

Stowmarket Striders Friday 5 - Overall Results - 13th June 2014

Place	First Name	Last Name	Team	Bib No	Age	Age Group Place	Chip Time	Gun Time
1	TOM	FAIRBROTHER	Ipswich JAFFA RC	127	26	1 M 20-39	28:09	28:09
2	ROBERT	REASON	Harwich Runners	278	34	2 M 20-39	28:26	28:26
3	ADAM	WADE	Ipswich JAFFA RC	309	32	3 M 20-39	29:13	29:13
4	GLENN	DOUGLAS	Saint Edmund Pacers	126	33	1 M 20-39	29:30	29:30
5	JIM	LAST	Framlingham Flyers	34	37	2 M 20-39	29:49	29:49
6	NICK	PALMER	Stowmarket Striders RC	125	39	3 M 20-39	30:07	30:07
7	SIMON	DALE	Great Bentley RC	263	38	4 M 20-39	30:21	30:21
8	ADAM	HOWLETT		176	43	1 M 40-44	30:31	30:31
9	THOMAS	WHITE	Saint Edmund Pacers	103	32	5 M 20-39	30:37	30:37
10	PAUL	WAIN	Ipswich JAFFA RC	251	15	1 M 15-19	30:50	30:50
11	MATTHEW	HUNT	Ipswich JAFFA RC	156	37	6 M 20-39	30:59	30:59
12	ODETTE	ROBSON	Saint Edmund Pacers	190	42	1 F 40-44	30:59	30:59
13	DARREN	SHEPPARD	Framlingham Flyers	114	43	2 M 40-44	31:06	31:06
14	BEN	TURLEY	Ipswich JAFFA RC	310	31	7 M 20-39	31:49	31:49
15	SAMUEL	BURDETT	Stowmarket Striders RC	38	19	2 M 15-19	31:54	31:54
16	SAM	POWELL		299	28	8 M 20-39	31:58	31:58
17	TOM	AMES	Stowmarket Striders RC	271	33	9 M 20-39	32:03	32:03
18	TIM	HANMAN		74	43	3 M 40-44	32:12	32:12
19	CHRIS	PERRY	Saint Edmund Pacers	286	39	10 M 20-39	32:30	32:30
20	WILL	BLACKBURN	Ipswich Harriers	57	15	3 M 15-19	32:43	32:43
21	MARK	RUTTER	Harwich Runners	261	51	1 M 50-54	32:45	32:45
22	PAUL	NICKELLS	Woodbridge Shufflers RRC	48	51	2 M 50-54	32:48	32:48
23	OLIVER	QUINTON		235	20	11 M 20-39	32:48	32:48
24	ADAM	ALLARD		100	38	12 M 20-39	33:03	33:03
25	TONY	ROBERTS	Framlingham Flyers	1	48	1 M 45-49	33:05	33:05
26	SAM	BROOKE	Felixstowe RRC	51	23	13 M 20-39	33:10	33:10
27	PETER	BIRD	Saint Edmund Pacers	6	40	4 M 40-44	33:12	33:12
28	TERRY	BACK	Ipswich JAFFA RC	260	57	1 M 55-59	33:17	33:17
29	ANDY	TAYLOR	Saint Edmund Pacers	315	39	14 M 20-39	33:28	33:28
30	JUSTIN	HENDER	Felixstowe RRC	225	43	5 M 40-44	33:33	33:33
31	BENJAMIN	CUTHBERT	Sudbury Joggers	184	36	15 M 20-39	33:40	33:40
32	STEVEN	HUGHES	Stowmarket Striders RC	150	50	3 M 50-54	33:45	33:45
33	JAMES	HAYWARD	Stowmarket Striders RC	236	27	16 M 20-39	33:46	33:46
34	JOHN	GREENER	Saint Edmund Pacers	268	45	2 M 45-49	33:49	33:49
