

Stowmarket Friday 5

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	225	Andrew Rooke	MO	0:26:24.01	Ipswich JAFFA RC
2	344	Joshua Entwhistle	MO	0:28:27.08	Felixstowe RRC
3	358	Thomas Adams	U20M	0:28:59.08	Ipswich Harriers
4	168	Jim Last	MO	0:29:15	Framlingham Flyers
5	123	Kieran Hayles	MO	0:30:01.94	Sudbury Joggers
6	165	Tom Kingsnorth	MO	0:30:31.14	Saint Edmund Pacers
7	143	Adam Howlett	M45	0:30:37.05	Framlingham Flyers
8	1	Thomas Abbott	U20M	0:30:39.7	Ipswich Harriers
9	175	Steve Mason	MO	0:30:43.38	SRC cambridge
10	54	Nicholas Clarke	MO	0:30:54.89	Ipswich JAFFA RC
11	354	Scott Macsephney	M45	0:31:05.12	Ipswich JAFFA RC
12	42	Trevor Bunch	M40	0:31:09.91	Haverhill Running Club
13	261	Peter Thompson	M55	0:31:15.28	Walden Tri
14	64	Tom Cresswell	MO	0:31:15.41	Sudbury Joggers
15	222	Odette Robson	F40	0:31:16.99	Saint Edmund Pacers
16	321	Darren Shepard	M45	0:31:19.68	Framlingham Flyers
17	289	James Wilson	MO	0:31:22.19	Saxmundham Saxons
18	221	Joe Robson	U20M	0:31:25.55	Saint Edmund Pacers
19	66	Garry Cullum	M40	0:31:45.68	Ipswich JAFFA RC
20	262	John Thorpe	M45	0:32:07.8	Ipswich JAFFA RC
21	115	Tim Hanman	M45	0:32:18.41	Ipswich JAFFA RC
22	371	Benjamin Jacobs	M40	0:32:35.1	Felixstowe RRC
23	71	Benjamin Cuthbert	MO	0:32:39.97	Sudbury joggers
24	39	Andrew Buck	M50	0:32:44.44	Sudbury Joggers
25	290	Jason Wing	M45	0:32:48.68	
26	249	Dave Solomon	M45	0:32:59.12	Felixstowe RRC
27	110	John Greener	M45	0:33:01.16	Saint Edmund Pacers
28	119	Lee Harrison	U20M	0:33:06.62	Ipswich Harriers
29	367	Steve Brooke	M45	0:33:09.91	Felixstowe RRC
30	346	Michael Falcone	MO	0:33:12.46	Saint Edmund Pacers
31	197	Paul Nickells	M50	0:33:15.14	Woodbridge Shufflers RC
32	226	Abigail Rose	U20F	0:33:16.49	Ipswich Harriers
33	325	Scott Williams	MO	0:33:21.51	Stowmarket Striders RC
34	3	Will Aldred	M45	0:33:21.61	Framlingham Flyers
35	329	Ben Jeffery	MO	0:33:31.98	
36	117	Robin Harper	M40	0:33:32.61	Felixstowe RRC
37	145	Steven Hughes	M50	0:33:33.62	Stowmarket Striders RC
38	27	Marcus Boon	MO	0:33:34.22	Ipswich JAFFA RC
39	311	David Bartholomew	M45	0:33:36.93	
40	364	Joe Adams	M45	0:33:40.92	
41	97	Georgia Garvin	FO	0:33:41.97	Ipswich JAFFA RC
42	103	Jon Glanfield	MO	0:33:44.05	Felixstowe RRC
43	312	Dave Lumby	M55	0:34:07.79	Ipswich JAFFA RC
44	266	Chris Tye	M45	0:34:15.65	Ipswich Triathlon Club
45	280	Elliot Wells	MO	0:34:22.14	Stowmarket Striders RC
46	111	William Haining	M60	0:34:24.14	Harwich Runners
47	203	Ritchie Parkins	M40	0:34:27.53	Stowmarket Striders RC
48	224	Brian Rogers	M60	0:34:32.28	Ipswich JAFFA RC
49	38	Paul Brown	M50	0:34:33.17	Framlingham Flyers
50	349	Alice Goodwin	U20F	0:34:34.44	Ipswich Harriers
51	331	Jordan Beaumont	MO	0:34:38.17	Ipswich JAFFA RC
52	86	Jess Farthing	M40	0:34:42.2	Felixstowe RRC
53	104	Andy Glass	M40	0:34:45.76	Sudbury Joggers
54	176	Melvyn Maycock	MO	0:34:46.93	
55	314	Alistair Angus	MO	0:34:50.41	
