

Tarpley 20

22 February 2015

Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
1	1:56:28.0	1:56:27.0	846	Andrew	Inskip	Bedford & County AC	MS
2	1:57:28.3	1:57:26.2	769	Alan	Darby	Ely Runners	MS
3	1:57:39.6	1:57:39.4	869	Chris	Darling	Cambridge Triathlon Club	MU21
4	1:59:05.3	1:59:05.1	591	Craig	Palmer	Amphill & Filtwick Flyers	MS
5	2:00:46.9	2:00:45.9	513	Mark	Newton	Springfield Striders	MS
6	2:00:57.2	2:00:57.2	743	Gavin	Allen	Springfield Striders	MV40
7	2:01:00.9	2:01:00.9	852	Tom	Cammack	Springfield Striders	MS
8	2:01:30.3	2:01:29.4	881	Allen	Smalls	Colchester Harriers AC	MV45
9	2:03:32.4	2:03:31.3	566	James	Smith	Springfield Striders	MS
10	2:05:30.3	2:05:27.9	762	Simon	Mead	Ramsey Road Runners	MV40
11	2:05:52.3	2:05:52.3	771	John	Manlow	Ely Runners	MV45
12	2:06:31.3	2:06:28.8	600	Mark	Waine	Amphill & Filtwick Flyers	MV40
13	2:07:15.3	2:07:13.5	774	John	Scaife	Hadleigh Hares AC	MV40
14	2:07:35.3	2:07:31.6	706	Martyn	Taylor	Newmarket Joggers	MS
15	2:08:08.6	2:08:07.6	773	Jason	Taylor	Felixstowe Road Runners	MV40
16	2:09:02.8	2:08:59.9	885	Nicholas	Bensley	Ryston Runners AC	MV45
17	2:09:04.5	2:09:02.1	861	James	Ashton	Norwich Road Runners	MS
18	2:09:19.1	2:09:08.4	648	Matthew	Slater	Cambridge and Coleridge AC	MS
19	2:09:35.1	2:09:19.6	904	James	Wright	Springfield Striders	MS
20	2:09:50.1	2:09:49.8	888	Nick	Smith	Saint Edmund Pacers	MS
21	2:10:02.9	2:09:59.9	776	Daniel	Hurst	Cambridge and Coleridge AC	MS
22	2:10:14.4	2:10:10.2	748	Dave	Solomon	Felixstowe Road Runners	MV45
23	2:11:19.2	2:11:18.5	905	Robert	Chenery	Ipswich JAFFA	MS
24	2:11:21.6	2:11:17.1	880	Wilfred	Campbell	Ipswich JAFFA	MV50
25	2:11:34.7	2:11:32.0	739	Che	Plant	Ryston Runners AC	MS
26	2:12:07.3	2:12:02.7	757	Chris	Miller		MS
27	2:12:24.5	2:12:22.5	860	Odette	Robson	Saint Edmund Pacers	FV40
28	2:12:45.5	2:12:39.4	620	Thomas	Challener	Sudbury Joggers AC	MS
29	2:13:06.8	2:13:04.5	758	Chris	Pitts		MS
30	2:13:14.8	2:13:13.0	518	Neil	Casey	Benfleet Running Club	MV45

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31	2:13:39.0	2:13:35.9	756	Darren	Paine	Ramsey Road Runners	MS
32	2:13:55.3	2:13:53.4	858	Paul	Holley	Newmarket Joggers	MV45
33	2:14:34.3	2:14:30.1	628	Paul	Suett	Dagenham 88 Runners	MS
34	2:14:54.3	2:14:51.3	822	Tim	Larke	Stowmarket Striders	MV40
35	2:15:35.8	2:15:32.6	663	Sean	Chambers	West Norfolk Athletics Club	MV40
36	2:16:02.7	2:15:53.3	592	Jon	Anderson	Cambridge and Coleridge AC	MV50
37	2:16:14.8		894	Paul	Mingay	Tiptree Road Runners	MV55
38	2:16:39.7	2:16:35.0	607	Chris	Dunham	Bishops Stortford Running Club	MV40
39	2:17:05.1	2:16:58.6	794	Marcus	Catlin	Ipswich JAFFA	MS
40	2:17:26.1	2:17:20.6	719	Joe	Sadler	Newmarket Joggers	MS
41	2:17:45.9	2:17:42.2	660	Ben	Blowes	Newmarket Joggers	MV40
42	2:18:00.9	2:17:55.4	686	Jon	Sidebotham	Saint Edmund Pacers	MS
43	2:18:25.0		834	Adrian	Sherwood	North Herts Road Runners	MV45
44	2:18:34.2	2:18:29.5	811	Ian	Thomas	Norfolk Gazelles AC	MV55
45	2:18:37.3	2:18:37.3	784	John	Christopher	North Norfolk Beach Runners	MV50
46	2:19:07.2	2:18:58.0	514	Adam	Richardson	Springfield Striders	MS
47	2:19:13.4	2:19:08.1	878	Jason	Brunt	Norfolk Gazelles AC	MV40
48	2:19:17.2	2:19:13.0	617	Darren	Cook	Felixstowe Road Runners	MV40
49	2:19:48.3	2:19:42.4	862	Andrew	Buck	Sudbury Joggers AC	MV50
50	2:20:13.5	2:20:03.6	601	Chris	Manby	Colchester Harriers AC	MS
51	2:20:45.0	2:20:42.5	668	Phil	Quantrill	North Norfolk Beach Runners	MV40
52	2:20:59.9	2:20:55.8	688	Adam	Allard		MS
53	2:21:03.7	2:20:50.2	857	Paul	Scofield	Bishops Stortford Running Club	MV40
54	2:21:03.8	2:20:49.8	902	Adam	Chapman	Bishops Stortford Running Club	MS
55	2:21:50.3	2:21:45.5	907	Martin	Lawrence	Haverhill Running Club	MV50
56	2:21:56.0	2:21:44.8	527	Ian	Richardson	Cambridge and Coleridge AC	MV50
57	2:21:56.5	2:21:52.9	865	Alex	Wright	Corby AC	MV45
58	2:22:07.5	2:22:02.8	772	Robin	Harper	Felixstowe Road Runners	MS
59	2:22:10.0		671	Ian	Bailey		MV40
60	2:22:12.9	2:22:09.3	693	Nigel	Coates	Saffron Striders	MV50

