

Suffolk County Cross Country Championships,

Sunday 5th January 2025

Overall Results

Plac	Bib Name	AG Club	GunTim	ChipTim	SCC	
U11 Girls						
1.	7	Rosie Coleman	West Suffolk AC	07:49	07:49	1
2.	6	Sienna Cozens	Saint Edmund Pacers	08:03	08:03	1
3.	5	Evie Clanford	Saint Edmund Pacers	08:12	08:12	1
4.	9	Erin Whiting	West Suffolk AC	08:23	08:23	0
5.	10	Sofia Dean	Woodbridge School	09:02	09:02	1
6.	4	Bella Bryant	Saint Edmund Pacers	09:38	09:38	1
7.	3	Grace Loomes	Ipswich Jaffa RC	10:01	10:01	1
8.	8	Edith Curtis	West Suffolk AC	10:11	10:11	0
9.	2	Emilia Wilson	Haverhill Running Club	10:19	10:19	1
DNF	1	Millie McNeill	Framlingham Flyers			1
U11 Boys						
1.	11	Finlay Weir	Colchester Harriers AC	07:11	07:11	1
2.	27	Grayson Law	West Suffolk AC	07:33	07:33	1
3.	22	James Beswick	Saint Edmund Pacers	07:39	07:39	1
4.	21	Ethan Ashwood	Saint Edmund Pacers	07:48	07:48	1
5.	29	Samuel Ward	Woodbridge School	07:49	07:49	1
6.	24	Kyan McNeill	Saint Edmund Pacers	07:54	07:54	1
7.	25	Austin Rolt	Saint Edmund Pacers	07:57	07:57	1
8.	28	Archie Hatch	Woodbridge School	08:04	08:04	1
9.	12	Charlie Firth	Framlingham Flyers	08:13	08:13	1
10.	18	Benjamin Squirrell	Ipswich Jaffa RC	08:29	08:29	1
11.	13	Harry Ling	Framlingham Flyers	08:30	08:30	0
12.	14	Will Munro-Dovaston	Haverhill Running Club	08:35	08:35	1
13.	20	Reuben Agius	Saint Edmund Pacers	09:11	09:11	1
14.	19	Oliver Hilton	Newmarket Joggers	09:16	09:16	1
15.	16	Oily Kelly	Ipswich Jaffa RC	10:01	10:01	1
DNF	15	Benjamin Hodson	Ipswich Jaffa RC			1
DNS	17	Isaac Maulden	Ipswich Jaffa RC			0
DNS	26	Arthur Taylor	Saint Edmund Pacers			1
U13 Girls						
1.	32	Sophie Bolton	Saint Edmund Pacers	11:00	11:00	1
2.	35	India Johnson	Saint Edmund Pacers	11:15	11:15	1
3.	38	Alexandra McVittie	Saint Edmund Pacers	11:27	11:27	1
4.	36	Ella Knight	Saint Edmund Pacers	11:36	11:36	1
5.	43	Chloe Berry	Woodbridge School	11:43	11:43	1
6.	41	Nisa May	West Suffolk AC	11:51	11:51	1
7.	30	Isla Roberts	Ipswich Jaffa RC	12:19	12:19	1
8.	46	Annabella Johnson	Woodbridge Shufflers RC	12:22	12:22	1
9.	39	Imogen McVittie	Saint Edmund Pacers	12:24	12:24	1
10.	37	Laila McNeill	Saint Edmund Pacers	12:29	12:29	1
11.	42	Ava Weathers	West Suffolk AC	12:34	12:34	1

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12.	33	India Bostock	Saint Edmund Pacers	12:37	12:37	1
13.	40	Beatrice Harpur-Davies	West Suffolk AC	12:43	12:43	1
14.	31	Elissia Bell	Saint Edmund Pacers	13:14	13:14	1
15.	44	Evie Brown	Woodbridge School	13:30	13:30	1
16.	34	Abbie Dockerill	Saint Edmund Pacers	13:56	13:56	1
DNF	45	Tatiana Hotham	Woodbridge School			1

