

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %	Pace
1	537	Oliver HITCHCOCK	00:26:11	00:26:09	Top3	1	Male	1	Bury St Edmunds Pacers	80.45	5:13 min/m
2	606	Dominic HAZELL-EVANS	00:29:44	00:29:42	Top3	2	Male	2		70.83	5:56 min/m
3	672	John SCAIFE	00:29:58	00:29:56	Top3	3	Male	3	Colchester Harriers AC	78.72	5:59 min/m
4	624	Oliver SCHOFIELD	00:30:14	00:30:11	Ages 15 - 39	1	Male	4	Saint Edmund Pacers	69.67	6:02 min/m
5	602	Stuart WARD	00:30:47	00:30:46	Ages 15 - 39	2	Male	5	Felixstowe Road Runners	68.4	6:09 min/m
6	632	Alfie COCKX	00:31:20	00:31:18	Ages 15 - 39	3	Male	6	Colchester and Tendring	69.62	6:15 min/m
7	560	Joe HUGHES	00:31:28	00:31:27	Ages 15 - 39	4	Male	7	BLC on the run	68.33	6:17 min/m
8	513	Neil SMITH	00:31:42	00:31:38	Ages 40 - 44	1	Male	8	Framlingham Flyers	69.26	6:19 min/m
9	565	Steve BROOKE	00:31:59	00:31:56	Ages 55 - 59	1	Male	9	Felixstowe Road Runners	77.58	6:23 min/m
10	637	Gavin DAVIES	00:32:30	00:32:29	Ages 40 - 44	2	Male	10	Ipswich Jaffa RC	69.16	6:29 min/m
11	516	J TOWNSEND	00:32:41	00:32:38	Ages 45 - 49	1	Male	11		71	6:31 min/m
12	567	Cath JEFFERY	00:32:45	00:32:40	Top3	1	Female	1	Saint Edmund Pacers	78.08	6:32 min/m
13	608	Chris MANBY	00:32:53	00:32:50	Ages 45 - 49	2	Male	12	Colchester Harriers AC	69.45	6:34 min/m
14	661	Benjamin SMITH	00:33:20	00:33:15	Ages 40 - 44	3	Male	13	Haverhill Running Club	66.41	6:39 min/m
15	538	Lottie HITCHCOCK	00:33:42	00:33:40	Top3	2	Female	2	Bury St Edmunds Pacers	74.9	6:44 min/m
16	665	Alan DIAPER	00:34:16	00:34:11	Ages 45 - 49	3	Male	14	Great Yarmouth Road Runners	68.28	6:50 min/m
17	586	Paul COOKE	00:34:18	00:34:08	Ages 50 - 54	1	Male	15	Ipswich Jaffa RC	69.92	6:49 min/m
18	605	Katy DENNY	00:34:46	00:34:39	Top3	3	Female	3	Tiptree Road Runners	75.7	6:55 min/m
19	668	Sam BAXTER	00:34:47	00:34:41	Ages 40 - 44	1	Female	4	Felixstowe Road Runners	71.84	6:56 min/m
20	620	Caroline BAILEY	00:35:19	00:35:14	Ages 50 - 54	1	Female	5	Byron Bay Runners Australia	77.92	7:02 min/m
21	524	Matthew NORRIS	00:35:27	00:35:19	Ages 45 - 49	4	Male	16	Bury St Edmunds Pacers	64.4	7:03 min/m
22	536	Gary DONOGHUE	00:35:42	00:35:36	Ages 55 - 59	2	Male	17	Colchester Harriers AC	70.74	7:07 min/m
23	680	Keith BRIGHTY	00:36:01	00:35:50	Ages 60 - 64	1	Male	18	Coltishall Jaguars	72	7:10 min/m
24	525	Ian MCDERMOTT	00:36:10	00:36:02	Ages 60 - 64	2	Male	19	Ipswich Jaffa RC	71.7	7:12 min/m