35	STEWART	WHITE	Saint Edmund Pacers	26	36	17 M 20-39	33:50	33:50
36	ROBIN	HARPER	Felixstowe RRC	90	38	18 M 20-39	33:56	33:56
37	JACK	MASON		205	22	19 M 20-39	34:01	34:01
38	PAUL	BROWN	Framlingham Flyers	119	48	3 M 45-49	34:05	34:05
39	MATTHEW	HASKELL	Ipswich Harriers	16	15	4 M 15-19	34:18	34:18
40	TOM	WAKE	Ipswich JAFFA RC	267	28	20 M 20-39	34:22	34:22
41	MICHELLE	GORDON	Felixstowe RRC	232	33	2 F 20-34	34:37	34:37
42	LEE	MARKHAM	Woodbridge Shufflers RRC	210	34	21 M 20-39	34:42	34:42
43	ADRIAN	GOODE	Ipswich Harriers	284	50	4 M 50-54	34:46	34:46
44	STEVE	BROOKE	Felixstowe RRC	50	45	4 M 45-49	34:49	34:49
45	PAUL	GARDINER		274	43	6 M 40-44	34:59	34:59
46	LIZZIE	IRVINE	Wimbledon Windmilers	123	29	3 F 20-34	35:01	35:01
47	STEVE	WHITTAKER	Woodbridge Shufflers RRC	167	50	5 M 50-54	35:09	35:09
48	ANSELM	GURNEY		76	48	5 M 45-49	35:10	35:10
49	NEVILLE	CLARKE	newmarket joggers	182	60	1 M 60-99	35:11	35:11
50	CLAIRE	DANN		42	32	1 F 20-34	35:13	35:13
51	STEPHEN	CURRAN	Woodbridge Shufflers RRC	196	50	6 M 50-54	35:18	35:18
52	JOHN	HOOD	Mid Essex Casuals	316	52	7 M 50-54	35:18	35:18
53	STEVEN	KING	Felixstowe RRC	306	42	7 M 40-44	35:19	35:19
54	ANNA	CLAYTON	Saint Edmund Pacers	111	29	2 F 20-34	35:20	35:20
55	ROD	PRIME	Ipswich JAFFA RC	165	47	6 M 45-49	35:23	35:23
56	CLIVE	DAVEY	Sudbury Joggers	45	44	8 M 40-44	35:23	35:23
57	VINCE	CALVER	Felixstowe RRC	257	44	9 M 40-44	35:25	35:25
58	RUSSEL	BREYER	Ipswich JAFFA RC	17	51	8 M 50-54	35:26	35:26
59	MALCOLM	SAVAGE	Springfield Striders RC	195	67	2 M 60-99	35:29	35:29
60	JOHN	WESTON	Ipswich JAFFA RC	171	58	2 M 55-59	35:31	35:31
61	VAL	JENNINGS	Ipswich JAFFA RC	159	50	1 F 50-54	35:32	35:32
62	ADRIAN	FROST		102	43	10 M 40-44	35:43	35:43
63	CHRIS	CHORLEY	Bungay Black Dog RC	15	51	9 M 50-54	35:43	35:43
64	NEIL	GILLINGHAM	Ipswich Harriers	23	31	22 M 20-39	35:51	35:51
65	SIMON	MERRICK	Felixstowe RRC	280	39	23 M 20-39	35:54	35:54
66	PAUL	WILDMAN	Stowmarket Striders RC	124	29	24 M 20-39	35:55	35:55
67	STEPHEN	HATTEN	Saint Edmund Pacers	168	48	7 M 45-49	35:58	35:58
68	JASON	WALKER	Stowmarket Striders RC	293	42	11 M 40-44	36:00	36:00
69	MARCUS	CATLIN	Ipswich JAFFA RC	13	39	25 M 20-39	36:04	36:04
70	DANIEL	THOMAS	Saint Edmund Pacers	222	40	12 M 40-44	36:09	36:09
71	STEPHEN	PUGH	Ipswich JAFFA RC	25	56	3 M 55-59	36:12	36:12
