

Position	Finish Time	Race No	Surname	First Name	Club Name	Category
1	00:54:13	726	Miller	David	Woodbridge Shufflers	Male Senior
2	00:54:17	804	Whelan	Shaun	London Fronrunners	Male Vet 40
3	00:57:06	565	Chenery	Robert	Ipswich Jaffa	Male Senior
4	00:57:26	665	Laing	David	Ipswich Jaffa	Male Vet 40
5	00:58:11	603	Davies	Gavin	Ipswich Jaffa	Male Senior
6	00:59:07	852	Meachen	Jason	Harwich Runners	Male Senior
7	00:59:11	625	Armitage	Mark	Halstead Road Runners	Male Vet 40
8	00:59:12	617	Preston	Paul	Sudbury Joggers	Male Senior
9	00:59:19	803	Whiting	Stephen	London Fronrunners	Male Senior
10	00:59:28	830	Doel	Glenn	Colchester Harriers	Male Senior
11	00:59:54	707	Brock	Dave	Orion Harriers	Male Vet 45
12	01:00:14	811	Sharman	Kevin	Lowestoft RR	Male Senior
13	01:00:33	771	Painter	Glyn	Army AC	Male Senior
14	01:00:38	650	Stone	Roger	Felixstowe Road Runners	Male Senior
15	01:00:48	710	Barnes-Smith	Will	St Edmund Pacers	Male Senior
16	01:01:09	845	Macsephany	Scott	Ipswich Jaffa	Male Senior
17	01:01:28	796	Back	Terry	Ipswich Jaffa	Male Vet 45
18	01:01:42	681	Fox	Tim	St Edmund Pacers	Male Senior
19	01:02:06	829	Cooke	Chris	St Edmund Pacers	Male Vet 45
20	01:02:12	622	McClelland	Paul	Harwich Runners	Male Vet 40
21	01:02:35	841	Wright	David	Colchester Harriers	Male Vet 45
22	01:02:41	808	Cates	Paul	Eton Manor AC	Male Vet 40
23	01:02:48	833	Long	Julian	St Edmund Pacers	Male Senior
24	01:02:56	546	Decker	Helen	Ipswich Jaffa	Female Senior
25	01:02:56	789	Hamblet	Paul	Halstead Road Runners	Male Senior
26	01:03:08	759	Copeland	Dave	Ipswich Triathlon Club	Male Vet 40
27	01:03:41	821	Dick	Alistair	Ipswich Jaffa	Male Vet 40
28	01:03:43	549	Green	Stuart	Stowmarket Striders	Male Vet 45
29	01:04:13	621	Davy	Jonathan	Felixstowe Road Runners	Male Vet 50
30	01:04:17	864	Grand	Adie	Norwich Road Runners	Male Vet 40
31	01:04:24	923	Caisey	Ben	Unattached	Male Senior
32	01:04:29	674	Ridgeon	Jason	Unattached	Male Senior
33	01:04:38	600	Roberts	Ray	Felixstowe Road Runners	Male Vet 55
34	01:04:41	814	Helliwell	Paul	Colchester & Tendring AC	Male Senior
35	01:04:47	844	Jarrett	Tom	Ipswich Jaffa	Male Senior
36	01:04:59	866	Broune	Simon	St Edmund Pacers	Male Vet 40
37	01:05:19	633	White	Graham	Bildeston Bounders AC	Male Vet 50
38	01:05:29	757	Buck	Andrew	Sudbury Joggers	Male Vet 40
39	01:05:42	885	Reynolds	Nicholas	Tiptree Road Runners	Male Senior
40	01:05:48	714	Smith	Jeremy	Sudbury Joggers	Male Senior
41	01:05:57	516	Saggers	Martin	Ware Joggers	Male Senior
42	01:06:00	920	Wankowski	John	Ipswich Triathlon Club	Male Senior
43	01:06:18	874	Smith	Derrick	Ipswich Triathlon Club	Male Vet 50
44	01:06:20	699	Brewer	Mark	Tiptree Road Runners	Male Vet 40
45	01:06:23	709	Barnes-Smith	Martin	St Edmund Pacers	Male Vet 40
46	01:06:29	859	Clayden	Ray	Felixstowe Road Runners	Male Vet 50
47	01:06:31	752	Wills	Anna	Unattached	Female Senior
48	01:06:55	744	thorpe	John	Ipswich Jaffa	Male Senior
49	01:07:02	746	Judd	Darren	Sudbury Joggers	Male Senior
50	01:07:18	691	Gladwell	Valerie	Hadleigh Hares AC	Female Senior
51	01:07:19	646	Dunsmuir-Watts	Andrew	Witham RC	Male Senior
52	01:07:23	908	Blacoe	Mat	Hadleigh Hares AC	Male Vet 40

