

<b>Pos.</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:34:57	38	Gavin	Allen	Braintree& District AC	Male Senior
2	00:37:05	488	Steve	Cooper	Blackheath & Bromley Harriers	Male Senior
3	00:37:26	442	Ben	Casey	Ipswich Triathlon Club	Male Senior
4	00:37:57	505	Leon	Jones	Unattached	Male Senior
5	00:38:13	370	Mark	Reynard	Stowmarket Striders	Male Senior
6	00:38:16	508	Peter	Pearce	Gt Bentley Running Club	Male Master
7	00:38:44	18	James	Farren	Witham RC	Male Senior
8	00:38:56	98	Henry	Chancellor	Unattached	Male Senior
9	00:39:16	177	Mark	Furnace	Ipswich JAFFA	Male Senior
10	00:39:19	359	Rory	Suckling	Unattached	Male Master
11	00:39:25	300	Sloane	Potter	Unattached	Male Senior
12	00:39:30	470	Glenn	Douglas	St Edmund Pacers	Male Senior
13	00:39:36	268	Keith	Marley	Unattached	Male Master
14	00:39:37	422	Lee	Morgan	Unattached	Male Senior
15	00:39:38	395	Mark	Hayward	Stowmarket Striders	Male Senior
16	00:40:24	134	Chris	Seymour	Stowmarket Striders	Male Master
17	00:41:04	500	Tim	Hanman	Unattached	Male Master
18	00:41:26	513	Gary	Rayner	Unattached	Male Master
19	00:41:39	175	Christopher	Warren	Gt Bentley Running Club	Male Senior
20	00:41:40	338	Kevin	Jeffries	Gt Bentley Running Club	Male Master
21	00:42:16	458	Neil	Drable	Ipswich JAFFA	Male Master
22	00:42:20	473	Andrew	Chaplin	Unattached	Male Senior
23	00:42:25	415	Steve	Russell	Unattached	Male Senior
24	00:42:34	337	Ben	Lashmar	Unattached	Male Senior
25	00:42:37	371	Stephen	Wardle	Unattached	Male Senior
26	00:42:44	453	Dennis-Acire	Ojera	Unattached	Male Senior
27	00:42:48	207	Valerie	Gladwell	Hadleigh Hares A.C.	Female Master
28	00:42:52	324	Martin	Archer	Unattached	Male Master
29	00:42:54	348	Edward	Brennan	Unattached	Male Senior
30	00:42:55	465	Paul	Nedd	Unattached	Male Master
31	00:43:11	414	Roger	Alexander	Colchester & Tendring AC	Male Master
32	00:43:19	272	Paul	Nickells	Woodbridge Shufflers	Male Master
33	00:43:24	286	Brian	Rogers	Ipswich JAFFA	Male Master
34	00:43:34	292	James	Waterson	Unattached	Male Senior
35	00:43:39	328	Robin	Belsom	Ipswich JAFFA	Male Master
36	00:43:48	299	Daniel	Hooper	Ipswich JAFFA	Male Senior
37	00:43:48	206	Joseph	Head	Unattached	Male Senior
38	00:43:57	155	Matthew	Leigh	Hadleigh Hares A.C.	Male Master
39	00:44:03	222	Steven	Hughes	Stowmarket Striders	Male Master
40	00:44:07	319	Paul	Wythe	Unattached	Male Senior
41	00:44:08	497	Adrian	Peake	Ipswich JAFFA	Male Master
42	00:44:09	496	Matt	Ralph	Stowmarket Striders	Male Senior
43	00:44:11	164	Scott	Sherman	Stowmarket Striders	Male Senior
44	00:44:14	402	Sean	Connor	Unattached	Male Master
45	00:44:16	401	Derek	Hood	Unattached	Male Senior
46	00:44:20	391	Simon	Wiggins	Felixstowe Road Runners	Male Senior
47	00:44:24	210	Tom	Sherborne	Unattached	Male Senior
48	00:44:30	464	Emie	Ross	Unattached	Male Master
49	00:44:32	512	Ben	Churchman	Unattached	Male Senior
50	00:44:35	481	Tom	Sleight	Unattached	Male Senior
51	00:44:39	295	Neil	Crapnell	Unattached	Male Senior
52	00:44:48	131	Gary	Lowe	Unattached	Male Master
53	00:44:51	437	Robin	Brooks	Unattached	Male Master

54	00:44:54	22	Mark	Andrews	Purple Patch Runners	Male Master
55	00:44:58	452	Johnny	Zeeuw	Harwich Runners	Male Master
56	00:45:10	142	Neil	Gillingham	Ipswich Harriers	Male Senior
57	00:45:17	423	Andrew	Turner	Ipswich JAFFA	Male Senior
58	00:45:20	446	Claudine	Tisbury	Unattached	Female Master
59	00:45:29	109	Steve	Patemoster	Unattached	Male Master
60	00:45:34	474	John	Weston	Ipswich JAFFA	Male Master
61	00:45:35	357	Steven	Kent	Harwich Runners	Male Master
