

Place	Time	Name	Team	Category	Number	Chip
1	33:17	Elliot Palmer	Aldershot Farnham & District	Senior	1	33:17
2	34:30	Andrew Bell	Haverhill Running Club	Senior	31	34:30
3	34:55	James Sewry		Senior	283	34:55
4	35:02	Jim Last	Framlingham Flyers	Senior	191	35:02
5	35:09	Adam Wade	Ipswich Jaffa RC	Senior	323	35:09
6	35:14	Adam Howlett	Framlingham Flyers	M 40 to 44	164	35:14
7	35:59	Alan Cooney	Saxmundham Sports Running &	Senior	84	35:59
8	36:40	Darren Sheppard	Framlingham Flyers	M 40 to 44	284	36:40
9	36:49	Joe Carr	Framlingham Flyers	Senior	62	36:49
10	36:55	Mark Furnace	Ipswich Jaffa RC	M 40 to 44	121	36:55
11	37:04	Wilfred Campbell	Ipswich Jaffa RC	M 50 to 54	61	37:04
12	37:08	Thomas Challener	Sudbury Joggers	Senior	68	37:08
13	37:21	Nick Palmer	Stowmarket Striders RC	M 40 to 44	245	37:21
14	37:35	Martin Lawrence	Haverhill Running Club	M 50 to 54	193	37:35
15	37:55	Greg Davis	Newmarket Joggers	M 50 to 54	95	37:55
16	38:00	Alex Tripp	Ipswich Harriers	Senior	314	38:00
17	38:06	Odette Robson	Saint Edmund Pacers	F 40 to 44	2	38:06
18	38:13	Rose Nicholson	Waveney Valley AC	Senior	239	38:13
19	38:44	John Thorpe	Ipswich Jaffa RC	M 40 to 44	310	38:44
20	39:00	Jacob Hussey	Plumstead Runners	M 45 to 49	169	39:00
21	39:16	Andrew Buck	Sudbury Joggers	M 50 to 54	57	39:16
22	39:17	Peter Smith		Senior	295	39:17
23	39:18	Adan Johnson	Hadleigh Hares AC	M 45 to 49	179	39:18
24	39:24	James Wilson	Saxmundham Sports Running &	Senior	337	39:24
25	39:35	Robin Harper	Felixstowe RRC	Senior	146	39:35
26	39:56	Malcolm Penn	Sudbury Joggers	M 55 to 59	252	39:56
27	40:03	Matthew Crane	Saint Edmund Pacers	Senior	88	40:03
28	40:13	Peter Rogers	Waveney Valley AC	Senior	270	40:13
29	40:13	Richard Webster	Woodbridge Shufflers RC	M 50 to 54	331	40:13
30	40:20	Neil Turner		M 45 to 49	319	40:20

31	40:29	John Moore		M 40 to 44	231	40:29
32	40:43	Sian-Marie Lucas	Haverhill Running Club	Senior	207	40:43
33	40:47	Alistair Dick	Ipswich Jaffa RC	M 50 to 54	99	40:47
34	40:59	James Manly		M 40 to 44	213	40:59
35	41:03	Samuel Burdett	Stowmarket Striders RC	Senior	58	41:03
36	41:05	Alistair Belsom		Senior	35	41:05
37	41:16	Robin Belsom	Ipswich Jaffa RC	M 55 to 59	33	41:16
38	41:23	Dave Bighton	Saint Edmund Pacers	Senior	29	41:23
39	41:31	Sean Kennedy	Woodbridge Shufflers RC	Senior	182	41:31
40	41:36	Mark White	Haverhill Running Club	M 40 to 44	332	41:36
41	41:39	William Aldred	Framlingham Flyers	M 45 to 49	6	41:39
42	41:40	Paul Brown	Framlingham Flyers	M 45 to 49	56	41:40
43	42:10	Charles Hann	Sudbury Joggers	M 50 to 54	145	42:10
