

EKiden Race
 Final Team Results
 July 15, 2012
 Results By Mucky Races

Ekiden team results combined

Team - 1 Ipswich Jaffa A - The A Tr Finish Position - 1

Team Score (places): 1045 Team Score (times): 2:26:13.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	James Calvert	3	3	17:05.5	17:05.5	2nd leg 5km	Ipswich Jaffa A - The A Tr	MO	1B	3	2
2	Jonathan Ling	5	8	17:17.7	34:23.2	4th leg 5km	Ipswich Jaffa A - The A Tr	MO	1D	5	4
3	Ryan Ostler	6	14	17:30.5	51:53.8	6th leg 5km	Ipswich Jaffa A - The A Tr	MO	1F	6	6
4	Gavin Davies	202	216	24:31.1	1:16:24.9	Ekiden 1st Leg 7.2km	Ipswich Jaffa A - The A Tr	MO	1A	202	1
5	Tom Fairbrother	409	625	34:23.1	1:50:48.0	3 rd leg 10km	Ipswich Jaffa A - The A Tr	MO	1C	409	3
6	Brad Jones	420	1045	35:25.0	2:26:13.1	5th Leg 10km	Ipswich Jaffa A - The A Tr	MO	1E	420	5

Team - 38 Colchester Harriers AC Finish Position - 2

Team Score (places): 1063 Team Score (times): 2:27:44.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Andrew Kearton	8	8	17:39.8	17:39.8	6th leg 5km	Colchester Harriers AC	MO	38F	8	6
2	Peter West	16	24	18:32.3	36:12.1	2nd leg 5km	Colchester Harriers AC	MO	38B	16	2
3	Bill Haiming	47	71	20:10.6	56:22.8	4th leg 5km	Colchester Harriers AC	MO	38D	47	4
4	John Fryer	201	272	24:25.3	1:20:48.1	Ekiden 1st Leg 7.2km	Colchester Harriers AC	MO	38A	201	1
5	Adrian Mussett	379	651	32:21.4	1:53:09.5	5th Leg 10km	Colchester Harriers AC	MO	38E	379	5
6	Alan Smalls	412	1063	34:34.6	2:27:44.1	3 rd leg 10km	Colchester Harriers AC	MO	38C	412	3

Team - 23 St Edmund Pacers Olympians Finish Position - 3

Team Score (places): 1133 Team Score (times): 2:30:17.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Kevin Murphy	2	2	17:01.7	17:01.7	6th leg 5km	St Edmund Pacers Olympians	MO	23F	2	6
2	Chris Cooke	9	11	17:50.1	34:51.8	2nd leg 5km	St Edmund Pacers Olympians	MO	23B	9	2
3	Jon Lockwood	35	46	19:38.4	54:30.3	4th leg 5km	St Edmund Pacers Olympians	MO	23D	35	4
4	Alan Dawson	259	305	26:27.7	1:20:58.0	Ekiden 1st Leg 7.2km	St Edmund Pacers Olympians	MO	23A	259	1
5	Steve Robinson	387	692	32:40.6	1:53:38.7	5th Leg 10km	St Edmund Pacers Olympians	MO	23E	387	5
6	Andy Taylor	441	1133	36:39.2	2:30:17.9	3 rd leg 10km	St Edmund Pacers Olympians	MO	23C	441	3

Team - 3 Harwich Runners A Finish Position - 4

Team Score (places): 1148 Team Score (times): 2:32:31.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sam Gooding-Matthews	10	10	17:52.2	17:52.2	6th leg 5km	Harwich Runners A	MO	3F	10	6
2	Matt Knowles	15	25	18:09.4	36:01.6	4th leg 5km	Harwich Runners A	MO	3D	15	4
3	Simon Harrison	18	43	18:52.5	54:54.2	2nd leg 5km	Harwich Runners A	MO	3B	18	2
4	Graham Knott	245	288	25:52.3	1:20:46.5	Ekiden 1st Leg 7.2km	Harwich Runners A	MO	3A	245	1
5	Rob Reason	418	706	35:01.7	1:55:48.2	3 rd leg 10km	Harwich Runners A	MO	3C	418	3
6	Steve Cooper	442	1148	36:42.8	2:32:31.1	5th Leg 10km	Harwich Runners A	MO	3E	442	5

Team - 15 Hadleigh Hares A Finish Position - 5

Team Score (places): 1289 Team Score (times): 2:41:48.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Toby Rankin	22	22	19:03.0	19:03.0	6th leg 5km	Hadleigh Hares A	MO	15F	22	6
2	Mat Blacoe	23	45	19:10.2	38:13.2	2nd leg 5km	Hadleigh Hares A	MO	15B	23	2
3	Tom Cowley	40	85	19:51.8	58:05.1	4th leg 5km	Hadleigh Hares A	MO	15D	40	4
4	David Willer	282	367	27:23.9	1:25:29.0	Ekiden 1st Leg 7.2km	Hadleigh Hares A	MO	15A	282	1
5	John Scaife	427	794	36:01.6	2:01:30.6	3 rd leg 10km	Hadleigh Hares A	MO	15C	427	3
6	Carlos Catalan	495	1289	40:17.7	2:41:48.3	5th Leg 10km	Hadleigh Hares A	MO	15E	495	5

Team - 10 Gt Bentley Mens A Finish Position - 6

Team Score (places): 1318 Team Score (times): 2:42:15.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
----------	------	-------------	------------	------	-----------	---------------	------	----------	------------	-----------------------	----------

1	Jo Alexander	4	4	17:05.5	17:05.5	4th leg 5km	Gt Bentley Mens A	MO	10D	4	4
2	Bradley Dearman	42	46	19:58.2	37:03.8	2nd leg 5km	Gt Bentley Mens A	MO	10B	42	2
3	Kev Stevens	63	109	20:33.6	57:37.4	6th leg 5km	Gt Bentley Mens A	MO	10F	63	6
4	Russ Sharp	251	360	26:10.0	1:23:47.4	Ekiden 1st Leg 7.2km	Gt Bentley Mens A	MO	10A	251	1
5	Simon Dale	471	831	38:35.5	2:02:23.0	5th Leg 10km	Gt Bentley Mens A	MO	10E	471	5
6	Ben Ficken	487	1318	39:52.9	2:42:15.9	3 rd leg 10km	Gt Bentley Mens A	MO	10C	487	3

Team - 2 Sudbury Joggers AFinish Position - 7

Team Score (places): 1296 Team Score (times): 2:42:32.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Pete Davy	7	7	17:36.4	17:36.4	4th leg 5km	Sudbury Joggers A	MO	2D	7	4
2	James Wilson	25	32	19:17.2	36:53.7	6th leg 5km	Sudbury Joggers A	MO	2F	25	6
3	Andy Buck	28	60	19:21.5	56:15.2	2nd leg 5km	Sudbury Joggers A	MO	2B	28	2
4	Tom Cresswell	272	332	26:59.4	1:23:14.6	Ekiden 1st Leg 7.2km	Sudbury Joggers A	MO	2A	272	1
5	Alan Anstead	478	810	39:25.2	2:02:39.8	3 rd leg 10km	Sudbury Joggers A	MO	2C	478	3
6	Andy Glass	486	1296	39:52.3	2:42:32.2	5th Leg 10km	Sudbury Joggers A	MO	2E	486	5

Team - 12 Ipswich Harriers AFinish Position - 8

Team Score (places): 1299 Team Score (times): 2:42:52.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Jason Black	12	12	17:53.4	17:53.4	6th leg 5km	Ipswich Harriers A	MO	12F	12	6
2	Connor Whiting	13	25	18:02.2	35:55.7	4th leg 5km	Ipswich Harriers A	MO	12D	13	4
3	Glynn Thomas	21	46	19:01.5	54:57.3	2nd leg 5km	Ipswich Harriers A	MO	12B	21	2
4	Ross Fawcett	257	303	26:25.1	1:21:22.4	Ekiden 1st Leg 7.2km	Ipswich Harriers A	MO	12A	257	1
5	Kevin Pierce	480	783	39:34.8	2:00:57.2	3 rd leg 10km	Ipswich Harriers A	MO	12C	480	3
6	Neil Gillingham	516	1299	41:55.4	2:42:52.6	5th Leg 10km	Ipswich Harriers A	MO	12E	516	5

Team - 41 Saxons RedFinish Position - 9

Team Score (places): 1392 Team Score (times): 2:43:18.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Kirsty Addy	14	14	18:02.4	18:02.4	4th leg 5km	Saxons Red	MO	41D	14	4
2	James Wilson	24	38	19:14.2	37:16.7	6th leg 5km	Saxons Red	MO	41F	24	6
3	David Fordham	116	154	22:16.0	59:32.7	2nd leg 5km	Saxons Red	MO	41B	116	2
4	Lee Philips	349	503	30:12.7	1:29:45.4	Ekiden 1st Leg 7.2km	Saxons Red	MO	41A	349	1
5	Alan Cooney	444	947	36:46.5	2:06:32.0	3 rd leg 10km	Saxons Red	MO	41C	444	3
6	Will Law	445	1392	36:46.9	2:43:18.9	5th Leg 10km	Saxons Red	MO	41E	445	5

Team - 4 Stowmarket Striders Mens AFinish Position - 10

Team Score (places): 1331 Team Score (times): 2:43:29.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Damian Hinchcliffe	11	11	17:53.3	17:53.3	6th leg 5km	Stowmarket Striders Men:	MO	4F	11	6
2	Mark Hayward	29	40	19:25.7	37:19.1	4th leg 5km	Stowmarket Striders Men:	MO	4D	29	4
3	Sam Burdett	37	77	19:42.3	57:01.4	2nd leg 5km	Stowmarket Striders Men:	MO	4B	37	2
4	Tim Larke	307	384	28:15.0	1:25:16.4	Ekiden 1st Leg 7.2km	Stowmarket Striders Men:	MO	4A	307	1
5	Nick Palmer	434	818	36:29.9	2:01:46.4	5th Leg 10km	Stowmarket Striders Men:	MO	4E	434	5
6	Simon Redhead	513	1331	41:42.5	2:43:29.0	3 rd leg 10km	Stowmarket Striders Men:	MO	4C	513	3

Team - 14 Ipswich jaffa B - The Track All StarsFinish Position -

Team Score (places): 1346 Team Score (times): 2:43:30.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Marcus Catlin	44	44	20:03.8	20:03.8	6th leg 5km	Ipswich jaffa B - The Trac	MO	14F	44	6
2	Tom Wake	45	89	20:09.5	40:13.3	2nd leg 5km	Ipswich jaffa B - The Trac	MO	14B	45	2
3	Luke Hodgkinson	59	148	20:32.2	1:00:45.5	4th leg 5km	Ipswich jaffa B - The Trac	MO	14D	59	4
4	Carl Thompson	283	431	27:24.1	1:28:09.6	Ekiden 1st Leg 7.2km	Ipswich jaffa B - The Trac	MO	14A	283	1
5	Adam Wade	448	879	37:05.7	2:05:15.3	3 rd leg 10km	Ipswich jaffa B - The Trac	MO	14C	448	3
6	Mark Clements	467	1346	38:14.9	2:43:30.3	5th Leg 10km	Ipswich jaffa B - The Trac	MO	14E	467	5

Team - 32 Newmarket JoggersFinish Position - 12

Team Score (places): 1389 Team Score (times): 2:43:32.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Alex Cairns	26	26	19:19.8	19:19.8	6th leg 5km	Newmarket Joggers	MO	32F	26	6
2	Steve Edwards	30	56	19:27.4	38:47.2	2nd leg 5km	Newmarket Joggers	MO	32B	30	2
3	Adrian Whittle	122	178	22:21.8	1:01:09.1	4th leg 5km	Newmarket Joggers	MO	32D	122	4
4	Neville Clarke	340	518	29:49.8	1:30:58.9	Ekiden 1st Leg 7.2km	Newmarket Joggers	MO	32A	340	1
5	Paul Holley	415	933	34:51.7	2:05:50.6	5th Leg 10km	Newmarket Joggers	MO	32E	415	5
6	Vince Loogan	456	1389	37:42.3	2:43:32.9	3 rd leg 10km	Newmarket Joggers	MO	32C	456	3

Team - 7 Fram Flyers A Finish Position - 13

Team Score (places): 1338 Team Score (times): 2:43:40.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Ricky Peacher	17	17	18:39.8	18:39.8	6th leg 5km	Fram Flyers A	MO	7F	17	6
2	Neil Dinwiddie	19	36	18:55.7	37:35.5	2nd leg 5km	Fram Flyers A	MO	7B	19	2
3	Paul Brown	36	72	19:39.8	57:15.4	4th leg 5km	Fram Flyers A	MO	7D	36	4
4	Darren Shepherd	325	397	28:57.2	1:26:12.6	Ekiden 1st Leg 7.2km	Fram Flyers A	MO	7A	325	1
5	Jim Last	460	857	37:52.0	2:04:04.6	5th Leg 10km	Fram Flyers A	MO	7E	460	5
6	Dan Klinsman	481	1338	39:36.0	2:43:40.7	3 rd leg 10km	Fram Flyers A	MO	7C	481	3

Team - 112 Laura & Lew of Stubbington Green Finish Position -

Team Score (places): 1469 Team Score (times): 2:44:46.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Laura Ridge	118	118	22:19.1	22:19.1	2nd leg 5km	Laura & Lew of Stubbington	Social	112B	118	2
2	Laura Ridge	140	258	22:35.3	44:54.4	4th leg 5km	Laura & Lew of Stubbington	Social	112D	140	4
3	Laura Ridge	145	403	22:46.2	1:07:40.7	6th leg 5km	Laura & Lew of Stubbington	Social	112F	145	6
4	Lewis Chalk	196	599	24:15.0	1:31:55.7	Ekiden 1st Leg 7.2km	Laura & Lew of Stubbington	Social	112A	196	1
5	Lewis Chalk	421	1020	35:40.4	2:07:36.1	3 rd leg 10km	Laura & Lew of Stubbington	Social	112C	421	3
6	Lewis Chalk	449	1469	37:10.3	2:44:46.4	5th Leg 10km	Laura & Lew of Stubbington	Social	112E	449	5

