

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:36:13	123	David	Miller	Woodbridge Shufflers	Male Senior
2	00:39:49	71	Neil	Wooby	Ipswich JAFFA	Male Senior
3	00:40:35	9	Nigel	Powley	Ipswich JAFFA	Male Veteran
4	00:41:15	363	Nick	Smith	Unattached	Male Senior
5	00:42:04	148	Kate	Nelson	Knavesmire Harriers	Female Veteran
6	00:43:05	36	Stuart	Robertson	Unattached	Male Senior
7	00:43:18	437	Tim	Hanman	Unattached	Male Senior
8	00:43:24	37	Henry	Chancellor	Unattached	Male Senior
9	00:43:37	263	Brad	Jones	Ipswich JAFFA	Male Senior
10	00:43:48	18	Alan	Anstead	Sudbury Joggers	Male Veteran
11	00:44:01	433	Sam	Mason	Capel Cheetahs	Male Senior
12	00:44:27	19	Ian	Carr	Unattached	Male Veteran
13	00:45:59	266	Robin	Belsom	Ipswich JAFFA	Male Veteran
14	00:46:09	138	Sebastian	Green	Unattached	Male Senior
15	00:46:12	84	Nicola	Pyle	Colchester & Tendring AC	Female Veteran
16	00:46:19	104	Gail	Pryke	Ipswich JAFFA	Female Veteran
17	00:46:32	132	Richard	Hewitt	Unattached	Male Veteran
18	00:46:42	305	Tom	Saliman	Dartford Road Runners	Male Veteran
19	00:46:56	313	Patrick	Marsh	Colchester Harriers AC	Male Veteran
20	00:47:00	25	Ben	Johnson	Unattached	Male Senior
21	00:47:10	240	David	Marsh	Ipswich JAFFA	Male Senior
22	00:47:42	78	Tim	Higgins	Ipswich JAFFA	Male Veteran
23	00:47:56	8	Christopher	Moulton	Sudbury Joggers	Male Senior
24	00:48:11	53	Andrew	Evens	Ipswich JAFFA	Male Veteran
25	00:48:22	48	Susannah	Hancock	Unattached	Female Veteran
26	00:48:29	11	Richard	Farrar	Unattached	Male Senior
27	00:48:31	30	Matt	Burt	Ipswich JAFFA	Male Senior
28	00:48:45	55	Richer	Tiller	Halstead Road Runners	Male Senior
29	00:48:48	91	Roger	Clark	Unattached	Male Veteran
30	00:48:54	271	Melvyn	Maycock	Unattached	Male Senior
31	00:48:59	49	Mark	Lankester	Felixstowe Road Runners	Male Veteran
32	00:49:09	311	Jonny	Levett	Stowmarket Striders	Male Veteran
33	00:49:42	154	Owen	Callow	Unattached	Male Senior
34	00:49:50	99	John	Vaughan	Unattached	Male Veteran
35	00:49:58	73	Paul	Flynn	Unattached	Male Senior
36	00:50:04	31	Ben	Hammond	Unattached	Male Senior
37	00:50:31	172	Keith	Greenwood	Unattached	Male Senior
38	00:50:37	173	Martyn	Lee	Unattached	Male Veteran
39	00:50:41	112	Sam	Froud	Unattached	Male Senior
40	00:50:48	153	Martin	Callow	Unattached	Male Veteran
41	00:51:09	306	Matthew	Fitzgerald	Unattached	Male Senior
42	00:51:15	57	Bob	watt	Gt Bentley Running Club	Male Veteran
43	00:51:24	144	John	Penny	Unattached	Male Veteran
44	00:51:25	89	David	Wood	Stowmarket Striders	Male Veteran
45	00:51:42	64	Chris	Quantrill	Unattached	Male Senior
46	00:51:42	69	David	Garnham	Ipswich JAFFA	Male Veteran
47	00:51:48	165	David	Telling	Capel Cheetahs	Male Veteran
48	00:51:49	118	Justin	Jones	Unattached	Male Senior
49	00:51:59	81	Richard	Willis	Unattached	Male Senior
50	00:52:07	136	Doug	Whitby	Unattached	Male Veteran
51	00:52:35	241	Christine	Marsh	Woodbridge Shufflers	Female Veteran
52	00:52:39	133	Peter	fraser-Hopewell	Unattached	Male Veteran
53	00:52:44	120	Ian	Gould	Unattached	Male Senior
54	00:53:01	444	Andrew	Myers	Unattached	Male Veteran
55	00:54:13	441	Genise	Heddell	Unattached	Female Senior

