

# parkrun leaderboard 2023

250+
200+
100+
50+
10+

Position	Runner	parkrun	Date	Fastest time	Age grade %	Age Cat.	parkruns completed	parkrun pb	Volunteer	Tourist	This weekends results	
											<u>this year</u>	<u>parkrun</u>
1	Dan Clapton	Felixstowe	28/10/2023	20m29s	70.30%	MV45-49	49	19m39s	4	9		
2	Andrew Budd	Felixstowe	14/10/2023	21m15s	78.20%	MV60-64	77	20m07s	22	13		
3	Mark Askew	Felixstowe	22/04/2023	22m36s	73.53%	MV60-64	16	21m15s	2	5		
4	Adrian Phillip-Green	Felixstowe	17/06/2023	23m05s	65.49%	MV50-54	49	21m06s	17	11	Ipswich	26m41s
5	Sandra Bumphrey	Harwich	20/05/2023	23m06s	73.45%	FV50-54	83	23m06s	16	15		Altonwater Marshal
6	Katarzyna Dabrowska	Felixstowe	30/09/2023	23m07s	65.75%	FV35-39	47	23m07s	1	2		
7	Vincent Steensma	Ipswich	14/10/2023	23m23s	64.65%	MV50-54	246	22m46s	34	17	Ipswich	25m25s
8	John Dunnett	Felixstowe	26/08/2023	23m25s	69.68%	MV60-64	54	23m25s	8	7	Felixstowe	25m43s

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9	Harry Peek	Soham Village	29/07/2023	23m27s	55.01%	MV20-24	147	20m05s	1	41		
10	Deb Ching	Felixstowe	13/05/2023	24m07s	68.69%	FV45-49	56	24m07s	12	19	Altonwater	28m28s
11	Emma Lee	Felixstowe	05/08/2023	24m11s	64.58%	FV40-44	10	24m07s	1	5		
12	Marie Paveley	Felixstowe	03/06/2023	24m37s	66.49%	FV45-49	50	24m37s	2	5		
13	Trevor Stevenson	Felixstowe	06/05/2023	24m40s	69.93%	MV65-69	65	23m49s	3	14		
14	Paul Maycock	Felixstowe	05/08/2023	25m03s	66.93%	MV65-69	267	23m05s	51	25	Kesgrave	27m18s
15	Jo Harris	Kesgrave	03/06/2023	25m09s	62.09%	FV40-44	114	23m32s	7	11		
16	Steve Webber	Felixstowe	05/08/2023	25m17s	58.80%	MV50-54	269	25m17s	17	12		
17	Helen Yellop	Kesgrave	03/06/2023	25m20s	70.53%	FV55-59	19	25m20s	2	6		
18	Lorna Webber	Felixstowe	05/08/2023	25m22s	59.66%	FV35-39	229	24m29s	32	14		
19	Sally Maddams	Felixstowe	04/02/2023	26m31s	60.47%	FV45-49	138	26m10s	8	16		
20	Anna Clapton	Felixstowe	05/08/2023	26m34s	57.21%	FV35-39	97	22m39s	3	13		
21	Louise Beck	Felixstowe	15/04/2023	27m00s	70.86%	FV60-64	67	25m40s	17	23	Chipping Sodury	29m25s
22	Glen Yellop	Ipswich	01/01/2023	27m25s	54.22%	MV50-54	5	27m12s	1	2		

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23	Emily Dixon	Ipswich	23/09/2023	28m02s	52.85%	FV30-34	55	24m22s	0	12		
24	Kyla Webb	Felixstowe	15/04/2023	28m58s	57.88%	FV50-54	10	26m31s	2	3		
25	Diane Parton	Colchester Castle	15/07/2023	29m04s	61.47%	FV55=50	43	24m03s	9	4		
26	Angela Stevenson	Altonwater	01/01/2023	29m07s	65.71%	FV60-64	5	25m28s	1	3		
27	Steve Bumphrey	Ipswich	08/04/2023	29m27s	54.44%	MV60-64	83	29m27s	0	6	Altonwater	34m35s
28	Lindsay Welton	Fulbourne	14/10/2023	29m35s	51.15%	FV35-39	111	27m41s	2	12		
29	Laura Crossley	Felixstowe	11/03/2023	29m51s	52.32%	FV40-44	82	28m54s	6	11		
30	Amanda Prior	Felixstowe	03/06/2023	31m25s	56.87%	FV55-59	52	27m30s	4	6		
31	Sue Russell	Ipswich	02/09/2023	31m35s	49.45%	FV40-44	87	29m59s	6	7		
32	Austen Gilbert	Altonwater	07/10/2023	33m00s	43.99%	MV45-49	10	31m35s	2	1		
33	Susan Wilshaw	Silksworth	23/07/2023	33m34s	64.25%	VW65-60	34	27m28s	5	1		
34	Sara Hills	Altonwater	10/06/2023	34m09s	43.44%	SW30-34	3	29m28s	0	1		
35	Heidi Knight	Rendlesham	29/04/2023	34m50s	48.13%	FV50-54	90	27m49s	12	4		
36	Fran Barnard	Altonwater	10/06/2023	36m17s	41.71%	FV35-39	24	30m12s	3	12	Clacton SF	35m29s

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37	Kim Noble	Ipswich	04/11/2023	47m00s	31.915	FV35-39	1	47m00s	0	0		