	M45	70 M 45-49	1:00:14	1:00:48
556	Sarah	Howe	Adnams	724	F	F0	75 F 20-39	1:00:12	1:00:49
557	Marianne	Hedge	Felixstowe RRC	304	F	F40	26 F 40-44	1:00:21	1:00:50
558	Sally	Marr		215	F	F15-19	12 F 0-19	1:00:25	1:00:51
559	Robert Irvine	Marr		213	M	M45	71 M 45-49	1:00:26	1:00:52
560	Anna	Sharpin		302	F	F45	20 F 45-49	1:00:13	1:00:53
561	Dawn	Robb	Gotelee Solicitors	624	F	F0	76 F 20-39	1:00:25	1:00:54

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
562	Anna	Mason		26	F	F40	27 F 40-44	1:00:15	1:00:55
563	Lucy	Hollis	Woodbridge Shufflers RC	367	F	F0	77 F 20-39	1:00:34	1:01:09
564	Alex	Allen		471	M	MO	158 M 20-39	1:00:39	1:01:09
565	Esther	Kiehl	Felixstowe RRC	181	F	F40	28 F 40-44	1:00:39	1:01:16
566	Jane	Ling		83	F	F50	14 F 50-54	1:00:55	1:01:24
567	Dave	Manning		82	M	M50	53 M 50-54	1:00:55	1:01:25
568	Vincent	Hunt		344	M	M55	30 M 55-59	1:00:59	1:01:31
569	Fiona	Coe	The Galley	641	F	F45	21 F 45-49	1:01:14	1:01:36
570	Louise	Fletcher	The Galley	648	F	F45	22 F 45-49	1:01:18	1:01:40
571	Roger	Sales		133	M	M65	6 M 65-69	1:01:01	1:01:40
572	Sarah	Aveston		425	F	F0	78 F 20-39	1:01:12	1:01:42
573	Jean	Morris		424	F	F40	29 F 40-44	1:01:13	1:01:43
574	Jonathan	Kent		8	M	M45	72 M 45-49	1:01:26	1:01:53
575	Danielle	Cazey	Specsavers	669	F	F0	79 F 20-39	1:01:55	1:02:09
576	Amanda	Prior	Barker Gotelee Solicitors	771	F	F45	23 F 45-49	1:01:38	1:02:09
577	Cherie	Milbourn		619	F	F0	80 F 20-39	1:01:48	1:02:11
578	Amy	Smith		254	F	F0	81 F 20-39	1:01:36	1:02:12
579	Jane	Hunt	The Galley	646	F	F50	15 F 50-54	1:01:50	1:02:12
580	Keith	Fisher		469	M	M55	31 M 55-59	1:01:51	1:02:22
581	Rachel	Buckingham	The Cherry Tree	701	F	F0	82 F 20-39	1:01:57	1:02:27
582	Hayley	Berkel		147	F	F40	30 F 40-44	1:02:06	1:02:31
583	Lucy	Driver	Felixstowe RRC	503	F	F0	83 F 20-39	1:02:03	1:02:32
584	Leonora	Chandler		435	F	F40	31 F 40-44	1:02:11	1:02:42
585	Joe	Chandler		436	M	M50	54 M 50-54	1:02:11	1:02:42
586	Naomi	Baxter		94	F	F0	84 F 20-39	1:02:08	1:02:45
587	Carita	Farthing	Felixstowe RRC	275	F	F0	85 F 20-39	1:02:18	1:02:49
588	Janet	Fricker		354	F	F45	24 F 45-49	1:02:30	1:02:50
589	Harriet	Wickson		99	F	F0	86 F 20-39	1:02:19	1:02:51
590	Hannah	Cummings		193	F	F0	87 F 20-39	1:02:26	1:02:59
591	John	Cummings		192	M	M50	55 M 50-54	1:02:27	1:03:00
592	Alison	Leech	Stowmarket Striders RC	534	F	F45	25 F 45-49	1:02:33	1:03:08
593	Jamie	Lawton		19	M	MO	159 M 20-39	1:02:41	1:03:10
594	Deborah	Stone		408	F	F60	3 F 60-64	1:02:43	1:03:14

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
595	Michael	Newman	Gressingham Foods	698	M	MO	160 M 20-39	1:02:38	1:03:19
596	Nicky	Rogers		376	F	F45	26 F 45-49	1:03:04	1:03:22
