

Woodbridge 10K 2018 Woodbridge 10K**Overall Finish List****May 20, 2018****Results By Race Management Systems, Inc.**

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
1	Andrew	ROOKE	Framlingham Flyers	1	M 20 to 39	1 Open	31:52	31:54
2	Michael	ECCLES	Norfolk Gazelles AC	451	M 20 to 39	2 Open	33:28	33:29
3	James	CALVERT	Ipswich Jaffa RC	456	M 40 to 44	3 Open	34:34	34:35
4	Nathan	GODDARD	Ipswich Harriers	307	M 15 to 19	1 M 15-19	35:10	35:11
5	Keith	TILLEY	Ipswich Jaffa RC	341	M 45 to 49	1 M 45-49	35:35	35:36
6	Austin	VIDAL COCKER		59	M 20 to 39	1 M 20-39	35:42	35:43
7	Adam	HOWLETT	Framlingham Flyers	495	M 45 to 49	2 M 45-49	35:59	36:00
8	Ben	WILLIAMS		225	M 20 to 39	2 M 20-39	36:01	36:03
9	Neil	TURNER		40	M 50 to 54	1 M 50-54	36:04	36:06
10	Darren	SHEPPARD	Framlingham Flyers	205	M 45 to 49	3 M 45-49	36:36	36:37
11	Nicholas	CLARKE	Ipswich Jaffa RC	376	M 20 to 39	3 M 20-39	36:45	36:47
12	Andy	ELLIS	Felixstowe RRC	230	M 20 to 39	4 M 20-39	37:08	37:09
13	Barnaby	RUFFORD		53	M 45 to 49	4 M 45-49	37:17	37:20
14	Jack	WILKINSON		266	M 20 to 39	5 M 20-39	37:27	37:29
15	Christopher	MILES		325	M 40 to 44	1 M 40-44	37:32	37:35
16	Neil	PARKIN		253	M 40 to 44	2 M 40-44	37:46	37:49
17	Ian	WESTLAKE		535	M 20 to 39	6 M 20-39	37:47	37:49
18	Ian	OLD	Ipswich Jaffa RC	351	M 20 to 39	7 M 20-39	37:49	37:51
19	Wayne	COOK	Colchester Harriers AC	11	M 45 to 49	5 M 45-49	37:51	37:53
20	Alex	EVANS LOMBE	Ipswich Harriers	61	M 15 to 19	2 M 15-19	38:05	38:07
21	Marc	BRIGGS	Ipswich Jaffa RC	543	M 20 to 39	8 M 20-39	38:07	38:09
22	Russell	BROWN		271	M 50 to 54	2 M 50-54	38:09	38:12
23	Kevin	PEIRCE	Ipswich Harriers	547	M 40 to 44	3 M 40-44	38:09	38:12
24	Douglas	HOBSON	St Albans Striders	393	M 20 to 39	9 M 20-39	38:19	38:21
25	Paul	FENN		422	M 20 to 39	10 M 20-39	38:29	38:31
26	Steve	BROOKE	Felixstowe RRC	434	M 45 to 49	6 M 45-49	38:30	38:33
27	James	CORNISH	Woodbridge Shufflers Running Club	523	M 40 to 44	4 M 40-44	38:44	38:48
28	Nick	PALMER	Barker Gotelee	616	M 40 to 44	5 M 40-44	38:44	38:50
29	Oliver	GILLESPIE	Barretts of Woodbridge	733	M 15 to 19	3 M 15-19	38:55	39:01
30	Mark	HAYDEN	Ipswich Harriers	181	M 45 to 49	7 M 45-49	39:01	39:03
31	Ben	WILLIAMS	Datchet Dashers	381	M 20 to 39	11 M 20-39	39:00	39:04
32	Mark	ALLEN		255	M 50 to 54	3 M 50-54	39:02	39:06

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
33	Alastair	READ	Felixstowe RRC	483	M 40 to 44	6 M 40-44	39:05	39:09
34	Matthew	PAYNE		206	M 20 to 39	12 M 20-39	39:16	39:19
35	Stuart	BUCHAN	Ipswich Jaffa RC	86	M 20 to 39	13 M 20-39	39:28	39:32
36	Ian	DUGGAN	Felixstowe RRC	458	M 50 to 54	4 M 50-54	39:34	39:39
37	Daniel	INGLEBY	Ipswich Jaffa RC	55	M 20 to 39	14 M 20-39	39:36	39:39
38	Lee	BARBER	Framlingham Flyers	480	M 20 to 39	15 M 20-39	39:36	39:41
39	Michael	GALBRAITH		402	M 45 to 49	8 M 45-49	39:43	39:49
40	Nick	SMITH	Woodbridge School Team10K	625	M 40 to 44	7 M 40-44	39:49	39:51
41	Tim	BRAMMAR		157	M 50 to 54	5 M 50-54	39:47	39:51
42	Marcus	CATLIN	Ipswich Jaffa RC	237	M 40 to 44	8 M 40-44	39:53	39:57
43	Oilver	COOPER		297	M 20 to 39	16 M 20-39	40:01	40:04
44	Steve	PAUL	Eastern Masters AC	137	M 55 to 59	1 M 55-59	40:00	40:05
45	Elisa	BOSTOCK	Hadleigh Hares AC	258	F 20 to 39	1 Open	40:10	40:14
46	Neal	HARDWICK		9	M 20 to 39	17 M 20-39	40:12	40:19
47	Tim	HANMAN	Ipswich Jaffa RC	58	M 45 to 49	9 M 45-49	40:20	40:22
48	Cameron	THICK	Ipswich Jaffa RC	372	M 20 to 39	18 M 20-39	40:22	40:25
49	Roger	STONE	Felixstowe RRC	436	M 45 to 49	10 M 45-49	40:18	40:32
50	James	NIAL		24	M 20 to 39	19 M 20-39	40:30	40:33
51	Robin	HARPER	Felixstowe RRC	304	M 40 to 44	9 M 40-44	40:43	40:45
52	Chris	JOHNSON		371	M 20 to 39	20 M 20-39	40:43	40:48
53	Rebecca	SMITH		67	F 20 to 39	2 Open	40:44	40:51
54	Neil	CATLEY	Felixstowe RRC	274	M 20 to 39	21 M 20-39	40:50	40:56
55	Thomas	WRIGHT	The Galley	746	M 40 to 44	10 M 40-44	40:52	40:56
56	Dale	WHITMORE		536	M 20 to 39	22 M 20-39	41:00	41:05
57	Dave	BEIGHTON	St Edmunds Pacers	311	M 40 to 44	11 M 40-44	41:06	41:12
58	Andy	GARVIE	Woodbridge School Team10K	626	M 45 to 49	11 M 45-49	41:10	41:14
59	Mark	LYTTLE	Haven Power	649	M 20 to 39	23 M 20-39	41:06	41:15
60	Guy	MORRIS	Ipswich Triathlon Club	421	M 50 to 54	6 M 50-54	41:11	41:16
61	Billy	PRYKE	Haven Power	653	M 20 to 39	24 M 20-39	41:12	41:20
62	Tom	ALEXANDER	Woodbridge Shufflers Running Club	300	M 40 to 44	12 M 40-44	41:20	41:24
63	Mark	ALLEN	Adnams	620	M 45 to 49	12 M 45-49	41:27	41:33
64	Ricky	PEACHER	Framlingham Flyers	438	M 40 to 44	13 M 40-44	41:35	41:39

