

Race Date
July 12, 2015

Ekiden team event 2015
Lap Results - Overall Summary

Mens Open

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Ipswich Harriers Team 1	12	2:23:33.3	17	3:24/M	42.200
2	Ipswich Jaffa Team 1	1	2:28:08.0	17	3:31/M	42.200
3	Colchester Harriers Team 1	167	2:32:20.8	17	3:37/M	42.200
4	West Suffolk	36	2:33:29.3	17	3:38/M	42.200
5	Fram Flyers 'A'	7	2:35:50.2	17	3:42/M	42.200
6	Hadleigh Hares Mens Open	26	2:37:44.1	17	3:44/M	42.200
7	Lowestoft Road Runners	6	2:38:31.4	17	3:45/M	42.200
8	Sudbury Joggers A Team 1	2	2:41:20.3	17	3:49/M	42.200
9	Witham Team 1	14	2:45:35.1	17	3:55/M	42.200
10	Felixstowe Team 2	99	2:47:16.3	17	3:58/M	42.200
11	Newmarket Joggers Team 1	9	2:47:57.4	17	3:59/M	42.200
12	Coltishall Senior	62	2:56:45.4	17	4:11/M	42.200
13	Fram Flyers 'B'	48	2:57:45.3	17	4:13/M	42.200
14	Hadleigh Hares Mens Open	27	3:01:50.5	17	4:19/M	42.200
15	Sudbury Joggers B Team 2	15	3:04:03.3	17	4:22/M	42.200
16	St Edmund Pacers Team 4	19	3:04:41.5	17	4:23/M	42.200
17	Tiptree Team 2	55	3:13:38.9	17	4:35/M	42.200
18	Gt Bentley Team 1	8	3:13:47.1	17	4:36/M	42.200
19	Lowestoft Road Runners	21	3:18:18.3	17	4:42/M	42.200
20	Hadleigh Hares Team 6	106	3:18:42.3	17	4:43/M	42.200
21	Woodbridge Shufflers Team 1	29	3:20:40.6	17	4:45/M	42.200
22	Ipswich Jaffa Team 2	13	2:44:05.0	16	4:08/M	39.700
23	Witham Team 2	31	2:51:45.1	16	4:20/M	39.700
24	Harwich Runners Team 1	3	2:53:24.8	16	4:22/M	39.700
25	Norwich Road Runners Team	30	2:25:28.6	15	3:55/M	37.200

MV 40-49

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Colchester Harriers Team 6	174	2:38:20.3	17	3:45/M	42.200
2	Newmarket Joggers Team	17	2:39:08.8	17	3:46/M	42.200
3	Felixstowe Road Runners	22	2:42:31.0	17	3:51/M	42.200
4	Ipswich JAFFA Team 4	90	2:42:49.3	17	3:51/M	42.200
5	Harwich Runners Team 2	16	2:47:43.2	17	3:58/M	42.200
6	Witham Team 3	93	2:49:11.2	17	4:01/M	42.200
7	Stow Striders Team 1	4	2:49:42.3	17	4:01/M	42.200
8	Norwich Road Runners MV	25	2:50:19.3	17	4:02/M	42.200
9	St Edmund Pacers Team 5	45	2:58:37.5	17	4:14/M	42.200
10	Tiptree Team 1	54	3:02:52.3	17	4:20/M	42.200
11	Coltishall Male Vets	64	3:04:58.4	17	4:23/M	42.200
12	Fram Flyers	50	3:05:50.1	17	4:24/M	42.200
13	Sudbury Joggers C Team 6	182	3:14:27.3	17	4:36/M	42.200
14	Felixstowe Road Runners	11	3:16:12.4	17	4:39/M	42.200
15	Norwich Road Runners Team	81	3:03:23.1	16	4:37/M	39.700

