

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:34:28	291	Carl	Prewer	Lowestoft RR	Male Vet 40
2	00:34:50	379	Stephen	Whiting	Highgate Harrers	Male Vet 40
3	00:35:04	2	Pawel	Hundz	Unattached	Male Senior
4	00:35:15	139	David	Bettinson	Cambridge Triathlon Club	Male Senior
5	00:35:56	416	Gavin	Allen	Braintree& District AC	Male Senior
6	00:36:20	290	Eliot	Lyne	Colchester Harriers AC	Male Senior
7	00:36:39	377	Brian	Herrington	Harwich Runners	Male Vet 40
8	00:36:50	1284	Seb	Green	City of Portsmouth AC	Male Senior
9	00:37:02	1292	Matt	Ellis	City of Norwich AC	Male Senior
10	00:37:37	1290	Ben	Caisey	Ipswich Triathlon Club	Male Senior
11	00:38:05	414	Steve	Langley	Ipswich JAFFA	Male Vet 40
12	00:38:18	406	Andrew	Wright	Unattached	Male Senior
13	00:38:34	245	Craig	Warriner	Human Performance Unit	Male Senior
14	00:38:40	224	Peter	Pearce	Gt Bentley Running Club	Male Vet 40
15	00:38:58	169	Conrad	Burgess	Ipswich JAFFA	Male Senior
16	00:39:00	408	Keith	Marley	Unattached	Male Vet 40
17	00:39:23	152	Henry	Chancellor	Unattached	Male Vet 40
18	00:39:39	391	Neil	Dabie	Ipswich JAFFA	Male Vet 40
19	00:39:51	339	Glen	Kent	Chelmsford Athletic Club	Male Vet 40
20	00:39:57	9	Carl	Thompson	Ipswich JAFFA	Male Senior
21	00:39:58	8	Steven	Neaves	Stowmarket Striders	Male Vet 40
22	00:40:00	5	James	Farren	Colchester & Tendring AC	Male Senior
23	00:40:02	213	Sloane	Potter	Unattached	Male Senior
24	00:40:02	271	Nick	Barker	Unattached	Male Vet 40
25	00:40:30	382	Kevin	Jeffries	Gt Bentley Running Club	Male Vet 40
26	00:40:36	267	Mike	Deaton	Unattached	Male Vet 40
27	00:40:38	206	Rory	Suckling	Unattached	Male Vet 40
28	00:41:03	410	Joseph	Lowe	Highgate Harrers	Male Vet 40
29	00:41:13	278	Varerie	Gladwell	Hadleigh Hares A.C.	Female Vet 35
30	00:41:19	143	Ian	Bowell	Ipswich JAFFA	Male Vet 40
31	00:41:48	190	Shaun	Harris	Heaton Harriers	Male Senior
32	00:41:51	383	Pete	Smith	Unattached	Unable to place in Cat.
33	00:41:55	292	Paul	Norris	Unattached	Male Vet 40
34	00:42:13	364	Rob	Eldred	Unattached	Male Senior
35	00:42:17	264	Mark	Furnace	Unattached	Male Senior
36	00:42:18	203	Brian	Rogers	Ipswich JAFFA	Male Vet 40
37	00:42:19	207	Christopher	Warren	Unattached	Male Senior
38	00:42:31	361	Ker	Macrosson	Ipswich JAFFA	Male Vet 40
39	00:42:48	14	Anselm	Gurney	Unattached	Male Vet 40
40	00:42:53	1288	Dale	Robinson	Unattached	Male Senior
41	00:42:55	330	Martin	Archer	Unattached	Male Vet 40
42	00:42:56	286	Jonathon	Parker	Unattached	Male Senior
43	00:43:07	259	Terry	Smith	Harwich Runners	Male Vet 40
44	00:43:09	300	Jack	Kenlay	Unattached	Male Senior
45	00:43:10	305	Gillian	Corrigan	Stowmarket Striders	Female Senior
46	00:43:34	1295	Wayne	Tillinghast	Fitness First	Male Senior
47	00:43:36	298	Ben	Caldwell	Unattached	Male Senior
48	00:43:37	70	Daniel	Hooper	Unattached	Male Senior
49	00:43:38	333	Marc	Norman	Unattached	Male Senior
50	00:43:57	392	Miriam	McCormack	Rathfarnham	Female Vet 35
51	00:44:08	296	Daniel	Rushall	Unattached	Male Senior
52	00:44:20	299	Andrew	Bannister	Unattached	Male Senior
53	00:44:27	243	Andrew	Budd	Capel Cheetahs	Male Vet 40
54	00:44:32	242	Frank	Abbott	Unattached	Male Senior
