

Hadleigh Hares 10

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	95	Michael Eccles	MO	0:54:57.65	Norfolk Gazelles AC
2	231	Mark Newton	MO	0:55:57.91	Springfield Striders RC
3	154	Paul Holley	M45	0:57:12.13	Newmarket Joggers
4	189	Jim Last	MO	0:59:05.23	Framlingham Flyers
5	268	Danny Rock	MO	0:59:29.31	Felixstowe RRC
6	244	Steven Parry	M45	1:00:05.55	Ipswich Jaffa RC
7	322	Benjamin Turley	MO	1:00:22.56	Ipswich Jaffa RC
8	328	Adam Wade	MO	1:00:35.15	Ipswich Jaffa RC
9	183	Wilfred Campbell	M50	1:01:09.26	Ipswich Jaffa RC
10	195	Mark Lloyd	M40	1:01:20.17	Harwich Runners
11	235	Ian Old	MO	1:01:50.73	Ipswich Jaffa RC
12	276	Paul Ruffy	MO	1:02:51.75	Benfleet Running Club
13	143	Kieran Hayles	MO	1:02:53.32	Sudbury Joggers
14	161	Adam Howlett	M40	1:03:25.33	Framlingham Flyers
15	54	Thomas Challener	MO	1:03:34.27	Sudbury Joggers
16	291	Darren Sheppard	M40	1:03:40.07	Framlingham Flyers
17	29	Paul Bown	MO	1:03:42.72	
18	338	Luke Whitwell	MO	1:03:56.12	Felixstowe RRC
19	318	Glynn Thomas	M50	1:04:09.7	Ipswich Jaffa RC
20	275	Barnaby Rufford	M45	1:04:17.6	
21	259	Dave Solomon	M45	1:04:24.55	Felixstowe RRC
22	248	Malcolm Penn	M55	1:04:43.09	Sudbury Joggers
23	73	Darren Cook	M40	1:05:15.04	Felixstowe RRC
24	126	John Greener	M45	1:05:21.74	Saint Edmund Pacers
25	177	Garry Judd	M40	1:05:56.32	Brighton Phoenix
26	271	Nigel Rogers	M45	1:06:01.61	
27	78	Garry Cullum	MO	1:06:04.72	Ipswich Jaffa RC
28	42	Andy Buck	M50	1:06:12.25	Sudbury Joggers
29	146	Mark Hayward	MO	1:06:32.36	Stowmarket Striders RC
30	80	Ben Cuthbert	MO	1:06:44.87	Sudbury Joggers
31	214	Lloyd Miles	M45	1:06:51.61	Billericay Striders
32	135	Robin Harper	MO	1:07:30.78	Felixstowe RRC
33	264	Ian Richardson	M50	1:07:35.44	Cambridge & Coleridge AC
34	324	Neil Turner	M45	1:07:37.19	
35	32	Jason Isaac Brandy	MO	1:07:39	
36	162	Steven Hughes	M50	1:07:50.31	Stowmarket Striders RC
37	256	Scott Ramsey	MO	1:07:57.62	
38	284	Tim Sexton	M40	1:08:01.39	Norfolk Gazelles AC
39	60	Dan Clapton	MO	1:08:06.04	Ipswich Triathlon Club
40	127	Davina Greenwell	FO	1:08:14.74	Hadleigh Hares AC
41	217	Iain Milligan	M40	1:08:27.98	Saint Edmund Pacers
42	198	Simon Macer-wright	M45	1:08:43.48	
43	145	James Hayward	MO	1:09:05.76	Stowmarket Striders RC
44	255	Nicola Ramsey	FO	1:09:11.48	Ipswich Jaffa RC
45	302	Tony Saliman	M50	1:09:24.48	Hadleigh Hares AC
46	76	Steve Cox	M50	1:09:25.33	Hadleigh Hares AC
47	21	Robin Belsom	M55	1:09:26.02	Ipswich Jaffa RC
48	125	Michelle Gordon	FO	1:09:27.18	Felixstowe RRC
