

Stowmarket Strider's Friday 5

Individual Results

June 08, 2012

Results By Mucky Races

Place	Name	Team	Bib No	Age	Gender	Age Group Place	Chip Time	Gun Time	Total Pace
1	Daniel Moss	Gas Shop	299	22	M	1 Top Fin	28:40.8	28:40.8	5:44/M
2	Tom Fairbrother	Ipswich JAFFA	59	24	M	2 Top Fin	28:41.8	28:41.8	5:44/M
3	Jamie Shaw	Newmarket Joggers	57	24	M	3 Top Fin	28:53.9	28:53.9	5:47/M
4	Gavin Davies	Ipswich JAFFA	317	32	M	1 M 0-39	29:03.6	29:03.6	5:49/M
5	Brad Jones	Ipswich JAFFA	18	38	M	2 M 0-39	29:21.9	29:21.9	5:52/M
6	Paul Holley	Newmarket Joggers	143	46	M	1 M 45-49	29:30.3	29:30.3	5:54/M
7	Nick Palmer	Stowmarket Striders	89	37	M	3 M 0-39	30:11.4	30:11.4	6:02/M
8	Ryan Ostler	Ipswich JAFFA	12	22	M	4 M 0-39	30:23.9	30:23.9	6:05/M
9	Andrew Taylor	Saint Edmund Pacers	340	37	M	5 M 0-39	30:37.5	30:37.5	6:07/M
10	Jonathan Ling	Ipswich JAFFA	173	20	M	6 M 0-39	30:52.1	30:52.1	6:10/M
11	Adam Wade	Ipswich JAFFA	150	30	M	7 M 0-39	30:57.9	30:57.9	6:11/M
12	Roger Aldis	Stowmarket Striders	187	43	M	1 M 40-44	31:11.7	31:11.7	6:14/M
13	Joseph Gibbon	Colchester and Tendring AC	306	17	M	8 M 0-39	31:30.3	31:30.3	6:18/M
14	Lee Morgan	Ipswich Tri Club	228	40	M	2 M 40-44	31:41.6	31:41.6	6:20/M
15	Dave Solomon	Felixstowe Road Runners	34	44	M	3 M 40-44	31:50.1	31:50.1	6:22/M
16	scott macsephney	Ipswich JAFFA	197	44	M	4 M 40-44	32:09.6	32:09.6	6:26/M
17	Simon Harrison	Harwich Runners	88	37	M	9 M 0-39	32:13.3	32:13.3	6:27/M
18	sam Gooding-Matthews	Harwich Runners	111	23	M	10 M 0-39	32:34.8	32:34.8	6:31/M
19	Margaret Deasy	Colchester and Tendring AC	333	48	F	1 Top Fin	32:44.6	32:44.6	6:33/M
20	Andrew Buck		211	48	M	2 M 45-49	32:50.9	32:50.9	6:34/M
21	Warren Birch	Ipswich JAFFA	218	45	M	3 M 45-49	33:13.5	33:13.5	6:39/M
22	samuel burdett	Stowmarket Striders	26	17	M	11 M 0-39	33:13.6	33:13.6	6:39/M
23	Kate Hodgkiss	Harwich Runners	353	32	F	2 Top Fin	33:33.7	33:33.7	6:43/M
24	Daniel Kinsman	Framlingham Flyers	307	37	M	12 M 0-39	33:42.0	33:42.0	6:44/M
25	PAUL BROWN	Framlingham Flyers	152	46	M	4 M 45-49	33:44.7	33:44.7	6:45/M
26	Ian Coxall	Ipswich JAFFA	309	39	M	13 M 0-39	33:53.6	33:53.6	6:47/M
27	Luke Jackman	Ipswich Tri Club	244	37	M	14 M 0-39	33:54.6	33:54.6	6:47/M
28	Paul Nickells	Woodbridge Shufflers RC	234	49	M	5 M 45-49	33:58.7	33:58.7	6:48/M
29	Louise Hampshire	Sudbury Joggers	305	30	F	3 Top Fin	33:59.4	33:59.4	6:48/M
30	Paul Helliwell	Colchester Harriers	258	44	M	5 M 40-44	34:00.2	34:00.2	6:48/M
31	Mark Hayward	Stowmarket Striders	296	30	M	15 M 0-39	34:13.6	34:13.6	6:51/M
32	Robin Harper	Felixstowe Road Runners	40	36	M	16 M 0-39	34:14.1	34:14.1	6:51/M
33	michael simmons	Great Bentley RC	135	46	M	6 M 45-49	34:15.5	34:15.5	6:51/M
34	Claire Miles		316	23	F	1 F 0-34	34:18.5	34:18.5	6:52/M
35	John Greener	Saint Edmund Pacers	293	43	M	6 M 40-44	34:25.3	34:25.3	6:53/M
36	Ben Rodriguez	Stowmarket Striders	195	35	M	17 M 0-39	34:25.6	34:25.6	6:53/M
37	Marie Shirley	Colchester Harriers	304	33	F	2 F 0-34	34:30.5	34:30.5	6:54/M
38	Mark Sly	Woodbridge Shufflers RC	159	53	M	1 M 50-54	34:30.9	34:30.9	6:54/M
