

Richard Bennett Felixstowe Coastal 10m

Sunday, 8th September 2024

Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
Richard Bennett Felixstowe Coastal 10m												
1.	259	Peter Coates	Male V40	Braintree & District AC	54:27	54:25	1.	1.	5:26	83.3%	0	0
2.	517	Michael Gilbert	Male Senior	Cambridge & Coleridge AC	55:47	55:46	2.	1.	5:34	79.0%	1	0
3.	419	Benjamin	Male Senior	Felixstowe RRC	55:54	55:53	3.	2.	5:35	79.2%	1	1
4.	97	Chris Poulding	Male V40	Saint Edmund Pacers	56:14	56:13	4.	2.	5:37	80.7%	0	0
5.	397	Owen Rees	Male Senior	Ipswich Phoenix Running	57:55	57:52	5.	3.	5:47	75.9%	1	0
6.	124	Tony Gavin	Male V40	Felixstowe RRC	59:08	59:06	6.	3.	5:54	77.3%	1	1
7.	29	James Wilson	Male Senior	Saxmundham Sports Running	59:21	59:19	7.	4.	5:56	74.1%	1	1
8.	249	Jonathan Pye	Male Senior	Newmarket Joggers	59:25	59:23	8.	5.	5:56	74.8%	1	1
9.	42	Tim Ballard	Male V40	BLC on the Run	59:33	59:30	9.	4.	5:57	76.2%	0	1
10.	443	Jim Last	Male V45	Framlingham Flyers	59:36	59:34	10.	1.	5:57	80.5%	1	1
11.	449	James Smith	Male V45	Newmarket Joggers	1:00:48	1:00:46	11.	2.	6:04	77.6%	1	1
12.	491	Mark Allen	Male V55	Ipswich Jaffa RC	1:01:17	1:01:14	12.	1.	6:07	86.3%	1	1
13.	537	Matthew Reach	Male V40	Ipswich Jaffa RC	1:01:46	1:01:41	13.	5.	6:10	74.0%	0	0
14.	452	Mark Curtis	Male V45	Ipswich Jaffa RC	1:01:54	1:01:53	14.	3.	6:11	76.9%	0	0
15.	79	Andrew	Male V45	Saint Edmund Pacers	1:02:00	1:01:58	15.	4.	6:11	76.8%	1	1
16.	596	John Scaife	Male V50	Colchester Harriers AC	1:02:05	1:02:03	16.	1.	6:12	79.3%	0	0
17.	440	Nick Lawrie	Male V45	Harwich Runners	1:02:13	1:02:08	17.	5.	6:13	76.5%	0	0
18.	288	Gary Taylor	Male Senior	Felixstowe RRC	1:02:42	1:02:41	18.	6.	6:16	71.9%	1	1
19.	21	Alex McCarthy	Male Senior	Unattached	1:02:49	1:02:48	19.	7.	6:16	71.3%	1	0
20.	316	Neal Hardwick	Male V45	Kesgrave Cruisers	1:03:04	1:03:00	20.	6.	6:18	75.5%	1	1
21.	30	Neill Readhead	Male Senior	Saxmundham Sports Running	1:03:14	1:03:12	21.	8.	6:19	70.5%	1	1
22.	569	Michael	Male V50	Unattached	1:03:21	1:03:09	22.	2.	6:20	79.0%	0	0
23.	602	Stuart King	Male Senior	Saint Edmund Pacers	1:03:23	1:03:18	23.	9.	6:20	70.7%	0	1
24.	561	Nick	Male V50	Tiptree Road Runners	1:03:25	1:03:23	24.	3.	6:20	77.6%	0	0
25.	560	James Wright	Male V45	TRISudbury	1:03:31	1:03:27	25.	7.	6:21	74.9%	0	1
26.	192	Lloyd Bradley	Male Senior	Saint Edmund Pacers	1:03:40	1:03:39	26.	10.	6:21	69.8%	1	0
27.	284	Tom Ames	Male V40	Stowmarket Striders RC	1:03:50	1:03:48	27.	6.	6:22	72.7%	0	0
28.	508	Chris Goad	Male V45	Unattached	1:03:52	1:03:45	28.	8.	6:23	75.1%	0	0
29.	163	Katie King	Female Senior	Saint Edmund Pacers	1:03:54	1:03:52	1.	1.	6:23	78.0%	1	1
30.	499	Mark Howard	Male Senior	Colchester Harriers AC	1:04:01	1:03:59	29.	11.	6:24	70.4%	0	0
31.	94	Dave Solomon	Male V55	Felixstowe RRC	1:04:14	1:04:11	30.	2.	6:25	81.5%	1	1
32.	356	Ryan Davidson	Male Senior	Unattached	1:04:15	1:04:12	31.	12.	6:25	68.7%	0	0
33.	16	Neil Coulson	Male V50	Felixstowe RRC	1:04:16	1:04:13	32.	4.	6:25	77.9%	1	1
34.	493	Jason Isaac	Male Senior	Unattached	1:04:17	1:04:12	33.	13.	6:25	70.1%	0	0
35.	543	Nikki Woodyard	Female V45	Springfield Striders RC	1:04:18	1:04:15	2.	1.	6:25	83.4%	0	0
36.	408	Adam Wade	Male V40	Ipswich Jaffa RC	1:04:24	1:04:23	34.	7.	6:26	72.1%	1	1
37.	379	Joe Hughes	Male Senior	BLC on the Run	1:04:38	1:04:35	35.	14.	6:27	69.3%	1	1
38.	481	Kate Creak	Female V40	Colchester Harriers AC	1:04:44	1:04:39	3.	1.	6:28	78.8%	0	0
39.	459	Kevin Carpenter	Male V50	Hadleigh Hares AC	1:05:10	1:05:06	36.	5.	6:30	75.5%	0	0
40.	136	Steve Brooke	Male V55	Felixstowe RRC	1:05:12	1:05:08	37.	3.	6:31	79.6%	1	1
41.	429	Ricky Bernhardt	Male Senior	Unattached	1:05:20	1:05:17	38.	15.	6:31	67.3%	0	0
42.	204	Katie Austin	Female V40	Ipswich Jaffa RC	1:05:28	1:05:26	4.	2.	6:32	78.5%	1	0
43.	566	Clayton Jones	Male Senior	Unattached	1:05:39	1:05:30	39.	16.	6:33	67.0%	0	0
44.	539	Paul Deasy	Male V50	Unattached	1:05:53	1:05:40	40.	6.	6:35	75.4%	0	0
45.	484	Tony Hubbard	Male V45	Ipswich Jaffa RC	1:05:59	1:05:57	41.	9.	6:35	72.1%	0	0
46.	257	Aidan Elmore	Male Senior	Saint Edmund Pacers	1:06:00	1:05:55	42.	17.	6:35	66.6%	1	1

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
47.	258	Mike Greener	Male V50	Saint Edmund Pacers	1:06:19	1:06:16	43.	7.	6:37	76.2%	0	0
48.	568	Oliver Schofield	Male Senior	Saint Edmund Pacers	1:06:20	1:06:17	44.	18.	6:37	66.3%	0	1
49.	37	Piotr Bulacz	Male V50	Sudbury Joggers	1:06:24	1:06:19	45.	8.	6:38	76.8%	1	1
50.	472	Stuart Raffle	Male V40	Harwich Runners	1:06:28	1:06:20	46.	8.	6:38	69.8%	0	0
51.	547	Harry Fitzgerald	Male Senior	Unattached	1:06:41	1:06:37	47.	19.	6:40	65.9%	0	0
52.	104	M Ike McKinstry	Male V55	Saint Edmund Pacers	1:06:58	1:06:54	48.	4.	6:41	78.9%	0	0
53.	594	Ben Rogers	Male Senior	Ely Runners	1:07:05	1:06:52	49.	20.	6:42	65.5%	0	0
54.	442	Luke Maddock	Male Senior	Unattached	1:07:16	1:07:13	50.	21.	6:43	65.4%	0	0
55.	557	Thomas	Male Senior	Framlingham Flyers	1:07:33	1:07:29	51.	22.	6:45	65.1%	0	0
56.	95	George Mann	Male Senior	Unattached	1:07:41	1:07:33	52.	23.	6:46	65.0%	1	0
57.	260	Andy Ellis	Male Senior	Felixstowe RRC	1:07:46	1:07:43	53.	24.	6:46	66.1%	1	0
58.	151	Hayley Magill	Female Senior	Ipswich Jaffa RC	1:07:50	1:07:45	5.	2.	6:46	74.4%	1	0
59.	548	Robin Brookes	Male V55	Harwich Runners	1:07:59	1:07:51	54.	5.	6:47	75.6%	0	0
60.	299	Karl Feagan	Male V50	Ipswich Harriers	1:08:02	1:07:58	55.	9.	6:48	72.3%	0	0
61.	435	Paul Connell	Male V55	Colchester Harriers AC	1:08:07	1:08:03	56.	6.	6:48	75.5%	0	0
62.	176	Ashley Smy	Male V40	Felixstowe RRC	1:08:13	1:08:11	57.	9.	6:49	68.1%	1	1
63.	137	Ben Smith	Male V40	Haverhill Running Club	1:08:15	1:08:06	58.	10.	6:49	67.5%	0	1
64.	468	Mark Griggs	Male V50	Rushmere Community	1:08:18	1:08:12	59.	10.	6:49	72.1%	0	0
65.	115	Simon Stafford	Male V50	Kesgrave Cruisers	1:08:22	1:08:18	60.	11.	6:50	73.2%	1	1
66.	11	David Percy	Male V45	Newmarket Joggers	1:08:38	1:08:34	61.	10.	6:51	71.1%	0	1
67.	312	Steven	Male V45	Unattached	1:08:55	1:08:52	62.	11.	6:53	69.6%	0	0
68.	216	Emma Mortimer	Female Senior	Ipswich Phoenix Running	1:09:20	1:09:16	6.	3.	6:55	71.3%	1	0
69.	229	Melvyn	Male V40	Ipswich Jaffa RC	1:09:23	1:09:18	63.	11.	6:56	66.4%	1	1
70.	231	Kyle Church	Male Senior	Saxmundham Sports Running	1:09:27	1:09:22	64.	25.	6:56	63.3%	1	1
71.	227	Neil Barnett	Male Senior	Unattached	1:09:29	1:09:19	65.	26.	6:56	63.3%	0	0
72.	331	Daniel	Male V40	Ipswich Jaffa RC	1:09:33	1:09:27	66.	12.	6:57	65.2%	1	0
73.	580	Adam Brett	Male V40	Unattached	1:09:33	1:09:29	67.	13.	6:57	65.7%	0	0
74.	125	Andrew Laws	Male V60+	Ipswich Jaffa RC	1:09:35	1:09:29	68.	1.	6:57	77.4%	1	1
75.	300	Neil Gillingham	Male V40	Ipswich Harriers	1:09:51	1:09:47	69.	14.	6:59	65.4%	1	1
76.	314	Kevin Clegg	Male V40	Kesgrave Cruisers	1:09:52	1:09:43	70.	15.	6:59	67.0%	0	0
77.	523	Philip Chappels	Male V45	Kesgrave Cruisers	1:10:06	1:09:56	71.	12.	7:00	69.0%	0	0
78.	487	Ashleigh	Male V50	Lonely Goat RC	1:10:08	1:10:02	72.	12.	7:00	70.2%	0	0
79.	425	Daryl Simpson	Male V50	Ipswich Jaffa RC	1:10:17	1:10:11	73.	13.	7:01	70.6%	1	0
80.	60	Robin Harper	Male V45	Felixstowe RRC	1:10:19	1:10:16	74.	13.	7:01	68.8%	1	1
81.	489	David Bowman	Male V40	Unattached	1:10:31	1:10:28	75.	16.	7:03	65.8%	0	0
82.	567	Kes Hawkins	Male Senior	Rushmere Community	1:11:17	1:11:07	76.	27.	7:07	61.7%	0	0
83.	159	Christopher	Male Senior	Saxmundham Sports Running	1:11:19	1:11:14	77.	28.	7:07	61.7%	1	1
84.	457	Christopher	Male Senior	Newmarket Joggers	1:11:27	1:11:24	78.	29.	7:08	61.9%	1	1
85.	108	Jason Dighton	Male V45	Ipswich Phoenix Running	1:11:29	1:11:23	79.	14.	7:08	68.3%	0	0
86.	604	Luke Whitwell	Male V40	Unattached	1:11:31	1:11:27	80.	17.	7:09	63.9%	0	0
87.	261	Michael	Male Senior	Unattached	1:11:41	1:11:38	81.	30.	7:10	61.3%	0	0
88.	223	Rory Hunter	Male Senior	Ipswich Jaffa RC	1:11:47	1:11:40	82.	31.	7:10	61.3%	1	0
89.	294	Duane Howard	Male V55	Kesgrave Cruisers	1:11:53	1:11:49	83.	7.	7:11	73.5%	1	0
90.	524	Jayne Chappels	Female V45	Kesgrave Cruisers	1:12:11	1:12:04	7.	2.	7:13	75.9%	0	0
91.	554	Jason King	Male V40	Felixstowe RRC	1:12:32	1:12:28	84.	18.	7:15	64.0%	0	1
92.	102	Sam Baxter	Female V40	Felixstowe RRC	1:12:32	1:12:27	8.	3.	7:15	71.9%	1	1
93.	158	John Chapman	Male V60+	Stopsley Striders	1:12:33	1:12:27	85.	2.	7:15	78.6%	0	0
94.	126	Andrew Craig	Male V50	Woodbridge Shufflers RC	1:12:41	1:12:31	86.	14.	7:16	68.3%	0	0

