

Woodbridge Shufflers 10K Race
 10K Overall Finish List
 May 17, 2015
 Results By ChipTimingUK

Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
1	Theo	Passmore	Ipswich Harriers	182	M	M15-19	1 Top Fin	34:12	34:12
2	Gavin	Davies	Ipswich Jaffa RC	83	M	MO	2 Top Fin	34:49	34:49
3	Jonathan	Ling	Ipswich Jaffa RC	236	M	MO	3 Top Fin	35:18	35:18
4	Graeme	Knott	Harwich Runners	646	M	MO	1 M 20-39	35:36	35:37
5	Adam	Wade	Ipswich Jaffa RC	333	M	MO	2 M 20-39	36:07	36:07
6	Adam	Howlett	Framlingham Flyers	127	M	M40	1 M 40-44	36:30	36:30
7	Paul	Wain	Ipswich Harriers	152	M	M15-19	1 M 0-19	36:37	36:37
8	Daniel	Rock	Ryston Runners	531	M	MO	3 M 20-39	37:00	37:00
9	Benjamin	Turley	Ipswich Jaffa RC	550	M	MO	4 M 20-39	37:08	37:08
10	Darren	Sheppard	Framlingham Flyers	567	M	M40	2 M 40-44	37:13	37:13
11	Chris	Miles	Tri-Anglia Triathlon Club	314	M	MO	5 M 20-39	37:31	37:32
12	Steve	Cooper	Blackheath and Bromley Harriers Athletic Club	508	M	M40	3 M 40-44	37:35	37:35
13	Andy	Ellis	Notcutts Ltd	686	M	MO	6 M 20-39	37:36	37:37
14	Martin	Lawrence	Haverhill Running Club	487	M	M50	1 M 50-54	37:43	37:44
15	Jason	Berry		47	M	M45	1 M 45-49	37:48	37:48
16	Jim	Last	Framlingham Flyers	128	M	MO	7 M 20-39	37:52	37:52
17	Samuel	Burdett	Stowmarket Striders RC	498	M	MO	8 M 20-39	38:13	38:14
18	Dave	Solomon	Felixstowe RRC	41	M	M45	2 M 45-49	38:18	38:18
19	Robin	Harper	Felixstowe RRC	14	M	MO	9 M 20-39	38:31	38:31
20	Isobel	Renn	Ipswich Jaffa RC	196	F	F15-19	1 Top Fin	38:34	38:34
21	Ian	Old	Ipswich Jaffa RC	382	M	MO	10 M 20-39	38:41	38:42
22	James	Wilson		559	M	MO	11 M 20-39	38:43	38:43
23	Tim	Larke	Stowmarket Striders RC	301	M	M40	4 M 40-44	38:48	38:48
24	Darren	Cook	Felixstowe RRC	192	M	M40	5 M 40-44	38:49	38:49
25	Paul	Nickells	Woodbridge Shufflers RC	298	M	M50	2 M 50-54	38:51	38:52
26	Glynn	Thomas	Ipswich Jaffa RC	292	M	M50	3 M 50-54	38:53	38:53
27	Henry	Milldown	Ipswich Harriers	169	M	M15-19	2 M 0-19	38:54	38:54
28	Andy	Garvie		229	M	M45	3 M 45-49	39:02	39:03
29	Gus	Cooney		414	M	M15-19	3 M 0-19	39:04	39:05
30	Paul	Saunders		221	M	MO	12 M 20-39	39:04	39:07
31	Nigel	Powley	Notcutts Ltd	685	M	M50	4 M 50-54	39:17	39:18
32	Scott	Macsephney	Ipswich Jaffa RC	575	M	M45	4 M 45-49	39:17	39:19
33	Adam	Johnson	Hadleigh Hares AC	441	M	M45	5 M 45-49	39:20	39:21
34	Carl	Ashton	Ipswich Jaffa RC	535	M	MO	13 M 20-39	39:22	39:25
35	Luis Javier	Segura Abal		468	M	MO	14 M 20-39	39:28	39:30

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36	Mark	Ford	Felixstowe RRC	217	M	M45	6 M 45-49	39:33	39:35
37	Tim	Hanman		313	M	M40	6 M 40-44	39:36	39:37
38	Steve	Brooke	Felixstowe RRC	97	M	M45	7 M 45-49	39:36	39:40
39	Elisa	Bostock	Hadleigh Hares AC	109	F	F0	2 Top Fin	39:41	39:43
40	Ben	Wharnsby	Ipswich Harriers	633	M	MO	15 M 20-39	39:48	39:48
41	Neil	Gillingham	Ipswich Harriers	72	M	MO	16 M 20-39	39:50	39:51
42	Kate	Hodgkiss	Harwich Runners	645	F	F0	3 Top Fin	40:04	40:08
43	Douglas	Hobson	St Albans Striders	135	M	MO	17 M 20-39	40:11	40:12
44	Alistair	Dick	Ipswich Jaffa RC	197	M	M50	5 M 50-54	40:12	40:13
45	Richard	Webster	Woodbridge Shufflers RC	288	M	M45	8 M 45-49	40:19	40:20
46	Jeff	Almeida-King		393	M	MO	18 M 20-39	40:33	40:35
47	Duncan	Cardwell	Adnams	746	M	M40	7 M 40-44	40:35	40:37
48	Neil	Turner		403	M	M45	9 M 45-49	40:40	40:42
49	Peter	Smith		412	M	MO	19 M 20-39	40:53	40:54
50	James	Manly		101	M	M40	8 M 40-44	41:01	41:07
51	Ian	Elden	Haverhill Running Club	366	M	M40	9 M 40-44	41:10	41:12
52	Mark	White	Haverhill Running Club	635	M	M40	10 M 40-44	41:28	41:30
53	Robin	Belsom	Ipswich Jaffa RC	70	M	M55	1 M 55-59	41:28	41:32
54	Sean	Kennedy	Woodbridge Shufflers RC	137	M	MO	20 M 20-39	41:38	41:40
55	Sian-Marie	Lucas	Haverhill Running Club	68	F	F0	1 F 20-39	41:46	41:49
56	Mike	Rowe		540	M	MO	21 M 20-39	41:46	41:50
57	Peter	Bird	Saint Edmund Pacers	100	M	M40	11 M 40-44	41:52	41:55
58	Stuart	Yule	Sisu Berlin	270	M	M45	10 M 45-49	41:58	42:00
59	Peter	Frost		12	M	M45	11 M 45-49	41:59	42:00
60	Ian	Duggan	Felixstowe RRC	355	M	M45	12 M 45-49	42:03	42:05
61	Peter	Woods	Felixstowe RRC	35	M	MO	22 M 20-39	42:08	42:12
62	Craig	Sisson	Haverhill Running Club	316	M	MO	23 M 20-39	42:08	42:13
63	Sam	Brooke	Felixstowe RRC	98	M	MO	24 M 20-39	42:13	42:16
64	Chris	Connolly	The Cherry Tree	734	M	MO	25 M 20-39	42:19	42:21
65	Stephen	Harnden		130	M	M40	12 M 40-44	42:24	42:24
66	Tom	Wake	Ipswich Jaffa RC	241	M	MO	26 M 20-39	42:22	42:26
67	Edward	Johnson		311	M	MO	27 M 20-39	42:23	42:28
68	Will	Aldred	Framlingham Flyers	162	M	M45	13 M 45-49	42:29	42:33
69	Matthew	Payne		126	M	MO	28 M 20-39	42:30	42:34
70	Chris	Leek		184	M	MO	29 M 20-39	42:38	42:41

