

**These are the final set of results for the AW 10Km. Not more amendments will be made**

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:35:02	52	Brad	Jones	Ipswich JAFFA	Male Senior
2	00:36:22	12	Steve	Cooper	Blackheath & Bromley Harriers	Male Senior
3	00:37:19	527	Andrew	Wright	Springfield Striders AC	Male Master 40+
4	00:37:32	371	Alan	Cooney	The Saxons	Male Senior
5	00:37:47	147	Sloane	Potter	Unattached	Male Senior
6	00:37:51	37	James	Farren	Witham RC	Male Master 40+
7	00:38:40	159	Henry	Chancellor	School Parent	Male Master 40+
8	00:38:44	83	Carlos	Catalan	Hadleigh Hares A.C.	Male Senior
9	00:39:22	440	Robyn	Jones	Unattached	Male Senior
10	00:39:28	232	Rory	Suckling	Unattached	Male Master 40+
11	00:39:34	522	Teal	Riley	Unattached	Male Master 40+
12	00:39:38	48	Sam	Francis	Unattached	Male Senior
13	00:40:02	480	Harrison	Jeffries	Unattached	Male Senior
14	00:40:03	332	Steve	Gamble	Unattached	
15	00:40:14	483	Dawn	Davies	Ipswich JAFFA	Females Master 35+
16	00:40:23	499	Jack	Rennison	Unattached	Male Senior
17	00:40:39	532	Natasha	Belsom	Ipswich JAFFA	Female Senior
18	00:40:51	505	Matt	Hunter	Hadleigh Hares A.C.	Male Senior
19	00:40:52	25	Charles	Keitch	Unattached	Male Senior
20	00:40:58	484	Neil	Catling	Ipswich Triathlon Club	Male Senior
21	00:41:13	489	Kelley	Haniver	Aldershot Farnham & District	Females Master 35+
22	00:41:23	436	Robin	Harper	Felixstowe Road Runners	Male Senior
23	00:41:35	29	Simon	Macer-Wright	Greenwich Tritons	Male Master 40+
24	00:41:51	225	Paul	Norris	Unattached	Male Master 40+
25	00:42:22	407	Chris	Sugars	Ipswich Harriers	Male Master 40+
26	00:42:33	325	Chris	Squirrell	Unattached	Male Senior
27	00:42:36	372	Steven	Kent	Harwich Runners	Male Master 40+
28	00:42:43	202	Robin	Belsom	Ipswich JAFFA	Male Master 40+
29	00:43:05	441	Aaron	Hamilton	Unattached	Male Senior
30	00:43:11	115	Ady	Dale	Unattached	Male Senior
31	00:43:13	515	Samuel	Burdett	Stowmarket Striders	Male Senior
32	00:43:15	551	Stu	Creek	Unattached	Male Senior
33	00:43:19	375	Gary	Taylor	Unattached	Male Senior
34	00:43:20	220	Adrian	Peake	Ipswich JAFFA	Male Master 40+
35	00:43:32	35	Brian	Airlie	Hadleigh Hares A.C.	Male Master 40+
36	00:43:35	458	Mark	Watts	St Edmund Pacers	Male Master 40+
37	00:43:36	182	Mark	Andrews	Purple Patch Runners	Male Master 40+
38	04:43:44	391	Val	Jennings	Ipswich JAFFA	Females Master 35+
39	00:43:54	90	Russel	Breyer	Ipswich Triathlon Club	Male Master 40+
40	00:44:00	435	Richard	Whyte	Unattached	Male Senior
41	00:44:03	519	Mandy	Harley	Unattached	Females Master 35+
42	00:44:04	216	Richard	Shaw	Unattached	Male Senior
43	00:44:09	293	Derek	Hood	Stowmarket Striders	Male Senior
44	00:44:36	155	Daniel	Hooper	Unattached	Male Senior
45	00:44:37	314	Stuart	Wade	Unattached	Male Senior
46	00:44:50	199	Nathan	Ellis	Unattached	Male Senior
47	00:44:52	328	Paul	Cooke	Ipswich JAFFA	Male Senior
48	00:44:53	520	Tony	Mayhew	Unattached	Male Senior
49	00:44:54	285	Phillippe	Bilby	Unattached	Male Senior
50	00:44:56	31	Johnny	Zeeuw	Harwich Runners	Male Master 40+
51	00:45:07	558	Roger	Murry	Unattached	Male Senior
52	00:45:15	245	James	Valentine	Unattached	Male Senior
53	00:45:16	449	Robert	Ward	Unattached	Male Master 40+

54	00:45:17	283	Nathan	Rawlings	Unattached	Male Senior
55	00:45:25	108	Liam	Rutter	Unattached	
56	00:45:26	280	Jason	Butler	School Parent	Male Master 40+
57	00:45:29	132	Simon	Fenn	Hadleigh Hares A.C.	Male Master 40+
58	00:45:30	297	Simon	Tavner	Unattached	Male Senior
59	00:45:32	443	Michael	Lyons	Unattached	Male Senior
60	00:45:40	383	Paul	Barnsley	Unattached	Male Master 40+
61	00:45:40	460	Cathy	Bruneau	Unattached	Females Master 35+
62	00:45:50	145	Alex	Morrison	Ipswich JAFFA	Male Master 40+
63	00:45:51	419	James	Tribley	Unattached	Male Master 40+
64	00:45:55	191	Lee	Bettis	Gallery Run & Tri Club	Male Master 40+
65	00:45:56	119	Stuart	James	Unattached	Male Master 40+
66	00:45:57	542	Gary	Webster	Unattached	Male Master 40+
67	00:46:00	79	Dan	Wood	Unattached	Male Senior
68	00:46:02	442	Jeff	Howe	Unattached	Male Master 40+
69	00:46:04	313	Ben	Hudson	Ipswich JAFFA	Male Senior
