

Pos	Time	No	Name	Surname	Club Name	Category
1	00:52:36	176	Gary	Donald	Victoria Park Harriers	Wheel Chair Male M 55
1	00:57:33	231	Ed	Knudsen		Male Senior
2	00:58:03	219	Allen	Smalls	Colchester Harriers AC	Male Master 45
3	00:58:16	272	Graeme	Knott	Harwich Runners	Male Senior
4	00:58:59	246	Stephen	Whiting	Highgate Harrers	Male Master 45
5	00:59:08	286	Adam	Wade	Ipswich JAFFA	Male Senior
6	00:59:20	180	Roger	Stone	Felixstowe Road Runners	Male Master 45
7	00:59:23	275	Gordon	Irvine	Ely Runners	Male Senior
8	00:59:27	10	Jim	Last	Framlingham Flyers	Male Senior
9	01:00:17	229	Adam	Howlett		Male Master 40
10	01:00:31	60	Gary	Thompson		Male Master 40
11	01:01:42	259	Mark	Furnace	Ipswich JAFFA	Male Master 40
12	01:01:44	119	Carl	Thompson	Ipswich JAFFA	Male Master 40
13	01:02:00	258	Stefen	Parry	Ipswich JAFFA	Male Master 45
14	01:02:25	96	Daniel	Rock		Male Senior
15	01:02:38	147	Andy	Ellis		Male Senior
16	01:02:44	169	Martin	Lawrence	Haverhill Running Club	Male Master 50
17	01:02:51	248	Darren	Sheppard	Framlingham Flyers	Male Master 40
18	01:02:52	157	Daniel	Preece	Hadleigh Hares A.C.	Male Senior
19	01:03:02	72	Tim	Larke	Stowmarket Striders	Male Master 40
20	01:03:03	212	Mark	Hayward	Stowmarket Striders	Male Senior
21	01:03:13	264	Tamara	Jorden	Stowmarket Striders	Female Senior
22	01:03:11	247	Conrad	Burgess		Male Master 40
23	01:03:25	125	Luke	Whitwell	Felixstowe Road Runners	Male Senior
24	01:03:29	126	Stephen	Burbidge	Harwich Runners	Male Senior
25	01:03:33	185	Josh	Sugars	Ipswich Harriers	Male Senior
26	01:04:10	296	Marc	Briggs	Ipswich JAFFA	Male Senior
27	01:04:33	245	Thomas	Challencer	Sudbury Joggers	Male Senior
28	01:04:56	144	Adam	Allard		Male Senior
29	01:05:04	53	Andy	Buck	Sudbury Joggers	Male Master 50
30	01:05:07	253	Wilfred	Campbell	Ipswich JAFFA	Male Master 50
31	01:05:08	254	Nick	Hammond	Stowmarket Striders	Male Master 40
32	01:05:15	266	Paul	Nickells	Woodbridge Shufflers	Male Master 50
33	01:05:27	249	Barnaby	Rufford		Male Master 45
34	01:05:33	81	Samuel	Burdett	Stowmarket Striders	Male Senior
35	01:05:38	93	Jason	Allard	Stowmarket Striders	Male Master 40
36	01:06:03	65	Nigel	Rogers		Male Master 45
37	01:06:45	191	Peter	Smith		Male Senior
38	01:07:04	255	Paul	Deasy		Male Master 40
39	01:07:06	287	Ian	Richardson	Cambridge & Coleridge AC	Male Master 50
40	01:07:12	274	Adrian	Kudela		Male Senior
41	01:07:37	270	Chris	Manby	Colchester Harriers AC	Male Senior
42	01:07:42	155	Odette	Robson	St Edmund Pacers	Female Master 40
43	01:07:48	242	Malcolm	Penn	Sudbury Joggers	Male Master 55
44	01:07:49	128	Paul	Bown		Male Senior
45	01:07:50	216	Daniel	Jones	Ipswich Harriers	Male Senior
46	01:07:55	66	Peter	Woods	Stowmarket Striders	Male Senior
47	01:07:58	269	Laura	Shewbridge	Colchester Harriers AC	Female Senior
48	01:08:15	120	Robin	Harper	Felixstowe Road Runners	Male Senior
