

Pos	Time	No.	First Name	Surname	Club Name	Category
1	00:27:12	174	Robert	Reason	Harwich Runners	Male Senior
2	00:27:39	187	Sam	Clayton	Colchester & Tendring AC	Male Senior
3	00:27:45	132	Gavin	Allen	Braintree & District AC	Male Senior
4	00:28:28	136	Sam	Gooding-Matthews	Harwich Runners	Male Senior
5	00:28:33	58	Jonathan	Ling	Ipswich JAFFA	Male Senior
6	00:28:37	69	Nick	Palmer	Stowmarket Striders	Male Senior
7	00:28:45	188	Simon	Dale	Gt Bentley Running Club	Male Senior
8	00:28:54	145	Jonathan	Nears	Colchester Harriers AC	Male Senior
9	00:28:59	151	Peter	West	Colchester Harriers AC	Male Master 40
10	00:29:26	144	Ben	Caisey	Ipswich JAFFA	Male Senior
11	00:30:02	61	Johnnie	Bland	Hercules Wimbledon	Male Senior
12	00:30:07	36	Peter	Pearce	Gt Bentley Running Club	Male Master 40
13	00:30:18	193	Tamare	Jordan	Stowmarket Striders	Female Senior
14	00:30:30	71	Ben	Hammond	Harwich Runners	Male Senior
15	00:30:42	75	Lee	Morgan	Unattached	Male Senior
16	00:30:49	59	Carl	Ashton	Unattached	Male Senior
17	00:30:55	181	Simon	Harrison	Ipswich JAFFA	Male Senior
18	00:31:02	87	Mark	Rutter	Harwich Runners	Male Master 40
19	00:31:05	32	Paul	McClelland	Harwich Runners	Male Master 40
20	00:31:14	62	Glen	Douglas	St Edmund Pacers	Male Senior
21	00:31:17	127	Michael	Jones	Stowmarket Striders	Male Master 40
22	00:31:28	88	Simon	Phillips	St Edmund Pacers	Male Senior
23	00:31:55	67	Chris	Seymour	Stowmarket Striders	Male Master 40
24	00:32:05	24	Chris	Tye	Ipswich Triathlon Club	Male Master 40
25	00:32:09	149	Tim	Hanman	Unattached	Male Master 40
26	00:32:14	165	Dan	Foster	Gt Bentley Running Club	Male Master 40
27	00:32:15	15	Chris	Reeve	Stowmarket Striders	Male Senior
28	00:32:18	160	Matthew	Knowles	Harwich Runners	Male Senior
29	00:32:24	179	Scott	Crawley	Gt Bentley Running Club	Male Senior
30	00:32:43	180	Jamie	Ash	Gt Bentley Running Club	Male Senior
31	00:32:43	3	Neil	Gillingham	Ipswich Harriers	Male Senior
32	00:32:43	72	Nick	Beales	Harwich Runners	Male Master 40
33	00:33:13	216	Robin	Harper	Felixstowe Road Runners	Male Senior
34	00:33:19	90	Luke	Jackman	Ipswich Triathlon Club	Male Senior
35	00:33:19	176	Richard	Newman	Harwich Runners	Male Master 40
36	00:33:22	155	Ian	Cannons	Harwich Runners	Male Senior
37	00:33:23	99	Ian	Cottee	Harwich Runners	Male Senior
38	00:33:24	129	James	Waterson	Unattached	Male Senior
39	00:33:25	52	Steven	Kent	Harwich Runners	Male Master 40
40	00:33:26	98	Chris	Squirrell	Ipswich JAFFA	Male Senior
41	00:33:31	177	Ben	Livermore	Unattached	Male Senior
42	00:33:33	130	Stephen	Curran	Woodbridge Shufflers	Male Master 40
43	00:33:37	169	Rodger	Alexander	Colchester & Tendring AC	Male Master 40
44	00:33:40	139	Kevin	Stevens	Gt Bentley Running Club	Male Senior
45	00:33:49	114	Oliver	Mann	Unattached	Male Senior
46	00:33:49	20	Steven	Hughes	Stowmarket Striders	Male Master 40
47	00:33:52	222	Tom	Scott	Unattached	Male Master 40
48	00:33:53	196	Rebecca	Jordan	Stowmarket Striders	Female Senior
49	00:33:58	27	Derek	Hood	Unattached	Male Senior
50	00:33:59	51	Andre	Besant	Harwich Runners	Male Master 40
51	00:34:00	157	Mark	Vince	Woodbridge Shufflers	Male Senior
52	00:34:08	50	John	Squirrell	Stowmarket Striders	Male Master 40
53	00:34:10	204	Gail	Pryke	Ipswich JAFFA	Female Master 35

54	00:34:12	161	Simon	Wiggins	Felixstowe Road Runners	Male Senior
