

Richard Bennett Felixstowe Coastal 10m

15th September 2019

Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
Coastal 10m										
1.	364	Danny ROCK	Male Senior	Felixstowe RRC	00:53:46	00:53:45	1	1	5:22	83.0%
2.	176	Tony GAVIN	Male Senior	Felixstowe RRC	00:57:44	00:35:54	2	2	5:46	76.9%
3.	460	Benjamin TURLEY	Male Senior	Ipswich Jaffa RC	00:58:08	00:58:07	3	3	5:48	76.7%
4.	170	Matthew FRIEND	Male Senior	Harwich Runners	00:58:16	00:58:15	4	4	5:49	75.5%
5.	230	Adam HOWLETT	Male V45	Framlingham Flyers	00:59:01	00:36:28	5	1	5:54	82.0%
6.	488	Scott WILLIAMS	Male Senior	Stowmarket Striders	00:59:57	00:36:51	6	5	5:59	73.4%
7.	177	Jon GLANFIELD	Male Senior	Felixstowe RRC	01:00:43	01:00:41	7	6	6:04	73.2%
8.	454	Laura THOMAS	Female Senior	Ipswich Jaffa RC	01:00:44	01:00:43	1	1	6:04	81.2%
9.	113	Aidan	Male Senior	Vegan Runners UK	01:00:53	01:00:52	8	7	6:05	73.2%
10.	267	Chris LEEK	Male V40	Framlingham Flyers	01:01:08	01:01:05	9	1	6:06	76.6%
11.	450	Gary TAYLOR	Male Senior	Felixstowe RRC	01:02:19	00:38:02	10	8	6:13	70.8%
12.	40	James BELL	Male V50	Leighton Buzzard	01:02:27	01:02:25	11	1	6:14	78.8%
13.	341	Kevin PEIRCE	Male V40	Ipswich Harriers	01:02:46	01:02:45	12	2	6:16	74.6%
14.	202	Neal HARDWICK	Male V40	Unattached	01:03:29	01:03:27	13	3	6:20	72.0%
15.	197	Nick HAMMOND	Male V45	Framlingham Flyers	01:03:37	00:39:25	14	2	6:21	76.1%
16.	78	Piotr BULACZ	Male V45	Sudbury Joggers	01:03:48	00:39:17	15	3	6:22	76.5%
17.	76	Stuart BUCHAN	Male Senior	Stowmarket Striders	01:04:18	00:40:04	16	9	6:25	68.4%
18.	198	Gavin HANMOND	Male Senior	Unattached	01:05:07	01:05:05	17	10	6:30	69.2%
19.	164	Harry	Male Senior	Unattached	01:05:17	01:05:15	18	11	6:31	67.4%
20.	339	Matthew PAYNE	Male Senior	Unattached	01:05:27	00:40:52	19	12	6:32	68.1%
21.	446	Daniel	Male Senior	Unattached	01:06:03	01:06:00	20	13	6:36	67.0%
22.	210	Mark HAYDEN	Male V45	Framlingham Flyers	01:06:44	01:06:38	21	4	6:40	71.9%
23.	379	Paul SAUNDERS	Male V40	Unattached	01:07:23	00:41:42	22	4	6:44	69.5%
24.	325	Ian OLD	Male Senior	Ipswich Jaffa RC	01:07:29	01:07:26	23	14	6:44	65.8%
25.	199	Charles HANN	Male V50	Sudbury Joggers	01:07:32	00:41:13	24	2	6:45	75.5%
26.	68	Marc BRIGGS	Male V50	Ipswich Jaffa RC	01:07:34	00:41:16	25	3	6:45	74.1%
27.	343	David PERCY	Male V40	Haverhill Running Club	01:07:41	01:07:36	26	5	6:46	69.2%
28.	211	Thomas HAYDEN	Male Senior	Framlingham Flyers	01:07:42	01:07:35	27	15	6:46	65.5%
29.	75	Jason BRUNT	Male V45	Norfolk Gazelles AC	01:07:51	00:41:52	28	5	6:47	70.1%
30.	143	Ian ELDEN	Male V45	Ipswich Jaffa RC	01:07:53	01:07:51	29	6	6:47	69.5%
31.	331	Andy OWEN	Male Senior	Dunmow Runners	01:08:27	00:42:34	30	16	6:50	64.2%
32.	208	Tom HASLAM	Male V45	Framlingham Flyers	01:08:37	00:42:08	31	7	6:51	69.9%
33.	278	Rob MACKENZIE	Male V55	Framlingham Flyers	01:08:52	01:08:50	32	1	6:53	76.0%
34.	132	Jason DIGHTON	Male V40	Unattached	01:08:52	01:08:47	33	6	6:53	68.0%
35.	400	Stuart SIMMONS	Male V40	Ipswich Jaffa RC	01:09:01	01:08:56	34	7	6:54	67.3%
36.	59	Romas BLEDA	Male Senior	Unattached	01:09:18	01:09:10	35	17	6:55	63.5%
37.	326	Paul OSBORNE	Male V40	Felixstowe RRC	01:09:18	01:09:14	36	8	6:55	67.0%
38.	204	Robin HARPER	Male V40	Felixstowe RRC	01:09:25	00:43:08	37	9	6:56	66.9%
39.	430	Rob SQUIRRELL	Male V45	Woodbridge Shufflers	01:09:26	01:09:20	38	8	6:56	68.5%
40.	462	Ethan TURNER	Male Senior	Framlingham Flyers	01:09:26	00:42:01	39	18	6:56	63.9%
41.	217	Chris HILLING	Male V40	Unattached	01:09:27	00:43:01	40	10	6:56	66.3%
42.	417	Dave SOLOMON	Male V50	Felixstowe RRC	01:09:34	00:41:35	41	4	6:57	72.0%
43.	290	Stephen MEAD	Male V60+	Stowmarket Striders	01:09:46	01:09:42	42	1	6:58	82.6%
44.	336	Kat PARNELL	Female Senior	Unattached	01:10:02	01:09:59	2	2	7:00	70.4%
45.	116	Kate CREAK	Female V35	Unattached	01:10:37	00:43:04	3	1	7:03	70.5%
46.	163	Jamie FITTOCK	Male Senior	St Edmunds Pacers	01:10:42	00:43:58	43	19	7:04	63.1%

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Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
47.	378	Len SAUNDERS	Male V40	Felixstowe RRC	01:10:53	00:44:01	44	11	7:05	66.0%
48.	108	Darren COOK	Male V45	Felixstowe RRC	01:10:59	01:10:51	45	9	7:05	66.5%
49.	327	Chris OSBORNE	Male V45	Unattached	01:11:04	01:10:54	46	10	7:06	66.4%
50.	41	Robin BELSOM	Male V55	Ipswich Jaffa RC	01:11:08	01:11:02	47	2	7:06	75.0%
51.	433	Simon	Male V45	Unattached	01:11:10	01:11:07	48	11	7:06	67.4%
52.	465	John	Male Senior	Unattached	01:11:13	00:44:18	49	20	7:07	61.7%
53.	8	Daniel AGER	Male V45	Ipswich Jaffa RC	01:11:40	01:11:35	50	12	7:09	67.5%
54.	356	Alastair READ	Male V40	Felixstowe RRC	01:12:10	01:12:03	51	12	7:12	63.3%
55.	495	Stuart WRIGHT	Male V40	Felixstowe RRC	01:12:18	01:12:09	52	13	7:13	64.7%
56.	476	Suzy WEST	Female Senior	Ipswich Jaffa RC	01:12:22	01:12:18	4	3	7:14	68.2%
57.	264	Andrew LAWS	Male V55	Unattached	01:12:32	00:44:32	53	3	7:15	70.9%
58.	190	Dave GROOM	Male Senior	Unattached	01:12:45	01:12:38	54	21	7:16	61.6%
59.	37	David BEIGHTON	Male V40	St Edmunds Pacers	01:12:59	00:45:13	55	14	7:17	63.6%
