

# Sudbury 5 Sportlink Running and Fitness Suffolk Grandprix

Position	Bib	Name	EA	Category	Time	Club
1	141	Andrew Ridley	2698819	MO	0:26:52.45	Birchfield Harriers
2	134	Danny Rock	3440710	MO	0:27:25.85	Ipswich Jaffa RC
3	290	James Hayward	3194744	MO	0:27:57.89	Ipswich Jaffa RC
4	100	Allen Smalls	2790338	M45	0:28:06.75	Springfield Harriers AC
5	31	James Wright	2192338	MO	0:28:09.24	Colchester Harriers RC
6	292	Kieran Hayes	3354749	MO	0:28:20.93	Sudbury Joggers
7	154	James Preston		U18M	0:28:31.7	
8	291	Mark Hayward	3014797	MO	0:28:43.55	Newmarket Joggers
9	140	Colin Ridley	2698820	M55	0:28:44	Colchester Harriers AC
10	133	Paul Rodgers	3178647	M40	0:28:45.84	Colchester Harriers AC
11	102	Craig Sisson	3382302	MO	0:28:55.99	Haverhill Running Club
12	136	Joe Robson	3081066	U18M	0:29:47.84	Saint Edmund Pacers
13	4	David Wright	2694062	MO	0:29:49.37	Great Bentley Running Club
14	14	Scott Williams	3124078	MO	0:29:50.21	Stowmarket Striders RC
15	156	Paul Preston	3283536	M45	0:30:14.28	Colchester Harriers AC
16	400	Wayne Cook	4706361	M40	0:30:19.57	Colchester Harriers AC
17	392	Tom Cresswell	3106032	MO	0:30:24.73	Colchester Harriers AC
18	91	James Wilson	2797308	MO	0:30:24.74	Saxmundham Sports Running & Fitness Club
19	32	James Welsh		MO	0:30:29.48	
20	135	Odette Robson	3355481	F45	0:30:35.27	Saint Edmund Pacers
21	248	Benjamin Jacobs	3426581	M40	0:30:42.63	Felixstowe RRC
22	17	David Willer	3034963	MO	0:30:54.2	Hadleigh Hares AC
23	344	Lee Ford		MO	0:30:59.25	
24	211	Scott Manning		MO	0:31:21.51	
25	182	Megan Newton	3019487	U18F	0:31:23.71	West Suffolk AC
26	177	Drew Oley	3194832	U18M	0:31:30.79	Colchester Harriers AC
27	86	Mark Smith		M40	0:31:38.43	
28	107	Marie Shirley	2872123	F35	0:31:46.23	Colchester Harriers AC
29	449	Piotr Bulacz		M45	0:31:52.27	Sudbury Joggers
30	52	Michael Udrill		M45	0:31:54.45	
31	265	Steven Hughes	2910300	M50	0:32:09.12	Stowmarket Striders RC
32	10	Martin Wilson	3081066	MO	0:32:09.83	Stowmarket Striders RC
33	288	Ian Ledieu		MO	0:32:12.89	
34	118	Kieron Savage	3457474	M40	0:32:13.7	Sudbury Joggers
35	26	Mark White	3250118	M45	0:32:20.15	Haverhill Running Club
36	176	Andy Owen	3400825	MO	0:32:22.36	Halstead RRC
37	206	Scott McLaren		MO	0:32:24.23	
38	142	Kai Reynolds		MO	0:32:26.31	
39	164	Tom Porter	3535578	MO	0:32:27.03	Halstead RRC
40	297	Tom Haslam	3220490	M45	0:32:30.77	Saxmundham Sports Running & Fitness Club
41	96	Simon Smith	3300018	M50	0:32:37.84	Colchester Harriers AC
42	330	Neil Gillingham	2712968	MO	0:32:44.41	Ipswich Harriers
43	349	Yusuf Firat	3017330	M50	0:32:51.92	Haverhill Running Club
44	227	Todd Lewis		M40	0:32:52.54	
45	87	Richard Smith	3582208	M40	0:32:55.97	Sudbury Joggers
46	312	Jon Greenley	3476196	MO	0:32:56.45	Halstead RRC
47	481	Darren Barfield	3354567	MO	0:32:59.24	Sudbury Joggers
48	147	Rakesh Dugga	3374463	M45	0:33:05.35	Saint Edmund Pacers
49	373	Ian Rajan	3432560	M50	0:33:07.34	Felixstowe RRC
50	388	Simon Daniel		MO	0:33:13.03	
51	36	Claire Weller	3586774	F45	0:33:22.33	Ipswich Jaffa RC
52	79	Roger Stone	2714569	MO	0:33:24.15	Felixstowe RRC
53	311	Ciaran Griffin		M50	0:33:28.42	
54	469	Rob Blackman		MO	0:33:37.2	
55	128	Mark Rose	3510701	M40	0:33:40.94	Ipswich Jaffa RC
56	35	Chris Wells	3573626	M40	0:33:57.09	Sudbury Joggers
57	131	Brian Rogers	2700864	M60	0:34:11.84	Ipswich Jaffa RC
