

5 mile race results 2024

Pos	Race No	Name	Gun Time	Net Time	Category	Cat Pos	Gender	Gen Pos
1	629	Brandon BARBER	00:26:56	00:26:56	Top3	1	Open	1
2	505	Aden BELL	00:29:36	00:29:36	Top3	2	Open	2
3	506	John SCAIFE	00:30:53	00:30:53	Top3	3	Open	3
4	661	Paul ALMOND	00:31:15	00:31:14	Ages 40 - 44	1	Open	4
5	541	Benjamin CAMPBELL	00:31:47	00:31:46	Ages 15 - 39	1	Open	5
6	599	Harry ELLIOTT	00:32:00	00:31:59	Ages 15 - 39	2	Open	6
7	538	Caleb LEE	00:32:02	00:32:02	Ages 15 - 39	3	Open	7
8	596	Hayden PHILLIPS	00:32:10	00:32:09	Ages 15 - 39	4	Open	8
9	672	Darcy GLADWELL	00:32:25	00:32:24	Top3	1	Female	1
10	650	Paul COOKE	00:33:06	00:33:03	Ages 50 - 54	1	Open	9
11	514	Clive THOMAS	00:34:01	00:34:01	Ages 60 - 64	1	Open	10
12	563	Conor FLANAGAN	00:34:26	00:34:23	Ages 15 - 39	5	Open	11
13	653	Tony HUBBARD	00:34:39	00:34:36	Ages 45 - 49	1	Open	12
14	551	Elliot SELBY	00:34:55	00:34:53	Ages 15 - 39	6	Open	13
15	645	Ryan BAKER	00:35:28	00:35:27	Ages 15 - 39	7	Open	14
16	675	Alfie HAYGREEN	00:35:36	00:35:33	Ages 15 - 39	8	Open	15
17	678	Holly TAYLOR	00:35:37	00:35:34	Top3	2	Female	2
18	654	John BIRD	00:36:06	00:36:05	Ages 15 - 39	9	Open	16
19	558	Thomas DAVIS	00:36:10	00:36:08	Ages 15 - 39	10	Open	17
20	679	Keith WILLIAMS	00:36:58	00:36:50	Ages 55 - 59	1	Open	18
21	630	Katie GIBSON	00:37:10	00:37:08	Top3	3	Female	3
22	633	Richard JONES	00:37:33	00:37:31	Ages 55 - 59	2	Open	19
23	626	Ian CUNNINGTON	00:37:39	00:37:35	Ages 60 - 64	2	Open	20
24	571	Dominic BAREHAM	00:37:40	00:37:31	Ages 45 - 49	2	Open	21
25	603	Anna KEEBLE	00:37:42	00:37:40	Ages 15 - 39	1	Female	4
26	554	Adam O'LEARY	00:38:23	00:38:23	Ages 15 - 39	11	Open	22
27	649	Kelly SMITH	00:38:38	00:38:36	Ages 50 - 54	1	Female	5
28	619	Gary LOWE	00:38:43	00:38:40	Ages 65 - 69	1	Open	23
29	525	Tim RANSON	00:38:43	00:38:41	Ages 60 - 64	3	Open	24
30	673	Paul HUBERT	00:39:03	00:38:58	Ages 45 - 49	3	Open	25
31	622	Eleanor LANGRIDGE BROWN	00:39:08	00:39:02	Ages 15 - 39	2	Female	6
32	544	Josh DAY	00:39:23	00:39:19	Ages 15 - 39	12	Open	26
33	510	Daniel SMITH	00:40:03	00:39:57	Ages 15 - 39	13	Open	27
34	617	Nicola HILSON	00:40:20	00:40:18	Ages 55 - 59	1	Female	7
35	684	Georgie ROADNIGHT	00:40:22	00:40:17	Ages 15 - 39	3	Female	8
36	670	Becks BAWLEY	00:40:35	00:40:27	Ages 15 - 39	4	Female	9
37	515	Gary WATSON	00:40:45	00:40:40	Ages 40 - 44	2	Open	28
38	503	Kay OXFORD	00:40:51	00:40:46	Ages 55 - 59	2	Female	10
