

## 2017 Breckland 10K - Results

Position	Forename	Surname	Gender	Category	Club	Tag	Gun Time	Chip Time
1	Ash	Harrell	M	M15-39		153	0:32:48	0:32:47
2	Robert	Chenery	M	M15-39	Ipswich Jaffa RC	62	0:34:19	0:34:19
3	Rafal	Wosiek	M	M15-39		350	0:35:40	0:35:40
4	Paul	Preston	M	M45-49	Colchester Harriers AC	260	0:36:41	0:36:41
5	Charlie	Parr	M	M15-39	City Of Norwich AC	234	0:37:30	0:37:28
6	Richard	Johnson	M	M40-44		178	0:37:36	0:37:36
7	James	Whitehorn	M	M15-39		340	0:37:58	0:37:57
8	Ritchie	Parkins	M	M40-44	Stowmarket Striders RC	233	0:38:14	0:38:13
9	Tom	Cresswell	M	M15-39	Colchester Harriers AC	85	0:38:19	0:38:19
10	Tim	Phipps	M	M50-54	Cambridge & Coleridge AC	247	0:38:57	0:38:56
11	Trevor	Bunch	M	M40-44	Haverhill Running Club	46	0:39:14	0:39:12
12	Daniel	Gardiner	M	M45-49	Bungay Black Dog RC	127	0:39:15	0:39:12
13	Jason	Wing	M	M45-49		345	0:39:39	0:39:39
14	Mark	Clues	M	M45-49	Tri-Anglia Triathlon Club	72	0:39:43	0:39:41
15	Neil	Leeds	M	M15-39		193	0:39:52	0:39:50
16	Adrian	Simmonds	M	M45-49		306	0:39:53	0:39:43
17	Sam	Thelwell	M	M15-39	Norfolk Gazelles AC	320	0:39:59	0:39:59
18	Cat	Cummings	F	F15-39	Wymondham AC	90	0:40:19	0:40:17
19	Kirk	Bagge	M	M15-39	Wymondham AC	9	0:40:20	0:40:18
20	Kevin	Knights	M	M15-39		188	0:40:24	0:40:22
21	Charlie	Stone	M	M15-39	Thetford AC	316	0:40:37	0:40:36
22	Steve	Langley	M	M55-59	Ipswich Jaffa RC	190	0:40:45	0:40:44
23	Richard	Hill	M	M40-44	Ely Runners	163	0:40:54	0:40:54
24	Darren	Flatt	M	M45-49		117	0:41:10	0:41:07
25	David	Beighton	M	M40-44	Saint Edmund Pacers	26	0:41:12	0:41:08
26	Sam	Barker	M	M15-39	Wymondham AC	15	0:41:33	0:41:31
27	Ian	Henderson	M	M55-59		160	0:41:36	0:41:34
28	Sarah	Peachey	F	F15-39	Wymondham AC	239	0:41:41	0:41:39
29	Paul	Wildman	M	M15-39		344	0:41:47	0:41:44
30	Elizabeth	Daly	F	F15-39	Dereham Runners & AC	93	0:41:48	0:41:44
31	Alan	Jackson	M	M55-59	Ipswich Jaffa RC	172	0:41:54	0:41:52
32	Carol	Devlin	F	F50-54	Dereham Runners & AC	97	0:42:00	0:41:58
33	Lee	Brown	M	M15-39	Haverhill Running Club	40	0:42:06	0:42:04
34	Steve	Neumann	M	M15-39		222	0:42:09	0:42:05
35	Jason	Elrick	M	M45-49		111	0:42:10	0:42:10
36	Henry	Morrison	M	M40-44		216	0:42:11	0:42:08
37	Chris	Howard	M	M15-39		168	0:42:22	0:42:17
38	Anthony	Smith	M	M40-44		309	0:42:31	0:42:28
39	Phil	Henry	M	M55-59	Bungay Black Dog RC	162	0:42:44	0:42:41
40	Stuart	Roberts	M	M50-54		275	0:42:49	0:42:49
41	Luke	Pavey	M	M15-39	Tri-Anglia Triathlon Club	238	0:42:51	0:42:48
42	Neville	Clarke	M	M60-64	Newmarket Joggers	70	0:42:53	0:42:47
43	Jonathan	Beecham	M	M50-54		25	0:42:55	0:42:53
44	Sharon	Hurren	F	F45-49	Wymondham AC	171	0:42:58	0:42:55