44	42:12	Steve Whittaker	Woodbridge Shufflers RC	M 50 to 54	334	42:12
45	42:17	Ben Jacobs	Felixstowe RRC	Senior	172	42:17
46	42:30	Howard Revell	Framlingham Flyers	M 50 to 54	262	42:30
47	42:33	Alan Sansom	Woodbridge Shufflers RC	M 45 to 49	276	42:33
48	42:35	Stephen Hicks	Ipswich Harriers	M 55 to 59	154	42:35
49	42:40	Sarah Jc Lewis		Senior	199	42:40
50	42:40	Jake Church	Saxmundham Sports Running &	Senior	77	42:40
51	42:47	Stephen Pugh	Ipswich Jaffa RC	M 55 to 59	258	42:47
52	42:53	Mike Rowe		M 40 to 44	273	42:53
53	42:58	Wayne Martin		Senior	218	42:58
54	42:59	Russel Breyer	Ipswich Jaffa RC	M 50 to 54	51	42:59
55	43:08	Geraldine Clarke	Framlingham Flyers	F 45 to 49	79	43:08
56	43:09	Lee Markham	Woodbridge Shufflers RC	Senior	215	43:09
57	43:26	Thomas Hunnisett	Saxmundham Sports Running &	Senior	167	43:26
58	43:26	David Mercer		M 45 to 49	225	43:26
59	43:27	James Howlett		M 40 to 44	165	43:27
60	43:35	Bill Kingaby	Waveney Valley AC	M 60 to 64	185	43:35

Place	Time	Name	Team	Category	Number	Chip
61	43:45	David Neeve	Bungay Black Dog RC	Senior	234	43:45
62	44:07	Peter Woods	Felixstowe RRC	Senior	345	44:07
63	44:09	Oliver Johnson	Clarke & Simpson	Senior	178	44:09
64	44:18	Stephen Pretty	Stowmarket Striders RC	M 55 to 59	257	44:18
65	44:24	Martin Little	Stowmarket Striders RC	M 45 to 49	203	44:24
66	44:28	Kenneth Tovell	Framlingham Flyers	M 45 to 49	313	44:28
67	44:30	Ker MacRosson	Ipswich Jaffa RC	M 60 to 64	212	44:30
68	44:34	Robin MacKenzie	Framlingham Flyers	M 50 to 54	211	44:34
69	44:37	Guy Hayward	Framlingham Flyers	M 40 to 44	151	44:37
70	44:40	Suzi Whymark		F 40 to 44	335	44:40
71	44:42	Iwan Lloyd		Senior	204	44:42
72	44:43	Paul Lacey	Hadleigh Hares AC	M 45 to 49	186	44:43
73	44:44	Luke Wood		Senior	342	44:44
74	44:47	Charlotte Bishop		Senior	43	44:47
75	44:54	Paul Wright	Woodbridge Shufflers RC	Senior	348	44:54
76	45:00	Richard Grimsdell	Saint Edmund Pacers	M 45 to 49	138	45:00
77	45:12	Mark Rose	Ipswich Jaffa RC	M 40 to 44	272	45:12
78	45:17	Mark Friston		M 45 to 49	120	45:17
79	45:18	Mary-Ann Moseley	Haverhill Running Club	F 40 to 44	233	45:18
80	45:29	Iain Catchpool	Ipswich Jaffa RC	M 45 to 49	66	45:29
81	45:32	Daniel Day		Senior	96	45:32
82	45:34	Stephen Hatten	Saint Edmund Pacers	M 50 to 54	150	45:34
83	45:40	Charles Shoolbred	Newmarket Joggers	M 65+	287	45:40
84	45:48	Duncan Chenery	Ipswich Jaffa RC	M 55 to 59	72	45:48
85	45:52	Steve McNamara	Stowmarket Striders RC	M 40 to 44	224	45:52
86	46:03	Kirsten Jamie		F 35 to 39	173	46:03
87	46:28	John Aldred		Senior	7	46:28
88	46:29	Gary Garnham	Ipswich Jaffa RC	M 50 to 54	123	46:29
