

## Results by Raceres Results

Any errors or omissions please email; [raceres@lineone.net](mailto:raceres@lineone.net)

<b>1st Ladies Team</b>	<b>Sudbury Joggers</b>
	Louise Hampshire
	Marie Shirley
	Amanda Henry
<b>2nd Ladies Team</b>	<b>St Edmund Pacers</b>
<b>3rd Ladies Team</b>	<b>Stowmarket Striders</b>
<b>1st Mens Team</b>	<b>West Suffolk AC</b>
	McCauley Delo
	Dominic Thackeray
	Colin Ridley
<b>2nd Mens Team</b>	<b>Harwich Runners</b>
<b>3rd Mens Team</b>	<b>St Edmund Pacers</b>

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:26:52	366	McCauley	Delo	West Suffolk A.C.	Male Junior
2	00:27:01	373	David	Gibbon	Colchester & Tendring AC	Male Senior
3	00:27:16	248	Robert	Reason	Harwich Runners	Male Senior
4	00:27:25	393	Dominic	Thackeray	West Suffolk A.C.	Male Senior
5	00:27:36	415	Kevin	Murphy	St Edmund Pacers	Male Senior
6	00:27:48	462	Daniel	Moss	Unattached	Male Senior
7	00:27:50	99	Vincent	Coogan	Newmarket Joggers	Male Senior
8	00:27:53	100	John	Oakes	Cambridge & Coleridge AC	Male Master 50
9	00:28:24	389	Sam	Googing-Matthews	Harwich Runners	Male Senior
10	00:28:28	277	Brian	Herrington	Harwich Runners	Male Master 40
11	00:28:33	130	Colin	Ridley	West Suffolk A.C.	Male Master 45
12	00:28:37	335	Peter	Golding	St Edmund Pacers	Male Master 55
13	00:28:45	278	Jonathan	Ling	Ipswich JAFFA	Male Senior
14	00:28:49	332	Sam	Ratcliffe	Unattached	Male Senior
15	00:28:52	417	Simon	Dale	Gt Bentley Running Club	Male Senior
16	00:29:07	107	Nick	Palmer	Stowmarket Striders	Male Senior
17	00:29:15	184	Kevin	Vaughan	St Edmund Pacers	Male Master 45
18	00:29:28	128	Sebastain	Palmer	West Suffolk A.C.	Male Senior
19	00:29:43	385	Terry	Back	Ipswich JAFFA	Male Master 50
20	00:29:55	54	Glenn	Douglas	St Edmund Pacers	Male Senior
21	00:29:58	347	Mark	Furnace	Ipswich JAFFA	Male Senior
22	00:29:59	145	Tim	Ellis	Saffron Striders	Male Master 40
23	00:30:02	450	Joseph	Kirton	Thetford AC	Male Junior
24	00:30:05	86	Jamie	Shaw	Newmarket Joggers	Male Senior
25	00:30:06	236	Roy	Gibby	Colchester Harriers AC	Male Senior
26	00:30:09	16	Mark	Reynard	Stowmarket Striders	Male Senior
27	00:30:13	154	Ben	Casey	Ipswich Triathlon Club	Male Senior
28	00:30:25	293	Alan	Dawson	St Edmund Pacers	Male Master 50
29	00:30:29	3	Michael	Jones	Stowmarket Striders	Male Master 40
30	00:30:36	374	Joseph	Gibbon	Colchester & Tendring AC	Male Junior
31	00:30:37	336	Stephen	Livermore	St Edmund Pacers	Male Senior
32	00:30:41	14	Simon	Harrison	Ipswich JAFFA	Male Senior
33	00:30:43	460	Paul	McClelland	Harwich Runners	Male Master 40
34	00:30:45	396	Matthew	Knowles	Harwich Runners	Male Senior
35	00:30:50	311	Martin	Lawrence	Unattached	Male Master 45

36	00:30:51	162 Lee	Morgan	Unattached	Male Senior
37	00:30:58	32 Carl	Ashton	Unattached	Male Senior
38	00:31:02	310 Adam	Cripps	West Suffolk A.C.	Male Junior
39	00:31:05	167 Paul	Preston	Sudbury Joggers AC	Male Senior
40	00:31:08	191 Robert	Smailes	St Edmund Pacers	Male Junior
41	00:31:11	329 Thomas	Ratcliffe	Unattached	Male Senior
42	00:31:17	212 Jo	Coates	St Edmund Pacers	Female Master 35
43	00:31:21	485 Andrew	Shields	Cambridge & Coleridge AC	Male Master 45
44	00:31:23	120 Chris	Seymour	Stowmarket Striders	Male Master 40
45	00:31:25	225 Brian	Munns	Newmarket Joggers	Male Master 45
46	00:31:26	143 Louise	Hampshire	Sudbury Joggers AC	Female Senior
47	00:31:26	142 James	Wilson	Sudbury Joggers AC	Male Senior
48	00:31:27	279 Alistair	Dick	Ipswich JAFFA	Male Master 45
49	00:31:31	334 Chris	Cooke	St Edmund Pacers	Male Master 45
50	00:31:32	378 Jack	Anthony	West Suffolk A.C.	Male Senior
51	00:31:33	85 Dave	Soloman	Felixstowe Road Runners	Male Master 40
52	00:31:33	414 Scott	Crawley	Gt Bentley Running Club	Male Senior
53	00:31:34	38 Chris	Reeve	Stowmarket Striders	Male Senior
54	00:31:34	71 George	Harvison	Unattached	Male Junior
55	00:31:39	307 Tim	Hanman	Unattached	Male Master 40