U13 Boys

1.	62	Dexter Marshall	Woodbridge School	10:01	10:01	1
2.	48	Seth Bowman	Ipswich Jaffa RC	10:24	10:24	1
3.	49	Eli Bowman	Ipswich Jaffa RC	10:32	10:32	1
4.	64	Otis Ripman	Woodbridge School	10:50	10:50	1
5.	63	Alfie Ripman	Woodbridge School	10:52	10:52	1
6.	55	Matthew Blackwell	Saint Edmund Pacers	10:53	10:53	1
7.	57	Jack Seager	Saint Edmund Pacers	10:57	10:57	1
8.	60	Maddox Law	West Suffolk AC	10:59	10:59	1
9.	59	Charles Cass-Courtney	West Suffolk AC	11:19	11:19	1
10.	47	Rowan Weir	Colchester Harriers AC	11:30	11:30	1
11.	51	Christopher Sillik	Ipswich Jaffa RC	11:31	11:31	1
12.	58	Arthur Robinson	Thetford AC	12:13	12:13	1
13.	56	Bobbie Seager	Saint Edmund Pacers	12:37	12:37	0
14.	50	Kingsley Davies	Ipswich Jaffa RC	12:47	12:47	1
15.	52	Flynn Taylor	Ipswich Jaffa RC	12:48	12:48	1
16.	61	Olly Berry	Woodbridge School	13:29	13:29	1
17.	23	Reuben Mannion	Saint Edmund Pacers	13:45	13:45	0
18.	54	Sidney Astle	Saint Edmund Pacers	14:00	14:00	1
DNS	53	Rio Mcandrew	Newmarket Joggers			0
DNS	65	Josh Seaman	Woodbridge School			1

U15 Girls

1.	67	Alice Keen	Ipswich Harriers	14:08	14:08	1
2.	79	Erin Stewart	Saint Edmund Pacers	15:01	15:01	1
3.	77	Molly Smith	Saint Edmund Pacers	15:10	15:10	1
4.	80	Orla Taylor	Saint Edmund Pacers	15:26	15:26	1
5.	81	Isla Whiting	Saint Edmund Pacers	15:33	15:33	0
6.	82	Molly Murphy	West Suffolk AC	15:39	15:39	0
7.	76	Alice Oberholzer	Saint Edmund Pacers	15:51	15:51	1
8.	70	Ella Standing	Ipswich Harriers	16:16	16:16	0
9.	75	Lucy Murphy	Saint Edmund Pacers	16:28	16:28	1
10.	85	Grace Hotham	Woodbridge School	16:57	16:57	1
11.	78	Bethan Southwood	Saint Edmund Pacers	17:00	17:00	1
12.	83	Amelia Smith	West Suffolk AC	17:35	17:35	1
13.	66	Lilly Gavin	Ipswich Harriers	18:04	18:04	1
14.	84	Marina Evans Lombe	Woodbridge School	18:06	18:06	1
15.	74	Poppy Moore	Saint Edmund Pacers	18:19	18:19	1

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Plac	Bib	Name	AG Club	GunTim	ChipTim	SCC
16.	71	Phoebe West	Ipswich Harriers	18:56	18:56	1
17.	69	Lila Ochert	Ipswich Harriers	19:12	19:12	1
DNF	68	Harriet McCart	Ipswich Harriers			1
DNF	72	Victoria Yule	Ipswich Harriers			1
DNF	73	Romilly Adams	Saint Edmund Pacers			1

U15 Boys

1.	88	Mason Bramhald	Ipswich Harriers	13:35	13:35	1
2.	96	Digby Pearson	Saint Edmund Pacers	13:39	13:39	1
3.	86	Hayden Preston	Colchester Harriers AC	13:44	13:44	1
4.	91	Harvey Thomas	Newmarket Joggers	14:10	14:10	1
5.	90	Alfie Kelly	Ipswich Jaffa RC	14:17	14:17	1
6.	93	Hamish Dover	Saint Edmund Pacers	14:38	14:38	1
7.	95	Oliver Lambert	Saint Edmund Pacers	14:52	14:52	1
8.	89	Jack Davenport	Ipswich Harriers	15:29	15:29	1
9.	94	Oliver Lamas Nakagawa	Saint Edmund Pacers	15:42	15:42	0
10.	97	Elliot Yaxley	Saint Edmund Pacers	16:13	16:13	0
11.	87	Henry Allison-Hales	Framlingham Flyers	18:33	18:33	0
DNS	92	Riley Cozens	Saint Edmund Pacers			1

