

Framlingham 10k

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	246	Andrew Rooke	MO	0:33:16.21	Ipswich Jaffa RC
2	224	Elliot Palmer	MO	0:34:11.36	
3	301	Paul Wain	MO	0:34:42.82	Ipswich Jaffa RC
4	173	Jim Last	MO	0:34:48.91	Framlingham Flyers
5	297	Benjamin Turley	MO	0:35:11.24	Ipswich Jaffa RC
6	136	Adam Howlett	M40	0:35:25.08	Framlingham Flyers
7	132	Paul Holley	M50	0:35:43.17	Newmarket Joggers
8	6	Joe Alexander	MO	0:36:26.81	
9	229	Amelia Pettitt	FO	0:36:34.43	Vale Royal AC
10	293	Alex Tripp	MO	0:36:51.97	Ipswich Harriers
11	348	Adam Wade	MO	0:36:53.52	Ipswich Jaffa RC
12	60	Garry Cullum	M40	0:37:01.76	Ipswich Jaffa RC
13	32	Wilfred Campbell	M50	0:37:11.38	Ipswich Jaffa RC
14	35	Joe Carr	MO	0:37:34.19	Framlingham Flyers
15	168	Tom Kingsnorth	MO	0:37:44.35	Saint Edmund Pacers
16	159	Graham Jenvey	MO	0:37:53.2	Bungay Black Dog RC
17	266	Darren Sheppard	M40	0:38:07.3	Framlingham Flyers
18	243	Joe Robson	MO	0:38:21.42	Saint Edmund Pacers
19	308	James Wilson	MO	0:38:35.15	Saxmundham Sports Running &
20	242	Odette Robson	F40	0:38:42.72	Saint Edmund Pacers
21	2	Patrick Alderson	M40	0:38:53.5	West End Runners
22	286	Carl Thompson	M40	0:38:57.49	
23	154	Benjamin Jacobs	M40	0:39:05.37	Felixstowe RRC
24	69	Oliver Daykin	MO	0:39:14.26	Newmarket Joggers
25	24	Sara Bird	FO	0:39:18.81	Ipswich Jaffa RC
26	189	Scott Macsephney	M40	0:39:23.95	Ipswich Jaffa RC
27	120	Robin Harper	M40	0:39:38.52	Felixstowe RRC
28	284	Glynn Thomas	M50	0:39:41.55	Ipswich Jaffa RC
29	149	Jacob Hussey	M50	0:39:46.5	
30	207	Emma Mortimer	FO	0:39:51.28	Ipswich Jaffa RC
31	217	Paul Nickells	M50	0:40:14.48	Woodbridge Shufflers RC
32	269	Stuart Simmons	M40	0:40:19.03	Ipswich Jaffa RC
33	4	Will Aldred	M40	0:40:26.33	Framlingham Flyers
34	334	Joshua Harte	MO	0:40:30.37	
35	287	John Thorpe	M40	0:40:31.75	Ipswich Jaffa RC
36	298	Neil Turner	M40	0:40:37.12	
37	28	Paul Brown	M50	0:40:58.31	Framlingham Flyers
38	124	Mark Hayden	M40	0:41:24.3	Ipswich Harriers
39	80	Tim Doyle	M50	0:41:30.03	
40	101	Neil Gillingham	MO	0:41:43.72	Ipswich Harriers
41	104	Jon Glanfield	MO	0:41:53.1	Felixstowe RRC
42	110	Claire Granger	FO	0:41:56.68	
43	18	Simon Bekker	M40	0:42:08.57	Great Yarmouth Road Runners
44	88	Jess Farthing	M40	0:42:13.75	Felixstowe RRC
45	200	Dominic Melero	MO	0:42:24	
46	137	James Howlett	M40	0:42:25.28	Framlingham Flyers
47	345	Paul Wilkerson	M60	0:42:29.41	Bedford & County AC
48	190	James Manly	M40	0:42:35	
49	332	Geraint White	MO	0:42:40.89	Ipswich Jaffa RC
50	324	Matthew Bennett	MO	0:42:44.74	
51	27	Victoria Breadman	FO	0:42:49.8	Felixstowe RRC
52	61	Stephen Curran	M50	0:42:55.47	Framlingham Flyers
53	216	Tim Newton	M60	0:42:58.48	Ipswich Jaffa RC
54	21	Robin Belsom	M50	0:43:00.62	
55	55	James Cornish	MO	0:43:14.12	Woodbridge Shufflers RC