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Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
95.	306	Jason	Male V55	Ipswich Jaffa RC	1:12:44	1:12:36	87.	8.	7:16	71.3%	1	0
96.	513	Harry Noble	Male Senior	Sudbury Joggers	1:12:48	1:12:34	88.	32.	7:16	61.0%	0	0
97.	365	Kathy	Female Senior	Ipswich Jaffa RC	1:13:06	1:13:00	9.	4.	7:18	67.5%	1	1
98.	81	John	Male Senior	Unattached	1:13:09	1:13:05	89.	33.	7:18	60.3%	1	0
99.	5	Oliver Hughes	Male V45	Haverhill Running Club	1:13:19	1:13:10	90.	15.	7:19	64.4%	0	0
100.	48	Simon Pryke	Male V45	Saxmundham Sports Running	1:13:25	1:13:15	91.	16.	7:20	66.5%	1	1
101.	407	Jon Battram	Male V50	Colchester Harriers AC	1:13:36	1:13:00	92.	15.	7:21	67.4%	1	1
102.	73	Richard Wold	Male V60+	Felixstowe RRC	1:13:38	1:13:34	93.	3.	7:21	76.7%	1	1
103.	240	Colin Ellis	Male V55	Kesgrave Cruisers	1:13:39	1:13:26	94.	9.	7:21	71.7%	0	0
104.	55	Harry Grimsey	Male Senior	Saxmundham Sports Running	1:13:54	1:13:45	95.	34.	7:23	59.5%	1	1
105.	214	John Self	Male V60+	Unattached	1:13:58	1:13:47	96.	4.	7:23	80.3%	0	0
106.	434	Oliver Dixon	Male Senior	Unattached	1:14:07	1:13:50	97.	35.	7:24	59.4%	1	0
107.	238	Glen Laing	Male V60+	Unattached	1:14:16	1:14:02	98.	5.	7:25	73.2%	0	0
108.	350	Kevin Coleman	Male V55	Stowmarket Striders RC	1:14:19	1:14:11	99.	10.	7:25	71.1%	1	1
109.	542	Sophie Cronin	Female Senior	Burnham Joggers	1:14:28	1:14:21	10.	5.	7:26	66.2%	0	0
110.	47	Kerry Buckley	Male V50	Felixstowe RRC	1:14:36	1:14:29	100.	16.	7:27	68.3%	1	1
111.	577	Richard	Male V40	Kesgrave Cruisers	1:14:44	1:14:29	101.	19.	7:28	60.7%	0	1
112.	451	Chris Osborne	Male V50	Felixstowe RRC	1:14:48	1:14:27	102.	17.	7:28	65.8%	0	0
113.	304	Mark Bulstrode	Male V40	Kesgrave Cruisers	1:14:55	1:14:46	103.	20.	7:29	62.5%	0	0
114.	253	Dominic	Male V45	Felixstowe RRC	1:15:02	1:14:57	104.	17.	7:30	62.9%	0	1
115.	141	Jonathan	Male V45	Unattached	1:15:05	1:14:58	105.	18.	7:30	63.4%	0	0
116.	289	Maria Riera	Female Senior	Felixstowe RRC	1:15:06	1:14:54	11.	6.	7:30	66.1%	1	1
117.	545	Mark Goodwin	Male V50	Felixstowe RRC	1:15:19	1:15:14	106.	18.	7:31	66.5%	0	0
118.	494	Wilfred	Male V60+	Ipswich Jaffa RC	1:15:35	1:15:35	107.	6.	7:33	71.2%	0	1
119.	106	Holly Taylor	Female Senior	Felixstowe RRC	1:15:37	1:15:25	12.	7.	7:33	66.7%	1	1
120.	101	Tom Stephens	Male V55	Felixstowe RRC	1:15:42	1:15:28	108.	11.	7:34	67.9%	1	1
121.	26	James Morrell	Male Senior	Haverhill Running Club	1:15:49	1:15:15	109.	36.	7:34	58.0%	0	0
122.	315	Val Jennings	Female V60+	Ipswich Jaffa RC	1:15:51	1:15:40	13.	1.	7:35	84.0%	1	1
123.	476	Elliot Heaton	Male Senior	Unattached	1:15:56	1:15:29	110.	37.	7:35	57.9%	0	0
124.	20	Peter Bird	Male V50	Saint Edmund Pacers	1:16:03	1:15:50	111.	19.	7:36	64.7%	1	0
125.	436	Callum Dove	Male Senior	Unattached	1:16:05	1:15:58	112.	38.	7:36	57.8%	1	0
126.	497	Luz Chavez	Female Senior	Ipswich Jaffa RC	1:16:11	1:15:59	14.	8.	7:37	66.6%	0	1
127.	4	Kevin	Male V45	Unattached	1:16:21	1:15:54	113.	19.	7:38	63.9%	0	0
128.	559	Dave Howgego	Male V55	Woodbridge Shufflers RC	1:16:25	1:16:10	114.	12.	7:38	68.5%	0	0
129.	352	Clive Thomas	Male V60+	BLC on the Run	1:16:38	1:16:29	115.	7.	7:39	71.6%	1	0
130.	6	Anna Skudder	Female Senior	BLC on the Run	1:16:38	1:16:29	15.	9.	7:39	65.8%	1	0
131.	320	Mathew Blacoe	Male V55	Unattached	1:16:49	1:16:43	116.	13.	7:40	69.4%	0	0
132.	466	Ben Bowles	Male Senior	Unattached	1:17:16	1:16:48	117.	39.	7:43	57.0%	0	0
133.	470	Connal Griffiths	Male V40	Unattached	1:17:19	1:16:56	118.	21.	7:43	59.6%	0	0
134.	576	Martin Jarvis	Male V45	Unattached	1:17:47	1:17:41	119.	20.	7:46	62.7%	0	0
135.	134	Tom Aykroyd	Male V45	Felixstowe RRC	1:17:50	1:17:43	120.	21.	7:46	60.6%	1	1
136.	190	Andrew Budd	Male V60+	Capel Cheetahs	1:17:53	1:17:40	121.	8.	7:47	72.5%	0	1
137.	388	Marcus Brown	Male V50	Rushmere Community	1:18:01	1:17:54	122.	20.	7:48	64.2%	1	0
138.	277	Deacon	Male Senior	Unattached	1:18:10	1:17:40	123.	40.	7:48	56.3%	0	0
139.	606	Gavin Raby	Male V45	Unattached	1:18:12	1:17:55	124.	22.	7:49	61.3%	0	0
140.	411	Muttley	Male V55	Unattached	1:18:12	1:18:00	125.	14.	7:49	65.8%	0	0
141.	530	James Ellul	Male V45	Felixstowe RRC	1:18:14	1:18:06	126.	23.	7:49	60.8%	0	1
142.	357	Daniel	Male V40	Unattached	1:18:27	1:17:57	127.	22.	7:50	58.7%	1	0