39	Darren Cook	Ipswich JAFFA	330	27	M	18 M 0-39	34:49.5	34:49.5	6:58/M
40	Neil Gillingham	Ipswich Harriers	118	29	M	19 M 0-39	34:50.7	34:50.7	6:58/M
41	Gary Riches	Colchester and Tendring AC	349	43	M	7 M 40-44	34:51.3	34:51.3	6:58/M
42	Chris Tye	Purple Patch	102	45	M	7 M 45-49	34:58.9	34:58.9	7:00/M
43	Ker Macrosson	Ipswich JAFFA	302	57	M	1 M 55-59	35:02.3	35:02.3	7:00/M
44	adam allard		2	36	M	20 M 0-39	35:05.1	35:05.1	7:01/M
45	Rebecca Jordan	Stowmarket Striders	355	34	F	3 F 0-34	35:08.5	35:08.5	7:02/M
46	Andy Proffitt	Redhill Road Runners	47	39	M	21 M 0-39	35:11.0	35:11.0	7:02/M
47	Kevin Short	Framlingham Flyers	117	51	M	2 M 50-54	35:12.0	35:12.0	7:02/M
48	Rob Harrow	Sudbury Joggers	6	34	M	22 M 0-39	35:13.6	35:13.6	7:03/M
49	Andre Besant	Harwich Runners	113	41	M	8 M 40-44	35:16.3	35:16.3	7:03/M
50	Steve Brooke	Felixstowe Road Runners	53	43	M	9 M 40-44	35:19.0	35:19.0	7:04/M
51	william haining	Colchester Harriers	136	56	M	2 M 55-59	35:22.1	35:22.1	7:04/M
52	Stephen Hatten	Saint Edmund Pacers	358	46	M	8 M 45-49	35:25.2	35:25.2	7:05/M
53	adrian peake	Ipswich JAFFA	217	47	M	9 M 45-49	35:32.8	35:32.8	7:06/M
54	Chris Chorley	Bungay Black Dog	75	48	M	10 M 45-49	35:34.9	35:34.9	7:07/M
55	Cameron Farnan	Stowmarket Striders	24	17	M	23 M 0-39	35:44.4	35:44.4	7:09/M
56	Neville Clarke	Newmarket Joggers	168	58	M	3 M 55-59	35:44.9	35:44.9	7:09/M
57	Michael Murray	Sudbury Joggers	286	48	M	11 M 45-49	35:45.4	35:45.4	7:09/M
58	clive davey		42	41	M	10 M 40-44	35:49.5	35:49.5	7:10/M
59	stewart hamblin	Framlingham Flyers	161	45	M	12 M 45-49	35:53.8	35:53.8	7:11/M
60	Hill Raymond	Ipswich JAFFA	303	62	M	1 M 60-99	35:56.4	35:56.4	7:11/M
61	Tom Elmer		285	19	M	24 M 0-39	35:59.1	35:59.1	7:12/M
62	stephen curran	Woodbridge Shufflers RC	70	48	M	13 M 45-49	36:00.3	36:00.3	7:12/M
63	John Squirrel	Stowmarket Striders	1	59	M	4 M 55-59	36:01.9	36:01.9	7:12/M
64	MARK WATTS	Saint Edmund Pacers	278	49	M	14 M 45-49	36:02.6	36:02.6	7:12/M
65	Chris Sugars	Ipswich Harriers	273	41	M	11 M 40-44	36:07.0	36:07.0	7:13/M
66	Duncan Chenery	Ipswich JAFFA	97	52	M	3 M 50-54	36:09.3	36:09.3	7:14/M
67	Steve Whittaker		356	48	M	15 M 45-49	36:10.6	36:10.6	7:14/M
68	Tom Wake	Ipswich JAFFA	210	26	M	25 M 0-39	36:14.9	36:14.9	7:15/M
69	Iain Catchpool	Ipswich JAFFA	32	45	M	16 M 45-49	36:20.1	36:20.1	7:16/M
70	Adrian frost		49	41	M	12 M 40-44	36:22.2	36:22.2	7:16/M
71	Paul Heeks	Stowmarket Striders	339	45	M	17 M 45-49	36:22.7	36:22.7	7:16/M
72	John Hood		328	50	M	4 M 50-54	36:24.2	36:24.2	7:17/M
73	Stephen Levinson		351	60	M	2 M 60-99	36:25.2	36:25.2	7:17/M
74	VAL Jennings	Ipswich JAFFA	237	48	F	1 F 45-49	36:27.8	36:27.8	7:17/M
75	christine anthony	West Suffolk AC	183	49	M	18 M 45-49	36:29.1	36:29.1	7:18/M
76	Martin Broadhurst		191	40	M	13 M 40-44	36:31.1	36:31.1	7:18/M
77	DEREK HOOD	Stowmarket Striders	107	38	M	26 M 0-39	36:32.7	36:32.7	7:18/M
78	Marina Almendros	Ipswich JAFFA	268	31	F	4 F 0-34	36:34.0	36:34.0	7:19/M