55	00:44:35	233	Gail	Pryke	Ipswich JAFFA	Female Vet 35

56	00:44:42	115	Laura	Ridge	Unattached	Female Senior
57	00:44:42	295	Michael	Evennett	Unattached	Male Vet 40
58	00:44:46	221	Gary	Lowe	Unattached	Male Vet 40
59	00:44:53	136	Vicky	Presland	Gt Bentley Running Club	Female Vet 35
60	00:45:06	151	David	Hilson	Unattached	Male Vet 40
61	00:45:20	173	Nicola	Pyle	Springfield Striders AC	Female Vet 35
62	00:45:28	273	Roger	Clark	Unattached	Male Vet 40
63	00:45:29	22	Daniel	Coughlan	Unattached	Male Senior
64	00:45:32	277	John	Vaughan	Unattached	Male Vet 40
65	00:45:41	31	Jubal	Garton	Unattached	Male Vet 40
66	00:45:53	170	Rachel	Nunn	Unattached	Female Senior
67	00:45:59	222	Susannah	Hancock	Unattached	Female Vet 35
68	00:46:02	425	Stuart	Abbott	Unattached	Male Senior
69	00:46:04	265	Steven	Brooke	Felixstowe Road Runners	Male Vet 40
70	00:46:06	358	Gary	Webster	Unattached	Male Vet 40
71	00:46:17	345	Chris	Mayhew	Unattached	Male Senior
72	00:46:18	398	Michael	Downes	Ipswich JAFFA	Male Vet 40
73	00:46:20	303	Sean	Toulson	Unattached	Male Senior
74	00:46:20	145	Kate	Bullock	Unattached	Female Vet 35
75	00:46:27	99	Dan	Theis	Unattached	Male Senior
76	00:46:29	331	Helen	Waters	Unattached	Female Senior
77	00:46:31	359	Simon	Cartmell	Unattached	Male Vet 40
78	00:46:39	197	Derek	Hood	Unattached	Male Senior
79	00:46:41	116	Tom	Skew	Unattached	Male Senior
80	00:46:42	104	Mark	Andrews	Purple Patch Runners	Male Vet 40
81	00:46:43	275	Sean	Alcock	Unattached	Male Vet 40
82	00:46:44	335	Jon	Swords	Unattached	Male Senior
83	00:46:46	217	Jason	Butler	Unattached	Male Vet 40
84	00:46:49	387	Carl	Bettis	Unattached	Male Senior
85	00:46:53	415	Stephen	Wade	Unattached	Male Senior
86	00:47:02	344	Neil	Streng	Unattached	Male Vet 40
87	00:47:05	163	James	Valentine	Ipswich JAFFA	Male Senior
88	00:47:07	122	Tim	Higgins	Ipswich JAFFA	Male Vet 40
89	00:47:08	270	Tony	Germany	Unattached	Male Senior
90	00:47:16	360	Anna	Morton	Woodbridge Shufflers	Female Senior
91	00:47:18	235	John	Carey	Unattached	Male Vet 40
92	00:47:22	374	Ian	Crewe	Unattached	Male Vet 40
93	00:47:24	147	Charlie	Keitch	Unattached	Male Senior
94	00:47:26	375	Mark	Scutt	Unattached	Male Senior
95	00:47:31	23	Rosie	O'Neil	Unattached	Female Senior
96	00:47:47	405	Gideon	Vass	Unattached	Male Senior
97	00:47:49	71	John	Tunaley	Ipswich JAFFA	Male Vet 40
98	00:47:54	325	Michael	Smith	Unattached	Male Senior
99	00:47:56	132	Russell	Breyer	Unattached	Male Vet 40
100	00:48:01	158	Fred	Boggis	Woodbridge Shufflers	Male Vet 40
101	00:48:12	140	Rachel	Mair	Unattached	Female Vet 35
102	00:48:17	42	Leon	Smith	Unattached	Male Senior
103	00:48:18	103	Gregor	Kennedy	Unattached	Male Vet 40
104	00:48:21	133	John	Watson	Unattached	Male Vet 40
105	00:48:25	1285	David	Daniels	Unattached	Male Vet 40
106	00:48:32	1286	Richard	Fellingham	Stowmarket Striders	Male Vet 40
107	00:48:33	417	David	De'ath	Unattached	Male Vet 40
108	00:48:37	404	Theodore	Vass	Unattached	Male Senior
109	00:48:40	63	Matthew	fritgerald	Unattached	Male Vet 40
110	00:48:50	336	William	Burdett	Stowmarket Striders	Male Vet 40
111	00:48:53	131	David	Garnham	Ipswich JAFFA	Male Vet 40

