

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
1	Cooper Berry	Best Athletics	680	1:Open		33:24	33:24
2	Brandon Barber	Framlingham Flyers	243	2:Open		33:35	33:36
3	Stuart Haynes	Woodbridge Shufflers	98	3:Open		34:53	34:54
4	James Wilson	Saxmundham Running and Fitness Club	531	1:M 20-39		35:33	35:35
5	Lee Barber	Framlingham Flyers	212	1:M 40-49		35:44	35:45
6	Andrew Steel		251	2:M 20-39		35:54	35:56
7	Mark Allen	Ipswich Jaffa	355	1:M 50-59		36:10	36:12
8	George Taplin		76	3:M 20-39		36:14	36:14
9	Ben Williams	Woodbridge Shufflers	90	4:M 20-39		36:37	36:40
10	Steve Cooper	Blackheath & Bromley Harriers AC	407	2:M 50-59		36:47	36:48
11	Keith Tilley	Ipswich Jaffa	336	3:M 50-59		36:59	37:00
12	Jon Glanfield	Felixstowe Road Runners	38	2:M 40-49		37:02	37:03
13	Paul Fenn		4	5:M 20-39		37:08	37:09
14	Thomas Murphy		346	6:M 20-39		37:10	37:12
15	Stuart Ward		354	7:M 20-39		37:15	37:18
16	Michael Galbraith		30	4:M 50-59		37:20	37:23
17	Jack Wilkinson	gilmour piper	785	8:M 20-39		37:22	37:25
18	James Cornish	Kesgrave Cruisers	206	3:M 40-49		37:32	37:33
19	Jim Last	Framlingham Flyers	204	4:M 40-49		37:36	37:38
20	Thomas Stewart	Woodbridge Shufflers	451	5:M 50-59		37:40	37:44
21	Neil Turner	Shaftesbury Barnet Harriers	367	6:M 50-59		37:44	37:45
22	Christopher King	Harold Wood RC	405	9:M 20-39		37:50	37:53
23	Robert Marshall		324	10:M 20-39		37:56	37:59
24	Neil Smith	Framlingham Flyers	401	5:M 40-49		38:07	38:13
25	Alex McCarthy		268	11:M 20-39		38:12	38:14
26	Kat Parnell		35	1:Open		38:14	38:16
27	Jack Allen		356	12:M 20-39		38:15	38:17
28	Ross McGill	Woodbridge Shufflers	16	13:M 20-39		38:18	38:21
29	Doug Hobson	St Albans Striders	333	14:M 20-39		38:23	38:24
30	Wilfred Campbell	Ipswich Jaffa	552	7:M 50-59		38:26	38:27
31	Nathan Moran		226	15:M 20-39		38:31	38:35
32	Tom Alexander	Woodbridge Shufflers	437	6:M 40-49		38:46	38:48
33	Neil Parkin		78	7:M 40-49		38:46	38:49

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
34	Tom Wake	Woodbridge Shufflers	667	16:M 20-39		38:51	38:53
35	Chris Leek	Framlingham Flyers	211	8:M 40-49		38:54	38:57
36	Michael Delacamp		148	17:M 20-39		39:01	39:03
37	Anna Firth		202	2:Open		39:07	39:07
38	Oliver Cooper	Ipswich Tri Club	144	9:M 40-49		39:13	39:16
39	Nick Watchman	Lonely Goat RC	623	10:M 40-49		39:13	39:18
40	Alex Borwick		332	18:M 20-39		39:14	39:19
41	Tim Fenn		186	11:M 40-49		39:19	39:23
42	Andy Ellis	Felixstowe Road Runners	264	19:M 20-39		39:23	39:25
43	Graham Lazenby		194	20:M 20-39		39:25	39:30
44	Ant Walker		516	12:M 40-49		39:41	39:47
45	Craig Stuart		522	21:M 20-39		39:46	39:50
46	Ruby Vinton	Chelmsford AC	325	3:Open		39:53	39:54
47	Stanley Peacher	Framlingham Flyers	800	1:M 0-19		40:01	40:02
48	Suzy West	Ipswich Jaffa	496	1:F 20-39		39:59	40:06
49	Richard Alexander		163	8:M 50-59		40:08	40:15
50	Daniel Mayes-Dally		62	22:M 20-39		40:09	40:16
51	Stewart Woods	Framlingham Flyers	266	23:M 20-39		40:14	40:20
52	Tom Purdis	Anderson	757	24:M 20-39		40:15	40:21
53	Neill Readhead		562	25:M 20-39		40:26	40:29
54	Michael Strowger		330	26:M 20-39		40:27	40:29
55	Harry Page	Ipswich Harriers	521	2:M 0-19		40:42	40:46
56	Simon Stafford	Kesgrave Cruisers	473	9:M 50-59		40:40	40:47
57	Angus Blackburn		515	3:M 0-19		40:45	40:56
58	Lee Farthing		237	27:M 20-39		40:49	40:57
59	Philip Chappels	Kesgrave Cruisers	263	13:M 40-49		40:50	40:58
60	Josh Holmes		391	28:M 20-39		41:09	41:12
61	Alice Heather - Hayes	Ipswich Tri Club	127	1:F 40-49		41:12	41:14
62	Paul Barnard		193	14:M 40-49		41:23	41:23
63	Robin Harper	Felixstowe Road Runners	185	15:M 40-49		41:27	41:28
64	Stephen Munnings	Felixstowe Road Runners	85	16:M 40-49		41:48	41:49
65	Matthew Wesley		425	29:M 20-39		41:49	41:51
66	Carl Stannard		299	30:M 20-39		41:45	42:01

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
67	Roger Stone	Amarinth Pumps	765	10:M 50-59		42:12	42:16
68	Rob Windus		659	17:M 40-49		42:13	42:20
69	Stuart Wade		11	31:M 20-39		42:13	42:20
70	Michael Jennings	AIRBORNE FIT	740	32:M 20-39		42:17	42:23
71	Martin Jarvis		360	18:M 40-49		42:20	42:24
72	Thomas Hayden	Framlingham Flyers	240	33:M 20-39		42:26	42:32
73	Jayne Chappels	Kesgrave Kruisers	241	2:F 40-49		42:28	42:36
74	Warren Birch	Rushmere Community Runners	549	11:M 50-59		42:28	42:40
75	Matthew Payne		5	19:M 40-49		42:34	42:42
76	Daniel Wildon		120	20:M 40-49		42:34	42:42
77	John Cooper		24	34:M 20-39		42:35	42:43
78	Daniel Ingleby		47	21:M 40-49		42:42	42:45
79	Matthew Alexander	Woodbridge Shufflers	74	35:M 20-39		42:38	42:47
80	Richard Knight		611	22:M 40-49		42:52	42:56
81	Ollie Johnson		66	23:M 40-49		42:51	42:58
82	Will Sheppard		54	36:M 20-39		43:02	43:06
83	Thomas Beecroft		188	37:M 20-39		42:57	43:06
84	James Taylor		140	24:M 40-49		43:06	43:25
85	Kevin Clegg	Kesgrave Kruisers	526	25:M 40-49		43:17	43:26
86	Ash Sadler		208	26:M 40-49		43:21	43:26
87	Andrew Garnham	Felixstowe Road Runners	286	12:M 50-59		43:22	43:27
88	Alastair Hopwood		608	27:M 40-49		43:25	43:29
89	Carl Berriman	Saint Edmund Pacers	327	13:M 50-59		43:15	43:31
90	Peter Andrews		244	28:M 40-49		43:30	43:34
91	Shane Flack	Kesgrave Kruisers	295	38:M 20-39		43:32	43:39
92	Dominic Bareham	Felixstowe Road Runners	410	29:M 40-49		43:36	43:41
93	Alistair Dick	Ipswich Jaffa	292	1:M 60-69		43:34	43:42
94	Martin Sterry		13	39:M 20-39		43:40	43:44
95	Bailey Allard		633	40:M 20-39		43:31	43:45
96	Gavin Raby		29	30:M 40-49		43:34	43:45
97	James Burnett		138	41:M 20-39		43:38	43:46
98	Will Aldred	Framlingham Flyers	621	14:M 50-59		43:37	43:48
99	James Cooper		635	42:M 20-39		43:41	43:49