53	01:07:24	838	Saliman	Tony	Unattached	Male Vet 40
54	01:07:28	689	Weston	John	Ipswich Jaffa	Male Vet 50
55	01:07:31	673	Lowe	Andrew	Unattached	Male Senior
56	01:07:34	888	Green	Chris	Gt Bentley Running Club	Male Vet 45
57	01:07:40	756	Marr	Irvine	Ipswich Jaffa	Male Senior
58	01:07:43	692	Belsom	Robin	Ipswich Jaffa	Male Vet 45
59	01:07:45	806	Wood	David	Little Baddow Ridge Runners	Male Senior
60	01:07:51	521	Jackson	Alan	Ipswich Jaffa	Male Vet 45
61	01:07:56	553	Sheppard	Darren	Unattached	Male Senior
62	01:07:58	566	Chenery	Duncan	Ipswich Jaffa	Male Vet 45
63	01:08:06	839	Ranson	Ashleigh	Colchester & Tendring AC	Male Senior
64	01:08:14	798	Bees	Fred	Gt Bentley Running Club	Male Vet 60
65	01:08:20	636	MacMillen	Sandy	Colchester Harriers	Male Vet 40
66	01:08:24	717	Green	Andy	Stowmarket Striders	Male Senior
67	01:08:26	701	Heron	Carl	Queensbury RC (Bradford)	Male Vet 45
68	01:08:58	656	Marsh	Anthony	Springfield Striders AC	Male Senior
69	01:08:59	774	Shewbridge	Laura	Tiptree Road Runners	Female Senior
70	01:09:00	843	Smith	Richard	Woodbridge Shufflers	Male Vet 45
71	01:09:00	892	Hall	Eleanor	Mid Essex Casuals	Female Senior
72	01:09:04	857	Hammond	Nicky	Stowmarket Striders	Female Vet 35
73	01:09:05	818	Campbell	Wilfred	Ipswich Jaffa	Male Vet 40
74	01:09:22	792	Barrett	Paul	Colchester Harriers	Male Vet 45
75	01:09:25	915	Handson	Richard	Ipswich Jaffa	Male Vet 40
76	01:09:35	649	Maccrosson	Ker	Ipswich Jaffa	Male Vet 50
77	01:09:49	520	Devall	John	Road Runners Club	Male Vet 45
78	01:09:58	548	Jewson	Ernie	Benfleet Running Club	Male Vet 50
79	01:10:04	813	Dable	Neil	Ipswich Jaffa	Male Senior
80	01:10:05	581	Bowditch	Lucy	Ipswich Triathlon Club	Female Vet 40
81	01:10:14	697	Clayton	Rob	Felixstowe Road Runners	Male Vet 45
82	01:10:18	592	Green	Antony	Unattached	Male Senior
83	01:10:19	769	Bloomfield	Jason	Stowmarket Striders	Male Senior
84	01:10:20	787	Troup	Mike	St Edmund Pacers	Male Vet 50
85	01:10:36	572	Adams	Steve	Stowmarket Striders	Male Vet 40
86	01:10:37	671	Fulcher	Trevor	Unattached	Male Senior
87	01:10:52	849	Dowell	Melissa	Colchester Harriers	Female Vet 40
88	01:10:53	589	Rabbet	Justin	St Edmund Pacers	Male Vet 40
89	01:10:53	687	Milligan	Iain	St Edmund Pacers	Male Senior
90	01:10:54	605	Hallifax	Ben	Hearn Hill Harriers	Male Senior
91	01:10:54	626	Cox	Andy	Felixstowe Road Runners	Male Vet 40
92	01:10:56	522	Horne	Paul	Vegetarian Cycling & AC	Male Vet 45
93	01:11:02	613	Mann	Elies	Norwich Road Runners	Female Senior
94	01:11:09	720	Ranson	Matthew	Halstead Road Runners	Male Senior
95	01:11:09	770	Owen	Andrew	Gt Bentley Running Club	Male Senior
96	01:11:20	881	Oxford	Darren	Hadleigh Hares AC	Male Senior
97	01:11:26	919	Clark	Stinz	Unattached	Male Senior
98	01:11:27	604	Incles	Ben	Unattached	Male Senior
99	01:11:28	680	Hasler	Tom	Unattached	Male Senior
100	01:11:28	809	Woodward	Zoe	Eton Manor AC	Female Vet 40
101	01:11:31	631	Steedman	Sally	Ipswich Jaffa	Female Vet 35
102	01:11:35	733	Mortimer	Diana	Unattached	Female Vet 35
103	01:11:47	911	White	Brad	Unattached	Male Senior
104	01:11:49	901	Askew	Daniel	Unattached	Male Senior
105	01:11:49	910	Hanson	Richard	Unattached	Male Senior