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143.	239	Neil Hunting	Male V45	Unattached	1:18:27	1:18:11	128.	24.	7:50	61.2%	0	0
144.	157	Carl Berriman	Male V50	Rushmere Community	1:18:28	1:18:11	129.	21.	7:50	64.9%	0	0
145.	69	Steven Lane	Male V45	Ipswich Jaffa RC	1:18:29	1:18:16	130.	25.	7:50	60.1%	1	0
146.	146	Tom Hoblyn	Male V60+	Saint Edmund Pacers	1:18:29	1:18:23	131.	9.	7:50	69.2%	0	1
147.	376	Lisa Clarke	Female Senior	Ipswich Jaffa RC	1:18:30	1:18:18	16.	10.	7:50	63.7%	1	1
148.	303	Simon Miller	Male V55	Colchester Harriers AC	1:18:33	1:18:19	132.	15.	7:51	66.1%	0	0
149.	193	Mark Clinton	Male V40	Unattached	1:18:36	1:17:58	133.	23.	7:51	58.1%	0	0
150.	171	Mark Askew	Male V60+	Capel Cheetahs	1:18:41	1:18:28	134.	10.	7:52	71.8%	1	1
151.	586	Pat Humphries	Male V45	Unattached	1:18:50	1:18:19	135.	26.	7:52	61.4%	0	0
152.	295	Lewis Grant	Male V45	Unattached	1:18:51	1:18:39	136.	27.	7:53	61.9%	1	0
153.	318	Mark Flatman	Male V50	Ipswich Triathlon Club	1:18:56	1:18:49	137.	22.	7:53	62.4%	0	1
154.	321	Matt Sims	Male V50	Rushmere Community	1:19:03	1:18:46	138.	23.	7:54	64.5%	1	0
155.	127	Adam Boyle	Male V55	Woodbridge Shufflers RC	1:19:11	1:18:52	139.	16.	7:55	65.5%	1	0
156.	325	Richard	Male V45	Unattached	1:19:19	1:19:02	140.	28.	7:55	61.0%	1	0
157.	597	Scott Hard	Male V50	Felixstowe RRC	1:19:27	1:19:07	141.	24.	7:56	62.5%	0	1
158.	344	Rob Warne	Male V40	Unattached	1:19:38	1:18:58	142.	24.	7:57	57.4%	1	0
159.	455	Ben Charles	Male Senior	Unattached	1:19:48	1:19:21	143.	41.	7:58	55.1%	0	0
160.	556	Paul Stone	Male V50	Felixstowe RRC	1:19:48	1:19:25	144.	25.	7:58	61.7%	0	0
161.	113	Barry Hawtin	Male V40	Felixstowe RRC	1:19:52	1:19:32	145.	25.	7:59	57.7%	0	0
162.	165	Mark Scott	Male V45	Ipswich Jaffa RC	1:20:00	1:19:46	146.	29.	7:59	59.5%	1	0
163.	142	Luke Last	Male Senior	Unattached	1:20:07	1:19:43	147.	42.	8:00	55.1%	1	0
164.	128	Torben Wood	Male V45	Felixstowe RRC	1:20:08	1:19:45	148.	30.	8:00	60.9%	1	1
165.	213	Lewis Heron	Male Senior	Unattached	1:20:11	1:19:43	149.	43.	8:01	54.8%	1	0
166.	424	Philip Leney	Male V40	BLC on the Run	1:20:13	1:19:43	150.	26.	8:01	57.0%	1	0
167.	67	Hannah Wattam	Female V40	Woodbridge Shufflers RC	1:20:16	1:20:08	17.	4.	8:01	64.0%	1	0
168.	485	Chris Richmond	Male Senior	Unattached	1:20:18	1:19:42	151.	44.	8:01	55.8%	0	0
169.	361	Simon Crane	Male Senior	Unattached	1:20:21	1:20:15	152.	45.	8:02	54.7%	0	0
170.	273	Gemma Gilbert	Female V40	Felixstowe RRC	1:20:29	1:20:04	18.	5.	8:02	64.3%	0	0
171.	395	Anna Kocinska	Female V40	Unattached	1:20:30	1:20:21	19.	6.	8:02	65.3%	0	0
172.	162	Chris Haystead	Male V55	Unattached	1:20:31	1:20:14	153.	17.	8:03	63.9%	0	0
173.	483	Shaun	Male V45	Unattached	1:20:34	1:19:49	154.	31.	8:03	60.6%	0	0
174.	529	Lydia Kindred	Female V40	Vegan Runners UK Country	1:20:34	1:20:27	20.	7.	8:03	63.3%	0	1
175.	233	Conor Flanagan	Male Senior	Unattached	1:20:44	1:20:29	155.	46.	8:04	54.5%	1	0
176.	329	Richard Attwell	Male V50	Stowmarket Striders RC	1:20:46	1:20:27	156.	26.	8:04	62.0%	0	0
177.	399	Graham Bladen	Male V40	Unattached	1:20:47	1:20:36	157.	27.	8:04	57.5%	1	0
178.	570	Tom Darling	Male Senior	Unattached	1:20:54	1:20:24	158.	47.	8:05	54.4%	0	0
179.	185	Mary Narey	Female V55	Stowmarket Striders RC	1:20:55	1:20:37	21.	1.	8:05	74.7%	1	1
180.	191	Felicity Burden	Female V45	Unattached	1:21:00	1:20:50	22.	3.	8:05	66.9%	1	0
181.	486	Ross Arnold	Male Senior	Haverhill Running Club	1:21:02	1:20:24	159.	48.	8:06	55.3%	0	0
182.	324	Mark Gleen	Male V45	Kesgrave Cruisers	1:21:02	1:20:43	160.	32.	8:06	60.2%	1	0
183.	272	Thomas Walker	Male V50	Woodbridge Shufflers RC	1:21:04	1:20:46	161.	27.	8:06	62.3%	1	0
184.	588	Eden Marshall	Male Senior	Unattached	1:21:06	1:20:50	162.	49.	8:06	54.2%	0	0
185.	592	Alex Reach	Male Senior	Unattached	1:21:13	1:21:04	163.	50.	8:07	54.5%	0	0
186.	575	Sophie Smith	Female Senior	Unattached	1:21:14	1:20:43	23.	11.	8:07	60.8%	0	0
187.	584	Kyle Harris	Male Senior	Unattached	1:21:14	1:20:43	164.	51.	8:07	54.1%	0	0
188.	186	Joe Smith	Male Senior	Unattached	1:21:18	1:20:55	165.	52.	8:07	54.1%	1	0
189.	215	Karen Offord	Female V50	Stowmarket Striders RC	1:21:19	1:21:01	24.	1.	8:07	69.0%	1	1
190.	183	Mark Wright	Male V45	Unattached	1:21:25	1:21:05	166.	33.	8:08	59.4%	0	0

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Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
191.	145	Gary Lowe	Male V60+	Saxmundham Sports Running	1:21:31	1:21:03	167.	11.	8:09	70.7%	1	1
192.	139	John Winter	Male Senior	Felixstowe RRC	1:21:35	1:21:10	168.	53.	8:09	54.4%	0	0
193.	184	Will Self	Male V40	Unattached	1:21:38	1:21:17	169.	28.	8:09	56.4%	0	0
194.	287	Deborah	Female V50	Kesgrave Cruisers	1:21:53	1:21:39	25.	2.	8:11	70.2%	1	1
195.	91	Jason Walne	Male V50	Unattached	1:21:55	1:21:31	170.	28.	8:11	62.2%	0	0
196.	200	John Scully	Male V50	Rushmere Community	1:21:59	1:21:49	171.	29.	8:11	61.6%	0	0
197.	245	Emily Rose	Female Senior	Unattached	1:22:05	1:21:53	26.	12.	8:12	60.1%	1	0
198.	347	Nick Moon	Male V45	Ipswich Jaffa RC	1:22:05	1:21:54	172.	34.	8:12	59.4%	1	0
199.	501	Natasha Smith	Female Senior	Ipswich Jaffa RC	1:22:08	1:21:56	27.	13.	8:12	60.0%	0	0
200.	308	Lee Thurlow	Male Senior	Unattached	1:22:21	1:22:01	173.	54.	8:14	53.4%	0	0
201.	531	Henry Fowler	Male Senior	Unattached	1:22:27	1:22:09	174.	55.	8:14	53.3%	0	0
202.	375	Andrew	Male Senior	Unattached	1:22:37	1:22:15	175.	56.	8:15	54.2%	0	0
203.	170	John Dunnett	Male V60+	Capel Cheetahs	1:22:40	1:22:27	176.	12.	8:15	67.0%	1	1
204.	100	Stephen Hatten	Male V55	Saint Edmund Pacers	1:22:44	1:22:38	177.	18.	8:16	64.5%	1	1
205.	563	Emily Smith	Female V40	Springfield Striders RC	1:22:45	1:22:32	28.	8.	8:16	63.5%	0	0
206.	558	Mark Hayden	Male V50	Framlingham Flyers	1:22:49	1:22:40	178.	30.	8:16	60.5%	0	0
207.	374	Robert Simpson	Male V45	Unattached	1:22:51	1:22:30	179.	35.	8:17	57.4%	0	0
208.	296	Helen Findley	Female V40	Kesgrave Cruisers	1:22:52	1:22:37	29.	9.	8:17	63.5%	1	0
209.	293	Patrick Holland	Male Senior	Kesgrave Cruisers	1:22:52	1:22:39	180.	57.	8:17	53.1%	1	0
210.	478	Matthew Small	Male V40	Unattached	1:22:53	1:22:48	181.	29.	8:17	55.5%	0	0
211.	256	Stuart Appleby	Male V60+	Unattached	1:22:58	1:22:42	182.	13.	8:17	64.9%	0	0
212.	58	Debbie Catling	Female V55	Felixstowe RRC	1:23:01	1:22:36	30.	2.	8:18	71.9%	1	1
213.	237	Vincent	Male V50	Capel Cheetahs	1:23:01	1:22:46	183.	31.	8:18	60.8%	0	0
214.	15	Christopher	Male V60+	Saxmundham Sports Running	1:23:11	1:22:52	184.	14.	8:19	64.7%	1	1
215.	360	Kieran Banham	Male Senior	Unattached	1:23:13	1:23:04	185.	58.	8:19	52.8%	0	0
216.	34	Daniel Pelling	Male V50	Haverhill Running Club	1:23:20	1:22:44	186.	32.	8:19	60.1%	1	1
217.	363	Samuel Barker	Male Senior	Unattached	1:23:22	1:23:15	187.	59.	8:20	52.9%	0	0
218.	208	Dean Youngs	Male V40	Unattached	1:23:30	1:23:10	188.	30.	8:20	54.7%	0	0
219.	421	Anita Ward	Female V50	Cambridge Triathlon Club	1:23:38	1:23:11	31.	3.	8:21	70.4%	1	0
220.	230	Susan Lockhart	Female V60+	Ipswich Jaffa RC	1:23:49	1:23:38	32.	2.	8:22	81.5%	1	0
221.	50	Mark Rose	Male V45	Ipswich Jaffa RC	1:23:50	1:23:38	189.	36.	8:22	58.2%	0	1
222.	98	Rob Smith	Male V45	Unattached	1:23:54	1:23:17	190.	37.	8:23	56.2%	1	0
223.	564	Beth Welton	Female Senior	Unattached	1:23:55	1:23:47	33.	14.	8:23	58.8%	0	0
224.	538	Daniel Rivera	Male Senior	Unattached	1:24:00	1:23:53	191.	60.	8:23	52.4%	0	0
225.	292	Alan Oliver	Male V55	Kesgrave Cruisers	1:24:02	1:23:43	192.	19.	8:24	62.9%	0	0
226.	461	Christian	Male V45	Felixstowe RRC	1:24:11	1:23:47	193.	38.	8:25	57.5%	0	0
227.	280	Rob Alder	Male V50	Woodbridge Shufflers RC	1:24:18	1:23:59	194.	33.	8:25	60.4%	1	0
228.	488	Nicola Ranson	Female V55	Springfield Striders RC	1:24:25	1:24:14	34.	3.	8:26	73.5%	0	0
229.	123	Samantha	Female V55	Felixstowe RRC	1:24:31	1:24:06	35.	4.	8:27	73.4%	1	1
230.	423	Adam Buckle	Male V40	Unattached	1:24:33	1:24:01	195.	31.	8:27	53.6%	1	0
231.	68	Graham Styles	Male V60+	Unattached	1:24:34	1:24:23	196.	15.	8:27	67.5%	0	0
232.	74	Lee Briers	Male V40	Unattached	1:24:45	1:24:30	197.	32.	8:28	54.3%	0	0
233.	179	Garry	Male V55	Felixstowe RRC	1:24:47	1:24:18	198.	20.	8:28	62.3%	0	1
234.	7	Simon Jacobs	Male Senior	Felixstowe RRC	1:24:58	1:24:45	199.	61.	8:29	51.9%	1	0
235.	111	Mark Turner	Male V45	Unattached	1:25:11	1:24:42	200.	39.	8:31	57.3%	1	0
236.	112	Carmen Ortiz	Female Senior	Unattached	1:25:12	1:24:42	36.	15.	8:31	58.5%	0	0
237.	464	David Robinson	Male V50	Rushmere Community	1:25:16	1:24:58	201.	34.	8:31	58.7%	0	0
238.	387	Chris Wright	Male Senior	Felixstowe RRC	1:25:22	1:24:56	202.	62.	8:32	51.8%	1	1

