

**Woodbridge 10K
Overall Finish List
May 19, 2013**

Updated: 31/05/2013

Place	Name	Team	Bib No	Age	Age Group	Place	Gun Time	Gender	Age Group
1	Aaron Scott	Woodbridge Shufflers RC	1	29	1 Top Fin		31:19	M	MO
2	Joshua Entwistle	Felixstowe RRC	6	24	2 Top Fin		32:53	M	MO
3	Matthew Spencer	Ipswich Jaffa RC	4	29	3 Top Fin		33:28	M	MO
4	Gavin Davies	Ipswich Jaffa RC	89	33	1 M 20-39		33:55	M	MO
5	Jordan Ali	Barretts of Woodbridge	737	20	2 M 20-39		34:35	M	MO
6	Ross Fawcett	Ipswich Harriers	245	21	3 M 20-39		35:15	M	MO
7	Daniel Moss		515	23	4 M 20-39		35:47	M	MO
8	Jonathan Ling	Ipswich Jaffa RC	136	21	5 M 20-39		36:35	M	MO
9	jason BERRY		284	44	1 M 40-44		36:40	M	M40
10	Jim Last	Framlingham Flyers	423	36	6 M 20-39		36:43	M	MO
11	Darren Sheppard	Framlingham Flyers	653	42	2 M 40-44		36:46	M	M40
12	wilfred campbell	Ipswich Jaffa RC	221	48	1 M 45-49		36:56	M	M45
13	Steve Cooper	Blackheath and Bromley Harriers Athletic Club	427	40	3 M 40-44		37:15	M	M40
14	Ben Green	Ipswich Triathlon Club	280	18	1 M 0-19		37:34	M	M15
15	Theo Passmore	Ipswich Harriers	203	15	2 M 0-19		37:35	M	M15
16	Nick Smith	Clopton Emu Breeders	270	39	7 M 20-39		37:55	M	MO
17	Kevin Peirce	Ipswich Harriers	256	38	8 M 20-39		37:59	M	MO
18	Anthony Barraclough		555	26	9 M 20-39		38:19	M	MO
19	Ian Coxall	Ipswich Jaffa RC	563	40	4 M 40-44		38:21	M	M40
20	paul reynolds		627	37	10 M 20-39		38:22	M	MO
21	Patrick Hudson	Smart421	721	42	5 M 40-44		38:25	M	M40
22	Mark Bowditch		158	47	2 M 45-49		38:30	M	M45
23	ricky peacher	Framlingham Flyers	542	37	11 M 20-39		38:36	M	MO
24	Mark Goddard	Celotex Ltd	752	49	3 M 45-49		38:38	M	M45
25	James Potter	Newman Physiotherapy	768	35	12 M 20-39		38:57	M	MO
26	Chris Tye	Ipswich Triathlon Club	147	46	4 M 45-49		39:09	M	M45
27	Daniel Gardiner	Bungay Black Dog RC	656	42	6 M 40-44		39:27	M	M40
28	scott macsephney	Ipswich Jaffa RC	592	45	5 M 45-49		39:31	M	M45
29	Peter Mayer		76	54	1 M 50-54		39:33	M	M50
30	STEVEN NEAVES	Bungay Black Dog RC	640	56	1 M 55-59		39:37	M	M55
31	Tom Haslam	Saxmundham Sports Running & Fitness Club	684	41	7 M 40-44		39:41	M	M40

32	john thorpe	Ipswich Jaffa RC	55	42	8 M 40-44	39:42	M	M40
33	Andy Garvie	Clopton Emu Breeders	88	44	9 M 40-44	39:43	M	M40
34	Paul Nickells	Woodbridge Shufflers RC	14	50	2 M 50-54	39:44	M	M50
35	Mark Glanville		619	37	13 M 20-39	39:47	M	MO
36	Tim Hanman		94	42	10 M 40-44	39:49	M	M40
37	Robin Harper	Felixstowe RRC	37	37	14 M 20-39	39:50	M	MO
38	James Parsons	Farlingaye	496	18	3 M 0-19	39:56	M	M15
39	Matt Hunter	Hadleigh Hares AC	368	25	15 M 20-39	39:57	M	MO
40	Matthew Payne		30	30	16 M 20-39	39:59	M	MO
41	Mark Watts	Saint Edmund Pacers	400	50	3 M 50-54	40:01	M	M50
42	Adam Johnson	Hadleigh Hares AC	613	43	11 M 40-44	40:01	M	M40
43	Dan Clapton	Ipswich Triathlon Club	603	36	17 M 20-39	40:09	M	MO
44	Dave Lumby	Ipswich Triathlon Club	424	52	4 M 50-54	40:09	M	M50
45	Andrew King		531	51	5 M 50-54	40:12	M	M50
46	Tim Brammar		444	47	6 M 45-49	40:14	M	M45
47	Jason Walne		598	42	12 M 40-44	40:20	M	M40
48	Adrian Peake	Ipswich Jaffa RC	196	48	7 M 45-49	40:23	M	M45
49	Jamie whittle	Waldringfield Basset Hound Chasers	474	36	18 M 20-39	40:23	M	MO
50	John Moore	Framlingham Flyers	308	41	13 M 40-44	40:28	M	M40
51	Bill Watson	Reading Roadrunners	294	47	8 M 45-49	40:32	M	M45
52	Tony Roberts	Woodbridge Shufflers RC	621	47	9 M 45-49	40:34	M	M45
53	Leon Jones	Clopton Emu Breeders	511	33	19 M 20-39	40:58	M	MO
54	Neil Seabury	2mine	512	27	20 M 20-39	41:00	M	MO
55	Richard Webster	Woodbridge Shufflers RC	121	47	10 M 45-49	41:05	M	M45
56	Stuart Fairweather	2mine	408	36	21 M 20-39	41:16	M	MO
57	Daniel Scott		657	27	22 M 20-39	41:18	M	MO
58	Douglas Hobson	Woodbridge Shufflers RC	549	24	23 M 20-39	41:28	M	MO
59	Terry Smith	Harwich Runners	462	46	11 M 45-49	41:29	M	M45
60	Peter Frost		13	45	12 M 45-49	41:32	M	M45
61	Robin Belsom	Ipswich Jaffa RC	309	53	6 M 50-54	41:37	M	M50
62	Steven Kent	Harwich Runners	125	50	7 M 50-54	41:39	M	M50
63	Neil Higgins		151	39	24 M 20-39	41:47	M	MO
64	Steve Garvie	Clopton Emu Breeders	168	42	14 M 40-44	41:48	M	M40
65	Rob Mackenzie	Framlingham Flyers	678	51	8 M 50-54	41:49	M	M50
66	Geraldine Clarke	Framlingham Flyers	504	44	1 Top Fin	41:55	F	F40
67	Ray Roberts	Felixstowe RRC	42	65	1 M 65-69	41:57	M	M65