49	325	Andrew Turner	MO	1:10:10.84	Hadleigh Hares AC/Turners Blind
50	260	Andrew Renshaw	M50	1:10:16.59	
51	57	Herbert Goredema	M40	1:10:27.27	
52	39	Jason Brunt	M40	1:10:54.55	Norfolk Gazelles AC
53	35	Russel Breyer	M50	1:10:55.77	Ipswich Jaffa RC
54	110	Wayne Freeman	M55	1:10:57.99	Waveney Valley AC
55	343	Joanna Woledge	F40	1:11:27.56	Saint Edmund Pacers
56	124	Shaun Good	M50	1:11:35.15	Felixstowe RRC
57	144	Jake Hayward	MO	1:11:41.26	
58	88	Chris Dennett	MO	1:11:42.01	
59	56	Lee Chaplin	MO	1:11:47.82	
60	160	James Howlett	M40	1:11:50.71	Framlingham Flyers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	7	Matthew Allsop	M40	1:11:55.86	
62	178	Charles Keitch	MO	1:11:56.7	Great Bentley Running Club
63	19	Dave Beighton	MO	1:12:05.6	Saint Edmund Pacers
64	182	Gregor Kennedy	M45	1:12:14.26	
65	327	Austin Vidal-cocker	MO	1:12:21.42	
66	64	Neville Clarke	M60	1:12:24.12	Newmarket Joggers
67	242	Chris Panton	M40	1:12:28.19	
68	169	Phil Jarvis	M50	1:12:29.5	
69	132	Charles Hann	M50	1:12:30.94	Sudbury Joggers
70	301	Richard Smith	M40	1:12:32.1	
71	270	Paul Rogers	M40	1:12:43.54	Bure Valley Harriers
72	201	Axel Manzano	MO	1:13:05.22	
73	139	Ryan Harvey	M45	1:13:19.35	Woodbridge Shufflers RC
74	202	David Marsh	MO	1:13:22.52	
75	315	Haley Suttle	F50	1:13:24.47	Stowmarket Striders RC
76	92	Stephen Dunnett	M55	1:13:26.53	
77	272	Mark Rose	M40	1:13:34.71	Ipswich Jaffa RC
78	165	Alan Jackson	M55	1:13:37.37	Ipswich Jaffa RC
79	314	Sarah Stubbs	F40	1:13:45.88	Bure Valley Harriers
80	141	Stephen Hatten	M50	1:13:54.83	Saint Edmund Pacers
81	305	Chris Squirrel	MO	1:14:03.25	Turners Blinds and Shutters
82	6	Daren Allen	M50	1:14:04.99	Ipswich Triathlon Club
83	320	Claudine Tisbury	F55	1:14:07.47	Harwich Runners
84	344	Peter Woods	MO	1:14:23.59	Felixstowe RRC
85	210	Eamonn Mccusker	M60	1:14:27.37	Ryston Runners
86	114	Richard Garrett	M40	1:14:33.88	Tiptree Road Runners
87	15	Emma Barrowclough	FO	1:14:42.41	Sudbury Joggers
88	222	Vaughan Morris	M55	1:14:43.94	
89	193	Richard Leeder	M40	1:14:46.57	Stowmarket Striders RC
90	53	Mervyn Cattermole	M60	1:14:51.52	
91	277	Stephen Sadd	M55	1:14:53.56	Norfolk Gazelles AC
92	148	Laura Hicks	FO	1:15:01.3	Stowmarket Striders RC
93	153	Kevin Holley	M50	1:15:07.01	
94	254	Vicky Quantrill	F40	1:15:07.04	Great Yarmouth Road Runners
95	103	Katrina Finch	F40	1:15:07.41	Tiptree Road Runners
96	293	Mark Shillaker	M50	1:15:07.5	Tiptree Road Runners
97	113	Leslie Hill	M50	1:15:09.01	Norfolk Gazelles AC
