

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	113	Benjamin	MS	Felixstowe RRC	36:11	36:10
2	1	2	340	James O'BRIEN	MV45	Saint Edmund Pacers	36:36	36:35
3	1	3	342	Mark HAYWARD	MV40	Newmarket Joggers	39:38	39:37
4	2	4	351	Jack WILKINSON	MV40	Unattached	40:55	40:53
5	2	5	376	Ed SEELEY	MS	Unattached	40:56	40:55
6	1	6	466	Chris MOWER	MV50	Saint Edmund Pacers	41:01	41:00
7	3	7	420	Ryan DAVIDSON	MS	Felixstowe RRC	41:21	41:19
8	4	8	384	Chris GREEN	MS	Felixstowe RRC	41:51	41:48
9	2	9	219	Andrew SOUTHWOOD	MV45	Saint Edmund Pacers	42:00	41:59
10	3	10	17	Daryl BOYCE	MV40	Stilton Striders	42:12	42:11
11	4	11	429	Jason Isaac BRANDY	MV40	Unattached	42:26	42:24
12	5	12	413	Kevin LONG	MV40	Hadleigh Hares AC	42:32	42:30
13	5	13	428	Stuart WARD	MS	Felixstowe RRC	42:36	42:35
14	6	14	335	George MANN	MS	Unattached	42:48	42:43
15	7	15	22	Lloyd BRADLEY	MS	Unattached	42:49	42:46
16	1	16	434	Steve BROOKE	MV55	Felixstowe RRC	42:56	42:54
17	1	1	370	Katie KING	FV35	Saint Edmund Pacers	43:26	43:24
18	8	17	156	Archie BULLINGHAM	MS	Framlingham Flyers	43:34	43:31
19	6	18	2	Tom AMES	MV40	Stowmarket Striders RC	43:41	43:39
20	2	19	200	Mike GREENER	MV55	Saint Edmund Pacers	43:58	43:56
21	9	20	1	Duncan NG	MS	Stowmarket Striders RC	44:07	44:00
22	10	21	375	Liam HUNN	MS	Unattached	44:24	44:19
23	11	22	493	Joe CARTER	MS	Saint Edmund Pacers	44:51	44:48
24	2	23	331	Richard SMITH	MV50	Unattached	45:00	44:57
25	12	24	43	Jake BARNARD	MS	Unattached	45:03	45:00
26	13	25	388	Oliver SCHOFIELD	MS	Saint Edmund Pacers	45:09	45:07
27	1	26	195	Wilfred CAMPBELL	MV60	Ipswich Jaffa RC	45:15	45:12
28	14	27	218	Chris ORANGE	MS	Unattached	45:19	45:16
29	15	28	345	Ryan WATERS	MS	Unattached	45:29	45:26
30	16	29	160	Christopher FULLER	MS	Saxmundham Sports Running &	45:30	45:26
31	3	30	446	Alastair READ	MV45	Felixstowe RRC	45:34	45:31
32	17	31	104	Tom ATTWELL	MS	Stowmarket Striders RC	45:35	45:33
33	4	32	424	Steven UTTERIDGE	MV45	Unattached	45:35	45:31
34	18	33	177	Chris WOOLENER	MS	Unattached	45:38	45:33
35	19	34	87	Aaron DEW	MS	Unattached	45:50	45:46
36	5	35	441	Nathan WHITE	MV45	Unattached	45:51	45:46
37	6	36	435	Paul DOCKERILL	MV45	Saint Edmund Pacers	45:55	45:52
38	20	37	186	Elliot TYLER	MS	Unattached	46:00	45:52
39	2	2	114	Gem CARTER	FV35	Saint Edmund Pacers	46:30	46:28
40	7	38	146	Jason KING	MV40	Felixstowe RRC	46:48	46:45
41	21	39	394	Ryan NORMAN	MS	Unattached	46:49	46:43
42	22	40	70	Jamie WALDEN	MS	Unattached	46:59	46:56
