

Hadleigh 10

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	1144	Kieran Hayles	MO	0:57:10.78	Sudbury Joggers
2	1073	Tom Cresswell	MO	0:57:54.96	Colchester Harriers AC
3	1183	Jim Last	M40	0:58:08.3	Framlingham Flyers
4	1229	Steven William Parry	M50	0:58:41.64	Ipswich Jaffa RC
5	1002	Thomas Adams	MO	0:59:08.3	Ipswich Harriers
6	1136	Patrick Hannah	MO	0:59:16.03	Greenwich Tritons Triathlon Club
7	1290	Adam Wade	MO	0:59:17.35	Ipswich Jaffa RC
8	1061	Nicholas Clarke	MO	1:00:40.11	Ipswich Jaffa RC
9	1255	Barnaby Rufford	M45	1:01:11.2	
10	1274	Dave Solomon	M50	1:01:12.28	Felixstowe RRC
11	1287	Neil Turner	M45	1:01:13.58	
12	1194	Keith Marley	M45	1:01:41.15	Colchester Harriers AC
13	1234	Christopher Poulding	MO	1:01:55.77	Saint Edmund Pacers
14	1306	Dan Widdowson	MO	1:02:34.07	
15	1308	Jack Wilkinson	MO	1:02:51.6	
16	1046	Samuel Burdett	MO	1:03:56.03	Stowmarket Striders RC
17	1039	Steve Brooke	M45	1:04:21.69	Felixstowe RRC
18	1143	Mark Hayden	M45	1:04:30.18	Ipswich Harriers
19	1007	Tom Ames	MO	1:04:33.19	Stowmarket Striders RC
20	1024	Andrew Birdsey	MO	1:04:51.92	
21	1033	Jason Isaac Brandy	MO	1:04:54.58	
22	1215	James Nial	MO	1:04:55.2	
23	1139	Robin Harper	M40	1:04:59.15	Felixstowe RRC
24	1056	Marcus Catlin	M40	1:05:33.07	Ipswich Jaffa RC
25	1037	Marc Briggs	MO	1:05:38.24	Ipswich Jaffa RC
26	1204	Ian Moore	M50	1:05:42.37	Wymondham AC
27	1069	James Cornish	M40	1:06:10.85	Woodbridge Shufflers RC
28	1315	Will Aldred	M45	1:06:55.05	Framlingham Flyers
29	1174	Gregor Kennedy	M45	1:07:03.28	
30	1230	Steve Paul	M55	1:07:22.56	Eastern Masters AC
31	1006	Lee Allen	MO	1:07:45.35	Harwich Runners
32	1272	Richard Smith	M40	1:07:50.58	Sudbury Joggers
33	1016	Darren Barfield	MO	1:07:56.86	Sudbury Joggers
34	1221	Paul Osborne	M40	1:08:11.75	Felixstowe RRC
35	1302	Geraint White	MO	1:08:26.98	Ipswich Jaffa RC
36	1025	Samuel Blows	MO	1:08:35.76	
37	1166	Alan Jackson	M55	1:08:39.17	Ipswich Jaffa RC
38	1307	Ross Wilcox	M40	1:08:41.14	
39	1015	Samantha Banks	F40	1:08:45.16	Ipswich Jaffa RC
40	1148	Stephen Hicks	M55	1:08:49.18	Ipswich Harriers
41	1085	Chris Dennett	MO	1:08:52.11	
42	1237	Stuart Price	MO	1:09:01.41	
43	1311	Alec Wright	MO	1:09:04.58	Ipswich Jaffa RC
44	1187	Richard Leeder	M40	1:09:09.3	Stowmarket Striders RC
45	1227	Rob Page	MO	1:09:37.24	Ipswich Jaffa RC
46	1019	Jeremy Bell	M45	1:09:53.32	
47	1018	Aden Bell	MO	1:10:06.65	
48	1328	Stephen Curran	M50	1:10:16.63	
49	1256	Lee Rudland	MO	1:10:34.79	
50	1135	Gavin Hammond	MO	1:10:39.48	
51	1040	Paul Brown	M50	1:10:43.46	Framlingham Flyers
