

Stowmarket Half Marathon

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	64	Aaron Scott	MO	1:09:17.18	Notts AC
2	133	Michael Eccles	MO	1:13:23.03	Norfolk Gazelles
3	61	David Brookes	MO	1:16:36.97	Cambridge Triathlon Club
4	367	Danny Rock	MO	1:17:21.84	Felixstowe Road Runners
5	228	Adam Howlett	M40	1:18:58.83	Framlingham Flyers
6	255	William Law	MO	1:19:30.41	Ipswich Jaffa RC
7	155	Andy Gardiner	MO	1:19:55.51	Cambridge & Coleridge AC
8	262	Jonathan Ling	MO	1:20:05.04	Ipswich Jaffa RC
9	202	Richard Hayes	M40	1:20:39.98	
10	248	Mark Cage	M40	1:20:49.42	Lewis AC
11	436	Jason Taylor	M40	1:21:10.25	Felixstowe Road Runners
12	257	Matthew Lawrence	M50	1:22:19.73	Haverhill Running Club
13	416	Dave Solomon	M45	1:24:11.65	Felixstowe Road Runners
14	482	Jack Wilkinson	MO	1:24:30.36	The Barnes group
15	41	Warren Birch	M45	1:24:33.11	Ipswich Jaffa RC
16	439	Gareth Thomas	MO	1:24:46.45	Haverhill Running Club
17	109	Ben Cuthbert	MO	1:25:05.14	sudbury joggers
18	410	Peter Smith	MO	1:25:18.25	
19	190	Robin Harper	M40	1:25:47.06	Felixstowe Road Runners
20	351	Scott Ramsey	MO	1:25:50.84	
21	104	Matthew Crane	MO	1:25:55.95	Saint Edmund Pacers
22	81	Alex Cairns	M40	1:26:06.53	Newmarket Joggers
23	198	Thomas Haslam	M40	1:26:07.03	Saxmundham Saxons
24	235	Adam Hutton	M45	1:26:15.51	Springfield Striders
25	63	Kerry Brown	M45	1:26:24.38	Saint Edmund Pacers
26	177	John Greener	M45	1:26:45.4	Saint Edmund Pacers
27	264	Dave Lumby	M55	1:27:07.16	Ipswich Jaffa RC
28	162	Ian Girling	MO	1:27:48.96	Mornington Chasers
29	317	Paul Nickells	M50	1:27:51.14	Woodbridge Shufflers RC
30	487	James Wilson	MO	1:28:10.79	Saxmundham Saxons
31	5	Will Aldred	M45	1:28:48.13	Framlingham Flyers
32	174	Philip Green	MO	1:28:55.8	Stowmarket Striders RC
33	481	Jon Wiles	M40	1:29:00.39	Bungay Black Dog RC
34	333	Matthew Pask	M45	1:29:15.61	Norwich road runners
35	253	Dan Knight	MO	1:29:30.63	Haverhill Running Club
36	153	Paul Gardiner	M45	1:29:42.63	
37	6	Toby Allanson	MO	1:29:42.93	Bishop's Stortford Running Club
38	356	Neil Reid	MO	1:29:52	
39	59	Steve Brooke	M45	1:30:28.16	Felixstowe Road Runners
40	38	Patrick Bickerton	MO	1:30:53.7	
41	260	Richard Leeder	M40	1:30:55.14	Stowmarket Striders RC
42	180	Chris Hall	MO	1:31:02.71	Bungay Black Dog RC
43	128	Graham Drury	MO	1:31:04.35	
44	269	Brendon Maclean	MO	1:31:06.37	Harlow Running Club
45	42	Peter Bird	M40	1:32:01.27	Saint Edmund Pacers
46	476	Ben Wharnsby	MO	1:32:06.96	
47	424	Adrian Goode	M50	1:32:23.28	Felixstowe Road Runners
48	241	Benjamin Jacobs	MO	1:32:27.21	Felixstowe Road Runners
49	322	Agi Obidowicz	FO	1:32:35.55	
50	400	Liam Sheils	MO	1:32:49.15	Bishop's Stortford Running Club
51	357	Andrew Renshaw	M50	1:33:44.15	Boxford Bike Club
52	237	Katherine Hymers	FO	1:33:49.13	
53	290	Simon Merrick	M40	1:33:49.34	Felixstowe Road Runners
