

RACE CHIP TIMING RESULTS

Year	Contest	Place	Bib	Name	AG	Club	Gun	Chip	Gen P	AG P	Pace	Grade
2019	Baldock 5k Rat Run	1.	188	Peter Clarke	Male V35	Unattached	18:42	18:40	1	1	3:44	72.8%
2019	Baldock 5k Rat Run	2.	79	Charlie GRAYSON	Male U17	Stevenage & North Herts AC	18:59	18:58	2	1	3:47	69.7%
2019	Baldock 5k Rat Run	3.	111	Simon MACE	Male V40	Unattached	19:15	19:12	3	1	3:50	72.8%
2019	Baldock 5k Rat Run	4.	167	Ollie SUMMERS	Male Senior	Unattached	20:15	20:12	4	1	4:02	64.1%
2019	Baldock 5k Rat Run	5.	42	Ian DATLEN	Male V45	North Herts Road Runners	20:16	20:13	5	1	4:03	71.2%
2019	Baldock 5k Rat Run	6.	85	Grant HARKNETT	Male Senior	Unattached	20:18	20:16	6	2	4:03	65.0%
2019	Baldock 5k Rat Run	7.	124	Philip MEAD	Male Senior	Ampthill & Flitwick Flyers Runni	20:21	20:17	7	3	4:04	64.6%
2019	Baldock 5k Rat Run	8.	25	Steven CARROD	Male V35	Unattached	20:51	20:48	8	2	4:10	63.9%
2019	Baldock 5k Rat Run	9.	84	Richard HARBON	Male V55	North Herts Road Runners	21:06	21:03	9	1	4:13	73.8%
2019	Baldock 5k Rat Run	10.	130	Dave MUNDY	Male V45	Unattached	21:26	21:22	10	2	4:17	67.3%
2019	Baldock 5k Rat Run	11.	13	Rhia BOTHA	Female Senior	North Herts Road Runners	21:26	21:22	1	1	4:17	69.0%
2019	Baldock 5k Rat Run	12.	8	Robin BERRY	Male V40	Unattached	21:35	21:32	11	2	4:18	64.4%
2019	Baldock 5k Rat Run	13.	20	Kevin BROWNE	Male V40	Unattached	21:38	21:34	12	3	4:19	65.2%
2019	Baldock 5k Rat Run	14.	123	Neil MCKIE	Male V35	Unattached	21:42	21:33	13	3	4:20	62.7%
2019	Baldock 5k Rat Run	15.	68	Charlotte GIBSON	Female V40	Unattached	21:47	21:45	2	1	4:21	70.0%
2019	Baldock 5k Rat Run	16.	141	Alastair PENMAN	Male Senior	Unattached	21:48	21:44	14	4	4:21	59.8%
2019	Baldock 5k Rat Run	17.	92	Paula HOLM	Female V40	North Herts Road Runners	21:58	21:54	3	2	4:23	69.0%
2019	Baldock 5k Rat Run	18.	43	Paul DAVIES	Male V40	Unattached	22:04	21:56	15	4	4:24	63.5%
2019	Baldock 5k Rat Run	19.	151	William REYNOLDS	Male U15	Unattached	22:09	22:06	16	1	4:25	61.8%
2019	Baldock 5k Rat Run	20.	29	Andrew COATES	Male V40	North Herts Road Runners	22:27	22:23	17	5	4:29	61.9%
2019	Baldock 5k Rat Run	21.	106	Sophie LESLIE	Female U15	Bedford & County Athletic Club	22:27	22:25	4	1	4:29	71.8%
2019	Baldock 5k Rat Run	22.	51	Daniel EDWARDS	Male Senior	Unattached	22:30	22:28	18	5	4:29	58.4%
2019	Baldock 5k Rat Run	23.	162	Harjit SINGH	Male V45	Unattached	22:47	22:44	19	3	4:33	64.2%
2019	Baldock 5k Rat Run	24.	18	Steve BRENTON	Male V35	North Herts Road Runners	22:51	22:43	20	4	4:34	59.1%
2019	Baldock 5k Rat Run	25.	30	Richard COFFEY	Male V50	Unattached	23:11	23:05	21	1	4:38	65.1%
2019	Baldock 5k Rat Run	26.	97	John KEMP	Male V45	Unattached	23:31	23:21	22	4	4:42	61.3%
2019	Baldock 5k Rat Run	27.	28	Dayle CLARKE	Male Senior	Unattached	23:33	23:25	23	6	4:42	55.1%
2019	Baldock 5k Rat Run	28.	5	Russell AYLOTT	Male V35	Unattached	23:35	23:28	24	5	4:42	56.5%
2019	Baldock 5k Rat Run	29.	146	Richard PRICE	Male V35	Unattached	23:35	23:33	25	6	4:42	56.9%
2019	Baldock 5k Rat Run	30.	175	Barbora UHRAKOVA	Female Senior	Stopsley Striders	23:55	23:50	5	2	4:46	62.0%
2019	Baldock 5k Rat Run	31.	67	Neil GEE	Male V50	Unattached	24:00	24:00	26	2	4:48	62.4%
2019	Baldock 5k Rat Run	32.	69	Stuart GIDDINGS	Male V40	Unattached	24:10	24:07	27	6	4:49	56.7%
2019	Baldock 5k Rat Run	33.	134	Lucy O'CONNOR	Female V55	North Herts Road Runners	24:21	24:15	6	1	4:52	74.3%
2019	Baldock 5k Rat Run	34.	110	Martin MACDONALD	Male V45	Unattached	24:25	24:16	28	5	4:52	59.5%
2019	Baldock 5k Rat Run	35.	148	Jonathan QUEST	Male V55	Unattached	24:35	24:23	29	2	4:54	64.4%
2019	Baldock 5k Rat Run	36.	31	Richard COLE	Male V40	Unattached	24:43	24:34	30	7	4:56	56.6%
2019	Baldock 5k Rat Run	37.	103	Emma KOPPE	Female V40	Unattached	24:48	24:44	7	3	4:57	61.9%
2019	Baldock 5k Rat Run	38.	125	Robert MEHEW	Male V35	Unattached	24:52	24:45	31	7	4:58	54.0%
2019	Baldock 5k Rat Run	39.	16	Stuart BRADFORD	Male V35	Unattached	25:01	24:55	32	8	5:00	54.4%
2019	Baldock 5k Rat Run	40.	165	Rikki STARR	Male V35	Unattached	25:15	25:06	33	9	5:02	52.5%
2019	Baldock 5k Rat Run	41.	35	Andrew COOPER	Male V45	North Herts Road Runners	25:27	25:16	34	6	5:05	57.1%
2019	Baldock 5k Rat Run	42.	62	Timothy GALLAGHER	Male V35	Unattached	25:41	25:34	35	10	5:08	53.0%
2019	Baldock 5k Rat Run	43.	72	Alan GORDON	Male V45	Unattached	25:51	25:40	36	7	5:10	55.0%
2019	Baldock 5k Rat Run	44.	47	Ann DIXON-DYER	Female Senior	Unattached	25:55	25:42	8	3	5:10	57.1%

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2019 Baldock 5k Rat Run	45.	199 Benjamin Shaw	Male Senior	Unattached	26:06	26:02	37	7	5:13	50.0%
2019 Baldock 5k Rat Run	46.	15 Enfys BRADFORD	Female V35	Unattached	26:07	26:02	9	1	5:13	57.3%
2019 Baldock 5k Rat Run	47.	40 Rachel CURTIS-KING	Female V40	Unattached	26:14	26:09	10	4	5:14	58.1%
2019 Baldock 5k Rat Run	48.	179 Dan WEBB	Male Senior	Unattached	26:50	26:38	38	8	5:21	48.8%
2019 Baldock 5k Rat Run	49.	89 Alan HAZLEHURST	Male V50	North Herts Road Runners	26:50	26:41	39	3	5:21	56.7%
2019 Baldock 5k Rat Run	50.	63 Harrison GALLAGHER	Male U13	Unattached	26:53	26:45	40	1	5:22	55.5%
2019 Baldock 5k Rat Run	51.	152 Matt ROBERTS	Male V40	Unattached	26:56	26:42	41	8	5:23	52.4%
2019 Baldock 5k Rat Run	52.	129 Natalie MOEY	Female Senior	Unattached	27:07	26:53	11	4	5:25	54.5%
2019 Baldock 5k Rat Run	53.	27 Sherryl CHATFIELD	Female V35	North Herts Road Runners	27:10	26:58	12	2	5:25	55.5%
2019 Baldock 5k Rat Run	54.	185 Charlie Robinson	Male V50	Unattached	27:17	27:05	42	4	5:27	54.9%
2019 Baldock 5k Rat Run	55.	178 David WALTERS	Male V40	Unattached	27:19	27:11	43	9	5:27	50.9%
2019 Baldock 5k Rat Run	56.	3 Mark ANDREWS	Male V35	Unattached	27:20	27:14	44	11	5:27	49.1%
2019 Baldock 5k Rat Run	57.	198 Ian SUTCLIFFE	Male V70+	North Herts Road Runners	27:20	27:12	45	1	5:27	67.4%
2019 Baldock 5k Rat Run	58.	1 Richard AINSCOUGH	Male Senior	Unattached	27:22	27:14	46	9	5:28	47.4%
2019 Baldock 5k Rat Run	59.	70 Max GIFFORD	Male Senior	Unattached	27:25	27:25	47	10	5:28	47.3%
2019 Baldock 5k Rat Run	60.	10 James BOAR	Male U11	Unattached	27:27	27:15	48	1	5:29	59.2%
2019 Baldock 5k Rat Run	61.	12 Daniel BOAR	Male U9	Unattached	27:27	27:16	49	1	5:29	66.6%
2019 Baldock 5k Rat Run	62.	142 Clare PETTS	Female V45	Amphill & Flitwick Flyers Runni	27:50	27:47	13	1	5:33	56.4%
2019 Baldock 5k Rat Run	63.	155 Matthew ROWLINSON	Male Senior	Unattached	27:57	27:40	50	11	5:35	46.8%
2019 Baldock 5k Rat Run	64.	128 Emily MILLETT-DEISEROTH	Female Senior	Unattached	27:58	27:48	14	5	5:35	52.8%
2019 Baldock 5k Rat Run	65.	192 Philipp Kennedy	Male V60	Unattached	27:59	27:48	51	1	5:35	57.5%
2019 Baldock 5k Rat Run	66.	135 Carla ONEIL	Female V40	Unattached	28:02	27:48	15	5	5:36	54.4%
2019 Baldock 5k Rat Run	67.	186 Jonathan Nasir	Male V40	Unattached	28:03	27:46	52	10	5:36	50.3%
2019 Baldock 5k Rat Run	68.	45 Ian DEVLIN	Male V35	Unattached	28:17	28:02	53	12	5:39	48.1%
2019 Baldock 5k Rat Run	69.	11 Chris BOAR	Male V40	Unattached	28:24	28:12	54	11	5:40	49.3%
2019 Baldock 5k Rat Run	70.	133 Edyta NIEDBALA	Female Senior	Unattached	28:49	28:38	16	6	5:45	51.3%
2019 Baldock 5k Rat Run	71.	2 Katie ANDREWS	Female V35	Unattached	28:50	28:44	17	3	5:45	51.8%
2019 Baldock 5k Rat Run	72.	36 Hannah CORNISH	Female V35	Unattached	28:58	28:48	18	4	5:47	51.6%
2019 Baldock 5k Rat Run	73.	109 Nikki LUFKIN	Female V35	Fairlands Valley Spartans	28:58	28:52	19	5	5:47	51.8%
2019 Baldock 5k Rat Run	74.	132 Paul MURDOCH	Male V45	Unattached	29:15	29:03	55	8	5:50	49.3%
2019 Baldock 5k Rat Run	75.	131 Antonia MUNN	Female V50	Stopsley Striders	29:23	29:16	20	1	5:52	58.1%
2019 Baldock 5k Rat Run	76.	163 Alan SKEWIS	Male V45	Unattached	29:24	29:11	56	9	5:52	49.4%
2019 Baldock 5k Rat Run	77.	48 Matthew DIXON-DYER	Male Senior	Unattached	29:25	29:12	57	12	5:52	44.6%
2019 Baldock 5k Rat Run	78.	54 Max FARMER	Male Senior	Unattached	29:28	29:17	58	13	5:53	44.0%
2019 Baldock 5k Rat Run	79.	100 Hannah KING	Female Senior	Unattached	29:33	29:17	21	7	5:54	49.9%
2019 Baldock 5k Rat Run	80.	150 Reuben REED	Male U9	Unattached	29:38	29:30	59	2	5:55	57.9%
2019 Baldock 5k Rat Run	81.	149 Julie REED	Female V35	Unattached	29:38	29:30	22	6	5:55	50.7%
2019 Baldock 5k Rat Run	82.	157 Claire RULTON	Female V40	Bedford Harriers AC	29:39	29:34	23	6	5:55	51.8%
2019 Baldock 5k Rat Run	83.	158 Ethan RULTON	Male U9	Unattached	29:40	29:35	60	3	5:55	66.3%
2019 Baldock 5k Rat Run	84.	7 Sarah BERRY	Female V35	Ware Joggers	29:49	29:35	24	7	5:57	50.0%
2019 Baldock 5k Rat Run	85.	115 Helen MARSON-SMITH	Female V35	North Herts Road Runners	29:56	29:51	25	8	5:59	50.4%
2019 Baldock 5k Rat Run	86.	116 Jolanta MATOGA	Female Senior	Unattached	30:08	29:57	26	8	6:01	49.0%
2019 Baldock 5k Rat Run	87.	187 Katie Golledge	Female V35	Unattached	30:11	29:59	27	9	6:02	50.0%
2019 Baldock 5k Rat Run	88.	46 Paul DIXON	Male V45	Unattached	30:26	30:16	61	10	6:05	47.7%
2019 Baldock 5k Rat Run	89.	173 Rosie TOMLINSON	Female Senior	Unattached	30:32	30:15	28	9	6:06	48.3%

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2019 Baldock 5k Rat Run	90.	136 Marzena PACHOLEK	Female Senior	Unattached	30:39	30:28	29	10	6:07	48.4%
2019 Baldock 5k Rat Run	91.	153 Tim ROBINSON	Male V50	Fairlands Valley Spartans	30:54	30:33	62	5	6:10	47.7%
2019 Baldock 5k Rat Run	92.	122 Laura MCKIE	Female V35	Unattached	31:15	31:01	30	10	6:14	48.0%
2019 Baldock 5k Rat Run	93.	137 Estelle PARKINS	Female Senior	Stopsley Striders	31:37	31:29	31	11	6:19	46.9%
2019 Baldock 5k Rat Run	94.	105 Sian LENNON-CHRIMES	Female V45	Unattached	31:45	31:42	32	2	6:20	49.9%
2019 Baldock 5k Rat Run	95.	194 Theo Milner	Male U9	Unattached	32:02	31:44	63	4	6:24	66.8%
2019 Baldock 5k Rat Run	96.	195 Helen Milner	Female V40	Unattached	32:03	31:45	33	7	6:24	47.6%
2019 Baldock 5k Rat Run	97.	22 Heidi CAMERON	Female Senior	Unattached	32:04	31:55	34	12	6:24	46.2%
2019 Baldock 5k Rat Run	98.	53 Ivan EVERSLEY	Male V55	Unattached	32:09	31:51	64	3	6:25	48.1%
2019 Baldock 5k Rat Run	99.	44 Ron DEISEROTH	Male V60	Unattached	32:11	31:56	65	2	6:26	49.6%
2019 Baldock 5k Rat Run	100.	119 Paul MCCREATH	Male V45	Unattached	32:12	31:56	66	11	6:26	44.8%
2019 Baldock 5k Rat Run	101.	38 Karen CUBBAGE	Female V35	Unattached	32:15	32:11	35	11	6:26	46.3%
2019 Baldock 5k Rat Run	102.	121 Elizabeth MCGINLEY	Female V70+	Stopsley Striders	32:23	32:13	36	1	6:28	68.0%
2019 Baldock 5k Rat Run	103.	4 Jodie ARMITAGE	Female V45	Unattached	32:24	32:06	37	3	6:28	49.4%
2019 Baldock 5k Rat Run	104.	196 Josiah Reed	Male U13	Unattached	32:29	32:22	67	2	6:29	45.9%
2019 Baldock 5k Rat Run	105.	197 Scott Reed	Male V40	Unattached	32:30	32:22	68	12	6:29	42.7%
2019 Baldock 5k Rat Run	106.	102 Wendy KNIGHT	Female V55	Unattached	32:38	32:23	38	2	6:31	54.1%
2019 Baldock 5k Rat Run	107.	189 Karen Eversley	Female V45	Unattached	32:41	32:25	39	4	6:32	50.0%
2019 Baldock 5k Rat Run	108.	96 Brian JUDKINS	Male V60	North Herts Road Runners	32:49	32:36	69	3	6:33	50.3%
2019 Baldock 5k Rat Run	109.	140 Henry PEDERSEN	Male U9	Unattached	32:51	32:40	70	5	6:34	59.8%
2019 Baldock 5k Rat Run	110.	191 Sarah Chapman	Female V55	Unattached	33:07	32:57	40	3	6:37	53.4%
2019 Baldock 5k Rat Run	111.	114 Walli MARR	Male V65	Unattached	33:10	32:53	71	1	6:37	50.2%
2019 Baldock 5k Rat Run	112.	138 Julie PEDERSEN	Female V40	Unattached	33:12	33:01	41	8	6:38	46.9%
2019 Baldock 5k Rat Run	113.	139 Alfred PEDERSEN	Male U11	Unattached	33:12	33:02	72	2	6:38	49.0%
2019 Baldock 5k Rat Run	114.	180 Richard WHITING	Male V65	Herts Phoenix	33:14	32:54	73	2	6:38	51.4%
2019 Baldock 5k Rat Run	115.	21 Sally BUTTERFIELD	Female V45	Unattached	33:23	33:04	42	5	6:40	48.9%
2019 Baldock 5k Rat Run	116.	112 Paul MAKIN	Male V40	Unattached	33:29	33:11	74	13	6:41	41.5%
2019 Baldock 5k Rat Run	117.	159 Andy SCAPLEHORN	Male V50	Unattached	33:36	33:25	75	6	6:43	43.9%
2019 Baldock 5k Rat Run	118.	176 Lisa WALLACE	Female V45	Unattached	33:44	33:31	43	6	6:44	47.9%
2019 Baldock 5k Rat Run	119.	64 Claire GALLEGO	Female V40	Unattached	33:47	33:35	44	9	6:45	46.1%
2019 Baldock 5k Rat Run	120.	118 Tracey MCCREATH	Female V45	Unattached	33:49	33:34	45	7	6:45	47.8%
2019 Baldock 5k Rat Run	121.	14 Mike BOYCE	Male V45	Unattached	33:57	33:50	76	12	6:47	42.8%
2019 Baldock 5k Rat Run	122.	82 Rachel HANCOCK	Female V45	Unattached	33:57	33:39	46	8	6:47	46.7%
2019 Baldock 5k Rat Run	123.	101 Geraldine KITCHENER	Female V45	Unattached	33:57	33:50	47	9	6:47	48.1%
2019 Baldock 5k Rat Run	124.	71 David GOODIER	Male V40	Unattached	34:07	33:48	77	14	6:49	40.7%
2019 Baldock 5k Rat Run	125.	98 Dawn KEVEREN	Female V45	Stopsley Striders	34:10	34:01	48	10	6:49	46.4%
2019 Baldock 5k Rat Run	126.	26 Aisha CENTALA	Female V35	Unattached	34:17	34:05	49	12	6:51	44.0%
2019 Baldock 5k Rat Run	127.	177 Sybil WALLACE	Female V60	Unattached	34:28	34:13	50	1	6:53	56.5%
2019 Baldock 5k Rat Run	128.	120 Tracy MCDONALD	Female V45	Stopsley Striders	34:30	34:21	51	11	6:53	47.3%
2019 Baldock 5k Rat Run	129.	55 Olivia FINUCANE	Female V40	Unattached	34:50	34:39	52	10	6:57	43.8%
2019 Baldock 5k Rat Run	130.	75 Helen GOVEY	Female V40	North Herts Road Runners	34:51	34:36	53	11	6:58	44.3%
2019 Baldock 5k Rat Run	131.	74 Megan GOVEY	Female U11	Stevenage & North Herts AC	34:52	34:36	54	1	6:58	49.8%
2019 Baldock 5k Rat Run	132.	156 Alan ROWLINSON	Male V40	Unattached	34:55	34:38	78	15	6:58	39.5%
2019 Baldock 5k Rat Run	133.	49 Bridget DRIMUSSIS	Female V55	Unattached	35:04	34:55	55	4	7:00	51.0%
2019 Baldock 5k Rat Run	134.	190 Sapphire Eversley	Female Junior	Unattached	35:50	35:33	56	1	7:09	41.3%

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2019 Baldock 5k Rat Run	135.	193 Alina Besanidou	Female Senior	Unattached	35:52	35:46	57	13	7:10	41.2%
2019 Baldock 5k Rat Run	136.	172 Sylvia THOMAS	Female V55	Stopsley Striders	36:22	36:02	58	5	7:16	50.3%
2019 Baldock 5k Rat Run	137.	56 Tricia FORDE	Female V60	Unattached	36:24	36:04	59	2	7:16	51.5%
2019 Baldock 5k Rat Run	138.	183 Claire WOOD	Female V40	Unattached	36:33	36:16	60	12	7:18	41.7%
2019 Baldock 5k Rat Run	139.	80 Callum GREEN	Male Senior	Unattached	36:46	36:30	79	14	7:21	35.3%
2019 Baldock 5k Rat Run	140.	174 Shanika TROTMAN	Female Senior	Unattached	37:01	36:46	61	14	7:24	39.8%
2019 Baldock 5k Rat Run	141.	144 Esme PHILLIPS	Female U15	Unattached	37:10	36:55	62	2	7:25	42.5%
2019 Baldock 5k Rat Run	142.	143 Tina PHILLIPS	Female V45	Unattached	37:13	36:58	63	12	7:26	42.2%
2019 Baldock 5k Rat Run	143.	147 Vicki PROWLE	Female V40	Unattached	37:13	36:55	64	13	7:26	41.8%
2019 Baldock 5k Rat Run	144.	184 Hayley YATES	Female Senior	Unattached	37:15	37:02	65	15	7:27	39.7%
2019 Baldock 5k Rat Run	145.	127 Jane MILLETT	Female V55	Unattached	38:22	38:07	66	6	7:40	47.1%
2019 Baldock 5k Rat Run	146.	104 Isabel KUCUK	Female V50	Ware Joggers	39:27	39:14	67	2	7:53	42.8%
2019 Baldock 5k Rat Run	147.	32 Sarah CONKAY	Female V50	Unattached	39:29	39:15	68	3	7:53	42.3%
2019 Baldock 5k Rat Run	148.	94 Kelly JEFFREY	Female Senior	Unattached	39:47	39:27	69	16	7:57	37.1%
2019 Baldock 5k Rat Run	149.	6 Cathy BARTON	Female V45	Unattached	40:11	40:04	70	13	8:02	40.6%
2019 Baldock 5k Rat Run	150.	117 Ian MCBRIDE	Male V50	Unattached	40:11	40:04	80	7	8:02	36.7%
2019 Baldock 5k Rat Run	151.	60 Felicity FRENCH	Female U9	Unattached	40:49	40:28	71	1	8:09	49.2%
2019 Baldock 5k Rat Run	152.	57 Kate FRENCH	Female V35	Unattached	40:49	40:28	72	13	8:09	36.9%
2019 Baldock 5k Rat Run	153.	95 Christopher JOHANSEN	Male V40	Unattached	42:04	41:45	81	16	8:24	33.0%
2019 Baldock 5k Rat Run	154.	113 Lionel MANN	Male V70+	Ampthill & Flitwick Flyers Runni	44:09	43:55	82	2	8:49	44.9%
2019 Baldock 5k Rat Run	155.	99 Charlotte KING	Female Senior	Unattached	44:37	44:18	73	17	8:55	33.1%
2019 Baldock 5k Rat Run	156.	166 Helen STONE	Female V65	Unattached	44:56	44:48	74	1	8:59	45.1%
2019 Baldock 5k Rat Run	157.	61 Stanley FRENCH	Male U9	Unattached	46:54	46:32	83	6	9:22	0.0%
2019 Baldock 5k Rat Run	158.	59 Sophie FRENCH	Female U9	Unattached	46:54	46:33	75	2	9:22	39.5%
2019 Baldock 5k Rat Run	159.	58 Andrew FRENCH	Male V35	Unattached	46:55	46:34	84	13	9:22	28.8%
2019 Baldock 5k Rat Run	160.	93 Kylie HUSE	Female Senior	Unattached	49:34	49:28	76	18	9:54	29.8%
2019 Baldock 5k Rat Run	DNS	181 Abby WILSHER	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	41 Aidan DALY	Male V35	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	182 Alex WINDSOR	Male Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	76 Alexander GRAVES	Male Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	66 Alexandra GATES	Female Senior	Stevenage & North Herts AC			-1	-1		
2019 Baldock 5k Rat Run	DNS	50 Andrea EDWARDA	Female V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	9 Andrew BLANCHARD	Male V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	88 Becca HAYDEN	Female Senior	Garden City Runners			-1	-1		
2019 Baldock 5k Rat Run	DNS	33 Cath CONNOLLY	Female V50	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	78 Chloe GRAY	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	65 Claire GAMBRELL	Female V40	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	154 Craig ROWAND	Male V50	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	170 David TALMADGE	Male V40	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	145 Egle PIVORIUNIENE	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	126 Ella MILLAR COOK	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	164 Graham STAPLETON	Male V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	91 Ivan HOLM	Male V40	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	37 Jacqui COSTELLO	Female V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	108 Jennifer LOMAS	Female V35	Unattached			-1	-1		

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2019 Baldock 5k Rat Run	DNS	161 Jessica SHERINGHAM	Female V40	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	52 Joanne EVANS	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	19 Joe BRIGHAM	Male V35	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	86 John HARRIS	Male V55	Fairlands Valley Spartans			-1	-1		
2019 Baldock 5k Rat Run	DNS	83 Kelly HANLON	Female V45	North Herts Road Runners			-1	-1		
2019 Baldock 5k Rat Run	DNS	81 Lewis GREEN	Male V35	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	73 Lindsay GOULD	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	77 Lisa GRAY	Female V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	24 Lucy CANNING	Female Senior	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	87 Lynn HARRIS	Female V50	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	90 Mark HOLGATE	Male V35	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	169 Michelle SUTTON	Female V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	39 Monica CULLIN	Female V70+	North Herts Road Runners			-1	-1		
2019 Baldock 5k Rat Run	DNS	171 Name TBA	Female V55	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	160 Phillida SHAW	Female V70+	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	23 Rachel CANNING	Female V45	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	107 Renee LIBUTTI	Female V50	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	34 Sharon COOPER	Female V55	Unattached			-1	-1		
2019 Baldock 5k Rat Run	DNS	17 Steven BRAZIER	Male V50	Unattached			-1	-1		
2019 Centenary Circle 20m	1.	15 Colin Harper	Male 55-59	LBRR	02:40:57	02:40:55	1	1	8:02	61.7%
2019 Centenary Circle 20m	2.	12 Mark Greensides	Male 35-39	Unattached	02:54:54	02:54:53	2	1	8:44	49.5%
2019 Centenary Circle 20m	3.	26 James Lightbown	Male 35-39	Unattached	02:56:32	02:56:24	3	2	8:49	48.8%
2019 Centenary Circle 20m	4.	4 Terry Brewster	Male 40-44	LBRR	02:56:39	02:56:32	4	1	8:49	50.7%
2019 Centenary Circle 20m	5.	13 Robert Haldane	Male 60-64	LBRR	03:00:53	03:00:49	5	1	9:02	57.5%
2019 Centenary Circle 20m	6.	10 Kevin Gard	Male 45-49	Mid Essex Casuals	03:01:05	03:00:56	6	1	9:03	51.1%
2019 Centenary Circle 20m	7.	21 Martin Howlett	Male 40-44	Castle Point Joggers	03:01:49	03:01:48	7	2	9:05	48.1%
2019 Centenary Circle 20m	8.	47 Paul Wilks	Male 40-44	Unattached	03:06:41	03:06:33	8	3	9:20	46.9%
2019 Centenary Circle 20m	9.	8 Tim Fenn	Male 40-44	Halstead Road Runners	03:10:20	03:10:19	9	4	9:30	46.3%
2019 Centenary Circle 20m	10.	5 Kate Dale	Female 30-34	Unattached	03:11:35	03:11:34	1	1	9:34	49.4%
2019 Centenary Circle 20m	11.	9 Robert Frost	Male 30-34	Halstead Road Runners	03:12:36	03:12:34	10	1	9:37	44.3%
2019 Centenary Circle 20m	12.	50 Neil Churchill	Male 50-54	Unattached	03:25:50	03:25:45	11	1	10:17	46.9%
2019 Centenary Circle 20m	13.	30 Gerry McGovern	Male 60-64	LBRR	03:25:51	03:25:45	12	2	10:17	51.5%
2019 Centenary Circle 20m	14.	20 Matthew Hayes	Male 30-34	LBRR	03:26:07	03:26:02	13	2	10:18	41.4%
2019 Centenary Circle 20m	15.	17 Kerry Harrington	Female 40-44	Grange Farm & Dunmow	03:26:25	03:26:24	2	1	10:19	48.1%
2019 Centenary Circle 20m	16.	33 Lee Prowse	Male 55-59	Grange Farm & Dunmow	03:26:29	03:26:28	14	2	10:19	48.5%
2019 Centenary Circle 20m	17.	24 Catherine Johnson	Female 50-54	Running Colchester	03:30:42	03:30:39	3	1	10:32	52.0%
2019 Centenary Circle 20m	18.	45 Jackie Stretton	Female 30-34	Unattached	03:32:56	03:32:52	4	2	10:38	44.3%
2019 Centenary Circle 20m	19.	2 Iain Amis	Male 40-44	Unattached	03:33:27	03:33:25	15	5	10:40	42.3%
2019 Centenary Circle 20m	20.	35 Sandi Robinson-Miller	Female 50-54	Halstead Road Runners	03:35:45	03:35:38	5	2	10:47	50.8%
2019 Centenary Circle 20m	21.	46 Adam U'Glow Jones	Male 40-44	Unattached	03:39:42	03:39:37	16	6	10:59	40.7%
2019 Centenary Circle 20m	22.	49 Paula Shrimpton	Female 50-54	Unattached	03:39:45	03:39:41	6	3	10:59	48.6%
2019 Centenary Circle 20m	23.	39 Timea Toth	Female 30-34	LBRR	03:40:21	03:40:17	7	3	11:01	43.0%
2019 Centenary Circle 20m	24.	38 Samantha Tophill	Female 50-54	Team Trident	03:40:33	03:40:29	8	4	11:01	50.3%
2019 Centenary Circle 20m	25.	3 Dominique Brazier	Female 35-39	LBRR	03:40:38	03:40:35	9	1	11:01	43.5%
2019 Centenary Circle 20m	26.	48 Barbara Alexander	Female 35-39	Unattached	03:40:38	03:40:34	10	2	11:01	43.5%

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2019 Centenary Circle 20m	27.	16 Sharon Harper	Female 50-54	LBRR	03:40:39	03:40:34	11	5	11:01	49.0%
2019 Centenary Circle 20m	28.	19 Simon Hawkins	Male 40-44	Unattached	03:43:13	03:43:03	17	7	11:09	40.4%
2019 Centenary Circle 20m	29.	18 Lynsey Hawkins	Female 40-44	Braintree & DistrictAC	03:43:13	03:43:03	12	2	11:09	44.4%
2019 Centenary Circle 20m	30.	41 Keith Walker	Male 70+	Billericay Striders	03:48:10	03:48:02	18	1	11:24	50.9%
2019 Centenary Circle 20m	31.	40 Richard Wager	Male 40-44	Unattached	03:49:08	03:49:04	19	8	11:27	38.7%
2019 Centenary Circle 20m	32.	29 Richard McEnery	Male 45-49	Mid Essex Casuals	03:50:40	03:50:31	20	2	11:31	40.5%
2019 Centenary Circle 20m	33.	1 Joey Altomonte	Male 30-34	Unattached	03:51:36	03:51:34	21	3	11:34	36.8%
2019 Centenary Circle 20m	34.	6 Lisa Dalton	Female 50-54	TRISudbury	04:19:54	04:19:51	13	6	12:59	41.1%
2019 Centenary Circle 20m	35.	44 Gin Lawson	Female 50-54	100 Marathon Club	04:19:56	04:19:53	14	7	12:59	42.1%
2019 Centenary Circle 20m	36.	27 Laura Marfleet		Unattached	04:20:48	04:20:43	15	1	13:02	0.0%
2019 Centenary Circle 20m	37.	42 Andrew Wilmot	Male 70+	Halstead Road Runners	04:20:48	04:20:42	22	2	13:02	46.4%
2019 Centenary Circle 20m	38.	22 Colin Jackson	Male 60-64	Grange Farm & Dunmow	04:30:27	04:30:19	23	3	13:31	38.4%
2019 Centenary Circle 20m	39.	23 Glenda Jackson	Female 55-59	Grange Farm & Dunmow	04:30:27	04:30:19	16	1	13:31	44.4%
2019 Centenary Circle 20m	40.	32 Lorraine Pretty	Female 50-54	Unattached	04:38:33	04:38:27	17	8	13:55	39.3%
2019 Centenary Circle 20m	41.	37 Keith Thorogood	Male 60-64	Halstead Road Runners	04:38:34	04:38:29	24	4	13:55	38.8%
2019 Centenary Circle 20m	42.	7 Nic Edwards	Female 45-49	Unattached	04:41:15	04:41:12	18	1	14:03	36.6%
2019 Centenary Circle 20m	43.	25 Ian Lennard	Male 40-44	Takeley Running Group	04:41:16	04:41:13	25	9	14:03	31.8%
2019 Centenary Circle 20m	44.	11 Adrian Gasser	Male 55-59	Halstead Road Runners	04:41:52	04:41:44	26	3	14:05	36.2%
2019 Centenary Circle 20m	45.	43 John Warne	Male 65-69	Halstead Road Runners	04:42:52	04:42:43	27	1	14:08	39.0%
2019 Centenary Circle 20m	46.	51 Anneli Ostler	Female 35-39	Felixstowe Road Runners	04:58:24	04:58:17	19	3	14:55	32.0%
2019 Centenary Circle 20m	47.	31 Helen Pepper	Female 40-44	Unattached	05:27:51	05:27:42	20	3	16:23	30.5%
2019 Centenary Circle 20m	48.	34 Steve Roberts	Male 35-39	Sudbury Joggers	05:37:13	05:37:03	28	3	16:51	25.6%
2019 Centenary Circle 20m	DNF	28 Charlotte May	Female 35-39	Halstead Road Runners			-1	-1		
2019 Centenary Circle 20m	DNF	14 Sarah Halls-Hutchings	Female 30-34	Trail Runners Association			-1	-1		
2019 Centenary Circle 20m	DNF	36 Sharina Taylor	Female 40-44	The Dengie 100			-1	-1		
2019 Richard Bennett Coastal 10m	1.	364 Danny ROCK	Male Senior	Felixstowe RRC	00:53:46	00:53:45	1	1	5:22	83.0%
2019 Richard Bennett Coastal 10m	2.	176 Tony GAVIN	Male Senior	Felixstowe RRC	00:57:44	00:57:54	2	2	5:46	76.9%
2019 Richard Bennett Coastal 10m	3.	460 Benjamin TURLEY	Male Senior	Ipswich Jaffa RC	00:58:08	00:58:07	3	3	5:48	76.7%
2019 Richard Bennett Coastal 10m	4.	170 Matthew FRIEND	Male Senior	Harwich Runners	00:58:16	00:58:15	4	4	5:49	75.5%
2019 Richard Bennett Coastal 10m	5.	230 Adam HOWLETT	Male V45	Framlingham Flyers	00:59:01	00:59:28	5	1	5:54	82.0%
2019 Richard Bennett Coastal 10m	6.	488 Scott WILLIAMS	Male Senior	Stowmarket Striders Running Clu	00:59:57	00:59:51	6	5	5:59	73.4%
2019 Richard Bennett Coastal 10m	7.	177 Jon GLANFIELD	Male Senior	Felixstowe RRC	01:00:43	01:00:41	7	6	6:04	73.2%
2019 Richard Bennett Coastal 10m	8.	454 Laura THOMAS	Female Senior	Ipswich Jaffa RC	01:00:44	01:00:43	1	1	6:04	81.2%
2019 Richard Bennett Coastal 10m	9.	113 Aidan COUGHLAN	Male Senior	Vegan Runners UK	01:00:53	01:00:52	8	7	6:05	73.2%
2019 Richard Bennett Coastal 10m	10.	267 Chris LEEK	Male V40	Framlingham Flyers	01:01:08	01:01:05	9	1	6:06	76.6%
2019 Richard Bennett Coastal 10m	11.	450 Gary TAYLOR	Male Senior	Felixstowe RRC	01:02:19	00:58:02	10	8	6:13	70.8%
2019 Richard Bennett Coastal 10m	12.	40 James BELL	Male V50	Leighton Buzzard Athletic Club	01:02:27	01:02:25	11	1	6:14	78.8%
2019 Richard Bennett Coastal 10m	13.	341 Kevin PEIRCE	Male V40	Ipswich Harriers	01:02:46	01:02:45	12	2	6:16	74.6%
2019 Richard Bennett Coastal 10m	14.	202 Neal HARDWICK	Male V40	Unattached	01:03:29	01:03:27	13	3	6:20	72.0%
2019 Richard Bennett Coastal 10m	15.	197 Nick HAMMOND	Male V45	Framlingham Flyers	01:03:37	00:59:25	14	2	6:21	76.1%
2019 Richard Bennett Coastal 10m	16.	78 Piotr BULACZ	Male V45	Sudbury Joggers	01:03:48	00:59:17	15	3	6:22	76.5%
2019 Richard Bennett Coastal 10m	17.	76 Stuart BUCHAN	Male Senior	Stowmarket Striders Running Clu	01:04:18	00:40:04	16	9	6:25	68.4%
2019 Richard Bennett Coastal 10m	18.	198 Gavin HANMOND	Male Senior	Unattached	01:05:07	01:05:05	17	10	6:30	69.2%
2019 Richard Bennett Coastal 10m	19.	164 Harry FITZGERALD	Male Senior	Unattached	01:05:17	01:05:15	18	11	6:31	67.4%
2019 Richard Bennett Coastal 10m	20.	339 Matthew PAYNE	Male Senior	Unattached	01:05:27	00:40:52	19	12	6:32	68.1%

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2019 Richard Bennett Coastal 10m	21.	446 Daniel SUMMERSGILL	Male Senior	Unattached	01:06:03	01:06:00	20	13	6:36	67.0%
2019 Richard Bennett Coastal 10m	22.	210 Mark HAYDEN	Male V45	Framlingham Flyers	01:06:44	01:06:38	21	4	6:40	71.9%
2019 Richard Bennett Coastal 10m	23.	379 Paul SAUNDERS	Male V40	Unattached	01:07:23	00:41:42	22	4	6:44	69.5%
2019 Richard Bennett Coastal 10m	24.	325 Ian OLD	Male Senior	Ipswich Jaffa RC	01:07:29	01:07:26	23	14	6:44	65.8%
2019 Richard Bennett Coastal 10m	25.	199 Charles HANN	Male V50	Sudbury Joggers	01:07:32	00:41:13	24	2	6:45	75.5%
2019 Richard Bennett Coastal 10m	26.	68 Marc BRIGGS	Male V50	Ipswich Jaffa RC	01:07:34	00:41:16	25	3	6:45	74.1%
2019 Richard Bennett Coastal 10m	27.	343 David PERCY	Male V40	Haverhill Running Club	01:07:41	01:07:36	26	5	6:46	69.2%
2019 Richard Bennett Coastal 10m	28.	211 Thomas HAYDEN	Male Senior	Framlingham Flyers	01:07:42	01:07:35	27	15	6:46	65.5%
2019 Richard Bennett Coastal 10m	29.	75 Jason BRUNT	Male V45	Norfolk Gazelles AC	01:07:51	00:41:52	28	5	6:47	70.1%
2019 Richard Bennett Coastal 10m	30.	143 Ian ELDEN	Male V45	Ipswich Jaffa RC	01:07:53	01:07:51	29	6	6:47	69.5%
2019 Richard Bennett Coastal 10m	31.	331 Andy OWEN	Male Senior	Dunmow Runners	01:08:27	00:42:34	30	16	6:50	64.2%
2019 Richard Bennett Coastal 10m	32.	208 Tom HASLAM	Male V45	Framlingham Flyers	01:08:37	00:42:08	31	7	6:51	69.9%
2019 Richard Bennett Coastal 10m	33.	278 Rob MACKENZIE	Male V55	Framlingham Flyers	01:08:52	01:08:50	32	1	6:53	76.0%
2019 Richard Bennett Coastal 10m	34.	132 Jason DIGHTON	Male V40	Unattached	01:08:52	01:08:47	33	6	6:53	68.0%
2019 Richard Bennett Coastal 10m	35.	400 Stuart SIMMONS	Male V40	Ipswich Jaffa RC	01:09:01	01:08:56	34	7	6:54	67.3%
2019 Richard Bennett Coastal 10m	36.	59 Romas BLEDA	Male Senior	Unattached	01:09:18	01:09:10	35	17	6:55	63.5%
2019 Richard Bennett Coastal 10m	37.	326 Paul OSBORNE	Male V40	Felixstowe RRC	01:09:18	01:09:14	36	8	6:55	67.0%
2019 Richard Bennett Coastal 10m	38.	204 Robin HARPER	Male V40	Felixstowe RRC	01:09:25	00:43:08	37	9	6:56	66.9%
2019 Richard Bennett Coastal 10m	39.	430 Rob SQUIRRELL	Male V45	Woodbridge Shufflers Running C	01:09:26	01:09:20	38	8	6:56	68.5%
2019 Richard Bennett Coastal 10m	40.	462 Ethan TURNER	Male Senior	Framlingham Flyers	01:09:26	00:42:01	39	18	6:56	63.9%
2019 Richard Bennett Coastal 10m	41.	217 Chris HILLING	Male V40	Unattached	01:09:27	00:43:01	40	10	6:56	66.3%
2019 Richard Bennett Coastal 10m	42.	417 Dave SOLOMON	Male V50	Felixstowe RRC	01:09:34	00:41:35	41	4	6:57	72.0%
2019 Richard Bennett Coastal 10m	43.	290 Stephen MEAD	Male V60+	Stowmarket Striders Running Clu	01:09:46	01:09:42	42	1	6:58	82.6%
2019 Richard Bennett Coastal 10m	44.	336 Kat PARNELL	Female Senior	Unattached	01:10:02	01:09:59	2	2	7:00	70.4%
2019 Richard Bennett Coastal 10m	45.	116 Kate CREAK	Female V35	Unattached	01:10:37	00:43:04	3	1	7:03	70.5%
2019 Richard Bennett Coastal 10m	46.	163 Jamie FITTOCK	Male Senior	St Edmunds Pacers	01:10:42	00:43:58	43	19	7:04	63.1%
2019 Richard Bennett Coastal 10m	47.	378 Len SAUNDERS	Male V40	Felixstowe RRC	01:10:53	00:44:01	44	11	7:05	66.0%
2019 Richard Bennett Coastal 10m	48.	108 Darren COOK	Male V45	Felixstowe RRC	01:10:59	01:10:51	45	9	7:05	66.5%
2019 Richard Bennett Coastal 10m	49.	327 Chris OSBORNE	Male V45	Unattached	01:11:04	01:10:54	46	10	7:06	66.4%
2019 Richard Bennett Coastal 10m	50.	41 Robin BELSOM	Male V55	Ipswich Jaffa RC	01:11:08	01:11:02	47	2	7:06	75.0%
2019 Richard Bennett Coastal 10m	51.	433 Simon STAFFORD	Male V45	Unattached	01:11:10	01:11:07	48	11	7:06	67.4%
2019 Richard Bennett Coastal 10m	52.	465 John VINECOMBE	Male Senior	Unattached	01:11:13	00:44:18	49	20	7:07	61.7%
2019 Richard Bennett Coastal 10m	53.	8 Daniel AGER	Male V45	Ipswich Jaffa RC	01:11:40	01:11:35	50	12	7:09	67.5%
2019 Richard Bennett Coastal 10m	54.	356 Alastair READ	Male V40	Felixstowe RRC	01:12:10	01:12:03	51	12	7:12	63.3%
2019 Richard Bennett Coastal 10m	55.	495 Stuart WRIGHT	Male V40	Felixstowe RRC	01:12:18	01:12:09	52	13	7:13	64.7%
2019 Richard Bennett Coastal 10m	56.	476 Suzy WEST	Female Senior	Ipswich Jaffa RC	01:12:22	01:12:18	4	3	7:14	68.2%
2019 Richard Bennett Coastal 10m	57.	264 Andrew LAWS	Male V55	Unattached	01:12:32	00:44:32	53	3	7:15	70.9%
2019 Richard Bennett Coastal 10m	58.	190 Dave GROOM	Male Senior	Unattached	01:12:45	01:12:38	54	21	7:16	61.6%
2019 Richard Bennett Coastal 10m	59.	37 David BEIGHTON	Male V40	St Edmunds Pacers	01:12:59	00:45:13	55	14	7:17	63.6%
2019 Richard Bennett Coastal 10m	60.	138 Ian DUGGAN	Male V50	Felixstowe RRC	01:13:09	01:12:59	56	5	7:18	69.1%
2019 Richard Bennett Coastal 10m	61.	342 Daniel PELLING	Male V45	Haverhill Running Club	01:13:17	00:45:27	57	13	7:19	66.0%
2019 Richard Bennett Coastal 10m	62.	77 Kerry BUCKLEY	Male V45	Felixstowe RRC	01:13:24	01:13:14	58	14	7:20	66.5%
2019 Richard Bennett Coastal 10m	63.	258 Steven KING	Male V45	Felixstowe RRC	01:13:34	00:45:20	59	15	7:21	65.2%
2019 Richard Bennett Coastal 10m	64.	362 Dave ROBINSON	Male V45	Unattached	01:13:43	01:13:30	60	16	7:22	65.1%
2019 Richard Bennett Coastal 10m	65.	172 Robert FROST	Male V40	Unattached	01:13:59	00:45:33	61	15	7:23	62.2%

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2019 Richard Bennett Coastal 10m	66.	20 Benjamin ASKEW	Male V40	Unattached	01:14:00	01:13:48	62	16	7:23	62.2%
2019 Richard Bennett Coastal 10m	67.	189 Ian GROENEWALD	Male V50	Unattached	01:14:24	00:45:58	63	6	7:26	67.9%
2019 Richard Bennett Coastal 10m	68.	388 Chris SERVANT	Male V50	Ipswich Jaffa RC	01:14:37	01:14:33	64	7	7:27	68.3%
2019 Richard Bennett Coastal 10m	69.	279 David MAGRUDER	Male V40	Unattached	01:14:51	01:14:46	65	17	7:29	60.6%
2019 Richard Bennett Coastal 10m	70.	56 Peter BIRD	Male V45	St Edmunds Pacers	01:14:54	00:48:04	66	17	7:29	63.0%
2019 Richard Bennett Coastal 10m	71.	452 Holly TAYLOR	Female Senior	Felixstowe RRC	01:14:59	01:14:51	5	4	7:29	66.1%
2019 Richard Bennett Coastal 10m	72.	232 Mark HUGHES	Male V50	Stowmarket Striders Running Clu	01:15:01	01:14:56	67	8	7:30	66.2%
2019 Richard Bennett Coastal 10m	73.	127 Ricky DEASY	Male V40	Unattached	01:15:07	00:46:17	68	18	7:30	60.4%
2019 Richard Bennett Coastal 10m	74.	309 Vaughan MORRIS	Male V55	Stowmarket Striders Running Clu	01:15:31	00:47:09	69	4	7:33	70.6%
2019 Richard Bennett Coastal 10m	75.	366 Kyle ROPER	Male V40	Ipswich Jaffa RC	01:15:33	00:47:06	70	19	7:33	61.9%
2019 Richard Bennett Coastal 10m	76.	109 Paul COOKE	Male V45	Unattached	01:15:42	00:45:16	71	18	7:34	63.4%
2019 Richard Bennett Coastal 10m	77.	351 Stephen PRETTY	Male V60+	St Edmunds Pacers	01:15:48	01:15:35	72	2	7:34	72.4%
2019 Richard Bennett Coastal 10m	78.	365 Jamie ROCK	Male Senior	Felixstowe RRC	01:16:03	00:47:53	73	22	7:36	58.2%
2019 Richard Bennett Coastal 10m	79.	437 Andy STEPHENS	Male V40	Unattached	01:16:07	01:15:59	74	20	7:36	61.5%
2019 Richard Bennett Coastal 10m	80.	423 Samantha SPENCER	Female V35	Ipswich Jaffa RC	01:16:11	00:47:44	6	2	7:37	65.4%
2019 Richard Bennett Coastal 10m	81.	424 Kai SPERLING	Male V40	Unattached	01:16:12	00:47:38	75	21	7:37	60.4%
2019 Richard Bennett Coastal 10m	82.	83 Amber CALVER	Female V45	Unattached	01:16:18	01:16:11	7	1	7:37	70.3%
2019 Richard Bennett Coastal 10m	83.	484 Paul WIGENS	Male V60+	Woodbridge Shufflers Running C	01:16:18	01:16:06	76	3	7:37	70.6%
2019 Richard Bennett Coastal 10m	84.	183 Collette GREEN	Female V35	Felixstowe RRC	01:16:25	01:16:18	8	3	7:38	65.4%
2019 Richard Bennett Coastal 10m	85.	180 Shaun GOOD	Male V55	Felixstowe RRC	01:16:25	00:47:21	77	5	7:38	67.3%
2019 Richard Bennett Coastal 10m	86.	438 Mark STEVENS	Male Senior	Unattached	01:16:34	01:16:22	78	23	7:39	57.4%
2019 Richard Bennett Coastal 10m	87.	105 Sophie COLEMAN	Female Senior	Ipswich Jaffa RC	01:16:40	01:16:36	9	5	7:39	64.3%
2019 Richard Bennett Coastal 10m	88.	122 Mark DAVEY	Male V50	Unattached	01:16:50	01:16:43	79	9	7:40	64.6%
2019 Richard Bennett Coastal 10m	89.	221 Mark HOLLAND	Male V45	Unattached	01:16:50	00:48:47	80	19	7:40	61.4%
2019 Richard Bennett Coastal 10m	90.	386 Dean SEARLE	Male V40	Felixstowe RRC	01:16:55	00:47:50	81	22	7:41	59.4%
2019 Richard Bennett Coastal 10m	91.	66 David BREWSTER	Male Senior	Unattached	01:17:17	01:17:15	82	24	7:43	58.3%
2019 Richard Bennett Coastal 10m	92.	181 Mark GOODWIN	Male V45	Felixstowe RRC	01:17:24	01:17:18	83	20	7:44	62.0%
2019 Richard Bennett Coastal 10m	93.	340 Adrian PEAKE	Male V50	Unattached	01:17:24	01:17:20	84	10	7:44	65.8%
2019 Richard Bennett Coastal 10m	94.	482 Suzi WHYMARK	Female V45	Unattached	01:17:39	01:17:26	10	2	7:45	69.0%
2019 Richard Bennett Coastal 10m	95.	21 Simon ASKEW	Male V40	Unattached	01:17:48	01:17:36	85	23	7:46	59.2%
2019 Richard Bennett Coastal 10m	96.	387 Daniel SEDGWICK	Male Senior	Unattached	01:18:03	00:48:05	86	25	7:48	57.4%
2019 Richard Bennett Coastal 10m	97.	335 Tim PARNELL	Male Senior	Unattached	01:18:05	01:18:01	87	26	7:48	56.3%
2019 Richard Bennett Coastal 10m	98.	375 Phil SANDERSON	Male V55	Harwich Runners	01:18:38	00:49:30	88	6	7:51	66.6%
2019 Richard Bennett Coastal 10m	99.	285 Stuart MASON	Male V55	Felixstowe RRC	01:18:39	01:18:27	89	7	7:51	66.6%
2019 Richard Bennett Coastal 10m	100.	220 Karl HOLBROOK	Male V50	Unattached	01:18:42	00:48:53	90	11	7:52	64.2%
2019 Richard Bennett Coastal 10m	101.	128 Karen DEASY	Female V40	Unattached	01:18:49	00:49:06	11	1	7:52	64.7%
2019 Richard Bennett Coastal 10m	102.	55 Dane BIRD	Male Senior	Ipswich Jaffa RC	01:18:59	00:50:29	91	27	7:53	55.7%
2019 Richard Bennett Coastal 10m	103.	186 Steven GREEN	Male V40	Unattached	01:19:03	00:46:58	92	24	7:54	59.2%
2019 Richard Bennett Coastal 10m	104.	184 Terri GREEN	Female V35	Ipswich Jaffa RC	01:19:20	00:50:24	12	4	7:55	63.6%
2019 Richard Bennett Coastal 10m	105.	372 Chris RYAN	Male V60+	Unattached	01:19:32	01:19:20	93	4	7:57	71.7%
2019 Richard Bennett Coastal 10m	106.	265 Chuck LAYZELL	Male Senior	Unattached	01:19:45	00:51:17	94	28	7:58	55.2%
2019 Richard Bennett Coastal 10m	107.	101 Daniel CLARKE	Male Senior	Unattached	01:19:51	00:49:05	95	29	7:59	55.2%
2019 Richard Bennett Coastal 10m	108.	328 Darin OSBORNE	Male V50	Unattached	01:19:53	01:19:39	96	12	7:59	63.2%
2019 Richard Bennett Coastal 10m	109.	245 Ludger JIRGL	Male V50	Unattached	01:19:54	01:19:50	97	13	7:59	62.7%
2019 Richard Bennett Coastal 10m	110.	117 Richard CREASEY	Male Senior	Unattached	01:20:09	01:19:59	98	30	8:00	55.2%

RACE CHIP TIMING RESULTS

2019 Richard Bennett Coastal 10m	111.	17 Femi ARIYO	Male V40	Unattached	01:20:14	01:20:06	99	25	8:01	58.3%
2019 Richard Bennett Coastal 10m	112.	487 James WILLCOX	Male V40	Felixstowe RRC	01:20:15	01:20:05	100	26	8:01	57.4%
2019 Richard Bennett Coastal 10m	113.	74 Martyn BROWN	Male Senior	Unattached	01:20:17	01:20:09	101	31	8:01	55.0%
2019 Richard Bennett Coastal 10m	114.	140 Steven DURRANT	Male V55	Felixstowe RRC	01:20:28	00:50:05	102	8	8:02	65.1%
2019 Richard Bennett Coastal 10m	115.	65 Adam BRETT	Male Senior	Unattached	01:20:34	01:20:17	103	32	8:03	55.1%
2019 Richard Bennett Coastal 10m	116.	481 Luke WHITWELL	Male Senior	Unattached	01:20:35	01:20:17	104	33	8:03	55.1%
2019 Richard Bennett Coastal 10m	117.	459 Mary-Ann TULI	Female V45	Haverhill Running Club	01:20:39	00:50:09	13	3	8:03	67.9%
2019 Richard Bennett Coastal 10m	118.	464 Patrick TWIST	Male Senior	Unattached	01:20:39	00:50:10	105	34	8:03	54.5%
2019 Richard Bennett Coastal 10m	119.	53 Christopher BING	Male Senior	Ipswich Jaffa RC	01:20:40	01:20:36	106	35	8:03	55.5%
2019 Richard Bennett Coastal 10m	120.	30 Alex BATHO	Male V45	Unattached	01:20:44	01:20:34	107	21	8:04	60.4%
2019 Richard Bennett Coastal 10m	121.	51 Carl BERRIMAN	Male V45	Unattached	01:20:55	01:20:41	108	22	8:05	60.3%
2019 Richard Bennett Coastal 10m	122.	192 Damian HACK	Male V40	Unattached	01:20:56	00:51:03	109	27	8:05	56.9%
2019 Richard Bennett Coastal 10m	123.	435 Matt STANDING	Male V40	Unattached	01:21:06	00:49:42	110	28	8:06	56.8%
2019 Richard Bennett Coastal 10m	124.	457 Karl TOVELL	Male Senior	Unattached	01:21:13	01:21:07	111	36	8:07	54.9%
2019 Richard Bennett Coastal 10m	125.	260 Magdalena KOMOROWSKA	Female V40	Great Bentley Running Club	01:21:14	01:21:00	14	2	8:07	62.8%
2019 Richard Bennett Coastal 10m	126.	215 Jeremy HENNELL JAMES	Male V55	Hadleigh Hares AC	01:21:37	01:21:23	112	9	8:09	63.6%
2019 Richard Bennett Coastal 10m	127.	490 Richard WISEMAN	Male V45	Unattached	01:21:47	01:21:30	113	23	8:10	57.7%
2019 Richard Bennett Coastal 10m	128.	233 Catherine HUGHES	Female V35	Unattached	01:22:05	00:50:02	15	5	8:12	61.5%
2019 Richard Bennett Coastal 10m	129.	13 Mark ANDERSON	Male Senior	Unattached	01:22:14	01:21:36	114	37	8:13	53.6%
2019 Richard Bennett Coastal 10m	130.	275 Martin LITTLE	Male V50	Stowmarket Striders Running Clu	01:22:16	00:52:13	115	14	8:13	59.8%
2019 Richard Bennett Coastal 10m	131.	97 David CHURCH	Male V45	Felixstowe RRC	01:22:18	01:22:06	116	24	8:13	58.8%
2019 Richard Bennett Coastal 10m	132.	200 Jackie HANN	Female V50	Sudbury Joggers	01:22:19	00:51:18	16	1	8:13	70.7%
2019 Richard Bennett Coastal 10m	133.	120 Derek DALY	Male V55	Saxmundham Sports Running & I	01:22:21	00:51:48	117	10	8:14	63.0%
2019 Richard Bennett Coastal 10m	134.	89 Paul CAUSON	Male V40	Unattached	01:22:30	01:22:18	118	29	8:14	56.7%
2019 Richard Bennett Coastal 10m	135.	15 Ben ANDREWS	Female V35	Unattached	01:22:30	01:22:04	17	6	8:14	61.5%
2019 Richard Bennett Coastal 10m	136.	4 Jason ABLETT	Male V45	Stowmarket Striders Running Clu	01:22:45	00:52:46	119	25	8:16	58.0%
2019 Richard Bennett Coastal 10m	137.	88 Daniel CASE	Male Senior	Felixstowe RRC	01:22:51	00:51:20	120	38	8:17	53.1%
2019 Richard Bennett Coastal 10m	138.	32 Gale BAXTER	Female V45	Unattached	01:22:53	00:51:24	18	4	8:17	64.0%
2019 Richard Bennett Coastal 10m	139.	252 Carrie KEMP	Female V40	Felixstowe RRC	01:23:00	00:51:07	19	3	8:17	62.3%
2019 Richard Bennett Coastal 10m	140.	353 Tracy QUARRELL	Female V45	Haverhill Running Club	01:23:09	00:52:39	20	5	8:18	65.1%
2019 Richard Bennett Coastal 10m	141.	299 Ben MILLS	Male Senior	Unattached	01:23:18	01:22:59	121	39	8:19	52.8%
2019 Richard Bennett Coastal 10m	142.	474 Hannah WATTAM	Female V35	Unattached	01:23:33	01:23:27	21	7	8:21	59.8%
2019 Richard Bennett Coastal 10m	143.	131 Stephen DIDCOTT	Male V50	Unattached	01:23:41	00:51:26	122	15	8:22	60.4%
2019 Richard Bennett Coastal 10m	144.	10 Mark ALLEN	Male V60+	Woodbridge Shufflers Running C	01:23:47	01:23:26	123	5	8:22	64.9%
2019 Richard Bennett Coastal 10m	145.	300 Steven MITCHELL	Male V55	Ipswich Jaffa RC	01:23:53	00:50:54	124	11	8:23	63.0%
2019 Richard Bennett Coastal 10m	146.	428 Terry SPURGEON	Male V50	Unattached	01:24:09	01:23:49	125	16	8:24	60.6%
2019 Richard Bennett Coastal 10m	147.	226 Mike HOWARD	Male V40	Unattached	01:24:18	01:24:09	126	30	8:25	54.6%
2019 Richard Bennett Coastal 10m	148.	84 Mik CARR	Male V60+	Bungay Black Dog RC	01:24:28	00:52:32	127	6	8:26	65.6%
2019 Richard Bennett Coastal 10m	149.	332 Sandy PAGE	Female V40	Unattached	01:24:31	01:24:13	22	4	8:27	61.7%
2019 Richard Bennett Coastal 10m	150.	157 Justin FIDDAMAN	Male V45	Felixstowe RRC	01:24:44	00:52:09	128	26	8:28	57.1%
2019 Richard Bennett Coastal 10m	151.	395 Benjamin SHEPPARD	Male V40	Unattached	01:25:05	01:25:01	129	31	8:30	54.1%
2019 Richard Bennett Coastal 10m	152.	396 Gemma SHEPPARD	Female V35	Unattached	01:25:05	01:25:01	23	8	8:30	59.3%
2019 Richard Bennett Coastal 10m	153.	463 Kayleigh TURPIN	Female Senior	Unattached	01:25:07	01:24:52	24	6	8:30	58.2%
2019 Richard Bennett Coastal 10m	154.	72 Marcus BROWN	Male V45	Unattached	01:25:09	00:52:21	130	27	8:30	56.3%
2019 Richard Bennett Coastal 10m	155.	218 Graham HIPKIN	Male V55	Unattached	01:25:18	00:52:47	131	12	8:31	61.9%

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2019 Richard Bennett Coastal 10m	156.	156 Christy FENELON	Male Senior	Unattached	01:25:40	00:52:45	132	40	8:33	51.8%
2019 Richard Bennett Coastal 10m	157.	318 Carl NEWELL	Male V40	Unattached	01:25:44	00:52:43	133	32	8:34	53.7%
2019 Richard Bennett Coastal 10m	158.	262 Beryl LANSDOWN	Female V50	Ipswich Jaffa RC	01:25:46	01:25:38	25	2	8:34	65.4%
2019 Richard Bennett Coastal 10m	159.	69 Rachel BROOKE	Female V45	Ipswich Jaffa RC	01:25:46	01:25:37	26	6	8:34	63.2%
2019 Richard Bennett Coastal 10m	160.	31 Becks BAWLEY	Female Senior	Unattached	01:25:53	01:25:38	27	7	8:35	57.4%
2019 Richard Bennett Coastal 10m	161.	286 David MAYES	Male Senior	Felixstowe RRC	01:26:14	00:53:45	134	41	8:37	51.0%
2019 Richard Bennett Coastal 10m	162.	282 Adam MARKHAM	Male Senior	Unattached	01:26:18	01:26:07	135	42	8:37	51.9%
2019 Richard Bennett Coastal 10m	163.	70 Kirsty BROOKFIELD	Female V35	Unattached	01:26:18	00:54:05	28	9	8:37	57.9%
2019 Richard Bennett Coastal 10m	164.	79 Caroline BURGESS	Female V40	Unattached	01:26:30	00:52:36	29	5	8:38	60.8%
2019 Richard Bennett Coastal 10m	165.	207 Emma HARWOOD	Female V45	Framlingham Flyers	01:26:30	01:26:22	30	7	8:38	63.3%
2019 Richard Bennett Coastal 10m	166.	334 Jane PARKINGTON	Female V50	Unattached	01:26:34	01:26:05	31	3	8:39	64.8%
2019 Richard Bennett Coastal 10m	167.	268 Darren LEEKS	Male V45	Unattached	01:26:38	01:26:34	136	28	8:39	55.8%
2019 Richard Bennett Coastal 10m	168.	306 Bernard MORGAN	Male V50	Unattached	01:27:01	01:26:52	137	17	8:42	56.6%
2019 Richard Bennett Coastal 10m	169.	346 Agata PIATKOWSKA	Female Senior	Unattached	01:27:03	01:26:51	32	8	8:42	57.0%
2019 Richard Bennett Coastal 10m	170.	145 James ELLUL	Male V40	Felixstowe RRC	01:27:07	01:26:51	138	33	8:42	52.4%
2019 Richard Bennett Coastal 10m	171.	405 Craig SMITH	Male Senior	Unattached	01:27:21	01:27:05	139	43	8:44	51.6%
2019 Richard Bennett Coastal 10m	172.	458 Daniel TRINDER	Male V45	Unattached	01:27:22	00:53:03	140	29	8:44	54.0%
2019 Richard Bennett Coastal 10m	173.	499 Helen YELLOP	Female V50	Capel Cheetahs RC	01:27:25	01:27:01	33	4	8:44	64.9%
2019 Richard Bennett Coastal 10m	174.	287 Daniel MAYHEW	Male Senior	Unattached	01:27:29	01:26:57	141	44	8:44	50.3%
2019 Richard Bennett Coastal 10m	175.	338 Marie PAVELEY	Female V40	Capel Cheetahs RC	01:27:33	01:27:09	34	6	8:45	60.1%
2019 Richard Bennett Coastal 10m	176.	228 Matt HOWE	Male V40	Felixstowe RRC	01:27:35	01:27:29	142	34	8:45	53.4%
2019 Richard Bennett Coastal 10m	177.	403 Roger SLADE	Male V50	Unattached	01:27:37	01:27:03	143	18	8:45	56.6%
2019 Richard Bennett Coastal 10m	178.	421 Tracey SPALDING	Female V45	Unattached	01:27:38	01:27:23	35	8	8:45	61.2%
2019 Richard Bennett Coastal 10m	179.	420 Jack SOWTER	Male Senior	Unattached	01:27:38	01:27:22	144	45	8:45	50.6%
2019 Richard Bennett Coastal 10m	180.	27 Jo BARKER	Female V40	Unattached	01:27:40	00:54:21	36	7	8:45	58.2%
2019 Richard Bennett Coastal 10m	181.	497 Justin WRIGHT	Male V45	Unattached	01:27:59	00:53:34	145	30	8:47	55.4%
2019 Richard Bennett Coastal 10m	182.	178 Mark GLEEN	Male V40	Unattached	01:28:00	01:27:35	146	35	8:47	53.2%
2019 Richard Bennett Coastal 10m	183.	369 Joanne ROSENWOLD	Female V45	Haverhill Running Club	01:28:12	01:27:44	37	9	8:49	62.8%
2019 Richard Bennett Coastal 10m	184.	311 Emma MORTIMER	Female Senior	Unattached	01:28:14	01:28:06	38	9	8:49	55.9%
2019 Richard Bennett Coastal 10m	185.	64 Jamie BRANDON	Male Senior	Unattached	01:28:14	01:28:05	147	46	8:49	49.8%
2019 Richard Bennett Coastal 10m	186.	6 Pauline ADAMS	Female V45	Unattached	01:28:18	01:28:06	39	10	8:49	60.7%
2019 Richard Bennett Coastal 10m	187.	259 Anna KOCINSKA	Female V35	Unattached	01:28:28	01:28:13	40	10	8:50	57.3%
2019 Richard Bennett Coastal 10m	188.	266 Emma LEE	Female V35	Capel Cheetahs RC	01:28:37	00:54:13	41	11	8:51	57.2%
2019 Richard Bennett Coastal 10m	189.	18 Ross ARNOLD	Male Senior	Haverhill Running Club	01:28:43	00:56:22	148	47	8:52	49.6%
2019 Richard Bennett Coastal 10m	190.	478 John WESTON	Male V60+	Unattached	01:28:47	01:28:27	149	7	8:52	62.4%
2019 Richard Bennett Coastal 10m	191.	449 Leanne TAGHDI	Female V35	Unattached	01:28:50	01:28:29	42	12	8:52	56.3%
2019 Richard Bennett Coastal 10m	192.	371 Jimmy RUSSELL	Male V50	Unattached	01:28:54	01:28:54	150	19	8:53	56.3%
2019 Richard Bennett Coastal 10m	193.	44 Marion BENNETT	Female V35	Ipswich Jaffa RC	01:28:55	00:54:31	43	13	8:53	57.0%
2019 Richard Bennett Coastal 10m	194.	227 Amy HOWARD	Female V35	Rushmere Community Runners	01:28:59	00:54:37	44	14	8:53	57.0%
2019 Richard Bennett Coastal 10m	195.	289 Paul MCALLISTER	Male V50	Hadleigh Hares AC	01:29:00	01:28:47	151	20	8:53	56.8%
2019 Richard Bennett Coastal 10m	196.	500 Goldie YULE	Female V45	Unattached	01:29:13	01:28:59	45	11	8:55	60.1%
2019 Richard Bennett Coastal 10m	197.	498 Carissa WYATT	Female V40	Unattached	01:29:15	01:29:01	46	8	8:55	58.4%
2019 Richard Bennett Coastal 10m	198.	61 Keith BORRETT	Male V60+	Unattached	01:29:19	01:29:05	152	8	8:55	63.9%
2019 Richard Bennett Coastal 10m	199.	271 Steve LEGGETT	Male V50	Unattached	01:29:26	01:29:02	153	21	8:56	57.0%
2019 Richard Bennett Coastal 10m	200.	49 Catherine BERESFORD	Female V50	Unattached	01:29:39	01:29:26	47	5	8:57	62.6%

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2019 Richard Bennett Coastal 10m	201.	196 Karen HAMILTON	Female V45	Stowmarket Striders Running Clu	01:29:49	00:55:43	48	12	8:58	61.7%
2019 Richard Bennett Coastal 10m	202.	492 Kate WOOD	Female V55+	Woodbridge Shufflers Running C	01:29:57	00:55:39	49	1	8:59	66.3%
2019 Richard Bennett Coastal 10m	203.	235 Ryan HUNN	Male Senior	Unattached	01:30:04	01:29:26	154	48	9:00	49.0%
2019 Richard Bennett Coastal 10m	204.	415 Darren SNELL	Male V45	Unattached	01:30:04	01:30:04	155	31	9:00	52.8%
2019 Richard Bennett Coastal 10m	205.	244 James JELFS	Male Senior	Unattached	01:30:08	00:56:51	156	49	9:00	49.0%
2019 Richard Bennett Coastal 10m	206.	26 Matthew BARDWELL	Male Senior	Unattached	01:30:14	01:29:41	157	50	9:01	48.8%
2019 Richard Bennett Coastal 10m	207.	444 Graham STYLES	Male V60+	Unattached	01:30:18	01:29:42	158	9	9:01	60.2%
2019 Richard Bennett Coastal 10m	208.	277 Brett LUMMIS	Male V40	Unattached	01:30:19	01:29:52	159	36	9:01	50.6%
2019 Richard Bennett Coastal 10m	209.	440 Tony STEWART	Male V60+	Lonely Goat RC	01:30:22	01:30:00	160	10	9:02	62.5%
2019 Richard Bennett Coastal 10m	210.	82 Lisa CALVER	Female Senior	Capel Cheetahs RC	01:30:37	01:30:14	50	10	9:03	54.7%
2019 Richard Bennett Coastal 10m	211.	354 Aaron RANIERI	Male Senior	Unattached	01:30:57	01:30:21	161	51	9:05	48.3%
2019 Richard Bennett Coastal 10m	212.	344 Kieron PERRY	Male V45	Unattached	01:30:58	01:30:37	162	32	9:05	52.3%
2019 Richard Bennett Coastal 10m	213.	360 Maria RIERA TURRO	Female Senior	Felixstowe RRC	01:31:10	01:30:46	51	11	9:06	54.1%
2019 Richard Bennett Coastal 10m	214.	303 Morgan MOORE	Male Senior	Stowmarket Striders Running Clu	01:31:26	01:31:12	163	52	9:08	48.1%
2019 Richard Bennett Coastal 10m	215.	104 Adrian COLE	Male V55	Stowmarket Striders Running Clu	01:31:26	01:31:12	164	13	9:08	57.3%
2019 Richard Bennett Coastal 10m	216.	87 Richard CARRON	Male V50	Unattached	01:31:27	01:31:06	165	22	9:08	55.7%
2019 Richard Bennett Coastal 10m	217.	159 Peter FINCH	Male V55	Ipswich Jaffa RC	01:31:34	01:31:16	166	14	9:09	57.7%
2019 Richard Bennett Coastal 10m	218.	401 Sarah SIMPSON	Female V35	Unattached	01:31:43	01:31:35	52	15	9:10	54.5%
2019 Richard Bennett Coastal 10m	219.	333 Stuart PARKER	Male Senior	Unattached	01:31:44	01:31:11	167	53	9:10	49.1%
2019 Richard Bennett Coastal 10m	220.	22 Mark AUSTIN	Male Senior	Woodbridge Shufflers Running C	01:31:46	00:55:41	168	54	9:10	49.1%
2019 Richard Bennett Coastal 10m	221.	238 Jo HUTT	Female V40	Unattached	01:31:50	00:57:11	53	9	9:10	56.8%
2019 Richard Bennett Coastal 10m	222.	94 Mark CHISNALL	Male V45	Unattached	01:31:51	00:56:00	169	33	9:11	53.1%
2019 Richard Bennett Coastal 10m	223.	429 Lisa SQUIRRELL	Female V40	Woodbridge Shufflers Running C	01:31:52	00:55:52	54	10	9:11	56.3%
2019 Richard Bennett Coastal 10m	224.	85 Alexandra CARR	Female Senior	Unattached	01:31:52	00:57:04	55	12	9:11	54.1%
2019 Richard Bennett Coastal 10m	225.	308 Lee MORPHEW	Female V40	Unattached	01:31:55	00:58:33	56	11	9:11	56.7%
2019 Richard Bennett Coastal 10m	226.	124 Charlie DAY	Male Senior	Unattached	01:32:04	00:57:00	170	55	9:12	47.7%
2019 Richard Bennett Coastal 10m	227.	414 Tabetna SNAPE	Female V45	Unattached	01:32:07	01:31:58	57	13	9:12	57.6%
2019 Richard Bennett Coastal 10m	228.	242 Carl JARRETT	Male V45	Unattached	01:32:11	01:32:02	171	34	9:13	51.2%
2019 Richard Bennett Coastal 10m	229.	52 Doug BETTS	Male V40	Unattached	01:32:34	01:32:22	172	37	9:15	49.3%
2019 Richard Bennett Coastal 10m	230.	470 Lindi WALLACE	Female V35	Unattached	01:32:35	01:00:24	58	16	9:15	54.2%
2019 Richard Bennett Coastal 10m	231.	374 Graeme SAGGERS	Male Senior	Unattached	01:32:36	01:00:19	173	56	9:15	47.7%
2019 Richard Bennett Coastal 10m	232.	160 Helen FINDLEY	Female V35	Unattached	01:32:48	00:56:46	59	17	9:16	54.6%
2019 Richard Bennett Coastal 10m	233.	367 Amanda ROSE	Female V35	Unattached	01:32:54	01:32:39	60	18	9:17	54.0%
2019 Richard Bennett Coastal 10m	234.	188 Mark GRINDROD	Male V50	Unattached	01:32:54	00:57:59	174	23	9:17	53.4%
2019 Richard Bennett Coastal 10m	235.	293 Darien MERRY	Male V55	Unattached	01:32:55	01:32:39	175	15	9:17	55.3%
2019 Richard Bennett Coastal 10m	236.	239 Lewis JACOBS	Male Senior	Unattached	01:33:02	00:58:56	176	57	9:18	47.3%
2019 Richard Bennett Coastal 10m	237.	256 Robert KIDD	Male V50	Unattached	01:33:07	00:57:00	177	24	9:18	53.8%
2019 Richard Bennett Coastal 10m	238.	412 Adam SMITH	Male Senior	Woodbridge Shufflers Running C	01:33:07	00:57:09	178	58	9:18	48.1%
2019 Richard Bennett Coastal 10m	239.	477 Richard WESTLEY	Male V55	Unattached	01:33:15	01:33:11	179	16	9:19	55.6%
2019 Richard Bennett Coastal 10m	240.	413 Sarah SMITH	Female Senior	Woodbridge Shufflers Running C	01:33:18	01:32:46	61	13	9:19	53.0%
2019 Richard Bennett Coastal 10m	241.	60 Joanna BLYTH	Female V45	Felixstowe RRC	01:33:23	01:33:16	62	14	9:20	59.3%
2019 Richard Bennett Coastal 10m	242.	133 Sophie DOE	Female V35	Unattached	01:34:04	01:33:41	63	19	9:24	53.1%
2019 Richard Bennett Coastal 10m	243.	243 Clair JEFFERSON	Female V45	TRISudbury	01:34:07	01:33:51	64	15	9:24	56.9%
2019 Richard Bennett Coastal 10m	244.	43 Jamie BENNETT	Male V40	Ipswich Jaffa RC	01:34:14	00:59:51	180	38	9:25	48.9%
2019 Richard Bennett Coastal 10m	245.	411 Viki SMITH	Female V35	Unattached	01:34:23	01:34:08	65	20	9:26	53.4%

RACE CHIP TIMING RESULTS

2019 Richard Bennett Coastal 10m	246.	385 John SCULLY	Male V45	Unattached	01:34:49	00:58:45	181	35	9:28	51.0%
2019 Richard Bennett Coastal 10m	247.	384 Angelique SCULLY	Female V45	Unattached	01:34:49	01:34:29	66	16	9:28	57.1%
2019 Richard Bennett Coastal 10m	248.	35 Paul BAXTER	Male V40	Unattached	01:34:52	01:34:26	182	39	9:29	49.3%
2019 Richard Bennett Coastal 10m	249.	248 Grace JUDGE	Female V55+	Haverhill Running Club	01:34:53	01:34:25	67	2	9:29	63.7%
2019 Richard Bennett Coastal 10m	250.	98 Jenny CHURCH	Female V55+	Felixstowe RRC	01:35:06	01:34:52	68	3	9:30	64.4%
2019 Richard Bennett Coastal 10m	251.	431 Pamela ST LEGER-MCCONNEI	Female V50	Unattached	01:35:17	01:34:56	69	6	9:31	60.3%
2019 Richard Bennett Coastal 10m	252.	229 Jacqui HOWES	Female V40	Unattached	01:35:19	01:34:53	70	12	9:31	55.2%
2019 Richard Bennett Coastal 10m	253.	432 Caroline STAFFORD	Female V40	Felixstowe RRC	01:35:27	01:35:13	71	13	9:32	54.2%
2019 Richard Bennett Coastal 10m	254.	162 Alice FISHER	Female V35	Unattached	01:35:34	01:34:55	72	21	9:33	52.3%
2019 Richard Bennett Coastal 10m	255.	315 Alison MYLES	Female V45	Unattached	01:35:36	01:35:23	73	17	9:33	56.7%
2019 Richard Bennett Coastal 10m	256.	111 Clare CORNISH	Female V45	Unattached	01:35:42	00:58:46	74	18	9:34	57.9%
2019 Richard Bennett Coastal 10m	257.	158 Adele FIELD	Female V50	Unattached	01:35:45	01:35:08	75	7	9:34	61.5%
2019 Richard Bennett Coastal 10m	258.	81 Simon BUTLER	Male V50	Unattached	01:35:45	00:59:49	183	25	9:34	53.2%
2019 Richard Bennett Coastal 10m	259.	455 Andrew THOMAS	Male V55	Unattached	01:35:51	01:00:34	184	17	9:35	54.6%
2019 Richard Bennett Coastal 10m	260.	110 Leslie COOPER	Female V50	Ipswich Jaffa RC	01:35:55	00:58:54	76	8	9:35	58.5%
2019 Richard Bennett Coastal 10m	261.	451 Heidi TAYLOR	Female Senior	Felixstowe RRC	01:35:55	01:35:28	77	14	9:35	51.4%
2019 Richard Bennett Coastal 10m	262.	491 James WOOD	Male V50	Sudbury Joggers	01:35:59	01:35:41	185	26	9:35	53.1%
2019 Richard Bennett Coastal 10m	263.	292 Jenny MERRY	Female V40	Sudbury Joggers	01:35:59	01:35:42	78	14	9:35	53.2%
2019 Richard Bennett Coastal 10m	264.	312 Gemma MOSS	Female V45	Ipswich Jaffa RC	01:36:03	01:35:45	79	19	9:36	55.8%
2019 Richard Bennett Coastal 10m	265.	442 Zoe STOREY	Female V40	Unattached	01:36:13	01:35:37	80	15	9:37	54.2%
2019 Richard Bennett Coastal 10m	266.	297 Becky MILLER	Female Senior	Felixstowe RRC	01:36:13	01:03:34	81	15	9:37	51.6%
2019 Richard Bennett Coastal 10m	267.	213 Brigitte HEARD	Female V55+	Haverhill Running Club	01:36:20	01:35:51	82	4	9:37	63.5%
2019 Richard Bennett Coastal 10m	268.	461 Sue TURLEY	Female V55+	Haverhill Running Club	01:36:20	01:35:51	83	5	9:37	62.7%
2019 Richard Bennett Coastal 10m	269.	443 Lucy STREET	Female V35	Unattached	01:36:24	00:59:42	84	22	9:38	52.3%
2019 Richard Bennett Coastal 10m	270.	216 Heidi HIBBETT	Female V35	Dunmow Runners	01:36:29	01:36:18	85	23	9:38	51.8%
2019 Richard Bennett Coastal 10m	271.	483 Hans-Jürgen WIEDNER	Male V55	Unattached	01:36:37	01:02:06	186	18	9:39	55.2%
2019 Richard Bennett Coastal 10m	272.	46 Shelley BENNETT	Female V50	Thame Runners	01:36:46	01:36:22	86	9	9:40	59.4%
2019 Richard Bennett Coastal 10m	273.	203 Simon HARKIN	Male V45	Unattached	01:36:51	01:36:38	187	36	9:41	49.1%
2019 Richard Bennett Coastal 10m	274.	254 Matt KERR	Male Senior	Unattached	01:36:52	01:00:16	188	59	9:41	45.4%
2019 Richard Bennett Coastal 10m	275.	363 Roger ROBINSON-TURNER	Male V45	Unattached	01:37:07	01:36:34	189	37	9:42	50.2%
2019 Richard Bennett Coastal 10m	276.	294 Dominic MIAOULIS	Male Senior	Felixstowe RRC	01:37:27	01:37:15	190	60	9:44	46.0%
2019 Richard Bennett Coastal 10m	277.	182 Daniel GOULD	Female V45	Felixstowe RRC	01:37:44	01:00:42	87	20	9:46	54.3%
2019 Richard Bennett Coastal 10m	278.	166 Justin FLETCHER	Female V35	Unattached	01:37:53	01:37:40	88	24	9:47	51.8%
2019 Richard Bennett Coastal 10m	279.	317 Emma NEEDHAM	Female V35	Unattached	01:37:55	01:37:35	89	25	9:47	51.3%
2019 Richard Bennett Coastal 10m	280.	272 Arabella LEWENDON	Female V55+	Felixstowe RRC	01:38:13	01:37:43	90	6	9:49	61.5%
2019 Richard Bennett Coastal 10m	281.	389 Alison SEVERY	Female Senior	Ipswich Jaffa RC	01:38:17	01:37:55	91	16	9:49	50.3%
2019 Richard Bennett Coastal 10m	282.	288 Larissa MAYHEW	Female V45	Unattached	01:38:21	01:37:59	92	21	9:50	56.4%
2019 Richard Bennett Coastal 10m	283.	90 Leonora CHANDLER	Female V45	Woodbridge Shufflers Running C	01:38:27	01:37:58	93	22	9:50	55.0%
2019 Richard Bennett Coastal 10m	284.	19 Suzi ASHWORTH	Female V55+	Woodbridge Shufflers Running C	01:38:29	01:37:59	94	7	9:50	61.3%
2019 Richard Bennett Coastal 10m	285.	212 Kate HAYWARD-BRACKENBU	Female V40	Woodbridge Shufflers Running C	01:38:30	01:37:59	95	16	9:50	52.9%
2019 Richard Bennett Coastal 10m	286.	150 Christine EVANS	Female V40	Unattached	01:38:33	01:38:08	96	17	9:51	53.4%
2019 Richard Bennett Coastal 10m	287.	276 Helen LORENZ	Female V40	Ipswich Jaffa RC	01:38:45	01:02:56	97	18	9:52	51.7%
2019 Richard Bennett Coastal 10m	288.	194 Deborah HALL	Female V55+	Unattached	01:38:49	01:38:27	98	8	9:52	61.1%
2019 Richard Bennett Coastal 10m	289.	307 Colleen MORGAN	Female V55+	Unattached	01:38:50	01:01:43	99	9	9:52	60.4%
2019 Richard Bennett Coastal 10m	290.	408 Misty SMITH	Female V35	Unattached	01:38:56	01:00:47	100	26	9:53	50.3%

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2019 Richard Bennett Coastal 10m	291.	241 Richard JAQUES	Male V55	Unattached	01:38:57	01:00:51	191	19	9:53	53.4%
2019 Richard Bennett Coastal 10m	292.	187 Ruth GREGGOR	Female V55+	Unattached	01:38:58	01:38:18	101	10	9:53	60.3%
2019 Richard Bennett Coastal 10m	293.	168 Jo Lummis	Female V35	Unattached	01:39:13	01:38:47	102	27	9:55	50.2%
2019 Richard Bennett Coastal 10m	294.	107 Carl COLLINS	Male Senior	Unattached	01:39:16	01:02:40	192	61	9:55	44.3%
2019 Richard Bennett Coastal 10m	295.	103 Melissa COE	Female Senior	Unattached	01:39:16	01:38:48	103	17	9:55	49.7%
2019 Richard Bennett Coastal 10m	296.	102 Andrew COCKER	Male V55	Unattached	01:39:17	01:39:00	193	20	9:55	52.2%
2019 Richard Bennett Coastal 10m	297.	418 Carina SOUTHGATE	Female V35	Unattached	01:39:18	01:38:43	104	28	9:55	51.1%
2019 Richard Bennett Coastal 10m	298.	301 Sharron MITCHELL	Female V45	Unattached	01:39:21	01:38:51	105	23	9:56	55.1%
2019 Richard Bennett Coastal 10m	299.	71 Emma BROWN	Female V40	Unattached	01:39:23	01:01:02	106	19	9:56	52.5%
2019 Richard Bennett Coastal 10m	300.	407 Janette SMITH	Female V45	Unattached	01:39:23	01:39:12	107	24	9:56	55.8%
2019 Richard Bennett Coastal 10m	301.	146 Rebecca ELLUL	Female V35	Felixstowe RRC	01:39:23	01:39:07	108	29	9:56	50.3%
2019 Richard Bennett Coastal 10m	302.	112 Lee CORNWELL	Male V40	Unattached	01:39:25	01:39:05	194	40	9:56	46.3%
2019 Richard Bennett Coastal 10m	303.	151 Craig EVANS	Male Senior	Unattached	01:39:26	01:39:06	195	62	9:56	44.8%
2019 Richard Bennett Coastal 10m	304.	402 Helen SKINNER	Female V45	Unattached	01:39:26	01:39:06	109	25	9:56	53.4%
2019 Richard Bennett Coastal 10m	305.	136 Claire DOUGLAS	Female V35	Stowmarket Striders Running Clu	01:39:27	01:01:11	110	30	9:56	51.0%
2019 Richard Bennett Coastal 10m	306.	425 Nadine SPERLING	Female V40	Unattached	01:39:43	01:00:37	111	20	9:58	51.9%
2019 Richard Bennett Coastal 10m	307.	439 Nicola STEVENSON	Female V55+	Felixstowe RRC	01:39:50	01:39:31	112	11	9:58	62.9%
2019 Richard Bennett Coastal 10m	308.	398 Ian SILLETT	Male V60+	Felixstowe RRC	01:39:56	01:39:41	196	11	9:59	54.9%
2019 Richard Bennett Coastal 10m	309.	322 Simon NUNN	Male Senior	Unattached	01:40:05	01:39:30	197	63	10:00	43.9%
2019 Richard Bennett Coastal 10m	310.	319 Jonathan NEWELL	Male V50	St Edmunds Pacers	01:40:10	01:02:57	198	27	10:00	50.4%
2019 Richard Bennett Coastal 10m	311.	472 Joe WARD	Male Senior	Unattached	01:40:20	01:39:43	199	64	10:01	43.9%
2019 Richard Bennett Coastal 10m	312.	410 Ray SMITH	Male V50	Unattached	01:40:36	01:40:24	200	28	10:03	49.8%
2019 Richard Bennett Coastal 10m	313.	58 Maxine BISHOP	Female V50	Unattached	01:40:51	01:40:31	113	10	10:05	56.3%
2019 Richard Bennett Coastal 10m	314.	320 Marc NIEPOLD	Male V55	Unattached	01:40:56	01:40:34	201	21	10:05	52.3%
2019 Richard Bennett Coastal 10m	315.	249 Anna KAWALEC	Female V35	Unattached	01:40:59	01:40:43	114	31	10:05	49.5%
2019 Richard Bennett Coastal 10m	316.	50 Hayley BERKEL	Female V45	Unattached	01:41:17	01:03:41	115	26	10:07	52.4%
2019 Richard Bennett Coastal 10m	317.	137 Lucy DRIVER	Female V35	Felixstowe RRC	01:41:22	01:41:07	116	32	10:08	49.1%
2019 Richard Bennett Coastal 10m	318.	291 Laura MELVILLE	Female V35	Unattached	01:41:26	01:41:01	117	33	10:08	49.1%
2019 Richard Bennett Coastal 10m	319.	390 Liz SEVERY	Female V55+	Unattached	01:41:29	01:41:08	118	12	10:08	61.9%
2019 Richard Bennett Coastal 10m	320.	149 Samantha EMMS	Female V35	Unattached	01:41:46	01:41:25	119	34	10:10	49.6%
2019 Richard Bennett Coastal 10m	321.	123 Sarah DAVIES	Female V55+	Unattached	01:41:50	01:03:37	120	13	10:10	60.1%
2019 Richard Bennett Coastal 10m	322.	54 Amanda BIRD	Female V45	Ipswich Jaffa RC	01:41:57	01:03:01	121	27	10:11	53.7%
2019 Richard Bennett Coastal 10m	323.	246 Jenny JOHNSON	Female V45	Unattached	01:42:05	01:03:28	122	28	10:12	53.7%
2019 Richard Bennett Coastal 10m	324.	234 Tracy HUMPHREYS	Female V55+	Stowmarket Striders Running Clu	01:42:11	01:04:39	123	14	10:13	59.1%
2019 Richard Bennett Coastal 10m	325.	29 Laura BARROW	Female Senior	Unattached	01:42:14	01:41:57	124	18	10:13	48.6%
2019 Richard Bennett Coastal 10m	326.	441 Ian STOCKLEY	Male V50	Unattached	01:42:18	01:42:18	202	29	10:13	49.4%
2019 Richard Bennett Coastal 10m	327.	380 Karl SAVILL	Male V45	Unattached	01:42:22	01:42:22	203	38	10:14	47.2%
2019 Richard Bennett Coastal 10m	328.	161 Martyn FIRTH	Male Senior	Unattached	01:42:28	01:41:53	204	65	10:14	43.3%
2019 Richard Bennett Coastal 10m	329.	57 Darren BIRD	Male V45	Unattached	01:42:29	01:42:02	205	39	10:14	46.8%
2019 Richard Bennett Coastal 10m	330.	224 Adriana HOUCHELL	Female Senior	Ipswich Jaffa RC	01:42:30	01:42:07	125	19	10:14	48.2%
2019 Richard Bennett Coastal 10m	331.	2 Kirsty ABERDEIN	Female V45	Unattached	01:42:32	01:42:15	126	29	10:15	52.8%
2019 Richard Bennett Coastal 10m	332.	169 Lydia FOY	Female V40	Unattached	01:42:44	01:42:27	127	21	10:16	51.2%
2019 Richard Bennett Coastal 10m	333.	36 Jon BEECH	Male V40	Unattached	01:42:44	01:42:26	206	41	10:16	44.8%
2019 Richard Bennett Coastal 10m	334.	179 Mandy GODBOLD	Female V50	Ipswich Harriers	01:43:00	01:42:45	128	11	10:17	55.1%
2019 Richard Bennett Coastal 10m	335.	206 Deb HART	Female V50	Unattached	01:43:13	01:04:23	129	12	10:19	54.3%

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2019 Richard Bennett Coastal 10m	336.	42 Tarra BENJAMIN	Female Senior	Unattached	01:43:14	01:04:20	130	20	10:19	47.8%
2019 Richard Bennett Coastal 10m	337.	135 Paul DORSET	Male V45	Felixstowe RRC	01:43:42	01:43:15	207	40	10:22	46.3%
2019 Richard Bennett Coastal 10m	338.	153 Sam FALOONA	Male Senior	Unattached	01:43:50	01:43:34	208	66	10:22	42.4%
2019 Richard Bennett Coastal 10m	339.	352 Liza PUTWAIN	Female V35	Stowmarket Striders Running Clu	01:43:51	01:43:32	131	35	10:23	48.8%
2019 Richard Bennett Coastal 10m	340.	316 Joe NAUGHTON	Male V55	Stowmarket Striders Running Clu	01:43:52	01:43:16	209	22	10:23	49.9%
2019 Richard Bennett Coastal 10m	341.	436 Paul STANTON	Male V40	Unattached	01:44:14	01:43:41	210	42	10:25	44.5%
2019 Richard Bennett Coastal 10m	342.	175 Ian GARSTANG	Male V40	Unattached	01:44:17	01:44:01	211	43	10:25	43.5%
2019 Richard Bennett Coastal 10m	343.	154 Carita FARTHING	Female V35	Felixstowe RRC	01:44:19	01:43:45	132	36	10:25	47.9%
2019 Richard Bennett Coastal 10m	344.	355 Lesley RAWLINSON	Female V50	Unattached	01:44:40	01:06:19	133	13	10:27	54.2%
2019 Richard Bennett Coastal 10m	345.	129 Sarah DE-VAUX BALBIRNIE	Female Senior	Unattached	01:44:45	01:44:10	134	21	10:28	47.2%
2019 Richard Bennett Coastal 10m	346.	345 James PHILLIPS	Male V45	Unattached	01:44:48	01:44:14	212	41	10:28	45.8%
2019 Richard Bennett Coastal 10m	347.	475 Sarah WEBB	Female V40	Unattached	01:44:49	01:06:54	135	22	10:28	49.0%
2019 Richard Bennett Coastal 10m	348.	141 Gemma DUTTON	Female Senior	Unattached	01:45:08	01:44:41	136	22	10:30	46.9%
2019 Richard Bennett Coastal 10m	349.	48 Rosie BENNETT	Female Senior	Unattached	01:45:38	01:06:35	137	23	10:33	46.7%
2019 Richard Bennett Coastal 10m	350.	466 Kelly WADE	Female V35	Unattached	01:45:51	01:45:36	138	37	10:35	47.4%
2019 Richard Bennett Coastal 10m	351.	347 Joe PLANT	Male Senior	Unattached	01:45:54	01:45:26	213	67	10:35	41.8%
2019 Richard Bennett Coastal 10m	352.	195 Jordan HALL	Male Senior	Unattached	01:45:58	01:45:36	214	68	10:35	41.5%
2019 Richard Bennett Coastal 10m	353.	486 Alison WILKINSON	Female Senior	Unattached	01:46:08	01:45:54	139	24	10:36	46.7%
2019 Richard Bennett Coastal 10m	354.	25 Sarah BANHAM	Female Senior	Unattached	01:46:08	01:45:54	140	25	10:36	46.7%
2019 Richard Bennett Coastal 10m	355.	225 Hayley HOWARD	Female V40	Unattached	01:46:13	01:45:49	141	23	10:37	48.3%
2019 Richard Bennett Coastal 10m	356.	305 Pam MORGAN	Female V35	Framlingham Flyers	01:46:15	01:45:45	142	38	10:37	47.2%
2019 Richard Bennett Coastal 10m	357.	45 James BENNETT	Male V55	Thame Runners	01:46:33	01:46:08	215	23	10:39	48.2%
2019 Richard Bennett Coastal 10m	358.	209 Rachel HASTE	Female V45	Unattached	01:46:53	01:46:24	143	30	10:41	49.6%
2019 Richard Bennett Coastal 10m	359.	106 Jackie COLLINS	Female V55+	Felixstowe RRC	01:46:57	01:06:53	144	15	10:41	55.8%
2019 Richard Bennett Coastal 10m	360.	295 Lois MICKLEBURGH	Female V45	Unattached	01:47:33	01:47:09	145	31	10:45	50.4%
2019 Richard Bennett Coastal 10m	361.	144 Susan ELLIS	Female V50	Unattached	01:47:54	01:07:41	146	14	10:47	52.6%
2019 Richard Bennett Coastal 10m	362.	313 Christopher MURRAY	Male V45	Unattached	01:47:54	01:47:23	216	42	10:47	44.8%
2019 Richard Bennett Coastal 10m	363.	397 Lisa SHUMAKE	Female V40	Unattached	01:47:59	01:09:01	147	24	10:47	48.3%
2019 Richard Bennett Coastal 10m	364.	121 Piaskowski DANUTA	Female V40	Unattached	01:48:05	01:47:29	148	25	10:48	47.5%
2019 Richard Bennett Coastal 10m	365.	496 Maureen WRIGHT	Female V55+	Ipswich Jaffa RC	01:48:09	01:07:31	149	16	10:48	71.5%
2019 Richard Bennett Coastal 10m	366.	100 Alison CLARKE	Female V55+	Great Bentley Running Club	01:48:12	01:47:38	150	17	10:49	63.2%
2019 Richard Bennett Coastal 10m	367.	469 Ellie WALKER	Female Senior	Unattached	01:48:57	01:48:28	151	26	10:53	45.3%
2019 Richard Bennett Coastal 10m	368.	489 Justine WISEMAN	Female V45	Saxmundham Sports Running & Jogging Club	101:49:00	01:48:35	152	32	10:53	50.8%
2019 Richard Bennett Coastal 10m	369.	247 Mandy JOIRDAN	Female V45	Saxmundham Sports Running & Jogging Club	101:49:21	01:09:16	153	33	10:56	49.5%
2019 Richard Bennett Coastal 10m	370.	174 Juliet GARNHAM	Female V45	Stowmarket Striders Running Clu	01:49:51	01:07:13	154	34	10:59	48.3%
2019 Richard Bennett Coastal 10m	371.	456 Anna TOMASZCZUK	Female V40	Unattached	01:50:01	01:49:21	155	26	11:00	47.8%
2019 Richard Bennett Coastal 10m	372.	391 Jacqui SEYMOUR	Female V45	Stowmarket Striders Running Clu	01:50:22	01:09:24	156	35	11:02	49.6%
2019 Richard Bennett Coastal 10m	373.	24 Heidi BAKER	Female Senior	Unattached	01:50:32	01:50:03	157	27	11:03	44.6%
2019 Richard Bennett Coastal 10m	374.	119 Sue CURTIS	Female V55+	Unattached	01:50:39	01:09:17	158	18	11:03	57.6%
2019 Richard Bennett Coastal 10m	375.	399 Christopher SILOVSKY	Male Senior	Unattached	01:50:39	01:09:42	217	69	11:03	39.7%
2019 Richard Bennett Coastal 10m	376.	33 Gareth BAXTER	Male Senior	Unattached	01:51:24	01:51:05	218	70	11:08	40.2%
2019 Richard Bennett Coastal 10m	377.	302 Jane MOON	Female V55+	Unattached	01:51:31	01:50:56	159	19	11:09	55.6%
2019 Richard Bennett Coastal 10m	378.	422 Tim SPARKES	Male V40	Stowmarket Striders Running Clu	01:51:35	01:51:08	219	44	11:09	41.6%
2019 Richard Bennett Coastal 10m	379.	357 Catherine RENN	Female V35	Unattached	01:51:52	01:51:22	160	39	11:11	45.3%
2019 Richard Bennett Coastal 10m	380.	38 Dan BELCHER-HACKETT	Male V45	Stowmarket Striders Running Clu	01:52:01	01:09:18	220	43	11:12	42.1%

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2019 Richard Bennett Coastal 10m	381.	304 Kara MOORE DAMANT	Female V40	Stowmarket Striders Running Clu	01:52:14	01:51:47	161	27	11:13	45.5%
2019 Richard Bennett Coastal 10m	382.	480 Angela WHITING	Female V55+	Stowmarket Striders Running Clu	01:52:14	01:11:23	162	20	11:13	54.5%
2019 Richard Bennett Coastal 10m	383.	445 Sue STYLES	Female V45	Unattached	01:52:38	01:52:05	163	36	11:15	47.6%
2019 Richard Bennett Coastal 10m	384.	152 Michelle EVELYN-WOOD	Female V50	Unattached	01:52:38	01:52:05	164	15	11:15	51.6%
2019 Richard Bennett Coastal 10m	385.	426 Carol SPURGEON	Female V50	Unattached	01:52:38	01:52:18	165	16	11:15	49.8%
2019 Richard Bennett Coastal 10m	386.	393 Sarah SHEEHAN	Female V40	Unattached	01:52:54	01:52:30	166	28	11:17	45.8%
2019 Richard Bennett Coastal 10m	387.	115 Rachel COX	Female V40	Unattached	01:53:06	01:52:36	167	29	11:18	45.4%
2019 Richard Bennett Coastal 10m	388.	493 Mark WOODS	Male V45	Unattached	01:53:06	01:12:01	221	44	11:18	43.1%
2019 Richard Bennett Coastal 10m	389.	419 Natalie SOUTHGATE	Female Senior	Unattached	01:53:47	01:53:15	168	28	11:22	43.3%
2019 Richard Bennett Coastal 10m	390.	148 Dave EMENY	Male Senior	Unattached	01:53:49	01:13:32	222	71	11:22	38.7%
2019 Richard Bennett Coastal 10m	391.	337 Cat PASCALL	Female Senior	Unattached	01:53:55	01:53:46	169	29	11:23	43.3%
2019 Richard Bennett Coastal 10m	392.	453 Roger TAYLOR	Male V40	Unattached	01:53:57	01:14:00	223	45	11:23	41.1%
2019 Richard Bennett Coastal 10m	393.	409 Paula SMITH	Female V45	Unattached	01:54:21	01:53:50	170	37	11:26	47.9%
2019 Richard Bennett Coastal 10m	394.	14 Paul ANDERSON	Male V50	Unattached	01:54:40	01:54:11	224	30	11:27	42.9%
2019 Richard Bennett Coastal 10m	395.	39 Dianne BELCHER-HACKETT	Female V35	Unattached	01:54:55	01:54:27	171	40	11:29	44.1%
2019 Richard Bennett Coastal 10m	396.	383 James SCOTT	Male V55	Unattached	01:55:05	01:54:25	225	24	11:30	45.1%
2019 Richard Bennett Coastal 10m	397.	329 Justin OSTLER	Male V45	Felixstowe RRC	01:55:24	01:54:50	226	45	11:32	41.6%
2019 Richard Bennett Coastal 10m	398.	314 Clare MURRELL	Female Senior	Unattached	01:55:37	01:55:09	172	30	11:33	42.8%
2019 Richard Bennett Coastal 10m	399.	257 Esther KIEHL	Female V45	Unattached	01:55:40	01:54:59	173	38	11:34	46.8%
2019 Richard Bennett Coastal 10m	400.	11 Jacqueline ALLPORT	Female V50	Felixstowe RRC	01:55:41	01:55:01	174	17	11:34	49.7%
2019 Richard Bennett Coastal 10m	401.	447 Hollie SUTHERLAND	Female Senior	Felixstowe RRC	01:55:52	01:55:18	175	31	11:35	42.7%
2019 Richard Bennett Coastal 10m	402.	147 Daniela ELSTONE	Female V50	Felixstowe RRC	01:55:57	01:55:22	176	18	11:35	49.5%
2019 Richard Bennett Coastal 10m	403.	368 Chris ROSE	Male Senior	Unattached	01:55:58	01:55:27	227	72	11:35	38.8%
2019 Richard Bennett Coastal 10m	404.	253 Robert KEMP	Male Senior	Felixstowe RRC	01:56:14	01:55:40	228	73	11:37	38.0%
2019 Richard Bennett Coastal 10m	405.	185 Deborah GREEN	Female V50	Unattached	01:56:16	01:55:43	177	19	11:37	49.4%
2019 Richard Bennett Coastal 10m	406.	34 Naomi BAXTER	Female V40	Unattached	01:56:33	01:56:14	178	30	11:39	43.8%
2019 Richard Bennett Coastal 10m	407.	223 Rhonda HORNE	Female V40	Unattached	01:56:33	01:16:11	179	31	11:39	44.7%
2019 Richard Bennett Coastal 10m	408.	427 Kirsty SPURGEON	Female Senior	Unattached	01:57:22	01:56:58	180	32	11:44	42.2%
2019 Richard Bennett Coastal 10m	409.	95 Dirk CHRIST	Male V45	Unattached	01:59:00	01:58:22	229	46	11:53	40.6%
2019 Richard Bennett Coastal 10m	410.	416 Angela SOAMES	Female V40	Felixstowe RRC	01:59:00	01:14:09	181	32	11:53	44.2%
2019 Richard Bennett Coastal 10m	411.	96 Valeska CHRIST KOLBE	Female V40	Unattached	01:59:00	01:58:22	182	33	11:53	43.8%
2019 Richard Bennett Coastal 10m	412.	167 Sue FOLEY	Female V55+	Running Colchester	01:59:12	01:58:30	183	21	11:55	50.0%
2019 Richard Bennett Coastal 10m	413.	361 Jan RISEBROW	Female V55+	Felixstowe RRC	01:59:13	01:58:37	184	22	11:55	50.0%
2019 Richard Bennett Coastal 10m	414.	93 Mandy CHINERY	Female V45	Unattached	01:59:33	01:58:58	185	39	11:57	45.8%
2019 Richard Bennett Coastal 10m	415.	73 Samantha BROWN	Female V50	Unattached	01:59:35	01:59:03	186	20	11:57	48.0%
2019 Richard Bennett Coastal 10m	416.	5 Zoe ADAMS	Female Senior	Unattached	02:00:14	01:17:54	187	33	12:01	41.0%
2019 Richard Bennett Coastal 10m	417.	280 Sophie MAITLAND	Female Senior	Unattached	02:00:26	02:00:10	188	34	12:02	40.9%
2019 Richard Bennett Coastal 10m	418.	3 Tamsin ABERDEIN	Female V40	Unattached	02:00:26	01:19:43	189	34	12:02	42.9%
2019 Richard Bennett Coastal 10m	419.	270 Angie LEGGETT	Female V55+	Unattached	02:01:01	02:00:37	190	23	12:06	49.3%
2019 Richard Bennett Coastal 10m	420.	263 Lucinda LAWRENCE-BROWN	Female V40	Unattached	02:01:01	02:00:43	191	35	12:06	43.1%
2019 Richard Bennett Coastal 10m	421.	261 Paula LAMB	Female V35	Unattached	02:01:16	02:00:37	192	41	12:07	41.6%
2019 Richard Bennett Coastal 10m	422.	16 Danielle ANDREWS	Female V35	Unattached	02:01:38	02:00:58	193	42	12:09	41.5%
2019 Richard Bennett Coastal 10m	423.	63 Karen BRACKENBURY	Female V55+	Unattached	02:01:38	02:00:59	194	24	12:09	50.3%
2019 Richard Bennett Coastal 10m	424.	471 Michelle WALNE	Female V50	Unattached	02:02:36	01:20:12	195	21	12:15	48.0%
2019 Richard Bennett Coastal 10m	425.	251 Scott KEABLE	Male V40	Unattached	02:03:11	02:02:42	230	46	12:19	37.1%

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2019 Richard Bennett Coastal 10m	426.	321 Clare NORTON	Female V45	Unattached	02:03:18	02:02:48	196	40	12:19	43.0%
2019 Richard Bennett Coastal 10m	427.	219 Sarah HODGE	Female V50	Unattached	02:03:18	02:02:47	197	22	12:19	47.2%
2019 Richard Bennett Coastal 10m	428.	473 Nicole WARNER	Female V45	Unattached	02:03:23	02:03:23	198	41	12:20	43.0%
2019 Richard Bennett Coastal 10m	429.	310 Elizabeth MORRIS	Female V55+	Unattached	02:03:24	02:02:44	199	25	12:20	51.6%
2019 Richard Bennett Coastal 10m	430.	406 Heather SMITH	Female V45	Unattached	02:03:40	02:03:00	200	42	12:21	44.8%
2019 Richard Bennett Coastal 10m	431.	330 June OVERETT	Female V55+	Unattached	02:03:50	02:03:17	201	26	12:22	52.9%
2019 Richard Bennett Coastal 10m	432.	130 Jo DICKINSON	Female V45	Felixstowe RRC	02:04:31	02:03:54	202	43	12:27	44.5%
2019 Richard Bennett Coastal 10m	433.	323 Deryck O'CONNOR;DONNELL	Male V45	Unattached	02:04:43	02:04:24	231	47	12:28	38.8%
2019 Richard Bennett Coastal 10m	434.	1 Hannah ABBOTT	Female V35	Unattached	02:05:34	02:05:02	203	43	12:33	40.2%
2019 Richard Bennett Coastal 10m	435.	67 Doranne BREWSTER	Female V35	Unattached	02:06:19	02:06:12	204	44	12:37	39.9%
2019 Richard Bennett Coastal 10m	436.	370 Sharon RUSH	Female V45	Unattached	02:06:36	02:06:05	205	44	12:39	41.9%
2019 Richard Bennett Coastal 10m	437.	126 Beverley DE BOOS	Female V55+	Vegan Runners UK	02:07:45	02:07:05	206	27	12:46	55.9%
2019 Richard Bennett Coastal 10m	438.	134 Sarah DONOVAN	Female V50	Unattached	02:08:00	02:07:28	207	23	12:47	43.8%
2019 Richard Bennett Coastal 10m	439.	214 Claire HEMPSTEAD	Female V40	Unattached	02:08:21	02:07:42	208	36	12:50	41.0%
2019 Richard Bennett Coastal 10m	440.	23 Jane BAILEY	Female V55+	Felixstowe RRC	02:09:27	02:08:52	209	28	12:56	51.3%
2019 Richard Bennett Coastal 10m	441.	273 Lo-Anne LEWIS	Female V40	Unattached	02:10:31	02:10:02	210	37	13:03	39.3%
2019 Richard Bennett Coastal 10m	442.	373 Helen SAAGI	Female V50	Unattached	02:10:33	02:10:04	211	24	13:03	44.5%
2019 Richard Bennett Coastal 10m	443.	222 Mary HOPE	Female V55+	Stowmarket Striders Running Clu	02:11:33	02:11:08	212	29	13:09	51.2%
2019 Richard Bennett Coastal 10m	444.	142 Christine EASTHALL	Female Senior	Unattached	02:11:38	02:11:00	213	35	13:09	37.5%
2019 Richard Bennett Coastal 10m	445.	86 Gillian CARRON	Female V45	Unattached	02:11:38	02:11:07	214	45	13:09	41.1%
2019 Richard Bennett Coastal 10m	446.	9 Julie Cook	Female V50	Unattached	02:15:16	01:28:25	215	25	13:31	43.5%
2019 Richard Bennett Coastal 10m	447.	269 Jo LEEKS	Female V45	Unattached	02:17:51	02:17:19	216	46	13:47	39.3%
2019 Richard Bennett Coastal 10m	448.	193 Rachael HAGGER	Female V45	Unattached	02:24:20	02:23:41	217	47	14:25	37.1%
2019 Richard Bennett Coastal 10m	449.	205 Louise HARRIS	Female V40	Haverhill Running Club	02:24:55	02:24:13	218	38	14:29	36.3%
2019 Richard Bennett Coastal 10m	450.	250 Kim KEABLE	Female V40	Unattached	02:29:19	01:36:45	219	39	14:55	34.4%
2019 Richard Bennett Coastal 10m	451.	274 Alyson LIMPKIN-CHALLIS	Female V50	Felixstowe RRC	02:29:23	02:28:40	220	26	14:56	39.4%
2019 Richard Bennett Coastal 10m	452.	358 Zoila REYES	Female V55+	Felixstowe RRC	02:29:24	02:28:40	221	30	14:56	45.1%
2019 Richard Bennett Coastal 10m	DNF	467 Claire WALDEN	Female Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNF	381 Paul SCHWER	Male V55	Felixstowe RRC			-1	-1		
2019 Richard Bennett Coastal 10m	DNF	255 Sacha KEWN	Male Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNF	434 Scott STALLEY	Male V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	349 Abby POWLETT	Female V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	404 Alison SMITH	Female V35	Haverhill Running Club			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	139 Amanda DUNN	Female V40	Hadleigh Hares AC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	376 Amanda SARGEANT	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	165 Anthony FLEMING	Male V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	114 Ben COWLEY	Male Senior	Saxmundham Sports Running & I			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	80 Charlotte BURKE	Female Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	296 Cherie MILBOURN	Female V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	125 Daniel DAY	Male Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	283 David MARSH	Male V40	Stowmarket Striders Running Clu			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	448 Hayley SWAIN	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	324 Heidi OAKENFULL	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	47 Holly BENNETT	Female Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	485 James WILCOX	Male V45	Unattached			-1	-1		

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2019 Richard Bennett Coastal 10m	DNS	494 James WORTON	Male Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	191 Jason GUNN	Male Senior	Colchester Harriers AC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	231 Jayne HUDSON	Female V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	350 Jess PRESTON	Female V35	Vegan Runners UK			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	99 Jo CLARK	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	284 Karen MARTIN	Female V35	Haverhill Running Club			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	359 Karen RICHARDSON	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	479 Karen WHARFE	Female V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	237 Kate HUTSON	Female V35	Ipswich Jaffa RC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	62 Katinka BOWES	Female V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	348 Keri POWELL	Male V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	201 Lucia HARDWICK	Female V40	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	155 Lucinda FENDLEY	Female V35	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	392 Lucy SHEEHAN	Female V35	Felixstowe RRC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	118 Mark CROMPTON	Male V50	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	171 Mark FRISTON	Male V50	Woodbridge Shufflers Running C			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	281 Matt MAKIN	Male Senior	Felixstowe RRC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	382 Melanie SCOTLAND	Female Senior	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	394 Naomi SHELMDERDINE	Female V45	Haverhill Running Club			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	28 Nigel BARNES	Male V45	Vegan Runners UK			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	377 Phil SARGEANT	Male V45	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	298 Rachael MILLER	Female Senior	Felixstowe RRC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	12 Richard ALLPORT	Male V55	Felixstowe RRC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	92 Richard CHECKETTS	Male V45	Framlingham Flyers			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	240 Sally JACOBS	Female V55+	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	173 Samantha FULCHER	Female V50	Unattached			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	91 Steve CHAPMAN	Male V45	Stowmarket Striders Running Clu			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	236 Sue HUNTER	Female V55+	Stowmarket Striders Running Clu			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	7 Tony ADOLPHUS	Male V60+	Ipswich Jaffa RC			-1	-1		
2019 Richard Bennett Coastal 10m	DNS	468 Westley WALKER	Male V40	Haverhill Running Club			-1	-1		
2019 Robert Tomlinson Half Marathon	1.	181 Neil POLLARD	Male V40	Newmarket Joggers	1:14:46	1:14:46	1	1	5:42	80.8%
2019 Robert Tomlinson Half Marathon	2.	272 Benjamin TURLEY	Male Senior	Ipswich Jaffa RC	1:17:19	1:17:19	2	1	5:54	76.4%
2019 Robert Tomlinson Half Marathon	3.	33 Samuel BURDETT	Male Senior	Stowmarket Striders Running Clu	1:17:47	1:17:47	3	2	5:56	75.0%
2019 Robert Tomlinson Half Marathon	4.	120 Adam HOWLETT	Male V45	Framlingham Flyers	1:18:30	1:18:30	4	1	5:59	81.5%
2019 Robert Tomlinson Half Marathon	5.	115 Mark HAYWARD	Male Senior	Newmarket Joggers	1:18:50	1:18:50	5	3	6:01	74.9%
2019 Robert Tomlinson Half Marathon	6.	235 Adam WADE	Male Senior	Ipswich Jaffa RC	1:20:04	1:20:04	6	4	6:06	74.1%
2019 Robert Tomlinson Half Marathon	7.	247 Jack WILKINSON	Male Senior	Unattached	1:21:39	1:21:39	7	5	6:13	71.7%
2019 Robert Tomlinson Half Marathon	8.	5 Alastair ANGUS	Male Senior	St Edmunds Pacers	1:24:47	1:24:47	8	6	6:28	68.8%
2019 Robert Tomlinson Half Marathon	9.	273 Oliver WATSON	Male Senior	Ipswich Jaffa RC	1:25:07	1:25:07	9	7	6:29	68.6%
2019 Robert Tomlinson Half Marathon	10.	31 Piotr BULACZ	Male V45	Sudbury Joggers	1:25:35	1:25:35	10	2	6:31	75.4%
2019 Robert Tomlinson Half Marathon	11.	271 Benjamin JACOBS	Male V40	Felixstowe RRC	1:25:55	1:25:55	11	2	6:33	71.4%
2019 Robert Tomlinson Half Marathon	12.	132 Graham JENVEY	Male Senior	Unattached	1:26:12	1:26:12	12	8	6:34	69.2%
2019 Robert Tomlinson Half Marathon	13.	224 Clive THOMAS	Male V55	Colchester Harriers AC	1:26:19	1:26:19	13	1	6:35	80.3%
2019 Robert Tomlinson Half Marathon	14.	172 Chris MOWER	Male V40	St Edmunds Pacers	1:27:51	1:27:51	14	3	6:42	69.9%
2019 Robert Tomlinson Half Marathon	15.	15 Aden BELL	Male Senior	Hadleigh Hares AC	1:28:14	1:28:14	15	9	6:44	66.3%

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2019 Robert Tomlinson Half Marathon	16.	206 Chris SEYMOUR	Male V50	Stowmarket Striders Running Clu	1:28:16	1:28:16	16	1	6:44	73.8%
2019 Robert Tomlinson Half Marathon	17.	219 Chris SUGARS	Male V45	Felixstowe RRC	1:28:19	1:28:19	17	3	6:44	72.5%
2019 Robert Tomlinson Half Marathon	18.	27 Steve BROOKE	Male V50	Felixstowe RRC	1:28:52	1:28:52	18	2	6:46	73.9%
2019 Robert Tomlinson Half Marathon	19.	113 Tom HASLAM	Male V45	Framlingham Flyers	1:29:31	1:29:31	19	4	6:49	70.9%
2019 Robert Tomlinson Half Marathon	20.	274 Steve HALL	Male V45	Framlingham Flyers	1:29:44	1:29:44	20	5	6:50	70.1%
2019 Robert Tomlinson Half Marathon	21.	32 Trevor BUNCH	Male V45	Haverhill Running Club	1:29:55	1:29:55	21	6	6:51	69.4%
2019 Robert Tomlinson Half Marathon	22.	259 Charlie DAVIS	Male Senior	Unattached	1:30:29	1:30:29	22	10	6:54	64.5%
2019 Robert Tomlinson Half Marathon	23.	30 Stuart BUCHAN	Male Senior	Stowmarket Striders Running Clu	1:30:33	1:30:33	23	11	6:54	64.4%
2019 Robert Tomlinson Half Marathon	24.	183 Justin POTTER	Male Senior	Stowmarket Striders Running Clu	1:30:34	1:30:34	24	12	6:54	64.9%
2019 Robert Tomlinson Half Marathon	25.	80 Alan FAYLE	Male Senior	Unattached	1:30:57	1:30:57	25	13	6:56	64.2%
2019 Robert Tomlinson Half Marathon	26.	23 Romas BLEDA	Male Senior	Unattached	1:31:11	1:31:11	26	14	6:57	64.0%
2019 Robert Tomlinson Half Marathon	27.	152 Robin MACKENZIE	Male V55	Framlingham Flyers	1:31:32	1:31:32	27	2	6:59	75.7%
2019 Robert Tomlinson Half Marathon	28.	229 Ryan TUVEY	Male Senior	Unattached	1:31:33	1:31:33	28	15	6:59	63.8%
2019 Robert Tomlinson Half Marathon	29.	38 Jason CATTERMOLE	Male V50	Ipswich Jaffa RC	1:32:15	1:32:15	29	3	7:02	71.2%
2019 Robert Tomlinson Half Marathon	30.	262 Mike GREENER	Male V45	St Edmunds Pacers	1:32:48	1:32:48	30	7	7:05	69.6%
2019 Robert Tomlinson Half Marathon	31.	261 Ben HOPKINS	Male Senior	Unattached	1:32:53	1:32:53	31	16	7:05	62.8%
2019 Robert Tomlinson Half Marathon	32.	251 Emilie WIX	Female V35	Woodbridge Shufflers Running C	1:33:36	1:33:36	1	1	7:08	71.2%
2019 Robert Tomlinson Half Marathon	33.	110 Robin HARPER	Male V40	Felixstowe RRC	1:33:52	1:33:52	32	4	7:09	65.4%
2019 Robert Tomlinson Half Marathon	34.	85 James FISHER	Male V40	Ely Runners	1:36:04	1:36:04	33	5	7:19	63.9%
2019 Robert Tomlinson Half Marathon	35.	240 Andrew WEBBER	Male V55	Stowmarket Striders Running Clu	1:36:15	1:36:15	34	3	7:20	72.7%
2019 Robert Tomlinson Half Marathon	36.	16 Robin BELSOM	Male V55	Ipswich Jaffa RC	1:36:30	1:36:30	35	4	7:21	73.2%
2019 Robert Tomlinson Half Marathon	37.	105 John GREENER	Male V50	St Edmunds Pacers	1:36:53	1:36:53	36	4	7:23	67.2%
2019 Robert Tomlinson Half Marathon	38.	86 Sarah FITCH	Female V45	Felixstowe RRC	1:37:17	1:37:17	2	1	7:25	72.1%
2019 Robert Tomlinson Half Marathon	39.	70 Stephen DUNNETT	Male V60	Framlingham Flyers	1:37:34	1:37:34	37	1	7:26	73.8%
2019 Robert Tomlinson Half Marathon	40.	51 Ian COXHEAD	Male V50	Norfolk Gazelles AC	1:38:03	1:38:03	38	5	7:29	67.6%
2019 Robert Tomlinson Half Marathon	41.	226 Sandy THOROGOOD	Female V50	Sudbury Joggers	1:38:38	1:38:38	3	1	7:31	78.9%
2019 Robert Tomlinson Half Marathon	42.	84 Yusuf FIRAT	Male V55	Haverhill Running Club	1:38:46	1:38:46	39	5	7:32	69.5%
2019 Robert Tomlinson Half Marathon	43.	220 Oliver BINGHAM	Male Senior	Stowmarket Striders Running Clu	1:39:16	1:39:16	40	17	7:34	59.3%
2019 Robert Tomlinson Half Marathon	44.	184 Sam POWELL	Male Senior	Wymondham AC	1:39:35	1:39:35	41	18	7:36	58.6%
2019 Robert Tomlinson Half Marathon	45.	42 Neville CLARKE	Male V65	Newmarket Joggers	1:39:46	1:39:46	42	1	7:36	75.0%
2019 Robert Tomlinson Half Marathon	46.	243 Ian WHITE	Male V50	Unattached	1:40:08	1:40:08	43	6	7:38	65.0%
2019 Robert Tomlinson Half Marathon	47.	269 John COOPER	Male Senior	Unattached	1:40:17	1:40:17	44	19	7:39	58.9%
2019 Robert Tomlinson Half Marathon	48.	121 James HOWLETT	Male V45	Framlingham Flyers	1:40:25	1:40:25	45	8	7:39	62.7%
2019 Robert Tomlinson Half Marathon	49.	282 Jim Aldridge	Male V45	Ipswich Jaffa RC	1:40:26	1:40:26	46	9	7:39	62.7%
2019 Robert Tomlinson Half Marathon	50.	134 Rob JEWERS	Male V40	Stowmarket Striders Running Clu	1:41:06	1:41:06	47	6	7:43	61.2%
2019 Robert Tomlinson Half Marathon	51.	102 Kathryn GOODING	Female Senior	Unattached	1:41:07	1:41:07	4	1	7:43	64.4%
2019 Robert Tomlinson Half Marathon	52.	22 Peter BIVEN	Male V40	Unattached	1:41:37	1:41:37	48	7	7:45	59.0%
2019 Robert Tomlinson Half Marathon	53.	71 Joseph DUNNING	Male Senior	Unattached	1:41:50	1:41:50	49	20	7:46	58.6%
2019 Robert Tomlinson Half Marathon	54.	62 Liam DOE	Male Senior	Unattached	1:42:13	1:42:13	50	21	7:48	57.1%
2019 Robert Tomlinson Half Marathon	55.	158 Michael MARRIOTT	Male V60	Unattached	1:42:28	1:42:28	51	2	7:49	71.6%
2019 Robert Tomlinson Half Marathon	56.	127 Morgan IRVING	Female Senior	Unattached	1:42:42	1:42:42	5	2	7:50	63.4%
2019 Robert Tomlinson Half Marathon	57.	57 Mark DAVEY	Male V50	Unattached	1:43:06	1:43:06	52	7	7:52	63.7%
2019 Robert Tomlinson Half Marathon	58.	67 Joshua DOWSON	Male Senior	Unattached	1:43:27	1:43:27	53	22	7:53	56.5%
2019 Robert Tomlinson Half Marathon	59.	52 Matthew CRANE	Male Senior	Cambridge & Coleridge AC	1:43:39	1:43:39	54	23	7:54	56.3%
2019 Robert Tomlinson Half Marathon	60.	129 Martin JARVIS	Male V45	Unattached	1:43:42	1:43:42	55	10	7:54	60.2%

RACE CHIP TIMING RESULTS

2019 Robert Tomlinson Half Marathon	61.	214 Andrew SMYTH	Male Senior	Unattached	1:43:43	1:43:43	56	24	7:54	57.5%
2019 Robert Tomlinson Half Marathon	62.	258 Dave YOUNG	Male V45	Unattached	1:44:02	1:44:02	57	11	7:56	61.5%
2019 Robert Tomlinson Half Marathon	63.	178 Darin OSBORNE	Male V50	Unattached	1:44:10	1:44:10	58	8	7:57	64.2%
2019 Robert Tomlinson Half Marathon	64.	63 Stuart DOLAN	Male Senior	Unattached	1:44:25	1:44:25	59	25	7:58	56.2%
2019 Robert Tomlinson Half Marathon	65.	212 Daryl SIMPSON	Male V45	Ipswich Jaffa RC	1:44:40	1:44:40	60	12	7:59	60.6%
2019 Robert Tomlinson Half Marathon	66.	142 Stuart KING	Male Senior	Brandon Fern Hoppers	1:45:12	1:45:12	61	26	8:01	55.5%
2019 Robert Tomlinson Half Marathon	67.	180 Kate PINCHEN	Female Senior	Stowmarket Striders Running Clu	1:45:40	1:45:40	6	3	8:03	61.7%
2019 Robert Tomlinson Half Marathon	68.	281 Benjamin Thomas	Male V45	Unattached	1:46:18	1:46:18	62	13	8:06	58.7%
2019 Robert Tomlinson Half Marathon	69.	202 Bronwen SARGINSON	Female V40	Unattached	1:46:44	1:46:44	7	1	8:08	63.6%
2019 Robert Tomlinson Half Marathon	70.	284 Thomas Davey	Male Senior	Unattached	1:46:45	1:46:45	63	27	8:08	54.6%
2019 Robert Tomlinson Half Marathon	71.	92 James GEATER	Male Senior	Unattached	1:46:46	1:46:46	64	28	8:08	54.6%
2019 Robert Tomlinson Half Marathon	72.	283 Ashley Clayden	Male Senior	Unattached	1:46:55	1:46:55	65	29	8:09	54.6%
2019 Robert Tomlinson Half Marathon	73.	228 Charles TURNER	Male Senior	Unattached	1:46:55	1:46:55	66	30	8:09	54.6%
2019 Robert Tomlinson Half Marathon	74.	101 Andrew GOODEY	Male V45	Unattached	1:47:04	1:47:04	67	14	8:10	59.3%
2019 Robert Tomlinson Half Marathon	75.	106 Kate GREENER	Female V40	Unattached	1:47:42	1:47:42	8	2	8:13	64.0%
2019 Robert Tomlinson Half Marathon	76.	204 Daniel SELFE	Male V40	Stowmarket Striders Running Clu	1:47:47	1:47:47	68	8	8:13	57.4%
2019 Robert Tomlinson Half Marathon	77.	249 Helen WING	Female V50	Stowmarket Striders Running Clu	1:48:10	1:48:10	9	2	8:15	70.2%
2019 Robert Tomlinson Half Marathon	78.	13 Gale BAXTER	Female V45	Unattached	1:48:17	1:48:17	10	2	8:15	64.7%
2019 Robert Tomlinson Half Marathon	79.	54 Derek DALY	Male V55	Saxmundham Sports Running & J	1:48:32	1:48:32	69	6	8:17	63.3%
2019 Robert Tomlinson Half Marathon	80.	90 Sharon FROST	Female V45	St Edmunds Pacers	1:48:44	1:48:44	11	3	8:17	67.4%
2019 Robert Tomlinson Half Marathon	81.	91 Adrian FROST	Male V45	St Edmunds Pacers	1:48:44	1:48:44	70	15	8:18	58.9%
2019 Robert Tomlinson Half Marathon	82.	242 Mark WEBSTER	Male V60	Unattached	1:49:47	1:49:47	71	3	8:22	65.0%
2019 Robert Tomlinson Half Marathon	83.	161 Vicky MCTAGGART	Female V40	Unattached	1:49:55	1:49:55	12	3	8:23	62.2%
2019 Robert Tomlinson Half Marathon	84.	21 Kevin BIRD	Male V55	St Edmunds Pacers	1:50:15	1:50:15	72	7	8:24	61.7%
2019 Robert Tomlinson Half Marathon	85.	217 Jo STEPHENSON	Female V50	Stowmarket Striders Running Clu	1:50:40	1:50:40	13	3	8:26	70.3%
2019 Robert Tomlinson Half Marathon	86.	275 Silvan GOTTSCHALL	Male Senior	Unattached	1:50:42	1:50:42	73	31	8:26	52.7%
2019 Robert Tomlinson Half Marathon	87.	153 Jemma MADDAMS	Female V35	Unattached	1:51:17	1:51:17	14	2	8:29	60.2%
2019 Robert Tomlinson Half Marathon	88.	97 Ruth GOODCHILD	Female V40	Unattached	1:51:32	1:51:32	15	4	8:30	61.8%
2019 Robert Tomlinson Half Marathon	89.	98 Rob GOODCHILD	Male V50	Unattached	1:51:34	1:51:34	74	9	8:30	58.4%
2019 Robert Tomlinson Half Marathon	90.	117 Tom HOBLYN	Male V55	St Edmunds Pacers	1:51:39	1:51:39	75	8	8:31	61.5%
2019 Robert Tomlinson Half Marathon	91.	280 Simon Sparkes	Male V45	Bungay Black Dog RC	1:51:40	1:51:40	76	16	8:31	56.3%
2019 Robert Tomlinson Half Marathon	92.	177 James OLLEY	Male Senior	Harwich Runners	1:51:43	1:51:43	77	32	8:31	52.2%
2019 Robert Tomlinson Half Marathon	93.	114 Stephen HATTEN	Male V50	St Edmunds Pacers	1:51:51	1:51:51	78	10	8:32	60.3%
2019 Robert Tomlinson Half Marathon	94.	165 Frank MOGGAN	Male V70+	Stowmarket Striders Running Clu	1:51:53	1:51:53	79	1	8:32	70.4%
2019 Robert Tomlinson Half Marathon	95.	213 Pete SKINNER	Male V45	Unattached	1:51:59	1:51:59	80	17	8:32	55.7%
2019 Robert Tomlinson Half Marathon	96.	191 Robert REASON	Male V50	Stowmarket Striders Running Clu	1:52:03	1:52:03	81	11	8:33	60.2%
2019 Robert Tomlinson Half Marathon	97.	157 Simon MARJORAM	Male V45	Unattached	1:52:41	1:52:41	82	18	8:36	55.8%
2019 Robert Tomlinson Half Marathon	98.	208 Jenny SHEAHAN	Female V55	Eastern Veterans AC	1:52:53	1:52:53	16	1	8:36	71.6%
2019 Robert Tomlinson Half Marathon	99.	278 Stephen Page	Male V45	Stowmarket Striders Running Clu	1:52:58	1:52:58	83	19	8:37	55.7%
2019 Robert Tomlinson Half Marathon	100.	230 Mark TYRRELL	Male Senior	Unattached	1:53:09	1:53:09	84	33	8:38	51.7%
2019 Robert Tomlinson Half Marathon	101.	166 Denis MOLE	Male V70+	Havering 90 Joggers	1:53:36	1:53:36	85	2	8:40	70.1%
2019 Robert Tomlinson Half Marathon	102.	253 Jamie WRIGHT	Male V40	Framlingham Flyers	1:53:38	1:53:38	86	9	8:40	54.0%
2019 Robert Tomlinson Half Marathon	103.	29 Rachel BROOKE	Female V45	Ipswich Jaffa RC	1:54:19	1:54:19	17	4	8:43	62.6%
2019 Robert Tomlinson Half Marathon	104.	94 Joanna GODWIN	Female V45	Wymondham AC	1:54:30	1:54:30	18	5	8:44	61.8%
2019 Robert Tomlinson Half Marathon	105.	75 Richard EASTALL	Male V55	Steel City Striders RC	1:55:21	1:55:21	87	9	8:48	59.0%

RACE CHIP TIMING RESULTS

2019 Robert Tomlinson Half Marathon	106.	19 Jamie BENNINGTON	Male V40	Unattached	1:55:23	1:55:23	88	10	8:48	52.0%
2019 Robert Tomlinson Half Marathon	107.	148 Darren LEEKS	Male V45	Unattached	1:55:30	1:55:30	89	20	8:49	55.4%
2019 Robert Tomlinson Half Marathon	108.	87 Scott FOREST	Male Senior	Unattached	1:55:44	1:55:44	90	34	8:50	50.8%
2019 Robert Tomlinson Half Marathon	109.	256 Miles YAXLEY	Male Senior	Unattached	1:55:50	1:55:50	91	35	8:50	50.4%
2019 Robert Tomlinson Half Marathon	110.	39 Andrew CATTON	Male Senior	Stowmarket Striders Running Clu	1:56:05	1:56:05	92	36	8:51	50.4%
2019 Robert Tomlinson Half Marathon	111.	122 Tony HUFFLETT	Male V50	Crowborough Runners	1:56:16	1:56:16	93	12	8:52	58.0%
2019 Robert Tomlinson Half Marathon	112.	123 Sam HUFFLETT	Male Senior	Unattached	1:56:16	1:56:16	94	37	8:52	50.2%
2019 Robert Tomlinson Half Marathon	113.	233 Nikki VINCE	Female V45	Unattached	1:56:38	1:56:38	19	6	8:54	60.7%
2019 Robert Tomlinson Half Marathon	114.	25 Keith BORRETT	Male V65	Unattached	1:57:15	1:57:15	95	2	8:56	64.5%
2019 Robert Tomlinson Half Marathon	115.	188 Clive PURBROOK	Male V60	Newmarket Joggers	1:57:25	1:57:25	96	4	8:57	63.1%
2019 Robert Tomlinson Half Marathon	116.	93 Aaron GENT	Male Senior	Unattached	1:57:26	1:57:26	97	38	8:57	50.8%
2019 Robert Tomlinson Half Marathon	117.	44 Daniel COBB	Male Senior	Unattached	1:57:34	1:57:34	98	39	8:58	49.6%
2019 Robert Tomlinson Half Marathon	118.	76 Marcus EDGWORTH	Male Senior	Unattached	1:57:41	1:57:41	99	40	8:59	49.6%
2019 Robert Tomlinson Half Marathon	119.	218 Adam STIFF	Male Senior	Unattached	1:57:46	1:57:46	100	41	8:59	50.1%
2019 Robert Tomlinson Half Marathon	120.	197 Hugh ROBERTS	Male V70+	Bungay Black Dog RC	1:57:50	1:57:50	101	3	8:59	66.9%
2019 Robert Tomlinson Half Marathon	121.	7 Ross ARNOLD	Male Senior	Haverhill Running Club	1:57:56	1:57:56	102	42	9:00	49.5%
2019 Robert Tomlinson Half Marathon	122.	89 Yvonne FREIHERR-FENTON	Female V40	Unattached	1:58:16	1:58:16	20	5	9:01	57.8%
2019 Robert Tomlinson Half Marathon	123.	74 Charlotte DURRANT	Female V35	Stowmarket Striders Running Clu	1:58:32	1:58:32	21	3	9:02	56.2%
2019 Robert Tomlinson Half Marathon	124.	82 Julia FINCH	Female V40	Unattached	1:58:46	1:58:46	22	6	9:03	57.1%
2019 Robert Tomlinson Half Marathon	125.	225 Hannah THOMPSON	Female Senior	Stowmarket Striders Running Clu	1:59:04	1:59:04	23	4	9:05	54.7%
2019 Robert Tomlinson Half Marathon	126.	133 Hannah JEWERS	Female V40	Stowmarket Striders Running Clu	1:59:19	1:59:19	24	7	9:06	57.3%
2019 Robert Tomlinson Half Marathon	127.	17 Mark BENNETT	Male V45	Unattached	1:59:43	1:59:43	103	21	9:08	52.1%
2019 Robert Tomlinson Half Marathon	128.	18 Nichola BENNETT	Female V40	Unattached	1:59:43	1:59:43	25	8	9:08	56.3%
2019 Robert Tomlinson Half Marathon	129.	175 Sian O#039;SULLIVAN	Female Senior	Bungay Black Dog RC	1:59:47	1:59:47	26	5	9:08	54.4%
2019 Robert Tomlinson Half Marathon	130.	270 Timothy OSTER	Male Senior	Unattached	1:59:52	1:59:52	104	43	9:08	48.8%
2019 Robert Tomlinson Half Marathon	131.	245 Clare WIGG	Female V35	Stowmarket Striders Running Clu	2:00:04	2:00:04	27	4	9:09	54.8%
2019 Robert Tomlinson Half Marathon	132.	257 Keith YAXLEY	Male V45	Unattached	2:00:16	2:00:16	105	22	9:10	52.8%
2019 Robert Tomlinson Half Marathon	133.	221 Ryan TALLEY	Male V50	Steel City Striders RC	2:00:25	2:00:25	106	13	9:11	55.0%
2019 Robert Tomlinson Half Marathon	134.	252 James WRIGHT	Male Senior	Unattached	2:00:53	2:00:53	107	44	9:13	48.3%
2019 Robert Tomlinson Half Marathon	135.	59 Daniel DAY	Male Senior	Unattached	2:01:09	2:01:09	108	45	9:14	49.2%
2019 Robert Tomlinson Half Marathon	136.	232 Nicola VICKERS	Female V50	Unattached	2:01:56	2:01:56	28	4	9:18	63.0%
2019 Robert Tomlinson Half Marathon	137.	231 Ben VICKERS	Male V50	Unattached	2:01:56	2:01:56	109	14	9:18	54.8%
2019 Robert Tomlinson Half Marathon	138.	78 Alex ELLIOTT	Male Senior	Unattached	2:01:58	2:01:58	110	46	9:18	48.0%
2019 Robert Tomlinson Half Marathon	139.	263 Aaron DURRANT	Male Senior	Unattached	2:03:17	2:03:17	111	47	9:24	47.3%
2019 Robert Tomlinson Half Marathon	140.	260 Mathew GAUKRODGER	Male Senior	Unattached	2:03:30	2:03:30	112	48	9:25	47.2%
2019 Robert Tomlinson Half Marathon	141.	112 Emma HARWOOD	Female V45	Framlingham Flyers	2:03:31	2:03:31	29	7	9:25	58.6%
2019 Robert Tomlinson Half Marathon	142.	55 David DAMANT	Male V45	Unattached	2:04:33	2:04:33	113	23	9:30	50.9%
2019 Robert Tomlinson Half Marathon	143.	95 Lewis GOLDBERG	Male Senior	Unattached	2:04:50	2:04:50	114	49	9:31	46.7%
2019 Robert Tomlinson Half Marathon	144.	227 Rebecca TOMLINSON	Female Senior	Unattached	2:04:59	2:04:59	30	6	9:32	52.4%
2019 Robert Tomlinson Half Marathon	145.	179 Clive PEMBERTON	Male V50	Unattached	2:05:10	2:05:10	115	15	9:33	52.9%
2019 Robert Tomlinson Half Marathon	146.	135 Gemma JEWERS	Female V35	Stowmarket Striders Running Clu	2:05:26	2:05:26	31	5	9:34	52.7%
2019 Robert Tomlinson Half Marathon	147.	207 David SEYMOUR	Male V55	Felixstowe RRC	2:05:58	2:05:58	116	10	9:36	56.1%
2019 Robert Tomlinson Half Marathon	148.	108 Simon HAFFENDEN	Male V55	St Edmunds Pacers	2:06:02	2:06:02	117	11	9:37	56.0%
2019 Robert Tomlinson Half Marathon	149.	167 Clare MOODIE	Female V40	Framlingham Flyers	2:06:38	2:06:38	32	9	9:39	54.4%
2019 Robert Tomlinson Half Marathon	150.	246 Alison WILCOCK	Female Senior	Unattached	2:06:47	2:06:47	33	7	9:40	51.4%

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2019 Robert Tomlinson Half Marathon	151.	118 Claire HOLDAWAY	Female V40	Hadleigh Hares AC	2:06:49	2:06:49	34	10	9:40	54.3%
2019 Robert Tomlinson Half Marathon	152.	222 Andrew THOMAS	Male V55	Unattached	2:07:05	2:07:05	118	12	9:42	54.5%
2019 Robert Tomlinson Half Marathon	153.	279 Sarah Sparkes	Female V45	Bungay Black Dog RC	2:07:51	2:07:51	35	8	9:45	55.4%
2019 Robert Tomlinson Half Marathon	154.	26 Steve BRIGHT	Male V55	Lonely Goat RC	2:07:58	2:07:58	119	13	9:46	53.7%
2019 Robert Tomlinson Half Marathon	155.	65 Claire DOUGLAS	Female V35	Stowmarket Striders Running Clu	2:08:00	2:08:00	36	6	9:46	52.3%
2019 Robert Tomlinson Half Marathon	156.	103 Kevin GOODING	Male V55	Unattached	2:09:38	2:09:38	120	14	9:53	54.0%
2019 Robert Tomlinson Half Marathon	157.	173 Joe NAUGHTON	Male V55	Stowmarket Striders Running Clu	2:09:39	2:09:39	121	15	9:53	53.5%
2019 Robert Tomlinson Half Marathon	158.	66 Rebecca DOWSON	Female Senior	Unattached	2:10:01	2:10:01	37	8	9:55	50.2%
2019 Robert Tomlinson Half Marathon	159.	77 John EDWARDS	Male V50	Unattached	2:10:12	2:10:12	122	16	9:56	50.0%
2019 Robert Tomlinson Half Marathon	160.	20 Natasha BILLSBERRY	Female V40	Unattached	2:10:22	2:10:22	38	11	9:57	51.7%
2019 Robert Tomlinson Half Marathon	161.	236 Lauren WAGGOTT	Female Senior	Unattached	2:10:25	2:10:25	39	9	9:57	49.9%
2019 Robert Tomlinson Half Marathon	162.	164 Lorraine MILLS	Female V45	Unattached	2:10:29	2:10:29	40	9	9:57	54.8%
2019 Robert Tomlinson Half Marathon	163.	137 Claire JONES	Female V45	Unattached	2:12:28	2:12:28	41	10	10:06	53.5%
2019 Robert Tomlinson Half Marathon	164.	162 Shalah MELLOR	Female V40	Unattached	2:12:28	2:12:28	42	12	10:06	52.0%
2019 Robert Tomlinson Half Marathon	165.	268 Rachel HIRST	Female V55	Bungay Black Dog RC	2:12:41	2:12:41	43	2	10:07	59.4%
2019 Robert Tomlinson Half Marathon	166.	155 Roderick MAIN	Male V50	Tri-Anglia Triathlon Club	2:12:57	2:12:57	123	17	10:08	50.3%
2019 Robert Tomlinson Half Marathon	167.	1 Chris ALDERTON	Female V40	Stowmarket Striders Running Clu	2:13:30	2:13:30	44	13	10:11	52.0%
2019 Robert Tomlinson Half Marathon	168.	47 Adrian COLE	Male V55	Stowmarket Striders Running Clu	2:13:34	2:13:34	124	16	10:11	51.9%
2019 Robert Tomlinson Half Marathon	169.	248 Helen WILLIAMS	Female V50	Unattached	2:14:29	2:14:29	45	5	10:15	56.4%
2019 Robert Tomlinson Half Marathon	170.	154 Vicki MAIN	Female Senior	Unattached	2:14:34	2:14:34	46	10	10:16	48.4%
2019 Robert Tomlinson Half Marathon	171.	119 Adriana HOUCHELL	Female Senior	Ipswich Jaffa RC	2:14:49	2:14:49	47	11	10:17	48.4%
2019 Robert Tomlinson Half Marathon	172.	170 Alistair MOSELEY	Male V50	Stowmarket Striders Running Clu	2:14:55	2:14:55	125	18	10:17	48.7%
2019 Robert Tomlinson Half Marathon	173.	264 Karen GEDGE	Female V50	Bungay Black Dog RC	2:15:10	2:15:10	48	6	10:19	57.6%
2019 Robert Tomlinson Half Marathon	174.	81 David FIELD	Male V55	Stowmarket Striders Running Clu	2:16:19	2:16:19	126	17	10:24	51.3%
2019 Robert Tomlinson Half Marathon	175.	72 Sarah DUNSDON	Female V45	Unattached	2:17:03	2:17:03	49	11	10:27	51.2%
2019 Robert Tomlinson Half Marathon	176.	43 Jo CLIFTON	Female V50	Saxmundham Sports Running &	12:17:06	2:17:06	50	7	10:27	54.0%
2019 Robert Tomlinson Half Marathon	177.	131 Peter JAY	Male V55	St Edmunds Pacers	2:17:30	2:17:30	127	18	10:29	51.4%
2019 Robert Tomlinson Half Marathon	178.	53 Karl CRIDLAND	Male Senior	Unattached	2:17:56	2:17:56	128	50	10:31	42.3%
2019 Robert Tomlinson Half Marathon	179.	49 Melvin COPPING	Male V55	Stowmarket Striders Running Clu	2:17:58	2:17:58	129	19	10:31	51.2%
2019 Robert Tomlinson Half Marathon	180.	107 Lynsey GROOM	Female V35	Unattached	2:18:19	2:18:19	51	7	10:33	47.9%
2019 Robert Tomlinson Half Marathon	181.	125 Tracy HUMPHREYS	Female V55	Stowmarket Striders Running Clu	2:18:44	2:18:44	52	3	10:35	57.5%
2019 Robert Tomlinson Half Marathon	182.	61 Yvonne DOE	Female V40	Stowmarket Striders Running Clu	2:19:02	2:19:02	53	14	10:36	50.0%
2019 Robert Tomlinson Half Marathon	183.	79 Louise FAGGETTER	Female V35	Stowmarket Striders Running Clu	2:19:02	2:19:02	54	8	10:36	47.3%
2019 Robert Tomlinson Half Marathon	184.	145 Alison LAPPER	Female V45	Metropolitan Police AC	2:19:18	2:19:18	55	12	10:37	52.6%
2019 Robert Tomlinson Half Marathon	185.	265 Alice KIRK	Female Senior	Bungay Black Dog RC	2:19:20	2:19:20	56	12	10:38	46.8%
2019 Robert Tomlinson Half Marathon	186.	254 Maureen WRIGHT	Female V65+	Ipswich Jaffa RC	2:19:48	2:19:48	57	1	10:40	73.1%
2019 Robert Tomlinson Half Marathon	187.	277 Charlie Stannett	Male V60	Ipswich Triathlon	2:20:19	2:20:19	130	5	10:42	52.3%
2019 Robert Tomlinson Half Marathon	188.	171 Julia MOSS-ECCAARDT	Female V45	Stowmarket Striders Running Clu	2:20:35	2:20:35	58	13	10:43	51.5%
2019 Robert Tomlinson Half Marathon	189.	237 Gemma WALSH	Female Senior	Unattached	2:23:03	2:23:03	59	13	10:55	45.5%
2019 Robert Tomlinson Half Marathon	190.	234 Suzanne VINCENT	Female V45	Unattached	2:23:07	2:23:07	60	14	10:55	51.2%
2019 Robert Tomlinson Half Marathon	191.	193 Steven REYNOLDS	Male V60	Unattached	2:23:09	2:23:09	131	6	10:55	50.3%
2019 Robert Tomlinson Half Marathon	192.	267 Vinny MEADOWS	Male V50	Bungay Black Dog RC	2:23:41	2:23:41	132	19	10:58	45.3%
2019 Robert Tomlinson Half Marathon	193.	266 Jane PATTISON	Female V50	Bungay Black Dog RC	2:23:42	2:23:42	61	8	10:58	52.8%
2019 Robert Tomlinson Half Marathon	194.	41 Shaun CLARK	Male Senior	Unattached	2:24:29	2:24:29	133	51	11:01	41.3%
2019 Robert Tomlinson Half Marathon	195.	34 Bianca BURMAN	Female Senior	Sudbury Joggers	2:24:30	2:24:30	62	14	11:01	45.4%

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2019 Robert Tomlinson Half Marathon	196.	174 Stephen NEWHALL	Male V40	Unattached	2:25:20	2:25:20	134	11	11:05	42.6%
2019 Robert Tomlinson Half Marathon	197.	14 Paul BELAND	Male V60	Unattached	2:25:36	2:25:36	135	7	11:06	49.4%
2019 Robert Tomlinson Half Marathon	198.	205 Jacqui SEYMOUR	Female V45	Stowmarket Striders Running Clu	2:26:11	2:26:11	63	15	11:09	49.5%
2019 Robert Tomlinson Half Marathon	199.	124 Mark HUGHES	Male V50	Stowmarket Striders Running Clu	2:26:12	2:26:12	136	20	11:09	44.9%
2019 Robert Tomlinson Half Marathon	200.	130 Elizabeth JAY	Female Senior	Unattached	2:27:38	2:27:38	64	15	11:16	44.1%
2019 Robert Tomlinson Half Marathon	201.	195 Jan RISEBROW	Female V55	Felixstowe RRC	2:29:25	2:29:25	65	4	11:24	52.7%
2019 Robert Tomlinson Half Marathon	202.	198 Hayley ROOK	Female V40	Unattached	2:32:07	2:32:07	66	15	11:36	44.3%
2019 Robert Tomlinson Half Marathon	203.	215 Angela SOAMES	Female V40	Felixstowe RRC	2:33:22	2:33:22	67	16	11:42	45.3%
2019 Robert Tomlinson Half Marathon	204.	151 Thomas LEVETT	Male V40	Unattached	2:33:30	2:33:30	137	12	11:43	39.1%
2019 Robert Tomlinson Half Marathon	205.	73 Stuart DURHAM	Male Senior	Unattached	2:34:29	2:34:29	138	52	11:47	37.8%
2019 Robert Tomlinson Half Marathon	206.	192 Jean REYNOLDS	Female V55	Brandon Fern Hoppers	2:36:46	2:36:46	68	5	11:57	50.9%
2019 Robert Tomlinson Half Marathon	207.	104 Sophie GOSS-GARNHAM	Female Senior	Unattached	2:40:53	2:40:53	69	16	12:16	40.5%
2019 Robert Tomlinson Half Marathon	208.	209 Horace SHURIAH	Male V50	Haverhill Running Club	2:41:35	2:41:35	139	21	12:20	40.3%
2019 Robert Tomlinson Half Marathon	209.	138 Wyn JONES	Male V60	Unattached	2:42:26	2:42:26	140	8	12:23	43.9%
2019 Robert Tomlinson Half Marathon	DNF	276 Bonny HOWES	Female V45	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNF	10 Mark AVERY	Male V50	Ipswich Jaffa RC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNF	83 Peter FINCH	Male V55	Ipswich Jaffa RC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	36 Amber CALVER	Female V45	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	116 Andy HAYWARD	Male Senior	Stowmarket Striders Running Clu			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	150 Angie LEGGETT	Female V55	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	48 Bryony COONEY	Female V35	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	139 Charlotte JONES	Female Senior	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	68 Chris DRURY	Female V50	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	136 Christina JOANNIDES	Female V35	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	8 Damian ASHCROFT	Male V55	Bungay Black Dog RC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	176 Daniel O'BOYLE	Male Senior	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	196 Daniel RITCHIE	Male V40	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	159 Dawn MARSHALL	Female V55	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	160 Debbie MCDOWALL	Female V55	Stowmarket Striders Running Clu			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	149 Elliot LEES	Male Senior	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	64 Erica DORLING	Female V40	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	182 Gemma PORCH	Female V35	Stowmarket Striders Running Clu			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	147 Gillian LEATHERS	Female V50	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	58 Greg DAVIS	Male V55	Newmarket Joggers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	40 Ian CHAPMAN	Male V45	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	99 Ian GOODERHAM	Male V50	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	210 Ian SILLETT	Male V60	Felixstowe RRC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	3 Jacqueline ALLPORT	Female V50	Felixstowe RRC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	186 Jess PRESTON	Female V35	Vegan Runners			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	128 Jessica JACKSON	Female Senior	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	100 Jessie GOODERHAM	Female Senior	St Edmunds Pacers			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	200 Jimmy RUSSELL	Male V50	Felixstowe RRC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	211 Joanna SIMCOCK-SIMS	Female V35	Unattached			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	28 Joanne BROOKE	Female V45	Felixstowe RRC			-1	-1		
2019 Robert Tomlinson Half Marathon	DNS	216 John SQUIRRELL	Male V65	Stowmarket Striders Running Clu			-1	-1		

RACE CHIP TIMING RESULTS

2019 Robert Tomlinson Half Marathon	DNS	187 Jonathan PRIESTLEY	Male Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	189 Justin RABETT	Male V55	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	194 Karen RICHARDSON	Female V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	46 Kellie COCCA	Female V40	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	6 Laura ARFI	Female V50	Stowmarket Striders Running Clu	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	156 Lee MANSFIELD	Male Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	168 Leon MOORE	Male Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	255 Leon WYATT	Male Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	140 Lisa KIDD	Female V40	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	241 Lisa WEBSTER	Female V35	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	69 Louise DUCKLING	Female V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	238 Louise WARD	Female Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	250 Lucy WINSTANLEY	Female V40	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	56 Marcus DAVEY	Male V45	Biggleswade AC	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	239 Mark WATTS	Male V55	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	143 Matt KING	Male V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	111 Matthew HARVEY	Male V40	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	50 Michelle COPPING	Female V35	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	24 Mike BONSER	Male V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	35 Nicola BURY	Female V40	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	2 Nigel ALLATSON	Male V55	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	203 Oliver SCHOFIELD	Male Senior	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	190 Olivia RANDALL	Female Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	169 Pam MORGAN	Female V35	Framlingham Flyers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	12 Phill BATLEY	Male V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	146 Phillip LAURIER	Male V70+	Lowestoft Road Runners	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	11 Rachel BALMER	Female V35	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	244 Rebecca WICKS	Female V40	Lonely Goat RC	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	4 Richard ALLPORT	Male V55	Felixstowe RRC	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	141 Ruth KIERAN	Female V40	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	223 Samantha THOMAS	Female Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	45 Sarah COBB	Female Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	96 Shaun GOOD	Male V55	Felixstowe RRC	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	37 Stephen CARTER	Male V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	126 Stu HUNTINGTON	Male Senior	City of Norwich Athletic Club	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	109 Sue HARGADON	Female V60	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	60 Thomas DENLEGH-MAXWELL	Male Senior	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	88 Tim FRANKLIN	Male V45	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	144 Tom KINGSNORTH	Male Senior	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	201 Trevor SALLIS	Male V50	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	185 Tristan POWTER	Male Senior	St Edmunds Pacers	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	199 Vicci ROWLANDS	Female V35	Unattached	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	163 Victoria MILLER	Female Senior	Stowmarket Striders Running Clu	-1	-1			
2019 Robert Tomlinson Half Marathon	DNS	9 Zohre ASHRAF	Female V40	Unattached	-1	-1			
2019 Run The Res 10m	1.	56 Nate Filer	Male Senior	Colchester Harriers AC	01:02:21	01:02:19	1	1	6:14 71.2%