U17 Women

1.	109	Bella Taylor	Saint Edmund Pacers	18:37	18:37	1
2.	107	Isabel Moore	Saint Edmund Pacers	19:37	19:37	1
3.	106	Cerys Bithell	Newmarket Joggers	19:46	19:46	1
4.	100	Darcy Gladwell	Ipswich Harriers	19:56	19:56	1
5.	111	Alice Winstanley	Saint Edmund Pacers	20:05	20:05	1
6.	99	Lily Burton	Ipswich Harriers	20:12	20:12	1
7.	108	Ella Stewart	Saint Edmund Pacers	20:46	20:46	1
8.	101	Otilie Heather - Hayes	Ipswich Harriers	21:59	21:59	1
9.	105	Darcy Bowen	Ipswich Jaffa RC	22:03	22:03	1
10.	104	Elizabeth Yule	Ipswich Harriers	22:32	22:32	1
11.	98	Ella Denham	Colchester & Tendring AC	23:48	23:48	1
12.	113	Emily Peterson	West Suffolk AC	26:02	26:02	1
DNF	103	Beatrice Snowden	Ipswich Harriers			1
DNS	102	Lottie Hitchcock	Ipswich Harriers			1
DNS	110	Verity Valentine	Saint Edmund Pacers			1
DNS	112	Tilly Wooldridge	Saint Edmund Pacers			1

U20 Women

1.	115	Lauren Squirrell	Ipswich Harriers	25:48	25:48	1
DNF	116	Freya Hammond	West Suffolk AC			1
DNS	114	Libby Abbott	Ipswich Harriers			1

U17 Men

1.	136	Sebastian Melero	Saint Edmund Pacers	18:41	18:41	1
2.	133	Samuel Blackwell	Saint Edmund Pacers	19:10	19:10	1

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Plac	Bib Name	AG Club	GunTim	ChipTim	SCC
3.	119 Brandon Barber	Ipswich Harriers	19:26	19:26	1
4.	132 Angus Blackburn	Saint Edmund Pacers	19:28	19:28	1
5.	128 Connor Peck	Ipswich Jaffa RC	19:36	19:36	1
6.	141 Max Uttley	West Suffolk AC	19:46	19:46	1
7.	123 Flynn Kelly	Ipswich Harriers	21:09	21:09	1
8.	118 Stanley Peacher	Framlingham Flyers	21:20	21:20	1
9.	121 Thomas Davenport	Ipswich Harriers	21:27	21:27	1
10.	117 Caleb Lee	Colchester Harriers AC	21:27	21:27	0
11.	125 Archie Shaw	Ipswich Harriers	22:00	22:00	1
12.	122 Luke Gavin	Ipswich Harriers	22:12	22:12	1
13.	130 Hayden Phillips	Kesgrave Cruisers	22:29	22:29	1
14.	129 Matthew Peck	Ipswich Jaffa RC	23:43	23:43	1
15.	140 Harry Robinson	Thetford AC	24:14	24:14	1
16.	139 Tom Atwell	Stowmarket Striders RC	24:31	24:31	1
17.	138 Thomas Southwood	Saint Edmund Pacers	25:08	25:08	1
DNF	131 Rory King	Newmarket Joggers			1
DNF	135 Alfie Jeffery	Saint Edmund Pacers			1
DNS	120 Ronnie Baxter-Laud	Ipswich Harriers			1
DNS	124 Harry Read	Ipswich Harriers			1
DNS	126 Barney Wilkins	Ipswich Harriers			1
DNS	127 Jed Lawrence	Ipswich Jaffa RC			1
DNS	134 Roman Gambling	Saint Edmund Pacers			1
DNS	137 Archie Samways	Saint Edmund Pacers			1

