

## Friday 5 Series

### Overall Results

Place	Bib	Name	Cat	Club	Gun	Points
Sudbury Joggers Friday 5 - 27 May 2022						
1.	1380	Jonathan	MS	Cambridge & Coleridge AC	24:59	500
2.	1095	Freddie ADAMS	U20M	Ipswich Harriers	27:14	499
3.	1186	Oliver MANNING	MS	Kesgrave Cruisers	27:21	498
4.	1164	Jake HAYWARD	U20M	Stowmarket Striders RC	27:25	497
5.	1118	Mark HAYWARD	MV40	Newmarket Joggers	27:36	496
6.	1086	Gary TAYLOR	MS	Felixstowe RRC	27:45	495
7.	1359	Keith TILLEY	MV50	Ipswich Jaffa RC	27:53	494
8.	1077	Aidan COUGHLAN	MV40	Felixstowe RRC	27:55	493
9.	1291	Tom CRESSWELL	MS	Colchester Harriers AC	27:59	492
10.	1088	James SMITH	MV40	Newmarket Joggers	27:59	491
11.	1381	Chay HOPKINS	MS	Haverhill Running Club	28:08	490
12.	1334	John SCAIFE	MV45	Colchester Harriers AC	28:12	489
13.	1216	Maddie JORDAN-LEE	U20F	Stowmarket Striders RC	28:13	500
14.	1106	Paul HOLLEY	MV55	Newmarket Joggers	28:17	488
15.	1264	Wesley BENTON	MV40	Colchester Harriers AC	28:24	487
16.	1364	Samuel BURDETT	MS	Stowmarket Striders RC	28:33	486
17.	1114	Joseph BENDALL	MS	Newmarket Joggers	29:06	485
18.	1045	Henry CATLING	MS	Felixstowe RRC	29:07	484
19.	1266	Chris GREEN	MS	Unattached	29:14	483
20.	1304	James CORNISH	MV40	Kesgrave Cruisers	29:30	482
21.	1183	Katie KING	FS	Saint Edmund Pacers	29:33	499
22.	1203	Adrian FROST	MV50	Saint Edmund Pacers	29:42	481
23.	1331	Matthew AXTON	MV40	Saint Edmund Pacers	29:47	480
24.	1356	James WITHAMS	MS	Vegan Runners UK	29:58	479
25.	1273	Nicholas CLARKE	MV40	Ipswich Jaffa RC	30:01	478
26.	1212	Oliver SCHOFIELD	MS	Saint Edmund Pacers	30:06	477
27.	1108	Andrew SOUTHWOOD	MV40	Saint Edmund Pacers	30:08	476
28.	1030	Dylan BRADNAM	U20M	Saint Edmund Pacers	30:10	475
29.	1082	Alex ARCHER	MS	Ipswich Jaffa RC	30:24	474
30.	1103	Wilfred CAMPBELL	MV55	Ipswich Jaffa RC	30:28	473
31.	1315	Ian WEIR	MV45	Sudbury Joggers	30:31	472
32.	1374	Tom ALEXANDER	MV40	Woodbridge Shufflers RC	30:35	471
33.	1085	Chris MOWER	MV45	Saint Edmund Pacers	30:38	470
34.	1132	Steve BROOKE	MV50	Felixstowe RRC	30:41	469
35.	1041	Ricky O'NEILL	MS	Ipswich Jaffa RC	30:42	468
36.	1324	Morgan MOORE	MS	Stowmarket Striders RC	30:45	467
37.	1255	Keith MARLEY	MV50	Colchester Harriers AC	30:59	466
38.	1136	David PERCY	MV45	Haverhill Running Club	31:07	465
39.	1057	Piotr BULACZ	MV50	Sudbury Joggers	31:10	464
40.	1112	Neil SMITH	MS	Framlingham Flyers	31:13	463
41.	1241	Peter WEST	MV55	Colchester Harriers AC	31:15	462
42.	1166	Darren SHEPPARD	MV50	Framlingham Flyers	31:26	461
43.	1049	James MINNETTE	MV45	Haverhill Running Club	31:32	460
44.	1343	Ben PHILLIPS	U20M	Haverhill Running Club	31:37	459
45.	1345	Mark WATTS	MV55	Saint Edmund Pacers	31:39	458
