

Pos	Time	No.	First Name	Surname	Club Name	Category
1	00:32:32	1	Elliot	Palmer	Ipswich Harriers	Male Senior
2	00:33:13	134	Kieran	Clements	Ipswich Harriers	Male Senior
3	00:35:35	293	David	Laing	Ipswich JAFFA	Male Master 40
4	00:36:10	155	Tom	Kingsnorth	St Edmund Pacers	Male Senior
5	00:36:20	77	Andrew	Revell	Ipswich Harriers	Male Senior
6	00:36:24	166	Patrick	Gravett-Curl	Ipswich JAFFA	Male Senior
7	00:34:35	181	Daniel	Moss	Unattached	Male Senior
8	00:37:06	76	Jonathan	Ling	Ipswich JAFFA	Male Senior
9	00:37:30	65	Alan	Cooney	Unattached	Male Senior
10	00:37:42	209	Glenn	Douglas	St Edmund Pacers	Male Senior
11	00:37:49	220	Paul	Preston	Colchester Harriers AC	Male Senior
12	00:37:54	292	Richard	Jordan	Unattached	Male Master 50
13	00:38:08	289	Simon	Riley	Lemington AC	Male Master 50
14	00:38:14	36	Matthew	Hunt	Unattached	Male Senior
15	00:38:49	109	Lee	Morgan	Ipswich Triathlon Club	Male Senior
16	00:39:00	309	Roger	Stone	Felixstowe Road Runners	Male Master 40
17	00:39:07	306	Domonic	Oliver	Gt Yarmouth RRC	Male Senior
18	00:39:18	301	Glynn	Thomas	Ipswich Harriers	Male Master 40
19	00:39:23	143	Darren	Sheppard	Framlingham Flyers	Male Master 40
20	00:39:25	212	Gary	Thompson	Ipswich JAFFA	Male Senior
21	00:40:01	205	Jonathan	Davy	Felixstowe Road Runners	Male Master 50
22	00:40:15	227	Richard	Tateson	Unattached	Male Master 40
23	00:40:20	324	Dave	Solomon	Felixstowe Road Runners	Male Master 40
24	00:40:23	294	Simon	Redhead	Stowmarket Striders	Male Senior
25	00:40:41	326	Jim	Last	Unattached	Male Senior
26	00:40:42	225	Ian	Coxall	Ipswich JAFFA	Male Senior
27	00:40:45	100	Tim	Larke	Stowmarket Striders	Male Senior
28	00:40:52	102	Chris	Seymour	Stowmarket Striders	Male Master 40
29	00:40:56	284	Nick	Hammond	Stowmarket Striders	Male Master 40
30	00:40:56	229	Conrad	Burgess	Ipswich JAFFA	Male Senior
31	00:40:59	216	John	Moore	Unattached	Male Senior
32	00:41:15	148	Sam	Brooke	Felixstowe Road Runners	Male Senior
33	00:41:37	296	Marie	Shirley	Colchester Harriers AC	Female Senior
34	00:41:38	214	Rob	MacKenzie	Framlingham Flyers	Male Master 40
35	00:41:46	156	David	Bartholomew	Unattached	Male Master 40
36	00:41:51	58	Jon	Hobson	Unattached	Male Senior
37	00:41:55	94	Neil	Gillingham	Ipswich Harriers	Male Senior
38	00:41:58	329	Graham	Coulter	Diss Athlitic Club	Male Senior
39	00:42:05	10	Neil	Catling	Ipswich Triathlon Club	Male Senior
40	00:42:12	267	Raymond	Hill	Ipswich JAFFA	Male Master 60+
41	00:42:15	198	Carl	Meen	Lowestoft Road Runners	Male Senior
42	00:42:30	297	Rob	Harper	Felixstowe Road Runners	Male Senior
43	00:42:37	49	Carl	Thompson	Ipswich JAFFA	Male Senior