62	00:45:37	60	Stuart	Taylor	Unattached	Male Senior
63	00:45:38	386	Nicola	Pyle	Springfield Striders AC	Female Master
64	00:45:46	97	Peter	Frost	Unattached	Male Master
65	00:45:47	63	Lee	Cousins	Braintree& District AC	Male Senior
66	00:45:50	406	David	Savell	Unattached	Male Master
67	00:46:01	225	John	Vaughan	Unattached	Male Master
68	00:46:07	487	Paul	White	Unattached	Male Master
69	00:46:12	28	Russel	Breyer	Ipswich Triathlon Club	Male Master
70	00:46:14	228	James	O'Geran	Unattached	Male Master
71	00:46:15	514	Ben	Hudson	Unattached	Male Senior
72	00:46:16	304	Gary	Webster	Unattached	Male Master
73	00:46:18	269	Tim	Higgins	Ipswich JAFFA	Male Master
74	00:46:21	10	Andrew	Cox	Felixstowe Road Runners	Male Master
75	00:46:24	19	Alex	Morrison	Unattached	Male Master
76	00:46:27	15	David	Warwick	Unattached	Male Senior
77	00:46:37	211	Mary	Narey	Stowmarket Striders	Female Master
78	00:46:51	235	Reuben	Bolton	Ipswich JAFFA	Male Senior
79	00:46:52	193	Andy	Holdcroft	Unattached	Male Master
80	00:46:54	285	James	Tribley	Unattached	Male Master
81	00:47:00	173	Craig	Burnett	Unattached	Male Master
82	00:47:07	279	Peter	Colman	Ipswich JAFFA	Male Master
83	00:47:12	444	James	Calver	Ipswich JAFFA	Male Senior
84	00:47:13	349	Roger	Clark	Unattached	Male Master
85	00:47:17	80	Catherine	Johnson	Unattached	Female Master
86	00:47:20	365	Peter	Bird	Unattached	Male Senior
87	00:47:21	506	Caroline	Hunt	Unattached	Female Senior
88	00:47:30	31	Carl	Collins	Unattached	Male Senior
89	00:47:31	33	Martin	Cherrington	Unattached	Male Senior
90	00:47:36	236	Tim	Fitzgerald	Unattached	Male Senior
91	00:47:44	379	Gary	Holden	Unattached	Male Master
92	00:47:47	129	Robert	Ferguson	Unattached	Male Master
93	00:47:48	84	Simon	Cartnell	Unattached	Male Master
94	00:47:49	317	Simon	Fenn	Unattached	Male Master
95	00:47:52	65	James	Hellyer	Unattached	Male Senior
96	00:47:55	205	Kate	Bullock	Unattached	Female Master
97	00:47:56	455	Greg	Hammond	Unattached	Male Senior
98	00:47:57	399	Ashley	Allington	Unattached	Male Senior
99	00:45:04	432	David	Hilson	Unattached	Male Master
100	00:48:06	383	Tim	Ryder	Unattached	Male Master
101	00:48:07	174	Rachel	Duncombe	Unattached	Female Master
102	00:48:10	149	Matthew	Harrison	Unattached	Male Senior
103	00:48:11	150	James	Stubbings	Unattached	Male Senior
104	00:48:20	498	Mike	Evennett	Unattached	Male Master
105	04:48:24	275	Peter	Stephenson	Unattached	Male Master
106	00:48:25	501	Richard	Whyte	Unattached	Male Senior
107	00:48:34	29	Tom	Mountford	Unattached	Male Senior

108	00:48:36	439 Michael	Downes	Ipswich JAFFA	Male Master
109	00:48:40	307 Jon	Swords	Unattached	Male Senior
110	00:48:50	449 Jason	Butler	Unattached	Male Master
111	00:48:52	385 Russell	Davey	Unattached	Male Master
112	00:48:54	30 Charles	Keitch	Unattached	Male Senior
113	00:48:57	369 Mike	Beard	Unattached	Male Master
114	00:49:07	232 Fred	Boggis	Woodbridge Shufflers	Male Master
115	00:49:22	316 Jon	Sharp	Unattached	Male Master
116	00:49:24	509 Jan	Gould	Unattached	Female Master
117	00:49:25	107 Robert	Gravener	Unattached	Male Master
118	00:49:29	352 Nicola	Glibbery	Gt Bentley Running Club	Female Senior
119	00:49:35	418 Anna	Muir	Unattached	Female Master
120	00:49:36	12 Peter	Fraser-Hopewell	Harwich Runners	Male Master
121	00:49:37	477 Seth	Davis	Ipswich JAFFA	Male Senior
122	00:49:43	46 Andrew	Goulborn	Ipswich JAFFA	Male Master
123	00:49:47	70 Philip	Cooper	Unattached	Male Senior
124	00:49:50	192 Wayne	Donovan	Unattached	Male Senior