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
239.	551	Minnie Eve	Female V40	Unattached	1:25:29	1:25:23	37.	10.	8:32	60.5%	0	0
240.	445	Gemma Moss	Female V50	Ipswich Jaffa RC	1:25:29	1:25:16	38.	4.	8:32	66.4%	0	0
241.	550	Rob Evans	Male V50	Unattached	1:25:30	1:25:24	203.	35.	8:32	58.0%	0	0
242.	93	Sarah Davies	Female V45	Woodbridge Shufflers RC	1:25:32	1:25:14	39.	4.	8:33	62.0%	0	0
243.	359	Andrew Long	Male V55	Stowmarket Striders RC	1:25:33	1:25:15	204.	21.	8:33	60.1%	0	0
244.	19	Andy Cox	Male V55	Unattached	1:25:42	1:25:15	205.	22.	8:34	61.1%	0	0
245.	340	Peter Hopson	Male V55	Unattached	1:25:44	1:25:26	206.	23.	8:34	60.5%	0	0
246.	279	Hayley Wilson	Female Senior	Haverhill Running Club	1:25:51	1:25:15	40.	16.	8:35	59.1%	1	1
247.	342	Crystal Murray	Female Senior	Hadleigh Hares AC	1:25:51	1:25:17	41.	17.	8:35	58.5%	1	0
248.	601	Andy Sherwin	Male V55	Unattached	1:25:58	1:25:17	207.	24.	8:35	60.4%	0	0
249.	422	Andy Ward	Male V55	Unattached	1:26:00	1:25:33	208.	25.	8:35	60.9%	0	0
250.	169	Greg Dodds	Male V50	Woodbridge Shufflers RC	1:26:07	1:25:48	209.	36.	8:36	58.1%	1	0
251.	131	Pat Morgan	Male V60+	Ipswich Triathlon Club	1:26:22	1:25:53	210.	16.	8:38	73.6%	1	1
252.	41	Daniel Freeman	Male V40	Unattached	1:26:24	1:26:01	211.	33.	8:38	53.7%	0	0
253.	149	Harry Morton	Male Senior	Unattached	1:26:25	1:25:56	212.	63.	8:38	52.1%	0	0
254.	380	Fiona Hunt	Female V50	Kesgrave Cruisers	1:26:25	1:26:00	42.	5.	8:38	66.5%	1	1
255.	282	Paul Hubert	Male V45	Unattached	1:26:28	1:26:02	213.	40.	8:38	54.6%	1	0
256.	503	Ricky Deasy	Male V45	Unattached	1:26:28	1:26:08	214.	41.	8:38	54.6%	0	0
257.	389	Rachel Brooke	Female V50	Ipswich Jaffa RC	1:26:35	1:26:24	43.	6.	8:39	66.4%	0	0
258.	591	Steven Ward	Male V40	Unattached	1:26:36	1:26:10	215.	34.	8:39	54.0%	0	0
259.	504	David Mason	Male V50	Unattached	1:26:36	1:26:15	216.	37.	8:39	58.3%	0	0
260.	512	Neil Quarton	Male V55	Unattached	1:26:43	1:26:07	217.	26.	8:40	59.8%	0	0
261.	500	Sian Abbott	Female Senior	Ipswich Jaffa RC	1:26:46	1:26:34	44.	18.	8:40	57.1%	0	0
262.	495	Deb Ching	Female V50	Capel Cheetahs	1:26:56	1:26:47	45.	7.	8:41	64.5%	1	0
263.	605	Katie Rogers	Female Senior	Unattached	1:26:59	1:26:33	46.	19.	8:41	56.7%	0	0
264.	437	Harry	Male Senior	Stowmarket Striders RC	1:27:02	1:26:44	218.	64.	8:42	50.5%	1	1
265.	599	Neil Gipson	Male V55	Unattached	1:27:03	1:26:48	219.	27.	8:42	59.6%	0	0
266.	535	Catherine Healy	Female Senior	Unattached	1:27:09	1:27:02	47.	20.	8:42	56.7%	0	0
267.	446	Adam Kettle	Male V40	Unattached	1:27:13	1:27:05	220.	35.	8:43	53.7%	0	0
268.	72	Jim Briers	Male V60+	Unattached	1:27:24	1:27:10	221.	17.	8:44	62.2%	1	0
269.	278	Kayleigh Turpin	Female Senior	Felixstowe RRC	1:27:38	1:27:04	48.	21.	8:45	57.6%	1	1
270.	222	Andrew	Male Senior	Unattached	1:28:03	1:27:34	222.	65.	8:48	49.9%	0	0
271.	368	Micheal Tween	Male Senior	Unattached	1:28:11	1:27:47	223.	66.	8:49	49.9%	0	0
272.	502	Deasy Karen	Female V45	Unattached	1:28:26	1:28:07	49.	5.	8:50	60.0%	0	0
273.	205	Helen Yellop	Female V55	Capel Cheetahs	1:28:28	1:28:04	50.	5.	8:50	68.3%	0	0
274.	217	Marie Paveley	Female V45	Capel Cheetahs	1:28:28	1:28:04	51.	6.	8:50	62.6%	0	0
275.	405	Mark Godbold	Male V55	Ipswich Harriers	1:28:32	1:28:25	224.	28.	8:51	59.7%	1	1
276.	496	Damian Hack	Male V45	Unattached	1:28:38	1:28:29	225.	42.	8:51	54.1%	0	0
277.	148	Terence Dean	Male Senior	Unattached	1:28:45	1:28:12	226.	67.	8:52	49.5%	0	0
278.	471	Kris Siviour	Male Senior	Unattached	1:28:51	1:28:30	227.	68.	8:53	49.7%	0	0
279.	333	Terri Green	Female V40	Ipswich Jaffa RC	1:28:54	1:28:41	52.	11.	8:53	58.7%	1	1
280.	242	Emma Lawer	Female V50	Unattached	1:28:55	1:28:46	53.	8.	8:53	63.8%	0	0
281.	243	Darin Osborne	Male V55	Rushmere Community	1:28:55	1:28:46	228.	29.	8:53	59.4%	0	0
282.	590	Kingsley Towler	Male Senior	Unattached	1:28:59	1:28:29	229.	69.	8:53	49.9%	0	0
283.	80	Nicola Freeman	Female V40	Unattached	1:29:03	1:28:40	54.	12.	8:54	59.1%	0	0
284.	71	Billy Richmond	Male V55	Unattached	1:29:14	1:28:38	230.	30.	8:55	59.2%	1	0
285.	178	Stephen Pretty	Male V60+	Saint Edmund Pacers	1:29:26	1:29:06	231.	18.	8:56	64.4%	1	1
286.	448	Kara Brewer	Female Senior	Unattached	1:29:29	1:29:24	55.	22.	8:56	55.5%	0	0

