



Team Overall Breakdown

07 July 2024

18:29:50

Position	Club	Category:
1	Colchester Harriers Mens Open A	MensOpen

1	Kim Bowling	M	7.2K	00:24:07
2	Ramadan Osman	M	5K	00:18:18
3	Dean Williamson	M	10K	00:34:41
4	Ben Whyte	M	5K	00:17:00
5	James Morley	M	10K	00:34:52
6	Finley Greenleaf	M	5K	00:18:01
				02:26:59

2	Pacers F MO	MensOpen
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1	Rowan Shearer	M	7.2K	00:25:01
2	Lewis Sullivan	M	5K	00:19:44
3	Craig Shand	M	10K	00:35:34
4	Alfie Jeffery	M	5K	00:18:38
5	Will Hollands	M	10K	00:36:57
6	Seb Melero	M	5K	00:17:01
				02:32:54

3	FRR Adam And The Pants MO	MensOpen
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1	Haydn Wade	M	7.2K	00:25:34
2	Gary Taylor	M	5K	00:18:37
3	Adam Young	M	10K	00:37:51
4	Stuart Ward	M	5K	00:18:51
5	Henry Catling	M	10K	00:38:29
6	Tony Gavin	M	5K	00:17:53
				02:37:15

Position	Club	Category:		
4	NRR MO Team 1	MensOpen		
1	Josh Russell	M	7.2K	00:27:33
2	Shay Walpole	M	5K	00:20:08
3	Sean Jermy	M	10K	00:38:01
4	Kieron Goreham	M	5K	00:19:09
5	Simon Milette	M	10K	00:36:13
6	Alex Griffiths	M	5K	00:19:06
				02:40:12

5	Bure Valley Harriers Male Vets	MensVet		
1	Simon Partridge	M	7.2K	00:26:13
2	Matt Stone	M	5K	00:21:04
3	Michael Eccles	M	10K	00:36:16
4	Steve Elvin	M	5K	00:21:23
5	Carl White	M	10K	00:38:56
6	Matthew Crane	M	5K	00:20:59
				02:44:51

6	Colchester Harriers Mens Open B	MensOpen		
1	Christopher Edwards	M	7.2K	00:28:38
2	Christopher Aylett	M	5K	00:21:35
3	Chris Sellens	M	10K	00:37:32
4	Caleb Lee	M	5K	00:20:28
5	Joseph Patterson	M	10K	00:39:05
6	Sean Eales	M	5K	00:18:15
				02:45:34

Position	Club	Category:		
7	Colchester Harriers Mens Vets A	MensVet		
1	Jon Nears	M	7.2K	00:26:24
2	Simon Ford	M	5K	00:20:00
3	Nate Filer	M	10K	00:36:22
4	Simon Colclough	M	5K	00:21:42
5	Jason Gunn	M	10K	00:40:27
6	Tim Ballard	M	5K	00:20:43
				02:45:37

8	Pacers C MV	MensVet		
1	Paul Dockerill	M	7.2K	00:29:17
2	Dom Melero	M	5K	00:20:54
3	Andrew Southwood	M	10K	00:39:01
4	Ben Jeffery	M	5K	00:20:42
5	James O'Brien	M	10K	00:35:41
6	Chris Mower	M	5K	00:20:27
				02:46:01

9	Haverhill RC Men's Open	MensOpen		
1	Ben Smith	M	7.2K	00:28:11
2	Stephen Husband	M	5K	00:20:16
3	Chay Hopkins	M	10K	00:37:06
4	Nathan Sims	M	5K	00:20:37
5	James Withams	M	10K	00:40:26
6	Joe Winter	M	5K	00:20:00
				02:46:37

Position	Club	Category:		
10	Colchester Harriers Mens Supervets A	MensSuperVet		
1	Kevin Higgins	M	7.2K	00:28:57
2	Paul Dellar	M	5K	00:21:06
3	Allan Smalls	M	10K	00:40:10
4	Andrew Raynor	M	5K	00:23:13
5	Adrian Mussett	M	10K	00:34:09
6	Keith Marley	M	5K	00:20:28
				02:48:02

11	JAFFA Mens Open A	MensOpen		
1	Marcus Catlin	M	7.2K	00:29:50
2	James Parr	M	5K	00:19:07
3	Keith Tilley	M	10K	00:37:52
4	Dale Fowler	M	5K	00:21:48
5	Alex Archer	M	10K	00:40:58
6	Mark Allen	M	5K	00:18:55
				02:48:29

12	LRR Galley Gazelles MO	MensOpen		
1	John Jervis	M	7.2K	00:28:30
2	Dan Ramsbottom	M	5K	00:21:21
3	Tom Galley	M	10K	00:39:12
4	Jon Wetherell	M	5K	00:21:26
5	Gary Sagers	M	10K	00:38:57
6	Ross Kozyrko	M	5K	00:19:42
				02:49:07

Position	Club	Category:		
13	Witham RC Mens Open Team 1	MensOpen		
1	Daniel Griffiths	M	7.2K	00:28:42
2	Sam Hajder	M	5K	00:20:49
3	Chris Pugh	M	10K	00:41:19
4	Clive Smith	M	5K	00:23:00
5	William Radley	M	10K	00:36:49
6	Ian Cuthbert	M	5K	00:22:17
				02:52:54

14	Kesgrave Kruisers MO	MensOpen		
1	James Cornish	M	7.2K	00:27:55
2	James Mallett	M	5K	00:19:44
3	Simon Stafford	M	10K	00:42:42
4	Philip Chappels	M	5K	00:20:57
5	Neal Hardwick	M	10K	00:39:27
6	Kieran Holland	M	5K	00:22:37
				02:53:21

15	Framlingham Flyers Men's Vet Red	MensVet		
1	Neil Smith	M	7.2K	00:29:39
2	Jason Marter	M	5K	00:20:03
3	Lee Barber	M	10K	00:39:15
4	Simon Williams	M	5K	00:21:45
5	Jim Last	M	10K	00:39:41
6	Matt Yeatts	M	5K	00:23:43
				02:54:05

Position	Club	Category:		
16	GBRC Mixed Open Team 7	Mixed		
1	Andrea James	F	7.2K	00:31:20
2	Flynn Eyre	M	5K	00:18:51
3	Craig Slocombe	M	10K	00:39:05
4	Paul Brazier	M	5K	00:21:32
5	Gavin Byrne	M	10K	00:41:01
6	Milly Presland	F	5K	00:22:33
				02:54:21

17	CATs Mens Vet	MensVet		
1	Sam Ndungu	M	7.2K	00:27:31
2	Al Wheatley	M	5K	00:21:47
3	Gerald Buck	M	10K	00:40:18
4	Rob Milburn	M	5K	00:22:58
5	Jason Townsend	M	10K	00:41:31
6	Chris Harvey	M	5K	00:20:34
				02:54:40

18	Harwich Runners MO	MensOpen		
1	Lee Smith	M	7.2K	00:32:10
2	Graeme Knott	M	5K	00:19:38
3	Joe Belshaw	M	10K	00:41:32
4	Marcus Poston	M	5K	00:19:56
5	Michael Knowles	M	10K	00:44:20
6	Sean Smith	M	5K	00:18:45
				02:56:20

Position	Club	Category:		
19	GBRC Male Vets	MensVet		
1	Paul Davison	M	7.2K	00:29:39
2	Justin Hayhoe	M	5K	00:20:19
3	Jonathan Mann	M	10K	00:41:20
4	Rob Dyer	M	5K	00:21:08
5	Charlie Keitch	M	10K	00:43:25
6	James Eyre	M	5K	00:21:02
				02:56:51

20	Pacers K MXD	Mixed		
1	Jamie Fittock	M	7.2K	00:32:32
2	Thomas Southwood	M	5K	00:20:43
3	Scott Williams	M	10K	00:39:46
4	Natasha Michael	F	5K	00:21:24
5	Aidan Elmore	M	10K	00:42:13
6	Katie King	F	5K	00:20:20
				02:56:58

21	Wymondham AC MX	Mixed		
1	Gareth Seville	M	7.2K	00:28:52
2	Zoe Webster	F	5K	00:23:21
3	Matt Webster	M	10K	00:38:52
4	Mark Armstrong	M	5K	00:20:21
5	Alison Armstrong	M	10K	00:45:50
6	Kate Gooding	F	5K	00:21:12
				02:58:26

Position	Club	Category:		
22	Colchester Harriers Ladies Open	LadiesOpen		
1	Emily Worboys	F	7.2K	00:31:50
2	Justine Sheekey	F	5K	00:21:16
3	Kate Creak	F	10K	00:40:20
4	Eleanor Mayne	F	5K	00:21:47
5	Lydia Callan	F	10K	00:42:47
6	Laura Shewbridge	F	5K	00:20:35
				02:58:35

23	FRR Read & Wright MV	MensVet		
1	Stephen Munnings	M	7.2K	00:30:00
2	Jason King	M	5K	00:21:38
3	Ashley Smy	M	10K	00:41:49
4	Robin Harper	M	5K	00:21:30
5	Alastair Read	M	10K	00:42:29
6	Stuart Wright	M	5K	00:21:13
				02:58:39

24	JAFFA Mens V40	MensVet		
1	Steven Lane	M	7.2K	00:32:24
2	Alec Wright	M	5K	00:21:43
3	Nick Clarke	M	10K	00:40:53
4	Gavin Davies	M	5K	00:19:59
5	Daryl Simpson	M	10K	00:44:35
6	Adam Wade	M	5K	00:19:10
				02:58:43

