

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:58:52	86	Ross	Fawcett	Ipswich Harriers	Male Senior
2	00:59:04	199	John	Scaife	Hadleigh Hares A.C.	Male Senior
3	00:59:05	262	Ben	Caisizy	Ipswich Triathlon Club	Male Senior
4	00:59:12	203	John	Manlow	Ely Runners	Male Master 40
5	00:59:24	265	Colin	Ridley	West Suffolk A.C.	Male Master 45
6	00:59:29	257	Wilfred	Campbell	Ipswich JAFFA	Male Master 45
7	00:59:31	264	Tom	Cresswell	Sudbury Joggers AC	Male Senior
8	01:01:03	280	Ben	Jones	Colchester Harriers AC	Male Senior
9	01:01:40	79	James	Henderson	Woodbridge Shufflers	Male Master 45
10	01:01:44	108	Mark	Clements	Ipswich JAFFA	Male Senior
11	01:02:02	180	Darren	Sutton	Springfield Striders AC	Male Master 40
12	01:02:29	29	Gary	Thompson	Ipswich JAFFA	Male Senior
13	01:02:38	284	Tamara	Jordan	Stowmarket Striders	Female Senior
14	01:02:47	126	Conrad	Burgess	Ipswich JAFFA	Male Senior
15	01:02:52	187	Dave	Soloman	Felixstowe Road Runners	Male Master 40
16	01:02:55	225	Adam	Wade	Ipswich JAFFA	Male Senior
17	01:03:03	217	Paul	Brown	Framlingham Flyers	Male Master 45
18	01:03:11	320	Chris	Dodge	Saffron Striders	Male Master 45
19	01:03:15	279	David	Wright	Colchester Harriers AC	Male Master 50
20	01:03:15	121	Simon	Hunt	Yaxley Runners & Joggers	Male Master 40
21	01:03:30	292	Dave	Copland	Ipswich Triathlon Club	Male Master 45
22	01:03:33	306	James	Askey-Jones	Tiptree Road Runners	Male Master 40
23	01:03:49	208	Mark	Rutter	Harwich Runners	Male Master 45
24	01:03:51	194	Neil	Carrington	Unattached	Male Senior
25	01:04:26	1	Graham	Robins	Newmarket Cycling & Tri Club	Male Master 45
26	01:04:33	240	Brian	Munns	Newmarket Joggers	Male Master 45
27	01:04:39	202	Jonathan	Ling	Ipswich JAFFA	Male Senior
28	01:04:42	157	Andrew	Buck	Sudbury Joggers AC	Male Master 45
29	01:04:59	316	David	Allworthy	Colchester Harriers AC	Male Senior
30	01:05:01	241	Carl	Heron	Queensbury RC (Bradford)	Male Master 50
31	01:05:03	72	Arthur	Whiston	Colchester Harriers AC	Male Master 60
32	01:05:13	189	Darren	Sheppard	Framlingham Flyers	Male Master 40
33	01:05:44	40	Paul	McClelland	Harwich Runners	Male Master 45
34	01:06:06	123	Warren	Birch	Ipswich JAFFA	Male Master 45
35	01:06:15	198	Paul	Nickells	Unattached	Male Senior
36	01:06:17	160	Terry	Epps	Wymondham AC	Male Master 55
37	01:06:49	268	Simon	Redhead	Stowmarket Striders	Male Senior
38	01:07:01	158	Jonathan	Davey	Felixstowe Road Runners	Male Master 55
39	01:07:42	269	Valery	Gladwell	Hadleigh Hares A.C.	Female Master 35
40	01:07:46	285	Simon	Nightingale	Ipswich JAFFA	Male Senior
41	01:07:51	245	Andrew	Houghton	Unattached	Male Master 50
42	01:07:52	295	Jayne	William	Ipswich Triathlon Club	Female Master 35
43	01:07:59	234	Matt	Hunter	Hadleigh Hares A.C.	Male Senior