RACE CHIP TIMING RESULTS

2019 Run The Res 10m	2.	72 Richard Heath	Male V45	Colchester Harriers AC	01:05:09	01:05:07	2	1	6:30	72.4%
2019 Run The Res 10m	3.	165 Allen Smalls	Male V50	Colchester Harriers AC	01:06:15	01:06:12	3	1	6:37	74.9%
2019 Run The Res 10m	4.	70 Ian Haw	Male Senior	Colchester Harriers AC	01:07:48	01:07:45	4	2	6:46	64.9%
2019 Run The Res 10m	5.	157 Alexander Sales	Male Senior	Colchester Harriers AC	01:08:00	01:07:58	5	3	6:47	64.9%
2019 Run The Res 10m	6.	154 Paul Rodgers	Male V45	Colchester Harriers AC	01:08:34	01:08:31	6	2	6:51	68.8%
2019 Run The Res 10m	7.	1 Keith Marley	Male V50	Colchester Harriers AC	01:08:43	01:08:41	7	2	6:52	71.6%
2019 Run The Res 10m	8.	51 Graeme Davies	Male V45	Unattached	01:09:17	01:09:14	8	3	6:55	68.1%
2019 Run The Res 10m	9.	49 Rob Cronshaw	Male Senior	Colchester Harriers AC	01:09:23	01:09:21	9	4	6:56	63.4%
2019 Run The Res 10m	10.	52 Chris Davis	Male Senior	Unattached	01:09:44	01:09:42	10	5	6:58	64.3%
2019 Run The Res 10m	11.	45 Wayne Cook	Male V45	Colchester Harriers AC	01:10:18	01:10:15	11	4	7:01	68.3%
2019 Run The Res 10m	12.	58 Barry Frost	Male Senior	Colchester Harriers AC	01:11:57	01:11:54	12	6	7:11	61.7%
2019 Run The Res 10m	13.	63 Lloyd Gray	Male Senior	Unattached	01:13:42	01:13:39	13	7	7:22	59.8%
2019 Run The Res 10m	14.	95 Jonathan Jones	Male Senior	Unattached	01:13:44	01:13:42	14	8	7:22	59.7%
2019 Run The Res 10m	15.	162 Daryl Selby	Male Senior	Unattached	01:14:08	01:14:04	15	9	7:24	59.9%
2019 Run The Res 10m	16.	24 Jonathan Boyles	Male V40	Running Colchester	01:14:29	01:14:26	16	1	7:26	62.8%
2019 Run The Res 10m	17.	107 Martin Frost	Male Senior	Unattached	01:16:07	01:16:03	17	10	7:36	58.0%
2019 Run The Res 10m	18.	190 Graham White	Male Senior	Eton Manor AC	01:16:29	01:16:26	18	11	7:38	57.5%
2019 Run The Res 10m	19.	89 Stuart James	Male V50	Unattached	01:16:32	01:16:29	19	3	7:39	66.0%
2019 Run The Res 10m	20.	43 Paul Connell	Male V50	Great Bentley Running Club	01:16:45	01:16:41	20	4	7:40	64.1%
2019 Run The Res 10m	21.	18 Vicky Bird	Female Senior	Run Dem Crew	01:16:46	01:16:41	1	1	7:40	64.9%
2019 Run The Res 10m	22.	130 Lee Fox	Male Senior	Unattached	01:20:57	01:20:55	21	12	8:05	54.5%
2019 Run The Res 10m	23.	148 Deacon Richardson	Male Senior	Unattached	01:21:09	01:21:01	22	13	8:06	54.2%
2019 Run The Res 10m	24.	155 Jane Rukin-White	Female Senior	Eton Manor AC	01:21:42	01:21:38	2	2	8:10	60.5%
2019 Run The Res 10m	25.	184 Stephen Utting	Male V40	Unattached	01:21:44	01:21:34	23	2	8:10	55.9%
2019 Run The Res 10m	26.	47 Neil Cornelius	Male V45	Unattached	01:21:47	01:21:42	24	5	8:10	58.7%
2019 Run The Res 10m	27.	114 Roger Alexander	Male V60	Unattached	01:21:49	01:21:43	25	1	8:10	65.8%
2019 Run The Res 10m	28.	42 Timothy Comer	Male Senior	Running Colchester	01:22:27	01:22:19	26	14	8:14	53.3%
2019 Run The Res 10m	29.	79 Errol Holloway	Male Senior	Unattached	01:22:33	01:22:24	27	15	8:15	54.3%
2019 Run The Res 10m	30.	147 Gary Rayner	Male V60	Colchester Harriers AC	01:22:55	01:22:39	28	2	8:17	67.5%
2019 Run The Res 10m	31.	59 Bruce Gander	Male V55	Leigh on Sea Striders	01:23:06	01:23:02	29	1	8:18	61.9%
2019 Run The Res 10m	32.	13 Ian Beard	Male V55	Unattached	01:23:21	01:23:11	30	2	8:20	61.7%
2019 Run The Res 10m	33.	121 Hollie Munson	Female Senior	Unattached	01:23:35	01:23:30	3	3	8:21	59.1%
2019 Run The Res 10m	34.	135 Dean Pepper	Male Senior	Unattached	01:24:54	01:24:45	31	16	8:29	51.8%
2019 Run The Res 10m	35.	30 Steve Busby	Male V55	Unattached	01:25:06	01:24:59	32	3	8:30	62.1%
2019 Run The Res 10m	36.	196 Richard Corner	Male V50	Unattached	01:26:00	01:25:49	33	5	8:35	58.2%
2019 Run The Res 10m	37.	101 Charlie Alexander	Female Senior	Tiptree Road Runners	01:26:00	01:25:56	4	4	8:35	57.7%
2019 Run The Res 10m	38.	103 Graham Langford	Male V45	Colchester Harriers AC	01:26:41	01:26:28	34	6	8:40	55.8%
2019 Run The Res 10m	39.	55 Nigel Eden	Male V55	Unattached	01:27:19	01:27:14	35	4	8:43	61.1%
2019 Run The Res 10m	40.	174 Steve Smith	Male V45	Weald Park Warriors	01:27:30	01:27:16	36	7	8:44	55.3%
2019 Run The Res 10m	41.	38 Martin Claydon	Male V45	Colchester Harriers AC	01:27:32	01:27:19	37	8	8:45	55.3%
2019 Run The Res 10m	42.	149 Jenny Richardson	Female V55	Colchester Harriers AC	01:27:51	01:27:40	5	1	8:47	70.6%
2019 Run The Res 10m	43.	12 Ruth Bean	Female V45	Unattached	01:28:24	01:28:16	6	1	8:50	60.0%
2019 Run The Res 10m	44.	93 Catherine Johnson	Female V50	Running Colchester	01:28:39	01:28:30	7	1	8:51	64.8%
2019 Run The Res 10m	45.	64 Andrew Grimwade	Male V40	Unattached	01:29:30	01:29:22	38	3	8:56	52.3%
2019 Run The Res 10m	46.	123 Natasha Neighbour	Female Senior	RED Runners	01:29:42	01:29:36	8	5	8:58	55.7%

RACE CHIP TIMING RESULTS

2019 Run The Res 10m	47.	163 Lian Simmonds	Female V45	RED Runners	01:29:42	01:29:36	9	2	8:58	59.2%
2019 Run The Res 10m	48.	138 Timothy Pickard	Male V55	Running Colchester	01:29:49	01:29:38	39	5	8:58	58.8%
2019 Run The Res 10m	49.	120 Robert Elliott	Male Senior	Unattached	01:29:52	01:29:52	40	17	8:59	48.9%
2019 Run The Res 10m	50.	61 Steven Glover	Male V50	Unattached	01:30:29	01:30:25	41	6	9:02	55.3%
2019 Run The Res 10m	51.	124 Harry Noble	Male Senior	Unattached	01:30:48	01:30:29	42	18	9:04	48.4%
2019 Run The Res 10m	52.	9 Jackie Bailey	Female V50	Unattached	01:31:40	01:31:16	10	2	9:09	63.5%
2019 Run The Res 10m	53.	99 Shelley Knights	Female Senior	Unattached	01:31:57	01:31:41	11	6	9:11	54.6%
2019 Run The Res 10m	54.	14 Diane Beaver	Female V55	Rochford Running Club	01:32:19	01:32:12	12	2	9:13	66.3%
2019 Run The Res 10m	55.	77 Kathryn Hills	Female V45	Running Colchester	01:32:24	01:32:13	13	3	9:14	60.0%
2019 Run The Res 10m	56.	117 Lorraine Mills	Female V50	Tiptree Road Runners	01:32:40	01:32:25	14	3	9:15	60.5%
2019 Run The Res 10m	57.	118 Carly Montero	Female Senior	RED Runners	01:32:52	01:32:46	15	7	9:17	53.5%
2019 Run The Res 10m	58.	151 Mark Robertson	Male V55	RED Runners	01:33:13	01:33:06	43	6	9:19	56.2%
2019 Run The Res 10m	59.	10 Gareth Barrett	Male Senior	Unattached	01:33:22	01:33:15	44	19	9:20	47.3%
2019 Run The Res 10m	60.	185 Nuno Vidal	Male Senior	Unattached	01:33:37	01:33:30	45	20	9:21	47.6%
2019 Run The Res 10m	61.	84 Joe Hughes	Male Senior	Unattached	01:33:38	01:33:26	46	21	9:21	47.0%
2019 Run The Res 10m	62.	156 Rachel Sadler	Female V45	Running Colchester	01:34:03	01:33:52	16	4	9:24	57.0%
2019 Run The Res 10m	63.	44 Elisabeth Connor	Female V40	Unattached	01:34:15	01:34:06	17	1	9:25	54.1%
2019 Run The Res 10m	64.	35 Gemma Charville	Female Senior	Ware Joggers	01:34:38	01:34:29	18	8	9:27	52.8%
2019 Run The Res 10m	65.	100 Anna Kocinska	Female Senior	I Can Run Club Ipswich	01:35:05	01:35:00	19	9	9:30	53.3%
2019 Run The Res 10m	66.	102 Alan Lambert	Male V55	Unattached	01:35:26	01:35:12	47	7	9:32	53.9%
2019 Run The Res 10m	67.	36 Erin Chilvers	Female Senior	Unattached	01:35:26	01:35:12	20	10	9:32	51.7%
2019 Run The Res 10m	68.	195 Lucy Willis	Female Senior	Tiptree Road Runners	01:35:47	01:35:32	21	11	9:34	51.5%
2019 Run The Res 10m	69.	92 David Jobling	Male V60	Witham RC	01:36:24	01:36:19	48	3	9:38	57.5%
2019 Run The Res 10m	70.	65 Ruth Hall	Female V45	Benfleet RC	01:36:52	01:36:44	22	5	9:41	55.3%
2019 Run The Res 10m	71.	127 Emma Nunn	Female V40	Benfleet RC	01:36:57	01:36:49	23	2	9:41	54.2%
2019 Run The Res 10m	72.	125 Carla Nolan	Female Senior	RED Runners	01:37:03	01:36:57	24	12	9:42	52.2%
2019 Run The Res 10m	73.	88 Lynwen James	Female V45	Unattached	01:37:37	01:37:23	25	6	9:45	56.1%
2019 Run The Res 10m	74.	112 Orla MacRae	Female Senior	Unattached	01:37:40	01:37:27	26	13	9:45	50.6%
2019 Run The Res 10m	75.	11 Francis Bartleet	Male Senior	Unattached	01:37:40	01:37:27	49	22	9:45	45.1%
2019 Run The Res 10m	76.	177 Debbie Stares	Female Senior	Grange Farm & Dunmow Runner	01:37:52	01:37:30	27	14	9:47	50.7%
2019 Run The Res 10m	77.	21 Claire Bleck	Female V40	JME	01:39:09	01:39:01	28	3	9:54	52.2%
2019 Run The Res 10m	78.	22 Paul Bleck	Male V40	Unattached	01:39:09	01:39:01	50	4	9:54	46.4%
2019 Run The Res 10m	79.	90 Richard Jeffries	Male Senior	Unattached	01:39:18	01:39:04	51	23	9:55	44.9%
2019 Run The Res 10m	80.	81 Lisa Houghton	Female V45	Unattached	01:39:30	01:39:17	29	7	9:56	55.7%
2019 Run The Res 10m	81.	129 Josephine Oakley	Female Senior	Unattached	01:39:31	01:39:11	30	15	9:57	49.6%
2019 Run The Res 10m	82.	113 Charmaine Marks	Female V45	Hockley Trail Runners	01:39:38	01:39:31	31	8	9:57	53.8%
2019 Run The Res 10m	83.	192 Caroline Widdowson	Female V45	Running Colchester	01:39:41	01:39:25	32	9	9:58	53.2%
2019 Run The Res 10m	84.	5 Tony Adolphus	Male V60	Ipswich Jaffa RC	01:40:18	01:40:12	52	4	10:01	54.2%
2019 Run The Res 10m	85.	76 Gary Hill	Male V45	Great Bentley Running Club	01:40:25	01:40:12	53	9	10:02	47.8%
2019 Run The Res 10m	86.	150 Chris Ringrose	Male V45	Running Colchester	01:41:01	01:40:46	54	10	10:06	47.9%
2019 Run The Res 10m	87.	188 Fi Wattam	Female V45	Unattached	01:41:18	01:41:01	33	10	10:07	54.1%
2019 Run The Res 10m	88.	71 Valerie Haynes	Female V55	Running Colchester	01:41:27	01:41:08	34	3	10:08	58.8%
2019 Run The Res 10m	89.	180 Clare Thompson	Female V65	Unattached	01:41:34	01:41:09	35	1	10:09	68.3%
2019 Run The Res 10m	90.	27 Carolyn Brenchley	Female V45	Billericay Striders	01:41:44	01:41:27	36	11	10:10	53.2%
2019 Run The Res 10m	91.	153 Sharon Robey	Female V50	Unattached	01:41:48	01:41:37	37	4	10:10	57.1%

RACE CHIP TIMING RESULTS

2019 Run The Res 10m	92.	54 Lisa Dove	Female Senior	Unattached	01:42:46	01:42:32	38	16	10:16	48.8%
2019 Run The Res 10m	93.	86 Robert Hunt	Male V55	Unattached	01:42:46	01:42:45	55	8	10:16	51.9%
2019 Run The Res 10m	94.	85 Andrea Hunt	Female V40	Unattached	01:42:46	01:42:32	39	4	10:16	49.6%
2019 Run The Res 10m	95.	168 Brian Smith	Male V50	Colchester Harriers AC	01:43:37	01:43:19	56	7	10:21	48.7%
2019 Run The Res 10m	96.	137 Chloe Phelps	Female Senior	Serpentine RC	01:44:02	01:43:38	40	17	10:24	48.2%
2019 Run The Res 10m	97.	73 Paul Hellen	Male V60	Rochford Running Club	01:44:16	01:44:04	57	5	10:25	52.6%
2019 Run The Res 10m	98.	171 Les Smith	Male V55	Running Colchester	01:44:28	01:44:09	58	9	10:26	50.1%
2019 Run The Res 10m	99.	33 Simon Carden	Male V45	Team Carden	01:46:09	01:45:57	59	11	10:36	45.6%
2019 Run The Res 10m	100.	57 Alison forbes	Female V50	Billericay Striders	01:46:17	01:45:58	41	5	10:37	55.4%
2019 Run The Res 10m	101.	46 Samantha Cooper	Female V50	Hadleigh Hares AC	01:46:52	01:46:42	42	6	10:41	52.5%
2019 Run The Res 10m	102.	4 Judith Adolphus	Female V55	Ipswich Jaffa RC	01:47:31	01:47:25	43	4	10:45	57.7%
2019 Run The Res 10m	103.	176 Zak Speer	Male Senior	Unattached	01:47:40	01:47:14	60	24	10:45	40.8%
2019 Run The Res 10m	104.	23 Sarah Bowerman	Female V50	Unattached	01:47:44	01:47:34	44	7	10:46	52.7%
2019 Run The Res 10m	105.	142 Phil Poulter	Male V45	Unattached	01:47:59	01:47:44	61	12	10:47	44.8%
2019 Run The Res 10m	106.	189 Lucy West	Female V45	Running Colchester	01:47:59	01:47:46	45	12	10:47	51.3%
2019 Run The Res 10m	107.	140 Nicky Porter	Female V50	Running Colchester	01:48:00	01:47:46	46	8	10:47	51.9%
2019 Run The Res 10m	108.	40 Gary Cole	Male V55	Running Colchester	01:48:00	01:47:44	62	10	10:47	48.5%
2019 Run The Res 10m	109.	179 Ann Thomas	Female V55	Unattached	01:48:12	01:48:02	47	5	10:49	58.1%
2019 Run The Res 10m	110.	3 Susan Adkins	Female V50	Rochford Running Club	01:48:38	01:48:27	48	9	10:51	54.2%
2019 Run The Res 10m	111.	96 Barry Kay	Male V45	Rochford Running Club	01:48:38	01:48:26	63	13	10:51	44.5%
2019 Run The Res 10m	112.	53 Sally Denwood	Female Senior	Unattached	01:48:52	01:48:42	49	18	10:53	46.6%
2019 Run The Res 10m	113.	39 Tim Clifton	Male V45	Unattached	01:48:53	01:48:43	64	14	10:53	43.7%
2019 Run The Res 10m	114.	17 Jo Bidgood	Female Senior	Unattached	01:49:39	01:49:23	50	19	10:57	46.2%
2019 Run The Res 10m	115.	34 Sarah Carter	Female Senior	Unattached	01:49:39	01:49:23	51	20	10:57	46.0%
2019 Run The Res 10m	116.	31 John Byrne	Male V45	Unattached	01:49:46	01:49:25	65	15	10:58	43.0%
2019 Run The Res 10m	117.	94 Wendy Johnston	Female V50	Running Colchester	01:50:40	01:50:31	52	10	11:03	51.9%
2019 Run The Res 10m	118.	15 Andy Begent	Male V50	Unattached	01:51:07	01:50:52	66	8	11:06	45.4%
2019 Run The Res 10m	119.	128 Annabelle Oakley	Female Senior	Unattached	01:51:43	01:51:23	53	21	11:10	44.1%
2019 Run The Res 10m	120.	161 Kathryn Scourfield	Female V50	Billericay Striders	01:51:47	01:51:29	54	11	11:10	52.0%
2019 Run The Res 10m	121.	116 Rebecca McVelia	Female V45	Tiptree Road Runners	01:52:43	01:52:22	55	13	11:16	47.1%
2019 Run The Res 10m	122.	106 Amy Lester	Female Senior	Unattached	01:52:57	01:52:46	56	22	11:17	44.7%
2019 Run The Res 10m	123.	115 John McVelia	Male V50	Tiptree Road Runners	01:53:09	01:52:49	67	9	11:18	44.2%
2019 Run The Res 10m	124.	97 Natalie Kent	Female Senior	Unattached	01:53:13	01:52:48	57	23	11:19	43.5%
2019 Run The Res 10m	125.	172 Madeline Smith	Female Senior	Unattached	01:53:19	01:53:01	58	24	11:19	43.5%
2019 Run The Res 10m	126.	16 Debbie Benn	Female V45	Unattached	01:54:40	01:54:18	59	14	11:27	46.7%
2019 Run The Res 10m	127.	160 Katie Scott	Female Senior	Running Colchester	01:55:30	01:55:05	60	25	11:32	43.5%
2019 Run The Res 10m	128.	119 Kara Morgan	Female Senior	Unattached	01:56:33	01:56:10	61	26	11:39	42.4%
2019 Run The Res 10m	129.	69 Sharon Hardwicke	Female V50	Tiptree Road Runners	01:56:33	01:56:12	62	12	11:39	50.5%
2019 Run The Res 10m	130.	139 Annabel Porter	Female Senior	Running Colchester	01:56:46	01:56:31	63	27	11:40	42.2%
2019 Run The Res 10m	131.	8 Julia Bacon	Female V45	Witham RC	01:57:06	01:56:58	64	15	11:42	47.3%
2019 Run The Res 10m	132.	29 Michaela Burr	Female V45	Unattached	01:57:19	01:57:01	65	16	11:43	46.2%
2019 Run The Res 10m	133.	28 Aimee Brinzer	Female V55	Witham RC	01:57:20	01:57:12	66	6	11:43	53.5%
2019 Run The Res 10m	134.	62 Alex Graham	Male V60	Unattached	01:57:40	01:57:22	68	6	11:45	47.5%
2019 Run The Res 10m	135.	175 Suzy Smith	Female V40	Unattached	01:57:42	01:57:27	67	5	11:46	44.7%
2019 Run The Res 10m	136.	2 Simon Adams	Male V50	Weald Park Warriors	01:57:42	01:57:27	69	10	11:46	42.9%

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2019 Run The Res 10m	137.	141 Dawn Potter	Female V45	Billericay Striders	01:58:33	01:58:15	68	17	11:51	46.7%
2019 Run The Res 10m	138.	67 Louise Hammond	Female V40	Billericay Striders	01:58:33	01:58:15	69	6	11:51	43.3%
2019 Run The Res 10m	139.	146 Sarah Prince	Female Senior	Running Colchester	01:58:41	01:58:17	70	28	11:52	41.7%
2019 Run The Res 10m	140.	145 Rosemary Prince	Female V60	Unattached	01:58:41	01:58:17	71	1	11:52	53.7%
2019 Run The Res 10m	141.	178 Nicholas Tate	Male Senior	Unattached	01:59:15	01:58:52	70	25	11:55	36.9%
2019 Run The Res 10m	142.	134 Jo Pearce	Female V40	Unattached	01:59:17	01:58:53	72	7	11:55	43.0%
2019 Run The Res 10m	143.	199 Louise Wright	Female V45	Unattached	01:59:43	01:59:21	73	18	11:58	45.7%
2019 Run The Res 10m	144.	50 Sue Cross	Female V50	Running Colchester	01:59:43	01:59:21	74	13	11:58	49.2%
2019 Run The Res 10m	145.	136 Belinda Perkins	Female V50	Unattached	02:00:52	02:00:29	75	14	12:05	48.1%
2019 Run The Res 10m	146.	159 Helen Scott	Female Senior	Running Colchester	02:00:53	02:00:31	76	29	12:05	41.7%
2019 Run The Res 10m	147.	37 Alison Clarke	Female V65	Great Bentley Running Club	02:03:25	02:03:13	77	2	12:20	55.4%
2019 Run The Res 10m	148.	200 Sue Wright	Female V60	Great Bentley Running Club	02:06:03	02:05:51	78	2	12:36	51.2%
2019 Run The Res 10m	149.	110 Sue Long	Female V50	Tiptree Road Runners	02:11:22	02:11:00	79	15	13:08	44.3%
2019 Run The Res 10m	150.	143 Natasha Pratley	Female Senior	Unattached	02:12:36	02:12:11	80	30	13:15	37.2%
2019 Run The Res 10m	151.	109 Justin Long	Male V45	Unattached	02:17:18	02:16:57	71	16	13:43	34.9%
2019 Run The Res 10m	152.	198 Sarah Woods	Female Senior	Unattached	02:18:47	02:18:20	81	31	13:52	35.5%
2019 Run The Res 10m	153.	98 Hannah King	Female Senior	Unattached	02:21:10	02:20:52	82	32	14:06	34.9%
2019 Run The Res 10m	154.	131 Richard Palmer	Male Senior	Unattached	02:21:10	02:20:52	72	26	14:06	31.1%
2019 Run The Res 10m	155.	104 Anita Leaver	Female V65	Tiptree Road Runners	02:21:55	02:21:34	83	3	14:11	48.8%
2019 Run The Res 10m	156.	105 Casey Leaver	Female V40	Massey Ferguson RC	02:21:55	02:21:33	84	8	14:11	35.9%
2019 Run The Res 10m	157.	158 Sophie Saunders	Female Senior	Unattached	02:28:07	02:27:43	85	33	14:48	33.3%
2019 Run The Res 10m	158.	41 Clare Collins	Female V50	Running Colchester	02:28:07	02:27:42	86	16	14:48	38.3%
2019 Run The Res 10m	159.	66 Kate Hamblin	Female Senior	Unattached	02:28:07	02:27:43	87	34	14:48	33.3%
2019 Run The Res 10m	160.	82 Rachel Howatson	Female Senior	Unattached	02:36:29	02:36:04	88	35	15:38	31.5%
2019 Run The Res 10m	161.	32 Paul Carden	Male V70+	Team Carden	02:40:20	02:40:07	73	1	16:01	37.9%
2019 Run The Res 10m	DNS	194 Alexea Williams	Female Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	108 Alice Lochore	Female Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	68 Amin Haque	Male V50	Unattached			-1	-1		
2019 Run The Res 10m	DNS	122 Andrew Murphy	Male V40	Unattached			-1	-1		
2019 Run The Res 10m	DNS	126 Andy Notley	Male Senior	Witham RC			-1	-1		
2019 Run The Res 10m	DNS	132 Andy Parton	Male V50	Capel Cheetahs			-1	-1		
2019 Run The Res 10m	DNS	191 Anna Whitehead	Female V45	Weald Park Warriors			-1	-1		
2019 Run The Res 10m	DNS	25 Bridgette Bradley	Female V50	Unattached			-1	-1		
2019 Run The Res 10m	DNS	111 Calum MacLeod	Male Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	80 Chas Holt	Male V40	Unattached			-1	-1		
2019 Run The Res 10m	DNS	169 Cheryl Smith	Female V45	Unattached			-1	-1		
2019 Run The Res 10m	DNS	170 Claire Smith	Female V45	Unattached			-1	-1		
2019 Run The Res 10m	DNS	182 Collette Toal	Female V45	Rochford Running Club			-1	-1		
2019 Run The Res 10m	DNS	133 Diane Parton	Female V50	Capel Cheetahs			-1	-1		
2019 Run The Res 10m	DNS	74 Doug Herbert	Male V40	Unattached			-1	-1		
2019 Run The Res 10m	DNS	78 Duncan Holland	Male V45	Benfleet RC			-1	-1		
2019 Run The Res 10m	DNS	87 Duncan Hyams	Male V60	Unattached			-1	-1		
2019 Run The Res 10m	DNS	26 Elliot Branton	Male Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	144 Emma Preston	Female Senior	Running Colchester			-1	-1		
2019 Run The Res 10m	DNS	166 Fay Smalls	Female V45	Running Colchester			-1	-1		

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2019 Run The Res 10m	DNS	60 Hayley Gladwell	Female V40	West Mersea Boot Camps			-1	-1		
2019 Run The Res 10m	DNS	183 Ian Toal	Male V40	Rochford Running Club			-1	-1		
2019 Run The Res 10m	DNS	193 Ian Widdowson	Male V45	Running Colchester			-1	-1		
2019 Run The Res 10m	DNS	152 Jade Robey	Female Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	164 Joanna Sinnett	Female Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	48 John Croghan	Male V40	LWFitness4All			-1	-1		
2019 Run The Res 10m	DNS	75 Kelly Herbert	Female V40	Unattached			-1	-1		
2019 Run The Res 10m	DNS	187 Kim Wallis	Female Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	167 Lesley Smart	Female V50	Billericay Striders			-1	-1		
2019 Run The Res 10m	DNS	91 Mark Brewer	Male V55	Unattached			-1	-1		
2019 Run The Res 10m	DNS	83 Mark Howson	Male Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	7 Martin Frost	Male Senior	Unattached			-1	-1		
2019 Run The Res 10m	DNS	19 Matthew Bland	Male V50	Havering AC			-1	-1		
2019 Run The Res 10m	DNS	173 Michelle Smith	Female V45	Weald Park Warriors			-1	-1		
2019 Run The Res 10m	DNS	197 Peter Wiseman	Male Senior	RED Runners			-1	-1		
2019 Run The Res 10m	DNS	181 Roy Thomson	Male V45	Unattached			-1	-1		
2019 Run The Res 10m	DNS	186 Susan Waller-Toyne	Female V50	Colchester Harriers AC			-1	-1		
2019 Run The Res 10m	DNS	6 Terry Alabaster	Male V55	Witham RC			-1	-1		
2019 Run The Res 10m	DNS	20 Wendy Bland	Female V50	Weald Park Warriors			-1	-1		
2019 SRF 10K	1.	24 Richard Smith	Male Vet 40	SRF	42:42	42:42	1	1	6:52	66.9%
2019 SRF 10K	2.	30 Mark Smith	Male Senior	TRISudbury	42:46	42:46	2	1	6:52	63.6%
2019 SRF 10K	3.	36 Todd Lewis	Male Vet 55	Sudbury Joggers	42:56	42:56	3	1	6:54	73.7%
2019 SRF 10K	4.	22 Ian Ledieu	Male Senior	TRISudbury	43:18	43:18	4	2	6:58	61.7%
2019 SRF 10K	5.	34 Darren Barfield	Male Senior	Sudbury Joggers	43:35	43:35	5	3	7:00	63.1%
2019 SRF 10K	6.	50 Catriona Ward Sell	Female Senior	Unattached	44:40	44:39	1	1	7:11	67.9%
2019 SRF 10K	7.	33 Chris Wells	Male Senior	Sudbury Joggers	44:49	44:49	6	4	7:12	59.6%
2019 SRF 10K	8.	8 Adam Mumford	Male Vet 45	Sudbury Joggers	46:31	46:31	7	1	7:29	62.5%
2019 SRF 10K	9.	4 Mark Alder	Male Senior	SRF	46:56	46:54	8	5	7:33	57.2%
2019 SRF 10K	10.	37 Steve Jeggo	Male Vet 50	SRF	48:03	48:01	9	1	7:43	62.5%
2019 SRF 10K	11.	47 Darren Mumford	Male Vet 50	SRF	48:15	48:14	10	2	7:45	62.2%
2019 SRF 10K	12.	31 Cliff Manning	Male Vet 55	SRF	48:17	48:15	11	2	7:46	66.1%
2019 SRF 10K	13.	39 John Kerr	Male Vet 50	TRISudbury	49:00	49:00	12	3	7:53	61.3%
2019 SRF 10K	14.	1 Lisa Dove	Female Vet 35	SRF	51:14	51:14	2	1	8:14	60.0%
2019 SRF 10K	15.	43 Stacey Bunn	Female Vet 35	Unattached	51:16	51:15	3	2	8:14	59.7%
2019 SRF 10K	16.	35 Jamie Fittock	Male Senior	Sudbury Joggers	51:18	51:17	13	6	8:15	52.7%
2019 SRF 10K	17.	17 Andrew Bigg	Male Senior	TRISudbury	53:05	53:04	14	7	8:32	50.3%
2019 SRF 10K	18.	40 Megan Felton	Female Senior	Unattached	53:06	53:05	4	2	8:32	57.1%
2019 SRF 10K	19.	21 Sarah Osborne	Female Vet 35	SRF	53:20	53:18	5	3	8:34	57.6%
2019 SRF 10K	20.	18 Chris Rixon	Male Vet 55	SRF	53:35	53:34	15	3	8:37	58.5%
2019 SRF 10K	21.	41 Steve Stearns	Male Vet 45	Unattached	54:28	54:25	16	2	8:45	52.9%
2019 SRF 10K	22.	14 Ruth Cowlin	Female Vet 50	SRF	54:48	54:47	6	1	8:49	65.6%
2019 SRF 10K	23.	48 Paul Felton	Male Vet 50	Unattached	55:14	55:12	17	4	8:53	55.3%
2019 SRF 10K	24.	10 Paul Walker	Male Vet 45	TRISudbury	56:04	56:02	18	3	9:01	51.8%
2019 SRF 10K	25.	38 Andrea Hunt	Female Vet 40	SRF	56:27	56:24	7	1	9:05	55.3%
2019 SRF 10K	26.	2 Mark Nixon	Male Senior	SRF	57:00	56:59	19	8	9:10	47.5%

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2019 SRF 10K	27.	44 Beverley Judd	Female Vet 45	SRF	58:11	58:08	8	1	9:21	56.9%
2019 SRF 10K	28.	19 Steph Ling	Female Vet 35	SRF	58:11	58:09	9	4	9:21	52.8%
2019 SRF 10K	29.	20 Claire Welford	Female Vet 40	SRF	58:41	58:38	10	2	9:26	53.9%
2019 SRF 10K	30.	13 Jeremy Holt	Male Vet 55	Sudbury Joggers	59:38	59:36	20	4	9:35	53.5%
2019 SRF 10K	31.	25 Suzanne Frost	Female Vet 45	TRISudbury	1:02:50	1:02:49	11	2	10:06	52.7%
2019 SRF 10K	32.	27 Emma Thistleton	Female Vet 35	TRISudbury	1:02:50	1:02:48	12	5	10:06	48.6%
2019 SRF 10K	33.	11 Paul Press	Male Vet 50	SRF	1:06:20	1:06:17	21	5	10:40	46.0%
2019 SRF 10K	34.	12 Charlotte Richardson	Female Vet 35	SRF	1:08:03	1:08:02	13	6	10:57	45.6%
2019 SRF 10K	35.	29 Jacquie Webb	Female Vet 50	SRF	1:08:43	1:08:41	14	2	11:03	52.3%
2019 SRF 10K	36.	9 Sandy Maloy	Female Vet 50	SRF	1:09:13	1:09:11	15	3	11:08	50.7%
2019 SRF 10K	37.	26 Caroline Holt	Female Vet 55	Sudbury Joggers	1:10:09	1:10:05	16	1	11:17	52.6%
2019 SRF 10K	38.	16 Emma Richbell	Female Vet 45	SRF	1:10:14	1:10:10	17	3	11:18	47.1%
2019 SRF 10K	39.	23 Nicola Cant	Female Vet 45	SRF	1:10:15	1:10:11	18	4	11:18	47.6%
2019 SRF 10K	40.	3 Nicola Currant	Female Vet 40	SRF	1:10:37	1:10:34	19	3	11:21	44.2%
2019 SRF 10K	41.	49 Katie Rixon	Female Senior	SRF	1:10:37	1:10:34	20	3	11:21	42.9%
2019 SRF 10K	42.	32 Joanne Greenhalgh	Female Vet 50	TRISudbury	1:12:01	1:11:58	21	4	11:35	47.5%
2019 SRF 10K	43.	28 Alison Noble	Female Vet 35	TRISudbury	1:12:23	1:12:20	22	7	11:38	42.6%
2019 SRF 10K	44.	42 Suzanne Tetley	Female Vet 40	TRISudbury	1:12:56	1:12:55	23	4	11:44	43.0%
2019 SRF 10K	45.	46 Jacqui White	Female Vet 45	TRISudbury	1:13:36	1:13:34	24	5	11:50	44.0%
2019 SRF 10K	46.	15 Lindsay Hobden	Female Vet 45	TRISudbury	1:14:16	1:14:12	25	6	11:57	45.6%
2019 SRF 10K	47.	5 Sue Crawte	Female Vet 55	Sudbury Joggers	1:14:16	1:14:14	26	2	11:57	50.3%
2019 SRF 10K	DNS	45 Justine Ambrose	Vet 40	SRF			-1	-1		
2019 SRF 10K	DNS	6 Sam Hearnden	Senior	SRF			-1	-1		
2019 SRF 10K	DNS	7 Tilly Mills	Vet 50	Sudbury Joggers			-1	-1		
2020 Robert Tomlinson Half Marathon	1.	426 Danny Rock	Male Senior	Felixstowe RRC	01:11:06	01:11:04	1	1	5:25	83.4%
2020 Robert Tomlinson Half Marathon	2.	324 Matthew SPENCER	Male Senior	Framlingham Flyers	01:13:13	01:13:11	2	2	5:35	80.3%
2020 Robert Tomlinson Half Marathon	3.	413 Helen DAVIES	Female V40	Ipswich Jaffa RC	01:15:34	01:15:31	1	1	5:46	89.2%
2020 Robert Tomlinson Half Marathon	4.	147 Chris HALL	Male Senior	Stowmarket Striders RC	01:16:44	01:16:42	3	3	5:51	77.0%
2020 Robert Tomlinson Half Marathon	5.	419 Mark HAYWARD	Male Senior	Newmarket Joggers	01:17:47	01:17:45	4	4	5:56	76.3%
2020 Robert Tomlinson Half Marathon	6.	323 Andrew SOUTHWOOD	Male V40	Saint Edmund Pacers	01:18:23	01:18:21	5	1	5:58	77.7%
2020 Robert Tomlinson Half Marathon	7.	409 James SMITH	Male V40	Newmarket Joggers	01:19:13	01:19:11	6	2	6:02	75.8%
2020 Robert Tomlinson Half Marathon	8.	168 Adam HOWLETT	Male V45	Framlingham Flyers	01:19:49	01:19:47	7	1	6:05	80.2%
2020 Robert Tomlinson Half Marathon	9.	340 Jason TAYLOR	Male V45	Felixstowe RRC	01:21:02	01:20:58	8	2	6:11	78.3%
2020 Robert Tomlinson Half Marathon	10.	343 Gary TAYLOR	Male Senior	Felixstowe RRC	01:21:03	01:21:00	9	5	6:11	72.4%
2020 Robert Tomlinson Half Marathon	11.	423 Aiden Bell	Male Senior	Hadleigh Hares AC	01:21:38	01:21:35	10	6	6:13	71.7%
2020 Robert Tomlinson Half Marathon	12.	63 Henry CATLING	Male Senior	Felixstowe RRC	01:22:08	01:22:05	11	7	6:16	71.0%
2020 Robert Tomlinson Half Marathon	13.	306 Luke SENIOR	Male Senior	Saint Edmund Pacers	01:22:10	01:22:03	12	8	6:16	71.0%
2020 Robert Tomlinson Half Marathon	14.	238 Chris MOWER	Male V40	Saint Edmund Pacers	01:22:47	01:22:44	13	3	6:19	74.8%
2020 Robert Tomlinson Half Marathon	15.	374 Jon WILES	Male V45	Bungay Black Dog RC	01:23:56	01:23:50	14	3	6:24	76.3%
2020 Robert Tomlinson Half Marathon	16.	320 Ashley SMY	Male Senior	Framlingham Flyers	01:24:22	01:24:19	15	9	6:26	70.3%
2020 Robert Tomlinson Half Marathon	17.	357 Jake WAGGOTT	Male Senior	Ipswich Jaffa RC	01:24:29	01:24:26	16	10	6:26	69.1%
2020 Robert Tomlinson Half Marathon	18.	23 Howard BEASLEY	Male V55	Saint Edmund Pacers	01:25:31	01:25:27	17	1	6:31	81.8%
2020 Robert Tomlinson Half Marathon	19.	104 Ian DUGGAN	Male V50	Felixstowe RRC	01:25:43	01:25:38	18	1	6:32	78.7%
2020 Robert Tomlinson Half Marathon	20.	412 Ben JEFFERY	Male V40	West Suffolk AC	01:25:52	01:25:48	19	4	6:33	70.4%
2020 Robert Tomlinson Half Marathon	21.	50 Steve BROOKE	Male V50	Felixstowe RRC	01:26:29	01:26:25	20	2	6:36	75.9%

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2020 Robert Tomlinson Half Marathon	22.	93 Marcus DAVEY	Male V45	Biggleswade AC	01:26:44	01:26:41	21	4	6:37	73.8%
2020 Robert Tomlinson Half Marathon	23.	321 Dave SOLOMON	Male V50	Felixstowe RRC	01:27:05	01:27:00	22	3	6:38	76.1%
2020 Robert Tomlinson Half Marathon	24.	149 Charles HANN	Male V50	Sudbury Joggers	01:27:14	01:27:10	23	4	6:39	77.3%
2020 Robert Tomlinson Half Marathon	25.	408 Alastair READ	Male V40	Felixstowe RRC	01:27:40	01:27:35	24	5	6:41	69.5%
2020 Robert Tomlinson Half Marathon	26.	157 Thomas HAYDEN	Male Senior	Framlingham Flyers	01:28:06	01:28:01	25	11	6:43	66.3%
2020 Robert Tomlinson Half Marathon	27.	266 Jonathan PESTELL	Male Senior	Unattached	01:28:07	01:27:59	26	12	6:43	67.7%
2020 Robert Tomlinson Half Marathon	28.	198 Mark LAMBERT	Male V45	Felixstowe RRC	01:28:15	01:28:15	27	5	6:44	70.7%
2020 Robert Tomlinson Half Marathon	29.	152 Robin HARPER	Male V40	Felixstowe RRC	01:28:46	01:28:42	28	6	6:46	69.7%
2020 Robert Tomlinson Half Marathon	30.	240 Huw MYATT	Male Senior	Unattached	01:29:00	01:28:53	29	13	6:47	65.6%
2020 Robert Tomlinson Half Marathon	31.	318 Jem SMITH	Male V45	Sudbury Joggers	01:29:03	01:28:57	30	6	6:47	70.7%
2020 Robert Tomlinson Half Marathon	32.	411 Justin POTTER	Male Senior	Stowmarket Striders RC	01:29:11	01:29:06	31	14	6:48	66.2%
2020 Robert Tomlinson Half Marathon	33.	211 Robin MACKENZIE	Male V55	Framlingham Flyers	01:29:27	01:29:22	32	2	6:49	78.2%
2020 Robert Tomlinson Half Marathon	34.	379 Stewart WOODS	Male Senior	Stowmarket Striders RC	01:29:40	01:29:36	33	15	6:50	65.1%
2020 Robert Tomlinson Half Marathon	35.	142 Mike GREENER	Male V45	Saint Edmund Pacers	01:29:45	01:29:41	34	7	6:50	71.9%
2020 Robert Tomlinson Half Marathon	36.	432 Ian Elden	Male V45	Ipswich Jaffa RC	01:29:49	01:29:43	35	8	6:51	69.5%
2020 Robert Tomlinson Half Marathon	37.	319 Alexandra SMITH	Female V40	Wymondham AC	01:30:11	01:30:07	2	2	6:53	77.1%
2020 Robert Tomlinson Half Marathon	38.	25 Natasha BELSOM	Female Senior	Unattached	01:30:26	01:30:18	3	1	6:54	72.4%
2020 Robert Tomlinson Half Marathon	39.	428 Ross Wilcox	Male V40	Stowmarket Striders RC	01:30:42	01:30:37	36	7	6:55	67.1%
2020 Robert Tomlinson Half Marathon	40.	158 Mark HAYDEN	Male V45	Framlingham Flyers	01:31:17	01:31:12	37	9	6:58	69.5%
2020 Robert Tomlinson Half Marathon	41.	7 Will ALDRED	Male V50	Framlingham Flyers	01:31:18	01:31:13	38	5	6:58	71.3%
2020 Robert Tomlinson Half Marathon	42.	45 Jason BRANDY	Male Senior	Unattached	01:31:23	01:31:18	39	16	6:58	64.0%
2020 Robert Tomlinson Half Marathon	43.	286 Mark WHITE	Male V45	Haverhill Running Club	01:31:39	01:31:31	40	10	6:59	69.8%
2020 Robert Tomlinson Half Marathon	44.	131 Kirstie GLADWELL	Female V35	Framlingham Flyers	01:31:49	01:31:45	4	1	7:00	71.7%
2020 Robert Tomlinson Half Marathon	45.	281 Jamie RANDALL	Male V50	Haverhill Running Club	01:32:08	01:31:59	41	6	7:01	72.6%
2020 Robert Tomlinson Half Marathon	46.	10 Adam ALLARD	Male V40	Unattached	01:32:14	01:32:07	42	8	7:02	66.5%
2020 Robert Tomlinson Half Marathon	47.	98 Thomas DENLEGH-MAXWELL	Male Senior	Unattached	01:32:18	01:32:08	43	17	7:02	63.3%
2020 Robert Tomlinson Half Marathon	48.	125 Lewis FORDHAM	Male Senior	Unattached	01:32:22	01:32:12	44	18	7:03	63.2%
2020 Robert Tomlinson Half Marathon	49.	301 Oliver SCHOFIELD	Male Senior	Saint Edmund Pacers	01:32:32	01:32:27	45	19	7:03	63.1%
2020 Robert Tomlinson Half Marathon	50.	87 Kate CREAK	Female V35	Unattached	01:33:21	01:33:12	5	2	7:07	70.5%
2020 Robert Tomlinson Half Marathon	51.	141 John GREENER	Male V50	Saint Edmund Pacers	01:33:24	01:33:18	46	7	7:07	70.3%
2020 Robert Tomlinson Half Marathon	52.	123 Andrew FLACK	Male V45	Unattached	01:33:25	01:33:16	47	11	7:07	68.5%
2020 Robert Tomlinson Half Marathon	53.	193 Katie KING	Female Senior	Saint Edmund Pacers	01:33:34	01:33:30	6	2	7:08	69.7%
2020 Robert Tomlinson Half Marathon	54.	414 Catherine JEFFERY	Female V40	Saint Edmund Pacers	01:33:40	01:33:35	7	3	7:08	72.5%
2020 Robert Tomlinson Half Marathon	55.	51 Lee BROWN	Male Senior	Haverhill Running Club	01:33:46	01:33:38	48	20	7:09	62.7%
2020 Robert Tomlinson Half Marathon	56.	165 Alex HOBBS	Male Senior	Stowmarket Striders RC	01:33:47	01:33:42	49	21	7:09	62.2%
2020 Robert Tomlinson Half Marathon	57.	210 Dave LUMBY	Male V55	Ipswich Jaffa RC	01:33:52	01:33:38	50	3	7:09	75.3%
2020 Robert Tomlinson Half Marathon	58.	227 Ewa MITKA	Female V35	Unattached	01:34:07	01:34:00	8	3	7:11	71.2%
2020 Robert Tomlinson Half Marathon	59.	117 Jess FARTHING	Male V45	Felixstowe RRC	01:34:12	01:34:01	51	12	7:11	66.8%
2020 Robert Tomlinson Half Marathon	60.	19 Carl BAKER	Male V45	Unattached	01:34:17	01:34:14	52	13	7:11	67.3%
2020 Robert Tomlinson Half Marathon	61.	404 Zohra ARMITAGE	Female V40	Saint Edmund Pacers	01:34:24	01:34:20	9	4	7:12	73.0%
2020 Robert Tomlinson Half Marathon	62.	101 Thomas DIXON	Male Senior	Ipswich Triathlon Club	01:34:34	01:34:23	53	22	7:13	61.7%
2020 Robert Tomlinson Half Marathon	63.	192 Chris KERRY	Male V40	Stowmarket Striders RC	01:34:36	01:34:28	54	9	7:13	63.4%
2020 Robert Tomlinson Half Marathon	64.	26 Robin BELSOM	Male V60	Ipswich Jaffa RC	01:34:43	01:34:35	55	1	7:13	75.3%
2020 Robert Tomlinson Half Marathon	65.	295 Soren Tom ROYDS	Male Senior	Framlingham Flyers	01:34:45	01:34:38	56	23	7:13	61.6%
2020 Robert Tomlinson Half Marathon	66.	232 Morgan MOORE	Male Senior	Stowmarket Striders RC	01:34:46	01:34:40	57	24	7:13	61.6%

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	67.	15 Benjamin ASKEW	Male V40	Unattached	01:35:24	01:35:15	58	10	7:16	64.3%
2020 Robert Tomlinson Half Marathon	68.	360 Sam WAKEFORD	Male Senior	Unattached	01:35:40	01:35:29	59	25	7:18	61.0%
2020 Robert Tomlinson Half Marathon	69.	180 Rob JEWERS	Male V45	Stowmarket Striders RC	01:35:50	01:35:45	60	14	7:18	65.1%
2020 Robert Tomlinson Half Marathon	70.	81 John COOPER	Male Senior	Unattached	01:35:52	01:35:46	61	26	7:19	61.6%
2020 Robert Tomlinson Half Marathon	71.	54 Kerry BUCKLEY	Male V50	Felixstowe RRC	01:35:54	01:35:44	62	8	7:19	67.9%
2020 Robert Tomlinson Half Marathon	72.	220 Stuart MATTHEWS	Male V50	Saint Edmund Pacers	01:36:34	01:36:27	63	9	7:22	67.4%
2020 Robert Tomlinson Half Marathon	73.	430 Marcus Catlin	Male V45	Ipswich Jaffa RC	01:36:56	01:36:44	64	15	7:23	64.4%
2020 Robert Tomlinson Half Marathon	74.	300 Len SAUNDERS	Male V45	Felixstowe RRC	01:37:23	01:37:13	65	16	7:25	64.1%
2020 Robert Tomlinson Half Marathon	75.	13 Justin ARMSTRONG	Male V40	Unattached	01:37:52	01:37:36	66	11	7:28	63.2%
2020 Robert Tomlinson Half Marathon	76.	280 Aston RAMSEY	Male Senior	Unattached	01:38:06	01:37:54	67	27	7:29	59.5%
2020 Robert Tomlinson Half Marathon	77.	145 Russell HADDOW	Male Senior	Unattached	01:38:06	01:37:52	68	28	7:29	59.5%
2020 Robert Tomlinson Half Marathon	78.	8 Tom ALEXANDER	Male V40	Woodbridge Shufflers RC	01:38:32	01:38:26	69	12	7:31	61.3%
2020 Robert Tomlinson Half Marathon	79.	108 James ELLUL	Male V40	Felixstowe RRC	01:38:33	01:38:23	70	13	7:31	61.3%
2020 Robert Tomlinson Half Marathon	80.	305 Alex SEAMAN	Male Senior	Stowmarket Striders RC	01:38:36	01:38:18	71	29	7:31	59.2%
2020 Robert Tomlinson Half Marathon	81.	118 Simon FENN	Male V50	Hadleigh Hares AC	01:38:36	01:38:28	72	10	7:31	68.4%
2020 Robert Tomlinson Half Marathon	82.	222 Alex MCGREGOR	Male Senior	Framlingham Flyers	01:38:43	01:38:37	73	30	7:32	59.1%
2020 Robert Tomlinson Half Marathon	83.	421 Daryl SIMPSON	Male V45	Ipswich Jaffa RC	01:39:28	01:39:16	74	17	7:35	63.8%
2020 Robert Tomlinson Half Marathon	84.	327 Peter SQUIRRELL	Male Senior	Ipswich Jaffa RC	01:39:45	01:39:32	75	31	7:36	58.8%
2020 Robert Tomlinson Half Marathon	85.	16 Simon ASKEW	Male V40	Unattached	01:40:04	01:39:54	76	14	7:38	61.3%
2020 Robert Tomlinson Half Marathon	86.	427 Peter Bird	Male V45	Saint Edmund Pacers	01:40:08	01:40:02	77	18	7:38	62.8%
2020 Robert Tomlinson Half Marathon	87.	68 Chris CHORLEY	Male V55	Bungay Black Dog RC	01:40:17	01:39:56	78	4	7:39	68.5%
2020 Robert Tomlinson Half Marathon	88.	302 Nigel SCHOFIELD	Male V55	Saint Edmund Pacers	01:40:20	01:40:15	79	5	7:39	67.8%
2020 Robert Tomlinson Half Marathon	89.	416 Mike GREEN	Male Senior	Felixstowe RRC	01:40:23	01:40:10	80	32	7:39	58.8%
2020 Robert Tomlinson Half Marathon	90.	208 Sam LINASSI	Female V40	Felixstowe RRC	01:40:31	01:40:18	10	5	7:40	68.5%
2020 Robert Tomlinson Half Marathon	91.	177 Martin JARVIS	Male V45	Unattached	01:40:44	01:40:38	81	19	7:41	61.9%
2020 Robert Tomlinson Half Marathon	92.	217 Wayne MARTIN	Male Senior	Stowmarket Striders RC	01:40:49	01:40:46	82	33	7:41	59.1%
2020 Robert Tomlinson Half Marathon	93.	400 Daniel BOULTER	Male Senior	Unattached	01:41:06	01:40:44	83	34	7:43	58.2%
2020 Robert Tomlinson Half Marathon	94.	383 Will WOOSTER	Male Senior	Unattached	01:41:11	01:40:54	84	35	7:43	57.7%
2020 Robert Tomlinson Half Marathon	95.	130 Andrew GEMMELL	Male V50	Unattached	01:41:28	01:41:08	85	11	7:44	65.3%
2020 Robert Tomlinson Half Marathon	96.	30 Marc BENSON	Male Senior	Haverhill Running Club	01:41:30	01:41:21	86	36	7:44	57.9%
2020 Robert Tomlinson Half Marathon	97.	169 David HUDSON	Male V45	Tri-Anglia Triathlon Club	01:41:43	01:41:33	87	20	7:45	62.9%
2020 Robert Tomlinson Half Marathon	98.	405 Mathew CHAPPLE	Male V40	Unattached	01:42:14	01:41:57	88	15	7:48	60.0%
2020 Robert Tomlinson Half Marathon	99.	253 Steve PALFREY	Male V45	Unattached	01:42:15	01:42:09	89	21	7:48	62.6%
2020 Robert Tomlinson Half Marathon	100.	386 Jamie WRIGHT	Male V40	Framlingham Flyers	01:42:19	01:42:13	90	16	7:48	60.5%
2020 Robert Tomlinson Half Marathon	101.	289 Joanna RINGROSE	Female V45	Unattached	01:42:23	01:42:08	11	1	7:48	69.2%
2020 Robert Tomlinson Half Marathon	102.	429 Lindi Wallace	Female V35	Unattached	01:42:24	01:42:12	12	4	7:48	65.1%
2020 Robert Tomlinson Half Marathon	103.	194 Sian KINGSTON	Female V40	Unattached	01:42:25	01:42:17	13	6	7:49	66.7%
2020 Robert Tomlinson Half Marathon	104.	434 David Charles Lissimore	Male V55	Unattached	01:42:25	01:42:08	91	6	7:49	67.7%
2020 Robert Tomlinson Half Marathon	105.	349 Kenneth TOVELL	Male V50	Framlingham Flyers	01:42:31	01:42:25	92	12	7:49	63.5%
2020 Robert Tomlinson Half Marathon	106.	236 Vaughan MORRIS	Male V55	Stowmarket Striders RC	01:42:36	01:42:19	93	7	7:49	68.8%
2020 Robert Tomlinson Half Marathon	107.	88 Richard CREASEY	Male Senior	Unattached	01:42:37	01:42:19	94	37	7:49	57.3%
2020 Robert Tomlinson Half Marathon	108.	398 Gary GODFREY	Male V55	Sudbury Joggers	01:42:42	01:42:16	95	8	7:50	68.1%
2020 Robert Tomlinson Half Marathon	109.	31 Carl BERRIMAN	Male V50	Unattached	01:42:54	01:42:45	96	13	7:51	63.3%
2020 Robert Tomlinson Half Marathon	110.	252 Clifford PAINTER	Male V40	Unattached	01:42:55	01:42:40	97	17	7:51	59.6%
2020 Robert Tomlinson Half Marathon	111.	431 Dave Casey	Male V50	Ipswich Triathlon Club	01:43:00	01:42:50	98	14	7:51	63.8%

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2020 Robert Tomlinson Half Marathon	112.	235 Robert MORGAN	Male V60	Saint Edmund Pacers	01:43:02	01:42:57	99	2	7:51	69.2%
2020 Robert Tomlinson Half Marathon	113.	156 Stephen HATTEN	Male V50	Saint Edmund Pacers	01:43:03	01:42:55	100	15	7:51	65.5%
2020 Robert Tomlinson Half Marathon	114.	424 Bill Besley	Male V45	Stowmarket Striders RC	01:43:06	01:42:57	101	22	7:52	62.6%
2020 Robert Tomlinson Half Marathon	115.	1 Dean ABDUL	Male V40	Unattached	01:43:12	01:42:57	102	18	7:52	59.0%
2020 Robert Tomlinson Half Marathon	116.	257 Tim PARNELL	Male V50	Unattached	01:43:13	01:42:56	103	16	7:52	64.8%
2020 Robert Tomlinson Half Marathon	117.	167 Chris HOWARD-KRAFT	Male Senior	Unattached	01:43:31	01:43:18	104	38	7:54	56.4%
2020 Robert Tomlinson Half Marathon	118.	105 Steven DURRANT	Male V55	Felixstowe RRC	01:43:32	01:43:20	105	9	7:54	67.0%
2020 Robert Tomlinson Half Marathon	119.	190 Sean KENNEDY	Male Senior	Woodbridge Shufflers RC	01:43:34	01:43:13	106	39	7:54	56.8%
2020 Robert Tomlinson Half Marathon	120.	296 Samuel ROZIER	Male Senior	Unattached	01:43:41	01:43:21	107	40	7:54	56.3%
2020 Robert Tomlinson Half Marathon	121.	20 Michael BALL	Male V50	Harwich Runners	01:43:42	01:43:22	108	17	7:54	63.3%
2020 Robert Tomlinson Half Marathon	122.	99 Neil DENNIS	Male Senior	Stowmarket Striders RC	01:44:00	01:43:46	109	41	7:56	56.6%
2020 Robert Tomlinson Half Marathon	123.	176 Jonathan JARROLD	Male Senior	Unattached	01:44:41	01:44:25	110	42	7:59	56.7%
2020 Robert Tomlinson Half Marathon	124.	237 Alex MORRISON	Male V55	Unattached	01:44:48	01:44:31	111	10	7:59	66.8%
2020 Robert Tomlinson Half Marathon	125.	339 Holly TAYLOR	Female Senior	Felixstowe RRC	01:45:15	01:45:06	14	3	8:02	62.2%
2020 Robert Tomlinson Half Marathon	126.	362 Jason WALNE	Male V45	Unattached	01:45:28	01:45:15	112	23	8:02	61.2%
2020 Robert Tomlinson Half Marathon	127.	46 Kaye BRANTON	Female V45	Felixstowe RRC	01:45:31	01:45:31	15	2	8:03	69.4%
2020 Robert Tomlinson Half Marathon	128.	378 Peter WOODS	Male Senior	Felixstowe RRC	01:45:53	01:45:43	113	43	8:04	55.8%
2020 Robert Tomlinson Half Marathon	129.	279 Tracy QUARRELL	Female V45	Haverhill Running Club	01:46:00	01:45:44	16	3	8:05	67.5%
2020 Robert Tomlinson Half Marathon	130.	330 Julia STELL	Female V40	Ipswich Jaffa RC	01:46:06	01:45:51	17	7	8:05	64.0%
2020 Robert Tomlinson Half Marathon	131.	385 Andre WRIGHT	Male V45	Stowmarket Striders RC	01:46:08	01:45:56	114	24	8:06	60.3%
2020 Robert Tomlinson Half Marathon	132.	261 Matthew PEARCE	Male V45	Unattached	01:46:20	01:46:07	115	25	8:06	59.7%
2020 Robert Tomlinson Half Marathon	133.	242 Stephen NEUMANN	Male V40	Unattached	01:46:24	01:46:09	116	19	8:07	56.8%
2020 Robert Tomlinson Half Marathon	134.	137 Michelle GORDON	Female V35	Felixstowe RRC	01:46:40	01:46:20	18	5	8:08	62.8%
2020 Robert Tomlinson Half Marathon	135.	183 Paul JOHNSON	Male Senior	Unattached	01:46:40	01:46:21	117	44	8:08	55.9%
2020 Robert Tomlinson Half Marathon	136.	140 Ashley GREEN	Male Senior	Unattached	01:46:51	01:46:34	118	45	8:09	55.3%
2020 Robert Tomlinson Half Marathon	137.	35 Christopher BING	Male Senior	Ipswich Jaffa RC	01:46:54	01:46:45	119	46	8:09	55.8%
2020 Robert Tomlinson Half Marathon	138.	89 Linda CUSACK	Female V65+	Thetford AC	01:47:16	01:47:03	19	1	8:11	84.2%
2020 Robert Tomlinson Half Marathon	139.	425 Iain Mapley	Male V40	Saint Edmund Pacers	01:47:18	01:47:01	120	20	8:11	57.2%
2020 Robert Tomlinson Half Marathon	140.	106 Charlotte DURRANT	Female V35	Stowmarket Striders RC	01:47:21	01:47:07	20	6	8:11	62.4%
2020 Robert Tomlinson Half Marathon	141.	303 Paul SCHWER	Male V55	Felixstowe RRC	01:47:57	01:47:45	121	11	8:14	65.4%
2020 Robert Tomlinson Half Marathon	142.	244 Sabrina NORTON	Female V40	Bungay Black Dog RC	01:48:19	01:48:02	21	8	8:16	63.1%
2020 Robert Tomlinson Half Marathon	143.	229 Frank MOGGAN	Male V70+	Stowmarket Striders RC	01:48:25	01:48:11	122	1	8:16	72.7%
2020 Robert Tomlinson Half Marathon	144.	204 Hayley LEVERIDGE	Female V40	Unattached	01:48:29	01:48:13	22	9	8:16	62.1%
2020 Robert Tomlinson Half Marathon	145.	166 Claire HOLDAWAY	Female V40	Hadleigh Hares AC	01:48:49	01:48:30	23	10	8:18	63.3%
2020 Robert Tomlinson Half Marathon	146.	70 David CHURCH	Male V45	Felixstowe RRC	01:48:51	01:48:40	123	26	8:18	59.3%
2020 Robert Tomlinson Half Marathon	147.	172 Philip HYMERS	Male V65	Saint Edmund Pacers	01:49:09	01:48:59	124	1	8:19	70.7%
2020 Robert Tomlinson Half Marathon	148.	334 Chloe STUTELEY	Female Senior	Saint Edmund Pacers	01:49:16	01:49:05	24	4	8:20	59.6%
2020 Robert Tomlinson Half Marathon	149.	71 Neville CLARKE	Male V65	Newmarket Joggers	01:49:20	01:49:11	125	2	8:20	69.2%
2020 Robert Tomlinson Half Marathon	150.	162 Kathy HERBIG	Female V40	Unattached	01:49:23	01:49:08	25	11	8:20	63.5%
2020 Robert Tomlinson Half Marathon	151.	148 Jackie HANN	Female V50	Sudbury Joggers	01:49:28	01:49:16	26	1	8:21	70.2%
2020 Robert Tomlinson Half Marathon	152.	388 Darryl YATES	Male Senior	Ipswich Jaffa RC	01:49:34	01:49:26	126	47	8:21	53.3%
2020 Robert Tomlinson Half Marathon	153.	422 Kay OXFORD	Female V50	Hadleigh Hares AC	01:49:42	01:49:30	27	2	8:22	67.5%
2020 Robert Tomlinson Half Marathon	154.	376 Helen WING	Female V50	Stowmarket Striders RC	01:49:57	01:49:49	28	3	8:23	69.0%
2020 Robert Tomlinson Half Marathon	155.	219 Stuart MASON	Male V55	Felixstowe RRC	01:49:59	01:49:48	127	12	8:23	63.0%
2020 Robert Tomlinson Half Marathon	156.	433 Stephen Cross	Male V50	Waveney Valley AC	01:50:03	01:49:35	128	18	8:24	59.7%

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2020 Robert Tomlinson Half Marathon	157.	60 Mik CARR	Male V60	Bungay Black Dog RC	01:50:06	01:50:01	129	3	8:24	67.3%
2020 Robert Tomlinson Half Marathon	158.	352 Cheryl TRUNDLE	Female V65+	Haverhill Running Club	01:50:13	01:49:52	29	2	8:24	83.1%
2020 Robert Tomlinson Half Marathon	159.	44 Sharon BRANDON	Female V55	Saint Edmund Pacers	01:50:13	01:50:06	30	1	8:24	71.5%
2020 Robert Tomlinson Half Marathon	160.	18 Tom AYKROYD	Male V40	Felixstowe RRC	01:50:40	01:50:33	130	21	8:26	54.6%
2020 Robert Tomlinson Half Marathon	161.	143 Kate GREENER	Female V40	Unattached	01:50:47	01:50:31	31	12	8:27	62.7%
2020 Robert Tomlinson Half Marathon	162.	67 Duncan CHENERY	Male V60	Ipswich Jaffa RC	01:50:52	01:50:34	131	4	8:27	64.3%
2020 Robert Tomlinson Half Marathon	163.	255 Marion PARKER	Female V55	Felixstowe RRC	01:50:54	01:50:42	32	2	8:27	72.9%
2020 Robert Tomlinson Half Marathon	164.	159 Jerome HAYNES	Male Senior	Unattached	01:51:01	01:50:42	132	48	8:28	52.5%
2020 Robert Tomlinson Half Marathon	165.	342 Timothy TAYLOR	Male Senior	Unattached	01:51:03	01:50:43	133	49	8:28	53.2%
2020 Robert Tomlinson Half Marathon	166.	133 Mark GODBOLD	Male V50	Ipswich Harriers	01:51:23	01:51:17	134	19	8:30	60.0%
2020 Robert Tomlinson Half Marathon	167.	315 Mark SKOULDING	Male V45	Stowmarket Striders RC	01:51:27	01:51:10	135	27	8:30	57.9%
2020 Robert Tomlinson Half Marathon	168.	267 Clare PESTELL-LOVE	Female V35	Unattached	01:51:29	01:51:14	33	7	8:30	59.8%
2020 Robert Tomlinson Half Marathon	169.	247 Paul OSBORNE	Male V40	Felixstowe RRC	01:51:31	01:51:18	136	22	8:30	55.0%
2020 Robert Tomlinson Half Marathon	170.	246 Alison O'DONNELL	Female Senior	Unattached	01:51:31	01:51:18	34	5	8:30	58.7%
2020 Robert Tomlinson Half Marathon	171.	308 Alison SEVERY	Female Senior	Ipswich Jaffa RC	01:51:37	01:51:16	35	6	8:31	58.6%
2020 Robert Tomlinson Half Marathon	172.	178 Peter JAY	Male V55	Saint Edmund Pacers	01:51:38	01:51:29	137	13	8:31	63.3%
2020 Robert Tomlinson Half Marathon	173.	202 Gemma LAYTON	Female V35	Unattached	01:51:41	01:51:25	36	8	8:31	59.4%
2020 Robert Tomlinson Half Marathon	174.	241 Joe NAUGHTON	Male V55	Stowmarket Striders RC	01:51:48	01:51:36	138	14	8:32	62.6%
2020 Robert Tomlinson Half Marathon	175.	297 Luke RUTLAND	Male Senior	Lonely Goat RC	01:51:51	01:51:29	139	50	8:32	52.6%
2020 Robert Tomlinson Half Marathon	176.	269 Agata PIATKOWSKA	Female Senior	Unattached	01:51:55	01:51:46	37	7	8:32	58.6%
2020 Robert Tomlinson Half Marathon	177.	310 Roland SHAW	Male V60	Unattached	01:51:56	01:51:39	140	5	8:32	65.6%
2020 Robert Tomlinson Half Marathon	178.	40 Lin BOLTON	Female V50	Stowmarket Striders RC	01:52:06	01:51:53	38	4	8:33	68.6%
2020 Robert Tomlinson Half Marathon	179.	292 Olga RODRIGUEZ BROMIDGE	Female V40	Unattached	01:53:09	01:52:50	39	13	8:38	60.4%
2020 Robert Tomlinson Half Marathon	180.	346 Emma THISTLETON	Female V35	TRISudbury	01:53:15	01:52:56	40	9	8:38	58.3%
2020 Robert Tomlinson Half Marathon	181.	61 Charlie CATCHPOLE	Male V55	Unattached	01:53:21	01:52:59	141	15	8:39	62.3%
2020 Robert Tomlinson Half Marathon	182.	144 Angela HAAG	Female V55	Unattached	01:53:21	01:53:07	41	3	8:39	72.3%
2020 Robert Tomlinson Half Marathon	183.	128 Tom FROST	Male Senior	Unattached	01:53:36	01:53:16	142	51	8:40	51.3%
2020 Robert Tomlinson Half Marathon	184.	387 Jennifer WY SOCKI	Female Senior	Unattached	01:53:57	01:53:37	42	8	8:41	57.6%
2020 Robert Tomlinson Half Marathon	185.	34 Alison BILLS	Female V40	Unattached	01:54:14	01:53:58	43	14	8:43	60.8%
2020 Robert Tomlinson Half Marathon	186.	276 Clive PURBROOK	Male V60	Newmarket Joggers	01:54:23	01:54:09	143	6	8:43	64.8%
2020 Robert Tomlinson Half Marathon	187.	49 Angela BRINKLEY	Female V55	Stowmarket Striders RC	01:54:30	01:54:16	44	4	8:44	71.6%
2020 Robert Tomlinson Half Marathon	188.	161 Kate HEEKS	Female Senior	Stowmarket Striders RC	01:54:58	01:54:43	45	9	8:46	58.4%
2020 Robert Tomlinson Half Marathon	189.	259 Jamie PAYNE	Male Senior	Unattached	01:55:04	01:54:44	144	52	8:47	50.7%
2020 Robert Tomlinson Half Marathon	190.	188 Martin KEELER	Male Senior	Unattached	01:55:12	01:54:52	145	53	8:47	51.2%
2020 Robert Tomlinson Half Marathon	191.	102 Kirsty DOW	Female V35	Saint Edmund Pacers	01:55:13	01:55:03	46	10	8:47	57.1%
2020 Robert Tomlinson Half Marathon	192.	394 Jason ABLETT	Male V45	Stowmarket Striders RC	01:55:20	01:55:03	146	28	8:48	55.0%
2020 Robert Tomlinson Half Marathon	193.	122 George FIRTH	Male Senior	Stowmarket Striders RC	01:55:27	01:55:11	147	54	8:48	50.5%
2020 Robert Tomlinson Half Marathon	194.	251 Stephen PAGE	Male V45	Stowmarket Striders RC	01:55:44	01:55:24	148	29	8:50	54.4%
2020 Robert Tomlinson Half Marathon	195.	395 Philip BEER	Male V55	Stowmarket Striders RC	01:55:49	01:55:32	149	16	8:50	58.8%
2020 Robert Tomlinson Half Marathon	196.	64 Debbie CATLING	Female V50	Unattached	01:55:55	01:55:30	47	5	8:50	64.7%
2020 Robert Tomlinson Half Marathon	197.	231 Helen MOORE	Female V40	Stowmarket Striders RC	01:55:56	01:55:39	48	15	8:50	59.0%
2020 Robert Tomlinson Half Marathon	198.	366 Claire WELFORD	Female V40	Unattached	01:55:59	01:55:45	49	16	8:51	59.4%
2020 Robert Tomlinson Half Marathon	199.	181 Hannah JEWERS	Female V40	Stowmarket Striders RC	01:56:01	01:55:45	50	17	8:51	58.9%
2020 Robert Tomlinson Half Marathon	200.	258 Tom PARSONS	Male V40	Unattached	01:56:04	01:56:04	150	23	8:51	52.4%
2020 Robert Tomlinson Half Marathon	201.	299 Bobbie SAUERZAPF	Female V60	Bungay Black Dog RC	01:56:17	01:55:49	51	1	8:52	73.4%

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	202.	221 Paul MCALLISTER	Male V50	Hadleigh Hares AC	01:56:45	01:56:26	151	20	8:54	57.8%
2020 Robert Tomlinson Half Marathon	203.	390 Jonathan KENNY	Male V50	Felixstowe RRC	01:56:51	01:56:29	152	21	8:55	55.7%
2020 Robert Tomlinson Half Marathon	204.	138 Michelle GORMAN	Female V35	Unattached	01:56:53	01:56:32	52	11	8:55	57.0%
2020 Robert Tomlinson Half Marathon	205.	234 Jenny MORGAN	Female V60	Saint Edmund Pacers	01:56:58	01:56:50	53	2	8:55	76.1%
2020 Robert Tomlinson Half Marathon	206.	196 Jenny KNIGHT	Female V45	Unattached	01:57:19	01:57:06	54	4	8:57	61.0%
2020 Robert Tomlinson Half Marathon	207.	436 Markus Lewis	Male V45	Saint Edmund Pacers	01:57:23	01:57:15	153	30	8:57	54.1%
2020 Robert Tomlinson Half Marathon	208.	389 Katrina RIGBY	Female V40	Hadleigh Hares AC	01:57:26	01:57:08	55	18	8:57	57.4%
2020 Robert Tomlinson Half Marathon	209.	42 Helen BOULTON	Female V35	Unattached	01:57:37	01:57:19	56	12	8:58	56.1%
2020 Robert Tomlinson Half Marathon	210.	407 Chris HOWLAND	Male V55	Felixstowe RRC	01:57:48	01:57:34	154	17	8:59	58.8%
2020 Robert Tomlinson Half Marathon	211.	260 Matthew PEARCE	Male Senior	Unattached	01:57:53	01:57:32	155	55	8:59	49.5%
2020 Robert Tomlinson Half Marathon	212.	417 Amanda DUNN	Female V40	Hadleigh Hares AC	01:57:54	01:57:35	57	19	8:59	58.9%
2020 Robert Tomlinson Half Marathon	213.	373 Clare WIGG	Female V35	Stowmarket Striders RC	01:57:58	01:57:34	58	13	9:00	56.0%
2020 Robert Tomlinson Half Marathon	214.	265 Kieron PERRY	Male V45	Unattached	01:57:59	01:57:35	156	31	9:00	53.3%
2020 Robert Tomlinson Half Marathon	215.	206 Arabella LEWENDON	Female V55	Felixstowe RRC	01:57:59	01:57:37	59	5	9:00	68.5%
2020 Robert Tomlinson Half Marathon	216.	187 Rachel KEEBLE	Female V40	Unattached	01:58:04	01:57:43	60	20	9:00	57.5%
2020 Robert Tomlinson Half Marathon	217.	268 Sarah PHILLIPS	Female V50	Unattached	01:58:05	01:57:44	61	6	9:00	62.8%
2020 Robert Tomlinson Half Marathon	218.	182 Chris JOHNS	Male V60	Woodbridge Shufflers RC	01:58:08	01:57:47	157	7	9:01	62.1%
2020 Robert Tomlinson Half Marathon	219.	92 David DAMANT	Male V45	Stowmarket Striders RC	01:58:17	01:57:56	158	32	9:01	54.1%
2020 Robert Tomlinson Half Marathon	220.	129 John GAYLARD	Male V50	Unattached	01:58:18	01:57:58	159	22	9:01	56.0%
2020 Robert Tomlinson Half Marathon	221.	103 Kimberley DRAIN	Male Senior	Stowmarket Striders RC	01:58:24	01:58:06	160	56	9:02	49.3%
2020 Robert Tomlinson Half Marathon	222.	256 Stuart PARKER	Male Senior	Unattached	01:58:39	01:58:16	161	57	9:03	50.3%
2020 Robert Tomlinson Half Marathon	223.	56 Gary BUICK	Male V50	Unattached	01:59:15	01:58:56	162	23	9:06	55.6%
2020 Robert Tomlinson Half Marathon	224.	27 Mark BENNETT	Male V45	Unattached	01:59:33	01:59:10	163	33	9:07	52.6%
2020 Robert Tomlinson Half Marathon	225.	28 Nichola BENNETT	Female V40	Unattached	01:59:33	01:59:10	62	21	9:07	56.4%
2020 Robert Tomlinson Half Marathon	226.	406 Brett DEAKIN	Male V40	Felixstowe RRC	01:59:47	01:59:33	164	24	9:08	50.4%
2020 Robert Tomlinson Half Marathon	227.	69 Jenny CHURCH	Female V55	Felixstowe RRC	01:59:52	01:59:39	63	6	9:08	68.4%
2020 Robert Tomlinson Half Marathon	228.	288 Maria RIERA TURRO	Female Senior	Felixstowe RRC	02:00:06	01:59:46	64	10	9:10	54.3%
2020 Robert Tomlinson Half Marathon	229.	32 Mike BERRY	Male V45	Saint Edmund Pacers	02:00:47	02:00:25	165	34	9:13	53.0%
2020 Robert Tomlinson Half Marathon	230.	309 David SEYMOUR	Male V60	Felixstowe RRC	02:00:52	02:00:34	166	8	9:13	59.0%
2020 Robert Tomlinson Half Marathon	231.	201 Bridget LAW	Female Senior	Bungay Black Dog RC	02:01:02	02:00:46	65	11	9:14	54.0%
2020 Robert Tomlinson Half Marathon	232.	95 Mark DAVIES	Male V50	Unattached	02:01:15	02:00:52	167	24	9:15	54.2%
2020 Robert Tomlinson Half Marathon	233.	43 Sally-Ann BOWEN	Female V45	Sudbury Joggers	02:01:27	02:01:14	66	5	9:16	58.3%
2020 Robert Tomlinson Half Marathon	234.	84 Ruth COWLIN	Female V55	Sudbury Joggers	02:01:27	02:01:14	67	7	9:16	64.9%
2020 Robert Tomlinson Half Marathon	235.	313 Ian SILLETT	Male V60	Felixstowe RRC	02:01:39	02:01:39	168	9	9:17	60.3%
2020 Robert Tomlinson Half Marathon	236.	341 Courtney TAYLOR	Female Senior	Felixstowe RRC	02:02:14	02:01:54	68	12	9:19	53.3%
2020 Robert Tomlinson Half Marathon	237.	175 Catherine JACKSON	Female Senior	Stowmarket Striders RC	02:02:14	02:01:55	69	13	9:19	53.3%
2020 Robert Tomlinson Half Marathon	238.	109 Rebecca ELLUL	Female V35	Felixstowe RRC	02:02:16	02:01:53	70	14	9:19	54.2%
2020 Robert Tomlinson Half Marathon	239.	90 Sam DALTON-THORPE	Female V40	Unattached	02:02:19	02:01:55	71	22	9:20	55.9%
2020 Robert Tomlinson Half Marathon	240.	377 James WOOD	Male V50	Sudbury Joggers	02:02:29	02:02:12	169	25	9:20	55.1%
2020 Robert Tomlinson Half Marathon	241.	391 Nathalie HOOPER	Female V50	Hadleigh Hares AC	02:02:30	02:02:07	72	7	9:21	62.7%
2020 Robert Tomlinson Half Marathon	242.	223 Jenny MERRY	Female V40	Sudbury Joggers	02:02:30	02:02:14	73	23	9:21	55.0%
2020 Robert Tomlinson Half Marathon	243.	420 Lydia SIMMONS	Female Senior	Saint Edmund Pacers	02:02:49	02:02:33	74	14	9:22	53.4%
2020 Robert Tomlinson Half Marathon	244.	381 Lee WOODWARD	Male Senior	Unattached	02:02:58	02:02:39	170	58	9:23	47.8%
2020 Robert Tomlinson Half Marathon	245.	58 Edward BURCHELL	Male Senior	Saint Edmund Pacers	02:03:09	02:02:54	171	59	9:24	47.4%
2020 Robert Tomlinson Half Marathon	246.	337 Donna TALBOT	Female V40	Unattached	02:03:15	02:02:58	75	24	9:24	55.1%

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	247.	77 Nathan COLE	Male V40	Unattached	02:03:32	02:03:27	172	25	9:25	48.9%
2020 Robert Tomlinson Half Marathon	248.	218 Claire MASKERY	Female V35	Stowmarket Striders RC	02:03:32	02:03:06	76	15	9:25	53.9%
2020 Robert Tomlinson Half Marathon	249.	262 Lily PEARMAIN	Female Senior	Unattached	02:05:03	02:04:46	77	15	9:32	52.1%
2020 Robert Tomlinson Half Marathon	250.	392 Rachel BOND	Female Senior	Unattached	02:05:07	02:04:45	78	16	9:33	52.2%
2020 Robert Tomlinson Half Marathon	251.	358 Lauren WAGGOTT	Female Senior	Unattached	02:05:32	02:05:20	79	17	9:34	51.9%
2020 Robert Tomlinson Half Marathon	252.	94 Steve DAVIES	Male V50	Unattached	02:06:03	02:05:38	173	26	9:37	53.5%
2020 Robert Tomlinson Half Marathon	253.	397 Vikki CHAMPION	Female Senior	Unattached	02:06:28	02:06:02	80	18	9:39	51.6%
2020 Robert Tomlinson Half Marathon	254.	184 Claire JONES	Female V45	Unattached	02:06:51	02:06:25	81	6	9:40	56.4%
2020 Robert Tomlinson Half Marathon	255.	277 Carl PURNELL	Male V55	Unattached	02:07:22	02:06:57	174	18	9:43	54.4%
2020 Robert Tomlinson Half Marathon	256.	170 Rebecca HUGHES	Female V50	Unattached	02:07:22	02:06:56	82	8	9:43	58.9%
2020 Robert Tomlinson Half Marathon	257.	127 Edwina FROST	Female V60	Unattached	02:07:22	02:06:58	83	3	9:43	67.0%
2020 Robert Tomlinson Half Marathon	258.	415 Nicole SMITH	Female V45	Newmarket Joggers	02:07:31	02:07:20	84	7	9:43	56.8%
2020 Robert Tomlinson Half Marathon	259.	372 Adrian WICKS	Male V50	Unattached	02:08:44	02:08:17	175	27	9:49	52.4%
2020 Robert Tomlinson Half Marathon	260.	53 Adam BUCKLE	Male Senior	Halstead RRC	02:08:50	02:08:39	176	60	9:50	45.6%
2020 Robert Tomlinson Half Marathon	261.	132 Mandy GODBOLD	Female V50	Ipswich Harriers	02:08:53	02:08:44	85	9	9:50	58.9%
2020 Robert Tomlinson Half Marathon	262.	39 Olivia BLICK	Female Senior	Unattached	02:09:23	02:08:54	86	19	9:52	50.4%
2020 Robert Tomlinson Half Marathon	263.	116 Leon FARNISH	Male Senior	Unattached	02:09:23	02:08:53	177	61	9:52	45.4%
2020 Robert Tomlinson Half Marathon	264.	41 Fran BOOKER	Female V50	Unattached	02:09:57	02:09:25	87	10	9:55	57.7%
2020 Robert Tomlinson Half Marathon	265.	365 Sarah WEBB	Female V40	Unattached	02:09:58	02:09:48	88	25	9:55	52.2%
2020 Robert Tomlinson Half Marathon	266.	369 Frank WHELAN	Male V50	Unattached	02:09:58	02:09:48	178	28	9:55	50.1%
2020 Robert Tomlinson Half Marathon	267.	185 Theresa JONES	Female V45	Haverhill Running Club	02:10:28	02:10:03	89	8	9:57	55.5%
2020 Robert Tomlinson Half Marathon	268.	332 Tony STEWART	Male V65	Lonely Goat RC	02:10:43	02:10:21	179	3	9:58	57.8%
2020 Robert Tomlinson Half Marathon	269.	344 Lee TAYLOR	Male V45	Haverhill Running Club	02:12:18	02:11:54	180	35	10:05	48.0%
2020 Robert Tomlinson Half Marathon	270.	82 Emily COOPER-READE	Female V55	Stowmarket Striders RC	02:12:33	02:12:06	90	8	10:07	59.5%
2020 Robert Tomlinson Half Marathon	271.	396 Keith BORRETT	Male V65	Unattached	02:12:39	02:12:28	181	4	10:07	57.0%
2020 Robert Tomlinson Half Marathon	272.	270 Claire PICKARD	Female V40	Unattached	02:12:39	02:12:28	91	26	10:07	52.4%
2020 Robert Tomlinson Half Marathon	273.	245 Mark O'BRIEN	Male Senior	Unattached	02:12:58	02:12:37	182	62	10:08	43.9%
2020 Robert Tomlinson Half Marathon	274.	173 Josh IRON	Male Senior	Haverhill Running Club	02:12:58	02:12:58	183	63	10:08	43.9%
2020 Robert Tomlinson Half Marathon	275.	224 Lorraine MILLS	Female V45	Unattached	02:12:58	02:12:28	92	9	10:08	54.4%
2020 Robert Tomlinson Half Marathon	276.	399 Andrew DENNY	Male V50	Unattached	02:13:27	02:12:59	184	29	10:11	49.2%
2020 Robert Tomlinson Half Marathon	277.	347 Ivika THOMSON	Female Senior	Unattached	02:13:44	02:13:14	93	20	10:12	48.9%
2020 Robert Tomlinson Half Marathon	278.	228 Mohit MITTAL	Male Senior	Unattached	02:13:46	02:13:16	185	64	10:12	44.0%
2020 Robert Tomlinson Half Marathon	279.	410 Yvonne DOE	Female V40	Stowmarket Striders RC	02:13:56	02:13:34	94	27	10:13	51.9%
2020 Robert Tomlinson Half Marathon	280.	307 Victoria SENIOR	Female Senior	Unattached	02:13:58	02:13:27	95	21	10:13	48.8%
2020 Robert Tomlinson Half Marathon	281.	316 Jane SKOULDING	Female V45	Stowmarket Striders RC	02:14:01	02:13:39	96	10	10:13	53.4%
2020 Robert Tomlinson Half Marathon	282.	171 Tracy HUMPHREYS	Female V55	Stowmarket Striders RC	02:14:07	02:13:41	97	9	10:14	60.3%
2020 Robert Tomlinson Half Marathon	283.	371 Angela WHITING	Female V55	Stowmarket Striders RC	02:14:12	02:13:45	98	10	10:14	60.3%
2020 Robert Tomlinson Half Marathon	284.	120 David FIELD	Male V70+	Norwich Road Runners	02:14:42	02:14:08	186	2	10:16	59.1%
2020 Robert Tomlinson Half Marathon	285.	78 Jackie COLLINS	Female V55	Felixstowe RRC	02:14:53	02:14:30	99	11	10:17	58.4%
2020 Robert Tomlinson Half Marathon	286.	284 Maria REED	Female V55	Haverhill Running Club	02:14:58	02:14:29	100	12	10:18	59.9%
2020 Robert Tomlinson Half Marathon	287.	435 Juliet Suzanne Garnham	Female V45	Stowmarket Striders RC	02:15:16	02:14:49	101	11	10:19	52.3%
2020 Robert Tomlinson Half Marathon	288.	380 Joan WOODWARD	Female V60	Unattached	02:15:22	02:14:54	102	4	10:19	63.0%
2020 Robert Tomlinson Half Marathon	289.	100 Sarah DICKINSON	Female V35	Unattached	02:16:05	02:15:41	103	16	10:23	49.2%
2020 Robert Tomlinson Half Marathon	290.	285 Victoria REED	Female V35	Unattached	02:16:22	02:15:58	104	17	10:24	49.1%
2020 Robert Tomlinson Half Marathon	291.	2 Peter ADAMS	Male V70+	Unattached	02:16:55	02:16:27	187	3	10:27	58.9%

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	292.	179 Rebecca JENNINGS	Female V50	Unattached	02:17:18	02:17:01	105	11	10:28	56.7%
2020 Robert Tomlinson Half Marathon	293.	336 Hollie SUTHERLAND	Female Senior	Felixstowe RRC	02:17:53	02:17:29	106	22	10:31	47.6%
2020 Robert Tomlinson Half Marathon	294.	248 Anneli OSTLER	Female V35	Felixstowe RRC	02:17:54	02:17:25	107	18	10:31	48.3%
2020 Robert Tomlinson Half Marathon	295.	329 Charlie STANNETT	Male V60	Ipswich Triathlon Club	02:18:09	02:17:42	188	10	10:32	53.6%
2020 Robert Tomlinson Half Marathon	296.	113 Clare EVERITT	Female V45	Haverhill Running Club	02:18:23	02:17:57	108	12	10:33	50.7%
2020 Robert Tomlinson Half Marathon	297.	153 Sarah HARRIS	Female V40	Haverhill Running Club	02:18:24	02:17:58	109	28	10:33	49.8%
2020 Robert Tomlinson Half Marathon	298.	239 Sarah MURKIN	Female V45	Haverhill Running Club	02:18:24	02:17:59	110	13	10:33	51.7%
2020 Robert Tomlinson Half Marathon	299.	75 Adrian COLE	Male V55	Stowmarket Striders RC	02:19:00	02:18:35	189	19	10:36	49.9%
2020 Robert Tomlinson Half Marathon	300.	264 Daniel PELLING	Male V45	Haverhill Running Club	02:19:46	02:19:37	190	36	10:40	45.8%
2020 Robert Tomlinson Half Marathon	301.	121 Yusuf FIRAT	Male V55	Haverhill Running Club	02:19:46	02:19:25	191	20	10:40	49.6%
2020 Robert Tomlinson Half Marathon	302.	368 Jo WHELAN	Female V55	Felixstowe RRC	02:19:47	02:19:18	111	13	10:40	59.4%
2020 Robert Tomlinson Half Marathon	303.	367 Kevin WHELAN	Male V50	Felixstowe RRC	02:19:47	02:19:36	192	30	10:40	47.8%
2020 Robert Tomlinson Half Marathon	304.	62 Phil CATCHPOLE	Male V65	Unattached	02:19:51	02:19:17	193	5	10:40	54.6%
2020 Robert Tomlinson Half Marathon	305.	384 Maureen WRIGHT	Female V65+	Ipswich Jaffa RC	02:20:00	02:19:32	112	3	10:41	73.0%
2020 Robert Tomlinson Half Marathon	306.	6 Katie ALDERTON	Female Senior	Unattached	02:21:11	02:20:44	113	23	10:46	46.1%
2020 Robert Tomlinson Half Marathon	307.	5 Ann ALDERTON	Female V55	Unattached	02:21:14	02:20:47	114	14	10:46	57.2%
2020 Robert Tomlinson Half Marathon	308.	393 Laura GAY	Female Senior	Unattached	02:21:39	02:21:13	115	24	10:48	46.0%
2020 Robert Tomlinson Half Marathon	309.	254 Rachel PALMER	Female V35	Felixstowe RRC	02:22:08	02:21:39	116	19	10:50	46.9%
2020 Robert Tomlinson Half Marathon	310.	154 Beth HARRIS	Female V35	Unattached	02:22:25	02:22:18	117	20	10:52	47.0%
2020 Robert Tomlinson Half Marathon	311.	22 Rosie BARRACK	Female V45	Unattached	02:22:26	02:22:19	118	14	10:52	49.2%
2020 Robert Tomlinson Half Marathon	312.	205 Thomas LEVETT	Male V40	Unattached	02:22:41	02:22:11	194	26	10:53	42.0%
2020 Robert Tomlinson Half Marathon	313.	107 Peter EDWARDS	Male V40	Unattached	02:23:00	02:22:34	195	27	10:54	42.2%
2020 Robert Tomlinson Half Marathon	314.	139 Ann GRANGER	Female V55	Saxmundham Sports Running & Jogging Club	02:24:13	02:23:47	119	15	11:00	56.1%
2020 Robert Tomlinson Half Marathon	315.	333 Ian STRIDE	Male V45	Bungay Black Dog RC	02:24:21	02:23:52	196	37	11:01	43.6%
2020 Robert Tomlinson Half Marathon	316.	230 Sarah MONK	Female V35	Unattached	02:24:43	02:24:12	120	21	11:02	45.5%
2020 Robert Tomlinson Half Marathon	317.	3 Darryl AINSLIE	Male V40	Lowestoft Road Runners	02:25:24	02:24:52	197	28	11:05	42.2%
2020 Robert Tomlinson Half Marathon	318.	363 Freddie WALTON	Male Senior	Unattached	02:25:30	02:24:57	198	65	11:06	40.1%
2020 Robert Tomlinson Half Marathon	319.	418 Michelle HOLDEN	Female V45	Stowmarket Striders RC	02:25:36	02:25:08	121	15	11:06	49.7%
2020 Robert Tomlinson Half Marathon	320.	136 Darren GOODCHILD	Male V50	Unattached	02:26:04	02:25:41	199	31	11:08	45.3%
2020 Robert Tomlinson Half Marathon	321.	249 Justin OSTLER	Male V45	Felixstowe RRC	02:26:44	02:26:15	200	38	11:12	43.6%
2020 Robert Tomlinson Half Marathon	322.	225 Kylie MITCHELL	Female Senior	Unattached	02:28:48	02:28:15	122	25	11:21	43.8%
2020 Robert Tomlinson Half Marathon	323.	164 Rachel HIRST	Female V55	Bungay Black Dog RC	02:30:40	02:30:11	123	16	11:30	52.3%
2020 Robert Tomlinson Half Marathon	324.	298 Sian SAMPSON	Female V35	Unattached	02:30:53	02:30:23	124	22	11:31	44.4%
2020 Robert Tomlinson Half Marathon	325.	134 Tracey GODDARD	Female V35	Unattached	02:32:25	02:31:53	125	23	11:38	43.3%
2020 Robert Tomlinson Half Marathon	326.	304 Michael SEABROOK	Male V40	Unattached	02:32:25	02:31:53	201	29	11:38	39.6%
2020 Robert Tomlinson Half Marathon	327.	250 Kerry OVERTON	Female V45	Unattached	02:32:25	02:32:25	126	16	11:38	46.9%
2020 Robert Tomlinson Half Marathon	328.	403 Lucy BRYANTON	Female V45	Unattached	02:33:56	02:33:26	127	17	11:44	47.6%
2020 Robert Tomlinson Half Marathon	329.	76 Neil COLE	Male V50	Unattached	02:35:09	02:34:59	202	32	11:50	43.5%
2020 Robert Tomlinson Half Marathon	330.	402 Daniela ELSTONE	Female V50	Felixstowe RRC	02:36:58	02:36:28	128	12	11:58	49.0%
2020 Robert Tomlinson Half Marathon	331.	203 Angie LEGGETT	Female V55	Unattached	02:37:16	02:36:50	129	17	12:00	50.1%
2020 Robert Tomlinson Half Marathon	332.	189 Charlotte KEELER	Female Senior	Unattached	02:40:03	02:39:31	130	26	12:13	41.0%
2020 Robert Tomlinson Half Marathon	333.	209 Stephanie LOWN	Female V50	Unattached	02:44:32	02:43:59	131	13	12:33	46.1%
2020 Robert Tomlinson Half Marathon	334.	85 Janet CRACKNELL	Female V45	Unattached	02:45:01	02:44:29	132	18	12:35	44.4%
2020 Robert Tomlinson Half Marathon	DNF	191 Jessica KERRIDGE	Female Senior	Stowmarket Striders RC			-1	-1		
2020 Robert Tomlinson Half Marathon	DNF	370 Keeley WHITE	Female Senior	Haverhill Running Club			-1	-1		

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2020 Robert Tomlinson Half Marathon	DNF	275 Matthew PRESTON-BLOOM	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNF	226 Michelle MITCHELL	Female V55	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNF	135 Simon GOLDSMITH	Male V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	293 Aaron ROGERSON	Male Senior	Lowestoft Road Runners	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	24 Adam BEAUMONT	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	12 Agnieszka ANDRZEJAK	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	57 Alison BULLYMENT	Female V45	Zero to Hero Runners	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	47 Amanda BREWSTER	Female V45	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	66 Andrew CHATFIELD	Male V40	Ipswich Harriers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	96 Andrew DAVISON	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	282 Andrew RAYNER	Male V55	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	401 Anita TEJADA	Female V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	111 Anna EMMS	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	73 Ashley CLAYDEN	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	382 Ashley WOOLGROVE	Male V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	200 Ben LARTER	Male Senior	Framlingham Flyers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	328 Beth STACEY	Female V35	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	79 Carl COLLINS	Male V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	355 Charles TURNER	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	4 Chris ALDERTON	Female V45	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	214 Christine MARSH	Female V60	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	38 Claire BLANCHFORD	Female V35	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	163 Claire HILL	Female Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	351 Claire TROTT	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	335 Daniel SUMMERSGILL	Male Senior	Ipswich Jaffa RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	215 Dawn MARSHALL	Female V55	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	91 Derek DALY	Male V55	Saxmundham Sports Running & J	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	274 Derek POTTER	Male V55	Lonely Goat RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	361 Dom WALDER	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	356 Duane TURPIN	Male V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	114 Eamonn FAHY	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	350 Edward TRICKER	Male Senior	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	263 Gemma PECK	Female V35	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	83 Graham COULTER	Male V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	160 Guy HAYWARD	Male V45	Framlingham Flyers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	197 Hazel KURZ	Female V40	Harlow RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	312 Horace SHURIAH	Male V50	Haverhill Running Club	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	29 Jamie BENNINGTON	Male V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	150 Jane HANNAH	Female V40	Tri-Anglia Triathlon Club	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	212 Jemma MADDAMS	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	311 Jenny SHEAHAN	Female V55	Eastern Masters AC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	115 Jessica FAHY	Female Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	331 Jo STEPHENSON	Female V50	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	243 John NEVIN	Male V65	Haverhill Running Club	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	233 Kara MOORE-DAMANT	Female V40	Stowmarket Striders RC	-1	-1

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	DNS	216 Karen MARTIN	Female V45	Lonely Goat RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	271 Kate PINCHEN	Female Senior	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	186 Kathryn JUTY	Female V50	Biggleswade AC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	375 Keith WILLIAMS	Male V50	Ipswich Jaffa RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	52 Laura BROWN	Female V35	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	55 Laura BUGG	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	146 Laura HALL	Female Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	65 Leonora CHANDLER	Female V45	Woodbridge Shufflers RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	80 Lesley COOPER	Female V50	Ipswich Jaffa RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	74 Liz COBBOLD	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	124 Lizanne FORD	Female V50	Sudbury Joggers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	207 Lo-Anne LEWIS	Female V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	17 Lucy AUBURN	Female Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	195 Lydia KIRK	Female V35	Framlingham Flyers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	48 Marc BRIGGS	Male Senior	Ipswich Jaffa RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	199 Marcel LAROSE	Male V50	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	33 Marie BIDWELL	Female V55	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	11 Mark ALLEN	Male V60	Woodbridge Shufflers RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	353 Mary-Ann TULI	Female V45	Haverhill Running Club	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	86 Matthew CRANE	Male Senior	Cambridge & Coleridge AC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	294 Matthew ROWE	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	213 Michael MARRIOTT	Male V60	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	326 Mike SPRINGETT	Male Senior	Petts Wood Runners	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	9 Mitchell ALEXANDER	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	174 Morgan IRVING	Female Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	112 Neil EVANS	Male V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	272 Neil POLLARD	Male V40	Newmarket Joggers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	273 Neil POTTER	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	36 Oliver BINGHAM	Male Senior	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	59 Pascal CANEVET	Male V45	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	21 Paul BALLARD	Male V40	Hadleigh Hares AC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	126 Paul FRANCIS	Male V55	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	317 Peter SMITH	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	364 Phil WATSON	Male V40	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	119 Rachel FIDDY	Female V40	Norwich Road Runners	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	322 Rachel SOUTHGATE	Female V35	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	283 Robert REASON	Male V55	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	72 Sally CLARKE	Female V50	Framlingham Flyers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	97 Sarah DEACON	Female V35	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	151 Simon HARKIN	Male V45	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	110 Steve ELY	Male V45	Wymondham AC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	290 Steve RITSON	Male V50	Stowmarket Striders RC	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	291 Steve ROBERTS	Male Senior	Sudbury Joggers	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	348 Steve THORNDYKE	Male Senior	Unattached	-1	-1
2020 Robert Tomlinson Half Marathon	DNS	354 Steve TURNER	Male V50	Unattached	-1	-1

RACE CHIP TIMING RESULTS

2020 Robert Tomlinson Half Marathon	DNS	287 Steven REYNOLDS	Male V60	Unattached			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	278 Stuart PUTT	Male V45	Unattached			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	314 Stuart SIMMONS	Male V40	Ipswich Jaffa RC			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	14 Suzi ASHWORTH	Female V55	Woodbridge Shufflers RC			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	325 Tim SPRINGETT	Male V55	Petts Wood Runners			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	155 Tom HASLAM	Male V45	Framlingham Flyers			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	338 Tom TAVENER	Male Senior	Unattached			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	359 Tom WAKE	Male Senior	Woodbridge Shufflers RC			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	345 Tracey TAYLOR	Female V45	Unattached			-1	-1		
2020 Robert Tomlinson Half Marathon	DNS	37 Warren BIRCH	Male V50	Ipswich Jaffa RC			-1	-1		
2021 Baldock 5k Rat Run	1.	159 Tom WEBB	Male 35-39	North Herts Road Runners	16:53	16:50	1.	1.	3:22	79.5%
2021 Baldock 5k Rat Run	2.	3 John AULD	Male 35-39	North Herts Road Runners	18:37	18:34	2.	2.	3:43	73.1%
2021 Baldock 5k Rat Run	3.	97 Philip MARTIN	Male 35-39	Royston Runners	19:45	19:41	3.	3.	3:56	68.9%
2021 Baldock 5k Rat Run	4.	16 Darren BONHAM	Male 35-39	North Herts Road Runners	20:19	20:16	4.	4.	4:03	66.5%
2021 Baldock 5k Rat Run	5.	26 James DALTON	Male 45-49	North Herts Road Runners	20:30	20:26	5.	1.	4:05	70.3%
2021 Baldock 5k Rat Run	6.	39 Matt FOWLER	Male 40-44	Unattached	20:37	20:31	6.	1.	4:07	67.0%
2021 Baldock 5k Rat Run	7.	114 Michael OVER	Male 50-54	North Herts Road Runners	20:41	20:36	7.	1.	4:08	73.0%
2021 Baldock 5k Rat Run	8.	120 Tracy PITCAIRN	Female 35-39	North Herts Road Runners	20:41	20:36	1.	1.	4:08	72.6%
2021 Baldock 5k Rat Run	9.	12 Robin BERRY	Male 40-44	Unattached	21:33	21:29	8.	2.	4:18	65.4%
2021 Baldock 5k Rat Run	10.	156 Paula HOLM	Female 40-44	North Herts Road Runners	21:42	21:38	2.	1.	4:20	70.7%
2021 Baldock 5k Rat Run	11.	62 John HARRIS	Male 55-59	Fairlands Valley Spartans	22:07	21:59	9.	1.	4:25	71.6%
2021 Baldock 5k Rat Run	12.	17 Rhia BOTHA	Female 35-39	North Herts Road Runners	22:09	22:04	3.	2.	4:25	67.1%
2021 Baldock 5k Rat Run	13.	34 Andy DUNSTAN	Male 45-49	Unattached	23:15	23:08	10.	2.	4:38	61.1%
2021 Baldock 5k Rat Run	14.	161 Jenny COTTER	Female 45-49	Unattached	23:23	23:18	4.	1.	4:40	69.2%
2021 Baldock 5k Rat Run	15.	141 Jillian TOOLEY-BOYS	Female 40-44	North Herts Road Runners	23:26	23:20	5.	2.	4:41	64.7%
2021 Baldock 5k Rat Run	16.	56 Lewis GREEN	Male 35-39	Unattached	23:37	23:33	11.	5.	4:43	57.6%
2021 Baldock 5k Rat Run	17.	154 Charlotte GIBSON	Female 40-44	Unattached	23:41	23:35	6.	3.	4:44	65.3%
2021 Baldock 5k Rat Run	18.	127 Harjit SINGH	Male 50-54	Unattached	23:51	23:45	12.	2.	4:46	62.3%
2021 Baldock 5k Rat Run	19.	18 Tina BUCKERIDGE	Female 45-49	Unattached	24:03	23:58	7.	2.	4:48	67.2%
2021 Baldock 5k Rat Run	20.	131 Danny STANDING	Male 30-34	Unattached	24:16	24:04	13.	1.	4:51	53.8%
2021 Baldock 5k Rat Run	21.	151 Daniel BOAR	Male 9 & Under	Unattached	24:29	24:26	14.	1.	4:53	66.4%
2021 Baldock 5k Rat Run	22.	150 James BOAR	Male 10-14	Unattached	24:29	24:25	15.	1.	4:53	60.9%
2021 Baldock 5k Rat Run	23.	136 Nigel STRONGITHARM	Male 55-59	Unattached	24:30	24:20	16.	2.	4:53	64.1%
2021 Baldock 5k Rat Run	24.	142 Barbora UHRAKOVA	Female 35-39	Unattached	24:40	24:33	8.	3.	4:55	60.4%
2021 Baldock 5k Rat Run	25.	146 David WHIFFEN	Male 50-54	Unattached	25:01	24:49	17.	3.	5:00	59.9%
2021 Baldock 5k Rat Run	26.	54 Charlie GRAYSON	Male 15-19	Fairlands Valley Spartans	25:10	24:57	18.	1.	5:01	51.6%
2021 Baldock 5k Rat Run	27.	77 Ieuan JAMES	Male 9 & Under	Unattached	25:10	25:06	19.	2.	5:01	64.6%
2021 Baldock 5k Rat Run	28.	76 Geraint JAMES	Male 40-44	Unattached	25:12	25:07	20.	3.	5:02	56.0%
2021 Baldock 5k Rat Run	29.	40 Carly FREESTON	Female 35-39	Unattached	25:12	25:01	9.	4.	5:02	59.6%
2021 Baldock 5k Rat Run	30.	124 Charlie ROBINSON	Male 50-54	Unattached	26:01	25:51	21.	4.	5:12	58.5%
2021 Baldock 5k Rat Run	31.	152 Niamh MADIGAN	Female 45-49	Unattached	26:13	26:04	10.	3.	5:14	59.9%
2021 Baldock 5k Rat Run	32.	68 Carly HOLLINGSWORTH	Female 40-44	Unattached	26:21	26:09	11.	4.	5:16	58.3%
2021 Baldock 5k Rat Run	33.	116 Mark PAULSON	Male 60-64	Unattached	26:23	26:11	22.	1.	5:16	60.5%
2021 Baldock 5k Rat Run	34.	115 Steven PAULL-WILLS	Male 35-39	Unattached	26:38	26:30	23.	6.	5:19	51.1%
2021 Baldock 5k Rat Run	35.	86 Kayla LAROCHE	Female 30-34	Unattached	27:04	26:59	12.	1.	5:24	54.6%

RACE CHIP TIMING RESULTS

2021 Baldock 5k Rat Run	36.	148 Steph MA	Female 25-29	100 Marathon Club	27:19	27:06	13.	1.	5:27	54.0%
2021 Baldock 5k Rat Run	37.	153 Anne BIRCHAM	Female 60-64	Unattached	27:22	27:12	14.	1.	5:28	69.4%
2021 Baldock 5k Rat Run	38.	162 Michael JOSEPH	Male 55-59	Unattached	27:47	27:38	24.	3.	5:33	56.5%
2021 Baldock 5k Rat Run	39.	2 Paul AMERY	Male 50-54	Unattached	27:49	27:42	25.	5.	5:33	53.0%
2021 Baldock 5k Rat Run	40.	134 Natalie STOKES	Female 40-44	Unattached	27:50	27:37	15.	5.	5:33	56.0%
2021 Baldock 5k Rat Run	41.	70 David HOWITT	Male 65-69	Unattached	27:51	27:40	26.	1.	5:34	62.0%
2021 Baldock 5k Rat Run	42.	30 Samuel DONNELLY	Male 10-14	Unattached	27:56	27:49	27.	2.	5:35	51.6%
2021 Baldock 5k Rat Run	43.	82 Lucy JOSEPH	Female 55-59	Unattached	27:57	27:52	16.	1.	5:35	63.2%
2021 Baldock 5k Rat Run	44.	145 Brian WESTON	Male 45-49	Unattached	28:00	27:46	28.	3.	5:35	50.7%
2021 Baldock 5k Rat Run	45.	144 James WAYMAN	Male 20-24	Unattached	28:03	27:53	29.	1.	5:36	46.2%
2021 Baldock 5k Rat Run	46.	22 Hannah CORNISH	Female 35-39	Unattached	28:07	27:55	17.	5.	5:37	53.6%
2021 Baldock 5k Rat Run	47.	164 Anna GRAY		Unattached	28:08	27:57	18.	1.	5:37	0.0%
2021 Baldock 5k Rat Run	48.	29 Michelle DONNELLY	Female 40-44	Unattached	28:17	28:10	19.	6.	5:39	55.1%
2021 Baldock 5k Rat Run	49.	139 David THORNE	Male 55-59	Unattached	28:29	28:17	30.	4.	5:41	54.7%
2021 Baldock 5k Rat Run	50.	160 Sally AKERS	Female 45-49	Unattached	28:33	28:14	20.	4.	5:42	56.0%
2021 Baldock 5k Rat Run	51.	90 Paul MAKIN	Male 40-44	Unattached	28:36	28:19	31.	4.	5:43	49.3%
2021 Baldock 5k Rat Run	52.	52 David GOODIER	Male 40-44	Unattached	28:39	28:23	32.	5.	5:43	49.2%
2021 Baldock 5k Rat Run	53.	13 Sarah BERRY	Female 35-39	Ware Joggers	28:48	28:36	21.	6.	5:45	52.1%
2021 Baldock 5k Rat Run	54.	163 Sarah SKETTE		Unattached	28:56	28:44	22.	2.	5:47	0.0%
2021 Baldock 5k Rat Run	55.	49 Anamika GIDDINGS	Female 40-44	Unattached	29:15	28:59	23.	7.	5:50	52.1%
2021 Baldock 5k Rat Run	56.	4 Arek BANACHOWSKI	Male 45-49	Unattached	29:32	29:08	33.	4.	5:54	49.5%
2021 Baldock 5k Rat Run	57.	6 Allison BARRY	Female 40-44	Unattached	29:34	29:19	24.	8.	5:54	51.9%
2021 Baldock 5k Rat Run	58.	5 Aidan BARRY	Male 9 & Under	Unattached	29:34	29:18	34.	3.	5:54	61.8%
2021 Baldock 5k Rat Run	59.	7 James BARRY	Male 9 & Under	Unattached	29:34	29:19	35.	4.	5:54	61.8%
2021 Baldock 5k Rat Run	60.	79 Meyrick JENKINS	Male 50-54	Unattached	29:43	29:29	36.	6.	5:56	51.2%
2021 Baldock 5k Rat Run	61.	58 Matilda HAMER	Female 10-14	Unattached	29:46	29:32	25.	1.	5:57	55.4%
2021 Baldock 5k Rat Run	62.	11 Miriam BERRY	Female 40-44	Unattached	29:46	29:35	26.	9.	5:57	51.2%
2021 Baldock 5k Rat Run	63.	102 Ben MERISON	Male 30-34	Unattached	29:47	29:28	37.	2.	5:57	44.3%
2021 Baldock 5k Rat Run	64.	106 Miriam MOORE	Female 25-29	Unattached	29:48	29:36	27.	2.	5:57	49.5%
2021 Baldock 5k Rat Run	65.	55 Erica GRAYSON	Female 50-54	Fairlands Valley Spartans	29:48	29:35	28.	1.	5:57	56.6%
2021 Baldock 5k Rat Run	66.	155 David STRONG	Male 65-69	Unattached	29:59	29:45	38.	2.	5:59	57.6%
2021 Baldock 5k Rat Run	67.	36 Natalie FIDDY	Female 35-39	Unattached	30:10	29:51	29.	7.	6:01	49.7%
2021 Baldock 5k Rat Run	68.	104 Max MIDDLETON	Male 9 & Under	Unattached	30:32	30:18	39.	5.	6:06	56.2%
2021 Baldock 5k Rat Run	69.	103 Joseph MIDDLETON	Male 40-44	Unattached	30:33	30:20	40.	6.	6:06	44.8%
2021 Baldock 5k Rat Run	70.	51 David GLENNIE	Male 50-54	Unattached	30:34	30:17	41.	7.	6:06	49.3%
2021 Baldock 5k Rat Run	71.	71 Abigail HUCKER	Female 30-34	Unattached	30:41	30:24	30.	2.	6:08	48.2%
2021 Baldock 5k Rat Run	72.	140 Samantha TINGEY	Female 50-54	Unattached	30:43	30:32	31.	2.	6:08	54.4%
2021 Baldock 5k Rat Run	73.	149 Jessica RICKARDS	Female 40-44	Unattached	30:45	30:35	32.	10.	6:08	49.6%
2021 Baldock 5k Rat Run	74.	147 Megan WRIGHTON	Female 30-34	Unattached	30:46	30:34	33.	3.	6:09	48.1%
2021 Baldock 5k Rat Run	75.	28 Matthew DIXON-DYER	Male 35-39	Unattached	30:47	30:25	42.	7.	6:09	43.0%
2021 Baldock 5k Rat Run	76.	125 Tim ROBINSON	Male 50-54	Fairlands Valley Spartans	30:53	30:27	43.	8.	6:10	48.5%
2021 Baldock 5k Rat Run	77.	72 Toby HUCKER	Male 30-34	North Herts Road Runners	31:08	30:50	44.	3.	6:13	42.2%
2021 Baldock 5k Rat Run	78.	107 Paul MURDOCH	Male 45-49	Unattached	31:16	30:57	45.	5.	6:15	46.8%
2021 Baldock 5k Rat Run	79.	80 Georgina JENNER	Female 35-39	Unattached	31:29	31:10	34.	8.	6:17	47.3%
2021 Baldock 5k Rat Run	80.	87 Sian LENNON-CHRIMES	Female 45-49	Unattached	31:47	31:36	35.	5.	6:21	50.8%

RACE CHIP TIMING RESULTS

2021 Baldock 5k Rat Run	81.	65 Logan HEMMINGS	Male 9 & Under	Unattached	31:54	31:49	46.	6.	6:22	53.8%
2021 Baldock 5k Rat Run	82.	138 Oliver SUTTON	Male 9 & Under	Unattached	31:55	31:49	47.	7.	6:22	53.8%
2021 Baldock 5k Rat Run	83.	66 Mark HEMMINGS	Male 40-44	Unattached	31:55	31:49	48.	7.	6:22	43.2%
2021 Baldock 5k Rat Run	84.	109 Julie MUTTER	Female 55-59	Unattached	31:59	31:45	36.	2.	6:23	55.2%
2021 Baldock 5k Rat Run	85.	119 Julie PEDERSEN	Female 45-49	Unattached	32:17	32:04	37.	6.	6:27	49.1%
2021 Baldock 5k Rat Run	86.	37 Stuart FIXTER	Male 45-49	Unattached	32:39	32:21	49.	6.	6:31	43.5%
2021 Baldock 5k Rat Run	87.	31 Stephen DORAN	Male 35-39	Unattached	32:55	32:30	50.	8.	6:34	41.3%
2021 Baldock 5k Rat Run	88.	101 Tracey MCCREATH	Female 50-54	Unattached	32:58	32:39	38.	3.	6:35	50.1%
2021 Baldock 5k Rat Run	89.	10 Chris BASSETT	Male 65-69	Unattached	33:07	32:51	51.	3.	6:37	51.1%
2021 Baldock 5k Rat Run	90.	143 Lisa WALLACE	Female 50-54	Unattached	33:12	32:56	39.	4.	6:38	49.7%
2021 Baldock 5k Rat Run	91.	20 Jenny CARROD	Female 9 & Under	Unattached	33:37	33:24	40.	1.	6:43	0.0%
2021 Baldock 5k Rat Run	92.	118 Henry PEDERSEN	Male 9 & Under	Unattached	35:11	34:58	52.	8.	7:02	48.8%
2021 Baldock 5k Rat Run	93.	110 Lorraine NUGENT	Female 45-49	Unattached	35:20	35:10	41.	7.	7:03	46.2%
2021 Baldock 5k Rat Run	94.	96 Walli MAR	Male 65-69	Unattached	35:22	35:01	53.	4.	7:04	47.9%
2021 Baldock 5k Rat Run	95.	117 Alfred PEDERSEN	Male 10-14	Unattached	35:55	35:42	54.	3.	7:10	41.5%
2021 Baldock 5k Rat Run	96.	50 Sarah GILLHAM	Female 45-49	Unattached	36:17	36:02	42.	8.	7:15	45.0%
2021 Baldock 5k Rat Run	97.	133 Karens STEPHENS	Female 45-49	Unattached	36:18	36:03	43.	9.	7:15	45.0%
2021 Baldock 5k Rat Run	98.	35 Isabel DUNSTAN	Female 10-14	Unattached	37:08	36:58	44.	2.	7:25	45.5%
2021 Baldock 5k Rat Run	99.	78 Rhiannon JAMES	Female 10-14	Unattached	37:09	36:58	45.	3.	7:25	45.5%
2021 Baldock 5k Rat Run	100.	73 Karen HUMM	Female 40-44	Unattached	37:09	36:59	46.	11.	7:25	41.9%
2021 Baldock 5k Rat Run	101.	14 Ciaran BEVAN	Male 9 & Under	Unattached	37:25	37:03	55.	9.	7:28	45.9%
2021 Baldock 5k Rat Run	102.	33 Richard DREW	Male 45-49	Unattached	39:45	39:24	56.	7.	7:56	36.5%
2021 Baldock 5k Rat Run	103.	43 Kate FRENCH	Female 40-44	Unattached	39:49	39:27	47.	12.	7:57	38.3%
2021 Baldock 5k Rat Run	104.	44 Sophie FRENCH	Female 10-14	Unattached	39:49	39:27	48.	4.	7:57	43.6%
2021 Baldock 5k Rat Run	105.	42 Felicity FRENCH	Female 9 & Under	Unattached	39:49	39:28	49.	2.	7:57	46.6%
2021 Baldock 5k Rat Run	106.	88 Maria MACQUILLIN	Female 45-49	Unattached	39:51	39:32	50.	10.	7:58	39.7%
2021 Baldock 5k Rat Run	107.	123 Martin REEVE	Male 45-49	Unattached	40:03	39:38	57.	8.	8:00	36.5%
2021 Baldock 5k Rat Run	108.	19 Teresa CARR	Female 55-59	Unattached	40:03	39:38	51.	3.	8:00	44.1%
2021 Baldock 5k Rat Run	109.	60 Sarah HAMER	Female 40-44	Unattached	40:27	40:08	52.	13.	8:05	38.5%
2021 Baldock 5k Rat Run	110.	45 Stanley FRENCH	Male 9 & Under	Unattached	42:51	42:51	58.	10.	8:34	49.9%
2021 Baldock 5k Rat Run	111.	41 Andrew FRENCH	Male 40-44	Unattached	42:51	42:29	59.	8.	8:34	31.9%
2021 Baldock 5k Rat Run	112.	137 Michelle SUTTON	Female 45-49	Unattached	43:30	43:24	53.	11.	8:41	37.1%
2021 Baldock 5k Rat Run	113.	84 Jo KENLIN	Female 45-49	North Herts Road Runners	43:54	43:46	54.	12.	8:46	36.4%
2021 Baldock 5k Rat Run	114.	129 Ellyse ST JOHN	Female 15-19	Unattached	44:02	43:52	55.	1.	8:48	34.6%
2021 Baldock 5k Rat Run	115.	94 Leah MANSELL-BAKER	Female 15-19	Unattached	44:03	43:55	56.	2.	8:48	35.2%
2021 Baldock 5k Rat Run	116.	24 William COULL	Male 9 & Under	Unattached	44:21	43:53	60.	11.	8:52	36.6%
2021 Baldock 5k Rat Run	117.	23 Andrew COULL	Male 55-59	Unattached	44:28	44:01	61.	5.	8:53	34.7%
2021 Baldock 5k Rat Run	118.	47 Michelle GIBBS	Female 35-39	Unattached	45:17	45:01	57.	9.	9:03	33.0%
2021 Baldock 5k Rat Run	119.	48 Safiah GIBBS	Female 9 & Under	Unattached	45:18	45:01	58.	3.	9:03	40.9%
2021 Baldock 5k Rat Run	120.	89 Mags MAHONEY	Female 35-39	Unattached	46:03	45:41	59.	10.	9:12	32.6%
2021 Baldock 5k Rat Run	121.	15 Stephanie BEVAN	Female 35-39	Unattached	46:04	45:41	60.	11.	9:12	32.6%
2021 Baldock 5k Rat Run	122.	128 Alan SKEWIS	Male 50-54	Unattached	46:12	45:53	62.	9.	9:14	31.9%
2021 Baldock 5k Rat Run	123.	158 Oliver SKEWIS		Unattached	46:24	46:06	63.	1.	9:16	0.0%
2021 Baldock 5k Rat Run	124.	130 Lauren ST JOHN	Female 35-39	Unattached	49:03	48:52	61.	12.	9:48	30.4%
2021 Baldock 5k Rat Run	125.	121 Lisa RAINBOW	Female 35-39	Unattached	49:03	48:53	62.	13.	9:48	30.5%

RACE CHIP TIMING RESULTS

2021 Baldock 5k Rat Run	126.	92 Kelly MANSELL-BAKER	Female 40-44	Unattached	49:03	48:52	63.	14.	9:48	31.1%
2021 Baldock 5k Rat Run	127.	122 Olivia RAINBOW	Female 10-14	Unattached	51:37	51:27	64.	5.	10:19	32.7%
2021 Baldock 5k Rat Run	128.	95 Taya MANSELL-BAKER	Female 10-14	Unattached	51:38	51:29	65.	6.	10:19	30.5%
2021 Baldock 5k Rat Run	129.	126 Kiya SAWFORD	Female 30-34	Unattached	51:51	51:42	66.	4.	10:22	28.6%
2021 Baldock 5k Rat Run	130.	59 Molly HAMER	Female 10-14	Unattached	52:58	52:37	67.	7.	10:35	31.9%
2021 Baldock 5k Rat Run	131.	157 Ann CROXSON		Unattached	52:59	52:39	68.	3.	10:35	0.0%
2021 Baldock 5k Rat Run	132.	61 Sue HAMER	Female 50-54	Fairlands Valley Spartans	53:00	52:38	69.	5.	10:35	31.1%
2021 Baldock 5k Rat Run	133.	93 Kiera MANSELL-BAKER	Female 15-19	Unattached	53:42	53:34	70.	3.	10:44	27.9%
2021 Baldock 5k Rat Run	134.	91 Chloe MANSELL-BAKER	Female 15-19	Unattached	53:45	53:35	71.	4.	10:44	27.4%
2021 Baldock 5k Rat Run	135.	64 Anne HEGARTY	Female 60-64	Unattached	53:58	53:43	72.	2.	10:47	35.6%
2021 Baldock 5k Rat Run	136.	135 Helen STONE	Female 65-69	Unattached	53:58	53:43	73.	1.	10:47	38.5%
2021 Baldock 5k Rat Run	137.	108 Jessica MURRAY	Female 20-24	Unattached	54:00	53:36	74.	1.	10:47	27.3%
2021 Baldock 5k Rat Run	138.	32 Fran DREW	Female 45-49	Unattached	54:00	53:36	75.	13.	10:47	30.2%
2021 Baldock 5k Rat Run	DNS	63 Alan HAZLEHURST	Male 55-59	North Herts Road Runners						0.0%
2021 Baldock 5k Rat Run	DNS	67 Angela HODGSON	Female 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	8 Cathy BARTON	Female 50-54	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	75 Charlene JAMES	Female 35-39	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	98 Charlotte MATTHEWS	Female 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	1 Christian ALLEN	Male 20-24	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	81 Christopher JOHANSEN	Male 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	21 Emma CHAMBERLAIN	Female 35-39	Runthrough						0.0%
2021 Baldock 5k Rat Run	DNS	27 Erin DAVIS	Female 35-39	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	111 Gary OAKLEY	Male 50-54	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	132 Graham STAPLETON	Male 50-54	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	99 Ian MCBRIDE	Male 50-54	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	38 Jamie FORWARD	Male 30-34	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	53 Jennifer GRACE	Female 30-34	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	105 Joanna MOLES	Female 35-39	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	69 Katie HOUGHTON	Female 35-39	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	57 Keeley HALE	Female 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	74 Kylie HUSE	Female 30-34	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	83 Lefteris KARANASIOS	Male 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	46 Lisa GIBBONS	Female 40-44	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	9 Lucinda BASS	Female 35-39	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	113 Lucy OHARE	Female 25-29	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	112 Maria OAKLEY	Female 50-54	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	25 Monica CULLIN	Female 70+	North Herts Road Runners						0.0%
2021 Baldock 5k Rat Run	DNS	100 Paul MCCREATH	Male 45-49	Unattached						0.0%
2021 Baldock 5k Rat Run	DNS	85 Wendy KNIGHT	Female 55-59	Unattached						0.0%
2021 Boss Hog 7m (40+ obstacles)	1.	940 Charles HILL	Not Applicable	Individual	1:12:50	1:12:42	1.	1.	6:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	1.	639 Julie STRUTT	Not Applicable	Individual	1:19:45	1:19:40	1.	1.	7:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	1.	1287 Matty CUNNINGHAM	Not Applicable	Individual	1:07:46	1:07:42	1.	1.	6:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	1.	241 Nick SMITH	Not Applicable	Individual	1:01:05	1:01:02	1.	1.	5:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	2.	895 Dave CHAPMAN	Not Applicable	Individual	1:18:53	1:18:02	2.	2.	6:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	2.	97 Mick GLYNN	Not Applicable	Individual	1:05:45	1:05:26	2.	2.	5:48	0.0%

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2021 Boss Hog 7m (40+ obstacles)	2.	457 Reuben BECKLEY	Not Applicable	Liability And General Insurance	1:23:08	1:22:26	1.	1.	7:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	2.	1387 Sam STACEY	Not Applicable	Individual	1:09:55	1:09:37	2.	2.	6:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	3.	111 Karl HARVEY	Not Applicable	Karl Harvey	1:09:14	1:09:11	3.	3.	6:08	0.0%
2021 Boss Hog 7m (40+ obstacles)	3.	621 Nick RUDDOCK	Not Applicable	Individual	1:27:51	1:27:47	2.	2.	7:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	3.	1016 Stuart TURNER	Not Applicable	Individual	1:20:21	1:20:14	3.	3.	7:07	0.0%
2021 Boss Hog 7m (40+ obstacles)	3.	1402 Will WYTHE	Not Applicable	Kingsleys Gang	1:11:55	1:11:52	3.	3.	6:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	4.	923 Jeremy EASON	Not Applicable	Individual	1:29:50	1:29:08	3.	3.	7:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	4.	1393 Kingsley TOWLER	Not Applicable	Kingsleys Gang	1:12:30	1:12:27	4.	4.	6:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	4.	272 Nicholas WALNE	Not Applicable	Individual	1:10:07	1:10:00	4.	4.	6:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	4.	865 Will ANDERSON	Not Applicable	Individual	1:23:04	1:22:57	4.	4.	7:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	5.	1315 David HARE-PRICE	Not Applicable	Yourshirts	1:17:35	1:17:35	5.	5.	6:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	5.	922 Jake EASON	Not Applicable	Individual	1:29:50	1:29:09	4.	4.	7:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	5.	157 Mark LAMBERT	Not Applicable	Individual	1:10:29	1:10:25	5.	5.	6:15	0.0%
2021 Boss Hog 7m (40+ obstacles)	5.	973 Matt MILLS	Not Applicable	Individual	1:23:05	1:22:58	5.	5.	7:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	6.	918 Adam DIXON	Not Applicable	Individual	1:31:07	1:30:47	6.	6.	8:03	0.0%
2021 Boss Hog 7m (40+ obstacles)	6.	146 Callum JOPLING	Not Applicable	Gtc Team Boss	1:11:28	1:11:04	6.	6.	6:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	6.	537 Laura HEAPPEY	Not Applicable	Individual	1:30:48	1:30:06	2.	2.	7:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	6.	1399 Oliver WARD	Not Applicable	Shut Your Laptop Louisa	1:18:59	1:18:07	6.	6.	6:56	0.0%
2021 Boss Hog 7m (40+ obstacles)	7.	1703 Kat PARNEL	Not Applicable	Individual	1:13:26	1:13:06	1.	1.	6:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	7.	1316 Sarah HARE-PRICE	Not Applicable	Yourshirts	1:19:35	1:19:31	1.	1.	7:03	0.0%
2021 Boss Hog 7m (40+ obstacles)	7.	943 Sarah HILL	Not Applicable	Individual	1:31:07	1:30:57	1.	1.	8:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	7.	512 Timothy FOREMAN	Not Applicable	Individual	1:30:49	1:30:07	5.	5.	7:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	8.	673 Andrea WRIGHT	Not Applicable	Wright One	1:32:04	1:32:00	3.	3.	8:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	8.	219 Nicki RIPMAN	Not Applicable	Individual	1:13:58	1:13:22	2.	2.	6:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	8.	1333 Selina KISBY	Not Applicable	Shut Your Laptop Louisa	1:20:47	1:19:56	2.	2.	7:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	8.	957 Shaun KAVANAGH	Not Applicable	Individual	1:34:12	1:33:00	7.	7.	8:15	0.0%
2021 Boss Hog 7m (40+ obstacles)	9.	676 Ivan WRIGHT	Not Applicable	Wright One	1:32:04	1:32:00	6.	6.	8:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	9.	1400 James WEBSTER	Not Applicable	Gft Bootcamp Boss	1:20:49	1:20:36	7.	7.	7:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	9.	876 Theo BELL	Not Applicable	Team Hill	1:33:57	1:33:48	8.	8.	8:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	9.	231 Will SELF	Not Applicable	Individual	1:13:59	1:13:23	7.	7.	6:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	10.	1275 Dave BROWN	Not Applicable	Individual	1:24:27	1:23:53	8.	8.	7:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	10.	91 Liam FROST	Not Applicable	Individual	1:15:01	1:13:46	8.	8.	6:32	0.0%
2021 Boss Hog 7m (40+ obstacles)	10.	942 Poppy HILL	Not Applicable	Team Hill	1:33:58	1:33:49	2.	2.	8:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	10.	608 Samantha POSTON	Not Applicable	Individual	1:32:40	1:32:40	4.	4.	8:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	11.	214 Charlie REGAN	Not Applicable	Daisies Stinky Beasts	1:14:27	1:14:09	9.	9.	6:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	11.	1321 Chris HOWARD	Not Applicable	Gft Bootcamp Boss	1:24:27	1:24:18	9.	9.	7:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	11.	653 Dave WALTON	Not Applicable	Individual	1:32:45	1:32:41	7.	7.	8:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	11.	941 Ianthe HILL	Not Applicable	Team Hill	1:33:58	1:33:49	3.	3.	8:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	12.	102 Andrew GREENWELL	Not Applicable	Individual	1:14:42	1:14:37	10.	10.	6:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	12.	1395 George TWEEDY	Not Applicable	Gft Bootcamp Boss	1:25:43	1:25:35	10.	10.	7:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	12.	528 Jonathan HALL	Not Applicable	Individual	1:37:08	1:36:11	8.	8.	8:32	0.0%
2021 Boss Hog 7m (40+ obstacles)	12.	958 Ross KNIGHT	Not Applicable	Individual	1:34:45	1:34:25	9.	9.	8:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	13.	181 Andrew MILLER	Not Applicable	Individual	1:15:20	1:15:16	11.	11.	6:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	13.	974 Joshua MOORE	Not Applicable	Individual	1:34:53	1:34:42	10.	10.	8:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	13.	489 Matthew CLAYTON	Not Applicable	Individual	1:38:05	1:37:08	9.	9.	8:37	0.0%

