



Individual Results

07 July 2024

18:31:29

Distance

Position	Name	Club	Category	Time
1	Kirstie Gladwell	Framlingham Flyers mixed	Mixed	00:39:14
2	Helen Davies	JAFFA Ladies V35	LadiesVet	00:39:38
3	Katie King	Pacers B LV	LadiesVet	00:40:15
4	Kate Creak	Colchester Harriers Ladies Open	LadiesOpen	00:40:20
5	Kat Parnell	Airborne Fit One	Unaffiliated / Social	00:41:21
6	Laura Cason	JAFFA Ladies Open A	LadiesOpen	00:41:24
7	Kate Creak	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:42:16
8	Lydia Callan	Colchester Harriers Ladies Open	LadiesOpen	00:42:47
9	Holly Weir	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:43:33
10	Gem Carter	Pacers B LV	LadiesVet	00:43:45
11	Amy Milburn	CATS Senior Mix Team A	Mixed	00:45:01
12	Sam Baxter	FRR Banham's Bullets LV	LadiesVet	00:45:04
13	Annette Oakman	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:45:07
14	Keziah Hopkins	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:45:08
15	Lisa Briggs	GBRC Female Vets	LadiesVet	00:45:09
16	Jenni Askew-Martin	Kesgrave Cruisers FV35	LadiesVet	00:45:57
17	Jayne Chappels	Kesgrave Cruisers FV35	LadiesVet	00:46:10
18	Michelle Lock	Colchester Harriers Ladies Vets	LadiesVet	00:46:36
19	Holly Taylor	FRR Banham's Bullets LV	LadiesVet	00:46:40
20	Wendy Smith	Pacers L LSV	LadiesSuperVet	00:47:02
21	Karen Stapleton	Harwich Runners FO	LadiesOpen	00:47:20
22	JULIET GARNHAM	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:47:22
23	Victoria Gallantree	Framlingham Flyers Ladies Vet Red	LadiesVet	00:47:55
24	Emily Gooderham	Pacers H MXD	Mixed	00:48:08
25	Helen Came	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:48:41
26	Vicky Knight	Tiptree Road Runners G4 mixed	Mixed	00:48:42
27	Melissa Goodall	NRR LO Team 3	LadiesOpen	00:48:44

28	Ellie Bithell	Newmarket Joggers LO Female Open	LadiesOpen	00:49:03
29	Lynn Emmett	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:49:15
30	Lucy Beales	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:49:22
31	Alice Goodwin	JAFFA Ladies Open A	LadiesOpen	00:49:27
32	Cameron Brown	Airborne Fit Four	Unaffiliated / Social	00:49:30
33	Amanda Mortimer	JAFFA Ladies V35	LadiesVet	00:49:31
34	Amanda Marshal	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:49:36
35	Claire Collins	Witham RC Womens Open Team 1	LadiesOpen	00:49:37
36	Nicole Rayner	Tiptree Road Runners G3 Female Open	LadiesOpen	00:49:40
37	Charlotte Bryan	Kesgrave Kreuzers Essential Mix	Mixed	00:49:49
38	Kirsty Wheeler	LRR The Fitzgerald Flyers MX	Mixed	00:49:54
39	Heather Smith	Gazelles Springboks	Mixed	00:49:58
40	Jo Leader	Pacers L LSV	LadiesSuperVet	00:50:02
41	Charlotte Lucy Hodgson	NRR LO Team 3	LadiesOpen	00:50:17
42	Rosie Denny	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:50:54
43	Katy Oldman	LRR The Fitzgerald Flyers MX	Mixed	00:50:54
44	Sarah Russell	NRR LO Team 4	LadiesOpen	00:51:00
45	KAREN OFFORD	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:51:09
46	Ellen Sitton	Harwich Runners FO	LadiesOpen	00:51:12
47	Eva Palmer	Kesgrave Kreuzers Mega Mix	Mixed	00:51:39
48	Vicky Presland	GBRC Female Vets	LadiesVet	00:51:48
49	KATE HEEKS	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:51:48
50	Hanneli Stevenson	Newmarket Joggers LO Female Open	LadiesOpen	00:52:02
51	Sarah Bennett	JAFFA Ladies Open C	LadiesOpen	00:52:02
52	Heather Bush	Hard Core Coffee Runners 2	Unaffiliated / Social	00:52:15
53	Claudia Baba	Witham RC Womens Open Team 1	LadiesOpen	00:53:01
54	Debbie Catling	FRR Debbie's Delights MX	Mixed	00:53:03
55	Jane Wall	Pacers A V70	Over70	00:53:20
56	Beth Price	Airborne Fit Five	Unaffiliated / Social	00:53:21
57	Rhiannon Evans	Gazelles Chinkaras MX	Mixed	00:53:29
58	Alexia Cambon	FRR Dropping Anca For A Macdonalds MX	Mixed	00:53:41

59	Susan Waller-Toyne	Colchester Harriers Ladies Vets	LadiesVet	00:54:22
60	Laura Greenman	JAFFA Ladies Open C	LadiesOpen	00:54:30
61	Rosanna Holden	CATs Senior Mix team B	Mixed	00:54:41
62	Rhoda Duncan	RCR MX 2	Mixed	00:54:46
63	Marie Paveley	Capel Cheetahs LadiesVet	LadiesVet	00:54:49
64	Maggie Mason	Warrior Race Crew - WRC WO2	LadiesOpen	00:55:08
65	Inga Hayden-Cooper	GBRC Mixed Open Team 3	Mixed	00:55:13
66	DIANNE HUGHES	SS7 - HEART & SOLE - MXV60	Over60	00:55:23
67	Amanda Smith	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:55:24
68	Sarah Vick	Saxons MX 2	Mixed	00:55:24
69	Rachel Southgate	Hard Core Coffee Runners 1	Unaffiliated / Social	00:55:24
70	Deb Ching	Capel Cheetahs Mixed	Mixed	00:55:33
71	Nikki Kavanagh	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:55:35
72	Cheryl Trundle	Haverhill RC Mixed open 1	Mixed	00:55:46
73	Helen Yellop	Capel Cheetahs LadiesVet	LadiesVet	00:55:53
74	Sarah Osborne	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:55:54
75	Sian Abbott	JAFFA Ladies Open B	LadiesOpen	00:56:07
76	Angela Dellar	Tiptree Road Runners G3 Female Open	LadiesOpen	00:56:14
77	Anca Stadler	FRR Dropping Anca For A Macdonalds MX	Mixed	00:56:25
78	Kate Hayward Brackenbury	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:56:47
79	TRACEY WATTS	SS6 - SOLE TRADERS - MXO	Mixed	00:56:49
80	Sarah Lund	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:56:51
81	Esther Skelhorn	Gazelles Chinkaras MX	Mixed	00:56:58
82	Nikki Osbourne	Colchester Harriers Mixed B	Mixed	00:57:22
83	Laura Ali	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:57:27
84	Tony Millett	NRR 60s Team 5	Over60	00:57:28
85	Jo Pallant	LRR Blue Chronosics MX	MensOpen	00:57:37
86	Sue Barrowclough	Jammy Dodgers	Unaffiliated / Social	00:57:46
87	Lucy Day	NRR MX Team 7	Mixed	00:58:05
88	Angela Roberts	JAFFA Ladies V45	LadiesSuperVet	00:58:09
89	Amy Young	GBRC Mixed Open Team 2	Mixed	00:58:10

90	Kayleigh Leathedale	Running Colchester 2 MX	Mixed	00:58:13
91	Steffi Walker	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:58:17
92	Elodie Alderson	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:58:28
93	Jocelyn Bagnall	Ipswich High School - Orwell Team	Unaffiliated / Social	00:58:35
94	Linda Aldred	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:58:49
95	Anna Taylor	Tiptree Road Runners Gp2 MX	Mixed	00:58:55
96	Celine Elson	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	00:59:08
97	CLAIRE MASKERY	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:59:20
98	Jo Parden	Framlingham Flyers Ladies Vet Red	LadiesVet	00:59:21
99	Helen Harrison	NNBR Scrambled Legs LSV	LadiesSuperVet	00:59:28
100	Donna Harris	GBRC Mixed Open Team 1	Mixed	00:59:43
101	Ameera Marshall	Running Colchester 1 MX	Mixed	01:00:38
102	Lucy Jay	Hadleigh Hares Senior Team 3 MX	Mixed	01:00:57
103	Jennifer Wright	JAFFA Ladies Open B	LadiesOpen	01:01:18
104	Michelle Titcombe-Rogers	Boxted Broncos MX	Mixed	01:01:26
105	Cath Breckell	KHS1	Unaffiliated / Social	01:01:49
106	Claire Purnell	RCR 6 MX	Mixed	01:02:12
107	Angela Brennan	Newmarket Joggers Female Vet 35	LadiesVet	01:02:24
108	Caroline Perry	Kesgrave Kruisers Mega Mix	Mixed	01:02:33
109	Sian Tate	Warrior Race Crew - WRC WO2	LadiesOpen	01:02:33
110	Shauna Cunningham	JAFFA Ladies Open D	LadiesOpen	01:02:41
111	Clair Szemis	NRR LO Team 4	LadiesOpen	01:03:04
112	Emily Maguire	RCR MX 4	Mixed	01:03:11
113	Kate Hutson	JAFFA Mixed A	Mixed	01:03:19
114	Angie Scully	RCR MX 1	Mixed	01:03:48
115	Sarah Keen	NNBR Scrambled Legs LSV	LadiesSuperVet	01:05:05
116	Nichola Wilkins	Hadleigh Jeffing Queens 2	Unaffiliated / Social	01:05:15
117	Sharon Robinson-Calver	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	01:07:03
118	Jan Holmes	Newmarket Joggers Female Vet 35	LadiesVet	01:07:31
119	Tracey Southgate	Hadleigh Jeffing Queens 1	Unaffiliated / Social	01:08:09

120	Lysia Jiggins	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	01:08:53
121	Hazel Mills	Hadleigh Jeffing Queens 1	Unaffiliated / Social	01:09:06
122	Geraldine Suckling	Hadleigh Jeffing Queens 2	Unaffiliated / Social	01:09:10
123	Adriana Houchell	JAFFA Ladies Open D	LadiesOpen	01:10:25
124	Louise Hodder	RCR 6 MX	Mixed	01:11:11
125	Ali Ostler	FRR Makin The Dog Bark MX	Mixed	01:11:40
126	Haley Duffy	JAFFA Ladies V45	LadiesSuperVet	01:14:45

Distance

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Position	Name	Club	Category	Time
1	Adrian Mussett	Colchester Harriers Mens Supervets A	MensSuperVet	00:34:09
2	Dean Williamson	Colchester Harriers Mens Open A	MensOpen	00:34:41
3	James Morley	Colchester Harriers Mens Open A	MensOpen	00:34:52
4	Craig Shand	Pacers F MO	MensOpen	00:35:34
5	James O'Brien	Pacers C MV	MensVet	00:35:41
6	Simon Milette	NRR MO Team 1	MensOpen	00:36:13
7	Michael Eccles	Bure Valley Harriers Male Vets	MensVet	00:36:16
8	Nate Filer	Colchester Harriers Mens Vets A	MensVet	00:36:22
9	William Radley	Witham RC Mens Open Team 1	MensOpen	00:36:49
10	Will Hollands	Pacers F MO	MensOpen	00:36:57
11	Chay Hopkins	Haverhill RC Men's Open	MensOpen	00:37:06
12	Chris Sellens	Colchester Harriers Mens Open B	MensOpen	00:37:32
13	James Wilson	Saxons MX 1	Mixed	00:37:49
14	Adam Young	FRR Adam And The Pants MO	MensOpen	00:37:51
15	Keith Tilley	JAFFA Mens Open A	MensOpen	00:37:52
16	Sean Jermy	NRR MO Team 1	MensOpen	00:38:01
17	Henry Catling	FRR Adam And The Pants MO	MensOpen	00:38:29
18	Heydon Mizon	Witham RC Mens SV	MensSuperVet	00:38:41
19	Matt Webster	Wymondham AC MX	Mixed	00:38:52
20	James Wilson	Saxons MX 3	Mixed	00:38:52
21	Carl White	Bure Valley Harriers Male Vets	MensVet	00:38:56
22	Gary Sagers	LRR Galley Gazelles MO	MensOpen	00:38:57
23	Andrew Southwood	Pacers C MV	MensVet	00:39:01

