

Stowmarket Scenic 7

Finisher List

Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
Stowmarket Scenic 7						
1.	90	Benjamin CARPENDALE	MS	Felixstowe RRC	0:37:57	0:37:57
2.	282	Jim LAST	MV40	Framlingham Flyers	0:39:16	0:39:14
3.	189	Tony GAVIN	MS	Felixstowe RRC	0:39:46	0:39:45
4.	254	Adam HOWLETT	MV45	Framlingham Flyers	0:40:01	0:40:00
5.	451	Adam WADE	MS	Ipswich Jaffa RC	0:40:24	0:40:22
6.	28	Carl BAKER	MV45	Unattached	0:40:57	0:40:55
7.	119	Aidan COUGHLAN	MS	Vegan Runners	0:41:02	0:41:00
8.	435	Gary TAYLOR	MS	Felixstowe RRC	0:41:17	0:41:16
9.	262	Benjamin JACOBS	MV40	Felixstowe RRC	0:41:47	0:41:46
10.	129	Gary CULLUM	MV40	Felixstowe RRC	0:41:58	0:41:56
11.	233	Kieran HAYLES	MS	Sudbury Joggers	0:42:39	0:42:36
12.	321	Chris MOWER	MV40	St Edmunds Pacers	0:43:00	0:42:58
13.	216	Gavin HAMMOND	MS	Unattached	0:43:24	0:43:20
14.	76	Stuart BUCHAN	MS	Stowmarket Striders Running Club	0:43:30	0:43:28
15.	326	James NIAL	MS	Unattached	0:43:32	0:43:30
16.	71	Steve BROOKE	MV50	Felixstowe RRC	0:43:44	0:43:29
17.	82	Piotr BULACZ	MV45	Sudbury Joggers	0:44:24	0:44:21
18.	230	Mark HAYDEN	MV45	Framlingham Flyers	0:44:27	0:44:20
19.	267	Maddie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:44:28	0:44:23
20.	342	David PERCY	MV45	Haverhill Running Club	0:44:52	0:44:33
21.	328	Paul OSBORNE	MV40	Felixstowe RRC	0:44:53	0:44:49
22.	83	Trevor BUNCH	MV45	Haverhill Running Club	0:44:56	0:44:50
23.	156	Ian DUGGAN	MV50	Felixstowe RRC	0:44:59	0:44:56
24.	424	Rob SQUIRRELL	MV45	Woodbridge Shufflers Running Club	0:45:05	0:45:02
25.	418	Dave SOLOMON	MV50	Felixstowe RRC	0:45:15	0:45:12
26.	106	Peter CLARKE	MV55	Diss & District AC	0:45:17	0:45:13
27.	236	Chris HILLING	MV40	Unattached	0:45:27	0:45:23
28.	222	Robin HARPER	MV40	Felixstowe RRC	0:45:29	0:45:27
29.	356	Alastair READ	MV40	Felixstowe RRC	0:45:31	0:45:27
30.	123	Andrew CRAIG	MV45	Woodbridge Shufflers Running Club	0:45:37	0:45:34
31.	500	James YOUNGS	MV45	Stowmarket Striders Running Club	0:45:46	0:45:42
32.	159	Ian ELDEN	MV45	Ipswich Jaffa RC	0:45:48	0:45:29
33.	466	Mark WATTS	MV55	St Edmunds Pacers	0:45:49	0:45:44
34.	231	Thomas HAYDEN	MS	Framlingham Flyers	0:45:57	0:45:50
35.	9	Will ALDRED	MV50	Framlingham Flyers	0:46:02	0:46:00
36.	426	Simon STAFFORD	MV45	Unattached	0:46:07	0:46:03
37.	268	Millie JORDAN-LEE	FS	Stowmarket Striders Running Club	0:46:14	0:46:10
38.	312	Morgan MOORE	MS	Stowmarket Striders Running Club	0:46:19	0:46:15
39.	411	Richard SMITH	MV45	Sudbury Joggers	0:46:30	0:46:22
40.	217	Charles HANN	MV50	Sudbury Joggers	0:46:34	0:46:28
41.	284	Richard LEEDER	MV40	Stowmarket Striders Running Club	0:46:40	0:46:36
42.	39	Dave BEIGHTON	MV40	St Edmunds Pacers	0:46:47	0:46:44
43.	493	Dean WRIGHT	MS	Hadleigh Hares AC	0:47:23	0:47:14
44.	196	Jessie GOODERHAM	FS	St Edmunds Pacers	0:47:31	0:47:25
45.	51	Peter BIRD	MV45	St Edmunds Pacers	0:47:59	0:47:54
46.	382	Len SAUNDERS	MV45	Felixstowe RRC	0:48:07	0:48:05
47.	116	Paul COOKE	MV45	Unattached	0:48:15	0:48:01
48.	340	Daniel PELLING	MV45	Haverhill Running Club	0:48:22	0:48:15
49.	413	Scott SMITH	MS	Unattached	0:48:27	0:48:20

