

## UNDER 13 GIRLS

Pos	Time	No	First Name	Surname	Club Name
1	00:10:50	362	Sophie	Tooley	West Suffolk A.C.
2	00:11:18	355	Holly	Davies	West Suffolk A.C.
3	00:11:36	361	Nella	Walters	West Suffolk A.C.
4	00:11:59	358	Megan	Newton	West Suffolk A.C.
5	00:12:17	349	Isabelle	Wickens	Ipswich Triathlon Club
6	00:12:26	353	Gemma	Grose	St Edmund Pacers
7	00:12:37	339	Polly	Peate	Barnardiston Hall
8	00:12:59	359	Mikayela	Sealby	West Suffolk A.C.
9	00:13:20	350	Georgina	Fulcher	Kesgrave HS
10	00:13:21	363	Suleika	Horrocks	West Suffolk A.C.
11	00:13:21	346	Chloe	Godbold	Ipswich Harriers
12	00:13:30	357	Lily	Shaley	West Suffolk A.C.
13	00:14:01	348	Philippa	Taylor	Ipswich School
14	00:14:33	342	Jessica	Sparks	Bungay Black Dog
15	00:14:53	347	Rachael	Collett	Ipswich Harriers
16	00:15:07	336	Ellie	Harrison	Barnardiston Hall
17	00:15:12	356	Jevony	Hall	West Suffolk A.C.
18	00:15:29	338	Olivia	Jones	Barnardiston Hall
19	00:15:38	340	Rebecca	Prevost	Barnardiston Hall
20	00:15:43	341	Saskia	Baldrey	Barnardiston Hall
21	00:15:52	337	Jessica	Woodgate	Barnardiston Hall
22	00:16:06	351	Charlie	Davis	Newmarket Joggers
	dns/dnf	343	Georgia	Addison	Felixstowe Road Runners
	dns/dnf	344	Molly	Leeson	Farlingaye High School
	dns/dnf	345	Imogen	Holland-Howes	Framlingham Flyers
	dns/dnf	352	Chloe	Doyle	St Edmund Pacers
	dns/dnf	354	Sophie	Wiseman	St Edmund Pacers
1ST	TEAM	West Suffolk A.C.	6 pts		
2ND	TEAM	Barnardiston Hall	41pts		

## UNDER 15 GIRLS

Pos	Time	Pos	First Name	Surname	Club Name
1	00:14:59	172	Megan	Soames	City of Norwich AC
2	00:15:36	180	Charlotte	Wickens	Ipswich Harriers
3	00:16:08	171	Alice	Cheverton	City of Norwich AC
4	00:16:20	197	Emily	Moyes	Stowmarket Striders
5	00:16:25	191	Emma	Watts	St Edmund Pacers
6	00:16:29	185	Olivia	Mair	Ipswich Harriers
7	00:16:35	179	Alice	Goodwin	Ipswich Harriers
8	00:17:23	190	Emily	Strickland	St Edmund Pacers
9	00:17:29	196	Molly	O'Donnell	St Edmund Pacers
10	00:17:37	184	Lauren	Ramsey	Ipswich Harriers
11	00:17:51	183	Hannah	Hine	Ipswich Harriers
12	00:17:55	181	Eleanor	Tennant	Ipswich Harriers
13	00:18:02	170	Lauren	Howe	Bungay Black Dog
14	00:18:08	193	Jessica	Gooderham	St Edmund Pacers
15	00:18:22	177	Bethany	De-Bree	Farlingaye High School
16	00:18:27	187	Katie	Peake	Ipswich JAFFA
17	00:18:52	182	Gabriella	Hartfield	Ipswich Harriers

18	00:19:13	186	Rachel	Ryan	Ipswich Harriers
19	00:19:35	198	Hannah	Goldthorp	West Suffolk A.C.
20	00:20:01	178	Miriam	Jones	Hadleigh High School
21	00:20:46	192	Gala	Johnstone	St Edmund Pacers
22	00:29:13	175	Esther	Roberts	County US
23	00:29:13	173	Ella	Price	County US
	dns/dnf	174	Ellie	Wright	County US
	dns/dnf	176	Megan	Taylor	County US
	dns/dnf	188	Lulu	Stamford	Ipswich JAFFA
	dns/dnf	189	Ellie	Wright	St Edmund Pacers
	dns/dnf	194	Katie	Webb	St Edmund Pacers
	dns/dnf	195	Kerry	Knott	St Edmund Pacers