45	Gary	Pillar	M	M50-54	Great Yarmouth Road Runners	249	0:43:14	0:43:13
46	Steven	Neal	M	M50-54	Brandon Fern Hoppers	218	0:43:18	0:43:15
47	Chris	Chorley	M	M50-54	Bungay Black Dog RC	63	0:43:21	0:43:16
48	Stephen	Edwards	M	M50-54	Newmarket Joggers	108	0:43:44	0:43:35

49	Sandy	Thorogood	F	F50-54	Sudbury Joggers	323	0:44:00	0:43:56
50	Stephen	Maxwell	M	M55-59		208	0:44:01	0:43:56
51	Petet	Gardner	M	M45-49		128	0:44:07	0:44:06
52	Karl	Coan	M	M15-39		73	0:44:16	0:44:04
53	Mike	Burton	M	M45-49	Harling Athletic Club	51	0:44:17	0:44:17
54	Ian	Gooderham	M	M50-54	Saint Edmund Pacers	140	0:44:17	0:44:16
55	Guy	Shearwood	M	M55-59	Norwich Road Runners	299	0:44:26	0:44:20
56	Neil	Mustoe	M	M45-49	Haverhill Running Club	217	0:44:28	0:44:27
57	Steve	Cook	M	M50-54	Norfolk Gazelles AC	78	0:44:29	0:44:21
58	Stephen	Sadd	M	M55-59	Norfolk Gazelles AC	289	0:44:31	0:44:25
59	Terry	Epps	M	M60-64	Wymondham AC	112	0:44:34	0:44:32
60	John	Bellotti	M	M60-64		27	0:44:35	0:44:20
61	Stephen	Kemp	M	M15-39		184	0:44:37	0:44:32
62	Richard	Crewe	M	M45-49		86	0:44:39	0:44:36
63	Theresa	Dooley	F	F45-49		103	0:44:42	0:44:34
64	Sean	O'Loughlin	M	M50-54	Bungay Black Dog RC	225	0:44:53	0:44:45
65	Sam	Weller	M	M65+		339	0:44:56	0:44:45
66	Thierry	Pennec	M	M40-44		243	0:45:09	0:44:56
67	Peter	Warland	M	M50-54	Stowmarket Striders RC	335	0:45:17	0:45:04
68	Warren	Newell	M	M50-54		223	0:45:27	0:45:18
69	Emmerson	Dutton	M	M40-44		105	0:45:34	0:45:27
70	Andy	Rowles	M	M50-54	Dereham Runners & AC	286	0:45:38	0:45:31
71	Darren	Pipe	M	M15-39		251	0:45:44	0:45:44
72	Emma	Potter-campbell	F	F45-49	Dereham Runners & AC	258	0:45:47	0:45:32
73	Peter	Harris	M	M65+	Ely Runners	154	0:45:49	0:45:43
74	William	Howe	M	M50-54	Harling Athletic Club	169	0:45:58	0:45:51
75	Duncan	Chenery	M	M55-59	Ipswich Jaffa RC	61	0:46:07	0:46:01
76	Cally	Place	F	F15-39	Saint Edmund Pacers	255	0:46:08	0:46:01
77	Colin	Richards	M	M65+		269	0:46:09	0:46:04
78	Marc	Benson	M	M15-39	Haverhill Running Club	29	0:46:12	0:46:09
79	Daniel	Rix	M	M40-44		273	0:46:17	0:46:07
80	Stuart	Aldridge	M	M50-54		5	0:46:25	0:46:20
81	Steve	Brown	M	M50-54	North Norfolk Beach Runners	42	0:46:29	0:46:14
82	Shaune	Gooch	M	M40-44	Norwich Road Runners	139	0:46:33	0:46:27
83	Nick	Richards	M	M40-44		270	0:46:36	0:46:34
84	Mike	Bull	M	M65+		44	0:46:37	0:46:33
85	Mark	Turner	M	M50-54	Saint Edmund Pacers	330	0:46:40	0:46:33
86	Rebecca	Pountain	F	F15-39		259	0:46:43	0:46:29
87	James	Grantham	M	M50-54	Harling Athletic Club	143	0:46:55	0:46:48
88	Mike	Lotarius	M	M15-39		198	0:47:06	0:46:53
89	Lee	Oxbury	M	M45-49	Norfolk Gazelles AC	232	0:47:09	0:47:01
90	Richard	Tubb	M	M15-39	Wymondham AC	329	0:47:11	0:47:06
