

=Stowmarket Striders= Half Marathon Results

25th March 2012

Wheelchair Race

Peter Downing

223

M

60

1:46:12.0

1:46:12.0

Place	Name	Team	Bib No	Gender	Age	Chip Time	Gun Time
1	Chris Merrylees	North Norfolk Beach Runners	333	M	34	1:14:11.4	1:14:13.2
2	Carl Prewer	Lowestoft Road Runners	281	MV40	42	1:14:17.8	1:14:19.0
3	Will Law	Crowborough Runners	227	M	24	1:16:18.1	1:16:18.1
4	Sam Proctor		368	M	22	1:16:34.9	1:16:34.9
5	Tom Cresswell	Sudbury Joggers	367	M	24	1:19:24.1	1:19:25.8
6	John Manlow	Ely Runners	271	MV40	43	1:19:49.2	1:19:49.2
7	Roger Aldis	Stowmarket Striders	346	MV40	43	1:20:08.1	1:20:09.9
8	Paul Muffett	North Norfolk Beach Runners	326	MV50	53	1:21:20.1	1:21:21.7
9	Colin Stark	North Norfolk Beach Runners	332	M	37	1:21:27.6	1:21:29.5
10	Paul Game	Haverhill Running Club	296	M	38	1:21:34.6	1:21:42.4
11	Jim Last		67	M	35	1:21:45.7	1:21:48.1
12	Martin Speller	Haverhill Running Club	152	M	36	1:21:59.5	1:22:07.1
13	Lee Morgan	Ipswich Triathlon Club	142	MV40	40	1:22:11.5	1:22:13.7
14	Ian Bailey		311	MV40	40	1:22:33.1	1:22:35.7
15	Stephen Tovey	Ely Runners	249	M	39	1:22:50.4	1:22:52.8
16	Gary Thompson	Ipswich Jaffa	48	M	37	1:22:50.1	1:22:55.5
17	Shaun Lark	Lowestoft Road Runners	348	M	36	1:23:29.3	1:23:32.8
18	Mark Clues	Tri-Anglia Triathlon Club	141	MV40	44	1:23:43.3	1:23:45.6
19	Paul Brown	Framlingham Flyers	191	MV45	46	1:24:18.5	1:24:20.9
20	Conrad Burgess	Ipswich Jaffa	244	M	37	1:25:00.4	1:25:06.3
21	Andrew Buck	Sudbury Joggers	232	MV45	47	1:25:05.3	1:25:08.3
22	Carl Thompson	Ipswich Jaffa	181	M	38	1:25:14.8	1:25:19.9
23	Stuart Beeston		95	MV45	46	1:25:22.9	1:25:26.6
24	Darren Sheppard	Framlingham Flyers	178	MV40	41	1:25:26.6	1:25:28.8
25	Michael Woodruff	Bishops Stortford RC	213	MV45	48	1:25:27.5	1:25:40.7
26	Colin Pitts	Stowmarket Striders	345	MV50	51	1:25:42.9	1:25:47.6
27	James Wilson	Sudbury Joggers	254	M	35	1:26:05.9	1:26:08.5
28	Allen Smalls	Colchester Harriers AC	377	MV40	43	1:26:06.9	1:26:10.6
29	Ray Butler	Bishops Stortford RC	94	M	33	1:26:02.9	1:26:16.1
30	Christopher Tye	Ipswich Triathlon Club	65	MV45	45	1:26:51.0	1:26:56.1
31	Darryl Davis	City Of Norwich AC	286	MV40	43	1:26:43.3	1:27:02.2
32	Michael Jones	Stowmarket Striders	17	MV40	41	1:27:03.6	1:27:08.1
33	John Thorpe	Ipswich Jaffa	259	MV40	41	1:27:18.6	1:27:24.8
34	Mike Greener	Saint Edmund Pacers	166	MV40	41	1:27:22.2	1:27:26.6
35	Nicola Brinkmann	Titan Tri Sport	317	FV35	36	1:27:32.9	1:27:35.4
36	Graham Moore		140	MV40	50	1:28:17.5	1:28:21.4
37	Ben Rodriguez	Stowmarket Striders	329	M	35	1:28:21.9	1:28:24.3
38	Graham Chapman	Ely Runners	352	MV55	55	1:29:17.6	1:29:20.9
39	Dave Solomon	Felixstowe Road Runners	154	MV40	44	1:29:43.0	1:29:47.7
40	Robin Harper	Felixstowe Road Runners	307	M	36	1:29:52.1	1:29:56.8
41	Charles Keitch		23	M	34	1:29:52.8	1:30:00.1
42	Cahal Mcconville		188	MV45	46	1:30:10.1	1:30:14.5
43	Kevin Grant	Ipswich Triathlon Club	53	MV40	44	1:29:59.4	1:30:15.0
44	Nick Askham	Tri-Anglia Triathlon Club	250	M	38	1:30:12.0	1:30:15.6
45	Richard Flutter	Harwich Runners	19	MV40	44	1:30:19.2	1:30:22.3
46	Steven Hughes	Stowmarket Striders	172	MV45	48	1:30:33.3	1:30:37.1
47	Duane Daugherty		199	MV50	51	1:30:34.5	1:30:39.4
48	Mark Pickrell		370	M	26	1:30:53.9	1:31:02.2
49	Dave Lumby	Ipswich Triathlon Club	355	MV50	51	1:31:14.8	1:31:17.9
50	Stuart Simmons	Ipswich Jaffa	279	M	36	1:31:12.2	1:31:28.6
51	Kevin Short	Framlingham Flyers	171	MV50	51	1:31:28.8	1:31:32.3
52	Raymond Hill	Ipswich Jaffa	358	MV60	62	1:31:58.3	1:32:04.6
53	Scott Williams		22	M	24	1:32:10.4	1:32:13.1
54	Adam Allard		177	M	35	1:32:10.1	1:32:13.6
55	Adam Etches	Newmarket Joggers	386	M	38	1:32:16.0	1:32:16.0
56	Chris Chorley	Bungay Black Dog RC	12	MV45	48	1:31:54.9	1:32:16.7
57	Sandra Roberts	Norfolk Gazelles	327	FV45	47	1:32:19.1	1:32:24.0
58	David Kellaway	Tri-Anglia Triathlon Club	202	MV50	51	1:32:37.6	1:32:41.7
59	Matt Hunter	Hadleigh Hares	379	M	24	1:32:38.4	1:32:52.8