Senior Men

1.	170 John Millar	Ipswich Harriers	30:20	30:20	1
2.	144 Michael Bartram	Cambridge & Coleridge AC	31:35	31:35	1
3.	206 Oliver Hitchcock	Saint Edmund Pacers	32:19	32:19	1
4.	178 Owen Rees	Ipswich Phoenix Running Club	33:10	33:10	1
5.	214 Steven Quecia-Smale	Saint Edmund Pacers	33:41	33:41	1
6.	217 Rowan Shearer	Saint Edmund Pacers	33:52	33:52	1
7.	186 Robert Dobson	M45 Newmarket Joggers	33:55	33:55	1
8.	165 Chay Hopkins	Haverhill Running Club	33:57	33:57	1
9.	213 James Peck	Saint Edmund Pacers	34:10	34:10	1
10.	180 Joey Bendall	Newmarket Joggers	34:19	34:19	1
11.	234 Stuart Haynes	M45 Woodbridge Shufflers RC	34:43	34:43	1
12.	148 Tony Gavin	M40 Felixstowe RRC	34:56	34:56	1
13.	221 James Wilson	Saxmundham Sports Running & Fitness	35:07	35:07	1
14.	193 Hugh Tawell	Newmarket Joggers	35:18	35:18	1
15.	215 Joe Robson	Saint Edmund Pacers	35:19	35:19	0
16.	162 Aden Bell	Hadleigh Hares AC	35:25	35:25	1
17.	189 Mark Hayward	M40 Newmarket Joggers	35:36	35:36	1
18.	154 Josh Harvey	Framlingham Flyers	36:20	36:20	1
19.	219 Scott Williams	Saint Edmund Pacers	36:41	36:41	1

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Plac	Bib	Name	AG Club	GunTim	ChipTim	SCC
20.	192	James Smith	M45 Newmarket Joggers	36:50	36:50	1
21.	176	Keith Tilley	M50 Ipswich Jaffa RC	36:58	36:58	1
22.	169	Nathan Laud	M45 Ipswich Harriers	37:11	37:11	1
23.	177	Paul Wain	Ipswich Jaffa RC	37:26	37:26	1
24.	218	Andrew Southwood	M45 Saint Edmund Pacers	37:38	37:38	1
25.	233	Tom Alexander	M45 Woodbridge Shufflers RC	38:36	38:36	1
26.	203	Mike Greener	M50 Saint Edmund Pacers	38:38	38:38	1
27.	205	Bill Hill	M50 Saint Edmund Pacers	38:58	38:58	1
28.	200	Aidan Elmore	Saint Edmund Pacers	39:05	39:05	1
29.	236	Keith Russell	M45 Woodbridge Shufflers RC	39:28	39:28	1
30.	237	Robert Stewart	Woodbridge Shufflers RC	39:52	39:52	1
31.	235	Jack Morrison	Woodbridge Shufflers RC	40:04	40:04	1
32.	229	Piotr Bulacz	M50 Sudbury Joggers	40:12	40:12	1
33.	211	Chris Mower	M45 Saint Edmund Pacers	40:17	40:17	1
34.	181	Jason Bevan	Newmarket Joggers	40:17	40:17	0
35.	172	Gavin Davies	M40 Ipswich Jaffa RC	41:13	41:13	1
36.	195	Robert Blackman	Saint Edmund Pacers	42:06	42:06	1
37.	142	John White	M60 Beccles & Bungay Harriers	42:06	42:06	1
38.	201	Hayden Forder	Saint Edmund Pacers	42:39	42:39	1
39.	199	Paul Dockerill	M45 Saint Edmund Pacers	42:57	42:57	1
40.	150	Richard Wold	M65 Felixstowe RRC	43:35	43:35	1
41.	227	Duncan Ng	Stowmarket Striders RC	43:53	43:53	1
42.	146	Ian Weir	M45 Colchester Harriers AC	44:05	44:05	1
43.	188	Stephen Edwards	M60 Newmarket Joggers	44:36	44:36	1
44.	202	Antony Green	M40 Saint Edmund Pacers	44:46	44:46	1
45.	156	Jim Mackenzie	M55 Framlingham Flyers	45:02	45:02	1
46.	198	Alex De-Moore	M40 Saint Edmund Pacers	45:08	45:08	1
47.	185	Richard Defries	M50 Newmarket Joggers	45:23	45:23	1
48.	191	Shane Mcandrew	Newmarket Joggers	45:29	45:29	0
49.	230	Ben Cuthbert	M45 Sudbury Joggers	45:31	45:31	1
50.	197	Ian Cunnington	M60 Saint Edmund Pacers	45:44	45:44	1
51.	207	Matt King	M50 Saint Edmund Pacers	45:53	45:53	1
52.	225	Andrew Long	M55 Stowmarket Striders RC	46:19	46:19	0
53.	238	Iain Taylor	M50 Woodbridge Shufflers RC	46:35	46:35	1
54.	232	Roger Ackerley	M65 Woodbridge Shufflers RC	46:48	46:48	1
55.	210	Robert Morgan	M65 Saint Edmund Pacers	47:24	47:24	1
56.	226	Piers Morgan	M55 Stowmarket Striders RC	47:44	47:44	1
57.	223	Peter Cleaves	Stowmarket Striders RC	47:58	47:58	1
58.	182	Neville Clarke	M70 Newmarket Joggers	48:14	48:14	1
59.	231	Mark Gibbons	M50 Sudbury Joggers	48:45	48:45	1
60.	212	Terry Nippress	M50 Saint Edmund Pacers	49:16	49:16	1
61.	224	Darin Geary	M50 Stowmarket Striders RC	49:52	49:52	1
62.	179	Pat Morgan	M70 Ipswich Triathlon Club	50:26	50:26	1
63.	239	Michael Ward	M50 Woodbridge Shufflers RC	50:41	50:41	1