25	514	Glenn MASSEY	00:36:18	00:36:13	Ages 50 - 54	2	Male	20	Stinging Nettle Smashing-it Tuesdays	67.78	7:14 min/m
26	585	Jimmy SECKER	00:36:27	00:36:22	Ages 45 - 49	5	Male	21	Saint Edmund Pacers	64.71	7:16 min/m
27	653	Kerry BUCKLEY	00:36:48	00:36:43	Ages 50 - 54	3	Male	22	Felixstowe Road Runners	66.85	7:20 min/m
28	587	Jack AXFORD	00:36:48	00:36:12	Ages 15 - 39	5	Male	23	Jogging Made Easy	57.24	7:14 min/m
29	594	Richard HIGGINS	00:36:48	00:36:44	Ages 55 - 59	3	Male	24	Framlingham Flyers	69.83	7:20 min/m
30	548	Tom AYKROYD	00:36:50	00:36:41	Ages 40 - 44	4	Male	25	Felixstowe Road Runners	61.51	7:20 min/m
31	651	Jo HAYWARD	00:36:53	00:36:46	Ages 50 - 54	2	Female	6	Stowmarket Striders RC	75.45	7:21 min/m

32	609 David HILSON	00:36:56	00:36:51	Ages 60 - 64	3 Male	26 Colchester Harriers AC	70.23	7:22 min/m
33	628 Steph HALL	00:37:23	00:37:21	Ages 15 - 39	1 Female	7	63.8	7:28 min/m
34	574 Katie GIBSON	00:37:23	00:37:16	Ages 50 - 54	3 Female	8 Colchester Harriers AC	74.43	7:27 min/m
35	610 Lee HOLOHAN	00:37:24	00:37:21	Ages 45 - 49	6 Male	27 Colchester Harriers AC	62.56	7:28 min/m
36	561 Richard WESTLEY	00:37:32	00:37:17	Ages 60 - 64	4 Male	28	69.09	7:27 min/m
37	657 Tom STEPHENS	00:37:38	00:37:32	Ages 50 - 54	4 Male	29 Felixstowe Road Runners	65.37	7:30 min/m
38	555 Kelly SMITH	00:38:11	00:38:07	Ages 50 - 54	4 Female	9 Boxted Runners	72.05	7:37 min/m
39	515 Graham WIGLEY	00:38:21	00:38:17	Ages 65 - 69	1 Male	30 Framlingham Flyers	70.82	7:39 min/m
40	531 Tim RANSON	00:38:25	00:38:22	Ages 60 - 64	5 Male	31	68.75	7:40 min/m
41	662 Connie HAGGART	00:38:35	00:38:32	Ages 15 - 39	2 Female	10	63.26	7:42 min/m
42	611 Ryan TAYLOR	00:38:58	00:38:53	Ages 15 - 39	6 Male	32	54.06	7:46 min/m
43	583 George ALLEN	00:39:04	00:38:21	Ages 15 - 39	7 Male	33 Saint Edmund Pacers	54.28	7:40 min/m
44	511 Chris BAREHAM	00:39:08	00:39:05	Ages 60 - 64	6 Male	34	68.75	7:49 min/m
45	591 Chris AXFORD	00:39:20	00:38:45	Ages 55 - 59	4 Male	35 Jogging Made Easy	64.76	7:45 min/m
46	509 Roger KERR	00:39:21	00:38:50	Ages 45 - 49	7 Male	36	58.51	7:46 min/m
47	529 Gary LOWE	00:39:45	00:39:34	Ages 65 - 69	2 Male	37 Saxmundham Running and Fitness Club	68.98	7:54 min/m
48	622 Dan PRICE	00:39:59	00:39:49	Ages 15 - 39	8 Male	38 Capel Cheetahs	52.67	7:57 min/m
49	580 Jason NIGHTINGALE	00:40:00	00:39:52	Ages 50 - 54	5 Male	39	60.98	7:58 min/m
50	502 Crystal MURRAY	00:40:09	00:39:59	Ages 15 - 39	3 Female	11 Hadleigh Hares AC	60.5	7:59 min/m
