Pos Time	No First Name	Surname	Club Name	Category
1 00:28:22		Howlett		Male Master 40
2 00:28:54	60 Roger	Aldis	Stowmarket Striders	Male Master 45
3 00:31:48	63 David	Wright	Colchester Harriers AC	Male Master 55
4 00:32:28	23 Neil	Gillingham	Ipswich Harriers	Male Senior
5 00:32:42	1 Stuart	Green	Stowmarket Striders	Male Master 50
6 00:33:02	88 Marie	Shirley	Colchester Harriers AC	Female Senior
7 00:33:32	16 Nick	English		Male Master 50
8 00:34:10	83 James	Heath		Male Master 50
9 00:34:53		McCullough	Ipswich JAFFA	Male master 65+
10 00:35:18		Harrington	Croydon Harriers	Male Master 45
11 00:38:06	45 Bertie	Harrington	Croydon Harriers	
12 00:38:28		Lozeau	Harlow Running Club	Male Master 55
13 00:38:45		White	Hadleigh Hares A.C.	Male Master 45
14 00:38:56	•	Pascoe		Male Senior
15 00:39:03		Shepherd		Male Master 40
16 00:39:04		Howe		Male Senior
17 00:39:04		Jarvis	Hadleigh Hares A.C.	Male Senior
18 00:39:05			Gt Yarmouth RRC	Female Senior
19 00:39:25		Jones	or ramount the	Male Master 40
	62 Stephanie	Lloyd	lpswich JAFFA	Female Master 35
21 00:39:38	•	Coley	Felixstowe Road Runners	
22 00:42:13		-	Felixstowe Road Runners	
	57 Veronica	Manley	Eastern Veterans AC	Male master 65+
24 00:42:57		Rue	St Edmund Pacers	Female Master 50
25 00:43:05		Ashton	ot Lamana i accio	Male Senior
26 00:43:31		Sadler		Male Senior
			Inswich IAFFA	
27 00:44:05	67 John	Lambert	Ipswich JAFFA	Male master 65+
27 00:44:05 28 00:45:06	67 John 91 Jo	Lambert Barton	Ipswich JAFFA	Male master 65+ Female Master 35
27 00:44:05 28 00:45:06 29 00:45:10	67 John 91 Jo 27 Kathy	Lambert Barton Bishop	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11	67 John 91 Jo 27 Kathy 28 Joanne	Lambert Barton Bishop Marshall	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul	Lambert Barton Bishop Marshall Sheldrake	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter	Lambert Barton Bishop Marshall Sheldrake Lennard	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith	Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck		Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman	Felixstowe Road Runners	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:51 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft		Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton	Felixstowe Road Runners Tiptree Road Runners	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 55 Female Master 40
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford	Felixstowe Road Runners	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 35 Female Master 35 Female Master 35
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier	Felixstowe Road Runners Tiptree Road Runners	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Female Master 40 Male Master 60
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 60 Male Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:53	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 45 Female Master 40 Female Master 40 Male Master 40
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 40 Male Master 40 Male Master 40 Male Master 55 Female Master 40 Male Master 55 Female Master 40 Male Master 50 Male Master 50
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne 58 Nick	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 60 Male Master 45 Male Senior Female Master 50 Male Senior
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:48:56	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne 58 Nick 25 Jessica	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Senior Female Master 50 Male Senior Female Senior
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:27 34 00:46:56 35 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:48:56 47 00:49:17	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne 58 Nick 25 Jessica 80 Rebecca	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Master 45 Male Senior Female Master 50 Male Senior Female Senior Female Senior Female Senior
