

Framlingham Friday 5

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	326	Rooke Andrew	MO	0:25:19.42	Ipswich Jaffa RC
2	163	Mcmorran Kieran	MO	0:26:26.23	Ipswich Jaffa RC
3	27	Rock Danny	MO	0:27:02.68	Felixstowe RRC
4	79	Chenery Robert	MO	0:27:25.34	Ipswich Jaffa RC
5	248	Davies Gavin	MO	0:27:40.13	Ipswich Jaffa RC
6	19	Last Jim	MO	0:27:49.97	Framlingham Flyers
7	246	Adams Thomas	MO	0:28:03.82	Ipswich Harriers
8	191	Turley Benjamin	MO	0:28:09.25	Ipswich Jaffa RC
9	5	Howlett Adam	M45	0:28:14.65	Framlingham Flyers
10	164	Parry Steven	M45	0:28:39.67	Ipswich Jaffa RC
11	341	Fiddaman Craig	MO	0:28:43	Ipswich Jaffa RC
12	189	Hayles Kieran	MO	0:28:48.28	Sudbury Joggers
13	228	Tripp Alex	MO	0:29:10.33	Ipswich Harriers
14	244	Palmer Nick	M40	0:29:12.27	Stowmarket Striders RC
15	2	Sheppard Darren	M45	0:29:16.51	Framlingham Flyers
16	55	Preston Paul	M40	0:29:27.58	Colchester Harriers AC
17	333	Clarke Nicholas	MO	0:29:46.43	Ipswich Jaffa RC
18	193	Bunch Trevor	M40	0:29:54.9	Haverhill Running Club
19	294	Abbott Thomas	MO	0:30:03.15	
20	88	Wilson James	MO	0:30:06.2	Saxmundham Sports Running &
21	162	Cresswell Tom	MO	0:30:07.97	Sudbury Joggers
22	254	Macsephney Scott	M45	0:30:12	Ipswich Jaffa RC
23	296	Smith Peter	MO	0:30:24.02	
24	284	Hayward Mark	MO	0:30:28.75	Stowmarket Striders RC
25	295	Watts Mark	M50	0:30:42.37	Saint Edmund Pacers
26	226	Thorpe John	M45	0:30:48.91	Ipswich Jaffa RC
27	17	Harper Robin	M40	0:30:53.92	Felixstowe RRC
28	42	Solomon Dave	M45	0:31:04.81	Felixstowe RRC
29	282	Buck Andy	M50	0:31:12.01	Sudbury Joggers
30	89	Hanman Tim	M45	0:31:27.67	Ipswich Jaffa RC
31	82	Nickells Paul	M50	0:31:32.88	Woodbridge Shufflers RC
32	302	Hayward James	MO	0:31:36	Stowmarket Striders RC
33	91	Brooke Steve	M45	0:31:49.06	Felixstowe RRC
34	15	Aldred Will	M45	0:31:53.51	Framlingham Flyers
35	16	Aldred John	MO	0:32:05.78	Framlingham Flyers
36	310	Harrison Lee	MO	0:32:12.14	
37	114	Tye Chris	M45	0:32:13.62	
38	126	Keitch Charles	MO	0:32:18.63	Great Bentley Running Club
39	119	Maycock Melvyn	MO	0:32:24.34	
40	1	Revell Howard	M50	0:32:26.17	Framlingham Flyers
41	216	Presland Vicky	F40	0:32:28.99	Great Bentley Running Club
42	170	Parkins Ritchie	M40	0:32:38.2	Stowmarket Striders RC
43	107	Brown Paul	M50	0:32:43.02	Framlingham Flyers
44	186	Davey Clive	M40	0:32:45.71	Sudbury Joggers
45	349	Glanfield Jon	MO	0:32:46.36	Felixstowe RRC
46	29	Howlett James	M40	0:32:48.53	Framlingham Flyers
47	258	Haining William	M60	0:32:56.08	Harwich Runners
48	342	Goode Adrian	M50	0:32:59.64	Felixstowe RRC
49	288	Mead Stephen W	M60	0:33:00.71	
50	56	Frost Ady	M45	0:33:01.42	Colchester Harriers AC
