

Stowmarket Scenic 7

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
1	85	Robert Chenery	MO	0:38:49.58	0:38:49.58	Ipswich JAFFA RC
2	367	Robert Reason	MO	0:39:07.58	0:39:07.58	Harwich Runners
3	266	Jim Last	MO	0:41:01.83	0:41:01.83	Framlingham Flyers
4	76	Wilfred Campbell	M50	0:41:24.19	0:41:24.19	Ipswich JAFFA RC
5	336	Ian Old	MO	0:41:59.08	0:41:59.08	Ipswich JAFFA RC
6	135	George Dixon	MO	0:42:10.54	0:42:10.54	Ipswich JAFFA RC
7	193	Samuel Grooms	MO	0:42:36.27	0:42:36.27	Framlingham Flyers
8	79	Thomas Challener	MO	0:42:43.8	0:42:43.8	Sudbury Joggers
9	405	Darren Sheppard	M40	0:42:49.79	0:42:49.79	Framlingham Flyers
10	476	Luke Whitwell	MO	0:42:53.48	0:42:53.48	Felixstowe RRC
11	105	Darren Cook	M40	0:42:58.5	0:42:58.5	Felixstowe RRC
12	376	Odette Robson	F40	0:43:00.36	0:43:00.36	Saint Edmund Pacers
13	433	Roger Stone	M45	0:43:18.81	0:43:18.81	Felixstowe RRC
14	108	Tom Cresswell	MO	0:43:22.43	0:43:22.43	Sudbury Joggers
15	213	Mark Hayward	MO	0:43:46.58	0:43:46.58	Stowmarket Striders RC
16	321	Christopher Morton	MO	0:43:57.18	0:43:57.18	Stowmarket Striders RC
17	355	Paul Preston	M40	0:43:58.08	0:43:58.08	Colchester Harriers AC
18	381	Barnaby Rufford	M45	0:44:05.36	0:44:05.36	
19	70	Samuel Burdett	MO	0:44:08.99	0:44:08.99	Stowmarket Striders RC
20	216	Alice Heather Hayes	F40	0:44:13.46	0:44:13.46	Ipswich JAFFA RC
21	191	John Greener	M45	0:44:32.78	0:44:32.78	Saint Edmund Pacers
22	443	John Thorpe	M45	0:44:46.2	0:44:46.2	Ipswich JAFFA RC
23	419	Dave Solomon	M45	0:44:48.11	0:44:48.11	Felixstowe RRC
24	67	Andrew Buck	M50	0:44:49.8	0:44:49.8	Sudbury Joggers
25	496	Matt Clements	M40	0:44:52.46	0:44:52.46	Tunbridge wells Harriers
26	202	Robin Harper	MO	0:44:57.51	0:44:57.51	Felixstowe RRC
27	126	Claire Day	FO	0:45:16.17	0:45:16.17	Paddock Wood AC
28	263	Adrian Kudela	MO	0:45:29.14	0:45:29.14	Felixstowe RRC
29	206	Tom Haslam	M40	0:45:32.54	0:45:32.54	Saxmundham Saxons
30	188	Philip Green	MO	0:45:35.23	0:45:35.23	Stowmarket Striders RC
31	891	Malcolm Penn	M55	0:45:39.12	0:45:39.12	sudbury joggers
32	114	Garry Cullum	MO	0:45:45.12	0:45:45.12	Ipswich JAFFA RC
33	125	Andrew Day	M40	0:45:52.51	0:45:52.51	Paddock Wood AC
34	452	Neil Turner	M45	0:45:57.49	0:45:57.49	
35	3	Adam Allard	MO	0:46:07.89	0:46:07.89	
36	366	David Read	MO	0:46:11.38	0:46:11.38	Hadleigh Hares
37	25	John Baxter	M55	0:46:15.71	0:46:15.71	Bure Valley Harriers
38	2	Will Aldred	M45	0:46:16.77	0:46:16.77	Framlingham Flyers
39	60	Steve Brooke	M45	0:46:18.42	0:46:18.42	Felixstowe RRC
40	95	Pru Clements	F40	0:46:22.09	0:46:22.09	Tunbridge Wells Harriers
41	466	Mark Watts	M50	0:46:26.99	0:46:26.99	Saint Edmund Pacers
42	165	Paul Gardiner	M45	0:46:33.57	0:46:33.57	
43	322	Emily Moyes	FO	0:46:38.51	0:46:38.51	West Suffolk AC
44	315	Raoul Monks	MO	0:46:40.81	0:46:40.81	
45	134	Stephen Dixon	M50	0:46:41.24	0:46:41.24	Ipswich JAFFA RC
46	417	Ashley Smy	MO	0:46:41.3	0:46:41.3	Ipswich Jaffa RC
47	18	Darren Barfield	MO	0:46:47.47	0:46:47.47	Sudbury joggers
48	307	Victor Mesa	M40	0:47:00.27	0:47:00.27	
49	309	Iain Milligan	M40	0:47:12.68	0:47:12.68	Saint Edmund Pacers
50	109	Steve Cresswell	M40	0:47:20.23	0:47:20.23	Cambridge & Coleridge AC
51	230	James Howlett	M40	0:47:21.67	0:47:21.67	Framlingham Flyers
52	183	Michelle Gordon	FO	0:47:24.58	0:47:24.58	Felixstowe RRC
53	28	Dave Beighton	MO	0:47:45.26	0:47:45.26	Saint Edmund Pacers
