

Hadleigh 10

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	1073	Gavin Davies	MO	0:58:15.86	Ipswich Jaffa RC
2	1142	Kieran Hayles	MO	0:58:39.78	Sudbury Joggers
3	1006	Jim Last	M40	0:58:52.3	Framlingham Flyers
4	1059	Mark Lloyd	M45	1:00:01.25	Harwich Runners
5	1190	Rob Kett	M40	1:01:04.98	Stowmarket Striders RC
6	1189	Victoria Kenny	FO	1:02:12.53	Hadleigh Hares AC
7	1324	Adam Wade	MO	1:02:12.58	Ipswich Jaffa RC
8	1343	Jack Wilkinson	MO	1:03:14.39	
9	1064	Tom Cresswell	MO	1:03:23.88	Sudbury Joggers
10	1253	Scott Ramsey	MO	1:03:47.8	
11	1263	Odette Robson	F45	1:03:55	Saint Edmund Pacers
12	1160	David Hook	MO	1:04:31.48	City Of Norwich AC
13	1017	Howard Beasley	M55	1:04:49.42	Saint Edmund Pacers
14	1176	Benjamin Jacobs	M40	1:04:59.57	Felixstowe RRC
15	1206	Keith Marley	M45	1:05:04.75	Colchester Harriers AC
16	1025	Sara Bird	FO	1:05:26.37	Ipswich Jaffa RC
17	1320	Neil Turner	M45	1:05:27.74	
18	1298	Peter Smith	MO	1:05:39.84	
19	1240	Steve Paul	M55	1:05:59.48	
20	1292	Craig Sisson	MO	1:06:08.63	Haverhill Running Club
21	1060	James Cornish	MO	1:06:13.22	Woodbridge Shufflers RC
22	1011	Robin Brookes	M45	1:06:32.41	Harwich Runners
23	1043	Conrad Burgess	M40	1:06:43.87	
24	1184	Daniel Jones	MO	1:06:59.17	Ipswich Harriers
25	1137	Robin Harper	M40	1:07:24.9	Felixstowe RRC
26	1075	Paul Davison	M40	1:07:56.36	Great Bentley Running Club
27	1296	Mark Smith	MO	1:07:58.13	
28	1310	Craig Stuart	MO	1:08:05.05	
29	1098	Jess Farthing	M40	1:08:19.65	Felixstowe RRC
30	1007	Tom Ames	MO	1:08:31.36	
31	1257	Andrew Renshaw	M50	1:08:50.24	
32	1056	Oliver Cook	M45	1:09:09.57	Long Eaton
33	1291	Stuart Simmons	M40	1:09:10.49	Ipswich Jaffa RC
34	1185	Ollie Jones	MO	1:09:14.98	
35	1039	Paul Brown	M50	1:09:16.96	Framlingham Flyers
36	1055	Jerry Cook	M50	1:09:33.53	Shepshed RC
37	1078	Wayne De'ath	MO	1:09:38.5	
38	1273	Kieron Savage	M40	1:10:04.73	Sudbury Joggers
39	1121	Jon Glanfield	MO	1:10:24.12	Felixstowe RRC
40	1012	Carl Baker	M40	1:10:28.06	
41	1175	Alan Jackson	M55	1:10:40.67	Ipswich Jaffa RC
42	1030	Johannes Botha	M45	1:11:02.55	
43	1090	Ian Duggan	M50	1:11:11.57	Felixstowe RRC
44	1093	Ian Elden	M40	1:11:55.26	Sudbury Joggers
45	1021	Robin Belsom	M55	1:11:57.11	Ipswich Jaffa RC
46	1014	Emma Barrowclough	FO	1:12:08.59	Sudbury Joggers
47	1229	Stephen Neumann	MO	1:12:13.38	
48	1294	Richard Smith	M40	1:12:18.8	Sudbury Joggers
49	1041	Stuart Buchan	MO	1:12:24.93	
50	1274	Nigel Schofield	M50	1:12:30.9	Saint Edmund Pacers
51	1157	Tim Holden	MO	1:12:39.49	
52	1198	Richard Leeder	M40	1:12:41.73	Stowmarket Striders RC
53	1227	David Neeve	MO	1:12:42.28	Bungay Black Dog RC
54	1049	Chris Chorley	M50	1:12:45.68	Bungay Black Dog RC
55	1083	Stephen Dixon	M50	1:13:05.34	Ipswich Jaffa RC
56	1250	Stephen Pretty	M55	1:13:39.18	Stowmarket Striders RC