43	3	41	407	Piotr BULACZ	MV55	Sudbury Joggers	47:06	47:02
44	23	42	454	Will HARRISON	MS	Unattached	47:10	47:05
45	3	43	155	Jason DIGHTON	MV50	Unattached	47:12	47:02

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
46	24	44	269	Alex HOBBS	MS	Stowmarket Striders RC	47:15	47:09
47	3	3	122	Emma ATTWOOD	FV35	Stowmarket Striders RC	47:17	47:14
48	4	45	81	Matt KING	MV55	Saint Edmund Pacers	47:23	47:09
49	2	46	214	Duane HOWARD	MV60	Kesgrave Kruisers	47:28	47:24
50	1	4	414	Cath JEFFERY	FV45	Saint Edmund Pacers	47:30	47:27
51	5	47	137	Vince WEBB	MV55	Saint Edmund Pacers	47:36	47:24
52	7	48	476	Anthony WHITESIDE	MV45	Unattached	47:45	47:37
53	8	49	311	Craig SMITH	MV45	Unattached	47:46	47:42
54	3	50	215	Andrew LAWS	MV60	Ipswich Jaffa RC	47:54	47:51
55	6	51	363	John GREENER	MV55	Saint Edmund Pacers	47:54	47:50
56	1	5	267	Stacey MOCKFORD	FV40	Saint Edmund Pacers	47:57	47:51
57	25	52	400	Matthew BISHOP	MS	Saint Edmund Pacers	48:14	48:06
58	26	53	21	Dean SCUTCHER	MS	Unattached	48:21	48:13
59	27	54	458	Tom CODLING	MS	Unattached	48:22	48:13
60	28	55	450	Joshua CARR	MS	Saint Edmund Pacers	48:23	48:19
61	4	56	145	Tom GLADSTONE	MV50	Saint Edmund Pacers	48:26	48:16
62	29	57	422	Luke ARKLE	MS	Unattached	48:27	48:07
63	4	58	32	Jim MACKENZIE	MV60	Framlingham Flyers	48:29	48:26
64	30	59	194	Tom DARLING	MS	Unattached	48:35	48:26
65	5	60	189	Steve ELY	MV50	City Of Norwich AC	48:53	48:42
66	7	61	109	Robert SOMMERVILLE	MV55	Stowmarket Striders RC	49:02	48:53
67	8	62	270	Daniel SUMMERSGILL	MV40	Ipswich Jaffa RC	49:08	49:05
68	31	63	492	Harry NOBLE	MS	Sudbury Joggers	49:10	48:59
69	6	64	13	Jan KADING	MV50	Stowmarket Striders RC	49:17	49:08
70	9	65	229	Peter REACH	MV40	Unattached	49:24	49:22
71	7	66	101	Steven OFFORD	MV50	Stowmarket Striders RC	49:30	49:24
72	2	6	126	Louise CRACKNELL	FV40	Felixstowe RRC	49:40	49:34
73	2	7	164	Nicki RIPMAN	FV45	Unattached	49:49	49:38
74	5	67	471	Stephen EDWARDS	MV60	Newmarket Joggers	49:54	49:52
75	6	68	158	Adrian PEAKE	MV60	Ipswich Jaffa RC	49:55	49:49
76	1	8	230	Alexandra ELY	FV50	Wymondham AC	49:58	49:48
77	1	69	449	Richard WOLD	MV65	Felixstowe RRC	50:09	50:06
78	32	70	328	Jordan LAST	MS	Unattached	50:15	50:01
79	7	71	210	Alan OLIVER	MV60	Kesgrave Kruisers	50:22	50:18
80	33	72	79	Chris RAYMOND	MS	Unattached	50:24	49:54
81	8	73	173	Peter BIRD	MV50	Saint Edmund Pacers	50:26	50:17
82	9	74	417	Matt TRILL	MV50	Ipswich Jaffa RC	50:29	50:24
83	3	9	24	Louise GRIFFIN	FV40	Unattached	50:30	50:26