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61	2:22:17.7	2:22:10.5	791	Will	Honeybone	Ryston Runners AC	MV40
62	2:22:32.0	2:22:26.7	604	Kate	Mills		FV40
63	2:22:47.0	2:22:41.8	821	Martin	Auger		MV55
64	2:22:53.8	2:22:45.0	838	Tom	Wake	Ipswich JAFFA	MS
65	2:23:39.0	2:23:36.0	755	Graham	Moore		MV50
66	2:24:23.9	2:24:14.4	597	Mike	Salter	Cambridge and Coleridge AC	MV45
67	2:24:25.9	2:24:17.9	804	Chris	Pearce	Springfield Striders	MV40
68	2:24:35.5		899	Jon	Wiles	Bungay Black Dog RC	MV40
69	2:24:52.2		609	Kevin	Connolly	Newmarket Joggers	MS
70	2:25:32.2	2:25:24.2	835	Graham	Gidney		MS
71	2:26:02.4	2:25:56.0	826	Darren	Honour	Great Yarmouth Road Runners	MV45
72	2:26:21.4	2:26:16.1	642	Nigel	Swinburne	Dagenham 88 Runners	MS
73	2:26:38.5	2:26:28.1	779	Nicholas	Richardson		MS
74	2:26:48.5		674	Matthew	Allsop		MV40
75	2:27:09.5	2:27:03.7	629	Ben	Churchman	Diss & District AC	MS
76	2:27:14.1	2:27:06.9	683	Stephen	Pettit	Ely Runners	MV50
77	2:27:40.8	2:27:32.3	792	Alistair	Dick	Ipswich JAFFA	MV50
78	2:27:53.3	2:27:44.1	700	Philip	Honeywood		MV45
79	2:27:55.5	2:27:45.0	602	Laura	Shewbridge	Colchester Harriers AC	FS
80	2:28:01.9	2:27:48.0	840	William	Allen	Stamford Striders	MV50
81	2:28:05.5	2:27:51.2	892	Andrew	Conway	Tiptree Road Runners	MV45
82	2:28:43.2	2:28:25.8	502	Robin	Belsom	Ipswich JAFFA	MV50
83	2:29:30.7	2:29:28.4	540	Graham	Chapman	Ely Runners	MV55
84	2:29:31.7	2:29:25.2	813	Heather	Beattie	Ryston Runners AC	FS
85	2:29:38.7	2:29:27.1	717	Richard	Staley	Cambridge and Coleridge AC	MV40
86	2:29:43.7	2:29:36.1	828	Jim	Mahoney		MV50
87	2:29:52.0		766	Yvonne	Scarrott	Harborough AC	FV45
88	2:29:59.8	2:29:38.6	728	Benjamin	Cuthbert	Sudbury Joggers AC	MS
89	2:30:06.9	2:29:50.7	900	Robert	White	Ramsey Road Runners	MV45
90	2:30:17.9	2:29:55.5	633	Mark	White	Haverhill Running Club	MV40