79	Darren Lee	Stowmarket Striders	354	46	M	19 M 45-49	36:39.5	36:39.5	7:20/M
80	Mike Greener	Saint Edmund Pacers	295	41	M	14 M 40-44	36:44.0	36:44.0	7:21/M

81	Anna Clayton	Saint Edmund Pacers	259	27	F	5 F 0-34	36:47.8	36:47.8	7:21/M
82	Stephen Clark	Ipswich Tri Club	220	21	M	27 M 0-39	36:59.5	36:59.5	7:24/M
83	Jim Comber	Sudbury Joggers	17	40	M	15 M 40-44	37:03.3	37:03.3	7:25/M
84	Jack Anthony	West Suffolk AC	287	17	M	28 M 0-39	37:03.9	37:03.9	7:25/M
85	seth davis	Ipswich JAFFA	242	38	M	29 M 0-39	37:04.0	37:04.0	7:25/M
86	Claire Hoblyn	Saint Edmund Pacers	126	48	F	2 F 45-49	37:05.0	37:05.0	7:25/M
87	Paul Berriman		65	39	M	30 M 0-39	37:10.6	37:10.6	7:26/M
88	mark lawes	Tiptree Road Runners	30	43	M	16 M 40-44	37:19.2	37:19.2	7:28/M
89	John Weston	Ipswich JAFFA	270	56	M	5 M 55-59	37:23.3	37:23.3	7:29/M
90	Ian Gooderham	Saint Edmund Pacers	323	45	M	20 M 45-49	37:26.0	37:26.0	7:29/M
91	Kate Wooldridge	Ipswich JAFFA	277	38	F	1 F 35-39	37:30.0	37:30.0	7:30/M
92	Peter Bird	Saint Edmund Pacers	105	38	M	31 M 0-39	37:32.4	37:32.4	7:30/M
93	Shaun Jones	Stowmarket Striders	31	32	M	32 M 0-39	37:38.6	37:38.6	7:32/M
94	Paul Carlisle	Great Bentley RC	246	52	M	5 M 50-54	37:39.2	37:39.2	7:32/M
95	Michael Marriott		62	56	M	6 M 55-59	37:42.1	37:42.1	7:32/M
96	Matthew Eveleigh	Stowmarket Striders	169	31	M	33 M 0-39	37:43.0	37:43.0	7:33/M
97	Peter Mills	Stowmarket Striders	291	59	M	7 M 55-59	37:44.9	37:44.9	7:33/M
98	Justine Anthony	West Suffolk AC	182	18	M	34 M 0-39	37:48.0	37:48.0	7:34/M
99	Mark Goodwin	Felixstowe Road Runners	185	39	M	35 M 0-39	37:48.3	37:48.3	7:34/M
100	Ben Parker	Felixstowe Road Runners	158	17	M	36 M 0-39	37:49.2	37:49.2	7:34/M
101	Cheryl Holder	Purple Patch	103	44	F	1 F 40-44	37:53.4	37:53.4	7:35/M
102	Charmaine Geraghty	Stowmarket Striders	170	39	F	2 F 35-39	37:54.3	37:54.3	7:35/M
103	Gary Dickinson		334	46	M	21 M 45-49	37:57.2	37:57.2	7:35/M
104	Gavin Mitchell		269	39	M	37 M 0-39	37:58.9	37:58.9	7:36/M
105	James Calver	Ipswich JAFFA	157	23	M	38 M 0-39	38:07.6	38:07.6	7:37/M
106	Verity Smith	Ipswich JAFFA	361	36	F	3 F 35-39	38:23.3	38:23.3	7:41/M
107	James Manning	Saint Edmund Pacers	84	45	M	22 M 45-49	38:24.7	38:24.7	7:41/M
108	Stacey Owen	Theford AC	341	27	F	6 F 0-34	38:27.6	38:27.6	7:41/M
109	Jonathan Price	Sudbury Joggers	216	61	M	3 M 60-99	38:34.0	38:34.0	7:43/M
110	kevin bird	Stowmarket Striders	175	48	M	23 M 45-49	38:39.7	38:39.7	7:44/M
111	Stephen Williams	Saint Edmund Pacers	292	58	M	8 M 55-59	38:43.7	38:43.7	7:45/M
112	Adam Hocken	Witham R.C.	332	46	M	24 M 45-49	38:44.7	38:44.7	7:45/M
113	Alan Jackson	Ipswich JAFFA	99	53	M	6 M 50-54	38:45.1	38:45.1	7:45/M
114	Lucy Sheehan	Felixstowe Road Runners	359	28	F	7 F 0-34	38:47.8	38:47.8	7:45/M
115	Wendy Jones		335	46	F	3 F 45-49	38:58.1	38:58.1	7:48/M
116	Paul Wigens	Woodbridge Shufflers RC	310	53	M	7 M 50-54	39:11.8	39:11.8	7:50/M
117	Chris Johns	Ipswich JAFFA	202	55	M	9 M 55-59	39:18.1	39:18.1	7:52/M
118	Sarah Proffitt	Redhill Road Runners	48	39	F	4 F 35-39	39:21.9	39:21.9	7:52/M