24	Craig Slocombe	GBRC Mixed Open Team 7	Mixed	00:39:05
25	Joseph Patterson	Colchester Harriers Mens Open B	MensOpen	00:39:05
26	Tom Galley	LRR Galley Gazelles MO	MensOpen	00:39:12
27	Thomas Abbs	Bure Valley Harriers Mixed	Mixed	00:39:14
28	Lee Barber	Framlingham Flyers Men's Vet Red	MensVet	00:39:15
29	Neal Hardwick	Kesgrave Kruisers MO	MensOpen	00:39:27
30	Jim Last	Framlingham Flyers Men's Vet Red	MensVet	00:39:41
31	Chris Green	FRR Bare In The Woods MO	MensOpen	00:39:43
32	Scott Williams	Pacers K MXD	Mixed	00:39:46
33	Allan Smalls	Colchester Harriers Mens Supervets A	MensSuperVet	00:40:10
34	Gerald Buck	CATs Mens Vet	MensVet	00:40:18
35	James Withams	Haverhill RC Men's Open	MensOpen	00:40:26
36	Jason Gunn	Colchester Harriers Mens Vets A	MensVet	00:40:27
37	Oliver Manning	Kesgrave Kruisers Spice Mix	Mixed	00:40:33
38	Colin Ridley	Colchester Harriers Mens 60	Over60	00:40:44
39	Nick Clarke	JAFFA Mens V40	MensVet	00:40:53
40	Kyle Church	Saxons MX 2	Mixed	00:40:55
41	Alex Archer	JAFFA Mens Open A	MensOpen	00:40:58
42	Paul Mingay	Colchester Harriers Mens 60	Over60	00:40:59
43	Gavin Byrne	GBRC Mixed Open Team 7	Mixed	00:41:01
44	Chris Pugh	Witham RC Mens Open Team 1	MensOpen	00:41:19
45	Jonathan Mann	GBRC Male Vets	MensVet	00:41:20
46	Jason Townsend	CATs Mens Vet	MensVet	00:41:31
47	Joe Belshaw	Harwich Runners MO	MensOpen	00:41:32
48	Pete Banks	Tiptree Road Runners G4 mixed	Mixed	00:41:33
49	Richard Smith	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:41:37
50	Bart Rhodes	Kelvedon Snivellers	Unaffiliated / Social	00:41:45
51	Ashley Smy	FRR Read & Wright MV	MensVet	00:41:49
52	Carl Davey	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:41:51
53	Harry Armes	NRR MO Team 6	MensOpen	00:41:51
54	Tom Hannock	Harwich Runners Mens Super Vets	MensSuperVet	00:41:52
55	Stuart Pryce	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:41:54

56	MORGAN MOORE	SS1 - WONDER STUFF - MO	MensOpen	00:41:56
57	Aidan Elmore	Pacers K MXD	Mixed	00:42:13
58	Alastair Read	FRR Read & Wright MV	MensVet	00:42:29
59	Will White	FRR Bare In The Woods MO	MensOpen	00:42:32
60	Michael Jennings	Airborne Fit One	Unaffiliated / Social	00:42:38
61	Dave Copland	Ipswich Triathlon Serious Team MX	Mixed	00:42:38
62	Steve Brooke	FRR Not So Young Bucks MSV	MensSuperVet	00:42:40
63	Simon Stafford	Kesgrave Cruisers MO	MensOpen	00:42:42
64	Adam Beaumont	Ipswich Triathlon Serious Team MX	Mixed	00:42:48
65	Dave Solomon	FRR Not So Young Bucks MSV	MensSuperVet	00:42:53
66	Howard Beasley	Pacers D V60	Over60	00:42:53
67	Paul Weightman	Colchester Harriers Mens Vets B	MensVet	00:43:02
68	Robin Brookes	Harwich Runners Mens Super Vets	MensSuperVet	00:43:12
69	Damian Elsdon	Pacers G MSV	MensSuperVet	00:43:13
70	Charlie Keitch	GBRC Male Vets	MensVet	00:43:25
71	Clive Cartner	Gazelles Dorcas MX	Mixed	00:43:26
72	Mike Greener	Pacers G MSV	MensSuperVet	00:43:43
73	PHIL GREEN	SS1 - WONDER STUFF - MO	MensOpen	00:43:44
74	Henry Moore	Framlingham Flyers Men's Open	MensOpen	00:43:59
75	Chris Burns	Newmarket Joggers Men V50	MensSuperVet	00:44:01
76	Alastair Wilson	Sudbury Joggers Fancy Dress	Mixed	00:44:02
77	Shaun Hurr	Bure Valley Harriers Mixed	Mixed	00:44:11
78	Maciej Zielinski	Lowestoft Park Runners	Unaffiliated / Social	00:44:13
79	Michael Knowles	Harwich Runners MO	MensOpen	00:44:20
80	Mark Garrett	NRR MO Team 2	MensOpen	00:44:23
81	Adam Chamberlin	Hadleigh Hares Senior Team 1 MX	Mixed	00:44:29
82	Daniel Summersgill	JAFFA Mens Open B	MensOpen	00:44:34
83	Daryl Simpson	JAFFA Mens V40	MensVet	00:44:35
84	Jason Dighton	Ipswich Phoenix Team A MX	Mixed	00:44:44
85	Trevor Kuhrt	NRR MO Team 2	MensOpen	00:44:49
86	Chris Underwood	Newmarket Joggers Mens Open	MensOpen	00:44:52
87	Archie George	Lowestoft Park Runners	Unaffiliated / Social	00:45:07

88	Ben Bannar-Martin	Kelvedon Snivellers	Unaffiliated / Social	00:45:08
89	David Allen	GBRC Mixed Open Team 1	Mixed	00:45:13
90	Tom Beecroft	Framlingham Flyers Men's Open	MensOpen	00:45:17
91	Carl Stannard	RCR 5 MO	MensOpen	00:45:20
92	Ryan Baker	Boxted Bears MX	Mixed	00:45:23
93	Leo Jack Dudley	NRR MX Team 7	Mixed	00:45:24
94	Alastair Wilson	Sudbury Joggers Fancy Dress Optional	MensOpen	00:45:25
95	Duane Howard	Kesgrave Cruisers Little Mix	Mixed	00:45:34
96	Daniel Mayes-Dally	JAFFA Mens Open B	MensOpen	00:45:36
97	Andy Fryatt	Newmarket Joggers Men V50	MensSuperVet	00:45:42
98	Chris Sim	Airborne Fit Two	Unaffiliated / Social	00:45:45
99	Todd Lewis	Pacers D V60	Over60	00:45:47
100	Andrew Craig	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:45:47
101	Alison Armstrong	Wymondham AC MX	Mixed	00:45:50
102	Matt Alexander	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:45:53
103	Terry Alabaster	Witham RC Over 60s Men	Over60	00:45:55
104	Connor Adams	Ensors	Unaffiliated / Social	00:45:56
105	Rob Wallace	Pacers J MV	MensVet	00:46:00
106	Karl Graves	Boxted Bears MX	Mixed	00:46:07
107	Tommy Waterson	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:46:10
108	Steve Ames	Boxted Broncos MX	Mixed	00:46:11
109	Paul Cooke	RCR MSV 3	MensSuperVet	00:46:23
110	Mark Chippendale	Running Colchester 2 MX	Mixed	00:46:26
111	Chris Gardiner	Tiptree Road Runners G3 MV	MensVet	00:46:28
112	Matthew Brand	SIXOFTHEBEST	Unaffiliated / Social	00:46:31
113	Chris Regan	Colchester Harriers Mens Supervets B	MensSuperVet	00:46:37
114	Gary Donoghue	Colchester Harriers Mens Vets B	MensVet	00:46:38
115	Mark Salisbury	Sudbury Joggers Fancy Dress Optional	MensOpen	00:46:38
116	KEVIN COLEMAN	SS4 - SWIFTIES - MV50	MensSuperVet	00:46:44

117	Freya KG	Airborne Fit Two	Unaffiliated / Social	00:46:44
118	Jack Axford	Jacks Jammers MX	Mixed	00:46:49
119	Andrew Gooby	CATs Senior Mix team B	Mixed	00:46:54
120	Scott Belmonte	Gazelles Springboks	Mixed	00:46:56
121	Matt Bishop	Pacers E MXD	Mixed	00:47:22
122	Carl Berriman	RCR 5 MO	MensOpen	00:47:23
123	Ashley Yellop	NRR MO Team 6	MensOpen	00:47:24
124	Rob Farthing	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:47:29
125	Richard Higgins	Framlingham Flyers men's supervet	MensSuperVet	00:47:34
126	Greg Davis	Newmarket Joggers Men V60	Over60	00:47:41
127	Reece Gooderham	Pacers H MXD	Mixed	00:47:48
128	Kenny Balding	NNBR - Karen and her Beach Boys 60+	Over60	00:47:54
129	Richard Creasey	Kesgrave Kruisers Essential Mix	Mixed	00:48:01
130	Mark Bulstrode	Kesgrave Kruisers Ready Mix	Mixed	00:48:03
131	Gavin Horrex	Ipswich Phoenix Team A MX	Mixed	00:48:05
132	Kerry Buckley	Hard Core Coffee Runners 2	Unaffiliated / Social	00:48:06
133	Dave Howgego	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:48:09
134	Neville Clarke	Newmarket Joggers Men V60	Over60	00:48:11
135	Gary Parker	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:48:13
136	Jake Church	Saxons MX 3	Mixed	00:48:26
137	Alan Jackson	JAFFA Mens V60	Over60	00:48:28
138	Taliesin Stevenson	CATS Senior Mix Team A	Mixed	00:48:35
139	Paul Clark	Colchester Harriers Mens Supervets B	MensSuperVet	00:48:36
140	James Eminson	Airborne Fit Four	Unaffiliated / Social	00:48:38
141	Dan Price	Capel Cheetahs MensOpen	MensOpen	00:48:39
142	James Peters	Colchester Harriers Mixed A	Mixed	00:48:39
143	Phill Batten	Kesgrave Kruisers Trail Mix	Mixed	00:48:40
144	Adrian Peake	JAFFA Mens V50	MensSuperVet	00:48:46
145	Kev Linsell	Kesgrave Kruisers Ready Mix	Mixed	00:48:48
146	STEPHEN MEAD	SS3 - GOLDEN SOLES - MXV60	Over60	00:48:48

147	Tom Aykroyd	FRR Makin The Dog Bark MX	Mixed	00:49:02
148	Mark Lewis	Pacers M MXD	Mixed	00:49:04
149	Scott Roberts	KHS1	Unaffiliated / Social	00:49:06
150	Simon Peters	Tiptree Road Runners G3 MV	MensVet	00:49:09
151	Jon Meadows	LRR Lotties Legwarmers MX	Mixed	00:49:10
152	Ryan Naidoo	Tiptree Road Runners Gp2 MX	Mixed	00:49:10
153	Owen Dare	Witham RC Over 60s Men	Over60	00:49:12
154	James Crisp	LRR Amazing Grace MX	Mixed	00:49:15
155	Paul Strutt	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:49:20
156	Scott Hard	FRR Hard Luck - No Parking Here MX	Mixed	00:49:24
157	Paul Mitchell	Haverhill RC Mixed open 1	Mixed	00:49:33
158	Tom Higgins	GBRC Mixed Open Team 6	Mixed	00:49:39
159	Kevin Pyle	RCR MX 4	Mixed	00:49:43
160	Adam Boyle	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:49:44
161	Alex Stuckey	Witham RC Mens SV	MensSuperVet	00:49:46
162	Ashley Spragg	Saxons MX 4	Mixed	00:49:49
163	Henry Bagnall	Ipswich High School - Orwell Team	Unaffiliated / Social	00:49:58
164	Jamie Scrivener	Ensors	Unaffiliated / Social	00:50:06
165	Jamie Wright	Framlingham Flyers Men Vet Blue	MensVet	00:50:17
166	Steve Oglesby	Newmarket Joggers Mens Open	MensOpen	00:50:19
167	Duncan Cox	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:50:21
168	Chris Axford	Jacks Jammers MX	Mixed	00:50:30
169	Phil King	NNBR - Karen and her Beach Boys 60+	Over60	00:50:30
170	Will Greenwood	Airborne Fit Five	Unaffiliated / Social	00:50:35
171	Kyle Filby	Ipswich Phoenix Team B MX	Mixed	00:50:44
172	Dave Robinson	RCR MSV 3	MensSuperVet	00:50:45
173	Phil Presland	GBRC Mixed Open Team 4	Mixed	00:50:50
174	Mark Wellsted	Colchester Harriers Mixed B	Mixed	00:51:06
175	Dan Powell	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:51:11