60.	138	Ian DUGGAN	Male V50	Felixstowe RRC	01:13:09	01:12:59	56	5	7:18	69.1%
61.	342	Daniel PELLING	Male V45	Haverhill Running Club	01:13:17	00:45:27	57	13	7:19	66.0%
62.	77	Kerry BUCKLEY	Male V45	Felixstowe RRC	01:13:24	01:13:14	58	14	7:20	66.5%
63.	258	Steven KING	Male V45	Felixstowe RRC	01:13:34	00:45:20	59	15	7:21	65.2%
64.	362	Dave ROBINSON	Male V45	Unattached	01:13:43	01:13:30	60	16	7:22	65.1%
65.	172	Robert FROST	Male V40	Unattached	01:13:59	00:45:33	61	15	7:23	62.2%
66.	20	Benjamin ASKEW	Male V40	Unattached	01:14:00	01:13:48	62	16	7:23	62.2%
67.	189	Ian	Male V50	Unattached	01:14:24	00:45:58	63	6	7:26	67.9%
68.	388	Chris SERVANT	Male V50	Ipswich Jaffa RC	01:14:37	01:14:33	64	7	7:27	68.3%
69.	279	David	Male V40	Unattached	01:14:51	01:14:46	65	17	7:29	60.6%
70.	56	Peter BIRD	Male V45	St Edmunds Pacers	01:14:54	00:48:04	66	17	7:29	63.0%
71.	452	Holly TAYLOR	Female Senior	Felixstowe RRC	01:14:59	01:14:51	5	4	7:29	66.1%
72.	232	Mark HUGHES	Male V50	Stowmarket Striders	01:15:01	01:14:56	67	8	7:30	66.2%
73.	127	Ricky DEASY	Male V40	Unattached	01:15:07	00:46:17	68	18	7:30	60.4%
74.	309	Vaughan MORRIS	Male V55	Stowmarket Striders	01:15:31	00:47:09	69	4	7:33	70.6%
75.	366	Kyle ROPER	Male V40	Ipswich Jaffa RC	01:15:33	00:47:06	70	19	7:33	61.9%
76.	109	Paul COOKE	Male V45	Unattached	01:15:42	00:45:16	71	18	7:34	63.4%
77.	351	Stephen PRETTY	Male V60+	St Edmunds Pacers	01:15:48	01:15:35	72	2	7:34	72.4%
78.	365	Jamie ROCK	Male Senior	Felixstowe RRC	01:16:03	00:47:53	73	22	7:36	58.2%
79.	437	Andy STEPHENS	Male V40	Unattached	01:16:07	01:15:59	74	20	7:36	61.5%
80.	423	Samantha	Female V35	Ipswich Jaffa RC	01:16:11	00:47:44	6	2	7:37	65.4%
81.	424	Kai SPERLING	Male V40	Unattached	01:16:12	00:47:38	75	21	7:37	60.4%
82.	83	Amber CALVER	Female V45	Unattached	01:16:18	01:16:11	7	1	7:37	70.3%
83.	484	Paul WIGENS	Male V60+	Woodbridge Shufflers	01:16:18	01:16:06	76	3	7:37	70.6%
84.	183	Collette GREEN	Female V35	Felixstowe RRC	01:16:25	01:16:18	8	3	7:38	65.4%
85.	180	Shaun GOOD	Male V55	Felixstowe RRC	01:16:25	00:47:21	77	5	7:38	67.3%
86.	438	Mark STEVENS	Male Senior	Unattached	01:16:34	01:16:22	78	23	7:39	57.4%
87.	105	Sophie COLEMAN	Female Senior	Ipswich Jaffa RC	01:16:40	01:16:36	9	5	7:39	64.3%
88.	122	Mark DAVEY	Male V50	Unattached	01:16:50	01:16:43	79	9	7:40	64.6%
89.	221	Mark HOLLAND	Male V45	Unattached	01:16:50	00:48:47	80	19	7:40	61.4%
90.	386	Dean SEARLE	Male V40	Felixstowe RRC	01:16:55	00:47:50	81	22	7:41	59.4%
91.	66	David	Male Senior	Unattached	01:17:17	01:17:15	82	24	7:43	58.3%
92.	181	Mark GOODWIN	Male V45	Felixstowe RRC	01:17:24	01:17:18	83	20	7:44	62.0%
93.	340	Adrian PEAKE	Male V50	Unattached	01:17:24	01:17:20	84	10	7:44	65.8%
94.	482	Suzi WHYMARK	Female V45	Unattached	01:17:39	01:17:26	10	2	7:45	69.0%

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Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
95.	21	Simon ASKEW	Male V40	Unattached	01:17:48	01:17:36	85	23	7:46	59.2%
96.	387	Daniel	Male Senior	Unattached	01:18:03	00:48:05	86	25	7:48	57.4%
97.	335	Tim PARNELL	Male Senior	Unattached	01:18:05	01:18:01	87	26	7:48	56.3%
98.	375	Phil SANDERSON	Male V55	Harwich Runners	01:18:38	00:49:30	88	6	7:51	66.6%
99.	285	Stuart MASON	Male V55	Felixstowe RRC	01:18:39	01:18:27	89	7	7:51	66.6%
100.	220	Karl HOLBROOK	Male V50	Unattached	01:18:42	00:48:53	90	11	7:52	64.2%
101.	128	Karen DEASY	Female V40	Unattached	01:18:49	00:49:06	11	1	7:52	64.7%
102.	55	Dane BIRD	Male Senior	Ipswich Jaffa RC	01:18:59	00:50:29	91	27	7:53	55.7%
103.	186	Steven GREEN	Male V40	Unattached	01:19:03	00:46:58	92	24	7:54	59.2%
104.	184	Terri GREEN	Female V35	Ipswich Jaffa RC	01:19:20	00:50:24	12	4	7:55	63.6%
105.	372	Chris RYAN	Male V60+	Unattached	01:19:32	01:19:20	93	4	7:57	71.7%
106.	265	Chuck LAYZELL	Male Senior	Unattached	01:19:45	00:51:17	94	28	7:58	55.2%
107.	101	Daniel CLARKE	Male Senior	Unattached	01:19:51	00:49:05	95	29	7:59	55.2%
108.	328	Darin OSBORNE	Male V50	Unattached	01:19:53	01:19:39	96	12	7:59	63.2%
109.	245	Ludger JIRGL	Male V50	Unattached	01:19:54	01:19:50	97	13	7:59	62.7%
110.	117	Richard	Male Senior	Unattached	01:20:09	01:19:59	98	30	8:00	55.2%
111.	17	Femi ARIYO	Male V40	Unattached	01:20:14	01:20:06	99	25	8:01	58.3%
112.	487	James WILLCOX	Male V40	Felixstowe RRC	01:20:15	01:20:05	100	26	8:01	57.4%
113.	74	Martyn BROWN	Male Senior	Unattached	01:20:17	01:20:09	101	31	8:01	55.0%
114.	140	Steven DURRANT	Male V55	Felixstowe RRC	01:20:28	00:50:05	102	8	8:02	65.1%
115.	65	Adam BRETT	Male Senior	Unattached	01:20:34	01:20:17	103	32	8:03	55.1%
116.	481	Luke WHITWELL	Male Senior	Unattached	01:20:35	01:20:17	104	33	8:03	55.1%
117.	459	Mary-Ann TULI	Female V45	Haverhill Running Club	01:20:39	00:50:09	13	3	8:03	67.9%
118.	464	Patrick TWIST	Male Senior	Unattached	01:20:39	00:50:10	105	34	8:03	54.5%
119.	53	Christopher BING	Male Senior	Ipswich Jaffa RC	01:20:40	01:20:36	106	35	8:03	55.5%
120.	30	Alex BATHO	Male V45	Unattached	01:20:44	01:20:34	107	21	8:04	60.4%
121.	51	Carl BERRIMAN	Male V45	Unattached	01:20:55	01:20:41	108	22	8:05	60.3%