56	00:54:27	117	John	Carey	Unattached	Male Veteran
57	00:55:41	80	Ken	Walsh	Colchester Harriers AC	Male Veteran
58	00:55:48	175	Mark	Cooper	Unattached	Male Senior
59	00:56:06	264	Robert	Butler	Unattached	Male Veteran
60	00:56:14	27	sarah	Bumphrey	Capel Cheetahs	Female Senior
61	00:56:43	26	Nick	Mann	Unattached	Male Veteran
62	00:56:48	122	Stephen	Prior	Capel Cheetahs	Male Senior
63	00:56:54	75	Marie	grimes	Ipswich JAFFA	Female Senior
64	00:56:56	41	Chloe	Chancellor	Unattached	Female Senior
65	00:56:59	265	Sati	Sembhi	Unattached	Female Veteran
66	00:56:59	253	Alan	Hillyard	Unattached	Male Veteran
67	00:56:59	150	Fiona	Sawer	Unattached	Female Senior
68	00:57:11	159	Pol	Sweeney	Unattached	Male Veteran
69	00:57:29	237	Scott	Gillies	Unattached	Male Veteran
70	00:57:32	100	Malcolm	Jeffrey	Unattached	Male Veteran
71	00:58:00	218	Jonathan	Prosser	Unattached	Male Senior
72	00:58:01	114	Alison	Myles	Ipswich JAFFA	Female Senior
73	00:58:04	152	David	Levans	Felixstowe Road Runners	Male Veteran
74	00:58:09	128	Carl	friar	Unattached	Male Veteran
75	00:58:18	362	Lisa	Ford	Unattached	Female Veteran
76	00:58:21	314	Ben	Brennan	Unattached	Male Senior
77	00:58:44	119	Stephen	Gee	Unattached	Male Senior
78	00:58:47	310	Paul	Maycock	Unattached	Male Veteran
79	00:59:28	308	Martin	West	Harwich Runners	Male Veteran
80	00:59:50	16	belinda	Godbold	Unattached	Female Veteran
81	00:59:55	72	Karen	Jeffreys	Unattached	Female Senior
82	01:00:12	315	William	Abbott	Unattached	Male Veteran
83	01:00:52	298	Jack	Buchanan	Unattached	Male Senior
84	01:00:53	43	Anne	Sherman	Unattached	Female Senior
85	01:00:54	83	Susannah	Crossland	Unattached	Female Senior
86	01:00:55	62	Cara	Miller	Unattached	Female Senior
87	01:01:02	350	Dale	Mason	Unattached	Male Senior
88	01:01:10	42	Harry	Smith	Stowmarket Striders	Male Veteran
89	01:01:16	105	Kristine	Davison	Unattached	Female Veteran
90	01:01:32	13	Ian	Clarke	Unattached	Male Veteran
91	01:01:44	267	Cristabel	Nye	Unattached	Female Senior
92	01:02:11	34	Caroline	Green	Unattached	Female Senior
93	01:02:26	4	Kathryn	Gerry	Unattached	Female Senior
94	01:02:30	24	Paul	McCann	Unattached	Male Veteran
95	01:02:30	23	Mike	McKinnel	Unattached	Male Veteran
96	01:02:55	145	Sarah	Thomas	Unattached	Female Senior
97	01:03:41	229	Rachel	Mair	Unattached	Female Senior
98	01:04:07	146	Fiona	Geraghty	Colchester Harriers AC	Female Veteran
99	01:04:07	147	Frank	Geraghty	Unattached	Male Veteran
100	01:04:30	96	Mark	Tearle	Unattached	Male Veteran
101	01:04:48	140	James	Casey	Unattached	Male Veteran
102	01:05:05	149	Chris	Sawyer	Unattached	Male Veteran
103	01:05:22	304	Helen	????	Unattached	Female Veteran
104	01:05:38	1	Jane	Audsley	Unattached	Female Senior
105	01:05:48	74	Karen	Baksh	Unattached	Female Senior
106	01:06:22	90	Lisa	Smaith	Hadleigh Hares A.C.	Female Senior
107	01:06:22	270	John	Chisnall	Hadleigh Hares AC	Male Veteran
108	01:06:47	303	Baz	Halford	Unattached	Male Veteran
109	01:06:47	109	Katy	Coysh	Unattached	Female Senior
110	01:08:02	238	Trudy	Culen	Harwich Runners	Female Veteran
111	01:08:08	239	Sarah	Bond	Harwich Runners	Female Senior

112	01:08:25	32	Ruth	Hatch	Ipswich JAFFA	Female Veteran
113	01:08:32	307	Samantha	Maycock	Unattached	Female Senior
114	01:09:47	435	Laura	Hall	Unattached	Female Veteran
115	01:09:47	82	Zoe	Sharman	Unattached	Male Veteran
116	01:09:47	121	Rosie	Horsfield	Unattached	Female Veteran
117	01:14:09	254	Diane	Hillyard	Unattached	Female Veteran
118	01:14:09	139	Eddie	Casey	Unattached	Male Veteran
119	01:16:36	86	Sophie	Lipton	Unattached	Female Veteran
120	01:17:37	309	Claire	West	Harwich Runners	Female Veteran
121	01:21:50	113	Carol	Leggett	Unattached	Female Veteran
122	01:21:50	52	Francesca	Friston	Unattached	Female Senior
	dns/dnf	7	Jasomien	Du-Toit	Unattached	Female Veteran
	dns/dnf	12	David	James	Unattached	Male Veteran
	dns/dnf	17	Kate	Perry	Capel Cheetahs	Female Senior
	dns/dnf	28	Graham	Davenport	Unattached	Male Senior
	dns/dnf	29	June	davenport	Unattached	Female Senior
	dns/dnf	33	Billy	Richmond	Ipswich JAFFA	Male Veteran
	dns/dnf	54	Kate	Hughes	Ipswich JAFFA	Female Veteran
	dns/dnf	56	Derek	Daly	Unattached	Male Veteran
	dns/dnf	58	Tracey	Crawley	Hadleigh Hares A.C.	Female Veteran
	dns/dnf	63	Kathryn	Barber	Unattached	Female Senior
	dns/dnf	70	Wayne	Crabb	Unattached	Male Veteran
	dns/dnf	85	Sophie	Lupton	Unattached	Female Veteran
	dns/dnf	92	David	Sage	Unattached	Male Veteran
	dns/dnf	110	Lucy	Bowditch	Ipswich Triathlon Club	Female Veteran
	dns/dnf	111	Mark	Bowditch	Ipswich Triathlon Club	Male Veteran
	dns/dnf	115	Jenny	O'Hanlon	Capel Cheetahs	Female Senior
	dns/dnf	116	Charlotte	Carey	Unattached	Female Senior
	dns/dnf	225	Nina	Bennett-White	Unattached	Female Veteran
	dns/dnf	280	Mark	Cornock	Unattached	Male Senior