51	563 Terri GREEN	00:40:11	00:40:04	Ages 40 - 44	2 Female	12 Ipswich Jaffa RC	62.18	8:00 min/m
52	603 David CHURCH	00:40:18	00:40:11	Ages 50 - 54	6 Male	40 Felixstowe Road Runners	60.53	8:02 min/m
53	530 Andrew WEBBER	00:40:21	00:39:49	Ages 60 - 64	7 Male	41 Stowmarket Striders RC	65.45	7:57 min/m
54	501 Nathalie HOOPER	00:40:25	00:40:16	Ages 55 - 59	1 Female	13 Hadleigh Hares AC	72.17	8:03 min/m
55	522 Becks BAWLEY	00:40:27	00:39:53	Ages 15 - 39	4 Female	14 BLC on the run	59.25	7:58 min/m
56	655 Stuart GREEN	00:40:28	00:40:14	Ages 60 - 64	8 Male	42	65.86	8:02 min/m
57	679 Ruth GAINSFORD	00:40:38	00:40:27	Ages 55 - 59	2 Female	15 Coltishall Jaguars	73.58	8:05 min/m
58	527 Joseph MARTIN	00:40:53	00:40:36	Ages 15 - 39	9 Male	43 Kesgrave Cruisers	52.59	8:07 min/m
59	581 John DUNNETT	00:41:02	00:40:51	Ages 60 - 64	9 Male	44 Capel Cheetahs	64.97	8:10 min/m
60	641 Georgie ROADNIGHT	00:41:09	00:40:35	Ages 15 - 39	5 Female	16 BLC on the run	57.97	8:07 min/m
61	539 Veronica VERSINO	00:41:09	00:41:04	Ages 15 - 39	6 Female	17 Saint Edmund Pacers	59.04	8:12 min/m
62	626 Jenna SMITH	00:41:58	00:41:47	Ages 15 - 39	7 Female	18 Project Run Crew	58.16	8:21 min/m
63	545 Laura BETON	00:42:12	00:42:01	Ages 15 - 39	8 Female	19 Project Run Crew	58.14	8:24 min/m
64	597 Andrew TREDGET	00:42:15	00:41:40	Ages 50 - 54	7 Male	45 Jogging Made Easy	56.29	8:20 min/m

65	595 Valentine Burley	00:42:21	00:42:14	Ages 55 - 59	3 Female	20 Harwich Running Club	67.27	8:26 min/m
66	584 Joanne HARPER	00:42:24	00:42:01	Ages 40 - 44	3 Female	21 Felixstowe Road Runners	58.55	8:24 min/m
67	577 Olivia MALLETT	00:42:43	00:42:18	Ages 15 - 39	9 Female	22	55.77	8:27 min/m
68	627 Laura HALL	00:42:50	00:42:29	Ages 15 - 39	10 Female	23	56.72	8:29 min/m
69	629 Adrian GOODE	00:42:50	00:42:29	Ages 55 - 59	5 Male	46 Felixstowe Road Runners	60	8:29 min/m
70	542 William IBBOTSON	00:42:50	00:42:29	Ages 55 - 59	6 Male	47	59.47	8:29 min/m
71	652 Nicola SADLER	00:42:54	00:42:32	Ages 50 - 54	5 Female	24	65.62	8:30 min/m
72	656 Sandra MAYHEW	00:42:58	00:42:26	Ages 55 - 59	4 Female	25 Stowmarket Striders RC	69.58	8:29 min/m
73	506 Toby RANKIN	00:43:05	00:42:27	Ages 15 - 39	10 Male	48	48.89	8:29 min/m
74	596 Freya CROSSLEY	00:43:19	00:42:45	Ages 15 - 39	11 Female	26 BLC on the run	55.01	8:33 min/m
75	593 Gemma GETHEN	00:43:46	00:43:33	Ages 15 - 39	12 Female	27 Boxted Runners	55.29	8:42 min/m