52	1238	Gavin Raby	M40	1:10:44.99	
53	1012	Emma Attwood	FO	1:10:53.94	Stowmarket Striders RC
54	1120	Wayne Gardner	MO	1:10:56.89	Stowmarket Striders RC
55	1099	Timothy Earl	MO	1:11:03.85	Waveney Valley AC
56	1196	Bradley Maxwell	MO	1:11:07.63	
57	1003	Stuart Alexander	MO	1:11:08.28	
58	1228	Steve Palfrey	M45	1:11:18.44	
59	1329	Gemma Porch	FO	1:11:20.18	Stowmarket Striders RC
60	1203	James Monsey	MO	1:11:26.78	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	1184	Nathan Laud	M40	1:11:32.73	
62	1134	Martin Halling	M60	1:11:37.7	St Albans Striders
63	1021	Matt Benson	MO	1:11:41.79	Sudbury Joggers
64	1292	Kelly Wagland	M50	1:11:45.93	
65	1330	Jess Gooderham	FO	1:12:13.41	St Edmund Pacers
66	1151	Chris Hilling	M40	1:12:19.78	
67	1257	Claudine Benstead	F55	1:12:34.4	
68	1261	Nigel Schofield	M50	1:13:07.94	Saint Edmund Pacers
69	1168	Martin Jarvis	M40	1:14:12.38	
70	1102	James Ellul	MO	1:14:19.28	Felixstowe RRC
71	1059	Geraldine Clarke	F45	1:14:22.35	
72	1210	Mary Narey	F50	1:14:26.34	Stowmarket Striders RC
73	1140	Tracy Harrington	F50	1:14:29.17	Tiptree Road Runners
74	1169	Chris Johns	M60	1:14:41.65	Woodbridge Shufflers RC
75	1110	Sarah Fitch	F40	1:15:04.12	Felixstowe RRC
76	1084	Richard Dempsey	M50	1:15:09.39	Woodbridge Shufflers RC
77	1185	Chuck Layzell	MO	1:15:10.28	
78	1145	Guy Hayward	M45	1:15:12.86	Framlingham Flyers
79	1172	Oliver Jones	MO	1:15:22.79	
80	1008	Stephen Ames	M40	1:15:35.53	
81	1150	Leslie Hill	M55	1:15:40.03	Norfolk Gazelles AC
82	1123	Neil Gillingham	MO	1:16:10.11	Ipswich Harriers
83	1312	Thomas Wright	M40	1:16:25.12	
84	1299	Mark Weston	M45	1:16:25.18	
85	1162	Liam Howlett	MO	1:16:26	
86	1023	Paul Bestley	M45	1:16:27.71	
87	1288	Stephen Utting	M40	1:16:29.06	
88	1014	Andrew Bailey	M45	1:16:41.17	Bungay Black Dog RC
89	1118	Samantha Fulcher	F50	1:16:46.44	
90	1043	Kerry Buckley	M45	1:16:52.36	
91	1091	Vanessa Dolling	F40	1:16:54.06	
92	1128	Gary Godfrey	M55	1:16:55.59	Sudbury Joggers
93	1295	Dennis Warner	M55	1:17:03.06	Harwich Runners
94	1020	Robin Belsom	M55	1:17:07.23	Ipswich Jaffa RC
95	1121	Richard Garrett	M40	1:17:14.17	Tiptree Road Runners
96	1108	Katrina Finch	F40	1:17:14.17	Tiptree Road Runners
97	1127	Lee Goddard	M45	1:17:22.29	Stowmarket Striders RC
98	1131	Karl Graves	M45	1:17:22.37	
99	1031	James Bowker	M50	1:17:25.44	Rochford Running Club
100	1294	Jason Walne	M45	1:17:58.95	
101	1225	Kay Oxford	F45	1:18:07.93	Hadleigh Hares AC
102	1301	Hugh White	M50	1:18:11.16	Hadleigh Hares AC
103	1199	Eamonn Mccusker	M60	1:18:18.59	Ryston Runners
104	1013	Mark Avery	M50	1:18:31.21	Ipswich Jaffa RC