46.	1227	Alastair READ	MV40	Felixstowe RRC	31:40	457
47.	1287	Paul CONNELL	MV50	Great Bentley Running Club	31:41	456
48.	1314	Holly WEIR	FV40	Sudbury Joggers	31:42	498
49.	1084	Stephen HUSBAND	MS	Haverhill Running Club	31:59	455
50.	1182	Jan KADING	MV45	Stowmarket Striders RC	32:20	454

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Place	Bib	Name	Cat	Club	Gun	Points
51.	1078	Thomas CODLING	MS	TRISudbury	32:23	453
52.	1295	David ALLEN	MV55	Great Bentley Running Club	32:29	452
53.	1092	Joe ADAMS	MV50	Unattached	32:32	451
54.	1046	George WRIGHT	MS	Stowmarket Striders RC	32:45	450
55.	1208	Fraser WELSH	MV45	Unattached	32:49	449
56.	1105	Andrew LAWS	MV55	Ipswich Jaffa RC	32:50	448
57.	1222	Neil CATLEY	MV40	Kesgrave Cruisers	32:54	447
58.	1326	Jon BATTRAM	MV45	Colchester Harriers AC	32:55	446
59.	1282	Nigel SCHOFIELD	MV55	Saint Edmund Pacers	32:56	445
60.	1367	Jamie FITTOCK	MS	Saint Edmund Pacers	33:00	444
61.	1125	Tim HANMAN	MV50	Ipswich Jaffa RC	33:01	443
62.	1098	Robin HARPER	MV45	Felixstowe RRC	33:14	442
63.	1322	Vince WEBB	MV50	Saint Edmund Pacers	33:18	441
64.	1163	Simon STAFFORD	MV50	Kesgrave Cruisers	33:29	440
65.	1257	Doug ONEILL	MV50	Colchester Harriers AC	33:43	439
66.	1090	Trevor BUNCH	MV45	Haverhill Running Club	33:45	438
67.	1263	Kevin COLEMAN	MV55	Stowmarket Striders RC	33:49	437
68.	1298	Josh SCARLETT	MS	Saint Edmund Pacers	33:51	436
69.	1001	Mike ONSLOW	MS	Unattached	33:52	435
70.	1335	Margaret DEASY	FV55	Colchester Harriers AC	33:57	497
71.	1210	Simon SMITH	MV55	Colchester Harriers AC	34:05	434
72.	1096	Andrew BUDD	MV60	Capel Cheetahs	34:08	433
73.	1373	Simon WILLIAMS	MV45	Framlingham Flyers	34:11	432
74.	1312	Chris WONG	MS	Saxmundham Sports Running & Fitness	34:21	431
75.	1190	Daniel PELLING	MV50	Haverhill Running Club	34:23	430
76.	1117	Martin JARVIS	MV45	Unattached	34:27	429
77.	1376	Ellie CUMNER	FV40	Colchester Harriers AC	34:29	496
78.	1010	Matt TRILL	MV45	Ipswich Jaffa RC	34:35	428
79.	1002	Kerry BUCKLEY	MV50	Felixstowe RRC	34:37	427
80.	1311	Maddy LANSDOWN	U20F	Ipswich Jaffa RC	34:40	495
81.	1076	Antony GREEN	MS	Saint Edmund Pacers	34:42	426
82.	1127	Holly TAYLOR	FS	Felixstowe RRC	34:42	494
83.	1031	Helen JERROLD	FV40	Felixstowe RRC	34:43	493
84.	1191	Peter WARLAND	MV55	Stowmarket Striders RC	34:43	425
85.	1172	Chris SERVANT	MV55	Ipswich Jaffa RC	34:48	424
86.	1053	Karl FEAGAN	MV45	Ipswich Harriers	34:50	423
87.	1290	Andrew LONG	MV50	Stowmarket Striders RC	34:51	422
88.	1308	John GREENER	MV50	Saint Edmund Pacers	34:52	421
89.	1005	Kev LINSELL	MV45	Kesgrave Cruisers	34:53	420
90.	1375	Rob DYER	MV40	Great Bentley Running Club	34:54	419
