

Ipswich Friday 5 2015 Results

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
1	ANDREW ROOKE	Aldershot Farnham & District	142	1 Top Fin		26:30	26:31
2	SAM GODFREY		296	2 Top Fin		26:47	26:47
3	PAUL HOLLEY	Newmarket Joggers	279	3 Top Fin		27:58	27:58
4	JONATHAN LING	Ipswich Jaffa RC	102	1 M 17-39		28:41	28:41
5	PAUL WAIN	Ipswich Harriers	73	1 M 0-16		28:58	28:59
6	ROGER ALDIS		302	1 M 45-49		29:10	29:11
7	ALEXANDER HOSKING		199	2 M 17-39		29:14	29:15
8	ADAM HOWLETT	Framlingham Flyers	63	1 M 40-44		29:16	29:17
9	JOSEPH PATTERSON	Colchester & Tendring AC	124	2 M 0-16		29:38	29:39
10	BENJAMIN TURLEY	Ipswich Jaffa RC	148	3 M 17-39		29:46	29:46
11	TREVOR BUNCH	Haverhill Running Club	122	2 M 40-44		29:46	29:48
12	THOMAS WHITE	Saint Edmund Pacers	246	4 M 17-39		30:15	30:15
13	THOMAS ADAMS	Ipswich Harriers	315	3 M 0-16		30:11	30:15
14	NICHOLAS CLARKE	Ipswich Jaffa RC	247	5 M 17-39		30:15	30:17
15	JIM LAST	Framlingham Flyers	40	6 M 17-39		30:18	30:19
16	SIMON ENGLISH	Norwich Road Runners	140	3 M 40-44		30:19	30:20
17	GREG DAVIS	Newmarket Joggers	10	1 M 50-54		30:39	30:40
18	THOMAS CHALLENGER	Sudbury Joggers	313	7 M 17-39		30:41	30:45
19	ODETTE ROBSON	Saint Edmund Pacers	46	1 Top Fin		30:48	30:49
20	SAMUEL BURDETT	Stowmarket Striders RC	143	8 M 17-39		30:52	30:54
21	IAN OLD	Ipswich Jaffa RC	308	9 M 17-39		31:00	31:00
22	LUKE WHITWELL	Felixstowe RRC	273	10 M 17-39		31:02	31:04
23	NICK HAMMOND	Stowmarket Striders RC	271	4 M 40-44		31:07	31:09
24	TOM CRESSWELL	Sudbury Joggers	145	11 M 17-39		31:09	31:13
25	DAVE SOLOMON	Felixstowe RRC	229	2 M 45-49		31:12	31:14
26	CHRIS STARMER	Stowmarket Striders RC	249	1 M 55-59		31:20	31:20
27	ADAM JOHNSON	Hadleigh Hares AC	223	3 M 45-49		31:22	31:23
28	DARREN COOK	Felixstowe RRC	253	5 M 40-44		31:23	31:25
29	ROBIN HARPER	Felixstowe RRC	109	12 M 17-39		31:38	31:39
30	OLIVER QUINTON		312	13 M 17-39		31:48	31:49
31	ANDREW BUCK	Sudbury Joggers	203	2 M 50-54		31:51	31:54
32	BENJAMIN CUTHBERT	Sudbury Joggers	185	14 M 17-39		32:03	32:07
33	MATT HUNTER	Hadleigh Hares AC	70	15 M 17-39		32:07	32:09
34	MARK FORD	Felixstowe RRC	195	4 M 45-49		32:16	32:19
35	STEVE BROOKE	Felixstowe RRC	27	5 M 45-49		32:19	32:22
36	STEVE MAJON		326	16 M 17-39		32:19	32:24
37	DAVE LUMBY	Ipswich Jaffa RC	81	2 M 55-59		32:28	32:31
38	PETER SMITH		233	17 M 17-39		32:36	32:38
39	MARK WATTS	Saint Edmund Pacers	153	3 M 50-54		32:32	32:39
40	DAN FOSTER		303	6 M 45-49		32:42	32:44
41	IEUAN ALLDIS	Saint Edmund Pacers	240	4 M 0-16		32:39	32:44
42	STUART WEAVER		69	6 M 40-44		32:52	32:55
