

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:17:33	102	Ryan	Ostler	Ipswich JAFFA	Male
2	00:19:34	3	Soloman	Meredith	Unattached	Male
3	00:19:46	86	Ieuan	Alldis	St Edmund Pacers	Male
4	00:20:17	65	Stuart	Green	Unattached	Male
5	00:20:29	54	Paul	Wain	Unattached	Male
6	00:21:01	105	Ben	Lashmar	Unattached	Male
7	00:21:08	60	Jacob	Vaughan	Unattached	Male
8	00:21:15	75	Emma	Watts	St Edmund Pacers	Female
9	00:21:17	59	Tom	Adams	Unattached	Male
10	00:21:21	58	Joe	Adams	Unattached	Male
11	00:21:30	118	Joe	Thompson	Ipswich Harriers	Male
12	00:21:32	106	Inigo	Chancellor	Unattached	Male
13	00:21:37	2	Abigail	Rose	Unattached	Female
14	00:21:42	43	Alex	Myers	Unattached	Male
15	00:21:46	9	Joel	Farren	Unattached	Male
16	00:22:02	87	Thomas	Sewell	Unattached	Male
17	00:22:05	52	Christopher	Rice	Unattached	Male
18	00:22:05	108	Guy	Cranfield	Unattached	Male
19	00:22:19	88	Lewis	Sewell	Unattached	Male
20	00:22:38	38	Thomas	Saunders	Unattached	Male
21	00:23:02	109	Felix	Sheppard	Unattached	Male
22	00:23:05	36	Ben	Willis	Unattached	Male
23	00:23:37	25	Justin	Cooperkeeble	Harwich Runners	Male
24	00:23:46	112	Joel	Harris	Ipswich JAFFA	Male
25	00:23:47	24	Matthew	Goulding	Unattached	Male
26	00:23:48	91	Evie	Morgan	Ipswich JAFFA	Female
27	00:24:07	120	Thomas	Cornock	Unattached	Male
28	00:24:22	40	Craig	Wright	Unattached	Male
29	00:24:23	46	Callum	Byford	Unattached	Male
30	00:24:32	89	Louis	O'Flynn	Unattached	Male
31	00:24:38	22	Madeline	Lewis	Harwich Runners	Female
32	00:25:03	81	Geoff	Mayhew	Parent	Male
33	00:25:33	17	Bethany	de-Bree	Unattached	Female
34	00:25:47	74	Tim	Temple-Cox	Unattached	Male
35	00:25:49	119	Heidi	Wilson	Ipswich JAFFA	Female
36	00:25:54	77	Mark	Blackburn	Unattached	Male
37	00:26:01	117	Jen	Devaney	Stowmarket Striders	Female
38	00:26:50	15	Libby	Walshe	Unattached	Female
39	00:26:51	83	Don	Baker	Parent	Male
40	00:26:52	84	Luke	Thorp	Parent	Male
41	00:27:06	82	Jamie	Mayhew	Unattached	Male
42	00:27:11	92	James	Hobbs	Unattached	Male
43	00:27:18	99	Marie	Grimes	Sweatshop	Female
44	00:27:30	55	Edward	Davy	Unattached	Male
45	00:27:42	37	Philip	Price	Unattached	Male
46	00:27:51	29	Sarah	Lafin	Unattached	Female
47	00:27:55	124	Logan	Bridger	Unattached	Male
48	00:28:22	28	Michelle	Buckley	Unattached	Female
49	00:28:23	27	Hannah	Thurlow	Unattached	Female
50	00:28:27	26	Michelle	Greenfield	Harwich Runners	Female
51	00:28:28	116	Alice	Cox	Ipswich JAFFA	Female
52	00:28:35	68	Simon	Ruffles	Unattached	Male
53	00:29:03	76	Georgianna	Manser	Unattached	Female