176	Stephen Hatten	Pacers M MXD	Mixed	00:51:15
177	Iain Taylor	Woodbridge Shufflers David's Dashers MO	MensOpen	00:51:20
178	Marcus Brown	RCR MX 1	Mixed	00:51:29
179	James Attenborough	WRC Misfits - WRC MO2	MensOpen	00:51:46
180	Paul Carlisle	GBRC Mixed Open Team 2	Mixed	00:51:48
181	Brad Guyon	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:51:50
182	DARIN GEARY	SS2 - SOLE II SOLE - MV40	MensVet	00:52:10
183	Darren Cox	Kesgrave Cruisers Spice Mix	Mixed	00:52:17
184	Sean Kennedy	Woodbridge Shufflers David's Dashers MO	MensOpen	00:52:17
185	Mark Pretty	Harwich Runners Mixed Team	Mixed	00:52:21
186	ANDREW WEBBER	SS3 - GOLDEN SOLES - MXV60	Over60	00:52:28
187	Glen Waller	WRC Misfits - WRC MO2	MensOpen	00:52:33
188	Alex Steward	JAFFA Mixed A	Mixed	00:52:35
189	Dean Wicks	Colchester Harriers Mixed A	Mixed	00:52:42
190	Paul Webster	KHS2	Unaffiliated / Social	00:52:49
191	Will Ibbotson	Capel Cheetahs Mixed	Mixed	00:52:51
192	Matt Skene	Capel Cheetahs MensOpen	MensOpen	00:52:52
193	Adam Buckle	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:53:03
194	Andrew Pottruff	Framlingham Flyers men's supervet	MensSuperVet	00:53:04
195	RICHARD HURSTHOUSE	SS2 - SOLE II SOLE - MV40	MensVet	00:53:15
196	Marcus Kwan	Kesgrave Cruisers Trail Mix	Mixed	00:53:16
197	Piers Markwick	GBRC Mixed Open Team 5	Mixed	00:53:16
198	Kevin Holley	Hard Core Coffee Runners 1	Unaffiliated / Social	00:53:22
199	Paul Brand	SIXOFTHEBEST	Unaffiliated / Social	00:53:24
200	Jacob Collins	JAFFA Mens Open C	MensOpen	00:53:34
201	PETER WARLAND	SS4 - SWIFTIES - MV50	MensSuperVet	00:53:35
202	Matt Trill	JAFFA Mens Open C	MensOpen	00:53:37
203	Rodger Alexander	GBRC Mixed Open Team 6	Mixed	00:53:38
204	Daniel Palmer	GBRC Mixed Open Team 3	Mixed	00:53:43

205	Paul Stone	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:53:46
206	Jonathan Briggs	GBRC Mixed Open Team 4	Mixed	00:53:49
207	Arthur Jacobs	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:53:58
208	Derek Sadler	NNBR Super Seventies	Over70	00:54:23
209	Paul Barton	Hadleigh Hares Senior Team 2 MX	Mixed	00:54:26
210	James Miller	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:54:26
211	Stephen Sadd	Gazelles Dorcas MX	Mixed	00:54:26
212	Steven Rue	Pacers A V70	Over70	00:54:35
213	Mark Davies	Pacers J MV	MensVet	00:54:36
214	Ian Kennedy	Framlingham Flyers Men Vet Blue	MensVet	00:54:41
215	Stuart Dewell	LRR Lotties Legwarmers MX	Mixed	00:54:48
216	Stuart Hunt	Hadleigh Hares Senior Team 2 MX	Mixed	00:54:59
217	Alan Bradley	NRR 60s Team 5	Over60	00:55:01
218	HARRY BENNINGTON	SS6 - SOLE TRADERS - MXO	Mixed	00:55:05
219	Richard Grimsdell	Pacers E MXD	Mixed	00:55:20
220	Phil Brand	LRR Amazing Grace MX	Mixed	00:55:27
221	Steve Hunt	Hadleigh Hares Senior Team 1 MX	Mixed	00:55:37
222	Steve Blyth	FRR Debbie's Delights MX	Mixed	00:56:08
223	Mark Foulkes	Kesgrave Kreuzers Little Mix	Mixed	00:56:42
224	Stanley Peacher	Framlingham Flyers mixed	Mixed	00:56:44
225	Phil Davies	JAFFA Mens V50	MensSuperVet	00:56:50
226	Jim Hayes	NNBR Super Seventies	Over70	00:57:02
227	Johnathan Lincoln	LRR Blue Chrisonics MX	MensOpen	00:57:11
228	Ben Cuthbert	Sudbury Joggers Fancy Dress	Mixed	00:57:25
229	Chris Ringrose	Running Colchester 1 MX	Mixed	00:57:27
230	FRANK MOGGAN	SS7 - HEART & SOLE - MXV60	Over60	00:57:42
231	Matt Jack	Airborne Fit Three	Unaffiliated / Social	00:57:46
232	David Seymour	FRR Like A Fine Wine 60s	Over60	00:57:58
233	BOB REASON	SS8 - SOLEFUL - MXO	Mixed	00:58:18
234	Neil Holloway	Hadleigh Hares Senior Team 3 MX	Mixed	00:58:30
235	Paul Schwer	FRR Like A Fine Wine 60s	Over60	00:59:02
236	Harry Grimsey	Saxons MX 4	Mixed	00:59:43

237	Martin Spilsted	RCR MX 2	Mixed	00:59:50
238	Tim Higgins	JAFFA Mens V60	Over60	01:00:00
239	Dave Robbie	Saxons MX 1	Mixed	01:00:26
240	Adam Hocken	Jammy Dodgers	Unaffiliated / Social	01:01:43
241	Adam Waller-Toyne	GBRC Mixed Open Team 5	Mixed	01:01:53
242	Pete Stewart	KHS2	Unaffiliated / Social	01:02:18
243	Jamie Jackson	FRR Heading South To Dorset MX	Mixed	01:02:44
244	Michael Davis	Airborne Fit Three	Unaffiliated / Social	01:03:06
245	Martin Garrod	Ipswich Phoenix Team B MX	Mixed	01:03:16
246	Anthony Smith	The Also Rans - WRC O60Mi	Over60	01:03:25
247	Dave Rout	Harwich Runners Mixed Team	Mixed	01:05:07
248	Ross Silverton	The Also Rans - WRC O60Mi	Over60	01:05:52
249	Simon Jacobs	FRR Hard Luck - No Parking Here MX	Mixed	01:07:30
250	Robert Roche	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	01:09:55
251	JIM ELLIS	SS8 - SOLEFUL - MXO	Mixed	01:12:54
252	Martyn Brewster	FRR Heading South To Dorset MX	Mixed	01:14:46

Distance

5K

F

Position	Name	Club	Category	Time
1	Rachael Page	JAFFA Ladies V35	LadiesVet	00:19:32
2	Katie King	Pacers K MXD	Mixed	00:20:20
3	Carys Sergeant	CATS Senior Mix Team A	Mixed	00:20:20
4	Laura Shewbridge	Colchester Harriers Ladies Open	LadiesOpen	00:20:35
5	Kate Gooding	Wymondham AC MX	Mixed	00:21:12
6	Justine Sheekey	Colchester Harriers Ladies Open	LadiesOpen	00:21:16
7	Natasha Michael	Pacers K MXD	Mixed	00:21:24
8	Lillian Corbett	Newmarket Joggers LO Female Open	LadiesOpen	00:21:33
9	Cath Jeffery	Pacers B LV	LadiesVet	00:21:35
10	Eleanor Mayne	Colchester Harriers Ladies Open	LadiesOpen	00:21:47
11	Milly Presland	GBRC Mixed Open Team 7	Mixed	00:22:33
12	Lisa Clarke	JAFFA Ladies V35	LadiesVet	00:22:39
13	Kathy Wilson-Brown	JAFFA Ladies Open A	LadiesOpen	00:23:08

14	Ellie Cumner	Colchester Harriers Ladies Vets	LadiesVet	00:23:13
15	Darren Green	CATS Senior Mix Team A	Mixed	00:23:13
16	Harriet Simm	Hadleigh Hares Senior Team 1 MX	Mixed	00:23:16
17	Zoe Webster	Wymondham AC MX	Mixed	00:23:21
18	Natasha Dunnage	JAFFA Ladies Open A	LadiesOpen	00:23:21
19	Juliet Garnham	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:23:26
20	Jessie Gooderham	Pacers H MXD	Mixed	00:23:27
21	Katie Russell	Haverhill RC Mixed open 1	Mixed	00:23:29
22	Louise Hurr	Gazelles Dorcas MX	Mixed	00:23:32
23	Nicola Ripman	Airborne Fit One	Unaffiliated / Social	00:23:32
24	Nicola Challis	Harwich Runners FO	LadiesOpen	00:23:37
25	JO HAYWARD	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:23:40
26	Charlotte Harris Cook	Bure Valley Harriers Mixed	Mixed	00:23:43
27	Val Jennings	JAFFA Ladies V35	LadiesVet	00:23:50
28	Emily Worboys	Colchester Harriers Mixed A	Mixed	00:23:51
29	Wendy Smith	Pacers B LV	LadiesVet	00:23:59
30	Amanda Mortimer	RCR MX 2	Mixed	00:24:03
31	Eleanor Chapman	Bure Valley Harriers Mixed	Mixed	00:24:09
32	Katy Denny	Tiptree Road Runners G4 mixed	Mixed	00:24:13
33	Fran Norris	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:24:17
34	Iris Palmer	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:24:18
35	Sarah Meehan	Gazelles Chinkaras MX	Mixed	00:24:23
36	Joanna Killingworth	NRR LO Team 3	LadiesOpen	00:24:24
37	Melissa Dowell	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:24:35
38	Deborah Stocker	Kesgrave Kruisers FV35	LadiesVet	00:24:39
39	Bronwen Sanginson	Ipswich Phoenix Team A MX	Mixed	00:24:39
40	Helen Ariyo	Kesgrave Kruisers FV35	LadiesVet	00:24:41
41	Sofie Logan	Colchester Harriers Mixed A	Mixed	00:24:42
42	Sophie Doe	Kesgrave Kruisers FV35	LadiesVet	00:24:45
43	Charlie Ladyman	Gazelles Springboks	Mixed	00:24:51
44	Kelly Hayhoe	GBRC Female Vets	LadiesVet	00:24:53
45	Meera Rajoo-Oakley	GBRC Female Vets	LadiesVet	00:24:57
46	Karen Balcombe	NNBR - Karen and her Beach Boys 60+	Over60	00:24:57