91	Neville	Knights	M	M45-49	Race Adjudicator	1	0:47:11	0:47:06
92	Kevin	Parsons	M	M45-49		235	0:47:14	0:47:06
93	Clive	Purbrook	M	M60-64	Newmarket Joggers	261	0:47:28	0:47:19
94	Philip	Brown	M	M50-54	Saint Edmund Pacers	41	0:47:39	0:47:33
95	Samantha	Ralph	F	F15-39		263	0:47:49	0:47:35
96	Paul	Needham	M	M60-64		220	0:48:04	0:47:53
97	Martin	Neave	M	M65+		219	0:48:09	0:47:59
98	Cassie	Barker	F	F40-44	Wymondham AC	14	0:48:18	0:48:08

99	Adam	Haylett	M	M15-39		159	0:48:19	0:48:06
100	Helen	Aldous	F	F15-39		4	0:48:23	0:48:16
101	Kevin	Giraud	M	M15-39		135	0:48:24	0:48:12
102	Cheryl	Tye	F	F45-49	Framlingham Flyers	331	0:48:25	0:48:19
103	James	Nice	M	M50-54	Dereham Runners AC	353	0:48:26	0:48:11
104	Charlotte	Homer	F	F15-39		166	0:48:29	0:48:26
105	Julian	Trott	M	M45-49		328	0:48:29	0:48:21
106	Jonathan	Pearson	M	M40-44		240	0:48:31	0:48:21
107	Louise	Grinsdale	F	F40-44	Norwich Road Runners	148	0:48:32	0:48:25
108	Steven	Giles	M	M60-64	Cambridge & Coleridge AC	134	0:48:42	0:48:28
109	Paul	Foot	M	M40-44		120	0:48:44	0:48:36
110	Keith	Hood	M	M55-59	Wymondham AC	167	0:48:45	0:48:28
111	Andrew	Smith	M	M45-49	Saint Edmund Pacers	308	0:48:47	0:48:30
112	Chris	Grant	M	M55-59		142	0:48:48	0:48:37
113	Emma	Renouf	F	F40-44	Norwich Road Runners	267	0:48:51	0:48:43
114	Martin	Gooderham	M	M15-39	Harling Athletic Club	141	0:48:56	0:48:49
115	Richard	Cator	M	M55-59		56	0:48:57	0:48:52
116	Melissa	Clarke	F	F40-44		69	0:49:00	0:48:44
117	Vikki	Harper	F	F40-44	Coltishall Jaguars RC	152	0:49:03	0:48:49
118	Kevin	Clark	M	M45-49	Bungay Black Dog RC	66	0:49:11	0:49:03
119	Kerry	Gee	F	F15-39		132	0:49:12	0:49:08
120	Louise	Holland	F	F45-49	Wymondham AC	165	0:49:21	0:49:11
121	Alan	Richardson	M	M65+	Waveney Valley AC	271	0:49:23	0:49:15
122	Matt	Plunkett	M	M45-49	Dereham Runners & AC	256	0:49:23	0:49:15
123	Jodie	Causer	F	F15-39	Norwich Road Runners	57	0:49:25	0:49:18
124	Gemma	Woolrych	F	F40-44	North Norfolk Beach Runners	348	0:49:35	0:49:16
125	Dawn	Marshall	F	F50-54	Saint Edmund Pacers	204	0:49:37	0:49:26
126	Colin	Lewis	M	M50-54		195	0:49:37	0:49:26
127	Martin	Roberts	M	M55-59		274	0:50:06	0:49:55
128	Mark	Ramsden	M	M45-49		264	0:50:07	0:49:44
129	Charles	Shoolbred	M	M65+	Ipswich Jaffa RC	301	0:50:19	0:50:12
130	Chris	Greenough	M	M15-39		146	0:50:20	0:50:12
131	Paul	Claughton	M	M50-54	Harling Athletic Club	71	0:50:24	0:50:22
132	Kieran	Hartigan	M	M45-49	Stowmarket Striders RC	156	0:50:26	0:50:11
133	Darryn	Ralph	M	M15-39		262	0:50:26	0:50:12
134	Kym	Cromarty	F	F45-49	Haverhill Running Club	87	0:50:29	0:50:14
135	David	Galbraith	M	M15-39		126	0:50:37	0:50:31
136	Colin	Chamberlain	M	M50-54		59	0:50:38	0:50:21
