

Finisher List - Award winners are highlighted in Yellow.

Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
Scenic 7 - Award winners are highlighted in Yellow								
1	1	1	13	Ross MCGILL	MS	Woodbridge Shufflers RC	39:10	39:07
2	1	2	138	Mark HAYWARD	MV40	Newmarket Joggers	39:19	39:17
3	2	3	339	Alastair ANGUS	MS	Saint Edmund Pacers	39:23	39:22
4	3	4	132	Jack WILKINSON	MS	Unattached	39:34	39:33
5	4	5	21	Joe SADLER	MS	Unattached	39:49	39:47
6	5	6	29	Paul WAIN	MS	Ipswich Jaffa RC	39:52	39:50
7	6	7	208	Jake HAYWARD	MS	Stowmarket Striders RC	40:22	40:20
8	2	8	139	Tim BALLARD	MV40	BLC on the Run	40:24	40:22
9	7	9	237	Matt WEBSTER	MS	Wymondham AC	40:57	40:52
10	8	10	40	Stuart WARD	MS	Felixstowe RRC	41:43	41:41
11	1	11	435	Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	42:01	41:58
12	9	12	11	Joe HUGHES	MS	BLC on the Run	42:06	42:04
13	10	13	20	David	MS	Unattached	42:25	42:23
14	11	14	77	Gary TAYLOR	MS	Felixstowe RRC	42:31	42:28
15	3	15	492	Adam WADE	MV40	Ipswich Jaffa RC	42:34	42:32
16	12	16	320	Jason BRANDY	MS	Unattached	42:35	42:32
17	4	17	302	Tom AMES	MV40	Stowmarket Striders RC	42:39	42:36
18	1	18	415	Steve BROOKE	MV55	Felixstowe RRC	42:43	42:40
19	1	19	353	Richard SMITH	MV50	Unattached	42:49	42:46
20	2	20	458	Dave SOLOMON	MV55	Felixstowe RRC	42:53	42:50
21	1	1	156	Katie KING	FV35	Saint Edmund Pacers	43:00	42:58
22	13	21	27	Jake BARNARD	MS	Saint Edmund Pacers	43:17	43:15
23	14	22	450	Joe CARTER	MS	Saint Edmund Pacers	43:19	43:15
24	2	23	466	Alastair READ	MV45	Felixstowe RRC	43:44	43:41
25	2	24	326	Karl FEAGAN	MV50	Ipswich Harriers	43:59	43:56
26	3	25	285	Stuart FINCH	MV45	Unattached	44:02	43:56
27	3	26	306	Piotr BULACZ	MV50	Sudbury Joggers	44:06	44:02
28	5	27	234	Aaron COOPER	MV40	Unattached	44:21	44:17
29	15	28	230	Ryan DAVIDSON	MS	Felixstowe RRC	44:24	44:21
30	4	29	23	Paul COOKE	MV50	Ipswich Jaffa RC	44:41	44:31
31	4	30	438	Paul DOCKERILL	MV45	Saint Edmund Pacers	44:41	44:36
32	16	31	26	George MANN	MS	Unattached	44:47	44:39
33	5	32	334	Simon STAFFORD	MV50	Kesgrave Kruisers	44:47	44:44
34	3	33	420	Mike MCKINSTRY	MV55	Saint Edmund Pacers	44:50	44:45
35	6	34	474	Gavin HAMMOND	MV40	Ipswich Jaffa RC	44:58	44:54
36	2	2	188	Gem CARTER	FV35	Saint Edmund Pacers	45:05	45:01
37	6	35	127	Mark STRATTON	MV50	Saint Edmund Pacers	45:23	45:17
38	7	36	128	David PERCY	MV50	Newmarket Joggers	45:36	45:34
39	5	37	393	Steven UTTERIDGE	MV45	Unattached	45:40	45:35
40	17	38	162	Kes HAWKINS	MS	Rushmere Community Runners	45:58	45:51
41	18	39	424	Carl STANNARD	MS	Rushmere Community Runners	46:17	45:51
42	7	40	238	Mark ARMSTRONG	MV40	Wymondham AC	46:23	46:17
43	8	41	126	Christopher BOYT	MV50	Felixstowe RRC	46:30	46:27
44	6	42	109	Adam ALLARD	MV45	Unattached	46:34	46:26
45	4	43	384	Ian DUGGAN	MV55	Felixstowe RRC	46:36	46:32

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
46	5	44	43	Vince WEBB	MV55	Saint Edmund Pacers	46:39	46:33
47	6	45	47	Warren BIRCH	MV55	Ipswich Jaffa RC	46:51	46:46
48	7	46	301	Kevin COLEMAN	MV55	Stowmarket Striders RC	46:52	46:45
49	9	47	369	Andrew CRAIG	MV50	Woodbridge Shufflers RC	46:55	46:51
50	8	48	106	Duane HOWARD	MV55	Kesgrave Kruisers	47:02	46:57
51	19	49	200	Tom ATTWELL	MS	Stowmarket Striders RC	47:02	46:58
52	7	50	473	Jason DIGHTON	MV45	Ipswich Phoenix Running Club	47:03	46:58
53	8	51	176	Nathan WHITE	MV45	Unattached	47:06	46:55
54	1	3	280	Kate GOODING	FV40	Wymondham AC	47:07	47:01
55	1	4	455	Natasha MICHAEL	FS	Saint Edmund Pacers	47:15	47:10