54	185	Bob Grainger	MO	0:47:48.39	0:47:48.39	Stowmarket Striders RC
55	357	Stephen Pugh	M55	0:47:51.62	0:47:51.62	Ipswich JAFFA RC
56	146	Jason Elrick	M45	0:47:55.44	0:47:55.44	Thetford Parkrunners
57	32	Terry Bennington	MO	0:47:56.69	0:47:56.69	Stowmarket Striders RC
58	56	Russel Breyer	M50	0:48:13.59	0:48:13.59	Ipswich JAFFA RC
59	363	Simon Ransome	M50	0:48:16.58	0:48:16.58	Saint Edmund Pacers
60	327	Stephen Neumann	MO	0:48:25.73	0:48:25.73	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
61	316	Graham Moore	M50	0:48:27.53	0:48:27.53	
62	59	Martin Broadhurst	M40	0:48:28.79	0:48:28.79	
63	288	David Marsh	MO	0:48:29.92	0:48:29.92	
64	317	Nathan Morley	MO	0:48:30.93	0:48:30.93	Stowmarket Striders RC
65	153	Yusuf Firat	M50	0:48:39.94	0:48:39.94	Haverhill Running Club
66	368	Andrew Renshaw	M50	0:48:43.37	0:48:43.37	
67	131	Foppe D'hane	M50	0:48:44.06	0:48:44.06	
68	5	Matthew Allsop	M40	0:48:47.71	0:48:47.71	Run For Your Life
69	21	David Bartholomew	M45	0:48:47.86	0:48:47.86	Run For Your Life
70	471	Stewart White	MO	0:48:50.62	0:48:50.62	Saint Edmund Pacers
71	292	Matthew Mason	M45	0:48:57.81	0:48:57.81	Ely Runners
72	274	Mark Leeks	MO	0:49:02.44	0:49:02.44	Ipswich JAFFA RC
73	31	Kevin Bennett	MO	0:49:03.65	0:49:03.65	
74	33	Jamie Phillip Bennington	MO	0:49:09.29	0:49:09.29	
75	269	Rowena Leary	FO	0:49:12.81	0:49:12.81	Norfolk Gazelles AC
76	29	Jeremy Bell	M40	0:49:22.59	0:49:22.59	
77	383	Michael Rushton	M40	0:49:28.14	0:49:28.14	Saint Edmund Pacers
78	365	Peter Reach	MO	0:49:30.23	0:49:30.23	Stowmarket Striders RC
79	192	Richard Grimsdell	M45	0:49:30.27	0:49:30.27	Saint Edmund Pacers
80	38	Christopher Bing	MO	0:49:31.26	0:49:31.26	Ipswich JAFFA RC
81	485	Peter Woods	MO	0:49:33.95	0:49:33.95	Felixstowe RRC
82	94	Lee Clarkson	MO	0:49:38.81	0:49:38.81	Gt Bentley RC
83	237	Katherine Hymers	FO	0:49:40.99	0:49:40.99	
84	437	Haley Suttle	F50	0:49:46.49	0:49:46.49	Stowmarket Striders RC
85	387	Tobias Sangster-bullers	MO	0:49:54.7	0:49:54.7	West Suffolk Wheelers & Triathlo
86	87	Chris Chorley	M50	0:49:57.95	0:49:57.95	Bungay Black Dog RC
87	64	Lee Brown	MO	0:50:02.18	0:50:02.18	Haverhill running club
88	157	Greg Florence	MO	0:50:13.37	0:50:13.37	
89	52	Paul Brand	MO	0:50:15.68	0:50:15.68	Saint Edmund Pacers
90	240	Alan Jackson	M55	0:50:16.16	0:50:16.16	Ipswich JAFFA RC
91	89	Jake Church	MO	0:50:16.69	0:50:16.69	Saxmundham Saxons
92	211	Kieran Hayles	MO	0:50:18.25	0:50:18.25	Sudbury Joggers
93	468	Vince Webb	M45	0:50:20.08	0:50:20.08	Saint Edmund Pacers
94	497	Mark Rose	M40	0:50:22.78	0:50:22.78	Ipswich JAFFA
95	119	Clive Davey	M40	0:50:26.33	0:50:26.33	Sudbury Joggers
96	484	Joanna Woledge	F40	0:50:26.97	0:50:26.97	Saint Edmund Pacers
97	195	Philip Grose	M50	0:50:27.34	0:50:27.34	Saint Edmund Pacers
98	330	Shaun Nicholls	MO	0:50:29.08	0:50:29.08	Ipswich JAFFA RC
99	200	Michael Hankinson	M55	0:50:29.67	0:50:29.67	Saint Edmund Pacers
100	325	David Neeve	MO	0:50:31.71	0:50:31.71	Bungay Black Dog RC
101	182	Mark Goodwin	M40	0:50:33.19	0:50:33.19	Felixstowe RRC
102	283	Ker Macrosson	M60	0:50:39.55	0:50:39.55	Ipswich JAFFA RC
103	39	Heidi Bingham	FO	0:50:43.37	0:50:43.37	Stowmarket Striders RC
104	414	Richard Smith	M40	0:50:44.25	0:50:44.25	
105	290	Amanda Martin	F45	0:50:50.53	0:50:50.53	Saint Edmund Pacers
106	141	Chloe Doyle	FO	0:51:02.59	0:51:02.59	Saint Edmund Pacers
107	84	Duncan Chenery	M55	0:51:04.63	0:51:04.63	Ipswich JAFFA RC
