

# Stowmarket Half Marathon

## Open

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	Benjamin Turley	MO	1:15:50.86	Ipswich JAFFA RC
2	Grant Harradence	MO	1:16:10.91	
3	Colin Ridley	M50	1:17:28.66	Saint Edmund Pacers
4	Patrick Bickerton	MO	1:18:47.78	
5	Adam Howlett	M40	1:19:26.95	Framlingham Flyers
6	John Manlow	M45	1:19:41.37	Ely Runners
7	John Scaife	M40	1:20:24.12	Hadleigh Hares
8	Jason Taylor	M40	1:20:38.22	Felixstowe RR
9	Odette Robson	F40	1:20:54.97	Saint Edmund Pacers
10	Greg Davis	M50	1:21:35.86	Newmarket Joggers
11	Barnaby Rufford	M45	1:21:53.98	
12	Tim Larke	M40	1:22:33.28	Stowmarket Striders RC
13	Nicholas Clarke	MO	1:23:09.26	
14	Joe Carr	MO	1:23:12.18	Framlingham Flyers
15	Jason Allard	M40	1:23:20.74	Stowmarket Striders RC
16	Thomas Challener	MO	1:23:51.95	Sudbury Joggers
17	Nigel Rogers	M45	1:24:02.27	
18	Darren Sheppard	M40	1:24:10.84	Framlingham Flyers
19	Andy Buck	M50	1:24:25.4	Sudbury Joggers
20	Damian Hinchcliffe	MO	1:24:32.34	Stowmarket Striders RC
21	Rose Nicholson	FO	1:24:35.54	Waveney Valley AC
22	Adam Allard	MO	1:25:09.34	
23	Scott Macsephney	M45	1:25:16	Ipswich JAFFA RC
24	Samuel Burdett	U21M	1:25:39.7	Stowmarket Striders RC
25	Simon Cartwright	MO	1:25:40.56	
26	Ben Wharnsby	U21M	1:25:57.27	Ipswich Harriers
27	Benjamin Cuthbert	MO	1:26:28.77	Sudbury Joggers
28	Oliver Hambling-jones	MO	1:26:44.84	
29	Neil Reid	MO	1:26:55.25	
30	Marie Shirley	F35	1:27:05.99	Colchester Harriers AC
31	Robin Harper	MO	1:27:15.04	Felixstowe RR
32	Paul Norris	M45	1:27:31.18	
33	Oliver Boughton	MO	1:27:40.63	
34	Jayne Williams	F40	1:27:46.45	Ipswich JAFFA RC
35	Mark Watts	M50	1:27:48.28	Saint Edmund Pacers
36	Kerry Brown	M40	1:27:52.35	
37	Isobel Renn	U21F	1:27:58.47	Ipswich JAFFA RC
38	Craig Dawson	MO	1:28:19.9	Tiptree Road Runners
39	Phil Quantrill	M40	1:28:42.25	North Norfolk Beach Runner
40	Matthew Crane	MO	1:28:49.23	Saint Edmund Pacers
41	Philip Honeywood	M45	1:28:56.09	
42	Paul Gardiner	M40	1:28:57.19	
43	Dave Lumby	M50	1:29:03.45	Ipswich JAFFA RC
44	Terry Bennington	MO	1:29:10.22	Stowmarket Striders RC
45	Neil Gillingham	MO	1:29:24.39	Ipswich Harriers
46	Sean Kennedy	MO	1:29:52.97	Woodbridge Shufflers
47	Anthony Das	MO	1:30:33.12	Imperial College
48	Peter Smith	MO	1:30:54.48	
49	Daniel Jones	MO	1:30:57.66	Ipswich Harriers
50	Stephen Pettit	M50	1:31:13.75	Ely Runners
51	Louis Suggett	MO	1:31:20.4	
52	Ben Jackson	MO	1:31:21.02	Bungay Black Dog RC

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