56	183	Emma Mortimer	FO	0:34:54.01	Ipswich JAFFA RC
57	361	Adam Clarke	MO	0:34:59.36	Saint Edmund Pacers
58	144	James Howlett	M40	0:35:00.98	FRAMLINGHAM FLYERS
59	343	Jamie Roper	MO	0:35:05.93	SRC cambridge
60	235	Nigel Schofield	M50	0:35:07.29	Saint Edmund Pacers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	37	Lee Brown	MO	0:35:09.31	Haverhill Running Club
62	62	James Cornish	MO	0:35:10.31	Woodbridge Shufflers RC
63	112	Stewart Hambling	M45	0:35:11.24	Framlingham Flyers
64	211	Rakesh Raja	M45	0:35:13.08	Saint Edmund Pacers
65	336	Aiden Church	U20M	0:35:13.78	Saxons
66	310	Howard Revell	M50	0:35:14.96	Framlingham Flyers
67	60	Darren Cook	M40	0:35:17.5	Felixstowe RRC
68	219	Oliver Riches	MO	0:35:20.82	Hadleigh Hares AC
69	350	George Solomon	MO	0:35:23.49	
70	333	Peter Woods	MO	0:35:24.28	Felixstowe RRC
71	182	Henry Morrison	M40	0:35:28.16	
72	187	Clarke Neville	M60	0:35:32.67	Newmarket Joggers
73	369	Tom Jarrod	M40	0:35:43.89	Ipswich Triathlon Club
74	173	Esther Lury	F35	0:35:45.43	Ipswich JAFFA RC
75	70	Stephen Curran	M50	0:35:45.83	Framlingham Flyers
76	186	Steven Neal	M45	0:35:47.47	Brandon Fern hoppers
77	19	Jeremy Bell	M40	0:35:48.02	
78	158	Ben Jennings	MO	0:35:49.97	
79	335	Arthur Whiston	M65	0:35:52.86	Colchester Harriers
80	332	Agata Obidowiz	FO	0:35:54.07	
81	195	Tim Newton	M65	0:36:01.71	Ipswich JAFFA RC
82	124	Guy Hayward	M40	0:36:02.97	Framlingham Flyers
83	284	Steve Whittaker	M50	0:36:10.46	Woodbridge Shufflers RC
84	330	Jake Church	U20F	0:36:13.75	
85	52	Chris Chorley	M50	0:36:26.92	Bungay Black Dog RC
86	147	David Hurley	M50	0:36:27.71	Mid Essex Casuals
87	68	Ian Cunnington	M50	0:36:30.01	Saint Edmund Pacers
88	301	Robin Belsom	M55	0:36:33.12	Ipswich JAFFA RC
89	162	Sean Kennedy	MO	0:36:37.93	Woodbridge Shufflers RC
90	209	Stephen Pugh	M55	0:36:47.04	Ipswich JAFFA RC
91	100	Neil Gillingham	MO	0:36:52.55	Ipswich Harriers
92	152	Alan Jackson	M55	0:36:55.73	Ipswich JAFFA RC
93	368	Mark Vince	M40	0:36:57.72	Woodbridge Shufflers RC
94	353	Robert Page	MO	0:37:02.64	Ipswich JAFFA RC
95	206	Rebecca Pittman	F50	0:37:04.32	Springfield Striders
96	154	Martin Jarvis	M40	0:37:08.99	
97	9	Samantha Banks	F35	0:37:11.42	Ipswich JAFFA RC
98	316	Verity Smith	F40	0:37:15.98	Ipswich JAFFA RC
99	10	Michael (bill) Banner	M50	0:37:16.48	
100	281	John Weston	M60	0:37:20.75	Ipswich JAFFA RC
101	89	David Fordham	M65	0:37:22.27	Saxmundham Saxons
102	57	Sarah Colbert	F45	0:37:25.87	Springfield Striders
103	33	Kallum Breward	U20M	0:37:28.52	Sudbury Joggers
104	270	Simon Wallis	MO	0:37:29.95	Haverhill Running Club
105	327	Richard Taylor	M60	0:37:30.33	Springfield striders
106	248	Mel Snare	F40	0:37:30.86	Framlingham Flyers
107	67	Ellie Cumner	F35	0:37:31.75	Colchester & Tending AC
108	375	Mark Flatman	M40	0:37:32.82	
109	77	Ben Dean	MO	0:37:40.25	Diss & District AC
110	351	Nicholas Bell	MO	0:37:49.53	Ipswich JAFFA RC
