

Place	Bib I	Chip Time	First Name	Last Name	m/f	Team
1	55	5:41.7	Niall	Ackroyd	M	West Suffolk
2	56	5:55.2	James	Preston	M	West Suffolk
3	54	6:02.8	Cameron	Ackroyd	M	West Suffolk
4	136	6:07.0	Conner	Bilner	M	Ipswich Jaffa
5	60	6:18.3	Amy	Goddard	M	Woodbridge School
6	120	6:19.5	Joshua	Swan	M	Stowmarket Striders
7	133	6:20.9	Ashley	Wilding	M	Ipswich Jaffa
8	141	6:22.1	Niall	Thomas	M	Ipswich Jaffa 2
9	164	6:22.2	Henry	Steele	M	The Kingfishers
10	1	6:32.6	Luke	Allen	M	Witham 1
11	57	6:35.4	George	Rufford	M	Woodbridge School
12	111	6:41.4	Joe	Robson	M	The Kestrels
13	18	6:43.6	George	Wharam	M	Framlingham 2
14	134	6:44.0	Oliver	Chamberlair	M	Ipswich Jaffa
15	157	6:46.8	Max	Ashmore	M	Ipswich Jaffa 6
16	119	6:47.7	Goerge	Cane	M	Stowmarket Striders
17	2	6:48.5	Freddie	Trevanion	M	Witham 1
18	44	6:50.0	Archie	Barrington	M	Harwich
19	43	6:50.3	Luke	Williams	M	Harwich
20	58	6:56.3	Nathan	Goddard	M	Woodbridge School
21	20	6:58.6	Alec	Mackay	M	Framlingham 2
22	65	6:59.6	Edward	Rufford	M	Woodbridge School 2
23	93	7:00.0		race	M	Beccles and Bungay 1
24	4	7:01.9	George	Stevenson	M	Witham 1
25	135	7:02.5	Harrison	Ward	M	Ipswich Jaffa
26	144	7:03.2	Oliver	Bowman	M	Ipswich Jaffa 2
27	67	7:04.8	Charlie	Turner	M	Woodbridge School 2
28	69	7:05.9	Else	D'Hane	M	Woodbridge School 3
29	109	7:07.7	Alex	Richardson	M	The Kestrels
30	89	7:11.5		ara	M	Beccles and Bungay
31	3	7:13.3	Juliet	Stevenson	F	Witham 1
32	143	7:14.3	Harvey	Hall	M	Ipswich Jaffa 2
33	161	7:15.7	Kirsten O	Brien	M	The Kingfishers
34	19	7:15.8	Charlie	Pecher	M	Framlingham 2
35	92	7:16.5		zy	M	Beccles and Bungay
36	68	7:16.7	Tom	Turner	M	Woodbridge School 2
37	142	7:17.7	Charlie	Woodbridge	M	Ipswich Jaffa 2
38	154	7:18.6	Jack	Manly	M	Ipswich Jaffa 5
39	160	7:19.0	Oliver	Woodbridge	M	Ipswich Jaffa 6
40	137	7:19.9	Katie	Challenor	M	Ipswich Jaffa 1
41	66	7:20.0	Thomas	Liddy	M	Woodbridge School 2
42	77	7:21.5	Joe	Webb	M	The Finches
43	63	7:21.7	Daniel	Davies	M	Woodbridge School 1
44	112	7:21.9	Ben	Law	M	The Kestrels
45	45	7:22.2	Michael	Knowles	M	Harwich 1
46	64	7:24.5	Charlie	Mayhew	M	Woodbridge School 1
47	110	7:24.6	Reece	Gooderham	M	The Kestrels
48	95	7:36.6		inn	M	Beccles and Bungay 1
49	6	7:36.7	Rebecca	Chandler	F	Witham 2
50	162	7:38.0	Alice	Bell	M	The Kingfishers
51	94	7:40.8		ieran	M	Beccles and Bungay 1