72	RAYMOND	HILL	Ipswich JAFFA RC	93	64	3 M 60-99	36:14	36:14

Place	First Name	Last Name	Team	Bib No	Age	Age Group Place	Chip Time	Gun Time
73	GEORGE	LANKESTER	Ipswich JAFFA RC	153	18	5 M 15-19	36:15	36:15
74	NEAL	BASSETT	Stowmarket Striders RC	180	36	26 M 20-39	36:16	36:16
75	ALAN	JACKSON	Ipswich JAFFA RC	3	55	4 M 55-59	36:17	36:17
76	SEAN	CONNOR		224	43	13 M 40-44	36:18	36:18
77	GUY	HAYWARD	Framlingham Flyers	276	42	14 M 40-44	36:19	36:19
78	ANDREW	ELLIOTT	Stowmarket Striders RC	175	43	15 M 40-44	36:19	36:19
79	GEORGIA	GARVIN	Ipswich JAFFA RC	233	22	3 F 20-34	36:20	36:20
80	ALAN	HART	Stowmarket Striders RC	275	38	27 M 20-39	36:25	36:25
81	DUNCAN	CHENERY	Ipswich JAFFA RC	7	54	10 M 50-54	36:29	36:29
82	RICHARD	GRIMSDELL	Saint Edmund Pacers	99	46	8 M 45-49	36:31	36:31
83	MARK	GOODWIN	Felixstowe RRC	67	41	16 M 40-44	36:33	36:33
84	PETER	WOODS	Stowmarket Striders RC	55	31	28 M 20-39	36:33	36:33
85	JAMIE	SIMS	Stowmarket Striders RC	298	42	17 M 40-44	36:38	36:38
86	CARL	FITCH	Ipswich JAFFA RC	66	28	29 M 20-39	36:41	36:41
87	IAN	GOODERHAM	Saint Edmund Pacers	4	47	9 M 45-49	36:48	36:48
88	CHRIS	FOX		140	47	10 M 45-49	37:01	37:01
89	JIM	COMBER	Sudbury Joggers	62	42	18 M 40-44	37:04	37:04
90	JOHN	CROSS		259	48	11 M 45-49	37:04	37:04
91	GARY	GARNHAM	Ipswich JAFFA RC	2	53	11 M 50-54	37:06	37:06
92	REBECCA	PITTMAN	Springfield Striders RC	8	52	2 F 50-54	37:08	37:08
93	SIMON	ENGLISH	Norwich Road Runners	147	39	30 M 20-39	37:21	37:21
94	CHRISTINE	ANTHONY	West Suffolk AC	303	51	3 F 50-54	37:26	37:26
95	JOHN	SQUIRRELL	Stowmarket Striders RC	245	61	4 M 60-99	37:27	37:27
96	JESSIE	GOODERHAM	Saint Edmund Pacers	253	17	1 F 15-19	37:35	37:35
97	JACK	MABBUTT	Hadleigh Hares AC	98	15	6 M 15-19	37:36	37:36
98	SHAUN	JONES	Stowmarket Striders RC	218	34	31 M 20-39	37:37	37:37
99	STEPHEN	DIXON	Ipswich JAFFA RC	92	49	12 M 45-49	37:39	37:39
100	PAUL	WRIGHT	Woodbridge Shufflers RRC	49	30	32 M 20-39	37:40	37:40
101	PHILIP	WINTER		204	39	33 M 20-39	37:43	37:43
102	JULIE	CARNEY	Stowmarket Striders RC	296	44	1 F 40-44	38:06	38:06
103	DAVID	BEIGHTON	Saint Edmund Pacers	60	37	34 M 20-39	38:12	38:12
104	TIM	NEWTON	Ipswich JAFFA RC	170	63	5 M 60-99	38:16	38:16
105	MARCUS	GYNN	newmarket joggers	256	35	35 M 20-39	38:18	38:18