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MV 40-49

16 Gt Bentley Team 2 10 3:06:47.5 16 4:42/M 39.700

SV 50+

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Colchester Harriers Super	170	2:43:40.7	17	3:53/M	42.200
2	Ipswich JAFFA Super A Team	122	2:45:36.3	17	3:55/M	42.200
3	Norfolk Gazelles Super- Old	117	2:50:00.1	17	4:02/M	42.200
4	Woodbridge Shufflers	179	3:00:34.1	17	4:17/M	42.200
5	Witham Super Team 5	128	3:03:59.4	17	4:22/M	42.200
6	Gt Bentley Super Team 4	126	3:11:07.0	17	4:32/M	42.200
7	Ipswich JAFFA Super B Team	124	3:13:53.1	17	4:36/M	42.200
8	Norwich Road Runners Super	39	3:17:49.3	17	4:41/M	42.200
9	St Edmund Pacers Super Team	83	3:19:16.5	17	4:43/M	42.200
10	Norwich Road Runners Team 5	80	3:39:54.3	17	5:13/M	42.200
11	Woodbridge Shufflers	58	3:55:07.1	17	5:34/M	42.200
12	Norwich Road Runners Super	86	3:55:54.3	17	5:35/M	42.200

Ladies Open

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Colchester Harriers Team 3	171	2:45:08.2	17	3:55/M	42.200
2	West Suffolk A	134	2:48:53.7	17	4:00/M	42.200
3	Hadleigh Hares Mixed Team 3	28	3:02:55.0	17	4:20/M	42.200
4	West Suffolk B	135	3:06:30.0	17	4:25/M	42.200
5	Ipswich JAFFA Team 6	97	3:08:23.2	17	4:28/M	42.200
6	Newmarket	94	3:14:57.3	17	4:37/M	42.200
7	Fram Flyers Ladies 'A'	49	3:16:37.3	17	4:40/M	42.200
8	Ipswich JAFFA Team 7	104	3:26:41.7	17	4:54/M	42.200
9	Gt Bentley Team 7	109	3:32:28.8	17	5:02/M	42.200
10	Felixstowe Team 3	96	3:32:55.1	17	5:03/M	42.200
11	Gt Bentley Team 9	72	3:36:42.9	17	5:08/M	42.200
12	Fram Flyers Ladies 'B'	85	3:38:50.3	17	5:11/M	42.200
13	Norwich Road Runners Team	82	3:45:26.6	17	5:21/M	42.200
14	Sudbury B Team 7	163	3:47:34.3	17	5:24/M	42.200
15	Gt Bentley Team 6	108	3:47:44.6	17	5:24/M	42.200
16	Gt Bentley Team 8	116	3:56:30.5	17	5:36/M	42.200
17	Witham	145	3:58:43.8	17	5:39/M	42.200

LV 35-44

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Colchester Harriers Team 5	173	3:02:00.0	17	4:19/M	42.200
2	Ipswich JAFFA Team 9	114	3:09:09.8	17	4:29/M	42.200
3	Harwich Team 5	41	3:16:17.5	17	4:39/M	42.200

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4	Norwich Road Runners Team	79	3:21:09.3	17	4:46/M	42.200
5	Witham Team 4	119	3:22:58.3	17	4:49/M	42.200
6	St Edmund Pacers Team 1	110	3:24:50.1	17	4:51/M	42.200
7	Norfolk Gazelles - Bimbling	121	3:26:14.4	17	4:53/M	42.200
8	Sudbury A Team 6	98	3:33:33.3	17	5:04/M	42.200
9	Coltishall Ladies Vets	180	3:34:08.7	17	5:04/M	42.200
10	Tiptree Team 5	69	3:44:20.3	17	5:19/M	42.200
11	Ipswich JAFFA Team 8	105	3:53:52.9	17	5:33/M	42.200
12	Beccles and Bungay Harriers	23	4:15:58.7	17	6:04/M	42.200

