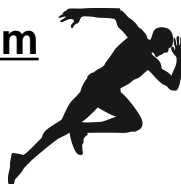


# Richard Bennett Felixstowe Coastal 10m

15/09/2019

## Overall Results



# Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
<b>Coastal 10m</b>						
1.	364	Danny ROCK	Male Senior	Felixstowe RRC	00:53:46	5:22
2.	176	Tony GAVIN	Male Senior	Felixstowe RRC	00:57:44	5:46
3.	460	Benjamin TURLEY	Male Senior	Ipswich Jaffa RC	00:58:08	5:48
4.	170	Matthew FRIEND	Male Senior	Harwich Runners	00:58:16	5:49
5.	230	Adam HOWLETT	Male V45	Framlingham Flyers	00:59:01	5:54
6.	488	Scott WILLIAMS	Male Senior	Stowmarket Striders Running Club	00:59:57	5:59
7.	177	Jon GLANFIELD	Male Senior	Felixstowe RRC	01:00:43	6:04
8.	454	Laura THOMAS	Female Senior	Ipswich Jaffa RC	01:00:44	6:04
9.	113	Aidan COUGHLAN	Male Senior	Vegan Runners UK	01:00:53	6:05
10.	267	Chris LEEK	Male V40	Framlingham Flyers	01:01:08	6:06
11.	450	Gary TAYLOR	Male Senior	Felixstowe RRC	01:02:19	6:13
12.	40	James BELL	Male V50	Leighton Buzzard Athletic Club	01:02:27	6:14
13.	341	Kevin PEIRCE	Male V40	Ipswich Harriers	01:02:46	6:16
14.	202	Neal HARDWICK	Male V40	Unattached	01:03:29	6:20
15.	197	Nick HAMMOND	Male V45	Framlingham Flyers	01:03:37	6:21
16.	78	Piotr BULACZ	Male V45	Sudbury Joggers	01:03:48	6:22
17.	76	Stuart BUCHAN	Male Senior	Stowmarket Striders Running Club	01:04:18	6:25
18.	198	Gavin HANMOND	Male Senior	Unattached	01:05:07	6:30
19.	164	Harry FITZGERALD	Male Senior	Unattached	01:05:17	6:31
20.	339	Matthew PAYNE	Male Senior	Unattached	01:05:27	6:32
21.	446	Daniel SUMMERGILL	Male Senior	Unattached	01:06:03	6:36
22.	210	Mark HAYDEN	Male V45	Framlingham Flyers	01:06:44	6:40
23.	379	Paul SAUNDERS	Male V40	Unattached	01:07:23	6:44
24.	325	Ian OLD	Male Senior	Ipswich Jaffa RC	01:07:29	6:44
25.	199	Charles HANN	Male V50	Sudbury Joggers	01:07:32	6:45
26.	68	Marc BRIGGS	Male V50	Ipswich Jaffa RC	01:07:34	6:45
27.	343	David PERCY	Male V40	Haverhill Running Club	01:07:41	6:46
28.	211	Thomas HAYDEN	Male Senior	Framlingham Flyers	01:07:42	6:46
29.	75	Jason BRUNT	Male V45	Norfolk Gazelles AC	01:07:51	6:47
30.	143	Ian ELDEN	Male V45	Ipswich Jaffa RC	01:07:53	6:47
31.	331	Andy OWEN	Male Senior	Dunmow Runners	01:08:27	6:50
32.	208	Tom HASLAM	Male V45	Framlingham Flyers	01:08:37	6:51
33.	278	Rob MACKENZIE	Male V55	Framlingham Flyers	01:08:52	6:53
34.	132	Jason DIGHTON	Male V40	Unattached	01:08:52	6:53
35.	400	Stuart SIMMONS	Male V40	Ipswich Jaffa RC	01:09:01	6:54
36.	59	Romas BLEDA	Male Senior	Unattached	01:09:18	6:55
37.	326	Paul OSBORNE	Male V40	Felixstowe RRC	01:09:18	6:55
38.	204	Robin HARPER	Male V40	Felixstowe RRC	01:09:25	6:56
39.	430	Rob SQUIRRELL	Male V45	Woodbridge Shufflers Running Club	01:09:26	6:56
40.	462	Ethan TURNER	Male Senior	Framlingham Flyers	01:09:26	6:56
41.	217	Chris HILLING	Male V40	Unattached	01:09:27	6:56
42.	417	Dave SOLOMON	Male V50	Felixstowe RRC	01:09:34	6:57
43.	290	Stephen MEAD	Male V60+	Stowmarket Striders Running Club	01:09:46	6:58
44.	336	Kat PARNELL	Female Senior	Unattached	01:10:02	7:00
45.	116	Kate CREAK	Female V35	Unattached	01:10:37	7:03
46.	163	Jamie FITTOCK	Male Senior	St Edmunds Pacers	01:10:42	7:04