89	46:32	Mike Pleasants		M 40 to 44	255	46:32
90	46:33	Ian Kennedy	Framlingham Flyers	M 50 to 54	181	46:33

Place	Time	Name	Team	Category	Number	Chip
91	46:36	Martin Jarvis		M 40 to 44	174	46:36
92	46:44	Charlotte Alexandrou		F 35 to 39	8	46:44
93	46:46	Chris Servant		M 50 to 54	282	46:46
94	46:47	Gemma Porch	Stowmarket Striders RC	Senior	256	46:47
95	46:48	Chris Pipe		Senior	254	46:48
96	46:48	Nick Partridge		Senior	249	46:48
97	46:48	Graham Dixon	Haverhill Running Club	Senior	104	46:48
98	46:50	Mark Flatman		M 40 to 44	117	46:50
99	46:53	Michael Banner	Haverhill Running Club	M 50 to 54	21	46:53
100	47:16	William Rush		Senior	274	47:16
101	47:16	Max Booth	The Kings Head Woodbridge	M 45 to 49	48	47:16
102	47:28	Richard Higgins	Framlingham Flyers	M 50 to 54	155	47:28
103	47:32	Mark Austin	Woodbridge Shufflers RC	Senior	17	47:32
104	47:33	Sasha Chilvers		Senior	75	47:33
105	47:33	Glenn Smith	Diss and District AC	M 50 to 54	291	47:33
106	47:37	Oliver Steed		Senior	303	47:37
107	47:42	Gregg Dodds	The Kings Head Woodbridge	M 40 to 44	105	47:42
108	47:45	Jessie Gooderham	Saint Edmund Pacers	Senior	132	47:45
109	47:46	Ian Gooderham	Saint Edmund Pacers	M 45 to 49	130	47:46
110	47:48	Catherine Belsom	Stowmarket Striders RC	F 40 to 44	34	47:48
111	47:52	Philip Beer	Stowmarket Striders RC	M 50 to 54	28	47:52
112	47:52	Lynsey Chenery	Ipswich Jaffa RC	Senior	73	47:52
113	47:57	Nick Hammond	Stowmarket Striders RC	M 40 to 44	143	47:57
114	48:00	Nigel Schofield	Saint Edmund Pacers	M 50 to 54	280	48:00
115	48:07	Craig Smith		Senior	294	48:07
116	48:08	Stephen Parker		M 45 to 49	247	48:08
117	48:16	Richard Dempsey	Woodbridge Shufflers RC	M 45 to 49	98	48:16
118	48:22	Jackie Hann	Sudbury Joggers	F 45 to 49	144	48:22
119	48:24	Belinda Godbold	Ipswich Jaffa RC	F 55 to 59	128	48:24
120	48:29	Richard Lloyd		M 40 to 44	205	48:29

Place	Time	Name	Team	Category	Number	Chip
121	48:36	David Chambers		Senior	70	48:36
122	48:40	Alex Jacobs	Felixstowe RRC	Senior	171	48:40
123	48:43	Charlotte Acheson	Haverhill Running Club	Senior	3	48:43
124	48:45	Simon Goldsmith		M 40 to 44	129	48:45
125	48:50	Ben Woodard		Senior	344	48:50
126	48:51	Stephen Didcott		M 45 to 49	102	48:51
127	48:54	Peter Gray		M 40 to 44	136	48:54
128	48:55	Ian MacE	Woodbridge Shufflers RC	M 55 to 59	209	48:55
129	48:56	Rebecca Clare	Woodbridge Shufflers RC	F 45 to 49	78	48:56
130	49:10	Ron Ames	Stowmarket Striders RC	M 65+	14	49:10
131	49:11	Stephen Wade		M 40 to 44	324	49:11
132	49:14	Roelf Schreurs		Senior	281	49:14
133	49:20	Melody-Anne Neville	Stowmarket Striders RC	F 45 to 49	235	49:20