98	136	Tracy Harrington	F45	1:15:12.44	Tiptree Road Runners
99	190	Mark Lawes	M45	1:15:21.69	Tiptree Road Runners
100	329	Kelly Wagland	M45	1:15:32.65	
101	58	Chris Chorley	M50	1:15:40.08	Bungay Black Dog RC
102	220	Chris Moore	M50	1:16:06.42	Norfolk Gazelles AC
103	119	Neil Gillingham	MO	1:16:09.33	Ipswich Harriers
104	196	Marcus Long	MO	1:16:10.99	
105	66	Thomas Codling	MO	1:16:12.88	Sudbury Joggers
106	69	Jim Comber	M40	1:16:15.28	Sudbury Joggers
107	185	Lisa Knights	F40	1:16:20.73	Waveney Valley AC
108	253	Clive Purbrook	M60	1:16:34.11	
109	111	Abby Gaeta	FO	1:16:46.13	Ipswich Jaffa RC
110	340	Stephen Williams	M60	1:16:52.16	Saint Edmund Pacers
111	200	Matt Doran	M55	1:16:58.25	
112	179	Tim Kelly	M60	1:17:16.63	Bishops Stortford RC
113	227	Mary Narey	F45	1:17:18.24	Stowmarket Striders RC
114	285	Michael Sexton-grant	MO	1:17:23.66	
115	133	Jackie Hann	F45	1:17:30.84	Sudbury Joggers
116	266	Andrew Robertson	MO	1:17:36.16	
117	205	Paul Barton	M45	1:17:36.8	
118	204	Wayne Martin	MO	1:17:40.15	
119	10	Benjamin Askew	MO	1:17:41.56	
120	170	David Jenkins	M50	1:17:59	Saint Edmund Pacers
121	108	John Francis	M50	1:18:00.62	Harwich Runners
122	167	Martin Jarvis	M40	1:18:10.21	
123	82	Derek Daly	M50	1:18:14.4	
124	115	Terry Garrity	M60	1:18:35.72	Bungay Black Dog RC

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125	282	Paul Schwer	M55	1:18:38.91	Felixstowe RRC
126	237	Paul Osborne	MO	1:18:39.87	Felixstowe RRC
127	336	Kevin Whelan	M45	1:18:40.98	Felixstowe RRC
128	199	Ker Macrosson	M60	1:18:42.13	Ipswich Jaffa RC
129	157	Stephen Howard	M40	1:19:19.38	
130	48	Heather Bush	F40	1:19:24.08	
131	317	George Thomas	M65	1:19:44.34	Bishops Stortford RC
132	287	David Sheahan	M55	1:19:44.76	
133	152	Charlotte Hodgson	FO	1:19:52.37	
134	308	Kevin Stagg	M45	1:19:57.41	Sudbury Joggers
135	175	Matthew Jones	MO	1:19:57.46	Great Bentley Running Club
136	333	Mark Webster	M55	1:20:37.9	
137	310	Jo Stephenson	F50	1:20:40.09	Stowmarket Striders RC
138	121	Paul Gilson	M55	1:20:57.1	Ipswich Jaffa RC
139	319	Pete Thompson	M55	1:21:01.74	Norfolk Gazelles AC
140	97	Rebecca Elmes	FO	1:21:03.2	Hadleigh Hares AC
141	174	Martin Jones	M40	1:21:17.79	
142	263	Nicola Richardson	FO	1:21:22.89	
143	37	Guy Brooks	M45	1:21:29.11	
144	187	Alex Kuczer	M45	1:21:38.96	
145	163	Fiona Hunt	F40	1:21:39.92	Ipswich Jaffa RC
146	109	Mike Freed	M60	1:21:53.34	Haverhill Running Club
147	250	Joanne Plumb	F45	1:21:55.9	
148	147	Dean Hearn	M45	1:22:06.56	Stowmarket Striders RC