60	Stewart Hambling	Framlingham Flyers	270	MV40	44	1:32:47.8	1:32:54.1
61	Daniel Kinsman	Framlingham Flyers	272	M	37	1:32:48.5	1:32:54.3
62	Duncan Jackson	Ipswich Jaffa	275	M	36	1:32:41.6	1:32:58.0
63	John Greener	Saint Edmund Pacers	245	MV40	43	1:32:48.5	1:32:58.8
64	Mark Tappin		222	MV40	40	1:33:07.4	1:33:07.4
65	Ian Mudge		211	MV55	56	1:33:13.4	1:33:16.8
66	Andy Pearce	Saint Edmund Pacers	276	MV40	42	1:33:08.4	1:33:21.3
67	Andrew Atthowe		196	M	27	1:33:49.0	1:33:51.0
68	Greg Marshall	Framlingham Flyers	262	MV55	59	1:33:53.2	1:34:08.7
69	Katie Lodge		363	F	29	1:34:11.1	1:34:15.4
70	Steve Brooke	Felixstowe Road Runners	18	MV40	43	1:34:28.5	1:34:37.5
71	Stuart Meddemmen		334	M	38	1:34:15.4	1:34:43.2
72	Karen archbold	Lowestoft Road Runners	230	FV40	44	1:34:37.7	1:34:43.5
73	Joe Richer	Newmarket Cycling & Triathlon Club	111	MV40	40	1:34:52.5	1:34:57.9
74	James Young		221	M	38	1:35:03.9	1:35:11.7
75	Andrew Firman		380	M	36	1:35:06.0	1:35:15.4
76	Neil Gillingham	Ipswich Harriers	136	M	28	1:35:23.9	1:35:30.2
77	Kevin Connolly		240	M	30	1:35:43.1	1:35:45.7
78	Andrew Houghton		193	MV50	53	1:35:45.1	1:35:52.3
79	Mark Davison		261	M	38	1:35:55.0	1:36:02.1
80	Vaughan Morris		356	MV50	51	1:35:54.5	1:36:08.4
81	Jason Walne		85	MV40	41	1:36:01.8	1:36:19.3
82	Kenneth Tovell	Framlingham Flyers	341	MV40	42	1:36:15.0	1:36:21.4
83	Stephen Hatten	Saint Edmund Pacers	205	MV45	46	1:36:29.2	1:36:38.5
84	Graham Thomas		375	M	29	1:36:29.3	1:36:40.9
85	Bill Kingaby	Waveney Valley AC	295	MV60	60	1:36:39.8	1:36:46.2
86	Andrew Flack		385	MV40	40	1:36:31.4	1:36:47.6
87	Marcus Sladden	Bungay Black Dog RC	371	M	17	1:36:45.7	1:36:51.6
88	Lewis Flatt	Bungay Black Dog RC	337	M	29	1:36:46.5	1:36:53.6
89	Ben Forgan	Stowmarket Striders	382	M	23	1:36:40.6	1:36:55.8
90	James Reed	Ipswich Jaffa	81	M	32	1:36:47.5	1:37:01.2
91	Chris Tate	Bishops Stortford RC	308	MV50	53	1:36:47.9	1:37:07.2
92	Cheryl Holder	Purple Patch Runners	64	FV40	44	1:37:07.5	1:37:12.9
93	Graham Robins		47	MV45	45	1:37:17.6	1:37:20.8
94	Vicky Mayhew		364	F	30	1:37:18.2	1:37:22.0
95	Alex Morrison	Ipswich Jaffa	306	MV50	50	1:37:09.9	1:37:23.6