43	ADRIAN FROST	Sudbury Joggers	198	7 M 40-44		32:57	33:03
44	MALCOLM PENN	Sudbury Joggers	104	3 M 55-59		33:01	33:07
45	IAN ELDEN	Haverhill Running Club	269	8 M 40-44		33:08	33:08
46	JAMES HAYWARD	Stowmarket Striders RC	172	18 M 17-39		33:06	33:09
47	MARTIN ARCHER	Stowmarket Striders RC	270	4 M 50-54		33:20	33:22
48	JOE ADAMS		314	7 M 45-49		33:19	33:24
49	JOHN GREENER		150	8 M 45-49		33:19	33:26
50	NEIL GILLINGHAM	Ipswich Harriers	106	19 M 17-39		33:28	33:30
51	SAM BROOKE	Felixstowe RRC	28	20 M 17-39		33:29	33:32
52	TOM HASLAM	Saxmundham Sports Running & Fitr	299	9 M 40-44		33:32	33:35
53	IAN DUGGAN	Felixstowe RRC	204	9 M 45-49		33:35	33:38
54	BENJAMIN JACOBS	Felixstowe RRC	274	21 M 17-39		33:37	33:45
55	PETER BIRD	Saint Edmund Pacers	5	10 M 40-44		33:47	33:50
56	PAUL NORRIS		226	10 M 45-49		33:47	33:50
57	MICHAEL BALL		179	22 M 17-39		33:50	33:57
58	STEPHEN CURRAN	Woodbridge Shufflers RC	3	5 M 50-54		33:51	33:59
59	WILL ALDRED	Framlingham Flyers	9	11 M 45-49		33:59	34:03
60	CRAIG ROPER		245	23 M 17-39		34:08	34:17
61	CLIVE DAVEY	Sudbury Joggers	136	11 M 40-44		34:13	34:18
62	STEVEN EVERETT		67	24 M 17-39		34:15	34:20
63	ANDY GLASS	Sudbury Joggers	288	12 M 40-44		34:19	34:23
64	JORDAN BEAUMONT	Ipswich Jaffa RC	301	25 M 17-39		34:24	34:28
65	MELVYN MAYCOCK		127	26 M 17-39		34:26	34:36

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
66	ELLIOT BURDETT	Stowmarket Striders RC	144	5 M 0-16		34:38	34:41
67	CHARLES HANN	Sudbury Joggers	37	12 M 45-49		34:38	34:44
68	ARTHUR WHISTON	Colchester Harriers AC	235	1 M 60-64		34:42	34:45
69	STEVE SHAKESPEARE		188	13 M 45-49		34:45	34:55
70	LOUISE HAMPSHIRE	Sudbury Joggers	289	2 Top Fin		34:54	34:58
71	NEIL WILLIAMSON	Newmarket Joggers	126	27 M 17-39		34:46	34:59
72	ALAN JACKSON	Ipswich Jaffa RC	30	4 M 55-59		34:58	35:00
73	PETER WOODS	Felixstowe RRC	138	28 M 17-39		35:01	35:05
74	LAURA HICKS	Stowmarket Striders RC	117	3 Top Fin		35:02	35:06
75	SCOTT WILLIAMS	Stowmarket Striders RC	298	29 M 17-39		35:03	35:06
76	KERRY DENNETT		55	1 F 17-34		35:00	35:08
77	JAKE CHURCH	Saxmundham Sports Running & Fitr	300	30 M 17-39		35:06	35:12
78	STEVE WHITTAKER	Woodbridge Shufflers RC	191	6 M 50-54		35:08	35:16
79	GERALDINE CLARKE	Framlingham Flyers	236	1 F 45-49		35:13	35:19
80	MATTHEW EVERETT		152	31 M 17-39		35:11	35:20
81	RICHARD GRIMSDSELL	Saint Edmund Pacers	12	14 M 45-49		35:16	35:21
82	ROB BLACKMAN		165	32 M 17-39		35:14	35:23
83	STEWART WHITE	Saint Edmund Pacers	282	33 M 17-39		35:17	35:24
84	MARK GOODWIN	Felixstowe RRC	297	13 M 40-44		35:22	35:27