47	Natasha Smith	JAFFA Ladies Open A	LadiesOpen	00:24:57
48	Michelle Murphy	FRR Banham's Bullets LV	LadiesVet	00:24:59
49	Marion Bennett	JAFFA Ladies Open B	LadiesOpen	00:25:13
50	Lil O'dea	Harwich Runners FO	LadiesOpen	00:25:16
51	Nic Robinson	Framlingham Flyers Ladies Vet Red	LadiesVet	00:25:24
52	Sarah Stradling	Colchester Harriers Ladies Vets	LadiesVet	00:25:25
53	Claire Brown	Pacers L LSV	LadiesSuperVet	00:25:26
54	Zara Hanman	JAFFA Ladies Open D	LadiesOpen	00:25:27
55	Linda Cassidy	FRR Like A Fine Wine 60s	Over60	00:25:27
56	Lara Pocock	Pacers B LV	LadiesVet	00:25:32
57	Gemma Moss	JAFFA Ladies V45	LadiesSuperVet	00:25:37
58	Meera Rajoo-Oakley	GBRC Mixed Open Team 3	Mixed	00:25:40
59	Terri Green	JAFFA Ladies Open B	LadiesOpen	00:25:45
60	Fiona Collins	Witham RC Womens Open Team 1	LadiesOpen	00:25:51
61	Lucy Thompson	CATS Senior Mix Team A	Mixed	00:25:52
62	HANNAH JEWERS	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:25:54
63	Rachel Bartlett	Saxons MX 2	Mixed	00:25:58
64	Caroline Jeggo	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:25:59
65	Joanne Harper	FRR Banham's Bullets LV	LadiesVet	00:26:03
66	Sam Spencer	JAFFA Ladies Open B	LadiesOpen	00:26:04
67	Catherine Peck	Pacers E MXD	Mixed	00:26:09
68	Sandra Bumphrey	Capel Cheetahs LadiesVet	LadiesVet	00:26:09
69	Anita Mussett	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:26:17
70	Helen Kirkman	Airborne Fit Four	Unaffiliated / Social	00:26:18
71	Caroline Dyer	GBRC Female Vets	LadiesVet	00:26:19
72	Rebecca Gooderham	Pacers H MXD	Mixed	00:26:22
73	Meera Mahadevan	Newmarket Joggers LO Female Open	LadiesOpen	00:26:28
74	Cora O'Mahony	Gazelles Dorcas MX	Mixed	00:26:30
75	Cattie Mattock	Harwich Runners FO	LadiesOpen	00:26:35
76	Jenine Gillett-thomas	NRR MX Team 7	Mixed	00:26:36
77	Grace Glover	LRR Amazing Grace MX	Mixed	00:26:39
78	Caroline Green	Hard Core Coffee Runners 2	Unaffiliated / Social	00:26:40

79	Rebaca Bawley	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:26:41
80	Louisa Quilter	Tiptree Road Runners G3 Female Open	LadiesOpen	00:26:41
81	Christie Williamson	NRR LO Team 3	LadiesOpen	00:26:45
82	Maria Ward	Hadleigh Hares Senior Team 2 MX	Mixed	00:26:46
83	Phaedra Bishop	Jacks Jammers MX	Mixed	00:26:47
84	Liz Stuckey	Witham RC Womens Open Team 1	LadiesOpen	00:26:47
85	Judy Crooks	NRR LO Team 3	LadiesOpen	00:26:50
86	Anne Parkinson	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:26:53
87	Kelly Guyon	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:26:54
88	Jodie Wells	Tiptree Road Runners G3 Female Open	LadiesOpen	00:26:59
89	Liz Stuckey	Witham RC Womens Open Team 1	LadiesOpen	00:27:01
90	Lucy English	Framlingham Flyers Ladies Vet Red	LadiesVet	00:27:02
91	Faith Lewis	Pacers L LSV	LadiesSuperVet	00:27:03
92	Claire Phillips	Kesgrave Kruisers Ready Mix	Mixed	00:27:05
93	RONNIE EGAN	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:27:07
94	Kate Wills	Boxted Bears MX	Mixed	00:27:08
95	CHLOE HEEKS	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:27:09
96	Charlotte Payne	Lowestoft Park Runners	Unaffiliated / Social	00:27:14
97	Tracy Wellsted	Colchester Harriers Ladies Vets	LadiesVet	00:27:19
98	Julie Dale	Pacers M MXD	Mixed	00:27:23
99	Anna Migliorini Lyon	GBRC Mixed Open Team 3	Mixed	00:27:25
100	ALEX SMITH	SS6 - SOLE TRADERS - MXO	Mixed	00:27:29
101	Deborah Lawrence	NRR 60s Team 5	Over60	00:27:29
102	Helen Barber	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:27:31
103	Sarah Banham	FRR Banham's Bullets LV	LadiesVet	00:27:40
104	Rachel Southgate	FRR Heading South To Dorset MX	Mixed	00:27:44
105	Helen Duggan	FRR Hard Luck - No Parking Here MX	Mixed	00:27:45
106	Helen Carey	GBRC Mixed Open Team 5	Mixed	00:27:46
107	Kelly Wade	JAFFA Ladies Open C	LadiesOpen	00:27:48
108	Alison Evans	Harwich Runners Mixed Team	Mixed	00:27:52
109	Charlotte Smith	LRR Lotties Legwarmers MX	Mixed	00:27:55
110	Hayley Gittings	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:27:55

111	Andrea Markwick	GBRC Mixed Open Team 5	Mixed	00:27:59
112	Jo White	Saxons MX 3	Mixed	00:27:59
113	Sue Cross	Jacks Jammers MX	Mixed	00:28:00
114	Charlotte Hanes	SS7 - HEART & SOLE - MXV60	Over60	00:28:06
115	Sarah Brown	CATs Senior Mix team B	Mixed	00:28:08
116	Lisa Carrington	Ipswich Phoenix Team B MX	Mixed	00:28:11
117	Sarah Davison	GBRC Mixed Open Team 2	Mixed	00:28:13
118	Sarah Golding	Pacers L LSV	LadiesSuperVet	00:28:14
119	Rachel O'Leary	Warrior Race Crew - WRC WO2	LadiesOpen	00:28:17
120	Stephanie Evans	Gazelles Chinkaras MX	Mixed	00:28:17
121	Christina Pretty	Harwich Runners Mixed Team	Mixed	00:28:19
122	Paula Canham	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:28:20
123	Karen Skene	Capel Cheetahs LadiesVet	LadiesVet	00:28:27
124	Emma Richbell	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:28:32
125	Calli Challis	Hard Core Coffee Runners 2	Unaffiliated / Social	00:28:33
126	Emily Dixon	Capel Cheetahs Mixed	Mixed	00:28:36
127	Tonie Wilson	GBRC Mixed Open Team 6	Mixed	00:28:40
128	Jackie Eastaugh-King	NRR LO Team 4	LadiesOpen	00:28:41
129	Nikki Balding	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:28:41
130	Deborah Hollidge	GBRC Mixed Open Team 6	Mixed	00:28:44
131	Elsbeth Knott	Harwich Runners Mixed Team	Mixed	00:28:45
132	RONNIE EGAN	SS6 - SOLE TRADERS - MXO	Mixed	00:28:47
133	Fi Coe	Airborne Fit Five	Unaffiliated / Social	00:28:49
134	Claire Robinson	FRR Debbie's Delights MX	Mixed	00:28:55
135	Emma Calver	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:28:56
136	Lisa Loomes	JAFFA Ladies Open C	LadiesOpen	00:28:57
137	Sarah Pennock	Sudbury Joggers Fancy Dress	Mixed	00:28:59
138	Lana Zinchenko	Newmarket Joggers Female Vet 35	LadiesVet	00:29:02
139	Calli Challis	FRR Debbie's Delights MX	Mixed	00:29:07
140	Michelle Youngs	NRR LO Team 4	LadiesOpen	00:29:08
141	Suzy Grant	LRR Lotties Legwarmers MX	Mixed	00:29:10

142	Becky Wilson	Airborne Fit Three	Unaffiliated / Social	00:29:11
143	Louise Yates	Colchester Harriers Mixed B	Mixed	00:29:12
144	Lisa Leader	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	00:29:15
145	Anna Clapton	Capel Cheetahs LadiesVet	LadiesVet	00:29:17
146	Lisa Oldman	Running Colchester 1 MX	Mixed	00:29:21
147	Rachel Newenham	Tiptree Road Runners G3 Female Open	LadiesOpen	00:29:23
148	Mary-Ann Taylor	Running Colchester 2 MX	Mixed	00:29:26
149	Tyla Vane	Pacers E MXD	Mixed	00:29:34
150	Liz Masding	Hard Core Coffee Runners 1	Unaffiliated / Social	00:29:34
151	Geraldine Suckling	Hadleigh Hares Senior Team 3 MX	Mixed	00:29:40
152	SANDRA MAYHEW	SS7 - HEART & SOLE - MXV60	Over60	00:29:42
153	Anita Grainger	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	00:29:43
154	Karen Flowers	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	00:29:47
155	Lynsey Warfield	KHS1	Unaffiliated / Social	00:29:52
156	Lindsey Allen	GBRC Mixed Open Team 3	Mixed	00:29:54
157	Laura Holland	Kesgrave Kruisers Spice Mix	Mixed	00:29:54
158	Hannah Issett	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:29:54
159	Claire Harrington	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:29:59
160	Marion Parks	FRR Hard Luck - No Parking Here MX	Mixed	00:30:06
161	Sophie Coleman	JAFFA Ladies Open D	LadiesOpen	00:30:06
162	Yolande Arnold	GBRC Mixed Open Team 6	Mixed	00:30:09
163	Ann-Marie Bearne	Tiptree Road Runners Gp2 MX	Mixed	00:30:10
164	Karensa Carrick	KHS1	Unaffiliated / Social	00:30:16
165	Tracy Ratcliffe	RCR MX 1	Mixed	00:30:18
166	Charlotte Smith	LRR Amazing Grace MX	Mixed	00:30:20
167	Katherine Saunders	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:30:34
168	Suzanne Bailey	Newmarket Joggers Female Vet 35	LadiesVet	00:30:35
169	Kirsty Marsh	FRR Heading South To Dorset MX	Mixed	00:30:37
170	Marion Walker	Framlingham Flyers mixed	Mixed	00:30:39
171	Catherine Sayer	Gazelles Springboks	Mixed	00:30:41

172	Sophie Bell	Ipswich Phoenix Team B MX	Mixed	00:30:41
173	Olivia Radford	JAFFA Ladies Open D	LadiesOpen	00:30:48
174	Nicola Stevenson	Hard Core Coffee Runners 2	Unaffiliated / Social	00:30:55
175	Kate Ashby	Airborne Fit Three	Unaffiliated / Social	00:30:59
176	Pina Standring	Airborne Fit Five	Unaffiliated / Social	00:31:03
177	Bee Harris	GBRC Mixed Open Team 4	Mixed	00:31:04
178	Janet Askew	Kesgrave Kruisers Trail Mix	Mixed	00:31:09
179	Hayley Howard	RCR MX 1	Mixed	00:31:10
180	Abby Fairhall	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:31:10
181	Chrissy Palmer	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:31:18
182	Claire Trott	Hard Core Coffee Runners 1	Unaffiliated / Social	00:31:20
183	Natasha Sumner	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:31:25
184	Cath Orrin	Kesgrave Kruisers Trail Mix	Mixed	00:31:25
185	Emma Burns	Newmarket Joggers LO Female Open	LadiesOpen	00:31:27
186	Vivienne Broughton	Saxons MX 3	Mixed	00:31:27
187	Fran Abrams	Saxons MX 2	Mixed	00:31:27
188	SHARON WARLAND	SS8 - SOLEFUL - MXO	Mixed	00:31:31
189	TRACEY NOBBS	SS8 - SOLEFUL - MXO	Mixed	00:31:36
190	CAROLINE GLADWELL	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:31:39
191	Lisa Harvey	CATs Senior Mix team B	Mixed	00:31:39
192	Rosien Anderson Hurst	KHS2	Unaffiliated / Social	00:31:45
193	Kate Stannett	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	00:31:48
194	Anita Fortes	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:31:53
195	Amy Arkle	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:31:53
196	Fiona Holland	Hadleigh Hares Senior Team 3 MX	Mixed	00:31:59
197	Danielle Adams	Kesgrave Kruisers Essential Mix	Mixed	00:32:01
198	Elaine Albrow	NRR LO Team 4	LadiesOpen	00:32:04
199	Analdina Barbosa	Saxons MX 3	Mixed	00:32:08