125	00:49:52	217 James	Foulger	Unattached	Male Senior
126	00:49:53	178 Chris	Johns	Ipswich JAFFA	Male Master
127	00:49:55	322 Tom	Ward	Unattached	Male Senior
128	00:49:58	296 Mark	Lankester	Unattached	Male Master
129	00:50:07	373 Gavin	Brunning	Unattached	Male Senior
130	00:50:11	143 Nathan	Rawlings	Unattached	Male Senior
131	00:50:14	59 Ashley	Carden	Unattached	Male Senior
132	00:50:16	419 Matthew	Dearing	Unattached	Male Senior
133	00:50:18	492 William	Meader	Capel Cheetahs	Male Master
134	00:50:21	277 Matthew	Fitzgerald	Unattached	Male Master
135	00:50:25	179 Sally	Connick	Ipswich JAFFA	Female Senior
136	00:50:33	326 Michael	Smith	Unattached	Male Senior
137	00:50:34	245 Jamie	Tanner	Springfield Striders AC	Female Senior
138	00:50:34	230 Lynn	Tanner	Springfield Striders AC	Female Master
139	00:50:36	443 Gavin	Kostrzewski	Unattached	Male Senior
140	00:50:40	241 Sean	Alcock	Unattached	Male Master
141	00:50:44	483 Mark	Bell	Ipswich JAFFA	Male Senior
142	00:50:45	431 Andrew	Thompson	Unattached	Male Master
143	00:50:48	436 James	Pettit	Unattached	Male Senior
144	00:50:50	288 Matt	Casburn	Unattached	Male Senior
145	00:50:50	57 Simon	Abbott	Unattached	Male Senior
146	00:50:55	171 Rob	Lloyd	Unattached	Male Senior
147	00:51:05	282 Steve	Norman	Unattached	Male Senior
148	00:51:06	493 Steven	Seinet-Martin	Felixstowe Road Runners	Male Master
149	00:51:06	191 Gareth	Edwards	Unattached	Male Master
150	00:51:06	441 Kevin	Ball	Unattached	Male Senior
151	00:51:08	190 Chris	Fox	Unattached	Male Master
152	00:51:14	413 Bob	Portway	Unattached	Male Master
153	00:51:16	102 Carl	Millis	Unattached	Male Senior
154	00:51:16	123 Paul	Gilson	Ipswich JAFFA	Male Master
155	00:51:17	377 Emma	Mortimer	Ipswich JAFFA	Female Senior
156	00:51:23	37 Richard	Neal	Unattached	Male Senior
157	00:51:25	435 John	Carey	Unattached	Male Master
158	00:51:26	165 Martin	Oscott	Unattached	Male Master
159	00:51:29	8 Rob	Sweeney	Unattached	Male Senior
160	00:51:30	17 Adam	Richardson	Unattached	Male Senior
161	00:51:33	430 Michael	Heard	Unattached	Male Master

162	00:51:37	249 Andrew	Myers	Unattached	Male Master
163	00:51:44	250 Oliver	Manning	Unattached	Male Senior
164	00:51:45	267 Neil	Barnes	Unattached	Male Senior
165	00:51:47	396 Tim	Donoyou	Unattached	Male Senior
166	00:51:50	479 Claire	Wincomb	Ipswich JAFFA	Female Master
167	00:51:54	334 Robert	Michael	Unattached	Male Senior
168	00:51:55	61 Jonathan	Mann	Unattached	Male Master
169	00:51:57	463 Neil	Parker	Unattached	Male Senior
170	00:52:04	494 Tracy	Lee	Unattached	Female Master
171	00:52:07	486 Matt	Julier	Unattached	Male Senior
172	00:52:08	429 Jayne	Chappels	Unattached	Female Senior
173	00:52:16	298 Adrian	Cooke	Unattached	Male Senior
174	00:52:16	39 Duncan	Phillips	Unattached	Male Master
175	00:52:18	223 Dianne	Hughes	Stowmarket Striders	Female Master
176	00:52:20	110 Andrew	Mitchel	Unattached	Male Master
177	00:52:25	382 Jack	Bain	Witham RC	Male Master
178	00:52:31	255 Simon	Oats	Unattached	Male Master
179	00:52:38	305 Louise	Johnson	Unattached	Female Senior
180	00:52:39	459 Neil	Weston	Unattached	Male Master
181	00:52:41	342 David	Ingleby	Hadleigh Hares A.C.	Male Master
182	00:52:43	374 Caroline	Ryba	Unattached	Female Master
183	00:52:44	350 Alan	Pearey	Unattached	Male Master
184	00:52:47	456 Jonathan	Prosser	Unattached	Male Master
185	00:52:49	9 Lisa	Cox	Felixstowe Road Runners	Female Master
186	00:52:49	172 Miguel	Soler	Unattached	Male Senior
187	00:52:53	427 Phil	White	Unattached	Male Senior