Team - 51 Ipswich Jaffa Mens Vets Finish Position - 15

Team Score (places): 1362 Team Score (times): 2:45:12.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Warren Birch	20	20	18:57.0	18:57.0	2nd leg 5km	Ipswich Jaffa Mens Vets	MV	51B	20	2
2	John Thorpe	27	47	19:21.2	38:18.2	6th leg 5km	Ipswich Jaffa Mens Vets	MV	51F	27	6
3	Jason Hayfield	52	99	20:21.0	58:39.3	4th leg 5km	Ipswich Jaffa Mens Vets	MV	51D	52	4
4	Scott Macsephny	306	405	28:13.4	1:26:52.7	Ekiden 1st Leg 7.2km	Ipswich Jaffa Mens Vets	MV	51A	306	1
5	Wilf Campbell	461	866	37:55.3	2:04:48.0	3 rd leg 10km	Ipswich Jaffa Mens Vets	MV	51C	461	3
6	Alistair Dick	496	1362	40:24.3	2:45:12.4	5th Leg 10km	Ipswich Jaffa Mens Vets	MV	51E	496	5

Team - 13 Witham RC A Mens Finish Position - 16

Team Score (places): 1393 Team Score (times): 2:46:08.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Stuart Mills	31	31	19:27.8	19:27.8	2nd leg 5km	Witham RC A Mens	MO	13B	31	2
2	Marc Underdown	43	74	20:00.9	39:28.7	4th leg 5km	Witham RC A Mens	MO	13D	43	4
3	Alex Stuckey	68	142	20:40.7	1:00:09.5	6th leg 5km	Witham RC A Mens	MO	13F	68	6
4	Tom Beard	316	458	28:32.5	1:28:42.0	Ekiden 1st Leg 7.2km	Witham RC A Mens	MO	13A	316	1
5	Jon Booty	435	893	36:33.9	2:05:16.0	5th Leg 10km	Witham RC A Mens	MO	13E	435	5
6	Chris Martin	500	1393	40:52.2	2:46:08.3	3 rd leg 10km	Witham RC A Mens	MO	13C	500	3

Team - 53 Stowmarket Striders Mens Vet A Finish Position - 1

Team Score (places): 1423 Team Score (times): 2:46:43.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Chris Seymour	38	38	19:43.9	19:43.9	2nd leg 5km	Stowmarket Striders Men: MV	MV	53B	38	2
2	Dave Fenton	60	98	20:32.4	40:16.3	4th leg 5km	Stowmarket Striders Men: MV	MV	53D	60	4
3	Steve Hughes	64	162	20:36.6	1:00:53.0	6th leg 5km	Stowmarket Striders Men: MV	MV	53F	64	6
4	Nick Hammond	314	476	28:23.6	1:29:16.6	Ekiden 1st Leg 7.2km	Stowmarket Striders Men: MV	MV	53A	314	1
5	Chris Starmer	472	948	38:37.9	2:07:54.6	3 rd leg 10km	Stowmarket Striders Men: MV	MV	53C	472	3
6	Roger Aldis	475	1423	38:48.7	2:46:43.3	5th Leg 10km	Stowmarket Striders Men: MV	MV	53E	475	5

Team - 46 Norwich Road Runners A Finish Position - 18

Team Score (places): 1456 Team Score (times): 2:49:33.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Keith Brighty	32	32	19:33.2	19:33.2	2nd leg 5km	Norwich Road Runners A MV		46B	32	2
2	Michael Armes	34	66	19:35.9	39:09.1	4th leg 5km	Norwich Road Runners A MV		46D	34	4
3	Micky Chamberlain	77	143	21:10.1	1:00:19.2	6th leg 5km	Norwich Road Runners A MV		46F	77	6
4	Kevin Mace	331	474	29:12.2	1:29:31.4	Ekiden 1st Leg 7.2km	Norwich Road Runners A MV		46A	331	1
5	Paul Sullivan	490	964	40:00.1	2:09:31.6	3 rd leg 10km	Norwich Road Runners A MV		46C	490	3
6	Mark Garrett	492	1456	40:01.8	2:49:33.4	5th Leg 10km	Norwich Road Runners A MV		46E	492	5

Team - 50 Harwich Runners Men VetsFinish Position - 19

Team Score (places): 1468 Team Score (times): 2:50:50.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Richard Newman	49	49	20:14.3	20:14.3	6th leg 5km	Harwich Runners Men Ve MV		50F	49	6
2	Steve Kent	56	105	20:29.9	40:44.2	4th leg 5km	Harwich Runners Men Ve MV		50D	56	4
3	Gary Donoghue	69	174	20:43.0	1:01:27.3	2nd leg 5km	Harwich Runners Men Ve MV		50B	69	2
4	Jason Meachen	299	473	28:01.9	1:29:29.2	Ekiden 1st Leg 7.2km	Harwich Runners Men Ve MV		50A	299	1
5	Mark Rutter	484	957	39:45.0	2:09:14.2	3 rd leg 10km	Harwich Runners Men Ve MV		50C	484	3
6	Paul McClelland	511	1468	41:36.3	2:50:50.6	5th Leg 10km	Harwich Runners Men Ve MV		50E	511	5

Team - 6 Lowestoft Road RunnersFinish Position - 20

Team Score (places): 1520 Team Score (times): 2:50:59.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Carl Meen	66	66	20:37.3	20:37.3	6th leg 5km	Lowestoft Road Runners MO		6F	66	6
2	Chris Haylock	67	133	20:39.9	41:17.2	4th leg 5km	Lowestoft Road Runners MO		6D	67	4
3	Chris Haylock	86	219	21:31.1	1:02:48.3	2nd leg 5km	Lowestoft Road Runners MO		6B	86	2
4	Jonathan Meadows	339	558	29:40.6	1:32:28.9	Ekiden 1st Leg 7.2km	Lowestoft Road Runners MO		6A	339	1
5	Shaun Lark	469	1027	38:25.4	2:10:54.4	5th Leg 10km	Lowestoft Road Runners MO		6E	469	5
6	Ashley Norton	493	1520	40:05.3	2:50:59.7	3 rd leg 10km	Lowestoft Road Runners MO		6C	493	3

Team - 95 In Last PlaceFinish Position - 21

Team Score (places): 1644 Team Score (times): 2:52:51.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Paul Masterson	81	81	21:26.6	21:26.6	6th leg 5km	In Last Place	Social	95F	81	6
2	Gary Sadler	109	190	22:04.2	43:30.8	4th leg 5km	In Last Place	Social	95D	109	4
3	Andrew Stroud	204	394	24:32.8	1:08:03.6	2nd leg 5km	In Last Place	Social	95B	204	2
4	Peter Frost	358	752	30:29.6	1:38:33.2	Ekiden 1st Leg 7.2km	In Last Place	Social	95A	358	1
5	Daniel Moss	433	1185	36:27.8	2:15:01.0	5th Leg 10km	In Last Place	Social	95E	433	5
6	Richard Jordan	459	1644	37:50.8	2:52:51.8	3 rd leg 10km	In Last Place	Social	95C	459	3

Team - 54 Witham RC E - VetsFinish Position - 22

Team Score (places): 1622 Team Score (times): 2:54:13.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Leo Cole	53	53	20:22.8	20:22.8	2nd leg 5km	Witham RC E - Vets	MV	54B	53	2
2	Terry Alabaster	117	170	22:18.8	42:41.6	4th leg 5km	Witham RC E - Vets	MV	54D	117	4
3	Paul Hedger	135	305	22:29.6	1:05:11.2	6th leg 5km	Witham RC E - Vets	MV	54F	135	6
4	Tony Wallen	356	661	30:21.8	1:35:33.0	Ekiden 1st Leg 7.2km	Witham RC E - Vets	MV	54A	356	1
5	James Farren	462	1123	37:56.0	2:13:29.1	3 rd leg 10km	Witham RC E - Vets	MV	54C	462	3
6	Pete Riley	499	1622	40:44.2	2:54:13.3	5th Leg 10km	Witham RC E - Vets	MV	54E	499	5

Team - 49 Ipswich Jaffa Ladies Open GFinish Position - 23

Team Score (places): 1571 Team Score (times): 2:54:17.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Marina Almendros	79	79	21:23.7	21:23.7	4th leg 5km	Ipswich Jaffa Ladies Open	LO	49D	79	4
2	Val Jennings	83	162	21:30.3	42:54.1	6th leg 5km	Ipswich Jaffa Ladies Open	LO	49F	83	6
3	Emma Mortimer	85	247	21:31.1	1:04:25.2	2nd leg 5km	Ipswich Jaffa Ladies Open	LO	49B	85	2
4	Natasha Dunnage	333	580	29:13.0	1:33:38.2	Ekiden 1st Leg 7.2km	Ipswich Jaffa Ladies Open	LO	49A	333	1
5	Helen Davies	463	1043	37:57.8	2:11:36.0	3 rd leg 10km	Ipswich Jaffa Ladies Open	LO	49C	463	3
6	Dawn Davies	528	1571	42:41.0	2:54:17.1	5th Leg 10km	Ipswich Jaffa Ladies Open	LO	49E	528	5

Team - 88 Jaffa Super Vets - the PacemakersFinish Position -

Team Score (places): 1613 Team Score (times): 2:55:55.4

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Ron McCullouch	50	50	20:15.0	20:15.0 6th leg 5km	Jaffa Super Vets - the Pa	MSV	88F	50	6
2	Alan Jackson	106	156	21:58.2	42:13.3 2nd leg 5km	Jaffa Super Vets - the Pa	MSV	88B	106	2
3	Peter Baguley	107	263	22:00.2	1:04:13.5 4th leg 5km	Jaffa Super Vets - the Pa	MSV	88D	107	4
4	Duncan Chenery	372	635	31:34.9	1:35:48.4 Ekiden 1st Leg 7.2km	Jaffa Super Vets - the Pa	MSV	88A	372	1
5	Terry Back	470	1105	38:32.8	2:14:21.2 3 rd leg 10km	Jaffa Super Vets - the Pa	MSV	88C	470	3
6	Kerr Macrosson	508	1613	41:34.1	2:55:55.4 5th Leg 10km	Jaffa Super Vets - the Pa	MSV	88E	508	5

Team - 43 Hadleigh Hares E Tri 2Finish Position - 25

Team Score (places): 1614 Team Score (times): 2:56:08.2

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Luke Metson	62	62	20:32.7	20:32.7 4th leg 5km	Hadleigh Hares E Tri 2	MO	43D	62	4
2	Rob Jeeves	103	165	21:53.5	42:26.2 6th leg 5km	Hadleigh Hares E Tri 2	MO	43F	103	6
3	Dave Woods	111	276	22:04.6	1:04:30.8 2nd leg 5km	Hadleigh Hares E Tri 2	MO	43B	111	2
4	Adam Johnson	319	595	28:39.6	1:33:10.4 Ekiden 1st Leg 7.2km	Hadleigh Hares E Tri 2	MO	43A	319	1
5	Richard Hanley	504	1099	41:05.8	2:14:16.2 5th Leg 10km	Hadleigh Hares E Tri 2	MO	43E	504	5
6	Doug Grimwade	515	1614	41:51.9	2:56:08.2 3 rd leg 10km	Hadleigh Hares E Tri 2	MO	43C	515	3

Team - 48 Gt Bentley Mens VetsFinish Position - 26

Team Score (places): 1648 Team Score (times): 2:56:57.4

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Steve Black	78	78	21:15.7	21:15.7 6th leg 5km	Gt Bentley Mens Vets	MV	48F	78	6
2	Des Bishops	93	171	21:37.2	42:52.9 4th leg 5km	Gt Bentley Mens Vets	MV	48D	93	4
3	Phil Presland	164	335	23:31.3	1:06:24.2 2nd leg 5km	Gt Bentley Mens Vets	MV	48B	164	2
4	Dave Goldsmith	298	633	28:00.9	1:34:25.1 Ekiden 1st Leg 7.2km	Gt Bentley Mens Vets	MV	48A	298	1
5	Chris Warren	488	1121	39:55.6	2:14:20.7 5th Leg 10km	Gt Bentley Mens Vets	MV	48E	488	5
6	Michael Simmons	527	1648	42:36.7	2:56:57.4 3 rd leg 10km	Gt Bentley Mens Vets	MV	48C	527	3

Team - 52 Norfolk Gazelles MVFinish Position - 27

Team Score (places): 1662 Team Score (times): 2:56:58.6

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Douglas Bridges	46	46	20:09.5	20:09.5 2nd leg 5km	Norfolk Gazelles MV	MV	52B	46	2
2	Graham Hardingham	133	179	22:29.2	42:38.7 4th leg 5km	Norfolk Gazelles MV	MV	52D	133	4
3	Nigel Bullen	207	386	24:42.9	1:07:21.7 6th leg 5km	Norfolk Gazelles MV	MV	52F	207	6
4	Nigel Arnold	242	628	25:46.0	1:33:07.7 Ekiden 1st Leg 7.2km	Norfolk Gazelles MV	MV	52A	242	1
5	Adrian Waters	494	1122	40:10.9	2:13:18.7 3 rd leg 10km	Norfolk Gazelles MV	MV	52C	494	3
6	Tim Woods	540	1662	43:39.9	2:56:58.6 5th Leg 10km	Norfolk Gazelles MV	MV	52E	540	5

Team - 90 Gt Bentley SuperVetsFinish Position - 28

Team Score (places): 1701 Team Score (times): 2:59:43.9

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Graham Semple	84	84	21:30.4	21:30.4 4th leg 5km	Gt Bentley SuperVets	MSV	90D	84	4
2	Mark Ross	110	194	22:04.3	43:34.7 2nd leg 5km	Gt Bentley SuperVets	MSV	90B	110	2
3	Kevin James	127	321	22:25.4	1:06:00.1 6th leg 5km	Gt Bentley SuperVets	MSV	90F	127	6
4	Paul Carlisle	365	686	31:07.4	1:37:07.5 Ekiden 1st Leg 7.2km	Gt Bentley SuperVets	MSV	90A	365	1
5	Clive Thomas	476	1162	38:56.6	2:16:04.2 3 rd leg 10km	Gt Bentley SuperVets	MSV	90C	476	3
6	Rodger Alexander	539	1701	43:39.7	2:59:43.9 5th Leg 10km	Gt Bentley SuperVets	MSV	90E	539	5