49	01:08:43	257	Matthe	Richardson		Male Senior
50	01:08:59	278	Dave	Solomon	Felixstowe Road Runners	Male Master 45
51	01:09:04	135	Mark	White	Haverhill Running Club	Male Master 40

52	01:09:05	228	Simon	Smith	Colchester Harriers AC	Male Master 50
53	01:09:15	285	John	Greener	St Edmund Pacers	Male Master 45
54	01:09:20	236	Benjamin	Cuthbert	Sudbury Joggers	Male Senior
55	01:09:38	280	Jeremy	Smith	Sudbury Joggers	Male Master 40
56	01:10:12	263	Tom	Pullinger	Bungay Black Dog RC	Male Master 40
57	01:10:20	221	Graham	Moore		Male Master 50
58	01:10:45	56	Arthur	Whiston	Colchester Harriers AC	Male Master 60
59	01:11:03	158	Shaun	Jones	Stowmarket Striders	Male Senior
60	01:11:06	256	Charles	Hill	Woodbridge Shufflers	Male Master 45
61	01:11:07	101	Darren	Cook	Felixstowe Road Runners	Male Master 40
62	01:11:10	182	Steven	King	Felixstowe Road Runners	Male Master 40
63	01:11:16	241	Neil	Turner		Male Master 45
64	01:11:27	250	Kevin	Bird	Stowmarket Striders	Male Master 50
65	01:11:35	131	Charles	Hann	Sudbury Joggers	Male Master 45
66	01:12:13	73	Chris	Chorley	Bungay Black Dog	Male Master 50
67	01:12:35	234	Nik	Chapman	Newmarket Joggers	Male Master 40
68	01:12:42	297	Glen	Curtis	Ipswich JAFFA	Male Senior
69	01:13:04	207	Claudine	Tisbury	Harwich Runners	Female Master 55
70	01:13:14	130	Robin	Belsom	Ipswich JAFFA	Male Master 50
71	01:13:22	232	Paul	Wright	Woodbridge Shufflers	Male Senior
72	01:13:25	12	Alan	Jackson	Ipswich JAFFA	Male Master 55
73	01:13:35	139	Debbie	Hughes		Female Master 45
74	01:13:41	170	Andrew	Budd	Ipswich JAFFA	Male Master 55
75	01:13:59	22	Alan	Sansom	Woodbridge Shufflers	Male Master 45
76	01:14:13	134	Mary Ann	Moseley	Haverhill Running Club	Female Master 40
77	01:14:19	17	Stephen	Pretty	Stowmarket Striders	Male Master 55
78	01:14:53	152	Michael	Carpenter	Ipswich JAFFA	Male Senior
79	01:14:58	186	Jason	Walne		Male Master 40
80	01:15:22	102	Daniel	Shanks	Felixstowe Road Runners	Male Master 40
81	01:15:42	192	Paul	Brand	St Edmund Pacers	Male Senior
82	01:15:45	117	Aaron	Marshall		Male Senior
83	01:15:56	143	William	Roxby-Clarke	Harwich Runners	Male Senior
84	01:16:00	282	Phil	Jarvis		Male Master 50
85	01:16:04	235	David	Ralph	Holme Pierrepont RC	Male Master 45
86	01:16:21	107	Jason	Smith	Sudbury Joggers	Male Senior
87	01:16:55	181	Jamie	Randall	Haverhill Running Club	Male Master 45
88	01:17:07	209	Anthony	Maclean	Framlingham Flyers	Male Master 40
89	01:17:07	133	Craig	Rought		Male Master 40
90	01:17:11	217	Gary	Garnham	Ipswich JAFFA	Male Master 50
91	01:17:15	145	Simon	McLean		Male Master 40
92	01:17:18	25	Adam	Hills		Male Senior
93	01:17:38	210	Haley	Suttle	Stowmarket Striders	Female Master 50
94	01:17:40	194	Terry	Garrity	Bungay Black Dog	Male Master 60
95	01:17:41	164	James	Royce		Male Master 40
96	01:17:47	226	Kerr	Macrosson	Ipswich JAFFA	Male Master 60
