

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:33:53	C.R. 73	Matthew	Harvey	Newmarket Joggers	Male Senior
2	00:33:59	162	Maz	Firouzi	Cambridge Triathlon Club	Male Senior
3	00:34:03	178	Robert	Reason	Harwich Runners	Male Senior
4	00:34:11	168	Richard	Phillips	Serpentine Running Club	Male Senior
5	00:35:02	176	Charles	Wartnaby	Cambridge & Coleridge AC	Male Master 40
6	00:35:23	99	Robin	Clifford	Newmarket Joggers	Male Master 40
7	00:36:00	151	VIncent	Coogan	Newmarket Joggers	Male Senior
8	00:36:14	172	Terry	Toseland	Wellingborough & District AC	Male Master 40
9	00:36:24	179	John	Oakes	Cambridge & Coleridge AC	Male Master 50
10	00:36:59	6	Chris	Balmer	Ryston Runners	Male Senior
11	00:37:35	136	Alan	Dawson	St Edmund Pacers	Male Master 50
12	00:37:48	189	Terry	Back	Ipswich JAFFA	Male Master 50
13	00:37:57	191	Matthew	Jack	Newmarket Joggers	Male Senior
14	00:37:59	87	Paul	Game	Haverhill Running Club	Male Senior
15	00:38:05	183	Giacomo	Capetti	Cambridge & Coleridge AC	Male Master 45
16	00:38:26	117	Glenn	Douglas	St Edmund Pacers	Male Senior
17	00:38:55	111	Jamie	Shaw	Newmarket Joggers	Male Senior
18	00:39:16	35	Darren	Sheppard	Framlingham Flyers	Male Master 40
19	00:39:18	26	Vasco	Fernandes	Unattached	Male Senior
20	00:39:41	76	Peter	Holmes	Unattached	Male Senior
21	00:39:50	33	Nick	Smith	Unattached	Male Senior
22	00:40:03	198	Tim	Ellis	Saffron Striders	Male Master 40
23	00:40:18	96	Daniel	Aquilar	Unattached	Male Master 45
24	00:40:28	144	Nick	Conway	Newmarket Joggers	Male Senior
25	00:40:41	152	Clive	Steward	Unattached	Male Master 45
26	00:41:02	103	Tim	Lark	Stowmarket Striders	Male Senior
27	00:41:11	184	Giulio	Cinque	Cambridge & Coleridge AC	Male Master 50
28	00:41:21	181	Terry	Epps	Wymondham AC	Male Master 55
29	00:41:46	164	Jon	Anderson	Unattached	Male Master 45
30	00:41:48	203	Luke	Little	Unattached	Male Senior
31	00:42:16	79	Martyn	Taylor	Unattached	Male Senior
32	00:42:17	199	Robert	Dixon	Derwent AC	Male Senior
33	00:42:20	201	Peter	Taylor-Whiffen	Unattached	Male Master 45
34	00:42:26	158	Stephane	Toussenet	Saffron Striders	Male Senior
35	00:42:43	81	Sarah	Simpson	Unattached	Female Senior
36	00:42:49	106	Lee	Hill	Newmarket Cycling & Tri Club	Male Master 40
37	00:42:51	119	Paul	Jones	Unattached	Male Master 45
38	00:43:05	45	Gail	Pryke	Ipswich JAFFA	Female Master 50
39	00:43:06	5	Anthony	Rose	Unattached	Male Senior
40	00:43:10	186	Simon	Harris	Unattached	Male Senior
41	00:43:18	15	Chris	Chorley	Bungay Black Dog	Male Master 45
42	00:43:26	92	Ian	Gooderham	St Edmund Pacers	Male Master 40
43	00:43:32	112	Ker	Macrosson	Ipswich JAFFA	Male Master 55
44	00:43:58	59	Neil	Gillingham	Ipswich Harriers	Male Senior
45	00:44:05	72	Robin	Belsom	Ipswich JAFFA	Male Master 50
46	00:44:13	60	Steve	Hughes	Stowmarket Striders	Male Master 45
47	00:44:17	71	Eliot	Bentley	Newmarket Cycling & Tri Club	Male Master 40
48	00:44:18	138	Mark	Watts	St Edmund Pacers	Male Master 45
49	00:44:23	180	Julie	Humphries	Alton Runners	Female Master 40