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71	Steve	Whittaker	Woodbridge Shufflers RC	652	M	M50	6 M 50-54	42:46	42:48
72	Ryan	Harvey		334	M	M45	14 M 45-49	42:46	42:51
73	Alex	Hinton		434	M	M40	13 M 40-44	42:51	42:55
74	Paul	Cooke	Woodbridge Surfers	658	M	M40	14 M 40-44	42:51	42:56
75	Tim	Ryder	Hadleigh Hares AC	297	M	M50	7 M 50-54	42:55	42:57
76	Marcus	Catlin	Ipswich Jaffa RC	339	M	MO	30 M 20-39	42:56	42:59
77	Duncan	Andrews	Waldringfield Basset Hound Chasers	526	M	M45	15 M 45-49	42:56	43:01
78	Matthew	Fryett		509	M	M40	15 M 40-44	42:51	43:02
79	Georgia	Garvin	Ipswich Jaffa RC	449	F	F0	2 F 20-39	42:58	43:03
80	Tim	Ripman		277	M	MO	31 M 20-39	42:57	43:06
81	Daniel	Shanks	Felixstowe RRC	18	M	M40	16 M 40-44	43:04	43:08
82	Douglas	Wattleworth		118	M	M15-19	4 M 0-19	43:08	43:10
83	Benjamin	Jacobs	Felixstowe RRC	461	M	MO	32 M 20-39	43:07	43:10
84	Oliver	Johnson		123	M	MO	33 M 20-39	43:01	43:13
85	Ben	Williams		539	M	MO	34 M 20-39	43:08	43:15
86	Mark	Allen		558	M	M45	16 M 45-49	42:52	43:16
87	Charles	Hann	Sudbury Joggers	471	M	M45	17 M 45-49	43:11	43:17
88	Tom	Haslam		282	M	M40	17 M 40-44	43:14	43:17
89	Christopher	Bing	Ipswich Jaffa RC	542	M	MO	35 M 20-39	43:17	43:22
90	Colin	Shaw		66	M	M45	18 M 45-49	43:17	43:23
91	Paul	Masterson		46	M	M45	19 M 45-49	43:24	43:25
92	Joe	Fairbrother		23	M	MO	36 M 20-39	43:27	43:31
93	Richard	Eaton	Waldringfield Basset Hound Chasers	512	M	M45	20 M 45-49	43:27	43:33
94	Paul	Berriman		86	M	M40	18 M 40-44	43:31	43:38
95	Ricky	Pecher	Framlingham Flyers	89	M	MO	37 M 20-39	43:38	43:39
96	David	Marsh		6	M	MO	38 M 20-39	43:35	43:40
97	James	Lewis		513	M	MO	39 M 20-39	43:36	43:42
98	Lee	Rudland		285	M	MO	40 M 20-39	43:42	43:44
99	Bill	Watson	Reading Roadrunners	582	M	M45	21 M 45-49	43:39	43:45
100	Felix	Cory-Wright		154	M	MO	41 M 20-39	43:10	43:45
101	Robin	Mackenzie	Framlingham Flyers	348	M	M50	8 M 50-54	43:43	43:46
102	Laura	Hicks	Stowmarket Striders RC	191	F	F0	3 F 20-39	43:41	43:48
103	Howard	Revell	Framlingham Flyers	519	M	M50	9 M 50-54	43:48	43:52
104	Carl	Fitch		293	M	MO	42 M 20-39	43:48	43:54
105	Charles	Hopkins	Woodbridge Surfers	653	M	M15-19	5 M 0-19	43:47	43:56

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106	Nathan	Ellis		55	M	M40	19 M 40-44	43:51	43:57
107	Roger	Ackerley	Woodbridge Shufflers RC	528	M	M55	2 M 55-59	43:53	43:59
108	Stephen	Hicks	Ipswich Harriers	484	M	M55	3 M 55-59	43:54	44:00
109	Davina	Greenwell	Hadleigh Hares AC	564	F	F0	4 F 20-39	44:00	44:04
110	Louis	Dawson	Barretts of Woodbridge	722	M	MO	43 M 20-39	44:03	44:08
111	Andrew	Hawes		54	M	MO	44 M 20-39	44:04	44:10
112	Alex	Reeves		120	M	MO	45 M 20-39	43:39	44:14
113	Kirsty	Morgan	Ipswich Jaffa RC	227	F	F0	5 F 20-39	44:10	44:14
114	Stephen	Hatten	Saint Edmund Pacers	24	M	M45	22 M 45-49	44:10	44:16
115	Jake	Church	Saxmundham Sports Running & Fitness Club	389	M	M15-19	6 M 0-19	44:15	44:19
116	Joseph	Yearley		106	M	MO	46 M 20-39	44:10	44:21
117	Matt	Davey	Tiptree Road Runners	140	M	MO	47 M 20-39	44:12	44:22
118	Vince	Webb	Saint Edmund Pacers	246	M	M45	23 M 45-49	44:17	44:25
119	Lee	Markham	Woodbridge Shufflers RC	606	M	MO	48 M 20-39	44:24	44:28
120	Emily	Gooderham	Saint Edmund Pacers	280	F	F15-19	1 F 0-19	44:24	44:29
121	Ross	Compton		439	M	MO	49 M 20-39	44:26	44:33
122	Siobhan	Dockerill	Haverhill Running Club	486	F	F0	6 F 20-39	44:31	44:35
123	Mark	Goodwin	Felixstowe RRC	423	M	M40	20 M 40-44	44:31	44:35
124	Rod	Prime	Ipswich Jaffa RC	96	M	M45	24 M 45-49	44:31	44:37
125	Jack	Grant		590	M	M15-19	7 M 0-19	44:38	44:38
126	Calum	Andrews	Waldringfield Basset Hound Chasers	527	M	M15-19	8 M 0-19	44:38	44:38
127	Gary	Lowe		81	M	M55	4 M 55-59	44:32	44:40
128	Richard	Grimsdell	Saint Edmund Pacers	155	M	M45	25 M 45-49	44:34	44:42
129	Connor	Grant		518	M	M15-19	9 M 0-19	44:47	44:47
130	Ian	Gooderham	Saint Edmund Pacers	281	M	M45	26 M 45-49	44:43	44:49
131	Anthony	Barsoum		30	M	MO	50 M 20-39	44:41	44:51
132	Geoff	Buchanan	Gressingham Foods	674	M	M45	27 M 45-49	44:49	44:53
133	Nathan	Miller		28	M	MO	51 M 20-39	44:46	44:55
134	Richard	Owen		224	M	M60	1 M 60-64	44:48	44:56
135	Mary-Ann	Moseley	Haverhill Running Club	365	F	F40	1 F 40-44	45:01	45:06
136	Peter	Mayer		74	M	M55	5 M 55-59	44:45	45:08
137	Malcolm	Pidd	Woodbridge Shufflers RC	146	M	M50	10 M 50-54	45:12	45:16
138	Ashley	Smy	Ipswich Jaffa RC	344	M	MO	52 M 20-39	45:14	45:19
139	Rob	Coates	Norwich Road Runners	324	M	MO	53 M 20-39	45:12	45:24
140	Mark	Drummond		325	M	MO	54 M 20-39	45:13	45:24

