

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:11:56	455	Alex	Baxter	Ipswich Harriers	Under 13 Boy
2	00:12:14	460	Jolyon	Summers	Ipswich Harriers	Under 13 Boy
3	00:12:16	473	Thomas	McCarthy	West Suffolk A.C.	Under 13 Boy
4	00:12:20	459	Matthew	Snowdon	Ipswich Harriers	Under 13 Boy
5	00:13:27	475	Jess	Walters	West Suffolk A.C.	Under 13 Boy
6	00:13:32	472	Tommy	Martin	West Suffolk A.C.	Under 13 Boy
7	00:13:34	444	Jack	Krempel	Barnardiston Hall	Under 13 Boy
8	00:13:41	449	A	Winter	Brandeston Hall	Under 13 Boy
9	00:13:48	471	Joshua	Walker	Stowmarket Striders	Under 13 Boy
10	00:14:03	474	Harry	McDonald	West Suffolk A.C.	Under 13 Boy
11	00:14:04	453	Murray	Holland-Howes	Framlingham Flyers	Under 13 Boy
12	00:14:13	464	Ben	Barry	St Edmund Pacers	Under 13 Boy
13	00:14:20	443	Christopher	Jobe	Barnardiston Hall	Under 13 Boy
14	00:14:20	457	Oliver	Gillespie	Ipswich Harriers	Under 13 Boy
15	00:14:34	446	W	Simpson	Brandeston Hall	Under 13 Boy
16	00:14:36	454	Bradley	Potts	Framlingham Flyers	Under 13 Boy
17	00:14:36	462	Tim	Davies	Ipswich JAFFA	Under 13 Boy
18	00:14:59	451	Elis	Woodard	Felixstowe Road Runners	Under 13 Boy
19	00:15:04	445	R	McCausland	Brandeston Hall	Under 13 Boy
20	00:15:23	461	Conner	Bilner	Ipswich JAFFA	Under 13 Boy
21	00:15:35	441	Matthew	Clarke	Barnardiston Hall	Under 13 Boy
22	00:15:46	452	Thomas	Bewick	Framlingham Flyers	Under 13 Boy
23	00:16:10	442	Angus	Dudley	Barnardiston Hall	Under 13 Boy
24	00:16:44	467	Oliver	Ransome	St Edmund Pacers	Under 13 Boy
25	00:16:49	465	Riley	Carr	St Edmund Pacers	Under 13 Boy
26	00:17:08	469	William	Terry	Stowmarket Striders	Under 13 Boy
27	00:17:59	463	Vinnie	Robertson	Ipswich JAFFA	Under 13 Boy

1st Team	Ipswich Harriers	7pts
2nd Team	West Suffolk A.C.	14pts
3rd Team	Barnardiston Hall	41pts
4th Team	Brandeston Hall	42 pts
5th Team	Framlingham Flyers	49pts
6th Team	St Edmund Pacers	61pts
7th Team	Ipswich JAFFA	64pts