# Richard Bennett Felixstowe Coastal 10m

15/09/2019



## Race Chip Timing

### Overall Results

Place	Bib	Name	AG	Club	Gun	Pace
47.	378	Len SAUNDERS	Male V40	Felixstowe RRC	01:10:53	7:05
48.	108	Darren COOK	Male V45	Felixstowe RRC	01:10:59	7:05
49.	327	Chris OSBORNE	Male V45	Unattached	01:11:04	7:06
50.	41	Robin BELSOM	Male V55	Ipswich Jaffa RC	01:11:08	7:06
51.	433	Simon STAFFORD	Male V45	Unattached	01:11:10	7:06
52.	465	John VINECOMBE	Male Senior	Unattached	01:11:13	7:07
53.	8	Daniel AGER	Male V45	Ipswich Jaffa RC	01:11:40	7:09
54.	356	Alastair READ	Male V40	Felixstowe RRC	01:12:10	7:12
55.	495	Stuart WRIGHT	Male V40	Felixstowe RRC	01:12:18	7:13
56.	476	Suzy WEST	Female Senior	Ipswich Jaffa RC	01:12:22	7:14
57.	264	Andrew LAWS	Male V55	Unattached	01:12:32	7:15
58.	190	Dave GROOM	Male Senior	Unattached	01:12:45	7:16
59.	37	David BEIGHTON	Male V40	St Edmunds Pacers	01:12:59	7:17
60.	138	Ian DUGGAN	Male V50	Felixstowe RRC	01:13:09	7:18
61.	342	Daniel PELLING	Male V45	Haverhill Running Club	01:13:17	7:19
62.	77	Kerry BUCKLEY	Male V45	Felixstowe RRC	01:13:24	7:20
63.	258	Steven KING	Male V45	Felixstowe RRC	01:13:34	7:21
64.	362	Dave ROBINSON	Male V45	Unattached	01:13:43	7:22
65.	172	Robert FROST	Male V40	Unattached	01:13:59	7:23
66.	20	Benjamin ASKEW	Male V40	Unattached	01:14:00	7:23
67.	189	Ian GROENEWALD	Male V50	Unattached	01:14:24	7:26
68.	388	Chris SERVANT	Male V50	Ipswich Jaffa RC	01:14:37	7:27
69.	279	David MAGRUDER	Male V40	Unattached	01:14:51	7:29
70.	56	Peter BIRD	Male V45	St Edmunds Pacers	01:14:54	7:29
71.	452	Holly TAYLOR	Female Senior	Felixstowe RRC	01:14:59	7:29
72.	232	Mark HUGHES	Male V50	Stowmarket Striders Running Club	01:15:01	7:30
73.	127	Ricky DEASY	Male V40	Unattached	01:15:07	7:30
74.	309	Vaughan MORRIS	Male V55	Stowmarket Striders Running Club	01:15:31	7:33
75.	366	Kyle ROPER	Male V40	Ipswich Jaffa RC	01:15:33	7:33
76.	109	Paul COOKE	Male V45	Unattached	01:15:42	7:34
77.	351	Stephen PRETTY	Male V60+	St Edmunds Pacers	01:15:48	7:34
78.	365	Jamie ROCK	Male Senior	Felixstowe RRC	01:16:03	7:36
79.	437	Andy STEPHENS	Male V40	Unattached	01:16:07	7:36
80.	423	Samantha SPENCER	Female V35	Ipswich Jaffa RC	01:16:11	7:37
81.	424	Kai SPERLING	Male V40	Unattached	01:16:12	7:37
82.	83	Amber CALVER	Female V45	Unattached	01:16:18	7:37
83.	484	Paul WIGENS	Male V60+	Woodbridge Shufflers Running Club	01:16:18	7:37
84.	183	Collette GREEN	Female V35	Felixstowe RRC	01:16:25	7:38
85.	180	Shaun GOOD	Male V55	Felixstowe RRC	01:16:25	7:38
86.	438	Mark STEVENS	Male Senior	Unattached	01:16:34	7:39
87.	105	Sophie COLEMAN	Female Senior	Ipswich Jaffa RC	01:16:40	7:39
88.	122	Mark DAVEY	Male V50	Unattached	01:16:50	7:40
89.	221	Mark HOLLAND	Male V45	Unattached	01:16:50	7:40
90.	386	Dean SEARLE	Male V40	Felixstowe RRC	01:16:55	7:41
91.	66	David BREWSTER	Male Senior	Unattached	01:17:17	7:43
92.	181	Mark GOODWIN	Male V45	Felixstowe RRC	01:17:24	7:44
93.	340	Adrian PEAKE	Male V50	Unattached	01:17:24	7:44
94.	482	Suzi WHYMARK	Female V45	Unattached	01:17:39	7:45

