

Hadleigh 10 2019

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	233	Danny Rock	MO	0:54:00.04	Felixstowe RRC
2	228	Scott Ramsey	MO	0:55:19.35	Hadleigh Hares AC
3	52	James Calvert	M40	0:57:28.53	Ipswich Jaffa RC
4	115	Tony Gavin	MO	0:58:06.08	Felixstowe RRC
5	145	Adam Howlett	M45	0:58:22.19	Framlingham Flyers
6	136	Mark Hayward	MO	0:58:43.56	Newmarket Joggers
7	130	Patrick Hannah	MO	0:58:49.27	
8	5	Alastair Angus	MO	0:59:13.34	St Edmunds Pacers
9	307	Jack Wilkinson	MO	0:59:50.12	
10	10	Carl Baker	M45	1:00:01.59	
11	205	Chris Mower	M40	1:01:07.43	St Edmunds Pacers
12	164	Tom Kingsnorth	M40	1:01:16.69	St Edmunds Pacers
13	54	Steven Carruthers	M50	1:02:15.82	Lowestoft Road Runners
14	57	Henry Catling	MO	1:02:34.66	Felixstowe Road Runners
15	210	James Nial	MO	1:03:02.03	
16	69	James Cornish	M40	1:03:02.18	Woodbridge Shufflers Running
17	41	Steve Brooke	M50	1:03:38.24	Felixstowe RRC
18	35	Jonathan Boyles	M45	1:03:44.48	Running Colchester
19	16	Aden Bell	MO	1:04:00.94	Hadleigh Hares AC
20	6	Alex Archer	MO	1:04:15.57	Ipswich Jaffa RC
21	192	Jason Meachen	M45	1:04:16.28	Harwich Runners
22	53	Wilfred Campbell	M55	1:04:27.16	Ipswich Jaffa RC
23	161	Charles Keitch	M40	1:04:28.41	Great Bentley Running Club
24	47	Piotr Bulacz	M45	1:05:20.57	Sudbury Joggers
25	3	Mark Allen	M50	1:05:36.11	Ipswich Jaffa RC
26	36	Jason Isaac Brandy	MO	1:05:39.57	
27	261	Richard Smith	M45	1:06:01.67	Sudbury Joggers
28	314	Dean Wright	MO	1:06:06.37	Hadleigh Hares AC
29	306	Ross Wilcox	M40	1:06:08.7	Stowmarket Striders Running Cl
30	217	Stephen Paul	M55	1:06:50.49	Eastern Veterans AC
31	150	Matt Hunter	MO	1:07:12.38	London Frontrunners
32	162	Gregor Kennedy	M50	1:07:23.58	
33	92	Emma Drury	FO	1:07:32.64	Sudbury Joggers
34	25	Mathew Blacoe	M50	1:07:33	Hadleigh Hares AC
35	71	Kate Creak	FO	1:07:52.25	
36	193	Stephen Mead	M65	1:08:15.83	Stowmarket Striders Running Cl
37	132	Robin Harper	M40	1:08:54.26	Felixstowe RRC
38	135	Tom Haslam	M45	1:08:57.81	Framlingham Flyers
39	120	Karl Graves	M45	1:09:06.19	Boxted Runners
40	46	Andrew Budd	M60	1:09:40.47	Capel Cheetahs RC
41	107	Jamie Fittock	MO	1:09:42.15	St Edmunds Pacers
42	67	Paul Cooke	M45	1:09:53.08	
43	196	James Minnette	M40	1:10:04.92	Haverhill Running Club
44	48	Trevor Bunch	M45	1:10:05.29	Haverhill Running Club
45	246	Ed Seeley	MO	1:10:20.2	
46	101	James Ellul	M40	1:10:20.49	Felixstowe RRC
47	2	Tom Alexander	M40	1:10:59.44	Woodbridge Shufflers Running
48	239	Nigel Schofield	M55	1:11:06.31	St Edmunds Pacers
49	45	Kerry Buckley	M50	1:11:14.38	Felixstowe RRC
50	243	Kevin Scutcher	MO	1:11:33.35	Hadleigh Hares AC
51	64	Jason Cook	M45	1:11:55.4	Great Bentley Running Club
52	58	Chris Chorley	M55	1:12:07.39	Bungay Black Dog RC
53	295	Robert Webb	M45	1:12:20.67	
54	283	Steven Utteridge	M40	1:12:23.15	
55	159	Andrew Joscelyne	M40	1:12:41.44	
56	126	Daniel Hadden	MO	1:12:43.22	

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57	104	Karl Feagan	M45	1:12:45.25	Hadleigh Hares AC
58	93	Stephen Dunnett	M60	1:12:46.04	Framlingham Flyers
