

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:36:59	454	Steve	Cooper	Blackheath & Bromley Harriers	Male Master
2	00:37:08	233	Adam	Howlett	Unattached	Male Master
3	00:38:03	286	Tom	Kingsnorth	Bristol & West AC	Male Senior
4	00:38:38	98	Gary	Taylor	Unattached	Male Senior
5	00:39:42	429	Henry	Chancellor	Unattached	Male Master
6	00:40:03	356	Samuel	Francis	Unattached	Male Senior
7	00:40:25	350	Jasper	Zeeuw	Harwich Runners	Male Senior
8	00:40:35	109	Tony	Roberts	Woodbridge Shufflers	Male Master
9	00:40:43	318	Iain	Milligan	St Edmund Pacers	Male Master
10	00:40:52	16	Simon	Macer-Wright	Unattached	Male Master
11	00:40:56	400	Mark	Watts	Unattached	Male Master
12	00:41:24	341	Jonny	Zeeuw	Unattached	Male Master
13	00:41:26	153	Ben	Hammond	Harwich Runners	Male Senior
14	00:41:49	275	Katie	Lodge	Unattached	Female Senior
15	00:41:51	359	Paul	Norris	Unattached	Male Master
16	00:41:53	234	Ian	Cannons	Harwich Runners	Male Master
17	00:41:56	266	Valerie	Gladwell	Hadleigh Hares A.C.	Female Master
18	00:41:59	76	Sophie	Stanford	Unattached	Female Senior
19	00:42:10	358	Andrew	Garnham	Unattached	Male Master
20	00:42:17	352	Steven	Russell	Unattached	Male Senior
21	00:42:22	45	James	Pettit	Unattached	Male Senior
22	00:42:24	23	John	McKenzie	Hardley Runners	Male Master
23	00:42:27	11	Russel	Breyer	Ipswich Triathlon Club	Male Master
24	00:42:32	325	Sam	Bettany	Unattached	Male Senior
25	00:42:35	203	Russell	Haddow	Unattached	Male Senior
26	00:42:37	276	Chris	Lawson	Unattached	Male Senior
27	00:42:44	295	Ben	Whittle	Unattached	Male Master
28	00:42:52	120	Steven	Kent	Harwich Runners	Male Master
29	00:42:59	347	James	Youngs	Unattached	Male Senior
30	00:42:59	460	Daniel	Lobjoit	Unattached	Male Senior
31	00:42:59	122	Steve	Brooke	Felixstowe Road Runners	Male Master
32	00:43:07	476	Dave	Redman	Unattached	Male Master
33	00:43:25	210	Shaun	Harris	Heaton Harriers	Male Senior
34	00:43:38	154	Rob	Blagg	Unattached	Male Senior
35	00:43:39	459	Claudine	Tisbury	Harwich Runners	Female Master
36	00:43:44	364	Wayne	Crabb	Parent	Male Master
37	00:43:45	141	Marina	Almendros	Unattached	Female Senior
38	00:44:01	220	Paul	de-Bree	Unattached	Male Master
39	00:44:03	283	Wayne	Donovan	Unattached	Male Senior
40	00:44:05	427	Richard	Whyte	Unattached	Male Senior
41	00:44:15	18	Patrick	Humphries	Unattached	Male Senior
42	00:44:18	457	Jason	Marter	Unattached	Male Senior
43	00:44:24	424	Malcolm	Pidd	Woodbridge Shufflers	Male Master
44	00:44:34	269	Susie	Hancock	Unattached	Female Master
45	00:44:38	394	Kate	Bullock	Unattached	Female Master
46	00:44:43	471	Matthew	???	Unattached	Male Senior
47	00:44:49	447	Derek	Hood	Ipswich JAFFA	Male Senior
48	00:44:52	261	Carl	Cronin	Ipswich JAFFA	Male Senior
49	00:44:55	327	Carl	Meen	Unattached	Male Senior
50	00:44:58	248	cathy	Bruneau	Unattached	Female Master
51	00:45:01	456	David	Ashmore	Unattached	Male Senior
52	00:45:03	121	Gary	Lowe	Unattached	Male Master