# Richard Bennett Felixstowe Coastal 10m

15/09/2019



## Race Chip Timing

### Overall Results

Place	Bib	Name	AG	Club	Gun	Pace
95.	21	Simon ASKEW	Male V40	Unattached	01:17:48	7:46
96.	387	Daniel SEDGWICK	Male Senior	Unattached	01:18:03	7:48
97.	335	Tim PARSELL	Male Senior	Unattached	01:18:05	7:48
98.	375	Phil SANDERSON	Male V55	Harwich Runners	01:18:38	7:51
99.	285	Stuart MASON	Male V55	Felixstowe RRC	01:18:39	7:51
100.	220	Karl HOLBROOK	Male V50	Unattached	01:18:42	7:52
101.	128	Karen DEASY	Female V40	Unattached	01:18:49	7:52
102.	55	Dane BIRD	Male Senior	Ipswich Jaffa RC	01:18:59	7:53
103.	186	Steven GREEN	Male V40	Unattached	01:19:03	7:54
104.	184	Terri GREEN	Female V35	Ipswich Jaffa RC	01:19:20	7:55
105.	372	Chris RYAN	Male V60+	Unattached	01:19:32	7:57
106.	265	Chuck LAYZELL	Male Senior	Unattached	01:19:45	7:58
107.	101	Daniel CLARKE	Male Senior	Unattached	01:19:51	7:59
108.	328	Darin OSBORNE	Male V50	Unattached	01:19:53	7:59
109.	245	Ludger JIRGL	Male V50	Unattached	01:19:54	7:59
110.	117	Richard CREASEY	Male Senior	Unattached	01:20:09	8:00
111.	17	Femi ARIYO	Male V40	Unattached	01:20:14	8:01
112.	487	James WILLCOX	Male V40	Felixstowe RRC	01:20:15	8:01
113.	74	Martyn BROWN	Male Senior	Unattached	01:20:17	8:01
114.	140	Steven DURRANT	Male V55	Felixstowe RRC	01:20:28	8:02
115.	65	Adam BRETT	Male Senior	Unattached	01:20:34	8:03
116.	481	Luke WHITWELL	Male Senior	Unattached	01:20:35	8:03
117.	459	Mary-Ann TULI	Female V45	Haverhill Running Club	01:20:39	8:03
118.	464	Patrick TWIST	Male Senior	Unattached	01:20:39	8:03
119.	53	Christopher BING	Male Senior	Ipswich Jaffa RC	01:20:40	8:03
120.	30	Alex BATHO	Male V45	Unattached	01:20:44	8:04
121.	51	Carl BERRIMAN	Male V45	Unattached	01:20:55	8:05
122.	192	Damian HACK	Male V40	Unattached	01:20:56	8:05
123.	435	Matt STANDRING	Male V40	Unattached	01:21:06	8:06
124.	457	Karl TOVELL	Male Senior	Unattached	01:21:13	8:07
125.	260	Magdalena KOMOROWSKA	Female V40	Great Bentley Running Club	01:21:14	8:07
126.	215	Jeremy HENNEL JAMES	Male V55	Hadleigh Hares AC	01:21:37	8:09
127.	490	Richard WISEMAN	Male V45	Unattached	01:21:47	8:10
128.	233	Catherine HUGHES	Female V35	Unattached	01:22:05	8:12
129.	13	Mark ANDERSON	Male Senior	Unattached	01:22:14	8:13
130.	275	Martin LITTLE	Male V50	Stowmarket Striders Running Club	01:22:16	8:13
131.	97	David CHURCH	Male V45	Felixstowe RRC	01:22:18	8:13
132.	200	Jackie HANN	Female V50	Sudbury Joggers	01:22:19	8:13
133.	120	Derek DALY	Male V55	Saxmundham Sports Running & Fitness	01:22:21	8:14
134.	89	Paul CAUSON	Male V40	Unattached	01:22:30	8:14
135.	15	Ben ANDREWS	Female V35	Unattached	01:22:30	8:14
136.	4	Jason ABLETT	Male V45	Stowmarket Striders Running Club	01:22:45	8:16
137.	88	Daniel CASE	Male Senior	Felixstowe RRC	01:22:51	8:17
138.	32	Gale BAXTER	Female V45	Unattached	01:22:53	8:17
139.	252	Carrie KEMP	Female V40	Felixstowe RRC	01:23:00	8:17
140.	353	Tracy QUARRELL	Female V45	Haverhill Running Club	01:23:09	8:18
141.	299	Ben MILLS	Male Senior	Unattached	01:23:18	8:19
142.	474	Hannah WATTAM	Female V35	Unattached	01:23:33	8:21

# Richard Bennett Felixstowe Coastal 10m

15/09/2019

## Overall Results



## Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
143.	131	Stephen DIDCOTT	Male V50	Unattached	01:23:41	8:22
144.	10	Mark ALLEN	Male V60+	Woodbridge Shufflers Running Club	01:23:47	8:22
145.	300	Steven MITCHELL	Male V55	Ipswich Jaffa RC	01:23:53	8:23
146.	428	Terry SPURGEON	Male V50	Unattached	01:24:09	8:24
147.	226	Mike HOWARD	Male V40	Unattached	01:24:18	8:25
148.	84	Mik CARR	Male V60+	Bungay Black Dog RC	01:24:28	8:26
149.	332	Sandy PAGE	Female V40	Unattached	01:24:31	8:27
150.	157	Justin FIDDAMAN	Male V45	Felixstowe RRC	01:24:44	8:28
151.	395	Benjamin SHEPPARD	Male V40	Unattached	01:25:05	8:30
152.	396	Gemma SHEPPARD	Female V35	Unattached	01:25:05	8:30
153.	463	Kayleigh TURPIN	Female Senior	Unattached	01:25:07	8:30
154.	72	Marcus BROWN	Male V45	Unattached	01:25:09	8:30
155.	218	Graham HIPKIN	Male V55	Unattached	01:25:18	8:31
156.	156	Christy FENELON	Male Senior	Unattached	01:25:40	8:33
157.	318	Carl NEWELL	Male V40	Unattached	01:25:44	8:34
158.	262	Beryl LANSDOWN	Female V50	Ipswich Jaffa RC	01:25:46	8:34
159.	69	Rachel BROOKE	Female V45	Ipswich Jaffa RC	01:25:46	8:34
160.	31	Becks BAWLEY	Female Senior	Unattached	01:25:53	8:35
161.	286	David MAYES	Male Senior	Felixstowe RRC	01:26:14	8:37
162.	282	Adam MARKHAM	Male Senior	Unattached	01:26:18	8:37
163.	70	Kirsty BROOKFIELD	Female V35	Unattached	01:26:18	8:37
164.	79	Caroline BURGESS	Female V40	Unattached	01:26:30	8:38
165.	207	Emma HARWOOD	Female V45	Framlingham Flyers	01:26:30	8:38
166.	334	Jane PARKINGTON	Female V50	Unattached	01:26:34	8:39
167.	268	Darren LEEKS	Male V45	Unattached	01:26:38	8:39
168.	306	Bernard MORGAN	Male V50	Unattached	01:27:01	8:42
169.	346	Agata PIATKOWSKA	Female Senior	Unattached	01:27:03	8:42
170.	145	James ELLUL	Male V40	Felixstowe RRC	01:27:07	8:42
171.	405	Craig SMITH	Male Senior	Unattached	01:27:21	8:44
172.	458	Daniel TRINDER	Male V45	Unattached	01:27:22	8:44
173.	499	Helen YELLOP	Female V50	Capel Cheetahs RC	01:27:25	8:44
174.	287	Daniel MAYHEW	Male Senior	Unattached	01:27:29	8:44
175.	338	Marie PAVELEY	Female V40	Capel Cheetahs RC	01:27:33	8:45
176.	228	Matt HOWE	Male V40	Felixstowe RRC	01:27:35	8:45
177.	403	Roger SLADE	Male V50	Unattached	01:27:37	8:45
178.	421	Tracey SPALDING	Female V45	Unattached	01:27:38	8:45
179.	420	Jack SOWTER	Male Senior	Unattached	01:27:38	8:45
180.	27	Jo BARKER	Female V40	Unattached	01:27:40	8:45
181.	497	Justin WRIGHT	Male V45	Unattached	01:27:59	8:47
182.	178	Mark GLEEN	Male V40	Unattached	01:28:00	8:47
183.	369	Joanne ROSENWOLD	Female V45	Haverhill Running Club	01:28:12	8:49
184.	311	Emma MORTIMER	Female Senior	Unattached	01:28:14	8:49
185.	64	Jamie BRANDON	Male Senior	Unattached	01:28:14	8:49
186.	6	Pauline ADAMS	Female V45	Unattached	01:28:18	8:49
187.	259	Anna KOCINSKA	Female V35	Unattached	01:28:28	8:50
188.	266	Emma LEE	Female V35	Capel Cheetahs RC	01:28:37	8:51
189.	18	Ross ARNOLD	Male Senior	Haverhill Running Club	01:28:43	8:52
190.	478	John WESTON	Male V60+	Unattached	01:28:47	8:52