59	175	Madeline Lewis	F40	1:12:46.7	Harwich Runners
60	169	Christopher Lawrence	MO	1:12:47.27	
61	223	Amy Plumbly	F40	1:12:49.84	Hadleigh Hares AC
62	273	Steve Taylor	MO	1:12:50.67	
63	27	Samuel Blows	MO	1:13:03.16	
64	155	Val Jennings	F55	1:13:09.63	Ipswich Jaffa RC
65	86	Vanessa Dolling	F45	1:13:22.64	Boxted Runners
66	8	Benjamin Askew	M40	1:13:29.13	
67	172	Charles Layzell	MO	1:13:47.06	
68	303	Ian White	M50	1:13:47.39	
69	9	Si Askew	M40	1:13:49.63	
70	121	Terri Green	FO	1:13:52.56	Ipswich Jaffa RC
71	171	Harry Lawrence	MO	1:14:25.08	
72	85	Neil Dennis	MO	1:14:32.38	Stowmarket Striders Running Cl
73	300	Kevin Whelan	M50	1:14:34.4	Felixstowe RRC
74	269	Rob Stevens	M50	1:14:36.57	
75	146	Mark Hughes	M50	1:14:37.85	Stowmarket Striders Running Cl
76	60	Neville Clarke	M65	1:14:40.98	Newmarket Joggers
77	325	Karen Stapleton	F40	1:14:48.29	Harwich Runners
78	215	Steve Palfrey	M45	1:14:50.37	
79	202	Vicky Moore	F45	1:14:52.94	
80	33	Sally-ann Bowen	F45	1:15:06.27	Sudbury Joggers
81	225	Gemma Porch	FO	1:15:15.45	Stowmarket Striders Running Cl
82	106	Sarah Fitch	F45	1:15:22.48	Felixstowe RRC
83	319	David Young	M45	1:15:44.51	
84	224	Chris Pont	MO	1:16:02.01	
85	267	Will Steed	M40	1:16:11.94	
86	68	Justin Cooper-keebke	M45	1:16:14.97	Harwich Runners
87	207	Mary Narey	F50	1:16:32.08	Stowmarket Striders Running Cl
88	187	Ian Mcdermott	M55	1:16:44.16	
89	318	Dave Young	M45	1:16:59.75	
90	112	Rob Freimuller	MO	1:17:17.66	
91	184	Michael Marriott	M60	1:17:54.31	
92	230	David Reynolds	M40	1:18:07.13	
93	313	Peter Woods	MO	1:18:14.66	Felixstowe RRC
94	116	Duane Gibbs	MO	1:18:17	
95	87	Melissa Dowell	F50	1:18:18.94	Colchester Harriers AC
96	301	Arthur Whiston	M65	1:18:19.04	Colchester Harriers AC
97	84	Karen Deasy	F40	1:18:20.8	
98	209	Stephen Neumann	M40	1:18:21.22	
99	310	Glyn Williams	MO	1:18:26.57	Lonely Goat RC
100	296	Mark Webster	M60	1:18:48.36	
101	216	Tim Parnell	M50	1:18:48.47	
102	156	Chris Johns	M60	1:19:09.65	Woodbridge Shufflers Running
103	114	David Garnham	M50	1:19:14.55	Ipswich Jaffa RC
104	186	Eamonn Mccusker	M65	1:19:25.53	Ryston Runners AC
105	317	Thomas Wright	F45	1:19:46.78	
106	213	Kay Oxford	F50	1:19:46.91	Hadleigh Hares AC
107	176	Trevor Lewis	MO	1:19:51.89	Harwich Runners
108	70	Orlando Costa	MO	1:20:11.91	
109	96	Kimberley Dye	FO	1:20:14.28	Ipswich Jaffa RC
110	51	Heather Bush	F40	1:20:15.74	
111	289	Peter Warland	M50	1:20:23.31	Stowmarket Striders Running Cl
112	291	Dennis Warner	M60	1:20:26.63	Harwich Runners
113	229	Robert Reason	M50	1:20:27.56	Stowmarket Striders Running Cl
114	250	Jenny Sheahan	F55	1:21:02.51	Eastern Veterans AC
115	276	Vivien Thomas	F40	1:21:14.15	St Edmunds Pacers
116	275	Daniel Thomas	M45	1:21:14.27	St Edmunds Pacers

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117	166	Anna Kocinska	FO	1:21:14.68	
118	167	Beryl Lansdown	F50	1:21:16.65	Ipswich Jaffa RC
119	221	Jim Pelham	M50	1:21:28.1	Boxted Runners
120	113	Sharon Frost	F45	1:21:37.59	St Edmunds Pacers
121	198	Frank Moggan	M70	1:21:42.66	Stowmarket Striders Running Cl