Mixed

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Haverhill Team 1	51	2:38:15.6	17	3:45/M	42.200
2	Ipswich JAFFA Team 3	18	2:39:56.4	17	3:47/M	42.200
3	Stow Striders A Team 2	5	2:42:57.5	17	3:52/M	42.200
4	Dereham A	177	2:43:16.1	17	3:52/M	42.200
5	St Edmund Pacers Team 3	42	2:44:17.3	17	3:54/M	42.200
6	Gt Bentley Team 5	88	2:44:49.5	17	3:54/M	42.200
7	Ipswich Harriers B	59	2:46:25.5	17	3:57/M	42.200
8	St Edmund Pacers Team 6	47	2:52:26.9	17	4:05/M	42.200
9	Haverhill Team 2	52	2:54:36.2	17	4:08/M	42.200
10	Beccles and Bungay Harriers	166	2:57:51.0	17	4:13/M	42.200
11	Rushmere Trail Runners	162	3:02:00.3	17	4:19/M	42.200
12	Dereham B	178	3:05:12.2	17	4:23/M	42.200
13	Coltishall	63	3:09:43.3	17	4:30/M	42.200
14	Wymondham AC Team 5 -	74	3:15:26.2	17	4:38/M	42.200
15	St Edmund Pacers Team 7	125	3:22:18.3	17	4:48/M	42.200
16	Haverhill Team 4	67	3:23:15.2	17	4:49/M	42.200
17	Stow Striders J Team 11	131	3:23:39.7	17	4:50/M	42.200
18	Stow Striders B Team 3	70	3:24:21.1	17	4:51/M	42.200
19	Stow Striders I Team 10	123	3:24:37.4	17	4:51/M	42.200
20	Ipswich JAFFA Team 12	132	3:25:25.9	17	4:52/M	42.200
21	Colchester Harriers Team 4	172	3:25:50.7	17	4:53/M	42.200
22	Dereham 3	38	3:27:03.2	17	4:54/M	42.200
23	Wymondham AC Team 1 -	32	3:27:08.8	17	4:55/M	42.200
24	Wymondham AC Team 7-	76	3:27:38.7	17	4:55/M	42.200
25	Stow Striders F Team 7	101	3:27:50.3	17	4:55/M	42.200
26	Wymondham Team 4 - McKay	71	3:28:59.3	17	4:57/M	42.200
27	Stow Striders C Team 4	87	3:29:29.5	17	4:58/M	42.200
28	Wymondham AC - Team 3	60	3:29:54.3	17	4:58/M	42.200
29	Norfolk Gazelles & Georgous	61	3:30:04.3	17	4:59/M	42.200
30	Stow Striders G Team 8	115	3:30:07.5	17	4:59/M	42.200
31	Stow Striders D Team 5	91	3:30:13.1	17	4:59/M	42.200
32	Fram Flyers Mixed 'B'	136	3:30:20.1	17	4:59/M	42.200
33	Hadleigh Hares Ladies Open	35	3:30:54.3	17	5:00/M	42.200
34	Haverhill Team 3	53	3:31:00.3	17	5:00/M	42.200
35	Stow Striders E Team 6	100	3:31:06.2	17	5:00/M	42.200