56	187	Robin Mackenzie	M50	0:43:46.48	Framlingham Flyers
57	346	Nigel Schofield	M50	0:43:54.63	Saint Edmund Pacers
58	254	Alan Sansom	M40	0:43:55.18	Woodbridge Shufflers RC
59	174	Mark Lavery	MO	0:43:57.08	

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60	128	Stephen Hicks	M50	0:43:57.14	Ipswich Harriers
61	167	Sean Kennedy	MO	0:44:00.57	Woodbridge Shufflers RC
62	13	Alastair Bartlett	MO	0:44:04.78	Woodbridge Shufflers RC
63	212	Andre Neville	M40	0:44:16.03	Stowmarket Striders RC
64	250	Mike Rowe	M40	0:44:19.63	
65	249	Mark Rose	M40	0:44:27.82	Ipswich Jaffa RC
66	76	David Dinnage	MO	0:44:29.71	Framlingham Flyers
67	182	Sarah Jc Lewis	FO	0:44:34.94	Woodbridge Shufflers RC
68	170	Paul Lacey	M40	0:44:44.43	Hadleigh Hares AC
69	291	Simon Tinkler	M40	0:44:50	Framlingham Flyers
70	313	Kate Wooldridge	F40	0:44:54.36	Ipswich Jaffa RC
71	141	Thomas Hunnisett	MO	0:44:57.2	Saxmundham Sports Running &
72	262	David Seymour	M50	0:45:00.42	Felixstowe RRC
73	180	Chris Leek	M40	0:45:01.47	
74	95	Mark Friston	M50	0:45:02.62	
75	160	Ollie Johnson	MO	0:45:06.47	
76	157	Martin Jarvis	M40	0:45:14.82	
77	43	Sasha Chilvers	FO	0:45:22.94	Framlingham Flyers
78	64	Marius Emilian David	MO	0:45:28.37	
79	126	Guy Hayward	M40	0:45:29.53	Framlingham Flyers
80	112	Peter Gray	M40	0:45:33.15	Framlingham Flyers
81	56	Andrew Craig	M40	0:45:34.31	Woodbridge Shufflers RC
82	273	Rebecca Smith	FO	0:45:36.03	
83	344	Daniel Day	MO	0:45:42.85	
84	321	Mel Snare	F40	0:45:48.7	Framlingham Flyers
85	292	Kenneth Tovell	M40	0:45:54.27	Framlingham Flyers
86	328	Rosie Denny	FO	0:45:55.28	Woodbridge Shufflers RC
87	234	Daniel Poulter	MO	0:46:00.61	
88	84	Andrew Elliott	M40	0:46:03.82	Stowmarket Striders RC
89	237	Sean Reeve	M40	0:46:11.21	
90	311	Oscar Wood	MO	0:46:14.32	
91	34	Andy Carr	M40	0:46:15	
92	322	Shayne Plant	M40	0:46:18.16	
93	62	Carl Davey	M40	0:46:21.31	
94	53	Sarah Cornick	FO	0:46:31.29	
95	142	Matthew Hunt	MO	0:46:34.34	Woodbridge Shufflers RC
96	33	Barry Capon	MO	0:46:34.74	
97	135	Stephen Howard	M40	0:46:37.74	
98	233	Liam Poole	MO	0:47:00.4	
99	19	Michelle Bell	F40	0:47:02.93	
100	152	Alex Jacobs	MO	0:47:11.76	Felixstowe RRC
101	172	George Lankester	MO	0:47:18.16	Ipswich Jaffa RC
102	257	Richard Seagers	M40	0:47:24.02	
103	107	Simon Goldsmith	M40	0:47:29.09	
104	11	Jonathan Barnes	MO	0:47:34.01	
105	66	Phil Davies	M50	0:47:38.28	Ipswich Jaffa RC
106	46	Jake Church	MO	0:47:41.79	Saxmundham Sports Running &
107	267	Charles Shoolbred	M60	0:47:44.38	Ipswich Jaffa RC
108	10	Jordan Bailey	MO	0:47:46.21	
109	40	David Chambers	MO	0:48:02.11	
110	16	Philip Beer	M50	0:48:03.28	Stowmarket Striders RC
111	134	Paul Horne	M50	0:48:17.74	Vegetarian Cycling & AC
112	329	Ruth Manly	F40	0:48:22.41	
