

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:35:32	183	Tom	Kingsnorth	St Edmund Pacers	Male Senior
2	00:36:14	104	Gavin	Allen	Halstead Road Runners	Male Senior
3	00:36:56	156	Paul	Preston	Sudbury Joggers	Male Senior
4	00:37:13	170	Steve	Cooper	Harwich Runners	Male Senior
5	00:37:26	119	Pawel	Hundz	Unattached	Male Senior
6	00:37:52	137	Nick	Smith	Unattached	Male Senior
7	00:39:11	72	Rory	Suckling	Unattached	Male Veteran
8	00:39:15	136	Andrew	Wright	Unattached	Male Senior
9	00:40:10	83	Alan	Anstead	Sudbury Joggers	Male Veteran
10	00:40:17	112	Mike	Deaton	Unattached	Male Veteran
11	00:40:23	144	Ian	Coxall	Ipswich JAFFA	Male Senior
12	00:40:32	80	Conrad	Burgess	Ipswich JAFFA	Male Senior
13	00:40:35	89	Henery	Chancellor	Unattached	Male Veteran
14	00:40:37	90	Adans	Johnson	Hadleigh Hares A.C.	Male Senior
15	00:40:41	64	Valerie	Gladwell	Hadleigh Hares A.C.	Female Senior
16	00:41:01	96	Roger	Stone	Felixstowe Road Runners	Male Veteran
17	00:41:23	95	Chris	Seymour	Stowmarket Striders	Male Veteran
18	00:41:25	105	Clare	Donovan	North Norfolk Beach Runners	Female Senior
19	00:42:50	121	Paul	Saxby	Gt Bentley Running Club	Male Veteran
20	00:43:07	182	Cathy	Bruneau	Unattached	Female Senior
21	00:43:09	143	Paul	Lonergan	Unattached	Male Senior
22	00:43:19	74	Andrew	Budd	Capel Cheetahs	Male Veteran
23	00:43:30	150	Robert	Davies	Unattached	Male Veteran
24	00:43:35	81	Carl	Thompson	Unattached	Male Senior
25	00:43:36	17	Steven	Neaves	Stowmarket Striders	Male Veteran
26	00:43:37	1	Alan	Jackson	Ipswich JAFFA	Male Veteran
27	00:43:43	149	Jonny	Levett	Stowmarket Striders	Male Veteran
28	00:44:17	57	Suzannah	Hancock	Unattached	Female Veteran
29	00:44:22	131	Mick	Gilbert	Ipswich JAFFA	Male Veteran
30	00:44:32	58	Nicola	Pyle	Springfield Striders AC	Female Veteran
31	00:44:35	2	Lynn	tanner	Springfield Striders AC	Female Veteran
32	00:44:36	166	Steve	gray	Stowmarket Striders	Male Veteran
33	00:44:49	164	Alison	Hamilton	Ipswich Triathlon Club	Female Veteran
34	00:45:17	173	David	Hilson	Unattached	Male Veteran
35	00:45:20	188	Jason	Bridge	Unattached	Male Veteran
36	00:45:22	118	Joanne	Plumb	Unattached	Female Senior
37	00:45:31	93	Roger	Clarke	Unattached	Male Veteran
38	00:45:33	94	Bob	Watt	Gt Bentley Running Club	Male Veteran
39	00:45:41	145	Jason	Butten	Unattached	Male Veteran
40	00:45:44	84	Carl	Higgins	Thetford AC	Male Veteran
41	00:45:48	189	AN	Other	Unattached	Unable to place in Cat.
42	00:45:50	28	John	Vaughan	Unattached	Male Veteran
43	00:45:54	169	Mike	EvInnett	Unattached	Male Veteran
44	00:46:13	19	Chris	taylor	Colchester & Tendring AC	Male Senior
45	00:46:22	88	Shaun	Harris	Heaton Harriers	Male Senior
46	00:46:24	167	Barry	Curtis	Sudbury Joggers	Male Senior
47	00:46:41	142	Andy	Lonergan	Unattached	Male Senior
48	00:46:43	153	Sean	Mills	Harwich Runners	Male Senior
49	00:46:53	30	Andrew	Evens	Ipswich JAFFA	Male Veteran
50	00:47:07	35	Adam	Brown	Unattached	Male Senior
51	00:47:18	108	Steve	Le-Pordevin	St Edmund Pacers	Male Veteran
52	00:47:22	138	Neil	Williams	Unattached	Male Veteran
53	00:47:52	177	Richard	Willis	Unattached	Male Senior
54	00:47:53	176	Sean	Alcock	Unattached	Male Veteran
55	00:48:04	73		JohnPenny	Unattached	Male Veteran

56	00:48:09	107	Kevin	Blakey	Unattached	Male Senior
57	00:48:10	9	Steven	Byford	Unattached	Male Veteran
58	00:48:22	5	Scott	Sherman	Stowmarket Striders	Male Senior
59	00:48:29	15	Davit	Pitt	Unattached	Male Senior
60	00:48:33	185	Melvyn	Maycock	Unattached	Unable to place in Cat.