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Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
287.	172	Will Ibbotson	Male V55	Capel Cheetahs	1:29:30	1:29:15	232.	31.	8:56	59.6%	0	0
288.	385	Tiffani Baloga	Female Senior	Unattached	1:29:32	1:29:18	56.	23.	8:57	55.5%	0	0
289.	177	Sam Ingram	Female V50	Unattached	1:29:36	1:29:18	57.	9.	8:57	64.1%	0	0
290.	164	Emma	Female V45	Kesgrave Cruisers	1:29:46	1:29:31	58.	7.	8:58	60.3%	1	0
291.	147	Carl Bergdahl	Male V50	Ipswich Jaffa RC	1:29:52	1:29:39	233.	38.	8:59	56.7%	0	1
292.	197	Molly Bergdahl	Female Senior	Ipswich Jaffa RC	1:29:52	1:29:40	59.	24.	8:59	54.9%	1	0
293.	301	Craig Perrin	Male Senior	Unattached	1:29:54	1:29:23	234.	70.	8:59	49.0%	1	0
294.	283	Richard Smith	Male V40	Stowmarket Striders RC	1:29:54	1:29:36	235.	36.	8:59	50.4%	1	1
295.	369	Derek Daly	Male V60+	Felixstowe RRC	1:30:01	1:29:45	236.	19.	9:00	60.4%	0	0
296.	585	Mark Barham	Male V45	Unattached	1:30:07	1:29:30	237.	43.	9:00	52.4%	0	0
297.	383	Claire Robinson	Female V45	Felixstowe RRC	1:30:14	1:29:57	60.	8.	9:01	61.4%	1	0
298.	430	Steve Herring	Male V60+	Bitton Road Runners	1:30:25	1:30:02	238.	20.	9:02	65.7%	0	0
299.	228	Bob Pearson	Male V60+	Norfolk Gazelles AC	1:30:31	1:29:54	239.	21.	9:03	59.5%	0	0
300.	35	Nikki Scott	Female Senior	Felixstowe RRC	1:30:38	1:30:29	61.	25.	9:03	55.0%	1	0
301.	33	Paul Veal	Male Senior	Unattached	1:30:42	1:30:34	240.	71.	9:04	49.7%	0	0
302.	450	Nicole Smith	Female V50	Newmarket Joggers	1:30:44	1:30:30	62.	10.	9:04	63.3%	1	1
303.	364	Trevor Bunch	Male V50	Haverhill Running Club	1:30:44	1:30:07	241.	39.	9:04	54.2%	0	0
304.	578	Mark Avery	Male V55	Ipswich Jaffa RC	1:30:55	1:30:38	242.	32.	9:05	58.1%	0	1
305.	160	Sian Wilson	Female V50	Unattached	1:30:56	1:30:36	63.	11.	9:05	62.4%	0	0
306.	507	Frazer Corbett	Male Senior	Unattached	1:31:10	1:30:35	243.	72.	9:06	48.2%	0	0
307.	156	Alex Ashton	Male V50	Haverhill Running Club	1:31:11	1:30:32	244.	40.	9:07	55.4%	0	0
308.	85	Aaron Ranieri	Male Senior	Unattached	1:31:15	1:31:01	245.	73.	9:07	48.4%	1	0
309.	354	Nigel Harrison	Male V50	Ipswich Jaffa RC	1:31:18	1:31:06	246.	41.	9:07	55.8%	0	0
310.	328	Mark Austin	Male V40	Unattached	1:31:20	1:30:58	247.	37.	9:07	51.2%	1	0
311.	343	Sharon Reeder	Female V55	Ipswich Jaffa RC	1:31:28	1:31:13	64.	6.	9:08	65.2%	0	0
312.	571	Jason	Male Senior	Unattached	1:31:35	1:30:54	248.	74.	9:09	48.7%	0	0
313.	453	Daniel Lloyd	Male Senior	Unattached	1:31:35	1:30:53	249.	75.	9:09	48.7%	0	0
314.	140	Mark Foulkes	Male V50	Kesgrave Cruisers	1:31:39	1:31:24	250.	42.	9:09	54.6%	0	0
315.	12	Emily Tiplady	Female Senior	Unattached	1:31:41	1:31:11	65.	26.	9:10	55.3%	1	0
316.	8	Matt Graham	Male Senior	Unattached	1:31:41	1:31:04	251.	76.	9:10	48.1%	1	0
317.	505	Jane Parkington	Female V55	Unattached	1:31:44	1:31:12	66.	7.	9:10	65.0%	0	0
318.	475	Caroline	Female V45	Unattached	1:31:46	1:31:23	67.	9.	9:10	60.4%	0	0
319.	544	Jonathan Key	Male V45	Unattached	1:31:47	1:31:31	252.	44.	9:10	51.4%	0	0
320.	525	Beth Maskell	Female Senior	Unattached	1:31:51	1:31:31	68.	27.	9:11	53.7%	0	0
321.	444	Melissa	Female Senior	Saint Edmund Pacers	1:31:54	1:31:24	69.	28.	9:11	53.8%	0	0
322.	90	Fran Lucey	Female Senior	Little Baddow Ridge Runners	1:32:01	1:31:26	70.	29.	9:12	54.8%	1	0
323.	371	Rhian Taylor	Female Senior	Unattached	1:32:08	1:31:36	71.	30.	9:12	54.1%	0	0
324.	370	Timmy Taylor	Male V40	Unattached	1:32:08	1:31:35	253.	38.	9:12	49.6%	0	0
325.	225	Jenny Lynch	Female V60+	Felixstowe RRC	1:32:11	1:31:48	72.	3.	9:13	69.1%	1	0
326.	473	Alex	Male Senior	Unattached	1:32:22	1:32:03	254.	77.	9:14	47.7%	0	0
327.	533	Neil Burton	Male V50	Capel Cheetahs	1:32:23	1:32:10	255.	43.	9:14	54.2%	0	0
328.	133	George Allen	Male Senior	Saint Edmund Pacers	1:32:38	1:32:11	256.	78.	9:15	47.6%	1	1
329.	87	Kelly Guyon	Female V45	Unattached	1:32:46	1:32:13	73.	10.	9:16	57.2%	1	0
330.	88	Brad Guyon	Male V50	Unattached	1:32:47	1:32:13	257.	44.	9:16	54.9%	1	0
331.	332	Scott Egerton	Male Senior	Boxted Runners	1:32:50	1:32:29	258.	79.	9:16	47.5%	1	0
332.	439	Gi Kwong	Male V55	Ipswich Jaffa RC	1:33:07	1:32:28	259.	33.	9:18	55.7%	0	0
333.	583	Nikki Lee	Female Senior	Unattached	1:33:09	1:32:52	74.	31.	9:18	54.4%	0	0
334.	582	Adam Cook	Male V40	Unattached	1:33:09	1:32:52	260.	39.	9:18	49.4%	0	0

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
335.	598	Martin Spilsted	Male V50	Rushmere Community	1:33:14	1:33:04	261.	45.	9:19	53.7%	0	0
336.	353	Madelyn	Female Senior	Unattached	1:33:16	1:32:43	75.	32.	9:19	52.9%	1	0
337.	479	Adam Chappell	Male Senior	Unattached	1:33:37	1:33:15	262.	80.	9:21	47.0%	0	0
338.	553	Patrick Cook	Male Senior	Felixstowe RRC	1:33:40	1:33:02	263.	81.	9:21	47.8%	0	1
339.	244	Ben Lloyd	Male Senior	Unattached	1:33:43	1:33:01	264.	82.	9:22	47.0%	0	0
340.	180	Hannah Prior	Female Senior	Unattached	1:33:52	1:33:37	76.	33.	9:23	52.5%	1	0
341.	305	Tony Stewart	Male V60+	Lonely Goat RC	1:33:58	1:33:22	265.	22.	9:23	63.2%	0	0
342.	77	Dominique	Female V45	Unattached	1:34:05	1:33:44	77.	11.	9:24	57.0%	1	0
343.	76	Amy Howard	Female V40	Unattached	1:34:05	1:33:44	78.	13.	9:24	55.9%	0	0
344.	195	Anika Balfe	Female V45	Rushmere Community	1:34:17	1:34:06	79.	12.	9:25	56.3%	0	0
345.	201	Carol Miller	Female V50	Rushmere Community	1:34:17	1:34:07	80.	12.	9:25	60.9%	0	0
346.	384	Simon Hoyle	Male V50	Unattached	1:34:18	1:33:41	266.	46.	9:25	54.0%	0	0
347.	346	Matilda Sjoberg	Female Senior	Unattached	1:34:23	1:33:49	81.	34.	9:26	52.2%	0	0
348.	51	Luke	Male Senior	Unattached	1:34:24	1:34:00	267.	83.	9:26	47.2%	0	0
349.	150	Philippa	Female Senior	Unattached	1:34:24	1:34:00	82.	35.	9:26	53.0%	0	0
350.	65	Leanne	Female V40	Felixstowe RRC	1:34:27	1:33:55	83.	14.	9:26	54.8%	1	1
351.	247	Elizabeth	Female Senior	Ipswich Phoenix Running	1:34:29	1:33:55	84.	36.	9:26	52.6%	1	1
352.	391	John Angel	Male V45	Unattached	1:34:31	1:33:52	268.	45.	9:27	51.2%	0	0
353.	386	Geraldine	Female V45	Unattached	1:34:45	1:34:11	85.	13.	9:28	57.2%	0	0
354.	246	Doug Betts	Male V45	Unattached	1:34:46	1:34:18	269.	46.	9:28	50.2%	1	0
355.	103	Rebecca	Female V55	Unattached	1:34:51	1:34:30	86.	8.	9:29	63.7%	1	0
356.	431	Matthew Ritchie	Male V40	Unattached	1:34:54	1:34:31	270.	40.	9:29	49.3%	1	0
357.	236	Karen Skene	Female V55	Capel Cheetahs	1:35:00	1:34:46	87.	9.	9:29	64.4%	0	0
358.	377	Hayley Harper	Female V45	Ipswich Jaffa RC	1:35:01	1:34:48	88.	14.	9:30	58.3%	0	0
359.	36	Mel Goodchild	Female Senior	Unattached	1:35:06	1:34:56	89.	37.	9:30	53.0%	1	0
360.	416	Lee Caulfield	Male V55	Colchester Harriers AC	1:35:07	1:34:31	271.	34.	9:30	54.1%	0	0
361.	173	Roger	Male V50	100 Marathon Club	1:35:13	1:34:36	272.	47.	9:31	53.5%	1	0
362.	532	Orlando Costa	Male V40	Unattached	1:35:21	1:35:05	273.	41.	9:32	47.9%	0	0
363.	274	Jon Lewis	Male V40	Unattached	1:35:23	1:34:56	274.	42.	9:32	49.1%	1	0
364.	456	Jordan	Male Senior	Unattached	1:35:23	1:34:56	275.	84.	9:32	46.1%	0	0
365.	54	Tim Parnell	Male V55	Ipswich Jaffa RC	1:35:26	1:35:10	276.	35.	9:32	54.9%	1	1
366.	593	Amanda Booth	Female Senior	Unattached	1:35:28	1:35:13	90.	38.	9:32	52.8%	0	0
367.	27	Garry Venn	Male V60+	Unattached	1:35:47	1:35:35	277.	23.	9:34	57.8%	1	0
368.	235	Tracey Watts	Female V40	Stowmarket Striders RC	1:35:56	1:35:37	91.	15.	9:35	53.5%	0	0
369.	480	Richard Neal	Male V40	Felixstowe RRC	1:35:58	1:35:30	278.	43.	9:35	47.6%	0	0
370.	152	Andy Walter	Male V55	Norfolk Gazelles AC	1:35:59	1:35:21	279.	36.	9:35	54.1%	0	0
371.	265	Catherine	Female V40	Unattached	1:36:00	1:35:18	92.	16.	9:35	54.8%	0	0
372.	398	Scott Girling	Male Senior	Capel Cheetahs	1:36:06	1:35:51	280.	85.	9:36	45.8%	1	0
373.	255	Laura Bateman	Female Senior	Vegan Runners UK Country	1:36:19	1:36:11	93.	39.	9:37	51.6%	1	0
374.	309	Sarah Glover	Female Senior	Unattached	1:36:47	1:36:01	94.	40.	9:40	51.5%	0	0
375.	114	Nathalie Hooper	Female V55	Hadleigh Hares AC	1:36:49	1:36:16	95.	10.	9:40	64.1%	1	1
376.	32	Madeleine Venn	Female Senior	Unattached	1:36:53	1:36:42	96.	41.	9:41	50.9%	1	0
377.	202	Andrew Smith	Male V40	Unattached	1:36:57	1:36:17	281.	44.	9:41	47.1%	0	0
378.	335	Mia Penn	Female V45	Unattached	1:37:01	1:36:22	97.	15.	9:42	56.5%	1	0
379.	302	James Wythe	Male Senior	Unattached	1:37:01	1:36:36	282.	86.	9:42	45.3%	0	0
380.	402	Emma	Female V45	Unattached	1:37:12	1:36:55	98.	16.	9:43	55.1%	0	0
381.	536	Cassandra	Female Senior	Ipswich Harriers	1:37:15	1:36:38	99.	42.	9:43	50.7%	0	1
382.	540	Michael	Male Senior	Unattached	1:37:17	1:37:11	283.	87.	9:43	46.3%	0	0