56	1	5	59	Alexandra ELY	FV45	Wymondham AC	47:21	47:14
57	8	52	229	Jason KING	MV40	Felixstowe RRC	47:27	47:23
58	10	53	49	Steve ELY	MV50	City Of Norwich AC	47:34	47:28
59	2	6	118	Laura BLAZEY	FV40	Saint Edmund Pacers	47:37	47:30
60	1	54	408	Andrew LAWS	MV60	Ipswich Jaffa RC	47:45	47:42
61	9	55	114	Justin POTTER	MV40	Lonely Goat RC	47:49	47:44
62	2	56	401	Stephen EDWARDS	MV60	Newmarket Joggers	47:59	47:55
63	10	57	454	Peter REACH	MV40	Unattached	48:08	48:04
64	11	58	83	Daniel SUMMERGILL	MV40	Ipswich Jaffa RC	48:17	48:13
65	1	59	70	Richard WOLD	MV65	Felixstowe RRC	48:27	48:24
66	11	60	210	Jason BRUNT	MV50	Norfolk Gazelles AC	48:28	48:23
67	12	61	362	Rob SWANSBOROUGH	MV50	Unattached	48:29	48:19
68	20	62	32	Aaron DEW	MS	Unattached	48:30	48:19
69	3	7	460	Lindi WALLACE	FV40	Unattached	48:38	48:32
70	21	63	103	Duncan NG	MS	Stowmarket Striders RC	48:39	48:32
71	12	64	319	Mark ARNOLD	MV40	Unattached	48:40	48:27
72	9	65	440	Colin ELLIS	MV55	Kesgrave Kruisers	48:46	48:39
73	2	8	41	Sandy PAGE	FV45	Kesgrave Kruisers	48:54	48:48
74	10	66	44	Jason CATTERMOLLE	MV55	Ipswich Jaffa RC	48:55	48:46
75	9	67	381	Alec WRIGHT	MV45	Ipswich Jaffa RC	48:57	48:48
76	10	68	125	Oliver HUGHES	MV45	Haverhill Running Club	49:03	48:49
77	22	69	189	Matthew BISHOP	MS	Saint Edmund Pacers	49:07	48:50
78	11	70	374	Robin HARPER	MV45	Felixstowe RRC	49:13	49:10
79	13	71	173	Ian LONG	MV50	Unattached	49:16	49:11
80	14	72	457	Kerry BUCKLEY	MV50	Felixstowe RRC	49:17	49:10
81	3	9	78	Holly TAYLOR	FV35	Felixstowe RRC	49:19	49:11
82	23	73	236	Harry NOBLE	MS	Unattached	49:21	49:04
83	13	74	490	Daniel INGLEBY	MV40	Unattached	49:46	49:41
84	15	75	472	Matt KING	MV50	Saint Edmund Pacers	50:01	49:44
85	12	76	310	Mark GLEEN	MV45	Kesgrave Kruisers	50:13	50:04
86	2	77	418	Alan JACKSON	MV65	Ipswich Jaffa RC	50:18	50:13
87	16	78	111	Matt SIMS	MV50	Unattached	50:22	50:14
88	3	79	375	Dave COPLAND	MV60	Ipswich Triathlon Club	50:28	50:24
89	17	80	211	Peter BIRD	MV50	Saint Edmund Pacers	50:29	50:21
90	2	10	1	Clare DOUGLAS	FS	Stowmarket Striders RC	50:31	50:20
91	14	81	166	Graham BLADEN	MV40	Unattached	50:36	50:36
92	4	11	71	Rebecca SMITH	FV35	Ipswich Jaffa RC	50:39	50:28

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93	3	12	75	Emma KEEN	FS	Felixstowe RRC	50:39	50:31
94	4	13	459	Emma FORREST	FS	Saint Edmund Pacers	50:44	50:29
95	24	82	316	Gavin HORREX	MS	Ipswich Phoenix Running Club	50:50	50:42
96	3	14	25	Sam LINASSI	FV45	Felixstowe RRC	50:52	50:44
97	18	83	152	Mark LEWIS	MV50	Saint Edmund Pacers	50:54	50:38
98	19	84	366	Daniel MEAD	MV50	Saint Edmund Pacers	51:00	50:45
99	20	85	283	Andrew FLACK	MV50	Unattached	51:02	50:53
100	11	86	171	Tom STEPHENS	MV55	Felixstowe RRC	51:04	50:56
101	5	15	411	Kate HEEKS	FS	Stowmarket Striders RC	51:12	51:03
102	6	16	414	Sophie SMITH	FS	Unattached	51:13	51:13
103	7	17	347	Emily GOODERHAM	FS	Saint Edmund Pacers	51:15	50:41
104	25	87	413	Tom DARLING	MS	Unattached	51:15	51:15
105	21	88	181	Mark FLATMAN	MV50	Ipswich Triathlon Club	51:19	51:01
106	1	18	102	Karen OFFORD	FV50	Stowmarket Striders RC	51:20	51:10
107	13	89	186	Gary NEWMAN	MV45	Unattached	51:36	51:14
108	22	90	117	Daniel CLARK	MV50	Felixstowe RRC	51:45	51:32
109	12	91	15	David GARNHAM	MV55	Ipswich Jaffa RC	51:48	51:39
110	26	92	217	Hayden FORDER	MS	Saint Edmund Pacers	51:50	51:16
111	14	93	190	Jonathan HESKETH	MV45	Unattached	51:56	51:35
112	27	94	498	Ed SEELEY	MS	Unattached	51:56	51:48
113	1	95	390	Neville CLARKE	MV70+	Newmarket Joggers	52:06	51:58
