

Scenic 7 2018

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	79	Benjamin Carpendale	MO	1	0:37:48.36	Felixstowe RRC
2	284	Jim Last	M40	1	0:39:39.41	Framlingham Flyers
3	219	Kieran Hayles	MO	3	0:39:42.73	Sudbury Joggers
4	115	Gavin Davies	MO	4	0:40:28.55	Ipswich Jaffa RC
5	468	Adam Wade	MO	5	0:40:36.74	Ipswich JAFFA RC
6	244	Adam Howlett	M45	1	0:40:48.6	Framlingham Flyers
7	69	Samuel Burdett	MO	7	0:40:54.57	Stowmarket Striders RC
8	469	Paul Wain	MO	8	0:40:57.91	Ipswich Jaffa RC
9	486	Scott Williams	MO	9	0:41:39.35	Stowmarket Striders RC
10	73	Wilfred Campbell	M50	1	0:42:40.82	Ipswich Jaffa RC
11	97	Wayne Cook	M45	2	0:42:55.82	Colchester Harriers
12	431	Dave Solomon	M50	2	0:43:07.17	Felixstowe RRC
13	404	Darren Sheppard	M45	3	0:43:29.29	Framlingham Flyers
14	23	David Bartholomew	M50	3	0:43:31.47	Run For Your Life
15	68	Piotr Bulacz	M45	4	0:44:15.81	Sudbury Joggers
16	63	Stuart Buchan	MO	16	0:44:17.27	Stowmarket Striders
17	206	Alex Harrison	MO	17	0:44:21.52	Stowmarket Striders RC
18	60	Steve Brooke	M50	4	0:44:34.26	Felixstowe RRC
19	216	Mark Hayden	M45	5	0:44:36.83	Framlingham Flyers
20	28	Howard Beasley	M55	1	0:44:58.39	Saint Edmund Pacers
21	255	Daniel Ingleby	MO	21	0:45:00.98	Ipswich Jaffa RC
22	62	Jason Brunt	M45	6	0:45:06.36	Norfolk Gazelles AC
23	20	Darren Barfield	MO	23	0:45:09.7	Sudbury joggers
24	6	Will Aldred	M45	7	0:45:40.53	Framlingham Flyers
25	425	Rebecca Smith	FO	25	0:45:53	
26	8	Adam Allard	M40	2	0:45:53.13	
27	323	Shaun Nicholls	MO	27	0:45:54	Ipswich Jaffa RC
28	352	Tom Porter	MO	28	0:45:58.93	Halstead Road Runner
29	64	Andrew Buck	M50	5	0:46:06.16	Sudbury Joggers
30	289	Todd Lewis	M55	2	0:46:08.83	Sudbury joggers
31	101	Andrew Craig	M45	8	0:46:11.97	Woodbridge Shufflers
32	159	Andrew Flack	M45	9	0:46:24.89	
33	137	Ian Elden	M40	3	0:46:29.31	Ipswich Jaffa RC
34	343	Steve Paul	M55	3	0:46:33.86	EMAC
35	314	Guy Morris	M50	6	0:46:40.77	Ipswich Triathlon Club
36	253	Katherine Hymers	FO	36	0:46:48.01	Cambridge & Coleridge Athletics
37	203	Robin Harper	M40	4	0:46:49.9	Felixstowe RRC
38	94	Simon Colclough	MO	38	0:46:53.17	
39	103	Steve Cresswell	M40	5	0:47:03.32	
40	407	Marie Shirley	FO	40	0:47:13	Colchester Harriers
41	143	Jason Elrick	M45	10	0:47:20.04	Thetford AC
42	415	Alexandra Smith	F40	1	0:47:27.64	Wymondham Athletic Club
43	41	Peter Bird	M45	11	0:47:45.78	Saint Edmund Pacers
44	440	Rob Squirrel	M45	12	0:47:58.64	Woodbridge Shufflers
45	80	Neil Catley	M40	6	0:48:19.31	Felixstowe RRC
46	31	Robin Belsom	M55	4	0:48:43.49	Ipswich Jaffa RC
47	34	Jamie Bennington	MO	47	0:48:48.93	
48	30	Kristian Bell	U18M	1	0:49:00.53	Stowmarket Striders RC
49	67	Kerry Buckley	M45	13	0:49:06.28	Run For Your Life
50	262	Rob Jewers	M40	7	0:49:15.76	
51	86	Chris Chorley	M55	5	0:49:42.77	Bungay Black Dog RC
