

Stowmarket Scenic 7

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	149	Joshua Entwistle	MO	0:39:01.56	Felixstowe RRC
2	235	Adam Howlett	M45	0:39:43.92	Framlingham Flyers
3	211	James Hayward	MO	0:40:27.52	Stowmarket Striders RC
4	156	Craig Fiddaman	MO	0:40:41.87	Ipswich Jaffa RC
5	491	James Wilson	MO	0:42:24.01	Saxmundham Saxons
6	485	Scott Williams	MO	0:43:04.17	Stowmarket Striders RC
7	380	Odette Robson	F45	0:43:21.49	Saint Edmund Pacers
8	15	Tony Bacon	MO	0:43:38.47	Haverhill Running Club
9	29	Howard Beasley	M55	0:44:04.55	Saint Edmund Pacers
10	102	Wayne Cook	M40	0:44:09.6	Colchester harriers
11	56	Steve Brooke	M45	0:44:17	Felixstowe RRC
12	455	Neil Turner	M45	0:44:18.31	
13	23	David Bartholomew	M45	0:44:30.61	Run For Your Life
14	400	Tim Sexton	M45	0:44:34.11	Norfolk Gazelles
15	107	James Cornish	MO	0:44:35.09	Woodbridge Shufflers
16	463	Westley Walker	MO	0:44:39.36	Haverhill Running Club
17	442	Craig Stuart	MO	0:44:45	
18	308	Guy Morris	M45	0:44:56.61	
19	255	Angela Joiner-handy	F45	0:45:11	Saint Edmund Pacers
20	63	Andrew Buck	M50	0:45:13.77	Sudbury Joggers
21	203	Robin Harper	M40	0:45:19.77	Felixstowe RRC
22	61	Jason Brunt	M40	0:45:34.71	Norfolk Gazelles
23	411	Craig Sissons	MO	0:45:48.79	Haverhill Running Club
24	315	Paul Muffet	M55	0:46:12.33	
25	477	Claire Weller	FO	0:46:25.15	Ipswich Triathlon Club
26	449	James Thomson	MO	0:46:30.7	Grade Valley Harriers
27	322	James Nial	MO	0:46:47.97	Run For Your Life
28	369	Ian Richardson	M50	0:46:58.69	Cambridge and Coleridge AC
29	298	Iain Milligan	M40	0:47:01.74	Saint Edmund Pacers
30	267	Richard Leeder	M40	0:47:08.25	Stowmarket Striders RC
31	358	Duane Randall	M40	0:47:14.71	
32	133	Kerry Dennett	FO	0:47:22.02	Hadleigh Hares AC
33	31	Jeremy Bell	M45	0:47:29.04	
34	333	Steve Palfrey	M45	0:47:33.23	
35	190	Robert Grainger	MO	0:47:35.27	Stowmarket Striders RC
36	7	Adam Allard	M40	0:47:39.5	
37	496	James Wright	MO	0:47:41.2	Ipswich Jaffa RC
38	343	Gary Pearson	M45	0:47:49.67	
39	62	Stuart Buchan	MO	0:47:57.1	
40	57	Lee Brown	MO	0:47:57.85	Haverhill Running Club
41	121	Joanna Curry	F40	0:48:00.54	Saint Edmund Pacers
42	52	Kallum Breward	MO	0:48:07.91	Sudbury Joggers
43	467	Helen Waters	FO	0:48:18.28	Birchfield Harriers
44	55	Sam Brooke	MO	0:48:19.03	Felixstowe RRC
45	36	Kevin Bennett	MO	0:48:20.89	
46	392	Nigel Schofield	M50	0:48:30.21	Saint Edmund Pacers
47	120	Stephen Curran	M50	0:48:32.05	Framlingham Flyers
48	146	Jason Elrick	M45	0:48:47.01	
49	40	Kevin Bird	M50	0:48:52.45	Saint Edmund Pacers
50	13	Emma Attwood	FO	0:49:04.85	Stowmarket Striders RC
51	33	Robin Belsom	M55	0:49:11.64	Ipswich Jaffa RC