114	15	96	170	Dominic BAREHAM	MV45	Felixstowe RRC	52:10	52:02
115	28	97	348	Chris HARMAN	MS	Saint Edmund Pacers	52:15	51:41
116	13	98	425	Darin OSBORNE	MV55	Unattached	52:16	51:43
117	1	19	101	Mary NAREY	FV55	Stowmarket Striders RC	52:16	52:06
118	3	99	410	Robert MORGAN	MV65	Saint Edmund Pacers	52:20	52:13
119	29	100	60	Bradley ROBB	MS	Capel Cheetahs	52:22	52:17
120	16	101	437	Mark BANHAM	MV45	Ipswich Jaffa RC	52:33	52:22
121	23	102	361	Marcus BROWN	MV50	Rushmere Community Runners	52:33	52:07
122	14	103	282	Chris SERVANT	MV55	Ipswich Jaffa RC	52:35	52:31
123	15	104	480	Stephen HATTEN	MV55	Saint Edmund Pacers	52:38	52:22
124	17	105	396	Steven LANE	MV45	Ipswich Jaffa RC	52:42	52:29
125	30	106	276	Ashley COLES	MS	Unattached	52:46	52:39
126	8	20	164	Isabel HOLLANDS	FS	Saint Edmund Pacers	52:48	52:36
127	31	107	286	Tyrone SCARFE	MS	Unattached	52:49	52:34
128	4	108	198	Mike HOBBS	MV60	Stowmarket Striders RC	52:50	52:37
129	4	21	56	Nicki RIPMAN	FV45	Unattached	53:01	52:38
130	32	109	100	Peter CLEAVES	MS	Stowmarket Striders RC	53:03	52:52
131	33	110	324	David TIGUE	MS	Unattached	53:10	53:04
132	5	111	351	Tim RANSON	MV60	Unattached	53:11	53:09
133	5	22	289	Luz CHAVEZ	FV35	Ipswich Jaffa RC	53:21	53:09
134	4	23	38	Amanda MORTIMER	FV40	Ipswich Jaffa RC	53:22	53:12
135	15	112	309	James HORNE	MV40	Unattached	53:23	53:01
136	6	113	419	Ian MCDERMOTT	MV60	Ipswich Jaffa RC	53:26	53:07
137	16	114	300	Piers MORGAN	MV55	Stowmarket Striders RC	53:27	53:13
138	16	115	391	Peter WOODS	MV40	Felixstowe RRC	53:36	53:27
139	24	116	196	George SADLER	MV50	Unattached	53:38	53:23

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140	18	117	303	Ryan TERRELL	MV45	Unattached	53:38	53:10
141	17	118	81	Mark ANDREWS	MV55	Lonely Goat RC	53:41	53:28
142	34	119	172	Sam BISHOP	MS	Saint Edmund Pacers	53:43	53:25
143	18	120	155	Richard SMITH	MV55	Saint Edmund Pacers	53:46	53:31
144	2	24	24	Debbie CATLING	FV55	Felixstowe RRC	53:56	53:37
145	25	121	464	Duncan COX	MV50	Unattached	53:57	53:39
146	35	122	453	David YOUNG	MS	Unattached	54:00	53:38
147	36	123	84	Col EVERITT-BARDEN	MS	Unattached	54:01	53:50
148	5	25	338	Natalie HAY	FV45	Saint Edmund Pacers	54:02	53:46
149	17	124	406	Daniel FREEMAN	MV40	Unattached	54:03	53:55
150	9	26	30	Natasha SMITH	FS	Ipswich Jaffa RC	54:04	53:47
151	26	125	398	Matt FLYNN	MV50	Unattached	54:10	54:05
152	5	27	494	Louise GRIFFIN	FV40	Unattached	54:15	54:04
153	19	126	154	Mark DAVIES	MV55	Saint Edmund Pacers	54:27	54:11
154	2	28	31	Deborah STOCKER	FV50	Kesgrave Kruisers	54:29	54:23
155	6	29	53	Anna GRAY	FV45	Harleston Running Club	54:32	54:07
156	1	30	318	Jenny MORGAN	FV65	Saint Edmund Pacers	54:34	54:26
157	37	127	489	Adam COLES	MS	Ipswich Jaffa RC	54:35	53:58
158	4	128	337	Chris BAREHAM	MV65	Haverhill Running Club	54:39	54:27
159	3	31	183	Anita WARD	FV50	Unattached	54:46	54:36
160	19	129	493	Ricky DEASY	MV45	Unattached	54:47	54:32
161	38	130	10	Dan POWELL	MS	Unattached	54:48	54:31
162	7	131	45	Tom HOBLYN	MV60	Saint Edmund Pacers	55:04	54:48
163	1	32	153	Kirsty WEAVERS	FV60	Saint Edmund Pacers	55:11	54:55
164	20	132	463	Adrian PEAKE	MV55	Ipswich Jaffa RC	55:13	55:04
165	6	33	179	Laura RIPMAN	FV40	Ipswich Jaffa RC	55:13	54:49
166	20	133	46	Jamie BENNETT	MV45	Ipswich Jaffa RC	55:15	54:58
167	27	134	201	Richard ATTWELL	MV50	Stowmarket Striders RC	55:18	54:57
168	8	135	471	John DUNNETT	MV60	Capel Cheetahs	55:33	55:26
169	18	136	207	Paul BRAND	MV40	Unattached	55:36	55:23