188	00:52:54	428 David	Reid	Stowmarket Striders	Male Master
189	00:53:02	169 Stephen	Wade	Unattached	Male Master
190	00:53:10	170 Riona	Sawyer	Unattached	Female Master
191	00:53:14	480 Gary	Taylor	Woodbridge Shufflers	Male Master
192	00:53:15	462 David	Hart	Unattached	Male Senior
193	00:53:20	380 Jon	Baker	Unattached	Male Senior
194	00:53:22	280 Lucy	Harris	Unattached	Female Senior
195	00:53:35	104 Clare	Merchant	Unattached	Female Master
196	00:53:40	41 Elizabeth	Vincent	Unattached	Female Master
197	00:53:42	469 Lionel	Ravet	Unattached	Male Senior
198	00:53:44	45 Louise	Goulborn	Unattached	Female Master
199	00:53:45	472 George	Westton	Unattached	Male Senior
200	00:53:46	293 Simon	Lee-Frampton	Unattached	Male Master
201	00:53:48	138 Richard	Smith	Felixstowe Road Runners	Male Master
202	00:53:49	224 Chris	Taylor	Unattached	Male Master
203	00:53:55	185 Tina	Belsom	Stowmarket Striders	Female Master
204	00:54:11	221 Michael	Gregson	Unattached	Male Master
205	00:54:15	484 Anna	Johnson	Unattached	Female Master
206	00:54:23	475 Laura	Coutin	Unattached	Female Senior
207	00:54:25	466 Sati	Sembhi	Unattached	Female Master
208	00:54:26	447 Mike	Linnett	Unattached	Male Master
209	00:54:27	248 Keith	Fisher	Unattached	Male Master
210	00:54:29	81 Mark	Cornock	Unattached	Male Senior
211	00:54:32	329 Catherine	Abbott	Stowmarket Striders	Female Master
212	00:54:33	259 Mickey	Panich	Unattached	Male Senior
213	00:54:33	67 Jenny	Oliver	Unattached	Female Senior
214	00:54:39	424 Elaine	Mann	Unattached	Female Senior
215	00:54:40	336 Neil	Butler	Unattached	Male Master

216	00:54:47	467 Rob	Butlet	Unattached	Male Master
217	00:54:49	122 Robert	Straw	Unattached	Male Master
218	00:54:50	251 Matt	Willis	Unattached	Male Senior
219	00:54:52	34 Scott	Young	Unattached	Male Master
220	00:54:53	128 Emma	Ferguson	Unattached	Female Master
221	00:54:56	313 Malcolm	Fletcher	Unattached	Male Master
222	00:54:57	21 Marion	Parker	Felixstowe Road Runners	Female Master
223	00:55:00	194 Clive	Everitt	Unattached	Male Master
224	00:55:00	68 Julian	Bloom	Unattached	Male Master
225	00:55:06	515 Clive	Rennison	Unattached	Male Master
226	00:55:08	451 Phillip	Brown	Unattached	Male Master
227	00:55:12	416 Andrew	Caley	Unattached	Male Master
228	00:55:17	367 Victoria	Smith	Unattached	Female Senior
229	00:55:20	372 Andrew	Gemmell	Unattached	Male Master
230	00:55:21	3 Jememy	Ward	Unattached	Male Master
231	00:55:23	507 Robert	Reily	Unattached	Male Senior
232	00:55:27	197 Hellen	Yellop	Unattached	Female Master
233	00:55:28	137 Ruth	Belsom	Unattached	Female Master
234	00:55:31	201 Craig	Gill	Unattached	Male Senior
235	00:55:32	417 Sue	Woodhead	Ipswich JAFFA	Female Master
236	00:55:33	180 Nick	Green	Unattached	Male Master
237	00:55:42	93 Jeff	Ringrose	Unattached	Male Senior
238	00:55:43	254 Cath	Breckell	Unattached	Female Master
239	00:55:52	368 Belinda	Godbold	Ipswich JAFFA	Female Master
240	00:55:54	163 Daimon	Wheddon	Felixstowe Road Runners	Male Master
241	00:56:01	364 Eloise	Calver	St Edmund Pacers	Female Master
242	00:56:02	366 Gareth	Lloyd	Unattached	Male Senior
243	00:56:03	208 Kathleen	Bothams	Unattached	Female Master
244	00:56:03	187 Paul	Hassall	Unattached	Male Senior
245	00:56:12	25 Lee	Reynolds	Unattached	Male Senior
246	00:56:18	20 Carl	Purnell	Unattached	Male Master
247	00:56:24	24 Michaela	Kadanikova	Unattached	Female Senior
248	00:56:34	448 Jane	Butler	Unattached	Female Master
249	00:56:38	158 Karen	Skene	Gt Bentley Running Club	Unable to place in Cat.
