

# Stowmarket Half Marathon - 19 March 2017

Position	Bib	Name	AG	Finish Time	Club
1	142	Michael Eccles	MO	1:13:30.05	Norfolk Gazelles
2	96	Lee Cook	MO	1:15:10.85	Waveney Valley Athletics Club
3	211	Scott Hill	MO	1:16:54.58	RAF Triathlon
4	373	Danny Rock	MO	1:17:25.29	Ipswich JAFFA RC
5	146	Craig Fiddaman	MO	1:17:49.1	Ipswich JAFFA RC
6	70	Keith Burrows	M40	1:18:17.12	
7	273	Paul Lyon	MO	1:19:53.23	Lowestoft Road Runners
8	262	Tim Larke	M40	1:22:39.34	Stowmarket Striders RC
9	463	Tom Wake	MO	1:22:49.44	Ipswich JAFFA RC
10	227	Adam Howlett	M45	1:23:34.81	Framlingham Flyers
11	418	Adam Smith	MO	1:23:45.42	Great Bentley RC
12	203	Richard Hayes	M40	1:23:47.43	
13	372	Odette Robson	F45	1:23:47.95	Saint Edmund Pacers
14	325	Ryan Ostler	MO	1:24:17.78	Ipswich JAFFA RC
15	44	Warren Birch	M50	1:24:42.86	Ipswich JAFFA RC
16	442	Jason Taylor	M40	1:25:09.35	Felixstowe RRC
17	134	Jason Duff	MO	1:25:22.56	Felixstowe RRC
18	238	Benjamin Jacobs	M40	1:25:33.14	Felixstowe RRC
19	405	Stuart Simmons	M40	1:25:36	Ipswich JAFFA RC
20	308	Ross Murphy	MO	1:25:39.21	
21	100	Jonathan Cordle	M50	1:26:31.98	Tri-Anglia Triathlon Club
22	150	Andrew Flack	M45	1:27:25.57	
23	317	Paul Nickells	M50	1:27:28.87	Woodbridge Shufflers RC
24	31	Howard Beasley	M55	1:27:34.5	Saint Edmund Pacers
25	102	Rupert Cottam	MO	1:27:35.78	London Heathside
26	95	Wayne Cook	M40	1:27:39.31	Colchester Harriers
27	205	Alice Heather-hayes	F40	1:27:45.98	Hadleigh Hares AC
28	182	John Greener	M45	1:27:47.41	Saint Edmund Pacers
29	61	Steve Brooke	M45	1:27:47.73	Felixstowe RRC
30	495	Andrew Manning	M50	1:28:22.73	Bungay Black Dog
31	193	Robin Harper	M40	1:28:39.55	Felixstowe RRC
32	268	Chris Leek	M40	1:28:40.63	Framlingham Flyers
33	450	Andrew Thorndyke	MO	1:28:43.88	Oxford Tri
34	359	Neil Reid	MO	1:29:05.58	
35	435	Craig Stuart	MO	1:29:12.19	
36	190	Charles Hann	M50	1:29:20.99	Sudbury Joggers
37	120	Alistair Dick	M50	1:30:01.54	Ipswich JAFFA RC
38	298	Matthew Mcnair	MO	1:30:19.2	
39	272	Dave Lumby	M55	1:30:27.39	Ipswich JAFFA RC
40	117	Tom Denlegh-maxwell	MO	1:30:48.35	
41	17	Carl Baker	M45	1:31:02.83	Run For Your Life
42	160	Paul Gardiner	M45	1:31:14.12	
43	148	Yusuf Firat	M50	1:31:56.8	Haverhill RC
44	474	Elliot Wells	MO	1:32:15.34	Stowmarket Striders RC
45	493	Tom Pullinger	M45	1:32:18.82	Bungay Black Dog
46	258	Kevin Knights	MO	1:32:24.85	
47	246	Daniel Jones	MO	1:32:25.46	Ipswich Harriers
48	419	Richard Smith	M40	1:32:28.82	Sudbury joggers
49	81	Marcus Catlin	M40	1:32:45.8	Ipswich JAFFA RC
50	118	Chris Dennett	MO	1:33:02.93	
51	106	Steve Cresswell	M40	1:33:21.51	Cambridge & Coleridge AC
52	11	Alistair Angus	MO	1:33:36.66	
53	60	Stephen Brook	M40	1:33:51.15	Stowmarket Striders RC
54	394	Tim Sexton	M45	1:33:55.99	Norfolk Gazelles
