

Top 3 Males - Open						
Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
1.	90	Benjamin CARPENDALE	MS	Felixstowe RRC	0:37:57	0:37:57
2.	282	Jim LAST	MV40	Framlingham Flyers	0:39:16	0:39:14
3.	189	Tony GAVIN	MS	Felixstowe RRC	0:39:46	0:39:45

Top 3 Females - Open						
19.	267	Maddie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:44:28	0:44:23
37.	268	Millie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:46:14	0:46:10
44.	196	Jessie GOODERHAM	FS	St Edmunds Pacers	0:47:31	0:47:25

Age Group Winners - Male						
9.	262	Benjamin JACOBS	MV40	Felixstowe RRC	0:41:47	0:41:46
4.	254	Adam HOWLETT	MV45	Framlingham Flyers	0:40:01	0:40:00
16.	71	Steve BROOKE	MV50	Felixstowe RRC	0:43:44	0:43:29
59.	350	Stephen PRETTY	MV60	St Edmunds Pacers	0:49:22	0:49:17
147.	311	Frank MOGGAN	MV65+	Stowmarket Striders Running Club	0:56:26	0:56:16

Age Group Winners - Female						
99.	229	Natalie HAY	FV40	St Edmunds Pacers	0:52:34	0:52:22
63.	175	Sarah FITCH	FV45	Felixstowe RRC	0:49:39	0:49:36
58.	439	Sandy THOROGOOD	FV50	Sudbury Joggers	0:49:20	0:49:13
116.	61	Sharon BRANDON	FV55	St Edmunds Pacers	0:54:34	0:54:25
169.	228	Karen HATTON	FV60	St Edmunds Pacers	0:58:28	0:58:16
175.	443	Cheryl TRUNDLE	FV65+	Haverhill Running Club	0:58:41	0:58:08

Team Results - Male						
1.	90	Benjamin CARPENDALE	MS	Felixstowe RRC	0:37:57	0:37:57
3.	189	Tony GAVIN	MS	Felixstowe RRC	0:39:46	0:39:45
8.	435	Gary TAYLOR	MS	Felixstowe RRC	0:41:17	0:41:16

Team Results - Female						
19.	267	Maddie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:44:28	0:44:23
37.	268	Millie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:46:14	0:46:10
87.	486	Helen WING	FV50	Stowmarket Striders Running Club	0:52:02	0:52:00