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91	2:30:38.9	2:30:34.2	536	Jane	Chappell	North Herts Road Runners	FV45
92	2:31:22.6	2:31:17.3	680	Zoe	Shackleton	Ely Runners	FV35
93	2:31:44.6	2:31:38.5	788	Barry	Warne	Nene Valley Harriers	MV50
94	2:31:51.3	2:31:38.9	624	Neil	Tween	Cambridge and Coleridge AC	MS
95	2:32:03.2	2:31:38.9	820	Lee	Thompson	Ely Runners	MS
96	2:32:18.3	2:32:02.1	832	Chris	Brown	BRJ Run and Tri	MV50
97	2:32:23.3	2:32:14.3	610	Nicky	Chapman	Newmarket Joggers	FS
98	2:33:02.3	2:32:47.7	533	Charles	Keitch	Great Bentley Running Club	MS
99	2:33:08.9	2:32:51.5	882	Michelle	Gordon	Felixstowe Road Runners	FS
100	2:33:20.3	2:33:03.5	644	Maurice	Hemingway	Riverside Runners	MV55
101	2:33:39.0	2:33:32.3	691	Trevor	Fulcher		MV40
102	2:34:13.4	2:33:59.6	833	Simon	Ellice	Bishops Stortford Running Club	MS
103	2:34:27.6		562	Anne	Swift	UK Net Runner	FV45
104	2:34:41.2		654	Stewart	White	Saint Edmund Pacers	MS
105	2:34:46.2	2:34:33.6	839	Claire	Hoblyn	Saint Edmund Pacers	FV50
106	2:34:49.2	2:34:35.6	725	Alan	Sansom	Woodbridge Shufflers	MV45
107	2:34:57.0	2:34:50.1	695	Simon	Bekker	Great Yarmouth Road Runners	MV40
108	2:35:25.0	2:35:19.0	825	Vicky	Quantrill	Great Yarmouth Road Runners	FV40
109	2:36:08.0	2:35:47.9	891	Steve	Whittaker	Woodbridge Shufflers	MV50
110	2:36:16.5	2:35:40.4	740	Peter	Woods	City of Norwich AC	MV40
111	2:36:27.3	2:35:53.8	548	Daniel	Aldis		MS
112	2:36:37.0	2:36:17.5	511	Dave	Alley	Woodbridge Shufflers	MV50
113	2:36:53.7	2:36:36.4	547	Tracy	Harrington	Tiptree Road Runners	FV45
114	2:37:03.6	2:36:52.9	652	Eleanor	Mayne	Colchester Harriers AC	FS
115	2:37:12.9	2:36:50.0	775	Mark	Pickrell		MS
116	2:37:14.9	2:36:54.8	786	Jamie	Neil	Great Bentley Running Club	MS
117	2:37:15.0	2:36:59.6	764	Kevin	Stevens	Great Bentley Running Club	MS
118	2:37:15.0	2:37:00.6	741	Richard	Bryant		MV40
119	2:37:32.5	2:37:24.5	599	Chris	Beazeley	Springfield Striders	MV45
120	2:37:38.4	2:37:28.2	646	Stephen	Pretty	Stowmarket Striders	MV55

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121	2:37:44.4	2:37:16.2	793	Louise	Cadogan	Ely Runners	FS
122	2:37:49.2	2:37:41.6	808	Mark	Askew		MV55
123	2:38:00.7	2:37:47.5	703	Malcolm	Pidd	Woodbridge Shufflers	MV50
124	2:38:17.9	2:38:02.1	819	Michelle	Brett	Ramsey Road Runners	FS
125	2:38:31.5	2:38:23.9	653	Karen	Ives	Yaxley Runners	FV45
126	2:38:34.3	2:37:30.1	701	Giles	Corby	BRJ Run and Tri	MV50
127	2:38:38.9		876	Neil	Catley	Felixstowe Road Runners	MS
128	2:38:49.9	2:38:34.2	763	Roger	Holliday	BRJ Run and Tri	MV45
129	2:39:01.3	2:38:42.3	568	Shaun	Button	Bungay Black Dog RC	MS
130	2:39:15.5	2:39:06.7	672	Stephen	Pugh	Ipswich JAFFA	MV55
131	2:39:19.5	2:39:12.9	712	Gary	McDonald	Lowestoft Road Runners	MS
132	2:39:50.1	2:39:30.0	626	James	Lay		MS
133	2:39:55.0	2:39:39.6	623	Frank	Holmes	BRJ Run and Tri	MV40
134	2:39:56.5	2:39:27.9	800	Miranda	Reynolds	Ely Runners	FV40
135	2:40:52.5	2:40:38.6	590	Rakesh	Raja	Saint Edmund Pacers	MV45
136	2:41:04.7	2:40:47.3	614	Richard	Davies	BRJ Run and Tri	MV40
137	2:41:16.7		810	Alex	Howard	BRJ Run and Tri	MV45
138	2:41:25.1	2:41:18.0	647	James	Grant	Yaxley Runners	MV55
139	2:41:29.2	2:41:13.8	689	Sarah	Golding	Saint Edmund Pacers	FV50
140	2:41:30.0	2:41:14.2	526	James	Howlett		MV40
141	2:41:36.8	2:41:14.4	713	Eamonn	McCusker	Ryston Runners AC	MV60
142	2:41:52.0	2:41:37.6	787	Ian	Rodgers	Bishops Stortford Running Club	MV45
143	2:42:12.1	2:41:58.9	863	Paul	Wigens	Woodbridge Shufflers	MV55
144	2:42:16.5	2:41:41.7	868	John	Cooper		MS
145	2:42:38.1	2:42:27.1	519	Stephen	Burton	Benfleet Running Club	MV55
146	2:42:51.7		549	Simon	Miller	Springfield Striders	MV45
147	2:43:15.7	2:42:52.1	574	Derek	Daly		MV50
148	2:43:28.7	2:43:19.1	521	Angela	Isherwood		FS
149	2:43:28.8	2:43:10.3	823	Simon	Hibbert	UK Net Runner	MS
150	2:44:05.7	2:44:02.3	866	Catherine	Wright	Corby AC	FV60