44	00:43:03	112	Steve	Hughes	Stowmarket Striders	Male Master 40
45	00:43:05	190	Paul	Nedd	Unattached	Male Master 40
46	00:43:05	191	Sean	Connor	Unattached	Male Master 40
47	00:43:10	35	Jacob	Hussey	Plumstead Runners	Male Master 40
48	00:43:12	110	Greg	Marshall	Framlingham Flyers	Male Master 50
49	00:43:17	283	Ker	Macrosson	Ipswich JAFFA	Male Master 50
50	00:43:19	135	Mark	Watts	St Edmund Pacers	Male Master 40
51	00:43:23	54	Lee	Cousins	Braintree& District AC	Male Senior
52	00:43:25	400	David	O'Flynn	Ipswich JAFFA	Male Master 40
53	00:43:32	147	Steve	Brooke	Felixstowe Road Runners	Male Master 40

54	00:43:39	42	Andrew	Tricker	Unattached	Male Master 40
55	00:43:45	162	Tom	Allnutt	Unattached	Male Senior
56	00:43:52	79	Howard	Revell	Unattached	Male Master 40
57	00:43:57	118	Gail	Pryke	Ipswich JAFFA	Female Master 50
58	00:43:58	262	Michael	Neatis	Unattached	Male Master 40
59	00:44:05	187	Robin	Belsom	Ipswich JAFFA	Male Master 50
60	00:44:08	273	Paul	Griveson	Unattached	Male Master 40
61	00:44:25	226	Steve	Garvie	Unattached	Male Master 40
62	00:44:27	180	Derek	Hood	Unattached	Male Senior
63	00:44:31	222	Simon	Wiggins	Felixstowe Road Runners	Male Senior
64	00:44:33	252	Benjamin	Baumguertel	Unattached	Male Senior
65	00:44:34	295	Adrian	Peake	Ipswich JAFFA	Male Master 40
66	00:44:37	185	Daniel	Jones	Ipswich Harriers	Male Senior
67	00:44:45	73	Ady	Dale	Team Ady Dale	Male Senior
68	00:44:50	270	Paddy	Bishop	Paddy & Scott's	Male Senior
69	00:44:53	271	Geraldine	Clarke	Paddy & Scott's	Female Master 40
70	00:44:56	37	Mark	Compton	Unattached	Male Master 40
71	00:45:12	257	Geoffrey	Buchanan	Woodbridge Shufflers	Male Master 40
72	00:45:16	204	Graeme	Cleave	Framlingham Flyers	Male Senior
73	00:45:22	249	Duncan	Chenery	Ipswich JAFFA	Male Master 50
74	00:45:27	142	Jonathan	Loud	Unattached	Male Senior
75	00:45:30	330	Alex	Morrison	Unattached	Male Master 50
76	00:45:30	74	Paul	Savage	Team Ady Dale	Male Senior
77	00:45:35	177	Joshua	Robertson	Unattached	Male Senior
78	00:45:36	219	Lynn	Tanner	Springfield Striders AC	Female Master 50
79	00:45:42	130	Peter	Bird	St Edmund Pacers	Male Senior
80	00:45:53	313	Barry	Norman	Lowestoft Road Runners	Male Master 50
81	00:45:55	260	Chris	Johns	Ipswich JAFFA	Male Master 50
82	00:45:57	312	Kim	Swan	St Edmund Pacers	Male Master 50
83	00:45:57	310	Anna	Clayton	Unattached	Female Senior
84	00:46:01	26	Chris	Lees	Unattached	Male Master 40
85	00:46:07	154	Emily	Gooderham	St Edmund Pacers	Female Senior
86	00:46:17	320	Tim	Higgins	Unattached	Male Master 40
87	00:46:26	173	Andy	Carr	Unattached	Male Master 40
88	00:46:27	239	Troy	Parrish	Unattached	Unable to place in Cat.