85	GARY PERRYMAN	Tiptree Road Runners	53	14 M 40-44		35:17	35:28
86	GARRY CULLUM	Ipswich Jaffa RC	166	34 M 17-39		35:28	35:31
87	MATT DORAN	Harwich Runners	250	15 M 40-44		35:28	35:34
88	RON MCCULLOUGH	Ipswich Jaffa RC	107	1 M 65-99		35:32	35:35
89	DARREN LEE	Stowmarket Striders RC	322	15 M 45-49		35:36	35:43
90	STEPHEN DIXON	Ipswich Jaffa RC	182	7 M 50-54		35:47	35:53
91	STEPHEN HATTEN	Saint Edmund Pacers	156	16 M 45-49		35:43	35:53
92	ASHLEY SMY	Ipswich Jaffa RC	57	35 M 17-39		35:53	35:59
93	SIMON WIGGINS	Felixstowe RRC	89	16 M 40-44		35:57	36:02
94	NEVILLE CLARKE	Newmarket Joggers	162	2 M 60-64		36:00	36:05
95	STEPHEN PRETTY	Stowmarket Striders RC	2	5 M 55-59		36:05	36:11
96	DAVID MARSH		181	36 M 17-39		36:03	36:13
97	LEE CRISP	Felixstowe RRC	257	17 M 40-44		36:08	36:16
98	BEN DEACON		294	37 M 17-39		36:21	36:28
99	VINCE WEBB	Saint Edmund Pacers	86	17 M 45-49		36:20	36:28
100	ANDRE NEVILLE	Stowmarket Striders RC	266	18 M 40-44		36:25	36:30
101	CHRIS FOX		38	18 M 45-49		36:14	36:31
102	PHILIP WINTER		311	19 M 40-44		36:27	36:32
103	GARY GARNHAM	Ipswich Jaffa RC	76	8 M 50-54		36:29	36:34
104	ROD PRIME	Ipswich Jaffa RC	218	19 M 45-49		36:31	36:37
105	IAN CUNNINGTON		318	9 M 50-54		36:25	36:42
106	CHRIS CHORLEY	Bungay Black Dog RC	66	10 M 50-54		36:32	36:50
107	MALCOLM SAVAGE	Springfield Striders RC	309	2 M 65-99		36:48	36:56
108	PETER REACH	Stowmarket Striders RC	319	38 M 17-39		36:48	37:00
109	JEREMY BELL		83	20 M 40-44		36:44	37:00
110	BRADLEY BROWN	Ilford AC	284	21 M 40-44		37:04	37:05
111	NIGEL SCHOFIELD	Saint Edmund Pacers	72	11 M 50-54		36:58	37:09
112	DAVID VAUGHAN	Saint Edmund Pacers	244	3 M 60-64		37:01	37:10
113	DUNCAN CHENERY	Ipswich Jaffa RC	26	6 M 55-59		37:08	37:13
114	BEN JENNINGS	Saint Edmund Pacers	130	39 M 17-39		37:08	37:14
115	MARTIN JARVIS		92	22 M 40-44		37:10	37:17
116	PAUL OSBORNE	Felixstowe RRC	256	40 M 17-39		37:11	37:17
117	GEORGE LANKESTER	Ipswich Jaffa RC	252	41 M 17-39		37:22	37:26
118	SIMON GOLDSMITH		49	23 M 40-44		37:15	37:28
119	CLAIRE HOBLYN	Saint Edmund Pacers	16	1 F 50-54		37:27	37:34
120	MARCUS BOON	Ipswich Jaffa RC	108	42 M 17-39		37:37	37:40
121	GUY HAYWARD	Framlingham Flyers	210	24 M 40-44		37:34	37:40
122	ELAINE MANN	Hadleigh Hares AC	232	2 F 17-34		37:37	37:41
123	IAN GOODERHAM	Saint Edmund Pacers	219	20 M 45-49		37:33	37:43
124	CHRIS JOHNS		169	7 M 55-59		37:32	37:44
125	ZOE ASHE		234	1 F 35-39		37:42	37:45
126	PAUL WRIGHT	Woodbridge Shufflers RC	287	43 M 17-39		37:37	37:49
127	GAIL MACKIE	Felixstowe RRC	255	3 F 17-34		37:46	37:53