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:13:19	378	Ben	Eames	West Suffolk A.C.	Under 15 Boy
2	00:14:11	366	Theo	Passmore	Ipswich Harriers	Under 15 Boy
3	00:14:12	376	Christopher	Morton	Stowmarket Striders	Under 15 Boy
4	00:14:13	356	Alfie	Foster	East Bergholt HS	Under 15 Boy
5	00:14:22	360	Sam	Allen	Ipswich Harriers	Under 15 Boy
6	00:14:28	380	Matthew	Le-Proidevin	West Suffolk A.C.	Under 15 Boy
7	00:14:31	355	Matthew	Day	East Bergholt HS	Under 15 Boy
8	00:15:22	358	Matthew	Haskell	Felixstowe Road Runners	Under 15 Boy
9	00:15:30	364	Richard	Ling	Ipswich Harriers	Under 15 Boy
10	00:15:33	365	Henry	Mildown	Ipswich Harriers	Under 15 Boy
11	00:15:44	363	Alexander	Lawrence	Ipswich Harriers	Under 15 Boy
12	00:15:56	381	Christy	Williams	West Suffolk A.C.	Under 15 Boy
13	00:16:17	372	Ieuan	Alidis	St Edmund Pacers	Under 15 Boy
14	00:16:24	353	Tommie	Williams	Bungay Black Dog	Under 15 Boy
15	00:16:25	370	Paul	Wain	Ipswich JAFFA	Under 15 Boy
16	00:16:31	367	Joshua	Thompson	Ipswich Harriers	Under 15 Boy
17	00:16:32	361	Antonio	Capasso	Ipswich Harriers	Under 15 Boy
18	00:16:39	368	Conor	Wakeman	Ipswich Harriers	Under 15 Boy
19	00:16:41	351	Benn	Walker	Bungay Black Dog	Under 15 Boy
20	00:18:04	362	Christopher	Jones	Ipswich Harriers	Under 15 Boy
21	00:19:10	352	Nicky	Sparkes	Bungay Black Dog	Under 15 Boy
22	00:19:38	359	Calab	Woodard	Felixstowe Road Runners	Under 15 Boy
23	00:20:35	354	Ben	Charles	Diss Athletic Club	Under 15 Boy
24	00:25:54	377	Edward	Terry	Stowmarket Striders	Under 15 Boy
25	00:25:57	375	Matthew	Ball	Stowmarket Striders	Under 15 Boy

1st team	Ipswich Harriers	16pts
2nd Team	West Suffolk A.C.	19tps
3rd Team	Bungay Black Dog	54pts

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:21:50	412	Michael	bartram	West Suffolk A.C.	Under 17 Man
2	00:22:09	411	Sebastian	Anthony	West Suffolk A.C.	Under 17 Man
3	00:22:24	407	Ross	Tennant	Ipswich Harriers	Under 17 Man
4	00:22:36	400	Kieran	McMorrان	Bungay Black Dog	Under 17 Man
5	00:22:39	403	Dominic	Oviver	City of Norwich AC	Under 17 Man
6	00:23:12	401	Ted	Oldman	Bungay Black Dog	Under 17 Man
7	00:23:31	414	Cameron	Mckie	West Suffolk A.C.	Under 17 Man
8	00:24:48	409	Connor	Whiting	Ipswich Harriers	Under 17 Man
9	00:25:51	405	Tobias	Rankin	Hadleigh Hares A.C.	Under 17 Man
10	00:27:47	413	Tom	Lamb	West Suffolk A.C.	Under 17 Man
11	00:29:23	406	Joshua	Sugars	Ipswich Harriers	Under 17 Man
12	00:31:28	426	Callum	Wilkinson	King Edward VI School	Under 17 Man
13	00:33:24	402	Chris	Oven	Bungay Black Dog	Under 17 Man
				1st Team	West Suffolk A.C.	10pts
				2nd Team	Ipswich Harriers	22pts
				3rd team	Bungay Black Dog	23pts

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:27:15	297	Macauley	Delo	West Suffolk A.C.	Under 20 Man
2	00:29:32	293	Andrew	Revell	Ipswich Harriers	Under 20 Man
3	00:30:17	298	Tom	Eames	West Suffolk A.C.	Under 20 Man
4	00:30:20	299	Robert	Smailes	West Suffolk A.C.	Under 20 Man
5	00:32:42	290	Marcus	Sladden	Bungay Black Dog	Under 20 Man
				1st Team	West Suffolk A.C.	8pts