52	28	7:41.2	Monique	Humphrey	M	Framlingham 4
53	14	7:43.2	Lewis	Potter	M	Framlingham 1
54	61	7:43.4	Lotte	d'Hane	M	Woodbridge School 1
55	78	7:43.8	Dylan	Bradnam	M	The Finches
56	159	7:46.6	Eloise	Ward	M	Ipswich Jaffa 6
57	73	7:47.7	Anna	Robson	M	The Robins
58	163	7:49.1	Ellie	Temple	M	The Kingfishers
59	7	7:49.4	Emily	Chandler	F	Witham 2
60	97	7:50.7		Iodie	M	Beccles and Bungay 2
61	59	7:51.6	Sarah	Barker	M	Woodbridge School
62	72	7:52.1	Mac	Zie	M	Woodbridge School 3
63	15	7:56.0	Nicole	Humphrey	M	Framlingham 1
64	24	7:56.1	William	Gilmour	M	Framlingham 3
65	23	7:58.5	Luke	Potter	M	Framlingham 3
66	48	8:00.2	Sam	Barstow	M	Harwich 1
67	62	8:01.2	Molly	Marshall	M	Woodbridge School 1
68	32	8:01.3	Millie	Taylor	M	Framlingham 5
69	138	8:04.7	Saffron Mitcl	Andrews	M	Ipswich Jaffa 1
70	126	8:09.6	Marissa	Lee	M	Felixstowe Road Runners 1
71	155	8:10.0	Oscar	Manly	M	Ipswich Jaffa 5
72	153	8:10.3	Mark	Richardson	M	Ipswich Jaffa 5
73	16	8:10.3	Marcus	Bosworth	M	Framlingham 1
74	140	8:10.9	Eleanor	Chamberlair	M	Ipswich Jaffa 1
75	21	8:11.5	Harvey	Ford	M	Framlingham 3
76	105	8:12.4	Juliet	Bigley	M	Haverhill
77	82	8:13.3	Georgina Hæ	Jones	M	Tiptree
78	12	8:15.2	Harrison	Leek	M	GBRC
79	145	8:17.0	Shannon Mc	Sephaney	M	Ipswich Jaffa 3
80	38	8:17.5	Diego	Amorim	M	Framlingham 7
81	22	8:18.1	Ben	Harbinson	M	Framlingham 3
82	25	8:18.7	Daisy	Chambers	M	Framlingham 4
83	139	8:20.2	Freya	Palmer	M	Ipswich Jaffa 1
84	13	8:20.8	Ellie	Pitcher	M	Framlingham 1
85	148	8:22.6	Chloe	Hamblyn	M	Ipswich Jaffa 3
86	124	8:22.7	Rogan	Phillips	M	Felixstowe Road Runners
87	74	8:25.4	Amber	Bradnam	M	The Robins
88	91	8:25.6		olly	M	Beccles and Bungay
89	118	8:25.9	Isabelle	Porch	M	Stowmarket Striders
90	113	8:29.1	Kiara	Dale	M	Thetford Park Runners
91	31	8:30.2	Fliss	Kindred-Kirk	M	Framlingham 5
92	9	8:30.8	Michael	Oates	M	GBRC
93	42	8:33.3	Will	Kent	M	Harwich
94	75	8:34.3	Rhian O	Brien	M	The Robins
95	122	8:35.1	Courtney	Turner	M	Felixstowe Road Runners
96	156	8:43.1	Keiron Mitch	Andrews	M	Ipswich Jaffa 5
97	70	8:44.4	Eloise	Rufford	M	Woodbridge School 3
98	125	8:45.1	Issac	Williams	M	Felixstowe Road Runners 1
99	99	8:45.2		Ila	M	Beccles and Bungay 2
100	121	8:45.9	Jack	Godwin	M	Felixstowe Road Runners
101	117	8:48.4	Tom	Garrod	M	Stowmarket Striders
102	103	8:49.4		atalie	M	Beccles and Bungay 3
103	101	8:49.5		aitlin	M	Beccles and Bungay 3

104	149	8:50.0	Tyler	Sparkes	M	Ipswich Jaffa 4
105	49	8:51.7	Annabel	Brookes	M	Harwich 2
106	5	8:52.9	Nieve Deigh		F	Witham 2
107	29	8:56.1	Tiggy	Robinson	M	Framlingham 5
108	40	8:56.8	Matthew	Russell	M	Framlingham 7
109	102	8:57.1		nya	M	Beccles and Bungay 3
110	127	8:57.4	Kerry	Hegarth	M	Felixstowe Road Runners 1
111	104	8:58.3		ebecca	M	Beccles and Bungay 3
112	84	8:59.9	Mikey	Broughton	M	Tiptree
113	36	9:00.0	Luke	Wharam	M	Framlingham 6
114	146	9:02.5	Eva	Palmer	M	Ipswich Jaffa 3
115	151	9:08.8	Reece Mitch	Andrews	M	Ipswich Jaffa 4
116	114	9:15.1	Shaelyn	Malkinson	M	Thetford Park Runners
117	128	9:15.7	Josh	Godwin	M	Felixstowe Road Runners 1
118	88	9:16.5	Ruby	Schelvis	M	Tiptree 1
119	34	9:19.3	Jacob	Shadbolt	M	Framlingham 6
120	81	9:21.9	Joseph	McVella	M	Tiptree
121	11	9:22.5	Ben	Lyon	M	GBRC
122	116	9:24.7	Meggie	Worsnop	M	Thetford Park Runners
123	35	9:27.0	Reuben	Peterkin	M	Framlingham 6
124	86	9:30.7	Rebecca	Conway	M	Tiptree 1
125	106	9:34.1	Edward	Moseley	M	Haverhill
126	33	9:34.8	Ella	Snare	M	Framlingham 6
127	71	9:37.1	Lara	Zie	M	Woodbridge School 3
128	152	9:37.3	Trey Mitchel	Andrews	M	Ipswich Jaffa 4
129	50	9:37.8	Gabriella	Bertram	M	Harwich 2
130	123	9:39.0	Daniel	Capp	M	Felixstowe Road Runners
131	52	9:41.0	Isabella	McCreadie	M	Harwich 2
132	10	9:43.2	Megan	Iddon	M	GBRC
133	30	9:44.1	Roo	Chambers	M	Framlingham 5
134	51	9:51.9	James	Cooper	M	Harwich 2
135	39	9:59.2	Stanley	Peacher	M	Framlingham 7
136	150	10:06.3	Cooper	Sparkes	M	Ipswich Jaffa 4
137	83	10:12.7	Teigue	Hawkins	M	Tiptree
138	85	10:24.1	Isabel	Finch	M	Tiptree 1
139	115	10:41.9	Katarine	Mold	M	Thetford Park Runners
140	37	10:43.3	Martha	Peterkin	M	Framlingham 7
141	147	10:54.4	Jasmine	Bilner	M	Ipswich Jaffa 3
142	107	11:54.3	Jed	Randall	M	Haverhill
143	87	12:22.0	Hannah	Schelvis	M	Tiptree 1
144	108	16:06.0	Philippa	Couldry	M	Haverhill