57	1337	Arthur Whiston	M65	1:13:52.08	Colchester Harriers AC
58	1339	Geraint White	MO	1:13:58.21	Ipswich Jaffa RC
59	1334	Chris Wells	MO	1:14:09.76	Sudbury Joggers
60	1223	Vaughan Morris	M55	1:14:27.13	

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61	1201	Toby Lumsden	M60	1:14:29.13	Saffron Striders
62	1022	Matthew Benson	MO	1:14:52.95	Sudbury Joggers
63	1132	Gary Groves	M50	1:14:58.04	
64	1139	Tracy Harrington	F50	1:15:08.17	Tiptree Road Runners
65	1311	Chris Sugars	M45	1:15:17.68	Ipswich Harriers
66	1087	Sean Duffett	M40	1:15:21.93	
67	1268	Mark Salisbury	MO	1:15:25.87	Sudbury Joggers
68	1106	Mark Flatman	M40	1:15:27.61	
69	1183	Matthew Jones	MO	1:15:28.21	Great Bentley Running Club
70	1013	Michael Banner	M50	1:15:33.22	Haverhill Running Club
71	1346	Peter Woods	MO	1:15:59.43	Felixstowe RRC
72	1010	Emma Attwood	FO	1:16:04.02	Stowmarket Striders RC
73	1204	Ker Macrosson	M60	1:16:11.46	Ipswich Jaffa RC
74	1279	David Seymour	M55	1:16:21.58	Felixstowe RRC
75	1085	Erika Downs	FO	1:16:23.01	Felixstowe RRC
76	1318	Kenneth Tovell	M45	1:16:36.66	
77	1224	Stuart Moyes	M40	1:16:39.71	
78	1280	Daniel Shanks	M40	1:16:43.74	Felixstowe RRC
79	1252	Gavin Raby	MO	1:17:04.89	
80	1215	Richard Miller	M40	1:17:09.4	
81	1144	Dean Hearn	M45	1:17:15.04	Stowmarket Striders RC
82	1031	Sally-ann Bowen	F40	1:17:43.41	Sudbury Joggers
83	1327	Jason Walne	M45	1:17:57.89	
84	1180	Martin Jarvis	M40	1:18:03.64	
85	1061	Ben Cowley	MO	1:18:07.54	
86	1004	Daren Allen	M50	1:18:20.87	Ipswich Triathlon Club
87	1173	Gary Ingram	MO	1:18:46.3	Ipswich Jaffa RC
88	1125	Mark Goodwin	M40	1:18:54.01	Felixstowe RRC
89	1089	Helen Duggan	F50	1:18:54.52	Felixstowe RRC
90	1008	Sean Andrews	M45	1:19:19.85	
91	1212	Eamonn Mccusker	M60	1:19:36.73	Ryston Runners
92	1099	Karl Feagan	M40	1:19:48.79	Hadleigh Hares AC
93	1113	Lee Garrett	MO	1:19:55.63	
94	1095	Dennis Warner	M55	1:20:00.41	Harwich Runners
95	1091	Adam Durrant	MO	1:20:17.19	
96	1232	Paul Osborne	M40	1:20:22.68	Felixstowe RRC
97	1308	Jo Stephenson	F50	1:20:25.57	Stowmarket Striders RC
98	1345	Shane Willis-betts	M45	1:20:25.67	
99	1141	Craig Hasnip	M40	1:20:33.83	
100	1264	Ernie Ross	M50	1:20:34.04	
101	1335	Maria Ward	F45	1:20:54.5	
102	1315	Peter Thompson	M60	1:21:00.5	Norfolk Gazelles AC
103	1107	Sarah Fletcher	F40	1:21:08.77	Great Bentley Running Club
104	1079	Richard Dempsey	M45	1:21:19.32	Woodbridge Shufflers RC
105	1272	Matt Saunders	M40	1:21:28.7	Felixstowe RRC
106	1282	David Sheahan	M55	1:21:40.02	
107	1147	Paul Heeks	M45	1:21:44.51	Stowmarket Striders RC
108	1096	Matthew Eveleigh	MO	1:21:44.54	Stowmarket Striders RC
109	1236	Ruth Palmer	F40	1:21:46.04	Saint Edmund Pacers
110	1281	Jenny Sheahan	F55	1:21:50.93	
111	1120	Paul Gilson	M55	1:22:12.08	Ipswich Jaffa RC
112	1331	Ben Weeding	MO	1:22:19.87	Ipswich Triathlon Club