108	208	Stephen Hatten	M50	0:51:05.29	0:51:05.29	Saint Edmund Pacers
109	167	Gary Garnham	M50	0:51:16.1	0:51:16.1	Ipswich JAFFA RC
110	147	Matthew Eveleigh	MO	0:51:18.1	0:51:18.1	Stowmarket Striders RC
111	390	Nigel Schofield	M50	0:51:20.13	0:51:20.13	Saint Edmund Pacers
112	148	Steven Everett	MO	0:51:23.57	0:51:23.57	Braintree & District AC
113	40	Peter Bird	M40	0:51:27.37	0:51:27.37	Saint Edmund Pacers
114	493	Alec Wright	MO	0:51:30.56	0:51:30.56	
115	152	Andrew Finch	MO	0:51:32.98	0:51:32.98	
116	277	Stuart Lillie	MO	0:51:44.32	0:51:44.32	
117	225	Kevin Holley	M50	0:51:48.52	0:51:48.52	Run For Your Life
118	264	Paul Lacey	M45	0:51:49.23	0:51:49.23	Hadleigh Hares
119	404	Lucy Sheehan	FO	0:51:49.98	0:51:49.98	Felixstowe RRC
120	78	David Casey	M45	0:52:23.33	0:52:23.33	Ipswich Triathlon Club
121	358	Clive Purbrook	M60	0:52:29.63	0:52:29.63	Newmarket Joggers
122	199	Rachael Hamblyn	FO	0:52:32.39	0:52:32.39	Ipswich JAFFA RC
123	333	Denise Nuttall	F45	0:52:36.98	0:52:36.98	
124	221	Adrian Hine	M50	0:52:40.51	0:52:40.51	Felixstowe RRC

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125	447	Karl Tovell	MO	0:52:43.57	0:52:43.57	
126	480	Stephen Williams	M60	0:52:47.67	0:52:47.67	Saint Edmund Pacers
127	219	Laura Hicks	FO	0:52:50.35	0:52:50.35	Stowmarket Striders RC
128	232	Dianne Hughes	F50	0:52:52.83	0:52:52.83	Stowmarket Striders RC
129	391	Paul Schwer	M55	0:52:54.69	0:52:54.69	Felixstowe RRC
130	86	Lynsey Cheney	FO	0:52:58.47	0:52:58.47	Ipswich JAFFA RC
131	398	David Seymour	M55	0:52:59.88	0:52:59.88	Felixstowe RRC
132	117	Derek Daly	M50	0:53:02.63	0:53:02.63	
133	409	David Skevington	M45	0:53:07.16	0:53:07.16	
134	243	Martin Jarvis	M40	0:53:15.29	0:53:15.29	
135	184	Daniel Gould	M40	0:53:24.84	0:53:24.84	Felixstowe RRC
136	96	Wayne Close	MO	0:53:30.05	0:53:30.05	
137	173	Belinda Godbold	F55	0:53:36.64	0:53:36.64	Ipswich JAFFA RC
138	69	Neil Bunnage	M45	0:53:42.32	0:53:42.32	Norwich Road Runners
139	90	Gary Clark	M50	0:53:42.91	0:53:42.91	
140	260	Mark Kingsley	MO	0:53:46.53	0:53:46.53	
141	214	Dean Hearn	M45	0:53:48.72	0:53:48.72	Stowmarket Striders RC
142	161	Paul Francis	M50	0:53:50.88	0:53:50.88	
143	17	Douglas Barber	M50	0:53:54.42	0:53:54.42	
144	343	Ruth Palmer	FO	0:53:58.32	0:53:58.32	Saint Edmund Pacers
145	403	David Sheahan	M55	0:54:02.33	0:54:02.33	
146	103	Julian Colman	M55	0:54:06.43	0:54:06.43	West Suffolk Wheelers & Triathlo
147	65	Stefanie Brownhill	F40	0:54:09.11	0:54:09.11	Saint Edmund Pacers
148	82	David Chambers	MO	0:54:11.4	0:54:11.4	
149	410	Mark Skoulding	M45	0:54:30.35	0:54:30.35	Stowmarket Striders RC
150	431	Mick Staines	M65	0:54:33.33	0:54:33.33	
151	339	Becky Overy-owen	F40	0:54:39.29	0:54:39.29	Woodbridge Shufflers RC
152	23	Chusa Bautista	FO	0:54:41.01	0:54:41.01	Gt Bentley RC
153	140	Erika Downs	FO	0:54:43.94	0:54:43.94	Felixstowe RRC
154	145	Rebecca Elmes	FO	0:54:45.7	0:54:45.7	
155	180	Alistair Goodier	M45	0:54:46.83	0:54:46.83	Ipswich JAFFA RC
156	222	Tom Hoblyn	M50	0:54:49.61	0:54:49.61	
157	177	Ian Gooderham	M45	0:54:49.65	0:54:49.65	Saint Edmund Pacers
158	311	Steven Mills	MO	0:54:50.87	0:54:50.87	
159	215	Bush Heather	F40	0:54:58.21	0:54:58.21	Run For Your Life
160	175	Sarah Golding	F50	0:54:59.48	0:54:59.48	Saint Edmund Pacers
161	63	Philip Brown	M45	0:55:01.17	0:55:01.17	Saint Edmund Pacers
162	176	Simon Goldsmith	M40	0:55:01.98	0:55:01.98	
163	1	Charlotte Acheson	FO	0:55:04.39	0:55:04.39	Haverhill Running Club