53	Steve Cresswell	M40	1:31:24.45	Cambridge & Coleridge AC
54	Colin Shadbolt	MO	1:31:27.74	Framlingham Flyers
55	Matthew Allsop	M40	1:31:46.3	
56	Dave Solomon	M45	1:31:49.21	Felixstowe RR
57	Stephen Brook	M40	1:31:51.31	Stowmarket Striders RC
58	Neil Turner	M45	1:31:54.98	
59	Peter Frost	M45	1:32:07.71	
60	Simon Bekker	M40	1:32:08.85	Great Yarmouth Roadrunner
61	Paul Masterson	M45	1:32:30.77	
62	Neil Leeds	MO	1:32:39.35	
63	Richard Smith	MO	1:32:53.99	Muddy Race
64	Russel Breyer	M50	1:32:54.8	Ipswich JAFFA RC
65	Dawn Davies	F35	1:32:58.18	Ipswich JAFFA RC
66	Matt Calderbank	MO	1:33:04.15	
67	Russell Rose	M45	1:33:07.53	Olney Runners
68	Richard Wild	MO	1:33:20.15	Northampton Road Runners
69	Neil Williamson	MO	1:33:22.59	Newmarket Joggers
70	Will Aldred	M45	1:33:28.5	Framlingham Flyers
71	Matt Sims	M45	1:33:38.29	
72	Duane Daugherty	M50	1:33:40.69	100 Marathon Club
73	Geraldine Clarke	F45	1:33:51.07	Framlingham Flyers
74	Peter Woods	MO	1:33:57.06	Stowmarket Striders RC
75	Allison Carter	F40	1:33:58.31	Tri-Anglia Triathlon Club
76	Alan Sansom	M45	1:34:13.08	Woodbridge Shufflers
77	Davina Greenwell	FO	1:34:18.2	Hadleigh Hares
78	Charles Hann	M45	1:34:19.93	Sudbury Joggers
79	John Leach	M50	1:34:21.08	North Norfolk Beach Runner
80	Lee Daly	M40	1:34:27.94	
81	Craig Catchpole	MO	1:34:29.17	
82	Malcolm Savage	M65	1:34:29.82	Springfield Striders
83	Josh Kozak	U21M	1:34:52.2	
84	Andrew Renshaw	M50	1:35:00.05	
85	Stephen Hatten	M45	1:35:13.81	Saint Edmund Pacers
86	Chris Hall	MO	1:35:27.9	Bungay Black Dog RC
87	Michael Brown	M40	1:35:38.42	Stowmarket Striders RC
88	Chris Sugars	M40	1:35:45.51	Ipswich Harriers
89	Philip Grose	M45	1:35:52.59	Saint Edmund Pacers
90	Kevin Bennett	MO	1:35:53.51	
91	Michael Marriot	M55	1:36:10.31	
92	Victoria Quantrill	F40	1:36:30.75	Great Yarmouth Roadrunner
93	Andy Owen	MO	1:36:31.87	Halstead RRC
94	Joanne Cox	F40	1:36:34.5	Bungay Black Dog RC
95	Ashley Woolgrove	MO	1:36:48.47	
96	David Mould	M45	1:37:01.95	Ely Runners
97	Ker Macrosson	M60	1:37:02.94	Ipswich JAFFA RC
98	Peter Bird	M40	1:37:04.95	Saint Edmund Pacers
99	Ian Scopes	MO	1:37:17.05	
100	Chris Dennett	MO	1:37:27.27	
101	Jonathan Buist	MO	1:37:30.38	Halstead RRC
102	John Hilaire	M50	1:37:32.75	
103	Matt Watts	MO	1:37:50.05	
104	Dan Wood	M40	1:37:57.09	
105	Guy Hayward	M40	1:38:00.09	Framlingham Flyers
106	Haley Suttle	F50	1:38:00.82	Stowmarket Striders RC
107	Mathew Cowell	M40	1:38:02.57	Haverhill RC
108	Tom Haslam	M40	1:38:06.04	The Saxons

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