Team - 24 St Edmund Pacers GraftersFinish Position - 29

Team Score (places): 1716 Team Score (times): 3:02:11.2

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Stephen Hatten	48	48	20:12.3	20:12.3 4th leg 5km	St Edmund Pacers Grafte	MO	24D	48	4
2	James Manning	104	152	21:55.4	42:07.8 2nd leg 5km	St Edmund Pacers Grafte	MO	24B	104	2
3	Richard Soer	131	283	22:28.6	1:04:36.5 6th leg 5km	St Edmund Pacers Grafte	MO	24F	131	6
4	Ian Gooderham	357	640	30:25.5	1:35:02.0 Ekiden 1st Leg 7.2km	St Edmund Pacers Grafte	MO	24A	357	1
5	Robert Hughes	535	1175	43:09.3	2:18:11.3 5th Leg 10km	St Edmund Pacers Grafte	MO	24E	535	5
6	Mark Watts	541	1716	43:59.9	3:02:11.2 3 rd leg 10km	St Edmund Pacers Grafte	MO	24C	541	3

Team - 104 Titchy Striders Finish Position - 30

Team Score (places): 1811 Team Score (times): 3:02:24.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	R Martin	87	87	21:32.3	21:32.3	4th leg 5km	Titchy Striders	Social	104D	87	4
2	S Tricker	153	240	23:07.9	44:40.2	6th leg 5km	Titchy Striders	Social	104F	153	6
3	M Shoult	194	434	24:11.6	1:08:51.9	2nd leg 5km	Titchy Striders	Social	104B	194	2
4	Josh Tricker	367	801	31:13.0	1:40:04.9	Ekiden 1st Leg 7.2km	Titchy Striders	Social	104A	367	1
5	S Wright	485	1286	39:51.2	2:19:56.1	5th Leg 10km	Titchy Striders	Social	104E	485	5
6	E Wright	525	1811	42:28.2	3:02:24.3	3 rd leg 10km	Titchy Striders	Social	104C	525	3

Team - 8 Ipswich Harriers B Finish Position - 31

Team Score (places): 1692 Team Score (times): 3:03:12.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Dan Green	41	41	19:54.2	19:54.2	4th leg 5km	Ipswich Harriers B	MO	8D	41	4
2	Josh Sugars	51	92	20:18.4	40:12.7	2nd leg 5km	Ipswich Harriers B	MO	8B	51	2
3	Oscar Doyle	128	220	22:25.6	1:02:38.3	6th leg 5km	Ipswich Harriers B	MO	8F	128	6
4	Chris Sugars	362	582	30:55.0	1:33:33.3	Ekiden 1st Leg 7.2km	Ipswich Harriers B	MO	8A	362	1
5	Adrian Paul-Goode	548	1130	44:25.2	2:17:58.5	5th Leg 10km	Ipswich Harriers B	MO	8E	548	5
6	Danny Jones	562	1692	45:13.8	3:03:12.4	3 rd leg 10km	Ipswich Harriers B	MO	8C	562	3

Team - 16 Sudbury Joggers B Finish Position - 32

Team Score (places): 1734 Team Score (times): 3:04:12.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Jim Comber	73	73	20:59.3	20:59.3	6th leg 5km	Sudbury Joggers B	MO	16F	73	6
2	Luke Cresswell	92	165	21:36.7	42:36.0	2nd leg 5km	Sudbury Joggers B	MO	16B	92	2
3	Jonathan Price	112	277	22:09.5	1:04:45.6	4th leg 5km	Sudbury Joggers B	MO	16D	112	4
4	Clive Davay	350	627	30:13.8	1:34:59.4	Ekiden 1st Leg 7.2km	Sudbury Joggers B	MO	16A	350	1
5	Jem Smith	524	1151	42:27.7	2:17:27.2	3 rd leg 10km	Sudbury Joggers B	MO	16C	524	3
6	Barry Curtiss	583	1734	46:45.6	3:04:12.8	5th Leg 10km	Sudbury Joggers B	MO	16E	583	5

Team - 94 Witham RC F - SuperVets Finish Position - 33

Team Score (places): 1836 Team Score (times): 3:06:31.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Mark Williams	96	96	21:38.9	21:38.9	2nd leg 5km	Witham RC F - SuperVets: MSV		94B	96	2
2	Dave Smith	132	228	22:29.1	44:08.0	4th leg 5km	Witham RC F - SuperVets: MSV		94D	132	4
3	David Andrews	156	384	23:11.9	1:07:20.0	6th leg 5km	Witham RC F - SuperVets: MSV		94F	156	6
4	Martyn Byford	384	768	32:36.1	1:39:56.1	Ekiden 1st Leg 7.2km	Witham RC F - SuperVets: MSV		94A	384	1
5	Trevor Johnson	526	1294	42:29.9	2:22:26.0	3 rd leg 10km	Witham RC F - SuperVets: MSV		94C	526	3
6	Frank McKeown	542	1836	44:05.1	3:06:31.1	5th Leg 10km	Witham RC F - SuperVets: MSV		94E	542	5

Team - 34 Norwich Road Runners C Finish Position - 34

Team Score (places): 1859 Team Score (times): 3:06:45.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Josh Brighty	39	39	19:45.0	19:45.0	4th leg 5km	Norwich Road Runners C MO		34D	39	4
2	Alan Bradley	147	186	22:48.7	42:33.8	2nd leg 5km	Norwich Road Runners C MO		34B	147	2
3	Charlie Wood	235	421	25:40.6	1:08:14.4	6th leg 5km	Norwich Road Runners C MO		34F	235	6
4	Tony Millett	428	849	36:04.8	1:44:19.2	Ekiden 1st Leg 7.2km	Norwich Road Runners C MO		34A	428	1
5	Paul Martin	465	1314	38:12.2	2:22:31.4	5th Leg 10km	Norwich Road Runners C MO		34E	465	5
6	Paul Smith	545	1859	44:13.6	3:06:45.1	3 rd leg 10km	Norwich Road Runners C MO		34C	545	3

Team - 75 St Edmund Pacers Babes Finish Position - 35

Team Score (places): 1812 Team Score (times): 3:06:51.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Emma Watts	65	65	20:36.9	20:36.9	4th leg 5km	St Edmund Pacers Babes: LO		75D	65	4
2	Jessie Gooderham	102	167	21:50.8	42:27.7	6th leg 5km	St Edmund Pacers Babes: LO		75F	102	6
3	Emily Strickland	154	321	23:08.6	1:05:36.3	2nd leg 5km	St Edmund Pacers Babes: LO		75B	154	2
4	Emily Gooderham	401	722	33:28.7	1:39:05.0	Ekiden 1st Leg 7.2km	St Edmund Pacers Babes: LO		75A	401	1
5	Angela Joyner Handy	531	1253	42:45.0	2:21:50.0	3 rd leg 10km	St Edmund Pacers Babes: LO		75C	531	3

6 Claire Hoblyn 559 1812 45:01.5 3:06:51.6 5th Leg 10km St Edmund Pacers Babe LO 75E 559 5

Team - 71 Gt Bentley LadiesFinish Position - 36
Team Score (places): 1767 Team Score (times): 3:07:06.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Hayley Scales	72	72	20:56.5	20:56.5	6th leg 5km	Gt Bentley Ladies	LO	71F	72	6
2	Nicola Wellham	91	163	21:35.1	42:31.7	2nd leg 5km	Gt Bentley Ladies	LO	71B	91	2
3	Emily Lazireus	99	262	21:45.7	1:04:17.4	4th leg 5km	Gt Bentley Ladies	LO	71D	99	4
4	Vicky Presland	375	637	31:48.1	1:36:05.5	Ekiden 1st Leg 7.2km	Gt Bentley Ladies	LO	71A	375	1
5	Kira Kernan	536	1173	43:11.8	2:19:17.3	3 rd leg 10km	Gt Bentley Ladies	LO	71C	536	3
6	Samantha Godden	594	1767	47:48.8	3:07:06.2	5th Leg 10km	Gt Bentley Ladies	LO	71E	594	5

Team - 100 Slow paul & The BelsomsFinish Position - 37
Team Score (places): 1819 Team Score (times): 3:07:06.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Alistair Belsom	71	71	20:51.7	20:51.7	5th Leg 10km	Slow paul & The Belsoms	Social	100E	71	5
2	Alex Belsom	95	166	21:37.5	42:29.2	4th leg 5km	Slow paul & The Belsoms	Social	100D	95	4
3	Tina Belsom	168	334	23:35.8	1:06:05.1	2nd leg 5km	Slow paul & The Belsoms	Social	100B	168	2
4	Paul Schwer	388	722	32:43.1	1:38:48.2	Ekiden 1st Leg 7.2km	Slow paul & The Belsoms	Social	100A	388	1
5	Natasha Dunnage	533	1255	43:00.4	2:21:48.6	3 rd leg 10km	Slow paul & The Belsoms	Social	100C	533	3
6	Robin Belsom	564	1819	45:18.0	3:07:06.7	5th Leg 10km	Slow paul & The Belsoms	Social	100F	564	5

Team - 96 Nearly AwesomeFinish Position - 38
Team Score (places): 1873 Team Score (times): 3:07:47.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Ernie Ross	108	108	22:01.5	22:01.5	6th leg 5km	Nearly Awesome	Social	96F	108	6
2	Caroline Hunt	150	258	23:05.3	45:06.8	2nd leg 5km	Nearly Awesome	Social	96B	150	2
3	Craig Anderson	172	430	23:42.8	1:08:49.6	4th leg 5km	Nearly Awesome	Social	96D	172	4
4	Pat Abbott	347	777	30:04.7	1:38:54.3	Ekiden 1st Leg 7.2km	Nearly Awesome	Social	96A	347	1
5	Mandy Harley	547	1324	44:24.4	2:23:18.7	5th Leg 10km	Nearly Awesome	Social	96E	547	5
6	Ernie Ross	549	1873	44:28.2	3:07:47.0	3 rd leg 10km	Nearly Awesome	Social	96C	549	3

Team - 62 Stowmarket Striders Ladies AFinish Position - 39
Team Score (places): 1928 Team Score (times): 3:09:17.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Charmaine Geraghty	121	121	22:21.6	22:21.6	4th leg 5km	Stowmarket Striders Ladies	LO	62D	121	4
2	Alex Smith	170	291	23:40.1	46:01.7	2nd leg 5km	Stowmarket Striders Ladies	LO	62B	170	2
3	Heidi Bingham	190	481	24:09.3	1:10:11.0	6th leg 5km	Stowmarket Striders Ladies	LO	62F	190	6
4	Becky Jordan	348	829	30:08.3	1:40:19.3	Ekiden 1st Leg 7.2km	Stowmarket Striders Ladies	LO	62A	348	1
5	Tammy Jordan	479	1308	39:28.8	2:19:48.2	5th Leg 10km	Stowmarket Striders Ladies	LO	62E	479	5
6	Vicki Moseley	620	1928	49:29.1	3:09:17.3	3 rd leg 10km	Stowmarket Striders Ladies	LO	62C	620	3

Team - 101 Team RIG AFinish Position - 40
Team Score (places): 1890 Team Score (times): 3:09:35.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sam Burdett	61	61	20:32.5	20:32.5	4th leg 5km	Team RIG A	Social	101D	61	4
2	Chris Sadler	123	184	22:21.9	42:54.4	2nd leg 5km	Team RIG A	Social	101B	123	2
3	Luke Chesworth	226	410	25:29.4	1:08:23.9	6th leg 5km	Team RIG A	Social	101F	226	6
4	James Wicks	342	752	29:55.6	1:38:19.5	Ekiden 1st Leg 7.2km	Team RIG A	Social	101A	342	1
5	Tim Larke	532	1284	42:45.4	2:21:05.0	3 rd leg 10km	Team RIG A	Social	101C	532	3
6	Neil Matthews	606	1890	48:30.5	3:09:35.5	5th Leg 10km	Team RIG A	Social	101E	606	5

Team - 5 Stowmarket Striders Mens BFinish Position - 41
Team Score (places): 1808 Team Score (times): 3:09:48.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Cameron Farnan	94	94	21:37.4	21:37.4	6th leg 5km	Stowmarket Striders Men:	MO	5F	94	6
2	Shaun Jones	101	195	21:50.6	43:28.0	2nd leg 5km	Stowmarket Striders Men:	MO	5B	101	2
3	Jamie Sim	115	310	22:12.0	1:05:40.1	4th leg 5km	Stowmarket Striders Men:	MO	5D	115	4
4	Michael Jones	301	611	28:02.5	1:33:42.6	Ekiden 1st Leg 7.2km	Stowmarket Striders Men:	MO	5A	301	1

5	Alex Gant	593	1204	47:43.2	2:21:25.9	5th Leg 10km	Stowmarket Striders Men: MO	5E	593	5
6	Scott Sherman	604	1808	48:22.3	3:09:48.3	3 rd leg 10km	Stowmarket Striders Men: MO	5C	604	3

Team - 55 St Edmunds pacers Young at HeartFinish Position -

Team Score (places): 1880 Team Score (times): 3:09:53.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Colin Arnold	70	70	20:49.8	20:49.8	4th leg 5km	St Edmunds pacers Youn MSV		55D	70	4
2	Stephen Williams	144	214	22:44.7	43:34.5	6th leg 5km	St Edmunds pacers Youn MSV		55F	144	6
3	Robert Price	181	395	23:55.4	1:07:30.0	2nd leg 5km	St Edmunds pacers Youn MSV		55B	181	2
4	Peter Golding	321	716	28:49.0	1:36:19.0	Ekiden 1st Leg 7.2km	St Edmunds pacers Youn MSV		55A	321	1
5	Mike Troup	568	1284	45:32.7	2:21:51.7	3 rd leg 10km	St Edmunds pacers Youn MSV		55C	568	3
6	Chris Cook	596	1880	48:01.6	3:09:53.3	5th Leg 10km	St Edmunds pacers Youn MSV		55E	596	5

Team - 40 St Edmund Pacers RamblersFinish Position - 43

Team Score (places): 2028 Team Score (times): 3:11:38.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Dan Morgan	137	137	22:33.2	22:33.2	6th leg 5km	St Edmund Pacers Ramb MO		40F	137	6
2	Philip Brown	142	279	22:39.0	45:12.2	4th leg 5km	St Edmund Pacers Ramb MO		40D	142	4
3	Ryan Edwards	305	584	28:12.0	1:13:24.3	2nd leg 5km	St Edmund Pacers Ramb MO		40B	305	2
4	Adam Clark	371	955	31:34.1	1:44:58.4	Ekiden 1st Leg 7.2km	St Edmund Pacers Ramb MO		40A	371	1
5	Robert Smales	503	1458	41:03.0	2:26:01.5	5th Leg 10km	St Edmund Pacers Ramb MO		40E	503	5
6	Liam Brophy	570	2028	45:37.2	3:11:38.8	3 rd leg 10km	St Edmund Pacers Ramb MO		40C	570	3