61	00:49:00	140	Karen	Bailey	Unattached	Female Veteran
62	00:49:15	48	David	Husband	Ipswich Triathlon Club	Unable to place in Cat.
63	00:49:25	172	Mark	Norman	Unattached	Male Senior
64	00:49:37	135	Caroline	Hunt	Unattached	Female Senior
65	00:49:38	174	Neil	Avers	Unattached	Male Senior
66	00:49:49	120	Richard	Fellingham	Stowmarket Striders	Male Veteran
67	00:49:52	129	Derek	Johnstone	Unattached	Male Veteran
68	00:50:03	130	Martyn	Lee	Unattached	Male Veteran
69	00:50:11	24	Martin	Franks	Unattached	Male Veteran
70	00:50:23	43	Richard	Porter	Unattached	Male Veteran
71	00:50:31	157	Rachel	Duncombe	Unattached	Female Veteran
72	00:50:34	23	Ben	Crane	Unattached	Male Senior
73	00:50:37	155	Peter	Matthews	Unattached	Male Veteran
74	00:50:39	3	Harry	Smith	Stowmarket Striders	Male Veteran
75	00:50:40	77	Steven	Pilsworth	Unattached	Male Senior
76	00:50:55	32	David	Dukelow	Unattached	Male Senior
77	00:51:10	66	Paul	Maycock	Capel Cheetahs	Male Veteran
78	00:51:13	54	Helen	waters	Unattached	Female Senior
79	00:51:24	181	Andrew	Stewart	Hadleigh Hares A.C.	Male Veteran
80	00:51:29	55	Claire	Yorke	Unattached	Female Senior
81	00:51:29	85	Matthew	Newnham	Unattached	Male Senior
82	00:51:40	12	Nick	Mann	Unattached	Male Veteran
83	00:52:21	147	Nicholas	Ingham	Unattached	Male Senior
84	00:52:30	59	Peter	Finch	Unattached	Male Veteran
85	00:52:42	139	Donald	Mlambo	Unattached	Male Veteran
86	00:52:48	148	Andrew	D'arcy	Unattached	Male Veteran
87	00:52:53	160	Mike	Nicholls	Unattached	Male Senior
88	00:52:56	184	Andy	Myers	Unattached	Male Senior
89	00:52:57	158	Barry	Goldstone	Ipswich JAFFA	Male Veteran
90	00:53:01	34	Dominic	Pottd	Unattached	Male Senior
91	00:53:21	163	Robert	Green	Unattached	Male Veteran
92	00:53:22	162	Emma	Gavaham	Unattached	Female Senior
93	00:53:25	39	Graham	Sainr	Unattached	Male Veteran
94	00:53:38	113	Fiona	Sawyer	Unattached	Female Veteran
95	00:53:47	69	David	Mawson	Unattached	Male Senior
96	00:53:50	18	Rachel	taylor	Colchester & Tendring AC	Female Senior
97	00:53:51	4	Anna	Sherman	Stowmarket Striders	Female Senior
98	00:53:52	65	Titto	Assini	Unattached	Male Veteran
99	00:54:15	13	Carol	Lilley	Unattached	Female Veteran
100	00:54:38	63	Anna	Burton	Unattached	Female Senior
101	00:55:08	41	Stephen	Bright	British Athletics AC	Male Veteran
102	00:55:14	175	Neil	Goldsmith	Ipswich JAFFA	Male Senior
103	00:55:19	116	Kate	Luke	Unattached	Female Veteran
104	00:55:24	75	Mark	adams	Unattached	Male Veteran
105	00:55:27	14	James	Cooksey	Unattached	Male Senior
106	00:55:33	31	Chris	Jones	Unattached	Male Senior
107	00:55:37	6	Caroline	Clark	Unattached	Female Veteran
108	00:55:53	25	Joanne	Young	Unattached	Female Senior
109	00:56:00	11	Marinda	Courteen	Unattached	Female Senior
110	00:56:22	40	sarah	Owen	British Athletics AC	Female Veteran
111	00:56:24	22		LynnMaddison	Unattached	Female Senior

112	00:56:29	106 Tony	Pickering	Unattached	Male Veteran
113	00:56:41	111 Kete	Luke	Unattached	Female Veteran
114	00:56:41	60 Malcolm	Fletcher	Unattached	Male Veteran
115	00:56:46	71 Jenny	OHanion	Capel Cheetahs	Female Senior
116	00:57:00	53 Steven	reynolds	Unattached	Male Veteran
117	00:57:07	42 Anna	Gaven	Unattached	Female Veteran
118	00:57:08	61 Louise	Sorborg	Unattached	Female Senior
119	00:57:18	62 Karen	Jefferys	Unattached	Female Senior
120	00:57:21	21 Tara	Corbett	Hadleigh Hares A.C.	Female Senior
121	00:57:31	133 Nicola	Dawson	Unattached	Female Veteran
122	00:57:32	132 Alison	Tracy	Unattached	Female Senior
123	00:57:33	180 Elizabeth	Severy	Unattached	Female Veteran
124	00:57:42	7 David	Maile	Unattached	Male Veteran
125	00:57:50	82 Danna	Whelan-Smith	Unattached	Female Veteran
126	00:58:07	52 Cath	Brecknell	Unattached	Female Senior
127	00:58:16	152 Paula	McCann	Unattached	Female Veteran
128	00:58:20	151 Michael	McKinnell	Unattached	Male Veteran
129	00:58:29	128 Helen	Wilnhurst	Unattached	Unable to place in Cat.