109	Tom Fowler	M40	1:38:11.94	Great Bentley RC
110	Rod Prime	M45	1:38:19.05	Ipswich JAFFA RC
111	Mark White	M40	1:38:21.78	Haverhill RC
112	Mark Timm	MO	1:38:26.65	
113	Yusuf Firat	M50	1:38:34.37	Haverhill RC
114	Paul Wildman	MO	1:38:41.67	Stowmarket Striders RC
115	Ben Thomas	M40	1:38:57.27	
116	Cs Gilly	M40	1:38:59.21	sudbury joggers
117	Elaine Mann	FO	1:39:02.05	Hadleigh Hares
118	Gary Perryman	M40	1:39:12.9	Tiptree Road Runners
119	Jason Walne	M40	1:39:15.78	
120	Richard Leeder	MO	1:39:26.96	
121	Alex Hobbs	MO	1:39:27.58	Stowmarket Striders RC
122	Justin Smith	MO	1:39:30.04	
123	Sarah Jones	F45	1:39:34.08	Northampton Road Runners
124	David Neeve	MO	1:39:34.09	Bungay Black Dog RC
125	Clive Purbrook	M55	1:39:34.89	Newmarket Joggers
126	Rakesh Raja	M45	1:39:46.02	Saint Edmund Pacers
127	Ian East	M40	1:39:46.78	
128	Jamie Phillip Bennington	MO	1:39:47.18	
129	Richard Smith	M40	1:39:47.18	
130	Karen Martin	FO	1:39:48.55	Haverhill RC
131	Jack Tappin	MO	1:40:19.29	Haverhill RC
132	Jane Hannah	F35	1:40:22.63	Bungay Black Dog Running
133	Gary Sadler	MO	1:40:24.43	
134	Raymond Hill	M65	1:40:32.62	Ipswich Jaffa RC
135	John Bone	M65	1:40:40.02	Great Yarmouth Roadrunner
136	Neil Henry	MO	1:40:59.92	
137	Laura Hicks	FO	1:41:00.94	Stowmarket Striders RC
138	Dominic Nasmyth-miller	M45	1:41:08.86	
139	Denise Nuttall	F45	1:41:16.32	
140	Becky Overy-owen	F40	1:41:17.25	Woodbridge Shufflers
141	Gail Mackie	FO	1:41:22.49	Felixstowe RR
142	Jo Stephenson	F45	1:41:24.53	Stowmarket Striders RC
143	Jeremy Bell	M40	1:41:38.71	
144	Duncan Henry	M40	1:41:39.97	Haverhill RC
145	Stephen Williams	M60	1:41:46.37	Saint Edmund Pacers
146	Tim Newton	M60	1:41:54.01	Ipswich JAFFA RC
147	Rob Windus	MO	1:42:06.22	IP Freely
148	Stephen Reyes	M45	1:42:16.22	Haverhill RC
149	Richard Eastall	M50	1:42:27.73	
150	David Mclaughlin	MO	1:42:37.71	
151	Paul Francis	M50	1:42:44.63	
152	Mark Ring	M45	1:42:48.37	Norwich Road Runners
153	Kirsty Millard	FO	1:42:53.23	Haverhill RC
154	Michael Carpenter	MO	1:43:06.48	Ipswich JAFFA RC
155	Andrew McLaren	M50	1:43:12.81	North Norfolk Beach Runner
156	Sabine Schaefer	F35	1:43:15.26	
157	Charlotte Smith	F35	1:43:37.96	Thetford AC
158	Wayne Martin	MO	1:43:39.72	
159	Wayne Salmon	M40	1:43:40.27	
160	Ian Gooderham	M45	1:43:49.87	Saint Edmund Pacers
161	Clive Davey	M40	1:43:52.07	Sudbury Joggers
162	Ady Frost	M40	1:43:52.21	Sudbury Joggers
163	Tom Hoblyn	M50	1:43:56.42	Saint Edmund Pacers
164	Alex Jacobs	MO	1:44:12.27	Felixstowe RR

