

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	487	Andy Wing	M50	10	0:52:37.59	
77	376	Kyle Roper	M40	15	0:52:43.82	Ipswich Jaffa RC
78	421	Jason Smith	M40	16	0:52:46.19	Sudbury Joggers
79	92	Hayley Coates	FO	79	0:52:50.83	Saint Edmund Pacers
80	403	Michael Sheldrake	MO	80	0:52:55.44	Ipswich Jaffa RC
81	482	Suzi Whymark	F45	1	0:52:55.57	
82	142	Jimmy Elmer	M45	17	0:53:05.83	Ipswich Jaffa RC
83	22	Tom Barraclough	MO	83	0:53:12.46	
84	140	David Ellis	M50	11	0:53:14.12	Stowmarket Striders RC
85	270	Shaun Kemp	MO	85	0:53:14.26	Stowmarket Striders RC
86	402	Jenny Sheahan	F55	1	0:53:23.65	
87	334	Karl Osborn	M40	17	0:53:23.93	
88	458	Matt Trill	M40	18	0:53:26.62	Ipswich Jaffa RC
89	412	Anna Sinclair	F50	2	0:53:34.26	Ipswich Triathlon Club
90	445	Jo Stephenson	F50	3	0:53:39.88	Stowmarket Striders RC
91	122	Richard Dempsey	M50	12	0:53:50.2	Woodbridge Shufflers
92	53	Paul Brand	MO	92	0:53:54.32	
93	208	Rob Harrow	M40	19	0:53:58.12	
94	292	Anthony Maclean	M45	18	0:54:02.71	Framlingham Flyers
95	254	Philip Hymers	M65	2	0:54:04.02	Saint Edmund Pacers
96	106	Ben Crossman	M40	20	0:54:06.47	
97	16	Mark Avery	M50	13	0:54:08.26	Ipswich Jaffa RC
98	364	Matthew Reynolds	MO	98	0:54:09.43	Lowestoft Road Runners
99	484	Graham Wigley	M60	2	0:54:12.43	Framlingham Flyers
100	266	Martin Jones	M45	19	0:54:19.43	
101	223	Kieron Hetherington	MO	101	0:54:23.96	
102	141	Jack Ellwood	MO	102	0:54:26.82	
103	243	James Howard	MO	103	0:54:27.95	Framlingham Flyers
104	490	Peter Woods	MO	104	0:54:32.16	Felixstowe RRC
105	450	Lukasz Supernak	MO	105	0:54:33.24	Saint Edmund Pacers
106	36	Bill Besley	M45	20	0:54:36.87	Stowmarket Striders RC
107	52	Catherine Brain	F40	2	0:54:38.47	
108	57	Peter Brinson	M50	14	0:54:40.71	
109	211	Stephen Hatten	M50	15	0:54:42.61	Saint Edmund Pacers RC
110	417	Andrew Smith	M45	21	0:54:44.31	Thetford AC
111	134	Kimberley Dye	FO	111	0:54:47.4	
112	491	Paul Worster	M55	7	0:54:47.65	
113	308	Greg Mills	M60	3	0:54:49.63	
114	238	Paul Horne	M55	8	0:54:54.16	Vegetarian Cycling & Athletic Cl
115	227	Nigel Hodge	M50	16	0:54:56.98	City of Norwich AC
116	17	Chris Axford	M50	17	0:55:01.53	Jogging Made Easy

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117	463	Patrick Twist	MO	117	0:55:13.6	
118	474	Kirsty Weavers	F50	4	0:55:19.02	Saint Edmund Pacers
119	236	Sophie Hope	FO	119	0:55:27.07	Gloucester AC
120	150	David Farrow	MO	120	0:55:30.11	
121	26	Alex Batho	M45	22	0:55:31.31	
122	300	Anna Marton	FO	122	0:55:37.05	Felixstowe RRC