56	00:31:47	315 Matthew	Applegate	Cambridge & Coleridge AC	Male Senior
57	00:31:47	398 Paul	Nedd	Unattached	Male Master 40
58	00:31:59	438 Liam	Brophy	St Edmund Pacers	Male Junior
59	00:32:04	197 Andrew	Buck	Sudbury Joggers AC	Male Master 45
60	00:32:04	397 Sean	Connor	Unattached	Male Master 40
61	00:32:08	69 Sam	Brooke	Felixstowe Road Runners	Male Senior
62	00:32:14	228 Andrew	Green	Stowmarket Striders	Male Master 40
63	00:32:17	138 Ryan	Bartlett	Unattached	Male Senior
64	00:32:20	243 Neil	Dinwiddle	Framlingham Flyers	Male Senior
65	00:32:22	281 James	Beeton	Newmarket Joggers	Male Master 45
66	00:32:26	304 Warren	Birch	Ipswich JAFFA	Male Master 40
67	00:32:42	345 Marie	Shirley	Sudbury Joggers AC	Female Senior
68	00:32:48	270 Michael	simmons	Gt Bentley Running Club	Male Master 45
69	00:32:51	35 Steve	Brooke	Felixstowe Road Runners	Male Master 40
70	00:32:54	168 Jason	Walker	Stowmarket Striders	Male Senior
71	00:32:55	369 Callum	Stewart	West Suffolk A.C.	Male Senior
72	00:32:58	416 Jamie	Ash	Gt Bentley Running Club	Male Senior
73	00:33:00	192 Kiven	Short	Framlingham Flyers	Male Master 50
74	00:33:01	372 Michael	Beckett	Gt Bentley Running Club	Male Master 60
75	00:33:03	313 Clive	Steward	Unattached	Male Master 45
76	00:33:11	83 Robin	Harper	Felixstowe Road Runners	Male Senior
77	00:33:16	203 Michael	Fischer	St Edmund Pacers	Male Master 40
78	00:33:17	395 Chris	Squirrell	Ipswich JAFFA	Male Senior
79	00:33:18	18 Rob	Harrow	Sudbury Joggers AC	Male Senior
80	00:33:24	34 Chris	Chorley	Bungay Black Dog	Male Master 45
81	00:33:26	364 John	Greener	St Edmund Pacers	Male Master 40
82	00:33:28	434 Jason	Beeton	Newmarket Joggers	Male Senior
83	00:33:28	141 Ian	East	Sudbury Joggers AC	Male Master 40
84	00:33:31	47 Robert	Hughes	St Edmund Pacers	Male Master 45
85	00:33:33	166 Samuel	Burdett	Stowmarket Striders	Male Junior
86	00:33:37	118 David	Edwards	Cambridge & Coleridge AC	Male Master 50
87	00:33:38	210 Daniel	Nokes	Hadleigh Hares A.C.	Male Senior
88	00:33:39	13 Dale	Mandell	Woodbridge Shufflers	Male Senior
89	00:33:40	222 Kevin	Stevens	Gt Bentley Running Club	Male Senior

90	00:33:42	101	Lynton	Kitchener	Unattached	Male Master 50
91	00:33:47	22	Steven	Hughes	Stowmarket Striders	Male Master 45
92	00:33:47	25	David	Salter	Unattached	Male Master 45
93	00:33:48	172	Amanda	Henry	Sudbury Joggers AC	Female Master 35
94	00:33:50	420	Matt	Ralph	Stowmarket Striders	Male Master 40
95	00:33:53	353	Ian	Cottee	Harwich Runners	Male Senior
96	00:33:53	429	Stephen	Burrows	Harwich Runners	Male Senior
97	00:34:00	139	Rodger	Alexander	Colchester & Tendring AC	Male Master 50
98	00:34:01	2	Stephen	Pugh	Ipswich JAFFA	Male Master 50
99	00:34:02	367	Steven	Bailey	Unattached	Male Master 45
100	00:34:04	300	Adam	Mumford	Sudbury Joggers AC	Male Senior
101	00:34:04	435	Adrian	Frost	Unattached	Male Master 40
102	00:34:05	46	John	Craddock	Stowmarket Striders	Male Senior
103	00:34:08	355	Rebecca	Jordan	Stowmarket Striders	Female Senior
104	00:34:09	187	Mark	Vince	Woodbridge Shufflers	Male Senior
105	00:34:10	252	Paul	Rumbellow	Felixstowe Road Runners	Male Senior
106	00:34:12	285	Marion	McCall	Thetford AC	Female Master 40
107	00:34:14	103	Andre	Besant	Unattached	Female Master 40
108	00:34:16	356	Darren	Lee	Stowmarket Striders	Male Master 45
109	00:34:17	70	Derek	Hood	Unattached	Male Senior
110	00:34:18	49	Stewart	White	Unattached	Male Senior
111	00:34:19	188	Christopher	Moulton	Sudbury Joggers AC	Male Senior
112	00:34:23	109	Mary	Narey	Stowmarket Striders	Female Master 40
113	00:34:25	444	Steve	Presland	Ely Runners	Male Master 55
114	00:34:28	326	Thomas	Stanford	Unattached	Male Senior
115	00:34:29	475	Joe	Cross	Joggers & Jaunters	Male Senior
116	00:34:30	263	Duncan	Chenery	Ipswich JAFFA	Male Master 50
117	00:34:31	72	Simon	Wiggins	Felixstowe Road Runners	Male Senior