<b>Pos</b>	<b>Time</b>	<b>No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	00:41:32	135	Andrew	Rooke	St Marys Uni College	Male Senior
2	00:41:52	1	Chris	Rooke	Aldershot Farnham & District	Male Senior
3	00:43:02	114	Sep	Palmer	Rugby & Northants AC	Male Senior
4	00:43:36	82	Matt	Spencer	Ipswich Jaffa 'A'	Male Senior
5	00:48:58	9	Andrew	Ridley	Colchester Harriers AC	Male Senior
6	00:44:13	81	Dan	Simpson	Ipswich Jaffa 'A'	Male Senior
7	00:44:27	2	Matt	Cook	Bournville Harriers	Male Senior
8	00:44:50	75	Jonathan	Ling	Ipswich Jaffa 'B'	Male Senior
9	00:45:00	107	Dennis	Olefir	Newmarket Joggers 'A'	Male Senior
10	00:45:03	69	Gavin	Davies	Ipswich Jaffa 'A'	Male Senior
11	00:45:29	64	Robert	Chenery	Ipswich Jaffa 'A'	Male Senior
12	00:45:32	78	Ryan	Ostler	Ipswich Jaffa 'A'	Male Senior
13	00:45:41	106	Paul	Holly	Newmarket Joggers 'A'	Male Master 40
14	00:46:29	33	John	Scaife	Hadleigh Hares A.C.	Male Senior
15	00:46:37	146	Nick	Palmer	Stowmarket Striders A	Male Senior
16	00:46:39	67	Mark	Clements	Ipswich Jaffa 'A'	Male Senior
17	00:47:19	90	Dave	Copland	Ipswich Triathlon Club	Male Master 40
18	00:47:22	51	John	Oakes	Haverhill RC A	Male Master 50
19	00:47:26	158	James	Henderson	Woodbridge Shufflers	Male Master 40
20	00:47:32	11	Vince	Calver	Felixstowe Road Runners	Male Master 40
21	00:47:50	44	Paul	Game	Haverhill RC A	Male Senior
22	00:47:54	20	Jim	Last	Framlingham Flyers	Male Senior
23	00:48:37	53	Ian	Day	Hunts AC	Male Master 40
24	00:48:47	77	Scott	MacSephney	Ipswich Jaffa 'B'	Male Master 40
25	00:48:57	14	David	Soloman	Felixstowe Road Runners	Male Master 40
26	00:49:04	70	Mark	Furnace	Ipswich Jaffa 'B'	Male Master 40
27	00:49:06	148	Chris	Seymour	Stowmarket Striders A	Male Master 40
28	00:49:44	143	Michael	Jones	Stowmarket Striders A	Male Master 40
29	00:49:45	141	Nick	Hammond	Stowmarket Striders B	Male Master 40
30	00:49:50	142	Damian	Hinchcliffe	Stowmarket Striders A	Male Senior
31	00:49:51	52	Martin	Speller	Haverhill RC A	Male Senior
32	00:50:01	26	Matthew	Blacoe	Hadleigh Hares A.C.	Male Master 40
33	00:50:22	120	Alan	Dawson	St Edmund Pacers "A"	Male Master 50
34	00:50:47	93	Jonny	Palmer	Ipswich Triathlon Club	Male Senior
35	00:51:22	103	Steve	Edwards	Newmarket Joggers 'A'	Male Master 40
36	00:51:46	29	Matthew	Hunter	Hadleigh Hares A.C.	Male Senior
37	00:51:47	83	Carl	Thompson	Ipswich Jaffa 'B'	Male Senior
38	00:51:47	92	Dan	Clayton	Ipswich Triathlon Club	Male Senior
39	00:51:55	32	James	Rush	Hadleigh Hares A.C.	Male Senior
40	00:51:59	23	Ricky	Preacher	Framlingham Flyers	Male Senior
41	00:52:13	116	Ian	Bradford	St Edmund Pacers "A"	Male Senior
42	00:52:19	73	Will	Law	The Saxons	Male Senior
43	00:52:26	133	Thomas	White	St Edmund Pacers "A"	Male Senior
44	00:52:32	76	Ker	Macrosson	Ipswich Jaffa C	Male Master 50
45	00:52:33	36	Trevor	Bunch	Haverhill RC A	Male Senior
46	00:52:34	61	Robin	Belsom	Ipswich Jaffa C	Male Master 50
47	00:52:39	60	John	Adams	Ipswich Jaffa C	Male Senior
48	00:52:48	17	Paul	Brown	Framlingham Flyers	Male Master 40
49	00:52:51	94	Lee	Sheldrake	Ipswich Triathlon Club	Male Senior
50	00:53:13	54	Neil	Gillingham	Ipswich Harriers	Male Senior
51	00:53:20	127	James	Manning	St Edmund Pacers "A"	Male Master 40
52	00:53:32	80	Brian	Rogers	Ipswich Jaffa C	Male Master 50
53	00:53:34	87	Russel	Bryer	Ipswich Triathlon Club	Male Master 50