164	323	Wayne Mumford	M45	0:55:07.37	0:55:07.37	sudbury joggers
165	294	Paul Masterson	M45	0:55:08.24	0:55:08.24	
166	204	Rob Harrow	MO	0:55:14.59	0:55:14.59	
167	469	Mark Webster	M55	0:55:15.98	0:55:15.98	
168	402	Jenny Sheahan	F50	0:55:16.08	0:55:16.08	
169	384	Jimmy Russell	M45	0:55:22.69	0:55:22.69	Felixstowe RRC
170	474	Danny Whitehouse	MO	0:55:23.73	0:55:23.73	
171	386	Darran Sands	MO	0:55:26.77	0:55:26.77	Framlingham Flyers
172	265	Hugh Langley	M40	0:55:31.57	0:55:31.57	Framlingham Flyers
173	50	Sally-ann Bowen	F40	0:55:32.82	0:55:32.82	Sudbury Joggers
174	127	Ben Dean	MO	0:55:41.75	0:55:41.75	
175	51	Catherine Bradnam	F40	0:55:45.66	0:55:45.66	Saint Edmund Pacers
176	246	Patrick Jean-jacques	M45	0:55:50.54	0:55:50.54	Stowmarket Striders RC
177	270	Christopher Lee	M60	0:55:52.4	0:55:52.4	JME
178	170	Andrew Gibson	MO	0:56:00.94	0:56:00.94	Stowmarket Striders RC
179	262	Alex Kuczer	M45	0:56:03.84	0:56:03.84	Sweatshop Running Community
180	454	Dominic Turner	M40	0:56:05.56	0:56:05.56	Sudbury Joggers
181	111	Richard Crewe	M40	0:56:06.15	0:56:06.15	
182	77	Neil Carter	MO	0:56:08.68	0:56:08.68	Ipswich JAFFA RC
183	245	Peter Jay	M55	0:56:11.67	0:56:11.67	Saint Edmund Pacers
184	4	Howard Allen	M45	0:56:12.57	0:56:12.57	
185	238	Phil Hymers	M60	0:56:15.69	0:56:15.69	
186	328	Melody-anne Neville	F45	0:56:18.98	0:56:18.98	Stowmarket Striders RC
187	344	Jo Parden	F45	0:56:21.71	0:56:21.71	Framlingham Flyers
188	286	Paul Mark	M55	0:56:22.89	0:56:22.89	

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189	45	Darren Bond	M45	0:56:25.74	0:56:25.74	Ipswich JAFFA RC
190	345	Marion Parker	F50	0:56:37.31	0:56:37.31	Felixstowe RRC
191	310	Gregory Mills	M55	0:56:38.55	0:56:38.55	
192	435	Andrew Stroud	M45	0:56:44.21	0:56:44.21	
193	187	James Gray	M40	0:56:57.14	0:56:57.14	
194	334	Agi Obidovich	FO	0:56:57.97	0:56:57.97	
195	217	Simon Hedge	M45	0:56:58.21	0:56:58.21	Felixstowe RRC
196	329	John Newell	M45	0:56:59.04	0:56:59.04	Wymondham AC
197	340	Sarah K Owen	F50	0:57:03.37	0:57:03.37	
198	445	Richard Tiller	M45	0:57:03.5	0:57:03.5	
199	305	Simon Meecham	M40	0:57:04.7	0:57:04.7	Springfield Striders
200	282	Ian Mace	M55	0:57:12.89	0:57:12.89	Woodbridge Shufflers RC
201	10	Mark Avery	M45	0:57:16.54	0:57:16.54	Ipswich JAFFA RC
202	436	Lukaszek Supernak	MO	0:57:23.26	0:57:23.26	Saint Edmund Pacers
203	178	Darin Osborne	M45	0:57:25.16	0:57:25.16	
204	149	Richard Fellingham	M65	0:57:26.71	0:57:26.71	Stowmarket Striders RC
205	247	Steven Jeffers	MO	0:57:32.1	0:57:32.1	
206	458	Nikki Vince	F40	0:57:32.58	0:57:32.58	Hadleigh Hares
207	239	Rebecca Jack	F40	0:57:34.72	0:57:34.72	Stowmarket Striders RC
208	370	Peter Rice	M45	0:57:38.65	0:57:38.65	Norfolk Gazelles AC
209	382	Steve Rulton	M50	0:57:40.63	0:57:40.63	Sudbury Joggers
210	389	Belinda Schofield	F55	0:57:41.12	0:57:41.12	Newmarket Joggers
211	27	Kate Beer	F45	0:57:42.33	0:57:42.33	Stowmarket Striders RC
212	54	Roger Brand	M65	0:57:51.57	0:57:51.57	Saint Edmund Pacers
213	81	Duncan Chamberlain	M50	0:57:52.7	0:57:52.7	Ipswich JAFFA RC
214	116	Christine Czerwonka	FO	0:57:56.28	0:57:56.28	
215	139	Peter Downing	M60	0:58:12	0:58:12	
216	58	Angela Brinkley	F50	0:58:12.94	0:58:12.94	Stowmarket Striders RC
217	272	Mon Lee	F55	0:58:16	0:58:16	Ipswich JAFFA RC
218	210	Carolyn Haworth	F60	0:58:21.44	0:58:21.44	Saint Edmund Pacers
219	164	Julia Gant	FO	0:58:23.6	0:58:23.6	
