

Results by Raceres Results

Any errors or omissions please email; raceres@lineone.net

1st Ladies Team	Sudbury Joggers
	Louise Hampshire
	Marie Shirley
	Amanda Henry
2nd Ladies Team	St Edmund Pacers
3rd Ladies Team	Stowmarket Striders
1st Mens Team	West Suffolk AC
	McCauley Delo
	Dominic Thackeray
	Colin Ridley
2nd Mens Team	Harwich Runners
3rd Mens Team	St Edmund Pacers

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:26:52	366	McCauley	Delo	West Suffolk A.C.	Male Junior
2	00:27:01	373	David	Gibbon	Colchester & Tendring AC	Male Senior
3	00:27:16	248	Robert	Reason	Harwich Runners	Male Senior
4	00:27:25	393	Dominic	Thackeray	West Suffolk A.C.	Male Senior
5	00:27:36	415	Kevin	Murphy	St Edmund Pacers	Male Senior
6	00:27:48	462	Daniel	Moss	Unattached	Male Senior
7	00:27:50	99	Vincent	Coogan	Newmarket Joggers	Male Senior
8	00:27:53	100	John	Oakes	Cambridge & Coleridge AC	Male Master 50
9	00:28:24	389	Sam	Googing-Matthews	Harwich Runners	Male Senior
10	00:28:28	277	Brian	Herrington	Harwich Runners	Male Master 40
11	00:28:33	130	Colin	Ridley	West Suffolk A.C.	Male Master 45
12	00:28:37	335	Peter	Golding	St Edmund Pacers	Male Master 55
13	00:28:45	278	Jonathan	Ling	Ipswich JAFFA	Male Senior
14	00:28:49	332	Sam	Ratcliffe	Unattached	Male Senior
15	00:28:52	417	Simon	Dale	Gt Bentley Running Club	Male Senior
16	00:29:07	107	Nick	Palmer	Stowmarket Striders	Male Senior
17	00:29:15	184	Kevin	Vaughan	St Edmund Pacers	Male Master 45
18	00:29:28	128	Sebastain	Palmer	West Suffolk A.C.	Male Senior
19	00:29:43	385	Terry	Back	Ipswich JAFFA	Male Master 50
20	00:29:55	54	Glenn	Douglas	St Edmund Pacers	Male Senior
21	00:29:58	347	Mark	Furnace	Ipswich JAFFA	Male Senior
22	00:29:59	145	Tim	Ellis	Saffron Striders	Male Master 40
23	00:30:02	450	Joseph	Kirton	Thetford AC	Male Junior
24	00:30:05	86	Jamie	Shaw	Newmarket Joggers	Male Senior
25	00:30:06	236	Roy	Gibby	Colchester Harriers AC	Male Senior
26	00:30:09	16	Mark	Reynard	Stowmarket Striders	Male Senior
27	00:30:13	154	Ben	Casey	Ipswich Triathlon Club	Male Senior
28	00:30:25	293	Alan	Dawson	St Edmund Pacers	Male Master 50
29	00:30:29	3	Michael	Jones	Stowmarket Striders	Male Master 40
30	00:30:36	374	Joseph	Gibbon	Colchester & Tendring AC	Male Junior
31	00:30:37	336	Stephen	Livermore	St Edmund Pacers	Male Senior
32	00:30:41	14	Simon	Harrison	Ipswich JAFFA	Male Senior
33	00:30:43	460	Paul	McClelland	Harwich Runners	Male Master 40
34	00:30:45	396	Matthew	Knowles	Harwich Runners	Male Senior
35	00:30:50	311	Martin	Lawrence	Unattached	Male Master 45

36	00:30:51	162 Lee	Morgan	Unattached	Male Senior
37	00:30:58	32 Carl	Ashton	Unattached	Male Senior
38	00:31:02	310 Adam	Cripps	West Suffolk A.C.	Male Junior
39	00:31:05	167 Paul	Preston	Sudbury Joggers AC	Male Senior
40	00:31:08	191 Robert	Smailes	St Edmund Pacers	Male Junior
41	00:31:11	329 Thomas	Ratcliffe	Unattached	Male Senior
42	00:31:17	212 Jo	Coates	St Edmund Pacers	Female Master 35
43	00:31:21	485 Andrew	Shields	Cambridge & Coleridge AC	Male Master 45
44	00:31:23	120 Chris	Seymour	Stowmarket Striders	Male Master 40
45	00:31:25	225 Brian	Munns	Newmarket Joggers	Male Master 45
46	00:31:26	143 Louise	Hampshire	Sudbury Joggers AC	Female Senior
47	00:31:26	142 James	Wilson	Sudbury Joggers AC	Male Senior
48	00:31:27	279 Alistair	Dick	Ipswich JAFFA	Male Master 45
49	00:31:31	334 Chris	Cooke	St Edmund Pacers	Male Master 45
50	00:31:32	378 Jack	Anthony	West Suffolk A.C.	Male Senior
51	00:31:33	85 Dave	Soloman	Felixstowe Road Runners	Male Master 40
52	00:31:33	414 Scott	Crawley	Gt Bentley Running Club	Male Senior
53	00:31:34	38 Chris	Reeve	Stowmarket Striders	Male Senior
54	00:31:34	71 George	Harvison	Unattached	Male Junior
55	00:31:39	307 Tim	Hanman	Unattached	Male Master 40
56	00:31:47	315 Matthew	Applegate	Cambridge & Coleridge AC	Male Senior