51	311	Glass Louise	FO	0:33:15.48	Sudbury Joggers
52	60	Rogers Brian	M60	0:33:17.28	Ipswich Jaffa RC
53	312	Glass Andy	M40	0:33:22.08	Sudbury Joggers
54	178	White Stewart	MO	0:33:24.47	Saint Edmund Pacers
55	152	Raja Rakesh	M45	0:33:25.51	Saint Edmund Pacers
56	128	Kennedy Sean	MO	0:33:28.11	Woodbridge Shufflers RC
57	340	Hicks Stephen	M55	0:33:29.71	Ipswich Harriers
58	320	Duggan Ian	M50	0:33:36.33	Felixstowe RRC
59	227	Farthing Jess	M40	0:33:38.25	Felixstowe RRC
60	300	Moseley Mary Ann	F45	0:33:39.08	Haverhill Running Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	328	Tapp Henry	MO	0:33:40.01	
62	127	Hambling Stewart	M45	0:33:47.48	Framlingham Flyers
63	183	Codling Tom	MO	0:33:48.65	Sudbury Joggers
64	116	Schofield Nigel	M50	0:33:49.89	Saint Edmund Pacers
65	46	Mccullough Ron	M70	0:33:53.1	Ipswich Jaffa RC
66	250	Cornish James	MO	0:33:53.75	Woodbridge Shufflers RC
67	278	Read Alastair	MO	0:33:54.57	Felixstowe RRC
68	287	Clarke Neville	M60	0:33:55.97	
69	115	Pretty Stephen	M55	0:33:56.88	Stowmarket Striders RC
70	148	Jennings Val	F50	0:34:06.36	Ipswich Jaffa RC
71	198	Webb Vince	M45	0:34:10.96	Saint Edmund Pacers
72	99	Church Aiden	MO	0:34:13.64	
73	112	Hayward Guy	M40	0:34:15.3	Framlingham Flyers
74	92	Brooke Sam	MO	0:34:19.46	Felixstowe RRC
75	209	Newton Tim	M65	0:34:20.32	Ipswich Jaffa RC
76	166	Neville Andr�a	M40	0:34:21.75	Stowmarket Striders RC
77	208	Tinkler Simon	M40	0:34:23.09	Framlingham Flyers
78	7	Gillingham Neil	MO	0:34:27.92	Ipswich Harriers
79	335	Hurley David	M50	0:34:41.71	Mid Essex Casuals
80	332	Mackenzie Robin	M50	0:34:42.63	Framlingham Flyers
81	271	Cumner Ellie	F35	0:34:44.45	Colchester & Tendring AC
82	98	Church Jake	MO	0:34:46.26	Saxmundham Sports Running &
83	52	Clarke Geraldine	F45	0:34:51.33	Framlingham Flyers
84	336	Colbert Sarah	F45	0:34:51.69	Springfield Striders RC
85	334	Kingaby Bill	M60	0:34:54.02	Waveney Valley AC
86	215	Searle Dean	MO	0:34:58.38	Felixstowe RRC
87	45	Jackson Alan	M55	0:35:03.56	Ipswich Jaffa RC
88	318	Jennings Ben	MO	0:35:13.25	
89	136	Jarvis Martin	M40	0:35:18.56	
90	319	Hatten Stephen	M50	0:35:21.22	Saint Edmund Pacers
91	143	Bartlett Alastair	MO	0:35:26.87	Woodbridge Shufflers RC
92	103	Fox Chris	M45	0:35:36.11	Woodbridge Shufflers RC
93	81	Chenery Duncan	M55	0:35:44.42	Ipswich Jaffa RC
94	330	Goodwin Mark	M40	0:35:45.7	Felixstowe RRC
95	100	Pittman Rebecca	F50	0:35:45.72	Springfield Striders RC
96	338	Rue Steven	M60	0:35:51.24	Saint Edmund Pacers
97	123	Jones Martin	M40	0:35:56.66	
98	121	Attwood Emma	FO	0:35:57.09	Stowmarket Striders RC