97	01:17:51	205	Diane	Hughes	Stowmarket Striders	Female Master 50
98	01:18:02	137	Daren	Allen	Ipswich Triathlon Club	Male Master 45
99	01:18:03	49	Martin	Jones		Male Master 40
100	01:18:20	51	Lee	D'Silva		Male Senior
101	01:18:20	94	Jo	Stephenson	Stowmarket Striders	Female Master 45
102	01:18:29	98	Lee	Crisp	Felixstowe Road Runners	Male Master 40
103	01:18:30	279	Neil	Packer	Hadleigh Hares A.C.	Male Master 45
104	01:18:37	214	Simon	Wiggins	Felixstowe Road Runners	Male Master 40
105	01:19:06	104	Tom	Scott		Male Master 50

106	01:19:07	103	Steve	Bellis		Male Master 40
107	01:19:24	92	Derek	Daly		Male Master 50
108	01:19:30	173	Martin	Jarvis		Male Master 40
109	01:19:32	148	Andrew	Wright		Male Master 55
110	01:19:33	3	Alex	Kuczer	Sweatshop	Male Master 45
111	01:19:43	91	Oliver	Saunders		Male Master 45
112	01:19:59	34	Paul	Kerrison	Harwich Runners	Male Master 45
113	01:20:02	138	Dan	Jones	Haverhill Running Club	Male Senior
114	01:20:07	62	Tim	Andrews	Serpentine Running Club	Male Master 55
115	01:20:13	75	Heather	Bush		Female Senior
116	01:20:37	265	Emily	Gooderham	St Edmund Pacers	Female Senior
117	01:20:42	243	Joanne	Plumb		Female Master 40
118	01:20:57	109	Colin	Vint	Hadleigh Cycle Club	Male Master 45
119	01:20:58	127	Frank	Moggan	Stowmarket Striders	Male Master 65+
120	01:21:42	7	David	Sheahan		Male Master 50
121	01:22:05	61	Simon	Green	Ipswich Triathlon Club	Male Master 55
122	01:22:10	6	Jenny	Sheahan		Female Master 50
123	01:22:41	292	Gary	Clark	Ipswich Triathlon Club	Male Master 45
124	01:22:58	187	Colin	Moule		Male Master 50
125	01:23:10	267	Roger	Brand	St Edmund Pacers	Male Master 65+
126	01:23:18	193	Belinda	Godbold	Ipswich JAFFA	Female Master 55
127	01:23:24	47	Ian	Bown		Male Master 50
128	01:23:30	288	Lee	Brown	Haverhill Running Club	Male Senior
129	01:24:09	284	Vivien	Thomas	St Edmund Pacers	Female Senior
130	01:24:10	283	Daniel	Thomas	St Edmund Pacers	Male Master 40
131	01:24:22	293	Peter	Johnson	Framlingham Flyers	Male Master 55
132	01:24:25	132	Jackie	Hann	Sudbury Joggers	Female Master 45
133	01:24:28	161	Emma	Day	Felixstowe Road Runners	Female Senior
134	01:24:33	202	Jonathan	Wilding	Felixstowe Road Runners	Male Master 45
135	01:24:36	225	David	Daniels	Stowmarket Striders	Male Master 50
136	01:24:37	74	Bobbie	Sauerzapf	Bungay Black Dog	Female Master 55
137	01:24:38	39	Marion	Parker	Felixstowe Road Runners	Female Master 50
138	01:24:47	33	Philip	Read		Male Master 45
139	01:24:49	46	Alex	Smith	Stowmarket Striders	Female Master 40
140	01:24:58	115	Dan	Dobson	Hadleigh Hares A.C.	Male Senior
141	01:25:01	151	Julie	Cooke		Female Master 55
142	01:25:04	11	Roger	Hobson	Woodbridge Shufflers	Male Master 65+
143	01:25:05	179	Harriet	Burnett		Female Senior
144	01:25:57	113	Paul	Gwynne	Sudbury Joggers	Male Master 40
145	01:26:08	174	Paul	Schwer	Felixstowe Road Runners	Male Master 50