597	Katharine	Turner	The Galley	644	F	F50	16 F 50-54	1:02:51	1:03:25
598	Florence	Richmond	The Galley	634	F	F15-19	13 F 0-19	1:02:52	1:03:25
599	Ruth	Hatch	The Galley	633	F	F45	27 F 45-49	1:02:53	1:03:25
600	Sarah	Shinnie		16	F	F0	88 F 20-39	1:02:50	1:03:26
601	Samantha	Vata	The Galley	645	F	F40	32 F 40-44	1:02:56	1:03:30
602	Ali	Hopkins		608	F	F40	33 F 40-44	1:03:13	1:03:42
603	Kerri-Ann	Butcher	Kingsland Linassi	710	F	F0	89 F 20-39	1:03:14	1:03:50
604	Julie	Murray	Notcutts	744	F	F45	28 F 45-49	1:03:34	1:03:52
605	Sarah	Cooke		259	F	F40	34 F 40-44	1:03:29	1:04:01
606	Laura	Melville		585	F	F0	90 F 20-39	1:03:41	1:04:07
607	Nicola	Stevenson	Felixstowe RRC	319	F	F55	4 F 55-59	1:03:42	1:04:08
608	Rhonda	Horne		530	F	F40	35 F 40-44	1:03:38	1:04:15
609	Mike	Williams		151	M	M55	32 M 55-59	1:03:43	1:04:15
610	Helen	Hollingsworth		488	F	F40	36 F 40-44	1:03:45	1:04:16
611	Sally	Solomon	Felixstowe RRC	614	F	F45	29 F 45-49	1:03:51	1:04:16
612	Philip	Steward-Rudland		290	M	MO	161 M 20-39	1:03:42	1:04:22
613	Denise	Ford		286	F	F55	5 F 55-59	1:03:53	1:04:24
614	Kim	Perkins		291	F	F0	91 F 20-39	1:04:25	1:04:25
615	Ian	Scopes		289	M	M40	67 M 40-44	1:03:46	1:04:25
616	Ian	Lightfoot	Woodbridge Shufflers RC	96	M	MO	162 M 20-39	1:03:56	1:04:28
617	Kate	Allen		472	F	F0	92 F 20-39	1:04:00	1:04:31
618	Stacy	Southgate		65	F	F0	93 F 20-39	1:04:03	1:04:34
619	Amy	Culf		517	F	F0	94 F 20-39	1:04:05	1:04:34
620	Gary	Seddon-Price		378	M	M45	73 M 45-49	1:04:09	1:04:42
621	Sacha	Seddon-Price		379	F	F40	37 F 40-44	1:04:09	1:04:43
622	Sophie	O'Brien		383	F	F0	95 F 20-39	1:04:32	1:04:56
623	Robyn	Llewellyn	Adnams	723	F	F0	96 F 20-39	1:04:24	1:05:00
624	Justin	Ostler	Felixstowe RRC	318	M	M40	68 M 40-44	1:04:34	1:05:07
625	Anika	Shenfield	Felixstowe RRC	81	F	F45	30 F 45-49	1:05:32	1:06:01
626	Tina	Church	Saxmundham Sports Running & Fitness Club	552	F	F40	38 F 40-44	1:05:47	1:06:03
627	Nic	Hill		78	M	M45	74 M 45-49	1:06:09	1:06:09

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
628	Sarah	Bixby		433	F	F40	39 F 40-44	1:05:37	1:06:17
629	Alistair	Mitchell	The Galley	629	M	M45	75 M 45-49	1:06:20	1:06:44
630	Stella	Mitchell	The Galley	628	F	F45	31 F 45-49	1:06:20	1:06:44
631	Tom	Selby		596	M	M55	33 M 55-59	1:06:30	1:07:00
632	Steph	Charlton	Gressingham Foods	695	F	F0	97 F 20-39	1:06:33	1:07:11
633	Justine	Rudolph	Amarinth	752	F	F40	40 F 40-44	1:06:42	1:07:21
634	Rachael	Miller	Felixstowe RRC	336	F	F0	98 F 20-39	1:06:55	1:07:28
635	Sarah	Marsh		80	F	F40	41 F 40-44	1:06:57	1:07:34
636	Terri	Gould	Felixstowe RRC	324	F	F0	99 F 20-39	1:07:08	1:07:41