# Richard Bennett Felixstowe Coastal 10m

15/09/2019



## Race Chip Timing

### Overall Results

Place	Bib	Name	AG	Club	Gun	Pace
191.	449	Leanne TAGHDI	Female V35	Unattached	01:28:50	8:52
192.	371	Jimmy RUSSELL	Male V50	Unattached	01:28:54	8:53
193.	44	Marion BENNETT	Female V35	Ipswich Jaffa RC	01:28:55	8:53
194.	227	Amy HOWARD	Female V35	Rushmere Community Runners	01:28:59	8:53
195.	289	Paul MCALLISTER	Male V50	Hadleigh Hares AC	01:29:00	8:53
196.	500	Goldie YULE	Female V45	Unattached	01:29:13	8:55
197.	498	Carissa WYATT	Female V40	Unattached	01:29:15	8:55
198.	61	Keith BORRETT	Male V60+	Unattached	01:29:19	8:55
199.	271	Steve LEGGETT	Male V50	Unattached	01:29:26	8:56
200.	49	Catherine BERESFORD	Female V50	Unattached	01:29:39	8:57
201.	196	Karen HAMILTON	Female V45	Stowmarket Striders Running Club	01:29:49	8:58
202.	492	Kate WOOD	Female V55+	Woodbridge Shufflers Running Club	01:29:57	8:59
203.	235	Ryan HUNN	Male Senior	Unattached	01:30:04	9:00
204.	415	Darren SNELL	Male V45	Unattached	01:30:04	9:00
205.	244	James JELFS	Male Senior	Unattached	01:30:08	9:00
206.	26	Matthew BARDWELL	Male Senior	Unattached	01:30:14	9:01
207.	444	Graham STYLES	Male V60+	Unattached	01:30:18	9:01
208.	277	Brett LUMMIS	Male V40	Unattached	01:30:19	9:01
209.	440	Tony STEWART	Male V60+	Lonely Goat RC	01:30:22	9:02
210.	82	Lisa CALVER	Female Senior	Capel Cheetahs RC	01:30:37	9:03
211.	354	Aaron RANIERI	Male Senior	Unattached	01:30:57	9:05
212.	344	Kieron PERRY	Male V45	Unattached	01:30:58	9:05
213.	360	Maria RIERA TURRO	Female Senior	Felixstowe RRC	01:31:10	9:06
214.	303	Morgan MOORE	Male Senior	Stowmarket Striders Running Club	01:31:26	9:08
215.	104	Adrian COLE	Male V55	Stowmarket Striders Running Club	01:31:26	9:08
216.	87	Richard CARRON	Male V50	Unattached	01:31:27	9:08
217.	159	Peter FINCH	Male V55	Ipswich Jaffa RC	01:31:34	9:09
218.	401	Sarah SIMPSON	Female V35	Unattached	01:31:43	9:10
219.	333	Stuart PARKER	Male Senior	Unattached	01:31:44	9:10
220.	22	Mark AUSTIN	Male Senior	Woodbridge Shufflers Running Club	01:31:46	9:10
221.	238	Jo HUTT	Female V40	Unattached	01:31:50	9:10
222.	94	Mark CHISNALL	Male V45	Unattached	01:31:51	9:11
223.	429	Lisa SQUIRRELL	Female V40	Woodbridge Shufflers Running Club	01:31:52	9:11
224.	85	Alexandra CARR	Female Senior	Unattached	01:31:52	9:11
225.	308	Lee MORPHEW	Female V40	Unattached	01:31:55	9:11
226.	124	Charlie DAY	Male Senior	Unattached	01:32:04	9:12
227.	414	Tabetha SNAPE	Female V45	Unattached	01:32:07	9:12
228.	242	Carl JARRETT	Male V45	Unattached	01:32:11	9:13
229.	52	Doug BETTS	Male V40	Unattached	01:32:34	9:15
230.	470	Lindi WALLACE	Female V35	Unattached	01:32:35	9:15
231.	374	Graeme SAGGERS	Male Senior	Unattached	01:32:36	9:15
232.	160	Helen FINDLEY	Female V35	Unattached	01:32:48	9:16
233.	367	Amanda ROSE	Female V35	Unattached	01:32:54	9:17
234.	188	Mark GRINDROD	Male V50	Unattached	01:32:54	9:17
235.	293	Darien MERRY	Male V55	Unattached	01:32:55	9:17
236.	239	Lewis JACOBS	Male Senior	Unattached	01:33:02	9:18
237.	256	Robert KIDD	Male V50	Unattached	01:33:07	9:18
238.	412	Adam SMITH	Male Senior	Woodbridge Shufflers Running Club	01:33:07	9:18