54	291	Victor Mesa	M40	1:33:56.55	
55	362	Charles Richmond	M40	1:34:00.08	
56	187	Charles Hann	M50	1:34:11.54	Sudbury joggers
57	494	Stewart White	MO	1:34:15.5	Saint Edmunds Pacers
58	60	Sam Brooke	MO	1:34:30.16	Felixstowe Road Runners
59	471	Elliot Wells	MO	1:34:40.2	Stowmarket Striders RC
60	124	Siobhan Dockerill	FO	1:34:45.83	Haverhill Running Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	329	Steve Palfrey	M40	1:34:51.31	
62	49	David Howe	M40	1:34:55.87	
63	102	Ian Coxhead	M45	1:35:13.33	Norfolk Gazelles
64	143	Yusuf Firat	M50	1:35:30.15	Haverhill Running Club
65	478	Mark White	M40	1:35:30.26	Haverhill Running Club
66	312	Stephen Neumann	MO	1:35:47.07	
67	450	Chris Tye	M45	1:35:51.5	Ipswich Tri Club
68	11	Tom Anstiss	MO	1:35:52.5	
69	137	Mark Evans	MO	1:36:06.72	Les Croupiers Running Club
70	33	Dave Beighton	MO	1:36:10.68	Saint Edmund Pacers
71	150	Peter Frost	MO	1:36:34.57	
72	306	Mary Ann Moseley	F45	1:36:46.29	Haverhill Running Club
73	343	Stephen Pretty	M55	1:36:47.74	Stowmarket Striders RC
74	62	Lee Brown	MO	1:37:30.44	Haverhill Running Club
75	266	Mark Lyttle	MO	1:37:33.44	
76	414	Richard Smith	MO	1:37:36.63	Muddy Race
77	53	Paul Brand	MO	1:37:41.14	Saint Edmund Pacers
78	337	Gary Pearson	M45	1:37:45.96	
79	467	Vince Webb	M45	1:37:46.16	Saint Edmund Pacers
80	435	Jack Tappin	MO	1:37:56.02	Haverhill Running Club
81	111	Clive Davey	M40	1:37:59.33	sudbury joggers
82	429	Haley Suttle	F50	1:38:01.72	Stowmarket Striders RC
83	378	Michael Rushton	M40	1:38:17.72	Saint Edmund Pacers
84	46	Danny Bond	M40	1:38:22.03	Norwich Road Runners
85	220	Craig Hooke	M45	1:38:50.39	UKnetrunner
86	413	Andrew Smith	M50	1:38:56.18	
87	315	Jack Nicholl	MO	1:38:57.11	
88	242	Martin Jarvis	M40	1:39:03.1	
89	350	Rakesh Raja	M45	1:39:07.77	Saint Edmund Pacers
90	67	Paul Brown	M50	1:39:10.5	Framlingham Flyers
91	245	Michael Johnson	M45	1:39:29.22	Norwich road runners
92	185	Mark Hammond	M50	1:39:32.83	
93	4	Daniel Aldis	MO	1:39:45.12	
94	131	Ian East	M45	1:39:48.97	
95	408	Richard Smith	M40	1:39:49.16	
96	110	Derek Daly	M50	1:39:53.93	
97	273	Michael Marriott	M60	1:39:59.98	
98	354	Peter Reach	MO	1:40:01.6	Stowmarket Striders RC
99	324	Paul Osborne	MO	1:40:13.71	Felixstowe Road Runners
100	112	Anthony Davis	MO	1:40:22.55	
101	352	Jamie Randall	M45	1:40:42.11	Haverhill Running Club
102	170	Mark Goodwin	M40	1:41:01.04	Felixstowe Road Runners
103	21	Michael Banner	M50	1:41:05.48	Haverhill Running Club
104	167	Sarah Golding	F50	1:41:05.88	Saint Edmund Pacers
105	122	Graham Dixon	MO	1:41:19.22	Haverhill Running Club
106	302	Ian Moore	MO	1:41:24	Norwich Road Runners
107	431	Tim Sweeting	MO	1:41:26.77	
108	444	Matthew Tomkins	MO	1:42:06.1	
109	394	David Seymour	M55	1:42:12.17	Felixstowe Road Runners
110	230	Dianne Hughes	F50	1:42:17.06	Stowmarket Striders RC