54	00:53:43	66 Barry	Clarke	Ipswich JAFFA	Male Senior
55	00:53:50	123 Stephen	Hatten	St Edmund Pacers "A"	Male Master 40
56	00:53:55	157 Roger	Ackerley	Woodbridge Shufflers	Male Master 50
57	00:54:09	151 Scott	Williams	Stowmarket Striders B	Male Senior
58	00:54:21	150 Chris	Starmer	Stowmarket Striders A	Male Master 50
59	00:54:55	115 Peter	Bird	St Edmund Pacers "B"	Male Senior
60	00:55:10	153 Dominic	Turner	Sudbury Joggers AC	Male Master 40
61	00:55:33	84 Tom	Wake	Ipswich JAFFA	Male Senior
62	00:55:43	100 Neville	Clarke	Newmarket Joggers 'B'	Male Master 50
63	00:56:10	154 Jim	Comber	Sudbury Joggers AC	Male Master 40
64	00:56:20	149 John	Squirrell	Stowmarket Striders B	Male Master 60
65	00:56:24	122 Ian	Gooderham	St Edmund Pacers "A"	Male Master 40
66	00:56:28	25 Brian	Airlie	Hadleigh Hares A.C.	Male Master 40
67	00:56:33	18 Stewart	Hambling	Framlingham Flyers	Male Master 40
68	00:56:51	91 Richard	Jacobs	Ipswich Triathlon Club	Male Senior
69	00:56:56	40 Ian	Elden	Haverhill RC B	Male Senior
70	00:56:57	79 Adrian	Meake	Ipswich Jaffa C	Male Master 40
71	00:57:05	131 Mike	Troup	St Edmund Pacers "B"	Male Master 50
72	00:57:09	15 Simon	Wiggins	Felixstowe Road Runners	Male Master 40
73	00:57:20	89 Oliver	Cooper	Ipswich Triathlon Club	Male Senior
74	00:57:32	111 Alan	Simpson	Newmarket Joggers 'B'	Male Master 40
75	00:57:34	27 Steve	Hunt	Hadleigh Hares A.C.	Male Master 50
76	00:57:36	57 Oliver	Mins	Ipswich Harriers	Male Senior
77	00:57:42	35 Paul	Buckle	Haverhill RC A	Male Master 40
78	00:57:56	8 Roly	Shaw	Bungay Black Dog	Male Master 50
79	00:58:03	46 Nick	Kirkham	Haverhill RC B	Male Master 40
80	00:58:08	136 Ron	Ames	Stowmarket Striders B	Male Master 60
81	00:58:12	113 Neil	Williamson	Newmarket Joggers 'B'	Male Senior
82	00:58:18	48 Justin	Merry	Haverhill RC B	Male Senior
83	00:58:43	104 Chris	Eyre	Newmarket Joggers	Male Senior
84	00:58:52	108 Clive	Purbrook	Newmarket Joggers 'B'	Male Master 50
85	00:59:00	112 Adrian	Whittle	Newmarket Joggers 'B'	Male Master 40
86	00:59:09	21 Robin	Mckenzie	Framlingham Flyers	Male Master 50
87	00:59:37	117 Adam	Clarke	St Edmund Pacers	Male Senior
88	00:59:45	56 Daniel	Jones	Ipswich Harriers	Male Senior
89	01:00:10	42 Anthony	Elsey	Haverhill RC B	Male Senior
90	01:00:17	132 Simon	Whalley	St Edmund Pacers	Male Master 40
91	01:00:25	155 Jonathan	Price	Sudbury Joggers AC	Male Master 60
92	01:00:39	41 Tim	Ellis	Haverhill RC A	Male Master 40
93	01:00:53	139 Kevin	Bradley	Stowmarket Striders B	Male Master 50
94	01:00:55	109 Alan	Shand	Newmarket Joggers	Male Master 50
95	01:00:57	110 Charles	Shodbred	Newmarket Joggers 'B'	Male Master 60
96	01:01:11	68 Phil	Davies	Ipswich JAFFA	Male Master 40
97	01:01:24	43 Yusuf	Firat	Haverhill RC B	Male Master 50
98	01:01:24	134 Stephen	Willams	St Edmund Pacers "B"	Male Master 50
99	01:01:56	6 Steve	Oldman	Bungay Black Dog	Male Master 40
100	01:01:59	22 Terry	O'Sullivan	Framlingham Flyers	Male Master 50
101	01:02:15	31 George	Pryor	Hadleigh Hares A.C.	Male Senior
102	01:02:31	5 Marcus	Nichols	Bungay Black Dog	Male Senior
103	01:03:03	24 David	Taylor	Framlingham Flyers	Male Master 60
104	01:03:21	37 Nigel	Chapman	Haverhill RC C	Male Master 50
105	01:03:46	50 Joaguim	Monterio	Haverhill RC C	Male Master 50
106	01:04:09	105 Marcus	Gynn	Newmarket Joggers 'B'	Male Senior
107	01:04:25	137 Philip	Beer	Stowmarket Striders	Male Master 40