89	00:46:31	158	Katrina	Finch	Unattached	Female Senior
90	00:46:34	66	Todd	Strehlow	Unattached	Male Master 40
91	00:46:39	308	Verity	Smith	Ipswich JAFFA	Female Senior
92	00:46:42	242	Peter	Colman	Ipswich JAFFA	Male Master 60+
93	00:46:44	163	Simon	Fenn	Unattached	Male Master 40
94	00:46:47	14	Sean	McTernan	Unattached	Male Master 50
95	00:46:51	207	Reg	Woodard	Unattached	Male Master 60+
96	00:46:56	248	james	Pettit	Unattached	Male Senior
97	00:46:59	348	Steve	Cowls	Hedding Road Runners	Male Master 50
98	00:47:03	323	Michael	Knee	Unattached	Male Master 40
99	00:47:05	230	Peter	Gray	Unattached	Male Senior
100	00:47:08	286	Matt	Ellis	Lowestoft Road Runners	Male Senior
101	00:47:13	120	Richard	Farres	Framlingham Flyers	Male Master 40
102	00:47:17	300	Stacey	Owen	Thetford AC	Female Senior
103	00:47:28	83	Liam	Rutter	Team Ady Dale	Male Senior
104	00:47:34	179	Stuart	Robertson	Unattached	Male Master 40
105	00:47:39	132	Mark	Avery	Ipswich JAFFA	Male Master 40
106	00:47:46	196	Nathan	Watson	Framlingham Flyers	Male Senior
107	00:47:48	136	Claire	Hoblyn	St Edmund Pacers	Female Master 40

108	00:47:53	197	Stephen	Williams	St Edmund Pacers	Male Master 50
109	00:47:54	245	Iain	Catchpool	Ipswich JAFFA	Male Master 40
110	00:47:54	258	Nicola	Pyle	Springfield Striders AC	Female Master 40
111	00:48:03	307	Daren	Allen	Hadleigh Hares A.C.	Male Master 40
112	00:48:13	139	Richard	Clarke	The Saxons	Male Master 40
113	00:48:18	200	Roger	Brand	St Edmund Pacers	Male Master 60+
114	00:48:19	46	Roger	Hobson	Woodbridge Shufflers	Male Master 60+
115	00:48:21	104	Mark	Friston	Unattached	Male Master 40
116	00:48:30	199	Mick	Taylor	Unattached	Male Master 50
117	00:48:33	157	Jonathan	Finch	Unattached	Male Master 40
118	00:48:33	55	Alan	Sansom	Unattached	Male Master 40
119	00:48:36	332	Simon	Goldsmith	Unattached	Male Senior
120	00:48:40	122	Stephen	Benson	Ipswich Harriers	Male Master 40
121	00:48:42	233	Kevin	Hardwick	Unattached	Male Master 40
122	00:48:44	146	Angela	Haag	Unattached	Female Master 50
123	00:48:45	318	Gary	Ward	Unattached	Male Senior
124	00:48:48	68	Henry	Tapp	Unattached	Male Senior
125	00:48:55	298	Simon	Whalley	St Edmund Pacers	Male Master 40
126	00:49:11	140	Paul	Ridgeon	Unattached	Male Senior
127	00:49:14	150	David	McLaughlin	Unattached	Male Senior
128	00:49:15	175	Tom	Kidd	Unattached	Male Senior
129	00:49:16	193	Dan	Postill	Unattached	Male Senior
130	00:49:16	92	Colin	Lewis	Unattached	Male Master 40
131	00:49:17	218	Dan	Wood	Unattached	Male Senior
132	00:49:21	88	Mark	Bristow	Unattached	Male Senior
133	00:49:22	153	Ian	Gooderham	St Edmund Pacers	Male Master 40
134	00:49:30	243	Andrew	Wright	Unattached	Male Master 40
135	00:49:33	121	Stephen	Shaw	Felixstowe Road Runners	Male Master 40
136	00:49:35	305	John	Moody	Ipswich Triathlon Club	Male Senior
137	00:49:37	186	Kirsty	Thorndyke	Ipswich Harriers	Female Senior
138	00:49:40	254	Nick	Story	Ipswich JAFFA	Male Senior
139	00:49:41	182	Rob	Clayton	Felixstowe Road Runners	Male Master 50
140	00:49:43	93	Jacqueline	Abbott	The Saxons	Female Master 40