111	40	Andy Collett	MO	1:42:29.37	Stowmarket Striders
112	15	Emma Attwood	FO	1:42:35.95	Stowmarket Striders RC
113	412	Nick Smith	MO	1:42:44.17	Saint Edmund Pacers
114	278	Tom Mayhew	MO	1:42:45.12	
115	496	Keith Yaxley	M40	1:42:54.02	
116	270	Christine Magee	F35	1:42:54.59	
117	186	Jackie Hann	F45	1:43:02.13	Sudbury joggers
118	14	Jason Ashford	M45	1:43:10.21	
119	222	Paul Horne	M55	1:43:13.8	Vegetarian Cycling & Athletic Clu
120	79	Thomas Burton	MO	1:43:16.86	
121	391	Christopher Scoging	MO	1:43:20.1	
122	200	Stephen Hatten	M50	1:43:33.87	Saint Edmund Pacers
123	182	Stewart Hambling	M45	1:43:35.42	Framlingham Flyers
124	401	Barry Sheldrake	MO	1:43:40.38	

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125	3	Paul Alderton	M50	1:43:43.47	
126	320	Sabrina Norton	F35	1:43:44.83	Bungay Black Dog RC
127	130	Charlotte Durrant	F35	1:43:47.4	Stowmarket Striders RC
128	388	Nigel Schofield	M50	1:43:52.67	Saint Edmund Pacers
129	434	Henry Tapp	MO	1:44:04.54	Framlingham Flyers
130	236	Philip Hymers	M60	1:44:08.58	
131	446	Cheryl Trundle	F60	1:44:11.03	Haverhill Running Club
132	327	Tim Page	M40	1:44:13.45	Saint Edmund Pacers
133	140	Chris Quint	MO	1:44:17.18	
134	371	Owen Rose	M45	1:44:18.11	
135	199	Paul Hassall	MO	1:44:18.73	
136	152	Scott Gage	MO	1:44:29.83	
137	97	Julian Colman	M55	1:44:42.45	West Suffolk Wheelers & Triathlo
138	134	Penny Edwards	F60	1:44:55.09	Norwich Road Runners
139	390	Paul Schwer	M55	1:44:56.66	Felixstowe Road Runners
140	1	Charlotte Acheson	FO	1:44:59.26	Haverhill Running Club
141	224	Matt Howe	M40	1:44:59.91	Felixstowe Road Runners
142	345	Sarah Proffitt	F40	1:45:01.8	Felixstowe Road Runners
143	23	William Barnes	M60	1:45:06.38	
144	480	Melanie Widdows	F45	1:45:22.03	
145	149	Paul Francis	M50	1:45:38.17	
146	29	Don Beatty	M60	1:45:44.59	Stowmarket Striders RC
147	25	Alastair Bartlett	MO	1:45:57.28	
148	458	Lindi Wallace	FO	1:45:57.48	
149	135	Jack Elden	MO	1:46:13.95	
150	334	Aaron Durrant	MO	1:46:25.06	Hadliegh Hares
151	305	Sara Moran	F40	1:46:31.21	Run Eat Sleep Colchester
152	251	Mark Kingsley	MO	1:46:32.14	
153	393	Fiona Searson	F40	1:46:39.75	
154	113	Rodney Davis	MO	1:46:42.85	
155	295	Nicholas Miller	MO	1:46:45.55	
156	449	Cheryl Tye	F45	1:46:46.21	Purple Patch Runners
157	399	Jenny Sheahan	F50	1:46:51.02	
158	366	Liam Robinson	MO	1:47:09.95	
159	157	David Garnham	M50	1:47:20.26	Ipswich Jaffa RC
160	142	Andrew Faulkner	MO	1:47:30.16	
161	169	Andrew Goodey	M40	1:47:35.21	
162	342	Frances Plume	F45	1:47:49.39	
163	175	Kayleigh Green	FO	1:47:50.05	
164	468	Mark Webster	M55	1:47:50.77	
165	31	Philip Beer	M50	1:48:01.66	Stowmarket Striders RC
166	447	Nicholas Turk	M40	1:48:18.68	
167	493	John Yare	M50	1:48:27.28	
168	267	Katie Mack	FO	1:48:41.24	CONAC
169	299	Denis Mole	M65	1:48:54.36	Havering 90 Joggers
170	211	Sylvester Kawnik	MO	1:49:00.33	