70	00:46:07	299	Abby	Gaeta	Ipswich JAFFA	Female Senior
71	00:46:13	44	Davvid	Beighton	Unattached	Male Senior
72	00:46:18	490	James	Calver	Ipswich JAFFA	Male Senior
73	00:46:19	493	John	Weston	Ipswich JAFFA	Male Master 40+
74	00:46:20	461	Ian	Markham	Unattached	Male Senior
75	00:46:22	60	Gary	Lowe	Unattached	Male Master 40+
76	00:46:27	200	Luke	Richardson	Unattached	Male Senior
77	00:46:28	321	Andy	Gamble	Unattached	Male Master 40+
78	00:46:30	473	Paul	White	Unattached	Male Master 40+
79	00:46:31	339	Mark	Lankester	Unattached	Male Master 40+
80	00:46:32	466	Jason	Kettle	Unattached	Male Senior
81	00:46:33	453	Peter	Colman	Ipswich JAFFA	Male Master 40+
82	00:46:36	544	Mike	Evennett	Unattached	Male Master 40+
83	00:46:38	465	Jono	Crouch	Unattached	Male Senior
84	00:46:58	255	Alistair	Goodier	Ipswich JAFFA	Male Master 40+
85	00:47:05	53	Rob	Ferguson	School Parent	Male Master 40+
86	00:47:14	541	Paul	Wigens	Woodbridge Shufflers	Male Master 40+
87	00:47:18	114	Paul	Savage	Unattached	Male Senior
88	00:47:19	423	Michael	Peachey	Unattached	Male Senior
89	00:47:21	215	Natalie	Shaw	Unattached	Female Senior
90	00:47:30	342	Craig	Osborne	Unattached	Male Master 40+
91	00:47:31	38	Gareth	Northwood	Unattached	Male Master 40+
92	00:47:32	169	Seth	Davis	Unattached	Male Senior
93	00:47:33	305	Barry	Hammick	Harwich Runners	Male Senior
94	00:47:35	291	Damien	Saiz	Unattached	Male Senior
95	00:47:40	326	David	Savill	Unattached	Male Master 40+
96	00:47:44	397	Chris	Johns	Ipswich JAFFA	Male Master 40+
97	00:47:48	486	Ian	Cunnington	Unattached	Male Master 40+
98	00:47:58	195	Gareth	Derrick	Unattached	Male Senior
99	00:48:05	472	Paul	deBree	Unattached	Male Master 40+
100	00:48:08	274	Mark	Kitson	Unattached	Male Master 40+
101	00:48:09	346	Gary	Holden	Unattached	Male Master 40+
102	00:48:10	510	William	Crabtree	Unattached	Male Senior
103	00:48:11	355	Carl	Cronin	School Parent	Male Senior
104	00:48:13	178	Nick	Jackson	Unattached	Male Master 40+
105	00:48:15	204	Richard	Day	Stowmarket Striders	Male Senior
106	00:48:18	126	Geoff	Hall	Unattached	Male Senior
107	00:48:21	138	Darren	Hogwood	Unattached	Male Master 40+
108	00:48:29	406	Jon	Sharp	Unattached	Male Master 40+
109	00:48:30	491	Ian	Gould	Unattached	Male Master 40+

110	00:48:39	514	William	Burdett	Stowmarket Striders	Male Master 40+
111	00:48:40	497	Patric	Martin	Unattached	Male Master 40+
112	00:48:41	471	Martin	Oscroft	Unattached	Male Master 40+
113	00:48:45	213	Jonathon	Levett	Stowmarket Striders	Male Master 40+
114	00:48:52	529	Roger	Hobson	Woodbridge Shufflers	Male Master 40+
115	00:48:52	236	David	Telling	Unattached	Male Master 40+
116	00:48:54	439	Annie	Nunn	Unattached	Female Senior
117	00:49:13	330	Kelvyn	Sampson	Unattached	Male Master 40+
118	00:49:18	223	Paul	Sunders	Unattached	Male Senior
119	00:49:22	120	Andrew	Gemmell	Unattached	Male Master 40+
120	00:49:27	398	Sally	Connick	Ipswich JAFFA	Females Master 35+
121	00:49:35	451	Tom	Pates	Unattached	Male Senior
122	00:49:36	353	Andrew	Townes	Unattached	Male Senior
123	00:49:37	408	Nicola	Weldon	Unattached	Female Senior
124	00:49:39	156	Tom	Mountfield	Unattached	Male Senior
125	00:39:41	301	Lauren	Burman	Unattached	Female Senior
126	00:49:50	553	Ian	Mace	Woodbridge Shufflers	Male Master 40+
127	00:49:51	462	Stephen	Winser	Unattached	Male Master 40+
128	00:49:52	300	Alex	Kuczer	Unattached	Male Master 40+
129	00:49:55	470	Andrew	Myers	School Parent	Male Master 40+
130	00:50:09	142	James	Parks	Unattached	Male Senior
131	00:50:18	430	Boris	Bibko	Unattached	Male Senior
132	00:50:19	463	David	Wood	Unattached	Male Master 40+
133	00:50:20	187	Louie	Bloom	Unattached	
134	00:50:20	349	Simon	Lee-Frampton	Unattached	Male Master 40+
135	00:50:21	506	Terry	O'Sullivan	Unattached	Male Master 40+
136	00:50:30	369	Daniel	Malcolm-Stewart	Unattached	Male Senior
137	00:50:32	149	Jonathan	Mann	School Parent	Male Master 40+
138	00:50:33	231	Charles	Barrett	Unattached	Male Master 40+
139	00:50:34	125	Neil	Butler	Unattached	Male Master 40+
140	00:50:34	379	Phil	Brown	St Edmund Pacers	Unable to place in Cat.