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Overall Finish List
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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
65	Graham	LAZENBY		153	M 20 to 39	25 M 20-39	41:38	41:46
66	Tom	CUMMINGS		348	M 20 to 39	26 M 20-39	41:39	41:50
67	Jamie	HALL		398	M 20 to 39	27 M 20-39	41:48	41:54
68	Andrew	CRAIG	Woodbridge Shufflers Running Club	509	M 40 to 44	14 M 40-44	41:49	41:56
69	Alan	BARNETT		110	M 20 to 39	28 M 20-39	41:51	41:57
70	Nick	RUNNACLES		10	M 20 to 39	29 M 20-39	41:46	41:58
71	Josh	HANNATT	Brafe	719	M 15 to 19	4 M 15-19	42:00	42:04
72	Mark	BULSTRODE		102	M 20 to 39	30 M 20-39	42:04	42:10
73	Jack	ALLEN		345	M 20 to 39	31 M 20-39	42:12	42:16
74	Joe	ALLEN		390	M 15 to 19	5 M 15-19	42:13	42:16
75	Thomas	FLETCHER		299	M 15 to 19	6 M 15-19	42:11	42:16
76	Thomas	HAYDEN	Ipswich Harriers	283	M 15 to 19	7 M 15-19	42:13	42:17
77	Paul	CLOW	Airborne Fit	667	M 20 to 39	32 M 20-39	42:16	42:19
78	Paul	OSBORNE	Felixstowe RRC	544	M 40 to 44	15 M 40-44	42:14	42:20
79	Stephen	HICKS	Ipswich Harriers	264	M 55 to 59	2 M 55-59	42:19	42:24
80	Rosie	HORSFIELD	Airborne Fit	665	F 20 to 39	3 Open	42:26	42:31
81	Richard	PHILLIPS		573	M 45 to 49	13 M 45-49	42:18	42:32
82	Rebecca	BARNETT		56	F 20 to 39	1 F 20-39	42:31	42:35
83	Duncan	BROWN		51	M 20 to 39	33 M 20-39	42:32	42:36
84	Christopher	LONG		23	M 15 to 19	8 M 15-19	42:36	42:42
85	Gavin	RABY		540	M 40 to 44	16 M 40-44	42:42	42:46
86	Adrian	GOODE	Felixstowe RRC	338	M 50 to 54	7 M 50-54	42:46	42:51
87	James	BURNETT		78	M 20 to 39	34 M 20-39	42:44	42:52
88	Simon	STAFFORD		114	M 45 to 49	14 M 45-49	42:49	42:57
89	Adam	MARKHAM	Gotelee Solicitors	686	M 45 to 49	15 M 45-49	43:14	43:17
90	Sam	BROOKE	Felixstowe RRC	452	M 20 to 39	35 M 20-39	43:15	43:19
91	Angus	CLOGG		187	M 20 to 39	36 M 20-39	43:11	43:23
92	Chris	HILLING		532	M 40 to 44	17 M 40-44	43:17	43:24
93	Matt	DAVEY	Tiptree RRC	5	M 40 to 44	18 M 40-44	43:19	43:25
94	Jonathan	BARNES	Woodbridge Shufflers Running Club	302	M 40 to 44	19 M 40-44	43:19	43:27
95	Steve	PAGE		506	M 50 to 54	8 M 50-54	43:17	43:31
96	Chris	SIMS	Airborne Fit	661	M 20 to 39	37 M 20-39	43:25	43:33

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
97	Emma	ATTWOOD	Stowmarket Striders Running Club	599	F 20 to 39	2 F 20-39	43:25	43:34
98	Rob	PAGE	Ipswich Jaffa RC	80	M 20 to 39	38 M 20-39	43:26	43:35
99	Stuart	WADE		115	M 20 to 39	39 M 20-39	43:26	43:35
100	Geraldine	CLARKE	Framlingham Flyers	101	F 45 to 49	1 F 45-49	43:28	43:40
101	Rob	SQUIRRELL		164	M 45 to 49	16 M 45-49	43:39	43:43
102	Damian	PRYKE		556	M 40 to 44	20 M 40-44	43:40	43:47
103	Dan	CUMMINGS		539	M 20 to 39	40 M 20-39	43:46	43:49
104	Steven	FOSKER		83	M 45 to 49	17 M 45-49	43:45	43:49
105	Mark	GOODWIN	Felixstowe RRC	100	M 45 to 49	18 M 45-49	43:48	43:53
106	Oliver	KING		76	M 20 to 39	41 M 20-39	43:50	43:58
107	Joanne	WATKINS	Norfolk Gazelles AC	491	F 20 to 39	3 F 20-39	43:59	44:07
108	Ollie	JOHNSON	The Galley	757	M 40 to 44	21 M 40-44	44:01	44:08
109	Conner	BILNER	Ipswich Jaffa RC	245	M 15 to 19	9 M 15-19	44:10	44:16
110	Tim	RIPMAN	Airborne Fit	666	M 20 to 39	42 M 20-39	44:08	44:18
111	Robert	FROST		22	M 40 to 44	22 M 40-44	44:11	44:24
112	David	BOWMAN	Airborne Fit	671	M 20 to 39	43 M 20-39	44:21	44:29
113	Ricky	O'NEILL		594	M 20 to 39	44 M 20-39	44:21	44:34
114	Stuart	PYKE		45	M 20 to 39	45 M 20-39	44:28	44:36
115	Steve	WHITTAKER	Woodbridge Shufflers Running Club	243	M 50 to 54	9 M 50-54	44:31	44:36
116	Joe	HINDLEY		592	M 15 to 19	10 M 15-19	44:35	44:41
117	Sarah	CLOW	Airborne Fit	659	F 40 to 44	1 F 40-44	44:34	44:41
118	Robin	BELSOM	Gotelee Solicitors	690	M 55 to 59	3 M 55-59	44:36	44:43
119	Gabriel	MARTINS	Ipswich Jaffa RC	223	M 45 to 49	19 M 45-49	44:36	44:44
120	Kevin	WHELAN	Felixstowe RRC	522	M 50 to 54	10 M 50-54	44:40	44:45
121	Bill	WATSON	Chapel Properties Woodbridge Ltd	639	M 50 to 54	11 M 50-54	44:45	44:52
122	Chris	CONNOLLY	Ipswich Jaffa RC	127	M 20 to 39	46 M 20-39	44:45	44:56
123	Ben	BURROWS	Woodbridge Shufflers Running Club	490	M 40 to 44	23 M 40-44	44:54	44:58
124	Malcolm	PIDD	Woodbridge Shufflers Running Club	405	M 55 to 59	4 M 55-59	44:56	45:01
125	James	HOWARD	Cornerstone Residential Ltd	711	M 20 to 39	47 M 20-39	44:57	45:06
126	Benjamin	ASKEW		226	M 40 to 44	24 M 40-44	44:54	45:07
127	Chuck	LAYZELL		248	M 20 to 39	48 M 20-39	45:02	45:09
128	David	PITT		368	M 20 to 39	49 M 20-39	45:17	45:17

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129	Daniel	DAVIS		487	M 20 to 39	50 M 20-39	45:09	45:19
130	James	DUNSTAN	Woodbridge Shufflers Running Club	443	M 40 to 44	25 M 40-44	45:10	45:19
131	Sean	KENNEDY	Woodbridge Shufflers Running Club	493	M 20 to 39	51 M 20-39	45:13	45:21
132	Mark	FRISTON	Woodbridge Shufflers Running Club	87	M 50 to 54	12 M 50-54	45:14	45:30
133	Alison	GRAHAM	Corsham Running Club	282	F 55 to 59	1 F 55-59	45:22	45:32
134	Leonard	SAUNDERS	Felixstowe RRC	347	M 40 to 44	26 M 40-44	45:29	45:32
135	Mark	HUGHES	Stowmarket Striders Running Club	192	M 45 to 49	20 M 45-49	45:32	45:38
136	Guy	HAYWARD	Framlingham Flyers	559	M 45 to 49	21 M 45-49	45:27	45:39
137	Gavin	DAMANT		292	M 40 to 44	27 M 40-44	45:37	45:49
138	Steve	LEVINSON		212	M 65 to 69	1 M 65-69	45:43	45:51
139	Luke	GARNHAM	Brafe	721	M 20 to 39	52 M 20-39	45:41	45:52
140	Jeff	ALMEIDA-KING		98	M 40 to 44	28 M 40-44	45:42	45:53
141	Graham	BRUMPTON		290	M 40 to 44	29 M 40-44	45:45	45:55
142	Petra	RISBRIDGER	Woodbridge Complimentary Health Centre	647	F 45 to 49	2 F 45-49	45:47	45:59
143	Michael	JENNINGS	Howard Construction	703	M 20 to 39	53 M 20-39	45:46	46:00
144	Nathan	ELLIS		410	M 40 to 44	30 M 40-44	45:59	46:03
145	Mark	GOLDSMITH		183	M 20 to 39	54 M 20-39	46:00	46:05
146	Terri	GREEN	Ipswich Jaffa RC	309	F 20 to 39	4 F 20-39	45:55	46:05
147	Steve	TODD	The Galley	739	M 20 to 39	55 M 20-39	45:44	46:06
148	Andy	GRAY		324	M 40 to 44	31 M 40-44	46:02	46:08
149	Greg	JONES		90	M 20 to 39	56 M 20-39	45:56	46:09
150	Kevin	LINSELL		247	M 45 to 49	22 M 45-49	46:00	46:10
151	Jamie	TAPLIN		85	M 15 to 19	11 M 15-19	45:54	46:12
152	Adam	PLUMMER		374	M 20 to 39	57 M 20-39	46:03	46:16
153	Jamie	SMITH		358	M 20 to 39	58 M 20-39	46:10	46:18
154	Hayley	EMMENS		12	F 20 to 39	5 F 20-39	46:12	46:22
155	Tim	FENN		99	M 40 to 44	32 M 40-44	46:09	46:26
156	Aris	GEORGALAS		333	M 45 to 49	23 M 45-49	46:25	46:36
157	Matt	COTTRELL	The Galley	750	M 50 to 54	13 M 50-54	46:35	46:37
158	Nick	GOLDSMITH		585	M 20 to 39	59 M 20-39	46:31	46:38
159	Mark	DAVEY		158	M 50 to 54	14 M 50-54	46:29	46:39
160	Paul	WIGENS	Woodbridge Shufflers Running Club	273	M 55 to 59	5 M 55-59	46:29	46:43