68	Paul saunders	Ambulance	370	37	25 M 20-39	41:58	M	MO
69	Danny Markham	Felixstowe RRC	697	28	26 M 20-39	42:02	M	MO
70	Joe Fairbrother		272	27	27 M 20-39	42:03	M	MO
71	Ross Compton		397	21	28 M 20-39	42:03	M	MO
72	Mark Compton	Woodbridge Shufflers RC	396	49	13 M 45-49	42:14	M	M45
73	Neil turner		431	45	14 M 45-49	42:16	M	M45
74	Rod Prime	Ipswich Jaffa RC	112	46	15 M 45-49	42:20	M	M45
75	adrian goode	Ipswich Harriers	495	49	16 M 45-49	42:21	M	M45
76	jacob hussey	Plumstead Runners	71	46	17 M 45-49	42:27	M	M45
77	Luke O'Neill		12	24	29 M 20-39	42:29	M	MO
78	Steve Brooke	Felixstowe RRC	518	44	15 M 40-44	42:33	M	M40
79	Andrew Ellis		177	27	30 M 20-39	42:34	M	MO
80	Mark Goodwin	Felixstowe RRC	386	40	16 M 40-44	42:34	M	M40
81	Dan wood	Ipswich Jaffa RC	641	38	31 M 20-39	42:46	M	MO
82	Nick Beales	Harwich Runners	56	56	2 M 55-59	42:48	M	M55
83	Liam Manning		409	27	32 M 20-39	42:50	M	MO
84	paul masterson		35	44	17 M 40-44	42:50	M	M40
85	Ian Gooderham	Saint Edmund Pacers	402	46	18 M 45-49	42:51	M	M45
86	Chris Leek		144	37	33 M 20-39	42:59	M	MO
87	Aaron Beal		652	28	34 M 20-39	43:02	M	MO
88	Ashton Bird	Newman Physiotherapy	777	29	35 M 20-39	43:02	M	MO
89	Alan Jackson	Ipswich Jaffa RC	604	54	9 M 50-54	43:05	M	M50
90	Victor Brooks		77	43	18 M 40-44	43:05	M	M40
91	Greg Marshall	Framlingham Flyers	345	60	1 M 60-64	43:05	M	M60
92	Brian Rogers	Ipswich Jaffa RC	413	57	3 M 55-59	43:10	M	M55
93	Stuart Wade		519	28	36 M 20-39	43:14	M	MO
94	stephen Hatten	Saint Edmund Pacers	487	47	19 M 45-49	43:17	M	M45
95	Emma Watts	Saint Edmund Pacers	401	15	2 Top Fin	43:17	F	F15
96	Stephen Firth	Waldringfield Basset Hound Chasers	358	44	19 M 40-44	43:19	M	M40
97	Oliver Johnson		46	36	37 M 20-39	43:20	M	MO
98	Tom Elmer		506	20	38 M 20-39	43:24	M	MO
99	Michael Burrows	Colchester Harriers AC	599	18	4 M 0-19	43:27	M	M15
100	Brian Airlie	Hadleigh Hares AC	412	45	20 M 45-49	43:30	M	M45
101	Ker Macrosson	Ipswich Jaffa RC	329	58	4 M 55-59	43:34	M	M55
102	Steve Whittaker	woodbridgesurfers	761	49	21 M 45-49	43:35	M	M45
103	Tristan Childs		186	31	39 M 20-39	43:35	M	MO

104	Tom Wake	Ipswich Jaffa RC	50	27	40 M 20-39	43:36	M	MO
105	Paul Cooke		239	40	20 M 40-44	43:37	M	M40
106	Iain Catchpool	Ipswich Jaffa RC	172	46	22 M 45-49	43:41	M	M45
107	Luke Richardson		594	31	41 M 20-39	43:45	M	MO
108	nathan ellis		224	38	42 M 20-39	43:46	M	MO
109	malcolm pidd	Woodbridge Shufflers RC	679	52	10 M 50-54	43:48	M	M50
110	Tom Leith		435	27	43 M 20-39	43:50	M	MO
111	Mark Henry		622	43	21 M 40-44	43:53	M	M40
112	Matt Davey	Tiptree Road Runners	271	35	44 M 20-39	43:53	M	MO
113	Anthony Mayston	woodbridgesurfers	755	53	11 M 50-54	43:54	M	M50
114	Gary Sadler		299	35	45 M 20-39	43:55	M	MO
115	Christian Pawsey	Woodbridge Shufflers RC	20	46	23 M 45-49	43:55	M	M45
116	Lucy Bowditch		157	49	3 Top Fin	43:57	F	F45
117	marcus leeder		182	32	46 M 20-39	44:00	M	MO
118	Vince Calver	Felixstowe RRC	630	43	22 M 40-44	44:09	M	M40
119	Kieron Bales	Ipswich Triathlon Club	405	37	47 M 20-39	44:14	M	MO
120	Michelle Gordon	Felixstowe RRC	616	32	1 F 20-39	44:16	F	F0
121	Rebecca Heath	Brafe Engineering Ltd	703	22	2 F 20-39	44:21	F	F0
122	Antonio Palladino		302	40	23 M 40-44	44:23	M	M40
123	James Manly		551	40	24 M 40-44	44:25	M	M40
124	Sean Kennedy		252	29	48 M 20-39	44:26	M	MO
125	Cheryl Holder	Purple Patch Runners	146	45	1 F 45-49	44:27	F	F45
126	Kieron Teeder	East Green Energy Ltd	724	23	49 M 20-39	44:28	M	MO
127	jesus bujan	Waldringfield Basset Hound Chasers	475	25	50 M 20-39	44:29	M	MO
128	Ben Hudson		85	31	51 M 20-39	44:32	M	MO
129	Sean Turner		142	22	52 M 20-39	44:35	M	MO
130	Christopher Bing	Ipswich Jaffa RC	573	32	53 M 20-39	44:36	M	MO
131	Tom Mecrow		520	28	54 M 20-39	44:39	M	MO
132	ian akers		27	36	55 M 20-39	44:42	M	MO
133	Vaughan MORRIS		566	53	12 M 50-54	44:43	M	M50
134	abby gaeta	Ipswich Jaffa RC	93	35	3 F 20-39	44:44	F	F0
135	Jim Hardwicke	2mine	163	47	24 M 45-49	44:49	M	M45
136	stephen curran	Woodbridge Shufflers RC	682	49	25 M 45-49	44:51	M	M45
137	Jamie Scales		428	33	56 M 20-39	44:52	M	MO
138	Paul Berriman		105	40	25 M 40-44	44:57	M	M40
139	Tom Cummings		360	23	57 M 20-39	44:59	M	MO