# Richard Bennett Felixstowe Coastal 10m

15/09/2019

## Overall Results



# Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
239.	477	Richard WESTLEY	Male V55	Unattached	01:33:15	9:19
240.	413	Sarah SMITH	Female Senior	Woodbridge Shufflers Running Club	01:33:18	9:19
241.	60	Joanna BLYTH	Female V45	Felixstowe RRC	01:33:23	9:20
242.	133	Sophie DOE	Female V35	Unattached	01:34:04	9:24
243.	243	Clair JEFFERSON	Female V45	TRISudbury	01:34:07	9:24
244.	43	Jamie BENNETT	Male V40	Ipswich Jaffa RC	01:34:14	9:25
245.	411	Viki SMITH	Female V35	Unattached	01:34:23	9:26
246.	385	John SCULLY	Male V45	Unattached	01:34:49	9:28
247.	384	Angelique SCULLY	Female V45	Unattached	01:34:49	9:28
248.	35	Paul BAXTER	Male V40	Unattached	01:34:52	9:29
249.	248	Grace JUDGE	Female V55+	Haverhill Running Club	01:34:53	9:29
250.	98	Jenny CHURCH	Female V55+	Felixstowe RRC	01:35:06	9:30
251.	431	Pamela ST	Female V50	Unattached	01:35:17	9:31
252.	229	Jacqui HOWES	Female V40	Unattached	01:35:19	9:31
253.	432	Caroline STAFFORD	Female V40	Felixstowe RRC	01:35:27	9:32
254.	162	Alice FISHER	Female V35	Unattached	01:35:34	9:33
255.	315	Alison MYLES	Female V45	Unattached	01:35:36	9:33
256.	111	Clare CORNISH	Female V45	Unattached	01:35:42	9:34
257.	158	Adele FIELD	Female V50	Unattached	01:35:45	9:34
258.	81	Simon BUTLER	Male V50	Unattached	01:35:45	9:34
259.	455	Andrew THOMAS	Male V55	Unattached	01:35:51	9:35
260.	110	Leslie COOPER	Female V50	Ipswich Jaffa RC	01:35:55	9:35
261.	451	Heidi TAYLOR	Female Senior	Felixstowe RRC	01:35:55	9:35
262.	491	James WOOD	Male V50	Sudbury Joggers	01:35:59	9:35
263.	292	Jenny MERRY	Female V40	Sudbury Joggers	01:35:59	9:35
264.	312	Gemma MOSS	Female V45	Ipswich Jaffa RC	01:36:03	9:36
265.	442	Zoe STOREY	Female V40	Unattached	01:36:13	9:37
266.	297	Becky MILLER	Female Senior	Felixstowe RRC	01:36:13	9:37
267.	213	Brigitte HEARD	Female V55+	Haverhill Running Club	01:36:20	9:37
268.	461	Sue TURLEY	Female V55+	Haverhill Running Club	01:36:20	9:37
269.	443	Lucy STREET	Female V35	Unattached	01:36:24	9:38
270.	216	Heidi HIBBETT	Female V35	Dunmow Runners	01:36:29	9:38
271.	483	Hans-Jürgen WIEDNER	Male V55	Unattached	01:36:37	9:39
272.	46	Shelley BENNETT	Female V50	Thame Runners	01:36:46	9:40
273.	203	Simon HARKIN	Male V45	Unattached	01:36:51	9:41
274.	254	Matt KERR	Male Senior	Unattached	01:36:52	9:41
275.	363	Roger ROBINSON-TURNER	Male V45	Unattached	01:37:07	9:42
276.	294	Dominic MIAOULIS	Male Senior	Felixstowe RRC	01:37:27	9:44
277.	182	Daniel GOULD	Female V45	Felixstowe RRC	01:37:44	9:46
278.	166	Justin FLETCHER	Female V35	Unattached	01:37:53	9:47
279.	317	Emma NEEDHAM	Female V35	Unattached	01:37:55	9:47
280.	272	Arabella LEWENDON	Female V55+	Felixstowe RRC	01:38:13	9:49
281.	389	Alison SEVERY	Female Senior	Ipswich Jaffa RC	01:38:17	9:49
282.	288	Larissa MAYHEW	Female V45	Unattached	01:38:21	9:50
283.	90	Leonora CHANDLER	Female V45	Woodbridge Shufflers Running Club	01:38:27	9:50
284.	19	Suzi ASHWORTH	Female V55+	Woodbridge Shufflers Running Club	01:38:29	9:50
285.	212	Kate	Female V40	Woodbridge Shufflers Running Club	01:38:30	9:50
286.	150	Christine EVANS	Female V40	Unattached	01:38:33	9:51