220	378	Keith Rojas	M60	0:58:25.33	0:58:25.33	
221	373	Rachel Roberts	F40	0:58:28.84	0:58:28.84	
222	57	Steve Bright	M50	0:58:31.21	0:58:31.21	
223	388	Bobbie Sauerzapf	F55	0:58:36.95	0:58:36.95	Bungay Black Dog RC
224	312	Lorraine Mills	F40	0:58:40.47	0:58:40.47	Saint Edmund Pacers
225	430	Ian St Ledger	M50	0:58:43.17	0:58:43.17	Sudbury joggers
226	258	Carol Kemp	FO	0:58:51.65	0:58:51.65	Felixstowe RRC
227	285	Ella Manser	FO	0:58:51.89	0:58:51.89	
228	487	Lee Worley	MO	0:58:51.89	0:58:51.89	
229	429	Dee St Ledger	F50	0:58:53.21	0:58:53.21	Sudbury joggers
230	20	Frank Barrett	M40	0:59:00.75	0:59:00.75	
231	6	Mike Alvarez	MO	0:59:03.77	0:59:03.77	Stowmarket Striders RC
232	495	Svitlana Zinchenko	FO	0:59:06.32	0:59:06.32	Newmarket Joggers
233	400	Debra Shaverin	FO	0:59:08.86	0:59:08.86	
234	53	James Stubberfield	MO	0:59:09.49	0:59:09.49	
235	169	Paul Gerber	F45	0:59:13.52	0:59:13.52	Coltishall Jaguars
236	133	Caroline Dickinson	F45	0:59:13.88	0:59:13.88	
237	179	Andrew Goodey	M40	0:59:14.05	0:59:14.05	
238	163	Yvonne Freiherr-fenton	FO	0:59:22.4	0:59:22.4	
239	201	Hayley Harper	F40	0:59:24.97	0:59:24.97	Ipswich JAFFA RC
240	483	Paul Winter	M65	0:59:25.17	0:59:25.17	
241	441	Kate Thomas	F45	0:59:25.83	0:59:25.83	Hadleigh Hares
242	11	Trudy Avis	F40	0:59:26.95	0:59:26.95	Hadleigh Hares
243	98	Gavin Codd	M40	0:59:33.43	0:59:33.43	
244	304	Nancy Mclachlan	F40	0:59:39.81	0:59:39.81	
245	43	Claire Blanchford	FO	0:59:52.45	0:59:52.45	
246	151	Peter Finch	M50	0:59:52.82	0:59:52.82	Ipswich JAFFA RC
247	289	Dawn Marshall	F50	0:59:55.28	0:59:55.28	Saint Edmund Pacers
248	74	Simon Butler	M50	1:00:06.15	1:00:06.15	
249	478	Robin Whyte	M65	1:00:07.25	1:00:07.25	Saint Edmund Pacers
250	385	Graham Sampson	M65	1:00:10.96	1:00:10.96	Bungay Black Dog RC
251	62	Kerry Brown	FO	1:00:11.66	1:00:11.66	Newmarket Cycling & Triathlon
252	346	Diane Parton	F45	1:00:11.96	1:00:11.96	Capel Cheetahs

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
253	298	Sandra Mayhew	F50	1:00:19.86	1:00:19.86	Stowmarket Striders RC
254	16	Frances Baldwin	F50	1:00:20.66	1:00:20.66	Brockley badgers
255	438	Dean Sykes	M50	1:00:21.43	1:00:21.43	Brockley Badgers
256	423	Daniel Southgate	MO	1:00:26.02	1:00:26.02	
257	396	Alison Severy	FO	1:00:32.9	1:00:32.9	Ipswich JAFFA RC
258	482	Stephen Winsor	M45	1:00:46.2	1:00:46.2	
259	492	Jennifer Wright	FO	1:00:49.72	1:00:49.72	Ipswich JAFFA RC
260	156	Anne Florence	F60	1:00:53.43	1:00:53.43	
261	130	Steve Dersley	M40	1:00:57.41	1:00:57.41	
262	463	Ruth Warren	F40	1:01:14.11	1:01:14.11	Framlingham Flyers
263	415	Jason Smith	M45	1:01:17.43	1:01:17.43	
264	47	Jake Boreham	MO	1:01:21.27	1:01:21.27	Stowmarket Striders RC
265	101	Jackie Collins	F50	1:01:27.31	1:01:27.31	Felixstowe RRC
266	280	Jodie Lock	FO	1:01:30.82	1:01:30.82	Ipswich JAFFA RC
267	488	Maureen Wright	F65	1:01:32.04	1:01:32.04	Ipswich JAFFA RC
268	242	Trish Jarvis	F45	1:01:38.44	1:01:38.44	Jogging Made Easy
269	303	Paula Mckelly	FO	1:01:38.65	1:01:38.65	
270	296	David Mayes	MO	1:01:40.47	1:01:40.47	Felixstowe RRC
271	467	Kirsty Weavers	F50	1:01:41.54	1:01:41.54	Saint Edmund Pacers
272	444	Don Tiffin	M65	1:01:52.2	1:01:52.2	Bungay Black Dog RC
273	256	Charnele Kaukini	FO	1:01:54.03	1:01:54.03	
274	254	Liz Jones	FO	1:01:55.91	1:01:55.91	Norwich Road Runners
275	100	Adrian Cole	M50	1:01:59.24	1:01:59.24	Stowmarket Striders RC
