

Woodbridge 10K 2019 Woodbridge 10K
Overall Finish List
May 19, 2019
Results By Race Management Systems, Inc.

Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
1	Benjamin CARPENDALE	Felixstowe RRC	53	M 20-39	1:Open	33:26
2	Matthew SPENCER	Bungay Black Dog RC	120	M 20-39	2:Open	33:31
3	Helen DAVIES	Ipswich Jaffa RC	383	F 20-39	1:Open	34:27
4	Nathan GODDARD	Ipswich Harriers	420	M 15-19	3:Open	34:50
5	Jim LAST	Framlingham Flyers	460	M 40-44	1:M 40-44	35:39
6	Caspar LE FANU	Woodbridge Shufflers Running Club	598	M 20-39	1:M 20-39	35:45
7	Kit EVANS LOMBE	Ipswich Harriers	405	M 15-19	1:M 15-19	35:53
8	Ben WILLIAMS		785	M 20-39	2:M 20-39	35:57
9	Steve COOPER	Blackheath & Bromley Harriers	609	M 45-49	1:M 45-49	36:01
10	Lee BARBER	Framlingham Flyers	384	M 20-39	3:M 20-39	36:02
11	Jack WILKINSON		94	M 20-39	4:M 20-39	36:17
12	Oliver MANNING	Woodbridge School	711	M 20-39	5:M 20-39	36:22
13	Oliver WATSON		269	M 20-39	6:M 20-39	36:23
14	Will LAW	Ipswich Jaffa RC	459	M 20-39	7:M 20-39	36:38
15	Jon GLANFIELD	Felixstowe RRC	167	M 20-39	8:M 20-39	36:41
16	Adam HOWLETT	Framlingham Flyers	334	M 45-49	2:M 45-49	36:46
17	Alex EVANS LOMBE	Ipswich Harriers	404	M 15-19	2:M 15-19	36:53
18	Tom ELMER		528	M 20-39	9:M 20-39	37:01
19	Oliver DAYKIN	Newmarket Joggers	293	M 20-39	10:M 20-39	37:07
20	Chris LEEK	Framlingham Flyers	320	M 40-44	2:M 40-44	37:08
21	Andy ELLIS	Felixstowe RRC	221	M 20-39	11:M 20-39	37:14
22	Ben JACOBS		588	M 40-44	3:M 40-44	37:19
23	Alastair HOPWOOD		284	M 20-39	12:M 20-39	37:20
24	Ben WILLIAMS	Fulham Running Club	15	M 20-39	13:M 20-39	37:39
25	Richard EVANS	St Albans Striders	398	M 20-39	14:M 20-39	37:40
26	Paul FENN		108	M 20-39	15:M 20-39	37:56
27	Darren SHEPPARD	Framlingham Flyers	18	M 45-49	3:M 45-49	38:07
28	Chris MILES		35	M 40-44	4:M 40-44	38:09
29	Mark HAYDEN	Framlingham Flyers	441	M 45-49	4:M 45-49	38:10
30	Douglas HOBSON	St Albans Striders	265	M 20-39	16:M 20-39	38:15
31	Stuart BUCHAN	Stowmarket Striders Running Club	75	M 20-39	17:M 20-39	38:18
32	Kevin PEIRCE	Ipswich Harriers	11	M 40-44	5:M 40-44	38:19
33	Matthew PAYNE		577	M 20-39	18:M 20-39	38:21

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34	Neal HARDWICK		22	M 40-44	6:M 40-44	38:30
35	Mark ALLEN	Ipswich Jaffa RC	492	M 50-54	1:M 50-54	38:37
36	Piotr BULACZ	Sudbury Joggers	233	M 45-49	5:M 45-49	38:40
37	Steve BROOKE	Felixstowe RRC	103	M 50-54	2:M 50-54	38:44
38	Neil PARKIN		357	M 45-49	6:M 45-49	38:59
39	Robin HARPER	Felixstowe RRC	16	M 40-44	7:M 40-44	39:00
40	Nick GOLDSMITH		547	M 20-39	19:M 20-39	39:23
41	Oliver COOPER		602	M 20-39	20:M 20-39	39:29
42	Graham LAZENBY		311	M 20-39	21:M 20-39	39:33
43	Ross MCGILL		133	M 20-39	22:M 20-39	39:35
44	Jack GRADY	Ipswich Harriers	328	M 15-19	3:M 15-19	39:43
45	Ian COXALL	Woodbridge Shufflers Running Club	56	M 45-49	7:M 45-49	39:43
46	Richard HEWITT	Ipswich Triathlon Club	610	M 45-49	8:M 45-49	39:48
47	Chris POWELL	Airborne Fit	650	M 20-39	23:M 20-39	39:52
48	Thomas STEWART	Woodbridge Shufflers Running Club	506	M 45-49	9:M 45-49	40:01
49	Kevin COLLINS	Airborne Fit	634	M 40-44	8:M 40-44	40:05
50	Jack ALLEN		493	M 20-39	24:M 20-39	40:11
51	Roger STONE	Felixstowe RRC	322	M 50-54	3:M 50-54	40:17
52	Joe ALLEN		497	M 20-39	25:M 20-39	40:24
53	Ian DUGGAN	Felixstowe RRC	517	M 50-54	4:M 50-54	40:29
54	Rebecca SMITH		24	F 20-39	2:Open	40:36
55	Rob SQUIRRELL	Woodbridge Shufflers Running Club	158	M 45-49	10:M 45-49	40:44
56	Paul OSBORNE	Felixstowe RRC	388	M 40-44	9:M 40-44	40:45
57	Jamie HALL	Cornerstone Residential Ltd	775	M 40-44	10:M 40-44	40:52
58	Tim HANMAN	Ipswich Jaffa RC	485	M 45-49	11:M 45-49	40:53
59	Mark LYTTLE	Haven Power	754	M 20-39	26:M 20-39	40:54
60	Sam DACK		367	M 20-39	27:M 20-39	40:54
61	Nick HAMMOND	Framlingham Flyers	170	M 45-49	12:M 45-49	40:55
62	Thomas HAYDEN	Framlingham Flyers	468	M 15-19	4:M 15-19	40:58
63	Stephen HICKS	Ipswich Harriers	481	M 55-59	1:M 55-59	41:04
64	Simon STAFFORD		62	M 45-49	13:M 45-49	41:12
65	Melvyn MAYCOCK	DYNNIQ	784	M 20-39	28:M 20-39	41:13
66	Oliver GILLESPIE		70	M 15-19	5:M 15-19	41:26