250	00:56:43	159 Jenny	Jarrett	Felixstowe Road Runners	Female Master
251	00:56:47	478 David	Sawyer	Gt Bentley Running Club	Male Master
252	00:56:50	491 Ailsa	Meador	Capel Cheetahs	Female Master
253	00:56:52	485 Elizabeth	West	Unattached	Female Senior
254	00:57:09	311 Steve	Wilding	Unattached	Male Master
255	00:57:11	52 Adrian	Green	Unattached	Male Master
256	00:57:12	289 Alice	Palmer	Unattached	Female Master
257	00:57:15	426 Claire	White	Unattached	Female Senior
258	00:57:19	200 Rachel	Barrow	Unattached	Female Senior
259	00:57:22	457 Neil	Lillywhite	Unattached	Male Master
260	00:57:24	318 Sarita	Rao	Unattached	Female Master
261	00:57:25	199 Claire	Brooks	Unattached	Female Senior
262	00:57:27	354 Roelf	Schreurs	Unattached	Male Senior
263	00:57:31	114 Derek	Bell	Unattached	Male Master
264	00:57:32	306 Alastair	Bartlett	Unattached	Male Senior
265	00:57:35	489 Debbie	Pembroke	Capel Cheetahs	Female Master
266	00:57:40	26 Darin	Osborne	Unattached	Male Master
267	00:57:42	341 Timothy	Bennett	Unattached	Male Senior
268	00:57:43	116 David	Lampard	Felixstowe Road Runners	Male Master
269	00:57:44	340 Val	Shaikly	Unattached	Female Master

270	00:57:46	276 Amanda	Fitzgerald	Unattached	Female Master
271	00:57:47	393 Mike	Kuczer	Unattached	Male Master
272	00:57:50	362 Simon	Godbold	Unattached	Male Senior
273	00:58:10	461 Sergi	Jarques	Unattached	Male Master
274	00:58:11	410 Madalenka	Pawlowicz	Unattached	Female Senior
275	00:58:15	335 Susannah	Butler	Ipswich Triathlon Club	Female Senior
276	00:58:15	291 Colin	Richardson	Unattached	Male Senior
277	00:58:16	266 David	Wrathall	Unattached	Male Master
278	00:58:26	77 Jan	Blake	Unattached	Female Master
279	00:58:27	127 Neal	Chattendon	Unattached	Male Senior
280	00:58:34	450 Martin	Franks	Unattached	Male Master
281	00:58:35	420 Rubert	Dearing	Unattached	Male Senior
282	00:58:37	344 Vicky	Turner	Unattached	Female Master
283	00:58:40	433 Nicola	Hilson	Unattached	Female Master
284	00:58:46	242 Lucill	Curtis	Unattached	Female Master
285	00:58:54	314 Ximena	Silva	Unattached	Female Master
286	00:58:56	157 Steven	reynolds	Unattached	Male Master
287	00:58:57	440 Susanna	Downes	Stowmarket Striders	Female Senior
288	00:58:58	376 Katerina	Simpson	Unattached	Female Senior
289	00:58:59	347 David	Falk	Unattached	Male Master
290	00:59:02	495 Larry	Booth	Unattached	Male Master
291	00:59:03	351 Sarah	Tuppen	Unattached	Female Senior
292	00:59:04	121 Wendy	Hales	Unattached	Female Senior
293	00:59:08	294 Brenda	Padmore	Unattached	Female Master
294	00:59:09	412 Cathy	Tooze	Unattached	Female Master
295	00:59:11	154 Adam	Cooper	Unattached	Female Senior
296	00:59:12	404 Isabel	Mascaro	Unattached	Female Master
297	00:59:12	403 Alfredo	Vargas	Unattached	Male Master
298	00:59:14	504 David	Telling	Unattached	Male Master
299	00:59:21	360 Andrew	Smale	Unattached	Male Master
300	00:59:22	124 Tony	Britt	UK Netrunners	Male Master
301	00:59:30	62 Christine	Wise	Unattached	Female Master
302	00:59:36	92 mark	Adams	Unattached	Male Master
303	00:59:46	86 Carolyn	Crabb	Unattached	Female Master
304	00:59:51	78 Tom	Howgego	Unattached	Male Senior
305	00:59:59	315 Baerbel	Eckelmann	Unattached	Female Master
306	01:00:02	216 Tina	Rivers	Unattached	Female Master
307	01:00:05	40 Elaine	Brinkley	Felixstowe Road Runners	Female Master
308	01:00:06	234 Stacey	Wadsley	Unattached	Female Senior
309	01:00:07	511 David	Palmer	Unattached	Male Master
310	01:00:09	397 Jayne	Farnworth	Felixstowe Road Runners	Female Master
311	01:00:15	151 AN	Other	Unattached	?