123	130	Eddie Douglas	M60	4	0:55:41.62	Stowmarket Striders RC
124	441	Dee St Ledger	F50	5	0:55:47.19	Sudbury Joggers
125	294	Jemma Maddams	FO	125	0:55:49.85	
126	401	David Sheahan	M55	9	0:55:51.85	
127	42	Claire Blanchford	FO	127	0:56:05.03	
128	430	Kelmend Sokoli	MO	128	0:56:06.75	
129	375	Graham Rooke	M45	23	0:56:09.54	
130	222	Jeremy Hennell James	M55	10	0:56:09.75	
131	5	Linda Aldred	F45	2	0:56:17.9	Framlingham Flyers
132	437	Samantha Spencer	FO	132	0:56:21.01	Ipswich Jaffa RC
133	96	Sophie Coleman	FO	133	0:56:21.21	Ipswich JAFFA RC
134	470	Lindi Wallace	FO	134	0:56:21.49	
135	138	Simon Elliot	M45	24	0:56:24.68	Sudbury Joggers
136	214	Gavin Hasnip	MO	136	0:56:28.16	
137	221	Jo Hayward	F45	3	0:56:36.5	Stowmarket Striders RC
138	179	Belinda Godbold	F55	2	0:56:38.2	Ipswich Jaffa RC
139	217	Tom Hayden	U18M	3	0:56:41.37	Framlingham Flyers
140	240	Gavin Horrex	MO	140	0:56:47.81	Kesgrave Kruisers
141	59	Rachel Brooke	F45	4	0:56:50.2	Ipswich Jaffa RC
142	473	Graham Waudby	M45	25	0:56:51.4	
143	89	Jo Clements	FO	143	0:56:52.04	Rushmere Community Runners
144	397	David Seymour	M55	11	0:56:52.72	Felixstowe RRC
145	390	Paul Schwer	M55	12	0:56:55.07	Felixstowe RRC
146	291	Donna Machin	F40	3	0:56:58.64	
147	442	Victoria Stace	F40	4	0:57:04.73	Framlingham Flyers
148	479	Marcus West	M45	26	0:57:06.19	
149	35	Carl Bergdahl	M45	27	0:57:08.64	Ipswich Jaffa RC
150	381	George Sadler	M45	28	0:57:11.89	
151	46	Kendra Boag	FO	151	0:57:21.54	Stowmarket Striders RC
152	181	Paul Goldring	M45	29	0:57:27.35	Ipswich Jaffa RC
153	299	Neil Martin	M45	30	0:57:30.27	
154	387	Bronwen Sarginson	F40	5	0:57:34.53	Run For Your Life
155	177	Carla Gilbey	F45	5	0:57:40.66	
156	70	Will Burl	M40	21	0:57:42.05	
157	288	Colin Lewis	M50	18	0:57:45.08	
158	326	Justine Norfolk	F40	6	0:57:49.37	
159	110	Helen Curr	F40	7	0:57:49.53	
160	170	David Garnham	M50	19	0:57:50.45	Ipswich Jaffa RC
161	157	George Firth	MO	161	0:57:52.41	Stowmarket Striders RC
162	9	Howard Allen	M50	20	0:57:58	
163	93	Gavin Codd	M45	31	0:58:09.12	
164	2	Ruth Acworth	F55	3	0:58:15.76	
165	341	Laura Parry	FO	165	0:58:23.55	City of Norwich AC
166	338	Jo Parden	F50	6	0:58:29.08	Framlingham Flyers
167	287	Darren Leeks	M45	32	0:58:38.26	
168	466	Nikki Vince	F45	6	0:58:41.77	
169	185	Lyn Goodwin	F50	7	0:58:45.66	Brandon Fern Hoppers
170	171	Hazel Garrity	F60	1	0:58:46.87	Bungay Black Dog RC
171	393	Alison Severy	FO	171	0:58:49.51	
172	303	Michael Mckinnell	M60	5	0:58:50.67	Two Rivers Running
173	107	Duncan Crow	M40	22	0:59:07.62	