122	78	Derek Daly	M55	1:21:49.14	Saxmundham Sports Running &
123	50	Jack Burman	MO	1:22:12.64	
124	180	Jemma Maddams	FO	1:22:23.54	
125	249	David Sheahan	M55	1:22:38.7	
126	241	Ewan Scopes	U18M	1:22:43.24	
127	242	Ian Scopes	M40	1:22:44.48	
128	203	Lee Morphew	M40	1:22:48.28	
129	149	Rob Humphries	M50	1:22:51.68	
130	237	George Sadler	M45	1:22:54.74	
131	227	Clive Purbrook	M60	1:22:58.42	Newmarket Joggers
132	281	Elaine Turner	FO	1:23:22.83	Hadleigh Hares AC
133	28	Ian Bolton	M50	1:23:33.24	Harwich Runners
134	55	Iain Catchpool	M50	1:23:34.59	Ipswich Jaffa RC
135	231	Nick Ridler	MO	1:23:36.57	
136	110	Peter Fraser-hopewell	M65	1:23:37.43	Harwich Runners
137	124	Hannah Grinham	FO	1:23:38.09	
138	95	Charlotte Durrant	FO	1:23:50.85	Stowmarket Striders Running Cl
139	168	Keith Lansdown	M50	1:23:59.2	Ipswich Jaffa RC
140	298	Chris Wells	MO	1:23:59.65	Sudbury Joggers
141	7	George Ashford	M40	1:24:01.66	
142	34	Ian Bown	M55	1:24:02.7	Goodgym
143	26	Emily Blew	FO	1:24:23.86	
144	258	Craig Smith	M40	1:24:26.69	
145	302	Emily White	FO	1:24:44.74	Goodgym
146	29	Lin Bolton	F50	1:24:47.96	Team Dunerunner
147	285	Nikki Vince	F45	1:24:51.2	
148	76	Andy Daley	M45	1:25:04.37	Boxted Runners
149	188	Christopher Mcglade	M40	1:25:29.94	Boxted Runners
150	142	Celine Hore	F40	1:25:37.18	Boxted Runners
151	89	Kimberley Drain	MO	1:25:44.6	Stowmarket Striders Running Cl
152	111	Yvonne Freiherr-fenton	F40	1:26:00.2	
153	252	Gary Sheen	M50	1:26:05.6	
154	137	Emma Healy	F40	1:26:10.16	Halstead Road Runners
155	194	Victoria Metson	FO	1:26:13.16	Halstead Road Runners
156	294	Graham Waudby	M50	1:26:13.39	
157	270	Tony Stewart	M65	1:26:16.36	Lonely Goat RC
158	157	Peter Johnson	M60	1:26:32.35	
159	247	Alison Severy	FO	1:26:36.54	Ipswich Jaffa RC
160	189	Paula Mckelly	FO	1:26:43.29	
161	165	Lydia Kirk	FO	1:26:44.6	Framlingham Flyers
162	131	Simon Harkin	M45	1:26:45.54	Stowmarket Striders Running Cl
163	238	Bobbie Sauerzapf	F60	1:26:48.26	Bungay Black Dog RC
164	79	Catherine Davies	FO	1:27:36.55	Boxted Runners
165	31	Keith Borrett	M65	1:28:21	
166	201	Claire Moore	F40	1:28:32.24	Boxted Runners
167	158	Mark Johnston-wood	M55	1:28:32.91	Sudbury Joggers
168	1	Mary Akin-george	F45	1:29:06.63	
169	20	Marion Bennett	FO	1:29:23.41	Ipswich Jaffa RC
170	19	Jamie Bennett	M40	1:29:23.8	Ipswich Jaffa RC
171	11	Marie Barker	F40	1:29:37.35	Capel Cheetahs RC
172	151	Jane Hutchinson	F40	1:29:58.34	
173	56	Debbie Catling	F50	1:30:07.72	
174	97	John Edwards	M50	1:30:27.96	
175	72	Amanda Crichton	F40	1:30:39.76	
176	315	Linsey Wright	F40	1:30:47.18	

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177	153	Darren James	M45	1:30:47.3	
178	254	Ross Silverton	M70	1:30:47.88	Witham RC
179	62	Adrian Cole	M55	1:30:48.51	Stowmarket Striders Running Cl
180	91	Cheryl Drake	FO	1:30:50.48	
181	105	Peter Finch	M55	1:30:53.86	Ipswich Jaffa RC
182	274	Colin Tester	M50	1:31:01.83	Sevenoaks Athletics Club
183	139	Anne Herbert	F60	1:31:02.73	Harwich Runners
184	240	Helen Schofield	F40	1:31:11.59	Stamford Striders