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141	Wayne	Martin		290	M	MO	55 M 20-39	45:20	45:25
142	Kevin	Gilder		385	M	MO	56 M 20-39	45:21	45:29
143	Nick	Beales	Harwich Runners	647	M	M55	6 M 55-59	45:21	45:29
144	Gail	Pryke		446	F	F55	1 F 55-59	45:25	45:32
145	Tom	Griffiths	Waldringfield Basset Hound Chasers	124	M	M40	21 M 40-44	45:23	45:32
146	Nadia	Catterwell		374	F	F40	2 F 40-44	45:26	45:35
147	Martin	Ball		207	M	M40	22 M 40-44	45:19	45:36
148	Mark	Compton		440	M	M50	11 M 50-54	45:29	45:37
149	Paul	Barrell	Waldringfield Basset Hound Chasers	566	M	M50	12 M 50-54	45:28	45:38
150	Gary	Sadler		372	M	MO	57 M 20-39	45:31	45:39
151	Adrian	Goode	Felixstowe RRC	237	M	M50	13 M 50-54	45:42	45:45
152	Mike	Pleasants		238	M	M40	23 M 40-44	45:37	45:46
153	Vaughan	Morris		213	M	M55	7 M 55-59	45:39	45:46
154	Nicola Jane	Ramsey	The Cherry Tree	747	F	F0	7 F 20-39	45:25	45:47
155	Simon	Wiggins	Felixstowe RRC	209	M	M40	24 M 40-44	45:46	45:49
156	Alex	Jacobs	Felixstowe RRC	395	M	MO	58 M 20-39	45:53	45:55
157	Wendy	Sealy	Notcutts Ltd	684	F	F50	1 F 50-54	45:49	45:57
158	Luke	Heeney		122	M	M45	28 M 45-49	45:50	45:59
159	George	Algar	Deben Inns	663	M	MO	59 M 20-39	45:56	46:08
160	Charlotte	Alexandrou		60	F	F0	8 F 20-39	46:05	46:12
161	Steven	Dearsley	The Cherry Tree	736	M	MO	60 M 20-39	46:10	46:14
162	Simon	Barber	The Cherry Tree	735	M	MO	61 M 20-39	46:11	46:15
163	Anthony	Mayston	Woodbridge Surfers	650	M	M55	8 M 55-59	46:08	46:16
164	Simon	Tinkler	Framlingham Flyers	399	M	M40	25 M 40-44	46:03	46:17
165	Becky	Overy-Owen	Woodbridge Shufflers RC	597	F	F40	3 F 40-44	46:10	46:17
166	Ed	Millar		386	M	MO	62 M 20-39	46:07	46:18
167	Nick	Barker		168	M	M50	14 M 50-54	46:13	46:19
168	David	Farrow		42	M	M40	26 M 40-44	46:12	46:20
169	Simon	Merrick	Felixstowe RRC	340	M	M40	27 M 40-44	46:17	46:20
170	Andy	Stephens		628	M	MO	63 M 20-39	46:23	46:23
171	William	Owen		163	M	MO	64 M 20-39	46:19	46:26
172	Jason	Walne		520	M	M40	28 M 40-44	46:28	46:33
173	Rossi	Copsey	Ipswich Jaffa RC	360	M	MO	65 M 20-39	46:29	46:35
174	Nick	Alexandrou		61	M	MO	66 M 20-39	46:29	46:36
175	Tomas	Motyka		95	M	MO	67 M 20-39	46:36	46:41

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176	Alastair	Read		84	M	MO	68 M 20-39	46:35	46:42
177	Vicky	McTaggart	Woodbridge Shufflers RC	547	F	F0	9 F 20-39	46:35	46:44
178	Mark	Burns		432	M	M55	9 M 55-59	46:34	46:44
179	Garry	Cullum		626	M	MO	69 M 20-39	46:29	46:46
180	Duncan	Brown	Woodbridge Surfers	651	M	MO	70 M 20-39	46:39	46:47
181	Gary	Pilkington		19	M	M40	29 M 40-44	46:34	46:47
182	Karl	Harris		44	M	MO	71 M 20-39	46:43	46:48
183	Kevin	Whelan	Felixstowe RRC	481	M	M45	29 M 45-49	46:40	46:50
184	Emma	Mortimer	Ipswich Jaffa RC	211	F	F0	10 F 20-39	46:40	46:50
185	Dave	Lumby	Ipswich Jaffa RC	3	M	M50	15 M 50-54	46:52	46:55
186	Iain	Catchpool	Ipswich Jaffa RC	327	M	M45	30 M 45-49	46:52	46:55
187	Elise	Daykin-Colombel	Ipswich Jaffa RC	25	F	F0	11 F 20-39	46:49	46:56
188	Samuel	Dack		504	M	MO	72 M 20-39	46:48	46:57
189	Jack	Turner	Gressingham Foods	677	M	MO	73 M 20-39	46:24	47:07
190	Philip	King		485	M	MO	74 M 20-39	46:58	47:10
191	Carl	Berriman		524	M	M45	31 M 45-49	46:52	47:11
192	Petra	Risbridger	Woodbridge Complementary Health Centre	692	F	F40	4 F 40-44	46:57	47:12
193	Oliver	Gray		158	M	MO	75 M 20-39	47:10	47:15
194	Chris	Ball		206	M	MO	76 M 20-39	46:52	47:16
195	David	Hopkins	Woodbridge Surfers	102	M	M50	16 M 50-54	47:04	47:17
196	Chris	Servant		103	M	M45	32 M 45-49	47:12	47:18
197	Thomas	Stebbings		183	M	MO	77 M 20-39	47:05	47:19
198	Karen	Martin	Haverhill Running Club	507	F	F0	12 F 20-39	47:18	47:21
199	Michael	Dale		369	M	M50	17 M 50-54	47:09	47:24
200	Darren	Baker		76	M	MO	78 M 20-39	47:22	47:26
201	Joshua	Ripman		276	M	MO	79 M 20-39	47:17	47:27
202	Thomas	Alexander	Woodbridge Shufflers RC	330	M	MO	80 M 20-39	47:27	47:37
203	Tom	Cummings		9	M	MO	81 M 20-39	47:28	47:39
204	Mark	Kitson		394	M	M50	18 M 50-54	47:33	47:39
205	Mark	Flatman		110	M	M40	30 M 40-44	47:31	47:40
206	Darren	Scriven		410	M	MO	82 M 20-39	47:32	47:42
207	Jeston	Na Nakhorn		5	M	M40	31 M 40-44	47:23	47:44
208	Jordan	Bailey		142	M	MO	83 M 20-39	47:34	47:44
209	William	Smith		48	M	MO	84 M 20-39	47:41	47:48
210	Ian	Kennedy	Framlingham Flyers	309	M	M50	19 M 50-54	47:37	47:50

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211	Ben	Rayment	Steepletower	328	M	MO	85 M 20-39	47:45	47:55
212	Mark	Austin	Woodbridge Shufflers RC	505	M	MO	86 M 20-39	47:43	47:56
213	Jacob	Collins	The Angel Woodbridge	752	M	MO	87 M 20-39	47:46	47:57
214	Marc	Whiting		596	M	M40	32 M 40-44	47:51	48:00
215	Rob	Armour		159	M	MO	88 M 20-39	47:57	48:06
216	David	Birkby		458	M	MO	89 M 20-39	47:53	48:07
217	Stephen	Parker		604	M	M45	33 M 45-49	47:52	48:10
218	Simon	Milldown		170	M	M50	20 M 50-54	47:56	48:11
219	Paul	McAllister	Capel Cheetahs	85	M	M45	34 M 45-49	48:00	48:13
220	Simon	Hedge	Felixstowe RRC	116	M	M45	35 M 45-49	47:49	48:15
221	Gavin	Raby		49	M	MO	90 M 20-39	48:12	48:20
222	Graham	Dixon	Haverhill Running Club	187	M	MO	91 M 20-39	48:17	48:22
223	Shannon	Hopkins	Woodbridge Surfers	654	F	F15-19	2 F 0-19	48:10	48:24
224	Kevin	Hall		341	M	MO	92 M 20-39	48:19	48:28
225	Greg	Dodds	Kings Head Runners	699	M	M40	33 M 40-44	48:19	48:29
226	Paul	Woodward		416	M	MO	93 M 20-39	48:22	48:33
227	Martin	Jones		185	M	M40	34 M 40-44	48:21	48:33
228	Ben	Case		354	M	MO	94 M 20-39	48:27	48:35
229	Darren	Abbott		161	M	M45	36 M 45-49	48:07	48:37
230	Kirsten	Jamie		230	F	F0	13 F 20-39	48:29	48:37
231	Michael	Leach		51	M	M60	2 M 60-64	48:32	48:43
232	Alan	Hillyard		36	M	M50	21 M 50-54	48:25	48:44
233	Cliff	Baldock	Deben Inns	660	M	M45	37 M 45-49	48:38	48:51
234	Marion	Parker	Felixstowe RRC	133	F	F50	2 F 50-54	48:39	48:54
235	James	Dunstan		578	M	MO	95 M 20-39	48:45	48:56
236	Suzanne	Heath	Ipswich Jaffa RC	602	F	F45	1 F 45-49	48:52	49:02
237	Daniel	Gavin		577	M	MO	96 M 20-39	48:51	49:04
238	Helio	Cordeiro	Gressingham Foods	748	M	MO	97 M 20-39	48:23	49:07
239	Karl	Tovell		222	M	MO	98 M 20-39	49:00	49:10
240	Glenn	Proctor	Stowmarket Striders RC	612	M	M40	35 M 40-44	48:59	49:14
241	Nick	Partridge		172	M	MO	99 M 20-39	49:00	49:14
242	Inge	Van Tuinen-Nijkamp	The Angel Woodbridge	751	F	F0	14 F 20-39	49:04	49:15
243	Jake	Grave	East Green Energy	719	M	MO	100 M 20-39	48:58	49:17
244	Jackie	Hann	Sudbury Joggers	472	F	F45	2 F 45-49	49:05	49:17
245	David	Fordham	Saxmundham Sports Running & Fitness Club	220	M	M60	3 M 60-64	49:13	49:27