84	8	75	80	Kerry BUCKLEY	MV55	Felixstowe RRC	50:31	50:26
85	34	76	28	Jonathon HOLYHEAD	MS	Unattached	50:50	50:31
86	9	77	100	Ricky DEASY	MV45	Unattached	50:56	50:50
87	10	78	18	Dominic BAREHAM	MV45	Felixstowe RRC	50:56	50:50
88	10	79	36	Garry WRAIGHT	MV40	Unattached	51:03	50:56
89	1	10	49	Kate HEEKS	FS	Stowmarket Striders RC	51:05	50:57
90	10	80	463	Andrew FLACK	MV50	Unattached	51:06	50:58
91	3	11	143	Caroline JEGGO	FV45	Unattached	51:12	51:02
92	2	12	366	Olivia CARTER	FS	Newmarket Joggers	51:20	51:10

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93	2	13	201	Karen OFFORD	FV50	Stowmarket Striders RC	51:22	51:13
94	11	81	305	David NEV	MV40	Unattached	51:24	51:06
95	3	14	25	Francesca COLE	FS	Saint Edmund Pacers	51:26	51:18
96	8	82	55	Gary GODFREY	MV60	Sudbury Joggers	51:28	51:07
97	11	83	89	Robert FARTHING	MV45	Unattached	51:31	51:13
98	11	84	208	Bryan HALE	MV50	Unattached	51:33	51:22
99	2	85	437	Andrew BUDD	MV65	Capel Cheetahs	51:35	51:27
100	12	86	457	Robin HARPER	MV45	Felixstowe RRC	51:39	51:36
101	12	87	174	Marcus BROWN	MV50	Rushmere Community Runners	51:44	51:27
102	13	88	83	Mark BATTEY	MV45	Unattached	51:48	51:41
103	14	89	419	Jason SMITH	MV45	Unattached	51:49	51:33
104	3	90	326	Graham WIGLEY	MV65	Framlingham Flyers	51:52	51:42
105	35	91	35	Adam PLUMMER	MS	Rushmere Community Runners	52:08	51:49
106	15	92	206	Lee ROBINSON	MV45	Unattached	52:14	51:57
107	9	93	465	Ian MCDERMOTT	MV60	Ipswich Jaffa RC	52:19	52:09
108	4	94	90	Robert MORGAN	MV65	Saint Edmund Pacers	52:24	52:19
109	10	95	107	Kevin BIRD	MV60	Unattached	52:31	52:27
110	5	96	327	Alan JACKSON	MV65	Ipswich Jaffa RC	52:36	52:30
111	13	97	149	Mark BANHAM	MV50	Ipswich Jaffa RC	52:40	52:34
112	9	98	318	Peter RICE	MV55	Norfolk Gazelles AC	52:42	52:35
113	36	99	259	Ben JACKSON	MS	Felixstowe RRC	52:47	52:32
114	4	15	472	Tara DAVIS	FS	Ipswich Jaffa RC	52:55	52:49
115	4	16	134	Katarzyna	FV40	Capel Cheetahs	53:05	52:58
116	10	100	445	Will ALDRED	MV55	Framlingham Flyers	53:07	53:04
117	37	101	162	Sam BISHOP	MS	Saint Edmund Pacers	53:10	53:02
118	3	17	128	Amanda HENRY	FV50	Colchester Harriers AC	53:12	53:08
119	11	102	401	Piers MORGAN	MV55	Stowmarket Striders RC	53:17	53:04
120	12	103	117	Adam BUCKLE	MV40	Unattached	53:26	53:05
121	11	104	433	Richard HIGGINS	MV60	Framlingham Flyers	53:29	53:16
122	16	105	110	Christian HADWEN	MV45	Felixstowe RRC	53:31	53:26
123	14	106	393	Paul STONE	MV50	Felixstowe RRC	53:32	53:21
124	1	18	367	Sandy THOROGOOD	FV60	Sudbury Joggers	53:33	53:27