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
100	Brian Rogers	Ipswich Jaffa	380	2:M 60-69		43:48	43:52
101	Mark Allen	Adnams	780	15:M 50-59		43:52	44:00
102	Kerry Buckley	Felixstowe Road Runners	100	16:M 50-59		43:51	44:03
103	David Scrivener		34	31:M 40-49		43:59	44:06
104	Connor Wilson	AIRBORNE FIT	744	43:M 20-39		43:57	44:07
105	Nick Palmer	Barker Gotelee	700	32:M 40-49		43:54	44:10
106	David Wenyon	Woodbridge Shufflers	335	33:M 40-49		44:07	44:12
107	Will Owen		250	44:M 20-39		44:05	44:14
108	Benjamin Deacon		43	45:M 20-39		44:14	44:21
109	Simon Williams	Framlingham Flyers	538	34:M 40-49		44:21	44:26
110	Daisy Abbott		133	2:F 20-39		44:08	44:28
111	Adam Plummer		6	46:M 20-39		44:26	44:30
112	Chris Sim	Anderson	761	35:M 40-49		44:27	44:36
113	Sam Winton		387	47:M 20-39		44:24	44:38
114	Ross Beech	Saint Edmund Pacers	642	48:M 20-39		44:30	44:40
115	Jenni Askew-Martin	Kesgrave Cruisers	169	3:F 20-39		44:34	44:43
116	Harry Grimsey		257	49:M 20-39		44:38	44:44
117	Adrian Kendall	Amarinth Pumps	766	17:M 50-59		44:32	44:44
118	Karl Tovell		498	36:M 40-49		44:28	44:44
119	James Humphrey		104	37:M 40-49		44:39	44:49
120	Anthony Barsoum		224	50:M 20-39		44:44	44:49
121	Thomas Osborne		88	51:M 20-39		44:34	44:51
122	Gary Russell		8	38:M 40-49		44:38	44:54
123	Katie Card	gilmour piper	782	4:F 20-39		44:49	44:55
124	Paul Osborne	Felixstowe Road Runners	92	39:M 40-49		44:54	44:57
125	Daniel Stewart	Ipswich Jaffa	520	40:M 40-49		44:51	45:00
126	Paul Cherry	Woodbridge Shufflers	102	18:M 50-59		44:51	45:01
127	Femi Ariyo	Kesgrave Cruisers	154	41:M 40-49		44:49	45:02
128	Chris Wright	Felixstowe Road Runners	351	52:M 20-39		45:00	45:04
129	Rob Trebilcock		135	53:M 20-39		44:56	45:05
130	Richard Wiseman		557	42:M 40-49		44:57	45:06
131	Angus Grieg		504	54:M 20-39		44:54	45:07
132	Nick Card	gilmour piper	783	55:M 20-39		45:01	45:08

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133	Helen Jerrold	Kesgrave Cruisers	280	3:F 40-49		45:03	45:15
134	Peter Wright		441	5:F 20-39		45:12	45:16
135	Simon Fraser	Rushmere Community Runners	252	19:M 50-59		45:03	45:18
136	Doug Hutton-Squire		372	20:M 50-59		44:44	45:19
137	Lauren Squirrell	Ipswich Harriers	344	1:F 0-19		45:15	45:22
138	Jim Marshall		182	43:M 40-49		45:19	45:23
139	Andrew Hawes	Reepham Runners	572	44:M 40-49		45:12	45:25
140	Scott Billison		112	56:M 20-39		45:12	45:25
141	William Lummis		394	57:M 20-39		45:15	45:28
142	Graham Bladen		151	45:M 40-49		45:19	45:34
143	Tom Taylor		220	3:M 60-69		45:24	45:35
144	Paul Kettridge	Fordy Runs	254	46:M 40-49		45:19	45:37
145	Stuart Yule	Gressingham Foods	774	21:M 50-59		45:26	45:38
146	Amanda Mortimer	Ipswich Jaffa	434	4:F 40-49		45:35	45:42
147	Emma Wheeler		109	6:F 20-39		45:37	45:47
148	Kathryn Kitching		361	7:F 20-39		45:32	45:51
149	Stuart Clarke		506	47:M 40-49		45:37	45:55
150	Steve Swan	East London Runners	613	58:M 20-39		45:42	45:56
151	Luke Whitwell		569	48:M 40-49		45:57	45:57
152	Dave Howgego		390	22:M 50-59		45:47	45:57
153	Dale James		586	59:M 20-39		45:51	45:58
154	Katie Beckinsale		9	8:F 20-39		45:54	45:59
155	Tim Ripman	AIRBORNE FIT	739	49:M 40-49		45:53	46:00
156	Robin Milan		64	50:M 40-49		45:50	46:02
157	Kirsty Morgan	Ipswich Jaffa	181	9:F 20-39		45:51	46:05
158	Nicki Ripman	AIRBORNE FIT	741	5:F 40-49		45:59	46:05
159	James Lewis		278	51:M 40-49		46:05	46:15
160	Sam Offord		655	60:M 20-39		46:14	46:16
161	Sarah Lewis	Woodbridge Shufflers	383	6:F 40-49		46:07	46:17
162	Oliver Dixon		164	4:M 0-19		46:14	46:21
163	Michael Rogers	giles group	790	61:M 20-39		46:10	46:22
164	Keith Lansdown	Ipswich Jaffa	101	23:M 50-59		46:16	46:23
165	Madeline Lansdown	Ipswich Jaffa	200	2:F 0-19		46:20	46:27