105	1075	Derek Daly	M50	1:18:34.01	Saxmundham Sports Running &
106	1079	Phil Davies	M50	1:18:38.49	Ipswich Jaffa RC
107	1055	Iain Catchpool	M50	1:18:52.31	Ipswich Jaffa RC
108	1275	Dee St Ledger	F50	1:18:57.52	Sudbury Joggers
109	1097	Aaron Durrant	MO	1:19:55.96	Hadleigh Hares AC
110	1153	Adrian Hine	M50	1:19:56.82	Felixstowe RRC
111	1324	Sam Linassi	F40	1:20:00.73	Felixstowe RRC
112	1001	Jason Ablett	M45	1:20:01.46	Stowmarket Striders RC
113	1004	Laura Ali	F40	1:20:10.17	Framlingham Flyers
114	1124	Paul Gilson	M55	1:20:18.55	Ipswich Jaffa RC
115	1220	Craig Osborn	M55	1:20:31.25	
116	1266	David Sheahan	M55	1:20:33.3	
117	1009	Mark Andrews	M50	1:20:36.52	
118	1240	Mark Ramsey	M50	1:20:44.18	Ipswich Jaffa RC
119	1191	Anthony Maclean	M45	1:20:52.79	Framlingham Flyers
120	1331	David Mercer	M50	1:21:05.29	
121	1146	Jeremy Hennell James	M50	1:21:06.14	
122	1284	Pete Thompson	M60	1:21:08.56	Norfolk Gazelles AC
123	1047	Caroline Burgess	F40	1:21:11.89	
124	1327	Mark Davey	M45	1:21:15.05	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
125	1285	Helen Thurlow	FO	1:21:17.12	Colchester Harriers AC
126	1197	Darryn Mayhew	M40	1:21:25.46	
127	1032	Ben Boxall	M40	1:22:01.21	
128	1182	Alex Kuczer	M50	1:22:11.83	
129	1045	Sandra Bumphrey	F45	1:22:26.57	Capel Cheetahs
130	1074	Helen Curr	F40	1:22:37.39	
131	1218	Justine Norfolk	F40	1:22:37.46	
132	1200	Michael Mckinnell	M60	1:22:37.72	
133	1048	Jack Burman	MO	1:23:00.57	
134	1317	Jason Bullard	MO	1:23:07.92	
135	1077	Alistair Davidson	MO	1:23:08.55	
136	1072	Vanda Cox	F55	1:23:17.06	
137	1017	Marie Barker	F40	1:23:31.43	
138	1117	Peter Fraser-hopewell	M60	1:23:32.84	Harwich Runners
139	1323	Emily Longdin	FO	1:23:35.43	
140	1253	Marc Rowell	MO	1:23:52.77	
141	1163	Fiona Hunt	F45	1:23:55.64	Ipswich Jaffa RC
142	1267	Emma Sheldrake	FO	1:23:59.2	
143	1293	Marion Walker	F60	1:24:04.72	Framlingham Flyers
144	1050	Graham Bush	M65	1:24:15.79	Woodbridge Shufflers RC
145	1321	Will Burl	M40	1:24:22.29	
146	1160	Chris Howland	M55	1:24:23.9	Felixstowe RRC
147	1051	Heather Bush	F40	1:24:36.82	
148	1232	Clive Pemberton	M50	1:24:47.06	
149	1320	Michelle Hewitt	FO	1:24:48.58	Framlingham Flyers
150	1254	Luke Rutland	MO	1:25:02.15	
151	1109	Peter Finch	M55	1:25:21.06	Ipswich Jaffa RC
152	1216	Benjamin Nicholls	MO	1:26:08.14	
153	1258	George Sadler	F45	1:26:09.59	
154	1106	Richard Fellingham	M65	1:26:16.1	Stowmarket Striders RC
155	1126	Mark Godbold	M45	1:26:24.08	
156	1087	John Devall	M55	1:26:27.31	
157	1152	Alan Hillyard	M55	1:26:32.09	Ipswich Jaffa RC