118	00:34:35	227	Ray	Roberts	Felixstowe Road Runners	Male Master 60
119	00:34:37	151	Mark	Watts	St Edmund Pacers	Male Master 45
120	00:34:38	325	Peter	Mills	Stowmarket Striders	Male Master 55
121	00:34:39	322	Gerry	Watson	Felixstowe Road Runners	Male Master 55
122	00:34:47	24	Jane	Smith	Grange Farm & Dunmow Runners	Female Master 40
123	00:34:48	291	Steve	Le-Poidevin	St Edmund Pacers	Male Master 40
124	00:34:49	337	James	Bowles	Unattached	Male Senior
125	00:34:50	8	Peter	Bird	St Edmund Pacers	Male Senior
126	00:34:50	239	Matt	Hunter	Hadleigh Hares A.C.	Male Senior
127	00:34:53	6	Claire	Dann	Unattached	Female Senior
128	00:35:00	339	Craig	Derrden-Phillips	St Edmund Pacers	Male Master 40
129	00:35:00	466	Nigel	Carrier	Unattached	Male Master 45
130	00:35:02	483	Jason	Allard	Stowmarket Striders	Male Senior
131	00:35:04	224	Jim	Withers	Newmarket Joggers	Male Master 55
132	00:35:05	52	Vicky	Presland	Gt Bentley Running Club	Female Master 35
133	00:35:06	380	Russel	Breyer	Ipswich JAFFA	Male Master 45
134	00:35:09	213	Peter	Elliott	Unattached	Male Senior
135	00:35:10	37	Emily	Gooderham	St Edmund Pacers	Female Junior
136	00:35:14	344	Mark	Andrews	Purple Patch Runners	Male Master 40
137	00:35:16	28	Paul	Dewison	Cambridge & Coleridge AC	Male Master 55
138	00:35:17	195	Gavin	Mitchell	Unattached	Male Senior
139	00:35:26	156	John	Squirell	Stowmarket Striders	Male Master 55
140	00:35:28	211	Michael	Hill	Unattached	Male Senior
141	00:35:30	219	Charmaine	Geraghty	Stowmarket Striders	Female Master 35
142	00:35:31	94	Ruth	Ward	Ipswich JAFFA	Female Senior
143	00:35:33	250	James	Calver	Ipswich JAFFA	Male Senior

144	00:35:34	489	James	Sims	Stowmarket Striders	Male Senior
145	00:35:35	51	Matt	Davey	Tiptree Road Runners	Male Senior
146	00:35:36	137	Dave	Vaughan	St Edmund Pacers	Male Master 55
147	00:35:37	226	Nicola	Ramsey	Ipswich JAFFA	Female Senior
148	00:35:37	266	Daniel	Jones	Ipswich Harriers	Male Senior
149	00:35:44	50	Laura	Hicks	Stowmarket Striders	Female Senior
150	00:35:44	410	Marcus	Green	Stowmarket Striders	Male Senior
151	00:35:46	90	Mark	Ross	Gt Bentley Running Club	Male Master 45
152	00:35:46	140	Chelsea	Caloia	St Edmund Pacers	Female Senior
153	00:35:47	30	Spencer	Dutton	Unattached	Male Senior
154	00:35:50	150	Emily	Baker	West Suffolk A.C.	Female Senior
155	00:35:51	399	Wayne	Kern	Halstead Road Runners	Male Master 40
156	00:35:51	158	Wayne	Mumford	Sudbury Joggers AC	Male Master 40
157	00:35:52	468	Martin	Pearson	Unattached	Male Master 40
158	00:35:52	218	Mark	Goodwin	Felixstowe Road Runners	Male Senior
159	00:35:57	160	Christopher	Bing	Ipswich JAFFA	Male Senior
160	00:35:59	262	Peter	Cotton	Newmarket Joggers	Male Master 60
161	00:35:59	465	Peter	Lambillion	Unattached	Male Master 45
162	00:35:59	217	Julian	Davis	Hadleigh Hares A.C.	Male Senior
163	00:36:02	402	Tony	Cantle	Thetford AC	Male Master 50
164	00:36:02	274	Mark	Lankester	Ipswich JAFFA	Male Master 40
165	00:36:03	208	Seb	Benford	Unattached	Male Senior
166	00:36:03	320	Michael	Downes	Ipswich JAFFA	Male Master 50
167	00:36:10	330	Steve	Ratcliffe	Unattached	Male Master 55
168	00:36:12	163	Victoria	Moseley	Stowmarket Striders	Female Master 35
169	00:36:17	427	Thomas	O'Sullivan	Unattached	Male Junior
170	00:36:19	59	Richard	Talbot	Felixstowe Road Runners	Male Master 45
171	00:36:23	478	Phil	Marsden	Ipswich JAFFA	Male Master 50
172	00:36:25	368	Robert	Thorpe	Gt Bentley Running Club	Male Senior
173	00:36:27	319	John	Rednall	Stowmarket Striders	Male Master 45
174	00:36:29	383	Beth	Tooley	West Suffolk A.C.	Female Junior
175	00:36:30	422	Tim	Higgins	Ipswich JAFFA	
176	00:36:31	44	Ian	Bradford	Unattached	Male Senior
177	00:36:32	411	Steve	Grey	Stowmarket Striders	Male Master 50
178	00:36:34	308	Nicola	Seager	Unattached	Female Senior
179	00:36:34	309	Alan	Doggett	Unattached	Male Senior