141	00:50:37	177	Katie	Jackson	Unattached	Females Master 35+
142	00:50:39	306	Daniel	Scutcher	Unattached	Male Senior
143	00:50:40	322	Kieran	Mandley	Unattached	Male Senior
144	00:50:41	388	Carl	Friar	Unattached	Male Master 40+
145	00:50:42	136	Peter	Gray	Unattached	Male Senior
146	00:50:46	160	Chloe	Chancellor	School Parent	
147	00:50:49	141	Rogue	Vieito	Unattached	Male Master 40+
148	00:50:50	450	David	Ashmore	Unattached	Male Senior
149	00:50:51	409	John	Penny	Unattached	Male Master 40+
150	00:50:52	56	Paul	Gilson	Ipswich JAFFA	Male Master 40+
151	00:51:00	121	James	Fox	Unattached	Male Senior
152	00:51:01	523	Lisa	Barwick	Unattached	Females Master 35+
153	00:51:02	467	Ken	Gould	Unattached	Male Master 40+
154	00:51:09	186	Fred	Boggis	Woodbridge Shufflers	Male Master 40+
155	00:51:10	474	Paul	Goldsmith	Unattached	Male Senior
156	00:51:11	426	Russell	Welham	Unattached	Male Senior
157	00:51:12	550	Paul	McAllaster	Capel Cheetahs	Male Master 40+
158	00:51:13	333	Michaela	Kadanikova	Ipswich JAFFA	Female Senior
159	00:51:23	49	Marcus	Catlin	Ipswich JAFFA	Male Senior
160	00:51:24	318	Jeremy	Hennell-James	Unattached	Male Master 40+
161	00:51:27	208	Mark	Voller	Mid Essex Casuals	Male Master 40+
162	00:51:27	206	Chris	Gillam	Unattached	Male Master 40+
163	00:51:29	492	Roger	Wendt	Unattached	Male Senior
164	00:51:30	357	Melvyn	Maycock	Unattached	Male Senior
165	00:51:30	324	Paul	Squirrell	Unattached	Male Master 40+

166	00:51:33	42	Steven	Seinet-Martin	Felixstowe Road Runners	Male Master 40+
167	00:51:34	235	Daniel	Southgate	Unattached	Male Senior
168	00:51:34	103	Joe	Dewing	Unattached	Male Senior
169	00:51:38	309	Sanjiv	Chadha	Unattached	Male Senior
170	00:51:48	201	Ian	Caulfield	Unattached	Male Senior
171	00:51:51	227	Rob	Jones	School Parent	Male Master 40+
172	00:51:51	228	Elizabeth	Parker	Felixstowe Road Runners	Females Master 35+
173	00:51:53	118	Chris	lillistone	Unattached	Unable to place in Cat.
174	00:52:02	158	Michelle	Parry	Gt Bentley Running Club	Females Master 35+
175	00:52:06	123	Stuart	Barton	Unattached	Male Master 40+
176	00:52:08	210	Robert	Mithael	Unattached	Male Senior
177	00:52:08	302	Stephen	Pretty	Unattached	Male Master 40+
178	00:52:09	422	Henri	Bailey	Unattached	Females Master 35+
179	00:52:15	294	Michael	Martin	Ipswich JAFFA	Male Master 40+
180	00:52:19	517	Joe	Leaver	Unattached	Male Senior
181	00:52:23	192	Gary	Taylor	Woodbridge Shufflers	Male Master 40+
182	00:52:24	243	Gabrielle	Hudyk	Unattached	Female Senior
183	00:52:26	113	David	Tilley	Unattached	Male Senior
184	00:52:33	107	Gavin	Kostrzewski	Unattached	Male Senior
185	00:52:34	251	Stephanie	Hodge	Unattached	Female Senior
186	00:52:35	252	Steven	Paternoster	Unattached	Male Master 40+
187	00:52:35	242	Clive	Purbrook	Unattached	Male Master 40+
188	00:52:36	387	Nick	Winter	School Parent	Male Master 40+
189	00:52:43	452	Michael	Lozano	Unattached	Male Senior
190	00:52:44	96	Joanna	Parker	Unattached	Female Senior
191	00:52:45	62	Justin	Brown	Unattached	Male Senior
192	00:52:47	485	Tracey	Lee	School Parent	Females Master 35+
193	00:52:50	501	Andy	Holdcroft	School Parent	Male Master 40+
194	00:52:57	392	Chris	Fox	Unattached	Male Master 40+
195	00:53:01	498	Richard	Smith	Felixstowe Road Runners	Male Master 40+
196	00:53:03	230	Rebecca	Barcley	Unattached	Female Senior
197	00:53:04	334	Hayley	Harper	Unattached	Females Master 35+
198	00:53:09	528	Dan	Humphries	Unattached	Male Senior
199	00:53:17	415	Mick	Panich	Unattached	Male Senior
200	00:53:19	429	Katie	Oliver	Felixstowe Road Runners	Female Senior
201	00:53:23	367	Michael	Hay	Unattached	Male Senior
202	00:53:25	203	Catherine	Abbott	Stowmarket Striders	Females Master 35+
203	00:53:27	197	Owen	Clay	Unattached	Male Senior
204	00:53:28	26	Kevin	Clinton	Unattached	Male Master 40+
205	00:53:33	446	Victoria	Turner	School Parent	Females Master 35+
206	00:53:34	219	Mark	Garrick	Unattached	Male Senior
207	00:53:37	122	James	Wood	Unattached	Male Senior
208	00:53:39	58	Susan	Glasgow	Unattached	Female Senior