146	01:26:17	71	Michael	McKinnell		Male Master 60
147	01:26:32	19	Gavin	Spurr		Male Master 40
148	01:26:34	206	Steve	Hunt	Hadleigh Hares A.C.	Male Master 50
149	01:26:35	31	Trevor	Catling	Run Eat Sleep Colchester	Male Master 55
150	01:26:38	52	Rob	Sambrook	Run Eat Sleep Colchester	Male Master 45
151	01:26:46	189	Wayne	Grant		Male Master 50
152	01:26:47	166	Gavin	Talbot		Male Master 40
153	01:26:50	224	Stephen	Howard		Male Master 40
154	01:26:57	227	Sarah	Offord		Female Master 50
155	01:27:02	85	Alison	Severy		Female Senior
156	01:27:06	188	Nina	Webb		Female Senior
157	01:27:09	110	Stephen	Bright		Male Master 50
158	01:27:15	8	Karen	Deasy		Female Senior
159	01:27:16	162	Alan	Hillyard		Male Master 50

160	01:27:19	153	Peter	Finch		Male Master 50
161	01:28:17	70	Paula	McCann		Female Master 65+
162	01:28:29	239	Graham	Sampson	Bungay Black Dog	Male Master 65+
163	01:28:30	208	Dean	Hearn	Stowmarket Striders	Male Master 45
164	01:28:34	233	Mike	Grealy	Halstead Road Runners	Male Master 55
165	01:28:51	262	Keith	Borrett	Stowmarket Striders	Male Master 60
166	01:28:58	198	Jennifer	Evans	Woodbridge Shufflers	Female Senior
167	01:28:58	211	Jen	Devaney	Stowmarket Striders	Female Senior
168	01:29:04	154	Stephen	Smith		Male Master 45
169	01:29:12	261	David	Guy		Male Master 50
170	01:29:13	167	Andy	Keefe	Haverhill Running Club	Male Senior
171	01:29:21	150	Adrian	Cole		Male Master 50
172	01:29:22	78	Jane	Noble		Female Master 45
173	01:29:30	165	Richard	Smith	Felixstowe Road Runners	Male Master 55
174	01:29:37	260	Michelle	Sisson		Female Master 45
175	01:29:43	195	Hazel	Garrity	Bungay Black Dog	Female Master 60
176	01:29:45	215	Mark	Carpenter	Haverhill Running Club	Male Master 50
177	01:29:49	277	Caroline	Brown	Ely Runners	Female Master 40
178	01:29:57	118	Robert	Brown		Male Master 55
179	01:30:05	97	Carl	Higgins	Thetford AC	Male Master 50
180	01:30:25	240	Paul	Fisher		Male Master 40
181	01:30:30	40	Dominic	Turner	Sudbury Joggers	Male Master 40
182	01:30:35	122	Gin	Craig	Sudbury Joggers	Female Master 45
183	01:30:36	197	Lesley	Cooper	Felixstowe Road Runners	Female Master 45
184	01:31:28	13	Alison	Hill		Female Master 55
185	01:32:02	203	Diana	Braverman	Cambridge & Coleridge AC	Female Master 60
186	01:32:14	190	John	Greenan		Male Master 40
187	01:32:41	268	Malcolm	Esbourn	Newmarket Joggers	Male Master 65+
188	01:32:42	168	Iain	Miles		Male Master 40
189	01:32:49	32	Rachel	Read		Female Master 45
190	01:32:50	26	Terry	Harvey		Male Senior
191	01:33:17	271	Cherilyn	Lane	Haverhill Running Club	Female Senior
192	01:33:18	123	Anthony	Smith	Witham RC	Male Master 50
193	01:33:54	273	Bob	Bowoen		Male Master 40
194	01:34:21	100	Daniel	Southgate		Male Senior
195	01:34:41	44	Michelle	Hughes	Tri & Tri Again	Female Senior
196	01:34:55	30	Charlie	Stennett	Ipswich Triathlon Club	Male Master 55