96	Stewart White		209	M	34	1:37:39.3	1:37:47.8
97	Paul Quantrill	Tri-Anglia Triathlon Club	243	MV45	49	1:37:30.0	1:37:48.9
98	John Craddock	Stowmarket Striders	105	M	35	1:37:48.2	1:38:04.7
99	Roy Fulcher	Stowmarket Striders	31	MV40	40	1:37:50.6	1:38:05.2
100	Reg Woodard		344	MV65	71	1:37:57.9	1:38:05.8
101	Mark Ecllett	Lowestoft Road Runners	303	MV45	48	1:38:01.2	1:38:08.0
102	Douglas Hobson	Woodbridge Shufflers	102	M	23	1:38:12.2	1:38:22.3
103	Wayne Mumford	Sudbury Joggers	273	MV45	45	1:38:12.6	1:38:23.9
104	Vince Ellis	City Of Norwich AC	290	MV55	56	1:38:12.6	1:38:31.2
105	Richard Dolman	Thetford AC	288	MV45	48	1:38:23.6	1:38:36.0
106	Paul Beresford	Stowmarket Striders	215	M	39	1:38:32.6	1:38:42.5
107	Gavin Mitchell		77	M	39	1:38:46.0	1:38:55.3
108	Neil Leeds		175	M	34	1:38:50.2	1:38:56.8
109	Ian Ogles		93	M	30	1:38:55.0	1:39:00.9
110	Kathryn Parnell		113	F	21	1:38:52.3	1:39:01.6
111	Terry Nippress		231	M	39	1:39:07.4	1:39:07.4
112	Richard Dye	Bungay Black Dog RC	4	MV50	50	1:39:02.2	1:39:14.8
113	Jon Jones		360	MV40	44	1:39:08.2	1:39:16.2
114	Dan Wood		179	M	37	1:39:07.3	1:39:16.7
115	Richard Walter		247	M	31	1:39:04.5	1:39:18.4
116	Rebecca Ferris		233	F	18	1:39:14.9	1:39:40.1
117	Joshua Webbnall		389	M	36	1:40:07.8	1:40:07.8
118	Scott Wadham		309	M	37	1:40:18.7	1:40:20.4
119	Jackie Taylor	Woodbridge Shufflers	161	FV45	47	1:40:25.1	1:40:29.2
120	Tony Bradford	Felixstowe Road Runners	125	MV45	46	1:40:19.6	1:40:33.8
121	Paul Cooke		108	M	39	1:40:16.6	1:40:41.1
122	Julia Jepson		123	FV40	44	1:40:28.2	1:40:42.2
123	Anthony Das		30	M	28	1:40:28.6	1:40:48.9
124	Paul Alderton		373	MV45	49	1:40:40.6	1:40:53.0
125	Dave Beighton		71	M	35	1:40:49.5	1:40:53.2
126	Oliver Burwood	Norwich Road Runners	246	M	32	1:40:55.0	1:41:09.1
127	Jonathan Clarke	Newmarket Joggers	291	MV45	45	1:41:05.4	1:41:20.2
128	Chris Skrimshire	Woodbridge Shufflers	135	MV60	62	1:41:14.8	1:41:22.7
129	Paul Francis		75	MV45	49	1:41:09.1	1:41:25.1
130	Sarah Vick	Saxmundham Sports Running & Fitness Club	144	FV40	42	1:41:25.6	1:41:29.7
131	Kate Thomas	Hadleigh Hares	304	FV40	43	1:41:30.5	1:41:46.6
132	Simon Fenn	Hadleigh Hares	180	MV45	46	1:41:32.6	1:41:47.6

