

# Langham 5k

<b>Position</b>	<b>Number</b>	<b>Name</b>	<b>Cat</b>	<b>Actual Time</b>	<b>Club</b>
1	613	Benjamin Turley	MO	0:17:01.91	Ipswich Jaffa RC
2	583	Ian Old	MO	0:17:56.28	Ipswich Jaffa RC
3	585	Gavin Parris	MO	0:18:10.90	
4	534	Steve Cooper	M40	0:18:12.32	Blackheath and Bromley Harriers Athletic Club
5	529	Daniel Collinge	M40	0:18:16.23	
6	625	David Wright	M40	0:18:20.43	Great Bentley Running Club
7	561	Andrew Hunt	MO	0:18:46.84	
8	595	Andrew Raynor	M50	0:18:57.89	Colchester Harriers AC
9	514	Matthew Bennett	U18M	0:19:05.04	Ipswich Jaffa RC
10	628	Jasper Zeeuw	MO	0:19:09.26	
11	545	Ian Elden	M40	0:19:31.32	Sudbury Joggers
12	576	Craig Mitchell	M40	0:19:39.44	Craig's Layer Bootcamp
13	565	Lionel Keightley	M50	0:19:47.01	
14	533	Rebecca Cooke	FO	0:20:28.27	Colchester Harriers AC
15	553	David Guest	M40	0:20:33.55	
16	610	Malcolm Statham	M40	0:20:40.24	Colchester Harriers AC
17	589	Gary Perryman	M40	0:20:56.09	Tiptree Road Runners
18	573	Maureen Mccarthy	F50	0:21:14.35	West Suffolk AC
19	582	Annette Oakman	F40	0:21:37.29	Colchester Harriers AC
20	519	Rachel Bodsworth	FO	0:21:48.28	Hadleigh Hares AC
21	604	Joshua Rooke	U18M	0:22:09.91	Saint Edmund Pacers
22	608	David Smith	M60	0:22:14.61	Springfield Striders RC
23	509	Josephine Beer	U18F	0:22:20.69	Stowmarket Striders RC
24	543	Phillip Drage	MO	0:22:44.21	
25	590	Tam Pickeral	F40	0:22:46.53	
26	508	Izzy Beer	U18F	0:23:09.18	Stowmarket Striders RC
27	510	Kate Beer	F40	0:23:15.29	Stowmarket Striders RC
28	511	Philip Beer	M50	0:23:15.53	Stowmarket Striders RC
29	619	Katherine-jayne Watts	FO	0:23:23.57	Colchester Harriers AC
30	555	Jo Harris	FO	0:23:34.47	Capel Cheetahs
31	577	Donna Morris	F50	0:23:44.59	Springfield Striders RC
32	603	Trevor Robinson	M40	0:23:49.68	Dagenham 88 Runners
33	594	David Rawlings	M50	0:24:06.96	
34	518	Jomeil Bobo	MO	0:24:19.95	
35	513	Solomon Belshaw	U18M	0:24:52.96	
36	550	Sharon Frost	F40	0:25:00.05	Colchester Harriers AC
37	572	Sandra Mayhew	F50	0:25:16.50	Stowmarket Striders RC
38	538	Louise Crocombe	F40	0:25:42.65	
39	558	Daisy Hilson	U18F	0:26:15.43	Colchester Harriers AC
40	506	Genna Bartholomew	FO	0:26:34.24	
41	569	Ryan Macey	MO	0:26:41.63	
42	537	Archie Crocombe	U18M	0:26:52.29	
43	598	Christina Riddiough	F40	0:27:23.00	
44	596	James Richardson	U18M	0:27:31.84	
45	531	Sarah Conway	F40	0:27:35.62	
46	536	Michelle Cooperkeeble	F40	0:27:39.29	Harwich Runners
47	527	Stuart Carter	M40	0:27:51.38	
48	562	David Iddon	MO	0:27:57.14	Great Bentley Running Club
49	597	Paul Richardson	M40	0:28:24.04	
50	504	Angela Baker	F40	0:28:40.99	
51	586	Stephen Pears	M40	0:29:24.90	
52	622	Hannah Welch	FO	0:29:26.53	
53	629	Ruth Jackson	FO	0:29:31.75	
54	552	Rachel Gill	F50	0:30:15.83	
55	593	Claire Poole	F40	0:30:30.00	
56	566	Gabrielle Keightley	FO	0:30:46.22	

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57	501	Silvana Adwent	F50	0:30:54.26	
58	617	Natalie Walker	FO	0:31:12.93	
59	624	Daniel Wilkinson	MO	0:31:29.91	
60	544	Roger Duffield	M70	0:31:33.33	Tiptree Road Runners
61	578	Niamh Moyle	U18F	0:31:50.63	Running Colchester
62	615	Helene Tyler	F50	0:32:03.82	Great Bentley Running Club
63	556	Thomas Hayward	MO	0:33:15.18	
64	502	Kiaia Anderson	FO	0:34:15.89	
65	627	Anna Yell	FO	0:34:18.71	
66	524	Katherine Buckley-saxon	FO	0:34:47.11	
67	528	Antony Charman	M40	0:35:13.82	
68	607	Gemma Singleton	FO	0:35:16.49	Craig's Layer Bootcamp
69	517	Adam Bishop	M50	0:35:33.52	
70	584	Graeme Parrett	M40	0:36:09.40	Team FitMix
71	592	Sharon Plowman	F40	0:37:00.60	
72	591	Barry Plowman	M50	0:37:01.39	Braintree & District AC
73	623	Lucy Widdowson	U18F	0:37:14.15	Running Colchester
74	532	Hannah Cook	FO	0:37:20.90	
75	599	Taro Rigby	FO	0:37:56.44	
76	505	Rachel Barker	FO	0:37:56.50	
77	551	Jet Gibbons	FO	0:38:06.22	
78	621	Andrea Webling	FO	0:38:06.22	
79	602	Haidee Robertson-tant	F40	0:38:08.94	
80	516	Phillippa Bickles	F40	0:38:24.49	
81	546	Victoria Evans	F40	0:38:24.98	
82	601	Mel Robards	F40	0:38:25.34	
83	512	Sharleen Beesley	F40	0:38:39.66	Mersea Bootcamp
84	560	Gail Hughes	F40	0:44:10.17	Shepherd Strollers
85	549	Sarah Frost	FO	0:45:10.97	Halstead RRC
86	581	Warwick Norris	MO	0:47:51.01	
87	580	Monica Norris	F60	0:47:51.07	
88	507	Stewart Beaton	MO	0:50:03.76	
89	557	Michelle Hehir	FO	0:50:04.28	
90	606	Yvonne Scott	FO	0:53:16.00	Running Colchester