312	01:00:19	105 Karen	Jeffreys	Unattached	Female Senior
313	01:00:26	44 Hannah	Breen	Unattached	Female Master
314	01:00:27	168 Paul	Audsley	Unattached	Male Master
315	01:00:35	381 Trudy	Barber	Unattached	Female Master
316	01:00:44	99 Chloe	Chancellor	Unattached	Female Master
317	01:00:51	219 Alie	Osbourne	Unattached	Female Master
318	01:00:52	85 Elaine	Yellen	Unattached	Female Master
319	01:00:57	302 John	Hughes	Unattached	Male Master
320	01:00:58	50 Emma	Richardson	Unattached	Female Senior
321	01:01:04	330 Mel	Chittock	Unattached	Male Master
322	01:01:07	218 Dona	Rivers	Unattached	Female Master
323	01:01:08	233 Anthony	Tapsell	Unattached	Male Senior

324	01:01:12	361	Rebecca	Godbold	Unattached	Female Master
325	01:01:12	290	Kevin	Breitsprecher	Unattached	Male Senior
326	01:01:15	400	Anthony	Brett	Unattached	Male Senior
327	01:01:18	490	Caroline	Chapman	Capel Cheetahs	Female Master
328	01:01:24	75	Claire	Chowney	Unattached	Female Master
329	01:01:24	111	Lindie	Myburgh	Unattached	Female Master
330	01:01:31	83	Carina	Steenkamp	Unattached	Female Senior
331	01:01:35	126	David	Humphreys	Unattached	Male Senior
332	01:01:39	55	Andy	Frost	Unattached	Male Master
333	01:01:47	229	Alex	Dover	Unattached	Female Senior
334	01:01:43	502	Conrad	Porter	Unattached	Male Master
335	01:01:48	333	Mike	Bridgeman	Unattached	Male Master
336	01:01:53	82	Julie	Cornock	Unattached	Female Master
337	01:02:03	257	Amanda	Hazell	Unattached	Female Senior
338	01:02:28	91	Josephine	Flattery	Unattached	Female Master
339	01:02:30	115	Marie-Louise	Loupart	Unattached	Female Master
340	01:02:32	321	Karen	Godding	Unattached	Female Master
341	01:02:35	387	Dale	Mason	Unattached	Male Senior
342	01:02:39	239	Claire	Mayhew	Unattached	Female Master
343	01:02:45	260	Claire	Leroy	Unattached	Female Master
344	01:02:52	384	Darren	Brown	Unattached	Male Master
345	01:03:06	1	Kirsty	Graete	Unattached	Male Senior
346	01:03:13	327	Mandy	Kemp	Orwell Panthers A.C.	Female Master
347	01:03:13	460	Robert	Kemp	Unattached	Male Senior
348	01:03:17	87	Kimberly	Flounders	Stowmarket Striders	Female Master
349	01:03:17	71	Rrudie	Harkin	Stowmarket Striders	Female Master
350	01:03:25	471	Greg	Russell	Unattached	Male Master
351	01:03:38	363	Billy	Allen	Unattached	Male Master
352	01:03:46	213	Sarah	Jones	Unattached	Female Master
353	01:03:46	212	Justin	Jones	Unattached	Male Senior
354	01:03:50	358	Sue	Wright	Unattached	Female Master
355	01:04:07	188	Adam	Ferjani	Unattached	Male Senior
356	01:04:24	438	Patrice	Guerouit	Unattached	Male Master
357	01:04:34	510	Duncan	Anderson	Unattached	Male Master
358	01:04:41	72	Natasha	Sampson	Unattached	Female Senior
359	01:04:46	48	Denise	Booth	Unattached	Female Master
360	01:04:51	66	Anne	Oliver	Felixstowe Road Runners	Female Master
361	01:05:09	476	Amy	Bowden	Unattached	Female Master
362	01:05:09	482	Helen	Troman	Unattached	Female Senior
363	01:05:15	23	Jo	Dickinson	Unattached	Female Master
364	01:05:17	183	Suzanne	Lister	Unattached	Female Master
365	01:05:17	227	Justine	Norfolk	Unattached	Female Senior
366	01:05:44	49	Linda	Blagg	Unattached	Female Master
367	01:05:56	139	Tracey	Squirrel	Unattached	Female Master
368	01:05:56	181	Irene	Lewiston	Unattached	Female Master
369	01:06:03	499	John	Chisnell	Hadleigh Hares A.C.	Male Master
370	01:06:30	42	Keith	Vincent	Unattached	Male Master
371	01:06:55	320	Mark	Oxford	Unattached	Male Senior
372	01:07:24	434	Ben	Dempsey	Unattached	Male Senior
373	01:07:41	160	Shaun	Riceman	Unattached	Male Senior
374	01:07:43	161	Joanne	Hedges	Unattached	Female Master
375	01:07:54	182	Anne-Marie	Williams	Unattached	Female Master
376	01:08:07	503	Icezuin	Mayhew	Unattached	