122.	192	Damian HACK	Male V40	Unattached	01:20:56	00:51:03	109	27	8:05	56.9%
123.	435	Matt STANDRING	Male V40	Unattached	01:21:06	00:49:42	110	28	8:06	56.8%
124.	457	Karl TOVELL	Male Senior	Unattached	01:21:13	01:21:07	111	36	8:07	54.9%
125.	260	Magdalena	Female V40	Great Bentley Running	01:21:14	01:21:00	14	2	8:07	62.8%
126.	215	Jeremy HENNELL	Male V55	Hadleigh Hares AC	01:21:37	01:21:23	112	9	8:09	63.6%
127.	490	Richard	Male V45	Unattached	01:21:47	01:21:30	113	23	8:10	57.7%
128.	233	Catherine	Female V35	Unattached	01:22:05	00:50:02	15	5	8:12	61.5%
129.	13	Mark ANDERSON	Male Senior	Unattached	01:22:14	01:21:36	114	37	8:13	53.6%
130.	275	Martin LITTLE	Male V50	Stowmarket Striders	01:22:16	00:52:13	115	14	8:13	59.8%
131.	97	David CHURCH	Male V45	Felixstowe RRC	01:22:18	01:22:06	116	24	8:13	58.8%
132.	200	Jackie HANN	Female V50	Sudbury Joggers	01:22:19	00:51:18	16	1	8:13	70.7%
133.	120	Derek DALY	Male V55	Saxmundham Sports	01:22:21	00:51:48	117	10	8:14	63.0%
134.	89	Paul CAUSON	Male V40	Unattached	01:22:30	01:22:18	118	29	8:14	56.7%
135.	15	Ben ANDREWS	Female V35	Unattached	01:22:30	01:22:04	17	6	8:14	61.5%
136.	4	Jason ABLETT	Male V45	Stowmarket Striders	01:22:45	00:52:46	119	25	8:16	58.0%
137.	88	Daniel CASE	Male Senior	Felixstowe RRC	01:22:51	00:51:20	120	38	8:17	53.1%
138.	32	Gale BAXTER	Female V45	Unattached	01:22:53	00:51:24	18	4	8:17	64.0%
139.	252	Carrie KEMP	Female V40	Felixstowe RRC	01:23:00	00:51:07	19	3	8:17	62.3%
140.	353	Tracy QUARRELL	Female V45	Haverhill Running Club	01:23:09	00:52:39	20	5	8:18	65.1%
141.	299	Ben MILLS	Male Senior	Unattached	01:23:18	01:22:59	121	39	8:19	52.8%
142.	474	Hannah WATTAM	Female V35	Unattached	01:23:33	01:23:27	21	7	8:21	59.8%

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Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
143.	131	Stephen	Male V50	Unattached	01:23:41	00:51:26	122	15	8:22	60.4%
144.	10	Mark ALLEN	Male V60+	Woodbridge Shufflers	01:23:47	01:23:26	123	5	8:22	64.9%
145.	300	Steven MITCHELL	Male V55	Ipswich Jaffa RC	01:23:53	00:50:54	124	11	8:23	63.0%
146.	428	Terry SPURGEON	Male V50	Unattached	01:24:09	01:23:49	125	16	8:24	60.6%
147.	226	Mike HOWARD	Male V40	Unattached	01:24:18	01:24:09	126	30	8:25	54.6%
148.	84	Mik CARR	Male V60+	Bungay Black Dog RC	01:24:28	00:52:32	127	6	8:26	65.6%
149.	332	Sandy PAGE	Female V40	Unattached	01:24:31	01:24:13	22	4	8:27	61.7%
150.	157	Justin FIDDAMAN	Male V45	Felixstowe RRC	01:24:44	00:52:09	128	26	8:28	57.1%
151.	395	Benjamin	Male V40	Unattached	01:25:05	01:25:01	129	31	8:30	54.1%
152.	396	Gemma	Female V35	Unattached	01:25:05	01:25:01	23	8	8:30	59.3%
153.	463	Kayleigh TURPIN	Female Senior	Unattached	01:25:07	01:24:52	24	6	8:30	58.2%
154.	72	Marcus BROWN	Male V45	Unattached	01:25:09	00:52:21	130	27	8:30	56.3%
155.	218	Graham HIPKIN	Male V55	Unattached	01:25:18	00:52:47	131	12	8:31	61.9%
156.	156	Christy FENELON	Male Senior	Unattached	01:25:40	00:52:45	132	40	8:33	51.8%
157.	318	Carl NEWELL	Male V40	Unattached	01:25:44	00:52:43	133	32	8:34	53.7%
158.	262	Beryl LANSDOWN	Female V50	Ipswich Jaffa RC	01:25:46	01:25:38	25	2	8:34	65.4%
159.	69	Rachel BROOKE	Female V45	Ipswich Jaffa RC	01:25:46	01:25:37	26	6	8:34	63.2%
160.	31	Becks BAWLEY	Female Senior	Unattached	01:25:53	01:25:38	27	7	8:35	57.4%
161.	286	David MAYES	Male Senior	Felixstowe RRC	01:26:14	00:53:45	134	41	8:37	51.0%
162.	282	Adam MARKHAM	Male Senior	Unattached	01:26:18	01:26:07	135	42	8:37	51.9%
163.	70	Kirsty	Female V35	Unattached	01:26:18	00:54:05	28	9	8:37	57.9%
164.	79	Caroline	Female V40	Unattached	01:26:30	00:52:36	29	5	8:38	60.8%
165.	207	Emma	Female V45	Framlingham Flyers	01:26:30	01:26:22	30	7	8:38	63.3%
166.	334	Jane	Female V50	Unattached	01:26:34	01:26:05	31	3	8:39	64.8%
167.	268	Darren LEEKS	Male V45	Unattached	01:26:38	01:26:34	136	28	8:39	55.8%
168.	306	Bernard MORGAN	Male V50	Unattached	01:27:01	01:26:52	137	17	8:42	56.6%
169.	346	Agata	Female Senior	Unattached	01:27:03	01:26:51	32	8	8:42	57.0%
170.	145	James ELLUL	Male V40	Felixstowe RRC	01:27:07	01:26:51	138	33	8:42	52.4%
171.	405	Craig SMITH	Male Senior	Unattached	01:27:21	01:27:05	139	43	8:44	51.6%
172.	458	Daniel TRINDER	Male V45	Unattached	01:27:22	00:53:03	140	29	8:44	54.0%
173.	499	Helen YELLOP	Female V50	Capel Cheetahs RC	01:27:25	01:27:01	33	4	8:44	64.9%
174.	287	Daniel MAYHEW	Male Senior	Unattached	01:27:29	01:26:57	141	44	8:44	50.3%
175.	338	Marie PAVELEY	Female V40	Capel Cheetahs RC	01:27:33	01:27:09	34	6	8:45	60.1%
176.	228	Matt HOWE	Male V40	Felixstowe RRC	01:27:35	01:27:29	142	34	8:45	53.4%
177.	403	Roger SLADE	Male V50	Unattached	01:27:37	01:27:03	143	18	8:45	56.6%
178.	421	Tracey SPALDING	Female V45	Unattached	01:27:38	01:27:23	35	8	8:45	61.2%
179.	420	Jack SOWTER	Male Senior	Unattached	01:27:38	01:27:22	144	45	8:45	50.6%
180.	27	Jo BARKER	Female V40	Unattached	01:27:40	00:54:21	36	7	8:45	58.2%
181.	497	Justin WRIGHT	Male V45	Unattached	01:27:59	00:53:34	145	30	8:47	55.4%
182.	178	Mark GLEEN	Male V40	Unattached	01:28:00	01:27:35	146	35	8:47	53.2%
183.	369	Joanne	Female V45	Haverhill Running Club	01:28:12	01:27:44	37	9	8:49	62.8%