57	00:31:47	398 Paul	Nedd	Unattached	Male Master 40
58	00:31:59	438 Liam	Brophy	St Edmund Pacers	Male Junior
59	00:32:04	197 Andrew	Buck	Sudbury Joggers AC	Male Master 45
60	00:32:04	397 Sean	Connor	Unattached	Male Master 40
61	00:32:08	69 Sam	Brooke	Felixstowe Road Runners	Male Senior
62	00:32:14	228 Andrew	Green	Stowmarket Striders	Male Master 40
63	00:32:17	138 Ryan	Bartlett	Unattached	Male Senior
64	00:32:20	243 Neil	Dinwiddle	Framlingham Flyers	Male Senior
65	00:32:22	281 James	Beeton	Newmarket Joggers	Male Master 45
66	00:32:26	304 Warren	Birch	Ipswich JAFFA	Male Master 40
67	00:32:42	345 Marie	Shirley	Sudbury Joggers AC	Female Senior
68	00:32:48	270 Michael	simmons	Gt Bentley Running Club	Male Master 45
69	00:32:51	35 Steve	Brooke	Felixstowe Road Runners	Male Master 40
70	00:32:54	168 Jason	Walker	Stowmarket Striders	Male Senior
71	00:32:55	369 Callum	Stewart	West Suffolk A.C.	Male Senior
72	00:32:58	416 Jamie	Ash	Gt Bentley Running Club	Male Senior
73	00:33:00	192 Kiven	Short	Framlingham Flyers	Male Master 50
74	00:33:01	372 Michael	Beckett	Gt Bentley Running Club	Male Master 60
75	00:33:03	313 Clive	Steward	Unattached	Male Master 45
76	00:33:11	83 Robin	Harper	Felixstowe Road Runners	Male Senior
77	00:33:16	203 Michael	Fischer	St Edmund Pacers	Male Master 40
78	00:33:17	395 Chris	Squirrell	Ipswich JAFFA	Male Senior
79	00:33:18	18 Rob	Harrow	Sudbury Joggers AC	Male Senior
80	00:33:24	34 Chris	Chorley	Bungay Black Dog	Male Master 45
81	00:33:26	364 John	Greener	St Edmund Pacers	Male Master 40
82	00:33:28	434 Jason	Beeton	Newmarket Joggers	Male Senior
83	00:33:28	141 Ian	East	Sudbury Joggers AC	Male Master 40
84	00:33:31	47 Robert	Hughes	St Edmund Pacers	Male Master 45
85	00:33:33	166 Samuel	Burdett	Stowmarket Striders	Male Junior
86	00:33:37	118 David	Edwards	Cambridge & Coleridge AC	Male Master 50
87	00:33:38	210 Daniel	Nokes	Hadleigh Hares A.C.	Male Senior
88	00:33:39	13 Dale	Mandell	Woodbridge Shufflers	Male Senior
89	00:33:40	222 Kevin	Stevens	Gt Bentley Running Club	Male Senior

90	00:33:42	101	Lynton	Kitchener	Unattached	Male Master 50
91	00:33:47	22	Steven	Hughes	Stowmarket Striders	Male Master 45
92	00:33:47	25	David	Salter	Unattached	Male Master 45
93	00:33:48	172	Amanda	Henry	Sudbury Joggers AC	Female Master 35
94	00:33:50	420	Matt	Ralph	Stowmarket Striders	Male Master 40
95	00:33:53	353	Ian	Cottee	Harwich Runners	Male Senior
96	00:33:53	429	Stephen	Burrows	Harwich Runners	Male Senior
97	00:34:00	139	Rodger	Alexander	Colchester & Tendring AC	Male Master 50
98	00:34:01	2	Stephen	Pugh	Ipswich JAFFA	Male Master 50
99	00:34:02	367	Steven	Bailey	Unattached	Male Master 45
100	00:34:04	300	Adam	Mumford	Sudbury Joggers AC	Male Senior
101	00:34:04	435	Adrian	Frost	Unattached	Male Master 40
102	00:34:05	46	John	Craddock	Stowmarket Striders	Male Senior
103	00:34:08	355	Rebecca	Jordan	Stowmarket Striders	Female Senior
104	00:34:09	187	Mark	Vince	Woodbridge Shufflers	Male Senior
105	00:34:10	252	Paul	Rumbellow	Felixstowe Road Runners	Male Senior
106	00:34:12	285	Marion	McCall	Thetford AC	Female Master 40
107	00:34:14	103	Andre	Besant	Unattached	Female Master 40
108	00:34:16	356	Darren	Lee	Stowmarket Striders	Male Master 45
109	00:34:17	70	Derek	Hood	Unattached	Male Senior
110	00:34:18	49	Stewart	White	Unattached	Male Senior
111	00:34:19	188	Christopher	Moulton	Sudbury Joggers AC	Male Senior
112	00:34:23	109	Mary	Narey	Stowmarket Striders	Female Master 40
113	00:34:25	444	Steve	Presland	Ely Runners	Male Master 55
114	00:34:28	326	Thomas	Stanford	Unattached	Male Senior
115	00:34:29	475	Joe	Cross	Joggers & Jaunters	Male Senior
116	00:34:30	263	Duncan	Chenery	Ipswich JAFFA	Male Master 50
117	00:34:31	72	Simon	Wiggins	Felixstowe Road Runners	Male Senior
118	00:34:35	227	Ray	Roberts	Felixstowe Road Runners	Male Master 60