377	01:08:15	125	Jamie	Macrae	Unattached	Male Senior

378	01:09:16	421 James	Goody	Unattached	Male Senior
379	01:09:36	325 Wendy	Gordon	Unattached	Female Master
380	01:09:36	454 Emre	Gucukodaci	Unattached	Male Senior
381	01:10:10	132 Sarah	Sims	Unattached	Female Senior
382	01:10:33	425 Shahram	Shirazi	Unattached	Male Senior
383	01:10:42	394 Poro	Silva-Diaz	Unattached	Female Master
384	01:10:50	297 David	Bingham	Unattached	Male Master
385	01:11:07	309 Sarah-Jane	Hempstead	Unattached	Female Master
386	01:11:07	308 Duncan	Stanway	Unattached	Male Master
387	01:11:07	310 Barry	Hempstead	Eastern Veterans AC	Male Master
388	01:11:07	323 James	Scrivener	Unattached	Male Senior
389	01:11:16	103 Stella	Fitzgerald	Unattached	Female Master
390	01:11:20	303 Hedley	Wright	Unattached	Male Master
391	01:11:31	106 Sharon	Gravener	Unattached	Female Master
392	01:12:10	27 Laura	Summers	Unattached	Female Senior
393	01:12:11	118 Philip	Nutley	St Edmund Pacers	Male Master
394	01:12:54	278 Laura	Reynolds	Unattached	Female Senior
395	01:12:54	13 Julie	Bloomfield	Unattached	Female Master
396	01:12:57	74 Andrea	Carron	Unattached	Female Master
397	01:13:12	89 Lindsay	Cooper	Unattached	Female Senior
398	01:13:36	271 Brian	Harrington	Unattached	Male Senior
399	01:15:10	445 Samantha	Carden	Unattached	Female Master
400	01:15:24	516 Joyce	Crawford	Unattached	Female Master
401	01:15:44	162 Nick	Mayer	Unattached	Male Senior
402	01:16:14	202 Barry	Halford	Unattached	Male Master
403	01:16:46	390 Carla	Johnson	Felixstowe Road Runners	Female Senior
404	01:17:35	388 Paul	Smith	Ipswich JAFFA	Male Senior
405	01:17:35	389 Louise	Bigden	Unattached	Female Senior
406	01:17:51	339 Mary-Jane	Poku	Unattached	Female Master
407	01:18:00	88 Linda	Storey	Unattached	Female Master
408	01:21:59	409 Alison	Hale	Unattached	Female Master
409	01:21:59	220 Shelley	Spencer	Unattached	Female Master
410	01:24:40	120 Linda	Rookyard	Unattached	Female Master
411	01:25:25	274 Sandy	Bloom	Unattached	Female Master
412	01:25:25	273 Caroline	Colwell	Unattached	Female Senior
413	01:27:35	265 Sandra	Wrathall	Unattached	Female Master
414	01:30:08	398 Kimberley	Allington	Unattached	Female Senior
415	01:30:50	405 Holly	Yexley	Unattached	Female Senior
	DNS/DNF	2 Ryan	Harvey	Unattached	Male Senior
	DNS/DNF	4 Steven	Lowrey	Unattached	Male Senior
	DNS/DNF	5 Alan	Jackson	Ipswich JAFFA	Male Master
	DNS/DNF	6 Anthony	Wright	Unattached	Male Senior
	DNS/DNF	7 Fiona	Brice	Unattached	Female Senior
	DNS/DNF	11 Victoria	Sharp	Unattached	Female Master
	DNS/DNF	14 Isabel	Cockyard	Unattached	Female Master
	DNS/DNF	16 Rebecca	Ackland	Unattached	Female Senior
	DNS/DNF	32 Shayn	Thorpe	Unattached	Male Senior
	DNS/DNF	35 Debbie	Smith	Unattached	Female Master
	DNS/DNF	36 Alan	Smith	Unattached	Male Master
	DNS/DNF	43 Simon	Macer-Wright	Kent AC	Male Master
	DNS/DNF	47 Paul	Hollidge	Unattached	Male Master
	DNS/DNF	51 Claire	O'Hanion	Unattached	Female Senior
	DNS/DNF	53 Jennifer	Kirby-Green	Unattached	Female Master
	DNS/DNF	54 Tracy	Young	Unattached	Female Master



DNS/DNF	56	Phil	Davies	Ipswich JAFFA	Male Master
DNS/DNF	58	Sam	Leach	Unattached	Female Master
DNS/DNF	64	Diane	Stubbs	Unattached	Female Senior
DNS/DNF	69	Lana	Bloom	Unattached	Female Master
DNS/DNF	73	Stephen	Pugh	Unattached	Male Master
DNS/DNF	76	Maria	Snape	Unattached	Female Senior
DNS/DNF	79	Matt	Brewer	Unattached	Male Master
DNS/DNF	90	Daniel	Coughlan	Unattached	Male Senior
DNS/DNF	94	Joanne	Ringrose	Unattached	Female Master
DNS/DNF	95	Lisa	Wynn	Unattached	Female Master
DNS/DNF	96	Steven	Neaves	Stowmarket Striders	Male Master
DNS/DNF	100	Gary	Evans	Unattached	Male Senior
DNS/DNF	101	Kim	Evans	Unattached	Female Master
