

| parkrun leaderboard - 2025 |                        |               |                                   |            |                        |             |          |                    |            |           |           |                                  |        | 19/04/2025         |                    |
|----------------------------|------------------------|---------------|-----------------------------------|------------|------------------------|-------------|----------|--------------------|------------|-----------|-----------|----------------------------------|--------|--------------------|--------------------|
| Position                   | Runner                 | Parkrun       | Parkrun Difficulty (Rank/Grading) | Date       | Fastest time this year | Age grade % | Age Cat. | Parkruns completed | Parkrun pb | Volunteer | Locations | This weekends results - Location | Time   | Parkruns this year | Parkruns completed |
| 1                          | Dan Clapton            | Harwich       | 165 Harwich 2.0                   | 01/02/2025 | 21m13s                 | 68.42%      | MV45-49  | 71                 | 19m39s     | 6         | 15        |                                  |        | 11+V1              | 300+               |
| 2                          | Andrew Budd            | Felixstowe    | 26 Felixstowe 0.9                 | 29/03/2025 | 21m19s                 | 78.66%      | MV65-69  | 106                | 20m07s     | 33        | 15        | Alton Water                      | 22m28s | 5+V4               | 250+               |
| 3                          | John Dunnett           | Felixstowe    | 26 Felixstowe 0.9                 | 29/03/2025 | 23m03s                 | 72.09%      | MV60-64  | 122                | 22m56s     | 23        | 15        | Felixstowe                       | 23m14s | 17+V3              | 200+               |
| 4                          | Jo Harris              | Harwich       | 165 Harwich 2.0                   | 01/02/2025 | 23m09s                 | 67.96%      | FV45-49  | 146                | 23m09s     | 10        | 11        | Alton Water                      | 43m54s | 12+V2              | 150+               |
| 5                          | Deb Ching              | Felixstowe    | 26 Felixstowe 0.9                 | 19/04/2025 | 23m14s                 | 73.03%      | FV50-54  | 110                | 22m47s     | 28        | 26        | Felixstowe                       | 23m14s | 11+V8              | 100+               |
| 6                          | Katarzyna Dabrowska    | Kesgrave      | 260 Kesgrave 2.2                  | 05/04/2025 | 23m19s                 | 65.98%      | FV40-44  | 68                 | 22m58s     | 1         | 5         | Alton Water                      | 24m42s | 3                  | 50+                |
| 7                          | Vincent Steensma       | Felixstowe    | 26 Felixstowe 0.9                 | 18/01/2025 | 23m30s                 | 64.82%      | MV50-54  | 295                | 22m37s     | 43        | 26        | Alton Water                      | 25m30s | 8+V4               | 10+                |
| 8                          | Adrian Phillippo-Green | Felixstowe    | 26 Felixstowe 0.9                 | 29/03/2025 | 23m55s                 | 64.25%      | MV55-59  | 117                | 21m06s     | 22        | 20        | Alton Water                      | 29m00s | 16+V1              | 1+                 |
| 9                          | Trevor Stevenson       | Harwich       | 165 Harwich 2.0                   | 15/02/2025 | 24m01s                 | 73.42%      | MV70-74  | 114                | 23m49s     | 8         | 16        |                                  |        | 11+V3              |                    |
| 10                         | Steve Page             | Felixstowe    | 26 Felixstowe 0.9                 | 18/01/2025 | 24m03s                 | 66.67%      | VM60-64  | 204                | 20m25s     | 12        | 4         |                                  |        | 3                  |                    |
| 11                         | Helen Yellop           | Zuiderpark    | Holland                           | 22/03/2025 | 24m24s                 | 75.20%      | FV55-59  | 67                 | 23m50s     | 9         | 36        | Great Notley                     | 32m09s | 9+V4               |                    |
| 12                         | Paul Mlaycock          | Felixstowe    | 26 Felixstowe 0.9                 | 08/03/2025 | 24m31s                 | 69.68%      | MV65-69  | 328                | 23m05s     | 60        | 34        | Felixstowe                       | 25m29s | 11+V4              |                    |
| 13                         | Steve Webber           | Felixstowe    | 26 Felixstowe 0.9                 | 22/03/2025 | 25m48s                 | 58.59s%     | MV50-54  | 330                | 25m14s     | 24        | 19        | Great Cornard                    | 25m59s | 13+V2              |                    |
| 14                         | Lorna Webber           | Felixstowe    | 26 Felixstowe 0.9                 | 01/02/2025 | 25m51s                 | 59.91%      | FV40-44  | 279                | 23m39s     | 40        | 22        | Great Cornard                    | 27m50s | 9+V3               |                    |
| 15                         | Sandra Bumphrey        | Thonock Lane  | N/A                               | 12/04/2025 | 26m18s                 | 66.22%      | FV50-54  | 146                | 23m03s     | 32        | 53        | Great Notley                     | 27m24s | 12+V7              |                    |
| 16                         | Sally Maddams          | Harwich       | 165 Harwich 2.0                   | 15/02/2025 | 26m22s                 | 62.07%      | FV45-49  | 188                | 26m10s     | 11        | 20        | Alton Water                      | 29m31s | 14+V1              |                    |
| 17                         | Marie Paveley          | Colchester    | 467 Colchester Castle 2.7         | 12/04/2025 | 26m22s                 | 62.83%      | FV45-49  | 55                 | 24m37s     | 3         | 5         | Alton Water                      | 32m06s | 2                  |                    |
| 18                         | Anna Clapton           | Rutland Water | 111 Rutland Water 1.4             | 29/03/2025 | 27m37s                 | 55.70%      | FV40-44  | 142                | 22m39s     | 7         | 22        | Clare Castle                     | 29m02s | 9+V3               |                    |
| 19                         | Hannah Yellop          | Zuiderpark    | Holland                           | 22/03/2025 | 27m58s                 | 52.92%      | FV25-29  | 56                 | 26m20s     | 15        | 36        |                                  |        | 8+V5               |                    |
| 20                         | Laura Crossley         | Felixstowe    | 26 Felixstowe 0.9                 | 01/03/2025 | 29m11s                 | 54.43%      | FV45-49  | 143                | 28m09s     | 13        | 38        | Great Notley                     | 32m08s | 14+V3              |                    |