108	01:04:43	16	Jeremy	Berwick	Framlingham Flyers	Male Master 40
109	00:15:20	65	Gi	Cheng	Ipswich Jaffa C	Male Master 40
110	01:05:23	4	Gary	Howe	Bungay Black Dog	Male Master 50
111	01:08:56	28	Stuart	Hunt	Hadleigh Hares A.C.	Male Senior
112	01:09:09	144	Mike	Munson	Stowmarket Striders B	Male Master 60
113	01:09:11	38	Darren	Cornell	Haverhill RC B	Male Master 40
114	01:10:22	12	David	Coley	Felixstowe Road Runners	Male Master 60
115	01:11:12	49	Steve	Miller	Haverhill RC C	Male Master 50
116	01:20:20	39	Dave	Edwards	Haverhill RC C	Male Master 50
117	01:22:59	74	Mon	Lee	Ipswich JAFFA	Male Master 50
118	01:23:27	3	Ian	Ash	Bungay Black Dog	Male Master 60

1st Team	Ipswich Jaffa 'A'	31pts
2nd Team	Ipswich Jaffa 'B'	95pts
3rd Team	Stowamrket Striders A	100pts
4th Team	Haverhill RC A	115pts
5th Team	Hadleigh Hares A.C.	121pts
6th Team	Ipswich Triathlon Club	138pts
7th Team	St Edmund Pacers "A"	168pts
8th Team	Framlingham Flyers	177pts
9th Team	Ipswich Jaffa C	189pts
10th Team	Stowmarket Striders B	230pts
11th Team	Felixstowe Road Runners	231pts
12th Team	Newmarket Joggers 'B'	301pts
13th Team	Haverhill RC B	319pts
14th Team	Ipswich JAFFA	328pts
15th Team	Bungay Black Dog	389pts
16th Team	Haverhill RC C	440pts