125	5	19	182	Chloe STUTELEY	FS	Unattached	53:37	53:31
126	12	107	330	David GARNHAM	MV60	Ipswich Jaffa RC	53:45	53:39
127	13	108	265	Chris SERVANT	MV60	Ipswich Jaffa RC	53:46	53:42
128	5	20	139	Danielle NOBLE	FV40	Unattached	53:50	53:18
129	6	21	264	Lydia KINDRED	FV40	Vegan Runners UK	53:57	53:42
130	7	22	475	Amanda MORTIMER	FV40	Ipswich Jaffa RC	54:03	53:56
131	12	109	150	Darin OSBORNE	MV55	Rushmere Community Runners	54:05	53:48
132	4	23	171	Lisa CLARKE	FV35	Ipswich Jaffa RC	54:09	54:03
133	38	110	41	Joshua CALVER	MS	Unattached	54:18	54:06
134	15	111	378	Matt FLYNN	MV50	Unattached	54:19	54:10
135	14	112	423	Stuart MASON	MV60	Felixstowe RRC	54:21	54:12
136	17	113	5	Darren TERRELL	MV45	Harlow Running & Tri Club	54:22	54:08
137	16	114	315	Richard UTTERIDGE	MV50	Unattached	54:23	54:13
138	13	115	12	David WILLIAMSON	MV55	Unattached	54:42	54:28
139	18	116	59	John DURRANT	MV45	Fordy Runs Running Club	54:44	54:26

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140	39	117	82	Alex OAKLEY	MS	Unattached	54:45	54:37
141	17	118	312	Terry NIPPRESS	MV50	Saint Edmund Pacers	54:53	54:33
142	40	119	54	Jacky BUTCHER	MS	Unattached	54:59	54:52
143	13	120	84	Colin	MV40	Stowmarket Striders RC	55:01	54:51
144	41	121	258	Chuck LAYZELL	MS	Ipswich Phoenix Running Club	55:04	54:52
145	6	24	73	Natasha SMITH	FS	Ipswich Jaffa RC	55:14	55:08
146	18	122	154	Graham BRUMPTON	MV50	Ipswich Phoenix Running Club	55:15	55:03
147	1	25	91	Jenny MORGAN	FV65	Saint Edmund Pacers	55:18	55:13
148	42	123	246	Alex REACH	MS	Unattached	55:24	55:22
149	4	26	30	Sarah MAIDMENT	FV45	Framlingham Flyers	55:26	55:13
150	14	124	175	Andy WARD	MV55	Saint Edmund Pacers	55:31	55:22
151	19	125	307	Richard ATTWELL	MV50	Stowmarket Striders RC	55:35	55:26
152	43	126	56	Alex PARNELL	MS	Unattached	55:39	55:31
153	2	27	319	Haley	FV60	Saint Edmund Pacers	55:40	55:31
154	8	28	125	Sam SPENCER	FV40	Ipswich Jaffa RC	55:42	55:33
155	20	127	236	Ron BLOOMFIELD	MV50	Unattached	55:44	55:30
156	5	29	123	Sophie BELL	FV35	Ipswich Phoenix Running Club	55:44	55:31
157	44	128	53	Thomas TUNILLA	MS	Unattached	55:56	55:47
158	9	30	102	Jennifer WYSOCKI	FV40	Unattached	55:58	55:46
159	21	129	247	Paul GOLDRING	MV50	Ipswich Jaffa RC	56:04	55:56
160	45	130	494	Maxwell LEARY	MS	Unattached	56:07	55:36
161	10	31	373	Elaine TURNER	FV40	Hadleigh Hares AC	56:09	55:53
162	15	131	223	Stewart HAMBLING	MV55	Framlingham Flyers	56:15	56:01