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151	2:44:16.2	2:44:06.2	662	Peter	Woods	Stowmarket Striders	MS
152	2:44:20.8	2:44:01.2	625	Shawn	Leek	Great Bentley Running Club	MV40
153	2:44:28.6	2:44:04.0	874	Jonathan	Buist	Halstead Road Runners	MS
154	2:44:41.2	2:44:19.5	845	Melanie	Reed	Ryston Runners AC	FS
155	2:44:46.3	2:44:22.9	837	Mathew	Cowell	Haverhill Running Club	MV40
156	2:44:47.3	2:44:37.3	760	Nigel	Harrison	Ipswich JAFFA	MV45
157	2:44:48.1	2:44:13.5	553	Richard	Woodward	Tri-Anglia	MV50
158	2:44:54.3	2:44:23.2	798	Richard	Popiel	Silston Joggers	MV50
159	2:44:58.4	2:44:28.7	664	Charlotte	Jackson		FS
160	2:45:07.3	2:44:50.4	726	Daniel	Shanks	Felixstowe Road Runners	MV40
161	2:45:08.3	2:44:36.8	797	Linda	Lytollis	Silston Joggers	FV45
162	2:45:21.0	2:44:53.7	854	Steve	Kearns	Wellingborough & District AC	MS
163	2:45:29.6	2:45:19.8	616	Justin	Long	Newmarket Joggers	MV40
164	2:45:36.3	2:45:14.2	720	Aimee	Clark		FS
165	2:45:42.6	2:45:21.7	661	Paul	Wright	Woodbridge Shufflers	MS
166	2:45:46.1	2:45:36.9	641	Stuart	Spencer	Bungay Black Dog RC	MV45
167	2:45:46.1	2:45:24.8	675	Jim	Comber	Sudbury Joggers AC	MV40
168	2:45:53.2	2:45:46.2	749	Ian	Elden	Haverhill Running Club	MV40
169	2:45:56.6	2:45:44.3	528	Chris	Hurcomb	Cambridge and Coleridge AC	MV40
170	2:45:59.0	2:45:26.4	577	Lorraine	Collins		FV40
171	2:46:04.8	2:45:37.9	645	Wayne	Smith		MS
172	2:46:04.9	2:45:47.7	883	Lucy	Sheehan	Felixstowe Road Runners	FS
173	2:46:32.9	2:46:08.1	751	Stephen	Atkins	Saint Edmund Pacers	MV45
174	2:46:35.5	2:46:23.5	859	Matthew	Smy		MS
175	2:46:37.1	2:46:19.0	605	Charlotte	Gee	Royston Runners	FV45
176	2:46:41.4	2:46:29.9	506	Vaughan	Morris		MV50
177	2:46:49.6	2:46:24.3	872	Alison	Couldry	Haverhill Running Club	FV40
178	2:46:49.6	2:46:26.5	556	Mary-Ann	Moseley	Haverhill Running Club	FV40
179	2:47:05.7	2:46:47.7	560	Oliver	Saunders		MV45
180	2:47:16.2	2:46:56.7	746	Andy	Irvine	Cambridge and Coleridge AC	MV45