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67	Daniel INGLEBY	Ipswich Jaffa RC	115	M 20-39	29:M 20-39	41:26
68	Keith WILLIAMS	Ipswich Jaffa RC	211	M 50-54	5:M 50-54	41:28
69	Tom FROHN	Ipswich Harriers	88	M 15-19	6:M 15-19	41:31
70	Peter SMITH		257	M 20-39	30:M 20-39	41:34
71	Nick PALMER	Barker Gotelee	670	M 40-44	11:M 40-44	41:38
72	Archibad DOVEY		348	M 15-19	7:M 15-19	41:42
73	April HILL	Ipswich Harriers	417	F 15-19	3:Open	41:48
74	Andy GARVIE	Woodbridge Shufflers Running Club	392	M 50-54	6:M 50-54	41:48
75	Dale WHITMORE	Gilmore Piper Physios	715	M 20-39	31:M 20-39	41:48
76	Chris SIM	Airborne Fit	633	M 20-39	32:M 20-39	41:49
77	Thomas JARRETT	Ipswich Triathlon Club	215	M 45-49	14:M 45-49	41:51
78	David NICHOLS	Royal Engineer Running Club	583	M 40-44	12:M 40-44	41:59
79	Ollie JOHNSON	The Galley	736	M 40-44	13:M 40-44	42:06
80	Damien MAGEE		259	M 40-44	14:M 40-44	42:13
81	Paul COOKE		451	M 45-49	15:M 45-49	42:15
82	Josh HANNATT	Brafe	777	M 15-19	8:M 15-19	42:32
83	Stuart DARKINS		418	M 20-39	33:M 20-39	42:34
84	Graham BLADEN		1	M 20-39	34:M 20-39	42:39
85	Nathan MORAN		252	M 20-39	35:M 20-39	42:41
86	Jeffrey BUCHANAN		403	M 20-39	36:M 20-39	42:41
87	Tristan CHILDS		95	M 20-39	37:M 20-39	42:42
88	Jess FARTHING	Felixstowe RRC	580	M 45-49	16:M 45-49	42:44
89	Oliver KING	Airborne Fit	557	M 20-39	38:M 20-39	42:45
90	Mark HOLLAND		597	M 45-49	17:M 45-49	42:50
91	Peter GRAY	Framlingham Flyers	232	M 40-44	15:M 40-44	42:51
92	Robert FROST		3	M 40-44	16:M 40-44	42:56
93	James ELLUL	Felixstowe RRC	335	M 40-44	17:M 40-44	42:57
94	Mark STEVENS		91	M 20-39	39:M 20-39	42:58
95	Darren ABBOTT		452	M 50-54	7:M 50-54	42:58
96	Martin JARVIS		590	M 40-44	18:M 40-44	43:07
97	Jonny COOPER		578	M 20-39	40:M 20-39	43:09
98	Simon DOWNEY		369	M 50-54	8:M 50-54	43:11
99	Chris HILLING		532	M 40-44	19:M 40-44	43:13

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100	Bill WATSON	Chapel Properties Woodbridge Ltd	769	M 50-54	9:M 50-54	43:19
101	Christopher LONG		374	M 15-19	9:M 15-19	43:21
102	Nick RUNNACLES		234	M 20-39	41:M 20-39	43:23
103	Jacob HOWARD	Ipswich Triathlon Club	219	M 20-39	42:M 20-39	43:25
104	James DUNSTAN		302	M 40-44	20:M 40-44	43:32
105	Jonathan CHAPMAN		113	M 20-39	43:M 20-39	43:33
106	Ben WATSON	Kings Head	704	M 40-44	21:M 40-44	43:38
107	Gavin RABY		52	M 40-44	22:M 40-44	43:40
108	Justin THURKETTLE		200	M 45-49	18:M 45-49	43:43
109	Alastair READ	Felixstowe RRC	105	M 40-44	23:M 40-44	43:44
110	Duncan BROWN	Chapel Properties Woodbridge Ltd	767	M 20-39	44:M 20-39	43:47
111	Peter BROOKS		545	M 40-44	24:M 40-44	43:47
112	Steve CURRAN	Howard Construction	694	M 55-59	2:M 55-59	43:49
113	Sebastian HUTTON-SQUIRE		314	M 15-19	10:M 15-19	43:53
114	Joseph YEARLEY		552	M 20-39	45:M 20-39	43:54
115	Adam PLUMMER		12	M 20-39	46:M 20-39	43:57
116	Rebecca FISH		116	F 20-39	1:F 20-39	43:57
117	Julian HERBERT	Notcutts	628	M 50-54	10:M 50-54	43:58
118	Timothy FENN		43	M 40-44	25:M 40-44	43:59
119	Darryl YATES	Ipswich Jaffa RC	373	M 20-39	47:M 20-39	44:00
120	Ben DEACON		361	M 20-39	48:M 20-39	44:00
121	Katie CARD	Gilmore Piper Physios	713	F 20-39	2:F 20-39	44:06
122	Maria LEVITT		429	F 50-54	1:F 50-54	44:11
123	Benjamin VINTON		571	M 15-19	11:M 15-19	44:11
124	Tom CUMMINGS		109	M 20-39	49:M 20-39	44:12
125	Tim RIPMAN	Airborne Fit	639	M 20-39	50:M 20-39	44:13
126	Rachael HAMBLYN	Ipswich Jaffa RC	195	F 40-44	1:F 40-44	44:23
127	Rob PAGE	Ipswich Jaffa RC	359	M 20-39	51:M 20-39	44:24
128	Daniel SCOTT		446	M 20-39	52:M 20-39	44:26
129	Austin JONES		96	M 20-39	53:M 20-39	44:29
130	Michael ELEY	Gilmore Piper Physios	714	M 20-39	54:M 20-39	44:32
131	Maximillian KING		107	M 20-39	55:M 20-39	44:37
132	Emilie WIX	Woodbridge Shufflers Running Club	596	F 20-39	3:F 20-39	44:37

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133	Joseph THOMAS		505	M 20-39	56:M 20-39	44:42
134	Jamie WHITTLE		567	M 40-44	26:M 40-44	44:48
135	Mark GOODWIN	Felixstowe RRC	28	M 45-49	19:M 45-49	44:53
136	Luke READ	Airborne Fit	648	M 20-39	57:M 20-39	44:55
137	Rosie HORSFIELD	Airborne Fit	637	F 20-39	4:F 20-39	44:55
138	Chris CONNOLLY	Ipswich Jaffa RC	362	M 20-39	58:M 20-39	44:58
139	Tim CHERRETT	Framlingham Flyers	548	M 55-59	3:M 55-59	44:59
140	Jamie SMITH		68	M 20-39	59:M 20-39	45:00
141	Richard SEAMAN		236	M 20-39	60:M 20-39	45:02
142	Amber CALVER		238	F 45-49	1:F 45-49	45:02
143	Thomas ROLPH-WILLS	Notcutts	624	M 20-39	61:M 20-39	45:03
144	Mark HUGHES	Stowmarket Striders Running Club	145	M 50-54	11:M 50-54	45:03
145	Tom FLETCHER		389	M 15-19	12:M 15-19	45:07
146	Jack MOODY		64	M 20-39	62:M 20-39	45:09
147	Steve WHITTAKER	Woodbridge Shufflers Running Club	112	M 55-59	4:M 55-59	45:12
148	Vaughan MORRIS	Stowmarket Striders Running Club	274	M 55-59	5:M 55-59	45:14
149	James HOWARD	Cornerstone Residential Ltd	774	M 20-39	63:M 20-39	45:17
150	Aris GEORGALAS		225	M 45-49	20:M 45-49	45:17
151	Kevin LINSELL		45	M 45-49	21:M 45-49	45:18
152	Kirstie GLADWELL	The Power Studio Ltd	721	F 20-39	5:F 20-39	45:18
153	Daniel HOWARD	Howard Construction	700	M 20-39	64:M 20-39	45:19
154	Karle HOWARD	Kings Head	701	M 45-49	22:M 45-49	45:19
155	Ugur VATA	The Galley	725	M 55-59	6:M 55-59	45:19
156	Jonathan BOLUS		327	M 45-49	23:M 45-49	45:19
157	Michael GREEN		478	M 20-39	65:M 20-39	45:21
158	Louis DAWSON	Barretts of Woodbridge	705	M 40-44	27:M 40-44	45:22
159	Malcolm PIDD	Woodbridge Shufflers Running Club	78	M 55-59	7:M 55-59	45:23
160	Aaron SHARP	Chapel Properties Woodbridge Ltd	764	M 20-39	66:M 20-39	45:25
161	Collette GREEN	Felixstowe RRC	355	F 20-39	6:F 20-39	45:26
162	Gabriel MARTINS	Ipswich Jaffa RC	63	M 50-54	12:M 50-54	45:27
163	Simon MILLER	Colchester Harriers AC	522	M 50-54	13:M 50-54	45:27
164	Sam BROOKE	Felixstowe RRC	104	M 20-39	67:M 20-39	45:30
165	Jessica ELMER		344	F 15-19	1:F 15-19	45:32