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161	Nicki	RIPMAN	Airborne Fit	669	F 20 to 39	6 F 20-39	46:35	46:45
162	Benjamin	PHILLIPS		380	M 20 to 39	60 M 20-39	46:41	46:46
163	Glenn	HOWARD	Howard Construction	700	M 45 to 49	24 M 45-49	46:48	46:54
164	Jacob	HOWARD	Ipswich Triathlon Club	576	M 20 to 39	61 M 20-39	46:37	46:55
165	Paul	BALLARD	Hadleigh Hares AC	492	M 40 to 44	33 M 40-44	46:42	46:55
166	Simon	MERRETT		417	M 55 to 59	6 M 55-59	46:38	46:56
167	David	BEASANT		35	M 20 to 39	62 M 20-39	46:21	46:57
168	Seb	HUTTON-SQUIRE		29	M 15 to 19	12 M 15-19	46:40	46:58
169	Damien	MAGEE		57	M 40 to 44	34 M 40-44	46:44	47:00
170	Anna	SINCLAIR	Ipswich Triathlon Club	329	F 45 to 49	3 F 45-49	46:48	47:01
171	Charlotte	ALEXANDROU		317	F 20 to 39	7 F 20-39	46:47	47:02
172	Marc	WHITING		201	M 45 to 49	25 M 45-49	46:57	47:06
173	Vicki	GRICE	Kings Head	695	F 20 to 39	8 F 20-39	46:50	47:06
174	Derek	HOOD	Ipswich Jaffa RC	159	M 40 to 44	35 M 40-44	46:59	47:09
175	Ben	CHILDS		240	M 20 to 39	63 M 20-39	47:04	47:16
176	Tristan	CHILDS		406	M 20 to 39	64 M 20-39	47:00	47:16
177	Richard	DEMPSEY	Woodbridge Shufflers Running Club	362	M 50 to 54	15 M 50-54	47:04	47:18
178	Douglas	HUTTON-SQUIRE		7	M 45 to 49	26 M 45-49	47:01	47:19
179	Oliver James	CHRISTIE	The Galley	741	M 15 to 19	13 M 15-19	47:14	47:26
180	Nick	FALCONER	Felixstowe RRC	140	M 50 to 54	16 M 50-54	47:24	47:31
181	Stuart	ABBOTT		269	M 20 to 39	65 M 20-39	47:28	47:33
182	David	HOPKINS	Woodbridge Complimentary Health Centre	648	M 50 to 54	17 M 50-54	47:17	47:33
183	Richard	WISEMAN		21	M 40 to 44	36 M 40-44	47:16	47:34
184	George	VATA	The Galley	743	M 15 to 19	14 M 15-19	47:24	47:35
185	Jeff	ALLUM		432	M 40 to 44	37 M 40-44	47:19	47:38
186	Lee	MURRAY		166	M 50 to 54	18 M 50-54	47:26	47:41
187	Daniel	AGER	Ipswich Jaffa RC	176	M 45 to 49	27 M 45-49	47:30	47:44
188	Scott	HEELEY	Cornerstone Residential Ltd	710	M 20 to 39	66 M 20-39	47:25	47:44
189	Steve	REAY		129	M 40 to 44	38 M 40-44	47:31	47:46
190	Mark	FLATMAN		471	M 40 to 44	39 M 40-44	47:39	47:52
191	James	BUCKINGHAM	The Cherry Tree	679	M 20 to 39	67 M 20-39	47:49	48:03
192	Ben	CHISNALL	Airborne Fit	662	M 20 to 39	68 M 20-39	47:58	48:06

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193	Luke	READ	Airborne Fit	675	M 20 to 39	69 M 20-39	48:00	48:07
194	Tim	GREEN		331	M 50 to 54	19 M 50-54	47:56	48:07
195	Andy	WRIGHT		111	M 60 to 64	1 M 60-64	47:59	48:08
196	Arash	TADJRISHI	Felixstowe RRC	234	M 40 to 44	40 M 40-44	47:58	48:13
197	Laura	RIPMAN		249	F 20 to 39	9 F 20-39	48:06	48:16
198	Gary	LOWE		37	M 60 to 64	2 M 60-64	48:03	48:17
199	Vicky	MCTAGGART	Gressingham	726	F 40 to 44	2 F 40-44	48:02	48:18
200	David	FARROW	Comerstone Residential Ltd	707	M 20 to 39	70 M 20-39	48:04	48:20
201	Michael	DALE		294	M 60 to 64	3 M 60-64	48:09	48:24
202	Tom	MCGINTY		34	M 20 to 39	71 M 20-39	48:11	48:27
203	Mark	GODBOLD	Ipswich Harriers	427	M 50 to 54	20 M 50-54	48:15	48:28
204	Linda	WOODARD	Felixstowe RRC	400	F 45 to 49	4 F 45-49	48:10	48:28
205	David	MARSH		416	M 40 to 44	41 M 40-44	48:11	48:28
206	Jules	LAWRENCE	Harwich Runners	342	M 40 to 44	42 M 40-44	48:13	48:28
207	Tim	PARNELL	Felixstowe RRC	25	M 50 to 54	21 M 50-54	48:12	48:29
208	Ian	MOODIE		252	M 15 to 19	15 M 15-19	48:10	48:29
209	Marion	PARKER	Felixstowe RRC	308	F 55 to 59	2 F 55-59	48:18	48:29
210	Aaron	SHARP	Chapel Properties Woodbridge Ltd	635	M 20 to 39	72 M 20-39	48:29	48:32
211	Holly	GAME	Barretts of Woodbridge	737	F 20 to 39	10 F 20-39	48:20	48:38
212	Paul	SCHWER	Felixstowe RRC	496	M 55 to 59	7 M 55-59	48:23	48:38
213	Chris	BOND	Haven Power	652	M 20 to 39	73 M 20-39	48:18	48:39
214	Tim	HIGGINS	The Galley	756	M 50 to 54	22 M 50-54	48:23	48:39
215	Tom	WAKE	Ipswich Jaffa RC	6	M 20 to 39	74 M 20-39	48:28	48:39
216	Thomas	BEECROFT		73	M 20 to 39	75 M 20-39	48:15	48:41
217	Abraham	AKBARELAN	Amarinth	768	M 20 to 39	76 M 20-39	48:30	48:41
218	Daniel	GAVIN		575	M 40 to 44	43 M 40-44	48:34	48:42
219	Inge	NIJKAMP	Kings Head	693	F 20 to 39	11 F 20-39	48:32	48:44
220	Simon	BURMAN	Airborne Fit	663	M 50 to 54	23 M 50-54	48:32	48:44
221	Peter	BROOKS		320	M 20 to 39	77 M 20-39	48:29	48:45
222	Dave	HOWGEGO	Felixstowe RRC	367	M 50 to 54	24 M 50-54	48:23	48:48
223	James	BOULDIN	Framlingham Flyers	103	M 20 to 39	78 M 20-39	48:30	48:51
224	Calvin	MEEK	Notcutts	642	M 20 to 39	79 M 20-39	48:35	48:56

Woodbridge 10K 2018 Woodbridge 10K**Overall Finish List****May 20, 2018****Results By Race Management Systems, Inc.**

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
225	David	KERSHAW	Chapel Properties Woodbridge Ltd	636	M 20 to 39	80 M 20-39	48:47	48:57
226	Thomas	VALE		108	M 20 to 39	81 M 20-39	48:30	48:59
227	Daniel	SHANKS	Felixstowe RRC	377	M 40 to 44	44 M 40-44	48:46	49:00
228	Jason	ABLETT	Stowmarket Striders Running Club	461	M 45 to 49	28 M 45-49	48:47	49:03
229	Daniel	LAST		379	M 20 to 39	82 M 20-39	48:48	49:05
230	Karle	HOWARD	Kings Head	694	M 45 to 49	29 M 45-49	48:49	49:06
231	Max	RICHMOND	The Galley	744	M 15 to 19	16 M 15-19	48:57	49:09
232	Simon	PAGE		477	M 45 to 49	30 M 45-49	48:58	49:19
233	Anthony	MAYSTON		276	M 55 to 59	8 M 55-59	49:07	49:20
234	Helen	JERROLD		202	F 20 to 39	12 F 20-39	49:02	49:24
235	Stevan	STRATTON	Gotelee Solicitors	688	M 20 to 39	83 M 20-39	49:07	49:26
236	Lottie	PASSMORE		221	F 15 to 19	1 F 15-19	49:10	49:28
237	Kevin	CLEMENTS		450	M 20 to 39	84 M 20-39	49:19	49:30
238	Paulo	PUCCI		387	M 20 to 39	85 M 20-39	49:19	49:31
239	Penny	BRICE		313	F 45 to 49	5 F 45-49	49:13	49:35
240	Robert	MAWSON	Framlingham Flyers	220	M 60 to 64	4 M 60-64	49:19	49:36
241	Elsa	COONEY		332	F 15 to 19	2 F 15-19	49:20	49:38
242	Neil	CREAK	East of England Co op	628	M 20 to 39	86 M 20-39	49:16	49:42
243	Ian	AKERS		88	M 40 to 44	45 M 40-44	49:34	49:46
244	Christian	PAWSEY		555	M 50 to 54	25 M 50-54	49:36	49:48
245	David	SEYMOUR	Felixstowe RRC	364	M 55 to 59	9 M 55-59	49:43	49:51
246	Carrie	KEMP	Felixstowe RRC	579	F 40 to 44	3 F 40-44	49:35	49:52
247	Gerry	MCCARTHY		238	M 60 to 64	5 M 60-64	49:27	49:52
248	Helen	DUGGAN	Felixstowe RRC	426	F 50 to 54	1 F 50-54	49:35	49:53
249	Sarah	STEPHENS	Airborne Fit	674	F 20 to 39	13 F 20-39	49:38	49:54
250	Nadia	CATTERWELL		47	F 40 to 44	4 F 40-44	49:44	49:54
251	Greg	DODDS	Kings Head	696	M 45 to 49	31 M 45-49	49:33	49:57
252	Adam	RICHARDSON	The Galley	745	M 45 to 49	32 M 45-49	49:44	49:59
253	Matthew	RAWLINGS		198	M 20 to 39	87 M 20-39	49:38	49:59
254	Alison	BILLS		580	F 40 to 44	5 F 40-44	49:49	50:00
255	Gavin	HASNIP		125	M 20 to 39	88 M 20-39	49:39	50:01
256	Julie	DAVEY		262	F 50 to 54	2 F 50-54	49:53	50:03