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166	James Holland		22	52:M 40-49		46:30	46:33
167	Chris Pratt		319	62:M 20-39		46:33	46:38
168	Tom Cummings		2	63:M 20-39		46:36	46:41
169	Joseph Martin		294	5:M 0-19		46:29	46:42
170	Richard Litchfield		210	53:M 40-49		46:32	46:44
171	Benjamin Wheeler		128	64:M 20-39		46:35	46:45
172	Bryan Wybrow	Felixstowe Road Runners	89	54:M 40-49		46:39	46:46
173	Stephen Spiller		472	55:M 40-49		46:44	46:47
174	Barry Hawtin		136	56:M 40-49		46:38	46:48
175	Jessie Quinn	Anderson	759	57:M 40-49		46:32	46:48
176	Stuart Rowsell		599	6:M 0-19		46:45	46:53
177	Rob Alder	Woodbridge Shufflers	189	24:M 50-59		46:42	46:53
178	Helen Findley	Kesgrave Cruisers	284	7:F 40-49		46:38	46:54
179	Marcus Kwan	Kesgrave Cruisers	53	58:M 40-49		46:48	46:57
180	Julian Herbert	Notcutts	752	25:M 50-59		46:48	47:03
181	Sean Turner		52	65:M 20-39		46:39	47:04
182	Steve Reay		91	59:M 40-49		46:50	47:05
183	Marcus Payne		124	66:M 20-39		46:54	47:08
184	Libby Abbott Abbott	Ipswich Harriers	277	3:F 0-19		47:02	47:09
185	James Dunstan		55	60:M 40-49		47:05	47:12
186	Sam Gilligan	giles group	791	67:M 20-39		47:00	47:12
187	Lucy Beales	Woodbridge Shufflers	167	10:F 20-39		47:05	47:15
188	James Klug		331	68:M 20-39		46:56	47:16
189	Steven Dearsley		213	61:M 40-49		47:06	47:18
190	Luke Giles	giles group	788	69:M 20-39		47:09	47:21
191	John Rainbow	Framlingham Flyers	155	62:M 40-49		47:16	47:28
192	Hannah Wattam	Woodbridge Shufflers	97	8:F 40-49		47:20	47:31
193	Kev Linsell	Kesgrave Cruisers	27	26:M 50-59		47:20	47:32
194	Simon Ward		511	70:M 20-39		47:18	47:32
195	Jamie Hall	CORNERSTONE RESIDENTIAL ESTATE AGENTS	726	63:M 40-49		47:04	47:33
196	Francesca Self	Norwich Road Runners	673	11:F 20-39		47:24	47:36
197	Justin Farris	Woodbridge Shufflers	469	71:M 20-39		47:26	47:36
198	Lee Eastall		485	27:M 50-59		47:09	47:36

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199	Luke Read	AIRBORNE FIT	738	72:M 20-39		47:33	47:38
200	Michael Wells		639	64:M 40-49		47:33	47:38
201	Darin Osborne		475	28:M 50-59		47:20	47:39
202	James Stubbings		288	73:M 20-39		47:28	47:44
203	Will Self	AIRBORNE FIT	746	65:M 40-49		47:35	47:45
204	Daniel Rivera		512	74:M 20-39		47:34	47:48
205	Sam Barker		660	75:M 20-39		47:38	47:52
206	Cantlin Ashrowan		602	76:M 20-39		47:45	47:59
207	David Mcnae	Kesgrave Kruisers	679	66:M 40-49		47:40	48:00
208	Christopher Bing	Ipswich Jaffa	487	67:M 40-49		47:58	48:03
209	Lenny Pack		672	68:M 40-49		47:52	48:05
210	Darren Abbott		524	29:M 50-59		47:47	48:07
211	Charlotte Richardson		503	9:F 40-49		47:50	48:10
212	Lily Jerrold	Ipswich Harriers	281	4:F 0-19		47:51	48:11
213	Mike Ward	Woodbridge Shufflers	149	30:M 50-59		48:03	48:12
214	Nellee Berry		273	5:F 0-19		48:13	48:14
215	Jack Garnham		446	77:M 20-39		48:00	48:19
216	Inge Nijkamp	Anderson	763	10:F 40-49		48:15	48:23
217	Heather Bush		528	11:F 40-49		48:09	48:27
218	Richard Pineo		547	69:M 40-49		48:13	48:27
219	Stuart Abbott		412	70:M 40-49		48:12	48:28
220	Tom Crowther	Ipswich Tri Club	106	78:M 20-39		48:09	48:29
221	Joe Drury		17	71:M 40-49		48:14	48:29
222	Poppy Robinson	Woodbridge School	714	6:F 0-19		48:18	48:29
223	Chris Pritchard	Brafe Engineering Ltd	687	72:M 40-49		48:26	48:29
224	Paul Dunckley		388	79:M 20-39		48:02	48:32
225	Dan Gavin	Anderson	760	73:M 40-49		48:22	48:33
226	Eleanor Phillips		15	12:F 20-39		48:18	48:42
227	Adam Wakeling		592	80:M 20-39		48:18	48:42
228	Luke Coster-Reeve		50	81:M 20-39		48:28	48:42
229	Guy Hayward	AIRBORNE FIT	743	31:M 50-59		48:35	48:45
230	Laurence Denvir		433	74:M 40-49		48:44	48:46
231	John Bradshaw	Barker Gotelee	701	32:M 50-59		48:39	48:48

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232	Ruth Acworth	Woodbridge Shufflers	178	1:F 60-69		48:43	48:50
233	Peter Grey	Anderson	756	75:M 40-49		48:41	48:50
234	Helen Ariyo	Kesgrave Cruisers	77	12:F 40-49		48:35	48:51
235	Anna Sinclair		73	1:F 50-59		48:36	48:52
236	Murray Burgess		631	82:M 20-39		48:41	48:54
237	Ollie Caines	Brafe Engineering Ltd	688	83:M 20-39		48:28	48:56
238	James Mithen		83	84:M 20-39		48:54	49:00
239	Martin Ball		561	33:M 50-59		48:22	49:02
240	Karl Holbrook	Kesgrave Cruisers	574	34:M 50-59		48:58	49:04
241	Robert Worthington	Felixstowe Road Runners	384	35:M 50-59		48:47	49:08
242	Darren Payne		191	36:M 50-59		48:53	49:09
243	Ed Abbott	Woodbridge Shufflers	56	85:M 20-39		48:59	49:09
244	Ben Deacon		199	76:M 40-49		48:58	49:12
245	Catriona Mithen	Woodbridge Shufflers	113	13:F 20-39		49:06	49:13
246	Geraldine Clarke	Framlingham Flyers	443	2:F 50-59		48:58	49:15
247	Clare Douglas	Stowmarket Striders	555	14:F 20-39		48:51	49:16
248	Maisie Kelly		215	15:F 20-39		48:53	49:18
249	Daniel Davis		262	77:M 40-49		49:04	49:22
250	Marcus Brown		529	37:M 50-59		49:22	49:26
251	Christy Fenelon		258	86:M 20-39		49:22	49:26
252	Mark Gleen	Kesgrave Cruisers	600	78:M 40-49		49:10	49:28
253	Vincent Steensma	Ipswich Jaffa	359	38:M 50-59		49:09	49:30
254	David Nesmith	Fenn Wright	693	87:M 20-39		49:19	49:31
255	Vanessa Girling		234	16:F 20-39		49:19	49:37
256	Joshua Hadley		482	88:M 20-39		49:20	49:39
257	Ryan Betts	Fenn Wright	694	89:M 20-39		49:20	49:41
258	Grahame Beales		419	39:M 50-59		49:31	49:43
259	Nick Shirley		156	90:M 20-39		49:29	49:44
260	Robert Bennett	Ipswich Tri Club	246	40:M 50-59		49:28	49:48
261	Chris Waters		553	79:M 40-49		49:35	49:51
262	Ian Kennedy	Framlingham Flyers	629	4:M 60-69		49:35	49:52
263	Lewis Halliday	Stowmarket Striders	438	91:M 20-39		49:33	49:53
264	Mark Hayden	Framlingham Flyers	228	41:M 50-59		49:39	49:54