1st TEAM

2nd	TEAM	Ipswich Harriers	15pts
3rd	TEAM	St Edmund Pacers	22pts
4th	TEAM		

**UNDER 17 WOMEN**

Pos	Time	No	First Name	Surname	Club Name
1	00:19:21	305	Susannah	Reid	Ipswich Harriers
2	00:20:14	306	Alice	Maguire	St Edmund Pacers
3	00:20:31	308	Bet	Tooley	West Suffolk A.C.
4	00:20:38	310	Katie	Duncan	West Suffolk A.C.
5	00:20:41	309	India	George	West Suffolk A.C.
6	00:21:30	307	Emily	Gooderham	St Edmund Pacers
7	00:23:32	303	Emily	Rpbinson	Ipswich Harriers
8	00:23:59	301	Leah	Mapston	County US
9	00:24:22	300	Cara	Wilcock	County US
	dns.dnf	302	Claire	Caiger	Ipswich Harriers
	dns.dnf	304	Lucy	Barnes	Ipswich Harriers
	dns.dnf	311	Lauren	James	West Suffolk A.C.

1ST	TEAM	West Suffolk	12pts
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**UNDER 20 WOMEN**

Pos	Time	No	First Name	Surname	Club Name
1	00:24:02	131	Charlotte	Christenson	Ipswich Harriers
2	00:24:18	132	Hannah	Pettersson	Ipswich Harriers
3	00:24:52	134	Holly	Archer	West Suffolk A.C.
4	00:26:02	135	Justine	Anthony	West Suffolk A.C.
5	00:28:51	133	Grace	Waters	West Suffolk A.C.
6	00:33:03	130	Tamsin	Desborough	Gt Yarmouth RRC

1ST	TEAM	West Suffolk A.C.	12pts
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**SENIOR WOMEN**

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:30:35	243	Kisty	Addy	The Saxons	Senior
2	00:31:39	200	Laura	O'Dell	Aldershot Farnham & District	Senior
3	00:32:51	209	Dawn	Davies	Ipswich JAFFA	Senior

4	00:34:09	245	Christine	Anthony	West Suffolk A.C.	Master 40
5	00:35:17	224	Ursula	White	Newmarket Joggers 'A'	Senior
6	00:35:24	227	Claire	Hoblyn	St Edmund Pacers "A"	Master 40
7	00:35:30	238	Mary	Nary	Stowmarket Striders A	Master 40
8	00:35:51	230	Sally	Eastall	St Edmund Pacers "A"	Master 40
9	00:35:51	225	Cath	Jeffery	St Edmund Pacers	Senior
10	00:36:45	208	Emma	Burroughs	Ipswich Harriers	Senior
11	00:36:58	231	Charmaine	Geraghty	Stowmarket Striders A	Senior
12	00:37:55	223	Tessa	Stone	Newmarket Joggers 'A'	Master 40
13	00:38:37	246	Emily	Baker	West Suffolk A.C.	Senior
14	00:38:40	229	Maire	O.Brian	St Edmund Pacers "A"	Master 40
15	00:38:41	233	Heidi	Bingham	Stowmarket Striders B	Senior
16	00:38:45	232	Haley	Syttle	Stowmarket Striders A	Master 40
17	00:39:01	211	Mary	Skelcher	Ipswich Triathlon Club	Master 40
18	00:39:02	222	Suzanne	Rush	Newmarket Joggers 'A'	Master 40
19	00:39:27	217	Lisa	Redman	Newmarket Joggers 'A'	Senior
20	00:40:06	205	Marion	Walker	Framlingham Flyers	Master 50
21	00:40:49	240	Sue	Garrod	Stowmarket Striders B	Master 40
22	00:41:53	202	Shoda	Bendix	Bungay Black Dog	Master 40
23	00:42:09	228	Eloise	Claver	St Edmund Pacers "A"	Master 40
24	00:42:37	206	Rebecca	Park	Framlingham Flyers	Master 40
25	00:42:53	204	Gill	Dinwiddie	Framlingham Flyers	Senior
26	00:43:05	234	Jennifer	Bird	Stowmarket Striders B	Master 40
27	00:43:39	210	Julie	Haselwood	Ipswich JAFFA	Master 50
28	00:43:48	221	Sue	Stoten	Newmarket Joggers 'B'	Master 40
29	00:43:49	207	Tamasin	Wood	Framlingham Flyers	Senior
30	00:43:51	219	Majir	Davis	Newmarket Joggers	Master 40
31	00:44:00	239	Sandra	Mayhew	Stowmarket Striders	Master 40
32	00:44:23	212	Bee	Chapman	Newmarket Joggers 'B'	Master 40
33	00:44:30	203	Sue	Wright	Bungay Black Dog	Master 40
34	00:44:48	220	Mary	Marsh	Newmarket Joggers 'B'	Master 50
35	00:45:05	213	Belinda	Schofield	Newmarket Joggers	Master 50
36	00:47:55	215	Gina	Brows	Newmarket Joggers	Senior
	dns/dnf	201	Mariella	Elissen	Bungay Black Dog	Master 40
	dns/dnf	214	Diane	Thomas	Newmarket Joggers 'B'	Senior
	dns/dnf	216	Joanne	Gapp	Newmarket Joggers	Senior
	dns/dnf	218	Lyda	MacMormack	Newmarket Joggers	Master 50
	dns/dnf	226	Cathy	Lambert	St Edmund Pacers	Master 40
	dns/dnf	235	Laura	Hicks	Stowmarket Striders B	Senior
	dns/dnf	236	Lorraine	Farley	Stowmarket Striders	Senior
	dns/dnf	237	Marion	Parks	Stowmarket Striders	Master 40
	dns/dnf	241	Tamara	Jordan	Stowmarket Striders A	Senior
	dns/dnf	242	Victoria	Moseley	Stowmarket Striders	Senior
	dns/dnf	244	Caroline	Freeborough	West Suffolk A.C.	Master 40
	dns/dnf	247	Fiona	Tooley	West Suffolk A.C.	Master 40
	dns/dnf	248	Maureen	McCarthy	West Suffolk A.C.	Master 50