174	353	Nick Potter	M55	13	0:59:12.42	Suffolk Trail Runners
175	260	Gemma Jewers	FO	175	0:59:17.02	
176	298	Christine Marsh	F60	2	0:59:20.57	

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177	113	Russell Davey	M50	21	0:59:24.06	
178	202	Joanne Harper	FO	178	0:59:28.5	Felixstowe RRC
179	155	Peter Finch	M55	14	0:59:44.12	Ipswich Jaffa RC
180	281	Alex Kuczer	M50	22	0:59:44.71	Run For Your Life
181	165	Carl Francis	M50	23	0:59:45.95	
182	457	Kate Thomas	F45	7	0:59:49.91	
183	434	Richard Sore	M45	33	0:59:50.71	Ipswich Jaffa RC
184	136	Rob Edwards	MO	184	0:59:55.08	
185	333	Craig Osborn	M55	15	1:00:01.93	
186	455	James Theobald	MO	186	1:00:03.44	Ipswich Jaffa RC
187	316	Gemma Moss	F45	8	1:00:04.66	Ipswich Jaffa RC
188	448	Gina Suddaby	FO	188	1:00:05.43	Totton RC
189	127	Erica Dorling	FO	189	1:00:05.75	
190	361	Matt Rawlings	MO	190	1:00:08.12	
191	377	Amanda Rose	FO	191	1:00:12.68	Clacton Seafront Runners
192	456	Emma Thistleton	FO	192	1:00:21.43	TRISudbury
193	371	Joe Roberts	MO	193	1:00:30.46	Ipswich JAFFA RC
194	132	Jeremy Downs	MO	194	1:00:38.96	Harwich Runners
195	87	Daniel Clarke	MO	195	1:00:45.28	
196	58	Steve Brodie	M45	34	1:00:52.42	Brandon Fern Hoppers
197	192	Mark Grindrod	M50	24	1:00:54.68	Clacton Seafront Runners
198	346	Kieron Perry	M45	35	1:00:55.71	
199	488	Jim Withers	M60	6	1:00:59.81	Newmarket Joggers
200	414	Wayne Smee	M40	23	1:01:02.93	Clacton Seafront Runners
201	204	Karl Harris	MO	201	1:01:09.04	
202	422	Keelan Smith	MO	202	1:01:10.65	Saxmundham Running & Fitness
203	268	Deidre Keating	F50	8	1:01:11.12	Stowmarket Striders RC
204	19	Kayleigh Bailey	FO	204	1:01:11.48	Thetford AC
205	98	Melvin Copping	M55	16	1:01:15.82	
206	25	Lisa Barwick	F45	9	1:01:17.83	
207	259	Trish Jarvis	F50	9	1:01:23	Jogging Made Easy
208	81	Duncan Chamberlain	M50	25	1:01:27.57	Ipswich Jaffa RC
209	286	Suzanne Le Sauvage	F40	8	1:01:28.02	Kesgrave Cruisers
210	199	Karen Hamilton	F45	10	1:01:28.57	Stowmarket Striders RC
211	271	Steven Kent	M55	17	1:01:36.48	
212	54	Roger Brand	M65	3	1:01:38.03	Saint Edmund Pacers
213	152	Richard Fellingham	M65	4	1:01:42.53	Stowmarket Striders RC
214	83	Caroline Chapman	FO	214	1:01:44.38	Saint Edmund Pacers
215	95	Adrian Cole	M55	18	1:01:51.19	Stowmarket Striders RC
216	304	Jenny Merry	FO	216	1:02:01.14	Sudbury Joggers
217	489	James Wood	M50	26	1:02:01.22	Sudbury Joggers
218	40	Eloise Bird	F50	10	1:02:07.3	Saint Edmund Pacers
219	500	Anna Young	F45	11	1:02:10.05	Great Bentley Running Club