111	135	Claire Hoblyn	F50	0:37:51.87	Saint Edmund Pacers
112	374	Darren Barfield	MO	0:37:55.59	Sudbury Joggers
113	166	Paul Lacey	M45	0:37:57.28	Hadleigh Hares AC
114	92	Chris Fox	M45	0:38:00.32	Woodbridge Shufflers RC
115	96	Gary Garnham	M55	0:38:02.76	Ipswich JAFFA RC
116	207	Stephen Pretty	M55	0:38:03.55	Stowmarket Striders RC
117	287	Neil Williamson	M40	0:38:14.64	Newmarket Joggers
118	23	Christopher Bing	MO	0:38:18.3	Ipswich JAFFA RC
119	18	Dave Beighton	MO	0:38:30.64	Saint Edmund Pacers
120	72	Derek Daly	M50	0:38:33.68	
121	53	Daniel Clark	M40	0:38:34.02	Felixstowe RRC
122	238	David Seymour	M55	0:38:38.48	Felixstowe RRC
123	339	Steven Rue	M60	0:38:45.25	Saint Edmund Pacers
124	272	Peter Warland	M50	0:38:46.73	

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125	109	Shaun Good	M50	0:38:49.17	Felixstowe RRC
126	201	Ruth Palmer	F35	0:38:49.41	Saint Edmund Pacers
127	370	Andrew Hammond	M60	0:38:51.15	Norfolk Gazelles
128	215	Simon Redmond	M45	0:38:57.11	
129	17	Philip Beer	M50	0:39:04.07	Stowmarket Striders RC
130	267	Cheryl Tye	F45	0:39:09.55	Purple Patch Runners
131	172	Sarah Lewis	FO	0:39:23.4	Woodbridge Shufflers RC
132	78	Richard Dempsey	M45	0:39:24.38	Woodbridge Shufflers RC
133	356	Steve Robinson	M60	0:39:27.38	Stowmarket Striders RC
134	304	Chris Johns	M55	0:39:34.28	
135	243	Charles Shoolbred	M65	0:39:35.05	Ipswich JAFFA RC
136	347	Katy Burgin	FO	0:39:35.75	Huntingdon AC
137	150	William Ibbotson	M50	0:39:42.83	
138	50	Lynsey Chenery	FO	0:39:45.29	Ipswich JAFFA RC
139	102	Mark Gipson	M45	0:39:47.49	
140	46	Neil Carter	MO	0:39:48.13	Ipswich JAFFA RC
141	75	Phil Davies	M50	0:39:49.5	Ipswich JAFFA RC
142	83	Rick Emberson	M45	0:39:58.96	
143	254	Tony Sparkes	M45	0:39:58.99	
144	125	Jeremy Head	MO	0:40:03.28	
145	108	Belinda Godbold	M55	0:40:03.47	Ipswich JAFFA RC
146	73	David Daniels	M50	0:40:07.93	Stowmarket Striders RC
147	137	Kevin Holley	M50	0:40:10.6	Run For Your Life
148	278	Sandra Webb	F45	0:40:18.31	Saint Edmund Pacers
149	279	Vince Webb	M45	0:40:18.66	Saint Edmund Pacers
150	199	Sandy Page	F35	0:40:20.57	
151	136	Tom Hoblyn	M50	0:40:23.88	Saint Edmund Pacers
152	28	Sally-ann Bowen	F40	0:40:24.96	Sudbury Joggers
153	55	Wayne Close	MO	0:40:26.9	
154	240	David Sheahan	M55	0:40:35.47	
155	12	Clare Barstow	F35	0:40:37.1	
156	177	Paul Mcallister	M50	0:40:38.26	Hadleigh Hares AC
157	233	Matt Saunders	MO	0:40:38.45	Felixstowe RRC
158	191	Warren Newell	M50	0:40:39.16	
159	246	Alex Smith	F40	0:40:39.16	Stowmarket Striders RC
160	380	Peter Finch	M50	0:40:45.31	Ipswich JAFFA RC
161	128	Paul Heeks	M45	0:40:46.2	Stowmarket Striders RC
162	184	Wayne Mumford	M45	0:40:55.29	Sudbury Joggers
163	271	Dan Ward	M40	0:40:55.59	Stowmarket Striders RC
164	107	Mark Godbold	M45	0:40:59.5	Ipswich Harriers
165	155	Peter Jay	M55	0:41:05.94	Saint Edmund Pacers
166	218	Matthew Reynolds	MO	0:41:08.04	Lowestoft Road Runners