106	01:11:53	860	Barrett	Stephen	Unattached	Male Senior

107	01:12:03	502	Frost	Peter	Unattached	Male Senior
108	01:12:04	855	McCorquoddale	Becky	Gt Bentley Running Club	Female Senior
109	01:12:12	836	Roony	Penny	Woodbridge Shufflers	Female Senior
110	01:12:33	835	Pyle	Nicola	Colchester & Tendring AC	Female Vet 40
111	01:12:36	503	Walne	Jason	Unattached	Male Senior
112	01:12:36	793	Miles	Lloyd	Unattached	Male Senior
113	01:12:44	778	Maclean	Anthony	Framlingham Flyers	Male Senior
114	01:12:56	795	Foskew	Ian	Mid Essex Casuals	Male Vet 40
115	01:12:59	524	Wiggins	Simon	Felixstowe Road Runners	Male Senior
116	01:13:03	797	Sandford	David	Sudbury Joggers	Male Senior
117	01:13:08	716	Canham	Steve	Unattached	Male Vet 40
118	01:13:09	663	McCuster	Eamon	Ryston Runners	Male Vet 50
119	01:13:10	823	Brown	Julie	Ipswich Jaffa	Female Vet 40
120	01:13:22	702	Peck	Glyn	Harwich Runners	Male Vet 65+
121	01:13:23	858	Chalmers	Mark	Unattached	Male Senior
122	01:13:35	628	Jones	Richard	Unattached	Male Vet 40
123	01:13:35	775	Binstead	Julia	Benfleet Running Club Grange Farm & Dunmow Runners	Female Vet 40
124	01:13:57	872	Hayhow	Pru	Runners	Female Vet 35
125	01:14:18	694	Dix	Nigel	Unattached	Male Vet 40
126	01:14:21	871	Vones	Glyn	Unattached	Male Vet 55
127	01:14:23	695	Dix	Annette	Unattached	Female Vet 40
128	01:14:24	870	Lankester	Mark	Ipswich Jaffa	Male Senior
129	01:14:27	897	Brand	Roger	St Edmund Pacers	Male Vet 55
130	01:14:29	788	Mitchell	Oliver	Unattached	Male Senior
131	01:14:40	711	Funnell	Gordon	Hadleigh Hares AC	Male Vet 45
132	01:14:47	909	Morrison	Alan	Unattached	Male Vet 40
133	01:14:48	635	Worster	Paul	Unattached	Male Vet 45
134	01:14:51	683	Britten	Christopher	Road Runners Club	Male Vet 55
135	01:14:55	570	Baxter	Chris	Unattached	Male Senior
136	01:15:02	768	Daniels	David	Stowmarket Striders	Male Vet 40
137	01:15:10	822	Fulcher	Samantha	Unattached	Female Vet 40
138	01:15:28	658	Sandercock	Kate	Unattached	Female Vet 35
139	01:15:35	842	Henry	Amanda	Sudbury Joggers	Female Senior
140	01:15:38	556	Davidson	Mick	Unattached	Male Vet 40
141	01:15:44	545	Moyes	Stuart	Unattached	Male Senior
142	01:15:54	590	Robinson	Nigel	Unattached	Male Vet 55
143	01:15:58	690	Stollery	Mike	Ipswich Triathlon Club	Male Vet 50
144	01:15:59	742	Mitchel	Matt	Watford Joggers	Male Vet 40
145	01:16:09	722	Christian	jennifer	Wymondham AC	Female Vet 50
146	01:16:11	779	Roberts	Melanie	Woodbridge Shufflers	Female Vet 45
147	01:16:11	827	Fellingham	Richard	Stowmarket Striders	Male Vet 55
148	01:16:13	580	Lockwood	Simon	Stowmarket & Dis Cycling Club	Male Senior
149	01:16:31	847	Lynaugh	Ray	Harwich Runners	Male Senior
150	01:16:33	913	Thomas	Kate	Harwich Runners	Female Vet 35
151	01:16:38	783	Sheahan	Jenny	Tiptree Road Runners	Female Vet 45
152	01:16:41	515	cooke	Paul	Unattached	Male Vet 45
153	01:16:46	831	Browning	James	Worcester Tri Club	Male Senior Female Vet 55+
154	01:16:52	815	Norman	Pauline	Lowestoft RR	55+
155	01:17:02	918	Greenak	John	Unattached	Male Senior
156	01:17:22	800	Cordwell	Stephen	Witham RC	Male Vet 45
157	01:17:31	921	Cox	Steve	Unattached	Male Vet 40
158	01:17:32	700	Day	Richard	Stowmarket Striders	Male Senior