197	01:35:10	83	Elizabeth	Severy	Ipswich JAFFA	Female Master 50
198	01:35:30	213	Carla	Wiggins	Felixstowe Road Runners	Female Senior
199	01:35:52	136	Graham	King		Male Master 50
200	01:36:10	124	Lisa	Dalton	Sudbury Joggers	Female Master 45
201	01:36:17	281	Darryn	Mayhew		Male Master 40
202	01:36:29	149	Angela	Whiting	Stowmarket Striders	Female Master 50
203	01:36:33	35	Clare	McKenna	Harwich Runners	Female Senior
204	01:36:40	129	Richard	Sandford		Male Master 50
205	01:36:40	163	Kerry	Borg		Female Master 45
206	01:36:53	200	Jenny	Lynch	Felixstowe Road Runners	Female Master 50
207	01:36:59	140	Michael	Kitching		Male Master 45
208	01:37:50	276	Kate	Brett		Female Master 40
209	01:38:12	18	Sue	Smith		Female Master 40
210	01:38:13	204	Terence	Braverman	Haverhill Running Club	Male Master 65+
211	01:38:27	55	Simon	Fitzgerald		Male Master 45
212	01:39:01	290	Matthew	Stocks		Male Senior
213	01:39:23	184	Laura	Barton		Female Master 40

214	01:39:29	90	Sue	Hargadon	Ipswich Triathlon Club	Female Master 55
215	01:39:32	37	Lindsay	Hobden		Female Master 45
216	01:39:35	171	Mark	Chisnall		Male Master 45
217	01:40:26	196	Robin	Farrar	Bungay Black Dog	Male Master 65+
218	01:41:54	106	Mark	Oxford	Ipswich Triathlon Club	Male Senior
219	01:42:37	199	Anne	Oliver	Felixstowe Road Runners	Female Master 60
220	01:43:38	36	Robert	Edge	Sudbury Joggers	Male Master 45
221	01:43:39	38	Paul	Botterill		Male Senior
222	01:43:44	295	Luke	Hill		Male Senior
223	01:43:44	298	Rebecca	MacLean		Female Senior
224	01:45:02	223	Mehmet	Kaplan		Male Master 40
225	01:46:21	87	Megan	Mayne		Female Senior
226	01:46:22	89	Chris	Johnson		Male Senior
227	01:46:45	57	Philip	Nutley	St Edmund Pacers	Male Master 65+
228	01:47:21	201	David	Mayes	Felixstowe Road Runners	Male Senior
229	01:47:38	84	Andrew	Severy		Male Master 55
230	01:48:03	175	Jo	Whelan	Felixstowe Road Runners	Female Master 50
231	01:49:20	88	Kayleigh	Mayne		Female Senior
232	01:49:43	178	Rachael	Miller	Felixstowe Road Runners	Female Senior
233	01:50:05	294	Keith	Jones		Male Master 45
234	01:51:13	82	Katharine	Clark		Female Master 50
235	01:51:13	80	Nazma	Sidat		Female Master 40
236	01:51:41	63	David	Brooks	Vets AC	Male Master 65+
237	01:53:38	291	Nic	Footer	Sweatshop	Male Master 45
238	01:53:59	14	Jo	Dickinson	Felixstowe Road Runners	Female Master 45
239	01:54:04	218	Jane	Fisher		Female Master 40
240	01:54:19	244	Barry	Richardson		Male Master 55
241	01:55:59	45	Angela	Soames	Felixstowe Road Runners	Female Senior
242	01:56:51	24	Laura	Mitchell		Female Senior
243	01:56:51	23	Susannah	Waters		Female Senior
244	02:00:04	251	Jacqueline	Webb		Female Master 50
245	02:00:04	252	Anne-Marie	Tozer		Female Senior
246	02:01:00	289	Keeley	Timms	Sweatshop	Unable to place in Cat.
247	02:03:23	28	Matthew	Blower		Male Senior
248	02:03:24	108	Hannah	Tillson	Felixstowe Road Runners	Female Senior