52	71	Ben Burrows	M40	8	0:49:48.03	Woodbridge Shufflers
53	498	Stuart Wright	M40	9	0:49:51.21	
54	277	Matt King	M45	14	0:50:00.42	
55	195	William Roxby-clarke	MO	55	0:50:04.68	Harwich Runners
56	331	Alan Oliver	M50	7	0:50:05.9	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
57	313	Morgan Moore	U18M	2	0:50:09.58	Stowmarket Striders RC
58	104	Richard Crewe	M45	15	0:50:48.73	Thetford AC
59	351	Gemma Porch	FO	59	0:50:53.64	Stowmarket Striders RC
60	168	Robert Frost	M40	10	0:51:03.71	
61	320	Stephen Neumann	M40	11	0:51:10.13	
62	472	Peter Warland	M50	8	0:51:14.53	Stowmarket Striders RC
63	337	Stephen Page	M50	9	0:51:17.22	
64	129	Clare Douglas	FO	64	0:51:22.23	Stowmarket Striders RC
65	492	Robert Worster	MO	65	0:51:25.75	
66	274	Christopher Kerry	MO	66	0:51:31.52	Stowmarket Striders RC
67	471	Jason Walne	M45	16	0:51:35.42	
68	258	Martin Jarvis	M40	12	0:51:49.81	
69	172	Terry Garrity	M65	1	0:51:59.08	Bungay Black Dog RC
70	295	Adam Maltpress	M40	13	0:52:00.99	Newmarket Joggers
71	318	Mary Narey	F50	1	0:52:05.97	Stowmarket Striders RC
72	151	Karl Feagan	M40	14	0:52:07.47	Hadleigh Hares AC
73	116	Jonathan Davy	M60	1	0:52:12.83	
74	32	Kevin Bennett	MO	74	0:52:24.94	
75	317	Brian Munns	M55	6	0:52:33.83	Newmarket Joggers
76	480	Mark Weston	M45	17	0:52:36.59	Ipswich Jaffa RC
77	487	Andy Wing	M50	10	0:52:37.59	
78	376	Kyle Roper	M40	15	0:52:43.82	Ipswich Jaffa RC
79	421	Jason Smith	M40	16	0:52:46.19	Sudbury Joggers
80	92	Hayley Coates	FO	80	0:52:50.83	Saint Edmund Pacers
81	403	Michael Sheldrake	MO	81	0:52:55.44	Ipswich Jaffa RC
82	482	Suzi Whymark	F45	1	0:52:55.57	
83	142	Jimmy Elmer	M45	18	0:53:05.83	Ipswich Jaffa RC
84	22	Tom Barraclough	MO	84	0:53:12.46	
85	140	David Ellis	M50	11	0:53:14.12	Stowmarket Striders RC
86	270	Shaun Kemp	MO	86	0:53:14.26	Stowmarket Striders RC
87	402	Jenny Sheahan	F55	1	0:53:23.65	
88	334	Karl Osborn	M40	17	0:53:23.93	
89	458	Matt Trill	M40	18	0:53:26.62	Ipswich Jaffa RC
90	412	Anna Sinclair	F50	2	0:53:34.26	Ipswich Triathlon Club
91	445	Jo Stephenson	F50	3	0:53:39.88	Stowmarket Striders RC
92	122	Richard Dempsey	M50	12	0:53:50.2	Woodbridge Shufflers
93	53	Paul Brand	MO	93	0:53:54.32	
94	208	Rob Harrow	M40	19	0:53:58.12	
95	292	Anthony Maclean	M45	19	0:54:02.71	Framlingham Flyers
96	254	Philip Hymers	M65	2	0:54:04.02	Saint Edmund Pacers
97	106	Ben Crossman	M40	20	0:54:06.47	
98	16	Mark Avery	M50	13	0:54:08.26	Ipswich Jaffa RC
99	364	Matthew Reynolds	MO	99	0:54:09.43	Lowestoft Road Runners
100	484	Graham Wigley	M60	2	0:54:12.43	Framlingham Flyers
101	266	Martin Jones	M45	20	0:54:19.43	
102	223	Kieron Hetherington	MO	102	0:54:23.96	
103	141	Jack Ellwood	MO	103	0:54:26.82	
104	243	James Howard	MO	104	0:54:27.95	Framlingham Flyers
105	490	Peter Woods	MO	105	0:54:32.16	Felixstowe RRC
