

Hadleigh 5

Rank	Bib	Name	Cat	Club	Gun Time
1	76	Scott RAMSEY	MS	Hadleigh Hares AC	0:26:36
2	45	John SCAIFE	MV45	Hadleigh Hares AC	0:28:43
3	110	Jake HAYWARD	MS	Stowmarket Striders Running Club	0:30:12
4	31	Mark CURTIS	MV40	Ipswich Jaffa RC	0:30:53
5	43	Stuart WARD	MS	Unattached	0:31:09
6	26	Tim LARKE	MV45	Stowmarket Striders Running Club	0:31:19
7	135	Daniel SUMMERSGILL	MS	Ipswich Jaffa RC	0:31:26
8	165	Iwan FOTHERGILL	MS	Ipswich Harriers	0:31:30
9	65	James MINNETTE	MV45	Haverhill Running Club	0:31:38
10	158	Morgan MOORE	MS	Stowmarket Striders Running Club	0:31:48
11	149	Carlos CATALAN	MS	Colchester Harriers AC	0:32:25
12	42	Clive THOMAS	MV55	Boxted Runners	0:32:31
13	80	Will SPINNER	MS	Unattached	0:32:36
14	181	Piotr BULACZ	MV50	Sudbury Joggers	0:32:56
15	130	Terry BACK	MV60	Ipswich Jaffa RC	0:33:15
16	164	Stewart WOODS	MS	Stowmarket Striders Running Club	0:33:30
17	22	Dave COPLAND	MV55	Ipswich Tri Club	0:33:40
18	123	James CRISP	MS	Lowestoft Road Runners	0:33:49
19	114	Trevor BUNCH	MV45	Haverhill Running Club	0:33:55
20	64	Simon FRASER	MV50	Unattached	0:35:01
21	10	Jimmy SECKER	MV45	St Edmund Pacers	0:35:39
22	25	Kaye BRANTON	FV50	Felixstowe RRC	0:35:53
23	77	Karl FEAGAN	MV45	Hadleigh Hares AC	0:35:57
24	56	Holly TAYLOR	FS	Felixstowe RRC	0:37:07
25	14	Adam BOX	MS	Boxted Runners	0:37:26
26	104	Simon FARREN	MV50	Running Colchester	0:37:36
27	153	Mark AVERY	MV55	Ipswich Jaffa RC	0:37:37
28	168	Cliff MANNING	MV60	Unattached	0:38:02
29	137	Sophie CRONIN	FS	Unattached	0:38:16
30	115	Katie GIBSON	FV50	Colchester Harriers AC	0:38:32
31	6	Kay OXFORD	FV50	Hadleigh Hares AC	0:38:44
32	74	Victoria TAPP	FS	Hadleigh Hares AC	0:38:45
33	119	Chris AXFORD	MV55	Jogging Made Easy	0:38:49
34	174	Jo HAYWARD	FV50	Stowmarket Striders Running Club	0:38:55
35	47	Vaughan MORRIS	MV60	Stowmarket Striders Running Club	0:38:55
36	150	Laura HALL	FS	Unattached	0:39:01
37	85	Simon HARES	MV55	Unattached	0:39:12
38	19	Dean VOKES	MV50	Unattached	0:39:37
39	73	Helen WING	FV50	Stowmarket Striders Running Club	0:39:46
40	127	Andrew CHARGE	MV45	Waveney Valley AC	0:39:48
41	98	Daniella LIFFEN	FS	Waveney Valley AC	0:39:49
42	33	Conner James BILNER	MS	Ipswich Jaffa RC	0:40:17
43	125	Jason NIGHTINGALE	MV50	Unattached	0:40:43
44	117	Jordan CHESTER-FLATT	MS	Unattached	0:40:43
45	13	Stephen BLAND	MS	Unattached	0:40:53
46	60	Lydia SIMMONS	FS	St Edmund Pacers	0:41:05