133	Simon Whalley	Saint Edmund Pacers	197	MV45	45	1:41:51.0	1:41:51.0
134	Alex Bidwell		74	MV40	41	1:41:31.1	1:41:51.2
135	Chris Johns	Ipswich Jaffa	117	MV55	55	1:41:29.0	1:41:51.3
136	Louise White	Thetford AC	153	F	35	1:41:44.6	1:41:56.2
137	Andrew Baker	Great Yarmouth Road Runners	312	MV40	44	1:41:38.3	1:41:57.8
138	John Wharton	Bungay Black Dog RC	340	MV55	57	1:41:55.4	1:42:00.9
139	Mark Watts	Saint Edmund Pacers	91	MV45	49	1:42:11.6	1:42:21.0
140	Stephen Williams	Saint Edmund Pacers	349	MV55	58	1:42:22.6	1:42:28.0
141	Graham Brumpton	Ipswich Jaffa	234	M	38	1:42:21.0	1:42:29.7
142	Leslie Hill	Norfolk Gazelles	216	MV50	50	1:42:38.8	1:42:48.9
143	Paul Horne	Vegetarian Cycling & AC	82	MV50	52	1:42:58.1	1:43:06.6
144	Paul Bedding		98	M	38	1:43:20.9	1:43:27.4
145	Andrew Coleman		60	M	25	1:43:24.2	1:43:45.9
146	Roger Brand	Saint Edmund Pacers	269	MV60	62	1:43:56.5	1:44:01.9
147	Charlotte Smith		257	F	25	1:43:52.7	1:44:03.5
148	Neil Martin	Stowmarket Striders	176	M	38	1:44:04.4	1:44:08.5
149	Paul Heeks	Stowmarket Striders	278	MV45	45	1:44:08.7	1:44:15.7
150	Dominic Turner	Sudbury Joggers	46	MV40	40	1:44:32.2	1:44:43.3
151	Peter Lambillion-Jameson		347	MV50	50	1:44:39.8	1:44:48.8
152	Phil Southgate	Saint Edmund Pacers	365	MV40	42	1:44:33.2	1:44:52.7
153	Jack Tappin	Haverhill Running Club	157	M	24	1:44:51.3	1:45:10.1
154	Tim Naphine		361	M	32	1:44:51.5	1:45:15.6
155	Paul Emeny		266	MV40	42	1:44:59.6	1:45:15.9
156	Ian Scopes		207	M	36	1:45:00.3	1:45:17.1
157	Richard Goodhand		92	M	36	1:45:13.9	1:45:26.9
158	Robert Saunders		252	M	34	1:45:24.1	1:45:39.5
159	Glenn Warren	Framlingham Flyers	84	MV40	42	1:45:41.1	1:45:57.4
160	Bobbie Sauerzaph	Bungay Black Dog RC	11	FV50	50	1:45:46.6	1:46:09.6
161	Mick Taylor		289	MV55	58	1:45:54.7	1:46:11.2
162	Ron Ames	Stowmarket Striders	322	MV60	63	1:46:22.1	1:46:29.9
163	Brett Benson		357	M	39	1:46:05.9	1:46:31.9
164	Simon Goldsmith		78	M	38	1:46:32.4	1:46:47.5
165	Wadud Miah		310	M	35	1:46:41.9	1:46:50.3
166	Ralph Ward		226	MV50	53	1:46:57.8	1:47:15.8
167	Peter Jay	Saint Edmund Pacers	343	MV50	51	1:47:02.3	1:47:19.4
168	Richard Smith		362	M	27	1:47:14.2	1:47:26.5