76	621 Dylan BAILEY	00:43:49	00:43:33	Ages 15 - 39	11 Male	49 Byron Bay Runners Australia	48.1	8:42 min/m
77	552 Kelvin DAVIES	00:43:52	00:43:18	Ages 40 - 44	5 Male	50 BLC on the run	50.06	8:39 min/m
78	504 Geoff RANKIN	00:43:58	00:43:21	Ages 55 - 59	7 Male	51	57.93	8:40 min/m
79	674 Matt DORAN	00:44:14	00:43:50	Ages 50 - 54	8 Male	52	53.77	8:46 min/m
80	534 Muriel LOVERING	00:44:27	00:44:20	Ages 45 - 49	1 Female	28 Colchester Harriers AC	58.05	8:52 min/m
81	623 Hannah BAILEY	00:44:30	00:44:04	Ages 15 - 39	13 Female	29 Enhance Performance	53.55	8:48 min/m
82	613 Sheila THOMAS	00:44:35	00:44:19	Ages 65 - 69	1 Female	30 12in12	72.43	8:51 min/m
83	535 Graham WAUDBY	00:44:41	00:44:25	Ages 50 - 54	9 Male	53 Rushmere Commuty Runners	55.06	8:53 min/m
84	541 Christina PRETTY	00:44:42	00:44:37	Ages 60 - 64	1 Female	31 Harwich Running Club	70.36	8:55 min/m
85	667 Emily WHITE	00:45:00	00:44:46	Ages 15 - 39	14 Female	32	53.77	8:57 min/m
86	645 Nicky TYLER	00:45:03	00:44:44	Ages 45 - 49	2 Female	33 BLC on the run	56.78	8:56 min/m
87	601 Chris GLADWELL	00:45:06	00:44:50	Ages 65 - 69	3 Male	54 Stowmarket Striders RC	60.79	8:58 min/m
88	630 Mik CARR	00:45:12	00:45:04	Ages 65 - 69	4 Male	55 Bungay Black Dog RC	61.27	9:00 min/m
89	644 Maxine BISHOP	00:45:26	00:45:09	Ages 55 - 59	5 Female	34	62.71	9:01 min/m
90	646 Fairs LAUREN	00:45:26	00:45:10	Ages 40 - 44	4 Female	35	55.84	9:02 min/m
91	625 Melissa GOODRICH	00:45:38	00:45:28	Ages 40 - 44	5 Female	36 Project Run Crew	55.58	9:05 min/m
92	592 Lisa CURWEN	00:45:47	00:45:34	Ages 40 - 44	6 Female	37 Boxted Runners	54.22	9:06 min/m
93	571 Molly SEELEY	00:45:58	00:45:40	Ages 15 - 39	15 Female	38	54.91	9:08 min/m
94	604 Trish JARVIS	00:46:02	00:45:27	Ages 55 - 59	6 Female	39 Jogging Made Easy	63.38	9:05 min/m
95	572 James WYTHE	00:46:05	00:45:44	Ages 15 - 39	12 Male	56	45.71	9:08 min/m
96	575 Andy MITCHELL	00:46:06	00:45:45	Ages 45 - 49	8 Male	57	51.16	9:09 min/m
97	639 Marion PARKER	00:46:09	00:45:57	Ages 60 - 64	2 Female	40 Felixstowe Road Runners	65.59	9:11 min/m

98	638 Dawn GIBSON	00:46:20	00:46:07	Ages 40 - 44	7 Female	41 Felixstowe Road Runners	54.33	9:13 min/m
99	612 Molly BEWSHER	00:46:24	00:46:06	Ages 15 - 39	16 Female	42	53.49	9:13 min/m
100	528 Silke SHEPPARD	00:46:29	00:45:53	Ages 60 - 64	3 Female	43 Haverhill Running Club	65.96	9:10 min/m
101	615 Brad WARWICK	00:46:31	00:46:11	Ages 15 - 39	13 Male	58	45.46	9:14 min/m