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181	2:47:37.7		711	Ben	Mullaney		MS
182	2:48:00.3	2:47:53.4	735	Silje	Hovstad	City of Norwich AC	FV35
183	2:48:19.0	2:47:59.9	745	Carmel	McEniery	Cambridge and Coleridge AC	FV40
184	2:48:37.0	2:48:14.2	655	Maureen	Wolfe	Ryston Runners AC	FV55
185	2:48:52.2	2:48:40.9	588	Paul	Rayner	Thetford AC	MV50
186	2:48:53.8	2:48:25.3	687	Vida	Williams		FS
187	2:48:59.1	2:48:43.7	697	Amanda	Martin	Saint Edmund Pacers	FV45
188	2:49:12.3	2:48:47.2	744	James	Faulkner		MS
189	2:49:12.6	2:48:46.8	903	Sara	Moran		FV40
190	2:49:29.8	2:49:11.9	737	Richard	Weaver		MV45
191	2:49:30.6	2:49:07.8	855	Emily	Woodfield	Cambridge Triathlon Club	FV35
192	2:49:44.6	2:49:22.0	780	Yusuf	Firat	Haverhill Running Club	MV50
193	2:49:58.6		750	Jeremy	Navrady		MV45
194	2:50:17.0	2:49:41.6	534	Nick	Payne	Grantham Running Club	MS
195	2:50:27.2	2:50:03.0	636	Alison	Day	Great Bentley Running Club	FS
196	2:50:27.3	2:50:09.4	843	Cheryl	Jenner	BRJ Run and Tri	FS
197	2:50:31.9	2:50:06.1	537	Cheryl	Trundle	Haverhill Running Club	FV60
198	2:50:38.8	2:50:10.9	836	Mike	Hankinson	Saint Edmund Pacers	MV50
199	2:50:42.7	2:50:19.9	658	Karen	Smith	Ryston Runners AC	FV45
200	2:50:48.4		587	Sandra	Webb	Saint Edmund Pacers	FV40
201	2:51:00.6	2:50:49.0	830	Sabine	Schaefer		FV35
202	2:51:21.1	2:51:11.5	790	Mark	Lankester	Ipswich JAFFA	MV45
203	2:51:24.7	2:50:48.7	871	Peter	Edmunds	Bungay Black Dog RC	MV65+
204	2:51:25.8	2:51:10.7	789	Francis	Mills	Harwich Runners	MS
205	2:51:27.1	2:51:27.1	561	Emily	Hannant	Coltishall Jaguars	FS
206	2:51:41.6	2:51:22.3	898	Sabrina	Norton	Bungay Black Dog RC	FV35
207	2:51:49.4	2:51:28.4	529	Liz	O'Donovan	Cambridge and Coleridge AC	FS
208	2:52:00.0		500	Jessie	Gooderham	Saint Edmund Pacers	FU21
209	2:52:17.2	2:51:50.8	546	Tom	Hoblyn	Saint Edmund Pacers	MV50
210	2:52:39.6	2:52:18.6	727	Dee	St Ledger	Sudbury Joggers AC	FV50

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211	2:52:47.6		714	Lucy	Hine	Cambridge Harriers	FV55
212	2:53:09.5	2:52:56.3	696	Roger	Brand	Saint Edmund Pacers	MV65+
213	2:53:19.4	2:53:11.5	887	Jen	Rudd	Wymondham Athletic Club	FV40
214	2:53:46.4	2:49:53.1	583	David	Gillespie	Ely Runners	MS
215	2:53:48.1	2:53:33.6	692	Philip	Brown	Saint Edmund Pacers	MV45
216	2:54:02.1	2:53:33.2	603	Lisa	Redman	Newmarket Cycling and Triathlon Club	FV40
217	2:54:17.1	2:53:57.9	901	Bridget	Shaw	Bungay Black Dog RC	FS
218	2:54:25.4		890	Claire	Parkins	Stowmarket Striders	FV40
219	2:54:25.5	2:54:01.7	730	Mark	Skoulding	Stowmarket Striders	MV40
220	2:54:43.4	2:54:36.5	895	Denise	Nuttall		FV45
221	2:54:43.5	2:54:12.9	650	Chris	Chorley	Bungay Black Dog RC	MV50
222	2:54:57.0	2:54:42.2	594	Madeline	Lewis	Harwich Runners	FV35
223	2:55:41.3	2:55:13.3	807	Neil	Williams	Capel Cheetahs	MV50
224	2:56:05.1	2:55:45.5	778	Mik	Carr	Bungay Black Dog RC	MV55
225	2:56:57.7	2:56:36.3	656	Barry	Smith	Ryston Runners AC	MV45
226	2:57:15.8	2:56:59.8	615	Daniel	Gould	Felixstowe Road Runners	MV40
227	2:57:20.8	2:56:44.9	796	Michelle	Gorman		FS
228	2:57:29.8	2:56:54.1	709	Melissa	Rittimut-Mak	Saint Edmund Pacers	FV40
229	2:57:33.9	2:57:11.6	579	Jamie	Randall	Haverhill Running Club	MV45
230	2:57:38.3	2:57:08.4	649	Bobbie	Sauerzapf	Bungay Black Dog RC	FV55
231	2:58:00.3	2:57:24.2	613	Jack	Tappin	Haverhill Running Club	MS
232	2:58:04.0	2:57:47.3	612	Paul	Schwer	Felixstowe Road Runners	MV50
233	2:58:07.7	2:57:40.4	738	Fiona	Hunt	Ipswich JAFFA	FV40
234	2:58:40.8	2:58:20.2	718	Victoria	Pearson	Woodbridge Shufflers	FS
235	2:58:53.2	2:58:20.7	736	Alice	Paul		FS
236	2:59:08.2		681	Richard	Goodhand		MS
237	2:59:33.2	2:59:03.8	512	Anthony	Maclean	Framlingham Flyers	MV40
238	2:59:52.5		557	Lee	Richardson		MS
239	3:00:02.1	2:59:49.4	531	Richard	Lyle	Cambridge and Coleridge AC	MV45
240	3:00:15.8	2:59:51.5	621	Janine	Simpson	Great Bentley Running Club	FV40