112	00:49:00	411	Andy	Myers	Unattached	Male Vet 40
113	00:49:03	1299	Nick	Peck	Unattached	Male Senior
114	00:49:00	269	John	Penny	Unattached	Male Vet 40
115	00:49:04	328	Stuart	Appleby	Unattached	Male Vet 40
116	00:49:05	381	Dave	Husband	Unattached	Male Senior
117	00:49:14	250	Chris	Rookyard	Unattached	Male Senior
118	00:49:21	195	Paul	Beresford	Unattached	Male Senior
119	00:49:25	1293	Chris	Burke	Hadleigh Hares A.C.	Male Vet 40
120	00:49:30	395	Jon	Holland	Norwich Road Runners	Male Senior
121	00:49:32	342	James	Tribley	Unattached	Male Senior
122	00:49:34	100	Rachel	Duncombe	Unattached	Female Vet 35
123	00:49:38	343	James	Lewis	Unattached	Male Senior
124	00:49:46	281	Lee	Bettis	Unattached	Male Vet 40
125	00:49:57	368	Steven	Pilsworth	Unattached	Male Senior
126	00:49:59	237	Steven	Kent	Harwich Runners	Male Vet 40
127	00:50:02	376	Andrew	Brinkley	Unattached	Male Vet 40
128	00:50:22	1287	Scott	Evens	Unattached	Male Vet 40
129	00:50:23	370	Caroline	Wallace	Unattached	Female Vet 35
130	00:50:26	26	Nick	Bendall	Unattached	Male Senior
131	00:50:30	315	Lional	Ravat	Unattached	Male Senior
132	00:50:36	1291	Julz	Williams	Unattached	Female Senior
133	00:50:38	128	Mike	Heard	Unattached	Male Vet 40
134	00:50:40	226	Rachel	Cole	Hadleigh Hares A.C.	Female Senior
135	00:50:47	108	Peter	Fraser-Hopewell	Harwich Runners	Male Vet 40
136	00:50:51	302	David	Needhar	Unattached	Male Senior
137	00:51:01	316	Phil	Davies	Unattached	Male Vet 40
138	00:51:02	212	Paul	Maycock	Capel Cheetahs	Male Vet 40
139	00:51:06	378	Damon	Hyland	Unattached	Male Senior
140	00:51:06	389	Sally	Connick	Ipswich JAFFA	Female Senior
141	00:51:07	211	Ryan	Harvey	Unattached	Male Senior
142	00:51:09	388	Christopher	Johns	Ipswich JAFFA	Male Vet 40
143	00:51:10	17	Caroline	Barrett	Unattached	Female Senior
144	00:51:18	35	David	Hutt	Unattached	Male Senior
145	00:51:19	369	Abbie	Wallace	Unattached	Female Senior
146	00:51:28	182	Laurence	Gowers	Unattached	Male Senior
147	00:51:35	341	David	Levand	Unattached	Male Vet 40
148	00:51:39	164	Richard	Fawcett	Unattached	Male Senior
149	00:51:40	1296	Louise	Miller	Fitness First	Female Senior
150	00:51:41	421	Guy	Halliday	Unattached	Male Senior
151	00:51:43	352	Sandra	Bumprey	Capel Cheetahs	Female Vet 35
152	00:51:44	282	Wendy	Hales	Unattached	Female Senior
153	00:51:58	83	Sylvia	Turay	Unattached	Female Vet 35
154	00:52:00	66	Phil	Gant	Unattached	Male Vet 40
155	00:52:03	210	David	Reid	Unattached	Male Vet 40
156	00:52:04	91	Nick	Mann	Unattached	Male Vet 40
157	00:52:10	153	Chloe	Chancellor	Unattached	Female Vet 35
158	00:52:11	220	Mike	Smith	Wymondham AC	Male Vet 40
159	00:52:16	241	Bill	Abbott	Unattached	Male Vet 40
160	00:52:17	357	Tina	Belsom	Stowmarket Striders	Female Vet 35
161	00:52:20	194	Nicholas	Mayer	Unattached	Male Senior
162	00:52:25	246	Craig	Taylor	Human Performance Unit	Male Senior
163	00:52:27	201	Simon	Hibbert	Unattached	Male Senior
164	00:52:31	216	Andrew	Tattersfield	Unattached	Male Senior
165	00:52:36	92	Cath	Breckell	Unattached	Female Vet 35
166	00:52:46	307	Louise	Manly	Unattached	Female Vet 35
167	00:52:52	999	Jonny	Gleason	Unattached	Unable to place in Cat.