102	559 Norman JUBB	00:46:34	00:46:20	Ages 60 - 64	10 Male	59 Boxted Runners	57.8	9:16 min/m
103	510 Teresa TRANTER	00:46:40	00:46:07	Ages 70-74	1 Female	44 Sudbury Joggers	76.36	9:13 min/m
104	636 William MCDOWELL	00:46:55	00:46:15	Ages 15 - 39	14 Male	60	44.9	9:15 min/m
105	635 Rebecca ALLAN	00:46:55	00:46:14	Ages 15 - 39	17 Female	45	50.79	9:14 min/m
106	617 Alex GILLIES	00:47:14	00:46:34	Ages 15 - 39	15 Male	61	44.62	9:18 min/m
107	578 Joanne NIGHTINGALE	00:47:20	00:46:55	Ages 50 - 54	6 Female	46	56.84	9:23 min/m
108	616 Angela SELFE	00:47:25	00:46:53	Ages 45 - 49	3 Female	47 Stowmarket Striders RC	55.51	9:22 min/m
109	590 Melanie GAVIN	00:47:26	00:46:49	Ages 40 - 44	8 Female	48	52.02	9:21 min/m
110	569 Michael SEABROOK	00:47:32	00:47:15	Ages 45 - 49	9 Male	62	48.05	9:27 min/m
111	570 Naomi JENNINGS	00:47:33	00:47:16	Ages 45 - 49	4 Female	49	53.79	9:27 min/m
112	505 Elaine RANKIN	00:47:34	00:46:56	Ages 55 - 59	7 Female	50	60.61	9:23 min/m
113	658 Lisa REGAN	00:47:59	00:47:33	Ages 50 - 54	7 Female	51 Lonely Goat RC	57.33	9:30 min/m
114	614 Keith BORRETT	00:47:59	00:47:43	Ages 70-74	1 Male	63	59.44	9:32 min/m
115	550 Rosie YOUNGS	00:48:09	00:47:33	Ages 55 - 59	8 Female	52 Jogging Made Easy	59.87	9:30 min/m
116	507 Yolanda RANKIN	00:48:12	00:47:34	Ages 15 - 39	18 Female	53	49.55	9:30 min/m
117	671 Vanessa THORPE	00:48:20	00:47:49	Ages 45 - 49	5 Female	54 Ipswich Triathlon	55.04	9:33 min/m
118	607 Chloe CHISNALL	00:48:32	00:48:31	Ages 15 - 39	19 Female	55	49.39	9:42 min/m
119	634 Paul DODSWORTH	00:48:34	00:47:53	Ages 40 - 44	6 Male	64	45.22	9:34 min/m
120	633 Helen ALLAN	00:48:37	00:47:55	Ages 55 - 59	9 Female	56	60.74	9:35 min/m
121	573 Paul WESTWOOD	00:48:50	00:48:29	Ages 50 - 54	10 Male	65	49.11	9:41 min/m
122	654 Philip CARRE	00:49:05	00:48:42	Ages 55 - 59	8 Male	66	52.37	9:44 min/m
123	576 Teresa MORSE	00:49:05	00:48:40	Ages 55 - 59	10 Female	57 Lou's Running Group	60.17	9:44 min/m
124	508 Iain St John BROOKS	00:49:08	00:48:29	Ages 55 - 59	9 Male	67	50.95	9:41 min/m
125	589 Jenny CHURCH	00:49:15	00:49:02	Ages 60 - 64	4 Female	58 Felixstowe Road Runners	62.25	9:48 min/m
126	503 Graham RANKIN	00:49:27	00:48:49	Ages 60 - 64	11 Male	68	52.45	9:45 min/m
127	520 Holly MORGAN	00:49:41	00:49:05	Ages 15 - 39	20 Female	59	48.91	9:49 min/m
128	521 Jen SMITH	00:49:41	00:49:05	Ages 40 - 44	9 Female	60	49.66	9:49 min/m