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166	Charlotte ALEXANDROU		427	F 20-39	7:F 20-39	45:32
167	Simon FRASER		366	M 45-49	24:M 45-49	45:33
168	Jimmy SECKER	Sudbury Joggers	79	M 40-44	28:M 40-44	45:35
169	Hayley EMMENS	Airborne Fit	641	F 20-39	8:F 20-39	45:37
170	James FOREMAN	Brafe	780	M 20-39	68:M 20-39	45:41
171	Paul MASTERSON		281	M 50-54	14:M 50-54	45:51
172	Sean KENNEDY	Woodbridge Shufflers Running Club	279	M 20-39	69:M 20-39	45:52
173	Dan GAVIN	Airborne Fit	645	M 40-44	29:M 40-44	45:53
174	Mark GOLDSMITH		372	M 20-39	70:M 20-39	45:55
175	Inge NIJKAMP	Airborne Fit	647	F 20-39	9:F 20-39	45:56
176	Helen JERROLD		102	F 40-44	2:F 40-44	46:03
177	Joe HINDLEY	The Galley	744	M 15-19	13:M 15-19	46:05
178	Douglas HUTTON-SQUIRE		316	M 45-49	25:M 45-49	46:10
179	Patrick DENHAM	Woodbridge Shufflers Running Club	332	M 55-59	8:M 55-59	46:14
180	David KERSHAW	Chapel Properties Woodbridge Ltd	765	M 20-39	71:M 20-39	46:20
181	Andre EDWARDS		228	M 45-49	26:M 45-49	46:21
182	Rod PRIME		278	M 50-54	15:M 50-54	46:25
183	Tom TURNER	Ipswich Harriers	442	M 15-19	14:M 15-19	46:26
184	Daniel CLARKE		581	M 20-39	72:M 20-39	46:30
185	Matthew DAVIES		561	M 45-49	27:M 45-49	46:32
186	Nathan ELLIS		276	M 40-44	30:M 40-44	46:33
187	William OWEN		330	M 20-39	73:M 20-39	46:39
188	Chuck LAYZELL		168	M 20-39	74:M 20-39	46:40
189	Steven GOODFELLOW		58	M 50-54	16:M 50-54	46:42
190	Kyle ROPER	Ipswich Jaffa RC	395	M 40-44	31:M 40-44	46:43
191	Gary LOWE	Saxmundham Sports Running & Fitness C	118	M 60-64	1:M 60-64	46:47
192	Mark COMPTON		437	M 55-59	9:M 55-59	46:48
193	Jason WALNE		559	M 45-49	28:M 45-49	46:50
194	Tim PARNELL		87	M 50-54	17:M 50-54	46:50
195	Dave HOWGEGO	Felixstowe RRC	380	M 50-54	18:M 50-54	46:51
196	Paul DE BREE		569	M 45-49	29:M 45-49	46:52
197	Joe FAIRBROTHER		447	M 20-39	75:M 20-39	46:54
198	Peter Harbrecht HARBRECHT-PARKEF		338	M 20-39	76:M 20-39	46:54

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199	Jacob COLLINS	Ipswich Jaffa RC	50	M 40-44	32:M 40-44	46:56
200	Luke GARNHAM	Brafe	779	M 20-39	77:M 20-39	47:01
201	Jordan BAILEY		246	M 20-39	78:M 20-39	47:01
202	Ben COWLEY	Saxmundham Sports Running & Fitness C	66	M 20-39	79:M 20-39	47:04
203	Josh ROBERTSON	Fenn Wright	676	M 20-39	80:M 20-39	47:07
204	Daniel DUTFIELD		165	M 45-49	30:M 45-49	47:07
205	Christian PAWSEY	Barretts of Woodbridge	707	M 50-54	19:M 50-54	47:11
206	Nicola RIPMAN	Airborne Fit	638	F 40-44	3:F 40-44	47:12
207	Rosie DENNIE	Kings Head	703	F 20-39	10:F 20-39	47:14
208	Stuart ABBOTT		273	M 40-44	33:M 40-44	47:14
209	Simon PAGE		582	M 50-54	20:M 50-54	47:15
210	Robert BENNETT		154	M 45-49	31:M 45-49	47:17
211	Simon ASKEW		312	M 40-44	34:M 40-44	47:22
212	Carl DUNNETT		295	M 45-49	32:M 45-49	47:24
213	Steven FOSKER		123	M 45-49	33:M 45-49	47:24
214	Thomas HUNNISETT	Saxmundham Sports Running & Fitness C	227	M 20-39	81:M 20-39	47:27
215	Oliver CHRISTIE	The Galley	727	M 15-19	15:M 15-19	47:32
216	Laura RIPMAN		254	F 20-39	11:F 20-39	47:33
217	Georgia GARVIN	Ipswich Jaffa RC	600	F 20-39	12:F 20-39	47:35
218	Marc WHITING	The Galley	746	M 45-49	34:M 45-49	47:36
219	Paul SCOGGINS		464	M 45-49	35:M 45-49	47:36
220	Gavin HASNIP		351	M 20-39	82:M 20-39	47:37
221	Glenn HOWARD	Howard Construction	691	M 45-49	36:M 45-49	47:38
222	Helio CORDEIRO	Gressingham	658	M 20-39	83:M 20-39	47:40
223	Paul CLOW	Airborne Fit	642	M 20-39	84:M 20-39	47:45
224	Sarah CLOW	Airborne Fit	632	F 40-44	4:F 40-44	47:46
225	James WALTON	DYNNIQ	781	M 40-44	35:M 40-44	47:47
226	Andrew GILBERT		206	M 20-39	85:M 20-39	47:49
227	Mark FLINTHAM		149	M 45-49	37:M 45-49	47:50
228	Barry HAWTIN		186	M 20-39	86:M 20-39	47:51
229	Sian KINGSTON		381	F 40-44	5:F 40-44	47:53
230	Jeff ALLUM		432	M 40-44	36:M 40-44	47:54
231	Helen BARBER	Framlingham Flyers	605	F 20-39	13:F 20-39	48:01

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232	Mike TEMPLE	Airborne Fit	99	M 45-49	38:M 45-49	48:02
233	Tom MORRISSEY	Fenn Wright	677	M 20-39	87:M 20-39	48:04
234	Kate WOOLDRIDGE	Airborne Fit	640	F 45-49	2:F 45-49	48:06
235	David LAYCOCK		285	M 40-44	37:M 40-44	48:07
236	Alys THOMPSON		169	F 40-44	6:F 40-44	48:09
237	Thomas BEECROFT		163	M 20-39	88:M 20-39	48:10
238	Derek HOOD	Ipswich Jaffa RC	601	M 45-49	39:M 45-49	48:11
239	Callum JACOBS	Fenn Wright	675	M 20-39	89:M 20-39	48:13
240	James ARBON		401	M 20-39	90:M 20-39	48:14
241	Claire HOBSON	St Albans Striders	521	F 20-39	14:F 20-39	48:14
242	Stephen LEVINSON		434	M 65-69	1:M 65-69	48:14
243	Katie CHURCHYARD	Airborne Fit	635	F 20-39	15:F 20-39	48:15
244	Adrian GOODE		564	M 55-59	10:M 55-59	48:18
245	Nick JACKSON		129	M 45-49	40:M 45-49	48:19
246	David BREWSTER		126	M 20-39	91:M 20-39	48:24
247	Femi ARIYO		172	M 40-44	38:M 40-44	48:25
248	Tim HIGGINS	The Galley	735	M 55-59	11:M 55-59	48:33
249	Chris PERRY	Woodbridge Shufflers Running Club	399	M 40-44	39:M 40-44	48:35
250	Adrian KENDALL	Amarinth	722	M 45-49	41:M 45-49	48:40
251	Richard LITCHFIELD		412	M 40-44	40:M 40-44	48:43
252	Stuart MASON	Felixstowe RRC	280	M 55-59	12:M 55-59	48:45
253	John GAGE		347	M 55-59	13:M 55-59	48:49
254	Nick MOON		387	M 40-44	41:M 40-44	48:50
255	Andrew JAY	Airborne Fit	649	M 50-54	21:M 50-54	48:50
256	Sam DAVIES		202	M 15-19	16:M 15-19	48:52
257	Rachel BODSWORTH	Hadleigh Hares AC	536	F 40-44	7:F 40-44	48:56
258	Anthony MAYSTON		26	M 55-59	14:M 55-59	48:58
259	Sarah BARKER	Woodbridge School	708	F 15-19	2:F 15-19	48:58
260	Stevan STRATTON	Gotelee	661	M 20-39	92:M 20-39	48:59
261	Daniel CLARK	Felixstowe RRC	164	M 40-44	42:M 40-44	49:00
262	Stacey HARVEY		513	F 20-39	16:F 20-39	49:01
263	Darren PAYNE		350	M 50-54	22:M 50-54	49:03
264	Andrew GREENWELL	Airborne Fit	636	M 20-39	93:M 20-39	49:09