141	00:49:43	256	Nigel	Harrison	Ipswich JAFFA	Male Master 40
142	00:49:44	217	Robert	Michael	Unattached	Male Senior
143	00:49:45	151	Daniel	Sheldrake	Unattached	Male Senior
144	00:49:48	176	Emma	Burroughs	Ipswich Harriers	Female Senior
145	00:49:53	304	Sean	Alcock	Unattached	Male Master 40
146	00:49:56	213	David	Fordham	The Saxons	Male Master 60+
147	00:49:58	334	Timothy	Johnson	Unattached	Male Senior
148	00:50:10	64	Richard	Higgins	Framlingham Flyers	Male Master 40
149	00:50:14	117	Jason	Mann	Unattached	Male Master 40
150	00:50:18	188	Rebecca	Clare	Woodbridge Shufflers	Female Master 40
151	00:50:19	71	Colin	Alford	Unattached	Male Master 40
152	00:50:21	288	John	Penny	Unattached	Male Master 50
153	00:50:25	24	Richard	Keeble	Unattached	Male Master 50
154	00:50:25	63	Glenn	Warren	Framlingham Flyers	Male Master 40
155	00:50:37	149	Alastair	Browning	Unattached	Male Senior
156	00:51:02	208	Joshua	Hawley	Unattached	Male Senior
157	00:51:03	107	Paul	Gilson	Ipswich JAFFA	Male Master 50
158	00:51:08	268	Samantha	Wing	Theftord AC	Female Senior
159	00:51:18	315	Louise	Freestone	Wymondham AC	Female Senior
160	00:51:20	113	Dianne	Hughes	Stowmarket Striders	Female Master 40
161	00:51:23	314	Cath	Brecknell	Unattached	Female Senior

162	00:51:29	210	Mike	Munson	Stowmarket Striders	Male Master 50
163	00:51:39	333	Neal	Goldsmith	Ipswich JAFFA	Male Senior
164	00:51:41	171	Kevin	Holland	Unattached	Male Senior
165	00:51:42	319	John	Norton	Unattached	Male Master 40
166	00:51:43	69	Tony	Bradford	Unattached	Male Master 40
167	00:51:50	137	Sati	Sembhi	Unattached	Female Master 40
168	00:51:59	337	Benjamin	Harvey	Unattached	Male Senior
169	00:52:10	39	Alex	Smith	Stowmarket Striders	Female Senior
170	00:52:17	82	Gavin	Kostrzewski	Team Ady Dale	Male Senior
171	00:52:19	316	John	Coxage	Unattached	Male Master 50
172	00:52:29	344	Jocelyn	Goodchild	Unattached	Male Senior
173	00:52:30	96	Jonathan	Youngs	Unattached	Male Senior
174	00:52:33	80	David	Till	Team Ady Dale	Male Senior
175	00:52:34	231	Philip	Read	Unattached	Male Senior
176	00:52:41	282	Jonathan	Womack	Unattached	Male Senior
177	00:52:42	21	Neil	Lillywhite	Unattached	Male Master 40
178	00:52:45	322	Maria	Hamarsoo	St Edmund Pacers	Female Senior
179	00:52:53	266	Mark	Stancombe-Duhm	Smart421	Male Senior
180	00:52:54	164	Ian	Bown	Unattached	Male Master 40
181	00:52:54	192	Tony	Gallagher	Unattached	Male Master 50
182	00:52:55	211	Hazel	Spalding	Ipswich JAFFA	Female Master 50
183	00:52:56	60	James	Fox	Unattached	Male Senior
184	00:52:59	202	Catherine	Abbott	Stowmarket Striders	Female Master 40
185	00:53:03	276	Ian	Lennard	Unattached	Male Master 50
186	00:53:04	232	Robert	Chittock	Unattached	Male Senior
187	00:53:17	279	Veronica	Manly	Eastern Veterans AC	Female Master 60+
188	00:53:21	339	Alistair	Weill	Unattached	Male Senior
189	00:53:24	2	Victoria	Sharp	Unattached	Female Senior
190	00:53:37	272	Ettenne	Swarts	Bungay Black Dog	Male Master 40
191	00:53:38	336	Thomas	Beecroft	Unattached	Male Senior
