

# Kirton Friday 5 2015 Results

Place	Name	Team	Age Group	Place	Chip Time	Gun Time
1	SCOTT AARON	NOTTS AC	1 Top Fin		25:20	25:20
2	ROOKE ANDREW	ALDRSHOT, FARNHAM & OISTRIC	2 Top Fin		26:27	26:27
3	PAUL HOLLEY	Newmarket Joggers	3 Top Fin		27:45	27:45
4	ROBERT REASON	Harwich Runners	1 M 18-39		27:57	27:57
5	ROGER ALDIS		1 M 45-49		28:28	28:28
6	GEAR MARTIN GEAR	Saint Edmund Pacers	2 M 18-39		28:33	28:33
7	JONATHAN LING	Ipswich Jaffa RC	3 M 18-39		28:37	28:37
8	ADAM WADE	Ipswich Jaffa RC	4 M 18-39		28:46	28:46
9	DANIEL ROCK	Ryston Runners	5 M 18-39		28:53	28:53
10	ADAMS THOMAS	Ipswich Harriers	1 M 0-17		29:11	29:11
11	THOMAS WHITE	Saint Edmund Pacers	6 M 18-39		29:19	29:19
12	WILFRED CAMPBELL	Ipswich Jaffa RC	1 M 50-54		29:25	29:25
13	STEVEN WILLIAM PARRY	Ipswich Jaffa RC	2 M 45-49		29:36	29:36
14	ANDY ELLIS		7 M 18-39		29:49	29:49
15	ADAM HOWLETT	Framlingham Flyers	1 M 40-44		29:56	29:56
16	KIERAN HAYLES	Sudbury Joggers	8 M 18-39		30:02	30:02
17	PAUL WAIN	Ipswich Harriers	2 M 0-17		30:03	30:03
18	THOMAS CHALLENGER	Sudbury Joggers	9 M 18-39		30:04	30:04
19	DARREN SHEPPARD	Framlingham Flyers	2 M 40-44		30:16	30:16
20	MARK FURNACE	Ipswich Jaffa RC	3 M 40-44		30:26	30:26
21	DAVE SOLOMON	Felixstowe RRC	3 M 45-49		30:27	30:27
22	NICK HAMMOND	Stowmarket Striders RC	4 M 40-44		30:28	30:28
23	IAN COXALL	Ipswich Jaffa RC	5 M 40-44		30:32	30:32
24	JASON TAYLOR	Felixstowe RRC	6 M 40-44		30:33	30:33
25	PAUL PRESTON	Colchester Harriers AC	7 M 40-44		30:34	30:34
26	TREVOR BUNCH	Haverhill Running Club	8 M 40-44		30:35	30:35
27	DARREN COOK	Felixstowe RRC	9 M 40-44		30:40	30:40
28	JIM LAST	Framlingham Flyers	10 M 18-39		30:51	30:51
29	LUKE WHITWELL	Felixstowe RRC	11 M 18-39		30:52	30:52
30	TIM LARKE	Stowmarket Striders RC	10 M 40-44		30:53	30:53
31	LAURA THOMAS	Ipswich Jaffa RC	1 Top Fin		30:53	30:53
32	ODETTE ROBSON	Saint Edmund Pacers	2 Top Fin		30:55	30:55
33	PAUL NICKELLS	Woodbridge Shufflers RC	2 M 50-54		30:59	30:59
34	WILSON JAMES	Saxmundham Sports Running & Fitne	12 M 18-39		31:02	31:02
35	MARK WATTS	Saint Edmund Pacers	3 M 50-54		31:04	31:04
36	JOHN THORPE	Ipswich Jaffa RC	11 M 40-44		31:08	31:08
37	ROBIN HARPER	Felixstowe RRC	13 M 18-39		31:10	31:10
38	CHRIS STARMER	Stowmarket Striders RC	1 M 55-59		31:12	31:12
39	MARK FORD	Felixstowe RRC	4 M 45-49		31:14	31:14
40	TERRY BACK	Ipswich Jaffa RC	2 M 55-59		31:17	31:17
41	BENJAMIN CUTHBERT	Sudbury Joggers	14 M 18-39		31:17	31:17
42	SIMON HARRISON	Harwich Runners	12 M 40-44		31:38	31:38
43	PETER SMITH		15 M 18-39		31:43	31:43
44	CARL ASHTON	Ipswich Jaffa RC	16 M 18-39		31:46	31:46
45	STUART WEAVER		13 M 40-44		31:51	31:51
46	VICTORIA KENNY	Hadleigh Hares AC	3 Top Fin		32:04	32:04
47	TIM HANMAN		14 M 40-44		32:04	32:04
48	ALLARD JASON	Stowmarket Striders RC	15 M 40-44		32:05	32:05
49	QUINTON OLIVER		17 M 18-39		32:06	32:06