55	4	Adam Allard	M40	1:34:17.64	
56	62	Sam Brooke	MO	1:34:18.56	Felixstowe RRC
57	421	Ben Snelling	M45	1:34:22.45	Norwich Road Runners
58	35	Dave Beighton	M40	1:34:38.54	Saint Edmund Pacers
59	285	Melvyn Maycock	MO	1:34:52.4	
60	143	Alex Elliott	MO	1:35:01.2	
61	374	Brian Rogers	M60	1:35:09.82	Ipswich JAFFA RC
62	345	Stephen Pugh	M55	1:35:10.85	Ipswich JAFFA RC
63	248	Shaun Jones	MO	1:35:36.81	Stowmarket Striders RC
64	301	Kirsty Millard	FO	1:35:42.32	Haverhill RC
65	216	Jonny Hodges	MO	1:36:11.18	
66	316	Shaun Nicholls	MO	1:36:32.39	Ipswich JAFFA RC
67	126	Paul Dockerill	MO	1:36:38.71	Newmarket joggers
68	26	Alastair Bartlett	MO	1:36:39.39	Woodbridge Shufflers RC
69	93	Andrew Collett	MO	1:36:42.63	Stowmarket Striders RC
70	475	Matthew Wesley	MO	1:36:44.87	

71	135	Ian Duggan	M50	1:36:53.84	
72	380	Michael Rushton	M40	1:36:57.18	Saint Edmund Pacers
73	64	Mike Brown	M40	1:37:07.76	Stowmarket Striders RC
74	165	Neil Gillingham	MO	1:37:28.51	Ipswich Harriers
75	390	Nigel Schofield	M50	1:37:31.9	Saint Edmund Pacers
76	292	Ron Mccullough	M70	1:37:51.85	Ipswich JAFFA RC
77	164	George Gay	MO	1:38:01.45	City of Norwich AC
78	338	Jonathan Pestell	MO	1:38:02.52	
79	348	Felicity Quinn	FO	1:38:04.34	North Norfolk Beach Runners
80	251	Sean Kennedy	MO	1:38:19.1	Woodbridge Shufflers RC
81	80	Brian Carter	M40	1:38:19.23	
82	170	Jessie Gooderham	FO	1:38:53.58	Saint Edmund Pacers
83	280	David Marsh	MO	1:39:21.61	
84	167	Jon Glanfield	MO	1:39:22.84	Felixstowe RRC
85	342	Justin Potter	MO	1:39:38.66	Stowmarket Striders
86	79	Eddie Carman	M45	1:40:24.79	North Norfolk Beach Runners
87	46	Peter Bird	M40	1:40:33.92	Saint Edmund Pacers
88	278	Michael Marriott	M60	1:40:42.36	
89	409	Simon Sinclair	M50	1:41:01.32	
90	209	Simon Herbert	M45	1:41:01.32	
91	184	Gary Groves	M50	1:41:18.5	
92	111	Christian Daniels	MO	1:41:35.72	
93	22	Robert Ball	MO	1:41:46.87	
94	396	Daniel Shanks	M40	1:41:48.07	Felixstowe RRC
95	94	Kevin Cook	MO	1:41:50.44	
96	210	Leslie Hill	M55	1:41:57.66	Norfolk Gazelles
97	109	Derek Daly	M50	1:42:14.22	Saxmundham Running Club
98	23	Michael Banner	M50	1:42:16.67	Haverhill RC
99	9	Sean Andrews	M45	1:42:20.74	
100	229	Mark Hughes	M45	1:42:44.77	Stowmarket Striders RC
101	312	Michael Nelhams	M45	1:42:49.15	Mablethorpe Running Club
102	303	Denis Mole	M65	1:43:19.76	Havering 90 Joggers
103	130	Clare Douglas	FO	1:43:22.94	Stowmarket Striders RC
104	387	Wayne Salmon	M40	1:43:33.89	
105	71	Brennan Butcher	M40	1:43:36	Team Barnes Group
106	328	Sandy Page	F40	1:43:40.23	
107	222	Paul Horne	M55	1:43:43.4	Vegetarian Cycling & Athletic Club
108	439	Lukasz Supernak	MO	1:43:47.18	Saint Edmund Pacers
109	333	Abigail Pawse	F35	1:43:52.08	