113	331	Hugh White	M50	0:48:23.96	Hadleigh Hares AC
114	106	Belinda Godbold	F50	0:48:30.31	Ipswich Jaffa RC
115	177	Charles Layzell	MO	0:48:42.32	
116	251	Peter Russell	M60	0:48:47.15	
117	299	Gsry Tuttle	M50	0:48:50.15	
118	171	Mark Lankester	M40	0:49:02.23	Ipswich Jaffa RC
119	153	Barnaby Jacobs	MO	0:49:08.25	
120	146	Melanie Hunt	F50	0:49:12.54	Denmead Striders
121	96	Robert Frost	MO	0:49:19.5	
122	333	Kerry Buckley	M40	0:49:30.52	

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123	342	Andrew Gibson	MO	0:49:32.97	Stowmarket Striders RC
124	235	Robert Reason	M50	0:49:36.18	
125	31	Ross Cameron	MO	0:49:42.67	
126	341	Paul Mcallister	M50	0:49:45.57	Hadleigh Hares AC
127	315	Darryl Yates	MO	0:49:48.84	
128	14	Anna Barton	FO	0:49:52.33	
129	264	Jenny Sheahan	F50	0:49:58.99	
130	75	Stephen Didcott	M50	0:50:02.99	
131	79	Greg Dodds	M40	0:50:03.48	
132	199	Steve Mcnamara	M40	0:50:06.63	Stowmarket Striders RC
133	289	Jason Throp	M40	0:50:09.86	
134	164	Adie Kendall	M40	0:50:17.04	
135	325	Marion Bennett	FO	0:50:20.36	
136	323	Jamie Bennett	MO	0:50:20.88	
137	20	Catherine Belsom	F40	0:50:22.21	Stowmarket Striders RC
138	165	Ian Kennedy	M50	0:50:26.93	Framlingham Flyers
139	347	Ben Cowley	MO	0:50:34.46	
140	227	Jamie Payne	MO	0:50:47.68	Framlingham Flyers
141	340	Abby Gaeta	FO	0:50:49.91	Ipswich Jaffa RC
142	115	Angela Haag	F50	0:50:54.71	
143	265	David Sheahan	M50	0:50:57.06	
144	223	Tim Page	M40	0:51:11.34	Saint Edmund Pacers
145	195	Robert Mawson	M60	0:51:13.12	Framlingham Flyers
146	274	Richard Smith	M50	0:51:17.9	Felixstowe RRC
147	8	Mark Avery	M50	0:51:20.67	Ipswich Jaffa RC
148	330	Andy Forster	M50	0:51:22.46	
149	309	Edward Wilson	M40	0:51:23.64	
150	178	Mon Lee	M50	0:51:28.27	Ipswich Jaffa RC
151	222	Stephen Page	M40	0:51:29.68	
152	203	Vicky Mitchell	FO	0:51:33.03	
153	198	William Mcglennon	MO	0:51:36.57	
154	327	Marion Walker	F60	0:51:36.74	Framlingham Flyers
155	82	Amanda Dunn	F40	0:51:43.67	Hadleigh Hares AC
156	116	Adam Haile	MO	0:51:46.53	
157	26	Ian Bown	M50	0:51:50.11	
158	118	Steve Hall	M40	0:51:59.89	
159	113	Allie Green	F40	0:51:59.94	
160	335	Sophie Stokes	FO	0:52:14.69	
161	320	Michala Troung	F40	0:52:16.86	
162	319	Donna Birch	F40	0:52:16.95	
163	108	Emma Goodman	FO	0:52:24.67	Framlingham Flyers
164	306	Doris Willmont	FO	0:52:31.78	Framlingham Flyers
165	326	Michelle Hewitt	FO	0:52:31.87	Framlingham Flyers
166	39	Duncan Chamberlain	M50	0:52:42.92	Ipswich Jaffa RC
167	122	Hazel Harrison	FO	0:52:58.1	
168	283	Daniel Summersgill	MO	0:53:09.2	
169	127	Nicola Henderson	FO	0:53:30.82	
170	70	Karen Deasy	FO	0:53:33.43	
171	151	Angie Jackson	FO	0:53:40.09	
172	208	Joe Naughton	M50	0:53:43.03	
173	318	Alan Richardson	M60	0:53:48.06	Waveney Valley AC
174	103	Chris Gladwell	M50	0:54:03.8	Stowmarket Striders RC