50	00:44:36	169	Matthew	Brand	Unattached	Male Senior
51	00:44:47	16	David	Hicks	Unattached	Male Senior
52	00:45:00	46	Mark	Galbraith	Unattached	Male Senior
53	00:45:15	63	Paul	Brand	Unattached	Male Senior

54	00:45:22	192 Tony	Cantle	Thetford AC	Male Master 50
55	00:45:22	9 Yusuf	Firat	Haverhill Running Club	Male Master 45
56	00:45:38	124 Nik	Chapman	Unattached	Male Senior
57	00:45:41	166 Peter	Bird	St Edmund Pacers	Male Senior
58	00:45:46	91 Emily	Godderham	St Edmund Pacers	Female Junior
59	00:46:03	1 Chris	Grant	Unattached	Male Master 50
60	00:46:07	32 Chris	Poole	Unattached	Male Senior
61	00:46:12	146 Ross	Arnott	Unattached	Male Master 45
62	00:46:14	149 Simon	Whalley	St Edmund Pacers	Male Master 40
63	00:46:15	101 Mary	Nary	Stowmarket Striders	Female Master 40
64	00:46:16	107 Steve	Blenkiron	Unattached	Male Master 40
65	00:46:18	49 Sandra	Roberts	Unattached	Female Master 45
66	00:46:21	170 Carl	Bettis	Unattached	Male Senior
67	00:46:21	157 Tim	Blower	Unattached	Male Senior
68	00:46:29	93 Mark	Baker	Colchester Harriers AC	Male Master 45
69	00:46:34	105 Peter	Finch	Unattached	Male Master 55
70	00:46:37	155 Neil	Williamson	Newmarket Joggers	Male Senior
71	00:46:49	187 Denys	Olefere	Unattached	Male Senior
72	00:46:55	148 Sian	Barker	Haverhill Running Club	Female Senior
73	00:47:15	89 Douglas	Hobson	Unattached	Male Senior
74	00:47:17	196 Glyn	Smith	Cambridge & Coleridge AC	Male Master 65+
75	00:47:20	75 Claire	Hoblyn	St Edmund Pacers	Female Master 45
76	00:47:22	62 Dave	Cheese	Newmarket Joggers	Male Master 60
77	00:47:26	104 Tansy	Challis	Unattached	Female Senior
78	00:47:37	194 Richard	Jones	Unattached	Male Master 45
79	00:47:41	102 Stacey	Owen	Thetford AC	Female Senior
80	00:47:42	120 Iain	Catchpool	Ipswich JAFFA	Male Master 40
81	00:47:45	175 Robert	Price	St Edmund Pacers	Male Master 65+
82	00:47:46	195 Micky	Green	Unattached	Male Master 45
83	00:47:49	21 Anna	Blackwell	Unattached	Female Senior
84	00:47:53	8 Simon	Goldsmith	Unattached	Male Senior
85	00:48:02	78 Colin	Warn	Unattached	Male Master 45
86	00:48:37	56 Nabil	Wilf	Unattached	Male Senior
87	00:48:39	69 Nigel	Chapman	Haverhill Running Club	Male Master 50
88	00:48:54	153 Simon	Archer	Newmarket Joggers	Male Master 40
89	00:48:58	82 Roger	Brand	St Edmund Pacers	Male Master 60
90	00:48:58	14 Bobbie	Sauerzapf	Bungay Black Dog	Female Master 50
91	00:48:59	145 Trudi	Morrish	Haverhill Running Club	Female Senior
92	00:49:07	37 Mairanda	Paul	Ely Runners	Female Senior
93	00:49:08	167 Gavin	Mitchel	Unattached	Male Senior
94	00:49:17	133 William	Burbett	Stowmarket Striders	Male Master 45
95	00:49:20	88 Roger	Hobson	Woodbridge Shufflers	Male Master 65+
96	00:49:34	174 Richard	Soer	St Edmund Pacers	Male Master 50
97	00:49:42	163 Susannah	Rush	Newmarket Joggers	Female Master 40
98	00:49:44	132 Stephen	Williams	St Edmund Pacers	Male Master 55
99	00:49:47	109 Wayne	Bell	Unattached	Male Master 45
100	00:49:52	202 Mark	Chilos	Unattached	Male Master 40
101	00:49:58	188 Emily	Baker	West Suffolk A.C.	Female Junior