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265	Katarzyna Dabrowska	Capel Cheetahs	567	17:F 20-39		49:35	49:55
266	Tim Parnell	Ipswich Jaffa	801	42:M 50-59		49:49	49:56
267	Sarah Davies	Woodbridge Shufflers	439	13:F 40-49		49:46	49:57
268	Michael Streat		19	5:M 60-69		49:37	50:00
269	Keith Andrews		58	80:M 40-49		49:42	50:02
270	Gary Lowe	Saxmundham Running and Fitness Club	153	6:M 60-69		49:35	50:08
271	Ben Childs	Gressingham Foods	769	81:M 40-49		49:52	50:09
272	Richard Phillips	Kesgrave Cruisers	556	82:M 40-49		49:49	50:09
273	Steven Finch		168	92:M 20-39		49:47	50:11
274	Daniel Freeman		114	83:M 40-49		49:58	50:14
275	James Howard	Framlingham Flyers	145	93:M 20-39		50:01	50:14
276	Sean Kennedy		175	94:M 20-39		49:59	50:16
277	Adrian Sadler		408	43:M 50-59		49:47	50:17
278	Filipe Tome	Gressingham Foods	771	84:M 40-49		50:13	50:18
279	Robert Ledger		41	85:M 40-49		50:07	50:20
280	Paul Wallington	AIRBORNE FIT	745	86:M 40-49		50:16	50:22
281	Alice Wilmer	AIRBORNE FIT	742	18:F 20-39		50:17	50:22
282	Michael Tricker		170	87:M 40-49		50:02	50:24
283	Pat Morgan	Ipswich Tri Club	615	1:M 70-99		50:10	50:29
284	Marc Nixon		315	44:M 50-59		50:15	50:30
285	William Hopkins		483	95:M 20-39		50:18	50:33
286	Damian Hack		497	88:M 40-49		50:20	50:36
287	Linda Pettit		326	14:F 40-49		50:18	50:38
288	George Nixon	Ipswich Jaffa	314	7:M 0-19		50:34	50:40
289	Joe McMurray		630	45:M 50-59		50:32	50:43
290	Rick Bisset		18	89:M 40-49		50:30	50:45
291	Gemma Moss	Ipswich Jaffa	492	3:F 50-59		50:31	50:46
292	Bella Lock		399	15:F 40-49		50:27	50:49
293	Stuart Moore		95	90:M 40-49		50:32	50:49
294	Aaron King		300	96:M 20-39		50:25	50:49
295	Daniel Smith		329	97:M 20-39		50:25	50:50
296	James Burnett		587	98:M 20-39		50:02	50:50
297	Samantha Fulcher	Felixstowe Road Runners	606	4:F 50-59		50:36	50:54

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
298	Christian Pawsey		495	46:M 50-59		50:35	50:56
299	Kay Oxford	Hadleigh Hares	541	5:F 50-59		50:37	50:58
300	Rebecca Siles		545	16:F 40-49		50:48	50:59
301	Mark Sadler		523	91:M 40-49		50:33	51:00
302	Phil Godden		500	99:M 20-39		50:43	51:02
303	Richard Owen		260	2:M 70-99		50:38	51:02
304	Ben Gilman		134	92:M 40-49		50:49	51:04
305	Daniel Last		79	93:M 40-49		50:39	51:09
306	Chris Childs		460	47:M 50-59		50:50	51:13
307	Daniel Turner		530	100:M 20-39		50:56	51:17
308	William Smith		115	94:M 40-49		51:11	51:25
309	Brett Martin	Kesgrave Cruisers	293	48:M 50-59		51:04	51:28
310	David Masters		560	95:M 40-49		51:06	51:33
311	Steve Smith		107	96:M 40-49		51:11	51:35
312	Will Nixon	Adnams	778	101:M 20-39		50:55	51:37
313	Rachel Brooke	Ipswich Jaffa	376	6:F 50-59		51:18	51:41
314	Charlotte Bryan		647	19:F 20-39		51:21	51:42
315	Graeme Keith		430	97:M 40-49		51:27	51:44
316	Andrew Wright		371	7:M 60-69		51:28	51:45
317	Adam Brown		256	98:M 40-49		51:23	51:48
318	Kyle Filby		649	102:M 20-39		51:28	51:52
319	Maxwell Thomas	Brafe Engineering Ltd	689	103:M 20-39		51:27	51:54
320	Stefan Goodswen	Gressingham Foods	770	104:M 20-39		51:45	51:55
321	Gavin Hasnip		150	99:M 40-49		51:47	52:00
322	Dereck Fiddes	Woodbridge Shufflers	444	49:M 50-59		51:33	52:01
323	Adam Wilson		328	105:M 20-39		51:41	52:07
324	Craig Finch		544	100:M 40-49		51:42	52:08
325	Neil Thorpe		165	106:M 20-39		51:44	52:11
326	Chris Hodges		415	107:M 20-39		51:47	52:13
327	Jordan Bailey		137	108:M 20-39		52:02	52:13
328	Rob Barker		509	109:M 20-39		52:07	52:21
329	Daniel Trinder	giles group	787	101:M 40-49		52:02	52:25
330	Michael Howard	Howard Construction	730	50:M 50-59		52:11	52:28

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
331	Ben Burrows	Howard Construction	731	102:M 40-49		52:11	52:28
332	Jeroen Wuurman		311	51:M 50-59		52:24	52:34
333	Henriette Parkinson		184	17:F 40-49		52:24	52:34
334	Michael Mckinnell		501	8:M 60-69		52:09	52:35
335	Laura Collinson		51	7:F 50-59		52:26	52:36
336	Helen Kirkman		347	20:F 20-39		52:26	52:36
337	Isabella Bryson		459	21:F 20-39		52:30	52:40
338	Ben Davies	Ipswich Jaffa	310	110:M 20-39		52:30	52:41
339	Simon Hoyle		161	52:M 50-59		52:07	52:48
340	Tom Carter		42	111:M 20-39		52:12	52:49
341	James Buckingham	The Cherry Tree	716	103:M 40-49		52:29	52:51
342	Nick Elmer		661	112:M 20-39		52:32	52:55
343	Nicholas Dixon		229	104:M 40-49		52:41	52:58
344	Sam Spencer	Ipswich Jaffa	259	22:F 20-39		52:40	52:59
345	Charlie Joy	Chapel Properties	706	113:M 20-39		52:31	53:02
346	Deborah Stocker		546	8:F 50-59		52:32	53:04
347	Georgie Wood		374	53:M 50-59		52:28	53:06
348	Matthias Turner	The Cherry Tree	719	114:M 20-39		52:46	53:08
349	Mark Girling		353	105:M 40-49		52:37	53:08
350	Lyndsey Moyes		121	18:F 40-49		52:57	53:08
351	James Gray		160	106:M 40-49		52:46	53:18
352	Kate Andrews		245	19:F 40-49		52:51	53:19
353	Liz Witherley		447	2:F 60-69		53:05	53:21
354	John Clarke		110	9:M 60-69		53:00	53:22
355	Dan Parish		429	115:M 20-39		53:01	53:23
356	Ricky Burrows	East Coast Adventures	775	116:M 20-39		53:05	53:29
357	Tom King	East Coast Adventures	777	117:M 20-39		53:06	53:29
358	Bella Lewendon	East Coast Adventures	776	3:F 60-69		53:07	53:29
359	Aaron Cross	CORNERSTONE RESIDENTIAL ESTATE AGENTS	727	118:M 20-39		53:01	53:30
360	Emma Harwood	Framlingham Flyers	317	9:F 50-59		53:06	53:31
361	Phil Davies	Ipswich Jaffa	404	54:M 50-59		53:24	53:31
362	Sophie Bell	Ipswich Phoenix RC	431	23:F 20-39		53:00	53:34
363	Steve Ward		422	107:M 40-49		53:14	53:37