220	188	Hayley Green	FO	220	1:02:12.69	
221	370	Melissa Rittimut-mak	F45	12	1:02:18.59	Saint Edmund Pacers
222	72	Luke Cain	M40	24	1:02:33.01	
223	176	Bex Gilbert	FO	223	1:02:35.45	Felixstowe RRC
224	133	Laura Downs	FO	224	1:02:36.27	
225	319	Joe Naughton	M55	19	1:02:36.84	Stowmarket Striders RC
226	444	Samantha Stedman-jones	F50	11	1:02:39.94	Bungay Black Dog RC
227	1	Dean Abdul	M40	25	1:02:45.4	
228	256	Carl Jarrett	M40	26	1:02:45.96	Felixstowe RRC
229	388	Bobbie Sauerzapf	F55	4	1:02:46.22	Bungay Black Dog RC
230	105	Amanda Crichton	F40	9	1:02:50.68	Rushmere Community Runners
231	439	Lisa Squirrell	F40	10	1:03:02.77	Woodbridge Shufflers
232	229	Julian Holland	M40	27	1:03:03.16	
233	11	Jessica Ames	FO	233	1:03:04.73	
234	3	Mary Akin-george	F40	11	1:03:08.86	
235	447	Gregory Stowe	M40	28	1:03:36.24	Stowmarket Striders RC
236	29	Paul Beland	M60	7	1:03:41.03	

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237	378	Joanne Rosenwold	F45	13	1:03:45.76	Haverhill RC
238	267	Grace Judge	F55	5	1:03:45.88	Haverhill RC
239	196	Deborah Hall	F55	6	1:03:52.15	
240	485	Jack Wilders	MO	240	1:03:53.7	Clacton Seafront Runners
241	427	Richard Smith	M55	20	1:03:54.94	Felixstowe RRC
242	128	Paul Dorset	M45	36	1:04:06.24	Felixstowe RRC
243	355	Katie Price	F45	14	1:04:12.97	
244	175	Hayley Gerrard	F50	12	1:04:19.28	Norwich Road Runners
245	350	Claire Pizzey	F45	15	1:04:20.08	
246	44	Joanna Blyth	F45	16	1:04:31.42	Felixstowe RRC
247	12	Paul Amond	M45	37	1:04:35.14	
248	158	Keith Fisher	M55	21	1:04:38.02	
249	257	Gary Jarvis	M45	38	1:04:39.08	Felixstowe RRC
250	242	Hayley Howard	F40	12	1:04:45.42	
251	209	Jillian Hart	FO	251	1:04:57.7	
252	251	Marie Hunting	FO	252	1:04:57.86	
253	18	Chris Aylmer	M65	5	1:04:59.31	Newmarket Joggers
254	451	Lucy Talbot	FO	254	1:05:02.64	
255	220	Andy Hayward	MO	255	1:05:08.4	Stowmarket Striders RC
256	233	Jeremy Holt	M55	22	1:05:15.3	Sudbury Joggers
257	125	Kathy Dines	F50	13	1:05:20.78	Ipswich Jaffa RC
258	382	Nicola Sadler	F45	17	1:05:29.8	
259	45	Gavin Boag	MO	259	1:05:32.75	Stowmarket Striders RC
260	261	Hannah Jewers	F40	13	1:05:43.1	
261	153	Joanna Fellowes	F40	14	1:05:48.7	
262	49	Anita Bond	F55	7	1:05:53.53	EMAC
263	301	Paula Mccann	F65	1	1:05:57.34	Two Rivers Running
264	131	Lisa Dove	FO	264	1:06:03.29	Sudbury Joggers
265	166	Vanessa Fraser	F55	8	1:06:03.45	
266	249	Andrea Hunt	F40	15	1:06:03.49	Sudbury joggers
267	339	Tracie Paris-oakes	F50	14	1:06:04.33	
268	368	Emma Richbell	F45	18	1:06:09.81	Sudbury Joggers
