

Stowmarket Friday 5 Results - 19th June 2015

Position	Name	Category	Chip Time	Club
1	Andrew Rooke	MO	0:27:02.23	Aldershot Farnham & District
2	Macauley Delo	MO	0:27:19.75	West Suffolk AC
3	Tom Fairbrother	MO	0:27:22.64	Woodbridge Shuffler RC
4	Andrew Bell	MO	0:29:21.86	Haverhill Running Club
5	Roger Aldis	M45	0:29:34.2	
6	Daniel Rock	MO	0:29:43.56	Ryston Runners AC
7	Tom Kingsnorth	MO	0:29:55.57	Saint Edmund Pacers
8	Adam Howlett	M40	0:30:01.7	Framlingham Flyers
9	Gordon Irvine	MO	0:30:04.4	Ely Runners
10	Thomas Adams	U20M	0:30:07.27	Ipswich Harriers
11	Nicholas Clarke	MO	0:30:33.67	Ipswich JAFFA RC
12	Thomas White	MO	0:30:36.53	Saint Edmund Pacers
13	Thomas Challener	MO	0:30:52.39	Sudbury Joggers
14	Jim Last	MO	0:31:20.86	Framlingham Flyers
15	Trevor Bunch	M40	0:31:20.99	Haverhill Running Club
16	Odette Robson	F40	0:31:36.74	Saint Edmund Pacers
17	Steve Mason	MO	0:31:42.14	
18	Scott Macsephney	M45	0:31:54.65	Ipswich JAFFA RC
19	Darren Cook	M40	0:31:58.91	Felixstowe RRC
20	John Thorpe	M40	0:32:08.71	Ipswich JAFFA RC
21	Paul Nickells	M50	0:32:15.52	Woodbridge Shuffler RC
22	Benjamin Cuthbert	MO	0:32:19.01	Sudbury Joggers
23	Samuel Burdett	MO	0:32:21.13	Stowmarket Striders RC
24	Terry Back	M55	0:32:25.69	Ipswich JAFFA RC
25	Martin Lawrence	M50	0:32:28.23	Haverhill Running Club
26	Rob French	MO	0:32:34.32	Bourton Road Runners
27	Mark Ford	M45	0:32:34.44	Felixstowe RRC
28	Andrew Buck	M50	0:32:35.23	Sudbury Joggers
29	Peter Golding	M55	0:32:47.33	
30	Tim Harrison	U20M	0:32:57.9	Suffoc
31	Tim Hanman	M40	33:06.1	
32	Peter Smith	MO	0:33:08.28	
33	Malcolm Penn	M55	0:33:12.64	Sudbury Joggers
34	Graham Jenvey	MO	0:33:16.23	Bungay Black Dog RC
35	Marcus Catlin	M40	0:33:19.04	Ipswich JAFFA RC
36	John Greener	M45	0:33:22.4	
37	Mark White	M40	0:33:24.74	Haverhill Running Club
38	Craig Sisson	MO	0:33:28.25	Haverhill Running Club
39	Joe Adams	M45	0:33:28.94	
40	Ian Elden	M40	0:33:51.27	Haverhill Running Club
41	Sian-marie Lucas	FO	0:33:56	Haverhill Running Club
42	Jack Mason	MO	0:34:08.79	
43	Martin Archer	M50	0:34:17.3	Stowmarket Striders RC
44	Robin Harper	MO	0:34:22.31	Felixstowe RRC
45	Alex Harrison	U20M	34:23.6	Stowmarket Cycling Club
46	Tobias Jamieson	MO	0:34:26.48	
47	Alistair Dick	M50	0:34:27.99	Ipswich JAFFA RC
48	Jake Church	U20M	0:34:30.27	Saxons
49	Stephen Curran	M50	0:34:34.17	Woodbridge Shuffler RC
50	Elliot Burdett	U20M	0:34:37.42	Stowmarket Striders RC
51	Neil Gillingham	MO	0:34:38.78	Ipswich Harriers
52	Charles Hann	M45	0:34:40.48	Sudbury Joggers
53	Melvyn Maycock	MO	0:34:41.3	

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Position	Name	Category	Chip Time	Club
54	Chris Tye	M45	0:34:44.07	Ipswich Tri Club
55	Tom Haslam	M40	0:34:47.59	Saxons
56	David Bartholomew	M45	0:34:56.11	
57	Peter Woods	MO	0:34:56.51	Felixstowe RRC
58	Darren Lee	M45	0:34:56.84	Stowmarket Striders RC