53	00:45:05	94	Catherine	Johnson	Unattached	Female Master

54	00:45:08	168	Duncan	Chenery	Ipswich JAFFA	Male Master
55	00:45:12	116	Craig	Hasnip	Unattached	Male Master
56	00:45:17	368	Dale	Steggles	Unattached	Male Senior
57	00:45:19	183	Chris	McLaughlin	Unattached	Male Senior
58	00:45:24	262	Vaughan	Morris	Unattached	Male Master
59	00:45:26	140	Richard	Day	Stowmarket Striders	Male Senior
60	00:45:26	3	Matthew	Last	Felixstowe Road Runners	Male Senior
61	00:45:35	102	Antonio	Palladino	Unattached	Male Master
62	00:45:40	208	Dale	Mandell	Woodbridge Shufflers	Male Senior
63	00:45:44	95	Nick	Jackson	Unattached	Male Master
64	00:45:44	289	Karen	Jenkins	Unattached	Female Senior
65	00:45:46	306	Ian	Markham	Unattached	Male Senior
66	00:45:47	379	Gary	Holden	Unattached	Male Master
67	00:45:48	53	Mark	Lankester	Ipswich JAFFA	Male Master
68	00:45:52	385	John	Vaughan	Parent	Male Master
69	00:45:52	12	Ryan	Harvey	Unattached	Male Senior
70	00:45:54	254	Martin	Little	Stowmarket Striders	Male Master
71	00:45:57	450	Seth	Davy	Ipswich JAFFA	Male Senior
72	00:46:06	177	Mark	Kitson	Unattached	Male Master
73	00:46:09	384	Michael	Martin	Ipswich JAFFA	Male Master
74	00:46:12	5	Marcus	Catlin	Ipswich JAFFA	Male Senior
75	00:46:15	312	David	Savill	Unattached	Male Master
76	00:46:18	406	Andrew	Brewer	Unattached	Male Senior
77	00:46:24	326	Craig	Osborne	Unattached	Male Master
78	00:46:26	273	Helen	Anthony	Unattached	Female Senior
79	00:46:31	465	Michael	Peachey	Unattached	Male Senior
80	00:46:37	335	Rachel	Taylor	Unattached	Female Master
81	00:46:40	196	Max	Norman	Unattached	Male Senior
82	00:46:43	110	Neil	Butler	Unattached	Male Master
83	00:46:43	430	Neal	Hannigan	Unattached	Male Master
84	00:46:47	380	Mark	Hedges-Quinn	Unattached	Male Master
85	00:46:49	363	Chris	Skrimshire	Woodbridge Shufflers	Male Master
86	00:46:51	431	Geoff	Chamberlain	Unattached	Male Master
87	00:46:51	215	Mick	Panich	Unattached	Male Senior
88	00:46:52	392	Shawn	Beckerleg	Witham RC	Male Senior
89	00:46:53	366	Jim	Aldridge	Unattached	Male Senior
90	00:46:56	285	Thomas	Douglas	Unattached	Male Senior
91	00:46:58	342	Martin	Oscroft	Unattached	Male Master
92	00:47:00	162	Ian	Gould	Unattached	Male Master
93	00:47:03	237	James	Hayward	Stowmarket Striders	Male Senior
94	00:47:06	301	Ian	Cullum	Unattached	Male Senior
95	00:47:08	238	Chris	Gillam	Unattached	Female Master
96	00:47:11	461	Michelle	Constable	Ipswich Triathlon Club	Female Master
97	00:47:24	192	Kelvyn	Sampson	Unattached	Male Master
98	00:47:33	355	Dean	Wright	Unattached	Male Senior
99	00:47:33	191	Charles	Barrett	Unattached	Male Master
100	00:47:36	426	Kathryn	Filmer	Unattached	Female Master
101	00:47:36	348	David	Roberts	Unattached	Male Master
102	00:47:39	245	Michael	Evennett	Unattached	Male Master
103	00:47:40	206	Tom	Coe	Unattached	Male Senior
104	00:47:43	270	David	De'Ath	Unattached	Male Master
105	00:47:43	265	Kevin	Pryke	Unattached	Male Senior
106	00:47:47	17	Ross	Byford	Unattached	Male Senior