168	00:53:01	340	Lucy	Harris	Unattached	Female Senior
169	00:53:02	4	Mark	Adams	Unattached	Male Vet 40
170	00:53:05	351	Claire	Foxhall	Unattached	Female Vet 35
171	00:53:06	272	Paul	Gilson	Ipswich JAFFA	Male Vet 40
172	00:53:10	218	Jane	Butler	Unattached	Female Vet 35
173	00:53:10	219	Marc	Nobel	Unattached	Male Vet 40
174	00:53:10	223	Linda	Saint	Unattached	Female Vet 35
175	00:53:14	1122	Sergi	Jatques	Unattached	Male Senior
176	00:53:15	321	Stuart	Edwards	Unattached	Male Senior
177	00:53:17	225	Chris	Fox	Unattached	Male Vet 40
178	00:53:21	1289	Miranda	Courteen	Unattached	Female Vet 35
179	00:53:29	251	Andrew	Morey	Felixstowe Road Runners	Male Senior
180	00:53:31	1121	Chris	Shott	Unattached	Male Senior
181	00:53:34	318	Jeff	Ringrose	Unattached	Male Senior
182	00:53:48	394	Ian	Moore	Norwich Road Runners	Male Senior
183	00:53:48	144	Scott	Young	Unattached	Male Vet 40
184	00:53:53	372	Karl	Leach	Unattached	Male Vet 40
185	00:53:58	317	kevin	Clinton	Unattached	Male Vet 40
186	00:54:15	313	Lucie	Ryan	Unattached	Female Senior
187	00:54:20	253	Ruth	Belsom	Unattached	Female Vet 35
188	00:54:21	183	Belinda	Godbolt	David Lloyd Sports	Female Vet 35
189	00:54:22	112	James	Phillips	Unattached	Male Senior
190	00:54:23	280	Kathleen	Bothams	Unattached	Female Vet 35
191	00:54:29	365	Paul	Audsley	Unattached	Male Vet 40
192	00:54:29	157	Tony	Britt	UK Netrunners	Male Vet 40
193	00:54:35	254	Chris	Stanton	Unattached	Male Vet 40
194	00:54:41	266	Lawrie	Flood	Unattached	Male Senior
195	00:54:41	45	Corinna	Hussey	Unattached	Female Vet 35
196	00:54:42	192	Susanne	Younge	Unattached	Female Vet 35
197	00:54:46	356	Toby	Kemp	Unattached	Male Senior
198	00:54:46	64	Amanda	Fritzgerald	Unattached	Female Vet 35
199	00:54:51	180	Ann	Piercy	Harwich Runners	Female Vet 35
200	00:54:52	174	Marcus	Leroy	Unattached	Male Senior
201	00:54:55	98	JennY	Oliver	Unattached	Female Senior
202	00:54:56	52	Carl	Purnell	Unattached	Male Vet 40
203	00:55:10	124	Kate	Austin	Unattached	Female Vet 35
204	00:55:10	117	Emily	Tyrell	Unattached	Female Senior
205	00:55:11	125	Melanie	Ball	Unattached	Female Senior
206	00:55:12	126	Aaron	Morley	Unattached	Male Senior
207	00:55:13	162	Suzy	Hills	Unattached	Female Senior
208	00:55:14	283	Victoria	Turner	Unattached	Female Vet 35
209	00:55:15	310	Donna	Smith	Ipswich JAFFA	Female Senior
210	00:55:33	175	Claire	Leroy	Unattached	Female Vet 35
211	00:55:36	193	Malcolm	Fletcher	Unattached	Male Vet 40
212	00:55:40	287	Richard	Farnworth	Felixstowe Road Runners	Male Vet 40
213	00:55:44	47	Ruth	Davies	Unattached	Female Vet 35
214	00:55:44	95	Ian	McDowell	Unattached	Male Vet 40
215	00:55:45	74	Michelle	Parry	Unattached	Female Vet 35
216	00:55:47	338	Tammy	Hunt	Unattached	Female Vet 35
217	00:55:53	202	Ali	Osborne	Unattached	Female Vet 35
218	00:56:06	309	Mark	Lane	Unattached	Male Senior
219	00:56:11	239	Clare	Merchant	Unattached	Female Vet 35
220	00:56:13	119	Sanjiv	Chadha	Unattached	Male Senior
221	00:56:18	84	Elaine	Brinkley	Felixstowe Road Runners	Female Vet 35
222	00:56:18	137	Deborah	Wainwright	Unattached	Female Vet 35