276	143	Rebekah Edholm	FO	1:01:59.98	1:01:59.98	
277	297	Daniel Mayhew	MO	1:02:01.34	1:02:01.34	
278	348	Carl Pearson	MO	1:02:04.99	1:02:04.99	
279	99	Nathan Cole	MO	1:02:05.36	1:02:05.36	
280	49	Steve Bowen	M60	1:02:11.9	1:02:11.9	Hadleigh Hares
281	500	John Lambert	M65	1:02:12.71	1:02:12.71	Ipswich JAFFA
282	268	Laura Leach	FO	1:02:15.94	1:02:15.94	Ely Runners
283	306	James Mehmed	M40	1:02:22.9	1:02:22.9	
284	276	Arabella Lewendon	F50	1:02:29.97	1:02:29.97	Stowmarket Striders RC
285	351	Moira Pinkney	F65	1:02:36.63	1:02:36.63	Ipswich Triathlon Club
286	462	Sharon Warland	F50	1:02:36.7	1:02:36.7	
287	44	Nancy Blick	FO	1:02:47.56	1:02:47.56	
288	159	Clayton Fosker	MO	1:02:47.75	1:02:47.75	
289	342	Karen Page	F40	1:02:49.05	1:02:49.05	Saint Edmund Pacers
290	91	Kevin Clark	M45	1:02:51.37	1:02:51.37	Bungay Black Dog RC
291	374	Denise Robinson	F55	1:03:01.1	1:03:01.1	Stowmarket Striders RC
292	224	Dani Holford	FO	1:03:05.62	1:03:05.62	
293	442	Jo Thompson	FO	1:03:06.81	1:03:06.81	
294	162	Jess Free-smith	FO	1:03:06.95	1:03:06.95	
295	314	Colin Monks	M65	1:03:10.95	1:03:10.95	Blackheath & Bromley Harriers A
296	226	Linda Hones	F50	1:03:25.13	1:03:25.13	Newmarket Cycling & Triathlon
297	194	Julie Grooms	F50	1:03:32.1	1:03:32.1	Framlingham Flyers
298	473	David Whitehead	M55	1:03:33.39	1:03:33.39	
299	253	Timothy Johnson	MO	1:03:35.02	1:03:35.02	Wymondham AC
300	110	Alexandra Cresswell	FO	1:03:35.78	1:03:35.78	
301	107	Ruth Cowlin	F50	1:03:38.45	1:03:38.45	
302	472	Michelle Whitehead	F50	1:03:41.49	1:03:41.49	
303	102	William Collins	M65	1:03:56.27	1:03:56.27	
304	80	Karen Chamberlain	F45	1:03:57.55	1:03:57.55	Ipswich JAFFA RC
305	352	Sharn Ponsford	F40	1:03:58.5	1:03:58.5	Coltishall Jaguars
306	421	Richard Sore	M45	1:04:00.63	1:04:00.63	Ipswich JAFFA RC
307	13	Chris Aylmer	M60	1:04:13.37	1:04:13.37	Newmarket Joggers
308	124	Anna Dawson	FO	1:04:18.27	1:04:18.27	
309	233	Andrew Hughes	MO	1:04:20.77	1:04:20.77	Lawley Running Club
310	475	Angela Whiting	F50	1:04:23.36	1:04:23.36	Stowmarket Striders RC
311	439	Donna Talbot	FO	1:04:31.18	1:04:31.18	
312	248	Rebecca Jennings	F45	1:04:31.39	1:04:31.39	Saint Edmund Pacers
313	401	Jonathan Shaw	MO	1:04:31.71	1:04:31.71	
314	97	Jacquelyn Cobbold	F40	1:04:33.87	1:04:33.87	Hadleigh Hares
315	455	Sadie Van Seggelen	FO	1:04:42.8	1:04:42.8	
316	422	Jeremy Sore	M50	1:04:49.71	1:04:49.71	

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317	174	Malene Godson	F45	1:04:51.6	1:04:51.6	Stowmarket Striders RC
318	123	Kate Dawson	FO	1:04:51.95	1:04:51.95	
319	7	Justine Ambrose	FO	1:04:59.52	1:04:59.52	
320	257	Tabitha Keeble	FO	1:05:01.61	1:05:01.61	Norwich Road Runners
321	209	Craig Hawkins	MO	1:05:06.77	1:05:06.77	Stowmarket Striders RC
322	137	Keir Downey	MO	1:05:07.79	1:05:07.79	
323	278	Lesley Linden	F55	1:05:14.41	1:05:14.41	Joggers & Jaunters
324	154	Nicola Flack	F40	1:05:17.22	1:05:17.22	
325	171	Bex Gilbert	FO	1:05:18.05	1:05:18.05	Run For Your Life
326	8	Patrick Armstrong	MO	1:05:24.42	1:05:24.42	
327	212	Andy Hayward	MO	1:05:30.52	1:05:30.52	Stowmarket Striders RC
328	460	Susanne Walton	FO	1:05:32.49	1:05:32.49	
329	138	Jessica Downey	FO	1:05:34.03	1:05:34.03	
330	489	Jeffrey Wright	M55	1:05:44.92	1:05:44.92	Blackpool Wyre & Flyde AC
331	12	Chris Axford	M50	1:05:45.47	1:05:45.47	Jogging Made Easy
332	113	John Cullum	M65	1:05:48.05	1:05:48.05	Saint Edmund Pacers