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Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
50.	81	Kerry BUCKLEY	MV45	Felixstowe RRC	0:48:28	0:48:23
51.	171	John FARTHING	MV40	Unattached	0:48:39	0:48:26
52.	338	Martin PEARSON	MV50	Unattached	0:48:52	0:48:48
53.	43	Robin BELSOM	MV55	Ipswich Jaffa RC	0:49:03	0:48:57
54.	26	Tom AYKROYD	MV40	Felixstowe RRC	0:49:05	0:49:02
55.	201	Collette GREEN	FS	Felixstowe RRC	0:49:11	0:49:08
56.	299	Alex MCGREGOR	MS	Framlingham Flyers	0:49:15	0:49:07
57.	102	Chris CHORLEY	MV55	Bungay Black Dog RC	0:49:19	0:49:08
58.	439	Sandy THOROGOOD	FV50	Sudbury Joggers	0:49:20	0:49:13
59.	350	Stephen PRETTY	MV60	St Edmunds Pacers	0:49:22	0:49:17
60.	34	David BARTHOLOMEW	MV50	Unattached	0:49:31	0:49:13
61.	45	Matthew BENSON	MV40	Sudbury Joggers	0:49:32	0:49:25
62.	420	Samantha SPENCER	FS	Ipswich Jaffa RC	0:49:37	0:49:29
63.	175	Sarah FITCH	FV45	Felixstowe RRC	0:49:39	0:49:36
64.	173	Rebecca FISH	FS	Unattached	0:49:48	0:49:38
65.	172	Karl FEAGAN	MV45	Hadleigh Hares AC	0:49:56	0:49:46
66.	220	Neal HARDWICK	MV40	Unattached	0:50:08	0:49:56
67.	182	Robert FROST	MV40	Unattached	0:50:11	0:50:01
68.	88	Amber CALVER	FV45	Unattached	0:50:14	0:50:03
69.	437	Paul TELFORD	MV45	Unattached	0:50:21	0:50:16
70.	252	James HOWARD	MS	Framlingham Flyers	0:50:23	0:50:15
71.	386	Jimmy SECKER	MV45	Unattached	0:50:25	0:50:16
72.	487	Luke WITHERS	MS	Haverhill Running Club	0:50:28	0:50:22
73.	317	Vaughan MORRIS	MV55	Stowmarket Striders Running Club	0:50:43	0:50:38
74.	385	Kevin SCUTCHER	MS	Hadleigh Hares AC	0:50:48	0:50:38
75.	432	Holly TAYLOR	FS	Felixstowe RRC	0:51:01	0:50:58
76.	52	Lee BLOOM	MS	Unattached	0:51:05	0:50:59
77.	132	Mark DAVEY	MV50	Unattached	0:51:14	0:51:03
78.	94	Simon DOWNEY	MV50	Felixstowe RRC	0:51:15	0:50:53
79.	373	Mark ROSE	MV40	Ipswich Jaffa RC	0:51:18	0:51:11
80.	31	Nigel BARNES	MV45	Vegan Runners	0:51:26	0:51:20
81.	136	Neil DENNIS	MS	Stowmarket Striders Running Club	0:51:30	0:51:24
82.	68	Daisy BROOKE	FS	Ipswich Jaffa RC	0:51:31	0:51:27
83.	32	Darin OSBORNE	MV50	Rushmere Community Runners	0:51:53	0:51:38
84.	442	Matt TRILL	MV40	Ipswich Jaffa RC	0:51:53	0:51:48
85.	483	Paul WIGENS	MV60	Woodbridge Shufflers Running Club	0:51:55	0:51:51
86.	141	Thomas DIXON	MS	Unattached	0:52:00	0:51:53
87.	486	Helen WING	FV50	Stowmarket Striders Running Club	0:52:02	0:52:00
88.	323	Mary NAREY	FV50	Stowmarket Striders Running Club	0:52:02	0:51:54
89.	250	Gavin HORREX	MS	Unattached	0:52:04	0:51:48
90.	143	Stuart DOLAN	MS	Unattached	0:52:08	0:52:02
91.	5	Mark ALDER	MS	Unattached	0:52:10	0:51:36
92.	371	Kyle ROPER	MV40	Ipswich Jaffa RC	0:52:11	0:52:03
93.	64	David BREWSTER	MV40	Unattached	0:52:15	0:52:07
94.	283	Chuck LAYZELL	MS	Unattached	0:52:17	0:52:04
95.	456	Lindi WALLACE	FS	Unattached	0:52:22	0:52:12
96.	118	Orlando COSTA	MS	Unattached	0:52:22	0:52:17
97.	351	Matthew PUMFREY	MS	Harwich Runners	0:52:24	0:52:10
98.	148	Clare DOUGLAS	FS	Stowmarket Striders Running Club	0:52:27	0:52:18
99.	229	Natalie HAY	FV40	St Edmunds Pacers	0:52:34	0:52:22