52	37	Jamie Bennington	MO	0:49:25.17	
53	228	Alex Hobbs	MO	0:49:30.52	Stowmarket Striders RC
54	89	Chris Chorley	M50	0:49:33.66	Bungay Black Dog RC
55	19	George Baldwin	MO	0:49:39.59	
56	350	Gemma Porch	FO	0:49:40.34	Stowmarket Striders RC
57	10	Daren Allen	M50	0:49:48.04	Ipswich Triathlon Club
58	202	Mike Hankinson	M55	0:49:50.85	Saint Edmund Pacers
59	417	Richard Smith	M40	0:49:52.02	Sudbury Joggers
60	332	Rob Page	MO	0:49:53.99	Ipswich Jaffa RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	147	Jon Enefer	M40	0:49:54.53	Run For Your Life
62	307	Vaughan Morris	M55	0:49:55.56	
63	279	David Marsh	MO	0:49:58.46	
64	386	Mark Salisbury	MO	0:50:09.74	Sudbury Joggers
65	98	Andrew Collett	MO	0:50:25.23	Stowmarket Striders RC
66	114	Richard Crewe	M45	0:50:26.32	
67	276	Ker Macrosson	M60	0:50:32.15	Stowmarket Striders RC
68	351	Justin Potter	MO	0:50:34.68	
69	265	Christopher Lee	M60	0:50:36.68	Jogging Made Easy
70	450	Matt Tomkins	MO	0:50:38.33	Stowmarket Striders RC
71	59	Mike Brown	M40	0:50:38.85	Stowmarket Striders RC
72	163	Clayton Fosker	MO	0:50:46.98	
73	137	Stuart Dolan	MO	0:50:50.7	
74	60	Tom Brown	MO	0:50:58.26	
75	447	James Taylor	M40	0:51:00.37	Colchester Harriers
76	124	Derek Daly	M50	0:51:03.67	Saxmundham Saxons
77	94	Chris Cobbold	MO	0:51:13.99	
78	166	Chris Fox	M45	0:51:19.87	Woodbridge Shufflers
79	111	Ben Cowley	MO	0:51:21.73	
80	144	Adam Durrant	MO	0:51:23.05	
81	401	David Seymour	M55	0:51:24.54	Felixstowe RRC
82	100	Jim Comber	M45	0:51:31.29	Sudbury Joggers
83	314	Stuart Moyes	M40	0:51:32.11	
84	9	Helen Duggan	F50	0:51:40.57	Felixstowe RRC
85	213	Dean Hearn	M45	0:51:44.95	Stowmarket Striders RC
86	113	Joanne Cox	F45	0:51:47.11	Bungay Black Dog RC
87	205	Nigel Harrison	M45	0:51:49.33	Ipswich Jaffa RC
88	331	Sandy Page	F40	0:52:03.22	
89	494	Peter Woods	MO	0:52:05.41	Felixstowe RRC
90	251	Helen Jerrold	FO	0:52:11.19	
91	476	George Welham	MO	0:52:14.09	
92	93	Sarah Clow	F40	0:52:17.87	Airborne Fit
93	154	Karl Feagan	M40	0:52:18.86	Hadleigh Hares AC
94	327	Paul Osborne	M40	0:52:19.24	Felixstowe RRC
95	173	Rob Frost	MO	0:52:28.88	
96	103	Kevin Cook	MO	0:52:29.66	
97	404	Michael Sheldrake	MO	0:52:31.04	Ipswich Jaffa RC
98	256	Jonathan Davy	M60	0:52:33.65	
99	167	Chris Foyle	MO	0:52:40.07	
100	414	Mark Skoulding	M45	0:52:42.7	Stowmarket Striders RC
101	260	Mark Kingsley	MO	0:52:45.58	
102	83	David Chambers	MO	0:52:46.44	
103	379	Ian Robinson	MO	0:52:56.78	
104	181	Gemma Gilbert	FO	0:53:03.31	Ipswich Jaffa RC
105	443	Haley Suttle	F50	0:53:07.64	Stowmarket Striders RC
106	264	Charles Layzell	MO	0:53:09.17	Run For Your Life
107	299	Philip Mills	MO	0:53:11.09	