149	72	Joe Cook	MO	1:22:07.47	
150	286	Jenny Sheahan	F50	1:22:18.32	
151	27	Sally-ann Bowen	F40	1:23:05.72	Sudbury Joggers
152	241	Neil Packer	M50	1:23:28.78	
153	172	Peter Johnson	M55	1:23:32.94	Fell Runners Association
154	140	Shaun Harvey	MO	1:23:50.76	
155	208	Paul Mcallister	M45	1:24:00.98	Capel Cheetahs
156	307	Ian St Ledger	M50	1:24:03.67	Sudbury Joggers
157	316	Gavin Talbot	M40	1:24:10.37	
158	106	Jonathan Foot	M55	1:24:16.73	Bure Valley Harriers
159	150	Alan Hillyard	M50	1:24:17.16	Ipswich Jaffa RC
160	298	Anthony Smith	M50	1:24:19.1	Witham RC
161	211	Michael Mckinnell	M60	1:24:20.52	
162	70	Helen Cook	F50	1:24:22.38	
163	283	Tom Scott	M55	1:24:23.31	
164	20	Steve Bellis	M45	1:24:23.45	
165	158	Chris Howland	M50	1:24:23.71	Felixstowe RRC
166	22	Andrew Bigg	MO	1:24:35.45	
167	151	Roger Hobson	M65	1:24:38.32	Woodbridge Shufflers RC
168	149	Jeff Higgon	M60	1:24:40.27	Harwich Runners
169	290	Anika Shenfield	F40	1:24:48.65	
170	239	Sarah K Owen	F50	1:24:51	
171	102	Richard Fellingham	M65	1:25:00.45	Stowmarket Striders RC
172	221	Jane Moore	F50	1:25:22.57	Sudbury Joggers
173	45	Jack Burman	MO	1:25:35.99	
174	323	Dominic Turner	M40	1:25:39.36	Sudbury Joggers
175	281	Belinda Schofield	F55	1:25:47.69	
176	294	Ross Silverton	M65	1:25:50.93	Witham RC
177	245	Diane Parton	F45	1:25:52.96	Capel Cheetahs
178	280	Bobbie Sauerzapf	F55	1:26:08.38	Bungay Black Dog RC
179	279	Graham Sampson	M65	1:26:12.27	Bungay Black Dog RC
180	313	Natalie Stewart	FO	1:26:12.72	Great Bentley Running Club
181	331	Tim Warner	M50	1:26:19.25	
182	303	Rachel Southgate	FO	1:26:32.23	
183	112	Julia Gant	FO	1:26:43.98	
184	87	Karen Deasy	FO	1:26:46.81	
185	306	Dee St Ledger	F50	1:27:06.19	Sudbury Joggers
186	28	Ian Bown	M50	1:27:13.2	
187	346	Jennifer Wright	FO	1:27:29.39	Ipswich Jaffa RC
188	36	Steve Bright	M50	1:27:30.56	

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189	51	Kieran Callaghan	MO	1:27:38.13	Harwich Runners
190	262	Alan Richardson	M65	1:27:40.79	Waveney Valley AC
191	321	Claire Trott	FO	1:27:46.43	Fetch Everyone
192	84	Harvey Davis	M45	1:27:48.13	
193	59	Danny Clandfield	M45	1:27:48.77	
194	33	Tim Braybrook	MO	1:28:10.1	Turners Blinds and Shutters
195	219	Denis Mole	M65	1:28:31.08	Havering '90 Joggers
196	71	Chris Cook	M55	1:28:32.16	
197	274	Stephen Roulton	M50	1:28:36.43	Sudbury Joggers
198	128	Frances Gridley	F55	1:28:49.28	Tiptree Road Runners
199	348	Helen Yellop	F45	1:29:01.04	Capel Cheetahs
200	40	Melanie Roberts	F55	1:29:06.75	Woodbridge Shufflers RC