110	458	Cheryl Trundle	F60	1:43:54.46	Haverhill RC
111	66	Samuel Burdett	MO	1:44:00	Stowmarket Striders RC
112	378	Damian Royal	MO	1:44:03.6	
113	132	Oscar Doyle	MO	1:44:09.93	Ipswich Triathlon
114	384	Andrew Sach	M40	1:44:15.6	
115	139	Ian East	M45	1:44:17.64	sudbury joggers
116	21	George Baldwin	MO	1:44:27.09	
117	302	Karl Mitchell	MO	1:44:31.04	Felixstowe RRC
118	249	Carol Kemp	F35	1:44:32.89	Felixstowe RRC
119	347	Rob Purnell	MO	1:44:37.51	
120	397	Brian Sharman	MO	1:44:48.89	
121	305	Vaughan Morris	M55	1:45:17.01	
122	481	Jack Wilkinson	MO	1:45:18.9	
123	289	Paul Mcallister	M50	1:45:42.97	Hadleigh Hares AC
124	395	David Seymour	M55	1:45:49.02	Felixstowe RRC
125	461	Nigel Vincent	M50	1:45:49.14	Stowmarket Striders RC
126	399	Jenny Sheahan	F55	1:45:52.2	
127	195	Shaun Harris	MO	1:46:02.19	
128	189	Jackie Hann	F50	1:46:05.06	Sudbury Joggers
129	407	Lincoln Simpson	M45	1:46:08.87	
130	406	Ashley Simpson	MO	1:46:13.3	
131	344	Sarah Proffitt	F40	1:46:18.2	Felixstowe RRC
132	208	Duncan Henry	M45	1:46:28.06	Haverhill RC
133	441	Jack Tappin	MO	1:46:29.35	Haverhill RC
134	452	Kirsty Thorndyke	FO	1:46:44.22	Ipswich Harriers
135	171	Ian Gooderham	M45	1:46:49.46	Saint Edmund Pacers
136	200	Stephen Hatten	M50	1:46:49.61	Saint Edmund Pacers
137	267	Gillian Leech	F40	1:46:56.22	
138	89	Tom Coe	MO	1:47:13.76	
139	256	Mark Kingsley	MO	1:47:15.34	
140	486	Peter Woods	MO	1:47:23.86	Felixstowe RRC
141	466	Darren Walsgrove	M40	1:47:28.89	
142	295	Scott Mcknight	MO	1:47:29.1	
143	14	Matt Bailey	MO	1:47:30.23	

144	299	Simon Merrick	M40	1:47:32.95	Felixstowe RRC
145	75	Marnie Byles	F40	1:47:37.17	Redway Runners
146	327	Tim Page	M40	1:47:39.23	Saint Edmund Pacers
147	245	Chris Johnson	MO	1:47:42.33	
148	158	Robert Frost	M40	1:47:47.27	
149	226	Chris Howland	F50	1:47:52.34	Felixstowe RRC
150	156	Paul Francis	M50	1:47:52.37	
151	149	Sarah Fitch	F40	1:47:53.02	Felixstowe RRC
152	300	Kevin Millard	MO	1:47:58.51	Haverhill RC
153	377	Vicci Rowlands	FO	1:47:59.47	
154	90	Mark Cole	M45	1:48:06.91	
155	159	Emma Gammons	F35	1:48:13.03	Felixstowe RRC
156	286	William Mayes	MO	1:48:15.02	
157	356	Peter Reach	MO	1:48:15.73	Stowmarket Striders RC
158	467	Dan Ward	M40	1:48:16.53	Stowmarket Striders RC
159	255	Tom Kinge	MO	1:48:16.87	
160	65	Sandra Bumphrey	F45	1:48:18.8	Capel Cheetahs
161	223	Phil Houghton	M45	1:48:19.83	
162	490	Will Wythe	MO	1:48:23.71	
163	343	Glenn Proctor	M45	1:48:34.75	Stowmarket Striders RC
164	250	Ian Kennedy	M55	1:48:43.37	Framlingham Flyers
165	172	Andrew Goodey	M45	1:48:45.71	Puffin Runners
166	417	Justin Smith	M45	1:48:46.89	Ely Runners
167	162	Tommy Gately-thorpe	MO	1:48:50.23	
168	464	Pip Wake	FO	1:48:59.25	Ipswich JAFFA RC
169	449	Peter Thompson	M60	1:49:01.12	Norfolk Gazelles