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Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
100.	334	Steve PAGE	MV55	Unattached	0:52:34	0:52:23
101.	461	Peter WARLAND	MV50	Stowmarket Striders Running Club	0:52:44	0:52:35
102.	195	Ian GOODERHAM	MV50	St Edmunds Pacers	0:52:47	0:52:39
103.	341	Thierry PENNEC	MV45	Sudbury Joggers	0:52:50	0:52:44
104.	110	Hayley COATES	FS	St Edmunds Pacers	0:52:56	0:52:47
105.	481	Suzi WHYMARK	FV45	Unattached	0:53:06	0:52:55
106.	19	Femi ARIYO	MV45	Unattached	0:53:09	0:52:56
107.	62	Kaye BRANTON	FV45	Felixstowe RRC	0:53:23	0:53:18
108.	154	Steven DRUMMOND	MV40	Unattached	0:53:24	0:53:10
109.	484	Graham WIGLEY	MV60	Framlingham Flyers	0:53:27	0:53:20
110.	495	Jamie WRIGHT	MV40	Framlingham Flyers	0:53:39	0:53:30
111.	447	Kayleigh TURPIN	FS	Unattached	0:53:42	0:53:30
112.	293	Stuart MASON	MV55	Felixstowe RRC	0:53:43	0:53:37
113.	218	Jackie HANN	FV50	Sudbury Joggers	0:53:51	0:53:42
114.	278	Anna KOCINSKA	FS	Unattached	0:54:27	0:54:20
115.	104	David CHURCH	MV45	Felixstowe RRC	0:54:28	0:54:18
116.	61	Sharon BRANDON	FV55	St Edmunds Pacers	0:54:34	0:54:25
117.	227	Stephen HATTEN	MV50	St Edmunds Pacers	0:54:34	0:54:23
118.	490	Peter WOODS	MS	Felixstowe RRC	0:54:37	0:54:31
119.	112	Sophie COLEMAN	FS	Ipswich Jaffa RC	0:54:39	0:54:31
120.	140	Stephen DIDCOTT	MV50	Unattached	0:54:57	0:54:49
121.	253	Mike HOWARD	MV40	Unattached	0:55:02	0:54:50
122.	234	Jo HAYWARD	FV45	Stowmarket Striders Running Club	0:55:11	0:55:02
123.	183	Sharon FROST	FV45	St Edmunds Pacers	0:55:19	0:55:10
124.	394	Jenny SHEAHAN	FV55	Eastern Veterans AC	0:55:20	0:55:16
125.	225	Gavin HASNIP	MS	Unattached	0:55:21	0:55:08
126.	240	Tom HOBLYN	MV55	St Edmunds Pacers	0:55:25	0:55:14
127.	261	Gary INGRAM	MS	Ipswich Jaffa RC	0:55:26	0:55:18
128.	162	Jimmy ELMER	MV45	Ipswich Jaffa RC	0:55:28	0:55:12
129.	499	Simon WYATT	MV45	Unattached	0:55:33	0:55:19
130.	492	Andrew WRIGHT	MV60	Unattached	0:55:38	0:55:21
131.	103	Kyle CHURCH	MS	Saxmundham Sports Running & Fitness	0:55:40	0:55:24
132.	79	Adrian BUCKLAND	MV55	Unattached	0:55:43	0:55:31
133.	354	Tracy QUARRELL	FV45	Haverhill Running Club	0:55:43	0:55:10
134.	86	Heather BUSH	FV40	Unattached	0:55:44	0:55:33
135.	46	Carl BERGDAHL	MV50	Ipswich Jaffa RC	0:55:50	0:55:34
136.	403	Craig SMITH	MV40	Unattached	0:55:51	0:55:22
137.	325	Marc NEILL	MS	Unattached	0:55:58	0:55:23
138.	425	Victoria STACE	FV40	Framlingham Flyers	0:55:59	0:55:51
139.	187	Ben GAME	MS	Unattached	0:56:08	0:55:53
140.	410	Richard SMITH	MV50	St Edmunds Pacers	0:56:08	0:55:46
141.	95	Andrew CATTON	MS	Stowmarket Striders Running Club	0:56:12	0:55:57
142.	444	Mary-Ann TULI	FV45	Haverhill Running Club	0:56:16	0:55:43
143.	393	David SHEAHAN	MV55	Unattached	0:56:16	0:56:13
144.	380	Bronwen SARGINSON	FV40	Unattached	0:56:17	0:55:59
145.	319	Emma MORTIMER	FS	Unattached	0:56:19	0:56:03
146.	281	Beryl LANDSDOWN	FV50	Ipswich Jaffa RC	0:56:22	0:56:15
147.	311	Frank MOGGAN	MV65+	Stowmarket Striders Running Club	0:56:26	0:56:16
148.	70	Rachel BROOKE	FV45	Ipswich Jaffa RC	0:56:31	0:56:24
149.	53	Brian BLOOMFIELD	MV40	Sudbury Joggers	0:56:34	0:56:17