192	00:53:40	221	Mon	Lee	Ipswich JAFFA	Male Master 50
193	00:53:56	7	Andrew	Rice	Unattached	Male Master 40
194	00:53:57	244	Alan	Hillyard	Unattached	Male Master 40
195	00:53:57	203	Shona	Bendix	Bungay Black Dog	Female Master 40
196	00:53:59	246	Christine	Middleton-Burrows	Woodbridge Shufflers	Female Master 40
197	00:54:00	236	Doug	French	Ipswich JAFFA	Male Master 40
198	00:54:02	105	Claire	Brooks	Unattached	Female Senior
199	00:54:12	299	Joana	Whalley	Unattached	Female Master 40
200	00:54:16	128	Andrew	Smith	Unattached	Male Master 40
201	00:54:16	168	Vivienne	Woodgate	Felixstowe Road Runners	Female Master 40
202	00:54:18	22	Laura	Keeble	Unattached	Female Senior
203	00:54:23	347	Roger	Curtis	Orion Harriers	Male Master 50
204	00:54:30	238	David	Reid	Stowmarket Striders	Male Master 50
205	00:54:34	235	Michaela	Kadanikova	Ipswich JAFFA	Female Senior
206	00:54:35	338	Tom	Bensley	Unattached	Male Senior
207	00:55:00	12	Kevin	Berry	Unattached	Male Master 40
208	00:55:09	274	Glenn	Davis	Unattached	Male Master 50
209	00:55:11	85	Mark	Whitehead	Unattached	Male Master 40
210	00:55:15	41	Paul	Brant	Woodbridge Shufflers	Male Master 40
211	00:55:20	90	David	Bethell	Unattached	Male Senior
212	00:55:30	161	Christopher	Aylmer	Newmarket Joggers	Male Master 60+
213	00:55:30	328	Cassie	Barker	Wymondham AC	Female Senior
214	00:55:48	75	Alison	Leech	Stowmarket Striders	Female Master 40
215	00:55:57	160	Colin	Monks	Blackheath & Bromley Harriers	Male Master 60+

216	00:55:59	84	Jason	Throp	Unattached	Male Master 40
217	00:56:03	61	Teresa	Bailey	Unattached	Female Master 40
218	00:56:04	327	Jill	Anderson	Framlingham Flyers	Female Master 50
219	00:56:10	275	Jonathan	Dadds	Unattached	Male Senior
220	00:56:12	6	Alistair	Bartlett	Unattached	Male Senior
221	00:56:14	129	Eloise	Calver	St Edmund Pacers	Female Master 40
222	00:56:17	277	Daniel	Friend	Unattached	Male Senior
223	00:56:26	178	Tarnia	Robertson	Unattached	Female Master 40
224	00:56:32	287	Steve	Mowles	Unattached	Male Master 40
225	00:56:44	165	David	Lampard	Felixstowe Road Runners	Male Master 40
226	00:56:48	321	Julie	Haselwood	Ipswich JAFFA	Female Master 50
227	00:56:49	285	Faye	Ellis	Lowestoft Road Runners	Female Senior
228	00:56:54	195	Helen	Carter	The Saxons	Female Senior
229	00:56:59	86	Tanya	Whitehead	Unattached	Female Master 40
230	00:57:09	111	Rachel	Barrow	Unattached	Female Senior
231	00:57:11	97	Clare	Moore	Unattached	Female Senior
232	00:57:25	144	Gill	Irvine	Framlingham Flyers	Female Senior
233	00:57:38	206	Robert	Mawson	Unattached	Male Master 50
234	00:57:53	70	Karen	Alford	Unattached	Female Master 40
235	00:57:58	255	Julie	Thurlow	Ipswich JAFFA	Female Master 50
236	00:58:03	167	Ronel	van-de-Merwe	Unattached	Female Master 50
237	00:58:06	47	Naomi	Smith	Unattached	Female Senior
238	00:58:14	40	Richard	Challis	Unattached	Male Senior
239	00:58:31	325	Chrissie	Parr	Paddy & Scott's	Female Master 50
240	00:58:42	48	Michael	Linnett	Unattached	Male Master 40
241	00:58:50	269	Christopher	Thompson	Paddy & Scott's	Male Master 40