119	00:34:37	151	Mark	Watts	St Edmund Pacers	Male Master 45
120	00:34:38	325	Peter	Mills	Stowmarket Striders	Male Master 55
121	00:34:39	322	Gerry	Watson	Felixstowe Road Runners	Male Master 55
122	00:34:47	24	Jane	Smith	Grange Farm & Dunmow Runners	Female Master 40
123	00:34:48	291	Steve	Le-Poidevin	St Edmund Pacers	Male Master 40
124	00:34:49	337	James	Bowles	Unattached	Male Senior
125	00:34:50	8	Peter	Bird	St Edmund Pacers	Male Senior
126	00:34:50	239	Matt	Hunter	Hadleigh Hares A.C.	Male Senior
127	00:34:53	6	Claire	Dann	Unattached	Female Senior
128	00:35:00	339	Craig	Derrden-Phillips	St Edmund Pacers	Male Master 40
129	00:35:00	466	Nigel	Carrier	Unattached	Male Master 45
130	00:35:02	483	Jason	Allard	Stowmarket Striders	Male Senior
131	00:35:04	224	Jim	Withers	Newmarket Joggers	Male Master 55
132	00:35:05	52	Vicky	Presland	Gt Bentley Running Club	Female Master 35
133	00:35:06	380	Russel	Breyer	Ipswich JAFFA	Male Master 45
134	00:35:09	213	Peter	Elliott	Unattached	Male Senior
135	00:35:10	37	Emily	Gooderham	St Edmund Pacers	Female Junior
136	00:35:14	344	Mark	Andrews	Purple Patch Runners	Male Master 40
137	00:35:16	28	Paul	Dewison	Cambridge & Coleridge AC	Male Master 55
138	00:35:17	195	Gavin	Mitchell	Unattached	Male Senior
139	00:35:26	156	John	Squirell	Stowmarket Striders	Male Master 55
140	00:35:28	211	Michael	Hill	Unattached	Male Senior
141	00:35:30	219	Charmaine	Geraghty	Stowmarket Striders	Female Master 35
142	00:35:31	94	Ruth	Ward	Ipswich JAFFA	Female Senior
143	00:35:33	250	James	Calver	Ipswich JAFFA	Male Senior

144	00:35:34	489	James	Sims	Stowmarket Striders	Male Senior
145	00:35:35	51	Matt	Davey	Tiptree Road Runners	Male Senior
146	00:35:36	137	Dave	Vaughan	St Edmund Pacers	Male Master 55
147	00:35:37	226	Nicola	Ramsey	Ipswich JAFFA	Female Senior
148	00:35:37	266	Daniel	Jones	Ipswich Harriers	Male Senior
149	00:35:44	50	Laura	Hicks	Stowmarket Striders	Female Senior
150	00:35:44	410	Marcus	Green	Stowmarket Striders	Male Senior
151	00:35:46	90	Mark	Ross	Gt Bentley Running Club	Male Master 45
152	00:35:46	140	Chelsea	Caloia	St Edmund Pacers	Female Senior
153	00:35:47	30	Spencer	Dutton	Unattached	Male Senior
154	00:35:50	150	Emily	Baker	West Suffolk A.C.	Female Senior
155	00:35:51	399	Wayne	Kern	Halstead Road Runners	Male Master 40
156	00:35:51	158	Wayne	Mumford	Sudbury Joggers AC	Male Master 40
157	00:35:52	468	Martin	Pearson	Unattached	Male Master 40
158	00:35:52	218	Mark	Goodwin	Felixstowe Road Runners	Male Senior
159	00:35:57	160	Christopher	Bing	Ipswich JAFFA	Male Senior
160	00:35:59	262	Peter	Cotton	Newmarket Joggers	Male Master 60
161	00:35:59	465	Peter	Lambillion	Unattached	Male Master 45
162	00:35:59	217	Julian	Davis	Hadleigh Hares A.C.	Male Senior
163	00:36:02	402	Tony	Cantle	Thetford AC	Male Master 50
164	00:36:02	274	Mark	Lankester	Ipswich JAFFA	Male Master 40
165	00:36:03	208	Seb	Benford	Unattached	Male Senior
166	00:36:03	320	Michael	Downes	Ipswich JAFFA	Male Master 50
167	00:36:10	330	Steve	Ratcliffe	Unattached	Male Master 55
168	00:36:12	163	Victoria	Moseley	Stowmarket Striders	Female Master 35
169	00:36:17	427	Thomas	O'Sullivan	Unattached	Male Junior
170	00:36:19	59	Richard	Talbot	Felixstowe Road Runners	Male Master 45
171	00:36:23	478	Phil	Marsden	Ipswich JAFFA	Male Master 50
172	00:36:25	368	Robert	Thorpe	Gt Bentley Running Club	Male Senior
173	00:36:27	319	John	Rednall	Stowmarket Striders	Male Master 45
174	00:36:29	383	Beth	Tooley	West Suffolk A.C.	Female Junior
175	00:36:30	422	Tim	Higgins	Ipswich JAFFA	
176	00:36:31	44	Ian	Bradford	Unattached	Male Senior
177	00:36:32	411	Steve	Grey	Stowmarket Striders	Male Master 50
178	00:36:34	308	Nicola	Seager	Unattached	Female Senior
179	00:36:34	309	Alan	Doggett	Unattached	Male Senior
180	00:36:38	321	Kim	Reader	Felixstowe Road Runners	Female Master 40
181	00:36:39	123	John	George	Unattached	Male Master 50