184.	311	Emma	Female Senior	Unattached	01:28:14	01:28:06	38	9	8:49	55.9%
185.	64	Jamie BRANDON	Male Senior	Unattached	01:28:14	01:28:05	147	46	8:49	49.8%
186.	6	Pauline ADAMS	Female V45	Unattached	01:28:18	01:28:06	39	10	8:49	60.7%
187.	259	Anna KOCINSKA	Female V35	Unattached	01:28:28	01:28:13	40	10	8:50	57.3%
188.	266	Emma LEE	Female V35	Capel Cheetahs RC	01:28:37	00:54:13	41	11	8:51	57.2%
189.	18	Ross ARNOLD	Male Senior	Haverhill Running Club	01:28:43	00:56:22	148	47	8:52	49.6%
190.	478	John WESTON	Male V60+	Unattached	01:28:47	01:28:27	149	7	8:52	62.4%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
191.	449	Leanne TAGHDI	Female V35	Unattached	01:28:50	01:28:29	42	12	8:52	56.3%
192.	371	Jimmy RUSSELL	Male V50	Unattached	01:28:54	01:28:54	150	19	8:53	56.3%
193.	44	Marion BENNETT	Female V35	Ipswich Jaffa RC	01:28:55	00:54:31	43	13	8:53	57.0%
194.	227	Amy HOWARD	Female V35	Rushmere Community	01:28:59	00:54:37	44	14	8:53	57.0%
195.	289	Paul	Male V50	Hadleigh Hares AC	01:29:00	01:28:47	151	20	8:53	56.8%
196.	500	Goldie YULE	Female V45	Unattached	01:29:13	01:28:59	45	11	8:55	60.1%
197.	498	Carissa WYATT	Female V40	Unattached	01:29:15	01:29:01	46	8	8:55	58.4%
198.	61	Keith BORRETT	Male V60+	Unattached	01:29:19	01:29:05	152	8	8:55	63.9%
199.	271	Steve LEGGETT	Male V50	Unattached	01:29:26	01:29:02	153	21	8:56	57.0%
200.	49	Catherine	Female V50	Unattached	01:29:39	01:29:26	47	5	8:57	62.6%
201.	196	Karen HAMILTON	Female V45	Stowmarket Striders	01:29:49	00:55:43	48	12	8:58	61.7%
202.	492	Kate WOOD	Female V55+	Woodbridge Shufflers	01:29:57	00:55:39	49	1	8:59	66.3%
203.	235	Ryan HUNN	Male Senior	Unattached	01:30:04	01:29:26	154	48	9:00	49.0%
204.	415	Darren SNELL	Male V45	Unattached	01:30:04	01:30:04	155	31	9:00	52.8%
205.	244	James JELFS	Male Senior	Unattached	01:30:08	00:56:51	156	49	9:00	49.0%
206.	26	Matthew	Male Senior	Unattached	01:30:14	01:29:41	157	50	9:01	48.8%
207.	444	Graham STYLES	Male V60+	Unattached	01:30:18	01:29:42	158	9	9:01	60.2%
208.	277	Brett LUMMIS	Male V40	Unattached	01:30:19	01:29:52	159	36	9:01	50.6%
209.	440	Tony STEWART	Male V60+	Lonely Goat RC	01:30:22	01:30:00	160	10	9:02	62.5%
210.	82	Lisa CALVER	Female Senior	Capel Cheetahs RC	01:30:37	01:30:14	50	10	9:03	54.7%
211.	354	Aaron RANIERI	Male Senior	Unattached	01:30:57	01:30:21	161	51	9:05	48.3%
212.	344	Kieron PERRY	Male V45	Unattached	01:30:58	01:30:37	162	32	9:05	52.3%
213.	360	Maria RIERA	Female Senior	Felixstowe RRC	01:31:10	01:30:46	51	11	9:06	54.1%
214.	303	Morgan MOORE	Male Senior	Stowmarket Striders	01:31:26	01:31:12	163	52	9:08	48.1%
215.	104	Adrian COLE	Male V55	Stowmarket Striders	01:31:26	01:31:12	164	13	9:08	57.3%
216.	87	Richard CARRON	Male V50	Unattached	01:31:27	01:31:06	165	22	9:08	55.7%
217.	159	Peter FINCH	Male V55	Ipswich Jaffa RC	01:31:34	01:31:16	166	14	9:09	57.7%
218.	401	Sarah SIMPSON	Female V35	Unattached	01:31:43	01:31:35	52	15	9:10	54.5%
219.	333	Stuart PARKER	Male Senior	Unattached	01:31:44	01:31:11	167	53	9:10	49.1%
220.	22	Mark AUSTIN	Male Senior	Woodbridge Shufflers	01:31:46	00:55:41	168	54	9:10	49.1%
221.	238	Jo HUTT	Female V40	Unattached	01:31:50	00:57:11	53	9	9:10	56.8%
222.	94	Mark CHISNALL	Male V45	Unattached	01:31:51	00:56:00	169	33	9:11	53.1%
223.	429	Lisa SQUIRRELL	Female V40	Woodbridge Shufflers	01:31:52	00:55:52	54	10	9:11	56.3%
224.	85	Alexandra CARR	Female Senior	Unattached	01:31:52	00:57:04	55	12	9:11	54.1%
225.	308	Lee MORPHEW	Female V40	Unattached	01:31:55	00:58:33	56	11	9:11	56.7%
226.	124	Charlie DAY	Male Senior	Unattached	01:32:04	00:57:00	170	55	9:12	47.7%
227.	414	Tabetha SNAPE	Female V45	Unattached	01:32:07	01:31:58	57	13	9:12	57.6%
228.	242	Carl JARRETT	Male V45	Unattached	01:32:11	01:32:02	171	34	9:13	51.2%
229.	52	Doug BETTS	Male V40	Unattached	01:32:34	01:32:22	172	37	9:15	49.3%
230.	470	Lindi WALLACE	Female V35	Unattached	01:32:35	01:00:24	58	16	9:15	54.2%
231.	374	Graeme	Male Senior	Unattached	01:32:36	01:00:19	173	56	9:15	47.7%
232.	160	Helen FINDLEY	Female V35	Unattached	01:32:48	00:56:46	59	17	9:16	54.6%
233.	367	Amanda ROSE	Female V35	Unattached	01:32:54	01:32:39	60	18	9:17	54.0%
234.	188	Mark GRINDROD	Male V50	Unattached	01:32:54	00:57:59	174	23	9:17	53.4%
235.	293	Darien MERRY	Male V55	Unattached	01:32:55	01:32:39	175	15	9:17	55.3%
236.	239	Lewis JACOBS	Male Senior	Unattached	01:33:02	00:58:56	176	57	9:18	47.3%
237.	256	Robert KIDD	Male V50	Unattached	01:33:07	00:57:00	177	24	9:18	53.8%
238.	412	Adam SMITH	Male Senior	Woodbridge Shufflers	01:33:07	00:57:09	178	58	9:18	48.1%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
239.	477	Richard	Male V55	Unattached	01:33:15	01:33:11	179	16	9:19	55.6%
240.	413	Sarah SMITH	Female Senior	Woodbridge Shufflers	01:33:18	01:32:46	61	13	9:19	53.0%
241.	60	Joanna BLYTH	Female V45	Felixstowe RRC	01:33:23	01:33:16	62	14	9:20	59.3%
242.	133	Sophie DOE	Female V35	Unattached	01:34:04	01:33:41	63	19	9:24	53.1%
243.	243	Clair JEFFERSON	Female V45	TRISudbury	01:34:07	01:33:51	64	15	9:24	56.9%