Position	Club	Category:	
25	Colchester Harriers Mens 60	Over60	

1	Paul Spowage	M	7.2K	00:28:03
2	Kevin McAlinden	M	5K	00:24:41
3	Paul Mingay	M	10K	00:40:59
4	Chris Stevenson	M	5K	00:21:00
5	Colin Ridley	M	10K	00:40:44
6	Colin Ridley	M	5K	00:24:16
				02:59:43

26	Dirty Dolphiners - Team Irrawaddy	Unaffiliated / Social	
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1	Alex Beadle	M	7.2K	00:31:15
2	Chris Wells	M	5K	00:22:31
3	Richard Smith	M	10K	00:41:37
4	Tony Smart	M	5K	00:19:55
5	Kate Creak	F	10K	00:42:16
6	Mark Sailsbury	M	5K	00:22:52
				03:00:26

27	FRR Not So Young Bucks MSV	MensSuperVet	
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1	Ian Duggan	M	7.2K	00:30:22
2	Kerry Buckley	M	5K	00:22:10
3	Steve Brooke	M	10K	00:42:40
4	Tom Stephens	M	5K	00:22:04
5	Dave Solomon	M	10K	00:42:53
6	Chris Boyt	M	5K	00:21:16
				03:01:24

Position	Club	Category:
28	Airborne Fit One	Unaffiliated / Social

1	Katie Beckinsale	F	7.2K	00:32:53
2	Peter Gray	M	5K	00:21:44
3	Kat Parnell	F	10K	00:41:21
4	Nicola Ripman	F	5K	00:23:32
5	Michael Jennings	M	10K	00:42:38
6	Tom Pirkis	M	5K	00:20:14
				03:02:22

29	SS1 - WONDER STUFF - MO	MensOpen
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1	GEORGE WRIGHT	M	7.2K	00:31:25
2	TOM ATTWELL	M	5K	00:20:48
3	PHIL GREEN	M	10K	00:43:44
4	BEN GLADWELL	M	5K	00:21:21
5	MORGAN MOORE	M	10K	00:41:56
6	STEPHEN MEAD	M	5K	00:24:19
				03:03:33

30	Colchester Harriers Mens Vets B	MensVet
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1	Maciej Golis	M	7.2K	00:30:17
2	Daniel King	M	5K	00:20:35
3	Paul Weightman	M	10K	00:43:02
4	Tom Konarzewski	M	5K	00:20:34
5	Gary Donoghue	M	10K	00:46:38
6	Lee Holohan	M	5K	00:22:33
				03:03:39

Position	Club	Category:		
31	Pacers G MSV	MensSuperVet		
1	Mike Rushton	M	7.2K	00:32:13
2	Mark Stratton	M	5K	00:21:23
3	Damian Elsdon	M	10K	00:43:13
4	Nigel Scofield	M	5K	00:22:09
5	Mike Greener	M	10K	00:43:43
6	Ady Frost	M	5K	00:21:06
				03:03:46

32	Framlingham Flyers Men's Open	MensOpen		
1	Stewart Woods	M	7.2K	00:29:45
2	John Rainbow	M	5K	00:22:17
3	Henry Moore	M	10K	00:43:59
4	Jeremy Ashdown	M	5K	00:22:16
5	Tom Beecroft	M	10K	00:45:17
6	Xavier Mesquita	M	5K	00:21:49
				03:05:24

33	Pacers B LV	LadiesVet		
1	Laura Blazey	F	7.2K	00:30:26
2	Lara Pocock	F	5K	00:25:32
3	Katie King	F	10K	00:40:15
4	Cath Jeffery	F	5K	00:21:35
5	Gem Carter	F	10K	00:43:45
6	Wendy Smith	F	5K	00:23:59
				03:05:32

Position

Club

Category:

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FRR Bare In The Woods MO

MensOpen

1	Torben Wood	M	7.2K	00:32:24
2	Peter Woods	M	5K	00:23:26
3	Chris Green	M	10K	00:39:43
4	Andy Metcalfe	M	5K	00:25:15
5	Will White	M	10K	00:42:32
6	Dominic Bareham	M	5K	00:22:46
				03:06:06

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JAFFA Ladies V35

LadiesVet

1	Rosie Horsfield	F	7.2K	00:32:26
2	Rachael Page	F	5K	00:19:32
3	Amanda Mortimer	F	10K	00:49:31
4	Lisa Clarke	F	5K	00:22:39
5	Helen Davies	F	10K	00:39:38
6	Val Jennings	F	5K	00:23:50
				03:07:36

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NRR MO Team 2

MensOpen

1	David Crotch	M	7.2K	00:31:23
2	Matt Howes	M	5K	00:24:53
3	Mark Garrett	M	10K	00:44:23
4	Aaron Doddington-Smith	M	5K	00:21:32
5	Trevor Kuhrt	M	10K	00:44:49
6	Jamie Smith	M	5K	00:20:37
				03:07:38

Position	Club	Category:		
37	Bure Valley Harriers Mixed	Mixed		
1	Greg Howard	M	7.2K	00:31:25
2	Eleanor Chapman	F	5K	00:24:09
3	Thomas Abbs	M	10K	00:39:14
4	Scott Chapman	M	5K	00:24:59
5	Shaun Hurr	M	10K	00:44:11
6	Charlotte Harris Cook	F	5K	00:23:43
				03:07:40

38	JAFFA Mens Open B	MensOpen		
1	Daniel Garner	M	7.2K	00:30:21
2	Louis Hunt-Cole	M	5K	00:23:12
3	Daniel Summersgill	M	10K	00:44:34
4	Tim Byford	M	5K	00:20:28
5	Daniel Mayes-Dally	M	10K	00:45:36
6	Jamie Bennett	M	5K	00:24:33
				03:08:44

39	Tiptree Road Runners G4 mixed	Mixed		
1	Ryan Naidoo	M	7.2K	00:32:13
2	Katy Denny	F	5K	00:24:13
3	Vicky Knight	F	10K	00:48:42
4	Simon Gill	M	5K	00:20:23
5	Pete Banks	M	10K	00:41:33
6	Rob Hankey	M	5K	00:22:09
				03:09:13

Position	Club	Category:		
40	Kelvedon Snivellers	Unaffiliated / Social		
1	Dave Rees	M	7.2K	00:31:35
2	Paul Ford	M	5K	00:23:52
3	Bart Rhodes	M	10K	00:41:45
4	Ben Russell	M	5K	00:24:29
5	Ben Bannar-Martin	M	10K	00:45:08
6	Tom Sutton	M	5K	00:22:28
				03:09:17

41	Ipswich Phoenix Team A MX	Mixed		
1	Emma Mortimer	F	7.2K	00:29:42
2	Bronwen Sanginson	F	5K	00:24:39
3	Gavin Horrex	M	10K	00:48:05
4	Richard Wold	M	5K	00:23:07
5	Jason Dighton	M	10K	00:44:44
6	Marcus Catlin	M	5K	00:20:58
				03:11:15

42	NRR MO Team 6	MensOpen		
1	Phil Nicholson	M	7.2K	00:31:32
2	Will Buck	M	5K	00:24:23
3	Ashley Yellop	M	10K	00:47:24
4	Antonio Torre	M	5K	00:24:27
5	Harry Armes	M	10K	00:41:51
6	Shaun Hunton	M	5K	00:22:37
				03:12:13

Position	Club	Category:		
43	CATS Senior Mix Team A	Mixed		
1	Ben Howard	M	7.2K	00:31:07
2	Carys Sergeant	F	5K	00:20:20
3	Taliesin Stevenson	M	10K	00:48:35
4	Lucy Thompson	F	5K	00:25:52
5	Amy Milburn	F	10K	00:45:01
6	Darren Green	F	5K	00:23:13
				03:14:09

44	JAFFA Ladies Open A	LadiesOpen		
1	Anna Keeble	F	7.2K	00:32:00
2	Natasha Dunnage	F	5K	00:23:21
3	Alice Goodwin	F	10K	00:49:27
4	Natasha Smith	F	5K	00:24:57
5	Laura Cason	F	10K	00:41:24
6	Kathy Wilson-Brown	F	5K	00:23:08
				03:14:16

45	Pacers D V60	Over60		
1	Tom Hoblyn	M	7.2K	00:34:44
2	Mark Watts	M	5K	00:24:10
3	Todd Lewis	M	10K	00:45:47
4	Rob Morgan	M	5K	00:24:02
5	Howard Beasley	M	10K	00:42:53
6	Karl Bedingfield	M	5K	00:23:31
				03:15:07

Position	Club	Category:		
46	Woodbridge Shufflers Keith's Kwikkies MO	MensOpen		
1	Keith Russell	M	7.2K	00:28:55
2	Alex Rolph	M	5K	00:23:33
3	Matt Alexander	M	10K	00:45:53
4	Daniel Smith	M	5K	00:24:38
5	Andrew Craig	M	10K	00:45:47
6	Adam Issett	M	5K	00:26:58
				03:15:44

47	Harwich Runners Mens Super Vets	MensSuperVet		
1	Phil Sanderson	M	7.2K	00:37:07
2	Richard Newman	M	5K	00:22:56
3	Tom Hannock	M	10K	00:41:52
4	Kim Pretty	M	5K	00:24:26
5	Robin Brookes	M	10K	00:43:12
6	Steve Manley	M	5K	00:26:43
				03:16:15

48	Lowestoft Park Runners	Unaffiliated / Social		
1	Oliver Payne	M	7.2K	00:31:33
2	Paul George	M	5K	00:25:58
3	Archie George	M	10K	00:45:07
4	Charlotte Payne	F	5K	00:27:14
5	Maciej Zielinski	M	10K	00:44:13
6	Harvey George	M	5K	00:22:35
				03:16:40