167	228	Jimmy Russell	M45	0:41:09.77	Felixstowe RRC
168	234	Malcolm Savage	M65	0:41:14.51	Springfield striders
169	161	Carol Kemp	F35	0:41:16	Felixstowe RRC
170	26	Darren Bond	M45	0:41:18.4	Ipswich JAFFA RC
171	323	Reece Gooderman	U20M	0:41:18.93	Saint Edmund Pacers
172	239	Jenny Sheahan	F50	0:41:22.88	
173	342	Julian Mair	M50	0:41:32.7	SRC cambridge
174	241	Michael Sheldrake	MO	0:41:33.7	Ipswich JAFFA RC
175	315	Keith Borrett	M60	0:41:42.26	Felixstowe RRC
176	373	Phil Marsden	M55	0:41:43.6	Ipswich JAFFA RC
177	122	Craig Hawkins	MO	0:41:43.7	Stowmarket Striders RC
178	29	Penny Boyle	FO	0:41:51.69	
179	381	Sandra Bumphey	F40	0:42:03.98	Capel Cheetahs
180	291	Paul Winter	M65	0:42:07.94	
181	293	Jennifer Wright	F35	0:42:18.44	Ipswich JAFFA RC
182	40	Kerry Buckley	M45	0:42:20.25	
183	130	Michelle Hewitt	FO	0:42:25.28	Framlingham Flyers
184	185	Joe Naughton	M50	0:42:29.08	Stowmarket Striders RC
185	366	Jack Wicks	MO	0:42:30.37	Great Bentley Running Club
186	16	Kate Beer	F45	0:42:39.28	Stowmarket Striders RC
187	259	David Taylor	M65	0:42:41.19	Framlingham Flyers
188	232	Bobbie Sauerzapf	F55	0:42:42.38	Bungay Black Dog RC

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189	196	Jonathan Nicholls	M55	0:42:51.61	
190	69	Fiona Cunnington	F55	0:42:52.61	
191	48	Duncan Chamberlain	M50	0:42:54.05	Ipswich JAFFA RC
192	244	Karen Skene	F45	0:42:55.64	Great Bentley Running Club
193	13	Claire Battey	F35	0:42:57.2	Stowmarket Striders RC
194	308	Hien Hoang	F35	0:42:57.35	Great Bentley Running Club
195	360	Richard Fellingham	M65	0:42:57.5	Stowmarket Striders RC
196	352	Stephen Chapman	M45	0:42:57.64	
197	216	Melanie Reid	F35	0:42:58.79	
198	35	Chris Bright	MO	0:42:58.8	
199	214	Bob Reason	M50	0:43:10.16	
200	44	Simon Butler	M50	0:43:14.59	
201	275	Graham Waudby	M45	0:43:17.81	
202	305	Adrian Nuttall	M45	0:43:17.84	
203	357	Stephen Williams	M60	0:43:19.9	Saint Edmund Pacers
204	126	Unknown Runner	MO	0:43:24.3	
205	273	Sharon Warland	F50	0:43:25.91	
206	317	Brian Munns	M50	0:43:27.54	Newmarket Joggers
207	318	Jim Withers	M60	0:43:30.7	Newmarket Joggers
208	276	Kirsty Weavers	F50	0:43:38.02	Saint Edmund Pacers
209	378	Claire Douglas	FO	0:43:43.91	
210	245	Keelan Smith	MO	0:43:44.55	Saxmundham Saxons
211	274	Helen Wass	F50	0:43:49.42	Newmarket Joggers
212	322	Ian Gooderman	M45	0:43:49.45	Saint Edmund Pacers
213	379	Aaron Heard	MO	0:43:54.96	Ipswich JAFFA RC
214	94	Frank Gardiner	M60	0:43:57.97	Great Bentley Running Club
215	372	Mon Lee	M55	0:43:58.68	Ipswich JAFFA RC
216	189	Melody-anne Neville	F45	0:43:59.17	Stowmarket Striders RC
217	251	Jeremy Sore	M50	0:44:00.98	
218	205	John Penny	M60	0:44:05.18	
219	296	George Wright	MO	0:44:17.04	
220	192	John Newell	M50	0:44:26.54	Wymondham AC
221	14	Linda Baxter	F50	0:44:33.25	
222	297	Lena Wright	F35	0:44:35.99	Haverhill Running Club