39	677	Mary TULI	00:40:56	00:40:50	Ages 50 - 54	2	Female	11
40	618	Colin KNIGHT	00:40:59	00:40:54	Ages 70 - 74	1	Open	29
41	502	Nathalie HOOPER	00:41:06	00:41:01	Ages 55 - 59	3	Female	12
42	668	Freya CROSSLEY	00:41:12	00:41:07	Ages 15 - 39	5	Female	13
43	560	Alex HARVEY	00:41:14	00:41:11	Ages 15 - 39	14	Open	30

44	657 Scott SHERMAN	00:41:41	00:41:28	Ages 15 - 39	15 Open	31
45	686 Bryony SIMPSON	00:41:44	00:41:38	Ages 15 - 39	6 Female	14
46	697 Mark BREWER	00:41:48	00:41:39	Ages 60 - 64	4 Open	32
47	501 Crystal MURRAY	00:41:57	00:41:49	Ages 15 - 39	7 Female	15
48	648 Hugh WHITE	00:41:59	00:41:54	Ages 55 - 59	3 Open	33
49	575 Jay REVAN	00:42:08	00:42:04	Ages 15 - 39	16 Open	34
50	537 Finley Toner	00:42:10	00:42:05	Ages 15 - 39	17 Open	35
51	574 Celia EVANS	00:42:10	00:42:09	Ages 15 - 39	8 Female	16
52	604 Andrew HORNER	00:42:12	00:42:10	Ages 45 - 49	4 Open	36
53	555 Elizabeth STEWART	00:42:37	00:42:31	Ages 15 - 39	9 Female	17
54	688 Kieran CALLAGHAN	00:42:50	00:42:47	Ages 40 - 44	3 Open	37
55	634 Olivia MALLET	00:42:51	00:42:48	Ages 15 - 39	10 Female	18
56	698 Kara BREWER	00:42:53	00:42:45	Ages 15 - 39	11 Female	19
57	615 Shona YEA	00:42:54	00:42:49	Ages 15 - 39	12 Female	20
58	613 Karla BIRD	00:43:08	00:43:00	Ages 15 - 39	13 Female	21
59	556 William TUSON	00:43:12	00:43:05	Ages 50 - 54	2 Open	38
60	545 Ruth COWLIN	00:43:25	00:43:21	Ages 60 - 64	1 Female	22
61	567 James WYTHE	00:43:42	00:43:39	Ages 15 - 39	18 Open	39
62	631 Jason NIGHTINGALE	00:43:56	00:43:53	Ages 50 - 54	3 Open	40
63	627 Norman JUBB	00:43:58	00:43:50	Ages 65 - 69	2 Open	41
64	540 Trish JARVIS	00:44:00	00:43:56	Ages 55 - 59	4 Female	23
65	561 Carrieann ROBERTSON	00:44:04	00:43:51	Ages 40 - 44	1 Female	24
66	620 Molly BEWSHER	00:44:31	00:44:27	Ages 15 - 39	14 Female	25
67	636 Ash LAWSON	00:45:18	00:45:09	Ages 15 - 39	19 Open	42
68	529 Lorry SHEAD	00:45:40	00:45:31	Ages 45 - 49	5 Open	43
69	572 Paul CARRUTHERS	00:45:42	00:45:28	Ages 60 - 64	5 Open	44
70	640 Jodie SHARP	00:45:46	00:45:39	Ages 15 - 39	15 Female	26
71	535 Kate CLARKE	00:46:00	00:45:50	Ages 45 - 49	1 Female	27
72	651 Ali MOSELEY	00:46:10	00:46:05	Ages 55 - 59	4 Open	45
73	522 Louise PARKINSON	00:46:33	00:46:25	Ages 45 - 49	2 Female	28
74	518 Charlotte SKAPOULLOU	00:46:37	00:46:29	Ages 40 - 44	2 Female	29
75	639 Kelly WAGLAND	00:46:39	00:46:24	Ages 55 - 59	5 Open	46