Position

Club

Category:

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Newmarket Joggers Mens Open

MensOpen

1	Reuben Smith	M	7.2K	00:34:11
2	Martin Smith	M	5K	00:26:03
3	Steve Oglesby	M	10K	00:50:19
4	Dan Hutchinson	M	5K	00:18:59
5	Chris Underwood	M	10K	00:44:52
6	Liam Elvidge	M	5K	00:24:09
				03:18:33

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Newmarket Joggers Men V50

MensSuperVet

1	Jonathan Ollington	M	7.2K	00:32:40
2	Jeremy Reader	M	5K	00:26:16
3	Chris Burns	M	10K	00:44:01
4	Tom Elton	M	5K	00:24:45
5	Andy Fryatt	M	10K	00:45:42
6	Rob Hawkins	M	5K	00:26:24
				03:19:48

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Tiptree Road Runners G3 MV

MensVet

1	Mark Lawes	M	7.2K	00:34:05
2	Simon Thompson	M	5K	00:26:36
3	Chris Gardiner	M	10K	00:46:28
4	Chris Newenham	M	5K	00:24:00
5	Simon Peters	M	10K	00:49:09
6	Simon Gill	M	5K	00:20:15
				03:20:35

Position	Club	Category:		
52	Colchester Harriers Mens Supervets B	MensSuperVet		
1	Paul Gardiner	M	7.2K	00:31:59
2	Gary Licence	M	5K	00:24:02
3	Chris Regan	M	10K	00:46:37
4	Simon Morgan	M	5K	00:24:37
5	Paul Clark	M	10K	00:48:36
6	Simon Miller	M	5K	00:25:07
				03:20:58

53	Ipswich Triathlon Serious Team MX	Mixed		
1	Emma Lawer	F	7.2K	00:38:07
2	Mark Chennell	M	5K	00:22:06
3	Adam Beaumont	M	10K	00:42:48
4	Hayley Roche	F	5K	00:32:30
5	Dave Copland	M	10K	00:42:38
6	Richard Hewitt	M	5K	00:22:56
				03:21:06

54	Framlingham Flyers men's supervet	MensSuperVet		
1	Mark Hayden	M	7.2K	00:32:57
2	Steve Hall	M	5K	00:20:57
3	Andrew Pottruff	M	10K	00:53:04
4	Will Aldred	M	5K	00:22:29
5	Richard Higgins	M	10K	00:47:34
6	Stewart Hambling	M	5K	00:24:08
				03:21:10

Position	Club	Category:		
55	Ensors	Unaffiliated / Social		

1	David Scrivener	M	7.2K	00:31:24
2	Edward Scott	M	5K	00:25:04
3	Jamie Scrivener	M	10K	00:50:06
4	Rhys Chapple	M	5K	00:25:41
5	Connor Adams	M	10K	00:45:56
6	Marc Calvesbert	M	5K	00:23:10
				03:21:21

56	Kesgrave Kruisers FV35	LadiesVet		
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1	Sandy Page	F	7.2K	00:35:08
2	Sophie Doe	F	5K	00:24:45
3	Jayne Chappels	F	10K	00:46:10
4	Helen Ariyo	F	5K	00:24:41
5	Jenni Askew-Martin	F	10K	00:45:57
6	Deborah Stocker	F	5K	00:24:39
				03:21:21

57	Hadleigh Hares Senior Team 1 MX	Mixed		
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1	Vicky Tapp	F	7.2K	00:33:28
2	Tom Cowley	M	5K	00:20:25
3	Steve Hunt	M	10K	00:55:37
4	Joel Bamsey	M	5K	00:24:08
5	Adam Chamberlin	M	10K	00:44:29
6	Harriet Simm	F	5K	00:23:16
				03:21:23

Position	Club	Category:		
58	Colchester Harriers Ladies Supervets	LadiesSuperVet		
1	Jacque King	F	7.2K	00:38:30
2	Fran Norris	F	5K	00:24:17
3	Holly Weir	F	10K	00:43:33
4	Anita Mussett	F	5K	00:26:17
5	Annette Oakman	F	10K	00:45:07
6	Melissa Dowell	F	5K	00:24:35
				03:22:18

59	JAFFA Mens V50	MensSuperVet		
1	Keith Williams	M	7.2K	00:30:30
2	Warren Birch	M	5K	00:21:55
3	Phil Davies	M	10K	00:56:50
4	Chris Servant	M	5K	00:23:43
5	Adrian Peake	M	10K	00:48:46
6	Paul Cooke	M	5K	00:21:07
				03:22:52

60	Sudbury Joggers Fancy Dress Optional	MensOpen		
1	Matt Keys	M	7.2K	00:36:50
2	Colin Tester	M	5K	00:30:12
3	Mark Salisbury	M	10K	00:46:38
4	Harry Nobel	M	5K	00:22:22
5	Alastair Wilson	M	10K	00:45:25
6	Harry Noel	M	5K	00:22:49
				03:24:16

Position	Club	Category:		
61	Pacers H MXD	Mixed		
1	Ian Gooderham	M	7.2K	00:37:12
2	Rebecca Gooderham	F	5K	00:26:22
3	Reece Gooderham	M	10K	00:47:48
4	Chris Harman	M	5K	00:22:44
5	Emily Gooderham	F	10K	00:48:08
6	Jessie Gooderham	F	5K	00:23:27
				03:25:41

62	FRR Banham's Bullets LV	LadiesVet		
1	Kayleigh Turpin	F	7.2K	00:36:17
2	Joanne Harper	F	5K	00:26:03
3	Sam Baxter	F	10K	00:45:04
4	Sarah Banham	F	5K	00:27:40
5	Holly Taylor	F	10K	00:46:40
6	Michelle Murphy	F	5K	00:24:59
				03:26:42

63	GBRC Female Vets	LadiesVet		
1	Magdalena Komorowska	F	7.2K	00:34:29
2	Meera Rajoo-Oakley	F	5K	00:24:57
3	Lisa Briggs	F	10K	00:45:09
4	Kelly Hayhoe	F	5K	00:24:53
5	Vicky Presland	F	10K	00:51:48
6	Caroline Dyer	F	5K	00:26:19
				03:27:35

Position

Club

Category:

64

Airborne Fit Two

Unaffiliated / Social

1	Kate Wooldridge	F	7.2K	00:37:59
2	Nick Goldsmith	M	5K	00:25:07
3	Freya KG	M	10K	00:46:44
4	Oliver Dixon	M	5K	00:27:23
5	Chris Sim	M	10K	00:45:45
6	Mike Temple	M	5K	00:25:28
				03:28:26

65

SS2 - SOLE II SOLE - MV40

MensVet

1	CHRIS HALL	M	7.2K	00:31:31
2	ROGER KERR	M	5K	00:23:01
3	RICHARD HURSTHOUSE	M	10K	00:53:15
4	MARK WATTS	M	5K	00:22:54
5	DARIN GEARY	M	10K	00:52:10
6	RICHARD SMITH	M	5K	00:25:50
				03:28:40

66

Colchester Harriers Ladies Vets

LadiesVet

1	Sarah Sellens	F	7.2K	00:32:05
2	Ellie Cumner	F	5K	00:23:13
3	Susan Waller-Toyne	F	10K	00:54:22
4	Tracy Wellsted	F	5K	00:27:19
5	Michelle Lock	F	10K	00:46:36
6	Sarah Stradling	F	5K	00:25:25
				03:29:00

Position	Club	Category:		
67	Witham RC Mens SV	MensSuperVet		
1	Geoff Reddin	M	7.2K	00:38:51
2	David Grainger	M	5K	00:31:39
3	Alex Stuckey	M	10K	00:49:46
4	Ian Lucas	M	5K	00:26:09
5	Heydon Mizon	M	10K	00:38:41
6	Michael Conroy	M	5K	00:24:17
				03:29:23

68	Capel Cheetahs MensOpen	MensOpen		
1	Andrew Budd	M	7.2K	00:33:45
2	Dan Clapton	M	5K	00:22:41
3	Dan Price	M	10K	00:48:39
4	John Dunnett	M	5K	00:25:09
5	Matt Skene	M	10K	00:52:52
6	Paul Maycock	M	5K	00:26:22
				03:29:27

69	Colchester Harriers Mixed A	Mixed		
1	Lily Gilby	F	7.2K	00:33:58
2	Sofie Logan	F	5K	00:24:42
3	James Peters	M	10K	00:48:39
4	Emily Worboys	F	5K	00:23:51
5	Dean Wicks	M	10K	00:52:42
6	Andy Raynor	M	5K	00:25:40
				03:29:31

Position	Club	Category:		
70	SS5 - SOLE SISTAS - FV45	LadiesSuperVet		
1	MARY NAREY	F	7.2K	00:34:29
2	RONNIE EGAN	F	5K	00:27:07
3	JULIET GARNHAM	F	10K	00:47:22
4	HANNAH JEWERS	F	5K	00:25:54
5	KAREN OFFORD	F	10K	00:51:09
6	JO HAYWARD	F	5K	00:23:40
				03:29:40

Position	Club	Category:		
71	Dirty Dolphiners - Team Pantropical Spotted	Unaffiliated / Social		
1	Matt Benson	M	7.2K	00:33:01
2	Simon Appleby	M	5K	00:26:16
3	Helen Came	F	10K	00:48:41
4	Amy Arkle	F	5K	00:31:53
5	Tommy Waterson	M	10K	00:46:10
6	Luke Arkle	M	5K	00:24:11
				03:30:12