209	00:53:41	475	Darren	Meek	Unattached	Male Senior
210	00:53:42	476	Ben	Andrews	Unattached	Male Senior
211	00:53:46	524	James	Sherwood	Unattached	Male Senior
212	00:53:47	181	Jonathan	Wilding	Felixstowe Road Runners	Male Master 40+
213	00:53:48	311	Ales	Smith	Stowmarket Striders	Females Master 35+
214	00:53:50	15	Julian	Bloom	Unattached	Male Master 40+
215	00:53:52	410	Peter	Russell	Unattached	Male Master 40+
216	00:53:55	421	Daniel	Hyde	Unattached	Male Senior
217	00:53:57	248	Jack	Kitching	Unattached	Male Senior
218	00:53:59	405	Stephanie	Miles	Unattached	Female Senior
219	00:54:00	106	Paul	Maycock	Unattached	Male Master 40+
220	00:54:01	73	Carl	Purnell	Unattached	Male Master 40+
221	00:54:06	61	Lucill	Curtis	School Parent	Male Master 40+

222	00:54:10	268	Richard	Anderson	Unattached	Male Master 40+
223	00:54:14	193	Richard	Brunning	Unattached	Male Senior
224	00:54:16	456	Nikki	Osborne	Unattached	Females Master 35+
225	00:54:21	144	Demi	Brooks	Unattached	Female Senior
226	00:54:24	143	Steven	Brooks	Unattached	Male Senior
227	00:54:24	281	Jane	Butler	School Parent	Females Master 35+
228	00:54:26	224	Rob	Sweeney	Unattached	
229	00:54:29	356	James	Dye	Unattached	Male Senior
230	00:54:32	131	Waylon	Allum	Unattached	Male Senior
231	00:54:33	538	Sarah	Owen	Unattached	Females Master 35+
232	00:54:34	229	Robert	Wheeler	Unattached	Male Senior
233	00:54:39	190	Clare	Merchant	Unattached	Females Master 35+
234	00:54:50	340	Paul	Rogers	Unattached	Male Master 40+
235	00:54:52	496	Lisa	Preece	Southwell Running Club	Females Master 35+
236	00:54:57	1	Paul	Kerrison	Harwich Runners	Male Master 40+
237	00:55:00	345	Andrew	King	Unattached	Male Master 40+
238	00:55:00	347	Simon	Podd	Unattached	Male Master 40+
239	00:55:06	24	Romany	Foster	Unattached	Females Master 35+
240	00:55:09	183	Paula	McManus	Unattached	Females Master 35+
241	00:55:12	257	Tim	Finegan	Felixstowe Road Runners	Male Master 40+
242	00:55:13	100	Jessica	Hall	Unattached	Female Senior
243	00:55:14	464	Ian	Linton	Tiptree Road Runners	Male Master 40+
244	00:55:15	548	Carole	Challis	Unattached	Female Senior
245	00:55:16	539	Steve	Bright	Unattached	Male Senior
246	00:55:20	16	Nicola	Keely	Unattached	Female Senior
247	00:55:20	17	Peter	Matthews	Unattached	Male Master 40+
248	00:55:26	221	Gregory	Bowen	Unattached	Male Master 40+
249	00:55:26	259	Danielle	Hislop	Unattached	Females Master 35+
250	00:55:28	296	Simon	Barratt	School Parent	Male Senior
251	00:55:29	270	Helen	Yellop	Capel Cheetahs	Females Master 35+
252	00:59:30	433	Belinda	Godbold	Ipswich JAFFA	Females Master 35+
253	00:59:31	399	Andrew	Broad	Unattached	Male Master 40+
254	00:55:51	209	Ruth	Belsom	Unattached	Females Master 35+
255	00:55:53	54	Emma	Ferguson	School Parent	Females Master 35+
256	00:55:53	500	Geri	Manning	Unattached	Females Master 35+
257	00:55:54	6	Victoria	Sharp	Unattached	Females Master 35+
258	00:55:56	507	James	Foulger	Unattached	Male Senior
259	00:56:05	361	Simon	Butler	Unattached	Male Master 40+
260	00:56:06	554	Omnia	Garnham	Unattached	Females Master 35+
261	00:56:07	68	Elizabeth	West	Unattached	Female Senior
262	00:56:10	67	Mo	Sually	Unattached	Male Senior
263	00:56:14	50	Andrew	Frost	Unattached	Male Master 40+
264	00:56:15	77	Rory	Doyle	Unattached	Male Senior
265	00:56:15	78	Paul	Lester	Unattached	Male Senior
266	00:56:16	8	Rachel	Brooke	School Parent	Females Master 35+
267	00:56:18	533	Tom	Taylor	Unattached	Male Master 40+
268	00:56:20	72	Robert	Chittock	Unattached	Male Senior
269	00:56:21	374	John	Clarke	Unattached	Male Master 40+
270	00:56:22	303	David	Brewster	Unattached	Male Senior
271	00:56:23	434	Gary	Evans	Unattached	Male Senior
272	00:56:27	547	Duncan	Anderson	Unattached	Male Master 40+
273	00:56:28	377	Dave	Lampard	Felixstowe Road Runners	Male Master 40+
274	00:56:29	286	Luke	Martin	Unattached	Male Senior
275	00:56:35	237	Angus	Eaton	Unattached	Male Master 40+
276	00:56:43	469	Jim	French	Unattached	Unable to place in Cat.