107	00:47:50	217	Alan	Hillyard	Unattached	Male Master

108	00:47:50	401	Steve	Harlow	Parent	Male Master
109	00:47:50	288	Gary	Garnham	Ipswich JAFFA	Male Master
110	00:47:51	296	Robert	Mawson	Framlingham Flyers	Male Master
111	00:47:54	236	Julia	Cooke	Unattached	Female Master
112	00:47:58	435	Louise	Manly	Unattached	Female Master
113	00:48:00	334	Matt	Tomkins	Unattached	Male Senior
114	00:48:02	244	Joseph	Caston	Unattached	Male Senior
115	00:48:05	229	Taurean	Hambling	Unattached	Male Senior
116	00:48:05	2	Matt	Kennington	Unattached	Male Senior
117	00:48:15	417	Paul	Wigens	Unattached	Male Master
118	00:48:17	311	Alex	Kuczer	Unattached	Male Master
119	00:48:22	29	Andy	Tricker	Unattached	Male Master
120	00:48:25	367	Paul	White	Unattached	Male Master
121	00:48:26	96	Katie	Jackson	Unattached	Female Master
122	00:48:29	317	Jon	Sharp	Unattached	Male Master
123	00:48:37	68	James	Fox	Unattached	Male Senior
124	00:48:38	9	Daniel	Kennington	Unattached	Male Senior
125	00:48:42	382	Philip	Carter	Unattached	Male Senior
126	00:48:49	48	David	Hart	Unattached	Male Master
127	00:48:49	292	Laurence	Gowers	Unattached	Male Senior
128	00:48:49	284	Simon	Oats	Unattached	Male Master
129	00:48:54	323	Alex	Noordhuis	Unattached	Male Master
130	00:48:56	207	Kevin	James	Unattached	Male Senior
131	00:49:02	37	Chris	Fox	Unattached	Male Master
132	00:49:02	173	Daniel	Saulter	Parent	Male Senior
133	00:49:08	167	Natalie	Kershaw	Unattached	Female Master
134	00:49:11	125	Paul	Crowson	Harwich Runners	Male Master
135	00:49:15	287	Andrew	Myers	Parent	Male Master
136	00:49:18	56	Fiona	Sawyer	Parent	Female Master
137	00:49:35	75	Jonathan	Mann	Parent	Male Master
138	00:49:40	152	Alastair	Browning	Unattached	Male Master
139	00:49:51	278	Michael	Lozano	Unattached	Male Senior
140	00:49:53	434	Alex	Manly	Unattached	Male Senior
141	00:49:55	408	Sandra	Bumphrey	Capel Cheetahs	Female Master
142	00:50:00	190	John	Fitzgerald	Unattached	Male Master
143	00:50:02	124	Steven	Seinet-Martin	Felixstowe Road Runners	Male Master
144	00:50:05	103	Stuart	Barton	Unattached	Male Master
145	00:50:09	354	John	Penny	Unattached	Male Master
146	00:50:10	346	Christy	Chan	Unattached	Female Senior
147	00:50:13	149	Matthew	Howe	Unattached	Male Senior
148	00:50:15	114	Paul	Kerrison	Harwich Runners	Male Master
149	00:50:17	422	Adam	Newland	Unattached	Male Senior
150	00:50:17	137	Nicola	Weldon	Unattached	Female Master
151	00:50:18	468	Gary	Hutchings	Framlingham Flyers	Male Master
152	00:50:19	340	Peter	Ackerley	Parent	Male Senior
153	00:50:23	8	Robert	Michael	Unattached	Male Master
154	00:50:25	386	Mick	Larkin	Unattached	Male Master
155	00:50:26	349	Darren	Meek	Unattached	Male Senior
156	00:50:27	433	Victoria	Turner	Unattached	Female Master
157	00:50:28	213	Karen	Jeffreys	Unattached	Female Master
158	00:50:29	324	Mark	Skoulding	Unattached	Male Senior
159	00:50:32	33	Fred	Boggis	Woodbridge Shufflers	Male Master
160	00:50:42	451	Ian	Macew	Woodbridge Shufflers	Male Master