91.	1065	Matt BENSON	MV40	Sudbury Joggers	34:55	418
92.	1142	Joe WEBB	U20M	Saint Edmund Pacers	34:59	417
93.	1226	Adrian GOODE	MV55	Felixstowe RRC	35:03	416
94.	1357	Lee BROWN	MS	Unattached	35:05	415
95.	1128	Andrew CHATFIELD	MV40	Capel Cheetahs	35:15	414
96.	1225	Ann-Louise SALT	FV40	Unattached	35:20	492
97.	1193	Tom STEPHENS	MV50	Felixstowe RRC	35:20	413
98.	1043	Steve PAUL	MV60	Eastern Masters AC	35:23	412
99.	1035	Emma MORTIMER	FS	Ipswich Phoenix Running Club	35:23	491
100.	1056	Nigel BARNES	MV50	Vegan Runners UK	35:27	411
101.	1366	Mark LAWES	MV50	Tiptree Road Runners	35:33	410
102.	1218	Chris REGAN	MV50	Colchester Harriers AC	35:34	409

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Place	Bib	Name	Cat	Club	Gun	Points
103.	1062	Alan JACKSON	MV60	Ipswich Jaffa RC	35:35	408
104.	1279	Grace LEAVY	FS	Stowmarket Striders RC	35:35	490
105.	1275	Mark WHITE	MV50	Haverhill Running Club	35:35	407
106.	1120	Chris CHORLEY	MV55	Bungay Black Dog RC	35:39	406
107.	1174	Kaye BRANTON	FV50	Felixstowe RRC	35:45	489
108.	1234	Stephen DIXON	MV55	Ipswich Jaffa RC	35:46	405
109.	1268	Colin FARMER	MV55	Great Bentley Running Club	35:51	404
110.	1121	Ricky DEASY	MV40	Unattached	35:55	403
111.	1173	Neville CLARKE	MV65	Newmarket Joggers	35:57	402
112.	1150	Femi ARIYO	MV45	Kesgrave Cruisers	35:59	401
113.	1051	Juliet GARNHAM	FV45	Stowmarket Striders RC	36:02	488
114.	1025	Steve NEUMANN	MV40	Unattached	36:03	400
115.	1199	Sam SPENCER	FS	Ipswich Jaffa RC	36:06	487
116.	1040	Rebecca FISH	FS	Unattached	36:12	486
117.	1034	Jamie BRANDON	MS	Ipswich Phoenix Running Club	36:13	399
118.	1156	D ROBERTS	MV50	Unattached	36:15	398
119.	1116	Sandra MAYHEW	FV55	Stowmarket Striders RC	36:17	485
120.	1368	William TAYLOR	MS	Framlingham Flyers	36:21	397
121.	1003	Robin BELSOM	MV60	Ipswich Jaffa RC	36:28	396
122.	1330	Henrietta-Mae BAWN	FS	Unattached	36:31	484
123.	1336	John GAGE	MV55	Stowmarket Striders RC	36:32	395
124.	1233	Simon APPLEBY	MV40	Unattached	36:35	394
125.	1165	Jo HAYWARD	FV50	Stowmarket Striders RC	36:36	483
126.	1299	Emma KEEN	FS	Felixstowe RRC	36:37	482
127.	1221	Joanna LEADER	FV50	Saint Edmund Pacers	36:42	481
128.	1138	Helen ARIYO	FV40	Kesgrave Cruisers	36:47	480
129.	1072	Andre EDWARDS	MV45	Unattached	36:56	393
130.	1064	David BEIGHTON	MV45	Saint Edmund Pacers	37:00	392
131.	1104	Stephen HATTEN	MV55	Saint Edmund Pacers	37:01	391
132.	1278	Neil DENNIS	MS	Stowmarket Striders RC	37:04	390
133.	1310	Keith LANSDOWN	MV55	Ipswich Jaffa RC	37:10	389
134.	1033	Magdalena KOMOROWSKA	FV40	Great Bentley Running Club	37:11	479
135.	1037	Tim PARNELL	MV55	Ipswich Jaffa RC	37:12	388
136.	1323	Sandra WEBB	FV50	Saint Edmund Pacers	37:12	478