44	01:08:09	214	Tim	Woods	Norfolk Gazelles	Male Master 45
45	01:08:13	181	Iain	Milligan	Unattached	Male Senior
46	01:08:24	195	Katie	Sherwood	Cambridge & Coleridge AC	Female Senior
47	01:08:39	261	Tony	Saliman	Hadleigh Hares A.C.	Male Master 45
48	01:08:41	16	Neil	Gillingham	Ipswich Harriers	Male Senior
49	01:08:42	145	Tim	Larke	Stowmarket Striders	Male Senior
50	01:08:46	281	Richard	Newman	Harwich Runners	Male Master 45
51	01:08:48	227	Raymond	Hill	Ipswich JAFFA	Male Master 60
52	01:09:01	237	Robin	Harper	Felixstowe Road Runners	Male Senior
53	01:09:10	307	Charles	Hill	Woodbridge Shufflers	Male Master 45

54	01:09:11	103	Gary	Joslin	Springfield Striders AC	Male Master 45
55	01:09:12	118	Steve	Hughes	Stowmarket Striders	Male Master 45
56	01:09:15	48	Robin	Belsom	Ipswich JAFFA	Male Master 50
57	01:09:20	182	Ray	Roberts	Felixstowe Road Runners	Male Master 60
58	01:09:21	305	John	Greener	St Edmund Pacers	Male Master 40
59	01:09:31	84	Chris	Chorley	Bungay Black Dog	Male Master 45
60	01:09:34	151	Mark	Summer	Hadleigh Hares A.C.	Male Senior
61	01:09:37	98	Mark	Watts	St Edmund Pacers	Male Master 45
62	01:09:46	314	Peter	Williams	Newmarket Cycling & Tri Club	Male Master 45
63	01:09:46	282	Rebecca	Jordan	Stowmarket Striders	Female Senior
64	01:10:01	286	Ewan	Campwell	Unattached	Male Master 40
65	01:10:02	209	Ker	Macrosson	Ipswich JAFFA	Male Master 55
66	01:10:19	174	Patrick	Abbott	Unattached	Male Master 40
67	01:11:01	138	Stephen	Arnold	Unattached	Male Senior
68	01:11:04	290	Stuart	Meddemmen	Tiptree Road Runners	Male Senior
69	01:00:23	50	Eamonn	McCusker	Ryston Runners	Male Master 55
70	01:11:26	8	Jason	Beeton	Newmarket Joggers	Male Senior
71	01:11:30	196	Rod	Harrington	Unattached	Male Master 45
72	01:11:31	165	John	Roberts	Bracknell Forest Runners	Male Master 50
73	01:11:37	250	Claudine	Tisbury	Harwich Runners	Female Master 50
74	01:11:42	136	Mark	Andrews	Purple Patch Runners	Male Master 45
75	01:11:45	133	Andra	Besant	Harwich Runners	Male Master 40
76	01:11:55	9	Gail	Pryke	Ipswich JAFFA	Female Master 50
77	01:12:22	311	Steve	Cox	Hadleigh Hares A.C.	Male Master 45
78	01:13:03	278	Chris	Manby	Colchester Harriers AC	Male Senior
79	01:13:06	135	Gregor	Kennedy	Unattached	Male Master 40
80	01:13:11	14	Simon	Wiggins	Felixstowe Road Runners	Male Senior
81	01:13:13	19	Peter	Frost	Unattached	Male Master 40
82	01:13:16	150	Tracy	Harrington	Tiptree Road Runners	Female Master 45
83	01:13:16	212	Phil	Clarke	Tiptree Road Runners	Male Master 40
84	01:13:32	291	Mark	Goodwin	Felixstowe Road Runners	Male Senior
85	01:13:34	93	Joanna	Frost	Woodbridge Shufflers	Female Senior
86	01:13:32	139	Mark	Lawes	Tiptree Road Runners	Male Master 40
87	01:13:27	168	Andrew	Budd	Ipswich JAFFA	Male Master 50
88	01:14:03	11	Ian	Gooderham	St Edmund Pacers	Male Master 40