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2021 Boss Hog 7m (40+ obstacles)	13.	1331 Sean KENNEDY	Not Applicable	Gft Bootcamp Boss	1:30:17	1:30:01	11.	11.	7:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	14.	1330 Ian KENNEDY	Not Applicable	Gft Bootcamp Boss	1:30:20	1:30:03	12.	12.	7:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	14.	445 Kofi ALSTON	Not Applicable	Liability And General Insurance	1:38:11	1:37:31	10.	10.	8:39	0.0%
2021 Boss Hog 7m (40+ obstacles)	14.	249 Martin STERRY	Not Applicable	Power Hour 1	1:17:37	1:17:19	12.	12.	6:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	14.	949 Will HOPKINS	Not Applicable	Individual	1:34:55	1:34:44	11.	11.	8:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	15.	602 Adam PECK	Not Applicable	Oval Kings	1:39:44	1:39:28	11.	11.	8:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	15.	1032 Frank WHELAN	Not Applicable	Woolverstone Wanderers	1:37:01	1:36:27	12.	12.	8:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	15.	270 Jason WALNE	Not Applicable	Individual	1:17:51	1:17:39	13.	13.	6:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	15.	1327 Molly JOHN	Not Applicable	Shut Your Laptop Louisa	1:34:37	1:33:45	3.	3.	8:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	16.	909 Hugo CRAGGS	Not Applicable	Woolverstone Wanderers	1:37:05	1:36:30	13.	13.	8:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	16.	448 Jason ASHFORD	Not Applicable	Oval Kings	1:39:45	1:39:28	12.	12.	8:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	16.	240 Matt SINDEN	Not Applicable	Individual	1:18:58	1:17:57	14.	14.	6:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	16.	1403 Matt YEATTS	Not Applicable	Gft Bootcamp Boss	1:34:06	1:33:56	13.	13.	8:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	17.	1332 Bradley KENT	Not Applicable	Shut Your Laptop Louisa	1:35:08	1:34:16	14.	14.	8:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	17.	964 Colin LEWIS	Not Applicable	Run Wild 4 Adventure	1:37:22	1:37:08	14.	14.	8:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	17.	81 Guy FARMER	Not Applicable	Blue Steel	1:18:09	1:18:05	15.	15.	6:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	17.	614 Ray PYKE	Not Applicable	Oval Kings	1:39:47	1:39:31	13.	13.	8:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	18.	487 Jamie CHITTOCK	Not Applicable	Oval Kings	1:39:47	1:39:31	14.	14.	8:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	18.	1353 Josh MORLING	Not Applicable	Gft Bootcamp Boss	1:34:36	1:34:27	15.	15.	8:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	18.	160 Ross LEEKS	Not Applicable	Individual	1:18:45	1:18:42	16.	16.	6:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	18.	924 Zoe EDEN	Not Applicable	Individual	1:37:58	1:37:16	4.	4.	8:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	19.	117 Barkley HAYES	Not Applicable	Individual	1:21:44	1:21:24	17.	17.	7:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	19.	1269 Dominic BEHARRY	Not Applicable	Individual	1:35:16	1:35:00	16.	16.	8:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	19.	534 Luke HARRISON	Not Applicable	Oval Kings	1:39:46	1:39:33	15.	15.	8:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	19.	897 Paul CHERRY	Not Applicable	Woodbridge Shufflers Rc	1:38:27	1:38:18	15.	15.	8:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	20.	886 Kirsty BROOKFIELD	Not Applicable	Woodbridge Shufflers Rc	1:38:32	1:38:21	5.	5.	8:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	20.	116 Natalie HAY	Not Applicable	Individual	1:22:12	1:22:01	3.	3.	7:16	0.0%
2021 Boss Hog 7m (40+ obstacles)	20.	1302 Sam GAFFNEY	Not Applicable	Individual	1:35:39	1:35:04	17.	17.	8:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	20.	615 Stuart PYKE	Not Applicable	Oval Kings	1:39:47	1:39:47	16.	16.	8:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	21.	127 Barry HOWARD	Not Applicable	Individual	1:23:10	1:22:30	18.	18.	7:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	21.	1376 Carl ROPER	Not Applicable	Individual	1:37:00	1:36:53	18.	18.	8:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	21.	1026 Hannah WATTAM	Not Applicable	Woodbridge Shufflers Rc	1:38:31	1:38:22	16.	16.	8:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	21.	519 Jasmine GIRDLESTONE	Not Applicable	Jasmine And Cat	1:43:11	1:42:46	5.	5.	9:07	0.0%
2021 Boss Hog 7m (40+ obstacles)	22.	660 Catharine WESTON	Not Applicable	Jasmine And Cat	1:43:11	1:42:46	6.	6.	9:07	0.0%
2021 Boss Hog 7m (40+ obstacles)	22.	12 Darren BAKER	Not Applicable	The 3 Amigos	1:22:50	1:22:39	19.	19.	7:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	22.	1286 Luke CRANE	Not Applicable	Individual	1:37:00	1:36:53	19.	19.	8:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	22.	937 Rebecca HARRY	Not Applicable	Woodbridge Shufflers Rc	1:38:39	1:38:29	6.	6.	8:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	23.	218 Ben RHYS-LEWIS	Not Applicable	Individual	1:22:59	1:22:50	20.	20.	7:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	23.	991 Daniel RICHARDS	Not Applicable	Muddy Beer Swillers	1:38:43	1:38:31	17.	17.	8:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	23.	479 Darren BYFORD	Not Applicable	Individual	1:44:10	1:43:40	17.	17.	9:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	23.	1380 Jonathan SCOTT	Not Applicable	Gft Bootcamp Boss	1:37:21	1:37:09	20.	20.	8:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	24.	209 Chris PONT	Not Applicable	The 3 Amigos	1:23:28	1:23:18	21.	21.	7:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	24.	546 Darren JAMES	Not Applicable	Individual	1:44:28	1:43:47	18.	18.	9:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	24.	925 Gareth EGGLE	Not Applicable	Muddy Beer Swillers	1:38:42	1:38:42	18.	18.	8:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	24.	1319 Stuart HOLLOWAY	Not Applicable	Gft Bootcamp Boss	1:37:20	1:37:11	21.	21.	8:37	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	25.	971 Aimee MCLACHLAN	Not Applicable	Woodbridge Shufflers Rc	1:38:56	1:38:46	7.	7.	8:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	25.	1358 Barry NEWSON	Not Applicable	Gft Bootcamp Boss	1:39:59	1:39:47	22.	22.	8:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	25.	678 Linsey WRIGHT	Not Applicable	Individual	1:44:28	1:43:48	7.	7.	9:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	25.	126 Ryan HOOK	Not Applicable	Dissfunctionals	1:23:58	1:23:23	22.	22.	7:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	26.	456 Jim BECKLEY	Not Applicable	Liability And General Insurance	1:46:22	1:45:39	19.	19.	9:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	26.	230 Kyle SEAGER	Not Applicable	The 3 Amigos	1:23:36	1:23:25	23.	23.	7:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	26.	1021 Sarah VICK	Not Applicable	Individual	1:41:35	1:41:24	8.	8.	8:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	26.	1401 Tom WEST	Not Applicable	The Fuddy Muckers	1:40:54	1:39:53	23.	23.	8:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	27.	89 Alex FRIEND	Not Applicable	Gtc Team Boss	1:24:11	1:23:34	24.	24.	7:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	27.	582 David MANGAN	Not Applicable	Liability And General Insurance	1:46:58	1:46:16	20.	20.	9:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	27.	896 Hannah CHAPMAN	Not Applicable	Individual	1:47:53	1:47:02	9.	9.	9:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	27.	1706 Matt MILSON	Not Applicable	Individual	1:40:54	1:39:53	24.	24.	8:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	28.	570 James LEE-BARRETT	Not Applicable	Rushmere Physiotherapy Clinic	1:46:49	1:46:35	21.	21.	9:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	28.	1008 Katie STOKES	Not Applicable	Individual	1:48:40	1:48:14	10.	10.	9:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	28.	52 Sam CORNEBY	Not Applicable	The Cb's	1:24:03	1:23:37	25.	25.	7:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	28.	1301 Sophie FRANKLIN	Not Applicable	Individual	1:41:42	1:41:22	4.	4.	8:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	29.	569 Arran LEE-BARRETT	Not Applicable	Rushmere Physiotherapy Clinic	1:46:50	1:46:36	22.	22.	9:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	29.	1386 Chris SPIRA	Not Applicable	Individual	1:41:43	1:41:22	25.	25.	8:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	29.	141 Paul JENKINSON	Not Applicable	Gtc Team Boss	1:25:28	1:24:52	26.	26.	7:31	0.0%
2021 Boss Hog 7m (40+ obstacles)	29.	993 Thomas RUMBELLOW	Not Applicable	Individual	1:48:40	1:48:15	19.	19.	9:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	30.	1007 Alistair STAGG	Not Applicable	Individual	1:48:40	1:48:15	20.	20.	9:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	30.	3 Glenn ABBOTT	Not Applicable	Individual	1:25:13	1:25:09	27.	27.	7:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	30.	526 Kieran GUTHRIE	Not Applicable	Rushmere Physiotherapy Clinic	1:46:53	1:46:39	23.	23.	9:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	30.	1398 Tamara VETESI	Not Applicable	The Walnuts	1:44:41	1:44:17	5.	5.	9:15	0.0%
2021 Boss Hog 7m (40+ obstacles)	31.	887 Harry BRYANT	Not Applicable	Individual	1:49:05	1:48:38	21.	21.	9:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	31.	275 Mark WATSON	Not Applicable	Dissfunctionals	1:26:02	1:25:26	28.	28.	7:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	31.	632 Robert SIMPSON	Not Applicable	We Got The Runs	1:47:35	1:46:51	24.	24.	9:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	31.	1276 Samantha BULLARD	Not Applicable	The Walnuts	1:44:41	1:44:18	6.	6.	9:15	0.0%
2021 Boss Hog 7m (40+ obstacles)	32.	1264 Brad ALDIS	Not Applicable	Dirty Hippies	1:49:07	1:48:18	26.	26.	9:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	32.	188 Dom NOY	Not Applicable	Individual	1:25:35	1:25:26	29.	29.	7:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	32.	533 Rebecca HARLING	Not Applicable	We Got The Runs	1:47:37	1:46:53	8.	8.	9:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	32.	906 Sam COUSINS	Not Applicable	Individual	1:49:05	1:48:38	22.	22.	9:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	33.	112 Craig HASNIP	Not Applicable	Individual	1:26:01	1:25:42	30.	30.	7:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	33.	461 Finlay BLACK	Not Applicable	We Got The Runs	1:47:37	1:46:53	9.	9.	9:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	33.	1324 Laura JACKSON	Not Applicable	Individual	1:48:40	1:48:21	7.	7.	9:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	33.	998 Lauren SHENFIELD	Not Applicable	Individual	1:49:55	1:49:45	11.	11.	9:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	34.	257 Charlie THACKERAY	Not Applicable	Gtc Team Boss	1:26:43	1:26:13	31.	31.	7:39	0.0%
2021 Boss Hog 7m (40+ obstacles)	34.	905 Jack COOMBER	Not Applicable	Individual	1:49:56	1:49:47	23.	23.	9:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	34.	1325 Mark JACKSON	Not Applicable	Individual	1:48:40	1:48:40	27.	27.	9:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	34.	659 Owen WELFORD	Not Applicable	We Got The Runs	1:47:37	1:47:37	25.	25.	9:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	35.	473 Darren BRUCE	Not Applicable	Individual	1:49:25	1:49:05	26.	26.	9:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	35.	31 Marcus BROWN	Not Applicable	Individual	1:27:43	1:27:24	32.	32.	7:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	35.	1383 Piers SKILTON	Not Applicable	Individual	1:49:00	1:48:40	28.	28.	9:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	35.	888 Susi BRYANT	Not Applicable	Individual	1:56:16	1:55:48	12.	12.	10:16	0.0%
2021 Boss Hog 7m (40+ obstacles)	36.	955 Archie HUTCHERSON	Not Applicable	Individual	1:56:16	1:55:49	24.	24.	10:16	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	36.	1300 Darryn FLYNN	Not Applicable	Individual	1:49:47	1:49:09	29.	29.	9:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	36.	64 Graham DAWDRY	Not Applicable	Individual	1:27:29	1:27:24	33.	33.	7:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	36.	471 Mike BROWN	Not Applicable	Individual	1:49:25	1:49:06	27.	27.	9:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	37.	894 Ali CHAMBERS	Not Applicable	Individual	1:58:03	1:57:37	13.	13.	10:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	37.	1329 Jason KEELEY	Not Applicable	Individual	1:49:48	1:49:11	30.	30.	9:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	37.	513 Jimmy FOWLES	Not Applicable	2 Faucets 1 Plug Hole	1:50:15	1:50:00	28.	28.	9:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	37.	103 Mark GRIGGS	Not Applicable	Individual	1:27:43	1:27:43	34.	34.	7:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	38.	935 Chris GUTTERIDGE	Not Applicable	Individual	1:58:03	1:57:37	25.	25.	10:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	38.	215 Chris REGAN	Not Applicable	Daisies Stinky Beasts	1:28:18	1:28:00	35.	35.	7:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	38.	1281 Ken CLEMENTS	Not Applicable	Individual	1:49:47	1:49:13	31.	31.	9:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	38.	584 Shelley MINNS	Not Applicable	2 Faucets 1 Plug Hole	1:50:15	1:50:00	10.	10.	9:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	39.	497 Ciro DE LELLIS	Not Applicable	Rushmere Physiotherapy Clinic	1:51:03	1:50:50	29.	29.	9:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	39.	983 Gemma OLIVER	Not Applicable	Individual	2:00:23	2:00:15	14.	14.	10:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	39.	1361 Jono OVERBURY	Not Applicable	Individual	1:52:36	1:51:46	32.	32.	9:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	39.	83 Lucinda FENDLEY	Not Applicable	Power Hour 1	1:28:43	1:28:21	4.	4.	7:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	40.	616 Gareth REES	Not Applicable	Individual	1:51:31	1:51:25	30.	30.	9:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	40.	938 Jack HAYWARD	Not Applicable	Individual	2:00:23	2:00:16	26.	26.	10:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	40.	1374 Jocelyn REYNOLDS	Not Applicable	Individual	1:53:36	1:53:32	8.	8.	10:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	40.	290 Steve FENDLEY	Not Applicable	Power Hour 1	1:28:44	1:28:22	36.	36.	7:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	41.	250 Harris STEVENSON	Not Applicable	Gtc Team Boss	1:29:07	1:28:39	37.	37.	7:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	41.	965 Ross LOMAX	Not Applicable	Individual	2:01:03	2:00:22	27.	27.	10:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	41.	1311 Steven GOWARD	Not Applicable	Individual	1:53:37	1:53:33	33.	33.	10:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	41.	618 Teresa REES	Not Applicable	Individual	1:51:31	1:51:26	11.	11.	9:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	42.	437 Bryn ABLARD	Not Applicable	Individual	1:59:48	1:59:02	31.	31.	10:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	42.	1267 John BARTER	Not Applicable	Individual	1:54:26	1:54:09	34.	34.	10:07	0.0%
2021 Boss Hog 7m (40+ obstacles)	42.	271 Macauley WALNE	Not Applicable	Individual	1:30:14	1:30:00	38.	38.	7:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	42.	999 Philip SHULVER	Not Applicable	Individual	2:01:07	2:00:24	28.	28.	10:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	43.	1347 Jed MEARS	Not Applicable	Individual	1:54:26	1:54:10	35.	35.	10:08	0.0%
2021 Boss Hog 7m (40+ obstacles)	43.	1015 Joe TOPPLE	Not Applicable	Individual	2:00:48	2:00:26	29.	29.	10:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	43.	469 Ryan BROADHURST	Not Applicable	Individual	2:01:37	2:00:51	32.	32.	10:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	43.	28 Sophie BRINKMANN	Not Applicable	Gtc Team Boss	1:30:53	1:30:18	5.	5.	8:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	44.	868 Benjamin ARNOLD	Not Applicable	Individual	2:00:49	2:00:27	30.	30.	10:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	44.	128 James HOWARD	Not Applicable	Individual	1:31:08	1:30:21	39.	39.	8:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	44.	666 Laura WILLIAMS	Not Applicable	Individual	2:01:50	2:01:04	12.	12.	10:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	44.	1389 Leszek SZIAN	Not Applicable	Individual	1:57:34	1:57:18	36.	36.	10:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	45.	976 Amanda MOSS	Not Applicable	Where Is Amber?	2:02:52	2:01:58	15.	15.	10:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	45.	1343 Annie MARTIN	Not Applicable	Individual	1:57:35	1:57:18	9.	9.	10:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	45.	627 Clare SHAW	Not Applicable	Individual	2:01:50	2:01:04	13.	13.	10:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	45.	195 William OXBROW	Not Applicable	Gtc Team Boss	1:31:24	1:30:48	40.	40.	8:03	0.0%
2021 Boss Hog 7m (40+ obstacles)	46.	977 Anthony MOSS	Not Applicable	Where Is Amber?	2:02:52	2:01:58	31.	31.	10:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	46.	510 Augusto FONSECA	Not Applicable	Individual	2:02:49	2:02:49	33.	33.	10:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	46.	1379 Colin SALTER	Not Applicable	Individual	1:57:41	1:57:25	37.	37.	10:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	46.	47 Sophie COLEMAN	Not Applicable	Power Hour 1	1:31:35	1:31:15	6.	6.	8:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	47.	476 Josef BUTLER	Not Applicable	Individual	2:02:57	2:02:57	34.	34.	10:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	47.	1280 Lucy CHAVE	Not Applicable	Individual	1:57:41	1:57:25	10.	10.	10:25	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	47.	283 Ross WILSON	Not Applicable	Ha Society	1:32:13	1:32:04	41.	41.	8:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	47.	948 Thomas HOPE COBBOLD	Not Applicable	Individual	2:02:56	2:02:32	32.	32.	10:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	48.	80 Mia EVERITT	Not Applicable	Individual	1:33:24	1:32:25	7.	7.	8:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	48.	540 Rebecca HIBBERT	Not Applicable	Individual	2:05:00	2:04:06	35.	35.	11:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	48.	1293 Sam ELLISS	Not Applicable	Dirty Hippies	1:59:07	1:58:17	38.	38.	10:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	48.	966 William LONGE	Not Applicable	Individual	2:02:56	2:02:33	33.	33.	10:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	49.	1354 Edmund MORRON	Not Applicable	Dirty Hippies	2:03:58	2:03:07	39.	39.	10:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	49.	979 Francesca MOWLES	Not Applicable	Corrie & Francesca	2:03:22	2:03:01	16.	16.	10:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	49.	137 Lee INGHAM	Not Applicable	Individual	1:32:32	1:32:28	42.	42.	8:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	49.	611 Suzanne PUDNEY	Not Applicable	Individual	2:05:00	2:04:07	14.	14.	11:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	50.	1297 Adrian FISK	Not Applicable	Seven Resourcing	2:05:09	2:04:20	40.	40.	11:02	0.0%
2021 Boss Hog 7m (40+ obstacles)	50.	202 Chris PASCALL	Not Applicable	Ha Society	1:33:16	1:33:07	43.	43.	8:15	0.0%
2021 Boss Hog 7m (40+ obstacles)	50.	914 Carrie DAVEY	Not Applicable	Corrie & Francesca	2:03:23	2:03:02	17.	17.	10:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	50.	496 Hannah CUTLER	Not Applicable	Individual	2:05:25	2:04:59	15.	15.	11:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	51.	972 Cher MILBOURNE	Not Applicable	Individual	2:06:22	2:05:59	18.	18.	11:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	51.	501 Kasia DUBAJ	Not Applicable	Individual	2:07:09	2:06:41	16.	16.	11:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	51.	16 Matthew BENDELL	Not Applicable	Bendell Fitness	1:34:24	1:33:46	44.	44.	8:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	51.	1308 Simon GIRLING	Not Applicable	The Cogs	2:05:33	2:04:42	41.	41.	11:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	52.	933 Debbie GILARDI	Not Applicable	Individual	2:06:23	2:06:00	19.	19.	11:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	52.	514 Hannah FOX	Not Applicable	Individual	2:10:29	2:09:36	17.	17.	11:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	52.	1283 Mervyn COOK	Not Applicable	The Cogs	2:05:33	2:04:42	42.	42.	11:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	52.	242 Ruby SMITH	Not Applicable	Gtc Team Boss	1:34:39	1:34:03	8.	8.	8:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	53.	654 Craig WARD	Not Applicable	Mud Brothers	2:10:05	2:09:37	36.	36.	11:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	53.	197 Glen PAGE	Not Applicable	Individual	1:35:37	1:34:50	45.	45.	8:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	53.	1364 Jonah OZANNE	Not Applicable	The Cogs	2:05:33	2:04:43	43.	43.	11:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	53.	985 Karly OXFORD	Not Applicable	Individual	2:09:15	2:08:23	20.	20.	11:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	54.	984 Alice OXFORD	Not Applicable	Individual	2:09:15	2:08:23	21.	21.	11:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	54.	1363 Chris OZANNE	Not Applicable	The Cogs	2:05:33	2:04:43	44.	44.	11:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	54.	597 Lewis PACY	Not Applicable	Mud Brothers	2:10:10	2:09:42	37.	37.	11:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	54.	184 Stuart MOORE	Not Applicable	Individual	1:36:33	1:35:31	46.	46.	8:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	55.	1268 Harry BECHER	Not Applicable	Yourshirts	2:04:58	2:04:52	45.	45.	11:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	55.	1036 Mark WILLIAMS	Not Applicable	Muddy Ducklings	2:11:03	2:10:23	34.	34.	11:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	55.	211 Nick RAY	Not Applicable	Individual	1:36:34	1:35:31	47.	47.	8:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	55.	572 Toby LEVER	Not Applicable	Individual	2:13:32	2:12:07	38.	38.	11:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	56.	591 Felicity NEAVES	Not Applicable	Liability And General Insurance	2:18:41	2:18:00	18.	18.	12:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	56.	212 Jessica READ	Not Applicable	Individual	1:36:33	1:35:32	9.	9.	8:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	56.	864 Ross ALLGOOD	Not Applicable	Muddy Ducklings	2:11:04	2:10:23	35.	35.	11:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	56.	1339 Stephen LOCKE	Not Applicable	Yourshirts	2:05:00	2:04:54	46.	46.	11:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	57.	590 Alex NEAVES	Not Applicable	Liability And General Insurance	2:18:41	2:18:00	39.	39.	12:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	57.	292 Jeroen WUURMAN	Not Applicable	Individual	1:36:35	1:35:32	48.	48.	8:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	57.	1295 Kelly FELLOWES	Not Applicable	Individual	2:07:05	2:06:31	11.	11.	11:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	57.	1037 Ryan WILLIAMS	Not Applicable	Muddy Ducklings	2:11:03	2:10:24	36.	36.	11:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	58.	1320 Charles HOWARD	Not Applicable	Individual	2:07:09	2:06:37	47.	47.	11:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	58.	863 Kate ALLGOOD	Not Applicable	Muddy Ducklings	2:11:03	2:10:24	22.	22.	11:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	58.	269 Paul WALLINGTON	Not Applicable	Individual	1:36:33	1:35:33	49.	49.	8:28	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	58.	600 Simon PARR	Not Applicable	Individual	2:18:48	2:18:17	40.	40.	12:16	0.0%
2021 Boss Hog 7m (40+ obstacles)	59.	79 Abby EVERITT	Not Applicable	Individual	1:36:34	1:35:35	10.	10.	8:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	59.	442 Gail ALDOUS	Not Applicable	Individual	2:18:48	2:18:17	19.	19.	12:16	0.0%
2021 Boss Hog 7m (40+ obstacles)	59.	921 Mihaela DUMITRU	Not Applicable	Individual	2:11:06	2:10:25	23.	23.	11:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	59.	1338 Sean LIPMAN	Not Applicable	Seven Resourcing	2:11:36	2:10:48	48.	48.	11:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	60.	49 Christoper CONGDON	Not Applicable	Gtc Team Boss	1:36:37	1:36:01	50.	50.	8:31	0.0%
2021 Boss Hog 7m (40+ obstacles)	60.	1365 Emma PAYNE	Not Applicable	Gft Bootcamp Boss	2:11:05	2:10:58	12.	12.	11:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	60.	440 Glenn ALDIS	Not Applicable	The Frivolous Five	2:33:02	2:31:59	41.	41.	13:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	60.	900 Oliver CLIFFORD	Not Applicable	Individual	2:12:22	2:11:55	37.	37.	11:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	61.	1017 Debby VAUGHAN	Not Applicable	Individual	2:12:32	2:12:05	24.	24.	11:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	61.	490 Jack COULSON	Not Applicable	The Frivolous Five	2:33:03	2:32:00	42.	42.	13:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	61.	233 Lloyd SHELLEY	Not Applicable	Individual	1:36:13	1:36:07	51.	51.	8:31	0.0%
2021 Boss Hog 7m (40+ obstacles)	61.	1367 Toby PAYNE	Not Applicable	Gft Bootcamp Boss	2:11:05	2:10:58	49.	49.	11:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	62.	562 Karl KNIGHTS	Not Applicable	The Frivolous Five	2:33:04	2:32:00	43.	43.	13:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	62.	1366 Mandy PAYNE	Not Applicable	Gft Bootcamp Boss	2:11:05	2:10:58	13.	13.	11:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	62.	284 Sophie WING	Not Applicable	Individual	1:36:14	1:36:08	11.	11.	8:32	0.0%
2021 Boss Hog 7m (40+ obstacles)	62.	869 Wayne AVERY	Not Applicable	Woolverstone Wanderers	2:13:34	2:12:58	38.	38.	11:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	63.	38 Jonathan CAMPION	Not Applicable	Individual	1:37:02	1:36:26	52.	52.	8:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	63.	1309 Karl GOODWIN	Not Applicable	Gft Bootcamp Boss	2:11:05	2:10:59	50.	50.	11:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	63.	441 Sarah ALDIS	Not Applicable	The Frivolous Five	2:33:03	2:32:00	20.	20.	13:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	63.	1027 Sarah WEBB	Not Applicable	Woolverstone Wanderers	2:13:36	2:13:00	25.	25.	11:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	64.	1272 Faith BIDDLE	Not Applicable	Gft Bootcamp Boss	2:11:40	2:11:21	14.	14.	11:39	0.0%
2021 Boss Hog 7m (40+ obstacles)	64.	93 Michael GIBSON	Not Applicable	Individual	1:37:27	1:37:00	53.	53.	8:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	64.	970 Nicole MAYHEW	Not Applicable	Woolverstone Wanderers	2:13:37	2:13:02	26.	26.	11:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	64.	563 Vicky KNIGHTS	Not Applicable	The Frivolous Five	2:33:06	2:32:02	21.	21.	13:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	65.	1296 Daniel HEALY	Not Applicable	Seven Resourcing	2:12:36	2:11:42	51.	51.	11:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	65.	594 Gemma NUNN	Not Applicable	Individual	2:33:20	2:32:26	22.	22.	13:31	0.0%
2021 Boss Hog 7m (40+ obstacles)	65.	1003 Kyle SMITH	Not Applicable	Individual	2:20:09	2:19:00	39.	39.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	65.	56 Phil COX	Not Applicable	Individual	1:38:16	1:37:44	54.	54.	8:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	66.	884 Donald BRIGHTMORE	Not Applicable	Individual	2:20:09	2:19:01	40.	40.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	66.	11 Gareth BAILEY	Not Applicable	Individual	1:38:17	1:37:45	55.	55.	8:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	66.	1310 Kelly GOODY	Not Applicable	Gft Bootcamp Boss	2:12:28	2:12:11	15.	15.	11:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	66.	539 Paul HENNESSEY	Not Applicable	Individual	2:44:01	2:42:47	44.	44.	14:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	67.	1335 Ben LARTER	Not Applicable	Gft Bootcamp Boss	2:12:29	2:12:11	52.	52.	11:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	67.	498 Dean DEARSON	Not Applicable	Individual	2:44:03	2:42:49	45.	45.	14:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	67.	885 Nicholas BRIGHTMORE	Not Applicable	Individual	2:20:12	2:19:04	41.	41.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	67.	187 Tomas MOTYKA	Not Applicable	Individual	1:38:09	1:37:59	56.	56.	8:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	68.	679 Dariusz ZIEBA	Not Applicable	Individual	2:44:02	2:42:50	46.	46.	14:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	68.	20 Emma BIRCHLEY	Not Applicable	Individual	1:38:11	1:38:00	12.	12.	8:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	68.	1000 Luke SIMMONDS	Not Applicable	Individual	2:20:58	2:20:00	42.	42.	12:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	68.	1357 Matt NEILL	Not Applicable	Gft Bootcamp Boss	2:12:32	2:12:12	53.	53.	11:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	69.	363 Amanda JANES	Not Applicable	Individual	1:38:12	1:38:00	13.	13.	8:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	69.	538 Bradley HENNESSEY	Not Applicable	Individual	2:44:19	2:43:05	47.	47.	14:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	69.	881 Daniel BRADFORD	Not Applicable	Individual	2:20:58	2:20:01	43.	43.	12:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	69.	1375 John RODWAY	Not Applicable	Individual	2:15:27	2:14:36	54.	54.	11:56	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	70.	862 Fay ALLEN	Not Applicable	Individual	2:22:31	2:21:39	27.	27.	12:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	70.	595 Heidi OAKENFULL	Not Applicable	Premature Acceleration	2:43:45	2:43:16	23.	23.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	70.	1397 James VERDUCCI	Not Applicable	Individual	2:16:08	2:15:17	55.	55.	12:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	70.	277 Richard WEBSTER	Not Applicable	To Be Confirmed!!	1:38:13	1:38:01	57.	57.	8:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	71.	509 Ant FLEMING	Not Applicable	Premature Acceleration	2:43:45	2:43:17	48.	48.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	71.	996 James SHAW	Not Applicable	Individual	2:26:26	2:25:16	44.	44.	12:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	71.	153 Michael KNEE	Not Applicable	Individual	1:38:28	1:38:03	58.	58.	8:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	71.	1291 Peter EDWARDS	Not Applicable	Individual	2:20:13	2:19:38	56.	56.	12:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	72.	1385 Elizabeth SPEIRS	Not Applicable	Individual	2:20:13	2:19:38	16.	16.	12:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	72.	946 Jonathan HOGBEN	Not Applicable	Individual	2:26:26	2:25:17	45.	45.	12:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	72.	543 Kate HOWARD	Not Applicable	Premature Acceleration	2:43:45	2:43:18	24.	24.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	72.	152 Leah KNEE	Not Applicable	Individual	1:38:28	1:38:03	14.	14.	8:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	73.	989 Bruce RAYNER	Not Applicable	The Splashers	2:26:42	2:25:59	46.	46.	12:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	73.	586 Col MORGAN	Not Applicable	Premature Acceleration	2:43:46	2:43:19	25.	25.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	73.	26 Paul BRANT	Not Applicable	Individual	1:38:12	1:38:12	59.	59.	8:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	73.	1307 Zheko GEORGIEV	Not Applicable	Individual	2:20:13	2:19:38	57.	57.	12:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	74.	596 Alan OLIVER	Not Applicable	Premature Acceleration	2:43:45	2:43:19	49.	49.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	74.	159 Charles LAYZELL	Not Applicable	Your Mother's Got A Penis!	1:38:47	1:38:35	60.	60.	8:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	74.	1024 Karen WATERS	Not Applicable	The Splashers	2:26:42	2:25:59	28.	28.	12:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	74.	1404 Terezija ZERMANOS	Not Applicable	Individual	2:20:14	2:19:39	17.	17.	12:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	75.	178 Daniel MAYHEW	Not Applicable	Your Mother's Got A Penis!	1:38:46	1:38:35	61.	61.	8:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	75.	1023 Hannah WATERS	Not Applicable	The Splashers	2:26:43	2:26:00	29.	29.	12:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	75.	544 Mike HOWARD	Not Applicable	Premature Acceleration	2:43:47	2:43:19	50.	50.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	75.	1292 Nathan ELLIS	Not Applicable	Individual	2:25:01	2:24:14	58.	58.	12:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	76.	1355 Carly MOUNTAIN	Not Applicable	Individual	2:25:02	2:24:15	18.	18.	12:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	76.	258 Jamie THOMPSON	Not Applicable	Your Mother's Got A Penis!	1:38:48	1:38:36	62.	62.	8:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	76.	636 Simon STAFFORD	Not Applicable	Premature Acceleration	2:43:45	2:43:19	51.	51.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	76.	968 Zaki MANAN	Not Applicable	Individual	2:26:26	2:26:26	47.	47.	12:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	77.	1274 Jade BISHOP	Not Applicable	The Muddy Ducklings	2:25:06	2:25:00	19.	19.	12:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	77.	1013 Liam THEOBALD	Not Applicable	The Trots	2:27:32	2:26:36	48.	48.	13:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	77.	291 Owen WRIGHT	Not Applicable	Individual	1:39:44	1:38:57	63.	63.	8:46	0.0%
2021 Boss Hog 7m (40+ obstacles)	77.	493 Richard CREASEY	Not Applicable	Premature Acceleration	2:43:45	2:43:19	52.	52.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	78.	910 Darren CRUMMIE	Not Applicable	The Trots	2:27:34	2:26:39	49.	49.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	78.	220 James ROBERTS	Not Applicable	Individual	1:39:49	1:39:02	64.	64.	8:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	78.	470 Martyn BROWN	Not Applicable	Premature Acceleration	2:43:45	2:43:20	53.	53.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	78.	1304 Mathew GAUKRODGER	Not Applicable	Seven Resourcing	2:26:36	2:25:37	59.	59.	12:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	79.	108 Hayley HARPER	Not Applicable	Individual	1:41:44	1:41:27	15.	15.	9:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	79.	655 Kevin WARD	Not Applicable	Premature Acceleration	2:43:46	2:43:20	54.	54.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	79.	1391 Natalia TAYLOR	Not Applicable	Seven Resourcing	2:26:35	2:25:41	20.	20.	12:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	79.	986 Ross PARSONS	Not Applicable	The Trots	2:27:36	2:26:41	50.	50.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	80.	656 Bradley WARNER	Not Applicable	Premature Acceleration	2:43:47	2:43:20	55.	55.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	80.	1025 Chris WATSON	Not Applicable	Individual	2:27:41	2:26:42	51.	51.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	80.	1306 Harrison GEORGE	Not Applicable	Seven Resourcing	2:26:36	2:25:47	60.	60.	12:56	0.0%
2021 Boss Hog 7m (40+ obstacles)	80.	165 Jodie LOCK	Not Applicable	Individual	1:41:45	1:41:27	16.	16.	9:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	81.	1362 Faye OWENS	Not Applicable	The Muddy Ducklings	2:26:58	2:26:53	21.	21.	13:02	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	81.	874 Jen BASSETT	Not Applicable	Individual	2:27:43	2:26:43	30.	30.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	81.	251 Matt STRINGER	Not Applicable	Individual	1:42:21	1:41:32	65.	65.	9:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	81.	485 Phil CHAPPELS	Not Applicable	Premature Acceleration	2:43:47	2:43:21	56.	56.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	82.	9 Andrew ANDERSON – HURST	Not Applicable	Individual	1:42:05	1:41:34	66.	66.	9:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	82.	1313 Anthony GROVES	Not Applicable	Seven Resourcing	2:29:43	2:28:54	61.	61.	13:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	82.	574 Bella LOCKE	Not Applicable	Premature Acceleration	2:43:48	2:43:21	26.	26.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	82.	951 Matt HOUGH	Not Applicable	Individual	2:27:42	2:26:43	52.	52.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	83.	149 Adam KING	Not Applicable	Gtc Team Boss	1:43:13	1:42:51	67.	67.	9:07	0.0%
2021 Boss Hog 7m (40+ obstacles)	83.	889 David BURGESS	Not Applicable	Individual	2:27:42	2:26:48	53.	53.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	83.	643 Richie TAYLOR	Not Applicable	Premature Acceleration	2:43:49	2:43:21	57.	57.	14:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	83.	1356 Terri MOUNTAIN	Not Applicable	Individual	2:30:00	2:29:13	22.	22.	13:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	84.	930 Alice FLATMAN	Not Applicable	Individual	2:27:48	2:26:49	31.	31.	13:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	84.	604 Andrew PIOTROWSKI	Not Applicable	Premature Acceleration	2:43:48	2:43:21	58.	58.	14:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	84.	1271 Ryan BETTS	Not Applicable	Fenn Wright	2:36:11	2:35:53	62.	62.	13:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	84.	21 Ryan BLEYSWYCK	Not Applicable	Individual	1:43:54	1:43:30	68.	68.	9:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	85.	657 Adel WEBBER	Not Applicable	Premature Acceleration	2:43:48	2:43:22	27.	27.	14:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	85.	1381 Andy SIMPSON	Not Applicable	Individual	2:36:12	2:35:54	63.	63.	13:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	85.	882 Luke BRANCH	Not Applicable	The Trots	2:29:11	2:28:16	54.	54.	13:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	85.	119 Pete HENSHALL	Not Applicable	Individual	1:43:54	1:43:30	69.	69.	9:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	86.	259 Alberto VALDNAS	Not Applicable	There's No Adam In Team	1:44:51	1:43:54	70.	70.	9:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	86.	646 Angela TESSIER	Not Applicable	Individual	2:45:17	2:44:36	28.	28.	14:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	86.	899 Phillippa CHESHIRE	Not Applicable	Individual	2:30:39	2:29:42	32.	32.	13:17	0.0%
2021 Boss Hog 7m (40+ obstacles)	86.	1336 Shannon LAY	Not Applicable	Fenn Wright	2:36:11	2:35:54	23.	23.	13:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	87.	85 Frances FINCH	Not Applicable	Individual	1:46:35	1:45:31	17.	17.	9:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	87.	1303 James GARNHAM	Not Applicable	Fenn Wright	2:36:56	2:36:39	64.	64.	13:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	87.	932 Kieran FRANCIS	Not Applicable	Individual	2:33:45	2:32:30	55.	55.	13:32	0.0%
2021 Boss Hog 7m (40+ obstacles)	87.	500 Michaela DRURY	Not Applicable	Individual	2:45:19	2:44:38	29.	29.	14:36	0.0%
2021 Boss Hog 7m (40+ obstacles)	88.	77 Anna EVERETT	Not Applicable	Twin Mud	1:46:26	1:45:39	18.	18.	9:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	88.	1020 Jessica VEAL	Not Applicable	Broadbean	2:35:03	2:34:26	33.	33.	13:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	88.	624 Margarida SERRA	Not Applicable	Individual	2:47:10	2:46:37	30.	30.	14:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	88.	1340 Ryan MACEY	Not Applicable	Fenn Wright	2:37:11	2:36:51	65.	65.	13:55	0.0%
2021 Boss Hog 7m (40+ obstacles)	89.	635 Evelina SNEZKO	Not Applicable	The Megalodoms	2:47:09	2:46:37	31.	31.	14:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	89.	891 Joseph CAHILL	Not Applicable	Individual	2:35:07	2:34:30	56.	56.	13:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	89.	78 Nicola EVERETT	Not Applicable	Twin Mud	1:46:26	1:45:39	19.	19.	9:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	89.	1384 Sarah SMITH	Not Applicable	The Fuddy Muckers	2:39:02	2:38:03	24.	24.	14:01	0.0%
2021 Boss Hog 7m (40+ obstacles)	90.	475 Emma BURN	Not Applicable	The Megalodoms	2:47:10	2:46:38	32.	32.	14:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	90.	1388 Hamish STONE	Not Applicable	Fenn Wright	2:38:43	2:38:25	66.	66.	14:03	0.0%
2021 Boss Hog 7m (40+ obstacles)	90.	915 Tim DAY	Not Applicable	Broadbean	2:35:04	2:35:04	57.	57.	13:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	90.	30 Will BROTHERTON	Not Applicable	Mother Of All Hogs	1:46:54	1:46:54	71.	71.	9:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	91.	1326 Callum JACOBS	Not Applicable	Fenn Wright	2:40:42	2:40:24	67.	67.	14:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	91.	515 Lena FREYPONS	Not Applicable	Megalodoms	2:47:10	2:46:38	33.	33.	14:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	91.	50 Matthew COOKE	Not Applicable	Individual	1:47:51	1:47:03	72.	72.	9:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	91.	995 Victoria SENIOR	Not Applicable	Z72.4	2:36:18	2:35:05	34.	34.	13:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	92.	70 Adrian DOUCETTE	Not Applicable	Individual	1:47:51	1:47:03	73.	73.	9:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	92.	446 Alex ARMSTRONG	Not Applicable	Megalodoms	2:47:09	2:46:38	59.	59.	14:47	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	92.	1348 Alfie MILES	Not Applicable	Fenn Wright	2:40:42	2:40:25	68.	68.	14:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	92.	1390 Rebecca TATLOW	Not Applicable	Z72.4	2:36:18	2:35:05	35.	35.	13:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	93.	1349 Alistair MITCHELL	Not Applicable	Fenn Wright	2:42:08	2:41:50	69.	69.	14:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	93.	264 Kari URBAN	Not Applicable	Individual	1:48:17	1:47:42	20.	20.	9:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	93.	994 Luke SENIOR	Not Applicable	Z72.4	2:36:18	2:35:05	58.	58.	13:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	93.	592 Ryan NEWCOMBE	Not Applicable	The Megalodoms	2:47:11	2:46:39	60.	60.	14:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	94.	547 Alex JENNER	Not Applicable	Willis Fitness	2:51:44	2:50:48	34.	34.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	94.	1371 Megan RAINES	Not Applicable	Fenn Wright	2:42:08	2:41:51	25.	25.	14:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	94.	1041 Peter WOODS	Not Applicable	Z72.4	2:36:19	2:35:06	59.	59.	13:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	94.	55 Rebecca COULSON-PARKER	Not Applicable	Individual	1:48:13	1:48:00	21.	21.	9:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	95.	866 Agnieszka ANDRZEJAK	Not Applicable	Z72.4	2:36:20	2:35:06	36.	36.	13:46	0.0%
2021 Boss Hog 7m (40+ obstacles)	95.	495 Anne CULLOM	Not Applicable	Willis Fitness	2:51:43	2:50:48	35.	35.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	95.	1282 Carl COLLINS	Not Applicable	Individual	3:03:30	3:02:45	70.	70.	16:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	95.	54 Charles COULSON-PARKER	Not Applicable	Individual	1:48:14	1:48:01	74.	74.	9:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	96.	1022 Ben WARD	Not Applicable	Individual	2:36:22	2:35:08	60.	60.	13:46	0.0%
2021 Boss Hog 7m (40+ obstacles)	96.	1352 Hannah MOORE-CORRY	Not Applicable	C&h Builders	3:03:32	3:02:47	71.	71.	16:13	0.0%
2021 Boss Hog 7m (40+ obstacles)	96.	98 Karl GODDARD	Not Applicable	Mother Of All Hogs	1:48:39	1:48:35	75.	75.	9:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	96.	625 Vicky SEWELL	Not Applicable	Willis Fitness	2:51:43	2:50:48	36.	36.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	97.	35 Ben BURROWS	Not Applicable	Mother Of All Hogs	1:49:34	1:49:29	76.	76.	9:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	97.	675 Elaine WRIGHT	Not Applicable	Willis Fitness	2:51:43	2:50:48	37.	37.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	97.	1266 Laura AYLING	Not Applicable	Individual	3:04:17	3:03:56	26.	26.	16:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	97.	880 Richard BOND	Not Applicable	Team B4e	2:37:26	2:36:14	61.	61.	13:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	98.	870 Alexander BADRICK	Not Applicable	Team B4e	2:37:27	2:36:16	62.	62.	13:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	98.	467 Clare BRIMELOW	Not Applicable	Willis Fitness	2:51:43	2:50:49	38.	38.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	98.	76 Jon Phil ELEY	Not Applicable	Mother Of All Hogs	1:49:34	1:49:30	77.	77.	9:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	98.	1482 Liam JOHNSON	Not Applicable	Individual	3:04:30	3:04:09	72.	72.	16:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	99.	1396 Barry TWOMEY	Not Applicable	Individual	3:04:31	3:04:10	73.	73.	16:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	99.	29 Jeremy Jezza BROTHERTON	Not Applicable	Mother Of All Hogs	1:50:01	1:49:56	78.	78.	9:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	99.	871 Russell BADRICK	Not Applicable	Team B4e	2:37:32	2:36:20	63.	63.	13:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	99.	468 Stuart BRIMELOW	Not Applicable	Willis Fitness	2:51:43	2:50:49	61.	61.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	100.	1372 Harrison RATCLIFFE	Not Applicable	C&h Builders	3:10:33	3:09:48	74.	74.	16:50	0.0%
2021 Boss Hog 7m (40+ obstacles)	100.	458 Laura BEESON	Not Applicable	Willis Fitness	2:51:44	2:50:49	39.	39.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	100.	66 Paul DESLANDES	Not Applicable	Mother Of All Hogs	1:50:01	1:49:57	79.	79.	9:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	100.	872 Simon BADRICK	Not Applicable	Team B4e	2:37:34	2:36:22	64.	64.	13:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	101.	669 Charlotte WILSON	Not Applicable	Willis Fitness	2:51:45	2:50:49	40.	40.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	101.	101 Eleanor GREEN	Not Applicable	Individual	1:50:45	1:50:07	22.	22.	9:46	0.0%
2021 Boss Hog 7m (40+ obstacles)	101.	1370 Hayden POLLARD	Not Applicable	The Fuddy Muckers	3:12:36	3:11:37	75.	75.	17:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	101.	861 Shannon ADAMS	Not Applicable	Tough Mudder Fudders	2:41:15	2:40:06	37.	37.	14:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	102.	32 Becky BRUNNING	Not Applicable	Individual	1:50:47	1:50:09	23.	23.	9:46	0.0%
2021 Boss Hog 7m (40+ obstacles)	102.	508 Emma FISHER	Not Applicable	Willis Fitness	2:51:45	2:50:49	41.	41.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	102.	1345 Natalie MCCULLOUGH	Not Applicable	The Fuddy Muckers	3:12:37	3:11:38	27.	27.	17:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	102.	928 Paula ERITH	Not Applicable	Individual	2:41:52	2:41:06	38.	38.	14:17	0.0%
2021 Boss Hog 7m (40+ obstacles)	103.	944 Kelly HINES	Not Applicable	Individual	2:41:52	2:41:06	39.	39.	14:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	103.	72 Marc DRISCOLL	Not Applicable	Individual	1:51:18	1:50:32	80.	80.	9:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	103.	578 Stacey LUMBARD	Not Applicable	Willis Fitness	2:51:45	2:50:50	42.	42.	15:09	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	103.	1360 Susan OGBOURNE	Not Applicable	The Fuddy Muckers	3:20:02	3:19:03	28.	28.	17:40	0.0%
2021 Boss Hog 7m (40+ obstacles)	104.	576 Kate LOMAX	Not Applicable	Willis Fitness	2:51:46	2:50:50	43.	43.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	104.	288 Kate WOOLDRIDGE	Not Applicable	Individual	1:52:14	1:51:14	24.	24.	9:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	104.	913 Mark CUTTING	Not Applicable	Individual	2:41:54	2:41:08	65.	65.	14:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	105.	46 Fiona COE	Not Applicable	Individual	1:52:14	1:51:14	25.	25.	9:52	0.0%
2021 Boss Hog 7m (40+ obstacles)	105.	484 Melissa CHAPMAN	Not Applicable	Willis Fitness	2:51:44	2:50:52	44.	44.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	105.	945 Zoe HOBBS	Not Applicable	Tenacious Turtles Boss	2:46:03	2:45:41	40.	40.	14:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	106.	912 Hannah CUSHNEY	Not Applicable	Tenacious Turtles Boss	2:46:03	2:45:41	41.	41.	14:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	106.	518 Kat GILL	Not Applicable	Willis Fitness	2:51:45	2:50:52	45.	45.	15:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	106.	36 Matt BURT	Not Applicable	Individual	1:52:23	1:51:58	81.	81.	9:56	0.0%
2021 Boss Hog 7m (40+ obstacles)	107.	205 Caroline PERRY	Not Applicable	Individual	1:54:14	1:53:36	26.	26.	10:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	107.	893 Lee CHAMBERLIN	Not Applicable	Mayday	3:09:10	3:08:00	66.	66.	16:41	0.0%
2021 Boss Hog 7m (40+ obstacles)	107.	545 Michele JACKSON	Not Applicable	Willis Fitness	2:51:45	2:50:53	46.	46.	15:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	108.	274 Colin WARREN	Not Applicable	Individual	1:54:21	1:53:42	82.	82.	10:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	108.	959 Harrison KOBLECK	Not Applicable	Mayday	3:09:41	3:08:30	67.	67.	16:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	108.	622 Kate SANDLAN	Not Applicable	Willis Fitness	2:51:50	2:50:55	47.	47.	15:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	109.	517 Jamie GILL	Not Applicable	Willis Fitness	2:51:43	2:51:43	62.	62.	15:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	109.	281 Robert John WILLIAMSON	Not Applicable	Individual	1:55:23	1:54:37	83.	83.	10:10	0.0%
2021 Boss Hog 7m (40+ obstacles)	109.	1034 Shane WHILEY	Not Applicable	Mayday	3:09:59	3:08:48	68.	68.	16:45	0.0%
2021 Boss Hog 7m (40+ obstacles)	110.	963 Adrian LEE	Not Applicable	Lab Rats	3:12:31	3:11:22	69.	69.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	110.	6 Daniel AGER	Not Applicable	Individual	1:55:05	1:54:53	84.	84.	10:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	110.	648 Paul THORNDYKE	Not Applicable	Willis Fitness	2:51:44	2:51:44	63.	63.	15:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	111.	668 Bethany WILLIS	Not Applicable	Willis Fitness	2:51:44	2:51:44	48.	48.	15:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	111.	950 Eleanor HORTON	Not Applicable	Lab Rats	3:12:32	3:11:23	42.	42.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	111.	171 Jamie MAPPLEBECK	Not Applicable	Individual	1:55:05	1:54:54	85.	85.	10:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	112.	280 Alex WILDEN	Not Applicable	Individual	1:56:24	1:55:19	27.	27.	10:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	112.	564 Callum LAST	Not Applicable	Individual	2:54:02	2:53:09	64.	64.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	112.	1028 Georgina WELHAM	Not Applicable	Lab Rats	3:12:31	3:11:24	43.	43.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	113.	1002 Christopher SMITH	Not Applicable	Lab Rats	3:12:33	3:11:25	70.	70.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	113.	565 Dean LAST	Not Applicable	Body Unwise	2:54:04	2:53:11	65.	65.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	113.	273 Shayla WARDLEY	Not Applicable	Individual	1:56:23	1:55:20	28.	28.	10:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	114.	661 David WHITEHEAD	Not Applicable	Body Unwise	2:54:03	2:53:11	66.	66.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	114.	107 Lisa HARES	Not Applicable	Individual	1:56:23	1:55:20	29.	29.	10:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	114.	1042 Sophie WYARD	Not Applicable	Lab Rats	3:12:33	3:11:26	44.	44.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	115.	73 Charlotte DURRANT	Not Applicable	Individual	1:56:23	1:55:21	30.	30.	10:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	115.	1039 Thomas WILLIAMS	Not Applicable	Lab Rats	3:12:36	3:11:27	71.	71.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	115.	567 Tracey LAST	Not Applicable	Body Unwise	2:54:05	2:53:12	49.	49.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	116.	877 Andrew BENSLEY	Not Applicable	Lab Rats	3:12:35	3:11:27	72.	72.	16:59	0.0%
2021 Boss Hog 7m (40+ obstacles)	116.	439 Jeff ALCOCK	Not Applicable	Body Unwise	2:54:05	2:53:12	67.	67.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	116.	282 Lisa WILSON	Not Applicable	Debenham Vets	1:56:41	1:56:11	31.	31.	10:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	117.	663 Michelle WHITEHEAD	Not Applicable	Body Unwise	2:54:06	2:53:13	68.	68.	15:22	0.0%
2021 Boss Hog 7m (40+ obstacles)	117.	221 Stephanie ROEBUCK	Not Applicable	Debenham Vets	1:56:41	1:56:12	32.	32.	10:18	0.0%
2021 Boss Hog 7m (40+ obstacles)	118.	671 Hannah WOODRUFFE	Not Applicable	Individual	2:54:36	2:53:29	50.	50.	15:23	0.0%
2021 Boss Hog 7m (40+ obstacles)	118.	229 James SCHEFFLER	Not Applicable	Individual	1:57:07	1:56:33	86.	86.	10:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	119.	447 Alicia ARTHEY	Not Applicable	The Sweaty Sows	2:55:27	2:54:12	51.	51.	15:27	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	119.	34 Megan BURGESS	Not Applicable	Individual	1:57:11	1:56:37	33.	33.	10:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	120.	581 Catriona MAINLAND	Not Applicable	The Sweaty Sows	2:55:27	2:54:12	52.	52.	15:27	0.0%
2021 Boss Hog 7m (40+ obstacles)	120.	151 Helen KIRKMAN	Not Applicable	Individual	1:58:22	1:57:21	34.	34.	10:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	121.	169 Jasmine MALLET	Not Applicable	Individual	1:58:22	1:57:21	35.	35.	10:24	0.0%
2021 Boss Hog 7m (40+ obstacles)	121.	474 Mike BRUCE	Not Applicable	Willis Fitness	2:56:19	2:55:24	69.	69.	15:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	122.	235 David SHORE	Not Applicable	Daves Daiquiris	1:58:57	1:58:09	87.	87.	10:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	122.	573 Sally LILLEY	Not Applicable	Willis Fitness	2:56:19	2:55:25	53.	53.	15:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	123.	503 Sam EMERY	Not Applicable	Willis Fitness	2:56:19	2:55:25	54.	54.	15:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	123.	106 Simon HARDING	Not Applicable	Daves Daiquiris	1:58:57	1:58:09	88.	88.	10:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	124.	472 Anita BRUCE	Not Applicable	Willis Fitness	2:56:21	2:55:26	55.	55.	15:34	0.0%
2021 Boss Hog 7m (40+ obstacles)	124.	399 Laura QUICK	Not Applicable	Crazy Crew	1:58:24	1:58:18	36.	36.	10:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	125.	529 Ben HAMLING	Not Applicable	Individual	2:58:07	2:56:59	70.	70.	15:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	125.	310 Lorna BRADFORD	Not Applicable	Crazy Crew	1:58:24	1:58:19	37.	37.	10:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	126.	598 Alan PALFREY	Not Applicable	Team Simmo D	2:58:07	2:57:00	71.	71.	15:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	126.	144 Jack JOHNS	Not Applicable	Running On Empty	2:00:04	1:59:53	89.	89.	10:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	127.	168 Alex MACE	Not Applicable	Running On Empty	2:00:04	1:59:54	90.	90.	10:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	127.	531 Stewart HAMLING	Not Applicable	Individual	2:58:07	2:57:00	72.	72.	15:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	128.	68 Mia DESSAUR	Not Applicable	Running On Empty	2:00:05	1:59:55	38.	38.	10:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	128.	599 Sonia PALFREY	Not Applicable	Team Simmo D	2:58:08	2:57:00	56.	56.	15:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	129.	530 Charlotte HAMLING	Not Applicable	Individual	2:58:09	2:57:01	57.	57.	15:42	0.0%
2021 Boss Hog 7m (40+ obstacles)	129.	175 Wendy MASSINGHAM	Not Applicable	Individual	2:02:32	2:01:36	39.	39.	10:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	130.	553 Calvin KEEBLE	Not Applicable	Individual	3:01:56	3:00:59	73.	73.	16:03	0.0%
2021 Boss Hog 7m (40+ obstacles)	130.	341 Simon FRANKLIN	Not Applicable	Individual	2:02:32	2:01:38	91.	91.	10:47	0.0%
2021 Boss Hog 7m (40+ obstacles)	131.	480 Adam CALEY	Not Applicable	Individual	3:01:54	3:01:54	74.	74.	16:08	0.0%
2021 Boss Hog 7m (40+ obstacles)	131.	51 Ian CORNEBY	Not Applicable	The Cb's	2:02:09	2:01:43	92.	92.	10:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	132.	453 Harvey BARFIELD	Not Applicable	Barfies	3:03:32	3:02:24	75.	75.	16:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	132.	53 Wendy CORNEBY	Not Applicable	The Cb's	2:02:10	2:01:44	40.	40.	10:48	0.0%
2021 Boss Hog 7m (40+ obstacles)	133.	579 Niamh LYNCH	Not Applicable	Barfies	3:03:33	3:02:26	58.	58.	16:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	133.	57 Ross CRACKNELL	Not Applicable	Individual	2:04:10	2:03:21	93.	93.	10:56	0.0%
2021 Boss Hog 7m (40+ obstacles)	134.	452 Gene BARFIELD	Not Applicable	Barfies	3:03:37	3:02:29	76.	76.	16:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	134.	43 Tim CHILVERS	Not Applicable	Individual	2:04:13	2:03:24	94.	94.	10:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	135.	630 Jane SIMIA	Not Applicable	Individual	3:08:01	3:07:18	59.	59.	16:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	135.	96 Zak GLADWELL	Not Applicable	Martlesham Leisure	2:04:10	2:03:31	95.	95.	10:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	136.	557 Katie KENNINGTON	Not Applicable	Individual	3:08:01	3:07:18	60.	60.	16:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	136.	210 William PRICE	Not Applicable	Gtc Team Boss	2:06:12	2:05:46	96.	96.	11:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	137.	629 Craig SIMIA	Not Applicable	Individual	3:08:00	3:07:19	77.	77.	16:37	0.0%
2021 Boss Hog 7m (40+ obstacles)	137.	183 Jamie MOORE	Not Applicable	Gtc Team Boss	2:07:04	2:06:37	97.	97.	11:14	0.0%
2021 Boss Hog 7m (40+ obstacles)	138.	256 Neil TERRY	Not Applicable	Individual	2:12:14	2:11:12	98.	98.	11:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	139.	255 Katrina TERRY	Not Applicable	Individual	2:12:15	2:11:13	41.	41.	11:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	140.	294 Paul YOUNG	Not Applicable	Individual	2:12:16	2:11:14	99.	99.	11:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	141.	278 Claire WELSBY	Not Applicable	Individual	2:12:17	2:11:16	42.	42.	11:39	0.0%
2021 Boss Hog 7m (40+ obstacles)	142.	86 Mark FISHER	Not Applicable	Individual	2:12:27	2:12:08	100.	100.	11:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	143.	7 Peter ALDRED	Not Applicable	Individual	2:12:27	2:12:08	101.	101.	11:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	144.	158 Kelvin LANGLEY	Not Applicable	Individual	2:12:28	2:12:08	102.	102.	11:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	145.	268 Stephen WALLER	Not Applicable	Individual	2:13:56	2:13:00	103.	103.	11:48	0.0%

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2021 Boss Hog 7m (40+ obstacles)	146.	254 Roger TAYLOR	Not Applicable	Individual	2:15:51	2:14:47	104.	104.	11:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	147.	201 Cat PASCALL	Not Applicable	Individual	2:15:52	2:14:48	43.	43.	11:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	148.	248 Helen STEPHENS	Not Applicable	Individual	2:15:53	2:15:17	44.	44.	12:00	0.0%
2021 Boss Hog 7m (40+ obstacles)	149.	41 Sue CATTERMOLE	Not Applicable	Individual	2:16:12	2:15:36	45.	45.	12:02	0.0%
2021 Boss Hog 7m (40+ obstacles)	150.	140 Sophie JENKINS	Not Applicable	Individual	2:16:16	2:15:39	46.	46.	12:02	0.0%
2021 Boss Hog 7m (40+ obstacles)	151.	139 Raphael JAZGIER	Not Applicable	Individual	2:16:16	2:15:41	105.	105.	12:02	0.0%
2021 Boss Hog 7m (40+ obstacles)	152.	138 Mim JARRETT	Not Applicable	Individual	2:18:22	2:17:18	47.	47.	12:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	153.	244 Kev SPIERS	Not Applicable	Individual	2:18:22	2:17:19	106.	106.	12:11	0.0%
2021 Boss Hog 7m (40+ obstacles)	154.	228 Evie SCARBOROUGH-TAYLOR	Not Applicable	Individual	2:18:08	2:17:31	48.	48.	12:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	155.	213 Luke READ	Not Applicable	Individual	2:19:33	2:18:28	107.	107.	12:17	0.0%
2021 Boss Hog 7m (40+ obstacles)	156.	170 Alice MANNING	Not Applicable	Individual	2:19:33	2:18:28	49.	49.	12:17	0.0%
2021 Boss Hog 7m (40+ obstacles)	157.	23 Sophie BOGGON	Not Applicable	Individual	2:19:34	2:18:28	50.	50.	12:17	0.0%
2021 Boss Hog 7m (40+ obstacles)	158.	59 Louise CROSS	Not Applicable	Daisies Stinky Beasts	2:19:20	2:19:02	51.	51.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	159.	216 Lisa REGAN	Not Applicable	Daisies Stinky Beasts	2:19:20	2:19:02	52.	52.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	160.	217 Sue REGAN	Not Applicable	Daisies Stinky Beasts	2:19:21	2:19:02	53.	53.	12:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	161.	124 Sherrye HOLMAN	Not Applicable	Individual	2:21:44	2:20:46	54.	54.	12:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	162.	123 David HOLMAN	Not Applicable	Individual	2:21:44	2:20:47	108.	108.	12:29	0.0%
2021 Boss Hog 7m (40+ obstacles)	163.	287 Jamie WOODGATE	Not Applicable	Individual	2:21:30	2:20:52	109.	109.	12:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	164.	156 Kristina KORNICKAJA	Not Applicable	Individual	2:21:31	2:20:52	55.	55.	12:30	0.0%
2021 Boss Hog 7m (40+ obstacles)	165.	142 Lorraine JENNINGS	Not Applicable	Individual	2:22:56	2:21:57	56.	56.	12:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	166.	48 Laura COLLINSON	Not Applicable	Individual	2:22:56	2:21:57	57.	57.	12:35	0.0%
2021 Boss Hog 7m (40+ obstacles)	167.	237 Emma SILK	Not Applicable	Individual	2:23:21	2:22:24	58.	58.	12:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	168.	99 Lucy GOLDSMITH	Not Applicable	Individual	2:23:22	2:22:25	59.	59.	12:38	0.0%
2021 Boss Hog 7m (40+ obstacles)	169.	62 Katie DAGNALL	Not Applicable	Individual	2:27:04	2:25:59	60.	60.	12:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	170.	191 Helen OFFORD	Not Applicable	Individual	2:27:04	2:26:00	61.	61.	12:57	0.0%
2021 Boss Hog 7m (40+ obstacles)	171.	161 Richard LEWIS	Not Applicable	Individual	2:27:59	2:26:58	110.	110.	13:02	0.0%
2021 Boss Hog 7m (40+ obstacles)	172.	227 Kerry SAXTON	Not Applicable	Individual	2:28:25	2:27:20	62.	62.	13:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	173.	33 Alice BULLOCK	Not Applicable	Individual	2:28:25	2:27:20	63.	63.	13:04	0.0%
2021 Boss Hog 7m (40+ obstacles)	174.	65 Sarah DAY	Not Applicable	Individual	2:29:46	2:28:44	64.	64.	13:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	175.	172 Claire MARTIN	Not Applicable	Individual	2:29:47	2:28:44	65.	65.	13:12	0.0%
2021 Boss Hog 7m (40+ obstacles)	176.	192 Julie ORFORD	Not Applicable	Individual	2:31:32	2:30:30	66.	66.	13:21	0.0%
2021 Boss Hog 7m (40+ obstacles)	177.	131 Jenny HUFF	Not Applicable	Individual	2:35:41	2:34:42	67.	67.	13:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	178.	69 David DIXON	Not Applicable	Individual	2:35:41	2:34:43	111.	111.	13:43	0.0%
2021 Boss Hog 7m (40+ obstacles)	179.	177 Brendan MAXFIELD	Not Applicable	Individual	2:35:41	2:34:43	112.	112.	13:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	180.	155 Peter KNOX	Not Applicable	Don't Mess Up My Hair	2:37:46	2:36:32	113.	113.	13:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	181.	208 Simon PODD	Not Applicable	Don't Mess Up My Hair	2:37:46	2:36:33	114.	114.	13:53	0.0%
2021 Boss Hog 7m (40+ obstacles)	182.	207 Bradley PODD	Not Applicable	Don't Mess Up My Hair	2:37:58	2:36:43	115.	115.	13:54	0.0%
2021 Boss Hog 7m (40+ obstacles)	183.	246 Pina STANDRING	Not Applicable	Individual	2:39:45	2:38:41	68.	68.	14:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	184.	245 Matt STANDRING	Not Applicable	Individual	2:39:45	2:38:41	116.	116.	14:05	0.0%
2021 Boss Hog 7m (40+ obstacles)	185.	118 Clare HENNESSY	Not Applicable	Daisies Stinky Beasts	2:41:06	2:40:47	69.	69.	14:16	0.0%
2021 Boss Hog 7m (40+ obstacles)	186.	135 Elliot HUME	Not Applicable	Gtc Team Boss	2:42:57	2:42:30	117.	117.	14:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	187.	82 Jaimee FARROW	Not Applicable	Gtc Team Boss	2:43:00	2:42:34	70.	70.	14:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	188.	100 Bethany GORDON	Not Applicable	Gtc Team Boss	2:43:01	2:42:34	71.	71.	14:25	0.0%
2021 Boss Hog 7m (40+ obstacles)	189.	10 Viorica AXENTE	Not Applicable	Gtc Team Boss	2:43:04	2:42:38	72.	72.	14:26	0.0%
2021 Boss Hog 7m (40+ obstacles)	190.	13 Artur BALINT	Not Applicable	Gtc Team Boss	2:43:06	2:42:41	118.	118.	14:26	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	191.	104 Elizabeth GWILLIAM	Not Applicable	Individual	2:44:17	2:43:04	73.	73.	14:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	192.	145 Catherine JOHNSON	Not Applicable	Individual	2:44:17	2:43:05	74.	74.	14:28	0.0%
2021 Boss Hog 7m (40+ obstacles)	193.	90 Jacqui FROST	Not Applicable	Individual	2:44:56	2:43:54	75.	75.	14:32	0.0%
2021 Boss Hog 7m (40+ obstacles)	194.	1702 Sam LEWIS	Not Applicable	Individual	2:44:58	2:43:56	76.	76.	14:33	0.0%
2021 Boss Hog 7m (40+ obstacles)	195.	190 Shaun OASTLER	Not Applicable	Individual	2:48:04	2:47:18	119.	119.	14:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	196.	92 Donna GENT	Not Applicable	Individual	2:48:05	2:47:19	120.	120.	14:51	0.0%
2021 Boss Hog 7m (40+ obstacles)	197.	42 Danny CHEUNG	Not Applicable	Gtc Team Boss	2:50:45	2:50:11	121.	121.	15:06	0.0%
2021 Boss Hog 7m (40+ obstacles)	198.	4 Kelsey ABBOTT	Not Applicable	Don't Mess Up My Hair	2:51:54	2:50:40	77.	77.	15:08	0.0%
2021 Boss Hog 7m (40+ obstacles)	199.	5 Traven ABBOTT	Not Applicable	Don't Mess Up My Hair	2:51:56	2:50:41	122.	122.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	200.	1 Chris ABBOTT	Not Applicable	Don't Mess Up My Hair	2:52:01	2:50:46	123.	123.	15:09	0.0%
2021 Boss Hog 7m (40+ obstacles)	201.	174 Jack MASON	Not Applicable	Individual	2:57:47	2:57:18	124.	124.	15:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	202.	247 Gemma STEGGLES	Not Applicable	Gtc Team Boss	2:57:47	2:57:19	78.	78.	15:44	0.0%
2021 Boss Hog 7m (40+ obstacles)	203.	194 Karl ORTON	Not Applicable	Individual	2:59:34	2:58:18	125.	125.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	204.	186 Samantha MORRISON	Not Applicable	Team Bc	2:59:34	2:58:18	79.	79.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	205.	252 Nicola STRINGER	Not Applicable	Team Bc	2:59:34	2:58:18	80.	80.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	206.	193 Charlotte ORTON	Not Applicable	Individual	2:59:36	2:58:19	126.	126.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	207.	18 Andy BETHWAITE	Not Applicable	Team Bv	2:59:37	2:58:20	127.	127.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	208.	19 Jo BETHWAITE	Not Applicable	Team Bc	2:59:37	2:58:20	81.	81.	15:49	0.0%
2021 Boss Hog 7m (40+ obstacles)	209.	22 George BODDINGTON	Not Applicable	Don't Mess Up My Hair	3:05:14	3:03:59	128.	128.	16:19	0.0%
2021 Boss Hog 7m (40+ obstacles)	210.	1705 Megan BODDINGTON	Not Applicable	Individual	3:05:17	3:04:04	82.	82.	16:20	0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	908 Ella CRAGGS	Not Applicable	Woolverstone Wanderers						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	980 Neal MYERSCOUGH	Not Applicable	Woolverstone Wanderers						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	45 Paul CLOW	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	182 Rebecca MILLER	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	603 Rick PHILLIPS	Not Applicable	Premature Acceleration						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	443 Rob ALLINSON	Not Applicable	Mie						0.0%
2021 Boss Hog 7m (40+ obstacles)	a.k.	981 Sarah MYERSCOUGH	Not Applicable	Woolverstone Wanderers						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1405 Alfie EDWARDS	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	95 Alfred GJERGJI	Not Applicable	Your Mother's Got A Penis!						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	939 Amy HELTINGS	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	571 Amy LEVER	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	115 Andrew HAWES	Not Applicable	Pending						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	997 Anika SHENFIELD	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	150 Anna KING	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	658 Anna WEISS-HINDLE	Not Applicable	Kesgrave Cruisers						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	492 Astrid COXON	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1701 Ben CHISNALL	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	552 Benjamin Keeble KEEBLE	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	286 Bradley WOOD	Not Applicable	Daves Daiquiris						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	130 Bryce HUDELSON	Not Applicable	Gtc Team Boss						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	651 Byron VAN-DEVENTER	Not Applicable	Mud Brothers						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1277 Cameron BURLEY	Not Applicable	Seven Resourcing						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	67 Cara DESSAUR	Not Applicable	Running On Empty						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1270 Chris BENNETT	Not Applicable	Kingsleys Gang						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1284 Chris CORNESS	Not Applicable	C&h Builders						0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNF	122 Ciaran HOBART	Not Applicable	Gtc Team Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	60 Dan CUMMINGS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1265 Daniel ALDRIDGE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	559 Darren KING	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	649 Deborah TULLETT	Not Applicable	Willis Fitness	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	234 Donna SHEPPARD	Not Applicable	Hawks Porks	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1351 Elliot MOORE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	176 Emma MASSON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1359 Fay NORTHCOTT	Not Applicable	Yourshirts	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	560 Gemma KING	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	17 George BENTLEY	Not Applicable	Running On Empty	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1006 George SPACKMAN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	953 Georgia HUBERT	Not Applicable	Lab Rats	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1279 Grant CATCHPOLE	Not Applicable	Yourshirts	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	499 Hadleigh DRAKE	Not Applicable	Mud Brothers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	883 Hannah BRIGGS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	926 Hannah ELLISON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	263 Hayley TURNER	Not Applicable	Gtc Team Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1373 Heath RENNISON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1392 India TOMALIN	Not Applicable	The Muddy Ducklings	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	677 Ivan WRIGHT	Not Applicable	Wrightone	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	617 Iwan REES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	967 Jack MADDISON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	961 Jake LANGFORD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	438 James ALCOCK	Not Applicable	Body Unwise	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	204 Jenny PEARCE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	907 Jez COWLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1294 Jo FELLOWES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	260 Jonathan TRICKER	Not Applicable	There's No Adam In Team	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	566 Julia LAST	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	929 Kaye EXTANCE	Not Applicable	Woolverstone Wanderers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1704 Keith AMBROSE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	84 Kelly FENTON	Not Applicable	Hawks Porks	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	185 Kim MORPHEW	Not Applicable	Hawks Porks	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1033 Kim WHELAN	Not Applicable	Woolverstone Wanderers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	477 Kris BUTLER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1012 Laura TAYLOR	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	87 Lisa FLITCROFT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	860 Luke ADAMS	Not Applicable	Tough Mudder Fudders	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1406 Marloe POWELL	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	975 Mathew MORGAN	Not Applicable	Lab Rats	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	236 Matthew SHORE	Not Applicable	Daves Daiquiris	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1018 Matthew VAUGHAN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1323 Mellisa INGRAM	Not Applicable	The Fuddy Muckers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1285 Michael CORNESS	Not Applicable	Individual	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNF	1707 Michael HUNTLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1369 Mike PEREIRA	Not Applicable	Yourshirts	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	637 Mike STAPLES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1312 Mollie GRINYER-POWER	Not Applicable	Gft Bootcamp Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	987 Necla PEARCE	Not Applicable	Woolverstone Wanderers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	555 Noremer KELLEGHER	Not Applicable	The Sweaty Sows	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1009 Paul STONE	Not Applicable	Woolverstone Wanderers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	110 Peter HART	Not Applicable	Gtc Team Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1005 Phil SMITH	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	536 Rachael HAYTER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	873 Rachel BARRETT	Not Applicable	Lab Rats	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	580 Rebecca MACLUSKY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1029 Rob WELHAM	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	956 Robert LETT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	154 Robert KNIGHTS	Not Applicable	Dissfunctionals	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1038 Ryan WILLIAMS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	61 Sarah CUMMINGS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	239 Sarah SIMPSON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	455 Sharon BARFIELD	Not Applicable	Barfies	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	39 Sherralyn CARLTON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	645 Simon TERRY	Not Applicable	Team Simmo D	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1378 Stacey SALLOWS	Not Applicable	The Fuddy Muckers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	511 Stephen FORD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	962 Stephen LAYZELL	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	1019 Stephen VAUGHAN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	593 Teddy NTULI	Not Applicable	Liability And General Insurance	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	583 Tom MARKS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	609 Tom POWELL	Not Applicable	Rushmere Physiotherapy Clinic	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	505 Vicky ETHERINGTON	Not Applicable	The Sweaty Sows	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	607 Victoria POOLEY	Not Applicable	The Sweaty Sows	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNF	15 Zak BATES	Not Applicable	Daves Daiquiris	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	502 Aaron ELVIN	Not Applicable	Willis Fitness	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1317 Adam HATELEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	541 Adam HONEYBELL	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	588 Adam MUNSON	Not Applicable	The 3 Bears	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1299 Adrian FLETCHER	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	120 Adrian HEWITT	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	947 Ailsa HOLMES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	276 Alan WEARING	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	892 Alberto CASADO GÓMEZ	Not Applicable	The Pancake Bandits	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	27 Alex BRICE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	132 Alex HUMBY	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	551 Alex KEEBLE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	568 Alison LEE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	225 Amanda SARGEANT	Not Applicable	Individual	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNS	451 Amy BARBER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	483 Andy CHALLIS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	179 Andy MCQUEEN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	674 Andy WRIGHT	Not Applicable	Mie	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1334 Bailey LANKESTER	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	507 Barry EVE	Not Applicable	The 3 Bears	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	88 Bea FRANCIS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	523 Ben GREENFIELD	Not Applicable	Slap & Tickle	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	550 Ben JONES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	232 Bryanne SHEARMAN	Not Applicable	Daisies Stinky Beasts	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	875 Calvin BEIGHTON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1344 Cameron MASON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1043 Carissa WYATT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	633 Carl SMITH	Not Applicable	Premature Acceleration	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	990 Carlos RIBEIRO	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	626 Catriona SHAW	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	25 Chantal BOUVET	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	585 Chantal MOORHOUSE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	75 Charlie ELEY	Not Applicable	Mother Of All Hogs	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	898 Charlotte CHESHIRE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	44 Charlotte CLARKE	Not Applicable	Power Hour 1	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	535 Charlotte HASTINGS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	988 Cheryl PETHYBRIDGE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	162 Chris LING	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	222 Christopher ROUSE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	206 Claire PILSWORTH	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	589 Colin MURKIN	Not Applicable	Body Unwise	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	640 Colin STUDD	Not Applicable	Body Unwise	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	196 Craig PAGE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	664 Craig WILLIAMS	Not Applicable	Piss Heads	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	136 Dale HYDE	Not Applicable	Mother Of All Hogs	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	2 Daniel ABBOTT	Not Applicable	Nea	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	488 Daniel CLARKE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	521 Daniel GOURLAY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	982 Daniel NEVES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	554 Danielle KEEBLE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	631 Danny SIMMONS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	189 Darren NOYES	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	620 Darren ROWELL-BURTON	Not Applicable	The 3 Bears	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	494 David CROOKS	Not Applicable	Relentless And Leg Cramps	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	610 David PRATT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	628 David SHAW	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	672 David WOOLNOUGH	Not Applicable	2 Faucets 1 Plug Hole	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	867 Davina ARMSTRONG	Not Applicable	Where Is Amber?	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	623 Debbie SECRET	Not Applicable	Individual	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNS	460 Donna-Louise BISHOP	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	556 Drew KEMP	Not Applicable	Oval Kings	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	901 Eliza COE	Not Applicable	Oh My Quad!	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1350 Elliot MOORE	Not Applicable	Shut Your Laptop Louisa	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	478 Emily BUXTON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	902 Emily COE	Not Applicable	Oh My Quad!	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1030 Emily WESTCOTT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	878 Emma BEST	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1011 Emma TAYLOR	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	647 Emma THORNDYKE	Not Applicable	Willis Fitness	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	506 Freya EVANS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	199 Gary PARKER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	665 Gavin WILLIAMS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1035 Gemma WILLIAMS	Not Applicable	Muddy Ducklings	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	166 Graham LONG	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1382 Gurmail SINGH	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	459 Hannah BEWICK	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	522 Hannah GRAVES	Not Applicable	Willis Fitness	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	548 Hannah JOINER	Not Applicable	Piss Heads	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	670 Hannah WINFIELD	Not Applicable	Slap & Tickle	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	74 Hayden EDMUNDS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	223 Iain RUDD	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	163 Issac LING	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	173 Jack MASON	Not Applicable	Gtc Team Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	481 James CASBARD	Not Applicable	Mud Brothers	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	504 James EMINSON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	936 James HADLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	662 James WHITEHEAD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	289 James WOOLLARD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	293 James YOUNG	Not Applicable	Power Hour 1	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	109 Jamie HARROLD	Not Applicable	Blue Steel	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	542 Jamie HORNELL-EDWARDS	Not Applicable	Piss Heads	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1290 Jarret DU PLESSIS	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	634 Jen SMITH	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	449 Jennifer AUSTIN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	641 Jo STUDD	Not Applicable	Body Unwise	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	520 Jodie GLEN	Not Applicable	50 Shades Of Mud	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1273 John BIRCHALL	Not Applicable	Fenn Wright	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	94 John GILLESPIE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1337 John LEGGETT	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	279 John WILBY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	482 Johnathan CATCHPOLE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	133 Jon HUMBY	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	605 Jonathan PIPE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	464 Joseph BOOM	Not Applicable	Individual	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNS	1314 Joseph HALL	Not Applicable	Fenn Wright	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	992 Josh ROWLANDSON	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	575 Kay LOCKWOOD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1377 Kelvin RYAN	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	167 Kerry LUSHER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	125 Kevin HONEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	561 Kirstie KING	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	454 Lauren BARFIELD	Not Applicable	Barfies	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	650 Lauren TURNER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1328 Laurence JOHNSON	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	978 Leanne MOSS	Not Applicable	Oh My Quad!	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	516 Lee GARRETT	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	238 Lee SIMPSON	Not Applicable	Nea	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	587 Leon MOWER	Not Applicable	Oval Kings	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	919 Liam D'SOUZA	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	266 Liam VAN TUINEN	Not Applicable	Your Mother's Got A Penis!	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	619 Lianne ROBINSON	Not Applicable	50 Shades Of Mud	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	285 Lizzie WOFFORD	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1010 Lorraine TAPLIN	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1318 Lucy HOLLOWAY	Not Applicable	Gift Bootcamp Boss	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	642 Luke TAYLOR	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	265 Luke VALE	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	450 Mark BAKER	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	147 Mark KEIGHTLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	203 Mark PASHLER	Not Applicable	Don't Mess Up My Hair	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	638 Matt STOTT	Not Applicable	Rushmere Physiotherapy Clinic	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	577 Matthew LONGSON	Not Applicable	50 Shades Of Mud	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1346 Matthew MEANOCK	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	243 Matthew SOAR	Not Applicable	Nea	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	24 Max BOOTH	Not Applicable	Your Mother's Got A Penis!	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	916 Maximilian DIRLIK-BROWN	Not Applicable	Lab Rats	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1341 Maya MADDISON	Not Applicable	Seven Resourcing	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	927 Megan ERITH	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1322 Michael HUNTLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	143 Michael JENNINGS	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	129 Mike HOWARD	Not Applicable	Mother Of All Hogs	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	224 Mike RUDD	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	903 Natasha COLE	Not Applicable	Lab Rats	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	558 Natasha KERRY	Not Applicable	Body Unwise	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	121 Neil HEWITT	Not Applicable	New Direction	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	549 Nick JOINER	Not Applicable	Piss Heads	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1004 Nick SMITH	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	148 Nicola KEIGHTLEY	Not Applicable	Individual	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	644 Nikki TERRY	Not Applicable	Team Simmo D	0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	261 Paul TRINDER	Not Applicable	Mother Of All Hogs	0.0%

RACE CHIP TIMING RESULTS

2021 Boss Hog 7m (40+ obstacles)	DNS	1040 Paul WILSON	Not Applicable	Mayday						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1298 Peter FISK	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	226 Phil SARGEANT	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	465 Philip BRADBROOK	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	466 Rachel BRIDGEMAN	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	612 Rachel PUSHMAN	Not Applicable	Team Simmo D						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	931 Richard FLATMAN	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	253 Richard SYRETT	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	486 Rie CHARLES	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	444 Robert ALLINSON	Not Applicable	Liability And General Insurance						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	267 Robert WALKER	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1031 Robert WESTCOTT	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	14 Rosie BARTLETT	Not Applicable	Dissfunctionals						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1278 Ross CARTER	Not Applicable	Shut Your Laptop Louisa						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	527 Russell HADDOW	Not Applicable	50 Shades Of Mud						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	652 Ryan WALES	Not Applicable	Body Unwise						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	911 Sam CULHAM	Not Applicable	Oh My Quad!						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	462 Samantha BLACK	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	491 Samantha COULSTOCK	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	667 Sarah WILLIAMS	Not Applicable	Piss Heads						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	954 Sasha HUNT	Not Applicable	Tenacious Turtles						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	606 Shelly PLEASANCE	Not Applicable	Body Unwise						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	613 Simon PUSHMAN	Not Applicable	Team Simmo D						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1001 Simon SINCLAIR	Not Applicable	Woodbridge Shufflers Rc						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	601 Stacey PAYNE	Not Applicable	Mud Brothers						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	524 Stephen GREENFIELD	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	180 Steve MELLOR	Not Applicable	Mother Of All Hogs						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	1305 Steven GEISS	Not Applicable	Fenn Wright						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	463 Stewart BLACKBURN	Not Applicable	We Got The Runs						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	134 Sue HUMBY	Not Applicable	New Direction						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	904 Susan CONQUER	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	525 Susie GREENFIELD	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	532 Syed HAMID	Not Applicable	Liability And General Insurance						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	37 Troy BUTLER-HOPKINS	Not Applicable	Individual						0.0%
2021 Boss Hog 7m (40+ obstacles)	DNS	198 Wayne PAGE	Not Applicable	Individual						0.0%
2021 Whole Hog 5m (30+ obstacles)	1.	761 Joseph HOUGH	Not Applicable	A Brighter Team 2 (ormiston Farr	46:20	46:14	1.	1.	5:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	1.	1085 Lubi CHVALA	Not Applicable	Team Tcf	1:07:16	1:07:04	1.	1.	8:20	0.0%
2021 Whole Hog 5m (30+ obstacles)	1.	1422 Sean BROWNELL	Not Applicable	13 Fitness Team 1	53:44	53:41	1.	1.	6:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	1.	330 Troy DOUGLAS COLLOW	Not Applicable	Individual	44:59	44:47	1.	1.	5:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	2.	743 Finn GEMMELL	Not Applicable	A Brighter Team 4 (ormiston Farr	51:24	51:21	2.	2.	6:22	0.0%
2021 Whole Hog 5m (30+ obstacles)	2.	1053 Nick BARHAM	Not Applicable	Team Tcf	1:08:02	1:07:53	2.	2.	8:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	2.	1433 Paul COOLEEDGE	Not Applicable	13 Fitness Team 1	53:46	53:43	2.	2.	6:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	2.	374 Will LONGWORTH	Not Applicable	Individual	45:00	44:51	2.	2.	5:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	3.	741 James FULFORD	Not Applicable	Individual	54:27	53:33	3.	3.	6:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	3.	346 Lee GODDARD	Not Applicable	Restorators	51:18	51:12	3.	3.	6:21	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	3.	1439 Matt CUMMINGS	Not Applicable	Individual	57:06	56:45	3.	3.	7:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	3.	1113 Will EDWARDS	Not Applicable	Team Tcf	1:08:02	1:08:02	3.	3.	8:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	4.	1517 Karl SANDILANDS	Not Applicable	13 Fitness Team 1	56:58	56:54	4.	4.	7:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	4.	681 Matthew ADLEM	Not Applicable	Individual	55:29	54:35	4.	4.	6:46	0.0%
2021 Whole Hog 5m (30+ obstacles)	4.	1199 Nathan MORRISON-WHEELER	Not Applicable	Individual	1:08:51	1:08:27	4.	4.	8:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	4.	324 Richard CRANE	Not Applicable	Act	52:54	52:27	4.	4.	6:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	5.	1432 Alex COLDWELL	Not Applicable	13 Fitness Team 1	57:09	57:07	5.	5.	7:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	5.	1118 Chris FORD	Not Applicable	Team Tcf	1:09:03	1:08:53	5.	5.	8:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	5.	407 Gary RUSSELL	Not Applicable	Power Hour 2	53:17	52:54	5.	5.	6:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	5.	690 Shaun BAILEY	Not Applicable	Individual	55:39	54:45	5.	5.	6:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	6.	1132 David GREEN	Not Applicable	Individual	1:09:59	1:09:51	6.	6.	8:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	6.	1431 James COLCHESTER	Not Applicable	13 Fitness Team 6	57:14	57:10	6.	6.	7:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	6.	721 Tristan COLLINS-STIFF	Not Applicable	A Brighter Team 1 (ormiston Far	55:45	55:40	6.	6.	6:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	6.	331 Wayne DUFF-GODFREY	Not Applicable	Act	1:01:03	1:00:37	6.	6.	7:31	0.0%
2021 Whole Hog 5m (30+ obstacles)	7.	799 Allan MYATT	Not Applicable	A Brighter Team 3 (ormiston Far	58:38	58:32	7.	7.	7:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	7.	305 Carl BERRIMAN	Not Applicable	Individual	1:01:15	1:00:57	7.	7.	7:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	7.	1134 Mike GREEN	Not Applicable	Individual	1:09:59	1:09:51	7.	7.	8:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	7.	1472 Sam HARDWICK	Not Applicable	13 Fitness Team 3	1:00:10	1:00:07	7.	7.	7:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	8.	784 Graeme MATEER	Not Applicable	A Brighter Team 3 (ormiston Far	58:51	58:45	8.	8.	7:18	0.0%
2021 Whole Hog 5m (30+ obstacles)	8.	1133 Joel GREEN	Not Applicable	Individual	1:10:00	1:09:52	8.	8.	8:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	8.	408 Lauren RUSSELL	Not Applicable	Power Hour 2	1:04:30	1:04:06	1.	1.	7:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	8.	1529 Nicola STACEY	Not Applicable	Individual	1:00:46	1:00:27	1.	1.	7:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	9.	746 Darren GORE	Not Applicable	Individual	1:00:43	1:00:00	9.	9.	7:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	9.	1110 Duncan EDWARDS	Not Applicable	Team Tcf	1:10:11	1:10:00	9.	9.	8:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	9.	312 Thomas BUCKLEY-SMITH	Not Applicable	Gascoynes	1:05:49	1:05:23	8.	8.	8:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	9.	1473 Tommy HARDWICK	Not Applicable	13 Fitness Team 3	1:01:09	1:01:07	8.	8.	7:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	10.	411 Callum SCOTT	Not Applicable	Gascoynes	1:05:49	1:05:24	9.	9.	8:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	10.	1080 Craig CHADWICK	Not Applicable	Team Tcf	1:12:28	1:12:17	10.	10.	8:58	0.0%
2021 Whole Hog 5m (30+ obstacles)	10.	1470 Joanne HARDWICK	Not Applicable	13 Fitness Team 3	1:02:43	1:02:40	2.	2.	7:47	0.0%
2021 Whole Hog 5m (30+ obstacles)	10.	768 Steve JONES	Not Applicable	A Brighter Team 2 (ormiston Far	1:00:43	1:00:43	10.	10.	7:32	0.0%
2021 Whole Hog 5m (30+ obstacles)	11.	319 Aaron CHENERY	Not Applicable	Individual	1:06:33	1:05:59	10.	10.	8:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	11.	756 Dean HARVEY	Not Applicable	A Brighter Team 2 (ormiston Far	1:01:05	1:01:01	11.	11.	7:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	11.	1512 Shea PROCTOR	Not Applicable	Buckle Up	1:06:22	1:05:49	9.	9.	8:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	11.	1093 Tim COURRIDGE	Not Applicable	Team Tcf	1:12:28	1:12:20	11.	11.	8:59	0.0%
2021 Whole Hog 5m (30+ obstacles)	12.	405 Daniel ROYAL	Not Applicable	Gascoynes	1:10:28	1:09:39	11.	11.	8:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	12.	1451 James ELLUL	Not Applicable	Buckle Up	1:06:13	1:06:13	10.	10.	8:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	12.	798 Steven MURFITT	Not Applicable	Individual	1:02:50	1:02:07	12.	12.	7:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	12.	1184 Vanessa MALLOWS	Not Applicable	Wheatacre Warriors	1:12:51	1:12:30	1.	1.	9:00	0.0%
2021 Whole Hog 5m (30+ obstacles)	13.	1096 Colin DAVEY	Not Applicable	Wheatacre Warriors	1:12:51	1:12:51	12.	12.	9:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	13.	813 Katie ROBINSON	Not Applicable	Individual	1:08:13	1:07:20	1.	1.	8:21	0.0%
2021 Whole Hog 5m (30+ obstacles)	13.	415 Marc SIMMONDS	Not Applicable	Gtc Team	1:11:20	1:10:50	12.	12.	8:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	13.	1464 Mark GOODINGS	Not Applicable	13 Fitness Team 4	1:13:17	1:13:10	11.	11.	9:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	14.	359 Allan HUNT	Not Applicable	Individual	1:11:20	1:11:20	13.	13.	8:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	14.	836 Catherine STEWART	Not Applicable	Individual	1:11:13	1:10:10	2.	2.	8:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	14.	1543 Paul WORRALL	Not Applicable	13 Fitness Team 4	1:13:26	1:13:19	12.	12.	9:06	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	14.	1254 Vicky WESTLAKE	Not Applicable	Mud Pack	1:14:36	1:13:25	2.	2.	9:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	15.	735 Dan FARTHING	Not Applicable	Decorateuk	1:11:13	1:10:11	13.	13.	8:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	15.	1142 Martyn HAZELL	Not Applicable	Mud Pack	1:14:37	1:13:28	13.	13.	9:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	15.	418 Matthew SPURLING	Not Applicable	Gascoynes	1:11:46	1:11:21	14.	14.	8:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	15.	1514 Mike REEVE	Not Applicable	13 Fitness Team 4	1:13:38	1:13:32	13.	13.	9:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	16.	424 Ben TIBBLES	Not Applicable	Gascoynes	1:14:20	1:13:55	15.	15.	9:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	16.	808 Frankie REGAN	Not Applicable	A Brighter Team 3 (ormiston Farr	1:16:04	1:16:00	14.	14.	9:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	16.	1538 Kat VASILEVSKI	Not Applicable	13 Fitness Team 4	1:13:54	1:13:47	3.	3.	9:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	16.	1108 Paul DYE	Not Applicable	Team Tcf	1:17:41	1:17:29	14.	14.	9:37	0.0%
2021 Whole Hog 5m (30+ obstacles)	17.	694 Anya BAULY	Not Applicable	A Brighter Team 1 (ormiston Farr	1:16:07	1:16:04	3.	3.	9:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	17.	1428 Charles CLARK	Not Applicable	Buckle Up	1:17:06	1:16:33	14.	14.	9:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	17.	378 Tyler MARSHALL	Not Applicable	Individual	1:15:50	1:15:00	16.	16.	9:19	0.0%
2021 Whole Hog 5m (30+ obstacles)	17.	1114 Zara EDWARDS	Not Applicable	Team Tcf	1:17:44	1:17:33	3.	3.	9:38	0.0%
2021 Whole Hog 5m (30+ obstacles)	18.	1178 Kara LAMBERT	Not Applicable	Individual	1:18:09	1:17:49	4.	4.	9:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	18.	1510 Karen PLATT	Not Applicable	Buckle Up	1:17:10	1:16:37	4.	4.	9:31	0.0%
2021 Whole Hog 5m (30+ obstacles)	18.	356 Peter HOPSON	Not Applicable	Individual	1:16:03	1:15:35	17.	17.	9:23	0.0%
2021 Whole Hog 5m (30+ obstacles)	18.	724 Sam DARR	Not Applicable	A Brighter Team 1 (ormiston Farr	1:16:15	1:16:15	15.	15.	9:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	19.	388 Hannah MUNDAY	Not Applicable	Happy Mundays	1:16:26	1:15:52	2.	2.	9:25	0.0%
2021 Whole Hog 5m (30+ obstacles)	19.	854 Paul WILLEY	Not Applicable	Kettle Bell Divas	1:18:40	1:17:58	16.	16.	9:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	19.	1216 Samantha RICHES	Not Applicable	Individual	1:18:09	1:17:49	5.	5.	9:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	19.	1408 Wesley ADAMS	Not Applicable	Buckle Up	1:17:07	1:16:44	15.	15.	9:32	0.0%
2021 Whole Hog 5m (30+ obstacles)	20.	1090 Abigail CONNELLY	Not Applicable	Eat, Sleep, Mud, Repeat	1:19:49	1:19:06	6.	6.	9:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	20.	387 Christopher MUNDAY	Not Applicable	Happy Mundays	1:16:26	1:15:52	18.	18.	9:25	0.0%
2021 Whole Hog 5m (30+ obstacles)	20.	1535 Ethan THACKERAY	Not Applicable	Gft Bootcamp	1:21:27	1:21:27	16.	16.	10:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	20.	814 Nicola ROBINSON	Not Applicable	Individual	1:18:34	1:18:03	4.	4.	9:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	21.	313 Alex BURROWS	Not Applicable	Act	1:16:58	1:16:31	19.	19.	9:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	21.	1062 David BLACK	Not Applicable	Eat, Sleep, Mud, Repeat	1:19:49	1:19:07	15.	15.	9:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	21.	1526 Matthew SKILTON	Not Applicable	Individual	1:21:51	1:21:32	17.	17.	10:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	21.	815 William ROBINSON	Not Applicable	Individual	1:19:01	1:18:30	17.	17.	9:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	22.	1516 Alicia ROSE	Not Applicable	Individual	1:23:22	1:23:05	5.	5.	10:19	0.0%
2021 Whole Hog 5m (30+ obstacles)	22.	1058 Andrew BERRY	Not Applicable	Individual	1:22:10	1:21:45	16.	16.	10:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	22.	377 Lewis MANN	Not Applicable	Gtc Team	1:18:51	1:18:12	20.	20.	9:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	22.	848 Nikki VINCE	Not Applicable	A Brighter Team 4 (ormiston Farr	1:18:54	1:18:47	5.	5.	9:47	0.0%
2021 Whole Hog 5m (30+ obstacles)	23.	682 Ant AGAR	Not Applicable	Individual	1:21:11	1:20:07	18.	18.	9:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	23.	1256 Clare WIGG	Not Applicable	Individual	1:22:12	1:21:47	7.	7.	10:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	23.	1505 Emily PATERSON	Not Applicable	Individual	1:23:22	1:23:05	6.	6.	10:19	0.0%
2021 Whole Hog 5m (30+ obstacles)	23.	395 Paul PERJU	Not Applicable	Gtc Team	1:18:53	1:18:14	21.	21.	9:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	24.	684 Alice ALICE	Not Applicable	Individual	1:21:09	1:20:14	6.	6.	9:58	0.0%
2021 Whole Hog 5m (30+ obstacles)	24.	1243 Daniel THOMPSON	Not Applicable	Woolverstone Mudlarks	1:22:43	1:22:07	17.	17.	10:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	24.	1469 John HANNEN	Not Applicable	Individual	1:23:34	1:23:12	18.	18.	10:20	0.0%
2021 Whole Hog 5m (30+ obstacles)	24.	351 Katarzyna HALADUS	Not Applicable	Power Hour 2	1:18:59	1:18:40	3.	3.	9:46	0.0%
2021 Whole Hog 5m (30+ obstacles)	25.	683 Chloe AGAR	Not Applicable	Individual	1:21:13	1:20:19	7.	7.	9:58	0.0%
2021 Whole Hog 5m (30+ obstacles)	25.	262 Corrina TURNER	Not Applicable	Gtc Team Boss	1:23:18	1:22:41	4.	4.	10:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	25.	1237 Karl STEGGLES	Not Applicable	Team Tcf	1:22:43	1:22:32	18.	18.	10:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	25.	1511 William POOLEY	Not Applicable	Individual	1:23:34	1:23:12	19.	19.	10:20	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	26.	412 James SCOTT	Not Applicable	Individual	1:23:24	1:23:02	22.	22.	10:19	0.0%
2021 Whole Hog 5m (30+ obstacles)	26.	844 Kate THOMAS	Not Applicable	A Brighter Team 4 (ormiston Farr	1:20:29	1:20:22	8.	8.	9:59	0.0%
2021 Whole Hog 5m (30+ obstacles)	26.	1426 Rachele BUTTON	Not Applicable	13 Fitness Team 5	1:26:31	1:26:26	7.	7.	10:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	26.	1111 Sarah EDWARDS	Not Applicable	Team Tcf	1:22:47	1:22:36	8.	8.	10:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	27.	1180 Amy LEABON	Not Applicable	Individual	1:22:48	1:22:38	9.	9.	10:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	27.	1479 Ben HYLAND	Not Applicable	13 Fitness Team 5	1:26:32	1:26:27	20.	20.	10:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	27.	370 Hannah KHAN	Not Applicable	Individual	1:24:12	1:23:14	5.	5.	10:20	0.0%
2021 Whole Hog 5m (30+ obstacles)	27.	811 Matt RISBY	Not Applicable	Individual	1:22:48	1:21:42	19.	19.	10:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	28.	744 James GOODING	Not Applicable	Individual	1:22:49	1:21:44	20.	20.	10:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	28.	1101 Libby DEAN	Not Applicable	Individual	1:25:34	1:25:00	10.	10.	10:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	28.	433 Mike WOLFE	Not Applicable	Individual	1:24:37	1:24:02	23.	23.	10:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	28.	1483 Nathan JOHNSON	Not Applicable	Individual	1:27:31	1:27:00	21.	21.	10:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	29.	1421 Daniel BROADBENT	Not Applicable	Individual	1:27:35	1:27:02	22.	22.	10:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	29.	417 James SMYTHE	Not Applicable	Individual	1:25:59	1:25:46	24.	24.	10:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	29.	1234 Laura SOUTHCOTT	Not Applicable	Individual	1:26:05	1:25:25	11.	11.	10:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	29.	734 Neil EVANS	Not Applicable	Killik Hogs	1:23:00	1:21:54	21.	21.	10:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	30.	759 Alan HILLYARD	Not Applicable	Killik Hogs	1:23:01	1:21:57	22.	22.	10:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	30.	1051 Kate BAGLEY	Not Applicable	Woolverstone Mudlarks	1:27:12	1:26:36	12.	12.	10:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	30.	1457 Kendra GARNHAM	Not Applicable	13 Fitness Team 5	1:28:03	1:27:58	8.	8.	10:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	30.	382 Lauren MEADOWS	Not Applicable	Individual	1:26:01	1:25:48	6.	6.	10:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	31.	1065 Chris BLOM	Not Applicable	Individual	1:28:13	1:27:38	19.	19.	10:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	31.	327 John DAVIES	Not Applicable	Whole Hogggers	1:26:40	1:25:48	25.	25.	10:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	31.	766 Louise IRELAND	Not Applicable	Individual	1:22:33	1:22:04	9.	9.	10:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	31.	1412 Sadie ANDERSON	Not Applicable	13 Fitness Team 5	1:29:08	1:29:03	9.	9.	11:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	32.	1494 Jack MACLEAN	Not Applicable	Individual	1:29:42	1:29:19	23.	23.	11:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	32.	1047 Jane ARCHER	Not Applicable	Team Tcf	1:28:28	1:28:16	13.	13.	10:58	0.0%
2021 Whole Hog 5m (30+ obstacles)	32.	707 Richard BURRELL	Not Applicable	Individual	1:22:32	1:22:05	23.	23.	10:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	32.	371 Zita KINGSBURY	Not Applicable	Whole Hogggers	1:26:39	1:25:49	7.	7.	10:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	33.	818 Alex ROWLAND	Not Applicable	A Brighter Team 3 (ormiston Farr	1:24:43	1:24:28	24.	24.	10:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	33.	353 Joff HAYES	Not Applicable	Whole Hogggers	1:26:53	1:26:03	26.	26.	10:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	33.	1240 Lee STOYLES	Not Applicable	Team Tcf	1:28:30	1:28:17	20.	20.	10:58	0.0%
2021 Whole Hog 5m (30+ obstacles)	33.	1509 Sophie PITMAN	Not Applicable	13 Fitness Team 6	1:29:35	1:29:31	10.	10.	11:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	34.	804 Jay PAUL	Not Applicable	A Brighter Team 3 (ormiston Farr	1:24:44	1:24:29	25.	25.	10:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	34.	409 Mary RUSSELL	Not Applicable	Whole Hogggers	1:27:22	1:26:32	8.	8.	10:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	34.	1423 Mel BROXTON	Not Applicable	13 Fitness Team 6	1:29:35	1:29:31	11.	11.	11:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	34.	1141 Patrick HAYDON	Not Applicable	Team Tcf	1:28:34	1:28:25	21.	21.	10:59	0.0%
2021 Whole Hog 5m (30+ obstacles)	35.	849 Elana WALKER	Not Applicable	A Brighter Team 4 (ormiston Farr	1:24:43	1:24:29	10.	10.	10:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	35.	1091 Luke COSTER-REEVE	Not Applicable	Average Joe's	1:29:56	1:29:12	22.	22.	11:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	35.	71 Mike DOYLE	Not Applicable	Individual	1:27:51	1:27:13	27.	27.	10:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	35.	1453 Paige FISHER	Not Applicable	Nr Health Club	1:30:31	1:29:44	12.	12.	11:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	36.	1136 Adam GRIMWOOD	Not Applicable	Average Joe's	1:29:56	1:29:12	23.	23.	11:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	36.	376 Andrew MANN	Not Applicable	Whole Hogggers	1:28:22	1:27:31	28.	28.	10:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	36.	789 Loni MEADOWS	Not Applicable	A Brighter Team 3 (ormiston Farr	1:26:40	1:26:24	11.	11.	10:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	36.	1430 Lora CLOKE	Not Applicable	Nr Health Club	1:30:31	1:29:45	13.	13.	11:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	37.	1185 Ben MANLEY	Not Applicable	Average Joe's	1:29:56	1:29:14	24.	24.	11:05	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	37.	795 Bex MORLEY	Not Applicable	A Brighter Team 3 (ormiston Farr	1:26:39	1:26:35	12.	12.	10:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	37.	1452 Eleanor FISHER	Not Applicable	Individual	1:31:16	1:30:55	14.	14.	11:17	0.0%
2021 Whole Hog 5m (30+ obstacles)	37.	40 Noah CATLEY	Not Applicable	Individual	1:28:14	1:27:37	29.	29.	10:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	38.	805 Chris PECK	Not Applicable	A Brighter Team 3 (ormiston Farr	1:27:45	1:27:28	26.	26.	10:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	38.	333 Colin ELLIS	Not Applicable	Individual	1:30:41	1:29:54	30.	30.	11:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	38.	1092 Jessica COUNSELL	Not Applicable	Individual	1:31:06	1:30:11	14.	14.	11:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	38.	1521 Josh SEALE	Not Applicable	13 Fitness Team 2	1:31:51	1:31:48	24.	24.	11:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	39.	347 Craig GOODRUM	Not Applicable	Individual	1:30:41	1:29:54	31.	31.	11:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	39.	732 Daniel DUNCAN	Not Applicable	A Brighter Team 2 (ormiston Farr	1:27:46	1:27:29	27.	27.	10:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	39.	1208 Ellie PEPPER	Not Applicable	Individual	1:31:07	1:30:13	15.	15.	11:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	39.	1542 Glenn WILLIAMSON	Not Applicable	13 Fitness Team 2	1:31:51	1:31:48	25.	25.	11:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	40.	1121 Ali FOX	Not Applicable	Individual	1:30:45	1:30:20	16.	16.	11:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	40.	810 Chris RIPPER	Not Applicable	A Brighter Team 3 (ormiston Farr	1:28:05	1:27:50	28.	28.	10:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	40.	1491 Daniel LANGFORD	Not Applicable	13 Fitness Team 2	1:31:51	1:31:48	26.	26.	11:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	40.	369 Oliver KAM	Not Applicable	Gtc Team	1:30:53	1:30:17	32.	32.	11:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	41.	1160 Hannah ISSETT	Not Applicable	Individual	1:30:46	1:30:20	17.	17.	11:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	41.	386 Liam MOSS	Not Applicable	Friendle Hoggers	1:32:43	1:32:23	33.	33.	11:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	41.	1461 Matt GIRT	Not Applicable	13 Fitness Team 2	1:31:51	1:31:49	27.	27.	11:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	41.	706 Tatiana BURDUJA	Not Applicable	A Brighter Team 1 (ormiston Farr	1:28:09	1:27:54	13.	13.	10:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	42.	1217 Amanda RIVERS	Not Applicable	Individual	1:30:46	1:30:21	18.	18.	11:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	42.	1490 Anna LANGFORD	Not Applicable	13 Fitness Team 2	1:31:52	1:31:49	15.	15.	11:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	42.	857 Daniel WOOLLARD	Not Applicable	Individual	1:29:31	1:28:25	29.	29.	10:59	0.0%
2021 Whole Hog 5m (30+ obstacles)	42.	200 Katherine WALLACE	Not Applicable	Power Hour 1	1:33:31	1:33:12	9.	9.	11:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	43.	1468 Georgina HAMILTON-SHAW	Not Applicable	Individual	1:33:09	1:32:47	16.	16.	11:31	0.0%
2021 Whole Hog 5m (30+ obstacles)	43.	1116 Jo FEATHERSTONE	Not Applicable	Individual	1:30:46	1:30:21	19.	19.	11:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	43.	763 Robert HOWELL	Not Applicable	Individual	1:29:33	1:28:27	30.	30.	10:59	0.0%
2021 Whole Hog 5m (30+ obstacles)	43.	345 Samantha AVES	Not Applicable	Power Hour 2	1:33:32	1:33:12	10.	10.	11:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	44.	1094 Beverley CUMMINGS	Not Applicable	Individual	1:33:09	1:32:48	17.	17.	11:31	0.0%
2021 Whole Hog 5m (30+ obstacles)	44.	1197 Georgina MORRISON	Not Applicable	Individual	1:33:25	1:33:00	20.	20.	11:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	44.	705 Graham BURCHELL	Not Applicable	A Brighter Team 1 (ormiston Farr	1:29:11	1:28:56	31.	31.	11:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	44.	8 Nicola HARRATT	Not Applicable	Power Hour 1	1:33:32	1:33:13	11.	11.	11:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	45.	1224 Carina SEWELL	Not Applicable	Individual	1:33:59	1:33:00	21.	21.	11:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	45.	302 Colin BENDELL	Not Applicable	Individual	1:34:05	1:33:16	34.	34.	11:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	45.	858 Jason WOOLLARD	Not Applicable	Individual	1:31:15	1:30:09	32.	32.	11:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	45.	1410 Kai AMIN-WETZEL	Not Applicable	The Filthy Unicorns	1:38:23	1:37:58	28.	28.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	46.	1486 Eva KAULICH	Not Applicable	The Filthy Unicorns	1:38:23	1:37:58	18.	18.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	46.	1165 Laura JENKINS	Not Applicable	Individual	1:33:25	1:33:00	22.	22.	11:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	46.	817 Nicola ROSSITER	Not Applicable	Individual	1:30:44	1:30:14	14.	14.	11:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	46.	301 Sean BEER	Not Applicable	Individual	1:34:05	1:33:16	35.	35.	11:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	47.	1415 Alexander BERRIDGE	Not Applicable	The Filthy Unicorns	1:38:24	1:37:59	29.	29.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	47.	1123 Frances FREEMAN	Not Applicable	Individual	1:34:45	1:33:51	23.	23.	11:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	47.	300 Kimberley BEER	Not Applicable	Individual	1:34:05	1:33:16	12.	12.	11:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	47.	796 Laura MORTLOCK	Not Applicable	Individual	1:30:42	1:30:42	15.	15.	11:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	48.	1500 Christopher MILLINGTON	Not Applicable	The Filthy Unicorns	1:38:24	1:38:00	30.	30.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	48.	1258 Georgie WOOD	Not Applicable	Individual	1:34:01	1:34:01	25.	25.	11:41	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	48.	303 Julie BENDELL	Not Applicable	Individual	1:34:05	1:33:18	13.	13.	11:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	48.	778 Nigel MAGUIRE	Not Applicable	A Brighter Team 4 (ormiston Farr	1:31:22	1:31:14	33.	33.	11:20	0.0%
2021 Whole Hog 5m (30+ obstacles)	49.	716 Alex CHATER	Not Applicable	A Brighter Team 4 (ormiston Farr	1:31:21	1:31:14	16.	16.	11:20	0.0%
2021 Whole Hog 5m (30+ obstacles)	49.	380 Andy MASSINGHAM	Not Applicable	Individual	1:34:49	1:33:56	36.	36.	11:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	49.	1539 Katarina VENCJUNA	Not Applicable	The Filthy Unicorns	1:38:24	1:38:00	19.	19.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	49.	934 Martin GREGORY	Not Applicable	Individual	1:35:54	1:35:20	26.	26.	11:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	50.	840 Alastair SWIFT	Not Applicable	Individual	1:33:13	1:32:54	34.	34.	11:32	0.0%
2021 Whole Hog 5m (30+ obstacles)	50.	960 Clark LANDGREBE	Not Applicable	Individual	1:35:54	1:35:20	27.	27.	11:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	50.	1544 Jun ZHAN	Not Applicable	The Filthy Unicorns	1:38:23	1:38:00	31.	31.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	50.	383 Laura MELVILLE	Not Applicable	Martlesham Leisure	1:34:50	1:34:02	14.	14.	11:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	51.	841 Alexander SWIFT	Not Applicable	Individual	1:33:14	1:32:54	35.	35.	11:32	0.0%
2021 Whole Hog 5m (30+ obstacles)	51.	1463 Donna GOLACH	Not Applicable	The Filthy Unicorns	1:38:24	1:38:00	20.	20.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	51.	1074 Libbie BUSH	Not Applicable	Woolverstone Mudlarks	1:40:25	1:39:50	24.	24.	12:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	51.	322 Sharon CLOUD	Not Applicable	Individual	1:34:51	1:34:03	15.	15.	11:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	52.	1190 Emilia MAYHEW	Not Applicable	Woolverstone Mudlarks	1:40:26	1:39:51	25.	25.	12:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	52.	691 Hannah BANYARD	Not Applicable	Witnesham Warriors	1:36:39	1:35:42	17.	17.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	52.	372 Jenny LAST	Not Applicable	Martlesham Leisure	1:34:51	1:34:03	16.	16.	11:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	52.	1532 Maksims SVECOVS	Not Applicable	The Filthy Unicorns	1:38:24	1:38:01	32.	32.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	53.	812 Ali ROBERTS	Not Applicable	Witnesham Warriors	1:36:40	1:35:42	18.	18.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	53.	1503 Lisa NEIDHARDT	Not Applicable	The Filthy Unicorns	1:38:24	1:38:01	21.	21.	12:10	0.0%
2021 Whole Hog 5m (30+ obstacles)	53.	1251 Nade WARD	Not Applicable	Team Big C	1:43:07	1:42:25	28.	28.	12:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	53.	114 Steph HASSELDER	Not Applicable	Individual	1:35:18	1:34:06	17.	17.	11:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	54.	816 Hannah ROOTS	Not Applicable	Witnesham Warriors	1:36:39	1:35:43	19.	19.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	54.	113 Johan HASSELDER	Not Applicable	Individual	1:35:18	1:34:06	37.	37.	11:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	54.	1448 Lottie DURRANT	Not Applicable	Individual	1:38:45	1:38:08	33.	33.	12:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	54.	1248 Megan UTTING	Not Applicable	Team Big C	1:43:08	1:42:25	26.	26.	12:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	55.	831 Faye SMITH	Not Applicable	Witnesham Warriors	1:36:40	1:35:43	20.	20.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	55.	1434 Isobel COOPER	Not Applicable	Individual	1:38:46	1:38:08	22.	22.	12:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	55.	1056 Jake BEALES	Not Applicable	Team Big C	1:43:08	1:42:25	29.	29.	12:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	55.	298 Natasha ARCULEO	Not Applicable	Act	1:36:28	1:36:01	18.	18.	11:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	56.	711 Clare CARR	Not Applicable	Witnesham Warriors	1:36:39	1:35:44	21.	21.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	56.	379 Kirsty MASON	Not Applicable	Act	1:36:28	1:36:02	19.	19.	11:56	0.0%
2021 Whole Hog 5m (30+ obstacles)	56.	1100 Louise DEACON	Not Applicable	Team Big C	1:43:11	1:42:27	27.	27.	12:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	56.	1449 Sam DURRANT	Not Applicable	Individual	1:38:49	1:38:11	34.	34.	12:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	57.	1209 Hannah PHOENIX	Not Applicable	Team Big C	1:43:09	1:42:27	28.	28.	12:43	0.0%
2021 Whole Hog 5m (30+ obstacles)	57.	715 Helen CHAMBERS	Not Applicable	Witnesham Warriors	1:36:40	1:35:44	22.	22.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	57.	393 Lauren PARKER	Not Applicable	Individual	1:37:42	1:36:55	20.	20.	12:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	57.	1409 Liam ALGAR	Not Applicable	Individual	1:38:49	1:38:12	35.	35.	12:12	0.0%
2021 Whole Hog 5m (30+ obstacles)	58.	434 Hayley WOOLNOUGH	Not Applicable	Individual	1:37:42	1:36:55	21.	21.	12:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	58.	1545 Lily TAYLOR	Not Applicable	Individual	1:41:54	1:41:07	23.	23.	12:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	58.	1212 Olivia READ	Not Applicable	Team Big C	1:43:10	1:42:29	29.	29.	12:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	58.	821 Sarah SCARLETT	Not Applicable	Witnesham Warriors	1:36:40	1:35:44	23.	23.	11:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	59.	410 Claire SAUNDERS	Not Applicable	Individual	1:46:10	1:45:34	22.	22.	13:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	59.	1148 David HOOLEY	Not Applicable	Individual	1:43:22	1:42:29	30.	30.	12:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	59.	832 Hannah SMITH	Not Applicable	Witnesham Warriors	1:36:40	1:35:45	24.	24.	11:53	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	59.	1533 Henry TAYLOR	Not Applicable	The Trotters	1:41:55	1:41:08	36.	36.	12:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	60.	1513 Andrew REED	Not Applicable	The Trotters	1:41:55	1:41:21	37.	37.	12:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	60.	1079 Georgie CARR	Not Applicable	Individual	1:43:23	1:42:30	30.	30.	12:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	60.	335 Nathan ELLIS	Not Applicable	Individual	1:46:09	1:45:34	38.	38.	13:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	60.	826 Yazmine SIEVEY	Not Applicable	A Brighter Team 3 (ormiston Farr	1:37:08	1:36:53	25.	25.	12:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	61.	797 Ami MOTHERSOLE	Not Applicable	A Brighter Team 3 (ormiston Farr	1:37:08	1:36:53	26.	26.	12:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	61.	1475 Andrew HENDRY	Not Applicable	The Trotters	1:41:55	1:41:22	38.	38.	12:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	61.	1064 Elena BLAKEY	Not Applicable	Team Big C	1:43:14	1:42:30	31.	31.	12:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	61.	403 Luke RICHARDSON	Not Applicable	Individual	1:46:09	1:45:34	39.	39.	13:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	62.	1534 Ian TAYLOR	Not Applicable	The Trotters	1:41:55	1:41:22	39.	39.	12:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	62.	1139 Kyle HALIL	Not Applicable	Team Tcf	1:44:05	1:43:52	32.	32.	12:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	62.	334 Michelle ELLIS	Not Applicable	Individual	1:46:12	1:45:35	23.	23.	13:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	62.	783 Sarah MARRIOTT	Not Applicable	The Ratty Racers	1:37:59	1:37:29	27.	27.	12:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	63.	1394 Danny TURNBULL	Not Applicable	Individual	1:41:57	1:41:23	40.	40.	12:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	63.	1107 Joanne DYE	Not Applicable	Team Tcf	1:44:05	1:43:52	31.	31.	12:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	63.	698 Karl BOLDERSON	Not Applicable	The Ratty Racers	1:37:59	1:37:29	36.	36.	12:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	63.	164 Nathan LLOYD	Not Applicable	Mother Of All Hogs	1:46:16	1:46:11	40.	40.	13:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	64.	833 Chris SPURLING	Not Applicable	The Ratty Racers	1:38:00	1:37:29	37.	37.	12:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	64.	1447 Lizzie DRURY	Not Applicable	Bedingfield Beavers	1:53:37	1:53:05	24.	24.	14:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	64.	1109 Sophie DYE	Not Applicable	Team Tcf	1:44:05	1:43:52	32.	32.	12:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	64.	58 Tom CRANE	Not Applicable	Individual	1:48:37	1:47:59	41.	41.	13:25	0.0%
2021 Whole Hog 5m (30+ obstacles)	65.	1179 Christopher LARKIN	Not Applicable	Individual	1:47:28	1:46:46	33.	33.	13:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	65.	1454 Ellen FOSKER	Not Applicable	Bedingfield Beavers	1:53:37	1:53:05	25.	25.	14:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	65.	105 Mikey GWYER	Not Applicable	Individual	1:48:49	1:48:12	42.	42.	13:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	65.	699 Victoria BOLDERSON	Not Applicable	The Ratty Racers	1:38:00	1:37:30	28.	28.	12:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	66.	1130 Dave GOLDING	Not Applicable	Individual	1:47:28	1:46:47	34.	34.	13:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	66.	762 Elena HOWARD	Not Applicable	Individual	1:40:42	1:40:11	29.	29.	12:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	66.	1441 Kelly CURTIS	Not Applicable	Bedingfield Beavers	1:53:37	1:53:06	26.	26.	14:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	66.	406 Rebecca RUSH	Not Applicable	Gtc Team	1:49:07	1:48:38	24.	24.	13:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	67.	1523 Andrea SILLITOE	Not Applicable	Individual	1:55:06	1:54:46	41.	41.	14:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	67.	402 Chris RAVEN	Not Applicable	Omg We're Running What Now?	1:54:00	1:53:13	43.	43.	14:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	67.	1143 Daryl HEARSUM	Not Applicable	Individual	1:48:18	1:47:05	35.	35.	13:18	0.0%
2021 Whole Hog 5m (30+ obstacles)	67.	773 Donna LAVERY	Not Applicable	Individual	1:40:48	1:40:16	30.	30.	12:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	68.	1105 Chris DORLING	Not Applicable	Team Rocket	1:48:58	1:47:47	36.	36.	13:23	0.0%
2021 Whole Hog 5m (30+ obstacles)	68.	1522 Krishna SHAH	Not Applicable	Individual	1:55:06	1:54:46	27.	27.	14:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	68.	726 Sam DAVIDSON	Not Applicable	Muddy Buggers	1:49:52	1:48:47	31.	31.	13:31	0.0%
2021 Whole Hog 5m (30+ obstacles)	68.	431 Victoria WILLIAMS	Not Applicable	Omg We're Running What Now?	1:53:59	1:53:13	25.	25.	14:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	69.	316 Alison CASS	Not Applicable	Omg We're Running What Now?	1:53:59	1:53:13	26.	26.	14:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	69.	801 Andrew O'DONNELL	Not Applicable	Ssa Gents	1:56:00	1:54:52	38.	38.	14:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	69.	1530 Craig STUART	Not Applicable	The Mathletes	1:55:56	1:55:10	42.	42.	14:18	0.0%
2021 Whole Hog 5m (30+ obstacles)	69.	1106 Reece DORLING	Not Applicable	Team Rocket	1:48:58	1:47:47	37.	37.	13:23	0.0%
2021 Whole Hog 5m (30+ obstacles)	70.	1135 Eyrin GRIGGS	Not Applicable	Individual	1:48:09	1:47:56	33.	33.	13:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	70.	385 Helen MORGAN	Not Applicable	Omg We're Running What Now?	1:53:59	1:53:13	27.	27.	14:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	70.	1411 Maddy ANDERS	Not Applicable	Individual	1:55:57	1:55:10	28.	28.	14:18	0.0%
2021 Whole Hog 5m (30+ obstacles)	70.	739 Rachel FOX	Not Applicable	Individual	1:56:01	1:54:53	32.	32.	14:16	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	71.	1128 James GILL	Not Applicable	Individual	1:48:10	1:47:57	38.	38.	13:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	71.	774 Jodie LAWRENCE	Not Applicable	Individual	1:56:03	1:54:54	33.	33.	14:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	71.	1495 Lottie MCCROSTIE	Not Applicable	Individual	1:56:27	1:55:52	29.	29.	14:23	0.0%
2021 Whole Hog 5m (30+ obstacles)	71.	317 Simon CASS	Not Applicable	Omg We're Running What Now?	1:54:02	1:53:17	44.	44.	14:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	72.	350 Alex GRAINGER	Not Applicable	Omg We're Running What Now?	1:54:22	1:53:36	45.	45.	14:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	72.	1537 Daniel TIDNAM	Not Applicable	Individual	1:56:27	1:55:53	43.	43.	14:24	0.0%
2021 Whole Hog 5m (30+ obstacles)	72.	779 Joe MANNING	Not Applicable	Ssa Gents	1:56:03	1:54:56	39.	39.	14:16	0.0%
2021 Whole Hog 5m (30+ obstacles)	72.	1215 Marc REEVELEY	Not Applicable	Individual	1:48:17	1:48:17	39.	39.	13:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	73.	835 Anna STERLING	Not Applicable	Ssa Ladies	1:59:21	1:58:15	34.	34.	14:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	73.	426 Marianne WALLS	Not Applicable	The Three Amigos	1:57:54	1:56:37	28.	28.	14:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	73.	1205 Martin PARKER	Not Applicable	Individual	1:51:57	1:51:04	40.	40.	13:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	73.	1419 Tom BRADDOCK	Not Applicable	Individual	1:56:27	1:56:27	44.	44.	14:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	74.	401 Emma RANSOME	Not Applicable	The Three Amigos	1:57:55	1:56:37	29.	29.	14:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	74.	859 Julie YALLOP	Not Applicable	Ssa Ladies	1:59:22	1:58:17	35.	35.	14:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	74.	1171 Lewis JONES	Not Applicable	Individual	1:52:00	1:51:06	41.	41.	13:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	74.	1425 Scott BUTTERS	Not Applicable	Nr Health Club	1:58:02	1:57:17	45.	45.	14:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	75.	751 Ben GRAY	Not Applicable	Ssa Gents	2:00:09	1:59:03	40.	40.	14:47	0.0%
2021 Whole Hog 5m (30+ obstacles)	75.	307 Jannette BLOOM	Not Applicable	Crazy Crew	1:58:28	1:58:21	30.	30.	14:42	0.0%
2021 Whole Hog 5m (30+ obstacles)	75.	1175 Sharon KEENAN	Not Applicable	Individual	1:52:37	1:51:42	34.	34.	13:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	75.	1496 Steve MCWILLIAMS	Not Applicable	Nr Health Club	1:58:11	1:57:25	46.	46.	14:35	0.0%
2021 Whole Hog 5m (30+ obstacles)	76.	802 Andy OFFORD	Not Applicable	Ssa Gents	2:00:10	1:59:04	41.	41.	14:47	0.0%
2021 Whole Hog 5m (30+ obstacles)	76.	1223 Coral SALMON	Not Applicable	Individual	1:52:36	1:51:42	35.	35.	13:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	76.	343 James GARROD-SMITH	Not Applicable	Gascoynes	1:59:47	1:58:47	46.	46.	14:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	76.	1417 Julia BLACKBURN	Not Applicable	Nr Health Club	1:58:28	1:57:42	30.	30.	14:37	0.0%
2021 Whole Hog 5m (30+ obstacles)	77.	1200 George MROZEK	Not Applicable	Individual	1:52:36	1:51:42	42.	42.	13:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	77.	397 Katie PRUDEN	Not Applicable	Power Hour 2	1:59:36	1:59:14	31.	31.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	77.	1498 Katrina METCALF	Not Applicable	Nr Health Club	1:58:29	1:57:43	31.	31.	14:37	0.0%
2021 Whole Hog 5m (30+ obstacles)	77.	770 Sam KEAST	Not Applicable	A Brighter Team 4 (ormiston Far	2:02:11	2:01:53	42.	42.	15:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	78.	1481 Aaron JOHNSON	Not Applicable	Nr Health Club	1:58:30	1:57:47	47.	47.	14:38	0.0%
2021 Whole Hog 5m (30+ obstacles)	78.	311 Karina BROWN	Not Applicable	Power Hour 2	1:59:36	1:59:15	32.	32.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	78.	1162 Nick JACKSON	Not Applicable	Individual	1:53:10	1:52:14	43.	43.	13:56	0.0%
2021 Whole Hog 5m (30+ obstacles)	78.	680 Rebecca ADAMS	Not Applicable	A Brighter Team 1 (ormiston Far	2:02:13	2:01:54	36.	36.	15:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	79.	384 Dan MOORE	Not Applicable	Power Hour 2	1:59:37	1:59:16	47.	47.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	79.	1161 Kaitie JACKSON	Not Applicable	Individual	1:53:11	1:52:15	36.	36.	13:56	0.0%
2021 Whole Hog 5m (30+ obstacles)	79.	769 Ramune KARAZINAITE	Not Applicable	A Brighter Team 2 (ormiston Far	2:09:33	2:09:15	43.	43.	16:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	79.	1502 Zoe MOORE	Not Applicable	Nr Health Club	1:58:48	1:58:01	32.	32.	14:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	80.	846 Barry TIFFEN	Not Applicable	A Brighter Team 4 (ormiston Far	2:09:33	2:09:16	44.	44.	16:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	80.	1122 Claire FREEMAN	Not Applicable	Individual	1:53:12	1:52:16	37.	37.	13:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	80.	339 Sophie FLACK	Not Applicable	Power Hour 2	1:59:38	1:59:17	33.	33.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	80.	1492 Sophie LEIGHTON	Not Applicable	Nr Health Club	1:58:48	1:58:02	33.	33.	14:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	81.	1229 Alison SIMONS	Not Applicable	Individual	1:53:12	1:52:17	38.	38.	13:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	81.	368 Jake GREEN	Not Applicable	George Baker Group	2:01:15	2:00:01	48.	48.	14:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	81.	847 Marina TURNEA	Not Applicable	A Brighter Team 4 (ormiston Far	2:09:33	2:09:17	37.	37.	16:03	0.0%
2021 Whole Hog 5m (30+ obstacles)	81.	1445 Rebecca DONNELLY	Not Applicable	Nr Health Club	1:58:47	1:58:02	34.	34.	14:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	82.	1508 Alex PETTENGELL	Not Applicable	Nr Health Club	1:58:47	1:58:02	48.	48.	14:40	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	82.	1125 Becky FULTON	Not Applicable	Team Big C	1:56:12	1:55:30	39.	39.	14:21	0.0%
2021 Whole Hog 5m (30+ obstacles)	82.	828 Danny SINGLETON	Not Applicable	A Brighter Team 3 (ormiston Farr	2:09:34	2:09:18	45.	45.	16:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	82.	436 Jordan YOUNGS	Not Applicable	George Baker Group	2:01:15	2:00:02	49.	49.	14:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	83.	1466 Bex HAINSWORTH	Not Applicable	Shut Your Laptop Louisa	2:00:05	1:59:14	35.	35.	14:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	83.	1046 Caroline ALLEN	Not Applicable	Team Big C	1:56:12	1:55:31	40.	40.	14:21	0.0%
2021 Whole Hog 5m (30+ obstacles)	83.	419 Chris STAUNTON	Not Applicable	George Baker Group	2:01:16	2:00:02	50.	50.	14:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	83.	752 Martin GRAY	Not Applicable	Individual	2:11:10	2:09:51	46.	46.	16:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	84.	1098 Danielle DAY	Not Applicable	Team Big C	1:56:13	1:55:32	41.	41.	14:21	0.0%
2021 Whole Hog 5m (30+ obstacles)	84.	299 David BAKER	Not Applicable	George Baker Group	2:01:16	2:00:03	51.	51.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	84.	823 Paul SHAVE	Not Applicable	Individual	2:11:18	2:10:00	47.	47.	16:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	84.	1489 Sasha LAMBERT	Not Applicable	Shut Your Laptop Louisa	2:00:05	1:59:14	36.	36.	14:48	0.0%
2021 Whole Hog 5m (30+ obstacles)	85.	1170 Jackie JONES	Not Applicable	Dilligaf	1:57:42	1:56:33	42.	42.	14:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	85.	786 James MAUND	Not Applicable	Individual	2:11:18	2:10:00	48.	48.	16:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	85.	389 Lee MURRAY	Not Applicable	George Baker Group	2:01:18	2:00:03	52.	52.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	85.	1536 Lucie THURSTON	Not Applicable	Old Mill	1:59:44	1:59:29	37.	37.	14:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	86.	1187 Ian MANNING	Not Applicable	Dilligaf	1:57:42	1:56:41	44.	44.	14:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	86.	348 Jon GOULDEN	Not Applicable	George Baker Group	2:01:18	2:00:04	53.	53.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	86.	853 Lindsay WHARTON	Not Applicable	Kettle Bell Divas	2:13:33	2:12:48	38.	38.	16:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	86.	1478 Sarah HUNT	Not Applicable	Old Mill	1:59:46	1:59:32	38.	38.	14:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	87.	1221 Helen RYDER	Not Applicable	Dilligaf	1:57:42	1:56:41	43.	43.	14:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	87.	1518 Jens SCHWEIGART	Not Applicable	Old Mill	1:59:44	1:59:35	49.	49.	14:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	87.	852 John WHARTON	Not Applicable	Kettle Bell Divas	2:13:33	2:12:48	49.	49.	16:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	87.	297 Kate ANDERSON	Not Applicable	George Baker Group	2:01:18	2:00:05	34.	34.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	88.	747 Anuschka GRAHAM	Not Applicable	Kettle Bell Divas	2:13:33	2:12:49	39.	39.	16:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	88.	1442 Jenny DEBENHAM	Not Applicable	Old Mill	1:59:44	1:59:35	39.	39.	14:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	88.	1138 Patricia HAGAN	Not Applicable	N/a	1:58:45	1:58:19	44.	44.	14:42	0.0%
2021 Whole Hog 5m (30+ obstacles)	88.	381 Tom MCCONALOGUE	Not Applicable	George Baker Group	2:01:19	2:00:05	54.	54.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	89.	1137 Ellie HAGAN	Not Applicable	N/a	1:58:45	1:58:20	45.	45.	14:42	0.0%
2021 Whole Hog 5m (30+ obstacles)	89.	420 Gosia TAMECZKA	Not Applicable	George Baker Group	2:01:18	2:00:05	35.	35.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	89.	1427 Rosie CARLTON	Not Applicable	Old Mill	1:59:45	1:59:37	40.	40.	14:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	89.	757 Zoe HEARNE	Not Applicable	Kettle Bell Divas	2:13:33	2:12:50	40.	40.	16:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	90.	1081 Adam CHAPPELL	Not Applicable	Tma	2:00:35	1:59:20	45.	45.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	90.	321 Ali CLEMENTS	Not Applicable	George Baker Group	2:01:15	2:00:08	55.	55.	14:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	90.	1438 Michelle CRANGLE	Not Applicable	Old Mill	1:59:46	1:59:46	41.	41.	14:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	90.	834 Mike STANNARD	Not Applicable	A Brighter Team 4 (ormiston Farr	2:14:13	2:13:56	50.	50.	16:38	0.0%
2021 Whole Hog 5m (30+ obstacles)	91.	1342 Chelsea MANNING	Not Applicable	Seven Resourcing	2:07:33	2:06:44	42.	42.	15:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	91.	750 Jane GRAND	Not Applicable	A Brighter Team 2 (ormiston Farr	2:15:55	2:15:47	41.	41.	16:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	91.	1082 Matt CHAPPELL	Not Applicable	Tma	2:00:35	1:59:20	46.	46.	14:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	91.	308 Rebecca BLOOMFIELD	Not Applicable	Gascoynes	2:01:23	2:00:23	36.	36.	14:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	92.	423 Miesha THOMPSON	Not Applicable	Gascoynes	2:01:25	2:00:24	37.	37.	14:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	92.	1073 Thomas BROWN	Not Applicable	Tma	2:00:39	1:59:23	47.	47.	14:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	92.	785 Vicky MATTHEWS	Not Applicable	A Brighter Team 3 (ormiston Farr	2:15:56	2:15:50	42.	42.	16:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	92.	1289 Zoe DEVEROUX	Not Applicable	Seven Resourcing	2:07:32	2:06:44	43.	43.	15:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	93.	758 Georgia HIGGS	Not Applicable	A Brighter Team 2 (ormiston Farr	2:15:55	2:15:51	43.	43.	16:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	93.	952 Imogen HOWARTH	Not Applicable	Individual	2:02:23	2:01:26	46.	46.	15:05	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	93.	1288 Michele DAWSON	Not Applicable	Seven Resourcing	2:09:48	2:08:59	44.	44.	16:01	0.0%
2021 Whole Hog 5m (30+ obstacles)	93.	326 Sharron CURTIS	Not Applicable	Team Live Fit	2:02:30	2:01:51	38.	38.	15:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	94.	340 Andrea FRANCIS	Not Applicable	Team Live Fit	2:02:31	2:01:52	39.	39.	15:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	94.	1368 Claudio PEREIRA	Not Applicable	Seven Resourcing	2:09:50	2:09:00	50.	50.	16:01	0.0%
2021 Whole Hog 5m (30+ obstacles)	94.	920 Debra DUGGAN	Not Applicable	Individual	2:02:23	2:01:26	47.	47.	15:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	94.	771 Gavin LAMB	Not Applicable	A Brighter Team 2 (ormiston Farr	2:15:56	2:15:52	51.	51.	16:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	95.	1413 Jalal ARABI	Not Applicable	Yafa's Abed	2:17:13	2:16:24	51.	51.	16:56	0.0%
2021 Whole Hog 5m (30+ obstacles)	95.	727 Kai DENCH	Not Applicable	A Brighter Team 2 (ormiston Farr	2:15:56	2:15:52	52.	52.	16:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	95.	969 Katie MATTHEWS	Not Applicable	Individual	2:02:23	2:01:27	48.	48.	15:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	95.	349 Letitia GOULTY	Not Applicable	Friendle Hoggers	2:10:19	2:09:58	40.	40.	16:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	96.	728 Jeff DIXON	Not Applicable	Individual	2:17:01	2:16:02	53.	53.	16:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	96.	342 Lea FRIEND	Not Applicable	Friendle Hoggers	2:10:20	2:09:59	41.	41.	16:09	0.0%
2021 Whole Hog 5m (30+ obstacles)	96.	1211 Martyn PINYOUN	Not Applicable	Individual	2:02:39	2:02:16	48.	48.	15:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	96.	1407 Rita ABDULKADER	Not Applicable	Yafa's Abed	2:17:14	2:16:24	45.	45.	16:57	0.0%
2021 Whole Hog 5m (30+ obstacles)	97.	1210 Gary PINYOUN	Not Applicable	Individual	2:02:39	2:02:16	49.	49.	15:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	97.	1520 Jo SCRIVENER	Not Applicable	Edmondson Hall	2:17:54	2:17:30	46.	46.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	97.	794 Paul MONTGOMERY	Not Applicable	Individual	2:17:01	2:16:03	54.	54.	16:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	97.	413 Rebecca SCUTCHER	Not Applicable	Gtc Team	2:13:19	2:12:44	42.	42.	16:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	98.	328 Anjali DHUNNA	Not Applicable	Gtc Team	2:13:22	2:12:45	43.	43.	16:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	98.	1474 Deborah HARGREAVES	Not Applicable	Edmondson Hall	2:17:54	2:17:32	47.	47.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	98.	1163 Malgorzata JAGODZINSKA	Not Applicable	Rivers	2:05:24	2:04:26	49.	49.	15:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	98.	793 Nicky MONTGOMERY	Not Applicable	Individual	2:17:01	2:16:03	44.	44.	16:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	99.	1183 Matthew LUMSDEN	Not Applicable	Pfs	2:05:20	2:04:41	50.	50.	15:29	0.0%
2021 Whole Hog 5m (30+ obstacles)	99.	1488 Mike LAMBERT	Not Applicable	Edmondson Hall	2:17:57	2:17:33	52.	52.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	99.	320 Simone CLARKE	Not Applicable	Hawks Porks	2:39:29	2:38:30	44.	44.	19:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	99.	820 Suzanne SAUNDERS	Not Applicable	Individual	2:17:02	2:16:04	45.	45.	16:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	100.	710 Harriet CADMAN	Not Applicable	Individual	2:17:01	2:16:04	46.	46.	16:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	100.	358 Kat HUMPHREYS	Not Applicable	Hawks Porks	2:39:52	2:38:53	45.	45.	19:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	100.	1193 Naomi MITCHELL	Not Applicable	Woolverstone Mudlarks	2:07:38	2:07:01	50.	50.	15:47	0.0%
2021 Whole Hog 5m (30+ obstacles)	100.	1444 Victoria ('tori') DEXTER	Not Applicable	Edmondson Hall	2:17:55	2:17:33	48.	48.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	101.	427 Amy WATKINS	Not Applicable	Hawks Porks	2:40:46	2:39:47	46.	46.	19:51	0.0%
2021 Whole Hog 5m (30+ obstacles)	101.	1499 Andreea MIHALCIA	Not Applicable	Edmondson Hall	2:17:55	2:17:55	49.	49.	17:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	101.	1231 Gary SMITH	Not Applicable	The Avengers	2:08:37	2:07:22	51.	51.	15:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	101.	839 Jordan STRUTT	Not Applicable	Individual	2:17:06	2:16:10	55.	55.	16:55	0.0%
2021 Whole Hog 5m (30+ obstacles)	102.	1246 Chantelle TYRRELL	Not Applicable	The Avengers	2:08:37	2:07:22	51.	51.	15:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	102.	365 Charlotte JOHNSON	Not Applicable	Hawks Porks	2:41:02	2:40:03	47.	47.	19:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	102.	1506 Clare PAYNE	Not Applicable	Edmondson Hall	2:17:55	2:17:55	50.	50.	17:08	0.0%
2021 Whole Hog 5m (30+ obstacles)	102.	838 Emma STRUTT	Not Applicable	Individual	2:18:29	2:17:32	47.	47.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	103.	1230 Emma SMITH	Not Applicable	The Avengers	2:08:36	2:07:22	52.	52.	15:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	103.	1416 Karen BEVAN	Not Applicable	Individual	2:20:39	2:20:17	51.	51.	17:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	103.	738 Marlini FINNEY	Not Applicable	A Brighter Team 2 (ormiston Farr	2:20:37	2:20:23	48.	48.	17:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	104.	1155 Paul HOWES	Not Applicable	The Avengers	2:08:37	2:07:22	52.	52.	15:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	104.	1501 Rebecca MOORE	Not Applicable	Individual	2:20:40	2:20:18	52.	52.	17:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	104.	829 Shaun SINGLETON	Not Applicable	A Brighter Team 3 (ormiston Farr	2:20:39	2:20:23	56.	56.	17:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	105.	1044 Hayley ABBS	Not Applicable	The Avengers	2:08:36	2:07:22	53.	53.	15:49	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	105.	809 Jake RINGWOOD	Not Applicable	A Brighter Team 3 (ormiston Farr	2:21:44	2:21:10	57.	57.	17:32	0.0%
2021 Whole Hog 5m (30+ obstacles)	105.	1443 Tess DER KINDEREN	Not Applicable	Gft Bootcamp	2:24:18	2:23:58	53.	53.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	106.	692 Abigail WRIGHT	Not Applicable	Muddy Buggers	2:22:41	2:21:24	49.	49.	17:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	106.	1459 Emillia GARVIE	Not Applicable	Gft Bootcamp	2:24:18	2:23:59	54.	54.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	106.	1045 Tony ABBS	Not Applicable	The Avengers	2:08:36	2:07:23	53.	53.	15:49	0.0%
2021 Whole Hog 5m (30+ obstacles)	107.	693 Caroline BARDSLEY	Not Applicable	Muddy Buggers	2:22:41	2:21:24	50.	50.	17:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	107.	1458 Elisa GARVIE	Not Applicable	Gft Bootcamp	2:24:22	2:24:02	55.	55.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	107.	1242 Graeme SWANSTON	Not Applicable	The Avengers	2:08:40	2:07:26	54.	54.	15:50	0.0%
2021 Whole Hog 5m (30+ obstacles)	108.	1527 Claire SMITH	Not Applicable	Gft Bootcamp	2:24:22	2:24:03	56.	56.	17:54	0.0%
2021 Whole Hog 5m (30+ obstacles)	108.	745 Irah GOODWIN	Not Applicable	A Brighter Team 2 (ormiston Farr	2:21:59	2:21:27	58.	58.	17:34	0.0%
2021 Whole Hog 5m (30+ obstacles)	108.	1198 Steven MORRISON	Not Applicable	Individual	2:08:45	2:08:20	55.	55.	15:56	0.0%
2021 Whole Hog 5m (30+ obstacles)	109.	1531 Hannah STURMAN	Not Applicable	Stronger Together	2:26:08	2:25:32	57.	57.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	109.	856 Robyn WOOD	Not Applicable	A Brighter Team 4 (ormiston Farr	2:21:48	2:21:42	51.	51.	17:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	109.	1112 Sharon EDWARDS	Not Applicable	Fram Surgery	2:09:43	2:08:50	54.	54.	16:00	0.0%
2021 Whole Hog 5m (30+ obstacles)	110.	780 Hannah MARGETSON	Not Applicable	A Brighter Team 3 (ormiston Farr	2:21:48	2:21:42	52.	52.	17:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	110.	1050 Vicky ATKINSON	Not Applicable	Fram Surgery	2:09:44	2:08:53	55.	55.	16:00	0.0%
2021 Whole Hog 5m (30+ obstacles)	110.	1515 Wendy RICHARDS	Not Applicable	Stronger Together	2:26:09	2:25:32	58.	58.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	111.	1485 Agnieszka KALUZNIAK	Not Applicable	Handford	2:26:12	2:25:35	59.	59.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	111.	719 Cassie COLE	Not Applicable	A Brighter Team 1 (ormiston Farr	2:21:48	2:21:42	53.	53.	17:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	111.	1174 Michael KEEBLE	Not Applicable	Pfs	2:10:23	2:09:44	56.	56.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	112.	787 Di MCGOVERN	Not Applicable	A Brighter Team 3 (ormiston Farr	2:21:49	2:21:42	54.	54.	17:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	112.	1168 Leah JOHNSON	Not Applicable	Pfs	2:10:23	2:09:45	56.	56.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	112.	1487 Mihaela LABAU	Not Applicable	Stronger Together	2:26:13	2:25:36	60.	60.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	113.	1507 Dorina PETROI	Not Applicable	Stronger Together	2:26:14	2:25:38	61.	61.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	113.	1181 Elle LEWIS	Not Applicable	Pfs	2:10:23	2:09:45	57.	57.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	113.	765 Leah HUGGINS	Not Applicable	A Brighter Team 2 (ormiston Farr	2:21:49	2:21:43	55.	55.	17:36	0.0%
2021 Whole Hog 5m (30+ obstacles)	114.	708 Oiver BUTLER	Not Applicable	Ssa Gents	2:23:56	2:22:50	59.	59.	17:44	0.0%
2021 Whole Hog 5m (30+ obstacles)	114.	1450 Ryan ELLIOTT	Not Applicable	Individual	2:26:15	2:25:38	53.	53.	18:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	114.	1126 Sophie GARSTANG	Not Applicable	Pfs	2:10:24	2:09:46	58.	58.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	115.	1244 Alicia THORRINGTON	Not Applicable	Pfs	2:10:27	2:09:48	59.	59.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	115.	740 Clara FRENCH	Not Applicable	Individual	2:24:02	2:22:58	56.	56.	17:45	0.0%
2021 Whole Hog 5m (30+ obstacles)	115.	1414 Shelby BAKER	Not Applicable	Individual	2:26:17	2:25:41	62.	62.	18:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	116.	850 Georgia WALLER	Not Applicable	A Brighter Team 4 (ormiston Farr	2:26:01	2:25:28	57.	57.	18:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	116.	1477 Jo HODGETTS	Not Applicable	Individual	2:26:08	2:25:48	63.	63.	18:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	116.	1049 Olivia ASHFORD	Not Applicable	Pfs	2:10:27	2:09:48	60.	60.	16:07	0.0%
2021 Whole Hog 5m (30+ obstacles)	117.	1440 Jo CURD	Not Applicable	Gft Bootcamp	2:27:13	2:26:52	64.	64.	18:14	0.0%
2021 Whole Hog 5m (30+ obstacles)	117.	917 Kal DIVA-PATEL	Not Applicable	Individual	2:15:46	2:15:00	61.	61.	16:46	0.0%
2021 Whole Hog 5m (30+ obstacles)	117.	736 Kayleigh FELSTEAD	Not Applicable	A Brighter Team 2 (ormiston Farr	2:26:01	2:25:28	58.	58.	18:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	118.	702 Abbie BROWN	Not Applicable	A Brighter Team 1 (ormiston Farr	2:26:02	2:25:30	59.	59.	18:04	0.0%
2021 Whole Hog 5m (30+ obstacles)	118.	1504 Laura NORTON	Not Applicable	Gft Bootcamp	2:27:15	2:26:53	65.	65.	18:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	118.	1207 Robert PEARCE	Not Applicable	Neil Evans Fitness	2:18:12	2:17:30	57.	57.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	119.	1120 Ellan FOSTER	Not Applicable	Neil Evans Fitness	2:18:14	2:17:34	62.	62.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	119.	1424 Gabriella BUSSANDRI	Not Applicable	Gft Bootcamp	2:27:15	2:26:57	66.	66.	18:15	0.0%
2021 Whole Hog 5m (30+ obstacles)	120.	1519 Ionie SCOTT	Not Applicable	Gft Bootcamp	2:28:38	2:28:20	67.	67.	18:25	0.0%
2021 Whole Hog 5m (30+ obstacles)	120.	1095 Neil DAVENPORT	Not Applicable	Neil Evans Fitness	2:18:13	2:17:34	58.	58.	17:05	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	121.	1048 Deborah ASHFORD	Not Applicable	Neil Evans Fitness	2:18:13	2:17:35	63.	63.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	121.	1462 Robyn GLENN	Not Applicable	Gft Bootcamp	2:29:17	2:28:59	68.	68.	18:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	122.	1196 Caroline MORRIS	Not Applicable	Neil Evans Fitness	2:18:14	2:17:35	64.	64.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	122.	1540 Mieke WATTEL	Not Applicable	Gft Bootcamp	2:29:18	2:28:59	69.	69.	18:30	0.0%
2021 Whole Hog 5m (30+ obstacles)	123.	1252 Jason WEBB	Not Applicable	Individual	2:18:13	2:17:36	59.	59.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	123.	1435 Natasha CORNESS	Not Applicable	Individual	2:38:59	2:38:14	70.	70.	19:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	124.	1157 Dale HUMPHRIES	Not Applicable	Neil Evans Fitness	2:18:13	2:17:36	60.	60.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	124.	1436 Wendy CORNESS	Not Applicable	Individual	2:39:01	2:38:14	71.	71.	19:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	125.	1147 Alicia HOAD	Not Applicable	Neil Evans Fitness	2:18:15	2:17:36	65.	65.	17:05	0.0%
2021 Whole Hog 5m (30+ obstacles)	125.	1465 Alix GRAZIANI	Not Applicable	Individual	2:38:47	2:38:26	72.	72.	19:41	0.0%
2021 Whole Hog 5m (30+ obstacles)	126.	1177 Tracie KIRBY	Not Applicable	Neil Evans Fitness	2:18:17	2:17:37	66.	66.	17:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	127.	1055 Janette BATE	Not Applicable	Neil Evans Fitness	2:18:17	2:17:38	67.	67.	17:06	0.0%
2021 Whole Hog 5m (30+ obstacles)	128.	1119 Zoe FORDHAM	Not Applicable	Fram Surgery	2:19:27	2:18:34	68.	68.	17:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	129.	1146 Catherine HILL	Not Applicable	Fram Surgery	2:19:27	2:18:34	69.	69.	17:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	130.	1182 Kathleen LINFORD	Not Applicable	Fram Surgery	2:19:27	2:18:35	70.	70.	17:13	0.0%
2021 Whole Hog 5m (30+ obstacles)	131.	1253 Jayden WELSH	Not Applicable	Team Zeal	2:21:27	2:20:35	61.	61.	17:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	132.	1145 Naomi HERBERT	Not Applicable	Team Zeal	2:21:27	2:20:36	71.	71.	17:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	133.	1052 Steph BANYARD	Not Applicable	Team Zeal	2:21:28	2:20:36	72.	72.	17:28	0.0%
2021 Whole Hog 5m (30+ obstacles)	134.	1103 Jason DENNIS	Not Applicable	Team Zeal	2:22:12	2:21:19	62.	62.	17:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	135.	1102 Charlotte DENNIS	Not Applicable	Team Zeal	2:22:13	2:21:21	73.	73.	17:33	0.0%
2021 Whole Hog 5m (30+ obstacles)	136.	1263 Luke HARRIS	Not Applicable	Scrambled Legs	2:22:47	2:21:49	63.	63.	17:37	0.0%
2021 Whole Hog 5m (30+ obstacles)	137.	1104 Megan DICKSON	Not Applicable	Scrambled Legs	2:23:15	2:22:08	74.	74.	17:39	0.0%
2021 Whole Hog 5m (30+ obstacles)	138.	1232 Liam SMITH	Not Applicable	Scrambled Legs	2:23:15	2:22:16	64.	64.	17:40	0.0%
2021 Whole Hog 5m (30+ obstacles)	139.	1203 Amy NORRIS	Not Applicable	Scrambled Legs	2:23:42	2:22:34	75.	75.	17:42	0.0%
2021 Whole Hog 5m (30+ obstacles)	140.	1250 Tracey VINCENT	Not Applicable	Scrambled Legs	2:24:59	2:23:51	76.	76.	17:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	141.	1188 Debs MATTHEWS	Not Applicable	Scrambled Legs	2:25:01	2:23:53	77.	77.	17:52	0.0%
2021 Whole Hog 5m (30+ obstacles)	142.	1249 Pete VINCENT	Not Applicable	Scrambled Legs	2:24:59	2:23:57	65.	65.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	143.	1238 Mike STEWART	Not Applicable	Scrambled Legs	2:25:00	2:24:00	66.	66.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	144.	1262 Ben WYARD	Not Applicable	Scrambled Legs	2:25:01	2:24:02	67.	67.	17:53	0.0%
2021 Whole Hog 5m (30+ obstacles)	145.	1159 Sasha HUNT	Not Applicable	Tenacious Turtles	2:28:49	2:28:27	78.	78.	18:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	146.	1206 Bethany PARSON	Not Applicable	Tenacious Turtles	2:28:49	2:28:27	79.	79.	18:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	147.	1192 Diana MCGALEY	Not Applicable	Tenacious Turtles	2:28:50	2:28:28	80.	80.	18:26	0.0%
2021 Whole Hog 5m (30+ obstacles)	148.	1158 Lorraine HUNT	Not Applicable	Tenacious Turtles	2:28:50	2:28:29	81.	81.	18:27	0.0%
2021 Whole Hog 5m (30+ obstacles)	149.	1218 Caroline ROBERTS	Not Applicable	Team Big C	2:33:50	2:33:10	82.	82.	19:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	150.	1257 Chynna WILLIAMSON	Not Applicable	Team Big C	2:33:52	2:33:12	83.	83.	19:02	0.0%
2021 Whole Hog 5m (30+ obstacles)	151.	1150 Lauren HOWARD	Not Applicable	Scorpions	2:34:49	2:34:25	84.	84.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	152.	1186 Dean MANNING	Not Applicable	Scorpions	2:34:49	2:34:25	68.	68.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	153.	1173 Hannah JORDAN	Not Applicable	Scorpions	2:34:49	2:34:25	69.	69.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	154.	1204 Louise OBRIAN	Not Applicable	Scorpions	2:34:49	2:34:25	85.	85.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	155.	1068 Sarah BONES	Not Applicable	Scorpions	2:34:49	2:34:25	86.	86.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	156.	1213 Michaela REDDINGTON	Not Applicable	Scorpions	2:34:49	2:34:26	87.	87.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	157.	1070 Kirsty BRIERLEY	Not Applicable	Scorpions	2:34:48	2:34:26	88.	88.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	158.	1241 Madison STRAUSS	Not Applicable	Scorpions	2:34:49	2:34:26	70.	70.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	159.	1149 Fiona HOWARD	Not Applicable	Scorpions	2:34:50	2:34:26	89.	89.	19:11	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	435 Andrew WYNN	Not Applicable	Individual						0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	a.k.	688 Danny ANDREWS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	686 Emma ALLINSON	Not Applicable	Mie	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	1227 Jade SHIPP	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	1476 John HENDRY	Not Applicable	The Trotters	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	1156 Karen HUBERT	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	400 Luke QUINN	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	781 Nick MARKHAM	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	807 Sam RAYMOND	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	782 Sarah MARKHAM	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	a.k.	306 Theresa BINNS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	767 Alex JENKINSON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	725 Andy DAVIDSON	Not Applicable	Muddy Buggers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	843 Ben THACKRAY	Not Applicable	A Brighter Team 4 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1131 Bożena GÓRALCZYK	Not Applicable	Rivers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	398 Carl PURNELL	Not Applicable	Whole Hoggers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1054 Chloe BARSON	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	737 Craig FIDDAMAN	Not Applicable	A Brighter Team 4 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	704 Edward BURCHELL	Not Applicable	A Brighter Team 1 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	851 Emma WEARING	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1467 Georgie HALLS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	730 Holly DOWSING	Not Applicable	A Brighter Team 2 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	315 Jack CARDY	Not Applicable	Team Live Fit	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	422 Jasmine TEBBIT	Not Applicable	Gascoynes	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1484 Jessie JORDAN	Not Applicable	Nr Health Club	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	776 Kristy LEWIS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	764 Liam HOWLETT	Not Applicable	A Brighter Team 2 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1014 Liam THORNTON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	361 Lucy JACKSON	Not Applicable	Hawks Porks	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	748 Martin GRAHAM	Not Applicable	Kettle Bell Divas	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1151 Natalie HOWARD	Not Applicable	Pfs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1115 Neil EVANS	Not Applicable	Neil Evans Fitness	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1247 Nick TYRRELL	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1524 Raman SINGH	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1071 Rebecca BROCKWELL	Not Applicable	Rivers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1528 Rebecca SPEARPOINT	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	729 Rhiannon DODDS	Not Applicable	A Brighter Team 2 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1124 Rob FREEMAN	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1226 Sam SHEPHERD	Not Applicable	Neil Evans Fitness	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1541 Sarah WILLETT	Not Applicable	Edmondson Hall	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	1088 Shaun CLARKE	Not Applicable	Neil Evans Fitness	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNF	792 Stefan MITHAM	Not Applicable	A Brighter Team 4 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1087 Aaron CLARKE	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	362 Abi JACOBS	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1166 Abi JOACHIM	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1077 Adam CANN	Not Applicable	The Avengers	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	DNS	323 Adam COOK	Not Applicable	Whole Hoggers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	790 Adam MIDDLETON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	352 Alison HARVEY	Not Applicable	Act	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1140 Amanda HARLEY	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	309 Amelia BONES	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1429 Andrew CLARKE	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	824 Anika SHENFIELD	Not Applicable	A Brighter Team 3 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1066 Anna BLOOM	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	314 Annabel CARDENAS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1167 Anothony JOHNSON	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1214 Ariana REEVE	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1455 Ayesha GARNHAM	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1456 Ayesha GARNHAM	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1259 Becky WOODS	Not Applicable	Fram Surgery	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	830 Beki SMITH	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1480 Benjamin INCLES	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	837 Brett STRINGFELLOW	Not Applicable	Db	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1255 Caitlin WHARFE	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	421 Carly TAYLOR	Not Applicable	Restorators	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	749 Charles GRAND	Not Applicable	A Brighter Team 2 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	414 Charli SHERMAN	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1153 Charlie HOWES	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	685 Charlotte ALLINSON	Not Applicable	Mie	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1493 Chris LUCHE	Not Applicable	The Filthy Unicorns	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	360 Claire HUNTER	Not Applicable	Hawks Porks	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	689 Clare APPLEBY	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	777 Clare LOVELL	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	375 Clare MACDONALD	Not Applicable	Act	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	800 Craig NUNN	Not Applicable	Team Db	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1497 Dalton MEHMED	Not Applicable	The Trotters	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	842 Damien SYRETT	Not Applicable	Killik Hogs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1097 Daniel DAVIES	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1235 Dannie STANFORD	Not Applicable	Scrambled Legs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	432 David WISELY	Not Applicable	Whole Hoggers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1195 Edward MONGAN	Not Applicable	Average Joe's	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	367 Emily JONES	Not Applicable	Watermelone	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1446 Frankie DRAPER	Not Applicable	13 Fitness Team 3	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1189 Gemma MAY	Not Applicable	Fram Surgery	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	687 Graeme ANDERSON	Not Applicable	Ssa Gents	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	700 Greg BRADY	Not Applicable	A Brighter Team 1 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	428 Harry WATTS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	713 Hayley CARROLL	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	357 Helen HORNSEY	Not Applicable	Watermelone	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1525 Imogen SKILTON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	416 Imogen SMITH	Not Applicable	Individual	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	DNS	1191 Iona MCCORMACK	Not Applicable	Pfs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1078 Jacqui CANN	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1236 James STARLING	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	425 Jamie WALDEN	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	827 Jane SIMIA	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1228 Jane SIMIA	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1083 Janine CHILLINGWORTH	Not Applicable	Chris's 40th	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1225 Jasmine SHACKLETON	Not Applicable	Pfs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1072 Jason BROOKS	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	396 Jema PRESTON	Not Applicable	Hawks Porks	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	788 Jerri MCGOVERN	Not Applicable	A Brighter Team 3 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	733 Jo EDWARDS	Not Applicable	A Brighter Team 2 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	304 Jo-Anne BENNETT	Not Applicable	Gateau Girls	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	394 John PARNELL	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	391 Jordan PAGE	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1471 Joseph HARDWICK	Not Applicable	13 Fitness Team 3	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1239 Jozie STIVEY	Not Applicable	Rivers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	890 Karen BUTCHER	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	703 Kate BUCKMAN	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1117 Kate FLEMING	Not Applicable	Neil Evans Fitness	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	364 Kate JILLIONS	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1063 Kayleigh BLACKMOVE	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1202 Laura NIND	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1067 Lauren BODKIN	Not Applicable	Handford	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	354 Leanna HAYWARD	Not Applicable	Hawks Porks	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	791 Leanne MIDDLETON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1152 Leon HOWELL	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	825 Liam SHORE	Not Applicable	A Brighter Team 3 (ormiston Farr	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1233 Lilian SMITH	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1220 Lizzi ROUT	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	429 Lois WATTS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	336 Loise FARRELL	Not Applicable	Gtc Team	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1144 Louise HERBERT	Not Applicable	Lourob	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1069 Lucy BREESE	Not Applicable	Fram Surgery	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1176 Lucy KINGS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	338 Luke FILBY	Not Applicable	Hawks Porks	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1245 Magda TURCZYN	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1084 Marc CHILLINGWORTH	Not Applicable	Chris's 40th	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1164 Marcus JEFFORD	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	822 Marie SELBY	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1260 Marie WORLEY	Not Applicable	Handford	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1057 Mark BENNETT	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1129 Mark GIPSON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	404 Mark ROBERTS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1219 Markeece ROSE	Not Applicable	Whose Idea Was This?	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	DNS	318 Martin CHATTENTON	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	717 Martin COAD	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1172 Martyn JONES	Not Applicable	Whose Idea Was This?	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	760 Matt HOPE	Not Applicable	Ssa Gents	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	337 Matthew FIELD	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	723 Melanie D'ARDIS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1154 Mia HOWES	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	753 Michelle GRAY	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	772 Michelle LARTER	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	366 Natalie JOHNSON	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	755 Nigel HARRIS	Not Applicable	A Brighter Team 2 (ormiston Far	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	701 Paul BROOKS	Not Applicable	Killik Hogs	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	430 Paul WATTS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	355 Pip HOLT	Not Applicable	Power Hour 2	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1059 Rachel BETTS	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	325 Rachel CRISP	Not Applicable	Martlesham Leisure	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1169 Rachel JOLLY	Not Applicable	Fram Surgery	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1201 Rachel NI	Not Applicable	Eat, Sleep, Mud, Repeat	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	697 Radzus BOGDANOVICS	Not Applicable	A Brighter Team 1 (ormiston Far	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	329 Riasa DOUGLAS COLLOW	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1437 Ricardo CORTE REAL	Not Applicable	Nr Health Club	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	295 Richard ALEXANDER	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	720 Richard COLLINS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	714 Rick CARROLL	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1127 Robert GIBSON	Not Applicable	The Avengers	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1075 Robyn BUSH	Not Applicable	Lourob	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	332 Sabrina DUNCAN	Not Applicable	Act	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1420 Sam BRAYSHAW	Not Applicable	One Hit Wonder	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	712 Sam CARRINGTON	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	754 Sam HARMAN	Not Applicable	A Brighter Team 2 (ormiston Far	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	775 Sam LEDGER	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	742 Sandra GARNER	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	718 Sarah COAD	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	392 Sarah PAGE	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	803 Sarah PALLANT	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	806 Sarah QUINTON	Not Applicable	Ssa Ladies	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	855 Sarah WILLIAMS	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1086 Sean CLARK	Not Applicable	Individual	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1222 Sean RYDER	Not Applicable	Dilligaf	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1060 Shaun BETTS	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1061 Shaun BETTS	Not Applicable	Build Aviator	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1076 Simona CALUIAN	Not Applicable	Team Tcf	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	390 Steve NORMAN	Not Applicable	Restorators	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	1261 Sue WRIGHT	Not Applicable	Fram Surgery	0.0%
2021 Whole Hog 5m (30+ obstacles)	DNS	709 Susie BUTLER	Not Applicable	Ssa Ladies	0.0%

RACE CHIP TIMING RESULTS

2021 Whole Hog 5m (30+ obstacles)	DNS	722 Suzy COULSON	Not Applicable	A Brighter Team 1 (ormiston Farr															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	373 Teresa LEEKS	Not Applicable	The Three Amigos															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	695 Tom BERRY	Not Applicable	Individual															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	1099 Tracey DAY	Not Applicable	Individual															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	731 Val DUFOUR	Not Applicable	Ssa Ladies															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	819 Valeria SANTOS	Not Applicable	Ssa Ladies															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	845 Vanessa THORPE	Not Applicable	Witnessham Warriors															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	1194 Vicky MOFFAT	Not Applicable	Eat, Sleep, Mud, Repeat															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	1089 Yasmine CLARKE	Not Applicable	Individual															0.0%	
2021 Whole Hog 5m (30+ obstacles)	DNS	296 Zoe ALEXANDER	Not Applicable	Individual															0.0%	
2022 Baldock 5k Rat Run	1.	17 Alex CHADWICK	Male 30-34	Unattached	19:35	19:33	1.	1.	3:54	66.8%										
2022 Baldock 5k Rat Run	2.	54 Sam HEATHCOTE	Male 25-29	Nidd Valley Road Runners	20:26	20:26	2.	1.	4:05	63.6%										
2022 Baldock 5k Rat Run	3.	23 James DALTON	Male 45-49	North Herts Road Runners	20:39	20:38	3.	1.	4:07	70.3%										
2022 Baldock 5k Rat Run	4.	106 Paula HOLM	Female 40-44	North Herts Road Runners	20:50	20:49	1.	1.	4:09	74.2%										
2022 Baldock 5k Rat Run	5.	42 Matt FOWLER	Male 40-44	Unattached	21:36	21:34	4.	1.	4:19	64.3%										
2022 Baldock 5k Rat Run	6.	11 Robin BERRY	Male 45-49	Unattached	21:56	21:54	5.	2.	4:23	64.8%										
2022 Baldock 5k Rat Run	7.	113 Chris LENDRUM	Male 35-39	Unattached	22:00	21:58	6.	1.	4:23	61.9%										
2022 Baldock 5k Rat Run	8.	46 Charlotte GIBSON	Female 40-44	Unattached	22:36	22:34	2.	2.	4:31	68.4%										
2022 Baldock 5k Rat Run	9.	51 Lewis GREEN	Male 40-44	Unattached	22:45	22:44	7.	2.	4:32	60.2%										
2022 Baldock 5k Rat Run	10.	110 Jon HUNT	Male 50-54	North Herts Road Runners	22:49	22:48	8.	1.	4:33	65.1%										
2022 Baldock 5k Rat Run	11.	13 James BOAR	Male 10-14	Unattached	23:01	23:00	9.	1.	4:36	62.7%										
2022 Baldock 5k Rat Run	12.	14 Daniel BOAR	Male 9 & Under	Unattached	23:01	23:00	10.	1.	4:36	70.7%										
2022 Baldock 5k Rat Run	13.	70 Brent LOYD	Male 35-39	Unattached	23:14	23:08	11.	2.	4:38	58.6%										
2022 Baldock 5k Rat Run	14.	98 Jillian TOOLEY-BOYS	Female 40-44	North Herts Road Runners	23:19	23:17	3.	3.	4:39	65.4%										
2022 Baldock 5k Rat Run	15.	37 Samuel EVANS	Male 10-14	Unattached	23:20	23:16	12.	2.	4:39	66.5%										
2022 Baldock 5k Rat Run	16.	45 Neil GEE	Male 55-59	Unattached	23:26	23:22	13.	1.	4:41	65.4%										
2022 Baldock 5k Rat Run	17.	12 Mark BICKERDIKE	Male 55-59	Unattached	23:29	23:26	14.	2.	4:41	66.3%										
2022 Baldock 5k Rat Run	18.	52 Alex HAGGERTY	Male 45-49	Unattached	23:32	23:26	15.	3.	4:42	60.3%										
2022 Baldock 5k Rat Run	19.	22 Andy CORNISH	Male 45-49	Unattached	23:32	23:26	16.	4.	4:42	60.3%										
2022 Baldock 5k Rat Run	20.	68 Emma KOPPE	Female 45-49	Unattached	23:48	23:47	4.	1.	4:45	66.0%										
2022 Baldock 5k Rat Run	21.	63 Ieuan JAMES	Male 10-14	Unattached	24:03	23:59	17.	3.	4:48	64.5%										
2022 Baldock 5k Rat Run	22.	61 Geraint JAMES	Male 45-49	Unattached	24:03	23:59	18.	5.	4:48	59.1%										
2022 Baldock 5k Rat Run	23.	36 Chris EVANS	Male 35-39	Unattached	24:18	24:13	19.	3.	4:51	54.9%										
2022 Baldock 5k Rat Run	24.	50 Joshua GOODIER	Male 10-14	Unattached	24:29	24:23	20.	4.	4:53	55.9%										
2022 Baldock 5k Rat Run	25.	89 Phil SEDDON	Male 55-59	Unattached	24:55	24:48	21.	3.	4:58	62.5%										
2022 Baldock 5k Rat Run	26.	102 David WHIFFEN	Male 50-54	Unattached	25:20	25:10	22.	2.	5:03	59.6%										
2022 Baldock 5k Rat Run	27.	49 David GOODIER	Male 45-49	Unattached	25:26	25:20	23.	6.	5:05	55.8%										
2022 Baldock 5k Rat Run	28.	90 Ben SHAW	Male 30-34	Unattached	25:31	25:28	24.	2.	5:06	51.7%										
2022 Baldock 5k Rat Run	29.	91 Kevin SHERWOOD	Male 60-64	Unattached	25:52	25:47	25.	1.	5:10	62.2%										
2022 Baldock 5k Rat Run	30.	26 Ann DIXON-DYER	Female 35-39	Unattached	25:54	25:43	5.	1.	5:10	57.5%										
2022 Baldock 5k Rat Run	31.	78 Gillian MARTIN	Female 55-59	Unattached	26:15	26:06	6.	1.	5:14	68.1%										
2022 Baldock 5k Rat Run	32.	80 Sean MCGEE	Male 55-59	Unattached	26:37	26:31	26.	4.	5:19	59.5%										
2022 Baldock 5k Rat Run	33.	92 Harjit SINGH	Male 50-54	Unattached	26:51	26:45	27.	3.	5:22	55.8%										
2022 Baldock 5k Rat Run	34.	93 Sophia SMITH	Female 25-29	Unattached	26:51	26:51	7.	1.	5:22	55.0%										
2022 Baldock 5k Rat Run	35.	28 Samuel DONNELLY	Male 10-14	Unattached	26:57	26:55	28.	5.	5:23	52.0%										

RACE CHIP TIMING RESULTS

2022 Baldock 5k Rat Run	36.	111 Charlie ROBINSON	Male 55-59	Unattached	27:01	26:58	29.	5.	5:24	56.7%
2022 Baldock 5k Rat Run	37.	27 Matthew DIXON-DYER	Male 35-39	Unattached	27:05	26:53	30.	4.	5:24	49.2%
2022 Baldock 5k Rat Run	38.	100 Paul WARMAN	Male 55-59	Unattached	27:09	27:00	31.	6.	5:25	56.5%
2022 Baldock 5k Rat Run	39.	112 Martin REEVE	Male 50-54	Unattached	27:13	26:59	32.	4.	5:26	54.2%
2022 Baldock 5k Rat Run	40.	101 Dan WEBB	Male 35-39	Unattached	27:29	27:18	33.	5.	5:29	48.2%
2022 Baldock 5k Rat Run	41.	73 Oscar LYNAM	Male 10-14	Unattached	28:01	27:56	34.	6.	5:36	55.4%
2022 Baldock 5k Rat Run	42.	72 Mark LYNAM	Male 40-44	Unattached	28:01	27:56	35.	3.	5:36	49.6%
2022 Baldock 5k Rat Run	43.	109 Stephanie MA	Female 30-34	Unattached	28:02	27:50	8.	1.	5:36	52.7%
2022 Baldock 5k Rat Run	44.	6 James BARRY	Male 9 & Under	Unattached	28:14	28:08	36.	2.	5:38	60.8%
2022 Baldock 5k Rat Run	45.	5 Aidan BARRY	Male 9 & Under	Unattached	28:16	28:10	37.	3.	5:39	60.7%
2022 Baldock 5k Rat Run	46.	4 Allison BARRY	Female 40-44	Unattached	28:16	28:10	9.	4.	5:39	54.7%
2022 Baldock 5k Rat Run	47.	77 Paul MAKIN	Male 45-49	Unattached	28:31	28:25	38.	7.	5:42	49.8%
2022 Baldock 5k Rat Run	48.	76 Samuel MAKIN	Male 10-14	Unattached	28:32	28:25	39.	7.	5:42	52.3%
2022 Baldock 5k Rat Run	49.	58 David HOWITT	Male 70+	Unattached	28:35	28:31	40.	1.	5:42	61.1%
2022 Baldock 5k Rat Run	50.	53 Alan HAZLEHURST	Male 55-59	North Herts Road Runners	28:58	28:53	41.	7.	5:47	53.8%
2022 Baldock 5k Rat Run	51.	3 Mark BACKHOUSE	Male 50-54	Unattached	29:11	28:59	42.	5.	5:50	52.1%
2022 Baldock 5k Rat Run	52.	47 Anamika GIDDINGS	Female 40-44	Unattached	29:17	29:10	10.	5.	5:51	52.4%
2022 Baldock 5k Rat Run	53.	79 Andrew MCALISTER	Male 30-34	Unattached	29:35	29:20	43.	3.	5:54	44.4%
2022 Baldock 5k Rat Run	54.	96 David STRONG	Male 70+	Unattached	29:38	29:30	44.	2.	5:55	58.9%
2022 Baldock 5k Rat Run	55.	56 Ben HERBERT	Male 9 & Under	Unattached	29:40	29:30	45.	4.	5:55	57.8%
2022 Baldock 5k Rat Run	56.	44 Theia FREESTON-BULL	Female 9 & Under	Unattached	29:41	29:35	11.	1.	5:56	64.9%
2022 Baldock 5k Rat Run	57.	32 James DUNSTAN	Male 9 & Under	Unattached	29:41	29:30	46.	5.	5:56	54.8%
2022 Baldock 5k Rat Run	58.	43 Carly FREESTON	Female 35-39	Unattached	29:42	29:36	12.	2.	5:56	50.8%
2022 Baldock 5k Rat Run	59.	64 Meyrick JENKINS	Male 55-59	Unattached	29:43	29:33	47.	8.	5:56	51.6%
2022 Baldock 5k Rat Run	60.	31 Andy DUNSTAN	Male 45-49	Unattached	29:43	29:31	48.	8.	5:56	48.1%
2022 Baldock 5k Rat Run	61.	18 Siji CHEN	Female 25-29	Unattached	30:21	30:06	13.	2.	6:04	48.6%
2022 Baldock 5k Rat Run	62.	84 Alexandros PAPATHANASIOU	Male 40-44	Unattached	30:22	30:04	49.	4.	6:04	45.7%
2022 Baldock 5k Rat Run	63.	86 Lorraine PERRICONE	Female 50-54	Unattached	30:28	30:25	14.	1.	6:05	54.2%
2022 Baldock 5k Rat Run	64.	82 Paul MURDOCH	Male 50-54	Unattached	30:38	30:30	50.	6.	6:07	48.1%
2022 Baldock 5k Rat Run	65.	25 Jane DELANEY	Female 45-49	Unattached	30:39	30:35	15.	2.	6:07	53.3%
2022 Baldock 5k Rat Run	66.	105 Sara ZATOUROFF	Female 60-64	Unattached	30:42	30:37	16.	1.	6:08	60.4%
2022 Baldock 5k Rat Run	67.	65 Rajneet KHERA	Female 35-39	Unattached	31:04	30:51	17.	3.	6:12	47.8%
2022 Baldock 5k Rat Run	68.	69 Sonny KURMI	Male 30-34	North Herts Road Runners	31:05	30:51	51.	4.	6:12	41.9%
2022 Baldock 5k Rat Run	69.	99 Matt TUTTON	Male 35-39	Fairlands Valley Spartans	31:06	30:57	52.	6.	6:13	43.4%
2022 Baldock 5k Rat Run	70.	60 Karen HUMM	Female 45-49	Unattached	31:08	30:57	18.	3.	6:13	50.4%
2022 Baldock 5k Rat Run	71.	62 Rhiannon JAMES	Female 10-14	Unattached	31:09	30:58	19.	1.	6:13	52.9%
2022 Baldock 5k Rat Run	72.	87 Tim ROBINSON	Male 50-54	Fairlands Valley Spartans	31:10	30:56	53.	7.	6:13	48.4%
2022 Baldock 5k Rat Run	73.	48 Craille GILLIES	Female 40-44	Unattached	31:21	31:04	20.	6.	6:16	49.7%
2022 Baldock 5k Rat Run	74.	39 Ivan EVERSLEY	Male 55-59	Unattached	31:35	31:27	54.	9.	6:18	50.1%
2022 Baldock 5k Rat Run	75.	81 Sharon MULLAN	Female 35-39	Unattached	31:55	31:45	21.	4.	6:22	47.2%
2022 Baldock 5k Rat Run	76.	15 Lisa BROWN	Female 45-49	Unattached	31:57	31:47	22.	4.	6:23	49.6%
2022 Baldock 5k Rat Run	77.	16 Jenny CARROD	Female 40-44	Unattached	31:59	31:48	23.	7.	6:23	48.0%
2022 Baldock 5k Rat Run	78.	29 Michelle DONNELLY	Female 45-49	Unattached	32:27	32:24	24.	5.	6:29	48.4%
2022 Baldock 5k Rat Run	79.	9 James BELL	Male 9 & Under	Unattached	32:43	32:35	55.	6.	6:32	55.8%
2022 Baldock 5k Rat Run	80.	8 Doug BELL	Male 45-49	Unattached	32:48	32:40	56.	9.	6:33	44.6%

RACE CHIP TIMING RESULTS

2022 Baldock 5k Rat Run	81.	38 Karen EVERSLEY	Female 50-54	Unattached	33:01	33:01	25.	2.	6:36	51.1%
2022 Baldock 5k Rat Run	82.	67 Wendy KNIGHT	Female 55-59	Unattached	33:11	33:04	26.	2.	6:38	54.5%
2022 Baldock 5k Rat Run	83.	94 Karen STEPHENS	Female 50-54	Unattached	33:12	33:08	27.	3.	6:38	49.7%
2022 Baldock 5k Rat Run	84.	88 Lorraine ROWLEY	Female 55-59	Unattached	33:14	33:10	28.	3.	6:38	54.4%
2022 Baldock 5k Rat Run	85.	103 Eleanor WILLIAMS	Female 35-39	Unattached	34:56	34:45	29.	5.	6:59	42.6%
2022 Baldock 5k Rat Run	86.	7 Julie BEETON	Female 55-59	Unattached	35:56	35:52	30.	4.	7:11	49.2%
2022 Baldock 5k Rat Run	87.	74 Henry LYNAM	Male 9 & Under	Unattached	36:48	36:34	57.	7.	7:21	49.6%
2022 Baldock 5k Rat Run	88.	71 Lucy LYNAM	Female 40-44	Unattached	36:48	36:35	31.	8.	7:21	41.4%
2022 Baldock 5k Rat Run	89.	40 Stuart FIXTER	Male 45-49	Unattached	37:18	37:02	58.	10.	7:27	38.4%
2022 Baldock 5k Rat Run	90.	41 Adam FIXTER	Male 9 & Under	Unattached	37:18	37:02	59.	8.	7:27	46.0%
2022 Baldock 5k Rat Run	91.	19 Hayley COCKS	Female 40-44	Unattached	37:42	37:29	32.	9.	7:32	41.0%
2022 Baldock 5k Rat Run	92.	59 Gill HUGHES	Female 60-64	Unattached	37:42	37:30	33.	2.	7:32	49.7%
2022 Baldock 5k Rat Run	93.	35 Nick ELLIS	Male 45-49	Unattached	37:55	37:46	60.	11.	7:34	38.3%
2022 Baldock 5k Rat Run	94.	57 Eve HERBERT	Female 10-14	Unattached	38:59	38:48	34.	2.	7:47	42.2%
2022 Baldock 5k Rat Run	95.	33 Izzy DUNSTAN	Female 10-14	Unattached	38:59	38:49	35.	3.	7:47	42.2%
2022 Baldock 5k Rat Run	96.	108 Marian COWDREY	Male 65-69	Unattached	39:00	38:48	61.	1.	7:47	43.8%
2022 Baldock 5k Rat Run	97.	75 Stephanie MAJOR	Female 35-39	Unattached	39:34	39:24	36.	6.	7:54	38.1%
2022 Baldock 5k Rat Run	98.	21 Josh COLLINGS	Male 35-39	Unattached	49:12	48:51	62.	7.	9:50	27.4%
2022 Baldock 5k Rat Run	99.	20 Tim COLLINGS	Male 65-69	Unattached	50:05	49:45	63.	2.	10:00	34.5%
2022 Baldock 5k Rat Run	100.	95 Helen STONE	Female 70+	Unattached	55:22	55:08	37.	1.	11:04	38.1%
2022 Baldock 5k Rat Run	101.	55 Paul HERBERT	Male 40-44	Unattached	55:23	55:10	64.	5.	11:04	25.4%
2022 Baldock 5k Rat Run	102.	83 Colette MURPHY	Female 60-64	Unattached	55:24	55:09	38.	3.	11:04	34.3%
2022 Baldock 5k Rat Run	103.	97 Oliver SUTTON	Male 9 & Under	Unattached	1:00:54	1:00:53	65.	9.	12:10	26.7%
2022 Baldock 5k Rat Run	DNS	1 Christian ALLEN	Male 20-24	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	107 Jack MCARTHY	Male 25-29	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	34 John DYKE	Male 50-54	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	85 Mark PAULSON	Male 60-64	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	104 Megan WRIGHT	Female 35-39	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	2 Paul AMERY	Male 50-54	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	10 Rachel BERRY	Female 10-14	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	66 Rosie KING	Female 70+	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	24 Sara DAVIES	Female 15-19	Unattached						0.0%
2022 Baldock 5k Rat Run	DNS	30 Stephen DORAN	Male 40-44	Unattached						0.0%
2022 Hadleigh 10	1.	10467 Kieran Clements	MS	Shaftesbury Barnet Harriers	49:06	49:06	1.	1.	4:54	89.6%
2022 Hadleigh 10	2.	10354 Scott Ramsey	MS	Ipswich Harriers	53:56	53:55	2.	2.	5:23	82.7%
2022 Hadleigh 10	3.	10461 Mark Hayward	MV40	Newmarket Joggers	57:47	57:47	3.	1.	5:46	79.1%
2022 Hadleigh 10	4.	10435 Henry Catling	MS	Felixstowe RRC	59:50	59:49	4.	3.	5:58	73.5%
2022 Hadleigh 10	5.	10408 Mark Allen	MV55	Ipswich Jaffa RC	1:00:19	1:00:18	5.	1.	6:01	86.0%
2022 Hadleigh 10	6.	10345 Jim Last	MV45	Framlingham Flyers	1:00:49	1:00:47	6.	1.	6:04	78.3%
2022 Hadleigh 10	7.	10417 Adrian Frost	MV50	Saint Edmund Pacers	1:00:55	1:00:50	7.	1.	6:05	82.2%
2022 Hadleigh 10	8.	10371 Oliver Schofield	MS	Saint Edmund Pacers	1:00:59	1:00:53	8.	4.	6:05	72.1%
2022 Hadleigh 10	9.	10270 Haydn Wade	MS	Felixstowe RRC	1:01:14	1:01:13	9.	5.	6:07	71.8%
2022 Hadleigh 10	10.	10361 Mark Lloyd	MV50	Harwich Runners	1:01:43	1:01:41	10.	2.	6:10	80.4%
2022 Hadleigh 10	11.	10448 Colin Ridley	MV60	Colchester Harriers AC	1:01:47	1:01:45	11.	1.	6:10	87.2%
2022 Hadleigh 10	12.	10225 Steve Taylor	MV40	Ipswich Jaffa RC	1:02:30	1:02:27	12.	2.	6:14	72.6%