180	00:36:38	321	Kim	Reader	Felixstowe Road Runners	Female Master 40
181	00:36:39	123	John	George	Unattached	Male Master 50
182	00:36:40	463	Lacey	Bareham	Colchester & Tendring AC	Female Senior
183	00:36:42	437	Clive	Davey	Unattached	Male Master 40
184	00:36:43	253	Ian	Chapman	St Edmund Pacers	Male Master 40
185	00:36:44	39	Simon	Goldsmith	Unattached	Male Senior
186	00:36:47	64	Daniel	Morgan	St Edmund Pacers	Male Senior
187	00:36:49	67	Adam	Hocken	Witham RC	Male Master 45
188	00:36:51	273	Jon	Betson	Unattached	Male Senior
189	00:36:51	441	Matthew	Robinson	Capel Cheetahs	Male Senior
190	00:36:52	60	Claire	Hoblyn	St Edmund Pacers	Female Master 45
191	00:36:53	486	Peter	Clinton	Unattached	Male Master 50
192	00:36:55	276	Rebecca	Staunton	Ipswich JAFFA	Female Senior
193	00:36:58	157	Iain	Catchpole	Ipswich JAFFA	Male Master 40
194	00:36:58	221	Richard	Allport	Felixstowe Road Runners	Male Master 45
195	00:37:03	327	Natasha	Scott	Haverhill Running Club	Female Master 35
196	00:37:03	29	Emma	Mortimer	Ipswich JAFFA	Female Senior
197	00:37:05	381	Steve	Robinson	Stowmarket Striders	Male Master 55

198	00:37:05	394	Stephen	Bayless	Unattached	Male Master 50
199	00:37:08	247	Nigel	Gossett	St Edmund Pacers	Male Master 50
200	00:37:10	390	Peter	Gooding	Harwich Runners	Male Master 60
201	00:37:12	215	Stephen	Williams	St Edmund Pacers	Male Master 55
202	00:37:17	418	Ron	Aimes	Stowmarket Striders	Male Master 60
203	00:37:19	282	Gabriel	Martins	Ipswich JAFFA	Male Master 40
204	00:37:22	97	Michael	Poulter	Witham RC	Male Master 55
205	00:37:25	176	Mick	Taylor	Unattached	Male Master 55
206	00:37:29	284	Annie	Drugan	St Edmund Pacers	Female Master 40
207	00:37:34	148	Glyn	Peck	Harwich Runners	Male Master 65+
208	00:37:35	53	Andrew	Gemmell	Unattached	Male Master 40
209	00:37:36	76	Frank	Tyldesley	St Edmund Pacers	Male Master 45
210	00:37:38	361	Lynn	Walters	St Edmund Pacers	Female Master 40
211	00:37:40	17	Emma	Burroughs	Ipswich Harriers	Female Senior
212	00:37:43	115	Rob	Clayton	Felixstowe Road Runners	Male Master 50
213	00:37:44	58	Terry	Harvey	Unattached	Male Senior
214	00:37:45	328	Darren	Willey	Gt Bentley Running Club	Male Senior
215	00:37:46	189	Philip	Southgate	St Edmund Pacers	Male Master 40
216	00:37:49	425	Paul	Jones	Unattached	Male Senior
217	00:37:52	453	Lee	Blackborn	Unattached	Male Master 40
218	00:37:53	183	Mark	Tweed	Woodbridge Shufflers	Male Master 40
219	00:37:54	207	Melissa	Clarke	St Edmund Pacers	Female Master 35
220	00:37:55	238	Philip	Davies	Ipswich JAFFA	Male Master 45
221	00:38:00	289	Samantha	Wing	Thetford AC	Female Senior
222	00:38:00	268	Andrew	Elliott	Unattached	Male Master 40
223	00:38:03	479	Gary	Eldred	Gt Bentley Running Club	Male Master 50
224	00:38:09	259	Kirsty	Thorndyke	Ipswich Harriers	Female Senior
225	00:38:05	23	Andrew	Smith	Grange Farm & Dunmow Runners	Male Master 45
226	00:38:10	81	Frank	Moggan	Stowmarket Striders	Male Master 60
227	00:38:15	317	John	Adams	Ipswich JAFFA	Male Senior
228	00:38:20	480	Camille	Olson	Unattached	Female Senior
229	00:38:22	233	Peter	Finch	Stowmarket Striders	Male Master 45
230	00:38:23	242	David	Caniels	Stowmarket Striders	Male Master 45
231	00:38:29	205	James	Manning	St Edmund Pacers	Male Master 40
232	00:38:31	33	Bobbie	Sauerzapf	Bungay Black Dog	Female Master 50
233	00:38:32	359	Stuart	Adams	Sudbury Joggers AC	Male Senior
234	00:38:33	349	Elizabeth	Cahill	Colchester Harriers AC	Female Master 45
235	00:38:35	42	Simon	Hibbert	Unattached	Male Senior
236	00:38:37	305	Sam	Morley	Unattached	Male Senior
237	00:38:37	87	Paul	Gilson	Ipswich JAFFA	Male Master 50
238	00:38:37	144	Diane	Wooller	Colchester & Tendring AC	Female Master 55
239	00:38:38	350	Gregory	White	Unattached	Male Senior
240	00:38:39	122	Mark	Avery	Ipswich JAFFA	Male Master 45
241	00:38:43	439	Simon	Whitnall	Unattached	Male Master 50
242	00:38:45	413	Matthew	Eveleigh	Stowmarket Striders	Male Senior