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
246	Charlotte	Acheson	Haverhill Running Club	367	F	F0	15 F 20-39	49:28	49:30
247	Marion	Walker	Framlingham Flyers	445	F	F60	1 F 60-64	49:24	49:39
248	James	Calver		391	M	MO	101 M 20-39	49:30	49:42
249	Nick	Falconer	Woodbridge Shufflers RC	180	M	M50	22 M 50-54	49:37	49:43
250	Vicky	Mayhew		479	F	F0	16 F 20-39	49:33	49:44
251	Alistair	Mitchell		470	M	M45	38 M 45-49	49:37	49:48
252	Matthew	Perks		265	M	MO	102 M 20-39	49:29	49:48
253	Jo	Dyson	Benfleet RC	620	F	F45	3 F 45-49	49:32	49:49
254	Paul	Johnson		601	M	MO	103 M 20-39	49:34	49:50
255	Mike	Cooper		332	M	M55	10 M 55-59	49:41	49:55
256	Catherine	Abbott	Stowmarket Striders RC	62	F	F40	5 F 40-44	49:34	49:56
257	Oliver	Steed		239	M	MO	104 M 20-39	49:46	49:57
258	Rachel	Bodsworth	Hadleigh Hares AC	593	F	F0	17 F 20-39	49:53	49:58
259	Kayleigh	Shevlin		214	F	F0	18 F 20-39	49:51	49:59
260	Robin	Upson		589	M	MO	105 M 20-39	50:01	50:01
261	Belinda	Godbold	Ipswich Jaffa RC	300	F	F55	2 F 55-59	49:45	50:02
262	Jon	Dodman		561	M	M40	36 M 40-44	49:47	50:02
263	Nicola	Ripman		273	F	F0	19 F 20-39	49:54	50:04
264	Phil	Davies	Ipswich Jaffa RC	443	M	M45	39 M 45-49	49:56	50:04
265	Steven	Seinet-Martin	Felixstowe RRC	294	M	M55	11 M 55-59	49:46	50:07
266	Andrew	Stroud		249	M	M45	40 M 45-49	49:49	50:08
267	James	Wood		598	M	M40	37 M 40-44	49:56	50:08
268	Scott	Hutchinson		64	M	M40	38 M 40-44	49:59	50:12
269	Paul	Schwer	Felixstowe RRC	346	M	M50	23 M 50-54	50:11	50:18
270	Tim	Long	Ipswich Jaffa RC	517	M	M50	24 M 50-54	50:05	50:19
271	Ann	Zie		108	F	F40	6 F 40-44	49:52	50:20
272	Ian	Akers	Brafe	702	M	MO	106 M 20-39	50:14	50:22
273	Sean	Turner		568	M	MO	107 M 20-39	50:12	50:24
274	Juliet	Campbell-Barr		396	F	F45	4 F 45-49	50:17	50:26
275	Michael	Martin		447	M	M45	41 M 45-49	50:20	50:28
276	Ken	Gould		637	M	M50	25 M 50-54	50:16	50:29
277	Simon	Rudland	East Green Energy	718	M	M50	26 M 50-54	50:18	50:32
278	Christian	Pawsey		289	M	M45	42 M 45-49	50:19	50:34
279	Abi	Pawsey	East Green Energy	717	F	F0	20 F 20-39	50:19	50:34
280	Mark	Crisp		492	M	M45	43 M 45-49	50:22	50:37

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
281	Daniel	Cook		174	M	MO	108 M 20-39	50:07	50:37
282	Clive	Gardiner	Ipswich Jaffa RC	111	M	M55	12 M 55-59	50:15	50:39
283	John	Penny		358	M	M60	4 M 60-64	50:25	50:40
284	Paul	Savage		302	M	M40	39 M 40-44	50:30	50:41
285	James	Fox	Saxmundham Sports Running & Fitness Club	148	M	MO	109 M 20-39	50:32	50:43
286	Emma	Meiring	Woodbridge Shufflers RC	483	F	F40	7 F 40-44	50:15	50:46
287	Kirsty	Thorndyke	Ipswich Harriers	402	F	F0	21 F 20-39	50:35	50:46
288	Steve	Thorndyke		585	M	MO	110 M 20-39	50:31	50:47
289	Richard	Dempsey	Woodbridge Shufflers RC	67	M	M45	44 M 45-49	50:32	50:49
290	Collette	Marsh		384	F	F45	5 F 45-49	50:40	50:50
291	Steve	Cooper		165	M	M45	45 M 45-49	50:37	50:50
292	Gemma	Porch	Stowmarket Striders RC	149	F	F0	22 F 20-39	50:33	50:50
293	Mon	Lee	Ipswich Jaffa RC	380	M	M55	13 M 55-59	50:45	50:52
294	Stephen	Carter		383	M	MO	111 M 20-39	50:36	50:52
295	Ian	Bown		231	M	M50	27 M 50-54	50:30	50:53
296	Jonothan	Tooth		264	M	M45	46 M 45-49	50:38	50:55
297	Melanie	Catten	Haverhill Running Club	381	F	F0	23 F 20-39	50:20	50:56
298	Ian	Stockley	Stowmarket Striders RC	223	M	M45	47 M 45-49	50:43	50:57
299	Anna	Sinclair	Woodbridge Shufflers RC	634	F	F45	6 F 45-49	50:46	50:57
300	Mark	Sargeantson	Framlingham Flyers	331	M	M60	5 M 60-64	50:46	51:01
301	Adrian	Simm	St Albans Striders	134	M	M55	14 M 55-59	50:46	51:01
302	Tim	Beecroft		553	M	M50	28 M 50-54	50:39	51:03
303	Simon	Goldsmith		259	M	M40	40 M 40-44	50:42	51:06
304	Emma	Needham		516	F	F0	24 F 20-39	50:41	51:08
305	Graham	Waudby		497	M	M45	48 M 45-49	50:47	51:09
306	Graham	Mitchell		321	M	M45	49 M 45-49	50:31	51:12
307	Richard	Smith	Felixstowe RRC	75	M	M55	15 M 55-59	50:59	51:16
308	Hugh	Langley	Framlingham Flyers	603	M	M40	41 M 40-44	51:01	51:16
309	Fred	Boggis	Felixstowe RRC	500	M	M55	16 M 55-59	51:01	51:17
310	Alistair	Richards	Deben Inns	659	M	M50	29 M 50-54	50:56	51:19
311	Melanie	Snare	Framlingham Flyers	308	F	F40	8 F 40-44	50:51	51:20
312	Chris	Backhouse	Bungay Black Dog RC	436	M	M40	42 M 40-44	50:58	51:20
313	Samantha	Linassi	Ipswich Jaffa RC	115	F	F0	25 F 20-39	50:59	51:22
314	Darran	Sands	Framlingham Flyers	615	M	MO	112 M 20-39	51:11	51:22
315	Caroline	Dickinson		433	F	F45	7 F 45-49	51:03	51:22