Position	Club	Category:		
72	Saxons MX 3	Mixed		
1	Ashley Lydbrook	M	7.2K	00:32:14
2	Analdina Barbosa	F	5K	00:32:08
3	Jake Church	M	10K	00:48:26
4	Vivienne Broughton	F	5K	00:31:27
5	James Wilson	M	10K	00:38:52
6	Jo White	F	5K	00:27:59
				03:31:07

Position

Club

Category:

73

Newmarket Joggers Men V60

Over60

1	Steve Edwards	M	7.2K	00:31:30
2	Steve Cousins	M	5K	00:25:51
3	Greg Davis	M	10K	00:47:41
4	Jim Withers	M	5K	00:31:30
5	Neville Clarke	M	10K	00:48:11
6	Ian Butcher	M	5K	00:27:02
				03:31:45

74

Gazelles Dorcas MX

Mixed

1	Callum Davenport	M	7.2K	00:31:21
2	Louise Hurr	F	5K	00:23:32
3	Stephen Sadd	M	10K	00:54:26
4	Justine Davenport	F	5K	00:32:46
5	Clive Cartner	M	10K	00:43:26
6	Cora O'Mahony	F	5K	00:26:30
				03:32:01

75

RCR 5 MO

MensOpen

1	Teresa Brown	F	7.2K	00:41:34
2	Marcus Brown	M	5K	00:23:20
3	Carl Berriman	M	10K	00:47:23
4	Andrew Cocker	M	5K	00:30:49
5	Carl Stannard	M	10K	00:45:20
6	Kevin Pyle	M	5K	00:23:49
				03:32:15

Position	Club	Category:		
76	Dirty Dolphiners - Team Australian Snubfin	Unaffiliated / Social		
1	Luke Arkle	M	7.2K	00:32:28
2	Andy Glass	M	5K	00:24:03
3	Duncan Cox	M	10K	00:50:21
4	Emma Richbell	F	5K	00:28:32
5	Dan Powell	M	10K	00:51:11
6	Mark Brandreth	M	5K	00:25:45
				03:32:21

77	Witham RC Over 60s Men	Over60		
1	David Jobling	M	7.2K	00:40:11
2	Andrew Read	M	5K	00:25:15
3	Owen Dare	M	10K	00:49:12
4	Mark Austin	M	5K	00:24:57
5	Terry Alabaster	M	10K	00:45:55
6	Graham Eyre	M	5K	00:27:00
				03:32:29

78	NNBR - Karen and her Beach Boys 60+	Over60		
1	Kevin Bunton	M	7.2K	00:35:19
2	Clive Hedges	M	5K	00:28:40
3	Phil King	M	10K	00:50:30
4	Gary Linder	M	5K	00:25:14
5	Kenny Balding	M	10K	00:47:54
6	Karen Balcombe	F	5K	00:24:57
				03:32:34

Position	Club	Category:		
79	Harwich Runners FO	LadiesOpen		
1	Katie Holmes	F	7.2K	00:38:34
2	Nicola Challis	F	5K	00:23:37
3	Karen Stapleton	F	10K	00:47:20
4	Lil O'dea	F	5K	00:25:16
5	Ellen Sitton	F	10K	00:51:12
6	Cattie Mattock	F	5K	00:26:35
				03:32:35

Position	Club	Category:		
80	RCR MSV 3	MensSuperVet		
1	Darin Osborne	M	7.2K	00:34:37
2	Simon Fraser	M	5K	00:27:11
3	Paul Cooke	M	10K	00:46:23
4	John Scully	M	5K	00:23:33
5	Dave Robinson	M	10K	00:50:45
6	Ken Stowe	M	5K	00:30:25
				03:32:55

Position	Club	Category:		
81	Woodbridge Shufflers Roger's Rascals MSV	MensSuperVet		
1	Roger Ackerley	M	7.2K	00:36:15
2	Mike Ward	M	5K	00:24:57
3	Dave Howgego	M	10K	00:48:09
4	Dave Steward	M	5K	00:29:06
5	Adam Boyle	M	10K	00:49:44
6	Rob Alder	M	5K	00:24:48
				03:32:59

Position

Club

Category:

82

Airborne Fit Four

Unaffiliated / Social

1	Louise Parkinson	F	7.2K	00:37:27
2	Helen Kirkman	F	5K	00:26:18
3	Cameron Brown	F	10K	00:49:30
4	Neil Thorpe	M	5K	00:24:22
5	James Eminson	M	10K	00:48:38
6	Andrew Beckinsale	M	5K	00:26:45
				03:33:01

83

NRR LO Team 3

LadiesOpen

1	Karen Green	F	7.2K	00:36:10
2	Christie Williamson	F	5K	00:26:45
3	Melissa Goodall	F	10K	00:48:44
4	Judy Crooks	F	5K	00:26:50
5	Charlotte Lucy Hodgson	F	10K	00:50:17
6	Joanna Killingworth	F	5K	00:24:24
				03:33:10

84

Pacers L LSV

LadiesSuperVet

1	Jenny Morgan	F	7.2K	00:35:30
2	Faith Lewis	F	5K	00:27:03
3	Wendy Smith	F	10K	00:47:02
4	Claire Brown	F	5K	00:25:26
5	Jo Leader	F	10K	00:50:02
6	Sarah Golding	F	5K	00:28:14
				03:33:17

Position	Club	Category:		
85	Pacers J MV	MensVet		
1	Richard Smith	M	7.2K	00:35:52
2	Andrew Wright	M	5K	00:26:20
3	Mark Davies	M	10K	00:54:36
4	Phil Brown	M	5K	00:25:17
5	Rob Wallace	M	10K	00:46:00
6	Stephen Pretty	M	5K	00:25:37
				03:33:42

86	JAFFA Mens Open C	MensOpen		
1	Jon Summers	M	7.2K	00:38:36
2	Josh Mills	M	5K	00:21:58
3	Matt Trill	M	10K	00:53:37
4	Howard Allen	M	5K	00:27:01
5	Jacob Collins	M	10K	00:53:34
6	Mark Allen	M	5K	00:19:43
				03:34:30

87	Newmarket Joggers LO Female Open	LadiesOpen		
1	Helen Hilario	F	7.2K	00:34:04
2	Meera Mahadevan	F	5K	00:26:28
3	Hanneli Stevenson	F	10K	00:52:02
4	Emma Burns	F	5K	00:31:27
5	Ellie Bithell	F	10K	00:49:03
6	Lillian Corbett	F	5K	00:21:33
				03:34:36

Position	Club	Category:		
88	Jacks Jammers MX	Mixed		
1	Alison Vincent	F	7.2K	00:36:41
2	Phaedra Bishop	F	5K	00:26:47
3	Chris Axford	M	10K	00:50:30
4	Sue Cross	F	5K	00:28:00
5	Jack Axford	M	10K	00:46:49
6	Andrew Tredget	M	5K	00:25:57
				03:34:45

89	Pacers M MXD	Mixed		
1	Annie Richardson	F	7.2K	00:33:38
2	Julie Dale	F	5K	00:27:23
3	Stephen Hatten	M	10K	00:51:15
4	Dawn Marshall	F	5K	00:32:20
5	Mark Lewis	M	10K	00:49:04
6	Ben Scofield	M	5K	00:22:12
				03:35:52

90	Haverhill RC Mixed open 1	Mixed		
1	John Steel	M	7.2K	00:35:41
2	Ethan Bolton	M	5K	00:21:54
3	Paul Mitchell	M	10K	00:49:33
4	Micheal Banner	M	5K	00:30:05
5	Cheryl Trundle	F	10K	00:55:46
6	Katie Russell	F	5K	00:23:29
				03:36:27

Position	Club	Category:
91	Dirty Dolphiners - Team Amazon River	Unaffiliated / Social

1	Geraldine Clifford	F	7.2K	00:40:18
2	Rob Osborne	M	5K	00:25:21
3	Paul Strutt	M	10K	00:49:20
4	Kelly Guyon	F	5K	00:26:54
5	Brad Guyon	M	10K	00:51:50
6	Tony Smart	M	5K	00:22:48
				03:36:31

92	Framlingham Flyers Men Vet Blue	MensVet
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1	David Dinnage	M	7.2K	00:35:41
2	Lee Ali	M	5K	00:24:36
3	Jamie Wright	M	10K	00:50:17
4	Steve Kirk	M	5K	00:25:43
5	Ian Kennedy	M	10K	00:54:41
6	Tim Cherrett	M	5K	00:26:04
				03:37:01

93	Beccles & Bungay Harriers Team 1 (Mixed)	Mixed
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1	Tim Bonnett	M	7.2K	00:34:53
2	Paula Canham	F	5K	00:28:20
3	Stuart Pryce	M	10K	00:41:54
4	Karen Waters	F	5K	00:32:59
5	Sarah Lund	F	10K	00:56:51
6	John White	M	5K	00:22:16
				03:37:12

Position	Club	Category:		
94	Gazelles Springboks	Mixed		
1	Ryan Davenport	M	7.2K	00:31:27
2	Heather Dagraca	F	5K	00:33:20
3	Scott Belmonte	M	10K	00:46:56
4	Charlie Ladyman	F	5K	00:24:51
5	Heather Smith	F	10K	00:49:58
6	Catherine Sayer	F	5K	00:30:41
				03:37:13

95	SS4 - SWIFTIES - MV50	MensSuperVet		
1	PAUL HEEKS	M	7.2K	00:43:09
2	DARIN GEARY	M	5K	00:24:44
3	PETER WARLAND	M	10K	00:53:35
4	RICHARD ATTWELL	M	5K	00:24:56
5	KEVIN COLEMAN	M	10K	00:46:44
6	PIERS MORGAN	M	5K	00:24:27
				03:37:35