# Richard Bennett Felixstowe Coastal 10m

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## Overall Results



## Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
287.	276	Helen LORENZ	Female V40	Ipswich Jaffa RC	01:38:45	9:52
288.	194	Deborah HALL	Female V55+	Unattached	01:38:49	9:52
289.	307	Colleen MORGAN	Female V55+	Unattached	01:38:50	9:52
290.	408	Misty SMITH	Female V35	Unattached	01:38:56	9:53
291.	241	Richard JAUQUES	Male V55	Unattached	01:38:57	9:53
292.	187	Ruth GREGGOR	Female V55+	Unattached	01:38:58	9:53
293.	168	Jo LUMMIS	Female V35	Unattached	01:39:13	9:55
294.	107	Carl COLLINS	Male Senior	Unattached	01:39:16	9:55
295.	103	Melissa COE	Female Senior	Unattached	01:39:16	9:55
296.	102	Andrew COCKER	Male V55	Unattached	01:39:17	9:55
297.	418	Carina SOUTHGATE	Female V35	Unattached	01:39:18	9:55
298.	301	Sharron MITCHELL	Female V45	Unattached	01:39:21	9:56
299.	71	Emma BROWN	Female V40	Unattached	01:39:23	9:56
300.	407	Janette SMITH	Female V45	Unattached	01:39:23	9:56
301.	146	Rebecca ELLUL	Female V35	Felixstowe RRC	01:39:23	9:56
302.	112	Lee CORNWELL	Male V40	Unattached	01:39:25	9:56
303.	151	Craig EVANS	Male Senior	Unattached	01:39:26	9:56
304.	402	Helen SKINNER	Female V45	Unattached	01:39:26	9:56
305.	136	Claire DOUGLAS	Female V35	Stowmarket Striders Running Club	01:39:27	9:56
306.	425	Nadine SPERLING	Female V40	Unattached	01:39:43	9:58
307.	439	Nicola STEVENSON	Female V55+	Felixstowe RRC	01:39:50	9:58
308.	398	Ian SILLETT	Male V60+	Felixstowe RRC	01:39:56	9:59
309.	322	Simon NUNN	Male Senior	Unattached	01:40:05	10:00
310.	319	Jonathan NEWELL	Male V50	St Edmunds Pacers	01:40:10	10:00
311.	472	Joe WARD	Male Senior	Unattached	01:40:20	10:01
312.	410	Ray SMITH	Male V50	Unattached	01:40:36	10:03
313.	58	Maxine BISHOP	Female V50	Unattached	01:40:51	10:05
314.	320	Marc NIEPOLD	Male V55	Unattached	01:40:56	10:05
315.	249	Anna KAWALEC	Female V35	Unattached	01:40:59	10:05
316.	50	Hayley BERKEL	Female V45	Unattached	01:41:17	10:07
317.	137	Lucy DRIVER	Female V35	Felixstowe RRC	01:41:22	10:08
318.	291	Laura MELVILLE	Female V35	Unattached	01:41:26	10:08
319.	390	Liz SEVERY	Female V55+	Unattached	01:41:29	10:08
320.	149	Samantha EMMS	Female V35	Unattached	01:41:46	10:10
321.	123	Sarah DAVIES	Female V55+	Unattached	01:41:50	10:10
322.	54	Amanda BIRD	Female V45	Ipswich Jaffa RC	01:41:57	10:11
323.	246	Jenny JOHNSON	Female V45	Unattached	01:42:05	10:12
324.	234	Tracy HUMPHREYS	Female V55+	Stowmarket Striders Running Club	01:42:11	10:13
325.	29	Laura BARROW	Female Senior	Unattached	01:42:14	10:13
326.	441	Ian STOCKLEY	Male V50	Unattached	01:42:18	10:13
327.	380	Karl SAVILL	Male V45	Unattached	01:42:22	10:14
328.	161	Martyn FIRTH	Male Senior	Unattached	01:42:28	10:14
329.	57	Darren BIRD	Male V45	Unattached	01:42:29	10:14
330.	224	Adriana HOUCHELL	Female Senior	Ipswich Jaffa RC	01:42:30	10:14
331.	2	Kirsty ABERDEIN	Female V45	Unattached	01:42:32	10:15
332.	169	Lydia FOY	Female V40	Unattached	01:42:44	10:16
333.	36	Jon BEECH	Male V40	Unattached	01:42:44	10:16
334.	179	Mandy GODBOLD	Female V50	Ipswich Harriers	01:43:00	10:17

# Richard Bennett Felixstowe Coastal 10m

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## Race Chip Timing

### Overall Results

Place	Bib	Name	AG	Club	Gun	Pace
335.	206	Deb HART	Female V50	Unattached	01:43:13	10:19
336.	42	Tarra BENJAMIN	Female Senior	Unattached	01:43:14	10:19
337.	135	Paul DORSET	Male V45	Felixstowe RRC	01:43:42	10:22
338.	153	Sam FALOONA	Male Senior	Unattached	01:43:50	10:22
339.	352	Liza PUTWAIN	Female V35	Stowmarket Striders Running Club	01:43:51	10:23
340.	316	Joe NAUGHTON	Male V55	Stowmarket Striders Running Club	01:43:52	10:23
341.	436	Paul STANTON	Male V40	Unattached	01:44:14	10:25
342.	175	Ian GARSTANG	Male V40	Unattached	01:44:17	10:25
343.	154	Carita FARTHING	Female V35	Felixstowe RRC	01:44:19	10:25
344.	355	Lesley RAWLINSON	Female V50	Unattached	01:44:40	10:27
345.	129	Sarah DE-VAUX BALBIRNIE	Female Senior	Unattached	01:44:45	10:28
346.	345	James PHILLIPS	Male V45	Unattached	01:44:48	10:28
347.	475	Sarah WEBB	Female V40	Unattached	01:44:49	10:28
348.	141	Gemma DUTTON	Female Senior	Unattached	01:45:08	10:30
349.	48	Rosie BENNETT	Female Senior	Unattached	01:45:38	10:33
350.	466	Kelly WADE	Female V35	Unattached	01:45:51	10:35
351.	347	Joe PLANT	Male Senior	Unattached	01:45:54	10:35
352.	195	Jordan HALL	Male Senior	Unattached	01:45:58	10:35
353.	486	Alison WILKINSON	Female Senior	Unattached	01:46:08	10:36
354.	25	Sarah BANHAM	Female Senior	Unattached	01:46:08	10:36
355.	225	Hayley HOWARD	Female V40	Unattached	01:46:13	10:37
356.	305	Pam MORGAN	Female V35	Framlingham Flyers	01:46:15	10:37
357.	45	James BENNETT	Male V55	Thame Runners	01:46:33	10:39
358.	209	Rachel HASTE	Female V45	Unattached	01:46:53	10:41
359.	106	Jackie COLLINS	Female V55+	Felixstowe RRC	01:46:57	10:41
360.	295	Lois MICKLEBURGH	Female V45	Unattached	01:47:33	10:45
361.	144	Susan ELLIS	Female V50	Unattached	01:47:54	10:47
362.	313	Christopher MURRAY	Male V45	Unattached	01:47:54	10:47
363.	397	Lisa SHUMAKE	Female V40	Unattached	01:47:59	10:47
364.	121	Piaskowski DANUTA	Female V40	Unattached	01:48:05	10:48
365.	496	Maureen WRIGHT	Female V55+	Ipswich Jaffa RC	01:48:09	10:48
366.	100	Alison CLARKE	Female V55+	Great Bentley Running Club	01:48:12	10:49
367.	469	Ellie WALKER	Female Senior	Unattached	01:48:57	10:53
368.	489	Justine WISEMAN	Female V45	Saxmundham Sports Running & Fitness	01:49:00	10:53
369.	247	Mandy JOIRDAN	Female V45	Saxmundham Sports Running & Fitness	01:49:21	10:56
370.	174	Juliet GARNHAM	Female V45	Stowmarket Striders Running Club	01:49:51	10:59
371.	456	Anna TOMASZCZUK	Female V40	Unattached	01:50:01	11:00
372.	391	Jacqui SEYMOUR	Female V45	Stowmarket Striders Running Club	01:50:22	11:02
373.	24	Heidi BAKER	Female Senior	Unattached	01:50:32	11:03
374.	119	Sue CURTIS	Female V55+	Unattached	01:50:39	11:03
375.	399	Christopher SILOVSKY	Male Senior	Unattached	01:50:39	11:03
376.	33	Gareth BAXTER	Male Senior	Unattached	01:51:24	11:08
377.	302	Jane MOON	Female V55+	Unattached	01:51:31	11:09
378.	422	Tim SPARKES	Male V40	Stowmarket Striders Running Club	01:51:35	11:09
379.	357	Catherine RENN	Female V35	Unattached	01:51:52	11:11
380.	38	Dan BELCHER-HACKETT	Male V45	Stowmarket Striders Running Club	01:52:01	11:12
381.	304	Kara MOORE DAMANT	Female V40	Stowmarket Striders Running Club	01:52:14	11:13
382.	480	Angela WHITING	Female V55+	Stowmarket Striders Running Club	01:52:14	11:13