140	Rob Anderson	Wimborne AC	257	42	26 M 40-44	45:00	M	M40
141	James ArbonG	ufford park	322	29	58 M 20-39	45:01	M	MO
142	Duncan Brown	woodbridgesurfers	757	33	59 M 20-39	45:13	M	MO
143	Gary Lowe		130	55	5 M 55-59	45:14	M	M55
144	Terence O'sullivan	Framlingham Flyers	482	58	6 M 55-59	45:19	M	M55
145	Ben Greenhouse		553	18	5 M 0-19	45:22	M	M15
146	Tom Preston		654	28	60 M 20-39	45:22	M	MO
147	Linda Woodard	Felixstowe RRC	584	44	1 F 40-44	45:39	F	F40
148	Richard Owen		152	61	2 M 60-64	45:45	M	M60
149	Geoffrey Buchanan	Gressingham Foods	712	43	27 M 40-44	45:55	M	M40
150	Dave Beighton		356	36	61 M 20-39	45:55	M	MO
151	Rosie O'Neill	Deben Inns	771	32	4 F 20-39	45:55	F	F0
152	Paul Schwer	Felixstowe RRC	25	52	13 M 50-54	46:00	M	M50
153	Paul Barrell	Waldringfield Basset Hound Chasers	211	48	26 M 45-49	46:01	M	M45
154	Martin Ball		303	40	28 M 40-44	46:02	M	M40
155	mark kitson		225	49	27 M 45-49	46:03	M	M45
156	Foppe d'Hane		692	48	28 M 45-49	46:05	M	M45
157	carl collins		181	41	29 M 40-44	46:07	M	M40
158	Nick Jackson		231	42	30 M 40-44	46:08	M	M40
159	Esther Lury	Barretts of Woodbridge	740	36	5 F 20-39	46:08	F	F0
160	Matthew Lambert		59	40	31 M 40-44	46:14	M	M40
161	Lucy Sheehan	Felixstowe RRC	628	29	6 F 20-39	46:16	F	F0
162	John Coxage	Framlingham Flyers	570	51	14 M 50-54	46:22	M	M50
163	KEVIN HOLLAND		554	32	62 M 20-39	46:23	M	MO
164	Simon Green	Ipswich Triathlon Club	279	57	7 M 55-59	46:32	M	M55
165	michael martin	Ipswich Jaffa RC	210	47	29 M 45-49	46:35	M	M45
166	Gary Pilkington		92	42	32 M 40-44	46:38	M	M40
167	Sarah JC Lewis	Kazakstan Running Club	393	30	7 F 20-39	46:45	F	F0
168	Tim Ryder	Hadleigh Hares AC	52	50	15 M 50-54	46:46	M	M50
169	Tom Allnutt		546	30	63 M 20-39	46:50	M	MO
170	Andy Tricker		677	43	33 M 40-44	46:52	M	M40
171	Mark Iankester	Ipswich Jaffa RC	548	45	30 M 45-49	46:55	M	M45
172	Becky Overy-Owen	Woodbridge Shufflers RC	267	42	2 F 40-44	46:58	F	F40
173	George Algar	Deben Inns	772	20	64 M 20-39	47:05	M	MO
174	seth davis	Ipswich Jaffa RC	693	39	65 M 20-39	47:05	M	MO
175	simon milldown		384	51	16 M 50-54	47:07	M	M50

176	Andrew Keeble	Tri-Anglia Triathlon Club	442	42	34 M 40-44	47:07	M	M40
177	Joshua Apperley		119	23	66 M 20-39	47:09	M	MO
178	Katie Jackson		232	42	3 F 40-44	47:11	F	F40
179	Greg Dodds		115	40	35 M 40-44	47:15	M	M40
180	oliver gray		110	30	67 M 20-39	47:17	M	MO
181	Alistair Mitchell		277	44	36 M 40-44	47:19	M	M40
182	Charlie Nunn		47	41	37 M 40-44	47:21	M	M40
183	Michael Streat	Woodbridge School	65	50	17 M 50-54	47:21	M	M50
184	James Lewis	Super Noodle	86	33	68 M 20-39	47:23	M	MO
185	andrew covell	Woodbridge Shufflers RC	101	48	31 M 45-49	47:24	M	M45
186	Bryan Klug		569	52	18 M 50-54	47:25	M	M50
187	Jason Hollands	The Complementary Healing Centre	727	42	38 M 40-44	47:31	M	M40
188	Charlie Fulcher	Deben Inns	774	15	6 M 0-19	47:32	M	M15
189	Darren Payne	woodbridgesurfers	762	46	32 M 45-49	47:39	M	M45
190	william sunaway		282	42	39 M 40-44	47:40	M	M40
191	Trudy Avis	Hadleigh Hares AC	404	41	4 F 40-44	47:45	F	F40
192	Elspeth Knott	Harwich Runners	455	62	1 F 60-64	47:47	F	F60
193	Tom Greig	Norbiton Nutbusters	208	36	69 M 20-39	47:48	M	MO
194	Guy Hayward	Framlingham Flyers	189	41	40 M 40-44	47:48	M	M40
195	Robert Turner		596	39	70 M 20-39	47:49	M	MO
196	David Hopkins	woodbridgesurfers	756	49	33 M 45-49	47:52	M	M45
197	Anna-Marie Rowledge		113	42	5 F 40-44	47:54	F	F40
198	Chris Jenkins		276	48	34 M 45-49	47:55	M	M45
199	Andrew Bannan		649	38	71 M 20-39	47:55	M	MO
200	Simon Goldsmith		116	39	72 M 20-39	47:56	M	MO
201	Steve Seinet martin		388	56	8 M 55-59	47:58	M	M55
202	Harry Stokes		191	24	73 M 20-39	47:59	M	MO
203	Michael Evennett		83	57	9 M 55-59	48:00	M	M55
204	Luke Heeney		51	44	41 M 40-44	48:02	M	M40
205	Chris Ball		304	37	74 M 20-39	48:03	M	MO
206	Kevin Pryke	Notcutts	9	31	75 M 20-39	48:06	M	MO
207	Richard Haxby		660	50	19 M 50-54	48:09	M	M50
208	Andrew Stroud		242	45	35 M 45-49	48:09	M	M45
209	Edward Leith		601	30	76 M 20-39	48:10	M	MO
210	Andrew Tyler		436	45	36 M 45-49	48:10	M	M45
211	Marion Walker	Framlingham Flyers	79	58	1 F 55-59	48:14	F	F55