102	00:50:00	118 Thomas	Maw	Unattached	Male Junior
103	00:50:07	34 Mark	Stokes	Unattached	Male Senior
104	00:50:09	197 Rebecca	Clare	Woodbridge Shufflers	Female Master 45
105	00:50:24	141 Glenn	Richaer	UK Netrunners	Male Master 50
106	00:50:37	51 Matthew	Lee	Unattached	Male Senior
107	00:50:53	28 Natalie	Shaw	Unattached	Female Senior

108	00:50:58	70 John	Barrett	Mid Essex Casuals	Male Master 45
109	00:51:05	90 Richard	Maw	Unattached	Male Master 55
110	00:51:05	43 Ian	Cunnington	Unattached	Male Master 45
111	00:51:09	27 Tina	Belsom	Stowmarket Striders	Female Master 45
112	00:51:15	61 Dianna	Hughes	Stowmarket Striders	Female Master 45
113	00:51:23	200 Andrew	Tricker	Unattached	Male Master 45
114	00:51:46	113 John	Penny	Unattached	Male Master 55
115	00:51:53	68 Adrian	Whittle	Newmarket Joggers	Male Master 45
116	00:51:55	108 Samantha	Wing	Thetford AC	Female Senior
117	00:51:59	44 Linda	Hones	Newmarket Cycling & Tri Club	Female Master 45
118	00:52:11	134 Derek	Jasiurkowski	St Edmund Pacers	Male Senior
119	00:00:00	123			
120	00:52:22	98 Veronica	Manley	Eastern Veterans AC	Female Master 60+
121	00:52:28	36 Rachel	Porter	Unattached	Female Senior
122	00:52:29	193 Andrew	Palmer	Unattached	Male Master 45
123	00:52:51	131 Dave	Greenham	Haverhill Running Club	Male Master 60
124	00:52:55	38 Brenda	Browes	Unattached	Female Master 40
125	00:53:08	137 Clarin	Hamarsoo	St Edmund Pacers	Female Senior
126	00:53:24	11 Jamie	Randell	Unattached	Male Master 40
127	00:53:38	173 Giampiero	Farris	Newmarket Cycling & Tri Club	Male Master 60
128	00:53:40	66 Andrew	Petch	Unattached	Male Master 40
129	00:53:51	110 Diana	Braverman	Cambridge & Coleridge AC	Female Master 55
130	00:53:54	182 Kevin	Roberts	Unattached	Male Senior
131	00:54:10	185 Horrice	Shuriah	Haverhill Running Club	Male Master 40
132	00:54:13	139 Paul	Smith	Ipswich JAFFA	Male Senior
133	00:54:18	161 Karen	Page	St Edmund Pacers	Female Master 40
134	00:54:25	190 Fiona	Clayton	Unattached	Female Senior
135	00:54:30	23 Jenny	Balmer	Ryston Runners	Female Senior
136	00:54:46	83 Shona	Bendix	Bungay Black Dog	Female Master 40
137	00:54:51	150 Peter	Sarandon	Unattached	Male Master 45
138	00:55:04	48 Ian	Baker	Unattached	Male Master 55
139	00:55:16	77 Andrew	Warr	Unattached	Male Master 40
140	00:55:38	143 John	Clarke	Unattached	Male Master 40
141	00:56:00	121 Andre	Smith	Unattached	Male Master 40
142	00:56:09	7 Mary	Knapp	Unattached	Female Senior
143	00:00:00	114			
144	00:56:25	165 Simon	Poulter	Unattached	Male Senior
145	00:56:32	65 Wendy	McLaughlin	Unattached	Female Senior
146	00:56:32	64 David	Mclaughlin	Unattached	Male Senior
147	00:56:40	41 Christopher	Aylmer	Unattached	Male Master 60
148	00:56:45	74 Mark	Whitehead	Unattached	Male Master 40
149	00:56:54	67 Robert	Jania	Unattached	Male Senior
150	00:56:58	154 Nicola	Leek	Haverhill Running Club	Female Senior
151	00:57:13	31 Ruth	Belsom	Unattached	Female Master 45
152	00:57:26	29 Nicola	Rossell	Newmarket Cycling & Tri Club	Female Senior
153	00:57:26	122 Gary	Chalkey	Unattached	Male Master 40