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
383.	534	Jonny	Male Senior	Unattached	1:37:19	1:36:59	284.	88.	9:43	45.2%	0	0
384.	462	Hans-Jurgen	Male V60+	Unattached	1:37:21	1:36:45	285.	24.	9:44	57.4%	0	0
385.	44	Paul Frost	Male V50	Unattached	1:37:23	1:37:01	286.	48.	9:44	50.5%	1	0
386.	519	Jenny Merry	Female V45	Unattached	1:37:32	1:36:58	100.	17.	9:45	54.4%	0	0
387.	518	James Wood	Male V55	Unattached	1:37:32	1:36:58	287.	37.	9:45	54.7%	0	0
388.	198	Jack Wales	Male Senior	Unattached	1:37:35	1:37:24	288.	89.	9:45	45.0%	1	0
389.	199	Harry Bergdahl	Male Senior	Unattached	1:37:35	1:37:24	289.	90.	9:45	45.0%	1	0
390.	275	Gerry McCarthy	Male V60+	Ipswich Phoenix Running	1:37:39	1:37:05	290.	25.	9:45	60.8%	1	0
391.	334	Ivana Lessner	Female Senior	Unattached	1:37:39	1:37:17	101.	43.	9:45	51.7%	0	0
392.	252	Lisa Loomes	Female Senior	Ipswich Jaffa RC	1:37:42	1:37:21	102.	44.	9:46	51.6%	0	0
393.	406	Kelly Wade	Female V40	Ipswich Jaffa RC	1:37:42	1:37:21	103.	17.	9:46	52.9%	1	1
394.	330	Samantha	Female V55	Unattached	1:37:47	1:37:08	104.	11.	9:46	63.4%	1	0
395.	25	James Wilcox	Male V50	Unattached	1:38:06	1:37:24	291.	49.	9:48	51.0%	0	0
396.	210	Martin Garrod	Male V60+	Ipswich Phoenix Running	1:38:09	1:37:35	292.	26.	9:48	58.1%	1	0
397.	64	Ed Abbott	Male Senior	Woodbridge Shufflers RC	1:38:15	1:37:54	293.	91.	9:49	45.9%	1	1
398.	49	Gordon	Male V55	Woodbridge Shufflers RC	1:38:15	1:37:54	294.	38.	9:49	54.3%	0	0
399.	251	John Bain	Male V60+	Lonely Goat RC	1:38:19	1:37:56	295.	27.	9:49	58.0%	0	0
400.	572	Matt Doran	Male V50	Harwich Runners	1:38:22	1:37:42	296.	50.	9:50	50.0%	0	0
401.	211	Lydia Foy	Female V45	Unattached	1:38:28	1:38:09	105.	18.	9:50	56.3%	0	0
402.	337	Kirsty Aberdein	Female V50	Unattached	1:38:30	1:38:14	106.	13.	9:50	58.3%	0	0
403.	338	Connie	Female Senior	Unattached	1:38:30	1:38:14	107.	45.	9:50	50.1%	0	0
404.	267	Samantha	Female V40	Run Mummy Run CRC	1:38:45	1:38:02	108.	18.	9:52	52.8%	0	0
405.	498	Teresa Brown	Female V40	Rushmere Community	1:38:48	1:38:38	109.	19.	9:52	51.6%	0	0
406.	549	Tracy Ratcliffe	Female V50	Rushmere Community	1:38:48	1:38:38	110.	14.	9:52	57.4%	0	0
407.	166	Angelique	Female V50	Rushmere Community	1:38:49	1:38:38	111.	15.	9:52	58.1%	1	0
408.	188	James Mears	Male V60+	Haverhill Running Club	1:39:06	1:38:30	297.	28.	9:54	54.3%	1	0
409.	43	Kelly Frost	Female Senior	Unattached	1:39:07	1:38:45	112.	46.	9:54	50.9%	1	0
410.	367	Richard Allport	Male V60+	Felixstowe RRC	1:39:10	1:38:46	298.	29.	9:54	54.3%	0	0
411.	53	Craig Osborn	Male V60+	100 Marathon Club	1:39:13	1:38:03	299.	30.	9:55	56.4%	0	0
412.	339	Stephanie	Female Senior	Unattached	1:39:18	1:38:45	113.	47.	9:55	50.6%	1	0
413.	506	Rob Nixon	Male Senior	Ipswich Jaffa RC	1:39:19	1:38:57	300.	92.	9:55	44.9%	0	0
414.	595	James Ellis	Male V40	Stowmarket Striders RC	1:39:20	1:39:01	301.	45.	9:55	46.3%	0	0
415.	161	Daniel Smith	Male Senior	Unattached	1:39:24	1:38:55	302.	93.	9:56	44.2%	1	0
416.	608	Jamie Jackson	Male Senior	Felixstowe RRC	1:39:27	1:39:07	303.	94.	9:56	44.2%	0	0
417.	153	Ollie Brookes	Male Senior	Unattached	1:39:27	1:38:58	304.	95.	9:56	44.2%	0	0
418.	546	Robert Reason	Male V55	Stowmarket Striders RC	1:39:31	1:38:58	305.	39.	9:57	53.6%	0	1
419.	589	Nicola Young	Female V55	Unattached	1:39:34	1:38:59	114.	12.	9:57	60.7%	0	0
420.	587	Melanie Harrell	Female V45	Unattached	1:39:34	1:38:59	115.	19.	9:57	54.4%	0	0
421.	432	Tony Adolphus	Male V60+	Ipswich Jaffa RC	1:39:40	1:39:01	306.	31.	9:57	57.2%	1	0
422.	82	Katie Meadows	Female Senior	Felixstowe RRC	1:39:40	1:39:16	116.	48.	9:57	49.5%	1	0
423.	358	Alice Meadows	Female Senior	Felixstowe RRC	1:39:40	1:39:16	117.	49.	9:57	49.5%	1	1
424.	270	Emma Calver	Female V50	Unattached	1:39:54	1:39:20	118.	16.	9:59	56.1%	1	0
425.	271	Emma Richbell	Female V50	Unattached	1:39:55	1:39:20	119.	17.	9:59	57.5%	1	0
426.	393	Charlotte	Female V45	Unattached	1:40:08	1:39:36	120.	20.	10:00	53.0%	1	0
427.	390	Claire	Female V45	Unattached	1:40:08	1:39:34	121.	21.	10:00	53.0%	1	0
428.	317	Lucia Hardwick	Female V45	Kesgrave Cruisers	1:40:14	1:39:47	122.	22.	10:01	54.0%	1	1
429.	167	Ewa Niezgodka	Female V40	Unattached	1:40:26	1:40:01	123.	20.	10:02	51.5%	0	0
430.	132	Pam Morgan	Female V60+	Ipswich Triathlon Club	1:40:40	1:40:11	124.	4.	10:03	78.1%	1	1