159	01:17:38	895	Greener	John	Bildeston Bounders AC	Male Vet 60

160	01:17:41	632	Hobson	Roger	Woodbridge Shufflers	Male Vet 60
161	01:17:42	851	Dillon	Jeff	Springfield Striders AC	Male Vet 40
162	01:17:44	662	Brooks	Paul	Ipswich Jaffa	Male Senior
163	01:18:01	861	Bush	Heather	Unattached	Female Senior
164	01:18:07	894	Hine	Aarian	Felixstowe Road Runners	Male Vet 40
166	01:18:10	739	Earl	Tim	Unattached	Male Senior
167	01:18:16	904	O'Neill	Douglas	Colchester Harriers	Male Senior
168	01:18:16	875	Bilton	Jason	Colchester Harriers	Male Senior
169	01:18:19	877	Batterham	Claire	Triathlon Essex	Female Senior
170	01:18:28	518	Cordwell	Julian	Harwich Runners	Male Vet 50
171	01:18:33	740	Webster	Stuart	Unattached	Male Senior
172	01:18:34	854	Norman	Steve	Unattached	Male Senior
173	01:18:36	512	Bestow	Nik	Ipswich Triathlon Club	Male Vet 45
174	01:18:39	629	Kemp	Kelly	Stowmarket Striders	Female Senior
175	01:18:41	668	Hollingworth	Vanessa	Felixstowe Road Runners	Female Vet 35
176	01:18:55	639	Biddle	Dominic	Unattached	Male Vet 40
177	01:19:04	576	Anderson	Craig	Unattached	Male Vet 45
178	01:19:06	832	Browning	Steve	Worcester Tri Club	Male Senior
179	01:19:07	927	Short	James	Unattached	Male Senior
180	01:19:15	723	Marsh	Ronald	Unattached	Male Vet 60
181	01:19:19	900	Johnson	Peter	British Triathlon Assoc	Male Vet 45
182	01:19:21	640	Painter	Neil	Unattached	Male Senior
183	01:19:23	862	Eldred	Gary	Gt Bentley Running Club	Male Vet 45
184	01:19:40	782	Ford	John	Unattached	Male Vet 50
185	01:19:50	761	Penny	John	Unattached	Male Vet 50
186	01:20:00	676	Bernthal	Graham	Hadleigh Hares AC	Male Vet 55
187	01:20:00	750	McGeeny	Brian	Ipswich Triathlon Club	Male Senior
188	01:20:03	879	Mulcahy	Nora	Unattached	Female Senior
189	01:20:05	828	Basham	Les	Stowmarket Striders	Male Vet 55
190	01:20:08	826	Halestrap	Gary	Stowmarket Striders	Male Senior
191	01:20:14	786	Martin	Paul	Unattached	Male Senior
192	01:20:31	574	Holt	John	Unattached	Male Vet 55
193	01:20:35	539	Shave	Neal	Tri Anglia	Male Senior
194	01:20:36	575	Ryder	Tim	Unattached	Male Vet 40
195	01:20:37	704	Marsh	jason	Unattached	Male Senior
196	01:20:37	812	Beattie	Bob	Tiptree Road Runners	Male Vet 55
197	01:20:39	896	Boughet	Steven	Unattached	Male Senior
198	01:20:40	727	Strivens	Sarah	Ipswich Jaffa	Female Vet 45
199	01:20:42	578	Dolden	Gerry	Tiptree Road Runners	Male Vet 40
200	01:20:43	724	Marsh	Christiaan	Unattached	Male Senior
201	01:20:49	525	O'Meara	David	Unattached	Male Senior
202	01:20:52	801	Marseille	Eric	Unattached	Male Senior
203	01:20:53	926	Thornton	Christopher	Unattached	Male Vet 45
204	01:20:58	912	Wincomb	Claire	Ipswich Jaffa	Female Vet 40
205	01:21:07	884	Prail	Jason	Springfield Striders AC	Male Senior
206	01:21:13	889	Vince	Mark	Unattached	Male Senior
207	01:21:18	893	Moule	Colin	Unattached	Male Vet 40
208	01:21:21	657	Chittick	David	Stowmarket Striders	Male Vet 40
209	01:21:22	890	Mills	Lorraine	Stowmarket Striders	Female Senior
			Richardson-			
210	01:21:29	840	Wright	Rachel	Colchester Harriers	Female Vet 45
211	01:21:30	820	Lambert	John	Ipswich Jaffa	Male Vet 60
212	01:21:39	728	Flynn	Paul	Unattached	Male Senior