Team - 19 Ipswich JAFFA Mens Open CFinish Position - 44

Team Score (places): 1952 Team Score (times): 3:11:51.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Gabriel Martin	124	124	22:22.8	22:22.8	4th leg 5km	Ipswich JAFFA Mens Opε MO		19D	124	4
2	John Adams	151	275	23:05.9	45:28.7	6th leg 5km	Ipswich JAFFA Mens Opε MO		19F	151	6
3	Michael Martin	174	449	23:46.4	1:09:15.1	2nd leg 5km	Ipswich JAFFA Mens Opε MO		19B	174	2
4	Nigel Harrison	363	812	31:04.1	1:40:19.2	Ekiden 1st Leg 7.2km	Ipswich JAFFA Mens Opε MO		19A	363	1
5	Andrew Reed	529	1341	42:41.2	2:23:00.5	5th Leg 10km	Ipswich JAFFA Mens Opε MO		19E	529	5
6	Phil Davies	611	1952	48:50.9	3:11:51.5	3 rd leg 10km	Ipswich JAFFA Mens Opε MO		19C	611	3

Team - 39 Fram Flyers BFinish Position - 45

Team Score (places): 1882 Team Score (times): 3:11:58.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Richard Farres	76	76	21:07.5	21:07.5	4th leg 5km	Fram Flyers B	MO	39D	76	4
2	Wayne Tilbury-Larter	125	201	22:23.1	43:30.6	6th leg 5km	Fram Flyers B	MO	39F	125	6
3	Glenn Warren	130	331	22:27.8	1:05:58.5	2nd leg 5km	Fram Flyers B	MO	39B	130	2
4	Tony Maclean	385	716	32:38.0	1:38:36.5	Ekiden 1st Leg 7.2km	Fram Flyers B	MO	39A	385	1
5	Kenny Tovell	574	1290	45:43.6	2:24:20.1	5th Leg 10km	Fram Flyers B	MO	39E	574	5
6	Stewart Hambling	592	1882	47:38.2	3:11:58.4	3 rd leg 10km	Fram Flyers B	MO	39C	592	3

Team - 33 Witham RC B MensFinish Position - 46

Team Score (places): 1933 Team Score (times): 3:12:05.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Stuart Mills	55	55	20:27.3	20:27.3	6th leg 5km	Witham RC B Mens	MO	33F	55	6
2	Peter Gold	166	221	23:33.8	44:01.1	2nd leg 5km	Witham RC B Mens	MO	33B	166	2
3	Johnny Kerr	191	412	24:09.9	1:08:11.0	4th leg 5km	Witham RC B Mens	MO	33D	191	4
4	Mick Moy	406	818	33:55.2	1:42:06.2	Ekiden 1st Leg 7.2km	Witham RC B Mens	MO	33A	406	1
5	Lee Pembroke	537	1355	43:37.4	2:25:43.7	3 rd leg 10km	Witham RC B Mens	MO	33C	537	3
6	Dave Enders	578	1933	46:21.4	3:12:05.1	5th Leg 10km	Witham RC B Mens	MO	33E	578	5

Team - 69 Harwich Runners LadiesFinish Position - 47

Team Score (places): 2082 Team Score (times): 3:13:09.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sarah Fossberg	173	173	23:43.6	23:43.6	2nd leg 5km	Harwich Runners Ladies	LO	69B	173	2
2	Claire Bransby	213	386	24:53.0	48:36.6	6th leg 5km	Harwich Runners Ladies	LO	69F	213	6
3	Ann Piercy	250	636	26:09.6	1:14:46.3	4th leg 5km	Harwich Runners Ladies	LO	69D	250	4

4	Rachel Jarvis	395	1031	33:06.0	1:47:52.3	Ekiden 1st Leg 7.2km	Harwich Runners Ladies	LO	69A	395	1
5	Kate Hodgkiss	498	1529	40:42.5	2:28:34.8	5th Leg 10km	Harwich Runners Ladies	LO	69E	498	5
6	Claudine Tisbury	553	2082	44:34.9	3:13:09.8	3 rd leg 10km	Harwich Runners Ladies	LO	69C	553	3

Team - 27 Felixstowe Road Runners – CoeFinish Position - 4

Team Score (places): 2152 Team Score (times): 3:13:13.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Christina Howland	198	198	24:19.7	24:19.7	6th leg 5km	Felixstowe Road Runners	MO	27F	198	6
2	Helen Finegan	223	421	25:14.8	49:34.6	2nd leg 5km	Felixstowe Road Runners	MO	27B	223	2
3	Carla Wiggins	360	781	30:41.4	1:20:16.1	4th leg 5km	Felixstowe Road Runners	MO	27D	360	4
4	Tony Bradford	396	1177	33:08.9	1:53:25.0	Ekiden 1st Leg 7.2km	Felixstowe Road Runners	MO	27A	396	1
5	Roger Stone	458	1635	37:49.5	2:31:14.5	5th Leg 10km	Felixstowe Road Runners	MO	27E	458	5
6	Steve Brooke	517	2152	41:58.9	3:13:13.5	3 rd leg 10km	Felixstowe Road Runners	MO	27C	517	3

Team - 25 Gt Bentley Mens BFinish Position - 49

Team Score (places): 1972 Team Score (times): 3:14:30.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Jamie Ash	33	33	19:34.6	19:34.6	4th leg 5km	Gt Bentley Mens B	MO	25D	33	4
2	Darren Allen	182	215	23:55.7	43:30.3	6th leg 5km	Gt Bentley Mens B	MO	25F	182	6
3	Rob Thorpe	189	404	24:08.0	1:07:38.3	2nd leg 5km	Gt Bentley Mens B	MO	25B	189	2
4	Frank Gardiner	474	878	38:45.5	1:46:23.8	Ekiden 1st Leg 7.2km	Gt Bentley Mens B	MO	25A	474	1
5	Scott Crawley	522	1400	42:25.7	2:28:49.6	3 rd leg 10km	Gt Bentley Mens B	MO	25C	522	3
6	Shawn Leek	572	1972	45:40.4	3:14:30.0	5th Leg 10km	Gt Bentley Mens B	MO	25E	572	5

Team - 9 Coltishall Jaguars MisfitsFinish Position - 50

Team Score (places): 2004 Team Score (times): 3:14:38.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Rod Bye	105	105	21:56.2	21:56.2	2nd leg 5km	Coltishall Jaguars Misfits	MO	9B	105	2
2	Steve Wragg	167	272	23:35.4	45:31.6	4th leg 5km	Coltishall Jaguars Misfits	MO	9D	167	4
3	Jon Edwards	197	469	24:18.7	1:09:50.4	6th leg 5km	Coltishall Jaguars Misfits	MO	9F	197	6
4	Ben Dennington	377	846	32:01.6	1:41:52.0	Ekiden 1st Leg 7.2km	Coltishall Jaguars Misfits	MO	9A	377	1
5	Martin Bagnall	573	1419	45:43.4	2:27:35.4	5th Leg 10km	Coltishall Jaguars Misfits	MO	9E	573	5
6	Stewart Marden	585	2004	47:02.9	3:14:38.3	3 rd leg 10km	Coltishall Jaguars Misfits	MO	9C	585	3

Team - 118 Team RIG BFinish Position - 51

Team Score (places): 1988 Team Score (times): 3:15:22.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Chris Seymour	58	58	20:31.6	20:31.6	6th leg 5km	Team RIG B	Social	118F	58	6
2	Jason Walker	89	147	21:34.8	42:06.5	4th leg 5km	Team RIG B	Social	118D	89	4
3	Kaley Sadler	313	460	28:20.9	1:10:27.4	2nd leg 5km	Team RIG B	Social	118B	313	2
4	Richard Brown	386	846	32:39.1	1:43:06.5	Ekiden 1st Leg 7.2km	Team RIG B	Social	118A	386	1
5	Greg Allan	544	1390	44:06.9	2:27:13.4	3 rd leg 10km	Team RIG B	Social	118C	544	3
6	Paul Schwer	598	1988	48:09.3	3:15:22.8	5th Leg 10km	Team RIG B	Social	118E	598	5

Team - 47 Stowmarket Striders Mens Vet BFinish Position - 5

Team Score (places): 1935 Team Score (times): 3:16:46.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Kevin Bird	88	88	21:33.2	21:33.2	4th leg 5km	Stowmarket Striders Men: MV		47D	88	4
2	Gary Halestrap	114	202	22:11.1	43:44.3	2nd leg 5km	Stowmarket Striders Men: MV		47B	114	2
3	Miles Garrod	208	410	24:44.2	1:08:28.6	6th leg 5km	Stowmarket Striders Men: MV		47F	208	6
4	Colin Pitts	293	703	27:48.5	1:36:17.1	Ekiden 1st Leg 7.2km	Stowmarket Striders Men: MV		47A	293	1
5	Paul Heeks	576	1279	46:12.3	2:22:29.5	3 rd leg 10km	Stowmarket Striders Men: MV		47C	576	3
6	Harry Smith	656	1935	54:16.7	3:16:46.2	5th Leg 10km	Stowmarket Striders Men: MV		47E	656	5

Team - 36 Felixstowe Road Runners – OvetFinish Position -

Team Score (places): 1860 Team Score (times): 3:17:01.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sam Brooke	74	74	21:02.4	21:02.4	2nd leg 5km	Felixstowe Road Runners	MO	36B	74	2
2	Simon Wiggins	82	156	21:29.7	42:32.2	4th leg 5km	Felixstowe Road Runners	MO	36D	82	4

3	Mark Goodwin	97	253	21:41.1	1:04:13.4	6th leg 5km	Felixstowe Road Runners MO	36F	97	6
4	Lucy Sheehan	411	664	34:28.8	1:38:42.2	Ekiden 1st Leg 7.2km	Felixstowe Road Runners MO	36A	411	1
5	Richard Bennett	538	1202	43:39.5	2:22:21.7	3 rd leg 10km	Felixstowe Road Runners MO	36C	538	3
6	Richard Smith	658	1860	54:39.4	3:17:01.2	5th Leg 10km	Felixstowe Road Runners MO	36E	658	5

Team - 57 QC & the Jet Setters Finish Position - 54

Team Score (places): 2054 Team Score (times): 3:17:26.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	James Rossiter	126	126	22:24.6	22:24.6	2nd leg 5km	QC & the Jet Setters	Social	57B	126	2
2	Alex Belsom	161	287	23:23.2	45:47.8	6th leg 5km	QC & the Jet Setters	Social	57F	161	6
3	Tina Belsom	206	493	24:42.7	1:10:30.5	4th leg 5km	QC & the Jet Setters	Social	57D	206	4
4	Catherine Abbott	457	950	37:48.3	1:48:18.8	Ekiden 1st Leg 7.2km	QC & the Jet Setters	Social	57A	457	1
5	Natasha Dunnage	550	1500	44:28.9	2:32:47.7	5th Leg 10km	QC & the Jet Setters	Social	57E	550	5
6	Pat Abbott	554	2054	44:38.9	3:17:26.7	3 rd leg 10km	QC & the Jet Setters	Social	57C	554	3

Team - 76 St Edmund Pacers Ladies Finish Position - 55

Team Score (places): 2028 Team Score (times): 3:19:42.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Donna Talbot	1	1	12:43.0	12:43.0	2nd leg 5km	St Edmund Pacers Ladies LO	LO	76B	1	2
2	Cath Jeffery	80	81	21:25.2	34:08.3	6th leg 5km	St Edmund Pacers Ladies LO	LO	76F	80	6
3	Laura Nichols	248	329	25:58.2	1:00:06.5	4th leg 5km	St Edmund Pacers Ladies LO	LO	76D	248	4
4	Sarah Golding	410	739	34:24.3	1:34:30.8	Ekiden 1st Leg 7.2km	St Edmund Pacers Ladies LO	LO	76A	410	1
5	Amanda Martin	634	1373	50:54.9	2:25:25.7	5th Leg 10km	St Edmund Pacers Ladies LO	LO	76E	634	5
6	Karen Page	655	2028	54:16.7	3:19:42.4	3 rd leg 10km	St Edmund Pacers Ladies LO	LO	76C	655	3

Team - 116 BT 1 Finish Position - 56

Team Score (places): 2039 Team Score (times): 3:19:45.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Steve Bartlett	54	54	20:23.7	20:23.7	4th leg 5km	BT 1	Social	116D	54	4
2	Simon Barnett	148	202	23:00.2	43:23.9	2nd leg 5km	BT 1	Social	116B	148	2
3	Steve Evans	224	426	25:24.1	1:08:48.1	6th leg 5km	BT 1	Social	116F	224	6
4	Rob Peck	430	856	36:20.2	1:45:08.3	Ekiden 1st Leg 7.2km	BT 1	Social	116A	430	1
5	Tom Britten	558	1414	44:48.3	2:29:56.6	5th Leg 10km	BT 1	Social	116E	558	5
6	Gi Cheung	625	2039	49:48.3	3:19:45.0	3 rd leg 10km	BT 1	Social	116C	625	3

Team - 35 Felixstowe Road Runners – Cram Finish Position -

Team Score (places): 2171 Team Score (times): 3:19:46.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Dave Levans	218	218	25:06.2	25:06.2	6th leg 5km	Felixstowe Road Runners MO	MO	35F	218	6
2	Sally Ann Pierce	219	437	25:11.5	50:17.7	4th leg 5km	Felixstowe Road Runners MO	MO	35D	219	4
3	Tim Finegan	273	710	27:00.4	1:17:18.2	2nd leg 5km	Felixstowe Road Runners MO	MO	35B	273	2
4	Mark Ford	327	1037	28:58.9	1:46:17.1	Ekiden 1st Leg 7.2km	Felixstowe Road Runners MO	MO	35A	327	1
5	Dave Solomon	473	1510	38:44.8	2:25:02.0	3 rd leg 10km	Felixstowe Road Runners MO	MO	35C	473	3
6	Dave Lampard	661	2171	54:44.8	3:19:46.9	5th Leg 10km	Felixstowe Road Runners MO	MO	35E	661	5