106	450	Lukasz Supernak	MO	106	0:54:33.24	Saint Edmund Pacers
107	36	Bill Besley	M45	21	0:54:36.87	Stowmarket Striders RC
108	52	Catherine Brain	F40	2	0:54:38.47	
109	57	Peter Brinson	M50	14	0:54:40.71	
110	211	Stephen Hatten	M50	15	0:54:42.61	Saint Edmund Pacers RC
111	417	Andrew Smith	M45	22	0:54:44.31	Thetford AC
112	134	Kimberley Dye	FO	112	0:54:47.4	
113	491	Paul Worster	M55	7	0:54:47.65	
114	308	Greg Mills	M60	3	0:54:49.63	
115	238	Paul Horne	M55	8	0:54:54.16	Vegetarian Cycling & Athletic Clu
116	227	Nigel Hodge	M50	16	0:54:56.98	City of Norwich AC

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117	17	Chris Axford	M50	17	0:55:01.53	Jogging Made Easy
118	463	Patrick Twist	MO	118	0:55:13.6	
119	474	Kirsty Weavers	F50	4	0:55:19.02	Saint Edmund Pacers
120	236	Sophie Hope	FO	120	0:55:27.07	Gloucester AC
121	150	David Farrow	MO	121	0:55:30.11	
122	26	Alex Batho	M45	23	0:55:31.31	
123	300	Anna Marton	FO	123	0:55:37.05	Felixstowe RRC
124	130	Eddie Douglas	M60	4	0:55:41.62	Stowmarket Striders RC
125	441	Dee St Ledger	F50	5	0:55:47.19	Sudbury Joggers
126	294	Jemma Maddams	FO	126	0:55:49.85	
127	401	David Sheahan	M55	9	0:55:51.85	
128	42	Claire Blanchford	FO	128	0:56:05.03	
129	430	Kelmend Sokoli	MO	129	0:56:06.75	
130	375	Graham Rooke	M45	24	0:56:09.54	
131	222	Jeremy Hennell James	M55	10	0:56:09.75	
132	5	Linda Aldred	F45	2	0:56:17.9	Framlingham Flyers
133	437	Samantha Spencer	FO	133	0:56:21.01	Ipswich Jaffa RC
134	96	Sophie Coleman	FO	134	0:56:21.21	Ipswich JAFFA RC
135	470	Lindi Wallace	FO	135	0:56:21.49	
136	138	Simon Elliot	M45	25	0:56:24.68	Sudbury Joggers
137	214	Gavin Hasnip	MO	137	0:56:28.16	
138	221	Jo Hayward	F45	3	0:56:36.5	Stowmarket Striders RC
139	179	Belinda Godbold	F55	2	0:56:38.2	Ipswich Jaffa RC
140	217	Tom Hayden	U18M	3	0:56:41.37	Framlingham Flyers
141	240	Gavin Horrex	MO	141	0:56:47.81	Kesgrave Cruisers
142	59	Rachel Brooke	F45	4	0:56:50.2	Ipswich Jaffa RC
143	473	Graham Waudby	M45	26	0:56:51.4	
144	89	Jo Clements	FO	144	0:56:52.04	Rushmere Community Runners
145	397	David Seymour	M55	11	0:56:52.72	Felixstowe RRC
146	390	Paul Schwer	M55	12	0:56:55.07	Felixstowe RRC
147	291	Donna Machin	F40	3	0:56:58.64	
148	442	Victoria Stace	F40	4	0:57:04.73	Framlingham Flyers
149	479	Marcus West	M45	27	0:57:06.19	
150	35	Carl Bergdahl	M45	28	0:57:08.64	Ipswich Jaffa RC
151	381	George Sadler	M45	29	0:57:11.89	
152	46	Kendra Boag	FO	152	0:57:21.54	Stowmarket Striders RC
153	181	Paul Goldring	M45	30	0:57:27.35	Ipswich Jaffa RC
154	299	Neil Martin	M45	31	0:57:30.27	
155	387	Bronwen Sarginson	F40	5	0:57:34.53	Run For Your Life
156	177	Carla Gilbey	F45	5	0:57:40.66	
157	70	Will Burl	M40	21	0:57:42.05	
158	288	Colin Lewis	M50	18	0:57:45.08	
159	326	Justine Norfolk	F40	6	0:57:49.37	
160	110	Helen Curr	F40	7	0:57:49.53	