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
364	Aidan Norris	Notcutts	748	108:M 40-49		53:01	53:39
365	Ian Paul Kelly		318	10:M 60-69		53:17	53:42
366	James Kelly		582	55:M 50-59		53:34	53:46
367	Stefan Gregson		593	109:M 40-49		53:06	53:47
368	Mark Goldsmith		453	110:M 40-49		53:16	53:48
369	Helen Yellop	Capel Cheetahs	542	10:F 50-59		53:19	53:49
370	Jessica Elmer		321	7:F 0-19		53:28	53:51
371	David Taylor	Framlingham Flyers	465	3:M 70-99		53:28	53:58
372	Deb Ching	Capel Cheetahs	634	20:F 40-49		53:39	54:00
373	Primrose Harvey		565	24:F 20-39		53:39	54:06
374	Gerry McCarthy	Ipswich Phoenix RC	457	11:M 60-69		53:33	54:06
375	Melissa Woulfe		432	21:F 40-49		53:39	54:07
376	Chris Bond		14	119:M 20-39		53:42	54:09
377	Calvin Meek	Notcutts	749	111:M 40-49		53:44	54:10
378	David Grimmer	Ipswich Phoenix RC	488	56:M 50-59		53:41	54:15
379	Kristof Godzinski		445	112:M 40-49		53:50	54:19
380	Tim Hanson		117	57:M 50-59		53:53	54:22
381	Simon Morris		61	113:M 40-49		54:10	54:29
382	Charlotte Garnham		646	25:F 20-39		54:08	54:30
383	Lee Stephenson	Rushmere Community Runners	644	58:M 50-59		54:07	54:30
384	Mark Lankester		428	59:M 50-59		54:26	54:34
385	Samantha Beal		393	26:F 20-39		54:20	54:35
386	Imogen Meborn-Hubbard		648	27:F 20-39		54:11	54:40
387	Adam Thorpe		20	120:M 20-39		54:27	54:44
388	Steven Drummond		70	114:M 40-49		54:18	54:45
389	Kevin Holland		540	115:M 40-49		54:10	54:46
390	David Farrow	CORNERSTONE RESIDENTIAL ESTATE AGENTS	725	116:M 40-49		54:22	54:50
391	Matt Crites		223	121:M 20-39		54:18	54:51
392	Thomas Donovan		477	122:M 20-39		54:04	54:55
393	Jo Hutt		470	22:F 40-49		54:39	54:59
394	Ryan Scopes		668	123:M 20-39		54:14	55:00
395	Rosanna Williams		180	28:F 20-39		54:35	55:02
396	Catherine Healy	Ipswich Jaffa	23	29:F 20-39		54:34	55:02

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
397	Hannah Issett		435	23:F 40-49		54:35	55:05
398	Jonathan Roe		39	124:M 20-39		54:43	55:09
399	Archie Brigginsshaw	Amarinth Pumps	768	8:M 0-19		54:31	55:12
400	Lydia Yates		269	24:F 40-49		55:01	55:19
401	Ayse Singh		195	25:F 40-49		54:58	55:19
402	Mark Coaster		283	117:M 40-49		55:02	55:20
403	Chester Sykes	Chapel Properties	712	125:M 20-39		54:53	55:26
404	Daniella Cracknell	Woodbridge School	715	30:F 20-39		55:02	55:29
405	Richard Farres	Gressingham Foods	772	60:M 50-59		54:54	55:31
406	Nicola Freeman		187	26:F 40-49		55:18	55:33
407	Will Greenwood		564	126:M 20-39		55:19	55:33
408	Guy Middleton		423	61:M 50-59		54:54	55:33
409	Bethany Taylor		603	31:F 20-39		55:24	55:36
410	Lisa Shumake		426	27:F 40-49		55:09	55:41
411	Leanne Fairweather		267	32:F 20-39		55:09	55:46
412	Jessica Read		157	8:F 0-19		55:09	55:46
413	James Harper		571	62:M 50-59		55:20	55:51
414	Emily Thompson	The Cherry Tree	718	33:F 20-39		55:20	55:53
415	Matt Lay-Fleurie	Brafe Engineering Ltd	685	118:M 40-49		55:20	55:56
416	David Watkins		652	127:M 20-39		55:28	55:57
417	Annabel Attwell	Barker Gotelee	699	34:F 20-39		55:23	56:00
418	Jon Lewis		108	119:M 40-49		55:39	56:01
419	Linda Mears		69	28:F 40-49		55:40	56:01
420	Greg Marshall	Serpentine RC	221	4:M 70-99		55:37	56:04
421	Peter Plummer	Woodbridge Shufflers	159	12:M 60-69		55:31	56:06
422	Aaron Pettitt		510	128:M 20-39		55:25	56:08
423	Carey Hollingsworth		320	35:F 20-39		55:31	56:11
424	Martyn Yellop		543	63:M 50-59		55:53	56:13
425	Georgia Fear		33	36:F 20-39		55:42	56:17
426	Ian Corneby		349	64:M 50-59		56:03	56:18
427	Karen Chamberlain	Ipswich Jaffa	454	11:F 50-59		55:54	56:18
428	Jason Hitz	Gressingham Foods	773	120:M 40-49		55:46	56:22
429	Kevin Spiers		28	121:M 40-49		56:07	56:24

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
430	Anna Davis	Chapel Properties	705	37:F 20-39		55:56	56:29
431	Rodney Davis	Chapel Properties	704	129:M 20-39		55:58	56:31
432	Mark Bearn		378	65:M 50-59		56:01	56:32
433	Tristram Singh		103	130:M 20-39		56:14	56:35
434	Lucy Stark		225	38:F 20-39		55:59	56:39
435	Stephen Wade		385	66:M 50-59		55:55	56:41
436	Amy Dines		664	29:F 40-49		56:21	56:46
437	Julie Barnes	Fordy Runs	637	12:F 50-59		56:21	56:47
438	Edward Stephenson		570	122:M 40-49		56:29	57:00
439	Ian Howlett		236	123:M 40-49		56:14	57:04
440	Bruce Raymond		227	67:M 50-59		56:36	57:06
441	Adam Issett		436	124:M 40-49		56:38	57:07
442	Neil Howard		146	13:M 60-69		56:58	57:12
443	James Warner		508	131:M 20-39		56:34	57:17
444	Carl Farthing		566	132:M 20-39		56:49	57:18
445	Gabi Bloomfield		119	39:F 20-39		56:41	57:19
446	Sally Burtle	Anderson	755	40:F 20-39		56:42	57:20
447	Aaron Sharp	Chapel Properties	707	133:M 20-39		57:09	57:21
448	Richard Dediccoat	CLOUD 9	720	125:M 40-49		57:14	57:30
449	Karla Graham	Fareham Crusaders	306	13:F 50-59		57:11	57:34
450	Michael Gaffney		152	68:M 50-59		57:10	57:45
451	Matt Boyle		209	69:M 50-59		57:22	57:49
452	Paul Bloom		595	134:M 20-39		57:20	57:51
453	Derek Chown		365	5:M 70-99		57:19	57:54
454	Alan Jackson		676	126:M 40-49		57:29	58:00
455	Ricky Ward		231	135:M 20-39		57:31	58:02
456	Howard Allen	Ipswich Jaffa	287	70:M 50-59		57:38	58:03
457	Alex Brigginsshaw	Amarinth Pumps	764	71:M 50-59		57:27	58:08
458	Jason Skilton		132	127:M 40-49		57:42	58:08
459	Ollie Reynolds		614	136:M 20-39		57:45	58:10
460	Michael Turner	Howard Construction	737	128:M 40-49		57:41	58:13
461	Scott Gillies		494	14:M 60-69		57:47	58:17
462	Jamie Clarkson		130	129:M 40-49		57:39	58:21