89	01:14:05	238	Jim	Withers	Newmarket Joggers	Male Master 55
90	01:14:11	80	Mary	Narey	Stowmarket Striders	Female Master 40
91	01:14:12	2	Simon	Fenn	Unattached	Male Master 45
92	01:14:23	232	Nicholas	Chapman	Newmarket Joggers	Male Senior
93	01:14:27	143	Peter	Bird	St Edmund Pacers	Male Senior
94	01:14:33	147	Lee	D'Silva	Unattached	Male Senior
95	01:14:44	153	Philip	Housden	Bigleswade Athletic Club	Male Master 60
96	01:14:45	13	Vaughan	Morris	Unattached	Male Master 50
97	01:14:48	236	James	Calver	Ipswich JAFFA	Male Senior
98	01:14:49	46	Kevin	Payne	Mid Essex Casuals	Male Master 45
99	01:15:03	128	Nick	Bray	Unattached	Male Master 45
100	01:15:07	30	Clare	Adams	Colchester Harriers AC	Female Master 40
101	01:15:45	161	Verne	Barltrop	100 Marathon Club	Male Master 65+
102	01:16:07	64	Tim	Ryder	Unattached	Male Master 45
103	01:16:07	315	Lara	Scott	Colchester Harriers AC	Female Senior
104	01:16:11	300	David	Hudson	Tri Anglia	Male Master 40
105	01:16:12	61	David	Sheahan	Unattached	Male Master 50
106	01:16:18	216	David	Headspeath	Ipswich JAFFA	Male Senior
107	01:16:25	235	Stephen	Hatten	St Edmund Pacers	Male Master 45

108	01:16:30	132 Lee	Ford	Unattached	Male Senior
109	01:16:36	252 Colin	Moule	Unattached	Male Master 45
110	01:16:37	22 Aiden	Dunn	Unattached	Male Senior
111	01:16:48	244 Stephen	Williams	St Edmund Pacers	Male Master 55
112	01:16:50	154 Gary	Pearson	Unattached	Male Master 40
113	01:16:52	229 Haley	Suttle	Stowmarket Striders	Female Master 45
114	01:16:54	288 Penny	Waggott	Stowmarket Striders	Female Master 45
115	01:17:15	260 Glyn	Peck	Harwich Runners	Male Master 65+
116	01:17:31	309 Paul	Wigens	Woodbridge Shufflers	Male Master 50
117	01:17:42	224 Jonathan	Price	Sudbury Joggers AC	Male Master 60
118	01:17:45	116 Craig	Mitchell	Unattached	Male Senior
119	01:17:48	85 Stewart	Berg	Unattached	Male Master 50
120	01:18:07	211 James	Slater	Tiptree Road Runners	Male Master 65+
121	01:18:09	296 Alex	Wilson	Sudbury Joggers AC	Male Master 40
122	01:18:12	56 Paul	Worster	Unattached	Male Master 50
123	01:18:13	248 Richard	Soer	St Edmund Pacers	Male Master 50
124	01:18:19	204 Claire	Bransby	Harwich Runners	Female Master 40
125	01:18:20	12 Sarah	Vick	The Saxons	Female Master 40
126	01:18:28	159 Andrew	Smith	Unattached	Male Master 45
127	01:18:30	125 Jennifer	Evans	Woodbridge Shufflers	Female Senior
128	01:18:34	170 Daniel	Westbrook	Unattached	Male Master 45
129	01:18:39	230 William	Burdett	Stowmarket Striders	Male Master 45
130	01:18:43	49 Frank	Moggan	Stowmarket Striders	Male Master 60
131	01:18:49	83 Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
132	01:19:06	44 Claire	Hoblyn	St Edmund Pacers	Female Master 45
133	01:19:22	253 Craig	Osbourne	Unattached	Male Master 40