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150.	151	Jeremy DOWNS	MS	Harwich Runners	0:56:53	0:56:40
151.	401	Roger SLADE	MV50	Unattached	0:56:55	0:56:38
152.	194	Paul GOLDRING	MV45	Ipswich Jaffa RC	0:57:06	0:56:51
153.	149	Eddie DOUGLAS	MV60	Stowmarket Striders Running Club	0:57:15	0:57:06
154.	178	Carl FRANCIS	MV50	Stowmarket Striders Running Club	0:57:16	0:57:00
155.	368	Joe ROBERTS	MS	Unattached	0:57:16	0:57:00
156.	11	Mark ALLEN	MV60	Woodbridge Shufflers Running Club	0:57:17	0:57:09
157.	57	Paul BRAND	MS	Unattached	0:57:20	0:57:06
158.	179	Teresa FRANKLIN	FV55	Haverhill Running Club	0:57:21	0:57:10
159.	91	Mik CARR	MV60	Bungay Black Dog RC	0:57:32	0:57:26
160.	248	Paul HORNE	MV55	Vegetarian Cycling & AC	0:57:40	0:57:33
161.	468	Kirsty WEAVERS	FV55	St Edmunds Pacers	0:57:44	0:57:32
162.	417	Kelmend SOKOLI	MS	Felixstowe RRC	0:57:53	0:57:39
163.	477	Marcus WEST	MV45	Unattached	0:57:54	0:57:28
164.	224	Emma HARWOOD	FV45	Framlingham Flyers	0:57:55	0:57:47
165.	221	Joanne HARPER	FS	Felixstowe RRC	0:57:57	0:57:48
166.	74	Ryan BRUTY	MS	St Edmunds Pacers	0:58:15	0:57:41
167.	501	Goldie YULE	FV45	Unattached	0:58:21	0:58:00
168.	498	Carissa WYATT	FV40	Unattached	0:58:25	0:58:04
169.	228	Karen HATTON	FV60	St Edmunds Pacers	0:58:28	0:58:16
170.	264	Gemma JEWERS	FS	Stowmarket Striders Running Club	0:58:30	0:58:15
171.	391	Michelle SEYMOUR	FS	Haverhill Running Club	0:58:30	0:57:56
172.	55	Lin BOLTON	FV50	Team Dunerunner	0:58:30	0:58:20
173.	266	Chris JOHNS	MV60	Woodbridge Shufflers Running Club	0:58:35	0:58:25
174.	365	Steve RITSON	MV50	Stowmarket Striders Running Club	0:58:38	0:58:15
175.	443	Cheryl TRUNDLE	FV65+	Haverhill Running Club	0:58:41	0:58:08
176.	18	Sarah ANDERSON-MCKEE	FS	Felixstowe RRC	0:58:45	0:58:34
177.	107	Adrian CLEMENTS	MS	Unattached	0:58:51	0:58:40
178.	98	Caroline CHAPMAN	FS	St Edmunds Pacers	0:58:57	0:58:48
179.	56	Keith BORRETT	MV65+	Unattached	0:59:00	0:58:47
180.	438	Hannah THOMPSON	FS	Stowmarket Striders Running Club	0:59:04	0:58:45
181.	399	Lydia SIMMONS	FS	St Edmunds Pacers	0:59:04	0:58:52
182.	363	Maria RIERA TURRO	FS	Felixstowe RRC	0:59:08	0:58:59
183.	265	Hannah JEWERS	FV40	Stowmarket Striders Running Club	0:59:10	0:58:55
184.	294	Daniel MAYHEW	MS	Unattached	0:59:15	0:58:58
185.	387	Alison SEVERY	FS	Ipswich Jaffa RC	0:59:29	0:59:15
186.	215	Laura HALL	FS	Unattached	0:59:30	0:59:17
187.	8	Linda ALDRED	FV50	Framlingham Flyers	0:59:32	0:59:24
188.	314	Bernie MORGAN	MV50	Unattached	0:59:50	0:59:24
189.	44	Marion BENNETT	FS	Ipswich Jaffa RC	0:59:51	0:59:36
190.	161	Simon ELLIOTT	MV45	Sudbury Joggers	1:00:00	0:59:32
191.	337	Marie PAVELEY	FV40	Unattached	1:00:04	0:59:42
192.	20	Helen ARIYO	FV40	Unattached	1:00:10	0:59:49
193.	60	Jamie BRANDON	MS	Unattached	1:00:11	0:59:36
194.	289	Christine MARSH	FV60	Stowmarket Striders Running Club	1:00:12	1:00:02
195.	117	Victoria COOPER	FS	Stowmarket Striders Running Club	1:00:14	0:59:58
196.	381	Bobbie SAUERZAPF	FV60	Bungay Black Dog RC	1:00:16	0:59:59
197.	285	Sophie LEEDER	FS	Unattached	1:00:21	1:00:13
198.	84	William BURDETT	MV55	Stowmarket Striders Running Club	1:00:23	1:00:09
199.	320	Gemma MOSS	FV45	Ipswich Jaffa RC	1:00:24	1:00:03