119	Peter Baguley	Ipswich JAFFA	77	55	M	10 M 55-59	39:22.7	39:22.7	7:52/M
120	Philip Goddard	Ipswich JAFFA	133	57	M	11 M 55-59	39:28.0	39:28.0	7:54/M
121	Gavin Ridgeon		337	35	M	39 M 0-39	39:31.3	39:31.3	7:54/M
122	Brian Powlett		314	37	M	40 M 0-39	39:34.2	39:34.2	7:55/M
123	Luke Whitwell	Team Pink	36	29	M	41 M 0-39	39:34.8	39:34.8	7:55/M
124	Simon Wiggins	Felixstowe Road Runners	236	39	M	42 M 0-39	39:36.5	39:36.5	7:55/M
125	Chris Ridgeon		338	61	M	4 M 60-99	39:48.0	39:48.0	7:58/M
126	Andrew Elliott		179	41	M	17 M 40-44	39:56.3	39:56.3	7:59/M
127	Peter Chadwick	Stowmarket Striders	165	45	M	25 M 45-49	39:57.2	39:57.2	7:59/M
128	christopher cook	Saint Edmund Pacers	167	63	M	5 M 60-99	40:01.7	40:01.7	8:00/M
129	Sarah Vick	The Saxons	322	42	F	2 F 40-44	40:05.0	40:05.0	8:01/M
130	Peter Jay	Saint Edmund Pacers	163	51	M	8 M 50-54	40:11.7	40:11.7	8:02/M
131	Michael Bardell		230	41	M	18 M 40-44	40:16.2	40:16.2	8:03/M
132	SARAH GOLDING	Saint Edmund Pacers	16	48	F	4 F 45-49	40:22.6	40:22.6	8:04/M
133	Sally Connick	Ipswich JAFFA	200	35	F	5 F 35-39	40:26.5	40:26.5	8:05/M
134	Elizabeth Cahill	Colchester Harriers	209	47	F	5 F 45-49	40:28.4	40:28.4	8:06/M
135	Paul Schwer	Felixstowe Road Runners	112	51	M	9 M 50-54	40:32.5	40:32.5	8:06/M
136	Phil Marsden	Ipswich JAFFA	193	52	M	10 M 50-54	40:35.5	40:35.5	8:07/M
137	NEIL MARTIN	Stowmarket Striders	250	39	M	43 M 0-39	40:46.8	40:46.8	8:09/M
138	David Martin		251	57	M	12 M 55-59	40:51.8	40:51.8	8:10/M
139	Nicola Ramsey	Ipswich JAFFA	22	32	F	8 F 0-34	40:54.9	40:54.9	8:11/M
140	Chris Gladwell	Stowmarket Striders	319	55	M	13 M 55-59	40:57.3	40:57.3	8:11/M
141	Samantha Wing	Theford AC	267	23	F	9 F 0-34	41:07.8	41:07.8	8:13/M
142	Rob Clayton	Felixstowe Road Runners	129	55	M	14 M 55-59	41:12.2	41:12.2	8:14/M
143	Philip Brown	Saint Edmund Pacers	137	46	M	26 M 45-49	41:14.5	41:14.5	8:15/M
144	Daniel Gould	Team Pink	41	37	M	44 M 0-39	41:14.5	41:14.5	8:15/M
145	David Taylor	Framlingham Flyers	68	63	M	6 M 60-99	41:16.5	41:16.5	8:15/M
146	Alistair Goodier	Ipswich JAFFA	225	44	M	19 M 40-44	41:17.3	41:17.3	8:15/M
147	John Rednall	Stowmarket Striders	276	48	M	27 M 45-49	41:19.2	41:19.2	8:16/M
148	Mike Ryall		247	62	M	7 M 60-99	41:20.4	41:20.4	8:16/M
149	Andrew Stewart	Hadleigh Hares	263	51	M	11 M 50-54	41:28.6	41:28.6	8:18/M
150	helen finegan	Felixstowe Road Runners	91	21	F	10 F 0-34	41:28.8	41:28.8	8:18/M
151	peter finch	Stowmarket Striders	110	50	M	12 M 50-54	41:31.6	41:31.6	8:18/M
152	Elsbeth Knott	Harwich Runners	33	61	F	1 F 55-99	41:31.9	41:31.9	8:18/M
153	Charles Shoolbred		324	63	M	8 M 60-99	41:35.1	41:35.1	8:19/M
154	Anna Smith	Stowmarket Striders	114	38	F	6 F 35-39	41:36.3	41:36.3	8:19/M
155	John Penny		288	57	M	15 M 55-59	41:37.2	41:37.2	8:19/M
156	Sarah Whyand	Saint Edmund Pacers	254	37	F	7 F 35-39	41:37.8	41:37.8	8:19/M
157	Karen Mowle	Harwich Runners	221	42	F	3 F 40-44	41:40.2	41:40.2	8:20/M
158	Trudy Avis	Hadleigh Hares	264	40	F	4 F 40-44	41:48.6	41:48.6	8:22/M
159	Robert Mawson	Framlingham Flyers	9	56	M	16 M 55-59	41:52.7	41:52.7	8:22/M