163	1	32	202	Mary NAREY	FV55	Stowmarket Striders RC	56:15	56:07
164	19	132	336	Gavin HAMMOND	MV45	Unattached	56:16	56:03
165	16	133	42	Carl BERGDAHL	MV55	Ipswich Jaffa RC	56:16	56:03
166	20	134	94	Thomas PETERS	MV45	Unattached	56:19	56:01
167	17	135	57	Tim PARNELL	MV55	Kesgrave Kruisers	56:22	56:15
168	14	136	77	David YOUNG	MV40	Unattached	56:35	56:21
169	21	137	233	Paul BRAND	MV45	Unattached	56:37	56:28
170	5	33	66	Natalie HAY	FV45	Saint Edmund Pacers	56:38	56:15
171	7	34	496	Olivia WILLIAMS	FS	Ipswich Jaffa RC	56:42	56:37
172	6	35	63	Bronwen SARGINSON	FV45	Ipswich Phoenix Running Club	56:45	56:33
173	4	36	170	Gemma MOSS	FV50	Ipswich Jaffa RC	57:03	56:52
174	5	37	257	Fiona HUNT	FV50	Kesgrave Kruisers	57:14	56:56
175	22	138	205	Ryan TERRELL	MV45	Unattached	57:18	57:05
176	11	38	245	Kate SUDELL	FV40	Felixstowe RRC	57:19	56:48
177	22	139	380	Mark LEWIS	MV50	Saint Edmund Pacers	57:24	57:11
178	6	39	490	Alison SEVERY	FV35	Unattached	57:25	56:53
179	23	140	389	Scott BEST	MV50	Unattached	57:34	57:18
180	46	141	357	Jon SUMMERS	MS	Ipswich Jaffa RC	57:39	57:32
181	6	40	75	Ruth BAKER	FV50	Unattached	57:47	57:36
182	8	41	360	Niamh WHARD	FS	Unattached	57:49	57:18
183	24	142	152	David CHURCH	MV50	Felixstowe RRC	57:57	57:41
184	9	42	184	Ella PRICE	FS	Unattached	57:59	57:48
185	47	143	498	George FIRTH	MS	Unattached	58:00	57:48
186	2	43	176	Anita WARD	FV55	Saint Edmund Pacers	58:04	57:54

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187	12	44	368	Terri GREEN	FV40	Ipswich Jaffa RC	58:09	58:03
188	7	45	461	Crystal MURRAY	FV35	Hadleigh Hares AC	58:13	57:56
189	18	144	364	Rob GOODCHILD	MV55	Unattached	58:13	57:58
190	15	145	379	Hugh WHITE	MV60	Unattached	58:15	57:54
191	48	146	220	Geraint WHITE	MS	Felixstowe RRC	58:15	57:54
192	7	46	166	Ruth GOODCHILD	FV45	Unattached	58:17	58:02
193	6	147	10	Stephen PRETTY	MV65	Saint Edmund Pacers	58:19	58:09
194	7	148	216	Chris BAREHAM	MV65	Haverhill Running Club	58:19	57:50
195	13	47	3	Laura BETON	FV40	Unattached	58:19	58:08
196	8	48	242	Karen DEASY	FV45	Unattached	58:21	58:08
197	16	149	410	Tim CHERRETT	MV60	Framlingham Flyers	58:23	57:53
198	15	150	7	Jose MENDEZ	MV40	Unattached	58:36	58:19
199	19	151	421	Brad GUYON	MV55	Unattached	58:38	58:21
200	9	49	322	Kelly GUYON	FV45	Unattached	58:39	58:21
201	16	152	470	Ian BLUETT	MV40	Unattached	58:40	58:05
202	17	153	333	Steven MILLS	MV40	Unattached	58:40	58:04
203	10	50	304	Julia BULLEN	FS	Unattached	58:41	58:23
204	11	51	313	Megan KIDDY	FS	Unattached	58:41	58:23