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200.	428	Tony STEWART	MV65+	Lonely Goat RC	1:00:32	1:00:18
201.	467	Graham WAUDBY	MV50	Unattached	1:00:35	1:00:18
202.	108	Jo CLEMENTS	FS	Unattached	1:00:37	1:00:20
203.	157	Kimberley DYE	FS	Ipswich Jaffa RC	1:00:37	1:00:21
204.	21	Ross ARNOLD	MS	Haverhill Running Club	1:00:38	1:00:04
205.	474	Claire WELFORD	FV40	Unattached	1:00:43	1:00:11
206.	414	Viki SMITH	FS	Unattached	1:00:44	1:00:32
207.	324	Joe NAUGHTON	MV55	Stowmarket Striders Running Club	1:00:47	1:00:32
208.	12	Nick ALLEN	MS	St Edmunds Pacers	1:01:02	1:00:46
209.	226	Helen HASTE	FV40	Ipswich Jaffa RC	1:01:07	1:00:50
210.	429	Pamela	FV50	Unattached	1:01:08	1:00:45
211.	93	Richard CARRON	MV50	Unattached	1:01:08	1:00:45
212.	105	Jenny CHURCH	FV55	Felixstowe RRC	1:01:13	1:01:02
213.	147	Claire DOUGLAS	FS	Stowmarket Striders Running Club	1:01:14	1:00:55
214.	188	Juliet GARNHAM	FV45	Stowmarket Striders Running Club	1:01:17	1:01:02
215.	459	Kevin WARD	MV40	Unattached	1:01:20	1:00:49
216.	464	Kerry WATSON	FS	Unattached	1:01:20	1:00:50
217.	398	Ian SILLETT	MV60	Felixstowe RRC	1:01:23	1:01:11
218.	14	Richard ALLPORT	MV55	Felixstowe RRC	1:01:25	1:01:04
219.	99	Steve CHAPMAN	MV45	Stowmarket Striders Running Club	1:01:27	1:01:14
220.	436	Fran TELFORD	FV45	Unattached	1:01:30	1:01:00
221.	329	Sarah OSBORNE	FS	Unattached	1:01:31	1:01:08
222.	453	Stephanie WALKER	FS	Unattached	1:01:31	1:01:03
223.	306	Emma MIDDLEHURST	FS	Unattached	1:01:40	1:01:18
224.	333	Vicky OVERTON	FS	Unattached	1:01:41	1:01:18
225.	276	Amy KERRY	FS	Stowmarket Striders Running Club	1:01:48	1:01:31
226.	348	Nick POTTER	MV55	Unattached	1:01:48	1:01:33
227.	305	Jenny MERRY	FV40	Sudbury Joggers	1:01:51	1:01:24
228.	488	James WOOD	MV50	Sudbury Joggers	1:01:51	1:01:24
229.	277	Robert KIDD	MV50	Unattached	1:01:53	1:01:34
230.	42	Catherine BELSOM	FV45	Stowmarket Striders Running Club	1:02:06	1:01:43
231.	212	Deborah HALL	FV55	Unattached	1:02:08	1:01:36
232.	390	David SEYMOUR	MV60	Felixstowe RRC	1:02:12	1:02:08
233.	131	Craig DADE	MV45	Unattached	1:02:13	1:01:59
234.	318	James MORTIMER	MS	Unattached	1:02:15	1:01:52
235.	111	Adrian COLE	MV55	Stowmarket Striders Running Club	1:02:20	1:01:54
236.	292	Claire MASKERY	FS	Stowmarket Striders Running Club	1:02:22	1:02:06
237.	203	Hayley GREEN	FS	Unattached	1:02:24	1:02:15
238.	269	Grace JUDGE	FV55	Haverhill Running Club	1:02:27	1:02:16
239.	29	Pete BRIMSON	MV50	Unattached	1:02:34	1:02:13
240.	96	Duncan CHAMBERLAIN	MV55	Ipswich Jaffa RC	1:02:47	1:02:36
241.	423	Lisa SQUIRRELL	FV40	Woodbridge Shufflers Running Club	1:02:47	1:02:25
242.	256	Rebecca HUGHES	FV50	Unattached	1:02:50	1:02:19
243.	352	Carl PURNELL	MV55	Unattached	1:02:51	1:02:20
244.	465	Emily WATSON	FV40	Unattached	1:02:52	1:02:42
245.	270	Karen KEEDLE	FV50	Unattached	1:02:52	1:02:35
246.	54	Sharon BOLTON	FV40	Unattached	1:02:53	1:02:47
247.	181	Edwina FROST	FV60	Unattached	1:02:55	1:02:24
248.	193	Mark GODBOLD	MV50	Ipswich Harriers	1:03:01	1:02:55
249.	80	Dawn BUCKLAND	FS	TRISudbury	1:03:14	1:02:45

Stowmarket Scenic 7

Finisher List

Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
250.	358	Gemma REID	FV45	Unattached	1:03:27	1:02:55
251.	367	Dawn ROBB	FV40	Unattached	1:03:45	1:03:18
252.	204	Nicole GREEN	FV40	Unattached	1:03:45	1:03:19
253.	59	Roger BRAND	MV65+	St Edmunds Pacers	1:03:54	1:03:35
254.	238	Kirsty HINGSTON	FS	Unattached	1:03:59	1:03:30
255.	384	Angelique SCULLY	FV45	Unattached	1:04:03	1:03:45
256.	164	Samantha EMMS	FS	Unattached	1:04:05	1:03:41
257.	315	Col MORGAN	FV55	Unattached	1:04:10	1:03:38
258.	460	Lindsey WARD	FV50	Unattached	1:04:17	1:03:56
259.	246	Nathalie HOOPER	FV50	Hadleigh Hares AC	1:04:23	1:03:57
260.	274	Ross KEOUGH	MV45	Unattached	1:04:25	1:04:11
261.	275	Toni KEOUGH	FV45	Unattached	1:04:25	1:04:11
262.	169	Louise FAGGETTER	FS	Stowmarket Striders Running Club	1:04:31	1:04:19
263.	97	Karen CHAMBERLAIN	FV50	Ipswich Jaffa RC	1:04:33	1:04:23
264.	366	Katie RIXON	FS	Unattached	1:04:39	1:04:11
265.	150	Lisa DOVE	FS	Unattached	1:04:39	1:04:11
266.	353	Liza PUTWAIN	FS	Stowmarket Striders Running Club	1:04:53	1:04:34
267.	197	Emma	FV40	Unattached	1:04:56	1:04:45
268.	271	Wendy KELLETT	FV45	Unattached	1:04:59	1:04:42
269.	10	Howard ALLEN	MV50	Unattached	1:05:00	1:04:42
270.	126	Amanda CRICHTON	FV40	Unattached	1:05:08	1:04:52
271.	133	Anna DAWSON	FV40	Unattached	1:05:23	1:05:01
272.	458	Kate WARBOYS	FV45	Newmarket Joggers	1:05:27	1:05:07
273.	407	Mark SMITH	MV40	Unattached	1:05:34	1:05:09
274.	223	Matthew HARVEY	MV40	Unattached	1:05:46	1:05:22
275.	389	Elizabeth SEVERY	FV55	Unattached	1:05:48	1:05:21
276.	412	Richard SMITH	MV60	Felixstowe RRC	1:05:52	1:05:35
277.	415	Lloyd SNELL	MS	Unattached	1:05:53	1:05:26
278.	200	Caroline GREEN	FV40	TRISudbury	1:05:53	1:05:26
279.	72	Helen BROWN	FV40	Unattached	1:05:54	1:05:45
280.	445	Samantha TURNER	FS	Unattached	1:05:54	1:05:46
281.	258	Tracy HUMPHREYS	FV55	Stowmarket Striders Running Club	1:06:05	1:05:53
282.	58	Rachel BRAND	FS	Unattached	1:06:05	1:05:44
283.	213	Jordan HALL	MS	Unattached	1:06:06	1:05:33
284.	190	Bex GILBERT	FS	Felixstowe RRC	1:06:11	1:05:36
285.	409	Misty SMITH	FS	Unattached	1:06:15	1:05:49
286.	22	Suzi ASHWORTH	FV55	Woodbridge Shufflers Running Club	1:06:15	1:05:57
287.	191	Hayley GITTINGS	FV40	Unattached	1:06:16	1:05:45
288.	259	Iain HUNTER	MV60	Stowmarket Striders Running Club	1:06:19	1:06:07
289.	309	Sharron MITCHELL	FV45	Unattached	1:06:26	1:06:05
290.	239	Viktoria HOBBS	FS	Stowmarket Striders Running Club	1:06:34	1:06:16
291.	255	Catherine HUBBARD	FV40	Unattached	1:06:40	1:06:15
292.	295	Larissa MAYHEW	FV50	Unattached	1:06:41	1:06:17
293.	406	Keelan SMITH	MS	Saxmundham Sports Running & Fitness	1:06:42	1:06:23
294.	335	Tracie PARIS-OAKES	FV50	Unattached	1:06:50	1:06:39
295.	166	Christine EVANS	FV40	Unattached	1:07:12	1:06:48
296.	38	Alison BEECH	FV60	Ipswich Jaffa RC	1:07:16	1:06:53
297.	476	Helena WEST	FV50	St Edmunds Pacers	1:07:22	1:06:56
298.	300	Jo MCGURK	FV40	Unattached	1:07:23	1:06:49
299.	245	Tony HOLLAND	MV50	Ipswich Jaffa RC	1:07:26	1:07:01