1st	TEAM	St Edmund Pacers A
2nd	TEAM	Stowmarket Striders a
3rd	TEAM	Newmarket Joggers a
4th	TEAM	Stowmarket Striders B
5th	TEAM	Framlingham Flyers`
6th	TEAM	Newmarket Joggers B
7th	TEAM	Newmarket Joggers C

## UNDER 13 BOYS

Pos	Time	No	First Name	Surname	Club Name
1	00:10:57	282	Alex	Baxter	Hadleigh Hares A.C.
2	00:11:00	276	Matthew	Haskell	Felixstowe Road Runners
3	00:11:02	267	Alexander	Lawrence	Brandeston Hall
4	00:11:05	288	Louis	Breyer	Ipswich Harriers
5	00:11:09	296	Christy	Williams	West Suffolk A.C.
6	00:11:15	286	Harry	Archer	Ipswich Harriers
7	00:11:16	284	Christopher	Jones	Ipswich Harriers
8	00:11:30	283	Callum	Morrin	Hadleigh High School
9	00:11:32	278	Murry	Holland-Howes	Framlingham Flyers
10	00:11:36	268	Harry	Dorber	Brandeston Hall
11	00:11:39	297	Jacob	Freeborough	West Suffolk A.C.
12	00:11:42	277	Adem	Merry	Framlingham Flyers
13	00:11:43	285	Daniel	Robinson	Ipswich Harriers
14	00:11:49	266	Tim	Harrison	Barnardiston Hall Pre. School
15	00:12:13	294	Bilal	Bounit	Thomas Mills High School
16	00:12:16	291	Fraser	Elsworth	St Edmund Pacers
17	00:12:40	290	Peter	Elsdon-Dean	Newmarket Joggers
18	00:13:03	295	Edward	Hill	Thomas Mills High School
19	00:13:09	269	Henry	Pollock	BB HS
20	00:13:12	289	Will	Blackburn	Ipswich JAFFA
21	00:13:17	299	Tommy	Martin	West Suffolk A.C.
22	00:13:27	263	George	Williams	Barnardiston Hall Pre. School
23	00:13:30	261	Angus	Dudley	Barnardiston Hall Pre. School
24	00:13:40	270	Bailey	Bendix-Hickman	Bungay Black Dog
25	00:13:41	275	Samuel	Parkinson	Farlingaye High School
26	00:13:53	281	Zac	Wright	Framlingham Flyers
27	00:14:31	279	Oscar	Wood	Framlingham Flyers
28	00:14:34	280	Warren	Wright	Framlingham Flyers
29	00:14:44	274	Ben	Charles	Diss Athletic Club
30	00:15:52	272	Nicky	Sparkes	Bungay Black Dog
	dns/dnf	262	Ben	Bradnam	Barnardiston Hall Pre. School
	dns/dnf	264	Jack	Krempel	Barnardiston Hall Pre. School
	dns/dnf	265	Nick	Butler	Barnardiston Hall Pre. School
	dns/dnf	271	Luke	Spear	Bungay Black Dog
	dns/dnf	273	Thomas	Cookson	Bungay Black Dog
	dns/dnf	287	Henry	Mildown	Ipswich Harriers
	dns/dnf	292	Tom	Ford	St Edmund Pacers
	dns/dnf	293	Tom	Garrod	Stowmarket Striders
	dns/dnf	298	Rubin	Kinn	West Suffolk A.C.