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
463	Jen Cross	CORNERSTONE RESIDENTIAL ESTATE AGENTS	728	41:F 20-39		58:04	58:33
464	Kieron Knights		86	137:M 20-39		58:28	58:39
465	Eliot Evans		57	138:M 20-39		58:29	58:40
466	Andrew Soames	Chapel Properties	709	72:M 50-59		58:09	58:41
467	Zoe Woods		402	42:F 20-39		58:05	58:42
468	Richard Attenborrow		398	6:M 70-99		58:00	58:43
469	Thomas Rolph-Wills	Notcutts	753	139:M 20-39		58:17	58:43
470	Tracy Ratcliffe		239	30:F 40-49		58:18	58:43
471	Lynsey Leeks	CLOUD 9	723	31:F 40-49		58:19	58:45
472	Ella Firth		203	9:F 0-19		58:42	58:48
473	Annabelle Parker		122	43:F 20-39		58:07	58:50
474	Emma Nunn		71	44:F 20-39		58:09	58:52
475	George Hinds		323	130:M 40-49		58:37	58:52
476	Tash Billsberry	Pinfold & Co	697	32:F 40-49		58:20	58:56
477	Michael Sheldrake		96	140:M 20-39		58:38	58:57
478	Rachel Buckingham	The Cherry Tree	717	45:F 20-39		58:26	58:59
479	Emily Pratt		261	46:F 20-39		58:28	58:59
480	Luke Stafford	Kesgrave Cruisers	474	9:M 0-19		58:18	58:59
481	Carl Collins		619	141:M 20-39		58:41	59:01
482	Nicola Sadler		409	14:F 50-59		58:31	59:01
483	Lynsey Groom		632	33:F 40-49		58:32	59:07
484	Iain Catchpool	Ipswich Jaffa	216	73:M 50-59		59:06	59:13
485	Jodie Phillips		201	34:F 40-49		58:55	59:15
486	Sarah Dickinson		379	35:F 40-49		58:43	59:15
487	Steph Mickelsen		610	47:F 20-39		58:44	59:18
488	Jonathan Mickelsen	100 Marathon Club	583	131:M 40-49		58:45	59:18
489	Emma Frost	Pinfold & Co	696	36:F 40-49		58:44	59:20
490	Tim Fulcher		573	74:M 50-59		58:35	59:20
491	Emily Fisk	CLOUD 9	724	48:F 20-39		58:56	59:22
492	Lila Abbott		413	10:F 0-19		59:08	59:24
493	Trevor Fagg		37	75:M 50-59		58:46	59:25
494	Sian Fagg		551	49:F 20-39		58:46	59:25
495	Daniel Dutfield		601	76:M 50-59		58:46	59:25

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
496	Abi Lummis		395	50:F 20-39		58:45	59:25
497	emma Dutfield		617	37:F 40-49		58:46	59:26
498	Gareth Roberts		218	15:M 60-69		59:01	59:29
499	Abi Shaw		584	38:F 40-49		58:46	59:31
500	Scott Crane		513	142:M 20-39		58:51	59:35
501	Roelf Schreurs		641	132:M 40-49		59:15	59:39
502	Emma Blaylock		141	39:F 40-49		59:15	59:39
503	Mark Smith		580	133:M 40-49		58:58	59:42
504	Mark Newman	gilmour piper	784	134:M 40-49		59:22	59:50
505	Larry Booth		118	77:M 50-59		59:39	59:50
506	simon Hamilton		179	135:M 40-49		59:19	1:00:00
507	Meinir Childs		461	40:F 40-49		59:30	1:00:02
508	Katherine Wells		32	41:F 40-49		59:36	1:00:06
509	Chris Howes	Brafe Engineering Ltd	686	78:M 50-59		59:36	1:00:12
510	Adam Cable		1	136:M 40-49		59:27	1:00:13
511	Glenn Howard	Howard Construction	734	79:M 50-59		59:41	1:00:20
512	Caroline Perry		669	42:F 40-49		59:47	1:00:33
513	Jason Mann		539	80:M 50-59		59:57	1:00:34
514	Ben Brumby		479	81:M 50-59		1:00:02	1:00:41
515	Amanda Smith	Woodbridge Shufflers	123	43:F 40-49		1:00:26	1:00:45
516	Anna Zuk	Adnams	779	44:F 40-49		1:00:06	1:00:47
517	Mike Thompson		10	82:M 50-59		1:00:08	1:00:48
518	Charlotte Leech	Pinfold & Co	698	51:F 20-39		1:00:22	1:00:58
519	Eilish Tierney		173	52:F 20-39		1:00:37	1:00:59
520	Jo Newhouse		308	15:F 50-59		1:00:20	1:01:00
521	Sarah Wardley		197	45:F 40-49		1:00:24	1:01:07
522	Patricia Houchell		537	46:F 40-49		1:00:24	1:01:07
523	Beth Price		568	53:F 20-39		1:00:37	1:01:08
524	Carmen Ortiz Granero		665	54:F 20-39		1:00:26	1:01:10
525	Emma King		389	55:F 20-39		1:00:42	1:01:11
526	Sarah Warrick		677	47:F 40-49		1:00:27	1:01:12
527	Joanne Marshall	Serpentine RC	411	4:F 60-69		1:00:46	1:01:14
528	Michael Davis		147	83:M 50-59		1:00:27	1:01:16