50	MARCUS CATLIN	Ipswich Jaffa RC	16 M 40-44		32:23	32:23
51	JOHN GREENER		5 M 45-49		32:25	32:25
52	DANIEL JONES	Ipswich Harriers	18 M 18-39		32:27	32:27
53	CHRIS TYE	Ipswich Triathlon Club	6 M 45-49		32:27	32:27
54	GEORGE DIXON	Ipswich Jaffa RC	3 M 0-17		32:30	32:30
55	JAMES HAYWARD	Stowmarket Striders RC	19 M 18-39		32:31	32:31
56	BRIAN ROGERS	Ipswich Jaffa RC	1 M 60-64		32:34	32:34
57	MALCOLM PENN	Sudbury Joggers	3 M 55-59		32:38	32:38
58	JOT ADAM		7 M 45-49		32:39	32:39
59	ALISTAIR DICK	Ipswich Jaffa RC	4 M 50-54		32:45	32:45
60	ADRIAN FROST	Sudbury Joggers	17 M 40-44		32:48	32:48
61	MARTIN ARCHER	Stowmarket Striders RC	5 M 50-54		33:13	33:13
62	WILL ALDRED	Framlingham Flyers	8 M 45-49		33:17	33:17
63	STEVEN HUGHES	Stowmarket Striders RC	6 M 50-54		33:23	33:23

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Place	Name	Team	Age Group	Place	Chip Time	Gun Time
64	MICHAEL BALL		20 M 18-39		33:27	33:27
65	PAUL NORRIS		9 M 45-49		33:29	33:29
66	MATT HUNTER	Hadleigh Hares AC	21 M 18-39		33:31	33:31
67	PETER BIRD	Saint Edmund Pacers	18 M 40-44		33:31	33:31
68	PAUL GARDNER		19 M 40-44		33:33	33:33
69	WILLIAM HAINING	Harwich Runners	4 M 55-59		33:37	33:37
70	ELISA BOSTOCK	Hadleigh Hares AC	1 F 18-34		33:42	33:42
71	ROBIN BELSOM	Ipswich Jaffa RC	5 M 55-59		33:48	33:48
72	SAM BROOKE	Felixstowe RRC	22 M 18-39		33:54	33:54
73	DAVE LUMBY	Ipswich Jaffa RC	6 M 55-59		33:57	33:57
74	MELVYN MAYCOCK		23 M 18-39		34:01	34:01
75	PAUL BROWN	Framlingham Flyers	10 M 45-49		34:03	34:03
76	THOMAS WRIGHT		20 M 40-44		34:06	34:06
77	ARTHUR WHISTON	Colchester Harriers AC	2 M 60-64		34:07	34:07
78	CLIVE DAVEY	Sudbury Joggers	21 M 40-44		34:10	34:10
79	JAMES POTTER		24 M 18-39		34:14	34:14
80	LEE RUDLAND		25 M 18-39		34:17	34:17
81	DARREN LEE	Stowmarket Striders RC	11 M 45-49		34:18	34:18
82	NEIL WILLIAMSON	Newmarket Joggers	26 M 18-39		34:23	34:23
83	JAKE CHURCH	Saxmundham Sports Running & Fitne	27 M 18-39		34:27	34:27
84	DANIEL SHANKS	Felixstowe RRC	22 M 40-44		34:31	34:31
85	ANDY GLASS	Sudbury Joggers	23 M 40-44		34:35	34:35
86	ALAN JACKSON	Ipswich Jaffa RC	7 M 55-59		34:36	34:36
87	CHRIS SHEEHAN		28 M 18-39		34:39	34:39
88	SIMON FENN	Hadleigh Hares AC	12 M 45-49		34:40	34:40
89	STEPHEN PRETTY	Stowmarket Striders RC	8 M 55-59		34:43	34:43
90	LAURA HICKS	Stowmarket Striders RC	2 F 18-34		34:44	34:44
91	ELLIOT BURDETT	Stowmarket Striders RC	4 M 0-17		34:46	34:46
92	MATTHEW EVERETT	Saint Edmund Pacers	29 M 18-39		34:47	34:47
93	STEVE WHITTAKER	Woodbridge Shufflers RC	7 M 50-54		34:47	34:47
94	VINCE WEBB	Saint Edmund Pacers	13 M 45-49		34:49	34:49
95	VICKY PRESLAND	Great Bentley Running Club	1 F 40-44		34:52	34:52
96	KEVIN HARPER	Witham RC	24 M 40-44		34:54	34:54
97	IAN CUNNINGTON		8 M 50-54		34:58	34:58
98	JEREMY BELL		25 M 40-44		34:58	34:58