200	Dawn Marshall	Pacers M MXD	Mixed	00:32:20
201	Shelley Kinnard	Hadleigh Jeffing Queens 1	Unaffiliated / Social	00:32:21
202	Sarah Smith	Ipswich High School - Orwell Team	Unaffiliated / Social	00:32:23
203	Hayley Roche	Ipswich Triathlon Serious Team MX	Mixed	00:32:30
204	Katherine Aykroyd	FRR Makin The Dog Bark MX	Mixed	00:32:31
205	Jo Blyth	FRR Dropping Anca For A Macdonalds MX	Mixed	00:32:38
206	Justine Davenport	Gazelles Dorcas MX	Mixed	00:32:46
207	Denise Hamilton	JAFFA Ladies Open C	LadiesOpen	00:32:47
208	Angela Read	The Also Rans - WRC O60Mi	Over60	00:32:48
209	Natalie Lilley	Warrior Race Crew - WRC WO2	LadiesOpen	00:32:51
210	Karen Waters	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:32:59
211	Kaye Stone	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:33:04
212	Gina Giddings	Hadleigh Jeffing Queens 2	Unaffiliated / Social	00:33:08
213	Helen Millson	Airborne Fit Five	Unaffiliated / Social	00:33:10
214	AGNIESZKA ANDRZEJAK	SS8 - SOLEFUL - MXO	Mixed	00:33:10
215	Angel Cherrett	Framlingham Flyers mixed	Mixed	00:33:16
216	Hillary Cook	FRR Like A Fine Wine 60s	Over60	00:33:18
217	Heather Dagraca	Gazelles Springboks	Mixed	00:33:20
218	Lucy Waring	Saxons MX 4	Mixed	00:33:21
219	Bex Pottruff	Framlingham Flyers Ladies Vet Red	LadiesVet	00:33:28
220	Christine Hall	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:33:28
221	Kerry Townsend	The Also Rans - WRC O60Mi	Over60	00:33:29
222	Lisa Richards	Ipswich High School - Orwell Team	Unaffiliated / Social	00:33:31
223	Samantha Cotton	GBRC Mixed Open Team 1	Mixed	00:33:39
224	Julie Haselwood	JAFFA Ladies V45	LadiesSuperVet	00:33:45
225	Tina Church	Saxons MX 1	Mixed	00:33:46
226	Janine Edgar	Hadleigh Jeffing Queens 2	Unaffiliated / Social	00:33:51
227	Dawn Staff	Saxons MX 1	Mixed	00:34:00

228	Heather Weston	Boxted Broncos MX	Mixed	00:34:02
229	Claire Grainger	NNBR Scrambled Legs LSV	LadiesSuperVet	00:34:06
230	Tina Walker	RCR MX 4	Mixed	00:34:08
231	Ina Gallo	Hadleigh Jeffing Queens 2	Unaffiliated / Social	00:34:14
232	Rachel Brand-Smith	SIXOFTHEBEST	Unaffiliated / Social	00:34:25
233	Adel Webber	Kesgrave Kruisers Trail Mix	Mixed	00:34:35
234	Mandy Chinery	Kesgrave Kruisers Little Mix	Mixed	00:34:44
235	Bethany Shippey	Warrior Race Crew - WRC WO2	LadiesOpen	00:34:46
236	Sarah Morter	NNBR Scrambled Legs LSV	LadiesSuperVet	00:34:52
237	Helen McClennon Warnock	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:34:53
238	DEBBIE MCDOWELL	SS7 - HEART & SOLE - MXV60	Over60	00:34:55
239	Deborah Gillespie	NNBR Scrambled Legs LSV	LadiesSuperVet	00:34:57
240	Becky Tyler	SIXOFTHEBEST	Unaffiliated / Social	00:35:17
241	Heather Mills	RCR MX 2	Mixed	00:35:29
242	Niamh Lingley	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:35:34
243	Heather Mills	RCR 6 MX	Mixed	00:35:59
244	Jo Buttell	Newmarket Joggers Female Vet 35	LadiesVet	00:36:20
245	Lauren Johnson-Wood	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:36:23
246	Renee Wilkins	Kesgrave Kruisers Spice Mix	Mixed	00:36:28
247	Julia Bilota	Hadleigh Jeffing Queens 1	Unaffiliated / Social	00:36:30
248	Laura Batten	Kesgrave Kruisers Essential Mix	Mixed	00:36:31
249	Jackie Brumpton	JAFFA Ladies V45	LadiesSuperVet	00:36:45
250	Abigail Osbourne	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:36:54
251	Kerri Barrell	Jammy Dodgers	Unaffiliated / Social	00:36:57
252	Alison French	Airborne Fit Three	Unaffiliated / Social	00:37:00
253	Liz Letzer	NNBR Super Seventies	Over70	00:37:04
254	Mary Burgess	FRR Heading South To Dorset MX	Mixed	00:37:09
255	Jennifer Kaye	Running Colchester 2 MX	Mixed	00:37:11
256	Sue Foley	Running Colchester 1 MX	Mixed	00:37:14

257	Carrie Fulcher	KHS2	Unaffiliated / Social	00:37:21
258	Ellie Fosker	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:38:04
259	Holly Tew	RCR MX 4	Mixed	00:38:06
260	Zoila Reyes	FRR Dropping Anca For A Macdonalds MX	Mixed	00:38:14
261	Denise Betts	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:38:50
262	Rebecca Martin	Hadleigh Jeffing Queens 1	Unaffiliated / Social	00:39:21
263	Kat Cuthbert	Sudbury Joggers Fancy Dress	Mixed	00:39:24
264	Amber Smith	JAFFA Mixed A	Mixed	00:39:54
265	LEANNE OATHAM	SS6 - SOLE TRADERS - MXO	Mixed	00:42:58
266	Jenny Broughton	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	00:43:15
267	Angela Soames	Kesgrave Kruisers Ready Mix	Mixed	00:49:23

Distance

Position	Name	Club	Category	Time
1	Ben Whyte	Colchester Harriers Mens Open A	MensOpen	00:17:00
2	Seb Melero	Pacers F MO	MensOpen	00:17:01
3	Tony Gavin	FRR Adam And The Pants MO	MensOpen	00:17:53
4	Finley Greenleaf	Colchester Harriers Mens Open A	MensOpen	00:18:01
5	Sean Eales	Colchester Harriers Mens Open B	MensOpen	00:18:15
6	Ramadan Osman	Colchester Harriers Mens Open A	MensOpen	00:18:18
7	Gary Taylor	FRR Adam And The Pants MO	MensOpen	00:18:37
8	Alfie Jeffery	Pacers F MO	MensOpen	00:18:38
9	Sean Smith	Harwich Runners MO	MensOpen	00:18:45
10	Flynn Eyre	GBRC Mixed Open Team 7	Mixed	00:18:51
11	Stuart Ward	FRR Adam And The Pants MO	MensOpen	00:18:51
12	Mark Allen	JAFFA Mens Open A	MensOpen	00:18:55
13	Dan Hutchinson	Newmarket Joggers Mens Open	MensOpen	00:18:59
14	Alex Griffiths	NRR MO Team 1	MensOpen	00:19:06
15	James Parr	JAFFA Mens Open A	MensOpen	00:19:07
16	Kieron Goreham	NRR MO Team 1	MensOpen	00:19:09
17	Adam Wade	JAFFA Mens V40	MensVet	00:19:10
18	Barney Wilkins	Kesgrave Kruisers Mega Mix	Mixed	00:19:29

19	Graeme Knott	Harwich Runners MO	MensOpen	00:19:38
20	Ross Kozyrko	LRR Galley Gazelles MO	MensOpen	00:19:42
21	Mark Allen	JAFFA Mens Open C	MensOpen	00:19:43
22	James Mallett	Kesgrave Kruisers MO	MensOpen	00:19:44
23	Lewis Sullivan	Pacers F MO	MensOpen	00:19:44
24	Tony Smart	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:19:55
25	Marcus Poston	Harwich Runners MO	MensOpen	00:19:56
26	Gavin Davies	JAFFA Mens V40	MensVet	00:19:59
27	Joe Winter	Haverhill RC Men's Open	MensOpen	00:20:00
28	Simon Ford	Colchester Harriers Mens Vets A	MensVet	00:20:00
29	Jason Marter	Framlingham Flyers Men's Vet Red	MensVet	00:20:03
30	Shay Walpole	NRR MO Team 1	MensOpen	00:20:08
31	Tom Pirkis	Airborne Fit One	Unaffiliated / Social	00:20:14
32	Simon Gill	Tiptree Road Runners G3 MV	MensVet	00:20:15
33	Stephen Husband	Haverhill RC Men's Open	MensOpen	00:20:16
34	Justin Hayhoe	GBRC Male Vets	MensVet	00:20:19
35	James Parr	LRR Blue Chronics MX	MensOpen	00:20:20
36	Mark Armstrong	Wymondham AC MX	Mixed	00:20:21
37	Simon Gill	Tiptree Road Runners G4 mixed	Mixed	00:20:23
38	Tom Cowley	Hadleigh Hares Senior Team 1 MX	Mixed	00:20:25
39	Chris Mower	Pacers C MV	MensVet	00:20:27
40	Hayden Phillips	Kesgrave Kruisers Little Mix	Mixed	00:20:28
41	Tim Byford	JAFFA Mens Open B	MensOpen	00:20:28
42	Keith Marley	Colchester Harriers Mens Supervets A	MensSuperVet	00:20:28
43	Caleb Lee	Colchester Harriers Mens Open B	MensOpen	00:20:28
44	Chris Harvey	CATs Mens Vet	MensVet	00:20:34
45	Tom Konarzewski	Colchester Harriers Mens Vets B	MensVet	00:20:34
46	Daniel King	Colchester Harriers Mens Vets B	MensVet	00:20:35
47	Nathan Sims	Haverhill RC Men's Open	MensOpen	00:20:37
48	Jamie Smith	NRR MO Team 2	MensOpen	00:20:37
49	Ben Jeffery	Pacers C MV	MensVet	00:20:42
50	Tim Ballard	Colchester Harriers Mens Vets A	MensVet	00:20:43
51	Thomas Southwood	Pacers K MXD	Mixed	00:20:43

52	TOM ATTWELL	SS1 - WONDER STUFF - MO	MensOpen	00:20:48
53	Sam Hajder	Witham RC Mens Open Team 1	MensOpen	00:20:49
54	Dom Melero	Pacers C MV	MensVet	00:20:54
55	Steve Hall	Framlingham Flyers men's supervet	MensSuperVet	00:20:57
56	Philip Chappels	Kesgrave Cruisers MO	MensOpen	00:20:57
57	Marcus Catlin	Ipswich Phoenix Team A MX	Mixed	00:20:58
58	Matthew Crane	Bure Valley Harriers Male Vets	MensVet	00:20:59
59	Chris Stevenson	Colchester Harriers Mens 60	Over60	00:21:00
60	James Eyre	GBRC Male Vets	MensVet	00:21:02
61	Matt Stone	Bure Valley Harriers Male Vets	MensVet	00:21:04
62	Jonathan Mann	GBRC Mixed Open Team 1	Mixed	00:21:05
63	Ady Frost	Pacers G MSV	MensSuperVet	00:21:06
64	Paul Dellar	Colchester Harriers Mens Supervets A	MensSuperVet	00:21:06
65	Paul Cooke	JAFFA Mens V50	MensSuperVet	00:21:07
66	Rob Dyer	GBRC Male Vets	MensVet	00:21:08
67	Mark Harris	GBRC Mixed Open Team 5	Mixed	00:21:10
68	Adam Brown	LRR Amazing Grace MX	Mixed	00:21:13
69	Stuart Wright	FRR Read & Wright MV	MensVet	00:21:13
70	Tom Vale	Saxons MX 4	Mixed	00:21:15
71	Chris Boyt	FRR Not So Young Bucks MSV	MensSuperVet	00:21:16
72	Dan Ramsbottom	LRR Galley Gazelles MO	MensOpen	00:21:21
73	BEN GLADWELL	SS1 - WONDER STUFF - MO	MensOpen	00:21:21
74	Mark Stratton	Pacers G MSV	MensSuperVet	00:21:23
75	Steve Elvin	Bure Valley Harriers Male Vets	MensVet	00:21:23
76	Carl Stannard	RCR MX 4	Mixed	00:21:25
77	Jon Wetherell	LRR Galley Gazelles MO	MensOpen	00:21:26
78	Robin Harper	FRR Read & Wright MV	MensVet	00:21:30
79	Aaron Doddington-Smith	NRR MO Team 2	MensOpen	00:21:32
80	Paul Brazier	GBRC Mixed Open Team 7	Mixed	00:21:32
81	Christopher Aylett	Colchester Harriers Mens Open B	MensOpen	00:21:35
82	Jason King	FRR Read & Wright MV	MensVet	00:21:38
83	Simon Colclough	Colchester Harriers Mens Vets A	MensVet	00:21:42
84	Alec Wright	JAFFA Mens V40	MensVet	00:21:43
85	Peter Gray	Airborne Fit One	Unaffiliated / Social	00:21:44