212	Toby Hughes		478	17	7 M 0-19	48:15	M	M15
213	Rob Windus		751	26	77 M 20-39	48:15	M	MO
214	Sam Lomas	Deben Inns	770	17	8 M 0-19	48:17	M	M15
215	Jordan Bailey		161	29	78 M 20-39	48:18	M	MO
216	David Fordham	Saxmundham Sports Running & Fitness Club	111	62	3 M 60-64	48:18	M	M60
217	Andrew Hawes		153	34	79 M 20-39	48:19	M	MO
218	Michael Robinson	Deben Inns	773	28	80 M 20-39	48:20	M	MO
219	ben childs		212	33	81 M 20-39	48:22	M	MO
220	Vicky Mctaggart	Gressingham Foods	713	36	8 F 20-39	48:22	F	F0
221	William Owen		63	25	82 M 20-39	48:24	M	MO
222	WILLIAM SMITH	Ipswich Jaffa RC	70	33	83 M 20-39	48:25	M	MO
223	Ben Greenway		167	34	84 M 20-39	48:25	M	MO
224	Ben Case		434	36	85 M 20-39	48:28	M	MO
225	matthew pearce		361	40	42 M 40-44	48:29	M	M40
226	Adrian Kite	Ipswich Jaffa RC	379	45	37 M 45-49	48:30	M	M45
227	Oliver Riches	BMF Ipswich	452	34	86 M 20-39	48:32	M	MO
228	Simon Hattan		418	47	38 M 45-49	48:35	M	M45
229	Alistair Goodier	Ipswich Jaffa RC	124	45	39 M 45-49	48:36	M	M45
230	Mark Andrews		96	46	40 M 45-49	48:40	M	M45
231	Scott Mayson		246	35	87 M 20-39	48:41	M	MO
232	paul kingsord-bere		589	46	41 M 45-49	48:42	M	M45
233	Elizabeth Parker	Felixstowe RRC	470	42	6 F 40-44	48:43	F	F40
234	Robert Mawson	Framlingham Flyers	31	57	10 M 55-59	48:43	M	M55
235	timothy beecroft		588	51	20 M 50-54	48:45	M	M50
236	Suzi Whymark		353	39	9 F 20-39	48:46	F	F0
237	Douglas Petheram		513	47	42 M 45-49	48:46	M	M45
238	Patrick Martin		226	53	21 M 50-54	48:47	M	M50
239	Andrew Marshall-Tierney		258	54	22 M 50-54	48:47	M	M50
240	Glenn Howard		327	41	43 M 40-44	48:48	M	M40
241	Niok Apperley		287	50	23 M 50-54	48:54	M	M50
242	Nick Elmer		507	15	9 M 0-19	48:54	M	M15
243	Paul Gilson	Ipswich Jaffa RC	565	52	24 M 50-54	49:01	M	M50
244	Andy Gordon	Felixstowe RRC	617	35	88 M 20-39	49:01	M	MO
245	Peter Gray		468	38	89 M 20-39	49:07	M	MO
246	Simon Rudland		416	50	25 M 50-54	49:10	M	M50
247	Daniel Wildon		437	36	90 M 20-39	49:10	M	MO

248	John Penny		141	57	11 M 55-59	49:13	M	M55
249	Catherine Powell		547	42	7 F 40-44	49:15	F	F40
250	Jeff Higgon	Harwich Runners	446	60	4 M 60-64	49:18	M	M60
251	Stuart Hunt	Hadleigh Hares AC	480	25	91 M 20-39	49:23	M	MO
252	John Mitcheson	The Anchor	733	52	26 M 50-54	49:25	M	M50
253	mark crisp		522	46	43 M 45-49	49:26	M	M45
254	CLare Barstow	Goyt Valley Striders	528	35	10 F 20-39	49:27	F	F0
255	Theodore Roberts	Farlingaye	3	18	10 M 0-19	49:27	M	M15
256	Lewis Jackson		10	42	44 M 40-44	49:28	M	M40
257	liz witherley		120	55	2 F 55-59	49:29	F	F55
258	andy mexome		432	45	44 M 45-49	49:33	M	M45
259	Alan Flatt		82	44	45 M 40-44	49:34	M	M40
260	Donald MacLeod		66	47	45 M 45-49	49:35	M	M45
261	Jason Mann		545	45	46 M 45-49	49:35	M	M45
262	Nick Card		40	26	92 M 20-39	49:37	M	MO
263	Fiona Hunt		220	41	8 F 40-44	49:38	F	F40
264	Michael Hammond		643	52	27 M 50-54	49:38	M	M50
265	Ian Stockley	Martlesham Squash Club	36	47	47 M 45-49	49:39	M	M45
266	Daniel Davis		608	30	93 M 20-39	49:40	M	MO
267	Ken Gould		481	49	48 M 45-49	49:41	M	M45
268	Andy Etherington		53	55	12 M 55-59	49:43	M	M55
269	Kevin Hall		639	31	94 M 20-39	49:46	M	MO
270	Sam Jennings		331	41	46 M 40-44	49:46	M	M40
271	Angus Lawson		385	45	49 M 45-49	49:48	M	M45
272	Gary Taylor	Woodbridge Shufflers RC	414	51	28 M 50-54	49:49	M	M50
273	Mark Sargeantson	Framlingham Flyers	122	60	5 M 60-64	49:49	M	M60
274	Gareth Seddon-Price		69	46	50 M 45-49	49:52	M	M45
275	Murray Burgess		229	26	95 M 20-39	49:53	M	MO
276	Juliet Rhodes		33	51	1 F 50-54	49:53	F	F50
277	Lizzie Vincent		572	42	9 F 40-44	50:01	F	F40
278	Patrick Cooney		268	49	51 M 45-49	50:03	M	M45
279	MICK TAYLOR	MCT ELECTRICAL	375	59	13 M 55-59	50:06	M	M55
280	stuart robertson		179	44	47 M 40-44	50:09	M	M40
281	Martin Finn		98	50	29 M 50-54	50:13	M	M50
282	Sally connick	Ipswich Jaffa RC	149	36	11 F 20-39	50:16	F	F0
283	Vicki Strowger		106	36	12 F 20-39	50:16	F	F0