99	CHRISTOPHER BING	Ipswich Jaffa RC	30 M 18-39		34:59	34:59
100	SAVAGE MALCOLM	Springfield Striders RC	1 F 60-99		34:59	34:59
101	DAVID MARSH		31 M 18-39		34:59	34:59
102	ASHLEY WOOLGROVE	UKnetrunner.co.UK	32 M 18-39		34:59	34:59
103	VAL JENNINGS	Ipswich Jaffa RC	1 F 50-54		35:02	35:02
104	MARK GOODWIN	Felixstowe RRC	26 M 40-44		35:02	35:02
105	MARTIN LITTLE	Stowmarket Striders RC	14 M 45-49		35:04	35:04
106	ASHLEY SMY	Ipswich Jaffa RC	33 M 18-39		35:07	35:07
107	GERALDINE CLARKE	Framlingham Flyers	1 F 45-49		35:15	35:15
108	STEPHEN DIXON	Ipswich Jaffa RC	9 M 50-54		35:18	35:18
109	STEPHEN HATTEN	Saint Edmund Pacers	15 M 45-49		35:19	35:19
110	GEORGE LANKESTER	Ipswich Jaffa RC	34 M 18-39		35:23	35:23
111	STEVE SMITH	Felixstowe RRC	35 M 18-39		35:24	35:24
112	BEN HAMMOND	Stowmarket Striders RC	5 M 0-17		35:25	35:25
113	NEVILLE CLARKE	Newmarket Joggers	3 M 60-64		35:27	35:27
114	ANDREW BUDD	Ipswich Jaffa RC	9 M 55-59		35:28	35:28
115	DAVID BEIGHTON	Saint Edmund Pacers	36 M 18-39		35:28	35:28
116	RON MCCULLOUGH	Ipswich Jaffa RC	1 M 65-99		35:29	35:29
117	DAVID HOWE		37 M 18-39		35:32	35:32
118	RICHARD GRIMSDELL	Saint Edmund Pacers	16 M 45-49		35:36	35:36
119	DAVE VAUGHAN	Saint Edmund Pacers	4 M 60-64		35:38	35:38
120	ADAM CLARKE	Saint Edmund Pacers	38 M 18-39		35:40	35:40
121	GARY LOWE		10 M 55-59		35:43	35:43
122	GARY GARNHAM	Ipswich Jaffa RC	10 M 50-54		35:49	35:49
123	HALEY SUTTLE	Stowmarket Striders RC	2 F 50-54		35:52	35:52
124	DAVID HURLEY	Mid Essex Casuals	11 M 50-54		35:56	35:56
125	CHRIS FOX		17 M 45-49		35:57	35:57
126	ANDRE NEVILLE	Stowmarket Striders RC	27 M 40-44		35:58	35:58

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Place	Name	Team	Age Group	Place	Chip Time	Gun Time
127	MARK VINCE	Woodbridge Shufflers RC	28 M 40-44		36:05	36:05
128	NEIL GILLINGHAM	Ipswich Harriers	39 M 18-39		36:06	36:06
129	DEREK HOOD	Ipswich Jaffa RC	29 M 40-44		36:07	36:07
130	MARK ROSS	Great Bentley Running Club	12 M 50-54		36:07	36:07
131	IAN GOODERHAM	Saint Edmund Pacers	18 M 45-49		36:08	36:08
132	LEE CRISP	Felixstowe RRC	30 M 40-44		36:08	36:08
133	DANIEL PREECE	Hadleigh Hares AC	40 M 18-39		36:09	36:09
134	LOUISE HAMPSHIRE	Sudbury Joggers	3 F 18-34		36:09	36:09
135	GUY HAYWARD	Framlingham Flyers	31 M 40-44		36:13	36:13
136	CHRIS CHORLEY	Bungay Black Dog RC	13 M 50-54		36:14	36:14
137	CLAIRE HOBLYN	Saint Edmund Pacers	3 F 50-54		36:15	36:15
138	ESTHER LURY	Ipswich Jaffa RC	1 F 35-39		36:18	36:18
139	AMANDA MARTIN	Saint Edmund Pacers	2 F 45-49		36:19	36:19
140	DUNCAN CHENERY	Ipswich Jaffa RC	11 M 55-59		36:19	36:19
141	PETER REACH	Stowmarket Striders RC	41 M 18-39		36:21	36:21
142	GARY PERRYMAN	Tiptree Road Runners	32 M 40-44		36:24	36:24
143	ROD PRIME	Ipswich Jaffa RC	19 M 45-49		36:29	36:29
144	SIMON WIGGINS	Felixstowe RRC	33 M 40-44		36:30	36:30