213	01:21:43	776	Skinner	Caroline	Unattached	Female Senior

214	01:21:45	784	Bateman	Michael	St Albans Striders	Male Vet 55
215	01:21:50	584	Finegan	Tim	Felixstowe Road Runners	Male Vet 40
216	01:22:04	922	Catchpole	William	Ipswich Triathlon Club	Male Vet 45
217	01:22:23	749	Gartland	Jane	Sudbury Joggers	Female Vet 40
218	01:22:27	748	Dean	Gill	Ipswich Jaffa	Female Vet 50
219	01:23:03	551	Abbott	Stuart	Woodbridge Shufflers	Male Senior
220	01:23:03	659	Bright	Stephen	British Athletics AC	Male Vet 40
221	01:23:14	762	Cowan	Jennifer	Stowmarket Striders	Female Senior
222	01:23:28	550	Bone	Chris	Hadleigh Hares AC	Male Senior
223	01:23:28	682	Parker	Yvonne	Road Runners Club	Female Vet 50
224	01:23:33	924	Glennell	Dave	Hadleigh Hares AC	Male Vet 45
225	01:23:40	721	Scrivener	Keith	Gt Bentley Running Club	Male Vet 60 Female Vet 55+
226	01:23:42	686	Wright	Maureen	Ipswich Jaffa	55+
227	01:23:44	611	Maulkerson	Rosalind	Unattached	Female Vet 40
228	01:23:44	929	How	John	Unattached	Male Senior
229	01:24:16	511	Stannett	Charlie	Ipswich Triathlon Club	Male Vet 50
230	01:24:19	883	Robin	Keith	53-12 Multisports	Male Vet 40
231	01:24:28	825	Payne	Michelle	Stowmarket Striders	Female Senior
232	01:24:40	583	Clarke	Paul	Unattached	Male Vet 40
233	01:24:42	541	Smith	Corinna	Thetford AC	Female Vet 35
234	01:24:42	737	Higgins	Tryonne	Unattached	Male Vet 40
235	01:24:59	708	Brown	Ian	Unattached	Male Vet 40
236	01:25:13	928	Toms	David	Brandon Fern Hoppers	Male Vet 55
237	01:25:25	519	Bennett	Annebal	Felixstowe Road Runners	Female Vet 40
238	01:25:37	863	Burrows	Elaine	Diss AC	Female Vet 40 Female Vet 55+
239	01:25:42	598	Knott	Elsbeth	Harwich Runners	55+
240	01:25:47	817	Helliwell	Fay	Colchester Harriers	Female Vet 35
241	01:25:57	765	Bentley	Robert	Unattached	Male Vet 55
242	01:26:12	794	Francis	Des	Par AC	Male Senior
243	01:26:22	837	Kerridge	Paul	Woodbridge Shufflers	Male Vet 40
244	01:26:29	672	Wolf	Colin	Harwich Runners	Male Vet 60
245	01:26:46	713	Clark	Katherine	Gt Bentley Running Club	Female Vet 45
246	01:26:52	807	Wash	Darren	Unattached	Male Senior
247	01:26:57	736	Higgins	Carl	Unattached	Male Vet 45
248	01:27:09	824	Wythe	Kirk	Ipswich Jaffa	Male Senior
249	01:27:21	905	Kinnaurd	Martin	Unattached	Male Senior
250	01:27:21	907	Kinnard	Paul	Unattached	Male Senior
251	01:27:39	619	Warren	Peter	Unattached	Male Vet 40
252	01:27:48	585	Yallop	Julie	Ipswich Jaffa	Female Vet 40
253	01:27:50	730	Sembhi	Sati	Unattached	Female Vet 35
254	01:28:02	651	Moggan	Frank	Stowmarket Striders	Male Vet 55
255	01:28:06	867	Loder	Dale	Unattached	Male Vet 45
256	01:28:08	925	Coley	David	Felixstowe Road Runners	Male Vet 55
257	01:28:12	882	Williams	Vicky	Ipswich Jaffa	Female Senior
258	01:28:37	653	Warner	Jonathan	Unattached	Male Vet 50
259	01:28:40	791	Buckingham	Stephen	Road Runners Club	Male Vet 55
260	01:28:46	917	Rowles	Bob	Harwich Runners	Male Vet 45
261	01:28:53	652	Jackson	Michael	Unattached	Male Vet 55
262	01:28:58	731	Ackland	Sacha	Eton Manor AC	Female Senior
263	01:29:00	802	Price	Simon	Gt Bentley Running Club	Male Senior
264	01:29:06	741	Horgan	John	100 Club	Male Vet 50