223	179	Frank Moggan	M65	0:44:39.44	Stowmarket Striders RC
224	247	Richard Smith	M55	0:44:41.57	Felixstowe RRC
225	45	Elizabeth Cahill	F50	0:44:42.43	Braintree & District AC
226	134	Alan Hillyard	M50	0:44:44.68	Ipswich JAFFA RC
227	167	Dave Lampard	M50	0:44:46.49	Felixstowe RRC
228	334	Alexander Dewison	FO	0:44:48.39	
229	171	Arabella Lewendon	F50	0:44:49.78	Stowmarket Striders RC
230	34	Steve Bright	M50	0:44:54.76	
231	340	Jennifer Bird	F45	0:45:03.03	Saint Edmund Pacers
232	341	Kevin Bird	M50	0:45:03.17	Saint Edmund Pacers
233	138	Ellen Hollingworth	F50	0:45:05.92	Stowmarket Striders RC
234	299	Doug French	M45	0:45:07.75	Felixstowe RRC
235	302	Jason Smith	M45	0:45:10.21	
236	377	Eddie Douglas	M60	0:45:10.39	
237	7	Teresa Bailey	F45	0:45:13.63	Framlingham Flyers
238	79	Paul Dewison	M60	0:45:13.81	
239	91	Shirley Fowler	F50	0:45:17.29	Haverhill Running Club
240	153	Rebecca Jackson	FO	0:45:20.64	Diss & District AC
241	298	Goldie Yule	F40	0:45:29.17	
242	5	Mark Avery	M50	0:45:34.67	Ipswich JAFFA RC
243	200	Karen Page	F45	0:45:37.91	Saint Edmund Pacers
244	24	Claire Blanchford	F35	0:45:45.97	Saint Edmund Pacers
245	58	Adrian Cole	M50	0:45:47.67	Stowmarket Striders RC
246	250	Richard Sore	M45	0:46:01.9	Ipswich JAFFA RC
247	204	Sarah Pennock	F35	0:46:04.47	Sudbury Joggers
248	170	Gin Lawson	F45	0:46:05.52	Sudbury Joggers
249	338	Rita Rue	F55	0:46:05.71	Saint Edmund Pacers
250	252	Daniel Southgate	MO	0:46:06.01	
251	90	Gaynor Foster	F40	0:46:07.18	
252	59	Jackie Collins	F50	0:46:12.42	Felixstowe RRC

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253	15	Alison Beech	F55	0:46:14.25	Ipswich JAFFA RC
254	146	Iain Hunter	M55	0:46:26.99	Stowmarket Striders RC
255	263	David Tillet	M45	0:46:30.31	Run For Your life
256	193	Mark Newman	MO	0:46:42.6	
257	114	Kendra Hammond	FO	0:46:55.51	Stowmarket Striders RC
258	4	Mark Allen	M55	0:46:57.66	Woodbridge Shufflers RC
259	295	Maureen Wright	F65	0:47:24.04	Ipswich JAFFA RC
260	159	Hannah Josephs	FO	0:47:37.02	
261	20	Annabel Bennett	F50	0:47:40.53	Felixstowe RRC
262	212	Robyn Rake	FO	0:47:43.06	Stowmarket Striders RC
263	328	Catherine Morgan	F40	0:47:43.44	
264	82	Karen Eaton	F45	0:47:47.21	Run For Your Life
265	217	Steven Reynolds	M55	0:47:53.49	
266	140	Farren Hooper	FO	0:48:06.75	
267	376	Laura Brown	FO	0:48:14.06	Stowmarket Striders RC
268	303	Lisa Bond	F45	0:48:16.22	Ipswich JAFFA RC
269	242	Stuart Shepherd	M50	0:48:26.22	Saint Edmund Pacers
270	258	Vivienne Taylor	F60	0:48:28.79	Framlingham Flyers
271	237	Kate Sewell	F45	0:48:29.64	Capel Cheetahs
272	157	Rebecca Jennings	F50	0:48:31.94	
273	313	Hannah Maycock	FO	0:48:36.84	
274	348	Maira Pinkney	F65	0:48:38.13	Ipswich Triathlon Club
275	174	Jenny Lynch	F50	0:48:40.06	Felixstowe RRC
276	6	Chris Aylmer	M65	0:48:41.35	Newmarket Joggers
277	120	Julie Haselwood	F60	0:48:45.22	Ipswich JAFFA RC
278	309	Claire Trott	F35	0:48:58.8	