137	Roger	Pembery	M	M40-44		242	0:50:41	0:50:30
138	Paul	Amond	M	M45-49		6	0:50:47	0:50:36
139	Sally	Henderson	F	F15-39		161	0:50:59	0:50:54
140	Sharon	Warland	F	F50-54	Stowmarket Striders RC	336	0:51:05	0:50:55
141	Sarah	Golding	F	F50-54	Saint Edmund Pacers	136	0:51:13	0:50:57
142	Pete	Sharpe	M	M40-44	Wymondham AC	297	0:51:16	0:50:58
143	Fiona	Butler	F	F45-49		52	0:51:16	0:51:01
144	Jason	Brunt	M	M40-44	Norfolk Gazelles AC	43	0:51:20	0:51:12
145	Sam	Barwick	F	F45-49	Norfolk Gazelles AC	21	0:51:20	0:51:13
146	James	Kybird	M	M15-39		189	0:51:23	0:51:10
147	Greg	Conway	M	M45-49		77	0:51:30	0:51:19
148	Peter	Sayer	M	M40-44		293	0:51:38	0:51:30

149	Andrew	Judd	M	M15-39		181	0:51:38	0:51:30
150	Natalia	Tibble	F	F15-39		325	0:51:42	0:51:27
151	Bobbie	Sauerzapf	F	F55-59	Bungay Black Dog RC	291	0:51:43	0:51:18
152	Vicki	Blackshaw	F	F15-39		32	0:51:43	0:51:22
153	Rebecca	Silkstone	F	F15-39		304	0:51:48	0:51:37
154	Samuel	Parsons	M	M15-39		236	0:51:48	0:51:39
155	Kayleigh	Bailey	F	F15-39		11	0:52:11	0:52:06
156	Jennifer	Smith	F	F15-39	Cambridge & Coleridge AC	311	0:52:15	0:52:12
157	Julie	Stringer	F	F15-39	Cambridge & Coleridge AC	317	0:52:26	0:52:20
158	Steve	Bright	M	M50-54		37	0:52:28	0:52:11
159	Beth	King	F	F40-44	Norfolk Gazelles AC	187	0:52:31	0:52:23
160	Peter	Thompson	M	M60-64	Norfolk Gazelles AC	321	0:52:38	0:52:28
161	Matt	Rump	M	M15-39		287	0:52:43	0:52:23
162	Imogen	Lees	F	F40-44	Norfolk Gazelles AC	194	0:52:49	0:52:42
163	Steve	Dickens	M	M50-54	Tri-Anglia Triathlon Club	99	0:52:57	0:52:51
164	Anna	Coulborn	F	F55-59	Great Yarmouth Road Runners	81	0:52:59	0:52:45
165	Ashley	Johnson	M	M15-39		176	0:53:07	0:53:03
166	Helaine	Addison	F	F40-44		3	0:53:08	0:52:46
167	John	Robinson	M	M45-49	Norwich Road Runners	276	0:53:10	0:52:44
168	Lorraine	Reeves	F	F40-44		266	0:53:33	0:53:25
169	Linda	Baxter	F	F50-54	Saint Edmund Pacers	23	0:53:33	0:53:26
170	Tim	Ratcliffe	M	M15-39		265	0:53:45	0:53:31
171	Paul	Thurston	M	M15-39		324	0:53:58	0:53:36
172	Claire	Owen	F	F40-44	Coltishall Jaguars RC	231	0:54:06	0:53:44
173	Lindsey	Anderson	F	F15-39		7	0:54:07	0:53:49
174	Steven	Fowler	M	M55-59		122	0:54:08	0:53:44
175	Sharon	McConochie	F	F45-49		209	0:54:09	0:53:51
176	Linda	Cusack	F	F60-64		91	0:54:10	0:53:52
177	David	Hirst	M	M50-54		164	0:54:24	0:54:11
178	Callum	Oakley	M	M15-39		230	0:54:27	0:54:06
179	Danielle	Crane	F	F15-39	Norwich Road Runners	83	0:54:39	0:54:24
180	Linsey	Wilcox	F	F15-39		343	0:54:41	0:54:20
181	Nikki	Barnard	F	F15-39		18	0:54:45	0:54:40
182	Susan	Baker	F	F50-54		13	0:54:45	0:54:41
183	Simon	Ludkin	M	M45-49		201	0:54:48	0:54:27