160	Frank Moggan	Stowmarket Striders	20	0	M	45 M 0-39	41:54.4	41:54.4	8:23/M
161	Colin Lewis		122	47	M	28 M 45-49	42:12.0	42:12.0	8:26/M
162	Phil Davies	Ipswich JAFFA	162	46	M	29 M 45-49	42:12.1	42:12.1	8:26/M
163	Gordon Andrews	Felixstowe Road Runners	360	34	M	46 M 0-39	42:13.3	42:13.3	8:27/M
164	Darren Meek		95	0	M	47 M 0-39	42:14.2	42:14.2	8:27/M
165	philip southgate	Saint Edmund Pacers	164	42	M	20 M 40-44	42:15.0	42:15.0	8:27/M
166	Trevor Matthews	Harwich Runners	283	48	M	30 M 45-49	42:17.0	42:17.0	8:27/M
167	Shona Bendix	Bungay Black Dog	54	45	F	6 F 45-49	42:22.2	42:22.2	8:28/M
168	Gary Wright		206	45	M	31 M 45-49	42:23.6	42:23.6	8:29/M
169	Karen Skene	Great Bentley RC	255	46	F	7 F 45-49	42:28.1	42:28.1	8:30/M

170	Lucy Hollis	Woodbridge Shufflers RC	311	26	F	11 F 0-34	42:30.2	42:30.2	8:30/M
171	Sam Levick		329	22	M	48 M 0-39	42:33.1	42:33.1	8:31/M
172	Mark Whitehead		232	45	M	32 M 45-49	42:37.9	42:37.9	8:31/M
173	Harry Smith	Stowmarket Striders	130	47	M	33 M 45-49	42:39.9	42:39.9	8:32/M
174	Hazel Buist	Halstead RRC	201	29	F	12 F 0-34	42:40.7	42:40.7	8:32/M
175	Bobbie Sauerzapf	Bungay Black Dog	76	53	F	1 F 50-54	42:57.1	42:57.1	8:35/M
176	Russell Mowle	Harwich Runners	222	42	M	21 M 40-44	43:03.2	43:03.2	8:37/M
177	Theresa Bishop	Great Bentley RC	204	48	F	8 F 45-49	43:04.7	43:04.7	8:37/M
178	Simon Whitnall		325	52	M	13 M 50-54	43:05.4	43:05.4	8:37/M
179	Des Bishop	Great Bentley RC	203	49	M	34 M 45-49	43:06.4	43:06.4	8:37/M
180	Mark Avery	Ipswich JAFFA	7	46	M	35 M 45-49	43:07.1	43:07.1	8:37/M
181	KEITH CHAMBERLAIN		19	47	M	36 M 45-49	43:07.7	43:07.7	8:37/M
182	David Coley	Felixstowe Road Runners	229	62	M	9 M 60-99	43:11.8	43:11.8	8:38/M
183	Nikki Vince	Hadleigh Hares	260	38	F	8 F 35-39	43:13.2	43:13.2	8:39/M
184	Billy Richmond	Ipswich JAFFA	348	46	M	37 M 45-49	43:16.6	43:16.6	8:39/M
185	MANDY BUNN	Haverhill	177	43	F	5 F 40-44	43:17.2	43:17.2	8:39/M
186	Dom South		344	37	M	49 M 0-39	43:17.3	43:17.3	8:39/M
187	Mark Crawford		176	39	M	50 M 0-39	43:19.3	43:19.3	8:40/M
188	Emma Yarrow	Stowmarket Striders	92	40	F	6 F 40-44	43:20.9	43:20.9	8:40/M
189	Mark Miller	Stowmarket Striders	313	42	M	22 M 40-44	43:21.2	43:21.2	8:40/M
190	Christine Middleton-burrows	Woodbridge Shufflers RC	284	45	F	9 F 45-49	43:22.3	43:22.3	8:40/M
191	p kerrison	Harwich Runners	120	45	M	38 M 45-49	43:29.5	43:29.5	8:42/M
192	Evette Price	Framlingham Flyers	116	49	F	10 F 45-49	43:30.5	43:30.5	8:42/M
193	Lee Crisp	Felixstowe Road Runners	153	39	M	51 M 0-39	43:34.0	43:34.0	8:43/M
194	Rachel Crisp	Felixstowe Road Runners	155	38	M	52 M 0-39	43:34.6	43:34.6	8:43/M
195	Adam Ramsey	Ipswich JAFFA	21	36	M	53 M 0-39	43:41.0	43:41.0	8:44/M
196	Robbie Burt	Saint Edmund Pacers	321	44	M	23 M 40-44	43:48.6	43:48.6	8:46/M
197	Emily Roberts		80	22	F	13 F 0-34	43:49.5	43:49.5	8:46/M
198	Alison Myles	Ipswich JAFFA	138	40	F	7 F 40-44	43:54.1	43:54.1	8:47/M
199	Robin Smith	Saint Edmund Pacers	275	59	M	17 M 55-59	43:55.1	43:55.1	8:47/M
200	Carolynn Anderson	Newmarket Joggers	144	37	F	9 F 35-39	43:57.8	43:57.8	8:47/M