113	1338	Hugh White	M50	1:22:33.11	Hadleigh Hares AC
114	1042	Kerry Buckley	M45	1:22:47.35	
115	1193	Alex Kuczer	M45	1:22:49.83	
116	1177	Alex Jacobs	MO	1:22:50.69	Felixstowe RRC
117	1126	Jessica Goudkuil	FO	1:22:55.38	
118	1072	Phil Davies	M50	1:22:59.28	Ipswich Jaffa RC
119	1168	Mark Hughes	M45	1:23:06.47	Stowmarket Striders RC
120	1167	Simon Hughes	M40	1:23:13.52	
121	1222	Lee Morphew	M40	1:23:14.54	
122	1155	Elspeth Knott	F65	1:23:18.11	Harwich Runners
123	1109	Peter Fraser Hopewell	M60	1:23:18.49	Harwich Runners
124	1148	Jeremy Hennell James	M50	1:23:29.99	

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125	1166	Chris Howland	M50	1:23:31.55	Felixstowe RRC
126	1076	Brett Deakin	MO	1:23:32.9	Felixstowe RRC
127	1256	Robert Reason	M50	1:23:35.72	Stowmarket Striders RC
128	1153	Adrian Hine	M50	1:23:50.8	Felixstowe RRC
129	1276	Sarah Severwright	FO	1:23:51.27	Felixstowe RRC
130	1053	Tom Coe	MO	1:24:31.22	
131	1344	Charnine Wilks	FO	1:24:35.51	
132	1152	Alan Hillyard	M55	1:24:39.49	Ipswich Jaffa RC
133	1105	Sarah Fitch	F40	1:24:54.02	
134	1114	Gavin Gatter	M40	1:24:59.63	
135	1221	Helen Moore	FO	1:25:02.63	
136	1197	Mon Lee	M55	1:25:07.7	Ipswich Jaffa RC
137	1151	Jeff Higgon	M60	1:25:10.07	Harwich Runners
138	1188	Matthew Kennington	MO	1:25:12.17	
139	1267	Jimmy Russell	M45	1:25:12.48	Felixstowe RRC
140	1226	Keith Borrett	M60	1:25:14.73	Stowmarket Striders RC
141	1332	Nicola Weldon	FO	1:25:14.93	Ipswich Jaffa RC
142	1323	Sarah Vick	F45	1:25:14.94	Saxmundham Sports Running &
143	1174	Rebecca Jack	F45	1:25:15.69	Stowmarket Striders RC
144	1170	Fiona Hunt	F45	1:25:20.04	Ipswich Jaffa RC
145	1103	Peter Finch	M55	1:25:20.08	Ipswich Jaffa RC
146	1214	Michael Mckinnell	M60	1:25:26.43	
147	1070	David Daniels	M50	1:25:37.46	Stowmarket Striders RC
148	1032	Ian Bown	M50	1:25:38.05	GoodGym Race Team
149	1317	Rachel Toogood	F45	1:25:38.24	Stowmarket Striders RC
150	1057	Donna Cooper	FO	1:25:42.55	
151	1163	Phil Houghton	M45	1:25:43.75	
152	1285	Anika Shenfield	F45	1:26:00.39	Felixstowe RRC
153	1048	Iain Catchpool	M45	1:26:02.34	Ipswich Jaffa RC
154	1330	Graham Waudby	M45	1:26:12.42	
155	1122	Mark Godbold	M45	1:26:12.5	
156	1300	Alex Smith	F40	1:26:12.65	Stowmarket Striders RC
157	1342	Jonathan Wilding	M45	1:26:24.58	Felixstowe RRC
158	1028	Alina Boldyreva	FO	1:26:37.3	
159	1001	Jason Ablett	M40	1:26:38.51	
160	1220	Denis Mole	M65	1:26:46.64	Havering '90 Joggers
161	1045	Graham Bush	M65	1:26:47.33	Woodbridge Shufflers RC
162	1235	Claire Palfrey	F40	1:26:51.09	Ipswich Jaffa RC
163	1127	Daniel Gould	M40	1:26:59.54	Felixstowe RRC
164	1259	Alan Richardson	M65	1:27:00.42	Waveney Valley AC
165	1288	Charles Shoolbred	M65	1:27:05.57	Ipswich Jaffa RC
166	1271	Bobbie Sauerzapf	F55	1:27:23.66	Bungay Black Dog RC
167	1238	Diane Parton	F45	1:27:23.71	Capel Cheetahs