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
265	Tom CROWTHER		80	M 20-39	94:M 20-39	49:10
266	Fliss KINDRED KIRK	Framlingham Flyers	31	F 15-19	3:F 15-19	49:11
267	Phil HOPGOOD		572	M 45-49	42:M 45-49	49:14
268	David BEASANT		100	M 20-39	95:M 20-39	49:17
269	Jo CLEMENTS		199	F 20-39	17:F 20-39	49:19
270	Richard OWEN		370	M 65-69	2:M 65-69	49:20
271	Pau SHELDRAKE		156	M 40-44	43:M 40-44	49:23
272	Ben LLOYD		137	M 20-39	96:M 20-39	49:24
273	Nick FALCONER	BDK - 60	611	M 50-54	23:M 50-54	49:27
274	Oliver GRAY	Pinfold & Co	653	M 20-39	97:M 20-39	49:27
275	Kimberely GOODING	Gressingham	657	F 20-39	18:F 20-39	49:28
276	Marcus PAYNE		128	M 20-39	98:M 20-39	49:32
277	Imogen NEJRANOWSKI		546	F 40-44	8:F 40-44	49:33
278	William HOPKINS		305	M 20-39	99:M 20-39	49:36
279	David HOPKINS		591	M 55-59	15:M 55-59	49:36
280	Michael DALE		299	M 60-64	2:M 60-64	49:38
281	Penny BRICE		422	F 50-54	2:F 50-54	49:38
282	Joanna HERRING		306	F 20-39	19:F 20-39	49:44
283	James KELLY		563	M 50-54	24:M 50-54	49:46
284	Michael MCKINNELL		363	M 65-69	3:M 65-69	49:49
285	Graham WIGLEY	Framlingham Flyers	508	M 60-64	3:M 60-64	49:50
286	Mark TAYLOR	Biddable Solutions	616	M 40-44	44:M 40-44	49:55
287	Ben CHILDS		304	M 20-39	100:M 20-39	49:58
288	Michael HOWARD	Howard Construction	696	M 50-54	25:M 50-54	50:00
289	Kieren WILLATS	The Galley	747	M 20-39	101:M 20-39	50:02
290	Matthew MILLER	Haven Power	752	M 40-44	45:M 40-44	50:03
291	Sean TURNER		17	M 20-39	102:M 20-39	50:04
292	Tom BLAKE		157	M 20-39	103:M 20-39	50:06
293	George VATA	The Galley	726	M 15-19	17:M 15-19	50:14
294	Robert BRIERLY		37	M 45-49	43:M 45-49	50:15
295	Kate CLAPTON		360	F 20-39	20:F 20-39	50:15
296	Jon DODMAN		5	M 45-49	44:M 45-49	50:19
297	Aiden JAKUBIK		188	M 20-39	104:M 20-39	50:20

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
298	Finn BOORNE	DYNNIQ	782	M 15-19	18:M 15-19	50:23
299	Angela BRINKLEY	Stowmarket Striders Running Club	544	F 55-59	1:F 55-59	50:24
300	Alistair GOODIER	Ipswich Jaffa RC	187	M 50-54	26:M 50-54	50:24
301	Tak LI		122	M 40-44	46:M 40-44	50:27
302	Paul BERRIMAN		428	M 45-49	45:M 45-49	50:28
303	Jon MOODIE	Framlingham Flyers	486	M 45-49	46:M 45-49	50:29
304	Gerry MCCARTHY		448	M 60-64	4:M 60-64	50:33
305	Jono WAKE		291	M 20-39	105:M 20-39	50:34
306	Kevin STIFF		608	M 40-44	47:M 40-44	50:35
307	Chris BOND	Haven Power	751	M 20-39	106:M 20-39	50:38
308	Iain CATCHPOOL	Ipswich Jaffa RC	551	M 50-54	27:M 50-54	50:38
309	Adam FENN		400	M 20-39	107:M 20-39	50:40
310	Kevin CLEMENTS		173	M 40-44	48:M 40-44	50:40
311	Andrew MARSHALL-TIERNEY		371	M 60-64	5:M 60-64	50:43
312	Steven MITCHELL	Ipswich Jaffa RC	391	M 55-59	16:M 55-59	50:44
313	Erica SOMMER		32	F 40-44	9:F 40-44	50:45
314	Michael GAFFNEY		97	M 50-54	28:M 50-54	50:46
315	Darren SCRIVEN		495	M 20-39	108:M 20-39	50:48
316	Andy WOOD	Adnams	622	M 55-59	17:M 55-59	50:50
317	Trevor FAGG		342	M 50-54	29:M 50-54	50:53
318	Paul THOMPSON		41	M 20-39	109:M 20-39	50:53
319	Neal CHURCHYARD		472	M 55-59	18:M 55-59	51:00
320	James HUMPHREY		326	M 40-44	49:M 40-44	51:02
321	Letitia MARTIN		339	F 20-39	21:F 20-39	51:04
322	Stephen WADE		55	M 50-54	30:M 50-54	51:05
323	Matt SAUNDERS	Felixstowe RRC	537	M 40-44	50:M 40-44	51:07
324	Lucy RICHARDSON	Planet Music	689	F 20-39	22:F 20-39	51:08
325	Beth FRADD DE BREE		408	F 20-39	23:F 20-39	51:12
326	Kris RICHARDSON	BDK - 60	613	M 40-44	51:M 40-44	51:14
327	Aidan NORRIS	Notcutts	626	M 40-44	52:M 40-44	51:20
328	John WESTON		179	M 60-64	6:M 60-64	51:23
329	Tom MARKS	BDK - 60	612	M 20-39	110:M 20-39	51:25
330	James BUCKINGHAM	Cherry Tree	716	M 20-39	111:M 20-39	51:32