1ST TEAM West Suffolk A.C.

2ND TEAM Ipswich Harriers

## UNDER 15 BOYS

Pos	Time	No	First Name	Surname	Club Name
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1	00:13:07	331	Cameron	McKie	West Suffolk A.C.
2	00:13:21	333	Sebastian	Anthony	West Suffolk A.C.
3	00:13:31	332	Michael	Bartram	West Suffolk A.C.
4	00:13:32	315	Ted	Oldman	Bungay Black Dog
5	00:14:11	316	Jamie	Finch	City of Norwich AC
6	00:14:36	325	Theo	Passmore	Ipswich Harriers
7	00:14:44	328	Matthew	Nichols	St Edmund Pacers
8	00:14:47	324	Richard	Ling	Ipswich Harriers
9	00:15:02	326	Ieuan	Alldis	St Edmund Pacers
10	00:15:40	322	Joshua	Sugars	Ipswich Harriers
11	00:16:04	320	Antonio	Capasso	Ipswich Harriers (Ind Entry)
12	00:17:12	317	Callum	Stone	Felixstowe Road Runners
13	00:21:47	318	Ashley	Wright	Framlingham Flyers
	dns/dnf	319	Tom	Cowley	Hadleigh High School
	dns/dnf	321	James	Benrose	Ipswich Harriers
	dns/dnf	323	Joshua	Thompson	Ipswich Harriers
	dns/dnf	327	Matthew	Le-Poivevin	St Edmund Pacers
	dns/dnf	329	Malcolm	Wandera	Thetford AC
	dns/dnf	330	Ben	Eames	West Suffolk A.C.
		1ST	TEAM	West Suffolk A.C.	6pts
		2ND	TEAM	Ipswich Harriers	24pts

#### UNDER 17 MEN

Pos	Time	No	First Name	Surname	Club Name
1	00:19:48	162	Macauley	Delo	West Suffolk A.C.
2	00:20:09	143	Dominic	Oliver	Gt Yarmouth RRC
3	00:20:14	148	Ross	Tennent	Ipswich Harriers
4	00:20:42	146	Connor	Whiting	Ipswich Harriers
5	00:22:03	149	Tobias	Rankin	Ipswich Harriers
6	00:22:23	154	Robert	Smailes	St Edmund Pacers
7	00:22:30	140	Marcus	Sladden	Bungay Black Dog
8	00:22:53	147	Oliver	Jones	Ipswich Harriers
9	00:23:22	145	Malcolm	Wandera	Thetford AC
10	00:23:30	153	Liam	Brophy	St Edmund Pacers
11	00:24:09	160	Adam	Cripps	West Suffolk A.C.
12	00:24:48	150	Toby	Upson	Ipswich Harriers
13	00:24:49	161	Jack	Anthony	West Suffolk A.C.
14	00:24:51	152	Andrew	Halls	Kesgrave HS
15	00:25:14	141	Robin	Bendix_Hickman	Bungay Black Dog
16	00:26:10	163	Tom	MacDonald	West Suffolk A.C.
17	00:27:30	157	Corey	Richardson	Sudbury Upper School
18	00:28:18	159	Samuel	Willings	Sudbury Upper School
19	00:29:13	158	Jake	Benson	Sudbury Upper School
	dns/dnf	142	Brandon	Bradfield	East Point Academy
	dns/dnf	144	Andrew	Revell	Ipswich Harriers
	dns/dnf	151	Ben	Green	Ipswich Triathlon Club
	dns/dnf	155	Samuel	Harrison	St Edmund Pacers
	dns/dnf	156	Samuel	Burdett	Stowmarket Striders
	dns/dnf	164	Alex	Dench	Debenham High School
		1st	Team Ipswich Harriers		12pts