145	DEAN SEARLE	Felixstowe RRC	42 M 18-39		36:31	36:31
146	PHILIP WINTER		34 M 40-44		36:32	36:32
147	ANDREW ELLIOTT	Stowmarket Striders RC	35 M 40-44		36:35	36:35
148	CASSIE BUDINGER		4 F 18-34		36:36	36:36
149	OLIVER BAILEY		43 M 18-39		36:37	36:37
150	DEACON BEN		44 M 18-39		36:39	36:39
151	MARCUS BOON	Ipswich Jaffa RC	45 M 18-39		36:41	36:41
152	JESSIE GOODERHAM	Saint Edmund Pacers	5 F 18-34		36:45	36:45
153	DANIEL GOULD	Felixstowe RRC	36 M 40-44		36:51	36:51
154	MICHAEL BELTON	Great Bentley Running Club	20 M 45-49		36:51	36:51
155	NIGEL SCHOFIELD	Saint Edmund Pacers	14 M 50-54		36:54	36:54
156	COPESEY ROSSI	Ipswich Jaffa RC	46 M 18-39		37:01	37:01
157	BEN JENNINGS	Saint Edmund Pacers	47 M 18-39		37:01	37:01
158	SIMON GOLDSMITH		37 M 40-44		37:04	37:04
159	EMMA MORTIMER	Ipswich Jaffa RC	6 F 18-34		37:04	37:04
160	PETER WOODS	Felixstowe RRC	48 M 18-39		37:05	37:05
161	LUCY SHEEHAN	Felixstowe RRC	7 F 18-34		37:09	37:09
162	PAUL LACEY	Hadleigh Hares AC	38 M 40-44		37:16	37:16
163	CHRIS JOHNS		12 M 55-59		37:18	37:18
164	CARL FITCH	Ipswich Jaffa RC	49 M 18-39		37:21	37:21
165	PAUL OSBORNE	Felixstowe RRC	50 M 18-39		37:22	37:22
166	MERVYN CATTERMOLE		5 M 60-64		37:31	37:31
167	JOHN ADAMS	Ipswich Jaffa RC	51 M 18-39		37:33	37:33
168	BRIAN MUNNS	Newmarket Joggers	15 M 50-54		37:34	37:34
169	REBECCA PITTMAN	Springfield Striders RC	4 F 50-54		37:36	37:36
170	WARNER DENNIS	Harwich Runners	13 M 55-59		37:43	37:43
171	DEREK DALY		16 M 50-54		37:53	37:53
172	GEMMA PORCH	Stowmarket Striders RC	8 F 18-34		38:00	38:00
173	SAM DISTON		52 M 18-39		38:03	38:03
174	TYLISHA PRESTON		9 F 18-34		38:05	38:05
175	PAUL SCHWER	Felixstowe RRC	17 M 50-54		38:11	38:11
176	MICHELLE CONSTABL	Ipswich Jaffa RC	3 F 45-49		38:12	38:12
177	SHARAN RIDER	Harwich Runners	5 F 50-54		38:20	38:20
178	TOM HOBLYN	Saint Edmund Pacers	18 M 50-54		38:21	38:21
179	MARION PARKER	Felixstowe RRC	6 F 50-54		38:23	38:23
180	RICHARD HUDSON		19 M 50-54		38:32	38:32
181	GABRIEL MARTINS	Ipswich Jaffa RC	21 M 45-49		38:35	38:35
182	RIGEON CHRIS	WEST SUFFOLK WHEELERS	6 M 60-64		38:36	38:36
183	DAVID SHEAHAN		14 M 55-59		38:40	38:40
184	PHIL DAVIES	Ipswich Jaffa RC	22 M 45-49		38:41	38:41
185	LOUISE GODDARD	Stowmarket Striders RC	2 F 40-44		38:41	38:41
186	LYNSEY CHENERY	Ipswich Jaffa RC	10 F 18-34		38:43	38:43
187	LOUISE WEBB	Saint Edmund Pacers	1 F 0-17		38:43	38:43
188	RACHAEL HAMBLYN	Ipswich Jaffa RC	2 F 35-39		38:45	38:45
189	ANDREWS BEN		53 M 18-39		38:46	38:46

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Place	Name	Team	Age Group	Place	Chip Time	Gun Time
190	SUZANNE HEATH	Ipswich Jaffa RC	4 F 45-49		38:48	38:48
191	ALEX KUCZER		23 M 45-49		38:49	38:49
192	KYLE PIERCE		54 M 18-39		38:50	38:50
193	ADAM HOCKEN	Witham RC	24 M 45-49		38:52	38:52