128	REBECCA PITTMAN	Springfield Striders RC	77	2 F 50-54		37:44	37:56
129	AMANDA MARTIN	Saint Edmund Pacers	214	2 F 45-49		37:48	38:02
130	TIM NEWTON	Ipswich Jaffa RC	52	4 M 60-64		37:54	38:02

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
131	NICK POTTER		254	12 M 50-54		37:58	38:05
132	GEMMA PORCH	Stowmarket Striders RC	184	4 F 17-34		38:01	38:09
133	BRIAN MUNNS	Newmarket Joggers	222	13 M 50-54		38:12	38:21
134	DAVID BEIGHTON	Saint Edmund Pacers	292	44 M 17-39		38:09	38:23
135	RICHARD LAYCOCK		161	45 M 17-39		38:27	38:36
136	JONATHAN PRICE	Sudbury Joggers	192	5 M 60-64		38:38	38:47
137	TIM DAVIES	Ipswich Jaffa RC	51	6 M 0-16		38:44	38:55
138	ALAN HILLYARD		221	14 M 50-54		38:40	38:58
139	ALEX JACOBS	Felixstowe RRC	139	46 M 17-39		38:48	38:58
140	ANTON NIGHTINGALE		305	47 M 17-39		38:48	39:00
141	SIMON NIGHTINGALE		306	48 M 17-39		38:48	39:00
142	ADAM HOCKEN	Witham RC	212	21 M 45-49		38:47	39:00
143	DAVID SHEAHAN		35	8 M 55-59		38:56	39:02
144	DEE ST LEDGER	Sudbury Joggers	189	3 F 50-54		38:54	39:03
145	PHIL DAVIES	Ipswich Jaffa RC	50	22 M 45-49		38:55	39:05
146	JACKIE HANN	Sudbury Joggers	36	3 F 45-49		38:55	39:09
147	MARION PARKER	Felixstowe RRC	32	4 F 50-54		39:00	39:10
148	CHARLOTTE ACHESON	Haverhill Running Club	268	5 F 17-34		39:04	39:11
149	ALEX KUCZER		239	23 M 45-49		38:54	39:12
150	JOSH OSBORNE		187	49 M 17-39		39:00	39:16
151	JO STEPHENSON	Stowmarket Striders RC	202	5 F 50-54		39:13	39:22
152	PHIL MARSDEN	Ipswich Jaffa RC	241	9 M 55-59		39:22	39:24
153	KENNETH WRIGHT	Ipswich Jaffa RC	190	50 M 17-39		39:15	39:25
154	ADRIAN HINE	Felixstowe RRC	137	15 M 50-54		39:16	39:27
155	JASON PRIMMER		285	24 M 45-49		39:08	39:29
156	LOUISE GODDARD	Stowmarket Striders RC	111	1 F 40-44		39:25	39:34
157	MARK GODBOLD		42	25 M 45-49		39:34	39:42
158	DAVID LING	Woodbridge Shufflers RC	217	26 M 45-49		39:38	39:45
159	WAYNE MUMFORD	Sudbury Joggers	304	27 M 45-49		39:47	39:47
160	JESSIE GOODERHAM	Saint Edmund Pacers	220	6 F 17-34		39:38	39:52
161	TOM HOBLYN	Saint Edmund Pacers	60	16 M 50-54		39:39	39:53
162	PAUL MCALLISTER	Capel Cheetahs	157	28 M 45-49		39:53	39:58
163	GARY HUTCHINGS	Framlingham Flyers	207	17 M 50-54		39:47	40:04
164	CHRIS BRIGHT		68	51 M 17-39		39:50	40:05
165	STEPHEN HAYLOCK	Ipswich Jaffa RC	31	52 M 17-39		39:50	40:06
166	CLARE BARSTOW	Framlingham Flyers	251	2 F 35-39		39:51	40:07
167	MEL SHERMAN	Ipswich Jaffa RC	295	3 F 35-39		40:03	40:11
168	LOUISE WEBB	Saint Edmund Pacers	87	1 F 0-16		40:10	40:18
169	ALAN HUGGINS	Diss and District AC	216	53 M 17-39		40:01	40:19