DNS/DNF	108	Melanie	Sowter	Unattached	Female Master
DNS/DNF	112	Jonathan	Wilding	Felixstowe Road Runners	Male Master
DNS/DNF	113	Susannah	Hancock	Unattached	Female Master
DNS/DNF	117	Paula	McvManus	Unattached	Female Senior
DNS/DNF	119	Chris	Rookyard	Unattached	Male Senior
DNS/DNF	130	Christopher	Sawyer	Unattached	Male Master
DNS/DNF	133	Ross	Keough	Unattached	Male Senior
DNS/DNF	135	Emma	Day	Unattached	Female Senior
DNS/DNF	136	Shelly	Minns	Unattached	Female Senior
DNS/DNF	140	Katie	Cox	Unattached	Female Master
DNS/DNF	141	Thomas	Cox	Unattached	Male Senior
DNS/DNF	144	Scott	Caygil	Unattached	Male Senior
DNS/DNF	145	Samuel	Rawlings	Unattached	
DNS/DNF	146	Clare	Jackson	Unattached	Female Senior
DNS/DNF	147	Sue	Tunaley	Unattached	Female Master
DNS/DNF	148	Alison	Lanchester	Unattached	Female Master
DNS/DNF	152	Laura	Jordon	Unattached	Female Senior
DNS/DNF	153	Sam	Martin	Unattached	Male Senior
DNS/DNF	156	Samantha	Thompson	Unattached	Female Master
DNS/DNF	166	Yumi	Oscroft	Unattached	Female Master
DNS/DNF	167	Jane	Audsley	Unattached	Female Master
DNS/DNF	176	Maria	Walters	Unattached	Female Master
DNS/DNF	184	Roy	Abbott	Unattached	Male Master
DNS/DNF	186	Alexandra	Weitzel	Unattached	Female Senior
DNS/DNF	189	Sanjiv	Chadha	Unattached	Male Senior
DNS/DNF	195	Scott	Johnson	Unattached	Male Senior
DNS/DNF	196	Aime	Phillips	Unattached	Female Senior
DNS/DNF	198	Lisa	Mickleburgh	Unattached	Female Senior
DNS/DNF	203	Julie	Turner	Unattached	Female Master
DNS/DNF	204	Simon	Tong	Unattached	Male Master
DNS/DNF	209	Charles	McIntyre	Unattached	Male Master
DNS/DNF	214	Simon	Milton	Unattached	Male Master
DNS/DNF	215	Jaime	Milton	Unattached	Female Senior
DNS/DNF	226	James	Willingham	Unattached	Male Senior
DNS/DNF	231	Fiona	Scorer	Unattached	Female Master
DNS/DNF	237	Matalie	Redmon	Unattached	Female Senior
DNS/DNF	238	Carl	Stannard	Unattached	Male Senior
DNS/DNF	240	Mark	Mayhew	Unattached	Male Master
DNS/DNF	243	Stephen	Bright	British Athletics Supporters	Male Master
DNS/DNF	244	Sarah	Owen	British Athletics Supporters	Female Master
DNS/DNF	246	Philip	Brown	Unattached	Male Master

DNS/DNF 247	Claire	Burgess	Unattached	Female Master
DNS/DNF 252	Alex	Donoyou	Unattached	Male Senior
DNS/DNF 253	Francesca	Haynes	Unattached	Female Senior
DNS/DNF 256	Tom	Douglas	Unattached	Male Senior
DNS/DNF 258	Geraldine	McLaughlin	Unattached	Female Master
DNS/DNF 261	Nick	Mann	Unattached	Male Master
DNS/DNF 262	Emma	Clapp	Unattached	Female Senior
DNS/DNF 263	Andrew	Reynolds	Unattached	Male Senior
DNS/DNF 264	Sarah	Myerscough	Unattached	Female Senior
DNS/DNF 270	Ian	Linton	Tiptree Road Runners	Male Master
DNS/DNF 281	Laurence	Gowers	Unattached	Male Senior
DNS/DNF 283	Guy	Haliday	Gt Bentley Running Club	Male Senior
DNS/DNF 284	Mark	Brewer	Tiptree Road Runners	Male Master
DNS/DNF 287	Joe	Adams	Unattached	Male Master
DNS/DNF 301	Paul	Maycock	Unattached	Male Master
DNS/DNF 312	Bob	Ansell	Unattached	Male Master
DNS/DNF 331	Jason	Hall	Unattached	Male Master
DNS/DNF 332	Lee	Ransome	Unattached	Male Senior
DNS/DNF 343	Clare	Dixy	Unattached	Female Master
DNS/DNF 345	Jenny	Jones	Unattached	Female Master
DNS/DNF 346	Chris	Davies	Unattached	Male Senior
DNS/DNF 353	Jude	Jones	Unattached	Female Master
DNS/DNF 355	Elizabeth	King	Unattached	Female Master
DNS/DNF 356	John	Porter	Unattached	Male Senior
DNS/DNF 375	Martin	Boreham	Unattached	Male Master
DNS/DNF 378	Joy	Day	Unattached	Female Senior
DNS/DNF 392	Mike	Deacon	Felixstowe Road Runners	Male Master
DNS/DNF 407	Mary	George	Unattached	Female Master
DNS/DNF 408	Brad	Jones	Ipswich JAFFA	Male Senior
DNS/DNF 411	Ian	Taylor	Unattached	Male Master
DNS/DNF 468	Thomas	Stewart	Unattached	Male Master