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
529	Fay Oram	Istead & Ifield Harriers	289	16:F 50-59		1:00:30	1:01:18
530	Duncan Chamberlain	Ipswich Jaffa	455	84:M 50-59		1:00:54	1:01:20
531	Emma Cracknell		612	48:F 40-49		1:00:38	1:01:22
532	Malcolm Gleed		517	85:M 50-59		1:01:04	1:01:25
533	Clare Walker		527	49:F 40-49		1:00:48	1:01:29
534	Emma Kay		94	56:F 20-39		1:01:07	1:01:57
535	Peter Thompson	Notcutts	751	143:M 20-39		1:01:19	1:01:58
536	Dave Newhouse		307	86:M 50-59		1:01:29	1:02:08
537	Pam Morgan	Ipswich Tri Club	618	1:F 70-99		1:01:38	1:02:17
538	Kim Cook		674	57:F 20-39		1:01:47	1:02:20
539	Trevor Dixon	Anderson	758	137:M 40-49		1:01:48	1:02:20
540	Donna Wright	Howard Construction	733	50:F 40-49		1:02:21	1:02:21
541	Gary Spruce	Chapel Properties	710	87:M 50-59		1:01:50	1:02:23
542	Deirdre Siddaway		645	17:F 50-59		1:01:40	1:02:24
543	Matthew Bradbury	Chapel Properties	708	138:M 40-49		1:01:53	1:02:26
544	Adam Kearney		270	144:M 20-39		1:01:57	1:02:37
545	Roland Constantine		7	139:M 40-49		1:02:00	1:02:40
546	Karen Moodie	Notcutts	750	18:F 50-59		1:02:04	1:02:42
547	Clare Astbury		581	51:F 40-49		1:02:09	1:02:43
548	Kirsty Aberdein		427	19:F 50-59		1:01:59	1:02:44
549	Deborah Stone		514	2:F 70-99		1:02:18	1:02:46
550	Andrew Francis		233	88:M 50-59		1:01:59	1:02:47
551	Patrick Cook		671	145:M 20-39		1:02:16	1:02:49
552	Charlotte Downing		625	52:F 40-49		1:02:01	1:02:50
553	Vivienne Taylor	Framlingham Flyers	464	3:F 70-99		1:02:12	1:02:57
554	Natalie Daniel		45	53:F 40-49		1:02:40	1:03:21
555	Anne Parkinson	Framlingham Flyers	576	5:F 60-69		1:02:47	1:03:24
556	Ben Whitaker	giles group	792	10:M 0-19		1:02:39	1:03:25
557	Jayden King	giles group	789	11:M 0-19		1:02:39	1:03:25
558	Charlotte Stewart	Woodbridge Shufflers	448	20:F 50-59		1:02:47	1:03:31
559	Susi Rooke		67	21:F 50-59		1:02:57	1:03:41
560	Lucy King		596	22:F 50-59		1:03:01	1:03:44
561	Faye Hubbard		373	54:F 40-49		1:03:01	1:03:47

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
562	Ian Stockley		471	89:M 50-59		1:03:36	1:03:55
563	Mandy Chinery		392	23:F 50-59		1:03:11	1:03:57
564	Jamie Scales		272	140:M 40-49		1:03:31	1:04:07
565	Emily Lockwood		628	58:F 20-39		1:03:31	1:04:13
566	Keith Borroughs		662	141:M 40-49		1:03:26	1:04:13
567	Sophie Donovan		476	59:F 20-39		1:03:32	1:04:23
568	Kate Kydd		305	55:F 40-49		1:03:38	1:04:25
569	Lara Garrett		247	60:F 20-39		1:04:20	1:04:32
570	Sarah Jeffrey		80	61:F 20-39		1:04:19	1:04:32
571	Jack Roberts		377	62:F 20-39		1:04:19	1:04:33
572	Helyn Latimer		588	24:F 50-59		1:03:56	1:04:38
573	Stuart Duthie	Brafe Engineering Ltd	691	146:M 20-39		1:04:02	1:04:39
574	Kate Hutson	Ipswich Jaffa	48	56:F 40-49		1:04:22	1:04:58
575	Danielle Adams		478	57:F 40-49		1:04:12	1:04:59
576	Leon Yelland	Howard Construction	803	142:M 40-49		1:04:25	1:05:03
577	Andrew Jay	Anderson	762	90:M 50-59		1:04:23	1:05:06
578	Andrew Jump	Kesgrave Cruisers	255	143:M 40-49		1:04:26	1:05:08
579	Elin Davies	Howard Construction	732	63:F 20-39		1:04:33	1:05:10
580	Ash Carver		143	147:M 20-39		1:04:27	1:05:12
581	Andrew Greenwell	AIRBORNE FIT	747	144:M 40-49		1:04:28	1:05:13
582	Paul Hadley		466	91:M 50-59		1:04:55	1:05:14
583	Anouska Hadley		481	58:F 40-49		1:04:59	1:05:18
584	Sharon Taylor		518	25:F 50-59		1:05:08	1:05:20
585	Bryan Jones	CORNERSTONE RESIDENTIAL ESTATE AGENTS	729	145:M 40-49		1:04:47	1:05:26
586	Brian Hunt		232	16:M 60-69		1:04:49	1:05:28
587	Adel Webber		578	64:F 20-39		1:04:44	1:05:29
588	Andrew Albins		46	146:M 40-49		1:04:53	1:05:31
589	Peter Thorpe		636	147:M 40-49		1:04:46	1:05:36
590	Paul McGregor		298	17:M 60-69		1:05:11	1:05:39
591	Michael Roberts	Plymouth Harriers	493	7:M 70-99		1:05:08	1:05:42
592	Jo Rhodes		456	59:F 40-49		1:04:54	1:05:43
593	Darren Goodchild		575	92:M 50-59		1:05:21	1:05:56
594	Misty Smith	Ipswich Jaffa	579	65:F 20-39		1:05:15	1:05:58

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
595	Deb Hart		60	26:F 50-59		1:05:15	1:05:58
596	Jason Locke		339	93:M 50-59		1:05:40	1:06:19
597	Emma Riefe		340	27:F 50-59		1:05:40	1:06:19
598	Michelle Keeble	Framlingham Flyers	489	28:F 50-59		1:05:48	1:06:26
599	William Williams		535	94:M 50-59		1:05:47	1:06:35
600	Laura Crossley	Capel Cheetahs	158	60:F 40-49		1:06:01	1:06:37
601	Amanda Prior	Barker Gotelee	702	29:F 50-59		1:06:08	1:06:45
602	Veronica Manly	Harleston RC	532	4:F 70-99		1:06:09	1:06:51
603	Paula McCann		375	5:F 70-99		1:06:08	1:06:51
604	Paul Excell		214	18:M 60-69		1:06:13	1:06:53
605	Michelle Martin		312	61:F 40-49		1:06:36	1:07:01
606	Louise Larter		131	62:F 40-49		1:06:30	1:07:09
607	Laura Clinton		480	66:F 20-39		1:06:33	1:07:16
608	Hannah Doran		63	67:F 20-39		1:06:42	1:07:27
609	Catherine Law		142	68:F 20-39		1:06:44	1:07:30
610	Aidan McGlennon		640	148:M 20-39		1:06:55	1:07:37
611	Charmaine Keep		421	6:F 60-69		1:07:53	1:08:18
612	Anna Gibbins		452	63:F 40-49		1:07:45	1:08:29
613	David Gunson		536	19:M 60-69		1:07:51	1:08:34
614	Toby Brown		403	148:M 40-49		1:07:49	1:08:36
615	Linda Hawes		577	64:F 40-49		1:07:55	1:08:44
616	Simon Kitching		626	95:M 50-59		1:08:33	1:08:52
617	Sarah Donovan		345	30:F 50-59		1:08:02	1:08:52
618	Joan Woodward		316	7:F 60-69		1:08:27	1:09:11
619	Michelle Eastall		486	65:F 40-49		1:08:31	1:09:16
620	Lauren Garfield		368	66:F 40-49		1:09:20	1:09:50
621	Bryony Cooney		440	67:F 40-49		1:09:21	1:09:50
622	Caroline Carter		93	68:F 40-49		1:09:06	1:09:53
623	Alison Green		450	31:F 50-59		1:09:11	1:09:59
624	Paul Cheshire		449	96:M 50-59		1:09:12	1:10:00
625	Ellie Clarkson		176	69:F 20-39		1:09:25	1:10:02
626	John Manders		26	20:M 60-69		1:09:14	1:10:07
627	Lauren Akers	CLOUD 9	722	11:F 0-19		1:09:39	1:10:12