134	01:19:24	90 Mark	Bissell	Unattached	Male Senior
135	01:19:24	239 Matt	Davey	Tiptree Road Runners	Male Senior
136	01:19:26	190 Matt	Kennington	Unattached	Male Senior
137	01:19:30	112 Graham	Moon	Tiptree Road Runners	Male Master 55
138	01:20:03	313 Sophie	Newman	Unattached	Female Senior
139	01:20:07	302 Ian	Mace	Woodbridge Shufflers	Male Master 50
140	01:20:13	319 Clayton	MacDonald	Newmarket Cycling & Tri Club	Male Senior
141	01:20:14	200 Martin	West	Harwich Runners	Male Master 60
142	01:20:15	318 Chris	Butler	Unattached	Male Senior
143	01:20:18	107 Roger	Brand	St Edmund Pacers	Male Master 60
144	01:20:25	129 Fiona	Hunt	Ipswich JAFFA	Female Master 40
145	01:20:47	188 Esther	Butcher	Unattached	Female Senior
146	01:20:55	205 Mathew	Robinson	Capel Cheetahs	Male Senior
147	01:20:55	308 Sam	Sembhi	Unattached	Female Master 40
148	01:21:10	247 Aaron	Noble	Unattached	Male Senior
149	01:21:26	274 David	Woods	Unattached	Male Senior
150	01:21:28	60 Jenny	Sheahan	Ipswich JAFFA	Female Master 50
151	01:21:28	263 Paul	Crowson	Harwich Runners	Male Master 45
152	01:21:31	251 Gi-Wwong	Cheung	Ipswich JAFFA	Male Master 40
153	01:21:34	304 Louise	Manley	Unattached	Female Master 35
154	01:21:36	294 David	Daniels	Stowmarket Striders	Male Master 45
155	01:21:40	152 John	Penny	Unattached	Male Master 55
156	01:21:41	78 Ross	Silverton	Witham RC	Male Master 60
157	01:21:47	105 Emma-Jane	Garber	Unattached	Female Master 40
158	01:21:55	47 Glenn	Warren	Framlingham Flyers	Male Master 40
159	01:21:58	277 Sarah	Golding	St Edmund Pacers	Female Master 45
160	01:21:59	175 Neil	Thomas	Bungay Black Dog	Male Master 40
161	01:22:08	97 Geoff	Owen	Unattached	Male Master 45

162	01:22:12	66	Peter	Finch	Stowmarket Striders	Male Master 50
163	01:22:18	226	Paul	Goldsmith	Unattached	Male Senior
164	01:22:20	249	Michelle	Gisson	Unattached	Female Master 40
165	01:22:24	289	Peter	Fuccer	Tiptree Road Runners	Male Senior
166	01:22:31	162	David	Wilson	Unattached	Male Master 45
167	01:22:36	317	Tom	Bloomfield	Unattached	Male Senior
168	01:22:44	267	Jim	Aldrodge	Unattached	Male Senior
169	01:22:02	220	Jeff	Higgon	Harwich Runners	Male Master 55
170	01:22:04	254	Katie	Harvey	Bildeston Bounders AC	Female Senior
171	01:22:04	255	Glen	Harvey	Bildeston Bounders AC	Male Master 50
172	01:23:10	231	John	Wardle	Unattached	Male Master 45
173	01:23:14	275	David	Gridley	Havering 90 Joggers	Male Master 40
174	01:23:15	53	Mike	Munson	Stowmarket Striders	Male Master 55
175	01:23:29	301	Mel	Roberts	Woodbridge Shufflers	Female Master 50
176	01:23:31	122	Dianne	Hughes	Stowmarket Striders	Female Master 45
177	01:23:37	63	Mick	Davidson	Road Runners Club	Male Master 45
178	01:23:38	206	Paul	Gibson	Ipswich JAFFA	Male Master 50
179	01:23:59	246	Justin	Murphy	Unattached	Male Senior