182	00:36:40	463	Lacey	Bareham	Colchester & Tendring AC	Female Senior
183	00:36:42	437	Clive	Davey	Unattached	Male Master 40
184	00:36:43	253	Ian	Chapman	St Edmund Pacers	Male Master 40
185	00:36:44	39	Simon	Goldsmith	Unattached	Male Senior
186	00:36:47	64	Daniel	Morgan	St Edmund Pacers	Male Senior
187	00:36:49	67	Adam	Hocken	Witham RC	Male Master 45
188	00:36:51	273	Jon	Betson	Unattached	Male Senior
189	00:36:51	441	Matthew	Robinson	Capel Cheetahs	Male Senior
190	00:36:52	60	Claire	Hoblyn	St Edmund Pacers	Female Master 45
191	00:36:53	486	Peter	Clinton	Unattached	Male Master 50
192	00:36:55	276	Rebecca	Staunton	Ipswich JAFFA	Female Senior
193	00:36:58	157	Iain	Catchpole	Ipswich JAFFA	Male Master 40
194	00:36:58	221	Richard	Allport	Felixstowe Road Runners	Male Master 45
195	00:37:03	327	Natasha	Scott	Haverhill Running Club	Female Master 35
196	00:37:03	29	Emma	Mortimer	Ipswich JAFFA	Female Senior
197	00:37:05	381	Steve	Robinson	Stowmarket Striders	Male Master 55

198	00:37:05	394	Stephen	Bayless	Unattached	Male Master 50
199	00:37:08	247	Nigel	Gossett	St Edmund Pacers	Male Master 50
200	00:37:10	390	Peter	Gooding	Harwich Runners	Male Master 60
201	00:37:12	215	Stephen	Williams	St Edmund Pacers	Male Master 55
202	00:37:17	418	Ron	Aimes	Stowmarket Striders	Male Master 60
203	00:37:19	282	Gabriel	Martins	Ipswich JAFFA	Male Master 40
204	00:37:22	97	Michael	Poulter	Witham RC	Male Master 55
205	00:37:25	176	Mick	Taylor	Unattached	Male Master 55
206	00:37:29	284	Annie	Drugan	St Edmund Pacers	Female Master 40
207	00:37:34	148	Glyn	Peck	Harwich Runners	Male Master 65+
208	00:37:35	53	Andrew	Gemmell	Unattached	Male Master 40
209	00:37:36	76	Frank	Tyldesley	St Edmund Pacers	Male Master 45
210	00:37:38	361	Lynn	Walters	St Edmund Pacers	Female Master 40
211	00:37:40	17	Emma	Burroughs	Ipswich Harriers	Female Senior
212	00:37:43	115	Rob	Clayton	Felixstowe Road Runners	Male Master 50
213	00:37:44	58	Terry	Harvey	Unattached	Male Senior
214	00:37:45	328	Darren	Willey	Gt Bentley Running Club	Male Senior
215	00:37:46	189	Philip	Southgate	St Edmund Pacers	Male Master 40
216	00:37:49	425	Paul	Jones	Unattached	Male Senior
217	00:37:52	453	Lee	Blackborn	Unattached	Male Master 40
218	00:37:53	183	Mark	Tweed	Woodbridge Shufflers	Male Master 40
219	00:37:54	207	Melissa	Clarke	St Edmund Pacers	Female Master 35
220	00:37:55	238	Philip	Davies	Ipswich JAFFA	Male Master 45
221	00:38:00	289	Samantha	Wing	Thetford AC	Female Senior
222	00:38:00	268	Andrew	Elliott	Unattached	Male Master 40
223	00:38:03	479	Gary	Eldred	Gt Bentley Running Club	Male Master 50
224	00:38:09	259	Kirsty	Thorndyke	Ipswich Harriers	Female Senior
225	00:38:05	23	Andrew	Smith	Grange Farm & Dunmow Runners	Male Master 45
226	00:38:10	81	Frank	Moggan	Stowmarket Striders	Male Master 60
227	00:38:15	317	John	Adams	Ipswich JAFFA	Male Senior
228	00:38:20	480	Camille	Olson	Unattached	Female Senior
229	00:38:22	233	Peter	Finch	Stowmarket Striders	Male Master 45
230	00:38:23	242	David	Caniels	Stowmarket Striders	Male Master 45
231	00:38:29	205	James	Manning	St Edmund Pacers	Male Master 40
232	00:38:31	33	Bobbie	Sauerzapf	Bungay Black Dog	Female Master 50
233	00:38:32	359	Stuart	Adams	Sudbury Joggers AC	Male Senior
234	00:38:33	349	Elizabeth	Cahill	Colchester Harriers AC	Female Master 45
235	00:38:35	42	Simon	Hibbert	Unattached	Male Senior
236	00:38:37	305	Sam	Morley	Unattached	Male Senior
237	00:38:37	87	Paul	Gilson	Ipswich JAFFA	Male Master 50
238	00:38:37	144	Diane	Wooller	Colchester & Tendring AC	Female Master 55
239	00:38:38	350	Gregory	White	Unattached	Male Senior
240	00:38:39	122	Mark	Avery	Ipswich JAFFA	Male Master 45
241	00:38:43	439	Simon	Whitnall	Unattached	Male Master 50
242	00:38:45	413	Matthew	Eveleigh	Stowmarket Striders	Male Senior
243	00:38:52	482	Joaquim	Monteiro	Haverhill Running Club	Male Master 55