137.	1149	Yusuf FIRAT	MV55	Haverhill Running Club	37:19	387
138.	1024	Tomasz KOMOROWSKI	MV40	Great Bentley Running Club	37:36	386
139.	1187	David WENYON	MV40	Woodbridge Shufflers RC	37:38	385
140.	1306	Stuart GREEN	MV60	Unattached	37:38	384
141.	1283	Mark PHILLIPS	MV45	Haverhill Running Club	37:38	383
142.	1361	Miles BERRY	MS	Framlingham Flyers	37:42	382
143.	1316	Daniel WHYMARK	MV40	Great Bentley Running Club	37:44	381
144.	1300	Philip SCOULAR	MS	Unattached	37:46	380
145.	1014	Tony SMART	MS	Unattached	37:47	379
146.	1161	Mark GODBOLD	MV55	Ipswich Harriers	37:48	378
147.	1019	Chris AXFORD	MV55	Jogging Made Easy	37:49	377
148.	1091	Kirsty WEAVERS	FV55	Saint Edmund Pacers	38:01	477
149.	1256	Marc DRISCOLL	MV40	Unattached	38:06	376
150.	1286	Stuart MATTHEWS	MV50	Saint Edmund Pacers	38:14	375
151.	1200	Justin RABETT	MV55	Saint Edmund Pacers	38:20	374
152.	1317	Tom ROBINSON	MS	Stowmarket Striders RC	38:23	373
153.	1205	Mark GLEEN	MV45	Kesgrave Cruisers	38:24	372
154.	1281	Ben CHILDS	MV40	Unattached	38:25	371

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Place	Bib	Name	Cat	Club	Gun	Points
155.	1042	Ruth ACWORTH	FV60	Woodbridge Shufflers RC	38:26	476
156.	1083	Ian GOODERHAM	MV55	Saint Edmund Pacers	38:31	370
157.	1181	Julie BRANCH	FV50	Unattached	38:32	475
158.	1168	Hien HOANG	FV40	Great Bentley Running Club	38:34	474
159.	1038	Dan STEPTOE-THOMPSON	MS	Boxted Runners	38:45	369
160.	1176	Duncan CHENERY	MV60	Ipswich Jaffa RC	38:50	368
161.	1015	Debbie CATLING	FV50	Felixstowe RRC	38:58	473
162.	1238	Simon MILLER	MV50	Colchester Harriers AC	39:03	367
163.	1354	Graham ROOKE	MV50	Unattached	39:04	366
164.	1365	Laurence GOWERS	MV45	Unattached	39:05	365
165.	1328	Lee GODDARD	MV50	Stowmarket Striders RC	39:08	364
166.	1297	Richard WHITE	MV55	Saxmundham Sports Running & Fitness	39:08	363
167.	1160	Lisa BRIGGS	FS	Great Bentley Running Club	39:14	472
168.	1171	Paul DAVISON	MV45	Great Bentley Running Club	39:15	362
169.	1067	Paul SCHWER	MV60	Felixstowe RRC	39:29	361
170.	1201	Robert ROLKA	MV55	Jogging Made Easy	39:30	360
171.	1355	Kayleigh TURPIN	FS	Felixstowe RRC	39:30	471
172.	1289	Mark AVERY	MV55	Ipswich Jaffa RC	39:39	359
173.	1039	Amber BRADNAM	U20F	Saint Edmund Pacers	39:50	470
174.	1285	Kathy BISHOP	FV55	Great Bentley Running Club	39:56	469
175.	1004	Mary-Ann TULI	FV50	Haverhill Running Club	39:58	468
176.	1135	Michelle HEWITT	FS	Framlingham Flyers	40:05	467
177.	1170	Sarah DAVISON	FV45	Great Bentley Running Club	40:08	466
178.	1244	Hannah JEWERS	FV40	Stowmarket Striders RC	40:11	465
179.	1192	Sharon WARLAND	FV55	Stowmarket Striders RC	40:16	464
180.	1353	Kathy WILSON-BROWN	FS	Ipswich Jaffa RC	40:23	463