180	01:24:00	299	Peter	Jay	St Edmund Pacers	Male Master 50
181	01:24:15	102	Scott	McDonald	Unattached	Male Senior
182	01:24:18	177	Angela	Paxon	Harwich Runners	Female Master 35
183	01:24:21	259	Jennifer	Broom	Ipswich Triathlon Club	Female Master 35
184	01:24:36	27	Hazel	Spalding	Ipswich JAFFA	Female Master 50
185	01:25:00	131	Michael	McKinnell	Unattached	Male Master 55
186	01:25:22	243	Mon	Lee	Ipswich JAFFA	Male Master 50
187	01:25:58	113	Sam	Boreham	Unattached	Male Senior
188	01:26:00	130	Paula	McCann	Unattached	Female Master 55+
189	01:26:00	215	Terry	Downing	Unattached	Male Master 55
190	01:26:01	127	Kate	Thornton	Unattached	Female Master 35
191	01:26:04	42	Gary	Murray	Unattached	Male Master 40
192	01:26:16	270	Keith	Borrett	Stowmarket Striders	Male Master 55
193	01:26:19	166	Ian	Bucknell	Unattached	Male Master 45
194	01:26:20	41	Paul	Kerrison	Harwich Runners	Male Master 45
195	01:26:24	65	Clare	Spurling	Unattached	Female Master 35
196	01:26:24	258	Ramona	Berslund	Hadleigh Hares A.C.	Female Senior
197	01:26:31	94	Catherine	Abbott	Stowmarket Striders	Female Master 40
198	01:26:34	74	Kate	Stannett	Ipswich Triathlon Club	Female Master 50
199	01:26:36	271	Las	Basham	Stowmarket Striders	Male Master 60
200	01:26:39	303	Phil	Groom	Unattached	Male Senior
201	01:26:56	228	Andrew	Stewart	Hadleigh Hares A.C.	Male Master 50
202	01:27:27	148	Shona	Bendix	Bungay Black Dog	Female Master 45
203	01:27:28	144	Eloise	Calver	St Edmund Pacers	Female Master 40
204	01:27:32	167	Dawn	Marshal	St Edmund Pacers	Female Master 45
205	01:27:53	283	Mark	Whitehead	Unattached	Male Master 40
206	01:28:01	117	Robin	Williams	Unattached	Male Senior
207	01:28:07	273	Sam	Linash	Felixstowe Road Runners	Male Senior
208	01:28:19	37	Paul	Allen	Unattached	Male Master 40
209	01:28:38	191	Stephen	Bright	British Athletics Supporters	Male Master 45
210	01:28:48	223	Chris	Braddy	Ipswich JAFFA	Male Senior
211	01:28:52	43	Roy	Bond	Unattached	Male Master 40
212	01:29:17	67	Phil	Clark	Unattached	Male Senior
213	01:29:23	54	Carmelita	Munson	Stowmarket Striders	Female Senior
214	01:29:26	185	Darren	Meek	Unattached	Male Senior
215	01:29:32	201	Rachel	Speake	Bildeston Bounders AC	Female Master 40

216	01:29:32	293	Bee	Chapman	Newmarket Joggers	Female Master 45
217	01:29:34	155	Valerie	Rees	Unattached	Female Master 40
218	01:29:37	149	Kathy	Dines	Ipswich JAFFA	Female Master 45
219	01:29:55	298	Lianne	Watkins	Hadleigh Hares A.C.	Female Senior
220	01:29:56	179	Kate	Thomas	Hadleigh Hares A.C.	Female Master 40
221	01:30:24	213	Tina	Clarke	Tiptree Road Runners	Female Master 45
222	01:30:24	210	Carolyn	Bowness	Tiptree Road Runners	Female Master 50
223	01:30:45	222	Rita	Rue	St Edmund Pacers	Female Master 50
224	01:31:30	101	Julie	Hazelwood	Ipswich JAFFA	Female Master 55+