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241	3:00:20.8	2:59:56.1	643	Dan	Ward		MS
242	3:00:32.1	3:00:18.4	841	Lesley	Allen	Stamford Striders	FV50
243	3:01:40.1	3:01:06.2	803	Lucy	Parmenter	Tri Sport Epping	FS
244	3:01:45.4		752	Charlotte	Acheson	Haverhill Running Club	FS
245	3:01:49.4	3:01:39.5	563	Kevin	Payne	Mid Essex Casuals	MV45
246	3:01:49.8	3:01:33.5	586	Alex	Jacobs	Felixstowe Road Runners	MS
247	3:02:07.7	3:01:37.3	867	Cindy	Drinnan	Saffron Striders	FS
248	3:02:16.2	3:01:49.2	569	Paola	Peroni		FV45
249	3:03:01.1	3:02:52.7	501	Cheryl	Tye	Purple Patch Runners	FV45
250	3:03:11.1	3:02:46.5	782	Sheila	Rose	Olney Runners AC	FV50
251	3:03:34.0	3:03:19.7	848	Frances	Cooke	100 Marathon Club	FV55
252	3:04:31.2	3:04:16.5	530	Martin	Owen	Great Bentley Running Club	MS
253	3:04:39.4	3:04:27.6	543	Carla	Bell	Ware Joggers	FV55
254	3:04:51.6	3:04:25.8	897	Steve	Halls	Haverhill Running Club	MV55
255	3:05:28.0	3:04:56.6	850	Karen	Deasy		FV35
256	3:05:32.6	3:05:03.8	801	Augusta	McMahon		FV50
257	3:06:16.0	3:05:55.5	864	Carina	Sewell	Woodbridge Shufflers	FV55
258	3:06:54.0	3:06:44.9	619	Peter	Gaskell		MV45
259	3:07:06.0	3:06:31.4	908	Mark	Philo	Tri-Anglia	MV45
260	3:07:22.9	3:06:52.0	522	Somei	Black		FV50
261	3:08:03.9	3:07:33.5	785	Christine	Thorne	North Norfolk Beach Runners	FV60
262	3:08:40.9	3:08:07.1	634	Paula	Gundry	Tri-Anglia	FV45
263	3:08:40.9	3:08:07.0	525	Philippa	Rudd	Tri-Anglia	FV50
264	3:08:55.9	3:08:37.7	707	Kate	Ruddock	BRJ Run and Tri	FV40
265	3:09:18.2	3:08:56.2	795	Jeffrey	Reed	Ryston Runners AC	MV65+
266	3:09:18.4	3:08:56.3	753	Kelly	De-Gol	Ryston Runners AC	FV35
267	3:09:19.2		818	Jonathan	Scott	Ipswich JAFFA	MS
268	3:09:52.2	3:09:25.2	558	Shirley	Fowler	Haverhill Running Club	FV50
269	3:10:11.8	3:09:45.2	515	Maxine	Stevens	Springfield Striders	FV45
270	3:11:09.1	3:10:43.7	851	Paul	White		MV50

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
271	3:11:26.0	3:10:58.1	812	Lionel	Smith	Ely Runners	MV60
272	3:12:12.0	3:11:48.2	724	Gaëlle	Bryant	March AC	FV40
273	3:13:02.1	3:12:35.6	516	Peter	Jay	Saint Edmund Pacers	MV50
274	3:13:05.2	3:12:29.9	552	Christopher	Groves	Tri-Anglia	MV60
275	3:13:23.6	3:13:17.0	532	Jody	Donaldson	Great Yarmouth Road Runners	FV45
276	3:13:49.6	3:13:08.9	582	Lisa-Jayne	Joyce	Waveney Valley AC	FV40
277	3:14:09.6	3:13:37.0	520	Richard	Sandford		MV50
278	3:14:54.6	3:14:25.0	704	Robin	Ashe	Bungay Black Dog RC	MV60
279	3:14:55.5	3:14:44.0	542	Anne	Ramsden	Ware Joggers	FV60
280	3:15:05.9		565	Gin	Craig	Sudbury Joggers AC	FV45
281	3:16:01.3	3:15:43.3	637	Joanne	Muff	BRJ Run and Tri	FV40
282	3:16:06.0	3:15:42.8	842	Liam	Howlett		MS
283	3:16:06.8		844	Tim	Howlett		MV50
284	3:16:39.8	3:16:11.5	799	Nigel	Reynolds	Ely Runners	MV50
285	3:17:32.0	3:17:11.6	849	Benjamin	Solway	Woodbridge Shufflers	MV45
286	3:17:34.9	3:17:24.9	759	Steve	Harvey		MV50
287	3:18:02.2	3:17:36.9	754	Joe	Naughton	Stowmarket Striders	MV50
288	3:18:06.4		550	Dominic	Turner	Sudbury Joggers AC	MV40
289	3:18:22.1	3:18:09.2	544	Jane	Wren	Ware Joggers	FV45
290	3:18:25.4	3:17:53.2	638	Ruth	Baldwin		FS
291	3:18:27.0	3:17:55.2	639	Gareth	Gailey		MV40
292	3:19:04.4	3:18:45.2	705	Donald	Tiffin	Bungay Black Dog RC	MV65+
293	3:20:13.6	3:19:55.4	809	Claire	Few	BRJ Run and Tri	FV50
294	3:20:15.1	3:19:48.8	510	Phillip	Beer	Stowmarket Striders	MV50
295	3:20:15.1	3:19:48.7	509	Kate	Beer	Stowmarket Striders	FV45
296	3:20:24.3	3:19:54.6	777	Daniel	Climpson		MS
297	3:20:46.3	3:20:16.3	584	Ioana	Whalley	Joggers and Jaunters	FV45
298	3:23:07.3	3:22:40.3	729	Natalie	Masson		FV35
299	3:23:14.9	3:22:48.3	715	Mark	Carpenter	Haverhill Running Club	MV50
300	3:23:56.4	3:23:43.6	545	Alan	Randall	Ware Joggers	MV50