99	344	Hine Adrian	M50	0:35:58.02	Felixstowe RRC
100	158	Fordham David	M65	0:36:00.07	Saxmundham Sports Running &
101	102	Chenery Lynsey	FO	0:36:01.82	Ipswich Jaffa RC
102	230	Munns Brian	M50	0:36:06.17	Newmarket Joggers
103	286	Tovell Karl	MO	0:36:07.35	
104	125	Pleasants Mike	M40	0:36:08.9	Framlingham Flyers
105	267	Garnham Gary	M55	0:36:11.73	Ipswich Jaffa RC
106	285	Daly Derek	M50	0:36:13.46	
107	313	Johns Chris	M55	0:36:17.82	
108	110	Hoblyn Claire	F50	0:36:21.08	Saint Edmund Pacers
109	25	Seymour David	M55	0:36:24.29	Felixstowe RRC
110	140	Chorley Chris	M50	0:36:32.45	Bungay Black Dog RC
111	242	Bell Nick	MO	0:36:35.24	Ipswich Jaffa RC
112	47	Fuller Andy	M50	0:36:35.32	Great Bentley Running Club
113	132	Warland Peter	M50	0:36:39.46	
114	96	Mills Philip	MO	0:36:43.73	
115	304	Carter Neil	MO	0:36:48.3	Ipswich Jaffa RC
116	120	Acheson Charlotte	FO	0:36:52.26	Haverhill Running Club
117	141	Lankester George	MO	0:37:10.17	Ipswich Jaffa RC
118	190	Newcombe Colin	M45	0:37:13.49	
119	113	Tye Cheryl	F45	0:37:18.43	Framlingham Flyers
120	277	Good Shaun	M50	0:37:19.23	Felixstowe RRC
121	149	Gilson Paul	M55	0:37:20.1	Ipswich Jaffa RC
122	62	Beer Philip	M50	0:37:26.78	Stowmarket Striders RC
123	90	Dempsey Richard	M45	0:37:30.64	Woodbridge Shufflers RC
124	21	Kennedy Ian	M50	0:37:35.56	Framlingham Flyers

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125	169	Palmer Ruth	F35	0:37:38.42	Saint Edmund Pacers
126	331	Higgins Tim	M50	0:37:42.09	Ipswich Jaffa RC
127	4	Bailey Jordan	MO	0:37:44.51	
128	13	Godbold Mark	M45	0:37:48.07	Ipswich Harriers
129	229	Lewis Sarah Jc	FO	0:37:51.31	Woodbridge Shufflers RC
130	54	Macrosson Ker	M60	0:37:52.9	Ipswich Jaffa RC
131	171	Mumford Wayne	M45	0:37:54.54	Sudbury Joggers
132	35	Rose Mark	M40	0:37:55.37	Ipswich Jaffa RC
133	74	Godbold Belinda	F55	0:37:55.49	Ipswich Jaffa RC
134	321	Gooderham Jessie	FO	0:38:06.01	Saint Edmund Pacers
135	86	Sheahan David	M55	0:38:14.92	
136	345	Hoblyn Tom	M50	0:38:26.29	Saint Edmund Pacers
137	299	Mcallister Paul	M50	0:38:29.34	Hadleigh Hares AC
138	83	Russell Jimmy	M45	0:38:31.37	Felixstowe RRC
139	238	Daniels David	M50	0:38:34.49	Stowmarket Striders RC
140	137	Shoolbred Charles	M65	0:38:36.06	
141	72	Kuczer Alex	M45	0:38:42.65	
142	200	Webb Sandra	F45	0:38:45.35	Saint Edmund Pacers
143	346	Hawkins Craig	MO	0:38:47.08	Stowmarket Striders RC
144	61	Beer Kate	F45	0:38:49.06	Stowmarket Striders RC
145	177	Stone Roger	M45	0:38:49.42	Felixstowe RRC
146	168	Bumphrey Sandra	F40	0:38:53.58	Capel Cheetahs
147	122	Bright Chris	MO	0:38:55.75	
148	322	Gooderham Emily	FO	0:38:57.22	Saint Edmund Pacers