175	71	Richard Dempsey	M40	0:54:16.61	Woodbridge Shufflers RC
176	50	Laura Collinson	F40	0:54:19.1	
177	63	Sara Davey	FO	0:54:19.52	
178	102	Paul Gillings	M40	0:54:22.57	
179	52	Emily Cooper-reade	F50	0:54:29.9	
180	210	Lisa Netto	F40	0:54:31.9	Norfolk Gazelles AC
181	129	Mike Hill	M60	0:54:35.42	
182	93	Michael Flower	M40	0:54:38.78	Norfolk Harriers RC
183	68	Laura Davis	FO	0:54:40.52	
184	288	Steve Throndyke	MO	0:54:42.03	
185	253	Graham Sampson	M60	0:54:42.77	Bungay Black Dog RC

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186	185	Christopher Lucas	M50	0:54:44.78	Saxmundham Sports Running &
187	211	Melody-anne Neville	F40	0:54:50.57	Stowmarket Striders RC
188	15	Kate Beer	F40	0:54:50.73	Stowmarket Striders RC
189	7	Emma Attwood	FO	0:54:50.76	Stowmarket Striders RC
190	275	Keelan Smith	MO	0:55:00.78	Saxmundham Sports Running &
191	51	Toby Cook	MO	0:55:01.52	
192	300	Thomas Vale	MO	0:55:01.78	
193	1	Stuart Abbott	M40	0:55:16.56	
194	316	Goldie Yule	F40	0:55:25.15	
195	47	Aiden Church	MO	0:55:26.81	Saxmundham Sports Running &
196	303	Claire White	FO	0:55:41.06	
197	74	Georgina Dickins	FO	0:55:42.43	
198	139	Wendy Hughes	F50	0:55:45.5	Stowmarket Striders RC
199	105	Mandy Godbold	F40	0:55:50.06	Ipswich Harriers
200	213	Mark Newman	MO	0:55:59.65	
201	232	Moiria Pinkney	F60	0:56:06.46	Ipswich Triathlon Club
202	44	Shannen Church	FO	0:56:07	Saxmundham Sports Running &
203	204	Clare Moodie	F40	0:56:11.04	
204	114	Julie Grooms	F50	0:56:14.92	Framlingham Flyers
205	147	Iain Hunter	M50	0:56:19.89	Stowmarket Striders RC
206	49	Adrian Cole	M50	0:56:38.46	Stowmarket Striders RC
207	236	Hannah Reed	FO	0:56:39.66	
208	279	Grace Steggall	FO	0:56:41.11	
209	304	Angela Whiting	F50	0:56:48.03	Stowmarket Striders RC
210	3	Steven Alderson	M50	0:56:49.65	
211	281	Ian Stockley	M50	0:56:54.56	Stowmarket Striders RC
212	59	Jo Cresdee	FO	0:56:57.57	
213	247	Nicky Roper	F40	0:56:59.66	Framlingham Flyers
214	338	Vincent Langdon-morris	M50	0:57:08.5	
215	109	Ann Granger	F50	0:57:23.12	Saxmundham Sports Running &
216	314	Maureen Wright	F60	0:57:35.93	Ipswich Jaffa RC
217	111	Alan Gray	M50	0:57:51.93	
218	290	Trudie Timms	F40	0:57:53.21	Framlingham Flyers
219	270	Mark Skelton	MO	0:57:55.42	
220	285	Sadie Thomas	FO	0:57:58.52	
221	258	Gary Seddon-price	M40	0:58:12.38	
222	150	Darron Jackson	M40	0:58:12.55	
223	162	Benjamin Johnys	MO	0:58:23.03	
224	206	Pam Morgan	FO	0:58:39.74	
225	336	Daisy Franklin	F40	0:58:54.22	
226	259	Sacha Seddon-price	F40	0:58:56.62	
227	294	Roger Tripp	M40	0:58:58.9	
228	295	Jackie Tripp	F50	0:59:00.63	
229	145	Vincent Hunt	M50	0:59:01.87	
230	317	Dan Belcher-hackett	M40	0:59:03.81	
231	302	Jo Whelan	F50	0:59:07.8	Felixstowe RRC
232	17	Liz Beighton	F40	0:59:07.93	Felixstowe RRC