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
316	Andrew	Soames	Woodbridge Surfers	655	M	M45	50 M 45-49	51:16	51:25
317	Russell	Cole		212	M	MO	113 M 20-39	51:14	51:31
318	Lisa	Barwick		649	F	F40	9 F 40-44	51:24	51:36
319	Helen	Cook		522	F	F50	3 F 50-54	51:22	51:39
320	Anna	Smith	Stowmarket Striders RC	408	F	F40	10 F 40-44	51:29	51:48
321	Lesley	Cooper	Felixstowe RRC	242	F	F45	8 F 45-49	51:43	51:53
322	Jonathan	Wyness		490	M	M45	51 M 45-49	51:35	51:57
323	Laura	Ripman		274	F	F0	26 F 20-39	51:47	51:58
324	Leslie	Basham	Stowmarket Striders RC	557	M	M65	1 M 65-69	51:43	52:00
325	Marika	Hastie		225	F	F0	27 F 20-39	51:34	52:00
326	Jayne	Burman	Felixstowe RRC	347	F	F0	28 F 20-39	51:48	52:03
327	Steve	Reay		409	M	M40	43 M 40-44	51:55	52:06
328	Mandy	Godbold	Ipswich Harriers	16	F	F45	9 F 45-49	51:56	52:06
329	Cath	Breckell	Harwich Runners	611	F	F40	11 F 40-44	51:57	52:13
330	Jo	Parden	Framlingham Flyers	190	F	F45	10 F 45-49	51:45	52:14
331	David	Taylor	Framlingham Flyers	629	M	M65	2 M 65-69	51:59	52:19
332	Rosie	O'Niel	Deben Inns	661	F	F0	29 F 20-39	52:18	52:25
333	Stephen	Collins	Ipswich Jaffa RC	462	M	MO	114 M 20-39	52:07	52:25
334	Stephen	Wade		305	M	M40	44 M 40-44	52:09	52:26
335	Nick	Apperley		373	M	MO	115 M 20-39	52:16	52:30
336	Andrew	Covell	Woodbridge Shufflers RC	53	M	M50	30 M 50-54	52:01	52:30
337	Mike	Hill		404	M	M60	6 M 60-64	52:15	52:33
338	Richard	Keeble		489	M	M60	7 M 60-64	52:21	52:33
339	Linda	Grave	East Green Energy	714	F	F50	4 F 50-54	52:16	52:34
340	Ian	Coutts	Woodbridge Surfers	657	M	M50	31 M 50-54	52:13	52:34
341	Richie	Yallop	Steepletower	400	M	MO	116 M 20-39	52:38	52:38
342	Mick	Taylor		474	M	M60	8 M 60-64	52:32	52:41
343	Alok	Ruia	Woodbridge Complementary Health Centre	691	M	M50	32 M 50-54	52:15	52:45
344	Jason	Mann		465	M	M45	52 M 45-49	52:31	52:51
345	Darren	Bond	Ipswich Jaffa RC	450	M	M45	53 M 45-49	52:20	52:52
346	Pippa	Cresdee	Ipswich Jaffa RC	240	F	F0	30 F 20-39	52:36	52:52
347	Kate	Wooldridge	Ipswich Jaffa RC	536	F	F40	12 F 40-44	52:39	52:55
348	Corinna	Hussey	Hadleigh Hares AC	286	F	F40	13 F 40-44	52:56	52:56
349	Paul	Hannatt	Brafe	703	M	M40	45 M 40-44	52:52	53:00
350	William	Burdett	Stowmarket Striders RC	499	M	M50	33 M 50-54	52:26	53:07

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
351	Calvin	Meek	Notcutts Ltd	689	M	MO	117 M 20-39	52:49	53:09
352	Annabel	Leech		371	F	F0	31 F 20-39	53:13	53:13
353	James	Olsson	Steepletower	27	M	MO	118 M 20-39	53:13	53:13
354	Ben	Atkinson		205	M	MO	119 M 20-39	53:00	53:15
355	Pippa	Atkinson		204	F	F0	32 F 20-39	53:01	53:18
356	Hayley	Brodrick	Haverhill Running Club	201	F	F0	33 F 20-39	52:42	53:19
357	Philip	Unwin	Ipswich Triathlon Club	79	M	M55	17 M 55-59	52:58	53:22
358	Gabriel	Martins	Ipswich Jaffa RC	177	M	M45	54 M 45-49	52:53	53:22
359	Tim	Hanson		132	M	M40	46 M 40-44	52:50	53:24
360	Linden	Wilkinson	Adnams	744	M	MO	120 M 20-39	53:07	53:27
361	Simon	Oswald		322	M	MO	121 M 20-39	53:12	53:31
362	Vicki	Grice	Kings Head Runners	697	F	F0	34 F 20-39	53:08	53:32
363	Nick	Good	Ipswich Jaffa RC	419	M	M45	55 M 45-49	53:17	53:35
364	Huw	Jones	Saint Edmund Pacers	494	M	M50	34 M 50-54	52:58	53:35
365	Matt	Moseley	The Cherry Tree	732	M	MO	122 M 20-39	53:14	53:38
366	David	Wyness		491	M	M50	35 M 50-54	53:27	53:41
367	Mary	Ashcroft		644	F	F45	11 F 45-49	53:17	53:42
368	Jonathan	Scott	Ipswich Jaffa RC	178	M	MO	123 M 20-39	53:04	53:44
369	Roger	Frost		310	M	MO	124 M 20-39	53:31	53:47
370	James	Buckingham	The Cherry Tree	737	M	MO	125 M 20-39	53:26	53:50
371	Susie	Edwards	Orpington Road Runners	530	F	F0	35 F 20-39	53:23	53:52
372	Helen	Galbraith		609	F	F40	14 F 40-44	53:37	53:55
373	Ben	Saunders	Barretts of Woodbridge	725	M	MO	126 M 20-39	53:30	53:58
374	Rob	Cass		342	M	MO	127 M 20-39	53:44	54:03
375	Ian	Setchell	Brafe	705	M	M50	36 M 50-54	53:43	54:05
376	Duncan	Reed	Amarinth	713	M	MO	128 M 20-39	53:38	54:11
377	James	Howard		71	M	MO	129 M 20-39	54:00	54:14
378	Liz	Beighton	Stowmarket Striders RC	364	F	F40	15 F 40-44	53:56	54:14
379	James	Mehmed		34	M	M40	47 M 40-44	53:57	54:16
380	Chris	Cook		521	M	M55	18 M 55-59	53:55	54:16
381	Alison	Bills		357	F	F0	36 F 20-39	54:00	54:18
382	David	Coley	Ipswich Jaffa RC	532	M	M65	3 M 65-69	54:06	54:24
383	Michael	Broom		424	M	M45	56 M 45-49	54:12	54:32
384	Steve	Bowen		608	M	M60	9 M 60-64	54:09	54:34
385	Richard	Howard-Griffin		291	M	M60	10 M 60-64	54:24	54:37