168	1289	Ian Sillett	M60	1:27:25.34	Felixstowe RRC
169	1251	Zab Quddus	MO	1:27:25.68	
170	1154	Jack Hines	MO	1:27:38.22	Hadleigh Hares AC
171	1036	Paul Brigstock	M50	1:28:02.65	
172	1027	Susan Bloomfield	F50	1:28:04.3	Stowmarket Striders RC
173	1112	Emma Gammons	FO	1:28:17.24	Felixstowe RRC
174	1219	Frank Moggan	M65	1:28:25.45	Stowmarket Striders RC
175	1178	Richard Jacobs	MO	1:28:26.97	
176	1138	Hayley Harper	F40	1:28:27.5	Ipswich Jaffa RC
177	1239	Louise Pascoe	FO	1:28:55.83	Witham RC
178	1133	David Guy	M50	1:29:00.66	
179	1077	Karen Deasy	FO	1:29:14.2	
180	1278	Alison Severy	FO	1:29:14.72	
181	1277	James Severy	MO	1:29:14.78	
182	1314	David Taylor	M65	1:29:30.94	Framlingham Flyers
183	1143	Fern Hayles	FO	1:29:31.45	Caerleon RC
184	1297	Anthony Smith	M50	1:29:39.85	Witham RC
185	1131	Simon Green	M60	1:29:42.47	Ipswich Triathlon Club
186	1164	Richard Houston	M45	1:29:55.3	
187	1246	Ann Piercy	F60	1:30:23.29	Harwich Runners
188	1348	Helen Yellop	F45	1:30:30.24	Capel Cheetahs

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189	1301	Claire Smythe	F45	1:30:49.4	
190	1228	Lisa Netto	F40	1:30:56.76	Norfolk Gazelles
191	1172	Kate Hutson	FO	1:30:59.32	Ipswich Jaffa RC
192	1165	Christopher Howard	M45	1:31:01.43	Sudbury Joggers
193	1169	Wendy Hughes	F55	1:31:22.1	Stowmarket Striders RC
194	1108	Alan Fosker	M40	1:31:23.61	
195	1135	Karen Hamilton	F45	1:31:26.98	
196	1210	Darryn Mayhew	M40	1:32:07.49	
197	1084	Jeremy Downs	MO	1:32:18.98	Harwich Runners
198	1269	Graham Sampson	M65	1:32:32.02	Bungay Black Dog RC
199	1207	Julie Marsh	FO	1:32:33.31	Sudbury Joggers
200	1262	Melanie Roberts	F55	1:32:36.87	Woodbridge Shufflers
201	1016	Gale Baxter	F40	1:32:41.62	
202	1062	Ruth Cowlin	F50	1:32:45.54	Sudbury Joggers
203	1200	Kerry Lucas	FO	1:32:55.81	
204	1058	Samantha Cooper	F45	1:33:01.75	Sudbury Joggers
205	1158	Paul Hollidge	M45	1:33:07.66	Great Bentley Running Club
206	1067	Deborah Cubberley	F40	1:33:07.73	Great Bentley Running Club
207	1303	Gavin Spurr	M45	1:33:24.92	
208	1047	Richard Carvey	M50	1:33:54.07	Dengie 100 Runners
209	1245	Sandy Phillips	F50	1:33:54.54	Ipswich Jaffa RC
210	1092	James Eastwood	MO	1:34:05.7	
211	1110	Joanne Freezer	F40	1:34:05.76	
212	1018	Alison Beech	F55	1:34:10.32	Ipswich Jaffa RC
213	1002	Brie Alberto	F40	1:34:35.78	
214	1211	Paula Mccann	F65	1:34:41.24	
215	1322	Jo Clements	FO	1:34:48.23	Suffolk Trail Runners
216	1063	Gin Craig	F50	1:34:49.37	Sudbury Joggers
217	1306	Joanna Steed	FO	1:34:50.26	
218	1307	William Steed	MO	1:34:50.49	
219	1299	Keelan Smith	MO	1:35:01.33	Saxmundham Sports Running &
220	1020	Liz Beighton	F40	1:35:37.11	Felixstowe Road Runners
221	1340	Angela Whiting	F50	1:35:40.19	Stowmarket Striders RC
222	1329	Rebecca Wass	FO	1:35:48.93	Bungay Black Dog RC