54	00:29:03	70	Maisie	Spurling	Unattached	Female
55	00:29:03	48	Millie	Vaughan	Unattached	Female
56	00:29:26	78	Annabelle	Lupton	Parent	Female
57	00:29:32	32	Amy	Manhertz	Parent	Female
58	00:30:24	56	Paul	Howlett	Unattached	Male
59	00:30:51	113	Kate	Reynolds	Unattached	Female
60	00:30:52	114	Joanna	Reynolds	Unattached	Female
61	00:30:52	72	Richard	Baylor	Unattached	Male
62	00:31:02	42	Lisa	Ashton	Parent	Female
63	00:31:10	4	Teresa	Barnett	Parent	Female
64	00:31:15	62	Josh	Powell	Unattached	Male
65	00:31:27	79	Holly	Parsons-Atkinson	Parent	Male
66	00:31:29	123	Rachel	Atkinson	Unattached	Female
67	00:31:37	100	Ella	Ward	Ipswich JAFFA	Female
68	00:31:38	30	Amy	Taylor	Unattached	Female
69	00:31:52	101	Lindsey	Ward	Ipswich JAFFA	Female
70	00:32:53	80	Alison	Gant	Unattached	Female
71	00:33:04	12	Bonnie	Povey	Unattached	Female
72	00:33:19	5	Ellen	Ankers	Unattached	Female
73	00:33:39	1	Leo	O'Donnell	Unattached	Male
74	00:33:48	20	James	Kendall	Unattached	Male
75	00:34:36	85	Michele	Ostler	Ipswich JAFFA	Female
76	00:34:46	107	Suzannah	Blowers	Unattached	Female
77	00:35:27	51	Clara	Dragan	Unattached	Female
78	00:35:28	103	Joanne	Bryant	Unattached	Female
79	00:35:28	57	Isabella	Rom	Unattached	Female
80	00:35:29	97	Sophie	Fennell	Unattached	Female
81	00:35:30	90	Lucy	Taylor	Unattached	Female
82	00:35:31	115	Lydia	Reynolds-Wickens	Unattached	Female
83	00:35:32	53	Akhila	Venkitachalam	Unattached	Female
84	00:35:48	7	Samantha	Cole	Unattached	Female
85	00:36:13	111	Madeleine	Devia	Unattached	Female
86	00:36:13	110	Dominica	Yannaghan	Unattached	Female
87	00:36:13	33	Rachel	Lawence	Unattached	Female
88	00:36:13	50	Estelle	Dranan	Unattached	Female
89	00:36:13	73	Isabelle	Baylor	Unattached	Female
90	00:36:13	34	Poppy	Hewitt	Unattached	Female
91	00:36:22	93	Cecily	Cullen	Unattached	Female
92	00:36:33	67	Nikki	Ruffles	Unattached	Female
93	00:36:35	49	Carolyn	Dragan	Unattached	Female
94	00:36:35	19	Paula	Kendall	Parent	Female
95	00:36:38	104	Leah	Bewsher	Hadleigh Hares A.C.	Female
96	00:36:46	121	Duncan	Gilchrist	Unattached	Male
97	00:36:59	122	James	Gilchrist	Unattached	Male
98	00:37:02	21	Koren	Rex	Unattached	Female
99	00:37:31	16	Zoe	Arnold	Unattached	Female
100	00:37:31	61	Louise	Ragosta	Unattached	Female
101	00:37:59	45	Gregory	Drummond	Unattached	Male
102	00:37:59	44	Lucretia	Drummond	Unattached	Female
103	00:38:55	31	Carly	Ravenhill	Unattached	Female
104	00:39:25	47	Alphie	Vaughan	Unattached	Male
105	00:39:36	41	Sarah	George	Unattached	Female
106	00:40:45	69	Lucy	Kendall	Unattached	Female
107	00:40:46	95	Rosa	Cullen	Unattached	Female

108	00:40:53	96	Helen	Neilens	Unattached	Female
109	00:40:53	94	Louise	Cullen	Unattached	Female
110	00:41:06	64	Emma	Worthington	Unattached	Female
111	00:41:06	63	Fiona	Hay	Unattached	Female
112	00:43:04	98	Lorna	Gibson	Unattached	Female
113	00:43:04	18	Yvonne	Butler	Unattached	Female