86	Simon Williams	Framlingham Flyers Men's Vet Red	MensVet	00:21:45
87	Al Wheatley	CATs Mens Vet	MensVet	00:21:47
88	Dale Fowler	JAFFA Mens Open A	MensOpen	00:21:48
89	Xavier Mesquita	Framlingham Flyers Men's Open	MensOpen	00:21:49
90	Alec Wright	Hard Core Coffee Runners 1	Unaffiliated / Social	00:21:54
91	Ethan Bolton	Haverhill RC Mixed open 1	Mixed	00:21:54
92	Warren Birch	JAFFA Mens V50	MensSuperVet	00:21:55
93	Josh Mills	JAFFA Mens Open C	MensOpen	00:21:58
94	Tom Stephens	FRR Not So Young Bucks MSV	MensSuperVet	00:22:04
95	Mark Chennell	Ipswich Triathlon Serious Team MX	Mixed	00:22:06
96	Ray Brand-Smith	SIXOFTHEBEST	Unaffiliated / Social	00:22:07
97	Nigel Scofield	Pacers G MSV	MensSuperVet	00:22:09
98	Rob Hankey	Tiptree Road Runners G4 mixed	Mixed	00:22:09
99	Kerry Buckley	FRR Not So Young Bucks MSV	MensSuperVet	00:22:10
100	Ben Scofield	Pacers M MXD	Mixed	00:22:12
101	Jeremy Ashdown	Framlingham Flyers Men's Open	MensOpen	00:22:16
102	John White	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:22:16
103	Ian Cuthbert	Witham RC Mens Open Team 1	MensOpen	00:22:17
104	John Rainbow	Framlingham Flyers Men's Open	MensOpen	00:22:17
105	Harry Nobel	Sudbury Joggers Fancy Dress Optional	MensOpen	00:22:22
106	Tom Sutton	Kelvedon Snivellers	Unaffiliated / Social	00:22:28
107	Will Aldred	Framlingham Flyers men's supervet	MensSuperVet	00:22:29
108	Chris Wells	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:22:31
109	Lee Holohan	Colchester Harriers Mens Vets B	MensVet	00:22:33
110	Harvey George	Lowestoft Park Runners	Unaffiliated / Social	00:22:35
111	Kieran Holland	Kesgrave Kruisers MO	MensOpen	00:22:37
112	Shaun Hunton	NRR MO Team 6	MensOpen	00:22:37
113	Adam Brown	LRR The Fitzgerald Flyers MX	Mixed	00:22:38
114	Dan Clapton	Capel Cheetahs MensOpen	MensOpen	00:22:41
115	Pete Orrin	Kesgrave Kruisers Spice Mix	Mixed	00:22:44

116	Chris Harman	Pacers H MXD	Mixed	00:22:44
117	Dominic Bareham	FRR Bare In The Woods MO	MensOpen	00:22:46
118	Tony Smart	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:22:48
119	Harry Noel	Sudbury Joggers Fancy Dress Optional	MensOpen	00:22:49
120	Mark Sailsbury	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:22:52
121	MARK WATTS	SS2 - SOLE II SOLE - MV40	MensVet	00:22:54
122	Richard Newman	Harwich Runners Mens Super Vets	MensSuperVet	00:22:56
123	Richard Hewitt	Ipswich Triathlon Serious Team MX	Mixed	00:22:56
124	Rob Milburn	CATs Mens Vet	MensVet	00:22:58
125	Clive Smith	Witham RC Mens Open Team 1	MensOpen	00:23:00
126	ROGER KERR	SS2 - SOLE II SOLE - MV40	MensVet	00:23:01
127	Richard Wold	Ipswich Phoenix Team A MX	Mixed	00:23:07
128	Marc Calvesbert	Ensors	Unaffiliated / Social	00:23:10
129	Louis Hunt-Cole	JAFFA Mens Open B	MensOpen	00:23:12
130	Andrew Raynor	Colchester Harriers Mens Supervets A	MensSuperVet	00:23:13
131	Marcus Brown	RCR 5 MO	MensOpen	00:23:20
132	Dave Robinson	RCR 6 MX	Mixed	00:23:25
133	Peter Woods	FRR Bare In The Woods MO	MensOpen	00:23:26
134	Karl Bedingfield	Pacers D V60	Over60	00:23:31
135	Alex Rolph	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:23:33
136	John Scully	RCR MSV 3	MensSuperVet	00:23:33
137	Chris Wells	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:23:36
138	Craig Wright	Ipswich Phoenix Team B MX	Mixed	00:23:40
139	Matt Yeatts	Framlingham Flyers Men's Vet Red	MensVet	00:23:43
140	Chris Servant	JAFFA Mens V50	MensSuperVet	00:23:43
141	Kevin Pyle	RCR 5 MO	MensOpen	00:23:49
142	Paul Ford	Kelvedon Snivellers	Unaffiliated / Social	00:23:52
143	Ryan Hart	Pacers E MXD	Mixed	00:23:57
144	Carl Berriman	RCR MX 2	Mixed	00:23:59
145	Chris Newenham	Tiptree Road Runners G3 MV	MensVet	00:24:00

146	Matt Vivian	CATs Senior Mix team B	Mixed	00:24:02
147	Rob Morgan	Pacers D V60	Over60	00:24:02
148	Gary Licence	Colchester Harriers Mens Supervets B	MensSuperVet	00:24:02
149	Andy Glass	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:24:03
150	Jamie Saunders	NRR MX Team 7	Mixed	00:24:03
151	Paul Dellar	Colchester Harriers Mixed B	Mixed	00:24:07
152	Joel Bamsey	Hadleigh Hares Senior Team 1 MX	Mixed	00:24:08
153	Stewart Hambling	Framlingham Flyers men's supervet	MensSuperVet	00:24:08
154	Liam Elvidge	Newmarket Joggers Mens Open	MensOpen	00:24:09
155	Mark Watts	Pacers D V60	Over60	00:24:10
156	Luke Arkle	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:24:11
157	Alex Stadler	FRR Debbie's Delights MX	Mixed	00:24:12
158	Colin Ridley	Colchester Harriers Mens 60	Over60	00:24:16
159	Michael Conroy	Witham RC Mens SV	MensSuperVet	00:24:17
160	STEPHEN MEAD	SS1 - WONDER STUFF - MO	MensOpen	00:24:19
161	Ed Abbott	Woodbridge Shufflers David's Dashers MO	MensOpen	00:24:19
162	Charlie Keitch	GBRC Mixed Open Team 4	Mixed	00:24:20
163	Neil Thorpe	Airborne Fit Four	Unaffiliated / Social	00:24:22
164	Will Buck	NRR MO Team 6	MensOpen	00:24:23
165	Ben O'Leary	WRC Misfits - WRC MO2	MensOpen	00:24:24
166	Kim Pretty	Harwich Runners Mens Super Vets	MensSuperVet	00:24:26
167	Antonio Torre	NRR MO Team 6	MensOpen	00:24:27
168	PIERS MORGAN	SS4 - SWIFTIES - MV50	MensSuperVet	00:24:27
169	Ben Russell	Kelvedon Snivellers	Unaffiliated / Social	00:24:29
170	Matt Benson	Sudbury Joggers Fancy Dress	Mixed	00:24:29
171	Jamie Bennett	JAFFA Mens Open B	MensOpen	00:24:33
172	Lee Ali	Framlingham Flyers Men Vet Blue	MensVet	00:24:36
173	Simon Morgan	Colchester Harriers Mens Supervets B	MensSuperVet	00:24:37
174	Daniel Smith	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:24:38
175	Kevin McAlinden	Colchester Harriers Mens 60	Over60	00:24:41

176	DARIN GEARY	SS4 - SWIFTIES - MV50	MensSuperVet	00:24:44
177	Tom Elton	Newmarket Joggers Men V50	MensSuperVet	00:24:45
178	Rob Alder	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:24:48
179	Chris Newenham	Tiptree Road Runners Gp2 MX	Mixed	00:24:53
180	Matt Howes	NRR MO Team 2	MensOpen	00:24:53
181	Paul Arnold	GBRC Mixed Open Team 2	Mixed	00:24:53
182	RICHARD ATTWELL	SS4 - SWIFTIES - MV50	MensSuperVet	00:24:56
183	Mark Austin	Witham RC Over 60s Men	Over60	00:24:57
184	Mike Ward	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:24:57
185	Scott Chapman	Bure Valley Harriers Mixed	Mixed	00:24:59
186	Adam Plummer	RCR 6 MX	Mixed	00:25:02
187	CHRIS STARMER	SS3 - GOLDEN SOLES - MXV60	Over60	00:25:03
188	Edward Scott	Ensors	Unaffiliated / Social	00:25:04
189	Simon Miller	Colchester Harriers Mens Supervets B	MensSuperVet	00:25:07
190	Nick Goldsmith	Airborne Fit Two	Unaffiliated / Social	00:25:07
191	John Dunnett	Capel Cheetahs MensOpen	MensOpen	00:25:09
192	Peter Rice	Gazelles Chinkaras MX	Mixed	00:25:09
193	Gary Linder	NNBR - Karen and her Beach Boys 60+	Over60	00:25:14
194	Andrew Read	Witham RC Over 60s Men	Over60	00:25:15
195	Andy Metcalfe	FRR Bare In The Woods MO	MensOpen	00:25:15
196	Phil Brown	Pacers J MV	MensVet	00:25:17
197	Arthur Jacobs	Ipswich High School - Orwell Team	Unaffiliated / Social	00:25:17
198	Rob Osborne	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:25:21
199	Mike Temple	Airborne Fit Two	Unaffiliated / Social	00:25:28
200	Luke Stafford	Kesgrave Cruisers Ready Mix	Mixed	00:25:28
201	Luke Fitzgerald	LRR The Fitzgerald Flyers MX	Mixed	00:25:29
202	Ross Stone	Woodbridge Shufflers David's Dashers MO	MensOpen	00:25:30
203	Robin Belsom	JAFFA Mens V60	Over60	00:25:33
204	James Platt	JAFFA Mixed A	Mixed	00:25:36