170	39	137	223	Rob NIXON	MS	Ipswich Jaffa RC	55:39	55:27
171	21	138	465	Tim PARSELL	MV55	Ipswich Jaffa RC	55:40	55:34
172	22	139	184	Andy WARD	MV55	Unattached	55:42	55:29
173	2	34	380	Claire BROWN	FV60	Saint Edmund Pacers	55:44	55:22
174	7	35	35	Marion BENNETT	FV40	Ipswich Jaffa RC	55:52	55:35
175	21	140	383	Christian HADWEN	MV45	Felixstowe RRC	55:55	55:48
176	23	141	112	Garry MACDONALD	MV55	Felixstowe RRC	55:57	55:49
177	6	36	475	Kayleigh TURPIN	FV35	Felixstowe RRC	55:57	55:38
178	19	142	140	Adam BUCKLE	MV40	Unattached	56:01	55:42
179	24	143	371	Mark AVERY	MV55	Ipswich Jaffa RC	56:02	55:50
180	40	144	485	Alex STEWARD	MS	Ipswich Jaffa RC	56:05	55:49
181	22	145	119	Mark ROSE	MV45	Ipswich Jaffa RC	56:17	56:11
182	23	146	205	Damian HACK	MV45	Unattached	56:19	56:13
183	41	147	123	Toby STOWE	MS	Unattached	56:28	56:19
184	42	148	72	Nathan MORLEY	MS	Stowmarket Striders RC	56:38	56:28
185	2	149	110	Pat MORGAN	MV70+	Ipswich Triathlon Club	56:41	56:31
186	9	150	51	Paul SCHWER	MV60	Felixstowe RRC	56:43	56:13

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187	43	151	484	Aaron CROSS	MS	Unattached	56:49	56:36
188	10	37	36	Tara DAVIS	FS	Ipswich Jaffa RC	56:51	56:33
189	24	152	496	Steven MALLINSON	MV45	Unattached	56:54	56:41
190	4	38	136	Gemma MOSS	FV50	Ipswich Jaffa RC	56:56	56:41
191	3	153	134	Gerry MCCARTHY	MV70+	Ipswich Phoenix Running Club	56:58	56:44
192	20	154	370	David WENYON	MV40	Woodbridge Shufflers RC	57:00	56:53
193	28	155	447	Mark GRIGGS	MV50	Rushmere Community Runners	57:00	56:33
194	25	156	364	Lee MORPHEW	MV45	Unattached	57:02	56:43
195	21	157	228	Ryan MCNEILL	MV40	Hadleigh Hares AC	57:08	56:49
196	26	158	89	Tom MASON	MV45	Unattached	57:11	56:59
197	5	39	169	Fiona HUNT	FV50	Kesgrave Kruisers	57:12	56:57
198	7	40	133	Julie DALE	FV35	Saint Edmund Pacers	57:15	56:53
199	7	41	220	Karen DEASY	FV45	Unattached	57:16	57:01
200	29	159	231	David CHURCH	MV50	Felixstowe RRC	57:22	57:02
201	3	42	165	Nathalie HOOPER	FV55	Hadleigh Hares AC	57:24	57:06
202	44	160	5	Lewis MASKELL	MS	Unattached	57:24	57:16
203	25	161	379	Philip BROWN	MV55	Saint Edmund Pacers	57:27	57:06
204	45	162	212	Matthew MOORE	MS	Unattached	57:32	57:24
205	27	163	213	Stephen MOORE	MV45	Unattached	57:32	57:25
206	8	43	452	Ruth GOODCHILD	FV45	Unattached	57:34	57:13
207	8	44	221	Alison SEVERY	FV35	Unattached	57:43	57:21
208	46	164	120	James TIDEY	MS	Unattached	57:46	57:21
209	47	165	488	Bryan CHURCHARD	MS	Saint Edmund Pacers	57:52	57:30
210	11	45	407	Molly BERGDAHL	FS	Ipswich Jaffa RC	58:01	57:42
211	3	46	358	Ruth COWLIN	FV60	Sudbury Joggers	58:01	57:42
212	9	47	434	Lisa CLARKE	FV35	Ipswich Jaffa RC	58:02	57:44
213	48	166	192	Isaac GETHIN	MS	Unattached	58:12	57:48
214	6	48	394	Alison BLACKWELL	FV50	Saint Edmund Pacers	58:15	57:59
215	26	167	368	Rob GOODCHILD	MV55	Unattached	58:21	57:59
216	9	49	7	Caroline JEGGO	FV45	Unattached	58:24	58:05
217	10	168	3	Graham BRADLEY	MV60	Unattached	58:28	57:59
218	10	50	315	Geraldine CLIFFORD	FV45	Unattached	58:32	58:15
219	5	169	329	Mark WEBSTER	MV65	Unattached	58:33	58:21
220	11	170	193	Michael EARRYE	MV60	Unattached	58:34	58:09
221	2	51	397	Belinda GODBOLD	FV65	Hadleigh Hares AC	58:36	58:26
222	12	52	191	Rhian GETHIN	FS	Unattached	58:40	58:17
223	8	53	39	Terri GREEN	FV40	Ipswich Jaffa RC	58:40	58:30
224	7	54	395	Nicola FLYNN	FV50	Unattached	58:43	58:38
225	49	171	65	Scott SHERMAN	MS	Unattached	58:48	58:12
226	9	55	135	Claire BATTEY	FV40	Unattached	58:52	58:45