243	00:38:52	482	Joaquim	Monteiro	Haverhill Running Club	Male Master 55
244	00:38:53	133	Victoria	Smith	Unattached	Female Senior
245	00:38:57	93	David	Reid	Stowmarket Striders	Male Master 50
246	00:39:01	376	Robin	Taylor	Unattached	Male Master 60
247	00:39:02	375	Marcus	Catlin	Ipswich JAFFA	Male Senior
248	00:39:02	147	Suzanne	Heath	Unattached	Female Master 40
249	00:39:04	234	David	Riedel	Unattached	Male Master 55
250	00:39:05	78	Colin	Lewis	Unattached	Male Master 45
251	00:39:07	370	Colin	Low	Unattached	Male Master 40

252	00:39:07	216	George	Wreathall	St Edmund Pacers	Male Master 50
253	00:39:07	433	Richard	Fellingham	Stowmarket Striders	Male Master 60
254	00:39:10	21	Dianne	Hughes	Stowmarket Striders	Female Master 45
255	00:39:10	105	Chris	Gladwell	Stowmarket Striders	Male Master 50
256	00:39:10	428	Michael	Burrows	Unattached	Male Junior
257	00:39:14	155	Mick	Sears	Woodbridge Shufflers	Male Master 55
258	00:39:15	269	Tony	Bradford	Unattached	Male Master 45
259	00:39:21	246	Mike	Ryall	Unattached	Male Master 60
260	00:39:29	200	Mathew	Rawlings	Unattached	Male Master 40
261	00:39:31	297	Gary	Taylor	Woodbridge Shufflers	Male Master 45
262	00:39:31	180	Paul	Theobald	St Edmund Pacers	Male Master 55
263	00:39:32	171	Lisa	Smith	Unattached	Female Senior
264	00:39:33	230	Christine	Middleton-Burrows	Woodbridge Shufflers	Female Master 40
265	00:39:34	125	Marie	Hamarsoo	St Edmund Pacers	Female Senior
266	00:39:35	316	Martin	West	Harwich Runners	Male Master 60
267	00:39:40	206	Marie	O'Brian	St Edmund Pacers	Female Master 45
268	00:39:43	265	Harry	Smith	Stowmarket Striders	Male Master 45
269	00:39:44	89	David	Levens	Felixstowe Road Runners	Male Master 45
270	00:39:46	55	Karen	Hatton	St Edmund Pacers	Female Master 50
271	00:39:46	442	David	Howe	Unattached	Male Senior
272	00:39:52	458	David	Chapman	Sudbury Joggers AC	Male Master 50
273	00:39:52	392	Shaun	Jones	Unattached	Male Senior
274	00:39:54	173	Dominic	Turner	Sudbury Joggers AC	Male Senior
275	00:40:08	177	Philip	Ryan	Unattached	Male Master 40
276	00:40:10	324	Lorraine	Garnham	Halstead Road Runners	Female Master 50
277	00:40:10	426	Rebecca	Cook	Unattached	Female Senior
278	00:40:12	461	Mark	Miller	Stowmarket Striders	Male Master 40
279	00:40:15	257	Kevin	Marshall	Ilford AC	Male Master 50
280	00:40:15	36	Karen	Skene	Gt Bentley Running Club	Female Master 40
281	00:40:15	175	Paul	Blackwell	Gt Bentley Running Club	Male Master 40
282	00:40:17	405	Ann	Piercy	Harwich Runners	Female Master 55
283	00:40:20	451	Gareth	Cross	Unattached	Male Senior
284	00:40:23	20	John	Cass	Unattached	Male Master 40
285	00:40:28	421	Aiden	Jeffeys	Unattached	Male Master 40
286	00:40:29	214	Joe	Naughton	Unattached	Male Master 45
287	00:40:31	178	Michael	Jobbins	Stowmarket Striders	Male Master 45
288	00:40:31	113	Keith	Borrett	Stowmarket Striders	Male Master 55
289	00:40:32	127	Neal	Goldsmith	Ipswich JAFFA	Male Senior
290	00:40:36	185	John	Penny	Unattached	Male Master 55
291	00:40:41	111	Helen	Finegan	Felixstowe Road Runners	Female Senior
292	00:40:43	135	Amanda	Martin	St Edmund Pacers	Female Master 40
293	00:40:48	352	Victoria	Law	Gt Bentley Running Club	Female Master 35
294	00:40:48	271	Marion	Simmons	Gt Bentley Running Club	Female Master 45
295	00:40:51	423	Alex	Smith	Stowmarket Striders	Female Master 35
296	00:40:52	196	Lorraine	Mills	Stowmarket Striders	Female Master 35
297	00:40:54	431	Keith	Chamberlin	Unattached	Male Master 45
298	00:40:54	301	Ashley	Foxhall	Capel Cheetahs	Male Master 40
299	00:40:57	149	Frank	Gardiner	Gt Bentley Running Club	Male Master 55
300	00:40:58	4	Simon	Haffenden	Haverhill Running Club	Male Master 50
301	00:40:59	312	Zara	McLoone	West Suffolk A.C.	Female Senior
302	00:41:01	340	James	Stanford	Unattached	Male Senior
303	00:41:03	116	Diane	Braverman	Cambridge & Coleridge AC	Female Master 55