| 21                         | Mark Ward              | Felixstowe    | 26 Felixstowe 0.9                 | 19/04/2025 | 30m34s                 | 54.36%      | MV60-64  | 117                | 28m25s     | 28        | 16        | Felixstowe                       | 30m34s | 12                 |                    |
| 22                         | Karen Sharkey          | Kesgrave      | 260 Kesgrave 2.2                  | 01/03/2025 | 30m57s                 | 49.43%      | VW40-44  | 35                 | 29m33s     | 4         | 9         |                                  |        | 8+V1               |                    |
| 23                         | Fran Barnard           | Zuiderpark    | Holland                           | 22/03/2025 | 31m02s                 | 49.30%      | VW40-44  | 54                 | 30m12s     | 8         | 29        |                                  |        | 9+V2               |                    |
| 24                         | Steve Bumphrey         | Felixstowe    | 26 Felixstowe 0.9                 | 18/01/2025 | 31m05s                 | 52.49%      | MV60-64  | 133                | 29m27s     | 5         | 21        |                                  |        | 16+V4              |                    |
| 25                         | Nigel Johns            | Thomas Mills  | 273 Thomas Mills 2.0              | 15/03/2025 | 31m05s                 | 51.58%      | MV60-64  | 165                | 24m39s     | 25        | 7         | Thomas Mills                     | 31m35s | 8+V6               |                    |
| 26                         | Sue Russell            | Alton Water   | 660 Alton Water 3.6               | 05/04/2025 | 31m25s                 | 50.08%      | FV40-44  | 141                | 29m58s     | 20        | 24        | Great Notley                     | 32m04s | 12+V3              |                    |
| 27                         | Kyla Webb              | Felixstowe    | 26 Felixstowe 0.9                 | 01/01/2025 | 34m43s                 | 49.50%      | VW50-54  | 14                 | 26m31s     | 3         | 3         |                                  |        | 1                  |                    |
| 28                         | Amanda Prior           | Andover       | 336 Andover 2.5                   | 01/03/2025 | 35m26s                 | 51.79%      | VW55-59  | 53                 | 27m30s     | 4         | 7         |                                  |        | 1                  |                    |
| 29                         | Kim Noble              | Felixstowe    | 26 Felixstowe 0.9                 | 01/02/2025 | 36m43s                 | 40.99%      | FV35-39  | 47                 | 35m32s     | 5         | 11        |                                  |        | 8+V1               |                    |
| 30                         | Jo Raven-Lloyd         | Felixstowe    | 26 Felixstowe 0.9                 | 12/04/2025 | 38m58s                 | 40.08%      | FV40-44  | 27                 | 28m30s     | 1         | 6         |                                  |        | 1                  |                    |
| 31                         | Sonia Copping          | Alton Water   | 660 Alton Water 3.6               | 01/01/2025 | 40m39s                 | 46.41%      | FV55-59  | 86                 | 33m44s     | 7         | 15        | Felixstowe                       | 40m40s | 10+V5              |                    |
| 32                         | Mark Askew             | Alton Water   | 660 Alton Water 3.6               | 08/03/2025 | 51m51s                 | 32.66%      | MV65-69  | 25                 | 21m15s     | 15        | 5         |                                  |        | 1+V2               |                    |
|                            | Dan Price              |               |                                   |            |                        |             | MV30-34  | 8                  | 22m46s     | 3         | 3         |                                  |        |                    |                    |
|                            | Will Ibbotson          |               |                                   |            |                        |             | VM55-59  | 43                 | 23m46s     | 2         | 11        |                                  |        |                    |                    |
|                            | Neil Burton            |               |                                   |            |                        |             | VM50-54  | 8                  | 24m33s     | 1         | 2         |                                  |        |                    |                    |
|                            | Emily Dixon            |               |                                   |            |                        |             | FV30-34  | 69                 | 24m22s     | 0         | 26        |                                  |        |                    |                    |
|                            | Harry Peek             |               |                                   |            |                        |             | VM25-29  | 153                | 20m05s     | 1         | 43        |                                  |        |                    |                    |
|                            | Glen Yellop            |               |                                   |            |                        |             | MV50-54  | 9                  | 26m56s     | 2         | 3         |                                  |        |                    |                    |
|                            | Heather Ruff           |               |                                   |            |                        |             | VW60-64  | 29                 | 26m57s     | 0         | 3         |                                  |        |                    |                    |
|                            | Sara Hills             |               |                                   |            |                        |             | FV30-34  | 4                  | 29m28s     | 1         | 1         |                                  |        |                    |                    |
|                            | Ian Thoroughgood       |               |                                   |            |                        |             | MV40-44  | 10                 | 20m58s     | 0         | 5         |                                  |        |                    |                    |
|                            | Amy Dawson             |               |                                   |            |                        |             | FV35-39  | 4                  | 30m19s     | 0         | 2         |                                  |        |                    |                    |

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| Sue Wilshaw  |  |  | FV70-74 | 37 | 27m28s | 6 | 3 |  |  |
| Aaron Heard  |  |  | VM35-39 | 9  | 21m45s | 2 | 3 |  |  |
| Diane Parton |  |  | VW55-59 | 44 | 24m03s | 9 | 4 |  |  |