96	Woodbridge Shufflers David's Dashers MO	MensOpen		
1	David Wenyon	M	7.2K	00:36:01
2	Ed Abbott	M	5K	00:24:19
3	Sean Kennedy	M	10K	00:52:17
4	Ross Stone	M	5K	00:25:30
5	Iain Taylor	M	10K	00:51:20
6	Peter Osbourne	M	5K	00:28:38
				03:38:04

Position	Club	Category:		
97	Witham RC Womens Open Team 1	LadiesOpen		
1	Annalise Tye	F	7.2K	00:36:11
2	Liz Stuckey	F	5K	00:26:47
3	Claudia Baba	F	10K	00:53:01
4	Liz Stuckey	F	5K	00:27:01
5	Claire Collins	F	10K	00:49:37
6	Fiona Collins	F	5K	00:25:51
				03:38:27

98	Kesgrave Kruisers Spice Mix	Mixed		
1	Bella Lock	F	7.2K	00:37:29
2	Renee Wilkins	F	5K	00:36:28
3	Darren Cox	M	10K	00:52:17
4	Pete Orrin	M	5K	00:22:44
5	Oliver Manning	M	10K	00:40:33
6	Laura Holland	F	5K	00:29:54
				03:39:24

99	LRR The Fitzgerald Flyers MX	Mixed		
1	Paul Banks	M	7.2K	00:33:12
2	Luke Fitzgerald	M	5K	00:25:29
3	Katy Oldman	F	10K	00:50:54
4	Darryl Ainslie	M	5K	00:38:25
5	Kirsty Wheeler	F	10K	00:49:54
6	Adam Brown	M	5K	00:22:38
				03:40:33

Position	Club	Category:		
100	Boxted Bears MX	Mixed		
1	Gemma Gethen	F	7.2K	00:40:16
2	John Perry	M	5K	00:33:22
3	Karl Graves	M	10K	00:46:07
4	Kate Wills	F	5K	00:27:08
5	Ryan Baker	M	10K	00:45:23
6	Kieran Healy	M	5K	00:28:25
				03:40:41

101	Pacers E MXD	Mixed		
1	Phoebe Vane	F	7.2K	00:39:16
2	Tyla Vane	F	5K	00:29:34
3	Matt Bishop	M	10K	00:47:22
4	Ryan Hart	M	5K	00:23:57
5	Richard Grimsdell	M	10K	00:55:20
6	Catherine Peck	F	5K	00:26:09
				03:41:39

102	NRR MX Team 7	Mixed		
1	Barry Wells	M	7.2K	00:37:25
2	Jamie Saunders	M	5K	00:24:03
3	Leo Jack Dudley	M	10K	00:45:24
4	Leo Youngs	M	5K	00:30:18
5	Lucy Day	F	10K	00:58:05
6	Jenine Gillett-thomas	F	5K	00:26:36
				03:41:52

Position	Club	Category:		
103	CATs Senior Mix team B	Mixed		
1	Andy Stringer	M	7.2K	00:36:30
2	Matt Vivian	M	5K	00:24:02
3	Andrew Gooby	M	10K	00:46:54
4	Sarah Brown	F	5K	00:28:08
5	Rosanna Holden	F	10K	00:54:41
6	Lisa Harvey	F	5K	00:31:39
				03:41:53

104	Framlingham Flyers mixed	Mixed		
1	David Fordham	M	7.2K	00:35:57
2	Marion Walker	F	5K	00:30:39
3	Kirstie Gladwell	F	10K	00:39:14
4	Angel Cherrett	F	5K	00:33:16
5	Stanley Peacher	M	10K	00:56:44
6	Tom Clements	M	5K	00:26:11
				03:42:01

105	LRR Amazing Grace MX	Mixed		
1	Harrison Page	M	7.2K	00:39:27
2	Adam Brown	M	5K	00:21:13
3	Phil Brand	M	10K	00:55:27
4	Grace Glover	F	5K	00:26:39
5	James Crisp	M	10K	00:49:15
6	Charlotte Smith	F	5K	00:30:20
				03:42:21

Position	Club	Category:		
106	Gazelles Chinkaras MX	Mixed		
1	Faith Pearce	F	7.2K	00:34:19
2	Sarah Meehan	F	5K	00:24:23
3	Esther Skelhorn	F	10K	00:56:58
4	Stephanie Evans	F	5K	00:28:17
5	Rhiannon Evans	F	10K	00:53:29
6	Peter Rice	M	5K	00:25:09
				03:42:35

Position	Club	Category:		
107	Hard Core Coffee Runners 1	Unaffiliated / Social		
1	Jason Evans	M	7.2K	00:31:44
2	Liz Masding	F	5K	00:29:34
3	Rachel Southgate	F	10K	00:55:24
4	Claire Trott	F	5K	00:31:20
5	Kevin Holley	M	10K	00:53:22
6	Alec Wright	M	5K	00:21:54
				03:43:18

Position	Club	Category:		
108	LRR Blue Chironics MX	MensOpen		
1	Chris Woodcock	M	7.2K	00:34:01
2	Johnathan Lincoln	M	5K	00:26:35
3	Johnathan Lincoln	M	10K	00:57:11
4	Jamie Mordecai	M	5K	00:28:27
5	Jo Pallant	F	10K	00:57:37
6	James Parr	M	5K	00:20:20
				03:44:11

Position	Club	Category:		
109	LRR Lotties Legwarmers MX	Mixed		
1	Lee Phillips	M	7.2K	00:36:40
2	Suzy Grant	F	5K	00:29:10
3	Jon Meadows	M	10K	00:49:10
4	Charlotte Smith	F	5K	00:27:55
5	Stuart Dewell	M	10K	00:54:48
6	Luke Fitzgerald	M	5K	00:26:38
				03:44:20

110	SS3 - GOLDEN SOLES - MXV60	Over60		
1	CHRIS GLADWELL	M	7.2K	00:38:58
2	FRANK MOGGAN	M	5K	00:27:18
3	STEPHEN MEAD	M	10K	00:48:48
4	CHRIS STARMER	M	5K	00:25:03
5	ANDREW WEBBER	M	10K	00:52:28
6	FRANK WATSON	M	5K	00:31:53
				03:44:28

111	Framlingham Flyers Ladies Vet Red	LadiesVet		
1	Sian Kingston	F	7.2K	00:31:21
2	Lucy English	F	5K	00:27:02
3	Victoria Gallantree	F	10K	00:47:55
4	Nic Robinson	F	5K	00:25:24
5	Jo Parden	F	10K	00:59:21
6	Bex Pottruff	F	5K	00:33:28
				03:44:33

Position	Club	Category:		
112	Saxons MX 2	Mixed		
1	Richard White	M	7.2K	00:34:48
2	Fran Abrams	F	5K	00:31:27
3	Kyle Church	M	10K	00:40:55
4	Chris Lucas	M	5K	00:36:27
5	Sarah Vick	F	10K	00:55:24
6	Rachel Bartlett	F	5K	00:25:58
				03:44:58

113	Beccles & Bungay Harriers Team 3 (Mixed)	Mixed		
1	Hannah Devine	F	7.2K	00:41:38
2	Dave Rothern	M	5K	00:34:39
3	Lynn Emmett	F	10K	00:49:15
4	Chrissy Palmer	F	5K	00:31:18
5	Carl Davey	M	10K	00:41:51
6	Jonathan Puxley	M	5K	00:27:15
				03:45:58

114	Saxons MX 1	Mixed		
1	Tom Hunnisett	M	7.2K	00:32:09
2	Dawn Staff	F	5K	00:34:00
3	James Wilson	M	10K	00:37:49
4	Mark Broughton	M	5K	00:28:02
5	Dave Robbie	M	10K	01:00:26
6	Tina Church	F	5K	00:33:46
				03:46:12

Position	Club	Category:		
115	GBRC Mixed Open Team 1	Mixed		
1	Eileen Shadford	F	7.2K	00:39:34
2	Samantha Cotton	F	5K	00:33:39
3	David Allen	M	10K	00:45:13
4	Martin Cotton	M	5K	00:27:08
5	Donna Harris	F	10K	00:59:43
6	Jonathan Mann	M	5K	00:21:05
				03:46:22

116	SS9 - RUNNING WITHOUT HEELS - LO	LadiesOpen		
1	CLARE DOUGLAS	F	7.2K	00:33:13
2	CAROLINE GLADWELL	F	5K	00:31:39
3	CLAIRE MASKERY	F	10K	00:59:20
4	CHLOE HEEKS	F	5K	00:27:09
5	KATE HEEKS	F	10K	00:51:48
6	Juliet Garnham	F	5K	00:23:26
				03:46:36

117	Kesgrave Kruisers Essential Mix	Mixed		
1	Mark Holland	M	7.2K	00:33:39
2	Laura Batten	F	5K	00:36:31
3	Charlotte Bryan	F	10K	00:49:49
4	Danielle Adams	F	5K	00:32:01
5	Richard Creasey	M	10K	00:48:01
6	Michael Tink	M	5K	00:26:42
				03:46:43

Position	Club	Category:		
118	Dirty Dolphiners - Team Hector's	Unaffiliated / Social		
1	Ed Lui	M	7.2K	00:40:28
2	Caroline Jeggo	F	5K	00:25:59
3	Rob Farthing	M	10K	00:47:29
4	Lauren Johnson-Wood	F	5K	00:36:23
5	Adam Buckle	M	10K	00:53:03
6	Chris Wells	M	5K	00:23:36
				03:46:57

119	WRC Misfits - WRC MO2	MensOpen		
1	Luke Tanner	M	7.2K	00:36:53
2	Ben O'Leary	M	5K	00:24:24
3	James Attenborough	M	10K	00:51:46
4	Shane Ketteridge	M	5K	00:30:04
5	Glen Waller	M	10K	00:52:33
6	Steven Alder	M	5K	00:31:20
				03:47:00