161	00:50:44	479	Sarah	Mulhan?	Unattached	Female Master

162	00:50:46	280	Michael	Smith	Unattached	Male Master
163	00:50:46	444	Oliver	Abbott	Unattached	Male Senior
164	00:50:47	319	Mik	Carr	Unattached	Male Master
165	00:50:50	132	Melvyn	Maycock	Unattached	Male Senior
166	00:50:50	328	Richard	Wells	Unattached	Male Senior
167	00:50:53	22	Nick	Bendall	Unattached	Male Senior
168	00:51:03	235	Sarah	Offord	Unattached	Female Master
169	00:51:08	410	Simon	Goldsmith	Unattached	Male Senior
170	00:51:12	60	Guy	Richardson	Unattached	Male Senior
171	00:51:15	130	Julia	Greenfield	Unattached	Female Master
172	00:51:38	448	Sian	Goodman	Unattached	Female Master
173	00:51:39	391	Victoria	Sharp	Unattached	Female Master
174	00:51:39	175	Robert	Jones	Parent	Male Master
175	00:51:39	176	Elizabeth	Parker	Felixstowe Road Runners	Female Master
176	00:51:42	472	Griff	Rhys-Jones	Unattached	Male Master
177	00:51:52	321	Matthew	Fitzgerald	Parent	Male Master
178	00:51:52	443	Bill	Abbott	Ipswich Triathlon Club	Male Master
179	00:52:01	407	Jonathan	Prosser	Parent	Male Master
180	00:52:02	62	James	Wood	Unattached	Male Senior
181	00:52:05	412	Gary	Taylor	Woodbridge Shufflers	Male Master
182	00:52:06	307	Matthew	Everson	Unattached	Male Master
183	00:52:09	71	Richard	Johns	Parent	Male Senior
184	00:52:10	393	Emily	Sweeney	Parent	Female Senior
185	00:52:15	345	Gavin	Peck	Unattached	Male Senior
186	00:52:18	172	Daniel	Smith	Unattached	Male Senior
187	00:52:20	274	Danielle	Hislop	Unattached	Female Master
188	00:52:20	226	John	Carey	Unattached	Male Master
189	00:52:24	239	Angus	Eaton	Unattached	Male Master
190	00:52:29	369	Carolyn	Hatton	Unattached	Female Master
191	00:52:36	258	Keith	Chamberlain	Unattached	Male Master
192	00:52:43	225	Edward	Gage	Unattached	Male Senior
193	00:52:45	374	Clare	Merchant	Unattached	Female Master
194	00:52:49	249	James	Elsey	Unattached	Male Senior
195	00:52:50	204	Stephen	Robson	Unattached	Male Senior
196	00:52:51	59	Ian	Caulfield	Unattached	Male Master
197	00:52:57	184	Duncan	Anderson	Parent	Male Master
198	00:52:57	123	Mike	Foster	Unattached	Male Senior
199	00:52:59	373	Martin	Franks	Unattached	Male Master
200	00:53:00	445	Nick	Partridge	Unattached	Male Senior
201	00:53:03	470	Paul	McAllister	Capel Cheetahs	Male Master
202	00:53:05	193	Peter	Fraser-Hopewell	Unattached	Male Master
203	00:53:15	49	Paul	Maycock	Unattached	Male Master
204	00:53:17	115	Rachael	Hamblyn	Unattached	Female Senior
205	00:53:18	21	Andrew	King	Unattached	Male Master
206	00:53:21	466	Robin	Milan	Unattached	Male Senior
207	00:53:21	464	Billy	Richmond	Ipswich Triathlon Club	Male Master
208	00:53:21	277	Nikki	Osborne	Unattached	Female Master
209	00:53:24	371	Louise	Brett	Unattached	Female Master
210	00:53:26	179	Jonathon	Lines	Unattached	Male Senior
211	00:53:29	74	Stephanie	Nichols	Unattached	Female Master
212	00:53:29	227	Ashley	Rex	Unattached	Male Senior
213	00:53:29	97	Lucy	McAlpine	Felixstowe Road Runners	Female Master