161	170	David Garnham	M50	19	0:57:50.45	Ipswich Jaffa RC
162	157	George Firth	MO	162	0:57:52.41	Stowmarket Striders RC
163	9	Howard Allen	M50	20	0:57:58	
164	93	Gavin Codd	M45	32	0:58:09.12	
165	2	Ruth Acworth	F55	3	0:58:15.76	
166	341	Laura Parry	FO	166	0:58:23.55	City of Norwich AC
167	338	Jo Parden	F50	6	0:58:29.08	Framlingham Flyers
168	287	Darren Leeks	M45	33	0:58:38.26	
169	466	Nikki Vince	F45	6	0:58:41.77	
170	185	Lyn Goodwin	F50	7	0:58:45.66	Brandon Fern Hoppers
171	171	Hazel Garrity	F60	1	0:58:46.87	Bungay Black Dog RC
172	393	Alison Severy	FO	172	0:58:49.51	
173	303	Michael McKinnell	M60	5	0:58:50.67	Two Rivers Running
174	107	Duncan Crow	M40	22	0:59:07.62	
175	353	Nick Potter	M55	13	0:59:12.42	Suffolk Trail Runners
176	260	Gemma Jewers	FO	176	0:59:17.02	

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177	298	Christine Marsh	F60	2	0:59:20.57	
178	113	Russell Davey	M50	21	0:59:24.06	
179	202	Joanne Harper	FO	179	0:59:28.5	Felixstowe RRC
180	155	Peter Finch	M55	14	0:59:44.12	Ipswich Jaffa RC
181	281	Alex Kuczer	M50	22	0:59:44.71	Run For Your Life
182	165	Carl Francis	M50	23	0:59:45.95	
183	457	Kate Thomas	F45	7	0:59:49.91	
184	434	Richard Sore	M45	34	0:59:50.71	Ipswich Jaffa RC
185	136	Rob Edwards	MO	185	0:59:55.08	
186	333	Craig Osborn	M55	15	1:00:01.93	
187	455	James Theobald	MO	187	1:00:03.44	Ipswich Jaffa RC
188	316	Gemma Moss	F45	8	1:00:04.66	Ipswich Jaffa RC
189	448	Gina Suddaby	FO	189	1:00:05.43	Totton RC
190	127	Erica Dorling	FO	190	1:00:05.75	
191	361	Matt Rawlings	MO	191	1:00:08.12	
192	377	Amanda Rose	FO	192	1:00:12.68	Clacton Seafront Runners
193	456	Emma Thistleton	FO	193	1:00:21.43	TRISudbury
194	371	Joe Roberts	MO	194	1:00:30.46	Ipswich JAFFA RC
195	132	Jeremy Downs	MO	195	1:00:38.96	Harwich Runners
196	87	Daniel Clarke	MO	196	1:00:45.28	
197	58	Steve Brodie	M45	35	1:00:52.42	Brandon Fern Hoppers
198	192	Mark Grindrod	M50	24	1:00:54.68	Clacton Seafront Runners
199	346	Kieron Perry	M45	36	1:00:55.71	
200	488	Jim Withers	M60	6	1:00:59.81	Newmarket Joggers
201	414	Wayne Smee	M40	23	1:01:02.93	Clacton Seafront Runners
202	204	Karl Harris	MO	202	1:01:09.04	
203	422	Keelan Smith	MO	203	1:01:10.65	Saxmundham Running & Fitness
204	268	Deidre Keating	F50	8	1:01:11.12	Stowmarket Striders RC
205	19	Kayleigh Bailey	FO	205	1:01:11.48	Thetford AC
206	98	Melvin Copping	M55	16	1:01:15.82	
207	25	Lisa Barwick	F45	9	1:01:17.83	
208	259	Trish Jarvis	F50	9	1:01:23	Jogging Made Easy
209	81	Duncan Chamberlain	M50	25	1:01:27.57	Ipswich Jaffa RC
210	286	Suzanne Le Sauvage	F40	8	1:01:28.02	Kesgrave Cruisers
211	199	Karen Hamilton	F45	10	1:01:28.57	Stowmarket Striders RC
212	271	Steven Kent	M55	17	1:01:36.48	
213	54	Roger Brand	M65	3	1:01:38.03	Saint Edmund Pacers
214	152	Richard Fellingham	M65	4	1:01:42.53	Stowmarket Striders RC
