

Hadleigh Hares 5

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	455	Paul Preston	M40	0:31:09.74	Colchester Harriers AC
2	483	Darren Thomas	MO	0:31:55.74	
3	425	Sebastian Keczmerski	MO	0:32:55.84	
4	365	Terry Bennington	MO	0:33:14.67	Stowmarket Striders RC
5	396	Mokhtar El Bouzidi Agueourgour	M55	0:33:17.92	Bungay Black Dog RC
6	366	Marcus Boon	MO	0:33:54.01	Ipswich Jaffa RC
7	389	Kerry Dennett	FO	0:33:59.26	Hadleigh Hares AC
8	362	Simon Bekker	M40	0:34:27.33	Great Yarmouth Road Runners
9	449	Tim Newton	M60	0:34:42.24	Ipswich Jaffa RC
10	481	Clive Steward	M50	0:35:13.87	Coltishall Jaguars RC
11	401	Adrian Frost	M45	0:35:37.37	Sudbury Joggers
12	492	William White	MO	0:35:45.23	Hadleigh Hares AC
13	488	Paul Wain	MO	0:36:09.75	Ipswich Harriers
14	357	Nigel Arnold	M55	0:36:16.99	Norfolk Gazelles AC
15	422	Ian Cannons	M40	0:36:19.17	Harwich Runners
16	400	Jamie Fittock	MO	0:36:26.29	
17	444	Christopher Morton	MO	0:36:42.25	West Suffolk AC
18	372	Mark Leeks	MO	0:36:47.39	Ipswich Jaffa RC
19	468	Kieron Savage	M40	0:36:52.54	Sudbury Joggers
20	439	Simon Merrick	M40	0:36:59.13	Felixstowe RRC
21	469	Dan Shepherd	M40	0:37:17.41	
22	485	Sandy Thorogood	F50	0:37:22.95	Sudbury Joggers
23	409	Stuart Green	M55	0:37:32.65	Stowmarket Striders RC
24	421	Hugo Jardim	MO	0:37:40.47	
25	368	Richard Brand	M45	0:38:11.22	
26	457	Gail Pryke	F55	0:38:24.75	
27	462	Stephen Robinson	M60	0:38:48.15	Stowmarket Striders RC
28	405	Mark Godbold	M45	0:39:41.63	Ipswich Harriers
29	406	Belinda Godbold	F55	0:40:06.83	Ipswich Jaffa RC
30	364	Catherine Belsom	F40	0:40:39.86	Stowmarket Striders RC
31	458	Peter Rice	M45	0:40:42.85	Norfolk Gazelles AC
32	416	Carrie Hook	F40	0:40:47.57	Harwich Runners
33	498	Scott Young	M45	0:40:59.47	Great Bentley Running Club
34	407	Tina Gore	F40	0:41:03.31	Sudbury Joggers
35	499	David Coley	M65	0:41:09.69	Ipswich Jaffa RC
36	376	David Chapman	M55	0:41:15.36	Sudbury Joggers
37	448	Melody-anne Neville	F45	0:41:30.17	Stowmarket Striders RC
38	352	Daniel Aldis	MO	0:42:22.44	
39	500	Debbie Jarvis	F50	0:42:22.54	
40	447	Paul Nelder	M55	0:42:33.95	
41	370	Angela Brinkley	F50	0:43:29.95	Stowmarket Striders RC
42	441	Darin Mills	M45	0:43:34.37	
43	385	Mark Cutting	M45	0:43:40.9	
44	390	Hannah Dennis	FO	0:43:42.58	Norfolk Gazelles AC
45	429	Mon Lee	M55	0:43:49.43	Ipswich Jaffa RC
46	464	Sharon Ruffy	FO	0:43:50.47	Benfleet Running Club
47	431	Arabella Lewendon	F50	0:43:55.58	Stowmarket Striders RC
48	404	Mandy Godbold	F45	0:43:57.21	Ipswich Harriers
49	374	John Celerier	M60	0:43:57.96	
50	435	Sandra Mayhew	F50	0:44:06.21	Stowmarket Striders RC
51	426	Dawn Kurtz	F40	0:45:30.16	
52	399	Grayhame Fish	M65	0:45:33.63	Stowmarket Striders RC
53	408	Mark Chisnall	M45	0:45:36.41	
54	454	Moir Pinkney	F65	0:45:51.35	Ipswich Triathlon Club
55	472	Karen Skene	F45	0:45:56.65	Great Bentley Running Club
56	375	Karen Chambers	F40	0:46:04.88	Sudbury Joggers
57	394	Michael Earle	M50	0:46:04.97	Sudbury Joggers
58	482	Elizabeth Stewart	FO	0:46:17.92	Hadleigh Hares AC
59	379	Geraldine Clifford	FO	0:46:36.57	Sudbury Joggers
60	413	Andy Hayward	MO	0:46:42.66	Stowmarket Striders RC