149	9	Smith Jeremy	M40	0:39:00.93	
150	180	St Ledger Dee	F50	0:39:01.8	Sudbury Joggers
151	297	Borrett Keith	M60	0:39:02.01	
152	291	Callaghan Kieran	MO	0:39:02.46	
153	69	Adolphus Tony	M55	0:39:02.81	Ipswich Jaffa RC
154	221	Scott Jonathan	MO	0:39:03.12	Ipswich Jaffa RC
155	75	Moyse Mandi	F45	0:39:05.32	
156	85	Sheahan Jenny	F50	0:39:06.59	
157	8	Sargeantson Mark	M60	0:39:13.43	Framlingham Flyers
158	58	Mawson Robert	M60	0:39:21.31	Framlingham Flyers
159	14	Wilding Jonathan	M45	0:39:24.39	Felixstowe RRC
160	195	Smith Anna	F40	0:39:26.05	Stowmarket Striders RC
161	51	Saunders Matt	MO	0:39:26.83	Felixstowe RRC
162	153	Cooper Kate	FO	0:39:27.64	Stowmarket Striders RC
163	154	Hatton Karen	F55	0:39:28.05	Saint Edmund Pacers
164	240	Brinkley Angela	F55	0:39:37.77	Stowmarket Striders RC
165	95	Smith Alex	F40	0:39:39.77	Stowmarket Striders RC
166	201	Avery Mark	M50	0:39:47.58	Ipswich Jaffa RC
167	268	Rigby Katrina	F35	0:39:52.26	Hadleigh Hares AC
168	135	Boyle Penny	FO	0:39:53.29	
169	165	Neville Melody-anne	F45	0:39:54.12	Stowmarket Striders RC
170	329	Hutchings Gary	M50	0:40:00.36	
171	199	Webb Louise	FO	0:40:00.8	Saint Edmund Pacers
172	133	Warland Sharon	F50	0:40:02.99	
173	94	Davies Phil	M50	0:40:03.98	Ipswich Jaffa RC
174	256	Emsden Diane	F50	0:40:04.69	
175	34	Walker Marion	F60	0:40:07.5	Framlingham Flyers
176	40	Finch Peter	M50	0:40:12.23	Ipswich Jaffa RC
177	251	Hewitt Michelle	FO	0:40:15.48	Framlingham Flyers
178	39	Parden Jo	F45	0:40:20.38	Framlingham Flyers
179	257	Wass Helen	F50	0:40:20.55	Newmarket Joggers
180	231	Burdett William	M50	0:40:22.7	Stowmarket Striders RC
181	323	Gooderham Ian	M45	0:40:27.2	Saint Edmund Pacers
182	264	Reason Robert	M50	0:40:29.3	
183	327	Chamberlain Duncan	M50	0:40:32.94	Ipswich Jaffa RC
184	117	Bright Steve	M50	0:40:36.11	
185	205	Dewison Paul	M60	0:40:36.61	
186	325	Catchpool Iain	M45	0:40:38.52	Ipswich Jaffa RC
187	239	Withers Jim	M60	0:40:39.77	Newmarket Joggers
188	105	Smith Lizzie	FO	0:40:43.97	

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189	37	Sore Jeremy	M50	0:40:47.8	
190	30	Smith Richard	M55	0:40:50.55	Felixstowe RRC
191	175	Mayhew Sandra	F50	0:40:51.35	Stowmarket Striders RC
192	176	Skene Karen	F45	0:40:51.39	Great Bentley Running Club
193	48	Taylor David	M65	0:40:59.51	Framlingham Flyers
194	217	Presland Katie	FO	0:41:00.22	Great Bentley Running Club
195	347	Lewendon Arabella	F50	0:41:00.67	Stowmarket Striders RC
196	204	Wilding Steve	M55	0:41:00.86	Ipswich Jaffa RC
197	145	Hutson Kate	F35	0:41:10.03	Ipswich Jaffa RC
198	6	Dunn Amanda	F40	0:41:11.08	Hadleigh Hares AC