637	Hayley	Sallows	Howard Construction	681	F	F45	32 F 45-49	1:07:45	1:07:53
638	Cheryl	Burgess	Adnams	725	F	F0	100 F 20-39	1:07:48	1:08:25
639	Bridget	Howard	Gressingham Foods	692	F	F0	101 F 20-39	1:08:09	1:08:48
640	Andrea	Baugh		380	F	F45	33 F 45-49	1:08:16	1:08:53
641	Lindsey	Ward		382	F	F45	34 F 45-49	1:08:17	1:08:55
642	Maddy	Barrett		139	F	F0	102 F 20-39	1:08:31	1:09:09
643	Alan	Burton	Specsavers	666	M	MO	163 M 20-39	1:09:12	1:09:26
644	Lee	Mathews		119	M	M40	69 M 40-44	1:09:08	1:09:37
645	Lois	Mansfield		206	F	F0	103 F 20-39	1:09:35	1:09:51
646	Ian	Hammond		205	M	M45	76 M 45-49	1:09:35	1:09:51
647	Tim	Davy		340	M	MO	164 M 20-39	1:09:18	1:09:56
648	Philip	Cowles		105	M	M55	34 M 55-59	1:09:31	1:10:12
649	Michele	Ostler		107	F	F50	17 F 50-54	1:09:34	1:10:13
650	Elliott	Hefford	Kingsland Linassi	712	M	MO	165 M 20-39	1:10:16	1:10:54
651	Dalkaji	Gurung	Kingsland Linassi	717	F	F0	104 F 20-39	1:10:57	1:11:32
652	Angela	Soames	Felixstowe RRC	615	F	F40	42 F 40-44	1:11:23	1:11:48
653	Hannah	Carlton	Haven Power - Lightning Voltz	656	F	F0	105 F 20-39	1:11:52	1:12:19
654	Charlotte	Richardson	Ipswich Jaffa RC	347	F	F40	43 F 40-44	1:11:57	1:12:35
655	Mary	Strang		238	F	F45	35 F 45-49	1:12:25	1:12:58
656	Christopher	Strang		162	M	M55	35 M 55-59	1:12:26	1:12:59
657	Brian	Turner	Ipswich Jaffa RC	261	M	M70	1 M 70-99	1:13:07	1:13:42
658	Vicki	Allison	Framlingham Flyers	90	F	F0	106 F 20-39	1:13:18	1:13:45
659	Stacey	Case		253	F	F0	107 F 20-39	1:13:55	1:14:14
660	Sasha	Laxton	Howard Construction	680	F	F0	108 F 20-39	1:14:10	1:14:19

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
661	Kate	Mills		392	F	F0	109 F 20-39	1:14:27	1:15:01
662	Deborah	Woodbridge	Ipswich Jaffa RC	616	F	F45	36 F 45-49	1:14:26	1:15:03
663	Abbie	Crisp	Chapel Properties	732	F	F0	110 F 20-39	1:15:48	1:16:08
664	Susan	Hunter	Stowmarket Striders RC	131	F	F55	6 F 55-59	1:15:31	1:16:09
665	Charlotte	Wood	Kingsland Linassi	715	F	F0	111 F 20-39	1:15:37	1:16:15
666	Simon	Nunn		33	M	MO	166 M 20-39	1:16:11	1:16:50
667	Jo	Palmer		34	F	F0	112 F 20-39	1:16:11	1:16:51
668	Annie	Howard	Howard Construction	685	F	F15-19	14 F 0-19	1:17:09	1:17:17
669	Ugur	Vata	The Galley	635	M	M50	56 M 50-54	1:19:29	1:20:03
670	Russell David	Stowe	The Galley	638	M	M45	77 M 45-49	1:19:29	1:20:03
671	Robert	Mabey	The Galley	651	M	M55	36 M 55-59	1:19:30	1:20:04
672	Mathew	Blowers	Chapel Properties	736	M	M40	70 M 40-44	1:20:36	1:20:56
673	Mark	Blackburn	Ipswich Jaffa RC	199	M	M45	78 M 45-49	1:34:28	1:35:05
674	Nicola	Charlton	Gressingham Foods	694	F	F15-19	15 F 0-19	1:34:28	1:35:06
675	Bonnie	Collins	Local Values	663	F	F0	113 F 20-39	1:34:29	1:35:07