333	9	Wendy Atkinson	F45	1:05:53.54	1:05:53.54	Stowmarket Striders RC
334	92	Tina Clarke	F45	1:05:53.74	1:05:53.74	Tiptree Road Runners
335	432	Nicola Stevenson	F55	1:05:55.39	1:05:55.39	Felixstowe RRC
336	428	Gavin Spurr	M45	1:06:02.99	1:06:02.99	Run For Your Life
337	30	Ruth Belsom	F50	1:06:08.32	1:06:08.32	
338	68	Sheila Buck	F45	1:06:13.92	1:06:13.92	Sudbury Joggers
339	379	Tracey Rose	F45	1:06:21.29	1:06:21.29	Stowmarket Striders RC
340	440	Sara Taylor-balls	F50	1:06:36.04	1:06:36.04	Hadleigh Hares
341	205	Anne Harvey	F50	1:06:37.22	1:06:37.22	Ipswich JAFFA RC
342	287	Sarah Mark	F40	1:06:37.32	1:06:37.32	Framlingham Flyers
343	251	Nigel Johns	M50	1:07:03.4	1:07:03.4	Capel Cheetahs
344	412	Keelan Smith	MO	1:07:18.28	1:07:18.28	Saxmundham Saxons
345	118	David Daniels	M50	1:07:41.54	1:07:41.54	Stowmarket Striders RC
346	22	Annabel Batchelor	F40	1:07:51.83	1:07:51.83	
347	189	Terri Green	FO	1:07:54.18	1:07:54.18	Ipswich JAFFA RC
348	106	Donna Cornwell	FO	1:08:11.78	1:08:11.78	
349	181	Melissa Goodrich	FO	1:08:11.82	1:08:11.82	
350	448	Hayley Townsend	FO	1:08:15.3	1:08:15.3	
351	150	Joanna Fellowes	FO	1:08:18.04	1:08:18.04	
352	411	Jane Skoulding	F40	1:08:18.85	1:08:18.85	Stowmarket Striders RC
353	291	Claire Maskery	FO	1:08:20.8	1:08:20.8	
354	190	Sarah Green	F45	1:08:33.55	1:08:33.55	
355	235	Terry Hunter	M60	1:08:35.06	1:08:35.06	Stowmarket Striders RC
356	218	Marianne Hedge	M40	1:08:39.86	1:08:39.86	Felixstowe RRC
357	186	Kevin Grant	M55	1:08:42.29	1:08:42.29	Commando Runners
358	362	Emma Ransome	FO	1:08:45.94	1:08:45.94	
359	395	Elizabeth Severy	F55	1:08:53.41	1:08:53.41	Ipswich JAFFA RC
360	372	Jan Risebrow	F50	1:08:56.49	1:08:56.49	
361	129	Lucy Denny	FO	1:09:03.87	1:09:03.87	West Suffolk Wheelers & Triathlo
362	302	Debbie Mcdowall	F50	1:09:04.01	1:09:04.01	Stowmarket Striders RC
363	293	Dawn Mason	F55	1:09:11.03	1:09:11.03	West Suffolk AC
364	457	Isabel Vicente	F45	1:09:29.64	1:09:29.64	Newmarket Joggers
365	465	Sarah Watkins	F40	1:09:30.14	1:09:30.14	Hadleigh Hares
366	203	Emma Harrison	FO	1:10:03.81	1:10:03.81	
367	491	Julie Wright	F50	1:10:07.14	1:10:07.14	
368	347	Samantha Patton	FO	1:10:09.17	1:10:09.17	
369	207	Ruth Hatch	F45	1:10:23.87	1:10:23.87	
370	456	Sam Vata	F40	1:10:25.07	1:10:25.07	
371	34	Eleanor Berry	FO	1:10:27.96	1:10:27.96	
372	228	Rhonda Horne	FO	1:10:28.09	1:10:28.09	
373	392	Will Schwer	MO	1:10:29.93	1:10:29.93	Felixstowe RRC
374	446	David Tillett	M45	1:10:30.15	1:10:30.15	
375	166	Michelle Gardner	F45	1:10:31.31	1:10:31.31	Haverhill Running Club
376	470	Jo Whelan	F50	1:10:41.67	1:10:41.67	Felixstowe RRC
377	112	Rachel Crisp	F40	1:10:41.89	1:10:41.89	Felixstowe RRC
378	155	Chelsie Fleming-smith	FO	1:10:43.7	1:10:43.7	
379	46	Lisa Bond	F45	1:10:47.32	1:10:47.32	Ipswich JAFFA RC
380	427	Stephen Spencer	M60	1:10:48.71	1:10:48.71	Brandon Fern Hoppers

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381	71	Angela Burdett	F45	1:10:50.82	1:10:50.82	Stowmarket Striders RC
382	377	Gillian Rogers	F55	1:10:56.18	1:10:56.18	
383	332	Philip Nutley	M65	1:10:56.52	1:10:56.52	Saint Edmund Pacers
384	42	Paul Bird	M50	1:10:58.81	1:10:58.81	Bungay Black Dog RC
385	406	Sandra Sidoli	F50	1:11:18.98	1:11:18.98	
386	459	Wojciech Walkowski	M40	1:11:27.87	1:11:27.87	
387	160	Garrick Fox	M65	1:11:30.49	1:11:30.49	
388	451	Ruth Turnbull	F40	1:11:39.58	1:11:39.58	
389	198	Ruth Hambling	FO	1:11:44.2	1:11:44.2	Hadleigh Hares