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
165	Julian Colman	M50	1:44:21.57	West Suffolk Wheelers & Tri
166	Andrew Belfield	MO	1:44:27.17	
167	Kate Thomas	F45	1:44:33.54	Hadleigh Hares
168	Paul Clark	M40	1:44:37.39	
169	Megan Smart	FO	1:44:41.45	Stowmarket Striders RC
170	Anna Vaughan-france	FO	1:44:47.18	
171	John Bass	MO	1:45:01.2	
172	Mark Cole	M40	1:45:03.51	
173	Ian Chilley	M50	1:45:08.14	Lowestoft Road Runners
174	Peter Downing	MWC	1:45:13.14	
175	Glenn Proctor	U21M	1:45:13.74	Stowmarket Striders RC
176	Samuel Beggs	M45	1:45:17.38	
177	Simon Goldsmith	M40	1:45:24.14	
178	Tom Tavener	MO	1:45:31.39	
179	Renee Fox	F40	1:45:32.09	
180	Rachel Cracknell	FO	1:45:32.53	
181	Mark Leeks	MO	1:45:34.51	Ipswich JAFFA RC
182	Jess Farthing	M40	1:45:38.9	
183	Jon Jones	M45	1:45:56.64	
184	Simon Wiggins	M40	1:45:57.13	Felixstowe Road Runners
185	David Sharman-treliving	MO	1:45:58.55	
186	Kevin Whelan	M45	1:46:04.89	Felixstowe RR
187	Michaela Kadanikova	FO	1:46:06.5	Ipswich Jaffa RC
188	Tom Marshall	MO	1:46:07.91	
189	Imogen Snelling	F35	1:46:08.94	Bungay Black Dog RC
190	Elizabeth Nay	FO	1:46:35.53	
191	Peter Bouldstridge	M60	1:46:36.34	Tiptree Road Runners
192	Sarah Maidment	F35	1:46:55.84	Bungay Black Dog RC
193	Lewis Dellar	MO	1:46:58.72	
194	Simon Griffiths	U21M	1:47:01.66	
195	Mark Webster	M55	1:47:05.16	
196	Graham Wilson	MO	1:47:19.23	
197	Mark Skoulding	M40	1:47:19.95	Stowmarket Striders RC
198	Jenni Motts	F35	1:47:20.45	
199	Daniel Miller	MO	1:47:31.26	
200	Jenny Sheahan	F50	1:47:55.62	
201	Parker Marion	F50	1:47:57.36	Felixstowe RR
202	Martin Parker	MO	1:48:00.21	
203	Denise Mole	M65	1:48:00.36	Havering 90 Joggers
204	Katrina Rigby	F35	1:48:04.59	Hadleigh Hares
205	Clive Sturdy	MO	1:48:05.53	Swiss Masters Running
206	Jackie Hann	F45	1:48:16.07	Sudbury Joggers
207	Ben Jackson	MO	1:48:35.38	
208	Roger Brand	M65	1:48:37.11	Saint Edmund Pacers
209	Richard Dempsey	M45	1:48:41.49	Woodbridge Shufflers
210	Nigel Kinsella	M45	1:48:48.21	Tri-Anglia Triathlon Club
211	James Wood	M40	1:48:53.86	
212	Anthony O'brien	M50	1:48:56.98	Sphinx
213	Scott Fraser	MO	1:49:10.83	
214	Roger Hobson	M65	1:49:11.11	Woodbridge Shufflers
215	Christopher Cook	M65	1:49:16.4	Saint Edmund Pacers
216	Andy Ellams	MO	1:49:30.33	BRJ Run & Tri
217	Rosalind Ralph	FO	1:49:34.5	Felixstowe RR
218	Clair Hayward	F35	1:49:40.25	
219	Adam Stiff	MO	1:49:41.3	Ipswich JAFFA RC
220	Alice Kirk	FO	1:49:50.44	Bungay Black Dog RC

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