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Finisher List

Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
300.	101	Amanda CHILDS	FV45	Ipswich Jaffa RC	1:07:26	1:07:03
301.	450	Kelly WADE	FS	Unattached	1:07:37	1:07:12
302.	153	Victoria DRIVER	FV40	Unattached	1:07:58	1:07:48
303.	304	Shalah MELLOR	FV40	Unattached	1:07:58	1:07:47
304.	297	Paula MCCANN	FV65+	Unattached	1:08:06	1:07:52
305.	192	Mandy GODBOLD	FV50	Ipswich Harriers	1:08:12	1:08:03
306.	288	Sandy MALOY	FV50	Unattached	1:08:13	1:07:41
307.	30	Aaron BANKS	MS	Unattached	1:08:14	1:07:59
308.	109	Kimberley CLEMENTS	FS	St Edmunds Pacers	1:08:14	1:07:59
309.	125	Richard CREASEY	MS	Unattached	1:08:33	1:08:21
310.	6	Chris ALDERTON	FV40	Stowmarket Striders Running Club	1:08:43	1:08:22
311.	7	Darren ALDERTON	MV40	Unattached	1:08:43	1:08:23
312.	207	Emma GREENSMITH	FV45	Unattached	1:08:49	1:08:17
313.	362	Emma RICHBELL	FV45	Sudbury Joggers	1:08:49	1:08:16
314.	463	Colin WATSON	MV40	Unattached	1:08:49	1:08:21
315.	310	Vanessa MITCHELL	FV50	Stowmarket Striders Running Club	1:08:51	1:08:33
316.	49	Shirley BINKS	FV50	Stowmarket Striders Running Club	1:08:52	1:08:34
317.	244	Michelle HOLLAND	FS	Sudbury Joggers	1:08:54	1:08:34
318.	198	Chloe GRANT	FS	Unattached	1:08:54	1:08:44
319.	251	Adriana HOUCHELL	FS	Ipswich Jaffa RC	1:08:54	1:08:31
320.	209	David GUEST	MV50	Unattached	1:09:16	1:08:51
321.	448	Jo VICKERY	FS	Haverhill Running Club	1:09:27	1:08:52
322.	290	Kirsty MARSH	FS	Felixstowe RRC	1:09:37	1:09:16
323.	23	Rebecca ATKINSON	FV50	Unattached	1:09:49	1:09:31
324.	35	Laura BATEMAN	FS	Vegan Runners	1:09:53	1:09:34
325.	127	Aaron CROSS	MS	Unattached	1:09:56	1:09:21
326.	452	Clare WALKER	FV40	Unattached	1:09:58	1:09:33
327.	170	David FARROW	MS	Unattached	1:10:02	1:09:27
328.	24	Amanda AYDEN	FV55	Unattached	1:10:03	1:09:28
329.	113	Jackie COLLINS	FV55	Felixstowe RRC	1:10:04	1:09:44
330.	346	Claire PICKARD	FV40	Unattached	1:10:05	1:09:28
331.	480	Angela WHITING	FV55	Stowmarket Striders Running Club	1:10:17	1:09:52
332.	50	Eloise BIRD	FV50	St Edmunds Pacers	1:10:18	1:10:05
333.	497	Maureen WRIGHT	FV65+	Ipswich Jaffa RC	1:10:20	1:09:55
334.	449	Suzanne VINCENT	FV45	Unattached	1:10:29	1:10:11
335.	37	Diane BAYLISS	FV65+	Unattached	1:10:37	1:10:14
336.	87	Claire BUTCHER	FS	Unattached	1:10:38	1:10:25
337.	433	Lee TAYLOR	MV45	Haverhill Running Club	1:10:45	1:10:07
338.	395	Naomi SHELMEKDINE	FV45	Haverhill Running Club	1:10:47	1:10:12
339.	431	Bryn STUPPELL	MV45	Haverhill Running Club	1:10:50	1:10:15
340.	364	Jan RISEBROW	FV55	Felixstowe RRC	1:10:52	1:10:45
341.	478	Jo WHELAN	FV55	Felixstowe RRC	1:10:58	1:10:38
342.	249	Rebecca THURKETTLE	FV45	Rushmere Community Runners	1:10:58	1:10:39
343.	257	Marie HULLIS	FV45	Unattached	1:11:00	1:10:40
344.	361	Charlotte RICHARDSON	FV40	Sudbury Joggers	1:11:18	1:10:47
345.	167	Melonie EVANS	FV45	TRISudbury	1:11:18	1:10:46
346.	155	Deirdre DUFFY	FS	Unattached	1:11:22	1:10:46
347.	237	Andrew HINGSTON	MV40	Unattached	1:11:47	1:11:17
348.	378	Sally SANDFORD	FV40	Sudbury Joggers	1:11:55	1:11:35
349.	210	Sian GUYTON	FS	Sudbury Joggers	1:11:55	1:11:35