279	306	Ant Whittaker	M50	0:49:05.25	
280	255	Gavin Spurr	M45	0:49:07.62	Run For Your life
281	47	Karen Chamberlain	F45	0:49:10.62	Ipswich JAFFA RC
282	106	Mandy Godbold	F45	0:49:17.41	Ipswich Harriers
283	142	Stuart Howell	MO	0:49:21.66	
284	208	Amanda Prior	F45	0:49:22.51	Capel Cheetahs
285	283	Angela Whiting	F50	0:49:25.23	Stowmarket Striders RC
286	95	Michelle Gardner	F45	0:49:29.54	Haverhill Running Club
287	81	Diane Doyle	F35	0:49:32.59	Framlingham Flyers
288	288	Susan Wilshaw	F60	0:49:48.09	Capel Cheetahs
289	43	John Bush	M50	0:50:04.54	Great Bentley Running Club
290	253	Stacy Southgate	F35	0:50:12.54	
291	25	Gavin Boag	MO	0:50:18.96	Stowmarket Striders RC
292	307	Louise Judge	F45	0:50:22.41	
293	257	Matthew Stocks	MO	0:50:38.94	
294	85	Katie Everett	F35	0:51:03.28	Framlingham flyers
295	101	Mike Gillingham	M60	0:51:10.28	
296	11	Jordan Barfield	FO	0:51:16.22	Haverhill Running Club
297	99	Lisa Gaughan	F45	0:51:23.14	Capel Cheetahs
298	269	Grahame Walkingshaw	M50	0:51:32.3	
299	260	Janis Taylor	F50	0:51:41.44	Ipswich JAFFA RC
300	84	Melonie Evans	F45	0:51:46.12	Sudbury Joggers
301	213	Bridget Read	F35	0:51:47.46	Felixstowe RRC
302	282	Susan Whiting	F45	0:51:53.31	Ipswich JAFFA RC
303	116	Sue Hargadon	F60	0:52:24.01	Ipswich Triathlon Club
304	355	Nicki Macsephney	F45	0:52:34.04	
305	149	Sharon Ibbotson	F45	0:52:48.08	
306	129	Callum Hempstead	U20M	0:52:57.38	
307	151	Bob Jack	M55	0:53:02.38	Bungay Black Dog RC
308	56	Lee Close	MO	0:53:08.54	
309	210	Sally Quirk	M55	0:53:08.83	Stowmarket Striders RC
310	51	Mel Chittock	M60	0:53:59.93	
311	337	Tina Church	F40	0:54:17.89	Saxons
312	32	Sharon Breward	F40	0:54:30.14	Sudbury Joggers
313	8	Jane Bailey	F60	0:54:48.74	Felixstowe RRC
314	121	Ruth Hatch	F45	0:55:13.35	
315	268	Sam Vata	F45	0:55:13.68	
316	131	Carl Higgins	M55	0:55:18.77	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
317	31	Terry Braverman	M70	0:55:53.74	Haverhill Running Club
318	30	Diana Braverman	F60	0:55:55.05	Cambridge & Coleridge AC
319	132	Valerie Higgins	F50	0:56:02.46	
320	80	Jo Dickinson	F45	0:56:12.93	Felixstowe RRC
321	359	Nick Williams	M40	0:56:58.97	Felixstowe RRC
322	194	Emma Newman	F40	0:57:56.26	
323	320	Maddy Barrelett	FO	0:58:08.63	
324	363	Alan Barnard	M55	0:58:16.43	
325	362	Francis Barnard	FO	0:58:16.56	Capel Cheetahs
326	319	Alison Renshaw	F35	0:58:39.41	
327	63	Jean Cox	F65	1:00:00.15	Woodbridge Shufflers RC
328	141	Trish Hopkins	F60	1:00:33.03	Felixstowe RRC
329	292	Debbie Woodbridge	F45	1:00:42.23	Ipswich JAFFA RC
330	227	Jules Rudkin	F55	1:02:22.13	
331	285	Nichola Whymark	F35	1:03:35.29	
332	294	Jill Wright	F60	1:03:35.74	
333	264	Martin Tilley	M70	1:04:39.37	Saint Edmund Pacers
334	345	Claire Keefe	F35	1:06:20.75	Stowmarket Striders RC
335	324	Jo Whelan	F55	1:06:21.1	Felixstowe RRC
336	169	Amy Law	U20F	1:11:13.09	Felixstowe RRC
337	236	Will Schwer	MO	1:11:13.98	Felixstowe RRC