108	243	Gary Ingram	MO	0:53:12.39	Ipswich Jaffa RC
109	464	Lindi Wallace	FO	0:53:15.89	
110	219	Laura Hicks	FO	0:53:19.46	West Suffolk Wheelers
111	465	Dylan Wallace	MO	0:53:20.03	
112	460	Nuno Vidal	MO	0:53:23.52	Jogging Made Easy
113	14	Chris Axford	M50	0:53:23.59	Jogging Made Easy
114	157	Rachel Fiddy	FO	0:53:28.15	Ipswich Triathlon Club
115	229	Tom Hoblyn	M50	0:53:44.97	Saint Edmund Pacers
116	329	Becky Overy-owen	F45	0:53:49.64	Woodbridge Shufflers
117	233	Paul Horne	M55	0:53:51.66	Vegetarian Cycling & Athletic Clu
118	105	James Cooper	MO	0:53:58.07	Stowmarket Striders RC
119	435	Peter Squirrell	MO	0:54:00.35	
120	50	Paul Brand	MO	0:54:01.57	Saint Edmund Pacers
121	161	Nicola Flack	F40	0:54:02.05	Bungay Black Dog RC
122	187	Alistair Goodier	M45	0:54:10.97	Ipswich Jaffa RC
123	132	Richard Dempsey	M45	0:54:11.85	Woodbridge Shufflers
124	222	Christopher Hilling	MO	0:54:14.33	

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125	270	David Lissimore	M50	0:54:18.54	
126	403	David Sheahan	M55	0:54:19.38	
127	87	Duncan Chenery	M55	0:54:23.8	Ipswich Jaffa RC
128	389	Bronwen Sarginson	FO	0:54:24.65	
129	340	Rheanna Pavey	FO	0:54:26.95	
130	469	Jay Watling	MO	0:54:28.45	
131	301	Steven Mills	MO	0:54:28.85	
132	385	Peter Russell	M65	0:54:30.76	Framlingham Flyers
133	436	Tom Kinge	MO	0:54:32.72	
134	287	William Mayes	MO	0:54:32.76	
135	288	Vicky Mayhew	FO	0:54:35.1	Stowmarket Striders RC
136	391	Matt Saunders	M40	0:54:37.32	Felixstowe RRC
137	125	David Damant	M40	0:54:49.28	Stowmarket Striders RC
138	451	Karl Tovell	MO	0:54:49.7	
139	257	Shaun Jones	MO	0:54:54.25	Stowmarket Striders RC
140	410	Anna Sinclair	F45	0:54:55.46	Ipswich Triathlon Club
141	91	Michaela Clarke	F40	0:54:56.83	Colchester Harriers
142	354	Glenn Proctor	M40	0:55:05.74	Stowmarket Striders RC
143	236	Catherine Hughes	FO	0:55:09.02	Run For Your Life
144	64	Kerry Buckley	M45	0:55:12.12	
145	456	Mark Turner	M50	0:55:13.67	Saint Edmund Pacers
146	197	Ben Hall	MO	0:55:14.36	
147	478	Marcus West	M45	0:55:19.06	
148	182	Louise Goddard	F40	0:55:22.62	Stowmarket Striders RC
149	32	Catherine Belsom	F45	0:55:25.49	Stowmarket Striders RC
150	311	David Moscrop	MO	0:55:26.18	Run For Your Life
151	430	Simon Sparkes	M40	0:55:26.73	Bungay Black Dog RC
152	313	Lyndsey Moyes	FO	0:55:27.45	
153	472	Graham Waudby	M45	0:55:27.73	
154	247	Gary Jamson	M45	0:55:28.35	
155	325	John Norman	M50	0:55:29.33	Hadleigh Hares AC
156	237	Mark Hughes	M45	0:55:32.73	Stowmarket Striders RC
157	138	Clare Douglas	FO	0:55:38.01	Stowmarket Striders RC
158	402	Jenny Sheahan	F55	0:55:40.04	
159	486	Stephen Williams	M60	0:55:47.27	Saint Edmund Pacers