284	Victoria Sharp		129	37	13 F 20-39	50:21	F	F0
285	simon oswald		237	34	96 M 20-39	50:23	M	MO
286	martin andrews		301	31	97 M 20-39	50:29	M	MO
287	Pauline Barr		582	34	14 F 20-39	50:33	F	F0
288	Jack Hardwicke	2mine	164	16	11 M 0-19	50:34	M	M15
289	Jamie Burman		590	33	98 M 20-39	50:38	M	MO
290	Richard Keeble	Woodbridge Shufflers RC	278	58	14 M 55-59	50:41	M	M55
291	Joanne Garrard		247	42	10 F 40-44	50:41	F	F40
292	Paul Johnson		583	32	99 M 20-39	50:41	M	MO
293	Lisa Cox	Felixstowe RRC	571	40	11 F 40-44	50:44	F	F40
294	Veronica Manly	Eastern Veterans AC	441	64	2 F 60-64	50:46	F	F60
295	Lucy McAlpine	Felixstowe RRC	376	35	15 F 20-39	50:46	F	F0
296	Marion Parker	Felixstowe RRC	456	50	2 F 50-54	50:48	F	F50
297	Alok Ruia	The Complementary Healing Centre	726	48	52 M 45-49	50:49	M	M45
298	nick falconer		97	48	53 M 45-49	50:49	M	M45
299	Petra Risbridger	The Complementary Healing Centre	728	41	12 F 40-44	50:49	F	F40
300	Richard Eaton	Waldringfield Basset Hound Chasers	180	45	54 M 45-49	50:52	M	M45
301	Claire Burrows		325	33	16 F 20-39	50:55	F	F0
302	Robert Michael		260	40	48 M 40-44	50:55	M	M40
303	VICKI GRICE		178	31	17 F 20-39	50:58	F	F0
304	Martin Thorpe		399	53	30 M 50-54	50:59	M	M50
305	Jemma Hale	The Anchor	731	29	18 F 20-39	51:00	F	F0
306	Martyn Bailey		340	38	100 M 20-39	51:05	M	MO
307	Rebecca Clare	Woodbridge Shufflers RC	529	47	2 F 45-49	51:09	F	F45
308	Clare Barlex		95	43	13 F 40-44	51:11	F	F40
309	Stuart Richardson	Clopton Emu Breeders	169	42	49 M 40-44	51:13	M	M40
310	Clive Day		694	33	101 M 20-39	51:16	M	MO
311	James ArbonF	ufford park	321	28	102 M 20-39	51:25	M	MO
312	Rachel Crisp	Felixstowe RRC	508	39	19 F 20-39	51:31	F	F0
313	Jamie Clarkson		610	33	103 M 20-39	51:37	M	MO
314	Suzanne Heath	Ipswich Jaffa RC	629	43	14 F 40-44	51:37	F	F40
315	Michael Howard		273	44	50 M 40-44	51:39	M	M40
316	Farran Scott		145	35	20 F 20-39	51:40	F	F0
317	Jacob Collins	The Angel	763	36	104 M 20-39	51:41	M	MO
318	Chris Miller	Saxmundham Sports Running & Fitness Club	539	29	105 M 20-39	51:44	M	MO
319	Linda Grave	East Green Energy Ltd	723	50	3 F 50-54	51:45	F	F50

320	Neill Lillywhite		537	48	3 F 45-49	51:46	F	F45
321	Toby Milne	Smart421	486	40	51 M 40-44	51:48	M	M40
322	Joanne Marshall	Serpentine RC	346	56	3 F 55-59	51:48	F	F55
323	Michael Mann		377	56	15 M 55-59	51:48	M	M55
324	Edward Lambert		620	43	52 M 40-44	51:48	M	M40
325	Owen Passmore		204	17	12 M 0-19	51:50	M	M15
326	Belinda Jennings	Adnams	748	37	21 F 20-39	51:50	F	F0
327	Noel Kearney		367	42	53 M 40-44	51:54	M	M40
328	Joanne Freezer		341	40	15 F 40-44	51:57	F	F40
329	Jo Parden	Framlingham Flyers	84	46	4 F 45-49	51:59	F	F45
330	Jonathan Stammers		166	17	13 M 0-19	52:06	M	M15
331	Jonathan Kent		228	42	54 M 40-44	52:07	M	M40
332	James ArbonE	ufford park	320	27	106 M 20-39	52:08	M	MO
333	Georgia Follett		645	24	22 F 20-39	52:09	F	F0
334	Paul Sheldrake		133	37	107 M 20-39	52:12	M	MO
335	michael mckinnell		662	59	16 M 55-59	52:13	M	M55
336	Jon Dodman	Smart421	510	42	55 M 40-44	52:18	M	M40
337	David Jeffreys		440	47	55 M 45-49	52:24	M	M45
338	Oliver Mummery		445	29	108 M 20-39	52:25	M	MO
339	Mon Lee	Ipswich Jaffa RC	398	55	17 M 55-59	52:26	M	M55
340	James ArbonA	ufford park	316	22	109 M 20-39	52:29	M	MO
341	Simon Beckett		150	25	110 M 20-39	52:30	M	MO
342	david lampard	Felixstowe RRC	312	49	56 M 45-49	52:31	M	M45
343	Cathrine Abbott	Stowmarket Striders RC	310	41	16 F 40-44	52:34	F	F40
344	samantha fulcher		288	47	5 F 45-49	52:36	F	F45
345	Alys Thompson		44	36	23 F 20-39	52:37	F	F0
346	Ian Kennedy	Framlingham Flyers	251	51	31 M 50-54	52:41	M	M50
347	Jason Throp		491	46	57 M 45-49	52:44	M	M45
348	Gareth Raymond		183	31	111 M 20-39	52:46	M	MO
349	nick partridge		332	35	112 M 20-39	52:47	M	MO
350	Andrew Leather	Ipswich Jaffa RC	219	51	32 M 50-54	52:50	M	M50
351	Nicola Stokes		193	26	24 F 20-39	52:52	F	F0
352	Laura Collinson		21	42	17 F 40-44	52:56	F	F40
353	Caroline Green		557	30	25 F 20-39	52:59	F	F0
354	Tim Hanson		343	42	56 M 40-44	53:00	M	M40
355	Russell Davey		631	45	58 M 45-49	53:00	M	M45

356	Darren Channer		201	46	59 M 45-49	53:02	M	M45
357	Anna Sinclair		137	44	18 F 40-44	53:02	F	F40
358	Tim Emery	Felixstowe RRC	139	51	33 M 50-54	53:03	M	M50
359	Jamie Lawton		132	32	113 M 20-39	53:06	M	MO
360	Charlotte Alcock		248	28	26 F 20-39	53:07	F	F0
361	Juliet Redding		580	43	19 F 40-44	53:10	F	F40
362	Newland Andrews	The Saxons	540	38	114 M 20-39	53:13	M	MO
363	Joseph Cook	Team Cook	527	17	14 M 0-19	53:15	M	M15
364	Michael Broom	AXA Commercial Business Finance	364	47	60 M 45-49	53:15	M	M45
365	Matthew Bendell	Ipswich Building Society	750	30	115 M 20-39	53:16	M	MO
366	Helen Cook	Team Cook	524	51	4 F 50-54	53:17	F	F50
367	lucy king		562	47	6 F 45-49	53:18	F	F45
368	Stephen Wade		240	42	57 M 40-44	53:23	M	M40
369	Karle Howard	The Kings Head Inn	719	42	58 M 40-44	53:24	M	M40
370	Gwyneth Richings		419	30	27 F 20-39	53:24	F	F0
371	Lisa Preece	Southwell Running Club	227	45	7 F 45-49	53:25	F	F45
372	Inge Van Tuinen-Nijkamp	The Kings Head Inn	718	31	28 F 20-39	53:25	F	F0
373	Laura Keeble		91	27	29 F 20-39	53:26	F	F0
374	Stephen Carter		162	29	116 M 20-39	53:28	M	MO
375	SARAH RATTLE		24	38	30 F 20-39	53:33	F	F0
376	Rebecca Wilson		249	35	31 F 20-39	53:34	F	F0
377	James ArbonD	ufford park	319	26	117 M 20-39	53:36	M	MO
378	Simon Hale	woodbridgesurfers	759	50	34 M 50-54	53:38	M	M50
379	Rachael Hamblyn		687	34	32 F 20-39	53:40	F	F0
380	Mark Wootton	Waldringfield Basset Hound Chasers	502	46	61 M 45-49	53:46	M	M45
381	Richard Smith	Felixstowe RRC	23	53	35 M 50-54	53:46	M	M50
382	Abby Powlett	Ipswich Jaffa RC	328	35	33 F 20-39	53:46	F	F0
383	Amanda Deacon		354	35	34 F 20-39	53:47	F	F0
384	Jonathan King		689	42	59 M 40-44	53:48	M	M40
385	Paul Winter	Ipswich Building Society	749	62	6 M 60-64	53:50	M	M60
386	Amy Smith		43	27	35 F 20-39	53:51	F	F0
387	Neal Goldsmith		263	35	118 M 20-39	53:53	M	MO
388	sabine vogler		467	45	8 F 45-49	53:54	F	F45
389	keith Fisher		535	52	36 M 50-54	53:55	M	M50
390	lisa squirrell		103	36	36 F 20-39	53:56	F	F0
391	Roger Frost		410	32	119 M 20-39	53:57	M	MO

