

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:55:50	116	Gavin	Davies	Ipswich JAFFA	Male Senior
2	00:57:09	113	Ryan	Ostler	Ipswich JAFFA	Male Senior
3	00:58:10	67	Adam	Wade	Ipswich JAFFA	Male Senior
4	00:58:26	135	Gareth	Cavell	Woodford Green with Essex L.	Male Master 45
5	00:58:42	103	Alex	Brooks	Serpentine Running Club	Male Senior
6	00:58:51	115	Sara	Bird	Woodford Green with Essex L.	Female Senior
7	00:59:30	65	John	Manlow	Ely Runners	Male Master 45
8	01:00:05	249	Wilfred	Campbell	Ipswich JAFFA	Male Master 45
9	01:00:39	150	John	Scaife	Hadleigh Hares A.C.	Male Senior
10	01:01:06	220	Darren	Sheppard	Framlingham Flyers	Male Master 40
11	01:01:47	202	Dave	Solomon	Felixstowe Road Runners	Male Master 45
12	01:01:57	85	Graham	Pattle	Ipswich Harriers	Male Senior
13	01:03:02	241	Chris	Pitts		Male Senior
14	01:03:13	114	Richard	Hoskins		Male Master 45
15	01:03:48	134	Joe	Thompson	Serpentine Running Club	Male Senior
16	01:04:04	217	Darren	Cook	Felixstowe Road Runners	Male Senior
17	01:04:05	197	Liz	Wynn	Serpentine Running Club	Female Master 35
18	01:04:19	146	Lorna	Dawes		Female Master 40
19	01:04:20	246	Stuart	Prestney	Halstead Road Runners	Male Senior
20	01:04:25	84	Nigel	Rogers		Male Master 40
21	01:04:27	230	Luke	Whitwell	Felixstowe Road Runners	Male Senior
22	01:04:33	37	Keith	Marley	Colchester Harriers AC	Male Master 45
23	01:05:10	16	Tony	Roberts	Framlingham Flyers	Male Master 45
24	01:05:12	279	Nicky	Brinkman	Titan Tri Sport	Female Master 35
25	01:05:16	6	Jason	Beeton	Newmarket Joggers	Male Senior
26	01:05:40	122	Nic	Clarke		Male Senior
27	01:06:17	30	Paul	Brown	Framlingham Flyers	Male Master 45
28	01:05:18	89	Craig	Dawson	Tiptree Road Runners	Male Senior
29	01:06:26	97	Marcus	Catlin	Ipswich JAFFA	Male Senior
30	01:06:34	181	Douglas	Hobson	Woodbridge Shufflers	Male Senior
31	01:06:35	261	Carl	Heron	Queensbury RC (Bradford)	Male Master 50
32	01:06:37	260	Amanda	Henry	Colchester Harriers AC	Female Master 40
33	01:07:07	8	Peter	Smith		Male Senior
34	01:07:53	36	Peter	Frost		Male Master 45
35	01:08:04	250	Andrew	Turner	Hadleigh Hares A.C.	Male Senior
36	01:08:24	280	Mark	Russell	Hadleigh Hares A.C.	Male Master 40
37	01:08:25	222	Rob	Harper	Felixstowe Road Runners	Male Senior
38	01:08:41	124	Gregor	Kennedy		Male Master 45
39	01:08:45	93	Simon	Hassett	Swanley & District AC	Male Master 40
40	01:08:49	216	Jonathan	Davy	Felixstowe Road Runners	Male Master 55
41	01:08:58	138	Tom	Fowler	Gt Bentley Running Club	Male Master 40
42	01:09:12	170	Kevin	Stevens	Gt Bentley Running Club	Male Senior
43	01:09:17	158	Peter	Bird	St Edmund Pacers	Male Master 40
44	01:09:34	22	Russel	Breyer	Ipswich JAFFA	Male Master 50
45	01:09:39	29	Tom	Elwell		Male Senior
46	01:09:48	273	Tim	Earl	Waveney Valley AC	Male Senior
47	01:09:55	38	Cat	Ricketts	Norwich Road Runners	Female Master 35
48	01:09:59	111	Lloyd	Miles	Billericay Striders	Male Master 45
49	01:10:02	164	Andrew	Renshaw		Male Master 45
50	01:10:21	187	Graham	Simpson		Male Master 45
51	01:10:35	155	Richard	Grimsdell	St Edmund Pacers	Male Master 45
52	01:10:38	39	Adrian	Goode	Ipswich Harriers	Male Master 45
53	01:10:40	258	Steve	Palfrey		Male Master 40

54	01:10:47	236 Thomas	Challener	Sudbury Joggers AC	Male Senior
55	01:10:52	133 Adrian	Kudela		Male Senior