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2022 Hadleigh 10	13.	10468 Paul Wain	MS	Ipswich Jaffa RC	1:02:31	1:02:27	13.	6.	6:15	70.4%
2022 Hadleigh 10	14.	10254 Nick Lawrie	MV40	Unattached	1:02:54	1:02:50	14.	3.	6:17	74.4%
2022 Hadleigh 10	15.	10315 Neil Smith	MS	Framlingham Flyers	1:02:57	1:02:48	15.	7.	6:17	71.6%
2022 Hadleigh 10	16.	10432 Jody Walker	MV40	Nuclear Races Striders	1:03:03	1:03:01	16.	4.	6:18	73.1%
2022 Hadleigh 10	17.	10394 Alex Archer	MS	Ipswich Jaffa RC	1:03:29	1:03:26	17.	8.	6:20	69.3%
2022 Hadleigh 10	18.	10341 Benjamin Jacobs	MV45	Felixstowe RRC	1:03:30	1:03:29	18.	2.	6:20	74.9%
2022 Hadleigh 10	19.	10383 Jason Isaac Brandy	MS	Unattached	1:03:30	1:03:18	19.	9.	6:20	70.2%
2022 Hadleigh 10	20.	10253 Simon Day	MV45	Harwich Runners	1:03:40	1:03:37	20.	3.	6:21	75.4%
2022 Hadleigh 10	21.	10240 Geraint White	MS	Ipswich Jaffa RC	1:04:08	1:04:07	21.	10.	6:24	68.6%
2022 Hadleigh 10	22.	10216 Richard Smith	MV45	Unattached	1:04:16	1:04:10	22.	4.	6:25	75.3%
2022 Hadleigh 10	23.	10231 Jerry Walder	MV45	Colchester Harriers AC	1:04:46	1:04:44	23.	5.	6:28	75.3%
2022 Hadleigh 10	24.	10265 Tom Hancock	MV50	Harwich Runners	1:05:08	1:05:05	24.	3.	6:30	76.9%
2022 Hadleigh 10	25.	10462 Dave Solomon	MV55	Felixstowe RRC	1:05:38	1:05:34	25.	2.	6:33	78.4%
2022 Hadleigh 10	26.	10304 Jon Harding	MV50	Unattached	1:06:05	1:06:01	26.	4.	6:36	74.5%
2022 Hadleigh 10	27.	10342 Robin Brookes	MV50	Harwich Runners	1:06:19	1:06:15	27.	5.	6:37	76.2%
2022 Hadleigh 10	28.	10308 Marcus Catlin	MV45	Ipswich Jaffa RC	1:06:29	1:06:26	28.	6.	6:38	72.2%
2022 Hadleigh 10	29.	10202 Phil Whiting	MV45	Norfolk Gazelles AC	1:06:55	1:06:49	29.	7.	6:41	72.3%
2022 Hadleigh 10	30.	10355 Thomas Alexander	MV40	Woodbridge Shufflers RC	1:06:55	1:06:52	30.	5.	6:41	69.9%
2022 Hadleigh 10	31.	10451 James Hayward	MS	Ipswich Jaffa RC	1:06:57	1:06:54	31.	11.	6:41	66.3%
2022 Hadleigh 10	32.	10374 Jem Smith	MV45	Sudbury Joggers	1:07:07	1:06:58	32.	8.	6:42	72.7%
2022 Hadleigh 10	33.	10426 Dan Brocklehurst	MS	Wymondham AC	1:07:41	1:07:30	33.	12.	6:46	66.6%
2022 Hadleigh 10	34.	10322 Joey Avenell	MS	Unattached	1:07:42	1:07:29	34.	13.	6:46	65.0%
2022 Hadleigh 10	35.	10364 Adrian Peake	MV55	Ipswich Jaffa RC	1:07:45	1:07:41	35.	3.	6:46	77.3%
2022 Hadleigh 10	36.	10442 Ross Wilcox	MV45	Stowmarket Striders RC	1:08:55	1:08:47	36.	9.	6:53	68.5%
2022 Hadleigh 10	37.	10403 Samuel Blows	MS	Unattached	1:09:03	1:08:58	37.	14.	6:54	65.3%
2022 Hadleigh 10	38.	10441 Maarten Vriezen	MV45	Unattached	1:09:13	1:09:04	38.	10.	6:55	68.2%
2022 Hadleigh 10	39.	10309 Robin Harper	MV45	Felixstowe RRC	1:09:16	1:09:12	39.	11.	6:55	68.7%
2022 Hadleigh 10	40.	10332 Chris Servant	MV55	Ipswich Jaffa RC	1:09:19	1:09:15	40.	4.	6:55	75.5%
2022 Hadleigh 10	41.	10243 Alec Wright	MV40	Ipswich Jaffa RC	1:09:24	1:09:19	41.	6.	6:56	66.4%
2022 Hadleigh 10	42.	10218 Tony Smart	MS	Unattached	1:09:25	1:09:18	42.	15.	6:56	63.4%
2022 Hadleigh 10	43.	10326 Andrew Turner	MV40	Hadleigh Hares AC	1:09:43	1:09:41	43.	7.	6:58	66.1%
2022 Hadleigh 10	44.	10420 Chris Pugh	MS	Unattached	1:10:02	1:09:46	44.	16.	7:00	63.4%
2022 Hadleigh 10	45.	10344 David Dennett	MS	Unattached	1:10:17	1:09:48	45.	17.	7:01	64.1%
2022 Hadleigh 10	46.	10393 Wendy Smith	FV50	Saint Edmund Pacers	1:10:24	1:10:18	1.	1.	7:02	81.6%
2022 Hadleigh 10	47.	10470 Christopher Underwood	MS	Newmarket Joggers	1:10:34	1:10:26	46.	18.	7:03	62.4%
2022 Hadleigh 10	48.	10356 Christopher Boyt	MV45	Felixstowe RRC	1:10:35	1:10:31	47.	12.	7:03	69.1%
2022 Hadleigh 10	49.	10464 Andrew Dunstone	MS	Unattached	1:10:40	1:10:28	48.	19.	7:03	62.8%
2022 Hadleigh 10	50.	10353 Karl Feagan	MV45	Ipswich Harriers	1:10:44	1:10:42	49.	13.	7:04	68.4%
2022 Hadleigh 10	51.	10263 Richard Newman	MV55	Harwich Runners	1:11:27	1:11:12	50.	5.	7:08	72.6%
2022 Hadleigh 10	52.	10314 Gregor Kennedy	MV50	Unattached	1:12:00	1:11:55	51.	6.	7:11	70.8%
2022 Hadleigh 10	53.	10245 Matt Trill	MV45	Ipswich Jaffa RC	1:12:01	1:11:54	52.	14.	7:12	67.2%
2022 Hadleigh 10	54.	10443 Richard Beckett	MV40	Unattached	1:12:05	1:11:36	53.	8.	7:12	62.9%
2022 Hadleigh 10	55.	10325 Ian Thoroughgood	MS	Capel Cheetahs	1:12:10	1:11:32	54.	20.	7:12	62.4%
2022 Hadleigh 10	56.	10278 Nigel Schofield	MV55	Saint Edmund Pacers	1:12:20	1:12:12	55.	6.	7:13	73.1%
2022 Hadleigh 10	57.	10478 Cinthia Mateo Pena	FS	Woodbridge Shufflers RC	1:12:27	1:12:16	2.	1.	7:14	68.8%

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2022 Hadleigh 10	58.	10210 Kerry Buckley	MV50	Felixstowe RRC	1:12:31	1:12:26	56.	7.	7:15	69.7%
2022 Hadleigh 10	59.	10340 Mallory Dixon	MS	Unattached	1:13:17	1:12:42	57.	21.	7:19	60.0%
2022 Hadleigh 10	60.	10235 Alan Jackson	MV60	Ipswich Jaffa RC	1:13:28	1:13:21	58.	2.	7:20	75.4%
2022 Hadleigh 10	61.	10291 Femi Ariyo	MV45	Kesgrave Cruisers	1:13:46	1:13:13	59.	15.	7:22	65.6%
2022 Hadleigh 10	62.	10425 Amanda Pattinson	FV55	Unattached	1:13:50	1:13:29	3.	1.	7:22	80.8%
2022 Hadleigh 10	63.	10392 Simon Askew	MV45	Unattached	1:13:52	1:13:38	60.	16.	7:23	63.9%
2022 Hadleigh 10	64.	10406 Stephen Dunnett	MV60	Framlingham Flyers	1:13:59	1:13:52	61.	3.	7:23	75.6%
2022 Hadleigh 10	65.	10367 Richard Wold	MV60	Felixstowe RRC	1:14:10	1:14:05	62.	4.	7:24	74.7%
2022 Hadleigh 10	66.	10307 Clifford Bush	MV55	Unattached	1:14:11	1:13:59	63.	7.	7:25	69.9%
2022 Hadleigh 10	67.	10299 Sandy Thorogood	FV55	Unattached	1:14:14	1:14:01	4.	2.	7:25	82.5%
2022 Hadleigh 10	68.	10358 Aaron Perera	MS	Unattached	1:14:16	1:14:04	64.	22.	7:25	59.4%
2022 Hadleigh 10	69.	10429 Daniel Pelling	MV50	Haverhill Running Club	1:14:20	1:14:11	65.	8.	7:25	66.8%
2022 Hadleigh 10	70.	10347 Neville Clarke	MV65	Newmarket Joggers	1:14:26	1:14:16	66.	1.	7:26	79.0%
2022 Hadleigh 10	71.	10430 Samuel Jowers	MV50	Unattached	1:14:30	1:14:11	67.	9.	7:26	67.8%
2022 Hadleigh 10	72.	10391 Benjamin Askew	MV45	Unattached	1:14:57	1:14:44	68.	17.	7:29	63.0%
2022 Hadleigh 10	73.	10219 Robert Farthing	MV40	Unattached	1:15:10	1:14:52	69.	9.	7:30	61.8%
2022 Hadleigh 10	74.	10293 Chris Regan	MV55	Colchester Harriers AC	1:15:34	1:15:12	70.	8.	7:33	68.0%
2022 Hadleigh 10	75.	10321 Sean Avenell	MS	Harwich Runners	1:15:48	1:15:35	71.	23.	7:34	58.0%
2022 Hadleigh 10	76.	10259 Gary Donoghue	MV55	Harwich Runners	1:15:55	1:15:39	72.	9.	7:35	68.3%
2022 Hadleigh 10	77.	10436 Val Jennings	FV55	Ipswich Jaffa RC	1:15:56	1:15:49	5.	3.	7:35	81.7%
2022 Hadleigh 10	78.	10396 Neil Dennis	MS	Stowmarket Striders RC	1:16:18	1:15:40	73.	24.	7:37	59.1%
2022 Hadleigh 10	79.	10282 Heather Bush	FV45	Unattached	1:16:24	1:16:15	6.	1.	7:38	70.9%
2022 Hadleigh 10	80.	10337 Peter Warland	MV55	Stowmarket Striders RC	1:16:28	1:16:10	74.	10.	7:38	68.5%
2022 Hadleigh 10	81.	10472 Christopher Fuller	MS	Saxmundham Sports Running & J	1:16:45	1:16:35	75.	25.	7:40	57.3%
2022 Hadleigh 10	82.	10247 Kim Pretty	MV65	Harwich Runners	1:16:46	1:16:30	76.	2.	7:40	75.1%
2022 Hadleigh 10	83.	10234 Phil Sanderson	MV60	Harwich Runners	1:16:59	1:16:47	77.	5.	7:41	69.9%
2022 Hadleigh 10	84.	10422 Mark Lewis	MV45	Saint Edmund Pacers	1:17:04	1:16:55	78.	18.	7:42	63.3%
2022 Hadleigh 10	85.	10452 Karen Stapleton	FV45	Harwich Runners	1:17:06	1:16:53	7.	2.	7:42	68.8%
2022 Hadleigh 10	86.	10458 Jonathan Hesketh	MV40	Unattached	1:17:09	1:16:59	79.	10.	7:42	60.2%
2022 Hadleigh 10	87.	10457 William Taylor	MS	Framlingham Flyers	1:17:38	1:17:00	80.	26.	7:45	56.6%
2022 Hadleigh 10	88.	10217 Matt Benson	MV40	Sudbury Joggers	1:17:41	1:17:23	81.	11.	7:46	60.2%
2022 Hadleigh 10	89.	10289 Ian White	MV50	TRISudbury	1:17:45	1:17:27	82.	10.	7:46	65.0%
2022 Hadleigh 10	90.	10319 Jo Stephenson	FV55	Stowmarket Striders RC	1:17:54	1:17:35	8.	4.	7:47	78.6%
2022 Hadleigh 10	91.	10465 Emily Gooderham	FS	Saint Edmund Pacers	1:17:54	1:17:41	9.	2.	7:47	63.3%
2022 Hadleigh 10	92.	10370 Robin Belsom	MV60	Ipswich Jaffa RC	1:18:35	1:18:13	83.	6.	7:51	69.8%
2022 Hadleigh 10	93.	10438 Clare Douglas	FS	Stowmarket Striders RC	1:18:38	1:18:19	10.	3.	7:51	62.9%
2022 Hadleigh 10	94.	10300 Alan Oliver	MV55	Kesgrave Cruisers	1:18:41	1:18:09	84.	11.	7:52	66.5%
2022 Hadleigh 10	95.	10290 Helen Ariyo	FV40	Kesgrave Cruisers	1:18:42	1:18:10	11.	1.	7:52	66.3%
2022 Hadleigh 10	96.	10475 Chris Chorley	MV55	Bungay Black Dog RC	1:18:45	1:18:12	85.	12.	7:52	67.7%
2022 Hadleigh 10	97.	10205 Joss Dobbie	MV50	Unattached	1:18:57	1:18:38	86.	11.	7:53	62.9%
2022 Hadleigh 10	98.	10446 John Rainbow	MV40	Framlingham Flyers	1:19:09	1:18:31	87.	12.	7:54	59.1%
2022 Hadleigh 10	99.	10224 Kimberley Dye	FS	Ipswich Jaffa RC	1:19:09	1:19:02	12.	4.	7:54	62.9%
2022 Hadleigh 10	100.	10421 Jamie Pickering	MS	Unattached	1:19:12	1:18:53	88.	27.	7:55	56.1%
2022 Hadleigh 10	101.	10363 Kevin Whelan	MV55	Felixstowe RRC	1:19:20	1:19:08	89.	13.	7:55	65.4%
2022 Hadleigh 10	102.	10256 Ian Cannons	MV50	Harwich Runners	1:19:26	1:19:15	90.	12.	7:56	62.0%

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2022 Hadleigh 10	103.	10284 Geraldine Clarke	FV55	Framlingham Flyers	1:19:30	1:19:09	13.	5.	7:56	76.0%
2022 Hadleigh 10	104.	10285 Stuart Clarke	MV40	Unattached	1:19:30	1:19:09	91.	13.	7:56	58.4%
2022 Hadleigh 10	105.	10241 Mary Narey	FV55	Stowmarket Striders RC	1:19:36	1:19:17	14.	6.	7:57	75.0%
2022 Hadleigh 10	106.	10445 Mark Andrews	MV55	Unattached	1:19:45	1:19:29	92.	14.	7:58	65.1%
2022 Hadleigh 10	107.	10277 Simon Haigh	MV55	Orion Harriers	1:19:49	1:19:28	93.	15.	7:58	64.4%
2022 Hadleigh 10	108.	10477 David Church	MV50	Felixstowe RRC	1:19:51	1:19:29	94.	13.	7:59	62.7%
2022 Hadleigh 10	109.	10328 Jim Aldridge	MV45	Ipswich Jaffa RC	1:19:59	1:19:47	95.	19.	7:59	61.0%
2022 Hadleigh 10	110.	10206 Tom Hargreave	MV50	Unattached	1:20:50	1:20:31	96.	14.	8:04	61.4%
2022 Hadleigh 10	111.	10433 Brenna Keynejad	FS	Unattached	1:21:07	1:20:43	15.	5.	8:06	60.8%
2022 Hadleigh 10	112.	10331 Toby Hill	MS	Unattached	1:21:30	1:20:46	97.	28.	8:08	54.0%
2022 Hadleigh 10	113.	10212 Simon Appleby	MV45	Unattached	1:21:35	1:21:11	98.	20.	8:09	57.8%
2022 Hadleigh 10	114.	10201 George Sadler	MV50	Unattached	1:21:49	1:21:22	99.	15.	8:10	60.7%
2022 Hadleigh 10	115.	10423 Keith Lansdown	MV55	Ipswich Jaffa RC	1:22:19	1:22:12	100.	16.	8:13	63.6%
2022 Hadleigh 10	116.	10376 Simon Garner	MV50	Harwich Runners	1:22:26	1:22:09	101.	16.	8:14	59.7%
2022 Hadleigh 10	117.	10257 Tim Parnell	MV55	Ipswich Jaffa RC	1:22:31	1:22:23	102.	17.	8:15	62.3%
2022 Hadleigh 10	118.	10439 Donna Cooper	FS	Stowmarket Striders RC	1:22:35	1:22:16	16.	6.	8:15	61.1%
2022 Hadleigh 10	119.	10280 Karl Graves	MV50	Boxted Runners	1:22:43	1:22:40	103.	17.	8:16	59.5%
2022 Hadleigh 10	120.	10318 Mary-Ann Tuli	FV50	Haverhill Running Club	1:22:45	1:22:31	17.	2.	8:16	69.4%
2022 Hadleigh 10	121.	10302 Dave Young	MV50	Unattached	1:22:51	1:22:25	104.	18.	8:17	59.9%
2022 Hadleigh 10	122.	10303 Helen Came	FS	Unattached	1:22:58	1:22:45	18.	7.	8:17	60.5%
2022 Hadleigh 10	123.	10382 Paul Gilson	MV60	Ipswich Jaffa RC	1:23:01	1:22:56	105.	7.	8:18	66.1%
2022 Hadleigh 10	124.	10286 Alan Hillyard	MV60	Ipswich Triathlon Club	1:23:40	1:23:32	106.	8.	8:21	65.0%
2022 Hadleigh 10	125.	10214 Debbie Catling	FV50	Felixstowe RRC	1:23:48	1:23:25	19.	3.	8:22	69.4%
2022 Hadleigh 10	126.	10335 Belinda Godbold	FV60	Hadleigh Hares AC	1:24:11	1:24:03	20.	1.	8:25	78.9%
2022 Hadleigh 10	127.	10473 Adam Cox	MS	Unattached	1:24:42	1:23:52	107.	29.	8:28	51.9%
2022 Hadleigh 10	128.	10334 Vincent Steensma	MV50	Capel Cheetahs	1:24:58	1:24:21	108.	19.	8:29	58.9%
2022 Hadleigh 10	129.	10276 Joanne Plumb	FV50	Orion Harriers	1:25:01	1:24:41	21.	4.	8:30	67.6%
2022 Hadleigh 10	130.	10447 Katarzyna Dabrowska	FS	Unattached	1:25:02	1:24:22	22.	8.	8:30	59.3%
2022 Hadleigh 10	131.	10275 Rachel Southgate	FV40	Unattached	1:25:16	1:25:08	23.	2.	8:31	59.8%
2022 Hadleigh 10	132.	10338 Sharon Warland	FV55	Stowmarket Striders RC	1:25:28	1:25:08	24.	7.	8:32	71.6%
2022 Hadleigh 10	133.	10463 Michelle Hewitt	FS	Framlingham Flyers	1:25:39	1:25:10	25.	9.	8:33	57.8%
2022 Hadleigh 10	134.	10281 Valentina Burley	FV50	Harwich Runners	1:25:42	1:25:26	26.	5.	8:34	68.7%
2022 Hadleigh 10	135.	10453 Thomas Moore	MS	Unattached	1:25:57	1:25:37	109.	30.	8:35	52.1%
2022 Hadleigh 10	136.	10279 Doug Grimwade	MV55	Unattached	1:26:33	1:26:19	110.	18.	8:39	60.5%
2022 Hadleigh 10	137.	10262 Peter Benton	MV55	Great Bentley Running Club	1:26:53	1:26:37	111.	19.	8:41	60.3%
2022 Hadleigh 10	138.	10413 Helen Carey	FV55	Great Bentley Running Club	1:26:53	1:26:38	27.	8.	8:41	70.4%
2022 Hadleigh 10	139.	10427 Duncan Cox	MV50	Unattached	1:27:19	1:26:36	112.	20.	8:43	56.8%
2022 Hadleigh 10	140.	10368 Paul Barton	MV55	Unattached	1:27:33	1:27:24	113.	20.	8:45	59.3%
2022 Hadleigh 10	141.	10296 Sarah Cross	FS	Harwich Runners	1:27:41	1:27:26	28.	10.	8:46	57.3%
2022 Hadleigh 10	142.	10261 Emma Duffy	FS	Harwich Runners	1:27:44	1:27:29	29.	11.	8:46	56.8%
2022 Hadleigh 10	143.	10428 Katie Hands	FV40	Unattached	1:27:47	1:27:36	30.	3.	8:46	58.1%
2022 Hadleigh 10	144.	10329 Chris Squirrell	MV40	Unattached	1:27:53	1:27:50	114.	14.	8:47	53.2%
2022 Hadleigh 10	145.	10466 Glen Mures	MV50	Felixstowe RRC	1:28:30	1:28:07	115.	21.	8:50	57.1%
2022 Hadleigh 10	146.	10365 Ian Raymant	MV65	Boxted Runners	1:28:33	1:28:08	116.	3.	8:51	63.8%
2022 Hadleigh 10	147.	10327 Marie Paveley	FV45	Capel Cheetahs	1:28:51	1:28:08	31.	3.	8:53	61.0%

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2022 Hadleigh 10	148.	10381 Phil Davies	MV55	Ipswich Jaffa RC	1:29:36	1:29:28	117.	21.	8:57	58.4%
2022 Hadleigh 10	149.	10251 Jeff Higgon	MV70+	Harwich Runners	1:29:50	1:29:33	118.	1.	8:58	66.1%
2022 Hadleigh 10	150.	10410 Peter Lambillion-Jameson	MV60	Unattached	1:29:59	1:29:37	119.	9.	8:59	59.8%
2022 Hadleigh 10	151.	10444 Peter Woods	MS	Felixstowe RRC	1:30:06	1:29:41	120.	31.	9:00	50.0%
2022 Hadleigh 10	152.	10227 Eamonn McCusker	MV65	Ryston Runners	1:30:11	1:29:32	121.	4.	9:01	65.2%
2022 Hadleigh 10	153.	10384 Jimmy Elmer	MV50	Ipswich Jaffa RC	1:30:19	1:30:11	122.	22.	9:01	55.4%
2022 Hadleigh 10	154.	10264 Jenny Lynch	FV55	Felixstowe RRC	1:30:21	1:29:54	32.	9.	9:02	68.6%
2022 Hadleigh 10	155.	10469 Matthew Stearn	MV60	Unattached	1:30:21	1:29:53	123.	10.	9:02	59.6%
2022 Hadleigh 10	156.	10390 Bobbie Sauerzapf	FV60	Bungay Black Dog RC	1:30:25	1:29:52	33.	2.	9:02	73.4%
2022 Hadleigh 10	157.	10250 Ian Bown	MV55	Boxted Runners	1:30:27	1:29:57	124.	22.	9:02	59.0%
2022 Hadleigh 10	158.	10471 Alisma Dodd	FS	Unattached	1:30:27	1:29:50	34.	12.	9:02	55.1%
2022 Hadleigh 10	159.	10404 Clive Gipson	MV40	Unattached	1:30:41	1:29:54	125.	15.	9:04	50.8%
2022 Hadleigh 10	160.	10301 Christopher Smith	MV55	Unattached	1:30:45	1:30:18	126.	23.	9:04	56.7%
2022 Hadleigh 10	161.	10419 Tony Stewart	MV65	Lonely Goat RC	1:31:10	1:30:45	127.	5.	9:06	63.8%
2022 Hadleigh 10	162.	10223 Amanda Davis	FV45	Unattached	1:31:11	1:31:04	35.	4.	9:07	60.8%
2022 Hadleigh 10	163.	10450 Helen Yellop	FV55	Capel Cheetahs	1:31:20	1:30:36	36.	10.	9:07	65.3%
2022 Hadleigh 10	164.	10400 Sian Evans	FS	Unattached	1:31:26	1:30:52	37.	13.	9:08	53.9%
2022 Hadleigh 10	165.	10399 Joel Cooper	MS	Unattached	1:31:26	1:30:52	128.	32.	9:08	48.1%
2022 Hadleigh 10	166.	10295 Will White	MS	Felixstowe RRC	1:31:26	1:30:52	129.	33.	9:08	48.1%
2022 Hadleigh 10	167.	10311 James Watson	MS	Unattached	1:31:28	1:30:47	130.	34.	9:08	48.7%
2022 Hadleigh 10	168.	10416 Robert Reason	MV55	Stowmarket Striders RC	1:32:01	1:31:26	131.	24.	9:12	56.9%
2022 Hadleigh 10	169.	10320 David Field	MV60	Stowmarket Striders RC	1:32:06	1:31:47	132.	11.	9:12	59.0%
2022 Hadleigh 10	170.	10209 Anthony Smith	MV55	Witham RC	1:32:23	1:31:44	133.	25.	9:14	57.7%
2022 Hadleigh 10	171.	10244 Claire Mathieson	FV50	Unattached	1:33:31	1:33:16	38.	6.	9:21	63.0%
2022 Hadleigh 10	172.	10306 Chris Howland	MV55	Felixstowe RRC	1:33:50	1:33:27	134.	26.	9:22	55.3%
2022 Hadleigh 10	173.	10249 Muriel Lovering	FV45	Harwich Runners	1:33:59	1:33:42	39.	5.	9:23	56.5%
2022 Hadleigh 10	174.	10230 Peter Johnson	MV60	Unattached	1:34:11	1:33:13	135.	12.	9:25	59.4%
2022 Hadleigh 10	175.	10246 Christina Pretty	FV60	Harwich Runners	1:34:17	1:34:00	40.	3.	9:25	69.4%
2022 Hadleigh 10	176.	10312 Ben Dixon	MV40	Unattached	1:34:34	1:33:53	136.	16.	9:27	49.1%
2022 Hadleigh 10	177.	10313 Geraldine Clifford	FV45	Unattached	1:34:34	1:33:52	41.	6.	9:27	56.1%
2022 Hadleigh 10	178.	10242 Jennifer Wright	FV40	Ipswich Jaffa RC	1:34:41	1:34:31	42.	4.	9:28	54.6%
2022 Hadleigh 10	179.	10454 Kelly Guyon	FV40	Unattached	1:34:42	1:34:00	43.	5.	9:28	55.1%
2022 Hadleigh 10	180.	10455 Bradley Guyon	MV50	Unattached	1:34:42	1:34:00	137.	23.	9:28	53.3%
2022 Hadleigh 10	181.	10424 Kate Hutson	FV40	Ipswich Jaffa RC	1:34:54	1:34:45	44.	6.	9:29	54.9%
2022 Hadleigh 10	182.	10402 Jan Wilcox	FV55	Boxted Runners	1:35:41	1:35:10	45.	11.	9:34	64.8%
2022 Hadleigh 10	183.	10411 Penelope Walker	FS	Unattached	1:35:47	1:35:26	46.	14.	9:34	52.2%
2022 Hadleigh 10	184.	10316 Alexander Davey	MS	Unattached	1:35:48	1:35:08	138.	35.	9:34	46.5%
2022 Hadleigh 10	185.	10203 Ross Silverton	MV70+	Witham RC	1:35:55	1:35:47	139.	2.	9:35	64.3%
2022 Hadleigh 10	186.	10238 Davd Aplin	MV50	Unattached	1:36:33	1:36:14	140.	24.	9:39	51.9%
2022 Hadleigh 10	187.	10369 Liza Putwain	FV40	Stowmarket Striders RC	1:36:38	1:36:18	47.	7.	9:39	53.5%
2022 Hadleigh 10	188.	10434 Adrian Cole	MV60	Stowmarket Striders RC	1:36:39	1:36:15	141.	13.	9:39	55.7%
2022 Hadleigh 10	189.	10221 Sam Hardwick	MS	Stowmarket Striders RC	1:37:03	1:36:27	142.	36.	9:42	45.6%
2022 Hadleigh 10	190.	10414 Graeme Johnston	MV50	Haverhill Running Club	1:37:45	1:37:31	143.	25.	9:46	51.7%
2022 Hadleigh 10	191.	10229 Shaun Tye	MV40	Harwich Runners	1:38:02	1:37:44	144.	17.	9:48	47.0%
2022 Hadleigh 10	192.	10386 Linsey Wright	FV40	Unattached	1:38:05	1:37:35	48.	8.	9:48	53.6%

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2022 Hadleigh 10	193.	10385 Darren James	MV45	Unattached	1:38:06	1:37:36	145.	21.	9:48	49.7%
2022 Hadleigh 10	194.	10401 Annie Gourlay	FV40	Sudbury Joggers	1:38:18	1:37:58	49.	9.	9:49	52.2%
2022 Hadleigh 10	195.	10378 Sarah Pennock	FV40	Sudbury Joggers	1:38:18	1:37:58	50.	10.	9:49	53.0%
2022 Hadleigh 10	196.	10204 William Burdett	MV60	Stowmarket Striders RC	1:38:32	1:37:56	146.	14.	9:51	54.6%
2022 Hadleigh 10	197.	10389 Lorraine Collins	FV50	Unattached	1:39:17	1:38:52	51.	7.	9:55	57.2%
2022 Hadleigh 10	198.	10388 John Stoneman	MV50	Unattached	1:39:17	1:38:52	147.	26.	9:55	49.6%
2022 Hadleigh 10	199.	10412 David Seymour	MV60	Felixstowe RRC	1:39:41	1:39:24	148.	15.	9:58	55.6%
2022 Hadleigh 10	200.	10208 Helen Schofield	FV45	Stamford Striders	1:40:11	1:39:44	52.	7.	10:01	53.5%
2022 Hadleigh 10	201.	10292 Victoria McCrea	FS	Harwich Runners	1:40:28	1:40:10	53.	15.	10:02	49.1%
2022 Hadleigh 10	202.	10405 Lisa Sutherland	FV50	TRISudbury	1:41:16	1:40:32	54.	8.	10:07	55.4%
2022 Hadleigh 10	203.	10258 Zoe Gower	FS	Ipswich Phoenix Running Club	1:41:33	1:40:52	55.	16.	10:09	48.9%
2022 Hadleigh 10	204.	10310 Sue Shippey	FV50	Witham RC	1:41:43	1:41:27	56.	9.	10:10	57.9%
2022 Hadleigh 10	205.	10357 Steve Bright	MV55	Lonely Goat RC	1:41:44	1:40:53	149.	27.	10:10	52.4%
2022 Hadleigh 10	206.	10222 Sarah Stanley	FS	Unattached	1:42:03	1:41:49	57.	17.	10:12	49.2%
2022 Hadleigh 10	207.	10380 Kyle Thompson	MS	Unattached	1:42:18	1:41:49	150.	37.	10:13	43.0%
2022 Hadleigh 10	208.	10236 Karen Flowers	FV50	Witham RC	1:42:28	1:42:12	58.	10.	10:14	56.8%
2022 Hadleigh 10	209.	10409 Joe Naughton	MV60	Stowmarket Striders RC	1:42:37	1:42:12	151.	16.	10:15	52.5%
2022 Hadleigh 10	210.	10415 Paul Rendle	MS	Unattached	1:43:27	1:42:49	152.	38.	10:20	42.5%
2022 Hadleigh 10	211.	10324 Kim Braybrook	FS	Unattached	1:44:06	1:43:23	59.	18.	10:24	48.5%
2022 Hadleigh 10	212.	10377 Steven Reynolds	MV60	Unattached	1:44:47	1:44:30	153.	17.	10:28	53.4%
2022 Hadleigh 10	213.	10305 Karen Jeffreys	FV45	Unattached	1:44:47	1:44:36	60.	8.	10:28	51.1%
2022 Hadleigh 10	214.	10287 Karen Baksh	FV45	Unattached	1:44:47	1:44:36	61.	9.	10:28	52.3%
2022 Hadleigh 10	215.	10269 David Rout	MV65	Harwich Runners	1:47:18	1:47:00	154.	6.	10:43	53.2%
2022 Hadleigh 10	216.	10297 Janine Edgar	FV40	Unattached	1:49:30	1:48:37	62.	11.	10:56	47.2%
2022 Hadleigh 10	217.	10298 Brett Pringle	MV40	Unattached	1:49:30	1:48:37	155.	18.	10:56	41.7%
2022 Hadleigh 10	218.	10440 Sally Squirrell	FV45	Unattached	1:51:39	1:51:23	63.	10.	11:09	47.5%
2022 Hadleigh 10	219.	10237 Jackie Collins	FV55	Felixstowe RRC	1:51:44	1:51:15	64.	12.	11:10	55.5%
2022 Hadleigh 10	220.	10456 Yazmine Sievey	FS	Unattached	1:52:42	1:52:00	65.	19.	11:16	43.8%
2022 Hadleigh 10	221.	10360 Sue Hargadon	FV65	Woodbridge Shufflers RC	1:54:40	1:53:47	66.	1.	11:27	61.4%
2022 Hadleigh 10	222.	10431 Anneli Ostler	FV40	Felixstowe RRC	1:56:18	1:55:44	67.	12.	11:37	43.9%
2022 Hadleigh 10	223.	10474 Kirsty Marsh	FS	Felixstowe RRC	1:57:05	1:56:33	68.	20.	11:42	43.3%
2022 Hadleigh 10	224.	10395 Jo Whelan	FV60	Felixstowe RRC	1:57:05	1:56:33	69.	4.	11:42	55.1%
2022 Hadleigh 10	225.	10397 Jacqueline Allport	FV55	Felixstowe RRC	1:57:05	1:56:34	70.	13.	11:42	50.9%
2022 Hadleigh 10	226.	10398 Richard Allport	MV55	Felixstowe RRC	1:57:06	1:56:33	156.	28.	11:42	45.5%
2022 Hadleigh 10	227.	10330 Deborah Lake	FV60	Unattached	2:06:18	2:05:26	71.	5.	12:37	50.4%
2022 Hadleigh 10	DNF	10211 Paul Schwer	MV60	Felixstowe RRC						0.0%
2022 Hadleigh 5m	1.	10449 Jack Wilkinson	MS	Ipswich Jaffa RC	28:01	28:00	1.	1.	5:36	77.8%
2022 Hadleigh 5m	2.	5049 Callum Milner	MS	Colchester & Tendring AC	28:29	28:28	2.	2.	5:41	75.8%
2022 Hadleigh 5m	3.	5079 Aden Bell	MS	Hadleigh Hares AC	28:32	28:31	3.	3.	5:42	76.4%
2022 Hadleigh 5m	4.	5118 John Scaife	MV45	Colchester Harriers AC	28:38	28:38	4.	1.	5:43	82.6%
2022 Hadleigh 5m	5.	5076 Brandon Barber	BU16	Framlingham Flyers	29:28	29:27	5.	1.	5:53	74.9%
2022 Hadleigh 5m	6.	5085 Adam Howlett	MV50	Unattached	30:00	30:00	6.	1.	5:59	80.8%
2022 Hadleigh 5m	7.	5004 Stephen Husband	MS	Haverhill Running Club	30:13	30:11	7.	4.	6:02	70.8%
2022 Hadleigh 5m	8.	5061 Mark Curtis	MV40	Ipswich Jaffa RC	30:52	30:51	8.	1.	6:10	74.3%
2022 Hadleigh 5m	9.	5151 Chris Green	MS	Unattached	30:53	30:47	9.	5.	6:10	69.0%

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2022 Hadleigh 5m	10.	5110 Stuart Ward	MS	Rushmere Community Runners	31:36	31:35	10.	6.	6:19	67.4%
2022 Hadleigh 5m	11.	5162 Clive Thomas	MV60	Boxted Runners	32:36	32:32	11.	1.	6:31	80.4%
2022 Hadleigh 5m	12.	5037 Steve Hall	MV45	Framlingham Flyers	32:45	32:41	12.	2.	6:32	72.9%
2022 Hadleigh 5m	13.	5135 Ed Seeley	MS	Unattached	32:47	32:45	13.	7.	6:33	65.0%
2022 Hadleigh 5m	14.	5103 James Pitcher	MS	Norfolk Gazelles AC	32:51	32:47	14.	8.	6:34	64.8%
2022 Hadleigh 5m	15.	5048 James Taverner	MV40	GoodGym Race Team	33:01	32:57	15.	2.	6:36	67.3%
2022 Hadleigh 5m	16.	5148 Callum McPartlin	MS	Unattached	33:37	33:35	16.	9.	6:43	63.4%
2022 Hadleigh 5m	17.	5082 Murray Baker	MV45	Unattached	33:40	33:10	17.	3.	6:43	69.2%
2022 Hadleigh 5m	18.	5141 Andrew Laws	MV55	Ipswich Jaffa RC	33:49	33:46	18.	1.	6:45	76.1%
2022 Hadleigh 5m	19.	5015 Ian Moore	MV55	Wymondham AC	34:11	34:08	19.	2.	6:50	73.4%
2022 Hadleigh 5m	20.	5182 Vanessa Dolling	FV45	Boxted Runners	35:37	35:10	1.	1.	7:07	74.8%
2022 Hadleigh 5m	21.	5044 Lee Holohan	MV45	Colchester Harriers AC	35:40	35:17	20.	4.	7:07	65.8%
2022 Hadleigh 5m	22.	5007 Ian McDermott	MV55	Ipswich Jaffa RC	35:53	35:50	21.	3.	7:10	72.4%
2022 Hadleigh 5m	23.	5177 Andy Buck	MV55	Sudbury Joggers	36:04	35:54	22.	4.	7:12	71.3%
2022 Hadleigh 5m	24.	5163 Richard Higgins	MV55	Framlingham Flyers	36:22	36:17	23.	5.	7:16	70.8%
2022 Hadleigh 5m	25.	5094 David Woods	MV55	Waveney Valley AC	36:26	36:23	24.	6.	7:17	69.4%
2022 Hadleigh 5m	26.	5056 Simon Fraser	MV50	Rushmere Community Runners	36:32	36:27	25.	2.	7:18	67.5%
2022 Hadleigh 5m	27.	5157 Jacob Sowman	MS	Unattached	36:32	36:09	26.	10.	7:18	58.3%
2022 Hadleigh 5m	28.	5130 Graham Wigley	MV60	Framlingham Flyers	36:33	36:28	27.	2.	7:18	74.3%
2022 Hadleigh 5m	29.	5115 Barry Osborne	MV70+	Haverhill Running Club	36:41	36:35	28.	1.	7:20	80.5%
2022 Hadleigh 5m	30.	5047 Ella Jeffries	FS	Colchester Harriers AC	37:06	37:01	2.	1.	7:25	65.5%
2022 Hadleigh 5m	31.	5169 Jo Hayward	FV50	Stowmarket Striders RC	37:12	36:43	3.	1.	7:26	75.0%
2022 Hadleigh 5m	32.	5164 Daniel Steptoe-Thompson	MS	Boxted Runners	37:29	37:02	29.	11.	7:29	58.9%
2022 Hadleigh 5m	33.	5111 Harry King	MS	Ipswich Jaffa RC	37:31	37:28	30.	12.	7:30	56.8%
2022 Hadleigh 5m	34.	5175 Juliet Garnham	FV45	Stowmarket Striders RC	37:37	37:24	4.	2.	7:31	70.8%
2022 Hadleigh 5m	35.	5075 Ben Jackson	MS	Felixstowe RRC	37:42	37:20	31.	13.	7:32	57.0%
2022 Hadleigh 5m	36.	5167 Jimmy Secker	MV45	Saint Edmund Pacers	37:49	37:41	32.	5.	7:33	62.6%
2022 Hadleigh 5m	37.	5159 Ricky Deasy	MV40	Unattached	38:15	37:48	33.	3.	7:38	59.5%
2022 Hadleigh 5m	38.	5105 Alex Warburton	MS	Unattached	38:28	38:04	34.	14.	7:41	55.4%
2022 Hadleigh 5m	39.	5098 Connie Haggart	FS	Unattached	38:29	38:26	5.	2.	7:41	63.7%
2022 Hadleigh 5m	40.	5036 Crystal Murray	FS	Hadleigh Hares AC	38:35	38:12	6.	3.	7:42	63.3%
2022 Hadleigh 5m	41.	5108 Stuart Green	MV60	Unattached	38:36	38:30	35.	3.	7:43	69.1%
2022 Hadleigh 5m	42.	5187 Fran Norris	FV60	Colchester Harriers AC	38:47	38:32	7.	1.	7:45	82.7%
2022 Hadleigh 5m	43.	5030 Victoria Tapp	FS	Hadleigh Hares AC	39:04	38:41	8.	4.	7:48	61.9%
2022 Hadleigh 5m	44.	5063 Andy Owen	MS	Grange Farm & Dunmow Runner	39:04	38:50	36.	15.	7:48	54.7%
2022 Hadleigh 5m	45.	5168 Kelly Smith	FV50	Boxted Runners	39:06	38:38	9.	2.	7:49	70.5%
2022 Hadleigh 5m	46.	5028 Katie Gibson	FV50	Colchester Harriers AC	39:12	38:48	10.	3.	7:50	71.2%
2022 Hadleigh 5m	47.	5145 Alison Vincent	FV55	Unattached	40:04	39:53	11.	1.	8:00	74.0%
2022 Hadleigh 5m	48.	5131 Jason Nightingale	MV50	Unattached	40:25	40:01	37.	3.	8:04	60.5%
2022 Hadleigh 5m	49.	5046 Paul Elliott	MV50	Unattached	40:26	40:17	38.	4.	8:05	60.5%
2022 Hadleigh 5m	50.	5143 Chris Axford	MV55	Jogging Made Easy	40:31	40:19	39.	7.	8:06	63.0%
2022 Hadleigh 5m	51.	5152 Chris Bareham	MV60	Unattached	40:43	40:37	40.	4.	8:08	66.1%
2022 Hadleigh 5m	52.	5172 Laura Hall	FS	Unattached	40:47	40:40	12.	5.	8:09	59.9%
2022 Hadleigh 5m	53.	5014 Hugh White	MV55	Unattached	40:58	40:24	41.	8.	8:11	62.3%
2022 Hadleigh 5m	54.	5136 Geoff Rankin	MV55	Unattached	41:03	40:08	42.	9.	8:12	62.1%

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2022 Hadleigh 5m	55.	5072 Gary Watson	MV40	Unattached	41:20	40:36	43.	4.	8:15	53.8%
2022 Hadleigh 5m	56.	5200 Wendy Kellet	FV50	Ipswich Jaffa RC	41:24	41:18	13.	4.	8:16	66.6%
2022 Hadleigh 5m	57.	5055 Jordan Chester-Flatt	MS	Unattached	41:50	41:26	44.	16.	8:21	50.9%
2022 Hadleigh 5m	58.	5179 Kelly Wagland	MV55	Unattached	41:57	41:28	45.	10.	8:23	60.3%
2022 Hadleigh 5m	59.	5022 Nathalie Hooper	FV55	Hadleigh Hares AC	42:08	41:43	14.	2.	8:25	69.5%
2022 Hadleigh 5m	60.	5043 Louise Yates	FV40	Colchester Harriers AC	42:33	42:09	15.	1.	8:30	60.2%
2022 Hadleigh 5m	61.	5034 Nicola Mackay	FS	Unattached	43:05	42:16	16.	6.	8:36	57.4%
2022 Hadleigh 5m	62.	5160 Karen Deasy	FV40	Unattached	43:05	42:38	17.	2.	8:36	58.9%
2022 Hadleigh 5m	63.	5090 John Steel	MV40	Haverhill Running Club	43:07	42:57	46.	5.	8:37	52.4%
2022 Hadleigh 5m	64.	5121 John Dunnett	MV60	Unattached	43:09	42:44	47.	5.	8:37	61.8%
2022 Hadleigh 5m	65.	5087 Tracy Pelling	FV50	Haverhill Running Club	43:12	43:03	18.	5.	8:38	63.1%
2022 Hadleigh 5m	66.	5122 Chris Johns	MV65	Woodbridge Shufflers RC	43:17	42:36	48.	1.	8:39	63.9%
2022 Hadleigh 5m	67.	5183 Stephanie Crowther	FS	Unattached	43:46	43:33	19.	7.	8:45	56.3%
2022 Hadleigh 5m	68.	5016 Molly Bewsher	GU16	Unattached	44:14	43:55	20.	1.	8:50	57.9%
2022 Hadleigh 5m	69.	5138 Richard Talbot	MV65	Unattached	44:24	44:14	49.	2.	8:52	62.9%
2022 Hadleigh 5m	70.	5083 Sarah Taylor-Balls	FV55	Unattached	44:27	44:19	21.	3.	8:53	67.5%
2022 Hadleigh 5m	71.	5084 Chloe Taylor-Balls	FS	Unattached	44:27	44:20	22.	8.	8:53	54.8%
2022 Hadleigh 5m	72.	5088 Silke Sheppard	FV60	Haverhill Running Club	44:43	44:28	23.	2.	8:56	68.9%
2022 Hadleigh 5m	73.	5017 Jason Ablett	MV50	Stowmarket Striders RC	44:54	44:29	50.	5.	8:58	53.6%
2022 Hadleigh 5m	74.	5134 Fiona Holland	FV60	London Heathside	45:09	44:44	24.	3.	9:01	72.0%
2022 Hadleigh 5m	75.	5104 Julia Moss-Eccardt	FV50	Stowmarket Striders RC	45:11	44:35	25.	6.	9:02	61.7%
2022 Hadleigh 5m	76.	5009 James Scott	MV40	Boxted Runners	45:16	44:45	51.	6.	9:03	50.2%
2022 Hadleigh 5m	77.	5149 Mik Carr	MV65	Bungay Black Dog RC	45:19	44:59	52.	3.	9:03	61.0%
2022 Hadleigh 5m	78.	5106 Tracey Watts	FS	Unattached	45:26	44:56	26.	9.	9:05	54.5%
2022 Hadleigh 5m	79.	5147 Roger Kerr	MV45	Unattached	45:40	45:16	53.	6.	9:07	50.6%
2022 Hadleigh 5m	80.	5146 Kelly Seager	FV40	Unattached	45:40	45:16	27.	3.	9:07	55.2%
2022 Hadleigh 5m	81.	5153 Adam Box	MV40	Boxted Runners	45:40	45:10	54.	7.	9:07	48.7%
2022 Hadleigh 5m	82.	5166 Emily White	FS	Unattached	45:51	45:21	28.	10.	9:10	53.1%
2022 Hadleigh 5m	83.	5070 Annette Coster	FS	Unattached	45:52	45:11	29.	11.	9:10	52.7%
2022 Hadleigh 5m	84.	5001 Nicola Sadler	FV50	Unattached	46:13	45:46	30.	7.	9:14	61.1%
2022 Hadleigh 5m	85.	5031 Geraldine Suckling	FV40	Hadleigh Hares AC	46:15	45:49	31.	4.	9:14	53.8%
2022 Hadleigh 5m	86.	5073 Kate Wills	FV45	Boxted Runners	46:18	45:47	32.	3.	9:15	56.3%
2022 Hadleigh 5m	87.	5018 Grace Judge	FV55	Haverhill Running Club	46:21	46:06	33.	4.	9:16	65.6%
2022 Hadleigh 5m	88.	5112 Samantha Cooper	FV50	Hadleigh Hares AC	46:47	46:39	34.	8.	9:21	60.3%
2022 Hadleigh 5m	89.	5021 Sarah Dickinson	FV40	Unattached	47:02	46:17	35.	5.	9:24	53.2%
2022 Hadleigh 5m	90.	5119 Graham Rankjn	MV55	Unattached	47:06	46:10	55.	11.	9:25	55.1%
2022 Hadleigh 5m	91.	5181 Frank Watson	MV65	Stowmarket Striders RC	47:21	47:02	56.	4.	9:28	59.0%
2022 Hadleigh 5m	92.	5035 Andrew Goodbourn	MS	Unattached	47:27	46:42	57.	17.	9:29	44.9%
2022 Hadleigh 5m	93.	5033 Alejandro Negueruela	MV40	Unattached	47:57	47:51	58.	8.	9:35	47.1%
2022 Hadleigh 5m	94.	5027 Helen Allan	FV55	Unattached	48:04	47:18	36.	5.	9:36	61.7%
2022 Hadleigh 5m	95.	5081 Pam Morgan	FV70+	Ipswich Triathlon Club	48:20	48:10	37.	1.	9:39	75.6%
2022 Hadleigh 5m	96.	5066 Graham Statter	MV60	Bishops Stortford RC	48:25	47:34	59.	6.	9:40	56.1%
2022 Hadleigh 5m	97.	5144 Wayne Davis	MV45	Jogging Made Easy	48:29	48:17	60.	7.	9:41	48.8%
2022 Hadleigh 5m	98.	5045 John Edwards	MV50	Unattached	49:12	49:08	61.	6.	9:50	50.5%
2022 Hadleigh 5m	99.	5180 Helen Wagland	FV55	Unattached	49:17	48:48	38.	6.	9:51	59.4%

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2022 Hadleigh 5m	100.	5095 Karen Woods	FV50	Unattached	49:19	49:07	39.	9.	9:51	56.6%
2022 Hadleigh 5m	101.	5190 Andrew Jump	MV45	Kesgrave Cruisers	49:21	48:42	62.	8.	9:52	47.6%
2022 Hadleigh 5m	102.	5039 Alexandra Chisnall	FS	Unattached	49:35	49:02	40.	12.	9:54	49.0%
2022 Hadleigh 5m	103.	5026 Lisa Regan	FV50	Unattached	49:35	49:04	41.	10.	9:54	55.6%
2022 Hadleigh 5m	104.	5040 Paul Dodsworth	MS	Unattached	49:36	49:03	63.	18.	9:55	44.5%
2022 Hadleigh 5m	105.	5140 Diane Chester	FV50	Unattached	49:53	49:29	42.	11.	9:58	55.9%
2022 Hadleigh 5m	106.	5053 Rosie Ovel	FS	Unattached	50:01	49:40	43.	13.	10:00	48.5%
2022 Hadleigh 5m	107.	5025 Teresa Morse	FV55	Unattached	50:02	49:30	44.	7.	10:00	59.2%
2022 Hadleigh 5m	108.	5086 Nichola Wilkins	FV40	Unattached	50:16	49:30	45.	6.	10:03	50.1%
2022 Hadleigh 5m	109.	5078 Cornell Le Roux Groenewald	FV40	Boxted Runners	50:45	50:14	46.	7.	10:08	49.0%
2022 Hadleigh 5m	110.	5137 Elaine Rankin	FV55	Unattached	50:52	49:56	47.	8.	10:10	56.8%
2022 Hadleigh 5m	111.	5062 Carrie Shenton	FV55	Unattached	51:07	50:17	48.	9.	10:13	57.3%
2022 Hadleigh 5m	112.	5100 Esther Gray	FS	Unattached	51:07	50:21	49.	14.	10:13	47.8%
2022 Hadleigh 5m	113.	5188 Chris Smith	MV50	Unattached	51:17	50:33	64.	7.	10:15	46.9%
2022 Hadleigh 5m	114.	5097 Lisa Smith	FV50	Unattached	51:17	50:33	50.	12.	10:15	53.7%
2022 Hadleigh 5m	115.	5113 Grayhame Fish	MV70+	Unattached	51:26	51:12	65.	2.	10:17	58.2%
2022 Hadleigh 5m	116.	5125 Larissa Mayhew	FV50	Unattached	51:27	50:59	51.	13.	10:17	55.5%
2022 Hadleigh 5m	117.	5023 Danielle Adams	FV40	Unattached	51:39	51:00	52.	8.	10:19	48.8%
2022 Hadleigh 5m	118.	5029 Louise Wright	FV50	Unattached	51:41	51:10	53.	14.	10:20	53.3%
2022 Hadleigh 5m	119.	5158 Angela Whiting	FV60	Unattached	51:48	51:19	54.	4.	10:21	59.5%
2022 Hadleigh 5m	120.	5185 Brett Deakin	MV40	Felixstowe RRC	51:52	51:27	66.	9.	10:22	44.2%
2022 Hadleigh 5m	121.	5154 Sarah Box	FS	Boxted Runners	52:36	52:05	55.	15.	10:31	46.3%
2022 Hadleigh 5m	122.	5178 Karen Flower	FV50	Saxmundham Sports Running & Leisure	52:53	52:43	56.	15.	10:34	54.0%
2022 Hadleigh 5m	123.	5092 Karen Brackenbury	FV60	Unattached	53:35	53:12	57.	5.	10:42	57.5%
2022 Hadleigh 5m	124.	5012 Gillian Croot	FV50	Unattached	53:45	52:56	58.	16.	10:44	52.5%
2022 Hadleigh 5m	125.	5120 Laura Pearson	FS	Unattached	53:45	53:07	59.	16.	10:44	45.4%
2022 Hadleigh 5m	126.	5054 Ross Ovel	MV40	Unattached	53:49	53:28	67.	10.	10:45	42.6%
2022 Hadleigh 5m	127.	5156 Paul Hales	MV55	Capel Cheetahs	53:53	53:10	68.	12.	10:46	48.2%
2022 Hadleigh 5m	128.	5069 Sharon Hayfield	FV45	Unattached	54:09	53:46	60.	4.	10:49	49.7%
2022 Hadleigh 5m	129.	5068 Heather Smith	FV50	Unattached	54:09	53:46	61.	17.	10:49	51.5%
2022 Hadleigh 5m	130.	5126 Philip Carre	MV55	Unattached	54:26	53:56	69.	13.	10:53	47.3%
2022 Hadleigh 5m	131.	5099 Rachel Dickson	FV50	Haverhill Running Club	54:41	54:25	62.	18.	10:56	50.4%
2022 Hadleigh 5m	132.	5064 Heidi Hibbett	FV40	Grange Farm & Dunmow Runner	54:51	54:36	63.	9.	10:58	45.4%
2022 Hadleigh 5m	133.	5005 Louis Clack	MS	Unattached	55:17	54:28	70.	19.	11:03	38.5%
2022 Hadleigh 5m	134.	5011 Kate Brett	FV50	Unattached	55:27	54:37	64.	19.	11:05	49.1%
2022 Hadleigh 5m	135.	5093 Gill Fry	FV55	Unattached	55:32	55:10	65.	10.	11:06	54.7%
2022 Hadleigh 5m	136.	5155 Lorraine Hales	FV50	Unattached	55:36	54:52	66.	20.	11:07	50.2%
2022 Hadleigh 5m	137.	5051 Chloe Hopkins	FS	Unattached	55:41	54:51	67.	17.	11:08	43.4%
2022 Hadleigh 5m	138.	5013 Tracey Squirrel	FV50	Hadleigh Hares AC	55:45	55:01	68.	21.	11:08	51.2%
2022 Hadleigh 5m	139.	5184 Jean Wier	FV60	Harwich Runners	55:58	55:41	69.	6.	11:11	58.1%
2022 Hadleigh 5m	140.	5114 Anne Fish	FV70+	Unattached	56:33	55:39	70.	2.	11:18	66.6%
2022 Hadleigh 5m	141.	5173 Gio Eburne	FV55	Unattached	57:01	56:39	71.	11.	11:24	50.7%
2022 Hadleigh 5m	142.	5150 Gillian Charlton	FV60	Stowmarket Striders RC	57:24	56:47	72.	7.	11:28	56.6%
2022 Hadleigh 5m	143.	5071 David Coster	MV65	Unattached	57:27	56:47	71.	5.	11:29	47.7%
2022 Hadleigh 5m	144.	5165 Pippa Sargent	FV40	Stowmarket Striders RC	57:53	57:16	73.	10.	11:34	43.0%

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2022 Hadleigh 5m	145.	5132 Sarah De-Vaux Balbirnie	FS	Unattached	57:55	57:18	74.	18.	11:34	42.0%
2022 Hadleigh 5m	146.	5052 Suzanne Moore	FV55	Wymondham AC	58:06	57:55	75.	12.	11:37	51.7%
2022 Hadleigh 5m	147.	5008 Chloe Chisnall	FS	Unattached	58:34	57:48	76.	19.	11:42	41.3%
2022 Hadleigh 5m	148.	5116 Ben Mendrys	MS	Unattached	58:34	57:48	72.	20.	11:42	36.4%
2022 Hadleigh 5m	149.	5128 Rebecca Grist	FV45	Unattached	58:43	58:35	77.	5.	11:44	45.9%
2022 Hadleigh 5m	150.	5174 Keith Borrett	MV65	Unattached	58:52	58:25	73.	6.	11:46	48.4%
2022 Hadleigh 5m	151.	5041 Samuel Toogood	MS	Unattached	1:00:23	1:00:02	74.	21.	12:04	35.9%
2022 Hadleigh 5m	152.	5038 Hannah Stansfield	FS	Unattached	1:01:27	1:00:32	78.	20.	12:17	39.3%
2022 Hadleigh 5m	153.	5161 Jacqueline Boreham	FV55	Unattached	1:02:31	1:01:36	79.	13.	12:30	48.0%
2022 Hadleigh 5m	154.	5129 Rachel Bennett	FV45	Unattached	1:03:55	1:03:00	80.	6.	12:46	42.1%
2022 Hadleigh 5m	155.	5042 Claire Toogood	FS	Unattached	1:04:16	1:03:55	81.	21.	12:51	37.9%
2022 Hadleigh 5m	156.	5065 Peter Allen	MV65	Bishops Stortford RC	1:04:42	1:03:51	75.	7.	12:56	42.7%
2022 Hadleigh 5m	157.	5080 Charlie Stannett	MV65	Ipswich Triathlon Club	1:07:34	1:06:37	76.	8.	13:30	41.3%
2022 Hadleigh 5m	158.	5058 Sally Jacobs	FV65	Unattached	1:12:11	1:11:45	82.	1.	14:26	48.3%
2022 Hadleigh 5m	159.	5057 Faye Jacobs	FV40	Unattached	1:12:22	1:11:56	83.	11.	14:28	35.1%
2022 Hadleigh 5m	160.	5032 Sue Wilkinson	FV55	Hadleigh Hares AC	1:14:38	1:13:44	84.	14.	14:55	39.7%
2022 Hadleigh 5m	161.	5024 Clair Nicol	FV40	Unattached	1:14:39	1:13:44	85.	12.	14:55	33.5%
2022 Hadleigh 5m	162.	5117 Kerry Chandler	FV45	Unattached	1:21:54	1:21:00	86.	7.	16:22	32.9%
2022 Hadleigh Fun Run 2k	1.	19 Fergus Quinn	BU16	Unattached	00:08:28	00:08:28	1.	1.	6:48	161.7%
2022 Hadleigh Fun Run 2k	2.	15 Thomas Davis	BU14	Hadleigh Hares AC	00:08:33	00:08:33	2.	1.	6:52	163.9%
2022 Hadleigh Fun Run 2k	3.	37 Daniel Cooper	BU16	Hadleigh Hares AC	00:08:37	00:08:37	3.	2.	6:55	159.0%
2022 Hadleigh Fun Run 2k	4.	35 Luca Kading	BU16	Stowmarket Striders RC	00:08:42	00:08:42	4.	3.	6:59	157.4%
2022 Hadleigh Fun Run 2k	5.	4 Liam Durrant	BU12	Unattached	00:08:49	00:08:49	5.	1.	7:05	176.0%
2022 Hadleigh Fun Run 2k	6.	46 Harry Alexander	BU12	Hadleigh Hares AC	00:08:56	00:08:56	6.	2.	7:11	166.9%
2022 Hadleigh Fun Run 2k	7.	8 Poppy Pyke	GU14	Unattached	00:08:59	00:08:59	1.	1.	7:13	183.4%
2022 Hadleigh Fun Run 2k	8.	32 Jemima Garner	GU14	Harwich Runners	00:09:05	00:09:05	2.	2.	7:18	177.5%
2022 Hadleigh Fun Run 2k	9.	18 Ellis Humphrey	BU14	Hadleigh Hares AC	00:09:16	00:09:16	7.	2.	7:27	155.5%
2022 Hadleigh Fun Run 2k	10.	21 Oscar Tier	BU16	Unattached	00:09:20	00:09:20	8.	4.	7:30	146.6%
2022 Hadleigh Fun Run 2k	11.	48 George Smith	BU12	Framlingham Flyers	00:09:21	00:09:21	9.	3.	7:31	159.6%
2022 Hadleigh Fun Run 2k	12.	10 Laila McNeill	GU12	Unattached	00:09:25	00:09:25	3.	1.	7:34	179.4%
2022 Hadleigh Fun Run 2k	13.	24 Corey Milner	BU10	Colchester & Tendring AC	00:09:31	00:09:31	10.	1.	7:39	180.3%
2022 Hadleigh Fun Run 2k	14.	22 Harry Tier	BU14	Unattached	00:09:36	00:09:36	11.	3.	7:43	150.2%
2022 Hadleigh Fun Run 2k	15.	5 Joel Farmer	BU12	Unattached	00:09:37	00:09:37	12.	4.	7:44	161.4%
2022 Hadleigh Fun Run 2k	16.	59 Joshua Abrey	BU14	Unattached	00:09:39	00:09:39	13.	4.	7:45	149.5%
2022 Hadleigh Fun Run 2k	17.	36 Ella Kading	GU14	Stowmarket Striders RC	00:09:39	00:09:39	4.	3.	7:46	170.7%
2022 Hadleigh Fun Run 2k	18.	23 Ayla Milner	GU12	Colchester & Tendring AC	00:09:40	00:09:40	5.	2.	7:46	179.9%
2022 Hadleigh Fun Run 2k	19.	16 Elissia Bell	GU10	Hadleigh Hares AC	00:09:43	00:09:43	6.	1.	7:49	184.5%
2022 Hadleigh Fun Run 2k	20.	11 Kyan McNeill	BU10	Unattached	00:09:56	00:09:56	14.	2.	7:59	172.7%
2022 Hadleigh Fun Run 2k	21.	30 Felix Clover	BU12	Hadleigh Hares AC	00:10:00	00:10:00	15.	5.	8:02	155.3%
2022 Hadleigh Fun Run 2k	22.	20 Annabel Quinn	GU8	Unattached	00:10:06	00:10:06	7.	1.	8:07	190.8%
2022 Hadleigh Fun Run 2k	23.	45 Eden Smith	GU10	Unattached	00:10:11	00:10:11	8.	2.	8:11	176.2%
2022 Hadleigh Fun Run 2k	24.	38 Ella Baalham	GU12	Hadleigh Hares AC	00:10:28	00:10:28	9.	3.	8:24	166.2%
2022 Hadleigh Fun Run 2k	25.	50 Molly Seeley	GU16	Unattached	00:10:38	00:10:38	10.	1.	8:33	148.6%
2022 Hadleigh Fun Run 2k	26.	44 Lucy Clover	GU12	Hadleigh Hares AC	00:10:58	00:10:58	11.	4.	8:49	154.2%
2022 Hadleigh Fun Run 2k	27.	33 Nancy Garner	GU12	Harwich Runners	00:10:59	00:10:59	12.	5.	8:50	158.2%

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2022 Hadleigh Fun Run 2k	28.	43 Samson Grist	BU10	Hadleigh Hares AC	00:11:09	00:11:09	16.	3.	8:58	145.8%
2022 Hadleigh Fun Run 2k	29.	14 Aadhaven Thoroughgood	BU8	Unattached	00:11:13	00:11:13	17.	1.	9:01	163.0%
2022 Hadleigh Fun Run 2k	30.	52 Hollie Barclay	GU10	Saint Edmund Pacers	00:11:24	00:11:24	13.	3.	9:10	157.3%
2022 Hadleigh Fun Run 2k	31.	41 Elsie Pyke	GU10	Unattached	00:11:26	00:11:26	14.	4.	9:11	156.9%
2022 Hadleigh Fun Run 2k	32.	55 Isaac Miller	BU12	Hadleigh Hares AC	00:11:27	00:11:27	18.	6.	9:12	135.6%
2022 Hadleigh Fun Run 2k	33.	58 Hayden Perera	BU14	Unattached	00:11:40	00:11:40	19.	5.	9:23	123.6%
2022 Hadleigh Fun Run 2k	34.	3 Maisie Ablett	GU12	Unattached	00:11:43	00:11:43	15.	6.	9:25	144.3%
2022 Hadleigh Fun Run 2k	35.	42 Olivia Biven	GU8	Unattached	00:11:50	00:11:50	16.	2.	9:31	162.9%
2022 Hadleigh Fun Run 2k	36.	12 Grace Loomes	GU10	Ipswich Jaffa RC	00:11:52	00:11:52	17.	5.	9:32	156.5%
2022 Hadleigh Fun Run 2k	37.	51 Joseph Dunstone	BU8	Unattached	00:12:08	00:12:08	20.	2.	9:45	162.0%
2022 Hadleigh Fun Run 2k	38.	28 Alice Bates	GU10	Hadleigh Hares AC	00:12:11	00:12:11	18.	6.	9:47	152.4%
2022 Hadleigh Fun Run 2k	39.	100 Winston Whitehead	BU8	Unattached	00:12:22	00:12:22	21.	3.	9:57	159.0%
2022 Hadleigh Fun Run 2k	40.	25 Aderyn McDonald	GU10	Hadleigh Hares AC	00:12:24	00:12:24	19.	7.	9:58	149.8%
2022 Hadleigh Fun Run 2k	41.	31 Wilfred Hare	BU8	Unattached	00:12:56	00:12:56	22.	4.	10:24	141.3%
2022 Hadleigh Fun Run 2k	42.	53 Ralf Dooley	BU8	Unattached	00:13:01	00:13:01	23.	5.	10:28	140.4%
2022 Hadleigh Fun Run 2k	43.	6 Lydia Farmer	GU8	Unattached	00:13:02	00:13:02	20.	3.	10:29	154.2%
2022 Hadleigh Fun Run 2k	44.	54 Oliver Miller	BU12	Hadleigh Hares AC	00:13:04	00:13:04	24.	7.	10:30	114.2%
2022 Hadleigh Fun Run 2k	45.	7 Henry Brice	BU6	Unattached	00:13:08	00:13:08	25.	1.	10:34	0.0%
2022 Hadleigh Fun Run 2k	46.	40 Joshua Watts	BU6	Unattached	00:13:11	00:13:11	26.	2.	10:36	162.3%
2022 Hadleigh Fun Run 2k	47.	57 Isla Smethurst	GU10	Unattached	00:13:38	00:13:38	21.	8.	10:58	136.1%
2022 Hadleigh Fun Run 2k	48.	47 Pippa Alexander	GU10	Hadleigh Hares AC	00:13:50	00:13:50	22.	9.	11:07	134.2%
2022 Hadleigh Fun Run 2k	49.	29 Felicity Bates	GU14	Hadleigh Hares AC	00:13:52	00:13:52	23.	4.	11:09	118.8%
2022 Hadleigh Fun Run 2k	50.	56 Zachary Dooley	BU6	Unattached	00:14:39	00:14:39	27.	3.	11:46	0.0%
2022 Hadleigh Fun Run 2k	51.	39 Amelie Watts	GU10	Stowmarket Striders RC	00:14:40	00:14:40	24.	10.	11:48	126.5%
2022 Hadleigh Fun Run 2k	52.	26 Freya McDonald	GU8	Unattached	00:15:54	00:15:54	25.	4.	12:47	126.4%
2022 High Lodge Half Spring	1.	99 Patryk KUBIK	Male 30-34	Team Makos	1:20:59	1:20:55	1.	1.	6:10	72.1%
2022 High Lodge Half Spring	2.	184 Daniel SMITH	Male 40-44	Coltishall Jaguars	1:23:38	1:23:33	2.	1.	6:22	71.7%
2022 High Lodge Half Spring	3.	11 Richard DANIELS	Male 30-34	Unattched	1:28:19	1:28:15	3.	2.	6:44	66.1%
2022 High Lodge Half Spring	4.	218 Chris WOOLENER	Male 30-34	Unattched	1:28:40	1:28:36	4.	3.	6:46	66.0%
2022 High Lodge Half Spring	5.	37 Grant CHAPMAN	Male 45-49	Royston Runners	1:31:17	1:31:12	5.	1.	6:58	68.9%
2022 High Lodge Half Spring	6.	29 Jason BRUNT	Male 45-49	Norfolk Gazelles	1:31:56	1:31:50	6.	2.	7:00	70.2%
2022 High Lodge Half Spring	7.	149 Gary PERCIVAL	Male 35-39	Unattched	1:33:05	1:33:00	7.	1.	7:06	63.4%
2022 High Lodge Half Spring	8.	82 Graham HILL	Male 50-54	Royston Runners	1:34:53	1:34:46	8.	1.	7:14	68.6%
2022 High Lodge Half Spring	9.	28 Oliver BROWN	Male 30-34	Unattched	1:35:27	1:35:20	9.	4.	7:17	61.1%
2022 High Lodge Half Spring	10.	170 Chris ROLT	Male 30-34	Unattched	1:35:38	1:35:28	10.	5.	7:17	61.2%
2022 High Lodge Half Spring	11.	119 Mike MCKINSTRY	Male 55-59	Unattched	1:36:09	1:35:56	11.	1.	7:20	70.8%
2022 High Lodge Half Spring	12.	4 David ALLEN	Male 55-59	Great Bentley	1:37:50	1:37:43	12.	2.	7:28	70.9%
2022 High Lodge Half Spring	13.	142 Ryan NORMAN	Male 30-34	Unattched	1:38:01	1:37:54	13.	6.	7:28	59.5%
2022 High Lodge Half Spring	14.	18 Shane BASING	Male 40-44	Newmarket joggers	1:38:27	1:38:09	14.	2.	7:30	60.9%
2022 High Lodge Half Spring	15.	39 Mark CLIFFORD	Male 40-44	Unattched	1:38:49	1:38:39	15.	3.	7:32	61.6%
2022 High Lodge Half Spring	16.	221 George WRIGHT	Male 25-29	Stowmarket Striders	1:39:15	1:39:04	16.	1.	7:34	58.8%
2022 High Lodge Half Spring	17.	206 Nathan WHITE	Male 40-44	Unattched	1:39:30	1:39:24	17.	4.	7:35	61.7%
2022 High Lodge Half Spring	18.	75 Jack HARRIS	Male 25-29	Unattched	1:39:32	1:39:19	18.	2.	7:35	58.6%
2022 High Lodge Half Spring	19.	130 Victoria MOSELEY	Female 45-49	Unattched	1:39:36	1:39:27	1.	1.	7:36	71.1%
2022 High Lodge Half Spring	20.	3 Gerbrand ALKEMA	Male 45-49	Ealing Eagles	1:41:00	1:40:47	19.	3.	7:42	62.3%

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2022 High Lodge Half Spring	21.	191 Marcus SYKES	Male 35-39	Unattached	1:41:22	1:41:16	20.	2.	7:44	57.8%
2022 High Lodge Half Spring	22.	192 Jon SYKES	Male 30-34	Unattached	1:41:23	1:41:14	21.	7.	7:44	57.6%
2022 High Lodge Half Spring	23.	63 Josh GRAHAM	Male 25-29	Unattached	1:41:37	1:41:29	22.	3.	7:45	57.4%
2022 High Lodge Half Spring	24.	223 Mariusz ZAK	Male 45-49	Unattached	1:42:46	1:42:39	23.	4.	7:50	60.7%
2022 High Lodge Half Spring	25.	146 Paul OULTRAM	Male 35-39	Unattached	1:42:53	1:42:45	24.	3.	7:51	57.7%
2022 High Lodge Half Spring	26.	94 Paul JONES	Male 55-59	Lonely Goat RC	1:43:03	1:42:50	25.	3.	7:51	67.3%
2022 High Lodge Half Spring	27.	54 Richard FENN	Male 50-54	Sawtry Walk To Run	1:43:18	1:43:11	26.	2.	7:53	63.6%
2022 High Lodge Half Spring	28.	27 Kaylee BROWN	Female 30-34	Unattached	1:45:55	1:45:36	2.	1.	8:05	61.9%
2022 High Lodge Half Spring	29.	31 Felicity BURDEN	Female 40-44	Unattached	1:45:56	1:45:46	3.	1.	8:05	65.6%
2022 High Lodge Half Spring	30.	132 Rebecca MURPHY	Female 30-34	Unattached	1:46:10	1:45:59	4.	2.	8:06	61.4%
2022 High Lodge Half Spring	31.	136 Tim NAPHTHINE	Male 40-44	Unattached	1:46:30	1:46:23	27.	5.	8:07	57.2%
2022 High Lodge Half Spring	32.	5 Roseanna ALLEN	Female 25-29	Unattached	1:46:36	1:46:20	5.	1.	8:08	61.1%
2022 High Lodge Half Spring	33.	156 Sebastian RASINGER	Male 40-44	Unattached	1:46:46	1:46:23	28.	6.	8:08	58.0%
2022 High Lodge Half Spring	34.	24 Lewis BISHOP	Male 30-34	Unattached	1:48:27	1:48:21	29.	8.	8:16	53.8%
2022 High Lodge Half Spring	35.	8 Natalie ANDERSON/SATURLE	Female 40-44	Unattached	1:48:33	1:48:19	6.	2.	8:17	63.0%
2022 High Lodge Half Spring	36.	74 Claire HANNON	Female 40-44	Unattached	1:48:48	1:48:40	7.	3.	8:18	62.0%
2022 High Lodge Half Spring	37.	15 Trevor BACK	Male 55-59	Unattached	1:48:55	1:48:45	30.	4.	8:18	63.6%
2022 High Lodge Half Spring	38.	151 Jamie PICKERING	Male 35-39	Unattached	1:49:43	1:49:34	31.	4.	8:22	53.6%
2022 High Lodge Half Spring	39.	127 Tom MORRIS	Male 25-29	Unattached	1:50:51	1:50:26	32.	4.	8:27	52.6%
2022 High Lodge Half Spring	40.	69 Ollie GUNSMAN	Male 35-39	Unattached	1:50:51	1:50:37	33.	5.	8:27	53.3%
2022 High Lodge Half Spring	41.	48 Lenka DINNAGE	Female 40-44	Unattached	1:51:10	1:50:52	8.	4.	8:29	61.5%
2022 High Lodge Half Spring	42.	19 Gregory BECK	Male 40-44	Unattached	1:52:08	1:51:50	34.	7.	8:33	53.9%
2022 High Lodge Half Spring	43.	85 Richard HOWARTH	Male 45-49	Unattached	1:52:10	1:52:05	35.	5.	8:33	57.5%
2022 High Lodge Half Spring	44.	87 Katherine HUGGINS	Female 35-39	Unattached	1:52:39	1:52:29	9.	1.	8:35	58.6%
2022 High Lodge Half Spring	45.	41 James COBURN	Male 30-34	Unattached	1:52:40	1:52:21	36.	9.	8:35	51.8%
2022 High Lodge Half Spring	46.	137 Mary NAREY	Female 50-54	Stowmarket Striders	1:52:45	1:52:30	10.	1.	8:36	69.0%
2022 High Lodge Half Spring	47.	153 Michal POWROZEK	Male 35-39	Unattached	1:53:25	1:53:17	37.	6.	8:39	52.6%
2022 High Lodge Half Spring	48.	91 Chris JAMES	Male 35-39	Unattached	1:53:42	1:53:38	38.	7.	8:40	52.2%
2022 High Lodge Half Spring	49.	134 Paul MUTIMER	Male 50-54	Unattached	1:53:42	1:53:36	39.	3.	8:40	57.8%
2022 High Lodge Half Spring	50.	118 Alistair MCKENZIE	Male 30-34	Unattached	1:54:14	1:53:44	40.	10.	8:43	51.2%
2022 High Lodge Half Spring	51.	179 Chris SENIOR	Male 35-39	Unattached	1:54:14	1:53:44	41.	8.	8:43	51.9%
2022 High Lodge Half Spring	52.	197 Richard WALKER	Male 55-59	Norfolk Harriers	1:54:28	1:54:16	42.	5.	8:44	59.5%
2022 High Lodge Half Spring	53.	183 Alexander SMITH	Male 40-44	Unattached	1:54:37	1:54:13	43.	8.	8:44	53.5%
2022 High Lodge Half Spring	54.	22 Andrew BERRILL	Male 35-39	Unattached	1:54:47	1:54:32	44.	9.	8:45	51.7%
2022 High Lodge Half Spring	55.	56 Jane FOLEY	Female 55-59	Royston Runners	1:55:26	1:55:14	11.	1.	8:48	69.2%
2022 High Lodge Half Spring	56.	106 William MAIN	Male 35-39	Unattached	1:55:28	1:55:12	45.	10.	8:48	51.6%
2022 High Lodge Half Spring	57.	216 Neil WINSTONE	Male 60-64	Royston Runners	1:55:47	1:55:35	46.	1.	8:50	61.6%
2022 High Lodge Half Spring	58.	1 Jp ADA	Male 25-29	Unattached	1:56:00	1:55:52	47.	5.	8:51	50.3%
2022 High Lodge Half Spring	59.	201 Tom WARMAN	Male 30-34	Witham RC	1:56:05	1:55:49	48.	11.	8:51	50.4%
2022 High Lodge Half Spring	60.	117 Andrew MCGANN	Male 50-54	Unattached	1:56:36	1:56:23	49.	4.	8:53	57.3%
2022 High Lodge Half Spring	61.	101 Christina LATTA	Female 35-39	Unattached	1:56:38	1:56:28	12.	2.	8:54	56.9%
2022 High Lodge Half Spring	62.	71 James HALL	Male 40-44	Unattached	1:56:50	1:56:40	50.	9.	8:55	51.3%
2022 High Lodge Half Spring	63.	157 Tracey READ	Female 45-49	Unattached	1:57:18	1:57:03	13.	2.	8:57	62.4%
2022 High Lodge Half Spring	64.	2 Matthew ALEXANDER	Male 30-34	Unattached	1:57:48	1:57:37	51.	12.	8:59	49.5%
2022 High Lodge Half Spring	65.	187 Jon STEVENS	Male 35-39	Unattached	1:57:53	1:57:42	52.	11.	8:59	50.6%

RACE CHIP TIMING RESULTS

2022 High Lodge Half Spring	66.	182 Mitch SMITH	Male 35-39	Unattached	1:58:03	1:57:52	53.	12.	9:00	49.7%
2022 High Lodge Half Spring	67.	178 Kevin SCOTT	Male 55-59	Unattached	1:58:08	1:57:55	54.	6.	9:00	58.1%
2022 High Lodge Half Spring	68.	219 Stephen WORRALL	Male 45-49	Unattached	1:58:11	1:57:56	55.	6.	9:01	54.1%
2022 High Lodge Half Spring	69.	128 David MORRIS	Male 50-54	Unattached	1:58:26	1:58:01	56.	5.	9:02	56.4%
2022 High Lodge Half Spring	70.	124 Toby MILNE	Male 45-49	Unattached	1:58:40	1:58:13	57.	7.	9:03	53.9%
2022 High Lodge Half Spring	71.	68 Thomas GRIMSHAW	Male 25-29	Unattached	1:59:00	1:58:48	58.	6.	9:05	49.0%
2022 High Lodge Half Spring	72.	195 Vilma VENSLOVIENE	Female 35-39	Thetford AC	1:59:20	1:58:50	14.	3.	9:06	56.1%
2022 High Lodge Half Spring	73.	7 Keith ANDERSON	Male 55-59	Trail Running Association	2:01:05	2:00:56	59.	7.	9:14	56.2%
2022 High Lodge Half Spring	74.	215 Sharon WINDEBANK	Female 45-49	Unattached	2:01:11	2:01:00	15.	3.	9:15	59.0%
2022 High Lodge Half Spring	75.	168 Ben ROGERS	Male 50-54	Unattached	2:01:29	2:01:11	60.	6.	9:16	53.6%
2022 High Lodge Half Spring	76.	172 Dulcie RUTTLEY/DORNAN	Female 30-34	Unattached	2:01:57	2:01:41	16.	3.	9:18	53.6%
2022 High Lodge Half Spring	77.	33 Toby BUTTRESS	Male 25-29	Unattached	2:01:58	2:01:40	61.	7.	9:18	47.8%
2022 High Lodge Half Spring	78.	214 Alex WINDEBANK	Female 50-54	Royston Runners	2:02:04	2:01:52	17.	2.	9:19	61.4%
2022 High Lodge Half Spring	79.	97 Sean KITCHENER	Male 30-34	Unattached	2:02:57	2:02:36	62.	13.	9:23	47.6%
2022 High Lodge Half Spring	80.	20 Jonathon BECKLEY	Male 25-29	Unattached	2:03:08	2:02:51	63.	8.	9:23	47.4%
2022 High Lodge Half Spring	81.	51 Charlotte ELKIN	Female 20-24	Unattached	2:03:45	2:03:21	18.	1.	9:26	52.6%
2022 High Lodge Half Spring	82.	140 Simon NICHOLLS	Male 50-54	Lonely Goat RC	2:03:50	2:03:35	64.	7.	9:27	53.5%
2022 High Lodge Half Spring	83.	23 Craig BILL	Male 35-39	Unattached	2:03:55	2:03:49	65.	13.	9:27	47.5%
2022 High Lodge Half Spring	84.	205 Matt WHISKER	Male 30-34	Wikiwiki Tri team	2:04:05	2:03:47	66.	14.	9:28	47.0%
2022 High Lodge Half Spring	85.	88 Daisy HULTON	Female 30-34	Unattached	2:05:11	2:04:54	19.	4.	9:33	52.1%
2022 High Lodge Half Spring	86.	141 Pippa NICOLLE	Female 30-34	Unattached	2:05:24	2:05:13	20.	5.	9:34	52.2%
2022 High Lodge Half Spring	87.	217 Tim WOODS	Male 60-64	Unattached	2:05:30	2:05:15	67.	2.	9:34	56.8%
2022 High Lodge Half Spring	88.	80 Cassandra HERMAN	Female 25-29	Unattached	2:05:32	2:05:14	21.	2.	9:34	51.9%
2022 High Lodge Half Spring	89.	92 Matthew JOHNSON	Male 35-39	Unattached	2:05:42	2:05:24	68.	14.	9:35	47.4%
2022 High Lodge Half Spring	90.	57 Paul FOSTER	Male 45-49	Unattached	2:06:00	2:05:45	69.	8.	9:37	50.8%
2022 High Lodge Half Spring	91.	38 David CLARKE	Male 40-44	Unattached	2:06:00	2:05:36	70.	10.	9:37	47.6%
2022 High Lodge Half Spring	92.	34 Julie CALVERTT	Female 50-54	Unattached	2:06:10	2:05:59	22.	3.	9:37	59.4%
2022 High Lodge Half Spring	93.	104 Paul LOCKHART-THOMAS	Male 45-49	Unattached	2:08:12	2:07:44	71.	9.	9:47	49.5%
2022 High Lodge Half Spring	94.	14 Carol ATKINSON	Female 35-39	Sawtry Walk To Run	2:08:23	2:08:02	23.	4.	9:47	51.9%
2022 High Lodge Half Spring	95.	203 Amy WATTS	Female 30-34	Unattached	2:08:26	2:08:06	24.	6.	9:48	50.9%
2022 High Lodge Half Spring	96.	188 Julie STRINGER	Female 40-44	Fetch Everyone RC	2:09:02	2:08:40	25.	5.	9:50	53.8%
2022 High Lodge Half Spring	97.	145 Gavin OLIVER	Male 40-44	Unattached	2:09:19	2:09:00	72.	11.	9:52	46.7%
2022 High Lodge Half Spring	98.	204 Mennel WELCH	Male 40-44	Riverside Runners	2:09:20	2:09:00	73.	12.	9:52	47.1%
2022 High Lodge Half Spring	99.	113 Joe MATTHEWS	Male 30-34	Unattached	2:09:36	2:09:05	74.	15.	9:53	45.1%
2022 High Lodge Half Spring	100.	129 Ali MOSELEY	Male 50-54	Unattached	2:09:39	2:09:31	75.	8.	9:53	51.6%
2022 High Lodge Half Spring	101.	26 Adam BRIGHT	Male 30-34	Unattached	2:09:40	2:09:21	76.	16.	9:53	45.0%
2022 High Lodge Half Spring	102.	67 Angel GREEN	Female 35-39	Unattached	2:09:53	2:09:35	26.	5.	9:54	50.8%
2022 High Lodge Half Spring	103.	208 James WILKINS	Male 30-34	Unattached	2:10:02	2:09:31	77.	17.	9:55	45.0%
2022 High Lodge Half Spring	104.	42 Sandra COLEMAN	Female 40-44	Unattached	2:10:13	2:09:58	27.	6.	9:56	52.9%
2022 High Lodge Half Spring	105.	111 Claire MARTIN	Female 35-39	Unattached	2:10:13	2:09:59	28.	6.	9:56	51.2%
2022 High Lodge Half Spring	106.	200 Andy WALTER	Male 50-54	Norfolk Gazelles	2:10:59	2:10:39	78.	9.	9:59	51.5%
2022 High Lodge Half Spring	107.	66 Jacob GREAVES	Male 30-34	Unattached	2:11:06	2:10:46	79.	18.	10:00	44.5%
2022 High Lodge Half Spring	108.	175 Clarice SANDERSON	Female 30-34	Witham Running Club	2:11:22	2:10:59	29.	7.	10:01	49.6%
2022 High Lodge Half Spring	109.	84 Steven HIRST	Male 35-39	Unattached	2:11:35	2:11:03	80.	15.	10:02	44.6%
2022 High Lodge Half Spring	110.	58 Katie FRANKS	Female 20-24	Unattached	2:12:01	2:11:32	30.	2.	10:04	49.3%

RACE CHIP TIMING RESULTS

2022 High Lodge Half Spring	111.	93 Sharon JONES	Female 50-54	Coltishall Jaguars	2:12:17	2:12:01	31.	4.	10:05	58.8%
2022 High Lodge Half Spring	112.	155 Liza PUTWAIN	Female 40-44	Stowmarket Striders	2:12:19	2:12:00	32.	7.	10:05	51.3%
2022 High Lodge Half Spring	113.	147 Laura OWENS	Female 35-39	Unattached	2:12:21	2:12:04	33.	7.	10:06	49.9%
2022 High Lodge Half Spring	114.	25 False BRADLEY	Female 45-49	Coltishall Jaguars	2:12:25	2:12:09	34.	4.	10:06	55.3%
2022 High Lodge Half Spring	115.	174 Abigail SALTER	Female 40-44	Unattached	2:12:26	2:12:01	35.	8.	10:06	52.0%
2022 High Lodge Half Spring	116.	21 Erin BELLAMY	Female 30-34	Unattached	2:13:01	2:12:43	36.	8.	10:09	49.0%
2022 High Lodge Half Spring	117.	193 Jeni THOMAS	Female 35-39	Unattached	2:13:02	2:12:44	37.	8.	10:09	49.9%
2022 High Lodge Half Spring	118.	76 Anthony HARVEY	Male 40-44	Unattached	2:13:30	2:13:07	81.	13.	10:11	44.9%
2022 High Lodge Half Spring	119.	17 Sam BARTON	Male 35-39	Unattached	2:13:30	2:13:08	82.	16.	10:11	44.4%
2022 High Lodge Half Spring	120.	89 Esther HUNT	Female 45-49	Unattached	2:16:26	2:16:10	38.	5.	10:24	51.9%
2022 High Lodge Half Spring	121.	35 Alan CARTER	Male 60-64	Unattached	2:17:20	2:16:51	83.	3.	10:28	51.9%
2022 High Lodge Half Spring	122.	116 Anna MAYHEW	Female 50-54	Newmarket Joggers	2:19:41	2:19:17	39.	5.	10:39	54.3%
2022 High Lodge Half Spring	123.	12 Sarah ARTINGSTALL	Female 45-49	Unattached	2:20:09	2:19:41	40.	6.	10:41	50.0%
2022 High Lodge Half Spring	124.	50 Benjamin EDWARDS	Male 25-29	Unattached	2:20:41	2:20:08	84.	9.	10:44	41.5%
2022 High Lodge Half Spring	125.	86 Danielle HOYLE	Female 35-39	Unattached	2:21:33	2:21:10	41.	9.	10:48	47.1%
2022 High Lodge Half Spring	126.	107 Rhys MAKINS	Male 20-24	Unattached	2:21:50	2:21:23	85.	1.	10:49	41.1%
2022 High Lodge Half Spring	127.	121 Graeme MEARS	Male 50-54	Unattached	2:22:36	2:22:19	86.	10.	10:53	46.0%
2022 High Lodge Half Spring	128.	165 Anna ROBEY	Female 35-39	Unattached	2:22:40	2:22:14	42.	10.	10:53	46.7%
2022 High Lodge Half Spring	129.	166 Michael ROBEY	Male 45-49	Harlow Running Club	2:22:41	2:22:15	87.	10.	10:53	44.1%
2022 High Lodge Half Spring	130.	152 Karen POULTER	Female 40-44	Unattached	2:23:27	2:23:06	43.	9.	10:56	48.4%
2022 High Lodge Half Spring	131.	224 Pamela ZEUGIN	Female 60-64	Unattached	2:23:41	2:23:09	44.	1.	10:58	60.2%
2022 High Lodge Half Spring	132.	169 Oliver ROGERS	Male 30-34	Unattached	2:23:52	2:23:26	88.	19.	10:58	40.6%
2022 High Lodge Half Spring	133.	196 Vincent VINCENT	Male 45-49	Unattached	2:23:53	2:23:19	89.	11.	10:58	44.8%
2022 High Lodge Half Spring	134.	123 Jenny MEYER	Female 30-34	Unattached	2:24:14	2:23:45	45.	9.	11:00	45.2%
2022 High Lodge Half Spring	135.	13 Emily ASHTON	Female 20-24	Unattached	2:24:31	2:23:56	46.	3.	11:01	45.1%
2022 High Lodge Half Spring	136.	198 Daniel WALKER	Male 30-34	Unattached	2:24:31	2:23:56	90.	20.	11:01	40.4%
2022 High Lodge Half Spring	137.	114 Lizz MAYERS	Female 45-49	Longstanton and Northstowe Lim	2:24:37	2:24:00	47.	7.	11:02	48.5%
2022 High Lodge Half Spring	138.	112 Lewis MASON	Male 25-29	Unattached	2:24:45	2:24:39	91.	10.	11:02	40.3%
2022 High Lodge Half Spring	139.	98 Andrew KOLARIK	Male 35-39	Unattached	2:25:28	2:25:16	92.	17.	11:06	41.0%
2022 High Lodge Half Spring	140.	194 Cindy TIERNEY	Female 45-49	Unattached	2:26:22	2:25:53	48.	8.	11:10	49.4%
2022 High Lodge Half Spring	141.	225 Emily FITCH	Female 25-29	Unattached	2:27:25	2:26:58	49.	3.	11:15	44.2%
2022 High Lodge Half Spring	142.	55 Ian FITCH	Male 55-59	Unattached	2:27:26	2:26:59	93.	8.	11:15	46.2%
2022 High Lodge Half Spring	143.	213 David WILSON	Male 35-39	Unattached	2:28:43	2:28:20	94.	18.	11:21	40.1%
2022 High Lodge Half Spring	144.	108 Anthony MANN	Male 45-49	Unattached	2:28:43	2:28:21	95.	12.	11:21	43.4%
2022 High Lodge Half Spring	145.	81 Belinda HICKMAN	Female 45-49	Royston Runners	2:29:08	2:28:56	50.	9.	11:23	47.0%
2022 High Lodge Half Spring	146.	105 Vanessa MACKENZIE	Female 40-44	Unattached	2:29:10	2:28:49	51.	10.	11:23	45.2%
2022 High Lodge Half Spring	147.	186 Sarah STANLEY	Female 35-39	Unattached	2:31:20	2:30:47	52.	11.	11:33	43.8%
2022 High Lodge Half Spring	148.	173 Nick SADLER	Male 20-24	Unattached	2:32:30	2:32:01	96.	2.	11:38	38.2%
2022 High Lodge Half Spring	149.	65 Kirsty GREATWOOD	Female 30-34	Unattached	2:33:15	2:32:44	53.	10.	11:41	42.8%
2022 High Lodge Half Spring	150.	209 Michelle WILLIAMS	Female 50-54	Unattached	2:33:26	2:33:02	54.	6.	11:42	48.9%
2022 High Lodge Half Spring	151.	120 Vanessa MCPHEE	Female 45-49	Unattached	2:33:27	2:33:03	55.	10.	11:42	46.1%
2022 High Lodge Half Spring	152.	202 Vikki WASPE	Female 35-39	Unattached	2:33:31	2:33:02	56.	12.	11:43	42.9%
2022 High Lodge Half Spring	153.	46 Andrew DENNY	Male 50-54	Unattached	2:34:19	2:33:43	97.	11.	11:46	43.3%
2022 High Lodge Half Spring	154.	143 Rebecca O,ÄHARA	Female 45-49	Unattached	2:34:26	2:34:04	57.	11.	11:47	46.3%
2022 High Lodge Half Spring	155.	70 Sian GUYTON	Female 35-39	Unattached	2:34:26	2:34:04	58.	13.	11:47	43.4%

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2022 High Lodge Half Spring	156.	61 Clare GILLIBRAND	Female 45-49	Unattached	2:34:26	2:34:04	59.	12.	11:47	47.4%
2022 High Lodge Half Spring	157.	199 Josie WALL	Female 40-44	Unattached	2:38:56	2:38:35	60.	11.	12:07	43.0%
2022 High Lodge Half Spring	158.	102 Vicky LE FUR	Female 50-54	Unattached	2:40:10	2:39:45	61.	7.	12:13	46.3%
2022 High Lodge Half Spring	159.	77 Richard HASSETT	Male 50-54	Unattached	2:40:11	2:39:45	98.	12.	12:13	41.7%
2022 High Lodge Half Spring	160.	131 Claire MUMFORD	Female 45-49	Unattached	2:42:45	2:42:29	62.	13.	12:25	43.5%
2022 High Lodge Half Spring	161.	181 Laura SIMS	Female 45-49	Unattached	2:43:58	2:43:33	63.	14.	12:30	43.6%
2022 High Lodge Half Spring	162.	40 Siobhan CLOWERY	Female 35-39	Unattached	2:45:04	2:44:34	64.	14.	12:35	40.6%
2022 High Lodge Half Spring	163.	79 Lynne HAYS	Female 60-64	Royston Runners	2:49:05	2:48:52	65.	2.	12:54	51.1%
2022 High Lodge Half Spring	164.	167 Janet ROGERS	Female 65-69	Royston Runners	2:49:06	2:48:51	66.	1.	12:54	54.2%
2022 High Lodge Half Spring	165.	10 Tasha ANGWIN	Female 25-29	Unattached	2:49:06	2:48:51	67.	4.	12:54	38.5%
2022 High Lodge Half Spring	166.	125 Linda MONTGOMERY	Female 45-49	Unattached	2:49:57	2:49:28	68.	15.	12:58	41.7%
2022 High Lodge Half Spring	167.	49 Donna DOWSING	Female 50-54	Unattached	2:49:57	2:49:28	69.	8.	12:58	45.2%
2022 High Lodge Half Spring	168.	207 Gill WILCOX	Female 45-49	Ealing Eagles	2:50:09	2:49:39	70.	16.	12:59	43.0%
2022 High Lodge Half Spring	169.	139 Chloe NEWMAN	Female 30-34	Unattached	3:16:29	3:15:56	71.	11.	14:59	33.2%
2022 High Lodge Half Spring	170.	222 Ben WYTHE	Male 45-49	Unattached	3:16:59	3:16:40	99.	13.	15:02	32.2%
2022 High Lodge Half Spring	171.	190 Jess SWANSBOROUGH	Female 20-24	Unattached	3:27:07	3:26:38	72.	4.	15:48	31.7%
2022 High Lodge Half Spring	DNF	212 Steve WILSON	Male 45-49	Unattached						0.0%
2022 High Lodge Half Spring	DNS	43 Adam COX	Male 35-39	Unattached						0.0%
2022 High Lodge Half Spring	DNS	164 Alexandra ROBERTS	Female 35-39	Unattached						0.0%
2022 High Lodge Half Spring	DNS	189 Amanda SWANN	Female 45-49	HI Runners						0.0%
2022 High Lodge Half Spring	DNS	45 Andrew DEERY	Male 40-44	Unattached						0.0%
2022 High Lodge Half Spring	DNS	159 Andrew RENSHAW	Male 55-59	Unattached						0.0%
2022 High Lodge Half Spring	DNS	95 Aureja JUPP	Female 40-44	Unattached						0.0%
2022 High Lodge Half Spring	DNS	135 Bec NALLY	Female 35-39	Unattached						0.0%
2022 High Lodge Half Spring	DNS	158 Ben RENSHAW	Male 30-34	Unattached						0.0%
2022 High Lodge Half Spring	DNS	103 Blake LEE	Male 35-39	Unattached						0.0%
2022 High Lodge Half Spring	DNS	144 Carla OLDFIELD	Female 45-49	Unattached						0.0%
2022 High Lodge Half Spring	DNS	47 Catharine DICKINSON	Female 40-44	Unattached						0.0%
2022 High Lodge Half Spring	DNS	171 Christopher ROWLANDS	Male 30-34	Unattached						0.0%
2022 High Lodge Half Spring	DNS	52 Claire EMERY	Female 45-49	Unattached						0.0%
2022 High Lodge Half Spring	DNS	62 Dan GOURD	Male 40-44	Unattached						0.0%
2022 High Lodge Half Spring	DNS	148 Ellie PATIS	Female 25-29	Unattached						0.0%
2022 High Lodge Half Spring	DNS	185 Francesca SMITH	Female 25-29	Unattached						0.0%
2022 High Lodge Half Spring	DNS	138 Gary NEWMAN	Male 40-44	Unattached						0.0%
2022 High Lodge Half Spring	DNS	210 George WILLIAMS	Male 25-29	Unattached						0.0%
2022 High Lodge Half Spring	DNS	122 Graeme MEARS	Male 50-54	Unattached						0.0%
2022 High Lodge Half Spring	DNS	60 Grant GERRARD	No date/year of birth	Unattached						0.0%
2022 High Lodge Half Spring	DNS	180 Helen SHELSWELL	Female 55-59	Unattached						0.0%
2022 High Lodge Half Spring	DNS	96 Holly KAVANAGH	Female 30-34	Unattached						0.0%
2022 High Lodge Half Spring	DNS	100 Hugh LANGLEY	Male 45-49	Unattached						0.0%
2022 High Lodge Half Spring	DNS	109 Isabel MARRIAGE	Female 55-59	Royston Runners						0.0%
2022 High Lodge Half Spring	DNS	16 Jake BARNARD	Male 30-34	Unattached						0.0%
2022 High Lodge Half Spring	DNS	83 Jamie HILLS	Male 50-54	Nice Tri (St.Neotts)						0.0%
2022 High Lodge Half Spring	DNS	30 Jan BUKSZYNSKI	Male 35-39	Unattached						0.0%
2022 High Lodge Half Spring	DNS	90 Jason HURD	Male 50-54	Unattached						0.0%

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2022 High Lodge Half Spring	DNS	36 Jemma CHAPMAN	Female 45-49	Unattached																0.0%	
2022 High Lodge Half Spring	DNS	73 John HAMILL	Male 55-59	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	211 John Mark WILLIAMS	Male 65-69	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	44 Karl CRIDLAND	Male 25-29	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	161 Katt RILEY	Female 35-39	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	72 Lisa HAMILL	Female 50-54	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	64 Lucy GREATWOOD	Female 30-34	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	32 Martin BURGESS	Male 45-49	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	110 Matt MARSHALL	Male 30-34	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	162 Matt ROBBINS	Male 40-44	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	163 Matt ROBERTS	Male 30-34	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	59 Michael FREE	Male 25-29	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	78 Michelle HASTIE	Female 50-54	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	6 Mikey AMES	Male 35-39	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	9 Natalie ANDERSON/SATURLE	Female 40-44	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	220 Nicky WREFORD	Female 45-49	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	133 Paul MUSGROVE	Male 40-44	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	177 Richard SARGEANT	Male 50-54	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	53 Robert FARTHING	Male 40-44	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	176 Sally SANDFORD	Female 45-49	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	160 Sam RENSHAW	Male 20-24	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	126 Simon MORLEY	Male 45-49	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	115 Tom MAYES	Male 30-34	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	154 Vivienne PROCTOR	Female 40-44	Unattached																	0.0%
2022 High Lodge Half Spring	DNS	150 Will PETTIS	Male 25-29	Unattached																	0.0%
2022 Ickworth Sunset Chase 10K	1.	227 James O'brien	Male 40-44	Unattached		36:30	36:29	1.	1.	3:38	78.3%										
2022 Ickworth Sunset Chase 10K	2.	275 Joe Sadler	Male 30-34	Unattached		38:38	38:37	2.	1.	3:51	69.5%										
2022 Ickworth Sunset Chase 10K	3.	104 Simon Ford	Male 40-44	Colchester Harriers Ac		41:06	41:05	3.	2.	4:06	69.6%										
2022 Ickworth Sunset Chase 10K	4.	24 Tom Barr	Male 35-39	Unattached		41:20	41:18	4.	1.	4:07	66.1%										
2022 Ickworth Sunset Chase 10K	5.	289 Richard Smith	Male 45-49	Unattached		41:38	41:35	5.	1.	4:09	70.9%										
2022 Ickworth Sunset Chase 10K	6.	188 Ali Macdonald	Male 50-54	Lonely Goat Rc		43:23	43:21	6.	1.	4:20	71.6%										
2022 Ickworth Sunset Chase 10K	7.	407 Dave Beighton	Male 45-49	Saint Edmund Pacers		43:48	43:47	7.	2.	4:22	66.3%										
2022 Ickworth Sunset Chase 10K	8.	320 Ruth Walker	Female 40-44	Unattached		44:11	44:10	1.	1.	4:25	71.1%										
2022 Ickworth Sunset Chase 10K	9.	376 Nathan White	Male 40-44	Unattached		44:25	44:25	8.	3.	4:26	64.4%										
2022 Ickworth Sunset Chase 10K	10.	22 Jake Barnard	Male 30-34	Saint Edmund Pacers		44:26	44:24	9.	2.	4:26	60.1%										
2022 Ickworth Sunset Chase 10K	11.	332 Matthew West	Male 40-44	Unattached		44:27	44:23	10.	4.	4:26	63.3%										
2022 Ickworth Sunset Chase 10K	12.	181 Grace Leavy	Female 30-34	Stowmarket Striders		45:00	44:59	2.	1.	4:29	67.4%										
2022 Ickworth Sunset Chase 10K	13.	173 Tony Kirby-cook	Male 55-59	Ely Runners		45:18	45:13	11.	1.	4:31	70.4%										
2022 Ickworth Sunset Chase 10K	14.	222 Steve Neumann	Male 40-44	Unattached		46:29	46:24	12.	5.	4:38	61.5%										
2022 Ickworth Sunset Chase 10K	15.	29 Robin Belsom	Male 60-64	Ipswich Jaffa		46:45	46:42	13.	1.	4:40	71.5%										
2022 Ickworth Sunset Chase 10K	16.	68 Nicky Connolly	Female 40-44	Unattached		46:47	46:43	3.	2.	4:40	67.1%										
2022 Ickworth Sunset Chase 10K	17.	142 David Hilson	Male 55-59	Colchester Harriers Ac		46:48	46:43	14.	2.	4:40	68.8%										
2022 Ickworth Sunset Chase 10K	18.	162 Rob Jewers	Male 45-49	Stowmarket Striders		46:49	46:42	15.	3.	4:40	62.6%										
2022 Ickworth Sunset Chase 10K	19.	261 Nicki Ripmanripman	Female 40-44	Unattached		46:54	46:50	4.	3.	4:41	68.0%										
2022 Ickworth Sunset Chase 10K	20.	317 Jon Vogel	Male 35-39	Unattached		47:05	46:59	16.	2.	4:42	57.7%										

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	21.	84 Will Dean	Male 35-39	Unattached	47:21	47:14	17.	3.	4:44	57.4%
2022 Ickworth Sunset Chase 10K	22.	313 Jonathan Tripp	Male 50-54	Unattached	47:23	47:13	18.	2.	4:44	64.4%
2022 Ickworth Sunset Chase 10K	23.	102 Robert Farthing	Male 40-44	Unattached	47:26	47:23	19.	6.	4:44	59.8%
2022 Ickworth Sunset Chase 10K	24.	345 Andrew Wright	Male 50-54	Saint Edmund Pacers	47:36	47:33	20.	3.	4:45	64.7%
2022 Ickworth Sunset Chase 10K	25.	13 Madelene Bacon	Female 15-19	City Of Norwich Ac	47:43	47:42	5.	1.	4:46	65.1%
2022 Ickworth Sunset Chase 10K	26.	147 Lee Holohan	Male 45-49	Colchester Harriers Ac	47:49	47:44	21.	4.	4:46	60.8%
2022 Ickworth Sunset Chase 10K	27.	285 Heather Smith	Female 40-44	Maidenhead Ac	47:51	47:44	6.	4.	4:47	65.2%
2022 Ickworth Sunset Chase 10K	28.	6 Matthew Alexander	Male 30-34	Unattached	48:14	48:07	22.	3.	4:49	55.4%
2022 Ickworth Sunset Chase 10K	29.	14 Robert Bacon	Male 45-49	Unattached	48:21	48:20	23.	5.	4:50	60.6%
2022 Ickworth Sunset Chase 10K	30.	257 Ben Reeve	Male 25-29	Unattached	48:34	48:19	24.	1.	4:51	55.0%
2022 Ickworth Sunset Chase 10K	31.	349 Miles Yaxley	Male 20-24	Unattached	48:52	48:46	25.	1.	4:53	54.6%
2022 Ickworth Sunset Chase 10K	32.	69 Steve Cook	Male 55-59	Norfolk Gazelles	49:11	49:05	26.	3.	4:55	63.7%
2022 Ickworth Sunset Chase 10K	33.	252 Kevin Raisborough	Male 55-59	Unattached	49:30	49:21	27.	4.	4:56	63.9%
2022 Ickworth Sunset Chase 10K	34.	300 Melanie Tanner	Female 35-39	Unattached	49:34	49:28	7.	1.	4:57	61.8%
2022 Ickworth Sunset Chase 10K	35.	135 Natalie Hay	Female 45-49	Saint Edmund Pacers	49:38	49:35	8.	1.	4:57	66.0%
2022 Ickworth Sunset Chase 10K	36.	46 Adam Buckle	Male 35-39	Unattached	49:43	49:23	28.	4.	4:58	55.0%
2022 Ickworth Sunset Chase 10K	37.	265 Tom Robinson	Male 35-39	Stowmarket Striders	49:44	49:28	29.	5.	4:58	55.3%
2022 Ickworth Sunset Chase 10K	38.	245 Robert Pollard	Male 30-34	Unattached	49:47	49:42	30.	4.	4:58	54.0%
2022 Ickworth Sunset Chase 10K	39.	290 Alexander Smith	Male 40-44	Unattached	49:47	49:27	31.	7.	4:58	57.4%
2022 Ickworth Sunset Chase 10K	40.	328 Miles Weaver	Male 45-49	Unattached	49:49	49:33	32.	6.	4:58	58.8%
2022 Ickworth Sunset Chase 10K	41.	213 George Mothersole	Male 25-29	Unattached	49:52	49:34	33.	2.	4:59	53.5%
2022 Ickworth Sunset Chase 10K	42.	126 Rob Hall	Male 60-64	B.b.d.r.c	50:00	49:58	34.	2.	4:59	65.6%
2022 Ickworth Sunset Chase 10K	43.	247 Nick Power	Male 50-54	Unattached	50:23	50:17	35.	4.	5:02	61.7%
2022 Ickworth Sunset Chase 10K	44.	352 Richard Ordish	Male 50-54	Unattached	50:43	50:40	36.	5.	5:04	60.2%
2022 Ickworth Sunset Chase 10K	45.	56 John Cashen	Male 55-59	Unattached	51:01	50:59	37.	5.	5:06	62.0%
2022 Ickworth Sunset Chase 10K	46.	81 Claire Dalton-cole	Female 40-44	Unattached	51:07	50:48	9.	5.	5:06	62.9%
2022 Ickworth Sunset Chase 10K	47.	194 David Mcnae	Male 40-44	Kesgrave Cruisers	51:18	51:00	38.	8.	5:07	54.0%
2022 Ickworth Sunset Chase 10K	48.	334 Stephen Wigzell	Male 40-44	Unattached	51:20	51:09	39.	9.	5:07	55.7%
2022 Ickworth Sunset Chase 10K	49.	221 Mary Narey	Female 55-59	Stowmarket Striders	51:21	51:13	10.	1.	5:08	70.9%
2022 Ickworth Sunset Chase 10K	50.	7 Natalie Andrews	Female 40-44	Unattached	51:27	51:21	11.	6.	5:08	62.5%
2022 Ickworth Sunset Chase 10K	51.	109 Anthony Fullam	Male 50-54	Unattached	51:38	51:29	40.	6.	5:09	58.6%
2022 Ickworth Sunset Chase 10K	52.	204 Matthew Monteith	Male 40-44	Lonely Goat Rc	51:54	51:49	41.	10.	5:11	54.2%
2022 Ickworth Sunset Chase 10K	53.	157 Jane Hutchinson	Female 45-49	Shufflers	51:55	51:51	12.	2.	5:11	63.7%
2022 Ickworth Sunset Chase 10K	54.	218 Paul Mutimer	Male 50-54	Unattached	51:56	51:49	42.	7.	5:11	58.8%
2022 Ickworth Sunset Chase 10K	55.	248 Michal Powrozek	Male 40-44	Unattached	52:00	51:55	43.	11.	5:11	53.3%
2022 Ickworth Sunset Chase 10K	56.	190 Bryan Matthews	Male 45-49	Unattached	52:29	52:20	44.	7.	5:14	56.7%
2022 Ickworth Sunset Chase 10K	57.	52 Joe Burford	Male 35-39	Unattached	52:30	52:18	45.	6.	5:14	51.3%
2022 Ickworth Sunset Chase 10K	58.	116 Stuart Gillibrand	Male 40-44	Unattached	52:32	52:07	46.	12.	5:15	54.0%
2022 Ickworth Sunset Chase 10K	59.	244 Matthew Pokora	Male 35-39	Unattached	52:32	52:02	47.	7.	5:15	52.4%
2022 Ickworth Sunset Chase 10K	60.	199 Greg Mills	Male 65-69	Unattached	52:34	52:27	48.	1.	5:15	65.4%
2022 Ickworth Sunset Chase 10K	61.	322 Kevin Walton	Male 60-64	Unattached	52:37	52:18	49.	3.	5:15	62.3%
2022 Ickworth Sunset Chase 10K	62.	184 Alex Levitt-powell	Male 30-34	Unattached	52:47	52:24	50.	5.	5:16	50.7%
2022 Ickworth Sunset Chase 10K	63.	45 Peter Brown	Male 30-34	Unattached	52:56	52:45	51.	6.	5:17	50.7%
2022 Ickworth Sunset Chase 10K	64.	272 Ben Royal	Male 45-49	Unattached	53:03	52:47	52.	8.	5:18	54.7%
2022 Ickworth Sunset Chase 10K	65.	19 Phil Bamford	Male 70+	Unattached	53:08	52:59	53.	1.	5:18	68.0%

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	66.	148 Lee Hopkins	Male 50-54	Unattached	53:27	52:51	54.	8.	5:20	56.2%
2022 Ickworth Sunset Chase 10K	67.	330 Jason Webb	Male 40-44	Unattached	53:27	53:13	55.	13.	5:20	52.6%
2022 Ickworth Sunset Chase 10K	68.	165 Nick Johnston	Male 35-39	Unattached	53:37	53:27	56.	8.	5:21	51.0%
2022 Ickworth Sunset Chase 10K	69.	241 Stephanie Pimlott	Female 40-44	Waveney Valley Ac	53:55	53:42	13.	7.	5:23	58.7%
2022 Ickworth Sunset Chase 10K	70.	36 Catherine Brain	Female 45-49	Unattached	54:16	54:09	14.	3.	5:25	60.3%
2022 Ickworth Sunset Chase 10K	71.	50 Robert Bullyment	Male 45-49	Unattached	54:38	54:26	57.	9.	5:27	54.5%
2022 Ickworth Sunset Chase 10K	72.	75 James Cotton	Male 40-44	Unattached	54:45	54:34	58.	14.	5:28	52.2%
2022 Ickworth Sunset Chase 10K	73.	193 Luke Mclean	Male 30-34	Unattached	54:55	54:24	59.	7.	5:29	48.6%
2022 Ickworth Sunset Chase 10K	74.	354 Katie Rixon	Female 30-34	Unattached	55:09	54:47	15.	2.	5:30	55.0%
2022 Ickworth Sunset Chase 10K	75.	232 Jane Parkington	Female 50-54	Unattached	55:10	54:46	16.	1.	5:30	64.4%
2022 Ickworth Sunset Chase 10K	76.	97 Diane Emsden	Female 55-59	Unattached	55:10	55:06	17.	2.	5:30	69.5%
2022 Ickworth Sunset Chase 10K	77.	273 Jennifer Ruggier	Female 30-34	Unattached	55:17	54:54	18.	3.	5:31	55.0%
2022 Ickworth Sunset Chase 10K	78.	8 Luke Arkle	Male 30-34	Unattached	55:23	55:00	60.	8.	5:32	48.5%
2022 Ickworth Sunset Chase 10K	79.	74 Charlotte Copeland	Female 35-39	Unattached	55:30	55:06	19.	2.	5:32	55.9%
2022 Ickworth Sunset Chase 10K	80.	64 Matthew Coe	Male 30-34	Unattached	55:40	55:26	61.	9.	5:33	48.0%
2022 Ickworth Sunset Chase 10K	81.	340 Neil Woods	Male 60-64	Unattached	55:48	55:35	62.	4.	5:34	58.8%
2022 Ickworth Sunset Chase 10K	82.	197 Louise Miller	Female 40-44	Unattached	55:55	55:38	20.	8.	5:35	57.5%
2022 Ickworth Sunset Chase 10K	83.	202 John Mitchell	Male 60-64	Unattached	56:01	55:47	63.	5.	5:36	59.1%
2022 Ickworth Sunset Chase 10K	84.	297 Mark Stocker	Male 50-54	Unattached	56:02	55:59	64.	9.	5:36	53.6%
2022 Ickworth Sunset Chase 10K	85.	288 Stuart Smith	Male 65-69	Waveney Valley Ac	56:07	55:53	65.	2.	5:36	61.8%
2022 Ickworth Sunset Chase 10K	86.	71 Julie Cooke	Female 60-64	Unattached	56:19	55:58	21.	1.	5:37	71.9%
2022 Ickworth Sunset Chase 10K	87.	156 Richard Hursthouse	Male 45-49	Stowmarket Striders	56:23	55:56	66.	10.	5:38	51.9%
2022 Ickworth Sunset Chase 10K	88.	348 Louise Yates	Female 40-44	Colchester Harriers Ac	56:31	56:13	22.	9.	5:39	56.9%
2022 Ickworth Sunset Chase 10K	89.	143 Paul Hindle	Male 50-54	Unattached	56:42	56:14	67.	10.	5:40	54.8%
2022 Ickworth Sunset Chase 10K	90.	117 Lyndsey Girling	Female 35-39	Diss Athletics Club	56:46	56:23	23.	3.	5:40	53.8%
2022 Ickworth Sunset Chase 10K	91.	310 David Thurlow	Male 25-29	Unattached	57:32	57:06	68.	3.	5:45	46.4%
2022 Ickworth Sunset Chase 10K	92.	177 Andrew Kydd	Male 50-54	Unattached	57:49	57:33	69.	11.	5:46	53.3%
2022 Ickworth Sunset Chase 10K	93.	134 Jaime Hawkins	Female 40-44	Unattached	58:08	57:56	24.	10.	5:48	55.3%
2022 Ickworth Sunset Chase 10K	94.	206 Catherine Monument	Female 40-44	Isleham Joggers	58:18	58:14	25.	11.	5:49	53.9%
2022 Ickworth Sunset Chase 10K	95.	40 Shaun Britton	Male 35-39	Unattached	58:20	57:50	70.	9.	5:49	46.8%
2022 Ickworth Sunset Chase 10K	96.	54 Steve Canning	Male 50-54	Unattached	58:22	57:51	71.	12.	5:50	51.4%
2022 Ickworth Sunset Chase 10K	97.	231 Laura Owens	Female 35-39	Unattached	58:22	58:09	26.	4.	5:50	52.7%
2022 Ickworth Sunset Chase 10K	98.	203 Kara Mittenzwey	Female 40-44	Unattached	58:24	57:59	27.	12.	5:50	53.4%
2022 Ickworth Sunset Chase 10K	99.	42 Laura Brown	Female 35-39	Stowmarket Striders	58:28	58:04	28.	5.	5:50	53.1%
2022 Ickworth Sunset Chase 10K	100.	224 Simon Nicholls	Male 50-54	Lonely Goat Rc	58:42	58:31	72.	13.	5:52	52.0%
2022 Ickworth Sunset Chase 10K	101.	144 Steven Hirst	Male 35-39	Unattached	58:48	58:42	73.	10.	5:52	46.0%
2022 Ickworth Sunset Chase 10K	102.	73 Sid Cooper	Male 55-59	Unattached	58:59	58:41	74.	6.	5:53	53.6%
2022 Ickworth Sunset Chase 10K	103.	353 Paul Billings	Male 45-49	Unattached	59:22	59:14	75.	11.	5:56	49.3%
2022 Ickworth Sunset Chase 10K	104.	246 Mark Power	Male 45-49	Unattached	59:27	59:10	76.	12.	5:56	48.5%
2022 Ickworth Sunset Chase 10K	105.	124 Michael Haggas	Male 55-59	Unattached	59:38	59:12	77.	7.	5:57	54.0%
2022 Ickworth Sunset Chase 10K	106.	282 Sarah Scoggins	Female 30-34	Unattached	59:48	59:18	29.	4.	5:58	50.7%
2022 Ickworth Sunset Chase 10K	107.	31 Darren Birch	Male 55-59	Unattached	59:50	59:37	78.	8.	5:58	52.4%
2022 Ickworth Sunset Chase 10K	108.	315 Allan Turpie	Male 55-59	Unattached	1:00:14	1:00:07	79.	9.	6:01	52.5%
2022 Ickworth Sunset Chase 10K	109.	304 Mysha Taylor	Female 30-34	Unattached	1:00:30	1:00:15	30.	5.	6:02	50.1%
2022 Ickworth Sunset Chase 10K	110.	151 Portia Howe	Female 40-44	Unattached	1:00:30	1:00:15	31.	13.	6:02	51.9%

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	111.	55 Alan Carter	Male 60-64	Unattached	1:00:45	1:00:25	80.	6.	6:04	54.0%
2022 Ickworth Sunset Chase 10K	112.	219 Clair Nagorski	Female 30-34	Haverhill Running Club	1:00:51	1:00:43	32.	6.	6:05	50.0%
2022 Ickworth Sunset Chase 10K	113.	278 Bobbie Sauerzapf	Female 60-64	Bungay Black Dog Rc	1:00:56	1:00:30	33.	2.	6:05	66.5%
2022 Ickworth Sunset Chase 10K	114.	167 Michael Judd	Male 50-54	Unattached	1:00:56	1:00:40	81.	14.	6:05	49.7%
2022 Ickworth Sunset Chase 10K	115.	351 Sally Ordish	Female 45-49	Unattached	1:00:56	1:00:53	34.	4.	6:05	54.9%
2022 Ickworth Sunset Chase 10K	116.	131 Leoni Harvey	Female 40-44	Great Bentley Running Club	1:01:07	1:00:45	35.	14.	6:06	51.1%
2022 Ickworth Sunset Chase 10K	117.	12 Allison Austin	Female 55-59	Haverhill Running Club	1:01:16	1:01:07	36.	3.	6:07	61.0%
2022 Ickworth Sunset Chase 10K	118.	122 Wayne Grant	Male 60-64	Unattached	1:01:35	1:01:11	82.	7.	6:09	53.7%
2022 Ickworth Sunset Chase 10K	119.	344 Denise Wright	Female 60-64	Stowmarket Striders	1:01:41	1:01:25	37.	3.	6:10	63.0%
2022 Ickworth Sunset Chase 10K	120.	160 Josh Iron	Male 25-29	Haverhill Running Club	1:01:42	1:01:32	83.	4.	6:10	43.3%
2022 Ickworth Sunset Chase 10K	121.	256 Anwen Rees	Female 25-29	Unattached	1:01:47	1:01:31	38.	1.	6:10	49.1%
2022 Ickworth Sunset Chase 10K	122.	127 Carlene Hare	Female 35-39	Unattached	1:01:58	1:01:47	39.	6.	6:11	49.8%
2022 Ickworth Sunset Chase 10K	123.	149 Sarah Horsfield	Female 25-29	Unattached	1:02:00	1:01:40	40.	2.	6:11	48.9%
2022 Ickworth Sunset Chase 10K	124.	76 Holly Crimp	Female 30-34	Framlingham Flyers	1:02:02	1:01:46	41.	7.	6:12	48.9%
2022 Ickworth Sunset Chase 10K	125.	346 Darren Wright	Male 55-59	Unattached	1:02:06	1:01:49	84.	10.	6:12	50.5%
2022 Ickworth Sunset Chase 10K	126.	342 Mollie Wright	Female 15-19	Unattached	1:02:06	1:01:49	42.	2.	6:12	48.9%
2022 Ickworth Sunset Chase 10K	127.	239 Justine Petrou	Female 40-44	Unattached	1:02:09	1:02:01	43.	15.	6:12	51.7%
2022 Ickworth Sunset Chase 10K	128.	266 William Rogers	Male 40-44	Unattached	1:02:44	1:02:40	85.	15.	6:16	44.5%
2022 Ickworth Sunset Chase 10K	129.	229 Daniel O'keeffe	Male 30-34	Unattached	1:02:50	1:02:45	86.	10.	6:16	42.7%
2022 Ickworth Sunset Chase 10K	130.	294 Victoria Squirrell	Female 40-44	Ipswich Jaffa	1:02:51	1:02:34	44.	16.	6:17	50.3%
2022 Ickworth Sunset Chase 10K	131.	295 Peter Squirrell	Male 35-39	Ipswich Jaffa	1:02:51	1:02:34	87.	11.	6:17	43.5%
2022 Ickworth Sunset Chase 10K	132.	159 Jodie Ibbs	Female 25-29	Unattached	1:03:14	1:02:51	45.	3.	6:19	47.9%
2022 Ickworth Sunset Chase 10K	133.	176 Joanne Kohler	Female 30-34	Unattached	1:03:23	1:03:08	46.	8.	6:20	47.9%
2022 Ickworth Sunset Chase 10K	134.	3 Kathy Alderton	Female 45-49	Unattached	1:03:23	1:03:08	47.	5.	6:20	51.2%
2022 Ickworth Sunset Chase 10K	135.	242 Cecilia Pipe	Female 45-49	Unattached	1:03:28	1:03:16	48.	6.	6:20	51.1%
2022 Ickworth Sunset Chase 10K	136.	111 Dave Gardner	Male 60-64	Unattached	1:03:30	1:03:13	88.	8.	6:20	53.6%
2022 Ickworth Sunset Chase 10K	137.	21 Dougie Barber	Male 60-64	Coltishall Jaguars Rc	1:03:31	1:03:08	89.	9.	6:21	52.1%
2022 Ickworth Sunset Chase 10K	138.	140 Laura Hick	Female 35-39	Coltishall Jaguars Rc	1:03:31	1:03:08	49.	7.	6:21	48.6%
2022 Ickworth Sunset Chase 10K	139.	5 Gavin Alexander	Male 40-44	Hadleigh Hares Ac	1:03:32	1:03:14	90.	16.	6:21	45.0%
2022 Ickworth Sunset Chase 10K	140.	4 Nicola Alexander	Female 40-44	Hadleigh Hares Ac	1:03:32	1:03:14	50.	17.	6:21	49.1%
2022 Ickworth Sunset Chase 10K	141.	230 Phillip Orme	Male 60-64	Unattached	1:03:37	1:03:26	91.	10.	6:21	52.0%
2022 Ickworth Sunset Chase 10K	142.	174 Caroline Kluckow	Female 35-39	Unattached	1:03:46	1:03:32	51.	8.	6:22	48.7%
2022 Ickworth Sunset Chase 10K	143.	139 Michelle Hewes	Female 45-49	Unattached	1:04:23	1:03:56	52.	7.	6:26	50.8%
2022 Ickworth Sunset Chase 10K	144.	277 Joanne Sargent	Female 50-54	Hadleigh Hares Ac	1:04:24	1:04:02	53.	2.	6:26	53.2%
2022 Ickworth Sunset Chase 10K	145.	60 Pamela Clark	Female 60-64	Unattached	1:04:28	1:04:14	54.	4.	6:26	60.3%
2022 Ickworth Sunset Chase 10K	146.	347 Peter Wright	Male 55-59	Unattached	1:04:29	1:04:15	92.	11.	6:26	50.4%
2022 Ickworth Sunset Chase 10K	147.	343 Elizabeth Wright	Female 55-59	Unattached	1:04:29	1:04:15	55.	4.	6:26	58.7%
2022 Ickworth Sunset Chase 10K	148.	292 James Spillett	Male 50-54	Unattached	1:04:34	1:04:29	93.	15.	6:27	46.9%
2022 Ickworth Sunset Chase 10K	149.	121 Louise Gosling	Female 50-54	Unattached	1:04:35	1:04:08	56.	3.	6:27	53.0%
2022 Ickworth Sunset Chase 10K	150.	337 Tracey Willoughby	Female 35-39	Unattached	1:04:35	1:04:26	57.	9.	6:27	47.4%
2022 Ickworth Sunset Chase 10K	151.	293 Anoushka Springett	Female 40-44	Unattached	1:04:36	1:04:16	58.	18.	6:27	49.0%
2022 Ickworth Sunset Chase 10K	152.	286 Carly Smith	Female 40-44	Unattached	1:04:36	1:04:17	59.	19.	6:27	49.0%
2022 Ickworth Sunset Chase 10K	153.	296 Sarah Stanley	Female 35-39	Unattached	1:04:37	1:04:10	60.	10.	6:27	47.6%
2022 Ickworth Sunset Chase 10K	154.	326 Frank Watson	Male 65-69	Stowmarket Striders	1:04:45	1:04:17	94.	3.	6:28	54.1%
2022 Ickworth Sunset Chase 10K	155.	195 Jenny Meyer	Female 30-34	Unattached	1:04:51	1:04:40	61.	9.	6:29	46.7%

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	156.	235 Adam Parsons	Male 30-34	Unattached	1:04:54	1:04:23	95.	11.	6:29	41.4%
2022 Ickworth Sunset Chase 10K	157.	61 Alison Clarke	Female 65-69	Great Bentley Running Club	1:05:07	1:04:45	62.	1.	6:30	66.9%
2022 Ickworth Sunset Chase 10K	158.	30 Gemma Berrill	Female 35-39	Unattached	1:05:19	1:05:06	63.	11.	6:31	47.3%
2022 Ickworth Sunset Chase 10K	159.	153 Alison Huggett	Female 40-44	Runmummyrun	1:05:29	1:05:05	64.	20.	6:32	47.6%
2022 Ickworth Sunset Chase 10K	160.	113 Faye Gibbs	Female 45-49	Unattached	1:05:36	1:05:12	65.	8.	6:33	49.9%
2022 Ickworth Sunset Chase 10K	161.	309 John Thorpe	Male 60-64	Unattached	1:05:40	1:05:27	96.	11.	6:33	51.3%
2022 Ickworth Sunset Chase 10K	162.	33 Remi Bolhassani	Female 35-39	Unattached	1:05:43	1:05:13	66.	12.	6:34	47.0%
2022 Ickworth Sunset Chase 10K	163.	187 Emily Lockwood	Female 30-34	Unattached	1:06:40	1:06:30	67.	10.	6:39	45.5%
2022 Ickworth Sunset Chase 10K	164.	182 Beth Lebbon	Female 25-29	Unattached	1:06:40	1:06:20	68.	4.	6:39	45.5%
2022 Ickworth Sunset Chase 10K	165.	212 Laura Mortlock	Female 40-44	Unattached	1:06:42	1:06:24	69.	21.	6:40	47.4%
2022 Ickworth Sunset Chase 10K	166.	250 Stuart Pryke	Male 30-34	Unattached	1:06:43	1:06:32	97.	12.	6:40	40.1%
2022 Ickworth Sunset Chase 10K	167.	200 Hannah Mitchell	Female 25-29	Unattached	1:06:45	1:06:31	70.	5.	6:40	45.4%
2022 Ickworth Sunset Chase 10K	168.	85 Lucy Denny	Female 25-29	Unattached	1:06:48	1:06:27	71.	6.	6:40	45.4%
2022 Ickworth Sunset Chase 10K	169.	270 Nicola Rossiter	Female 40-44	Unattached	1:06:48	1:06:30	72.	22.	6:40	47.0%
2022 Ickworth Sunset Chase 10K	170.	62 Sarah Clarke	Female 35-39	Unattached	1:06:48	1:06:37	73.	13.	6:40	45.8%
2022 Ickworth Sunset Chase 10K	171.	319 Emma Waddelow	Female 30-34	Unattached	1:06:52	1:06:28	74.	11.	6:41	45.5%
2022 Ickworth Sunset Chase 10K	172.	133 Matt Harwood	Male 35-39	Unattached	1:07:02	1:06:50	98.	12.	6:42	40.8%
2022 Ickworth Sunset Chase 10K	173.	72 Elaine Cooper	Female 50-54	Unattached	1:07:19	1:06:59	75.	4.	6:43	52.1%
2022 Ickworth Sunset Chase 10K	174.	11 Michelle Auer	Female 50-54	Great Bentley Running Club	1:07:42	1:07:20	76.	5.	6:46	53.1%
2022 Ickworth Sunset Chase 10K	175.	185 Amanda Lewis	Female 35-39	Harold Wood	1:08:07	1:07:41	77.	14.	6:48	45.1%
2022 Ickworth Sunset Chase 10K	176.	316 Gabby Uncles	Female 50-54	Unattached	1:08:40	1:08:17	78.	6.	6:51	50.5%
2022 Ickworth Sunset Chase 10K	177.	57 Susan Chapman	Female 50-54	Unattached	1:08:41	1:08:18	79.	7.	6:52	51.7%
2022 Ickworth Sunset Chase 10K	178.	169 Stuart Kerr	Male 45-49	Unattached	1:09:21	1:08:45	99.	13.	6:56	42.6%
2022 Ickworth Sunset Chase 10K	179.	155 Anna Hunt	Female 40-44	Moreton Hall Runners	1:09:26	1:08:57	80.	23.	6:56	45.5%
2022 Ickworth Sunset Chase 10K	180.	314 Jasmine Turner	Female 20-24	Unattached	1:09:44	1:09:08	81.	1.	6:58	43.5%
2022 Ickworth Sunset Chase 10K	181.	49 Alison Bullyment	Female 45-49	Zero To Hero Runners	1:09:48	1:09:18	82.	9.	6:58	47.9%
2022 Ickworth Sunset Chase 10K	182.	308 Edward Theaker	Male 65-69	Unattached	1:10:13	1:09:44	100.	4.	7:01	49.4%
2022 Ickworth Sunset Chase 10K	183.	283 Yazmine Sievey	Female 30-34	Unattached	1:10:14	1:09:46	83.	12.	7:01	43.2%
2022 Ickworth Sunset Chase 10K	184.	329 Jacqueline Webb	Female 55-59	Unattached	1:11:25	1:10:57	84.	5.	7:08	52.3%
2022 Ickworth Sunset Chase 10K	185.	179 Emma Lerner	Female 50-54	Unattached	1:11:52	1:11:18	85.	8.	7:11	47.7%
2022 Ickworth Sunset Chase 10K	186.	99 Donna Evans	Female 55-59	Unattached	1:11:58	1:11:37	86.	6.	7:11	52.6%
2022 Ickworth Sunset Chase 10K	187.	77 Tessa Crocker	Female 40-44	Unattached	1:12:02	1:11:52	87.	24.	7:12	43.9%
2022 Ickworth Sunset Chase 10K	188.	291 Lauren Sparrow	Female 35-39	Lonely Goat Rc	1:12:07	1:11:52	88.	15.	7:12	42.3%
2022 Ickworth Sunset Chase 10K	189.	119 Kirsty Goodchild	Female 35-39	Unattached	1:12:07	1:11:51	89.	16.	7:12	42.6%
2022 Ickworth Sunset Chase 10K	190.	145 Donna Hobbs	Female 45-49	Unattached	1:12:07	1:11:52	90.	10.	7:12	46.4%
2022 Ickworth Sunset Chase 10K	191.	276 Sam Sales	Female 50-54	Unattached	1:12:31	1:12:10	91.	9.	7:15	47.2%
2022 Ickworth Sunset Chase 10K	192.	132 Anna Harvey	Female 50-54	Unattached	1:12:34	1:12:00	92.	10.	7:15	48.9%
2022 Ickworth Sunset Chase 10K	193.	86 Amy Dodson	Female 30-34	Chatteris Running Club	1:13:36	1:13:27	93.	13.	7:21	41.3%
2022 Ickworth Sunset Chase 10K	194.	302 Vivienne Taylor	Female 60-64	Unattached	1:13:55	1:13:22	94.	5.	7:23	52.6%
2022 Ickworth Sunset Chase 10K	195.	110 Karen Gardner	Female 60-64	Unattached	1:14:18	1:13:56	95.	6.	7:25	53.8%
2022 Ickworth Sunset Chase 10K	196.	208 Carly Moody	Female 40-44	Unattached	1:14:37	1:14:11	96.	25.	7:27	42.4%
2022 Ickworth Sunset Chase 10K	197.	306 Sue Tetley	Female 45-49	Phil New Phone	1:14:37	1:14:11	97.	11.	7:27	43.4%
2022 Ickworth Sunset Chase 10K	198.	259 Kayleigh Richards	Female 30-34	Unattached	1:14:42	1:14:14	98.	14.	7:28	40.8%
2022 Ickworth Sunset Chase 10K	199.	220 Bec Nally	Female 35-39	Unattached	1:15:26	1:15:13	99.	17.	7:32	40.6%
2022 Ickworth Sunset Chase 10K	200.	355 Caroline Gladwell	Female 35-39	Stowmarket Striders	1:15:47	1:15:35	100.	18.	7:34	40.6%

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	201.	196 Darran Miles	Male 55-59	Unattached	1:15:48	1:15:13	101.	12.	7:34	42.1%
2022 Ickworth Sunset Chase 10K	202.	58 Mel Chittock	Male 65-69	Unattached	1:15:50	1:15:30	102.	5.	7:34	46.2%
2022 Ickworth Sunset Chase 10K	203.	269 Michael Roscoe	Male 40-44	Unattached	1:16:39	1:16:07	103.	17.	7:39	36.1%
2022 Ickworth Sunset Chase 10K	204.	28 Martin Bellotti	Male 40-44	Unattached	1:16:40	1:16:07	104.	18.	7:39	36.1%
2022 Ickworth Sunset Chase 10K	205.	67 Katie Collings	Female 35-39	Unattached	1:17:00	1:16:34	101.	19.	7:41	39.8%
2022 Ickworth Sunset Chase 10K	206.	23 Steph Barnes	Female 45-49	Unattached	1:17:00	1:16:34	102.	12.	7:41	43.0%
2022 Ickworth Sunset Chase 10K	207.	214 Laura Mower	Female 35-39	Unattached	1:17:01	1:16:33	103.	20.	7:42	39.6%
2022 Ickworth Sunset Chase 10K	208.	88 Hannah Doran	Female 30-34	Unattached	1:17:04	1:16:40	104.	15.	7:42	39.4%
2022 Ickworth Sunset Chase 10K	209.	180 Catherine Law	Female 30-34	Unattached	1:17:04	1:16:40	105.	16.	7:42	39.4%
2022 Ickworth Sunset Chase 10K	210.	312 Lorna Todd	Female 40-44	Unattached	1:17:30	1:17:09	106.	26.	7:44	40.5%
2022 Ickworth Sunset Chase 10K	211.	93 Janine Edgar	Female 40-44	Unattached	1:17:31	1:17:10	107.	27.	7:45	40.8%
2022 Ickworth Sunset Chase 10K	212.	112 Kath Gerighty	Female 50-54	Ely Runners	1:18:06	1:17:52	108.	11.	7:48	44.4%
2022 Ickworth Sunset Chase 10K	213.	80 Nicola Currant	Female 40-44	Unattached	1:18:26	1:17:57	109.	28.	7:50	40.6%
2022 Ickworth Sunset Chase 10K	214.	271 Julie Rout	Female 40-44	Unattached	1:18:32	1:18:03	110.	29.	7:51	40.6%
2022 Ickworth Sunset Chase 10K	215.	130 Flora Hartley-webb	Female 25-29	Unattached	1:18:41	1:18:14	111.	7.	7:52	38.5%
2022 Ickworth Sunset Chase 10K	216.	18 Stacy Baker	Female 40-44	Unattached	1:18:49	1:18:15	112.	30.	7:52	40.8%
2022 Ickworth Sunset Chase 10K	217.	17 Vikki Baker	Female 40-44	Unattached	1:18:50	1:18:15	113.	31.	7:52	40.1%
2022 Ickworth Sunset Chase 10K	218.	27 Chloe Bellotti	Female 35-39	Unattached	1:19:47	1:19:15	114.	21.	7:58	38.7%
2022 Ickworth Sunset Chase 10K	219.	210 Jason Moores	Male 50-54	Unattached	1:20:37	1:20:05	105.	16.	8:03	37.5%
2022 Ickworth Sunset Chase 10K	220.	150 Maria Hough	Female 55-59	Unattached	1:20:38	1:20:06	115.	7.	8:03	46.3%
2022 Ickworth Sunset Chase 10K	221.	168 Lisa Kellock	Female 35-39	Unattached	1:22:39	1:22:18	116.	22.	8:15	37.2%
2022 Ickworth Sunset Chase 10K	222.	138 Sally Heaton	Female 45-49	Unattached	1:22:44	1:22:23	117.	13.	8:16	39.2%
2022 Ickworth Sunset Chase 10K	223.	226 Leanne Oatham	Female 40-44	Stowmarket Striders	1:25:39	1:25:12	118.	32.	8:33	36.7%
2022 Ickworth Sunset Chase 10K	224.	164 Josephine Johnson	Female 50-54	Mundford Running Group	1:27:44	1:27:13	119.	12.	8:46	40.0%
2022 Ickworth Sunset Chase 10K	225.	279 Hannah Saul	Female 40-44	Unattached	1:27:44	1:27:13	120.	33.	8:46	36.3%
2022 Ickworth Sunset Chase 10K	DNS	255 Adam Randall	Male 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	38 Alice Brear Clarkson	Female 30-34	East Down Ac						0.0%
2022 Ickworth Sunset Chase 10K	DNS	66 Alison Cole	Female 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	90 Amanda Drye	Female 60-64	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	106 Amanda Freemantle	Female 40-44	Trisudbury						0.0%
2022 Ickworth Sunset Chase 10K	DNS	249 Andrew Preston	Male 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	152 Andy Huffer	Male 55-59	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	321 Andy Walter	Male 50-54	Norfolk Gazelles						0.0%
2022 Ickworth Sunset Chase 10K	DNS	107 Annabel Freestone	Female 25-29	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	287 Barry Smith	Male 55-59	Thetford Ac						0.0%
2022 Ickworth Sunset Chase 10K	DNS	339 Becky Woods	Female 30-34	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	301 Benjamin Tanner	Male 35-39	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	336 Beth Willis	Female 30-34	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	211 Caroline Morris	Female 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	79 Cassie Croton	Female 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	20 Catherine Bank	Female 50-54	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	205 Catherine Monument	Female 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	198 Charlotte Mills	Female 30-34	Great Bentley Running Club						0.0%
2022 Ickworth Sunset Chase 10K	DNS	207 Charlotte Moody	Female 35-39	Unattached						0.0%
2022 Ickworth Sunset Chase 10K	DNS	136 Chris Haystead	Male 50-54	Norfolk Gazelles						0.0%

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2022 Ickworth Sunset Chase 10K	DNS	161 Clair Jefferson	Female 45-49	Trisudbury	0.0%
2022 Ickworth Sunset Chase 10K	DNS	186 Claire Lister	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	251 Clive Purbrook	Male 65-69	Newmarket Joggers	0.0%
2022 Ickworth Sunset Chase 10K	DNS	78 Colin Crompton	Male 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	103 David Feveyear-ward	Male 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	264 David Robertson	Male 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	10 Deborah Ashford	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	91 Deirdre Duffy	Female 40-44	Srf	0.0%
2022 Ickworth Sunset Chase 10K	DNS	166 Donna Jolly	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	236 Duncan Partridge	Male 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	2 Elisabeth Agathos	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	163 Ellie Johnson	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	228 Emma O'doherty	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	281 Emma Schofield	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	65 Erica Cole	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	274 Esther Rutman	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	125 Gill Hak	Female 60-64	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	92 Gio Eburne	Female 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	1 Helen Adkins	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	307 Helen Thakrar	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	311 Helena Tiernay	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	25 Henry Batchelor	Male 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	268 Hollie Roper	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	240 Ian Pettitt	Male 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	260 Ian Rickard	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	267 Jack Rolfe	Male 20-24	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	209 James Moody	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	243 James Plummer	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	350 Jamie Roper	Male 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	47 Jan Buzszynski	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	215 Jenni Murphy	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	325 Jennie Watson	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	338 Jo Wilson	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	44 Joanne Brown	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	263 Joanne Robertson	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	333 Jonathan Whytock	Male 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	37 Julie Branch	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	16 Karen Baker	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	170 Katie Kew	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	254 Kerry Randall	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	105 Kevin Foskett	Male 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	129 Kimberley Harrison	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	175 Lara Knights	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	9 Laura Armstrong	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	87 Lauren Dool	Female 35-39	Unattached	0.0%

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2022 Ickworth Sunset Chase 10K	DNS	118 Lee Goddard	Male 50-54	Stowmarket Striders	0.0%
2022 Ickworth Sunset Chase 10K	DNS	171 Lisa Kidd	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	323 Lizzie Ward	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	59 Lucy Clark	Female 25-29	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	262 Lynn Roberts	Female 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	82 Malcolm Darvill	Male 65-69	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	183 Mark Leeks	Male 45-49	Trisudbury	0.0%
2022 Ickworth Sunset Chase 10K	DNS	327 Mark Watts	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	335 Megan Williams	Female 25-29	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	237 Michael Peachey	Male 40-44	Moreton Hall Runners	0.0%
2022 Ickworth Sunset Chase 10K	DNS	298 Michael Strowger	Male 35-39	Framlingham Flyers	0.0%
2022 Ickworth Sunset Chase 10K	DNS	225 Michele North	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	192 Mike Mckinstry	Male 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	83 Monty Dawson	Male 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	53 Natalie Butler	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	100 Neil Evans	Male 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	234 Neil Parris	Male 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	98 Niamh Evans	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	341 Nicky Wreford	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	141 Nicola Hilson	Female 50-54	Colchester Harriers Ac	0.0%
2022 Ickworth Sunset Chase 10K	DNS	34 Oliver Boughton	Male 35-39	Saint Edmund Pacers	0.0%
2022 Ickworth Sunset Chase 10K	DNS	51 Oliver Bumstead	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	123 Ollie Gunsman	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	39 Paul Brear Clarkson	Male 35-39	East Down Ac	0.0%
2022 Ickworth Sunset Chase 10K	DNS	115 Paul Gill	Male 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	331 Polly Wells	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	89 Rachel Down	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	158 Rachelle Hutt	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	70 Rebecca Cooke	Female 30-34	Colchester Harriers Ac	0.0%
2022 Ickworth Sunset Chase 10K	DNS	146 Rebecca Hodgkinson	Female 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	217 Rebecca Murphy	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	253 Rebecca Randall	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	258 Rebecca Richards	Female 35-39	Saint Edmund Pacers	0.0%
2022 Ickworth Sunset Chase 10K	DNS	41 Richard Brooks	Male 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	114 Richard Gill	Male 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	238 Robert Pearson	Male 55-59	Norfolk Gazelles	0.0%
2022 Ickworth Sunset Chase 10K	DNS	94 Ronnie Egan	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	128 Ryan Harris	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	280 Sally Saunders	Female 45-49	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	95 Sam Elwood	Male 35-39	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	96 Samantha Emery	Female 30-34	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	189 Sandy Maloy	Female 55-59	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	137 Sarah Headland	Female 40-44	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	233 Sarah Parr	Female 50-54	Unattached	0.0%
2022 Ickworth Sunset Chase 10K	DNS	63 Shaun Clarke	Male 45-49	Unattached	0.0%

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 10K	DNS	318 Shaun Vollenhoven	Male 35-39	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	26 Sonia Bates	Female 35-39	Hadleigh Hares Ac								0.0%
2022 Ickworth Sunset Chase 10K	DNS	299 Sophie Summers	Female 25-29	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	303 Stephanie Taylor	Female 55-59	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	48 Stephen Bullen	Male 45-49	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	191 Stuart Mcghee	Male 45-49	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	15 Suzanne Bailey	Female 55-59	Newmarket Joggers								0.0%
2022 Ickworth Sunset Chase 10K	DNS	216 Tanya Murphy	Female 40-44	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	101 Teresa Farley	Female 35-39	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	172 Tom Kingsnorth	Male 40-44	Saint Edmund Pacers								0.0%
2022 Ickworth Sunset Chase 10K	DNS	223 Tom Newland	Male 40-44	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	284 Tonia Simper	Female 50-54	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	120 Tracey Goodhew	Female 45-49	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	178 Tracy Lane	Female 40-44	Haverhill Running Club								0.0%
2022 Ickworth Sunset Chase 10K	DNS	201 Victoria Mitchell	Female 50-54	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	324 Vikki Waspe	Female 35-39	Unattached								0.0%
2022 Ickworth Sunset Chase 10K	DNS	43 Wendy Brown	Female 60-64	Waveney Valley Ac								0.0%
2022 Ickworth Sunset Chase 10K	DNS	32 Will Blower	Male 30-34	Unattached								0.0%
2022 Ickworth Sunset Chase 5K	1.	468 Chris Woolener	Male 30-34	Unattached	18:22	18:20	1.	1.	3:40	71.8%		
2022 Ickworth Sunset Chase 5K	2.	477 Chris James	Male 35-39	Unattached	18:34	18:31	2.	1.	3:42	73.3%		
2022 Ickworth Sunset Chase 5K	3.	455 Henry Stokoe	Male 10-14	Braintree & District Athletics Clu	20:06	20:03	3.	1.	4:01	69.7%		
2022 Ickworth Sunset Chase 5K	4.	405 Tony Bacon	Male 35-39	Haverhill Running Club	20:41	20:39	4.	2.	4:08	65.8%		
2022 Ickworth Sunset Chase 5K	5.	435 Harry Lawrence	Male 20-24	Unattached	20:47	20:41	5.	1.	4:09	62.4%		
2022 Ickworth Sunset Chase 5K	6.	437 Richard Lee	Male 40-44	Unattached	21:50	21:48	6.	1.	4:21	62.8%		
2022 Ickworth Sunset Chase 5K	7.	411 Chris Chorley	Male 55-59	Bungay Black Dog Rc	21:53	21:49	7.	1.	4:22	72.4%		
2022 Ickworth Sunset Chase 5K	8.	456 Victoria Tapp	Female 20-24	Hadleigh Hares Ac	22:08	22:05	1.	1.	4:25	66.7%		
2022 Ickworth Sunset Chase 5K	9.	479 Holly Roper	Male 35-39	Unattached	23:42	23:42	8.	3.	4:44	56.6%		
2022 Ickworth Sunset Chase 5K	10.	460 Vilma Vensloviene	Female 40-44	Thetford Ac	24:32	24:27	2.	1.	4:54	61.8%		
2022 Ickworth Sunset Chase 5K	11.	401 Barry Allen	Male 55-59	Lonely Goat Rc	24:34	24:29	9.	2.	4:54	64.5%		
2022 Ickworth Sunset Chase 5K	12.	457 Samantha Tapp	Female 50-54	Hadleigh Hares Ac	25:16	25:12	3.	1.	5:03	68.4%		
2022 Ickworth Sunset Chase 5K	13.	453 Simone Skinner	Female 25-29	Unattached	26:18	26:13	4.	1.	5:15	56.1%		
2022 Ickworth Sunset Chase 5K	14.	414 Bonnie Coe	Female 30-34	Unattached	26:29	26:19	5.	1.	5:17	55.7%		
2022 Ickworth Sunset Chase 5K	15.	478 Jamie Roper	Female 30-34	Unattached	27:16	27:16	6.	2.	5:27	54.3%		
2022 Ickworth Sunset Chase 5K	16.	426 Lexi Hetrick	Female 30-34	Unattached	27:34	27:25	7.	3.	5:30	53.5%		
2022 Ickworth Sunset Chase 5K	17.	421 Megan German	Female 25-29	Unattached	27:34	27:25	8.	2.	5:30	53.5%		
2022 Ickworth Sunset Chase 5K	18.	443 Marie Parker	Female 40-44	Unattached	27:36	27:31	9.	2.	5:31	55.6%		
2022 Ickworth Sunset Chase 5K	19.	438 Edina Lukacs	Female 25-29	Unattached	27:49	27:40	10.	3.	5:33	53.1%		
2022 Ickworth Sunset Chase 5K	20.	419 Mark Dwyer	Male 40-44	Unattached	27:49	27:44	10.	2.	5:33	50.3%		
2022 Ickworth Sunset Chase 5K	21.	422 Alun Gibbs	Male 50-54	Unattached	28:23	28:20	11.	1.	5:40	53.2%		
2022 Ickworth Sunset Chase 5K	22.	446 Sarah Richardson	Female 40-44	Unattached	28:41	28:41	11.	3.	5:44	52.8%		
2022 Ickworth Sunset Chase 5K	23.	305 Lisa Taylor	Female 40-44	Unattached	29:23	29:23	12.	4.	5:52	51.6%		
2022 Ickworth Sunset Chase 5K	24.	450 Selica Sevigny	Female 35-39	Unattached	29:28	29:26	13.	1.	5:53	50.7%		
2022 Ickworth Sunset Chase 5K	25.	467 George Williams	Male 25-29	Unattached	29:32	29:26	12.	1.	5:54	43.9%		
2022 Ickworth Sunset Chase 5K	26.	445 Emma Power	Female 50-54	Unattached	30:01	29:56	14.	2.	6:00	57.5%		
2022 Ickworth Sunset Chase 5K	27.	403 Karen Allum	Female 55-59	Unattached	30:01	29:55	15.	1.	6:00	58.2%		

RACE CHIP TIMING RESULTS

2022 Ickworth Sunset Chase 5K	28.	417 Sandra Dawkins	Female 50-54	Unattached	30:15	30:06	16.	3.	6:02	57.1%
2022 Ickworth Sunset Chase 5K	29.	418 Faye Donnelly	Female 35-39	Unattached	30:57	30:49	17.	2.	6:11	48.5%
2022 Ickworth Sunset Chase 5K	30.	444 Jessica Power	Female 10-14	Unattached	30:57	30:54	18.	1.	6:11	51.0%
2022 Ickworth Sunset Chase 5K	31.	424 Charlotte Green	Female 25-29	Unattached	31:35	31:30	19.	4.	6:18	46.7%
2022 Ickworth Sunset Chase 5K	32.	463 Robert Walden	Male 45-49	Unattached	31:59	31:53	13.	1.	6:23	45.1%
2022 Ickworth Sunset Chase 5K	33.	462 Esther Walden	Female 10-14	Unattached	32:00	31:53	20.	2.	6:23	49.3%
2022 Ickworth Sunset Chase 5K	34.	466 Justine Weaver	Female 50-54	Unattached	32:09	31:59	21.	4.	6:25	51.4%
2022 Ickworth Sunset Chase 5K	35.	415 Janette Cokes	Female 60-64	Unattached	32:14	32:05	22.	1.	6:26	58.9%
2022 Ickworth Sunset Chase 5K	36.	433 Sarah Last	Female 50-54	Newmarket Joggers	32:17	32:09	23.	5.	6:27	51.1%
2022 Ickworth Sunset Chase 5K	37.	108 Gill Fry	Female 55-59	Unattached	32:46	32:39	24.	2.	6:33	55.2%
2022 Ickworth Sunset Chase 5K	38.	413 Tiffany Clark	Female 30-34	Unattached	33:32	33:26	25.	4.	6:42	44.1%
2022 Ickworth Sunset Chase 5K	39.	449 Fiona Searle	Female 25-29	Unattached	33:41	33:34	26.	5.	6:44	43.8%
2022 Ickworth Sunset Chase 5K	40.	430 Nicola King	Female 45-49	Lonely Goat Rc	33:51	33:46	27.	1.	6:46	48.3%
2022 Ickworth Sunset Chase 5K	41.	447 Elaine Robinson	Female 60-64	Stowmarket Striders	34:02	33:56	28.	2.	6:48	55.1%
2022 Ickworth Sunset Chase 5K	42.	464 Natalie Walsh	Female 40-44	Unattached	34:06	34:03	29.	5.	6:49	44.4%
2022 Ickworth Sunset Chase 5K	43.	423 Caroline Gleed	Female 55-59	Unattached	34:06	34:02	30.	3.	6:49	51.2%
2022 Ickworth Sunset Chase 5K	44.	427 Jenny Huff	Female 70+	Unattached	34:30	34:25	31.	1.	6:53	62.9%
2022 Ickworth Sunset Chase 5K	45.	442 Lucy Offord	Female 20-24	Unattached	35:30	35:25	32.	2.	7:05	41.6%
2022 Ickworth Sunset Chase 5K	46.	441 Karen Offord	Female 45-49	Stowmarket Striders	35:30	35:26	33.	2.	7:05	45.5%
2022 Ickworth Sunset Chase 5K	47.	154 Nancy Hughes	Female 35-39	Unattached	35:34	35:26	34.	3.	7:06	42.2%
2022 Ickworth Sunset Chase 5K	48.	431 Alison Large	Female 35-39	Unattached	35:42	35:32	35.	4.	7:08	42.0%
2022 Ickworth Sunset Chase 5K	49.	432 Chris Large	Male 45-49	Unattached	35:42	35:31	14.	2.	7:08	40.1%
2022 Ickworth Sunset Chase 5K	50.	454 Lorna Spriddell	Female 20-24	Unattached	35:48	35:36	36.	3.	7:09	41.2%
2022 Ickworth Sunset Chase 5K	51.	420 Paul Forshaw	Male 65-69	Fetch Everyone Running Club	37:57	37:46	15.	1.	7:35	45.5%
2022 Ickworth Sunset Chase 5K	52.	461 Sue Vince	Female 60-64	Unattached	38:08	38:00	37.	3.	7:37	49.2%
2022 Ickworth Sunset Chase 5K	53.	451 Amy Shave	Female 35-39	Unattached	39:34	39:28	38.	5.	7:54	38.1%
2022 Ickworth Sunset Chase 5K	54.	436 Clare Lay	Female 55-59	Unattached	40:11	40:03	39.	4.	8:02	43.5%
2022 Ickworth Sunset Chase 5K	55.	458 Claire Thompson	Female 45-49	Unattached	40:34	40:26	40.	3.	8:06	40.3%
2022 Ickworth Sunset Chase 5K	56.	440 Emma Mobbs	Female 35-39	Unattached	40:34	40:26	41.	6.	8:06	37.0%
2022 Ickworth Sunset Chase 5K	57.	425 Zoe Hartill	Female 30-34	Unattached	47:56	47:46	42.	5.	9:35	30.9%
2022 Ickworth Sunset Chase 5K	DNS	35 Andrew Bouskill	Male 45-49	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	416 Chloe Connell	Female 25-29	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	404 Fredrika Anderson	Female 20-24	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	402 James Allen	Male 30-34	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	409 Joshua Brown	Male 35-39	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	412 Katie Cirket	Female 25-29	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	410 Laura Byrne	Female 30-34	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	406 Lisa Bebbington	Female 40-44	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	408 Liz Brown	Female 30-34	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	428 Macushla Hughes	Female 45-49	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	439 Maria Mather	Female 55-59	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	459 Meg Vasquez	Female 35-39	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	465 Richard Watson	Male 55-59	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	434 Sophie Last	Male 35-39	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	452 Sophie Skinner	Female 20-24	Unattached						0.0%