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Plac	Bib Name	AG Club	GunTim	ChipTim	SCC
64.	168 Stephen Hicks	M65 Ipswich Harriers	50:45	50:45	1
65.	149 Tom Stephens	M55 Felixstowe RRC	50:51	50:51	1
66.	171 Mark Banham	M45 Ipswich Jaffa RC	51:11	51:11	1
67.	208 Mark Lewis	M50 Saint Edmund Pacers	51:19	51:19	1
68.	163 Ryan McNeill	M40 Hadleigh Hares AC	55:07	55:07	1
69.	152 Tim Cherrett	M60 Framlingham Flyers	1:01:10	1:01:10	1
70.	173 Ker Macrosson	M70 Ipswich Jaffa RC	1:09:49	1:09:49	1
DNF	228 Jon-Paul Broughton	M40 Sudbury Joggers			1
DNS	143 Seb Anthony	Cambridge & Coleridge AC			1
DNS	145 Patrick Hannah	Cambridge Triathlon Club			1
DNS	147 Dominic Bareham	M45 Felixstowe RRC			1
DNS	151 Lee Ali	M45 Framlingham Flyers			1
DNS	153 David Dinnage	M40 Framlingham Flyers			0
DNS	155 Jim Last	M45 Framlingham Flyers			1
DNS	157 Ricky Peacher	M45 Framlingham Flyers			1
DNS	158 John Rainbow	M45 Framlingham Flyers			1
DNS	159 Robert Rogers	Framlingham Flyers			1
DNS	160 Stewart Woods	Framlingham Flyers			1
DNS	161 Giles Abrey	M50 Hadleigh Hares AC			1
DNS	164 Matthew Bigley	M50 Haverhill Running Club			1
DNS	166 Rob Selleck	M50 Haverhill Running Club			1
DNS	167 Karl Feagan	M50 Ipswich Harriers			0
DNS	174 Tim Parnell	M55 Ipswich Jaffa RC			1
DNS	175 Dan Summersgill	M40 Ipswich Jaffa RC			1
DNS	183 Christopher Connett	M40 Newmarket Joggers			1
DNS	184 Oliver Daykin	Newmarket Joggers			1
DNS	187 Marc Drury	M50 Newmarket Joggers			1
DNS	190 Paul Holley	M55 Newmarket Joggers			1
DNS	194 Peter Bird	M50 Saint Edmund Pacers			1
DNS	196 Eamonn Coveney	M60 Saint Edmund Pacers			1
DNS	204 Tom Henson	Saint Edmund Pacers			1
DNS	209 Michael Mckinstry	M55 Saint Edmund Pacers			1
DNS	216 Steven Rue	M70 Saint Edmund Pacers			1
DNS	220 Harry Grimsey	Saxmundham Sports Running & Fitness			1
DNS	222 Richard Atwell	M50 Stowmarket Striders RC			1