Team - 44 Reepham Runners Finish Position - 58

Team Score (places): 2257 Team Score (times): 3:20:14.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Richard Cadman	214	214	24:58.0	24:58.0	2nd leg 5km	Reepham Runners	MO	44B	214	2
2	Richard Bullman	244	458	25:51.0	50:49.0	6th leg 5km	Reepham Runners	MO	44F	244	6
3	Jenny Rowley	351	809	30:14.3	1:21:03.4	4th leg 5km	Reepham Runners	MO	44D	351	4
4	Phil Cooper	381	1190	32:29.7	1:53:33.1	Ekiden 1st Leg 7.2km	Reepham Runners	MO	44A	381	1
5	Chris Cox	521	1711	42:18.4	2:35:51.6	3 rd leg 10km	Reepham Runners	MO	44C	521	3
6	Richard Morris-Jones	546	2257	44:23.3	3:20:14.9	5th Leg 10km	Reepham Runners	MO	44E	546	5

Team - 111 MLM Consulting Engineers Finish Position - 59

Team Score (places): 2207 Team Score (times): 3:20:55.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Lee Bowker	120	120	22:20.4	22:20.4	6th leg 5km	MLM Consulting Engineers	Social	111F	120	6

2	Ian Farquharson	274	394	27:01.2	49:21.6	4th leg 5km	MLM Consulting Engineer Social	111D	274	4
3	Richard Cross	302	696	28:07.1	1:17:28.7	2nd leg 5km	MLM Consulting Engineer Social	111B	302	2
4	James Calvert	452	1148	37:33.8	1:55:02.6	5th Leg 10km	MLM Consulting Engineer Social	111E	452	5
5	Marius Carr	464	1612	38:02.0	2:33:04.6	Ekiden 1st Leg 7.2km	MLM Consulting Engineer Social	111A	464	1
6	James Stubbings	595	2207	47:51.3	3:20:55.9	3 rd leg 10km	MLM Consulting Engineer Social	111C	595	3

Team - 91 Fram Flyers Male Super VetsFinish Position - 60

Team Score (places): 2244 Team Score (times): 3:21:08.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Robert Mawson	180	180	23:55.3	23:55.3	6th leg 5km	Fram Flyers Male Super \ MSV	Social	91F	180	6
2	Bill Cox	232	412	25:38.1	49:33.5	2nd leg 5km	Fram Flyers Male Super \ MSV	Social	91B	232	2
3	Julian Wiseman	332	744	29:12.3	1:18:45.9	4th leg 5km	Fram Flyers Male Super \ MSV	Social	91D	332	4
4	David Taylor	414	1158	34:41.6	1:53:27.5	Ekiden 1st Leg 7.2km	Fram Flyers Male Super \ MSV	Social	91A	414	1
5	Kevin Short	520	1678	42:13.4	2:35:41.0	3 rd leg 10km	Fram Flyers Male Super \ MSV	Social	91C	520	3
6	Terry O'Sullivan	566	2244	45:27.5	3:21:08.5	5th Leg 10km	Fram Flyers Male Super \ MSV	Social	91E	566	5

Team - 102 IBC The Slot TrotsFinish Position - 61

Team Score (places): 2105 Team Score (times): 3:21:50.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Scott Lo	139	139	22:34.4	22:34.4	4th leg 5km	IBC The Slot Trots	Social	102D	139	4
2	Liam Healy	175	314	23:46.9	46:21.3	6th leg 5km	IBC The Slot Trots	Social	102F	175	6
3	Izzi Calais	188	502	24:07.2	1:10:28.5	2nd leg 5km	IBC The Slot Trots	Social	102B	188	2
4	Daniel Jousiffe	382	884	32:33.8	1:43:02.3	Ekiden 1st Leg 7.2km	IBC The Slot Trots	Social	102A	382	1
5	Mark Hunter	575	1459	46:04.6	2:29:07.0	3 rd leg 10km	IBC The Slot Trots	Social	102C	575	3
6	Graham Chappel	646	2105	52:43.1	3:21:50.2	5th Leg 10km	IBC The Slot Trots	Social	102E	646	5

Team - 42 Hadleigh Hares D Tri 1Finish Position - 62

Team Score (places): 2136 Team Score (times): 3:22:10.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Ollie Hanley	143	143	22:39.0	22:39.0	6th leg 5km	Hadleigh Hares D Tri 1	MO	42F	143	6
2	Andrew Stewart	169	312	23:36.8	46:15.9	4th leg 5km	Hadleigh Hares D Tri 1	MO	42D	169	4
3	Rachel Crisp	209	521	24:44.5	1:11:00.4	2nd leg 5km	Hadleigh Hares D Tri 1	MO	42B	209	2
4	Trudy Avis	419	940	35:05.5	1:46:05.9	Ekiden 1st Leg 7.2km	Hadleigh Hares D Tri 1	MO	42A	419	1
5	Kate Thomas	588	1528	47:22.1	2:33:28.0	3 rd leg 10km	Hadleigh Hares D Tri 1	MO	42C	588	3
6	Steve Bowen	608	2136	48:42.1	3:22:10.1	5th Leg 10km	Hadleigh Hares D Tri 1	MO	42E	608	5

Team - 21 Sudbury Joggers CFinish Position - 63

Team Score (places): 2289 Team Score (times): 3:22:29.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Dave Chapman	229	229	25:30.7	25:30.7	2nd leg 5km	Sudbury Joggers C	MO	21B	229	2
2	Ian St Ledger	262	491	26:36.8	52:07.5	4th leg 5km	Sudbury Joggers C	MO	21D	262	4
3	Lyndon Collier	317	808	28:36.5	1:20:44.1	6th leg 5km	Sudbury Joggers C	MO	21F	317	6
4	Rob Harrow	338	1146	29:27.5	1:50:11.6	Ekiden 1st Leg 7.2km	Sudbury Joggers C	MO	21A	338	1
5	Dominic Turner	543	1689	44:06.5	2:34:18.2	5th Leg 10km	Sudbury Joggers C	MO	21E	543	5
6	Richard Garrod	600	2289	48:11.3	3:22:29.5	3 rd leg 10km	Sudbury Joggers C	MO	21C	600	3

Team - 30 Hadleigh Hares CFinish Position - 64

Team Score (places): 2198 Team Score (times): 3:22:33.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Richard Cowley	98	98	21:43.1	21:43.1	6th leg 5km	Hadleigh Hares C	MO	30F	98	6
2	Tina Dixon	261	359	26:36.0	48:19.2	2nd leg 5km	Hadleigh Hares C	MO	30B	261	2
3	Helen Norman	288	647	27:31.3	1:15:50.5	4th leg 5km	Hadleigh Hares C	MO	30D	288	4
4	Simon Fenn	378	1025	32:05.9	1:47:56.4	Ekiden 1st Leg 7.2km	Hadleigh Hares C	MO	30A	378	1
5	Brian Airlie	530	1555	42:44.3	2:30:40.8	3 rd leg 10km	Hadleigh Hares C	MO	30C	530	3
6	Corinna Hussey	643	2198	51:52.2	3:22:33.0	5th Leg 10km	Hadleigh Hares C	MO	30E	643	5

Team - 117 BT 2Finish Position - 65

Team Score (places): 2198 Team Score (times): 3:22:44.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
----------	------	-------------	------------	------	-----------	---------------	------	----------	------------	-----------------------	----------

1	Oliver Newbury	146	146	22:46.7	22:46.7	6th leg 5km	BT 2	Social	117F	146	6
2	Mark Squirrel	184	330	23:58.8	46:45.5	4th leg 5km	BT 2	Social	117D	184	4
3	Will Palmer	275	605	27:06.5	1:13:52.1	2nd leg 5km	BT 2	Social	117B	275	2
4	Dan Rose	518	1123	42:00.8	1:55:52.9	Ekiden 1st Leg 7.2km	BT 2	Social	117A	518	1
5	Stuart Fairweather	519	1642	42:10.1	2:38:03.0	3 rd leg 10km	BT 2	Social	117C	519	3
6	Neal Seabury	556	2198	44:41.0	3:22:44.0	5th Leg 10km	BT 2	Social	117E	556	5

Team - 60 Witham RC C -LadiesFinish Position - 66

Team Score (places): 2178 Team Score (times): 3:22:46.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Liz Stuckey	163	163	23:29.4	23:29.4	6th leg 5km	Witham RC C -Ladies	LV	60F	163	6
2	Rachel O'Connor	185	348	24:01.6	47:31.0	2nd leg 5km	Witham RC C -Ladies	LV	60B	185	2
3	Shelly Enders	231	579	25:33.7	1:13:04.7	4th leg 5km	Witham RC C -Ladies	LV	60D	231	4
4	Brigid Wallen	390	969	32:50.8	1:45:55.5	Ekiden 1st Leg 7.2km	Witham RC C -Ladies	LV	60A	390	1
5	Wendy Martin	571	1540	45:40.1	2:31:35.7	3 rd leg 10km	Witham RC C -Ladies	LV	60C	571	3
6	Claire Gordon	638	2178	51:10.4	3:22:46.1	5th Leg 10km	Witham RC C -Ladies	LV	60E	638	5

Team - 37 St Edmunds pacers AllsortsFinish Position - 67

Team Score (places): 2143 Team Score (times): 3:22:54.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Ian Gooderham	75	75	21:03.9	21:03.9	4th leg 5km	St Edmunds pacers Allsorts	MO	37D	75	4
2	Sarah Golding	183	258	23:56.9	45:00.8	6th leg 5km	St Edmunds pacers Allsorts	MO	37F	183	6
3	Eloise Bird	268	526	26:54.7	1:11:55.6	2nd leg 5km	St Edmunds pacers Allsorts	MO	37B	268	2
4	Stephen Williams	400	926	33:26.5	1:45:22.1	Ekiden 1st Leg 7.2km	St Edmunds pacers Allsorts	MO	37A	400	1
5	Moira O'Brian	601	1527	48:14.6	2:33:36.7	5th Leg 10km	St Edmunds pacers Allsorts	MO	37E	601	5
6	Peter Bird	616	2143	49:17.5	3:22:54.3	3 rd leg 10km	St Edmunds pacers Allsorts	MO	37C	616	3

Team - 99 PWC AFinish Position - 68

Team Score (places): 2352 Team Score (times): 3:22:54.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Luke Morris	281	281	27:23.6	27:23.6	2nd leg 5km	PWC A	Social	99B	281	2
2	Jodie Johnson	287	568	27:29.8	54:53.5	6th leg 5km	PWC A	Social	99F	287	6
3	Ruth Owen	334	902	29:16.0	1:24:09.6	4th leg 5km	PWC A	Social	99D	334	4
4	Gavin Egmore	397	1299	33:16.3	1:57:25.9	Ekiden 1st Leg 7.2km	PWC A	Social	99A	397	1
5	Chris Milstead	502	1801	40:58.2	2:38:24.1	3 rd leg 10km	PWC A	Social	99C	502	3
6	Gerrit Cloete	551	2352	44:30.4	3:22:54.6	5th Leg 10km	PWC A	Social	99E	551	5

Team - 29 Hadleigh Hares BFinish Position - 69

Team Score (places): 2241 Team Score (times): 3:23:17.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	John Norman	136	136	22:32.1	22:32.1	6th leg 5km	Hadleigh Hares B	MO	29F	136	6
2	Rachel Bodsworth	269	405	26:55.3	49:27.5	2nd leg 5km	Hadleigh Hares B	MO	29B	269	2
3	James Rush	326	731	28:58.8	1:18:26.3	Ekiden 1st Leg 7.2km	Hadleigh Hares B	MO	29A	326	1
4	Ian Bodsworth	355	1086	30:20.3	1:48:46.6	4th leg 5km	Hadleigh Hares B	MO	29D	355	4
5	Matt Hunter	507	1593	41:32.8	2:30:19.5	3 rd leg 10km	Hadleigh Hares B	MO	28C	507	3
6	Nikki Vince	648	2241	52:57.6	3:23:17.2	5th Leg 10km	Hadleigh Hares B	MO	29E	648	5

Team - 17 Harwich Runners BFinish Position - 70

Team Score (places): 2377 Team Score (times): 3:26:23.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Peter Gooding	252	252	26:10.3	26:10.3	6th leg 5km	Harwich Runners B	MO	17F	252	6
2	Jo Higgon	291	543	27:37.9	53:48.3	2nd leg 5km	Harwich Runners B	MO	17B	291	2
3	Liz Smith	336	879	29:26.6	1:23:14.9	4th leg 5km	Harwich Runners B	MO	17D	336	4
4	Richard Flutter	353	1232	30:18.0	1:53:32.9	Ekiden 1st Leg 7.2km	Harwich Runners B	MO	17A	353	1
5	Ben Hammond	505	1737	41:18.4	2:34:51.4	3 rd leg 10km	Harwich Runners B	MO	17C	505	3
6	Martin West	640	2377	51:32.4	3:26:23.8	5th Leg 10km	Harwich Runners B	MO	17E	640	5

Team - 80 Stowmarket Striders Ladies D VetsFinish Position -

Team Score (places): 2210 Team Score (times): 3:26:24.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Haley Suttle	129	129	22:25.7	22:25.7	4th leg 5km	Stowmarket Striders Ladies LV		80D	129	4
2	Sue Garrod	200	329	24:23.6	46:49.4	6th leg 5km	Stowmarket Striders Ladies LV		80F	200	6
3	Tracey Morris	217	546	25:02.3	1:11:51.7	2nd leg 5km	Stowmarket Striders Ladies LV		80B	217	2
4	Penny Waggott	402	948	33:29.0	1:45:20.7	Ekiden 1st Leg 7.2km	Stowmarket Striders Ladies LV		80A	402	1
5	Jo Stephenson	627	1575	50:02.1	2:35:22.9	5th Leg 10km	Stowmarket Striders Ladies LV		80E	627	5
6	Carol Fowles	635	2210	51:01.4	3:26:24.4	3 rd leg 10km	Stowmarket Striders Ladies LV		80C	635	3

Team - 110 Team M&S Finish Position - 72

Team Score (places): 2267 Team Score (times): 3:26:34.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	lee Davies	162	162	23:28.7	23:28.7	6th leg 5km	Team M&S	Social	110F	162	6
2	Dan Jay	233	395	25:38.8	49:07.6	4th leg 5km	Team M&S	Social	110D	233	4
3	Dave Hubbick	270	665	26:56.9	1:16:04.5	2nd leg 5km	Team M&S	Social	110B	270	2
4	Steve Pettitt	422	1087	35:44.6	1:51:49.1	Ekiden 1st Leg 7.2km	Team M&S	Social	110A	422	1
5	Steve Hill	581	1668	46:34.9	2:38:24.1	5th Leg 10km	Team M&S	Social	110E	581	5
6	Gus Cutting	599	2267	48:10.3	3:26:34.5	3 rd leg 10km	Team M&S	Social	110C	599	3