171	332	Marion Parker	F50	1:49:30.15	Felixstowe Road Runners
172	247	Martin Jones	M40	1:49:30.23	
173	375	Vicci Rowlands	FO	1:49:37.28	
174	168	Simon Goldsmith	M40	1:49:39.75	
175	275	Wayne Martin	MO	1:49:45.19	
176	37	Marc Benson	MO	1:49:54.18	Haverhill Running Club
177	309	Neil Mustoe	M45	1:49:54.2	Haverhill Running Club
178	313	John Nevin	M65	1:50:05.15	Haverhill Running Club
179	286	Michael Mckinnell	M60	1:50:09.14	Two Rivers Running
180	298	Stephen Reyes	M45	1:50:10.2	Haverhill Running Club
181	188	Jane Hannah	F35	1:50:39.86	Bungay Black Dog RC
182	421	Dee St Ledger	F50	1:50:49.41	Sudbury Joggers
183	132	Richard Eastall	M50	1:50:56.6	
184	225	Matt Howes	M40	1:51:20.05	Norwich Road Runners
185	370	Jason Bullard	MO	1:51:23.35	
186	221	Ben Hopkins	MO	1:51:40.79	
187	47	Keith Borrett	M60	1:51:43.86	Suffolk Trail Runners
188	430	Emma Swallow	FO	1:52:00.56	

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189	17	Matthew Bailey	MO	1:52:06.09	
190	250	Sarah Keys	F35	1:52:06.45	
191	91	Wayne Close	MO	1:52:13.21	
192	303	Gavin Moore	MO	1:52:13.26	Multiple Sclerosis Society
193	382	Darran Sands	MO	1:52:20.83	Framlingham Flyers
194	456	Marion Walker	F60	1:52:24.61	Framlingham Flyers
195	297	Gregory Mills	M55	1:52:27.5	
196	54	Roger Brand	M65	1:52:33.91	Saint Edmund Pacers
197	276	Michael Martin	M50	1:52:44.58	
198	35	Jason Bennett	M40	1:52:44.92	
199	226	Christina Howland	F50	1:52:52.85	Felixstowe Road Runners
200	108	Kym Cromarty	F45	1:53:03.56	Haverhill Running Club
201	203	Stephen Haylock	MO	1:53:06.18	
202	363	Katrina Rigby	F35	1:53:16.47	Hadleigh Hares AC
203	326	Sarah Owen	F50	1:53:25.55	
204	20	Francis Baldwin	F45	1:53:37.1	
205	459	Darren Walsgrove	M40	1:53:38.96	
206	139	Abigail Everitt	F35	1:53:39.66	
207	261	Arabella Lewendon	F50	1:53:42.22	Stowmarket Striders RC
208	448	Dominic Turner	M40	1:53:43.32	Sudbury Joggers
209	205	Martyn Hazell	MO	1:53:44.89	Gallery Run & Tri
210	404	Daryl Simpson	M40	1:53:56.99	
211	304	Susanna Moore	FO	1:54:15.69	
212	271	Sarah Maidment	F35	1:54:25.06	Bungay Black Dog RC
213	454	Nikki Vince	F40	1:54:31.83	Hadleigh Hares AC
214	265	Samantha Lyddiatt	F45	1:54:32.38	Fenland Running Club
215	147	Ellis Barr	MO	1:54:37.65	
216	201	Craig Hawkins	MO	1:54:40.18	Stowmarket Striders RC
217	69	Peter Brunning	M60	1:54:40.39	Haverhill Running Club
218	165	Mandy Godbold	F45	1:54:42.27	Ipswich Harriers
219	355	Robert Reason	M50	1:54:46.79	
220	438	Jonathan Thetford	M40	1:54:50.94	Reepham Runners
221	464	Dan Ward	MO	1:54:51.12	
222	161	Martin Gilding	MO	1:54:54.14	
223	103	Donna Crane	F35	1:54:55.21	
224	451	Ben Tyler	MO	1:54:57.58	
225	360	Peter Rice	M45	1:54:59.21	Norfolk Gazelles
226	281	Lucy Mcalpine	F35	1:55:01.64	Felixstowe Road Runners
227	217	Tanya Holloway	F35	1:55:02.86	Bungay Black Dog RC