221	Stuart Young	M45	1:49:50.79	Bungay Black Dog RC
222	Siobhan Dockerill	FO	1:49:53.12	
223	David Sheahan	M55	1:50:10.96	
224	David Todd	MO	1:50:17.71	
225	Adrian Swallow	M40	1:50:26.74	
226	Rebecca Evans	F40	1:50:32.98	Sudbury Joggers
227	Alex Wells	MO	1:50:34.29	
228	Claire Wells	FO	1:50:34.54	
229	Andrew Stephens	MO	1:50:35.62	
230	Emma Day	F35	1:50:50.43	Felixstowe RR
231	Philip Hymers	M60	1:50:58.28	
232	Sarah Owen	F45	1:51:13.05	
233	Michael Mckinnell	M60	1:51:19.68	Two Rivers Running
234	John George	M55	1:51:45.42	
235	Claire Speed	FO	1:51:56.48	
236	Neil Murfitt	M55	1:52:07.63	Haverhill RC
237	Sandrine Le Galleze	F40	1:52:09.7	
238	Peter Finch	M50	1:52:12.24	Ipswich JAFFA RC
239	Belinda Schofield	F55	1:52:25.75	Newmarket Joggers
240	Andrew Stroud	M45	1:52:37.2	
241	Karen Deasy	F35	1:52:44.92	
242	Ruth Warren	F40	1:52:46.93	Framlingham Flyers
243	Jo Parden	F45	1:52:58.49	Framlingham Flyers
244	Glenn Warren	M40	1:52:59.17	Framlingham Flyers
245	Michael Sheldrake	MO	1:53:09.89	Ipswich JAFFA RC
246	Nikki Mitcham	F35	1:53:14.59	
247	Joe Naughton	M50	1:53:24.49	Stowmarket Striders RC
248	Simon Chambers	M45	1:53:49.36	Saffron Striders
249	Jake Taylor	MO	1:53:50.54	
250	Graham Sampson	M65	1:54:10.91	Bungay Black Dog RC
251	David Howe	MO	1:54:22.86	
252	Nicholas Miller	MO	1:54:30.46	
253	Donald Jones	MO	1:54:32.24	
254	Richard High	M40	1:54:34.12	Norwich Road Runners
255	Sheila Rose	F50	1:54:35.9	Olney Runners
256	Ben Taylor	M40	1:55:04.78	
257	Clare Steadman	F45	1:55:13.11	
258	Don Beatty	M60	1:55:50.02	Stowmarket Striders RC
259	Helen Beatty	F35	1:55:50.23	Stowmarket Striders RC
260	Lynne Spence	F45	1:55:51.82	
261	Amanda Dunn	F35	1:55:52.26	Hadleigh Hares
262	Peter Brimson	M45	1:55:58.38	
263	Steve Bright	M50	1:56:10.85	
264	Matt Tomkins	MO	1:56:11.43	Stowmarket Striders RC
265	Sam Metcalfe	FO	1:56:12.89	Stowmarket Striders RC
266	Andrew Collett	MO	1:56:13.28	Stowmarket Striders RC
267	Adi Barratt	MO	1:56:15.27	
268	Liz Beighton	F40	1:56:16.03	Stowmarket Striders RC
269	Mandy Godbold	F45	1:56:17.89	Ipswich Harriers
270	Hannah Cartwright	FO	1:56:28.27	
271	Hannah Wilson	F35	1:56:28.27	
272	Turner Dominic	M40	1:56:36.69	Sudbury Joggers
273	Steven Whitaker	M45	1:56:46.88	
274	Suzie Newell	F35	1:56:56.04	
275	Peter Russell	M60	1:56:58.87	Framlingham Flyers
276	Jody Donaldson	F45	1:57:02.78	Great Yarmouth Roadrunner

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
277	Marion Walker	F60	1:57:09.6	Framlingham Flyers