Team - 68 Coltishall Jaguars Foxes Finish Position - 73

Team Score (places): 2262 Team Score (times): 3:28:30.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Debbie Janes	155	155	23:08.6	23:08.6	6th leg 5km	Coltishall Jaguars Foxes	LO	68F	155	6
2	Jackie Bye	205	360	24:36.7	47:45.4	4th leg 5km	Coltishall Jaguars Foxes	LO	68D	205	4
3	Kryssia Smith	225	585	25:24.3	1:13:09.7	2nd leg 5km	Coltishall Jaguars Foxes	LO	68B	225	2
4	Sonia Turner	483	1068	39:41.6	1:52:51.3	Ekiden 1st Leg 7.2km	Coltishall Jaguars Foxes	LO	68A	483	1
5	Ellie Bye	577	1645	46:16.6	2:39:08.0	5th Leg 10km	Coltishall Jaguars Foxes	LO	68E	577	5
6	Melanie Burch	617	2262	49:22.6	3:28:30.6	3 rd leg 10km	Coltishall Jaguars Foxes	LO	68C	617	3

Team - 79 Ipswich Harriers Ladies Finish Position - 74

Team Score (places): 2292 Team Score (times): 3:28:51.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Kirsty Thorndyke	178	178	23:51.2	23:51.2	2nd leg 5km	Ipswich Harriers Ladies	LO	79B	178	2
2	Leanne Thorndyke	230	408	25:31.8	49:23.0	4th leg 5km	Ipswich Harriers Ladies	LO	79D	230	4
3	Claire Caiger	237	645	25:42.0	1:15:05.0	6th leg 5km	Ipswich Harriers Ladies	LO	79F	237	6
4	Emma Burroughs	451	1096	37:29.9	1:52:34.9	Ekiden 1st Leg 7.2km	Ipswich Harriers Ladies	LO	79A	451	1
5	Lucy Barnes	557	1653	44:46.1	2:37:21.0	5th Leg 10km	Ipswich Harriers Ladies	LO	79E	557	5
6	Laura Thomas	639	2292	51:30.8	3:28:51.9	3 rd leg 10km	Ipswich Harriers Ladies	LO	79C	639	3

Team - 109 Amaranth Bolts Finish Position - 75

Team Score (places): 2223 Team Score (times): 3:29:32.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	James Jefferies	171	171	23:42.4	23:42.4	2nd leg 5km	Amaranth Bolts	Social	109B	171	2
2	Stuart Abbott	187	358	24:05.2	47:47.6	4th leg 5km	Amaranth Bolts	Social	109D	187	4
3	Daryl Cattermole	212	570	24:46.5	1:12:34.1	6th leg 5km	Amaranth Bolts	Social	109F	212	6
4	Emily Pinner	373	943	31:39.3	1:44:13.4	Ekiden 1st Leg 7.2km	Amaranth Bolts	Social	109A	373	1
5	Charlie Whiting	610	1553	48:45.5	2:32:58.9	3 rd leg 10km	Amaranth Bolts	Social	109C	610	3
6	Duncan Reed	670	2223	56:33.1	3:29:32.1	5th Leg 10km	Amaranth Bolts	Social	109E	670	5

Team - 92 Jaffa Super Vets Male B Finish Position - 76

Team Score (places): 2182 Team Score (times): 3:30:48.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Mick Gilbert	113	113	22:10.4	22:10.4	4th leg 5km	Jaffa Super Vets Male B	MSV	92D	113	4
2	Phil Goddard	138	251	22:34.0	44:44.5	6th leg 5km	Jaffa Super Vets Male B	MSV	92F	138	6
3	Clive Sparkes	195	446	24:14.4	1:08:58.9	2nd leg 5km	Jaffa Super Vets Male B	MSV	92B	195	2
4	Mon Lee	491	937	40:01.2	1:49:00.1	Ekiden 1st Leg 7.2km	Jaffa Super Vets Male B	MSV	92A	491	1
5	Chris Johns	586	1523	47:07.6	2:36:07.8	3 rd leg 10km	Jaffa Super Vets Male B	MSV	92C	586	3
6	Clive Gardiner	659	2182	54:40.3	3:30:48.1	5th Leg 10km	Jaffa Super Vets Male B	MSV	92E	659	5

Team - 18 Harwich Runners C Finish Position - 77

Team Score (places): 2386 Team Score (times): 3:31:11.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Paul Crowson	149	149	23:00.4	23:00.4	2nd leg 5km	Harwich Runners C	MO	18B	149	2
2	Colin Harvey	278	427	27:13.8	50:14.2	6th leg 5km	Harwich Runners C	MO	18F	278	6
3	Terry Smith	343	770	29:57.1	1:20:11.3	4th leg 5km	Harwich Runners C	MO	18D	343	4
4	Carla Holroyd	437	1207	36:34.8	1:56:46.1	Ekiden 1st Leg 7.2km	Harwich Runners C	MO	18A	437	1
5	Barry Hammick	555	1762	44:39.0	2:41:25.2	5th Leg 10km	Harwich Runners C	MO	18E	555	5
6	Jeff Higgon	624	2386	49:46.3	3:31:11.5	3 rd leg 10km	Harwich Runners C	MO	18C	624	3

Team - 74 Ipswich Jaffa Ladies Open JFinish Position - 78

Team Score (places): 2361 Team Score (times): 3:31:31.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Nicola Ramsey	158	158	23:15.8	23:15.8	6th leg 5km	Ipswich Jaffa Ladies Open LO		74F	158	6
2	Jo Bedford	286	444	27:27.6	50:43.5	4th leg 5km	Ipswich Jaffa Ladies Open LO		74D	286	4
3	Sarah Wood	308	752	28:16.9	1:19:00.4	2nd leg 5km	Ipswich Jaffa Ladies Open LO		74B	308	2
4	Nicola Garrett	454	1206	37:39.9	1:56:40.4	5th Leg 10km	Ipswich Jaffa Ladies Open LO		74E	454	5
5	Anne Harvy	501	1707	40:53.5	2:37:33.9	Ekiden 1st Leg 7.2km	Ipswich Jaffa Ladies Open LO		74A	501	1
6	Belinda Godbold	654	2361	53:58.0	3:31:31.9	3 rd leg 10km	Ipswich Jaffa Ladies Open LO		74C	654	3

Team - 20 Harwich Runners DFinish Position - 79

Team Score (places): 2372 Team Score (times): 3:32:11.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Josh Spence	134	134	22:29.3	22:29.3	2nd leg 5km	Harwich Runners D	MO	20B	134	2
2	Tony Anderson	239	373	25:43.8	48:13.2	6th leg 5km	Harwich Runners D	MO	20F	239	6
3	Kirsty Semple	330	703	29:10.5	1:17:23.7	4th leg 5km	Harwich Runners D	MO	20D	330	4
4	Tracy Keeble	466	1169	38:12.5	1:55:36.2	Ekiden 1st Leg 7.2km	Harwich Runners D	MO	20A	466	1
5	Dennis Warner	567	1736	45:31.4	2:41:07.7	5th Leg 10km	Harwich Runners D	MO	20E	567	5
6	Russell Mowle	636	2372	51:03.4	3:32:11.2	3 rd leg 10km	Harwich Runners D	MO	20C	636	3

Team - 11 Saxons BlueFinish Position - 80

Team Score (places): 2426 Team Score (times): 3:32:13.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Jake Wright	246	246	25:52.6	25:52.6	2nd leg 5km	Saxons Blue	MO	11B	246	2
2	Mark Wright	255	501	26:16.9	52:09.6	6th leg 5km	Saxons Blue	MO	11F	255	6
3	Chris Lucas	300	801	28:02.4	1:20:12.0	4th leg 5km	Saxons Blue	MO	11D	300	4
4	Phil Spencer	424	1225	35:46.3	1:55:58.3	Ekiden 1st Leg 7.2km	Saxons Blue	MO	11A	424	1
5	Richard Clarke	587	1812	47:10.2	2:43:08.5	5th Leg 10km	Saxons Blue	MO	11E	587	5
6	John Gibbons	614	2426	49:04.9	3:32:13.5	3 rd leg 10km	Saxons Blue	MO	11C	614	3

Team - 119 Ufford ParkFinish Position - 81

Team Score (places): 2467 Team Score (times): 3:32:17.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Lydia Sansom	243	243	25:46.9	25:46.9	6th leg 5km	Ufford Park	Social	119F	243	6
2	Tanya Whitehead	284	527	27:24.3	53:11.3	2nd leg 5km	Ufford Park	Social	119B	284	2
3	Tarnia Robertson	329	856	29:02.7	1:22:14.0	4th leg 5km	Ufford Park	Social	119D	329	4
4	Mark Whitehead	403	1259	33:32.5	1:55:46.5	Ekiden 1st Leg 7.2km	Ufford Park	Social	119A	403	1
5	Stuart Robertson	579	1838	46:21.7	2:42:08.3	3 rd leg 10km	Ufford Park	Social	119C	579	3
6	Simon Milldown	629	2467	50:09.2	3:32:17.5	5th Leg 10km	Ufford Park	Social	119E	629	5

Team - 59 Sudbury joggersFinish Position - 82

Team Score (places): 2437 Team Score (times): 3:33:09.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Dee St Ledger	254	254	26:14.6	26:14.6	6th leg 5km	Sudbury joggers	LO	59F	254	6
2	Fiona Mumford	260	514	26:29.3	52:44.0	4th leg 5km	Sudbury joggers	LO	59D	260	4
3	Sarah Pennock	292	806	27:39.2	1:20:23.2	2nd leg 5km	Sudbury joggers	LO	59B	292	2
4	Carol Merrill	432	1238	36:27.6	1:56:50.8	Ekiden 1st Leg 7.2km	Sudbury joggers	LO	59A	432	1
5	Sandy Thorogood	590	1828	47:34.9	2:44:25.8	3 rd leg 10km	Sudbury joggers	LO	59C	590	3
6	Elizabeth Sandford	609	2437	48:43.2	3:33:09.1	5th Leg 10km	Sudbury joggers	LO	59E	609	5

Team - 113 Team KBFinish Position - 83

Team Score (places): 2360 Team Score (times): 3:33:28.6

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division	
1	Kieron Bedford	176	176	23:47.5	23:47.5	4th leg 5km	Team KB	Social	113D	176	4
2	Matt Finch	192	368	24:10.2	47:57.7	6th leg 5km	Team KB	Social	113F	192	6
3	Karen Bass	359	727	30:30.5	1:18:28.3	2nd leg 5km	Team KB	Social	113B	359	2
4	David Tilley	407	1134	34:11.6	1:52:39.9	Ekiden 1st Leg 7.2km	Team KB	Social	113A	407	1
5	Paul Savage	560	1694	45:03.3	2:37:43.2	3 rd leg 10km	Team KB	Social	113C	560	3
6	Mark Cope	666	2360	55:45.3	3:33:28.6	5th Leg 10km	Team KB	Social	113E	666	5

Team - 85 Norwich Road Runners BFinish Position - 84

Team Score (places): 2485 Team Score (times): 3:33:39.5

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sarah Bradley	203	203	24:31.5	24:31.5	2nd leg 5km	Norwich Road Runners B LO	85B	203	2
2	Julie Garrett	335	538	29:24.1	53:55.6	6th leg 5km	Norwich Road Runners B LO	85F	335	6
3	Abby Sullivan	368	906	31:20.5	1:25:16.2	4th leg 5km	Norwich Road Runners B LO	85D	368	4
4	Anne Millett	417	1323	34:55.0	2:00:11.2	Ekiden 1st Leg 7.2km	Norwich Road Runners B LO	85A	417	1
5	Sally Cushing	565	1888	45:25.8	2:45:37.1	3 rd leg 10km	Norwich Road Runners B LO	85C	565	3
6	Claire Ramsbottom	597	2485	48:02.4	3:33:39.5	5th Leg 10km	Norwich Road Runners B LO	85E	597	5

Team - 31 Harwich Runners FFinish Position - 85

Team Score (places): 2312 Team Score (times): 3:33:45.7

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division	
1	Arliss Porter	57	57	20:31.5	20:31.5	2nd leg 5km	Harwich Runners F	MO	31B	57	2
2	Ali Bardell	271	328	26:57.0	47:28.6	6th leg 5km	Harwich Runners F	MO	31F	271	6
3	Kirsty Eary	297	625	27:58.2	1:15:26.8	4th leg 5km	Harwich Runners F	MO	31D	297	4
4	Sally Gillam	443	1068	36:44.4	1:52:11.2	Ekiden 1st Leg 7.2km	Harwich Runners F	MO	31A	443	1
5	Colin Locke	584	1652	46:52.7	2:39:04.0	5th Leg 10km	Harwich Runners F	MO	31E	584	5
6	Louise Papworth	660	2312	54:41.7	3:33:45.7	3 rd leg 10km	Harwich Runners F	MO	31C	660	3

Team - 106 Ipswich Rugby YMFinish Position - 86

Team Score (places): 2401 Team Score (times): 3:33:55.2

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division	
1	Joanne Wright	186	186	24:02.4	24:02.4	4th leg 5km	Ipswich Rugby YM	Social	106D	186	4
2	Simon Podd	228	414	25:30.2	49:32.6	6th leg 5km	Ipswich Rugby YM	Social	106F	228	6
3	Andrew Moore	318	732	28:39.2	1:18:11.9	2nd leg 5km	Ipswich Rugby YM	Social	106B	318	2
4	Andrew King	423	1155	35:45.8	1:53:57.7	Ekiden 1st Leg 7.2km	Ipswich Rugby YM	Social	106A	423	1
5	Rebecca Jones	615	1770	49:11.1	2:43:08.8	3 rd leg 10km	Ipswich Rugby YM	Social	106C	615	3
6	Jo Parker	631	2401	50:46.4	3:33:55.2	5th Leg 10km	Ipswich Rugby YM	Social	106E	631	5

Team - 114 Catlin Runners & PloddersFinish Position - 87

Team Score (places): 2442 Team Score (times): 3:34:25.3

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division	
1	Leigh Meadows	211	211	24:45.3	24:45.3	2nd leg 5km	Catlin Runners & Plodder	Social	114B	211	2
2	Mark Gallant	227	438	25:29.5	50:14.9	4th leg 5km	Catlin Runners & Plodder	Social	114D	227	4
3	Rebecca Robinson	369	807	31:24.3	1:21:39.2	6th leg 5km	Catlin Runners & Plodder	Social	114F	369	6
4	Paul Dunckley	405	1212	33:42.5	1:55:21.7	Ekiden 1st Leg 7.2km	Catlin Runners & Plodder	Social	114A	405	1
5	Robert Wright	589	1801	47:30.3	2:42:52.0	3 rd leg 10km	Catlin Runners & Plodder	Social	114C	589	3
6	Russell Welham	641	2442	51:33.2	3:34:25.3	5th Leg 10km	Catlin Runners & Plodder	Social	114E	641	5