55	00:34:13	195	Darren	Lee	Stowmarket Striders	Male Master 40
56	00:34:14	74	Scott	Mabbutt	Unattached	Male Senior
57	00:34:22	131	Mark	Watts	St Edmund Pacers	Male Master 40
58	00:34:29	77	Lucy	Barnes	Ipswich Harriers	Female Senior
59	00:34:31	141	Malcolm	Statham	Colchester Harriers AC	Male Master 40
60	00:34:34	83	Jason	Hayfield	Unattached	Male Master 40
61	00:34:37	201	Ellie	Cumner	Colchester & Tendring AC	Female Senior
62	00:34:40	23	Susan	Hancock	Unattached	Female Master 35
63	00:34:42	35	Lynton	Kitchener	Unattached	Male Master 40
64	00:34:49	25	Cheryl	Holder	Purple Patch Runners	Female Master 35
65	00:34:57	182	Steve	Hunt	Hadleigh Hares A.C.	Male Master 40
66	00:35:07	64	Paul	Masterson	Unattached	Male Master 40
67	00:35:16	163	Claudine	Tisbury	Harwich Runners	Female Master 35
68	00:35:19	133	Dean	Pilgrim	Halstead Road Runners	Male Master 40
69	00:35:22	173	Paul	Wythe	Ipswich JAFFA	Male Senior
70	00:35:27	224	Rio	Thompson	Unattached	Male Senior
71	00:35:45	183	Michael	Downes	Ipswich JAFFA	Male Master 40
72	00:35:54	81	Paul	Lawrie	Unattached	Male Master 40
73	00:35:59	223	Mark	Brewer	Tiptree Road Runners	Male Master 40
74	00:36:03	113	Mark	Goodwin	Felixstowe Road Runners	Male Senior
75	00:36:09	218	James	Scott	Unattached	Male Senior
76	00:36:26	68	Emma	Mortimer	Ipswich JAFFA	Female Senior
77	00:36:27	66	Gary	Sadler	Unattached	Male Senior
78	00:36:39	95	Mark	Lawes	Tiptree Road Runners	Male Master 40
79	00:36:41	168	Paul	Ridgoen	Unattached	Male Senior
80	00:36:43	102	Claire	Cuddihy	Unattached	Female Senior
81	00:36:47	200	Rebecca	Staunton	Ipswich JAFFA	Female Senior
82	00:36:50	198	Adam	Hockley	Witham RC	Male Master 40
83	00:36:51	73	Simon	Goldsmith	Unattached	Male Senior
84	00:37:10	219	Nicola	Seager	Unattached	Female Senior
85	00:37:10	220	Alan	Doggett	Unattached	Male Senior
86	00:37:25	60	Peter	Finch	Stowmarket Striders	Male Master 40
87	00:37:26	167	David	Meadspeth	Ipswich JAFFA	Male Senior
88	00:37:28	79	William	Meador	Capel Cheetahs	Male Master 40
89	00:37:43	31	Andrew	Evens	Ipswich JAFFA	Male Master 40
90	00:37:49	10	Emma	Borroughs	Ipswich Harriers	Female Senior
91	00:38:06	105	Elizabeth-Anne	Cahill	Colchester Harriers AC	Female Master 35
92	00:38:10	135	David	Telling	Unattached	Male Master 40
93	00:38:19	199	Mark	Avery	Ipswich JAFFA	Male Master 40
94	00:38:27	18	Peter	Fraser-Hopewell	Harwich Runners	Male Master 40
95	00:38:50	172	Tristan	Andrews	Unattached	Male Senior
96	00:38:37	125	Keith	Hill	Unattached	Male Senior
97	00:38:42	124	Lee	walker	Unattached	Male Senior
98	00:38:54	97	David	Daniels	Stowmarket Striders	Male Master 40
99	00:39:00	55	Neal	Goldsmith	Ipswich JAFFA	Male Senior
100	00:39:02	19	Dianne	Hughes	Stowmarket Striders	Female Master 35
101	00:39:15	96	Fred	Boggis	Woodbridge Shufflers	Male Master 40
102	00:39:18	116	Matt	Casburn	Unattached	Male Senior
103	00:39:23	111	Mike	Nicholls	Unattached	Male Master 40
104	00:39:35	63	Andrew	Stroud	Unattached	Male Master 40
105	00:39:37	175	Paul	Blackwell	Gt Bentley Running Club	Male Master 40
106	00:39:46	17	Mike	Munson	Stowmarket Striders	Male Master 40
107	00:39:48	205	Rebecca	Clarke	Woodbridge Shufflers	Female Master 35

108	00:39:49	221	Dean	Sillett	Unattached	Male Senior
109	00:39:49	166	Richard	Fellingham	Stowmarket Striders	Male Master 60+
110	00:40:03	156	David	Levans	Felixstowe Road Runners	Male Master 40