106	JEREMY	BELL		88	42	19 M 40-44	38:28	38:28
107	MARK	LANKESTER	Ipswich JAFFA RC	152	46	13 M 45-49	38:28	38:28
108	ELIZABETH	STACEY		313	34	4 F 20-34	38:30	38:30
109	PAUL	BERRIMAN		70	41	20 M 40-44	38:33	38:33
110	STEVEN	RUE	Saint Edmund Pacers	188	62	6 M 60-99	38:34	38:34
111	ISOBEL	RENN	Ipswich JAFFA RC	82	17	2 F 15-19	38:35	38:35
112	DIANNE	HUGHES	Stowmarket Striders RC	151	51	4 F 50-54	38:39	38:39
113	FRANCIS	MILLS	Harwich Runners	200	35	36 M 20-39	38:48	38:48
114	DEAN	BREWARD	Sudbury Joggers	101	44	21 M 40-44	38:52	38:52
115	MELVYN	MAYCOCK		157	32	37 M 20-39	39:01	39:01
116	DAVID	CHAPMAN	Sudbury Joggers	46	43	22 M 40-44	39:08	39:08
117	GLEN	PARFETT		158	41	23 M 40-44	39:10	39:10
118	SADIE	SPRING		281	27	38 M 20-39	39:12	39:12
119	ALISTAIR	GOODIER	Ipswich JAFFA RC	252	46	14 M 45-49	39:13	39:13
120	CHARLIE	STEWART		194	38	39 M 20-39	39:14	39:14
121	PAUL	SCHWER	Felixstowe RRC	54	53	12 M 50-54	39:15	39:15
122	PAUL	OSBORNE	Felixstowe RRC	208	37	40 M 20-39	39:17	39:17
123	JONNY	LEVETT		192	48	15 M 45-49	39:40	39:40
124	PAUL	KING	Sudbury Joggers	75	40	24 M 40-44	39:45	39:45
125	CHRIS	RIDGEON		301	63	7 M 60-99	39:47	39:47
126	PAUL	MCALLISTER	Capel Cheetahs	248	48	16 M 45-49	39:50	39:50
127	SIMON	WIGGINS	Felixstowe RRC	59	41	25 M 40-44	39:51	39:51
128	DANIEL	MORGAN	Saint Edmund Pacers	203	38	41 M 20-39	39:55	39:55
129	MARTIN	JARVIS		226	39	42 M 20-39	40:00	40:00
130	PHIL	DAVIES	Ipswich JAFFA RC	105	48	17 M 45-49	40:02	40:02
131	ASHLEY	SMY	Ipswich JAFFA RC	289	32	43 M 20-39	40:05	40:05
132	JAMES	FOX	Saxmundham Sports Running	223	36	44 M 20-39	40:07	40:07
133	CLARE	BARSTOW	Framlingham Flyers	155	36	1 F 35-39	40:10	40:10
134	CHARLES	SHOOLBRED	newmarket joggers	39	65	8 M 60-99	40:11	40:11
135	IAN	MACE	Woodbridge Shufflers RRC	304	56	5 M 55-59	40:12	40:12
136	MIKE	FOSTER		220	28	45 M 20-39	40:21	40:21
137	PHIL	MARSDEN	Ipswich JAFFA RC	231	54	13 M 50-54	40:34	40:34
138	DAVID	SHEAHAN		146	54	14 M 50-54	40:36	40:36
139	ROBBIE	BURT	Saint Edmund Pacers	160	46	18 M 45-49	40:38	40:38
140	SARAH	WHYAND		264	39	2 F 35-39	40:50	40:50
141	DOM	SOUTH		277	39	46 M 20-39	40:53	40:53
142	MICK	TAYLOR		163	60	9 M 60-99	40:53	40:53
143	FRANK	MOGGAN	Stowmarket Striders RC	185	64	10 M 60-99	40:54	40:54
144	CHRIS	WILDING		202	40	26 M 40-44	40:56	40:56