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
301	3:24:19.5	3:24:10.5	829	John	Newell	Wymondham Athletic Club	MV45
302	3:24:46.2		596	Graham	Boswell	Royston Runners	MV55
303	3:25:02.1	3:24:27.2	702	Juliet	Corby	BRJ Run and Tri	FV45
304	3:26:55.3	3:26:27.7	578	Pete	Rogers	Haverhill Running Club	MV45
305	3:27:25.5	3:27:02.0	632	Timi Selon	Veersamy	Dagenham 88 Runners	FV60
306	3:27:39.3		665	Allyson	Haney		FS
307	3:27:39.3	3:27:10.4	666	Christine	Czerwonka		FS
308	3:28:04.6	3:27:34.2	783	Michelle	Burton	North Norfolk Beach Runners	FV40
309	3:28:54.8	3:28:29.2	595	Cheryl	Boswell	Royston Runners	FV55
310	3:29:26.9	3:28:52.7	551	Iain	White	Tri-Anglia	MV60
311	3:29:51.5	3:29:21.0	618	Charlie	Stannett	Ipswich Triathlon Club	MV55
312	3:31:00.2	3:30:33.1	571	Stuart	Shepherd	Haverhill Running Club	MV40
313	3:31:00.2		505	Joanne	Rosenwold	Haverhill Running Club	FV45
314	3:31:01.1	3:30:32.0	770	Stephanie	Smithers		FS
315	3:31:01.2	3:30:41.9	708	Joanna	Cooper	BRJ Run and Tri	FV35
316	3:32:38.2	3:32:32.4	856	Christopher	Lucas	Saxmundham Running & Fitness Club	MV50
317	3:33:18.2	3:32:47.6	802	Karen	Gedge	Bungay Black Dog RC	FV50
318	3:33:38.1		503	Melanie	Fowler	BRJ Run and Tri	FV40
319	3:34:14.0	3:33:39.8	884	Rebecca	Langford	Waveney Valley AC	FV35
320	3:34:18.9	3:33:45.6	593	Darren	Cole		MS
321	3:34:44.0	3:34:32.8	538	Audrey	Morris	Benfleet Running Club	FS
322	3:35:13.1	3:34:38.9	676	Kitty	Rosser	Tri-Anglia	FS
324	3:37:20.4	3:36:56.3	699	Liz	Beighton	Stowmarket Striders	FV40
325	3:37:20.4	3:36:56.7	909	Keith	Borrett	Stowmarket Striders	MV60
326	3:37:54.7	3:37:22.0	747	Katie	Finbow		FV35
327	3:38:28.8		598	Sarah	Docherty		FS
328	3:38:31.4	3:37:58.7	589	David	Applin		MS
329	3:39:58.6	3:39:31.2	627	Lee	Taylor		MV40
330	3:40:24.4	3:39:58.2	539	Ian	Stockley		MV45
331	3:43:09.9	3:42:48.9	827	Syndiah	Culit	Cambridge and Coleridge AC	FV35