111	00:40:13	118	Simon	Colwill	Unattached	Male Senior
112	00:40:19	4	Neil	Barnes	Unattached	Male Senior
113	00:40:21	121	Jason	Pembrathe	Unattached	Male Senior
114	00:40:23	13	Ian	Neville	Unattached	Male Master 40
115	00:40:27	192	Harriet	Cookson	Harwich Runners	Female Senior
116	00:40:34	150	Richard	Smith	Felixstowe Road Runners	Male Master 40
117	00:40:47	210	Keith	Borrett	Stowmarket Striders	Male Master 40
118	00:40:49	203	Adam	Keeble	Unattached	Male Senior
119	00:40:52	93	Wyn	Jones	Felixstowe Road Runners	Male Master 40
120	00:41:05	29	Stephen	Prior	Capel Cheetahs	Male Master 40
121	00:41:05	53	Charlie	Stannett	Ipswich Triathlon Club	Male Master 40
122	00:41:10	164	Chris	Braddy	Ipswich JAFFA	Male Senior
123	00:41:16	152	Louis	Manly	Unattached	Male Senior
124	00:41:20	54	Kate	Stannett	Ipswich Triathlon Club	Female Master 35
125	00:41:22	91	Stephen	Bright	UK Athletics AC	Male Master 40
126	00:41:26	178	Simon	Butler	Unattached	Male Master 40
127	00:41:29	137	Ken	Walsh	Colchester Harriers AC	Male Master 60+
128	00:41:34	112	Sergi	Jatques	Unattached	Male Master 40
129	00:41:34	190	David	Auton	Unattached	Male Master 40
130	00:41:45	214	Jennifer	Devaney	Stowmarket Striders	Female Senior
131	00:41:47	56	Clayton	Fosker	Unattached	Male Senior
132	00:42:24	212	Mon	Lee	Ipswich JAFFA	Male Master 40
133	00:42:27	138	Steven	Mowles	Unattached	Male Master 40
134	00:42:27	82	Paul	Goldsmith	Unattached	Male Senior
135	00:42:38	140	Lisa	Hammond	Unattached	Female Master 35
136	00:42:39	106	Liz	Cudmore	Colchester Harriers AC	Female Master 60+
137	00:42:46	70	Malcolm	Fletcher	Unattached	Male Master 40
138	00:42:59	123	Allan	Merchant	Unattached	Male Senior
139	00:43:08	7	Jenny	Jarrett	Felixstowe Road Runners	Female Master 35
140	00:43:21	84	Claire	Brooks	Unattached	Female Senior
141	00:43:25	80	Ailsa	Meador	Capel Cheetahs	Female Master 35
142	00:43:31	146	Stuart	Hunt	Unattached	Male Senior
143	00:43:34	153	Paul	Smith	Ipswich JAFFA	Male Senior
144	00:43:39	109	Debbie	Pembroke	Capel Cheetahs	Female Master 35
145	00:43:50	104	Kinsey	Mann	Unattached	Male Master 40
146	00:43:55	185	Andrew	Leathers	Ipswich JAFFA	Male Master 40
147	00:44:03	217	Ben	Tyler	Unattached	Male Senior
148	00:44:03	209	Michael	Foster	Unattached	Male Senior
149	00:44:14	159	Kathryn	Gerri	Unattached	Female Master 35
150	00:44:18	117	Alison	Driver	Unattached	Female Senior
151	00:44:19	16	David	Lampard	Felixstowe Road Runners	Male Master 40
152	00:44:30	142	Reece	Statham	Unattached	Male Senior
153	00:44:37	208	Dean	Welham	Unattached	Male Master 40
154	00:44:44	1	Daniel	Allen	Unattached	Male Senior
155	00:44:45	103	?	Smith	Unattached	Female Master 35
156	00:44:48	154	Peter	Reeve	Gt Bentley Running Club	Male Master 40
157	00:45:00	215	Robert	Laithwaite	Ipswich JAFFA	Male Master 40
158	00:45:01	191	Ben	Hammerton	Unattached	Male Senior
159	00:45:06	186	Susanna	Pritchard	Stowmarket Striders	Female Senior
160	00:45:42	126	Ivan	Spouge	Stowmarket Striders	Male Master 40
161	00:45:50	11	Ruth	Hatch	Ipswich JAFFA	Female Master 35

162	00:46:05	115	Andy	Casburn	Unattached	Male Master 40
163	00:46:09	211	L	Beighton	Stowmarket Striders	Male Senior
164	00:46:09	213	Shirley	Brame	Stowmarket Striders	Female Master 35
165	00:46:12	148	Rachel	Champion	Stowmarket Striders	Female Master 35
166	00:46:34	207	Patrick	Knowles	Springfield Striders AC	Male Master 40
