

# Langham5K

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	5015	Chris Burgoyne	MO	0:16:21.95	Springfield Striders RC
2	5054	Alex Manton	MO	0:16:42.12	Springfield Striders RC
3	5089	Paul Wain	MO	0:17:30.57	Ipswich Jaffa RC
4	5099	Steve Cooper	M40	0:17:43.15	Harwich Runners
5	5001	Frederick Adams	U18M	0:17:51.59	Ipswich Harriers
6	5040	Antony Goodall	M40	0:18:04.9	Springfield Striders RC
7	5025	Andrew Conway	M50	0:18:17.7	Tiptree Road Runners
8	5003	Paul Anderson	M40	0:18:21.26	Springfield Striders RC
9	5030	Owen Dare	M50	0:18:33.06	Witham RC
10	5047	Will Johnston-wood	MO	0:18:58.94	Sudbury Joggers
11	5087	Laura Thomas	FO	0:18:59.64	Ipswich Jaffa RC
12	5057	Craig Mitchell	M40	0:19:37.74	Colchester Harriers AC
13	5016	Neil Catley	M40	0:20:05.42	Felixstowe RRC
14	5032	Matt Davey	M40	0:20:08.6	Tiptree Road Runners
15	5002	Lee Allen	MO	0:20:34.38	Harwich Runners
16	5031	Stuart Darney	MO	0:20:42.17	Springfield Striders RC
17	5083	Malcolm Statham	M40	0:20:44.2	Colchester Harriers AC
18	5055	Becky Mccorquodale	F40	0:20:45.14	Harwich Runners
19	5029	Vic Curren	F40	0:21:11.28	Springfield Striders RC
20	5011	Jasmine Bilner	U18F	0:21:13.92	Ipswich Jaffa RC
21	5062	Gary Pearson	M50	0:21:30.35	
22	5014	Jason Brunt	M40	0:21:37.28	Norfolk Gazelles AC
23	5028	Noah Cox	U18M	0:21:53.58	Jogging Made Easy
24	5060	Annette Oakman	F40	0:22:17.72	Colchester Harriers AC
25	5024	Thomas Colsell	U18M	0:22:33.4	Colchester Harriers AC
26	5010	Philip Beer	M50	0:22:49.82	Stowmarket Striders RC
27	5049	Fliss Kindred-kirk	U18F	0:23:20.43	Framlingham Flyers
28	5076	Kelly Sambridge	F40	0:23:28.41	
29	5114	David Rawlings	M50	0:24:09.54	
30	5008	Josephine Beer	U18F	0:24:14.7	Stowmarket Striders RC
31	5013	Angela Brinkley	F50	0:24:17.68	Stowmarket Striders RC
32	5034	Jeremy Downs	MO	0:24:21.22	Harwich Runners
33	5108	David Ford	M70	0:24:33.22	
34	5065	Emily Penkett	FO	0:24:35.67	Springfield Striders RC
35	5044	Carrie Hook	F40	0:24:50.14	Harwich Runners
36	5051	Stacey Lane	FO	0:24:51.51	
37	5009	Kate Beer	F50	0:25:15.28	Stowmarket Striders RC
38	5056	Paul Mills	M40	0:26:05.94	
39	5050	Anthony Knight	M40	0:26:06.52	Tiptree Road Runners
40	5066	Gary Perryman	M40	0:26:07.22	Tiptree Road Runners
41	5074	Thomas Richardson	U18M	0:26:57.93	
42	5080	Jay Stacey	U18M	0:26:58.13	
43	5061	Brandon Pang	U18M	0:27:01.02	
44	5097	Anna Young	F40	0:27:23.22	Great Bentley Running Club
45	5096	Denise Wright	F50	0:27:27.02	Stowmarket Striders RC
46	5048	Sheryl Kemp	FO	0:27:59.1	
47	5090	Anwen Walkerdine	F40	0:28:18.11	
48	5053	Noah Langford	U18M	0:28:23.94	Colchester Harriers AC
49	5052	Graham Langford	M40	0:28:26.18	Colchester Harriers AC
50	5095	Owen Williams	U18M	0:28:28.02	
51	5020	Kelly Collis	F40	0:28:31.83	
52	5109	Joseph Graves	U18M	0:28:49.83	Boxted Runners
53	5071	James Richardson	U18M	0:28:55.93	
54	5038	Ian Foskew	M50	0:29:19.93	Mid Essex Casuals
55	5079	Graham Singleton	M40	0:29:21.13	
56	5081	Neo Stacey	U18M	0:29:24.93	
57	5017	Olivia Catley	U18F	0:29:56.85	Felixstowe RRC
58	5036	Jack Evans	U18M	0:30:42.5	TRISudbury
59	5098	Melonie Evans	F40	0:30:44.08	TRISudbury

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
60	5086	Cheryl Thomas	F50	0:30:55.94	Ipswich Jaffa RC
61	5058	Amber Nicoll	FO	0:31:06.64	
62	5006	Vanessa Banks	F40	0:31:06.71	
63	5068	Elizabeth Radley	F40	0:31:25.02	
64	5012	Maria Bilner	F40	0:32:22.7	Ipswich Jaffa RC
65	5041	Sam Greatorex	MO	0:32:39.38	
66	5115	Sarah Shelton	F40	0:32:56.28	Boxted Runners
67	5021	Maddison Collis	U18F	0:33:01.98	
68	5091	Helen Wall	F40	0:33:47.97	
69	5073	Sian Richardson	F40	0:33:50.62	
70	5037	Sue Foley	F50	0:33:51.71	Running Colchester
71	5072	Perry Richardson	M50	0:33:52.01	
72	5033	Sue Dempsey	F40	0:34:09.27	
73	5075	Katherine Rumble	FO	0:35:01.96	
74	5092	Heidi Wardleworth	F40	0:35:30.49	
75	5084	Jane Sweeting	F40	0:37:29.43	
76	5111	Sarah Hearn	FO	0:39:13.65	
77	5113	Kim Mason	FO	0:39:22.01	
78	5094	Laura Wells	FO	0:40:28.24	
79	5110	Emma Harris	F40	0:40:28.68	
80	5106	Joelle Collitt	FO	0:41:42.1	Boxted Runners
81	5039	Jet Gibbons	FO	0:43:24.36	
82	5093	Andrea Webling	FO	0:43:24.54	
83	5045	Satish Janipireddy	M40	0:44:07.56	
84	5077	Shanthi Sangaralingam	F40	0:44:10.54	