223	1123	Melissa Goodrich	FO	1:35:55.99	
224	1040	Marcus Brown	M40	1:36:17.43	
225	1128	Pamela Gowers	FO	1:36:28.66	
226	1033	Kate Brett	F40	1:36:28.86	
227	1052	Andrew Cocker	M50	1:36:36.08	
228	1290	Ross Silverton	M65	1:36:58.87	Witham RC
229	1182	Benjamin Johnys	MO	1:37:03.08	
230	1069	Lisa Dalton	F45	1:37:03.3	Sudbury Joggers
231	1258	Steven Reynolds	M55	1:37:15.01	
232	1260	Louise Riddleston	FO	1:37:46.44	
233	1255	Peter Rawlings	M65	1:37:56.32	
234	1242	Celia Petersen	FO	1:37:58.78	
235	1266	Heather Ruff	F50	1:38:14.62	Capel Cheetahs
236	1191	Graham King	M50	1:38:46.57	
237	1202	Jenny Lynch	F50	1:39:03.34	Felixstowe RRC
238	1009	Lauren Atkins	FO	1:39:04.93	
239	1104	Keith Fisher	M55	1:39:10.33	
240	1313	Vivienne Taylor	F60	1:39:27.07	Framlingham Flyers
241	1037	Darryl Brook	MO	1:39:41.75	
242	1195	Lucy Lanham	FO	1:40:08.95	
243	1023	Eleanor Berry	FO	1:40:11.87	
244	1129	Ann Granger	F50	1:40:22.28	Saxmundham Sports Running &
245	1003	Mark Allen	M55	1:40:34.23	Woodbridge Shufflers RC
246	1029	Anita Bond	F50	1:40:42.82	
247	1117	Bex Gilbert	FO	1:41:18.67	Felixstowe RRC
248	1102	Cathryn Fifield	F50	1:42:02.05	
249	1316	Vanessa Thorpe	F40	1:42:09.65	
250	1088	Erika Duffett	F45	1:42:11.88	
251	1312	Helen Sugars	F45	1:42:17.4	
252	1111	Andrea Friend	F45	1:43:09.95	Stowmarket Striders RC

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253	1208	Kirsti Martin	FO	1:43:18.93	Stowmarket Striders RC
254	1293	Jane Skoulding	F40	1:43:19.08	Stowmarket Striders RC
255	1244	Mark Petersen	M40	1:43:27.87	
256	1119	Mike Gillingham	M60	1:43:49.25	
257	1118	Neil Gillingham	MO	1:43:49.71	Ipswich Harriers
258	1261	Jan Risebrow	F50	1:44:30.26	
259	1101	Richard Fifield	M50	1:44:48.36	
260	1349	Orlando Costa	MO	1:45:27.42	
261	1097	Robin Farrar	M65	1:45:31.15	Bungay Black Dog RC
262	1336	Jo Whelan	F55	1:45:41.35	Felixstowe RRC
263	1086	Brad Drew	MO	1:46:01.19	Felixstowe RRC
264	1161	Rhonda Horne	F40	1:46:15.77	
265	1116	Laura Gay	FO	1:46:34.54	
266	1081	Sarah De-vaux Balbirnie	FO	1:46:56.39	
267	1270	Pippa Sargent	FO	1:46:58.12	Stowmarket Striders RC
268	1196	Neil Lay	M40	1:48:38.93	Felixstowe RRC
269	1171	Terry Hunter	MO	1:49:16.31	Stowmarket Striders RC
270	1181	Alexis Johnys	FO	1:49:53.2	
271	1341	Carla Wiggins	FO	1:49:59.2	Felixstowe RRC
272	1309	Nicola Stevenson	F55	1:50:19.28	Felixstowe RRC
273	1115	Lisa Gaughan	F45	1:50:19.35	Capel Cheetahs
274	1130	Marie Grantham	F40	1:50:52.1	
275	1199	Suzie Levett	FO	1:51:08.18	
276	1304	Hannah St Ledger	FO	1:51:34.1	Sudbury Joggers
277	1034	Sharon Breward	F40	1:51:60	Sudbury Joggers
278	1234	Miranda Rayner	F45	1:53:46.72	Harwich Runners
279	1082	Jo Dickinson	F45	1:58:15.22	Felixstowe RRC
280	1026	Paul Bird	M50	1:59:33.53	Bungay Black Dog RC
281	1213	Gillian McGill	FO	1:59:42.79	
282	1254	Katy Ratcliffe	FO	2:00:23.21	