134	49:22	Jessie MacKenzie		F 35 to 39	210	49:22
135	49:35	Marion Parker	Felixstowe RRC	F 50 to 54	246	49:35
136	49:38	Stephen Howard		M 40 to 44	163	49:38
137	49:46	Katrina Rigby	Hadleigh Hares AC	F 35 to 39	268	49:46
138	49:56	Gwylim Lloyd		Senior	206	49:56
139	49:56	Peter Finch	Ipswich Jaffa RC	M 50 to 54	114	49:56
140	49:57	Alex Watts		Senior	328	49:57
141	49:58	Steve Thorndyke		Senior	309	49:58
142	50:00	Colin Alford		M 50 to 54	11	50:00
143	50:18	Malcolm Robinson		M 55 to 59	269	50:18
144	50:26	Rebecca Langford	Waveney Valley AC	F 40 to 44	188	50:26
145	50:29	John Nevin	Haverhill Running Club	M 65+	236	50:29
146	50:39	Angela Haag		F 50 to 54	140	50:39
147	50:42	Richard Smith	Felixstowe RRC	M 55 to 59	292	50:42
148	50:46	Ian Steward		Senior	304	50:46
149	50:58	Roger Hobson	Woodbridge Shufflers RC	M 65+	161	50:58
150	51:05	Roger Brand	Saint Edmund Pacers	M 65+	50	51:05

Place	Time	Name	Team	Category	Number	Chip
151	51:06	Andrew Gibson		Senior	125	51:06
152	51:07	Peter Russell	Framlingham Flyers	M 65+	275	51:07
153	51:08	Peter Jay	Saint Edmund Pacers	M 50 to 54	175	51:08
154	51:14	Jayne Wright	Framlingham Flyers	F 35 to 39	347	51:14
155	51:16	Adrian Dickerson		M 65+	100	51:16
156	51:16	Hazel Garrity	Bungay Black Dog RC	F 60 to 64	124	51:16
157	51:21	Jenni Askew-Martin		Senior	15	51:21
158	51:23	Mon Lee	Ipswich Jaffa RC	M 55 to 59	195	51:23
159	51:29	Jason Mann		M 45 to 49	214	51:29
160	51:38	Anthony Coulter		Senior	86	51:38
161	51:41	Peter Rice	Norfolk Gazelles AC	M 45 to 49	265	51:41
162	51:47	Angela Brinkley	Stowmarket Striders RC	F 50 to 54	53	51:47
163	51:55	Jason Wood		M 45 to 49	340	51:55
164	52:00	Marion Walker	Framlingham Flyers	F 60 to 64	325	52:00
165	52:11	Samantha Nice	Conrad Consulting	Female No Ag	238	52:11
166	52:15	Hayley Brorick	Haverhill Running Club	Senior	54	52:15
167	52:27	Laura Ali	Framlingham Flyers	F 35 to 39	12	52:27
168	52:34	Kate Beer	Stowmarket Striders RC	F 45 to 49	27	52:34
169	52:45	Steve Bright		M 50 to 54	52	52:45
170	52:50	Liam Kennedy		Senior	183	52:50
171	53:14	Tim Davies	Ipswich Jaffa RC	Senior	94	53:14
172	53:19	Ian Stockley	Stowmarket Striders RC	M 45 to 49	305	53:19
173	53:21	Hazel Harrison		F 35 to 39	147	53:21
174	53:23	Rachel Bodsworth	Hadleigh Hares AC	F 35 to 39	47	53:23
175	53:27	Michelle Hewitt	Framlingham Flyers	Senior	152	53:27
176	53:28	Esme Smith		F 35 to 39	296	53:28
177	53:37	Sandra Mayhew	Stowmarket Striders RC	F 50 to 54	222	53:37
178	53:51	Dominic Carter		M 40 to 44	63	53:51
179	54:17	Colin Monks	Blackheath and Bromley Harriers	M 65+	229	54:17