201	Belinda Godbold	Ipswich JAFFA	184	53	F	2 F 50-54	43:58.4	43:58.4	8:48/M
202	Gary Taylor	Woodbridge Shufflers RC	72	50	M	14 M 50-54	43:59.0	43:59.0	8:48/M
203	Karen Hatten	Saint Edmund Pacers	301	53	F	3 F 50-54	44:01.0	44:01.0	8:48/M
204	Penny Barrington	Harwich Runners	147	42	F	8 F 40-44	44:01.9	44:01.9	8:48/M
205	tamsin passmore		224	48	M	39 M 45-49	44:04.6	44:04.6	8:49/M
206	Angela Paxon		318	39	M	54 M 0-39	44:05.8	44:05.8	8:49/M
207	Amanda Martin	Saint Edmund Pacers	327	45	F	11 F 45-49	44:06.7	44:06.7	8:49/M
208	Louise Johnson	Ipswich JAFFA	174	31	F	14 F 0-34	44:09.2	44:09.2	8:50/M
209	Richard Smith	Felixstowe Road Runners	249	52	M	15 M 50-54	44:15.2	44:15.2	8:51/M
210	Keith Borrett	Stowmarket Striders	55	58	M	18 M 55-59	44:30.2	44:30.2	8:54/M
211	Andrew Hayward	Stowmarket Striders	46	28	M	55 M 0-39	44:40.0	44:40.0	8:56/M
212	Kie Hmphreys		252	28	M	56 M 0-39	44:42.3	44:42.3	8:56/M
213	Tracy Keeble	Harwich Runners	146	33	F	15 F 0-34	44:45.5	44:45.5	8:57/M
214	Eloise Calver	Saint Edmund Pacers	104	44	F	9 F 40-44	44:47.3	44:47.3	8:57/M
215	Matt Dorey		281	38	M	57 M 0-39	44:47.6	44:47.6	8:57/M
216	Susan Bloomfield	Stowmarket Striders	239	45	F	12 F 45-49	44:49.2	44:49.2	8:58/M
217	Matt Howe		226	37	M	58 M 0-39	44:50.6	44:50.6	8:58/M
218	Abby Powlett	Ipswich JAFFA	212	34	F	16 F 0-34	44:57.5	44:57.5	8:59/M
219	Rachael Rudge		192	40	F	10 F 40-44	45:02.3	45:02.3	9:00/M
220	Angela Whiting	Stowmarket Striders	256	49	F	13 F 45-49	45:08.6	45:08.6	9:02/M
221	David Munro		350	33	M	59 M 0-39	45:09.3	45:09.3	9:02/M
222	Marion Simmons	Great Bentley RC	134	48	F	14 F 45-49	45:13.3	45:13.3	9:03/M
223	Clive Gardiner	Ipswich JAFFA	297	55	M	19 M 55-59	45:15.2	45:15.2	9:03/M
224	mike linnett		83	47	M	40 M 45-49	45:18.4	45:18.4	9:04/M
225	caroline stafford	Felixstowe Road Runners	227	35	F	10 F 35-39	45:20.4	45:20.4	9:04/M
226	Dawn Jason		78	25	F	17 F 0-34	45:20.9	45:20.9	9:04/M
227	Kayleigh Chenery	Ipswich JAFFA	14	22	F	18 F 0-34	45:22.8	45:22.8	9:04/M
228	Lex Carlisle	Great Bentley RC	245	54	F	4 F 50-54	45:26.7	45:26.7	9:05/M
229	Wyn Jones	Felixstowe Road Runners	149	57	M	20 M 55-59	45:37.8	45:37.8	9:07/M
230	louise Papworth	Harwich Runners	223	38	F	11 F 35-39	45:41.5	45:41.5	9:08/M
231	Mark Hunter		194	41	M	24 M 40-44	45:43.3	45:43.3	9:09/M
232	Leslie Basham	Stowmarket Striders	188	62	M	10 M 60-99	45:48.0	45:48.0	9:10/M
233	Tanya Whitehead		231	41	F	11 F 40-44	45:49.4	45:49.4	9:10/M
234	David Howe		8	36	M	60 M 0-39	45:50.4	45:50.4	9:10/M
235	Karen Shelley	Capel Cheetahs	290	47	F	15 F 45-49	45:55.5	45:55.5	9:11/M
236	Pippa Cresdee	Ipswich JAFFA	166	27	F	19 F 0-34	45:57.0	45:57.0	9:11/M
237	Jo Parden	Framlingham Flyers	180	45	F	16 F 45-49	45:59.8	45:59.8	9:12/M
238	Ian Lightfoot	Woodbridge Shufflers RC	74	30	M	61 M 0-39	46:01.8	46:01.8	9:12/M
239	Sarah Jobbins		58	47	F	17 F 45-49	46:03.4	46:03.4	9:13/M
240	Claire Brooks	FERC	10	32	F	20 F 0-34	46:10.4	46:10.4	9:14/M
241	Fiona Tooley	West Suffolk AC	331	43	F	12 F 40-44	46:19.1	46:19.1	9:16/M