265	01:29:06	898	Gardner	Frank	Gt Bentley Running Club	Male Vet 50
266	01:29:06	899	Douglas	Zoe	Unattached	Female Vet 35

267	01:29:32	514	Simmons	Kate Ronel van	Unattached	Female Senior
268	01:29:40	573	Merwe	der	Stowmarket Striders	Female Vet 45
269	01:29:48	805	Bultz	Peter	Unattached	Male Vet 45
270	01:29:55	878	Kopec	Jarett	Unattached	Male Vet 45
271	01:29:58	599	Holroyd	Carla	Harwich Runners	Female Vet 50
272	01:30:01	571	Watson	Christina	Eton Manor AC	Female Vet 45
273	01:30:08	781	Challis	William	Unattached	Male Vet 40
274	01:30:18	819	Farnworth	Jayne	Felixstowe Road Runners	Female Vet 50
275	01:30:52	664	Collier	Lyndon	Sudbury Joggers	Male Vet 55
276	01:30:53	865	Speake	Rachel	Bildeston Bounders AC	Female Vet 35
277	01:30:55	747	Hargadon	Sue	Ipswich Triathlon Club	Female Vet 50
278	01:30:57	669	Baker	Cliff	Colchester Harriers	Male Vet 55
279	01:31:09	648	Johnson	Brian	Harwich Runners	Male Vet 65+
280	01:31:19	780	Challis	Helen	Felixstowe Road Runners	Female Vet 35
281	01:31:55	856	Mayhew	Sandra	Stowmarket Striders	Female Vet 40
282	01:32:07	719	Savage	Malcome	Springfield Striders AC	Male Vet 55
283	01:32:20	853	Stanton	Sandra	Springfield Striders AC	Female Vet 40
284	01:32:37	703	Rue	Rita	Unattached	Female Vet 45
285	01:32:50	785	Martin	Liz	Unattached	Female Vet 35
286	01:32:52	914	Pallett	Michael	Stowmarket Striders	Male Senior
287	01:32:53	790	Russell	Colin	Road Runners Club	Male Vet 60
288	01:32:57	591	Coad	Alison	Unattached	Female Vet 40
289	01:33:09	510	Stannett	Kate	Ipswich Triathlon Club	Female Vet 45
290	01:33:13	743	Pearman	Gillian	Thetford AC	Female Vet 55+
291	01:33:15	647	Head	Laura	Unattached	Female Vet 50
292	01:33:17	738	Butler	Rob	Unattached	Male Vet 40
293	01:33:50	799	Causton	Roger	Felixstowe Road Runners	Male Vet 55
294	01:34:30	848	Fairfull	Alex	Unattached	Male Senior
295	01:34:52	772	Kerridge	Wayne	Unattached	Male Vet 40
296	01:34:56	634	Worster	Carol	Unattached	Female Vet 45
297	01:35:02	532	Walton	Jonathan	Unattached	Male Senior
298	01:35:03	533	McLauhlin	Wendy	Unattached	Female Senior
299	01:35:11	527	Stevens	Claire	Unattached	Female Senior
300	01:35:19	766	Oliver	Anne	Felixstowe Road Runners	Female Vet 50
301	01:35:35	777	Durrance	Helen	St Albans Striders	Female Senior
302	01:36:10	567	Alcock	Steve	Unattached	Male Vet 40
303	01:36:32	718	Ashford	Damien	Unattached	Male Senior
304	01:36:41	887	Baker	Jo	Hadleigh Hares AC	Female Vet 35
305	01:36:56	891	Bloomfield	Christine	Dulwich Runners	Female Vet 50
306	01:37:18	608	Apps	Katy	Unattached	Female Senior
307	01:37:24	538	McNichol	Rebekah	Thetford AC	Female Vet 40
308	01:37:30	729	Matlock	Rosemaru	Thetford AC	Female Vet 45
309	01:37:38	504	Brown	David	Unattached	Male Vet 55
310	01:37:45	607	Eveleigh	Matthew	Unattached	Male Senior
311	01:37:51	754	Taylor	Robert	Unattached	Male Vet 65+
312	01:38:07	876	Green	Sally	Unattached	Female Vet 50
313	01:38:20	902	Cook	William	Unattached	Male Senior
314	01:38:23	903	Sturgeon	Natalie	Unattached	Female Senior
315	01:38:25	906	Sturgeon	Kimonie	Unattached	Female Senior
316	01:38:56	916	Scott	Michelle	Stowmarket Striders	Female Senior
317	01:39:04	873	McGoldrick	Liz	Unattached	Female Vet 50