169	James Rowett		350	M	25	1:47:23.3	1:47:34.3
170	Caireen Northeast		210	F	38	1:47:17.0	1:47:41.8
171	John Penny		293	MV55	57	1:47:33.8	1:47:43.1
172	Ian Gooderham	Saint Edmund Pacers	90	MV40	44	1:47:39.7	1:47:49.5
173	Stacey Owen	Thetford AC	297	F	29	1:47:38.5	1:47:49.7
174	Luke Cresswell		369	M	23	1:47:44.1	1:47:55.0
175	Mike Munson	Stowmarket Striders	256	MV55	59	1:47:58.6	1:48:11.6
176	Sally Connick	Ipswich Jaffa	118	F	35	1:47:51.9	1:48:14.4
177	Glen Curtis		109	M	33	1:47:53.6	1:48:21.4
178	Paul Rayner		10	MV50	51	1:48:06.6	1:48:24.1
179	Oliver Southgate	Ipswich Jaffa	35	M	38	1:48:02.9	1:48:25.6
180	Terry Downing		283	MV55	57	1:48:22.5	1:48:33.5
181	Carlos Solis		80	M	27	1:48:39.4	1:48:50.2
182	Carol Fowles	Stowmarket Striders	224	FV45	49	1:49:00.1	1:49:05.6
183	Daniel Southgate		284	M	35	1:49:15.2	1:49:32.4
184	Ian McClymont	Bishops Stortford RC	42	MV65	66	1:49:17.9	1:49:37.3
185	Michael Potter		1	MV55	57	1:49:32.3	1:49:51.0
186	Tracey Morris	Stowmarket Striders	318	FV50	50	1:49:50.2	1:49:57.3
187	Scott Moore		338	M	33	1:49:51.7	1:50:05.1
188	Laura Bugg		321	F	36	1:50:10.4	1:50:23.0
189	Emma Yarrow	Stowmarket Striders	274	FV40	40	1:50:22.5	1:50:30.0
190	John Moody	Ipswich Triathlon Club	325	M	36	1:50:04.4	1:50:33.2
191	James Corrigan		378	M	29	1:50:10.7	1:50:37.1
192	Mark Robinson	Langport Runners	319	MV55	58	1:50:14.8	1:50:41.3
193	Simon Lockwood	Ipswich Triathlon Club	351	MV40	43	1:50:24.7	1:50:42.9
194	Lisa Smith		169	F	31	1:50:59.3	1:51:11.4
195	David Fox	Felixstowe Road Runners	335	MV50	54	1:50:56.7	1:51:16.6
196	Richard Sandford		43	MV45	48	1:50:55.3	1:51:20.0
197	Martin Little	Stowmarket Striders	280	MV40	43	1:51:14.9	1:51:24.2
198	Natasha Furey	Bishops Stortford RC	96	F	33	1:51:21.9	1:51:42.1
199	Julz Williams		184	F	30	1:51:23.6	1:51:45.8
200	Hazel Spalding	Ipswich Jaffa	260	FV50	53	1:51:28.6	1:51:47.4
201	Matt Ellis		238	M	34	1:51:47.8	1:51:47.8
202	Mike Cooper	Ipswich Jaffa	9	MV50	54	1:51:36.2	1:51:49.9
203	Lorraine Evans	Bishops Stortford RC	100	FV50	52	1:51:39.6	1:51:59.4
204	Shona Bendix	Bungay Black Dog RC	366	FV45	45	1:51:43.3	1:52:02.7
205	Rachel Bodsworth	Hadleigh Hares	76	F	33	1:52:06.7	1:52:30.0