223	00:56:22	16	Lee	Reynolds	Unattached	Male Senior

224	00:56:24	165 Lisa	Hammond	Unattached	Female Vet 35
225	00:56:27	32 Sanantha	Thompson	Unattached	Female Senior
226	00:56:33	127 Andrew	Thompson	Unattached	Male Vet 40
227	00:56:33	59 Victoria	Sharp	Unattached	Female Senior
228	00:56:36	75 Chris	Astley	Unattached	Male Senior
229	00:56:42	238 Kikki	Osbourne	Unattached	Female Vet 35
230	00:56:51	177 David	Lampard	Felixstowe Road Runners	Male Vet 40
231	00:57:04	46 Keith	Fisher	Unattached	Male Vet 40
232	00:57:08	334 Pol	Sweeney	Unattached	Male Vet 40
233	00:57:13	155 Anne	Smith	Stowmarket Striders	Female Vet 35
234	00:57:13	156 Harry	Smith	Stowmarket Striders	Male Senior
235	00:57:15	178 Philip	Brown	Unattached	Male Vet 40
236	00:57:22	148 Rebecca	Ford	Unattached	Female Senior
237	00:57:30	90 Deborah	Charles	Unattached	Female Vet 35
238	00:57:45	288 Jayne	Farnworth	Felixstowe Road Runners	Female Vet 35
239	00:57:47	384 Victoria	Wood	Unattached	Unable to place in Cat.
240	00:57:50	348 Julie	Turner	Unattached	Female Vet 35
241	00:57:51	248 Mark	Keightley	Unattached	Male Senior
242	00:57:55	30 Paul	Kerrison	Harwich Runners	Male Vet 40
243	00:58:04	232 Anthony	Tapsel	Unattached	Male Senior
244	00:58:08	43 Steven	Reynolds	Unattached	Male Vet 40
245	00:58:10	11 Hannah	Clarke	Unattached	Female Senior
246	00:58:10	366 Jane	Audsley	Unattached	Female Vet 35
247	00:58:11	159 Nathan	Rawlings	Unattached	Male Senior
248	00:58:12	353 Jenny	O'Hanlon	Capel Cheetahs	Female Vet 35
249	00:58:13	168 Emma	Ferguson	Unattached	Male Senior
250	00:58:14	354 Judi	Burwood	Unattached	Female Vet 35
251	00:58:15	1298 Jenny	Summers	Fitness First	Female Vet 35
252	00:58:12	279 Gareth	Baalham-Williams	Unattached	Male Senior
253	00:58:25	97 Anne	Oliver	Felixstowe Road Runners	Female Vet 35
254	00:58:34	323 Simon	Ruffles	Unattached	Male Vet 40
255	00:58:36	255 Richard	Smith	Felixstowe Road Runners	Male Vet 40
256	00:58:37	76 Denise	Booth	Unattached	Female Vet 35
257	00:58:46	337 Angela	Burdett	Stowmarket Striders	Female Vet 35
258	00:58:51	53 Maxine	Turner	Unattached	Female Vet 35
259	00:58:52	311 Ken	Livesey	Ipswich JAFFA	Male Vet 40
260	00:59:00	350 Kate	Luke	Unattached	Female Vet 35
261	00:59:03	274 Sally	Martin	Unattached	Female Vet 35
262	00:59:06	114 Dave	Fanning	Unattached	Male Senior
263	00:59:10	109 Sarah	Richardson	Ipswich JAFFA	Female Senior
264	00:59:11	385 Lucill	Curtis	Unattached	Female Vet 35
265	00:59:12	418 Paul	Clark	Unattached	Male Senior
266	00:59:13	413 Gerald	Gora	Unattached	Male Vet 40
267	00:59:17	373 Clare	Phillips	Unattached	Female Vet 35
268	00:59:22	293 Simon	Knight	Unattached	Male Senior
269	00:59:24	111 Martin	Hawkins	Unattached	Male Vet 40
270	00:59:25	263 Karen	Godding	Unattached	Female Vet 35
271	00:59:34	48 Debbie	Wright	Unattached	Female Vet 35
272	00:59:47	179 Christopher	Sawyer	Unattached	Male Vet 40
273	00:59:47	196 Jan	Blake	Unattached	Female Vet 35
274	00:59:55	54 Cher	Milbourne	Ipswich JAFFA	Male Vet 40
275	01:00:00	57 Gillian	Anness	Unattached	Female Vet 35
276	01:00:01	244 Mary_Jane	Budd	Unattached	Female Vet 35