160	263	Alex Kuczer	M45	0:55:55.34	Run For Your Life
161	217	Jeremy Hennell James	M50	0:56:19.84	
162	198	Wayne Hallam	M40	0:56:25.64	Team Dunerunner
163	139	Edward Douglas	M60	0:56:28.87	
164	484	Charnine Wilks	FO	0:56:29.01	
165	362	Robert Reason	M50	0:56:29.99	Stowmarket Striders RC
166	399	Alison Severy	FO	0:56:34.95	
167	371	Nicola Richardson	FO	0:56:52.23	
168	297	Kevin Millard	MO	0:56:56.45	Haverhill Running Club
169	439	Michael Stollery	M60	0:56:57.93	Tri -Anglia Triathlon club
170	70	Heather Bush	F40	0:57:01.74	
171	412	Mary Skelcher	F50	0:57:03.64	Saxmundham Saxons
172	90	Kevin Clark	M45	0:57:05.37	BBDRC
173	282	Karen Martin	FO	0:57:07.55	Haverhill Running Club
174	252	Chris Johns	M60	0:57:08.42	Woodbridge Shufflers
175	3	Lucy Adams	FO	0:57:10.28	JME
176	232	Deborah Holmes	F55	0:57:14.54	Jogging Made Easy
177	337	Diane Parton	F45	0:57:15.66	Capel Cheetahs
178	48	Shirley Brame	F45	0:57:19.59	Stowmarket Striders RC
179	135	Stephen Didcott	M50	0:57:20.03	
180	300	Gregory Mills	M55	0:57:21.52	
181	473	Kirsty Weavers	F50	0:57:23.34	Saint Edmund Pacers
182	249	Trish Jarvis	F50	0:57:24.37	Jogging Made Easy
183	72	Elizabeth Cahill	F50	0:57:25.2	Braintree District AC
184	81	Duncan Chamberlain	M50	0:57:29.97	Ipswich Jaffa RC
185	396	Steven Seinet-martin	M60	0:57:31.12	
186	148	Steven Enefer	MO	0:57:34.12	
187	406	Ian Sillett	M60	0:57:36.02	Felixstowe RRC
188	231	Ellen Hollingworth	F50	0:57:38.39	Stowmarket Striders RC

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189	145	Rebecca Elmes	FO	0:57:45.82	
190	74	Jana Campbell	FO	0:57:47.11	Kings Lynn Triathlon Club
191	1	Sian Abbott	FO	0:57:48.32	Ipswich Jaffa RC
192	204	Joanne Harper	FO	0:57:49.2	Felixstowe RRC
193	422	Andrew Smith	M45	0:57:59.13	Saint Edmund Pacers
194	390	Bobbie Sauerzapf	F55	0:58:10.77	Bungay Black Dog RC
195	49	Neil Brame	M50	0:58:12.86	Stowmarket Striders RC
196	18	Clare Bailie	F40	0:58:28.44	Stowmarket Striders RC
197	43	Alina Boldyreva	FO	0:58:29.9	
198	330	David Overy-owen	M50	0:58:34.12	
199	437	Dee St Ledger	F50	0:58:35.26	Sudbury Joggers
200	208	Craig Hawkins	MO	0:58:39.09	Stowmarket Striders RC
201	30	Kate Beer	F45	0:58:47.23	Stowmarket Striders RC
202	239	Iain Hunter	M55	0:58:51.77	Stowmarket Striders RC
203	130	Karen Deasy	FO	0:58:55.08	
204	195	Damian Hack	MO	0:59:04.01	
205	26	Claire Battey	FO	0:59:11.12	Stowmarket Striders RC
206	372	Gavin Hasnip	MO	0:59:16.37	
207	420	Jason Smith	M45	0:59:29.59	
208	41	Claire Blanchford	FO	0:59:32.03	Saint Edmund Pacers
209	321	John Newell	M50	0:59:36.1	Wymondham AC
210	238	Andrew Hughes	MO	0:59:42.35	Lawley RC