269	433	Jez Sore	M50	27	1:06:11.13	
270	435	Tim Sparkes	M40	29	1:06:12.11	Stowmarket Striders RC
271	74	Gemma Cannon	F45	19	1:06:13.34	Woodbridge Shufflers
272	359	Helen Rankin	F50	15	1:06:13.98	
273	48	Sharon Bolton	F40	16	1:06:16	
274	321	Stephen Newhall	M40	30	1:06:21.88	
275	7	Nicola Alexander	FO	275	1:06:24.21	
276	465	Cleola Van Eijl	F50	16	1:06:30.05	
277	161	Caroline Foster	F45	20	1:06:31.36	Clacton Seafront Runners
278	154	David Field	M55	23	1:06:39.98	Stowmarket Striders RC
279	156	Chris Firman	M45	39	1:06:41.44	
280	241	Adriana Houchell	FO	280	1:06:46.41	Ipswich Jaffa RC
281	305	Lois Mickleburgh	F45	21	1:06:46.47	
282	275	Erika Kerry	FO	282	1:06:50.33	
283	4	Chris Alderton	F40	17	1:06:58.8	Stowmarket Striders RC
284	226	Vicki Hobbs	FO	284	1:06:58.89	Stowmarket Striders RC
285	145	Samantha Emms	FO	285	1:07:14.92	
286	162	Donna Cooper	FO	286	1:07:16.81	Run For Your Life
287	481	Angela Whiting	F55	9	1:07:20.84	Stowmarket Striders RC
288	383	Stephen Saise	M50	28	1:07:22.01	
289	357	Wayne Price	M40	31	1:07:33.7	
290	213	Matthew Harvey	MO	290	1:07:36.64	
291	82	Karen Chamberlain	F50	17	1:07:41.85	Ipswich Jaffa RC
292	391	Angelique Scully	F45	22	1:07:56.1	
293	329	John Norman	M50	29	1:08:03.41	
294	327	Anna Norman	U18F	1	1:08:03.5	
295	335	Anneli Ostler	FO	295	1:08:10.21	Felixstowe RRC
296	423	Kimberley Smith	FO	296	1:08:13.48	Saint Edmund Pacers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
297	372	Sandra Roberts	F55	10	1:08:28.74	Ipswich Jaffa RC
298	239	Rhonda Horne	F40	18	1:08:32.56	
299	454	Colin Tester	M50	30	1:08:36.02	Sevenoaks Athletics Club
300	193	Alison Grogan	F40	19	1:08:43.38	
301	178	Hayley Gittings	F40	20	1:08:51.86	
302	85	Erin Chilvers	FO	302	1:08:57.48	
303	283	Alan Lambert	M50	31	1:08:57.52	
304	467	Suzanne Vincent	F45	23	1:09:01.03	Run for your life
305	494	James Wreford	MO	305	1:09:05.22	
306	429	Vicky Smith	FO	306	1:09:07.01	
307	358	Daniel Pritchard	MO	307	1:09:07.2	
308	460	Ruthie Turnbull	F40	21	1:09:10.35	Rushmere Community Runners
309	182	Claire Goldstone	FO	309	1:09:14.39	Brandon Fern Hoppers
310	410	Rebecca Silkstone	FO	310	1:09:14.99	Brandon Fern Hoppers
311	117	Anna Dawson	FO	311	1:09:18.52	
312	365	Steven Reynolds	M60	8	1:09:33.76	
313	418	Annabel Smith	FO	313	1:09:36.51	Stowmarket Striders RC
314	119	Kate Dawson	F40	22	1:09:37.66	
315	123	Sam Derry	F40	23	1:09:42.71	TRISudbury
316	315	Sarah Morris	FO	316	1:09:43.85	Isle of Wight Road Runners
317	169	Suzanne Frost	F45	24	1:09:45.28	TRISudbury