56	01:10:57	255 Kelly	Wagland		Male Master 45
57	01:11:11	48 Stephen	Pretty	Stowmarket Striders	Male Master 55
58	01:11:13	218 Mark	Goodwin	Felixstowe Road Runners	Male Master 40
59	01:11:16	142 Claudine	Tisbury	Harwich Runners	Female Master 50
60	01:11:26	221 Joseph	Ashdown	Havering 90 Joggers	Male Master 45
61	01:11:29	60 Chris	Chorley	Bungay Black Dog	Male Master 50
62	01:11:38	171 Malcolm	Jarvis	Gt Bentley Running Club	Male Master 50
63	01:11:54	77 John	Adams	Ipswich JAFFA	Male Senior
64	01:11:58	128 John	Squirrel	Stowmarket Striders	Male Master 60
65	01:12:00	294 Patrick	Reynolds	Gt Bentley Running Club	Male Senior
66	01:12:19	252 Kevin	Bird	Stowmarket Striders	Male Master 45
67	01:12:41	86 Colin	Clarke	Colchester Shotokan Karate	Male Master 45
68	01:13:08	226 Andrew	Cole		Male Senior
69	01:13:10	165 Steve	Cox	Hadleigh Hares A.C.	Male Master 50
70	01:13:17	35 Duncan	Chenery	Ipswich JAFFA	Male Master 50
71	01:13:22	80 Andy	Owen		Male Senior
72	01:13:32	188 Nick	Pitt		Male Senior
73	01:13:47	214 Kevin	Carpenter		Male Master 45
74	01:14:05	27 Jim	Comber	Sudbury Joggers AC	Male Master 40
75	01:14:15	286 Graeme	Moon	Tiptree Road Runners	Male Master 55
76	01:14:18	166 Alex	Deal		Male Senior
77	01:14:37	76 Tracy	Harrington	Tiptree Road Runners	Female Master 45
78	01:14:53	15 Chris	Murray		Male Master 40
79	01:14:58	132 Martin	McKim		Male Senior
80	01:15:16	211 Neil	Catley	Felixstowe Road Runners	Male Senior
81	01:15:22	201 Greg	Marshal		Male Master 60
82	01:15:26	266 Mat	Blacoe	Hadleigh Hares A.C.	Male Master 45
83	01:15:34	285 Tommy	Monk	North Norfolk Beach Runners	Male Master 40
84	01:15:52	152 Eleanor	Hall	Ipswich JAFFA	Female Senior
85	01:16:01	66 George	Thomas	Bishop Stortford AC	Male Master 65+
86	01:16:09	180 Craig	Western	Hadleigh Hares A.C.	Male Senior
87	01:16:14	159 John	Bone	Gt Yarmouth RRC	Male Master 65+
88	01:16:22	81 Jon	Buist		Male Senior
89	01:16:24	186 Katie	Garrity		Female Senior
90	01:16:24	233 Daniel	Thomas	St Edmund Pacers	Male Master 40
91	01:16:30	69 Denis	Mole	Havering 90 Joggers	Male Master 65+
92	01:16:31	157 Dean	Breward	Sudbury Joggers AC	Male Master 40
93	01:16:33	160 Mary	Narey	Stowmarket Striders	Female Master 45
94	01:16:36	243 Jason	Walne		Male Master 40
95	01:16:38	295 Kevin	James	Gt Bentley Running Club	Male Master 55
96	01:16:42	55 Graham	Statter	Bishop Stortford AC	Male Master 55
97	01:16:48	123 Phil	Sanderson	Harwich Runners	Male Master 50
98	01:16:54	242 Jamie	Neill	Gt Bentley Running Club	Male Senior
99	01:16:55	169 Shawm	Leek	Gt Bentley Running Club	Male Senior
100	01:17:07	141 Jonathan	Price	Sudbury Joggers AC	Male Master 60
101	01:17:22	283 Gemma	Irvine	Belper Harriers	Female Senior
102	01:17:36	259 Chris	Connolly		Male Senior
103	01:17:51	153 Richard	Garrett	Tiptree Road Runners	Male Senior
104	01:17:55	297 Chris	Ridgeon		Male Master 60
105	01:17:57	168 Geof	Chamberlin		Male Master 50
106	01:18:09	140 Lorna	Pettifer	Mid Essex Casuals	Female Master 50
107	01:18:24	78 Jack	Garnham		Male Master 60

108	01:18:26	102	Christopher Lee			Male Master 55
109	01:18:42	195	Jeff Higgon	Harwich Runners		Male Master 60
110	01:18:47	193	Chris Miller			Male Master 45
111	01:18:51	213	David Kiri			Male Master 45
