

parkrun leaderboard - 2024														28/12/2024	
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	Andrew Budd	Felixstowe	26 Felixstowe 0.9	30/03/2024	20m47s	79.95%	MV65-69	101	20m07s	29	15	Felixstowe	21m42s	21 + V7	300+
2	Dan Clapton	Felixstowe	26 Felixstowe 0.9	06/03/2024	21m18s	67.61%	MV45-49	60	19m39s	5	12	Felixstowe		10 + V1	250+
3	Mark Askew	Felixstowe	26 Felixstowe 0.9	25/05/2024	21m42s	77.27%	MV65-69	24	21m15s	13	5			7 + V11	200+
4	Adrian Phillippo-Green	Felixstowe	26 Felixstowe 0.9	04/05/2024	21m52s	69.66%	MV50-54	101	21m06s	20	17	Ipswich	30m13s	48 + V4	100+
5	Vincent Steensma	Holland	Karpendonkse	06/07/2024	22m37s	66.84%	MV50-54	287	22m37s	39	26	Ipswich	26m33s	37 + V4	50+
6	Dan Price	Felixstowe	26 Felixstowe 0.9	22/06/2024	22m46s	51.66%	MV30-34	8	22m46s	0	3			4 + V0	10+
7	Deb Ching	Felixstowe	26 Felixstowe 0.9	25/05/2024	22m47s	73.59%	FV50-54	99	22m47s	20	26			37 + V8	1+
8	John Dunnett	Felixstowe	26 Felixstowe 0.9	25/05/2024	22m56s	71.80%	MV60-64	105	22m56s	20	15	Clacton Seafront	23m43s	44 + V11	
9	Katarzyna Dabrowska	Felixstowe	26 Felixstowe 0.9	17/02/2024	22m58s	66.62%	FV40-44	65	22m58s	1	4	Felixstowe	23m32s	15 + V0	
10	Sandra Bumphrey	Felixstowe	26 Felixstowe 0.9	30/03/2024	23m03s	74.55%	FV50-54	134	23m03s	25	43	Ipswich	30m22s	45 + V9	
11	Lorna Webber	Felixstowe	26 Felixstowe 0.9	25/05/2024	23m39s	64.27%	FV40-44	270	23m39s	37	21	Thomas Mills	27m07s	35 + V5	
12	Helen Yellop	Felixstowe	26 Felixstowe 0.9	03/02/2023	23m50s	75.94%	FV55-59	58	23m50s	5	28			35 + V3	
13	Will Ibbotson	Thurrock	335 Thurrock 2.2	08/11/2024	23m59s	66.30%	VM55-59	43	23m46s	2	11			20 + V2	
14	Steve Page	Ipswich	613 Ipswich 3.3	08/11/2024	24m06s	66.53%	VM60-64	201	20m25s	12	3			23 + V1	
15	Paul Maycock	Felixstowe	26 Felixstowe 0.9	04/05/2024	24m13s	69.92%	MV65-69	317	23m05s	56	33	Felixstowe	26m55s	44 + V4	
16	Trevor Stevenson	Felixstowe	26 Felixstowe 0.9	06/03/2024	24m33s	71.01%	MV70-74	103	23m49s	5	16	Felixstowe	25m26s	35 + V2	
17	Jo Harris	Felixstowe	26 Felixstowe 0.9	30/03/2024	24m45s	63.57%	FV40-44	134	23m32s	8	11			18 + V1	
18	Steve Webber	Felixstowe	26 Felixstowe 0.9	28/09/2024	25m14s	59.91%	MV50-54	317	25m14s	22	18	Thomas Mills	27m47s	42 + V5	
19	Neil Burton	Mersea Island	335 Mersea Island 2.5	05/10/2024	25m25s	59.95%	VM50-54	8	24m33s	1	2			1 + V1	
20	Emily Dixon	Penrith	301 Penrith 2.1	16/11/2024	26m01s	57.01%	FV30-34	69	24m22s	0	26			11 + V0	
21	Hannah Yellop	Felixstowe	26 Felixstowe 0.9	30/11/2024	26m20s	56.20%	FV25-29	48	26m20s	10	29	Clare Castle	27m25s	28 + V10	