318	01:39:12	544	Munday	Susanna	Unattached	Female Senior
319	01:39:42	597	Thurlow	Julie	Ipswich Jaffa	Female Vet 50

320	01:39:46	764	Woods	Christopher	Halstead Road Runners	Male Senior
321	01:40:03	763	Woods	Sara	Halstead Road Runners	Female Vet 35
322	01:40:36	846	Severy	Andrew	Unattached	Male Vet 45
323	01:40:44	554	Vanhinsbergh	Andrew	Unattached	Male Senior
324	01:40:45	868	Bownes	Carolyn	Tiptree Road Runners	Female Vet 45
325	01:40:45	869	Dobson	Barry	Tiptree Road Runners	Male Vet 55
326	01:40:47	643	McAndrew	Alasdair	Unattached	Male Senior
327	01:41:28	850	Fairfull	Anna	Stowmarket Striders	Female Vet 40
328	01:41:42	751	George	Sue	Joggers & Jaunters	Female Vet 45
329	01:41:44	624	Rainger	Edward	Unattached	Male Vet 40 Female Vet 55+
330	01:41:44	767	Trodd	Bernice	St Edmund Pacers	Female Vet 50
331	01:42:03	593	Humphries	Frances	Thrift Green Trotters	Female Senior
332	01:42:35	880	Turkington	Helen	Ipswich Jaffa	Female Senior
333	01:42:40	594	Gillie	Sheila	Norwich Road Runners	Female Vet 50
334	01:43:36	638	Biddle	Sonia	Unattached	Female Vet 40
335	01:44:01	816	Farnworth	Richard	Felixstowe Road Runners	Male Vet 50
336	01:44:50	755	Crisell	Trevor	Unattached	Male Vet 45
337	01:44:51	670	Deeks	Greg	Unattached	Male Vet 40
338	01:45:14	637	Holmes	Amanda	Unattached	Female Vet 35
339	01:45:26	569	Garner	Karen	Unattached	Female Vet 35
340	01:45:29	667	Stones	Liz	Unattached	Female Vet 40
341	01:45:36	753	Thomas	Peter	Colchester Harriers	Male Senior
342	01:48:41	612	Turner	Brian	Ipswich Jaffa	Male Vet 65+
343	01:48:52	588	Dewar	Elka	Unattached	Female Senior
344	01:49:30	654	Gaskin	Victoria	Unattached	Female Senior
345	01:51:02	677	Warren	Paul	Unattached	Male Vet 55
346	01:52:02	810	O'Brian	Thomas	Unattached	Male Vet 50
347	01:52:44	559	Fisher	Jane	Unattached	Female Vet 35
348	01:53:03	508	Braithwaite	Jonathan	Unattached	Male Vet 50
349	01:53:58	712	Corbett	Jaspar	Hadleigh Hares AC	Male Vet 40
350	01:54:13	886	Grimwade	Jane	Hadleigh Hares AC	Female Vet 40
351	01:54:20	557	Lynch-Aird	Jennie	Stowmarket Striders	Female Vet 50
352	01:54:20	558	Gravell	Kim	Unattached	Female Vet 40
353	01:55:29	644	Drory	Rachael	Unattached	Female Senior
354	01:56:51	696	Smith	Tanya	Ipswich Jaffa	Female Senior
355	01:57:06	552	Marshal	Lucy	Unattached	Female Senior
356	01:57:07	587	Dowie	Francesca	Hadleigh Hares AC	Female Senior
357	01:58:24	606	Riddleston	Louise	Unattached	Female Senior
165	01:18:07	758	Howard	Michael	Unattached	Male Senior
	dns/dnf	732	Barltrop	Verne	100 Club	Male Vet 60
	dns/dnf	582	Lloyd	Mark	53-12 Multisports	Male Senior
	dns/dnf	661	Monks	Colin	Blackheath & Bromley Harriers	Male Vet 55
	dns/dnf	526	Knights	Gavin	Boxford Tornado Runners Non-A	Male Senior
	dns/dnf	540	Wood-Mitchel	Neil	Boxford Tornado Runners Non-A	Male Senior
	dns/dnf	715	Darnell	Bob	City of Norwich AC	Male Vet 50
	dns/dnf	834	Tanner	Lynn	Colchester & Tendring AC	Female Vet 50
	dns/dnf	616	Cooke	Ben	Colchester Harriers	Male Senior
	dns/dnf	745	Clark	Fiona	Colchester Harriers	Female Vet 40
	dns/dnf	513	Emerson	Jennifer	Dartford Harriers	Female Vet 45
	dns/dnf	579	Weall	Nigel	Essex Police AC	Male Vet 50