278	Carole Spong	F65	1:57:29.56	Great Yarmouth Roadrunner
279	Louise Ward	FO	1:57:35.32	
280	Scott Ballam	M45	1:57:42.45	
281	Paula Mccann	F65	1:57:44.48	Two Rivers Running
282	Jayne Burman	FO	1:57:49.34	Felixstowe RR
283	Victoria Gockelen	F35	1:58:26.69	Sphinx
284	Edward Wilson	M45	1:58:45.92	
285	Andy Mexome	M45	1:59:09.56	
286	Gary Hutchings	M50	1:59:12.24	Framlingham Flyers
287	Charlotte Wyndham	FO	1:59:12.96	
288	Paul Mcmanus	M45	1:59:58.22	
289	Richard Smith	M55	1:59:59.7	Felixstowe RR
290	Michelle Seward	F40	2:00:07.93	March AC
291	Kevin Clark	M45	2:00:09.96	Bungay Black Dog RC
292	Amy Smith	FO	2:00:25.61	
293	Philip Beer	M50	2:00:41.71	Stowmarket Striders RC
294	Lee Taylor	M40	2:00:49.06	
295	Harry Smith	M50	2:00:51.85	Stowmarket Striders RC
296	Simon Wallis	MO	2:01:01.47	Haverhill RC
297	Robert Barker	M50	2:01:59.47	
298	Stephen Attridge	MO	2:02:11.35	
299	Stuart Whybrow	MO	2:02:11.39	
300	Jem Smith	M40	2:02:11.82	Sudbury Joggers
301	Mark Andrews	M40	2:02:12.14	
302	Bianca Burman	FO	2:02:16.58	Sudbury Joggers
303	Sarah Nasmyth-miller	F50	2:02:17.8	
304	Clare Gillibrand	F40	2:02:19.29	Sudbury Joggers
305	Peter Gaskell	M45	2:02:23.42	
306	Jessica Gaskell	U21F	2:02:23.49	
307	Ioana Whalley	F45	2:02:28.34	
308	Adrian Cole	M50	2:02:42.83	
309	Alison French	F40	2:02:43.12	
310	Sara Taylor-balls	F50	2:03:04.95	Hadleigh Hares
311	Jennie Ward	FO	2:03:06.32	
312	Stephen Rulton	M50	2:03:14.83	sudbury joggers
313	Claire Palfrey	F40	2:03:15.46	Ipswich JAFFA RC
314	Connor Fairclough	MO	2:03:33.45	
315	Andrew Unsworth	M50	2:03:38.03	Cambridge & Coleridge AC
316	Maureen Wright	F65	2:04:08.59	Ipswich JAFFA RC
317	Paul Sparrow	MO	2:04:15.6	
318	Michael Kundu	MO	2:04:19.43	
319	Marielouise Miller	F45	2:04:25.74	Stowmarket Striders RC
320	Katherine Henderson	F40	2:04:26.57	
321	Mark Bennett	M40	2:04:32.37	
322	Keith Borrett	M60	2:05:12.43	Stowmarket Striders RC
323	Clayton Fosker	MO	2:05:16.17	
324	Laurel Siggers	U21F	2:05:40.72	
325	Anna Dawson	F35	2:05:41	
326	Matthew Whitmill	M40	2:05:47.53	Kimberley and District Stride
327	Nicola Ripman	F35	2:05:51.27	
328	Jen Devaney	F35	2:05:59.53	Stowmarket Striders RC
329	Angela Whiting	F50	2:06:09.91	Stowmarket Striders RC
330	Eloise Bird	F45	2:07:20.44	Saint Edmund Pacers
331	Susan Scargill	F55	2:07:30.94	
332	Alexandra Tyrie	F40	2:07:56.04	

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333	Tanya Holloway	FO	2:08:03.01	Bungay Black Dog RC
334	Rebecca Whittingdale	F45	2:08:09.19	Saint Edmund Pacers