214	00:53:30	181	Catherine	Abbott	Unattached	Female Master
215	00:53:31	131	Phillipa	Clover	Unattached	Female Senior

216	00:53:40	411 Andrew	Leather	Ipswich JAFFA	Male Master
217	00:53:43	257 Harriet	Cookson	Harwich Runners	Female Senior
218	00:53:43	313 Juliette	Hodges	Ipswich JAFFA	Female Senior
219	00:53:48	314 Richard	Phillips	Unattached	Male Senior
220	00:53:50	281 Andy	Hayward	Stowmarket Striders	Male Senior
221	00:53:53	264 Jamie	Lawton	Unattached	Male Master
222	00:53:57	469 Megan	Hutchings	Framlingham Flyers	Female Senior
223	00:54:01	360 Keith	Fisher	Unattached	Male Master
224	00:54:05	475 Penny	Turner	Unattached	Female Senior
225	00:54:05	145 Rob	Hall	Unattached	Male Senior
226	00:54:07	166 Romany	Foster	Unattached	Female Master
227	00:54:12	389 Richard	Smith	Felixstowe Road Runners	Male Master
228	00:54:15	395 Katrina	Rigby	Hadleigh Hares A.C.	Female Senior
229	00:54:20	195 Graeme	Biggins	Unattached	Male Senior
230	00:54:28	432 Keith	Borrett	Stowmarket Striders	Male Master
231	00:54:36	377 Robert	Catone	Parent	Male Master
232	00:54:40	198 Emma	Collar	Unattached	Female Senior
233	00:54:42	441 Kathryn	Gerry	Unattached	
234	00:54:44	78 Will	Self	Unattached	Male Senior
235	00:54:46	256 Mary	Akin-George	Unattached	Female Master
236	00:54:48	484 Helen	Clench	Unattached	Female Senior
237	00:54:58	55 Derek	Bell	Unattached	Male Master
238	00:54:58	480 Emma	Garnham	Unattached	Female Senior
239	00:55:00	481 Robert	Green	Unattached	Male Master
240	00:55:00	83 Ian	Rowe	Unattached	Male Senior
241	00:55:05	299 Victoria	Smith	Unattached	Female Senior
242	00:55:07	260 Clare	Nugent	Unattached	Female Senior
243	00:55:09	428 Karl	Leach	Unattached	Male Master
244	00:55:20	399 John	Connell-Smith	Unattached	Male Senior
245	00:55:20	398 Roz	Newman	Unattached	Female Senior
246	00:55:20	148 Caroline	Stafford	Felixstowe Road Runners	Female Master
247	00:55:23	242 Stephen	Shaw	Unattached	Male Master
248	00:55:26	467 John	Clarke	Unattached	Male Master
249	00:55:34	300 Cath	Breckell	Unattached	Female Master
250	00:55:42	151 Lucill	Curtis	Parent	Female Master
251	00:55:51	197 Julia	Ferguson	Unattached	Female Master
252	00:55:52	458 Ben	Tyler	Unattached	Male Senior
253	00:55:57	160 Steven	Reynolds	Unattached	Male Master
254	00:56:16	232 Alice	Youngman	Unattached	Female Senior
255	00:56:28	28 Shaun	Riceman	Unattached	Male Senior
256	00:56:31	32 John	Stollery	Unattached	Male Master
257	00:56:32	320 Christophe	Spiers	Unattached	Male Senior
258	00:56:33	437 Allie	Palmer	Unattached	Female Master
259	00:56:37	26 Michael	Morley	Unattached	Male Master
260	00:56:40	259 Phil	Hales	Unattached	Male Master
261	00:56:51	64 Demi	Brooks	Unattached	Female Master
262	00:56:41	65 Steven	Brooks	Unattached	Male Senior
263	00:56:43	344 Amy	Howard	Unattached	Female Senior
264	00:56:43	425 Annabel	Bennett	Felixstowe Road Runners	Female Master
265	00:56:43	255 Jack	Johnson	Unattached	Male Senior