Woodbridge 10K 2018 Woodbridge 10K**Overall Finish List****May 20, 2018****Results By Race Management Systems, Inc.**

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
257	Cliff	BALDOCK		151	M 45 to 49	33 M 45-49	50:00	50:10
258	Amber	CALVER		54	F 40 to 44	6 F 40-44	49:46	50:11
259	Darren	PAYNE		68	M 50 to 54	26 M 50-54	49:57	50:14
260	Darren	SCRIVEN		263	M 20 to 39	89 M 20-39	50:01	50:16
261	Victoria	BREADMAN	Felixstowe RRC	353	F 20 to 39	14 F 20-39	50:05	50:24
262	David	STEWART	Woodbridge Shufflers Running Club	172	M 55 to 59	10 M 55-59	50:10	50:25
263	Simon	ASKEW		310	M 40 to 44	46 M 40-44	50:13	50:26
264	Emma	STUDD		146	F 20 to 39	15 F 20-39	50:22	50:30
265	Andrew	JAY	Airborne Fit	677	M 50 to 54	27 M 50-54	50:08	50:32
266	Michael	GAFFNEY		236	M 50 to 54	28 M 50-54	50:12	50:32
267	James	BEAUMONT		419	M 20 to 39	90 M 20-39	50:20	50:36
268	Jon	TOOTH		319	M 50 to 54	29 M 50-54	50:13	50:36
269	Belinda	GODBOLD	Ipswich Jaffa RC	484	F 55 to 59	3 F 55-59	50:20	50:38
270	Michael	HOWARD	Howard Construction	698	M 45 to 49	34 M 45-49	50:40	50:47
271	Julian	HERBERT	Notcutts	643	M 50 to 54	30 M 50-54	50:24	50:47
272	Nathan	GOOCH-POSTMA		541	M 15 to 19	17 M 15-19	50:23	50:48
273	Matt	EGERTON		142	M 40 to 44	47 M 40-44	50:28	50:50
274	Steven	MOORE		370	M 45 to 49	35 M 45-49	50:32	50:53
275	Catherine	BELSOM	Gotelee Solicitors	685	F 45 to 49	6 F 45-49	50:32	50:53
276	Gary	GILLON	Haven Power	656	M 50 to 54	31 M 50-54	50:26	50:54
277	Nick	RAY	Airborne Fit	676	M 50 to 54	32 M 50-54	50:42	50:54
278	Max	KING		502	M 20 to 39	91 M 20-39	50:32	50:56
279	Adrian	KENDALL	Amarinth	766	M 45 to 49	36 M 45-49	50:50	51:01
280	Shane	ALLUM	Felixstowe RRC	112	M 20 to 39	92 M 20-39	50:46	51:01
281	Mark	FRENCH		152	M 55 to 59	11 M 55-59	50:32	51:03
282	Paul	BERRIMAN		147	M 45 to 49	37 M 45-49	50:50	51:04
283	Wenna	HACKETT		595	M 20 to 39	93 M 20-39	50:54	51:08
284	Robert	BENNETT		350	M 45 to 49	38 M 45-49	50:48	51:09
285	Tom	CROWTHER		305	M 20 to 39	94 M 20-39	50:56	51:14
286	Jamie	HARPER		145	M 45 to 49	39 M 45-49	50:59	51:18
287	Brendan	KELLY		82	M 60 to 64	6 M 60-64	51:07	51:23
288	Chris	ASTLEY		135	M 40 to 44	48 M 40-44	50:34	51:25

Woodbridge 10K 2018 Woodbridge 10K**Overall Finish List****May 20, 2018****Results By Race Management Systems, Inc.**

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
289	Carl	DUNNETT		72	M 45 to 49	40 M 45-49	51:10	51:30
290	Chris	JOHNS	Woodbridge Shufflers Running Club	360	M 60 to 64	7 M 60-64	51:24	51:32
291	Arianne	AZMOODEH	Kings Head	692	F 20 to 39	16 F 20-39	51:10	51:34
292	Julia	LIDDY		222	F 45 to 49	7 F 45-49	51:17	51:36
293	Jason	BIXBY	Woodbridge Shufflers Running Club	268	M 45 to 49	41 M 45-49	51:25	51:39
294	Kay	OXFORD	Hadleigh Hares AC	560	F 45 to 49	8 F 45-49	51:18	51:42
295	Gary	TAYLOR		551	M 55 to 59	12 M 55-59	51:17	51:43
296	Lucy	RICHARDSON	Planet Music	774	F 20 to 39	17 F 20-39	51:12	51:43
297	Jono	WAKE	Planet Music	773	M 20 to 39	95 M 20-39	51:12	51:43
298	Rob	BRIERLY		96	M 45 to 49	42 M 45-49	51:26	51:46
299	Benjamin	BAUMGUERTEL		582	M 20 to 39	96 M 20-39	51:37	51:48
300	William	COE	The Galley	758	M 45 to 49	43 M 45-49	51:33	51:48
301	Neal	CHURCHYARD		70	M 50 to 54	33 M 50-54	51:21	51:49
302	Katie	CHURCHYARD		138	F 20 to 39	18 F 20-39	51:21	51:49
303	Katie	START	Woodbridge School Team10K	627	F 20 to 39	19 F 20-39	51:25	51:52
304	Andy	HAYWARD	Stowmarket Striders Running Club	322	M 20 to 39	97 M 20-39	51:38	51:54
305	Mon	LEE	Ipswich Jaffa RC	327	M 60 to 64	8 M 60-64	51:47	52:01
306	Michael	STREAT		259	M 55 to 59	13 M 55-59	51:44	52:02
307	Alistair	MITCHELL	The Galley	753	M 45 to 49	44 M 45-49	51:55	52:04
308	Andrew	JARMAN	Haven Power	658	M 20 to 39	98 M 20-39	51:17	52:05
309	John	MCKEE	Framlingham Flyers	207	M 20 to 39	99 M 20-39	51:46	52:06
310	Jo	PARDEN	Framlingham Flyers	343	F 50 to 54	3 F 50-54	51:50	52:07
311	Sara	STAFFORD	Ipswich Jaffa RC	440	F 40 to 44	7 F 40-44	51:44	52:08
312	Ross	LINCOLN		161	M 40 to 44	49 M 40-44	51:52	52:14
313	Luke	GILES		409	M 20 to 39	100 M 20-39	52:11	52:15
314	Rebecca	MOORE		250	F 20 to 39	20 F 20-39	51:55	52:16
315	David	TAYLOR	Framlingham Flyers	453	M 65 to 69	2 M 65-69	51:58	52:18
316	Alice	MANNING	Airborne Fit	678	F 20 to 39	21 F 20-39	52:04	52:19
317	Fiona	COE	The Galley	759	F 45 to 49	9 F 45-49	52:05	52:20
318	Stuart	CLARKE		462	M 20 to 39	101 M 20-39	52:08	52:20
319	Alys	THOMPSON		399	F 40 to 44	8 F 40-44	51:54	52:22
320	Pippa	WAKE	Ipswich Jaffa RC	8	F 20 to 39	22 F 20-39	52:02	52:23

Woodbridge 10K 2018 Woodbridge 10K**Overall Finish List****May 20, 2018****Results By Race Management Systems, Inc.**