225	01:31:46	312	Abby	Powlett	Ipswich JAFFA	Female Senior
226	01:32:18	192	Sarah	Owen	British Athletics Supporters	Female Master 45
227	01:32:36	28	Sue	Hargadon	Ipswich Triathlon Club	Female Master 55+
228	01:32:53	51	Nicholas	Hughes	Unattached	Male Master 40
229	01:32:59	10	Peter	Rawlings	Unattached	Male Master 60
230	01:33:26	321	Anglia	Barnes	Newmarket Joggers	Female Senior
231	01:33:27	287	Alan	Morrison	Unattached	Male Master 45
232	01:33:43	45	Steven	Renolds	Unattached	Male Master 50
233	01:33:44	173	Anna	Shires	Hadleigh Hares A.C.	Female Master 35
234	01:33:54	91	Martyn	Stables	Unattached	Male Master 40
235	01:33:54	89	Ashton	Hunt	Unattached	Male Master 40
236	01:34:31	35	Mathew	Drury	Unattached	Male Senior
237	01:34:43	34	Ben	Boxall	Unattached	Male Senior
238	01:34:48	171	Maureen	Wright	Unattached	Female Master 55+
239	01:35:20	120	Mark	Carpenter	Haverhill Running Club	Male Master 50
240	01:35:20	119	Chris	Bolton	Haverhill Running Club	Male Master 40
241	01:35:58	156	Clare	Bartram	Hadleigh Hares A.C.	Female Master 35
242	01:36:17	7	Mary	Knapp	Unattached	Female Master 35
243	01:37:04	99	Daniel	Back	Unattached	Male Senior
244	01:39:12	310	Bob	Barbiaux	Unattached	Male Master 50
245	01:39:27	297	Brendon	Colton	Unattached	Male Master 45
246	01:39:24	52	Liora	Ives	Unattached	Female Master 40
247	01:39:37	124	Liz	Smith	SLC Running Club	Female Master 45
248	01:40:29	62	Paul	Woodyard	Unattached	Male Master 40
249	01:40:52	242	Karen	Howlett	Unattached	Female Master 40
250	01:43:00	59	Zahra	Henly	Unattached	Female Master 50
251	01:43:14	106	Carla	Johnson	Felixstowe Road Runners	Female Senior
252	01:43:15	100	Somie	Back	Unattached	Female Master 45
253	01:43:55	276	June	Morton	Unattached	Female Master 50
254	01:43:55	55	Carol	Worster	Unattached	Female Master 50
255	01:44:29	109	Laura	Chapman	Unattached	Female Senior
256	01:45:40	266	Tracey	Squirrel	Hadleigh Hares A.C.	Female Master 40
257	01:45:51	4	Alison	Chambers	Framlingham Flyers	Female Master 35
258	01:45:51	169	Jonathan	Warner	Unattached	Male Master 55
259	01:46:00	3	Diane	Doyle	Framlingham Flyers	Female Master 35
260	01:47:05	146	Fiona	Lucas	Unattached	Female Master 40
261	01:48:02	115	Lian	Golton	Unattached	Female Senior
262	01:50:26	272	Paul	Warren	Unattached	Male Master 60
263	01:52:06	58	Susan	Walsh	Unattached	Female Master 40
264	01:53:02	82	Jeanne	Lynch-Aird	Stowmarket Striders	Female Master 55+
265	01:53:02	81	Kim	Gravell	Unattached	Female Master 45
266	01:55:46	71	Jane	Fisher	Unattached	Female Master 40
267	02:00:59	233	Marcus	Stadden	Bungay Black Dog	Male Senior
268	02:04:33	88	Brian	Turner	Ipswich JAFFA	Male Master 65+
	dns/dnf	140	Aimee	Adam	Unattached	Female Senior

dns/dnf	141	Barry	Adam	Unattached	Male Master 40