211	123	Ralph Daff	M45	0:59:45.01	
212	155	Lucinda Fendley	FO	0:59:51.14	
213	209	Carolyn Haworth	F60	0:59:51.89	Saint Edmund Pacers
214	423	Tabetha Snape	F40	0:59:54.94	
215	480	Claire White	FO	1:00:00.11	
216	141	Peter Downing	WC	1:00:14.39	
217	143	Amanda Dunn	F40	1:00:14.74	Hadleigh Hares AC
218	421	Richard Smith	M55	1:00:15.28	Felixstowe RRC
219	47	Steve Bowen	M60	1:00:24.99	Hadleigh Hares AC
220	271	Christopher Lucas	M50	1:00:28.17	Saxmundham Saxons
221	280	Dawn Marshall	F50	1:00:29.69	Saint Edmund Pacers
222	500	Tom Youngs	MO	1:00:33.27	
223	200	Karen Hamilton	F45	1:00:34.29	
224	368	Richard Sore	M45	1:00:36.1	Ipswich Jaffa RC
225	339	Adrian Patterson	MO	1:00:39.74	
226	440	Zoe Storey	F40	1:00:39.99	
227	273	Jo Lummis	FO	1:00:42.99	Ipswich Jaffa RC
228	5	Louise Adamson	F55	1:00:54.01	Waveney Valley AC
229	416	Keelan Smith	MO	1:01:00.21	Saxmundham Saxons
230	316	Emma Muffet	F40	1:01:00.54	
231	482	George Wicker	M55	1:01:02.89	Saint Edmund Pacers
232	215	Simon Hedge	M45	1:01:04.89	Felixstowe RRC
233	151	Sarah Evans	FO	1:01:12.85	
234	428	Rachel Southgate	FO	1:01:22.17	
235	274	James Mackay	M45	1:01:32.49	
236	345	Caroline Perry	FO	1:01:34.44	Ipswich Jaffa RC
237	99	Jackie Collins	F50	1:01:41.89	Felixstowe RRC
238	363	Matt Reason	MO	1:01:43.38	Run For Your Life
239	495	Sarah Woolsmith	FO	1:01:45.64	
240	164	Jason Fowler	M45	1:01:53.22	
241	122	Christopher Czerwonka	MO	1:01:54.74	
242	180	Bex Gilbert	FO	1:01:56.35	Felixstowe RRC
243	4	Jo Adams	FO	1:02:03.44	Jogging Made Easy
244	44	Jake Boreham	MO	1:02:04.77	Stowmarket Striders RC
245	458	Alan Varle	M65	1:02:06.17	Waveney Valley AC
246	384	Emma Ruane	F40	1:02:07.38	Sudbury Joggers
247	194	Lynsey Groom	FO	1:02:12.38	
248	186	Amanda Goldsmith	F45	1:02:14.35	
249	323	Justine Norfolk	FO	1:02:14.55	Run For Your Life
250	119	Helen Curr	F40	1:02:14.72	Run For Your Life
251	387	Graham Sampson	M65	1:02:17.8	Bungay Black Dog RC
252	58	Laura Brown	FO	1:02:21.69	

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253	175	John Gage	M50	1:02:23.22	
254	284	Claire Martins	FO	1:02:31.91	Jogging Made Easy
255	487	Sharon Williets	F45	1:02:32.95	
256	457	Kayleigh Turpin	FO	1:02:43.05	
257	474	Andrew Webber	M55	1:02:47.63	
258	295	Kate Miles	FO	1:02:54.64	Stowmarket Striders RC
259	245	Darron Jackson	M40	1:02:57.14	
260	459	Lynne Verrier	FO	1:02:59.52	Jogging Made Easy
261	77	Katie Carroll	FO	1:03:00.71	
262	278	Julie Marsh	FO	1:03:02.64	Sudbury Joggers
263	342	Carl Pearson	MO	1:03:03.49	
264	488	Donna Willoughby	FO	1:03:03.52	
265	348	Maira Pinkney	F65	1:03:04.08	Ipswich Triathlon Club
266	118	John Cullum	M65	1:03:18.27	Saint Edmund Pacers