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36	Fram Flyers Mixed 'A'	103	3:31:31.3	17	5:01/M	42.200
37	Gt Bentley Team 10	127	3:34:17.9	17	5:05/M	42.200
38	Wymondham AC Team 6 -	75	3:34:25.4	17	5:05/M	42.200
39	Stow Striders H Team 9	120	3:34:28.3	17	5:05/M	42.200
40	Lowestoft	107	3:37:21.2	17	5:09/M	42.200
41	Newmarket Joggers Team	181	3:37:53.3	17	5:10/M	42.200
42	Wymondham AC Team 2 -	34	3:39:21.9	17	5:12/M	42.200
43	Sudbury B Team 5	113	3:40:23.6	17	5:13/M	42.200
44	Witham Team 6	129	3:41:06.0	17	5:14/M	42.200
45	Longdale Striders Team 1	84	3:41:56.6	17	5:16/M	42.200
46	Norwich Road Runners Team	118	3:42:02.0	17	5:16/M	42.200
47	Felixstowe Road Runners Team	111	3:46:55.9	17	5:23/M	42.200
48	Felixstowe Road Runners	44	3:48:58.7	17	5:26/M	42.200
49	Tiptree Team 4	57	3:50:17.6	17	5:27/M	42.200
50	Hadleigh Hares Mixed Team 5	43	3:50:24.3	17	5:28/M	42.200
51	Felixstowe Road Runners	33	3:51:17.4	17	5:29/M	42.200
52	Norwich Road Runners Team 9	102	3:51:40.3	17	5:29/M	42.200
53	Gt Bentley Team 3	24	3:54:35.6	17	5:34/M	42.200
54	Felixstowe Team 6	77	3:58:03.4	17	5:38/M	42.200
55	Sudbury A Team 4	112	3:59:01.6	17	5:40/M	42.200
56	Ipswich JAFFA Team 5	92	3:59:54.3	17	5:41/M	42.200
57	Harwich Team 4	40	4:00:21.5	17	5:42/M	42.200
58	Harwich Runners Team 3	20	4:01:41.3	17	5:44/M	42.200
59	Norwich Road Runners - Team	147	4:18:48.7	17	6:08/M	42.200
60	Colchester Harriers - B - Team	161	2:56:28.4	16	4:27/M	39.700
61	Tiptree Team 3	56	3:23:18.3	16	5:07/M	39.700
62	Saxons - Team 1	65	3:25:57.3	16	5:11/M	39.700
63	Saxons Team 2	66	3:43:56.2	16	5:38/M	39.700

Social

<u>Pos.</u>	<u>Team Name</u>	<u>Bib No</u>	<u>Total Time</u>	<u>Laps</u>	<u>Pace</u>	<u>Total Distance</u>
1	Run for your Life 1	130	2:50:50.2	17	4:03/M	42.200
2	Goddard's Saturday Old Boys 1	144	2:50:50.7	17	4:03/M	42.200
3	Six on the Beach	138	2:55:24.3	17	4:09/M	42.200
4	Commando Alpha	137	3:02:53.5	17	4:20/M	42.200
5	Goddard's Saturday Old Boys 2	164	3:06:11.3	17	4:25/M	42.200
6	Team Belsom and Friends Slow	150	3:11:46.7	17	4:33/M	42.200
7	Team Awesome	159	3:13:50.3	17	4:36/M	42.200
8	AHP - Tashy's Team	175	3:18:52.3	17	4:43/M	42.200
9	Run for your Life 2	152	3:29:31.8	17	4:58/M	42.200
10	Ensors	153	3:31:15.3	17	5:00/M	42.200
11	PhysioFixx	142	3:31:54.3	17	5:01/M	42.200
12	M & S Contractors	151	3:34:36.3	17	5:05/M	42.200
13	Team Sparkes	143	3:35:02.2	17	5:06/M	42.200
14	Orwell Housing	158	3:36:08.9	17	5:07/M	42.200
15	Goddard's Saturday Girls	165	3:38:09.4	17	5:10/M	42.200
16	Where's Wallid?	160	3:39:41.3	17	5:12/M	42.200

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Social

17	Run 4330	139	3:45:05.0	17	5:20/M	42.200
18	Run for your Life 4	154	3:46:45.8	17	5:22/M	42.200
19	Run for Your Life 3	140	3:57:45.0	17	5:38/M	42.200
20	Thetford Parkrunners - Hooches	155	4:13:43.5	17	6:01/M	42.200
21	Thetford Parkrunners - Wrong	149	4:24:23.8	17	6:16/M	42.200
22	Thetford Parkrunners Eat Sleep	157	4:31:29.4	17	6:26/M	42.200
23	Thetford Parkrunners - Stoney	156	4:41:33.9	17	6:40/M	42.200
24	Thetford Parkrunners -	148	4:52:54.3	17	6:56/M	42.200
25	PaRUNmedics	141	2:48:52.3	16	4:15/M	39.700