



Team Results M/F - Unattached Runners

| Bib | Name | Time | AG | YoB |
|---|------------------|-------------------|---------------|------|
| Coastal 10m | | | | |
| Female | | | | |
| 1. Ipswich Jaffa RC 1 | | 3:29:17,00 | | |
| 454 | Laura THOMAS | 01:00:44 | Female Senior | 1993 |
| 476 | Suzy WEST | 01:12:22 | Female Senior | 1990 |
| 423 | Samantha SPENCER | 01:16:11 | Female V35 | 1984 |
| 2. Felixstowe RRC 1 | | 3:54:24,00 | | |
| 452 | Holly TAYLOR | 01:14:59 | Female Senior | 1986 |
| 183 | Collette GREEN | 01:16:25 | Female V35 | 1983 |
| 252 | Carrie KEMP | 01:23:00 | Female V40 | 1977 |
| 3. Haverhill Running Club 1 | | 4:12:00,00 | | |
| 459 | Mary-Ann TULI | 01:20:39 | Female V45 | 1970 |
| 353 | Tracy QUARRELL | 01:23:09 | Female V45 | 1972 |
| 369 | Joanne ROSENWOLD | 01:28:12 | Female V45 | 1970 |
| 4. Capel Cheetahs RC 1 | | 4:23:35,00 | | |
| 499 | Helen YELLOP | 01:27:25 | Female V50 | 1967 |
| 338 | Marie PAVELEY | 01:27:33 | Female V40 | 1975 |
| 266 | Emma LEE | 01:28:37 | Female V35 | 1979 |
| 5. Woodbridge Shufflers Running Club 1 | | 4:35:07,00 | | |
| 492 | Kate WOOD | 01:29:57 | Female V55+ | 1964 |
| 429 | Lisa SQUIRRELL | 01:31:52 | Female V40 | 1977 |
| 413 | Sarah SMITH | 01:33:18 | Female Senior | 1986 |
| 6. Stowmarket Striders Running Club 1 | | 4:51:27,00 | | |
| 196 | Karen HAMILTON | 01:29:49 | Female V45 | 1970 |
| 136 | Claire DOUGLAS | 01:39:27 | Female V35 | 1980 |
| 234 | Tracy HUMPHREYS | 01:42:11 | Female V55+ | 1962 |



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| Male | | | | |
| 1. Felixstowe RRC 1 | | 2:52:13,00 | | |
| 364 | Danny ROCK | 00:53:46 | Male Senior | 1981 |
| 176 | Tony GAVIN | 00:57:44 | Male Senior | 1982 |
| 177 | Jon GLANFIELD | 01:00:43 | Male Senior | 1982 |
| 2. Framlingham Flyers 1 | | 3:03:46,00 | | |
| 230 | Adam HOWLETT | 00:59:01 | Male V45 | 1971 |
| 267 | Chris LEEK | 01:01:08 | Male V40 | 1975 |
| 197 | Nick HAMMOND | 01:03:37 | Male V45 | 1971 |
| 3. Ipswich Jaffa RC 1 | | 3:13:11,00 | | |
| 460 | Benjamin TURLEY | 00:58:08 | Male Senior | 1982 |
| 325 | Ian OLD | 01:07:29 | Male Senior | 1983 |
| 68 | Marc BRIGGS | 01:07:34 | Male V50 | 1967 |
| 4. Stowmarket Striders Running Club 1 | | 3:14:01,00 | | |
| 488 | Scott WILLIAMS | 00:59:57 | Male Senior | 1987 |
| 76 | Stuart BUCHAN | 01:04:18 | Male Senior | 1990 |
| 290 | Stephen MEAD | 01:09:46 | Male V60+ | 1951 |
| 5. St Edmunds Pacers 1 | | 3:38:35,00 | | |
| 163 | Jamie FITTOCK | 01:10:42 | Male Senior | 1982 |
| 37 | David BEIGHTON | 01:12:59 | Male V40 | 1976 |
| 56 | Peter BIRD | 01:14:54 | Male V45 | 1973 |
| 6. Sudbury Joggers 1 | | 3:47:19,00 | | |
| 78 | Piotr BULACZ | 01:03:48 | Male V45 | 1970 |
| 199 | Charles HANN | 01:07:32 | Male V50 | 1965 |
| 491 | James WOOD | 01:35:59 | Male V50 | 1965 |
| 7. Woodbridge Shufflers Running Club 1 | | 3:49:31,00 | | |
| 430 | Rob SQUIRRELL | 01:09:26 | Male V45 | 1973 |
| 484 | Paul WIGENS | 01:16:18 | Male V60+ | 1958 |
| 10 | Mark ALLEN | 01:23:47 | Male V60+ | 1958 |
| 8. Haverhill Running Club 1 | | 3:49:41,00 | | |
| 343 | David PERCY | 01:07:41 | Male V40 | 1974 |
| 342 | Daniel PELLING | 01:13:17 | Male V45 | 1971 |
| 18 | Ross ARNOLD | 01:28:43 | Male Senior | 1986 |