120	Hard Core Coffee Runners 2	Unaffiliated / Social		
1	Jen Wright	F	7.2K	00:41:13
2	Calli Challis	F	5K	00:28:33
3	Heather Bush	F	10K	00:52:15
4	Caroline Green	F	5K	00:26:40
5	Kerry Buckley	M	10K	00:48:06
6	Nicola Stevenson	F	5K	00:30:55
				03:47:42

Position	Club	Category:		
121	JAFFA Mens V60	Over60		
1	Duncan Chenery	M	7.2K	00:36:42
2	Tony Adolphus	M	5K	00:30:01
3	Alan Jackson	M	10K	00:48:28
4	Tim Newton	M	5K	00:27:20
5	Tim Higgins	M	10K	01:00:00
6	Robin Belsom	M	5K	00:25:33
				03:48:04

122	GBRC Mixed Open Team 5	Mixed		
1	Peter Benton	M	7.2K	00:36:02
2	Andrea Markwick	F	5K	00:27:59
3	Piers Markwick	M	10K	00:53:16
4	Helen Carey	F	5K	00:27:46
5	Adam Waller-Toyne	M	10K	01:01:53
6	Mark Harris	M	5K	00:21:10
				03:48:06

123	GBRC Mixed Open Team 3	Mixed		
1	Maddy Allen	F	7.2K	00:36:45
2	Anna Migliorini Lyon	F	5K	00:27:25
3	Daniel Palmer	M	10K	00:53:43
4	Lindsey Allen	F	5K	00:29:54
5	Inga Hayden-Cooper	F	10K	00:55:13
6	Meera Rajoo-Oakley	F	5K	00:25:40
				03:48:40

Position	Club	Category:		
124	Kesgrave Kreuzers Little Mix	Mixed		
1	Lucia Hardwick	F	7.2K	00:43:27
2	Mandy Chinery	F	5K	00:34:44
3	Mark Foulkes	M	10K	00:56:42
4	Steve Evans	M	5K	00:27:56
5	Duane Howard	M	10K	00:45:34
6	Hayden Phillips	M	5K	00:20:28
				03:48:51

125	Hadleigh Hares Senior Team 2 MX	Mixed		
1	Nathalie Hooper	F	7.2K	00:38:36
2	Ryan Mcneil	M	5K	00:27:00
3	Stuart Hunt	M	10K	00:54:59
4	Glen Avis	M	5K	00:27:14
5	Paul Barton	M	10K	00:54:26
6	Maria Ward	F	5K	00:26:46
				03:49:01

126	Tiptree Road Runners G3 Female Open	LadiesOpen		
1	Sally Banyard	F	7.2K	00:40:09
2	Jodie Wells	F	5K	00:26:59
3	Angela Dellar	F	10K	00:56:14
4	Rachel Newenham	F	5K	00:29:23
5	Nicole Rayner	F	10K	00:49:40
6	Louisa Quilter	F	5K	00:26:41
				03:49:05

Position	Club	Category:		
127	FRR Debbie's Delights MX	Mixed		
1	Chris Durrant	M	7.2K	00:37:47
2	Claire Robinson	F	5K	00:28:55
3	Debbie Catling	F	10K	00:53:03
4	Calli Challis	F	5K	00:29:07
5	Steve Blyth	M	10K	00:56:08
6	Alex Stadler	M	5K	00:24:12
				03:49:12

128	GBRC Mixed Open Team 2	Mixed		
1	Tomasz Komorowski	M	7.2K	00:35:45
2	Scott Young	M	5K	00:30:43
3	Paul Carlisle	M	10K	00:51:48
4	Paul Arnold	M	5K	00:24:53
5	Amy Young	F	10K	00:58:10
6	Sarah Davison	F	5K	00:28:13
				03:49:31

129	Colchester Harriers Mixed B	Mixed		
1	Emily Hilson	F	7.2K	00:40:33
2	Louise Yates	F	5K	00:29:12
3	Nikki Osbourne	F	10K	00:57:22
4	Paul Dellar	M	5K	00:24:07
5	Mark Wellsted	M	10K	00:51:06
6	Dan Steptoe-Thompson	M	5K	00:27:30
				03:49:49

Position	Club	Category:		
130	Capel Cheetahs LadiesVet	LadiesVet		
1	Katarzyna Dabrowska	F	7.2K	00:35:39
2	Anna Clapton	F	5K	00:29:17
3	Helen Yellop	F	10K	00:55:53
4	Karen Skene	F	5K	00:28:27
5	Marie Paveley	F	10K	00:54:49
6	Sandra Bumphrey	F	5K	00:26:09
				03:50:14

131	Kesgrave Kruisers Mega Mix	Mixed		
1	Amelia Banfield	F	7.2K	00:39:14
2	Ian Knights	M	5K	00:30:59
3	Eva Palmer	F	10K	00:51:39
4	Mark Harris	M	5K	00:26:36
5	Caroline Perry	F	10K	01:02:33
6	Barney Wilkins	M	5K	00:19:29
				03:50:29

132	Woodbridge Shufflers MX Graham's Gallopers	Mixed		
1	Bea Quantrill	F	7.2K	00:39:56
2	Jono Sheldrake Gooding	M	5K	00:26:14
3	Elodie Alderson	F	10K	00:58:28
4	Graham Bush	M	5K	00:31:04
5	Gary Parker	M	10K	00:48:13
6	Chris Fox	M	5K	00:26:47
				03:50:42

Position	Club	Category:		
133	Tiptree Road Runners Gp2 MX	Mixed		
1	Neil Want	M	7.2K	00:39:00
2	Ann-Marie Bearne	F	5K	00:30:10
3	Anna Taylor	F	10K	00:58:55
4	Tim Huxtable	M	5K	00:29:14
5	Ryan Naidoo	M	10K	00:49:10
6	Chris Newenham	M	5K	00:24:53
				03:51:22

134	Sudbury Joggers Fancy Dress	Mixed		
1	Rob Gourlay	M	7.2K	00:38:03
2	Sarah Pennock	F	5K	00:28:59
3	Alastair Wilson	M	10K	00:44:02
4	Kat Cuthbert	F	5K	00:39:24
5	Ben Cuthbert	M	10K	00:57:25
6	Matt Benson	M	5K	00:24:29
				03:52:23

135	Saxons MX 4	Mixed		
1	Imogen Elliott	F	7.2K	00:40:30
2	Lucy Waring	F	5K	00:33:21
3	Harry Grimsey	M	10K	00:59:43
4	Tom Vale	M	5K	00:21:15
5	Ashley Spragg	M	10K	00:49:49
6	Garry Shipp	M	5K	00:28:53
				03:53:31

Position	Club	Category:		
136	Kesgrave Kruisers Trail Mix	Mixed		
1	Ash Sadler	M	7.2K	00:34:30
2	Adel Webber	F	5K	00:34:35
3	Marcus Kwan	M	10K	00:53:16
4	Cath Orrin	F	5K	00:31:25
5	Phill Batten	M	10K	00:48:40
6	Janet Askew	F	5K	00:31:09
				03:53:33

137	FRR Like A Fine Wine 60s	Over60		
1	Richard Wold	M	7.2K	00:31:17
2	Linda Cassidy	F	5K	00:25:27
3	Paul Schwer	M	10K	00:59:02
4	Hillary Cook	F	5K	00:33:18
5	David Seymour	M	10K	00:57:58
6	Neil Winton	M	5K	00:26:46
				03:53:48

138	GBRC Mixed Open Team 6	Mixed		
1	Claudia Keitch	F	7.2K	00:43:09
2	Tonie Wilson	F	5K	00:28:40
3	Rodger Alexander	M	10K	00:53:38
4	Yolande Arnold	F	5K	00:30:09
5	Tom Higgins	M	10K	00:49:39
6	Deborah Hollidge	F	5K	00:28:44
				03:54:00

Position	Club	Category:		
139	Ipswich Phoenix Team B MX	Mixed		
1	Charles Layzell	M	7.2K	00:38:16
2	Lisa Carrington	F	5K	00:28:11
3	Martin Garrod	M	10K	01:03:16
4	Sophie Bell	F	5K	00:30:41
5	Kyle Filby	M	10K	00:50:44
6	Craig Wright	M	5K	00:23:40
				03:54:49

140	GBRC Mixed Open Team 4	Mixed		
1	Caroline Searle	F	7.2K	00:43:40
2	Gary C	M	5K	00:31:39
3	Jonathan Briggs	M	10K	00:53:49
4	Bee Harris	F	5K	00:31:04
5	Phil Presland	M	10K	00:50:50
6	Charlie Keitch	M	5K	00:24:20
				03:55:21

141	NNBR Beach Runners Belles LSV	LadiesSuperVet		
1	Claire Foulks	F	7.2K	00:38:35
2	Anita Fortes	F	5K	00:31:53
3	Nikki Kavanagh	F	10K	00:55:35
4	Natasha Sumner	F	5K	00:31:25
5	Amanda Marshal	F	10K	00:49:36
6	Nikki Balding	F	5K	00:28:41
				03:55:45

Position

Club

Category:

142

SIXOFTHEBEST

Unaffiliated / Social

1	Ray Pyke	M	7.2K	00:44:04
2	Becky Tyler	F	5K	00:35:17
3	Paul Brand	M	10K	00:53:24
4	Ray Brand-Smith	M	5K	00:22:07
5	Matthew Brand	M	10K	00:46:31
6	Rachel Brand-Smith	F	5K	00:34:25
				03:55:48