277	01:00:02	79 Anne	Baxter	Gt Bentley Running Club	Female Vet 35
278	01:00:06	426 Dannielle	Lewis	Unattached	Female Senior
279	01:00:07	73 Jonathan	Wilding	Felixstowe Road Runners	Male Vet 40

280	01:00:15	123 Alice	Plamer	Unattached	Female Vet 35
281	01:00:16	236 Debbie	Cooke	Unattached	Female Vet 35
282	01:00:17	65 Anna	De'Ath	Unattached	Female Vet 35
283	01:00:18	51 Anna	Sharplin	Unattached	Female Vet 35
284	01:00:19	256 Rosemary	Naylor	Unattached	Female Vet 35
285	01:00:20	257 Michael	Summers	Unattached	Male Senior
286	01:00:25	172 Caroline	Adiem	Unattached	Female Vet 35
287	01:00:25	171 Paul	Roberts	Unattached	Male Senior
288	01:00:26	258 Kim	Evens	Unattached	Male Senior
289	01:00:27	252 Gary	Evens	Unattached	Male Senior
290	01:00:34	346 Jamie	Milton	Unattached	Female Senior
291	01:00:39	268 Jemery	Ward	Unattached	Male Vet 40
292	01:00:41	188 Mel	Chittock	Unattached	Male Vet 40
293	01:00:41	21 Elaine	Yellen	Unattached	Female Vet 35
294	01:00:46	88 Emma	Bloomfield	Gt Bentley Running Club	Female Senior
295	01:00:48	87 Edward	Bloomfield	Unattached	Male Vet 40
296	01:00:19	327 Vicky	Allen	Unattached	Female Senior
297	01:00:54	294 Mark	Tearle	Unattached	Male Vet 40
298	01:00:57	386 Anna	Bettis	Unattached	Female Senior
299	01:01:01	80 Linda	Blagg	Unattached	Female Vet 35
300	01:01:07	320 Christina	Dillmann	Unattached	Female Senior
301	01:01:25	332 Fiona	Geraghty	Unattached	Female Vet 35
302	01:01:35	18 Clare	McKenna	Harwich Runners	Female Senior
303	01:01:39	324 Sarah	Patterson	Unattached	Female Vet 35
304	01:01:43	200 Emma	Ragab	Unattached	Female Senior
305	01:01:50	208 Bruce	Davidson	Unattached	Male Vet 40
306	01:01:51	209 Mary	Davidson	Unattached	Female Vet 35
307	01:02:02	1294 Wendy	Thompson	Fitness First	Female Vet 35
308	01:02:02	1297 Jo	Booth	Fitness First	Female Vet 35
309	01:02:58	56 Kate	Hughes	Unattached	Female Vet 35
310	01:02:59	12 Ruth	Hatch	Unattached	Female Vet 35
311	01:02:59	129 Anna	Sterling	Unattached	Female Vet 35
312	01:03:09	228 Richard	Manning	Unattached	Male Senior
313	01:03:11	231 Lisa	Berridge	Unattached	Female Vet 35
314	01:03:13	390 Mandy	Spurgeon	Unattached	Female Vet 35
315	01:03:16	167 Shelli	Haswell	Unattached	Female Vet 35
316	01:03:21	102 Fiona	Wynne	Unattached	Female Senior
317	01:03:22	101 James	Knight	Unattached	Male Senior
318	01:03:22	135 Graham	Brookman	Unattached	Male Vet 40
319	01:03:23	134 Sylvie	Brookman	Unattached	Female Vet 35
320	01:03:25	304 Derek	Bell	Unattached	Male Vet 40
321	01:03:30	247 Clair	Simpson	Unattached	Female Senior
322	01:03:52	89 Nicola	Bentley	Unattached	Female Senior
323	01:03:55	326 Francesca	Haynes	Unattached	Female Senior
324	01:04:00	284 Marie-Louise	Loupart	Unattached	Female Vet 35
325	01:04:03	419 Josephine	Flattery	Unattached	Female Vet 35
326	01:04:22	205 Claire	Chowney	Unattached	Female Senior
327	01:04:38	229 Stacey	Wadsley	Unattached	Female Senior
328	01:04:48	285 Kate	Loupart	Unattached	Female Vet 35
329	01:04:48	289 Kate	Reynolds	Unattached	Female Vet 35
330	01:04:52	420 Vanessa	Miaer	Unattached	Female Vet 35