59	Robin Belsom	M55	0:34:57.47	Ipswich JAFFA RC
60	Floyd Fredrico Garcia Croll	MO	0:34:58.43	
61	Chris Panton	M40	0:35:05.62	SUFFOC
62	Paul Brown	M45	0:35:05.93	Framlingham Flyers
63	Lee Scott	M40	0:35:16.15	
64	Dominic Mason	U20M	0:35:18.03	Ipswich Harriers
65	Ursula Ransom	F40	0:35:21.46	Newmarket Joggers
66	Kevin Harper	M40	0:35:25.19	Witham RC
67	Ben Hammond	U20M	0:35:30.59	Stowmarket Striders RC
68	Howard Revell	M50	0:35:39.98	Framlingham Flyers
69	Rakesh Raja	M45	0:35:44.01	Saint Edmund Pacers
70	Adam Clarke	MO	0:35:45.16	Saint Edmund Pacers
71	Tom Wake	MO	0:35:46.96	Ipswich JAFFA RC
72	Clive Davey	M40	0:35:50.37	Sudbury Joggers
73	Adrain Goode	M50	0:35:59.3	Felixstowe RRC
74	Neil Williamson	MO	0:36:10.16	Newmarket Joggers
75	Steven Neal	M45	0:36:10.81	Brandon Fern Hoppers
76	Karl Tovell	MO	0:36:11.32	
77	George Lankester	U20M	0:36:13.35	Ipswich JAFFA RC
78	Stephen Hicks	M55	0:36:16.13	Ipswich Harriers
79	Val Jennings	F50	0:36:16.88	Ipswich JAFFA RC
80	Alan Jackson	M55	0:36:18.7	Ipswich JAFFA RC
81	Charlie Stewart	MO	0:36:19.88	
82	Marcus Boon	MO	0:36:20.76	Ipswich JAFFA RC
83	Steve Murton	M50	0:36:24.77	
84	Arthur Whiston	M60	0:36:24.92	Colchester Harriers
85	David Edwards	M55	0:36:27.33	Haverhill Running Club
86	David Vaughan	M60	0:36:27.88	Saint Edmund Pacers
87	Cliff Bailey	M55	0:36:29.6	Thetford AC
88	Lee Crisp	M40	0:36:31.78	Felixstowe RRC
89	Neville Clarke	M60	0:36:32.44	Newmarket Joggers
90	Simon Wiggins	M40	0:36:36.16	Felixstowe RRC
91	Matthew Everett	MO	0:36:39.3	Saint Edmund Pacers
92	Alastair Angus	MO	0:36:41.39	
93	Emily Gooderham	U20F	0:36:44.5	Saint Edmund Pacers
94	Ian Cunnington	M50	0:36:47.8	
95	Chris Sugars	M40	0:36:50.02	Ipswich Harriers
96	Mark Vince	M40	0:36:51.13	Woodbridge Shuffler RC
97	Jamie Randall	M45	0:36:56.05	Haverhill Running Club
98	Chris Chorley	M50	0:36:57.26	Bungay Black Dog Running Club
99	Sam Diston	MO	0:37:02.6	
100	Alex Taylor	MO	0:37:13.13	Saint Edmund Pacers
101	Mary-ann Moseley	F40	0:37:13.84	Haverhill Running Club
102	Sandy Thorogood	F50	0:37:13.9	Sudbury Joggers
103	Bill Kingaby	M60	0:37:14.74	Waveney Valley AC
104	Nigel Schofield	M50	0:37:17.53	Saint Edmund Pacers
105	Zoe Ashe	F35	0:37:18.14	
106	Guy Hayward	M40	0:37:19.55	Framlingham Flyers

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Position	Name	Category	Chip Time	Club
107	Michael Stocks	MO	0:37:23.98	
108	Emma Mortimer	FO	0:37:24.27	Ipswich JAFFA RC
109	Ian Gooderham	M45	0:37:26.29	Saint Edmund Pacers
110	Rod Prime	M45	0:37:28	Ipswich JAFFA RC
111	Lucy Sheehan	FO	0:37:30.14	Felixstowe RRC
112	Paul Lacey	M40	0:37:35.23	Hadleigh Hares AC
113	Claire Hoblyn	F50	0:37:43.79	Saint Edmund Pacers
114	Martin Jarvis	M40	0:37:49.17	
115	Chris Fox	M45	0:37:52.83	
116	Malcolm Savage	M60	0:37:53.44	Springfield Striders
117	Jason Bigg	MO	0:38:01.85	