158	1282	Gary Taylor	M55	1:26:42.09	
159	1248	Hugh Roberts	M65	1:26:50.02	Bungay Black Dog RC
160	1105	Karl Feagan	M40	1:26:52.52	Hadleigh Hares AC
161	1260	Dave Schindler	MO	1:26:52.9	
162	1188	Marcus Leeder	MO	1:26:53.07	
163	1314	Anna Young	F40	1:27:06.2	Harwich Runners
164	1173	Paul Jones	MO	1:27:12.53	Ipswich Jaffa RC
165	1070	Orlando Costa	MO	1:27:13.34	
166	1309	Jim Withers	M60	1:27:37.61	Newmarket Joggers
167	1149	Jeff Higgon	M65	1:27:38.77	Harwich Runners
168	1029	Keith Borrett	M60	1:27:40.15	
169	1165	Kate Hutson	FO	1:27:48.25	Ipswich Jaffa RC
170	1264	Alison Severy	FO	1:28:18.52	
171	1080	Zara Davis	F40	1:28:22.07	Hadleigh Hares AC
172	1049	Chris Burrows	M40	1:28:41.6	
173	1067	Ian Cooke	M50	1:28:45.27	
174	1060	Stuart Clarke	MO	1:28:48.98	
175	1247	Jus Rishworth	MO	1:28:56.21	
176	1313	Helen Yellop	F50	1:28:58.93	Capel Cheetahs
177	1286	Matthew Toone	MO	1:29:04.01	
178	1176	Beth King	F40	1:29:59.02	Norfolk Gazelles AC
179	1081	Julia Davison	F45	1:30:05.79	Rochford Running Club
180	1057	David Church	M45	1:30:30.17	Felixstowe RRC
181	1122	Bex Gilbert	FO	1:30:39.4	Felixstowe RRC
182	1211	Joe Naughton	M55	1:30:40	Stowmarket Striders RC
183	1318	Karl Mitchell	MO	1:30:48.22	Felixstowe RRC
184	1115	Alan Fosker	M45	1:30:55.36	Hadleigh Hares AC
185	1268	Karen Shelley	F50	1:31:23.39	Capel Cheetahs
186	1038	Stephen Bright	M50	1:31:35.21	
187	1310	Sarah Woodward	FO	1:31:50.3	
188	1064	Adrian Cole	M55	1:31:59.46	Stowmarket Striders RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
189	1098	Kimberley Dye	FO	1:32:03.69	
190	1271	Ross Silverton	M65	1:32:05.34	Witham RC
191	1224	Mark Oxford	MO	1:32:06.63	Ipswich Triathlon Club
192	1244	Tony Reynolds	M40	1:32:09.77	
193	1233	Sandy Phillips	F50	1:32:32.72	Ipswich Jaffa RC
194	1155	Stuart Hollingsworth	M45	1:32:32.9	Felixstowe RRC
195	1212	Lisa Netto	F40	1:32:37.97	Norfolk Gazelles AC
196	1198	Paula Mccann	F65	1:32:43.22	
197	1231	Marie Paveley	F40	1:33:08.75	
198	1226	Neil Packer	M50	1:33:42.25	
199	1241	Graham Rankin	M50	1:33:50.27	
200	1171	Wendy Johnston	F50	1:33:58.57	
201	1278	Nicola Stevenson	F55	1:34:09.1	Felixstowe RRC
202	1083	Brett Deakin	MO	1:34:10.56	Felixstowe RRC
203	1138	Simon Harkin	M40	1:34:42.3	Stowmarket Striders RC
204	1316	Maxine Bishop	F45	1:35:05.61	
205	1242	Elaine Rankin	F50	1:35:30.34	
206	1243	Geoff Rankin	M50	1:35:30.51	
207	1071	Kelly Coulter	FO	1:35:48.02	
208	1319	Ruth Belsom	F55	1:35:54.07	
209	1297	David Weeding	M45	1:36:26.64	Stowmarket Striders RC
210	1207	Chris Mortimore	MO	1:36:49.59	
