

# parkrun leaderboard 2023

250+
200+
100+
50+
10+

Position	Runner	parkrun	Date	Fastest time this year	Age grade %	Age Cat.	parkruns completed	parkrun pb	Volunteer	Locations	This weekends results	
											parkrun	Time
1	Dan Clapton	Felixstowe	28/10/2023	20m29s	70.30%	MV45-49	50	19m39s	4	9		
2	Andrew Budd	Felixstowe	30/12/2023	21m10s	78.50%	MV60-64	80	20m07s	22	13	Felixstowe	20m10s
3	Harry Peek	Sloughbottom	25/12/2023	21m36s	59.72%	MV25-29	149	20m05s	1	42		
4	Mark Askew	Felixstowe	22/04/2023	22m36s	73.53%	MV60-64	16	21m15s	2	5		
5	Adrian Phillipo-Green	Felixstowe	17/06/2023	23m05s	65.49%	MV50-54	53	21m06s	17	11	Felixstowe	26m09s
6	Sandra Bumphrey	Harwich	20/05/2023	23m06s	73.45%	FV50-54	89	23m06s	16	17	Altonwater	26m17s
7	Katarzyna Dabrowska	Felixstowe	30/09/2023	23m07s	65.75%	FV35-39	50	23m07s	1	2		
8	Vincent Steensma	Ipswich	14/10/2023	23m23s	64.65%	MV50-54	250	22m46s	35	18	Ipswich	Scanning

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				this year							parkrun	Time
9	John Dunnett	Felixstowe	26/08/2023	23m25s	69.68%	MV60-64	61	23m25s	8	7	Felixstowe	24m20s
10	Deb Ching	Felixstowe	16/12/2023	24m02s	69.76%	FV50-54	62	24m02s	12	19		
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	51	24m37s	2	5		
13	Trevor Stevenson	Felixstowe	06/05/2023	24m40s	69.93%	MV65-69	68	23m49s	3	14	Felixstowe	25m37s
14	Paul Maycock	Felixstowe	05/08/2023	25m03s	66.93%	MV65-69	273	23m05s	52	26	Felixstowe	25m43s
15	Jo Harris	Kesgrave	03/06/2023	25m09s	62.09%	FV40-44	116	23m32s	7	11	Felixstowe	25m42s
16	Steve Webber	Felixstowe	05/08/2023	25m17s	58.80%	MV50-54	275	25m17s	17	13	Felixstowe	25m59s
17	Helen Yellop	Kesgrave	03/06/2023	25m20s	70.53%	FV55-59	23	25m20s	2	8	Gt. Cornard	29m32s
18	Lorna Webber	Felixstowe	05/08/2023	25m22s	59.66%	FV35-39	235	24m29s	32	15	Felixstowe	25m59s
19	Sally Maddams	Felixstowe	04/02/2023	26m31s	60.47%	FV45-49	140	26m10s	8	16		
20	Anna Clapton	Felixstowe	05/08/2023	26m34s	57.21%	FV35-39	101	22m39s	3	13	Felixstowe	28m29s
21	Emily Dixon	Clacton SF	16/12/2023	26m18s	56.34%	FV30-34	57	24m22s	0	13		
22	Louise Beck	Felixstowe	15/04/2023	27m00s	70.86%	FV60-64	70	25m40s	17	23	Chipping Sodbury	28m38s

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23	Ian Thoroughgood	Ipswich	23/12/2023	27m18s	50.00%	MV40-44	9	20m58s	0	5	Valentines	32m44s
24	Glen Yellop	Ipswich	01/01/2023	27m25s	54.22%	MV50-54	6	27m12s	1	2	Ipswich	29m16s
25	Kyla Webb	Felixstowe	15/04/2023	28m58s	57.88%	FV50-54	11	26m31s	2	3		
26	Diane Parton	Colchester Castle	15/07/2023	29m04s	61.47%	FV55=50	43	24m03s	9	4		
27	Angela Stevenson	Altonwater	01/01/2023	29m07s	65.71%	FV60-64	5	25m28s	1	3		
28	Steve Bumphrey	Ipswich	08/04/2023	29m27s	54.44%	MV60-64	84	29m27s	1	6	Altonwater	37m27s
29	Lindsay Welton	Fulbourne	14/10/2023	29m35s	51.15%	FV35-39	112	27m41s	2	12		
30	Laura Crossley	Felixstowe	11/03/2023	29m51s	52.32%	FV40-44	86	28m54s	6	11		
31	Amanda Prior	Felixstowe	03/06/2023	31m25s	56.87%	FV55-59	52	27m30s	4	6		
32	Sue Russell	Ipswich	02/09/2023	31m35s	49.45%	FV40-44	90	29m59s	6	8	Ipswich	43m12s
33	Austen Gilbert	Altonwater	07/10/2023	33m00s	43.99%	MV45-49	12	31m35s	3	1		
34	Susan Wilshaw	Silksworth	23/07/2023	33m34s	64.25%	VW65-60	34	27m28s	5	1		
35	Sara Hills	Altonwater	10/06/2023	34m09s	43.44%	SW30-34	3	29m28s	0	1		
36	Heidi Knight	Rendlesham	29/04/2023	34m50s	48.13%	FV50-54	90	27m49s	12	4		

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37	Fran Barnard	Altonwater	10/06/2023	36m17s	41.71%	FV35-39	24	30m12s	3	12		
38	Sonia Copping	Felixstowe	16/12/2023	36m32s	50.91	VW55-59	27	37m51s	0	7	Felixstowe	37m21s
39	Kim Noble	Clacton SF	25/11/2023	40m44s	36.82	FV35-39	4	40m11s	0	3	Ipswich	43m11s