390	259	Trish Kempson	F50	1:12:06.2	1:12:06.2	Hadleigh Hares
391	24	Chrissie Baxter	F40	1:12:10.36	1:12:10.36	Hadleigh Hares
392	320	Claire Mortimer	F50	1:12:10.83	1:12:10.83	Hadleigh Hares
393	364	Angela Ransome	F45	1:12:22.2	1:12:22.2	
394	55	Sharon Breward	F40	1:12:25.44	1:12:25.44	Sudbury Joggers
395	350	Sarah Pennock	FO	1:12:25.62	1:12:25.62	Sudbury Joggers
396	424	Stacy Southgate	FO	1:12:39.95	1:12:39.95	
397	331	Helen Norman	F45	1:12:40.04	1:12:40.04	Hadleigh Hares
398	48	Beckie Bowen	F55	1:12:40.22	1:12:40.22	Hadleigh Hares
399	255	Hannah Josephs	FO	1:13:04.18	1:13:04.18	
400	73	Marianne Burnell	F65	1:13:06.06	1:13:06.06	Ipswich JAFFA RC
401	498	Emma Patterson	FO	1:13:10.11	1:13:10.11	
402	499	Adrian Patterson	MO	1:13:10.47	1:13:10.47	
403	244	Claire Jay	F50	1:13:21.99	1:13:21.99	Stowmarket Striders RC
404	413	Faye Smith	FO	1:13:44.6	1:13:44.6	
405	301	Juliet Mcdonald Doig	F45	1:14:00.92	1:14:00.92	
406	132	Jo Dickinson	F45	1:14:05.66	1:14:05.66	Felixstowe RRC
407	369	Jean Reynolds	F50	1:14:06.43	1:14:06.43	Brandon Fern Hoppers
408	275	Denise Lefley	F50	1:14:07.33	1:14:07.33	
409	313	Melissa Mills	FO	1:14:07.43	1:14:07.43	Jogging Made Easy
410	353	Michelle Poole	F40	1:14:09.17	1:14:09.17	
411	104	Anne Convey	F55	1:14:22.76	1:14:22.76	
412	464	Andy Warren	MO	1:14:25.24	1:14:25.24	
413	26	Karen Bedwell	F45	1:14:26.51	1:14:26.51	
414	479	Marie Williams	F40	1:14:52.13	1:14:52.13	
415	426	Teresa Southgate	F50	1:15:02.14	1:15:02.14	
416	223	Susan Hodges	F60	1:15:02.54	1:15:02.54	Stowmarket Striders RC
417	300	Christine Mccoll	F50	1:15:14.44	1:15:14.44	
418	196	Samantha Grose	F45	1:15:14.63	1:15:14.63	Saint Edmund Pacers
419	168	Suzanne George	F55	1:15:14.75	1:15:14.75	Joggers & Jaunters
420	338	Justin Ostler	M40	1:15:19.41	1:15:19.41	Felixstowe RRC
421	267	Neil Lay	MO	1:15:20.21	1:15:20.21	Felixstowe RRC
422	15	Jessica Baldry	FO	1:15:24.98	1:15:24.98	Run for your Life
423	407	Wendy Sillet	F55	1:15:55.02	1:15:55.02	
424	250	Barry Jessup	MO	1:15:56.4	1:15:56.4	
425	249	Donna Jessup	FO	1:15:56.49	1:15:56.49	
426	420	Sally Solomon	F45	1:16:07.45	1:16:07.45	Felixstowe RRC
427	88	Tina Church	F40	1:16:29.91	1:16:29.91	Saxmundham Saxons
428	121	Julie Davis	F50	1:17:31.29	1:17:31.29	
429	158	Paul Forshaw	M60	1:18:42.04	1:18:42.04	Fetch Everyone Running Club
430	120	Mary Davidson	F60	1:19:52.6	1:19:52.6	
431	115	Tina Cullum	FO	1:20:39.67	1:20:39.67	Run for your life
432	234	Sue Hunter	F55	1:20:40.83	1:20:40.83	Stowmarket Striders RC
433	394	Andrew Severy	M55	1:20:41.31	1:20:41.31	Ipswich JAFFA RC
434	122	Tim Davy	MO	1:21:07	1:21:07	Run For Your Life
435	477	Nichola Whymark	FO	1:22:19.94	1:22:19.94	
436	490	Jill Wright	F60	1:22:20.48	1:22:20.48	
437	337	Anneli Ostler	FO	1:23:11.48	1:23:11.48	Felixstowe RRC
438	271	Diana Lee	F55	1:23:14.49	1:23:14.49	JME
439	299	Emma MCarthy	FO	1:25:53.29	1:25:53.29	
440	319	Gwendolyn Morris	F45	1:27:16.11	1:27:16.11	
441	326	Emma Nesling	F45	1:27:22.61	1:27:22.61	
442	19	Maddy Barrett	FO	1:27:24.42	1:27:24.42	Run For Your Life
443	481	Nichala Wilson	FO	1:27:27.97	1:27:27.97	Capel Cheetahs
444	449	Anita Tricker	F40	1:28:57.38	1:28:57.38	

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445	236	Emma Hutton	FO	1:31:08.96	1:31:08.96	
446	37	Maxine Bills	F40	1:32:34.34	1:32:34.34	
447	393	Michaela Sears	F45	1:33:42.61	1:33:42.61	
448	453	Brian Turner	M65	1:33:42.8	1:33:42.8	Ipswich JAFFA RC