180	54:39	Alexander Ratcliffe		Senior	259	54:39

Place	Time	Name	Team	Category	Number	Chip
181	54:48	Anna Barton		Senior	23	54:48
182	55:02	Elsbeth Gilmour	Framlingham Flyers	F 35 to 39	126	55:02
183	55:03	Cathy Pearson		F 45 to 49	251	55:03
184	55:04	Annabel Leech	Woodbridge Shufflers RC	F 35 to 39	197	55:04
185	55:21	Grayhame Fish	Stowmarket Striders RC	M 65+	116	55:21
186	55:26	Chris Thompson	Team Paddy & Scotts	M 40 to 44	308	55:26
187	55:35	Jamie Payne	Framlingham Flyers	Senior	250	55:35
188	55:39	Bella Smith		F 35 to 39	297	55:39
189	55:39	Graham Smith		Senior	298	55:39
190	55:58	Louisa Way	Conrad Consulting	F 35 to 39	329	55:58
191	56:06	Moira Pinkney	Ipswich Triathlon Club	F 65+	253	56:06
192	56:07	Christopher Lucas	Saxmundham Sports Running &	M 50 to 54	208	56:07
193	56:09	Tom McGinty		Senior	223	56:09
194	56:21	Lesley Gooderham	Saint Edmund Pacers	F 45 to 49	133	56:21
195	56:24	Doris Wilmont	Framlingham Flyers	Senior	336	56:24
196	56:43	Jackie Collins	Felixstowe RRC	F 50 to 54	80	56:43
197	56:51	Liz Beighton	Stowmarket Striders RC	F 40 to 44	30	56:51
198	57:04	Ian Rooke		M 45 to 49	271	57:04
199	57:06	Julie Haselwood	Ipswich Jaffa RC	F 60 to 64	148	57:06
200	57:19	Keelan Smith	Saxmundham Sports Running &	Senior	293	57:19
201	57:22	Helen Spoonert	Haverhill Running Club	F 45 to 49	301	57:22
202	57:29	Wendy Hughes	Stowmarket Striders RC	F 55 to 59	166	57:29
203	57:35	Nigel Hills		M 50 to 54	158	57:35
204	57:35	Dawn Dixon	Haverhill Running Club	F 35 to 39	103	57:35
205	57:37	Julie Nunn	Conrad Consulting	F 35 to 39	243	57:37
206	57:44	Penny Watts		F 50 to 54	327	57:44
207	57:54	Stuart Cartwright		M 40 to 44	65	57:54
208	57:59	Tamasin Wood	Framlingham Flyers	F 40 to 44	341	57:59
209	58:04	Ann Granger	Saxmundham Sports Running &	F 50 to 54	135	58:04
210	58:10	Karen Alford		F 50 to 54	10	58:10

Place	Time	Name	Team	Category	Number	Chip
211	58:28	Alan Gray		M 50 to 54	137	58:28
212	58:41	Sally Lightfoot	Framlingham Flyers	Senior	200	58:41
213	58:45	Richard Challis		Senior	69	58:45
214	58:54	Sally Watts	Clarke & Simpson	F 50 to 54	326	58:54
215	58:57	Anne Fish	Stowmarket Striders RC	F 65+	115	58:57
216	59:24	Roger Tripp		M 45 to 49	315	59:24
217	59:24	Jackie Tripp		F 45 to 49	316	59:24
218	1:00:03	Chrissie Parr	Team Paddy & Scott	F 55 to 59	248	1:00:03
219	1:00:07	Mike Linnett		M 50 to 54	202	1:00:07
220	1:00:15	Steven Reynolds		M 55 to 59	264	1:00:15
221	1:00:19	Pamela Brown	Bungay Black Dog RC	F 65+	55	1:00:19
222	1:00:20	Claire Kennedy	Framlingham Flyers	Senior	184	1:00:20