228	280	Paul Mcallister	M50	1:55:07.77	Hadleigh Hares AC
229	407	Richard Smith	M55	1:55:10.51	Felixstowe Road Runners
230	191	Hayley Harper	F40	1:55:13.93	Ipswich Jaffa RC
231	74	William Burdett	M50	1:55:25.43	Stowmarket Striders RC
232	166	Amy Godbold	F35	1:55:30.48	Bungay Black Dog RC
233	92	Gavin Codd	M45	1:55:44.99	
234	319	John Norman	M50	1:55:54.93	Hadleigh Hares AC
235	34	Jeremy Bell	M40	1:56:02.03	
236	136	Rebecca Elmes	FO	1:56:20.17	Hadleigh Hares AC
237	51	Steve Bowen	M60	1:56:25.9	Hadleigh Hares AC
238	379	Peter Russell	M65	1:56:31.85	Framlingham Flyers
239	492	Dinesh Yadav	MO	1:56:35.85	
240	330	Claire Palfrey	F40	1:56:37.28	Ipswich Jaffa RC
241	411	Keelan Smith	MO	1:56:38.5	Saxmundham Saxons
242	419	Rachel Southgate	FO	1:56:40.3	RFYL
243	296	Michael Hubert	MO	1:56:49.71	
244	243	Elliot Jermy	MO	1:56:53.91	
245	432	Dean Sykes	M50	1:57:17.42	
246	86	Duncan Chamberlain	M50	1:57:20.45	Ipswich Jaffa RC
247	441	Jemma Thompson	FO	1:57:50.29	
248	328	Paul Mark	M55	1:57:52.02	
249	227	Chris Howland	M50	1:57:54.74	Felixstowe Road Runners
250	422	Ian St Ledger	M50	1:57:56.9	Sudbury Joggers
251	453	Katrina Vicentjevic	FO	1:57:57.32	
252	238	Rebecca Jack	F40	1:58:04.52	Stowmarket Striders RC

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253	321	Keith Oakley	M45	1:58:23.92	Great Bentley Running Club
254	415	Alex Smith	F40	1:58:39.89	Stowmarket Striders RC
255	443	Steve Todd	M45	1:58:44.75	
256	160	Jessica Gaskell	FO	1:58:45.08	
257	159	Peter Gaskell	M45	1:58:45.46	
258	16	Chris Aylmer	M65	1:58:55.29	Newmarket Joggers
259	377	Steve Rulton	M50	1:58:59.36	sudbury joggers
260	158	Gary Clarke	M50	1:59:09.25	Ipswich Tri Club
261	101	Joanne Cox	F40	1:59:14.4	Bungay Black Dog RC
262	426	Becky Sturgeon	F40	1:59:15.42	Bungay Black Dog RC
263	491	Victoria Wright	FO	1:59:17.1	
264	18	Clare Bailie	F40	1:59:19.1	Stowmarket Striders RC
265	284	Melanie Roberts	F55	1:59:40.77	Woodbridge Shufflers
266	246	Miles Johnson	M60	1:59:44.66	Newmarket Joggers
267	433	Donna Talbot	F35	1:59:48.09	
268	120	Kathy Dines	F45	1:59:57.89	Ipswich Jaffa RC
269	115	Gary Norman	M50	1:59:59.33	
270	485	Donna Willoughby	FO	2:00:10.3	
271	418	Daniel Southgate	MO	2:00:22.71	
272	94	Adrian Cole	M50	2:00:39.53	Stowmarket Striders RC
273	125	Jody Donaldson	F45	2:00:53.44	Great Yarmouth Road Runners
274	405	Trevor Slark-hollis	M45	2:01:32.95	
275	497	Scott Young	M45	2:01:49.41	Great Bentley Running Club
276	398	Bridget Shaw	FO	2:02:15.77	Bungay Black Dog
277	331	Charlotte Palmer	FO	2:02:44.3	
278	472	Vicky Westlake	FO	2:02:44.62	
279	402	Ian Sillett	M55	2:02:50.48	Capel Cheetahs
280	490	Maureen Wright	F65	2:03:11.86	Ipswich Jaffa RC
281	119	Paul Dillimore	MO	2:03:15.28	
282	57	Steve Bright	M50	2:03:28.75	
283	28	Cathy Beard	F60	2:03:28.87	Colchester Harriers
284	30	Kate Beer	F45	2:03:35.54	Stowmarket Striders RC