199	139	Sauerzapf Bobbie	F55	0:41:14.37	Bungay Black Dog RC
200	3	Bailey Teresa	F45	0:41:15.08	Framlingham Flyers
201	129	Winter Paul	M65	0:41:17.7	
202	84	Smith Keelan	MO	0:41:26.06	Saxmundham Sports Running &
203	70	Pache Ros	F35	0:41:27.97	
204	314	Middleton- Burrows Christine	F45	0:41:36.53	
205	348	Nunn Andy	M45	0:41:37.59	
206	306	Goodman Emma	FO	0:41:40.58	Framlingham Flyers
207	315	Gillbert Lucy	FO	0:41:40.92	
208	18	Harper Joanne	FO	0:41:42.03	Felixstowe RRC
209	68	Hill Mike	M65	0:41:47.95	Framlingham Flyers
210	57	Cartwright Joanne	F40	0:41:49.19	Framlingham Flyers
211	259	Coley David	M65	0:41:53.74	Ipswich Jaffa RC
212	73	Evans Jennifer	F35	0:41:59.53	Woodbridge Shufflers RC
213	307	Payne Jamie	MO	0:42:06.93	Framlingham Flyers
214	33	Sore Richard	M45	0:42:12.21	Ipswich Jaffa RC
215	76	Lampard Dave	M50	0:42:16.43	Felixstowe RRC
216	185	Pennock Sarah	F35	0:42:18.93	Sudbury Joggers
217	280	Cole Adrian	M50	0:42:26.61	Stowmarket Striders RC
218	109	Abbott Stuart	M40	0:42:31.13	
219	289	Adolphus Judith	F55	0:42:33.99	Ipswich Jaffa RC
220	236	Revell Laura	FO	0:42:36.15	
221	237	Gilmour Elspeth	F35	0:42:37.59	Framlingham Flyers
222	274	Moodie Clare	F40	0:42:39.09	
223	101	Youngson Rowena	F50	0:42:39.32	
224	263	Whitley Nicola	F40	0:42:41.82	Capel Cheetahs
225	12	Godbold Mandy	F45	0:42:50.38	Ipswich Harriers
226	273	Knee Leah	F35	0:42:54.9	
227	197	Smith Harry	M50	0:42:55.43	Stowmarket Striders RC
228	235	Moggan Frank	M65	0:42:56.06	Stowmarket Striders RC
229	38	Southgate Rachel	FO	0:42:59.27	
230	317	Marshall Dawn	F50	0:43:01.27	Saint Edmund Pacers
231	337	Rue Rita	F55	0:43:03.28	Saint Edmund Pacers
232	11	Collins Jackie	F50	0:43:20.9	Felixstowe RRC
233	31	Yule Goldie	F40	0:43:21.58	
234	182	Cowlin Ruth	F50	0:43:35.2	Sudbury Joggers
235	124	Cain Helen	F45	0:43:37.89	Stowmarket Striders RC
236	196	Naughton Joe	M50	0:43:51.02	Stowmarket Striders RC
237	77	Green Terri	F35	0:43:51.56	Ipswich Jaffa RC
238	43	Hunter Iain	M55	0:43:55.32	Stowmarket Striders RC
239	20	Tillett David	M45	0:44:17.89	
240	298	Devaney Jennifer	F35	0:44:42.98	
241	206	Wharam Lindsay	F40	0:44:44.51	Framlingham Flyers
242	108	Cullum John	M65	0:44:50.1	Saint Edmund Pacers
243	155	Howe Sarah	F35	0:44:51.77	Saxmundham Sports Running &
244	161	Hammond Kendra	FO	0:45:06.09	Stowmarket Striders RC
245	224	Sewell Kate	F45	0:45:08.34	Capel Cheetahs
246	159	Phillips Anna	FO	0:45:08.62	
247	260	Wilshaw Susan	F60	0:45:11.05	Capel Cheetahs
248	187	Aylmer Chris	M65	0:45:12.43	Newmarket Joggers
249	207	Timms Trudie	F40	0:45:18.81	Framlingham Flyers
250	49	Taylor Vivienne	F60	0:45:20.5	Framlingham Flyers