145	STUART	WEAVER		164	41	27 M 40-44	40:56	40:56
146	FIONA	HUNT	Ipswich JAFFA RC	212	42	2 F 40-44	40:59	40:59

Place	First Name	Last Name	Team	Bib No	Age	Age Group Place	Chip Time	Gun Time
147	NIKKI	VINCE	Hadleigh Hares AC	149	40	3 F 40-44	41:03	41:03
148	LOUISE	GODDARD	Stowmarket Striders RC	183	40	4 F 40-44	41:06	41:06
149	SAMANTHA	LINASSI	Ipswich JAFFA RC	179	38	3 F 35-39	41:06	41:06
150	JENNY	SHEAHAN		145	52	5 F 50-54	41:07	41:07
151	MARION	PARKER	Felixstowe RRC	30	51	6 F 50-54	41:08	41:08
152	IAN	THURGOOD	Stowmarket Striders RC	117	54	15 M 50-54	41:09	41:09
153	MARTIN	JONES		104	42	28 M 40-44	41:13	41:13
154	MARTIN	PARKER		115	24	47 M 20-39	41:13	41:13
155	TIM	DE ROY-CHENNEL	Ipswich JAFFA RC	133	53	16 M 50-54	41:14	41:14
156	MICHELLE	CONSTABLE	Ipswich JAFFA RC	108	48	1 F 45-49	41:17	41:17
157	ANNA	SMITH	Stowmarket Striders RC	28	40	5 F 40-44	41:24	41:24
158	SIMON	REDMOND		112	44	29 M 40-44	41:24	41:24
159	STUART	APPLEBY		113	49	19 M 45-49	41:30	41:30
160	SUZANNE	HEATH	Ipswich JAFFA RC	138	44	6 F 40-44	41:44	41:44
161	RACHAEL	HAMBLYN	Ipswich JAFFA RC	128	35	4 F 35-39	41:47	41:47
162	FRANK	TYLDESLEY	Saint Edmund Pacers	230	52	17 M 50-54	41:48	41:48
163	PETER	JAY	Saint Edmund Pacers	213	53	18 M 50-54	41:50	41:50
164	JANE	DE BOLTZ	Ipswich JAFFA RC	246	49	2 F 45-49	41:55	41:55
165	THOMAS	HOBLYN	Saint Edmund Pacers	35	50	19 M 50-54	42:02	42:02
166	GAIL	MACKIE	Felixstowe RRC	186	24	5 F 20-34	42:04	42:04
167	ROGER	HOBSON	Woodbridge Shufflers RRC	94	68	11 M 60-99	42:07	42:07
168	SIAN	HICKS	Colchester & Tendring AC	255	16	3 F 15-19	42:11	42:11
169	GAVIN	RIDGEON		297	37	48 M 20-39	42:13	42:13
170	LISA	BARWICK		244	40	7 F 40-44	42:22	42:22
171	MARK	BLACKBURN	Ipswich JAFFA RC	56	44	30 M 40-44	42:25	42:25
172	ERIC	SHAW	Great Bentley RC	12	68	12 M 60-99	42:31	42:31
173	PETER	FINCH		135	52	20 M 50-54	42:37	42:37
174	ANDREW	LEATHER	Ipswich JAFFA RC	254	52	21 M 50-54	42:39	42:39
175	STEVE	ROBINSON	Stowmarket Striders RC	308	59	6 M 55-59	42:43	42:43
176	CATHERINE	WAGER		221	30	6 F 20-34	42:45	42:45
177	SANDRA	WEBB	Saint Edmund Pacers	288	44	8 F 40-44	42:47	42:47
178	CHRIS	COOK	Saint Edmund Pacers	272	65	13 M 60-99	42:49	42:49
179	JOHN	PENNY		173	59	7 M 55-59	42:49	42:49
180	TONY	HARVEY		295	62	14 M 60-99	42:52	42:52