# Richard Bennett Felixstowe Coastal 10m

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## Overall Results



# Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
383.	445	Sue STYLES	Female V45	Unattached	01:52:38	11:15
384.	152	Michelle EVELYN-WOOD	Female V50	Unattached	01:52:38	11:15
385.	426	Carol SPURGEON	Female V50	Unattached	01:52:38	11:15
386.	393	Sarah SHEEHAN	Female V40	Unattached	01:52:54	11:17
387.	115	Rachel COX	Female V40	Unattached	01:53:06	11:18
388.	493	Mark WOODS	Male V45	Unattached	01:53:06	11:18
389.	419	Natalie SOUTHGATE	Female Senior	Unattached	01:53:47	11:22
390.	148	Dave EMENY	Male Senior	Unattached	01:53:49	11:22
391.	337	Cat PASCALL	Female Senior	Unattached	01:53:55	11:23
392.	453	Roger TAYLOR	Male V40	Unattached	01:53:57	11:23
393.	409	Paula SMITH	Female V45	Unattached	01:54:21	11:26
394.	14	Paul ANDERSON	Male V50	Unattached	01:54:40	11:27
395.	39	Dianne BELCHER-HACKETT	Female V35	Unattached	01:54:55	11:29
396.	383	James SCOTT	Male V55	Unattached	01:55:05	11:30
397.	329	Justin OSTLER	Male V45	Felixstowe RRC	01:55:24	11:32
398.	314	Clare MURRELL	Female Senior	Unattached	01:55:37	11:33
399.	257	Esther KIEHL	Female V45	Unattached	01:55:40	11:34
400.	11	Jacqueline ALLPORT	Female V50	Felixstowe RRC	01:55:41	11:34
401.	447	Hollie SUTHERLAND	Female Senior	Felixstowe RRC	01:55:52	11:35
402.	147	Daniela ELSTONE	Female V50	Felixstowe RRC	01:55:57	11:35
403.	368	Chris ROSE	Male Senior	Unattached	01:55:58	11:35
404.	253	Robert KEMP	Male Senior	Felixstowe RRC	01:56:14	11:37
405.	185	Deborah GREEN	Female V50	Unattached	01:56:16	11:37
406.	34	Naomi BAXTER	Female V40	Unattached	01:56:33	11:39
407.	223	Rhonda HORNE	Female V40	Unattached	01:56:33	11:39
408.	427	Kirsty SPURGEON	Female Senior	Unattached	01:57:22	11:44
409.	95	Dirk CHRIST	Male V45	Unattached	01:59:00	11:53
410.	416	Angela SOAMES	Female V40	Felixstowe RRC	01:59:00	11:53
411.	96	Valeska CHRIST KOLBE	Female V40	Unattached	01:59:00	11:53
412.	167	Sue FOLEY	Female V55+	Running Colchester	01:59:12	11:55
413.	361	Jan RISEBROW	Female V55+	Felixstowe RRC	01:59:13	11:55
414.	93	Mandy CHINERY	Female V45	Unattached	01:59:33	11:57
415.	73	Samantha BROWN	Female V50	Unattached	01:59:35	11:57
416.	5	Zoe ADAMS	Female Senior	Unattached	02:00:14	12:01
417.	280	Sophie MAITLAND	Female Senior	Unattached	02:00:26	12:02
418.	3	Tamsin ABERDEIN	Female V40	Unattached	02:00:26	12:02
419.	270	Angie LEGGETT	Female V55+	Unattached	02:01:01	12:06
420.	263	Lucinda LAWRENCE-BROWN	Female V40	Unattached	02:01:01	12:06
421.	261	Paula LAMB	Female V35	Unattached	02:01:16	12:07
422.	16	Danielle ANDREWS	Female V35	Unattached	02:01:38	12:09
423.	63	Karen BRACKENBURY	Female V55+	Unattached	02:01:38	12:09
424.	471	Michelle WALNE	Female V50	Unattached	02:02:36	12:15
425.	251	Scott KEABLE	Male V40	Unattached	02:03:11	12:19
426.	321	Clare NORTON	Female V45	Unattached	02:03:18	12:19
427.	219	Sarah HODGE	Female V50	Unattached	02:03:18	12:19
428.	473	Nicole WARNER	Female V45	Unattached	02:03:23	12:20
429.	310	Elizabeth MORRIS	Female V55+	Unattached	02:03:24	12:20
430.	406	Heather SMITH	Female V45	Unattached	02:03:40	12:21