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
321	Colin	SMITH	Gressingham	724	M 20 to 39	102 M 20-39	51:56	52:23
322	Lydia	KIRK	Framlingham Flyers	203	F 20 to 39	23 F 20-39	51:56	52:25
323	Samantha	SPENCER	Ipswich Jaffa RC	306	F 20 to 39	24 F 20-39	52:06	52:26
324	Sarah	BOWMAN	Airborne Fit	670	F 20 to 39	25 F 20-39	52:16	52:28
325	Richard	HARRISON	Gilmour Piper	777	M 55 to 59	14 M 55-59	52:07	52:31
326	Amy	HOWARD		196	F 20 to 39	26 F 20-39	52:18	52:36
327	Dominique	WARD	Gotelee Solicitors	689	F 40 to 44	9 F 40-44	52:19	52:36
328	James	WILCOX	Howard Construction	702	M 45 to 49	45 M 45-49	52:32	52:39
329	Kayleigh	TURPIN		554	F 20 to 39	27 F 20-39	52:20	52:45
330	Derek	CHOWN		27	M 70+	1 M 70-99	52:27	52:48
331	Paul	THOMPSON		591	M 20 to 39	103 M 20-39	52:31	52:49
332	Mark	CRISP	Chapel Properties Woodbridge Ltd	631	M 50 to 54	34 M 50-54	52:25	52:50
333	Mandy	DOYLE		150	F 45 to 49	10 F 45-49	52:42	53:02
334	Helen	DAVIES		600	F 50 to 54	4 F 50-54	52:24	53:02
335	Lee	WATKINS		524	M 20 to 39	104 M 20-39	52:36	53:03
336	Andrew	SMITH	Ipswich Triathlon Club	528	M 20 to 39	105 M 20-39	52:33	53:04
337	Paul	HANNATT	Brafe	718	M 45 to 49	46 M 45-49	52:55	53:06
338	Roger	SLADE		167	M 50 to 54	35 M 50-54	52:45	53:06
339	Kathy	MELTON	Airborne Fit	660	F 20 to 39	28 F 20-39	52:45	53:07
340	Deb	HART		89	F 45 to 49	11 F 45-49	52:40	53:07
341	Peter	DYSON		485	M 60 to 64	9 M 60-64	52:57	53:19
342	David	JEFFREYS		180	M 50 to 54	36 M 50-54	52:57	53:20
343	Malcolm	GLEED		219	M 45 to 49	47 M 45-49	53:01	53:23
344	Lee	CORNWELL	Ipswich Jaffa RC	446	M 40 to 44	50 M 40-44	52:44	53:23
345	Paul	SHELDRAKE		200	M 40 to 44	51 M 40-44	52:58	53:24
346	Sarah	SOUTHGATE	The Cherry Tree	683	F 20 to 39	29 F 20-39	52:55	53:27
347	Gemma	MOSS	Ipswich Jaffa RC	359	F 45 to 49	12 F 45-49	53:05	53:30
348	Richard	ATTENBORROW		228	M 65 to 69	3 M 65-69	52:57	53:31
349	Robert	LEDGER		267	M 40 to 44	52 M 40-44	53:12	53:32
350	Kelly	TOWNLEY	The Power Studio	612	F 20 to 39	30 F 20-39	53:16	53:33
351	Dermott	THOMAS	Barker Gotelee	617	M 55 to 59	15 M 55-59	53:16	53:39
352	Luke	FLUNDER		208	M 20 to 39	106 M 20-39	53:30	53:39

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Results By Race Management Systems, Inc.

Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
353	Gianna	CESARANO		463	F 45 to 49	13 F 45-49	53:23	53:47
354	Nick	TUCK	Kingsland Linassi	606	M 40 to 44	53 M 40-44	53:49	53:49
355	Dominic	MAUDHOO	Kingsland Linassi	605	M 40 to 44	54 M 40-44	53:30	53:50
356	Lynsey	LEEKES		48	F 20 to 39	31 F 20-39	53:26	53:51
357	Rhys	CHAPMAN	East of England Co op	629	M 20 to 39	107 M 20-39	53:25	53:52
358	Andrew	COCKER		130	M 50 to 54	37 M 50-54	53:36	53:56
359	Jenny	CHAMBERS	The Power Studio	611	F 20 to 39	32 F 20-39	53:46	54:04
360	Rebecca	REIDY		279	F 20 to 39	33 F 20-39	53:33	54:04
361	Joe	FAIRBROTHER		361	M 20 to 39	108 M 20-39	53:55	54:05
362	Bex	GILBERT	Felixstowe RRC	505	F 20 to 39	34 F 20-39	53:28	54:06
363	James	RACKHAM		385	M 20 to 39	109 M 20-39	53:54	54:10
364	Mike	HILL	Framlingham Flyers	186	M 65 to 69	4 M 65-69	53:56	54:13
365	Steven	SEINET-MARTIN		418	M 60 to 64	10 M 60-64	53:53	54:13
366	Emily	FISK	Pinfold & Co	772	F 20 to 39	35 F 20-39	53:51	54:16
367	Laura	COLLINSON		197	F 45 to 49	14 F 45-49	53:58	54:19
368	Stuart	DUTHIE	Brafe	720	M 20 to 39	110 M 20-39	53:57	54:25
369	Richard	SMITH	Felixstowe RRC	84	M 55 to 59	16 M 55-59	54:04	54:30
370	Juliet	REDDING		499	F 45 to 49	15 F 45-49	53:56	54:30
371	Richard	DEDICOAT		534	M 40 to 44	55 M 40-44	54:14	54:33
372	Daisy	SHAW	Woodbridge Shufflers Running Club	14	F 15 to 19	3 F 15-19	54:23	54:44
373	Keith	CHAMBERLAIN	Ipswich Jaffa RC	444	M 50 to 54	38 M 50-54	54:34	54:47
374	Aleksas	VIAZOVSKIS	The Turks Head	713	M 20 to 39	111 M 20-39	54:00	54:47
375	Clare	PESTELL-LOVE		62	F 20 to 39	36 F 20-39	54:18	54:49
376	Charlotte	DAVIES	Howard Construction	704	F 45 to 49	16 F 45-49	54:44	54:51
377	Janet	FRICKER		244	F 50 to 54	5 F 50-54	54:29	54:58
378	Harry	FRICKER		155	M 15 to 19	18 M 15-19	54:31	54:59
379	Emma	GRAY	Pinfold & Co	770	F 20 to 39	37 F 20-39	54:38	55:00
380	Zain	OSULLIVAN		433	M 20 to 39	112 M 20-39	54:31	55:01
381	Justin	PHILLIPS	Kingsland Linassi	608	M 45 to 49	48 M 45-49	54:37	55:06
382	Christopher	DURRANT		394	M 50 to 54	39 M 50-54	54:34	55:06
383	Tony	MOORCROFT		20	M 55 to 59	17 M 55-59	54:57	55:07
384	Max	MAYSTON	Haven Power	654	M 20 to 39	113 M 20-39	54:40	55:07

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
385	Bella	SMITH	Airborne Fit	672	F 40 to 44	10 F 40-44	54:55	55:08
386	Matthew	ASPINALL		215	M 20 to 39	114 M 20-39	54:55	55:08
387	Ash	CARVER		315	M 20 to 39	115 M 20-39	54:48	55:09
388	Jamie	LAWTON	Gilmour Piper	776	M 20 to 39	116 M 20-39	54:47	55:12
389	Richard	FARRES	Gressingham	728	M 45 to 49	49 M 45-49	54:49	55:16
390	Andrew	SOAMES	Chapel Properties Woodbridge Ltd	637	M 45 to 49	50 M 45-49	54:53	55:20
391	Peter	MEADS	Wigston Phoenix	557	M 65 to 69	5 M 65-69	55:09	55:22
392	Henry	RAYNER		525	M 55 to 59	18 M 55-59	54:54	55:25
393	Stuart	MOORE	Airborne Fit	668	M 40 to 44	56 M 40-44	55:14	55:27
394	Carl	JARRETT	Felixstowe RRC	105	M 40 to 44	57 M 40-44	55:06	55:28
395	Zara	HUNNABLE		339	F 15 to 19	4 F 15-19	54:56	55:33
396	Adrian	KERSEY		413	M 50 to 54	40 M 50-54	55:06	55:39
397	Rachel	SMITH	Gressingham	729	F 20 to 39	38 F 20-39	55:15	55:41
398	Toby	LUPTON		38	M 40 to 44	58 M 40-44	55:32	55:42
399	Nick	PARTRIDGE		289	M 40 to 44	59 M 40-44	55:01	55:48
400	Paul	MCALLISTER	Hadleigh Hares AC	428	M 50 to 54	41 M 50-54	55:31	55:55
401	Phil	GREEN	Planet Music	775	M 50 to 54	42 M 50-54	55:24	55:56
402	Tracey	CATLING	The Power Studio	613	F 45 to 49	17 F 45-49	55:39	55:58
403	Stuart Paul	MASTERS	The Galley	747	M 40 to 44	60 M 40-44	55:51	56:09
404	Lynsey	GROOM		270	F 20 to 39	39 F 20-39	55:55	56:17
405	James	FLUNDER		246	M 20 to 39	117 M 20-39	56:08	56:18
406	Fiona	SMITH		213	F 50 to 54	6 F 50-54	55:55	56:20
407	Nick	TRENTER	Cornerstone Residential Ltd	709	M 40 to 44	61 M 40-44	56:00	56:21
408	Helen	GALBRAITH		218	F 40 to 44	11 F 40-44	55:53	56:21
409	Jason	HITZ	Gressingham	727	M 20 to 39	118 M 20-39	55:51	56:22
410	Arabella	LEWENDON	Felixstowe RRC	449	F 55 to 59	4 F 55-59	55:59	56:24
411	Michael	GRIST	Barretts of Woodbridge	730	M 50 to 54	43 M 50-54	55:56	56:24
412	Goldie	YULE		199	F 45 to 49	18 F 45-49	56:07	56:27
413	Kate	SMITH		334	F 20 to 39	40 F 20-39	55:55	56:28
414	Fi	HAM		17	F 40 to 44	12 F 40-44	55:58	56:32
415	Hazel	BRAMMAR		113	F 50 to 54	7 F 50-54	56:12	56:33
416	Karen	CHAMBERLAIN	Ipswich Jaffa RC	156	F 50 to 54	8 F 50-54	56:11	56:35