112	01:19:07	278	David Lissimor			Male Master 50
113	01:19:10	110	Barry Hurren			Male Master 50
114	01:19:15	151	Simon Beckett			Male Senior
115	01:19:27	99	Mark Avery	Ipswich JAFFA		Male Master 45
116	01:19:28	288	Peter Blethyn			Male Senior
117	01:19:32	91	Brian Topping			Male Master 55
118	01:19:34	32	Alex Kuczer			Male Master 45
119	01:19:39	174	Sharon White	Sudbury Joggers AC		Female Master 40
120	01:19:39	175	David Chapman	Sudbury Joggers AC		Male Master 50
121	01:19:53	14	David Sheahan			Male Master 50
122	01:20:06	21	Katherine Milkovics	Massey Ferguson RC		Female Senior
123	01:20:11	238	Paul Barton			Male Master 45
124	01:20:36	248	Julie Cooke			Female Master+
125	01:20:49	118	Lee Crisp	Felixstowe Road Runners		Male Master 40
126	01:20:51	106	David Daniels	Stowmarket Striders		Male Master 50
127	01:21:07	212	Colin Moule			Male Master 50
128	01:21:15	267	Steve Clark			Male Senior
129	01:21:18	298	Gavin Ridgeon			Male Senior
130	01:21:58	225	Jen Devaney	Stowmarket Striders		Female Senior
131	01:22:04	98	Ian Cooke			Male Master 45
132	01:22:06	61	Bobbie Sauerzapf	Bungay Black Dog		Female Master 50
133	01:22:11	293	Paul McAllister	Capel Cheetahs		Male Master 45
134	01:22:13	264	Theresa Bishop	Gt Bentley Running Club		Female Master 45
135	01:22:14	263	Des Bishop	Gt Bentley Running Club		Male Master 50
136	01:22:19	229	Fiona Hunt	Ipswich JAFFA		Female Master 40
137	01:22:19	104	Sarah Hales			Female Master 35
138	01:22:34	178	Rebecca Clare	Woodbridge Shufflers		Female Master 45
139	01:22:40	199	Alex Saywood			Male Senior
140	01:22:46	208	John Barrett	Mid Essex Casuals		Male Master 50
141	01:22:52	289	Neil Packer			Male Master 45
142	01:22:56	287	Richard Sandford			Male Master 50
143	01:23:03	192	Martin Gooderham	Tri Anglia		Male Senior
144	01:23:05	50	Simon Green	Ipswich Triathlon Club		Male Master 55
145	01:23:09	299	Tom Bloomfield			Male Senior
146	01:23:15	47	Ryan Seymour			Male Senior
147	01:23:15	41	Ludia Holmes			Female Senior
148	01:23:20	251	Jennifer Bird	Stowmarket Striders		Female Master 45
149	01:23:34	237	Rob Clayton	Felixstowe Road Runners		Male Master 55
150	01:23:49	49	Holly Bradford			Female Senior
151	01:23:54	302	Tonde Oyeniya			Male Senior
152	01:23:59	209	Chris Dye			Male Master 45
153	01:24:08	107	Ian Linton	Tiptree Road Runners		Male Master 60
154	01:24:10	92	Alex Smith	Stowmarket Striders		Female Master 35
155	01:24:16	231	Ben Hoyle			Male Senior
156	01:24:18	232	Luke Hill			Male Senior
157	01:24:25	75	Josephine Clarke			Female Master 50
158	01:24:30	137	Sally Dewick			Female Master 35
159	01:24:31	139	Tom Pettifer	Mid Essex Casuals		Male Master 65+
160	01:24:39	117	Leigh Carter			Male Senior
161	01:24:43	282	Neal Hannigan			Male Master 45

162	01:24:47	198	Stephen	Howard		Male	Master 40
163	01:24:50	23	Ruth	Baker		Female	Master 35
164	01:24:54	219	Alan	Richardson	Waveney Valley AC	Male	Master 65+
165	01:24:59	161	Mike	Smith	Wymondham AC	Male	Master 65+
166	01:25:17	45	Tim	Bowman	Hadleigh Hares A.C.	Male	Master 45
167	01:25:17	149	Ian	White		Male	Master 40
168	01:25:58	210	Sarah	Offord		Female	Master 45
169	01:26:06	183	Derek	Daly		Male	Master 50
170	01:26:21	268	David	Potts		Male	Senior
171	01:26:22	223	Peter	Johnson	Framlingham Flyers	Male	Senior