2nd	Team	West Suffolk A.C.	25pts
3rd	Team	Sudbury Upper School	54pts

## UNDER 20 MEN

Pos	Time	No	First Name	Surname	Club Name
1	00:26:34	253	James	Powley	Ipswich Harriers
2	00:27:35	257	Simon	Dawson	West Suffolk A.C.
3	00:27:53	256	Dominic	Thackeray	West Suffolk A.C.
	dns/dnf	254	Kieran	Clements	Ipswich Harriers
	dns/dnf	255	Patrick	Gravett-Curl	Ipswich Harriers

## SENIOR MEN

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:38:17	19	Andrew	Rooke	Ipswich Harriers	Senior
2	00:39:19	115	Alex	Dunbar	West Suffolk A.C.	Senior
3	00:39:42	92	Steve	Pobinson	St Edmund Pacers "A"	Senior
4	00:40:02	20	Christopher	Rooke	Ipswich Harriers	Senior
5	00:40:10	114	Andrew	Hennessy	Wells City Harriers	Senior
6	00:41:37	22	Kevvin	Hardy	Ipswich Harriers	Senior
7	00:41:50	8	Joshua	Entwistle	Felixstowe Road Runners	Senior
8	00:42:16	58	Jamie	Shaw	Newmarket Joggers 'A'	Senior
9	00:42:46	70	Andy	Taylor	St Edmund Pacers "A"	Senior
10	00:42:56	117	Colin	Ridley	West Suffolk A.C.	Master 50
11	00:43:08	39	Robery	Chenery	Ipswich Jaffa 'A'	Senior
12	00:43:38	33	Gavin	Davies	Ipswich Jaffa 'A'	Senior
13	00:43:45	111	Tom	Cresswell	Sudbury Joggers AC	Senior
14	00:44:27	94	Tom	Kingsnorth	St Edmund Pacers "A"	Senior
15	00:44:38	98	Damien	Hinchliffe	Stowmarket Striders A	Senior
16	00:44:44	43	Ben	Caisey	Ipswich Tri Club "A"	Senior
17	00:44:48	113	Will	Law	The Saxons	Senior
18	00:44:53	121	James	Henderson	Woodbridge Shufflers	Master 40
19	00:44:59	69	Sebastian	Palmer	Rugby & Northants AC	Senior
20	00:45:15	57	Greg	Davis	Newmarket Joggers 'A'	Master 40
21	00:45:25	77	Glenn	Douglas	St Edmund Pacers "A"	Senior
22	00:45:43	46	John	Wankowski	Ipswich Tri Club "A"	Senior
23	00:46:15	10	Roger	Stone	Felixstowe Road Runners	Master 40
24	00:46:41	97	Chris	Starmer	Stowmarket Striders A	Master 50
25	00:46:56	62	Martin	Gear	Newmarket Joggers 'A'	Senior
26	00:46:58	41	Scott	MacSephney	Ipswich Jaffa 'A'	Master 40
27	00:47:15	6	David	Soloman	Felixstowe Road Runners	Master 40
28	00:47:16	15	Ricky	Preacher	Framlingham Flyers	Senior
29	00:47:29	72	Chris	Cooke	St Edmund Pacers "A"	Master 50
30	00:47:40	103	Michael	Jones	Stowmarket Striders A	Master 40
31	00:47:51	109	Andrew	Buck	Sudbury Joggers AC	Master 40
32	00:47:53	47	Lee	Sheldrake	Ipswich Tri Club "A"	Senior
33	00:47:59	54	Brian	Munns	Newmarket Joggers 'A'	Master 40
34	00:48:14	4	Richard	Rhodes	Bungay Black Dog	Master 40
35	00:48:25	34	Ker	Macrosson	Ipswich Jaffa 'A'	Master 50
36	00:48:28	93	Tim	Fox	St Edmund Pacers "A"	Master 40
37	00:48:32	44	Christopher	Tye	Ipswich Tri Club "A"	Master 40
38	00:48:34	48	Neil	Catling	Ipswich Triathlon Club	Senior