194	DAVID LING	Woodbridge Shufflers RC	25 M 45-49		38:55	38:55
195	DEE ST LEDGER	Sudbury Joggers	7 F 50-54		39:01	39:01
196	STEPHEN WILLIAMS	Saint Edmund Pacers	7 M 60-64		39:04	39:04
197	SARAH COLBERT	Springfield Striders RC	5 F 45-49		39:05	39:05
198	HUGH LANGLEY	Framlingham Flyers	39 M 40-44		39:08	39:08
199	SIMON REDMOND		26 M 45-49		39:09	39:09
200	CHERYL TYE	Purple Patch Runners	6 F 45-49		39:09	39:09
201	TIM DAVIES	Ipswich Jaffa RC	6 M 0-17		39:11	39:11
202	STEPHEN SHAW	Felixstowe RRC	27 M 45-49		39:12	39:12
203	PHIL MARSDEN	Ipswich Jaffa RC	15 M 55-59		39:12	39:12
204	KENNETH WRIGHT	Ipswich Jaffa RC	55 M 18-39		39:13	39:13
205	GARY HUTCHINGS	Framlingham Flyers	20 M 50-54		39:19	39:19
206	JOSH OSBORNE		56 M 18-39		39:19	39:19
207	JENNY SHEAHAN		8 F 50-54		39:22	39:22
208	MARK LANKESTER	Ipswich Jaffa RC	28 M 45-49		39:24	39:24
209	MEL SHERMAN	Ipswich Jaffa RC	3 F 35-39		39:25	39:25
210	MARTIN JONES		40 M 40-44		39:29	39:29
211	MARK GODBOLD		29 M 45-49		39:33	39:33
212	DEAN HEARN	Stowmarket Striders RC	30 M 45-49		39:33	39:33
213	DAVID SEYMOUR	Felixstowe RRC	16 M 55-59		39:34	39:34
214	RICHARD DEMPSEY	Woodbridge Shufflers RC	31 M 45-49		39:34	39:34
215	MELODY-ANNE NEVILLE	Stowmarket Striders RC	3 F 40-44		39:35	39:35
216	PAUL MCALLISTER	Capel Cheetahs	32 M 45-49		39:39	39:39
217	CATHERINE BELSOM	Stowmarket Striders RC	4 F 40-44		39:42	39:42
218	CHRIS BACKHOUSE	Bungay Black Dog RC	41 M 40-44		39:43	39:43
219	CHRIS BRIGHT		57 M 18-39		39:45	39:45
220	BELINDA GODBOLD	Ipswich Jaffa RC	1 F 55-59		39:45	39:45
221	GREG DODDS		42 M 40-44		39:47	39:47
222	MICK TAYLOR		8 M 60-64		39:47	39:47
223	LESLEY COOPER	Felixstowe RRC	7 F 45-49		39:51	39:51
224	PAUL GILSON	Ipswich Jaffa RC	21 M 50-54		39:56	39:56
225	RICHARD LAYCOCK		58 M 18-39		39:57	39:57
226	MICHAEL SHELDRAKE	Ipswich Jaffa RC	59 M 18-39		39:59	39:59
227	ELSPETH KNOTT	Harwich Runners	2 F 60-99		40:01	40:01
228	RUSSELL JIMMY	Felixstowe RRC	33 M 45-49		40:01	40:01
229	DARREN BOND	Ipswich Jaffa RC	34 M 45-49		40:02	40:02
230	ANNA SMITH	Stowmarket Striders RC	5 F 40-44		40:03	40:03
231	NATALIE CHU	Ipswich Jaffa RC	4 F 35-39		40:09	40:09
232	CLAIRE GROVES	Great Bentley Running Club	11 F 18-34		40:11	40:11
233	FIONA HUNT	Ipswich Jaffa RC	6 F 40-44		40:12	40:12
234	MICHAEL DOWNES	Ipswich Jaffa RC	17 M 55-59		40:13	40:13
235	VICK SARAH	THE SAXONS	8 F 45-49		40:19	40:19
236	ALISTAIR RICHARDS		22 M 50-54		40:26	40:26
237	ALEX SMITH	Stowmarket Striders RC	7 F 40-44		40:30	40:30
238	PETER FINCH	Ipswich Jaffa RC	23 M 50-54		40:30	40:30
239	DUNCAN CHAMBERLAIN	Ipswich Jaffa RC	24 M 50-54		40:31	40:31
240	ANDREW SMITH	Saint Edmund Pacers	35 M 45-49		40:46	40:46
241	RUTH PALMER	Saint Edmund Pacers	5 F 35-39		40:51	40:51
242	JAMES CALVER		60 M 18-39		40:56	40:56
243	RICHMOND BILL		36 M 45-49		40:57	40:57
244	SARAH OWEN		9 F 45-49		40:59	40:59