205	Andrew Hollock	Running Colchester 1 MX	Mixed	00:25:37
206	Stephen Pretty	Pacers J MV	MensVet	00:25:37
207	Andy Raynor	Colchester Harriers Mixed A	Mixed	00:25:40
208	Rhys Chapple	Ensors	Unaffiliated / Social	00:25:41
209	Steve Kirk	Framlingham Flyers Men Vet Blue	MensVet	00:25:43
210	Rob Osborne	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:25:44
211	Mark Brandreth	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:25:45
212	RICHARD SMITH	SS2 - SOLE II SOLE - MV40	MensVet	00:25:50
213	Steve Cousins	Newmarket Joggers Men V60	Over60	00:25:51
214	Andrew Tredget	Jacks Jammers MX	Mixed	00:25:57
215	Paul George	Lowestoft Park Runners	Unaffiliated / Social	00:25:58
216	Martin Smith	Newmarket Joggers Mens Open	MensOpen	00:26:03
217	Tim Cherrett	Framlingham Flyers Men Vet Blue	MensVet	00:26:04
218	Ian Lucas	Witham RC Mens SV	MensSuperVet	00:26:09
219	Tom Clements	Framlingham Flyers mixed	Mixed	00:26:11
220	Jono Sheldrake Gooding	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:26:14
221	Simon Appleby	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:26:16
222	Jeremy Reader	Newmarket Joggers Men V50	MensSuperVet	00:26:16
223	Andrew Wright	Pacers J MV	MensVet	00:26:20
224	Paul Maycock	Capel Cheetahs MensOpen	MensOpen	00:26:22
225	Rob Hawkins	Newmarket Joggers Men V50	MensSuperVet	00:26:24
226	Johnathan Lincoln	LRR Blue Chrisonics MX	MensOpen	00:26:35
227	Mark Harris	Kesgrave Kruisers Mega Mix	Mixed	00:26:36
228	Simon Thompson	Tiptree Road Runners G3 MV	MensVet	00:26:36
229	Luke Fitzgerald	LRR Lotties Legwarmers MX	Mixed	00:26:38
230	Michael Tink	Kesgrave Kruisers Essential Mix	Mixed	00:26:42
231	Steve Manley	Harwich Runners Mens Super Vets	MensSuperVet	00:26:43
232	Andrew Beckinsale	Airborne Fit Four	Unaffiliated / Social	00:26:45
233	Neil Winton	FRR Like A Fine Wine 60s	Over60	00:26:46

234	Chris Fox	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:26:47
235	Neil Burton	Capel Cheetahs Mixed	Mixed	00:26:56
236	Adam Issett	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:26:58
237	Ryan Mcneil	Hadleigh Hares Senior Team 2 MX	Mixed	00:27:00
238	Graham Eyre	Witham RC Over 60s Men	Over60	00:27:00
239	Ian Raymant	Boxted Broncos MX	Mixed	00:27:01
240	Howard Allen	JAFFA Mens Open C	MensOpen	00:27:01
241	Ian Butcher	Newmarket Joggers Men V60	Over60	00:27:02
242	Martin Cotton	GBRC Mixed Open Team 1	Mixed	00:27:08
243	Simon Fraser	RCR MSV 3	MensSuperVet	00:27:11
244	Glen Avis	Hadleigh Hares Senior Team 2 MX	Mixed	00:27:14
245	Jonathan Puxley	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:27:15
246	FRANK MOGGAN	SS3 - GOLDEN SOLES - MXV60	Over60	00:27:18
247	Tim Newton	JAFFA Mens V60	Over60	00:27:20
248	Oliver Dixon	Airborne Fit Two	Unaffiliated / Social	00:27:23
249	Gabriel Martins	JAFFA Mixed A	Mixed	00:27:29
250	Dan Steptoe-Thompson	Colchester Harriers Mixed B	Mixed	00:27:30
251	Anne Millett	NRR 60s Team 5	Over60	00:27:43
252	Steve Evans	Kesgrave Cruisers Little Mix	Mixed	00:27:56
253	Mark Broughton	Saxons MX 1	Mixed	00:28:02
254	Kieran Healy	Boxted Bears MX	Mixed	00:28:25
255	Jamie Mordecai	LRR Blue Chronics MX	MensOpen	00:28:27
256	Lee Stephenson	RCR MX 1	Mixed	00:28:31
257	Peter Osbourne	Woodbridge Shufflers David's Dashers MO	MensOpen	00:28:38
258	Clive Hedges	NNBR - Karen and her Beach Boys 60+	Over60	00:28:40
259	Wayne Davis	Jammy Dodgers	Unaffiliated / Social	00:28:45
260	Garry Shipp	Saxons MX 4	Mixed	00:28:53
261	Dave Steward	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:29:06
262	Robert Barker	FRR Makin The Dog Bark MX	Mixed	00:29:11
263	Tim Huxtable	Tiptree Road Runners Gp2 MX	Mixed	00:29:14

264	Tony Adolphus	JAFFA Mens V60	Over60	00:30:01
265	Shane Ketteridge	WRC Misfits - WRC MO2	MensOpen	00:30:04
266	Micheal Banner	Haverhill RC Mixed open 1	Mixed	00:30:05
267	James Gosling	KHS1	Unaffiliated / Social	00:30:07
268	Colin Tester	Sudbury Joggers Fancy Dress Optional	MensOpen	00:30:12
269	Leo Youngs	NRR MX Team 7	Mixed	00:30:18
270	Steve Campe	Jammy Dodgers	Unaffiliated / Social	00:30:23
271	Ken Stowe	RCR MSV 3	MensSuperVet	00:30:25
272	Scott Young	GBRC Mixed Open Team 2	Mixed	00:30:43
273	Brian Airlie	Hadleigh Hares Senior Team 3 MX	Mixed	00:30:48
274	Andrew Cocker	RCR 5 MO	MensOpen	00:30:49
275	Ian Knights	Kesgrave Kruisers Mega Mix	Mixed	00:30:59
276	Graham Bush	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:31:04
277	Steven Alder	WRC Misfits - WRC MO2	MensOpen	00:31:20
278	Lukas Groenewald	Boxted Broncos MX	Mixed	00:31:25
279	Jim Withers	Newmarket Joggers Men V60	Over60	00:31:30
280	David Grainger	Witham RC Mens SV	MensSuperVet	00:31:39
281	Gary C	GBRC Mixed Open Team 4	Mixed	00:31:39
282	Matt Makin	FRR Makin The Dog Bark MX	Mixed	00:31:42
283	Brett Deakin	FRR Dropping Anca For A Macdonalds MX	Mixed	00:31:53
284	FRANK WATSON	SS3 - GOLDEN SOLES - MXV60	Over60	00:31:53
285	Mon Lee	FRR Hard Luck - No Parking Here MX	Mixed	00:31:57
286	Colin Short	The Also Rans - WRC O60Mi	Over60	00:32:00
287	Chris Cook	Pacers A V70	Over70	00:32:12
288	Roger Brand	Pacers A V70	Over70	00:32:40
289	Paul Cross	Running Colchester 2 MX	Mixed	00:32:48
290	Nigel Johns	Capel Cheetahs Mixed	Mixed	00:32:56
291	Will Eaglesham	KHS2	Unaffiliated / Social	00:32:59
292	John Perry	Boxted Bears MX	Mixed	00:33:22
293	Sam Weller	NNBR Super Seventies	Over70	00:33:31
294	Ian Sparks	NNBR Super Seventies	Over70	00:33:31
295	David Field	NRR 60s Team 5	Over60	00:33:35

296	Dave Rothern	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:34:39
297	Chris Lucas	Saxons MX 2	Mixed	00:36:27
298	Darryl Ainslie	LRR The Fitzgerald Flyers MX	Mixed	00:38:25
299	Robert Price	Pacers A V70	Over70	00:41:36
300	Charlie Stannett	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	00:47:50

Distance

Position	Name	Club	Category	Time
1	Emma Mortimer	Ipswich Phoenix Team A MX	Mixed	00:29:42
2	Laura Blazey	Pacers B LV	LadiesVet	00:30:26
3	Andrea James	GBRC Mixed Open Team 7	Mixed	00:31:20
4	Sian Kingston	Framlingham Flyers Ladies Vet Red	LadiesVet	00:31:21
5	Emily Worboys	Colchester Harriers Ladies Open	LadiesOpen	00:31:50
6	Anna Keeble	JAFFA Ladies Open A	LadiesOpen	00:32:00
7	Sarah Sellens	Colchester Harriers Ladies Vets	LadiesVet	00:32:05
8	Rosie Horsfield	JAFFA Ladies V35	LadiesVet	00:32:26
9	Katie Beckinsale	Airborne Fit One	Unaffiliated / Social	00:32:53
10	CLARE DOUGLAS	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen	00:33:13
11	Vicky Tapp	Hadleigh Hares Senior Team 1 MX	Mixed	00:33:28
12	Annie Richardson	Pacers M MXD	Mixed	00:33:38
13	Lily Gilby	Colchester Harriers Mixed A	Mixed	00:33:58
14	Helen Hilario	Newmarket Joggers LO Female Open	LadiesOpen	00:34:04
15	Kate Heeks	SS6 - SOLE TRADERS - MXO	Mixed	00:34:10
16	Faith Pearce	Gazelles Chinkaras MX	Mixed	00:34:19
17	MARY NAREY	SS5 - SOLE SISTAS - FV45	LadiesSuperVet	00:34:29
18	Magdalena Komorowska	GBRC Female Vets	LadiesVet	00:34:29
19	Sandy Page	Kesgrave Kreuzers FV35	LadiesVet	00:35:08
20	Jenny Morgan	Pacers L LSV	LadiesSuperVet	00:35:30
21	Katarzyna Dabrowska	Capel Cheetahs LadiesVet	LadiesVet	00:35:39
22	Karen Green	NRR LO Team 3	LadiesOpen	00:36:10
23	Annalise Tye	Witham RC Womens Open Team 1	LadiesOpen	00:36:11
24	Kayleigh Turpin	FRR Banham's Bullets LV	LadiesVet	00:36:17

25	Alison Vincent	Jacks Jammers MX	Mixed	00:36:41
26	Maddy Allen	GBRC Mixed Open Team 3	Mixed	00:36:45
27	Louise Parkinson	Airborne Fit Four	Unaffiliated / Social	00:37:27
28	Bella Lock	Kesgrave Kruisers Spice Mix	Mixed	00:37:29
29	Geri Clarke	Framlingham Flyers Ladies Vet Blue	LadiesVet	00:37:49
30	Sarah Bradley	NRR 60s Team 5	Over60	00:37:50
31	Kate Wooldridge	Airborne Fit Two	Unaffiliated / Social	00:37:59
32	Emma Lawer	Ipswich Triathlon Serious Team MX	Mixed	00:38:07
33	Sandra Roberts	JAFFA Ladies V45	LadiesSuperVet	00:38:13
34	Jacque King	Colchester Harriers Ladies Supervets	LadiesSuperVet	00:38:30
35	Katie Holmes	Harwich Runners FO	LadiesOpen	00:38:34
36	Claire Foulks	NNBR Beach Runners Belles LSV	LadiesSuperVet	00:38:35
37	Nathalie Hooper	Hadleigh Hares Senior Team 2 MX	Mixed	00:38:36
38	Pauline Fisher	Kesgrave Kruisers Ready Mix	Mixed	00:38:37
39	Anika Balfe	RCR 6 MX	Mixed	00:39:12
40	Amelia Banfield	Kesgrave Kruisers Mega Mix	Mixed	00:39:14
41	Phoebe Vane	Pacers E MXD	Mixed	00:39:16
42	Eileen Shadford	GBRC Mixed Open Team 1	Mixed	00:39:34
43	Bea Quantrill	Woodbridge Shufflers MX Graham's Gallopers	Mixed	00:39:56
44	Misty Smith	JAFFA Ladies Open D	LadiesOpen	00:40:05
45	Sally Banyard	Tiptree Road Runners G3 Female Open	LadiesOpen	00:40:09
46	Gemma Gethen	Boxted Bears MX	Mixed	00:40:16
47	Lisa Curwen	Boxted Broncos MX	Mixed	00:40:17
48	Geraldine Clifford	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social	00:40:18
49	Lorna Webber	Capel Cheetahs Mixed	Mixed	00:40:25
50	Imogen Elliott	Saxons MX 4	Mixed	00:40:30
51	Emily Hilson	Colchester Harriers Mixed B	Mixed	00:40:33
52	Fiona Smith	JAFFA Ladies Open C	LadiesOpen	00:41:08
53	Alex Keinzley	Airborne Fit Three	Unaffiliated / Social	00:41:08
54	Emily Fisk	Airborne Fit Five	Unaffiliated / Social	00:41:09