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2022 Ickworth Sunset Chase 5K	DNS	448 Stephen Rout	Male 60-64	Unattached						0.0%
2022 Ickworth Sunset Chase 5K	DNS	429 Viv Hunt	Female 40-44	Unattached						0.0%
2022 Martlesham 7 Mile	1.	106 Scott RAMSEY	Male Senior	Ipswich Harriers	37:07	37:06	1.	1.	5:18	
2022 Martlesham 7 Mile	2.	4 Mark ALLEN	Male V55	Ipswich Jaffa RC	40:00	39:58	2.	1.	5:42	
2022 Martlesham 7 Mile	3.	142 Haydn WADE	Male Senior	Felixstowe RRC	40:58	40:56	3.	2.	5:51	
2022 Martlesham 7 Mile	4.	66 Benjamin JACOBS	Male V45	Felixstowe RRC	43:14	43:13	4.	1.	6:10	
2022 Martlesham 7 Mile	5.	21 Steve BROOKE	Male V50	Felixstowe RRC	43:36	43:35	5.	1.	6:13	
2022 Martlesham 7 Mile	6.	116 Neil SMITH	Male Senior	Framlingham Flyers	43:42	43:39	6.	3.	6:14	
2022 Martlesham 7 Mile	7.	24 Piotr BULACZ	Male V50	Sudbury Joggers	44:32	44:30	7.	2.	6:21	
2022 Martlesham 7 Mile	8.	135 Clive THOMAS	Male V60+	Boxted Runners	44:50	44:47	8.	1.	6:24	
2022 Martlesham 7 Mile	9.	38 Jason DIGHTON	Male V45	Ipswich Phoenix Running Club	45:20	45:17	9.	2.	6:28	
2022 Martlesham 7 Mile	10.	17 Samuel BLOWS	Male Senior	Unattached	45:35	45:33	10.	4.	6:30	
2022 Martlesham 7 Mile	11.	156 Luke WHITWELL	Male Senior	Felixstowe RRC	46:10	46:07	11.	5.	6:35	
2022 Martlesham 7 Mile	12.	80 Andrew LAWS	Male V55	Ipswich Jaffa RC	46:14	46:11	12.	2.	6:36	
2022 Martlesham 7 Mile	13.	69 Jan KADING	Male V50	Stowmarket Striders RC	46:30	46:27	13.	3.	6:38	
2022 Martlesham 7 Mile	14.	49 Simon GARNHAM	Male Senior	Unattached	47:00	46:57	14.	6.	6:42	
2022 Martlesham 7 Mile	15.	56 Robin HARPER	Male V45	Felixstowe RRC	47:05	47:03	15.	3.	6:43	
2022 Martlesham 7 Mile	16.	34 Andrew CRAIG	Male V45	Unattached	47:13	47:11	16.	4.	6:44	
2022 Martlesham 7 Mile	17.	111 Chris SERVANT	Male V55	Ipswich Jaffa RC	47:28	47:23	17.	3.	6:46	
2022 Martlesham 7 Mile	18.	123 Simon STAFFORD	Male V50	Kesgrave Cruisers	47:53	47:50	18.	4.	6:50	
2022 Martlesham 7 Mile	19.	128 Roger STONE	Male V50	Kesgrave Cruisers	48:00	47:53	19.	5.	6:51	
2022 Martlesham 7 Mile	20.	155 Mark WHITE	Male V50	Haverhill Running Club	48:56	48:49	20.	6.	6:59	
2022 Martlesham 7 Mile	21.	139 Matt TRILL	Male V45	Ipswich Jaffa RC	49:08	49:01	21.	5.	7:01	
2022 Martlesham 7 Mile	22.	71 Anna KEEBLE	Female Senior	Ipswich Jaffa RC	49:19	49:17	1.	1.	7:02	
2022 Martlesham 7 Mile	23.	99 Daniel PELLING	Male V50	Haverhill Running Club	49:22	49:17	22.	7.	7:03	
2022 Martlesham 7 Mile	24.	22 Duncan BROWN	Male V40	Unattached	49:29	49:23	23.	1.	7:04	
2022 Martlesham 7 Mile	25.	30 Kyle CHURCH	Male Senior	Saxmundham Sports Running & J	49:29	49:25	24.	7.	7:04	
2022 Martlesham 7 Mile	26.	5 Femi ARIYO	Male V45	Kesgrave Cruisers	49:50	49:41	25.	6.	7:07	
2022 Martlesham 7 Mile	27.	110 Len SAUNDERS	Male V45	Felixstowe RRC	50:02	49:58	26.	7.	7:08	
2022 Martlesham 7 Mile	28.	130 Holly TAYLOR	Female Senior	Felixstowe RRC	50:09	50:05	2.	2.	7:09	
2022 Martlesham 7 Mile	29.	162 Chris WRIGHT	Male Senior	Unattached	50:09	50:05	27.	8.	7:09	
2022 Martlesham 7 Mile	30.	94 Sandy PAGE	Female V45	Kesgrave Cruisers	50:26	50:22	3.	1.	7:12	
2022 Martlesham 7 Mile	31.	157 Graham WIGLEY	Male V60+	Framlingham Flyers	50:30	50:25	28.	2.	7:12	
2022 Martlesham 7 Mile	32.	97 Steve PAUL	Male V60+	Eastern Masters AC	50:45	50:38	29.	3.	7:14	
2022 Martlesham 7 Mile	33.	23 Kerry BUCKLEY	Male V50	Felixstowe RRC	51:09	51:04	30.	8.	7:18	
2022 Martlesham 7 Mile	34.	41 Tim DOYLE	Male V50	Long Eaton Running Club	51:11	51:09	31.	9.	7:18	
2022 Martlesham 7 Mile	35.	19 Kaye BRANTON	Female V50	Felixstowe RRC	51:22	51:19	4.	1.	7:20	
2022 Martlesham 7 Mile	36.	78 Steven LANE	Male V40	Ipswich Jaffa RC	51:30	51:22	32.	2.	7:21	
2022 Martlesham 7 Mile	37.	146 Malcolm WARD-ASHTON	Male V50	Unattached	51:45	51:38	33.	10.	7:23	
2022 Martlesham 7 Mile	38.	147 Peter WARLAND	Male V55	Stowmarket Striders RC	51:52	51:45	34.	4.	7:24	
2022 Martlesham 7 Mile	39.	37 Neil DENNIS	Male Senior	Stowmarket Striders RC	51:57	51:49	35.	9.	7:25	
2022 Martlesham 7 Mile	40.	75 Anna KOCINSKA	Female V40	Unattached	52:03	52:01	5.	1.	7:26	
2022 Martlesham 7 Mile	41.	83 Steve MAGNALL	Male V55	Unattached	52:15	52:07	36.	5.	7:27	
2022 Martlesham 7 Mile	42.	150 David WENYON	Male V40	Woodbridge Shufflers RC	52:34	52:30	37.	3.	7:30	
2022 Martlesham 7 Mile	43.	87 Stuart MASON	Male V60+	Felixstowe RRC	52:43	52:39	38.	4.	7:31	

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2022 Martlesham 7 Mile	44.	60 Stephen HATTEN	Male V55	Saint Edmund Pacers	52:53	52:48	39.	6.	7:33
2022 Martlesham 7 Mile	45.	81 Sarah Jc LEWIS	Female Senior	Woodbridge Shufflers RC	53:22	53:17	6.	3.	7:37
2022 Martlesham 7 Mile	46.	1 Stu ABBOTT	Male V40	Unattached	53:29	53:20	40.	4.	7:38
2022 Martlesham 7 Mile	47.	104 Gavin RABY	Male V45	Unattached	53:29	53:20	41.	8.	7:38
2022 Martlesham 7 Mile	48.	151 Emma WHEELER	Female Senior	Ipswich Triathlon Club	53:37	53:31	7.	4.	7:39
2022 Martlesham 7 Mile	49.	43 James ELLIS	Male V40	Stowmarket Striders RC	53:48	53:41	42.	5.	7:41
2022 Martlesham 7 Mile	50.	29 David CHURCH	Male V50	Felixstowe RRC	53:50	53:44	43.	11.	7:41
2022 Martlesham 7 Mile	51.	133 Tom TAYLOR	Male V60+	Unattached	53:54	53:45	44.	5.	7:41
2022 Martlesham 7 Mile	52.	89 David MCNAE	Male V40	Kesgrave Cruisers	53:58	53:49	45.	6.	7:42
2022 Martlesham 7 Mile	53.	109 Sofie SAMUELSSON	Female Senior	Colchester Harriers AC	54:27	54:18	8.	5.	7:46
2022 Martlesham 7 Mile	54.	140 Mary-Ann TULI	Female V50	Haverhill Running Club	54:30	54:21	9.	2.	7:47
2022 Martlesham 7 Mile	55.	124 Tom STEPHENS	Male V50	Felixstowe RRC	54:37	54:28	46.	12.	7:48
2022 Martlesham 7 Mile	56.	63 Peter HOPSON	Male V50	Unattached	54:42	54:32	47.	13.	7:48
2022 Martlesham 7 Mile	57.	15 Steve BEDDOE	Male V60+	North Derbyshire RC	54:47	54:41	48.	6.	7:49
2022 Martlesham 7 Mile	58.	153 Bertie WHEEN	Male Senior	Woodbridge Shufflers RC	54:52	54:47	49.	10.	7:50
2022 Martlesham 7 Mile	59.	3 Ruth ACWORTH	Female V60+	Woodbridge Shufflers RC	55:00	54:54	10.	1.	7:51
2022 Martlesham 7 Mile	60.	67 Peri JOHNSON	Male Senior	Unattached	55:07	54:59	50.	11.	7:52
2022 Martlesham 7 Mile	61.	73 Mark KING	Male Senior	Felixstowe RRC	55:13	55:09	51.	12.	7:53
2022 Martlesham 7 Mile	62.	98 Marcus PAYNE	Male Senior	Kesgrave Cruisers	55:13	55:07	52.	13.	7:53
2022 Martlesham 7 Mile	63.	137 Neil THORPE	Male Senior	Unattached	55:18	55:06	53.	14.	7:53
2022 Martlesham 7 Mile	64.	72 Wieslaw KIJAK	Male V40	Unattached	55:21	55:15	54.	7.	7:54
2022 Martlesham 7 Mile	65.	95 Marion PARKER	Female V55	Felixstowe RRC	55:25	55:21	11.	1.	7:54
2022 Martlesham 7 Mile	66.	125 Jack STEPHENS	Male V50	Unattached	55:42	55:32	55.	14.	7:57
2022 Martlesham 7 Mile	67.	127 Catherine STOCKS	Female V40	Long Eaton Running Club	55:50	55:42	12.	2.	7:58
2022 Martlesham 7 Mile	68.	120 Samantha SPENCER	Female Senior	Ipswich Jaffa RC	55:54	55:49	13.	6.	7:59
2022 Martlesham 7 Mile	69.	141 Kayleigh TURPIN	Female Senior	Felixstowe RRC	56:03	55:58	14.	7.	8:00
2022 Martlesham 7 Mile	70.	115 Robert SIMPSON	Male V45	Unattached	56:08	55:58	56.	9.	8:01
2022 Martlesham 7 Mile	71.	64 Richard HURSTHOUSE	Male V45	Stowmarket Striders RC	56:08	55:57	57.	10.	8:01
2022 Martlesham 7 Mile	72.	70 Madars KANTINS	Male Senior	Unattached	56:25	56:19	58.	15.	8:03
2022 Martlesham 7 Mile	73.	152 Benjamin WHEELER	Male Senior	Ipswich Triathlon Club	56:37	56:31	59.	16.	8:05
2022 Martlesham 7 Mile	74.	114 Nick SHIRLEY	Male Senior	Unattached	56:52	56:46	60.	17.	8:07
2022 Martlesham 7 Mile	75.	138 Karl TOVELL	Male V40	Unattached	57:04	56:53	61.	8.	8:09
2022 Martlesham 7 Mile	76.	18 Mark BOWERS	Male V40	Unattached	57:05	56:53	62.	9.	8:09
2022 Martlesham 7 Mile	77.	103 Tracy QUARRELL	Female V50	Haverhill Running Club	57:07	56:57	15.	3.	8:09
2022 Martlesham 7 Mile	78.	10 Joel BAMSEY	Male V45	Hadleigh Hares AC	57:21	57:14	63.	11.	8:11
2022 Martlesham 7 Mile	79.	51 Belinda GODBOLD	Female V60+	Hadleigh Hares AC	57:21	57:14	16.	2.	8:11
2022 Martlesham 7 Mile	80.	96 Tim PARNELL	Male V55	Ipswich Jaffa RC	58:14	58:06	64.	7.	8:19
2022 Martlesham 7 Mile	81.	16 Danny BLACKMAN	Male V50	Unattached	58:38	58:28	65.	15.	8:22
2022 Martlesham 7 Mile	82.	11 Sarah BANHAM	Female Senior	Felixstowe RRC	59:01	58:56	17.	8.	8:25
2022 Martlesham 7 Mile	83.	58 Helen HARRIS	Female V40	Unattached	59:09	58:57	18.	3.	8:26
2022 Martlesham 7 Mile	84.	59 Mark HARRIS	Male V50	Unattached	59:09	58:58	66.	16.	8:26
2022 Martlesham 7 Mile	85.	31 Sil CLAY	Female V55	Haverhill Running Club	59:18	59:06	19.	2.	8:28
2022 Martlesham 7 Mile	86.	14 Pauline BARR	Female V40	Unattached	59:50	59:41	20.	4.	8:32
2022 Martlesham 7 Mile	87.	26 Mik CARR	Male V60+	Bungay Black Dog RC	59:59	59:52	67.	7.	8:34
2022 Martlesham 7 Mile	88.	117 Rob SMITH	Male V40	Unattached	1:00:08	59:53	68.	10.	8:35

RACE CHIP TIMING RESULTS

2022 Martlesham 7 Mile	89.	57 Sean HARRIS	Male Senior	Unattached	1:00:13	1:00:06	69.	18.	8:36
2022 Martlesham 7 Mile	90.	88 Paul MAYCOCK	Male V60+	Capel Cheetahs	1:00:14	1:00:07	70.	8.	8:36
2022 Martlesham 7 Mile	91.	149 Lorna WEBBER	Female Senior	Capel Cheetahs	1:00:15	1:00:07	21.	9.	8:36
2022 Martlesham 7 Mile	92.	101 Claire PURNELL	Female V50	Unattached	1:00:23	1:00:11	22.	4.	8:37
2022 Martlesham 7 Mile	93.	126 Nicola STEVENSON	Female V60+	Felixstowe RRC	1:00:50	1:00:40	23.	3.	8:41
2022 Martlesham 7 Mile	94.	86 Claire MASKERY	Female V40	Stowmarket Striders RC	1:01:00	1:00:50	24.	5.	8:42
2022 Martlesham 7 Mile	95.	91 Tim NIVEN	Male V50	Ipswich Jaffa RC	1:01:06	1:00:56	71.	17.	8:43
2022 Martlesham 7 Mile	96.	6 Leanne ASHDOWN	Female V40	Unattached	1:01:14	1:01:02	25.	6.	8:44
2022 Martlesham 7 Mile	97.	44 Lucy ENGLISH	Female Senior	Unattached	1:01:21	1:01:14	26.	10.	8:45
2022 Martlesham 7 Mile	98.	148 Sharon WARLAND	Female V55	Stowmarket Striders RC	1:01:23	1:01:13	27.	3.	8:46
2022 Martlesham 7 Mile	99.	122 Szymon SPYRA	Male Senior	Unattached	1:01:43	1:01:26	72.	19.	8:48
2022 Martlesham 7 Mile	100.	105 James RACKHAM	Male V40	Unattached	1:01:46	1:01:31	73.	11.	8:49
2022 Martlesham 7 Mile	101.	121 Martin SPILSTED	Male V50	Rushmere Community Runners	1:01:50	1:01:41	74.	18.	8:49
2022 Martlesham 7 Mile	102.	100 Martyna POPLAWSKA	Female Senior	Unattached	1:01:58	1:01:41	28.	11.	8:51
2022 Martlesham 7 Mile	103.	36 Jon CURTIS	Male V50	Unattached	1:01:58	1:01:50	75.	19.	8:51
2022 Martlesham 7 Mile	104.	35 James CRISP	Male V45	Kesgrave Cruisers	1:02:11	1:02:01	76.	12.	8:52
2022 Martlesham 7 Mile	105.	129 Darren STOREY	Male V55	Felixstowe RRC	1:02:50	1:02:46	77.	8.	8:58
2022 Martlesham 7 Mile	106.	132 Bethany TAYLOR	Female Senior	Unattached	1:02:52	1:02:44	29.	12.	8:58
2022 Martlesham 7 Mile	107.	79 Mark LANKESTER	Male V50	Capel Cheetahs	1:03:12	1:03:06	78.	20.	9:01
2022 Martlesham 7 Mile	108.	102 Liza PUTWAIN	Female V40	Stowmarket Striders RC	1:03:38	1:03:27	30.	7.	9:05
2022 Martlesham 7 Mile	109.	50 Dawn GIBSON	Female V40	Felixstowe RRC	1:03:40	1:03:35	31.	8.	9:05
2022 Martlesham 7 Mile	110.	13 Ben BANKS	Male Senior	Unattached	1:04:33	1:04:25	79.	20.	9:13
2022 Martlesham 7 Mile	111.	136 Stephen THORNDYKE	Male V40	Unattached	1:04:33	1:04:19	80.	12.	9:13
2022 Martlesham 7 Mile	112.	8 Richard ATTENBORROW	Male V60+	Unattached	1:05:21	1:05:09	81.	9.	9:20
2022 Martlesham 7 Mile	113.	40 Paul DORSET	Male V50	Felixstowe RRC	1:05:23	1:05:13	82.	21.	9:20
2022 Martlesham 7 Mile	114.	54 Phil GROOM	Male V45	Unattached	1:05:40	1:05:25	83.	13.	9:22
2022 Martlesham 7 Mile	115.	84 Veronica MANLY	Female V60+	Harleston Running Club	1:06:03	1:05:50	32.	4.	9:26
2022 Martlesham 7 Mile	116.	108 Emma RICHBELL	Female V50	Unattached	1:06:05	1:05:53	33.	5.	9:26
2022 Martlesham 7 Mile	117.	25 Emma CALVER	Female V45	Unattached	1:06:06	1:05:53	34.	2.	9:26
2022 Martlesham 7 Mile	118.	7 Simon ASHTON	Male V55	Lonely Goat RC	1:07:21	1:07:11	84.	9.	9:37
2022 Martlesham 7 Mile	119.	42 Stephen EDMONDSON	Male V55	Unattached	1:07:30	1:07:19	85.	10.	9:38
2022 Martlesham 7 Mile	120.	47 Tim FULCHER	Male V50	Unattached	1:07:46	1:07:37	86.	22.	9:40
2022 Martlesham 7 Mile	121.	77 Diane LANCASTER	Female V60+	Unattached	1:07:47	1:07:34	35.	5.	9:40
2022 Martlesham 7 Mile	122.	154 Keeley WHITE	Female Senior	Haverhill Running Club	1:08:02	1:07:48	36.	13.	9:43
2022 Martlesham 7 Mile	123.	52 Mandy GODBOLD	Female V50	Ipswich Harriers	1:08:20	1:08:17	37.	6.	9:45
2022 Martlesham 7 Mile	124.	76 David LAMPARD	Male V55	Felixstowe RRC	1:09:07	1:09:00	87.	11.	9:52
2022 Martlesham 7 Mile	125.	145 Michelle WALNE	Female V55	Unattached	1:09:36	1:09:25	38.	4.	9:56
2022 Martlesham 7 Mile	126.	28 Jenny CHURCH	Female V60+	Felixstowe RRC	1:09:39	1:09:30	39.	6.	9:56
2022 Martlesham 7 Mile	127.	85 Kirsty MARSH	Female Senior	Felixstowe RRC	1:10:12	1:10:03	40.	14.	10:01
2022 Martlesham 7 Mile	128.	53 Paul GOLDSMITH	Male V45	Unattached	1:11:09	1:10:54	88.	14.	10:09
2022 Martlesham 7 Mile	129.	68 Andrew JUMP	Male V45	Kesgrave Cruisers	1:11:30	1:11:16	89.	15.	10:12
2022 Martlesham 7 Mile	130.	160 Justine WISEMAN	Female V50	Saxmundham Sports Running & 1	1:12:11	1:11:58	41.	7.	10:18
2022 Martlesham 7 Mile	131.	113 Mike SHIMMON	Male V50	Unattached	1:12:41	1:12:31	90.	23.	10:22
2022 Martlesham 7 Mile	132.	144 Claire WALLACE	Female V60+	Kesgrave Cruisers	1:12:47	1:12:33	42.	7.	10:23
2022 Martlesham 7 Mile	133.	74 Ian KNIGHTS	Male V45	Kesgrave Cruisers	1:13:25	1:13:10	91.	16.	10:29

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2022 Martlesham 7 Mile	134.	158 Matthew WILLIAMSON	Male V45	Unattached	1:14:42	1:14:29	92.	17.	10:40	
2022 Martlesham 7 Mile	135.	93 Justin OSTLER	Male V50	Felixstowe RRC	1:15:08	1:14:54	93.	24.	10:43	
2022 Martlesham 7 Mile	136.	159 Katy WINDEATT	Female V50	Kesgrave Cruisers	1:16:43	1:16:29	43.	8.	10:57	
2022 Martlesham 7 Mile	137.	92 Anneli OSTLER	Female V40	Felixstowe RRC	1:17:07	1:16:53	44.	9.	11:00	
2022 Martlesham 7 Mile	138.	107 Ali RANDS	Female Senior	Unattached	1:17:53	1:17:39	45.	15.	11:07	
2022 Martlesham 7 Mile	139.	134 Sharon TAYLOR	Female V50	Unattached	1:18:42	1:18:33	46.	9.	11:14	
2022 Martlesham 7 Mile	140.	9 Katherine AYKROYD	Female Senior	Felixstowe RRC	1:18:45	1:18:33	47.	16.	11:14	
2022 Martlesham 7 Mile	141.	48 Karen GAME	Female V50	Kesgrave Cruisers	1:25:32	1:25:24	48.	10.	12:13	
2022 Martlesham 7 Mile	142.	82 Ella MACARTNEY	Female U20	Ipswich Jaffa RC	1:25:56	1:25:43	49.	1.	12:16	
2022 Martlesham 7 Mile	DNF	119 Angela SOAMES	Female V45	Kesgrave Cruisers						
2022 Martlesham 7 Mile	DNS	46 Adele FIELD	Female V55	Unattached						
2022 Martlesham 7 Mile	DNS	33 Aidan COUGHLAN	Male V40	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	65 Alex JACOBS	Male V40	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	55 Carl HARGREAVES	Male V40	Hillsborough & Rivelin RC						
2022 Martlesham 7 Mile	DNS	118 Daniel SMITH	Male Senior	Woodbridge Shufflers RC						
2022 Martlesham 7 Mile	DNS	112 Darren SHEPPARD	Male V50	Framlingham Flyers						
2022 Martlesham 7 Mile	DNS	161 Dean WRIGHT	Male V40	Unattached						
2022 Martlesham 7 Mile	DNS	61 Dominic HAZELL-EVANS	Male Senior	Unattached						
2022 Martlesham 7 Mile	DNS	131 Gary TAYLOR	Male Senior	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	90 Glen MURES	Male V50	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	163 Glenn YELLOP	Male V50	Capel Cheetahs						
2022 Martlesham 7 Mile	DNS	27 Iain CATCHPOOL	Male V55	Ipswich Jaffa RC						
2022 Martlesham 7 Mile	DNS	62 Jonathan HESKETH	Male V40	Unattached						
2022 Martlesham 7 Mile	DNS	2 Kirsty ABERDEIN	Female V50	Unattached						
2022 Martlesham 7 Mile	DNS	20 Martyn BREWSTER	Male V50	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	45 Melonie EVANS	Female V50	Felixstowe RRC						
2022 Martlesham 7 Mile	DNS	12 Neil BANKS	Male V60+	Unattached						
2022 Martlesham 7 Mile	DNS	39 Neil DODSON	Male V45	Unattached						
2022 Martlesham 7 Mile	DNS	143 Paul WAIN	Male Senior	Ipswich Jaffa RC						
2022 Martlesham 7 Mile	DNS	32 Peter CLEAVES	Male Senior	Unattached						
2022 Richard Bennett Coastal 10m	1.	156 Stuart HAYNES	Male V45	Woodbridge Shufflers RC	53:39	53:38	1.	1.	5:21	88.7%
2022 Richard Bennett Coastal 10m	2.	238 Scott RAMSEY	Male Senior	Ipswich Harriers	54:06	54:06	2.	1.	5:24	82.1%
2022 Richard Bennett Coastal 10m	3.	326 Scott WILLIAMS	Male Senior	Stowmarket Striders RC	54:44	54:43	3.	2.	5:28	80.9%
2022 Richard Bennett Coastal 10m	4.	110 James EVE	Male V45	Headington RR	57:20	57:18	4.	2.	5:43	84.4%
2022 Richard Bennett Coastal 10m	5.	286 Gary TAYLOR	Male Senior	Felixstowe RRC	58:02	58:02	5.	3.	5:48	76.9%
2022 Richard Bennett Coastal 10m	6.	325 Jack WILKINSON	Male Senior	Ipswich Jaffa RC	58:05	58:05	6.	4.	5:48	76.8%
2022 Richard Bennett Coastal 10m	7.	169 Adam HOWLETT	Male V50	Unattached	58:40	58:40	7.	1.	5:51	84.6%
2022 Richard Bennett Coastal 10m	8.	7 Mark ALLEN	Male V55	Ipswich Jaffa RC	59:13	59:12	8.	1.	5:55	87.6%
2022 Richard Bennett Coastal 10m	9.	63 Henry CATLING	Male Senior	Felixstowe RRC	59:19	59:18	9.	5.	5:55	74.1%
2022 Richard Bennett Coastal 10m	10.	301 Haydn WADE	Male Senior	Felixstowe RRC	59:28	59:27	10.	6.	5:56	74.0%
2022 Richard Bennett Coastal 10m	11.	259 John SCAIFE	Male V45	Colchester Harriers AC	59:47	59:47	11.	3.	5:58	80.9%
2022 Richard Bennett Coastal 10m	12.	320 Geraint WHITE	Male Senior	Ipswich Jaffa RC	59:54	59:53	12.	7.	5:59	73.4%
2022 Richard Bennett Coastal 10m	13.	201 Chris LEEK	Male V45	Framlingham Flyers	1:00:24	1:00:22	13.	4.	6:02	79.4%
2022 Richard Bennett Coastal 10m	14.	81 James CORNISH	Male V45	Kesgrave Cruisers	1:01:32	1:01:31	14.	5.	6:09	76.7%
2022 Richard Bennett Coastal 10m	15.	130 Jonathan GLANFIELD	Male Senior	Felixstowe RRC	1:01:56	1:01:55	15.	8.	6:11	72.8%

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2022 Richard Bennett Coastal 10m	16.	59 Jack CARPENTER	Male Senior	Unattached	1:02:09	1:02:08	16.	9.	6:12	71.0%
2022 Richard Bennett Coastal 10m	17.	111 Andrew FARN	Male Senior	Unattached	1:02:21	1:02:17	17.	10.	6:14	70.5%
2022 Richard Bennett Coastal 10m	18.	303 Paul WAIN	Male Senior	Ipswich Jaffa RC	1:03:13	1:03:11	18.	11.	6:19	69.6%
2022 Richard Bennett Coastal 10m	19.	137 Chris GREEN	Male Senior	Unattached	1:03:37	1:03:34	19.	12.	6:21	69.1%
2022 Richard Bennett Coastal 10m	20.	289 Jason TAYLOR	Male V45	Felixstowe RRC	1:03:48	1:03:45	20.	6.	6:22	76.5%
2022 Richard Bennett Coastal 10m	21.	276 Ashley SMY	Male V40	Ipswich Jaffa RC	1:04:02	1:04:00	21.	1.	6:24	71.4%
2022 Richard Bennett Coastal 10m	22.	229 Kevin PEIRCE	Male V45	Ipswich Harriers	1:04:24	1:04:23	22.	7.	6:26	74.5%
2022 Richard Bennett Coastal 10m	23.	172 Tony HUBBARD	Male V40	Rushmere Community Runners	1:04:34	1:04:32	23.	2.	6:27	72.5%
2022 Richard Bennett Coastal 10m	24.	220 Paul OSBORNE	Male V45	Felixstowe RRC	1:05:12	1:05:10	24.	8.	6:31	73.0%
2022 Richard Bennett Coastal 10m	25.	231 David PERCY	Male V45	Haverhill Running Club	1:05:18	1:05:15	25.	9.	6:31	73.5%
2022 Richard Bennett Coastal 10m	26.	309 Stuart WARD	Male Senior	Rushmere Community Runners	1:06:02	1:05:59	26.	13.	6:36	66.6%
2022 Richard Bennett Coastal 10m	27.	162 Jonny HODGSON	Male Senior	Vegan Runners UK	1:06:14	1:06:09	27.	14.	6:37	66.4%
2022 Richard Bennett Coastal 10m	28.	232 Jonathan PESTELL	Male V40	Unattached	1:06:16	1:06:11	28.	3.	6:37	69.5%
2022 Richard Bennett Coastal 10m	29.	318 Suzy WEST	Female Senior	Ipswich Jaffa RC	1:06:32	1:06:23	1.	1.	6:39	74.3%
2022 Richard Bennett Coastal 10m	30.	61 Marcus CATLIN	Male V45	Ipswich Jaffa RC	1:06:38	1:06:33	29.	10.	6:39	72.0%
2022 Richard Bennett Coastal 10m	31.	146 Gavin HAMMOND	Male V40	Ipswich Jaffa RC	1:06:42	1:06:40	30.	4.	6:40	69.0%
2022 Richard Bennett Coastal 10m	32.	94 Jason DIGHTON	Male V45	Ipswich Phoenix Running Club	1:06:51	1:06:45	31.	11.	6:41	71.8%
2022 Richard Bennett Coastal 10m	33.	47 Jason BRUNT	Male V45	Norfolk Gazelles AC	1:07:05	1:07:03	32.	12.	6:42	72.7%
2022 Richard Bennett Coastal 10m	34.	147 Neal HARDWICK	Male V40	Kesgrave Cruisers	1:07:06	1:07:02	33.	5.	6:42	69.8%
2022 Richard Bennett Coastal 10m	35.	84 Ian COXALL	Male V45	Rushmere Community Runners	1:07:38	1:07:35	34.	13.	6:45	72.2%
2022 Richard Bennett Coastal 10m	36.	18 Terry BACK	Male V60+	Ipswich Jaffa RC	1:07:47	1:07:32	35.	1.	6:46	83.3%
2022 Richard Bennett Coastal 10m	37.	332 Stuart WRIGHT	Male V45	Felixstowe RRC	1:07:59	1:07:56	36.	14.	6:47	70.6%
2022 Richard Bennett Coastal 10m	38.	213 Stephen NUNNINGS	Male V40	Felixstowe RRC	1:08:46	1:08:42	37.	6.	6:52	66.0%
2022 Richard Bennett Coastal 10m	39.	279 Simon STAFFORD	Male V50	Kesgrave Cruisers	1:08:50	1:08:45	38.	2.	6:52	71.5%
2022 Richard Bennett Coastal 10m	40.	187 Michael JENNINGS	Male Senior	Unattached	1:08:53	1:08:46	39.	15.	6:53	63.8%
2022 Richard Bennett Coastal 10m	41.	129 Neil GILLINGHAM	Male Senior	Ipswich Harriers	1:08:56	1:08:55	40.	16.	6:53	65.4%
2022 Richard Bennett Coastal 10m	42.	212 Emma MORTIMER	Female Senior	Ipswich Phoenix Running Club	1:08:57	1:08:52	2.	2.	6:53	71.6%
2022 Richard Bennett Coastal 10m	43.	268 Wayne SKUDDER	Male Senior	Unattached	1:09:13	1:09:09	41.	17.	6:55	65.1%
2022 Richard Bennett Coastal 10m	44.	331 Dean WRIGHT	Male V40	Unattached	1:09:16	1:09:11	42.	7.	6:55	66.0%
2022 Richard Bennett Coastal 10m	45.	261 Chris SERVANT	Male V55	Ipswich Jaffa RC	1:09:21	1:09:17	43.	2.	6:56	75.5%
2022 Richard Bennett Coastal 10m	46.	200 Andrew LAWS	Male V55	Ipswich Jaffa RC	1:09:23	1:09:13	44.	3.	6:56	76.2%
2022 Richard Bennett Coastal 10m	47.	282 Roger STONE	Male V50	Kesgrave Cruisers	1:09:29	1:09:15	45.	3.	6:56	73.3%
2022 Richard Bennett Coastal 10m	48.	255 Ash SADLER	Male V45	Kesgrave Cruisers	1:09:35	1:09:26	46.	15.	6:57	68.4%
2022 Richard Bennett Coastal 10m	49.	85 Andrew CRAIG	Male V45	Woodbridge Shufflers RC	1:09:53	1:09:49	47.	16.	6:59	69.8%
2022 Richard Bennett Coastal 10m	50.	50 Pawel BUCZEK	Male V40	Unattached	1:09:53	1:09:48	48.	8.	6:59	65.4%
2022 Richard Bennett Coastal 10m	51.	152 Robin HARPER	Male V45	Felixstowe RRC	1:10:01	1:09:59	49.	17.	7:00	68.0%
2022 Richard Bennett Coastal 10m	52.	86 Kate CREAK	Female Senior	TRISudbury	1:10:09	1:10:06	3.	3.	7:00	71.9%
2022 Richard Bennett Coastal 10m	53.	285 Daniel SUMMERSGILL	Male Senior	Ipswich Jaffa RC	1:10:11	1:10:08	50.	18.	7:01	63.8%
2022 Richard Bennett Coastal 10m	54.	34 Warren BIRCH	Male V55	Rushmere Community Runners	1:10:13	1:10:11	51.	4.	7:01	73.2%
2022 Richard Bennett Coastal 10m	55.	113 Karl FEAGAN	Male V45	Ipswich Harriers	1:10:27	1:10:21	52.	18.	7:02	68.7%
2022 Richard Bennett Coastal 10m	56.	64 Jonathan CHAPMAN	Male Senior	Unattached	1:11:14	1:11:12	53.	19.	7:07	62.6%
2022 Richard Bennett Coastal 10m	57.	49 Kerry BUCKLEY	Male V50	Felixstowe RRC	1:11:15	1:11:10	54.	4.	7:07	70.3%
2022 Richard Bennett Coastal 10m	58.	300 John VINECOMBE	Male Senior	Unattached	1:11:38	1:11:35	55.	20.	7:09	61.4%
2022 Richard Bennett Coastal 10m	59.	141 Mark GRIGGS	Male V45	Rushmere Community Runners	1:12:13	1:12:06	56.	19.	7:13	67.0%
2022 Richard Bennett Coastal 10m	60.	294 Matt TRILL	Male V45	Ipswich Jaffa RC	1:12:23	1:12:16	57.	20.	7:14	66.3%

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2022 Richard Bennett Coastal 10m	61.	72 Kevin CLEGG	Male V40	Kesgrave Cruisers	1:12:38	1:12:35	58.	9.	7:15	63.4%
2022 Richard Bennett Coastal 10m	62.	227 Steve PAUL	Male V60+	Eastern Masters AC	1:12:50	1:12:42	59.	2.	7:16	74.6%
2022 Richard Bennett Coastal 10m	63.	278 Rob SQUIRRELL	Male V45	Woodbridge Shufflers RC	1:13:03	1:13:00	60.	21.	7:18	66.8%
2022 Richard Bennett Coastal 10m	64.	27 Robin BELSOM	Male V60+	Ipswich Jaffa RC	1:13:33	1:13:27	61.	3.	7:21	74.6%
2022 Richard Bennett Coastal 10m	65.	121 Simon FRASER	Male V50	Rushmere Community Runners	1:13:57	1:13:51	62.	5.	7:23	68.3%
2022 Richard Bennett Coastal 10m	66.	54 James BURNETT	Male Senior	Unattached	1:14:06	1:14:04	63.	21.	7:24	59.4%
2022 Richard Bennett Coastal 10m	67.	124 Andrew GARNHAM	Male V50	Felixstowe RRC	1:14:13	1:14:05	64.	6.	7:25	66.9%
2022 Richard Bennett Coastal 10m	68.	16 Tom AYKROYD	Male V40	Felixstowe RRC	1:14:23	1:14:18	65.	10.	7:26	62.4%
2022 Richard Bennett Coastal 10m	69.	12 Benjamin ASKEW	Male V45	Unattached	1:14:27	1:14:23	66.	22.	7:26	63.4%
2022 Richard Bennett Coastal 10m	70.	99 Stephen DUNNETT	Male V60+	Framlingham Flyers	1:14:29	1:14:26	67.	4.	7:26	75.1%
2022 Richard Bennett Coastal 10m	71.	13 Simon ASKEW	Male V45	Unattached	1:14:32	1:14:27	68.	23.	7:27	63.3%
2022 Richard Bennett Coastal 10m	72.	287 Holly TAYLOR	Female Senior	Felixstowe RRC	1:14:35	1:14:29	4.	4.	7:27	67.0%
2022 Richard Bennett Coastal 10m	73.	14 Jenni ASKEW-MARTIN	Female Senior	Kesgrave Cruisers	1:14:54	1:14:45	5.	5.	7:29	67.4%
2022 Richard Bennett Coastal 10m	74.	246 Nicki RIPMAN	Female V40	Unattached	1:15:03	1:14:54	6.	1.	7:30	69.5%
2022 Richard Bennett Coastal 10m	75.	55 Ben BURROWS	Male V45	Woodbridge Shufflers RC	1:15:03	1:14:58	69.	24.	7:30	63.9%
2022 Richard Bennett Coastal 10m	76.	32 Carl BERRIMAN	Male V50	Rushmere Community Runners	1:15:11	1:15:01	70.	7.	7:31	66.6%
2022 Richard Bennett Coastal 10m	77.	258 Len SAUNDERS	Male V45	Felixstowe RRC	1:15:13	1:15:06	71.	25.	7:31	63.8%
2022 Richard Bennett Coastal 10m	78.	23 Nigel BARNES	Male V50	Vegan Runners UK	1:15:24	1:15:18	72.	8.	7:32	66.4%
2022 Richard Bennett Coastal 10m	79.	37 Adam BOYLE	Male V50	Woodbridge Shufflers RC	1:15:36	1:15:26	73.	9.	7:33	67.4%
2022 Richard Bennett Coastal 10m	80.	265 Gemma SHEPPARD	Female V40	Felixstowe RRC	1:15:47	1:15:44	7.	2.	7:34	67.8%
2022 Richard Bennett Coastal 10m	81.	92 Ricky DEASY	Male V40	Unattached	1:15:55	1:15:43	74.	11.	7:35	61.2%
2022 Richard Bennett Coastal 10m	82.	65 Mathew CHAPPLE	Male V45	Kesgrave Cruisers	1:16:14	1:16:06	75.	26.	7:37	61.9%
2022 Richard Bennett Coastal 10m	83.	66 Luz CHAVEZ	Female Senior	Ipswich Jaffa RC	1:16:19	1:16:09	8.	6.	7:37	65.8%
2022 Richard Bennett Coastal 10m	84.	313 Mark WATTS	Male Senior	Stowmarket Striders RC	1:16:26	1:16:22	76.	22.	7:38	59.0%
2022 Richard Bennett Coastal 10m	85.	168 Dave HONGGEGO	Male V55	Kesgrave Cruisers	1:16:39	1:16:23	77.	5.	7:39	67.1%
2022 Richard Bennett Coastal 10m	86.	193 Paul KETTRIDGE	Male V40	Unattached	1:16:42	1:16:25	78.	12.	7:40	61.0%
2022 Richard Bennett Coastal 10m	87.	51 Trevor BUNCH	Male V45	Haverhill Running Club	1:16:46	1:16:43	79.	27.	7:40	63.0%
2022 Richard Bennett Coastal 10m	88.	154 Barry HAWTIN	Male V40	Unattached	1:16:47	1:16:40	80.	13.	7:40	59.1%
2022 Richard Bennett Coastal 10m	89.	267 Anna SKUDDER	Female Senior	Unattached	1:16:48	1:16:44	9.	7.	7:40	65.1%
2022 Richard Bennett Coastal 10m	90.	185 Martin JARVIS	Male V45	Unattached	1:16:49	1:16:33	81.	28.	7:40	62.5%
2022 Richard Bennett Coastal 10m	91.	175 Oliver HUGHES	Male V40	Haverhill Running Club	1:16:51	1:16:48	82.	14.	7:41	60.4%
2022 Richard Bennett Coastal 10m	92.	100 Chris DURRANT	Male V55	Unattached	1:17:01	1:16:53	83.	6.	7:42	66.8%
2022 Richard Bennett Coastal 10m	93.	211 Natasha MICHAEL	Female Senior	Saint Edmund Pacers	1:17:09	1:17:03	10.	8.	7:42	63.9%
2022 Richard Bennett Coastal 10m	94.	295 Caroline TUCK	Female V55	Dagenham 88 Runners	1:17:16	1:17:10	11.	1.	7:43	79.2%
2022 Richard Bennett Coastal 10m	95.	190 Anna KEEBLE	Female Senior	Ipswich Jaffa RC	1:17:19	1:17:09	12.	9.	7:43	63.8%
2022 Richard Bennett Coastal 10m	96.	56 Heather BUSH	Female V45	Unattached	1:17:19	1:17:08	13.	1.	7:43	70.1%
2022 Richard Bennett Coastal 10m	97.	71 Daniel CLARK	Male V45	Felixstowe RRC	1:17:31	1:17:17	84.	29.	7:45	62.4%
2022 Richard Bennett Coastal 10m	98.	207 Cinthia MATEO PENA	Female Senior	Woodbridge Shufflers RC	1:17:38	1:17:32	14.	10.	7:45	64.2%
2022 Richard Bennett Coastal 10m	99.	136 Lewis GRANT	Male V45	Unattached	1:17:38	1:17:21	85.	30.	7:45	61.8%
2022 Richard Bennett Coastal 10m	100.	102 Kimberley DYE	Female Senior	Ipswich Jaffa RC	1:17:57	1:17:49	15.	11.	7:47	63.9%
2022 Richard Bennett Coastal 10m	101.	337 Sarah STUART	Female V45	Unattached	1:18:02	1:17:52	16.	2.	7:48	70.2%
2022 Richard Bennett Coastal 10m	102.	39 Lee BRIERS	Male V40	Unattached	1:18:03	1:17:54	86.	15.	7:48	58.1%
2022 Richard Bennett Coastal 10m	103.	5 Matthew ALEXANDER	Male Senior	Woodbridge Shufflers RC	1:18:07	1:18:02	87.	23.	7:48	56.3%
2022 Richard Bennett Coastal 10m	104.	176 Caroline HUNT	Female Senior	Unattached	1:18:13	1:17:59	17.	12.	7:49	63.7%
2022 Richard Bennett Coastal 10m	105.	264 Ben SHEPPARD	Male V45	Felixstowe RRC	1:18:25	1:18:21	88.	31.	7:50	60.2%

RACE CHIP TIMING RESULTS

2022 Richard Bennett Coastal 10m	106.	133 Mark GOODWIN	Male V50	Felixstowe RRC	1:18:27	1:18:21	89.	10.	7:50	62.7%
2022 Richard Bennett Coastal 10m	107.	87 Richard CREASEY	Male Senior	Kesgrave Cruisers	1:18:33	1:18:24	90.	24.	7:51	57.0%
2022 Richard Bennett Coastal 10m	108.	107 James ELLUL	Male V40	Felixstowe RRC	1:18:35	1:18:29	91.	16.	7:51	59.6%
2022 Richard Bennett Coastal 10m	109.	69 David CHURCH	Male V50	Felixstowe RRC	1:18:44	1:18:39	92.	11.	7:52	63.0%
2022 Richard Bennett Coastal 10m	110.	119 Mark FOSKER	Male Senior	Unattached	1:18:48	1:18:42	93.	25.	7:52	55.8%
2022 Richard Bennett Coastal 10m	111.	270 Daniel SMART	Male Senior	Unattached	1:18:54	1:18:40	94.	26.	7:53	55.9%
2022 Richard Bennett Coastal 10m	112.	106 James ELLIS	Male V40	Stowmarket Striders RC	1:18:56	1:18:41	95.	17.	7:53	57.5%
2022 Richard Bennett Coastal 10m	113.	105 Olivia ELLIS	Female Senior	Ipswich Jaffa RC	1:18:57	1:18:47	18.	13.	7:53	62.5%
2022 Richard Bennett Coastal 10m	114.	123 Daniel GARNER	Male Senior	Ipswich Jaffa RC	1:19:18	1:19:07	96.	27.	7:55	55.5%
2022 Richard Bennett Coastal 10m	115.	195 Steven LANE	Male V40	Ipswich Jaffa RC	1:19:23	1:19:08	97.	18.	7:56	58.5%
2022 Richard Bennett Coastal 10m	116.	248 Dave ROBINSON	Male V50	Rushmere Community Runners	1:19:25	1:19:09	98.	12.	7:56	62.0%
2022 Richard Bennett Coastal 10m	117.	233 Richard PHILLIPS	Male V40	Kesgrave Cruisers	1:19:30	1:19:21	99.	19.	7:56	58.9%
2022 Richard Bennett Coastal 10m	118.	101 Steve DURRANT	Male V60+	Unattached	1:19:56	1:19:48	100.	5.	7:59	67.4%
2022 Richard Bennett Coastal 10m	119.	235 Adam PLUMMER	Male Senior	Rushmere Community Runners	1:20:08	1:19:57	101.	28.	8:00	54.9%
2022 Richard Bennett Coastal 10m	120.	115 Justin FIDDAMAN	Male V50	Felixstowe RRC	1:20:18	1:20:12	102.	13.	8:01	61.8%
2022 Richard Bennett Coastal 10m	121.	35 Rachel BODSWORTH	Female V40	Hadleigh Hares AC	1:20:29	1:20:26	19.	3.	8:02	64.8%
2022 Richard Bennett Coastal 10m	122.	112 Justin FARRIS	Male Senior	Woodbridge Shufflers RC	1:20:35	1:20:31	103.	29.	8:03	54.6%
2022 Richard Bennett Coastal 10m	123.	317 David WENYON	Male V40	Woodbridge Shufflers RC	1:20:39	1:20:35	104.	20.	8:03	56.2%
2022 Richard Bennett Coastal 10m	124.	135 Michael GRAHAM	Male Senior	Unattached	1:20:39	1:20:18	105.	30.	8:03	54.5%
2022 Richard Bennett Coastal 10m	125.	58 Daniel BYCRAFT	Male Senior	Unattached	1:20:43	1:20:33	106.	31.	8:04	55.2%
2022 Richard Bennett Coastal 10m	126.	116 Helen FINDLEY	Female V40	Kesgrave Cruisers	1:21:00	1:20:51	20.	4.	8:05	64.4%
2022 Richard Bennett Coastal 10m	127.	312 Kerry WATSON	Female V40	Ipswich Jaffa RC	1:21:02	1:20:53	21.	5.	8:06	63.0%
2022 Richard Bennett Coastal 10m	128.	3 Ruth ACWORTH	Female V60+	Woodbridge Shufflers RC	1:21:03	1:20:50	22.	1.	8:06	80.8%
2022 Richard Bennett Coastal 10m	129.	280 Daniel STEPTOE-THOMPSON	Male Senior	Boxted Runners	1:21:04	1:20:57	107.	32.	8:06	55.6%
2022 Richard Bennett Coastal 10m	130.	263 Jack SHEPHERD	Male Senior	Unattached	1:21:27	1:21:05	108.	33.	8:08	54.0%
2022 Richard Bennett Coastal 10m	131.	15 Susan AVES	Female V55	Springfield Striders RC	1:21:29	1:21:16	23.	2.	8:08	76.1%
2022 Richard Bennett Coastal 10m	132.	62 Debbie CATLING	Female V50	Felixstowe RRC	1:21:36	1:21:25	24.	1.	8:09	71.3%
2022 Richard Bennett Coastal 10m	133.	25 Katie BECKINSALE	Female Senior	Unattached	1:21:49	1:21:39	25.	14.	8:10	61.7%
2022 Richard Bennett Coastal 10m	134.	228 Adrian PEAKE	Male V55	Ipswich Jaffa RC	1:22:01	1:21:55	109.	7.	8:12	63.8%
2022 Richard Bennett Coastal 10m	135.	178 Jane HUTCHINSON	Female V45	Woodbridge Shufflers RC	1:22:02	1:21:54	26.	3.	8:12	66.0%
2022 Richard Bennett Coastal 10m	136.	128 Rob GILLAN	Male Senior	Unattached	1:22:18	1:22:05	110.	34.	8:13	54.2%
2022 Richard Bennett Coastal 10m	137.	41 Rachel BROOKE	Female V50	Ipswich Jaffa RC	1:22:37	1:22:25	27.	2.	8:15	67.9%
2022 Richard Bennett Coastal 10m	138.	165 Peter HOPSON	Male V50	Unattached	1:23:01	1:22:41	111.	14.	8:18	61.4%
2022 Richard Bennett Coastal 10m	139.	91 Karen DEASY	Female V40	Unattached	1:23:04	1:22:51	28.	6.	8:18	62.8%
2022 Richard Bennett Coastal 10m	140.	292 Karl TOVELL	Male V40	Unattached	1:23:09	1:22:55	112.	21.	8:18	54.5%
2022 Richard Bennett Coastal 10m	141.	252 Mark ROSE	Male V45	Ipswich Jaffa RC	1:23:13	1:23:07	113.	32.	8:19	57.6%
2022 Richard Bennett Coastal 10m	142.	157 Guy HAYWARD	Male V50	Unattached	1:23:22	1:23:13	114.	15.	8:20	59.5%
2022 Richard Bennett Coastal 10m	143.	224 Marion PARKER	Female V55	Felixstowe RRC	1:23:51	1:23:43	29.	3.	8:23	75.0%
2022 Richard Bennett Coastal 10m	144.	257 Bronwen SARGINSON	Female V40	Ipswich Phoenix Running Club	1:23:52	1:23:40	30.	7.	8:23	62.7%
2022 Richard Bennett Coastal 10m	145.	275 Daniel SMITH	Male Senior	Woodbridge Shufflers RC	1:24:00	1:23:54	115.	35.	8:23	52.3%
2022 Richard Bennett Coastal 10m	146.	140 Connal GRIFFITHS	Male V40	Unattached	1:24:28	1:24:08	116.	22.	8:26	53.7%
2022 Richard Bennett Coastal 10m	147.	186 Steven JEGGO	Male V50	Unattached	1:24:36	1:24:18	117.	16.	8:27	59.7%
2022 Richard Bennett Coastal 10m	148.	202 Colin LEWIS	Male V55	Unattached	1:25:17	1:24:59	118.	8.	8:31	61.4%
2022 Richard Bennett Coastal 10m	149.	75 Gavin COLEMAN	Male V40	Unattached	1:25:22	1:25:12	119.	23.	8:32	54.8%
2022 Richard Bennett Coastal 10m	150.	298 Carl VINCE	Male V45	Unattached	1:25:22	1:25:12	120.	33.	8:32	55.3%

RACE CHIP TIMING RESULTS

2022 Richard Bennett Coastal 10m	151.	1 Sian ABBOTT	Female Senior	Ipswich Jaffa RC	1:25:42	1:25:31	31.	15.	8:34	57.6%
2022 Richard Bennett Coastal 10m	152.	191 Wendy KELLETT	Female V50	Ipswich Jaffa RC	1:25:45	1:25:31	32.	3.	8:34	66.2%
2022 Richard Bennett Coastal 10m	153.	254 Chris RYAN	Male V60+	Unattached	1:25:47	1:25:35	121.	6.	8:34	68.5%
2022 Richard Bennett Coastal 10m	154.	310 Muttley WARDASHTON	Male V50	Unattached	1:25:55	1:25:44	122.	17.	8:35	58.8%
2022 Richard Bennett Coastal 10m	155.	95 Trevor DIXON	Male V45	Unattached	1:25:57	1:25:40	123.	34.	8:35	56.3%
2022 Richard Bennett Coastal 10m	156.	225 Jane PARKINGTON	Female V50	Unattached	1:26:03	1:25:44	33.	4.	8:36	67.6%
2022 Richard Bennett Coastal 10m	157.	198 Keith LANSDOWN	Male V55	Ipswich Jaffa RC	1:26:21	1:26:09	124.	9.	8:38	60.6%
2022 Richard Bennett Coastal 10m	158.	226 Tim PARNELL	Male V55	Ipswich Jaffa RC	1:26:21	1:26:09	125.	10.	8:38	59.5%
2022 Richard Bennett Coastal 10m	159.	180 Veronique INIZAN	Female V45	Unattached	1:26:26	1:26:08	34.	4.	8:38	62.7%
2022 Richard Bennett Coastal 10m	160.	307 Steven WARD	Male V40	Unattached	1:26:34	1:26:17	126.	24.	8:39	53.2%
2022 Richard Bennett Coastal 10m	161.	204 Simon LUCKING	Male V40	Unattached	1:26:36	1:26:17	127.	25.	8:39	52.8%
2022 Richard Bennett Coastal 10m	162.	283 Darren STOREY	Male V55	Felixstowe RRC	1:27:03	1:26:56	128.	11.	8:42	59.6%
2022 Richard Bennett Coastal 10m	163.	247 Sandra ROBERTS	Female V60+	Ipswich Jaffa RC	1:27:06	1:26:51	35.	2.	8:42	76.2%
2022 Richard Bennett Coastal 10m	164.	82 Luke COSTER-REEVE	Male Senior	Unattached	1:27:08	1:26:44	129.	36.	8:42	50.8%
2022 Richard Bennett Coastal 10m	165.	192 Amanda KEMP	Female V40	Felixstowe RRC	1:27:17	1:27:08	36.	8.	8:43	59.7%
2022 Richard Bennett Coastal 10m	166.	114 Christy FENELON	Male Senior	Unattached	1:27:20	1:27:08	130.	37.	8:43	51.6%
2022 Richard Bennett Coastal 10m	167.	40 Jimmy BRIERS	Male V55	Unattached	1:27:25	1:27:16	131.	12.	8:44	61.0%
2022 Richard Bennett Coastal 10m	168.	143 Christian HADWEN	Male V45	Unattached	1:27:28	1:27:26	132.	35.	8:44	54.4%
2022 Richard Bennett Coastal 10m	169.	189 Holly JOHNSON	Female Senior	Vegan Runners UK	1:27:31	1:27:19	37.	16.	8:45	56.4%
2022 Richard Bennett Coastal 10m	170.	236 Carl PURNELL	Male V60+	Unattached	1:27:40	1:27:24	133.	7.	8:45	61.4%
2022 Richard Bennett Coastal 10m	171.	210 Andy MENIN	Male V60+	Unattached	1:27:41	1:27:37	134.	8.	8:46	62.0%
2022 Richard Bennett Coastal 10m	172.	43 Amy BROWN	Female Senior	Unattached	1:27:42	1:27:31	38.	17.	8:46	56.2%
2022 Richard Bennett Coastal 10m	173.	160 Alex HERMON	Male Senior	Unattached	1:27:51	1:27:40	135.	38.	8:47	50.0%
2022 Richard Bennett Coastal 10m	174.	44 Adam BROWN	Male Senior	Unattached	1:28:00	1:27:49	136.	39.	8:47	50.0%
2022 Richard Bennett Coastal 10m	175.	45 Marcus BROWN	Male V50	Rushmere Community Runners	1:28:04	1:27:52	137.	18.	8:48	55.9%
2022 Richard Bennett Coastal 10m	176.	46 Teresa BROWN	Female Senior	Rushmere Community Runners	1:28:04	1:27:52	39.	18.	8:48	57.3%
2022 Richard Bennett Coastal 10m	177.	182 Ben JACKSON	Male Senior	Felixstowe RRC	1:28:09	1:28:03	138.	40.	8:48	50.3%
2022 Richard Bennett Coastal 10m	178.	297 Sarah VICK	Female V50	Saxmundham Sports Running & J	1:28:17	1:28:05	40.	5.	8:49	65.9%
2022 Richard Bennett Coastal 10m	179.	122 Oliver FRATER	Male Senior	Unattached	1:28:28	1:28:15	139.	41.	8:50	50.4%
2022 Richard Bennett Coastal 10m	180.	132 Ruth GOODCHILD	Female V45	Unattached	1:28:30	1:28:16	41.	5.	8:50	60.6%
2022 Richard Bennett Coastal 10m	181.	125 Martin GARROD	Male V60+	Ipswich Phoenix Running Club	1:28:34	1:28:18	140.	9.	8:51	63.2%
2022 Richard Bennett Coastal 10m	182.	173 Paul HUBERT	Male V40	Unattached	1:28:39	1:28:21	141.	26.	8:51	52.4%
2022 Richard Bennett Coastal 10m	183.	293 Sam TOY	Male Senior	Unattached	1:28:52	1:28:36	142.	42.	8:53	49.8%
2022 Richard Bennett Coastal 10m	184.	241 Simon REED	Male V40	Unattached	1:29:15	1:29:06	143.	27.	8:55	51.2%
2022 Richard Bennett Coastal 10m	185.	249 Roger ROBINSON-TURNER	Male V50	Unattached	1:29:25	1:29:15	144.	19.	8:56	56.0%
2022 Richard Bennett Coastal 10m	186.	273 Misty SMITH	Female Senior	Rushmere Community Runners	1:29:27	1:29:14	42.	19.	8:56	56.4%
2022 Richard Bennett Coastal 10m	187.	151 Rebecca HARLING	Female Senior	Unattached	1:29:37	1:29:21	43.	20.	8:57	56.6%
2022 Richard Bennett Coastal 10m	188.	266 Robert SIMPSON	Male V40	Unattached	1:29:37	1:29:21	145.	28.	8:57	52.2%
2022 Richard Bennett Coastal 10m	189.	215 Carl NEWELL	Male V45	Unattached	1:29:47	1:29:32	146.	36.	8:58	52.5%
2022 Richard Bennett Coastal 10m	190.	76 Carl COLLINS	Male Senior	Unattached	1:29:48	1:29:32	147.	43.	8:58	49.1%
2022 Richard Bennett Coastal 10m	191.	188 Matt JOHNSON	Male V40	Unattached	1:29:50	1:29:34	148.	29.	8:58	52.1%
2022 Richard Bennett Coastal 10m	192.	21 Sarah BANHAM	Female Senior	Felixstowe RRC	1:29:56	1:29:44	44.	21.	8:59	55.6%
2022 Richard Bennett Coastal 10m	193.	118 Clayton FOSKER	Male Senior	Unattached	1:30:06	1:29:49	149.	44.	9:00	49.5%
2022 Richard Bennett Coastal 10m	194.	262 Alison SEVERY	Female Senior	Unattached	1:30:07	1:29:54	45.	22.	9:00	55.3%
2022 Richard Bennett Coastal 10m	195.	153 Stephen HARVEY	Male V60+	Beccles & Bungay Harriers	1:30:09	1:30:01	150.	10.	9:00	64.6%

RACE CHIP TIMING RESULTS

2022 Richard Bennett Coastal 10m	196.	33 Doug BETTS	Male V40	Unattached	1:30:33	1:30:15	151.	30.	9:03	51.7%
2022 Richard Bennett Coastal 10m	197.	205 Jenny LYNCH	Female V55	Felixstowe RRC	1:30:45	1:30:32	46.	4.	9:04	68.3%
2022 Richard Bennett Coastal 10m	198.	274 Amanda SMITH	Female V45	Woodbridge Shufflers RC	1:31:05	1:30:51	47.	6.	9:06	59.5%
2022 Richard Bennett Coastal 10m	199.	24 Pauline BARR	Female V40	Unattached	1:31:09	1:30:57	48.	9.	9:06	57.7%
2022 Richard Bennett Coastal 10m	200.	335 Bryan WYBROW	Male V40	Unattached	1:31:20	1:31:12	152.	31.	9:07	49.7%
2022 Richard Bennett Coastal 10m	201.	209 Gerry MCCARTHY	Male V60+	Ipswich Phoenix Running Club	1:31:48	1:31:33	153.	11.	9:10	63.4%
2022 Richard Bennett Coastal 10m	202.	70 Bev CLARK	Female V50	Barnsley Harriers	1:31:49	1:31:38	49.	6.	9:10	64.2%
2022 Richard Bennett Coastal 10m	203.	11 Leanne ASHDOWN	Female V40	Unattached	1:32:00	1:31:40	50.	10.	9:11	55.5%
2022 Richard Bennett Coastal 10m	204.	281 Tony STEWART	Male V60+	Unattached	1:32:00	1:31:39	154.	12.	9:11	63.3%
2022 Richard Bennett Coastal 10m	205.	206 Garry MACDONALD	Male V55	Unattached	1:32:06	1:31:58	155.	13.	9:12	56.3%
2022 Richard Bennett Coastal 10m	206.	296 Duane TURPIN	Male V45	Unattached	1:32:07	1:31:54	156.	37.	9:12	53.0%
2022 Richard Bennett Coastal 10m	207.	242 Carl REEDER	Male V55	Unattached	1:32:12	1:31:59	157.	14.	9:13	55.8%
2022 Richard Bennett Coastal 10m	208.	336 Goldie YULE	Female V45	Unattached	1:32:26	1:32:17	51.	7.	9:14	60.0%
2022 Richard Bennett Coastal 10m	209.	334 Carissa WYATT	Female V45	Unattached	1:32:26	1:32:17	52.	8.	9:14	58.0%
2022 Richard Bennett Coastal 10m	210.	218 Alan OLIVER	Male V55	Kesgrave Cruisers	1:32:28	1:32:17	158.	15.	9:14	56.1%
2022 Richard Bennett Coastal 10m	211.	308 Kevin WARD	Male V45	Kesgrave Cruisers	1:32:29	1:32:19	159.	38.	9:14	51.9%
2022 Richard Bennett Coastal 10m	212.	93 Sean DICKINSON	Male V45	Vegan Runners UK	1:32:46	1:32:24	160.	39.	9:16	52.6%
2022 Richard Bennett Coastal 10m	213.	323 Steve WILDING	Male V60+	12 in 12	1:32:46	1:32:33	161.	13.	9:16	59.1%
2022 Richard Bennett Coastal 10m	214.	177 Maria HUNTLEY	Female Senior	Unattached	1:33:10	1:32:47	53.	23.	9:18	54.4%
2022 Richard Bennett Coastal 10m	215.	98 John DUNNETT	Male V60+	Unattached	1:33:25	1:33:15	162.	14.	9:20	58.2%
2022 Richard Bennett Coastal 10m	216.	127 Dawn GIBSON	Female V40	Felixstowe RRC	1:33:31	1:33:23	54.	11.	9:21	55.3%
2022 Richard Bennett Coastal 10m	217.	10 Richard ALLPORT	Male V55	Felixstowe RRC	1:33:40	1:33:27	163.	16.	9:21	56.4%
2022 Richard Bennett Coastal 10m	218.	216 Tim NIVEN	Male V50	Ipswich Jaffa RC	1:34:21	1:34:00	164.	20.	9:25	52.6%
2022 Richard Bennett Coastal 10m	219.	243 Sharon REEDER	Female V50	Ipswich Jaffa RC	1:34:59	1:34:46	55.	7.	9:29	61.2%
2022 Richard Bennett Coastal 10m	220.	42 Emma BROWN	Female V45	Unattached	1:35:17	1:35:00	56.	9.	9:31	56.2%
2022 Richard Bennett Coastal 10m	221.	171 Catherine HUBBARD	Female V40	Unattached	1:35:18	1:34:59	57.	12.	9:31	54.3%
2022 Richard Bennett Coastal 10m	222.	327 Neil WINTON	Male V55	Felixstowe RRC	1:35:34	1:35:21	165.	17.	9:33	55.8%
2022 Richard Bennett Coastal 10m	223.	97 Paul DORSET	Male V50	Felixstowe RRC	1:35:43	1:35:26	166.	21.	9:34	51.4%
2022 Richard Bennett Coastal 10m	224.	120 Lydia FOY	Female V45	Unattached	1:35:53	1:35:46	58.	10.	9:35	56.5%
2022 Richard Bennett Coastal 10m	225.	4 Jasmine AGER	Female Senior	Unattached	1:35:57	1:35:37	59.	24.	9:35	51.4%
2022 Richard Bennett Coastal 10m	226.	28 Nichola BENNETT	Female V40	Unattached	1:36:02	1:35:39	60.	13.	9:36	54.3%
2022 Richard Bennett Coastal 10m	227.	104 Charlotte ELKIN	Female Senior	Stowmarket Striders RC	1:36:03	1:35:43	61.	25.	9:36	51.3%
2022 Richard Bennett Coastal 10m	228.	239 Erin RANSON	Female Senior	Unattached	1:36:04	1:35:44	62.	26.	9:36	51.3%
2022 Richard Bennett Coastal 10m	229.	163 Claire HOLDAWAY	Female V45	Unattached	1:36:42	1:36:31	63.	11.	9:40	55.4%
2022 Richard Bennett Coastal 10m	230.	170 Annali HUBBARD	Female Senior	Unattached	1:36:42	1:36:31	64.	27.	9:40	51.2%
2022 Richard Bennett Coastal 10m	231.	322 Alison WILCOCK	Female Senior	Unattached	1:36:42	1:36:32	65.	28.	9:40	51.2%
2022 Richard Bennett Coastal 10m	232.	74 Ben COLE	Male Senior	Unattached	1:37:03	1:36:46	167.	45.	9:42	45.9%
2022 Richard Bennett Coastal 10m	233.	203 Lisa LOOMES	Female Senior	Ipswich Jaffa RC	1:37:03	1:36:47	66.	29.	9:42	51.5%
2022 Richard Bennett Coastal 10m	234.	314 Graham WAUDBY	Male V50	Rushmere Community Runners	1:37:09	1:36:52	168.	22.	9:42	52.0%
2022 Richard Bennett Coastal 10m	235.	199 Siobhan LASKEY	Female V50	Unattached	1:37:26	1:37:10	67.	8.	9:44	59.7%
2022 Richard Bennett Coastal 10m	236.	139 Ruth GREGGOR	Female V55	Unattached	1:37:28	1:37:25	68.	5.	9:44	63.6%
2022 Richard Bennett Coastal 10m	237.	183 Richard JAQUES	Male V60+	Unattached	1:37:28	1:37:25	169.	15.	9:44	55.7%
2022 Richard Bennett Coastal 10m	238.	288 Rhian TAYLOR	Female Senior	Unattached	1:37:37	1:37:19	69.	30.	9:45	50.7%
2022 Richard Bennett Coastal 10m	239.	319 Richard WESTLEY	Male V55	Unattached	1:37:43	1:37:39	170.	18.	9:46	54.6%
2022 Richard Bennett Coastal 10m	240.	179 Kate HUTSON	Female V40	Ipswich Jaffa RC	1:37:56	1:37:41	70.	14.	9:47	52.8%

RACE CHIP TIMING RESULTS

2022 Richard Bennett Coastal 10m	241.	174 Rebecca HUGHES	Female V50	Unattached	1:38:17	1:38:02	71.	9.	9:49	59.9%
2022 Richard Bennett Coastal 10m	242.	184 Carl JARRETT	Male V45	Felixstowe RRC	1:38:17	1:38:01	171.	40.	9:49	49.2%
2022 Richard Bennett Coastal 10m	243.	89 Jen CROSS	Female Senior	Unattached	1:38:25	1:38:14	72.	31.	9:50	50.6%
2022 Richard Bennett Coastal 10m	244.	88 Aaron CROSS	Male Senior	Unattached	1:38:25	1:38:14	172.	46.	9:50	45.1%
2022 Richard Bennett Coastal 10m	245.	148 Lucia HARDWICK	Female V45	Kesgrave Cruisers	1:38:40	1:38:21	73.	12.	9:51	53.8%
2022 Richard Bennett Coastal 10m	246.	237 Olivia RADFORD	Female Senior	Unattached	1:39:05	1:38:48	74.	32.	9:54	49.8%
2022 Richard Bennett Coastal 10m	247.	324 Martyn WILDNEY	Male Senior	Unattached	1:39:06	1:38:48	173.	47.	9:54	44.8%
2022 Richard Bennett Coastal 10m	248.	20 John BAIN	Male V60+	Unattached	1:40:21	1:40:00	174.	16.	10:02	55.7%
2022 Richard Bennett Coastal 10m	249.	2 Kirsty ABERDEIN	Female V50	Unattached	1:40:40	1:40:26	75.	10.	10:03	55.7%
2022 Richard Bennett Coastal 10m	250.	109 Samantha EMMS	Female V40	Unattached	1:40:50	1:40:31	76.	15.	10:04	50.9%
2022 Richard Bennett Coastal 10m	251.	208 Larissa MAYHEW	Female V50	Rushmere Community Runners	1:40:59	1:40:41	77.	11.	10:05	58.3%
2022 Richard Bennett Coastal 10m	252.	22 Cara BARKER	Female V40	Unattached	1:41:19	1:41:04	78.	16.	10:07	51.1%
2022 Richard Bennett Coastal 10m	253.	253 Claire ROWBOTHAM	Female V45	Unattached	1:41:19	1:41:04	79.	13.	10:07	52.4%
2022 Richard Bennett Coastal 10m	254.	73 Andrew COCKER	Male V55	Unattached	1:41:21	1:41:04	175.	19.	10:08	52.6%
2022 Richard Bennett Coastal 10m	255.	134 Daryn GOSLING	Male V45	Unattached	1:41:28	1:41:05	176.	41.	10:08	46.5%
2022 Richard Bennett Coastal 10m	256.	78 Paul COLLINS	Male V60+	Ipswich Triathlon Club	1:42:04	1:41:42	177.	17.	10:12	54.8%
2022 Richard Bennett Coastal 10m	257.	77 Bernard COLLINS	Male V60+	Unattached	1:42:05	1:41:42	178.	18.	10:12	59.6%
2022 Richard Bennett Coastal 10m	258.	181 Jamie JACKSON	Male Senior	Felixstowe RRC	1:42:09	1:42:03	179.	48.	10:12	43.0%
2022 Richard Bennett Coastal 10m	259.	68 Jenny CHURCH	Female V60+	Felixstowe RRC	1:43:16	1:43:05	80.	3.	10:19	61.7%
2022 Richard Bennett Coastal 10m	260.	330 Zoe WRAGG	Female V50	Unattached	1:43:36	1:43:15	81.	12.	10:21	54.8%
2022 Richard Bennett Coastal 10m	261.	277 Tabetha SNAPE	Female V45	Unattached	1:43:36	1:43:15	82.	14.	10:21	52.9%
2022 Richard Bennett Coastal 10m	262.	142 Lionel GUINEA	Male V50	Unattached	1:43:54	1:43:32	180.	23.	10:23	47.4%
2022 Richard Bennett Coastal 10m	263.	240 Lesley RAWLINSO	Female V50	Unattached	1:44:10	1:43:52	83.	13.	10:24	56.5%
2022 Richard Bennett Coastal 10m	264.	269 Chris SLEMMINGS	Male V60+	Ipswich Triathlon Club	1:44:10	1:43:52	181.	19.	10:24	61.0%
2022 Richard Bennett Coastal 10m	265.	306 Helen WARD	Female V45	Unattached	1:44:30	1:44:16	84.	15.	10:26	51.3%
2022 Richard Bennett Coastal 10m	266.	305 Joe WARD	Male Senior	Unattached	1:44:42	1:44:18	182.	49.	10:28	42.4%
2022 Richard Bennett Coastal 10m	267.	328 Debbie WISEMAN	Female V50	Unattached	1:45:15	1:44:56	85.	14.	10:31	53.3%
2022 Richard Bennett Coastal 10m	268.	60 Lauren CARR	Female V40	Unattached	1:45:21	1:44:59	86.	17.	10:32	49.5%
2022 Richard Bennett Coastal 10m	269.	234 Leah PHILLIPS	Female Senior	Rushmere Community Runners	1:45:30	1:45:09	87.	33.	10:32	46.7%
2022 Richard Bennett Coastal 10m	270.	230 Luke PENFOLD	Male Senior	Unattached	1:46:00	1:45:38	183.	50.	10:35	41.5%
2022 Richard Bennett Coastal 10m	271.	167 Adriana HOUCHELL	Female Senior	Ipswich Jaffa RC	1:48:07	1:47:51	88.	34.	10:48	46.1%
2022 Richard Bennett Coastal 10m	272.	67 Mandy CHINERY	Female V50	Unattached	1:48:49	1:48:30	89.	15.	10:52	52.2%
2022 Richard Bennett Coastal 10m	273.	57 Claire BUTCHER	Female V40	Felixstowe RRC	1:49:51	1:49:45	90.	18.	10:59	46.7%
2022 Richard Bennett Coastal 10m	274.	38 Dorianne BREWSTER	Female V40	Unattached	1:51:22	1:51:15	91.	19.	11:08	46.1%
2022 Richard Bennett Coastal 10m	275.	221 Justin OSTLER	Male V50	Felixstowe RRC	1:51:32	1:51:12	184.	24.	11:09	44.1%
2022 Richard Bennett Coastal 10m	276.	9 Jacqueline ALLPORT	Female V55	Felixstowe RRC	1:51:36	1:51:28	92.	6.	11:09	53.4%
2022 Richard Bennett Coastal 10m	277.	291 Anna TOMASZCZUK	Female V45	Unattached	1:51:45	1:51:22	93.	16.	11:10	48.5%
2022 Richard Bennett Coastal 10m	278.	155 Sharon HAYFIELD	Female V45	Unattached	1:51:45	1:51:25	94.	17.	11:10	49.6%
2022 Richard Bennett Coastal 10m	279.	271 Heather SMITH	Female V50	Unattached	1:52:13	1:51:53	95.	16.	11:13	51.2%
2022 Richard Bennett Coastal 10m	280.	158 Sarah HEARN	Female Senior	Boxted Runners	1:54:11	1:53:57	96.	35.	11:25	43.6%
2022 Richard Bennett Coastal 10m	281.	108 David EMENY	Male Senior	Unattached	1:56:02	1:55:54	185.	51.	11:36	38.3%
2022 Richard Bennett Coastal 10m	282.	194 Amy KNOTT	Female Senior	Unattached	1:56:32	1:56:17	97.	36.	11:39	43.1%
2022 Richard Bennett Coastal 10m	283.	150 Sue HARGADON	Female V60+	Woodbridge Shufflers RC	1:57:10	1:56:50	98.	4.	11:42	60.1%
2022 Richard Bennett Coastal 10m	284.	29 Annabel BENNETT	Female V55	Felixstowe RRC	2:03:11	2:02:50	99.	7.	12:19	50.3%
2022 Richard Bennett Coastal 10m	285.	145 Julian HALL	Male V55	Unattached	2:03:11	2:02:50	186.	20.	12:19	41.7%

RACE CHIP TIMING RESULTS

2022 Richard Bennett Coastal 10m	286.	304 Cheryl WAKERLEY	Female V40	Unattached	2:05:12	2:04:52	100.	20.	12:31	42.0%
2022 Richard Bennett Coastal 10m	287.	161 Sarah HODGE	Female V55	Rushmere Community Runners	2:07:35	2:07:12	101.	8.	12:45	47.3%
2022 Richard Bennett Coastal 10m	288.	217 Clare NORTON	Female V45	Unattached	2:07:35	2:07:13	102.	18.	12:45	42.9%
2022 Richard Bennett Coastal 10m	289.	144 Rachael HAGGER	Female V45	Unattached	2:12:12	2:11:51	103.	19.	13:13	41.9%
2022 Richard Bennett Coastal 10m	290.	315 Paul WEEKES	Male V40	Unattached	2:20:15	2:19:49	187.	32.	14:01	32.6%
2022 Richard Bennett Coastal 10m	291.	284 Emma STRUTT	Female V45	Rushmere Community Runners	2:21:39	2:21:17	104.	20.	14:09	38.2%
2022 Richard Bennett Coastal 10m	DNF	83 Aidan COUGHLAN	Male V40	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	316 Anna WEISS-HINDLE	Female V45	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	197 Beryl LANSDOWN	Female V50	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	245 Charlotte RICHARDSON	Female V45	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	138 Collette GREEN	Female Senior	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	251 Danny ROCK	Male V40	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	311 David WATKINS	Male Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	164 Deborah HOLLIS	Female V60+	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	80 Emily COOPER-READE	Female V55	Stowmarket Striders RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	223 Gary PARKER	Male Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	222 Glen PAGE	Male V40	Rushmere Community Runners						0.0%
2022 Richard Bennett Coastal 10m	DNS	30 Holly BENNETT	Female Senior	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	250 Jamie ROCK	Male Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	159 Jeremy HENNEL JAMES	Male V55	Ipswich Harriers						0.0%
2022 Richard Bennett Coastal 10m	DNS	26 Jonathan BEECH	Male V45	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	6 Jordan ALLEN	Male Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	302 Kelly WADE	Female V40	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	260 Kevin SCUTCHER	Male V40	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	17 Laura AYLING	Female Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	149 Lisa HARES	Female V45	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	321 Luke WHITWELL	Male Senior	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	8 Lynette ALLISON	Female V45	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	117 Mark FLATMAN	Male V45	Ipswich Triathlon Club						0.0%
2022 Richard Bennett Coastal 10m	DNS	196 Mark LANKESTER	Male V50	Capel Cheetahs						0.0%
2022 Richard Bennett Coastal 10m	DNS	299 Nikki VINCE	Female V45	Hadleigh Hares AC						0.0%
2022 Richard Bennett Coastal 10m	DNS	79 Paul COOKE	Male V50	Rushmere Community Runners						0.0%
2022 Richard Bennett Coastal 10m	DNS	90 Phil DAVIES	Male V55	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	256 Pippa SARGENT	Female V40	Stowmarket Striders RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	219 Ricky O'NEILL	Male Senior	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	329 Robert WORTHINGTON	Male V45	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	31 Rosie BENNETT	Female Senior	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	166 Rosie HORSFIELD	Female Senior	Ipswich Jaffa RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	272 Samantha SMITH	Female V45	Kesgrave Cruisers						0.0%
2022 Richard Bennett Coastal 10m	DNS	53 Samuel BURDETT	Male Senior	Stowmarket Striders RC						0.0%
2022 Richard Bennett Coastal 10m	DNS	333 Sarah WWBB	Female V40	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	131 Shaun GOOD	Male V55	Felixstowe RRC						0.0%
2022 Richard Bennett Coastal 10m	DNS	96 Sophie DOE	Female Senior	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	103 Stephen EDMONDSON	Male V55	Unattached						0.0%
2022 Richard Bennett Coastal 10m	DNS	48 Stuart BUCHAN	Male Senior	Stowmarket Striders RC						0.0%

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2022 Richard Bennett Coastal 10m	DNS	19 Tim BACON	Male V55	Unattached							0.0%
2022 Richard Bennett Coastal 10m	DNS	126 Tony GAVIN	Male Senior	Felixstowe RRC							0.0%
2022 Richard Bennett Coastal 10m	DNS	290 Vanessa THORPE	Female V45	Ipswich Triathlon Club							0.0%
2022 Richard Bennett Coastal 10m	DNS	214 Vicki NEVE	Female V40	Unattached							0.0%
2022 Richard Bennett Coastal 10m	DNS	36 William BOWERS	Male V45	Unattached							0.0%
2022 Richard Bennett Coastal 10m	DNS	52 William BURDETT	Male V60+	Stowmarket Striders RC							0.0%
2022 Richard Bennett Coastal 10m	DNS	244 Zoila REYES	Female V60+	Felixstowe RRC							0.0%
2023 Alan Brown Kesgrave 10k	1.	277 John Millar	Male Senior	Ipswich Harriers	30:26	30:26	1.	1.	3:02		87.8%
2023 Alan Brown Kesgrave 10k	2.	173 Craig Shand	Male Senior	Saint Edmund Pacers	34:23	34:23	2.	2.	3:26		78.1%
2023 Alan Brown Kesgrave 10k	3.	107 Stuart Haynes	Male V45	Woodbridge Shufflers RC	34:25	34:24	3.	1.	3:26		85.1%
2023 Alan Brown Kesgrave 10k	4.	275 Adam Beaumont	Male Senior	Bishops Stortford RC	34:43	34:43	4.	3.	3:28		76.9%
2023 Alan Brown Kesgrave 10k	5.	155 Chris Poulding	Male Senior	Saint Edmund Pacers	34:51	34:50	5.	4.	3:29		78.9%
2023 Alan Brown Kesgrave 10k	6.	208 Lee Barber	Male V40	Framlingham Flyers	35:00	34:59	6.	1.	3:29		80.4%
2023 Alan Brown Kesgrave 10k	7.	296 Ross Hollinworth	Male V45	Saint Edmund Pacers	36:32	36:30	7.	2.	3:39		78.9%
2023 Alan Brown Kesgrave 10k	8.	150 Max Fisher	Male U20	Ipswich Harriers	36:47	36:47	8.	1.	3:40		73.2%
2023 Alan Brown Kesgrave 10k	9.	148 George Seymour	Male Senior	West End Runners	36:57	36:57	9.	5.	3:41		72.3%
2023 Alan Brown Kesgrave 10k	10.	108 Oliver Watson	Male Senior	Ipswich Jaffa RC	37:07	37:05	10.	6.	3:42		72.0%
2023 Alan Brown Kesgrave 10k	11.	209 Chris Leek	Male V45	Framlingham Flyers	37:25	37:24	11.	3.	3:44		78.3%
2023 Alan Brown Kesgrave 10k	12.	84 Nicholas Clarke	Male V40	Ipswich Jaffa RC	37:52	37:52	12.	2.	3:47		73.7%
2023 Alan Brown Kesgrave 10k	13.	134 Ross McGill	Male Senior	Woodbridge Shufflers RC	38:16	38:14	13.	7.	3:49		70.2%
2023 Alan Brown Kesgrave 10k	14.	14 James Mallett	Male Senior	Kesgrave Cruisers	38:16	38:15	14.	8.	3:49		69.8%
2023 Alan Brown Kesgrave 10k	15.	131 Neil Parkin	Male V45	Unattached	38:30	38:30	15.	4.	3:50		77.4%
2023 Alan Brown Kesgrave 10k	16.	145 Nick Watchman	Male V40	Lonely Goat RC	39:03	39:01	16.	3.	3:54		71.5%
2023 Alan Brown Kesgrave 10k	17.	2 Craig Stuart	Male Senior	Unattached	39:21	39:19	17.	9.	3:56		69.9%
2023 Alan Brown Kesgrave 10k	18.	65 Gavin Davies	Male V40	Ipswich Jaffa RC	39:27	39:26	18.	4.	3:56		71.9%
2023 Alan Brown Kesgrave 10k	19.	92 Steve Brooke	Male V50	Felixstowe RRC	39:34	39:30	19.	1.	3:57		78.6%
2023 Alan Brown Kesgrave 10k	20.	243 Tom Barr	Male Senior	Unattached	39:36	39:34	20.	10.	3:57		69.0%
2023 Alan Brown Kesgrave 10k	21.	319 Chris Woolener	Male Senior	Unattached	39:42	39:40	21.	11.	3:58		67.9%
2023 Alan Brown Kesgrave 10k	22.	271 Clive Thomas	Male V60+	BLC on the Run	39:54	39:52	22.	1.	3:59		82.9%
2023 Alan Brown Kesgrave 10k	23.	258 Christopher Boyt	Male V45	Felixstowe RRC	39:56	39:52	23.	5.	3:59		74.6%
2023 Alan Brown Kesgrave 10k	24.	190 Mark Allen	Male V55	Ipswich Jaffa RC	40:17	40:16	24.	1.	4:01		78.5%
2023 Alan Brown Kesgrave 10k	25.	26 Robin Brookes	Male V50	Harwich Runners	40:28	40:25	25.	2.	4:02		76.8%
2023 Alan Brown Kesgrave 10k	26.	64 Alice Heather-Hayes	Female V45	Ipswich Harriers	40:41	40:40	1.	1.	4:04		82.3%
2023 Alan Brown Kesgrave 10k	27.	69 Samuel Blows	Male V40	Woodbridge Shufflers RC	40:56	40:55	26.	5.	4:05		67.7%
2023 Alan Brown Kesgrave 10k	28.	51 Kevin Clegg	Male V40	Kesgrave Cruisers	41:04	41:01	27.	6.	4:06		69.1%
2023 Alan Brown Kesgrave 10k	29.	246 Tim McMahon	Male V45	Saffron Striders RC	41:39	41:36	28.	6.	4:09		71.5%
2023 Alan Brown Kesgrave 10k	30.	311 Lawrence Gelder	Male V40	Kesgrave Cruisers	42:18	42:11	29.	7.	4:13		66.5%
2023 Alan Brown Kesgrave 10k	31.	195 Mark Chalklen	Male Senior	Unattached	42:54	42:49	30.	12.	4:17		64.1%
2023 Alan Brown Kesgrave 10k	32.	98 Benjamin Deacon	Male Senior	Unattached	42:56	42:54	31.	13.	4:17		63.3%
2023 Alan Brown Kesgrave 10k	33.	193 Richard Creasey	Male Senior	Kesgrave Cruisers	42:57	42:57	32.	14.	4:17		64.0%
2023 Alan Brown Kesgrave 10k	34.	28 Mia Palmer	Female Senior	Kesgrave Cruisers	43:03	43:01	2.	1.	4:18		70.4%
2023 Alan Brown Kesgrave 10k	35.	210 Matthew Wesley	Male Senior	Unattached	43:03	43:00	33.	15.	4:18		62.4%
2023 Alan Brown Kesgrave 10k	36.	12 Ash Sadler	Male V45	Kesgrave Cruisers	43:04	43:02	34.	7.	4:18		68.0%
2023 Alan Brown Kesgrave 10k	37.	221 Kyle Church	Male Senior	Saxmundham Sports Running & J	43:07	43:04	35.	16.	4:18		61.9%
2023 Alan Brown Kesgrave 10k	38.	39 Kerry Buckley	Male V50	Felixstowe RRC	43:07	43:03	36.	3.	4:18		71.4%

RACE CHIP TIMING RESULTS

2023 Alan Brown Kesgrave 10k	39.	29 Neil Catley	Male V45	Kesgrave Cruisers	43:07	43:03	37.	8.	4:18	66.8%
2023 Alan Brown Kesgrave 10k	40.	54 Mark Bulstrode	Male V40	Kesgrave Cruisers	43:17	43:15	38.	8.	4:19	65.5%
2023 Alan Brown Kesgrave 10k	41.	216 Dale Fowler	Male V40	Ipswich Jaffa RC	43:24	43:09	39.	9.	4:20	64.3%
2023 Alan Brown Kesgrave 10k	42.	278 Sam Baxter	Female V40	Felixstowe RRC	43:25	43:19	3.	1.	4:20	72.9%
2023 Alan Brown Kesgrave 10k	43.	320 Kit Forest Redfern	Female Senior	Unattached	43:29	43:20	40.	2.	4:20	0.0%
2023 Alan Brown Kesgrave 10k	44.	224 David Smith	Male V45	Unattached	43:34	43:18	41.	9.	4:21	66.7%
2023 Alan Brown Kesgrave 10k	45.	132 James Burnett	Male Senior	Unattached	43:35	43:12	42.	17.	4:21	61.5%
2023 Alan Brown Kesgrave 10k	46.	157 Robin Harper	Male V45	Felixstowe RRC	43:40	43:36	43.	10.	4:21	67.1%
2023 Alan Brown Kesgrave 10k	47.	199 Juliet Garnham	Female V45	Stowmarket Striders RC	43:47	43:43	4.	2.	4:22	77.3%
2023 Alan Brown Kesgrave 10k	48.	99 Matthew Alexander	Male Senior	Woodbridge Shufflers RC	43:57	43:53	44.	18.	4:23	60.8%
2023 Alan Brown Kesgrave 10k	49.	33 Duane Howard	Male V55	Unattached	44:04	44:00	45.	2.	4:24	72.4%
2023 Alan Brown Kesgrave 10k	50.	36 Lauren Squirrel	Female U20	Ipswich Harriers	44:17	44:13	5.	1.	4:25	70.2%
2023 Alan Brown Kesgrave 10k	51.	306 Stuart Wade	Male Senior	Unattached	44:17	44:11	46.	19.	4:25	61.7%
2023 Alan Brown Kesgrave 10k	52.	141 Justin Farris	Male Senior	Woodbridge Shufflers RC	44:20	44:18	47.	20.	4:25	60.2%
2023 Alan Brown Kesgrave 10k	53.	34 Carl Berriman	Male V50	Rushmere Community Runners	44:27	44:11	48.	4.	4:26	69.3%
2023 Alan Brown Kesgrave 10k	54.	280 Mark Goodwin	Male V50	Felixstowe RRC	44:32	44:26	49.	5.	4:27	68.0%
2023 Alan Brown Kesgrave 10k	55.	307 Ben Newson	Male Senior	Unattached	44:53	44:43	50.	21.	4:29	60.1%
2023 Alan Brown Kesgrave 10k	56.	56 Dominic Bareham	Male V40	Felixstowe RRC	45:06	44:59	51.	10.	4:30	63.4%
2023 Alan Brown Kesgrave 10k	57.	226 Steven Lane	Male V40	Ipswich Jaffa RC	45:08	44:57	52.	11.	4:30	62.8%
2023 Alan Brown Kesgrave 10k	58.	160 Henry Andrews	Male V55	Saint Edmund Pacers	45:10	45:06	53.	3.	4:30	71.3%
2023 Alan Brown Kesgrave 10k	59.	281 Amanda Mortimer	Female V40	Ipswich Jaffa RC	45:13	45:05	6.	2.	4:31	70.0%
2023 Alan Brown Kesgrave 10k	60.	162 Daniel Rivera	Male Senior	Unattached	45:14	44:59	54.	22.	4:31	59.1%
2023 Alan Brown Kesgrave 10k	61.	163 Simon Ward	Male Senior	Unattached	45:23	45:07	55.	23.	4:32	58.8%
2023 Alan Brown Kesgrave 10k	62.	291 Nicholas Smith	Male Senior	Unattached	45:40	45:32	56.	24.	4:33	58.5%
2023 Alan Brown Kesgrave 10k	63.	206 Rob Harrow	Male V45	Unattached	45:43	45:29	57.	11.	4:34	63.0%
2023 Alan Brown Kesgrave 10k	64.	298 Kyle Harris	Male Senior	Unattached	45:44	45:32	58.	25.	4:34	58.4%
2023 Alan Brown Kesgrave 10k	65.	126 Lara Pocock	Female Senior	Saint Edmund Pacers	45:47	45:39	7.	3.	4:34	66.9%
2023 Alan Brown Kesgrave 10k	66.	23 Orla Holland	Female U20	Kesgrave Cruisers	45:52	45:49	8.	2.	4:35	66.3%
2023 Alan Brown Kesgrave 10k	67.	144 Oliver Dixon	Male U20	Unattached	45:56	45:49	59.	2.	4:35	58.6%
2023 Alan Brown Kesgrave 10k	68.	13 Sandy Page	Female V45	Kesgrave Cruisers	45:57	45:53	9.	3.	4:35	71.3%
2023 Alan Brown Kesgrave 10k	69.	184 Andrew Budd	Male V60+	Capel Cheetahs	46:15	46:10	60.	2.	4:37	72.9%
2023 Alan Brown Kesgrave 10k	70.	63 Chris Pratt	Male Senior	Unattached	46:19	46:09	61.	26.	4:37	58.7%
2023 Alan Brown Kesgrave 10k	71.	231 Colin Ellis	Male V55	Unattached	46:25	46:20	62.	4.	4:38	68.7%
2023 Alan Brown Kesgrave 10k	72.	171 Andrew Cleveland	Male V50	Unattached	46:26	46:26	63.	6.	4:38	66.3%
2023 Alan Brown Kesgrave 10k	73.	143 Jason Walne	Male V50	Unattached	46:29	46:23	64.	7.	4:38	65.7%
2023 Alan Brown Kesgrave 10k	74.	166 Keith Andrews	Male V40	Unattached	46:31	46:21	65.	12.	4:39	60.9%
2023 Alan Brown Kesgrave 10k	75.	228 Robert Morgan	Male V60+	Saint Edmund Pacers	46:37	46:31	66.	3.	4:39	73.0%
2023 Alan Brown Kesgrave 10k	76.	215 Adrian Peake	Male V55	Ipswich Jaffa RC	46:41	46:33	67.	5.	4:40	69.0%
2023 Alan Brown Kesgrave 10k	77.	287 Stephen Hicks	Male V60+	Ipswich Harriers	46:42	46:36	68.	4.	4:40	72.2%
2023 Alan Brown Kesgrave 10k	78.	293 Helder Campos	Male Senior	Unattached	46:49	46:33	69.	27.	4:40	58.1%
2023 Alan Brown Kesgrave 10k	79.	114 Olivia Ellis	Female Senior	Ipswich Jaffa RC	46:52	46:45	10.	4.	4:41	64.7%
2023 Alan Brown Kesgrave 10k	80.	274 Rosie Denny	Female V40	Woodbridge Shufflers RC	46:55	46:51	11.	3.	4:41	67.4%
2023 Alan Brown Kesgrave 10k	81.	248 Peter Warland	Male V55	Stowmarket Striders RC	47:03	46:57	70.	6.	4:42	68.4%
2023 Alan Brown Kesgrave 10k	82.	273 Mark Rose	Male V45	Ipswich Jaffa RC	47:04	46:56	71.	12.	4:42	62.7%
2023 Alan Brown Kesgrave 10k	83.	44 Chris Lock	Male V45	Unattached	47:05	46:56	72.	13.	4:42	62.2%

RACE CHIP TIMING RESULTS

2023 Alan Brown Kesgrave 10k	84.	201 Neil Dennis	Male V40	Stowmarket Striders RC	47:15	47:09	73.	13.	4:43	58.6%
2023 Alan Brown Kesgrave 10k	85.	68 Joe Martin	Male U17	Kesgrave Cruisers	47:20	47:17	74.	1.	4:43	57.6%
2023 Alan Brown Kesgrave 10k	86.	123 Kitty Mithen	Female Senior	Woodbridge Shufflers RC	47:31	47:26	12.	5.	4:45	64.5%
2023 Alan Brown Kesgrave 10k	87.	179 Greg Dodds	Male V50	Woodbridge Shufflers RC	47:33	47:28	75.	8.	4:45	63.1%
2023 Alan Brown Kesgrave 10k	88.	308 Neal Watson	Male V45	Unattached	47:35	47:25	76.	14.	4:45	62.1%
2023 Alan Brown Kesgrave 10k	89.	100 Marcus Payne	Male Senior	Kesgrave Cruisers	47:37	47:33	77.	28.	4:45	56.6%
2023 Alan Brown Kesgrave 10k	90.	78 Samantha Thorpe	Female Senior	Unattached	47:39	47:30	13.	6.	4:45	65.1%
2023 Alan Brown Kesgrave 10k	91.	85 Mike Ward	Male V50	Woodbridge Shufflers RC	47:42	47:39	78.	9.	4:46	63.0%
2023 Alan Brown Kesgrave 10k	92.	276 Ian Gooderham	Male V55	Saint Edmund Pacers	47:45	47:36	79.	7.	4:46	66.2%
2023 Alan Brown Kesgrave 10k	93.	130 Aimee Mclachlan	Female V50	Woodbridge Shufflers RC	47:51	47:46	14.	1.	4:47	72.4%
2023 Alan Brown Kesgrave 10k	94.	37 Laurentiu Avram	Male Senior	Unattached	47:58	47:42	80.	29.	4:47	55.7%
2023 Alan Brown Kesgrave 10k	95.	20 Ross Rands	Male Senior	Felixstowe RRC	48:05	48:00	81.	30.	4:48	56.3%
2023 Alan Brown Kesgrave 10k	96.	238 Stuart Green	Male V60+	Unattached	48:09	48:04	82.	5.	4:48	70.0%
2023 Alan Brown Kesgrave 10k	97.	241 Luke Coster-Reeve	Male Senior	Unattached	48:13	47:56	83.	31.	4:49	56.1%
2023 Alan Brown Kesgrave 10k	98.	83 Nigel Barnes	Male V50	Vegan Runners UK	48:16	48:10	84.	10.	4:49	63.8%
2023 Alan Brown Kesgrave 10k	99.	147 Christopher Fuller	Male Senior	Saxmundham Sports Running & 1	48:20	48:17	85.	32.	4:49	55.2%
2023 Alan Brown Kesgrave 10k	100.	257 Christopher Bing	Male V40	Ipswich Jaffa RC	48:42	48:35	86.	14.	4:52	57.8%
2023 Alan Brown Kesgrave 10k	101.	133 Hannah Wattam	Female V40	Woodbridge Shufflers RC	48:52	48:47	15.	4.	4:53	63.9%
2023 Alan Brown Kesgrave 10k	102.	176 Sandra Roberts	Female V60+	Ipswich Jaffa RC	48:53	48:42	16.	1.	4:53	82.9%
2023 Alan Brown Kesgrave 10k	103.	301 Elaine Turner	Female Senior	Hadleigh Hares	48:54	48:49	17.	7.	4:53	63.5%
2023 Alan Brown Kesgrave 10k	104.	161 Aaron Pettitt	Male Senior	Unattached	48:55	48:38	87.	33.	4:53	54.6%
2023 Alan Brown Kesgrave 10k	105.	80 Iain Taylor	Male V50	Woodbridge Shufflers RC	49:02	48:59	88.	11.	4:54	62.3%
2023 Alan Brown Kesgrave 10k	106.	207 James Dunstan	Male V45	Unattached	49:05	48:50	89.	15.	4:54	58.7%
2023 Alan Brown Kesgrave 10k	107.	59 Connal Griffiths	Male V40	Unattached	49:10	48:51	90.	15.	4:54	56.8%
2023 Alan Brown Kesgrave 10k	108.	218 Jon Summers	Male Senior	Ipswich Jaffa RC	49:15	49:03	91.	34.	4:55	54.2%
2023 Alan Brown Kesgrave 10k	109.	55 David Garnham	Male V55	Ipswich Jaffa RC	49:18	49:11	92.	8.	4:55	65.3%
2023 Alan Brown Kesgrave 10k	110.	110 Adam Robertson	Male Senior	Unattached	49:19	49:03	93.	35.	4:55	55.1%
2023 Alan Brown Kesgrave 10k	111.	136 Ruth Acworth	Female V60+	Woodbridge Shufflers RC	49:21	49:14	18.	2.	4:56	82.1%
2023 Alan Brown Kesgrave 10k	112.	91 Joe Garnham	Male V45	Unattached	49:27	49:15	94.	16.	4:56	59.7%
2023 Alan Brown Kesgrave 10k	113.	93 Lucy Beales	Female Senior	Woodbridge Shufflers RC	49:31	49:27	19.	8.	4:57	61.2%
2023 Alan Brown Kesgrave 10k	114.	140 Tom Brown	Male Senior	Unattached	49:36	49:30	95.	36.	4:57	55.1%
2023 Alan Brown Kesgrave 10k	115.	94 Grahame Beales	Male V50	Unattached	49:47	49:40	96.	12.	4:58	61.3%
2023 Alan Brown Kesgrave 10k	116.	253 Kate Sudell	Female Senior	Felixstowe RRC	49:47	49:25	20.	9.	4:58	61.8%
2023 Alan Brown Kesgrave 10k	117.	120 Darren Cox	Male Senior	Unattached	49:50	49:27	97.	37.	4:58	53.7%
2023 Alan Brown Kesgrave 10k	118.	103 Chris Hodges	Male Senior	Unattached	49:55	49:38	98.	38.	4:59	53.7%
2023 Alan Brown Kesgrave 10k	119.	309 Elliott Norris	Male V40	Kesgrave Cruisers	49:56	49:48	99.	16.	4:59	56.8%
2023 Alan Brown Kesgrave 10k	120.	96 Paul Berriman	Male V50	Unattached	50:06	49:37	100.	13.	5:00	59.9%
2023 Alan Brown Kesgrave 10k	121.	421 N.n. 421	Male Senior		50:13	49:55	101.	39.	5:01	0.0%
2023 Alan Brown Kesgrave 10k	122.	104 Aaron Cross	Male Senior	Unattached	50:13	49:57	102.	40.	5:01	53.9%
2023 Alan Brown Kesgrave 10k	123.	211 Matt Cawdron	Male Senior	Unattached	50:41	50:15	103.	41.	5:04	53.6%
2023 Alan Brown Kesgrave 10k	124.	305 Ryan Betts	Male Senior	Unattached	50:43	50:24	104.	42.	5:04	52.6%
2023 Alan Brown Kesgrave 10k	125.	230 Vivek Verma	Male Senior	Unattached	50:51	50:30	105.	43.	5:05	52.6%
2023 Alan Brown Kesgrave 10k	126.	41 Susan Lockhart	Female V60+	Ipswich Jaffa RC	50:57	50:44	21.	3.	5:05	80.6%
2023 Alan Brown Kesgrave 10k	127.	259 Michelle Murphy	Female V45	Felixstowe RRC	51:06	50:35	22.	4.	5:06	65.5%
2023 Alan Brown Kesgrave 10k	128.	213 Martin Turner	Male V45	Unattached	51:06	50:41	106.	17.	5:06	58.3%

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2023 Alan Brown Kesgrave 10k	129.	261 Anna Scanlon	Female V50	Unattached	51:16	51:01	23.	2.	5:07	67.6%
2023 Alan Brown Kesgrave 10k	130.	268 Charlie Coe	Male Senior	Unattached	51:32	51:19	107.	44.	5:09	51.8%
2023 Alan Brown Kesgrave 10k	131.	53 Kirsty Brook	Female Senior	Dudley Kingswinford RC	51:34	51:24	24.	10.	5:09	59.0%
2023 Alan Brown Kesgrave 10k	132.	204 Martin Ashworth	Male V50	Kesgrave Cruisers	51:37	51:24	108.	14.	5:09	58.2%
2023 Alan Brown Kesgrave 10k	133.	245 Bella Crawford	Female U20	Unattached	51:43	51:25	25.	3.	5:10	58.8%
2023 Alan Brown Kesgrave 10k	134.	5 Neil Thorpe	Male Senior	Unattached	52:04	51:43	109.	45.	5:12	52.8%
2023 Alan Brown Kesgrave 10k	135.	109 James Calver	Male Senior	Unattached	52:06	51:47	110.	46.	5:12	51.6%
2023 Alan Brown Kesgrave 10k	136.	256 Peter Cleaves	Male Senior	Unattached	52:08	51:58	111.	47.	5:12	51.4%
2023 Alan Brown Kesgrave 10k	137.	223 Demi-Leigh Johnson	Female Senior	Unattached	52:13	51:59	26.	11.	5:13	58.0%
2023 Alan Brown Kesgrave 10k	138.	47 Tess Kirby	Female Senior	Rushmere Community Runners	52:18	52:00	27.	12.	5:13	58.0%
2023 Alan Brown Kesgrave 10k	139.	244 James Crawford	Male V55	Unattached	52:23	52:04	112.	9.	5:14	60.9%
2023 Alan Brown Kesgrave 10k	140.	282 Sarah Banham	Female Senior	Felixstowe RRC	52:29	52:21	28.	13.	5:14	58.6%
2023 Alan Brown Kesgrave 10k	141.	250 Kane Galloway	Male Senior	Unattached	52:33	52:22	113.	48.	5:15	50.8%
2023 Alan Brown Kesgrave 10k	142.	149 Dan Parish	Male Senior	Unattached	52:34	52:24	114.	49.	5:15	50.8%
2023 Alan Brown Kesgrave 10k	143.	158 Joanne Harper	Female V40	Felixstowe RRC	52:40	52:18	29.	5.	5:15	59.6%
2023 Alan Brown Kesgrave 10k	144.	242 Veronica Versino	Female Senior	Saint Edmund Pacers	52:49	52:40	30.	14.	5:16	58.2%
2023 Alan Brown Kesgrave 10k	145.	167 Laura Collinson	Female V50	Unattached	52:57	52:35	31.	3.	5:17	66.3%
2023 Alan Brown Kesgrave 10k	146.	188 Stephen Brundell	Male V40	Unattached	53:02	52:47	115.	17.	5:18	52.2%
2023 Alan Brown Kesgrave 10k	147.	229 Stuart Hunt	Male Senior	Hadleigh Hares AC	53:02	52:57	116.	50.	5:18	50.8%
2023 Alan Brown Kesgrave 10k	148.	300 David Watkins	Male Senior	Unattached	53:12	52:47	117.	51.	5:19	51.4%
2023 Alan Brown Kesgrave 10k	149.	101 Andrew Woodman	Male V40	Unattached	53:20	53:01	118.	18.	5:19	52.7%
2023 Alan Brown Kesgrave 10k	150.	156 Simon Butler	Male V50	Unattached	53:38	53:26	119.	15.	5:21	57.4%
2023 Alan Brown Kesgrave 10k	151.	317 Josh Yasar	Male V40	Unattached	53:55	53:28	120.	19.	5:23	51.8%
2023 Alan Brown Kesgrave 10k	152.	251 Dorian Goldsmith	Male Senior	Unattached	53:57	53:48	121.	52.	5:23	50.1%
2023 Alan Brown Kesgrave 10k	153.	196 Deb Ching	Female V45	Capel Cheetahs	54:06	53:55	32.	5.	5:24	62.6%
2023 Alan Brown Kesgrave 10k	154.	6 Heather Sheehan	Female V40	Unattached	54:11	53:50	33.	6.	5:25	57.6%
2023 Alan Brown Kesgrave 10k	155.	24 Laura Holland	Female V45	Kesgrave Cruisers	54:17	54:14	34.	6.	5:25	60.3%
2023 Alan Brown Kesgrave 10k	156.	106 Derek Daly	Male V60+	Felixstowe RRC	54:17	54:10	122.	6.	5:25	60.4%
2023 Alan Brown Kesgrave 10k	157.	58 Adam Shapland	Male Senior	Unattached	54:21	54:03	123.	53.	5:26	50.6%
2023 Alan Brown Kesgrave 10k	158.	219 Katie Peake	Female Senior	Ipswich Jaffa RC	54:31	54:18	35.	15.	5:27	55.6%
2023 Alan Brown Kesgrave 10k	159.	197 Géry Ducatel	Male V50	Unattached	54:49	54:28	124.	16.	5:28	55.7%
2023 Alan Brown Kesgrave 10k	160.	174 James Warner	Male Senior	Unattached	55:02	54:44	125.	54.	5:30	48.5%
2023 Alan Brown Kesgrave 10k	161.	112 Andrew Anderson-Hurst	Male V40	Unattached	55:06	54:48	126.	20.	5:30	50.3%
2023 Alan Brown Kesgrave 10k	162.	313 Charlotte Garnham	Female Senior	Kesgrave Cruisers	55:07	54:47	36.	16.	5:30	55.1%
2023 Alan Brown Kesgrave 10k	163.	169 Chris Fox	Male V55	Woodbridge Shufflers RC	55:10	55:02	127.	10.	5:30	57.3%
2023 Alan Brown Kesgrave 10k	164.	119 Lisa Loomes	Female Senior	Ipswich Jaffa RC	55:11	54:47	37.	17.	5:31	55.7%
2023 Alan Brown Kesgrave 10k	165.	255 Claire Phillips	Female V40	Kesgrave Cruisers	55:21	55:17	38.	7.	5:32	57.1%
2023 Alan Brown Kesgrave 10k	166.	72 Kev Linsell	Male V50	Kesgrave Cruisers	55:21	55:18	128.	17.	5:32	54.2%
2023 Alan Brown Kesgrave 10k	167.	232 Mark Foulkes	Male V50	Kesgrave Cruisers	55:28	55:20	129.	18.	5:32	54.6%
2023 Alan Brown Kesgrave 10k	168.	175 Esmé Barrack	Female U20	Unattached	55:29	55:26	39.	4.	5:32	55.2%
2023 Alan Brown Kesgrave 10k	169.	185 Pina Standing	Female V45	Unattached	55:37	55:15	40.	7.	5:33	58.9%
2023 Alan Brown Kesgrave 10k	170.	115 Matt Standing	Male V45	Unattached	55:40	55:17	130.	18.	5:33	52.2%
2023 Alan Brown Kesgrave 10k	171.	43 Lorna Webber	Female Senior	Capel Cheetahs	55:41	55:30	41.	18.	5:34	55.5%
2023 Alan Brown Kesgrave 10k	172.	181 Sadie Fairs	Female V50	Unattached	55:45	55:18	42.	4.	5:34	64.5%
2023 Alan Brown Kesgrave 10k	173.	159 Richard Allport	Male V55	Felixstowe RRC	55:52	55:44	131.	11.	5:35	58.1%

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2023 Alan Brown Kesgrave 10k	174.	220 Laura Hall	Female Senior	Unattached	55:54	55:34	43.	19.	5:35	55.0%
2023 Alan Brown Kesgrave 10k	175.	312 Thomas Garnham	Male Senior	Unattached	55:57	55:37	132.	55.	5:35	47.9%
2023 Alan Brown Kesgrave 10k	176.	200 Claire Maskery	Female V40	Stowmarket Striders RC	56:02	55:42	44.	8.	5:36	56.0%
2023 Alan Brown Kesgrave 10k	177.	127 Ricky Ward	Male Senior	Unattached	56:03	55:43	133.	56.	5:36	48.1%
2023 Alan Brown Kesgrave 10k	178.	252 Simon Hamilton	Male V40	Unattached	56:12	55:48	134.	21.	5:37	50.1%
2023 Alan Brown Kesgrave 10k	179.	212 Katherine Harris	Female V40	East London Runners	56:16	55:59	45.	9.	5:37	56.2%
2023 Alan Brown Kesgrave 10k	180.	105 Jen Cross	Female Senior	Unattached	56:31	56:15	46.	20.	5:39	54.2%
2023 Alan Brown Kesgrave 10k	181.	225 Alison Myles	Female V50	Unattached	56:40	56:32	47.	5.	5:39	61.2%
2023 Alan Brown Kesgrave 10k	182.	299 Richard Westley	Male V60+	Unattached	56:44	56:19	135.	7.	5:40	57.8%
2023 Alan Brown Kesgrave 10k	183.	128 Caroline Perry	Female V40	Unattached	56:57	56:40	48.	10.	5:41	56.4%
2023 Alan Brown Kesgrave 10k	184.	50 Sarah White	Female V45	Unattached	57:06	56:47	49.	8.	5:42	58.0%
2023 Alan Brown Kesgrave 10k	185.	263 Martyna Poplawska	Female Senior	Unattached	57:09	56:45	50.	21.	5:42	53.4%
2023 Alan Brown Kesgrave 10k	186.	262 Szymon Spyra	Male Senior	Unattached	57:10	56:45	136.	57.	5:42	47.8%
2023 Alan Brown Kesgrave 10k	187.	202 Julia Moss-Eccardt	Female V50	Stowmarket Striders RC	57:12	56:52	51.	6.	5:43	61.3%
2023 Alan Brown Kesgrave 10k	188.	266 Matthew Byard	Male V45	Kesgrave Cruisers	57:37	57:10	137.	19.	5:45	50.8%
2023 Alan Brown Kesgrave 10k	189.	240 Simon Ashton	Male V55	Lonely Goat RC	57:54	57:32	138.	12.	5:47	55.6%
2023 Alan Brown Kesgrave 10k	190.	118 Kirsty Aberdein	Female V50	Unattached	58:17	58:03	52.	7.	5:49	58.8%
2023 Alan Brown Kesgrave 10k	191.	295 James Crisp	Male V45	Kesgrave Cruisers	58:38	58:08	139.	20.	5:51	49.5%
2023 Alan Brown Kesgrave 10k	192.	172 Emma Cleveland	Female V40	Unattached	58:51	58:37	53.	11.	5:53	54.6%
2023 Alan Brown Kesgrave 10k	193.	239 Teresa Brundell	Female V45	Unattached	58:53	58:39	54.	9.	5:53	55.6%
2023 Alan Brown Kesgrave 10k	194.	164 Amy Welsh	Female Senior	Kesgrave Cruisers	58:57	58:41	55.	22.	5:53	52.4%
2023 Alan Brown Kesgrave 10k	195.	165 Chris Dutton	Male V60+	Kesgrave Cruisers	58:58	58:40	140.	8.	5:53	56.6%
2023 Alan Brown Kesgrave 10k	196.	316 Garry Venn	Male V50	Unattached	58:58	58:39	141.	19.	5:53	51.8%
2023 Alan Brown Kesgrave 10k	197.	57 Joy Day	Female V40	Unattached	58:59	58:40	56.	12.	5:53	54.0%
2023 Alan Brown Kesgrave 10k	198.	191 Trevor Dixon	Male V45	Unattached	59:03	58:40	142.	21.	5:54	50.0%
2023 Alan Brown Kesgrave 10k	199.	62 Emily Pratt	Female Senior	Unattached	59:05	58:42	57.	23.	5:54	51.4%
2023 Alan Brown Kesgrave 10k	200.	310 Luke Stafford	Male U17	Kesgrave Cruisers	59:10	58:59	143.	2.	5:54	46.7%
2023 Alan Brown Kesgrave 10k	201.	192 Kevin Coombs	Male V40	Unattached	59:12	59:00	144.	22.	5:55	46.8%
2023 Alan Brown Kesgrave 10k	202.	189 Kate Hutson	Female V40	Ipswich Jaffa RC	59:18	59:00	58.	13.	5:55	53.7%
2023 Alan Brown Kesgrave 10k	203.	135 Russell Davey	Male V55	Unattached	59:18	58:53	145.	13.	5:55	52.8%
2023 Alan Brown Kesgrave 10k	204.	203 Frank Watson	Male V60+	Stowmarket Striders RC	59:23	59:00	146.	9.	5:56	59.6%
2023 Alan Brown Kesgrave 10k	205.	237 Ollie Reynolds	Male Senior	Unattached	59:24	59:03	147.	58.	5:56	46.3%
2023 Alan Brown Kesgrave 10k	206.	303 Dayna Jacobs	Female Senior	Unattached	59:33	59:14	59.	24.	5:57	50.9%
2023 Alan Brown Kesgrave 10k	207.	302 Callum Jacobs	Male Senior	Unattached	59:33	59:15	148.	59.	5:57	45.0%
2023 Alan Brown Kesgrave 10k	208.	137 Lauren Garfield	Female V45	Unattached	59:45	59:23	60.	10.	5:58	56.0%
2023 Alan Brown Kesgrave 10k	209.	178 Amanda Bridger	Female V40	Unattached	59:53	59:41	61.	14.	5:59	53.7%
2023 Alan Brown Kesgrave 10k	210.	177 Mark Mackinder	Male V60+	Unattached	59:54	59:42	149.	10.	5:59	57.4%
2023 Alan Brown Kesgrave 10k	211.	290 Carol Bowerman	Female V50	Unattached	59:56	59:42	62.	8.	5:59	57.8%
2023 Alan Brown Kesgrave 10k	212.	284 Rachel Andvig	Female Senior	Unattached	1:00:19	1:00:11	63.	25.	6:01	50.3%
2023 Alan Brown Kesgrave 10k	213.	285 Helen Andvig	Female V60+	Unattached	1:00:20	1:00:12	64.	4.	6:01	67.1%
2023 Alan Brown Kesgrave 10k	214.	25 Colleen Morgan	Female V55	Kesgrave Cruisers	1:00:29	1:00:06	65.	1.	6:02	63.4%
2023 Alan Brown Kesgrave 10k	215.	27 Deborah Hall	Female V60+	Ipswich Phoenix Running Club	1:00:29	1:00:06	66.	5.	6:02	64.3%
2023 Alan Brown Kesgrave 10k	216.	180 Leah Phillips	Female Senior	Rushmere Community Runners	1:00:31	1:00:11	67.	26.	6:03	50.1%
2023 Alan Brown Kesgrave 10k	217.	182 Michael Davis	Male V50	Unattached	1:00:33	1:00:09	150.	20.	6:03	49.6%
2023 Alan Brown Kesgrave 10k	218.	4 Layla Byford	Female Senior	Unattached	1:01:06	1:01:03	68.	27.	6:06	49.6%

RACE CHIP TIMING RESULTS

2023 Alan Brown Kesgrave 10k	219.	17 Victoria Rayner	Female V40	Unattached	1:01:22	1:01:10	69.	15.	6:08	52.4%
2023 Alan Brown Kesgrave 10k	220.	116 Anca Stadler	Female Senior	Unattached	1:01:22	1:01:13	70.	28.	6:08	49.7%
2023 Alan Brown Kesgrave 10k	221.	235 Rachel Hammond	Female V45	Unattached	1:01:27	1:01:18	71.	11.	6:08	54.4%
2023 Alan Brown Kesgrave 10k	222.	154 Jacqueline Allport	Female V55	Felixstowe RRC	1:01:32	1:01:22	72.	2.	6:09	59.2%
2023 Alan Brown Kesgrave 10k	223.	214 David Gunson	Male V60+	Kesgrave Cruisers	1:01:42	1:01:22	151.	11.	6:10	57.9%
2023 Alan Brown Kesgrave 10k	224.	289 Carmen Ortiz	Female Senior	Unattached	1:01:51	1:01:27	73.	29.	6:11	49.2%
2023 Alan Brown Kesgrave 10k	225.	283 Tracy Ratcliffe	Female V45	Rushmere Community Runners	1:01:53	1:01:24	74.	12.	6:11	54.7%
2023 Alan Brown Kesgrave 10k	226.	292 Emma Cracknell	Female V45	Unattached	1:01:59	1:01:35	75.	13.	6:11	53.4%
2023 Alan Brown Kesgrave 10k	227.	297 Grace Randall	Female Senior	Unattached	1:02:12	1:01:52	76.	30.	6:13	48.7%
2023 Alan Brown Kesgrave 10k	228.	125 Ivika Thonson	Female Senior	Unattached	1:02:58	1:02:36	77.	31.	6:17	48.8%
2023 Alan Brown Kesgrave 10k	229.	124 Mohit Mittal	Male Senior	Unattached	1:03:00	1:02:38	152.	60.	6:17	43.6%
2023 Alan Brown Kesgrave 10k	230.	90 Jo Birch	Female V45	Lonely Goat RC	1:03:06	1:02:57	78.	14.	6:18	53.6%
2023 Alan Brown Kesgrave 10k	231.	70 Helen Ward	Female V45	Unattached	1:03:28	1:03:10	79.	15.	6:20	52.1%
2023 Alan Brown Kesgrave 10k	232.	249 Sharon Warland	Female V55	Stowmarket Striders RC	1:04:06	1:03:46	80.	3.	6:24	58.3%
2023 Alan Brown Kesgrave 10k	233.	95 Michelle Berriman	Female V50	Unattached	1:04:14	1:03:45	81.	9.	6:25	54.0%
2023 Alan Brown Kesgrave 10k	234.	318 Jon Paul Turner	Male V60+	Unattached	1:04:31	1:04:01	153.	12.	6:27	51.3%
2023 Alan Brown Kesgrave 10k	235.	272 Matthew Clack	Male U20	Unattached	1:04:44	1:04:18	154.	3.	6:28	41.3%
2023 Alan Brown Kesgrave 10k	236.	97 Adam Brown	Male U20	Unattached	1:04:45	1:04:18	155.	4.	6:28	41.6%
2023 Alan Brown Kesgrave 10k	237.	194 Rebecca Chalklen	Female Senior	Unattached	1:04:57	1:04:27	82.	32.	6:29	47.8%
2023 Alan Brown Kesgrave 10k	238.	71 Adam Cable	Male V40	Unattached	1:04:57	1:04:27	156.	23.	6:29	42.6%
2023 Alan Brown Kesgrave 10k	239.	153 Claire Butcher	Female V40	Felixstowe RRC	1:05:07	1:04:57	83.	16.	6:30	48.6%
2023 Alan Brown Kesgrave 10k	240.	66 Brett Martin	Male V50	Kesgrave Cruisers	1:05:22	1:04:56	157.	21.	6:32	46.3%
2023 Alan Brown Kesgrave 10k	241.	67 Michelle Martin	Female V45	Kesgrave Cruisers	1:05:32	1:05:06	84.	16.	6:33	50.5%
2023 Alan Brown Kesgrave 10k	242.	117 Alex Stadler	Male Senior	Unattached	1:05:48	1:05:39	158.	61.	6:34	40.9%
2023 Alan Brown Kesgrave 10k	243.	152 Doranne Brewster	Female V40	Felixstowe RRC	1:05:49	1:05:38	85.	17.	6:34	48.0%
2023 Alan Brown Kesgrave 10k	244.	222 Tina Church	Female V50	Saxmundham Sports Running & 1	1:06:01	1:05:51	86.	10.	6:36	52.5%
2023 Alan Brown Kesgrave 10k	245.	31 Raina Banna	Female V45	Unattached	1:06:32	1:06:18	87.	17.	6:39	48.7%
2023 Alan Brown Kesgrave 10k	246.	74 Jo McGurk	Female V45	Unattached	1:06:41	1:06:18	88.	18.	6:40	50.2%
2023 Alan Brown Kesgrave 10k	247.	1 Sam Clark	Male Senior	Unattached	1:06:44	1:06:28	159.	62.	6:40	40.4%
2023 Alan Brown Kesgrave 10k	248.	111 Roisin Anderson-Hurst	Female Senior	Unattached	1:06:46	1:06:25	89.	33.	6:40	46.5%
2023 Alan Brown Kesgrave 10k	249.	113 Faye Gibbs	Female V45	Unattached	1:06:49	1:06:28	90.	19.	6:40	49.0%
2023 Alan Brown Kesgrave 10k	250.	267 Edwina Frost	Female V60+	Rushmere Community Runners	1:07:18	1:06:49	91.	6.	6:43	61.9%
2023 Alan Brown Kesgrave 10k	251.	270 Rebecca Hughes	Female V50	Unattached	1:07:18	1:06:49	91.	11.	6:43	53.4%
2023 Alan Brown Kesgrave 10k	252.	77 Maureen Wright	Female V60+	Ipswich Jaffa RC	1:07:20	1:06:55	93.	7.	6:43	74.9%
2023 Alan Brown Kesgrave 10k	253.	88 Tanya Barnes	Female V55	Vegan Runners UK	1:07:25	1:07:17	94.	4.	6:44	54.7%
2023 Alan Brown Kesgrave 10k	254.	87 Louise Curtis	Female V50	Vegan Runners UK	1:07:33	1:07:26	95.	12.	6:45	51.3%
2023 Alan Brown Kesgrave 10k	255.	142 Kimberley Clements	Female Senior	Saint Edmund Pacers	1:08:29	1:08:16	96.	34.	6:50	44.6%
2023 Alan Brown Kesgrave 10k	256.	254 Jackie Collins	Female V55	Felixstowe RRC	1:08:44	1:08:12	97.	5.	6:52	55.1%
2023 Alan Brown Kesgrave 10k	257.	46 Katie Webber	Female V50	Rushmere Community Runners	1:08:52	1:08:21	98.	13.	6:53	51.6%
2023 Alan Brown Kesgrave 10k	258.	269 Carl Purnell	Male V60+	Unattached	1:08:52	1:08:21	160.	13.	6:53	48.0%
2023 Alan Brown Kesgrave 10k	259.	139 Eloise Bird	Female V55	Saint Edmund Pacers	1:09:09	1:08:56	99.	6.	6:54	52.7%
2023 Alan Brown Kesgrave 10k	260.	42 Heather Smith	Female V50	Unattached	1:09:35	1:09:17	100.	14.	6:57	51.0%
2023 Alan Brown Kesgrave 10k	261.	40 Sharon Hayfield	Female V50	Unattached	1:09:35	1:09:17	101.	15.	6:57	49.2%
2023 Alan Brown Kesgrave 10k	262.	38 Karen Brackenbury	Female V60+	Unattached	1:09:44	1:09:27	102.	8.	6:58	55.7%
2023 Alan Brown Kesgrave 10k	263.	11 Jo Whitmore	Female V45	Kesgrave Cruisers	1:09:54	1:09:34	103.	20.	6:59	46.4%

RACE CHIP TIMING RESULTS

2023 Alan Brown Kesgrave 10k	264.	146 Joanne Cole	Female V40	Unattached	1:09:57	1:09:32	104.	18.	6:59	45.2%
2023 Alan Brown Kesgrave 10k	265.	227 Adriana Houchell	Female Senior	Ipswich Jaffa RC	1:09:58	1:09:33	105.	35.	6:59	43.8%
2023 Alan Brown Kesgrave 10k	266.	286 Jonathan Ogden	Male Senior	Unattached	1:10:03	1:09:34	161.	63.	7:00	38.5%
2023 Alan Brown Kesgrave 10k	267.	19 Ali Rands	Female Senior	Felixstowe RRC	1:10:09	1:09:43	106.	36.	7:00	44.0%
2023 Alan Brown Kesgrave 10k	268.	16 Kelly Jarrett	Female V40	Unattached	1:10:17	1:10:04	107.	19.	7:01	44.7%
2023 Alan Brown Kesgrave 10k	269.	168 Heather Mills	Female Senior	Rushmere Community Runners	1:10:44	1:10:13	108.	37.	7:04	43.1%
2023 Alan Brown Kesgrave 10k	270.	60 Lisa Mahoney	Female V50	Unattached	1:11:11	1:10:53	109.	16.	7:07	48.1%
2023 Alan Brown Kesgrave 10k	271.	260 Jo Whelan	Female V60+	Felixstowe RRC	1:11:21	1:10:50	110.	9.	7:08	56.0%
2023 Alan Brown Kesgrave 10k	272.	279 Daniela Elstone	Female V55	Felixstowe RRC	1:11:21	1:10:50	111.	7.	7:08	51.7%
2023 Alan Brown Kesgrave 10k	273.	86 Stacie Moss	Female Senior	Vegan Runners UK	1:11:30	1:11:21	112.	38.	7:08	42.5%
2023 Alan Brown Kesgrave 10k	274.	89 Paul Moss	Male V45	Vegan Runners UK	1:11:30	1:11:21	162.	22.	7:08	40.3%
2023 Alan Brown Kesgrave 10k	275.	187 Katherine Mills	Female V40	Unattached	1:11:57	1:11:28	113.	20.	7:11	43.9%
2023 Alan Brown Kesgrave 10k	276.	233 Kerry Finch	Female V45	Unattached	1:12:05	1:11:50	114.	21.	7:12	47.0%
2023 Alan Brown Kesgrave 10k	277.	21 Heidi Manning	Female V45	Unattached	1:12:14	1:11:52	115.	22.	7:13	46.9%
2023 Alan Brown Kesgrave 10k	278.	3 Emily Gillingham	Female Senior	Unattached	1:12:16	1:12:01	116.	39.	7:13	42.0%
2023 Alan Brown Kesgrave 10k	279.	48 Annie Driver	Female Senior	Unattached	1:12:22	1:12:07	117.	40.	7:14	41.9%
2023 Alan Brown Kesgrave 10k	280.	9 Jane Gedny	Female V50	Kesgrave Cruisers	1:13:41	1:13:19	118.	17.	7:22	47.0%
2023 Alan Brown Kesgrave 10k	281.	217 Sarah Cavanagh	Female V50	Unattached	1:13:45	1:13:31	119.	18.	7:22	48.1%
2023 Alan Brown Kesgrave 10k	282.	236 Girish Mahajan	Male V45	Unattached	1:16:21	1:16:04	163.	23.	7:38	38.0%
2023 Alan Brown Kesgrave 10k	283.	82 Sarah Godfrey	Female V45	Unattached	1:16:52	1:16:39	120.	23.	7:41	43.0%
2023 Alan Brown Kesgrave 10k	284.	45 Rachael Hagger	Female V45	Unattached	1:18:04	1:17:35	121.	24.	7:48	43.4%
2023 Alan Brown Kesgrave 10k	285.	81 Carole Brown	Female V45	Unattached	1:18:45	1:18:17	122.	25.	7:52	42.5%
2023 Alan Brown Kesgrave 10k	286.	61 Carole Wilson-Frizzell	Female V45	Unattached	1:18:48	1:18:20	123.	26.	7:52	42.4%
2023 Alan Brown Kesgrave 10k	287.	10 Kate Howard	Female V45	Kesgrave Cruisers	1:18:48	1:18:20	124.	27.	7:52	42.0%
2023 Alan Brown Kesgrave 10k	288.	186 Beverley de Boos	Female V60+	Girls That Jeff	1:20:11	1:19:41	125.	10.	8:01	57.8%
2023 Alan Brown Kesgrave 10k	289.	234 Carina Pennell	Female V40	Unattached	1:21:06	1:20:52	126.	21.	8:06	39.6%
2023 Alan Brown Kesgrave 10k	290.	52 Pranav Bhatt	Male U20	Unattached	1:21:09	1:20:41	164.	5.	8:06	33.2%
2023 Alan Brown Kesgrave 10k	291.	8 Samantha Smith	Female V45	Kesgrave Cruisers	1:22:39	1:22:10	127.	28.	8:15	39.6%
2023 Alan Brown Kesgrave 10k	292.	198 Dominique Belkadi	Female V50	Unattached	1:23:29	1:23:08	128.	19.	8:20	42.0%
2023 Alan Brown Kesgrave 10k	293.	79 Hilary Marriott	Female V50	Unattached	1:31:34	1:31:05	129.	20.	9:09	37.8%
2023 Alan Brown Kesgrave 10k	294.	102 Simon Girling	Male V50	Unattached	1:31:45	1:31:10	165.	22.	9:10	33.0%
2023 Alan Brown Kesgrave 10k	DNF	183 Andrew Collins	Male Senior	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNF	288 Danny Baldry	Male Senior	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNF	129 Faye Hubbard	Female V40	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNF	314 Rohima Abedin	Female V45	Kesgrave Cruisers						0.0%
2023 Alan Brown Kesgrave 10k	DNF	294 Samme Snow	Male Senior	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNF	7 Will Hopkins	Male Senior	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	138 Bryony Cooney	Female V40	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	49 Christy Fenelon	Male V40	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	170 David Scrivener	Male V40	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	205 Doug Hutton-Squire	Male V50	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	75 Holly Johnson	Female Senior	Vegan Runners UK						0.0%
2023 Alan Brown Kesgrave 10k	DNS	121 Ian Howlett	Male V45	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	304 James Garnham	Male Senior	Unattached						0.0%
2023 Alan Brown Kesgrave 10k	DNS	76 Jonny Hodgson	Male Senior	Vegan Runners UK						0.0%

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2023 Alan Brown Kesgrave 10k	DNS	315 Karl Savill	Male V50	Unattached																0.0%	
2023 Alan Brown Kesgrave 10k	DNS	32 Kirk Humphries	Male V55	Unattached																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	22 Leo Banfield	Male U17	Unattached																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	35 Lisa Squirrell	Female V45	Woodbridge Shufflers RC																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	15 Lois Mickleburgh	Female V50	Kesgrave Cruisers																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	30 Nikki Vince	Female V50	Hadleigh Hares AC																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	18 Paul Dorset	Male V50	Felixstowe RRC																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	151 Ross Beech	Male Senior	Saint Edmund Pacers																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	122 Sarah Shinnie	Female V40	Unattached																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	247 Sophie McLaughlin	Female Senior	Unattached																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	265 Tom Orford	Male V50	Unattached																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	73 Tracy Watson- Brown	Female V55	Lonely Goat RC																	0.0%
2023 Alan Brown Kesgrave 10k	DNS	264 Victoria Orford	Female V50	Framlingham Flyers																	0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	1.	334 Harry Page	Male U17	Ipswich Harriers	06:30	06:30	1.	1.	3:14	207.2%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	2.	338 Connor Peck	Male U15	Ipswich Jaffa RC	06:37	06:37	2.	1.	3:18	207.4%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	3.	382 Hayden Phillips	Male U15	Kesgrave Cruisers	06:46	06:46	3.	2.	3:22	202.6%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	4.	358 Barney Wilkins	Male U15	Kesgrave Cruisers	06:50	06:50	4.	3.	3:24	200.5%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	5.	329 Kieran Holland	Male U17	Kesgrave Cruisers	07:30	07:30	5.	2.	3:44	179.5%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	6.	355 Harriet McCart	Female U15	Ipswich Jaffa RC	07:30	07:30	1.	1.	3:44	214.9%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	7.	380 Seth Bowman	Male U13	Ipswich Jaffa RC	07:44	07:44	6.	1.	3:51	193.0%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	8.	335 Toby Page	Male U15	Ipswich Harriers	08:03	08:03	7.	4.	4:01	174.3%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	9.	324 Ewan Ashley	Male U13	Kesgrave Cruisers	08:06	08:06	8.	2.	4:02	184.4%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	10.	330 Billy Holland	Male U13	Kesgrave Cruisers	08:08	08:08	9.	3.	4:03	177.4%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	11.	341 Stanley Mills	Male U13	Unattached	08:10	08:10	10.	4.	4:04	190.2%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	12.	343 Kingsley Davies	Male U13	Ipswich Jaffa RC	08:20	08:20	11.	5.	4:09	186.6%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	13.	383 Owen Phillips	Male U13	Kesgrave Cruisers	08:21	08:21	12.	6.	4:10	186.1%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	14.	353 Alfie Richardson	Male U13	Unattached	08:42	08:42	13.	7.	4:20	178.7%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	15.	328 Amelia Banfield	Female U17	Unattached	08:43	08:43	2.	1.	4:21	178.1%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	16.	404 Henry Chester	Male U13	Unattached	08:48	08:48	14.	8.	4:23	185.1%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	17.	323 Declan Thorpe	Male U9	Unattached	08:58	08:58	15.	1.	4:28	204.1%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	18.	394 Finin Anderson-Hurst	Male U13	Unattached	08:59	08:59	16.	9.	4:29	160.5%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	19.	352 Seth Martin	Male U13	Kesgrave Cruisers	09:00	09:00	17.	10.	4:29	180.9%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	20.	336 Alex Lock	Male U13	Kesgrave Cruisers	09:02	09:02	18.	11.	4:30	165.4%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	21.	350 Connor Martin	Male U13	Kesgrave Cruisers	09:03	09:03	19.	12.	4:31	159.5%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	22.	344 Phoebe Brown	Female U13	Unattached	09:15	09:15	3.	1.	4:37	194.0%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	23.	392 Maisie Ablett	Female U13	Stowmarket Striders RC	09:17	09:17	4.	2.	4:38	177.6%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	24.	370 Erin Watson	Female U13	Kesgrave Cruisers	09:25	09:25	5.	3.	4:42	184.8%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	25.	373 Oliver Ward	Male U15	Kesgrave Cruisers	09:28	09:28	20.	5.	4:43	148.3%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	26.	366 Henry Ashworth	Male U13	Kesgrave Cruisers	09:31	09:31	21.	13.	4:45	171.2%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	27.	390 Matthew Emmerson	Male U13	Unattached	09:31	09:31	22.	14.	4:45	163.1%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	28.	345 Toby Howard	Male U13	Kesgrave Cruisers	09:32	09:32	23.	15.	4:45	170.8%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	29.	361 Noah Farthing	Male U13	Unattached	09:37	09:37	24.	16.	4:48	155.2%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	30.	349 Mina Du	Female U13	Unattached	09:39	09:39	6.	4.	4:49	180.4%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	31.	369 Darcey Watson	Female U13	Kesgrave Cruisers	09:44	09:44	7.	5.	4:51	169.6%											
2023 Alan Brown's Sprint Finish (2k Fun Run)	32.	408 Austin Shirley	Male U9	Unattached	09:45	09:45	25.	2.	4:52	187.6%											

RACE CHIP TIMING RESULTS

2023	Alan Brown's Sprint Finish (2k Fun Run)	33.	409 Louis Blows	Male U9	Unattached	09:46	09:46	26.	3.	4:52	187.2%
2023	Alan Brown's Sprint Finish (2k Fun Run)	34.	331 Immy Catley	Female U15	Kesgrave Cruisers	09:47	09:47	8.	2.	4:53	161.6%
2023	Alan Brown's Sprint Finish (2k Fun Run)	35.	364 Eleanor Mills	Female U13	Unattached	09:49	09:49	9.	6.	4:54	183.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	36.	397 George Garfield	Male U13	Unattached	09:54	09:54	27.	17.	4:56	145.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	37.	377 Finnian Wood	Male U7	Unattached	09:54	09:54	28.	1.	4:56	198.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	38.	393 Ethan Lancaster	Male U9	Unattached	09:54	09:54	29.	4.	4:56	184.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	39.	342 Hector Davies	Male U9	Ipswich Jaffa RC	09:57	09:57	30.	5.	4:58	172.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	40.	351 Freya Martin	Female U13	Kesgrave Cruisers	10:03	10:03	10.	7.	5:01	164.2%
2023	Alan Brown's Sprint Finish (2k Fun Run)	41.	371 Elena Wyatt	Female U13	Kesgrave Cruisers	10:05	10:05	11.	8.	5:02	163.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	42.	403 Josiah Chester	Male U13	Unattached	10:08	10:08	31.	18.	5:03	147.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	43.	321 Sophie Stuart	Female U13	Unattached	10:13	10:13	12.	9.	5:06	170.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	44.	407 Robin Howell	Male U9	Unattached	10:19	10:19	32.	6.	5:09	166.5%
2023	Alan Brown's Sprint Finish (2k Fun Run)	45.	388 Emma Fenn	Female U13	Kesgrave Cruisers	10:23	10:23	13.	10.	5:11	172.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	46.	346 Luke Howard	Male U9	Kesgrave Cruisers	10:29	10:29	33.	7.	5:14	174.6%
2023	Alan Brown's Sprint Finish (2k Fun Run)	47.	359 Grace Loomes	Female U13	Ipswich Jaffa RC	10:30	10:30	14.	11.	5:14	171.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	48.	327 Archer Sim	Male U7	Unattached	10:33	10:33	34.	2.	5:16	203.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	49.	372 Sam Wyatt	Male U13	Kesgrave Cruisers	10:34	10:34	35.	19.	5:16	153.9%
2023	Alan Brown's Sprint Finish (2k Fun Run)	50.	368 Poppy Rush	Female U15	Kesgrave Cruisers	10:39	10:39	15.	3.	5:19	151.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	51.	374 Jay Mahajan	Male U15	Unattached	10:41	10:41	36.	6.	5:20	128.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	52.	325 Jack Clarke	Male U13	Unattached	10:41	10:41	37.	20.	5:20	135.1%
2023	Alan Brown's Sprint Finish (2k Fun Run)	53.	340 Joshua Donovan	Male U7	Unattached	10:42	10:42	38.	3.	5:20	184.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	54.	365 Lucas Sands	Male U13	Unattached	10:49	10:49	39.	21.	5:24	150.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	55.	391 Joshua Emmerson	Male U17	Unattached	10:52	10:52	40.	3.	5:25	123.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	56.	347 Liam Farrell	Male U13	Unattached	10:59	10:59	41.	22.	5:29	135.8%
2023	Alan Brown's Sprint Finish (2k Fun Run)	57.	386 Ellis Shapland	Male U7	Unattached	11:01	11:01	42.	4.	5:30	178.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	58.	367 Jacob Chalklen	Male U13	Unattached	11:01	11:01	43.	23.	5:30	135.5%
2023	Alan Brown's Sprint Finish (2k Fun Run)	59.	387 Tina Shapland	Female Senior	Unattached	11:02	11:02	16.	1.	5:30	135.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	60.	384 Parker Cole	Male U7	Unattached	11:06	11:06	44.	5.	5:32	177.2%
2023	Alan Brown's Sprint Finish (2k Fun Run)	61.	363 Riley Brewster	Male U7	Unattached	11:13	11:13	45.	6.	5:36	191.1%
2023	Alan Brown's Sprint Finish (2k Fun Run)	62.	360 Constance Watchman	Female U9	Unattached	11:21	11:21	17.	1.	5:40	169.9%
2023	Alan Brown's Sprint Finish (2k Fun Run)	63.	376 Amy Hamilton	Female U13	Unattached	11:25	11:25	18.	12.	5:42	152.4%
2023	Alan Brown's Sprint Finish (2k Fun Run)	64.	339 Mark Banna	Male U9	Unattached	11:27	11:27	46.	8.	5:43	150.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	65.	322 Nellie-May Gillingham	Female U7	Unattached	11:47	11:47	19.	1.	5:53	178.7%
2023	Alan Brown's Sprint Finish (2k Fun Run)	66.	396 Cormac Anderson-Hurst	Male U9	Unattached	12:06	12:06	47.	9.	6:02	142.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	67.	395 Caitlin Anderson-Hurst	Female U13	Unattached	12:07	12:07	20.	13.	6:03	143.5%
2023	Alan Brown's Sprint Finish (2k Fun Run)	68.	348 Connor Farrell	Male U13	Unattached	12:18	12:18	48.	24.	6:08	121.3%
2023	Alan Brown's Sprint Finish (2k Fun Run)	69.	401 Billy Calver	Male U7	Unattached	12:25	12:25	49.	7.	6:12	158.5%
2023	Alan Brown's Sprint Finish (2k Fun Run)	70.	357 Riya Syamala	Female U7	Unattached	12:34	12:34	21.	2.	6:16	160.1%
2023	Alan Brown's Sprint Finish (2k Fun Run)	71.	362 Phia Farthing	Female U13	Unattached	12:38	12:38	22.	14.	6:18	142.1%
2023	Alan Brown's Sprint Finish (2k Fun Run)	72.	326 Matilda Clarke	Female U13	Unattached	12:45	12:45	23.	15.	6:22	140.8%
2023	Alan Brown's Sprint Finish (2k Fun Run)	73.	402 Jenny Calver	Female Senior	Unattached	12:49	12:49	24.	2.	6:24	115.4%
2023	Alan Brown's Sprint Finish (2k Fun Run)	74.	333 Oscar Avram	Male U7	Unattached	13:11	13:11	50.	8.	6:35	0.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	75.	379 Elliott Reynolds	Male U7	Unattached	13:24	13:24	51.	9.	6:41	0.0%
2023	Alan Brown's Sprint Finish (2k Fun Run)	76.	398 Emily Gelder	Female U13	Unattached	14:13	14:13	25.	16.	7:06	126.2%
2023	Alan Brown's Sprint Finish (2k Fun Run)	77.	332 Isabella Avram	Female U7	Unattached	14:14	14:14	26.	3.	7:06	141.4%

RACE CHIP TIMING RESULTS

2023 Alan Brown's Sprint Finish (2k Fun Run)	78.	405 Audrey Shaverin-Wagner	Female U7	Unattached	15:22	15:22	27.	4.	7:40	0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	79.	399 Jax Harris	Male U7	Unattached	17:14	17:14	52.	10.	8:36	0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	80.	412 Hannah Harris	Female Senior	Unattached	17:18	17:18	28.	3.	8:38	85.3%
2023 Alan Brown's Sprint Finish (2k Fun Run)	81.	385 Leo Row	Male U7	Unattached	18:13	18:13	53.	11.	9:06	117.6%
2023 Alan Brown's Sprint Finish (2k Fun Run)	82.	406 Lauren Row	Female Senior	Unattached	18:13	18:13	29.	4.	9:06	82.4%
2023 Alan Brown's Sprint Finish (2k Fun Run)	83.	389 Theodore Coulson-Parker	Male U7	Unattached	18:40	18:40	54.	12.	9:19	105.3%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNF	381 Eli Bowman	Male U13	Ipswich Jaffa RC						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	356 Edward McCart	Male U13	Ipswich Jaffa RC						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	375 Gabriel McLaughlin	Male U9	Unattached						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	400 Joseph Gelder	Male U13	Unattached						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	354 Poppy Jump	Female U13	Kesgrave Cruisers						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	378 Toby Orford	Male U15	Framlingham Flyers						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	410 Vesper Norris	Female U9	Unattached						0.0%
2023 Alan Brown's Sprint Finish (2k Fun Run)	DNS	411 Yuyu Katada	Female U9	Unattached						0.0%
2023 Baldock 5k Rat Run	1.	91 David Edwards	Male Senior	North Herts Road Runners	17:50	17:48	1.	1.	3:33	79.1%
2023 Baldock 5k Rat Run	2.	76 Jake Lane	Male Senior	Unattached	17:55	17:54	2.	2.	3:34	72.4%
2023 Baldock 5k Rat Run	3.	58 James Dalton	Male Senior	North Herts Road Runners	18:03	18:01	3.	3.	3:36	81.1%
2023 Baldock 5k Rat Run	4.	1 Rhia Botha	Female Senior	North Herts Road Runners	18:22	18:20	1.	1.	3:40	81.4%
2023 Baldock 5k Rat Run	5.	88 John Auld	Male Senior	North Herts Road Runners	18:27	18:25	4.	4.	3:41	74.8%
2023 Baldock 5k Rat Run	6.	22 Aiden Jones	Male Senior	Unattached	18:36	18:24	5.	5.	3:43	72.6%
2023 Baldock 5k Rat Run	7.	38 Samuel Evans	Male U15	Unattached	19:13	19:08	6.	1.	3:50	77.6%
2023 Baldock 5k Rat Run	8.	97 Astrid Mckeown	Female Senior	North Herts Road Runners	19:17	19:14	2.	2.	3:51	85.7%
2023 Baldock 5k Rat Run	9.	73 James Boar	Male U15	Unattached	19:25	19:23	7.	2.	3:52	72.2%
2023 Baldock 5k Rat Run	10.	43 Tim Power	Male Senior	Unattached	19:55	19:51	8.	6.	3:58	68.3%
2023 Baldock 5k Rat Run	11.	94 Alex Robinson	Male Senior	North Herts Road Runners	19:59	19:57	9.	7.	3:59	65.2%
2023 Baldock 5k Rat Run	12.	74 Daniel Boar	Male U15	Unattached	20:56	20:55	10.	3.	4:11	74.1%
2023 Baldock 5k Rat Run	13.	64 James Spink	Male Senior	Unattached	21:02	20:53	11.	8.	4:12	61.8%
2023 Baldock 5k Rat Run	14.	59 Eleanor Roberts	Female U15	Stevenage & North Herts AC	21:28	21:27	3.	1.	4:17	75.1%
2023 Baldock 5k Rat Run	15.	95 Hannah Lochhead	Female Senior	Unattached	21:32	21:31	4.	3.	4:18	68.6%
2023 Baldock 5k Rat Run	16.	84 Kyle Gallop	Male U20	Unattached	21:50	21:44	12.	1.	4:21	59.9%
2023 Baldock 5k Rat Run	17.	57 David Whiffen	Male Senior	Unattached	22:12	22:05	13.	9.	4:26	68.5%
2023 Baldock 5k Rat Run	18.	90 Matt Tutton	Male Senior	Fairlands Valley Spartans	22:17	22:12	14.	10.	4:27	61.1%
2023 Baldock 5k Rat Run	19.	39 George Evans	Male U15	Unattached	22:21	22:15	15.	4.	4:28	76.8%
2023 Baldock 5k Rat Run	20.	36 Chris Evans	Male Senior	Unattached	22:22	22:16	16.	11.	4:28	60.0%
2023 Baldock 5k Rat Run	21.	4 Jillian Tooley-Boys	Female Senior	North Herts Road Runners	22:23	22:18	5.	4.	4:28	68.6%
2023 Baldock 5k Rat Run	22.	16 James Barry	Male U15	Unattached	22:25	22:21	17.	5.	4:28	72.6%
2023 Baldock 5k Rat Run	23.	15 Aidan Barry	Male U15	Unattached	22:39	22:35	18.	6.	4:31	71.8%
2023 Baldock 5k Rat Run	24.	56 Adam Nicholson	Male Senior	Unattached	22:49	22:45	19.	12.	4:33	56.9%
2023 Baldock 5k Rat Run	25.	92 Harry Zatoureff	Male U20	Unattached	23:00	22:57	20.	2.	4:35	57.6%
2023 Baldock 5k Rat Run	26.	19 Ann Dixon-Dyer	Female Senior	Unattached	23:37	23:30	6.	5.	4:43	63.3%
2023 Baldock 5k Rat Run	27.	50 Christopholes MacScampson	Male Senior	Unattached	23:44	23:35	21.	13.	4:44	59.4%
2023 Baldock 5k Rat Run	28.	26 Theia Freeston-Bull	Female U15	Unattached	24:08	24:02	7.	2.	4:49	76.9%
2023 Baldock 5k Rat Run	29.	25 Carly Freeston	Female Senior	Unattached	24:14	24:09	8.	6.	4:50	62.6%
2023 Baldock 5k Rat Run	30.	66 Lee Dorrill	Male Senior	Unattached	24:37	24:30	22.	14.	4:55	53.8%
2023 Baldock 5k Rat Run	31.	89 Charlie Robinson	Male V55+	Unattached	24:41	24:36	23.	1.	4:56	62.6%

RACE CHIP TIMING RESULTS

2023 Baldock 5k Rat Run	32.	12 James Wayman	Male Senior	Unattached	24:53	24:48	24.	15.	4:58	52.1%
2023 Baldock 5k Rat Run	33.	14 Allison Barry	Female Senior	Unattached	24:53	24:49	9.	7.	4:58	62.1%
2023 Baldock 5k Rat Run	34.	55 Tom Wales	Male Senior	Unattached	25:21	25:17	25.	16.	5:04	51.2%
2023 Baldock 5k Rat Run	35.	51 Melissa Tanti	Female Senior	Unattached	25:40	25:29	10.	8.	5:07	57.8%
2023 Baldock 5k Rat Run	36.	96 Oliver Sutton	Male U15	Unattached	25:51	25:42	26.	7.	5:10	60.0%
2023 Baldock 5k Rat Run	37.	7 Chris Hollis	Male Senior	Unattached	26:05	25:55	27.	17.	5:12	52.9%
2023 Baldock 5k Rat Run	38.	6 Ben Davies	Male Senior	Unattached	26:05	25:55	28.	18.	5:12	51.8%
2023 Baldock 5k Rat Run	39.	42 Natalie Fiddy	Female Senior	Unattached	26:28	26:23	11.	9.	5:17	57.3%
2023 Baldock 5k Rat Run	40.	8 Jamie Dunn	Male Senior	Unattached	26:34	26:24	29.	19.	5:18	50.5%
2023 Baldock 5k Rat Run	41.	17 Lorraine Perricone	Female Senior	Unattached	26:39	26:36	12.	10.	5:19	62.7%
2023 Baldock 5k Rat Run	42.	93 Sara Zatouroff	Female V55+	Unattached	26:48	26:41	13.	1.	5:21	70.0%
2023 Baldock 5k Rat Run	43.	83 Samuel Makin	Male U15	Unattached	26:49	26:42	30.	8.	5:21	53.7%
2023 Baldock 5k Rat Run	44.	82 Paul Makin	Male Senior	Unattached	26:50	26:42	31.	20.	5:21	53.3%
2023 Baldock 5k Rat Run	45.	18 Chris Bassett	Male V55+	Unattached	26:57	26:52	32.	2.	5:23	64.1%
2023 Baldock 5k Rat Run	46.	11 Lorraine Rowley	Female V55+	Unattached	26:57	26:53	14.	2.	5:23	67.9%
2023 Baldock 5k Rat Run	47.	46 David Strong	Male V55+	Unattached	27:18	27:07	33.	3.	5:27	64.7%
2023 Baldock 5k Rat Run	48.	65 Joanna Moles	Female Senior	Unattached	27:29	27:22	15.	11.	5:29	54.9%
2023 Baldock 5k Rat Run	49.	62 Kingsley Roberts	Male Senior	Unattached	27:42	27:36	34.	21.	5:32	52.0%
2023 Baldock 5k Rat Run	50.	47 David Howitt	Male V55+	Unattached	28:00	27:54	35.	4.	5:35	63.1%
2023 Baldock 5k Rat Run	51.	48 Neil MacGeeson	Male V55+	Unattached	28:02	28:02	36.	5.	5:36	55.1%
2023 Baldock 5k Rat Run	52.	49 Tricky Vicky MacScampson	Female Senior	Unattached	28:02	27:53	16.	12.	5:36	54.4%
2023 Baldock 5k Rat Run	53.	3 Tara Clark	Female Senior	Unattached	28:26	28:22	17.	13.	5:41	52.8%
2023 Baldock 5k Rat Run	54.	81 Kathleen Thomas	Female Senior	Unattached	28:34	28:30	18.	14.	5:42	58.4%
2023 Baldock 5k Rat Run	55.	61 Adam Fixter	Male U15	Unattached	28:35	28:26	37.	9.	5:42	56.9%
2023 Baldock 5k Rat Run	56.	40 Laura Dorrill	Female Senior	Unattached	28:39	28:32	19.	15.	5:43	52.7%
2023 Baldock 5k Rat Run	57.	60 Stuart Fixter	Male Senior	Unattached	28:48	28:38	38.	22.	5:45	50.1%
2023 Baldock 5k Rat Run	58.	75 Sharon Mullan	Female Senior	Unattached	28:49	28:41	20.	16.	5:45	52.6%
2023 Baldock 5k Rat Run	59.	54 Kim Wales	Female Senior	Unattached	28:54	28:51	21.	17.	5:46	51.1%
2023 Baldock 5k Rat Run	60.	71 Stuart Giddings	Male Senior	Unattached	28:55	28:43	39.	23.	5:46	48.8%
2023 Baldock 5k Rat Run	61.	69 Deena Giddings	Female U15	Unattached	28:55	28:43	22.	3.	5:46	60.1%
2023 Baldock 5k Rat Run	62.	70 Anamika Giddings	Female Senior	Unattached	28:55	28:44	23.	18.	5:46	53.4%
2023 Baldock 5k Rat Run	63.	34 Stephen Doran	Male Senior	North Herts Road Runners	29:16	29:08	40.	24.	5:51	47.1%
2023 Baldock 5k Rat Run	64.	27 Tim Robinson	Male Senior	Fairlands Valley Spartans	29:21	29:06	41.	25.	5:52	51.8%
2023 Baldock 5k Rat Run	65.	41 Jane Few	Female V55+	Stopsley Striders	31:07	31:04	24.	3.	6:13	56.8%
2023 Baldock 5k Rat Run	66.	53 Dan Griffin	Male V55+	Unattached	31:16	31:06	42.	6.	6:15	50.2%
2023 Baldock 5k Rat Run	67.	67 Marian Cowdrey	Female V55+	Unattached	31:28	31:22	25.	4.	6:17	66.2%
2023 Baldock 5k Rat Run	68.	2 Karen Stephens	Female Senior	Unattached	31:36	31:33	26.	19.	6:19	52.8%
2023 Baldock 5k Rat Run	69.	10 Jane Delaney	Female Senior	Unattached	31:39	31:37	27.	20.	6:19	52.2%
2023 Baldock 5k Rat Run	70.	20 Steph Major	Female Senior	Unattached	31:55	31:47	28.	21.	6:22	47.5%
2023 Baldock 5k Rat Run	71.	63 Safia Ballout	Female Senior	Unattached	32:10	32:00	29.	22.	6:25	45.9%
2023 Baldock 5k Rat Run	72.	33 Kat Hinit	Female Senior	North Herts Road Runners	32:11	31:56	30.	23.	6:26	46.3%
2023 Baldock 5k Rat Run	73.	32 Natalie Heath	Female Senior	Unattached	32:11	31:56	31.	24.	6:26	46.3%
2023 Baldock 5k Rat Run	74.	72 Clare Graygray	Female Senior	Unattached	32:13	32:05	32.	25.	6:26	46.4%
2023 Baldock 5k Rat Run	75.	21 Alicia Lyons	Female Senior	Unattached	32:31	32:23	33.	26.	6:30	46.6%
2023 Baldock 5k Rat Run	76.	87 Toby Hucker	Male Senior	Unattached	33:53	33:40	43.	26.	6:46	39.1%