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Finisher List

Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
350.	47	Marie BIDWELL	FV55	Unattached	1:12:15	1:11:37
351.	16	Bridget ANDERSON	FV60	Unattached	1:12:16	1:11:38
352.	85	Chris BURNES	MS	Unattached	1:12:18	1:11:43
353.	208	Melanie GREER-WALKER	FV45	Dulwich Park Runners	1:12:21	1:11:55
354.	355	Lesley RAWLINSON	FV50	Unattached	1:12:24	1:11:53
355.	421	Carol SPURGEON	FV50	Unattached	1:12:25	1:11:55
356.	419	Tim SPARKES	MV40	Stowmarket Striders Running Club	1:12:29	1:11:59
357.	489	Mark WOODS	MV50	Unattached	1:12:30	1:12:01
358.	63	Amanda BREWSTER	FV45	Stowmarket Striders Running Club	1:12:35	1:12:02
359.	122	Sarah COX	FV50	Unattached	1:13:05	1:12:28
360.	434	Tracey TAYLOR	FV45	Unattached	1:13:07	1:12:30
361.	369	Gill ROGERS	FV60	Unattached	1:13:08	1:12:55
362.	165	Karen EMSDEN	FV40	Unattached	1:13:10	1:12:38
363.	27	Candy BAINES	FV55	Unattached	1:13:10	1:12:38
364.	163	Daniela ELSTONE	FV50	Felixstowe RRC	1:13:12	1:12:39
365.	138	Sarah DE-VAUX BALBIRNIE	FS	Unattached	1:13:13	1:12:54
366.	457	Gemma WALSH	FS	Unattached	1:13:19	1:12:51
367.	330	Michele OSTLER	FV55	Unattached	1:13:24	1:13:03
368.	121	Rachel COX	FV40	Unattached	1:13:24	1:12:53
369.	114	Jemma COOK	FS	Unattached	1:13:24	1:12:53
370.	243	Ruth GRAY	FS	Unattached	1:13:33	1:13:05
371.	345	Steven PETCHEY	MV40	Unattached	1:13:44	1:13:15
372.	313	Kara MOORE DAMANT	FV40	Stowmarket Striders Running Club	1:13:52	1:13:19
373.	422	Kirsty SPURGEON	FS	Unattached	1:14:03	1:13:30
374.	469	Jacquie WEBB	FV50	Unattached	1:14:13	1:13:40
375.	472	Katie WEBBER	FV50	Unattached	1:14:19	1:13:48
376.	347	Sonya PIDGEON	FV45	Unattached	1:14:26	1:13:54
377.	142	Sophie DOE	FS	Unattached	1:14:26	1:13:54
378.	177	Paul FORSHAW	MV65+	Fetch Everyone RC	1:14:57	1:14:40
379.	272	Jane MOON	FV55	Felixstowe RRC	1:15:01	1:14:41
380.	41	Dianne BELCHER-HACKETT	FV40	Unattached	1:15:05	1:14:35
381.	219	Lucia HARDWICK	FV40	Unattached	1:15:22	1:14:49
382.	75	Lucy BRYANTON	FV45	Unattached	1:15:23	1:14:50
383.	455	Nicki WALKER	FV45	Unattached	1:15:37	1:15:06
384.	301	Caroline MCINTOSH	FV65+	Newmarket Joggers	1:15:41	1:15:19
385.	2	Danielle ADAMS	FS	Unattached	1:15:42	1:15:09
386.	343	Caroline PERRY	FV40	Unattached	1:15:42	1:15:08
387.	316	Kim MORPHEW	FV50	Unattached	1:15:49	1:15:43
388.	128	Samantha CULHAM	FV50	Unattached	1:16:03	1:15:34
389.	158	Kara EDHOUSE-THOMAS	FV45	Ipswich Jaffa RC	1:16:07	1:15:42
390.	344	Lucie PETCHEY	FV40	Unattached	1:16:14	1:15:45
391.	396	Donna SHEPPARD	FV40	Unattached	1:16:17	1:16:11
392.	241	Sarah HODGE	FV50	Unattached	1:16:40	1:16:11
393.	471	Gavin WEBBER	MS	Unattached	1:16:45	1:16:11
394.	360	Alison RENSHAW	FV40	Ipswich Jaffa RC	1:16:51	1:16:29
395.	375	Julie ROUT	FV40	Sudbury Joggers	1:16:54	1:16:23
396.	462	Sarah WATKINS	FV45	Hadleigh Hares AC	1:17:06	1:16:43
397.	1	Joanne ABBOTT	FV40	Hadleigh Hares AC	1:17:08	1:16:45
398.	494	Ellen WRIGHT	FV60	Unattached	1:17:12	1:16:47
399.	331	June OVERETT	FV60	Unattached	1:17:12	1:16:46