285	389	Will Schwer	MO	2:03:38.1	Felixstowe Road Runners
286	216	Paul Hollidge	M45	2:03:43.85	Great Bentley running club
287	486	Edward Wilson	M45	2:03:50.27	
288	27	Gale Baxter	F40	2:04:04.13	
289	2	Brie Alberto	F40	2:04:05.17	
290	466	Kirsty Weavers	F50	2:04:19.36	Saint Edmund Pacers
291	428	Lukasz Supernak	MO	2:04:30.13	Saint Edmund Pacers
292	256	Kelli Lawrence	F35	2:04:35.77	Stowmarket Striders RC
293	277	Daniel Mayhew	MO	2:04:42.37	
294	336	Carl Pearson	MO	2:04:42.57	
295	293	Kate Miles	FO	2:04:42.97	Stowmarket Striders RC
296	114	Anna Dawson	F35	2:04:51.2	
297	475	Ioana Whalley	F45	2:05:50.72	
298	254	Michael Kundu	MO	2:05:52.09	Muddy Race
299	44	Nancy Blick	F35	2:05:58.56	Stowmarket Striders RC
300	479	Angela Whiting	F50	2:06:05.46	Stowmarket Striders RC
301	179	Karen Hall	F40	2:06:52.13	
302	395	Katie Seymour	FO	2:07:03.64	
303	423	Caroline Stafford	F35	2:07:24.75	Felixstowe Road Runners
304	484	Dean Williams	MO	2:07:29.94	
305	373	Tracey Rose	F45	2:07:42.83	Stowmarket Striders RC
306	99	Emma Jo Cooper	FO	2:07:54.54	
307	172	Ann Granger	F50	2:08:03.51	Saxmundham Saxons
308	8	Mark Allen	M55	2:08:06.11	Woodbridge Shufflers RC
309	156	Ian Gardner	M55	2:08:07.63	
310	164	Charlotte Glass	F35	2:08:13.37	LWFITNESS4ALL
311	43	Eloise Bird	F45	2:08:17.92	Saint Edmund Pacers
312	141	Tracy Farr	F40	2:08:33.96	Fenland running club
313	437	Lee Taylor	M40	2:08:47.35	
314	340	Caroline Plattern	FO	2:09:00.93	
315	181	Steve Halls	M55	2:09:20.39	Haverhill Running Club
316	171	Anna Goymer	F35	2:09:24.82	Framlingham Flyers

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317	359	Steven Reynolds	M55	2:09:28.91	
318	121	Pete Dixon	MO	2:09:29.61	
319	489	Jeffrey Wright	M55	2:09:34.86	BWFAC
320	392	Sallyanne Scott	F40	2:09:36.06	
321	292	Sam Metcalfe	FO	2:09:36.46	Stowmarket Striders RC
322	144	Anne Fish	F65	2:10:45.51	Stowmarket Striders RC
323	80	Brennan Butcher	M40	2:10:58.9	
324	76	Christina Burrows	FO	2:10:58.93	
325	126	Jessica Downey	FO	2:11:08.49	
326	386	Sarah Sayers	F35	2:11:50.22	
327	283	Lynda McCormack	F55	2:12:15.11	Newmarket Joggers
328	183	Ruth Hambling	F35	2:12:15.17	Hadleigh Hares AC
329	274	Mary Marsh	F60	2:12:32.26	Newmarket Joggers
330	232	Terry Hunter	M60	2:13:30.84	Stowmarket Striders RC
331	206	Kathryn Heath	F35	2:13:42.46	BRJ Run and Tri
332	427	Daniel Summersgill	MO	2:14:15.41	
333	127	Diane Doyle	F35	2:14:15.7	Framlingham Flyers
334	105	Melanie Creasey	F40	2:14:23.81	
335	82	Helen Carley	F45	2:15:00.25	
336	383	Janice Sardone	F40	2:15:00.33	
337	19	Jessica Baldry	F35	2:15:06.76	
338	318	Helen Norman	F45	2:15:07.59	Hadleigh Hares AC
339	26	Christina Baxter	F45	2:15:08.01	Hadleigh Hares AC
340	358	Zoila Reyes	F60	2:15:10.85	
341	189	Sue Hargadon	F60	2:15:36.25	Ipswich Tri Club
342	184	Kendra Hammond	FO	2:16:58.83	Stowmarket Striders RC