181.	1089	Mark KING	MS	Felixstowe RRC	40:30	358
182.	1071	David SWALES	MV55	Saint Edmund Pacers	40:39	357
183.	1139	Alan HILLYARD	MV60	Ipswich Triathlon Club	40:40	356
184.	1028	Richard ALLPORT	MV55	Felixstowe RRC	40:49	355
185.	1305	Lynsey WARREN	FS	Unattached	40:50	462
186.	1260	Philip HYMERS	MV70+	Saint Edmund Pacers	40:51	354
187.	1093	Steve KIRK	MV40	Framlingham Flyers	40:51	353
188.	1143	Gerry MCCARTHY	MV65	Ipswich Phoenix Running Club	40:51	352
189.	1242	Peter WOODS	MS	Felixstowe RRC	40:56	351
190.	1140	Belinda GODBOLD	FV60	Hadleigh Hares AC	41:03	461
191.	1012	Goldie YULE	FV45	Unattached	41:06	460
192.	1341	Margaret LIFFEN	FS	Unattached	41:09	459
193.	1018	Gary INGRAM	MS	Ipswich Jaffa RC	41:12	350
194.	1358	Jason ABLETT	MV50	Stowmarket Striders RC	41:19	349
195.	1296	Joanne HARPER	FV40	Felixstowe RRC	41:29	458
196.	1228	Adam HOCKEN	MV55	Witham RC	41:31	348
197.	1122	Karen DEASY	FV40	Unattached	41:43	457
198.	1246	Brian BLOOMFIELD	MV45	Sudbury Joggers	41:46	347
199.	1363	Nicole SISSON	FS	Haverhill Running Club	41:48	456
200.	1369	Alison VINCENT	FV55	Unattached	41:50	455
201.	1370	Nic VINCENT	MV50	Tiptree Road Runners	41:50	346
202.	1270	Annie GOURLAY	FV40	Sudbury Joggers	41:55	454
203.	1271	Robert GOURLAY	MV50	Unattached	41:55	345
204.	1360	Claire MASKERY	FV40	Stowmarket Striders RC	41:57	453
205.	1294	Ruth COWLIN	FV55	Sudbury Joggers	42:05	452
206.	1194	Stewart WHITE	MV40	Saint Edmund Pacers	42:06	344

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Place	Bib	Name	Cat	Club	Gun	Points
207.	1231	Clare WHITFIELD	FV45	Saint Edmund Pacers	42:06	451
208.	1377	Tracy QUARRELL	FV50	Haverhill Running Club	42:11	450
209.	1274	Phil DAVIES	MV55	Ipswich Jaffa RC	42:12	343
210.	1155	Mon LEE	MV60	Ipswich Jaffa RC	42:12	342
211.	1342	Andy LIFFEN	MV50	Unattached	42:15	341
212.	1346	Emily ROGERS	FS	Stowmarket Striders RC	42:17	449
213.	1115	Lyndsey SMITH	FS	Diss and District AC	42:19	448
214.	1081	Sarah VICK	FV50	Saxmundham Sports Running & Fitness	42:25	447
215.	1215	Cheryl TRUNDLE	FV65	Haverhill Running Club	42:29	446
216.	1189	Frank MOGGAN	MV70+	Stowmarket Striders RC	42:30	340
217.	1303	Malcolm SAVAGE	MV70+	Trail Running Association	42:37	339
218.	1133	Teresa TRANTER	FV70+	Sudbury Joggers	42:42	445
219.	1259	Sil CLAY	FV55	Haverhill Running Club	42:44	444
220.	1338	Ian RUSH	MV45	Kesgrave Cruisers	43:01	338
221.	1243	Julia MOSS-ECCARDT	FV50	Stowmarket Striders RC	43:03	443
222.	1063	James BRIGGS	MV40	Unattached	43:06	337
223.	1021	Caroline TALBOT	FV40	Great Bentley Running Club	43:09	442
224.	1151	Liam ROBINSON	MV55	Fetch Everyone	43:16	336
225.	1146	Brian MUNNS	MV55	Newmarket Joggers	43:28	335