206	Mary Knapp		44	F	36	1:52:28.2	1:52:41.3
207	Sarah Gidlow		13	FV55	55	1:52:25.7	1:52:41.9
208	Daran Mitchell		2	MV40	44	1:52:29.3	1:52:47.5
209	Olly Rogers		156	M	24	1:52:34.5	1:53:01.6
210	Peter Chadwick	Stowmarket Striders	298	MV45	45	1:52:39.1	1:53:06.6
211	Mike Rosbrook	Hadleigh Hares	235	MV65	74	1:52:55.4	1:53:18.0
212	Chris Taylor	Woodbridge Shufflers	160	MV45	46	1:53:17.8	1:53:22.5
213	Michaela Kadanikova	Ipswich Jaffa	151	F	25	1:53:08.9	1:53:27.5
214	George Yardley		376	M	25	1:53:25.5	1:53:37.4
215	Ian Rouse		285	MV40	43	1:53:26.3	1:53:38.7
216	Evette Price	Framlingham Flyers	354	MV45	48	1:53:20.7	1:53:40.9
217	Kevin Bradley	Stowmarket Striders	374	MV50	50	1:53:25.6	1:53:46.8
218	Veronica Manly	EVAC	218	FV60	63	1:53:38.5	1:53:50.1
219	Mike Smith	Wymondham AC	217	MV65	70	1:53:38.1	1:53:50.4
220	Paul Gilson	Ipswich Jaffa	83	MV50	51	1:54:09.8	1:54:23.6
221	Lloyd Bulkeley		198	M	21	1:54:12.6	1:54:29.8
222	Peter Finch	Stowmarket Striders	219	MV50	50	1:54:07.0	1:54:33.3
223	Jonathan Croft	Ipswich Jaffa	383	M	37	1:54:27.8	1:54:34.8
224	Richard Smith	Felixstowe Road Runners	339	MV50	52	1:54:57.5	1:55:22.4
225	Daniel Fiske		203	M	29	1:55:06.6	1:55:28.4
226	Damien Magee		201	M	36	1:55:07.1	1:55:28.8
227	Karen Hatton	Saint Edmund Pacers	33	FV50	52	1:55:25.0	1:55:32.2
228	Karen Gedge	Bungay Black Dog RC	248	FV45	47	1:55:12.2	1:55:36.2
229	Gralia Lakey		388	F	38	1:55:50.0	1:55:50.0
230	Tracy Canham		241	F	33	1:55:34.9	1:55:58.3
231	Laura Webdell		242	F	30	1:55:39.0	1:56:02.3
232	Dean McEwan		128	M	22	1:55:45.6	1:56:11.0
233	Philip Brown		200	MV45	45	1:55:48.0	1:56:13.2
234	Maria Hamarsoo	Saint Edmund Pacers	167	F	30	1:56:16.7	1:56:23.9
235	Helen Salmon		28	FV45	46	1:56:21.2	1:56:39.1
236	Dawn Mason	West Suffolk AC	294	FV50	54	1:56:23.6	1:56:44.5
237	Steve Symss		163	MV40	42	1:56:39.3	1:56:54.9
238	Keith Borrett	Stowmarket Striders	315	MV55	58	1:56:49.5	1:56:58.1
239	Michael Curtis		173	MV45	46	1:56:33.6	1:56:59.4
240	Miles Johnson		16	MV55	58	1:56:57.9	1:57:07.2
241	Rod Prime		189	MV45	45	1:57:03.0	1:57:12.3