266	00:56:44	27 Clare	Bailie	Stowmarket Striders	Female Master
267	00:56:45	108 Chris	Brain	Unattached	Male Senior
268	00:56:51	402 Lee	Reynolds	Unattached	Male Senior
269	00:56:51	128 Lucy	Hollis	Woodbridge Shufflers	Female Senior

270	00:56:51	378 Jacqui	Howes	Capel Cheetahs	Female Master
271	00:56:54	77 Tim	Finegan	Felixstowe Road Runners	Male Master
272	00:56:54	308 Dominique	Ward	Unattached	Female Master
273	00:56:55	372 Jenny	Jarrett	Felixstowe Road Runners	Female Master
274	00:56:58	252 Amy	Swallow	Unattached	Female Senior
275	00:56:58	251 Peter	Swallow	Unattached	Male Master
276	00:57:07	388 Kathleen	Bothams	Unattached	Female Master
277	00:57:08	202 Lauren	Hockney	Unattached	Female Senior
278	00:57:09	357 Richard	Checketts	Parent	Male Master
279	00:57:10	89 Robert	Barker	Unattached	Male Master
280	00:57:20	82 leuan	Davies	Unattached	Male Senior
281	00:57:21	81 Ruth	Davies	Unattached	Female Master
282	00:57:23	174 Kate	Saulter	Parent	Female Senior
283	00:57:28	376 Anna	Shiress	Hadleigh Hares A.C.	Female Master
284	00:57:28	187 Donald	Beatty	Unattached	Male Master
285	00:57:35	315 John	Waterstone	Cambridge Triathlon Club	Male Master
286	00:57:35	482 Paul	Grange	Unattached	Male Senior
287	00:57:36	70 Henry	Rayner	Unattached	Male Master
288	00:57:39	343 Paul	Brigstock	Unattached	Male Master
289	00:57:42	171 Nichola	Burley	Unattached	Female Senior
290	00:57:49	351 Stephanie	Cruickshank	Unattached	Female Senior
291	00:57:49	362 Polly	Potter	Unattached	Female Master
292	00:57:55	405 Lucy	Bolton	Unattached	Female Senior
293	00:57:55	446 Louise	Goulborn	Unattached	Female Master
294	00:57:56	52 James	Pitcher	Unattached	Male Senior
295	00:58:10	381 Paul	Whitby	Unattached	Male Master
296	00:58:12	228 Malcolm	Fletcher	Unattached	Male Master
297	00:58:17	478 Hannah	Lewis	Unattached	Female Master
298	00:58:18	164 Helen	Haste	Unattached	Female Master
299	00:58:24	293 Amanda	Crichton	Unattached	Female Master
300	00:58:28	420 Kisty	Paine	Unattached	Female Senior
301	00:58:30	387 Steve	O'Leary	Unattached	Male Senior
302	00:58:34	455 Angela	Hall	Unattached	Female Master
303	00:58:48	101 Christine	Challenger	Unattached	Female Master
304	00:58:49	397 Helen	Troman	Unattached	Female Master
305	00:58:50	69 Paul	Martin	Unattached	Male Master
306	00:58:58	133 Amy	Bowden	Unattached	Female Master
307	00:58:58	297 Hayley	Fletcher-Hill	Unattached	Female Master
308	00:59:08	414 Paul	Audsley	Parent	Male Master
309	00:59:20	80 Lisa	Bond	Unattached	Female Master
310	00:59:22	155 Gillian	Anness	Unattached	Female Master
311	00:59:24	106 Waylon	Allum	Unattached	Male Senior
312	00:59:32	403 Vicky	Heywood	Unattached	Female Senior
313	00:59:32	440 David	Pool	Unattached	Male Master
314	00:59:35	418 David	Palmer	Parent	Male Master
315	00:59:42	230 Scott	Ballam	Unattached	Male Master
316	00:59:47	156 Nancy	Blick	Unattached	Female Senior
317	00:59:50	186 Claire	Bartram	Hadleigh Hares A.C.	Female Master