170	479	Jonathan Wilding	M45	1:49:03.12	Felixstowe RRC
171	241	Peter Jay	M55	1:49:07.62	Saint Edmund Pacers
172	386	Stephen Saise	M45	1:49:45.01	
173	179	Anna Gray	F40	1:50:11.73	Bungay Black Dog RC
174	199	Craig Hasnip	M40	1:50:23	
175	24	Frank Barrett	M40	1:50:26.31	Stowmarket Striders RC
176	239	Martin Jarvis	M40	1:50:27.86	
177	274	Ker Macrosson	M60	1:50:30.12	Stowmarket Striders RC
178	416	Claire Smith	F45	1:51:05.08	Norwich Road Runners
179	415	Paul Smith	M45	1:51:05.34	Norwich Road Runners
180	76	Tracey Cady	F35	1:51:34.34	Thetford Athletic Club
181	470	Graham Waudby	M45	1:51:38.51	
182	175	Daniel Gould	M40	1:51:53.93	Felixstowe RRC
183	489	Gemma Wright	F35	1:52:01.26	
184	34	Philip Beer	M50	1:52:09.34	Stowmarket Striders RC
185	472	Andrew Webber	M55	1:52:19.64	
186	32	Don Beatty	M60	1:52:25.12	Stowmarket Striders RC
187	334	Christian Pawsey	M50	1:52:29.67	
188	482	Stephen Williams	M60	1:52:40.02	Saint Edmund Pacers
189	236	Rebecca Jack	F45	1:52:40.13	Stowmarket Striders RC
190	382	Peter Russell	M65	1:52:45.18	Framlingham Flyers
191	86	Wayne Close	MO	1:52:50.7	
192	234	Ioulion Iordanov	M40	1:52:54.61	Haverhill RC
193	84	Kevin Clark	M45	1:52:58.43	Bungay Black Dog RC
194	144	Carl Farrugia	MO	1:53:03.87	
195	101	Orlando Costa	MO	1:53:05.78	Run for your life
196	107	Helen Curr	F40	1:53:12.79	
197	319	Justine Norfolk	F35	1:53:13.52	
198	197	Michael Harris	M45	1:53:14.48	
199	389	Christopher Scates	M50	1:53:14.65	
200	424	Nathan Somerville	MO	1:53:17.42	Stowmarket Striders RC
201	426	Daniel Southgate	M40	1:53:18.24	Red Lodge Runners
202	276	Laura Mansell	FO	1:53:19.11	
203	131	Edward Douglas	M60	1:53:28.16	
204	294	Michael Mckinnell	M60	1:53:36.02	Two Rivers Running
205	392	Fiona Searson	F45	1:53:41.36	
206	383	Jimmy Russell	M50	1:53:42.18	Felixstowe RRC
207	261	Louise Langmead	F45	1:53:43.65	
208	271	Kerry Lucas	F35	1:53:46.68	
209	52	James Bouldin	MO	1:53:48.52	Framlingham Flyers
210	329	Claire Palfrey	F40	1:53:59.07	Ipswich JAFFA RC
211	360	Joshua Revell-brown	MO	1:54:14.91	
212	352	David Rampton	M70	1:54:30.78	
213	219	Stephanie Holmes-mallitt	F35	1:54:37.33	Woodbridge Shufflers RC
214	388	Matt Saunders	M40	1:54:37.9	Felixstowe RRC
215	169	Sarah Golding	F50	1:54:52.88	Saint Edmund Pacers
216	408	Daryl Simpson	M40	1:54:53.1	

217	54	Shirley Brame	F45	1:54:56.97	Stowmarket Striders RC
218	56	Roger Brand	M65	1:55:03.29	Saint Edmund Pacers
219	45	Eloise Bird	F45	1:55:04.56	Saint Edmund Pacers
220	243	Elliot Jermy	MO	1:55:13.15	
221	404	Ian Sillett	M60	1:55:22.18	Felixstowe RRC
222	157	Yvonne Freiherr-fenton	F35	1:55:22.38	
223	476	Christopher White	MO	1:55:27.79	
224	119	Jo Dent	F45	1:55:32.53	
225	25	John Barron	M45	1:55:33.23	
226	202	Natalie Hay	F40	1:55:41.38	