184	Kate	Moore	F	F40-44	Norwich Road Runners	214	0:54:51	0:54:29
185	Clare	Gooch	F	F40-44	Norwich Road Runners	138	0:54:53	0:54:29
186	Hugh	Worsnop	M	M50-54		349	0:55:01	0:54:28
187	Angela	O'Sullivan	F	F40-44		228	0:55:10	0:54:49
188	Belinda	Schofield	F	F60-64	Newmarket Joggers	294	0:55:13	0:54:52
189	Kelly	McGill	F	F15-39		210	0:55:35	0:55:17
190	Jan	Totterdale	F	F55-59	Dereham Runners & AC	327	0:55:53	0:55:37
191	Chris	Aylmer	M	M65+	Newmarket Joggers	8	0:55:58	0:55:31
192	Peter	Gay	M	M65+	Stowmarket Striders RC	130	0:56:07	0:55:41
193	Desmonde	Talbot	F	F65+	Fetch Everyone	318	0:56:09	0:55:52
194	Hannah	Hanford	F	F15-39		151	0:56:20	0:56:14
195	Neil	Cockerton	M	M40-44		75	0:56:27	0:56:04
196	Suzanne	Grieverson-James	F	F40-44		147	0:56:30	0:56:11
197	Hui-Imm	Clarke	F	F50-54		67	0:56:34	0:56:17
198	Stewart	Docherty	M	M15-39		102	0:56:55	0:56:32

199	Caroline	Fletcher	F	F15-39	Dereham Runners & AC	118	0:57:03	0:56:47
200	Jennifer	Chamberlain	F	F45-49		60	0:57:05	0:56:49
201	Nigel	Bullen	M	M60-64	Norfolk Gazelles AC	45	0:57:11	0:57:04
202	Raymond	Keevil	M	M65+		182	0:57:19	0:57:00
203	Kelly	Pick	F	F15-39		248	0:57:25	0:57:08
204	Annabel	Boswell	F	F15-39		35	0:57:29	0:57:25
205	Duncan	Drake	M	M15-39		104	0:57:35	0:57:26
206	Jayne	Richardson	F	F55-59	Waveney Valley AC	272	0:57:52	0:57:46
207	Mark	Burrows	M	M50-54		50	0:57:55	0:57:47
208	Samantha	Dickens	F	F50-54		98	0:58:01	0:57:39
209	Coline	Le roux	F	F15-39		191	0:58:07	0:57:55
210	Guillaume	Dericq	M	M15-39		96	0:58:08	0:57:57
211	Joanna	Simcock-Sims	F	F15-39		305	0:58:21	0:57:59
212	Lizz	Shaw	F	F45-49	Harling Athletic Club	298	0:58:29	0:58:09
213	Sarah	Fry	F	F40-44	Harling Athletic Club	125	0:58:29	0:58:09
214	Denis	O'Sullivan	M	M40-44		229	0:58:49	0:58:29
215	Stephanie	Hudson	F	F15-39		170	0:59:00	0:58:38
216	Sandie	Jardine	F	F50-54		174	0:59:04	0:58:49
217	Stuart	Shepherd	M	M50-54	Saint Edmund Pacers	300	0:59:15	0:59:02
218	Lucy	Bellotti	F	F15-39		28	0:59:22	0:59:10
219	Gary	Pinyoun	M	M40-44		250	0:59:31	0:59:09
220	Zep	Ciarla	M	M45-49		64	0:59:37	0:59:24
221	Danniella	Ciarla	F	F15-39		65	0:59:37	0:59:24
222	Joana	GOncalves	F	F15-39		137	0:59:47	0:59:18
223	John	Doak	M	M15-39		101	0:59:49	0:59:35
224	Christopher	Hawkins	M	M45-49		158	0:59:50	0:59:27
225	Donna	Breeze	F	F15-39	Harling Athletic Club	36	1:00:04	0:59:43
226	Claire	Tingey	F	F15-39		326	1:00:04	0:59:50
227	David	Jones	M	M65+		179	1:00:12	0:59:58
228	Emma	O'Doherty	F	F15-39		224	1:00:15	0:59:52
229	Helen	Johnson	F	F15-39		177	1:00:20	0:59:50
230	Jacquie	Rodwell	F	F50-54		281	1:00:55	1:00:46
231	Karen	Phillips	F	F50-54		245	1:01:01	1:00:52
232	Colin	Doak	M	M50-54		100	1:01:01	1:00:37