170	MELODY-ANNE NEVILLE	Stowmarket Striders RC	267	2 F 40-44		40:18	40:22
171	JOE NAUGHTON	Stowmarket Striders RC	103	18 M 50-54		40:12	40:24
172	JENNY SHEAHAN		34	6 F 50-54		40:24	40:29
173	DUNCAN CHANMBERLAIN	Ipswich Jaffa RC	101	19 M 50-54		40:23	40:35
174	MICK TAYLOR		160	6 M 60-64		40:24	40:39
175	PETER FINCH	Ipswich Jaffa RC	147	20 M 50-54		40:26	40:46
176	DAVID MARTIN		164	7 M 60-64		40:39	40:49
177	CLAIRE GROVES	Great Bentley Running Club	155	7 F 17-34		40:42	40:53
178	JIMMY RUSSELL		262	29 M 45-49		40:43	40:57
179	WILLIAM MEADER	Capel Cheetahs	238	21 M 50-54		40:48	41:01
180	NATALIE CHU	Ipswich Jaffa RC	224	4 F 35-39		40:50	41:05
181	DAVID SEYMOUR	Felixstowe RRC	23	10 M 55-59		40:54	41:06
182	PHIL SPENCER		323	54 M 17-39		40:59	41:13
183	KATRINA RIGBY	Hadleigh Hares AC	243	5 F 35-39		41:02	41:13
184	JAYNE BURMAN	Felixstowe RRC	176	8 F 17-34		41:01	41:13
185	ADRIAN GOODE	Felixstowe RRC	175	22 M 50-54		41:01	41:13
186	NICK GOOD	Ipswich Jaffa RC	8	30 M 45-49		41:07	41:16
187	LESLEY COOPER	Felixstowe RRC	21	4 F 45-49		41:03	41:19
188	SARAH VICK	Saxmundham Sports Running & Fitr	129	5 F 45-49		41:29	41:38
189	SANDRA BUMPHREY	Capel Cheetahs	228	3 F 40-44		41:25	41:42
190	DAVID CHAPMAN	Sudbury Joggers	171	23 M 50-54		41:38	41:47
191	CAROLYNN ANDERSON	Newmarket Joggers	278	4 F 40-44		41:43	41:52
192	RICHARD SMITH	Felixstowe RRC	280	11 M 55-59		41:44	41:56
193	MANDY GODBOLD	Ipswich Harriers	41	6 F 45-49		41:54	42:01
194	DAVID TAYLOR	Framlingham Flyers	79	3 M 65-99		41:57	42:15
195	BOBBIE SAUERZAPF	Bungay Black Dog RC	65	1 F 55-59		42:02	42:19

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
196	JO PARDEN	Framlingham Flyers	112	7 F 45-49		42:08	42:25
197	RUTH PALMER	Saint Edmund Pacers	180	6 F 35-39		42:13	42:26
198	STEVE BRIGHT		59	24 M 50-54		42:12	42:29
199	ROB CLAYTON	Felixstowe RRC	186	12 M 55-59		42:16	42:32
200	JOANNE HARPER	Felixstowe RRC	110	9 F 17-34		42:22	42:37
201	ANNA SMITH	Stowmarket Striders RC	115	5 F 40-44		42:27	42:40
202	ALISON SEVERY		159	10 F 17-34		42:28	42:46
203	DEAN HEARN	Stowmarket Striders RC	261	31 M 45-49		42:38	42:47
204	AMANDA DUNN	Hadleigh Hares AC	64	6 F 40-44		42:37	42:55
205	SARAH JOBBINS		168	7 F 50-54		42:39	42:56
206	FIONA CUNNINGTON		317	2 F 55-59		42:39	42:57
207	KAREN HATTON	Saint Edmund Pacers	25	3 F 55-59		42:56	43:10
208	SARAH GOLDING	Saint Edmund Pacers	132	8 F 50-54		43:02	43:15
209	REBECCA GUY		158	11 F 17-34		43:03	43:15
210	JIM WITHERS	Newmarket Joggers	213	8 M 60-64		43:07	43:16
211	ARABELLA LEWENDON	Ipswich Jaffa RC	321	9 F 50-54		43:05	43:20