392	Michelle Berriman		104	41	20 F 40-44	53:57	F	F40
393	Sarah Cole		463	28	37 F 20-39	53:58	F	F0
394	Glynis Leech	The Anchor	732	57	4 F 55-59	54:08	F	F55
395	Cliff Baldock		476	43	60 M 40-44	54:10	M	M40
396	Faye Hubard		450	33	38 F 20-39	54:11	F	F0
397	christopher cook	Team Cook	525	53	37 M 50-54	54:13	M	M50
398	Michael Grist	Barretts of Woodbridge	735	48	62 M 45-49	54:14	M	M45
399	mark rodwell		392	34	120 M 20-39	54:16	M	MO
400	Scott Gillies		624	50	38 M 50-54	54:17	M	M50
401	Pippa Cresdee	Ipswich Jaffa RC	49	28	39 F 20-39	54:19	F	F0
402	Nicola Reid		637	34	40 F 20-39	54:20	F	F0
403	Joshua Ripman		636	30	121 M 20-39	54:20	M	MO
404	Carl Berriman		262	43	61 M 40-44	54:22	M	M40
405	liz Beighton	Stowmarket Striders RC	355	39	41 F 20-39	54:23	F	F0
406	gemma moss		165	40	21 F 40-44	54:25	F	F40
407	Jessica Milton		298	41	22 F 40-44	54:31	F	F40
408	Dan Probert	Adnams	745	29	122 M 20-39	54:35	M	MO
409	Jennifer Jarrett	Felixstowe RRC	461	49	9 F 45-49	54:37	F	F45
410	Carole Challis	Ipswich Triathlon Club	349	32	42 F 20-39	54:41	F	F0
411	Alex Allen		255	27	123 M 20-39	54:43	M	MO
412	Alexander Das	Stowmarket Striders RC	29	44	62 M 40-44	54:51	M	M40
413	Lucie Fairweather		205	41	23 F 40-44	54:51	F	F40
414	Maxine Hayward		647	41	24 F 40-44	54:58	F	F40
415	Michael Cooper	Ipswich Jaffa RC	449	56	18 M 55-59	54:58	M	M55
416	John Tilbrook		448	48	63 M 45-49	55:01	M	M45
417	tim finegan	Felixstowe RRC	638	51	39 M 50-54	55:11	M	M50
418	Mary Graham	Framlingham Flyers	457	48	10 F 45-49	55:11	F	F45
419	Mark Stancombe-Duhm	Smart421	380	39	124 M 20-39	55:12	M	MO
420	Emma Gray	68 Auto Performance Ltd	382	33	43 F 20-39	55:14	F	F0
421	andrew albins		541	37	125 M 20-39	55:17	M	MO
422	Jonathan Parker	AXA Commercial Business Finance	5	46	64 M 45-49	55:22	M	M45
423	Aidan McGlennon		230	26	126 M 20-39	55:24	M	MO
424	Vicki de Blocq		477	47	11 F 45-49	55:26	F	F45
425	Chris Childs		199	44	63 M 40-44	55:27	M	M40
426	alan huggins		680	37	127 M 20-39	55:29	M	MO
427	Chris Slemmings		253	65	2 M 65-69	55:41	M	M65

428	John Leonard		236	51	40 M 50-54	55:42	M	M50
429	Shirley Batchelor		235	53	5 F 50-54	55:42	F	F50
430	Guy Middleton		556	40	64 M 40-44	55:42	M	M40
431	Robin Parsons		497	53	41 M 50-54	55:51	M	M50
432	Robin Meehan	Smart421	552	44	65 M 40-44	55:56	M	M40
433	Matthew Moreton		352	38	128 M 20-39	55:57	M	MO
434	ruth sunaway		281	31	44 F 20-39	55:59	F	F0
435	Joe Ward		676	27	129 M 20-39	56:02	M	MO
436	Emma Meiring		567	42	25 F 40-44	56:06	F	F40
437	David Maile	The Angel	764	58	19 M 55-59	56:06	M	M55
438	Michael Donoghue		591	46	65 M 45-49	56:07	M	M45
439	Gary Barker		466	47	66 M 45-49	56:10	M	M45
440	michael linnett		595	48	67 M 45-49	56:13	M	M45
441	Steven Reynolds		534	52	42 M 50-54	56:15	M	M50
442	Nick Good	Ipswich Jaffa RC	700	47	68 M 45-49	56:17	M	M45
443	Margaret Walsh	The Anchor	730	55	5 F 55-59	56:19	F	F55
444	Caray Walker		505	36	45 F 20-39	56:21	F	F0
445	sara bloor	Saxmundham Sports Running & Fitness Club	264	46	12 F 45-49	56:22	F	F45
446	Maureen Wright	Ipswich Jaffa RC	68	66	1 F 65-69	56:23	F	F65
447	Simon Guest	woodbridgesurfers	760	54	43 M 50-54	56:25	M	M50
448	Simon Podd		691	42	66 M 40-44	56:26	M	M40
449	Andrew king		173	44	67 M 40-44	56:27	M	M40
450	Ann Granger	Saxmundham Sports Running & Fitness Club	606	50	6 F 50-54	56:30	F	F50
451	clayton fosker		118	28	130 M 20-39	56:44	M	MO
452	Keith Jennings		632	48	69 M 45-49	56:44	M	M45
453	Annabel Leech		338	34	46 F 20-39	56:46	F	F0
454	MURRAY JERVIS		80	48	70 M 45-49	56:53	M	M45
455	Vincent Hunt	Barretts of Woodbridge	741	53	44 M 50-54	56:54	M	M50
456	Anna Anderson	Harwich Runners	612	42	26 F 40-44	56:55	F	F40
457	Garrad Richens		644	48	71 M 45-49	56:57	M	M45
458	Graeme Banham		390	45	72 M 45-49	56:58	M	M45
459	Neil Miles	Smart421	421	48	73 M 45-49	57:03	M	M45
460	Katie Brown		192	21	47 F 20-39	57:12	F	F0
461	William Catchpole	Ipswich Triathlon Club	454	53	45 M 50-54	57:16	M	M50
462	Paul Bailey		160	47	74 M 45-49	57:17	M	M45
463	Mark Crompton		195	47	75 M 45-49	57:29	M	M45

