

# Langham 5km

Position	Number	Name	Category	Time	Club
1	911	Tim Woulfe	MO	0:16:25.5	Braintree & District AC
2	898	Benjamin Turley	MO	0:16:59.2	Ipswich Jaffa RC
3	901	Paul Wain	MO	0:17:17.78	Ipswich Jaffa RC
4	865	Lee Martin	M45	0:17:26.24	Springfield Striders RC
5	848	James Hayward	MO	0:17:30.93	Stowmarket Striders RC
6	914	Christopher Warren	M40	0:18:02.36	Great Bentley Running Club
7	917	Craig Mitchell	M40	0:18:20.88	Craig's Layer Bootcamp
8	912	David Wright	MO	0:18:30.55	Great Bentley Running Club
9	895	Takafumi Tada	MO	0:18:40.26	
10	874	Gavin Parris	MO	0:19:05.18	Promkings
11	838	Dan Foster	M50	0:19:09.8	Colchester Harriers AC
12	840	Jon Glanfield	MO	0:19:14.73	Felixstowe RRC
13	918	Andrew Conway	M45	0:19:23.33	Tiptree Road Runners
14	909	Michael Woodruff	M50	0:19:24.55	Bishops Stortford RC
15	859	Charles Keitch	MO	0:19:34.97	Great Bentley Running Club
16	866	Melvyn Maycock	MO	0:19:39.86	
17	888	Gareth Southgate	M45	0:19:47.29	Stowmarket Striders RC
18	830	Paul Davison	M40	0:19:53.26	
19	853	Dave Howe	M55	0:19:58.56	Running Colchester
20	814	Victoria Breadman	FO	0:20:16.08	Felixstowe RRC
21	836	Simon Fenn	M50	0:20:26.6	Hadleigh Hares AC
22	890	Malcolm Statham	M45	0:20:27.99	Colchester Harriers AC
23	883	Gary Rowlatt	M45	0:20:29.81	Thurrock Harriers
24	832	Kerry Dennett	FO	0:20:44.04	Hadleigh Hares AC
25	845	Susham Gupta	M45	0:21:08.26	London Frontrunners
26	823	Lee Clarkson	MO	0:21:09.92	Great Bentley Running Club
27	864	Gale Light	M50	0:21:12.37	
28	903	Arthur Whiston	M65	0:21:31.58	Colchester Harriers AC
29	805	Alan Barnard	M55	0:21:50.59	
30	837	Sarah Fletcher	F40	0:22:53.01	
31	811	Rachel Bodsworth	FO	0:23:20.04	Hadleigh Hares AC
32	872	Jamie Nelson	MO	0:23:30.56	Colchester Harriers AC
33	847	Jo Harris	FO	0:23:46.69	Capel Cheetahs
34	803	Bruce Allan	M45	0:23:56.04	Running The Distance
35	835	Graham Eyre	M60	0:23:58.15	Witham RC
36	802	Tony Adolphus	M55	0:24:06.66	Ipswich Jaffa RC
37	810	Mark Blackburn	M45	0:24:20.09	Ipswich Jaffa RC
38	882	Trevor Robinson	M40	0:24:22.25	Dagenham 88 Runners
39	867	Paul Maycock	M55	0:24:23.13	
40	812	Darren Bond	M50	0:24:30.76	Ipswich Jaffa RC
41	815	Angela Brinkley	F55	0:24:56.91	Stowmarket Striders RC
42	824	George Codling	U15M	0:25:11.72	Sudbury Joggers
43	842	Terri Green	FO	0:25:16.41	Ipswich Jaffa RC
44	821	Sean Chamberlin	MO	0:25:27.61	
45	854	Adam Jackson	MO	0:25:47.61	
46	822	David Chapman	M55	0:25:48.98	Sudbury Joggers
47	868	Sandra Mayhew	F50	0:25:52.73	Stowmarket Striders RC
48	886	Eric Shaw	M70	0:26:12.72	Great Bentley Running Club
49	878	Moira Pinkney	F65	0:26:43.2	Ipswich Triathlon Club
50	887	Tim Sillitoe	M45	0:28:29.84	
51	827	Gary Crowther	M50	0:28:33.96	
52	857	Samuel Johnston	MO	0:28:59.7	
53	806	Kate Barnard	F55	0:29:47.73	
54	900	Jayne Vernon	F45	0:29:57.83	Dedicated Nukers
55	839	Chris Fradley	MO	0:29:59.98	
56	820	Grace Chamberlain	U15F	0:30:04.59	
57	894	Lara Swan	U15F	0:30:04.79	
58	856	Rosanne Johnston	F40	0:30:12.34	

59	915	Rosie Youngs	F45	0:30:24.7	Jogging Made Easy (JME)
60	826	Samantha Cotton	F40	0:30:24.88	Jogging Made Easy (JME)
61	873	Louise Newton	FO	0:30:38.63	
62	875	Gary Partridge	M50	0:30:40.57	
63	919	Louise Crocombe	F45	0:30:40.75	
64	902	Sue Wright	F55	0:30:41.51	Great Bentley Running Club
65	863	Angela Lawrence	F50	0:30:43.27	
66	879	Claire Poole	F40	0:30:50.22	
67	885	Nicky Santomauro	F45	0:31:00.85	
68	908	Nick Williams	M40	0:31:02.93	Felixstowe RRC
69	816	Tracie Bromboszcz	F50	0:31:11.6	
70	831	Susan Dean	F50	0:31:14.18	
71	833	Kathleen Evans	F45	0:31:16.46	Team FitMix
72	910	Karen Woods	F40	0:31:16.52	Team FitMix
73	817	Katherine Burke	FO	0:32:04.38	Jogging Made Easy (JME)
74	801	Naomi Abeykoon	F40	0:32:16.44	
75	861	Brigid Lager	F55	0:32:45.97	Witham RC
76	880	Kate Prazsky	FO	0:33:05.21	Jogging Made Easy (JME)
77	916	Dafni Dean	FO	0:33:09.35	
78	889	Kirsty Stageman	FO	0:33:13.57	
79	855	Adam Jennings	MO	0:33:14.09	
80	858	Sophie Johnston	FO	0:33:22.1	
81	841	Helen Grace	F40	0:33:24.56	Run Mummy Run
82	850	Wendy Hills	F40	0:33:42.93	
83	860	Joanne Kinsella	F40	0:33:42.94	
84	891	Daniel Steptoe-thompson	MO	0:34:08.08	
85	906	Emma Wignall	U15F	0:35:03.68	Running Colchester
86	905	Cara Wignall	FO	0:35:05.98	Running Colchester
87	804	Caroline Arbuckle	F45	0:35:37.82	Team FitMix
88	884	Sian Rudd	FO	0:36:17.52	Running Colchester
89	809	Adam Bishop	M50	0:37:16.09	