Senior Women

1.	258 Holly Fisher	Ipswich Harriers	29:39	29:39	1
2.	260 Alice Heather - Hayes	F45 Ipswich Harriers	30:45	30:45	1
3.	264 Sara Bird	Ipswich Jaffa RC	30:57	30:57	1
4.	305 Lara Franklin	Unattached	31:23	31:23	1
5.	306 Rose Nicholson	Waveney Valley AC	31:33	31:33	1
6.	265 Laura Cason	Ipswich Jaffa RC	32:02	32:02	1
7.	286 Laura Blazey	F40 Saint Edmund Pacers	32:09	32:09	1

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Plac	Bib Name	AG Club	GunTim	ChipTim	SCC
8.	263 Katie Austin	F40 Ipswich Jaffa RC	32:22	32:22	1
9.	288 Gem Carter	Saint Edmund Pacers	32:47	32:47	0
10.	291 Cath Jeffery	F45 Saint Edmund Pacers	32:54	32:54	1
11.	293 Katie King	Saint Edmund Pacers	33:35	33:35	1
12.	240 Andrea James	BLC on the Run	33:49	33:49	1
13.	254 Anna O'Hare	Haverhill Running Club	34:00	34:00	1
14.	259 Valerie Gladwell	F45 Ipswich Harriers	34:24	34:24	1
15.	289 Emily Gooderham	Saint Edmund Pacers	34:51	34:51	1
16.	277 Carol Carter	F50 Newmarket Joggers	34:56	34:56	1
17.	256 Cassandra Badger	Ipswich Harriers	35:09	35:09	1
18.	278 Olivia Carter	Newmarket Joggers	35:13	35:13	1
19.	270 Anna Keeble	Ipswich Jaffa RC	35:18	35:18	1
20.	268 Georgia Humphreys	Ipswich Jaffa RC	35:26	35:26	1
21.	274 Davina Greenwell	F40 Ipswich Triathlon Club	35:40	35:40	1
22.	269 Val Jennings	F60 Ipswich Jaffa RC	36:14	36:14	1
23.	251 Victoria Tapp	Hadleigh Hares AC	36:39	36:39	1
24.	290 Isabel Hollands	Saint Edmund Pacers	37:33	37:33	1
25.	245 Victoria Gallantree	F50 Framlingham Flyers	37:38	37:38	1
26.	250 Eleanor Langridge	Hadleigh Hares AC	37:59	37:59	0
27.	272 Natasha Smith	Ipswich Jaffa RC	38:22	38:22	0
28.	297 Jenny Morgan	F65 Saint Edmund Pacers	38:41	38:41	1
29.	281 Elke Hausler	F60 Newmarket Joggers	38:51	38:51	1
30.	308 Helen Fayers	F45 Woodbridge Shufflers RC	39:03	39:03	1
31.	287 Claire Brown	F60 Saint Edmund Pacers	39:18	39:18	1
32.	276 Eleanor Bithell	F45 Newmarket Joggers	39:38	39:38	1
33.	298 Lara Pocock	Saint Edmund Pacers	40:08	40:08	0
34.	296 Maureen McCarthy	F60 Saint Edmund Pacers	40:28	40:28	1
35.	246 Emma Harwood	F50 Framlingham Flyers	40:37	40:37	1
36.	310 Amanda Smith	F45 Woodbridge Shufflers RC	41:05	41:05	1
37.	249 Nathalie Hooper	F55 Hadleigh Hares AC	41:53	41:53	1
38.	292 Laura Johnstone	Saint Edmund Pacers	42:49	42:49	1
39.	294 Faith Lewis	F50 Saint Edmund Pacers	42:58	42:58	1
40.	285 Helen Wass	F55 Newmarket Joggers	43:07	43:07	1
41.	248 Fiona Holland	F65 Hadleigh Hares AC	43:28	43:28	1
42.	271 Lisa Loomes	Ipswich Jaffa RC	43:58	43:58	1
43.	302 Ronnie Egan	F50 Stowmarket Striders RC	44:39	44:39	1
44.	284 Krystal Szerszon	Newmarket Joggers	45:08	45:08	0
45.	253 Jennie Buddington	F45 Haverhill Running Club	45:41	45:41	1
46.	303 Ruth Cowlin	F60 Sudbury Joggers	46:23	46:23	1
47.	244 Sarah Davies	F60 Framlingham Flyers	48:59	48:59	1
48.	275 Pam Morgan	F70 Ipswich Triathlon Club	50:25	50:25	1
49.	283 Sianie Painter	F55 Newmarket Joggers	50:33	50:33	1
50.	267 Julie Haselwood	F70 Ipswich Jaffa RC	50:49	50:49	1
51.	280 Pearl Fay	F65 Newmarket Joggers	57:27	57:27	1