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:48:56 47 00:49:17 48 00:49:26	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 lan 42 Jayne 58 Nick 25 Jessica 80 Rebecca 84 Neil	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick Grimsey	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Senior Female Master 45 Male Senior Female Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:50 32 00:46:07 33 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:49:26 49 00:49:27	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne 58 Nick 25 Jessica 80 Rebecca 84 Neil 43 John	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick Grimsey Norman	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Senior Female Master 50 Male Senior Female Senior Female Senior Female Senior Female Senior Male Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:49:27 50 00:49:28	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 Ian 42 Jayne 58 Nick 25 Jessica 80 Rebecca 84 Neil 43 John 44 Alan	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick Grimsey Norman Norman	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Senior Female Master 50 Male Senior Female Senior Female Senior Female Senior Female Senior Male Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:18 39 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:48:56 47 00:49:27 50 00:49:28 51 00:49:51	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 lan 42 Jayne 58 Nick 25 Jessica 80 Rebecca 84 Neil 43 John 44 Alan 18 Lucy	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick Grimsey Norman Norman Sadler	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master 55 Female Master 55 Female Master 50 Female Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Master 45 Male Senior Female Master 50 Male Senior Female Senior Female Senior Female Senior Female Senior Female Master 45 Male Master 45 Male Master 45 Male Master 45 Female Master 45 Female Master 45
27 00:44:05 28 00:45:06 29 00:45:10 30 00:45:11 31 00:45:50 32 00:46:07 33 00:46:56 35 00:46:56 36 00:47:05 37 00:47:17 38 00:47:20 40 00:47:31 41 00:47:40 42 00:47:47 43 00:47:53 44 00:48:25 45 00:48:26 46 00:49:27 50 00:49:28	67 John 91 Jo 27 Kathy 28 Joanne 66 Paul 54 Peter 10 Justine 85 Gill Prescott 6 Shelia 49 Jayne 21 Rob 92 Kerry 64 Joanne 51 Harriet 55 Lyndon 34 Mark 9 lan 42 Jayne 58 Nick 25 Jessica 80 Rebecca 84 Neil 43 John 44 Alan 18 Lucy 3 Karen	Lambert Barton Bishop Marshall Sheldrake Lennard Ambrose Smith Buck Burman Hadgraft Saxton Bedford Biggs Collier Shipton Bodsworth Richardson Partridge Baloga McGoldrick Grimsey Norman Norman	Felixstowe Road Runners Tiptree Road Runners Ipswich JAFFA Sudbury Joggers AC Hadleigh Hares A.C.	Male master 65+ Female Master 35 Female Master 45 Female Master 45 Female Master+ Male Senior Male Master 55 Female Master 35 Male Master 50 Female Master 40 Female Senior Male Master 55 Female Master 40 Female Master 40 Female Master 40 Male Master 45 Male Senior Female Master 50 Male Senior Female Senior Female Senior Female Senior Female Senior Male Master 45

54 00:50:32 55 00:51:15 56 00:53:26 57 00:53:47 58 00:53:48 59 00:54:59 60 00:55:04 61 00:55:04 62 00:55:51	81 Wendy 2 Steve 24 Hetch 26 Joanne 22 Emily 36 Jo 72 Stephen	Rendall Bird Cummings Allan Palfrey Tillson Chisnall Chisnall Fisher	Norwich Road Runners	Female Master 35 Female Master 35 Male Master 40 Female Master 45 Female Senior Female Senior Female Master 40 Male Master 45 Female Master 45 Female Master 40
63 00:56:24 64 00:57:32 65 00:57:43 66 00:58:41	87 Sandra 75 Johanna 89 Katharin	James Decison Ramsey Other	Gt Bentley Running Club	Female Master 40 Female Master 45 Female Master 35 Female Master 35 Unable to place in Cat. Female Master+
68 00:59:32 69 00:59:42 70 00:59:45 71 00:59:47 72 00:59:50 73 01:04:07 74 01:06:35 76 01:06:40 77 01:06:43 78 01:13:34	30 Sally 74 Danielle 73 Jules 78 Geoff 29 Naomi 8 Kerrie 7 Simon 4 Angela 69 Carly 68 Katie 71 Victoria	Soloman Wills Willis Wright Eaton Carter Carter Somes Bignell Archer Crawford	Felixstowe Road Runners	Female Master 45 Female Senior Male Master 40 Male Master 55 Female Master 40 Female Master 35 Male Master 40 Female Master 35 Female Senior Female Senior Female Senior
79 01:13:35	56 John 5 David 11 Jamie 12 Carla 13 Lesley 14 Anthony 15 Nicola 19 Alexandria 38 Steven 40 Emily 61 James	Murray Willer Keeble Holroyd Cooper Ford Mason Mooney Rogerson Ringer Wilding	Hadleigh Hares A.C. Harwich Runners Felixstowe Road Runners	Male Master 55 Male Senior Female Master 35 Female Master+ Female Master 40 Male Master 45 Female Master 35 Female Senior Male Senior Female Master 35 Male master 65+