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
417	Andrew	BRADSHAW		134	M 40 to 44	62 M 40-44	56:02	56:36
418	Chris	SOUTER	Howard Construction	701	M 40 to 44	63 M 40-44	56:24	56:39
419	John	BRADSHAW	Barker Gotelee	614	M 45 to 49	51 M 45-49	56:13	56:40
420	Katie	PARSONS	The Galley	760	F 45 to 49	19 F 45-49	56:27	56:41
421	Georgia	DAVIES		570	F 15 to 19	5 F 15-19	56:05	56:44
422	Nick	GOOD	Ipswich Jaffa RC	136	M 50 to 54	44 M 50-54	56:20	56:45
423	Sara	COTTRELL		572	F 20 to 39	41 F 20-39	56:22	56:45
424	Mary	BURGESS	Felixstowe RRC	488	F 60 to 64	1 F 60-64	56:13	56:47
425	Ant	WHITAKER		316	M 50 to 54	45 M 50-54	56:34	57:02
426	David	LAMPARD	Felixstowe RRC	521	M 50 to 54	46 M 50-54	56:38	57:04
427	Orlando	HEELAS		26	M 15 to 19	19 M 15-19	56:31	57:08
428	Emily	COOPER READE		564	F 50 to 54	9 F 50-54	56:44	57:12
429	Chloe	COLLINS		4	F 20 to 39	42 F 20-39	56:43	57:13
430	Jackie	COLLINS	Felixstowe RRC	469	F 50 to 54	10 F 50-54	56:44	57:14
431	Maddy	FAIRBROTHER		52	F 15 to 19	6 F 15-19	56:38	57:15
432	Claire	HARRINGTON		121	F 55 to 59	5 F 55-59	56:42	57:17
433	Darren	GUEST		79	M 45 to 49	52 M 45-49	56:53	57:18
434	Louise	JUDGE		414	F 50 to 54	11 F 50-54	56:58	57:26
435	Anna	SHARPIN		354	F 45 to 49	20 F 45-49	56:48	57:32
436	Charlotte	DOWNING		423	F 40 to 44	13 F 40-44	57:11	57:32
437	Robert	PEEVOR		512	M 40 to 44	64 M 40-44	57:03	57:36
438	Barry	HOWARD		340	M 45 to 49	53 M 45-49	57:12	57:41
439	Emma	BURROWS		326	F 45 to 49	21 F 45-49	57:03	57:46
440	Andy	FOREMAN	Amarinth	765	M 50 to 54	47 M 50-54	57:16	57:47
441	Nancy	WRIGHT	Woodbridge Shufflers Running Club	13	F 40 to 44	14 F 40-44	57:14	57:49
442	Adam	Lubbock	Woodbridge School Team10K	624	M 55 to 59	19 M 55-59	57:32	57:50
443	Jen	DEVANEY	Stowmarket Striders Running Club	581	F 20 to 39	43 F 20-39	57:23	57:52
444	Debbie	WISEMAN		39	F 45 to 49	22 F 45-49	57:25	57:52
445	Andrew	ALBINS		298	M 40 to 44	65 M 40-44	57:31	57:53
446	Amy	SMITH		515	F 20 to 39	44 F 20-39	57:25	57:56
447	Elena	FOMENKO		178	F 40 to 44	15 F 40-44	57:48	58:10
448	Karen	WHARFE		195	F 45 to 49	23 F 45-49	57:51	58:11

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
449	Jane	HUNT	The Galley	763	F 50 to 54	12 F 50-54	57:55	58:12
450	David	ATKINS		191	M 50 to 54	48 M 50-54	57:35	58:15
451	Alex	UNDERWOOD		15	M 60 to 64	11 M 60-64	57:48	58:17
452	Chris	SLEMMINGS	Ipswich Triathlon Club	42	M 70+	2 M 70-99	58:18	58:18
453	Amanda	FISH	Woodbridge Shufflers Running Club	507	F 40 to 44	16 F 40-44	57:56	58:20
454	Gregory	RUSSELL		577	M 55 to 59	20 M 55-59	57:36	58:23
455	Jenny	MOSS		408	F 40 to 44	17 F 40-44	58:04	58:27
456	Anna	MASON		16	F 45 to 49	24 F 45-49	57:47	58:31
457	Sue	GRIMBLE		388	F 45 to 49	25 F 45-49	58:02	58:36
458	Lucy	DRIVER	Felixstowe RRC	475	F 20 to 39	45 F 20-39	58:14	58:43
459	Keith	FISHER		36	M 55 to 59	21 M 55-59	58:09	58:45
460	Natalie	KEEP		30	F 20 to 39	46 F 20-39	58:30	58:46
461	Anthony	BARSOUM		19	M 20 to 39	119 M 20-39	58:30	58:47
462	Rachel	BUCKINGHAM	The Cherry Tree	680	F 20 to 39	47 F 20-39	58:16	58:49
463	Mark	LONG		344	M 45 to 49	54 M 45-49	58:22	58:59
464	James	MEHMED		216	M 40 to 44	66 M 40-44	58:36	59:00
465	Tim	JOHNSON		447	M 20 to 39	120 M 20-39	58:29	59:01
466	Jonathan	PARKER		424	M 50 to 54	49 M 50-54	58:32	59:01
467	Matthew	CADE		439	M 20 to 39	121 M 20-39	58:35	59:05
468	Katy	KIERNAN		430	F 45 to 49	26 F 45-49	58:38	59:15
469	Jonathan	KENT		31	M 45 to 49	55 M 45-49	58:46	59:16
470	Dionne	HEWITT-MAGEE	The Galley	748	F 50 to 54	13 F 50-54	58:46	59:19
471	Hayley	COLES	Felixstowe RRC	119	F 20 to 39	48 F 20-39	58:46	59:20
472	Joshua	BRETT		64	M 20 to 39	122 M 20-39	59:06	59:34
473	Stafford	TAYLOR		217	M 40 to 44	67 M 40-44	59:00	59:34
474	Tash	BILLSBERRY	Pinfold & Co	771	F 20 to 39	49 F 20-39	59:04	59:37
475	Steven	MILES		455	M 20 to 39	123 M 20-39	59:07	59:40
476	Joanne	MAYHEW		397	F 20 to 39	50 F 20-39	59:08	59:41
477	Chris	CHILDS		486	M 45 to 49	56 M 45-49	59:10	59:42
478	Mandy	GODBOLD	Ipswich Harriers	375	F 50 to 54	14 F 50-54	59:16	59:43
479	Laura	ASPINALL		66	F 20 to 39	51 F 20-39	59:30	59:44
480	Vivienne	TAYLOR	Framlingham Flyers	395	F 65 to 69	1 F 65-69	59:11	59:45

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
481	James	GILES		133	M 20 to 39	124 M 20-39	59:19	59:47
482	Emily	HOWELL	The Cherry Tree	681	F 20 to 39	52 F 20-39	59:17	59:49
483	Tom	WHITE	Chapel Properties Woodbridge Ltd	634	M 20 to 39	125 M 20-39	59:14	59:49
484	Steve	DERSLEY		43	M 45 to 49	57 M 45-49	59:30	59:53
485	Andrew	STROUD		285	M 50 to 54	50 M 50-54	59:13	59:56
486	Nicki	BROWN		459	F 50 to 54	15 F 50-54	59:14	59:56
487	John	PENNY		545	M 60 to 64	12 M 60-64	59:33	1:00:06
488	Roger	HOBSON	Woodbridge Shufflers Running Club	503	M 70+	3 M 70-99	59:24	1:00:07
489	Susan	CONQUER		565	F 20 to 39	53 F 20-39	59:39	1:00:09
490	Milly	CARLSON		373	F 20 to 39	54 F 20-39	59:39	1:00:11
491	Jane	HUTCHINSON		81	F 40 to 44	18 F 40-44	59:38	1:00:12
492	Georgie	DICKENS	Airborne Fit	673	F 20 to 39	55 F 20-39	59:59	1:00:13
493	Matt	MAKIN	Felixstowe RRC	578	M 20 to 39	126 M 20-39	59:40	1:00:19
494	Fiona	MASON	Framlingham Flyers	473	F 40 to 44	19 F 40-44	59:57	1:00:21
495	Ian	LINASSI	Kingsland Linassi	604	M 45 to 49	58 M 45-49	59:50	1:00:21
496	Sally	KNIGHT		286	F 50 to 54	16 F 50-54	59:50	1:00:25
497	Jenny	LYNCH	Felixstowe RRC	117	F 50 to 54	17 F 50-54	59:53	1:00:26
498	Lucy	KING		466	F 50 to 54	18 F 50-54	59:59	1:00:34
499	Amanda	PRIOR	Barker Gotelee	615	F 50 to 54	19 F 50-54	1:00:00	1:00:36
500	Christine	HOUGH	Haven Power	651	F 20 to 39	56 F 20-39	59:49	1:00:37
501	Karen	MOODIE	Notcutts	641	F 50 to 54	20 F 50-54	1:00:08	1:00:46
502	Laura	MELVILLE		254	F 20 to 39	57 F 20-39	1:00:13	1:00:49
503	Christopher	OSBORNE	Felixstowe RRC	321	M 40 to 44	68 M 40-44	1:00:23	1:00:53
504	Karl	SAVILL		148	M 45 to 49	59 M 45-49	1:00:17	1:00:57
505	Donna	WRIGHT	Howard Construction	705	F 20 to 39	58 F 20-39	1:00:40	1:00:58
506	Phil	WRIGHT	Howard Construction	706	M 45 to 49	60 M 45-49	1:00:48	1:00:59
507	Olly	RAY	Gotelee Solicitors	687	M 20 to 39	127 M 20-39	1:00:40	1:00:59
508	Sylvie	BROOKMAN	The Galley	761	F 45 to 49	27 F 45-49	1:00:25	1:01:02
509	Michelle	BERRIMAN		44	F 45 to 49	28 F 45-49	1:00:31	1:01:09
510	Lucy	BALL	Kings Head	691	F 20 to 39	59 F 20-39	1:00:36	1:01:10
511	Julie	MURRAY	Notcutts	644	F 45 to 49	29 F 45-49	1:00:47	1:01:10
512	Marianne	BURNELL	Ipswich Jaffa RC	527	F 65 to 69	2 F 65-69	1:00:37	1:01:16