227	98	Donna Cooper	FO	1:55:42.75	
228	265	Dave Leather	M45	1:55:42.89	Stowmarket Striders RC
229	97	James Cooper	MO	1:55:43.25	Stowmarket Striders RC
230	212	Jack Hines	MO	1:55:48.47	Hadleigh Hares AC
231	137	Amanda Dunn	F40	1:55:49.93	Hadleigh Hares AC
232	361	Stephen Reyes	M50	1:55:53.61	Haverhill RC
233	29	Gale Baxter	F40	1:55:54.85	
234	207	Neil Henderson	M45	1:56:02.97	
235	492	Svitlana Zinchenko	F35	1:56:27.39	Newmarket Joggers
236	339	Clare Pestell-love	F35	1:56:31.49	
237	115	Brett Deakin	MO	1:56:35.67	Felixstowe RRC
238	237	Alex Jacobs	MO	1:56:39.32	Felixstowe RRC
239	455	Steven Todd	M50	1:56:40.49	
240	468	Olivia Watkins	FO	1:56:43.08	
241	460	Mark Tyrrell	MO	1:56:44.26	
242	412	Mark Skoulding	M45	1:56:46.99	Stowmarket Striders RC
243	310	Joe Naughton	M55	1:56:50.72	Stowmarket Striders RC
244	314	Melody-anne Neville	F45	1:57:02.28	Stowmarket Striders RC
245	446	Jonathan Thetford	M40	1:57:05.55	Reepham Runners
246	270	Danielle Lovell	FO	1:57:12.76	
247	40	Mark Bennett	M40	1:57:16.11	
248	124	Rachel Dixey	F40	1:57:18.12	Felixstowe RRC
249	432	Roger Stone	M45	1:57:19.94	Felixstowe RRC
250	50	Claire Blanchford	F35	1:57:45.65	
251	128	Jody Donaldson	F45	1:57:50.73	Bungay Black Dog RC
252	451	Steve Thorndyke	MO	1:58:02.62	
253	465	Paul Wallace	M50	1:58:07.64	Stowmarket Striders RC
254	370	Mel Roberts	F55	1:58:19.59	Woodbridge Shufflers RC
255	471	Kirsty Weavers	F50	1:58:28.16	Saint Edmund Pacers
256	436	James Stubberfield	MO	1:58:38.2	
257	181	Frazer Green	M45	1:58:42.77	
258	116	Kirsty Dekeyzer	FO	1:59:06.5	
259	491	Katrina Zee	FO	1:59:26.64	
260	15	Clare Bailie	F40	1:59:36.74	Stowmarket Striders RC
261	55	Neil Brame	M50	1:59:46.85	Stowmarket Striders RC
262	180	Claire-jayne Green	F35	1:59:48.88	
263	133	Matthew Drouet	M45	1:59:57.65	Holbrook Running Club
264	33	Alison Beech	F55	2:00:04.71	Ipswich JAFFA RC
265	277	Nicholas Marison	MO	2:00:27.5	
266	206	Josh Hembry	MO	2:00:56.48	
267	147	Peter Finch	M55	2:01:19.04	Ipswich JAFFA RC
268	437	Daniel Summersgill	MO	2:01:33.28	
269	275	Tiago Magalhaes	MO	2:01:45.85	
270	235	Leonard Isaacs	M40	2:01:46.1	
271	141	Karen Eaton	F45	2:01:58.4	Felixstowe RRC
272	313	Lisa Netto	F40	2:02:02.37	Norfolk Gazelles
273	260	Russell Langley	MO	2:02:14.89	
274	330	Jo Parden	F45	2:02:32.03	Framlingham Flyers
275	320	Ryan Norman	MO	2:02:39.61	
276	186	Lisa Hamill	F45	2:02:49.65	
277	18	James Baker	MO	2:02:52.82	
278	6	Mark Allen	M55	2:02:54.33	Woodbridge Shufflers RC
279	38	Ruth Belsom	F50	2:03:02.79	
280	178	Clark Graham	MO	2:03:08.69	
281	288	Sandra Mayhew	F50	2:03:16.11	Stowmarket Striders RC
282	72	Simon Butler	M50	2:03:30.56	
283	168	Mandy Godbold	F45	2:04:02.3	Ipswich Harriers
284	336	Carl Pearson	MO	2:04:03.7	