277	00:56:46	264	Vikki	Edmonds	Unattached	Females Master 35+

278	00:56:47	170	Keith	Augustus	Unattached	Male Master 40+
279	00:56:47	189	Hannah	Joseph	Unattached	Females Master 35+
280	00:56:47	188	Sharon	Southgate	Unattached	Females Master 35+
281	00:56:51	81	Paula	McCann	Unattached	Females Master 35+
282	00:56:51	82	Michael	McKinnell	Unattached	Male Master 40+
283	00:56:52	46	Liz	Beighton	Stowmarket Striders	Females Master 35+
284	00:56:53	70	Matthew	Howe	Unattached	Male Senior
285	00:56:55	403	Sarah	Bultz	Unattached	Female Senior
286	00:57:00	336	Stephen	Robson	Unattached	Male Senior
287	00:57:00	284	Scott	Caygill	Unattached	Male Senior
288	00:57:00	545	David	Reid	Stowmarket Striders	Male Master 40+
289	00:57:04	537	Julia	Hunter	Unattached	Females Master 35+
290	00:57:05	288	David	Francis	Unattached	Male Senior
291	00:57:06	185	James	Pitcher	Unattached	Male Senior
292	00:57:07	71	Caroline	Stafford	Felixstowe Road Runners	Females Master 35+
293	00:57:14	543	Andrew	D'Arcy	Unattached	Male Master 40+
294	00:57:15	331	Derek	Bell	Unattached	Male Master 40+
295	00:57:16	488	Bill	Abbott	Unattached	Male Master 40+
296	00:57:21	110	Dan	Muir	Unattached	Male Senior
297	00:57:21	111	David	Peace	Unattached	Male Senior
298	00:57:25	404	Nick	Scott	School Parent	Male Master 40+
299	00:57:31	74	Josephine	Flattery	Unattached	Females Master 35+
300	00:37:32	386	Victoria	Smith	Unattached	Female Senior
301	00:57:35	194	Mark	Cope	Unattached	Male Master 40+
302	00:57:36	85	Coral	Stace	Unattached	Females Master 35+
303	00:57:38	389	Kate	Measures	Unattached	Females Master 35+
304	00:57:39	27	Miranda	Courteen	Unattached	Females Master 35+
305	00:57:41	341	Bob	Whiting	Unattached	Male Master 40+
306	00:57:42	117	Fredrik	Wass	Unattached	Unable to place in Cat.
307	00:57:45	41	Christine	Challenger	Unattached	Females Master 35+
308	00:57:48	546	Katrina	Rigby	Unattached	Female Senior
309	00:57:49	295	Steve	Wilding	Ipswich JAFFA	Male Master 40+
310	00:57:56	425	Mark	Skoulding	Unattached	Male Master 40+
311	00:58:03	382	Laura	Fawcett	Unattached	Females Master 35+
312	00:58:20	63	Katie	McHugh	Unattached	Females Master 35+
313	00:58:20	64	Des	McHugh	Unattached	Male Master 40+
314	00:58:21	278	Katie	Parker	Unattached	Female Senior
315	00:58:21	277	Amy	Lewis	Unattached	Female Senior
316	00:58:23	457	Robert	Caton	School Parent	Male Senior
317	00:58:25	428	Lisa	Hambly-Burns	Unattached	Female Senior
318	00:58:27	552	Mik	Carr	Unattached	Male Master 40+
319	00:58:33	413	Phil	Hales	Unattached	Male Master 40+
320	00:58:37	4	Matt	Brewer	Unattached	Male Master 40+
321	00:58:43	557	Griff	Rhys-Jones	Unattached	Male Master 40+
322	00:58:54	217	David	Hrycyk	Unattached	Male Master 40+
323	00:59:02	350	Brenda	Padmore	Unattached	Females Master 35+
324	00:59:03	157	Alie	Osbourne	Unattached	Females Master 35+
325	00:59:03	244	David	Roberts	Unattached	Male Master 40+
326	00:59:04	482	Tracey	Lucas	Unattached	Females Master 35+
327	00:59:06	266	Claire	Palfrey	Unattached	Females Master 35+
328	00:59:13	534	Claire	Taylor	Unattached	Female Senior
329	00:59:13	290	Hannah	Walson	Unattached	Female Senior
330	00:59:29	513	Paul	Holton	Unattached	Male Senior
331	00:59:30	246	Chris	Warren	Unattached	Male Senior
332	00:59:31	256	Ashley	Thrower	Unattached	Male Senior
333	00:59:41	530	Keith	Borrett	Stowmarket Striders	Male Master 40+

334	00:59:43	105	Steven	Reynolds	Unattached	Male Master 40+
335	00:59:45	93	Gillian	Anness	Unattached	Females Master 35+
336	00:59:46	459	Lynnsey	Fitzgerald	Unattached	Female Senior
337	00:59:46	263	Sophie	Brouillet	Unattached	Females Master 35+
338	00:59:48	167	Amanda	Hazel	Unattached	Female Senior
339	00:59:50	320	Jack	Pugh	Unattached	Male Senior
340	01:00:05	135	Gemma	Moss	Unattached	Females Master 35+
341	01:00:06	304	Tracey	Combe	Unattached	Female Senior
342	01:00:15	362	Amy	Bowden	Unattached	Females Master 35+
343	01:00:16	395	Sean	Purcell	Unattached	Male Senior
344	01:00:17	344	Claire	Whittle	Unattached	Females Master 35+