76	685 Claire PHILLIPS	00:46:40	00:46:32	Ages 40 - 44	3 Female	30
77	652 Wing-Mei UNG	00:46:44	00:46:36	Ages 45 - 49	3 Female	31
78	669 Will BLACKBURN	00:46:51	00:46:43	Ages 15 - 39	20 Open	47
79	667 Elena MITCHELL	00:46:52	00:46:44	Ages 15 - 39	16 Female	32
80	546 Sheila THOMAS	00:47:09	00:47:04	Ages 65 - 69	1 Female	33
81	606 Tony ADOLPHUS	00:47:20	00:47:13	Ages 65 - 69	3 Open	48
82	612 Molly BEDDUS	00:47:21	00:47:12	Ages 15 - 39	17 Female	34
83	570 Nessie THORPE	00:47:25	00:47:20	Ages 50 - 54	3 Female	35
84	559 Emily HILSON	00:47:41	00:47:38	Ages 15 - 39	18 Female	36
85	568 Elspeth KNOTT	00:47:46	00:47:34	Ages 70 - 74	1 Female	37
86	682 Sara TAYLOR-BALLS	00:47:47	00:47:38	Ages 60 - 64	2 Female	38
87	656 Martyn YELLOP	00:47:52	00:47:42	Ages 55 - 59	6 Open	49
88	660 Connie HAGGART	00:48:01	00:47:51	Ages 15 - 39	19 Female	39

89	521 Benjamin PARKINSON	00:48:06	00:47:56	Ages 15 - 39	21 Open	50
90	516 Joanne SARGENT	00:48:14	00:48:09	Ages 50 - 54	4 Female	40
91	687 Danielle WRIGHT	00:48:18	00:48:07	Ages 15 - 39	20 Female	41
92	531 Sonia BATES	00:48:22	00:48:17	Ages 15 - 39	21 Female	42
93	508 Christopher SMITH	00:48:31	00:48:24	Ages 50 - 54	4 Open	51
94	509 Callum SMITH	00:48:31	00:48:26	Ages 15 - 39	22 Open	52
95	635 Teresa MORSE	00:48:39	00:48:34	Ages 55 - 59	5 Female	43
96	547 Keith BORRETT	00:48:50	00:48:46	Ages 70 - 74	2 Open	53
97	557 Jason WARREN	00:49:07	00:48:57	Ages 45 - 49	6 Open	54
98	623 Georgia LAWRIE	00:49:35	00:49:21	Ages 15 - 39	22 Female	44
99	528 Suzy VIOLETT	00:49:41	00:49:34	Ages 50 - 54	5 Female	45
100	621 Jonathan PIPE	00:49:52	00:49:41	Ages 55 - 59	7 Open	55
101	674 Bethany MENDHAM	00:49:54	00:49:40	Ages 15 - 39	23 Female	46
102	542 Millie BREED	00:49:57	00:49:47	Ages 15 - 39	24 Female	47
103	624 Gary WILES	00:50:01	00:49:53	Ages 50 - 54	5 Open	56
104	632 Joanne NIGHTINGALE	00:50:53	00:50:49	Ages 50 - 54	6 Female	48
105	530 Helen ALLAN	00:50:54	00:50:48	Ages 55 - 59	6 Female	49
106	539 Mark WILDS	00:50:56	00:50:40	Ages 55 - 59	8 Open	57
107	573 Chris GARLICK	00:51:11	00:50:55	Ages 55 - 59	9 Open	58
108	663 Lucy COX	00:51:16	00:51:04	Ages 15 - 39	25 Female	50
109	517 Nick BEALES	00:51:16	00:51:05	Ages 65 - 69	4 Open	59
110	550 Regina GIDDINGS	00:51:21	00:51:08	Ages 45 - 49	4 Female	51
111	566 Wayne DAVIS	00:51:41	00:51:37	Ages 50 - 54	6 Open	60
112	602 Ben FLATT	00:51:47	00:51:37	Ages 40 - 44	4 Open	61