244.	43	Jamie BENNETT	Male V40	Ipswich Jaffa RC	01:34:14	00:59:51	180	38	9:25	48.9%
245.	411	Viki SMITH	Female V35	Unattached	01:34:23	01:34:08	65	20	9:26	53.4%
246.	385	John SCULLY	Male V45	Unattached	01:34:49	00:58:45	181	35	9:28	51.0%
247.	384	Angelique	Female V45	Unattached	01:34:49	01:34:29	66	16	9:28	57.1%
248.	35	Paul BAXTER	Male V40	Unattached	01:34:52	01:34:26	182	39	9:29	49.3%
249.	248	Grace JUDGE	Female V55+	Haverhill Running Club	01:34:53	01:34:25	67	2	9:29	63.7%
250.	98	Jenny CHURCH	Female V55+	Felixstowe RRC	01:35:06	01:34:52	68	3	9:30	64.4%
251.	431	Pamela ST	Female V50	Unattached	01:35:17	01:34:56	69	6	9:31	60.3%
252.	229	Jacqui HOWES	Female V40	Unattached	01:35:19	01:34:53	70	12	9:31	55.2%
253.	432	Caroline	Female V40	Felixstowe RRC	01:35:27	01:35:13	71	13	9:32	54.2%
254.	162	Alice FISHER	Female V35	Unattached	01:35:34	01:34:55	72	21	9:33	52.3%
255.	315	Alison MYLES	Female V45	Unattached	01:35:36	01:35:23	73	17	9:33	56.7%
256.	111	Clare CORNISH	Female V45	Unattached	01:35:42	00:58:46	74	18	9:34	57.9%
257.	158	Adele FIELD	Female V50	Unattached	01:35:45	01:35:08	75	7	9:34	61.5%
258.	81	Simon BUTLER	Male V50	Unattached	01:35:45	00:59:49	183	25	9:34	53.2%
259.	455	Andrew THOMAS	Male V55	Unattached	01:35:51	01:00:34	184	17	9:35	54.6%
260.	110	Leslie COOPER	Female V50	Ipswich Jaffa RC	01:35:55	00:58:54	76	8	9:35	58.5%
261.	451	Heidi TAYLOR	Female Senior	Felixstowe RRC	01:35:55	01:35:28	77	14	9:35	51.4%
262.	491	James WOOD	Male V50	Sudbury Joggers	01:35:59	01:35:41	185	26	9:35	53.1%
263.	292	Jenny MERRY	Female V40	Sudbury Joggers	01:35:59	01:35:42	78	14	9:35	53.2%
264.	312	Gemma MOSS	Female V45	Ipswich Jaffa RC	01:36:03	01:35:45	79	19	9:36	55.8%
265.	442	Zoe STOREY	Female V40	Unattached	01:36:13	01:35:37	80	15	9:37	54.2%
266.	297	Becky MILLER	Female Senior	Felixstowe RRC	01:36:13	01:03:34	81	15	9:37	51.6%
267.	213	Brigitte HEARD	Female V55+	Haverhill Running Club	01:36:20	01:35:51	82	4	9:37	63.5%
268.	461	Sue TURLEY	Female V55+	Haverhill Running Club	01:36:20	01:35:51	83	5	9:37	62.7%
269.	443	Lucy STREET	Female V35	Unattached	01:36:24	00:59:42	84	22	9:38	52.3%
270.	216	Heidi HIBBETT	Female V35	Dunmow Runners	01:36:29	01:36:18	85	23	9:38	51.8%
271.	483	Hans-Jürgen	Male V55	Unattached	01:36:37	01:02:06	186	18	9:39	55.2%
272.	46	Shelley BENNETT	Female V50	Thame Runners	01:36:46	01:36:22	86	9	9:40	59.4%
273.	203	Simon HARKIN	Male V45	Unattached	01:36:51	01:36:38	187	36	9:41	49.1%
274.	254	Matt KERR	Male Senior	Unattached	01:36:52	01:00:16	188	59	9:41	45.4%
275.	363	Roger	Male V45	Unattached	01:37:07	01:36:34	189	37	9:42	50.2%
276.	294	Dominic	Male Senior	Felixstowe RRC	01:37:27	01:37:15	190	60	9:44	46.0%
277.	182	Daniel GOULD	Female V45	Felixstowe RRC	01:37:44	01:00:42	87	20	9:46	54.3%
278.	166	Justin FLETCHER	Female V35	Unattached	01:37:53	01:37:40	88	24	9:47	51.8%
279.	317	Emma NEEDHAM	Female V35	Unattached	01:37:55	01:37:35	89	25	9:47	51.3%
280.	272	Arabella	Female V55+	Felixstowe RRC	01:38:13	01:37:43	90	6	9:49	61.5%
281.	389	Alison SEVERY	Female Senior	Ipswich Jaffa RC	01:38:17	01:37:55	91	16	9:49	50.3%
282.	288	Larissa MAYHEW	Female V45	Unattached	01:38:21	01:37:59	92	21	9:50	56.4%
283.	90	Leonora	Female V45	Woodbridge Shufflers	01:38:27	01:37:58	93	22	9:50	55.0%
284.	19	Suzi ASHWORTH	Female V55+	Woodbridge Shufflers	01:38:29	01:37:59	94	7	9:50	61.3%
285.	212	Kate	Female V40	Woodbridge Shufflers	01:38:30	01:37:59	95	16	9:50	52.9%
286.	150	Christine EVANS	Female V40	Unattached	01:38:33	01:38:08	96	17	9:51	53.4%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
287.	276	Helen LORENZ	Female V40	Ipswich Jaffa RC	01:38:45	01:02:56	97	18	9:52	51.7%
288.	194	Deborah HALL	Female V55+	Unattached	01:38:49	01:38:27	98	8	9:52	61.1%
289.	307	Colleen MORGAN	Female V55+	Unattached	01:38:50	01:01:43	99	9	9:52	60.4%
290.	408	Misty SMITH	Female V35	Unattached	01:38:56	01:00:47	100	26	9:53	50.3%
291.	241	Richard JAQUES	Male V55	Unattached	01:38:57	01:00:51	191	19	9:53	53.4%
292.	187	Ruth GREGGOR	Female V55+	Unattached	01:38:58	01:38:18	101	10	9:53	60.3%
293.	168	Jo Lummis	Female V35	Unattached	01:39:13	01:38:47	102	27	9:55	50.2%
294.	107	Carl COLLINS	Male Senior	Unattached	01:39:16	01:02:40	192	61	9:55	44.3%
295.	103	Melissa COE	Female Senior	Unattached	01:39:16	01:38:48	103	17	9:55	49.7%
296.	102	Andrew COCKER	Male V55	Unattached	01:39:17	01:39:00	193	20	9:55	52.2%
297.	418	Carina	Female V35	Unattached	01:39:18	01:38:43	104	28	9:55	51.1%
298.	301	Sharron	Female V45	Unattached	01:39:21	01:38:51	105	23	9:56	55.1%
299.	71	Emma BROWN	Female V40	Unattached	01:39:23	01:01:02	106	19	9:56	52.5%
300.	407	Janette SMITH	Female V45	Unattached	01:39:23	01:39:12	107	24	9:56	55.8%
301.	146	Rebecca ELLUL	Female V35	Felixstowe RRC	01:39:23	01:39:07	108	29	9:56	50.3%
302.	112	Lee CORNWELL	Male V40	Unattached	01:39:25	01:39:05	194	40	9:56	46.3%
303.	151	Craig EVANS	Male Senior	Unattached	01:39:26	01:39:06	195	62	9:56	44.8%
304.	402	Helen SKINNER	Female V45	Unattached	01:39:26	01:39:06	109	25	9:56	53.4%
305.	136	Claire DOUGLAS	Female V35	Stowmarket Striders	01:39:27	01:01:11	110	30	9:56	51.0%