	dns/dnf	627	Duff	Brendon	Essex Police AC	Male Senior
	dns/dnf	535	Deacon	Mike	Felixstowe Road Runners	Male Vet 60

dns/dnf	595	Dadge	Nigel	Felixstowe Road Runners	Male Senior
dns/dnf	596	Parker	Elizabeth	Felixstowe Road Runners	Female Vet 35
dns/dnf	623	Evens	David	Felixstowe Road Runners	Male Vet 40
dns/dnf	675	Bernthal	Sandra	Hadleigh Hares AC	Female Vet 50
dns/dnf	679	Gant	Matthew	Hadleigh Hares AC	Male Senior
dns/dnf	534	Longland	Ian	Haverhill Running Club	Male Senior
dns/dnf	586	Wincomb	Claire	Ipswich Jaffa	Female Vet 40
dns/dnf	609	Quantrill	Clive	Ipswich Jaffa	Male Senior
dns/dnf	615	Rudland	Lee	Ipswich Jaffa	Male Senior
dns/dnf	630	Webb	John	Ipswich Jaffa	Male Vet 55
dns/dnf	660	Rogers	Brian	Ipswich Jaffa	Male Vet 50
dns/dnf	693	Belsom	matasha	Ipswich Jaffa	Female Senior
dns/dnf	760	Rosenberg	Susannah	Ipswich Triathlon Club	Female Vet 45
dns/dnf	531	Goddard-Gase	Kim	Norfolk Gazelles	Male Vet 40
dns/dnf	505	Hughes	Gwyn	Phoenix Striders	Male Vet 55 Female Vet 55+
dns/dnf	506	Burston	Judy	Phoenix Striders	Female Vet 40
dns/dnf	547	Burston	Nicola	Phoenix Striders	Male Vet 45
dns/dnf	698	Lodge	Martin	Road Runners Club	Female Senior
dns/dnf	655	Marsh	Kerry	Springfield Striders AC	Male Vet 50
dns/dnf	684	Khayser	John	St Edmund Pacers	Female Vet 40
dns/dnf	685	Khayser	Kay	St Edmund Pacers	Male Vet 50
dns/dnf	562	Browne	Su	Stowmarket Striders	Male Vet 45
dns/dnf	563	Browne	Simon	Stowmarket Striders	Male Senior
dns/dnf	602	Canham	Paul	Stowmarket Striders	Female Vet 40
dns/dnf	507	Nicholls	Lynn	Ware Joggers	Male Senior
dns/dnf	517	Lightfoot	Ian	Woodbridge Shufflers	Female Senior
dns/dnf	642	Strowger	Vicki	Woodbridge Shufflers	Female Vet 55+
dns/dnf	706	Manly	Veronica	Wymondham AC	Male Senior
dns/dnf	501	McAvoy	Scott	Unattached	Male Senior
dns/dnf	509	Moore	Ian	Unattached	Male Senior
dns/dnf	523	Dixon	Barry	Unattached	Male Senior
dns/dnf	528	Margan	Lee	Unattached	Male Senior
dns/dnf	529	Thompson	Andrew	Unattached	Male Senior
dns/dnf	530	Thompson	Heidi	Unattached	Female Senior
dns/dnf	536	Richardson	Monica	Unattached	Male Senior
dns/dnf	537	Richardson	Stephen	Unattached	Female Senior
dns/dnf	542	Faithfull	Jamie	Unattached	Male Senior
dns/dnf	543	Jarrett	Carl	Unattached	Male Senior
dns/dnf	555	Perrin	Andy	Unattached	Male Senior
dns/dnf	560	Anderson	Olwyn	Unattached	Female Vet 50
dns/dnf	561	Virr	Doug	Unattached	Male Vet 65+
dns/dnf	564	Chenery	Lis	Unattached	Female Vet 40
dns/dnf	568	Hart	Miranda	Unattached	Female Vet 45
dns/dnf	577	Walton	Bryan	Unattached	Male Senior
dns/dnf	601	Stephens	Tracey	Unattached	Female Vet 40
dns/dnf	610	Rogers	Nigel	Unattached	Male Senior
dns/dnf	614	Higgins	Neil	Unattached	Male Senior
dns/dnf	618	Dilworth	Joseph	Unattached	Male Vet 40
dns/dnf	641	Johnson	Adam	Unattached	Male Senior
dns/dnf	645	Drory	Martin	Unattached	Male Senior
dns/dnf	666	Suckling	Shirley	Unattached	Female Vet 50
dns/dnf	688	Setford	Stephen	Unattached	Male Vet 45
dns/dnf	705	Stephenson	Peter	Unattached	Male Vet 55

dns/dnf	725	Walt	Jug van	Unattached	Male Senior
dns/dnf	734	Ellis	der	Unattached	Male Vet 40
dns/dnf	773	Davis	Neil	Unattached	Male Senior
			Ben		