47	105	Louise YATES	FV40	Colchester Harriers AC	0:41:12
48	51	Josh RICHARDSON	MV50	Unattached	0:41:13
49	162	Pat MORGAN	MV70+	Unattached	0:41:14
50	148	Laura BEALE	FS	Ipswich Jaffa RC	0:41:16
51	99	Santel WIDDOWSON	FV40	Unattached	0:41:19
52	3	Dan STEPTOE-THOMPSON	MS	Boxted Runners	0:41:28
53	58	Paul DODSWORTH	MS	Unattached	0:41:32
54	167	Alice CRAGGS	FS	Colchester Harriers AC	0:41:34
55	147	Jessica READ	FS	Unattached	0:41:43
56	131	Georgia BOLTON	FS	Lonely Goat RC	0:41:52
57	8	Nathalie HOOPER	FV55	Hadleigh Hares AC	0:41:55
58	41	Neil HOLLOWAY	MV55	Hadleigh Hares AC	0:41:59
59	10233	Charlie BARDEAU	MV40	Unattached	0:42:07
60	86	Ellie JOHNSON	FS	Unattached	0:42:09
61	24	Julia MOSS-ECCARDT	FV50	Stowmarket Striders Running Club	0:42:20
62	100	Teresa TRANTER	FV70+	Sudbury Joggers	0:42:30
63	38	Michaela AMES	FS	Unattached	0:42:37
64	44	Mik CARR	MV65+	Bungay Black Dog RC	0:42:44
65	35	Iain CATCHPOOL	MV50	Ipswich Jaffa RC	0:43:13
66	151	Anna WHATLING	FV40	Unattached	0:43:35
67	48	Dave FINCH	MS	Unattached	0:43:45
68	57	Mark CHISNALL	MV50	Unattached	0:44:06
69	7	Nicola SADLER	FV50	Unattached	0:44:26
70	70	Ken STOWE	MV70+	Unattached	0:44:35
71	166	Mark WADE	MV45	Colchester Harriers AC	0:45:13
72	96	Rebecca ALLAN	FS	Unattached	0:45:24
73	69	Caroline BOWEN	FV40	Ipswich Jaffa RC	0:46:00
74	79	Corinna HUSSEY	FV45	Ipswich Jaffa RC	0:46:05
75	143	Laura KAYE	FS	Unattached	0:46:14
76	93	David CRISSELL	MS	Unattached	0:46:24
77	124	Sue BARROWCLOUGH	FV60	Jogging Made Easy	0:46:33
78	163	Pam MORGAN	FV70+	Unattached	0:47:18
79	82	Sharon BOLTON	FV40	Unattached	0:47:41
80	116	Daniel CROOKS	MS	Unattached	0:47:41
81	30	Andrew SARGENT	MV40	Stowmarket Striders Running Club	0:48:08
82	118	Trish JARVIS	FV55	Jogging Made Easy	0:49:01
83	152	Kathleen BOTHAMS	FV70+	Unattached	0:49:04
84	170	David BROOKS	MS	TRISudbury Triathlon Club	0:49:11
85	111	Jenny CHURCH	FV55	Felixstowe RRC	0:49:13
86	133	Louise DEAN	FV50	Jogging Made Easy	0:49:20
87	28	Sarah DICKINSON	FV40	Unattached	0:49:30
88	81	Bex HAMBLY	FV40	Unattached	0:49:49
89	34	James SCOTT	MV40	Unattached	0:49:56
90	121	Annabel BROWN	FS	Unattached	0:50:01
91	90	Lisa SMITH	FV45	Unattached	0:50:05
92	91	Chris SMITH	MV45	Unattached	0:50:05
93	136	Sarah SHELTON	FV45	Boxted Runners	0:50:06
94	159	Kara MOORE-DAMANT	FV40	Stowmarket Striders Running Club	0:50:10