211	1005	Stephanie Allen	FO	1:37:02.22	
212	1113	Karen Flowers	F45	1:37:03.9	Witham RC
213	1269	Sue Shippey	F45	1:37:03.95	Witham RC
214	1125	Julia Glenn	F40	1:37:05.29	
215	1239	Carole Rake	F40	1:37:19.02	Bungay Black Dog RC
216	1178	Lydia Kirk	FO	1:37:22.7	
217	1053	Treesa Carter	F40	1:37:27.45	
218	1223	Sarah Owen	F50	1:37:27.84	
219	1107	Joanna Fellowes	FO	1:37:29.64	
220	1157	Adriana Houchell	FO	1:37:42.55	Ipswich Jaffa RC
221	1159	Hayley Howard	FO	1:37:57.36	
222	1217	Joanne Nightingale	FO	1:37:57.88	
223	1129	Amanda Goldsmith	F45	1:37:59.09	
224	1270	Lisa Shumake	F40	1:38:16.75	
225	1027	Steven Boggis	M45	1:38:18.41	
226	1235	Fern Powell	FO	1:38:19.68	Caerleon RC
227	1164	Andrea Hunt	FO	1:38:19.93	Sudbury Joggers
228	1142	Deb Harrison	F40	1:38:19.98	Braintree & District AC
229	1245	Steven Reynolds	M55	1:38:38.25	
230	1132	Collette Green	FO	1:38:41.94	Felixstowe RRC
231	1289	Suzanne Vincent	F45	1:40:15	
232	1111	Simon Fitzgerald	M50	1:40:40.27	
233	1195	John Matthews	M50	1:40:40.51	
234	1326	Vanessa Mcphee	F40	1:41:37.11	
235	1088	Sarah De-vaux Balbirnie	FO	1:41:59.65	
236	1325	Sarah Sheehan	F40	1:42:02.7	
237	1283	Colin Tester	M50	1:42:03.61	
238	1259	Pippa Sargent	FO	1:42:04.31	Stowmarket Striders RC
239	1281	Debbie Taylor	F50	1:43:22.92	
240	1086	Clare Devall	FO	1:43:48.33	
241	1263	Elizabeth Severy	F55	1:44:01.19	
242	1304	Angela Whiting	F55	1:44:11.15	Stowmarket Striders RC
243	1095	Holly Dowsing	FO	1:44:14.56	
244	1096	Donna Dowsing	F45	1:44:14.73	
245	1044	Laura Bugg	F40	1:44:19.79	
246	1034	Sharon Breward	F45	1:44:28.57	Sudbury Joggers
247	1042	Sally Buckle	F50	1:44:29.56	Sudbury Joggers
248	1011	Liz Atkins	FO	1:44:41.12	Felixstowe RRC
249	1103	Jennifer Evans	FO	1:44:41.38	Woodbridge Shufflers RC
250	1104	Robin Farrar	M65	1:45:40.84	Bungay Black Dog RC
251	1273	Deborah Smith	F50	1:46:00.76	
252	1130	Marie Grantham	F40	1:46:31.34	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
253	1179	Nyokabi Kiruthi	F40	1:46:51.54	
254	1028	Anita Bond	F55	1:47:26.14	Eastern Masters AC
255	1298	Richard Westley	M50	1:47:51.26	
256	1250	Jane Rodens	FO	1:49:14.57	
257	1276	Hannah St Ledger	FO	1:52:25.06	Sudbury Joggers
258	1100	Kara Edhouse-thomas	F40	1:52:27.8	Ipswich Jaffa RC
259	1026	Ian Bodsworth	MO	1:53:40.39	Hadleigh Hares AC
260	1089	Jo Dickinson	F45	1:54:59.81	Felixstowe RRC
261	1058	Eddy Clampin	WC	1:56:28.01	
262	1063	Terence Coker	M55	1:59:54.44	
263	1156	Trish Hopkins	F65	2:01:20.41	Felixstowe RRC
264	1078	Anna Davidson	F40	2:01:38.52	
265	1154	Karen Hinton	FO	2:01:59.87	Stowmarket Striders RC