304	00:41:04	264	Paul	Sawyer	Unattached	Male Master 45
305	00:41:05	449	Sarah	Hayward	Stowmarket Striders	Female Senior

306	00:41:05	96	Laurence	Gowers	Unattached	Male Senior
307	00:41:06	31	Alison	Myles	Ipswich JAFFA	Female Master 35
308	00:41:08	477	Paul	Ridgeon	Unattached	Male Senior
309	00:41:13	488	Rebecca	Smith	Hadleigh Hares A.C.	Female Senior
310	00:41:25	82	Mike	Munson	Stowmarket Striders	Male Master 55
311	00:41:31	165	Vikas	Bhalla	Unattached	Male Senior
312	00:41:33	443	Teresa	Squire	Unattached	Female Master 40
313	00:41:34	388	Trevor	Matthews	Harwich Runners	Male Master 45
314	00:41:35	299	Stephen	Wood	Ipswich JAFFA	Male Master 50
315	00:41:37	294	Claire	Abergel-Doidge	Unattached	Female Master 35
316	00:41:38	436	Trevor	Hamblett	Unattached	Male Master 60
317	00:41:38	412	David	Gardiner	Unattached	Male Master 55
318	00:41:41	102	Carla	Holroyd	Harwich Runners	Female Master 50
319	00:41:42	348	Pauline	Adams	Ipswich JAFFA	Female Master 35
320	00:41:46	193	Evet	Price	Framlingham Flyers	Female Master 45
321	00:41:48	401	Mark	Whitehead	Unattached	Male Master 40
322	00:41:49	430	Harriet	Cookson	Harwich Runners	Female Senior
323	00:41:58	261	Ben	Marsh	Unattached	Male Senior
324	00:42:02	406	Edward	Webster	Unattached	Male Master 50
325	00:42:11	362	Rebecca	Guy	St Edmund Pacers	Female Senior
326	00:42:18	432	Les	Basham	Stowmarket Striders	Male Master 60
327	00:42:20	457	Stuart	Nunn	Unattached	Male Senior
328	00:42:25	338	Belinda	Godbold	Ipswich JAFFA	Female Master 50
329	00:42:28	43	Annabel	Bennett	Felixstowe Road Runners	Female Master 45
330	00:42:30	159	Darren	Meek	Unattached	Male Senior
331	00:42:33	258	Tony	Adolphus	Ipswich JAFFA	Male Master 50
332	00:42:38	114	Sarah	Jobbins	Unattached	Female Master 45
333	00:42:40	363	Charlie	Stannett	Ipswich Triathlon Club	Male Master 55
334	00:42:45	283	Mon	Lee	Ipswich JAFFA	Male Master 50
335	00:42:50	57	Tim	Finegan	Felixstowe Road Runners	Male Master 45
336	00:42:53	132	Cath	Breckell	Unattached	Female Master 35
337	00:42:54	48	Kate	Allen	Sudbury Joggers AC	Female Master 35
338	00:42:55	117	Terry	Braverman	Cambridge & Coleridge AC	Male Master 65+
339	00:42:57	371	Paul	Smith	Ipswich JAFFA	Male Senior
340	00:42:57	260	Simon	Page	Unattached	Male Master 55
341	00:42:57	471	Adam	Keeble	Unattached	Male Senior
342	00:43:00	80	Jennifer	Devaney	Stowmarket Striders	Female Senior
343	00:43:02	209	Carol	Nokes	Hadleigh Hares A.C.	Female Master 50
344	00:43:04	146	Isabelle	Calais	Unattached	Female Senior
345	00:43:05	104	Shirley	Brame	Stowmarket Striders	Female Master 40
346	00:43:07	181	Stephen	Prior	Capel Cheetahs	Male Master 40
347	00:43:10	286	Sue	Mahon	St Edmund Pacers	Female Master 40
348	00:43:11	377	Steve	Mowles	Unattached	Male Master 40
349	00:43:11	314	Simon	Kitchen	Unattached	Male Master 45
350	00:43:12	174	Loana	Whalley	Joggers & Jaunters	Female Master 40
351	00:43:12	249	Wendy	Hughes	Stowmarket Striders	Female Master 50
352	00:43:15	440	Sara	Bloor	The Saxons	Female Master 40
353	00:43:24	404	Gary	Chalkley	Unattached	Male Master 40
354	00:43:24	190	Ian	Lightfoot	Woodbridge Shufflers	Male Senior
355	00:43:25	65	Jason	Smith	Unattached	Male Master 40
356	00:43:25	232	Lorraine	Farley	Stowmarket Striders	Female Master 35
357	00:43:27	357	Barbara	Law	Gt Bentley Running Club	Female Master 65
358	00:43:32	61	Andrew	Smith	Unattached	Male Master 40
359	00:43:37	333	Jason	Baillie	Ipswich Triathlon Club	Male Senior

360	00:43:42	19	Julia	Stone	Unattached	Female Master 50
361	00:43:46	27	Keith	Thorogood	Halstead Road Runners	Male Master 55
362	00:43:50	452	Rita	Rue	St Edmund Pacers	Female Master 50
363	00:43:51	220	Katy	Nash	Stowmarket Striders	Female Master 40
364	00:43:51	136	Donna	Talbot	St Edmund Pacers	Female Senior
365	00:43:52	77	Lucie	Arbon	Unattached	Female Senior
366	00:43:52	256	Karen	Shelly	Capel Cheetahs	Female Master 45