251	172	Bond Lisa	F45	0:45:22.97	Ipswich Jaffa RC
252	173	Haselwood Julie	F60	0:45:25.29	Ipswich Jaffa RC

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253	281	Whiting Angela	F50	0:45:25.69	Stowmarket Striders RC
254	28	Doyle Diane	F35	0:45:43.98	Framlingham Flyers
255	111	Lambert John	M70	0:45:53.57	Ipswich Jaffa RC
256	214	Roper Nicola	F40	0:45:54.95	Framlingham Flyers
257	26	Whelan Jo	F55	0:46:21.16	Felixstowe RRC
258	276	Whitaker Ant	M50	0:46:39.76	
259	59	Whately-smith Jos	M55	0:46:46.8	
260	269	Fox Alison	F35	0:46:48.05	
261	167	Prior Amanda	F45	0:47:00.97	Capel Cheetahs
262	293	Southgate Stacy	F35	0:47:27.22	
263	192	Reynolds Steven	M55	0:47:35.61	
264	270	Thurston Victoria	FO	0:47:42.13	
265	283	Buck Sheila	F45	0:47:46.55	Sudbury Joggers
266	202	Shepherd Stuart	M50	0:47:46.62	Saint Edmund Pacers
267	87	Richardson Julie	F40	0:48:01.09	Ipswich Jaffa RC
268	266	Mcmorran Gary	M45	0:48:41.48	
269	265	Mcmorran Karen	F40	0:48:41.56	Bungay Black Dog RC
270	146	Everett Katie	F35	0:48:42.22	Framlingham Flyers
271	63	Clough John	M55	0:49:31.97	Framlingham Flyers
272	179	Evans Melonie	F45	0:49:37.07	Sudbury Joggers
273	253	Macsephney Niki	F45	0:49:41.27	
274	64	Clough Agnes	F45	0:49:46.59	
275	184	Beward Sharon	F40	0:50:01.36	Sudbury Joggers
276	32	Cullum Tina	F40	0:50:04.57	
277	232	Burdett Angela	F45	0:50:05.97	Stowmarket Striders RC
278	93	Walkingshaw Grahame	M50	0:50:06.37	
279	147	Miller Rachael	FO	0:50:23	Felixstowe RRC
280	243	Dickinson Jo	F45	0:50:26.27	Felixstowe RRC
281	24	Stevenson Nicola	F55	0:50:31.94	Felixstowe RRC
282	78	Jack Bob	M55	0:50:35.56	Bungay Black Dog RC
283	142	Nutley Philip	M65	0:50:43.91	Saint Edmund Pacers
284	339	Bailey Jane	F60	0:50:52.52	Felixstowe RRC
285	160	Hammond Melzie	F35	0:50:59.52	
286	247	Nutley Valerie	F55	0:51:11.17	
287	134	Trevelyan Paul	M55	0:51:19.37	
288	150	Gilson Sue	F50	0:51:47.45	
289	97	Church Tina	F40	0:51:48.2	Saxmundham Sports Running &
290	211	Lucas Kirsty	F35	0:52:00.96	
291	220	Goldsmith Simon	M40	0:52:08.39	
292	272	Atkins Liz	FO	0:52:08.75	
293	210	Rook Hayley	F35	0:52:38.81	
294	41	Solomon Sally	F45	0:53:03.44	Felixstowe RRC
295	71	Smith Amanda	F40	0:53:13.43	Felixstowe RRC
296	131	Darnell Robert	M60	0:53:30.24	
297	212	Lucas Sarah	FO	0:53:56.08	
298	67	Cox Jean	F65	0:55:39.75	Woodbridge Shufflers RC
299	301	Soames Angela	F40	0:58:02.93	Felixstowe RRC
300	44	Hunter Susan	F55	0:58:54.07	Stowmarket Striders RC
301	181	St Ledger Hannah	FO	0:59:10.26	Sudbury Joggers
302	188	St Ledger Poppy	FO	0:59:10.4	
303	233	Philpott Val	F50	0:59:53.29	Framlingham Flyers
304	130	Rudkin Julie	F55	0:59:53.31	