267	169	Ian Freel	M55	1:03:31.06	Team Dunerunner
268	383	Tracey Rose	F45	1:03:42.04	Stowmarket Striders RC
269	302	Lorraine Mills	F40	1:03:46.9	Saint Edmund Pacers
270	481	Angela Whiting	F50	1:03:47.9	Stowmarket Striders RC
271	434	Gavin Spurr	M45	1:03:51.02	Run For Your Life
272	285	Claire Maskery	FO	1:03:52.77	
273	11	Barbara Ashman	FO	1:03:52.95	
274	378	Denise Robinson	F55	1:03:55.53	Stowmarket Striders RC
275	448	Hannah Thompson	FO	1:03:55.8	
276	8	Mark Allen	M55	1:03:59.92	Woodbridge Shufflers
277	210	Jo Hayward	F45	1:04:04.36	
278	82	Karen Chamberlain	F45	1:04:07.17	Ipswich Jaffa RC
279	283	Charlie Martin	FO	1:04:09.47	
280	54	Steve Brodie	M45	1:04:09.57	Brandon Fern Hoppers
281	373	Billy Richmond	M50	1:04:13.17	
282	259	Debbie King	FO	1:04:17.18	Stowmarket Striders RC
283	192	Terri Green	FO	1:04:19.26	Ipswich Jaffa RC
284	365	Darren Rees	M40	1:04:20.96	
285	405	Denise Sheppard	FO	1:04:22.91	
286	360	Lucy Ransome	FO	1:04:29.86	
287	224	Jack Hines	MO	1:04:31.63	Hadleigh Hares AC
288	96	Tom Coe	MO	1:04:31.63	
289	115	Duncan Crow	M40	1:04:33.7	
290	452	Claire Trott	FO	1:04:39.38	Run For Your Life
291	24	Jacky Batchelor	F40	1:04:42.61	Run For Your Life
292	38	Hayley Berkel	F40	1:04:43.95	
293	305	Colleen Morgan	F50	1:04:45.43	
294	364	Vicki Reay	FO	1:04:48.66	
295	212	Kate Hayward-brackenbury	F40	1:04:51.87	Woodbridge Shufflers
296	466	Stuart Washington	M40	1:05:05.86	Hillingdon AC
297	479	Ant Whitaker	M50	1:05:19.64	
298	68	Laura Burrows	FO	1:05:27.06	
299	101	Rachel Cook	F40	1:05:31.69	
300	136	Karen Disney	FO	1:05:31.75	
301	193	Nicole Green	FO	1:05:35.77	
302	221	Alison Hill	F55	1:05:37.34	
303	170	Jean Freeman	F50	1:05:42.02	
304	53	James Briggs	MO	1:05:42.69	Haverhill Running Club
305	398	Elizabeth Severy	F55	1:05:47.69	
306	207	Ruth Hatch	F45	1:05:48.07	
307	375	Dawn Robb	F40	1:05:52.47	
308	490	Nichala Wilson	FO	1:05:54.03	
309	73	Helen Cain	F45	1:05:58.7	Stowmarket Striders RC
310	88	Jane Cherry	F50	1:06:02.09	
311	291	Samantha Meadows	FO	1:06:03.15	Stowmarket Striders RC
312	16	Kayleigh Bailey	FO	1:06:05.96	
313	493	Amy Witham	FO	1:06:10.51	
314	357	Robyn Rake	FO	1:06:16.66	Stowmarket Striders RC
315	498	Emma Yarrow	F40	1:06:17.15	Stowmarket Striders RC
316	201	Kendra Hammond	FO	1:06:17.23	Stowmarket Striders RC

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317	254	Benjamin Johnys	MO	1:06:17.96	
318	318	Joe Naughton	M50	1:06:22.04	Stowmarket Striders RC
319	310	James Mortimer	MO	1:06:28.48	
320	409	Victoria Simonds	FO	1:06:32.41	
321	183	Malene Godson	F45	1:06:32.73	Stowmarket Striders RC
322	353	Amanda Prior	F45	1:06:39.94	Capel Cheetahs