223	1:00:35	Terry Hunter	Stowmarket Striders RC	M 60 to 64	168	1:00:35
224	1:00:52	Robert Reason		M 50 to 54	260	1:00:52
225	1:01:01	Kevin Davidson		M 50 to 54	93	1:01:01
226	1:01:10	Eleanor Beck		Senior	25	1:01:10
227	1:01:11	Cath Norton		F 35 to 39	242	1:01:11
228	1:01:37	Robin Chew		M 50 to 54	74	1:01:37
229	1:01:42	Alison Leech	Stowmarket Striders RC	F 45 to 49	196	1:01:42
230	1:01:46	Samantha Turner	Clarke & Simpson	Senior	318	1:01:46
231	1:01:49	John Celerier		M 60 to 64	67	1:01:49
232	1:01:50	Lindsay Coulter		Senior	87	1:01:50
233	1:01:59	Mark Allen	Woodbridge Shufflers RC	M 55 to 59	13	1:01:59
234	1:02:17	Sam Vata		F 40 to 44	322	1:02:17
235	1:02:17	Ruth Hatch		F 45 to 49	149	1:02:17
236	1:02:54	Laura Button	Bungay Black Dog RC	Senior	60	1:02:54
237	1:02:56	Fiona Hotston Moore		F 50 to 54	162	1:02:56
238	1:02:56	Jessica Tyrrell		F 40 to 44	320	1:02:56
239	1:03:00	Graham Hines		M 50 to 54	159	1:03:00
240	1:03:02	John Bush	Great Bentley Running Club	M 50 to 54	59	1:03:02



Place	Time	Name	Team	Category	Number	Chip
241	1:03:09	Katie Everett	Framlingham Flyers	F 35 to 39	112	1:03:09
242	1:03:43	Trudie Timms		F 40 to 44	311	1:03:43
243	1:03:49	Philip Nutley	Saint Edmund Pacers	M 65+	244	1:03:49
244	1:03:52	Paul Lavender		Senior	192	1:03:52
245	1:03:52	Liam Alderton		Senior	5	1:03:52
246	1:04:04	Annett Mason-Gordon		F 55 to 59	220	1:04:04
247	1:04:05	Julie Wright		F 50 to 54	349	1:04:05
248	1:04:30	Corinne Shoolbred	Newmarket Joggers	F 60 to 64	288	1:04:30
249	1:04:39	Louise Bowling	Team Paddy & Scott	Senior	49	1:04:39
250	1:04:40	Sandra Sidoli		F 50 to 54	289	1:04:40
251	1:05:12	Lucy Ball	The Kings Head Woodbrdge	F 35 to 39	19	1:05:12
252	1:05:12	Kathryn Donovan	The Kings Head Woodbridge	F 50 to 54	108	1:05:12
253	1:05:23	David Moore		M 45 to 49	230	1:05:23
254	1:05:47	Claire Jay	Stowmarket Striders RC	F 50 to 54	176	1:05:47
255	1:06:00	Sarah Taylore		F 35 to 39	306	1:06:00
256	1:07:05	Kate White		F 50 to 54	333	1:07:05
257	1:07:29	Tina Church	Saxmundham Sports Running &	F 40 to 44	76	1:07:29
258	1:08:29	Craig Sherman		Senior	286	1:08:29
259	1:08:33	Philip Noakes		M 60 to 64	241	1:08:33
260	1:08:33	Michelle Noakes		Senior	240	1:08:33
261	1:08:59	Edward Jeffrey		Senior	177	1:08:59
262	1:09:42	Paul Hales		M 50 to 54	142	1:09:42
263	1:11:51	Katie Blow		Senior	46	1:11:51
264	1:11:52	Milly Sargeantson		Senior	277	1:11:52
265	1:12:56	Andy Stanhope	Felixstowe RRC	M 50 to 54	302	1:12:56
266	1:13:05	Emma Newman		F 40 to 44	237	1:13:05
267	1:13:05	Hayley Berry		Senior	37	1:13:05
268	1:13:06	Angela Ironside		F 40 to 44	170	1:13:06