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
386	Bella	Lewendon	Ipswich Jaffa RC	549	F	F50	5 F 50-54	54:12	54:38
387	Claire	Hobson		136	F	F0	37 F 20-39	54:37	54:41
388	Peter	Russell		587	M	MO	130 M 20-39	54:32	54:44
389	Adam	May		417	M	MO	131 M 20-39	54:10	54:45
390	Tony	Moorcroft		390	M	M50	37 M 50-54	54:08	54:46
391	Scott	Earrey		495	M	MO	132 M 20-39	54:33	54:52
392	Peter	Dyson		375	M	M55	19 M 55-59	54:43	54:52
393	Angelica	Gibbons	Woodbridge Complementary Health Centre	693	F	F0	38 F 20-39	54:14	54:52
394	Charles	Layzell		228	M	MO	133 M 20-39	54:12	54:53
395	Gary	Barker		625	M	M45	57 M 45-49	54:34	54:55
396	Helen	Millson		548	F	F0	39 F 20-39	54:26	54:56
397	Kim	Jervis		176	F	F0	40 F 20-39	54:26	54:56
398	Andrew	Drummond	Gressingham Foods	676	M	MO	134 M 20-39	54:14	55:00
399	Alasdair	McEwan		627	M	M55	20 M 55-59	54:39	55:00
400	Sabine	Vogler		624	F	F45	12 F 45-49	54:45	55:06
401	Brodie	Andrews	Waldringfield Basset Hound Chasers	525	F	F15-19	3 F 0-19	54:52	55:08
402	Karle	Howard	Kings Head Runners	698	M	M40	48 M 40-44	54:43	55:09
403	Clayton	Fosker		258	M	MO	135 M 20-39	54:45	55:12
404	Kate	Beer	Stowmarket Striders RC	269	F	F45	13 F 45-49	54:35	55:15
405	Philip	Beer	Stowmarket Striders RC	268	M	M50	38 M 50-54	54:35	55:15
406	Andrew	Oswald		323	M	MO	136 M 20-39	55:00	55:18
407	Richard	Landers		641	M	M40	49 M 40-44	54:43	55:22
408	Daniel	Mayhew		581	M	MO	137 M 20-39	54:43	55:24
409	Paul	Winter		584	M	M60	11 M 60-64	55:03	55:26
410	Caroline	Hunt		574	F	F0	41 F 20-39	55:20	55:39
411	Arianne	Azmoodeh	Kings Head Runners	696	F	F0	42 F 20-39	55:09	55:41
412	Robert	Potter		317	M	MO	138 M 20-39	55:12	55:42
413	Keith	Fisher		632	M	M50	39 M 50-54	55:05	55:45
414	Matthew	Drouet		226	M	M40	50 M 40-44	55:21	55:46
415	Aison	Taylor		307	F	F45	14 F 45-49	55:28	55:51
416	Nicole	Bailey	Haverhill Running Club	315	F	F0	43 F 20-39	55:16	55:53
417	Matthew	Moreton	Deben Inns	670	M	M40	51 M 40-44	55:38	55:55
418	Samantha	Simpson		252	F	F45	15 F 45-49	55:32	55:56
419	Paul	McGregor		104	M	M55	21 M 55-59	55:30	55:56
420	Julian	Outen		188	M	M45	58 M 45-49	55:35	55:59

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
421	Michelle	Berriman		17	F	F40	16 F 40-44	55:27	56:01
422	Amber	Calver		636	F	F40	17 F 40-44	55:35	56:04
423	James	Smith	Woodbridge Shufflers RC	538	M	MO	139 M 20-39	55:21	56:05
424	Sarah	Severwright	Felixstowe RRC	543	F	F0	44 F 20-39	55:44	56:07
425	Jane	Hutchinson		63	F	F0	45 F 20-39	55:57	56:08
426	Patrick	Cooney		413	M	M50	40 M 50-54	55:51	56:15
427	James	Thompson		216	M	MO	140 M 20-39	55:38	56:18
428	Glynis	Leach		50	F	F55	3 F 55-59	55:56	56:24
429	Danny	Milne	East Green Energy	720	M	MO	141 M 20-39	56:05	56:25
430	Andy	Wright	Stowmarket Striders RC	545	M	M45	59 M 45-49	55:49	56:27
431	Sam	Lomas	Deben Inns	668	M	M15-19	10 M 0-19	56:07	56:32
432	Hannah	Dale		370	F	F15-19	4 F 0-19	56:18	56:33
433	David	Whelan		496	M	M45	60 M 45-49	55:58	56:34
434	Mark	Newman	Gilmour Piper	739	M	MO	142 M 20-39	55:51	56:37
435	Geoff	Wake		541	M	M55	22 M 55-59	56:07	56:38
436	Tom	Brown	Steepletower	421	M	MO	143 M 20-39	56:26	56:41
437	Baz	Algar	Deben Inns	666	M	M55	23 M 55-59	56:21	56:47
438	Emma	Harraway		20	F	F40	18 F 40-44	56:31	56:47
439	Steve	Dersley		318	M	M40	52 M 40-44	56:30	56:52
440	Tonya	Lindley-Gill		37	F	F45	16 F 45-49	56:36	56:56
441	Georgia	Hyde	Steepletower	420	F	F15-19	5 F 0-19	56:57	56:57
442	Dave	Lampard	Felixstowe RRC	329	M	M50	41 M 50-54	56:36	56:58
443	Edward	Kreckler		244	M	MO	144 M 20-39	56:41	56:59
444	Alan	Flatt		478	M	M45	61 M 45-49	56:22	57:00
445	Alison	French	Felixstowe RRC	623	F	F40	19 F 40-44	56:27	57:02
446	Gemma	Moss		422	F	F40	20 F 40-44	56:40	57:04
447	Teresa	Bailey	Framlingham Flyers	143	F	F45	17 F 45-49	56:45	57:05
448	Matt	Saunders		351	M	MO	145 M 20-39	56:28	57:06
449	Anna	Sharpin		26	F	F45	18 F 45-49	56:42	57:06
450	Ben	Powley	Notcutts Ltd	687	M	M15-19	11 M 0-19	56:47	57:08
451	Gary	Reeve	Ipswich Triathlon Club	10	M	M40	53 M 40-44	56:46	57:13
452	Rachel	Stockton	Barretts of Woodbridge	730	F	F0	46 F 20-39	56:43	57:13
453	Anna	Mason		8	F	F40	21 F 40-44	56:50	57:14
454	Graeme	Banham		488	M	M45	62 M 45-49	56:53	57:15
455	Sally	Stowe		453	F	F45	19 F 45-49	56:37	57:16

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
456	Emma	Gray		599	F	F0	47 F 20-39	56:54	57:20
457	Chris	Slemmings	Ipswich Triathlon Club	73	M	M65	4 M 65-69	57:08	57:28
458	William	Catchpole		477	M	M55	24 M 55-59	57:00	57:29
459	Keith	Borrett	Stowmarket Striders RC	429	M	M60	12 M 60-64	57:20	57:39
460	Guy	Middleton		467	M	M40	54 M 40-44	57:39	57:39
461	Carl	Jarrett		533	M	M40	55 M 40-44	57:26	57:45
462	Maia	Gillespie		618	F	F15-19	6 F 0-19	57:20	57:50
463	Glen	Storey		452	M	M50	42 M 50-54	57:25	57:52
464	Mandy	Brookes		451	F	F50	6 F 50-54	57:24	57:52
465	Paul	Sheldrake		350	M	MO	146 M 20-39	57:13	57:53
466	Colin	Monks	Blackheath and Bromley Harriers Athletic Club	353	M	M65	5 M 65-69	57:13	57:55
467	Tony	Gallagher		407	M	M55	25 M 55-59	57:13	57:55
468	Jon	Parker		59	M	M45	63 M 45-49	57:47	58:07
469	Chris	Childs		263	M	M45	64 M 45-49	57:27	58:09
470	Annika	Olsson	Steepletower	426	F	F0	48 F 20-39	58:11	58:11
471	Kayleigh	Turpin		514	F	F0	49 F 20-39	57:43	58:12
472	Jenny	Jarrett	Felixstowe RRC	319	F	F50	7 F 50-54	57:50	58:13
473	Mark	Deabil	Gressingham Foods	672	M	M60	13 M 60-64	57:28	58:14
474	Keelan	Smith	Saxmundham Sports Running & Fitness Club	387	M	MO	147 M 20-39	57:49	58:15
475	Jeremy	Gray		11	M	M50	43 M 50-54	57:37	58:16
476	Meinir	Hughes		261	F	F0	50 F 20-39	58:04	58:19
477	David	Peace		303	M	M40	56 M 40-44	58:06	58:20
478	Sarah	Cole		466	F	F0	51 F 20-39	58:04	58:22
479	Andrew	Albins		639	M	MO	148 M 20-39	57:46	58:25
480	Robyne	Ingle		459	F	F0	52 F 20-39	58:01	58:25
481	Richard	Sore	Ipswich Jaffa RC	563	M	M45	65 M 45-49	57:40	58:26
482	Charlie	Stannett	Ipswich Triathlon Club	119	M	M55	26 M 55-59	57:44	58:32
483	Harry	Coldrey	Amarinth	742	M	MO	149 M 20-39	58:07	58:40
484	Rachel	Lucock	The Cherry Tree	738	F	F0	53 F 20-39	58:19	58:43
485	Michael	Linnett		392	M	M50	44 M 50-54	58:06	58:46
486	Helen	Offord		105	F	F50	8 F 50-54	58:15	58:51
487	Jonathan	Brooks	Deben Inns	667	M	M45	66 M 45-49	58:30	58:53
488	John	Hughes		278	M	M55	27 M 55-59	58:09	58:53
489	Mike	Williams		80	M	M55	28 M 55-59	58:20	58:54
490	Eloise	Bird	Saint Edmund Pacers	99	F	F45	20 F 45-49	58:28	58:55