143

JAFFA Ladies Open B

LadiesOpen

1	Katie Peake	F	7.2K	00:42:10
2	Terri Green	F	5K	00:25:45
3	Sian Abbott	F	10K	00:56:07
4	Sam Spencer	F	5K	00:26:04
5	Jennifer Wright	F	10K	01:01:18
6	Marion Bennett	F	5K	00:25:13
				03:56:37

144

KHS1

Unaffiliated / Social

1	Tim Matson	M	7.2K	00:35:39
2	Karensa Carrick	F	5K	00:30:16
3	Cath Breckell	F	10K	01:01:49
4	Lynsey Warfield	F	5K	00:29:52
5	Scott Roberts	M	10K	00:49:06
6	James Gosling	M	5K	00:30:07
				03:56:49

Position	Club	Category:		
145	JAFFA Ladies Open C	LadiesOpen		
1	Fiona Smith	F	7.2K	00:41:08
2	Lisa Loomes	F	5K	00:28:57
3	Laura Greenman	F	10K	00:54:30
4	Denise Hamilton	F	5K	00:32:47
5	Sarah Bennett	F	10K	00:52:02
6	Kelly Wade	F	5K	00:27:48
				03:57:11

146	Capel Cheetahs Mixed	Mixed		
1	Lorna Webber	F	7.2K	00:40:25
2	Neil Burton	M	5K	00:26:56
3	Deb Ching	F	10K	00:55:33
4	Emily Dixon	F	5K	00:28:36
5	Will Ibbotson	M	10K	00:52:51
6	Nigel Johns	M	5K	00:32:56
				03:57:18

147	Kesgrave Kruisers Ready Mix	Mixed		
1	Pauline Fisher	F	7.2K	00:38:37
2	Angela Soames	F	5K	00:49:23
3	Kev Linsell	M	10K	00:48:48
4	Luke Stafford	M	5K	00:25:28
5	Mark Bulstrode	M	10K	00:48:03
6	Claire Phillips	F	5K	00:27:05
				03:57:24

Position	Club	Category:		
148	Dirty Dolphiners - Team Dusky	Unaffiliated / Social		
1	Charlotte Richardson	F	7.2K	00:41:11
2	Hayley Gittings	F	5K	00:27:55
3	Sarah Osborne	F	10K	00:55:54
4	Emma Calver	F	5K	00:28:56
5	Steffi Walker	F	10K	00:58:17
6	Rob Osborne	M	5K	00:25:44
				03:57:57

149	Airborne Fit Five	Unaffiliated / Social		
1	Emily Fisk	F	7.2K	00:41:09
2	Helen Millson	F	5K	00:33:10
3	Beth Price	F	10K	00:53:21
4	Pina Standring	F	5K	00:31:03
5	Will Greenwood	M	10K	00:50:35
6	Fi Coe	F	5K	00:28:49
				03:58:07

150	NRR 60s Team 5	Over60		
1	Sarah Bradley	F	7.2K	00:37:50
2	David Field	M	5K	00:33:35
3	Alan Bradley	M	10K	00:55:01
4	Deborah Lawrence	F	5K	00:27:29
5	Tony Millett	F	10K	00:57:28
6	Anne Millett	M	5K	00:27:43
				03:59:05

Position

Club

Category:

151

Ipswich High School - Orwell Team

Unaffiliated / Social

1	Stephen Moriarty	M	7.2K	00:40:00
2	Sarah Smith	F	5K	00:32:23
3	Jocelyn Bagnall	F	10K	00:58:35
4	Lisa Richards	F	5K	00:33:31
5	Henry Bagnall	M	10K	00:49:58
6	Arthur Jacobs	M	5K	00:25:17
				03:59:44

152

Boxted Broncos MX

Mixed

1	Lisa Curwen	F	7.2K	00:40:17
2	Heather Weston	F	5K	00:34:02
3	Steve Ames	M	10K	00:46:11
4	Ian Raymant	M	5K	00:27:01
5	Michelle Titcombe-Rogers	F	10K	01:01:26
6	Lukas Groenewald	M	5K	00:31:25
				04:00:21

153

RCR MX 4

Mixed

1	Adam Plummer	M	7.2K	00:34:12
2	Carl Stannard	M	5K	00:21:25
3	Kevin Pyle	M	10K	00:49:43
4	Holly Tew	F	5K	00:38:06
5	Emily Maguire	F	10K	01:03:11
6	Tina Walker	F	5K	00:34:08
				04:00:45

Position	Club	Category:		
154	Ipswich High School - Woolverstone Team	Unaffiliated / Social		
1	Wendy Offord	F	7.2K	00:42:17
2	Abby Fairhall	F	5K	00:31:10
3	Arthur Jacobs	M	10K	00:53:58
4	Kaye Stone	F	5K	00:33:04
5	Paul Stone	M	10K	00:53:46
6	Rebaca Bawley	F	5K	00:26:41
				04:00:57

155	Beccles & Bungay Harriers Team 2 (Mixed)	Mixed		
1	Stacey Shiplee	F	7.2K	00:49:20
2	Katherine Saunders	F	5K	00:30:34
3	Keziah Hopkins	F	10K	00:45:08
4	Iris Palmer	F	5K	00:24:18
5	James Miller	M	10K	00:54:26
6	Denise Betts	F	5K	00:38:50
				04:02:36

156	RCR MX 2	Mixed		
1	Sarah Donovan	F	7.2K	00:45:46
2	Heather Mills	F	5K	00:35:29
3	Rhoda Duncan	F	10K	00:54:46
4	Amanda Mortimer	F	5K	00:24:03
5	Martin Spilsted	M	10K	00:59:50
6	Carl Berriman	M	5K	00:23:59
				04:03:53

Position	Club	Category:		
157	Harwich Runners Mixed Team	Mixed		
1	Anne Herbert	F	7.2K	00:41:59
2	Christina Pretty	F	5K	00:28:19
3	Dave Rout	M	10K	01:05:07
4	Alison Evans	F	5K	00:27:52
5	Mark Pretty	M	10K	00:52:21
6	Elspeth Knott	F	5K	00:28:45
				04:04:21

158	NRR LO Team 4	LadiesOpen		
1	Liz Jones	F	7.2K	00:41:18
2	Jackie Eastaugh-King	F	5K	00:28:41
3	Sarah Russell	F	10K	00:51:00
4	Elaine Albrow	F	5K	00:32:04
5	Clair Szemis	F	10K	01:03:04
6	Michelle Youngs	F	5K	00:29:08
				04:05:15

159	SS6 - SOLE TRADERS - MXO	Mixed		
1	Kate Heeks	F	7.2K	00:34:10
2	ALEX SMITH	F	5K	00:27:29
3	HARRY BENNINGTON	M	10K	00:55:05
4	RONNIE EGAN	F	5K	00:28:47
5	TRACEY WATTS	F	10K	00:56:49
6	LEANNE OATHAM	F	5K	00:42:58
				04:05:19

Position	Club	Category:		
160	Framlingham Flyers Ladies Vet Blue	LadiesVet		
1	Geri Clarke	F	7.2K	00:37:49
2	Helen Barber	F	5K	00:27:31
3	Laura Ali	F	10K	00:57:27
4	Ellie Fosker	F	5K	00:38:04
5	Linda Aldred	F	10K	00:58:49
6	Anne Parkinson	F	5K	00:26:53
				04:06:32

161	Running Colchester 2 MX	Mixed		
1	Angela Duncan	F	7.2K	00:43:01
2	Jennifer Kaye	F	5K	00:37:11
3	Mark Chippendale	M	10K	00:46:26
4	Paul Cross	M	5K	00:32:48
5	Kayleigh Leathedale	F	10K	00:58:13
6	Mary-Ann Taylor	F	5K	00:29:26
				04:07:05

162	RCR MX 1	Mixed		
1	Andrew Cocker	M	7.2K	00:41:49
2	Hayley Howard	F	5K	00:31:10
3	Angie Scully	F	10K	01:03:48
4	Tracy Ratcliffe	F	5K	00:30:18
5	Marcus Brown	M	10K	00:51:29
6	Lee Stephenson	M	5K	00:28:31
				04:07:05

Position

Club

Category:

163

Woodbridge Shufflers Rachel's Runners LV

LadiesVet

1	Rachel Kearton	F	7.2K	00:41:47
2	Claire Harrington	F	5K	00:29:59
3	Rosie Denny	F	10K	00:50:54
4	Christine Hall	F	5K	00:33:28
5	Kate Hayward Brackenbury	F	10K	00:56:47
6	Helen McClennon Warnock	F	5K	00:34:53
				04:07:49

164

Pacers A V70

Over70

1	David Mower	M	7.2K	00:33:34
2	Roger Brand	M	5K	00:32:40
3	Jane Wall	F	10K	00:53:20
4	Robert Price	M	5K	00:41:36
5	Steven Rue	M	10K	00:54:35
6	Chris Cook	M	5K	00:32:12
				04:07:57

165

FRR Dropping Anca For A Macdonalds MX

Mixed

1	Garry Macdonald	M	7.2K	00:36:50
2	Brett Deakin	M	5K	00:31:53
3	Alexia Cambon	F	10K	00:53:41
4	Zoila Reyes	F	5K	00:38:14
5	Anca Stadler	F	10K	00:56:25
6	Jo Blyth	F	5K	00:32:38
				04:09:40

Position	Club	Category:		
166	FRR Hard Luck - No Parking Here MX	Mixed		
1	Justin Ostler	M	7.2K	00:44:26
2	Helen Duggan	F	5K	00:27:45
3	Scott Hard	M	10K	00:49:24
4	Mon Lee	M	5K	00:31:57
5	Simon Jacobs	M	10K	01:07:30
6	Marion Parks	F	5K	00:30:06
				04:11:06