227	22	172	345	Philip GREEN	MV40	Stowmarket Striders RC	58:52	58:45
228	50	173	451	Will BARNARD	MS	Unattached	58:54	58:21
229	13	56	357	Jolene MAYHEW	FS	Unattached	58:54	58:23
230	28	174	4	Darren TERRELL	MV45	Harlow Running & Tri Club	58:58	58:58
231	12	175	2	David FIELD	MV60	Stowmarket Striders RC	58:58	58:48
232	13	176	323	Tim LONG	MV60	Ipswich Jaffa RC	59:08	58:55
233	30	177	85	David MASON	MV50	Unattached	59:13	59:00

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234	14	57	159	Steph LEE	FS	Stowmarket Striders RC	59:14	59:04
235	27	178	9	Bradley GUYON	MV55	Unattached	59:17	59:00
236	11	58	8	Kelly GUYON	FV45	Unattached	59:17	59:00
237	12	59	479	Jane HUTCHINSON	FV45	Woodbridge Shufflers RC	59:20	58:55
238	8	60	399	Ruth BAKER	FV50	Unattached	59:20	58:56
239	10	61	382	Jennifer WRIGHT	FV40	Ipswich Jaffa RC	59:32	59:21
240	9	62	235	Katy DUNNE	FV50	Unattached	59:36	59:02
241	13	63	385	Gillian SHAW	FV45	Unattached	59:37	59:25
242	11	64	373	Joanne HARPER	FV40	Felixstowe RRC	59:38	59:18
243	4	179	386	Grant CORRIGAN	MV70+	Stowmarket Striders RC	59:39	59:27
244	10	65	79	Nikki SCOTT	FV35	Felixstowe RRC	59:42	59:10
245	31	180	174	Martyn BREWSTER	MV50	Felixstowe RRC	59:43	59:15
246	14	181	287	Alan HILLYARD	MV60	Unattached	59:46	59:32
247	10	66	367	Joanne ROSENWOLD	FV50	Haverhill Running Club	59:48	59:34
248	11	67	80	Mel GOODCHILD	FV35	Unattached	59:56	59:24
249	6	182	158	Mon LEE	MV65	Ipswich Jaffa RC	59:57	59:42
250	15	183	239	Brian MUNNS	MV60	Newmarket Joggers	59:57	59:49
251	28	184	377	Howard ALLEN	MV55	Ipswich Jaffa RC	59:58	59:37
252	29	185	477	Mark LANKESTER	MV55	Woodbridge Shufflers RC	1:00:01	1:00:01
253	12	68	160	Hayley PETERS	FV35	Unattached	1:00:05	59:50
254	30	186	304	Ian PENTONY	MV55	Unattached	1:00:13	59:44
255	51	187	194	Maxwell LEARY	MS	Unattached	1:00:18	59:51
256	14	69	321	Joanna BEALE	FV45	Unattached	1:00:25	1:00:13
257	12	70	28	Claire MASKERY	FV40	Stowmarket Striders RC	1:00:28	1:00:12
258	15	71	224	Kristina SELLECK	FV45	Haverhill Running Club	1:00:28	59:53
259	13	72	470	Lorna WEBBER	FV40	Capel Cheetahs	1:00:36	1:00:19
260	15	73	439	Liz O'LEARY	FS	Unattached	1:00:39	1:00:26
261	52	188	104	Kimberley DRAIN	MS	Stowmarket Striders RC	1:00:44	1:00:31
262	32	189	157	Scott BEST	MV50	Unattached	1:00:47	1:00:28
263	53	190	469	Daniel LLOYD	MS	Unattached	1:00:50	1:00:27
264	54	191	387	Ben LLOYD	MS	Unattached	1:00:51	1:00:27
265	11	74	343	Abi IRON	FV50	Unattached	1:00:53	1:00:30
266	16	75	344	Michelle MARSHALL	FV45	Unattached	1:00:53	1:00:30
267	5	192	332	Michael MCKINNELL	MV70+	Unattached	1:00:53	1:00:41
268	13	76	483	Jen CROSS	FV35	Unattached	1:00:57	1:00:44
269	7	193	327	Stephen PRETTY	MV65	Saint Edmund Pacers	1:00:58	1:00:36
270	33	194	388	Steven WEBBER	MV50	Capel Cheetahs	1:00:59	1:00:41
271	23	195	124	Matt SIMPSON	MV40	Unattached	1:01:01	1:00:41
272	16	196	461	Robin BELSOM	MV60	Ipswich Jaffa RC	1:01:04	1:00:33
273	4	77	195	Nicola SADLER	FV55	Unattached	1:01:05	1:00:48
274	8	197	389	Paul MAYCOCK	MV65	Capel Cheetahs	1:01:06	1:00:49
275	16	78	232	Jodie SHARP	FS	Stowmarket Striders RC	1:01:08	1:00:59
276	12	79	151	Faith LEWIS	FV50	Saint Edmund Pacers	1:01:12	1:00:56
277	17	80	214	Phoebe VANE	FS	Saint Edmund Pacers	1:01:21	1:01:00
278	31	198	312	Carl BERGDAHL	MV55	Ipswich Jaffa RC	1:01:22	1:01:03
279	17	81	354	Charlotte RICHARDSON	FV45	Unattached	1:01:24	1:01:05
280	29	199	216	Joel BAMSEY	MV45	Hadleigh Hares AC	1:01:25	1:01:06

Finisher List - Award winners are highlighted in Yellow.

Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
281	9	200	69	Greg MILLS	MV65	Unattached	1:01:35	1:01:11
282	32	201	115	Keith ANDERSON	MV55	Trail Running Association	1:01:35	1:01:06
283	13	82	290	Louise RAMSAY	FV50	Ipswich Jaffa RC	1:02:00	1:01:41
284	10	202	346	Andrew JAMES	MV65	Stowmarket Striders RC	1:02:07	1:02:07
285	17	203	427	Peter	MV60	Unattached	1:02:11	1:01:57
286	18	83	185	Emily LOCKWOOD	FS	Unattached	1:02:31	1:02:17
287	5	84	448	Karen CHAMBERLAIN	FV55	Unattached	1:02:52	1:02:32
288	24	204	68	Tunde OYENIYI	MV40	Unattached	1:02:53	1:02:25
289	30	205	467	Jason SMITH	MV45	Unattached	1:02:56	1:02:32
290	18	85	468	Anna SMITH	FV45	Unattached	1:03:01	1:02:36
291	55	206	317	Jose MENDEZ ACOSTA	MS	Unattached	1:03:16	1:02:45
292	6	86	400	Deirdra KEATING	FV55	Stowmarket Striders RC	1:03:17	1:03:07
293	14	87	182	Nessie THORPE	FV50	Ipswich Triathlon Club	1:03:19	1:02:44
294	19	88	82	Ella PRICE	FS	Unattached	1:03:29	1:03:12
295	18	207	108	Philip LEIGH	MV60	Unattached	1:03:45	1:03:12
296	56	208	50	Ben SPRIGINGS	MS	Unattached	1:03:49	1:03:22
297	57	209	226	Jacky BUTCHER	MS	Unattached	1:03:50	1:03:31
298	11	210	62	John BAIN	MV65	Lonely Goat RC	1:03:53	1:03:43
299	14	89	218	Lisa LOOMES	FV35	Ipswich Jaffa RC	1:03:58	1:03:40
300	14	90	376	Samantha EMMS	FV40	Unattached	1:04:11	1:03:55
301	7	91	444	Adele FIELD	FV55	Felixstowe RRC	1:04:17	1:03:44
302	33	211	279	Christopher SMITH	MV55	Unattached	1:04:19	1:03:45
303	34	212	16	Terry SPURGEON	MV55	Ipswich Jaffa RC	1:04:20	1:04:01
304	34	213	423	James MASTERS	MV50	Felixstowe RRC	1:04:24	1:03:51
305	19	214	449	Duncan CHAMBERLAIN	MV60	Unattached	1:04:41	1:04:27
306	15	92	432	Teresa CLARK	FV40	Unattached	1:04:42	1:04:18
307	4	93	486	Jenny CHURCH	FV60	Felixstowe RRC	1:04:46	1:04:26
308	5	94	281	Sara TAYLOR-BALLS	FV60	Unattached	1:04:48	1:04:26
309	16	95	409	Claire BLANCHFORD	FV40	Unattached	1:04:50	1:04:22
310	15	96	273	Louise CURTIS	FV50	Vegan Runners UK	1:04:56	1:04:37
311	19	97	428	Donna TALBOT	FV45	Saint Edmund Pacers	1:05:00	1:04:32
312	35	215	180	Gary PINYOUN	MV50	Unattached	1:05:14	1:04:44
313	20	98	57	Kerry-Ann EGLINTON	FV45	Unattached	1:05:16	1:04:46
314	16	99	445	Emma RICHBELL	FV50	Unattached	1:05:24	1:05:01
315	17	100	360	Emma CALVER	FV50	Unattached	1:05:24	1:05:01
316	35	216	88	Pete BRIMSON	MV55	Unattached	1:05:26	1:05:01
317	36	217	356	Craig GOODRUM	MV50	Unattached	1:05:29	1:05:15
318	21	101	441	Julia ASHLEY	FV45	Kesgrave Kruisers	1:05:29	1:05:15
319	58	218	446	Marc SIMMONDS	MS	Unattached	1:05:30	1:05:00
320	37	219	67	Neil MARTIN	MV50	Unattached	1:05:33	1:05:04
321	12	220	219	Martin GARROD	MV65	Ipswich Phoenix Running Club	1:05:36	1:05:22
322	17	102	161	Jude KEMP	FV40	Unattached	1:05:37	1:05:22
323	36	221	105	Stephen EDMONDSON	MV55	Stowmarket Striders RC	1:05:47	1:05:30
324	22	103	142	Anika BALFE	FV45	Rushmere Community Runners	1:05:48	1:05:17
325	38	222	149	Jimmy ELMER	MV50	Unattached	1:05:49	1:05:16
326	18	104	331	Emma LAWER	FV50	Unattached	1:05:50	1:05:19
327	37	223	322	Allen TIDEY	MV55	Unattached	1:05:51	1:05:24

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
328	23	105	392	Victoria HAMMOND	FV45	Unattached	1:05:52	1:05:20
329	19	106	202	Jayne ATTWELL	FV50	Unattached	1:05:53	1:05:28
330	20	107	143	Tracy RATCLIFFE	FV50	Rushmere Community Runners	1:05:55	1:05:24
331	20	108	141	Amy ARKLE	FS	Unattached	1:05:57	1:05:35
332	21	109	363	Katie RIXON	FS	Unattached	1:05:58	1:05:36
333	6	110	168	Jane MOON	FV60	Felixstowe RRC	1:06:00	1:05:34
334	18	111	52	Kellie NEWMAN	FV40	Unattached	1:06:10	1:05:45
335	13	224	311	Dave REDMAN	MV65	Unattached	1:06:17	1:05:59