245	JIM WITHERS	Newmarket Joggers	9 M 60-64		41:04	41:04
246	RIGEON GAVIN		61 M 18-39		41:06	41:06
247	WILLIAM BURDETT	Stowmarket Striders RC	25 M 50-54		41:09	41:09
248	SPENCER PHIL		62 M 18-39		41:10	41:10
249	LEE MON	Ipswich Jaffa RC	18 M 55-59		41:12	41:12
250	CAROLYNN ANDERSON	Newmarket Joggers	8 F 40-44		41:15	41:15
251	KAREN HATTON	Saint Edmund Pacers	2 F 55-59		41:15	41:15
252	REBECCA CLARE	Woodbridge Shufflers RC	10 F 45-49		41:19	41:19

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Place	Name	Team	Age Group	Place	Chip Time	Gun Time
253	LORRAINE MILLS		9 F 40-44		41:25	41:25
254	KATRINA RIGBY	Hadleigh Hares AC	6 F 35-39		41:30	41:30
255	MATT HOWE	Felixstowe RRC	43 M 40-44		41:33	41:33
256	ANDY WARNE		26 M 50-54		41:36	41:36
257	PAUL MAYCOCK		19 M 55-59		41:38	41:38
258	DAVID CHAPMAN	Sudbury Joggers	27 M 50-54		41:41	41:41
259	CHLOE GODBOLD	Ipswich Harriers	2 F 0-17		41:44	41:44
260	RICHARD FELLINGHAM	Stowmarket Striders RC	2 M 65-99		41:46	41:46
261	DAVID TAYLOR	Framlingham Flyers	3 M 65-99		41:47	41:47
262	MARTIN WEST	Great Bentley Running Club	4 M 65-99		41:48	41:48
263	STEVE BRIGHT		28 M 50-54		41:49	41:49
264	HAYLEY HARPER	Ipswich Jaffa RC	10 F 40-44		41:51	41:51
265	MICHAELA KADANIKOVA	Ipswich Jaffa RC	12 F 18-34		41:51	41:51
266	CLAIRE REACH	Stowmarket Striders RC	13 F 18-34		41:51	41:51
267	MANDY GODBOLD	Ipswich Harriers	11 F 45-49		41:54	41:54
268	REBECCA GUY		14 F 18-34		41:58	41:58
269	BOBBIE SAUERZAPF	Bungay Black Dog RC	3 F 55-59		42:02	42:02
270	RICHARD SMITH	Felixstowe RRC	20 M 55-59		42:14	42:14
271	TONY ADOLPHUS	Ipswich Jaffa RC	21 M 55-59		42:19	42:19
272	NICOLA WHITLEY	Capel Cheetahs	11 F 40-44		42:21	42:21
273	KAREN SHELLEY	Capel Cheetahs	9 F 50-54		42:40	42:40
274	MARK BLACKBURN	Ipswich Jaffa RC	37 M 45-49		42:42	42:42
275	JOHN PENNY		10 M 60-64		42:44	42:44
276	ROGER HOBSON	Woodbridge Shufflers RC	5 M 65-99		42:48	42:48
277	ADRIAN COLE	Stowmarket Striders RC	29 M 50-54		42:55	42:55
278	FRANK GARDINER	Great Bentley Running Club	11 M 60-64		42:59	42:59
279	FIONA CUNNINGTON		4 F 55-59		43:02	43:02
280	GRAHAM CHAPPELL	Absolute Tri	38 M 45-49		43:08	43:08
281	GAVIN SPURR		44 M 40-44		43:17	43:17
282	BELLA LEWENDON	Ipswich Jaffa RC	10 F 50-54		43:20	43:20
283	SARAH PENNOCK	Sudbury Joggers	7 F 35-39		43:24	43:24
284	DOUG FRENCH		45 M 40-44		43:27	43:27
285	DAVID MAYES	Felixstowe RRC	63 M 18-39		43:29	43:29
286	CLAYTON FOSKER		64 M 18-39		43:31	43:31
287	CHRISTINE MARSH		5 F 55-59		43:34	43:34
288	ROBERT TILLYARD	Saint Edmund Pacers	30 M 50-54		43:36	43:36
289	JOHN GRACE		65 M 18-39		43:37	43:37
290	ALISON J TAYLOR		12 F 45-49		43:48	43:48
291	DAVE LAMPARD	Felixstowe RRC	31 M 50-54		43:54	43:54
292	SYLVIE BROOKMAN		12 F 40-44		43:57	43:57
293	GRAHAM BROOKMAN		32 M 50-54		43:57	43:57