181	JO	PARDEN	Framlingham Flyers	120	47	3 F 45-49	42:58	42:58
182	REBECCA	CLARE	Woodbridge Shufflers RRC	148	48	4 F 45-49	43:08	43:08
183	DAVID	TAYLOR	Framlingham Flyers	96	65	15 M 60-99	43:11	43:11
184	SHONA	BENDIX	Bungay Black Dog RC	206	47	5 F 45-49	43:18	43:18
185	HAYLEY	HARPER	Ipswich JAFFA RC	134	39	5 F 35-39	43:21	43:21
186	CLAIRE	TRICKER	Stowmarket Striders RC	243	29	7 F 20-34	43:24	43:24
187	DUNCAN	CHAMBERLAIN		258	49	20 M 45-49	43:24	43:24
188	PAUL	DEWISON		36	61	16 M 60-99	43:34	43:34
189	DAVID	REID	Stowmarket Striders RC	209	53	22 M 50-54	43:38	43:38
190	DAVID	COLEY	Ipswich JAFFA RC	287	64	17 M 60-99	43:40	43:40
191	PIPPA	CRESDEE	Ipswich JAFFA RC	265	29	8 F 20-34	43:41	43:41
192	JAYNE	BURMAN	Felixstowe RRC	33	24	9 F 20-34	43:46	43:46
193	DANIEL	GOULD	Felixstowe RRC	58	39	49 M 20-39	43:46	43:46
194	KEITH	BORRETT	Stowmarket Striders RC	53	60	18 M 60-99	43:48	43:48
195	JOANNE	HARPER	Felixstowe RRC	91	32	10 F 20-34	43:50	43:50
196	LAUREN	CRAWFORD	Sudbury Joggers	266	28	11 F 20-34	43:52	43:52
197	DIANE	WOOLLER	Colchester & Tendring AC	177	60	1 F 55-99	43:55	43:55
198	MARK	AVERY	Ipswich JAFFA RC	197	48	21 M 45-49	43:56	43:56
199	SARA	BLOOR	Saxons	201	47	6 F 45-49	44:02	44:02
200	NICK	GOOD	Ipswich JAFFA RC	139	49	22 M 45-49	44:04	44:04
201	RICHARD	SMITH	Felixstowe RRC	247	54	23 M 50-54	44:07	44:07
202	ADRIAN	SAUNDERS		305	41	31 M 40-44	44:12	44:12
203	ANNABEL	BENNETT	Felixstowe RRC	11	49	7 F 45-49	44:13	44:13
204	TOBIAS	STOKES		312	24	50 M 20-39	44:16	44:16
205	FRANK	GARDINER	Great Bentley RC	193	59	8 M 55-59	44:18	44:18
206	LISA	SMITH		71	33	12 F 20-34	44:23	44:23
207	BOBBIE	SAUERZAPF	Bungay Black Dog RC	14	55	2 F 55-99	44:27	44:27
208	MANDY	GODBOLD	Ipswich Harriers	118	46	8 F 45-49	44:36	44:36
209	JACQUELYN	COBBOLD		198	39	6 F 35-39	44:36	44:36
210	DEE	ST LEDGER	Sudbury Joggers	85	49	9 F 45-49	44:38	44:38
211	RITA	RUE	Saint Edmund Pacers	189	53	7 F 50-54	44:42	44:42
212	GLYN	PECK	Harwich Runners	174	73	19 M 60-99	44:45	44:45
213	JOAQUIM	MONTEIRO	Haverhill running club	311	60	20 M 60-99	44:55	44:55
214	SARAH	JOBBS		109	49	10 F 45-49	45:09	45:09
215	LISA	BOND	Ipswich JAFFA RC	129	44	9 F 40-44	45:18	45:18
216	ELOISE	BIRD	Saint Edmund Pacers	5	46	11 F 45-49	45:21	45:21
217	DAVID	LAMPARD	Felixstowe RRC	121	50	24 M 50-54	45:33	45:33