212	KEELAN SMITH	Saxmundham Sports Running & Fitr	11	55 M 17-39		43:12	43:21
213	SIMON BUTLER		91	25 M 50-54		43:04	43:23
214	SARAH PENNOCK	Sudbury Joggers	135	7 F 35-39		43:16	43:32
215	MARTIN WEST	Great Bentley Running Club	197	4 M 65-99		43:29	43:40
216	LORRAINE MILLS		33	7 F 40-44		43:20	43:42
217	KAREN SKENE	Great Bentley Running Club	48	8 F 45-49		43:51	44:02
218	GRAHAM CHAPPELL		320	32 M 45-49		43:48	44:12
219	DAVE LAMPARD LAMPAF	Felixstowe RRC	151	26 M 50-54		44:06	44:18
220	FRANK GARDINER	Great Bentley Running Club	201	9 M 60-64		44:12	44:24
221	HOLLIE ROPER		325	12 F 17-34		44:11	44:35
222	ALISON J TAYLOR		225	9 F 45-49		44:14	44:36
223	LAURA COLLINSON		227	8 F 40-44		44:20	44:42
224	DAVID MAYES	Felixstowe RRC	258	56 M 17-39		44:27	44:44
225	NICOLA WHITLEY	Capel Cheetahs	291	9 F 40-44		44:29	44:49
226	REBECCA JENNINGS	Saint Edmund Pacers	275	10 F 45-49		44:36	44:51
227	SAM DISTON		324	57 M 17-39		44:38	44:52
228	KEITH BORRETT		248	10 M 60-64		44:55	45:07
229	ELOISE BIRD	Saint Edmund Pacers	6	11 F 45-49		44:56	45:12
230	RICHARD PEARCE	Ipswich Jaffa RC	178	27 M 50-54		45:00	45:19
231	JOHN CULLUM	Saint Edmund Pacers	133	5 M 65-99		45:15	45:31
232	JOHN LAMBERT	Ipswich Jaffa RC	80	6 M 65-99		45:20	45:34
233	LESLEY GOODERHAM	Saint Edmund Pacers	272	12 F 45-49		45:28	45:43
234	RACHEL SOUTHGATE		24	13 F 17-34		45:52	46:08
235	MAUREEN WRIGHT	Ipswich Jaffa RC	174	1 F 60-99		45:58	46:11
236	ADRIAN COLE		231	28 M 50-54		46:01	46:17
237	DARREN MEEK		149	58 M 17-39		46:18	46:37
238	JAMES EASTWOOD		310	59 M 17-39		46:25	46:42
239	CARLA WIGGINS	Felixstowe RRC	90	14 F 17-34		46:32	46:48
240	SARAH SEVERWRIGHT	Felixstowe RRC	316	15 F 17-34		46:34	46:49
241	VIVIENNE TAYLOR	Framlingham Flyers	78	2 F 60-99		46:38	46:57
242	KAREN CHAMBERLAIN	Ipswich Jaffa RC	120	33 M 45-49		46:50	47:09
243	JACQUELINE LUMSDEN	Ipswich Jaffa RC	94	13 F 45-49		46:50	47:11
244	JENNY LYNCH	Felixstowe RRC	98	10 F 50-54		46:58	47:12
245	ANGELA WHITING	Stowmarket Striders RC	230	11 F 50-54		47:08	47:22
246	CLAIRE TROTT	Fetch Everyone	14	8 F 35-39		47:11	47:27
247	ELIZABETH SEVERY	Ipswich Jaffa RC	100	4 F 55-59		47:18	47:36
248	AILSA MEADER		237	14 F 45-49		47:24	47:42
249	HARRY SMITH	Stowmarket Striders RC	177	29 M 50-54		47:40	47:53
250	WILL SCHWER	Felixstowe RRC	1	60 M 17-39		47:36	47:54
251	ANNABEL BENNETT	Felixstowe RRC	43	12 F 50-54		47:35	47:58
252	KEITH FISHER		263	30 M 50-54		47:45	48:06
253	ADAM FISHER		265	61 M 17-39		47:47	48:07
254	JACKIE COLLINS		58	13 F 50-54		47:49	48:10