118	Kirsty Millard	FO	0:38:08.69	Haverhill Running Club
119	Graham Dixon	MO	0:38:16.43	Haverhill Running Club
120	Amanda Martin	F45	0:38:17.15	Saint Edmund Pacers
121	Gemma Porch	FO	0:38:20.34	Stowmarket Striders RC
122	Mark Austin	MO	0:38:26.29	Woodbridge Shuffler RC
123	Daniel Gould	MO	0:38:30.63	Felixstowe RRC
124	Jessie Gooderham	U20F	0:38:46.24	Saint Edmund Pacers
125	Brian Munns	M50	0:38:48.41	Newmarket Joggers
126	Tim Newton	M60	0:39:16.42	Ipswich JAFFA RC
127	Simon Redmond	M45	0:39:20.07	
128	Matt Tomkins	MO	0:39:21.3	Stowmarket Striders RC
129	Peter Warland	M50	0:39:25.28	
130	Peter Jenkyn	MO	0:39:26.72	Saint Edmund Pacers
131	Phil Davies	M45	0:39:27.75	Ipswich JAFFA RC
132	Barry Sheldrake	MO	0:39:27.85	
133	Paul Schwer	M50	0:39:29.99	Felixstowe RRC
134	Chris Bright	MO	0:39:31.84	
135	Phil Spencer	MO	0:39:32.85	
136	David Sheahan	M55	0:39:33.04	
137	Louise Webb	U20F	0:39:33.89	Saint Edmund Pacers
138	Glenn Proctor	M40	39:37.8	Stowmarket Striders RC
139	Dominic Turner	M40	0:39:42.31	Sudbury Joggers
140	Charlotte Acheson	FO	0:39:51.84	Haverhill Running Club
141	Stephen Williams	M60	0:39:54.11	Saint Edmund Pacers
142	Chris Ridgeon	M60	0:39:56.14	West Suffolk Wheelers
143	Tom Hoblyn	M50	0:39:56.56	Saint Edmund Pacers
144	Iain Catchpool	M45	0:39:57.93	Ipswich JAFFA RC
145	Lynsey Chenery	FO	0:39:59.75	Ipswich JAFFA RC
146	Clare Knott	F35	0:40:05.03	
147	Mark Godbold	M45	0:40:05.3	
148	Kyle Pierce	MO	0:40:05.53	
149	Michael Sheldrake	MO	0:40:07.86	Ipswich JAFFA RC
150	Tim Davies	U20M	0:40:11.44	Ipswich JAFFA RC
151	Marion Parker	F50	0:40:15.77	Felixstowe RRC
152	Ian Bradford	M40	0:40:18.2	Saint Edmund Pacers
153	Jackie Hann	F45	0:40:20.92	Sudbury Joggers
154	Melody-anne Neville	F40	0:40:22.63	Stowmarket Striders RC
155	David Ling	M45	0:40:22.68	
156	Mel Sherman	F35	0:40:23.03	Ipswich JAFFA RC
157	Mick Taylor	M60	0:40:23.09	
158	Danny Whitehouse	MO	0:40:24.06	
159	Suzanne Heath	F45	0:40:24.69	Ipswich JAFFA RC

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Position	Name	Category	Chip Time	Club
160	Steve Robinson	M60	0:40:28.69	Stowmarket Striders RC
161	Emma Attwood	FO	0:40:38.95	Stowmarket Striders RC
162	Matthew Reynolds	MO	0:40:40.6	Lowestoft RR
163	Martin Jones	M40	0:40:41.49	
164	Richard Dempsey	M45	0:40:47.05	Woodbridge Shuffler RC
165	Elspeth Knott	F55	0:40:48.31	Harwich Runners
166	Sally-ann Bowen	F40	0:40:50.11	
167	Sandra Bumphrey	F40	0:40:55.58	Capel Cheetahs Running Club
168	Nick Potter	M50	0:40:57.09	
169	Peter Finch	M50	0:40:59.13	Ipswich JAFFA RC
170	Billy Richmond	M45	0:41:00.57	
171	Paul Mcallister	M45	0:41:01.44	Capel Cheetahs Running Club
172	Louise Goddard	F40	0:41:03.93	Stowmarket Striders RC
173	Darren Mc Master	M45	0:41:06.5	
174	Jenny Sheahan	F50	0:41:07.85	
175	Cheryl Tye	F45	0:41:11.79	Purple Patch Runners