113	601 Hollie WOOD	00:51:47	00:51:36	Ages 15 - 39	26 Female	52
114	600 Donna GARNHAM	00:51:58	00:51:49	Ages 50 - 54	7 Female	53
115	637 Helen WAGLAND	00:51:59	00:51:45	Ages 55 - 59	7 Female	54
116	527 Joseph RODRIGUES	00:52:01	00:51:55	Ages 15 - 39	23 Open	62
117	642 Lisa HOSKINS	00:52:04	00:51:55	Ages 50 - 54	8 Female	55
118	641 Helen ASHWORTH	00:52:05	00:51:55	Ages 50 - 54	9 Female	56
119	655 Danielle SMART	00:52:32	00:52:25	Ages 15 - 39	27 Female	57
120	565 Gillian CROOT	00:52:52	00:52:38	Ages 55 - 59	8 Female	58
121	671 Alex CHISNALL	00:53:01	00:52:55	Ages 15 - 39	28 Female	59
122	562 Bethany SHOPLAND	00:53:13	00:53:08	Ages 15 - 39	29 Female	60
123	680 Craig BRETT	00:53:43	00:53:26	Ages 45 - 49	7 Open	63
124	681 Petrina BRETT	00:53:44	00:53:26	Ages 40 - 44	4 Female	61
125	628 Tracey SOUTHGATE	00:53:47	00:53:37	Ages 55 - 59	9 Female	62
126	610 Alison MULLISH	00:53:48	00:53:38	Ages 55 - 59	10 Female	63
127	513 Daniel LOVETT	00:54:33	00:54:32	Ages 15 - 39	24 Open	64
128	534 Daniel MARKS	00:54:34	00:54:33	Ages 45 - 49	8 Open	65
129	665 Yolanda RANKIN	00:54:35	00:54:25	Ages 15 - 39	30 Female	64
130	676 Sid HAYGREEN	00:54:47	00:54:32	Ages 50 - 54	7 Open	66
131	662 Jem MUTTOCK	00:54:47	00:54:38	Ages 15 - 39	31 Female	65
132	543 Chloe TAYLOR	00:54:50	00:54:48	Ages 15 - 39	32 Female	66
133	609 Frances HALE	00:54:59	00:54:48	Ages 65 - 69	2 Female	67

134	608 Rebecca HODNETT	00:55:16	00:55:03	Ages 15 - 39	33 Female	68
135	504 Angela GREEN	00:55:16	00:55:05	Ages 55 - 59	11 Female	69
136	564 Kate BRETT	00:55:23	00:55:09	Ages 50 - 54	10 Female	70
137	658 Laura PEARSON	00:55:25	00:55:13	Ages 15 - 39	34 Female	71
138	553 Helen MOSS	00:55:29	00:55:15	Ages 40 - 44	5 Female	72
139	519 Lorna TODD	00:55:35	00:55:30	Ages 40 - 44	6 Female	73
140	664 Paul CROSS	00:55:41	00:55:34	Ages 60 - 64	6 Open	67
141	548 Chloe HOPKINS	00:55:49	00:55:35	Ages 15 - 39	35 Female	74
142	520 Barry KLEIN	00:56:02	00:55:45	Ages 40 - 44	5 Open	68
143	659 Danielle NELSON	00:56:33	00:56:23	Ages 40 - 44	7 Female	75
144	607 Julie FAIRWEATHER	00:56:59	00:56:46	Ages 40 - 44	8 Female	76
145	611 Michele FARLEY	00:56:59	00:56:45	Ages 55 - 59	12 Female	77
146	523 Tracey SQUIRRELL	00:57:01	00:56:51	Ages 55 - 59	13 Female	78
147	666 Dylan CHANA	00:57:12	00:57:05	Ages 15 - 39	25 Open	69
148	683 Louise WOOD	00:57:20	00:57:04	Ages 55 - 59	14 Female	79
149	549 Nichola WILKINS	00:57:32	00:57:20	Ages 40 - 44	9 Female	80