306.	425	Nadine	Female V40	Unattached	01:39:43	01:00:37	111	20	9:58	51.9%
307.	439	Nicola	Female V55+	Felixstowe RRC	01:39:50	01:39:31	112	11	9:58	62.9%
308.	398	Ian SILLETT	Male V60+	Felixstowe RRC	01:39:56	01:39:41	196	11	9:59	54.9%
309.	322	Simon NUNN	Male Senior	Unattached	01:40:05	01:39:30	197	63	10:00	43.9%
310.	319	Jonathan	Male V50	St Edmunds Pacers	01:40:10	01:02:57	198	27	10:00	50.4%
311.	472	Joe WARD	Male Senior	Unattached	01:40:20	01:39:43	199	64	10:01	43.9%
312.	410	Ray SMITH	Male V50	Unattached	01:40:36	01:40:24	200	28	10:03	49.8%
313.	58	Maxine BISHOP	Female V50	Unattached	01:40:51	01:40:31	113	10	10:05	56.3%
314.	320	Marc NIEPOLD	Male V55	Unattached	01:40:56	01:40:34	201	21	10:05	52.3%
315.	249	Anna KAWALEC	Female V35	Unattached	01:40:59	01:40:43	114	31	10:05	49.5%
316.	50	Hayley BERKEL	Female V45	Unattached	01:41:17	01:03:41	115	26	10:07	52.4%
317.	137	Lucy DRIVER	Female V35	Felixstowe RRC	01:41:22	01:41:07	116	32	10:08	49.1%
318.	291	Laura MELVILLE	Female V35	Unattached	01:41:26	01:41:01	117	33	10:08	49.1%
319.	390	Liz SEVERY	Female V55+	Unattached	01:41:29	01:41:08	118	12	10:08	61.9%
320.	149	Samantha EMMS	Female V35	Unattached	01:41:46	01:41:25	119	34	10:10	49.6%
321.	123	Sarah DAVIES	Female V55+	Unattached	01:41:50	01:03:37	120	13	10:10	60.1%
322.	54	Amanda BIRD	Female V45	Ipswich Jaffa RC	01:41:57	01:03:01	121	27	10:11	53.7%
323.	246	Jenny JOHNSON	Female V45	Unattached	01:42:05	01:03:28	122	28	10:12	53.7%
324.	234	Tracy	Female V55+	Stowmarket Striders	01:42:11	01:04:39	123	14	10:13	59.1%
325.	29	Laura BARROW	Female Senior	Unattached	01:42:14	01:41:57	124	18	10:13	48.6%
326.	441	Ian STOCKLEY	Male V50	Unattached	01:42:18	01:42:18	202	29	10:13	49.4%
327.	380	Karl SAVILL	Male V45	Unattached	01:42:22	01:42:22	203	38	10:14	47.2%
328.	161	Martyn FIRTH	Male Senior	Unattached	01:42:28	01:41:53	204	65	10:14	43.3%
329.	57	Darren BIRD	Male V45	Unattached	01:42:29	01:42:02	205	39	10:14	46.8%
330.	224	Adriana	Female Senior	Ipswich Jaffa RC	01:42:30	01:42:07	125	19	10:14	48.2%
331.	2	Kirsty ABERDEIN	Female V45	Unattached	01:42:32	01:42:15	126	29	10:15	52.8%
332.	169	Lydia FOY	Female V40	Unattached	01:42:44	01:42:27	127	21	10:16	51.2%
333.	36	Jon BEECH	Male V40	Unattached	01:42:44	01:42:26	206	41	10:16	44.8%
334.	179	Mandy GODBOLD	Female V50	Ipswich Harriers	01:43:00	01:42:45	128	11	10:17	55.1%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
335.	206	Deb HART	Female V50	Unattached	01:43:13	01:04:23	129	12	10:19	54.3%
336.	42	Tarra BENJAMIN	Female Senior	Unattached	01:43:14	01:04:20	130	20	10:19	47.8%
337.	135	Paul DORSET	Male V45	Felixstowe RRC	01:43:42	01:43:15	207	40	10:22	46.3%
338.	153	Sam FALOONA	Male Senior	Unattached	01:43:50	01:43:34	208	66	10:22	42.4%
339.	352	Liza PUTWAIN	Female V35	Stowmarket Striders	01:43:51	01:43:32	131	35	10:23	48.8%
340.	316	Joe NAUGHTON	Male V55	Stowmarket Striders	01:43:52	01:43:16	209	22	10:23	49.9%
341.	436	Paul STANTON	Male V40	Unattached	01:44:14	01:43:41	210	42	10:25	44.5%
342.	175	Ian GARSTANG	Male V40	Unattached	01:44:17	01:44:01	211	43	10:25	43.5%
343.	154	Carita FARTHING	Female V35	Felixstowe RRC	01:44:19	01:43:45	132	36	10:25	47.9%
344.	355	Lesley	Female V50	Unattached	01:44:40	01:06:19	133	13	10:27	54.2%
345.	129	Sarah DE-VAUX	Female Senior	Unattached	01:44:45	01:44:10	134	21	10:28	47.2%
346.	345	James PHILLIPS	Male V45	Unattached	01:44:48	01:44:14	212	41	10:28	45.8%
347.	475	Sarah WEBB	Female V40	Unattached	01:44:49	01:06:54	135	22	10:28	49.0%
348.	141	Gemma DUTTON	Female Senior	Unattached	01:45:08	01:44:41	136	22	10:30	46.9%
349.	48	Rosie BENNETT	Female Senior	Unattached	01:45:38	01:06:35	137	23	10:33	46.7%
350.	466	Kelly WADE	Female V35	Unattached	01:45:51	01:45:36	138	37	10:35	47.4%
351.	347	Joe PLANT	Male Senior	Unattached	01:45:54	01:45:26	213	67	10:35	41.8%
352.	195	Jordan HALL	Male Senior	Unattached	01:45:58	01:45:36	214	68	10:35	41.5%
353.	486	Alison	Female Senior	Unattached	01:46:08	01:45:54	139	24	10:36	46.7%
354.	25	Sarah BANHAM	Female Senior	Unattached	01:46:08	01:45:54	140	25	10:36	46.7%
355.	225	Hayley HOWARD	Female V40	Unattached	01:46:13	01:45:49	141	23	10:37	48.3%
356.	305	Pam MORGAN	Female V35	Framlingham Flyers	01:46:15	01:45:45	142	38	10:37	47.2%
357.	45	James BENNETT	Male V55	Thame Runners	01:46:33	01:46:08	215	23	10:39	48.2%
358.	209	Rachel HASTE	Female V45	Unattached	01:46:53	01:46:24	143	30	10:41	49.6%
359.	106	Jackie COLLINS	Female V55+	Felixstowe RRC	01:46:57	01:06:53	144	15	10:41	55.8%
360.	295	Lois	Female V45	Unattached	01:47:33	01:47:09	145	31	10:45	50.4%
361.	144	Susan ELLIS	Female V50	Unattached	01:47:54	01:07:41	146	14	10:47	52.6%
362.	313	Christopher	Male V45	Unattached	01:47:54	01:47:23	216	42	10:47	44.8%
363.	397	Lisa SHUMAKE	Female V40	Unattached	01:47:59	01:09:01	147	24	10:47	48.3%
364.	121	Piaskowski	Female V40	Unattached	01:48:05	01:47:29	148	25	10:48	47.5%
365.	496	Maureen WRIGHT	Female V55+	Ipswich Jaffa RC	01:48:09	01:07:31	149	16	10:48	71.5%