RACE CHIP TIMING RESULTS

2023 Baldock 5k Rat Run	77.	79 Phil Docherty	Male Senior	Unattached	34:05	33:51	44.	27.	6:48	38.9%
2023 Baldock 5k Rat Run	78.	68 Kai Green	Male Senior	Unattached	35:49	35:45	45.	28.	7:09	36.2%
2023 Baldock 5k Rat Run	79.	31 Henry Lynam	Male U15	Unattached	37:10	36:51	46.	10.	7:25	46.2%
2023 Baldock 5k Rat Run	80.	30 Mark Lynam	Male Senior	Unattached	37:13	36:54	47.	29.	7:26	37.6%
2023 Baldock 5k Rat Run	81.	28 Rory Dear	Male Senior	Unattached	38:12	37:57	48.	30.	7:38	35.4%
2023 Baldock 5k Rat Run	82.	29 Gemma Hughes	Female Senior	Unattached	38:12	37:58	34.	27.	7:38	39.5%
2023 Baldock 5k Rat Run	83.	85 Michelle Gibbs	Female Senior	Unattached	43:50	43:41	35.	28.	8:45	34.4%
2023 Baldock 5k Rat Run	84.	86 Safiah Gibbs	Female U15	Unattached	43:50	43:40	36.	4.	8:45	39.6%
2023 Baldock 5k Rat Run	85.	44 Helen Stone	Female V55+	Unattached	55:58	55:45	37.	5.	11:11	38.2%
2023 Baldock 5k Rat Run	86.	78 Anthony Murphy	Male V55+	Unattached	55:59	55:42	49.	7.	11:11	29.5%
2023 Baldock 5k Rat Run	87.	9 Anne Hegarty	Female V55+	Unattached	1:01:53	1:01:38	38.	6.	12:22	31.9%
2023 Baldock 5k Rat Run	88.	77 Colette Murphy	Female V55+	Unattached	1:01:54	1:01:37	39.	7.	12:22	31.0%
2023 Baldock 5k Rat Run	DNS	52 Emma Newcomb	Female Senior	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	23 Janet Boost	Female V55+	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	37 Joanne Evans	Female Senior	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	35 Lorraine Nugent	Female Senior	North Herts Road Runners						0.0%
2023 Baldock 5k Rat Run	DNS	24 Mark Paulson	Male V55+	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	45 Nathaniel Rosa	Male Senior	North Herts Road Runners						0.0%
2023 Baldock 5k Rat Run	DNS	5 Rosie King	Female V55+	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	80 Sally Butterfield	Female Senior	Unattached						0.0%
2023 Baldock 5k Rat Run	DNS	13 Sarah Brunnen	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	1.	401 James O'brien	Male V45	Unattached	36:26	36:25	1.	1.	3:38	79.1%
2023 Ickworth Sunset Chase 10K	2.	450 Ben Snape	Male Senior	Unattached	37:10	37:08	2.	1.	3:42	71.8%
2023 Ickworth Sunset Chase 10K	3.	303 David Feveyear-ward	Male Senior	Unattached	41:09	41:06	3.	2.	4:06	65.0%
2023 Ickworth Sunset Chase 10K	4.	242 Steve Bullen	Male V45	Unattached	42:24	42:19	4.	2.	4:14	70.2%
2023 Ickworth Sunset Chase 10K	5.	449 Richard Smith	Male V45	Unattached	42:32	42:29	5.	3.	4:15	70.0%
2023 Ickworth Sunset Chase 10K	6.	373 Mike Mckinstry	Male V55	Unattached	42:53	42:48	6.	1.	4:17	74.4%
2023 Ickworth Sunset Chase 10K	7.	261 Joshua Clarke-davis	Male Senior	Saint Edmund Pacers	42:59	42:56	7.	3.	4:17	62.2%
2023 Ickworth Sunset Chase 10K	8.	306 Stuart Fisher	Male V40	Moreton Hall Runners	43:10	43:07	8.	1.	4:18	64.7%
2023 Ickworth Sunset Chase 10K	9.	329 Simon Harris	Male V45	Unattached	43:18	43:13	9.	4.	4:19	67.6%
2023 Ickworth Sunset Chase 10K	10.	234 Alice Brear Clarkson	Female Senior	Ely Runners	43:32	43:29	1.	1.	4:21	70.0%
2023 Ickworth Sunset Chase 10K	11.	233 Paul Brear Clarkson	Male Senior	Ely Runners	43:32	43:30	10.	4.	4:21	61.7%
2023 Ickworth Sunset Chase 10K	12.	310 James Francis	Male V45	Unattached	44:58	44:45	11.	5.	4:29	64.1%
2023 Ickworth Sunset Chase 10K	13.	447 Tony Smart	Male Senior	Unattached	45:03	45:01	12.	5.	4:30	59.4%
2023 Ickworth Sunset Chase 10K	14.	220 Jason Beeton	Male Senior	Newmarket Joggers	45:05	44:53	13.	6.	4:30	61.0%
2023 Ickworth Sunset Chase 10K	15.	265 Jo Cole	Female V40	Unattached	45:49	45:44	2.	1.	4:34	69.0%
2023 Ickworth Sunset Chase 10K	16.	229 Oliver Boughton	Male V40	Saint Edmund Pacers	45:59	45:47	14.	2.	4:35	60.2%
2023 Ickworth Sunset Chase 10K	17.	301 Robert Farthing	Male V40	Unattached	47:09	47:05	15.	3.	4:42	60.6%
2023 Ickworth Sunset Chase 10K	18.	452 Sarah Baker	Female Senior	Unattached	47:20	47:17	3.	2.	4:43	64.1%
2023 Ickworth Sunset Chase 10K	19.	478 Mark Watts	Male V40	Unattached	47:27	47:21	16.	4.	4:44	58.4%
2023 Ickworth Sunset Chase 10K	20.	417 David Pipe	Male V55	Unattached	47:28	47:18	17.	2.	4:44	66.0%
2023 Ickworth Sunset Chase 10K	21.	479 Miles Weaver	Male V45	Unattached	47:37	47:21	18.	6.	4:45	62.0%
2023 Ickworth Sunset Chase 10K	22.	225 Daniel Bishop	Male Senior	Unattached	48:04	47:44	19.	7.	4:48	56.9%
2023 Ickworth Sunset Chase 10K	23.	429 Ben Reeve	Male Senior	Unattached	48:08	48:02	20.	8.	4:48	55.5%
2023 Ickworth Sunset Chase 10K	24.	258 Chris Chorley	Male V60+	Bungay Black Dog Running Club	48:18	48:04	21.	1.	4:49	67.9%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	25.	409 Oliver Ricote	Male Senior	Moreton Hall Runners	48:37	48:28	22.	9.	4:51	54.9%
2023 Ickworth Sunset Chase 10K	26.	501 Richard Jacobs	Male V50	Unattached	48:40	48:37	23.	1.	4:51	61.7%
2023 Ickworth Sunset Chase 10K	27.	412 Sam Peters	Male Senior	Unattached	48:41	48:22	24.	10.	4:52	54.8%
2023 Ickworth Sunset Chase 10K	28.	399 William Oakley	Male Senior	Unattached	48:42	48:25	25.	11.	4:52	55.6%
2023 Ickworth Sunset Chase 10K	29.	226 Matthew Bishop	Male Senior	Saint Edmund Pacers	49:15	49:10	26.	12.	4:55	54.3%
2023 Ickworth Sunset Chase 10K	30.	345 Ed Nuttall	Male Senior	Unattached	49:25	49:20	27.	13.	4:56	54.0%
2023 Ickworth Sunset Chase 10K	31.	464 Martyn Taylor	Male V40	Unattached	49:37	49:31	28.	5.	4:57	56.3%
2023 Ickworth Sunset Chase 10K	32.	267 Nicky Connolly	Female V40	Unattached	49:41	49:35	4.	2.	4:58	63.7%
2023 Ickworth Sunset Chase 10K	33.	388 Mary Narey	Female V55	Stowmarket Striders RC	49:44	49:40	5.	1.	4:58	73.2%
2023 Ickworth Sunset Chase 10K	34.	384 James Morrell	Male Senior	Unattached	49:59	49:47	29.	14.	4:59	53.4%
2023 Ickworth Sunset Chase 10K	35.	483 Chris Wells	Male Senior	Unattached	50:05	50:01	30.	15.	5:00	53.4%
2023 Ickworth Sunset Chase 10K	36.	486 Jonathan Whytock	Male V45	Unattached	50:07	49:48	31.	7.	5:00	59.4%
2023 Ickworth Sunset Chase 10K	37.	259 Bryan Churchard	Male Senior	Saint Edmund Pacers	50:11	50:05	32.	16.	5:01	53.9%
2023 Ickworth Sunset Chase 10K	38.	439 Ben Royal	Male V45	Unattached	50:16	50:06	33.	8.	5:01	58.3%
2023 Ickworth Sunset Chase 10K	39.	505 Alexander Smith	Male V45	Unattached	50:31	50:11	34.	9.	5:03	57.0%
2023 Ickworth Sunset Chase 10K	40.	275 Duncan Cox	Male V50	Unattached	50:46	50:36	35.	2.	5:04	60.2%
2023 Ickworth Sunset Chase 10K	41.	411 Andrew Pearce	Male V50	Unattached	50:51	50:37	36.	3.	5:05	60.6%
2023 Ickworth Sunset Chase 10K	42.	241 Adam Buckle	Male Senior	Unattached	51:07	50:39	37.	17.	5:06	53.8%
2023 Ickworth Sunset Chase 10K	43.	413 Mark Phillips	Male V50	Haverhill Running Club	51:14	51:04	38.	4.	5:07	58.6%
2023 Ickworth Sunset Chase 10K	44.	386 Roisin Munnelly	Female Senior	Unattached	51:16	51:09	6.	3.	5:07	59.5%
2023 Ickworth Sunset Chase 10K	45.	405 Paul Osborne	Male V45	Unattached	51:28	51:23	39.	10.	5:08	57.8%
2023 Ickworth Sunset Chase 10K	46.	337 Jaime Howard	Male V50	Unattached	51:44	51:31	40.	5.	5:10	59.5%
2023 Ickworth Sunset Chase 10K	47.	503 David Mcnae	Male V40	Kesgrave Cruisers	51:48	51:37	41.	6.	5:10	53.9%
2023 Ickworth Sunset Chase 10K	48.	378 Paul Mitchell	Male V55	Unattached	51:54	51:39	42.	3.	5:11	61.5%
2023 Ickworth Sunset Chase 10K	49.	228 Ian Bluett	Male Senior	Unattached	51:55	51:29	43.	18.	5:11	53.0%
2023 Ickworth Sunset Chase 10K	50.	254 Joe Carter	Male Senior	Unattached	52:00	51:55	44.	19.	5:11	51.3%
2023 Ickworth Sunset Chase 10K	51.	248 Ben Burrows	Male V45	Woodbridge Shufflers	52:03	51:54	45.	11.	5:12	56.7%
2023 Ickworth Sunset Chase 10K	52.	237 Joshua Brett	Male Senior	Unattached	52:07	51:59	46.	20.	5:12	51.5%
2023 Ickworth Sunset Chase 10K	53.	436 Lynn Roberts	Female V55	Unattached	52:10	52:07	7.	2.	5:12	71.6%
2023 Ickworth Sunset Chase 10K	54.	206 Luke Arkle	Male Senior	Unattached	52:12	51:54	47.	21.	5:13	51.6%
2023 Ickworth Sunset Chase 10K	55.	410 Molly Peacock	Female Senior	Unattached	52:12	52:06	8.	4.	5:13	58.1%
2023 Ickworth Sunset Chase 10K	56.	204 Dave Anderson	Male V45	Unattached	52:14	52:07	48.	12.	5:13	56.1%
2023 Ickworth Sunset Chase 10K	57.	214 David Ball	Male V50	Unattached	52:17	51:49	49.	6.	5:13	58.9%
2023 Ickworth Sunset Chase 10K	58.	460 Mark Stocker	Male V50	Unattached	52:25	52:09	50.	7.	5:14	57.8%
2023 Ickworth Sunset Chase 10K	59.	351 Katherine Joyson	Female V45	Ipswich Jaffa RC	52:42	52:24	9.	1.	5:16	61.5%
2023 Ickworth Sunset Chase 10K	60.	445 Danny Sharpe	Male Senior	Unattached	52:57	52:29	51.	22.	5:17	51.9%
2023 Ickworth Sunset Chase 10K	61.	222 Jo Benford	Male Senior	Unattached	53:03	52:45	52.	23.	5:18	51.5%
2023 Ickworth Sunset Chase 10K	62.	232 Julie Branch	Female V50	Unattached	53:05	52:56	10.	1.	5:18	66.9%
2023 Ickworth Sunset Chase 10K	63.	344 Jane Hutchinson	Female V45	Woodbridge Shufflers	53:15	53:06	11.	2.	5:19	62.8%
2023 Ickworth Sunset Chase 10K	64.	402 Karen Offord	Female V45	Stowmarket Striders RC	53:35	53:31	12.	3.	5:21	63.2%
2023 Ickworth Sunset Chase 10K	65.	253 Richard Carron	Male V55	Unattached	53:51	53:44	53.	4.	5:23	59.8%
2023 Ickworth Sunset Chase 10K	66.	427 Kevin Raisborough	Male V55	Unattached	54:03	53:37	54.	5.	5:24	59.0%
2023 Ickworth Sunset Chase 10K	67.	282 Claire Dalton-cole	Female V45	Unattached	54:16	53:55	13.	4.	5:25	59.8%
2023 Ickworth Sunset Chase 10K	68.	438 Tom Robinson	Male Senior	Stowmarket Striders RC	54:29	54:21	55.	24.	5:26	50.5%
2023 Ickworth Sunset Chase 10K	69.	437 Simon Roberts	Male V45	Unattached	54:30	54:27	56.	13.	5:26	54.6%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	70.	496 Andrew Wright	Male Senior	Unattached	54:55	54:40	57.	25.	5:29	49.8%
2023 Ickworth Sunset Chase 10K	71.	266 Erica Cole	Female V40	Unattached	54:56	54:46	14.	3.	5:29	57.6%
2023 Ickworth Sunset Chase 10K	72.	422 Mark Power	Male V45	Unattached	55:11	54:58	58.	14.	5:31	53.1%
2023 Ickworth Sunset Chase 10K	73.	336 Lee Hopkins	Male V50	Unattached	55:48	55:25	59.	8.	5:34	54.3%
2023 Ickworth Sunset Chase 10K	74.	350 Liz Johnson	Female V50	Unattached	55:52	55:43	15.	2.	5:35	62.0%
2023 Ickworth Sunset Chase 10K	75.	244 Oliver Bumstead	Male V40	Unattached	55:53	55:15	60.	7.	5:35	49.6%
2023 Ickworth Sunset Chase 10K	76.	455 Terry Spurgeon	Male V55	Ipswich Jaffa RC	55:56	55:45	61.	6.	5:35	57.6%
2023 Ickworth Sunset Chase 10K	77.	272 Andrew Copping	Male V40	Unattached	55:59	55:40	62.	8.	5:35	50.2%
2023 Ickworth Sunset Chase 10K	78.	467 Daniel Tinker	Male Senior	Unattached	56:09	55:49	63.	26.	5:36	48.4%
2023 Ickworth Sunset Chase 10K	79.	468 Trevor Titcombe	Male V40	Unattached	56:18	56:11	64.	9.	5:37	50.0%
2023 Ickworth Sunset Chase 10K	80.	231 Catherine Brain	Female V45	Unattached	56:26	56:12	16.	5.	5:38	58.6%
2023 Ickworth Sunset Chase 10K	81.	407 Jane Parkinson	Female V50	Unattached	56:32	56:12	17.	3.	5:39	63.6%
2023 Ickworth Sunset Chase 10K	82.	448 Richard Smith	Male Senior	Stowmarket Striders RC	56:35	56:20	65.	27.	5:39	48.6%
2023 Ickworth Sunset Chase 10K	83.	236 Mike Brentnall	Male V60+	Cambridge & Coleridge	56:36	56:09	66.	2.	5:39	66.3%
2023 Ickworth Sunset Chase 10K	84.	473 Phoebe Vane	Female Senior	Saint Edmund Pacers	56:41	56:33	18.	5.	5:40	53.5%
2023 Ickworth Sunset Chase 10K	85.	218 Janette Bate	Female V45	Unattached	56:44	56:29	19.	6.	5:40	58.3%
2023 Ickworth Sunset Chase 10K	86.	313 Anthony Fullam	Male V50	Unattached	56:45	56:17	67.	9.	5:40	53.8%
2023 Ickworth Sunset Chase 10K	87.	245 Joe Burford	Male Senior	Unattached	56:46	56:31	68.	28.	5:40	47.7%
2023 Ickworth Sunset Chase 10K	88.	339 Oskar Howard	Male U17	Unattached	56:50	56:38	69.	1.	5:40	48.0%
2023 Ickworth Sunset Chase 10K	89.	428 Anwen Rees	Female Senior	Unattached	57:06	56:52	20.	6.	5:42	53.1%
2023 Ickworth Sunset Chase 10K	90.	380 John Mitchell	Male V60+	Unattached	57:12	57:04	70.	3.	5:43	58.4%
2023 Ickworth Sunset Chase 10K	91.	493 Neil Woods	Male V60+	Unattached	57:15	56:53	71.	4.	5:43	57.8%
2023 Ickworth Sunset Chase 10K	92.	295 Natalie Emms	Female V40	Unattached	57:16	56:50	21.	4.	5:43	56.1%
2023 Ickworth Sunset Chase 10K	93.	294 Tony Emms	Male V45	Unattached	57:16	56:50	72.	15.	5:43	50.3%
2023 Ickworth Sunset Chase 10K	94.	324 Hayden Gribble	Male Senior	Unattached	57:38	57:25	73.	29.	5:45	46.6%
2023 Ickworth Sunset Chase 10K	95.	296 Diane Emsden	Female V60+	Unattached	57:49	57:46	22.	1.	5:46	67.2%
2023 Ickworth Sunset Chase 10K	96.	227 Sam Bishop	Male Senior	Saint Edmund Pacers	58:12	58:02	74.	30.	5:49	46.1%
2023 Ickworth Sunset Chase 10K	97.	341 Richard Howard	Male V55	Unattached	58:25	57:56	75.	7.	5:50	55.1%
2023 Ickworth Sunset Chase 10K	98.	394 Holly Nichols	Female Senior	Unattached	58:25	58:04	23.	7.	5:50	52.1%
2023 Ickworth Sunset Chase 10K	99.	249 Charlotte Burton	Female Senior	Red Lodge Runners	58:29	58:10	24.	8.	5:50	52.2%
2023 Ickworth Sunset Chase 10K	100.	364 Graham Madge	Male V60+	Unattached	58:42	58:32	76.	5.	5:52	55.8%
2023 Ickworth Sunset Chase 10K	101.	363 Sharen Madge	Female V45	Unattached	58:42	58:32	25.	7.	5:52	55.8%
2023 Ickworth Sunset Chase 10K	102.	488 Richard Williams	Male V40	Unattached	58:49	58:33	77.	10.	5:52	48.2%
2023 Ickworth Sunset Chase 10K	103.	224 Paul Billings	Male V45	Unattached	58:50	58:35	78.	16.	5:52	50.2%
2023 Ickworth Sunset Chase 10K	104.	371 Katie Mcconnell	Female Senior	Unattached	59:04	58:44	26.	9.	5:54	52.3%
2023 Ickworth Sunset Chase 10K	105.	273 Rebecca-Ann Coulson-parker	Female Senior	Kesgrave Cruisers	59:12	59:08	27.	10.	5:55	51.7%
2023 Ickworth Sunset Chase 10K	106.	326 Kelly Guyon	Female V40	Unattached	59:29	59:11	28.	5.	5:56	54.0%
2023 Ickworth Sunset Chase 10K	107.	327 Brad Guyon	Male V50	Unattached	59:29	59:11	79.	10.	5:56	51.8%
2023 Ickworth Sunset Chase 10K	108.	443 Anne Schumann	Female V55	Unattached	59:36	59:28	29.	3.	5:57	62.7%
2023 Ickworth Sunset Chase 10K	109.	492 Helen Wilson	Female V45	Unattached	59:56	59:27	30.	8.	5:59	54.6%
2023 Ickworth Sunset Chase 10K	110.	393 Simon Nicholls	Male V50	Lonely Goat RC	1:00:13	59:56	80.	11.	6:01	51.1%
2023 Ickworth Sunset Chase 10K	111.	255 Kevin Chick	Male Senior	Unattached	1:00:32	1:00:00	81.	31.	6:03	44.2%
2023 Ickworth Sunset Chase 10K	112.	283 Kelly Dargan	Female Senior	Unattached	1:00:39	1:00:20	31.	11.	6:03	50.0%
2023 Ickworth Sunset Chase 10K	113.	374 Luke Mclean	Male Senior	Unattached	1:00:40	1:00:21	82.	32.	6:03	44.1%
2023 Ickworth Sunset Chase 10K	114.	403 Jacqui Oneill	Female V50	Red Lodge Runners	1:00:43	1:00:24	32.	4.	6:04	58.5%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	115.	307 Steven Footer	Male V40	Unattached	1:01:06	1:00:38	83.	11.	6:06	46.0%
2023 Ickworth Sunset Chase 10K	116.	379 Lauren Mitchell	Female Senior	Unattached	1:01:14	1:00:41	33.	12.	6:07	49.6%
2023 Ickworth Sunset Chase 10K	117.	348 Jazmine Jeffery	Female Senior	Unattached	1:01:20	1:01:02	34.	13.	6:07	49.5%
2023 Ickworth Sunset Chase 10K	118.	375 Joanne Meningen	Female V40	Unattached	1:01:23	1:01:14	35.	6.	6:08	50.8%
2023 Ickworth Sunset Chase 10K	119.	406 Annika Osborne	Female V45	Unattached	1:01:30	1:01:07	36.	9.	6:08	53.2%
2023 Ickworth Sunset Chase 10K	120.	238 Ellis Broadwood-smith	Female Senior	Unattached	1:01:32	1:01:12	37.	14.	6:09	49.3%
2023 Ickworth Sunset Chase 10K	121.	320 Hayley Gittings	Female V45	Unattached	1:01:42	1:01:25	38.	10.	6:10	53.6%
2023 Ickworth Sunset Chase 10K	122.	239 Bethany Broughton	Female Senior	Unattached	1:01:44	1:01:35	39.	15.	6:10	49.1%
2023 Ickworth Sunset Chase 10K	123.	352 Michael Judd	Male V50	Unattached	1:01:47	1:01:22	84.	12.	6:10	49.4%
2023 Ickworth Sunset Chase 10K	124.	243 Simon Bullen	Male V45	Unattached	1:01:54	1:01:32	85.	17.	6:11	46.5%
2023 Ickworth Sunset Chase 10K	125.	432 Charlotte Richardson	Female V40	Unattached	1:02:01	1:01:45	40.	7.	6:12	51.8%
2023 Ickworth Sunset Chase 10K	126.	389 Chloe Neall	Female Senior	Unattached	1:02:05	1:02:01	41.	16.	6:12	48.8%
2023 Ickworth Sunset Chase 10K	127.	431 Claire Richardson	Female V40	Unattached	1:02:07	1:01:51	42.	8.	6:12	51.7%
2023 Ickworth Sunset Chase 10K	128.	366 Kate Markham	Female Senior	Unattached	1:02:30	1:02:06	43.	17.	6:14	49.4%
2023 Ickworth Sunset Chase 10K	129.	287 Ethan Dobing	Male U20	Unattached	1:02:52	1:02:23	86.	1.	6:17	42.8%
2023 Ickworth Sunset Chase 10K	130.	441 Bobbie Sauerzapf	Female V60+	Bungay Black Dog Running Club	1:02:55	1:02:16	44.	2.	6:17	65.3%
2023 Ickworth Sunset Chase 10K	131.	340 Jasmine Howard	Female U17	Unattached	1:03:06	1:02:37	45.	1.	6:18	50.0%
2023 Ickworth Sunset Chase 10K	132.	271 Sid Cooper	Male V55	Unattached	1:03:42	1:03:19	87.	8.	6:22	50.1%
2023 Ickworth Sunset Chase 10K	133.	353 Mamtha Karanth	Female V55	Unattached	1:03:51	1:03:40	46.	4.	6:23	57.0%
2023 Ickworth Sunset Chase 10K	134.	408 Duncan Partridge	Male V45	Unattached	1:03:56	1:03:21	88.	18.	6:23	46.6%
2023 Ickworth Sunset Chase 10K	135.	347 Mike Ivatt	Male V60+	Unattached	1:04:05	1:03:38	89.	6.	6:24	54.7%
2023 Ickworth Sunset Chase 10K	136.	209 Allison Austin	Female V55	Haverhill Running Club	1:04:38	1:03:29	47.	5.	6:27	58.5%
2023 Ickworth Sunset Chase 10K	137.	277 Donna Crake	Female V45	Unattached	1:04:51	1:04:25	48.	11.	6:29	50.0%
2023 Ickworth Sunset Chase 10K	138.	359 Peter Ling	Male Senior	Unattached	1:04:52	1:04:23	90.	33.	6:29	41.2%
2023 Ickworth Sunset Chase 10K	139.	416 Gary Pinyoun	Male V50	Unattached	1:05:04	1:04:47	91.	13.	6:30	46.1%
2023 Ickworth Sunset Chase 10K	140.	203 Kathy Alderton	Female V45	Unattached	1:05:13	1:04:47	49.	12.	6:31	50.2%
2023 Ickworth Sunset Chase 10K	141.	297 Ben English	Male V45	Unattached	1:05:31	1:04:54	92.	19.	6:33	44.0%
2023 Ickworth Sunset Chase 10K	142.	298 Samantha English	Female V45	Unattached	1:05:31	1:04:54	50.	13.	6:33	51.1%
2023 Ickworth Sunset Chase 10K	143.	217 Les Bass	Male V60+	Royston Runners	1:05:44	1:05:10	93.	7.	6:34	52.3%
2023 Ickworth Sunset Chase 10K	144.	498 Denise Wright	Female V60+	Stowmarket Striders RC	1:05:48	1:05:35	51.	3.	6:34	59.9%
2023 Ickworth Sunset Chase 10K	145.	285 Sandra Dawkins	Female V55	Unattached	1:06:10	1:05:56	52.	6.	6:36	55.0%
2023 Ickworth Sunset Chase 10K	146.	308 Peter Ford	Male V60+	Unattached	1:06:18	1:05:48	94.	8.	6:37	53.9%
2023 Ickworth Sunset Chase 10K	147.	210 Suzanne Bailey	Female V55	Newmarket Joggers	1:06:27	1:05:53	53.	7.	6:38	57.7%
2023 Ickworth Sunset Chase 10K	148.	418 Cecilia Pipe	Female V45	HI Runners	1:07:22	1:07:05	54.	14.	6:44	48.6%
2023 Ickworth Sunset Chase 10K	149.	321 Stephanie Golding	Female V45	Unattached	1:07:40	1:07:09	55.	15.	6:45	48.4%
2023 Ickworth Sunset Chase 10K	150.	489 Lynne Williams	Female V55	Unattached	1:07:41	1:07:09	56.	8.	6:46	54.5%
2023 Ickworth Sunset Chase 10K	151.	390 Katrina Nethercott	Female V55	Unattached	1:08:07	1:07:46	57.	9.	6:48	55.6%
2023 Ickworth Sunset Chase 10K	152.	361 James Lockyer	Male Senior	Unattached	1:08:36	1:08:04	95.	34.	6:51	39.8%
2023 Ickworth Sunset Chase 10K	153.	397 Shaun Norris	Male Senior	Unattached	1:08:38	1:08:08	96.	35.	6:51	40.1%
2023 Ickworth Sunset Chase 10K	154.	284 Malcolm Darvill	Male V60+	Unattached	1:08:40	1:07:28	97.	9.	6:51	50.5%
2023 Ickworth Sunset Chase 10K	155.	28 Louise Edwards	Female V45	Unattached	1:08:45	1:08:33	58.	16.	6:52	48.7%
2023 Ickworth Sunset Chase 10K	156.	281 Melanie Cunningham	Male V50	Unattached	1:09:09	1:09:02	98.	14.	6:54	43.4%
2023 Ickworth Sunset Chase 10K	157.	211 Claire Baker	Female V45	Unattached	1:09:09	1:09:02	59.	17.	6:54	47.8%
2023 Ickworth Sunset Chase 10K	158.	398 Rose Norris	Male Senior	Unattached	1:09:22	1:08:53	99.	36.	6:56	38.5%
2023 Ickworth Sunset Chase 10K	159.	278 Tessa Crocker	Female V40	Unattached	1:09:23	1:08:52	60.	9.	6:56	45.9%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	160.	219 Ruth Bayne	Female V55	Unattached	1:09:41	1:09:15	61.	10.	6:58	53.6%
2023 Ickworth Sunset Chase 10K	161.	470 Megan Turner	Female Senior	Unattached	1:10:00	1:09:36	62.	18.	6:59	43.3%
2023 Ickworth Sunset Chase 10K	162.	419 James Plummer	Male Senior	Unattached	1:10:52	1:10:14	100.	37.	7:05	38.8%
2023 Ickworth Sunset Chase 10K	163.	216 Cather Barlow	Female Senior	Unattached	1:10:56	1:10:17	63.	19.	7:05	43.3%
2023 Ickworth Sunset Chase 10K	164.	304 Amie Field	Female Senior	Haverhill Running Club	1:10:57	1:10:18	64.	20.	7:05	42.7%
2023 Ickworth Sunset Chase 10K	165.	318 Faye Gibbs	Female V45	Unattached	1:11:02	1:10:49	65.	18.	7:06	46.6%
2023 Ickworth Sunset Chase 10K	166.	343 Alison Huggett	Female V40	Runmummyrun	1:11:02	1:10:49	66.	10.	7:06	44.2%
2023 Ickworth Sunset Chase 10K	167.	424 Nicola Powling	Female V40	Unattached	1:11:07	1:10:41	67.	11.	7:06	43.9%
2023 Ickworth Sunset Chase 10K	168.	477 Kristina Warner	Female Senior	Unattached	1:11:23	1:10:59	68.	21.	7:08	42.6%
2023 Ickworth Sunset Chase 10K	169.	333 Sarah Headland	Female V40	Unattached	1:11:28	1:10:53	69.	12.	7:08	44.2%
2023 Ickworth Sunset Chase 10K	170.	368 Claire Mason	Female V60+	Unattached	1:11:28	1:10:58	70.	4.	7:08	54.4%
2023 Ickworth Sunset Chase 10K	171.	426 Stuart Pryke	Male Senior	Unattached	1:11:36	1:11:17	101.	38.	7:09	37.4%
2023 Ickworth Sunset Chase 10K	172.	365 Susannah Mansfield	Female V45	Unattached	1:11:37	1:11:23	71.	19.	7:09	45.3%
2023 Ickworth Sunset Chase 10K	173.	260 Sarah Clarke	Female Senior	Unattached	1:11:39	1:11:20	72.	22.	7:09	42.9%
2023 Ickworth Sunset Chase 10K	174.	430 Heather Reynolds	Female Senior	Unattached	1:11:49	1:11:32	73.	23.	7:10	42.4%
2023 Ickworth Sunset Chase 10K	175.	215 Christine Barker	Female V60+	Lonely Goat RC	1:11:54	1:11:39	74.	5.	7:11	54.0%
2023 Ickworth Sunset Chase 10K	176.	230 Kacey Boyle	Female Senior	Unattached	1:12:34	1:12:17	75.	24.	7:15	42.0%
2023 Ickworth Sunset Chase 10K	177.	444 Stephanie Scott	Female Senior	Unattached	1:12:34	1:12:17	76.	25.	7:15	42.5%
2023 Ickworth Sunset Chase 10K	178.	435 Sarah Ripley-jones	Female V50	Unattached	1:12:35	1:11:56	77.	5.	7:15	47.2%
2023 Ickworth Sunset Chase 10K	179.	372 Debbie Medowall	Female V60+	Stowmarket Striders RC	1:12:45	1:12:33	78.	6.	7:16	54.9%
2023 Ickworth Sunset Chase 10K	180.	235 Sue Brentnall	Female V55	Cambridge & Coleridge	1:13:02	1:12:27	79.	11.	7:18	52.5%
2023 Ickworth Sunset Chase 10K	181.	506 Lauren Sparron	Female Senior	Lonely Goat RC	1:14:10	1:13:39	80.	26.	7:24	41.3%
2023 Ickworth Sunset Chase 10K	182.	270 Elaine Cooper	Female V50	Unattached	1:14:25	1:14:03	81.	6.	7:26	47.1%
2023 Ickworth Sunset Chase 10K	183.	334 Donna Hobbs	Female V45	Unattached	1:15:16	1:14:46	82.	20.	7:31	45.0%
2023 Ickworth Sunset Chase 10K	184.	289 Chery Douglas	Female Senior	Unattached	1:15:43	1:15:26	83.	27.	7:34	40.2%
2023 Ickworth Sunset Chase 10K	185.	499 Anastasia Wright	Female V40	Unattached	1:16:08	1:15:51	84.	13.	7:36	41.2%
2023 Ickworth Sunset Chase 10K	186.	456 Sarah Stanley	Female Senior	Unattached	1:16:09	1:15:39	85.	28.	7:36	40.5%
2023 Ickworth Sunset Chase 10K	187.	338 Sophia Howard	Female V45	Unattached	1:16:15	1:15:44	86.	21.	7:37	43.9%
2023 Ickworth Sunset Chase 10K	188.	490 Liz Williamson	Female V50	Unattached	1:16:25	1:15:54	87.	7.	7:38	45.3%
2023 Ickworth Sunset Chase 10K	189.	293 Claire Ellis	Female Senior	Unattached	1:16:55	1:16:17	88.	29.	7:41	39.4%
2023 Ickworth Sunset Chase 10K	190.	268 Debbie Cook	Female V55	Stowmarket Striders RC	1:17:02	1:16:49	89.	12.	7:42	49.1%
2023 Ickworth Sunset Chase 10K	191.	504 Hannah Mitchel	Female Senior	Unattached	1:17:05	1:16:57	90.	30.	7:42	39.3%
2023 Ickworth Sunset Chase 10K	192.	274 Amy Course	Female V45	Chatteris Running Club	1:17:08	1:16:26	91.	22.	7:42	42.0%
2023 Ickworth Sunset Chase 10K	193.	472 Chris Uden	Male V60+	Chatteris Running Club	1:17:08	1:16:27	102.	10.	7:42	44.1%
2023 Ickworth Sunset Chase 10K	194.	299 Catherine Ewan	Female V50	Chatteris Running Club	1:17:08	1:16:27	92.	8.	7:42	44.4%
2023 Ickworth Sunset Chase 10K	195.	358 Veronica Lewis	Female V45	Haverhill Running Club	1:17:21	1:16:54	93.	23.	7:44	43.2%
2023 Ickworth Sunset Chase 10K	196.	201 Louise Adams	Female V55	Unattached	1:18:25	1:18:11	94.	13.	7:50	48.3%
2023 Ickworth Sunset Chase 10K	197.	202 Donna Cutmore	Female V45	Unattached	1:18:34	1:18:10	95.	24.	7:51	43.1%
2023 Ickworth Sunset Chase 10K	198.	387 Tanya Murphy	Female V40	Unattached	1:18:34	1:18:10	96.	14.	7:51	40.9%
2023 Ickworth Sunset Chase 10K	199.	315 Gigi Gane	Female V55	Unattached	1:18:43	1:18:02	97.	14.	7:52	46.2%
2023 Ickworth Sunset Chase 10K	200.	465 Sue Thomas-taylor	Female V55	Unattached	1:18:44	1:18:03	98.	15.	7:52	46.2%
2023 Ickworth Sunset Chase 10K	201.	475 Emna Waddelow	Female Senior	Unattached	1:19:03	1:18:28	99.	31.	7:54	38.5%
2023 Ickworth Sunset Chase 10K	202.	367 Emilie Marsh	Female V40	Unattached	1:19:05	1:18:30	100.	15.	7:54	40.3%
2023 Ickworth Sunset Chase 10K	203.	502 Luke George	Male Senior	Unattached	1:19:14	1:18:49	103.	39.	7:55	33.7%
2023 Ickworth Sunset Chase 10K	204.	316 Karen Gardner	Female V60+	Unattached	1:19:21	1:18:45	101.	7.	7:56	51.0%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	205.	421 Nicola Pollard	Female Senior	Unattached	1:19:33	1:19:14	102.	32.	7:57	38.3%
2023 Ickworth Sunset Chase 10K	206.	461 Peter Sturgeon	Male V55	Lonely Goat RC	1:19:40	1:19:15	104.	9.	7:57	39.7%
2023 Ickworth Sunset Chase 10K	207.	264 Alison Cole	Female V40	Unattached	1:19:46	1:19:23	103.	16.	7:58	40.3%
2023 Ickworth Sunset Chase 10K	208.	500 Becky Miles	Female Senior	Unattached	1:19:47	1:19:24	104.	33.	7:58	38.7%
2023 Ickworth Sunset Chase 10K	209.	252 Gillian Carron	Female V50	Unattached	1:20:05	1:19:57	105.	9.	8:00	43.3%
2023 Ickworth Sunset Chase 10K	210.	312 Gillian Fry	Female V55	Unattached	1:20:10	1:19:48	106.	16.	8:00	47.8%
2023 Ickworth Sunset Chase 10K	211.	286 Elisabeth Dobing	Female V50	Unattached	1:21:52	1:21:22	107.	10.	8:11	43.9%
2023 Ickworth Sunset Chase 10K	212.	317 Dave Gardner	Male V60+	Unattached	1:22:25	1:22:06	105.	11.	8:14	41.7%
2023 Ickworth Sunset Chase 10K	213.	335 Chantal Holland	Female Senior	Unattached	1:23:25	1:22:43	108.	34.	8:20	36.3%
2023 Ickworth Sunset Chase 10K	214.	440 Jennifer Ruggier	Female Senior	Unattached	1:23:25	1:22:43	109.	35.	8:20	36.5%
2023 Ickworth Sunset Chase 10K	215.	396 Patrick Norris	Male V60+	Unattached	1:24:09	1:23:35	106.	12.	8:24	40.8%
2023 Ickworth Sunset Chase 10K	216.	446 Rosie Sizer	Female Senior	Unattached	1:24:33	1:23:54	110.	36.	8:27	35.8%
2023 Ickworth Sunset Chase 10K	217.	208 Kathryn Ashton	Female V40	Brandon Fern Hoppers	1:25:53	1:25:14	111.	17.	8:35	36.3%
2023 Ickworth Sunset Chase 10K	218.	383 Danielle Moore	Female V40	Unattached	1:26:51	1:26:13	112.	18.	8:41	36.7%
2023 Ickworth Sunset Chase 10K	219.	474 Meg Vasquez	Female Senior	Unattached	1:28:54	1:28:22	113.	37.	8:53	34.4%
2023 Ickworth Sunset Chase 10K	220.	370 Sheree Mcalinden	Female Senior	Unattached	1:28:55	1:28:22	114.	38.	8:53	34.4%
2023 Ickworth Sunset Chase 10K	221.	207 Heidi Ashford	Female V50	Unattached	1:31:54	1:31:33	115.	11.	9:11	38.6%
2023 Ickworth Sunset Chase 10K	222.	459 Anthony Stewart	Male V40	Unattached	1:34:11	1:33:33	107.	12.	9:25	30.1%
2023 Ickworth Sunset Chase 10K	223.	300 Rebecca Farley	Female Senior	Unattached	1:34:13	1:33:32	116.	39.	9:25	32.2%
2023 Ickworth Sunset Chase 10K	224.	376 Darran Miles	Male V55	Unattached	1:34:14	1:33:33	108.	10.	9:25	34.1%
2023 Ickworth Sunset Chase 10K	DNS	205 Keith Andrews	Male V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	212 Peggy Baldwin	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	213 Kieron Bales	Male V45	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	221 Harvey Bell	Male Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	223 Alastair Bennetto	Male V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	240 Jonathan Bruty	Male Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	246 Joanne Burnett	Female V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	247 Simon Burnett	Male V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	250 Bryony Cain	Female V45	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	251 David Cant	Male V40	Pitsea Running Club						0.0%
2023 Ickworth Sunset Chase 10K	DNS	256 Emma Chilvers	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	257 Matthew Chilvers	Male Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	262 Danielle Coates	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	263 Darren Cole	Male V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	269 Martin Cookson	Male V55	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	276 Freddie Cox-hartigan	Male U20	Bungay Black Dog Running Club						0.0%
2023 Ickworth Sunset Chase 10K	DNS	279 Ben Cross	Male V40	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	280 Kelly Cross	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	288 Molly Doherty	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	290 Aaliyah Douglas	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	292 Ronnie Egan	Female V50	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	302 Nikki Fear	Female V50	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	305 Victoria Fish	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	309 Kevin Foskett	Male V55	Unattached						0.0%
2023 Ickworth Sunset Chase 10K	DNS	311 Amanda Freemantle	Female V45	TriSudbury						0.0%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 10K	DNS	314 Matthew Gallo	Male V55	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	319 Stuart Gillibrand	Male V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	322 Lynsey Green	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	323 Mike Greener	Male V50	Saint Edmund Pacers	0.0%
2023 Ickworth Sunset Chase 10K	DNS	325 Harvey Grimwood	Male Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	328 Sean Hargreaves	Male V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	330 Kieran Hartigan	Male V50	Stowmarket Striders RC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	331 Kieran Harvey	Male Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	332 Matthew Harwood	Male V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	342 Portia Howe	Female V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	346 Daisy Huxtable	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	349 Laura Jenkins	Female Senior	Diss and District AC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	354 Katie Kew	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	355 Sophie Kirk	Female Senior	Horsforth Harriers	0.0%
2023 Ickworth Sunset Chase 10K	DNS	356 Andrew Kydd	Male V50	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	357 Lucinda Lawrence-brown	Female V45	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	360 Sarah Lockhart	Female V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	362 Ali Macdonald	Male V55	Lonely Goat RC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	377 Victoria Mitchell	Female V50	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	381 Matthew Monteith	Male V40	Lonely Goat RC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	382 Carly Moody	Female V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	385 Alexandra Moylett	Female Senior	Lonely Goat RC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	391 Craig Nethercott	Male V60+	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	392 Kevin Newey	Male V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	395 Ryan Norman	Male Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	400 Leanne Oatham	Female V40	Stowmarket Striders RC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	404 Phillip Orme	Male V60+	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	414 Natalie Pilmer	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	415 Chloe Pink	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	420 Rob Pollard	Male Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	423 David Powles	Male V40	Wymondham AC	0.0%
2023 Ickworth Sunset Chase 10K	DNS	425 Hannah Pringle	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	433 Katie Riches	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	434 Ian Rickard	Male Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	442 Jonathan Schofield	Male V50	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	451 Eleanor Sorrell	Female V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	453 Lorna Spriddell	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	454 Carol Spurgeon	Female V50	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	457 Carrie Stearn	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	458 Tracy Stevenson	Female V45	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	463 Jodu Symmonds	Female Senior	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	466 Helena Tiernay	Female V45	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	469 Andrew Tucker	Male V55	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	471 Emily Tydeman	Female V40	Unattached	0.0%
2023 Ickworth Sunset Chase 10K	DNS	476 Paul Walker	Male V40	Unattached	0.0%

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2023 Ickworth Sunset Chase 10K	DNS	480 Jason Webb	Male V40	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	481 Sydney Webb	Male U17	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	482 Lewis Wells	Male Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	484 Emily Western	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	485 Jess White	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	487 Elly Wilber	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	491 Neil Williamson	Male V45	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	494 Becky Woods	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 10K	DNS	497 George Wright	Male Senior	Stowmarket Striders RC							0.0%
2023 Ickworth Sunset Chase 5K	1.	495 Chris Woolener	Male Senior	Unattached	18:39	18:37	1.	1.	3:43		71.1%
2023 Ickworth Sunset Chase 5K	2.	54 Daniel Mayes-dally	Male Senior	Unattached	19:08	19:06	2.	2.	3:49		68.4%
2023 Ickworth Sunset Chase 5K	3.	18 Thomas Coe	Male Senior	Unattached	19:27	19:24	3.	3.	3:53		67.8%
2023 Ickworth Sunset Chase 5K	4.	78 Henry Stokoe	Male U15	Braintree District AC	20:31	20:27	4.	1.	4:06		66.7%
2023 Ickworth Sunset Chase 5K	5.	19 Chloe Connell	Female Senior	Unattached	22:09	22:07	1.	1.	4:25		66.6%
2023 Ickworth Sunset Chase 5K	6.	57 Shaun Morris	Male Senior	Unattached	23:17	23:11	5.	4.	4:39		58.4%
2023 Ickworth Sunset Chase 5K	7.	93 Amber Dickson	Female Senior	Unattached	23:39	23:36	2.	2.	4:43		62.4%
2023 Ickworth Sunset Chase 5K	8.	64 Rob Pollard	Male Senior	Unattached	24:01	23:59	6.	5.	4:48		55.2%
2023 Ickworth Sunset Chase 5K	9.	27 Archie Dowds	Male U13	Unattached	24:35	24:33	7.	1.	4:54		58.6%
2023 Ickworth Sunset Chase 5K	10.	26 Les Dowds	Male V50	Unattached	24:36	24:34	8.	1.	4:55		60.4%
2023 Ickworth Sunset Chase 5K	11.	1 Barry Allen	Male V60+	Lonely Goat RC	25:16	25:12	9.	1.	5:03		63.2%
2023 Ickworth Sunset Chase 5K	12.	86 Vilma Vensloviene	Female V40	Unattached	25:45	25:40	3.	1.	5:08		59.2%
2023 Ickworth Sunset Chase 5K	13.	369 Charlie Mayhew	Male Senior	Unattached	25:54	25:45	10.	6.	5:10		50.1%
2023 Ickworth Sunset Chase 5K	14.	8 Martin Bellotti	Male V40	Unattached	26:29	26:24	11.	1.	5:17		52.1%
2023 Ickworth Sunset Chase 5K	15.	37 Robert Haines	Male Senior	Unattached	26:51	26:48	12.	7.	5:22		48.3%
2023 Ickworth Sunset Chase 5K	16.	49 Victoria Hunt	Female Senior	Unattached	27:10	27:04	4.	3.	5:25		55.3%
2023 Ickworth Sunset Chase 5K	17.	462 Tori Swallows	Female Senior	Unattached	27:32	27:29	5.	4.	5:30		54.0%
2023 Ickworth Sunset Chase 5K	18.	291 Gio Eburne	Female V55	Unattached	27:49	27:49	6.	1.	5:33		63.5%
2023 Ickworth Sunset Chase 5K	19.	70 Stephen Rout	Male V60+	Unattached	27:59	27:52	13.	2.	5:35		58.5%
2023 Ickworth Sunset Chase 5K	20.	10 Mel Borley	Female V55	Unattached	28:16	28:06	7.	2.	5:39		63.2%
2023 Ickworth Sunset Chase 5K	21.	96 Bryony Cain	Female V45	Unattached	28:31	28:16	8.	1.	5:42		55.1%
2023 Ickworth Sunset Chase 5K	22.	87 Graham Wade	Male V55	Thetford Athletic Club	28:31	28:15	14.	1.	5:42		55.5%
2023 Ickworth Sunset Chase 5K	23.	36 Charlotte Green	Female Senior	Unattached	28:49	28:33	9.	5.	5:45		51.2%
2023 Ickworth Sunset Chase 5K	24.	95 Bonnie Stockdale	Female Senior	Unattached	28:59	28:49	10.	6.	5:47		50.9%
2023 Ickworth Sunset Chase 5K	25.	17 Bonnie Coe	Female Senior	Unattached	29:06	28:54	11.	7.	5:49		50.7%
2023 Ickworth Sunset Chase 5K	26.	55 Hayley Mead	Female Senior	Unattached	29:33	29:29	12.	8.	5:54		50.1%
2023 Ickworth Sunset Chase 5K	27.	65 Jessica Power	Female U17	Unattached	29:56	29:52	13.	1.	5:59		51.8%
2023 Ickworth Sunset Chase 5K	28.	2 Helen Ayers	Female V55	Unattached	30:20	30:07	14.	3.	6:03		59.6%
2023 Ickworth Sunset Chase 5K	29.	76 Terry Smith	Male V60+	Unattached	30:36	30:26	15.	3.	6:07		52.6%
2023 Ickworth Sunset Chase 5K	30.	51 Sarah Last	Female V50	Newmarket Joggers	31:34	31:27	15.	1.	6:18		52.9%
2023 Ickworth Sunset Chase 5K	31.	97 Rachel Morris	Female Senior	Unattached	32:03	31:55	16.	9.	6:24		46.1%
2023 Ickworth Sunset Chase 5K	32.	41 Sarah Higgs	Female V40	Unattached	32:26	32:19	17.	2.	6:29		46.7%
2023 Ickworth Sunset Chase 5K	33.	89 Sarah Williams	Female V40	Unattached	32:54	32:49	18.	3.	6:34		46.3%
2023 Ickworth Sunset Chase 5K	34.	45 Jamie Hornell-edwards	Female Senior	Unattached	33:03	32:58	19.	10.	6:36		44.9%
2023 Ickworth Sunset Chase 5K	35.	68 Ellis Reinman	Female Senior	Unattached	33:18	33:11	20.	11.	6:39		44.3%
2023 Ickworth Sunset Chase 5K	36.	92 Martin Godfrey	Male V45	Unattached	34:12	33:55	16.	1.	6:50		42.8%

RACE CHIP TIMING RESULTS

2023 Ickworth Sunset Chase 5K	37.	83 Michelle Todd	Female V40	Unattached	34:12	33:56	21.	4.	6:50	44.6%
2023 Ickworth Sunset Chase 5K	38.	80 Christina Sundalskliev	Female Senior	Unattached	34:23	34:20	22.	12.	6:52	43.5%
2023 Ickworth Sunset Chase 5K	39.	81 Jodie Sundalskliev	Female Senior	Unattached	34:24	34:20	23.	13.	6:52	43.8%
2023 Ickworth Sunset Chase 5K	40.	24 Ailsa Denny	Female Senior	Unattached	35:24	35:16	24.	14.	7:04	41.8%
2023 Ickworth Sunset Chase 5K	41.	84 Sarah Tucker	Female V50	Unattached	35:26	35:04	25.	2.	7:05	47.6%
2023 Ickworth Sunset Chase 5K	42.	29 Coralie Evans	Female V55	Unattached	35:28	35:18	26.	4.	7:05	49.2%
2023 Ickworth Sunset Chase 5K	43.	14 Suz Carter-white	Female V45	Haverhill Running Club	35:49	35:40	27.	2.	7:09	43.8%
2023 Ickworth Sunset Chase 5K	44.	74 Alison Smith	Female V40	Haverhill Running Club	35:50	35:41	28.	5.	7:09	43.1%
2023 Ickworth Sunset Chase 5K	45.	15 Stacey Castle	Female V55	Haverhill Running Club	35:57	35:48	29.	5.	7:11	49.7%
2023 Ickworth Sunset Chase 5K	46.	59 Joanna Nicholas	Female V45	Unattached	35:59	35:49	30.	3.	7:11	44.0%
2023 Ickworth Sunset Chase 5K	47.	9 Ann Bennion	Female V60+	Unattached	36:07	35:55	31.	1.	7:13	61.0%
2023 Ickworth Sunset Chase 5K	48.	52 Sophie Last	Female Senior	Unattached	36:11	36:02	32.	15.	7:14	41.5%
2023 Ickworth Sunset Chase 5K	49.	32 Tony Friend	Male V60+	Lonely Goat RC	36:18	36:06	17.	4.	7:15	43.9%
2023 Ickworth Sunset Chase 5K	50.	73 Amy Shave	Female V40	Unattached	36:30	36:22	33.	6.	7:17	41.5%
2023 Ickworth Sunset Chase 5K	51.	69 Elaine Robinson	Female V60+	Stowmarket Striders RC	36:41	36:25	34.	2.	7:20	51.8%
2023 Ickworth Sunset Chase 5K	52.	50 Sarah James	Female V45	Waveney Valley AC	37:06	36:53	35.	4.	7:25	42.7%
2023 Ickworth Sunset Chase 5K	53.	13 CarolynCarolyn Bramble	Female V60+	Unattached	37:06	36:53	36.	3.	7:25	49.9%
2023 Ickworth Sunset Chase 5K	54.	48 Jenny Huff	Female V60+	Unattached	37:33	37:19	37.	4.	7:30	58.6%
2023 Ickworth Sunset Chase 5K	55.	60 Emma Nicholson	Female V50	Unattached	37:41	37:30	38.	3.	7:32	43.8%
2023 Ickworth Sunset Chase 5K	56.	58 Laura Naughton	Female Senior	Unattached	38:15	38:11	39.	16.	7:38	38.6%
2023 Ickworth Sunset Chase 5K	57.	88 Naomi Willcox	Female V50	Unattached	38:16	37:54	40.	4.	7:39	44.6%
2023 Ickworth Sunset Chase 5K	58.	85 Lauren Vejvoda	Female Senior	Unattached	39:21	39:10	41.	17.	7:52	38.1%
2023 Ickworth Sunset Chase 5K	59.	35 Gillian Green	Female V60+	Newmarket Joggers	39:28	39:14	42.	5.	7:53	48.1%
2023 Ickworth Sunset Chase 5K	60.	82 Claire Thompson	Female V50	Unattached	39:44	39:32	43.	5.	7:56	41.5%
2023 Ickworth Sunset Chase 5K	61.	56 Emma Mobbs	Female Senior	Unattached	39:46	39:33	44.	18.	7:57	37.9%
2023 Ickworth Sunset Chase 5K	62.	7 Chloe Bellotti	Female Senior	Unattached	39:59	39:43	45.	19.	7:59	37.7%
2023 Ickworth Sunset Chase 5K	63.	42 Jennifer Holland	Female Senior	Unattached	40:08	39:47	46.	20.	8:01	37.1%
2023 Ickworth Sunset Chase 5K	64.	90 Rebecca Wilson	Female Senior	Unattached	40:09	39:48	47.	21.	8:01	36.8%
2023 Ickworth Sunset Chase 5K	65.	31 Paul Forshaw	Male V60+	Fetch Everyone Running Club	41:27	41:10	18.	5.	8:17	42.1%
2023 Ickworth Sunset Chase 5K	66.	47 Janine Howlett	Female V40	Unattached	42:27	42:09	48.	7.	8:29	36.4%
2023 Ickworth Sunset Chase 5K	67.	11 Emma Bouttell	Female Senior	Unattached	42:27	42:09	49.	22.	8:29	34.8%
2023 Ickworth Sunset Chase 5K	68.	94 Victoria Fish	Female Senior	Unattached	43:23	43:14	50.	23.	8:40	34.3%
2023 Ickworth Sunset Chase 5K	69.	12 Veronica Bowers	Female V60+	Unattached	47:14	46:59	51.	6.	9:26	47.3%
2023 Ickworth Sunset Chase 5K	70.	44 Ruth Hopper	Female V55	Unattached	47:14	46:59	52.	6.	9:26	38.7%
2023 Ickworth Sunset Chase 5K	71.	67 Jo Rees	Female V45	Unattached	47:39	47:32	53.	5.	9:31	33.6%
2023 Ickworth Sunset Chase 5K	72.	39 Zoe Hartill	Female Senior	Unattached	54:07	53:45	54.	24.	10:49	27.4%
2023 Ickworth Sunset Chase 5K	DNS	3 Clare Bailey	Female V45	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	4 Christine Barker	Female V60+	Lonely Goat RC						0.0%
2023 Ickworth Sunset Chase 5K	DNS	5 James Battye	Male Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	6 Keith Battye	Male V60+	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	16 Sarah Clarke	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	20 Jocelyne Crallan	Female V50	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	21 Jonathan Crallan	Male V50	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	22 Charlotte Daniels	Female Senior	Unattached						0.0%
2023 Ickworth Sunset Chase 5K	DNS	23 Malcolm Darvill	Male V60+	Unattached						0.0%

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2023 Ickworth Sunset Chase 5K	DNS	25 Erica Dorling	Female V40	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	30 Suzanne Favell	Female V50	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	33 Gillian Fry	Female V55	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	34 Luke George	Male Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	38 Gregory Hannam	Male Senior	Saint Edmund Pacers							0.0%
2023 Ickworth Sunset Chase 5K	DNS	40 Amy Hepworth	Female V40	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	43 Mary Hope	Female V60+	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	46 Beverley Howkins	Female V55	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	53 Clare Lay	Female V55	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	61 Leanne Oatham	Female V40	Stowmarket Striders RC							0.0%
2023 Ickworth Sunset Chase 5K	DNS	62 Celine Ophelders	Female Senior	Lonely Goat RC							0.0%
2023 Ickworth Sunset Chase 5K	DNS	63 Marie Parker	Female V40	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	66 Stuart Pryke	Male Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	71 Emma Schofield	Female V50	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	72 Oscar Schofield	Male U15	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	75 Alexander Smith	Male V45	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	77 Jazmine Stemp	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	79 Nancy Story	Female Senior	Unattached							0.0%
2023 Ickworth Sunset Chase 5K	DNS	91 Becky Woods	Female Senior	Unattached							0.0%
2023 Richard Bennett Coastal 10m	1.	750 Robert Dobson	Male V40	Newmarket Joggers	57:19	57:18	1.	1.	5:43	81.0%	
2023 Richard Bennett Coastal 10m	2.	419 Claire Jacobs	Female Senior	Hadleigh Hares AC	1:00:13	1:00:12	1.	1.	6:01	83.8%	
2023 Richard Bennett Coastal 10m	3.	724 Adam Howlett	Male V50	Unattached	1:00:34	1:00:32	2.	1.	6:03	82.7%	
2023 Richard Bennett Coastal 10m	4.	718 Mark Allen	Male V55	Ipswich Jaffa RC	1:01:53	1:01:52	3.	1.	6:11	84.6%	
2023 Richard Bennett Coastal 10m	5.	732 Jonathan Glanfield	Male V40	Felixstowe RRC	1:02:28	1:02:28	4.	2.	6:14	72.6%	
2023 Richard Bennett Coastal 10m	6.	460 Haydn Wade	Male Senior	Felixstowe RRC	1:03:37	1:03:36	5.	1.	6:21	69.1%	
2023 Richard Bennett Coastal 10m	7.	509 Laura Thomas	Female Senior	Ipswich Jaffa RC	1:03:49	1:03:48	2.	2.	6:22	77.3%	
2023 Richard Bennett Coastal 10m	8.	364 Henry Catling	Male Senior	Felixstowe RRC	1:03:55	1:03:55	6.	2.	6:23	68.8%	
2023 Richard Bennett Coastal 10m	9.	503 Matthew Friend	Male Senior	Harwich Runners	1:04:13	1:04:12	7.	3.	6:25	68.5%	
2023 Richard Bennett Coastal 10m	10.	568 Neal Hardwick	Male V45	Kesgrave Cruisers	1:04:19	1:04:15	8.	1.	6:25	73.4%	
2023 Richard Bennett Coastal 10m	11.	505 Tom Hancock	Male V50	Harwich Runners	1:04:29	1:04:23	9.	2.	6:26	78.3%	
2023 Richard Bennett Coastal 10m	12.	506 Tom Ames	Male V40	Stowmarket Striders RC	1:04:37	1:04:34	10.	3.	6:27	71.3%	
2023 Richard Bennett Coastal 10m	13.	379 Gary Taylor	Male Senior	Felixstowe RRC	1:04:56	1:04:54	11.	4.	6:29	69.0%	
2023 Richard Bennett Coastal 10m	14.	574 Ashley Smy	Male V40	Felixstowe RRC	1:05:08	1:05:07	12.	4.	6:30	70.7%	
2023 Richard Bennett Coastal 10m	15.	537 Chris Green	Male Senior	Unattached	1:05:10	1:05:08	13.	5.	6:30	67.5%	
2023 Richard Bennett Coastal 10m	16.	666 Paul Deasy	Male V50	Unattached	1:05:32	1:05:24	14.	3.	6:33	75.1%	
2023 Richard Bennett Coastal 10m	17.	573 Paul Wain	Male Senior	Ipswich Jaffa RC	1:05:36	1:05:35	15.	6.	6:33	67.0%	
2023 Richard Bennett Coastal 10m	18.	606 Harry Fitzgerald	Male Senior	Unattached	1:06:09	1:06:07	16.	7.	6:36	66.5%	
2023 Richard Bennett Coastal 10m	19.	653 Jason Taylor	Male V50	Felixstowe RRC	1:06:27	1:06:22	17.	4.	6:38	74.1%	
2023 Richard Bennett Coastal 10m	20.	596 Andrew Farn	Male Senior	Fordy Runs Running Club	1:07:33	1:07:31	18.	8.	6:45	65.1%	
2023 Richard Bennett Coastal 10m	21.	615 Dave Solomon	Male V55	Felixstowe RRC	1:07:43	1:07:40	19.	2.	6:46	76.6%	
2023 Richard Bennett Coastal 10m	22.	684 Steve Brooke	Male V55	Felixstowe RRC	1:07:51	1:07:49	20.	3.	6:47	75.8%	
2023 Richard Bennett Coastal 10m	23.	617 Michael Jennings	Male Senior	Unattached	1:08:21	1:08:18	21.	9.	6:50	64.3%	
2023 Richard Bennett Coastal 10m	24.	688 Jonathan Pestell	Male V40	Unattached	1:08:25	1:08:18	22.	5.	6:50	67.9%	
2023 Richard Bennett Coastal 10m	25.	459 Kevin Peirce	Male V45	Ipswich Harriers	1:08:28	1:08:26	23.	2.	6:50	70.7%	
2023 Richard Bennett Coastal 10m	26.	533 Rosie Horsfield	Female Senior	Ipswich Jaffa RC	1:08:42	1:08:40	3.	3.	6:52	73.8%	

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2023 Richard Bennett Coastal 10m	27.	773 Jack Carpenter	Male Senior	Felixstowe RRC	1:09:03	1:09:02	24.	10.	6:54	64.1%
2023 Richard Bennett Coastal 10m	28.	634 Kes Hawkins	Male Senior	Rushmere Community Runners	1:09:07	1:09:03	25.	11.	6:54	63.6%
2023 Richard Bennett Coastal 10m	29.	424 Stephen Munnings	Male V40	Felixstowe RRC	1:09:39	1:09:37	26.	6.	6:57	65.6%
2023 Richard Bennett Coastal 10m	30.	671 Richard Alexander	Male V50	Unattached	1:09:44	1:09:40	27.	5.	6:58	73.1%
2023 Richard Bennett Coastal 10m	31.	705 Adrian Frost	Male V50	Saint Edmund Pacers	1:09:50	1:09:47	28.	6.	6:58	71.7%
2023 Richard Bennett Coastal 10m	32.	504 Robin Brookes	Male V50	Harwich Runners	1:09:54	1:09:47	29.	7.	6:59	72.9%
2023 Richard Bennett Coastal 10m	33.	733 Nick Frost	Male V50	Capel Cheetahs	1:09:56	1:09:33	30.	8.	6:59	72.9%
2023 Richard Bennett Coastal 10m	34.	726 Alice Brear Clarkson	Female Senior	Ely Runners	1:10:27	1:10:24	4.	4.	7:02	70.5%
2023 Richard Bennett Coastal 10m	35.	727 Paul Brear Clarkson	Male Senior	Ely Runners	1:10:27	1:10:24	31.	12.	7:02	63.3%
2023 Richard Bennett Coastal 10m	36.	385 Steve Hall	Male V50	Framlingham Flyers	1:10:34	1:10:31	32.	9.	7:03	69.7%
2023 Richard Bennett Coastal 10m	37.	522 Stephen Bullen	Male V45	Great Bentley Running Club	1:10:43	1:10:40	33.	3.	7:04	69.0%
2023 Richard Bennett Coastal 10m	38.	637 Neil Barnett	Male Senior	Unattached	1:10:50	1:10:39	34.	13.	7:04	62.1%
2023 Richard Bennett Coastal 10m	39.	709 Philip Chappels	Male V45	Kesgrave Cruisers	1:11:36	1:11:31	35.	4.	7:09	67.0%
2023 Richard Bennett Coastal 10m	40.	743 Simon Garnham	Male Senior	Unattached	1:11:43	1:11:38	36.	14.	7:10	62.8%
2023 Richard Bennett Coastal 10m	41.	605 Adam Bretts	Male V40	Unattached	1:11:43	1:11:41	37.	7.	7:10	63.2%
2023 Richard Bennett Coastal 10m	42.	783 Daryl Simpson	Male V50	Ipswich Jaffa RC	1:11:47	1:11:41	38.	10.	7:10	68.6%
2023 Richard Bennett Coastal 10m	43.	757 Chris Wong	Male Senior	Saxmundham Sports Running & J	1:11:52	1:11:45	39.	15.	7:11	61.2%
2023 Richard Bennett Coastal 10m	44.	604 Luke Whitwell	Male V40	Felixstowe RRC	1:12:20	1:12:19	40.	8.	7:13	62.7%
2023 Richard Bennett Coastal 10m	45.	665 Jason King	Male V40	Felixstowe RRC	1:12:57	1:12:51	41.	9.	7:17	63.1%
2023 Richard Bennett Coastal 10m	46.	512 Roger Stone	Male V55	Kesgrave Cruisers	1:13:03	1:12:57	42.	4.	7:18	70.4%
2023 Richard Bennett Coastal 10m	47.	692 Stuart Wright	Male V45	Felixstowe RRC	1:13:23	1:13:17	43.	5.	7:20	65.9%
2023 Richard Bennett Coastal 10m	48.	387 Kevin Clegg	Male V40	Kesgrave Cruisers	1:13:24	1:13:19	44.	10.	7:20	63.3%
2023 Richard Bennett Coastal 10m	49.	370 David Bowman	Male V40	Unattached	1:13:47	1:13:43	45.	11.	7:22	62.4%
2023 Richard Bennett Coastal 10m	50.	524 Mircea Batog	Male Senior	Unattached	1:13:54	1:13:53	46.	16.	7:23	59.9%
2023 Richard Bennett Coastal 10m	51.	349 Robin Harper	Male V45	Felixstowe RRC	1:13:58	1:13:56	47.	6.	7:23	64.9%
2023 Richard Bennett Coastal 10m	52.	351 Sam Baxter	Female V40	Felixstowe RRC	1:14:09	1:14:04	5.	1.	7:24	69.8%
2023 Richard Bennett Coastal 10m	53.	618 Holly Taylor	Female Senior	Felixstowe RRC	1:14:26	1:14:16	6.	5.	7:26	67.5%
2023 Richard Bennett Coastal 10m	54.	699 Sally Waterworth	Female V45	Ipswich Triathlon Club	1:14:33	1:14:29	7.	1.	7:27	71.2%
2023 Richard Bennett Coastal 10m	55.	507 Mark Novels	Male V60+	Haverhill Running Club	1:14:53	1:14:49	48.	1.	7:29	71.9%
2023 Richard Bennett Coastal 10m	56.	710 Jayne Chappels	Female V45	Kesgrave Cruisers	1:14:59	1:14:55	8.	2.	7:29	72.2%
2023 Richard Bennett Coastal 10m	57.	650 Mark Ford	Male V55	Felixstowe RRC	1:15:52	1:15:50	49.	5.	7:35	68.4%
2023 Richard Bennett Coastal 10m	58.	742 Harry Grimsey	Male Senior	Saxmundham Sports Running & J	1:16:15	1:16:08	50.	17.	7:37	57.7%
2023 Richard Bennett Coastal 10m	59.	652 Mark Goodwin	Male V50	Felixstowe RRC	1:16:17	1:16:11	51.	11.	7:37	65.1%
2023 Richard Bennett Coastal 10m	60.	344 Kerry Buckley	Male V50	Felixstowe RRC	1:16:18	1:16:08	52.	12.	7:37	66.2%
2023 Richard Bennett Coastal 10m	61.	525 Gregor Kennedy	Male V50	BLC on the Run	1:17:02	1:16:51	53.	13.	7:42	66.2%
2023 Richard Bennett Coastal 10m	62.	771 Dominic Bareham	Male V40	Felixstowe RRC	1:17:32	1:17:26	54.	12.	7:45	60.4%
2023 Richard Bennett Coastal 10m	63.	704 Martin Jarvis	Male V45	Unattached	1:17:40	1:17:37	55.	7.	7:45	62.3%
2023 Richard Bennett Coastal 10m	64.	669 Mark Bulstrode	Male V40	Kesgrave Cruisers	1:17:44	1:17:38	56.	13.	7:46	59.7%
2023 Richard Bennett Coastal 10m	65.	695 Tom Taylor	Male V60+	Unattached	1:17:54	1:17:32	57.	2.	7:47	69.8%
2023 Richard Bennett Coastal 10m	66.	536 Luke Jones	Male V40	Unattached	1:18:03	1:17:37	58.	14.	7:48	59.0%
2023 Richard Bennett Coastal 10m	67.	355 Daniel Pelling	Male V50	Haverhill Running Club	1:18:11	1:18:07	59.	14.	7:49	63.5%
2023 Richard Bennett Coastal 10m	68.	614 Stephen Dunnett	Male V60+	Framlingham Flyers	1:18:17	1:18:11	60.	3.	7:49	72.2%
2023 Richard Bennett Coastal 10m	69.	691 Ross Rands	Male Senior	Felixstowe RRC	1:18:19	1:18:08	61.	18.	7:49	56.7%
2023 Richard Bennett Coastal 10m	70.	557 Adrian Peake	Male V55	Ipswich Jaffa RC	1:18:35	1:18:32	62.	6.	7:51	67.2%
2023 Richard Bennett Coastal 10m	71.	746 Jo Hayward	Female V50	Stowmarket Striders RC	1:18:42	1:18:26	9.	1.	7:52	73.9%

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2023 Richard Bennett Coastal 10m	72.	426 Bryan Wybrow	Male V40	Felixstowe RRC	1:18:43	1:18:35	63.	15.	7:52	58.0%
2023 Richard Bennett Coastal 10m	73.	442 Jamie Briers	Male Senior	Unattached	1:18:48	1:18:46	64.	19.	7:52	55.8%
2023 Richard Bennett Coastal 10m	74.	739 Rob Armstrong	Male V40	Lonely Goat RC	1:18:51	1:18:19	65.	16.	7:53	58.4%
2023 Richard Bennett Coastal 10m	75.	467 Carl Berriman	Male V50	Rushmere Community Runners	1:19:04	1:18:50	66.	15.	7:54	63.9%
2023 Richard Bennett Coastal 10m	76.	775 Rehaan Husain	Male Senior	Unattached	1:19:23	1:19:19	67.	20.	7:56	55.4%
2023 Richard Bennett Coastal 10m	77.	371 Sam Linassi	Female V45	Felixstowe RRC	1:19:28	1:19:24	10.	3.	7:56	68.2%
2023 Richard Bennett Coastal 10m	78.	751 Ian Coxall	Male V50	Rushmere Community Runners	1:19:31	1:19:23	68.	16.	7:57	61.9%
2023 Richard Bennett Coastal 10m	79.	552 John Vinecombe	Male Senior	Unattached	1:19:32	1:19:29	69.	21.	7:57	55.4%
2023 Richard Bennett Coastal 10m	80.	422 Dave Howgego	Male V55	Woodbridge Shufflers RC	1:19:45	1:19:33	70.	7.	7:58	65.1%
2023 Richard Bennett Coastal 10m	81.	767 Oliver Dixon	Male Senior	Unattached	1:19:53	1:19:42	71.	22.	7:59	55.5%
2023 Richard Bennett Coastal 10m	82.	403 Chris Osborne	Male V45	Felixstowe RRC	1:20:05	1:19:48	72.	8.	8:00	60.9%
2023 Richard Bennett Coastal 10m	83.	740 Ryan Davidson	Male Senior	Unattached	1:20:10	1:19:45	73.	23.	8:00	54.9%
2023 Richard Bennett Coastal 10m	84.	700 Richard White	Male V45	Unattached	1:20:14	1:20:09	74.	9.	8:01	59.8%
2023 Richard Bennett Coastal 10m	85.	473 Mark Rose	Male V45	Ipswich Jaffa RC	1:20:20	1:20:13	75.	10.	8:01	60.2%
2023 Richard Bennett Coastal 10m	86.	602 Chris Chorley	Male V60+	Bungay Black Dog RC	1:20:23	1:20:10	76.	4.	8:02	67.0%
2023 Richard Bennett Coastal 10m	87.	722 Matthew Mann	Male V40	Unattached	1:20:26	1:20:04	77.	17.	8:02	56.4%
2023 Richard Bennett Coastal 10m	88.	400 Heather Smith	Female V40	Maidenhead AC	1:20:34	1:20:27	11.	2.	8:03	63.8%
2023 Richard Bennett Coastal 10m	89.	753 Benjamin Askew	Male V45	Unattached	1:20:46	1:20:41	78.	11.	8:04	58.9%
2023 Richard Bennett Coastal 10m	90.	384 Barry Hawtin	Male V40	Felixstowe RRC	1:20:57	1:20:49	79.	18.	8:05	56.4%
2023 Richard Bennett Coastal 10m	91.	546 Nicki Ripman	Female V40	Unattached	1:21:18	1:21:03	12.	3.	8:07	64.7%
2023 Richard Bennett Coastal 10m	92.	664 Chay Hathway	Male Senior	Unattached	1:21:52	1:21:29	80.	24.	8:11	53.7%
2023 Richard Bennett Coastal 10m	93.	482 David Church	Male V50	Felixstowe RRC	1:22:25	1:22:19	81.	17.	8:14	60.8%
2023 Richard Bennett Coastal 10m	94.	545 George Mann	Male Senior	Unattached	1:22:30	1:22:10	82.	25.	8:14	53.3%
2023 Richard Bennett Coastal 10m	95.	694 Andrew Cleveland	Male V50	Unattached	1:22:30	1:22:18	83.	18.	8:14	61.8%
2023 Richard Bennett Coastal 10m	96.	452 Helen Findley	Female V40	Kesgrave Cruisers	1:22:30	1:22:14	13.	4.	8:14	63.2%
2023 Richard Bennett Coastal 10m	97.	570 Sandy Page	Female V45	Kesgrave Cruisers	1:22:31	1:22:14	14.	4.	8:15	65.0%
2023 Richard Bennett Coastal 10m	98.	752 Simon Askew	Male V45	Unattached	1:22:40	1:22:34	84.	12.	8:15	57.6%
2023 Richard Bennett Coastal 10m	99.	534 Richard Laycock	Male V45	Unattached	1:22:52	1:22:43	85.	13.	8:17	57.9%
2023 Richard Bennett Coastal 10m	100.	636 Darin Osborne	Male V55	Rushmere Community Runners	1:22:54	1:22:40	86.	8.	8:17	63.2%
2023 Richard Bennett Coastal 10m	101.	511 Kevin Whelan	Male V55	Felixstowe RRC	1:22:57	1:22:47	87.	9.	8:17	63.1%
2023 Richard Bennett Coastal 10m	102.	682 Peter Woods	Male V40	Felixstowe RRC	1:23:05	1:22:52	88.	19.	8:18	54.6%
2023 Richard Bennett Coastal 10m	103.	404 Mark Clinton	Male V40	Unattached	1:23:07	1:22:41	89.	20.	8:18	54.6%
2023 Richard Bennett Coastal 10m	104.	672 Bryn Ablard	Male Senior	Unattached	1:23:08	1:23:01	90.	26.	8:18	52.9%
2023 Richard Bennett Coastal 10m	105.	645 Lewis Grant	Male V45	Unattached	1:23:11	1:22:54	91.	14.	8:19	58.2%
2023 Richard Bennett Coastal 10m	106.	706 Simon Fenn	Male V55	BLC on the Run	1:23:24	1:23:10	92.	10.	8:20	62.8%
2023 Richard Bennett Coastal 10m	107.	599 Graham Wigley	Male V60+	Framlingham Flyers	1:23:25	1:23:20	93.	5.	8:20	67.7%
2023 Richard Bennett Coastal 10m	108.	702 Tom Stephens	Male V50	Felixstowe RRC	1:23:25	1:23:19	94.	19.	8:20	61.1%
2023 Richard Bennett Coastal 10m	109.	737 Emma Ward	Female Senior	Diss and District AC	1:23:29	1:23:22	15.	6.	8:20	60.1%
2023 Richard Bennett Coastal 10m	110.	627 Alec Wright	Male V45	Ipswich Jaffa RC	1:23:32	1:23:20	95.	15.	8:21	56.5%
2023 Richard Bennett Coastal 10m	111.	518 James Morrell	Male Senior	Unattached	1:23:48	1:23:44	96.	27.	8:22	52.5%
2023 Richard Bennett Coastal 10m	112.	761 Chris Haystead	Male V50	Unattached	1:24:18	1:24:08	97.	20.	8:25	60.5%
2023 Richard Bennett Coastal 10m	113.	464 Andrew Budd	Male V60+	Capel Cheetahs	1:24:23	1:24:15	98.	6.	8:26	66.3%
2023 Richard Bennett Coastal 10m	114.	535 Neil Hunting	Male V45	Unattached	1:24:24	1:24:09	99.	16.	8:26	56.4%
2023 Richard Bennett Coastal 10m	115.	597 Michelle Murphy	Female V45	Felixstowe RRC	1:24:29	1:24:19	16.	5.	8:26	65.6%
2023 Richard Bennett Coastal 10m	116.	405 Kim Smith	Female Senior	Diss and District AC	1:24:33	1:24:27	17.	7.	8:27	59.7%

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2023 Richard Bennett Coastal 10m	117.	440 Aimee McLachlan	Female V50	Woodbridge Shufflers RC	1:24:34	1:24:11	18.	2.	8:27	67.1%
2023 Richard Bennett Coastal 10m	118.	629 Daniel Bycraft	Male Senior	Unattached	1:24:39	1:24:34	100.	28.	8:27	52.9%
2023 Richard Bennett Coastal 10m	119.	760 Kevin Scutcher	Male V40	Unattached	1:24:41	1:24:19	101.	21.	8:28	54.4%
2023 Richard Bennett Coastal 10m	120.	444 Carl Bergdahl	Male V50	Ipswich Jaffa RC	1:24:46	1:24:33	102.	21.	8:28	59.6%
2023 Richard Bennett Coastal 10m	121.	396 Christopher Durrant	Male V55	Felixstowe RRC	1:24:55	1:24:45	103.	11.	8:29	61.1%
2023 Richard Bennett Coastal 10m	122.	641 Mark Gleen	Male V45	Kesgrave Cruisers	1:24:58	1:24:45	104.	17.	8:29	56.9%
2023 Richard Bennett Coastal 10m	123.	646 Paul Stone	Male V45	Felixstowe RRC	1:25:15	1:25:10	105.	18.	8:31	57.2%
2023 Richard Bennett Coastal 10m	124.	631 Alexander Smith	Male V45	Unattached	1:25:23	1:25:03	106.	19.	8:32	55.3%
2023 Richard Bennett Coastal 10m	125.	589 Richard Phillips	Male V45	Kesgrave Cruisers	1:25:30	1:25:12	107.	20.	8:32	55.2%
2023 Richard Bennett Coastal 10m	126.	443 Adam Plummer	Male Senior	Rushmere Community Runners	1:25:35	1:25:21	108.	29.	8:33	51.4%
2023 Richard Bennett Coastal 10m	127.	491 Chris Hodges	Male Senior	Unattached	1:25:36	1:25:22	109.	30.	8:33	51.6%
2023 Richard Bennett Coastal 10m	128.	683 David Robinson	Male V50	Rushmere Community Runners	1:25:42	1:25:25	110.	22.	8:34	57.9%
2023 Richard Bennett Coastal 10m	129.	711 Mike Ward	Male V50	Woodbridge Shufflers RC	1:25:52	1:25:45	111.	23.	8:35	57.8%
2023 Richard Bennett Coastal 10m	130.	723 Samantha Shipp	Female V45	Unattached	1:25:56	1:25:36	19.	6.	8:35	61.8%
2023 Richard Bennett Coastal 10m	131.	765 Kate Heeks	Female Senior	Stowmarket Striders RC	1:26:04	1:25:53	20.	8.	8:36	57.3%
2023 Richard Bennett Coastal 10m	132.	447 Mark Flatman	Male V50	Ipswich Triathlon Club	1:26:11	1:26:03	112.	24.	8:37	57.1%
2023 Richard Bennett Coastal 10m	133.	772 Darrell Sampson	Male V40	Unattached	1:26:12	1:26:03	113.	22.	8:37	53.8%
2023 Richard Bennett Coastal 10m	134.	580 Olivia Ellis	Female Senior	Ipswich Jaffa RC	1:26:16	1:26:06	21.	9.	8:37	57.2%
2023 Richard Bennett Coastal 10m	135.	439 Kitty Mithen	Female Senior	Woodbridge Shufflers RC	1:26:24	1:26:11	22.	10.	8:38	57.9%
2023 Richard Bennett Coastal 10m	136.	593 Jamie Youngs	Male Senior	Unattached	1:26:31	1:26:29	114.	31.	8:39	51.3%
2023 Richard Bennett Coastal 10m	137.	720 Sarah Severwright	Female V40	Kesgrave Cruisers	1:26:33	1:26:15	23.	5.	8:39	60.3%
2023 Richard Bennett Coastal 10m	138.	607 Sam Toy	Male Senior	Felixstowe RRC	1:26:36	1:26:31	115.	32.	8:39	51.5%
2023 Richard Bennett Coastal 10m	139.	487 Hayley Emmens	Female Senior	Unattached	1:26:38	1:26:23	24.	11.	8:39	57.7%
2023 Richard Bennett Coastal 10m	140.	542 Katie Scott	Female Senior	Unattached	1:26:40	1:26:25	25.	12.	8:39	56.9%
2023 Richard Bennett Coastal 10m	141.	397 Sian Abbott	Female Senior	Ipswich Jaffa RC	1:26:53	1:26:42	26.	13.	8:41	56.9%
2023 Richard Bennett Coastal 10m	142.	591 Anton Wedderburn	Male V40	Unattached	1:27:05	1:27:00	116.	23.	8:42	53.3%
2023 Richard Bennett Coastal 10m	143.	498 Vanessa Girling	Female Senior	Unattached	1:27:13	1:27:06	27.	14.	8:43	57.6%
2023 Richard Bennett Coastal 10m	144.	523 Krystian Sprawski	Male V40	Unattached	1:27:18	1:27:03	117.	24.	8:43	52.3%
2023 Richard Bennett Coastal 10m	145.	478 Vincent Steensma	Male V50	Capel Cheetahs	1:27:23	1:26:54	118.	25.	8:44	57.3%
2023 Richard Bennett Coastal 10m	146.	585 Jason Walne	Male V50	Unattached	1:27:30	1:27:22	119.	26.	8:44	57.7%
2023 Richard Bennett Coastal 10m	147.	391 Luke Coster-Reeve	Male Senior	Unattached	1:27:35	1:27:20	120.	33.	8:45	50.7%
2023 Richard Bennett Coastal 10m	148.	721 Guy Hayward	Male V50	Unattached	1:27:50	1:27:35	121.	27.	8:46	57.0%
2023 Richard Bennett Coastal 10m	149.	608 Harry Lloyd	Male Senior	Unattached	1:27:51	1:27:47	122.	34.	8:47	50.0%
2023 Richard Bennett Coastal 10m	150.	488 Mark Lynch	Male V50	Witham RC	1:27:51	1:27:31	123.	28.	8:47	57.5%
2023 Richard Bennett Coastal 10m	151.	642 Keith Lansdown	Male V55	Ipswich Jaffa RC	1:28:12	1:28:02	124.	12.	8:49	59.9%
2023 Richard Bennett Coastal 10m	152.	448 Rachel Brooke	Female V50	Ipswich Jaffa RC	1:28:15	1:28:04	28.	3.	8:49	64.3%
2023 Richard Bennett Coastal 10m	153.	749 Sean Brownell	Male Senior	Unattached	1:28:25	1:28:10	125.	35.	8:50	51.0%
2023 Richard Bennett Coastal 10m	154.	529 Natalie King	Female V50	Thetford AC	1:28:26	1:28:17	29.	4.	8:50	63.4%
2023 Richard Bennett Coastal 10m	155.	713 Carrie Kemp	Female V45	Felixstowe RRC	1:28:27	1:28:07	30.	7.	8:50	60.6%
2023 Richard Bennett Coastal 10m	156.	782 Adam Buckle	Male Senior	Unattached	1:28:31	1:28:05	126.	36.	8:51	50.9%
2023 Richard Bennett Coastal 10m	157.	494 Richard Rendell	Male Senior	Unattached	1:28:32	1:27:58	127.	37.	8:51	50.6%
2023 Richard Bennett Coastal 10m	158.	759 Helen Evans	Female V45	Ipswich Jaffa RC	1:28:37	1:28:19	31.	8.	8:51	62.6%
2023 Richard Bennett Coastal 10m	159.	630 Alison Goodwin	Female V50	Haverhill Running Club	1:28:38	1:28:08	32.	5.	8:51	64.8%
2023 Richard Bennett Coastal 10m	160.	747 Daniel Ward	Male V40	Unattached	1:28:41	1:28:19	128.	25.	8:52	51.9%
2023 Richard Bennett Coastal 10m	161.	716 Oliver Fenn	Male Senior	Unattached	1:28:45	1:28:30	129.	38.	8:52	49.5%

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2023 Richard Bennett Coastal 10m	162.	744 John Askew	Male V40	Unattached	1:28:47	1:28:28	130.	26.	8:52	51.5%
2023 Richard Bennett Coastal 10m	163.	428 Amanda Smith	Female V45	Woodbridge Shufflers RC	1:28:53	1:28:30	33.	9.	8:53	61.6%
2023 Richard Bennett Coastal 10m	164.	730 Matt Sims	Male V50	Unattached	1:29:00	1:28:32	131.	29.	8:53	56.8%
2023 Richard Bennett Coastal 10m	165.	623 Steven King	Male V50	Unattached	1:29:08	1:28:55	132.	30.	8:54	55.7%
2023 Richard Bennett Coastal 10m	166.	541 Glenn Fruish	Male V60+	Haverhill Running Club	1:29:17	1:29:14	133.	7.	8:55	60.9%
2023 Richard Bennett Coastal 10m	167.	616 Kayleigh Turpin	Female Senior	Felixstowe RRC	1:29:19	1:29:03	34.	15.	8:55	56.2%
2023 Richard Bennett Coastal 10m	168.	411 Tess Kirby	Female Senior	Rushmere Community Runners	1:29:29	1:29:11	35.	16.	8:56	55.1%
2023 Richard Bennett Coastal 10m	169.	697 Karen Deasy	Female V40	Unattached	1:29:53	1:29:36	36.	6.	8:59	58.5%
2023 Richard Bennett Coastal 10m	170.	689 Jon Summers	Male Senior	Ipswich Jaffa RC	1:29:56	1:29:45	134.	39.	8:59	48.9%
2023 Richard Bennett Coastal 10m	171.	632 Kyle Seager	Male V40	Kesgrave Cruisers	1:30:34	1:30:26	135.	27.	9:03	50.8%
2023 Richard Bennett Coastal 10m	172.	423 Sarah Davies	Female V40	Woodbridge Shufflers RC	1:30:48	1:30:35	37.	7.	9:04	57.9%
2023 Richard Bennett Coastal 10m	173.	633 David Masters	Male V40	Felixstowe RRC	1:30:48	1:30:48	136.	28.	9:04	50.3%
2023 Richard Bennett Coastal 10m	174.	343 Oliver Cribben-Pearse	Male V45	Unattached	1:30:59	1:30:50	137.	21.	9:05	52.7%
2023 Richard Bennett Coastal 10m	175.	429 Libby Eagles	Female Senior	Unattached	1:31:08	1:30:49	38.	17.	9:06	54.1%
2023 Richard Bennett Coastal 10m	176.	501 Nigel Harrison	Male V50	Ipswich Jaffa RC	1:31:10	1:30:58	138.	31.	9:06	55.4%
2023 Richard Bennett Coastal 10m	177.	402 Debbie Catling	Female V50	Felixstowe RRC	1:31:25	1:31:05	39.	6.	9:08	64.4%
2023 Richard Bennett Coastal 10m	178.	492 Yusuf Firat	Male V60+	Saffron Striders RC	1:31:47	1:31:21	139.	8.	9:10	58.7%
2023 Richard Bennett Coastal 10m	179.	497 Mark Girling	Male V45	Unattached	1:31:52	1:31:44	140.	22.	9:11	52.2%
2023 Richard Bennett Coastal 10m	180.	339 Graham Styles	Male V60+	Unattached	1:31:57	1:31:22	141.	9.	9:11	61.4%
2023 Richard Bennett Coastal 10m	181.	613 Mark Weston	Male V50	Unattached	1:31:57	1:31:34	142.	32.	9:11	54.4%
2023 Richard Bennett Coastal 10m	182.	357 Craig Osborn	Male V60+	Unattached	1:32:11	1:32:04	143.	10.	9:13	60.1%
2023 Richard Bennett Coastal 10m	183.	435 Matt Johnson	Male V45	Unattached	1:32:22	1:32:11	144.	23.	9:14	51.1%
2023 Richard Bennett Coastal 10m	184.	579 Sinead Bloomfield	Female Senior	Unattached	1:32:29	1:32:11	40.	18.	9:14	53.6%
2023 Richard Bennett Coastal 10m	185.	389 Tim Parnell	Male V55	Ipswich Jaffa RC	1:32:39	1:32:36	145.	13.	9:15	56.0%
2023 Richard Bennett Coastal 10m	186.	662 Steve Ward	Male V40	Unattached	1:32:41	1:32:18	146.	29.	9:16	50.1%
2023 Richard Bennett Coastal 10m	187.	350 Emma Brown	Female V45	Unattached	1:32:43	1:32:18	41.	10.	9:16	58.4%
2023 Richard Bennett Coastal 10m	188.	715 Jane Parkington	Female V50	Unattached	1:32:49	1:32:20	42.	7.	9:16	63.5%
2023 Richard Bennett Coastal 10m	189.	561 Sarah Vick	Female V50	Saxmundham Sports Running & J	1:32:52	1:32:38	43.	8.	9:17	63.4%
2023 Richard Bennett Coastal 10m	190.	717 Sam Ingram	Female V50	Unattached	1:33:07	1:32:49	44.	9.	9:18	61.0%
2023 Richard Bennett Coastal 10m	191.	620 Tracy Pelling	Female V50	Haverhill Running Club	1:33:38	1:33:13	45.	10.	9:21	60.6%
2023 Richard Bennett Coastal 10m	192.	654 Robert Simpson	Male V45	Unattached	1:34:05	1:33:51	147.	24.	9:24	50.1%
2023 Richard Bennett Coastal 10m	193.	655 Rebecca Harling	Female V40	Unattached	1:34:05	1:33:51	46.	8.	9:24	54.2%
2023 Richard Bennett Coastal 10m	194.	392 Paul Causon	Male V45	Unattached	1:34:07	1:33:42	148.	25.	9:24	51.4%
2023 Richard Bennett Coastal 10m	195.	778 Connor Cooper	Male Senior	Unattached	1:34:16	1:33:43	149.	40.	9:25	46.6%
2023 Richard Bennett Coastal 10m	196.	555 Fiona Hunt	Female V50	Unattached	1:34:39	1:34:27	47.	11.	9:27	60.0%
2023 Richard Bennett Coastal 10m	197.	559 Annabel Brown	Female Senior	Ipswich Jaffa RC	1:34:40	1:34:21	48.	19.	9:27	52.2%
2023 Richard Bennett Coastal 10m	198.	398 Catherine Hughes	Female V40	Unattached	1:34:50	1:34:18	49.	9.	9:28	54.5%
2023 Richard Bennett Coastal 10m	199.	738 Thomas Gibson	Male Senior	Unattached	1:35:00	1:34:44	150.	41.	9:29	46.3%
2023 Richard Bennett Coastal 10m	200.	571 David Watkins	Male Senior	Unattached	1:35:00	1:34:38	151.	42.	9:29	47.2%
2023 Richard Bennett Coastal 10m	201.	707 Kerry Kirkpatrick	Female Senior	Unattached	1:35:11	1:35:01	50.	20.	9:31	53.3%
2023 Richard Bennett Coastal 10m	202.	690 Orlando Costa	Male V40	Unattached	1:35:20	1:34:41	152.	30.	9:31	47.6%
2023 Richard Bennett Coastal 10m	203.	673 Caroline Burgess	Female V45	Unattached	1:35:25	1:35:14	51.	11.	9:32	57.4%
2023 Richard Bennett Coastal 10m	204.	731 Elaine Turner	Female Senior	Hadleigh Hares AC	1:35:26	1:35:20	52.	21.	9:32	53.1%
2023 Richard Bennett Coastal 10m	205.	679 Viki Smith	Female V40	Unattached	1:35:26	1:35:21	53.	10.	9:32	54.2%
2023 Richard Bennett Coastal 10m	206.	624 Malcolm Ward-Ashton	Male V50	Unattached	1:35:28	1:35:24	153.	33.	9:32	53.4%

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2023 Richard Bennett Coastal 10m	207.	513 Claire Purnell	Female V50	Unattached	1:35:38	1:35:05	54.	12.	9:33	59.4%
2023 Richard Bennett Coastal 10m	208.	755 David Steward	Male V60+	Woodbridge Shufflers RC	1:35:45	1:35:21	154.	11.	9:34	56.2%
2023 Richard Bennett Coastal 10m	209.	680 Craig Hasnip	Male V50	Unattached	1:35:50	1:35:25	155.	34.	9:34	51.3%
2023 Richard Bennett Coastal 10m	210.	769 Tim Kerr	Male Senior	Unattached	1:36:00	1:35:41	156.	43.	9:35	46.2%
2023 Richard Bennett Coastal 10m	211.	625 Adam Smith	Male V40	Woodbridge Shufflers RC	1:36:16	1:35:52	157.	31.	9:37	47.8%
2023 Richard Bennett Coastal 10m	212.	394 Carl Newell	Male V45	Unattached	1:36:16	1:36:06	158.	26.	9:37	49.4%
2023 Richard Bennett Coastal 10m	213.	582 Laura Kaye	Female Senior	Unattached	1:36:27	1:36:09	55.	22.	9:38	51.3%
2023 Richard Bennett Coastal 10m	214.	457 Mark King	Male Senior	Felixstowe RRC	1:36:46	1:36:40	159.	44.	9:40	45.7%
2023 Richard Bennett Coastal 10m	215.	590 Kieron Perry	Male V50	Ipswich Jaffa RC	1:36:51	1:36:28	160.	35.	9:41	50.8%
2023 Richard Bennett Coastal 10m	216.	729 Mark Sadler	Male V40	Felixstowe RRC	1:36:55	1:36:37	161.	32.	9:41	47.5%
2023 Richard Bennett Coastal 10m	217.	643 Guy Brinkley	Male V40	Unattached	1:36:57	1:36:41	162.	33.	9:41	47.5%
2023 Richard Bennett Coastal 10m	218.	453 Linda Mears	Female V40	Framlingham Flyers	1:36:57	1:36:41	56.	11.	9:41	53.4%
2023 Richard Bennett Coastal 10m	219.	454 Jon Lewis	Male V40	Unattached	1:36:57	1:36:42	163.	34.	9:41	48.3%
2023 Richard Bennett Coastal 10m	220.	678 Richard Carron	Male V55	Unattached	1:36:59	1:36:49	164.	14.	9:41	54.5%
2023 Richard Bennett Coastal 10m	221.	456 Jennifer Wright	Female V40	Ipswich Jaffa RC	1:37:06	1:36:54	57.	12.	9:42	53.7%
2023 Richard Bennett Coastal 10m	222.	417 Rachel Southgate	Female V40	Felixstowe RRC	1:37:07	1:36:55	58.	13.	9:42	52.9%
2023 Richard Bennett Coastal 10m	223.	441 Jim Briers	Male V60+	Felixstowe RRC	1:37:18	1:37:10	165.	12.	9:43	55.3%
2023 Richard Bennett Coastal 10m	224.	622 Adam Brown	Male Senior	Unattached	1:37:50	1:37:47	166.	45.	9:46	44.9%
2023 Richard Bennett Coastal 10m	225.	372 Leanne Ashdown	Female V40	Unattached	1:38:03	1:37:39	59.	14.	9:48	52.4%
2023 Richard Bennett Coastal 10m	226.	774 Mark Power	Male V45	Unattached	1:38:09	1:37:58	167.	27.	9:48	48.9%
2023 Richard Bennett Coastal 10m	227.	609 Alex Gibson	Male Senior	Unattached	1:38:15	1:38:11	168.	46.	9:49	44.7%
2023 Richard Bennett Coastal 10m	228.	577 Martyn Brewster	Male V50	Felixstowe RRC	1:38:31	1:37:58	169.	36.	9:51	51.3%
2023 Richard Bennett Coastal 10m	229.	784 Will Johnson	Male Senior	Unattached	1:38:45	1:38:41	170.	47.	9:52	44.5%
2023 Richard Bennett Coastal 10m	230.	776 John Weston	Male V60+	Unattached	1:38:48	1:38:11	171.	13.	9:52	58.3%
2023 Richard Bennett Coastal 10m	231.	493 Tracey Watts	Female V40	Unattached	1:38:49	1:38:24	60.	15.	9:52	51.6%
2023 Richard Bennett Coastal 10m	232.	668 Emma Mead	Female V45	Unattached	1:38:58	1:38:34	61.	12.	9:53	53.6%
2023 Richard Bennett Coastal 10m	233.	603 Bobbie Sauerzapf	Female V60+	Bungay Black Dog RC	1:39:10	1:38:38	62.	1.	9:54	67.9%
2023 Richard Bennett Coastal 10m	234.	612 Jo Barker	Female V40	Unattached	1:39:17	1:39:14	63.	16.	9:55	53.0%
2023 Richard Bennett Coastal 10m	235.	554 Wayne Grant	Male V60+	Unattached	1:39:22	1:38:54	172.	14.	9:56	55.2%
2023 Richard Bennett Coastal 10m	236.	521 Samantha Cloud	Female V55	Unattached	1:39:28	1:39:05	64.	1.	9:56	61.5%
2023 Richard Bennett Coastal 10m	237.	712 Kate Oconnor-Parker	Female V45	Woodbridge Shufflers RC	1:39:39	1:39:16	65.	13.	9:57	54.3%
2023 Richard Bennett Coastal 10m	238.	703 Damian Hack	Male V45	Unattached	1:39:41	1:39:29	173.	28.	9:58	47.7%
2023 Richard Bennett Coastal 10m	239.	675 Kelly Guyon	Female V40	Unattached	1:39:52	1:39:25	66.	17.	9:59	52.7%
2023 Richard Bennett Coastal 10m	240.	674 Bradley Guyon	Male V50	Unattached	1:39:52	1:39:25	174.	37.	9:59	50.6%
2023 Richard Bennett Coastal 10m	241.	725 James Hemsley	Male V60+	Unattached	1:39:54	1:39:51	175.	15.	9:59	54.4%
2023 Richard Bennett Coastal 10m	242.	474 Pamela St Leger-Mcconnell	Female V55	Unattached	1:40:00	1:39:50	67.	2.	9:59	60.4%
2023 Richard Bennett Coastal 10m	243.	461 Lorna Webber	Female Senior	Capel Cheetahs	1:40:02	1:39:38	68.	23.	10:00	50.7%
2023 Richard Bennett Coastal 10m	244.	451 Roger Robinson-Turner	Male V50	Unattached	1:40:09	1:39:42	176.	38.	10:00	50.4%
2023 Richard Bennett Coastal 10m	245.	651 Simon Wiggins	Male V50	Felixstowe RRC	1:40:17	1:40:00	177.	39.	10:01	49.5%
2023 Richard Bennett Coastal 10m	246.	756 Andy Walter	Male V55	Norfolk Gazelles AC	1:40:19	1:40:09	178.	15.	10:01	51.2%
2023 Richard Bennett Coastal 10m	247.	719 Richard Neal	Male V40	Unattached	1:40:24	1:40:01	179.	35.	10:02	45.2%
2023 Richard Bennett Coastal 10m	248.	434 Martin Splisted	Male V50	Rushmere Community Runners	1:40:27	1:40:13	180.	40.	10:02	49.4%
2023 Richard Bennett Coastal 10m	249.	532 Michael Sheldrake	Male Senior	Unattached	1:40:29	1:40:17	181.	48.	10:02	44.6%
2023 Richard Bennett Coastal 10m	250.	786 James Abbot	Male Senior	Unattached	1:40:30	1:40:09	182.	49.	10:02	44.0%
2023 Richard Bennett Coastal 10m	251.	558 Lisa Loomes	Female Senior	Ipswich Jaffa RC	1:40:33	1:40:04	69.	24.	10:03	49.9%

RACE CHIP TIMING RESULTS

2023 Richard Bennett Coastal 10m	252.	556 Hayley Harper	Female V45	Ipswich Jaffa RC	1:40:34	1:40:22	70.	14.	10:03	54.5%
2023 Richard Bennett Coastal 10m	253.	768 Simon Newland	Male V40	Unattached	1:40:35	1:40:04	183.	36.	10:03	45.4%
2023 Richard Bennett Coastal 10m	254.	648 Rhian Taylor	Female Senior	Unattached	1:40:37	1:40:16	71.	25.	10:03	49.4%
2023 Richard Bennett Coastal 10m	255.	563 Darren Storey	Male V55	Felixstowe RRC	1:40:37	1:40:25	184.	16.	10:03	52.0%
2023 Richard Bennett Coastal 10m	256.	766 Trevor Dixon	Male V45	Unattached	1:40:45	1:40:21	185.	29.	10:04	48.4%
2023 Richard Bennett Coastal 10m	257.	358 Sian Wilson	Female V50	Unattached	1:40:53	1:40:36	72.	13.	10:05	55.6%
2023 Richard Bennett Coastal 10m	258.	499 Sean Dickinson	Male V50	Vegan Runners UK	1:41:05	1:40:48	186.	41.	10:06	48.7%
2023 Richard Bennett Coastal 10m	259.	463 Terry Spurgeon	Male V55	Ipswich Jaffa RC	1:41:08	1:40:57	187.	17.	10:06	52.2%
2023 Richard Bennett Coastal 10m	260.	480 Teresa Brown	Female Senior	Rushmere Community Runners	1:41:17	1:40:54	73.	26.	10:07	50.1%
2023 Richard Bennett Coastal 10m	261.	543 Marcus Brown	Male V50	Rushmere Community Runners	1:41:17	1:40:54	188.	42.	10:07	49.0%
2023 Richard Bennett Coastal 10m	262.	510 Joe Sayer	Male Senior	Haverhill Running Club	1:41:31	1:41:01	189.	50.	10:09	43.3%
2023 Richard Bennett Coastal 10m	263.	657 Jenny Merry	Female V40	Unattached	1:41:32	1:41:06	74.	18.	10:09	51.8%
2023 Richard Bennett Coastal 10m	264.	656 James Wood	Male V55	Unattached	1:41:32	1:41:06	190.	18.	10:09	52.0%
2023 Richard Bennett Coastal 10m	265.	531 Ruth Baker	Female V45	Ipswich Jaffa RC	1:41:43	1:41:28	75.	15.	10:10	54.5%
2023 Richard Bennett Coastal 10m	266.	544 Ewa Niezgodka	Female V40	Unattached	1:41:53	1:41:44	76.	19.	10:11	50.4%
2023 Richard Bennett Coastal 10m	267.	380 Tony Stewart	Male V60+	Lonely Goat RC	1:42:19	1:41:59	191.	16.	10:13	57.5%
2023 Richard Bennett Coastal 10m	268.	484 Martin Garrod	Male V60+	Ipswich Phoenix Running Club	1:42:23	1:41:58	192.	17.	10:14	55.2%
2023 Richard Bennett Coastal 10m	269.	647 Timmy Taylor	Male V40	Unattached	1:42:37	1:42:16	193.	37.	10:15	44.5%
2023 Richard Bennett Coastal 10m	270.	436 Sophie Bell	Female Senior	Ipswich Phoenix Running Club	1:42:41	1:42:17	77.	27.	10:16	48.2%
2023 Richard Bennett Coastal 10m	271.	764 Keith Anderson	Male V55	Woodbridge Shufflers RC	1:42:48	1:42:30	194.	19.	10:16	50.9%
2023 Richard Bennett Coastal 10m	272.	626 Kate Hutson	Female V40	Ipswich Jaffa RC	1:43:29	1:43:01	78.	20.	10:20	50.4%
2023 Richard Bennett Coastal 10m	273.	490 Alla Kolomiets	Female Senior	Unattached	1:43:30	1:43:01	79.	28.	10:20	48.0%
2023 Richard Bennett Coastal 10m	274.	693 Emma Cleveland	Female V45	Unattached	1:43:31	1:43:18	80.	16.	10:21	51.3%
2023 Richard Bennett Coastal 10m	275.	660 Tetiana Kolinchenko	Female Senior	Unattached	1:43:39	1:43:11	81.	29.	10:21	48.7%
2023 Richard Bennett Coastal 10m	276.	659 Jennifer Reed	Female V40	Unattached	1:43:40	1:43:12	82.	21.	10:21	49.2%
2023 Richard Bennett Coastal 10m	277.	581 David Rout	Male V60+	Harwich Runners	1:43:44	1:43:23	195.	18.	10:22	55.5%
2023 Richard Bennett Coastal 10m	278.	594 Sarah White	Female V45	Unattached	1:43:54	1:43:45	83.	17.	10:23	52.1%
2023 Richard Bennett Coastal 10m	279.	362 Doug Betts	Male V45	Unattached	1:44:01	1:43:35	196.	30.	10:24	45.3%
2023 Richard Bennett Coastal 10m	280.	763 Claire Pickard	Female V45	Woodbridge Shufflers RC	1:44:06	1:43:42	84.	18.	10:24	52.6%
2023 Richard Bennett Coastal 10m	281.	471 Andrew Mitchell	Male V45	Unattached	1:44:10	1:43:43	197.	31.	10:24	46.8%
2023 Richard Bennett Coastal 10m	282.	741 Neil Burton	Male V50	Unattached	1:44:10	1:43:42	198.	43.	10:24	47.6%
2023 Richard Bennett Coastal 10m	283.	483 Gerry Mccarthy	Male V60+	Ipswich Phoenix Running Club	1:44:10	1:43:45	199.	19.	10:24	56.4%
2023 Richard Bennett Coastal 10m	284.	701 Joe Naughton	Male V60+	Stowmarket Striders RC	1:44:19	1:44:00	200.	20.	10:25	52.1%
2023 Richard Bennett Coastal 10m	285.	495 Deb Ching	Female V45	Capel Cheetahs	1:44:24	1:43:59	85.	19.	10:26	53.1%
2023 Richard Bennett Coastal 10m	286.	601 Joanna Blyth	Female V50	Felixstowe RRC	1:44:27	1:44:09	86.	14.	10:26	55.7%
2023 Richard Bennett Coastal 10m	287.	777 Andrew French	Male V50	Unattached	1:44:34	1:44:00	201.	44.	10:27	47.5%
2023 Richard Bennett Coastal 10m	288.	586 Louise Ramsay	Female V50	Ipswich Jaffa RC	1:44:41	1:44:22	87.	15.	10:28	54.9%
2023 Richard Bennett Coastal 10m	289.	565 Charlotte Green	Female Senior	Unattached	1:44:56	1:44:47	88.	30.	10:29	47.0%
2023 Richard Bennett Coastal 10m	290.	681 Clayton Fosker	Male Senior	Unattached	1:44:56	1:44:51	202.	51.	10:29	42.7%
2023 Richard Bennett Coastal 10m	291.	407 Paul Dorset	Male V50	Felixstowe RRC	1:44:58	1:44:35	203.	45.	10:29	47.3%
2023 Richard Bennett Coastal 10m	292.	345 Rosie Ovel	Female Senior	Fordy Runs Running Club	1:45:25	1:44:55	89.	31.	10:32	47.0%
2023 Richard Bennett Coastal 10m	293.	686 Jen Cross	Female Senior	Unattached	1:46:03	1:45:48	90.	32.	10:36	47.1%
2023 Richard Bennett Coastal 10m	294.	685 Aaron Cross	Male Senior	Unattached	1:46:03	1:45:48	204.	52.	10:36	42.0%
2023 Richard Bennett Coastal 10m	295.	369 Chris Dutton	Male V60+	Kesgrave Cruisers	1:46:05	1:45:46	205.	21.	10:36	51.7%
2023 Richard Bennett Coastal 10m	296.	367 Amy Welsh	Female Senior	Kesgrave Cruisers	1:46:05	1:45:47	91.	33.	10:36	47.5%

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2023 Richard Bennett Coastal 10m	297.	758 Craig Evans	Male V40	Ipswich Jaffa RC	1:46:15	1:45:50	206.	38.	10:37	43.0%
2023 Richard Bennett Coastal 10m	298.	418 Lee Cornwell	Male V45	Rushmere Community Runners	1:46:15	1:45:51	207.	32.	10:37	44.8%
2023 Richard Bennett Coastal 10m	299.	455 Glen Page	Male V45	Rushmere Community Runners	1:46:16	1:45:53	208.	33.	10:37	44.4%
2023 Richard Bennett Coastal 10m	300.	635 Shane Minns	Male V60+	Unattached	1:46:23	1:46:01	209.	22.	10:38	52.1%
2023 Richard Bennett Coastal 10m	301.	638 Alison Myles	Female V50	Unattached	1:46:43	1:46:24	92.	16.	10:40	53.2%
2023 Richard Bennett Coastal 10m	302.	472 Harry Suckling	Male Senior	Unattached	1:46:54	1:46:26	210.	53.	10:41	41.1%
2023 Richard Bennett Coastal 10m	303.	770 Patrick Cook	Male Senior	Unattached	1:46:59	1:46:21	211.	54.	10:41	41.7%
2023 Richard Bennett Coastal 10m	304.	413 Leah Phillips	Female Senior	Rushmere Community Runners	1:47:41	1:47:20	93.	34.	10:46	45.8%
2023 Richard Bennett Coastal 10m	305.	714 Phil Davies	Male V55	Ipswich Jaffa RC	1:47:44	1:47:26	212.	20.	10:46	49.0%
2023 Richard Bennett Coastal 10m	306.	663 Stephanie Walker	Female Senior	Unattached	1:47:52	1:47:25	94.	35.	10:47	46.3%
2023 Richard Bennett Coastal 10m	307.	517 Hayley Gittings	Female V45	Unattached	1:47:52	1:47:25	95.	20.	10:47	50.2%
2023 Richard Bennett Coastal 10m	308.	576 Charlotte Richardson	Female V40	Unattached	1:47:52	1:47:25	96.	22.	10:47	48.7%
2023 Richard Bennett Coastal 10m	309.	479 Claire Richardson	Female V40	Unattached	1:47:52	1:47:25	97.	23.	10:47	48.7%
2023 Richard Bennett Coastal 10m	310.	446 Nessie Thorpe	Female V45	Ipswich Triathlon Club	1:48:15	1:47:48	98.	21.	10:49	51.2%
2023 Richard Bennett Coastal 10m	311.	667 Peter Tungate	Male V40	Unattached	1:48:16	1:47:59	213.	39.	10:49	42.9%
2023 Richard Bennett Coastal 10m	312.	745 Adrian Cole	Male V60+	Stowmarket Striders RC	1:48:20	1:47:52	214.	23.	10:49	50.1%
2023 Richard Bennett Coastal 10m	313.	569 Lucia Hardwick	Female V45	Kesgrave Cruisers	1:48:29	1:47:52	99.	22.	10:50	49.4%
2023 Richard Bennett Coastal 10m	314.	342 Lydia Foy	Female V45	Unattached	1:48:37	1:48:28	100.	23.	10:51	50.4%
2023 Richard Bennett Coastal 10m	315.	376 Simon Ashton	Male V55	Lonely Goat RC	1:48:47	1:48:26	215.	21.	10:52	48.6%
2023 Richard Bennett Coastal 10m	316.	365 David Mansfield	Male V55	Haverhill Running Club	1:49:05	1:48:34	216.	22.	10:54	47.6%
2023 Richard Bennett Coastal 10m	317.	550 Tony Adolphus	Male V60+	Ipswich Jaffa RC	1:49:25	1:48:55	217.	24.	10:56	51.6%
2023 Richard Bennett Coastal 10m	318.	735 Hans-Jurgens Wiedner	Male V60+	Unattached	1:49:29	1:49:10	218.	25.	10:56	50.6%
2023 Richard Bennett Coastal 10m	319.	670 Anna Kawalec	Female V40	Unattached	1:49:37	1:49:03	101.	24.	10:57	46.5%
2023 Richard Bennett Coastal 10m	320.	361 Kirsty Aberdein	Female V50	Unattached	1:49:57	1:49:44	102.	17.	10:59	51.6%
2023 Richard Bennett Coastal 10m	321.	481 Jenny Church	Female V60+	Felixstowe RRC	1:50:08	1:49:59	103.	2.	11:00	58.6%
2023 Richard Bennett Coastal 10m	322.	360 John Edwards	Male V50	Unattached	1:50:25	1:50:06	219.	46.	11:02	46.1%
2023 Richard Bennett Coastal 10m	323.	378 Matt Makin	Male Senior	Felixstowe RRC	1:50:40	1:50:20	220.	55.	11:03	40.3%
2023 Richard Bennett Coastal 10m	324.	359 James Mears	Male V55	Haverhill Running Club	1:51:49	1:51:19	221.	23.	11:10	47.7%
2023 Richard Bennett Coastal 10m	325.	639 Alex Hadley	Female V45	Tiptree Road Runners	1:51:53	1:51:21	104.	24.	11:11	49.5%
2023 Richard Bennett Coastal 10m	326.	640 Craig Vernon	Male V55	Tiptree Road Runners	1:51:53	1:51:21	222.	24.	11:11	47.7%
2023 Richard Bennett Coastal 10m	327.	382 Carl Jarrett	Male V45	Felixstowe RRC	1:52:06	1:51:53	223.	34.	11:12	43.5%
2023 Richard Bennett Coastal 10m	328.	583 David Denton	Male V60+	Deal Tri Club	1:52:08	1:52:06	224.	26.	11:12	48.9%
2023 Richard Bennett Coastal 10m	329.	572 Richard Westley	Male V60+	Unattached	1:52:36	1:52:14	225.	27.	11:15	47.8%
2023 Richard Bennett Coastal 10m	330.	477 John Bain	Male V60+	Lonely Goat RC	1:52:39	1:52:05	226.	28.	11:15	50.1%
2023 Richard Bennett Coastal 10m	331.	587 Helen Ward	Female V45	Unattached	1:52:45	1:52:37	105.	25.	11:16	48.0%
2023 Richard Bennett Coastal 10m	332.	598 Mandy Godbold	Female V55	Ipswich Harriers	1:52:58	1:52:48	106.	3.	11:17	52.8%
2023 Richard Bennett Coastal 10m	333.	502 Robert Reason	Male V55	Stowmarket Striders RC	1:53:18	1:52:48	227.	25.	11:19	46.6%
2023 Richard Bennett Coastal 10m	334.	353 Jo Mcgurk	Female V45	Unattached	1:53:25	1:52:49	107.	26.	11:20	48.3%
2023 Richard Bennett Coastal 10m	335.	584 Adriana Houchell	Female Senior	Ipswich Jaffa RC	1:53:56	1:53:27	108.	36.	11:23	43.9%
2023 Richard Bennett Coastal 10m	336.	595 Chris Slemmings	Male V60+	Ipswich Triathlon Club	1:54:54	1:54:34	228.	29.	11:29	56.3%
2023 Richard Bennett Coastal 10m	337.	366 Melanie Mansfield	Female V40	Haverhill Running Club	1:55:13	1:54:43	109.	25.	11:31	45.6%
2023 Richard Bennett Coastal 10m	338.	408 Rosie Bennett	Female Senior	Unattached	1:55:24	1:55:03	110.	37.	11:32	42.7%
2023 Richard Bennett Coastal 10m	339.	781 Tom Davies	Male Senior	Unattached	1:55:24	1:55:03	229.	56.	11:32	38.1%
2023 Richard Bennett Coastal 10m	340.	661 Alaco Doyle	Female V55	Unattached	1:55:28	1:54:55	111.	4.	11:32	53.0%
2023 Richard Bennett Coastal 10m	341.	658 Paul Hubert	Male V40	Unattached	1:55:49	1:55:25	230.	40.	11:34	40.4%

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2023 Richard Bennett Coastal 10m	342.	780 Andrew Beckinsale	Male V40	Unattached	1:56:05	1:55:29	231.	41.	11:36	39.1%
2023 Richard Bennett Coastal 10m	343.	386 Kirsty Marsh	Female V40	Felixstowe RRC	1:56:54	1:56:23	112.	26.	11:41	43.6%
2023 Richard Bennett Coastal 10m	344.	696 Sharon Taylor	Female V50	Unattached	1:56:54	1:56:33	113.	18.	11:41	49.7%
2023 Richard Bennett Coastal 10m	345.	515 Katherine Wells	Female V40	Unattached	1:57:06	1:56:59	114.	27.	11:42	44.2%
2023 Richard Bennett Coastal 10m	346.	438 Larissa Mayhew	Female V55	Unattached	1:57:11	1:56:40	115.	5.	11:43	50.9%
2023 Richard Bennett Coastal 10m	347.	611 Olivia Brill	Female Senior	Unattached	1:57:17	1:57:13	116.	38.	11:43	42.0%
2023 Richard Bennett Coastal 10m	348.	736 Barbara Novak	Female V45	Unattached	1:57:41	1:57:22	117.	27.	11:46	46.5%
2023 Richard Bennett Coastal 10m	349.	516 Jen Whitaker	Female V40	Unattached	1:57:59	1:57:52	118.	28.	11:47	44.6%
2023 Richard Bennett Coastal 10m	350.	388 Debbie McDowall	Female V60+	Stowmarket Striders RC	1:58:43	1:58:12	119.	3.	11:52	55.1%
2023 Richard Bennett Coastal 10m	351.	352 Gary Larke	Male V55	Unattached	1:58:52	1:58:15	232.	26.	11:53	44.0%
2023 Richard Bennett Coastal 10m	352.	676 Edyta Grimshaw	Female V40	Unattached	1:59:00	1:58:25	120.	29.	11:53	44.2%
2023 Richard Bennett Coastal 10m	353.	553 Edward Booth	Male Senior	Unattached	1:59:05	1:58:30	233.	57.	11:54	36.9%
2023 Richard Bennett Coastal 10m	354.	551 Judith Adolphus	Female V60+	Ipswich Jaffa RC	1:59:09	1:58:39	121.	4.	11:54	54.9%
2023 Richard Bennett Coastal 10m	355.	779 Amber French	Female Senior	Unattached	1:59:14	1:58:41	122.	39.	11:55	41.3%
2023 Richard Bennett Coastal 10m	356.	425 Katherine Aykroyd	Female Senior	Felixstowe RRC	1:59:21	1:58:50	123.	40.	11:56	42.5%
2023 Richard Bennett Coastal 10m	357.	748 Tom Aykroyd	Male V40	Felixstowe RRC	1:59:22	1:58:51	234.	42.	11:56	39.2%
2023 Richard Bennett Coastal 10m	358.	549 Sam Jacobs	Male V45	Unattached	2:00:14	1:59:37	235.	35.	12:01	39.2%
2023 Richard Bennett Coastal 10m	359.	610 Rebecca Bines	Female Senior	Unattached	2:00:15	2:00:12	124.	41.	12:01	41.0%
2023 Richard Bennett Coastal 10m	360.	377 Agnieszka Andrzejak	Female V40	Stowmarket Striders RC	2:00:31	1:59:59	125.	30.	12:03	43.6%
2023 Richard Bennett Coastal 10m	361.	762 Rachael Williams	Female V50	Unattached	2:01:01	2:00:25	126.	19.	12:06	46.9%
2023 Richard Bennett Coastal 10m	362.	427 David Emeny	Male Senior	Unattached	2:01:15	2:01:09	236.	58.	12:07	36.8%
2023 Richard Bennett Coastal 10m	363.	348 Ross Ovel	Male V40	Unattached	2:02:06	2:01:35	237.	43.	12:12	38.3%
2023 Richard Bennett Coastal 10m	364.	414 Grace Randall	Female Senior	100 Marathon Club	2:02:16	2:01:55	127.	42.	12:13	40.3%
2023 Richard Bennett Coastal 10m	365.	734 Dave Jones	Male V60+	Great Bentley Running Club	2:02:29	2:01:50	238.	30.	12:14	44.3%
2023 Richard Bennett Coastal 10m	366.	430 Alison Clarke	Female V60+	Great Bentley Running Club	2:02:30	2:01:50	128.	5.	12:14	59.2%
2023 Richard Bennett Coastal 10m	367.	432 Zoila Reyes	Female V60+	Felixstowe RRC	2:02:41	2:02:09	129.	6.	12:16	58.2%
2023 Richard Bennett Coastal 10m	368.	356 Gareth Carr	Male V40	Unattached	2:03:02	2:02:46	239.	44.	12:18	37.4%
2023 Richard Bennett Coastal 10m	369.	621 Suzi Saunders	Female V40	Unattached	2:03:07	2:02:43	130.	31.	12:18	41.7%
2023 Richard Bennett Coastal 10m	370.	560 Joanna Birch	Female V45	Lonely Goat RC	2:03:48	2:03:22	131.	28.	12:22	44.8%
2023 Richard Bennett Coastal 10m	371.	708 Yazmine Sievey	Female Senior	Unattached	2:03:48	2:03:22	132.	43.	12:22	39.9%
2023 Richard Bennett Coastal 10m	372.	437 Karen Brackenbury	Female V60+	Unattached	2:03:51	2:03:18	133.	7.	12:23	52.1%
2023 Richard Bennett Coastal 10m	373.	619 Lucy Bryanton	Female V50	Unattached	2:04:22	2:03:46	134.	20.	12:26	46.2%
2023 Richard Bennett Coastal 10m	374.	381 Mandy Chinery	Female V50	Unattached	2:05:22	2:04:43	135.	21.	12:32	45.8%
2023 Richard Bennett Coastal 10m	375.	433 Joe Ward	Male Senior	Unattached	2:05:26	2:05:16	240.	59.	12:32	35.5%
2023 Richard Bennett Coastal 10m	376.	600 Ollie Brookes	Male Senior	Unattached	2:05:40	2:05:23	241.	60.	12:33	35.0%
2023 Richard Bennett Coastal 10m	377.	410 Charlotte Eve	Female Senior	Unattached	2:06:09	2:05:48	136.	44.	12:36	39.1%
2023 Richard Bennett Coastal 10m	378.	458 Katie Webber	Female V50	Rushmere Community Runners	2:06:13	2:05:38	137.	22.	12:37	46.1%
2023 Richard Bennett Coastal 10m	379.	354 Joanne Larke	Female V45	Unattached	2:07:00	2:06:21	138.	29.	12:41	41.8%
2023 Richard Bennett Coastal 10m	380.	373 Marion Parks	Female V55	Felixstowe RRC	2:07:45	2:07:19	139.	6.	12:46	46.7%
2023 Richard Bennett Coastal 10m	381.	390 Alex Jacobs	Male V40	Felixstowe RRC	2:09:01	2:08:26	242.	45.	12:54	35.7%
2023 Richard Bennett Coastal 10m	382.	338 Lucy Akers	Female V45	Unattached	2:09:21	2:08:56	140.	30.	12:56	41.9%
2023 Richard Bennett Coastal 10m	383.	562 Sarah Donovan	Female V50	Unattached	2:10:00	2:09:24	141.	23.	12:59	45.3%
2023 Richard Bennett Coastal 10m	384.	578 Anna Tomaszczuk	Female V45	Unattached	2:14:00	2:13:25	142.	31.	13:23	40.9%
2023 Richard Bennett Coastal 10m	385.	588 Steffan Jones	Male Senior	Unattached	2:14:08	2:13:37	243.	61.	13:24	32.8%
2023 Richard Bennett Coastal 10m	386.	363 Annabel Bennett	Female V55	Felixstowe RRC	2:14:14	2:13:57	143.	7.	13:25	46.8%

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2023 Richard Bennett Coastal 10m	387.	785 Charlotte Flomet	Female Senior	Unattached	2:14:26	2:14:04	144.	45.	13:26	36.9%
2023 Richard Bennett Coastal 10m	388.	409 Grace Gold	Female Senior	Unattached	2:15:57	2:15:36	145.	46.	13:35	36.3%
2023 Richard Bennett Coastal 10m	389.	395 Beverley de Boos	Female V60+	Girls That Jeff	2:17:41	2:17:03	146.	8.	13:46	55.2%
2023 Richard Bennett Coastal 10m	390.	393 Rachael Hagger	Female V50	Girls That Jeff	2:21:28	2:20:51	147.	24.	14:08	39.6%
2023 Richard Bennett Coastal 10m	391.	539 Sally Brown	Female V60+	Rushmere Community Runners	2:23:58	2:23:22	148.	9.	14:23	50.4%
2023 Richard Bennett Coastal 10m	DNF	375 Emma Strutt	Female V45	Rushmere Community Runners						0.0%
2023 Richard Bennett Coastal 10m	DNF	406 Alexandra Carr	Female Senior	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNF	416 Heather Bush	Female V45	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNF	540 Tony Hubbard	Male V45	Ipswich Jaffa RC						0.0%
2023 Richard Bennett Coastal 10m	DNF	677 Bill Richmond	Male V55	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNF	687 Clive Thomas	Male V60+	BLC on the Run						0.0%
2023 Richard Bennett Coastal 10m	DNS	340 Kate May	Female V45	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	341 Kate Sudell	Female Senior	Felixstowe RRC						0.0%
2023 Richard Bennett Coastal 10m	DNS	346 Marion Keeble	Female Senior	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	347 Susan Aves	Female V55	Springfield Striders RC						0.0%
2023 Richard Bennett Coastal 10m	DNS	368 Samantha Fulcher	Female V55	Felixstowe RRC						0.0%
2023 Richard Bennett Coastal 10m	DNS	374 Emily Cooper-Read	Female V55	Stowmarket Striders RC						0.0%
2023 Richard Bennett Coastal 10m	DNS	383 Sarah Webb	Female V45	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	399 Caroline Perry	Female V40	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	401 Danielle Adams	Female V40	Kesgrave Cruisers						0.0%
2023 Richard Bennett Coastal 10m	DNS	412 Dean Searle	Male V45	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	415 Philip Steward	Male V60+	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	420 Jeremy Hennell James	Male V60+	Ipswich Harriers						0.0%
2023 Richard Bennett Coastal 10m	DNS	421 Matthew Alexander	Male Senior	Woodbridge Shufflers RC						0.0%
2023 Richard Bennett Coastal 10m	DNS	431 Louise Balfour	Female V50	Great Bentley Running Club						0.0%
2023 Richard Bennett Coastal 10m	DNS	445 Lee Briers	Male V40	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	449 Danny Rock	Male V40	Felixstowe RRC						0.0%
2023 Richard Bennett Coastal 10m	DNS	450 Molly Bergdahl	Female Senior	Ipswich Jaffa RC						0.0%
2023 Richard Bennett Coastal 10m	DNS	462 Glenn Yellop	Male V50	Capel Cheetahs						0.0%
2023 Richard Bennett Coastal 10m	DNS	465 Carol Spurgeon	Female V50	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	466 Melvyn Maycock	Male V40	Ipswich Jaffa RC						0.0%
2023 Richard Bennett Coastal 10m	DNS	468 John Dunnett	Male V60+	Capel Cheetahs						0.0%
2023 Richard Bennett Coastal 10m	DNS	469 Lisa Smith	Female V40	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	470 Maria Hare	Female V45	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	475 Mary-Ann Tuli	Female V50	Haverhill Running Club						0.0%
2023 Richard Bennett Coastal 10m	DNS	476 Karl Tovell	Male V40	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	485 Shaun Good	Male V55	Felixstowe RRC						0.0%
2023 Richard Bennett Coastal 10m	DNS	486 Barnaby Jacobs	Male Senior	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	489 Jason Dighton	Male V45	Ipswich Phoenix Running Club						0.0%
2023 Richard Bennett Coastal 10m	DNS	496 Graham Garrod	Male V55	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	500 Louise Stratford	Female V40	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	508 Trevor Bunch	Male V45	Haverhill Running Club						0.0%
2023 Richard Bennett Coastal 10m	DNS	514 Mark Foulkes	Male V50	Kesgrave Cruisers						0.0%
2023 Richard Bennett Coastal 10m	DNS	519 Georgina Gough	Female Senior	Unattached						0.0%
2023 Richard Bennett Coastal 10m	DNS	520 James Bojko	Male Senior	Unattached						0.0%

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2023 Richard Bennett Coastal 10m	DNS	526 Lauren Ramsey	Female Senior	Ipswich Harriers							0.0%
2023 Richard Bennett Coastal 10m	DNS	527 Louise Wilkins	Female Senior	Stowmarket Striders RC							0.0%
2023 Richard Bennett Coastal 10m	DNS	528 Faye Hubbard	Female V40	Unattached							0.0%
2023 Richard Bennett Coastal 10m	DNS	530 James Wilson	Male Senior	Saxmundham Sports Running & I							0.0%
2023 Richard Bennett Coastal 10m	DNS	538 Dawn Gibson	Female V40	Felixstowe RRC							0.0%
2023 Richard Bennett Coastal 10m	DNS	547 Mark Cooper	Male Senior	Ipswich Triathlon Club							0.0%
2023 Richard Bennett Coastal 10m	DNS	548 Charlotte Wickens	Female Senior	Unattached							0.0%
2023 Richard Bennett Coastal 10m	DNS	564 Laura Ayling	Female Senior	Felixstowe RRC							0.0%
2023 Richard Bennett Coastal 10m	DNS	566 Darin Geary	Male V50	Stowmarket Striders RC							0.0%
2023 Richard Bennett Coastal 10m	DNS	567 Tom Lindfield	Male Senior	Unattached							0.0%
2023 Richard Bennett Coastal 10m	DNS	575 Richard Knight	Male V45	Unattached							0.0%
2023 Richard Bennett Coastal 10m	DNS	592 Gabriel Martins	Male V55	Ipswich Jaffa RC							0.0%
2023 Richard Bennett Coastal 10m	DNS	628 Clair Nagorski	Female Senior	Fordy Runs Running Club							0.0%
2023 Richard Bennett Coastal 10m	DNS	644 Sarah Willingham	Female Senior	Unattached							0.0%
2023 Richard Bennett Coastal 10m	DNS	649 Derek Daly	Male V60+	Felixstowe RRC							0.0%
2023 Richard Bennett Coastal 10m	DNS	698 Katie Peake	Female Senior	Ipswich Jaffa RC							0.0%
2023 Richard Bennett Coastal 10m	DNS	728 Jason Brunt	Male V50	Norfolk Gazelles AC							0.0%
2023 Richard Bennett Coastal 10m	DNS	754 Willow Craven	Female Senior	Unattached							0.0%
2023 Santa Dash 5k	1.	55 Daniel Harrison	Male Senior	Unattached	17:33	17:31	1.	1.	3:30		74.0%
2023 Santa Dash 5k	2.	65 Sean Jermy	Male Senior	Unattached	18:30	18:29	2.	2.	3:41		71.7%
2023 Santa Dash 5k	3.	119 Gareth Seville	Male Senior	Unattached	19:50	19:48	3.	3.	3:57		66.8%
2023 Santa Dash 5k	4.	123 Adrian Slattery	Male V40	Unattached	20:35	20:33	4.	1.	4:06		68.5%
2023 Santa Dash 5k	5.	12 James Bool	Male V55	Unattached	20:44	20:42	5.	1.	4:08		75.2%
2023 Santa Dash 5k	6.	133 Lewis Stevens	Male Senior	Unattached	21:01	20:59	6.	4.	4:12		61.8%
2023 Santa Dash 5k	7.	101 Steven Newson	Male V45	Unattached	22:34	22:34	7.	1.	4:30		64.4%
2023 Santa Dash 5k	8.	2 Marianne Armstrong	Female V40	Unattached	23:20	23:18	1.	1.	4:39		66.2%
2023 Santa Dash 5k	9.	100 Warren Newell	Male V60+	Unattached	23:25	23:18	8.	1.	4:40		68.7%
2023 Santa Dash 5k	10.	58 Charlotte Hodgson	Female Senior	Unattached	23:40	23:38	2.	1.	4:43		63.4%
2023 Santa Dash 5k	11.	23 Andrew Charge	Male V50	Unattached	23:40	23:37	9.	1.	4:43		62.3%
2023 Santa Dash 5k	12.	9 Lindsay Black	Female V40	Unattached	23:42	23:40	3.	2.	4:44		65.7%
2023 Santa Dash 5k	13.	85 Paul Lewis	Male V60+	Unattached	23:54	23:50	10.	2.	4:46		67.3%
2023 Santa Dash 5k	14.	147 Kirsty Wheeler	Female Senior	Unattached	24:15	24:12	4.	2.	4:50		61.5%
2023 Santa Dash 5k	15.	130 Henry Spencer	Male Senior	Unattached	24:19	24:10	11.	5.	4:51		53.4%
2023 Santa Dash 5k	16.	131 William Spencer	Male Senior	Unattached	24:32	24:22	12.	6.	4:54		52.9%
2023 Santa Dash 5k	17.	14 May Brown	Female Senior	Unattached	24:32	24:29	5.	3.	4:54		60.2%
2023 Santa Dash 5k	18.	10 Simon Blackwell	Male V45	Unattached	24:40	24:36	13.	2.	4:55		58.5%
2023 Santa Dash 5k	19.	77 Carina Kettlewell	Female Senior	Unattached	25:09	25:04	6.	4.	5:01		59.3%
2023 Santa Dash 5k	20.	76 Andrew Kettlewell	Male V40	Unattached	25:09	25:04	14.	2.	5:01		54.9%
2023 Santa Dash 5k	21.	150 Jamie Whitworth	Male Senior	Unattached	25:18	25:14	15.	7.	5:03		51.3%
2023 Santa Dash 5k	22.	46 Alex George	Male Senior	Unattached	25:23	25:19	16.	8.	5:04		53.6%
2023 Santa Dash 5k	23.	143 Kirsty West	Female V45	Unattached	26:05	25:59	7.	1.	5:12		62.0%
2023 Santa Dash 5k	24.	62 Dave Hyam	Male V40	Unattached	26:05	26:01	17.	3.	5:12		52.5%
2023 Santa Dash 5k	25.	86 Neil Littler	Male V60+	Unattached	26:07	25:57	18.	3.	5:13		61.6%
2023 Santa Dash 5k	26.	8 Lee Birmingham	Male V50	Unattached	26:38	26:28	19.	2.	5:19		57.1%
2023 Santa Dash 5k	27.	138 Ann Thomas	Female V45	Unattached	26:38	26:28	8.	2.	5:19		59.5%

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2023 Santa Dash 5k	28.	35 Glenn Doy	Male V60+	Unattached	26:48	26:41	20.	4.	5:21	63.2%
2023 Santa Dash 5k	29.	24 Paul Choak	Male V60+	Unattached	27:08	26:56	21.	5.	5:25	64.3%
2023 Santa Dash 5k	30.	59 Helen Horn	Female V60+	Unattached	27:13	27:09	9.	1.	5:26	68.9%
2023 Santa Dash 5k	31.	44 David Fowler	Male V55	Unattached	27:13	27:09	22.	2.	5:26	58.1%
2023 Santa Dash 5k	32.	72 Gary Jones	Male V60+	Unattached	27:17	27:05	23.	6.	5:27	64.0%
2023 Santa Dash 5k	33.	31 Stephen Cross	Male V50	Unattached	27:22	27:12	24.	3.	5:28	55.6%
2023 Santa Dash 5k	34.	149 James Whittlely	Male Senior	Unattached	27:56	27:46	25.	9.	5:35	46.5%
2023 Santa Dash 5k	35.	126 Adrian Smith	Male V50	Unattached	28:22	28:10	26.	4.	5:40	53.2%
2023 Santa Dash 5k	36.	70 Iain Johnstone	Male V55	Unattached	28:36	28:29	27.	3.	5:43	53.6%
2023 Santa Dash 5k	37.	69 Glen Johnstone	Male V50	Unattached	28:49	28:42	28.	5.	5:45	52.4%
2023 Santa Dash 5k	38.	63 Tracey Jermy	Female V55	Unattached	28:53	28:49	10.	1.	5:46	61.9%
2023 Santa Dash 5k	39.	117 Andy Secker	Male V55	Unattached	29:17	29:13	29.	4.	5:51	53.6%
2023 Santa Dash 5k	40.	113 Louise Roberts	Female V45	Unattached	29:17	29:14	11.	3.	5:51	53.6%
2023 Santa Dash 5k	41.	61 Ellie Hurn	Female Senior	Unattached	29:17	29:12	12.	5.	5:51	50.4%
2023 Santa Dash 5k	42.	95 Denise Mortimer	Female V50	Unattached	29:47	29:47	13.	1.	5:57	55.4%
2023 Santa Dash 5k	43.	71 Mark Jolly	Male V55	Unattached	29:48	29:39	30.	5.	5:57	52.7%
2023 Santa Dash 5k	44.	52 Andrew Groom	Male Senior	Unattached	29:58	29:49	31.	10.	5:59	43.3%
2023 Santa Dash 5k	45.	83 Victoria Laughland	Female V55	Unattached	30:03	29:56	14.	2.	6:00	58.8%
2023 Santa Dash 5k	46.	96 Cara Mothers	Female Senior	Unattached	30:35	30:31	15.	6.	6:06	48.4%
2023 Santa Dash 5k	47.	94 Chris Moore	Male V55	Unattached	30:54	30:44	32.	6.	6:10	49.6%
2023 Santa Dash 5k	48.	11 Stephanie Bloomfield	Female V60+	Unattached	31:03	30:55	16.	2.	6:12	64.4%
2023 Santa Dash 5k	49.	42 Joanna Fisher	Female V45	Unattached	31:04	30:58	17.	4.	6:12	51.0%
2023 Santa Dash 5k	50.	5 Gail Barnard	Female V50	Unattached	31:04	30:58	18.	2.	6:12	53.7%
2023 Santa Dash 5k	51.	84 Stuart Lawn	Male V40	Unattached	31:06	30:56	33.	4.	6:13	44.4%
2023 Santa Dash 5k	52.	134 Becky Sturgeon	Female V50	Unattached	31:07	31:07	19.	3.	6:13	53.7%
2023 Santa Dash 5k	53.	3 Jayne Asker	Female V55	Unattached	31:10	30:56	20.	3.	6:13	56.0%
2023 Santa Dash 5k	54.	36 Beverley Dunster	Female V50	Unattached	31:14	31:06	21.	4.	6:14	54.7%
2023 Santa Dash 5k	55.	18 Steve Burnett	Male V60+	Unattached	31:20	31:15	34.	7.	6:15	55.1%
2023 Santa Dash 5k	56.	114 Lyn Roper	Female V60+	Unattached	31:20	31:15	22.	3.	6:15	60.6%
2023 Santa Dash 5k	57.	137 Christina Sundalskliev	Female Senior	Unattached	31:23	31:11	23.	7.	6:16	47.6%
2023 Santa Dash 5k	58.	106 Chrissy Palmer	Female V45	Unattached	31:23	31:14	24.	5.	6:16	51.5%
2023 Santa Dash 5k	59.	25 Samantha Collings	Female V40	Unattached	31:28	31:22	25.	3.	6:17	48.8%
2023 Santa Dash 5k	60.	140 Jenna Thompson	Female Senior	Unattached	31:30	31:18	26.	8.	6:17	47.9%
2023 Santa Dash 5k	61.	136 Jodie Sundalskliev	Female Senior	Unattached	31:33	31:21	27.	9.	6:18	47.8%
2023 Santa Dash 5k	62.	115 Brown Roy	Male V60+	Unattached	31:39	31:28	35.	8.	6:19	52.6%
2023 Santa Dash 5k	63.	118 Gary Secker	Male V45	Unattached	31:43	31:35	36.	3.	6:20	45.1%
2023 Santa Dash 5k	64.	53 Emma Halliday	Female Senior	Unattached	32:00	31:46	28.	10.	6:23	46.7%
2023 Santa Dash 5k	65.	6 Steven Bennett	Male V60+	Unattached	32:01	31:47	37.	9.	6:24	53.9%
2023 Santa Dash 5k	66.	19 Deborah Cane	Female V55	Unattached	32:13	32:10	29.	4.	6:26	54.8%
2023 Santa Dash 5k	67.	124 Angela Smith	Female V55	Unattached	32:16	32:07	30.	5.	6:27	56.7%
2023 Santa Dash 5k	68.	112 Mark Raymer	Male V50	Unattached	32:20	32:10	38.	6.	6:27	46.3%
2023 Santa Dash 5k	69.	116 Laura Saunders	Female V40	Unattached	32:22	32:15	31.	4.	6:28	47.7%
2023 Santa Dash 5k	70.	73 Theresa Jones	Female V60+	Unattached	32:27	32:13	32.	4.	6:29	59.3%
2023 Santa Dash 5k	71.	29 Trevor Crisp	Male V60+	Unattached	33:02	32:51	39.	10.	6:36	49.1%
2023 Santa Dash 5k	72.	16 Harry Burnett	Male Senior	Unattached	33:02	32:47	40.	11.	6:36	39.3%

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2023 Santa Dash 5k	73.	17 Keith Burnett	Male V55	Unattached	33:03	32:48	41.	7.	6:36	46.4%
2023 Santa Dash 5k	74.	64 David Jermy	Male V60+	Unattached	33:06	33:01	42.	11.	6:37	48.2%
2023 Santa Dash 5k	75.	121 Ashleigh Sharman	Female Senior	Unattached	33:19	33:09	33.	11.	6:39	44.3%
2023 Santa Dash 5k	76.	120 Shayne Sharman	Female V55	Unattached	33:19	33:10	34.	6.	6:39	53.6%
2023 Santa Dash 5k	77.	38 Derek Edwards	Male V60+	Unattached	33:27	33:20	43.	12.	6:41	50.6%
2023 Santa Dash 5k	78.	43 Sue Fletcher	Female V60+	Unattached	33:32	33:23	35.	5.	6:42	57.4%
2023 Santa Dash 5k	79.	7 Natasha Bird	Female V40	Unattached	33:38	33:18	36.	5.	6:43	45.3%
2023 Santa Dash 5k	80.	90 Roy Meadway	Male V60+	Unattached	33:44	33:37	44.	13.	6:44	50.2%
2023 Santa Dash 5k	81.	141 Mrs Paula Turner	Female V55	Unattached	33:55	33:47	37.	7.	6:46	53.3%
2023 Santa Dash 5k	82.	148 David White	Male V60+	Unattached	34:26	34:15	45.	14.	6:53	52.7%
2023 Santa Dash 5k	83.	60 Alison Howlett	Female V55	Unattached	34:26	34:20	38.	8.	6:53	50.7%
2023 Santa Dash 5k	84.	1 Nicola Armstrong	Female V45	Unattached	34:40	34:33	39.	6.	6:55	45.3%
2023 Santa Dash 5k	85.	109 Jayne Pitcher	Female V60+	Unattached	34:45	34:35	40.	6.	6:56	62.5%
2023 Santa Dash 5k	86.	66 Susan Jewson	Female V60+	Unattached	34:48	34:40	41.	7.	6:57	57.5%
2023 Santa Dash 5k	87.	34 Wendy Den Bleker	Female V60+	Unattached	34:54	34:47	42.	8.	6:58	56.5%
2023 Santa Dash 5k	88.	33 Sally Cutts	Female V60+	Unattached	34:59	34:50	43.	9.	6:59	55.7%
2023 Santa Dash 5k	89.	129 Melanie Spencer	Female V60+	Unattached	35:26	35:17	44.	10.	7:05	52.3%
2023 Santa Dash 5k	90.	98 Chris Nally	Female V60+	Unattached	36:08	36:01	45.	11.	7:13	53.2%
2023 Santa Dash 5k	91.	67 Katie Jewson	Female Senior	Unattached	36:09	36:01	46.	12.	7:13	41.2%
2023 Santa Dash 5k	92.	50 Joy Grice	Female V60+	Unattached	36:11	36:03	47.	12.	7:14	57.5%
2023 Santa Dash 5k	93.	21 Karen Casteleiro	Female V55	Unattached	36:20	36:13	48.	9.	7:15	50.4%
2023 Santa Dash 5k	94.	48 Paula Granger	Female V50	Unattached	36:22	36:13	49.	5.	7:16	45.9%
2023 Santa Dash 5k	95.	91 Serena Mears	Female Senior	Unattached	36:25	36:19	50.	13.	7:16	41.2%
2023 Santa Dash 5k	96.	26 Annette Copeman-Lamoureux	Female V50	Unattached	36:25	36:20	51.	6.	7:16	47.4%
2023 Santa Dash 5k	97.	27 Kevin Copeman-Lamoureux	Male V60+	Unattached	36:26	36:20	46.	15.	7:17	43.8%
2023 Santa Dash 5k	98.	108 Louise Peck	Female V55	Unattached	36:34	36:20	52.	10.	7:18	48.9%
2023 Santa Dash 5k	99.	102 Helen Nichols-Buck	Female V40	Unattached	37:09	37:03	53.	6.	7:25	41.9%
2023 Santa Dash 5k	100.	39 Lindsey Ellis	Female V45	Unattached	37:10	37:02	54.	7.	7:25	42.6%
2023 Santa Dash 5k	101.	125 Katie Smith	Female Senior	Unattached	37:12	37:02	55.	14.	7:26	39.7%
2023 Santa Dash 5k	102.	40 Helen Everson	Female V60+	Unattached	37:29	37:22	56.	13.	7:29	50.0%
2023 Santa Dash 5k	103.	22 Kelly Chan	Female V55	Unattached	37:39	37:31	57.	11.	7:31	46.4%
2023 Santa Dash 5k	104.	79 Cherry Knights	Female V60+	Unattached	37:39	37:29	58.	14.	7:31	53.8%
2023 Santa Dash 5k	105.	75 Sue Kershaw	Female V60+	Unattached	37:46	37:37	59.	15.	7:33	56.6%
2023 Santa Dash 5k	106.	81 Emily Langley	Female Senior	Unattached	37:47	37:41	60.	15.	7:33	39.1%
2023 Santa Dash 5k	107.	68 James Jewson	Male Senior	Unattached	37:48	37:41	47.	12.	7:33	34.7%
2023 Santa Dash 5k	108.	4 Claire Barber	Female V40	Unattached	37:51	37:44	61.	7.	7:34	40.3%
2023 Santa Dash 5k	109.	51 Louise Griffiths	Female Senior	Unattached	38:02	37:45	62.	16.	7:36	39.5%
2023 Santa Dash 5k	110.	151 Sandra Williams	Female V45	Unattached	38:26	38:13	63.	8.	7:41	41.6%
2023 Santa Dash 5k	111.	37 Rebecca Durant	Female V60+	Unattached	38:28	38:12	64.	16.	7:41	55.6%
2023 Santa Dash 5k	112.	152 Lorraine Woolner	Female V60+	Unattached	38:43	38:30	65.	17.	7:44	49.7%
2023 Santa Dash 5k	113.	15 Lynda Buck	Female V60+	Unattached	39:15	39:08	66.	18.	7:50	52.3%
2023 Santa Dash 5k	114.	146 Simon Wheatman	Male V60+	Unattached	39:17	39:01	48.	16.	7:51	42.4%
2023 Santa Dash 5k	115.	145 Dorothy Wheatman	Female V60+	Unattached	39:17	39:03	67.	19.	7:51	50.2%
2023 Santa Dash 5k	116.	74 Sarah Kennard	Female V50	Unattached	39:24	39:16	68.	7.	7:52	42.8%
2023 Santa Dash 5k	117.	111 Mitchal Rant	Male V55	Unattached	39:40	39:28	49.	8.	7:55	39.2%

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2023 Santa Dash 5k	118.	89 Grainne McAdam	Female V45	Unattached	39:40	39:28	69.	9.	7:55	41.2%
2023 Santa Dash 5k	119.	49 Claire Green	Female V45	Unattached	39:49	39:40	70.	10.	7:57	41.0%
2023 Santa Dash 5k	120.	105 Debra Paine	Female V55	Unattached	40:37	40:27	71.	12.	8:07	43.0%
2023 Santa Dash 5k	121.	103 Donnamarie Oastler	Female V40	Unattached	40:38	40:22	72.	8.	8:07	37.8%
2023 Santa Dash 5k	122.	104 Shaun Oastler	Male V40	Unattached	40:38	40:23	50.	5.	8:07	34.4%
2023 Santa Dash 5k	123.	97 Shantelle Murphy	Female V40	Unattached	40:40	40:27	73.	9.	8:07	38.0%
2023 Santa Dash 5k	124.	122 Sarah Shiplee	Female V55	Unattached	40:46	40:32	74.	13.	8:09	44.4%
2023 Santa Dash 5k	125.	88 Roz MacLachlan	Female V55	Unattached	40:49	40:35	75.	14.	8:09	44.8%
2023 Santa Dash 5k	126.	87 Barbara Lyons	Female V60+	Unattached	40:57	40:43	76.	20.	8:11	46.9%
2023 Santa Dash 5k	127.	92 Jenny Mendoza	Female V50	Unattached	41:46	41:30	77.	8.	8:21	39.5%
2023 Santa Dash 5k	128.	107 Samantha Palmer	Female Senior	Unattached	43:42	43:31	78.	17.	8:44	33.9%
2023 Santa Dash 5k	129.	20 Rebecca Cantrill	Female V55	Unattached	43:42	43:31	79.	15.	8:44	40.9%
2023 Santa Dash 5k	130.	82 Tina Lathrope	Female V40	Unattached	43:42	43:32	80.	10.	8:44	34.7%
2023 Santa Dash 5k	131.	30 Peter Crisp	Male V60+	Unattached	47:55	47:43	51.	17.	9:34	34.7%
2023 Santa Dash 5k	132.	128 Julie Spandler	Female V50	Unattached	57:45	57:45	81.	9.	11:32	28.9%
2023 Santa Dash 5k	133.	127 Sue Spandler	Female V60+	Unattached	57:46	57:32	82.	21.	11:33	39.2%
2023 Santa Dash 5k	134.	80 Brenda Lane	Female V60+	Unattached	57:47	57:32	83.	22.	11:33	38.1%
2023 Santa Dash 5k	DNF	99 Matthew Nelson	Male Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	13 Jeannine Boshoff	Female V50	Unattached						0.0%
2023 Santa Dash 5k	DNS	28 Emma Cornish	Female V40	Unattached						0.0%
2023 Santa Dash 5k	DNS	32 Shauna Cunningham	Female Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	41 Joel Fernandez	Male V50	Unattached						0.0%
2023 Santa Dash 5k	DNS	45 Ricky Frost	Male V55	Unattached						0.0%
2023 Santa Dash 5k	DNS	47 Lyndsey Girling	Female Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	54 Chloe Harper	Female Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	56 Tracey Haylock	Female V55	Unattached						0.0%
2023 Santa Dash 5k	DNS	57 Samuel Hazell	Male Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	78 Kevin Kisby	Male V55	Unattached						0.0%
2023 Santa Dash 5k	DNS	93 Andy Menin	Male V60+	Unattached						0.0%
2023 Santa Dash 5k	DNS	110 Susan Potter	Female V60+	Unattached						0.0%
2023 Santa Dash 5k	DNS	132 Hannah Stansfield	Female Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	135 Jodie Sullivan	Female Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	139 Gareth Thompson	Male V40	Unattached						0.0%
2023 Santa Dash 5k	DNS	142 Kyran Waterson	Male Senior	Unattached						0.0%
2023 Santa Dash 5k	DNS	144 Dominic West	Male V45	Unattached						0.0%
2024 Biggleswade 5k	1.	21 Sam Barton	Male Senior	Unattached	18:10	18:08	1	1	3:37	71.5%
2024 Biggleswade 5k	2.	89 Oliver Pateman	Male Senior	Unattached	18:23	18:20	2	2	3:40	70.6%
2024 Biggleswade 5k	3.	148 Ian Payne	Male V45	Biggleswade AC	18:33	18:31	3	1	3:42	76.6%
2024 Biggleswade 5k	4.	71 Lyam Redmond	Male Senior	Unattached	18:53	18:51	4	3	3:46	70.2%
2024 Biggleswade 5k	5.	32 Liam Beaumont	Male Senior	Unattached	19:05	19:04	5	4	3:48	69.1%
2024 Biggleswade 5k	6.	271 Fin Speirs	Male Senior	Unattached	19:27	19:25	6	5	3:53	66.7%
2024 Biggleswade 5k	7.	229 Hannah Ridley	Female Senior	North Herts Road Runners	19:28	19:26	1	1	3:53	75.9%
2024 Biggleswade 5k	8.	270 Arran Speirs	Male U20	Unattached	19:31	19:28	7	1	3:54	66.5%
2024 Biggleswade 5k	9.	253 James Filsell	Male Senior	Unattached	19:48	19:45	8	6	3:57	66.1%
2024 Biggleswade 5k	10.	304 Tom Pateman	Male Senior	Unattached	19:51	19:48	9	7	3:58	68.1%