22	Harry Peek	Dereham	Unknown	09/11/2024	26m40s	48.38%	VM25-29	153	20m05s	1	43			4 + V0	
23	Sally Maddams	Harwich	8 Harwich 0.7	27/01/2024	26m54s	59.60%	FV45-49	174	26m10s	10	19	Moors Valley	28m32s	34 + V2	
24	Marie Paveley	Alton Water	660 Alton Water 3.6	01/06/2024	26m55s	61.55%	FV45-49	53	24m37s	3	5			2 + V1	
25	Glen Yellop	Ipswich	613 Ipswich 3.3	17/02/2024	26m56	55.63%	MV50-54	9	26m56s	2	3			3 + V1	
27	Anna Clapton	Harwich	8 Harwich 0.7	06/01/2024	27m21s	55.58%	FV40-44	133	22m39s	4	18	Felixstowe	29m03s	32 + V1	
26	Laura Crossley	Maldon Prom	145 Maldon Prom 1,6	09/11/2024	28m09s	56.42%	FV45-49	129	28m09s	10	32	Upton Court	31m32s	43 + V4	
28	Jo Raven-Lloyd	Felixstowe	26 Felixstowe 0.9	25/05/2024	28m30s	54.39%	FV40-44	26	28m30s	1	6			26 + V1	
29	Karen Sharkey	Felixstowe	26 Felixstowe 0.9	28/09/2024	29m33s	51.78%	VW40-44	27	29m33s	3	8	Thomas Mills	33m12s	27 + V3	
30	Sue Russell	Harleston	523 Harleston 2.9	16/11/2024	29m58s	52.50%	FV40-44	129	29m58s	17	21			39 + V11	
31	Fran Barnard	Victoria Dock	44 Victoria Dock 1.0	15/06/2024	30m16s	50.22%	VW40-44	45	30m12s	6	26			21 + V3	
32	Heather Ruff	Felixstowe	26 Felixstowe 0.9	02/11/2024	30m48s	62.99%	VW60-64	29	26m57s	0	3			2 + V0	
33	Steve Bumphrey	Felixstowe	26 Felixstowe 0.9	13/04/2024	30m59s	52.23%	MV60-64	117	29m27s	1	16	Ipswich	33m44s	33 + V0	
34	Kyla Webb	Felixstowe	26 Felixstowe 0.9	02/11/2024	31m06s	55.25%	VW50-54	13	26m31s	3	3			1 + V0	
35	Sara Hills	Alton Water	660 Alton Water 3.6	03/02/2023	31m44s	46.74%	FV30-34	4	29m28s	1	1			1 + V0	
36	Ian Thoroughgood	Ipswich	613 Ipswich 3.3	01/01/2024	31m51s	42.86%	MV40-44	10	20m58s	0	5			1 + V0	
37	Sonia Copping	Felixstowe	26 Felixstowe 0.9	24/08/2024	33m44s	55.93%	FV55-59	76	33m44s	2	15	Clacton Seafront	34m40s	49 + V2	
38	Amy Dawson	Felixstowe	26 Felixstowe 0.9	20/04/2024	33m59s	44.73%	FV35-39	4	30m19s	0	2			3 + V0	
39	Sue Wilshaw	Silksworth	302 Silksworth 2.1	06/01/2024	34m07s	65.27%	FV70-74	37	27m28s	6	3			3 + V0	
40	Faye Bradshaw	Felixstowe	26 Felixstowe 0.9	20/04/2024	34m15s	44.38%	VM35-39	1	34m15s	1	1			1 + V1	
41	Aaron Heard	Ipswich	613 Ipswich 3.3	13/07/2024	35m02s	38.68%	VM35-39	9	21m45s	2	3			2 + V1	
42	Kim Noble	Felixstowe	26 Felixstowe 0.9	28/09/2024	35m32	42.35%	FV35-39	39	35m32s	4	11	Thomas Mills	41m24s	35 + V4	

43	Diane Parton	Ipswich	613 Ipswich 3.3	29/06/2024	35m47s	50.58%	VW55-59	44	24m03s	9	4		1 + V0
44	Austen Gilbert	Alton Water	660 Alton Water 3.6	01/01/2024	36m24s	39.88%	VM45-49	14	31m35s	5	1		2 + V2
45	Heidi Cross						VW45-49	6	33m12s	1	2		0 + V1