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
331	Huw JONES	Haven Power	759	M 20-39	112:M 20-39	51:40
332	Neil QUARTON		397	M 50-54	31:M 50-54	51:41
333	Kirsty BROOKFIELD		455	F 20-39	24:F 20-39	51:41
334	Calvin MEEK	Notcutts	627	M 20-39	113:M 20-39	51:50
335	Benjamin ASKEW		313	M 40-44	53:M 40-44	51:50
336	Daniel MAYHEW		482	M 20-39	114:M 20-39	51:53
337	Lorraine BRACKLEY		525	F 45-49	3:F 45-49	51:54
338	Alan JACKSON		471	M 20-39	115:M 20-39	51:57
339	Adam THORPE		445	M 20-39	116:M 20-39	51:58
340	Nick RAY	Airborne Fit	646	M 50-54	32:M 50-54	51:59
341	Raf DAWSON		289	M 15-19	19:M 15-19	52:03
342	Richard TAYLOR		239	M 40-44	54:M 40-44	52:04
343	Gary PILKINGTON		4	M 45-49	47:M 45-49	52:04
344	Mark NEWMAN	Gilmore Piper Physios	712	M 40-44	55:M 40-44	52:05
345	Mark SARGEANTSON	Fenn Wright	681	M 65-69	4:M 65-69	52:07
346	Simon CHRISTIE		425	M 45-49	48:M 45-49	52:10
347	Derek CHOWN		214	M 70-99	1:M 70-99	52:13
348	Hannah SIM	Airborne Fit	631	F 20-39	25:F 20-39	52:15
349	Sandra MAYHEW	Stowmarket Striders Running Club	76	F 55-59	2:F 55-59	52:17
350	William COE	The Galley	737	M 50-54	33:M 50-54	52:17
351	Kelmend SOKOLI		260	M 20-39	117:M 20-39	52:19
352	Ellie BARFIELD	Airborne Fit	644	F 20-39	26:F 20-39	52:24
353	Paul MCGREGOR		526	M 60-64	7:M 60-64	52:25
354	John CLARKE		523	M 55-59	19:M 55-59	52:30
355	Greg DODDS	Kings Head	702	M 45-49	49:M 45-49	52:34
356	George BARNARD		321	M 20-39	118:M 20-39	52:37
357	Paul WALLINGTON		194	M 20-39	119:M 20-39	52:40
358	Clare PESTELL-LOVE		553	F 20-39	27:F 20-39	52:44
359	Kieran CORDER	Adnams	621	M 20-39	120:M 20-39	52:44
360	Andrew REDSTALL		307	M 20-39	121:M 20-39	52:52
361	Joe COOPER	Airborne Fit	558	M 20-39	122:M 20-39	52:53
362	Fiona COE	The Galley	738	F 45-49	4:F 45-49	52:53
363	Graham BUSH	Woodbridge Shufflers Running Club	496	M 70-99	2:M 70-99	52:58

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364	Zain O'SULLIVAN		189	M 20-39	123:M 20-39	52:59
365	Hugo KING		54	M 20-39	124:M 20-39	52:59
366	Alistair DAVIDSON		277	M 20-39	125:M 20-39	52:59
367	Mark CRISP	Chapel Properties Woodbridge Ltd	760	M 50-54	34:M 50-54	53:05
368	Vicky WESTLAKE	Haven Power	750	F 20-39	28:F 20-39	53:10
369	Annabel LEECH		524	F 40-44	10:F 40-44	53:10
370	Clive PEMBERTON		222	M 50-54	35:M 50-54	53:13
371	Jo PARDEN	Framlingham Flyers	364	F 50-54	3:F 50-54	53:16
372	Robert JENNINGS		407	M 55-59	20:M 55-59	53:17
373	Bella SMITH	Airborne Fit	643	F 40-44	11:F 40-44	53:20
374	David TAYLOR	Framlingham Flyers	450	M 70-99	3:M 70-99	53:22
375	Alex BUTLER-ZAGNI	Gotelee	664	M 20-39	126:M 20-39	53:22
376	William SMITH		264	M 20-39	127:M 20-39	53:23
377	Rob HARROW		46	M 40-44	56:M 40-44	53:24
378	Tony MOORCROFT		319	M 55-59	21:M 55-59	53:28
379	Michael STREAT		529	M 55-59	22:M 55-59	53:29
380	Alistair MITCHELL	Fenn Wright	672	M 50-54	36:M 50-54	53:30
381	Rosie PHILLIPS		555	F 20-39	29:F 20-39	53:33
382	Garry SPINK	East of England Coop	682	M 45-49	50:M 45-49	53:36
383	Jean RATTENBURY	Woodbridge School	710	F 50-54	4:F 50-54	53:41
384	Michael MARTIN		324	M 50-54	37:M 50-54	53:45
385	Vic FRENCH		516	F 45-49	5:F 45-49	53:50
386	Ross COMPTON		438	M 20-39	128:M 20-39	53:58
387	Olivia PRIME		476	F 15-19	4:F 15-19	53:58
388	Steven SEINET MARTIN		114	M 60-64	8:M 60-64	54:00
389	Emma SPARK		247	F 20-39	30:F 20-39	54:01
390	Christopher CHILDS		82	M 50-54	38:M 50-54	54:02
391	George AGER	The Galley	745	M 20-39	129:M 20-39	54:04
392	Karl SAVILL		125	M 45-49	51:M 45-49	54:07
393	Faye DODWELL		135	F 20-39	31:F 20-39	54:10
394	Steve WILDING	Ipswich Jaffa RC	575	M 55-59	23:M 55-59	54:10
395	Katie JACKSON		130	F 45-49	6:F 45-49	54:14
396	Jane HUTCHINSON		556	F 40-44	12:F 40-44	54:20

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397	Diane NAPIER		534	F 40-44	13:F 40-44	54:21
398	Debbie WISEMAN		251	F 45-49	7:F 45-49	54:22
399	Samuel Christop GINN		353	M 20-39	130:M 20-39	54:23
400	Alisa NEWMAN		25	F 20-39	32:F 20-39	54:24
401	Katrina JONES		498	F 45-49	8:F 45-49	54:26
402	Henry PARSONS	The Galley	729	M 15-19	20:M 15-19	54:30
403	Jason MANN		540	M 50-54	39:M 50-54	54:33
404	Daniel DAY		465	M 20-39	131:M 20-39	54:38
405	Sarah NICHOLS		533	F 20-39	33:F 20-39	54:38
406	Richard SMITH	Felixstowe RRC	159	M 55-59	24:M 55-59	54:40
407	Paul HANNATT	Brafe	776	M 45-49	52:M 45-49	54:40
408	Lisa SQUIRRELL	Woodbridge Shufflers Running Club	160	F 40-44	14:F 40-44	54:42
409	Stephaine LEDGER		576	F 20-39	34:F 20-39	54:43
410	Andrew COCKER		223	M 55-59	25:M 55-59	54:45
411	Joseph REDSTALL		303	M 40-44	57:M 40-44	54:47
412	Amanda DUNN	Hadleigh Hares AC	296	F 40-44	15:F 40-44	54:48
413	Dominique WARD	Gotelee	663	F 40-44	16:F 40-44	54:51
414	James GARNHAM	Fenn Wright	674	M 20-39	132:M 20-39	54:53
415	Lynsey LEEKS		377	F 20-39	35:F 20-39	54:54
416	Steve WAIN	The Galley	741	M 45-49	53:M 45-49	54:54
417	Filipe TOME	Gressingham	654	M 20-39	133:M 20-39	54:54
418	Adam BROWN		376	M 20-39	134:M 20-39	54:55
419	Emma FROST	Pinfold & Co	651	F 20-39	36:F 20-39	54:58
420	Emma BURROWS		190	F 50-54	5:F 50-54	54:59
421	Elsa COONEY		512	F 15-19	5:F 15-19	55:00
422	Tommy NEWMAN	Notcutts	629	M 20-39	135:M 20-39	55:03
423	Andrew BRADSHAW		48	M 45-49	54:M 45-49	55:11
424	Stu CLARKE		456	M 20-39	136:M 20-39	55:12
425	Robert MACE	Adnams	620	M 20-39	137:M 20-39	55:12
426	David FARROW	Cornerstone Residential Ltd	770	M 20-39	138:M 20-39	55:15
427	Kevin BREITSPRECHER		531	M 20-39	139:M 20-39	55:15
428	Sabine VOGLER		439	F 50-54	6:F 50-54	55:18
429	Adrian COLE	Stowmarket Striders Running Club	235	M 55-59	26:M 55-59	55:20