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Finisher List

Rank	Bib	Name	Cat	Club	Gun Time	Chip Time
400.	13	Jacqueline ALLPORT	FV50	Felixstowe RRC	1:17:29	1:17:07
401.	232	Sharon HAYFIELD	FV45	Unattached	1:17:38	1:17:15
402.	327	Clare NORTON	FV45	Unattached	1:17:54	1:17:26
403.	446	Sharon TURNER	FV45	Unattached	1:18:23	1:17:58
404.	199	Marie GRANTHAM	FV45	Unattached	1:18:30	1:17:55
405.	491	Scott WOOLNOUGH	MS	Unattached	1:18:36	1:18:09
406.	15	Shaheda AMBROSE	FV60	Unattached	1:18:53	1:18:18
407.	416	Angela SOAMES	FV40	Felixstowe RRC	1:18:54	1:18:46
408.	65	Doranne BREWSTER	FS	Unattached	1:19:18	1:19:05
409.	379	Bobbie SANDS	FV45	Unattached	1:19:23	1:18:50
410.	92	Gillian CARRON	FV45	Unattached	1:19:32	1:19:03
411.	186	Richard FUELL	MV55	Unattached	1:19:38	1:19:01
412.	376	Sharon RUSH	FV45	Unattached	1:19:59	1:19:38
413.	40	Dan BELCHER-HACKETT	MV45	Stowmarket Striders Running Club	1:20:03	1:19:33
414.	404	Heather SMITH	FV45	Unattached	1:20:04	1:19:41
415.	308	Heather MILLS	FS	Unattached	1:20:29	1:19:57
416.	139	Jo DICKINSON	FV50	Felixstowe RRC	1:20:36	1:20:16
417.	137	Becky DENWOOD	FS	Unattached	1:20:38	1:20:15
418.	67	Rebecca BRIGHTWELL	FS	Unattached	1:20:46	1:20:22
419.	202	Gillian GREEN	FV55	Newmarket Joggers	1:21:03	1:20:43
420.	78	Sheila BUCK	FV50	Sudbury Joggers	1:21:11	1:20:50
421.	280	Paula LAMB	FS	Unattached	1:21:14	1:20:50
422.	4	Lucy AINSLEY	FS	Unattached	1:21:21	1:20:58
423.	392	Richard SHAVE	MV45	Unattached	1:21:22	1:21:15
424.	25	Katherine AYKROYD	FS	Unattached	1:21:30	1:21:08
425.	377	Nicola SANDERSON	FV45	Unattached	1:21:33	1:21:00
426.	77	Imogen BUCK	FS	Unattached	1:22:06	1:21:45
427.	260	Sue HUNTER	FV60	Stowmarket Striders Running Club	1:22:55	1:22:22
428.	247	Mary HOPE	FV60	Stowmarket Striders Running Club	1:22:55	1:22:08
429.	144	Sarah DONOVAN	FV50	Unattached	1:23:09	1:22:42
430.	475	Laura WELHAM	FS	Unattached	1:23:33	1:23:08
431.	405	Jenny SMITH	FV55	Unattached	1:23:55	1:23:23
432.	89	Nicola CANT	FV45	Unattached	1:24:12	1:23:36
433.	130	Nicola CURRANT	FV40	Unattached	1:24:12	1:23:36
434.	482	Rebecca WICKS	FV40	Lonely Goat RC	1:24:33	1:24:12
435.	176	Lesley FLEWITT	FV60	Unattached	1:26:18	1:25:41
436.	185	Catherine FUELL	FV50	Stowmarket Striders Running Club	1:26:18	1:25:41
437.	273	Lindsay KENT	FV40	Unattached	1:26:22	1:25:47
438.	286	Joanne LEEKS	FV45	Unattached	1:28:08	1:27:41
439.	388	Andrew SEVERY	MV60	Unattached	1:30:24	1:29:46
440.	135	Beverley DE BOOS	FV65+	Vegan Runners	1:31:49	1:31:21
441.	307	Rachel MILES	FV40	Sudbury Joggers	1:34:31	1:33:54
442.	322	Sue MOYE	FV50	Unattached	1:34:32	1:33:56
443.	100	Ruth CHEESLEY	FS	Vegan Runners	1:35:32	1:34:54
444.	298	Pauline MCGLYNN	FV65+	Unattached	1:35:38	1:35:09
445.	211	Rachael HAGGER	FV45	Unattached	1:35:38	1:35:09

Number of records: 445