336	8	112	116	Mary ASHCROFT	FV55	Unattached	1:06:28	1:06:00
337	24	113	495	Anna TOMASZCZUK	FV45	Unattached	1:06:30	1:06:16
338	15	114	340	Hannah ANGUS	FV35	Unattached	1:06:32	1:06:03
339	6	225	55	Richard	MV70+	Unattached	1:06:32	1:06:04
340	25	226	431	David CLARK	MV40	Unattached	1:06:41	1:06:17
341	3	115	355	Sandra ROBERTS	FV65	Ipswich Jaffa RC	1:06:42	1:06:23
342	14	227	145	Mik CARR	MV65	Bungay Black Dog RC	1:06:43	1:06:33
343	22	116	147	Hannah PRIOR	FS	Unattached	1:06:44	1:06:28
344	23	117	187	Danielle WRIGHT	FS	Felixstowe RRC	1:06:48	1:06:27
345	59	228	113	Harry BERGDAHL	MS	Unattached	1:06:49	1:06:29
346	60	229	14	Ryan PAULLEY	MS	Unattached	1:06:50	1:06:29
347	61	230	313	Jack WALES	MS	Unattached	1:06:50	1:06:30
348	4	118	18	Claire WALLACE	FV65	Kesgrave Kruisers	1:06:53	1:06:26
349	24	119	365	Emma FROUD	FS	Unattached	1:07:07	1:06:36
350	1	120	58	Jackie CUNINGHAME	FV70+	Stowmarket Striders RC	1:07:14	1:07:02
351	20	231	487	Richard GILHAM	MV60	Unattached	1:07:14	1:06:53
352	25	121	278	Claire DAY	FS	Unattached	1:07:15	1:06:52
353	26	122	61	Jemma HARRIS	FS	Unattached	1:07:19	1:07:05
354	19	123	146	Helen HERBERT	FV40	Unattached	1:07:20	1:07:02
355	20	124	421	Sara SANTILLO	FV40	Thetford AC	1:07:20	1:06:55
356	27	125	87	Toni BRIMSON	FS	Unattached	1:07:21	1:06:55
357	21	232	197	Paul BRIMSON	MV60	Saxmundham Sports Running &	1:07:21	1:06:56
358	38	233	209	Kevin ELLIS	MV55	Harleston Running Club	1:07:25	1:06:54
359	28	126	54	Katie-May GRAY	FS	Unattached	1:07:26	1:06:55
360	62	234	426	Luke STAFFORD	MS	Kesgrave Kruisers	1:07:28	1:07:14
361	63	235	378	Bradley PODD	MS	Unattached	1:07:37	1:07:17
362	26	236	416	Dean YOUNGS	MV40	Unattached	1:08:04	1:07:28
363	5	127	76	Sally GARNHAM	FV65	Felixstowe RRC	1:08:19	1:07:44
364	39	237	215	David MARK	MV50	Woodbridge Shufflers RC	1:08:43	1:08:17
365	39	238	107	Mark BULLEN	MV55	Unattached	1:08:52	1:08:13
366	29	128	37	Claire LAST	FS	Unattached	1:09:00	1:08:47
367	2	129	308	Pam MORGAN	FV70+	Ipswich Triathlon Club	1:09:04	1:08:54
368	64	239	74	Taylor EDWARDS	MS	Unattached	1:09:09	1:08:42
369	21	130	206	Emma KITCHEN	FV40	Unattached	1:09:12	1:08:55
370	31	240	481	David BEIGHTON	MV45	Saint Edmund Pacers	1:09:12	1:08:55
371	40	241	403	Nick POWER	MV55	Unattached	1:09:19	1:08:49
372	9	131	404	Emma POWER	FV55	Unattached	1:09:20	1:08:50
373	25	132	178	Kate BARTRUP	FV45	Unattached	1:09:21	1:08:53
374	16	133	42	Anca STADLER	FV35	Felixstowe RRC	1:09:27	1:08:55

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
375	22	242	277	Kevin DAVIDSON	MV60	Unattached	1:09:28	1:09:09
376	26	134	417	Pauline GOFFIN	FV45	BLC on the Run	1:09:32	1:09:09
377	22	135	349	Charlotte WILLIAMS	FV40	Woodbridge Shufflers RC	1:09:46	1:09:12
378	65	243	341	Stuart PRYKE	MS	Unattached	1:09:46	1:09:25
379	40	244	131	James WHATLING	MV50	Unattached	1:09:46	1:09:25
380	17	136	122	Caroline GLADWELL	FV35	Stowmarket Striders RC	1:09:53	1:09:16
381	15	245	199	Paul BELAND	MV65	Unattached	1:09:58	1:09:38
382	10	137	422	Pascale CADIER	FV55	Unattached	1:10:02	1:09:39
383	23	138	272	Claire ACRES	FV40	Unattached	1:10:03	1:09:29
384	24	139	66	Steph LING	FV40	Unattached	1:10:04	1:09:35
385	41	246	476	Paul DORSET	MV50	Felixstowe RRC	1:10:06	1:09:43
386	21	140	333	Claire PURNELL	FV50	Unattached	1:10:19	1:09:47
387	27	141	497	Amanda MALLINSON	FV45	Unattached	1:10:20	1:09:45
388	22	142	227	Janice BECKETT	FV50	Unattached	1:10:20	1:09:46
389	18	143	144	Tessa SEWELL	FV35	Rushmere Community Runners	1:10:21	1:09:48
390	7	247	284	Jim WITHERS	MV70+	Newmarket Joggers	1:10:24	1:10:19
391	11	144	305	Karen ALLUM	FV55	Unattached	1:10:25	1:09:52
392	32	248	86	Stephen BRIMSON	MV45	Unattached	1:10:28	1:10:02