244	00:38:53	133	Victoria	Smith	Unattached	Female Senior
245	00:38:57	93	David	Reid	Stowmarket Striders	Male Master 50
246	00:39:01	376	Robin	Taylor	Unattached	Male Master 60
247	00:39:02	375	Marcus	Catlin	Ipswich JAFFA	Male Senior
248	00:39:02	147	Suzanne	Heath	Unattached	Female Master 40
249	00:39:04	234	David	Riedel	Unattached	Male Master 55
250	00:39:05	78	Colin	Lewis	Unattached	Male Master 45
251	00:39:07	370	Colin	Low	Unattached	Male Master 40

252	00:39:07	216	George	Wreathall	St Edmund Pacers	Male Master 50
253	00:39:07	433	Richard	Fellingham	Stowmarket Striders	Male Master 60
254	00:39:10	21	Dianne	Hughes	Stowmarket Striders	Female Master 45
255	00:39:10	105	Chris	Gladwell	Stowmarket Striders	Male Master 50
256	00:39:10	428	Michael	Burrows	Unattached	Male Junior
257	00:39:14	155	Mick	Sears	Woodbridge Shufflers	Male Master 55
258	00:39:15	269	Tony	Bradford	Unattached	Male Master 45
259	00:39:21	246	Mike	Ryall	Unattached	Male Master 60
260	00:39:29	200	Mathew	Rawlings	Unattached	Male Master 40
261	00:39:31	297	Gary	Taylor	Woodbridge Shufflers	Male Master 45
262	00:39:31	180	Paul	Theobald	St Edmund Pacers	Male Master 55
263	00:39:32	171	Lisa	Smith	Unattached	Female Senior
264	00:39:33	230	Christine	Middleton-Burrows	Woodbridge Shufflers	Female Master 40
265	00:39:34	125	Marie	Hamarsoo	St Edmund Pacers	Female Senior
266	00:39:35	316	Martin	West	Harwich Runners	Male Master 60
267	00:39:40	206	Marie	O'Brian	St Edmund Pacers	Female Master 45
268	00:39:43	265	Harry	Smith	Stowmarket Striders	Male Master 45
269	00:39:44	89	David	Levens	Felixstowe Road Runners	Male Master 45
270	00:39:46	55	Karen	Hatton	St Edmund Pacers	Female Master 50
271	00:39:46	442	David	Howe	Unattached	Male Senior
272	00:39:52	458	David	Chapman	Sudbury Joggers AC	Male Master 50
273	00:39:52	392	Shaun	Jones	Unattached	Male Senior
274	00:39:54	173	Dominic	Turner	Sudbury Joggers AC	Male Senior
275	00:40:08	177	Philip	Ryan	Unattached	Male Master 40
276	00:40:10	324	Lorraine	Garnham	Halstead Road Runners	Female Master 50
277	00:40:10	426	Rebecca	Cook	Unattached	Female Senior
278	00:40:12	461	Mark	Miller	Stowmarket Striders	Male Master 40
279	00:40:15	257	Kevin	Marshall	Ilford AC	Male Master 50
280	00:40:15	36	Karen	Skene	Gt Bentley Running Club	Female Master 40
281	00:40:15	175	Paul	Blackwell	Gt Bentley Running Club	Male Master 40
282	00:40:17	405	Ann	Piercy	Harwich Runners	Female Master 55
283	00:40:20	451	Gareth	Cross	Unattached	Male Senior
284	00:40:23	20	John	Cass	Unattached	Male Master 40
285	00:40:28	421	Aiden	Jeffeys	Unattached	Male Master 40
286	00:40:29	214	Joe	Naughton	Unattached	Male Master 45
287	00:40:31	178	Michael	Jobbins	Stowmarket Striders	Male Master 45
288	00:40:31	113	Keith	Borrett	Stowmarket Striders	Male Master 55
289	00:40:32	127	Neal	Goldsmith	Ipswich JAFFA	Male Senior
290	00:40:36	185	John	Penny	Unattached	Male Master 55
291	00:40:41	111	Helen	Finegan	Felixstowe Road Runners	Female Senior
292	00:40:43	135	Amanda	Martin	St Edmund Pacers	Female Master 40
293	00:40:48	352	Victoria	Law	Gt Bentley Running Club	Female Master 35
294	00:40:48	271	Marion	Simmons	Gt Bentley Running Club	Female Master 45
295	00:40:51	423	Alex	Smith	Stowmarket Striders	Female Master 35
296	00:40:52	196	Lorraine	Mills	Stowmarket Striders	Female Master 35
297	00:40:54	431	Keith	Chamberlin	Unattached	Male Master 45
298	00:40:54	301	Ashley	Foxhall	Capel Cheetahs	Male Master 40
299	00:40:57	149	Frank	Gardiner	Gt Bentley Running Club	Male Master 55
300	00:40:58	4	Simon	Haffenden	Haverhill Running Club	Male Master 50
301	00:40:59	312	Zara	McLoone	West Suffolk A.C.	Female Senior
302	00:41:01	340	James	Stanford	Unattached	Male Senior
303	00:41:03	116	Diane	Braverman	Cambridge & Coleridge AC	Female Master 55
304	00:41:04	264	Paul	Sawyer	Unattached	Male Master 45