367	00:43:53	409	Paul	Shelley	Unattached	Male Master 55
368	00:43:59	251	Debbie	Ghant	Stowmarket Striders	Female Master 45
369	00:44:00	384	Naccy	Martin	Unattached	Female Junior
370	00:44:01	470	Rachel	Champion	Stowmarket Striders	Female Master 45
371	00:44:02	88	Steven	Reynolds	Unattached	Male Master 50
372	00:44:02	386	Peter	Reeve	Gt Bentley Running Club	Male Master 50
373	00:44:05	201	Neil	Stallard	Unattached	Male Master 40
374	00:44:10	126	Will	Goldsmith	Joggers & Jaunters	Male Senior
375	00:44:13	407	Sarah	Scarlett	Ipswich JAFFA	Female Master 35
376	00:44:18	419	Chris	Hayes	Gt Bentley Running Club	Male Master 50
377	00:44:19	231	Maureen	Wright	Ipswich JAFFA	Female Master 65
378	00:44:19	447	Susian	Bloomfield	Stowmarket Striders	Female Master 40
379	00:44:23	223	Rosalind	Maulkerson	Joggers & Jaunters	Female Master 45
380	00:44:27	469	Vikki	Shaw	Unattached	Female Senior
381	00:44:33	467	Amanda	Carrier	Unattached	Female Master 45
382	00:44:35	476	Chris	Braddy	Ipswich JAFFA	Male Senior
383	00:44:36	110	Amanda	Crichton	Unattached	Female Senior
384	00:44:36	408	Andrew	Leather	Ipswich JAFFA	Male Master 45
385	00:44:44	295	Rebecca	Whittingdale	Unattached	Female Master 40
386	00:44:44	153	Charmian	Price	Unattached	Female Senior
387	00:44:44	152	Caity	Goodfellow	Unattached	Female Senior
388	00:44:50	106	Mary	Akin-George	Unattached	Female Master 35
389	00:44:51	487	Andrew	Bond	Unattached	Male Master 60
390	00:44:59	306	Tracy	Haddock	Unattached	Female Master 40
391	00:45:10	382	Nick	Huggins	Stowmarket Striders	Male Master 55
392	00:45:11	454	Emma	Ragab	Unattached	Female Senior
393	00:45:14	354	Sarah	Wood	Ipswich JAFFA	Female Senior
394	00:45:15	400	Tanya	Whitehead	Unattached	Female Master 40
395	00:45:15	484	Carina	Steenkamp	Unattached	Female Senior
396	00:45:17	296	Hollie	Morris	Stowmarket Striders	Female Senior
397	00:45:18	179	Tracy	Murphy	Unattached	Female Master 45
398	00:45:20	15	Tim	Skelton	Unattached	Male Master 50
399	00:45:22	134	Julie	Thurlow	Ipswich JAFFA	Female Master 55
400	00:45:28	267	Sue	Sorrell	Gt Bentley Running Club	Female Master 45
401	00:45:37	456	Lyndon	Collier	Sudbury Joggers AC	Male Master 55
402	00:45:38	198	Rachael	Clarke	Unattached	Female Master 40
403	00:45:39	455	Frederine	Denniel	Sudbury Joggers AC	Female Senior
404	00:45:45	298	Debbie	Taylor	Unattached	Female Master 45
405	00:45:45	272	Gill	Irvine	Framlingham Flyers	Female Senior
406	00:45:55	302	Claire	Foxhall	Capel Cheetahs	Female Master 35
407	00:45:58	288	Felicity	Kirby	St Edmund Pacers	Female Senior
408	00:46:03	275	Mary	Marsh	Newmarket Joggers	Female Master 55
409	00:46:04	131	Paul	Trevelyan	Unattached	Male Master 55
410	00:46:09	379	Don	Welsh	Gt Bentley Running Club	Male Master 50
411	00:46:14	424	Alex	Batholomew	Unattached	Female Master 40
412	00:46:23	108	Liz	Beighton	Stowmarket Striders	Female Master 35
413	00:46:29	391	Clare	Phillips	Mid Essex Casuals	Female Master 40



414	00:46:12	5	Rob	Dann	Unattached	Male Master 55
415	00:46:27	84	Lisa	Lumley	Joggers & Jaunters	Female Master 40
416	00:46:34	287	Liz	Nice	St Edmund Pacers	Female Master 40
417	00:46:34	481	Danette	Dolan	Unattached	Male Senior
418	00:46:40	194	Alison	Cartwright	St Edmund Pacers	Female Master 35
419	00:46:41	459	Kirsty	Durham	Unattached	Female Senior
420	00:46:42	182	Amanda	Prior	Capel Cheetahs	Female Master 40
421	00:46:48	255	Beverley	Moss	Joggers & Jaunters	Female Master 35
422	00:46:49	40	Miranda	Rayner	Harwich Runners	Female Master 40
423	00:46:53	254	Philippa	Chapman	Unattached	Female Master 40
424	00:46:55	331	Susan	Baker	Joggers & Jaunters	Female Master 40
425	00:47:16	10	Anita	Bond	Unattached	Female Master 45
426	00:47:20	161	Paul	Forshaw	Unattached	Male Master 55
427	00:47:22	1	Jo	Dickenson	Felixstowe Road Runners	Female Master 40