242	Lori Harvey		353	FV40	41	1:56:49.8	1:57:15.4
243	Nikki Vince		86	F	38	1:57:00.1	1:57:16.3
244	David Stamper		190	MV45	48	1:57:05.4	1:57:29.0
245	Edward Whatling		148	M	35	1:57:22.5	1:57:37.0
246	Nicola Baker	Great Yarmouth Road Runners	313	FV40	44	1:57:23.4	1:57:42.8
247	Mike Flight		237	MV45	46	1:57:41.5	1:58:04.7
248	Joe Saville	Stowmarket Striders	147	M	21	1:58:12.0	1:58:28.4
249	Martin Bayliss		381	MV40	40	1:58:27.7	1:58:50.2
250	Jennifer Devaney	Stowmarket Striders	316	F	33	1:58:55.7	1:59:05.5
251	Richard Revett		168	MV60	62	1:58:49.2	1:59:07.6
252	Mark Johnson		37	M	39	1:58:51.7	1:59:14.5
253	Simon Bunting	Lowestoft Road Runners	229	MV45	46	1:59:10.6	1:59:23.7
254	Angela Whiting	Stowmarket Striders	292	FV45	49	1:59:09.7	1:59:31.0
255	Maureen Wright	Ipswich Jaffa	3	FV60	65	1:59:47.7	2:00:09.4
256	Stephen Winser		212	MV40	42	2:00:05.8	2:00:14.1
257	Andrew Unsworth		331	MV50	50	1:59:53.0	2:00:20.1
258	Edward Webster		301	MV50	54	1:59:55.7	2:00:21.8
259	James Wallis		330	MV45	47	2:00:02.3	2:00:29.7
260	Duncan Sides		126	M	30	2:00:45.4	2:01:12.1
261	Matt Hassall		359	M	31	2:00:46.2	2:01:12.8
262	Stuart Washington		63	M	39	2:00:59.5	2:01:21.9
263	Mike Bonser		264	MV50	40	2:01:18.7	2:01:27.7
264	Liz Beighton	Stowmarket Striders	183	F	38	2:01:09.8	2:01:30.8
265	Mary Marsh	Newmarket Joggers	29	FV55	59	2:01:23.0	2:01:40.3
266	Anna Shiress		268	F	38	2:01:24.2	2:01:48.2
267	Sean O'Connell		384	M	24	2:01:21.5	2:01:49.9
268	Anne-Marie Edney		69	F	35	2:02:07.1	2:02:31.9
269	Ian Breeze		27	MV40	40	2:03:03.4	2:03:25.0
270	Diego Gisbert Llorens		87	M	31	2:03:19.0	2:03:30.2
271	Hollie Morris	Stowmarket Striders	220	F	27	2:03:12.0	2:03:33.7
272	Ron Luck		323	MV60	63	2:03:15.1	2:03:41.0
273	Robbie Burt		51	MV40	43	2:03:45.0	2:03:52.8
274	Heather Smith		170	F	29	2:03:55.8	2:04:08.1
275	Helen Norman	Hadleigh Hares	320	FV40	42	2:04:04.1	2:04:28.4
276	John Cassells	Stowmarket Striders	24	MV65	66	2:04:41.5	2:05:11.7
277	Nick Huggins	Stowmarket Striders	302	MV60	60	2:06:03.3	2:06:24.2
278	Patrick Jean-Jacques		194	MV40	44	2:06:15.2	2:06:30.8