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
491	Vivienne	Taylor	Framlingham Flyers	630	F	F60	2 F 60-64	58:31	58:56
492	Janet	Symonds	Haverhill Running Club	460	F	F0	54 F 20-39	58:23	59:00
493	Paul	Cheshire	Deben Inns	664	M	M45	67 M 45-49	58:59	59:14
494	Terri	Green		648	F	F0	55 F 20-39	58:57	59:25
495	John	Clough	Framlingham Flyers	232	M	M55	29 M 55-59	59:04	59:25
496	Emma	Hibbert	Adnams	745	F	F40	22 F 40-44	59:11	59:26
497	Laura	Collinson		181	F	F40	23 F 40-44	59:06	59:27
498	Julia	Steele		444	F	F40	24 F 40-44	59:06	59:34
499	Jo	Bowman		4	F	F40	25 F 40-44	59:14	59:36
500	Louise	Fletcher		15	F	F40	26 F 40-44	59:14	59:36
501	John	Cummings		29	M	M50	45 M 50-54	58:57	59:40
502	John	Leonard		250	M	M50	46 M 50-54	58:58	59:41
503	Michael	Cook		482	M	M45	68 M 45-49	59:20	59:49
504	Marianne	Hedge	Felixstowe RRC	117	F	F40	27 F 40-44	59:23	59:49
505	Hayley	Hannatt	Brafe	704	F	F40	28 F 40-44	59:31	59:51
506	Moira	Pinkney	Ipswich Triathlon Club	427	F	F60	3 F 60-64	59:34	59:52
507	Tina	Brett		430	F	F0	56 F 20-39	59:29	59:55
508	Jo	Whelan	Felixstowe RRC	480	F	F50	9 F 50-54	59:24	59:59
509	Jackie	Collins		569	F	F50	10 F 50-54	59:26	1:00:00
510	Michael	Grist	Barretts of Woodbridge	721	M	M50	47 M 50-54	59:24	1:00:00
511	John	Lima	Gressingham Foods	678	M	MO	150 M 20-39	59:36	1:00:19
512	Paul	Catchpole	Gressingham Foods	671	M	M55	30 M 55-59	59:43	1:00:19
513	Laura	Ford		218	F	F0	57 F 20-39	59:56	1:00:23
514	Jayne	Richardson		199	F	F50	11 F 50-54	1:00:01	1:00:29
515	Alan	Richardson	Waveney Valley AC	200	M	M65	6 M 65-69	1:00:09	1:00:37
516	Lara	Garrett		296	F	F0	58 F 20-39	1:00:10	1:00:38
517	Jo	Wood		45	F	F40	29 F 40-44	59:55	1:00:38
518	Sandy	Phillips		87	F	F50	12 F 50-54	59:57	1:00:40
519	Vicki	Duncan		208	F	F0	59 F 20-39	1:00:09	1:00:44
520	William	Schwer	Felixstowe RRC	345	M	MO	151 M 20-39	1:00:07	1:00:45
521	Phil	Howard		32	M	M45	69 M 45-49	1:00:06	1:00:53
522	Sarah	Cousins	Woodbridge Shufflers RC	150	F	F0	60 F 20-39	1:00:23	1:00:55
523	Eleanor	Beck		580	F	F0	61 F 20-39	1:00:27	1:01:03
524	Cath	Norton		260	F	F0	62 F 20-39	1:00:27	1:01:03
525	Clare	Adams		160	F	F45	21 F 45-49	1:00:25	1:01:07

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
526	Rachel	Norman		93	F	F0	63 F 20-39	1:00:32	1:01:12
527	Katie	Richardson		551	F	F0	64 F 20-39	1:00:33	1:01:12
528	Heidi	Knight	Capel Cheetahs	147	F	F40	30 F 40-44	1:00:44	1:01:18
529	Dawn	Dixon	Haverhill Running Club	186	F	F0	65 F 20-39	1:00:43	1:01:20
530	Richard	Dyson	Benfleet RC	619	M	M55	31 M 55-59	1:00:47	1:01:21
531	Justine	Rudolph	Amarinth	710	F	F40	31 F 40-44	1:00:51	1:01:24
532	Angie Marie	Lewis		13	F	F40	32 F 40-44	1:00:46	1:01:28
533	Jamie	Lawton	Notcutts Ltd	683	M	MO	152 M 20-39	1:01:00	1:01:32
534	Sarah	Stephens	East Green Energy	715	F	F0	66 F 20-39	1:01:38	1:01:38
535	Tim	Finegan		173	M	M50	48 M 50-54	1:01:10	1:01:39
536	Gabrielle	Wright		39	F	F0	67 F 20-39	1:01:08	1:01:47
537	Kelly	Liddle		251	F	F0	68 F 20-39	1:01:09	1:01:47
538	Pat	Atwood	Hadleigh Hares AC	594	F	F60	4 F 60-64	1:01:01	1:01:48
539	Linda	Hart		114	F	F45	22 F 45-49	1:01:26	1:01:49
540	Stuart	Abbott	Amarinth	712	M	M40	57 M 40-44	1:01:15	1:01:49
541	Alex	Brigginshaw	Amarinth	711	M	M40	58 M 40-44	1:01:17	1:01:49
542	Laura	Melville		511	F	F0	69 F 20-39	1:01:24	1:01:51
543	Kevin	Davidson		435	M	M50	49 M 50-54	1:01:08	1:01:54
544	Alison	Beech	Ipswich Jaffa RC	233	F	F55	4 F 55-59	1:01:27	1:01:55
545	Travis	Frost		631	M	MO	153 M 20-39	1:01:37	1:02:03
546	Tracey	Wade		306	F	F40	33 F 40-44	1:01:42	1:02:04
547	Sonia	Damant		537	F	F40	34 F 40-44	1:01:47	1:02:09
548	Steven	Reynolds		156	M	M55	32 M 55-59	1:01:33	1:02:13
549	William	Brammar		279	M	M70	1 M 70-99	1:01:37	1:02:16
550	Jason	Hope		153	M	M40	59 M 40-44	1:01:34	1:02:19
551	Janet	Fricke		94	F	F45	23 F 45-49	1:02:01	1:02:25
552	Tim	Baugh		257	M	M45	70 M 45-49	1:01:43	1:02:28
553	Maggie	Harris		560	F	F50	13 F 50-54	1:01:55	1:02:34
554	Roger	Sales		88	M	M65	7 M 65-69	1:01:55	1:02:37
555	Clive	Wadham-Smith		457	M	M60	14 M 60-64	1:02:01	1:02:38
556	Jonathan	Ripman		275	M	M60	15 M 60-64	1:02:37	1:02:44
557	Megan	Moon	Barretts of Woodbridge	728	F	F15-19	7 F 0-19	1:02:18	1:02:48
558	David	Tillett		267	M	M45	71 M 45-49	1:02:20	1:02:55
559	Mark	Allen	Woodbridge Shufflers RC	141	M	M55	33 M 55-59	1:02:19	1:03:00
560	Bob	Reason		565	M	M50	50 M 50-54	1:02:19	1:03:04