226.	1126	Jenny LYNCH	FV55	Felixstowe RRC	43:31	441
227.	1131	Bethany BEDINGFIELD	FS	Capel Cheetahs	43:34	440
228.	1119	Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	43:46	439
229.	1022	Sophie COLEMAN	FS	Ipswich Jaffa RC	44:04	438
230.	1352	Chris JOHNS	MV65	Woodbridge Shufflers RC	44:20	334
231.	1175	Tasha SALMON	FV40	Unattached	44:29	437
232.	1017	Keeley WHITE	FS	Haverhill Running Club	44:32	436
233.	1009	Trish JARVIS	FV55	Jogging Made Easy	44:49	435
234.	1129	Karen SKENE	FV50	Capel Cheetahs	45:09	434
235.	1329	Ben JACKSON	U20M	Unattached	45:22	333
236.	1325	David FIELD	MV60	Stowmarket Striders RC	45:23	332
237.	1148	Ian SILLETT	MV65	Felixstowe RRC	45:28	331
238.	1340	Jamie BARCLAY	MS	Saint Edmund Pacers	45:33	330
239.	1307	Hayden FORDER	MS	Unattached	45:34	329
240.	1219	Holly CRIMP	FS	Framlingham Flyers	45:36	433
241.	1337	Denise SHEPPARD	FV45	Unattached	45:39	432
242.	1079	Hayley WILSON	FS	Haverhill Running Club	45:44	431
243.	1177	Brett DEAKIN	MV40	Felixstowe RRC	45:57	328
244.	1207	Simon GOLDSMITH	MV45	Unattached	45:59	327
245.	1372	Mark LEWIS	MV45	Saint Edmund Pacers	46:08	326
246.	1327	Claire STEELE	FV45	Unattached	46:11	430
247.	1332	Roly ARBON	MV40	Unattached	46:18	325
248.	1333	Victoria SENIOR	FS	Saint Edmund Pacers	46:25	429
249.	1265	Joanna WHITE	FV50	Saxmundham Sports Running & Fitness	46:27	428
250.	1301	Jenny MERRY	FV40	Unattached	46:32	427
251.	1074	Helen SPOONER	FV50	Haverhill Running Club	46:34	426
252.	1145	Jim WITHERS	MV65	Newmarket Joggers	46:35	324
253.	1107	Denise WRIGHT	FV55	Stowmarket Striders RC	46:39	425
254.	1362	Adrian COLE	MV60	Stowmarket Striders RC	46:41	323
255.	1008	Wayne DAVIS	MV45	Jogging Made Easy	46:45	322
256.	1157	Mark DAVEY	MV50	Ipswich Phoenix Running Club	46:50	321
257.	1245	Jackie CUNINGHAME	FV65	Stowmarket Striders RC	47:02	424
258.	1075	Clair NAGORSKI	FS	Haverhill Running Club	47:03	423

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259.	1073	Clive PEMBERTON	MV50	Unattached	47:05	320
260.	1027	Grace JUDGE	FV55	Haverhill Running Club	47:07	422
261.	1309	Simon ASHTON	MV55	Lonely Goat RC	47:08	319
262.	1144	Frank GARDINER	MV65	Great Bentley Running Club	47:14	318
263.	1162	Mandy GODBOLD	FV50	Ipswich Harriers	47:16	421
264.	1288	Donna HARRIS	FV40	Great Bentley Running Club	47:24	420
265.	1347	Jamie JACKSON	MS	Unattached	47:42	317
266.	1068	Gavin ALEXANDER	MV40	Unattached	47:42	316
267.	1232	Sophie GATHORNE-HARDY	U20F	Saint Edmund Pacers	47:50	419
268.	1058	Belinda PALMER-BARNES	FV60	Great Bentley Running Club	47:57	418
269.	1101	Stuart SHEPHERD	MV55	Saint Edmund Pacers	47:58	315
270.	1284	Paul BELAND	MV60	Unattached	48:36	314