279	Jennifer Jean-Jacques		195	FV40	42	2:06:15.4	2:06:31.1
280	Colin Doak		56	MV45	47	2:06:55.8	2:07:06.5
281	Nicola Hunting	Bungay Black Dog RC	336	F	27	2:07:14.2	2:07:28.4
282	Catherine Molloy		57	FV40	40	2:07:49.2	2:07:49.2
283	Ruth Belsom		88	FV45	49	2:07:35.4	2:07:50.1
284	Jon Beard	Saffron Striders RC	328	MV40	40	2:07:53.8	2:08:22.5
285	Simon Chambers	Saffron Striders RC	34	MV45	45	2:07:54.0	2:08:22.5
286	Steven Reynolds		149	MV50	53	2:08:25.8	2:08:39.2
287	Claire Bartrum	Hadleigh Hares	132	F	38	2:08:22.0	2:08:46.0
288	Ruth Barry		342	F	33	2:08:44.1	2:09:08.2
289	Ann Alderton		372	FV45	49	2:08:46.5	2:09:13.8
290	Alison Coad		115	FV45	49	2:09:54.7	2:10:23.5
291	Suet Lua		225	FV50	50	2:10:43.1	2:11:01.6
292	Victoria Barber		150	FV45	45	2:11:38.3	2:11:55.7
293	Peter Rawlings		73	MV65	65	2:11:30.1	2:11:56.6
294	Sharon Bridges		127	FV40	41	2:13:07.0	2:13:21.9
295	Holly Grand		122	F	35	2:13:07.3	2:13:22.3
296	Lee Mckenzie		7	M	36	2:13:55.0	2:14:06.5
297	Christine Hall	Stowmarket Striders	6	FV55	55	2:13:55.1	2:14:06.8
298	Mary Jennings		324	FV55	59	2:15:36.0	2:16:00.1
299	Keith Ambrose		165	MV55	56	2:16:30.5	2:16:48.2
300	Joanna Cassells	Stowmarket Striders	25	FV55	56	2:17:54.1	2:18:23.6
301	Sue Philp	Stowmarket Striders	137	FV50	53	2:22:03.1	2:22:15.2
302	Debbie McDowall	Stowmarket Striders	162	FV50	50	2:22:03.7	2:22:15.2
303	Sian Cosham		387	F	36	2:22:42.0	2:23:10.2
304	Elaine Haggarty	Great Yarmouth & District AC	267	FV55	56	2:24:53.9	2:25:19.0
305	Thomas Hammond	Stowmarket Striders	120	M	17	2:26:41.8	2:27:02.8
306	Claire Burnyeat		277	FV40	42	2:28:09.7	2:28:22.3
307	Richard Sore	Ipswich Jaffa	131	MV40	42	2:29:01.3	2:29:26.3
308	Susan Bloomfield	Stowmarket Striders	253	FV45	45	2:30:04.5	2:30:16.9
309	Sally-Ann Hammond	Stowmarket Striders	119	FV50	50	2:30:04.8	2:30:16.9
310	Olivia Macey		104	F	21	2:34:29.3	2:34:50.7
311	Adrian Macey		103	MV40	44	2:34:30.5	2:34:50.9
312	Naomi Froude		107	F	22	2:35:35.0	2:35:56.3
313	Nicky Chapman		239	F	31	2:41:32.5	2:41:32.5
314	Pat Brightman	Great Yarmouth & District AC	299	FV55	59	2:43:01.5	2:43:27.0
315	Brian Turner	Ipswich Jaffa	133	MV50	51	3:04:27.0	3:04:56.2

Results By Race Management Systems, Inc.