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430	Andrew SOAMES	Chapel Properties Woodbridge Ltd	766	M 50-54	40:M 50-54	55:20
431	Alex BRIGGINSHAW	Amarinth	723	M 45-49	55:M 45-49	55:22
432	Matthew RAWLINGS		240	M 20-39	140:M 20-39	55:25
433	Stuart MASTERS	The Galley	748	M 40-44	58:M 40-44	55:27
434	Ian AKERS		47	M 40-44	59:M 40-44	55:34
435	Laura COLLINSON		201	F 45-49	9:F 45-49	55:49
436	Lydia KIRK	Framlingham Flyers	30	F 20-39	37:F 20-39	55:51
437	Chris JOHNS	Woodbridge Shufflers Running Club	462	M 60-64	9:M 60-64	55:52
438	David JEFFREYS		423	M 50-54	41:M 50-54	55:59
439	Richard HAXBY		183	M 55-59	27:M 55-59	55:59
440	Emma BIRCHLEY	Woodbridge Shufflers Running Club	543	F 45-49	10:F 45-49	56:04
441	John BRADSHAW	Barker Gotelee	668	M 45-49	56:M 45-49	56:12
442	Rob PEEVOR	Ipswich Triathlon Club	430	M 40-44	60:M 40-44	56:13
443	Hannah WALLINGTON		193	F 20-39	38:F 20-39	56:15
444	Sarah GRAHAM		589	F 20-39	39:F 20-39	56:21
445	Meinir CHILDS		83	F 40-44	17:F 40-44	56:21
446	David LAMPARD	Felixstowe RRC	249	M 55-59	28:M 55-59	56:24
447	James CARBUTT		346	M 45-49	57:M 45-49	56:28
448	Deb HART		356	F 50-54	7:F 50-54	56:32
449	Leonora CHANDLER	Woodbridge Shufflers Running Club	124	F 45-49	11:F 45-49	56:37
450	Andrew STROUD		386	M 50-54	42:M 50-54	56:39
451	Richard HARRISON	Haven Power	756	M 55-59	29:M 55-59	56:50
452	Tim COLE	Haven Power	755	M 40-44	61:M 40-44	56:50
453	Darryn MAYHEW		594	M 40-44	62:M 40-44	56:54
454	Joseph CHANDLER		127	M 50-54	43:M 50-54	56:57
455	Amy WILLIAMS		248	F 20-39	40:F 20-39	56:59
456	Scott GILLIES		139	M 55-59	30:M 55-59	57:02
457	James PAYNE		106	M 20-39	141:M 20-39	57:10
458	Patrick COONEY		511	M 55-59	31:M 55-59	57:11
459	Andrew COONEY		174	M 55-59	32:M 55-59	57:11
460	Milenna PESSOA		473	F 20-39	41:F 20-39	57:12
461	Fiona SMITH		419	F 50-54	8:F 50-54	57:12
462	Stephen CLARK		132	M 45-49	58:M 45-49	57:14

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463	Tash BILLSBERRY	Pinfold & Co	652	F 40-44	18:F 40-44	57:15
464	Richard DEDICOAT	The Power Studio Ltd	720	M 45-49	59:M 45-49	57:17
465	Susanne ROOKE		435	F 45-49	12:F 45-49	57:21
466	Lynsey GROOM		489	F 20-39	42:F 20-39	57:30
467	Duncan CHAMBERLAIN	Ipswich Jaffa RC	93	M 50-54	44:M 50-54	57:30
468	Helen FOMENKO		385	F 40-44	19:F 40-44	57:34
469	Chris FIRMAN		111	M 45-49	60:M 45-49	57:36
470	Nicki BROWN		565	F 50-54	9:F 50-54	57:36
471	Duncan REED	Amarinth	724	M 20-39	142:M 20-39	57:38
472	Malcolm GLEED		148	M 45-49	61:M 45-49	57:41
473	Jon DAWSON		288	M 50-54	45:M 50-54	57:43
474	Jennifer PEARCE		192	F 40-44	20:F 40-44	57:44
475	Sally CONDON	Chapel Properties Woodbridge Ltd	762	F 45-49	13:F 45-49	57:44
476	Laura READ	Gotelee	667	F 20-39	43:F 20-39	57:52
477	Chris SOUTER	Howard Construction	692	M 40-44	63:M 40-44	57:55
478	Adam CROUCHER	Biddable Solutions	619	M 40-44	64:M 40-44	57:58
479	David ANDERSON		191	M 55-59	33:M 55-59	58:00
480	Diogo ABREU	The Galley	743	M 20-39	143:M 20-39	58:02
481	Calum DYES		140	M 20-39	144:M 20-39	58:04
482	Cydney MARTIN		325	F 20-39	44:F 20-39	58:14
483	David CANHAM	Fenn Wright	680	M 45-49	62:M 45-49	58:25
484	Anna MASON		286	F 45-49	14:F 45-49	58:28
485	Laura MELVILLE		243	F 20-39	45:F 20-39	58:31
486	Heidi OAKENFULL		297	F 45-49	15:F 45-49	58:33
487	Joshua BRETT		42	M 20-39	145:M 20-39	58:35
488	Hayley BERKEL		134	F 45-49	16:F 45-49	58:38
489	James THEOBALD	Cornerstone Residential Ltd	773	M 20-39	146:M 20-39	58:48
490	Jason HITZ	Gressingham	656	M 20-39	147:M 20-39	58:49
491	Hamish STONE	Fenn Wright	678	M 20-39	148:M 20-39	58:51
492	Ian CORNEBY		142	M 45-49	63:M 45-49	58:58
493	Wendy CORNEBY		143	F 45-49	17:F 45-49	58:59
494	Suzi ASHWORTH	Woodbridge Shufflers Running Club	453	F 55-59	3:F 55-59	59:02
495	Emma CRAYTON	Dorking & Mole Valley AC	477	F 50-54	10:F 50-54	59:08

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496	Jonathan PARKER		290	M 50-54	46:M 50-54	59:08
497	Paula MCCANN		474	F 70-99	1:F 70-99	59:10
498	Vivienne TAYLOR	Framlingham Flyers	449	F 65-69	1:F 65-69	59:12
499	Lawrence COOK	Biddable Solutions	618	M 20-39	149:M 20-39	59:12
500	James GILES	Biddable Solutions	615	M 40-44	65:M 40-44	59:13
501	Ed ABBOTT		67	M 20-39	150:M 20-39	59:14
502	Lucia HARDWICK		81	F 40-44	21:F 40-44	59:16
503	Rachel BUCKINGHAM	Cherry Tree	717	F 20-39	46:F 20-39	59:21
504	Elisabeth FENN		402	F 20-39	47:F 20-39	59:24
505	Lizzy CANTWELL	Adnams	623	F 20-39	48:F 20-39	59:26
506	Rebecca ELLUL	Felixstowe RRC	336	F 20-39	49:F 20-39	59:28
507	Louise RIDDLESTON		141	F 20-39	50:F 20-39	59:29
508	Gregory RUSSELL		416	M 60-64	10:M 60-64	59:36
509	Faye HUBBARD		203	F 20-39	51:F 20-39	59:36
510	Matthew SALISBURY		415	M 20-39	151:M 20-39	59:39
511	Emma DUTFIELD		166	F 45-49	18:F 45-49	59:44
512	Simon GUEST		300	M 60-64	11:M 60-64	59:47
513	Iain HUNTER	Stowmarket Striders Running Club	241	M 60-64	12:M 60-64	59:47
514	Amy LEVER		503	F 20-39	52:F 20-39	59:48
515	Anne PARKINSON		550	F 60-64	1:F 60-64	59:48
516	Karen MOODIE	Notcutts	625	F 50-54	11:F 50-54	59:49
517	Carl JARRETT		469	M 45-49	64:M 45-49	59:53
518	Lucy KING		77	F 50-54	12:F 50-54	59:54
519	Sally KNIGHT		250	F 50-54	13:F 50-54	1:00:02
520	Emily ROE		175	F 20-39	53:F 20-39	1:00:03
521	Paul SPINKS	Brafe	778	M 40-44	66:M 40-44	1:00:04
522	Kieran WILSON		490	M 20-39	152:M 20-39	1:00:07
523	Matt WILLIAMSON	Haven Power	753	M 40-44	67:M 40-44	1:00:10
524	Simon MORRIS		354	M 20-39	153:M 20-39	1:00:12
525	Amanda HOLT	Biddable Solutions	617	F 40-44	22:F 40-44	1:00:16
526	Stephen DERSLEY		318	M 45-49	65:M 45-49	1:00:16
527	Edwina FROST		483	F 60-64	2:F 60-64	1:00:19
528	Karen CHAMBERLAIN	Ipswich Jaffa RC	92	F 50-54	14:F 50-54	1:00:20