205	8	52	181	Elizabeth BOJUNGS	FV35	Unattached	58:43	58:32
206	3	53	23	Ruth COWLIN	FV60	Sudbury Joggers	58:49	58:38
207	20	154	416	Garry MACDONALD	MV55	Felixstowe RRC	58:58	58:44
208	21	155	411	Matt SIMS	MV55	Rushmere Community Runners	59:07	58:48
209	3	54	390	Samantha FULCHER	FV55	Felixstowe RRC	59:21	58:48
210	4	55	74	Helen YELLOP	FV55	Capel Cheetahs	59:22	59:11
211	25	156	172	Dale CHENERY	MV50	Unattached	59:23	59:14
212	49	157	19	Jack SMITH	MS	Unattached	59:27	59:01
213	1	158	464	Gerry MCCARTHY	MV70+	Ipswich Phoenix Running Club	59:30	59:15
214	12	56	398	Sarah SCOGGINS	FS	Unattached	59:33	58:57
215	23	159	8	John ADAMS	MV45	Ipswich Jaffa RC	59:34	59:24
216	17	160	213	Timothy LONG	MV60	Ipswich Jaffa RC	59:40	59:35
217	22	161	44	Philip BROWN	MV55	Saint Edmund Pacers	59:42	59:21
218	4	57	431	Claire BROWN	FV60	Saint Edmund Pacers	59:43	59:21
219	5	58	409	Jenny SHEAHAN	FV60	Eastern Masters AC	59:53	59:43
220	7	59	310	Rachel BROOKE	FV50	Ipswich Jaffa RC	1:00:00	59:39
221	2	162	359	Pat MORGAN	MV70+	Ipswich Triathlon Club	1:00:07	59:47
222	26	163	248	Simon GOLDSMITH	MV50	Unattached	1:00:07	59:49
223	50	164	116	Matthew MOORE	MS	Unattached	1:00:10	59:41
224	27	165	115	Stephen MOORE	MV50	Unattached	1:00:10	59:41
225	18	166	204	Graham BRADLEY	MV60	Unattached	1:00:13	59:47
226	8	167	338	Tom CLEMENTS	MV65	Framlingham Flyers	1:00:14	59:44
227	23	168	105	Christopher DURRANT	MV55	Felixstowe RRC	1:00:15	1:00:00
228	19	169	268	Christopher PRIOR	MV60	Unattached	1:00:16	1:00:10
229	14	60	34	Leanne ASHDOWN	FV40	Felixstowe RRC	1:00:23	1:00:08
230	28	170	163	Ian ELDEN	MV50	Haverhill Running Club	1:00:28	1:00:01
231	9	61	396	Lizzy SADLER	FV35	Unattached	1:00:29	1:00:04
232	20	171	301	Philip STEWARD	MV60	Unattached	1:00:31	1:00:23
233	24	172	244	David MASON	MV55	Unattached	1:00:32	1:00:09

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234	51	173	199	Alex STEWARD	MS	Ipswich Jaffa RC	1:00:37	1:00:22
235	52	174	250	David SOUTHGATE	MS	Unattached	1:00:38	1:00:10
236	21	175	452	Martyn YELLOP	MV60	Unattached	1:00:46	1:00:34
237	22	176	317	Allen TIDEY	MV60	Unattached	1:00:47	1:00:27
238	13	62	249	Ozaygul SOUTHGATE	FS	Unattached	1:00:49	1:00:22
239	10	63	65	Emily BARKER	FV35	Unattached	1:00:50	1:00:20
240	23	177	108	Robert WALKER	MV60	Felixstowe RRC	1:00:50	1:00:16
241	11	64	499	Lydia SIMMONS	FV35	Saint Edmund Pacers	1:00:52	1:00:27
242	8	65	500	Melanie	FV50	Unattached	1:00:53	1:00:26