215	83	Caroline Chapman	FO	215	1:01:44.38	Saint Edmund Pacers
216	95	Adrian Cole	M55	18	1:01:51.19	Stowmarket Striders RC
217	304	Jenny Merry	FO	217	1:02:01.14	Sudbury Joggers
218	489	James Wood	M50	26	1:02:01.22	Sudbury Joggers
219	40	Eloise Bird	F50	10	1:02:07.3	Saint Edmund Pacers
220	500	Anna Young	F45	11	1:02:10.05	Great Bentley Running Club
221	188	Hayley Green	FO	221	1:02:12.69	
222	370	Melissa Rittimut-mak	F45	12	1:02:18.59	Saint Edmund Pacers
223	72	Luke Cain	M40	24	1:02:33.01	
224	176	Bex Gilbert	FO	224	1:02:35.45	Felixstowe RRC
225	133	Laura Downs	FO	225	1:02:36.27	
226	319	Joe Naughton	M55	19	1:02:36.84	Stowmarket Striders RC
227	444	Samantha Stedman-jones	F50	11	1:02:39.94	Bungay Black Dog RC
228	1	Dean Abdul	M40	25	1:02:45.4	
229	256	Carl Jarrett	M40	26	1:02:45.96	Felixstowe RRC
230	388	Bobbie Sauerzapf	F55	4	1:02:46.22	Bungay Black Dog RC
231	105	Amanda Crichton	F40	9	1:02:50.68	Rushmere Community Runners
232	439	Lisa Squirrel	F40	10	1:03:02.77	Woodbridge Shufflers
233	229	Julian Holland	M40	27	1:03:03.16	
234	11	Jessica Ames	FO	234	1:03:04.73	
235	3	Mary Akin-george	F40	11	1:03:08.86	
236	447	Gregory Stowe	M40	28	1:03:36.24	Stowmarket Striders RC

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237	29	Paul Beland	M60	7	1:03:41.03	
238	378	Joanne Rosenwold	F45	13	1:03:45.76	Haverhill RC
239	267	Grace Judge	F55	5	1:03:45.88	Haverhill RC
240	196	Deborah Hall	F55	6	1:03:52.15	
241	485	Jack Wilders	MO	241	1:03:53.7	Clacton Seafront Runners
242	427	Richard Smith	M55	20	1:03:54.94	Felixstowe RRC
243	128	Paul Dorset	M45	37	1:04:06.24	Felixstowe RRC
244	355	Katie Price	F45	14	1:04:12.97	
245	175	Hayley Gerrard	F50	12	1:04:19.28	Norwich Road Runners
246	350	Claire Pizzey	F45	15	1:04:20.08	
247	44	Joanna Blyth	F45	16	1:04:31.42	Felixstowe RRC
248	12	Paul Amond	M45	38	1:04:35.14	
249	158	Keith Fisher	M55	21	1:04:38.02	
250	257	Gary Jarvis	M45	39	1:04:39.08	Felixstowe RRC
251	242	Hayley Howard	F40	12	1:04:45.42	
252	209	Jillian Hart	FO	252	1:04:57.7	
253	251	Marie Hunting	FO	253	1:04:57.86	
254	18	Chris Aylmer	M65	5	1:04:59.31	Newmarket Joggers
255	451	Lucy Talbot	FO	255	1:05:02.64	
256	220	Andy Hayward	MO	256	1:05:08.4	Stowmarket Striders RC
257	233	Jeremy Holt	M55	22	1:05:15.3	Sudbury Joggers
258	125	Kathy Dines	F50	13	1:05:20.78	Ipswich Jaffa RC
259	382	Nicola Sadler	F45	17	1:05:29.8	
260	45	Gavin Boag	MO	260	1:05:32.75	Stowmarket Striders RC
261	261	Hannah Jewers	F40	13	1:05:43.1	
262	153	Joanna Fellowes	F40	14	1:05:48.7	
263	49	Anita Bond	F55	7	1:05:53.53	EMAC
264	301	Paula Mccann	F65	1	1:05:57.34	Two Rivers Running
265	131	Lisa Dove	FO	265	1:06:03.29	Sudbury Joggers
266	166	Vanessa Fraser	F55	8	1:06:03.45	
267	249	Andrea Hunt	F40	15	1:06:03.49	Sudbury joggers
268	339	Tracie Paris-oakes	F50	14	1:06:04.33	