39	00:48:51	104	Nick	Hammond	Stowmarket Striders A	Master 40
40	00:49:03	63	Matin	Taylor	Newmarket Joggers 'B'	Senior
41	00:49:25	52	Alex	Cairns	Newmarket Joggers 'B'	Senior
42	00:49:54	23	Neil	Gillingham	Ipswich Harriers	Senior
43	00:50:13	118	Charles	Hill	Woodbridge Shufflers	Master 40
44	00:50:15	101	John	Squirrell	Stowmarket Striders A	Master 50
45	00:50:17	2	Chris	Chorley	Bungay Black Dog	Master 40
46	00:50:32	45	Derrek	Smith	Ipswich Triathlon Club	Master 50
47	00:50:38	86	Robert	Hughes	St Edmund Pacers "B"	Master 40
48	00:50:45	67	Steve	Edwards	Newmarket Joggers 'B'	Master 40
49	00:50:52	122	Roger	Ackerley	Woodbridge Shufflers	Master 50
50	00:51:00	59	Jason	Beeton	Newmarket Joggers 'B'	Senior
51	00:51:10	16	Robin	Mackenzie	Framlingham Flyers	Master 40
52	00:51:10	89	Stephen	Hatten	St Edmund Pacers "B"	Master 40
53	00:51:22	40	Robin	Belsom	Ipswich Jaffa 'A'	Master 50
54	00:51:40	95	Ben	Rodriguez	Stowmarket Striders B	Senior
55	00:51:43	17	Stewart	Hambling	Framlingham Flyers	Master 40
56	00:51:47	9	Robin	Harper	Felixstowe Road Runners	Senior
57	00:51:51	78	Ian	Bradford	St Edmund Pacers	Senior
58	00:51:54	91	Steve	Le-Poidevin	St Edmund Pacers "B"	Master 40
59	00:52:00	49	Russel	Breyer	Ipswich Triathlon Club	Master 40
60	00:52:03	11	Steve	Brooke	Felixstowe Road Runners	Master 40
61	00:52:03	60	Jim	Beetan	Newmarket Joggers	Master 40
62	00:52:22	30	Duncan	Chenery	Ipswich Jaffa 'B'	Master 50
63	00:52:25	79	Ian	Godderham	St Edmund Pacers "B"	Master 40
64	00:52:35	64	Neville	Clarke	Newmarket Joggers 'B'	Master 50
65	00:53:17	107	Shaun	Jones	Stowmarket Striders B	Senior
66	00:53:58	123	Stephen	Curran	Woodbridge Shufflers	Master 40
67	00:54:15	12	Graeme	Cleves	Framlingham Flyers	Senior
68	00:54:23	27	Adrian	Peake	Ipswich Jaffa 'A'	Master 40
69	00:55:32	65	Nick	Chapman	Newmarket Joggers	Senior
70	00:55:47	106	Ron	Ames	Stowmarket Striders B	Master 60
71	00:55:49	38	Paul	Turner	Ipswich Jaffa 'B'	Master 60
72	00:55:57	102	Kevin	Bird	Stowmarket Striders B	Master 40
73	00:56:20	84	Peter	Bird	St Edmund Pacers "B"	Senior
74	00:56:25	82	Mike	Troop	St Edmund Pacers "B"	Master 50
75	00:56:35	80	James	Manning	St Edmund Pacers	Master 40
76	00:56:42	88	Simon	Whalley	St Edmund Pacers	Master 40
77	00:57:14	55	Clive	Purbrook	Newmarket Joggers	Master 50
78	00:57:26	36	Mark	Bell	Ipswich JAFFA	Senior
79	00:57:38	110	Jonathan	Price	Sudbury Joggers AC	Master 60
80	00:58:00	100	Frank	Moggan	Stowmarket Striders B	Master 60
81	00:58:25	108	William	Burdett	Stowmarket Striders B	Master 40
82	00:59:08	24	Oliver	Minns	Ipswich Harriers	Senior
83	00:59:32	99	David	Daniels	Stowmarket Striders	Master 40
84	00:59:37	120	Frederick	Boggis	Woodbridge Shufflers	Master 60
85	00:59:51	42	Andrew	Thompson	Ipswich Triathlon Club	Senior
86	01:00:58	56	Dave	McLaugham	Newmarket Joggers	Senior
87	01:01:24	83	Neil	Anthony	St Edmund Pacers	Master 40
88	01:01:49	51	Paul	McAllister	Lytham St Annes AC	Master 40
89	01:02:03	96	Chris	Gladwell	Stowmarket Striders A	Master 50
90	01:02:34	105	Philip	Beer	Stowmarket Striders	Master 40
91	01:02:45	13	Jeremy	Bewick	Framlingham Flyers	Master 40
92	01:05:04	87	Robin	Smith	St Edmund Pacers	Master 40