335	Julie Haselwood	F60	2:08:17.34	Ipswich JAFFA RC
336	Amy Godbold	F35	2:08:31.06	
337	Nikola Cullum	F40	2:08:36.41	
338	Steve Todd	M45	2:08:38.98	
339	Jo Penson	F40	2:08:47.21	
340	Vikki Shaw	FO	2:09:00.24	
341	Nicola Reid	F40	2:09:09.83	
342	Dawn Shilling	FO	2:09:18.22	Tiptree Road Runners
343	Karyn Hall	F35	2:09:32.63	
344	Alison Bills	F35	2:09:32.76	
345	Lucy Dunn	F45	2:09:33.34	
346	Elaine Potter	F40	2:09:40.28	
347	Christopher Lucas	M50	2:10:42.83	Saxmundham Running & Fit
348	Siobhan Laskey	F45	2:10:52.46	
349	Anne Oliver	F60	2:10:52.65	Felixstowe RR
350	Jerome Doyle	M45	2:11:08.2	
351	Sheila Wright	F55	2:11:12.29	
352	Stuart Washington	M40	2:12:01.18	Hillingdon AC
353	Sarah Stephens	F35	2:12:03.51	
354	Rebecca Walsh	F35	2:12:11.68	
355	Joanna Hughes	F45	2:12:26.59	
356	Jean Freeman	F45	2:12:29.35	
357	Liz Jones	FO	2:12:35.87	
358	Douglas Gladwin	M50	2:12:51.58	Bungay Black Dog RC
359	Ruth Belsom	F50	2:13:35.92	
360	Tim Beggs	M50	2:14:35.73	
361	Matt Watkins	MO	2:15:08.87	
362	Jess Watkins	F35	2:15:09.13	
363	Rosalind Maulkerson	F45	2:15:56.47	
364	Stephanie Paul	FO	2:17:07.56	
365	Megan Cousins	FO	2:17:38.39	
366	Leslie Cousins	F40	2:17:38.45	
367	Philip Nutley	M65	2:20:18.67	Saint Edmund Pacers
368	Susan Bloomfield	F45	2:21:28.33	Stowmarket Striders RC
369	Kerry Elmer	FO	2:21:28.49	
370	Stephen Brimson	MO	2:21:35.12	
371	Sarah Pennock	F35	2:21:51.66	Sudbury Joggers
372	Gin Craig	F45	2:21:51.87	Sudbury Joggers
373	Sarah Childs	F40	2:23:23.83	
374	Teresa Southgate	F50	2:23:47.57	
375	Anne Convey	F50	2:24:12.33	
376	Suzanne George	F55	2:26:43.07	Joggers & Jaunters
377	Christine Mccoll	F50	2:26:43.21	
378	Samantha Grose	F45	2:26:43.35	Saint Edmund Pacers
379	Jo Bullock	F50	2:27:10.71	
380	Russell Summers	MO	2:27:15.73	
381	Stuart Hunter	M45	2:28:31.58	Stowmarket Striders RC
382	Paula Cobbold	F45	2:28:32.12	Stowmarket Striders RC
383	Susan Hodges	F60	2:28:45.09	Stowmarket Striders RC
384	Jo Dickinson	F45	2:28:58.42	Felixstowe RR
385	Sean King	MO	2:29:05.44	
386	Abby Darrah	FO	2:29:56.85	
387	James Darrah	M45	2:29:57.25	
388	Donna Footer	F45	2:30:12.81	Mid Essex Casuals

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
389	Susannah Rosenberg	F50	2:31:37.46	Ipswich Triathlon Club
390	Lesley Buckle	F60	2:34:44.06	Stowmarket Striders RC
391	Kathryn Ross	FO	2:35:12.64	Sudbury Joggers
392	Natasha Miles	F40	2:40:38.96	
393	Nick Dinsdale	M45	2:40:39.77	
394	Helen Cookson	FO	2:49:09.31	
395	Bob Jack	M55	3:02:49.14	Bungay Black Dog RC