130	00:58:29	47 Trevor	Woollams	Unattached	Male Veteran
131	00:58:35	171 Sandy	Lewis	Unattached	Female Senior
132	00:58:36	46 Martin	brooks	Unattached	Male Veteran
133	00:58:58	45 Ellen	Penny	Unattached	Female Senior
134	00:59:17	97 Sarita	Rao	Ipswich JAFFA	Female Veteran
135	00:59:33	86 Stephen	Setford	Unattached	Male Veteran
136	00:59:34	26 Elise	Bowdidge	Unattached	Female Senior
137	00:59:58	70 Corel	Stace	Unattached	Female Veteran
138	01:00:03	168 Paul	felton	Unattached	Male Senior
139	01:00:09	165 Sara	Stafford	Unattached	Female Senior
140	01:01:16	98 Niall	Pasio0McGregor	Unattached	Male Senior
141	01:01:17	16 Karen	Chamberlain	Unattached	Female Veteran
142	01:01:27	110 William	Abbott	Unattached	Male Veteran
143	01:01:46	50 Melvyn	Chittock	Unattached	Male Veteran
144	01:01:48	178 Carol	Worster	Unattached	Female Veteran
145	01:02:04	187 Joanne	Dye	Unattached	Female Senior
146	01:02:05	179 Andrew	Severy	Unattached	Male Veteran
147	01:02:23	37 Mary	Davidson	Unattached	Female Veteran
148	01:02:32	56 Catherine	Johnson	Unattached	Female Veteran
149	01:02:56	99 Zoe	Sharman	Unattached	Female Veteran
150	01:02:58	92 Rosie	Horsfield	Unattached	Female Veteran
151	01:03:22	122 Heter	Harvey	Unattached	Male Veteran
152	01:03:22	161 Julia	Shaw	Unattached	Female Senior
153	01:03:37	115 David	White	Unattached	Male Veteran
154	01:04:27	134 Hannah	Grainger	Unattached	Female Senior
155	01:04:56	114 Chris	Sawyer	Unattached	Male Veteran
156	01:05:32	186 Sarah	Markham	Unattached	Female Senior
157	01:05:54	124 Anne	Goodciffe	Unattached	Female Senior
158	01:06:34	125 Louisa	Steed	Unattached	Female Senior
159	01:07:02	78 Rachel	Adiem	Unattached	Female Senior
160	01:07:02	36 Bruce	Davidson	Unattached	Male Veteran
161	01:07:45	103 Sally	Martin	Unattached	Female Senior
162	01:08:04	44 Joanne	Gowers	Unattached	Female Senior
163	01:08:15	127 Sally	Mark	Ipswich JAFFA	Unable to place in Cat.
164	01:08:40	126 Irvine	Mark	Ipswich JAFFA	Male Senior
165	01:08:45	38 Helen	Taylor	Unattached	Female Senior
166	01:08:45	154 Barry	Halford	Unattached	Male Veteran
167	01:08:38	109 Tineke	Vrind	Unattached	Female Senior

168	01:09:15	100	Serena	Marsh	Unattached	Female Senior
169	01:10:00	20	Jaspar	Corbett	Hadleigh Hares A.C.	Male Veteran
170	01:11:01	68	Andrew	Barton	Unattached	Male Senior
171	01:12:24	67	Matthew	Shannon	Unattached	Male Senior
176	01:19:12	141	Kim	Lonergan	Unattached	Female Senior
		8	Dawn	maile	Unattached	Female Senior
		10	Lorraine	Wilkin	Springfield Striders AC	Unable to place in Cat.
		27	Matthew	Fitzgerald	Unattached	Male Veteran
		29	Tim	Higgins	Unattached	Male Veteran
		33	Matthew	Janes	Unattached	Male Senior
		49	Susan	voules	Unattached	Female Veteran
		51	Ellie	Colton	Unattached	Female Senior
		76	Sam	Burgess	Unattached	Male Senior
		79	Peter	Frazer-Hopewell	Harwich Runners	Male Veteran
		87		LynnO'Malley	Unattached	Female Veteran
		91	Gavin	Sherriff	Unattached	Male Veteran
		101	David	Marsh	Ipswich JAFFA	Male Senior
		102	Simon	Goldsmith	Unattached	Male Senior
		146	Matt	Scutcher	Unattached	Male Senior
		159	Mark	Tearle	Unattached	Male Veteran