294	HARRY SMITH	Stowmarket Striders RC	33 M 50-54		44:00	44:00
295	JOHN CULLUM	Saint Edmund Pacers	6 M 65-99		44:02	44:02
296	KAREN SKENE	Great Bentley Running Club	13 F 45-49		44:03	44:03
297	ALISON BEECH	Ipswich Jaffa RC	6 F 55-59		44:18	44:18
298	CAROLINE HUMPRIES		8 F 35-39		44:21	44:21
299	ROB CLAYTON	Felixstowe RRC	22 M 55-59		44:25	44:25
300	DAVID COLEY	Ipswich Jaffa RC	7 M 65-99		44:38	44:38
301	DANIEL CLARK		46 M 40-44		44:42	44:42
302	MAUREEN WRIGHT	Ipswich Jaffa RC	3 F 60-99		44:54	44:54
303	KEELAN SMITH	Saxmundham Sports Running & Fitne	66 M 18-39		44:56	44:56
304	MELANIE TOOLEY		13 F 40-44		45:12	45:12
305	ELOISE BIRD	Saint Edmund Pacers	14 F 45-49		45:12	45:12
306	TERESA BAILEY	Framlingham Flyers	15 F 45-49		45:18	45:18
307	JEN DEVANEY	Stowmarket Striders RC	9 F 35-39		45:29	45:29
308	JACQUELINE LUMSDEN	Ipswich Jaffa RC	16 F 45-49		45:35	45:35
309	JOHN LAMBERT	Ipswich Jaffa RC	8 M 65-99		45:36	45:36
310	CAROL KEMP		10 F 35-39		45:39	45:39
311	JACK CADE		34 M 50-54		45:46	45:46
312	WENDY HUGHES	Stowmarket Striders RC	7 F 55-59		45:51	45:51
313	KAREN CHAMBERLAIN	Ipswich Jaffa RC	17 F 45-49		45:55	45:55
314	RICHARD PEARCE	Ipswich Jaffa RC	35 M 50-54		46:00	46:00
315	JULIE RICHARDSON	Ipswich Jaffa RC	14 F 40-44		46:18	46:18

# Kirton Friday 5 2015 Results

Place	Name	Team	Age Group	Place	Chip Time	Gun Time
316	KEITH BORRETT		12 M 60-64		46:20	46:20
317	IAIN HUNTER	Stowmarket Striders RC	23 M 55-59		46:24	46:24
318	CAROLINE STAFFORD	Felixstowe RRC	11 F 35-39		46:37	46:37
319	MOIRA PINKNEY	Ipswich Triathlon Club	4 F 60-99		46:39	46:39
320	DEBORAH CUBBERLEY	Great Bentley Running Club	12 F 35-39		46:47	46:47
321	LINDSAY HOBDEN	Sudbury Joggers	18 F 45-49		46:51	46:51
322	ANGELA WHITING	Stowmarket Striders RC	11 F 50-54		46:57	46:57
323	IAN ROOKE		39 M 45-49		46:58	46:58
324	VIVIENNE TAYLOR	Framlingham Flyers	5 F 60-99		47:01	47:01
325	LUKE GROVES	Great Bentley Running Club	67 M 18-39		47:06	47:06
326	DARREN MEEK		68 M 18-39		47:11	47:11
327	JENNY LYNCH	Felixstowe RRC	12 F 50-54		47:16	47:16
328	JACKIE COLLINS		13 F 50-54		47:23	47:23
329	SANDY PHILLIPS		14 F 50-54		47:31	47:31
330	HEIDI KNIGHT	Capel Cheetahs	15 F 40-44		47:46	47:46
331	JACQUELYN COBBOLD	Hadleigh Hares AC	16 F 40-44		47:52	47:52
332	JUDITH ADOLPHUS	Ipswich Jaffa RC	15 F 50-54		47:59	47:59
333	CARLA WIGGINS	Felixstowe RRC	15 F 18-34		48:02	48:02
334	JEREMY SORE		36 M 50-54		48:07	48:07
335	SUE HARGADON	Ipswich Triathlon Club	6 F 60-99		48:12	48:12
336	STEVENSON STUART		69 M 18-39		48:19	48:19
337	MANISTER DAVID		70 M 18-39		48:20	48:20
338	GRAHAME WALKINGSHAW		37 M 50-54		48:29	48:29
339	MELONIE EVANS	Sudbury Joggers	19 F 45-49		48:39	48:39
340	HELEN SUGARS		20 F 45-49		48:42	48:42
341	LOUISE FLETCHER		17 F 40-44		48:44	48:44
342	JO BOWMAN	Ipswich Jaffa RC	18 F 40-44		48:52	48:52