271.	1023	Kirsty MARSH	FS	Felixstowe RRC	48:41	417
272.	1141	Sarah BOXALL	FS	TRISudbury	48:55	416
273.	1261	James SPILLETT	MV50	Unattached	49:15	313
274.	1080	Emily COOPER-READE	FV55	Stowmarket Striders RC	49:25	415
275.	1109	Amanda CHILDS	FV50	Ipswich Jaffa RC	49:25	414
276.	1229	Julie HOCKEN	FV55	Jogging Made Easy	49:45	413
277.	1344	Veronica LEWIS	FV45	Haverhill Running Club	49:46	412
278.	1195	Dereck BRETT	MV70+	Unattached	50:12	312
279.	1048	Jackie COLLINS	FV55	Felixstowe RRC	50:15	411
280.	1350	James HYMAS	MV40	Haverhill Running Club	50:30	311
281.	1320	Suzanne FROST	FV50	Unattached	50:37	410
282.	1147	Jo WHELAN	FV60	Felixstowe RRC	50:39	409
283.	1167	Steven REYNOLDS	MV60	Unattached	50:40	310
284.	1321	Alison NOBLE	FV40	Unattached	50:40	408
285.	1020	Jacqueline ALLPORT	FV50	Felixstowe RRC	50:51	407
286.	1292	Phil HUDSON	MV65	Ware Joggers	50:52	309
287.	1094	Keith BORRETT	MV65	Unattached	51:51	308
288.	1179	Janice HOLMES	FV55	Newmarket Joggers	51:55	406
289.	1178	Kate WARBOYS	FV50	Newmarket Joggers	51:55	405
290.	1319	Timea TOTH	FS	Unattached	52:08	404
291.	1011	Doranne BREWSTER	FV40	Unattached	52:10	403
292.	1006	David BREWSTER	MV40	Felixstowe RRC	52:10	307
293.	1036	Claire BUTCHER	FV40	Felixstowe RRC	52:12	402
294.	1087	Heidi KNIGHT	FV45	Capel Cheetahs	53:10	401
295.	1239	David SUTHERLAND	MV70+	Framlingham Flyers	53:25	306
296.	1169	Robert KEMP	MS	Felixstowe RRC	53:47	305
297.	1351	Samantha POLLARD	FS	Haverhill Running Club	54:05	400
298.	1069	Karl CRIDLAND	MS	Unattached	54:10	304
299.	1269	Teresa FARMER	FV50	Great Bentley Running Club	54:51	399
300.	1236	Simone SUTHERLAND	FV65	Framlingham Flyers	55:17	398
301.	1262	Peter STURGEON	MV50	Unattached	55:19	303
302.	1339	Claire RUSH	FV40	Kesgrave Cruisers	55:22	397
303.	1272	Jane MATHIAS	FV45	Unattached	55:22	396
304.	1059	John BUSH	MV55	Great Bentley Running Club	56:08	302
305.	1371	Harriet ATHERTON	FS	Unattached	56:30	395
306.	1251	Jo BIRCH	FV45	Lonely Goat RC	56:30	394
307.	1050	Caroline MCINTOSH	FV65	Newmarket Joggers	56:37	393
308.	1302	Elaine ROBINSON	FV60	Stowmarket Striders RC	56:49	392
309.	1348	Agnieszka ANDRZEJAK	FV40	Unattached	59:09	391
310.	1318	Stephen CARTWRIGHT	MV60	Great Bentley Running Club	59:25	301

## Friday 5 Series

### Overall Results

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<b>Place</b>	<b>Bib</b>	<b>Name</b>	<b>Cat</b>	<b>Club</b>	<b>Gun</b>	<b>Points</b>
311.	1235	Susannah ROSENBERG	FV60	Ipswich Triathlon Club	1:02:01	390
312.	1214	Will SCHWER	MS	Felixstowe RRC	1:05:59	300
313.	1379	Susan HUNTER	FV60	Unattached	1:07:47	389
314.	1378	Iain HUNTER	MV60	Stowmarket Striders RC	1:07:47	299

Number of records: 314