Team - 82 Gt Bentley Ladies Vets AFinish Position - 88

Team Score (places): 2413 Team Score (times): 3:35:00.0

Team Pos	Name	O'all Place	Cum. Place	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Lorna Sharp	236	236	25:41.8	25:41.8	6th leg 5km	Gt Bentley Ladies Vets A LV	82F	236	6
2	Marion Simmons	238	474	25:42.0	51:23.8	4th leg 5km	Gt Bentley Ladies Vets A LV	82D	238	4
3	Lex Carlisle	249	723	26:01.7	1:17:25.5	2nd leg 5km	Gt Bentley Ladies Vets A LV	82B	249	2
4	Karen Skene	425	1148	35:49.2	1:53:14.7	Ekiden 1st Leg 7.2km	Gt Bentley Ladies Vets A LV	82A	425	1
5	Theresa Bishop	632	1780	50:52.0	2:44:06.8	5th Leg 10km	Gt Bentley Ladies Vets A LV	82E	632	5
6	Janine Simpson	633	2413	50:53.2	3:35:00.0	3 rd leg 10km	Gt Bentley Ladies Vets A LV	82C	633	3

Team - 93 Stowmarket Striders Mens Supervets BFinish Positi

Team Score (places): 2415 Team Score (times): 3:35:14.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Tony Burdett	160	160	23:23.0	23:23.0	6th leg 5km	Stowmarket Striders Men: MSV		93F	160	6
2	Mike Munson	256	416	26:22.7	49:45.7	4th leg 5km	Stowmarket Striders Men: MSV		93D	256	4
3	Keith Borrett	309	725	28:19.2	1:18:05.0	2nd leg 5km	Stowmarket Striders Men: MSV		93B	309	2
4	Les Basham	439	1164	36:36.5	1:54:41.5	Ekiden 1st Leg 7.2km	Stowmarket Striders Men: MSV		93A	439	1
5	Steven Pretty	607	1771	48:32.5	2:43:14.1	3 rd leg 10km	Stowmarket Striders Men: MSV		93C	607	3
6	Richard Fellingham	644	2415	52:00.6	3:35:14.7	5th Leg 10km	Stowmarket Striders Men: MSV		93E	644	5

Team - 22 Harwich Runners EFinish Position - 90

Team Score (places): 2361 Team Score (times): 3:36:15.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Steve Burbidge	90	90	21:34.9	21:34.9	2nd leg 5km	Harwich Runners E	MO	22B	90	2
2	Eva Goes	279	369	27:13.9	48:48.9	6th leg 5km	Harwich Runners E	MO	22F	279	6
3	Katie Holmes	312	681	28:20.1	1:17:09.0	4th leg 5km	Harwich Runners E	MO	22D	312	4
4	Penny Barrington	447	1128	36:59.8	1:54:08.8	Ekiden 1st Leg 7.2km	Harwich Runners E	MO	22A	447	1
5	Nick Beales	561	1689	45:11.9	2:39:20.8	5th Leg 10km	Harwich Runners E	MO	22E	561	5
6	Angela Paxon	672	2361	56:54.7	3:36:15.5	3 rd leg 10km	Harwich Runners E	MO	22C	672	3

Team - 97 Ensors - Red E or NotFinish Position - 91

Team Score (places): 2351 Team Score (times): 3:36:25.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Chris Barrett	165	165	23:31.3	23:31.3	2nd leg 5km	Ensors - Red E or Not	Social	97B	165	2
2	Richard Brett	193	358	24:11.4	47:42.7	6th leg 5km	Ensors - Red E or Not	Social	97F	193	6
3	Louise Burrell	263	621	26:44.1	1:14:26.8	4th leg 5km	Ensors - Red E or Not	Social	97D	263	4
4	Scott Earrey	438	1059	36:35.9	1:51:02.7	Ekiden 1st Leg 7.2km	Ensors - Red E or Not	Social	97A	438	1
5	Matt Clemence	645	1704	52:26.8	2:43:29.5	3 rd leg 10km	Ensors - Red E or Not	Social	97C	645	3
6	Gail Mackie	647	2351	52:56.2	3:36:25.8	5th Leg 10km	Ensors - Red E or Not	Social	97E	647	5

Team - 67 Ipswich Jaffa Ladies Open HFinish Position - 92

Team Score (places): 2499 Team Score (times): 3:36:31.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Pauline Adams	276	276	27:08.1	27:08.1	4th leg 5km	Ipswich Jaffa Ladies Open	LO	67D	276	4
2	Pippa Cressdee	277	553	27:10.9	54:19.1	2nd leg 5km	Ipswich Jaffa Ladies Open	LO	67B	277	2
3	Maureen Wright	280	833	27:17.4	1:21:36.6	6th leg 5km	Ipswich Jaffa Ladies Open	LO	67F	280	6
4	Keyleigh Chenery	436	1269	36:34.3	1:58:10.9	Ekiden 1st Leg 7.2km	Ipswich Jaffa Ladies Open	LO	67A	436	1
5	Michaela Kadanikova	612	1881	48:57.0	2:47:07.9	5th Leg 10km	Ipswich Jaffa Ladies Open	LO	67E	612	5
6	Steph Lloyd	618	2499	49:23.3	3:36:31.2	3 rd leg 10km	Ipswich Jaffa Ladies Open	LO	67C	618	3

Team - 84 Norfolk Gazelles 2Finish Position - 93

Team Score (places): 2495 Team Score (times): 3:37:30.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Liza Diaper	199	199	24:21.9	24:21.9	4th leg 5km	Norfolk Gazelles 5	LV	84D	199	4
2	Michelle Waters	265	464	26:48.4	51:10.4	2nd leg 5km	Norfolk Gazelles 3	LV	84B	265	2
3	Sherry Gowing	315	779	28:25.5	1:19:35.9	6th leg 5km	Norfolk Gazelles 7	LV	84F	315	6
4	Julie London	477	1256	39:04.0	1:58:39.9	Ekiden 1st Leg 7.2km	Norfolk Gazelles 2	LV	84A	477	1
5	Tracy Stevenson	613	1869	48:59.9	2:47:39.8	3 rd leg 10km	Norfolk Gazelles 4	LV	84C	613	3
6	Anne Ellen	626	2495	49:50.1	3:37:30.0	5th Leg 10km	Norfolk Gazelles 6	LV	84E	626	5

Team - 26 Lowestoft Road Runners BFinish Position - 94

Team Score (places): 2641 Team Score (times): 3:38:56.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Georgina Scott	354	354	30:19.4	30:19.4	2nd leg 5km	Lowestoft Road Runners	MO	26B	354	2
2	Claire Tarrant	361	715	30:41.6	1:01:01.1	4th leg 5km	Lowestoft Road Runners	MO	26D	361	4
3	Rachel Allen	370	1085	31:29.7	1:32:30.9	6th leg 5km	Lowestoft Road Runners	MO	26F	370	6
4	Matthew Reynolds	413	1498	34:39.5	2:07:10.4	Ekiden 1st Leg 7.2km	Lowestoft Road Runners	MO	26A	413	1
5	Karen Archbold	563	2061	45:15.5	2:52:25.9	3 rd leg 10km	Lowestoft Road Runners	MO	26C	563	3

6 Ashley Norton 580 2641 46:30.6 3:38:56.5 5th Leg 10km Lowestoft Road Runners MO 26E 580 5

Team - 98 Orwell Housing Finish Position - 95

Team Score (places): 2443 Team Score (times): 3:39:04.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Chris Wright	179	179	23:52.6	23:52.6	6th leg 5km	Orwell Housing	Social	98F	179	6
2	Rebecca Collins	210	389	24:44.7	48:37.3	4th leg 5km	Orwell Housing	Social	98D	210	4
3	Steve Crissall	337	726	29:27.3	1:18:04.7	2nd leg 5km	Orwell Housing	Social	98B	337	2
4	Greg Dodds	429	1155	36:13.9	1:54:18.6	Ekiden 1st Leg 7.2km	Orwell Housing	Social	98A	429	1
5	Kirsha Bright	637	1792	51:08.5	2:45:27.2	5th Leg 10km	Orwell Housing	Social	98E	637	5
6	Gert-Jan Veerman	651	2443	53:37.0	3:39:04.2	3 rd leg 10km	Orwell Housing	Social	98C	651	3

Team - 81 Stowmarket Striders Ladies E Vets Finish Position -

Team Score (places): 2557 Team Score (times): 3:43:20.2

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Wendy Hughes	253	253	26:14.4	26:14.4	6th leg 5km	Stowmarket Striders Ladies LV		81F	253	6
2	Katy Nash	285	538	27:25.7	53:40.2	4th leg 5km	Stowmarket Striders Ladies LV		81D	285	4
3	Angela Burdett	294	832	27:52.1	1:21:32.3	2nd leg 5km	Stowmarket Striders Ladies LV		81B	294	2
4	Jenny Bird	440	1272	36:37.0	1:58:09.3	Ekiden 1st Leg 7.2km	Stowmarket Striders Ladies LV		81A	440	1
5	Dianne Hughes	622	1894	49:44.0	2:47:53.3	5th Leg 10km	Stowmarket Striders Ladies LV		81E	622	5
6	Sandra Mayhew	663	2557	55:26.9	3:43:20.2	3 rd leg 10km	Stowmarket Striders Ladies LV		81C	663	3

Team - 65 Fram Flyers Ladies Finish Position - 97

Team Score (places): 2651 Team Score (times): 3:43:44.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Evette Price	234	234	25:39.3	25:39.3	2nd leg 5km	Fram Flyers Ladies	LO	65B	234	2
2	Diane Doyle	366	600	31:12.5	56:51.9	4th leg 5km	Fram Flyers Ladies	LO	65D	366	4
3	Annette Huggins	408	1008	34:19.9	1:31:11.8	6th leg 5km	Fram Flyers Ladies	LO	65F	408	6
4	Jayne Wright	468	1476	38:16.9	2:09:28.7	Ekiden 1st Leg 7.2km	Fram Flyers Ladies	LO	65A	468	1
5	Geraldine Clarke	552	2028	44:30.5	2:53:59.3	5th Leg 10km	Fram Flyers Ladies	LO	65E	552	5
6	Marion Walker	623	2651	49:45.4	3:43:44.7	3 rd leg 10km	Fram Flyers Ladies	LO	65C	623	3

Team - 61 Witham RC D -Ladies Finish Position - 98

Team Score (places): 2566 Team Score (times): 3:44:44.6

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Debbie Lewis	247	247	25:53.0	25:53.0	4th leg 5km	Witham RC D -Ladies	LO	61D	247	4
2	Tracie Bromboszcz	266	513	26:52.5	52:45.5	2nd leg 5km	Witham RC D -Ladies	LO	61B	266	2
3	Kerry Manning	320	833	28:44.4	1:21:30.0	6th leg 5km	Witham RC D -Ladies	LO	61F	320	6
4	Abby Weaver	426	1259	35:49.3	1:57:19.3	Ekiden 1st Leg 7.2km	Witham RC D -Ladies	LO	61A	426	1
5	Annabelle Read	642	1901	51:42.1	2:49:01.5	5th Leg 10km	Witham RC D -Ladies	LO	61E	642	5
6	Anita Grainger	665	2566	55:43.1	3:44:44.6	3 rd leg 10km	Witham RC D -Ladies	LO	61C	665	3

Team - 58 Team Pink Finish Position - 99

Team Score (places): 2621 Team Score (times): 3:45:49.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	George Butters	240	240	25:43.9	25:43.9	2nd leg 5km	Team Pink	Social	58B	240	2
2	Matthew Parsons	296	536	27:54.1	53:38.0	4th leg 5km	Team Pink	Social	58D	296	4
3	Robert Ansell	311	847	28:20.0	1:21:58.1	6th leg 5km	Team Pink	Social	58F	311	6
4	Tim Albins	534	1381	43:05.5	2:05:03.6	Ekiden 1st Leg 7.2km	Team Pink	Social	58A	534	1
5	Leo Parsons	591	1972	47:35.1	2:52:38.7	5th Leg 10km	Team Pink	Social	58E	591	5
6	Adam Paveley	649	2621	53:11.1	3:45:49.8	3 rd leg 10km	Team Pink	Social	58C	649	3

Team - 103 IBC The Screaming Weasels Finish Position - 100

Team Score (places): 2546 Team Score (times): 3:46:14.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	John Craddock	157	157	23:15.0	23:15.0	6th leg 5km	IBC The Screaming Weasels	Social	103F	157	6
2	John Jousiffe	290	447	27:37.1	50:52.2	4th leg 5km	IBC The Screaming Weasels	Social	103D	290	4
3	Graham Rankin	374	821	31:39.9	1:22:32.1	2nd leg 5km	IBC The Screaming Weasels	Social	103B	374	2
4	John Jousiffe	404	1225	33:38.6	1:56:10.7	Ekiden 1st Leg 7.2km	IBC The Screaming Weasels	Social	103A	404	1

5	Miriam Mathers	657	1882	54:30.3	2:50:41.0	5th Leg 10km	IBC The Screaming Wea: Social	103E	657	5
6	Derek Hood	664	2546	55:33.9	3:46:14.9	3 rd leg 10km	IBC The Screaming Wea: Social	103C	664	3

Team - 66 Ipswich Jaffa Ladies Open GFinish Position - 101

Team Score (places): 2549 Team Score (times): 3:48:31.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Rebecca Staunton	100	100	21:46.3	21:46.3	2nd leg 5km	Ipswich Jaffa Ladies Open LO	LO	66B	100	2
2	Alison Myles	215	315	25:00.1	46:46.5	4th leg 5km	Ipswich Jaffa Ladies Open LO	LO	66D	215	4
3	Verity Smith	394	709	33:00.6	1:19:47.1	Ekiden 1st Leg 7.2km	Ipswich Jaffa Ladies Open LO	LO	66A	394	1
4	Kate Wooldridge	569	1278	45:33.0	2:05:20.1	5th Leg 10km	Ipswich Jaffa Ladies Open LO	LO	66E	569	5
5	Fiona Hunt	619	1897	49:23.6	2:54:43.8	3 rd leg 10km	Ipswich Jaffa Ladies Open LO	LO	66C	619	3
6	Abby Powlett	652	2549	53:47.3	3:48:31.1	6th leg 5km	Ipswich Jaffa Ladies Open LO	LO	66F	652	6