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
513	Farran	SCOTT		598	F 40 to 44	20 F 40-44	1:00:46	1:01:17
514	Elizabeth	VALE		107	F 20 to 39	60 F 20-39	1:00:54	1:01:23
515	Melanie Eva	HARRELL	The Galley	749	F 40 to 44	21 F 40-44	1:00:53	1:01:27
516	Emma	HIBBERT	Adnams	623	F 45 to 49	30 F 45-49	1:01:01	1:01:34
517	Kevin	DAVIDSON		355	M 55 to 59	22 M 55-59	1:01:12	1:01:40
518	Rachel	MACRO		457	F 20 to 39	61 F 20-39	1:01:14	1:01:41
519	Anita	BOND	Eastern Masters AC	365	F 55 to 59	6 F 55-59	1:01:10	1:01:45
520	Helen	OFFORD		232	F 50 to 54	21 F 50-54	1:01:14	1:01:55
521	Hollie	SUTHERLAND	Felixstowe RRC	280	F 20 to 39	62 F 20-39	1:01:25	1:01:58
522	Joe	FAIRS	Ipswich Jaffa RC	401	M 20 to 39	128 M 20-39	1:01:27	1:02:00
523	Daniel	DAY		185	M 20 to 39	129 M 20-39	1:01:26	1:02:01
524	Claire	PICKARD		260	F 40 to 44	22 F 40-44	1:01:26	1:02:01
525	Dave	MCKENNA		303	M 50 to 54	51 M 50-54	1:01:34	1:02:02
526	Bryan	JONES	Comerstone Residential Ltd	708	M 40 to 44	69 M 40-44	1:01:41	1:02:03
527	Jacq	BARNARD	Barretts of Woodbridge	736	F 50 to 54	22 F 50-54	1:01:37	1:02:10
528	Adam	THORPE		561	M 20 to 39	130 M 20-39	1:01:33	1:02:12
529	Melanie	ASH	Airborne Fit	664	F 20 to 39	63 F 20-39	1:01:35	1:02:16
530	Richard	TAYLOR		170	M 40 to 44	70 M 40-44	1:01:51	1:02:16
531	Tracey	CHILDS		144	F 20 to 39	64 F 20-39	1:01:49	1:02:17
532	John	DRIVER	Felixstowe RRC	520	M 60 to 64	13 M 60-64	1:01:47	1:02:17
533	Lucia	HARDWICK		28	F 40 to 44	23 F 40-44	1:01:39	1:02:19
534	Paula	BULSTRODE		363	F 20 to 39	65 F 20-39	1:01:46	1:02:23
535	Jess	BUCK	The Cherry Tree	682	F 20 to 39	66 F 20-39	1:01:59	1:02:30
536	Josephine	WHELAN	Felixstowe RRC	548	F 55 to 59	7 F 55-59	1:01:51	1:02:32
537	Natasha	LAVERICK		330	F 20 to 39	67 F 20-39	1:02:25	1:02:34
538	Michael	MANN	Gilmour Piper	778	M 60 to 64	14 M 60-64	1:01:51	1:02:37
539	Meinir	CHILDS		476	F 40 to 44	24 F 40-44	1:02:21	1:02:52
540	Andrew	COONEY		235	M 50 to 54	52 M 50-54	1:02:04	1:02:53
541	Patrick	COONEY		175	M 50 to 54	53 M 50-54	1:02:04	1:02:53
542	Simon	KING		50	M 20 to 39	131 M 20-39	1:02:34	1:02:55
543	Debbie	TAYLOR		335	F 50 to 54	23 F 50-54	1:02:24	1:03:00
544	Glyn	COLLINS		3	M 50 to 54	54 M 50-54	1:02:28	1:03:12

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
545	Caroline	KNIGHT	Diss & District AC	516	F 40 to 44	25 F 40-44	1:02:39	1:03:16
546	John	CUMMINGS		231	M 55 to 59	23 M 55-59	1:02:31	1:03:17
547	Vicky	WESTLAKE	Haven Power	657	F 20 to 39	68 F 20-39	1:02:31	1:03:18
548	Amanda	DALE		369	F 55 to 59	8 F 55-59	1:03:04	1:03:29
549	Ayse	SINGH	East of England Co op	630	F 20 to 39	69 F 20-39	1:03:04	1:03:31
550	Suzanne	VINCENT		571	F 45 to 49	31 F 45-49	1:02:53	1:03:35
551	Lucy	EVANS LOMBE		126	F 45 to 49	32 F 45-49	1:02:51	1:03:39
552	Jess	NUNN		396	F 20 to 39	70 F 20-39	1:03:03	1:03:48
553	Bill	BRAMMAR	Barretts of Woodbridge	732	M 70+	4 M 70-99	1:03:21	1:03:51
554	Anne-Marie	PERKINS	Barretts of Woodbridge	738	F 50 to 54	24 F 50-54	1:03:10	1:03:52
555	Joan	WOODWARD		182	F 55 to 59	9 F 55-59	1:03:11	1:03:57
556	Roger	SALES		415	M 65 to 69	6 M 65-69	1:03:11	1:03:57
557	Jonathan	KNIGHT		109	M 50 to 54	55 M 50-54	1:03:23	1:04:01
558	Anthony	RONAN		349	M 55 to 59	24 M 55-59	1:03:37	1:04:03
559	James	SAYERS	Howard Construction	699	M 20 to 39	132 M 20-39	1:03:55	1:04:06
560	Deborah	STONE		530	F 65 to 69	3 F 65-69	1:03:51	1:04:10
561	Elizabeth	STONES		537	F 55 to 59	10 F 55-59	1:03:26	1:04:11
562	Anastasia	MURPHY		460	F 15 to 19	7 F 15-19	1:03:40	1:04:16
563	Alison	TAYLOR		177	F 50 to 54	25 F 50-54	1:03:42	1:04:17
564	Patrick	BOGGON		265	M 50 to 54	56 M 50-54	1:03:43	1:04:17
565	Chloe	WEBSTER		550	F 20 to 39	71 F 20-39	1:03:31	1:04:18
566	Richard	WEBSTER	Woodbridge Shufflers Running Club	533	M 50 to 54	57 M 50-54	1:03:31	1:04:18
567	Chelsea	NUNN	Barretts of Woodbridge	735	F 20 to 39	72 F 20-39	1:03:43	1:04:23
568	Vaughan	CLARKE	Barretts of Woodbridge	734	M 45 to 49	61 M 45-49	1:03:43	1:04:24
569	Sarah	BIXBY	Woodbridge Shufflers Running Club	93	F 45 to 49	33 F 45-49	1:03:41	1:04:25
570	Danny	WHEDDON	Kingsland Linassi	610	M 40 to 44	71 M 40-44	1:03:57	1:04:26
571	Rob	BREWSTER	Kingsland Linassi	607	M 40 to 44	72 M 40-44	1:03:57	1:04:27
572	Maria	BILNER	Ipswich Jaffa RC	464	F 40 to 44	26 F 40-44	1:03:49	1:04:30
573	Rod	MACGREGOR	Felixstowe RRC	574	M 55 to 59	25 M 55-59	1:04:03	1:04:43
574	Joseph	CHANDLER		467	M 50 to 54	58 M 50-54	1:04:08	1:04:45
575	Leonora	CHANDLER	Woodbridge Shufflers Running Club	431	F 45 to 49	34 F 45-49	1:04:09	1:04:45
576	Justin	OSTLER	Felixstowe RRC	46	M 45 to 49	62 M 45-49	1:04:01	1:04:48