345	01:00:22	23	Cheryl	Heath	School Parent	Females Master 35+
346	01:00:23	128	Susie	Butler	Unattached	Female Senior
347	01:00:26	109	Paul	Last	Unattached	Male Senior
348	01:00:33	7	Kirsty	Paine	Unattached	Female Senior
349	01:00:36	247	Lucy	Ransome	Unattached	Female Senior
350	01:00:37	196	Wes	Betts	Unattached	Male Senior
351	01:00:52	385	Ann	Fox	Unattached	Females Master 35+
352	01:00:58	360	William	Allen	Unattached	Male Master 40+
353	01:01:09	269	Lee	Mandley	Unattached	Male Senior
354	01:01:20	279	Helen	Full	Unattached	Female Senior
355	01:01:23	298	Anita	Toye	Unattached	Females Master 35+
356	01:01:38	129	Ness	Butler	Unattached	Females Master 35+
357	01:01:38	176	Helen	Edwards	Unattached	Females Master 35+
358	01:01:42	437	Matthew	Joslin	Unattached	Male Senior
359	01:01:58	112	Mark	Harold	Unattached	Male Senior
360	01:01:59	253	Stacy	Wadsley	Unattached	Female Senior
361	01:02:01	358	Paul	Dallen	Unattached	Male Senior
362	01:02:02	365	Nick	Partridge	Unattached	Male Senior
363	01:02:06	364	Nik	Armes	Unattached	Male Senior
364	01:02:06	381	David	Prentice	Unattached	Male Senior
365	01:02:07	417	Darren	Good	Unattached	Male Senior
366	01:02:08	438	Vicky	Heywood	Unattached	
367	01:02:10	412	Clare	Nugent	Unattached	Female Senior
368	01:02:11	254	Anthony	Tapsell	Unattached	Male Senior
369	01:02:12	99	Mark	Oxford	Ipswich Triathlon Club	Male Senior
370	01:02:13	98	David	Francis	Unattached	Male Senior
371	01:02:22	329	David	Mullan	Unattached	Male Senior
372	01:02:36	509	Dona	Rivers	Unattached	Females Master 35+
373	01:02:36	508	Tina	Rivers	Unattached	Females Master 35+
374	01:02:46	531	Niki	MacSephiney	Ipswich JAFFA	Females Master 35+
375	01:02:47	418	Carolyn	Crabb	School Parent	
376	01:02:50	516	Steve	Setford	Unattached	Male Master 40+
377	01:02:51	162	Lousia	Zioui	Unattached	Female Senior
378	01:02:51	212	Rebecca	Morgan	Unattached	
379	01:02:53	323	Jo	Gamble	Unattached	Females Master 35+
380	01:02:53	327	Elaine	Macey	Unattached	Females Master 35+
381	01:02:56	427	Mel	Chittock	Unattached	Male Master 40+
382	01:03:04	384	Gavin	Peck	Unattached	Male Senior
383	01:03:17	521	Anita	Lewis	Unattached	Females Master 35+
384	01:03:18	479	Chris	Fenton	Unattached	Male Master 40+
385	01:03:23	540	Debbie	Taylor	Unattached	Females Master 35+
386	01:03:29	416	Lela	Sayer	Unattached	Females Master 35+
387	01:03:31	307	Christopher	Bush	Unattached	Male Master 40+
388	01:03:34	260	Edyta	Dera	Unattached	Female Senior
389	01:03:41	310	Sally	Wilkinson	Unattached	Females Master 35+

390	01:03:41	368	Helen	Sugars	Unattached	Females Master 35+
391	01:03:45	348	John	Reichardson	Unattached	Male Master 40+
392	01:03:51	3	Tina	Spencer	Unattached	Females Master 35+
393	01:03:56	240	Michael	Kitching	Unattached	Male Master 40+
394	01:03:57	150	Denise	Booth	Unattached	Females Master 35+
395	01:04:00	420	Patric	Armstrong	Unattached	Male Senior
396	01:04:10	166	Andrew	Mitchell	School Parent	Male Master 40+
397	01:04:10	14	Gordon	Banks	Unattached	Male Master 40+
398	01:04:11	504	Nancy	Hammond	Hadleigh Hares A.C.	Females Master 35+
399	01:04:17	502	Helene	Cooper	Unattached	Females Master 35+
400	01:04:20	97	David	Allen	School Parent	Male Master 40+
401	01:04:28	88	Don	Beatty	Unattached	Male Master 40+
402	01:04:46	535	Jackie	Collins	Unattached	Females Master 35+
403	01:04:48	526	David	Palmer	Unattached	Male Master 40+
404	01:04:53	164	Paul	Branton	Unattached	Male Master 40+
405	01:05:01	262	Isobel	Pickering	Unattached	Females Master 35+
406	01:05:03	287	Keri	Drury	Unattached	Female Senior
407	01:05:04	448	Helen-Rose	Clark	Unattached	Female Senior
408	01:05:10	127	John	Butler	Unattached	Male Master 40+
409	01:05:12	21	Katarina	Brown	Unattached	Females Master 35+
410	01:05:14	45	Phillip	Nutley	St Edmund Pacers	Male Master 40+
411	01:05:17	337	Adam	Hunter	Unattached	Male Senior
412	01:05:26	239	Kevin	Barber	Unattached	Male Master 40+
413	01:05:32	179	Hannah	Clark	Unattached	Females Master 35+
414	01:05:40	559	Scott	Mcperson	Unattached	Unable to place in Cat.