233	Rachael	Pizey	F	F15-39	Norwich Road Runners	253	1:01:07	1:00:44
234	Marcelle	Evans	F	F15-39		114	1:01:09	1:01:04
235	Kate	Barlow	F	F60-64		17	1:01:45	1:01:26
236	Graham	Sampson	M	M65+	Bungay Black Dog RC	290	1:01:48	1:01:30
237	Jenny	Barrs	F	F15-39		19	1:01:57	1:01:39
238	Sally	Rust-Andrews	F	F40-44		288	1:02:07	1:01:48
239	Heather	Pipe	F	F15-39		252	1:02:39	1:02:20
240	Donna	Sayer	F	F15-39		292	1:03:13	1:02:45
241	Paula	Jordan	F	F50-54	Dulwich Park Runners	180	1:03:23	1:02:57
242	Annie	Whitham	F	F15-39		342	1:03:31	1:03:04
243	Helena	Bateson	F	F15-39		22	1:03:34	1:03:08
244	Garrick	Fox	M	M65+	Bungay Black Dog RC	123	1:04:03	1:03:35
245	Allison	Crowe	F	F55-59		88	1:04:34	1:04:07
246	Nicola	Harrison	F	F15-39	Norwich Road Runners	155	1:04:51	1:04:26
247	Louis	Cooper	M	M65+	Wymondham AC	79	1:05:26	1:05:03
248	Regis	Crepuy	M	M60-64		84	1:05:41	1:05:18

249	Dennis	Early	M	M65+	Wymondham AC	107	1:05:50	1:05:23
250	Chloe	Hailstone	F	F15-39		149	1:05:55	1:05:25
251	Gill	Cobbold	F	F50-54		74	1:06:43	1:06:34
252	Celine	Lebrun	F	F40-44		192	1:06:47	1:06:43
253	Jean	Reynolds	F	F50-54	Brandon Fern Hoppers	268	1:07:03	1:06:32
254	Chris	Barton	M	M15-39		20	1:07:18	1:06:50
255	Jessica	Matthews	F	F15-39		205	1:07:30	1:07:01
256	Julian	Giles	M	M55-59		133	1:07:34	1:07:08
257	Stephanie	Brighton	F	F15-39		38	1:08:35	1:08:11
258	Paul	Corder	M	M55-59	Norwich Road Runners	80	1:08:46	1:08:19
259	Catherine	Mahony Parfitt	F	F15-39		203	1:08:59	1:08:37
260	Tony	Friend	M	M50-54		124	1:09:13	1:08:52
261	Hazel	Evans	F	F15-39		113	1:09:16	1:08:51
262	Sarah	Scott	F	F15-39		295	1:09:33	1:09:13
263	Sarah	Barley	F	F50-54		16	1:09:38	1:09:10
264	Corinne	Shoolbred	F	F65+		302	1:10:02	1:09:31
265	Kate	Miller	F	F45-49		213	1:10:37	1:10:21
266	Laura	Flowers	F	F15-39		119	1:10:37	1:10:22
267	Maria	Soames	F	F15-39		314	1:10:43	1:10:17
268	Kirsty	Loftus	F	F15-39		197	1:10:48	1:10:26
269	Paul	Forshaw	M	M60-64	Fetch Everyone	121	1:11:39	1:11:08
270	Ann	Elrick	F	F40-44		110	1:12:32	1:12:15
271	Stephen	Pizey	M	M50-54	Norwich Road Runners	254	1:12:41	1:12:17
272	Paul	Grayson	M	M50-54		144	1:12:50	1:12:33
273	Joshua	Grayson	M	M15-39		145	1:12:50	1:12:29
274	William	Eaglesham	M	M15-39		106	1:13:55	1:13:22
275	Michael	Burris	M	M15-39		49	1:14:16	1:13:52
276	Becky	Burris	F	F15-39		48	1:14:18	1:13:53
277	David	O'Reilly	M	M15-39		226	1:15:28	1:14:57
278	Steven	O'reilly	M	M15-39		227	1:15:28	1:14:56
279	Michaela	Sears	F	F45-49		296	1:15:38	1:15:08
280	Chris	Gay	F	F65+	Stowmarket Striders RC	129	1:17:01	1:16:31
281	Carolyn	Smith	F	F50-54		310	1:17:14	1:16:41
282	Sarah	Smith	F	F40-44		312	1:19:21	1:18:53