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2024 Biggleswade 5k	11.	186 Chris Gooda	Male Senior	Unattached	20:18	20:15	10	8 4:03	66.1%
2024 Biggleswade 5k	12.	231 Scott Leger	Male V40	Royston Runners	20:33	20:30	11	1 4:06	67.2%
2024 Biggleswade 5k	13.	274 Alex Philpott	Male Senior	Unattached	20:44	20:41	12	9 4:08	62.6%
2024 Biggleswade 5k	14.	194 Morgan Noble	Male Senior	Unattached	20:59	20:51	13	10 4:11	61.9%
2024 Biggleswade 5k	15.	200 Alistair Nelson	Male Senior	Biggleswade AC	20:59	20:58	14	11 4:11	62.2%
2024 Biggleswade 5k	16.	172 Jon Watkins	Male V55	100 Marathon Club	21:11	21:07	15	1 4:14	73.5%
2024 Biggleswade 5k	17.	20 Will Allen	Male V40	Unattached	21:18	21:15	16	2 4:15	65.7%
2024 Biggleswade 5k	18.	181 Samuel Medlock	Male Senior	Unattached	21:22	21:19	17	12 4:16	60.9%
2024 Biggleswade 5k	19.	227 Stewart Jeeves	Male V40	Redway Runners	21:25	21:21	18	3 4:16	64.0%
2024 Biggleswade 5k	20.	273 Rob Grinstead	Male Senior	Unattached	21:26	21:22	19	13 4:17	60.7%
2024 Biggleswade 5k	21.	298 Luke Blackman	Male Senior	Unattached	21:28	21:24	20	14 4:17	61.8%
2024 Biggleswade 5k	22.	179 Matt Gooda	Male Senior	Unattached	21:38	21:37	21	15 4:19	60.0%
2024 Biggleswade 5k	23.	170 Robyn Barfield	Female Senior	Royston Runners	22:02	22:00	2	2 4:24	67.0%
2024 Biggleswade 5k	24.	48 Jake Simmons	Male Senior	Unattached	22:10	22:03	22	16 4:25	58.5%
2024 Biggleswade 5k	25.	257 Paul Roberts	Male V50	Unattached	22:14	22:12	23	1 4:26	67.9%
2024 Biggleswade 5k	26.	111 Ryan Milner	Male V40	Unattached	22:21	22:19	24	4 4:28	63.1%
2024 Biggleswade 5k	27.	136 Luke Moran	Male Senior	Unattached	22:24	22:17	25	17 4:28	58.9%
2024 Biggleswade 5k	28.	163 Eleanor Anderson	Female Senior	Unattached	22:24	22:19	3	3 4:28	65.9%
2024 Biggleswade 5k	29.	168 Frances Kendall	Female Senior	Unattached	22:33	22:28	4	4 4:30	65.4%
2024 Biggleswade 5k	30.	162 James Hogben	Male Senior	Unattached	22:33	22:28	26	18 4:30	57.5%
2024 Biggleswade 5k	31.	160 Andrew Barnes	Male Senior	Unattached	22:37	22:31	27	19 4:31	57.4%
2024 Biggleswade 5k	32.	113 Daniel Hatcher	Male Senior	Unattached	22:45	22:43	28	20 4:32	57.1%
2024 Biggleswade 5k	33.	265 Gary Baldwin	Male V60	Unattached	22:51	22:44	29	1 4:34	69.9%
2024 Biggleswade 5k	34.	33 Chris Parr	Male Senior	Unattached	23:22	23:12	30	21 4:40	56.5%
2024 Biggleswade 5k	35.	205 Dan Webb	Male Senior	Unattached	23:22	23:13	31	22 4:40	56.4%
2024 Biggleswade 5k	36.	239 Sam West	Male Senior	Unattached	23:23	23:15	32	23 4:40	56.2%
2024 Biggleswade 5k	37.	192 Mary Moss	Female U20	Unattached	23:23	23:18	5	1 4:40	63.1%
2024 Biggleswade 5k	38.	224 Deb Bryant	Female V55	Biggleswade AC	23:25	23:18	6	1 4:40	74.6%
2024 Biggleswade 5k	39.	267 Will Ramsay	Male V40	Biggleswade AC	23:29	23:14	33	5 4:41	58.8%
2024 Biggleswade 5k	40.	27 Sarah Stilwell	Female Senior	Unattached	23:41	23:37	7	5 4:44	63.4%
2024 Biggleswade 5k	41.	238 Nicky Upperton	Female Senior	Biggleswade AC	23:48	23:41	8	6 4:45	62.0%
2024 Biggleswade 5k	42.	12 Matt Rowlinson	Male Senior	Unattached	24:02	23:57	34	24 4:48	55.5%
2024 Biggleswade 5k	43.	56 Libby Ambrose	Female V50	Unattached	24:11	24:07	9	1 4:50	70.6%
2024 Biggleswade 5k	44.	122 Jen Thorn	Female Senior	Unattached	24:12	24:02	10	7 4:50	61.4%
2024 Biggleswade 5k	45.	7 Simon Blows	Male V55	Unattached	24:23	24:18	35	2 4:52	62.9%
2024 Biggleswade 5k	46.	178 Neal Buckley	Male V45	Unattached	24:33	24:21	36	2 4:54	59.6%
2024 Biggleswade 5k	47.	209 Tyler Prince	Male Senior	Unattached	24:35	24:28	37	25 4:54	52.8%
2024 Biggleswade 5k	48.	144 Darren Janssen	Male Senior	Biggleswade AC	24:36	24:28	38	26 4:55	53.9%
2024 Biggleswade 5k	49.	142 Alex Barnes	Male Senior	Unattached	24:40	24:33	39	27 4:55	52.6%
2024 Biggleswade 5k	50.	87 George Farmer	Male U13	Unattached	24:42	24:32	40	1 4:56	58.4%
2024 Biggleswade 5k	51.	183 Max Cannon	Male Senior	Unattached	24:47	24:36	41	28 4:57	54.1%
2024 Biggleswade 5k	52.	67 Anna Middleditch	Female V40	Unattached	24:48	24:42	11	1 4:57	62.3%
2024 Biggleswade 5k	53.	176 Alistair McLeish	Male Senior	Unattached	24:48	24:41	42	29 4:57	54.8%
2024 Biggleswade 5k	54.	73 Izzy Wood	Female Senior	Unattached	24:54	24:50	12	8 4:58	59.5%
2024 Biggleswade 5k	55.	288 Phoebe Grist	Female Senior	Unattached	24:55	24:50	13	9 4:58	59.2%

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2024 Biggleswade 5k	56.	289 Alice Milligan	Female Senior	Unattached	24:56	24:51	14	10 4:59	59.2%
2024 Biggleswade 5k	57.	130 Jessica Clarke	Female Senior	Unattached	24:57	24:35	15	11 4:59	59.2%
2024 Biggleswade 5k	58.	251 Christian Leland	Male Senior	Unattached	24:58	24:55	43	30 4:59	52.0%
2024 Biggleswade 5k	59.	215 Ann Wood	Female V60	Werrington Joggers	25:02	24:55	16	1 5:00	76.9%
2024 Biggleswade 5k	60.	190 Nathan Hodge	Male Senior	Unattached	25:03	24:55	44	31 5:00	51.8%
2024 Biggleswade 5k	61.	252 Becky Filsell	Female Senior	Unattached	25:07	25:00	17	12 5:01	58.8%
2024 Biggleswade 5k	62.	241 Richard Lawson	Male V55	Bedford Harriers AC	25:09	25:00	45	3 5:01	60.9%
2024 Biggleswade 5k	63.	226 Emma Morris	Female Senior	Unattached	25:11	25:03	18	13 5:02	59.0%
2024 Biggleswade 5k	64.	188 Zoe Taylor	Female V45	Royston Runners	25:11	25:03	19	1 5:02	62.9%
2024 Biggleswade 5k	65.	187 Faye Gooda	Female Senior	Unattached	25:12	25:08	20	14 5:02	59.1%
2024 Biggleswade 5k	66.	272 Harry Wilkinson	Male Senior	Unattached	25:24	25:10	46	32 5:04	51.1%
2024 Biggleswade 5k	67.	9 Martyn Fisher	Male V55	Unattached	25:26	25:17	47	4 5:05	62.3%
2024 Biggleswade 5k	68.	14 Chris Mattingley	Male V40	Unattached	25:39	25:17	48	6 5:07	55.0%
2024 Biggleswade 5k	69.	222 Heather Hitchcock	Female Senior	Unattached	25:39	25:33	21	15 5:07	57.6%
2024 Biggleswade 5k	70.	171 Romy Barfield	Female Senior	Royston Runners	25:43	25:34	22	16 5:08	57.4%
2024 Biggleswade 5k	71.	191 Chloe Moss	Female U20	Unattached	25:46	25:41	23	2 5:09	58.2%
2024 Biggleswade 5k	72.	10 Mat Ryall	Male Senior	Unattached	25:53	25:47	49	33 5:10	52.2%
2024 Biggleswade 5k	73.	157 Michael Hum	Male V50	Unattached	25:57	25:50	50	2 5:11	58.6%
2024 Biggleswade 5k	74.	70 Alice Rowe	Female Senior	Unattached	26:07	26:01	24	17 5:13	56.6%
2024 Biggleswade 5k	75.	49 Stephen Atkins	Male V70+	Biggleswade AC	26:10	25:57	51	1 5:13	66.7%
2024 Biggleswade 5k	76.	161 Lucy Roberts	Female Senior	Unattached	26:11	25:58	25	18 5:14	56.4%
2024 Biggleswade 5k	77.	31 Matt Hulbert	Male Senior	Unattached	26:12	26:02	52	34 5:14	50.6%
2024 Biggleswade 5k	78.	127 Amelia Pateman-Wood	Female Senior	Unattached	26:15	26:08	26	19 5:14	56.2%
2024 Biggleswade 5k	79.	62 Jason Domagala	Male Senior	Unattached	26:17	26:02	53	35 5:15	50.4%
2024 Biggleswade 5k	80.	15 Dan Day	Male Senior	Unattached	26:22	26:08	54	36 5:16	49.8%
2024 Biggleswade 5k	81.	291 Clifton Linhares	Male Senior	Unattached	26:25	26:13	55	37 5:16	49.9%
2024 Biggleswade 5k	82.	149 Eliot Blackwell	Male Senior	Unattached	26:26	26:16	56	38 5:17	49.1%
2024 Biggleswade 5k	83.	91 Hugh Jackson	Male Senior	Unattached	26:27	26:14	57	39 5:17	49.9%
2024 Biggleswade 5k	84.	206 Lee Bilcock	Male Senior	Unattached	26:28	26:28	58	40 5:17	49.8%
2024 Biggleswade 5k	85.	221 Dylan Jeffery	Male U20	Unattached	26:30	26:06	59	2 5:17	49.4%
2024 Biggleswade 5k	86.	285 Angela Jarvis	Female V40	Unattached	26:30	26:17	27	2 5:17	58.8%
2024 Biggleswade 5k	87.	78 Alison Ward	Female V45	Unattached	26:31	26:19	28	2 5:18	59.8%
2024 Biggleswade 5k	88.	246 Andrei Lussmann	Male V50	Unattached	26:33	26:14	60	3 5:18	56.0%
2024 Biggleswade 5k	89.	86 Ella Farmer	Female V40	Unattached	26:34	26:24	29	3 5:18	57.4%
2024 Biggleswade 5k	90.	225 Lucie Nicolay	Female Senior	Unattached	26:35	26:28	30	20 5:18	56.7%
2024 Biggleswade 5k	91.	114 Ashlee Anthony	Female Senior	Unattached	26:35	26:23	31	21 5:18	55.6%
2024 Biggleswade 5k	92.	134 Peter Clark	Male Senior	Unattached	26:40	26:30	61	41 5:19	49.4%
2024 Biggleswade 5k	93.	174 Cindy Smith	Female V55	Unattached	26:41	26:32	32	2 5:20	66.2%
2024 Biggleswade 5k	94.	72 Karis Gabbittas-Smith	Female Senior	Unattached	26:45	26:40	33	22 5:20	55.2%
2024 Biggleswade 5k	95.	81 Gillian Adair Smith	Female Senior	Unattached	26:45	26:31	34	23 5:20	55.7%
2024 Biggleswade 5k	96.	245 Ava Lussmann	Female U20	Bedford & County AC	26:46	26:28	35	3 5:21	56.0%
2024 Biggleswade 5k	97.	52 Simon Wilson	Male Senior	Unattached	26:50	26:34	62	42 5:21	49.7%
2024 Biggleswade 5k	98.	150 Helen Higgins	Female V45	Unattached	27:05	26:56	36	3 5:24	59.1%
2024 Biggleswade 5k	99.	234 Chris Fadden	Male V60	Bedford Harriers AC	27:14	27:03	63	2 5:26	59.1%
2024 Biggleswade 5k	100.	38 Ian Anderson	Male V55	Unattached	27:17	27:07	64	5 5:27	57.6%

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2024 Biggleswade 5k	101.	204 Carla Zilz	Female V40	Unattached	27:32	27:20	37	4 5:30	55.1%
2024 Biggleswade 5k	102.	104 Lloyd Harvey	Male V40	Unattached	27:34	27:24	65	7 5:30	50.8%
2024 Biggleswade 5k	103.	28 William Ko	Male Senior	Unattached	27:37	27:18	66	43 5:31	48.3%
2024 Biggleswade 5k	104.	112 Maddy King	Female Senior	Unattached	27:39	27:27	38	24 5:31	53.4%
2024 Biggleswade 5k	105.	84 Richard Morley	Male V50	Unattached	27:41	27:35	67	4 5:32	54.9%
2024 Biggleswade 5k	106.	30 Tilly Sampson	Female Senior	Unattached	27:41	27:30	39	25 5:32	53.3%
2024 Biggleswade 5k	107.	280 Emma Kendall	Female V55	Unattached	27:42	27:31	40	3 5:32	66.1%
2024 Biggleswade 5k	108.	17 Nicola Lyons	Female Senior	Unattached	27:42	27:28	41	26 5:32	53.6%
2024 Biggleswade 5k	109.	123 Perri Wotton	Male Senior	Unattached	27:57	27:44	68	44 5:35	46.4%
2024 Biggleswade 5k	110.	88 Ben Davies	Male Senior	Unattached	27:58	27:35	69	45 5:35	48.6%
2024 Biggleswade 5k	111.	214 Cameron Lightfoot	Male U13	Unattached	27:59	27:51	70	2 5:35	51.5%
2024 Biggleswade 5k	112.	25 Taylor Carr	Male U17	Unattached	28:00	27:51	71	1 5:35	47.3%
2024 Biggleswade 5k	113.	193 Allison Abraham	Female V50	Unattached	28:00	27:53	42	2 5:35	59.6%
2024 Biggleswade 5k	114.	296 Jack Webb	Male Senior	Unattached	28:00	27:53	72	46 5:35	46.3%
2024 Biggleswade 5k	115.	283 Ben Allen	Male V40	Unattached	28:02	27:46	73	8 5:36	49.6%
2024 Biggleswade 5k	116.	213 Philip Lightfoot	Male V40	Unattached	28:02	27:55	74	9 5:36	49.9%
2024 Biggleswade 5k	117.	147 Toby Smith	Male Senior	Unattached	28:04	27:49	75	47 5:36	46.2%
2024 Biggleswade 5k	118.	277 Conor Norris	Male Senior	Unattached	28:07	27:52	76	48 5:37	46.1%
2024 Biggleswade 5k	119.	256 Ben Hackney-Williams	Male Senior	Unattached	28:10	27:54	77	49 5:37	48.3%
2024 Biggleswade 5k	120.	90 Jamie Dunn	Male Senior	Unattached	28:11	27:48	78	50 5:38	47.9%
2024 Biggleswade 5k	121.	202 Elliott Lloyd	Male Senior	Unattached	28:12	27:58	79	51 5:38	46.0%
2024 Biggleswade 5k	122.	300 Charlotte Eplett	Female Senior	Unattached	28:28	28:16	43	27 5:41	51.9%
2024 Biggleswade 5k	123.	276 Glenn Denney	Male V45	Unattached	28:30	28:17	80	3 5:41	49.8%
2024 Biggleswade 5k	124.	264 Robert Houghton	Male V50	Unattached	28:31	28:07	81	5 5:42	52.5%
2024 Biggleswade 5k	125.	60 Chris Thomas	Male V40	Unattached	28:31	28:10	82	10 5:42	49.4%
2024 Biggleswade 5k	126.	26 Sam Carr	Male U15	Unattached	28:35	28:25	83	1 5:42	49.0%
2024 Biggleswade 5k	127.	106 Ian Webb	Male V45	Unattached	28:35	28:24	84	4 5:42	50.0%
2024 Biggleswade 5k	128.	240 Jo Heasman	Female V55	Unattached	28:38	28:23	44	4 5:43	62.4%
2024 Biggleswade 5k	129.	24 Steve Carr	Male V40	Unattached	28:40	28:30	85	11 5:43	48.5%
2024 Biggleswade 5k	130.	243 Danny Calmels	Male V40	Unattached	28:42	28:28	86	12 5:44	48.8%
2024 Biggleswade 5k	131.	98 Tommy Eplett	Male U20	Unattached	28:44	28:32	87	3 5:44	45.5%
2024 Biggleswade 5k	132.	23 Laura Carr	Female Senior	Unattached	28:45	28:35	45	28 5:44	52.2%
2024 Biggleswade 5k	133.	121 Carolyn Smith	Female V40	Unattached	28:46	28:37	46	5 5:45	53.4%
2024 Biggleswade 5k	134.	269 Jackie Warren	Female V55	Biggleswade AC	28:48	28:31	47	5 5:45	62.1%
2024 Biggleswade 5k	135.	41 Heather Anderson	Female V50	Unattached	28:48	28:39	48	3 5:45	59.3%
2024 Biggleswade 5k	136.	248 Zoe Shreeve	Female V50	Unattached	28:48	28:33	49	4 5:45	58.0%
2024 Biggleswade 5k	137.	177 Josh Anderson	Male U20	Unattached	28:50	28:43	88	4 5:45	45.0%
2024 Biggleswade 5k	138.	80 Rachel Williams	Female V45	Unattached	28:52	28:33	50	4 5:46	54.4%
2024 Biggleswade 5k	139.	164 Tony Couch	Male V50	Unattached	28:58	28:40	89	6 5:47	52.1%
2024 Biggleswade 5k	140.	145 Beno Kiss	Male Senior	Unattached	29:00	28:46	90	52 5:47	44.7%
2024 Biggleswade 5k	141.	45 Jon Jones	Male V55	Unattached	29:00	28:43	91	6 5:47	53.7%
2024 Biggleswade 5k	142.	11 Vicky Camy	Female V45	Unattached	29:06	28:58	51	5 5:49	55.6%
2024 Biggleswade 5k	143.	278 Megan Ridd	Female Senior	Unattached	29:07	28:54	52	29 5:49	50.7%
2024 Biggleswade 5k	144.	57 Heidi Cameron	Female Senior	Unattached	29:08	28:54	53	30 5:49	51.8%
2024 Biggleswade 5k	145.	223 Emily Taylor	Female Senior	Unattached	29:10	28:56	54	31 5:49	50.6%

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2024 Biggleswade 5k	146.	34 Annette Charter	Female V50	Unattached	29:11	28:49	55	5 5:50	57.9%
2024 Biggleswade 5k	147.	64 Cheryl Ebeling-Jones	Female V45	Unattached	29:13	28:59	56	6 5:50	54.8%
2024 Biggleswade 5k	148.	247 Hannah Sampford	Female Senior	Unattached	29:20	29:07	57	32 5:51	50.3%
2024 Biggleswade 5k	149.	99 Lee Eplett	Male V50	Unattached	29:22	29:06	92	7 5:52	50.6%
2024 Biggleswade 5k	150.	232 Mark Haslett-Saunders	Male V55	Unattached	29:26	29:06	93	7 5:53	52.5%
2024 Biggleswade 5k	151.	301 Tiago Cascaes	Male Senior	Unattached	29:27	29:11	94	53 5:53	45.3%
2024 Biggleswade 5k	152.	29 Roddy Brown	Male V40	Unattached	29:32	29:09	95	13 5:54	47.0%
2024 Biggleswade 5k	153.	228 Ian Hall	Male V50	Unattached	29:49	29:31	96	8 5:57	49.8%
2024 Biggleswade 5k	154.	207 Marco Santos	Male V40	Unattached	30:11	29:56	97	14 6:02	46.0%
2024 Biggleswade 5k	155.	208 Emma Santos	Female V45	Unattached	30:11	29:57	58	7 6:02	52.0%
2024 Biggleswade 5k	156.	146 Mark Blease	Male Senior	Unattached	30:13	29:52	98	54 6:02	44.7%
2024 Biggleswade 5k	157.	82 Rhea Stephenson	Female Senior	Unattached	30:16	30:00	59	33 6:03	49.4%
2024 Biggleswade 5k	158.	50 Christine Gilbert	Female V60	Unattached	30:16	30:07	60	2 6:03	62.0%
2024 Biggleswade 5k	159.	199 Georgia Hodge	Female Senior	Unattached	30:16	30:06	61	34 6:03	48.8%
2024 Biggleswade 5k	160.	129 Becca Steer	Female Senior	Unattached	30:20	30:15	62	35 6:03	48.7%
2024 Biggleswade 5k	161.	261 Ulrika Schreiner	Female Senior	Unattached	30:24	30:04	63	36 6:04	48.6%
2024 Biggleswade 5k	162.	108 Sarah Mullins	Female Senior	Unattached	30:27	30:14	64	37 6:05	48.5%
2024 Biggleswade 5k	163.	119 Erica Seruset Borgstrom	Female Senior	Unattached	30:27	30:06	65	38 6:05	49.3%
2024 Biggleswade 5k	164.	143 Laura Wright	Female Senior	Unattached	30:28	30:20	66	39 6:05	48.4%
2024 Biggleswade 5k	165.	295 Lauren Dillon	Female Senior	Unattached	30:31	30:09	67	40 6:06	48.3%
2024 Biggleswade 5k	166.	43 Sarah Jones	Female V55	Unattached	30:32	30:15	68	6 6:06	57.9%
2024 Biggleswade 5k	167.	77 Owen Edwards	Male U15	Unattached	30:34	30:21	99	2 6:06	45.8%
2024 Biggleswade 5k	168.	65 Rachel Tisbury	Female V40	Unattached	30:35	30:19	69	6 6:06	50.2%
2024 Biggleswade 5k	169.	266 Emily Elvin	Female Senior	Unattached	30:35	30:16	70	41 6:06	48.4%
2024 Biggleswade 5k	170.	66 Anna Middleditch	Female V40	Unattached	30:36	30:20	71	7 6:07	50.5%
2024 Biggleswade 5k	171.	68 Alex Hollyman	Male Senior	Unattached	30:47	30:25	100	55 6:09	43.9%
2024 Biggleswade 5k	172.	275 Mark Harvey	Male V60	Unattached	31:02	30:40	101	3 6:12	51.4%
2024 Biggleswade 5k	173.	293 Jenna Campbell	Female Senior	Unattached	31:02	30:43	72	42 6:12	48.2%
2024 Biggleswade 5k	174.	262 Abigail Clark	Female Senior	Unattached	31:06	30:56	73	43 6:13	47.4%
2024 Biggleswade 5k	175.	8 Joanne Treverton	Female Senior	Unattached	31:06	30:56	74	44 6:13	48.1%
2024 Biggleswade 5k	176.	268 Laurent V	Male V45	Unattached	31:07	30:55	102	5 6:13	46.0%
2024 Biggleswade 5k	177.	249 Stephen Doran	Male V40	North Herts Road Runners	31:07	30:43	103	15 6:13	44.7%
2024 Biggleswade 5k	178.	46 Caitlin Twiss	Female Senior	Unattached	31:08	30:54	75	45 6:13	47.4%
2024 Biggleswade 5k	179.	165 Kwadwo Owusu-Sekyere	Male V45	Unattached	31:11	30:46	104	6 6:14	45.9%
2024 Biggleswade 5k	180.	140 Clive Ilett	Male V65	Unattached	31:21	31:09	105	1 6:16	54.5%
2024 Biggleswade 5k	181.	4 Tom Marjoram	Male Senior	Unattached	31:21	31:15	106	56 6:16	41.4%
2024 Biggleswade 5k	182.	16 Zena Tunbridge	Female Senior	Unattached	31:34	31:14	76	46 6:18	46.8%
2024 Biggleswade 5k	183.	18 Will Ingarfill	Male Senior	Unattached	31:38	31:17	107	57 6:19	41.9%
2024 Biggleswade 5k	184.	195 Martha Ford	Female Senior	Biggleswade AC	31:38	31:21	77	47 6:19	47.4%
2024 Biggleswade 5k	185.	116 Emma Newton Williams	Female V40	Unattached	31:40	31:25	78	8 6:19	48.2%
2024 Biggleswade 5k	186.	19 Dan Marston	Male Senior	Unattached	31:40	31:19	108	58 6:19	41.8%
2024 Biggleswade 5k	187.	132 Hope Dashwood	Female Senior	Unattached	31:44	31:26	79	48 6:20	46.5%
2024 Biggleswade 5k	188.	133 Samantha Pearse	Female Senior	Unattached	31:44	31:27	80	49 6:20	46.5%
2024 Biggleswade 5k	189.	101 Craig Castleman	Male Senior	Unattached	31:58	31:57	109	59 6:23	40.7%
2024 Biggleswade 5k	190.	297 Richard Williamson	Male V40	Unattached	32:00	31:48	110	16 6:23	44.1%

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2024 Biggleswade 5k	191.	152 Daisy Nayler	Female Senior	Unattached	32:01	31:43	81	50 6:24	46.1%
2024 Biggleswade 5k	192.	287 Annie Mooring	Female U13	Unattached	32:05	31:41	82	1 6:24	54.2%
2024 Biggleswade 5k	193.	3 Sarah Roberts	Female V45	Unattached	32:10	31:42	83	8 6:25	49.7%
2024 Biggleswade 5k	194.	76 Emma McCrea	Female V40	Unattached	32:10	31:58	84	9 6:25	48.4%
2024 Biggleswade 5k	195.	151 Deirdre Byrne	Female V55	Unattached	32:11	31:53	85	7 6:26	55.5%
2024 Biggleswade 5k	196.	120 Livia Dixon	Female Senior	Unattached	32:11	32:03	86	51 6:26	45.9%
2024 Biggleswade 5k	197.	282 Emilie Allen	Female U13	Unattached	32:25	32:08	87	2 6:28	52.1%
2024 Biggleswade 5k	198.	281 Natalie Allen	Female V40	Unattached	32:39	32:22	88	10 6:31	46.4%
2024 Biggleswade 5k	199.	58 Janet Moss	Female V50	Unattached	32:44	32:25	89	6 6:32	52.2%
2024 Biggleswade 5k	200.	47 Hannah Penwright	Female Senior	Unattached	32:46	32:33	90	52 6:33	45.0%
2024 Biggleswade 5k	201.	96 Gianpaolo Angioni	Male Senior	Unattached	32:48	32:32	111	60 6:33	40.6%
2024 Biggleswade 5k	202.	51 Jordan Allen	Male Senior	Unattached	32:54	32:32	112	61 6:34	39.4%
2024 Biggleswade 5k	203.	184 Kate Williams	Female V50	Unattached	33:17	32:58	91	7 6:39	49.6%
2024 Biggleswade 5k	204.	100 Livi Freeston	Female Senior	Unattached	33:18	32:57	92	53 6:39	44.7%
2024 Biggleswade 5k	205.	292 Kellyn Locks Linhares	Female Senior	Unattached	33:29	33:13	93	54 6:41	44.1%
2024 Biggleswade 5k	206.	219 Jacob Norris	Male U15	Unattached	33:42	33:20	113	3 6:44	41.6%
2024 Biggleswade 5k	207.	105 Natalia Hendry	Female Senior	Unattached	33:44	33:31	94	55 6:44	44.3%
2024 Biggleswade 5k	208.	217 James Norris	Male V50	Unattached	33:45	33:20	114	9 6:44	43.7%
2024 Biggleswade 5k	209.	244 Rachel Fairhurst	Female V45	Biggleswade AC	33:49	33:29	95	9 6:45	46.9%
2024 Biggleswade 5k	210.	169 Lisa Smith	Female Senior	Unattached	33:53	33:37	96	56 6:46	44.5%
2024 Biggleswade 5k	211.	294 Hayley Ives	Female V40	Unattached	33:54	33:27	97	11 6:46	45.0%
2024 Biggleswade 5k	212.	138 Shaun Barton	Male V55	Unattached	33:57	33:42	115	8 6:47	45.5%
2024 Biggleswade 5k	213.	42 Nichola Dillon	Female V50	Unattached	33:57	33:35	98	8 6:47	50.9%
2024 Biggleswade 5k	214.	137 Vicky Barton	Female V55	Unattached	33:57	33:43	99	8 6:47	52.0%
2024 Biggleswade 5k	215.	201 Samantha Thorogood	Female V45	Biggleswade AC	34:03	33:44	100	10 6:48	47.0%
2024 Biggleswade 5k	216.	154 Emma Wright	Female V50	Unattached	34:07	33:40	101	9 6:49	48.9%
2024 Biggleswade 5k	217.	210 Felicity Kendall	Female V60	Unattached	34:07	33:50	102	3 6:49	55.7%
2024 Biggleswade 5k	218.	180 Courtney Browne	Female Senior	Unattached	34:13	33:56	103	57 6:50	43.1%
2024 Biggleswade 5k	219.	196 Catherine Stacey	Female V40	Unattached	34:20	33:58	104	12 6:51	44.4%
2024 Biggleswade 5k	220.	263 Jill Houghton	Female V50	Unattached	34:29	34:05	105	10 6:53	48.4%
2024 Biggleswade 5k	221.	37 Andy Crowle	Male V40	Unattached	34:32	34:11	116	17 6:54	40.5%
2024 Biggleswade 5k	222.	36 Tegan Spary	Female Senior	Unattached	34:32	34:12	106	58 6:54	43.1%
2024 Biggleswade 5k	223.	260 Ellie Macdonald	Female Senior	Unattached	34:33	34:18	107	59 6:54	43.0%
2024 Biggleswade 5k	224.	107 Nicola Carter	Female V45	Unattached	34:46	34:34	108	11 6:57	46.0%
2024 Biggleswade 5k	225.	124 Laura Charter	Female Senior	Unattached	34:49	34:28	109	60 6:57	42.4%
2024 Biggleswade 5k	226.	197 Laura Collin	Female Senior	Unattached	34:52	34:30	110	61 6:58	42.7%
2024 Biggleswade 5k	227.	236 Peter Cannon	Male V65	Unattached	35:05	34:46	117	2 7:00	47.4%
2024 Biggleswade 5k	228.	250 Caitlin Thompson	Female U17	Unattached	35:06	34:59	111	1 7:01	44.2%
2024 Biggleswade 5k	229.	59 Claire Thomas	Female V40	Unattached	35:23	34:55	112	13 7:04	43.1%
2024 Biggleswade 5k	230.	286 Stephen Mooring	Male V45	Unattached	35:57	35:31	118	7 7:11	40.1%
2024 Biggleswade 5k	231.	218 Jessica Norris	Female U15	Unattached	36:15	35:51	113	1 7:14	44.4%
2024 Biggleswade 5k	232.	279 Emma Bell	Female V50	Biggleswade AC	36:15	35:57	114	11 7:14	46.6%
2024 Biggleswade 5k	233.	302 Giovana Silva	Female Senior	Unattached	36:15	36:00	115	62 7:14	40.7%
2024 Biggleswade 5k	234.	131 Ben Patten	Male Senior	Unattached	36:21	35:58	119	62 7:16	37.4%
2024 Biggleswade 5k	235.	175 Teresa Cameron	Female V65	Unattached	36:26	36:09	116	1 7:17	54.1%

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2024 Biggleswade 5k	236.	233 Samantha Bates	Female Senior	Unattached	36:27	36:03	117	63 7:17	40.9%
2024 Biggleswade 5k	237.	158 Kayla Hacker	Female U20	Unattached	36:35	36:15	118	4 7:18	41.0%
2024 Biggleswade 5k	238.	159 Becca Hacker	Female Senior	Unattached	36:37	36:17	119	64 7:19	41.0%
2024 Biggleswade 5k	239.	237 Judith Cannon	Female V55	Unattached	36:40	36:20	120	9 7:19	48.2%
2024 Biggleswade 5k	240.	44 Alan Dillon	Male V50	Unattached	36:48	36:25	120	10 7:21	41.3%
2024 Biggleswade 5k	241.	53 Donna-Louise Cobban	Female V45	Unattached	37:15	37:00	121	12 7:26	43.8%
2024 Biggleswade 5k	242.	309 Nat Jales	No DOB		38:12	37:50	122	1 7:38	0.0%
2024 Biggleswade 5k	243.	13 Steve Gregory	Male V40	Unattached	38:15	37:49	121	18 7:38	36.3%
2024 Biggleswade 5k	244.	212 Caroline Dagwell	Female V40	Unattached	38:16	37:57	123	14 7:39	40.7%
2024 Biggleswade 5k	245.	139 Gillian Ilett	Female V60	Unattached	38:31	38:20	124	4 7:42	50.6%
2024 Biggleswade 5k	246.	156 James Smalley	Male Senior	Unattached	38:42	38:15	122	63 7:44	33.5%
2024 Biggleswade 5k	247.	155 Lesley Smalley	Female V55	Notts Women Runners	38:53	38:29	125	10 7:46	46.5%
2024 Biggleswade 5k	248.	220 Emily Norris	Female U20	Unattached	38:54	38:30	126	5 7:46	38.5%
2024 Biggleswade 5k	249.	216 Karen Norris	Female V50	Unattached	38:54	38:30	127	12 7:46	44.4%
2024 Biggleswade 5k	250.	110 Melissa Thomas	Female Senior	Unattached	39:07	38:59	128	65 7:49	38.1%
2024 Biggleswade 5k	251.	109 Hannah Milner	Female V40	Unattached	39:09	39:01	129	15 7:49	38.9%
2024 Biggleswade 5k	252.	255 Eleanor Gillies	Female V45	Unattached	39:15	38:57	130	13 7:50	40.4%
2024 Biggleswade 5k	253.	92 Liz Docherty	Female V40	Unattached	39:29	39:11	131	16 7:53	38.4%
2024 Biggleswade 5k	254.	22 Katie Harvey	Female V40	Unattached	39:30	39:11	132	17 7:53	38.6%
2024 Biggleswade 5k	255.	185 Esme Wyatt	Female V45	Unattached	39:57	39:31	133	14 7:59	40.4%
2024 Biggleswade 5k	256.	5 Rachel Stevens	Female V50	Unattached	40:20	40:04	134	13 8:03	42.3%
2024 Biggleswade 5k	257.	6 Julie Berry	Female V50	Unattached	40:20	40:03	135	14 8:03	42.3%
2024 Biggleswade 5k	258.	94 Colin Harries	Male V70+	Biggleswade AC	40:36	40:18	123	2 8:07	47.8%
2024 Biggleswade 5k	259.	242 Elaine Massie	Female V50	Bedford Harriers AC	41:19	41:01	136	15 8:15	41.8%
2024 Biggleswade 5k	260.	135 Vincent Archer	Male V55	Unattached	42:07	41:54	124	9 8:25	36.7%
2024 Biggleswade 5k	261.	97 Sharon Eplett	Female V50	Unattached	42:52	42:40	137	16 8:34	38.9%
2024 Biggleswade 5k	262.	115 Laura Howard	Female Senior	Unattached	43:58	43:33	138	66 8:47	33.6%
2024 Biggleswade 5k	263.	235 Jennifer Spiers	Female V65	Unattached	44:12	43:49	139	2 8:50	44.6%
2024 Biggleswade 5k	264.	167 Jeanette Ferns	Female V60	Unattached	44:12	43:49	140	5 8:50	43.5%
2024 Biggleswade 5k	265.	125 Kia Timmins	Female Senior	Unattached	45:19	44:54	141	67 9:03	32.5%
2024 Biggleswade 5k	266.	126 Sophie Hart	Female Senior	Unattached	45:19	44:54	142	68 9:03	32.5%
2024 Biggleswade 5k	267.	93 David Ebeling-Jones	Male V50	Unattached	45:51	45:25	125	11 9:10	32.9%
2024 Biggleswade 5k	268.	103 Deborah Fisher	Female V55	Unattached	45:51	45:25	143	11 9:10	39.0%
2024 Biggleswade 5k	269.	35 Justin Cresswell-Beer	Male Senior	Unattached	54:43	54:17	126	64 10:56	24.7%
2024 Biggleswade 5k	DNF	61 Mark Webb	Male V45	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNF	69 Marc Rowe	Male Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNF	189 Eric Taylor	Male V40	Royston Runners			-1	-1	0.0%
2024 Biggleswade 5k	DNS	1 Aiden Jones	Male Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	2 Chris Cresswell-Beer	Male Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	39 Andres Parra Perilla	Male Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	40 Alison McAulay	Female Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	54 Nicki Stapleton	Female Senior	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	55 Charnjit Badhan	Female V50	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	63 Kevin Greenwell	Male V60	Unattached			-1	-1	0.0%
2024 Biggleswade 5k	DNS	74 Wendy Presland	Female V45	Unattached			-1	-1	0.0%

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2024 Biggleswade 5k	DNS	75 Kate Short	Female V45	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	79 Jack Gates	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	83 Dan Stephenson	Male V40	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	85 Bethany Cole	Female Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	95 Adam Presland	Male V45	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	102 Kenny-Joe Witney	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	117 Elise Kemp	Female Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	118 Jon Willson	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	128 Lorna Evans	Female Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	141 Cam Girdwood	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	153 Jack Biggs	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	166 David Clarkson	Male Senior	Vegan Runners UK			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	173 Kasia Kotulska	Female V50	Lonely Goat RC			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	182 Andrew Phillips	Male V60	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	198 Leah Stewart	Female Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	203 Deb Gordon	Female V55	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	211 Eva Gowers	Female Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	230 Mark Simpson	Male V45	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	254 Tom Dear	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	258 Tom Hunt	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	259 Andrew Miller	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	284 Nick Gilbert	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	290 Giuseppe Follano	Male Senior	Unattached			-1	-1	0.0%	
2024 Biggleswade 5k	DNS	299 Sophie Barton	Female Senior	Unattached			-1	-1	0.0%	
2024 Junior 2k	1.	557 Mason Bramhald	Male U15	Ipswich Harriers	06:34	06:29	1.	1.	3:16	208.9%
2024 Junior 2k	2.	520 Seth Bowman	Male U13	Ipswich Jaffa RC	07:13	07:11	2.	1.	3:36	199.8%
2024 Junior 2k	3.	519 Eli Bowman	Male U13	Ipswich Jaffa RC	07:17	07:15	3.	2.	3:38	198.1%
2024 Junior 2k	4.	638 Archie Rufford	Male U13	Unattached	07:18	07:15	4.	3.	3:38	204.7%
2024 Junior 2k	5.	546 Jensen Saxby	Male U15	BLC on the Run	07:19	07:16	5.	2.	3:39	191.9%
2024 Junior 2k	6.	629 Noah Griffiths	Male U13	Unattached	07:20	07:18	6.	4.	3:39	196.7%
2024 Junior 2k	7.	527 Kingsley Davies	Male U13	Ipswich Jaffa RC	07:39	07:35	7.	5.	3:49	195.4%
2024 Junior 2k	8.	639 Elena Wyatt	Female U15	Unattached	07:48	07:45	1.	1.	3:53	206.5%
2024 Junior 2k	9.	540 Toby Page	Male U15	Ipswich Harriers	07:51	07:48	8.	3.	3:55	174.5%
2024 Junior 2k	10.	570 Stanley Mills	Male U13	Unattached	07:57	07:53	9.	6.	3:58	187.8%
2024 Junior 2k	11.	633 Ethan Frisby-Bright	Male U13	Haverhill Running Club	08:01	07:56	10.	7.	4:00	186.1%
2024 Junior 2k	12.	524 Benjamin Squirell	Male U13	Ipswich Jaffa RC	08:06	08:02	11.	8.	4:02	191.8%
2024 Junior 2k	13.	626 Millie McNeill	Female U13	Framlingham Flyers	08:07	08:04	2.	1.	4:03	214.6%
2024 Junior 2k	14.	538 Hugo Tink	Male U13	Kesgrave Cruisers	08:07	08:04	12.	9.	4:03	191.6%
2024 Junior 2k	15.	637 Olly Berry	Male U13	Unattached	08:09	08:06	13.	10.	4:04	177.3%
2024 Junior 2k	16.	535 Henry Chester	Male U13	Unattached	08:12	08:09	14.	11.	4:05	189.7%
2024 Junior 2k	17.	581 Seth Martin	Male U13	Kesgrave Cruisers	08:17	08:14	15.	12.	4:08	196.4%
2024 Junior 2k	18.	632 Ella Kading	Female U15	Stowmarket Striders RC	08:18	08:14	3.	2.	4:08	194.5%
2024 Junior 2k	19.	515 Owen Phillips	Male U13	Kesgrave Cruisers	08:24	08:21	16.	13.	4:11	177.7%
2024 Junior 2k	20.	582 Alfie Richardson	Male U13	Unattached	08:27	08:23	17.	14.	4:13	176.7%
2024 Junior 2k	21.	593 Owen Broom	Male U13	Unattached	08:29	08:23	18.	15.	4:14	176.0%

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2024 Junior 2k	22.	539 Phoebe Brown	Female U13	Unattached	08:33	08:30	4.	2.	4:16	203.5%
2024 Junior 2k	23.	640 Oliver Ward	Male U15	Kesgrave Cruisers	08:35	08:30	19.	4.	4:17	159.7%
2024 Junior 2k	24.	628 Harry Ling	Male U13	Framlingham Flyers	08:36	08:33	20.	16.	4:17	189.2%
2024 Junior 2k	25.	636 Sam Ward	Male U13	Unattached	08:41	08:36	21.	17.	4:20	187.4%
2024 Junior 2k	26.	627 Charlie Firth	Male U13	Framlingham Flyers	08:42	08:39	22.	18.	4:20	178.7%
2024 Junior 2k	27.	586 Ethan Morgan	Male U13	Unattached	08:43	08:38	23.	19.	4:21	186.6%
2024 Junior 2k	28.	545 Ethan Lancaster	Male U9	Unattached	08:46	08:41	24.	1.	4:22	196.1%
2024 Junior 2k	29.	573 Evan Harrison	Male U13	Unattached	08:46	08:42	25.	20.	4:22	170.4%
2024 Junior 2k	30.	612 Violet Lillistone-Highlands	Female U9	Stowmarket Striders RC	08:47	08:42	5.	1.	4:23	211.6%
2024 Junior 2k	31.	650 Bethany Lamer	Female U15	Unattached	08:52	08:48	6.	3.	4:25	182.0%
2024 Junior 2k	32.	506 Laurence Andrews	Male U13	Unattached	08:53	08:44	26.	21.	4:26	162.4%
2024 Junior 2k	33.	606 Poppy Rowland	Female U13	Unattached	08:54	08:47	7.	3.	4:26	190.1%
2024 Junior 2k	34.	517 Alex Lock	Male U13	Kesgrave Cruisers	08:58	08:54	27.	22.	4:28	160.9%
2024 Junior 2k	35.	610 Louis Read	Male U13	Unattached	09:00	08:56	28.	23.	4:29	172.6%
2024 Junior 2k	36.	534 Josiah Chester	Male U13	Unattached	09:04	09:01	29.	24.	4:31	159.2%
2024 Junior 2k	37.	643 Sam Wyatt	Male U13	Unattached	09:10	09:05	30.	25.	4:34	169.6%
2024 Junior 2k	38.	571 Toby Howard	Male U13	Kesgrave Cruisers	09:10	09:07	31.	26.	4:34	169.6%
2024 Junior 2k	39.	580 Connor Martin	Male U15	Kesgrave Cruisers	09:11	09:05	32.	5.	4:35	152.7%
2024 Junior 2k	40.	624 Erin Owen	Female U13	Unattached	09:16	09:12	8.	4.	4:37	193.6%
2024 Junior 2k	41.	508 Noah Farthing	Male U13	Ipswich Harriers	09:22	09:19	33.	27.	4:40	153.9%
2024 Junior 2k	42.	584 Sahasraksh Reddy	Male U13	Kesgrave Cruisers	09:25	09:22	34.	28.	4:42	165.0%
2024 Junior 2k	43.	544 Louis Blows	Male U9	Unattached	09:27	09:22	35.	2.	4:43	181.7%
2024 Junior 2k	44.	523 Grace Loomes	Female U13	Ipswich Jaffa RC	09:30	09:25	9.	5.	4:44	183.1%
2024 Junior 2k	45.	553 Henry Miller	Male U13	Unattached	09:33	09:28	36.	29.	4:46	170.6%
2024 Junior 2k	46.	559 Osian Oliver	Male U9	Unattached	09:34	09:29	37.	3.	4:46	191.3%
2024 Junior 2k	47.	514 Cormac Anderson-Hurst	Male U13	Unattached	09:36	09:34	38.	30.	4:47	169.4%
2024 Junior 2k	48.	589 Lyla Gifford	Female U13	Unattached	09:38	09:34	10.	6.	4:48	186.4%
2024 Junior 2k	49.	603 Billy Holland	Male U15	Kesgrave Cruisers	09:39	09:33	39.	6.	4:49	145.4%
2024 Junior 2k	50.	512 Finin Anderson-Hurst	Male U15	Unattached	09:40	09:34	40.	7.	4:49	145.1%
2024 Junior 2k	51.	549 Leo Karuna-Nidhi	Male U13	Unattached	09:40	09:35	41.	31.	4:49	168.4%
2024 Junior 2k	52.	551 Mark Banna	Male U13	Unattached	09:40	09:35	42.	32.	4:49	168.4%
2024 Junior 2k	53.	621 Tommy Forder	Male U13	Saint Edmund Pacers	09:50	09:46	43.	33.	4:54	165.6%
2024 Junior 2k	54.	602 Casper Sadler	Male U9	Unattached	09:52	09:46	44.	4.	4:55	174.1%
2024 Junior 2k	55.	528 Arthur Barber	Male U9	Unattached	10:01	09:53	45.	5.	5:00	171.4%
2024 Junior 2k	56.	607 Amber Rowland	Female U13	Unattached	10:02	09:55	11.	7.	5:00	168.7%
2024 Junior 2k	57.	574 Miles Harrison	Male U9	Unattached	10:05	10:00	46.	6.	5:02	170.5%
2024 Junior 2k	58.	647 Austin Lancaster	Male U9	Unattached	10:06	10:00	47.	7.	5:02	170.1%
2024 Junior 2k	59.	529 Eleanor Mills	Female U13	Unattached	10:08	10:04	12.	8.	5:03	171.5%
2024 Junior 2k	60.	518 Ethan Williamson	Male U13	Unattached	10:09	10:05	48.	34.	5:04	153.2%
2024 Junior 2k	61.	522 Liam Farrell	Male U13	Unattached	10:09	10:06	49.	35.	5:04	142.2%
2024 Junior 2k	62.	505 George Garfield	Male U15	Unattached	10:15	10:09	50.	8.	5:07	136.8%
2024 Junior 2k	63.	503 Kieran Armes	Male U15	Kesgrave Cruisers	10:20	10:15	51.	9.	5:09	135.7%
2024 Junior 2k	64.	625 Elliott Chalklen	Male U9	Unattached	10:22	10:16	52.	8.	5:10	165.8%
2024 Junior 2k	65.	530 Archer Sim	Male U7	Unattached	10:22	10:16	53.	1.	5:10	189.7%
2024 Junior 2k	66.	591 James Allen	Male U7	Unattached	10:25	10:18	54.	2.	5:12	188.9%

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2024 Junior 2k	67.	558 Connie Oliver	Female U13	Unattached	10:30	10:26	13.	9.	5:14	171.0%
2024 Junior 2k	68.	560 Emily Green	Female U13	Unattached	10:33	10:26	14.	10.	5:16	160.3%
2024 Junior 2k	69.	641 Noah Beckinsale	Male U9	Unattached	10:34	10:29	55.	9.	5:16	162.6%
2024 Junior 2k	70.	526 Hector Davies	Male U13	Ipswich Jaffa RC	10:34	10:30	56.	36.	5:16	154.0%
2024 Junior 2k	71.	620 Ellis Shapland	Male U9	Unattached	10:35	10:25	57.	10.	5:17	172.8%
2024 Junior 2k	72.	543 Maisie Ablett	Female U15	Stowmarket Striders RC	10:35	10:31	15.	4.	5:17	152.3%
2024 Junior 2k	73.	579 Freya Martin	Female U15	Kesgrave Cruisers	10:36	10:31	16.	5.	5:17	152.1%
2024 Junior 2k	74.	600 Izzy Oakenfull	Female U13	Kesgrave Cruisers	10:36	10:31	17.	11.	5:17	155.5%
2024 Junior 2k	75.	502 Riley Brewster	Male U7	Unattached	10:37	10:33	58.	3.	5:18	185.2%
2024 Junior 2k	76.	598 Ben Hardy	Male U13	Kesgrave Cruisers	10:43	10:38	59.	37.	5:21	151.8%
2024 Junior 2k	77.	552 Teddy Brand	Male U9	Kesgrave Cruisers	10:43	10:39	60.	11.	5:21	160.2%
2024 Junior 2k	78.	595 Taylor Marter-Fisk	Male U7	Unattached	10:44	10:34	61.	4.	5:21	199.7%
2024 Junior 2k	79.	568 Evanee Price	Female U13	Unattached	10:48	10:41	18.	12.	5:23	156.7%
2024 Junior 2k	80.	563 Miles Leadbeater	Male U13	Unattached	10:51	10:44	62.	38.	5:25	150.1%
2024 Junior 2k	81.	572 Luke Howard	Male U9	Kesgrave Cruisers	10:51	10:47	63.	12.	5:25	158.3%
2024 Junior 2k	82.	501 Jacob Chalklen	Male U13	Unattached	10:53	10:47	64.	39.	5:26	132.6%
2024 Junior 2k	83.	554 Eleanor Gosnay	Female U13	Unattached	10:54	10:49	19.	13.	5:26	164.6%
2024 Junior 2k	84.	597 Joe Hardy	Male U13	Kesgrave Cruisers	10:55	10:51	65.	40.	5:27	149.0%
2024 Junior 2k	85.	561 Abigail Green	Female U9	Unattached	10:58	10:50	20.	2.	5:28	169.3%
2024 Junior 2k	86.	504 Edward Andrews	Male U13	Unattached	11:02	10:54	66.	41.	5:30	135.4%
2024 Junior 2k	87.	605 Rosa Watchman	Female U13	Unattached	11:06	11:00	21.	14.	5:32	156.8%
2024 Junior 2k	88.	516 Parker Cole	Male U9	Unattached	11:06	10:58	67.	13.	5:32	164.8%
2024 Junior 2k	89.	616 Vian Parikh	Male U13	Unattached	11:10	11:03	68.	42.	5:34	133.6%
2024 Junior 2k	90.	618 Honor Peck	Female U13	Unattached	11:11	11:04	22.	15.	5:35	151.1%
2024 Junior 2k	91.	613 Grace Knight	Female U13	Unattached	11:14	11:07	23.	16.	5:36	146.8%
2024 Junior 2k	92.	617 Ivaan Parikh	Male U7	Unattached	11:15	11:07	69.	5.	5:37	174.9%
2024 Junior 2k	93.	578 Imogen Bartlett	Female U13	Unattached	11:15	11:08	24.	17.	5:37	150.3%
2024 Junior 2k	94.	509 Poppy Rush	Female U15	Kesgrave Cruisers	11:16	11:13	25.	6.	5:37	140.2%
2024 Junior 2k	95.	596 James Knott	Male U9	Unattached	11:18	11:08	70.	14.	5:38	161.9%
2024 Junior 2k	96.	587 Austen Young	Male U7	Unattached	11:18	11:12	71.	6.	5:38	189.5%
2024 Junior 2k	97.	622 Ethan Bartlett	Male U9	Unattached	11:19	11:14	72.	15.	5:39	151.8%
2024 Junior 2k	98.	541 Joss Kirk	Female U13	Vegan Runners UK	11:23	11:16	26.	18.	5:41	157.7%
2024 Junior 2k	99.	594 Kian Broom	Male U13	Unattached	11:29	11:20	73.	43.	5:44	141.7%
2024 Junior 2k	100.	619 Max Goldsmith	Male U7	Unattached	11:36	11:29	74.	7.	5:47	169.5%
2024 Junior 2k	101.	532 Sofia Swallow	Female U9	Unattached	11:42	11:33	27.	3.	5:50	158.8%
2024 Junior 2k	102.	604 Constance Watchman	Female U9	Unattached	11:51	11:45	28.	4.	5:55	156.8%
2024 Junior 2k	103.	634 Amalie Frisby-Bright	Female U9	Haverhill Running Club	11:57	11:54	29.	5.	5:58	155.4%
2024 Junior 2k	104.	521 Connor Farrell	Male U13	Unattached	12:07	12:04	75.	44.	6:03	119.1%
2024 Junior 2k	105.	507 Charlotte Garfield	Female U13	Unattached	12:21	12:15	30.	19.	6:10	140.8%
2024 Junior 2k	106.	588 Poppi Preston	Female U13	Unattached	12:23	12:17	31.	20.	6:11	144.9%
2024 Junior 2k	107.	585 Jacob Gibbons	Male U13	Unattached	12:23	12:17	76.	45.	6:11	131.4%
2024 Junior 2k	108.	531 Matilda Clarke	Female U13	Unattached	12:25	12:19	32.	21.	6:12	140.1%
2024 Junior 2k	109.	644 Harrison Blair	Male U9	Unattached	12:26	12:16	77.	16.	6:12	147.0%
2024 Junior 2k	110.	642 Isaac Beckinsale	Male U7	Unattached	12:35	12:29	78.	8.	6:17	156.4%
2024 Junior 2k	111.	609 Ella Knight	Female U9	Unattached	12:35	12:28	33.	6.	6:17	147.6%

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2024 Junior 2k	112.	569 Oviya Price	Female U9	Unattached	12:36	12:29	34.	7.	6:17	147.4%
2024 Junior 2k	113.	608 Leo Miller	Male U9	Unattached	12:40	12:34	79.	17.	6:19	144.4%
2024 Junior 2k	114.	510 Phia Farthing	Female U13	Unattached	12:42	12:38	35.	22.	6:20	137.0%
2024 Junior 2k	115.	646 Kailen Blair	Male U7	Unattached	12:42	12:31	80.	9.	6:20	168.7%
2024 Junior 2k	116.	550 Jared Karuna-Nidhi	Male U13	Unattached	12:44	12:38	81.	46.	6:21	117.3%
2024 Junior 2k	117.	556 Austin Chalk	Male U9	Unattached	12:50	12:41	82.	18.	6:24	142.6%
2024 Junior 2k	118.	590 Oscar Gifford	Male U9	Unattached	13:20	13:10	83.	19.	6:39	137.2%
2024 Junior 2k	119.	533 Emily Brand	Female U7	Unattached	13:22	13:14	36.	1.	6:40	150.5%
2024 Junior 2k	120.	562 Harriet Leadbeater	Female U13	Unattached	13:23	13:16	37.	23.	6:41	129.9%
2024 Junior 2k	121.	592 Margot Pittam	Female U9	Kesgrave Cruisers	13:29	13:22	38.	8.	6:44	143.0%
2024 Junior 2k	122.	615 Poppy Burrows	Female U7	Unattached	13:40	13:33	39.	2.	6:49	154.2%
2024 Junior 2k	123.	513 Caitlin Anderson-Hurst	Female U13	Unattached	13:48	13:41	40.	24.	6:53	122.6%
2024 Junior 2k	124.	630 Matilda Griffiths	Female U9	Unattached	13:55	13:44	41.	9.	6:57	133.4%
2024 Junior 2k	125.	547 Emily Gelder	Female U13	Unattached	14:38	14:31	42.	25.	7:18	112.7%
2024 Junior 2k	126.	614 Caitlyn Burrows	Female U9	Unattached	14:42	14:35	43.	10.	7:20	126.4%
2024 Junior 2k	127.	537 Rafe Bryan	Male U9	Unattached	14:52	14:48	84.	20.	7:25	122.9%
2024 Junior 2k	128.	583 Jax Harris	Male U7	Unattached	14:56	14:42	85.	10.	7:27	143.5%
2024 Junior 2k	129.	566 Naisha Gandhi	Female U9	Kesgrave Cruisers	15:38	15:32	44.	11.	7:48	123.4%
2024 Junior 2k	130.	575 Luna Copjan	Female U7	Unattached	15:48	15:39	45.	3.	7:53	127.2%
2024 Junior 2k	131.	576 Eden Copjan	Male U7	Unattached	16:02	15:52	86.	11.	8:00	0.0%
2024 Junior 2k	132.	577 Alex Webber	Female U9	Unattached	16:25	16:15	46.	12.	8:12	117.5%
2024 Junior 2k	133.	631 Reuben Cain	Male U7	Unattached	16:33	16:24	87.	12.	8:16	129.4%
2024 Junior 2k	134.	536 Leo Row	Male U7	Unattached	19:08	18:55	88.	13.	9:33	102.8%
2024 Junior 2k	DNF	623 Ellie Bartlett	Female U9	Unattached						0.0%
2024 Junior 2k	DNS	511 Olive Waters	Female U13	Woodbridge Shufflers RC						0.0%
2024 Junior 2k	DNS	525 Orla Squirell	Female U13	Ipswich Jaffa RC						0.0%
2024 Junior 2k	DNS	542 Betsy Kirk	Female U15	Framlingham Flyers						0.0%
2024 Junior 2k	DNS	548 Joseph Gelder	Male U13	Unattached						0.0%
2024 Junior 2k	DNS	555 Oscar Gosnay	Male U13	Unattached						0.0%
2024 Junior 2k	DNS	564 Nathan Hawes	Male U13	Vegan Runners UK						0.0%
2024 Junior 2k	DNS	565 Leon Bishop	Male U15	Unattached						0.0%
2024 Junior 2k	DNS	567 Wilbur Smith	Male U13	Unattached						0.0%
2024 Junior 2k	DNS	599 Katie Knights	Female U13	Unattached						0.0%
2024 Junior 2k	DNS	601 Archie Rawlings	Male U13	Unattached						0.0%
2024 Junior 2k	DNS	611 Samuel Oswald	Male U13	Unattached						0.0%
2024 Junior 2k	DNS	635 Chloe Berry	Female U13	Unattached						0.0%
2024 Junior 2k	DNS	645 Elsie Blair	Female U9	Unattached						0.0%
2024 Junior 2k	DNS	648 Scarlett Lancaster	Female U13	Unattached						0.0%
2024 Junior 2k	DNS	649 Noah Bourne	Male U9	Unattached						0.0%
2024 Kesgrave Cruisers 10k	1.	384 John Millar	Male Senior	Ipswich Harriers	29:55	29:55	1.	1.	2:59	89.3%
2024 Kesgrave Cruisers 10k	2.	19 Adam Beaumont	Male Senior	Bishops Stortford RC	32:25	32:25	2.	2.	3:14	82.4%
2024 Kesgrave Cruisers 10k	3.	495 Owen Rees	Male Senior	Ipswich Phoenix Running Club	33:27	33:26	3.	3.	3:20	79.8%
2024 Kesgrave Cruisers 10k	4.	497 Chris Ryan	Male Senior	Colchester Harriers AC	34:22	34:21	4.	4.	3:26	77.7%
2024 Kesgrave Cruisers 10k	5.	194 Ross McGill	Male Senior	Woodbridge Shufflers RC	34:53	34:52	5.	5.	3:29	77.3%
2024 Kesgrave Cruisers 10k	6.	139 Lee Barber	Male V40	Framlingham Flyers	35:16	35:15	6.	1.	3:31	80.4%

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2024 Kesgrave Kruisers 10k	7.	229 Tony Gavin	Male V40	Felixstowe RRC	35:18	35:18	7.	2.	3:31	79.1%
2024 Kesgrave Kruisers 10k	8.	82 Claire Jacobs	Female Senior	Hadleigh Hares AC	35:30	35:29	1.	1.	3:32	87.4%
2024 Kesgrave Kruisers 10k	9.	416 Mark Allen	Male V55	Ipswich Jaffa RC	36:11	36:10	8.	1.	3:37	88.2%
2024 Kesgrave Kruisers 10k	10.	187 Barney Wilkins	Male U17	Kesgrave Kruisers	36:17	36:16	9.	1.	3:37	76.2%
2024 Kesgrave Kruisers 10k	11.	455 Alistair Belsom	Male V40	Unattached	36:31	36:30	10.	3.	3:39	75.9%
2024 Kesgrave Kruisers 10k	12.	478 Henry Buss	Male Senior	Unattached	37:02	36:57	11.	6.	3:42	72.1%
2024 Kesgrave Kruisers 10k	13.	465 Chris Green	Male Senior	Felixstowe RRC	37:03	36:59	12.	7.	3:42	72.1%
2024 Kesgrave Kruisers 10k	14.	313 Daniel Moll-Morgan	Male V45	Ipswich Harriers	37:14	37:13	13.	1.	3:43	78.0%
2024 Kesgrave Kruisers 10k	15.	206 Matthew Peck	Male U17	Ipswich Jaffa RC	37:24	37:21	14.	2.	3:44	74.0%
2024 Kesgrave Kruisers 10k	16.	243 Hayden Phillips	Male U17	Kesgrave Kruisers	37:26	37:25	15.	3.	3:44	73.9%
2024 Kesgrave Kruisers 10k	17.	316 Katie King	Female Senior	Saint Edmund Pacers	37:26	37:25	2.	2.	3:44	81.6%
2024 Kesgrave Kruisers 10k	18.	21 James Mallett	Male Senior	Kesgrave Kruisers	37:28	37:26	16.	8.	3:44	71.4%
2024 Kesgrave Kruisers 10k	19.	189 Lloyd Bradley	Male Senior	Saint Edmund Pacers	37:30	37:28	17.	9.	3:44	72.2%
2024 Kesgrave Kruisers 10k	20.	322 Nick Lawrie	Male V45	Harwich Runners	37:34	37:31	18.	2.	3:45	77.4%
2024 Kesgrave Kruisers 10k	21.	47 Kevin Carpenter	Male V50	Hadleigh Hares AC	38:09	38:06	19.	1.	3:48	78.7%
2024 Kesgrave Kruisers 10k	22.	269 Tom Barr	Male Senior	Unattached	38:17	38:10	20.	10.	3:49	71.9%
2024 Kesgrave Kruisers 10k	23.	257 Nick Watchman	Male V40	Lonely Goat RC	38:18	38:15	21.	4.	3:49	73.5%
2024 Kesgrave Kruisers 10k	24.	254 Jordan Smith	Male Senior	Unattached	38:21	38:18	22.	11.	3:50	69.7%
2024 Kesgrave Kruisers 10k	25.	15 Simon Stafford	Male V50	Kesgrave Kruisers	38:23	38:21	23.	2.	3:50	79.6%
2024 Kesgrave Kruisers 10k	26.	468 John Thorpe	Male V50	Ipswich Jaffa RC	38:29	38:27	24.	3.	3:50	80.1%
2024 Kesgrave Kruisers 10k	27.	476 James Robertson	Male Senior	Unattached	38:43	38:37	25.	12.	3:52	70.6%
2024 Kesgrave Kruisers 10k	28.	133 Gavin Davies	Male V40	Ipswich Jaffa RC	39:00	38:59	26.	5.	3:53	73.3%
2024 Kesgrave Kruisers 10k	29.	167 Steve Brooke	Male V55	Felixstowe RRC	39:14	39:11	27.	2.	3:55	79.9%
2024 Kesgrave Kruisers 10k	30.	275 Tom Pirkis	Male Senior	Unattached	39:32	39:23	28.	13.	3:57	67.8%
2024 Kesgrave Kruisers 10k	31.	394 Stephen Munnings	Male V40	Felixstowe RRC	39:40	39:35	29.	6.	3:57	70.9%
2024 Kesgrave Kruisers 10k	32.	79 Carl Stannard	Male Senior	Rushmere Community Runners	39:43	39:29	30.	14.	3:58	69.2%
2024 Kesgrave Kruisers 10k	33.	486 Nick Hammond	Male V50	Framlingham Flyers	39:53	39:51	31.	4.	3:59	76.6%
2024 Kesgrave Kruisers 10k	34.	264 Luke Sadler	Male Senior	Lonely Goat RC	40:08	39:58	32.	15.	4:00	68.6%
2024 Kesgrave Kruisers 10k	35.	376 Christopher Fuller	Male Senior	Saxmundham Sports Running &	40:19	40:17	33.	16.	4:01	66.2%
2024 Kesgrave Kruisers 10k	36.	253 Paul Dockerill	Male V45	Saint Edmund Pacers	40:24	40:20	34.	3.	4:02	71.9%
2024 Kesgrave Kruisers 10k	37.	225 Ryan Davidson	Male Senior	Unattached	40:26	40:21	35.	17.	4:02	66.4%
2024 Kesgrave Kruisers 10k	38.	81 Chris Leek	Male V45	Framlingham Flyers	40:32	40:30	36.	4.	4:03	72.8%
2024 Kesgrave Kruisers 10k	39.	109 Paul Cooke	Male V50	Rushmere Community Runners	40:34	40:20	37.	5.	4:03	74.7%
2024 Kesgrave Kruisers 10k	40.	197 Harry Page	Male U17	Ipswich Harriers	40:37	40:33	38.	4.	4:03	67.1%
2024 Kesgrave Kruisers 10k	41.	110 David Bowman	Male V40	Unattached	40:41	40:36	39.	7.	4:04	69.7%
2024 Kesgrave Kruisers 10k	42.	333 Harry Crane	Male U17	Woodbridge Shufflers RC	40:42	40:40	40.	5.	4:04	67.9%
2024 Kesgrave Kruisers 10k	43.	458 Marcus Catlin	Male V45	Ipswich Jaffa RC	40:48	40:46	41.	5.	4:04	73.0%
2024 Kesgrave Kruisers 10k	44.	199 Tommy Kirk	Male U17	Vegan Runners UK	40:54	40:49	42.	6.	4:05	67.6%
2024 Kesgrave Kruisers 10k	45.	399 Emma Mortimer	Female Senior	Ipswich Phoenix Running Club	41:04	41:00	3.	3.	4:06	73.9%
2024 Kesgrave Kruisers 10k	46.	395 Adrian Frost	Male V50	Saint Edmund Pacers	41:07	41:03	43.	6.	4:06	74.9%
2024 Kesgrave Kruisers 10k	47.	435 Jack Garnham	Male Senior	Unattached	41:17	41:13	44.	18.	4:07	64.8%
2024 Kesgrave Kruisers 10k	48.	50 Kevin Clegg	Male V40	Kesgrave Kruisers	41:37	41:32	45.	8.	4:09	68.7%
2024 Kesgrave Kruisers 10k	49.	5 Duane Howard	Male V55	Kesgrave Kruisers	41:40	41:35	46.	3.	4:09	77.3%
2024 Kesgrave Kruisers 10k	50.	274 Daniel Summersgill	Male V40	Ipswich Jaffa RC	41:46	41:43	47.	9.	4:10	66.3%
2024 Kesgrave Kruisers 10k	51.	108 Ben Jackson	Male U20	Felixstowe RRC	41:48	41:42	48.	1.	4:10	63.9%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	52.	68 Andrew Craig	Male V50	Woodbridge Shufflers RC	41:48	41:43	49.	7.	4:10	72.5%
2024 Kesgrave Cruisers 10k	53.	106 Karl Feagan	Male V50	Ipswich Harriers	41:52	41:48	50.	8.	4:11	71.7%
2024 Kesgrave Cruisers 10k	54.	12 Shane Flack	Male Senior	Kesgrave Cruisers	41:55	41:49	51.	19.	4:11	64.6%
2024 Kesgrave Cruisers 10k	55.	232 Kyle Harris	Male Senior	Unattached	42:03	41:55	52.	20.	4:12	63.5%
2024 Kesgrave Cruisers 10k	56.	148 Roger Stone	Male V55	Kesgrave Cruisers	42:06	42:01	53.	4.	4:12	74.5%
2024 Kesgrave Cruisers 10k	57.	44 Oliver Dixon	Male U20	Unattached	42:08	41:56	54.	2.	4:12	63.4%
2024 Kesgrave Cruisers 10k	58.	358 Mark Goodwin	Male V50	Felixstowe RRC	42:10	42:06	55.	9.	4:12	72.4%
2024 Kesgrave Cruisers 10k	59.	477 Michael Teo	Male Senior	Unattached	42:18	42:12	56.	21.	4:13	63.1%
2024 Kesgrave Cruisers 10k	60.	494 Gavin Raby	Male V45	Unattached	42:24	42:20	57.	6.	4:14	68.5%
2024 Kesgrave Cruisers 10k	61.	101 Peter Squirrell	Male Senior	Ipswich Jaffa RC	42:30	42:26	58.	22.	4:14	64.7%
2024 Kesgrave Cruisers 10k	62.	469 Sam Baxter	Female V40	Felixstowe RRC	42:32	42:25	4.	1.	4:15	75.0%
2024 Kesgrave Cruisers 10k	63.	217 Keith Williams	Male V55	Ipswich Jaffa RC	42:36	42:27	59.	5.	4:15	73.6%
2024 Kesgrave Cruisers 10k	64.	475 Jonathan Adamson	Male Senior	Unattached	42:40	42:35	60.	23.	4:15	63.4%
2024 Kesgrave Cruisers 10k	65.	439 David Scrivener	Male V45	Unattached	42:42	42:36	61.	7.	4:16	67.5%
2024 Kesgrave Cruisers 10k	66.	13 Eilidh Malcolm	Female Senior	Bishops Stortford RC	42:43	42:36	5.	4.	4:16	71.0%
2024 Kesgrave Cruisers 10k	67.	234 Colin Ellis	Male V55	Kesgrave Cruisers	42:47	42:43	62.	6.	4:16	75.2%
2024 Kesgrave Cruisers 10k	68.	218 John Self	Male V70+	Kesgrave Cruisers	42:56	42:51	63.	1.	4:17	84.2%
2024 Kesgrave Cruisers 10k	69.	201 Clive Oakes	Male V45	Unattached	43:02	42:53	64.	8.	4:18	68.1%
2024 Kesgrave Cruisers 10k	70.	183 Mal Innes	Male V50	Rushmere Community Runners	43:15	43:11	65.	10.	4:19	70.0%
2024 Kesgrave Cruisers 10k	71.	57 Matthew Alexander	Male Senior	Woodbridge Shufflers RC	43:16	43:07	66.	24.	4:19	61.9%
2024 Kesgrave Cruisers 10k	72.	100 Richard Wold	Male V65	Felixstowe RRC	43:23	43:12	67.	1.	4:20	79.2%
2024 Kesgrave Cruisers 10k	73.	444 Chris Pritchard	Male V40	Unattached	43:29	43:25	68.	10.	4:20	64.2%
2024 Kesgrave Cruisers 10k	74.	427 Paul Kettridge	Male V45	Fordy Runs Running Club	43:32	43:24	69.	9.	4:21	66.7%
2024 Kesgrave Cruisers 10k	75.	154 Chris Sim	Male V40	Unattached	43:35	43:27	70.	11.	4:21	65.1%
2024 Kesgrave Cruisers 10k	76.	59 Bradley Robb	Male Senior	Capel Cheetahs	43:40	43:36	71.	25.	4:21	61.2%
2024 Kesgrave Cruisers 10k	77.	363 Kerry Buckley	Male V50	Felixstowe RRC	43:42	43:32	72.	11.	4:22	71.1%
2024 Kesgrave Cruisers 10k	78.	440 David Harbrow	Male V40	Unattached	43:48	43:42	73.	12.	4:22	65.3%
2024 Kesgrave Cruisers 10k	79.	285 Steph Hall	Female Senior	Unattached	43:50	43:46	6.	5.	4:22	69.2%
2024 Kesgrave Cruisers 10k	80.	191 Henry Tapp	Male V40	Unattached	43:51	43:34	74.	13.	4:23	63.2%
2024 Kesgrave Cruisers 10k	81.	372 Malcolm Ward-Ashton	Male V55	Unattached	43:54	43:51	75.	7.	4:23	71.4%
2024 Kesgrave Cruisers 10k	82.	367 Victoria Tapp	Female Senior	Hadleigh Hares AC	43:58	43:50	7.	6.	4:23	69.0%
2024 Kesgrave Cruisers 10k	83.	434 Chris Servant	Male V55	Ipswich Jaffa RC	43:59	43:53	76.	8.	4:23	73.2%
2024 Kesgrave Cruisers 10k	84.	193 Richard Litchfield	Male V45	Woodbridge Shufflers RC	44:01	43:55	77.	10.	4:24	67.6%
2024 Kesgrave Cruisers 10k	85.	484 Peter Gray	Male V45	Framlingham Flyers	44:16	43:59	78.	11.	4:25	67.3%
2024 Kesgrave Cruisers 10k	86.	306 James Horne	Male V40	Unattached	44:17	44:13	79.	14.	4:25	62.6%
2024 Kesgrave Cruisers 10k	87.	205 Samuel Blows	Male V40	Woodbridge Shufflers RC	44:25	44:18	80.	15.	4:26	62.8%
2024 Kesgrave Cruisers 10k	88.	482 Rob Harrow	Male V45	Unattached	44:27	44:22	81.	12.	4:26	65.4%
2024 Kesgrave Cruisers 10k	89.	203 Annie Richardson	Female Senior	Saint Edmund Pacers	44:35	44:24	8.	7.	4:27	68.0%
2024 Kesgrave Cruisers 10k	90.	463 Libby Abbott	Female U20	Ipswich Harriers	44:38	44:35	9.	1.	4:27	69.6%
2024 Kesgrave Cruisers 10k	91.	326 Kev Linsell	Male V50	Kesgrave Cruisers	44:40	44:29	82.	12.	4:27	67.8%
2024 Kesgrave Cruisers 10k	92.	270 Finlay Andrews	Male U17	Unattached	44:45	44:37	83.	7.	4:28	60.9%
2024 Kesgrave Cruisers 10k	93.	42 Lucy Beales	Female Senior	Woodbridge Shufflers RC	44:45	44:36	10.	8.	4:28	67.8%
2024 Kesgrave Cruisers 10k	94.	235 Andrew Budd	Male V60	Capel Cheetahs	44:46	44:37	84.	1.	4:28	76.0%
2024 Kesgrave Cruisers 10k	95.	231 Mike Howard	Male V45	Kesgrave Cruisers	44:48	44:40	85.	13.	4:28	65.4%
2024 Kesgrave Cruisers 10k	96.	364 Mark Clinton	Male V40	Unattached	44:57	44:17	86.	16.	4:29	62.1%

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2024 Kesgrave Cruisers 10k	97.	325 Trev Ballard	Male V50	Harwich Runners	45:03	44:56	87.	13.	4:30	66.6%
2024 Kesgrave Cruisers 10k	98.	115 Dominic Bareham	Male V45	Felixstowe RRC	45:04	44:55	88.	14.	4:30	63.9%
2024 Kesgrave Cruisers 10k	99.	94 Oliver Blew	Male Senior	Unattached	45:05	44:54	89.	26.	4:30	59.2%
2024 Kesgrave Cruisers 10k	100.	406 Gavin Horrex	Male Senior	Ipswich Phoenix Running Club	45:06	44:57	90.	27.	4:30	59.2%
2024 Kesgrave Cruisers 10k	101.	96 Paul Cherry	Male V55	Woodbridge Shufflers RC	45:10	45:00	91.	9.	4:30	69.4%
2024 Kesgrave Cruisers 10k	102.	178 Mark Askew	Male V65	Capel Cheetahs	45:18	45:10	92.	2.	4:31	75.9%
2024 Kesgrave Cruisers 10k	103.	18 Keith Andrews	Male V40	Unattached	45:22	45:09	93.	17.	4:32	63.0%
2024 Kesgrave Cruisers 10k	104.	92 Marcus Payne	Male Senior	Kesgrave Cruisers	45:22	45:19	94.	28.	4:32	59.6%
2024 Kesgrave Cruisers 10k	105.	459 Lee Johnson	Male V40	Unattached	45:33	45:20	95.	18.	4:33	60.8%
2024 Kesgrave Cruisers 10k	106.	425 Adrian Peake	Male V55	Ipswich Jaffa RC	45:40	45:26	96.	10.	4:33	71.1%
2024 Kesgrave Cruisers 10k	107.	150 David Garnham	Male V55	Ipswich Jaffa RC	45:50	45:44	97.	11.	4:34	70.9%
2024 Kesgrave Cruisers 10k	108.	400 Mark Byam	Male Senior	Unattached	45:51	45:28	98.	29.	4:35	60.0%
2024 Kesgrave Cruisers 10k	109.	464 Liam Kidgell	Male U20	Unattached	46:03	45:59	99.	3.	4:36	58.5%
2024 Kesgrave Cruisers 10k	110.	311 Mark Scott	Male V45	Ipswich Jaffa RC	46:03	45:50	100.	15.	4:36	62.6%
2024 Kesgrave Cruisers 10k	111.	320 Chris Richmond	Male Senior	Unattached	46:10	45:38	101.	30.	4:36	59.2%
2024 Kesgrave Cruisers 10k	112.	315 Rudi Kirby-Young	Male U20	Unattached	46:16	46:08	102.	4.	4:37	57.8%
2024 Kesgrave Cruisers 10k	113.	341 Jim Marshall	Male V50	Unattached	46:26	46:15	103.	14.	4:38	65.2%
2024 Kesgrave Cruisers 10k	114.	407 Neil Dennis	Male V40	Stowmarket Striders RC	46:34	46:24	104.	19.	4:39	59.9%
2024 Kesgrave Cruisers 10k	115.	368 Kim Pretty	Male V65	Harwich Runners	46:37	46:27	105.	3.	4:39	75.9%
2024 Kesgrave Cruisers 10k	116.	24 Neil Catley	Male V45	Kesgrave Cruisers	46:38	46:24	106.	16.	4:39	62.3%
2024 Kesgrave Cruisers 10k	117.	261 Robin Belsom	Male V60	Ipswich Jaffa RC	46:39	46:28	107.	2.	4:39	73.0%
2024 Kesgrave Cruisers 10k	118.	344 Kevin Pyle	Male V45	Rushmere Community Runners	46:47	46:16	108.	17.	4:40	62.1%
2024 Kesgrave Cruisers 10k	119.	77 Adie Kendall	Male V50	Unattached	46:47	46:41	109.	15.	4:40	65.8%
2024 Kesgrave Cruisers 10k	120.	41 Connal Griffiths	Male V40	Unattached	46:53	46:24	110.	20.	4:41	60.0%
2024 Kesgrave Cruisers 10k	121.	485 Vivek Verma	Male Senior	Ipswich Jaffa RC	46:56	46:27	111.	31.	4:41	57.1%
2024 Kesgrave Cruisers 10k	122.	361 Darren Lewis	Male V45	Unattached	46:58	46:38	112.	18.	4:41	61.8%
2024 Kesgrave Cruisers 10k	123.	283 Jim Aldridge	Male V50	Unattached	47:08	46:51	113.	16.	4:42	63.7%
2024 Kesgrave Cruisers 10k	124.	401 Andrew Stead	Male V45	Unattached	47:09	47:02	114.	19.	4:42	62.6%
2024 Kesgrave Cruisers 10k	125.	40 Kev Whelan	Male V55	Felixstowe RRC	47:11	47:00	115.	12.	4:43	68.2%
2024 Kesgrave Cruisers 10k	126.	163 Lydia Kindred	Female Senior	Vegan Runners UK	47:18	47:06	11.	9.	4:43	65.6%
2024 Kesgrave Cruisers 10k	127.	242 Richard Phillips	Male V45	Kesgrave Cruisers	47:22	47:08	116.	20.	4:44	61.3%
2024 Kesgrave Cruisers 10k	128.	207 Charlotte Bryan	Female Senior	Unattached	47:24	47:16	12.	10.	4:44	64.0%
2024 Kesgrave Cruisers 10k	129.	131 Andrew Cleveland	Male V50	Unattached	47:24	47:14	117.	17.	4:44	65.5%
2024 Kesgrave Cruisers 10k	130.	140 Kyle Seager	Male V40	Kesgrave Cruisers	47:27	47:23	118.	21.	4:44	59.3%
2024 Kesgrave Cruisers 10k	131.	171 James Dunstan	Male V45	Unattached	47:29	47:23	119.	21.	4:44	61.2%
2024 Kesgrave Cruisers 10k	132.	499 Christopher Blagden	Male V60	Saxmundham Sports Running & J	47:29	47:17	120.	3.	4:44	69.0%
2024 Kesgrave Cruisers 10k	133.	182 Daniel Slattery	Male Senior	Unattached	47:29	47:20	121.	32.	4:44	57.0%
2024 Kesgrave Cruisers 10k	134.	420 Will Self	Male V40	Unattached	47:31	47:18	122.	22.	4:45	59.2%
2024 Kesgrave Cruisers 10k	135.	500 Stu Abbott	Male V45	Unattached	47:31	47:26	123.	22.	4:45	60.6%
2024 Kesgrave Cruisers 10k	136.	141 Jamie Sleet	Male Senior	Unattached	47:41	47:33	124.	33.	4:46	56.0%
2024 Kesgrave Cruisers 10k	137.	144 Gary Barber	Male V40	Unattached	47:43	47:24	125.	23.	4:46	59.0%
2024 Kesgrave Cruisers 10k	138.	403 Bella Crawford	Female Senior	Unattached	47:44	47:27	13.	11.	4:46	63.5%
2024 Kesgrave Cruisers 10k	139.	54 Kirsty Brook	Female Senior	Dudley Kingswinford RC	47:44	47:28	14.	12.	4:46	64.0%
2024 Kesgrave Cruisers 10k	140.	143 Jason Walne	Male V50	Unattached	47:46	47:19	126.	18.	4:46	64.5%
2024 Kesgrave Cruisers 10k	141.	287 Darren Cox	Male Senior	Kesgrave Cruisers	47:52	47:27	127.	34.	4:47	56.0%

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2024 Kesgrave Kruisers 10k	142.	308 Stuart Morton	Male V40	Vegan Runners UK	47:53	47:47	128.	24.	4:47	57.8%
2024 Kesgrave Kruisers 10k	143.	356 Steve Roberts	Male V45	Woodbridge Shufflers RC	47:55	47:27	129.	23.	4:47	61.6%
2024 Kesgrave Kruisers 10k	144.	445 Hannah Moore	Female Senior	Unattached	47:57	47:51	15.	13.	4:47	63.2%
2024 Kesgrave Kruisers 10k	145.	291 James Sharp	Male V50	Unattached	47:57	47:50	130.	19.	4:47	64.2%
2024 Kesgrave Kruisers 10k	146.	404 Bronwen Sarginson	Female V45	Ipswich Phoenix Running Club	47:58	47:44	16.	1.	4:47	68.3%
2024 Kesgrave Kruisers 10k	147.	105 Jason Dighton	Male V45	Ipswich Phoenix Running Club	47:58	47:52	131.	24.	4:47	62.1%
2024 Kesgrave Kruisers 10k	148.	30 Paul Berriman	Male V50	Unattached	48:02	47:33	132.	20.	4:48	63.0%
2024 Kesgrave Kruisers 10k	149.	56 Stephen Hicks	Male V60	Ipswich Harriers	48:14	48:02	133.	4.	4:49	70.6%
2024 Kesgrave Kruisers 10k	150.	159 Adam Plummer	Male Senior	Rushmere Community Runners	48:20	48:06	134.	35.	4:49	55.3%
2024 Kesgrave Kruisers 10k	151.	166 Toby Brundell	Male U20	Unattached	48:23	48:06	135.	5.	4:50	55.2%
2024 Kesgrave Kruisers 10k	152.	239 Tim Ranson	Male V60	Unattached	48:24	48:22	136.	5.	4:50	69.7%
2024 Kesgrave Kruisers 10k	153.	37 Grahame Beales	Male V50	Unattached	48:34	48:24	137.	21.	4:51	63.4%
2024 Kesgrave Kruisers 10k	154.	85 Mark Rose	Male V45	Ipswich Jaffa RC	48:35	48:27	138.	25.	4:51	61.3%
2024 Kesgrave Kruisers 10k	155.	202 Debbie Catling	Female V55	Felixstowe RRC	48:37	48:25	17.	1.	4:51	74.9%
2024 Kesgrave Kruisers 10k	156.	174 Deb Ching	Female V50	Capel Cheetahs	48:37	48:21	18.	1.	4:51	70.5%
2024 Kesgrave Kruisers 10k	157.	470 Sue Lockhart	Female V65	Ipswich Jaffa RC	48:39	48:25	19.	1.	4:51	85.7%
2024 Kesgrave Kruisers 10k	158.	447 Szymon Spyra	Male Senior	Unattached	48:50	48:35	139.	36.	4:52	56.3%
2024 Kesgrave Kruisers 10k	159.	328 Sandra Roberts	Female V60	Ipswich Jaffa RC	48:52	48:37	20.	1.	4:53	84.1%
2024 Kesgrave Kruisers 10k	160.	305 Gavin Damant	Male V45	Kesgrave Kruisers	48:54	48:35	140.	26.	4:53	59.4%
2024 Kesgrave Kruisers 10k	161.	112 Holly Johnson	Female Senior	Vegan Runners UK	48:58	48:43	21.	14.	4:53	61.9%
2024 Kesgrave Kruisers 10k	162.	233 Jonny Hodgson	Male Senior	Ipswich Jaffa RC	48:58	48:42	141.	37.	4:53	54.5%
2024 Kesgrave Kruisers 10k	163.	75 John Bradshaw	Male V50	Unattached	49:06	48:55	142.	22.	4:54	62.7%
2024 Kesgrave Kruisers 10k	164.	7 Chris Hodges	Male Senior	Unattached	49:07	48:52	143.	38.	4:54	54.7%
2024 Kesgrave Kruisers 10k	165.	222 Luke Coster-Reeve	Male Senior	Unattached	49:08	48:49	144.	39.	4:54	55.1%
2024 Kesgrave Kruisers 10k	166.	312 Harry Collins	Male Senior	Unattached	49:08	48:57	145.	40.	4:54	54.3%
2024 Kesgrave Kruisers 10k	167.	389 Mark Pretty	Male Senior	Harwich Runners	49:11	49:00	146.	41.	4:55	54.8%
2024 Kesgrave Kruisers 10k	168.	123 Carl Bergdahl	Male V50	Ipswich Jaffa RC	49:12	48:59	147.	23.	4:55	63.2%
2024 Kesgrave Kruisers 10k	169.	491 Matthew Fairhead	Male Senior	Unattached	49:22	48:49	148.	42.	4:56	54.3%
2024 Kesgrave Kruisers 10k	170.	156 Ruth Acworth	Female V60	Woodbridge Shufflers RC	49:26	49:16	22.	2.	4:56	83.1%
2024 Kesgrave Kruisers 10k	171.	273 Jasmine Ager	Female Senior	Stowmarket Striders RC	49:39	49:16	23.	15.	4:57	61.1%
2024 Kesgrave Kruisers 10k	172.	481 Ian Gooderham	Male V55	Saint Edmund Pacers	49:41	49:21	149.	13.	4:58	64.2%
2024 Kesgrave Kruisers 10k	173.	318 Philip Brown	Male V55	Saint Edmund Pacers	49:47	49:28	150.	14.	4:58	64.7%
2024 Kesgrave Kruisers 10k	174.	339 Jane Hutchinson	Female V45	Woodbridge Shufflers RC	49:58	49:47	24.	2.	4:59	67.0%
2024 Kesgrave Kruisers 10k	175.	340 Ben Burrows	Male V45	Woodbridge Shufflers RC	49:58	49:48	151.	27.	4:59	59.6%
2024 Kesgrave Kruisers 10k	176.	66 Ben Cole	Male Senior	Unattached	50:20	50:03	152.	43.	5:01	54.6%
2024 Kesgrave Kruisers 10k	177.	319 Claire Brown	Female V60	Saint Edmund Pacers	50:24	50:05	25.	3.	5:02	77.1%
2024 Kesgrave Kruisers 10k	178.	461 Neil Quarton	Male V55	Unattached	50:29	50:17	153.	15.	5:02	62.6%
2024 Kesgrave Kruisers 10k	179.	380 Charlotte Garnham	Female Senior	Kesgrave Kruisers	50:38	50:30	26.	16.	5:03	60.1%
2024 Kesgrave Kruisers 10k	180.	360 Emma Blaylock	Female V45	Unattached	50:39	50:18	27.	3.	5:03	66.1%
2024 Kesgrave Kruisers 10k	181.	402 James Crawford	Male V55	Unattached	50:39	50:20	154.	16.	5:03	63.6%
2024 Kesgrave Kruisers 10k	182.	307 Will Ibbotson	Male V55	Capel Cheetahs	50:48	50:26	155.	17.	5:04	63.9%
2024 Kesgrave Kruisers 10k	183.	147 Molly Bergdahl	Female Senior	Ipswich Jaffa RC	50:51	50:39	28.	17.	5:05	59.6%
2024 Kesgrave Kruisers 10k	184.	450 David Bonnington	Male V60	Running Colchester	50:54	50:40	156.	6.	5:05	66.2%
2024 Kesgrave Kruisers 10k	185.	443 Rebecca Gooderham	Female Senior	Saint Edmund Pacers	50:59	50:39	29.	18.	5:05	59.5%
2024 Kesgrave Kruisers 10k	186.	342 Molly Wright	Female Senior	Unattached	51:05	50:30	30.	19.	5:06	59.4%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	187.	387 Emma Blair	Female Senior	Unattached	51:08	50:52	31.	20.	5:06	60.7%
2024 Kesgrave Cruisers 10k	188.	293 Andy Bartlett	Male V40	Unattached	51:09	50:53	157.	25.	5:06	55.0%
2024 Kesgrave Cruisers 10k	189.	489 James Girling	Male Senior	Unattached	51:09	51:01	158.	44.	5:06	53.1%
2024 Kesgrave Cruisers 10k	190.	200 Pauline Fisher	Female V50	Kesgrave Cruisers	51:19	51:02	32.	2.	5:07	67.6%
2024 Kesgrave Cruisers 10k	191.	428 Paul Mathias	Male V50	Unattached	51:32	51:18	159.	24.	5:09	58.3%
2024 Kesgrave Cruisers 10k	192.	153 Simon Butler	Male V50	Unattached	51:40	51:27	160.	25.	5:09	60.1%
2024 Kesgrave Cruisers 10k	193.	188 Paul Maycock	Male V65	Capel Cheetahs	51:46	51:24	161.	4.	5:10	67.0%
2024 Kesgrave Cruisers 10k	194.	297 Kieran Bone	Male Senior	Unattached	51:50	51:20	162.	45.	5:10	51.5%
2024 Kesgrave Cruisers 10k	195.	492 Vikki George	Female Senior	Unattached	51:53	51:20	33.	21.	5:11	58.5%
2024 Kesgrave Cruisers 10k	196.	228 Chris Fox	Male V55	Woodbridge Shufflers RC	51:57	51:40	163.	18.	5:11	61.4%
2024 Kesgrave Cruisers 10k	197.	280 Lee Clements	Male V50	Unattached	52:02	51:44	164.	26.	5:12	58.2%
2024 Kesgrave Cruisers 10k	198.	215 Livio Johnson	Male U17	Unattached	52:07	51:50	165.	8.	5:12	53.0%
2024 Kesgrave Cruisers 10k	199.	175 Helen Yellop	Female V55	Capel Cheetahs	52:15	51:53	34.	2.	5:13	70.6%
2024 Kesgrave Cruisers 10k	200.	221 Alison Severy	Female V40	Unattached	52:15	51:42	35.	2.	5:13	60.1%
2024 Kesgrave Cruisers 10k	201.	162 Stephen Brundell	Male V40	Unattached	52:16	52:00	166.	26.	5:13	53.4%
2024 Kesgrave Cruisers 10k	202.	181 Noel Garnham	Male V45	Unattached	52:17	52:05	167.	28.	5:13	56.9%
2024 Kesgrave Cruisers 10k	203.	290 Sam Bishop	Male Senior	Saint Edmund Pacers	52:22	52:15	168.	46.	5:14	51.3%
2024 Kesgrave Cruisers 10k	204.	69 Andrew Woodman	Male V40	Unattached	52:26	52:14	169.	27.	5:14	54.1%
2024 Kesgrave Cruisers 10k	205.	34 Dan Parish	Male Senior	Unattached	52:42	52:27	170.	47.	5:16	50.7%
2024 Kesgrave Cruisers 10k	206.	405 Julie Barnes	Female V50	Fordy Runs Running Club	52:57	52:41	36.	3.	5:17	65.5%
2024 Kesgrave Cruisers 10k	207.	86 Aaron Ranieri	Male Senior	Unattached	52:58	52:33	171.	48.	5:17	50.7%
2024 Kesgrave Cruisers 10k	208.	466 Gemma Thompson	Female V45	Unattached	53:07	52:48	37.	4.	5:18	62.3%
2024 Kesgrave Cruisers 10k	209.	467 John Coups	Male V40	Kesgrave Cruisers	53:07	52:49	172.	28.	5:18	52.5%
2024 Kesgrave Cruisers 10k	210.	52 Amy Dines	Female V40	Unattached	53:09	52:53	38.	3.	5:18	60.0%
2024 Kesgrave Cruisers 10k	211.	431 Jamie Roberts	Male Senior	Unattached	53:09	52:29	173.	49.	5:18	50.2%
2024 Kesgrave Cruisers 10k	212.	350 Phil Davies	Male V55	Ipswich Jaffa RC	53:12	53:02	174.	19.	5:19	60.5%
2024 Kesgrave Cruisers 10k	213.	241 Anna Scanlon	Female V50	Unattached	53:18	52:51	39.	4.	5:19	65.8%
2024 Kesgrave Cruisers 10k	214.	378 Andrew Beckinsale	Male V40	Unattached	53:23	53:14	175.	29.	5:20	52.3%
2024 Kesgrave Cruisers 10k	215.	95 Stacey Gaskin	Female V40	Fordy Runs Running Club	53:32	53:17	40.	4.	5:21	59.5%
2024 Kesgrave Cruisers 10k	216.	88 Emma Ledgerwood	Female Senior	Unattached	53:35	53:26	41.	22.	5:21	57.2%
2024 Kesgrave Cruisers 10k	217.	151 Paul Seaman	Male V60	Unattached	53:41	53:15	176.	7.	5:22	62.2%
2024 Kesgrave Cruisers 10k	218.	397 Tom Garnham	Male Senior	Unattached	53:48	53:37	177.	50.	5:22	49.9%
2024 Kesgrave Cruisers 10k	219.	72 Matt Cawdron	Male Senior	Woodbridge Shufflers RC	53:49	53:11	178.	51.	5:22	50.8%
2024 Kesgrave Cruisers 10k	220.	462 Martyn Brewster	Male V50	Felixstowe RRC	54:00	53:28	179.	27.	5:23	57.5%
2024 Kesgrave Cruisers 10k	221.	369 Christina Pretty	Female V60	Harwich Runners	54:06	53:56	42.	4.	5:24	75.9%
2024 Kesgrave Cruisers 10k	222.	179 Lorna Webber	Female Senior	Capel Cheetahs	54:06	53:50	43.	23.	5:24	57.4%
2024 Kesgrave Cruisers 10k	223.	349 Mollie Wright	Female Senior	Unattached	54:08	53:42	44.	24.	5:24	56.0%
2024 Kesgrave Cruisers 10k	224.	348 Darren Wright	Male V55	Unattached	54:08	53:42	180.	20.	5:24	58.9%
2024 Kesgrave Cruisers 10k	225.	437 Rachel Hartley	Female V40	Felixstowe RRC	54:09	53:46	45.	5.	5:24	58.9%
2024 Kesgrave Cruisers 10k	226.	357 Emily Stratford	Female Senior	Unattached	54:09	53:45	46.	25.	5:24	56.0%
2024 Kesgrave Cruisers 10k	227.	113 Sarah Banham	Female Senior	Felixstowe RRC	54:12	53:50	47.	26.	5:25	57.0%
2024 Kesgrave Cruisers 10k	228.	398 Tina Belsom	Female V60	Unattached	54:32	54:11	48.	5.	5:27	71.3%
2024 Kesgrave Cruisers 10k	229.	351 Carolyn Allan	Female V45	Fordy Runs Running Club	54:41	54:11	49.	5.	5:28	59.9%
2024 Kesgrave Cruisers 10k	230.	454 Becky Crisp	Female Senior	Unattached	54:43	54:33	50.	27.	5:28	55.4%
2024 Kesgrave Cruisers 10k	231.	457 Sean Dickinson	Male V50	Vegan Runners UK	54:49	54:19	181.	28.	5:28	54.8%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	232.	74 David Watkins	Male Senior	Unattached	54:57	54:28	182.	52.	5:29	50.0%
2024 Kesgrave Cruisers 10k	233.	451 Jason Ablett	Male V50	Stowmarket Striders RC	54:58	54:30	183.	29.	5:29	55.6%
2024 Kesgrave Cruisers 10k	234.	471 Lewis Palmer	Male Senior	Kesgrave Cruisers	55:04	54:47	184.	53.	5:30	48.5%
2024 Kesgrave Cruisers 10k	235.	412 Calum Holmes	Male Senior	Unattached	55:09	54:42	185.	54.	5:30	48.4%
2024 Kesgrave Cruisers 10k	236.	421 Alex Knight	Male V40	Unattached	55:13	54:39	186.	30.	5:31	51.7%
2024 Kesgrave Cruisers 10k	237.	98 Martin Spilsted	Male V50	Rushmere Community Runners	55:23	54:57	187.	30.	5:32	54.7%
2024 Kesgrave Cruisers 10k	238.	6 Kirsty Aberdein	Female V50	Unattached	55:25	55:12	51.	5.	5:32	62.5%
2024 Kesgrave Cruisers 10k	239.	473 Neil Burton	Male V50	Capel Cheetahs	55:34	55:13	188.	31.	5:33	55.0%
2024 Kesgrave Cruisers 10k	240.	448 Adewale Kadiri	Male V55	Kesgrave Cruisers	55:39	54:59	189.	21.	5:33	57.3%
2024 Kesgrave Cruisers 10k	241.	337 Danielle D'Arcy	Female Senior	Unattached	55:40	55:34	52.	28.	5:33	54.5%
2024 Kesgrave Cruisers 10k	242.	61 Andrew Anderson-Hurst	Male V40	Unattached	55:40	54:59	190.	31.	5:33	50.1%
2024 Kesgrave Cruisers 10k	243.	126 Derek Daly	Male V60	Felixstowe RRC	55:48	55:30	191.	8.	5:34	59.3%
2024 Kesgrave Cruisers 10k	244.	442 Laura Bateman	Female Senior	Vegan Runners UK	55:50	55:09	53.	29.	5:34	54.5%
2024 Kesgrave Cruisers 10k	245.	208 Rachel Smith	Female Senior	Unattached	55:53	55:37	54.	30.	5:35	54.2%
2024 Kesgrave Cruisers 10k	246.	366 Samantha Tapp	Female V55	Hadleigh Hares AC	55:56	55:27	55.	3.	5:35	65.9%
2024 Kesgrave Cruisers 10k	247.	49 Thomas Gunson	Male V40	Unattached	56:00	55:36	192.	32.	5:35	49.8%
2024 Kesgrave Cruisers 10k	248.	97 Elizabeth Woldsmith	Female Senior	Unattached	56:04	55:43	56.	31.	5:36	54.3%
2024 Kesgrave Cruisers 10k	249.	271 Suzie Fernley	Female V40	Unattached	56:06	55:34	57.	6.	5:36	56.0%
2024 Kesgrave Cruisers 10k	250.	408 Diane Parton	Female V55	Capel Cheetahs	56:08	55:47	58.	4.	5:36	65.7%
2024 Kesgrave Cruisers 10k	251.	142 Sadie Fairs	Female V55	Unattached	56:13	56:08	59.	5.	5:37	64.8%
2024 Kesgrave Cruisers 10k	252.	474 Emily Maguire	Female Senior	Unattached	56:16	55:45	60.	32.	5:37	54.0%
2024 Kesgrave Cruisers 10k	253.	180 Steven Webber	Male V50	Capel Cheetahs	56:17	55:57	193.	32.	5:37	54.7%
2024 Kesgrave Cruisers 10k	254.	488 Maurice McQuitty	Male V60	Unattached	56:18	56:10	194.	9.	5:37	59.9%
2024 Kesgrave Cruisers 10k	255.	138 Louisa Rogers	Female V40	Rushmere Community Runners	56:21	56:05	61.	7.	5:38	57.0%
2024 Kesgrave Cruisers 10k	256.	130 Emma Cleveland	Female V45	Unattached	56:32	56:19	62.	6.	5:39	57.4%
2024 Kesgrave Cruisers 10k	257.	164 Teresa Brundell	Female V45	Unattached	56:34	56:15	63.	7.	5:39	58.5%
2024 Kesgrave Cruisers 10k	258.	227 Karen Skene	Female V55	Capel Cheetahs	56:34	56:12	64.	6.	5:39	66.0%
2024 Kesgrave Cruisers 10k	259.	87 Layla Byford	Female Senior	Unattached	56:36	56:26	65.	33.	5:39	53.6%
2024 Kesgrave Cruisers 10k	260.	414 Lynsey Rae	Female Senior	Unattached	56:40	56:13	66.	34.	5:39	53.7%
2024 Kesgrave Cruisers 10k	261.	223 Philippa Coster-Reeve	Female Senior	Unattached	56:43	56:24	67.	35.	5:40	54.0%
2024 Kesgrave Cruisers 10k	262.	336 Paul Goldsmith	Male V50	Unattached	56:49	56:16	195.	33.	5:40	52.8%
2024 Kesgrave Cruisers 10k	263.	490 Bradley Wheeler	Male Senior	Unattached	56:49	56:23	196.	55.	5:40	47.0%
2024 Kesgrave Cruisers 10k	264.	245 Sarah Percival	Female V50	Unattached	56:51	56:32	68.	6.	5:41	60.2%
2024 Kesgrave Cruisers 10k	265.	314 Martin Garrod	Male V65	Ipswich Phoenix Running Club	56:54	56:34	197.	5.	5:41	61.0%
2024 Kesgrave Cruisers 10k	266.	128 Ross Ovel	Male V45	Fordy Runs Running Club	56:58	56:33	198.	29.	5:41	50.6%
2024 Kesgrave Cruisers 10k	267.	331 Michael Austin	Male Senior	Unattached	56:59	56:36	199.	56.	5:41	46.9%
2024 Kesgrave Cruisers 10k	268.	209 Adam Chappell	Male Senior	Unattached	57:01	56:40	200.	57.	5:42	46.8%
2024 Kesgrave Cruisers 10k	269.	327 John Thurkettle	Male V60	Unattached	57:02	56:51	201.	10.	5:42	58.6%
2024 Kesgrave Cruisers 10k	270.	496 Sophie Coleman	Female Senior	Ipswich Jaffa RC	57:03	56:49	69.	36.	5:42	53.1%
2024 Kesgrave Cruisers 10k	271.	204 Joanne Sargent	Female V50	Hadleigh Hares AC	57:07	56:42	70.	7.	5:42	61.4%
2024 Kesgrave Cruisers 10k	272.	282 Tina Shapland	Female Senior	Unattached	57:14	56:50	71.	37.	5:43	53.9%
2024 Kesgrave Cruisers 10k	273.	353 Lynsey Groom	Female V40	Unattached	57:14	56:50	72.	8.	5:43	55.3%
2024 Kesgrave Cruisers 10k	274.	352 Alan Bowley	Male V55	Fordy Runs Running Club	57:17	56:47	202.	22.	5:43	56.2%
2024 Kesgrave Cruisers 10k	275.	32 Kirsty Marsh	Female V40	Felixstowe RRC	57:23	56:48	73.	9.	5:44	54.7%
2024 Kesgrave Cruisers 10k	276.	127 Rosie Ovel	Female Senior	Fordy Runs Running Club	57:23	56:59	74.	38.	5:44	53.1%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	277.	17 Richard Allport	Male V60	Felixstowe RRC	57:23	56:51	203.	11.	5:44	57.1%
2024 Kesgrave Cruisers 10k	278.	213 Victoria Rayner	Female V45	Unattached	57:29	56:56	75.	8.	5:44	56.4%
2024 Kesgrave Cruisers 10k	279.	301 Gary Manning	Male V60	Unattached	57:30	56:59	204.	12.	5:44	57.0%
2024 Kesgrave Cruisers 10k	280.	338 Robert Garwood	Male V55	Unattached	57:41	57:35	205.	23.	5:46	54.3%
2024 Kesgrave Cruisers 10k	281.	23 Garry Venn	Male V60	Unattached	57:45	57:22	206.	13.	5:46	58.4%
2024 Kesgrave Cruisers 10k	282.	279 Marcin Cwiernia	Male V40	Unattached	57:55	57:41	207.	33.	5:47	49.3%
2024 Kesgrave Cruisers 10k	283.	31 Lauren Garfield	Female V45	Unattached	57:58	57:29	76.	9.	5:47	58.4%
2024 Kesgrave Cruisers 10k	284.	385 Anika Balfe	Female V45	Rushmere Community Runners	58:05	57:32	77.	10.	5:48	55.8%
2024 Kesgrave Cruisers 10k	285.	168 Angelique Scully	Female V50	Rushmere Community Runners	58:05	57:31	78.	8.	5:48	59.7%
2024 Kesgrave Cruisers 10k	286.	89 Andrew Cocker	Male V60	Rushmere Community Runners	58:06	57:32	208.	14.	5:48	56.9%
2024 Kesgrave Cruisers 10k	287.	11 Bev Ward	Female V50	Fordy Runs Running Club	58:09	57:54	79.	9.	5:48	60.3%
2024 Kesgrave Cruisers 10k	288.	252 Jasmine Elkin	Female Senior	Unattached	58:10	57:46	80.	39.	5:48	52.1%
2024 Kesgrave Cruisers 10k	289.	263 Charlotte Elkin	Female Senior	Stowmarket Striders RC	58:10	57:47	81.	40.	5:48	52.1%
2024 Kesgrave Cruisers 10k	290.	498 Melanie Blagden	Female V50	Saxmundham Sports Running & J	58:16	57:54	82.	10.	5:49	60.2%
2024 Kesgrave Cruisers 10k	291.	347 Juliet Rhodes	Female V60	Unattached	58:22	58:06	83.	6.	5:50	68.4%
2024 Kesgrave Cruisers 10k	292.	121 Matt Standring	Male V45	Unattached	58:26	58:08	209.	30.	5:50	50.1%
2024 Kesgrave Cruisers 10k	293.	134 James Swallow	Male Senior	Unattached	58:28	57:58	210.	58.	5:50	46.7%
2024 Kesgrave Cruisers 10k	294.	418 Josh Yasar	Male V40	Unattached	58:38	58:04	211.	34.	5:51	48.0%
2024 Kesgrave Cruisers 10k	295.	362 Amy Lewis	Female V45	Unattached	58:39	58:18	84.	11.	5:51	55.3%
2024 Kesgrave Cruisers 10k	296.	359 Roelf Schreurs	Male V45	Unattached	58:39	58:18	212.	31.	5:51	49.9%
2024 Kesgrave Cruisers 10k	297.	390 Craig Goodrum	Male V50	Kesgrave Cruisers	58:39	58:21	213.	34.	5:51	52.1%
2024 Kesgrave Cruisers 10k	298.	373 Rachel Andvig	Female Senior	Unattached	58:40	58:22	85.	41.	5:51	51.7%
2024 Kesgrave Cruisers 10k	299.	2 Emma Cracknell	Female V45	Fordy Runs Running Club	58:42	58:22	86.	12.	5:52	57.0%
2024 Kesgrave Cruisers 10k	300.	377 Paul Smith	Male V40	Fordy Runs Running Club	58:42	58:21	214.	35.	5:52	47.5%
2024 Kesgrave Cruisers 10k	301.	58 Janet Askew	Female V65	Kesgrave Cruisers	58:42	58:24	87.	2.	5:52	72.0%
2024 Kesgrave Cruisers 10k	302.	413 Matt Holmes	Male V45	Unattached	58:44	58:16	215.	32.	5:52	50.3%
2024 Kesgrave Cruisers 10k	303.	374 Helen Andvig	Female V60	Unattached	58:49	58:30	88.	7.	5:52	69.9%
2024 Kesgrave Cruisers 10k	304.	268 Kayleigh McQuitty	Female Senior	Unattached	58:51	58:42	89.	42.	5:53	51.5%
2024 Kesgrave Cruisers 10k	305.	298 Siobhan Bone	Female Senior	Unattached	58:53	58:24	90.	43.	5:53	51.5%
2024 Kesgrave Cruisers 10k	306.	9 Rebecca Chalklen	Female V40	Unattached	58:54	58:15	91.	10.	5:53	53.0%
2024 Kesgrave Cruisers 10k	307.	3 Mark Chalklen	Male V40	Unattached	58:55	58:16	216.	36.	5:53	47.0%
2024 Kesgrave Cruisers 10k	308.	165 Janette Smith	Female V50	Unattached	59:03	58:46	92.	11.	5:54	60.9%
2024 Kesgrave Cruisers 10k	309.	192 Jo McGurk	Female V45	Unattached	59:04	58:36	93.	13.	5:54	57.3%
2024 Kesgrave Cruisers 10k	310.	392 Sarah White	Female V45	Unattached	59:06	58:36	94.	14.	5:54	56.6%
2024 Kesgrave Cruisers 10k	311.	419 Simon Letts	Male Senior	Unattached	59:06	58:43	217.	59.	5:54	46.5%
2024 Kesgrave Cruisers 10k	312.	212 Jimmy Youngs	Male V55	Unattached	59:20	58:59	218.	24.	5:55	54.3%
2024 Kesgrave Cruisers 10k	313.	78 David Gunson	Male V70+	Kesgrave Cruisers	59:23	58:58	219.	2.	5:56	60.8%
2024 Kesgrave Cruisers 10k	314.	310 Simon Girling	Male V50	Unattached	59:27	59:01	220.	35.	5:56	51.4%
2024 Kesgrave Cruisers 10k	315.	260 Gary Hammond	Male V45	Unattached	59:29	59:10	221.	33.	5:56	49.6%
2024 Kesgrave Cruisers 10k	316.	125 Joanna Birch	Female V50	Lonely Goat RC	59:31	59:18	95.	12.	5:57	57.6%
2024 Kesgrave Cruisers 10k	317.	172 Jack Wales	Male Senior	Unattached	59:49	59:32	222.	60.	5:58	44.6%
2024 Kesgrave Cruisers 10k	318.	173 Harry Bergdahl	Male Senior	Unattached	59:49	59:32	223.	61.	5:58	44.6%
2024 Kesgrave Cruisers 10k	319.	10 Adam Cable	Male V40	Kesgrave Cruisers	59:58	59:17	224.	37.	5:59	46.5%
2024 Kesgrave Cruisers 10k	320.	288 James Goldsmith	Male Senior	Unattached	1:00:05	59:26	225.	62.	6:00	44.8%
2024 Kesgrave Cruisers 10k	321.	449 Richard Attenborrow	Male V70+	Unattached	1:00:16	59:47	226.	3.	6:01	61.4%

RACE CHIP TIMING RESULTS

2024 Kesgrave Kruisers 10k	322.	16 Jacqueline Allport	Female V55	Felixstowe RRC	1:00:22	59:45	96.	7.	6:02	61.1%
2024 Kesgrave Kruisers 10k	323.	1 David Brewster	Male V40	Felixstowe RRC	1:00:22	59:49	227.	38.	6:02	47.0%
2024 Kesgrave Kruisers 10k	324.	117 Claire Ling	Female Senior	Unattached	1:00:24	59:52	97.	44.	6:02	51.4%
2024 Kesgrave Kruisers 10k	325.	436 Olivia Radford	Female Senior	Ipswich Jaffa RC	1:00:45	1:00:06	98.	45.	6:04	49.9%
2024 Kesgrave Kruisers 10k	326.	423 Kate Allen	Female Senior	Unattached	1:00:56	1:00:21	99.	46.	6:05	50.5%
2024 Kesgrave Kruisers 10k	327.	430 Karen Flower	Female V55	Saxmundham Sports Running & J	1:01:04	1:00:42	100.	8.	6:06	60.4%
2024 Kesgrave Kruisers 10k	328.	211 Shannon Middle	Female Senior	Unattached	1:01:04	1:00:45	101.	47.	6:06	49.6%
2024 Kesgrave Kruisers 10k	329.	122 Pina Standring	Female V45	Unattached	1:01:04	1:00:45	102.	15.	6:06	54.8%
2024 Kesgrave Kruisers 10k	330.	411 Del Sharman	Male V45	Unattached	1:01:05	1:00:32	228.	34.	6:06	47.9%
2024 Kesgrave Kruisers 10k	331.	28 Jo Whelan	Female V60	Felixstowe RRC	1:01:07	1:00:36	103.	8.	6:06	66.3%
2024 Kesgrave Kruisers 10k	332.	251 Olly Chaplin	Male Senior	Unattached	1:01:16	1:00:59	229.	63.	6:07	43.6%
2024 Kesgrave Kruisers 10k	333.	332 Paul Dorset	Male V50	Felixstowe RRC	1:01:20	1:00:57	230.	36.	6:07	49.8%
2024 Kesgrave Kruisers 10k	334.	111 Kevin Davidson	Male V60	Unattached	1:01:32	1:01:07	231.	15.	6:09	54.3%
2024 Kesgrave Kruisers 10k	335.	176 Neil Fox	Male V40	Unattached	1:01:38	1:01:21	232.	39.	6:09	46.0%
2024 Kesgrave Kruisers 10k	336.	370 Chrissie Johnson	Female V40	Unattached	1:01:47	1:01:21	104.	11.	6:10	52.0%
2024 Kesgrave Kruisers 10k	337.	355 Karen Shelley	Female V55	Stowmarket Striders RC	1:01:52	1:01:22	105.	9.	6:11	62.0%
2024 Kesgrave Kruisers 10k	338.	278 Caroline Deodhar	Female Senior	Unattached	1:01:58	1:01:21	106.	48.	6:11	49.6%
2024 Kesgrave Kruisers 10k	339.	284 Kerry Mills	Female Senior	Unattached	1:01:59	1:01:42	107.	49.	6:11	50.1%
2024 Kesgrave Kruisers 10k	340.	224 Angel Copjan	Female Senior	Unattached	1:02:04	1:01:26	108.	50.	6:12	49.5%
2024 Kesgrave Kruisers 10k	341.	118 Louise Curtis	Female V50	Vegan Runners UK	1:02:07	1:01:26	109.	13.	6:12	56.5%
2024 Kesgrave Kruisers 10k	342.	132 Larissa Mayhew	Female V55	Unattached	1:02:23	1:02:02	110.	10.	6:14	59.1%
2024 Kesgrave Kruisers 10k	343.	45 Simon Ashton	Male V55	Lonely Goat RC	1:02:32	1:02:14	233.	25.	6:15	51.9%
2024 Kesgrave Kruisers 10k	344.	22 Tracy Pope	Female V45	Fordy Runs Running Club	1:02:34	1:02:19	111.	16.	6:15	54.1%
2024 Kesgrave Kruisers 10k	345.	483 Samantha Masters	Female V40	Felixstowe RRC	1:02:41	1:02:10	112.	12.	6:16	50.4%
2024 Kesgrave Kruisers 10k	346.	317 Helen Ward	Female V45	Unattached	1:02:43	1:02:16	113.	17.	6:16	53.3%
2024 Kesgrave Kruisers 10k	347.	375 Luke Stafford	Male U17	Kesgrave Kruisers	1:02:51	1:02:35	234.	9.	6:17	43.4%
2024 Kesgrave Kruisers 10k	348.	33 Edwina Frost	Female V65	Rushmere Community Runners	1:02:52	1:02:18	114.	3.	6:17	67.3%
2024 Kesgrave Kruisers 10k	349.	226 Rebecca Hughes	Female V55	Unattached	1:02:52	1:02:16	115.	11.	6:17	57.9%
2024 Kesgrave Kruisers 10k	350.	391 Joanne Raven-Lloyd	Female V40	Capel Cheetahs	1:02:57	1:02:35	116.	13.	6:17	50.2%
2024 Kesgrave Kruisers 10k	351.	71 Mark Harris	Male V55	Kesgrave Kruisers	1:02:57	1:02:34	235.	26.	6:17	49.8%
2024 Kesgrave Kruisers 10k	352.	70 Helen Harris	Female V40	Kesgrave Kruisers	1:02:58	1:02:35	117.	14.	6:17	50.6%
2024 Kesgrave Kruisers 10k	353.	237 Jo Clifton	Female V55	Saxmundham Sports Running & J	1:03:07	1:02:45	118.	12.	6:18	57.7%
2024 Kesgrave Kruisers 10k	354.	119 Jackie Collins	Female V55	Felixstowe RRC	1:03:23	1:02:51	119.	13.	6:20	60.5%
2024 Kesgrave Kruisers 10k	355.	422 Raheem Achour	Male Senior	Unattached	1:03:31	1:02:56	236.	64.	6:21	43.0%
2024 Kesgrave Kruisers 10k	356.	296 Ian Manning	Male V55	Unattached	1:03:38	1:03:08	237.	27.	6:21	50.1%
2024 Kesgrave Kruisers 10k	357.	51 Alex Stadler	Male Senior	Felixstowe RRC	1:03:40	1:03:05	238.	65.	6:21	42.5%
2024 Kesgrave Kruisers 10k	358.	433 Sam Doran	Male Senior	Unattached	1:03:46	1:03:39	239.	66.	6:22	42.0%
2024 Kesgrave Kruisers 10k	359.	300 Bethany Mendham	Female Senior	Unattached	1:03:47	1:03:16	120.	51.	6:22	47.5%
2024 Kesgrave Kruisers 10k	360.	114 Hilary Cook	Female V60	Felixstowe RRC	1:04:01	1:03:32	121.	9.	6:24	64.2%
2024 Kesgrave Kruisers 10k	361.	91 Andy Cook	Male V55	Kesgrave Kruisers	1:04:03	1:03:52	240.	28.	6:24	50.3%
2024 Kesgrave Kruisers 10k	362.	396 Yazmine Sievey	Female Senior	Unattached	1:04:04	1:03:50	122.	52.	6:24	47.4%
2024 Kesgrave Kruisers 10k	363.	186 Rebecca Hawes	Female U17	Vegan Runners UK	1:04:08	1:03:28	123.	1.	6:24	50.1%
2024 Kesgrave Kruisers 10k	364.	65 Sharon Hayfield	Female V50	Unattached	1:04:11	1:03:44	124.	14.	6:25	54.0%
2024 Kesgrave Kruisers 10k	365.	145 Bethany Edwards	Female U20	Unattached	1:04:13	1:03:32	125.	2.	6:25	47.3%
2024 Kesgrave Kruisers 10k	366.	329 Lucy Hanley	Female Senior	Unattached	1:04:14	1:03:36	126.	53.	6:25	47.3%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	367.	220 Elizabeth Severy	Female V60	Unattached	1:04:14	1:03:38	127.	10.	6:25	64.0%
2024 Kesgrave Cruisers 10k	368.	267 Jade Plumb	Female Senior	Unattached	1:04:21	1:03:44	128.	54.	6:26	47.2%
2024 Kesgrave Cruisers 10k	369.	281 Kirsten Barker	Female Senior	Unattached	1:04:57	1:04:24	129.	55.	6:29	46.7%
2024 Kesgrave Cruisers 10k	370.	256 Veronica Manly	Female V70+	Harleston Running Club	1:05:04	1:04:29	130.	1.	6:30	74.9%
2024 Kesgrave Cruisers 10k	371.	185 Stacie Long	Female Senior	Vegan Runners UK	1:05:04	1:04:19	131.	56.	6:30	46.8%
2024 Kesgrave Cruisers 10k	372.	73 Laura Hall	Female Senior	Unattached	1:05:11	1:04:35	132.	57.	6:31	47.4%
2024 Kesgrave Cruisers 10k	373.	429 Emily Buckle	Female Senior	Unattached	1:05:11	1:04:35	133.	58.	6:31	47.6%
2024 Kesgrave Cruisers 10k	374.	29 Michelle Berriman	Female V50	Unattached	1:05:17	1:04:49	134.	15.	6:31	53.7%
2024 Kesgrave Cruisers 10k	375.	286 Pippa Milton	Female V55	Unattached	1:05:19	1:04:44	135.	14.	6:31	57.2%
2024 Kesgrave Cruisers 10k	376.	107 Laura Collinson	Female V50	Unattached	1:05:19	1:04:43	136.	16.	6:31	54.4%
2024 Kesgrave Cruisers 10k	377.	493 Richard Raimo	Male Senior	Unattached	1:05:55	1:05:29	241.	67.	6:35	40.7%
2024 Kesgrave Cruisers 10k	378.	216 Nikki Finch	Female Senior	Unattached	1:06:22	1:05:44	137.	59.	6:38	45.7%
2024 Kesgrave Cruisers 10k	379.	219 Helen Dawson	Female Senior	Unattached	1:06:23	1:05:45	138.	60.	6:38	46.1%
2024 Kesgrave Cruisers 10k	380.	446 Melody Harris	Female Senior	Unattached	1:06:35	1:06:11	139.	61.	6:39	45.5%
2024 Kesgrave Cruisers 10k	381.	334 Michelle Martin	Female V45	Kesgrave Cruisers	1:06:43	1:06:05	140.	18.	6:40	50.1%
2024 Kesgrave Cruisers 10k	382.	63 Faye Gibbs	Female V45	Unattached	1:06:59	1:06:19	141.	19.	6:41	49.4%
2024 Kesgrave Cruisers 10k	383.	158 Sophie Bell	Female Senior	Ipswich Phoenix Running Club	1:07:13	1:06:46	142.	62.	6:43	45.3%
2024 Kesgrave Cruisers 10k	384.	93 Cameron Partridge	Female Senior	Unattached	1:07:16	1:06:50	143.	63.	6:43	45.1%
2024 Kesgrave Cruisers 10k	385.	195 Heather Bryan	Female V40	Unattached	1:07:16	1:06:34	144.	15.	6:43	46.4%
2024 Kesgrave Cruisers 10k	386.	302 Stacey Phillips	Female V40	Unattached	1:07:34	1:06:58	145.	16.	6:45	46.5%
2024 Kesgrave Cruisers 10k	387.	303 Ceri Yates	Female V45	Unattached	1:07:34	1:06:58	146.	20.	6:45	48.4%
2024 Kesgrave Cruisers 10k	388.	265 Abigail Brace	Female Senior	Unattached	1:07:44	1:07:17	147.	64.	6:46	44.7%
2024 Kesgrave Cruisers 10k	389.	255 Sue Russell	Female V40	Capel Cheetahs	1:07:48	1:07:25	148.	17.	6:46	47.4%
2024 Kesgrave Cruisers 10k	390.	453 Debbie McDowall	Female V60	Stowmarket Striders RC	1:08:04	1:07:40	149.	11.	6:48	59.5%
2024 Kesgrave Cruisers 10k	391.	149 Haley Duffy	Female V45	Ipswich Jaffa RC	1:08:15	1:07:40	150.	21.	6:49	47.5%
2024 Kesgrave Cruisers 10k	392.	62 Sean Moore	Male V40	Unattached	1:08:39	1:07:57	242.	40.	6:51	41.3%
2024 Kesgrave Cruisers 10k	393.	60 Roisin Anderson-Hurst	Female V40	Unattached	1:08:39	1:07:58	151.	18.	6:51	45.5%
2024 Kesgrave Cruisers 10k	394.	432 Jessica Mower	Female Senior	Unattached	1:08:44	1:08:29	152.	65.	6:52	44.1%
2024 Kesgrave Cruisers 10k	395.	236 James Preston	Male V45	Unattached	1:08:46	1:08:07	243.	35.	6:52	42.2%
2024 Kesgrave Cruisers 10k	396.	383 Sebastian Winskill	Male Senior	Unattached	1:08:50	1:08:25	244.	68.	6:52	38.8%
2024 Kesgrave Cruisers 10k	397.	276 Vishal Parikh	Male V45	Unattached	1:09:12	1:09:02	245.	36.	6:55	41.6%
2024 Kesgrave Cruisers 10k	398.	116 Emma Webber	Female Senior	Unattached	1:09:18	1:08:39	153.	66.	6:55	43.7%
2024 Kesgrave Cruisers 10k	399.	292 Lauren Searle	Female Senior	Unattached	1:09:18	1:08:40	154.	67.	6:55	43.7%
2024 Kesgrave Cruisers 10k	400.	487 Mandy McQuitty	Female V55	Unattached	1:09:25	1:08:49	155.	15.	6:56	53.8%
2024 Kesgrave Cruisers 10k	401.	25 Heather Smith	Female V50	Lonely Goat RC	1:09:44	1:09:16	156.	17.	6:58	51.6%
2024 Kesgrave Cruisers 10k	402.	258 Liz Jones	Female V40	Unattached	1:09:44	1:09:04	157.	19.	6:58	45.7%
2024 Kesgrave Cruisers 10k	403.	196 Claire Ellis	Female Senior	Kesgrave Cruisers	1:10:08	1:09:40	158.	68.	7:00	43.3%
2024 Kesgrave Cruisers 10k	404.	452 Debbie Cook	Female V55	Stowmarket Striders RC	1:10:11	1:09:47	159.	16.	7:01	54.6%
2024 Kesgrave Cruisers 10k	405.	240 Danny Ranson	Male Senior	Unattached	1:10:12	1:09:33	246.	69.	7:01	38.1%
2024 Kesgrave Cruisers 10k	406.	238 Michelle Ranson	Female V40	Vegan Runners UK	1:10:13	1:09:34	160.	20.	7:01	45.8%
2024 Kesgrave Cruisers 10k	407.	309 Sue Savva	Female V50	Vegan Runners UK	1:10:13	1:09:33	161.	18.	7:01	49.4%
2024 Kesgrave Cruisers 10k	408.	388 Heather Mills	Female Senior	Rushmere Community Runners	1:10:31	1:10:00	162.	69.	7:03	43.4%
2024 Kesgrave Cruisers 10k	409.	295 Steve Clark	Male V50	Unattached	1:11:55	1:11:20	247.	37.	7:11	43.2%
2024 Kesgrave Cruisers 10k	410.	365 Penny Pepper	Female V55	Girls That Jeff	1:11:57	1:11:15	163.	17.	7:11	52.6%
2024 Kesgrave Cruisers 10k	411.	214 Sue Eaton	Female V45	Kesgrave Cruisers	1:12:11	1:11:47	164.	22.	7:13	46.3%

RACE CHIP TIMING RESULTS

2024 Kesgrave Cruisers 10k	412.	386 Kayleigh Miller	Female Senior	Unattached	1:12:42	1:12:32	165.	70.	7:16	41.8%
2024 Kesgrave Cruisers 10k	413.	304 Sharon Halpin	Female V55	Felixstowe RRC	1:12:53	1:12:25	166.	18.	7:17	51.9%
2024 Kesgrave Cruisers 10k	414.	39 Peter Frost	Male V65	Unattached	1:13:03	1:12:28	248.	6.	7:18	48.4%
2024 Kesgrave Cruisers 10k	415.	104 Kate Ashby	Female V45	Unattached	1:13:11	1:12:47	167.	23.	7:19	44.7%
2024 Kesgrave Cruisers 10k	416.	129 Michael Davis	Male V50	Unattached	1:13:12	1:12:48	249.	38.	7:19	41.4%
2024 Kesgrave Cruisers 10k	417.	83 Amanda Scarff	Female V40	Vegan Runners UK	1:13:23	1:12:42	168.	21.	7:20	42.5%
2024 Kesgrave Cruisers 10k	418.	198 Laura Driver	Female Senior	Unattached	1:13:32	1:12:54	169.	71.	7:21	41.5%
2024 Kesgrave Cruisers 10k	419.	480 Tracy Smith	Female V50	Unattached	1:13:35	1:12:55	170.	19.	7:21	48.3%
2024 Kesgrave Cruisers 10k	420.	246 Emma Munday	Female Senior	Unattached	1:13:52	1:13:22	171.	72.	7:23	41.8%
2024 Kesgrave Cruisers 10k	421.	294 Sarah Cavanagh	Female V50	Unattached	1:14:50	1:14:28	172.	20.	7:28	48.0%
2024 Kesgrave Cruisers 10k	422.	266 Sue Wilkinson	Female V55	Unattached	1:16:22	1:15:40	173.	19.	7:38	50.2%
2024 Kesgrave Cruisers 10k	423.	417 Julie Harrison	Female V55	Ipswich Jaffa RC	1:16:23	1:16:10	174.	20.	7:38	48.9%
2024 Kesgrave Cruisers 10k	424.	249 Dinah Mothersole	Female V60	Unattached	1:16:33	1:16:00	175.	12.	7:39	53.7%
2024 Kesgrave Cruisers 10k	425.	53 Beverley de Boos	Female V70+	Girls That Jeff	1:16:43	1:16:15	176.	2.	7:40	60.4%
2024 Kesgrave Cruisers 10k	426.	250 Karen Keeley	Female V60	Unattached	1:17:00	1:16:27	177.	13.	7:41	51.9%
2024 Kesgrave Cruisers 10k	427.	135 Charlotte Green	Female Senior	Unattached	1:18:45	1:18:14	178.	73.	7:52	38.5%
2024 Kesgrave Cruisers 10k	428.	8 Karen Brackenbury	Female V60	Unattached	1:18:46	1:18:19	179.	14.	7:52	50.0%
2024 Kesgrave Cruisers 10k	429.	38 Mark Garfield	Male V50	Ipswich Jaffa RC	1:18:50	1:18:10	250.	39.	7:52	39.4%
2024 Kesgrave Cruisers 10k	430.	102 Suzi Saunders	Female V40	Unattached	1:22:44	1:22:11	180.	22.	8:16	38.2%
2024 Kesgrave Cruisers 10k	431.	99 Lucy Partridge	Female V40	Unattached	1:22:44	1:22:11	181.	23.	8:16	37.7%
2024 Kesgrave Cruisers 10k	432.	259 Paul Moss	Male V45	Vegan Runners UK	1:23:23	1:22:38	251.	37.	8:20	34.8%
2024 Kesgrave Cruisers 10k	433.	424 Suzanne Peake	Female V55	Unattached	1:23:42	1:23:09	182.	21.	8:22	45.2%
2024 Kesgrave Cruisers 10k	434.	48 Carole Brown	Female V45	Kesgrave Cruisers	1:25:03	1:24:25	183.	24.	8:30	39.8%
2024 Kesgrave Cruisers 10k	435.	26 Alison Armes	Female V50	Kesgrave Cruisers	1:25:21	1:24:43	184.	21.	8:32	40.6%
2024 Kesgrave Cruisers 10k	436.	35 Sarah Linsell	Female V50	Kesgrave Cruisers	1:25:25	1:24:47	185.	22.	8:32	41.6%
2024 Kesgrave Cruisers 10k	437.	299 Gemma Manning	Female Senior	Unattached	1:37:57	1:37:26	186.	74.	9:47	30.9%
2024 Kesgrave Cruisers 10k	a.k.	651 Sultan Tusa	Male Senior	Ipswich Harriers						0.0%
2024 Kesgrave Cruisers 10k	DNF	20 Daniela Elstone	Female V55	Felixstowe RRC						0.0%
2024 Kesgrave Cruisers 10k	DNF	155 Stuart Haynes	Male V45	Woodbridge Shufflers RC						0.0%
2024 Kesgrave Cruisers 10k	DNF	343 Tom Hancock	Male V50	Harwich Runners						0.0%
2024 Kesgrave Cruisers 10k	DNF	345 Ian McDermott	Male V60	Ipswich Jaffa RC						0.0%
2024 Kesgrave Cruisers 10k	DNS	4 Carmen Ortiz	Female Senior	Unattached						0.0%
2024 Kesgrave Cruisers 10k	DNS	14 Jason Skilton	Male V45	Fordy Runs Running Club						0.0%
2024 Kesgrave Cruisers 10k	DNS	27 Jonathan Ogden	Male Senior	Unattached						0.0%
2024 Kesgrave Cruisers 10k	DNS	36 Katherine Harris	Female V40	Felixstowe RRC						0.0%
2024 Kesgrave Cruisers 10k	DNS	43 Trevor Dixon	Male V45	Unattached						0.0%
2024 Kesgrave Cruisers 10k	DNS	46 Chloe Dixon	Female Senior	Unattached						0.0%
2024 Kesgrave Cruisers 10k	DNS	55 Carol Downs	Female V55	Redway Runners						0.0%
2024 Kesgrave Cruisers 10k	DNS	64 Matt Makin	Male Senior	Felixstowe RRC						0.0%
2024 Kesgrave Cruisers 10k	DNS	67 Deb Hart	Female V55	Rushmere Community Runners						0.0%
2024 Kesgrave Cruisers 10k	DNS	76 Kieran Holland	Male V50							0.0%
2024 Kesgrave Cruisers 10k	DNS	80 Tanya Barnes	Female V55	Vegan Runners UK						0.0%
2024 Kesgrave Cruisers 10k	DNS	84 Nigel Barnes	Male V50	Vegan Runners UK						0.0%
2024 Kesgrave Cruisers 10k	DNS	90 Benjamin Deacon	Male Senior	Unattached						0.0%
2024 Kesgrave Cruisers 10k	DNS	103 Nicola Stevenson	Female V60	Felixstowe RRC						0.0%

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2024 Kesgrave Cruisers 10k	DNS	120 Richard Westley	Male V60	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	124 Rebecca Willson	Female V45	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	136 James Buckingham	Male V40	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	137 Rachel Buckingham	Female Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	146 Kirk Humphries	Male V55	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	152 Katherine Mills	Female V40	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	157 Maureen Wright	Female V70+	Ipswich Jaffa RC	0.0%
2024 Kesgrave Cruisers 10k	DNS	160 Steve Button	Male V40	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	161 Elliott Norris	Male V40	Kesgrave Cruisers	0.0%
2024 Kesgrave Cruisers 10k	DNS	169 John Reid	Male V50	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	170 Andy Hendry	Male V50	Woodbridge Shufflers RC	0.0%
2024 Kesgrave Cruisers 10k	DNS	177 Sam Clark	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	184 Deborah Hall	Female V60	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	190 Dylan Van Wyk	Male Senior	Bishops Stortford RC	0.0%
2024 Kesgrave Cruisers 10k	DNS	210 Martin Turner	Male V50	Colchester & Tendring AC	0.0%
2024 Kesgrave Cruisers 10k	DNS	230 Tobie Stollery	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	244 Jim Mackenzie	Male V55	Framlingham Flyers	0.0%
2024 Kesgrave Cruisers 10k	DNS	247 James Crisp	Male V45	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	248 Andrew Horner	Male V45	Boxted Runners	0.0%
2024 Kesgrave Cruisers 10k	DNS	262 Vicki Fish	Female Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	272 George Page	Male Senior	BLC on the Run	0.0%
2024 Kesgrave Cruisers 10k	DNS	277 Tom Fairbrother	Male Senior	Clapham Chasers	0.0%
2024 Kesgrave Cruisers 10k	DNS	289 Kimberley Clements	Female Senior	Saint Edmund Pacers	0.0%
2024 Kesgrave Cruisers 10k	DNS	321 Jamie Fittock	Male V40	Saint Edmund Pacers	0.0%
2024 Kesgrave Cruisers 10k	DNS	323 Joe Belshaw	Male Senior	Harwich Runners	0.0%
2024 Kesgrave Cruisers 10k	DNS	324 Lewis Turner	Male U17	Colchester & Tendring AC	0.0%
2024 Kesgrave Cruisers 10k	DNS	330 Jen Carter	Female V45	Boxted Runners	0.0%
2024 Kesgrave Cruisers 10k	DNS	335 Billy Lummis	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	346 Charlotte Castro	Female V40	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	354 Mandy Brookes	Female V60	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	371 Stephen Bland	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	379 Stuart Wade	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	381 Larry Booth	Male V55	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	382 Nicki Ripman	Female V45	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	393 Mark Lloyd	Male V50	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	409 Andy Parton	Male V55	Capel Cheetahs	0.0%
2024 Kesgrave Cruisers 10k	DNS	410 Jonathan Hammond	Male V45	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	415 Mark Sadler	Male V40	Felixstowe RRC	0.0%
2024 Kesgrave Cruisers 10k	DNS	426 Sarah Godfrey	Female V45	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	438 Stuart Matthews	Male V50	Saint Edmund Pacers	0.0%
2024 Kesgrave Cruisers 10k	DNS	441 Samuel Weekes	Male V50	South West Road Runners	0.0%
2024 Kesgrave Cruisers 10k	DNS	456 Jaime Chapman	Female Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	460 Steven Aldous	Male Senior	Unattached	0.0%
2024 Kesgrave Cruisers 10k	DNS	472 Glenn Yellop	Male V50	Capel Cheetahs	0.0%
2024 Kesgrave Cruisers 10k	DNS	479 Jack Severy	Male Senior	Unattached	0.0%

RACE CHIP TIMING RESULTS

2024 Ickworth Sunset Chase 10k (Chip Time)	1.	303 James Aaron O'brien	Male V45	UKA Affiliated Entry	35:11	35:12	1.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	2.	205 David Feveyear-ward	Male Senior	Standard Entry	39:35	39:36	2.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	3.	353 Thomas Smith	Male Senior	Standard Entry	39:45	39:46	3.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	4.	123 Tom Barr	Male V40	Standard Entry	41:12	41:14	4.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	5.	239 Mathew Harber	Male Senior	Standard Entry	41:35	41:39	5.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	6.	347 Tony Smart	Male Senior	Standard Entry	41:43	41:45	6.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	7.	152 Joe Carter	Male Senior	UKA Affiliated Entry	41:45	41:47	7.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	8.	140 Stephen Bullen	Male V50	UKA Affiliated Entry	42:07	42:09	8.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	9.	348 Richard Smith	Male V50	Standard Entry	42:17	42:19	9.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	10.	273 Ali Macdonald	Male V55	UKA Affiliated Entry	43:20	43:25	10.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	11.	224 Andrew Godden	Male Senior	Standard Entry	43:27	43:29	11.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	12.	208 Stuart Fisher	Male V40	Standard Entry	43:49	43:54	12.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	13.	302 Ryan Norman	Male Senior	Standard Entry	44:02	44:05	13.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	14.	142 Chris Burge	Male Senior	Standard Entry	44:25	44:31	14.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	15.	260 Richard Jay	Male Senior	Standard Entry	45:01	45:04	15.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	16.	158 Oliver Clanford	Male V45	UKA Affiliated Entry	45:01	45:04	16.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	17.	249 Sebastian Hopfensperger	Male Senior	Standard Entry	45:09	45:12	17.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	18.	102 Matthew Allen	Male Senior	Standard Entry	45:19	45:22	18.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	19.	105 Tom Ames-waller	Male Senior	Standard Entry	45:37	45:46	19.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	20.	187 Aaron Dew	Male Senior	Standard Entry	45:43	46:00	20.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	21.	202 Robert Farthing	Male V45	Standard Entry	46:09	46:12	21.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	22.	128 Harvey Bell	Male Senior	Standard Entry	46:10	46:14	22.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	23.	315 Vicki Quelch	Female V40	Standard Entry	46:15	46:23	1.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	24.	362 Paul Strutt	Male V55	Standard Entry	46:38	46:41	23.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	25.	250 Lucy Horan	Female Senior	Standard Entry	46:50	46:54	2.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	26.	200 Brian Fagan	Male V40	Standard Entry	46:55	46:59	24.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	27.	324 Nicki Ripman	Female V45	Standard Entry	47:28	47:34	3.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	28.	167 Lawrence Cooke	Male Senior	Standard Entry	47:29	47:32	25.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	29.	371 Jonathan Tripp	Male V50	UKA Affiliated Entry	47:37	47:44	26.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	30.	232 Luke Arkle	Male Senior	Standard Entry	47:50	48:05	27.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	31.	284 Paul Mitchell	Male V55	UKA Affiliated Entry	48:02	48:11	28.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	32.	279 David Mcnae	Male V40	UKA Affiliated Entry	48:17	48:34	29.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	33.	136 Josh Brett	Male Senior	Standard Entry	48:27	48:38	30.	17.
2024 Ickworth Sunset Chase 10k (Chip Time)	34.	193 Tom Beskeen	Male V40	Standard Entry	48:30	48:59	31.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	35.	172 James Coveney	Male Senior	Standard Entry	48:39	48:45	32.	18.
2024 Ickworth Sunset Chase 10k (Chip Time)	36.	148 Helen Came	Female Senior	Standard Entry	48:43	48:50	4.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	37.	185 Neil Dennis	Male V40	UKA Affiliated Entry	49:05	49:16	33.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	38.	325 David Hollingsbee	Male V45	Standard Entry	49:06	49:14	34.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	39.	119 Sarah Baker	Female Senior	Standard Entry	49:06	49:12	5.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	40.	156 Chris Chorley	Male V60	UKA Affiliated Entry	49:51	50:00	35.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	41.	191 Seth Dockrill	Male V40	Standard Entry	49:55	50:36	36.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	42.	160 Max Clemens	Male Senior	UKA Affiliated Entry	50:03	50:35	37.	19.
2024 Ickworth Sunset Chase 10k (Chip Time)	43.	307 Karen Offord	Female V50	UKA Affiliated Entry	50:07	50:12	6.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	44.	240 Simon Harmsworth	Male V45	Standard Entry	50:22	51:03	38.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	45.	295 Ray Mooney	Male V50	Standard Entry	50:25	50:32	39.	4.

RACE CHIP TIMING RESULTS

2024 Ickworth Sunset Chase 10k (Chip Time)	46.	270 Luke Last	Male Senior	Standard Entry	50:25	50:31	40.	20.
2024 Ickworth Sunset Chase 10k (Chip Time)	47.	341 Danny Sharpe	Male V40	Standard Entry	50:27	50:37	41.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	48.	139 Adam Buckle	Male V40	Standard Entry	50:30	50:43	42.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	49.	266 Rudi Kirby-young	Male U20	Standard Entry	50:30	50:36	43.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	50.	297 Mary Narey	Female V55	UKA Affiliated Entry	50:30	50:36	7.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	51.	161 Matthew Coe	Male Senior	Standard Entry	50:41	50:53	44.	21.
2024 Ickworth Sunset Chase 10k (Chip Time)	52.	293 Jarrod Mower	Male Senior	Standard Entry	50:44	50:50	45.	22.
2024 Ickworth Sunset Chase 10k (Chip Time)	53.	331 Ben Royal	Male V45	Standard Entry	51:00	51:07	46.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	54.	352 Duncan Cox	Male V50	Standard Entry	51:08	51:11	47.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	55.	101 Steven Abbott	Male Senior	Standard Entry	51:29	51:31	48.	23.
2024 Ickworth Sunset Chase 10k (Chip Time)	56.	374 Anita Ward	Female V50	Standard Entry	51:30	51:34	8.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	57.	262 Katherine Joyson	Female V45	UKA Affiliated Entry	51:34	51:46	9.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	58.	155 Ryan Chapman	Male U20	Standard Entry	51:35	51:51	49.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	59.	153 Grant Catchpole	Male V40	Standard Entry	52:13	52:21	50.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	60.	180 Claire Dalton-cole	Female V45	Standard Entry	52:27	52:44	10.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	61.	111 Dave Anderson	Male V45	Standard Entry	52:34	52:54	51.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	62.	132 Sam Bishop	Male Senior	UKA Affiliated Entry	52:50	53:02	52.	24.
2024 Ickworth Sunset Chase 10k (Chip Time)	63.	195 Natalie Emms	Female V45	Standard Entry	52:51	53:02	11.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	64.	196 Tony Emms	Male V45	Standard Entry	52:57	53:08	53.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	65.	288 Leah Moncrieff	Female Senior	Standard Entry	53:10	53:36	12.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	66.	130 Mari Berncastel	Female V40	Standard Entry	53:19	53:27	13.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	67.	257 Tim Isaac	Male V50	Standard Entry	53:19	53:26	54.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	68.	121 David Ball	Male V50	Standard Entry	53:36	53:45	55.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	69.	256 Jane Hutchinson	Female V45	Standard Entry	53:40	53:47	14.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	70.	287 Rebecca Molloy	Female V50	Standard Entry	53:57	54:13	15.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	71.	116 Gualter Augusto	Male V45	Standard Entry	54:02	54:11	56.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	72.	221 Isaac Gethin	Male Senior	Standard Entry	54:04	54:16	57.	25.
2024 Ickworth Sunset Chase 10k (Chip Time)	73.	109 Brett Anderson	Male Senior	Standard Entry	54:14	54:56	58.	26.
2024 Ickworth Sunset Chase 10k (Chip Time)	74.	216 Anthony Fullam	Male V50	Standard Entry	54:32	54:41	59.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	75.	141 Oliver Bumstead	Male V40	Standard Entry	54:39	55:22	60.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	76.	268 Johnathan Knowles	Male V40	Standard Entry	54:40	54:46	61.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	77.	220 Rhian Gethin	Female Senior	Standard Entry	54:49	55:01	16.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	78.	228 Kieran Green	Male V40	Standard Entry	54:59	55:19	62.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	79.	126 Christie Beecroft	Female Senior	Standard Entry	55:02	55:15	17.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	80.	244 Alfie Harvey	Male Senior	Standard Entry	55:03	55:15	63.	27.
2024 Ickworth Sunset Chase 10k (Chip Time)	81.	183 Deborah Dawson	Female V50	Standard Entry	55:05	55:18	18.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	82.	310 Kelly Peters	Female Senior	Standard Entry	55:11	55:24	19.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	83.	110 Holly Anderson	Female Senior	Standard Entry	55:15	55:56	20.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	84.	321 Mark Revans	Male V55	Standard Entry	55:18	55:54	64.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	85.	308 Mitch Pagett	Male Senior	Standard Entry	55:35	55:43	65.	28.
2024 Ickworth Sunset Chase 10k (Chip Time)	86.	210 Hattie Fletcher	Female Senior	Standard Entry	55:35	55:43	21.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	87.	108 Rachel Anderson	Female V40	Standard Entry	55:41	55:51	22.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	88.	145 Lee Cable	Male V40	Standard Entry	55:56	56:13	66.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	89.	375 Andrew Ward	Male V55	Standard Entry	55:58	56:06	67.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	90.	393 Paul Wright	Male V45	Standard Entry	56:00	56:10	68.	10.

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2024 Ickworth Sunset Chase 10k (Chip Time)	91.	291 Matthew Moore	Male U17	Standard Entry	56:20	56:25	69.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	92.	289 Stephen Moore	Male V45	Standard Entry	56:22	56:27	70.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	93.	124 Melissa Barrett	Female V40	Standard Entry	56:43	57:02	23.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	94.	188 Josh Dickinson	Male Senior	Standard Entry	56:51	57:10	71.	29.
2024 Ickworth Sunset Chase 10k (Chip Time)	95.	150 Steve Canning	Male V50	Standard Entry	56:51	57:24	72.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	96.	217 Nicki Gamblen	Female V40	Standard Entry	57:45	58:24	24.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	97.	157 Alison Chrystie	Female V40	Standard Entry	57:53	58:07	25.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	98.	261 Liz Johnson	Female V50	Standard Entry	57:56	58:18	26.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	99.	219 Bethany Gaunt	Female Senior	Standard Entry	58:03	58:41	27.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	100.	170 Rebecca-Ann Coulson-parker	Female Senior	UKA Affiliated Entry	58:04	58:12	28.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	101.	360 Juliw Stringer	Female V45	UKA Affiliated Entry	58:12	58:23	29.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	102.	384 Laura Hall	Female Senior	Standard Entry	58:37	59:09	30.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	103.	312 Mark Power	Male V45	Standard Entry	58:52	59:09	73.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	104.	305 Ben O'donnell	Male V45	Standard Entry	59:38	59:56	74.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	105.	328 Dave Rooney	Male V45	Standard Entry	59:38	59:57	75.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	106.	282 Robert Legg	Male Senior	Standard Entry	59:41	1:00:10	76.	30.
2024 Ickworth Sunset Chase 10k (Chip Time)	107.	281 Darran Miles	Male V55	Standard Entry	59:41	59:55	77.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	108.	233 Caroline Jeggo	Female V45	Standard Entry	59:47	1:00:01	31.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	109.	367 Christine Taylor	Female V55	UKA Affiliated Entry	59:48	1:00:06	32.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	110.	322 Charlotte Richardson	Female V45	Standard Entry	59:48	1:00:02	33.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	111.	107 Carolyn Anderson	Female V45	Standard Entry	59:52	1:00:17	34.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	112.	8 Joe Benford	Male Senior	Standard Entry	59:53	1:00:18	78.	31.
2024 Ickworth Sunset Chase 10k (Chip Time)	113.	358 Bonnie Stockdale	Female Senior	Standard Entry	1:00:04	1:00:25	35.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	114.	162 Oakley Colby	Male Senior	Standard Entry	1:00:10	1:00:41	79.	32.
2024 Ickworth Sunset Chase 10k (Chip Time)	115.	181 Mark Daniels	Male V50	Standard Entry	1:00:11	1:00:26	80.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	116.	234 Ann Haigh	Female V60	Standard Entry	1:00:14	1:00:24	36.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	117.	364 Paige Summers	Female Senior	Standard Entry	1:00:21	1:01:00	37.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	118.	246 Donna Hawes	Female Senior	Standard Entry	1:00:21	1:00:37	38.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	119.	245 Ryan Hawes	Male Senior	Standard Entry	1:00:22	1:00:38	81.	33.
2024 Ickworth Sunset Chase 10k (Chip Time)	120.	242 Niamh Harris	Female U20	Standard Entry	1:00:38	1:01:10	39.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	121.	184 Andrew Dawson	Male V60	Standard Entry	1:00:40	1:00:53	82.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	122.	300 Mat Nicholson	Male V45	Standard Entry	1:00:44	1:01:22	83.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	123.	319 Beccy Reid	Female Senior	Standard Entry	1:01:00	1:01:29	40.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	124.	103 George Allen	Male Senior	UKA Affiliated Entry	1:01:04	1:01:40	84.	34.
2024 Ickworth Sunset Chase 10k (Chip Time)	125.	131 Darren Birch	Male V55	Standard Entry	1:01:15	1:01:25	85.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	126.	333 Jennifer Ruggier	Female Senior	Standard Entry	1:01:19	1:01:45	41.	17.
2024 Ickworth Sunset Chase 10k (Chip Time)	127.	133 Madison Blackburn	Female Senior	Standard Entry	1:01:28	1:01:54	42.	18.
2024 Ickworth Sunset Chase 10k (Chip Time)	128.	378 Jennie Watson	Female V40	Standard Entry	1:01:40	1:01:53	43.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	129.	117 Allison Austin	Female V55	UKA Affiliated Entry	1:01:47	1:02:05	44.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	130.	197 Diane Emsden	Female V60	Standard Entry	1:02:00	1:02:04	45.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	131.	351 Rachel Smith	Female V40	Standard Entry	1:02:06	1:02:20	46.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	132.	159 Sian Clark	Female Senior	Standard Entry	1:02:11	1:02:39	47.	19.
2024 Ickworth Sunset Chase 10k (Chip Time)	133.	285 Janice Mitchell	Female V55	Standard Entry	1:02:12	1:02:22	48.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	134.	112 Andrew Anderson-hurst	Male V40	Standard Entry	1:02:42	1:02:54	86.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	135.	323 Katie Riches	Female Senior	Standard Entry	1:02:58	1:03:13	49.	20.

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2024 Ickworth Sunset Chase 10k (Chip Time)	136.	309 Cherilyn Penman	Female V45	UKA Affiliated Entry	1:03:07	1:03:25	50.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	137.	252 Jaime Howard	Male V50	Standard Entry	1:03:12	1:03:25	87.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	138.	209 Chris Fletcher	Male Senior	Standard Entry	1:03:14	1:03:43	88.	35.
2024 Ickworth Sunset Chase 10k (Chip Time)	139.	206 Paul Finch	Male V50	Standard Entry	1:03:30	1:03:49	89.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	140.	190 Ethan Dobing	Male U20	Standard Entry	1:03:41	1:04:12	90.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	141.	394 Gary Norman	Male V60	Standard Entry	1:03:50	1:04:11	91.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	142.	343 Beth Shaw	Female Senior	Standard Entry	1:03:53	1:04:23	51.	21.
2024 Ickworth Sunset Chase 10k (Chip Time)	143.	254 Catherine Hunt	Female Senior	Standard Entry	1:04:05	1:04:22	52.	22.
2024 Ickworth Sunset Chase 10k (Chip Time)	144.	383 Sean White	Male V55	Standard Entry	1:04:05	1:04:19	92.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	145.	361 Kelly Stroud	Female V40	Standard Entry	1:04:06	1:04:10	53.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	146.	298 Steven Nicholls	Male V55	Standard Entry	1:04:27	1:04:51	93.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	147.	337 Bobbie Sauerzapf	Female V65	UKA Affiliated Entry	1:04:36	1:05:14	54.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	148.	355 Lorna Spriddell	Female Senior	Standard Entry	1:04:36	1:05:15	55.	23.
2024 Ickworth Sunset Chase 10k (Chip Time)	149.	354 Leon Spriddell	Male V50	Standard Entry	1:04:36	1:05:15	94.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	150.	318 Ben Readman	Male V40	Standard Entry	1:04:37	1:05:08	95.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	151.	292 Laura Mortlock	Female V40	Standard Entry	1:04:39	1:04:51	56.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	152.	382 Molly White	Female Senior	Standard Entry	1:04:42	1:04:57	57.	24.
2024 Ickworth Sunset Chase 10k (Chip Time)	153.	118 Helen Ayers	Female V55	UKA Affiliated Entry	1:04:57	1:05:21	58.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	154.	106 Donna Anderson	Female V40	Standard Entry	1:05:24	1:05:51	59.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	155.	177 Melanie Cunningham	Female V50	Standard Entry	1:05:25	1:05:44	60.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	156.	179 Luke Dacey	Male Senior	Standard Entry	1:05:26	1:06:10	96.	36.
2024 Ickworth Sunset Chase 10k (Chip Time)	157.	263 Chris King	Male Senior	Standard Entry	1:05:34	1:05:54	97.	37.
2024 Ickworth Sunset Chase 10k (Chip Time)	158.	265 Vicky Kirby	Female V45	Standard Entry	1:05:34	1:05:44	61.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	159.	275 Sharen Madge	Female V45	Standard Entry	1:05:40	1:06:03	62.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	160.	296 Emma Frord	Female Senior	Standard Entry	1:06:02	1:06:18	63.	25.
2024 Ickworth Sunset Chase 10k (Chip Time)	161.	194 Bex Dunne	Female Senior	Standard Entry	1:06:03	1:06:40	64.	26.
2024 Ickworth Sunset Chase 10k (Chip Time)	162.	165 Eleanor Cole	Female Senior	Standard Entry	1:06:17	1:06:41	65.	27.
2024 Ickworth Sunset Chase 10k (Chip Time)	163.	387 Gary Wiles	Male V50	UKA Affiliated Entry	1:06:19	1:06:51	98.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	164.	127 Paul Beland	Male V65	Standard Entry	1:06:28	1:06:38	99.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	165.	274 Claire Macdougall	Female Senior	Standard Entry	1:06:31	1:06:47	66.	28.
2024 Ickworth Sunset Chase 10k (Chip Time)	166.	223 Susan Glazer	Female V70	UKA Affiliated Entry	1:06:58	1:07:26	67.	1.
2024 Ickworth Sunset Chase 10k (Chip Time)	167.	388 Richard Williams	Male V40	Standard Entry	1:07:05	1:07:46	100.	17.
2024 Ickworth Sunset Chase 10k (Chip Time)	168.	373 Selina Wagstaff	Female V50	Standard Entry	1:07:12	1:07:28	68.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	169.	230 Tony Groden	Male V50	Standard Entry	1:07:12	1:07:28	101.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	170.	392 Sarah Wootton	Female V40	Standard Entry	1:07:31	1:07:58	69.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	171.	248 Jeff Hicks	Male V60	Standard Entry	1:07:32	1:07:59	102.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	172.	115 Hannah Ash	Female Senior	Standard Entry	1:07:36	1:08:13	70.	29.
2024 Ickworth Sunset Chase 10k (Chip Time)	173.	173 Gemma Cremins	Female Senior	Standard Entry	1:07:44	1:08:00	71.	30.
2024 Ickworth Sunset Chase 10k (Chip Time)	174.	320 Simone Reutenauer-butler	Female V50	Standard Entry	1:07:45	1:08:04	72.	8.
2024 Ickworth Sunset Chase 10k (Chip Time)	175.	213 Tim Freathy	Male V55	Standard Entry	1:07:45	1:08:18	103.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	176.	151 Gemma Carr	Female V40	Standard Entry	1:07:45	1:08:16	73.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	177.	186 Susan Denny	Female V40	Standard Entry	1:07:53	1:07:53	74.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	178.	271 Tony Lawrence	Male Senior	Standard Entry	1:07:56	1:08:11	104.	38.
2024 Ickworth Sunset Chase 10k (Chip Time)	179.	229 Keeley Griffiths	Female Senior	Standard Entry	1:07:57	1:08:11	75.	31.
2024 Ickworth Sunset Chase 10k (Chip Time)	180.	104 Georgina Ames-waller	Female Senior	Standard Entry	1:08:02	1:08:29	76.	32.