Team - 108 Amarith Sprinters Finish Position - 102

Team Score (places): 2560 Team Score (times): 3:48:44.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	James Poole	221	221	25:14.4	25:14.4	6th leg 5km	Amarinth Sprinters	Social	108F	221	6
2	Tom Gilligan	222	443	25:14.7	50:29.2	2nd leg 5km	Amarinth Sprinters	Social	108B	222	2
3	Gill Briggins Shaw	383	826	32:35.9	1:23:05.2	4th leg 5km	Amarinth Sprinters	Social	108D	383	4
4	Luke Pinner	450	1276	37:21.4	2:00:26.6	Ekiden 1st Leg 7.2km	Amarinth Sprinters	Social	108A	450	1
5	Alex Briggins Shaw	603	1879	48:19.9	2:48:46.5	5th Leg 10km	Amarinth Sprinters	Social	108E	603	5
6	Sophie Finch	681	2560	59:58.2	3:48:44.8	3 rd leg 10km	Amarinth Sprinters	Social	108C	681	3

Team - 89 Stowmarket Striders Mens Supervets AFinish Position - 103

Team Score (places): 2644 Team Score (times): 3:48:51.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Andy Bond	289	289	27:32.9	27:32.9	2nd leg 5km	Stowmarket Striders Men: MSV	MSV	89B	289	2
2	Mike Saville	304	593	28:09.9	55:42.8	6th leg 5km	Stowmarket Striders Men: MSV	MSV	89F	304	6
3	Ivan Spouge	345	938	30:01.9	1:25:44.8	4th leg 5km	Stowmarket Striders Men: MSV	MSV	89D	345	4
4	Steve Robinson	398	1336	33:17.7	1:59:02.5	Ekiden 1st Leg 7.2km	Stowmarket Striders Men: MSV	MSV	89A	398	1
5	Frank Moggan	628	1964	50:06.5	2:49:09.0	3 rd leg 10km	Stowmarket Striders Men: MSV	MSV	89C	628	3
6	Malcolm Hogarth	680	2644	59:42.7	3:48:51.7	5th Leg 10km	Stowmarket Striders Men: MSV	MSV	89E	680	5

Team - 107 PWC B Finish Position - 104

Team Score (places): 2688 Team Score (times): 3:49:41.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Juliette Lowes	264	264	26:46.0	26:46.0	4th leg 5km	PWC B	Social	107D	264	4
2	Martha Cannon	344	608	30:00.6	56:46.7	6th leg 5km	PWC B	Social	107F	344	6
3	Jen Parsons	380	988	32:21.8	1:29:08.6	2nd leg 5km	PWC B	Social	107B	380	2
4	Phillip Beecher	506	1494	41:24.2	2:10:32.8	Ekiden 1st Leg 7.2km	PWC B	Social	107A	506	1
5	Will Shaw	523	2017	42:27.5	2:53:00.3	3 rd leg 10km	PWC B	Social	107C	523	3
6	Gareth Nicholls	671	2688	56:41.0	3:49:41.3	5th Leg 10km	PWC B	Social	107E	671	5

Team - 120 Best Foot Forward Finish Position - 105

Team Score (places): 2605 Team Score (times): 3:50:50.0

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Chris Erith	241	241	25:45.9	25:45.9	4th leg 5km	Best Foot Forward	Social	120D	241	4
2	Laura Peckford	322	563	28:49.8	54:35.8	6th leg 5km	Best Foot Forward	Social	120F	322	6
3	Vici Berwick	346	909	30:02.6	1:24:38.5	2nd leg 5km	Best Foot Forward	Social	120B	346	2
4	Jo Leader	392	1301	32:54.4	1:57:32.9	Ekiden 1st Leg 7.2km	Best Foot Forward	Social	120A	392	1
5	James Dunstan	621	1922	49:31.5	2:47:04.4	3 rd leg 10km	Best Foot Forward	Social	120C	621	3
6	Anna Evans	683	2605	1:03:45.5	3:50:50.0	5th Leg 10km	Best Foot Forward	Social	120E	683	5

Team - 115 Bethnal Green Queens Finish Position - 106

Team Score (places): 2599 Team Score (times): 3:52:11.4

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Murray Cooper-Melchoirs	152	152	23:07.2	23:07.2	4th leg 5km	Bethnal Green Queens	Social	115D	152	4
2	Beth Wright	258	410	26:27.5	49:34.8	6th leg 5km	Bethnal Green Queens	Social	115F	258	6
3	Ben Cooper-Melchoirs	303	713	28:09.8	1:17:44.6	2nd leg 5km	Bethnal Green Queens	Social	115B	303	2

4	Jane Wright	582	1295	46:45.2	2:04:29.8	Ekiden 1st Leg 7.2km	Bethnal Green Queens	Social	115A	582	1
5	Alexandra Hammond	630	1925	50:22.8	2:54:52.6	5th Leg 10km	Bethnal Green Queens	Social	115E	630	5
6	Sally Flemming	674	2599	57:18.7	3:52:11.4	3 rd leg 10km	Bethnal Green Queens	Social	115C	674	3

Team - 87 Fram Flyers Ladies VetsFinish Position - 107

Team Score (places): 2723 Team Score (times): 3:53:24.7

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Vivienne Taylor	267	267	26:54.2	26:54.2	2nd leg 5km	Fram Flyers Ladies Vets	LV	87B	267	2
2	Janet Lomas	323	590	28:52.0	55:46.2	4th leg 5km	Fram Flyers Ladies Vets	LV	87D	323	4
3	Rebecca Peck	455	1045	37:41.0	1:33:27.2	Ekiden 1st Leg 7.2km	Fram Flyers Ladies Vets	LV	87A	455	1
4	Jo Parden	489	1534	39:57.0	2:13:24.3	5th Leg 10km	Fram Flyers Ladies Vets	LV	87E	489	5
5	Jenny Thomas	512	2046	41:36.9	2:55:01.2	6th leg 5km	Fram Flyers Ladies Vets	LV	87F	512	6
6	Ali Chambers	677	2723	58:23.5	3:53:24.7	3 rd leg 10km	Fram Flyers Ladies Vets	LV	87C	677	3

Team - 73 Stowmarket Striders Ladies CFinish Position - 108

Team Score (places): 2638 Team Score (times): 3:54:32.1

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Karen Austin	119	119	22:20.1	22:20.1	2nd leg 5km	Stowmarket Striders Ladies	LO	73B	119	2
2	Laura Arfi	295	414	27:53.1	50:13.3	4th leg 5km	Stowmarket Striders Ladies	LO	73D	295	4
3	Fiona Moody	393	807	32:57.2	1:23:10.5	6th leg 5km	Stowmarket Striders Ladies	LO	73F	393	6
4	Debbie Ghant	510	1317	41:36.2	2:04:46.7	Ekiden 1st Leg 7.2km	Stowmarket Striders Ladies	LO	73A	510	1
5	Claire Parkin	653	1970	53:55.0	2:58:41.7	5th Leg 10km	Stowmarket Striders Ladies	LO	73E	653	5
6	Liz Beighton	668	2638	55:50.4	3:54:32.1	3 rd leg 10km	Stowmarket Striders Ladies	LO	73C	668	3

Team - 86 Saxons LadiesFinish Position - 109

Team Score (places): 2544 Team Score (times): 3:55:17.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Sarah Vick	141	141	22:38.6	22:38.6	2nd leg 5km	Saxons Ladies	LV	86B	141	2
2	Sarah Vick	159	300	23:22.7	46:01.4	4th leg 5km	Saxons Ladies	LV	86D	159	4
3	Zoe Fordham	389	689	32:43.4	1:18:44.8	6th leg 5km	Saxons Ladies	LV	86F	389	6
4	Jo Clifton	514	1203	41:44.8	2:00:29.6	Ekiden 1st Leg 7.2km	Saxons Ladies	LV	86A	514	1
5	Sara Bloor	662	1865	55:21.1	2:55:50.8	3 rd leg 10km	Saxons Ladies	LV	86C	662	3
6	Vicky Johnston	679	2544	59:26.7	3:55:17.5	5th Leg 10km	Saxons Ladies	LV	86E	679	5

Team - 72 Gt Bentley Ladies BFinish Position - 110

Team Score (places): 2699 Team Score (times): 4:00:02.8

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Laura Emms	220	220	25:12.0	25:12.0	6th leg 5km	Gt Bentley Ladies B	LO	72F	220	6
2	Nicola Thornton	324	544	28:53.9	54:05.9	4th leg 5km	Gt Bentley Ladies B	LO	72D	324	4
3	Davina Swindell	341	885	29:49.9	1:23:55.9	2nd leg 5km	Gt Bentley Ladies B	LO	72B	341	2
4	Emma Town	482	1367	39:38.0	2:03:33.9	Ekiden 1st Leg 7.2km	Gt Bentley Ladies B	LO	72A	482	1
5	Jo Mckay	650	2017	53:28.7	2:57:02.7	5th Leg 10km	Gt Bentley Ladies B	LO	72E	650	5
6	Sue Thomas	682	2699	1:03:00.1	4:00:02.8	3 rd leg 10km	Gt Bentley Ladies B	LO	72C	682	3

Team - 28 Tiptree Saturday ClubFinish Position - 111

Team Score (places): 2914 Team Score (times): 4:02:46.5

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Karen Pearse	328	328	28:59.7	28:59.7	4th leg 5km	Tiptree Saturday Club	MO	28D	328	4
2	John McVelia	352	680	30:16.8	59:16.5	6th leg 5km	Tiptree Saturday Club	MO	28F	352	6
3	Sharon Avent	453	1133	37:36.5	1:36:53.1	2nd leg 5km	Tiptree Saturday Club	MO	28B	453	2
4	Wendy Smalley	509	1642	41:35.3	2:18:28.4	Ekiden 1st Leg 7.2km	Tiptree Saturday Club	MO	28A	509	1
5	Martin Avent	605	2247	48:27.8	3:06:56.3	5th Leg 10km	Tiptree Saturday Club	MO	28E	605	5
6	Joanne Dickman	667	2914	55:50.2	4:02:46.5	3 rd leg 10km	Tiptree Saturday Club	MO	28C	667	3

Team - 63 Stowmarket Striders Ladies BFinish Position - 112

Team Score (places): 2701 Team Score (times): 4:02:54.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Helen Moore	216	216	25:02.2	25:02.2	6th leg 5km	Stowmarket Striders Ladies	LO	63F	216	6
2	Christine Hall	310	526	28:19.8	53:22.0	2nd leg 5km	Stowmarket Striders Ladies	LO	63B	310	2

3	Francis Saville	376	902	31:55.1	1:25:17.2	4th leg 5km	Stowmarket Striders Ladies LO	63D	376	4
4	Susan Bloomfield	446	1348	36:55.7	2:02:12.9	Ekiden 1st Leg 7.2km	Stowmarket Striders Ladies LO	63A	446	1
5	Carmel Munson	669	2017	56:26.5	2:58:39.4	5th Leg 10km	Stowmarket Striders Ladies LO	63E	669	5
6	Sue Phillips	684	2701	1:04:15.4	4:02:54.9	3 rd leg 10km	Stowmarket Striders Ladies LO	63C	684	3

Team - 83 Gt Bentley Ladies Vets B Finish Position - 113
Team Score (places): 2818 Team Score (times): 4:06:52.3

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Anna Lyon	177	177	23:49.7	23:49.7	2nd leg 5km	Gt Bentley Ladies Vets B LV		83B	177	2
2	Belinda Barnes	364	541	31:05.3	54:55.1	4th leg 5km	Gt Bentley Ladies Vets B LV		83D	364	4
3	Kate Ellis	431	972	36:20.7	1:31:15.9	6th leg 5km	Gt Bentley Ladies Vets B LV		83F	431	6
4	Sue Sorrell	497	1469	40:29.9	2:11:45.8	Ekiden 1st Leg 7.2km	Gt Bentley Ladies Vets B LV		83A	497	1
5	Barbara Law	673	2142	57:11.5	3:08:57.3	5th Leg 10km	Gt Bentley Ladies Vets B LV		83E	673	5
6	Caroline Porter	676	2818	57:55.0	4:06:52.3	3 rd leg 10km	Gt Bentley Ladies Vets B LV		83C	676	3

Team - 78 Coltishall Jaguars Dreamteam Finish Position - 114
Team Score (places): 3161 Team Score (times): 4:25:53.9

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
1	Vanessa Clements	391	391	32:51.1	32:51.1	4th leg 5km	Coltishall Jaguars Dreamt LV		78D	391	4
2	Annette Yeomasson	399	790	33:19.1	1:06:10.2	2nd leg 5km	Coltishall Jaguars Dreamt LV		78B	399	2
3	Jenny Welsh	416	1206	34:53.8	1:41:04.1	6th leg 5km	Coltishall Jaguars Dreamt LV		78F	416	6
4	Catherine Garwood	602	1808	48:17.1	2:29:21.2	Ekiden 1st Leg 7.2km	Coltishall Jaguars Dreamt LV		78A	602	1
5	Dee Neal	675	2483	57:54.2	3:27:15.4	5th Leg 10km	Coltishall Jaguars Dreamt LV		78E	675	5
6	Becky Durant	678	3161	58:38.4	4:25:53.9	3 rd leg 10km	Coltishall Jaguars Dreamt LV		78C	678	3

Team - 105 ULR Ltd Finish Position - 115
Team Score (places): Team Score (times):

Team Pos	Name	O'all Place	Cum. Place	Time	Cum. Time	Division Name	Team	Category	Bib Number	Division Finish Place	Division
6	Daniel Humphreys				59:59.1		ULR Ltd	Social	105A		1
3	Mike Sadr				30:14.7		ULR Ltd	Social	105B		2
4	Richard Harmer			28 M 0-3	45:09.0		ULR Ltd	Social	105C		3
2	Neil Watson			27 M 0-3	28:48.1		ULR Ltd	Social	105D		4
5	Daniel Smith			33 M 0-3	51:41.2		ULR Ltd	Social	105E		5
1	Bobby Cott			37 M 0-3	27:50.4		ULR Ltd	Social	105F		6