269	368	Emma Richbell	F45	18	1:06:09.81	Sudbury Joggers
270	433	Jez Sore	M50	27	1:06:11.13	
271	435	Tim Sparkes	M40	29	1:06:12.11	Stowmarket Striders RC
272	74	Gemma Cannon	F45	19	1:06:13.34	Woodbridge Shufflers
273	359	Helen Rankin	F50	15	1:06:13.98	
274	48	Sharon Bolton	F40	16	1:06:16	
275	321	Stephen Newhall	M40	30	1:06:21.88	
276	7	Nicola Alexander	FO	276	1:06:24.21	
277	465	Cleola Van Eijl	F50	16	1:06:30.05	
278	161	Caroline Foster	F45	20	1:06:31.36	Clacton Seafront Runners
279	154	David Field	M55	23	1:06:39.98	Stowmarket Striders RC
280	156	Chris Firman	M45	40	1:06:41.44	
281	241	Adriana Houchell	FO	281	1:06:46.41	Ipswich Jaffa RC
282	305	Lois Mickleburgh	F45	21	1:06:46.47	
283	275	Erika Kerry	FO	283	1:06:50.33	
284	4	Chris Alderton	F40	17	1:06:58.8	Stowmarket Striders RC
285	226	Vicki Hobbs	FO	285	1:06:58.89	Stowmarket Striders RC
286	145	Samantha Emms	FO	286	1:07:14.92	
287	162	Donna Cooper	FO	287	1:07:16.81	Run For Your Life
288	481	Angela Whiting	F55	9	1:07:20.84	Stowmarket Striders RC
289	383	Stephen Saise	M50	28	1:07:22.01	
290	357	Wayne Price	M40	31	1:07:33.7	
291	213	Matthew Harvey	MO	291	1:07:36.64	
292	82	Karen Chamberlain	F50	17	1:07:41.85	Ipswich Jaffa RC
293	391	Angelique Scully	F45	22	1:07:56.1	
294	329	John Norman	M50	29	1:08:03.41	
295	327	Anna Norman	U18F	1	1:08:03.5	
296	335	Anneli Ostler	FO	296	1:08:10.21	Felixstowe RRC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
297	423	Kimberley Smith	FO	297	1:08:13.48	Saint Edmund Pacers
298	372	Sandra Roberts	F55	10	1:08:28.74	Ipswich Jaffa RC
299	239	Rhonda Horne	F40	18	1:08:32.56	
300	454	Colin Tester	M50	30	1:08:36.02	Sevenoaks Athletics Club
301	193	Alison Grogan	F40	19	1:08:43.38	
302	178	Hayley Gittings	F40	20	1:08:51.86	
303	85	Erin Chilvers	FO	303	1:08:57.48	
304	283	Alan Lambert	M50	31	1:08:57.52	
305	467	Suzanne Vincent	F45	23	1:09:01.03	Run for your life
306	494	James Wreford	MO	306	1:09:05.22	
307	429	Vicky Smith	FO	307	1:09:07.01	
308	358	Daniel Pritchard	MO	308	1:09:07.2	
309	460	Ruthie Turnbull	F40	21	1:09:10.35	Rushmere Community Runners
310	248	Tracy Humphreys	F55	11	1:09:13.35	Stowmarket Striders RC
311	182	Claire Goldstone	FO	311	1:09:14.39	Brandon Fern Hoppers
312	410	Rebecca Silkstone	FO	312	1:09:14.99	Brandon Fern Hoppers
313	117	Anna Dawson	FO	313	1:09:18.52	
314	365	Steven Reynolds	M60	8	1:09:33.76	
315	418	Annabel Smith	FO	315	1:09:36.51	Stowmarket Striders RC
316	119	Kate Dawson	F40	22	1:09:37.66	
317	123	Sam Derry	F40	23	1:09:42.71	TRISudbury
318	315	Sarah Morris	FO	318	1:09:43.85	Isle of Wight Road Runners
319	169	Suzanne Frost	F45	24	1:09:45.28	TRISudbury
320	385	Sally Sandford	F40	24	1:09:46.8	Sudbury Joggers
321	121	Hanna Dean	FO	321	1:09:54.28	Bungay Black Dog RC
322	360	Lucy Ransome	F40	25	1:10:16.95	