318	00:59:50	442 Julie	Turner	Unattached	Female Master
319	00:59:51	214 Anneli	Ostler	Felixstowe Road Runners	Female Senior
320	00:59:55	24 Victoria	Pearson	Unattached	Female Senior
321	01:00:00	449 Jason	Goodman	Unattached	Male Master
322	01:00:06	309 Nicki	White	Unattached	Female Master
323	01:00:11	219 Claire	Purnell	Unattached	Female Master

324	01:00:11	218 Carl	Purnell	Parent	Male Master
325	01:00:12	205 Gemma	Page	Unattached	Female Senior
326	01:00:12	243 Deborah	Meddings	Unattached	Female Master
327	01:00:13	126 Josephine	Flattery	Unattached	Female Master
328	01:00:33	483 Eric	Payne	Unattached	Male Senior
329	01:00:34	438 Helen	Harvey	Unattached	Female Master
330	01:00:35	43 Sharon	Bolton	Unattached	Female Master
331	01:00:42	169 Pete	Russell	Unattached	Male Senior
332	01:00:43	87 Matt	Brewer	Unattached	Male Master
333	01:00:43	112 Susie	Butler	Unattached	Female Senior
334	01:00:45	338 Janis	Taylor	Ipswich JAFFA	Female Master
335	01:00:45	339 Kim	Abson	Ipswich JAFFA	Female Master
336	01:00:45	337 Sue	Whiting	Ipswich JAFFA	Female Master
337	01:00:58	231 Christopher	Sawyer	Parent	Male Master
338	01:01:02	143 Richard	Ward	Unattached	Male Senior
339	01:01:10	157 Jezz	Meredith	Parent	Male Master
340	01:01:14	267 Jackie	Collins	Unattached	Female Master
341	01:01:24	147 Heidi	Kight	Unattached	Female Master
342	01:01:24	436 Helene	Cooper	Unattached	Female Master
343	01:01:25	159 Richard	Handley	Unattached	Male Master
344	01:01:33	247 helen	Stuart	Unattached	Female Master
345	01:01:39	477 Katherine	Simoson-Jacobs	Unattached	Female Master
346	01:01:42	246 Anna	Flatt	Unattached	Female Master
347	01:01:48	370 Stewart	Proctor	Unattached	Male Senior
348	01:01:56	31 Peppa	Humphries	Unattached	Female Master
349	01:02:01	139 David	Levans	Felixstowe Road Runners	Male Master
350	01:02:07	413 Debbie	Taylor	Unattached	Female Master
351	01:02:16	93 Daniel	Thompson	Unattached	Male Senior
352	01:02:21	42 Joanna	Clarke	Unattached	Female Master
353	01:02:23	14 Elaine	Yellen	Unattached	Female Master
354	01:02:24	421 Francesce	Musolino	Unattached	Female Senior
355	01:02:30	129 Adam	Hunter	Unattached	Male Senior
356	01:02:40	250 Mel	Chittock	Unattached	Male Master
357	01:02:42	15 Phillip	Nutley	St Edmund Pacers	Male Master
358	01:02:54	331 Gemma	Burgess	Unattached	Female Senior
359	01:02:54	329 Lara	Quinlan	Unattached	Female Master
360	01:02:55	136 Mandy	Spurgeon	Framlingham Flyers	Female Master
361	01:03:13	41 Linda	Young	Unattached	Female Senior
362	01:03:14	79 Brian	Ward	Unattached	Male Senior
363	01:03:15	165 Emma	Fairs	Unattached	Female Senior
364	01:03:22	263 Catherine	Turrell	Unattached	Female Master
365	01:03:41	6 Rachael	Parker	Unattached	Female Master
366	01:03:48	330 Kim	Bere	Unattached	Female Senior
367	01:03:52	144 Sarah	Nourse	Unattached	Female Senior
368	01:04:07	222 Jane	Ling	Unattached	Female Master
369	01:04:07	221 Dave	Manning	Unattached	Male Master
370	01:04:11	316 Joy	Stodart	Unattached	Female Master