331	01:04:58	362 Alexandra	Wilson	Unattached	Female Senior
332	01:05:13	96 Faye	McDowell	Unattached	Female Vet 35
333	01:05:17	423 Kevan	Ansell	Unattached	Male Vet 40
334	01:05:21	407 Barbara	Moss-Taylor	Unattached	Female Vet 35
335	01:05:28	424 Claire	Compton	Unattached	Female Senior

336	01:05:28	39 Mel	Sowter	Unattached	Male Senior
337	01:05:30	40 Andrew	Mitchel	Unattached	Male Vet 40
338	01:05:33	189 Lorna	Crittenden	Unattached	Female Senior
339	01:05:42	50 Karren	Berry	Benfleet Running Club	Female Vet 35
340	01:05:56	322 Sarah	Edwards	Unattached	Female Vet 35
341	01:05:58	276 Rachel	Giles	Unattached	Female Vet 35
342	01:06:01	230 Jayne	Wadsley	Unattached	Female Vet 35
343	01:06:02	44 Jennie	Thorington	Unattached	Female Vet 35
344	01:06:07	215 Alexandra	Davies	Unattached	Female Vet 35
345	01:06:07	214 Matthew	Davies	Unattached	Male Senior
346	01:06:08	187 John	Hughes	Unattached	Male Vet 40
347	01:06:08	38 Jamie	Macrae	Unattached	Female Vet 35
348	01:06:11	27 Lindsay	Cooper	Unattached	Female Senior
349	01:06:15	422 Patrice	Guezoult	Unattached	Female Vet 35
350	01:07:02	198 Philip	Nutley	St Edmund Pacers	Male Vet 40
351	01:07:42	161 Vicky	Craig	Unattached	Female Vet 35
352	01:08:18	25 Roy	Abbott	Unattached	Male Vet 40
353	01:08:39	68 Jasper	Corbett	Unattached	Male Vet 40
354	01:09:39	191 Stella	Fitzgerald	Unattached	Female Vet 35
355	01:10:18	380 Debbie	Hitchen	Unattached	Unable to place in Cat.
356	01:10:34	349 Barry	Halford	Unattached	Male Vet 40
357	01:11:00	3 Nic	Hill	Unattached	Male Vet 40
358	01:11:07	7 Paul	Martin	Unattached	Male Vet 40
359	01:11:24	227 Alexandra	Weitzel	Unattached	Female Senior
360	01:11:49	62 Shaun	Riceman	Unattached	Male Senior
361	01:11:50	176 Jenna	Wilkinson	Unattached	Female Senior
362	01:11:51	393 Joanne	Ford	Unattached	Female Senior
363	01:12:03	412 Clare	Gora	Unattached	Female Vet 35
364	01:12:06	367 Sarah	Markham	Unattached	Female Vet 35
365	01:12:33	240 Linda	Story	Unattached	Female Vet 35
366	01:12:52	186 Lucy	Uren	Unattached	Female Vet 35
367	01:13:11	249 Nicola	Dickson	Unattached	Female Senior
368	01:14:08	24 Diane	Stubbs	Unattached	Female Senior
369	01:14:59	319 Kim	Sinnamon	Unattached	Female Senior
370	01:15:03	314 Nicola	browning	Unattached	Female Vet 35
371	01:15:37	19 Shelley	Dibbens	Unattached	Female Senior
372	01:15:43	107 Malcolm	Silburn	Felixstowe Road Runners	Male Vet 40
373	01:16:55	160 Julie	Abernethy	Unattached	Female Vet 35
374	01:17:20	308 Claire	Johnson	Unattached	Female Senior
375	01:18:17	49 Matt	Phillips	Unattached	Male Senior
376	01:18:30	55 Linda	Rookyard	Unattached	Female Vet 35
377	01:20:31	409 James	Kelly	Framlingham Flyers	Male Vet 40
378	01:20:32	69 Eric	Daykin	Road Runners Club	Male Vet 40
379	01:21:30	61 Natalie	Howes	Unattached	Female Senior
380	01:27:32	6 David	Scotford	Stowmarket Striders	Male Vet 40
381	01:31:45	41 Ria	Steward	Unattached	Female Senior
382	01:32:44	81 Caroline	Mowle	Unattached	Female Vet 35
	dns/dnf	1 Gordon	Banks	Unattached	Male Vet 40
	dns/dnf	10 Ian	Stobirski	Witham RC	Male Senior
	dns/dnf	13 Billy	Richmond	Unattached	Male Vet 40