323	418	Matthew Smith	MO	1:06:49.37	
324	106	Andrea Copping	FO	1:06:54.9	
325	188	Melissa Goodrich	FO	1:06:55.19	
326	108	Donna Cornwell	FO	1:06:55.22	
327	272	Graeme Ludwig	M45	1:06:56.26	
328	470	Emily Watson	F40	1:07:03	
329	497	Michelle Wynne	FO	1:07:07.49	
330	441	Gregory Stowe	MO	1:07:08.82	
331	35	Ruth Benham	FO	1:07:08.87	
332	158	Cathryn Fifield	F50	1:07:09.2	Jogging Made Easy
333	408	Tammy Sillett	FO	1:07:14.15	
334	475	Laura Wedgbury	FO	1:07:15.73	Ipswich Jaffa RC
335	131	Jodie Deasy	FO	1:07:17.06	
336	374	Jan Risebrow	F50	1:07:18.73	Run For Your Life
337	97	Adrian Cole	M50	1:07:23.93	Stowmarket Striders RC
338	159	Richard Fifield	M50	1:07:24.38	Jogging Made Easy
339	109	Orlando Costa	MO	1:07:40.8	
340	431	Sarah Sparkes	F40	1:07:50.37	Bungay Black Dog RC
341	432	Stephen Spencer	M60	1:07:56.46	Brandon Fern Hoppers
342	189	Lyn Goodwin	F50	1:08:01.78	Brandon Fern Hoppers
343	468	Sarah Watkins	F40	1:08:07.51	Hadleigh Hares AC
344	361	Natalie Raper	F45	1:08:08.6	
345	184	Ellie Goffin	FO	1:08:09.09	
346	199	Ruth Hambling	FO	1:08:09.15	Hadleigh Hares AC
347	28	Debbie Beare	F45	1:08:13.67	Saint Edmund Pacers
348	225	Tim Hirst	M65	1:08:30.76	Bungay Black Dog RC
349	196	Paul Hales	M50	1:08:32.75	Run For Your Life
350	320	Emma Nesling	F45	1:08:33.32	Run For Your Life
351	71	Tracey Cady	FO	1:08:40.44	
352	419	Heidi Smith	F40	1:08:40.57	
353	304	Sara Moran	F45	1:08:41.5	Run Eat Sleep Colchester
354	462	Samantha Walker	FO	1:09:07.98	
355	366	Jazmine Rennie	FO	1:09:08.74	
356	277	Sandy Maloy	F50	1:09:11.12	Sudbury Joggers
357	334	Belinda Palmer Barnes	F55	1:09:40.03	Great Bentley RC
358	461	Suzanne Vincent	F45	1:09:46.41	
359	42	Gavin Boag	MO	1:09:55.21	Stowmarket Striders RC
360	80	Matthew Cavey	MO	1:10:12.53	
361	429	Daniel Southgate	MO	1:10:12.88	
362	349	Sandy Pison	FO	1:10:13.99	
363	84	Will Chaney	MO	1:10:14.53	
364	227	Vicki Hobbs	FO	1:10:18.36	Stowmarket Striders RC
365	433	Helen Spooner	F45	1:10:57.96	Haverhill Running Club
366	438	Nicola Stevenson	F55	1:11:03.01	Felixstowe RRC
367	27	Christina Baxter	F45	1:11:05.79	Hadleigh Hares AC
368	46	Beckie Bowen	F55	1:11:05.99	Hadleigh Hares AC
369	324	Helen Norman	F45	1:11:06.07	Hadleigh Hares AC
370	407	Wendy Sillett	F55	1:11:12.85	
371	415	Jane Skoulding	F40	1:11:18.37	Stowmarket Striders RC
372	172	Andrea Friend	F45	1:11:18.43	Stowmarket Striders RC
373	226	Rachel Hirst	F50	1:11:52.32	Bungay Black Dog RC
374	427	Stacy Southgate	FO	1:11:57.71	
375	312	Jenny Moss	FO	1:12:09.08	
376	341	Karen Payne	F45	1:12:16.77	
377	253	Alexis Johnys	FO	1:12:18.56	
378	446	Tracey Taylor	F45	1:12:29.45	
379	112	Sarah Cox	F45	1:12:32.01	