218	MICK	MULLEY		141	57	9 M 55-59	45:51	45:51
219	ADRIAN	COLE		250	52	25 M 50-54	45:55	45:55
220	WYN	JONES	Felixstowe RRC	191	59	10 M 55-59	46:04	46:04

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221	WILL	SCHWER		142	29	51 M 20-39	46:05	46:05
222	KATHRYN	GERRY	Woodbridge Shufflers RRC	187	43	10 F 40-44	46:06	46:06
223	ANGELA	WHITING	Stowmarket Striders RC	249	51	8 F 50-54	46:26	46:26
224	ALISON	TAYLOR		154	48	12 F 45-49	46:28	46:28
225	BELINDA	GODBOLD	Ipswich JAFFA RC	144	55	3 F 55-99	46:33	46:33
226	JONATHAN	BROOKS		279	44	32 M 40-44	46:52	46:52
227	SARAH	PENNOCK	Sudbury Joggers	44	35	52 M 20-39	46:56	46:56
228	STEVEN	MOWLES	Felixstowe RRC	169	45	23 M 45-49	47:01	47:01
229	ALISON	BEECH	Ipswich JAFFA RC	181	55	4 F 55-99	47:03	47:03
230	NICOLA	STEVENSON		78	54	9 F 50-54	47:06	47:06
231	CLARE	PHILLIPS	Mid Essex Casuals	314	49	13 F 45-49	47:10	47:10
232	GRAHAM	WAUDBY		69	44	33 M 40-44	47:13	47:13
233	JENNY	JARRETT	Felixstowe RRC	89	50	10 F 50-54	47:52	47:52
234	TERESA	BAILEY	Framlingham Flyers	10	46	14 F 45-49	47:55	47:55
235	VIVIENNE	TAYLOR	Framlingham Flyers	95	61	5 F 55-99	48:00	48:00
236	CLAIRE	BATTEY		262	34	13 F 20-34	48:05	48:05
237	VICKI	DUNCAN		24	34	14 F 20-34	48:08	48:08
238	JOHN	CULLUM		273	66	21 M 60-99	48:11	48:11
239	LOUISE	PAPWORTH	Harwich Runners	178	40	11 F 40-44	48:23	48:23
240	MAUREEN	WRIGHT	Ipswich JAFFA RC	130	68	6 F 55-99	48:26	48:26
241	CARLA	WIGGINS	Felixstowe RRC	27	33	15 F 20-34	48:30	48:30
242	MARTIN	FULLER	Felixstowe RRC	217	48	24 M 45-49	48:43	48:43
243	AMELIE	JARVIS		242	36	7 F 35-39	49:06	49:06
244	TIM	FINEGAN	Felixstowe RRC	21	52	26 M 50-54	49:22	49:22
245	ROSIE	BENNETT	Felixstowe RRC	137	15	4 F 15-19	49:24	49:24
246	CALLUM	HEMPSTEAD		237	15	7 M 15-19	49:25	49:25
247	STEPHEN	CARTWRIGHT	Colchester & Tendring AC	47	56	11 M 55-59	49:33	49:33
248	JACQUELINE	LUMSDEN	Ipswich JAFFA RC	172	45	15 F 45-49	49:38	49:38
249	MIKE	DEACON	Felixstowe RRC	136	69	22 M 60-99	49:41	49:41
250	ROB	DANN		43	62	23 M 60-99	50:05	50:05
251	DAVID	LLEWELLYN	Stowmarket Striders RC	199	56	12 M 55-59	50:08	50:08
252	HEIDI	BROWN		166	21	16 F 20-34	50:16	50:16
253	SUE	HARGADON	Ipswich Triathlon Club	63	59	7 F 55-99	50:19	50:19
254	ANNE	OLIVER	Felixstowe RRC	307	59	8 F 55-99	50:29	50:29