172	01:26:23	234	Vivien	Thomas		Female	Master 35
173	01:26:31	205	Dee	St-Ledger	Sudbury Joggers AC	Female	Master 45
174	01:26:38	26	Nicola	Tucker		Female	Master 35
175	01:26:56	182	Claire	Dunn		Female	Master 35
176	01:27:39	227	Liz	Beighton	Stowmarket Striders	Female	Master 35
177	01:27:39	224	Keith	Borrett	Stowmarket Striders	Male	Master 60
178	01:27:47	52	Trevor	Powell	Woodford Green with Essex L.	Male	Master 60
179	01:27:58	120	Dela	Weir		Female	Master 35
180	01:28:11	300	Rebecca	Elmes		Female	Senior
181	01:28:19	7	Charlie	Stennett	Ipswich Triathlon Club	Male	Master 55
182	01:28:23	87	Lisa	Barwick		Female	Master 40
183	01:28:23	253	Steven	Kent	Harwich Runners	Male	Master 50
184	01:28:39	19	Sophie	Bloomfield		Female	Senior
185	01:28:43	57	Ross	Siverton	Witham RC	Male	Master 60
186	01:28:46	108	Tina	Belsom	Stowmarket Striders	Female	Master 45
187	01:29:09	272	Christina	Plumley	Thetford AC	Female	Master 40
188	01:29:11	185	Hazel	Garrity	Bungay Black Dog	Female	Master+
189	01:29:13	275	Debbie	Roblin		Female	Master 40
190	01:29:17	71	Keith	Fisher		Male	Master 50
191	01:29:18	121	Kathy	Dines	Ipswich JAFFA	Female	Master 45
192	01:29:25	215	Robert	Edge	Sudbury Joggers AC	Male	Master 45
193	01:29:26	303	Lee	Doughty		Male	Master 40
194	01:29:51	247	Jill	Towns		Female	Master 50
195	01:29:54	130	Susan	Bloomfield	Stowmarket Striders	Female	Master 45
196	01:30:05	240	Karen	Jeffreys		Female	Master 35
197	01:30:13	12	Brian	Smith		Male	Master 45
198	01:30:16	200	Robin	Farrar	Bungay Black Dog	Male	Master 65+
199	01:30:24	284	Iain	Miles		Male	Senior
200	01:30:28	64	Laura	Schwabe		Female	Master 35
201	01:30:34	206	Ian	St-Ledger	Sudbury Joggers AC	Male	Master 45
202	01:30:44	194	Gin	Craig	Sudbury Joggers AC	Male	Master 45
203	01:30:58	125	Michaela	Goodchild		Female	Master 45
204	01:31:01	301	Sophie	James		Female	Senior
205	01:32:28	167	Paul	Millar		Male	Master 45
206	01:32:52	290	Elizabeth	McGoldrick		Female	Master+
207	01:33:09	126	Debbie	Lewis	Witham RC	Female	Master+
208	01:33:29	207	Jenny	Jarrett	Felixstowe Road Runners	Female	Master 45
209	01:34:09	296	Andy	Hovell		Male	Master 45
210	01:34:28	20	Lauren	Woods		Female	Senior
211	01:34:34	90	Amy	Smith		Female	Senior
212	01:34:39	179	Sue	Hargadon	Ipswich Triathlon Club	Female	Master+
213	01:34:48	190	Carrie	Shenton		Female	Master 45
214	01:34:48	72	Ruth	Davies		Female	Master 45
215	01:34:49	40	Barry	Green		Male	Master 55

216	01:35:09	245 Angela	Whiting	Stowmarket Striders	Female Master 50
217	01:35:10	274 Will	Packer		Male Senior
218	01:35:13	62 Mark	Squirrell		Male Master 45
219	01:35:28	162 Ruth	Hambling	Hadleigh Hares A.C.	Female Master 35
220	01:35:28	163 Pamela	Gowers	Hadleigh Hares A.C.	Female Senior
221	01:35:49	196 Jo	Higgon	Harwich Runners	Female Master 50
222	01:36:08	94 Stephen	Smith		Male Master 45
223	01:36:33	31 Martina	Byrne		Female Master 45
224	01:37:03	257 Jo	Montagu		Female Master 40
225	01:37:06	147 Nic	Sharp		Male Master 40
226	01:37:08	68 Jane	Swift		Female Master 35
227	01:37:11	269 Jacqueline	Webb		Female Master 45
228	01:37:14	95 Kelly	Ashton		Female Master 35
229	01:37:14	204 Kirsty	Chisnall		Female Senior
230	01:37:14	235 Jody	Warren		Male Senior
231	01:37:43	119 Simon	Fitzgerald		Male Master 45
232	01:38:07	58 Clare	McKenna	Harwich Runners	Male Senior