176	Jayne Burman	FO	0:41:13.28	Felixstowe RRC
177	Kenneth Wright	MO	0:41:17.6	Ipswich JAFFA RC
178	Dave Chapman	M50	0:41:18.39	Sudbury Joggers
179	Anna Smith	F40	0:41:19.64	Stowmarket Striders RC
180	Jeremy Head	MO	0:41:21.6	
181	Darren Bond	M45	0:41:22.41	Ipswich JAFFA RC
182	Ruth Palmer	F35	0:41:22.86	Saint Edmund Pacers
183	Dean Hearn	M45	0:41:34.38	Stowmarket Striders RC
184	Joe Naughton	M50	0:41:37.97	Stowmarket Striders RC
185	Reg Woodard	M60	0:41:37.98	
186	Gavin Ridgeon	MO	0:41:41.93	
187	Natalie Chu	F35	0:41:48.21	Ipswich JAFFA RC
188	Jonathan Price	M60	0:41:51.9	Sudbury Joggers
189	Jimmy Russell	M45	0:41:52.38	Felixstowe RRC
190	Claire Groves	FO	0:41:56.08	Great Bentley RC
191	Stephen Pretty	M55	0:41:59.25	Stowmarket Striders RC
192	Dee St Ledger	F50	0:42:00.92	Sudbury Joggers
193	Claire Reach	FO	0:42:02.3	Stowmarket Striders RC
194	Belinda Godbold	F55	0:42:03.16	Ipswich JAFFA RC
195	Peter Jay	M50	0:42:05.51	Saint Edmund Pacers
196	Alan Huggins	MO	0:42:10.54	Diss and District AC
197	Rachel Bodsworth	F35	0:42:12.12	Hadleigh Hares AC
198	Katrina Rigby	F35	0:42:12.7	Hadleigh Hares AC
199	Paul Gilson	M55	0:42:13.14	Ipswich JAFFA RC
200	David Taylor	M60	0:42:32.41	Framlingham Flyers
201	Sarah Vick	F45	0:42:38.54	The Saxons
202	Jenny Alton	F35	0:42:41.76	Saint Edmund Pacers
203	Duncan Chamberlain	M50	0:42:44.28	Ipswich JAFFA RC
204	Michelle Hewitt	FO	0:42:46.82	Framlingham Flyers
205	Carolynn Anderson	F40	0:42:50.28	Newmarket Joggers
206	John Stewart	M40	0:42:52.35	
207	Amanda Dunn	F40	0:42:52.95	Hadleigh Hares AC
208	Steven Rue	M60	0:42:56.26	Saint Edmund Pacers
209	Hayley Brodrick	FO	0:43:00.35	Haverhill Running Club
210	Pip Cresdee	FO	0:43:01.24	Ipswich JAFFA RC
211	Sarah Jeans	FO	0:43:03	
212	Phil Marsden	M55	0:43:07.52	Ipswich JAFFA RC

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Position	Name	Category	Chip Time	Club
213	Mandy Godbold	F45	0:43:07.81	Ipswich Harriers
214	Graham Chappell	M45	0:43:08.03	
215	Simon Butler	M50	0:43:13.21	
216	Jo Parden	F45	0:43:14.13	Framlingham Flyers
217	Fiona Cunnington	F55	0:43:16.29	
218	Alex Jacobs	MO	0:43:22.85	Felixstowe RRC
219	Roger Hobson	M60	0:43:24.44	Woodbridge Shuffler RC
220	Darin Mills	M45	0:43:26.75	
221	Sarah Jobbins	F50	0:43:28.08	
222	Matt Easdown	M45	0:43:28.4	
223	Michaela Kadanikova	FO	0:43:32.94	Ipswich JAFFA RC
224	David Hicks	M45	0:43:34.04	Saint Edmund Pacers
225	Richard Smith	M55	0:43:37.82	Felixstowe RRC
226	Hayley Harper	F40	0:43:37.93	Ipswich JAFFA RC
227	Alison J Taylor	F45	0:43:43.66	
228	Gavin Spurr	M40	0:43:54.46	Run For Your Life
229	Joanne Harper	FO	0:43:55.07	Felixstowe RRC
230	Angela Brinkley	F50	0:43:57.86	Stowmarket Striders RC
231	Anneli Ostler	FO	0:44:13.89	Felixstowe RRC
232	Jim Withers	M60	0:44:18.11	Newmarket Joggers
233	Bobbie Sauerzapf	F55	0:44:26.65	Bungay Black Dog Running Club