150	526 Danny RANSON	00:57:37	00:57:30	Ages 15 - 39	26 Open	70
151	524 Michelle RANSON	00:57:44	00:57:36	Ages 45 - 49	5 Female	81
152	511 Cathryn FIFIELD	00:57:47	00:57:35	Ages 55 - 59	15 Female	82
153	536 Anna ANDERSON	00:58:26	00:58:14	Ages 50 - 54	11 Female	83
154	643 Lungile BUSHELL	00:59:05	00:58:49	Ages 40 - 44	10 Female	84
155	507 Clare WARD	01:00:06	00:59:54	Ages 60 - 64	3 Female	85
156	512 Hannah BURTON	01:00:50	01:00:39	Ages 15 - 39	36 Female	86
157	625 Katie DE BOURCIER	01:01:15	01:01:00	Ages 50 - 54	12 Female	87
158	605 Sarah DE-VAUX BALBIRNIE	01:01:56	01:01:43	Ages 15 - 39	37 Female	88
159	616 Jo JOBSON	01:03:47	01:03:34	Ages 50 - 54	13 Female	89
160	552 Ellen CLARKE	01:03:47	01:03:33	Ages 15 - 39	38 Female	90
161	644 Susanne POOLE	01:03:48	01:03:35	Ages 55 - 59	16 Female	91
162	638 Edward WAGLAND	01:03:55	01:03:41	Ages 15 - 39	27 Open	71
163	614 Alexandra FILA	01:07:23	01:07:11	Ages 15 - 39	39 Female	92
164	646 Bernadette WHITE	01:08:26	01:08:17	Ages 55 - 59	17 Female	93
165	647 Caitlin WHITE	01:08:26	01:08:17	Ages 15 - 39	40 Female	94
166	532 Sandra JOHNSON	01:08:39	01:08:22	Ages 50 - 54	14 Female	95
167	533 Zoe REYNOLDS	01:08:39	01:08:23	Ages 50 - 54	15 Female	96

Club	Pace
Ipswich Harriers	5:23 min/m
Hadleigh Hares	5:55 min/m
Colchester Harriers AC	6:10 min/m
	6:15 min/m
Stour Valley Tri Club	6:21 min/m
Stour Valley Tri Club	6:24 min/m
Colchester Harriers AC	6:24 min/m
Kesgrave Cruisers	6:26 min/m
Ipswich Harriers	6:29 min/m
Ipswich JAFFA	6:37 min/m
BLC on the run	6:48 min/m
	6:53 min/m
Ipswich JAFFA	6:55 min/m
Colchester Harriers AC	6:59 min/m
Boxted Runners	7:05 min/m
	7:07 min/m
Felixstowe Road Runners	7:07 min/m
	7:13 min/m
Hadleigh Hares	7:14 min/m
Ipswich JAFFA	7:23 min/m
Colchester Harriers AC	7:26 min/m
	7:30 min/m
Saint Edmund Pacers	7:31 min/m
Felixstowe Road Runners	7:32 min/m
Ipswich JAFFA	7:32 min/m
Stour Valley Tri Club	7:40 min/m
Boxted Runners	7:43 min/m
Saxmundham Sports Running & Fitness Club	7:44 min/m
	7:44 min/m
	7:48 min/m
Hadleigh Hares	7:49 min/m
	7:52 min/m
	8:00 min/m
Colchester Harriers AC	8:04 min/m
BLC on the run	8:04 min/m
BLC on the run	8:07 min/m
	8:09 min/m
Hadleigh Hares	8:10 min/m
Haverhill Running Club	8:11 min/m
Saint Edmund Pacers	8:11 min/m
Hadleigh Hares	8:13 min/m
BLC on the run	8:14 min/m
Colchester Harriers AC	8:14 min/m

	8:20 min/m