55	Charlotte Richardson	Dirty Dolphiners - Team Dusky	Unaffiliated / Social	00:41:11
56	Jen Wright	Hard Core Coffee Runners 2	Unaffiliated / Social	00:41:13
57	Ruth Eberhardt	Newmarket Joggers Female Vet 35	LadiesVet	00:41:17
58	Liz Jones	NRR LO Team 4	LadiesOpen	00:41:18
59	Teresa Brown	RCR 5 MO	MensOpen	00:41:34
60	Hannah Devine	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed	00:41:38
61	Rachel Kearton	Woodbridge Shufflers Rachel's Runners LV	LadiesVet	00:41:47
62	Anne Herbert	Harwich Runners Mixed Team	Mixed	00:41:59
63	Katie Peake	JAFFA Ladies Open B	LadiesOpen	00:42:10
64	Wendy Offord	Ipswich High School - Woolverstone Team	Unaffiliated / Social	00:42:17
65	Angela Duncan	Running Colchester 2 MX	Mixed	00:43:01
66	Claudia Keitch	GBRC Mixed Open Team 6	Mixed	00:43:09
67	Lucia Hardwick	Kesgrave Kruisers Little Mix	Mixed	00:43:27
68	Caroline Searle	GBRC Mixed Open Team 4	Mixed	00:43:40
69	Faye Gibbs	KHS2	Unaffiliated / Social	00:44:12
70	Lottie Williams	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen	00:44:35
71	Nicola Stevenson	FRR Makin The Dog Bark MX	Mixed	00:44:44
72	Jenny Layley	Warrior Race Crew - WRC WO2	LadiesOpen	00:45:39
73	Sarah Donovan	RCR MX 2	Mixed	00:45:46
74	Sarah Naughton	The Heavy Breathers - WRC Womens SV	LadiesSuperVet	00:45:50
75	Julie Hocken	Jammy Dodgers	Unaffiliated / Social	00:45:57
76	Karen West	NNBR Scrambled Legs LSV	LadiesSuperVet	00:46:47
77	DENISE WRIGHT	SS7 - HEART & SOLE - MXV60	Over60	00:46:56
78	Deborah Stewart	Hadleigh Hares Senior Team 3 MX	Mixed	00:47:37
79	Stacey Shiplee	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed	00:49:20
80	Julie Fairweather	Hadleigh Jeffing Queens 1	Unaffiliated / Social	00:51:02
81	Tracey Squirrel	Hadleigh Jeffing Queens 2	Unaffiliated / Social	00:52:15

82	Lizzie Andrews	Ipswich Triathlon Club - Here for the Picnic Team	Mixed	00:53:17
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Distance	7.2K	M
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Position	Name	Club	Category	Time
1	Kim Bowling	Colchester Harriers Mens Open A	MensOpen	00:24:07
2	Rowan Shearer	Pacers F MO	MensOpen	00:25:01
3	Haydn Wade	FRR Adam And The Pants MO	MensOpen	00:25:34
4	Simon Partridge	Bure Valley Harriers Male Vets	MensVet	00:26:13
5	Jon Nears	Colchester Harriers Mens Vets A	MensVet	00:26:24
6	Sam Ndungu	CATs Mens Vet	MensVet	00:27:31
7	Josh Russell	NRR MO Team 1	MensOpen	00:27:33
8	James Cornish	Kesgrave Kruisers MO	MensOpen	00:27:55
9	Paul Spowage	Colchester Harriers Mens 60	Over60	00:28:03
10	Ben Smith	Haverhill RC Men's Open	MensOpen	00:28:11
11	John Jervis	LRR Galley Gazelles MO	MensOpen	00:28:30
12	Christopher Edwards	Colchester Harriers Mens Open B	MensOpen	00:28:38
13	Daniel Griffiths	Witham RC Mens Open Team 1	MensOpen	00:28:42
14	Gareth Seville	Wymondham AC MX	Mixed	00:28:52
15	Keith Russell	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen	00:28:55
16	Kevin Higgins	Colchester Harriers Mens Supervets A	MensSuperVet	00:28:57
17	Paul Dockerill	Pacers C MV	MensVet	00:29:17
18	Paul Davison	GBRC Male Vets	MensVet	00:29:39
19	Neil Smith	Framlingham Flyers Men's Vet Red	MensVet	00:29:39
20	Stewart Woods	Framlingham Flyers Men's Open	MensOpen	00:29:45
21	Marcus Catlin	JAFFA Mens Open A	MensOpen	00:29:50
22	Stephen Munnings	FRR Read & Wright MV	MensVet	00:30:00
23	Maciej Golis	Colchester Harriers Mens Vets B	MensVet	00:30:17
24	Daniel Garner	JAFFA Mens Open B	MensOpen	00:30:21
25	Ian Duggan	FRR Not So Young Bucks MSV	MensSuperVet	00:30:22
26	Keith Williams	JAFFA Mens V50	MensSuperVet	00:30:30
27	Ben Howard	CATS Senior Mix Team A	Mixed	00:31:07
28	Alex Beadle	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	00:31:15
29	Richard Wold	FRR Like A Fine Wine 60s	Over60	00:31:17

30	Callum Davenport	Gazelles Dorcas MX	Mixed	00:31:21
31	David Crotch	NRR MO Team 2	MensOpen	00:31:23
32	David Scrivener	Ensors	Unaffiliated / Social	00:31:24
33	Greg Howard	Bure Valley Harriers Mixed	Mixed	00:31:25
34	GEORGE WRIGHT	SS1 - WONDER STUFF - MO	MensOpen	00:31:25
35	Ryan Davenport	Gazelles Springboks	Mixed	00:31:27
36	Steve Edwards	Newmarket Joggers Men V60	Over60	00:31:30
37	CHRIS HALL	SS2 - SOLE II SOLE - MV40	MensVet	00:31:31
38	Phil Nicholson	NRR MO Team 6	MensOpen	00:31:32
39	Oliver Payne	Lowestoft Park Runners	Unaffiliated / Social	00:31:33
40	Dave Rees	Kelvedon Snivellers	Unaffiliated / Social	00:31:35
41	Jason Evans	Hard Core Coffee Runners 1	Unaffiliated / Social	00:31:44
42	Paul Gardiner	Colchester Harriers Mens Supervets B	MensSuperVet	00:31:59
43	Tom Hunnisett	Saxons MX 1	Mixed	00:32:09
44	Lee Smith	Harwich Runners MO	MensOpen	00:32:10
45	Ryan Naidoo	Tiptree Road Runners G4 mixed	Mixed	00:32:13
46	Mike Rushton	Pacers G MSV	MensSuperVet	00:32:13
47	Ashley Lydbrook	Saxons MX 3	Mixed	00:32:14
48	Torben Wood	FRR Bare In The Woods MO	MensOpen	00:32:24
49	Steven Lane	JAFFA Mens V40	MensVet	00:32:24
50	Luke Arkle	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social	00:32:28
51	Jamie Fittock	Pacers K MXD	Mixed	00:32:32
52	Jonathan Ollington	Newmarket Joggers Men V50	MensSuperVet	00:32:40
53	Mark Hayden	Framlingham Flyers men's supervet	MensSuperVet	00:32:57
54	Matt Benson	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social	00:33:01
55	Paul Banks	LRR The Fitzgerald Flyers MX	Mixed	00:33:12
56	David Mower	Pacers A V70	Over70	00:33:34
57	Mark Holland	Kesgrave Cruisers Essential Mix	Mixed	00:33:39
58	Andrew Budd	Capel Cheetahs MensOpen	MensOpen	00:33:45
59	Chris Woodcock	LRR Blue Chronics MX	MensOpen	00:34:01

60	Mark Lawes	Tiptree Road Runners G3 MV	MensVet	00:34:05
61	Reuben Smith	Newmarket Joggers Mens Open	MensOpen	00:34:11
62	Adam Plummer	RCR MX 4	Mixed	00:34:12
63	Ash Sadler	Kesgrave Cruisers Trail Mix	Mixed	00:34:30
64	Darin Osborne	RCR MSV 3	MensSuperVet	00:34:37
65	Tom Hoblyn	Pacers D V60	Over60	00:34:44
66	Richard White	Saxons MX 2	Mixed	00:34:48
67	Tim Bonnett	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed	00:34:53
68	Kevin Bunton	NNBR - Karen and her Beach Boys 60+	Over60	00:35:19
69	Tim Matson	KHS1	Unaffiliated / Social	00:35:39
70	John Steel	Haverhill RC Mixed open 1	Mixed	00:35:41
71	David Dinnage	Framlingham Flyers Men Vet Blue	MensVet	00:35:41
72	Tomasz Komorowski	GBRC Mixed Open Team 2	Mixed	00:35:45
73	Richard Smith	Pacers J MV	MensVet	00:35:52
74	David Fordham	Framlingham Flyers mixed	Mixed	00:35:57
75	David Wenyon	Woodbridge Shufflers David's Dashers MO	MensOpen	00:36:01
76	Peter Benton	GBRC Mixed Open Team 5	Mixed	00:36:02
77	Roger Ackerley	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet	00:36:15
78	Andy Stringer	CATs Senior Mix team B	Mixed	00:36:30
79	Lee Phillips	LRR Lotties Legwarmers MX	Mixed	00:36:40
80	Duncan Chenery	JAFFA Mens V60	Over60	00:36:42
81	Matt Keys	Sudbury Joggers Fancy Dress Optional	MensOpen	00:36:50
82	Garry Macdonald	FRR Dropping Anca For A Macdonalds MX	Mixed	00:36:50
83	Luke Tanner	WRC Misfits - WRC MO2	MensOpen	00:36:53
84	Phil Sanderson	Harwich Runners Mens Super Vets	MensSuperVet	00:37:07
85	Ian Gooderham	Pacers H MXD	Mixed	00:37:12
86	Barry Wells	NRR MX Team 7	Mixed	00:37:25
87	Chris Durrant	FRR Debbie's Delights MX	Mixed	00:37:47
88	Rob Gourlay	Sudbury Joggers Fancy Dress	Mixed	00:38:03
89	KIM DRIAN	SS8 - SOLEFUL - MXO	Mixed	00:38:13
90	Charles Layzell	Ipswich Phoenix Team B MX	Mixed	00:38:16
91	Jon Summers	JAFFA Mens Open C	MensOpen	00:38:36

92	Geoff Reddin	Witham RC Mens SV	MensSuperVet	00:38:51
93	CHRIS GLADWELL	SS3 - GOLDEN SOLES - MXV60	Over60	00:38:58
94	Neil Want	Tiptree Road Runners Gp2 MX	Mixed	00:39:00
95	Harrison Page	LRR Amazing Grace MX	Mixed	00:39:27
96	Stephen Moriarty	Ipswich High School - Orwell Team	Unaffiliated / Social	00:40:00
97	David Jobling	Witham RC Over 60s Men	Over60	00:40:11
98	Ed Lui	Dirty Dolphiners - Team Hector's	Unaffiliated / Social	00:40:28
99	Andrew Cocker	RCR MX 1	Mixed	00:41:49
100	Mon Lee	JAFFA Mixed A	Mixed	00:42:29
101	PAUL HEEKS	SS4 - SWIFTIES - MV50	MensSuperVet	00:43:09
102	Ray Pyke	SIXOFTHEBEST	Unaffiliated / Social	00:44:04
103	Paul Dorset	FRR Heading South To Dorset MX	Mixed	00:44:18
104	Justin Ostler	FRR Hard Luck - No Parking Here MX	Mixed	00:44:26
105	Jon Enefer	Running Colchester 1 MX	Mixed	00:44:30
106	Peter Hill	NNBR Super Seventies	Over70	00:48:19
107	Martin Weaire	The Also Rans - WRC O60Mi	Over60	00:51:14