366.	100	Alison CLARKE	Female V55+	Great Bentley Running	01:48:12	01:47:38	150	17	10:49	63.2%
367.	469	Ellie WALKER	Female Senior	Unattached	01:48:57	01:48:28	151	26	10:53	45.3%
368.	489	Justine WISEMAN	Female V45	Saxmundham Sports	01:49:00	01:48:35	152	32	10:53	50.8%
369.	247	Mandy JOIRDAN	Female V45	Saxmundham Sports	01:49:21	01:09:16	153	33	10:56	49.5%
370.	174	Juliet GARNHAM	Female V45	Stowmarket Striders	01:49:51	01:07:13	154	34	10:59	48.3%
371.	456	Anna	Female V40	Unattached	01:50:01	01:49:21	155	26	11:00	47.8%
372.	391	Jacqui SEYMOUR	Female V45	Stowmarket Striders	01:50:22	01:09:24	156	35	11:02	49.6%
373.	24	Heidi BAKER	Female Senior	Unattached	01:50:32	01:50:03	157	27	11:03	44.6%
374.	119	Sue CURTIS	Female V55+	Unattached	01:50:39	01:09:17	158	18	11:03	57.6%
375.	399	Christopher	Male Senior	Unattached	01:50:39	01:09:42	217	69	11:03	39.7%
376.	33	Gareth BAXTER	Male Senior	Unattached	01:51:24	01:51:05	218	70	11:08	40.2%
377.	302	Jane MOON	Female V55+	Unattached	01:51:31	01:50:56	159	19	11:09	55.6%
378.	422	Tim SPARKES	Male V40	Stowmarket Striders	01:51:35	01:51:08	219	44	11:09	41.6%
379.	357	Catherine RENN	Female V35	Unattached	01:51:52	01:51:22	160	39	11:11	45.3%
380.	38	Dan	Male V45	Stowmarket Striders	01:52:01	01:09:18	220	43	11:12	42.1%
381.	304	Kara MOORE	Female V40	Stowmarket Striders	01:52:14	01:51:47	161	27	11:13	45.5%
382.	480	Angela WHITING	Female V55+	Stowmarket Striders	01:52:14	01:11:23	162	20	11:13	54.5%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
383.	445	Sue STYLES	Female V45	Unattached	01:52:38	01:52:05	163	36	11:15	47.6%
384.	152	Michelle	Female V50	Unattached	01:52:38	01:52:05	164	15	11:15	51.6%
385.	426	Carol SPURGEON	Female V50	Unattached	01:52:38	01:52:18	165	16	11:15	49.8%
386.	393	Sarah SHEEHAN	Female V40	Unattached	01:52:54	01:52:30	166	28	11:17	45.8%
387.	115	Rachel COX	Female V40	Unattached	01:53:06	01:52:36	167	29	11:18	45.4%
388.	493	Mark WOODS	Male V45	Unattached	01:53:06	01:12:01	221	44	11:18	43.1%
389.	419	Natalie	Female Senior	Unattached	01:53:47	01:53:15	168	28	11:22	43.3%
390.	148	Dave EMENY	Male Senior	Unattached	01:53:49	01:13:32	222	71	11:22	38.7%
391.	337	Cat PASCALL	Female Senior	Unattached	01:53:55	01:53:46	169	29	11:23	43.3%
392.	453	Roger TAYLOR	Male V40	Unattached	01:53:57	01:14:00	223	45	11:23	41.1%
393.	409	Paula SMITH	Female V45	Unattached	01:54:21	01:53:50	170	37	11:26	47.9%
394.	14	Paul ANDERSON	Male V50	Unattached	01:54:40	01:54:11	224	30	11:27	42.9%
395.	39	Dianne	Female V35	Unattached	01:54:55	01:54:27	171	40	11:29	44.1%
396.	383	James SCOTT	Male V55	Unattached	01:55:05	01:54:25	225	24	11:30	45.1%
397.	329	Justin OSTLER	Male V45	Felixstowe RRC	01:55:24	01:54:50	226	45	11:32	41.6%
398.	314	Clare MURRELL	Female Senior	Unattached	01:55:37	01:55:09	172	30	11:33	42.8%
399.	257	Esther KIEHL	Female V45	Unattached	01:55:40	01:54:59	173	38	11:34	46.8%
400.	11	Jacqueline	Female V50	Felixstowe RRC	01:55:41	01:55:01	174	17	11:34	49.7%
401.	447	Hollie	Female Senior	Felixstowe RRC	01:55:52	01:55:18	175	31	11:35	42.7%
402.	147	Daniela ELSTONE	Female V50	Felixstowe RRC	01:55:57	01:55:22	176	18	11:35	49.5%
403.	368	Chris ROSE	Male Senior	Unattached	01:55:58	01:55:27	227	72	11:35	38.8%
404.	253	Robert KEMP	Male Senior	Felixstowe RRC	01:56:14	01:55:40	228	73	11:37	38.0%
405.	185	Deborah GREEN	Female V50	Unattached	01:56:16	01:55:43	177	19	11:37	49.4%
406.	34	Naomi BAXTER	Female V40	Unattached	01:56:33	01:56:14	178	30	11:39	43.8%
407.	223	Rhonda HORNE	Female V40	Unattached	01:56:33	01:16:11	179	31	11:39	44.7%
408.	427	Kirsty	Female Senior	Unattached	01:57:22	01:56:58	180	32	11:44	42.2%
409.	95	Dirk CHRIST	Male V45	Unattached	01:59:00	01:58:22	229	46	11:53	40.6%
410.	416	Angela SOAMES	Female V40	Felixstowe RRC	01:59:00	01:14:09	181	32	11:53	44.2%
411.	96	Valeska CHRIST	Female V40	Unattached	01:59:00	01:58:22	182	33	11:53	43.8%
412.	167	Sue FOLEY	Female V55+	Running Colchester	01:59:12	01:58:30	183	21	11:55	50.0%
413.	361	Jan RISEBROW	Female V55+	Felixstowe RRC	01:59:13	01:58:37	184	22	11:55	50.0%
414.	93	Mandy CHINERY	Female V45	Unattached	01:59:33	01:58:58	185	39	11:57	45.8%
415.	73	Samantha	Female V50	Unattached	01:59:35	01:59:03	186	20	11:57	48.0%
416.	5	Zoe ADAMS	Female Senior	Unattached	02:00:14	01:17:54	187	33	12:01	41.0%
417.	280	Sophie	Female Senior	Unattached	02:00:26	02:00:10	188	34	12:02	40.9%
418.	3	Tamsin	Female V40	Unattached	02:00:26	01:19:43	189	34	12:02	42.9%
419.	270	Angie LEGGETT	Female V55+	Unattached	02:01:01	02:00:37	190	23	12:06	49.3%
420.	263	Lucinda	Female V40	Unattached	02:01:01	02:00:43	191	35	12:06	43.1%
421.	261	Paula LAMB	Female V35	Unattached	02:01:16	02:00:37	192	41	12:07	41.6%
422.	16	Danielle	Female V35	Unattached	02:01:38	02:00:58	193	42	12:09	41.5%
423.	63	Karen	Female V55+	Unattached	02:01:38	02:00:59	194	24	12:09	50.3%
424.	471	Michelle WALNE	Female V50	Unattached	02:02:36	01:20:12	195	21	12:15	48.0%
425.	251	Scott KEABLE	Male V40	Unattached	02:03:11	02:02:42	230	46	12:19	37.1%
426.	321	Clare NORTON	Female V45	Unattached	02:03:18	02:02:48	196	40	12:19	43.0%