255	TERRY	BRAVERMAN	Haverhill running club	20	69	24 M 60-99	50:37	50:37
256	ANNE	HARVEY	Ipswich JAFFA RC	73	50	11 F 50-54	50:38	50:38
257	LIZ	O'RIORDAN	Stowmarket Striders RC	79	39	8 F 35-39	50:38	50:38
258	LESLEY	COOPER	Felixstowe RRC	32	44	12 F 40-44	50:40	50:40
259	CLAIR	FIDDAMAN		234	36	9 F 35-39	50:40	50:40
260	TERESA	JENNINGS		229	56	9 F 55-99	50:43	50:43
261	PAUL	LOFT		107	53	27 M 50-54	50:46	50:46
262	MANDY	SPURGEON	Framlingham Flyers	302	50	12 F 50-54	50:57	50:57
263	NATALIE	PENNINGTON		291	38	10 F 35-39	51:25	51:25
264	BILL	COX	Framlingham Flyers	64	71	25 M 60-99	51:42	51:42
265	MEL	CHITTOCK		215	58	13 M 55-59	51:57	51:57
266	RICHARD	SORE	Ipswich JAFFA RC	106	44	34 M 40-44	52:05	52:05
267	DIANA	BRAVERMAN	Cambridge & Coleridge AC	19	62	10 F 55-99	52:09	52:09
268	PHILIP	NUTLEY	Saint Edmund Pacers	41	66	26 M 60-99	52:10	52:10
269	CHARLOTTE	RICHARDSON	Ipswich JAFFA RC	241	38	11 F 35-39	52:16	52:16
270	JANET	LOMAS	Framlingham Flyers	292	47	16 F 45-49	52:19	52:19
271	HEATHER	MARSDEN		228	53	13 F 50-54	52:46	52:46
272	HANNAH	COX		161	19	5 F 15-19	52:47	52:47
273	PETER	REEVE	Great Bentley RC	282	54	28 M 50-54	53:05	53:05
274	KATE	JONES	Stowmarket Striders RC	219	33	17 F 20-34	53:27	53:27
275	JO	DICKINSON	Felixstowe RRC	22	44	13 F 40-44	53:37	53:37
276	JEREMY	SCOPES	Ipswich JAFFA RC	294	59	14 M 55-59	53:53	53:53
277	LOUISE	REEVE	Great Bentley RC	283	16	6 F 15-19	53:55	53:55
278	JACKIE	COLLINS		207	45	17 F 45-49	54:03	54:03
279	PAUL	FORSHAW	Fetch Everyone Running Club	61	61	27 M 60-99	54:12	54:12
280	KARLA	READ	Felixstowe RRC	216	35	12 F 35-39	55:08	55:08
281	JEAN	COX	Woodbridge Shufflers RRC	65	71	11 F 55-99	56:47	56:47
282	JEREMY	SORE		300	49	25 M 45-49	56:53	56:53
283	VICTORIA	SMITH	Stowmarket Striders RC	270	30	18 F 20-34	58:20	58:20
284	SALLY	SOLOMON	Felixstowe RRC	116	47	18 F 45-49	58:39	58:39
285	ANNELI	OSTLER	Felixstowe RRC	290	32	19 F 20-34	58:39	58:39
286	JANET	GREEN	Framlingham Flyers	238	67	12 F 55-99	59:06	59:06
287	ANGELA	SOAMES	Felixstowe RRC	227	39	13 F 35-39	1:01:06	1:01:06
288	SHARON	BREWARD	Sudbury Joggers	81	42	14 F 40-44	1:01:25	1:01:25
289	LOUISE	SIMPSON	Southend AC	239	30	20 F 20-34	1:04:59	1:04:59
290	DAVID	NUGENT	Great Bentley RC	285	65	28 M 60-99	1:07:13	1:07:13