167	JAFFA Mixed A	Mixed		
1	Mon Lee	M	7.2K	00:42:29
2	Amber Smith	F	5K	00:39:54
3	Alex Steward	M	10K	00:52:35
4	Gabriel Martins	M	5K	00:27:29
5	Kate Hutson	F	10K	01:03:19
6	James Platt	M	5K	00:25:36
				04:11:22

168	Woodbridge Shufflers Lottie's Ladies LO	LadiesOpen		
1	Lottie Williams	F	7.2K	00:44:35
2	Hannah Issett	F	5K	00:29:54
3	Lucy Beales	F	10K	00:49:22
4	Abigail Osbourne	F	5K	00:36:54
5	Amanda Smith	F	10K	00:55:24
6	Niamh Lingley	F	5K	00:35:34
				04:11:42

Position

Club

Category:

169

SS7 - HEART & SOLE - MXV60

Over60

1	DENISE WRIGHT	F	7.2K	00:46:56
2	DEBBIE MCDOWELL	F	5K	00:34:55
3	DIANNE HUGHES	F	10K	00:55:23
4	Charlotte Hanes	F	5K	00:28:06
5	FRANK MOGGAN	M	10K	00:57:42
6	SANDRA MAYHEW	F	5K	00:29:42
				04:12:45

170

Running Colchester 1 MX

Mixed

1	Jon Enefer	M	7.2K	00:44:30
2	Lisa Oldman	F	5K	00:29:21
3	Chris Ringrose	M	10K	00:57:27
4	Andrew Hollock	M	5K	00:25:37
5	Ameera Marshall	F	10K	01:00:38
6	Sue Foley	F	5K	00:37:14
				04:14:47

171

RCR 6 MX

Mixed

1	Anika Balfe	F	7.2K	00:39:12
2	Dave Robinson	M	5K	00:23:25
3	Claire Purnell	F	10K	01:02:12
4	Adam Plummer	M	5K	00:25:02
5	Louise Hodder	F	10K	01:11:11
6	Heather Mills	F	5K	00:35:59
				04:17:00

Position	Club	Category:		
172	FRR Makin The Dog Bark MX	Mixed		
1	Nicola Stevenson	F	7.2K	00:44:44
2	Robert Barker	M	5K	00:29:11
3	Ali Ostler	F	10K	01:11:40
4	Katherine Aykroyd	F	5K	00:32:31
5	Tom Aykroyd	M	10K	00:49:02
6	Matt Makin	M	5K	00:31:42
				04:18:50

173	Airborne Fit Three	Unaffiliated / Social		
1	Alex Keinzley	F	7.2K	00:41:08
2	Kate Ashby	F	5K	00:30:59
3	Michael Davis	M	10K	01:03:06
4	Becky Wilson	F	5K	00:29:11
5	Matt Jack	M	10K	00:57:46
6	Alison French	F	5K	00:37:00
				04:19:09

174	Warrior Race Crew - WRC WO2	LadiesOpen		
1	Jenny Layley	F	7.2K	00:45:39
2	Natalie Lilley	F	5K	00:32:51
3	Sian Tate	F	10K	01:02:33
4	Bethany Shippey	F	5K	00:34:46
5	Maggie Mason	F	10K	00:55:08
6	Rachel O'Leary	F	5K	00:28:17
				04:19:15

Position	Club	Category:		
175	Hadleigh Hares Senior Team 3 MX	Mixed		
1	Deborah Stewart	F	7.2K	00:47:37
2	Geraldine Suckling	F	5K	00:29:40
3	Neil Holloway	M	10K	00:58:30
4	Fiona Holland	F	5K	00:31:59
5	Lucy Jay	F	10K	01:00:57
6	Brian Airlie	M	5K	00:30:48
				04:19:31

176	JAFFA Ladies Open D	LadiesOpen		
1	Misty Smith	F	7.2K	00:40:05
2	Sophie Coleman	F	5K	00:30:06
3	Adriana Houchell	F	10K	01:10:25
4	Zara Hanman	F	5K	00:25:27
5	Shauna Cunningham	F	10K	01:02:41
6	Olivia Radford	F	5K	00:30:48
				04:19:32

177	KHS2	Unaffiliated / Social		
1	Faye Gibbs	F	7.2K	00:44:12
2	Rosien Anderson Hurst	F	5K	00:31:45
3	Pete Stewart	M	10K	01:02:18
4	Will Eaglesham	M	5K	00:32:59
5	Paul Webster	M	10K	00:52:49
6	Carrie Fulcher	F	5K	00:37:21
				04:21:24

Position

Club

Category:

178

Jammy Dodgers

Unaffiliated / Social

1	Julie Hocken	F	7.2K	00:45:57
2	Wayne Davis	M	5K	00:28:45
3	Adam Hocken	M	10K	01:01:43
4	Kerri Barrell	F	5K	00:36:57
5	Sue Barrowclough	F	10K	00:57:46
6	Steve Campe	M	5K	00:30:23
				04:21:30

179

The Heavy Breathers - WRC Womens SV

LadiesSuperVet

1	Sarah Naughton	F	7.2K	00:45:50
2	Anita Grainger	F	5K	00:29:43
3	Celine Elson	F	10K	00:59:08
4	Lisa Leader	F	5K	00:29:15
5	Lysia Jiggins	F	10K	01:08:53
6	Karen Flowers	F	5K	00:29:47
				04:22:36

180

NNBR Super Seventies

Over70

1	Peter Hill	M	7.2K	00:48:19
2	Liz Letzer	F	5K	00:37:04
3	Jim Hayes	M	10K	00:57:02
4	Ian Sparks	M	5K	00:33:31
5	Derek Sadler	M	10K	00:54:23
6	Sam Weller	M	5K	00:33:31
				04:23:49

Position	Club	Category:		
181	SS8 - SOLEFUL - MXO	Mixed		
1	KIM DRIAN	M	7.2K	00:38:13
2	SHARON WARLAND	F	5K	00:31:31
3	JIM ELLIS	M	10K	01:12:54
4	TRACEY NOBBS	F	5K	00:31:36
5	BOB REASON	M	10K	00:58:18
6	AGNIESZKA ANDRZEJAK	F	5K	00:33:10
				04:25:41

182	Newmarket Joggers Female Vet 35	LadiesVet		
1	Ruth Eberhardt	F	7.2K	00:41:17
2	Jo Bouttell	F	5K	00:36:20
3	Jan Holmes	F	10K	01:07:31
4	Lana Zinchenko	F	5K	00:29:02
5	Angela Brennan	F	10K	01:02:24
6	Suzanne Bailey	F	5K	00:30:35
				04:27:08

183	JAFFA Ladies V45	LadiesSuperVet		
1	Sandra Roberts	F	7.2K	00:38:13
2	Jackie Brumpton	F	5K	00:36:45
3	Haley Duffy	F	10K	01:14:45
4	Julie Haselwood	F	5K	00:33:45
5	Angela Roberts	F	10K	00:58:09
6	Gemma Moss	F	5K	00:25:37
				04:27:14

Position

Club

Category:

184

NNBR Scrambled Legs LSV

LadiesSuperVet

1	Karen West	F	7.2K	00:46:47
2	Deborah Gillespie	F	5K	00:34:57
3	Sarah Keen	F	10K	01:05:05
4	Claire Grainger	F	5K	00:34:06
5	Helen Harrison	F	10K	00:59:28
6	Sarah Morter	F	5K	00:34:52
				04:35:14

185

FRR Heading South To Dorset MX

Mixed

1	Paul Dorset	M	7.2K	00:44:18
2	Kirsty Marsh	F	5K	00:30:37
3	Jamie Jackson	M	10K	01:02:44
4	Mary Burgess	F	5K	00:37:09
5	Martyn Brewster	M	10K	01:14:46
6	Rachel Southgate	F	5K	00:27:44
				04:37:18

186

The Also Rans - WRC O60Mi

Over60

1	Martin Weaire	M	7.2K	00:51:14
2	Kerry Townsend	F	5K	00:33:29
3	Ross Silverton	M	10K	01:05:52
4	Angela Read	F	5K	00:32:48
5	Anthony Smith	M	10K	01:03:25
6	Colin Short	M	5K	00:32:00
				04:38:47

Position	Club	Category:		
187	Hadleigh Jeffing Queens 2	Unaffiliated / Social		
1	Tracey Squirrel	F	7.2K	00:52:15
2	Gina Giddings	F	5K	00:33:08
3	Nichola Wilkins	F	10K	01:05:15
4	Ina Gallo	F	5K	00:34:14
5	Geraldine Suckling	F	10K	01:09:10
6	Janine Edgar	F	5K	00:33:51
				04:47:52

188	Hadleigh Jeffing Queens 1	Unaffiliated / Social		
1	Julie Fairweather	F	7.2K	00:51:02
2	Rebecca Martin	F	5K	00:39:21
3	Hazel Mills	F	10K	01:09:06
4	Shelley Kinnard	F	5K	00:32:21
5	Tracey Southgate	F	10K	01:08:09
6	Julia Bilota	F	5K	00:36:30
				04:56:29

189	Ipswich Triathlon Club - Here for the Picnic Team	Mixed		
1	Lizzie Andrews	F	7.2K	00:53:17
2	Charlie Stannett	M	5K	00:47:50
3	Sharon Robinson-Calver	F	10K	01:07:03
4	Jenny Broughton	F	5K	00:43:15
5	Robert Roche	M	10K	01:09:55
6	Kate Stannett	F	5K	00:31:48
				05:13:08