dns/dnf	104	Mark	Avery	Ipswich JAFFA	Male Master 45
dns/dnf	176	Emily	Baker	West Suffolk A.C.	Female Senior
dns/dnf	17	Tina	Belsom	Stowmarket Striders	Female Master 45
dns/dnf	18	Ruth	Belsom	Unattached	Female Master 45
dns/dnf	219	Ian	Breeze	Unattached	Male Master 45
dns/dnf	25	Adrian	Buizer	Unattached	Male Master 45
dns/dnf	183	Marcus	Catlin	Ipswich JAFFA	Male Senior
dns/dnf	184	John	Clarke	Unattached	Male Master 40
dns/dnf	95	Tara	Corbett	Unattached	Female Master 40
dns/dnf	33	Graham	Cross	Unattached	Male Senior
dns/dnf	75	Belinder	Dawson	Unattached	Female Master 35
dns/dnf	21	David	Dee	Unattached	Male Master 40
dns/dnf	32	Clare	Disney	Unattached	Female Senior
dns/dnf	114	Ame	Edmonds	Unattached	Female Senior
dns/dnf	70	Lisa	Enoch	Unattached	Female Master 35
dns/dnf	137	Sarah	Fardell	Unattached	Female Senior
dns/dnf	15	Sherry	Farres	Framlingham Flyers	Female Master 40
dns/dnf	111	Keith	Fisher	Unattached	Male Master 50
dns/dnf	163	Nick	Fleming	Unattached	Male Master 40
dns/dnf	38	Jason	Hardingham	Unattached	Male Master 40
dns/dnf	193	Steven	Harvey	British Athletics Supporters	Male Master 45
dns/dnf	221	Jo	Higgon	Harwich Runners	Female Master 50
dns/dnf	76	Roger	Hobson	Woodbridge Shufflers	Male Master 65+
dns/dnf	172	Lynton	Kitchner	Harwich Runners	Male Master 50
dns/dnf	20	Thomas	Konopka	Unattached	Male Senior
dns/dnf	178	David	Laing	Ipswich JAFFA	Male Master 45
dns/dnf	164	Sean	Lawlor	Unattached	Male Master 40
dns/dnf	69	Andy	Ling	Unattached	Male Master 50
dns/dnf	134	Ian	Linton	Tiptree Road Runners	Male Master 60
dns/dnf	186	Crayton	MacDonald	Newmarket Cycling & Tri Club	Male Senior
dns/dnf	23	Emma	Manfold	Unattached	Female Senior
dns/dnf	207	Alex	Morrison	Ipswich JAFFA	Male Master 50
dns/dnf	77	Emma	Mortimer	Ipswich JAFFA	Female Senior
dns/dnf	87	Elliot	Mullish	Unattached	Male Master 40
dns/dnf	26	Tony	Newman	Unattached	Male Master 45
dns/dnf	36	Julie	Nicholls	Unattached	Female Master 40
dns/dnf	256	Adrian	Peake	Ipswich JAFFA	Male Master 45
dns/dnf	31	Matthew	Pellow	Unattached	Male Senior
dns/dnf	39	Hannah	Poulton	Unattached	Female Senior
dns/dnf	92	Brian	Powell	Unattached	Male Master 50
dns/dnf	5	Wendy	Power	Unattached	Female Master 35
dns/dnf	142	Antony	Rawlings	Unattached	Male Senior
dns/dnf	96	Teal	Riley	Muddy Mucky Munkeys	Male Master 40
dns/dnf	218	Ben	Rodriguex	Stowmarket Striders	Male Senior
dns/dnf	24	Gareth	Saunders	RAF AC	Male Senior
dns/dnf	6	Simon	Shepherd	Unattached	Male Senior
dns/dnf	73	Charlie	Stannett	Ipswich Triathlon Club	Male Master 55
dns/dnf	197	Glenn	Warren	Framlingham Flyers	Male Master 40
dns/dnf	57	Ross	Welton	Ipswich Triathlon Club	Male Senior
dns/dnf	68	Daniel	Westow	Unattached	Male Senior
dns/dnf	110	William	Wilson	Ely Runners	Male Senior
dns/dnf					