

Pos	Time	No	First Name	Surname	Club	Category
1	00:28:28	813	Marcus	Sladden	Bungay Black Dog	Male Senior
2	00:28:33	798	Mark	Thompson	Gt Yarmouth RRC	Male Senior
3	00:29:50	702	Andrew	Bell	Haverhill Running Club	Male Senior
4	00:29:52	832	Kevin	Yates	Lordshill Road Runners Non-aff	Male Senior
5	00:30:42	729	Warren	Birch	Ipswich JAFFA	Male Master 45
6	00:30:45	780	Stewart	Ellis	Halstead Road Runners	Male Senior
7	00:32:08	778	Bradley	Doe	Halstead Road Runners	Male Senior
8	00:32:09	830	Lewis	Brown		Male Senior
9	03:24:10	746	Ian	Elden	Haverhill Running Club	Male Master 40
10	00:32:19	768	Matthew	Frary	Norwich Road Runners	Male Master 40
11	00:32:24	779	George	Dixon	Ipswich JAFFA	Male Senior
12	00:32:27	825	David	Wright	Colchester Harriers AC	Male Master 55
13	00:32:32	816	Kate	Hodgkiss	Harwich Runners	Female Senior
14	00:33:04	726	Cat	Ricketts	Wymondham AC	Female Senior
15	00:34:01	739	Peter	Bird	St Edmund Pacers	Male Master 40
16	00:34:08	777	James	Hayward	Stowmarket Striders	Male Senior
17	00:34:40	756	Neil	Gillingham	Ipswich Harriers	Male Senior
18	00:34:49	751	Jonathan	Buist	Halstead Road Runners	Male Senior
19	00:34:57	824	Kimberley	Preston	Colchester Harriers AC	Female Senior
20	00:35:34	710	Stephen	Dixon	Ipswich JAFFA	Male Master 50
21	00:35:35	738	Sian-Marie	Lucas	Haverhill Running Club	Female Senior
22	00:35:40	787	John	Squirrel	Stowmarket Striders	Male Master 60
23	00:35:41	776	Adrian	Goode	Felixstowe Road Runners	Male Master 50
24	00:35:52	755	Andy	Owen	Halstead Road Runners	Male Senior
25	00:35:58	704	Kerry	Dennett		Female Senior
26	00:36:07	786	Samantha	Banks	Ipswich JAFFA	Female Senior
27	00:36:32	742	Joshua	Robertson		Male Senior
28	00:36:36	752	Will	Aldred	Framlingham Flyers	Male Master 45
29	00:37:02	715	Martin	Little	Stowmarket Striders	Male Master 45
30	00:37:12	718	Kenny	Wright	Ipswich JAFFA	Male Senior
31	00:37:18	796	Al	Beard		Male Master 40
32	00:37:28	822	Steven	Rue	St Edmund Pacers	Male Master 60
33	00:37:35	791	Mark	Goodwin	Felixstowe Road Runners	Male Master 40
34	00:37:37	741	Stuart	Robertson		Male Master 45
35	00:37:42	767	Sandy	Thorogood	Sudbury Joggers	Female Master 45
36	00:37:49	735	Hugh	White	Hadleigh Hares A.C.	Male Master 45
37	00:37:53	797	Daniel	Hewitt	Halstead Road Runners	Male Master 50
38	00:37:55	707	Jon	Sharp		Male Master 40
39	00:37:59	794	Rachel	Bodsworth	Hadleigh Hares A.C.	Female Senior
40	00:38:22	749	David	Barton	Stowmarket Striders	Male Master 50
41	00:38:23	811	Richard	Nash	Galloway Harriers	Male Master 40
42	00:38:49	827	Simon	Hedge		Male Master 45
43	00:39:41	814	Huw	Jones	St Edmund Pacers	Male Master 50
44	00:39:52	785	Richard	Mabbitt		Male Master 40
45	00:39:58	727	Dave	Luke	Hadleigh Hares A.C.	Male Master 40
46	00:40:02	705	David	Coley	Ipswich JAFFA	Male Master 65+
47	00:41:03	793	Catherine	Gaynor		Female Senior
48	00:41:27	834	Paul	Dodsworth		Male Senior
49	00:41:37	750	John	Nevin	Haverhill Running Club	Male Master 60
50	00:41:43	736	Hazel	Buist	Halstead Road Runners	Female Senior
51	00:41:57	764	Jayne	Burman	Felixstowe Road Runners	Female Senior
52	00:42:00	733	Catherine	Abbott	Stowmarket Striders	Female Master 40
53	00:42:18	709	Tina	Gore	Sudbury Joggers	Female Senior