58	6	Joanna Woledge	3534897	F40	0:34:17.66	Saint Edmund Pacers
59	477	Robin Belsom	2700702	M55	0:34:18.63	Ipswich Jaffa RC
60	422	Alden Church	3366815	U18M	0:34:23.74	Saxmundham Sports Running & Fitness Club
61	195	Justin Cooper Keeble		M45	0:34:28.86	Harwich Runners
62	127	Daniel Roughan		MO	0:34:35.52	
63	63	Maryann Tuli		F45	0:34:36.28	Haverhill Running Club
64	43	Westley Walker	3561012	MO	0:34:38.94	Haverhill Running Club
65	408	Andrew Collett	3364117	MO	0:34:38.94	Stowmarket Striders RC
66	180	Aaron Noble	3323863	M40	0:34:40.17	Sudbury Joggers
67	396	Ben Cowley	3617029	MO	0:34:47.13	Saxmundham Sports Running & Fitness Club
68	256	Will Johnsonwood		MO	0:34:50.48	Sudbury Joggers
69	358	Jon Ellis		M45	0:34:51.52	
70	51	Daniel Upton		M40	0:34:53.21	
71	117	Ben Schofield		MO	0:34:56.66	
72	263	Mark Hughes	3604431	M45	0:34:57.17	Stowmarket Striders RC
73	116	Nigel Schofield	3442761	M50	0:35:00.51	Saint Edmund Pacers
74	233	James King		MO	0:35:01.54	
75	45	Kelly Wagland		M50	0:35:02.24	
76	430	James Charlesworth		M45	0:35:05.81	
77	315	Simon King		M60	0:35:11.32	Grange Farm and Dunmow
78	320	Steve Goodwin		MO	0:35:16.98	
79	152	Stephen Pretty	3129612	M55	0:35:21.93	Stowmarket Striders RC
80	71	Peter Thompson	2742736	M60	0:35:27.41	Norfolk Gazelles AC
81	187	Andre Neville	3485298	M40	0:35:28.45	Stowmarket Striders RC
82	296	Stephen Hatten	2902518	M50	0:35:29.24	Saint Edmund Pacers
83	260	Ben Hulbert		MO	0:35:30.53	
84	480	Chris Brown		MO	0:35:31.63	
85	53	Nick Udrill		MO	0:35:35.43	
86	483	Martin Avis	3544659	M40	0:35:38.46	Saint Edmund Pacers
87	31	Leon West		MO	0:35:40.03	
88	40	Lloyd Warne		MO	0:35:44.42	
89	464	Rachel Bodswood	3034999	F35	0:35:44.74	Hadleigh Hares AC
90	321	Shaun Good	3465680	M50	0:35:46.64	Felixstowe RRC
91	129	Jamie Roper		MO	0:35:47.29	
92	479	Stephen Bartholomew		MO	0:35:58.04	
93	424	Chris Chorley	2714169	M50	0:35:58.86	Bungay Black Dog RC
94	242	Richard Jones		M50	0:36:03.66	
95	126	Rachael Roughan	3542808	F35	0:36:04.15	Halstead RRC
96	339	Rob Davies		M45	0:36:12.91	
97	189	Neil Mustoe		M50	0:36:17.35	
98	282	Leslie Hill	2742719	M55	0:36:20.94	Norfolk Gazelles AC
99	354	Karl Feagan	3170896	M40	0:36:30.27	Hadleigh Hares AC
100	300	Anthony Harris	3562176	M40	0:36:32.87	Sudbury Joggers
101	324	Simon Goldsmith		M40	0:36:33.99	
102	115	Luke Seabrook		MO	0:36:35.18	
103	389	Derek Dally	2870967	M50	0:36:36.21	Saxmundham Sports Running & Fitness Club
104	332	Richard Garrard		M50	0:36:45.06	
105	305	Rachael Hamblin	3272285	F35	0:36:50.82	Ipswich Jaffa RC
106	276	Lee Holohan		M40	0:36:59.83	
107	169	Gary Penn	2667872	M40	0:37:01.71	City Of Norwich AC
108	443	Caroliens Cameron	3478805	F45	0:37:13.66	Halstead RRC
109	420	Jake Church	3222874	MO	0:37:21.45	Saxmundham Sports Running & Fitness Club
110	415	Anna Clayton		FO	0:37:26.16	
111	418	Steve Clark	3163967	M40	0:37:29.62	Sudbury Joggers
112	148	Nicola Pyle	2675809	F50	0:37:37.94	Springfield Striders RC
113	192	Christopher Moulton		M40	0:37:40.41	
114	80	Mark Stocker		M40	0:37:46.43	
115	173	Marion Parker	2768250	F50	0:37:47.38	Felixstowe RRC
116	432	Lee Chaplin		MO	0:37:48.74	
117	466	Samuel Blows		MO	0:37:50.79	
118	342	Mike Foster		MO	0:37:51.06	
119	13	Angus Williamson		M45	0:37:53.63	
120	167	Richard Pillet		M50	0:37:59.58	