428	00:47:24	237	Graham	Page	St Edmund Pacers	Male Master 55
429	00:48:50	119	Yvonne	Freiherr	Unattached	Female Senior
430	00:48:51	448	Mary	Hayward	Stowmarket Striders	Female Master 55
431	00:48:53	292	Derrick	Maher	St Edmund Pacers	Male Master 45
432	00:48:54	446	Tracey	Rose	Stowmarket Striders	Female Master 40
433	00:48:56	342	Claire	Jenkins	Unattached	Female Master 35
434	00:48:56	341	Annette	Stanford	Unattached	Female Master 50
435	00:49:26	303	David	Hindley	City of Stoke AC	Male Master 65+
436	00:49:36	66	Helen	Dean	Unattached	Female Master 35
437	00:49:42	170	Billy	Richmond	Unattached	Male Master 45
438	00:49:49	318	Tracy	Morgan	Unattached	Female Master 40
439	00:49:57	492	Kate	Meyer	Unattached	Female Senior
440	00:49:59	74	Mel	Chittock	Unattached	Male Master 55
441	00:50:06	403	Emma	Godfrey	St Edmund Pacers	Female Master 35
442	00:50:28	164	Samantha	Starling	St Edmund Pacers	Female Master 40
443	00:50:36	186	Mike	Deacon	Felixstowe Road Runners	Male Master 65+
444	00:50:48	472	Mary	Clarke	Unattached	Female Master 50
445	00:51:00	280	Angela	Beeton	Unattached	Female Master 45
446	00:51:06	464	George	Stanford	Unattached	Male Master 50
447	00:51:13	199	Dianne	Hunt	Joggers & Jaunters	Female Master 50
448	00:51:13	323	Dee	Cronin	Joggers & Jaunters	Female Master 45
449	00:51:29	11	Philip	Nutley	St Edmund Pacers	Male Master 60
450	00:51:40	121	Sue	George	Joggers & Jaunters	Female Master 50
451	00:51:46	129	Christine	McColl	Joggers & Jaunters	Female Master 45
452	00:51:53	365	Trevor	White	Unattached	Male Master 55
453	00:51:59	62	Klapper	Sabine	Harwich Runners	Female Master 45
454	00:52:18	343	Louise	Bigden	Ipswich JAFFA	Female Senior
455	00:51:52	473	Helen	Seggar	Unattached	Female Senior
456	00:53:05	474	Bernice	Trodd	Joggers & Jaunters	Female Master 65
457	00:53:08	235	Kathy	Arnold	Joggers & Jaunters	Female Senior
458	00:54:39	491	Joana	Meyer	Unattached	Female Master 55
459	00:54:41	387	Dave	Nugent	Gt Bentley Running Club	Male Master 60
460	00:55:33	124	Vicky	Williams	Joggers & Jaunters	Female Senior
461	00:56:56	445	Tracy	Watling	Unattached	Female Master 40
462	00:56:56	169	Ruth	Hatch	Ipswich JAFFA	Female Master 40
463	00:57:40	240	Maggie	Flatt	Bungay Black Dog	Female Master 50
464	00:59:55	229	Wendy	Merfield	The Saxons	Female Master 65
465	01:10:36	490	Chris	Harbord	Bungay Black Dog	Male Master 65+
	dns/dnf	7	Eloise	Calver	St Edmund Pacers	Female Master 40
	dns/dnf	9	Colin	Forrester	Stowmarket Striders	Male Master 45

dns/dnf	12	Helen	Edwards	Unattached	Female Master 45
dns/dnf	26	Stephen	Paul	Unattached	Male Master 50
dns/dnf	41	Rachel	Smith	Unattached	Female Senior
dns/dnf	45	Dave	Price	Newmarket Joggers	Male Master 40
dns/dnf	56	Christian	Bone	Hadleigh Hares A.C.	Male Master 40
dns/dnf	63	Anne	Baxter	Gt Bentley Running Club	Female Master 45
dns/dnf	68	Jacqueline	Chubb	Ipswich Triathlon Club	Female Master 45
dns/dnf	73	Carla	Johnson	Felixstowe Road Runners	Female Senior
dns/dnf	75	Kim	Caplin	Unattached	Female Master 40
dns/dnf	79	Simon	Meecham	Ipswich JAFFA	Male Master 40
dns/dnf	91	Mark	Hayward	Stowmarket Striders	Male Senior
dns/dnf	92	Sandra	Cass	Unattached	Female Master 35
dns/dnf	95	Tom	Kingsnorth	St Edmund Pacers	Male Senior
dns/dnf	98	Richard	Soer	St Edmund Pacers	Male Master 50
dns/dnf	112	Peter	Finegan	Felixstowe Road Runners	Male Senior
dns/dnf	202	Tamara	Jordan	Stowmarket Striders	Female Senior
dns/dnf	204	Stephanie	Nichols	St Edmund Pacers	Female Master 40
dns/dnf	241	Mark	Sly	Woodbridge Shufflers	Male Master 50
dns/dnf	244	Mark	Bell	Ipswich JAFFA	Male Senior
dns/dnf	245	Donna	Crake	Unattached	Female Senior
dns/dnf	290	Stacey	Owen	Thetford AC	Female Senior
dns/dnf	346	Jonathan	Booty	Witham RC	Male Senior
dns/dnf	351	Trevor	White	Unattached	Male Master 55
dns/dnf	358	Vicky	Reynolds	Ipswich JAFFA	Female Senior
dns/dnf	360	Chris	Perry	St Edmund Pacers	Male Senior