318	385	Sally Sandford	F40	24	1:09:46.8	Sudbury Joggers
319	121	Hanna Dean	FO	319	1:09:54.28	Bungay Black Dog RC
320	360	Lucy Ransome	F40	25	1:10:16.95	
321	24	Sian Bartlett	FO	321	1:10:17.05	Rushmere Community Runners
322	306	Kate Miller	F45	25	1:10:20.79	
323	366	Charlotte Richardson	FO	323	1:10:23.75	Sudbury Joggers
324	114	Kevin Davidson	M55	24	1:10:28.23	
325	197	Jordan Hall	MO	325	1:10:29.38	
326	10	Shaheda Ambrose	F60	3	1:10:50.76	
327	386	Joanne Sargent	F45	26	1:10:51.4	Hadleigh Hares AC
328	75	Mark Cannon	M50	32	1:11:09.1	
329	475	Jacque Webb	F50	18	1:11:09.47	Sudbury Joggers
330	446	Nicola Stevenson	F55	11	1:11:16.9	Felixstowe RRC
331	432	Sally Solomon	F50	19	1:11:17.26	Felixstowe RRC
332	194	David Guest	M50	33	1:11:38.96	
333	374	Claire Rooke	F40	26	1:11:44.6	Sudbury Joggers
334	312	Jane Moon	F55	12	1:11:49.03	Felixstowe RRC
335	61	Emma Brown	F40	27	1:12:00.11	Rushmere Community Runners
336	453	Tracey Taylor	F45	27	1:12:02.82	
337	109	Jackie Cuninghame	F60	4	1:12:07.47	Stowmarket Striders RC
338	100	Sarah Cox	F45	28	1:12:09.45	
339	88	Sarah Clarke	FO	339	1:12:09.78	TRISudbury
340	147	Christine Evans	F40	28	1:12:10.15	I Can Run Club
341	497	Maureen Wright	F65	2	1:12:12.71	Ipswich Jaffa RC
342	245	Catherine Hubbard	FO	342	1:12:22.31	
343	77	Sarah Cardy	F40	29	1:12:23.18	
344	27	Christine Baxter	F45	29	1:12:24.94	Hadleigh Hares AC
345	126	Michele Djemal	F50	20	1:12:25.13	Hadleigh Hares AC
346	347	Steven Petchey	MO	346	1:12:38.53	Sudbury Joggers
347	395	Elizabeth Severy	F55	13	1:12:39.71	
348	247	Marie Hullis	F45	30	1:12:59.68	
349	112	Rachael Dann	F40	30	1:13:07.09	
350	118	Emma Dawson	FO	350	1:13:07.18	
351	332	Anne Oliver	F60	5	1:13:08.18	Felixstowe RRC
352	164	Claire Fradley	FO	352	1:13:11.06	Sudbury Joggers
353	230	Michelle Holland	FO	353	1:13:11.2	Sudbury joggers
354	91	Jo Clifton	F50	21	1:13:13.09	Saxmundham Running & Fitness
355	191	Lorraine Grindrod	F45	31	1:13:13.6	Clacton Seafront Runners
356	263	Nigel Johns	M50	34	1:13:24	capel cheetahs

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357	408	Lisa Shumake	F40	31	1:13:30.42	
358	362	Lesley Rawlinson	F50	22	1:13:56.06	
359	279	Tracie Kirby	F50	23	1:13:57.16	
360	356	Sandra Price	F40	32	1:14:03.18	
361	310	Sarah Monk	FO	361	1:14:06.51	
362	215	Ruth Hatch	F50	24	1:14:08.81	
363	419	Faye Smith	FO	363	1:14:08.9	
364	369	Billy Richmond	M50	35	1:14:09.03	
365	336	Justin Ostler	M45	40	1:14:14.46	Felixstowe RRC
366	345	Sarah Pennock	FO	366	1:14:15.69	sudbury joggers