242	DAVID LAMPARD	Felixstowe Road Runners	241	48	M	41 M 45-49	46:20.1	46:20.1	9:16/M
243	Tim Newton	Ipswich JAFFA	35	61	M	11 M 60-99	46:20.4	46:20.4	9:16/M
244	Tony Adolphus	Ipswich JAFFA	199	54	M	16 M 50-54	46:29.2	46:29.2	9:18/M
245	Jason Baillie	Ipswich Tri Club	343	38	M	62 M 0-39	46:30.0	46:30.0	9:18/M
246	Dan Finegan	Felixstowe Road Runners	90	15	M	63 M 0-39	46:40.4	46:40.4	9:20/M
247	Don Welsh	Great Bentley RC	308	52	M	17 M 50-54	46:42.0	46:42.0	9:20/M
248	Stephen Bright		186	49	M	42 M 45-49	47:03.8	47:03.8	9:25/M
249	Georgia Garvin		253	20	F	21 F 0-34	47:10.7	47:10.7	9:26/M
250	tim finegan	Felixstowe Road Runners	93	50	M	18 M 50-54	47:13.7	47:13.7	9:27/M
251	WENDY HUGHES	Stowmarket Striders	196	52	F	5 F 50-54	47:15.0	47:15.0	9:27/M
252	Nicola Camber	Ipswich Tri Club	362	38	F	12 F 35-39	47:20.8	47:20.8	9:28/M
253	Jeremy Clipstone	Ipswich Tri Club	363	45	M	43 M 45-49	47:20.9	47:20.9	9:28/M
254	Debbie Pembroke	Capel Cheetahs	352	48	F	18 F 45-49	47:25.6	47:25.6	9:29/M
255	JUDY POTTER	Bungay Black Dog	279	66	F	2 F 55-99	47:29.6	47:29.6	9:30/M
256	Chris Hayes	Great Bentley RC	5	52	M	19 M 50-54	47:37.6	47:37.6	9:31/M
257	Alison Bardell	Harwich Runners	124	41	F	13 F 40-44	47:38.6	47:38.6	9:32/M
258	Vivienne Taylor	Framlingham Flyers	67	59	F	3 F 55-99	48:08.0	48:08.0	9:38/M

259	colin harvey	Harwich Runners	189	44	M	25 M 40-44	48:13.6	48:13.6	9:39/M
260	Tim Skelton		66	54	M	20 M 50-54	48:14.8	48:14.8	9:39/M
261	Terry Braverman	Haverhill	86	67	M	12 M 60-99	48:18.4	48:18.4	9:40/M
262	Peter Gay	Stowmarket Striders	38	69	M	13 M 60-99	48:21.6	48:21.6	9:40/M
263	Jennifer Devaney	Stowmarket Striders	336	33	F	22 F 0-34	48:26.8	48:26.8	9:41/M
264	David Cox	Stowmarket Striders	347	50	M	21 M 50-54	48:28.5	48:28.5	9:42/M
265	ann piercy	Harwich Runners	190	57	F	4 F 55-99	48:30.2	48:30.2	9:42/M
266	Maureen Wright	Ipswich JAFFA	123	66	F	5 F 55-99	48:31.7	48:31.7	9:42/M
267	clare mckenna	Harwich Runners	119	21	F	23 F 0-34	48:40.7	48:40.7	9:44/M
268	steven reynolds		81	53	M	22 M 50-54	48:50.6	48:50.6	9:46/M
269	Thomas Hammond	Stowmarket Striders	79	18	M	64 M 0-39	48:59.7	48:59.7	9:48/M
270	Carol nokes	Hadleigh Hares	160	54	F	6 F 50-54	49:02.1	49:02.1	9:48/M
271	Clare Phillips		320	47	F	19 F 45-49	49:30.8	49:30.8	9:54/M
272	joe naughton	Stowmarket Striders	154	50	M	23 M 50-54	49:31.3	49:31.3	9:54/M
273	Ronel Van der Merwe		127	53	F	7 F 50-54	49:37.2	49:37.2	9:55/M
274	Philip Nutley	Saint Edmund Pacers	125	64	M	14 M 60-99	49:49.4	49:49.4	9:58/M
275	Anne Harvey	Ipswich JAFFA	178	48	F	20 F 45-49	49:51.4	49:51.4	9:58/M
276	Andrea Friend	Stowmarket Striders	142	44	F	14 F 40-44	49:51.4	49:51.4	9:58/M
277	Christine Hall	Stowmarket Striders	128	56	F	6 F 55-99	49:58.0	49:58.0	10:00/M
278	JULIE THURLOW	Ipswich JAFFA	52	56	F	7 F 55-99	50:14.6	50:14.6	10:03/M
279	Charlie Stannett	Ipswich Tri Club	56	56	M	21 M 55-59	50:18.3	50:18.3	10:04/M
280	Katy Nash	Stowmarket Striders	98	41	F	15 F 40-44	50:33.1	50:33.1	10:07/M