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
431.	241	Hayley Berkel	Female V50	Kesgrave Cruisers	1:40:45	1:40:18	125.	18.	10:04	55.7%	0	0
432.	107	Stephen	Male V40	Unattached	1:40:54	1:40:17	307.	46.	10:05	46.0%	1	0
433.	469	Lee Mears	Male Senior	Unattached	1:40:58	1:40:22	308.	96.	10:05	43.7%	0	0
434.	17	Oliver Frater	Male Senior	Unattached	1:41:06	1:40:26	309.	97.	10:06	44.6%	1	0
435.	372	Thomas Gibson	Male Senior	Unattached	1:41:12	1:40:45	310.	98.	10:07	43.4%	0	0
436.	373	Alex Biedul	Male Senior	Unattached	1:41:25	1:40:58	311.	99.	10:08	43.3%	0	0
437.	263	Paul Causon	Male V45	Unattached	1:41:37	1:40:53	312.	47.	10:09	48.0%	0	0
438.	528	Joanna Blyth	Female V50	Felixstowe RRC	1:41:50	1:41:37	126.	19.	10:10	57.8%	0	1
439.	307	Jo Whelan	Female V60+	Felixstowe RRC	1:41:59	1:41:35	127.	5.	10:11	65.1%	1	1
440.	394	Stephen Blyth	Male V60+	Felixstowe RRC	1:42:07	1:42:00	313.	32.	10:12	57.6%	1	1
441.	129	Amy Welsh	Female Senior	Unattached	1:42:12	1:41:44	128.	50.	10:13	49.6%	0	0
442.	130	Chris Dutton	Male V60+	Unattached	1:42:12	1:41:44	314.	33.	10:13	54.2%	0	0
443.	181	Helen Herbert	Female V40	Unattached	1:42:20	1:42:05	129.	21.	10:13	50.9%	1	0
444.	286	Paul Dorset	Male V50	Felixstowe RRC	1:42:34	1:42:02	315.	51.	10:15	48.8%	0	0
445.	433	Bryan Perry	Male Senior	Unattached	1:42:46	1:42:09	316.	100.	10:16	43.4%	1	0
446.	3	Rosie Bennett	Female Senior	Unattached	1:42:46	1:42:21	130.	51.	10:16	48.0%	0	0
447.	477	Olivia Hine	Female Senior	Unattached	1:42:46	1:42:20	131.	52.	10:16	48.0%	0	0
448.	269	Tabetha Snape	Female V50	Unattached	1:42:47	1:42:07	132.	20.	10:16	54.6%	1	0
449.	268	Zoe Wragg	Female V50	Unattached	1:42:47	1:42:07	133.	21.	10:16	56.6%	0	0
450.	355	Bonnie Swan	Female V50	Unattached	1:42:49	1:42:36	134.	22.	10:16	56.6%	0	0
451.	515	Adam Turrell	Male V50	Unattached	1:42:49	1:42:30	317.	52.	10:16	47.9%	0	0
452.	84	Louise Curtis	Female V50	Vegan Runners UK Country	1:42:57	1:42:49	135.	23.	10:17	56.5%	0	0
453.	14	Melanie	Female V50	Saxmundham Sports Running	1:43:10	1:42:30	136.	24.	10:18	56.4%	1	1
454.	10	Claire Butcher	Female V40	Felixstowe RRC	1:43:11	1:42:47	137.	22.	10:19	50.5%	1	1
455.	341	Viki Smith	Female V40	Unattached	1:43:15	1:42:41	138.	23.	10:19	50.5%	0	0
456.	555	Gemma Peck	Female Senior	Fordy Runs Running Club	1:43:20	1:42:42	139.	53.	10:19	49.1%	0	0
457.	420	Vicki Neve	Female V40	BLC on the Run	1:43:49	1:43:19	140.	24.	10:22	50.6%	0	0
458.	410	Nicky Tyler	Female V45	BLC on the Run	1:43:49	1:43:19	141.	23.	10:22	51.6%	0	0
459.	62	Wendy Quantrill	Female V50	Woodbridge Shufflers RC	1:43:59	1:43:37	142.	25.	10:23	54.6%	1	1
460.	291	Arabella	Female V60+	Felixstowe RRC	1:44:00	1:43:23	143.	6.	10:23	62.1%	1	1
461.	250	Leoni Harvey	Female V40	Great Bentley Running Club	1:44:05	1:43:36	144.	25.	10:24	49.7%	0	0
462.	105	David Lampard	Male V60+	Felixstowe RRC	1:44:17	1:43:53	318.	34.	10:25	51.6%	0	0
463.	117	Lisa Squirrell	Female V45	Woodbridge Shufflers RC	1:44:24	1:43:55	145.	24.	10:26	51.9%	1	0
464.	482	Guy Brinkley	Male V40	Unattached	1:44:25	1:44:12	319.	47.	10:26	44.4%	0	0
465.	336	Harry Travis	Male Senior	Unattached	1:44:30	1:43:55	320.	101.	10:26	42.1%	0	0
466.	573	Chris Ryan	Male V60+	Unattached	1:44:45	1:44:12	321.	35.	10:28	57.4%	0	0
467.	426	Ian Knights	Male V45	Kesgrave Cruisers	1:44:51	1:44:23	322.	48.	10:29	46.5%	1	0
468.	579	Claire Pickard	Female V45	Woodbridge Shufflers RC	1:45:02	1:44:33	146.	25.	10:30	52.8%	0	0
469.	521	Carolyn Tynan	Female V45	Capel Cheetahs	1:45:08	1:44:53	147.	26.	10:30	52.7%	0	0
470.	313	Richie Taylor	Male V45	Kesgrave Cruisers	1:45:17	1:44:51	323.	49.	10:31	45.6%	1	0
471.	366	Jacqueline	Female V55	Felixstowe RRC	1:45:31	1:45:07	148.	13.	10:33	58.0%	0	0
472.	22	Charlotte	Female V40	Woodbridge Shufflers RC	1:45:44	1:45:16	149.	26.	10:34	48.2%	0	1
473.	207	Rob Bentley	Male Senior	Unattached	1:46:03	1:45:43	324.	102.	10:36	41.9%	1	0
474.	310	Johnston John	Male Senior	Unattached	1:46:03	1:45:18	325.	103.	10:36	41.7%	0	0
475.	603	Rebecca	Female Senior	Unattached	1:46:24	1:45:43	150.	54.	10:38	47.0%	0	0
476.	552	Daniel Case	Male Senior	Unattached	1:46:25	1:45:46	326.	104.	10:38	41.6%	0	0
477.	581	David King	Male Senior	Unattached	1:46:26	1:45:46	327.	105.	10:38	41.5%	0	0
478.	194	Laura Clinton	Female V40	Unattached	1:46:33	1:45:54	151.	27.	10:39	48.2%	0	0

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Overall Results



Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
479.	45	Karen Flower	Female V55	Saxmundham Sports Running	1:46:43	1:46:03	152.	14.	10:40	56.6%	1	1
480.	86	Katy Windeatt	Female V50	Kesgrave Cruisers	1:46:47	1:46:19	153.	26.	10:40	53.2%	1	1
481.	490	Kevin Davidson	Male V60+	Unattached	1:47:06	1:46:35	328.	36.	10:42	51.2%	0	0
482.	511	Charlotte	Female Senior	Unattached	1:47:22	1:46:41	154.	55.	10:44	46.5%	0	0
483.	18	Sarah Wheeler	Female Senior	Unattached	1:47:29	1:47:00	155.	56.	10:44	45.9%	0	0
484.	264	Rachel Oakley	Female V55	Stowmarket Striders RC	1:47:39	1:47:06	156.	15.	10:45	57.6%	0	0
485.	109	Anca Stadler	Female Senior	Felixstowe RRC	1:47:59	1:47:21	157.	57.	10:47	46.3%	1	1
486.	400	Kate Hutson	Female V40	Ipswich Jaffa RC	1:48:12	1:47:43	158.	28.	10:49	48.6%	0	0
487.	409	Pauline Goffin	Female V45	BLC on the Run	1:48:47	1:48:16	159.	27.	10:52	50.3%	1	0
488.	412	Beverley Poore	Female V55	BLC on the Run	1:48:47	1:48:16	160.	16.	10:52	54.8%	0	0
489.	187	Joe Ward	Male Senior	Unattached	1:49:03	1:48:48	329.	106.	10:54	41.1%	0	0
490.	70	Adriana	Female Senior	Ipswich Jaffa RC	1:49:24	1:49:02	161.	58.	10:56	45.9%	1	0
491.	92	Anna	Female V45	Unattached	1:49:27	1:48:50	162.	28.	10:56	50.6%	0	0
492.	404	Mandy Godbold	Female V55	Ipswich Harriers	1:49:48	1:49:39	163.	17.	10:58	55.0%	1	1
493.	120	Lauren Searle	Female Senior	Unattached	1:50:04	1:49:49	164.	59.	11:00	44.8%	1	0
494.	122	Sara Brown	Female Senior	Unattached	1:50:04	1:49:30	165.	60.	11:00	45.6%	0	0
495.	138	Jackie Collins	Female V60+	Felixstowe RRC	1:50:37	1:50:12	166.	7.	11:03	57.6%	1	1
496.	348	Julie Haselwood	Female V60+	Ipswich Jaffa RC	1:51:04	1:50:42	167.	8.	11:06	67.4%	1	1
497.	392	Jo Angel	Female V50	Unattached	1:51:05	1:50:26	168.	27.	11:06	50.5%	1	0
498.	174	Carol Downs	Female V55	Redway Runners	1:51:26	1:50:54	169.	18.	11:08	56.4%	0	0
499.	414	Sapphira Minns	Female Senior	Unattached	1:51:50	1:51:32	170.	61.	11:10	44.7%	1	0
500.	63	Haley Duffy	Female V45	Ipswich Jaffa RC	1:51:55	1:51:33	171.	29.	11:11	47.4%	1	0
501.	56	Matt Makin	Male Senior	Felixstowe RRC	1:52:08	1:51:36	330.	107.	11:12	39.9%	1	1
502.	396	Mia Cairns	Female Senior	Unattached	1:52:12	1:51:46	172.	62.	11:13	43.9%	1	0
503.	600	Claire Walden	Female Senior	BLC on the Run	1:53:06	1:52:36	173.	63.	11:18	43.6%	0	0
504.	574	Richard Westley	Male V60+	Unattached	1:53:48	1:53:06	331.	37.	11:22	47.7%	0	0
505.	110	Alex Stadler	Male Senior	Felixstowe RRC	1:53:59	1:53:11	332.	108.	11:23	38.9%	1	1
506.	52	Mandy Chinery	Female V50	Kesgrave Cruisers	1:54:21	1:53:54	174.	28.	11:26	50.9%	0	0
507.	349	Claire Rush	Female V45	Kesgrave Cruisers	1:55:11	1:54:44	175.	30.	11:31	46.5%	1	0
508.	527	Mark Sadler	Male V40	Felixstowe RRC	1:55:25	1:54:46	333.	48.	11:32	40.2%	0	0
509.	526	Sian Taylor	Female Senior	Unattached	1:55:25	1:54:46	176.	64.	11:32	43.1%	0	0
510.	522	Chloe	Female Senior	Unattached	1:55:27	1:55:11	177.	65.	11:32	42.7%	0	0
511.	607	Natasha Owen	Female Senior	Unattached	1:55:27	1:55:11	178.	66.	11:32	42.7%	0	0
512.	514	Molly Lewis	Female Senior	Unattached	1:57:01	1:56:29	179.	67.	11:42	42.1%	0	0
513.	38	Faith Lewis	Female V50	Saint Edmund Pacers	1:57:02	1:56:28	180.	29.	11:42	47.9%	1	1
514.	135	Katherine	Female V40	Felixstowe RRC	1:57:46	1:57:16	181.	29.	11:46	43.3%	1	1
515.	311	Charlotte Eve	Female Senior	Unattached	1:57:56	1:57:31	182.	68.	11:47	41.8%	0	0
516.	403	Adel Webber	Female V40	Unattached	1:58:00	1:57:34	183.	30.	11:47	43.2%	0	0
517.	418	Stacie Long	Female Senior	Vegan Runners UK Country	1:58:04	1:57:41	184.	69.	11:48	42.0%	0	0
518.	189	Jo Birch	Female V50	Lonely Goat RC	1:58:06	1:57:43	185.	30.	11:48	47.5%	0	0
519.	516	Samantha	Female V50	Unattached	1:58:33	1:58:13	186.	31.	11:51	48.5%	0	0
520.	220	Kirsti Martin	Female V40	Unattached	1:59:03	1:58:31	187.	31.	11:54	43.4%	0	0
521.	221	Debbie	Female V60+	Stowmarket Striders RC	1:59:03	1:58:31	188.	9.	11:54	55.8%	0	0
522.	2	Holly Bennett	Female Senior	Unattached	2:00:03	1:59:37	189.	70.	12:00	41.1%	0	0
523.	83	Lisa Mahoney	Female V50	Unattached	2:00:37	2:00:06	190.	32.	12:03	47.1%	0	0
524.	298	Lucy Jones	Female Senior	Unattached	2:00:56	2:00:15	191.	71.	12:05	40.8%	1	0
525.	1	Annabel	Female V60+	Unattached	2:01:28	2:01:02	192.	10.	12:08	52.4%	0	0
526.	154	Gareth Carr	Male V40	Unattached	2:02:06	2:01:38	334.	49.	12:12	38.0%	0	0