	dns/dnf	15 Hannah	Breen	Unattached	Female Vet 35
	dns/dnf	20 Adam	Cooper	Unattached	Male Senior
	dns/dnf	28 Vicky	Brame	Unattached	Female Senior
	dns/dnf	29 Dave	McGinn	Unattached	Male Vet 40
	dns/dnf	33 Andrew	Hunn	Unattached	Male Vet 40
	dns/dnf	34 Sarah	Walker	Unattached	Female Vet 35

dns/dnf	36 Michael	McKinnell	Unattached	Male Vet 40
dns/dnf	37 Paul	McCann	Unattached	Female Vet 35
dns/dnf	58 Samantha	Allard	Unattached	Female Vet 35
dns/dnf	60 Giles	Sharp	Unattached	Male Vet 40
dns/dnf	67 Tare	Corbett	Hadleigh Hares A.C.	Female Vet 35
dns/dnf	72 Steven	Brinkley	Felixstowe Road Runners	Male Vet 40
dns/dnf	77 Mike	Shimmon	Unattached	Male Senior
dns/dnf	78 Elise	Colombel	Unattached	Female Senior
dns/dnf	82 Susan	Tunaley	Unattached	Female Vet 35
dns/dnf	85 James	Gilbert	Ipswich JAFFA	Male Senior
dns/dnf	86 Kirsty	Richardson	Unattached	Female Senior
dns/dnf	93 Konstatinos	Makris	Unattached	Male Vet 40
dns/dnf	94 Lisa	Wynn	Unattached	Female Vet 35
dns/dnf	105 Skantha	Ruban	Unattached	Male Vet 40
dns/dnf	106 Nicole	Ruban	Unattached	Female Vet 35
dns/dnf	110 James	Wilkinson	Unattached	Male Senior
dns/dnf	113 Laura	Fanning	Unattached	Female Vet 35
dns/dnf	118 Jonathan	Gleeson	Ipswich JAFFA	Male Vet 40
dns/dnf	120 Adam	Boyton	Unattached	Male Senior
dns/dnf	121 Katherine	Richardson	Unattached	Female Senior
dns/dnf	130 Claire	Burgess	Unattached	Female Vet 35
dns/dnf	138 Nick	Wainwright	Unattached	Male Vet 40
dns/dnf	141 David	Birkby	Unattached	Male Senior
dns/dnf	142 Teresa	Whitehart	Unattached	Female Vet 35
dns/dnf	146 Gemma	Conn	London Heathside AC	Female Senior
dns/dnf	149 Ian	Caulfield	Unattached	Male Senior
dns/dnf	150 Corinne	Keenan	Unattached	Female Vet 35
dns/dnf	154 Scott	Sherman	Stowmarket Striders	Male Senior
dns/dnf	166 Marcus	Catlin	Ipswich JAFFA	Male Senior
dns/dnf	181 Colin	Harvey	Harwich Runners	Male Vet 40
dns/dnf	184 Andrew	Mackenzie	Ipswich JAFFA	Male Vet 40
dns/dnf	185 Steven	Frost	Unattached	Male Senior
dns/dnf	199 James	Potter	Unattached	Male Vet 40
dns/dnf	204 Andrew	Golding	Unattached	Male Senior
dns/dnf	260 Caroline	Hunt	Unattached	Female Senior
dns/dnf	261 Brian	Parrott	Unattached	Male Vet 40
dns/dnf	262 Pamela	Parrott	Unattached	Female Vet 35
dns/dnf	297 John	Scott	Unattached	Male Senior
dns/dnf	301 Sam	Harper	Unattached	Male Senior
dns/dnf	306 Justine	Valentine	Unattached	Female Senior
dns/dnf	312 Kate	White	Unattached	Female Vet 35
dns/dnf	329 Logan	Mair	Unattached	Male Vet 40
dns/dnf	347 Simon	Milton	Unattached	Male Vet 40
dns/dnf	355 Ashley	Foxhall	Capel Cheetahs	Male Vet 40
dns/dnf	363 Adam	Eaton	Unattached	Male Vet 40
dns/dnf	371 Gary	Taylor	Unattached	Unable to place in Cat.
dns/dnf	396 Rebecca	Clare	Unattached	Female Vet 35
dns/dnf	397 Patrice	Gueroult	Unattached	Male Vet 40
dns/dnf	399 Wayne	Tillinghurst	Unattached	Unable to place in Cat.
dns/dnf	400 Jenny	Summers	Unattached	Unable to place in Cat.
dns/dnf	401 Jo	Booth	Unattached	Unable to place in Cat.
dns/dnf	402 Louise	Miller	Unattached	Unable to place in Cat.
dns/dnf	403 Wendy	Thompson	Unattached	Unable to place in Cat.