305	00:41:05	449	Sarah	Hayward	Stowmarket Striders	Female Senior

306	00:41:05	96	Laurence	Gowers	Unattached	Male Senior
307	00:41:06	31	Alison	Myles	Ipswich JAFFA	Female Master 35
308	00:41:08	477	Paul	Ridgeon	Unattached	Male Senior
309	00:41:13	488	Rebecca	Smith	Hadleigh Hares A.C.	Female Senior
310	00:41:25	82	Mike	Munson	Stowmarket Striders	Male Master 55
311	00:41:31	165	Vikas	Bhalla	Unattached	Male Senior
312	00:41:33	443	Teresa	Squire	Unattached	Female Master 40
313	00:41:34	388	Trevor	Matthews	Harwich Runners	Male Master 45
314	00:41:35	299	Stephen	Wood	Ipswich JAFFA	Male Master 50
315	00:41:37	294	Claire	Abergel-Doidge	Unattached	Female Master 35
316	00:41:38	436	Trevor	Hamblett	Unattached	Male Master 60
317	00:41:38	412	David	Gardiner	Unattached	Male Master 55
318	00:41:41	102	Carla	Holroyd	Harwich Runners	Female Master 50
319	00:41:42	348	Pauline	Adams	Ipswich JAFFA	Female Master 35
320	00:41:46	193	Evet	Price	Framlingham Flyers	Female Master 45
321	00:41:48	401	Mark	Whitehead	Unattached	Male Master 40
322	00:41:49	430	Harriet	Cookson	Harwich Runners	Female Senior
323	00:41:58	261	Ben	Marsh	Unattached	Male Senior
324	00:42:02	406	Edward	Webster	Unattached	Male Master 50
325	00:42:11	362	Rebecca	Guy	St Edmund Pacers	Female Senior
326	00:42:18	432	Les	Basham	Stowmarket Striders	Male Master 60
327	00:42:20	457	Stuart	Nunn	Unattached	Male Senior
328	00:42:25	338	Belinda	Godbold	Ipswich JAFFA	Female Master 50
329	00:42:28	43	Annabel	Bennett	Felixstowe Road Runners	Female Master 45
330	00:42:30	159	Darren	Meek	Unattached	Male Senior
331	00:42:33	258	Tony	Adolphus	Ipswich JAFFA	Male Master 50
332	00:42:38	114	Sarah	Jobbins	Unattached	Female Master 45
333	00:42:40	363	Charlie	Stannett	Ipswich Triathlon Club	Male Master 55
334	00:42:45	283	Mon	Lee	Ipswich JAFFA	Male Master 50
335	00:42:50	57	Tim	Finegan	Felixstowe Road Runners	Male Master 45
336	00:42:53	132	Cath	Breckell	Unattached	Female Master 35
337	00:42:54	48	Kate	Allen	Sudbury Joggers AC	Female Master 35
338	00:42:55	117	Terry	Braverman	Cambridge & Coleridge AC	Male Master 65+
339	00:42:57	371	Paul	Smith	Ipswich JAFFA	Male Senior
340	00:42:57	260	Simon	Page	Unattached	Male Master 55
341	00:42:57	471	Adam	Keeble	Unattached	Male Senior
342	00:43:00	80	Jennifer	Devaney	Stowmarket Striders	Female Senior
343	00:43:02	209	Carol	Nokes	Hadleigh Hares A.C.	Female Master 50
344	00:43:04	146	Isabelle	Calais	Unattached	Female Senior
345	00:43:05	104	Shirley	Brame	Stowmarket Striders	Female Master 40
346	00:43:07	181	Stephen	Prior	Capel Cheetahs	Male Master 40
347	00:43:10	286	Sue	Mahon	St Edmund Pacers	Female Master 40
348	00:43:11	377	Steve	Mowles	Unattached	Male Master 40
349	00:43:11	314	Simon	Kitchen	Unattached	Male Master 45
350	00:43:12	174	Loana	Whalley	Joggers & Jaunters	Female Master 40
351	00:43:12	249	Wendy	Hughes	Stowmarket Striders	Female Master 50
352	00:43:15	440	Sara	Bloor	The Saxons	Female Master 40
353	00:43:24	404	Gary	Chalkley	Unattached	Male Master 40
354	00:43:24	190	Ian	Lightfoot	Woodbridge Shufflers	Male Senior
355	00:43:25	65	Jason	Smith	Unattached	Male Master 40
356	00:43:25	232	Lorraine	Farley	Stowmarket Striders	Female Master 35
357	00:43:27	357	Barbara	Law	Gt Bentley Running Club	Female Master 65
358	00:43:32	61	Andrew	Smith	Unattached	Male Master 40
359	00:43:37	333	Jason	Baillie	Ipswich Triathlon Club	Male Senior

360	00:43:42	19	Julia	Stone	Unattached	Female Master 50
361	00:43:46	27	Keith	Thorogood	Halstead Road Runners	Male Master 55
362	00:43:50	452	Rita	Rue	St Edmund Pacers	Female Master 50
363	00:43:51	220	Katy	Nash	Stowmarket Striders	Female Master 40
364	00:43:51	136	Donna	Talbot	St Edmund Pacers	Female Senior
365	00:43:52	77	Lucie	Arbon	Unattached	Female Senior
366	00:43:52	256	Karen	Shelly	Capel Cheetahs	Female Master 45