129	564 Sally GARNHAM	00:49:45	00:49:15	Ages 60 - 64	5 Female	61 Felixstowe Road Runners	64.07	9:51 min/m
130	588 Patrick WARD	00:49:46	00:49:10	Ages 45 - 49	10 Male	69 Jogging Made Easy	47.02	9:50 min/m

131	557 David FIELD	00:49:57	00:49:31	Ages 60 - 64	12 Male	70 Stowmarket Striders RC	52.88	9:54 min/m
132	599 Denise WRIGHT	00:50:47	00:50:13	Ages 60 - 64	6 Female	62 Stowmarket Striders RC	60.37	10:02 min/m
133	547 Lara QUINLAN	00:51:19	00:50:59	Ages 50 - 54	8 Female	63	54.24	10:11 min/m
134	631 Alexandra CHISNALL	00:51:43	00:51:00	Ages 15 - 39	21 Female	64	46.62	10:12 min/m
135	643 Mark CHISNALL	00:51:43	00:51:02	Ages 50 - 54	11 Male	71	47.16	10:12 min/m
136	551 Carol DOWNS	00:51:57	00:51:40	Ages 55 - 59	11 Female	65 Redway Runners	56.84	10:20 min/m
137	512 Jo HIGGON	00:52:13	00:52:04	Ages 60 - 64	7 Female	66 Harwich Running Club	61.03	10:24 min/m
138	566 Larissa MAYHEW	00:52:26	00:52:01	Ages 55 - 59	12 Female	67	54.34	10:24 min/m
139	673 Emily COOPER-READE	00:52:26	00:51:53	Ages 55 - 59	13 Female	68 Stowmarket Striders RC	57.02	10:22 min/m
140	518 Heather BRYAN	00:52:37	00:52:04	Ages 40 - 44	10 Female	69	46.89	10:24 min/m
141	517 Vanessa SCANLAN	00:52:37	00:52:06	Ages 15 - 39	22 Female	70	46.38	10:25 min/m
142	540 Wayne DAVIS	00:52:47	00:52:10	Ages 45 - 49	11 Male	72 Jogging Made Easy	44.7	10:26 min/m
143	546 Ella BODSWORTH	00:53:13	00:52:50	Top3	1 Non-binary	1 Hadleigh Hares AC		10:34 min/m
144	619 Lisa SMITH	00:53:14	00:52:32	Ages 50 - 54	9 Female	71	51.69	10:30 min/m
145	618 Chris SMITH	00:53:14	00:52:32	Ages 50 - 54	12 Male	73	45.43	10:30 min/m
146	526 Michelle MARTIN	00:53:20	00:53:02	Ages 45 - 49	6 Female	72 Kesgrave Cruisers	48.85	10:36 min/m
147	549 Nikki HUBERT	00:53:21	00:53:01	Ages 40 - 44	11 Female	73	47.19	10:36 min/m
148	558 John PERRY	00:53:50	00:53:35	Ages 75 +	2 Male	74 Boxted Runners	57.62	10:43 min/m
149	568 Tiffany SMITH	00:53:50	00:53:37	Ages 50 - 54	10 Female	74 Boxted Runners	50.53	10:43 min/m
150	554 Karen CHAMBERS	00:54:00	00:53:16	Ages 50 - 54	11 Female	75	49.81	10:39 min/m
151	543 Grayhame FISH	00:54:03	00:53:47	Ages 70-74	3 Male	75	55.56	10:45 min/m
152	553 Jody CLIFFORD	00:54:36	00:53:57	Ages 45 - 49	12 Male	76	42.16	10:47 min/m
153	532 Michelle RANSON	00:54:45	00:54:32	Ages 40 - 44	12 Female	76 Vegan Runners Uk	46.34	10:54 min/m
154	600 Claire WALDEN	00:54:45	00:54:33	Ages 15 - 39	23 Female	77 BLC on the run	43.53	10:54 min/m