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
561	Sian Danielle	Knott	The Cherry Tree	733	F	F0	70 F 20-39	1:02:41	1:03:13
562	Ashley	Brown		121	F	F0	71 F 20-39	1:02:44	1:03:19
563	Kate	Long	Felixstowe RRC	7	F	F0	72 F 20-39	1:02:46	1:03:23
564	Anna	Garrett		295	F	F0	73 F 20-39	1:03:11	1:03:38
565	Rebecca	Bowen		607	F	F55	5 F 55-59	1:02:52	1:03:39
566	Kathryn	Donovan	Kings Head Runners	695	F	F50	14 F 50-54	1:03:10	1:03:41
567	Lucy	Ball	Kings Head Runners	694	F	F0	74 F 20-39	1:03:10	1:03:41
568	David	Maile		362	M	M60	16 M 60-64	1:03:12	1:03:43
569	Kate	Kydd	Deben Inns	743	F	F0	75 F 20-39	1:03:41	1:03:56
570	Katie	Green		57	F	F0	76 F 20-39	1:03:30	1:04:01
571	Jonathan	Jenkyn	Felixstowe RRC	21	M	MO	154 M 20-39	1:03:29	1:04:03
572	Anna-karin	Chapman		555	F	F45	24 F 45-49	1:03:46	1:04:10
573	Ben	Kay		554	M	MO	155 M 20-39	1:03:52	1:04:15
574	Wilma	Hoyle		406	F	F0	77 F 20-39	1:03:56	1:04:19
575	Lee	Murray		361	M	M45	72 M 45-49	1:03:55	1:04:26
576	Julie	Murray	Notcutts Ltd	690	F	F40	35 F 40-44	1:03:55	1:04:26
577	Kimberly	Saunders		254	F	F0	78 F 20-39	1:03:47	1:04:29
578	Chelsea	Nunn	Barretts of Woodbridge	727	F	F0	79 F 20-39	1:04:30	1:04:30
579	Alison	Leech	Stowmarket Striders RC	437	F	F40	36 F 40-44	1:03:57	1:04:34
580	Steven	Miles		219	M	MO	156 M 20-39	1:04:25	1:04:51
581	Charlotte	Downing		255	F	F0	80 F 20-39	1:04:33	1:04:57
582	Caroline	Chapman	Gressingham Foods	673	F	F55	6 F 55-59	1:04:20	1:05:02
583	Max	Curtis		614	M	MO	157 M 20-39	1:04:34	1:05:02
584	Sally	Curtis		613	F	F0	81 F 20-39	1:04:33	1:05:02
585	Sam	Norman		378	M	MO	158 M 20-39	1:04:35	1:05:04
586	Lucy	Foskett		379	F	F0	82 F 20-39	1:04:36	1:05:04
587	Sally	Solomon	Felixstowe RRC	40	F	F45	25 F 45-49	1:04:32	1:05:06
588	Kate	Firth	Waldringfield Basset Hound Chasers	552	F	F15-19	8 F 0-19	1:04:39	1:05:12
589	Stephen	Firth	Waldringfield Basset Hound Chasers	469	M	M45	73 M 45-49	1:04:40	1:05:13
590	Greg	Russell		586	M	M55	34 M 55-59	1:04:26	1:05:13
591	Vincent	Hunt	Barretts of Woodbridge	723	M	M55	35 M 55-59	1:04:49	1:05:25
592	Stephen	Perrins		91	M	M45	74 M 45-49	1:04:55	1:05:26
593	Clark	Skates	Woodbridge Surfers	656	M	M50	51 M 50-54	1:04:49	1:05:34
594	Huia	Forbes		151	F	F0	83 F 20-39	1:05:12	1:05:47
595	Mike	Richardson		595	M	M55	36 M 55-59	1:05:22	1:05:51

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Place	First Name	Last Name	Team	Bib No	Gender	Age Group	Age Group Place	Chip Time	Gun Time
596	Timothy	Cook		591	M	MO	159 M 20-39	1:05:11	1:05:53
597	Louise	Berrill		215	F	F0	84 F 20-39	1:05:29	1:06:00
598	Jeremy	Sore		642	M	M50	52 M 50-54	1:05:18	1:06:03
599	Jack	Setchell	Brafe	706	M	MO	160 M 20-39	1:06:03	1:06:24
600	Amy	Smith		455	F	F0	85 F 20-39	1:06:00	1:06:42
601	Mandy	Spurgeon		193	F	F50	15 F 50-54	1:06:20	1:06:54
602	Tracey	Childs		210	F	F0	86 F 20-39	1:06:38	1:07:02
603	Natalie	Keep		31	F	F0	87 F 20-39	1:06:32	1:07:04
604	Abbey	Sutton		107	F	F0	88 F 20-39	1:06:32	1:07:04
605	Tom	Loveridge		475	M	M40	60 M 40-44	1:06:23	1:07:10
606	Lisa	Campos		442	F	F45	26 F 45-49	1:06:24	1:07:11
607	Liz	Shannon		438	F	F45	27 F 45-49	1:06:35	1:07:14
608	Charlotte	Richardson	Ipswich Jaffa RC	473	F	F0	89 F 20-39	1:06:54	1:07:19
609	Cherie	Milbourn		572	F	F0	90 F 20-39	1:06:42	1:07:19
610	David	Jones		463	M	M65	8 M 65-69	1:07:06	1:07:40
611	Jo	Dickinson	Felixstowe RRC	256	F	F45	28 F 45-49	1:07:37	1:08:14
612	Tina	Church	Saxmundham Sports Running & Fitness Club	388	F	F40	37 F 40-44	1:08:05	1:08:32
613	Peter	Hoyle		405	M	M50	53 M 50-54	1:08:14	1:08:38
614	Vicky	Ager		129	F	F0	91 F 20-39	1:08:17	1:08:51
615	Catherine	Byrne		287	F	F0	92 F 20-39	1:08:17	1:08:51
616	Faye	Dodwell		299	F	F0	93 F 20-39	1:08:17	1:08:51
617	Michael	Perry		22	M	MO	161 M 20-39	1:08:18	1:08:51
618	Amanda	Smith	Felixstowe RRC	43	F	F40	38 F 40-44	1:08:24	1:09:02
619	Alison	Wareham	Gilmour Piper	741	F	F40	39 F 40-44	1:08:16	1:09:02
620	Selena	Neuhauser		262	F	F0	94 F 20-39	1:08:39	1:09:04
621	Samantha	Bouttell	Barretts of Woodbridge	726	F	F0	95 F 20-39	1:08:35	1:09:17
622	Claire	Bell	Barretts of Woodbridge	729	F	F0	96 F 20-39	1:08:37	1:09:18
623	Kate	Ricketts		203	F	F40	40 F 40-44	1:09:04	1:09:40
624	Patrick	Cook		175	M	MO	162 M 20-39	1:09:04	1:09:45
625	Ruth	Dickson		418	F	F0	97 F 20-39	1:09:13	1:09:48
626	Ian	Hammond		38	M	M45	75 M 45-49	1:10:37	1:10:49
627	Artur	Kita	Gressingham Foods	680	M	MO	163 M 20-39	1:10:11	1:10:54
628	Katherine	Aveston		464	F	F0	98 F 20-39	1:10:54	1:11:29
629	Emma	Everitt	Gressingham Foods	682	F	F0	99 F 20-39	1:10:54	1:11:38
630	Yvonne	Sylvester		283	F	F55	7 F 55-59	1:11:38	1:12:22

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631	Rindy	Frost		600	M	M50	54 M 50-54	1:12:37	1:13:03
632	Linda	Thrift		65	F	F60	5 F 60-64	1:12:25	1:13:07
633	Sara-Louise	Olsson	Steepletower	605	F	F0	100 F 20-39	1:13:17	1:13:17
634	Katrina	Copping		570	F	F45	29 F 45-49	1:15:26	1:16:09
635	Andrew	Bickers	Gressingham Foods	679	M	M50	55 M 50-54	1:15:25	1:16:09
636	Jane	Ball		202	F	F40	41 F 40-44	1:19:50	1:20:27
637	Bonnie	Collins	The Angel Woodbridge	750	F	F0	101 F 20-39	1:44:07	1:44:40
638	Mark	Blackburn		510	M	M45	76 M 45-49	1:44:07	1:44:40