415	01:05:54	265	Claire	Dakin	Unattached	Females Master 35+
416	01:06:10	34	Mary	Morley	Unattached	Females Master 35+
417	01:06:20	133	Helen	Maxfield	Unattached	Female Senior
418	01:06:21	36	Mandy	Spurgeon	Unattached	Females Master 35+
419	01:06:30	69	Amanda	Smith	Unattached	Females Master 35+
420	01:06:32	102	Dianne	Garrad	Unattached	Females Master 35+
421	01:06:48	47	Elaine	Yellen	Unattached	Females Master 35+
422	01:06:52	511	Victoria	Tomlin	Unattached	Female Senior
423	01:07:18	84	Nic	Hill	Unattached	Male Master 40+
424	01:07:18	89	Paul	Martin	Unattached	Male Master 40+
425	01:07:20	140	Serena	Kay	Unattached	Female Senior
426	01:07:21	146	Simon	Foster	Unattached	Male Master 40+
427	01:07:22	316	James	Pettit	Unattached	Male Senior
428	01:07:33	351	Ian	Mathews	Unattached	Male Master 40+
429	01:07:49	478	Patrice	Gueroult	Unattached	Male Master 40+
430	01:08:05	66	Liz	Lloyd	Unattached	Females Master 35+
431	01:08:20	424	Annell	Ostler	Unattached	Female Senior
432	01:08:25	5	Gillian	McFarland	Unattached	Females Master 35+
433	01:08:33	10	Chantelle	Apps	Unattached	Females Master 35+
434	01:08:50	431	Jeremy	Meredith	School Parent	Male Master 40+
435	01:09:15	455	Nick	Page	Unattached	Male Master 40+
436	01:09:40	373	Martin	Wilson	Unattached	Male Master 40+
437	01:09:48	319	Ben	Pugh	Unattached	Male Senior
438	01:09:56	494	Tina	Keeley	Unattached	Females Master 35+
439	01:09:56	495	Andrew	Moore	Unattached	Male Senior
440	01:10:00	43	Su	Hayward	Unattached	Females Master 35+
441	01:10:10	87	Helen	Mayes	Unattached	Female Senior
442	01:10:11	139	Malcolm	Waite	Unattached	Male Master 40+
443	01:10:17	411	Suzanne	Russell	Unattached	Females Master 35+
444	01:10:38	198	Karen	Pearse	Tiptree Road Runners	Females Master 35+
445	01:10:42	104	Clare	Marks	Unattached	Female Senior



446	01:11:00	317	Kimberley	Allington	Unattached	Female Senior
447	01:11:11	343	Amelia	Kelly	Unattached	Females Master 35+
448	01:11:39	233	Jenny	Gray	Unattached	Female Senior
449	01:11:49	175	Sheila	Edwards	Unattached	Females Master 35+
450	01:12:27	75	Marie-Louise	Loupart	Unattached	Females Master 35+
451	01:12:42	447	Karen	Carter	Unattached	Females Master 35+
452	01:13:28	366	Barry	Halford	School Parent	Male Master 40+
453	01:13:58	390	Lucy	Carter	Unattached	Female Senior
454	01:14:24	414	Victoria	Raffell	Unattached	Females Master 35+
455	01:14:56	19	Zoe	Chilvers	Unattached	Female Senior
456	01:18:03	28	Lucy	Simpson	Unattached	Females Master 35+
457	01:18:05	59	Clare	Kemsley	Unattached	Females Master 35+
458	01:21:19	261	Adam	Grishaw	Unattached	Male Master 40+
459	01:21:39	39	Lisa	Norman	Unattached	Female Senior
460	01:21:39	40	Toni	Osbourne	Unattached	Female Senior
461	01:22:15	20	Scott	Burdon	Unattached	Male Senior
462	01:27:50	477	James	Kelly	Framlingham Flyers	Male Master 40+
	dns/dnf	2	Clare	McKenna	Harwich Runners	Female Senior
	dns/dnf	9	Ben	Lewis	Unattached	Male Senior
	dns/dnf	11	Sasha	Latham	Unattached	Females Master 35+
	dns/dnf	13	Nina	Cooper	Unattached	Females Master 35+
	dns/dnf	18	Daniel	Cavanagh	Unattached	Male Senior
	dns/dnf	22	S	Dewick	Unattached	Females Master 35+
	dns/dnf	30	Julie	Fletton	Unattached	Females Master 35+
	dns/dnf	32	Jason	Walne	Unattached	Male Master 40+
	dns/dnf	33	Michael	Morley	Unattached	Male Master 40+
	dns/dnf	51	Julia	Mellors	Unattached	Females Master 35+
	dns/dnf	55	Richard	Sore	Ipswich JAFFA	Male Master 40+
	dns/dnf	57	Carl	Millis	Unattached	Male Master 40+
	dns/dnf	65	Tim	Lloyd	Unattached	Male Senior
	dns/dnf	76	Philip	Read	Unattached	Male Senior
	dns/dnf	80	Rachel	Nesling	Unattached	Females Master 35+
	dns/dnf	86	David	Mawson	Unattached	Male Master 40+
	dns/dnf	91	John	Vaughan	School Parent	Male Master 40+
	dns/dnf	92	Phil	Davies	Ipswich JAFFA	Male Master 40+
	dns/dnf	94	Stuart	Wadsworth	Unattached	Male Senior
	dns/dnf	95	Anna	Muir	Unattached	Females Master 35+
	dns/dnf	101	Iona	Williams	Unattached	Females Master 35+
	dns/dnf	116	Natalie	Kershaw	Unattached	Females Master 35+