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
529	Andrew RAYNER		176	M 55-59	34:M 55-59	1:00:24
530	Emily WARD		535	F 20-39	54:F 20-39	1:00:25
531	Ruth HATCH	The Galley	732	F 50-54	15:F 50-54	1:00:26
532	Josh HUNT	Howard Construction	698	M 20-39	154:M 20-39	1:00:28
533	Jack HARRISON	Planet Music	690	M 20-39	155:M 20-39	1:00:29
534	Florence RICHMOND	The Galley	733	F 20-39	55:F 20-39	1:00:31
535	Mim JARRETT		23	F 20-39	56:F 20-39	1:00:37
536	Michelle BERRIMAN		426	F 45-49	19:F 45-49	1:00:37
537	Edward MORRIS	Thorney Running Club	144	M 70-99	4:M 70-99	1:00:38
538	Phil GREEN	Planet Music	688	M 50-54	47:M 50-54	1:00:45
539	Catherine MORLEY		98	F 40-44	23:F 40-44	1:00:50
540	James MEHMED		317	M 45-49	66:M 45-49	1:00:53
541	Keith FISHER		298	M 55-59	35:M 55-59	1:00:56
542	Roger HOBSON	Woodbridge Shufflers Running Club	268	M 70-99	5:M 70-99	1:01:01
543	Ahmed SHOKA		607	M 60-64	13:M 60-64	1:01:10
544	Jonathan KENT		27	M 45-49	67:M 45-49	1:01:13
545	Richard CHECKETTS	Framlingham Flyers	207	M 45-49	68:M 45-49	1:01:14
546	David BOYNTON		216	M 55-59	36:M 55-59	1:01:21
547	Alok RUIA	Woodbridge Complementary Health Centr	685	M 50-54	48:M 50-54	1:01:32
548	Janet FRICKER		72	F 50-54	16:F 50-54	1:01:32
549	Wendy KELLETT		136	F 45-49	20:F 45-49	1:01:36
550	Jason HOPE		184	M 45-49	69:M 45-49	1:01:37
551	Pippa WAKE		39	F 20-39	57:F 20-39	1:01:37
552	Abby POWLETT		71	F 40-44	24:F 40-44	1:01:38
553	Rebecca PEIRCE		13	F 20-39	58:F 20-39	1:01:45
554	Jacq BARNARD	Barretts of Woodbridge	706	F 50-54	17:F 50-54	1:01:48
555	Leona HEIMBOCK		84	F 20-39	59:F 20-39	1:01:49
556	Donna WRIGHT	Howard Construction	699	F 20-39	60:F 20-39	1:01:50
557	Brian HUNT		229	M 65-69	5:M 65-69	1:01:52
558	Esther KIEHL	Felixstowe RRC	606	F 45-49	21:F 45-49	1:01:52
559	Bryan JONES	Cornerstone Residential Ltd	771	M 40-44	68:M 40-44	1:01:57
560	Maurenn WRIGHT		730	F 0- 0	1:F 0- 0	1:02:03
561	Charlotte STEWART		507	F 45-49	22:F 45-49	1:02:09

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
562	Steven MILES		337	M 20-39	156:M 20-39	1:02:27
563	Gemma AIREY		271	F 20-39	61:F 20-39	1:02:34
564	Lucy HAMMOND		171	F 20-39	62:F 20-39	1:02:39
565	Brian POWLETT		270	M 40-44	69:M 40-44	1:02:43
566	Emma BROWN		585	F 40-44	25:F 40-44	1:02:44
567	Carita FARTHING	Felixstowe RRC	574	F 20-39	63:F 20-39	1:03:06
568	Emma KAY		461	F 20-39	64:F 20-39	1:03:08
569	Justin OSTLER	Felixstowe RRC	220	M 45-49	70:M 45-49	1:03:09
570	David RAW		570	M 55-59	37:M 55-59	1:03:11
571	Kari URBAN	The Galley	740	F 40-44	26:F 40-44	1:03:13
572	Peter EDWARDS		8	M 40-44	70:M 40-44	1:03:13
573	Peter WATSON-BROWN		368	M 50-54	49:M 50-54	1:03:16
574	Matthew COWARD		382	M 20-39	157:M 20-39	1:03:17
575	Amanda WHITEHEAD		519	F 45-49	23:F 45-49	1:03:19
576	Hazel FRANKLIN		520	F 60-64	3:F 60-64	1:03:19
577	Katie DAGNALL		151	F 20-39	65:F 20-39	1:03:21
578	Jacqueline COLLINS	Felixstowe RRC	20	F 50-54	18:F 50-54	1:03:27
579	Lydia SANSOM		282	F 55-59	4:F 55-59	1:03:29
580	Simon MILLDOWN		204	M 55-59	38:M 55-59	1:03:29
581	Amy ROWTON	Haven Power	758	F 20-39	66:F 20-39	1:03:30
582	Anneli OSTLER	Felixstowe RRC	218	F 20-39	67:F 20-39	1:03:31
583	Ayse SINGH	East of England Coop	683	F 20-39	68:F 20-39	1:03:34
584	James WILCOX	Howard Construction	693	M 45-49	71:M 45-49	1:03:38
585	Richard BAKER		349	M 50-54	50:M 50-54	1:03:41
586	Samantha HUTCHINSON		152	F 20-39	69:F 20-39	1:03:59
587	Kim COOK		484	F 20-39	70:F 20-39	1:04:00
588	Stu COLE		6	M 50-54	51:M 50-54	1:04:01
589	Ali POWELL		458	F 50-54	19:F 50-54	1:04:01
590	Jess BUCK	Cherry Tree	718	F 20-39	71:F 20-39	1:04:10
591	Julie MURRAY	Notcutts	630	F 45-49	24:F 45-49	1:04:12
592	Jan RISEBROW	Felixstowe RRC	74	F 55-59	5:F 55-59	1:04:27
593	Amanda PRIOR	Barker Gotelee	669	F 50-54	20:F 50-54	1:04:36
594	Nicola WOODS	Cornerstone Residential Ltd	772	F 20-39	72:F 20-39	1:04:38