367	00:43:53	409	Paul	Shelley	Unattached	Male Master 55
368	00:43:59	251	Debbie	Ghant	Stowmarket Striders	Female Master 45
369	00:44:00	384	Naccy	Martin	Unattached	Female Junior
370	00:44:01	470	Rachel	Champion	Stowmarket Striders	Female Master 45
371	00:44:02	88	Steven	Reynolds	Unattached	Male Master 50
372	00:44:02	386	Peter	Reeve	Gt Bentley Running Club	Male Master 50
373	00:44:05	201	Neil	Stallard	Unattached	Male Master 40
374	00:44:10	126	Will	Goldsmith	Joggers & Jaunters	Male Senior
375	00:44:13	407	Sarah	Scarlett	Ipswich JAFFA	Female Master 35
376	00:44:18	419	Chris	Hayes	Gt Bentley Running Club	Male Master 50
377	00:44:19	231	Maureen	Wright	Ipswich JAFFA	Female Master 65
378	00:44:19	447	Susian	Bloomfield	Stowmarket Striders	Female Master 40
379	00:44:23	223	Rosalind	Maulkerson	Joggers & Jaunters	Female Master 45
380	00:44:27	469	Vikki	Shaw	Unattached	Female Senior
381	00:44:33	467	Amanda	Carrier	Unattached	Female Master 45
382	00:44:35	476	Chris	Braddy	Ipswich JAFFA	Male Senior
383	00:44:36	110	Amanda	Crichton	Unattached	Female Senior
384	00:44:36	408	Andrew	Leather	Ipswich JAFFA	Male Master 45
385	00:44:44	295	Rebecca	Whittingdale	Unattached	Female Master 40
386	00:44:44	153	Charmian	Price	Unattached	Female Senior
387	00:44:44	152	Caity	Goodfellow	Unattached	Female Senior
388	00:44:50	106	Mary	Akin-George	Unattached	Female Master 35
389	00:44:51	487	Andrew	Bond	Unattached	Male Master 60
390	00:44:59	306	Tracy	Haddock	Unattached	Female Master 40
391	00:45:10	382	Nick	Huggins	Stowmarket Striders	Male Master 55
392	00:45:11	454	Emma	Ragab	Unattached	Female Senior
393	00:45:14	354	Sarah	Wood	Ipswich JAFFA	Female Senior
394	00:45:15	400	Tanya	Whitehead	Unattached	Female Master 40
395	00:45:15	484	Carina	Steenkamp	Unattached	Female Senior
396	00:45:17	296	Hollie	Morris	Stowmarket Striders	Female Senior
397	00:45:18	179	Tracy	Murphy	Unattached	Female Master 45
398	00:45:20	15	Tim	Skelton	Unattached	Male Master 50
399	00:45:22	134	Julie	Thurlow	Ipswich JAFFA	Female Master 55
400	00:45:28	267	Sue	Sorrell	Gt Bentley Running Club	Female Master 45
401	00:45:37	456	Lyndon	Collier	Sudbury Joggers AC	Male Master 55
402	00:45:38	198	Rachael	Clarke	Unattached	Female Master 40
403	00:45:39	455	Frederine	Denniel	Sudbury Joggers AC	Female Senior
404	00:45:45	298	Debbie	Taylor	Unattached	Female Master 45
405	00:45:45	272	Gill	Irvine	Framlingham Flyers	Female Senior
406	00:45:55	302	Claire	Foxhall	Capel Cheetahs	Female Master 35
407	00:45:58	288	Felicity	Kirby	St Edmund Pacers	Female Senior
408	00:46:03	275	Mary	Marsh	Newmarket Joggers	Female Master 55
409	00:46:04	131	Paul	Trevelyan	Unattached	Male Master 55
410	00:46:09	379	Don	Welsh	Gt Bentley Running Club	Male Master 50
411	00:46:14	424	Alex	Batholomew	Unattached	Female Master 40
412	00:46:23	108	Liz	Beighton	Stowmarket Striders	Female Master 35
413	00:46:29	391	Clare	Phillips	Mid Essex Casuals	Female Master 40

414	00:46:12	5	Rob	Dann	Unattached	Male Master 55
415	00:46:27	84	Lisa	Lumley	Joggers & Jaunters	Female Master 40
416	00:46:34	287	Liz	Nice	St Edmund Pacers	Female Master 40
417	00:46:34	481	Danette	Dolan	Unattached	Male Senior
418	00:46:40	194	Alison	Cartwright	St Edmund Pacers	Female Master 35
419	00:46:41	459	Kirsty	Durham	Unattached	Female Senior
420	00:46:42	182	Amanda	Prior	Capel Cheetahs	Female Master 40
421	00:46:48	255	Beverley	Moss	Joggers & Jaunters	Female Master 35
422	00:46:49	40	Miranda	Rayner	Harwich Runners	Female Master 40
423	00:46:53	254	Philippa	Chapman	Unattached	Female Master 40
424	00:46:55	331	Susan	Baker	Joggers & Jaunters	Female Master 40
425	00:47:16	10	Anita	Bond	Unattached	Female Master 45
426	00:47:20	161	Paul	Forshaw	Unattached	Male Master 55
427	00:47:22	1	Jo	Dickenson	Felixstowe Road Runners	Female Master 40
428	00:47:24	237	Graham	Page	St Edmund Pacers	Male Master 55