323	24	Sian Bartlett	FO	323	1:10:17.05	Rushmere Community Runners
324	306	Kate Miller	F45	25	1:10:20.79	
325	366	Charlotte Richardson	FO	325	1:10:23.75	Sudbury Joggers
326	114	Kevin Davidson	M55	24	1:10:28.23	
327	197	Jordan Hall	MO	327	1:10:29.38	
328	10	Shaheda Ambrose	F60	3	1:10:50.76	
329	386	Joanne Sargent	F45	26	1:10:51.4	Hadleigh Hares AC
330	75	Mark Cannon	M50	32	1:11:09.1	
331	475	Jacquie Webb	F50	18	1:11:09.47	Sudbury Joggers
332	446	Nicola Stevenson	F55	12	1:11:16.9	Felixstowe RRC
333	432	Sally Solomon	F50	19	1:11:17.26	Felixstowe RRC
334	194	David Guest	M50	33	1:11:38.96	
335	374	Claire Rooke	F40	26	1:11:44.6	Sudbury Joggers
336	312	Jane Moon	F55	13	1:11:49.03	Felixstowe RRC
337	61	Emma Brown	F40	27	1:12:00.11	Rushmere Community Runners
338	453	Tracey Taylor	F45	27	1:12:02.82	
339	109	Jackie Cuninghame	F60	4	1:12:07.47	Stowmarket Striders RC
340	100	Sarah Cox	F45	28	1:12:09.45	
341	88	Sarah Clarke	FO	341	1:12:09.78	TRISudbury
342	147	Christine Evans	F40	28	1:12:10.15	I Can Run Club
343	497	Maureen Wright	F65	2	1:12:12.71	Ipswich Jaffa RC
344	245	Catherine Hubbard	FO	344	1:12:22.31	
345	77	Sarah Cardy	F40	29	1:12:23.18	
346	27	Christine Baxter	F45	29	1:12:24.94	Hadleigh Hares AC
347	126	Michele Djemal	F50	20	1:12:25.13	Hadleigh Hares AC
348	347	Steven Petchey	MO	348	1:12:38.53	Sudbury Joggers
349	395	Elizabeth Severy	F55	14	1:12:39.71	
350	247	Marie Hullis	F45	30	1:12:59.68	
351	112	Rachael Dann	F40	30	1:13:07.09	
352	118	Emma Dawson	FO	352	1:13:07.18	
353	332	Anne Oliver	F60	5	1:13:08.18	Felixstowe RRC
354	164	Claire Fradley	FO	354	1:13:11.06	Sudbury Joggers
355	230	Michelle Holland	FO	355	1:13:11.2	Sudbury joggers
356	91	Jo Clifton	F50	21	1:13:13.09	Saxmundham Running & Fitness

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
357	191	Lorraine Grindrod	F45	31	1:13:13.6	Clacton Seafront Runners
358	263	Nigel Johns	M50	34	1:13:24	capel cheetahs
359	408	Lisa Shumake	F40	31	1:13:30.42	
360	362	Lesley Rawlinson	F50	22	1:13:56.06	
361	279	Tracie Kirby	F50	23	1:13:57.16	
362	356	Sandra Price	F40	32	1:14:03.18	
363	310	Sarah Monk	FO	363	1:14:06.51	
364	215	Ruth Hatch	F50	24	1:14:08.81	
365	419	Faye Smith	FO	365	1:14:08.9	
366	369	Billy Richmond	M50	35	1:14:09.03	
367	336	Justin Ostler	M45	41	1:14:14.46	Felixstowe RRC
368	345	Sarah Pennock	FO	368	1:14:15.69	sudbury joggers
369	56	Sharon Breward	F45	32	1:14:15.7	sudbury joggers
370	264	David Jones	M65	6	1:14:16.58	Stowmarket Striders RC
371	99	Rachel Cox	F40	33	1:14:19.09	
372	483	Rebecca Wicks	F40	34	1:14:20.57	
373	187	Chloe Grant	FO	373	1:14:27.2	
374	354	Ella Price	FO	374	1:14:32.86	
375	37	Marie Bidwell	F55	15	1:14:39.36	
376	13	Bridget Anderson	F60	6	1:14:40.06	
377	424	Misty Smith	FO	377	1:14:41.75	
378	231	Tony Holland	M45	42	1:14:41.97	Ipswich Jaffa RC