242	00:59:27	234	Faye	Hubbard	Unattached	Female Senior
243	00:59:31	261	David	Bingham	Unattached	Male Master 40
244	00:59:39	91	Katy	Taylor	Unattached	Female Senior
245	01:00:01	56	Julia	Park	Stubbington Green Runners	Female Master 40
246	01:00:20	265	Alyson	Shanks	Unattached	Female Senior
247	01:00:45	264	Jonathan	Girling	Unattached	Male Master 50
248	04:00:59	33	Helena	Newton	Unattached	Female Senior
249	01:01:36	108	Emma	Godfrey	Unattached	Female Senior
250	01:01:44	8	Michelle	Tovell	Unattached	Female Master 40
251	01:01:45	331	Tamasin	Wood	Unattached	Female Senior
252	01:02:02	341	Laurence	Simson	Unattached	Male Senior
253	01:02:03	18	John	Clough	Unattached	Male Master 50
254	01:02:08	81	Mark	Harold	Unattached	Male Master 40
255	01:02:33	335	Jackie	Barrow	Unattached	Female Master 40
256	01:03:43	250	Claire	Lalaguna	Woodbridge Shufflers	Female Master 40
257	01:05:00	59	Alison	Chambers	Framlingham Flyers	Female Senior
258	01:05:03	247	Ryan	Stockton	Unattached	Male Senior
259	01:05:08	62	Diane	Doyle	Framlingham Flyers	Female Senior
260	01:05:13	141	Amanda	Boldy	Bushfield Joggers	Female Senior
261	01:05:41	343	Andy	Mitchem	Unattached	Male Senior
262	01:05:47	278	Andrew	Whiteley	Unattached	Male Master 40
263	01:05:50	25	Janice	Keeble	Unattached	Female Master 50
264	01:05:53	16	Jason	Clench	Unattached	Male Senior
265	01:06:25	228	Philip	Nutley	St Edmund Pacers	Male Master 60+
266	01:06:53	290	Sarah	Evans	Unattached	Female Master 40
267	01:06:53	291	Richard	LLoyd	Unattached	Male Senior
268	01:07:33	53	Sarah	McLennan	Unattached	Female Senior
269	01:09:18	9	Rachel	Crompton	Unattached	Female Senior

270	01:09:18	5	Mark	Crompton	Unattached	Male Master 40
271	01:09:30	3	Andrew	Thacker	Unattached	Male Master 40
272	01:09:31	4	Debbi	Knights	Unattached	Female Senior
273	01:10:12	131	Chloe	Duckett	Unattached	Female Senior
274	01:10:42	51	Mary	Morley	Unattached	Female Master 60+
275	01:10:58	103	Robert	Jack	Bungay Black Dog	Male Master 50
276	01:11:45	350	Ian	Baird	Unattached	Male Master 60+
277	01:11:50	342	Luke	Holmes	Unattached	Male Senior
278	01:15:27	119	Peter	Turner	Framlingham Flyers	Male Master 50
279	01:16:06	317	Brian	Turner	Ipswich JAFFA	Male Master 60+
280	02:59:59	98	Richard	Attah-Donker	Unattached	Male Senior
281	02:59:59	99	Magnus	Ross	Unattached	Male Senior
	dns/dnf	11	Ali	MacDonald	Unattached	Male Master 40
	dns/dnf	13	Kim	Smith	Woodbridge Shufflers	Female Senior
	dns/dnf	15	Dawn	Maile	Unattached	Female Senior
	dns/dnf	17	Alison	May	Unattached	Female Senior
	dns/dnf	19	Neil	Bailey	Unattached	Male Master 40
	dns/dnf	20	Sally	Bailey	Unattached	Female Master 40
	dns/dnf	23	Emlyn	James	Unattached	Male Senior
	dns/dnf	27	Ben	Churchman	Unattached	Male Senior
	dns/dnf	28	Keith	Taggart	Unattached	Male Master 40
	dns/dnf	29	Stephen	Pugh	Ipswich JAFFA	Male Master 50
	dns/dnf	30	Sophie	Hope	Unattached	Female Senior
	dns/dnf	31	John	Graham	Unattached	Male Master 40
	dns/dnf	32	Eric	Orme	Unattached	Male Master 40