234	Carol Le Roy	F35	0:44:33.85	Haverhill Running Club
235	Lee Taylor	M40	0:44:36.52	
236	Steven Whilding	M55	0:44:46.57	Ipswich JAFFA RC
237	Wendy Hughes	F55	0:44:48.19	Stowmarket Striders RC
238	Elspeth Gilmour	F35	0:44:56.94	Framlingham Flyers
239	Sandra Mayhew	F50	0:45:04.93	Stowmarket Striders RC
240	Mon Lee	M55	0:45:05.8	Ipswich JAFFA RC
241	Rachel Southgate	FO	0:45:11.05	
242	Tom Naughton	MO	0:45:13.14	
243	Adrian Cole	M50	0:45:14.32	Stowmarket Striders RC
244	Sarah Severwright	FO	0:45:14.56	Felixstowe RRC
245	Gin Craig	F45	0:45:16.39	Sudbury Joggers
246	James Briggs	MO	0:45:17.52	Haverhill Running Club
247	Arabella Lewendon	F50	0:45:23.37	Ipswich JAFFA RC
248	Robert Tillyard	M50	0:45:26.94	Saint Edmund Pacers
249	Stuart Howell	MO	0:45:32.59	
250	Hollie Roper	FO	0:45:35.19	SRC
251	Paul Winter	M60	0:45:36.52	
252	Iain Hunter	M55	0:45:40.07	Stowmarket Striders RC
253	John Cullum	M60	0:45:43.68	Saint Edmund Pacers
254	Dale Rogers	M40	0:45:47.21	
255	Teresa Bailey	F45	0:45:50.52	Framlingham Flyers
256	David Riedel	M60	0:45:54.76	Saint Edmund Pacers
257	Mike Linnett	M50	0:46:03.48	
258	Dan Hines	MO	0:46:15.64	
259	James Eastwood	MO	0:46:15.7	
260	Diana Braverman	F55	0:46:23.81	Cambridge & Coleridge
261	Richard Sore	M45	0:46:25.58	Ipswich JAFFA RC
262	Jeremy Sore	M50	0:46:31.7	
263	Carol Kemp	F35	0:46:38.71	Felixstowe RRC
264	Maureen Wright	F55	0:46:38.99	Ipswich JAFFA RC
265	Julie Haselwood	F55	0:46:39.64	Ipswich JAFFA RC

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Position	Name	Category	Chip Time	Club
266	Sarah Pennock	F35	0:46:56.08	Sudbury Joggers
267	Lindsay Hobden	F45	0:46:56.14	Sudbury Joggers
268	Lyn Goodwin	F45	0:46:58.35	Brandon Fern Hoppers
269	Lesley Gooderham	F45	0:47:02.85	Saint Edmund Pacers
270	Alison Wilson	F50	0:47:05.37	
271	Rita Rue	F50	0:47:09.25	Saint Edmund Pacers
272	Liz Beighton	F40	0:47:12.85	Felixstowe RRC
273	Keith Borrett	M60	0:47:12.93	
274	Jennifer Devaney	F35	0:47:13.18	Stowmarket Striders RC
275	Helen Spooner	F45	0:47:15.18	Haverhill Running Club
276	Sharon Warland	F45	0:47:17.1	
277	Jessica Thorpe	FO	0:47:17.75	Stowmarket Striders RC
278	Lyn Foster	F55	0:47:23.48	Great Bentley RC
279	Colin Monks	M60	0:47:30.33	Blackheath & Bromley Harriers AC
280	Nicole Bailey	FO	0:47:36.71	Haverhill Running Club
281	Ailsa Meader	F45	0:47:45.73	
282	Annabel Bennett	F50	0:47:46.17	Felixstowe RRC
283	Joanne Beales	F40	0:47:49.83	
284	Claire Trott	F35	0:47:49.97	Fetch Everyone Running Club
285	Janet Symonds	F35	0:47:56.5	Haverhill Running Club
286	Karen Chamberlain	F45	0:48:02.24	Ipswich JAFFA RC
287	Ross Stevenson	MO	0:48:25.06	
288	Jonathan Durrant	MO	0:48:26.17	
289	Mike Rosbrook	M60	0:48:27.21	Hadleigh Hares AC
290	Vivienne Taylor	F55	0:48:28.97	Framlingham Flyers
291	Angela Whiting	F50	0:48:29.7	Stowmarket Striders RC