155	533 Danny RANSON	00:54:47	00:54:34	Ages 15 - 39	16 Male	77	38.46	10:54 min/m
156	582 Ian BODSWORTH	00:55:01	00:54:38	Ages 40 - 44	7 Male	78 Hadleigh Hares AC	41.19	10:55 min/m
157	519 Jo JOBSON	00:55:14	00:54:28	Ages 50 - 54	12 Female	78 Hadleigh Jeffing Queens	49.82	10:53 min/m
158	666 Dylan CHANA	00:55:31	00:54:56	Ages 15 - 39	17 Male	79	37.94	10:59 min/m
159	648 Chloe GRIGGS	00:55:39	00:54:54	Ages 15 - 39	24 Female	79	43.29	10:58 min/m
160	650 Rose LINDON	00:55:39	00:54:54	Ages 15 - 39	25 Female	80	43.29	10:58 min/m
161	556 Katherine AYKROYD	00:56:05	00:55:41	Ages 40 - 44	13 Female	81 Felixstowe Road Runners	43.99	11:08 min/m
162	670 Paul HALES	00:57:17	00:56:46	Ages 60 - 64	13 Male	80 Capel Cheetahs	45.28	11:21 min/m
163	669 Lorraine HALES	00:57:17	00:56:47	Ages 50 - 54	13 Female	82	48.58	11:21 min/m

164	640 Caroline BOSE	00:57:46	00:57:18	Ages 15 - 39	26 Female	83	42.26	11:27 min/m
165	642 Jamie BOSE	00:57:46	00:57:20	Ages 40 - 44	8 Male	81	38.61	11:28 min/m
166	523 Julia BILOTTA	00:57:57	00:57:12	Ages 65 - 69	2 Female	84	Hadleigh Hares AC	57.26 11:26 min/m
167	598 Tracey SQUIRRELL	00:58:02	00:57:23	Ages 55 - 59	14 Female	85	Hadleigh Hares AC	49.09 11:28 min/m
168	544 Anne FISH	00:58:57	00:58:22	Ages 75 +	2 Female	86		63.24 11:40 min/m
169	579 Eloise BIRD	00:59:02	00:58:51	Ages 55 - 59	15 Female	87	Saint Edmund Pacers	48.83 11:46 min/m
170	664 Emma CARPENTER	00:59:44	00:59:07	Ages 15 - 39	27 Female	88	Muscle Mind Wellness	39.93 11:49 min/m
171	663 Adam ROOTES	00:59:46	00:59:08	Ages 15 - 39	18 Male	82	Muscle Mind Wellness	35.39 11:49 min/m
172	659 Daniel MITROVIC	01:00:27	00:59:42	Ages 15 - 39	19 Male	83		34.86 11:56 min/m
173	660 Stephen BLAND	01:00:28	00:59:42	Ages 15 - 39	20 Male	84		35.37 11:56 min/m
174	647 Verity RUSSELL	01:01:38	01:01:11	Ages 15 - 39	28 Female	89	Felixstowe Road Runners	38.75 12:14 min/m
175	562 Caitlin WHITE	01:05:19	01:04:52	Ages 15 - 39	29 Female	90		36.49 12:58 min/m
176	677 Linda MONTGOMERY	01:08:41	01:07:57	Ages 45 - 49	7 Female	91		37.58 13:35 min/m
177	675 Jayne STUDD	01:08:41	01:07:59	Ages 50 - 54	14 Female	92		40.52 13:35 min/m
178	676 Donna DOWSING	01:08:41	01:07:57	Ages 55 - 59	16 Female	93		41.48 13:35 min/m
179	678 Maria HARE	01:08:41	01:07:57	Ages 45 - 49	8 Female	94		38.32 13:35 min/m
180	649 Thomas RUSSELL	01:29:10	01:28:47	Ages 15 - 39	21 Male	85	Felixstowe Road Runners	23.64 17:45 min/m