	dns/dnf	34	Mark	Schluter	Unattached	Male Master 50
	dns/dnf	38	Callum	Compton	Unattached	Male Senior
	dns/dnf	43	Jim	Winter	Unattached	Male Master 40
	dns/dnf	44	David	Levans	Felixstowe Road Runners	Male Master 40
	dns/dnf	45	Douglas	Hobson	Unattached	Male Senior
	dns/dnf	50	Est	Kay	Unattached	Female Senior
	dns/dnf	52	Ian	Lightfoot	Woodbridge Shufflers	Male Senior
	dns/dnf	57	Micheal	Harrison	Unattached	Male Master 40
	dns/dnf	67	Anna	Sharpin	Unattached	Female Master 40
	dns/dnf	72	Paul	Smith	Ipswich JAFFA	Male Senior
	dns/dnf	78	Laura	Revell	Unattached	Female Senior
	dns/dnf	87	Sam	Bristow	Unattached	Male Senior
	dns/dnf	89	Paul	Wythe	Ipswich JAFFA	Male Senior
	dns/dnf	95	Marcell	Pfrang	Unattached	Male Senior
	dns/dnf	101	Elaine	Brent	Wellington AC (New Zealand)	Female Senior
	dns/dnf	106	Kenneth	Lawrence	Bungay Black Dog	Male Master 40
	dns/dnf	114	Tracey	Shorter	St Edmund Pacers	Female Master 40
	dns/dnf	115	Dave	Garnham	St Edmund Pacers	Male Master 50
	dns/dnf	116	Tony	Roberts	Unattached	Male Master 40
	dns/dnf	123	Leigh	Medhurst	Unattached	Male Senior
	dns/dnf	124	Graham	Ventham	Framlingham Flyers	Male Senior
	dns/dnf	125	Kathryn	Galbraith	Unattached	Female Master 40
	dns/dnf	126	Mary	Galbraith	Unattached	Female Senior
	dns/dnf	127	Alex	Farmer	Unattached	Male Senior
	dns/dnf	133	Kate	Pearsall	Unattached	Female Senior
	dns/dnf	138	Rob	Butler	Unattached	Male Master 40
	dns/dnf	145	Michael	Jones	Stowmarket Striders	Male Master 40
	dns/dnf	152	Robin	Williams	Unattached	Male Senior
	dns/dnf	159	Claire	Davey	Unattached	Female Senior

dns/dnf	169	Emma	Mortimer	Ipswich JAFFA	Female Senior
dns/dnf	170	Tim	Wyndham	Unattached	Male Senior
dns/dnf	172	Anna	Carr	Unattached	Female Senior
dns/dnf	174	Jo	Dickenson	Felixstowe Road Runners	Female Master 40
dns/dnf	183	Lucy	King	Unattached	Female Master 40
dns/dnf	184	Jane	Fielden	Unattached	Female Senior
dns/dnf	189	Ian	Stockley	Martlesham Leisure Club Non.Af	Male Master 40
dns/dnf	194	Glen	Williamson	Unattached	Male Senior
dns/dnf	201	Julian	Wiseman	Framlingham Flyers	Male Master 50
dns/dnf	215	James	MacKenzie	Framlingham Flyers	Male Senior
dns/dnf	223	Ian	Dixon	Unattached	Male Master 40
dns/dnf	224	Laura	Bayly	Unattached	Female Senior
dns/dnf	237	Oliver	Southgate	Ipswich JAFFA	Male Senior
dns/dnf	241	Kate	Wooldridge	Ipswich JAFFA	Female Senior
dns/dnf	251	Robin	Swindin	Ipswich JAFFA	Male Senior
dns/dnf	253	Mike	Jobbins	Stowmarket Striders	Male Master 40
dns/dnf	259	Amanda	Henry	Sudbury Joggers AC	Female Senior
dns/dnf	263	Rebecca	Whittingdale	Unattached	Female Master 40
dns/dnf	280	Michael	Murrey	Sudbury Joggers AC	Male Master 40
dns/dnf	281	Ruth	Mills	Unattached	Female Master 40
dns/dnf	302	Tom	Bicknell	Unattached	Male Senior
dns/dnf	303	Colin	Bicknell	Unattached	Male Master 50
dns/dnf	311	Stephen	Tucker	Unattached	Male Master 50
dns/dnf	340	Dan	Bowditch	Unattached	Male Senior
dns/dnf	345	Tom	Barrett	Unattached	Male Senior
dns/dnf	346	Joshua	Spragg	Unattached	Male Senior
dns/dnf	349	Rachel	Summers	Unattached	Female Master 40