121	442	Melanie Candier	3533834	F35	0:37:59.63	Halstead RRC
122	423	Kyle Church	3366871	U18M	0:38:01.82	Saxmundham Sports Running & Fitness Club
123	326	Mark Godbold	3506795	M50	0:38:02.21	Ipswich Harriers
124	143	Jeremy Reader	3355177	M40	0:38:06.68	Newmarket Joggers
125	69	Christopher Thorton		M55	0:38:12.95	
126	323	Charlotte King		F35	0:38:16.57	Grange Farm and Dunmow
127	410	David Cole		MO	0:38:21.72	
128	253	Matthew Iannone		M40	0:38:22.94	
129	68	Richard Tiller	2708396	M45	0:38:28.15	Halstead RRC
130	97	Anthony Smith	3218253	M50	0:38:36.1	Witham RC
131	355	Carl Farrugia		MO	0:38:36.3	
132	476	Catherine Belsom	2992310	F45	0:38:42.67	Stowmarket Striders RC
133	495	Kevin Andrews		MO	0:38:44.69	
134	284	Simon Hibbert		MO	0:38:46.09	
135	67	Aubrey Todd		M40	0:38:46.55	
136	383	Jack Devlin		MO	0:38:48.28	
137	390	Barry Curtis		M45	0:38:51.51	
138	325	Penry Hurrell		F45	0:38:51.99	
139	109	Eileen Shadford	3260672	F50	0:38:54.84	Great Bentley Running Club
140	114	Jimmy Secker		M40	0:38:56.62	
141	385	Bradley De Jager		MO	0:39:05.37	
142	66	David Tooth		M65	0:39:06.15	
143	160	Tom Prazsky		MO	0:39:13.99	
144	174	Gerogia Barrs		FO	0:39:14.99	
145	471	Andrew Bigg		MO	0:39:16.69	
146	145	Tim Ranson		M55	0:39:20.07	
147	179	Simon Norton		M50	0:39:21.96	
148	485	Glen Avis		M45	0:39:22.96	Hadleigh Hares AC
149	277	Julian Holland		M40	0:39:23.99	
150	257	Robert Hunt		M55	0:39:24.4	
151	163	Leigh-anne Porter	3631042	F40	0:39:24.84	
152	48	Sarah Vick	2708244	F45	0:39:29.01	Saxmundham Sports Running & Fitness Club
153	49	David Varmell		M55	0:39:33.01	
154	215	George Manning		MO	0:39:34.02	
155	209	Karen Martin	3350621	F35	0:39:34.43	Haverhill Running Club
156	269	James Howes		M40	0:39:38.85	
157	395	Lucy Cowlin		FO	0:39:38.99	
158	42	Catherine Walsh	3574638	F45	0:39:40.21	Ipswich Triathlon Club
159	438	Mik Carr	3431408	M60	0:39:45.04	Bungay Black Dog RC
160	166	Will Ponsford		M40	0:39:47.43	
161	439	Adam Canning		MO	0:39:48.52	
162	16	Lewis Williams		MO	0:39:49.9	
163	105	Ian Sillett	3397137	M60	0:39:51.1	Felixstowe RRC
164	412	Alan Cochran		M40	0:39:53.61	
165	500	Elspeth Knott	0	F65	0:39:54.33	Harwich Runners
166	54	Toby Underwood		M40	0:39:54.49	
167	186	Melody-anne Neville	3485296	F45	0:39:55.54	Stowmarket Striders RC
168	316	Daniel Gould	3224776	M40	0:40:04.63	Felixstowe RRC
169	490	Mark Arnold		MO	0:40:07.01	
170	299	Alex Harris		MO	0:40:07.84	
171	360	Simon Elliott	3648133	M40	0:40:09.02	Sudbury Joggers
172	261	Dan Hulbert		MO	0:40:10.46	
173	377	Erika Downs	3518080	FO	0:40:15.13	Felixstowe RRC
174	295	Lucy Haycock		F35	0:40:16.97	
175	474	Shan Bendall		FO	0:40:23.82	
176	450	Adam Buckle	3549153	MO	0:40:26.06	Halstead RRC
177	213	Dean Manning		M45	0:40:27.17	
178	416	Sil Clay	3013425	F50	0:40:29.25	Haverhill Running Club
179	283	Andrew Hill		MO	0:40:30.85	
180	317	Jessica Goudkull	3562195	FO	0:40:31.7	Sudbury Joggers
181	89	Keelan Smith	3439650	MO	0:40:32.27	Saxmundham Sports Running & Fitness Club
182	370	Amanda Dunn	3382617	F40	0:40:34.93	Hadleigh Hares AC
183	104	Andrew Silverton		MO	0:40:40.97	
184	101	Karen Skene	2764352	F45	0:40:45.04	Great Bentley Running Club
185	155	Stephen Preston		M55	0:40:48.08	
186	231	Theo Kurtz		U18M	0:40:55.13	
187	55	Linda Underwood		F40	0:41:00.51	
188	212	Cliff Manning		M45	0:41:00.81	