BLC on the run	8:20 min/m
	8:21 min/m
Hadleigh Hares	8:23 min/m
	8:23 min/m
	8:25 min/m
	8:26 min/m
	8:26 min/m
Boxted Runners	8:26 min/m
Hadleigh Hares	8:31 min/m
Colchester Harriers AC	8:34 min/m
	8:34 min/m
	8:34 min/m
	8:34 min/m
Ipswich JAFFA	8:37 min/m
Boxted Runners	8:38 min/m
Sudbury Joggers	8:41 min/m
	8:44 min/m
	8:47 min/m
Boxted Runners	8:47 min/m
Jogging Made Easy	8:48 min/m
	8:48 min/m
	8:54 min/m
	9:03 min/m
	9:08 min/m
	9:08 min/m
Stowmarket Striders RC	9:09 min/m
	9:12 min/m
	9:14 min/m
	9:18 min/m
	9:19 min/m
	9:19 min/m
Kesgrave Cruisers	9:20 min/m
Boxted Runners	9:20 min/m
	9:22 min/m
	9:22 min/m
	9:25 min/m
Ipswich JAFFA	9:28 min/m
Ipswich JAFFA	9:28 min/m
Ipswich Triathlon Club	9:29 min/m
Colchester Harriers AC	9:32 min/m
Harwich Runners	9:33 min/m
	9:33 min/m
	9:34 min/m
	9:36 min/m

	9:37 min/m
Hadleigh Hares	9:38 min/m
Felixstowe Road Runners	9:39 min/m
Hadleigh Hares	9:40 min/m
	9:42 min/m
	9:42 min/m
Running Colchester	9:43 min/m
	9:46 min/m
	9:49 min/m
Harwich Runners	9:55 min/m
	9:56 min/m
	9:58 min/m
	9:58 min/m
	9:59 min/m
Halstead Road Runners	10:00 min/m
	10:10 min/m
	10:10 min/m
Bishops Stortford RC	10:11 min/m
	10:14 min/m
	10:15 min/m
Harwich Runners	10:15 min/m
	10:16 min/m
Jogging Made Easy	10:20 min/m
	10:21 min/m
	10:21 min/m
Felixstowe Road Runners	10:23 min/m
	10:23 min/m
Framlingham Flyers	10:24 min/m
	10:24 min/m
	10:25 min/m
	10:30 min/m
	10:34 min/m
	10:36 min/m
	10:38 min/m
	10:44 min/m
	10:44 min/m
	10:45 min/m
Hadleigh Jeffing Queens	10:45 min/m
	10:54 min/m
	10:54 min/m
	10:55 min/m
	10:57 min/m
	10:57 min/m
	10:58 min/m
Hadleigh Jeffing Queens	10:59 min/m

	11:03 min/m
	11:03 min/m
	11:04 min/m
Hadleigh Hares	11:05 min/m
Hadleigh Hares	11:05 min/m
Hadleigh Hares	11:07 min/m
Running Colchester	11:08 min/m
	11:09 min/m
	11:12 min/m
	11:18 min/m
Hadleigh Jeffing Queens	11:23 min/m
	11:24 min/m
Hadleigh Hares	11:24 min/m
	11:26 min/m
Jogging Made Easy	11:28 min/m
Hadleigh Jeffing Queens	11:30 min/m
	11:31 min/m
Vegan Runners Uk	11:32 min/m
Running Colchester	11:33 min/m
Harwich Runners	11:41 min/m
	11:49 min/m
Hadleigh Jeffing Queens	12:01 min/m
	12:10 min/m
Halstead Road Runners	12:15 min/m
	12:23 min/m
Hadleigh Jeffing Queens	12:45 min/m
	12:45 min/m
	12:45 min/m
	12:47 min/m
	13:28 min/m
	13:41 min/m
Felixstowe Road Runners	13:41 min/m
	13:43 min/m
Great Bentley Running Club	13:43 min/m