371	01:04:45	415 Sarah	Turner	Unattached	Female Master
372	01:04:56	72 Nicholas	Hill	Unattached	Male Master
373	01:05:05	224 Hannah	Rout	Unattached	Female Senior
374	01:05:33	271 Peter	Russell	Unattached	Male Master
375	01:05:33	272 Suzanne	Russell	Unattached	Female Master
376	01:05:37	63 Martin	Wilson	Ipswich JAFFA	Male Master
377	01:05:55	170 Rebecca	MacDougal	Unattached	Female Master

378	01:05:58	361 Hayley	Adams	Unattached	Female Senior
379	01:05:59	375 Maria	Cruickshank	Unattached	Female Master
380	01:06:25	188 Helen	Mayes	Unattached	Female Master
381	01:06:28	322 Gavinn	Lister	Unattached	Male Master
382	01:07:17	180 Suzanne	Taylor	Unattached	Female Senior
383	01:07:27	409 Angela	Lawrence	Unattached	Female Master
384	01:07:27	416 Jane	Prince	Unattached	Female Master
385	01:07:27	13 Jamie	Macrae	Unattached	Male Master
386	01:07:38	113 John	Butler	Unattached	Male Master
387	01:07:50	163 Elizabeth	Lloyd	Unattached	Female Master
388	01:07:50	47 Lynne	French	Unattached	Female Master
389	01:07:50	46 Angela	Ironside	Unattached	Female Master
390	01:08:28	111 Ness	Butler	Unattached	Female Master
391	01:08:30	194 Kimberley	Allington	Unattached	Female Senior
392	01:08:31	223 Alison	Day	Unattached	Female Senior
393	01:08:32	298 Nicola	Gibbs	Unattached	Female Master
394	01:08:40	10 Sara	Wilcock	Unattached	Female Master
395	01:09:17	290 Caroline	Colwill	Unattached	Female Senior
396	01:09:35	92 Patrice	Gueroult	Unattached	Male Master
397	01:09:35	25 Mary	Morley	Unattached	Female Master
398	01:10:20	282 Kathryn	Little	Unattached	Female Senior
399	01:10:20	212 Greg	Pennington	Unattached	Male Senior
400	01:10:56	453 Lana	Banham	Unattached	Female Master
401	01:10:56	452 Andrew	Moore	Unattached	Male Senior
402	01:11:16	211 Robyn	Rake	Unattached	Female Senior
403	01:11:20	353 Christopher	Bush	Unattached	Male Master
404	01:11:31	20 Karen	Stoddart	Unattached	Female Master
405	01:11:31	19 David	Ball	Unattached	Male Master
406	01:11:35	201 Melanie	Barfield	Unattached	Female Senior
407	01:11:35	423 William	Barfield	Unattached	Male Senior
408	01:11:58	90 Emily	Ringer	Unattached	Female Master
409	01:11:58	91 Katharine	Ramsey	Unattached	Female Master
410	01:12:25	463 Natalie	Drydon	Unattached	Female Master
411	01:12:34	404 Tilly	James	Unattached	Female Senior
412	01:13:04	419 Rheanna	Pavey	Unattached	Female Senior
413	01:14:02	332 Elfreda	Walker	Unattached	Female Master
414	01:14:38	473 Alex	Wilson	Unattached	Male Senior
415	01:14:50	268 Joy	Day	Unattached	Female Senior
416	01:17:01	439 Sally	Solomon	Felixstowe Road Runners	Female Master
417	01:18:30	34 Amanda	Smith	Felixstowe Road Runners	Female Master
418	01:18:57	474 Louise	Parnell	Unattached	Female Senior
419	01:19:17	462 Wendy	Atkinson	Unattached	Female Master
420	01:21:07	100 James	Willson	Unattached	Male Senior
421	01:23:04	291 Sandy	Bloom	Unattached	Female Master
422	01:17:29	4 Angela	Soames	Felixstowe Road Runners	Female Master