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61	387	Steve Danes	M50	0:47:18.99	
62	443	Susan Moore	F60	0:47:32.39	Norfolk Gazelles AC
63	398	Anne Fish	F65	0:47:39.63	Stowmarket Striders RC
64	395	James Eastwood	MO	0:47:54.56	
65	411	Mark Hastings	MO	0:47:58.57	
66	367	Victoria Boyes	FO	0:48:01.32	
67	487	Jessica Tyrrell	FO	0:48:05.98	
68	380	Nathan Cole	MO	0:48:07.99	
69	412	Nina Hawes	FO	0:48:08.24	
70	490	Michelle Waters	F45	0:48:10.09	Norfolk Gazelles AC
71	432	Julie London	F45	0:48:10.29	Norfolk Gazelles AC
72	495	Vivienne Woodgate	F50	0:48:32.21	Felixstowe RRC
73	496	Sue Wright	F55	0:48:32.64	
74	459	Jayne Richardson	M50	0:48:41.23	
75	467	Pippa Sargent	FO	0:49:24.29	
76	486	David Tillett	M45	0:49:25.42	
77	460	Jan Risebrow	F50	0:49:31.73	
78	359	Caroline Baker	F40	0:49:34.61	Norfolk Gazelles AC
79	382	Rob Cook	MO	0:49:38.85	
80	473	Anna Smith	FO	0:49:39.58	
81	428	Sarah Le Mare	FO	0:49:45.83	
82	391	Jennifer Devaney	FO	0:49:55.31	
83	397	Jennifer Evans	FO	0:49:55.43	Woodbridge Shufflers RC
84	476	Stacy Southgate	FO	0:50:06	
85	477	Ross Southgate	MO	0:50:06.51	
86	381	Hayley Coles	FO	0:50:07.82	
87	493	Jo Wild	F50	0:50:12.77	
88	474	Lisa Smith	F40	0:50:34.88	Hadleigh Hares AC/M Chisnall &
89	484	Cheryl Thomas	F50	0:50:39.91	Ipswich Jaffa RC
90	434	Be3rta Manas Alcaide	F45	0:51:02.71	Bungay Black Dog RC
91	392	Paul Dodsworth	MO	0:51:13.95	
92	378	Alexandra Chisnall	FO	0:51:14.02	M Chisnall & Son
93	494	Stephanie Wingham-boyer	F40	0:51:34.77	Hadleigh Hares AC
94	386	Jane Da Costa	FO	0:51:34.8	
95	363	Abbie Bell	FO	0:51:40.42	
96	466	Sally Sandford	FO	0:51:42.85	Sudbury Joggers
97	403	Mike Gillingham	M60	0:51:52.87	
98	360	Zoey Battell	F40	0:52:58.47	Sudbury Joggers
99	475	Sally Solomon	F45	0:53:09.97	Felixstowe RRC
100	410	Hayley Gunn-bruce	FO	0:53:19.53	Sudbury Joggers
101	369	Sharon Breward	F40	0:53:19.7	Sudbury Joggers
102	471	Wendy Sillett	F55	0:53:22.99	
103	415	Oliver Hines	MO	0:53:37.13	
104	418	Fiona Hotston Moore	F50	0:53:37.18	
105	453	David Pengelly	M60	0:53:49.95	
106	491	Jo Whelan	F50	0:53:51.15	Felixstowe RRC
107	440	Rachael Miller	FO	0:53:51.29	Felixstowe RRC
108	489	Samantha Walker	FO	0:54:14.72	
109	353	Helen Allan	F50	0:54:23.95	
110	427	Debby Lake	F50	0:54:27.91	
111	450	Agnieszka Olszewska	FO	0:54:35.3	
112	423	Dariusz Jastrzebski	MO	0:54:35.73	
113	377	Claire Chattenton	F40	0:55:12.66	
114	417	Ali Hopkins	FO	0:55:12.88	
115	445	Angela Mower	F60	0:55:13.83	Waveney Valley AC
116	446	David Mower	M60	0:55:14.35	Waveney Valley AC
117	420	Jeff Ingleby	MO	0:55:21.3	
118	354	Rebecca Allan	FO	0:56:12.12	
119	356	Shaheda Ambrose	F60	0:56:28.93	
120	358	Amanda Ayden	F50	0:56:29.04	
121	388	Tim Davy	MO	0:57:04.87	
122	424	Katrina Keating	FO	0:57:08.53	
123	384	Tina Cullum	MO	0:57:20.64	
124	456	Jess Preston	FO	0:57:40.99	Sudbury Joggers

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125	497	Jill Wright	F60	0:57:57.79	
126	433	Rebecca Maclean	FO	0:58:33.84	Copella
127	442	Agnieszka Mizgier	FO	0:58:34.2	Copella
128	371	Laura Button	FO	0:59:16.39	Bungay Black Dog RC
129	451	Kal Patel	F45	0:59:16.83	
130	402	Chris Gay	F65	0:59:28.54	Stowmarket Striders RC
131	463	Donna Rogers	F50	0:59:32.1	
132	438	Gillian McGill	FO	1:00:08.9	
133	479	Alison Stark	FO	1:00:08.9	
134	393	Julie Dunn	F45	1:00:21.21	
135	373	Susan Cattermole	F50	1:00:21.32	
136	478	Tracey Squirrell	F45	1:01:10.12	Hadleigh Hares
137	361	Pete Battle	M40	1:10:59.03	
138	465	Tracey Rulton	F50	1:14:31.03	
139	452	Nicola-anne Pengelly	F45	1:14:31.1	Sudbury Joggers