429	00:48:50	119	Yvonne	Freiherr	Unattached	Female Senior
430	00:48:51	448	Mary	Hayward	Stowmarket Striders	Female Master 55
431	00:48:53	292	Derrick	Maher	St Edmund Pacers	Male Master 45
432	00:48:54	446	Tracey	Rose	Stowmarket Striders	Female Master 40
433	00:48:56	342	Claire	Jenkins	Unattached	Female Master 35
434	00:48:56	341	Annette	Stanford	Unattached	Female Master 50
435	00:49:26	303	David	Hindley	City of Stoke AC	Male Master 65+
436	00:49:36	66	Helen	Dean	Unattached	Female Master 35
437	00:49:42	170	Billy	Richmond	Unattached	Male Master 45
438	00:49:49	318	Tracy	Morgan	Unattached	Female Master 40
439	00:49:57	492	Kate	Meyer	Unattached	Female Senior
440	00:49:59	74	Mel	Chittock	Unattached	Male Master 55
441	00:50:06	403	Emma	Godfrey	St Edmund Pacers	Female Master 35
442	00:50:28	164	Samantha	Starling	St Edmund Pacers	Female Master 40
443	00:50:36	186	Mike	Deacon	Felixstowe Road Runners	Male Master 65+
444	00:50:48	472	Mary	Clarke	Unattached	Female Master 50
445	00:51:00	280	Angela	Beeton	Unattached	Female Master 45
446	00:51:06	464	George	Stanford	Unattached	Male Master 50
447	00:51:13	199	Dianne	Hunt	Joggers & Jaunters	Female Master 50
448	00:51:13	323	Dee	Cronin	Joggers & Jaunters	Female Master 45
449	00:51:29	11	Philip	Nutley	St Edmund Pacers	Male Master 60
450	00:51:40	121	Sue	George	Joggers & Jaunters	Female Master 50
451	00:51:46	129	Christine	McColl	Joggers & Jaunters	Female Master 45
452	00:51:53	365	Trevor	White	Unattached	Male Master 55
453	00:51:59	62	Klapper	Sabine	Harwich Runners	Female Master 45
454	00:52:18	343	Louise	Bigden	Ipswich JAFFA	Female Senior
455	00:51:52	473	Helen	Seggar	Unattached	Female Senior
456	00:53:05	474	Bernice	Trodd	Joggers & Jaunters	Female Master 65
457	00:53:08	235	Kathy	Arnold	Joggers & Jaunters	Female Senior
458	00:54:39	491	Joana	Meyer	Unattached	Female Master 55
459	00:54:41	387	Dave	Nugent	Gt Bentley Running Club	Male Master 60
460	00:55:33	124	Vicky	Williams	Joggers & Jaunters	Female Senior
461	00:56:56	445	Tracy	Watling	Unattached	Female Master 40
462	00:56:56	169	Ruth	Hatch	Ipswich JAFFA	Female Master 40
463	00:57:40	240	Maggie	Flatt	Bungay Black Dog	Female Master 50
464	00:59:55	229	Wendy	Merfield	The Saxons	Female Master 65
465	01:10:36	490	Chris	Harbord	Bungay Black Dog	Male Master 65+
	dns/dnf	7	Eloise	Calver	St Edmund Pacers	Female Master 40
	dns/dnf	9	Colin	Forrester	Stowmarket Striders	Male Master 45

dns/dnf	12	Helen	Edwards	Unattached	Female Master 45
dns/dnf	26	Stephen	Paul	Unattached	Male Master 50
dns/dnf	41	Rachel	Smith	Unattached	Female Senior
dns/dnf	45	Dave	Price	Newmarket Joggers	Male Master 40
dns/dnf	56	Christian	Bone	Hadleigh Hares A.C.	Male Master 40
dns/dnf	63	Anne	Baxter	Gt Bentley Running Club	Female Master 45
dns/dnf	68	Jacqueline	Chubb	Ipswich Triathlon Club	Female Master 45
dns/dnf	73	Carla	Johnson	Felixstowe Road Runners	Female Senior
dns/dnf	75	Kim	Caplin	Unattached	Female Master 40
dns/dnf	79	Simon	Meecham	Ipswich JAFFA	Male Master 40
dns/dnf	91	Mark	Hayward	Stowmarket Striders	Male Senior
dns/dnf	92	Sandra	Cass	Unattached	Female Master 35
dns/dnf	95	Tom	Kingsnorth	St Edmund Pacers	Male Senior
dns/dnf	98	Richard	Soer	St Edmund Pacers	Male Master 50
dns/dnf	112	Peter	Finegan	Felixstowe Road Runners	Male Senior
dns/dnf	202	Tamara	Jordan	Stowmarket Striders	Female Senior
dns/dnf	204	Stephanie	Nichols	St Edmund Pacers	Female Master 40
dns/dnf	241	Mark	Sly	Woodbridge Shufflers	Male Master 50
dns/dnf	244	Mark	Bell	Ipswich JAFFA	Male Senior
dns/dnf	245	Donna	Crake	Unattached	Female Senior
dns/dnf	290	Stacey	Owen	Thetford AC	Female Senior
dns/dnf	346	Jonathan	Booty	Witham RC	Male Senior
dns/dnf	351	Trevor	White	Unattached	Male Master 55
dns/dnf	358	Vicky	Reynolds	Ipswich JAFFA	Female Senior
dns/dnf	360	Chris	Perry	St Edmund Pacers	Male Senior