464	Lesley Cooper	Felixstowe RRC	15	43	27 F 40-44	57:33	F	F40
465	Hayley Hannatt		683	40	28 F 40-44	57:39	F	F40
466	James Arbon	ufford park	315	21	131 M 20-39	57:41	M	MO
467	JOHN CLOUGH	Framlingham Flyers	633	53	46 M 50-54	57:50	M	M50
468	Andrew Frost	The Angel	765	34	132 M 20-39	57:53	M	MO
469	Jonathon Brooks	Deben Inns	769	43	68 M 40-44	58:01	M	M40
470	Carolyn Woollard		156	52	7 F 50-54	58:05	F	F50
471	jen mclaren		696	39	48 F 20-39	58:10	F	F0
472	Jet Bielecka		699	27	49 F 20-39	58:14	F	F0
473	Matthew Davy		16	39	133 M 20-39	58:18	M	MO
474	Tracey Wade		241	41	29 F 40-44	58:19	F	F40
475	ROBERT CASS		11	31	134 M 20-39	58:26	M	MO
476	Tanya Whitehead		314	42	30 F 40-44	58:26	F	F40
477	Mark Whitehead	Ipswich Jaffa RC	313	46	76 M 45-49	58:26	M	M45
478	Carol Edworthy		291	45	13 F 45-49	58:33	F	F45
479	James Jay	The Anchor	729	27	135 M 20-39	58:38	M	MO
480	Aison Taylor		426	47	14 F 45-49	58:39	F	F45
481	Christine Challenger		389	50	8 F 50-54	58:40	F	F50
482	Roger Sales		67	63	7 M 60-64	58:41	M	M60
483	Amanda Ross		73	23	50 F 20-39	58:46	F	F0
484	Richard Bond	Anglia car valeting	493	35	136 M 20-39	58:46	M	MO
485	Teresa Bailey		159	45	15 F 45-49	58:50	F	F45
486	Anna Sharpin		102	43	31 F 40-44	58:50	F	F40
487	Timothy Baugh		222	46	77 M 45-49	58:51	M	M45
488	Mark Blackburn	Ipswich Jaffa RC	7	43	69 M 40-44	58:52	M	M40
489	Jackie Kirk	Hadleigh Hares AC	564	47	16 F 45-49	58:54	F	F45
490	Paul Hannatt	Brafe Engineering Ltd	706	40	70 M 40-44	58:57	M	M40
491	Natasha Wakeman		286	39	51 F 20-39	58:58	F	F0
492	Jennifer Double		538	21	52 F 20-39	59:00	F	F0
493	Mark Newman	Newman Physiotherapy	766	35	137 M 20-39	59:03	M	MO
494	Jo Cresdee		289	34	53 F 20-39	59:24	F	F0
495	Sarah Croucher		373	27	54 F 20-39	59:37	F	F0
496	Christopher Lucas	Saxmundham Sports Running & Fitness Club	574	51	47 M 50-54	59:38	M	M50
497	David Telling		188	47	78 M 45-49	59:39	M	M45
498	Sarah Howe	Adnams	747	32	55 F 20-39	59:44	F	F0
499	Jonathan Ripman		135	59	20 M 55-59	59:44	M	M55

500	Demi Brooks		108	35	56 F 20-39	59:45	F	F0
501	Daniel Stewart		218	31	138 M 20-39	59:46	M	MO
502	Steven Brooks		109	36	139 M 20-39	59:47	M	MO
503	Elizabeth Cobbold	Adnams	746	34	57 F 20-39	59:55	F	F0
504	Christopher Street	Ipswich Jaffa RC	335	59	21 M 55-59	1:00:04	M	M55
505	Carol Stroud	Barretts of Woodbridge	736	41	32 F 40-44	1:00:10	F	F40
506	Marianne Burnell	Ipswich Jaffa RC	686	63	3 F 60-64	1:00:14	F	F60
507	Jo Higgon	Harwich Runners	447	54	9 F 50-54	1:00:20	F	F50
508	Sarah Cavanagh		578	43	33 F 40-44	1:00:21	F	F40
509	toby slater-robins		371	42	71 M 40-44	1:00:29	M	M40
510	clare slater-robins		372	42	34 F 40-44	1:00:29	F	F40
511	Lisa Bond		688	43	35 F 40-44	1:00:36	F	F40
512	tracey child		213	33	58 F 20-39	1:00:46	F	F0
513	Mark Chapman	Barretts of Woodbridge	739	53	48 M 50-54	1:00:52	M	M50
514	Lucy Brett	Group of us from ITFC	517	22	59 F 20-39	1:00:58	F	F0
515	Mike Hill		57	62	8 M 60-64	1:00:59	M	M60
516	Dawn Avery		184	47	17 F 45-49	1:01:01	F	F45
517	Kelly Calver		75	30	60 F 20-39	1:01:08	F	F0
518	Catherine Beresford		453	44	36 F 40-44	1:01:22	F	F40
519	Rindy Frost	68 Auto Performance Ltd	383	49	79 M 45-49	1:01:24	M	M45
520	James ArbonC	ufford park	318	25	140 M 20-39	1:01:26	M	MO
521	James ArbonB	ufford park	317	23	141 M 20-39	1:01:26	M	MO
522	Richard POWell		536	46	80 M 45-49	1:01:28	M	M45
523	Darren Sutcliffe		123	48	81 M 45-49	1:01:34	M	M45
524	Tracey Lucas		532	37	61 F 20-39	1:01:37	F	F0
525	James Rackham		326	32	142 M 20-39	1:01:37	M	MO
526	Emma Ratcliffe	Hadleigh Hares AC	362	37	62 F 20-39	1:01:40	F	F0
527	Maggie Davis		488	51	10 F 50-54	1:01:46	F	F50
528	Zonja Bunn		465	46	18 F 45-49	1:01:48	F	F45
529	Carolyn Griffiths	Waldringfield Basset Hound Chasers	492	42	37 F 40-44	1:01:48	F	F40
530	janet fricker		214	46	19 F 45-49	1:01:52	F	F45
531	Anthony Scriven		223	57	22 M 55-59	1:01:54	M	M55
532	Emma Hibbert	Adnams	775	41	38 F 40-44	1:02:01	F	F40
533	Max Booth		307	43	72 M 40-44	1:02:01	M	M40
534	Victoria Johnston	Saxmundham Sports Running & Fitness Club	484	42	39 F 40-44	1:02:13	F	F40
535	Elaine Beckett		576	46	20 F 45-49	1:02:16	F	F45