201	18	Philip Beer	M50	1:29:18.12	Stowmarket Striders RC
202	17	Kate Beer	F45	1:29:18.39	Stowmarket Striders RC
203	247	Adi Payne	M40	1:29:21.9	
204	233	Robert Nunn	FO	1:29:23.3	
205	31	John Bradshaw	M40	1:29:23.62	
206	49	Simon Butler	M50	1:29:24.78	
207	43	Kerry Buckley	M45	1:29:33.71	
208	212	Nancy Mclachlan	F40	1:29:48.12	Woodbridge Shufflers RC
209	68	Jackie Collins	F50	1:29:51.63	Felixstowe RRC
210	203	Richard Marshall	M45	1:29:54.89	
211	4	Gavin Allen	M40	1:29:58.59	
212	258	Gary Rawlinson	M45	1:30:01.46	
213	65	Jo Clements	FO	1:30:02.61	
214	90	Caroline Dickinson	F45	1:30:09.61	
215	44	Nigel Bullen	M60	1:30:12.6	Norfolk Gazelles AC
216	194	Alyson Zena Limpkin-challis	F50	1:30:22.21	Felixstowe RRC
217	180	Oisin Kelly	M45	1:30:33.71	Sudbury Joggers
218	67	Adrian Cole	M50	1:30:36.81	Stowmarket Striders RC
219	138	Jan Hart	F45	1:30:39.1	
220	249	Ann Piercy	F60	1:30:42.34	Harwich Runners
221	3	Nigel Abbott	M45	1:30:49.6	
222	117	Peter Gay	M65	1:30:54.2	Stowmarket Striders RC
223	295	Michelle Sisson	F45	1:31:03.3	
224	46	Graham Bush	M65	1:31:03.63	Woodbridge Shufflers RC
225	209	Paula Mccann	F65	1:31:05.62	
226	9	Carolynn Anderson	F40	1:31:14.8	Newmarket Joggers
227	85	Jon Dawson	M45	1:31:18.94	
228	289	Karen Shelley	F50	1:31:28.16	Capel Cheetahs
229	137	Jo Harris	FO	1:31:32.52	Capel Cheetahs
230	104	Keith Fisher	M55	1:31:43.76	
231	334	Peter Wenzel	M60	1:32:01.44	Bishops Stortford RC
232	347	Maureen Wright	F65	1:32:21.68	Ipswich Jaffa RC
233	342	David Wilson	M50	1:32:33.52	
234	12	Liz Baalham	FO	1:32:33.56	
235	206	D Mayes	MO	1:32:54.35	Felixstowe RRC
236	229	Sian Naylor	FO	1:32:56.89	
237	230	Gemma Naylor	FO	1:32:57.04	
238	273	Paula Rothero	F45	1:33:02.97	Tiptree Road Runners
239	215	Jonny Miles	MO	1:33:19.03	Felixstowe RRC
240	26	Keith Borrett	M60	1:34:46.4	
241	34	Kate Brett	F40	1:34:52.55	
242	129	Dan Griffin	M50	1:35:01.75	
243	197	Jenny Lynch	F50	1:35:22.7	Felixstowe RRC
244	192	Clair Leaver	F40	1:35:44.86	
245	278	Rob Sambrook	M45	1:35:45.05	
246	326	Kayleigh Turpin	FO	1:35:51.8	
247	337	Angela Whiting	F50	1:36:07.68	Stowmarket Striders RC
248	261	Steven Reynolds	M55	1:36:16.23	
249	240	Mark Oxford	MO	1:36:21.12	Ipswich Triathlon Club
250	156	Andy Hovell	M45	1:36:58.61	
251	173	Helen Johnson-speak	F45	1:37:00.23	
252	142	Craig Hawkins	MO	1:37:05.45	Stowmarket Striders RC

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253	341	Susan Wilshaw	F60	1:37:14.57	Capel Cheetahs
254	81	Catherine Davey	FO	1:37:26.12	