233	01:38:18	292 Alexandra	Chisnall		Female Senior
234	01:38:18	291 Paul	Dodsworth		Male Senior
235	01:38:24	239 Jessica	Searle	Hadleigh Hares A.C.	Female Master 35
236	01:38:24	173 Laura	Sheldon	Sudbury Joggers AC	Female Senior
237	01:38:36	56 Philip	Nutley	St Edmund Pacers	Male Master 65+
238	01:39:11	96 Lisa	Smith	Hadleigh Hares A.C.	Female Master 40
239	01:39:37	143 Penelope	Clarke	Witham RC	Female Master 50
240	01:39:53	11 Michaela	Burr		Female Master 40
241	01:40:01	281 Ruth	Belsom		Female Master 50
242	01:41:04	83 Mark	Chisnall		Male Master 40
243	01:41:08	129 Andrea	Friend	Stowmarket Striders	Female Master 45
244	01:41:14	244 Laura	Arfi	Stowmarket Striders	Female Master 40
245	01:41:35	59 Paul	Kerrinson	Harwich Runners	Male Master 45
246	01:41:37	270 Vincent	Webb		Male Master 50
247	01:41:37	271 Lucie	Petchey		Female Senior
249	01:44:33	145 Rebecca	Bryce		Female Senior
250	01:44:33	144 Heidi	Sherlock		Female Master 35
251	01:44:49	25 Jenne	Lynch-Aird	Stowmarket Striders	Female Master+
252	01:44:49	131 Christine	Hall	Stowmarket Striders	Female Master+
253	01:48:05	277 Gillian	Croot		Female Master 40
254	01:48:05	63 Tracey	Squirrell		Female Master 45
255	01:48:42	109 Robert	Mallett		Male Master 55
256	01:49:23	88 Kim	Gravell		Female Master+
257	01:50:33	82 Jo	Dickinson	Felixstowe Road Runners	Female Master 40
258	01:54:30	254 Anneli	Ostler	Felixstowe Road Runners	Female Senior
259	01:56:32	156 Sharon	Beward	Sudbury Joggers AC	Female Master 40
260	01:57:19	127 Nic	Footer		Male Master 45
261	02:00:48	262 Paul	Warren		Male Master 60
262	02:01:26	191 Hannah	Tillson		Female Senior
263	02:02:36	256 Paul	Woodward		Male Senior
264	02:03:46	265 Brian	Turner	Ipswich JAFFA	Male Master 65+
		5 Carol	Sephton		Female Master 35
		54 Harriet	Biggs		Female Master 40
		177 Sarah	Wright		Female Master 40
		1 Cheryl	Holder	Purple Patch Runners	Female Master 45
		18 Catie	Chou		Female Master 45
		136 Chris	Drury		Female Master 45

73 Claire	Wilding		Female Master 50
9 Gemma	Dew		Female Senior
28 Rebecca	Bhalla		Female Senior
100 Rose	Nicholson	Waveney Valley AC	Female Senior
105 Stevie	Haberfield		Female Senior
112 Gemma	Gilbert		Female Senior
176 Emma	Chilvers		Female Senior
189 Terri	Green		Female Senior
101 David	Brooker		Male Master 40
203 Gary	Spink		Male Master 40
2 Chris	Tye	Ipswich Triathlon Club	Male Master 45
24 Daren	Allen	Ipswich Triathlon Club	Male Master 45
33 Jason	Long		Male Master 45
34 Karen	Shelley	Capel Cheetahs	Male Master 45
148 Roger	Stone	Felixstowe Road Runners	Male Master 45
13 Jenny	Sheahan		Male Master 50
74 David	Sawyer	Gt Bentley Running Club	Male Master 50
3 John	Driver		Male Master 55
184 Terry	Garrity	Bungay Black Dog	Male Master 60
51 Roger	Hobson	Woodbridge Shufflers	Male Master 65+
70 Don	Cox	Hadleigh Hares A.C.	Male Master 65+
154 Bill	Collins		Male Master 65+
172 John	Wheatley	Colchester Harriers AC	Male Master 65+
4 Dave	Sephton		Male Senior
10 Nick	Casey		Male Senior
17 Dan	Dobson		Male Senior
42 Mark	Oxford	Ipswich Triathlon Club	Male Senior
43 Tom	Fairbrother	Ipswich JAFFA	Male Senior
46 Phil	Langham		Male Senior
53 Bertie	Powell	Woodford Green with Essex L.	Male Senior
79 Jolyon	Leach		Male Senior
228 Daniel	Whitmarsh		Male Senior