95	156	Moira PINKNEY	FV70+	Ipswich Tri Club	0:50:14
96	66	Lisa HARES	FV45	Unattached	0:50:17
97	15	Helen ALLAN	FV55	Unattached	0:51:22
98	126	Joanne NIGHTINGALE	FV45	Unattached	0:51:22
99	59	Alex CHISNALL	FS	Unattached	0:51:40
100	172	Emma MARSLAND	FV40	Unattached	0:51:40
101	20	Nigel JOHNS	MV55	Capel Cheetahs RC	0:51:40
102	140	Sharon HAYFIELD	FV45	Unattached	0:51:48
103	141	Heather SMITH	FV50	Unattached	0:51:48
104	157	Dale RIGBY	MV45	Hadleigh Hares AC	0:51:56
105	97	Thomas LEVETT	MV40	Unattached	0:52:04
106	173	Sue DEMPSEY	FV50	Boxted Runners	0:52:17
107	50	Carolyn RICHARDSON	FV50	Boxted Runners	0:52:20
108	183	Philippa PEARCE	FV45	Unattached	0:52:21
109	9	John PERRY	MV70+	Boxted Runners	0:52:28
110	89	Sarah DE-VAUX BALBIRNIE	FS	Unattached	0:52:39
111	71	Terry ROSE	MV55	Unattached	0:52:55
112	138	Edwina FROST	FV60	Unattached	0:53:24
113	139	Peter FROST	MV65+	Unattached	0:53:24
114	120	Kerri BARRELL	FS	Jogging Made Easy	0:53:29
115	160	Hannah PLIMMER	FV40	Unattached	0:53:29
116	107	Wayne DAVIS	MV45	Jogging Made Easy	0:53:30
117	52	Alison MULLISH	FV50	Unattached	0:53:51
118	142	Mark HOY	MV40	Jogging Made Easy	0:53:59
119	16	Andy HAYWARD	MS	Newmarket Joggers	0:54:20
120	83	Paul HALES	MV55	Unattached	0:54:46
121	84	Lorraine HALES	FV50	Unattached	0:54:46
122	129	Kim BRAYBROOK	FS	Unattached	0:54:55
123	109	James CULLING	MS	Unattached	0:54:57
124	92	Peter LANG	MV55	Waveney Valley AC	0:55:07
125	182	Richard JACKSON	MV45	Axe Valley Runners	0:55:26
126	169	Jeanette MAYES	FV60	Hadleigh Hares AC	0:55:41
127	175	Hannah STANSFIELD	FS	Unattached	0:56:13
128	87	David COSTER	MV60	Unattached	0:56:15
129	108	Keren ABBOTT	FS	Unattached	0:56:31
130	39	Niki MACSEPHNEY	FV50	Unattached	0:56:54
131	113	Vicki PREECE	FS	Unattached	0:57:07
132	21	Susannah ROSENBERG	FV60	Ipswich Tri Club	0:57:11
133	72	Jo BIRCH	FV45	Lonely Goat RC	0:57:25
134	61	Georgia GARVIN	FS	Ipswich Jaffa RC	0:57:36
135	155	Orla THORNTON	FS	Unattached	0:58:00
136	94	Nina METSON	FV40	Jogging Made Easy	0:58:13
137	12	James WILDING	MV70+	Unattached	0:58:46
138	27	Katherine AYKROYD	FS	Felixstowe RRC	0:59:15
139	11	Tracey SQUIRRELL	FV50	Unattached	1:00:39
140	18	Jane GRIMWADE	FV55	Unattached	1:00:52
141	23	Soo SMART	FV60	Unattached	1:00:59
142	29	Beverley DE BOOS	FV70+	Unattached	1:01:07

143	55	Loretta RANKIN	FV55	Unattached	1:01:34
144	54	Kerrie CARTER	FV40	Unattached	1:03:20
145	53	Simon CARTER	MV45	Unattached	1:03:20