154	00:57:29	42 Fiona	Cunnington	Unattached	Female Master 50
155	00:57:39	128 Marjie	Davies	Newmarket Joggers	Female Master 45
156	00:57:54	53 Claire	Brooks	Unattached	Female Senior
157	00:57:56	80 Josh	Lida	Newmarket Joggers	Male Master 55
158	00:57:59	57 John	Cassells	Stowmarket Striders	Male Master 65+
159	00:58:02	160 Tanya	Whitehead	Unattached	Female Master 40
160	00:58:05	54 Rachel	Barrow	Unattached	Female Senior
161	00:58:10	171 Anna	Bettis	Unattached	Female Senior

162	00:58:40	147 Bill	Pearson	Unattached	Male Master 50
163	00:59:07	100 David	Peck	Newmarket Cycling & Tri Club	Male Master 65+
164	00:59:27	50 Sandie	Jardine	Ely Tri Club	Female Master 45
165	01:00:07	19 Ben	Perks	Unattached	Male Senior
166	01:00:35	159 Emma	Ford	Unattached	Female Senior
167	01:01:29	156 Isabel	Vicente	Fetch Everyone RC	Female Master 40
168	01:01:32	10 Colin	Doak	Ely Runners	Male Master 45
169	01:03:07	18 Charlie	Thompson	Unattached	Female Senior
170	01:03:38	12 Judith	Matear	Unattached	Female Master 40
171	01:04:47	55 Laura	Burrows	Ipswich JAFFA	Female Senior
172	01:04:54	142 Deborah	Hargreaves	Unattached	Female Senior
173	01:06:56	125 Sara	Rowe	Unattached	Female Master 40
174	01:06:56	126 Melissa	Pettitt	Unattached	Female Senior
175	01:07:17	17 Terry	Braverman	Haverhill Running Club	Male Master 65+
176	01:07:33	129 Jason	Hope	Unattached	Male Senior
177	01:09:25	95 Philip	Nutley	St Edmund Pacers	Male Master 60
178	01:09:30	58 Joanna	Cassells	Stowmarket Striders	Female Master 55
179	01:10:31	140 Tony	Hargreaves	Unattached	Male Senior
180	01:11:31	39 Lincoln	Swann	Unattached	Male Master 40
181	01:14:25	177 Louise	Bidden	Ipswich JAFFA	Female Senior
	DSQ	114 Sam	Harris	Unattached	Male Master 50
	DSQ	123 Luhasz	Supernak	St Edmund Pacers	Male Senior
	dns/dnf	2 Joe	Richer	Newmarket Cycling & Tri Club	Male Senior
	dns/dnf	3 Donna	Fiddeman	Unattached	Female Senior
	dns/dnf	4 Jessica	Watts	Unattached	Female Master 40
	dns/dnf	13 Clive	Purbrook	Royston Runners	Male Master 55
	dns/dnf	20 Clive	Purbrook	Royston Runners	Male Master 55
	dns/dnf	22 Chris	Fusson	St Ragegund RDC	Male Master 55
	dns/dnf	24 Joanna	Batting	Unattached	Female Master 45
	dns/dnf	25 Robin	Waterhouse	Unattached	Male Master 50
	dns/dnf	30 Tom	Taylor	Woodbridge Shufflers	Male Senior
	dns/dnf	40 Peter	O'Riordan	Unattached	Male Master 55
	dns/dnf	47 Robert	Conquest	Cambridge & Coleridge AC	Male Senior
	dns/dnf	52 Glenn	Warren	Framlingham Flyers	Male Master 40
	dns/dnf	84 David	Spanton	Unattached	Male Master 45
	dns/dnf	85 Cathy	Ison	Unattached	Female Senior
	dns/dnf	86 Andy	Ison	Unattached	Male Senior
	dns/dnf	94 Kathryn	Lawrie	Unattached	Female Senior
	dns/dnf	97 Dale	Mansell	Woodbridge Shufflers	Male Senior
	dns/dnf	115 Laura	Harris	Unattached	Female Senior
	dns/dnf	116 Keeley	MCHugh	Unattached	Female Senior
	dns/dnf	127 Rob	Brady	Penny Lane Striders	Male Master 50
	dns/dnf	130 Karen	Morgan	Haverhill Running Club	Female Master 45
	dns/dnf	135 Marie	O'Brian	St Edmund Pacers	Female Master 45