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
332	3:43:32.6	3:43:01.6	640	Luke	Groves	Great Bentley Running Club	MS
333	3:46:24.7	3:46:06.1	677	Alice	Noyes	BRJ Run and Tri	FV55
334	3:46:27.8	3:45:55.5	576	Jean	Appleby		FV55
335	3:47:36.9		806	Melanie	Watts	Ryston Runners AC	FV35
336	3:53:53.5	3:53:20.9	893	Nicola	Stevenson		FV50
337	3:53:53.5	3:53:19.8	817	Anneli	Ostler	Felixstowe Road Runners	FS
338	3:55:10.9	3:55:01.1	580	Aynur	Karakus	Saint Edmund Pacers	FV50
339	3:58:17.3	3:57:44.8	721	Philip	Nutley	Saint Edmund Pacers	MV65+
340	4:05:28.6	4:05:13.1	684	Ron	Luck	Harlow RC	MV65+
341	4:15:02.3	4:14:28.7	507	Gavin	Spurr		MV40
			742	Georgina	Adams		FS
			853	Steven	Adams	Wellingborough & District AC	MV55
			731	Verne	Barltrop	100 Marathon Club	MV65+
			541	Paul	Beckett	Norwich Road Runners	MV45
			651	Mark	Bedford	Bushfield Joggers	MV40
			581	Sean	Bowen	Garden City Runners	MV50
			824	Jon	Brooker	Newmarket Joggers	MV50
			761	Marcus	Bryan		MS
			694	Dean	Chapman	Bushfield Joggers	MV50
			608	Kathryn	Chapman	Bishops Stortford Running Club	FV40
			611	Rachel	Crisp	Felixstowe Road Runners	FV40
			685	Trevor	Dale		MV50
			722	Clive	Davey	Sudbury Joggers AC	MV40
			710	Alan	Dawson	Saint Edmund Pacers	MV55
			659	Mike	Ellis		MV50
			635	Simon	English	Norwich Road Runners	MV40
			805	Wendy	Fisher	Ryston Runners AC	FV45
			673	Jonathan	Ford		MS
			667	Sue	Hargadon	Ipswich Triathlon Club	FV55
			768	Terry	Hubbard		MV40

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
			657	Martin	Ive	Ryston Runners AC	MV45
			669	Catherine	Johnson		FV45
			896	Michaela	Kadanikova	Ipswich JAFFA	FS
			847	Lisa	Kidd		FV40
			630	Jacqueline	Lake	Dereham Runners AC	FV50
			716	Samantha	Linassi	Ipswich JAFFA	FV35
			698	Helen	Lloyd	Ryston Runners AC	FV55
			559	Karen	Martin	Haverhill Running Club	FS
			575	Paul	Maslin		MV45
			815	Rosalind	Maulkerson		FV45
			504	Ben	Meadows		MS
			679	Graham	Miller	Great Bentley Running Club	MV45
			523	Paul	Nicol		MV40
			572	Jane	O'Callaghan	Royston Runners	FV40
			585	Jayne	Odell	Royston Runners	FV40
			879	Vicki	Quelch		FS
			765	Mark	Read	Thrift Green Trotters	MS
			670	Paul	Rodgers	Colchester Harriers AC	MV40
			554	William	Roxby-Clarke	Harwich Runners	MS
			873	Natasha	Scott	Haverhill Running Club	FV40
			875	Zak	Shaw		MS
			535	Stephen	Smith		MV50
			524	Gary	Thompson	Ipswich JAFFA	MV40
			732	Stuart	Timms		MV45
			564	Hayley	Turner	Ely Triathlon Club	FV40
			690	Christopher	Warren	Great Bentley Running Club	MV40
			870	Robert	Warwicker	Tri-Anglia	MV40
			622	James	Wells		MS
			517	Ian	White		MV45
			606	Sharon	White	Sudbury Joggers AC	FV40

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.
			877	Luke	Whitwell	Felixstowe Road Runners	MS
			831	Dean	Wright		MS
DNF			816	Linda	Young		FS
DNS			20708	Jonathan	Barlow	BRJ Run and Tri	MV40
DNS			20707	Nicky	Barlow	BRJ Run and Tri	FV40
DNS			906	Pat	Brightman	Great Yarmouth & District AC	FV60
DNS			570	Emma	Buckland	Cambridge and Coleridge AC	FV40
DNS			555	Jo	Coates	Saint Edmund Pacers	FV35
DNS			20735	Mark	Downey		MV40
DNS			20723	Kieren	Drane	Ely Runners	MS
DNS			20780	Iona	Graham-Hagg	Cambridge and Coleridge AC	FV50
DNS			20767	Chris	Greening		MV40
DNS			814	Jonathan	Hamilton	Woodbridge Shufflers	MV50
DNS			733	Martin	Hammond	Ryston Runners AC	MV45
DNS			20734	Michelle	Jolley	Bishops Stortford Running Club	FV45
DNS			567	Steve	Lucas	Ware Joggers	MV50
DNS			682	Nick	Mansley	Cambridge Harriers	MV45
DNS			20623	Simon	Moore	BRJ Run and Tri	MV40
DNS			20656	Lesley	Robins	Ryston Runners AC	FV40
DNS			20744	Robert	Saunders		MS
DNS			20632	James	Smith	Dagenham 88 Runners	MS
DNS			20753	Kevin	Smith	Ryston Runners AC	MS
DNS			767	Donna	Talbot	Saint Edmund Pacers	FV35
			631	Joel	Denning	Dagenham 88 Runners	MS