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
628	Ian Akers	CLOUD 9	721	149:M 40-49		1:09:40	1:10:12
629	Andrew Foreman	Amarinth Pumps	767	97:M 50-59		1:09:47	1:10:28
630	Paul Madden	Rushmere Community Runners	416	150:M 40-49		1:10:05	1:10:31
631	Phil Turtill	Brafe Engineering Ltd	690	98:M 50-59		1:10:00	1:10:36
632	Sarah Owen		249	69:F 40-49		1:10:12	1:10:53
633	Elizabeth Warden		491	70:F 20-39		1:10:08	1:10:56
634	Ruth May		279	71:F 20-39		1:10:27	1:11:10
635	Stacie Moss		589	72:F 20-39		1:10:23	1:11:13
636	Paul Moss		638	151:M 40-49		1:10:24	1:11:14
637	Wendy Corneby		350	32:F 50-59		1:12:08	1:12:30
638	Terry Williams		397	8:M 70-99		1:12:57	1:13:26
639	Mariaâ¹ Bilner	Ipswich Jaffa	207	70:F 40-49		1:13:38	1:14:03
640	Sarah Cavanagh		230	33:F 50-59		1:13:50	1:14:11
641	Alix Cox		467	71:F 40-49		1:13:58	1:14:46
642	Sam Gorny		468	152:M 40-49		1:13:59	1:14:46
643	Claire Rush	Kesgrave Cruisers	285	72:F 40-49		1:14:21	1:15:07
644	Lucy Bryanton		382	34:F 50-59		1:14:22	1:15:07
645	Danielle Scopes		291	73:F 20-39		1:14:46	1:15:31
646	Maria Kislak	Anderson	754	74:F 20-39		1:14:58	1:15:32
647	Katherine Mills		414	73:F 40-49		1:15:23	1:15:56
648	Ali Sudell		417	8:F 60-69		1:15:04	1:15:58
649	Alison Bills		559	74:F 40-49		1:15:27	1:16:01
650	Libby Hannatt		271	12:F 0-19		1:15:28	1:16:02
651	Andrew Watkins		275	99:M 50-59		1:15:26	1:16:02
652	Hayley Hannatt		129	35:F 50-59		1:15:28	1:16:02
653	Paul Hannatt	Brafe Engineering Ltd	683	100:M 50-59		1:15:29	1:16:03
654	Sarah Shinnie		235	75:F 40-49		1:16:19	1:17:04
655	Tania Vermeulen		624	76:F 40-49		1:17:07	1:17:29
656	Dave Solomon	Felixstowe Road Runners	590	101:M 50-59		1:17:05	1:17:57
657	Collette Green	Felixstowe Road Runners	126	77:F 40-49		1:17:09	1:17:59
658	Alastair Read	Felixstowe Road Runners	297	153:M 40-49		1:17:03	1:17:59
659	David Brewster	Felixstowe Road Runners	548	154:M 40-49		1:17:08	1:18:00
660	Michelle Murphy	Felixstowe Road Runners	363	78:F 40-49		1:17:09	1:18:00

Woodbridge 10k Senior Results 2023

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
661	Lucy Driver	Felixstowe Road Runners	192	75:F 20-39		1:17:09	1:18:01
662	Justin Ostler	Felixstowe Road Runners	554	102:M 50-59		1:17:07	1:18:01
663	Sarah Banham	Felixstowe Road Runners	301	76:F 20-39		1:17:09	1:18:01
664	Dave Hamer		678	149:M 20-39		1:17:08	1:18:02
665	Kayleigh Turpin	Felixstowe Road Runners	174	77:F 20-39		1:17:08	1:18:02
666	Robert Kemp	Felixstowe Road Runners	609	150:M 20-39		1:17:07	1:18:02
667	Nick Ray		525	103:M 50-59		1:17:09	1:18:02
668	Danielle Wright	Felixstowe Road Runners	352	78:F 20-39		1:17:09	1:18:02
669	David Seymour	Felixstowe Road Runners	177	21:M 60-69		1:17:08	1:18:03
670	Ross Rands		304	151:M 20-39		1:17:09	1:18:03
671	Ali Rands		303	79:F 20-39		1:17:09	1:18:03
672	Kate Sudell	Felixstowe Road Runners	205	80:F 20-39		1:17:09	1:18:04
673	Katherine Aykroyd	Felixstowe Road Runners	462	81:F 20-39		1:17:11	1:18:04
674	Carl Jarrett	Felixstowe Road Runners	125	155:M 40-49		1:17:09	1:18:04
675	Ian Old	Ipswich Jaffa	198	152:M 20-39		1:17:12	1:18:05
676	Marion Parker	Felixstowe Road Runners	362	9:F 60-69		1:17:13	1:18:05
677	Tom Aykroyd	Felixstowe Road Runners	463	156:M 40-49		1:17:13	1:18:06
678	Gemma Gilbert	Felixstowe Road Runners	40	79:F 40-49		1:17:13	1:18:06
679	Dawn Gibson	Felixstowe Road Runners	605	80:F 40-49		1:17:15	1:18:06
680	Sam Linassi	Felixstowe Road Runners	44	81:F 40-49		1:17:13	1:18:07
681	Holly Taylor	Felixstowe Road Runners	222	82:F 20-39		1:17:16	1:18:07
682	Michael Green	Felixstowe Road Runners	139	157:M 40-49		1:17:16	1:18:07
683	Steve Brooke	Felixstowe Road Runners	265	104:M 50-59		1:17:15	1:18:08
684	Darren Storey	Felixstowe Road Runners	585	105:M 50-59		1:17:17	1:18:08
685	Mary Burgess	Felixstowe Road Runners	290	10:F 60-69		1:17:16	1:18:09
686	Stuart Wright	Felixstowe Road Runners	490	158:M 40-49		1:17:16	1:18:09
687	Richard Wold	Felixstowe Road Runners	183	22:M 60-69		1:17:17	1:18:12
688	Daniela Elstone	Felixstowe Road Runners	381	36:F 50-59		1:17:22	1:18:12
689	Glen Mures	Felixstowe Road Runners	366	106:M 50-59		1:17:18	1:18:13
690	Adrian Goode	Felixstowe Road Runners	171	107:M 50-59		1:17:22	1:18:15
691	Paul Schwer	Felixstowe Road Runners	338	23:M 60-69		1:17:20	1:18:15
692	Ella Macartney	Ipswich Jaffa	670	13:F 0-19		1:19:00	1:19:25
693	Marcus Moscrop	Brafe Engineering Ltd	684	108:M 50-59		1:19:26	1:20:01

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Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
694	Sam Ginn		406	159:M 40-49		1:19:27	1:20:01
695	John Stafford		238	109:M 50-59		1:19:41	1:20:19
696	Rob Squirrell	Woodbridge Shufflers	343	110:M 50-59		1:19:42	1:20:19
697	Shane Grant		550	160:M 40-49		1:19:43	1:20:19
698	Steven Fosker		242	111:M 50-59		1:19:42	1:20:20
699	Jonathan Sheldrake-Gooding	Woodbridge Shufflers	348	153:M 20-39		1:19:34	1:20:20
700	Ray Challoner		219	24:M 60-69		1:30:31	1:31:16
701	Leticia Yulita		400	37:F 50-59		1:32:19	1:33:12
702	Bon Allen		65	82:F 40-49		1:53:10	1:54:00