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52.	304 Kathryn Ross	Sudbury Joggers	1:01:49	1:01:49	1
DNF	241 Holly Weir	F45 Colchester Harriers AC			1
DNF	257 Jasmine Cant	Ipswich Harriers			1
DNS	242 Laura Ali	F45 Framlingham Flyers			1
DNS	243 Angel Cherrett	F65 Framlingham Flyers			1
DNS	247 Annabel Shiroy-Thomas	F40 Framlingham Flyers			1
DNS	252 Elaine Turner	F40 Hadleigh Hares AC			1
DNS	255 Maria Reed	F60 Haverhill Running Club			1
DNS	261 Isobel Mitchell	Ipswich Harriers			1
DNS	262 Hannah Pettersson	Ipswich Harriers			1
DNS	266 Luz Chavez	Ipswich Jaffa RC			1
DNS	273 Rebecca Smith	Ipswich Jaffa RC			1
DNS	279 Angela Drury	F40 Newmarket Joggers			1
DNS	282 Lorraine King	F50 Newmarket Joggers			1
DNS	295 Katie Margarson	Saint Edmund Pacers			1
DNS	299 Odette Robson	F50 Saint Edmund Pacers			1
DNS	300 Jane Wall	F70 Saint Edmund Pacers			1
DNS	301 Joanna Beale	F45 Stowmarket Striders RC			1
DNS	307 Rebecca Morley	West Suffolk AC			0
DNS	309 Bethany Fradd de Bree	Woodbridge Shufflers RC			1

U20 Men

1.	317 Sidney Tilley	Ipswich Harriers	24:33	24:33	1
2.	318 Luca Gambling	Saint Edmund Pacers	24:41	24:41	1
3.	314 Max Fisher	Ipswich Harriers	25:31	25:31	1
4.	319 Will Hollands	Saint Edmund Pacers	26:01	26:01	1
5.	315 Iwan Fothergill	Ipswich Harriers	26:08	26:08	1
6.	320 Benjamin Peck	Saint Edmund Pacers	26:37	26:37	1
7.	313 Joshua Wigmore	Haverhill Running Club	27:22	27:22	1
8.	311 Sean Eales	Colchester Harriers AC	27:57	27:57	1
9.	312 Theo Gardiner	Colchester Harriers AC	28:52	28:52	1
10.	324 Ben Morgan	Stowmarket Striders RC	30:24	30:24	1
a.k.	321 Tom Taylor	Saint Edmund Pacers			1
a.k.	322 Archie Taylor	Saint Edmund Pacers			1
DNS	316 Ben Howlett	Ipswich Harriers			1
DNS	323 Jacob Trangmar	Saint Edmund Pacers			1

Number of records: 324