# Richard Bennett Felixstowe Coastal 10m

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## Overall Results



# Race Chip Timing

Place	Bib	Name	AG	Club	Gun	Pace
431.	330	June OVERETT	Female V55+	Unattached	02:03:50	12:22
432.	130	Jo DICKINSON	Female V45	Felixstowe RRC	02:04:31	12:27
433.	323	Deryck O&#039;DONNELL	Male V45	Unattached	02:04:43	12:28
434.	1	Hannah ABBOTT	Female V35	Unattached	02:05:34	12:33
435.	67	Doranne BREWSTER	Female V35	Unattached	02:06:19	12:37
436.	370	Sharon RUSH	Female V45	Unattached	02:06:36	12:39
437.	126	Beverley DE BOOS	Female V55+	Vegan Runners UK	02:07:45	12:46
438.	134	Sarah DONOVAN	Female V50	Unattached	02:08:00	12:47
439.	214	Claire HEMPSTEAD	Female V40	Unattached	02:08:21	12:50
440.	23	Jane BAILEY	Female V55+	Felixstowe RRC	02:09:27	12:56
441.	273	Lo-Anne LEWIS	Female V40	Unattached	02:10:31	13:03
442.	373	Helen SAAGI	Female V50	Unattached	02:10:33	13:03
443.	222	Mary HOPE	Female V55+	Stowmarket Striders Running Club	02:11:33	13:09
444.	142	Christine EASTHALL	Female Senior	Unattached	02:11:38	13:09
445.	86	Gillian CARRON	Female V45	Unattached	02:11:38	13:09
446.	9	Julie COOK	Female V50	Unattached	02:15:16	13:31
447.	269	Jo LEEKS	Female V45	Unattached	02:17:51	13:47
448.	193	Rachael HAGGER	Female V45	Unattached	02:24:20	14:25
449.	205	Louise HARRIS	Female V40	Haverhill Running Club	02:24:55	14:29
450.	250	Kim KEABLE	Female V40	Unattached	02:29:19	14:55
451.	274	Alyson LIMPKIN-CHALLIS	Female V50	Felixstowe RRC	02:29:23	14:56
452.	358	Zoila REYES	Female V55+	Felixstowe RRC	02:29:24	14:56
DNF	255	Sacha KEWN	Male Senior	Unattached		
DNF	381	Paul SCHWER	Male V55	Felixstowe RRC		
DNF	434	Scott STALLEY	Male V40	Unattached		
DNF	467	Claire WALDEN	Female Senior	Unattached		
DNS	91	Steve CHAPMAN	Male V45	Stowmarket Striders Running Club		
DNS	92	Richard CHECKETTS	Male V45	Framlingham Flyers		
DNS	99	Jo CLARK	Female V45	Unattached		
DNS	114	Ben COWLEY	Male Senior	Saxmundham Sports Running & Fitness		
DNS	118	Mark CROMPTON	Male V50	Unattached		
DNS	125	Daniel DAY	Male Senior	Unattached		
DNS	139	Amanda DUNN	Female V40	Hadleigh Hares AC		
DNS	155	Lucinda FENDLEY	Female V35	Unattached		
DNS	165	Anthony FLEMING	Male V40	Unattached		
DNS	171	Mark FRISTON	Male V50	Woodbridge Shufflers Running Club		
DNS	173	Samantha FULCHER	Female V50	Unattached		
DNS	191	Jason GUNN	Male Senior	Colchester Harriers AC		
DNS	201	Lucia HARDWICK	Female V40	Unattached		
DNS	231	Jayne HUDSON	Female V40	Unattached		
DNS	236	Sue HUNTER	Female V55+	Stowmarket Striders Running Club		
DNS	237	Kate HUTSON	Female V35	Ipswich Jaffa RC		
DNS	240	Sally JACOBS	Female V55+	Unattached		
DNS	281	Matt MAKIN	Male Senior	Felixstowe RRC		
DNS	283	David MARSH	Male V40	Stowmarket Striders Running Club		
DNS	284	Karen MARTIN	Female V35	Haverhill Running Club		
DNS	296	Cherie MILBOURN	Female V40	Unattached		
DNS	298	Rachael MILLER	Female Senior	Felixstowe RRC		

# Richard Bennett Felixstowe Coastal 10m

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## Race Chip Timing

### Overall Results

Place	Bib	Name	AG	Club	Gun	Pace
DNS	324	Heidi OAKENFULL	Female V45	Unattached		
DNS	348	Keri POWELL	Male V45	Unattached		
DNS	349	Abby POWLETT	Female V40	Unattached		
DNS	350	Jess PRESTON	Female V35	Vegan Runners UK		
DNS	359	Karen RICHARDSON	Female V45	Unattached		
DNS	376	Amanda SARGEANT	Female V45	Unattached		
DNS	377	Phil SARGEANT	Male V45	Unattached		
DNS	382	Melanie SCOTLAND	Female Senior	Unattached		
DNS	392	Lucy SHEEHAN	Female V35	Felixstowe RRC		
DNS	394	Naomi SHELMEARDINE	Female V45	Haverhill Running Club		
DNS	404	Alison SMITH	Female V35	Haverhill Running Club		
DNS	7	Tony ADOLPHUS	Male V60+	Ipswich Jaffa RC		
DNS	12	Richard ALLPORT	Male V55	Felixstowe RRC		
DNS	28	Nigel BARNES	Male V45	Vegan Runners UK		
DNS	47	Holly BENNETT	Female Senior	Unattached		
DNS	62	Katinka BOWES	Female V40	Unattached		
DNS	80	Charlotte BURKE	Female Senior	Unattached		
DNS	448	Hayley SWAIN	Female V45	Unattached		
DNS	468	Westley WALKER	Male V40	Haverhill Running Club		
DNS	479	Karen WHARFE	Female V45	Unattached		
DNS	485	James WILCOX	Male V45	Unattached		
DNS	494	James WORTON	Male Senior	Unattached		

Number of records: 500