285	315	John Newell	M50	2:04:21.05	Wymondham AC
286	311	Cynthia Nelder	F40	2:04:26.86	
287	354	Katrina Raymond	FO	2:04:31.29	RAF Running Club
288	99	Emmajo Cooper	MO	2:04:53.68	
289	87	Lee Close	MO	2:05:17.21	

290	413	Richard Smith	M55	2:05:30.73	Felixstowe RRC
291	125	Dee Dixon	F40	2:05:34	
292	58	Steve Bright	M50	2:05:43.46	
293	297	John Mcleod	MO	2:05:49.54	
294	152	Dan Ford	MO	2:05:49.63	
295	355	Andrew Rayner	M55	2:05:51.92	
296	321	Gary Norman	M55	2:06:16.05	
297	488	Maureen Wright	F65	2:06:16.13	Ipswich JAFFA RC
298	447	Di Thomas	FO	2:06:33.5	Newmarket Cycling & Triathlon Club
299	381	Fiona Rushton	F45	2:06:35.52	
300	433	Gregory Stowe	MO	2:07:01.65	Stowmarket Striders RC
301	340	Tom Pilling	M40	2:07:07	
302	247	Donald Jones	MO	2:07:13.3	
303	444	Lee Taylor	M40	2:07:13.41	
304	188	Kendra Hammond	FO	2:07:18.15	Stowmarket Striders RC
305	291	Lynda Mccormack	F55	2:07:43.4	newmarket joggers
306	414	Katie Smith	F40	2:08:10.82	
307	257	Mary Knapp	F40	2:08:21.64	Kings Forest Canicross
308	123	Kathleen Dines	F50	2:08:27.49	Ipswich JAFFA RC
309	290	Paula Mccann	F65	2:08:35.37	Two Rivers Running
310	375	Tracey Rose	F45	2:08:51.48	Stowmarket Striders RC
311	480	Mat Wilding	MO	2:08:51.49	
312	74	Laura Button	FO	2:09:01.76	Bungay Black Dog RC
313	306	Alistair Moseley	M45	2:09:01.95	Stowmarket Striders RC
314	425	Richard Sore	M45	2:09:11.5	Ipswich JAFFA RC
315	454	Adam Thorpe	MO	2:09:14.45	Run For Your Life
316	108	Samantha Dalton-thorpe	F35	2:09:14.82	
317	174	John Goosen	M40	2:09:21.11	
318	365	Tony Reynolds	MO	2:09:32.54	
319	231	Iain Hunter	M55	2:09:39.53	Stowmarket Striders RC
320	114	Anna Dawson	F35	2:09:43.18	
321	92	Hayley Coles	F35	2:09:43.21	Felixstowe RRC
322	296	Robert Mcleod	MO	2:10:17.73	
323	453	Jessica Thorpe	FO	2:10:32.2	Stowmarket Striders RC
324	122	Paul Dillimore	MO	2:10:40.8	
325	183	Lynsey Groom	FO	2:10:40.9	
326	282	Paul Martin	M55	2:10:48.85	
327	230	Sophie Hughes	FO	2:10:56.21	
328	448	Hannah Thompson	FO	2:11:02.27	
329	335	Jamie Payne	MO	2:11:14.26	Framlingham Flyers
330	353	Helen Rankin	F45	2:11:18.71	
331	145	Carita Farthing	FO	2:11:19.3	Felixstowe RRC
332	198	Julie Haselwood	F60	2:11:20.24	Ipswich JAFFA RC
333	166	Chris Gladwell	M60	2:11:32.61	Stowmarket Striders RC
334	78	Gemma Cannon	FO	2:11:52.45	Woodbridge Shufflers RC
335	173	Emma Goodman	FO	2:11:55.05	Framlingham Flyers
336	484	Jules Willis	F40	2:12:04.4	Sudbury Joggers
337	85	Steve Clark	M40	2:12:04.49	Sudbury Joggers
338	1	Kirsty Aberdein	F40	2:12:11.81	
339	434	Tracey Straugheir	F40	2:12:18.27	Felixstowe RRC
340	7	Eric Allright	M55	2:12:34.42	
341	19	Mark Balding	MO	2:12:45.86	
342	10	Clare Angel	F35	2:12:45.87	
343	337	Caroline Perry	F35	2:12:52.12	Ipswich JAFFA RC