367	56	Sharon Breward	F45	32	1:14:15.7	sudbury joggers
368	264	David Jones	M65	6	1:14:16.58	Stowmarket Striders RC
369	99	Rachel Cox	F40	33	1:14:19.09	
370	483	Rebecca Wicks	F40	34	1:14:20.57	
371	187	Chloe Grant	FO	371	1:14:27.2	
372	354	Ella Price	FO	372	1:14:32.86	
373	37	Marie Bidwell	F55	14	1:14:39.36	
374	13	Bridget Anderson	F60	6	1:14:40.06	
375	424	Misty Smith	FO	375	1:14:41.75	
376	231	Tony Holland	M45	41	1:14:41.97	Ipswich Jaffa RC
377	325	Mari Noller	FO	377	1:14:43.05	I Can Run Club
378	50	Rebecca Bowen	F60	7	1:14:43.67	Hadleigh Hares AC
379	328	Helen Norman	F45	33	1:14:43.84	
380	443	Malcolm Stedman-jones	M55	25	1:14:52.61	Bungay Black Dog RC
381	348	Laura Picknell	FO	381	1:15:10.49	
382	76	Nicola Cant	F45	34	1:15:27.73	Sudbury Joggers
383	90	Emma Clifton	FO	383	1:15:45.11	Kesgrave Kruisers
384	349	Emily Pinner	FO	384	1:15:45.28	
385	398	Annette Shakespeare	FO	385	1:15:46.63	Rushmere Community Runners
386	269	Helen Kelly	FO	386	1:15:56.95	Stowmarket Striders RC
387	139	Claire Ellis	F45	35	1:16:10.98	Stowmarket Striders RC
388	459	Denise Tsangaris	FO	388	1:16:15.92	Rushmere Community Runners
389	344	David Pengelly	M60	9	1:16:18.44	Sudbury Joggers
390	65	Dawn Buckland	FO	390	1:16:18.57	TRISudbury
391	15	Nicola Ashworth	F45	36	1:16:18.63	TRISudbury
392	406	Donna Sheppard	FO	392	1:16:29.82	
393	302	Christine Mccoll	F50	25	1:17:00.24	
394	174	Suzanne George	F55	15	1:17:00.52	
395	189	Marion Greenwood	F50	26	1:17:02.29	
396	307	Sarah Miller	FO	396	1:17:08.15	
397	124	Jo Dickinson	F45	37	1:17:14.23	Felixstowe RRC
398	43	Susan Bloomfield	F50	27	1:17:28.93	
399	200	Sally-ann Hammond	F55	16	1:17:29.28	
400	493	Clare Wreford	FO	400	1:17:46.64	
401	224	Stu Hillman	MO	401	1:17:46.76	
402	384	Graham Sampson	M65	7	1:17:47.96	Bungay Black Dog RC
403	293	Niki Macsephney	F45	38	1:18:04.46	
404	66	Rebecca Buckles	FO	404	1:18:11.99	Stowmarket Striders RC
405	78	Charlotte Carey	F40	35	1:18:18.61	
406	228	Sarah Hodge	F50	28	1:18:31.47	
407	330	Clare Norton	F40	36	1:18:33.67	
408	282	Paula Lamb	FO	408	1:19:18.12	
409	160	Laura Flowers	F40	37	1:19:31.71	
410	367	Charlotte Richardson	F40	38	1:19:56.05	
411	389	Joanne Savill	F40	39	1:19:56.2	
412	392	Joanna Seale	F40	40	1:21:00.29	
413	420	Heather Smith	F45	39	1:21:00.53	I Can Run Club
414	218	Sharon Hayfield	F45	40	1:21:00.59	
415	265	Jane Jones	F55	17	1:21:29.19	
416	237	Trish Hopkins	F65	3	1:22:41.26	Felixstowe RRC

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