

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:28:22	20	Adam	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	47	Ron	McCullough	Ipswich JAFFA	Male master 65+
10	00:35:18	46	Rod	Harrington	Croydon Harriers	Male Master 45
11	00:38:06	45	Bertie	Harrington	Croydon Harriers	
12	00:38:28	59	Robin	Lozeau	Harlow Running Club	Male Master 55
13	00:38:45	31	Hugh	White	Hadleigh Hares A.C.	Male Master 45
14	00:38:56	79	Richard	Pascoe		Male Senior
15	00:39:03	35	Dan	Shepherd		Male Master 40
16	00:39:04	33	David	Howe		Male Senior
17	00:39:04	48	Alan	Jarvis	Hadleigh Hares A.C.	Male Senior
18	00:39:05	32	Tamsin	Desborough	Gt Yarmouth RRC	Female Senior
19	00:39:25	17	Martin	Jones		Male Master 40
20	00:39:31	62	Stephanie	Lloyd	Ipswich JAFFA	Female Master 35
21	00:39:38	37	David	Coley	Felixstowe Road Runners	Male Master 60
22	00:42:13	50	Sarah	Severwright	Felixstowe Road Runners	Female Senior
23	00:42:22	57	Veronica	Manley	Eastern Veterans AC	Male master 65+
24	00:42:57	65	Rita	Rue	St Edmund Pacers	Female Master 50
25	00:43:05	41	Kevin	Ashton		Male Senior
26	00:43:31	82	Charlie	Sadler		Male Senior
27	00:44:05	67	John	Lambert	Ipswich JAFFA	Male master 65+
28	00:45:06	91	Jo	Barton		Female Master 35
29	00:45:10	27	Kathy	Bishop		Female Master 45
30	00:45:11	28	Joanne	Marshall		Female Master+
31	00:45:50	66	Paul	Sheldrake		Male Senior
32	00:46:07	54	Peter	Lennard		Male Master 55
33	00:46:27	10	Justine	Ambrose		Female Master 35
34	00:46:56	85	Gill Prescott	Smith		Male Master 50
35	00:46:56	6	Shelia	Buck		Female Master 40
36	00:47:05	49	Jayne	Burman	Felixstowe Road Runners	Female Senior
37	00:47:17	21	Rob	Hadgraft	Tiptree Road Runners	Male Master 55
38	00:47:18	92	Kerry	Saxton		Female Master 40
39	00:47:20	64	Joanne	Bedford	Ipswich JAFFA	Female Master 35
40	00:47:31	51	Harriet	Biggs		Female Master 40
41	00:47:40	55	Lyndon	Collier	Sudbury Joggers AC	Male Master 60
42	00:47:47	34	Mark	Shipton		Male Master 45
43	00:47:53	9	Ian	Bodsworth	Hadleigh Hares A.C.	Male Senior
44	00:48:25	42	Jayne	Richardson		Female Master 50
45	00:48:26	58	Nick	Partridge		Male Senior
46	00:48:56	25	Jessica	Baloga		Female Senior
47	00:49:17	80	Rebecca	McGoldrick		Female Senior
48	00:49:26	84	Neil	Grimsey	Hadleigh Hares A.C.	Male Master 45
49	00:49:27	43	John	Norman	Hadleigh Hares A.C.	Male Master 45
50	00:49:28	44	Alan	Norman		Male Master 45
51	00:49:51	18	Lucy	Sadler		Female Master 45
52	00:49:57	3	Karen	Flowers		Female Master 40
53	00:49:58	70	Sarah	Bradshaw		Female Senior

54	00:50:32	77 Lindsey	Rendall		Female Master 35
55	00:51:15	81 Wendy	Bird		Female Master 35
56	00:53:26	2 Steve	Cummings	Norwich Road Runners	Male Master 40
57	00:53:47	24 Hetch	Allan		Female Master 45
58	00:53:48	26 Joanne	Palfrey		Female Senior
59	00:54:59	22 Emily	Tillson		Female Senior
60	00:55:04	36 Jo	Chisnall		Female Master 40
61	00:55:04	72 Stephen	Chisnall		Male Master 45
62	00:55:51	86 Jane	Fisher		Female Master 40
63	00:56:24	87 Sandra	James	Gt Bentley Running Club	Female Master+
64	00:57:32	75 Johanna	Decison		Female Master 35
65	00:57:43	89 Katharin	Ramsey		Female Master 35
66	00:58:41	90 AN	Other		Unable to place in Cat.
67	00:58:43	76 Anne-Marie	Tozer		Female Master+
68	00:59:32	30 Sally	Soloman	Felixstowe Road Runners	Female Master 45
69	00:59:42	74 Danielle	Wills		Female Senior
70	00:59:45	73 Jules	Willis		Male Master 40
71	00:59:47	78 Geoff	Wright		Male Master 55
72	00:59:50	29 Naomi	Eaton		Female Master 40
73	01:04:07	8 Kerrie	Carter		Female Master 35
74	01:04:08	7 Simon	Carter		Male Master 40
75	01:06:35	4 Angela	Somes		Female Master 35
76	01:06:40	69 Carly	Bignell		Female Senior
77	01:06:43	68 Katie	Archer		Female Senior
78	01:13:34	71 Victoria	Crawford		Female Senior
79	01:13:35	56 John	Murray		Male Master 55
		5 David	Willer	Hadleigh Hares A.C.	Male Senior
		11 Jamie	Keeble		Female Master 35
		12 Carla	Holroyd	Harwich Runners	Female Master+
		13 Lesley	Cooper	Felixstowe Road Runners	Female Master 40
		14 Anthony	Ford		Male Master 45
		15 Nicola	Mason		Female Master 35
		19 Alexandria	Mooney		Female Senior
		38 Steven	Rogerson		Male Senior
		40 Emily	Ringer		Female Master 35
		61 James	Wilding		Male master 65+