344	27	Naomi Baxter	F35	2:14:00.31	
345	462	Suzanne Vincent	F45	2:14:25.77	
346	12	Russell Armstrong	M40	2:14:38.41	
347	368	Jan Risebrow	F50	2:15:22.26	Run For Your Life
348	154	Aubrey Form	M60	2:16:09.89	
349	153	Lisa Form	F40	2:16:09.99	
350	129	Matt Doran	M40	2:16:46.05	Harwich Runners
351	266	Alison Leech	F45	2:16:57.08	Stowmarket Striders RC
352	127	Yvonne Doe	F40	2:17:31.84	Stowmarket Striders RC
353	351	Robyn Rake	F35	2:17:32.75	Stowmarket Striders RC
354	242	Jonathan Jenkyn	M40	2:17:49.83	Felixstowe RRC
355	221	Rhonda Horne	F40	2:18:34.57	
356	63	Rodney Brown	M60	2:19:11.89	
357	279	Mary Marsh	F60	2:19:22.13	Newmarket Joggers
358	254	Denise King	F45	2:19:26.72	Felixstowe RRC
359	364	Steven Reynolds	M55	2:19:31.55	
360	37	Dan Belcher-hackett	M40	2:19:39.89	
361	428	Nicola Stevenson	F55	2:19:55.65	Felixstowe RRC

362	367	Billy Richmond	M50	2:20:54	
363	366	Florence Richmond	FO	2:20:54.05	
364	220	Christine Honeywood	F65	2:20:54.89	
365	13	Liz Atkins	F35	2:21:56.48	
366	57	Amanda Brewster	F40	2:21:59.92	Stowmarket Striders RC
367	83	Gillian Charlton	F55	2:22:00.13	Stowmarket Striders RC
368	331	Jamie Parfitt	MO	2:22:10.2	
369	362	Zoila Reyes	F60	2:22:11.82	Felixstowe RRC
370	82	Stephen Charles	MO	2:22:34.16	
371	358	Matt Reason	MO	2:22:42.83	Run For Your Life
372	357	Robert Reason	M50	2:22:43.25	Stowmarket Striders RC
373	385	Simon Sadler	M40	2:22:45.22	
374	73	Milly Butters	FO	2:22:47.67	
375	473	Christina Welham	F35	2:22:59.66	
376	494	Paul Rudland	MO	2:23:46.11	
377	443	Tracey Taylor	F45	2:24:13.38	
378	104	Sarah Cox	F45	2:24:13.53	
379	459	Caroline Turner	F40	2:24:41.4	
380	151	Andrew Fletcher	M45	2:24:41.48	Mow Cop Runners
381	263	Kate Latham	F50	2:26:00.47	
382	43	Alison Bills	F40	2:26:12.43	
383	185	Karyn Hall	F40	2:26:12.49	
384	136	Jessica Dumbill	FO	2:26:27.19	
385	36	Dianne Belcher-hackett	F35	2:26:50.7	
386	420	Matt Smith	MO	2:27:20.58	
387	323	Natalie Okeh	F40	2:28:22.04	
388	191	Bryony Harding	FO	2:28:22.07	
389	427	Mandy Starling	F55	2:28:35.59	
390	59	Pat Brightman	F60	2:35:43.2	Great Yarmouth & District Athletic C
391	161	Sandra Garner	F45	2:37:16.81	Stowmarket Striders RC
392	88	Jacquelyn Cobbold	F40	2:37:17.63	Hadleigh Hares AC
393	213	Karen Hinton	F35	2:37:35.3	Stowmarket Striders RC
394	326	Anneli Ostler	F35	2:37:37.11	Felixstowe RRC
395	363	Jean Reynolds	F50	2:39:23.36	Brandon Fern Hoppers
396	47	Paul Bird	M50	2:40:17.07	Bungay Black Dog RC
397	138	Sian Durrant	FO	2:42:42.74	Hadleigh Hares AC
398	155	Paul Forshaw	M60	2:42:50.64	Fetch Everyone Running Club
399	429	Denise Steward	F50	2:43:41.22	
400	324	Liz O'riordan	F40	2:44:55.18	
401	233	Emma Hutton	F35	2:45:36.02	
402	121	Jo Dickinson	F45	2:48:14.17	Felixstowe RRC