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
577	Matt	WILLIAMSON	Haven Power	655	M 40 to 44	73 M 40-44	1:04:03	1:04:53
578	Ruth	OWEN		482	F 20 to 39	73 F 20-39	1:04:33	1:05:03
579	Robert	MABEY	The Galley	751	M 55 to 59	26 M 55-59	1:05:09	1:05:25
580	Florence	RICHMOND	The Galley	755	F 40 to 44	27 F 40-44	1:04:49	1:05:27
581	Dave	WYNESS	Chapel Properties Woodbridge Ltd	638	M 50 to 54	59 M 50-54	1:05:03	1:05:40
582	Ruth	CRISP	Chapel Properties Woodbridge Ltd	632	F 50 to 54	26 F 50-54	1:05:03	1:05:40
583	Ruth	HATCH	The Galley	754	F 50 to 54	27 F 50-54	1:05:09	1:05:47
584	Georgina	MITCHELL		163	F 20 to 39	74 F 20-39	1:05:07	1:05:51
585	Robert	COBLEY		384	M 20 to 39	133 M 20-39	1:05:08	1:05:51
586	Rheinhard	BERGER		454	M 50 to 54	60 M 50-54	1:05:32	1:06:15
587	Timna	BERGER		441	F 20 to 39	75 F 20-39	1:05:33	1:06:15
588	Bryony	HARDING		60	F 20 to 39	76 F 20-39	1:05:33	1:06:22
589	Sam	MARSHALL	Gressingham	723	F 20 to 39	77 F 20-39	1:06:05	1:06:36
590	Glen	READ		494	M 20 to 39	134 M 20-39	1:06:01	1:06:42
591	Elysee	OUSSOU	The Galley	742	F 15 to 19	8 F 15-19	1:06:39	1:06:50
592	Paul	MARTIN		314	M 55 to 59	27 M 55-59	1:06:20	1:06:52
593	Lisa	SQUIRRELL		69	F 40 to 44	28 F 40-44	1:06:16	1:06:53
594	Claire	MOULD		149	F 40 to 44	29 F 40-44	1:06:15	1:06:53
595	Craig	INGLIS		318	M 45 to 49	63 M 45-49	1:06:16	1:06:53
596	Emma	COLTHORPE		233	F 40 to 44	30 F 40-44	1:06:15	1:06:53
597	David	BOYNTON		241	M 55 to 59	28 M 55-59	1:06:22	1:07:05
598	Sam	SAMPSON		291	F 50 to 54	28 F 50-54	1:06:25	1:07:07
599	Julia	PRITCHATT		118	F 50 to 54	29 F 50-54	1:06:21	1:07:07
600	Katrina	JONES		184	F 45 to 49	35 F 45-49	1:06:26	1:07:08
601	Gemma	AIREY		583	F 20 to 39	78 F 20-39	1:06:25	1:07:10
602	Angie	VALE		277	F 45 to 49	36 F 45-49	1:06:30	1:07:15
603	Tom	SELBY		284	M 55 to 59	29 M 55-59	1:06:51	1:07:33
604	Alan	JACKSON		404	M 20 to 39	135 M 20-39	1:06:56	1:07:34
605	Esther	KIEHL	Felixstowe RRC	214	F 45 to 49	37 F 45-49	1:06:48	1:07:35
606	Hannah	JACKSON		312	F 20 to 39	79 F 20-39	1:06:57	1:07:36
607	Natasha	GOLDSMITH		128	F 20 to 39	80 F 20-39	1:06:58	1:07:42
608	Dawn	CANNON		272	F 45 to 49	38 F 45-49	1:07:06	1:07:45

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Place	First Name	Last Name	Team	Bib No	Age Group	Age Group Place	Chip Time	Gun Time
609	Mark	CANNON		154	M 50 to 54	61 M 50-54	1:07:06	1:07:46
610	Catherine	LARNER		526	F 50 to 54	30 F 50-54	1:07:05	1:07:48
611	Dawn	AVERY		587	F 50 to 54	31 F 50-54	1:07:05	1:07:49
612	Nicola	YOUNG	The Galley	762	F 50 to 54	32 F 50-54	1:07:15	1:07:49
613	Mark	BRUNDISH		132	M 20 to 39	136 M 20-39	1:07:07	1:07:51
614	Katherin	FLETT		474	F 40 to 44	31 F 40-44	1:07:13	1:07:53
615	Stu	COLE		497	M 50 to 54	62 M 50-54	1:07:14	1:07:53
616	Hayley	SALLOWS	Howard Construction	697	F 45 to 49	39 F 45-49	1:07:40	1:07:58
617	Claire	CHATTENTON		448	F 40 to 44	32 F 40-44	1:07:47	1:08:28
618	Rebecca	COOMBS		293	F 40 to 44	33 F 40-44	1:08:14	1:08:33
619	Denise	FORD		190	F 60 to 64	2 F 60-64	1:08:00	1:08:48
620	Nicola	HARDY		18	F 45 to 49	40 F 45-49	1:08:11	1:08:54
621	Daniela	ELSTONE	The Cherry Tree	684	F 50 to 54	33 F 50-54	1:08:14	1:08:54
622	Rhys	GRATTON	The Turks Head	712	M 20 to 39	137 M 20-39	1:08:09	1:08:58
623	Bhumika	DWIVEDI	The Turks Head	714	F 20 to 39	81 F 20-39	1:08:09	1:08:58
624	Nicola	GARNHAM		288	F 20 to 39	82 F 20-39	1:08:53	1:09:25
625	Anne	OLIVER	Felixstowe RRC	281	F 60 to 64	3 F 60-64	1:09:02	1:09:49
626	Calum	DYES		122	M 20 to 39	138 M 20-39	1:09:20	1:10:09
627	Jo	DYSON		356	F 45 to 49	41 F 45-49	1:09:42	1:10:15
628	Richard	DYSON		411	M 60 to 64	15 M 60-64	1:09:42	1:10:15
629	Tina	CULLUM	Ipswich Jaffa RC	429	F 40 to 44	34 F 40-44	1:09:38	1:10:20
630	Anneli	OSTLER	Felixstowe RRC	32	F 20 to 39	83 F 20-39	1:09:40	1:10:27
631	Colin	CARTER	Chapel Properties Woodbridge Ltd	640	M 70+	5 M 70-99	1:10:08	1:10:44
632	Mandy	MITCHELL		392	F 50 to 54	34 F 50-54	1:10:32	1:11:16
633	Steve	MITCHELL	Ipswich Jaffa RC	141	M 55 to 59	30 M 55-59	1:10:33	1:11:18
634	Roger	COOMBS		336	M 70+	6 M 70-99	1:11:18	1:11:37
635	Simon	SIMMONDS		49	M 55 to 59	31 M 55-59	1:10:51	1:11:39
636	Mark	GOLDSMITH		123	M 55 to 59	32 M 55-59	1:11:00	1:11:45
637	Ursula	GOLDSMITH		256	F 60 to 64	4 F 60-64	1:11:00	1:11:45
638	Paul	MARTIN		77	M 20 to 39	139 M 20-39	1:11:19	1:11:52
639	Jacqui	BOYNTON		162	F 55 to 59	11 F 55-59	1:11:14	1:11:57
640	Rachael	MILLER	Felixstowe RRC	500	F 20 to 39	84 F 20-39	1:11:26	1:12:08

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641	Jayne	STUDD		586	F 45 to 49	42 F 45-49	1:11:54	1:12:38
642	Hanne	NESS		378	F 20 to 39	85 F 20-39	1:12:52	1:13:34
643	Adam	KEARNEY		143	M 20 to 39	140 M 20-39	1:13:10	1:13:56
644	Stella	MITCHELL	The Galley	752	F 45 to 49	43 F 45-49	1:13:14	1:13:59
645	Charlotte	KEEBLE		242	F 20 to 39	86 F 20-39	1:13:29	1:14:15
646	Charlene	EVANS		437	F 20 to 39	87 F 20-39	1:13:48	1:14:30
647	Rachel	PRIOR		562	F 20 to 39	88 F 20-39	1:13:59	1:14:44
648	Sally	JACOBS	Ipswich Jaffa RC	211	F 60 to 64	5 F 60-64	1:14:10	1:14:52
649	Alison	RENSHAW	Ipswich Jaffa RC	403	F 20 to 39	89 F 20-39	1:14:14	1:14:54
650	Gabrielle	CROWN		504	F 20 to 39	90 F 20-39	1:14:12	1:14:55
651	Philip	COWLES		75	M 55 to 59	33 M 55-59	1:14:13	1:15:03
652	Steven	CARVER		193	M 45 to 49	64 M 45-49	1:17:17	1:18:05
653	Karen	KEEBLE		94	F 45 to 49	44 F 45-49	1:18:08	1:18:54
654	Yvonne	SYLVESTER		420	F 55 to 59	12 F 55-59	1:18:45	1:19:10