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2024 Ickworth Sunset Chase 10k (Chip Time)	181.	283 Krystie Miles	Female Senior	Standard Entry	1:08:02	1:08:29	77.	33.
2024 Ickworth Sunset Chase 10k (Chip Time)	182.	370 Kseniia Timoshenko	Female Senior	Standard Entry	1:08:08	1:08:29	78.	34.
2024 Ickworth Sunset Chase 10k (Chip Time)	183.	380 Jenna Wetton	Female V40	Standard Entry	1:08:14	1:08:28	79.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	184.	334 Katy Rushton	Female V40	Standard Entry	1:08:15	1:08:28	80.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	185.	381 James Whatling	Male V50	Standard Entry	1:08:16	1:08:27	105.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	186.	314 Stuart Pryke	Male Senior	Standard Entry	1:08:17	1:08:28	106.	39.
2024 Ickworth Sunset Chase 10k (Chip Time)	187.	376 Natalie Warriner	Female Senior	Standard Entry	1:08:21	1:08:45	81.	35.
2024 Ickworth Sunset Chase 10k (Chip Time)	188.	247 Michelle Hewes	Female V45	Standard Entry	1:08:24	1:08:48	82.	13.
2024 Ickworth Sunset Chase 10k (Chip Time)	189.	386 Francesca Whittaker	Female Senior	Standard Entry	1:08:27	1:08:49	83.	36.
2024 Ickworth Sunset Chase 10k (Chip Time)	190.	204 Kimberley Fennemore	Female Senior	Standard Entry	1:08:54	1:09:19	84.	37.
2024 Ickworth Sunset Chase 10k (Chip Time)	191.	168 Sid Cooper	Male V55	Standard Entry	1:08:55	1:09:20	107.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	192.	243 Stefan Harrison	Male Senior	Standard Entry	1:09:17	1:09:45	108.	40.
2024 Ickworth Sunset Chase 10k (Chip Time)	193.	212 Michelle Foster	Female V45	Standard Entry	1:09:19	1:09:37	85.	14.
2024 Ickworth Sunset Chase 10k (Chip Time)	194.	299 Nicole Nicholls	Female V55	Standard Entry	1:09:34	1:09:59	86.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	195.	317 Joanne Raven-lloyd	Female V40	Standard Entry	1:09:36	1:10:02	87.	17.
2024 Ickworth Sunset Chase 10k (Chip Time)	196.	340 Karen Sharkey	Female V40	Standard Entry	1:09:37	1:10:03	88.	18.
2024 Ickworth Sunset Chase 10k (Chip Time)	197.	372 Chris Uden	Male V65	UKA Affiliated Entry	1:10:02	1:10:30	109.	2.
2024 Ickworth Sunset Chase 10k (Chip Time)	198.	171 Amy Course	Female V45	UKA Affiliated Entry	1:10:03	1:10:29	89.	15.
2024 Ickworth Sunset Chase 10k (Chip Time)	199.	326 Helen Roberts	Female V45	Standard Entry	1:10:10	1:10:34	90.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	200.	238 Juliet Harber	Female Senior	Standard Entry	1:10:14	1:10:34	91.	38.
2024 Ickworth Sunset Chase 10k (Chip Time)	201.	379 Abby Wearing	Female Senior	Standard Entry	1:10:19	1:10:52	92.	39.
2024 Ickworth Sunset Chase 10k (Chip Time)	202.	330 Claire Rowbotham	Female V45	Standard Entry	1:10:22	1:10:43	93.	17.
2024 Ickworth Sunset Chase 10k (Chip Time)	203.	4 Cara Barker	Female V40	Standard Entry	1:10:22	1:10:43	94.	19.
2024 Ickworth Sunset Chase 10k (Chip Time)	204.	385 Kerri White	Female Senior	Standard Entry	1:10:37	1:11:04	95.	40.
2024 Ickworth Sunset Chase 10k (Chip Time)	205.	182 Malcolm Darvill	Male V65	Standard Entry	1:10:41	1:11:00	110.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	206.	366 Christina Sundalskliev	Female Senior	Standard Entry	1:10:41	1:11:09	96.	41.
2024 Ickworth Sunset Chase 10k (Chip Time)	207.	215 Zoe French	Female Senior	Standard Entry	1:10:45	1:11:01	97.	42.
2024 Ickworth Sunset Chase 10k (Chip Time)	208.	335 Sue Russell	Female V40	UKA Affiliated Entry	1:10:49	1:11:14	98.	20.
2024 Ickworth Sunset Chase 10k (Chip Time)	209.	218 Karla Gardner	Female Senior	Standard Entry	1:11:14	1:11:47	99.	43.
2024 Ickworth Sunset Chase 10k (Chip Time)	210.	114 Yvonne Archibald	Female Senior	Standard Entry	1:11:21	1:11:43	100.	44.
2024 Ickworth Sunset Chase 10k (Chip Time)	211.	259 Charlotte Jay	Female Senior	Standard Entry	1:11:25	1:11:48	101.	45.
2024 Ickworth Sunset Chase 10k (Chip Time)	212.	290 Sean Moore	Male V40	Standard Entry	1:11:31	1:11:53	111.	18.
2024 Ickworth Sunset Chase 10k (Chip Time)	213.	222 Faye Gibbs	Female V45	Standard Entry	1:11:32	1:11:53	102.	18.
2024 Ickworth Sunset Chase 10k (Chip Time)	214.	329 Nicola Rossiter	Female V40	Standard Entry	1:11:45	1:11:57	103.	21.
2024 Ickworth Sunset Chase 10k (Chip Time)	215.	278 Claire Mason	Female V60	Standard Entry	1:11:55	1:12:31	104.	3.
2024 Ickworth Sunset Chase 10k (Chip Time)	216.	264 Simon Kirby	Male Senior	Standard Entry	1:11:57	1:12:26	112.	41.
2024 Ickworth Sunset Chase 10k (Chip Time)	217.	356 Sarah Stanley	Female Senior	Standard Entry	1:12:04	1:12:28	105.	46.
2024 Ickworth Sunset Chase 10k (Chip Time)	218.	125 Rachel Bates	Female V40	Standard Entry	1:13:00	1:13:22	106.	22.
2024 Ickworth Sunset Chase 10k (Chip Time)	219.	338 Kay Sawyer	Female V45	Standard Entry	1:13:02	1:13:22	107.	19.
2024 Ickworth Sunset Chase 10k (Chip Time)	220.	251 Sophia Howard	Female V45	Standard Entry	1:13:02	1:13:17	108.	20.
2024 Ickworth Sunset Chase 10k (Chip Time)	221.	342 Sam Shaw	Male Senior	Standard Entry	1:13:03	1:13:33	113.	42.
2024 Ickworth Sunset Chase 10k (Chip Time)	222.	169 Elaine Cooper	Female V50	Standard Entry	1:13:16	1:13:40	109.	9.
2024 Ickworth Sunset Chase 10k (Chip Time)	223.	365 Jodie Sundalskliev	Female V40	Standard Entry	1:14:11	1:14:39	110.	23.
2024 Ickworth Sunset Chase 10k (Chip Time)	224.	203 Alana Faulkner	Female V40	Standard Entry	1:14:44	1:15:14	111.	24.
2024 Ickworth Sunset Chase 10k (Chip Time)	225.	144 Lindsey Butler	Female V45	Standard Entry	1:14:55	1:15:17	112.	21.

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2024 Ickworth Sunset Chase 10k (Chip Time)	226.	211 Ruth Forster	Female V45	Standard Entry	1:14:55	1:15:17	113.	22.
2024 Ickworth Sunset Chase 10k (Chip Time)	227.	135 Sarah Bones	Female V45	Standard Entry	1:15:03	1:15:25	114.	23.
2024 Ickworth Sunset Chase 10k (Chip Time)	228.	336 Esther Rutman	Female Senior	Standard Entry	1:17:07	1:17:50	115.	47.
2024 Ickworth Sunset Chase 10k (Chip Time)	229.	226 Fran Goodwin	Female V40	Standard Entry	1:17:12	1:17:49	116.	25.
2024 Ickworth Sunset Chase 10k (Chip Time)	230.	214 Victoria Freer	Female Senior	Standard Entry	1:17:14	1:17:49	117.	48.
2024 Ickworth Sunset Chase 10k (Chip Time)	231.	241 Natalie Harper	Female Senior	Standard Entry	1:17:22	1:17:46	118.	49.
2024 Ickworth Sunset Chase 10k (Chip Time)	232.	113 Roisin Anderson-hurst	Female V40	Standard Entry	1:18:00	1:18:22	119.	26.
2024 Ickworth Sunset Chase 10k (Chip Time)	233.	175 Kelly Cross	Female Senior	Standard Entry	1:19:24	1:19:58	120.	50.
2024 Ickworth Sunset Chase 10k (Chip Time)	234.	176 Ben Cross	Male V40	Standard Entry	1:19:24	1:19:59	114.	19.
2024 Ickworth Sunset Chase 10k (Chip Time)	235.	294 Tanya Murphy	Female V45	Standard Entry	1:19:44	1:20:19	121.	24.
2024 Ickworth Sunset Chase 10k (Chip Time)	236.	178 Donna Cutmore	Female V50	Standard Entry	1:19:44	1:20:18	122.	10.
2024 Ickworth Sunset Chase 10k (Chip Time)	237.	198 Richard Franklin	Male V60	Standard Entry	1:21:12	1:21:44	115.	5.
2024 Ickworth Sunset Chase 10k (Chip Time)	238.	332 Paul Jewby	Male V60	Standard Entry	1:21:13	1:21:43	116.	6.
2024 Ickworth Sunset Chase 10k (Chip Time)	239.	189 Elisabeth Dobing	Female V55	Standard Entry	1:21:59	1:22:30	123.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	240.	363 Peter Sturgeon	Male V55	UKA Affiliated Entry	1:23:03	1:23:22	117.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	241.	134 Andrew Blenkin	Male V45	Standard Entry	1:23:21	1:23:58	118.	16.
2024 Ickworth Sunset Chase 10k (Chip Time)	242.	154 Evie Cave	Female Senior	Standard Entry	1:23:42	1:24:04	124.	51.
2024 Ickworth Sunset Chase 10k (Chip Time)	243.	301 Kim Noble	Female Senior	Standard Entry	1:24:56	1:25:22	125.	52.
2024 Ickworth Sunset Chase 10k (Chip Time)	244.	391 Katie Woodcock	Female V40	Standard Entry	1:25:39	1:26:19	126.	27.
2024 Ickworth Sunset Chase 10k (Chip Time)	245.	146 Stephanie Caird	Female Senior	Standard Entry	1:26:13	1:26:52	127.	53.
2024 Ickworth Sunset Chase 10k (Chip Time)	246.	344 Alan Shawcross	Male V65	Standard Entry	1:26:14	1:26:52	119.	4.
2024 Ickworth Sunset Chase 10k (Chip Time)	247.	138 Sophie Buckle	Female Senior	Standard Entry	1:26:50	1:27:25	128.	54.
2024 Ickworth Sunset Chase 10k (Chip Time)	248.	255 Linda Crerar	Female V50	Standard Entry	1:26:57	1:27:28	129.	11.
2024 Ickworth Sunset Chase 10k (Chip Time)	249.	236 Lorraine Hales	Female V50	Standard Entry	1:32:01	1:32:43	130.	12.
2024 Ickworth Sunset Chase 10k (Chip Time)	250.	235 Paul Hales	Male V60	Standard Entry	1:32:02	1:32:43	120.	7.
2024 Ickworth Sunset Chase 10k (Chip Time)	251.	201 Rebecca Farley	Female Senior	Standard Entry	1:32:28	1:32:43	131.	55.
2024 Ickworth Sunset Chase 10k (Chip Time)	DNF	389 Robin Williams	Male V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	120 Ruth Baker	Female V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	122 Ashley Barnes	Male Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	129 Robin Belsom	Male V60	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	137 Ellis Broadwood-smith	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	143 Sue Butcher	Female V50	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	147 Rachael Callaghan	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	149 Noelle Camp	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	163 Judith Cole	Female V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	164 Isobel Cole	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	166 Liz Collyer	Female V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	174 Debbie Crinson	Female V40	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	192 Emily Dockrill	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	199 Naomi Evans Richards	Female V40	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	207 Victoria Fish	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	227 Marcus Gray	Male Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	231 Valerie Gustin	Female V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	237 Simon Hamilton	Male V40	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	253 Jade Humphries	Female Senior	Standard Entry				

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2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	258 Megan Jackson	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	269 Andrew Kydd	Male V55	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	272 Mark Leadbeater	Male V55	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	276 Rhiann Marchant	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	277 Martina Marsh	Female V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	280 Dylan Middleton	Male V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	286 Samantha Moden	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	304 Juliet O'brien	Female V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	311 Karen Poulter	Female V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	313 Marcus Powling	Male V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	316 Kevin Raisborough	Male V55	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	327 Tom Robinson	Male V40	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	339 Dave Scott	Male V40	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	345 Anna Sheppard	Female V40	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	346 Deirdre Siddaway	Female V60	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	349 Stuart Smith	Male V65	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	350 Christine Smith	Female V50	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	357 Clare Stapley	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	359 Mali Storam	Female V60	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	368 Georgina Thorpe	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	369 Helena Tiernay	Female V45	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	377 Vikki Waspe	Female Senior	Standard Entry				
2024 Ickworth Sunset Chase 10k (Chip Time)	DNS	390 Heather Withers	Female V55	UKA Affiliated Entry				
2024 Ickworth Sunset Chase 5k (Chip Time)	1.	87 Chris Woolener	Male Senior	Standard Entry	18:12	18:13	1.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	2.	90 Richard Daniels	Male Senior	Standard Entry	18:21	18:22	2.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	3.	49 George Mann	Male Senior	Standard Entry	18:58	19:02	3.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	4.	6 Jake Barnard	Male Senior	Standard Entry	19:00	19:01	4.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	5.	47 Richard Lee	Male V40	Standard Entry	20:49	20:50	5.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	6.	46 Harry Lawrence	Male Senior	Standard Entry	21:04	21:08	6.	5.
2024 Ickworth Sunset Chase 5k (Chip Time)	7.	83 Peter Swales	Male V60	UKA Affiliated Entry	22:40	22:46	7.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	8.	10 Leo Bolhassani	Male U13	UKA Affiliated Entry	23:26	23:32	8.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	9.	35 Simon Harris	Male V45	Standard Entry	24:26	24:40	9.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	10.	64 Jane Packman	Female V55	UKA Affiliated Entry	24:50	24:53	1.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	11.	27 Noah Farthing	Male U13	Standard Entry	24:53	24:56	10.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	12.	65 Dan Parish	Male Senior	Standard Entry	24:54	24:57	11.	6.
2024 Ickworth Sunset Chase 5k (Chip Time)	13.	38 Karina Hunt	Female V45	Standard Entry	25:52	25:59	2.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	14.	72 Mel Robertson-williams	Female V55	Standard Entry	26:07	26:12	3.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	15.	3 Finin Anderson-hurst	Male U15	Standard Entry	26:11	26:15	12.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	16.	39 James Hymas	Male V40	UKA Affiliated Entry	26:22	26:30	13.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	17.	55 Emily Nash	Female Senior	Standard Entry	26:32	26:40	4.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	18.	80 Peter Smye	Male V40	Standard Entry	26:51	27:06	14.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	19.	32 Ben Harper	Male V45	Standard Entry	27:02	27:14	15.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	20.	16 Bryony Cain	Female V45	Standard Entry	27:16	27:31	5.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	21.	75 Selica Sevigny	Female Senior	Standard Entry	27:20	27:24	6.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	22.	50 Alice Manning	Female Senior	Standard Entry	28:18	28:25	7.	3.

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2024 Ickworth Sunset Chase 5k (Chip Time)	23.	26 Chris Exley	Male V65	Standard Entry	28:24	28:32	16.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	24.	225 Martin Godfrey	Male V50	Standard Entry	28:27	28:32	17.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	25.	53 Hayley Mead	Female Senior	Standard Entry	28:43	28:47	8.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	26.	12 Mel Borley	Female V55	Standard Entry	28:56	29:02	9.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	27.	60 Rachel Oakley	Female V55	UKA Affiliated Entry	29:54	29:59	10.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	28.	44 Sarah Last	Female V50	UKA Affiliated Entry	30:20	30:25	11.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	29.	41 Pippa Kendall	Female V50	Standard Entry	30:41	30:56	12.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	30.	78 Terry Smith	Male V60	Standard Entry	30:55	31:03	18.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	31.	29 Dave Gardner	Male V65	Standard Entry	31:11	31:19	19.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	32.	82 Susan Swales	Female V55	UKA Affiliated Entry	32:21	32:31	13.	5.
2024 Ickworth Sunset Chase 5k (Chip Time)	33.	51 Isla Mapston	Female U15	Standard Entry	32:34	32:37	14.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	34.	25 Eloise Dodman	Female Senior	Standard Entry	32:41	32:51	15.	5.
2024 Ickworth Sunset Chase 5k (Chip Time)	35.	56 Stephen Newhall	Male V45	Standard Entry	32:59	33:05	20.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	36.	22 Ailsa Denny	Female Senior	Standard Entry	33:21	33:25	16.	6.
2024 Ickworth Sunset Chase 5k (Chip Time)	37.	59 Vivian Oakley	Male V60	UKA Affiliated Entry	33:36	33:44	21.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	38.	76 Amy Shave	Female V40	Standard Entry	34:06	34:11	17.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	39.	33 Brid Harris	Female V60	Standard Entry	34:15	34:30	18.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	40.	1 Karen Allum	Female V55	Standard Entry	34:17	34:32	19.	6.
2024 Ickworth Sunset Chase 5k (Chip Time)	41.	43 Tom King	Male Senior	Standard Entry	34:20	34:34	22.	7.
2024 Ickworth Sunset Chase 5k (Chip Time)	42.	2 Archie Allum	Male U20	Standard Entry	34:22	34:39	23.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	43.	69 Jessica Power	Female U17	Standard Entry	34:24	34:32	20.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	44.	40 Caroline Judd	Female V50	Standard Entry	34:25	34:39	21.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	45.	267 Ellie Kirk	Female Senior	Standard Entry	35:34	35:45	22.	7.
2024 Ickworth Sunset Chase 5k (Chip Time)	46.	28 Tony Friend	Male V60	UKA Affiliated Entry	36:32	36:39	24.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	47.	31 Lisa Hammond	Female V45	Standard Entry	36:43	36:55	23.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	48.	73 Joanne Robinson	Female Senior	Standard Entry	36:43	36:53	24.	8.
2024 Ickworth Sunset Chase 5k (Chip Time)	49.	5 Katie Barnard	Female V45	Standard Entry	36:53	37:04	25.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	50.	19 Kathleen Norman	Female V55	Standard Entry	37:19	37:27	26.	7.
2024 Ickworth Sunset Chase 5k (Chip Time)	51.	45 Sophie Last	Female Senior	Standard Entry	37:32	37:43	27.	9.
2024 Ickworth Sunset Chase 5k (Chip Time)	52.	21 Katie De Bourcier	Female V50	UKA Affiliated Entry	37:47	37:56	28.	4.
2024 Ickworth Sunset Chase 5k (Chip Time)	53.	18 Charlotte Coulling	Female Senior	Standard Entry	37:48	38:01	29.	10.
2024 Ickworth Sunset Chase 5k (Chip Time)	54.	79 Hollie Smith	Female Senior	Standard Entry	37:48	38:01	30.	11.
2024 Ickworth Sunset Chase 5k (Chip Time)	55.	9 Anne Benion	Female V70	Standard Entry	38:11	38:18	31.	1.
2024 Ickworth Sunset Chase 5k (Chip Time)	56.	7 Chloe Bellotti	Female V40	Standard Entry	39:27	39:44	32.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	57.	81 Steven Spalding	Male U13	Standard Entry	40:00	40:12	25.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	58.	77 Rosie Sizer	Female Senior	Standard Entry	40:02	40:13	33.	12.
2024 Ickworth Sunset Chase 5k (Chip Time)	59.	30 Gillian Green	Female V60	UKA Affiliated Entry	40:04	40:10	34.	2.
2024 Ickworth Sunset Chase 5k (Chip Time)	60.	85 Lauren Vejvoda	Female Senior	Standard Entry	40:23	40:33	35.	13.
2024 Ickworth Sunset Chase 5k (Chip Time)	61.	86 Jenna Williams	Female V40	Standard Entry	44:04	44:20	36.	3.
2024 Ickworth Sunset Chase 5k (Chip Time)	62.	15 Heather Cable	Female Senior	Standard Entry	44:37	44:48	37.	14.
2024 Ickworth Sunset Chase 5k (Chip Time)	63.	306 Roseann O'connor	Female Senior	Standard Entry	44:39	44:55	38.	15.
2024 Ickworth Sunset Chase 5k (Chip Time)	64.	14 Louise Brooks	Female Senior	Standard Entry	44:39	44:55	39.	16.
2024 Ickworth Sunset Chase 5k (Chip Time)	65.	42 Aimee Killa	Female Senior	Standard Entry	44:45	44:56	40.	17.
2024 Ickworth Sunset Chase 5k (Chip Time)	66.	67 Katherine Power	Female V45	Standard Entry	45:03	45:12	41.	5.
2024 Ickworth Sunset Chase 5k (Chip Time)	67.	84 Emma Uden	Female V55	UKA Affiliated Entry	46:56	47:10	42.	8.

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2024 Ickworth Sunset Chase 5k (Chip Time)	68.	23 Sara Elizabeth Donoghue	Female Senior	Standard Entry	47:00	47:14	43.	18.		
2024 Ickworth Sunset Chase 5k (Chip Time)	69.	71 Jo Rees	Female V45	Standard Entry	48:22	48:35	44.	6.		
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	11 Remi Bolhassani	Female V40	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	13 Melanie Borley	Female V55	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	17 Stuart Clack	Male V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	20 Lucy Day	Female V50	UKA Affiliated Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	24 Erica Dorling	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	34 Kevin Harris	Male V60	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	36 Kathy Howes	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	37 Viv Hunt	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	48 Jonathan Mann	Male V45	UKA Affiliated Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	52 Alexandra Matthews	Female V55	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	54 Piers Morgan	Male V55	UKA Affiliated Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	57 Cormac O Daly	Male V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	58 Rachel O Daly	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	61 Andrea Oconnor	Female V50	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	62 Annika Osborne	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	63 Paul Osborne	Male V50	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	66 Marie Parker	Female V40	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	68 Finnley Power	Male U15	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	70 Helen Read	Female V45	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	74 Vanessa Scott	Female V50	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	88 Liz Wright	Female V55	Standard Entry						
2024 Ickworth Sunset Chase 5k (Chip Time)	DNS	89 Peter Wright	Male V60	Standard Entry						
2024 Richard Bennett Coastal 10m	1.	259 Peter Coates	Male V40	Braintree & District AC	54:27	54:25	1.	1.	5:26	83.3%
2024 Richard Bennett Coastal 10m	2.	517 Michael Gilbert	Male Senior	Cambridge & Coleridge AC	55:47	55:46	2.	1.	5:34	79.0%
2024 Richard Bennett Coastal 10m	3.	419 Benjamin Carpendale	Male Senior	Felixstowe RRC	55:54	55:53	3.	2.	5:35	79.2%
2024 Richard Bennett Coastal 10m	4.	97 Chris Poulding	Male V40	Saint Edmund Pacers	56:14	56:13	4.	2.	5:37	80.7%
2024 Richard Bennett Coastal 10m	5.	397 Owen Rees	Male Senior	Ipswich Phoenix Running Club	57:55	57:52	5.	3.	5:47	75.9%
2024 Richard Bennett Coastal 10m	6.	124 Tony Gavin	Male V40	Felixstowe RRC	59:08	59:06	6.	3.	5:54	77.3%
2024 Richard Bennett Coastal 10m	7.	29 James Wilson	Male Senior	Saxmundham Sports Running & Joggers	59:21	59:19	7.	4.	5:56	74.1%
2024 Richard Bennett Coastal 10m	8.	249 Jonathan Pye	Male Senior	Newmarket Joggers	59:25	59:23	8.	5.	5:56	74.8%
2024 Richard Bennett Coastal 10m	9.	42 Tim Ballard	Male V40	BLC on the Run	59:33	59:30	9.	4.	5:57	76.2%
2024 Richard Bennett Coastal 10m	10.	443 Jim Last	Male V45	Framlingham Flyers	59:36	59:34	10.	1.	5:57	80.5%
2024 Richard Bennett Coastal 10m	11.	449 James Smith	Male V45	Newmarket Joggers	1:00:48	1:00:46	11.	2.	6:04	77.6%
2024 Richard Bennett Coastal 10m	12.	491 Mark Allen	Male V55	Ipswich Jaffa RC	1:01:17	1:01:14	12.	1.	6:07	86.3%
2024 Richard Bennett Coastal 10m	13.	537 Matthew Reach	Male V40	Ipswich Jaffa RC	1:01:46	1:01:41	13.	5.	6:10	74.0%
2024 Richard Bennett Coastal 10m	14.	452 Mark Curtis	Male V45	Ipswich Jaffa RC	1:01:54	1:01:53	14.	3.	6:11	76.9%
2024 Richard Bennett Coastal 10m	15.	79 Andrew Southwood	Male V45	Saint Edmund Pacers	1:02:00	1:01:58	15.	4.	6:11	76.8%
2024 Richard Bennett Coastal 10m	16.	596 John Scaife	Male V50	Colchester Harriers AC	1:02:05	1:02:03	16.	1.	6:12	79.3%
2024 Richard Bennett Coastal 10m	17.	440 Nick Lawrie	Male V45	Harwich Runners	1:02:13	1:02:08	17.	5.	6:13	76.5%
2024 Richard Bennett Coastal 10m	18.	288 Gary Taylor	Male Senior	Felixstowe RRC	1:02:42	1:02:41	18.	6.	6:16	71.9%
2024 Richard Bennett Coastal 10m	19.	21 Alex McCarthy	Male Senior	Unattached	1:02:49	1:02:48	19.	7.	6:16	71.3%
2024 Richard Bennett Coastal 10m	20.	316 Neal Hardwick	Male V45	Kesgrave Cruisers	1:03:04	1:03:00	20.	6.	6:18	75.5%
2024 Richard Bennett Coastal 10m	21.	30 Neill Readhead	Male Senior	Saxmundham Sports Running & Joggers	1:03:14	1:03:12	21.	8.	6:19	70.5%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	22.	569 Michael McLaughlin	Male V50	Unattached	1:03:21	1:03:09	22.	2.	6:20	79.0%
2024 Richard Bennett Coastal 10m	23.	602 Stuart King	Male Senior	Saint Edmund Pacers	1:03:23	1:03:18	23.	9.	6:20	70.7%
2024 Richard Bennett Coastal 10m	24.	561 Nick Copperwaite	Male V50	Tiptree Road Runners	1:03:25	1:03:23	24.	3.	6:20	77.6%
2024 Richard Bennett Coastal 10m	25.	560 James Wright	Male V45	TRISudbury	1:03:31	1:03:27	25.	7.	6:21	74.9%
2024 Richard Bennett Coastal 10m	26.	192 Lloyd Bradley	Male Senior	Saint Edmund Pacers	1:03:40	1:03:39	26.	10.	6:21	69.8%
2024 Richard Bennett Coastal 10m	27.	284 Tom Ames	Male V40	Stowmarket Striders RC	1:03:50	1:03:48	27.	6.	6:22	72.7%
2024 Richard Bennett Coastal 10m	28.	508 Chris Goad	Male V45	Unattached	1:03:52	1:03:45	28.	8.	6:23	75.1%
2024 Richard Bennett Coastal 10m	29.	163 Katie King	Female Senior	Saint Edmund Pacers	1:03:54	1:03:52	1.	1.	6:23	78.0%
2024 Richard Bennett Coastal 10m	30.	499 Mark Howard	Male Senior	Colchester Harriers AC	1:04:01	1:03:59	29.	11.	6:24	70.4%
2024 Richard Bennett Coastal 10m	31.	94 Dave Solomon	Male V55	Felixstowe RRC	1:04:14	1:04:11	30.	2.	6:25	81.5%
2024 Richard Bennett Coastal 10m	32.	356 Ryan Davidson	Male Senior	Unattached	1:04:15	1:04:12	31.	12.	6:25	68.7%
2024 Richard Bennett Coastal 10m	33.	16 Neil Coulson	Male V50	Felixstowe RRC	1:04:16	1:04:13	32.	4.	6:25	77.9%
2024 Richard Bennett Coastal 10m	34.	493 Jason Isaac Brandy	Male Senior	Unattached	1:04:17	1:04:12	33.	13.	6:25	70.1%
2024 Richard Bennett Coastal 10m	35.	543 Nikki Woodyard	Female V45	Springfield Striders RC	1:04:18	1:04:15	2.	1.	6:25	83.4%
2024 Richard Bennett Coastal 10m	36.	408 Adam Wade	Male V40	Ipswich Jaffa RC	1:04:24	1:04:23	34.	7.	6:26	72.1%
2024 Richard Bennett Coastal 10m	37.	379 Joe Hughes	Male Senior	BLC on the Run	1:04:38	1:04:35	35.	14.	6:27	69.3%
2024 Richard Bennett Coastal 10m	38.	481 Kate Creak	Female V40	Colchester Harriers AC	1:04:44	1:04:39	3.	1.	6:28	78.8%
2024 Richard Bennett Coastal 10m	39.	459 Kevin Carpenter	Male V50	Hadleigh Hares AC	1:05:10	1:05:06	36.	5.	6:30	75.5%
2024 Richard Bennett Coastal 10m	40.	136 Steve Brooke	Male V55	Felixstowe RRC	1:05:12	1:05:08	37.	3.	6:31	79.6%
2024 Richard Bennett Coastal 10m	41.	429 Ricky Bernhardt	Male Senior	Unattached	1:05:20	1:05:17	38.	15.	6:31	67.3%
2024 Richard Bennett Coastal 10m	42.	204 Katie Austin	Female V40	Ipswich Jaffa RC	1:05:28	1:05:26	4.	2.	6:32	78.5%
2024 Richard Bennett Coastal 10m	43.	566 Clayton Jones	Male Senior	Unattached	1:05:39	1:05:30	39.	16.	6:33	67.0%
2024 Richard Bennett Coastal 10m	44.	539 Paul Deasy	Male V50	Unattached	1:05:53	1:05:40	40.	6.	6:35	75.4%
2024 Richard Bennett Coastal 10m	45.	484 Tony Hubbard	Male V45	Ipswich Jaffa RC	1:05:59	1:05:57	41.	9.	6:35	72.1%
2024 Richard Bennett Coastal 10m	46.	257 Aidan Elmore	Male Senior	Saint Edmund Pacers	1:06:00	1:05:55	42.	17.	6:35	66.6%
2024 Richard Bennett Coastal 10m	47.	258 Mike Greener	Male V50	Saint Edmund Pacers	1:06:19	1:06:16	43.	7.	6:37	76.2%
2024 Richard Bennett Coastal 10m	48.	568 Oliver Schofield	Male Senior	Saint Edmund Pacers	1:06:20	1:06:17	44.	18.	6:37	66.3%
2024 Richard Bennett Coastal 10m	49.	37 Piotr Bulacz	Male V50	Sudbury Joggers	1:06:24	1:06:19	45.	8.	6:38	76.8%
2024 Richard Bennett Coastal 10m	50.	472 Stuart Raffle	Male V40	Harwich Runners	1:06:28	1:06:20	46.	8.	6:38	69.8%
2024 Richard Bennett Coastal 10m	51.	547 Harry Fitzgerald	Male Senior	Unattached	1:06:41	1:06:37	47.	19.	6:40	65.9%
2024 Richard Bennett Coastal 10m	52.	104 M Ike McKinstry	Male V55	Saint Edmund Pacers	1:06:58	1:06:54	48.	4.	6:41	78.9%
2024 Richard Bennett Coastal 10m	53.	594 Ben Rogers	Male Senior	Ely Runners	1:07:05	1:06:52	49.	20.	6:42	65.5%
2024 Richard Bennett Coastal 10m	54.	442 Luke Maddock	Male Senior	Unattached	1:07:16	1:07:13	50.	21.	6:43	65.4%
2024 Richard Bennett Coastal 10m	55.	557 Thomas Hayden	Male Senior	Framlingham Flyers	1:07:33	1:07:29	51.	22.	6:45	65.1%
2024 Richard Bennett Coastal 10m	56.	95 George Mann	Male Senior	Unattached	1:07:41	1:07:33	52.	23.	6:46	65.0%
2024 Richard Bennett Coastal 10m	57.	260 Andy Ellis	Male Senior	Felixstowe RRC	1:07:46	1:07:43	53.	24.	6:46	66.1%
2024 Richard Bennett Coastal 10m	58.	151 Hayley Magill	Female Senior	Ipswich Jaffa RC	1:07:50	1:07:45	5.	2.	6:46	74.4%
2024 Richard Bennett Coastal 10m	59.	548 Robin Brookes	Male V55	Harwich Runners	1:07:59	1:07:51	54.	5.	6:47	75.6%
2024 Richard Bennett Coastal 10m	60.	299 Karl Feagan	Male V50	Ipswich Harriers	1:08:02	1:07:58	55.	9.	6:48	72.3%
2024 Richard Bennett Coastal 10m	61.	435 Paul Connell	Male V55	Colchester Harriers AC	1:08:07	1:08:03	56.	6.	6:48	75.5%
2024 Richard Bennett Coastal 10m	62.	176 Ashley Smy	Male V40	Felixstowe RRC	1:08:13	1:08:11	57.	9.	6:49	68.1%
2024 Richard Bennett Coastal 10m	63.	137 Ben Smith	Male V40	Haverhill Running Club	1:08:15	1:08:06	58.	10.	6:49	67.5%
2024 Richard Bennett Coastal 10m	64.	468 Mark Griggs	Male V50	Rushmere Community Runners	1:08:18	1:08:12	59.	10.	6:49	72.1%
2024 Richard Bennett Coastal 10m	65.	115 Simon Stafford	Male V50	Kesgrave Cruisers	1:08:22	1:08:18	60.	11.	6:50	73.2%
2024 Richard Bennett Coastal 10m	66.	11 David Percy	Male V45	Newmarket Joggers	1:08:38	1:08:34	61.	10.	6:51	71.1%

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2024 Richard Bennett Coastal 10m	67.	312 Steven Uttridge	Male V45	Unattached	1:08:55	1:08:52	62.	11.	6:53	69.6%
2024 Richard Bennett Coastal 10m	68.	216 Emma Mortimer	Female Senior	Ipswich Phoenix Running Club	1:09:20	1:09:16	6.	3.	6:55	71.3%
2024 Richard Bennett Coastal 10m	69.	229 Melvyn Maycock	Male V40	Ipswich Jaffa RC	1:09:23	1:09:18	63.	11.	6:56	66.4%
2024 Richard Bennett Coastal 10m	70.	231 Kyle Church	Male Senior	Saxmundham Sports Running & J	1:09:27	1:09:22	64.	25.	6:56	63.3%
2024 Richard Bennett Coastal 10m	71.	227 Neil Barnett	Male Senior	Unattached	1:09:29	1:09:19	65.	26.	6:56	63.3%
2024 Richard Bennett Coastal 10m	72.	331 Daniel Summersgill	Male V40	Ipswich Jaffa RC	1:09:33	1:09:27	66.	12.	6:57	65.2%
2024 Richard Bennett Coastal 10m	73.	580 Adam Brett	Male V40	Unattached	1:09:33	1:09:29	67.	13.	6:57	65.7%
2024 Richard Bennett Coastal 10m	74.	125 Andrew Laws	Male V60+	Ipswich Jaffa RC	1:09:35	1:09:29	68.	1.	6:57	77.4%
2024 Richard Bennett Coastal 10m	75.	300 Neil Gillingham	Male V40	Ipswich Harriers	1:09:51	1:09:47	69.	14.	6:59	65.4%
2024 Richard Bennett Coastal 10m	76.	314 Kevin Clegg	Male V40	Kesgrave Cruisers	1:09:52	1:09:43	70.	15.	6:59	67.0%
2024 Richard Bennett Coastal 10m	77.	523 Philip Chappels	Male V45	Kesgrave Cruisers	1:10:06	1:09:56	71.	12.	7:00	69.0%
2024 Richard Bennett Coastal 10m	78.	487 Ashleigh Ranson	Male V50	Lonely Goat RC	1:10:08	1:10:02	72.	12.	7:00	70.2%
2024 Richard Bennett Coastal 10m	79.	425 Daryl Simpson	Male V50	Ipswich Jaffa RC	1:10:17	1:10:11	73.	13.	7:01	70.6%
2024 Richard Bennett Coastal 10m	80.	60 Robin Harper	Male V45	Felixstowe RRC	1:10:19	1:10:16	74.	13.	7:01	68.8%
2024 Richard Bennett Coastal 10m	81.	489 David Bowman	Male V40	Unattached	1:10:31	1:10:28	75.	16.	7:03	65.8%
2024 Richard Bennett Coastal 10m	82.	567 Kes Hawkins	Male Senior	Rushmere Community Runners	1:11:17	1:11:07	76.	27.	7:07	61.7%
2024 Richard Bennett Coastal 10m	83.	159 Christopher Fuller	Male Senior	Saxmundham Sports Running & J	1:11:19	1:11:14	77.	28.	7:07	61.7%
2024 Richard Bennett Coastal 10m	84.	457 Christopher Underwood	Male Senior	Newmarket Joggers	1:11:27	1:11:24	78.	29.	7:08	61.9%
2024 Richard Bennett Coastal 10m	85.	108 Jason Dighton	Male V45	Ipswich Phoenix Running Club	1:11:29	1:11:23	79.	14.	7:08	68.3%
2024 Richard Bennett Coastal 10m	86.	604 Luke Whitwell	Male V40	Unattached	1:11:31	1:11:27	80.	17.	7:09	63.9%
2024 Richard Bennett Coastal 10m	87.	261 Michael Jennings	Male Senior	Unattached	1:11:41	1:11:38	81.	30.	7:10	61.3%
2024 Richard Bennett Coastal 10m	88.	223 Rory Hunter	Male Senior	Ipswich Jaffa RC	1:11:47	1:11:40	82.	31.	7:10	61.3%
2024 Richard Bennett Coastal 10m	89.	294 Duane Howard	Male V55	Kesgrave Cruisers	1:11:53	1:11:49	83.	7.	7:11	73.5%
2024 Richard Bennett Coastal 10m	90.	524 Jayne Chappels	Female V45	Kesgrave Cruisers	1:12:11	1:12:04	7.	2.	7:13	75.9%
2024 Richard Bennett Coastal 10m	91.	554 Jason King	Male V40	Felixstowe RRC	1:12:32	1:12:28	84.	18.	7:15	64.0%
2024 Richard Bennett Coastal 10m	92.	102 Sam Baxter	Female V40	Felixstowe RRC	1:12:32	1:12:27	8.	3.	7:15	71.9%
2024 Richard Bennett Coastal 10m	93.	158 John Chapman	Male V60+	Stopsley Striders	1:12:33	1:12:27	85.	2.	7:15	78.6%
2024 Richard Bennett Coastal 10m	94.	126 Andrew Craig	Male V50	Woodbridge Shufflers RC	1:12:41	1:12:31	86.	14.	7:16	68.3%
2024 Richard Bennett Coastal 10m	95.	306 Jason Cattermole	Male V55	Ipswich Jaffa RC	1:12:44	1:12:36	87.	8.	7:16	71.3%
2024 Richard Bennett Coastal 10m	96.	513 Harry Noble	Male Senior	Sudbury Joggers	1:12:48	1:12:34	88.	32.	7:16	61.0%
2024 Richard Bennett Coastal 10m	97.	365 Kathy Wilson-Brown	Female Senior	Ipswich Jaffa RC	1:13:06	1:13:00	9.	4.	7:18	67.5%
2024 Richard Bennett Coastal 10m	98.	81 John Vinecombe	Male Senior	Unattached	1:13:09	1:13:05	89.	33.	7:18	60.3%
2024 Richard Bennett Coastal 10m	99.	5 Oliver Hughes	Male V45	Haverhill Running Club	1:13:19	1:13:10	90.	15.	7:19	64.4%
2024 Richard Bennett Coastal 10m	100.	48 Simon Pryke	Male V45	Saxmundham Sports Running & J	1:13:25	1:13:15	91.	16.	7:20	66.5%
2024 Richard Bennett Coastal 10m	101.	407 Jon Battram	Male V50	Colchester Harriers AC	1:13:36	1:13:00	92.	15.	7:21	67.4%
2024 Richard Bennett Coastal 10m	102.	73 Richard Wold	Male V60+	Felixstowe RRC	1:13:38	1:13:34	93.	3.	7:21	76.7%
2024 Richard Bennett Coastal 10m	103.	240 Colin Ellis	Male V55	Kesgrave Cruisers	1:13:39	1:13:26	94.	9.	7:21	71.7%
2024 Richard Bennett Coastal 10m	104.	55 Harry Grimsey	Male Senior	Saxmundham Sports Running & J	1:13:54	1:13:45	95.	34.	7:23	59.5%
2024 Richard Bennett Coastal 10m	105.	214 John Self	Male V60+	Unattached	1:13:58	1:13:47	96.	4.	7:23	80.3%
2024 Richard Bennett Coastal 10m	106.	434 Oliver Dixon	Male Senior	Unattached	1:14:07	1:13:50	97.	35.	7:24	59.4%
2024 Richard Bennett Coastal 10m	107.	238 Glen Laing	Male V60+	Unattached	1:14:16	1:14:02	98.	5.	7:25	73.2%
2024 Richard Bennett Coastal 10m	108.	350 Kevin Coleman	Male V55	Stowmarket Striders RC	1:14:19	1:14:11	99.	10.	7:25	71.1%
2024 Richard Bennett Coastal 10m	109.	542 Sophie Cronin	Female Senior	Burnham Joggers	1:14:28	1:14:21	10.	5.	7:26	66.2%
2024 Richard Bennett Coastal 10m	110.	47 Kerry Buckley	Male V50	Felixstowe RRC	1:14:36	1:14:29	100.	16.	7:27	68.3%
2024 Richard Bennett Coastal 10m	111.	577 Richard Creasey	Male V40	Kesgrave Cruisers	1:14:44	1:14:29	101.	19.	7:28	60.7%

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2024 Richard Bennett Coastal 10m	112.	451 Chris Osborne	Male V50	Felixstowe RRC	1:14:48	1:14:27	102.	17.	7:28	65.8%
2024 Richard Bennett Coastal 10m	113.	304 Mark Bulstrode	Male V40	Kesgrave Cruisers	1:14:55	1:14:46	103.	20.	7:29	62.5%
2024 Richard Bennett Coastal 10m	114.	253 Dominic Bareham	Male V45	Felixstowe RRC	1:15:02	1:14:57	104.	17.	7:30	62.9%
2024 Richard Bennett Coastal 10m	115.	141 Jonathan Allison	Male V45	Unattached	1:15:05	1:14:58	105.	18.	7:30	63.4%
2024 Richard Bennett Coastal 10m	116.	289 Maria Riera Turro	Female Senior	Felixstowe RRC	1:15:06	1:14:54	11.	6.	7:30	66.1%
2024 Richard Bennett Coastal 10m	117.	545 Mark Goodwin	Male V50	Felixstowe RRC	1:15:19	1:15:14	106.	18.	7:31	66.5%
2024 Richard Bennett Coastal 10m	118.	494 Wilfred Campbell	Male V60+	Ipswich Jaffa RC	1:15:35	1:15:35	107.	6.	7:33	71.2%
2024 Richard Bennett Coastal 10m	119.	106 Holly Taylor	Female Senior	Felixstowe RRC	1:15:37	1:15:25	12.	7.	7:33	66.7%
2024 Richard Bennett Coastal 10m	120.	101 Tom Stephens	Male V55	Felixstowe RRC	1:15:42	1:15:28	108.	11.	7:34	67.9%
2024 Richard Bennett Coastal 10m	121.	26 James Morrell	Male Senior	Haverhill Running Club	1:15:49	1:15:15	109.	36.	7:34	58.0%
2024 Richard Bennett Coastal 10m	122.	315 Val Jennings	Female V60+	Ipswich Jaffa RC	1:15:51	1:15:40	13.	1.	7:35	84.0%
2024 Richard Bennett Coastal 10m	123.	476 Elliot Heaton	Male Senior	Unattached	1:15:56	1:15:29	110.	37.	7:35	57.9%
2024 Richard Bennett Coastal 10m	124.	20 Peter Bird	Male V50	Saint Edmund Pacers	1:16:03	1:15:50	111.	19.	7:36	64.7%
2024 Richard Bennett Coastal 10m	125.	436 Callum Dove	Male Senior	Unattached	1:16:05	1:15:58	112.	38.	7:36	57.8%
2024 Richard Bennett Coastal 10m	126.	497 Luz Chavez	Female Senior	Ipswich Jaffa RC	1:16:11	1:15:59	14.	8.	7:37	66.6%
2024 Richard Bennett Coastal 10m	127.	4 Kevin McMorrow	Male V45	Unattached	1:16:21	1:15:54	113.	19.	7:38	63.9%
2024 Richard Bennett Coastal 10m	128.	559 Dave Howgego	Male V55	Woodbridge Shufflers RC	1:16:25	1:16:10	114.	12.	7:38	68.5%
2024 Richard Bennett Coastal 10m	129.	352 Clive Thomas	Male V60+	BLC on the Run	1:16:38	1:16:29	115.	7.	7:39	71.6%
2024 Richard Bennett Coastal 10m	130.	6 Anna Skudder	Female Senior	BLC on the Run	1:16:38	1:16:29	15.	9.	7:39	65.8%
2024 Richard Bennett Coastal 10m	131.	320 Mathew Blacoe	Male V55	Unattached	1:16:49	1:16:43	116.	13.	7:40	69.4%
2024 Richard Bennett Coastal 10m	132.	466 Ben Bowles	Male Senior	Unattached	1:17:16	1:16:48	117.	39.	7:43	57.0%
2024 Richard Bennett Coastal 10m	133.	470 Connal Griffiths	Male V40	Unattached	1:17:19	1:16:56	118.	21.	7:43	59.6%
2024 Richard Bennett Coastal 10m	134.	576 Martin Jarvis	Male V45	Unattached	1:17:47	1:17:41	119.	20.	7:46	62.7%
2024 Richard Bennett Coastal 10m	135.	134 Tom Aykroyd	Male V45	Felixstowe RRC	1:17:50	1:17:43	120.	21.	7:46	60.6%
2024 Richard Bennett Coastal 10m	136.	190 Andrew Budd	Male V60+	Capel Cheetahs	1:17:53	1:17:40	121.	8.	7:47	72.5%
2024 Richard Bennett Coastal 10m	137.	388 Marcus Brown	Male V50	Rushmere Community Runners	1:18:01	1:17:54	122.	20.	7:48	64.2%
2024 Richard Bennett Coastal 10m	138.	277 Deacon Richardson	Male Senior	Unattached	1:18:10	1:17:40	123.	40.	7:48	56.3%
2024 Richard Bennett Coastal 10m	139.	606 Gavin Raby	Male V45	Unattached	1:18:12	1:17:55	124.	22.	7:49	61.3%
2024 Richard Bennett Coastal 10m	140.	411 Muttley Ward-Ashton	Male V55	Unattached	1:18:12	1:18:00	125.	14.	7:49	65.8%
2024 Richard Bennett Coastal 10m	141.	530 James Ellul	Male V45	Felixstowe RRC	1:18:14	1:18:06	126.	23.	7:49	60.8%
2024 Richard Bennett Coastal 10m	142.	357 Daniel Cavanagh	Male V40	Unattached	1:18:27	1:17:57	127.	22.	7:50	58.7%
2024 Richard Bennett Coastal 10m	143.	239 Neil Hunting	Male V45	Unattached	1:18:27	1:18:11	128.	24.	7:50	61.2%
2024 Richard Bennett Coastal 10m	144.	157 Carl Berriman	Male V50	Rushmere Community Runners	1:18:28	1:18:11	129.	21.	7:50	64.9%
2024 Richard Bennett Coastal 10m	145.	69 Steven Lane	Male V45	Ipswich Jaffa RC	1:18:29	1:18:16	130.	25.	7:50	60.1%
2024 Richard Bennett Coastal 10m	146.	146 Tom Hoblyn	Male V60+	Saint Edmund Pacers	1:18:29	1:18:23	131.	9.	7:50	69.2%
2024 Richard Bennett Coastal 10m	147.	376 Lisa Clarke	Female Senior	Ipswich Jaffa RC	1:18:30	1:18:18	16.	10.	7:50	63.7%
2024 Richard Bennett Coastal 10m	148.	303 Simon Miller	Male V55	Colchester Harriers AC	1:18:33	1:18:19	132.	15.	7:51	66.1%
2024 Richard Bennett Coastal 10m	149.	193 Mark Clinton	Male V40	Unattached	1:18:36	1:17:58	133.	23.	7:51	58.1%
2024 Richard Bennett Coastal 10m	150.	171 Mark Askew	Male V60+	Capel Cheetahs	1:18:41	1:18:28	134.	10.	7:52	71.8%
2024 Richard Bennett Coastal 10m	151.	586 Pat Humphries	Male V45	Unattached	1:18:50	1:18:19	135.	26.	7:52	61.4%
2024 Richard Bennett Coastal 10m	152.	295 Lewis Grant	Male V45	Unattached	1:18:51	1:18:39	136.	27.	7:53	61.9%
2024 Richard Bennett Coastal 10m	153.	318 Mark Flatman	Male V50	Ipswich Triathlon Club	1:18:56	1:18:49	137.	22.	7:53	62.4%
2024 Richard Bennett Coastal 10m	154.	321 Matt Sims	Male V50	Rushmere Community Runners	1:19:03	1:18:46	138.	23.	7:54	64.5%
2024 Richard Bennett Coastal 10m	155.	127 Adam Boyle	Male V55	Woodbridge Shufflers RC	1:19:11	1:18:52	139.	16.	7:55	65.5%
2024 Richard Bennett Coastal 10m	156.	325 Richard Laycock	Male V45	Unattached	1:19:19	1:19:02	140.	28.	7:55	61.0%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	157.	597 Scott Hard	Male V50	Felixstowe RRC	1:19:27	1:19:07	141.	24.	7:56	62.5%
2024 Richard Bennett Coastal 10m	158.	344 Rob Warne	Male V40	Unattached	1:19:38	1:18:58	142.	24.	7:57	57.4%
2024 Richard Bennett Coastal 10m	159.	455 Ben Charles	Male Senior	Unattached	1:19:48	1:19:21	143.	41.	7:58	55.1%
2024 Richard Bennett Coastal 10m	160.	556 Paul Stone	Male V50	Felixstowe RRC	1:19:48	1:19:25	144.	25.	7:58	61.7%
2024 Richard Bennett Coastal 10m	161.	113 Barry Hawtin	Male V40	Felixstowe RRC	1:19:52	1:19:32	145.	25.	7:59	57.7%
2024 Richard Bennett Coastal 10m	162.	165 Mark Scott	Male V45	Ipswich Jaffa RC	1:20:00	1:19:46	146.	29.	7:59	59.5%
2024 Richard Bennett Coastal 10m	163.	142 Luke Last	Male Senior	Unattached	1:20:07	1:19:43	147.	42.	8:00	55.1%
2024 Richard Bennett Coastal 10m	164.	128 Torben Wood	Male V45	Felixstowe RRC	1:20:08	1:19:45	148.	30.	8:00	60.9%
2024 Richard Bennett Coastal 10m	165.	213 Lewis Heron	Male Senior	Unattached	1:20:11	1:19:43	149.	43.	8:01	54.8%
2024 Richard Bennett Coastal 10m	166.	424 Philip Leney	Male V40	BLC on the Run	1:20:13	1:19:43	150.	26.	8:01	57.0%
2024 Richard Bennett Coastal 10m	167.	67 Hannah Wattam	Female V40	Woodbridge Shufflers RC	1:20:16	1:20:08	17.	4.	8:01	64.0%
2024 Richard Bennett Coastal 10m	168.	485 Chris Richmond	Male Senior	Unattached	1:20:18	1:19:42	151.	44.	8:01	55.8%
2024 Richard Bennett Coastal 10m	169.	361 Simon Crane	Male Senior	Unattached	1:20:21	1:20:15	152.	45.	8:02	54.7%
2024 Richard Bennett Coastal 10m	170.	273 Gemma Gilbert	Female V40	Felixstowe RRC	1:20:29	1:20:04	18.	5.	8:02	64.3%
2024 Richard Bennett Coastal 10m	171.	395 Anna Kocinska	Female V40	Unattached	1:20:30	1:20:21	19.	6.	8:02	65.3%
2024 Richard Bennett Coastal 10m	172.	162 Chris Haystead	Male V55	Unattached	1:20:31	1:20:14	153.	17.	8:03	63.9%
2024 Richard Bennett Coastal 10m	173.	483 Shaun Kavanagh	Male V45	Unattached	1:20:34	1:19:49	154.	31.	8:03	60.6%
2024 Richard Bennett Coastal 10m	174.	529 Lydia Kindred	Female V40	Vegan Runners UK Country Club	1:20:34	1:20:27	20.	7.	8:03	63.3%
2024 Richard Bennett Coastal 10m	175.	233 Conor Flanagan	Male Senior	Unattached	1:20:44	1:20:29	155.	46.	8:04	54.5%
2024 Richard Bennett Coastal 10m	176.	329 Richard Attwell	Male V50	Stowmarket Striders RC	1:20:46	1:20:27	156.	26.	8:04	62.0%
2024 Richard Bennett Coastal 10m	177.	399 Graham Bladen	Male V40	Unattached	1:20:47	1:20:36	157.	27.	8:04	57.5%
2024 Richard Bennett Coastal 10m	178.	570 Tom Darling	Male Senior	Unattached	1:20:54	1:20:24	158.	47.	8:05	54.4%
2024 Richard Bennett Coastal 10m	179.	185 Mary Narey	Female V55	Stowmarket Striders RC	1:20:55	1:20:37	21.	1.	8:05	74.7%
2024 Richard Bennett Coastal 10m	180.	191 Felicity Burden	Female V45	Unattached	1:21:00	1:20:50	22.	3.	8:05	66.9%
2024 Richard Bennett Coastal 10m	181.	486 Ross Arnold	Male Senior	Haverhill Running Club	1:21:02	1:20:24	159.	48.	8:06	55.3%
2024 Richard Bennett Coastal 10m	182.	324 Mark Gleen	Male V45	Kesgrave Cruisers	1:21:02	1:20:43	160.	32.	8:06	60.2%
2024 Richard Bennett Coastal 10m	183.	272 Thomas Walker	Male V50	Woodbridge Shufflers RC	1:21:04	1:20:46	161.	27.	8:06	62.3%
2024 Richard Bennett Coastal 10m	184.	588 Eden Marshall	Male Senior	Unattached	1:21:06	1:20:50	162.	49.	8:06	54.2%
2024 Richard Bennett Coastal 10m	185.	592 Alex Reach	Male Senior	Unattached	1:21:13	1:21:04	163.	50.	8:07	54.5%
2024 Richard Bennett Coastal 10m	186.	575 Sophie Smith	Female Senior	Unattached	1:21:14	1:20:43	23.	11.	8:07	60.8%
2024 Richard Bennett Coastal 10m	187.	584 Kyle Harris	Male Senior	Unattached	1:21:14	1:20:43	164.	51.	8:07	54.1%
2024 Richard Bennett Coastal 10m	188.	186 Joe Smith	Male Senior	Unattached	1:21:18	1:20:55	165.	52.	8:07	54.1%
2024 Richard Bennett Coastal 10m	189.	215 Karen Offord	Female V50	Stowmarket Striders RC	1:21:19	1:21:01	24.	1.	8:07	69.0%
2024 Richard Bennett Coastal 10m	190.	183 Mark Wright	Male V45	Unattached	1:21:25	1:21:05	166.	33.	8:08	59.4%
2024 Richard Bennett Coastal 10m	191.	145 Gary Lowe	Male V60+	Saxmundham Sports Running & J	1:21:31	1:21:03	167.	11.	8:09	70.7%
2024 Richard Bennett Coastal 10m	192.	139 John Winter	Male Senior	Felixstowe RRC	1:21:35	1:21:10	168.	53.	8:09	54.4%
2024 Richard Bennett Coastal 10m	193.	184 Will Self	Male V40	Unattached	1:21:38	1:21:17	169.	28.	8:09	56.4%
2024 Richard Bennett Coastal 10m	194.	287 Deborah Stocker	Female V50	Kesgrave Cruisers	1:21:53	1:21:39	25.	2.	8:11	70.2%
2024 Richard Bennett Coastal 10m	195.	91 Jason Walne	Male V50	Unattached	1:21:55	1:21:31	170.	28.	8:11	62.2%
2024 Richard Bennett Coastal 10m	196.	200 John Scully	Male V50	Rushmere Community Runners	1:21:59	1:21:49	171.	29.	8:11	61.6%
2024 Richard Bennett Coastal 10m	197.	245 Emily Rose Venn	Female Senior	Unattached	1:22:05	1:21:53	26.	12.	8:12	60.1%
2024 Richard Bennett Coastal 10m	198.	347 Nick Moon	Male V45	Ipswich Jaffa RC	1:22:05	1:21:54	172.	34.	8:12	59.4%
2024 Richard Bennett Coastal 10m	199.	501 Natasha Smith	Female Senior	Ipswich Jaffa RC	1:22:08	1:21:56	27.	13.	8:12	60.0%
2024 Richard Bennett Coastal 10m	200.	308 Lee Thurlow	Male Senior	Unattached	1:22:21	1:22:01	173.	54.	8:14	53.4%
2024 Richard Bennett Coastal 10m	201.	531 Henry Fowler	Male Senior	Unattached	1:22:27	1:22:09	174.	55.	8:14	53.3%

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2024 Richard Bennett Coastal 10m	202.	375 Andrew Harrigan	Male Senior	Unattached	1:22:37	1:22:15	175.	56.	8:15	54.2%
2024 Richard Bennett Coastal 10m	203.	170 John Dunnett	Male V60+	Capel Cheetahs	1:22:40	1:22:27	176.	12.	8:15	67.0%
2024 Richard Bennett Coastal 10m	204.	100 Stephen Hatten	Male V55	Saint Edmund Pacers	1:22:44	1:22:38	177.	18.	8:16	64.5%
2024 Richard Bennett Coastal 10m	205.	563 Emily Smith	Female V40	Springfield Striders RC	1:22:45	1:22:32	28.	8.	8:16	63.5%
2024 Richard Bennett Coastal 10m	206.	558 Mark Hayden	Male V50	Framlingham Flyers	1:22:49	1:22:40	178.	30.	8:16	60.5%
2024 Richard Bennett Coastal 10m	207.	374 Robert Simpson	Male V45	Unattached	1:22:51	1:22:30	179.	35.	8:17	57.4%
2024 Richard Bennett Coastal 10m	208.	296 Helen Findley	Female V40	Kesgrave Cruisers	1:22:52	1:22:37	29.	9.	8:17	63.5%
2024 Richard Bennett Coastal 10m	209.	293 Patrick Holland	Male Senior	Kesgrave Cruisers	1:22:52	1:22:39	180.	57.	8:17	53.1%
2024 Richard Bennett Coastal 10m	210.	478 Matthew Small	Male V40	Unattached	1:22:53	1:22:48	181.	29.	8:17	55.5%
2024 Richard Bennett Coastal 10m	211.	256 Stuart Appleby	Male V60+	Unattached	1:22:58	1:22:42	182.	13.	8:17	64.9%
2024 Richard Bennett Coastal 10m	212.	58 Debbie Catling	Female V55	Felixstowe RRC	1:23:01	1:22:36	30.	2.	8:18	71.9%
2024 Richard Bennett Coastal 10m	213.	237 Vincent Steensma	Male V50	Capel Cheetahs	1:23:01	1:22:46	183.	31.	8:18	60.8%
2024 Richard Bennett Coastal 10m	214.	15 Christopher Blagden	Male V60+	Saxmundham Sports Running & I	1:23:11	1:22:52	184.	14.	8:19	64.7%
2024 Richard Bennett Coastal 10m	215.	360 Kieran Banham	Male Senior	Unattached	1:23:13	1:23:04	185.	58.	8:19	52.8%
2024 Richard Bennett Coastal 10m	216.	34 Daniel Pelling	Male V50	Haverhill Running Club	1:23:20	1:22:44	186.	32.	8:19	60.1%
2024 Richard Bennett Coastal 10m	217.	363 Samuel Barker	Male Senior	Unattached	1:23:22	1:23:15	187.	59.	8:20	52.9%
2024 Richard Bennett Coastal 10m	218.	208 Dean Youngs	Male V40	Unattached	1:23:30	1:23:10	188.	30.	8:20	54.7%
2024 Richard Bennett Coastal 10m	219.	421 Anita Ward	Female V50	Cambridge Triathlon Club	1:23:38	1:23:11	31.	3.	8:21	70.4%
2024 Richard Bennett Coastal 10m	220.	230 Susan Lockhart	Female V60+	Ipswich Jaffa RC	1:23:49	1:23:38	32.	2.	8:22	81.5%
2024 Richard Bennett Coastal 10m	221.	50 Mark Rose	Male V45	Ipswich Jaffa RC	1:23:50	1:23:38	189.	36.	8:22	58.2%
2024 Richard Bennett Coastal 10m	222.	98 Rob Smith	Male V45	Unattached	1:23:54	1:23:17	190.	37.	8:23	56.2%
2024 Richard Bennett Coastal 10m	223.	564 Beth Welton	Female Senior	Unattached	1:23:55	1:23:47	33.	14.	8:23	58.8%
2024 Richard Bennett Coastal 10m	224.	538 Daniel Rivera	Male Senior	Unattached	1:24:00	1:23:53	191.	60.	8:23	52.4%
2024 Richard Bennett Coastal 10m	225.	292 Alan Oliver	Male V55	Kesgrave Cruisers	1:24:02	1:23:43	192.	19.	8:24	62.9%
2024 Richard Bennett Coastal 10m	226.	461 Christian Hadwen	Male V45	Felixstowe RRC	1:24:11	1:23:47	193.	38.	8:25	57.5%
2024 Richard Bennett Coastal 10m	227.	280 Rob Alder	Male V50	Woodbridge Shufflers RC	1:24:18	1:23:59	194.	33.	8:25	60.4%
2024 Richard Bennett Coastal 10m	228.	488 Nicola Ranson	Female V55	Springfield Striders RC	1:24:25	1:24:14	34.	3.	8:26	73.5%
2024 Richard Bennett Coastal 10m	229.	123 Samantha Fulcher	Female V55	Felixstowe RRC	1:24:31	1:24:06	35.	4.	8:27	73.4%
2024 Richard Bennett Coastal 10m	230.	423 Adam Buckle	Male V40	Unattached	1:24:33	1:24:01	195.	31.	8:27	53.6%
2024 Richard Bennett Coastal 10m	231.	68 Graham Styles	Male V60+	Unattached	1:24:34	1:24:23	196.	15.	8:27	67.5%
2024 Richard Bennett Coastal 10m	232.	74 Lee Briers	Male V40	Unattached	1:24:45	1:24:30	197.	32.	8:28	54.3%
2024 Richard Bennett Coastal 10m	233.	179 Garry MacDonald	Male V55	Felixstowe RRC	1:24:47	1:24:18	198.	20.	8:28	62.3%
2024 Richard Bennett Coastal 10m	234.	7 Simon Jacobs	Male Senior	Felixstowe RRC	1:24:58	1:24:45	199.	61.	8:29	51.9%
2024 Richard Bennett Coastal 10m	235.	111 Mark Turner	Male V45	Unattached	1:25:11	1:24:42	200.	39.	8:31	57.3%
2024 Richard Bennett Coastal 10m	236.	112 Carmen Ortiz	Female Senior	Unattached	1:25:12	1:24:42	36.	15.	8:31	58.5%
2024 Richard Bennett Coastal 10m	237.	464 David Robinson	Male V50	Rushmere Community Runners	1:25:16	1:24:58	201.	34.	8:31	58.7%
2024 Richard Bennett Coastal 10m	238.	387 Chris Wright	Male Senior	Felixstowe RRC	1:25:22	1:24:56	202.	62.	8:32	51.8%
2024 Richard Bennett Coastal 10m	239.	551 Minnie Eve	Female V40	Unattached	1:25:29	1:25:23	37.	10.	8:32	60.5%
2024 Richard Bennett Coastal 10m	240.	445 Gemma Moss	Female V50	Ipswich Jaffa RC	1:25:29	1:25:16	38.	4.	8:32	66.4%
2024 Richard Bennett Coastal 10m	241.	550 Rob Evans	Male V50	Unattached	1:25:30	1:25:24	203.	35.	8:32	58.0%
2024 Richard Bennett Coastal 10m	242.	93 Sarah Davies	Female V45	Woodbridge Shufflers RC	1:25:32	1:25:14	39.	4.	8:33	62.0%
2024 Richard Bennett Coastal 10m	243.	359 Andrew Long	Male V55	Stowmarket Striders RC	1:25:33	1:25:15	204.	21.	8:33	60.1%
2024 Richard Bennett Coastal 10m	244.	19 Andy Cox	Male V55	Unattached	1:25:42	1:25:15	205.	22.	8:34	61.1%
2024 Richard Bennett Coastal 10m	245.	340 Peter Hopson	Male V55	Unattached	1:25:44	1:25:26	206.	23.	8:34	60.5%
2024 Richard Bennett Coastal 10m	246.	279 Hayley Wilson	Female Senior	Haverhill Running Club	1:25:51	1:25:15	40.	16.	8:35	59.1%

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2024 Richard Bennett Coastal 10m	247.	342 Crystal Murray	Female Senior	Hadleigh Hares AC	1:25:51	1:25:17	41.	17.	8:35	58.5%
2024 Richard Bennett Coastal 10m	248.	601 Andy Sherwin	Male V55	Unattached	1:25:58	1:25:17	207.	24.	8:35	60.4%
2024 Richard Bennett Coastal 10m	249.	422 Andy Ward	Male V55	Unattached	1:26:00	1:25:33	208.	25.	8:35	60.9%
2024 Richard Bennett Coastal 10m	250.	169 Greg Dodds	Male V50	Woodbridge Shufflers RC	1:26:07	1:25:48	209.	36.	8:36	58.1%
2024 Richard Bennett Coastal 10m	251.	131 Pat Morgan	Male V60+	Ipswich Triathlon Club	1:26:22	1:25:53	210.	16.	8:38	73.6%
2024 Richard Bennett Coastal 10m	252.	41 Daniel Freeman	Male V40	Unattached	1:26:24	1:26:01	211.	33.	8:38	53.7%
2024 Richard Bennett Coastal 10m	253.	149 Harry Morton	Male Senior	Unattached	1:26:25	1:25:56	212.	63.	8:38	52.1%
2024 Richard Bennett Coastal 10m	254.	380 Fiona Hunt	Female V50	Kesgrave Cruisers	1:26:25	1:26:00	42.	5.	8:38	66.5%
2024 Richard Bennett Coastal 10m	255.	282 Paul Hubert	Male V45	Unattached	1:26:28	1:26:02	213.	40.	8:38	54.6%
2024 Richard Bennett Coastal 10m	256.	503 Ricky Deasy	Male V45	Unattached	1:26:28	1:26:08	214.	41.	8:38	54.6%
2024 Richard Bennett Coastal 10m	257.	389 Rachel Brooke	Female V50	Ipswich Jaffa RC	1:26:35	1:26:24	43.	6.	8:39	66.4%
2024 Richard Bennett Coastal 10m	258.	591 Steven Ward	Male V40	Unattached	1:26:36	1:26:10	215.	34.	8:39	54.0%
2024 Richard Bennett Coastal 10m	259.	504 David Mason	Male V50	Unattached	1:26:36	1:26:15	216.	37.	8:39	58.3%
2024 Richard Bennett Coastal 10m	260.	512 Neil Quarton	Male V55	Unattached	1:26:43	1:26:07	217.	26.	8:40	59.8%
2024 Richard Bennett Coastal 10m	261.	500 Sian Abbott	Female Senior	Ipswich Jaffa RC	1:26:46	1:26:34	44.	18.	8:40	57.1%
2024 Richard Bennett Coastal 10m	262.	495 Deb Ching	Female V50	Capel Cheetahs	1:26:56	1:26:47	45.	7.	8:41	64.5%
2024 Richard Bennett Coastal 10m	263.	605 Katie Rogers	Female Senior	Unattached	1:26:59	1:26:33	46.	19.	8:41	56.7%
2024 Richard Bennett Coastal 10m	264.	437 Harry Bennington	Male Senior	Stowmarket Striders RC	1:27:02	1:26:44	218.	64.	8:42	50.5%
2024 Richard Bennett Coastal 10m	265.	599 Neil Gipson	Male V55	Unattached	1:27:03	1:26:48	219.	27.	8:42	59.6%
2024 Richard Bennett Coastal 10m	266.	535 Catherine Healy	Female Senior	Unattached	1:27:09	1:27:02	47.	20.	8:42	56.7%
2024 Richard Bennett Coastal 10m	267.	446 Adam Kettle	Male V40	Unattached	1:27:13	1:27:05	220.	35.	8:43	53.7%
2024 Richard Bennett Coastal 10m	268.	72 Jim Briers	Male V60+	Unattached	1:27:24	1:27:10	221.	17.	8:44	62.2%
2024 Richard Bennett Coastal 10m	269.	278 Kayleigh Turpin	Female Senior	Felixstowe RRC	1:27:38	1:27:04	48.	21.	8:45	57.6%
2024 Richard Bennett Coastal 10m	270.	222 Andrew Paczy-Smith	Male Senior	Unattached	1:28:03	1:27:34	222.	65.	8:48	49.9%
2024 Richard Bennett Coastal 10m	271.	368 Micheal Tween	Male Senior	Unattached	1:28:11	1:27:47	223.	66.	8:49	49.9%
2024 Richard Bennett Coastal 10m	272.	502 Deasy Karen	Female V45	Unattached	1:28:26	1:28:07	49.	5.	8:50	60.0%
2024 Richard Bennett Coastal 10m	273.	205 Helen Yellop	Female V55	Capel Cheetahs	1:28:28	1:28:04	50.	5.	8:50	68.3%
2024 Richard Bennett Coastal 10m	274.	217 Marie Paveley	Female V45	Capel Cheetahs	1:28:28	1:28:04	51.	6.	8:50	62.6%
2024 Richard Bennett Coastal 10m	275.	405 Mark Godbold	Male V55	Ipswich Harriers	1:28:32	1:28:25	224.	28.	8:51	59.7%
2024 Richard Bennett Coastal 10m	276.	496 Damian Hack	Male V45	Unattached	1:28:38	1:28:29	225.	42.	8:51	54.1%
2024 Richard Bennett Coastal 10m	277.	148 Terence Dean	Male Senior	Unattached	1:28:45	1:28:12	226.	67.	8:52	49.5%
2024 Richard Bennett Coastal 10m	278.	471 Kris Siviour	Male Senior	Unattached	1:28:51	1:28:30	227.	68.	8:53	49.7%
2024 Richard Bennett Coastal 10m	279.	333 Terri Green	Female V40	Ipswich Jaffa RC	1:28:54	1:28:41	52.	11.	8:53	58.7%
2024 Richard Bennett Coastal 10m	280.	242 Emma Lawer	Female V50	Unattached	1:28:55	1:28:46	53.	8.	8:53	63.8%
2024 Richard Bennett Coastal 10m	281.	243 Darin Osborne	Male V55	Rushmere Community Runners	1:28:55	1:28:46	228.	29.	8:53	59.4%
2024 Richard Bennett Coastal 10m	282.	590 Kingsley Towler	Male Senior	Unattached	1:28:59	1:28:29	229.	69.	8:53	49.9%
2024 Richard Bennett Coastal 10m	283.	80 Nicola Freeman	Female V40	Unattached	1:29:03	1:28:40	54.	12.	8:54	59.1%
2024 Richard Bennett Coastal 10m	284.	71 Billy Richmond	Male V55	Unattached	1:29:14	1:28:38	230.	30.	8:55	59.2%
2024 Richard Bennett Coastal 10m	285.	178 Stephen Pretty	Male V60+	Saint Edmund Pacers	1:29:26	1:29:06	231.	18.	8:56	64.4%
2024 Richard Bennett Coastal 10m	286.	448 Kara Brewer	Female Senior	Unattached	1:29:29	1:29:24	55.	22.	8:56	55.5%
2024 Richard Bennett Coastal 10m	287.	172 Will Ibbotson	Male V55	Capel Cheetahs	1:29:30	1:29:15	232.	31.	8:56	59.6%
2024 Richard Bennett Coastal 10m	288.	385 Tiffani Baloga	Female Senior	Unattached	1:29:32	1:29:18	56.	23.	8:57	55.5%
2024 Richard Bennett Coastal 10m	289.	177 Sam Ingram	Female V50	Unattached	1:29:36	1:29:18	57.	9.	8:57	64.1%
2024 Richard Bennett Coastal 10m	290.	164 Emma Rowlinson	Female V45	Kesgrave Cruisers	1:29:46	1:29:31	58.	7.	8:58	60.3%
2024 Richard Bennett Coastal 10m	291.	147 Carl Bergdahl	Male V50	Ipswich Jaffa RC	1:29:52	1:29:39	233.	38.	8:59	56.7%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	292.	197 Molly Bergdahl	Female Senior	Ipswich Jaffa RC	1:29:52	1:29:40	59.	24.	8:59	54.9%
2024 Richard Bennett Coastal 10m	293.	301 Craig Perrin	Male Senior	Unattached	1:29:54	1:29:23	234.	70.	8:59	49.0%
2024 Richard Bennett Coastal 10m	294.	283 Richard Smith	Male V40	Stowmarket Striders RC	1:29:54	1:29:36	235.	36.	8:59	50.4%
2024 Richard Bennett Coastal 10m	295.	369 Derek Daly	Male V60+	Felixstowe RRC	1:30:01	1:29:45	236.	19.	9:00	60.4%
2024 Richard Bennett Coastal 10m	296.	585 Mark Barham	Male V45	Unattached	1:30:07	1:29:30	237.	43.	9:00	52.4%
2024 Richard Bennett Coastal 10m	297.	383 Claire Robinson	Female V45	Felixstowe RRC	1:30:14	1:29:57	60.	8.	9:01	61.4%
2024 Richard Bennett Coastal 10m	298.	430 Steve Herring	Male V60+	Bitton Road Runners	1:30:25	1:30:02	238.	20.	9:02	65.7%
2024 Richard Bennett Coastal 10m	299.	228 Bob Pearson	Male V60+	Norfolk Gazelles AC	1:30:31	1:29:54	239.	21.	9:03	59.5%
2024 Richard Bennett Coastal 10m	300.	35 Nikki Scott	Female Senior	Felixstowe RRC	1:30:38	1:30:29	61.	25.	9:03	55.0%
2024 Richard Bennett Coastal 10m	301.	33 Paul Veal	Male Senior	Unattached	1:30:42	1:30:34	240.	71.	9:04	49.7%
2024 Richard Bennett Coastal 10m	302.	450 Nicole Smith	Female V50	Newmarket Joggers	1:30:44	1:30:30	62.	10.	9:04	63.3%
2024 Richard Bennett Coastal 10m	303.	364 Trevor Bunch	Male V50	Haverhill Running Club	1:30:44	1:30:07	241.	39.	9:04	54.2%
2024 Richard Bennett Coastal 10m	304.	578 Mark Avery	Male V55	Ipswich Jaffa RC	1:30:55	1:30:38	242.	32.	9:05	58.1%
2024 Richard Bennett Coastal 10m	305.	160 Sian Wilson	Female V50	Unattached	1:30:56	1:30:36	63.	11.	9:05	62.4%
2024 Richard Bennett Coastal 10m	306.	507 Frazer Corbett	Male Senior	Unattached	1:31:10	1:30:35	243.	72.	9:06	48.2%
2024 Richard Bennett Coastal 10m	307.	156 Alex Ashton	Male V50	Haverhill Running Club	1:31:11	1:30:32	244.	40.	9:07	55.4%
2024 Richard Bennett Coastal 10m	308.	85 Aaron Ranieri	Male Senior	Unattached	1:31:15	1:31:01	245.	73.	9:07	48.4%
2024 Richard Bennett Coastal 10m	309.	354 Nigel Harrison	Male V50	Ipswich Jaffa RC	1:31:18	1:31:06	246.	41.	9:07	55.8%
2024 Richard Bennett Coastal 10m	310.	328 Mark Austin	Male V40	Unattached	1:31:20	1:30:58	247.	37.	9:07	51.2%
2024 Richard Bennett Coastal 10m	311.	343 Sharon Reeder	Female V55	Ipswich Jaffa RC	1:31:28	1:31:13	64.	6.	9:08	65.2%
2024 Richard Bennett Coastal 10m	312.	571 Jason MacDonald	Male Senior	Unattached	1:31:35	1:30:54	248.	74.	9:09	48.7%
2024 Richard Bennett Coastal 10m	313.	453 Daniel Lloyd	Male Senior	Unattached	1:31:35	1:30:53	249.	75.	9:09	48.7%
2024 Richard Bennett Coastal 10m	314.	140 Mark Foulkes	Male V50	Kesgrave Cruisers	1:31:39	1:31:24	250.	42.	9:09	54.6%
2024 Richard Bennett Coastal 10m	315.	12 Emily Tiplady	Female Senior	Unattached	1:31:41	1:31:11	65.	26.	9:10	55.3%
2024 Richard Bennett Coastal 10m	316.	8 Matt Graham	Male Senior	Unattached	1:31:41	1:31:04	251.	76.	9:10	48.1%
2024 Richard Bennett Coastal 10m	317.	505 Jane Parkington	Female V55	Unattached	1:31:44	1:31:12	66.	7.	9:10	65.0%
2024 Richard Bennett Coastal 10m	318.	475 Caroline Burgess	Female V45	Unattached	1:31:46	1:31:23	67.	9.	9:10	60.4%
2024 Richard Bennett Coastal 10m	319.	544 Jonathan Key	Male V45	Unattached	1:31:47	1:31:31	252.	44.	9:10	51.4%
2024 Richard Bennett Coastal 10m	320.	525 Beth Maskell	Female Senior	Unattached	1:31:51	1:31:31	68.	27.	9:11	53.7%
2024 Richard Bennett Coastal 10m	321.	444 Melissa Stickland	Female Senior	Saint Edmund Pacers	1:31:54	1:31:24	69.	28.	9:11	53.8%
2024 Richard Bennett Coastal 10m	322.	90 Fran Lucey	Female Senior	Little Baddow Ridge Runners	1:32:01	1:31:26	70.	29.	9:12	54.8%
2024 Richard Bennett Coastal 10m	323.	371 Rhian Taylor	Female Senior	Unattached	1:32:08	1:31:36	71.	30.	9:12	54.1%
2024 Richard Bennett Coastal 10m	324.	370 Timmy Taylor	Male V40	Unattached	1:32:08	1:31:35	253.	38.	9:12	49.6%
2024 Richard Bennett Coastal 10m	325.	225 Jenny Lynch	Female V60+	Felixstowe RRC	1:32:11	1:31:48	72.	3.	9:13	69.1%
2024 Richard Bennett Coastal 10m	326.	473 Alex Stephenson	Male Senior	Unattached	1:32:22	1:32:03	254.	77.	9:14	47.7%
2024 Richard Bennett Coastal 10m	327.	533 Neil Burton	Male V50	Capel Cheetahs	1:32:23	1:32:10	255.	43.	9:14	54.2%
2024 Richard Bennett Coastal 10m	328.	133 George Allen	Male Senior	Saint Edmund Pacers	1:32:38	1:32:11	256.	78.	9:15	47.6%
2024 Richard Bennett Coastal 10m	329.	87 Kelly Guyon	Female V45	Unattached	1:32:46	1:32:13	73.	10.	9:16	57.2%
2024 Richard Bennett Coastal 10m	330.	88 Brad Guyon	Male V50	Unattached	1:32:47	1:32:13	257.	44.	9:16	54.9%
2024 Richard Bennett Coastal 10m	331.	332 Scott Egerton	Male Senior	Boxted Runners	1:32:50	1:32:29	258.	79.	9:16	47.5%
2024 Richard Bennett Coastal 10m	332.	439 Gi Kwong Cheung	Male V55	Ipswich Jaffa RC	1:33:07	1:32:28	259.	33.	9:18	55.7%
2024 Richard Bennett Coastal 10m	333.	583 Nikki Lee	Female Senior	Unattached	1:33:09	1:32:52	74.	31.	9:18	54.4%
2024 Richard Bennett Coastal 10m	334.	582 Adam Cook	Male V40	Unattached	1:33:09	1:32:52	260.	39.	9:18	49.4%
2024 Richard Bennett Coastal 10m	335.	598 Martin Spilsted	Male V50	Rushmere Community Runners	1:33:14	1:33:04	261.	45.	9:19	53.7%
2024 Richard Bennett Coastal 10m	336.	353 Madelyn Hawkins	Female Senior	Unattached	1:33:16	1:32:43	75.	32.	9:19	52.9%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	337.	479 Adam Chappell	Male Senior	Unattached	1:33:37	1:33:15	262.	80.	9:21	47.0%
2024 Richard Bennett Coastal 10m	338.	553 Patrick Cook	Male Senior	Felixstowe RRC	1:33:40	1:33:02	263.	81.	9:21	47.8%
2024 Richard Bennett Coastal 10m	339.	244 Ben Lloyd	Male Senior	Unattached	1:33:43	1:33:01	264.	82.	9:22	47.0%
2024 Richard Bennett Coastal 10m	340.	180 Hannah Prior	Female Senior	Unattached	1:33:52	1:33:37	76.	33.	9:23	52.5%
2024 Richard Bennett Coastal 10m	341.	305 Tony Stewart	Male V60+	Lonely Goat RC	1:33:58	1:33:22	265.	22.	9:23	63.2%
2024 Richard Bennett Coastal 10m	342.	77 Dominique Ward	Female V45	Unattached	1:34:05	1:33:44	77.	11.	9:24	57.0%
2024 Richard Bennett Coastal 10m	343.	76 Amy Howard	Female V40	Unattached	1:34:05	1:33:44	78.	13.	9:24	55.9%
2024 Richard Bennett Coastal 10m	344.	195 Anika Balfe	Female V45	Rushmere Community Runners	1:34:17	1:34:06	79.	12.	9:25	56.3%
2024 Richard Bennett Coastal 10m	345.	201 Carol Miller	Female V50	Rushmere Community Runners	1:34:17	1:34:07	80.	12.	9:25	60.9%
2024 Richard Bennett Coastal 10m	346.	384 Simon Hoyle	Male V50	Unattached	1:34:18	1:33:41	266.	46.	9:25	54.0%
2024 Richard Bennett Coastal 10m	347.	346 Matilda Sjoberg	Female Senior	Unattached	1:34:23	1:33:49	81.	34.	9:26	52.2%
2024 Richard Bennett Coastal 10m	348.	51 Luke Coster-Reeve	Male Senior	Unattached	1:34:24	1:34:00	267.	83.	9:26	47.2%
2024 Richard Bennett Coastal 10m	349.	150 Philippa Coster-Reeve	Female Senior	Unattached	1:34:24	1:34:00	82.	35.	9:26	53.0%
2024 Richard Bennett Coastal 10m	350.	65 Leanne Ashdown	Female V40	Felixstowe RRC	1:34:27	1:33:55	83.	14.	9:26	54.8%
2024 Richard Bennett Coastal 10m	351.	247 Elizabeth Woldsmith	Female Senior	Ipswich Phoenix Running Club	1:34:29	1:33:55	84.	36.	9:26	52.6%
2024 Richard Bennett Coastal 10m	352.	391 John Angel	Male V45	Unattached	1:34:31	1:33:52	268.	45.	9:27	51.2%
2024 Richard Bennett Coastal 10m	353.	386 Geraldine Clifford	Female V45	Unattached	1:34:45	1:34:11	85.	13.	9:28	57.2%
2024 Richard Bennett Coastal 10m	354.	246 Doug Betts	Male V45	Unattached	1:34:46	1:34:18	269.	46.	9:28	50.2%
2024 Richard Bennett Coastal 10m	355.	103 Rebecca Hughes	Female V55	Unattached	1:34:51	1:34:30	86.	8.	9:29	63.7%
2024 Richard Bennett Coastal 10m	356.	431 Matthew Ritchie	Male V40	Unattached	1:34:54	1:34:31	270.	40.	9:29	49.3%
2024 Richard Bennett Coastal 10m	357.	236 Karen Skene	Female V55	Capel Cheetahs	1:35:00	1:34:46	87.	9.	9:29	64.4%
2024 Richard Bennett Coastal 10m	358.	377 Hayley Harper	Female V45	Ipswich Jaffa RC	1:35:01	1:34:48	88.	14.	9:30	58.3%
2024 Richard Bennett Coastal 10m	359.	36 Mel Goodchild	Female Senior	Unattached	1:35:06	1:34:56	89.	37.	9:30	53.0%
2024 Richard Bennett Coastal 10m	360.	416 Lee Caulfield	Male V55	Colchester Harriers AC	1:35:07	1:34:31	271.	34.	9:30	54.1%
2024 Richard Bennett Coastal 10m	361.	173 Roger Robinson-Turner	Male V50	100 Marathon Club	1:35:13	1:34:36	272.	47.	9:31	53.5%
2024 Richard Bennett Coastal 10m	362.	532 Orlando Costa	Male V40	Unattached	1:35:21	1:35:05	273.	41.	9:32	47.9%
2024 Richard Bennett Coastal 10m	363.	274 Jon Lewis	Male V40	Unattached	1:35:23	1:34:56	274.	42.	9:32	49.1%
2024 Richard Bennett Coastal 10m	364.	456 Jordan Shaddick	Male Senior	Unattached	1:35:23	1:34:56	275.	84.	9:32	46.1%
2024 Richard Bennett Coastal 10m	365.	54 Tim Parnell	Male V55	Ipswich Jaffa RC	1:35:26	1:35:10	276.	35.	9:32	54.9%
2024 Richard Bennett Coastal 10m	366.	593 Amanda Booth	Female Senior	Unattached	1:35:28	1:35:13	90.	38.	9:32	52.8%
2024 Richard Bennett Coastal 10m	367.	27 Garry Venn	Male V60+	Unattached	1:35:47	1:35:35	277.	23.	9:34	57.8%
2024 Richard Bennett Coastal 10m	368.	235 Tracey Watts	Female V40	Stowmarket Striders RC	1:35:56	1:35:37	91.	15.	9:35	53.5%
2024 Richard Bennett Coastal 10m	369.	480 Richard Neal	Male V40	Felixstowe RRC	1:35:58	1:35:30	278.	43.	9:35	47.6%
2024 Richard Bennett Coastal 10m	370.	152 Andy Walter	Male V55	Norfolk Gazelles AC	1:35:59	1:35:21	279.	36.	9:35	54.1%
2024 Richard Bennett Coastal 10m	371.	265 Catherine Hubbard	Female V40	Unattached	1:36:00	1:35:18	92.	16.	9:35	54.8%
2024 Richard Bennett Coastal 10m	372.	398 Scott Girling	Male Senior	Capel Cheetahs	1:36:06	1:35:51	280.	85.	9:36	45.8%
2024 Richard Bennett Coastal 10m	373.	255 Laura Bateman	Female Senior	Vegan Runners UK Country Club	1:36:19	1:36:11	93.	39.	9:37	51.6%
2024 Richard Bennett Coastal 10m	374.	309 Sarah Glover	Female Senior	Unattached	1:36:47	1:36:01	94.	40.	9:40	51.5%
2024 Richard Bennett Coastal 10m	375.	114 Nathalie Hooper	Female V55	Hadleigh Hares AC	1:36:49	1:36:16	95.	10.	9:40	64.1%
2024 Richard Bennett Coastal 10m	376.	32 Madeleine Venn	Female Senior	Unattached	1:36:53	1:36:42	96.	41.	9:41	50.9%
2024 Richard Bennett Coastal 10m	377.	202 Andrew Smith	Male V40	Unattached	1:36:57	1:36:17	281.	44.	9:41	47.1%
2024 Richard Bennett Coastal 10m	378.	335 Mia Penn	Female V45	Unattached	1:37:01	1:36:22	97.	15.	9:42	56.5%
2024 Richard Bennett Coastal 10m	379.	302 James Wythe	Male Senior	Unattached	1:37:01	1:36:36	282.	86.	9:42	45.3%
2024 Richard Bennett Coastal 10m	380.	402 Emma Cleveland	Female V45	Unattached	1:37:12	1:36:55	98.	16.	9:43	55.1%
2024 Richard Bennett Coastal 10m	381.	536 Cassandra Badger	Female Senior	Ipswich Harriers	1:37:15	1:36:38	99.	42.	9:43	50.7%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	382.	540 Michael Sheldrake	Male Senior	Unattached	1:37:17	1:37:11	283.	87.	9:43	46.3%
2024 Richard Bennett Coastal 10m	383.	534 Jonny Goodchild	Male Senior	Unattached	1:37:19	1:36:59	284.	88.	9:43	45.2%
2024 Richard Bennett Coastal 10m	384.	462 Hans-Jurgen Wiedner	Male V60+	Unattached	1:37:21	1:36:45	285.	24.	9:44	57.4%
2024 Richard Bennett Coastal 10m	385.	44 Paul Frost	Male V50	Unattached	1:37:23	1:37:01	286.	48.	9:44	50.5%
2024 Richard Bennett Coastal 10m	386.	519 Jenny Merry	Female V45	Unattached	1:37:32	1:36:58	100.	17.	9:45	54.4%
2024 Richard Bennett Coastal 10m	387.	518 James Wood	Male V55	Unattached	1:37:32	1:36:58	287.	37.	9:45	54.7%
2024 Richard Bennett Coastal 10m	388.	198 Jack Wales	Male Senior	Unattached	1:37:35	1:37:24	288.	89.	9:45	45.0%
2024 Richard Bennett Coastal 10m	389.	199 Harry Bergdahl	Male Senior	Unattached	1:37:35	1:37:24	289.	90.	9:45	45.0%
2024 Richard Bennett Coastal 10m	390.	275 Gerry McCarthy	Male V60+	Ipswich Phoenix Running Club	1:37:39	1:37:05	290.	25.	9:45	60.8%
2024 Richard Bennett Coastal 10m	391.	334 Ivana Lessner Listiakova	Female Senior	Unattached	1:37:39	1:37:17	101.	43.	9:45	51.7%
2024 Richard Bennett Coastal 10m	392.	252 Lisa Loomes	Female Senior	Ipswich Jaffa RC	1:37:42	1:37:21	102.	44.	9:46	51.6%
2024 Richard Bennett Coastal 10m	393.	406 Kelly Wade	Female V40	Ipswich Jaffa RC	1:37:42	1:37:21	103.	17.	9:46	52.9%
2024 Richard Bennett Coastal 10m	394.	330 Samantha Cloud	Female V55	Unattached	1:37:47	1:37:08	104.	11.	9:46	63.4%
2024 Richard Bennett Coastal 10m	395.	25 James Wilcox	Male V50	Unattached	1:38:06	1:37:24	291.	49.	9:48	51.0%
2024 Richard Bennett Coastal 10m	396.	210 Martin Garrod	Male V60+	Ipswich Phoenix Running Club	1:38:09	1:37:35	292.	26.	9:48	58.1%
2024 Richard Bennett Coastal 10m	397.	64 Ed Abbott	Male Senior	Woodbridge Shufflers RC	1:38:15	1:37:54	293.	91.	9:49	45.9%
2024 Richard Bennett Coastal 10m	398.	49 Gordon Pethybridge	Male V55	Woodbridge Shufflers RC	1:38:15	1:37:54	294.	38.	9:49	54.3%
2024 Richard Bennett Coastal 10m	399.	251 John Bain	Male V60+	Lonely Goat RC	1:38:19	1:37:56	295.	27.	9:49	58.0%
2024 Richard Bennett Coastal 10m	400.	572 Matt Doran	Male V50	Harwich Runners	1:38:22	1:37:42	296.	50.	9:50	50.0%
2024 Richard Bennett Coastal 10m	401.	211 Lydia Foy	Female V45	Unattached	1:38:28	1:38:09	105.	18.	9:50	56.3%
2024 Richard Bennett Coastal 10m	402.	337 Kirsty Aberdein	Female V50	Unattached	1:38:30	1:38:14	106.	13.	9:50	58.3%
2024 Richard Bennett Coastal 10m	403.	338 Connie Rutterford	Female Senior	Unattached	1:38:30	1:38:14	107.	45.	9:50	50.1%
2024 Richard Bennett Coastal 10m	404.	267 Samantha Emms	Female V40	Run Mummy Run CRC	1:38:45	1:38:02	108.	18.	9:52	52.8%
2024 Richard Bennett Coastal 10m	405.	498 Teresa Brown	Female V40	Rushmere Community Runners	1:38:48	1:38:38	109.	19.	9:52	51.6%
2024 Richard Bennett Coastal 10m	406.	549 Tracy Ratcliffe	Female V50	Rushmere Community Runners	1:38:48	1:38:38	110.	14.	9:52	57.4%
2024 Richard Bennett Coastal 10m	407.	166 Angeliqe Scully	Female V50	Rushmere Community Runners	1:38:49	1:38:38	111.	15.	9:52	58.1%
2024 Richard Bennett Coastal 10m	408.	188 James Mears	Male V60+	Haverhill Running Club	1:39:06	1:38:30	297.	28.	9:54	54.3%
2024 Richard Bennett Coastal 10m	409.	43 Kelly Frost	Female Senior	Unattached	1:39:07	1:38:45	112.	46.	9:54	50.9%
2024 Richard Bennett Coastal 10m	410.	367 Richard Allport	Male V60+	Felixstowe RRC	1:39:10	1:38:46	298.	29.	9:54	54.3%
2024 Richard Bennett Coastal 10m	411.	53 Craig Osborn	Male V60+	100 Marathon Club	1:39:13	1:38:03	299.	30.	9:55	56.4%
2024 Richard Bennett Coastal 10m	412.	339 Stephanie Walker	Female Senior	Unattached	1:39:18	1:38:45	113.	47.	9:55	50.6%
2024 Richard Bennett Coastal 10m	413.	506 Rob Nixon	Male Senior	Ipswich Jaffa RC	1:39:19	1:38:57	300.	92.	9:55	44.9%
2024 Richard Bennett Coastal 10m	414.	595 James Ellis	Male V40	Stowmarket Striders RC	1:39:20	1:39:01	301.	45.	9:55	46.3%
2024 Richard Bennett Coastal 10m	415.	161 Daniel Smith	Male Senior	Unattached	1:39:24	1:38:55	302.	93.	9:56	44.2%
2024 Richard Bennett Coastal 10m	416.	608 Jamie Jackson	Male Senior	Felixstowe RRC	1:39:27	1:39:07	303.	94.	9:56	44.2%
2024 Richard Bennett Coastal 10m	417.	153 Ollie Brookes	Male Senior	Unattached	1:39:27	1:38:58	304.	95.	9:56	44.2%
2024 Richard Bennett Coastal 10m	418.	546 Robert Reason	Male V55	Stowmarket Striders RC	1:39:31	1:38:58	305.	39.	9:57	53.6%
2024 Richard Bennett Coastal 10m	419.	589 Nicola Young	Female V55	Unattached	1:39:34	1:38:59	114.	12.	9:57	60.7%
2024 Richard Bennett Coastal 10m	420.	587 Melanie Harrell	Female V45	Unattached	1:39:34	1:38:59	115.	19.	9:57	54.4%
2024 Richard Bennett Coastal 10m	421.	432 Tony Adolphus	Male V60+	Ipswich Jaffa RC	1:39:40	1:39:01	306.	31.	9:57	57.2%
2024 Richard Bennett Coastal 10m	422.	82 Katie Meadows	Female Senior	Felixstowe RRC	1:39:40	1:39:16	116.	48.	9:57	49.5%
2024 Richard Bennett Coastal 10m	423.	358 Alice Meadows	Female Senior	Felixstowe RRC	1:39:40	1:39:16	117.	49.	9:57	49.5%
2024 Richard Bennett Coastal 10m	424.	270 Emma Calver	Female V50	Unattached	1:39:54	1:39:20	118.	16.	9:59	56.1%
2024 Richard Bennett Coastal 10m	425.	271 Emma Richbell	Female V50	Unattached	1:39:55	1:39:20	119.	17.	9:59	57.5%
2024 Richard Bennett Coastal 10m	426.	393 Charlotte Richardson	Female V45	Unattached	1:40:08	1:39:36	120.	20.	10:00	53.0%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	427.	390 Claire Richardson	Female V45	Unattached	1:40:08	1:39:34	121.	21.	10:00	53.0%
2024 Richard Bennett Coastal 10m	428.	317 Lucia Hardwick	Female V45	Kesgrave Cruisers	1:40:14	1:39:47	122.	22.	10:01	54.0%
2024 Richard Bennett Coastal 10m	429.	167 Ewa Niezgodka	Female V40	Unattached	1:40:26	1:40:01	123.	20.	10:02	51.5%
2024 Richard Bennett Coastal 10m	430.	132 Pam Morgan	Female V60+	Ipswich Triathlon Club	1:40:40	1:40:11	124.	4.	10:03	78.1%
2024 Richard Bennett Coastal 10m	431.	241 Hayley Berkel	Female V50	Kesgrave Cruisers	1:40:45	1:40:18	125.	18.	10:04	55.7%
2024 Richard Bennett Coastal 10m	432.	107 Stephen Thorndyke	Male V40	Unattached	1:40:54	1:40:17	307.	46.	10:05	46.0%
2024 Richard Bennett Coastal 10m	433.	469 Lee Mears	Male Senior	Unattached	1:40:58	1:40:22	308.	96.	10:05	43.7%
2024 Richard Bennett Coastal 10m	434.	17 Oliver Frater	Male Senior	Unattached	1:41:06	1:40:26	309.	97.	10:06	44.6%
2024 Richard Bennett Coastal 10m	435.	372 Thomas Gibson	Male Senior	Unattached	1:41:12	1:40:45	310.	98.	10:07	43.4%
2024 Richard Bennett Coastal 10m	436.	373 Alex Biedul	Male Senior	Unattached	1:41:25	1:40:58	311.	99.	10:08	43.3%
2024 Richard Bennett Coastal 10m	437.	263 Paul Causon	Male V45	Unattached	1:41:37	1:40:53	312.	47.	10:09	48.0%
2024 Richard Bennett Coastal 10m	438.	528 Joanna Blyth	Female V50	Felixstowe RRC	1:41:50	1:41:37	126.	19.	10:10	57.8%
2024 Richard Bennett Coastal 10m	439.	307 Jo Whelan	Female V60+	Felixstowe RRC	1:41:59	1:41:35	127.	5.	10:11	65.1%
2024 Richard Bennett Coastal 10m	440.	394 Stephen Blyth	Male V60+	Felixstowe RRC	1:42:07	1:42:00	313.	32.	10:12	57.6%
2024 Richard Bennett Coastal 10m	441.	129 Amy Welsh	Female Senior	Unattached	1:42:12	1:41:44	128.	50.	10:13	49.6%
2024 Richard Bennett Coastal 10m	442.	130 Chris Dutton	Male V60+	Unattached	1:42:12	1:41:44	314.	33.	10:13	54.2%
2024 Richard Bennett Coastal 10m	443.	181 Helen Herbert	Female V40	Unattached	1:42:20	1:42:05	129.	21.	10:13	50.9%
2024 Richard Bennett Coastal 10m	444.	286 Paul Dorset	Male V50	Felixstowe RRC	1:42:34	1:42:02	315.	51.	10:15	48.8%
2024 Richard Bennett Coastal 10m	445.	433 Bryan Perry	Male Senior	Unattached	1:42:46	1:42:09	316.	100.	10:16	43.4%
2024 Richard Bennett Coastal 10m	446.	3 Rosie Bennett	Female Senior	Unattached	1:42:46	1:42:21	130.	51.	10:16	48.0%
2024 Richard Bennett Coastal 10m	447.	477 Olivia Hine	Female Senior	Unattached	1:42:46	1:42:20	131.	52.	10:16	48.0%
2024 Richard Bennett Coastal 10m	448.	269 Tabetha Snape	Female V50	Unattached	1:42:47	1:42:07	132.	20.	10:16	54.6%
2024 Richard Bennett Coastal 10m	449.	268 Zoe Wragg	Female V50	Unattached	1:42:47	1:42:07	133.	21.	10:16	56.6%
2024 Richard Bennett Coastal 10m	450.	355 Bonnie Swan	Female V50	Unattached	1:42:49	1:42:36	134.	22.	10:16	56.6%
2024 Richard Bennett Coastal 10m	451.	515 Adam Turrell	Male V50	Unattached	1:42:49	1:42:30	317.	52.	10:16	47.9%
2024 Richard Bennett Coastal 10m	452.	84 Louise Curtis	Female V50	Vegan Runners UK Country Club	1:42:57	1:42:49	135.	23.	10:17	56.5%
2024 Richard Bennett Coastal 10m	453.	14 Melanie Blagden	Female V50	Saxmundham Sports Running & J	1:43:10	1:42:30	136.	24.	10:18	56.4%
2024 Richard Bennett Coastal 10m	454.	10 Claire Butcher	Female V40	Felixstowe RRC	1:43:11	1:42:47	137.	22.	10:19	50.5%
2024 Richard Bennett Coastal 10m	455.	341 Viki Smith	Female V40	Unattached	1:43:15	1:42:41	138.	23.	10:19	50.5%
2024 Richard Bennett Coastal 10m	456.	555 Gemma Peck	Female Senior	Fordy Runs Running Club	1:43:20	1:42:42	139.	53.	10:19	49.1%
2024 Richard Bennett Coastal 10m	457.	420 Vicki Neve	Female V40	BLC on the Run	1:43:49	1:43:19	140.	24.	10:22	50.6%
2024 Richard Bennett Coastal 10m	458.	410 Nicky Tyler	Female V45	BLC on the Run	1:43:49	1:43:19	141.	23.	10:22	51.6%
2024 Richard Bennett Coastal 10m	459.	62 Wendy Quantrell	Female V50	Woodbridge Shufflers RC	1:43:59	1:43:37	142.	25.	10:23	54.6%
2024 Richard Bennett Coastal 10m	460.	291 Arabella Lewendon	Female V60+	Felixstowe RRC	1:44:00	1:43:23	143.	6.	10:23	62.1%
2024 Richard Bennett Coastal 10m	461.	250 Leoni Harvey	Female V40	Great Bentley Running Club	1:44:05	1:43:36	144.	25.	10:24	49.7%
2024 Richard Bennett Coastal 10m	462.	105 David Lampard	Male V60+	Felixstowe RRC	1:44:17	1:43:53	318.	34.	10:25	51.6%
2024 Richard Bennett Coastal 10m	463.	117 Lisa Squirrell	Female V45	Woodbridge Shufflers RC	1:44:24	1:43:55	145.	24.	10:26	51.9%
2024 Richard Bennett Coastal 10m	464.	482 Guy Brinkley	Male V40	Unattached	1:44:25	1:44:12	319.	47.	10:26	44.4%
2024 Richard Bennett Coastal 10m	465.	336 Harry Travis	Male Senior	Unattached	1:44:30	1:43:55	320.	101.	10:26	42.1%
2024 Richard Bennett Coastal 10m	466.	573 Chris Ryan	Male V60+	Unattached	1:44:45	1:44:12	321.	35.	10:28	57.4%
2024 Richard Bennett Coastal 10m	467.	426 Ian Knights	Male V45	Kesgrave Cruisers	1:44:51	1:44:23	322.	48.	10:29	46.5%
2024 Richard Bennett Coastal 10m	468.	579 Claire Pickard	Female V45	Woodbridge Shufflers RC	1:45:02	1:44:33	146.	25.	10:30	52.8%
2024 Richard Bennett Coastal 10m	469.	521 Carolyn Tynan	Female V45	Capel Cheetahs	1:45:08	1:44:53	147.	26.	10:30	52.7%
2024 Richard Bennett Coastal 10m	470.	313 Richie Taylor	Male V45	Kesgrave Cruisers	1:45:17	1:44:51	323.	49.	10:31	45.6%
2024 Richard Bennett Coastal 10m	471.	366 Jacqueline Allport	Female V55	Felixstowe RRC	1:45:31	1:45:07	148.	13.	10:33	58.0%

RACE CHIP TIMING RESULTS

2024 Richard Bennett Coastal 10m	472.	22 Charlotte Williams	Female V40	Woodbridge Shufflers RC	1:45:44	1:45:16	149.	26.	10:34	48.2%
2024 Richard Bennett Coastal 10m	473.	207 Rob Bentley	Male Senior	Unattached	1:46:03	1:45:43	324.	102.	10:36	41.9%
2024 Richard Bennett Coastal 10m	474.	310 Johnston John	Male Senior	Unattached	1:46:03	1:45:18	325.	103.	10:36	41.7%
2024 Richard Bennett Coastal 10m	475.	603 Rebecca Dowson	Female Senior	Unattached	1:46:24	1:45:43	150.	54.	10:38	47.0%
2024 Richard Bennett Coastal 10m	476.	552 Daniel Case	Male Senior	Unattached	1:46:25	1:45:46	326.	104.	10:38	41.6%
2024 Richard Bennett Coastal 10m	477.	581 David King	Male Senior	Unattached	1:46:26	1:45:46	327.	105.	10:38	41.5%
2024 Richard Bennett Coastal 10m	478.	194 Laura Clinton	Female V40	Unattached	1:46:33	1:45:54	151.	27.	10:39	48.2%
2024 Richard Bennett Coastal 10m	479.	45 Karen Flower	Female V55	Saxmundham Sports Running & J	1:46:43	1:46:03	152.	14.	10:40	56.6%
2024 Richard Bennett Coastal 10m	480.	86 Katy Windeatt	Female V50	Kesgrave Cruisers	1:46:47	1:46:19	153.	26.	10:40	53.2%
2024 Richard Bennett Coastal 10m	481.	490 Kevin Davidson	Male V60+	Unattached	1:47:06	1:46:35	328.	36.	10:42	51.2%
2024 Richard Bennett Coastal 10m	482.	511 Charlotte Newall	Female Senior	Unattached	1:47:22	1:46:41	154.	55.	10:44	46.5%
2024 Richard Bennett Coastal 10m	483.	18 Sarah Wheeler	Female Senior	Unattached	1:47:29	1:47:00	155.	56.	10:44	45.9%
2024 Richard Bennett Coastal 10m	484.	264 Rachel Oakley	Female V55	Stowmarket Striders RC	1:47:39	1:47:06	156.	15.	10:45	57.6%
2024 Richard Bennett Coastal 10m	485.	109 Anca Stadler	Female Senior	Felixstowe RRC	1:47:59	1:47:21	157.	57.	10:47	46.3%
2024 Richard Bennett Coastal 10m	486.	400 Kate Hutson	Female V40	Ipswich Jaffa RC	1:48:12	1:47:43	158.	28.	10:49	48.6%
2024 Richard Bennett Coastal 10m	487.	409 Pauline Goffin	Female V45	BLC on the Run	1:48:47	1:48:16	159.	27.	10:52	50.3%
2024 Richard Bennett Coastal 10m	488.	412 Beverley Poore	Female V55	BLC on the Run	1:48:47	1:48:16	160.	16.	10:52	54.8%
2024 Richard Bennett Coastal 10m	489.	187 Joe Ward	Male Senior	Unattached	1:49:03	1:48:48	329.	106.	10:54	41.1%
2024 Richard Bennett Coastal 10m	490.	70 Adriana Houchell	Female Senior	Ipswich Jaffa RC	1:49:24	1:49:02	161.	58.	10:56	45.9%
2024 Richard Bennett Coastal 10m	491.	92 Anna Tomaszczuk	Female V45	Unattached	1:49:27	1:48:50	162.	28.	10:56	50.6%
2024 Richard Bennett Coastal 10m	492.	404 Mandy Godbold	Female V55	Ipswich Harriers	1:49:48	1:49:39	163.	17.	10:58	55.0%
2024 Richard Bennett Coastal 10m	493.	120 Lauren Searle	Female Senior	Unattached	1:50:04	1:49:49	164.	59.	11:00	44.8%
2024 Richard Bennett Coastal 10m	494.	122 Sara Brown	Female Senior	Unattached	1:50:04	1:49:30	165.	60.	11:00	45.6%
2024 Richard Bennett Coastal 10m	495.	138 Jackie Collins	Female V60+	Felixstowe RRC	1:50:37	1:50:12	166.	7.	11:03	57.6%
2024 Richard Bennett Coastal 10m	496.	348 Julie Haselwood	Female V60+	Ipswich Jaffa RC	1:51:04	1:50:42	167.	8.	11:06	67.4%
2024 Richard Bennett Coastal 10m	497.	392 Jo Angel	Female V50	Unattached	1:51:05	1:50:26	168.	27.	11:06	50.5%
2024 Richard Bennett Coastal 10m	498.	174 Carol Downs	Female V55	Redway Runners	1:51:26	1:50:54	169.	18.	11:08	56.4%
2024 Richard Bennett Coastal 10m	499.	414 Sapphira Minns	Female Senior	Unattached	1:51:50	1:51:32	170.	61.	11:10	44.7%
2024 Richard Bennett Coastal 10m	500.	63 Haley Duffy	Female V45	Ipswich Jaffa RC	1:51:55	1:51:33	171.	29.	11:11	47.4%
2024 Richard Bennett Coastal 10m	501.	56 Matt Makin	Male Senior	Felixstowe RRC	1:52:08	1:51:36	330.	107.	11:12	39.9%
2024 Richard Bennett Coastal 10m	502.	396 Mia Cairns	Female Senior	Unattached	1:52:12	1:51:46	172.	62.	11:13	43.9%
2024 Richard Bennett Coastal 10m	503.	600 Claire Walden	Female Senior	BLC on the Run	1:53:06	1:52:36	173.	63.	11:18	43.6%
2024 Richard Bennett Coastal 10m	504.	574 Richard Westley	Male V60+	Unattached	1:53:48	1:53:06	331.	37.	11:22	47.7%
2024 Richard Bennett Coastal 10m	505.	110 Alex Stadler	Male Senior	Felixstowe RRC	1:53:59	1:53:11	332.	108.	11:23	38.9%
2024 Richard Bennett Coastal 10m	506.	52 Mandy Chinery	Female V50	Kesgrave Cruisers	1:54:21	1:53:54	174.	28.	11:26	50.9%
2024 Richard Bennett Coastal 10m	507.	349 Claire Rush	Female V45	Kesgrave Cruisers	1:55:11	1:54:44	175.	30.	11:31	46.5%
2024 Richard Bennett Coastal 10m	508.	527 Mark Sadler	Male V40	Felixstowe RRC	1:55:25	1:54:46	333.	48.	11:32	40.2%
2024 Richard Bennett Coastal 10m	509.	526 Sian Taylor	Female Senior	Unattached	1:55:25	1:54:46	176.	64.	11:32	43.1%
2024 Richard Bennett Coastal 10m	510.	522 Chloe MacGregor	Female Senior	Unattached	1:55:27	1:55:11	177.	65.	11:32	42.7%
2024 Richard Bennett Coastal 10m	511.	607 Natasha Owen	Female Senior	Unattached	1:55:27	1:55:11	178.	66.	11:32	42.7%
2024 Richard Bennett Coastal 10m	512.	514 Molly Lewis	Female Senior	Unattached	1:57:01	1:56:29	179.	67.	11:42	42.1%
2024 Richard Bennett Coastal 10m	513.	38 Faith Lewis	Female V50	Saint Edmund Pacers	1:57:02	1:56:28	180.	29.	11:42	47.9%
2024 Richard Bennett Coastal 10m	514.	135 Katherine Aykroyd	Female V40	Felixstowe RRC	1:57:46	1:57:16	181.	29.	11:46	43.3%
2024 Richard Bennett Coastal 10m	515.	311 Charlotte Eve	Female Senior	Unattached	1:57:56	1:57:31	182.	68.	11:47	41.8%
2024 Richard Bennett Coastal 10m	516.	403 Adel Webber	Female V40	Unattached	1:58:00	1:57:34	183.	30.	11:47	43.2%

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2024 Richard Bennett Coastal 10m	517.	418 Stacie Long	Female Senior	Vegan Runners UK Country Club	1:58:04	1:57:41	184.	69.	11:48	42.0%
2024 Richard Bennett Coastal 10m	518.	189 Jo Birch	Female V50	Lonely Goat RC	1:58:06	1:57:43	185.	30.	11:48	47.5%
2024 Richard Bennett Coastal 10m	519.	516 Samantha Howe	Female V50	Unattached	1:58:33	1:58:13	186.	31.	11:51	48.5%
2024 Richard Bennett Coastal 10m	520.	220 Kirsti Martin	Female V40	Unattached	1:59:03	1:58:31	187.	31.	11:54	43.4%
2024 Richard Bennett Coastal 10m	521.	221 Debbie McDowall	Female V60+	Stowmarket Striders RC	1:59:03	1:58:31	188.	9.	11:54	55.8%
2024 Richard Bennett Coastal 10m	522.	2 Holly Bennett	Female Senior	Unattached	2:00:03	1:59:37	189.	70.	12:00	41.1%
2024 Richard Bennett Coastal 10m	523.	83 Lisa Mahoney	Female V50	Unattached	2:00:37	2:00:06	190.	32.	12:03	47.1%
2024 Richard Bennett Coastal 10m	524.	298 Lucy Jones	Female Senior	Unattached	2:00:56	2:00:15	191.	71.	12:05	40.8%
2024 Richard Bennett Coastal 10m	525.	1 Annabel Bennett	Female V60+	Unattached	2:01:28	2:01:02	192.	10.	12:08	52.4%
2024 Richard Bennett Coastal 10m	526.	154 Gareth Carr	Male V40	Unattached	2:02:06	2:01:38	334.	49.	12:12	38.0%
2024 Richard Bennett Coastal 10m	527.	23 Hannah Anthony	Female Senior	Unattached	2:02:21	2:01:51	193.	72.	12:14	40.3%
2024 Richard Bennett Coastal 10m	528.	326 Sarah Harmon	Female V50	Felixstowe RRC	2:03:16	2:02:40	194.	33.	12:19	45.5%
2024 Richard Bennett Coastal 10m	529.	327 Jamie Stringer	Male V45	Felixstowe RRC	2:03:16	2:02:41	335.	50.	12:19	39.2%
2024 Richard Bennett Coastal 10m	530.	460 Beth Malster	Female V45	Unattached	2:06:25	2:05:43	195.	31.	12:38	42.8%
2024 Richard Bennett Coastal 10m	531.	297 Melody Howard	Female Senior	Unattached	2:06:55	2:06:14	196.	73.	12:41	38.8%
2024 Richard Bennett Coastal 10m	532.	168 Tomas Regent	Male V40	Unattached	2:09:54	2:09:12	336.	50.	12:59	35.2%
2024 Richard Bennett Coastal 10m	533.	266 Sam Tatham	Male Senior	Unattached	2:09:57	2:09:32	337.	109.	12:59	33.8%
2024 Richard Bennett Coastal 10m	534.	463 Ali Ostler	Female V40	Felixstowe RRC	2:10:34	2:09:53	197.	32.	13:03	39.6%
2024 Richard Bennett Coastal 10m	535.	565 Mark Garfield	Male V50	Unattached	2:11:49	2:11:05	338.	53.	13:10	38.6%
2024 Richard Bennett Coastal 10m	536.	415 Gillian Roberts	Female V60+	Unattached	2:17:58	2:17:41	198.	11.	13:47	48.8%
2024 Richard Bennett Coastal 10m	a.k.	438 Not In Use								0.0%
2024 Richard Bennett Coastal 10m	a.k.	465 Jamie Jackson	Male Senior	Felixstowe RRC						0.0%
2024 Richard Bennett Coastal 10m	DNF	262 Claire Steele	Female V50	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNF	454 John Clarke	Male V60+	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	9 Danny Blackman	Male V55	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	13 Alex Mahoney	Female Senior	Rushmere Community Runners						0.0%
2024 Richard Bennett Coastal 10m	DNS	24 Robin Belsom	Male V60+	Ipswich Jaffa RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	28 Jane Hallinan	Female Senior	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	31 Mik Carr	Male V60+	Bungay Black Dog RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	39 Sarah Bowden	Female V50	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	40 Noah Bowden	Male Senior	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	46 Steve Adams	Male V60+	Felixstowe RRC						0.0%
2024 Richard Bennett Coastal 10m	DNS	57 Helen Self	Female Senior	Felixstowe RRC						0.0%
2024 Richard Bennett Coastal 10m	DNS	59 Angela Soames	Female V45	Kesgrave Cruisers						0.0%
2024 Richard Bennett Coastal 10m	DNS	61 Stephen Bullen	Male V50	Great Bentley Running Club						0.0%
2024 Richard Bennett Coastal 10m	DNS	66 Sarah Smith	Female Senior	Woodbridge Shufflers RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	75 Christopher Bing	Male V40	Ipswich Jaffa RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	78 Rob Peevor	Male V40	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	89 Susan Smale	Female V45	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	96 Sandra Roberts	Female V60+	Ipswich Jaffa RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	99 Charles Ladell	Male Senior	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	116 Larry Booth	Male V55	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	118 Rob Squirell	Male V50	Woodbridge Shufflers RC						0.0%
2024 Richard Bennett Coastal 10m	DNS	119 Matt Hope	Male V50	Unattached						0.0%
2024 Richard Bennett Coastal 10m	DNS	121 David Masters	Male V40	Felixstowe RRC						0.0%

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2024 Richard Bennett Coastal 10m	DNS	143 Mark Cooper	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	144 Emily Nash	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	155 Matthew Watkins	Male V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	175 Harley Marshall	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	182 Laura García Martínez	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	196 Andrew Cocker	Male V60+	Rushmere Community Runners	0.0%
2024 Richard Bennett Coastal 10m	DNS	203 Grace King	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	206 Cameron Davey	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	209 Graham Garrod	Male V55	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	212 Shelley Walne	Female V45	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	218 David Smith	Male V45	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	219 Rob Harrow	Male V45	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	224 Gemma Addy	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	226 Suzie Fernley	Female V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	232 Bryan Wybrow	Male V40	Felixstowe RRC	0.0%
2024 Richard Bennett Coastal 10m	DNS	234 Anne Varene Herbert	Female V60+	Harwich Runners	0.0%
2024 Richard Bennett Coastal 10m	DNS	248 Emma Keen	Female Senior	Felixstowe RRC	0.0%
2024 Richard Bennett Coastal 10m	DNS	254 Rachael Williams	Female V50	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	276 Julia Glendenning	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	281 Jennifer Meredith	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	285 Gareth Jooste	Male V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	290 Larissa Mayhew	Female V55	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	319 Andrea James	Female Senior	Great Bentley Running Club	0.0%
2024 Richard Bennett Coastal 10m	DNS	322 Jonathan Pestell	Male V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	323 Megan Rea	Female Senior	Woodbridge Shufflers RC	0.0%
2024 Richard Bennett Coastal 10m	DNS	345 Oscar Brennecke-Dunn	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	351 Alexandru Pavel	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	362 Richard Crane	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	378 Ellie Calver	Female Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	381 Andrew Chatfield	Male V45	Capel Cheetahs	0.0%
2024 Richard Bennett Coastal 10m	DNS	382 Amanda Mortimer	Female V40	Ipswich Jaffa RC	0.0%
2024 Richard Bennett Coastal 10m	DNS	401 Andrew Cleveland	Male V50	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	413 Luke Arkle	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	417 Sue Hargadon	Female V60+	Woodbridge Shufflers RC	0.0%
2024 Richard Bennett Coastal 10m	DNS	427 Derek Potter	Male V60+	Lowestoft Road Runners	0.0%
2024 Richard Bennett Coastal 10m	DNS	428 Andy Parton	Male V55	Capel Cheetahs	0.0%
2024 Richard Bennett Coastal 10m	DNS	441 Kevin Scott	Male V55	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	447 Mark Brewer	Male V60+	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	458 Daniel Borrett	Male V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	467 Gulliver Hedley	Male V50	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	474 Bradley Sheldrick	Male Senior	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	492 Julie Harrison	Female V55	Ipswich Jaffa RC	0.0%
2024 Richard Bennett Coastal 10m	DNS	509 Mark Chalklen	Male V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	510 Rebecca Chalklen	Female V40	Unattached	0.0%
2024 Richard Bennett Coastal 10m	DNS	520 Scott Williams	Male Senior	Saint Edmund Pacers	0.0%

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2024 Richard Bennett Coastal 10m	DNS	541 Tom Hancock	Male V50	Harwich Runners			0.0%
2024 Richard Bennett Coastal 10m	DNS	562 Rob Jones	Male V50	Unattached			0.0%
2024 Suffolk County Championships 10m	1.	517 Michael Gilbert	Male Open	Cambridge & Coleridge AC	55:47	55:46	
2024 Suffolk County Championships 10m	2.	419 Benjamin Carpendale	Male Open	Felixstowe RRC	55:54	55:53	
2024 Suffolk County Championships 10m	3.	397 Owen Rees	Male Open	Ipswich Phoenix Running Club	57:55	57:52	
2024 Suffolk County Championships 10m	4.	124 Tony Gavin	MM40	Felixstowe RRC	59:08	59:06	
2024 Suffolk County Championships 10m	5.	29 James Wilson	Male Open	Saxmundham Sports Running & Joggers	59:21	59:19	
2024 Suffolk County Championships 10m	6.	249 Jonathan Pye	Male Open	Newmarket Joggers	59:25	59:23	
2024 Suffolk County Championships 10m	7.	443 Jim Last	MM45	Framlingham Flyers	59:36	59:34	
2024 Suffolk County Championships 10m	8.	449 James Smith	MM45	Newmarket Joggers	1:00:48	1:00:46	
2024 Suffolk County Championships 10m	9.	491 Mark Allen	MM55	Ipswich Jaffa RC	1:01:17	1:01:14	
2024 Suffolk County Championships 10m	10.	79 Andrew Southwood	MM45	Saint Edmund Pacers	1:02:00	1:01:58	
2024 Suffolk County Championships 10m	11.	288 Gary Taylor	Male Open	Felixstowe RRC	1:02:42	1:02:41	
2024 Suffolk County Championships 10m	12.	21 Alex McCarthy	Male Open	Unattached	1:02:49	1:02:48	
2024 Suffolk County Championships 10m	13.	316 Neal Hardwick	MM45	Kesgrave Cruisers	1:03:04	1:03:00	
2024 Suffolk County Championships 10m	14.	30 Neill Readhead	Male Open	Saxmundham Sports Running & Joggers	1:03:14	1:03:12	
2024 Suffolk County Championships 10m	15.	192 Lloyd Bradley	Male Open	Saint Edmund Pacers	1:03:40	1:03:39	
2024 Suffolk County Championships 10m	16.	163 Katie King	Female Open	Saint Edmund Pacers	1:03:54	1:03:52	
2024 Suffolk County Championships 10m	17.	94 Dave Solomon	MM55	Felixstowe RRC	1:04:14	1:04:11	
2024 Suffolk County Championships 10m	18.	16 Neil Coulson	MM50	Felixstowe RRC	1:04:16	1:04:13	
2024 Suffolk County Championships 10m	19.	408 Adam Wade	MM40	Ipswich Jaffa RC	1:04:24	1:04:23	
2024 Suffolk County Championships 10m	20.	379 Joe Hughes	Male Open	BLC on the Run	1:04:38	1:04:35	
2024 Suffolk County Championships 10m	21.	136 Steve Brooke	MM55	Felixstowe RRC	1:05:12	1:05:08	
2024 Suffolk County Championships 10m	22.	204 Katie Austin	FM40	Ipswich Jaffa RC	1:05:28	1:05:26	
2024 Suffolk County Championships 10m	23.	257 Aidan Elmore	Male Open	Saint Edmund Pacers	1:06:00	1:05:55	
2024 Suffolk County Championships 10m	24.	37 Piotr Bulacz	MM50	Sudbury Joggers	1:06:24	1:06:19	
2024 Suffolk County Championships 10m	25.	95 George Mann	Male Open	Unattached	1:07:41	1:07:33	
2024 Suffolk County Championships 10m	26.	260 Andy Ellis	Male Open	Felixstowe RRC	1:07:46	1:07:43	
2024 Suffolk County Championships 10m	27.	151 Hayley Magill	Female Open	Ipswich Jaffa RC	1:07:50	1:07:45	
2024 Suffolk County Championships 10m	28.	176 Ashley Smy	MM40	Felixstowe RRC	1:08:13	1:08:11	
2024 Suffolk County Championships 10m	29.	115 Simon Stafford	MM50	Kesgrave Cruisers	1:08:22	1:08:18	
2024 Suffolk County Championships 10m	30.	216 Emma Mortimer	Female Open	Ipswich Phoenix Running Club	1:09:20	1:09:16	
2024 Suffolk County Championships 10m	31.	229 Melvyn Maycock	MM40	Ipswich Jaffa RC	1:09:23	1:09:18	
2024 Suffolk County Championships 10m	32.	231 Kyle Church	Male Open	Saxmundham Sports Running & Joggers	1:09:27	1:09:22	
2024 Suffolk County Championships 10m	33.	331 Daniel Summersgill	MM40	Ipswich Jaffa RC	1:09:33	1:09:27	
2024 Suffolk County Championships 10m	34.	125 Andrew Laws	MM60	Ipswich Jaffa RC	1:09:35	1:09:29	
2024 Suffolk County Championships 10m	35.	300 Neil Gillingham	MM40	Ipswich Harriers	1:09:51	1:09:47	
2024 Suffolk County Championships 10m	36.	425 Daryl Simpson	MM50	Ipswich Jaffa RC	1:10:17	1:10:11	
2024 Suffolk County Championships 10m	37.	60 Robin Harper	MM45	Felixstowe RRC	1:10:19	1:10:16	
2024 Suffolk County Championships 10m	38.	159 Christopher Fuller	Male Open	Saxmundham Sports Running & Joggers	1:11:19	1:11:14	
2024 Suffolk County Championships 10m	39.	457 Christopher Underwood	Male Open	Newmarket Joggers	1:11:27	1:11:24	
2024 Suffolk County Championships 10m	40.	223 Rory Hunter	Male Open	Ipswich Jaffa RC	1:11:47	1:11:40	
2024 Suffolk County Championships 10m	41.	294 Duane Howard	MM55	Kesgrave Cruisers	1:11:53	1:11:49	
2024 Suffolk County Championships 10m	42.	102 Sam Baxter	FM40	Felixstowe RRC	1:12:32	1:12:27	
2024 Suffolk County Championships 10m	43.	306 Jason Cattermole	MM55	Ipswich Jaffa RC	1:12:44	1:12:36	

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2024 Suffolk County Championships 10m	44.	365 Kathy Wilson-Brown	Female Open	Ipswich Jaffa RC	1:13:06	1:13:00
2024 Suffolk County Championships 10m	45.	81 John Vincombe	Male Open	Unattached	1:13:09	1:13:05
2024 Suffolk County Championships 10m	46.	48 Simon Pryke	MM45	Saxmundham Sports Running & J	1:13:25	1:13:15
2024 Suffolk County Championships 10m	47.	407 Jon Battram	MM50	Colchester Harriers AC	1:13:36	1:13:00
2024 Suffolk County Championships 10m	48.	73 Richard Wold	MM65	Felixstowe RRC	1:13:38	1:13:34
2024 Suffolk County Championships 10m	49.	55 Harry Grimsey	Male Open	Saxmundham Sports Running & J	1:13:54	1:13:45
2024 Suffolk County Championships 10m	50.	434 Oliver Dixon	Male Open	Unattached	1:14:07	1:13:50
2024 Suffolk County Championships 10m	51.	350 Kevin Coleman	MM55	Stowmarket Striders RC	1:14:19	1:14:11
2024 Suffolk County Championships 10m	52.	47 Kerry Buckley	MM50	Felixstowe RRC	1:14:36	1:14:29
2024 Suffolk County Championships 10m	53.	289 Maria Riera Turro	Female Open	Felixstowe RRC	1:15:06	1:14:54
2024 Suffolk County Championships 10m	54.	106 Holly Taylor	Female Open	Felixstowe RRC	1:15:37	1:15:25
2024 Suffolk County Championships 10m	55.	101 Tom Stephens	MM55	Felixstowe RRC	1:15:42	1:15:28
2024 Suffolk County Championships 10m	56.	315 Val Jennings	FM60	Ipswich Jaffa RC	1:15:51	1:15:40
2024 Suffolk County Championships 10m	57.	20 Peter Bird	MM50	Saint Edmund Pacers	1:16:03	1:15:50
2024 Suffolk County Championships 10m	58.	436 Callum Dove	Male Open	Unattached	1:16:05	1:15:58
2024 Suffolk County Championships 10m	59.	352 Clive Thomas	MM60	BLC on the Run	1:16:38	1:16:29
2024 Suffolk County Championships 10m	60.	6 Anna Skudder	Female Open	BLC on the Run	1:16:38	1:16:29
2024 Suffolk County Championships 10m	61.	134 Tom Aykroyd	MM45	Felixstowe RRC	1:17:50	1:17:43
2024 Suffolk County Championships 10m	62.	388 Marcus Brown	MM50	Rushmere Community Runners	1:18:01	1:17:54
2024 Suffolk County Championships 10m	63.	357 Daniel Cavanagh	MM40	Unattached	1:18:27	1:17:57
2024 Suffolk County Championships 10m	64.	69 Steven Lane	MM45	Ipswich Jaffa RC	1:18:29	1:18:16
2024 Suffolk County Championships 10m	65.	376 Lisa Clarke	Female Open	Ipswich Jaffa RC	1:18:30	1:18:18
2024 Suffolk County Championships 10m	66.	171 Mark Askew	MM65	Capel Cheetahs	1:18:41	1:18:28
2024 Suffolk County Championships 10m	67.	295 Lewis Grant	MM45	Unattached	1:18:51	1:18:39
2024 Suffolk County Championships 10m	68.	321 Matt Sims	MM50	Rushmere Community Runners	1:19:03	1:18:46
2024 Suffolk County Championships 10m	69.	127 Adam Boyle	MM55	Woodbridge Shufflers RC	1:19:11	1:18:52
2024 Suffolk County Championships 10m	70.	325 Richard Laycock	MM45	Unattached	1:19:19	1:19:02
2024 Suffolk County Championships 10m	71.	344 Rob Warne	MM40	Unattached	1:19:38	1:18:58
2024 Suffolk County Championships 10m	72.	165 Mark Scott	MM45	Ipswich Jaffa RC	1:20:00	1:19:46
2024 Suffolk County Championships 10m	73.	142 Luke Last	Male Open	Unattached	1:20:07	1:19:43
2024 Suffolk County Championships 10m	74.	128 Torben Wood	MM45	Felixstowe RRC	1:20:08	1:19:45
2024 Suffolk County Championships 10m	75.	213 Lewis Heron	Male Open	Unattached	1:20:11	1:19:43
2024 Suffolk County Championships 10m	76.	424 Philip Leney	MM40	BLC on the Run	1:20:13	1:19:43
2024 Suffolk County Championships 10m	77.	67 Hannah Wattam	FM40	Woodbridge Shufflers RC	1:20:16	1:20:08
2024 Suffolk County Championships 10m	78.	233 Conor Flanagan	Male Open	Unattached	1:20:44	1:20:29
2024 Suffolk County Championships 10m	79.	399 Graham Bladen	MM40	Unattached	1:20:47	1:20:36
2024 Suffolk County Championships 10m	80.	185 Mary Narey	FM55	Stowmarket Striders RC	1:20:55	1:20:37
2024 Suffolk County Championships 10m	81.	191 Felicity Burden	FM45	Unattached	1:21:00	1:20:50
2024 Suffolk County Championships 10m	82.	324 Mark Gleen	MM45	Kesgrave Cruisers	1:21:02	1:20:43
2024 Suffolk County Championships 10m	83.	272 Thomas Walker	MM50	Woodbridge Shufflers RC	1:21:04	1:20:46
2024 Suffolk County Championships 10m	84.	186 Joe Smith	Male Open	Unattached	1:21:18	1:20:55
2024 Suffolk County Championships 10m	85.	215 Karen Offord	FM50	Stowmarket Striders RC	1:21:19	1:21:01
2024 Suffolk County Championships 10m	86.	145 Gary Lowe	MM65	Saxmundham Sports Running & J	1:21:31	1:21:03
2024 Suffolk County Championships 10m	87.	287 Deborah Stocker	FM50	Kesgrave Cruisers	1:21:53	1:21:39
2024 Suffolk County Championships 10m	88.	245 Emily Rose Venn	Female Open	Unattached	1:22:05	1:21:53

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2024 Suffolk County Championships 10m	89.	347 Nick Moon	MM45	Ipswich Jaffa RC	1:22:05	1:21:54
2024 Suffolk County Championships 10m	90.	170 John Dunnett	MM60	Capel Cheetahs	1:22:40	1:22:27
2024 Suffolk County Championships 10m	91.	100 Stephen Hatten	MM55	Saint Edmund Pacers	1:22:44	1:22:38
2024 Suffolk County Championships 10m	92.	296 Helen Findley	FM40	Kesgrave Cruisers	1:22:52	1:22:37
2024 Suffolk County Championships 10m	93.	293 Patrick Holland	Male Open	Kesgrave Cruisers	1:22:52	1:22:39
2024 Suffolk County Championships 10m	94.	58 Debbie Catling	FM55	Felixstowe RRC	1:23:01	1:22:36
2024 Suffolk County Championships 10m	95.	15 Christopher Blagden	MM60	Saxmundham Sports Running & J	1:23:11	1:22:52
2024 Suffolk County Championships 10m	96.	34 Daniel Pelling	MM50	Haverhill Running Club	1:23:20	1:22:44
2024 Suffolk County Championships 10m	97.	421 Anita Ward	FM50	Cambridge Triathlon Club	1:23:38	1:23:11
2024 Suffolk County Championships 10m	98.	230 Susan Lockhart	FM65	Ipswich Jaffa RC	1:23:49	1:23:38
2024 Suffolk County Championships 10m	99.	98 Rob Smith	MM45	Unattached	1:23:54	1:23:17
2024 Suffolk County Championships 10m	100.	280 Rob Alder	MM50	Woodbridge Shufflers RC	1:24:18	1:23:59
2024 Suffolk County Championships 10m	101.	123 Samantha Fulcher	FM55	Felixstowe RRC	1:24:31	1:24:06
2024 Suffolk County Championships 10m	102.	423 Adam Buckle	MM40	Unattached	1:24:33	1:24:01
2024 Suffolk County Championships 10m	103.	7 Simon Jacobs	Male Open	Felixstowe RRC	1:24:58	1:24:45
2024 Suffolk County Championships 10m	104.	111 Mark Turner	MM45	Unattached	1:25:11	1:24:42
2024 Suffolk County Championships 10m	105.	387 Chris Wright	Male Open	Felixstowe RRC	1:25:22	1:24:56
2024 Suffolk County Championships 10m	106.	279 Hayley Wilson	Female Open	Haverhill Running Club	1:25:51	1:25:15
2024 Suffolk County Championships 10m	107.	342 Crystal Murray	Female Open	Hadleigh Hares AC	1:25:51	1:25:17
2024 Suffolk County Championships 10m	108.	169 Greg Dodds	MM50	Woodbridge Shufflers RC	1:26:07	1:25:48
2024 Suffolk County Championships 10m	109.	131 Pat Morgan	MM70+	Ipswich Triathlon Club	1:26:22	1:25:53
2024 Suffolk County Championships 10m	110.	380 Fiona Hunt	FM50	Kesgrave Cruisers	1:26:25	1:26:00
2024 Suffolk County Championships 10m	111.	282 Paul Hubert	MM45	Unattached	1:26:28	1:26:02
2024 Suffolk County Championships 10m	112.	495 Deb Ching	FM50	Capel Cheetahs	1:26:56	1:26:47
2024 Suffolk County Championships 10m	113.	437 Harry Bennington	Male Open	Stowmarket Striders RC	1:27:02	1:26:44
2024 Suffolk County Championships 10m	114.	72 Jim Briers	MM60	Unattached	1:27:24	1:27:10
2024 Suffolk County Championships 10m	115.	278 Kayleigh Turpin	Female Open	Felixstowe RRC	1:27:38	1:27:04
2024 Suffolk County Championships 10m	116.	405 Mark Godbold	MM55	Ipswich Harriers	1:28:32	1:28:25
2024 Suffolk County Championships 10m	117.	333 Terri Green	FM40	Ipswich Jaffa RC	1:28:54	1:28:41
2024 Suffolk County Championships 10m	118.	71 Billy Richmond	MM55	Unattached	1:29:14	1:28:38
2024 Suffolk County Championships 10m	119.	178 Stephen Pretty	MM65	Saint Edmund Pacers	1:29:26	1:29:06
2024 Suffolk County Championships 10m	120.	164 Emma Rowlinson	FM45	Kesgrave Cruisers	1:29:46	1:29:31
2024 Suffolk County Championships 10m	121.	197 Molly Bergdahl	Female Open	Ipswich Jaffa RC	1:29:52	1:29:40
2024 Suffolk County Championships 10m	122.	301 Craig Perrin	Male Open	Unattached	1:29:54	1:29:23
2024 Suffolk County Championships 10m	123.	283 Richard Smith	MM40	Stowmarket Striders RC	1:29:54	1:29:36
2024 Suffolk County Championships 10m	124.	383 Claire Robinson	FM45	Felixstowe RRC	1:30:14	1:29:57
2024 Suffolk County Championships 10m	125.	35 Nikki Scott	Female Open	Felixstowe RRC	1:30:38	1:30:29
2024 Suffolk County Championships 10m	126.	450 Nicole Smith	FM50	Newmarket Joggers	1:30:44	1:30:30
2024 Suffolk County Championships 10m	127.	85 Aaron Ranieri	Male Open	Unattached	1:31:15	1:31:01
2024 Suffolk County Championships 10m	128.	328 Mark Austin	MM40	Unattached	1:31:20	1:30:58
2024 Suffolk County Championships 10m	129.	12 Emily Tiplady	Female Open	Unattached	1:31:41	1:31:11
2024 Suffolk County Championships 10m	130.	8 Matt Graham	Male Open	Unattached	1:31:41	1:31:04
2024 Suffolk County Championships 10m	131.	90 Fran Lucey	Female Open	Little Baddow Ridge Runners	1:32:01	1:31:26
2024 Suffolk County Championships 10m	132.	225 Jenny Lynch	FM60	Felixstowe RRC	1:32:11	1:31:48
2024 Suffolk County Championships 10m	133.	133 George Allen	Male Open	Saint Edmund Pacers	1:32:38	1:32:11

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2024 Suffolk County Championships 10m	134.	87 Kelly Guyon	FM45	Unattached	1:32:46	1:32:13
2024 Suffolk County Championships 10m	135.	88 Brad Guyon	MM50	Unattached	1:32:47	1:32:13
2024 Suffolk County Championships 10m	136.	332 Scott Egerton	Male Open	Boxted Runners	1:32:50	1:32:29
2024 Suffolk County Championships 10m	137.	353 Madelyn Hawkins	Female Open	Unattached	1:33:16	1:32:43
2024 Suffolk County Championships 10m	138.	180 Hannah Prior	Female Open	Unattached	1:33:52	1:33:37
2024 Suffolk County Championships 10m	139.	77 Dominique Ward	FM45	Unattached	1:34:05	1:33:44
2024 Suffolk County Championships 10m	140.	65 Leanne Ashdown	FM40	Felixstowe RRC	1:34:27	1:33:55
2024 Suffolk County Championships 10m	141.	247 Elizabeth Woldsmith	Female Open	Ipswich Phoenix Running Club	1:34:29	1:33:55
2024 Suffolk County Championships 10m	142.	246 Doug Betts	MM45	Unattached	1:34:46	1:34:18
2024 Suffolk County Championships 10m	143.	103 Rebecca Hughes	FM55	Unattached	1:34:51	1:34:30
2024 Suffolk County Championships 10m	144.	431 Matthew Ritchie	MM40	Unattached	1:34:54	1:34:31
2024 Suffolk County Championships 10m	145.	36 Mel Goodchild	Female Open	Unattached	1:35:06	1:34:56
2024 Suffolk County Championships 10m	146.	173 Roger Robinson-Turner	MM50	100 Marathon Club	1:35:13	1:34:36
2024 Suffolk County Championships 10m	147.	274 Jon Lewis	MM40	Unattached	1:35:23	1:34:56
2024 Suffolk County Championships 10m	148.	54 Tim Parnell	MM55	Ipswich Jaffa RC	1:35:26	1:35:10
2024 Suffolk County Championships 10m	149.	27 Garry Venn	MM60	Unattached	1:35:47	1:35:35
2024 Suffolk County Championships 10m	150.	398 Scott Girling	Male Open	Capel Cheetahs	1:36:06	1:35:51
2024 Suffolk County Championships 10m	151.	255 Laura Bateman	Female Open	Vegan Runners UK Country Club	1:36:19	1:36:11
2024 Suffolk County Championships 10m	152.	114 Nathalie Hooper	FM55	Hadleigh Hares AC	1:36:49	1:36:16
2024 Suffolk County Championships 10m	153.	32 Madeleine Venn	Female Open	Unattached	1:36:53	1:36:42
2024 Suffolk County Championships 10m	154.	335 Mia Penn	FM45	Unattached	1:37:01	1:36:22
2024 Suffolk County Championships 10m	155.	44 Paul Frost	MM50	Unattached	1:37:23	1:37:01
2024 Suffolk County Championships 10m	156.	198 Jack Wales	Male Open	Unattached	1:37:35	1:37:24
2024 Suffolk County Championships 10m	157.	199 Harry Bergdahl	Male Open	Unattached	1:37:35	1:37:24
2024 Suffolk County Championships 10m	158.	275 Gerry McCarthy	MM70+	Ipswich Phoenix Running Club	1:37:39	1:37:05
2024 Suffolk County Championships 10m	159.	406 Kelly Wade	FM40	Ipswich Jaffa RC	1:37:42	1:37:21
2024 Suffolk County Championships 10m	160.	330 Samantha Cloud	FM55	Unattached	1:37:47	1:37:08
2024 Suffolk County Championships 10m	161.	210 Martin Garrod	MM65	Ipswich Phoenix Running Club	1:38:09	1:37:35
2024 Suffolk County Championships 10m	162.	64 Ed Abbott	Male Open	Woodbridge Shufflers RC	1:38:15	1:37:54
2024 Suffolk County Championships 10m	163.	166 Angelique Scully	FM50	Rushmere Community Runners	1:38:49	1:38:38
2024 Suffolk County Championships 10m	164.	188 James Mears	MM60	Haverhill Running Club	1:39:06	1:38:30
2024 Suffolk County Championships 10m	165.	43 Kelly Frost	Female Open	Unattached	1:39:07	1:38:45
2024 Suffolk County Championships 10m	166.	339 Stephanie Walker	Female Open	Unattached	1:39:18	1:38:45
2024 Suffolk County Championships 10m	167.	161 Daniel Smith	Male Open	Unattached	1:39:24	1:38:55
2024 Suffolk County Championships 10m	168.	432 Tony Adolphus	MM65	Ipswich Jaffa RC	1:39:40	1:39:01
2024 Suffolk County Championships 10m	169.	82 Katie Meadows	Female Open	Felixstowe RRC	1:39:40	1:39:16
2024 Suffolk County Championships 10m	170.	358 Alice Meadows	Female Open	Felixstowe RRC	1:39:40	1:39:16
2024 Suffolk County Championships 10m	171.	270 Emma Calver	FM50	Unattached	1:39:54	1:39:20
2024 Suffolk County Championships 10m	172.	271 Emma Richbell	FM50	Unattached	1:39:55	1:39:20
2024 Suffolk County Championships 10m	173.	393 Charlotte Richardson	FM45	Unattached	1:40:08	1:39:36
2024 Suffolk County Championships 10m	174.	390 Claire Richardson	FM45	Unattached	1:40:08	1:39:34
2024 Suffolk County Championships 10m	175.	317 Lucia Hardwick	FM45	Kesgrave Cruisers	1:40:14	1:39:47
2024 Suffolk County Championships 10m	176.	132 Pam Morgan	FM70+	Ipswich Triathlon Club	1:40:40	1:40:11
2024 Suffolk County Championships 10m	177.	107 Stephen Thorndyke	MM40	Unattached	1:40:54	1:40:17
2024 Suffolk County Championships 10m	178.	17 Oliver Frater	Male Open	Unattached	1:41:06	1:40:26

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2024 Suffolk County Championships 10m	179.	307 Jo Whelan	FM60	Felixstowe RRC	1:41:59	1:41:35
2024 Suffolk County Championships 10m	180.	394 Stephen Blyth	MM65	Felixstowe RRC	1:42:07	1:42:00
2024 Suffolk County Championships 10m	181.	181 Helen Herbert	FM40	Unattached	1:42:20	1:42:05
2024 Suffolk County Championships 10m	182.	433 Bryan Perry	Male Open	Unattached	1:42:46	1:42:09
2024 Suffolk County Championships 10m	183.	269 Tabetha Snape	FM50	Unattached	1:42:47	1:42:07
2024 Suffolk County Championships 10m	184.	14 Melanie Blagden	FM50	Saxmundham Sports Running & J	1:43:10	1:42:30
2024 Suffolk County Championships 10m	185.	10 Claire Butcher	FM40	Felixstowe RRC	1:43:11	1:42:47
2024 Suffolk County Championships 10m	186.	62 Wendy Quantrill	FM50	Woodbridge Shufflers RC	1:43:59	1:43:37
2024 Suffolk County Championships 10m	187.	291 Arabella Lewendon	FM60	Felixstowe RRC	1:44:00	1:43:23
2024 Suffolk County Championships 10m	188.	117 Lisa Squirell	FM45	Woodbridge Shufflers RC	1:44:24	1:43:55
2024 Suffolk County Championships 10m	189.	426 Ian Knights	MM45	Kesgrave Cruisers	1:44:51	1:44:23
2024 Suffolk County Championships 10m	190.	313 Richie Taylor	MM45	Kesgrave Cruisers	1:45:17	1:44:51
2024 Suffolk County Championships 10m	191.	207 Rob Bentley	Male Open	Unattached	1:46:03	1:45:43
2024 Suffolk County Championships 10m	192.	45 Karen Flower	FM55	Saxmundham Sports Running & J	1:46:43	1:46:03
2024 Suffolk County Championships 10m	193.	86 Katy Windeatt	FM50	Kesgrave Cruisers	1:46:47	1:46:19
2024 Suffolk County Championships 10m	194.	109 Anca Stadler	Female Open	Felixstowe RRC	1:47:59	1:47:21
2024 Suffolk County Championships 10m	195.	409 Pauline Goffin	FM45	BLC on the Run	1:48:47	1:48:16
2024 Suffolk County Championships 10m	196.	70 Adriana Houchell	Female Open	Ipswich Jaffa RC	1:49:24	1:49:02
2024 Suffolk County Championships 10m	197.	404 Mandy Godbold	FM55	Ipswich Harriers	1:49:48	1:49:39
2024 Suffolk County Championships 10m	198.	120 Lauren Searle	Female Open	Unattached	1:50:04	1:49:49
2024 Suffolk County Championships 10m	199.	138 Jackie Collins	FM60	Felixstowe RRC	1:50:37	1:50:12
2024 Suffolk County Championships 10m	200.	348 Julie Haselwood	FM70+	Ipswich Jaffa RC	1:51:04	1:50:42
2024 Suffolk County Championships 10m	201.	392 Jo Angel	FM50	Unattached	1:51:05	1:50:26
2024 Suffolk County Championships 10m	202.	414 Sapphira Minns	Female Open	Unattached	1:51:50	1:51:32
2024 Suffolk County Championships 10m	203.	63 Haley Duffy	FM45	Ipswich Jaffa RC	1:51:55	1:51:33
2024 Suffolk County Championships 10m	204.	56 Matt Makin	Male Open	Felixstowe RRC	1:52:08	1:51:36
2024 Suffolk County Championships 10m	205.	396 Mia Cairns	Female Open	Unattached	1:52:12	1:51:46
2024 Suffolk County Championships 10m	206.	110 Alex Stadler	Male Open	Felixstowe RRC	1:53:59	1:53:11
2024 Suffolk County Championships 10m	207.	349 Claire Rush	FM45	Kesgrave Cruisers	1:55:11	1:54:44
2024 Suffolk County Championships 10m	208.	38 Faith Lewis	FM50	Saint Edmund Pacers	1:57:02	1:56:28
2024 Suffolk County Championships 10m	209.	135 Katherine Aykroyd	FM40	Felixstowe RRC	1:57:46	1:57:16
2024 Suffolk County Championships 10m	210.	298 Lucy Jones	Female Open	Unattached	2:00:56	2:00:15
2024 Suffolk County Championships 10m	211.	23 Hannah Anthony	Female Open	Unattached	2:02:21	2:01:51
2024 Suffolk County Championships 10m	212.	326 Sarah Harmon	FM50	Felixstowe RRC	2:03:16	2:02:40
2024 Suffolk County Championships 10m	213.	327 Jamie Stringer	MM45	Felixstowe RRC	2:03:16	2:02:41
2024 Suffolk County Championships 10m	214.	297 Melody Howard	Female Open	Unattached	2:06:55	2:06:14
2024 Suffolk County Championships 10m	a.k.	438 Not In Use				
2024 Suffolk County Championships 10m	a.k.	465 Jamie Jackson	Male Open	Felixstowe RRC		
2024 Suffolk County Championships 10m	DNF	262 Claire Steele	FM50	Unattache		
2024 Suffolk County Championships 10m	DNF	454 John Clarke	MM60	Unattached		
2024 Suffolk County Championships 10m	DNS	9 Danny Blackman	MM55	Unattached		
2024 Suffolk County Championships 10m	DNS	13 Alex Mahoney	Female Open	Rushmere Community Runners		
2024 Suffolk County Championships 10m	DNS	24 Robin Belsom	MM60	Ipswich Jaffa RC		
2024 Suffolk County Championships 10m	DNS	28 Jane Hallinan	Female Open	Unattached		
2024 Suffolk County Championships 10m	DNS	31 Mik Carr	MM65	Bungay Black Dog RC		

RACE CHIP TIMING RESULTS

2024 Suffolk County Championships 10m	DNS	39 Sarah Bowden	FM50	Unattached
2024 Suffolk County Championships 10m	DNS	40 Noah Bowden	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	46 Steve Adams	MM60	Felixstowe RRC
2024 Suffolk County Championships 10m	DNS	57 Helen Self	Female Open	Felixstowe RRC
2024 Suffolk County Championships 10m	DNS	59 Angela Soames	FM45	Kesgrave Cruisers
2024 Suffolk County Championships 10m	DNS	61 Stephen Bullen	MM50	Great Bentley Running Club
2024 Suffolk County Championships 10m	DNS	66 Sarah Smith	Female Open	Woodbridge Shufflers RC
2024 Suffolk County Championships 10m	DNS	75 Christopher Bing	MM40	Ipswich Jaffa RC
2024 Suffolk County Championships 10m	DNS	78 Rob Peevor	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	89 Susan Smale	FM45	Unattached
2024 Suffolk County Championships 10m	DNS	96 Sandra Roberts	FM65	Ipswich Jaffa RC
2024 Suffolk County Championships 10m	DNS	99 Charles Ladell	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	116 Larry Booth	MM55	Unattached
2024 Suffolk County Championships 10m	DNS	118 Rob Squirrel	MM50	Woodbridge Shufflers RC
2024 Suffolk County Championships 10m	DNS	119 Matt Hope	MM50	Unattached
2024 Suffolk County Championships 10m	DNS	121 David Masters	MM40	Felixstowe RRC
2024 Suffolk County Championships 10m	DNS	143 Mark Cooper	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	144 Emily Nash	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	155 Matthew Watkins	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	175 Harley Marshall	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	182 Laura García Martínez	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	196 Andrew Cocker	MM60	Rushmere Community Runners
2024 Suffolk County Championships 10m	DNS	203 Grace King	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	206 Cameron Davey	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	209 Graham Garrod	MM55	Unattached
2024 Suffolk County Championships 10m	DNS	212 Shelley Walne	FM45	Unattached
2024 Suffolk County Championships 10m	DNS	218 David Smith	MM45	Unattached
2024 Suffolk County Championships 10m	DNS	219 Rob Harrow	MM45	Unattached
2024 Suffolk County Championships 10m	DNS	224 Gemma Addy	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	226 Suzie Fernley	FM40	Unattached
2024 Suffolk County Championships 10m	DNS	232 Bryan Wybrow	MM40	Felixstowe RRC
2024 Suffolk County Championships 10m	DNS	234 Anne Varene Herbert	FM65	Harwich Runners
2024 Suffolk County Championships 10m	DNS	248 Emma Keen	Female Open	Felixstowe RRC
2024 Suffolk County Championships 10m	DNS	254 Rachael Williams	FM50	Unattached
2024 Suffolk County Championships 10m	DNS	276 Julia Glendenning	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	281 Jennifer Meredith	Female Open	Unattached
2024 Suffolk County Championships 10m	DNS	285 Gareth Jooste	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	290 Larissa Mayhew	FM55	Unattached
2024 Suffolk County Championships 10m	DNS	319 Andrea James	Female Open	Great Bentley Running Club
2024 Suffolk County Championships 10m	DNS	322 Jonathan Pestell	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	323 Megan Rea	Female Open	Woodbridge Shufflers RC
2024 Suffolk County Championships 10m	DNS	345 Oscar Brennecke-Dunn	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	351 Alexandru Pavel	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	362 Richard Crane	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	378 Ellie Calver	Female Open	Unattached

RACE CHIP TIMING RESULTS

2024 Suffolk County Championships 10m	DNS	381 Andrew Chatfield	MM45	Capel Cheetahs
2024 Suffolk County Championships 10m	DNS	382 Amanda Mortimer	FM40	Ipswich Jaffa RC
2024 Suffolk County Championships 10m	DNS	401 Andrew Cleveland	MM50	Unattached
2024 Suffolk County Championships 10m	DNS	413 Luke Arkle	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	417 Sue Hargadon	FM65	Woodbridge Shufflers RC
2024 Suffolk County Championships 10m	DNS	427 Derek Potter	MM60	Lowestoft Road Runners
2024 Suffolk County Championships 10m	DNS	428 Andy Parton	MM55	Capel Cheetahs
2024 Suffolk County Championships 10m	DNS	441 Kevin Scott	MM55	Unattached
2024 Suffolk County Championships 10m	DNS	447 Mark Brewer	MM60	Unattached
2024 Suffolk County Championships 10m	DNS	458 Daniel Borrett	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	467 Gulliver Hedley	MM50	Unattached
2024 Suffolk County Championships 10m	DNS	474 Bradley Sheldrick	Male Open	Unattached
2024 Suffolk County Championships 10m	DNS	492 Julie Harrison	FM55	Ipswich Jaffa RC
2024 Suffolk County Championships 10m	DNS	509 Mark Chalklen	MM40	Unattached
2024 Suffolk County Championships 10m	DNS	510 Rebecca Chalklen	FM40	Unattached
2024 Suffolk County Championships 10m	DNS	520 Scott Williams	Male Open	Saint Edmund Pacers
2024 Suffolk County Championships 10m	DNS	541 Tom Hancock	MM50	Harwich Runners
2024 Suffolk County Championships 10m	DNS	562 Rob Jones	MM50	Unattached