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
527.	23	Hannah	Female Senior	Unattached	2:02:21	2:01:51	193.	72.	12:14	40.3%	1	0
528.	326	Sarah Harmon	Female V50	Felixstowe RRC	2:03:16	2:02:40	194.	33.	12:19	45.5%	1	0
529.	327	Jamie Stringer	Male V45	Felixstowe RRC	2:03:16	2:02:41	335.	50.	12:19	39.2%	1	0
530.	460	Beth Malster	Female V45	Unattached	2:06:25	2:05:43	195.	31.	12:38	42.8%	0	0
531.	297	Melody Howard	Female Senior	Unattached	2:06:55	2:06:14	196.	73.	12:41	38.8%	1	0
532.	168	Tomas Regent	Male V40	Unattached	2:09:54	2:09:12	336.	50.	12:59	35.2%	0	0
533.	266	Sam Tatham	Male Senior	Unattached	2:09:57	2:09:32	337.	109.	12:59	33.8%	0	0
534.	463	Ali Ostler	Female V40	Felixstowe RRC	2:10:34	2:09:53	197.	32.	13:03	39.6%	0	0
535.	565	Mark Garfield	Male V50	Unattached	2:11:49	2:11:05	338.	53.	13:10	38.6%	0	0
536.	415	Gillian Roberts	Female V60+	Unattached	2:17:58	2:17:41	198.	11.	13:47	48.8%	0	0
a.k.	438	Not In Use								0.0%	0	1
a.k.	465	Jamie Jackson	Male Senior	Felixstowe RRC						0.0%	0	0
DNF	262	Claire Steele	Female V50	Unattached						0.0%	0	0
DNF	454	John Clarke	Male V60+	Unattached						0.0%	0	0
DNS	9	Danny	Male V55	Unattached						0.0%	0	0
DNS	13	Alex Mahoney	Female Senior	Rushmere Community						0.0%	1	0
DNS	24	Robin Belsom	Male V60+	Ipswich Jaffa RC						0.0%	1	1
DNS	28	Jane Hallinan	Female Senior	Unattached						0.0%	0	0
DNS	31	Mik Carr	Male V60+	Bungay Black Dog RC						0.0%	0	1
DNS	39	Sarah Bowden	Female V50	Unattached						0.0%	1	0
DNS	40	Noah Bowden	Male Senior	Unattached						0.0%	1	0
DNS	46	Steve Adams	Male V60+	Felixstowe RRC						0.0%	0	1
DNS	57	Helen Self	Female Senior	Felixstowe RRC						0.0%	1	0
DNS	59	Angela Soames	Female V45	Kesgrave Cruisers						0.0%	0	1
DNS	61	Stephen Bullen	Male V50	Great Bentley Running Club						0.0%	0	0
DNS	66	Sarah Smith	Female Senior	Woodbridge Shufflers RC						0.0%	1	1
DNS	75	Christopher	Male V40	Ipswich Jaffa RC						0.0%	1	1
DNS	78	Rob Peevor	Male V40	Unattached						0.0%	0	0
DNS	89	Susan Smale	Female V45	Unattached						0.0%	0	0
DNS	96	Sandra Roberts	Female V60+	Ipswich Jaffa RC						0.0%	1	0
DNS	99	Charles Ladell	Male Senior	Unattached						0.0%	0	0
DNS	116	Larry Booth	Male V55	Unattached						0.0%	0	0
DNS	118	Rob Squirrell	Male V50	Woodbridge Shufflers RC						0.0%	1	0
DNS	119	Matt Hope	Male V50	Unattached						0.0%	1	0
DNS	121	David Masters	Male V40	Felixstowe RRC						0.0%	0	0
DNS	143	Mark Cooper	Male Senior	Unattached						0.0%	0	0
DNS	144	Emily Nash	Female Senior	Unattached						0.0%	0	0
DNS	155	Matthew	Male V40	Unattached						0.0%	1	0
DNS	175	Harley Marshall	Male Senior	Unattached						0.0%	0	0
DNS	182	Laura García	Female Senior	Unattached						0.0%	0	0
DNS	196	Andrew Cocker	Male V60+	Rushmere Community						0.0%	0	0
DNS	203	Grace King	Female Senior	Unattached						0.0%	1	0
DNS	206	Cameron Davey	Male Senior	Unattached						0.0%	1	0
DNS	209	Graham Garrod	Male V55	Unattached						0.0%	0	0
DNS	212	Shelley Walne	Female V45	Unattached						0.0%	0	0
DNS	218	David Smith	Male V45	Unattached						0.0%	0	0
DNS	219	Rob Harrow	Male V45	Unattached						0.0%	0	0
DNS	224	Gemma Addy	Female Senior	Unattached						0.0%	0	0

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Race Chip Timing

Overall Results

Place	Bib	Name	AG	Club	Gun	Chip	GenP	AgP	Pace	Grade	SCC	SGP
DNS	226	Suzie Fernley	Female V40	Unattached						0.0%	0	0
DNS	232	Bryan Wybrow	Male V40	Felixstowe RRC						0.0%	0	0
DNS	234	Anne Varene	Female V60+	Harwich Runners						0.0%	1	0
DNS	248	Emma Keen	Female Senior	Felixstowe RRC						0.0%	1	1
DNS	254	Rachael	Female V50	Unattached						0.0%	0	0
DNS	276	Julia	Female Senior	Unattached						0.0%	0	0
DNS	281	Jennifer	Female Senior	Unattached						0.0%	1	0
DNS	285	Gareth Jooste	Male V40	Unattached						0.0%	0	0
DNS	290	Larissa Mayhew	Female V55	Unattached						0.0%	0	0
DNS	319	Andrea James	Female Senior	Great Bentley Running Club						0.0%	1	0
DNS	322	Jonathan	Male V40	Unattached						0.0%	0	0
DNS	323	Megan Rea	Female Senior	Woodbridge Shufflers RC						0.0%	0	0
DNS	345	Oscar	Male Senior	Unattached						0.0%	0	0
DNS	351	Alexandru Pavel	Male Senior	Unattached						0.0%	0	0
DNS	362	Richard Crane	Male Senior	Unattached						0.0%	0	0
DNS	378	Ellie Calver	Female Senior	Unattached						0.0%	1	0
DNS	381	Andrew	Male V45	Capel Cheetahs						0.0%	0	0
DNS	382	Amanda	Female V40	Ipswich Jaffa RC						0.0%	1	1
DNS	401	Andrew	Male V50	Unattached						0.0%	0	0
DNS	413	Luke Arkle	Male Senior	Unattached						0.0%	0	0
DNS	417	Sue Hargadon	Female V60+	Woodbridge Shufflers RC						0.0%	1	0
DNS	427	Derek Potter	Male V60+	Lowestoft Road Runners						0.0%	0	1
DNS	428	Andy Parton	Male V55	Capel Cheetahs						0.0%	1	0
DNS	441	Kevin Scott	Male V55	Unattached						0.0%	0	0
DNS	447	Mark Brewer	Male V60+	Unattached						0.0%	0	0
DNS	458	Daniel Borrett	Male V40	Unattached						0.0%	0	0
DNS	467	Gulliver Hedley	Male V50	Unattached						0.0%	0	0
DNS	474	Bradley	Male Senior	Unattached						0.0%	0	0
DNS	492	Julie Harrison	Female V55	Ipswich Jaffa RC						0.0%	1	1
DNS	509	Mark Chalklen	Male V40	Unattached						0.0%	0	0
DNS	510	Rebecca	Female V40	Unattached						0.0%	0	0
DNS	520	Scott Williams	Male Senior	Saint Edmund Pacers						0.0%	1	1
DNS	541	Tom Hancock	Male V50	Harwich Runners						0.0%	0	0
DNS	562	Rob Jones	Male V50	Unattached						0.0%	0	0

Number of records: 608