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
595	Elizabeth STONES		197	F 55-59	6:F 55-59	1:04:59
596	Laura BURTON		579	F 20-39	73:F 20-39	1:05:08
597	Carrie SPURLING		343	F 20-39	74:F 20-39	1:05:09
598	Jan GILLESPIE		181	F 50-54	21:F 50-54	1:05:24
599	Katie PARSONS	The Galley	728	F 45-49	25:F 45-49	1:05:26
600	John CUMMINGS		256	M 55-59	39:M 55-59	1:05:33
601	Tim HARGRAVES		34	M 45-49	72:M 45-49	1:05:36
602	Lisa ASHTON	Howard Construction	695	F 45-49	26:F 45-49	1:05:37
603	Bex GILBERT		329	F 20-39	75:F 20-39	1:05:42
604	Dave SOLOMON	Felixstowe RRC	147	M 50-54	52:M 50-54	1:05:45
605	Glen MURES		2	M 45-49	73:M 45-49	1:05:45
606	Sally SOLOMON	Felixstowe RRC	146	F 50-54	22:F 50-54	1:05:45
607	Nicola GARNHAM		527	F 20-39	76:F 20-39	1:05:46
608	Pascal CANEVET	The Galley	739	M 45-49	74:M 45-49	1:05:53
609	Katy WINDEATT		210	F 45-49	27:F 45-49	1:05:55
610	Louise LARTER	The Power Studio Ltd	719	F 40-44	27:F 40-44	1:06:07
611	Matt MAKIN	Felixstowe RRC	308	M 20-39	158:M 20-39	1:06:19
612	Anne OLIVER	Felixstowe RRC	500	F 60-64	4:F 60-64	1:06:19
613	Gary BARR		283	M 20-39	159:M 20-39	1:06:19
614	Darren RODGERS		33	M 20-39	160:M 20-39	1:06:20
615	Robert KEMP	Felixstowe RRC	226	M 20-39	161:M 20-39	1:06:21
616	Joshua WRIGHT		436	M 15-19	21:M 15-19	1:06:22
617	Sarah HAINSWORTH		518	F 20-39	77:F 20-39	1:06:27
618	Vimmi HAYES		155	F 45-49	28:F 45-49	1:06:34
619	Robert MCTAGGART	Gressingham	659	M 20-39	162:M 20-39	1:06:42
620	Joan WOODWARD		212	F 60-64	5:F 60-64	1:06:44
621	Chloe WALKER		323	F 20-39	78:F 20-39	1:06:49
622	Sarah BIXBY	Woodbridge Shufflers Running Club	390	F 45-49	29:F 45-49	1:06:50
623	Colin DAVIS		261	M 20-39	163:M 20-39	1:06:52
624	Bryony COONEY		65	F 20-39	79:F 20-39	1:07:01
625	Tim HARDING		352	M 20-39	164:M 20-39	1:07:01
626	Lucy LUMMIS		253	F 20-39	80:F 20-39	1:07:04
627	Sophie TOTT		475	F 40-44	28:F 40-44	1:07:10

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
628	Ele SMITH	East of England Coop	684	F 45-49	30:F 45-49	1:07:11
629	Angela WHITING	Stowmarket Striders Running Club	237	F 55-59	7:F 55-59	1:07:11
630	Daniela ELSTONE	Felixstowe RRC	60	F 50-54	23:F 50-54	1:07:13
631	Katharine TURNER	The Galley	734	F 55-59	8:F 55-59	1:07:21
632	Rachel PRIOR		19	F 20-39	81:F 20-39	1:07:32
633	Davin CATTERMOLE		208	M 20-39	165:M 20-39	1:07:35
634	John BIRCHALL	Fenn Wright	679	M 20-39	166:M 20-39	1:07:39
635	Tonya LINDLEY-GILL		9	F 50-54	24:F 50-54	1:07:46
636	Lucy SHEMMINGS		150	F 20-39	82:F 20-39	1:07:48
637	Allison DENNY		586	F 45-49	31:F 45-49	1:08:03
638	Marianne HEDGE	Felixstowe RRC	393	F 45-49	32:F 45-49	1:08:14
639	Rebecca COOMBS		153	F 40-44	29:F 40-44	1:08:17
640	Darrell WEBB	DYNNIQ	783	M 40-44	71:M 40-44	1:08:27
641	Paul MARTIN		177	M 55-59	40:M 55-59	1:08:31
642	Katie SMITH		310	F 20-39	83:F 20-39	1:08:34
643	Jacqui BOYNTON		217	F 55-59	9:F 55-59	1:08:39
644	Juliet GORDON	Gotelee	666	F 20-39	84:F 20-39	1:08:43
645	Alison TAYLOR		603	F 50-54	25:F 50-54	1:08:47
646	Martin FISH		117	M 45-49	75:M 45-49	1:08:50
647	Andrew DRUMMOND	Gressingham	660	M 20-39	167:M 20-39	1:09:00
648	Wayne PAGE		504	M 50-54	53:M 50-54	1:09:01
649	Adam KEARNEY		161	M 20-39	168:M 20-39	1:09:02
650	Denise FORD		411	F 60-64	6:F 60-64	1:09:11
651	Tom SELBY		131	M 55-59	41:M 55-59	1:09:19
652	Nic HILL		178	M 45-49	76:M 45-49	1:09:33
653	Lucy BRYANTON		61	F 45-49	33:F 45-49	1:09:34
654	Emma CRISP	Chapel Properties Woodbridge Ltd	761	F 15-19	6:F 15-19	1:09:49
655	Penny LORD		539	F 40-44	30:F 40-44	1:10:08
656	Hannah DAVEY		292	F 20-39	85:F 20-39	1:10:09
657	Stella MITCHELL	Fenn Wright	673	F 45-49	34:F 45-49	1:10:13
658	John MANDERS		89	M 55-59	42:M 55-59	1:10:25
659	Alison LEECH	Stowmarket Striders Running Club	424	F 45-49	35:F 45-49	1:10:32
660	Tania VERMEULEN		267	F 40-44	31:F 40-44	1:10:37

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Place	Name	Team	Bib No	Age Group	Age Group Place	Gun Time
661	Maria BILNER	Ipswich Jaffa RC	566	F 40-44	32:F 40-44	1:10:55
662	Pete EVANS	Woodbridge Complementary Health Centr	686	M 45-49	77:M 45-49	1:12:12
663	Jo FENN		341	F 40-44	33:F 40-44	1:12:14
664	Stuart MOORE		69	M 40-44	72:M 40-44	1:12:14
665	Wendy KNIGHTS		245	F 20-39	86:F 20-39	1:12:19
666	Leticia YULITA		90	F 50-54	26:F 50-54	1:12:22
667	Gabi CROWN		138	F 20-39	87:F 20-39	1:12:23
668	Martin COOPER		487	M 70-99	6:M 70-99	1:12:26
669	Emma FORD		244	F 20-39	88:F 20-39	1:13:03
670	Nicola SANDERSON		406	F 45-49	36:F 45-49	1:13:10
671	Philip COWLES		196	M 55-59	43:M 55-59	1:13:18
672	Robert MABEY	The Galley	731	M 55-59	44:M 55-59	1:14:03
673	Sally-Ann HAMMOND		110	F 55-59	10:F 55-59	1:14:12
674	Paul BRANT	Woodbridge Complementary Health Centr	687	M 45-49	78:M 45-49	1:14:24
675	John POWELL		230	M 70-99	7:M 70-99	1:14:44
676	Steve POWELL		231	M 50-54	54:M 50-54	1:14:45
677	Yvonne SYLVESTER		209	F 60-64	7:F 60-64	1:15:01
678	Susan HUNTER	Stowmarket Striders Running Club	242	F 55-59	11:F 55-59	1:15:25
679	Sheldene FORD-KEEBLE	Gotelee	662	F 20-39	89:F 20-39	1:15:40
680	Karen KEEBLE		509	F 45-49	37:F 45-49	1:19:53
681	Rachel DIXEY		255	F 40-44	34:F 40-44	1:19:53
682	Jennifer SPINDLER		85	F 20-39	90:F 20-39	1:21:48
683	Emma GIDDINGS	The Galley	749	F 45-49	38:F 45-49	1:23:39
684	Sandra ANDREWS		480	F 60-64	8:F 60-64	1:25:15

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Affiliated Team Prizes

1st: Felixstowe RRC	
Benjamin CARPENDALE	33:26
Jon GLANFIELD	36:41
Andy ELLIS	37:14
Top Three Runners Aggregate Time	107:21

2nd: Ipswich Harriers	
Nathan GODDARD	34:50
Kit EVANS LOMBE	35:53
Alex EVANS LOMBE	36:53
Top Three Runners Aggregate Time	107:36

Sponsor Team Prizes

1st: Airborne Fit	
Chris POWELL	39:52
Kevin COLLINS	40:05
Chris SIM	41:49
Top Three Runners Aggregate Time	121:46

2nd: Gilmore Piper Physios	
Dale WHITMORE	41:48
Katie CARD	44:06
Michael ELEY	44:32
Top Three Runners Aggregate Time	130:26