343	477	Jo Whelan	F55	2:16:59.11	Felixstowe Road Runners
344	263	Kate Long	FO	2:16:59.24	Felixstowe Road Runners
345	32	Liz Beighton	F40	2:16:59.31	Felixstowe Road Runners
346	403	Summer Simmons	U20F	2:17:21.17	
347	24	Victoria Barr	F40	2:17:21.24	
348	314	Liz Nice	F45	2:17:32.55	
349	95	Hayley Coles	F35	2:17:43.55	
350	84	Lisa Carrington	FO	2:17:51.42	
351	229	Elizabeth Hubert	FO	2:17:54.66	
352	213	Jennifer Hogwood	F35	2:18:05.31	Ipswich Five Star Bootcamps
353	384	Pippa Sargent	FO	2:18:21.32	
354	285	Debbie Mcdowell	F50	2:18:53.51	Stowmarket Striders RC
355	353	Jane Ray	F45	2:19:07.86	
356	178	Paul Hales	M50	2:19:11.02	
357	463	Louise Ward	FO	2:19:12.48	
358	39	Marie Bidwell	F50	2:19:21.54	Woodbridge Shufflers RC
359	151	Nicolette Fulton-harris	F40	2:19:44.18	
360	316	Wayne Nicholls	M50	2:19:45.95	
361	75	Mark Burrows	M50	2:20:05.14	
362	308	Karen Murphy	F40	2:20:14.24	Hadleigh Hares AC
363	364	Dawn Robb	F35	2:20:19.05	
364	118	Jo Dickinson	F45	2:20:43.29	Felixstowe Road Runners
365	249	Hannah Josephs	FO	2:21:18.96	
366	209	Sam Hinchcliffe`	FO	2:21:50.19	
367	289	Cathryn Mellersh	F45	2:21:57.48	
368	223	Sarah Howard-johnson	FO	2:23:22.5	
369	310	Tom Naughton	MO	2:24:12.18	Suffolk Trail Runners
370	311	Joe Naughton	M50	2:24:12.49	Stowmarket Striders RC
371	50	Beckie Bowen	F55	2:24:31.69	Hadleigh Hares AC
372	123	Michele Djemal	F50	2:24:33.26	Hadleigh Hares AC
373	93	Darren Cole	MO	2:26:20.22	
374	12	Jean Appleby	F55	2:26:20.32	
375	71	Sally Buckle	F50	2:26:48.61	Sudbury Joggers
376	338	Sarah Pennock	F35	2:26:49.06	sudbury joggers
377	301	Donna Monroe	F45	2:29:01.32	Stowmarket Striders RC
378	420	Julia Moss-arcart	F45	2:29:08.94	Stowmarket Striders
379	417	Sally Solomon	F45	2:29:35.68	Felixstowe Road Runners
380	294	Rachael Miller	FO	2:29:53.74	Felixstowe Road Runners

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	457	Paul Wallace	M50	2:30:35.46	Stowmarket Striders RC
382	148	Ruel Fox	M45	2:30:42.18	Ipswich Five Star Bootcamps
383	445	Lily Tricker	FO	2:30:58.16	Ipswich Five Star Bootcamps
384	374	Kat Ross	FO	2:31:29.1	sudbury joggers
385	498	Alice Young	FO	2:31:48.9	Hadleigh Hares AC
386	396	Catherine Sharp	F40	2:31:49.92	Hadleigh Hares AC
387	98	Rachel Cooper	FO	2:32:09.04	
388	22	Tracey Bantoft	F45	2:33:02.43	Ipswich Five Star Bootcamps
389	68	Kelly Brownlee	FO	2:33:02.72	
390	215	Michelle Holden	F40	2:35:24.92	Stowmarket Striders RC
391	233	Iain Hunter	M55	2:37:29.73	Stowmarket Striders RC
392	234	Sue Hunter	F55	2:37:29.95	Stowmarket Striders RC
393	52	Ashlee Brame	FO	2:40:26.78	
394	406	Amanda Smith	F40	2:40:37.62	Felixstowe Road runners
395	325	Anneli Ostler	FO	2:40:38.84	Felixstowe Road Runners
396	239	Bob Jack	M55	2:45:42.02	Bungay Black Dog RC
397	163	Douglas Gladwin	M50	2:45:42.17	Bungay Black Dog RC