255	STEVEN REYNOLDS		95	13 M 55-59		47:56	48:18
256	JEREMY SORE		54	31 M 50-54		48:05	48:21
257	LUKE GROVES	Great Bentley Running Club	154	62 M 17-39		48:01	48:23
258	JOHN BUSH	Great Bentley Running Club	19	32 M 50-54		48:21	48:44
259	ZOILA REYES		4	3 F 60-99		48:38	48:55
260	IAIN HUNTER	Stowmarket Striders RC	75	14 M 55-59		48:46	48:56

Ipswich Friday 5 2015 Results

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
261	NEIL HUNTING		283	63 M 17-39		48:37	48:57
262	IAN ROOKE		22	34 M 45-49		48:42	49:02
263	HEIDI KNIGHT	Capel Cheetahs	13	10 F 40-44		48:47	49:04
264	JO BOWMAN	Ipswich Jaffa RC	276	11 F 40-44		48:46	49:08
265	WENDY ATKINSON	Stowmarket Striders RC	121	15 F 45-49		49:02	49:24
266	TINA CLARKE	Tiptree Road Runners	242	16 F 45-49		49:03	49:25
267	SUSAN WILSHAW	Capel Cheetahs	260	4 F 60-99		49:11	49:30
268	CATHERINE PITTAM		205	16 F 17-34		49:12	49:34
269	LOUISE REEVE	Great Bentley Running Club	328	17 F 17-34		49:22	49:44
270	MELONIE EVANS	Sudbury Joggers	194	17 F 45-49		49:34	49:54
271	GRAHAME WALKINGSHA		47	33 M 50-54		49:45	50:04
272	TIM FINEGAN	Felixstowe RRC	20	34 M 50-54		49:52	50:12
273	AMANDA PRIOR	Capel Cheetahs	290	18 F 45-49		50:06	50:26
274	AMY SMITH		183	18 F 17-34		50:05	50:26
275	AMANDA SMITH	Felixstowe RRC	18	12 F 40-44		51:05	51:24
276	GRAHAM PAGE		163	15 M 55-59		51:20	51:34
277	PHILIP NUTLEY	Saint Edmund Pacers	39	7 M 65-99		51:28	51:50
278	MEL CHITTOCK		173	16 M 55-59		51:32	51:53
279	CAROLINE CHAPMAN		281	5 F 55-59		52:00	52:20
280	KATHRYN ROSS	Sudbury Joggers	307	19 F 17-34		52:24	52:28
281	JANE BAILEY	Felixstowe RRC	84	6 F 55-59		52:15	52:37
282	JACQUELYN COBBOLD	Hadleigh Hares AC	61	13 F 40-44		52:19	52:39
283	DAVID TILLET		170	35 M 45-49		52:27	52:50
284	ANDREW SEVERY	Ipswich Jaffa RC	99	17 M 55-59		52:44	53:07
285	KAREN MURPHY	Hadleigh Hares AC	62	14 F 40-44		53:13	53:33
286	LINDSAY HOBDEN	Sudbury Joggers	196	19 F 45-49		53:42	53:58
287	SHARON BREWARD	Sudbury Joggers	193	15 F 40-44		53:39	53:59
288	SALLY SOLOMON	Felixstowe RRC	277	20 F 45-49		54:19	54:37
289	PETER REEVE	Great Bentley Running Club	327	18 M 55-59		54:25	54:48
290	ANDY STANHOPE	Felixstowe RRC	97	35 M 50-54		54:51	55:11
291	JEREMY SCOPES	Ipswich Jaffa RC	293	11 M 60-64		55:18	55:43
292	DEBORAH WOODBRIDGE	Ipswich Jaffa RC	125	16 F 40-44		56:38	57:02
293	KATRINA COPPING		116	21 F 45-49		1:03:29	1:03:54
294	PETE BATTLE		114	25 M 40-44		1:03:30	1:03:54
295	TIM DEROY-CHENNELLS		286	36 M 50-54		1:05:16	1:05:40
296	DAVID NUGENT	Great Bentley Running Club	329	8 M 65-99		1:05:17	1:05:41