233	312	Peter Woods	MO	0:59:08.04	Felixstowe RRC
234	310	Tamasin Wood	F40	0:59:19.28	
235	218	Carol Nokes	F50	0:59:19.94	
236	90	Grayhame Fish	M60	0:59:25.12	Stowmarket Striders RC
237	38	John Celerier	M60	0:59:46.67	
238	245	Ian Rooke	M50	1:00:27.85	
239	65	Kevin Davidson	M50	1:00:30.34	
240	83	Charlotte Durrant	FO	1:00:31.31	
241	23	Tanya Birch	F40	1:00:33.06	
242	161	Alexis Johnys	FO	1:00:35.27	
243	138	Alan Huggins	M40	1:00:58.93	
244	37	Sarah Cavanagh	F40	1:00:59.16	
245	278	Gavin Spurr	M40	1:01:17.62	
246	48	Jo Clifton	F40	1:01:21.39	Saxmundham Sports Running &
247	176	Neil Lay	MO	1:01:31.2	Felixstowe RRC
248	81	Brad Drew	MO	1:01:31.58	Felixstowe RRC

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249	228	Cathy Pearson	F50	1:01:40.26	
250	226	Anne Parkinson	F50	1:01:46.12	
251	117	Paul Hales	M50	1:02:01.16	
252	97	Jessica Gallagher	FO	1:02:09.73	
253	100	Mike Gillingham	M60	1:02:24.22	
254	175	Holly Lawson	FO	1:02:25.88	
255	339	Tina Cullum	F40	1:02:42.44	Ipswich Jaffa RC
256	29	Marianne Burnell	F60	1:02:53.3	Ipswich Jaffa RC
257	169	Grahame Walkingshaw	M50	1:02:59.42	
258	86	Katie Everett	FO	1:03:05.55	Framlingham Flyers
259	89	Anne Fish	F60	1:03:26.47	Stowmarket Striders RC
260	272	Fiona Smith	FO	1:03:27.09	
261	57	Matthew Crane	MO	1:03:28.18	Saint Edmund Pacers
262	343	Rebecca Wass	FO	1:03:56.62	Bungay Black Dog RC
263	179	Alison Leech	F40	1:04:11.6	Stowmarket Striders RC
264	121	Abigail Harper	FO	1:04:24.05	
265	119	Melzie Hammond	FO	1:04:36.39	
266	296	Bernice Trodd	F60	1:04:39.56	
267	123	Emma Harrison	FO	1:04:42.35	
268	194	Annette Mason-gordon	F50	1:04:59.97	
269	268	Corinne Shoolbred	F60	1:05:05.33	
270	230	Anna Phillips	FO	1:05:09.26	
271	30	John Bush	M50	1:05:14.27	Great Bentley Running Club
272	209	Emma Nesling	F40	1:06:31.35	
273	202	Rachael Miller	FO	1:06:40.24	Felixstowe RRC
274	248	Michelle Roper	F40	1:06:41.44	
275	188	Niki Macsephney	F40	1:07:02.46	
276	36	Laura Carr	FO	1:07:17.12	Framlingham Flyers
277	260	Tom Selby	M50	1:07:25.5	Suffolk Trail Runners
278	12	Maddy Barrett	FO	1:07:31.8	
279	220	Justin Ostler	M40	1:07:36.41	Felixstowe RRC
280	92	Hazel Flower	F40	1:07:40.39	Norfolk Harriers RC
281	45	Tina Church	F40	1:08:39.6	Saxmundham Sports Running &
282	186	Adriana Lupsa	FO	1:09:33.88	
283	219	Agnieszka Olszewska	FO	1:10:27.29	
284	158	Dariusz Jastrzebski	MO	1:10:27.39	
285	72	Allison Denny	F40	1:10:40.21	
286	214	Emma Newman	F40	1:10:45.81	
287	94	Melanie Ford	F60	1:10:47.06	
288	276	Amanda Smith	F40	1:10:55.67	Felixstowe RRC
289	277	Sally Solomon	F40	1:10:56.22	Felixstowe RRC
290	238	Alison Renshaw	FO	1:13:05.01	
291	166	Denise Kennedy	F50	1:14:03.37	Framlingham Flyers
292	231	Val Philpott	F50	1:14:03.69	Framlingham Flyers
293	193	Claire Mason	F40	1:14:32.58	