536	Karen Whittingham		597	45	21 F 45-49	1:02:17	F	F45
537	Rose Paul	Framlingham Flyers	350	34	63 F 20-39	1:02:19	F	F0
538	Jonathan Knight		363	48	82 M 45-49	1:02:24	M	M45
539	Ian Hammond		32	46	83 M 45-49	1:02:37	M	M45
540	Mark Bearn		690	43	73 M 40-44	1:02:42	M	M40
541	Debbie Taylor		415	48	22 F 45-49	1:02:46	F	F45
542	Nichita Misin		550	24	143 M 20-39	1:02:48	M	MO
543	David Tillett		451	44	74 M 40-44	1:02:53	M	M40
544	Matt Johnson		607	35	144 M 20-39	1:02:54	M	MO
545	Meinir Hughes		200	37	64 F 20-39	1:03:09	F	F0
546	Ruth Owen		62	30	65 F 20-39	1:03:15	F	F0
547	steve Shutlar		344	53	49 M 50-54	1:03:19	M	M50
548	Emma Dixon		695	40	40 F 40-44	1:03:42	F	F40
549	Emma Burrows		500	44	41 F 40-44	1:03:42	F	F40
550	Josephine Lovell		290	53	11 F 50-54	1:03:44	F	F50
551	Scarlett Keen		655	23	66 F 20-39	1:03:44	F	F0
552	Catherine Lerner	Woodbridge Shufflers RC	185	45	23 F 45-49	1:03:46	F	F45
553	Nicki Brown		501	45	24 F 45-49	1:03:46	F	F45
554	Alison Leech	Stowmarket Striders RC	190	42	42 F 40-44	1:03:54	F	F40
555	Charles Liddy	The Anchor	734	36	145 M 20-39	1:04:06	M	MO
556	Joanna Hedges		337	49	25 F 45-49	1:04:18	F	F45
557	Sarah Owen		61	35	67 F 20-39	1:04:21	F	F0
558	Maxine Cooper		634	44	43 F 40-44	1:04:37	F	F40
559	Jessica Curtis		250	34	68 F 20-39	1:04:58	F	F0
560	Lynnsey Fitzgerald		533	33	69 F 20-39	1:05:09	F	F0
561	John-Paul Grogan		411	31	146 M 20-39	1:05:17	M	MO
562	Mary Russell		8	42	44 F 40-44	1:05:25	F	F40
563	Jenny Parker		674	42	45 F 40-44	1:05:26	F	F40
564	david atkins		469	46	84 M 45-49	1:05:30	M	M45
565	William Brammar		285	73	1 M 70-99	1:05:50	M	M70
566	Richard Orme		530	47	85 M 45-49	1:06:02	M	M45
567	Nicola Obrien		673	49	26 F 45-49	1:06:10	F	F45
568	Anna Were		293	31	70 F 20-39	1:06:20	F	F0
569	Ann Were		292	64	4 F 60-64	1:06:20	F	F60
570	Kathy Wilton	East Green Energy Ltd	725	57	6 F 55-59	1:06:27	F	F55
571	Jo Dickinson	Felixstowe RRC	460	43	46 F 40-44	1:06:46	F	F40

572	Lucy Ball	The Kings Head Inn	720	34	71 F 20-39	1:06:52	F	F0
573	Kathryn Donovan	The Kings Head Inn	717	49	27 F 45-49	1:06:52	F	F45
574	Andrew Moore		174	36	147 M 20-39	1:07:04	M	MO
575	Eric Orme		175	49	86 M 45-49	1:07:07	M	M45
576	Alan Howarth		266	50	50 M 50-54	1:07:09	M	M50
577	Ian Bodsworth	Hadleigh Hares AC	464	34	148 M 20-39	1:07:18	M	MO
578	Samantha Bouttel	Barretts of Woodbridge	738	36	72 F 20-39	1:07:28	F	F0
579	niki macsephney	Ipswich Jaffa RC	593	42	47 F 40-44	1:08:09	F	F40
580	Karen Bass		99	37	73 F 20-39	1:08:33	F	F0
581	Paul Cheshire		417	46	87 M 45-49	1:08:33	M	M45
582	Daryl Butcher	Brafe Engineering Ltd	707	56	23 M 55-59	1:08:34	M	M55
583	Philip Cowles		347	52	51 M 50-54	1:08:58	M	M50
584	Jason Clench		100	39	149 M 20-39	1:09:19	M	MO
585	Jayne Double		295	49	28 F 45-49	1:13:03	F	F45
586	John Cummings		359	51	52 M 50-54	1:13:04	M	M50
587	Rachael Porter		675	41	48 F 40-44	1:14:12	F	F40
588	Sally Solomon	Felixstowe RRC	559	46	29 F 45-49	1:15:55	F	F45
589	Linda Thrift	Serpentine RC	28	58	7 F 55-59	1:17:46	F	F55
590	Yvonne Sylvester		64	54	12 F 50-54	1:17:53	F	F50

JJ award to First local unaffiliated runner

Jason Berry

Mick Witham Memorial Trophy to First unaffiliated M50 runner

Peter Mayer

Cherry James Memorial Award to First F40 runner

Linda Woodard

Dick Dolan Awards to First M15 and F15 runners

Ben Green

Emma Watts

Woodbridge 10K

Affiliated Clubs results

1st, Ipswich Jaffa RC

	Name		O'all Place	Cum. Plac	Time	Cum. Time
1	Matthew Spencer	Ipswich Jaffa RC	3	3	33:28	33:28
2	Gavin Davies	Ipswich Jaffa RC	4	7	33:55	1:07:23
3	Jonathan Ling	Ipswich Jaffa RC	8	15	36:35	1:43:58

2nd, Ipswich Harriers

	Name		O'all Place	Cum. Plac	Time	Cum. Time
1	Ross Fawcett	Ipswich Harriers	6	6	35:15	35:15
2	Theo Passmore	Ipswich Harriers	15	21	37:35	1:12:50
3	Kevin Peirce	Ipswich Harriers	17	38	37:59	1:50:50

Woodbridge 10K**Unaffiliated Teams results****1st, Clopton Emu Breeders**

	Name		O'all Place	Cum. Plac	Time	Cum. Time
1	Nick Smith	Clopton Emu Breeders	16	16	37:55	37:55
2	Andy Garvie	Clopton Emu Breeders	33	49	39:43	1:17:38
3	Leon Jones	Clopton Emu Breeders	52	101	40:58	1:58:37

2nd, 2mine

	Name		O'all Place	Cum. Plac	Time	Cum. Time
1	Neil Seabury	2mine	53	53	41:00	41:00
2	Stuart Fairweather	2mine	55	108	41:16	1:22:17
3	Jim Hardwicke	2mine	134	242	44:49	2:07:07