281	Rachel Barrow		11	30	F	24 F 0-34	50:42.7	50:42.7	10:08/M
282	Dave Schindler	Sweatshop Running Community	243	32	M	65 M 0-39	50:44.2	50:44.2	10:09/M
283	Anna Anderson	Harwich Runners	61	41	F	16 F 40-44	50:45.6	50:45.6	10:09/M
284	GRAHAM PAGE	Saint Edmund Pacers	3	56	M	22 M 55-59	50:47.6	50:47.6	10:09/M
285	Jeremy sore		28	47	M	44 M 45-49	50:54.3	50:54.3	10:11/M
286	Marianne Burnell		215	62	F	8 F 55-99	50:54.4	50:54.4	10:11/M
287	Janet Lomas	Framlingham Flyers	312	45	F	21 F 45-49	50:59.0	50:59.0	10:12/M
288	niki macsephney	Ipswich JAFFA	198	41	F	17 F 40-44	51:02.7	51:02.7	10:12/M
289	Alison Haile		207	48	F	22 F 45-49	51:10.6	51:10.6	10:14/M
290	Gill Price		205	51	F	8 F 50-54	51:11.3	51:11.3	10:14/M
291	Sue Philp	Stowmarket Striders	109	53	F	9 F 50-54	51:13.3	51:13.3	10:15/M
292	mel chittock		13	56	M	23 M 55-59	51:19.1	51:19.1	10:16/M
293	Ian Doggett		172	39	M	66 M 0-39	51:19.5	51:19.5	10:16/M
294	Richard Sore	Ipswich JAFFA	37	42	M	26 M 40-44	51:21.6	51:21.6	10:16/M
295	Victoria Huggins		357	30	F	25 F 0-34	51:26.9	51:26.9	10:17/M
296	Nancy Hammond	Hadleigh Hares	15	45	F	23 F 45-49	51:41.3	51:41.3	10:20/M
297	Diana Braverman	Cambridge & Coleridge AC	87	60	F	9 F 55-99	51:52.5	51:52.5	10:22/M
298	Julian Wiseman	Framlingham Flyers	156	52	M	24 M 50-54	51:57.2	51:57.2	10:23/M
299	Debbie Taylor		71	47	F	24 F 45-49	52:10.0	52:10.0	10:26/M
300	Mick Mulley		300	55	M	24 M 55-59	52:25.4	52:25.4	10:29/M
301	Stephen Cartwright	Colchester and Tendring AC	315	54	M	25 M 50-54	52:42.5	52:42.5	10:32/M
302	Peter Reeve	Great Bentley RC	280	52	M	26 M 50-54	52:58.5	52:58.5	10:36/M
303	JO DICKINSON	Felixstowe Road Runners	106	42	F	18 F 40-44	53:17.0	53:17.0	10:39/M
304	Kirsty Semple	Harwich Runners	140	46	F	25 F 45-49	53:34.5	53:34.5	10:43/M
305	Stephanie Nichols	Saint Edmund Pacers	342	42	F	19 F 40-44	53:42.1	53:42.1	10:44/M
306	Deborah Stewart	Hadleigh Hares	262	53	F	10 F 50-54	54:00.5	54:00.5	10:48/M
307	Lisa Bond		298	42	F	20 F 40-44	54:09.8	54:09.8	10:50/M
308	Maureen Flint	A Runners Running Club	132	61	F	10 F 55-99	54:22.3	54:22.3	10:52/M
309	Paul Forshaw		25	59	M	25 M 55-59	54:27.2	54:27.2	10:53/M
310	Tracey Morgan		139	41	F	21 F 40-44	55:03.9	55:03.9	11:01/M
311	Fiona Moody	Stowmarket Striders	345	48	F	26 F 45-49	55:07.8	55:07.8	11:01/M
312	Mary Clarke		214	61	F	11 F 55-99	55:08.2	55:08.2	11:02/M
313	Carla Wiggins	Felixstowe Road Runners	44	31	F	26 F 0-34	55:11.9	55:11.9	11:02/M
314	jane riches		45	40	F	22 F 40-44	55:39.4	55:39.4	11:08/M
315	Tony Flint	A Runners Running Club	131	67	M	15 M 60-99	56:28.2	56:28.2	11:18/M
316	ian turner	St Edmunds Wheel	4	59	M	26 M 55-59	57:08.7	57:08.7	11:26/M
317	Adrianne Frost		235	20	F	27 F 0-34	57:15.5	57:15.5	11:27/M
318	Diane Cox	Stowmarket Striders	346	47	F	27 F 45-49	58:34.0	58:34.0	11:43/M
319	claire bardsley	Stowmarket Striders	115	37	F	13 F 35-39	1:05:26.4	1:05:26.4	13:05/M
320	David Nugent	Great Bentley RC	282	62	M	16 M 60-99	1:05:31.1	1:05:31.1	13:06/M
321	Wendy Merfield	The Saxons	23	72	F	12 F 55-99	1:07:38.2	1:07:38.2	13:32/M