93	01:05:58	5	David	Coley	Felixstowe Road Runners	Master 60
94	01:09:48	3	Marcus	Nichols	Bungay Black Dog	Senior
	dns/dnf	1	Steve	Cooper	Blackheath & Bromley Harriers	Senior
	dns/dnf	14	Neil	Dinwiddle	Framlingham Flyers	Senior
	dns/dnf	18	Tony	Maclean	Framlingham Flyers	Master 40
	dns/dnf	21	Elliot	Palmer	Ipswich Harriers	Senior
	dns/dnf	25	Ross	Fawcett	Ipswich Harriers	Senior
	dns/dnf	26	Adam	Wade	Ipswich Jaffa 'B'	Senior
	dns/dnf	28	Brian	Rogers	Ipswich JAFFA	Master 50
	dns/dnf	29	David	O'Flynn	Ipswich JAFFA	Master 50
	dns/dnf	31	Eric	Marseille	Ipswich Jaffa 'B'	Senior
	dns/dnf	32	Gary	Thompson	Ipswich JAFFA	Senior
	dns/dnf	35	Mark	Avery	Ipswich Jaffa 'B'	Master 40
	dns/dnf	37	Mon	Lee	Ipswich Jaffa 'B'	Master 50
	dns/dnf	50	Carl	Prewer	Lowestoft RR	Master 40
	dns/dnf	53	Ben	Blowes	Newmarket Joggers 'A'	Senior
	dns/dnf	61	Jim	Withers	Newmarket Joggers	Master 50
	dns/dnf	66	Paul	Holly	Newmarket Joggers 'A'	Master 40
	dns/dnf	68	Vince	Coogan	Newmarket Joggers	Senior
	dns/dnf	71	Carl	Marston	St Edmund Pacers	Master 40
	dns/dnf	73	Chris	Cook	St Edmund Pacers	Master 60
	dns/dnf	74	Craig	Dearden-Phillips	St Edmund Pacers	Master 40
	dns/dnf	76	Darren	Berwick	St Edmund Pacers	Master 40
	dns/dnf	81	Jon	Lockwood	St Edmund Pacers	Master 40
	dns/dnf	85	Richard	Soer	St Edmund Pacers	Master 50
	dns/dnf	90	Stephen	Williams	St Edmund Pacers	Master 50
	dns/dnf	112	Alan	Cooney	The Saxons	Senior
	dns/dnf	116	Asa	Burnett	West Suffolk A.C.	Senior
	dns/dnf	119	Dale	Mandell	Woodbridge Shufflers	Senior
		1st		TEAM	St Edmund Pacers "A"	47
		2nd		TEAM	Ipswich Harriers	53
		3rd		TEAM	Ipswich Jaffa 'A'	84
		4th		TEAM	Newmarket Joggers 'A'	86
		5th		TEAM	Ipswich Tri Club "A"	107
		6th		TEAM	Stowmarket Striders A	108
		7th		TEAM	Felixstowe Road Runners	113
		8th		TEAM	Woodbridge Shufflers	176
		9th		TEAM	Newmarket Joggers 'B'	179
		10th		TEAM	Framlingham Flyers	201
		11th		TEAM	St Edmund Pacers "B"	220
		12th		TEAM	Ipswich Triathlon Club	228
		13th		TEAM	Stowmarket Striders B	261
		14th		TEAM	Newmarket Joggers	293
		15th		TEAM	St Edmund Pacers	295