393	66	249	478	Nathan HOPE	MS	Unattached	1:10:36	1:10:11
394	28	145	314	Claire PICKARD	FV45	Woodbridge Shufflers RC	1:10:42	1:10:08
395	6	146	163	Edwina FROST	FV65	Rushmere Community Runners	1:11:10	1:10:43
396	7	147	19	Diane LANCASTER	FV65	Rushmere Community Runners	1:11:11	1:10:43
397	12	148	64	Karen FLOWER	FV55	Saxmundham Sports Running &	1:11:21	1:10:55
398	29	149	167	Clare WALKER	FV45	Unattached	1:11:36	1:11:10
399	33	250	22	Ant WALKER	MV45	Lonely Goat RC	1:11:37	1:11:11
400	34	251	288	Ron BLOOMFIELD	MV45	Unattached	1:11:47	1:11:20
401	30	150	462	Katie PEAKE	FS	Ipswich Jaffa RC	1:11:58	1:11:40
402	25	151	330	Samantha MASTERS	FV40	Felixstowe RRC	1:12:06	1:11:33
403	7	152	359	Michelle WALNE	FV60	Felixstowe RRC	1:12:06	1:11:31
404	8	153	222	Elizabeth SEVERY	FV60	Unattached	1:12:13	1:11:45
405	9	154	12	Jackie COLLINS	FV60	Felixstowe RRC	1:13:42	1:13:14
406	13	155	429	Rebecca JENNINGS	FV55	Unattached	1:13:43	1:13:16
407	23	252	225	Raymond BUTCHER	MV60	Unattached	1:14:13	1:13:53
408	30	156	33	Haley DUFFY	FV45	Ipswich Jaffa RC	1:14:18	1:13:54
409	19	157	177	Adriana HOUCHELL	FV35	Ipswich Jaffa RC	1:14:55	1:14:42
410	16	253	150	Steven REYNOLDS	MV65	Unattached	1:15:03	1:14:37
411	31	158	73	Molly LEWIS	FS	Unattached	1:15:05	1:14:38
412	31	159	325	Janie BASSETT	FV45	Unattached	1:15:47	1:15:13
413	3	160	436	Veronica MANLY	FV70+	Harleston Running Club	1:15:54	1:15:28
414	42	254	6	Ian ROSS	MV50	Unattached	1:16:21	1:16:03
415	43	255	63	Adrian DOE	MV50	Unattached	1:16:44	1:16:15
416	14	161	148	Amanda PRIOR	FV55	Unattached	1:16:44	1:16:12
417	32	162	412	Sandra PRICE	FV45	Lonely Goat RC	1:16:49	1:16:21
418	23	163	48	Lucy BRYANTON	FV50	Unattached	1:17:19	1:16:55
419	24	164	442	Sarah LAST	FV50	Newmarket Joggers	1:17:29	1:17:12
420	25	165	129	Jo BIRCH	FV50	Lonely Goat RC	1:17:39	1:17:02
421	32	166	130	Stacie LONG	FS	Unattached	1:17:39	1:17:02

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
422	26	167	430	Natasha	FV40	Unattached	1:17:41	1:17:05
423	67	256	491	David HOOLEY	MS	Unattached	1:18:09	1:17:54
424	33	168	482	Chloe TAYLOR	FS	Unattached	1:18:10	1:17:54
425	68	257	121	Rob BENTLEY	MS	Unattached	1:18:18	1:17:42
426	20	169	405	Yvonne ARCHIBALD	FV35	Unattached	1:18:22	1:17:47
427	33	170	350	Michelle RANSON	FV45	Vegan Runners UK	1:18:32	1:17:57
428	21	171	336	Heather MILLS	FV35	Rushmere Community Runners	1:19:09	1:18:35
429	35	258	456	Jamie STRINGER	MV45	Felixstowe RRC	1:19:14	1:18:42
430	26	172	372	Sarah HARMON	FV50	Felixstowe RRC	1:19:18	1:18:47
431	8	173	342	Simone SUTHERLAND	FV65	Framlingham Flyers	1:20:38	1:20:12
432	36	259	402	Russell GANT	MV45	Felixstowe RRC	1:20:57	1:20:22
433	69	260	175	Alex STADLER	MS	Felixstowe RRC	1:20:57	1:20:25
434	34	174	328	Beth MALSTER	FV45	Unattached	1:21:52	1:21:22
435	35	175	204	Carly CANTWELL	FV45	Unattached	1:21:55	1:21:25
436	27	176	352	Gillian CARRON	FV50	Unattached	1:22:23	1:21:48
437	70	261	233	Mark PERRYMAN	MS	Unattached	1:22:40	1:22:13
438	15	177	203	Lesley LAST	FV55	Rushmere Community Runners	1:24:15	1:23:47
439	16	178	335	Helen SAAGI	FV55	Rushmere Community Runners	1:25:25	1:24:51
440	24	262	17	Paul WOODYATT	MV60	Bure Valley Harriers	1:27:32	1:26:56
441	17	263	274	Graham CLARK	MV65	Unattached	1:29:21	1:29:05
442	34	179	137	Sophie HAZELL	FS	Unattached	1:29:31	1:28:56
443	17	180	275	Wendie HALES	FV55	Unattached	1:32:06	1:31:50
444	10	181	443	Gillian GREEN	FV60	Newmarket Joggers	1:34:59	1:34:38
445	71	264	433	Danny CHEUNG	MS	Unattached	1:48:44	1:48:14
446	36	182	307	Tracey CHAPMAN	FV45	Running Colchester	1:49:15	1:48:37
447	37	183	34	Jo REES	FV45	Unattached	1:51:19	1:50:42

Number of records: 447