343	LUCY DRIVER	Felixstowe RRC	16 F 18-34		48:55	48:55
344	SUSAN WILSHAW	Capel Cheetahs	7 F 60-99		48:57	48:57
345	ELIZABETH SEVERY	Ipswich Jaffa RC	8 F 55-59		48:58	48:58
346	JANE LING		16 F 50-54		49:05	49:05
347	DAVE MANNING		24 M 55-59		49:05	49:05
348	KATE LONG	Felixstowe RRC	17 F 18-34		49:16	49:16
349	ANNE HARVEY	Ipswich Jaffa RC	17 F 50-54		49:16	49:16
350	PAUL DORSET		47 M 40-44		49:51	49:51
351	AMY SMITH		18 F 18-34		49:58	49:58
352	STUART HOLLINGSWORTH		40 M 45-49		50:08	50:08
353	LAWS MATTHEW		71 M 18-39		50:14	50:14
354	TIM FINEGAN	Felixstowe RRC	38 M 50-54		50:29	50:29
355	SUE THOMAS	Great Bentley Running Club	18 F 50-54		50:29	50:29
356	DAVID TILLET		41 M 45-49		50:40	50:40
357	AMANDA PRIOR	Capel Cheetahs	21 F 45-49		50:44	50:44
358	KATE KYDD		13 F 35-39		50:47	50:47
359	PAUL CHESHIRE		42 M 45-49		50:47	50:47
360	JULIE WRIGHT		19 F 50-54		50:53	50:53
361	NICOLA STEVENSON	Felixstowe RRC	9 F 55-59		50:57	50:57
362	MARIANNE HEDGE	Felixstowe RRC	19 F 40-44		51:35	51:35
363	MEL CHITTOCK		25 M 55-59		51:46	51:46
364	AMANDA PARKER		20 F 50-54		51:51	51:51
365	MARK PARKER		39 M 50-54		52:05	52:05
366	SANDRA SIDOLI		21 F 50-54		52:24	52:24
367	TOM NAUGHTON	Stowmarket Striders RC	72 M 18-39		52:31	52:31
368	WILLIAM CARR		73 M 18-39		52:37	52:37
369	AMANDA SMITH	Felixstowe RRC	20 F 40-44		52:37	52:37
370	CLARE CARR		14 F 35-39		52:40	52:40
371	JANE BAILEY	Felixstowe RRC	10 F 55-59		52:46	52:46
372	PHILIP NUTLEY	Saint Edmund Pacers	9 M 65-99		52:51	52:51
373	ELIE ISHAL	Felixstowe RRC	11 F 55-59		53:05	53:05
374	SUSAN GILSON		22 F 50-54		53:06	53:06
375	SALLY SOLOMON	Felixstowe RRC	22 F 45-49		53:13	53:13
376	SHARON BREWARD	Sudbury Joggers	21 F 40-44		53:57	53:57
377	JO DICKINSON	Felixstowe RRC	23 F 45-49		54:04	54:04
378	ANDREW SEVERY	Ipswich Jaffa RC	26 M 55-59		54:16	54:16

# Kirton Friday 5 2015 Results

Place	Name	Team	Age Group	Place	Chip Time	Gun Time
379	CLAIR FIDDERMAN		15 F 35-39		54:43	54:43
380	SALLY WILKINSON		23 F 50-54		55:07	55:07
381	REBECCA LAKE	Ipswich Jaffa RC	22 F 40-44		55:21	55:21
382	RICHARD SORE	Ipswich Jaffa RC	43 M 45-49		55:21	55:21
383	ALISON RENSHAW		16 F 35-39		55:35	55:35
384	TINA CHURCH	Saxmundham Sports Running & Fitne	23 F 40-44		55:54	55:54
385	LES SMART		10 M 65-99		56:55	56:55
386	EMMA MIRAMS		17 F 35-39		57:14	57:14
387	AUSTIN MIRAMS		74 M 18-39		57:16	57:16
388	ANDY STANHOPE	Felixstowe RRC	40 M 50-54		57:45	57:45
389	JEAN COX	Woodbridge Shufflers RC	8 F 60-99		59:09	59:09
390	DEBORAH WOODBRIDGE	Ipswich Jaffa RC	24 F 40-44		59:14	59:14
391	AMY LAW	Felixstowe RRC	19 F 18-34		1:01:50	1:01:50
392	WILL SCHWER	Felixstowe RRC	75 M 18-39		1:01:50	1:01:50
393	CLAIRE BARDSLEY	Stowmarket Striders RC	25 F 40-44		1:02:49	1:02:49
394	PETE BATTLE		48 M 40-44		1:02:58	1:02:58
395	KATRINA COPPING		24 F 45-49		1:02:58	1:02:58