379	325	Mari Noller	FO	379	1:14:43.05	I Can Run Club
380	50	Rebecca Bowen	F60	7	1:14:43.67	Hadleigh Hares AC
381	328	Helen Norman	F45	33	1:14:43.84	
382	443	Malcolm Stedman-jones	M55	25	1:14:52.61	Bungay Black Dog RC
383	348	Laura Picknell	FO	383	1:15:10.49	
384	76	Nicola Cant	F45	34	1:15:27.73	Sudbury Joggers
385	90	Emma Clifton	FO	385	1:15:45.11	Kesgrave Kruisers
386	349	Emily Pinner	FO	386	1:15:45.28	
387	398	Annette Shakespeare	FO	387	1:15:46.63	Rushmere Community Runners
388	269	Helen Kelly	FO	388	1:15:56.95	Stowmarket Striders RC
389	139	Claire Ellis	F45	35	1:16:10.98	Stowmarket Striders RC
390	459	Denise Tsangaris	FO	390	1:16:15.92	Rushmere Community Runners
391	344	David Pengelly	M60	9	1:16:18.44	Sudbury Joggers
392	65	Dawn Buckland	FO	392	1:16:18.57	TRISudbury
393	15	Nicola Ashworth	F45	36	1:16:18.63	TRISudbury
394	406	Donna Sheppard	FO	394	1:16:29.82	
395	302	Christine Mccoll	F50	25	1:17:00.24	
396	174	Suzanne George	F55	16	1:17:00.52	
397	189	Marion Greenwood	F50	26	1:17:02.29	
398	307	Sarah Miller	FO	398	1:17:08.15	
399	124	Jo Dickinson	F45	37	1:17:14.23	Felixstowe RRC
400	43	Susan Bloomfield	F50	27	1:17:28.93	
401	200	Sally-ann Hammond	F55	17	1:17:29.28	
402	493	Clare Wreford	FO	402	1:17:46.64	
403	224	Stu Hillman	MO	403	1:17:46.76	
404	384	Graham Sampson	M65	7	1:17:47.96	Bungay Black Dog RC
405	293	Niki Macsephney	F45	38	1:18:04.46	
406	66	Rebecca Buckles	FO	406	1:18:11.99	Stowmarket Striders RC
407	78	Charlotte Carey	F40	35	1:18:18.61	
408	228	Sarah Hodge	F50	28	1:18:31.47	
409	330	Clare Norton	F40	36	1:18:33.67	
410	282	Paula Lamb	FO	410	1:19:18.12	
411	160	Laura Flowers	F40	37	1:19:31.71	
412	367	Charlotte Richardson	F40	38	1:19:56.05	
413	389	Joanne Savill	F40	39	1:19:56.2	
414	392	Joanna Seale	F40	40	1:21:00.29	
415	420	Heather Smith	F45	39	1:21:00.53	I Can Run Club
416	218	Sharon Hayfield	F45	40	1:21:00.59	

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417	265	Jane Jones	F55	18	1:21:29.19	
418	237	Trish Hopkins	F65	3	1:22:41.26	Felixstowe RRC
419	477	Laura Welham	FO	419	1:22:55.03	
420	102	Sue Crawte	F55	19	1:22:57.85	Sudbury Joggers
421	462	Sharon Turner	F45	41	1:22:59.27	I Can Run Club
422	250	Sue Hunter	F55	20	1:24:02.5	Stowmarket Striders RC
423	225	Jenny Hindle	F55	21	1:24:25.2	Triharder
424	120	Beverley De Boos	F65	4	1:24:57.05	Vegan Runners UK
425	461	Carla Turner	FO	425	1:24:58.84	
426	409	Jordan Sibley	FO	426	1:25:30.37	Beccles & Bungay Harriers
427	324	David Nichols	MO	427	1:25:30.52	Beccles & Bungay Harriers
428	235	Mary Hope	F60	8	1:26:16.28	
429	413	Anne Slater	F50	29	1:27:19.45	
430	379	Julie Rout	FO	430	1:27:21.29	Sudbury Joggers
431	252	Emma Hutton	F40	41	1:27:48.17	
432	400	Richard Shave	M45	43	1:29:14.95	
433	39	Maxine Bills	F45	42	1:39:58.65	
434	340	Julie Parr	F40	42	1:51:09.16	