167	00:46:34	202	Cherie	Hipkins	Gt Bentley Running Club	Female Master 35
168	00:46:34	143	Dave	Frodman	Unattached	Male Master 40
169	00:46:52	26	Kirsty	Pilbrow	Harwich Runners	Female Senior
170	00:46:54	206	Lisa	Gaughan	Capel Cheetahs	Female Master 35
171	00:47:15	147	Vikki	Shaw	Unattached	Female Senior
172	00:47:55	162		Chapman	Capel Cheetahs	Female Master 35
173	00:47:56	30	Amanda	Prior	Capel Cheetahs	Female Master 35
174	00:47:58	197	Claire	Leroy	Unattached	Female Master 35
175	00:48:12	12	Billy	Richmond	Unattached	Female Master 35
176	00:48:16	170	James	Dye	Unattached	Male Senior
177	00:48:16	171	Paul	Dallen	Unattached	Male Senior
178	00:48:24	194	Adam	Paveley	Capel Cheetahs	Male Master 40
179	00:49:20	89	Laura	Burrows	Ipswich JAFFA	Female Senior
180	00:49:35	34	Ian	Shakesspeare	Unattached	Male Master 60+
181	00:49:36	86	Mila	Burls	Harwich Runners	Female Master 35
182	00:50:02	134	Dick	Partridge	Unattached	Male Master 40
183	00:50:04	128	Lisa	Kern	Unattached	Female Master 35
184	00:50:05	158	Mike	Deacon	Felixstowe Road Runners	Male Master 60+
185	00:50:09	94	Rachael	Dann	Unattached	Female Senior
186	00:50:09	78	Emma	Dawson	Unattached	Female Senior
187	00:50:42	28	Philip	Nutley	St Edmund Pacers	Male Master 60+
188	00:52:10	122	Paul	Pembroke	Unattached	Male Master 40
189	00:53:56	5	Amanda-Jane	Barnes	Unattached	Female Master 35
190	00:54:30	101	Alison	Townes	Unattached	Female Master 35
191	00:54:30	100	Gillian	Mcfarland	Unattached	
192	00:55:58	14	Sabine	Klapper	Harwich Runners	Female Master 35
193	00:55:58	38	Sean	Kearney	Unattached	Male Senior
194	00:55:58	41	Guy	Clubb	Unattached	Male Senior
195	00:55:58	45	Jamie	Carrington	Unattached	Male Senior
196	00:56:10	42	Craig	Clarke	Unattached	Male Senior
197	00:56:11	44	?	Manssley	Unattached	Male Senior
198	00:56:12	189	Lisa	Caulfield	Unattached	Female Master 35
199	00:56:13	43	Steve	Chappell	Unattached	Male Senior
200	00:56:17	48	Justin	Vince	Unattached	Male Senior
201	00:56:19	37	Jonathan	Hammond	Unattached	Male Senior
202	00:27:12	120	Caroline	Colwill	Unattached	Female Senior
203	00:58:33	47	Graham	Stiff	Unattached	Male Senior
204	00:58:33	46	Ross	Cracknell	Unattached	Male Senior
205	00:59:20	108	Rita	Page	Gt Bentley Running Club	Female Master 35
206	00:59:43	39	Greg	Ranson	Unattached	Male Senior
207	00:59:45	40	Ashley	Bowdler	Unattached	Male Senior
208	01:01:36	107	David	Nugent	Gt Bentley Running Club	Male Master 60+
209	01:02:24	76	Sarah	Saunders	Unattached	Female Senior
210	01:04:40	119	Sandy	Bloom	Unattached	Female Master 35
211	01:09:09	110	Tony	Nicholls	Unattached	Male Senior
	dns/dnf	2	Jo	Dickenson	Felixstowe Road Runners	Female Master 35
	dns/dnf	6	Paul	Wyth	Ipswich JAFFA	Male Senior
	dns/dnf	8	Josey	Leary	Ipswich JAFFA	Female Master 35

dns/dnf	9	Bethany	Bugg	Ipswich JAFFA	Female Senior
dns/dnf	21	Stuart	Green	Stowmarket Striders	Male Master 40
dns/dnf	22	Neil	Lillwhite	Unattached	Male Master 40
dns/dnf	33	Alison	Bardell	Harwich Runners	Female Master 35
dns/dnf	49	Michael	Poulter	Witham RC	Male Master 40
dns/dnf	57	David	Tillett	Unattached	Male Master 40
dns/dnf	65	Richard	Jordan	Unattached	Male Master 40
dns/dnf	85	Justin	Burls	Harwich Runners	Male Master 40
dns/dnf	92	Carla	Holroyd	Harwich Runners	Female Master 35
dns/dnf	184	Sarah	Scarlett	Ipswich JAFFA	Female Master 35