255	75	Ruth Cowlin	F50	1:37:26.26	
256	304	Gavin Spurr	M45	1:37:29.41	
257	296	Fay Smalls	F40	1:37:57.34	Colchester Harriers AC
258	186	Jacqui Knowles	F45	1:38:11.26	Rochford Running Club
259	105	Simon Fitzgerald	M45	1:38:11.96	
260	11	Chris Aylmer	M65	1:38:13.45	Newmarket Joggers
261	74	Joanne Cowan	FO	1:38:25.02	
262	23	Harriet Biggs	F40	1:38:26.63	
263	118	Bex Gilbert	FO	1:38:50.61	
264	309	Charlie Stannett	M60	1:39:12.89	Ipswich Triathlon Club
265	228	Joe Naughton	M50	1:40:11.69	Stowmarket Striders RC
266	101	Carita Farthing	FO	1:40:16.9	
267	100	Jess Farthing	M40	1:40:16.9	
268	269	Terry Rogers	M60	1:40:38.26	
269	188	Lucy Lanham	FO	1:40:48.9	
270	292	Joanna Shields	FO	1:40:55	
271	107	Gemma Foreman	F40	1:41:23.89	
272	164	Terry Hunter	M60	1:41:32.75	Stowmarket Striders RC
273	171	Susan Jerstice	F40	1:41:47.12	
274	134	Sue Hargadon	F60	1:41:55.16	Ipswich Tri Club
275	98	Steph Evans	FO	1:42:00.3	Norfolk Gazelles AC
276	123	Rebecca Gooch	MO	1:42:00.43	Norfolk Gazelles AC
277	345	Julia Woolnough	F55	1:42:23.96	Halstead RRC
278	288	Laura Sheldon	FO	1:42:56.17	
279	62	Alison Clarke	F60	1:43:15.51	Great Bentley Running Club
280	77	Deborah Cubberley	FO	1:43:17.93	Great Bentley Running Club
281	155	Paul Hollidge	M45	1:43:18.1	Great Bentley Running Club
282	159	Suzanne Howlett	F40	1:44:06.95	
283	52	Trevor Catling	M55	1:44:08.33	
284	339	Nichola Whymark	FO	1:45:38.17	
285	99	Robin Farrar	M65	1:45:47.15	Bungay Black Dog RC
286	166	Samuel Jackson	MO	1:46:22.36	
287	96	Anna Ellis	FO	1:46:31.21	
288	218	Mobeen Minai	MO	1:46:33.34	
289	83	Lisa Dalton	F45	1:46:41.19	Sudbury Joggers
290	251	Paul Press	M45	1:46:41.35	
291	265	Karen Richardson	F50	1:47:34.21	Cambridge & Coleridge AC
292	332	Rebecca Wass	FO	1:48:21.9	Bungay Black Dog RC
293	130	Michael Hallums	M45	1:48:56.62	
294	13	Jessica Baldry	FO	1:48:56.93	
295	191	Neil Lay	MO	1:50:03.68	
296	89	Jo Dickinson	F45	1:50:21.42	Felixstowe RRC
297	47	John Bush	M50	1:51:04.65	Great Bentley Running Club
298	176	Hannah Josephs	FO	1:51:26.26	
299	225	Karen Murphy	F40	1:51:31.86	Hadleigh Hares AC
300	24	Paul Bird	M50	1:51:36.1	Bungay Black Dog RC
301	131	Ruth Hambling	FO	1:52:25.21	Hadleigh Hares AC
302	232	Helen Norman	F45	1:52:27.48	Hadleigh Hares AC
303	181	Trish Kempson	F50	1:52:49.24	Hadleigh Hares AC
304	238	Justin Ostler	M40	1:58:21.77	Felixstowe RRC
305	55	Kerry Chandler	F40	2:02:42.74	
306	63	Terence Coker	M55	2:12:40.72	Southend Flyers
307	1	Eddie Clampin	WC	2:12:41.96	Southend Flyers