54	00:43:03	763 Mark	Godbold		Male Master 45
55	00:44:01	839 Andrew	Knox		Male Master 50
56	00:44:11	799 Mon	Lee	Ipswich JAFFA	Male Master 55
57	00:44:15	762 Mandy	Godbold	Ipswich Harriers	Female Master 45
58	00:44:45	840 Crea	Kitcher		Female Master 40
59	00:45:04	812 Grahame	Fish	Stowmarket Striders	Male Master 65+
60	00:45:09	819 Stuart	Kellett		Male Senior
61	00:45:22	831 Cathy	Beard	Colchester Harriers AC	Female Master 60
62	00:45:24	828 H	Oxford		Male Master 50
63	00:45:25	803 John	Lambert	Ipswich JAFFA	Male Master 65+
64	00:45:43	800 Julie	Haselwood	Ipswich JAFFA	Female Master 60
65	00:45:47	806 Sarah	Pennock	Sudbury Joggers	Female Senior
66	00:45:53	730 Chris	Aylmer	Newmarket Joggers	Male Master 60
67	00:46:09	818 Anne	Fish	Stowmarket Striders	Female Master 65+
68	00:46:23	714 Julia	Gant		Female Senior
69	00:46:37	725 Michael	Earle	Sudbury Joggers	Male Master 50
70	00:47:04	740 Eloise	Bird	St Edmund Pacers	Female Master 45
71	00:47:10	745 Bianca	Burman		Female Senior
72	00:47:26	703 Vivienne	Woodgate	Felixstowe Road Runners	Female Master 50
73	00:47:30	781 Alison	French		Female Master 40
74	00:47:41	737 Moira	Pinkney	Ipswich Triathlon Club	Female Master 60
75	00:47:55	774 Ian	Lightfoot	Woodbridge Shufflers	Male Senior
76	00:47:58	734 Paul	Sparrow		Male Senior
77	00:48:00	711 Teresa	Bailey	Framlingham Flyers	Female Master 45
79	00:48:23	782 Louise	Papworth	Harwich Runners	Female Master 40
80	00:48:34	701 Amelie	Jarvis	Ipswich JAFFA	Female Senior
81	00:48:46	823 Rita	Rue	St Edmund Pacers	Female Master 50
82	00:49:17	817 Sarah	Bryce		Female Senior
83	00:49:19	833 Alexandra	Chisnall		Female Senior
84	00:49:20	815 Chris	Lander		Male Master 45
85	00:49:28	784 Rebecca	Bryce	L W Fitness 4 All	Female Senior
86	00:49:39	765 Alyson Zena	Limpkin-Challis	Felixstowe Road Runners	Female Master 45
87	00:49:40	805 Kate	Long		Female Senior
88	00:49:40	820 Alexandra	Carr		Female Senior
89	00:49:46	721 Valerie	Higgins		Female Master 45
90	00:50:09	826 Marianne	Hedge		Female Master 40
91	00:50:10	838 Andrew	Cocker	Sweatshop	Male Master 50
92	00:50:16	753 Helen	Keefe	Haverhill Running Club	Female Senior
93	00:50:34	807 Rebecca	Allan		Female Senior
94	00:50:47	744 Eleanor	Berry		Female Senior
95	00:50:47	743 Rhonda	Horne		Female Senior
96	00:50:48	717 Stephen	Buckle		Male Senior
97	00:50:52	789 Lindsey	Phillipson	Felixstowe Road Runners	Female Master 40
98	00:51:00	801 Andrew	Cocicer		Male Master 50
99	00:51:02	788 Teresa	Parkins	L W Fitness 4 All	Female Master 55
100	00:51:25	795 Lisa	Smith		Female Master 40
101	00:52:26	773 Linda	Watkins		Female Master 50
102	00:52:46	757 Julie	Doolin		Female Senior
103	00:52:46	758 Becci	Hurst		Female Senior
104	00:53:53	835 Karen	Richardson	Cambridge & Coleridge AC	Female Master 45
105	00:53:31	720 Helen	Allan		Female Master 45
106	00:53:59	783 Fay	Smalls	Colchester Harriers AC	Female Master 40
107	00:54:23	754 Chris	Howard	Sudbury Joggers	Male Master 40
108	00:54:32	759 Alyssa	Kitching		Female Senior

109	00:55:33	790 Andy	Martin		Male Master 40
110	00:56:14	723 Susannah	Rosenberg	Ipswich Triathlon Club	Female Master 50
111	00:56:45	708 Melonie	Evans		Female Master 40
112	00:57:50	810 Jenny	Osbourn	Newmarket Joggers	Female Master 65+
113	00:58:01	821 Tracey	Squirrell	Hadleigh Hares A.C.	Female Master 45
114	00:58:16	772 Paul	Woodward	Felixstowe Road Runners	Male Senior
115	00:58:22	770 Jacqui	Payne		Female Master 45
116	00:58:22	771 Paul	Payne		Male Master 45
117	00:59:23	766 Oorothea	Farquhar		Female Master 55
118	00:59:34	802 Hayley	Gunn-Bruce	Sudbury Joggers	Female Senior
119	00:59:37	724 Amanda	Smith	Felixstowe Road Runners	Female Master 40
120	01:02:14	808 Kerrie	Carter		Female Senior
121	01:02:15	809 Simon	Carter		Male Master 40
122	01:03:34	837 Poppy	Footer	Sweatshop	Female Senior
123	01:03:34	836 Donna	Footer	Sweatshop	Female Master 45
124	01:04:02	829 Sue	Davidson		Female Master 50
125	01:04:31	719 Elaine	Vaughan		Female Master 40
126	01:05:35	761 Jody	Swain		Female Master 40
127	01:05:44	769 Peter	Battle		Male Master 40
128	00:17:54	804 Chloe	Chisnam		Female Senior
		700 Jess	Goodchild		Female Senior
		706 Stuart	Green	Stowmarket Striders	Male Master 50
		712 Jerome	Tassel		Male Master 40
		713 Brian	Rogers	Ipswich JAFFA	Male Master 55
		716 Caroline	Gould		Female Senior
		722 Matthew	Stocks		Male Senior
		728 Robert	Darnell		Male Master 60
		731 Sharon	Beward	Sudbury Joggers	Female Master 40
		732 Barbara	White	Sudbury Joggers	Female Master 65+
		747 Charlotte	Acheson	Haverhill Running Club	Female Senior
		748 Theresa	Rossi		Female Master 45
		760 Anna	Buttery		Female Master 40
		775 Marion	Hinton		Female Master 50
		792 Marcus	Nichols	Bungay Black Dog	Male Senior
		841	Unknown		Female Master 40