427.	219	Sarah HODGE	Female V50	Unattached	02:03:18	02:02:47	197	22	12:19	47.2%
428.	473	Nicole WARNER	Female V45	Unattached	02:03:23	02:03:23	198	41	12:20	43.0%
429.	310	Elizabeth MORRIS	Female V55+	Unattached	02:03:24	02:02:44	199	25	12:20	51.6%
430.	406	Heather SMITH	Female V45	Unattached	02:03:40	02:03:00	200	42	12:21	44.8%

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
431.	330	June OVERETT	Female V55+	Unattached	02:03:50	02:03:17	201	26	12:22	52.9%
432.	130	Jo DICKINSON	Female V45	Felixstowe RRC	02:04:31	02:03:54	202	43	12:27	44.5%
433.	323	Deryck	Male V45	Unattached	02:04:43	02:04:24	231	47	12:28	38.8%
434.	1	Hannah ABBOTT	Female V35	Unattached	02:05:34	02:05:02	203	43	12:33	40.2%
435.	67	Doranne	Female V35	Unattached	02:06:19	02:06:12	204	44	12:37	39.9%
436.	370	Sharon RUSH	Female V45	Unattached	02:06:36	02:06:05	205	44	12:39	41.9%
437.	126	Beverley DE	Female V55+	Vegan Runners UK	02:07:45	02:07:05	206	27	12:46	55.9%
438.	134	Sarah DONOVAN	Female V50	Unattached	02:08:00	02:07:28	207	23	12:47	43.8%
439.	214	Claire	Female V40	Unattached	02:08:21	02:07:42	208	36	12:50	41.0%
440.	23	Jane BAILEY	Female V55+	Felixstowe RRC	02:09:27	02:08:52	209	28	12:56	51.3%
441.	273	Lo-Anne LEWIS	Female V40	Unattached	02:10:31	02:10:02	210	37	13:03	39.3%
442.	373	Helen SAAGI	Female V50	Unattached	02:10:33	02:10:04	211	24	13:03	44.5%
443.	222	Mary HOPE	Female V55+	Stowmarket Striders	02:11:33	02:11:08	212	29	13:09	51.2%
444.	142	Christine	Female Senior	Unattached	02:11:38	02:11:00	213	35	13:09	37.5%
445.	86	Gillian CARRON	Female V45	Unattached	02:11:38	02:11:07	214	45	13:09	41.1%
446.	9	Julie Cook	Female V50	Unattached	02:15:16	01:28:25	215	25	13:31	43.5%
447.	269	Jo LEEKS	Female V45	Unattached	02:17:51	02:17:19	216	46	13:47	39.3%
448.	193	Rachael HAGGER	Female V45	Unattached	02:24:20	02:23:41	217	47	14:25	37.1%
449.	205	Louise HARRIS	Female V40	Haverhill Running Club	02:24:55	02:24:13	218	38	14:29	36.3%
450.	250	Kim KEABLE	Female V40	Unattached	02:29:19	01:36:45	219	39	14:55	34.4%
451.	274	Alyson	Female V50	Felixstowe RRC	02:29:23	02:28:40	220	26	14:56	39.4%
452.	358	Zoila REYES	Female V55+	Felixstowe RRC	02:29:24	02:28:40	221	30	14:56	45.1%
DNF	255	Sacha KEWN	Male Senior	Unattached			-1	-1		
DNF	381	Paul SCHWER	Male V55	Felixstowe RRC			-1	-1		
DNF	434	Scott STALLEY	Male V40	Unattached			-1	-1		
DNF	467	Claire WALDEN	Female Senior	Unattached			-1	-1		
DNS	91	Steve CHAPMAN	Male V45	Stowmarket Striders			-1	-1		
DNS	92	Richard	Male V45	Framlingham Flyers			-1	-1		
DNS	99	Jo CLARK	Female V45	Unattached			-1	-1		
DNS	114	Ben COWLEY	Male Senior	Saxmundham Sports			-1	-1		
DNS	118	Mark CROMPTON	Male V50	Unattached			-1	-1		
DNS	125	Daniel DAY	Male Senior	Unattached			-1	-1		
DNS	139	Amanda DUNN	Female V40	Hadleigh Hares AC			-1	-1		
DNS	155	Lucinda FENDLEY	Female V35	Unattached			-1	-1		
DNS	165	Anthony FLEMING	Male V40	Unattached			-1	-1		
DNS	171	Mark FRISTON	Male V50	Woodbridge Shufflers			-1	-1		
DNS	173	Samantha	Female V50	Unattached			-1	-1		
DNS	191	Jason GUNN	Male Senior	Colchester Harriers AC			-1	-1		
DNS	201	Lucia HARDWICK	Female V40	Unattached			-1	-1		
DNS	231	Jayne HUDSON	Female V40	Unattached			-1	-1		
DNS	236	Sue HUNTER	Female V55+	Stowmarket Striders			-1	-1		
DNS	237	Kate HUTSON	Female V35	Ipswich Jaffa RC			-1	-1		
DNS	240	Sally JACOBS	Female V55+	Unattached			-1	-1		
DNS	281	Matt MAKIN	Male Senior	Felixstowe RRC			-1	-1		
DNS	283	David MARSH	Male V40	Stowmarket Striders			-1	-1		
DNS	284	Karen MARTIN	Female V35	Haverhill Running Club			-1	-1		
DNS	296	Cherie	Female V40	Unattached			-1	-1		
DNS	298	Rachael MILLER	Female Senior	Felixstowe RRC			-1	-1		

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Overall Results



Race Chip Timing

Pos	Bib	Name	AG	Club	GunTime	ChipTime	Gen	Cat	Pace	Grade
DNS	324	Heidi	Female V45	Unattached			-1	-1		
DNS	348	Keri POWELL	Male V45	Unattached			-1	-1		
DNS	349	Abby POWLETT	Female V40	Unattached			-1	-1		
DNS	350	Jess PRESTON	Female V35	Vegan Runners UK			-1	-1		
DNS	359	Karen	Female V45	Unattached			-1	-1		
DNS	376	Amanda	Female V45	Unattached			-1	-1		
DNS	377	Phil SARGEANT	Male V45	Unattached			-1	-1		
DNS	382	Melanie	Female Senior	Unattached			-1	-1		
DNS	392	Lucy SHEEHAN	Female V35	Felixstowe RRC			-1	-1		
DNS	394	Naomi	Female V45	Haverhill Running Club			-1	-1		
DNS	404	Alison SMITH	Female V35	Haverhill Running Club			-1	-1		
DNS	7	Tony ADOLPHUS	Male V60+	Ipswich Jaffa RC			-1	-1		
DNS	12	Richard ALLPORT	Male V55	Felixstowe RRC			-1	-1		
DNS	28	Nigel BARNES	Male V45	Vegan Runners UK			-1	-1		
DNS	47	Holly BENNETT	Female Senior	Unattached			-1	-1		
DNS	62	Katinka BOWES	Female V40	Unattached			-1	-1		
DNS	80	Charlotte BURKE	Female Senior	Unattached			-1	-1		
DNS	448	Hayley SWAIN	Female V45	Unattached			-1	-1		
DNS	468	Westley WALKER	Male V40	Haverhill Running Club			-1	-1		
DNS	479	Karen WHARFE	Female V45	Unattached			-1	-1		
DNS	485	James WILCOX	Male V45	Unattached			-1	-1		
DNS	494	James WORTON	Male Senior	Unattached			-1	-1		

Number of records: 500