185	181	Iain Mapley	M40	1:31:31.42	
186	290	Sharon Warland	F50	1:31:35.97	Stowmarket Striders Running Cl
187	222	Sandy Phillips	F55	1:31:50.38	Ipswich Jaffa RC
188	63	Helen Cook	F55	1:32:09.59	
189	214	Mark Oxford	MO	1:32:12.91	Ipswich Tri Club
190	134	Matthew Harvey	M40	1:32:17.27	
191	226	Nick Potter	M55	1:32:23.79	
192	179	Jenny Lynch	F55	1:32:26.27	Felixstowe RRC
193	260	Matthew Smith	MO	1:33:20.96	
194	297	David Weeding	M45	1:33:47.02	
195	278	Ivika Thomson	FO	1:33:51.81	
196	197	Mohit Mittal	MO	1:33:55.12	
197	102	Rebecca Ellul	FO	1:33:56.43	Felixstowe RRC
198	40	Steve Bright	M55	1:34:13.91	Lonely Goat RC
199	163	Jacquie King	F60	1:34:41.26	Boxted Runners
200	144	Bonny Howes	F45	1:34:54.68	
201	127	Karen Hamilton	F45	1:34:58.35	Stowmarket Striders Running Cl
202	311	Jim Withers	M65	1:35:13.74	Newmarket Joggers
203	17	Helen Benham	F40	1:35:37.79	Harwich Runners
204	18	Ruth Benham	FO	1:35:37.79	Harwich Runners
205	61	Samantha Cloud	F50	1:35:47.14	
206	277	Mike Thompson	M45	1:36:00.29	
207	109	Karen Flowers	F50	1:36:34.01	Witham RC
208	293	Susannah Waters	F40	1:36:52.37	
209	272	Lisa Sutherland	F45	1:37:07.2	TRISudbury Triathlon Club
210	253	Sue Shippey	F50	1:37:11.04	Witham RC
211	257	Anthony Smith	M55	1:37:53.22	Witham RC
212	13	Alison Beech	F60	1:38:22.14	Ipswich Jaffa RC
213	236	Hugo Sacker	M55	1:38:40.9	
214	100	Therese Elliott	F45	1:38:41.29	
215	37	Kate Brett	F45	1:38:46.64	
216	99	Shaun Elliott	M45	1:38:49.16	
217	81	Phil Davies	M50	1:39:19.95	Ipswich Jaffa RC
218	268	Daniel Steptoe-thompson	MO	1:39:32.04	Boxted Runners
219	244	Georgina Seakens	FO	1:39:32.1	Boxted Runners
220	266	Charlie Stannett	M60	1:40:04.63	Ipswich Tri Club
221	152	Neil Jacobs	MO	1:40:16.34	
222	59	Alison Clarke	F65	1:40:34.78	Great Bentley Running Club
223	190	Andrea Mckeown	FO	1:40:36.89	
224	148	Tracy Humphreys	F55	1:40:40.36	Stowmarket Striders Running Cl
225	170	Claire Lawrence	F55	1:40:44.84	
226	117	Emily Gilbert	FO	1:41:05.42	
227	218	Ayten Payne	F45	1:41:09.27	Mid Essex Casuals
228	30	Emma Boorman	F40	1:41:10.45	
229	251	Sarah Sheehan	F40	1:41:12.18	
230	73	Gillian Croot	F50	1:41:31.53	
231	219	Laura Pearson	FO	1:41:31.69	
232	316	Maureen Wright	F70	1:42:03.17	Ipswich Jaffa RC
233	38	Rachal Brett	FO	1:42:34	
234	264	Tim Sparkes	M40	1:43:07.47	Stowmarket Striders Running Cl
235	255	Lisa Simcock	F45	1:44:50.48	
236	299	Jo Whelan	F55	1:46:17.3	Felixstowe RRC

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237	173	Thomas Levett	M40	1:47:33.08	
238	103	Daniela Elstone	F50	1:47:36.03	Felixstowe RRC
239	14	Dan Belcher-hackett	M45	1:50:31.08	Stowmarket Striders Running Cl
240	15	Dianne Belcher-hackett	F40	1:50:31.18	
241	77	Lisa Dalton	F50	1:51:19.33	TRISudbury Triathlon Club
242	235	Hayley Rook	F40	1:55:53.51	
243	208	Kelly Naylor	F45	1:56:58.45	
244	220	Demelza Penberth	F45	1:56:58.46	
245	212	Louise Norris	F45	1:59:21.84	Boxted Runners
246	305	Jean Wier	F60	1:59:34.4	Harwich Runners
247	200	Linda Montgomery	F40	1:59:58.08	
248	138	Sarah Louise Hearn	FO	2:05:25.76	Boxted Runners