	dns/dnf	124	Tracy	Abraham	Unattached	Female Senior
	dns/dnf	130	Caz	Reynolds	Unattached	Females Master 35+
	dns/dnf	134	Zafar	Maan	Unattached	Male Senior
	dns/dnf	137	Duncan	Anderson	School Parent	Male Master 40+
	dns/dnf	148	Matthew	Dearing	Unattached	Male Senior
	dns/dnf	151	Linda	Blagg	Unattached	Females Master 35+
	dns/dnf	152	Jamie	Milton	Unattached	Female Senior
	dns/dnf	153	James	Hart	Unattached	Male Senior
	dns/dnf	154	Wayne	Donovan	Unattached	Male Senior
	dns/dnf	161	David	Willer	Hadleigh Hares A.C.	Male Senior
	dns/dnf	163	Karen	Emsden	Unattached	Female Senior
	dns/dnf	165	Kaye	Branton	Unattached	Females Master 35+
	dns/dnf	168	Michele	Capasso	Ipswich Triathlon Club	Male Master 40+
	dns/dnf	171	Charlotte	Price	Unattached	Female Senior
	dns/dnf	172	Simon	Hughes	Unattached	Male Senior
	dns/dnf	173	Dominic	Cleghorn	Unattached	Male Master 40+
	dns/dnf	174	Gavin	Brunning	Unattached	Male Senior

dns/dnf	180	Jonathan	Baynes	Unattached	Male Senior
dns/dnf	184	Ian	Mace	Woodbridge Shufflers	Male Master 40+
dns/dnf	205	David	Rowland	Unattached	Male Senior
dns/dnf	207	Alan	Ritson	Unattached	Male Master 40+
dns/dnf	211	Nicholas	Reader	Unattached	Male Senior
dns/dnf	214	Rupert	Dearing	Unattached	Male Senior
dns/dnf	218	Richad	Beecroft	Unattached	Male Master 40+
dns/dnf	222	Hannah	Stockham	Unattached	Female Senior
dns/dnf	226	Jem	Gibson	Unattached	Male Senior
dns/dnf	234	Mark	Phipps	Unattached	Male Master 40+
dns/dnf	238	Antony	Rawlins	Unattached	Male Senior
dns/dnf	241	Chris	Chambers	Unattached	Male Master 40+
dns/dnf	249	Louise	Brown	Unattached	Female Senior
dns/dnf	250	Maomi	Gibbs	Unattached	Females Master 35+
dns/dnf	258	John	Carey	Unattached	Male Master 40+
dns/dnf	267	Dannielle	Lewis	Unattached	Female Senior
dns/dnf	271	Jade	Turner	Unattached	Females Master 35+
dns/dnf	272	David	Rayner	Unattached	Male Master 40+
dns/dnf	273	Angie	Rayner	Unattached	Females Master 35+
dns/dnf	275	Amelia	Reynolds	Unattached	Females Master 35+
dns/dnf	276	Jason	Mandley	Unattached	Male Senior
dns/dnf	282	Susie	Hancock	Unattached	Females Master 35+
dns/dnf	289	David	Hart	Unattached	Male Senior
dns/dnf	292	Richard	Handley	Unattached	Male Master 40+
dns/dnf	308	Peter	Bell	Unattached	Male Master 40+
dns/dnf	312	Louella	McCarthy	Unattached	Females Master 35+
dns/dnf	315	John	Francis	Harwich Runners	Male Master 40+
dns/dnf	335	Andrew	Wiley	Ipswich JAFFA	Male Master 40+
dns/dnf	338	Kevin	Ball	Unattached	Male Senior
dns/dnf	352	Pete	Richardson	Unattached	Male Master 40+
dns/dnf	354	Ann	Turner	Unattached	Females Master 35+
dns/dnf	359	Katrina	Rigby	Unattached	Female Senior
dns/dnf	363	Cath	Breckell	Unattached	Females Master 35+
dns/dnf	370	Christian	Bone	Hadleigh Hares A.C.	Male Master 40+
dns/dnf	376	Peter	Frost	Unattached	Male Master 40+
dns/dnf	378	Shahram	Shirazi	Unattached	Male Senior
dns/dnf	380	Mark	Clements	Ipswich JAFFA	Male Senior
dns/dnf	393	Victoria	French	Unattached	Females Master 35+
dns/dnf	394	Graeme	Biggins	Unattached	Male Senior
dns/dnf	396	Christina	Wise	Unattached	Females Master 35+
dns/dnf	400	Chris	Skrimshire	Unattached	Male Master 40+
dns/dnf	401	Alice	Palmer	Unattached	Females Master 35+
dns/dnf	402	Andrew	Vass	Unattached	Male Master 40+
dns/dnf	432	Stu	Creek	Unattached	Male Senior
dns/dnf	444	Peter	Jousiffe	Unattached	Male Master 40+
dns/dnf	445	Mik	Carr	Unattached	Male Master 40+
dns/dnf	454	Lin	Elderfield	Unattached	Females Master 35+
dns/dnf	468	Karl	Leach	School Parent	Male Master 40+
dns/dnf	481	Colin	Dirom	Unattached	Male Senior
dns/dnf	487	Tina	Monaghan	Stowmarket Striders	Females Master 35+
dns/dnf	512	Daniel	Constable	Unattached	Male Senior
dns/dnf	518	Ernie	Ross	Unattached	Male Master 40+
dns/dnf	536	Christopher	Sawyer	Unattached	Male Master 40+
dns/dnf	549	Nick	Collinson	Unattached	Male Master 40+
dns/dnf	555	Ben	Leggot	Unattached	Male Senior
dns/dnf	556	Gary	Webster	Unattached	Male Master 40+





