380	492	Paul Winter	M65	1:12:39.46	Stowmarket Striders RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	117	Tina Cullum	F40	1:12:39.65	Ipswich Jaffa RC
382	177	Laura Gay	FO	1:12:44.4	
383	296	Sarah Miles	FO	1:12:47.32	Ipswich Jaffa RC
384	388	Andrew Sargent	MO	1:12:51.5	
385	6	Ann Alexander	F50	1:12:53.38	Sudbury Joggers
386	176	Lisa Gaughan	F45	1:12:59.27	Capel Cheetahs
387	171	Joanne Freezer	F40	1:13:46.68	
388	191	Marie Grantham	F40	1:13:46.69	Run For Your Life
389	214	Marianne Hedge	F40	1:14:00.88	Felixstowe RRC
390	116	Kelly Cullum	FO	1:14:04.68	
391	174	Hilary Fulton	F45	1:14:12.75	
392	25	Zoey Battell	F40	1:14:18.34	Sudbury Joggers
393	142	Louise Duckling	F45	1:14:18.42	
394	453	Shirley Tucker	F55	1:14:25.63	Jogging Made Easy
395	216	Paul Heeks	M45	1:14:56.29	Stowmarket Striders RC
396	51	Sharon Breward	F40	1:15:03.95	Sudbury Joggers
397	344	Sarah Pennock	FO	1:15:04.04	Sudbury Joggers
398	86	Michelle Chattenton	FO	1:15:23.63	
399	20	Frances Barnard	FO	1:15:43.84	Capel Cheetahs
400	162	Danielle Forbes	FO	1:15:49.27	
401	425	Gennifer Solomon	FO	1:15:57.64	Felixstowe RRC
402	499	Rosie Youngs	F45	1:16:04.75	Jogging Made Easy
403	110	Samantha Cotton	F40	1:16:20.25	Jogging Made Easy
404	445	Sam Taylor	F45	1:16:20.27	
405	85	Claire Chattenton	F40	1:16:24.51	
406	426	Sally Solomon	F45	1:16:28.89	Felixstowe RRC
407	65	Jodie Budd	F40	1:16:37.37	Sudbury Joggers
408	134	Jo Dickinson	F45	1:16:53.61	Felixstowe RRC
409	244	Bob Jack	M55	1:17:16.28	Bungay Black Dog RC
410	326	Anne Oliver	F60	1:17:17.58	Felixstowe RRC
411	92	Mary Clarke	F65	1:17:45.87	
412	45	Inez Botha	F40	1:18:13.06	
413	356	Sally Quirk	F55	1:18:44.08	Stowmarket Striders RC
414	240	Sue Hunter	F55	1:18:46.41	Stowmarket Striders RC
415	22	Maddy Barrett	FO	1:19:02.22	
416	489	Mel Willsmore	F40	1:19:21.27	Jogging Made Easy
417	67	Katherine Burke	FO	1:19:21.41	Jogging Made Easy
418	338	James Paterson	M40	1:21:30.55	
419	382	Claire Rooke	F40	1:23:04.43	Sudbury Joggers
420	290	Lorraine Mcsorley	FO	1:23:42.81	
421	289	Stuart Mcsorley	MO	1:23:42.87	
422	268	Beverley Leslie	F60	1:24:07.01	
423	266	Diana Lee	F55	1:24:08.24	Jogging Made Easy
424	367	Alison Renshaw	FO	1:24:41.99	Run For Your Life
425	17	William Bailey	MO	1:25:30.28	
426	294	Ruth Metcalfe	F45	1:26:07.83	Great Bentley RC
427	424	Alison Snow	F40	1:26:15.14	Jogging Made Easy
428	328	Anneli Ostler	FO	1:30:02.14	Felixstowe RRC
429	104	Martin Cooper	M65	1:30:54.14	Run For Your Life
430	444	Paul Taylor	M45	1:32:26.09	Jogging Made Easy
431	281	Natalie Martin	FO	1:37:34.65	Jogging Made Easy
432	317	Karen Mulholland	F50	1:37:34.99	Jogging Made Easy