292	Anne Killett	F50	0:48:34.78	Hadleigh Hares AC
293	Dawn Dixon	F35	0:48:56.83	Haverhill Running Club
294	Jessica Ames	FO	0:49:10.66	
295	Jenny Lynch	F50	0:49:23.6	Felixstowe RRC
296	Susan Bloomfield	F45	0:49:40.28	Stowmarket Striders RC
297	Kerry Elmer	FO	0:49:40.39	Stowmarket Striders RC
298	Steve Brodie	F45	0:49:42.62	Brandon Fern Hoppers
299	Nicola Stevenson	F55	0:49:49.45	Felixstowe RRC
300	Marianne Hedge	F40	0:49:50.83	Felixstowe RRC
301	Jordan Barfield	FO	49:54.7	Haverhill Running Club
302	Paul Meader	M50	0:50:07.76	Brandon Fern Hoppers
303	Jackie Collins	F50	0:50:13.1	
304	Steven Reynolds	M55	0:50:19.42	
305	Jo Bowman	F40	0:50:28.11	Ipswich JAFFA RC
306	Catherine Pittam	FO	0:50:39.29	
307	Luke Groves	MO	0:50:53.43	Great Bentley RC
308	Hannah Maycock	FO	0:51:03.9	
309	Susan Wilshaw	F55	0:51:09.36	Capel Cheetahs Running Club
310	David Tillett	M45	0:51:11.15	
311	John Clough	M55	0:51:33.45	Framlingham Flyers
312	John Bush	M50	0:51:34.31	Great Bentley RC
313	Janis Taylor	F45	0:51:39.27	Ipswich JAFFA RC
314	Amy Smith	FO	0:52:03.94	
315	Kim Abson	F45	0:52:11.04	Stowmarket Striders RC
316	Judith Halliday	F40	0:52:20.13	
317	Tim Finegan	M50	0:52:27.16	Felixstowe RRC
318	Agnes Clough	F40	0:52:47.81	

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Position	Name	Category	Chip Time	Club
319	Susan Whiting	F45	0:52:50.55	Ipswich JAFFA RC
320	Carla Wiggins	FO	0:52:54.53	Felixstowe RRC
321	Samantha Chrystal	F45	0:52:56.32	
322	Mel Chittock	M55	0:52:58.29	
323	Grahame Walkingshaw	M50	0:52:58.53	
324	Terry Braverman	M60	0:52:59.91	Haverhill Running Club
325	Robert Rowland	M60	0:53:32.6	
326	Susan Gilson	F50	0:53:45.41	
327	Philip Nutley	M60	0:53:46.28	Saint Edmund Pacers
328	Liz O'riordan	F40	0:53:50.06	Stowmarket Striders RC
329	Jane Bailey	F55	0:53:58.72	Felixstowe RRC
330	Katherine Daines	FO	0:54:10.88	
331	Jo Dickinson	F45	0:54:17.08	Felixstowe RRC
332	Shane Tilstone	MO	0:54:33.2	Brandon Fern Hoppers
333	Will Schwer	MO	0:54:39.49	Felixstowe RRC
334	Paul Forshaw	M60	0:55:04.36	Fetch Everyone Running Club
335	Emily Tricker	FO	0:55:14.5	Stowmarket Striders RC
336	Tina Church	F40	0:55:25.56	Saxons
337	Emma Bailey	FO	0:55:33.01	Felixstowe RRC
338	Clair Fiddaman	F35	0:55:46.77	
339	Alyson Limpkin-challis	F45	0:56:20.68	Felixstowe RRC
340	Margaret Moody	F50	0:56:24.7	Suffoc
341	Alison Renshaw	F35	0:56:35.73	Run For Your Life
342	Sharon Breward	F40	0:56:53.01	Sudbury Joggers
343	Melonie Evans	F45	0:58:27.93	Sudbury Joggers
344	Adrian Frost	M40	0:58:27.93	Sudbury Joggers
345	Niki Macsephney	F40	0:58:34.76	
346	Mary Clarke	F55	0:59:05.55	
347	Claire Jay	F50	0:59:35.02	
348	Jean Cox	F55	0:59:45.68	Woodbridge Shuffler RC
349	Julie Richardson	F40	1:00:18.41	Ipswich JAFFA RC
350	James Richardson	M40	1:00:22.7	
351	Stephen Cartwright	M55	1:03:53.94	
352	Pete Battle	M40	1:04:15.88	