243	14	66	9	Katie RIXON	FS	Unattached	1:00:59	1:00:42
244	10	67	26	Charlotte	FV45	Unattached	1:00:59	1:00:42
245	53	178	391	George ALLEN	MS	Saint Edmund Pacers	1:01:17	1:00:37
246	3	179	179	Michael MCKINNELL	MV70+	Unattached	1:01:23	1:00:58
247	25	180	221	Steve TRIMMER	MV55	Unattached	1:01:24	1:01:10
248	15	68	190	Luz CHAVEZ	FV40	Ipswich Jaffa RC	1:01:27	1:01:14
249	16	69	46	Lorna WEBBER	FV40	Capel Cheetahs	1:01:28	1:01:11
250	6	70	142	Alison MALTON	FV60	Unattached	1:01:31	1:01:14
251	24	181	141	Julian MALTON	MV60	Unattached	1:01:31	1:01:13
252	12	71	448	Hena DURO	FV35	Unattached	1:01:40	1:01:08
253	9	72	167	Natalie COOKE	FV50	Unattached	1:01:43	1:01:25
254	26	182	349	David SKEVINGTON	MV55	Unattached	1:01:46	1:01:20
255	11	73	119	Michelle MARSHALL	FV45	Unattached	1:01:46	1:01:32
256	7	74	426	Sarah GOLDING	FV60	Saint Edmund Pacers	1:01:46	1:01:36
257	9	183	135	Paul MAYCOCK	MV65	Capel Cheetahs	1:01:49	1:01:32
258	18	184	112	Robert GRAY	MV40	Unattached	1:01:52	1:01:43
259	5	75	103	Deirdra KEATING	FV55	Stowmarket Striders RC	1:01:53	1:01:39
260	10	76	161	Wendy KELLETT	FV50	Ipswich Jaffa RC	1:01:57	1:01:51
261	15	77	468	Lauren BEST	FS	Unattached	1:02:10	1:01:54
262	12	78	98	Anika BALFE	FV45	Rushmere Community Runners	1:02:11	1:01:49
263	11	79	241	Carol MILLER	FV50	Unattached	1:02:14	1:01:52
264	12	80	495	Emma HARWOOD	FV50	Framlingham Flyers	1:02:19	1:01:49
265	6	81	106	Jenny BIRD	FV55	Unattached	1:02:27	1:02:21
266	29	185	47	Steven WEBBER	MV50	Capel Cheetahs	1:02:29	1:02:12
267	25	186	4	Ian PENTONY	MV60	Unattached	1:02:31	1:02:13
268	13	82	238	Hayley PETERS	FV35	Stowmarket Striders RC	1:02:31	1:02:13
269	30	187	20	David SMITH	MV50	Unattached	1:02:34	1:02:08
270	31	188	352	Lee STEPHENSON	MV50	Rushmere Community Runners	1:02:36	1:02:15
271	54	189	372	Louis SHORT	MS	Unattached	1:02:39	1:02:06
272	14	83	371	Emily PRATT	FV35	Unattached	1:02:39	1:02:06
273	10	190	231	David SEYMOUR	MV65	Felixstowe RRC	1:02:42	1:02:23
274	16	84	460	Holly WHITE	FS	Unattached	1:02:44	1:02:16
275	17	85	347	Emma GOODMAN	FS	Unattached	1:02:53	1:02:14
276	13	86	72	Kristina BRIGHT	FV45	Haverhill Running Club	1:02:59	1:02:31
277	2	87	325	Rebecca HEWSON	FV65	Felixstowe RRC	1:03:00	1:02:50
278	4	191	169	Grant CORRIGAN	MV70+	Stowmarket Striders RC	1:03:03	1:02:50
279	26	192	261	Derek DALY	MV60	Lonely Goat RC	1:03:04	1:02:48
280	18	88	255	Jessica BENNEWORTH	FS	Unattached	1:03:14	1:02:44

Finisher List - Award winners are highlighted in Yellow.

Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
281	19	89	92	Jodie SHARP	FS	Stowmarket Striders RC	1:03:17	1:03:03
282	55	193	469	James WRIGHT	MS	Lonely Goat RC	1:03:19	1:02:51
283	15	90	395	Victoria BLACK	FV35	Unattached	1:03:33	1:03:01
284	19	194	473	Terry WHOMES	MV40	Unattached	1:03:34	1:03:01
285	11	195	334	Greg MILLS	MV65	Unattached	1:03:36	1:03:00
286	14	91	392	Kaye STONE	FV45	Felixstowe RRC	1:03:43	1:03:31
287	17	92	418	Rebecca BLAGG	FV40	Stowmarket Striders RC	1:03:49	1:03:12
288	56	196	58	Jamie PAYNE	MS	Unattached	1:03:51	1:03:13
289	20	93	157	Tayne EATON	FS	Unattached	1:03:58	1:03:28
290	15	94	369	Nicola FREEMAN	FV45	Unattached	1:04:06	1:03:43
291	27	197	303	Mark BULLEN	MV55	Unattached	1:04:07	1:03:49
292	32	198	365	Paul CAUSON	MV50	Unattached	1:04:10	1:03:53
293	16	95	263	Jo BEALE	FV45	Stowmarket Striders RC	1:04:14	1:04:00
294	24	199	67	Steven MALLINSON	MV45	Unattached	1:04:19	1:04:02
295	21	96	341	Jemma HARRIS	FS	Stowmarket Striders RC	1:04:20	1:03:43
296	17	97	69	Amanda MALLINSON	FV45	Unattached	1:04:21	1:04:04
297	16	98	159	Lucy RUDLAND	FV35	Unattached	1:04:21	1:03:58
298	18	99	306	Hannah NEVE	FV40	Unattached	1:04:29	1:04:03
299	19	100	256	Gemma JEWERS	FV40	Unattached	1:04:31	1:04:13
300	18	101	321	Anna SMITH	FV45	Unattached	1:04:40	1:04:24
301	19	102	385	Jude KEMP	FV45	Unattached	1:04:44	1:04:26
302	20	103	168	Gillian SHAW	FV45	Unattached	1:04:46	1:04:34
303	17	104	432	Kelly LIMER	FV35	Unattached	1:04:47	1:04:16
304	7	105	193	Shelly CORNISH	FV55	Unattached	1:04:51	1:04:30
305	33	200	131	Jason SKILTON	MV50	Fordy Runs Running Club	1:04:52	1:04:32
306	21	106	387	Kerry-Ann EGLINTON	FV45	Unattached	1:04:53	1:04:16
307	57	201	11	William STEPHENSON	MS	Unattached	1:04:55	1:04:26
308	34	202	212	Rob	MV50	Unattached	1:04:55	1:04:26
309	58	203	339	Callum LIMER	MS	Unattached	1:04:56	1:04:25
310	22	107	198	Claire WHITE	FV45	Unattached	1:05:00	1:04:34
311	20	108	314	Jodey PHIPPS	FV40	Unattached	1:05:05	1:04:52
312	13	109	382	Louise CURTIS	FV50	Vegan Runners UK	1:05:14	1:05:09
313	20	204	227	Gavin HASNIP	MV40	Unattached	1:05:15	1:04:45
314	18	110	456	Sophie RUDD	FV35	Unattached	1:05:16	1:04:43
315	8	111	444	Mary ASHCROFT	FV60	Unattached	1:05:22	1:04:57
316	8	112	183	Louise RAMSAY	FV55	Ipswich Jaffa RC	1:05:22	1:05:10
317	9	113	39	Adele FIELD	FV60	Felixstowe RRC	1:05:27	1:04:49
318	10	114	151	Jenny CHURCH	FV60	Felixstowe RRC	1:05:35	1:05:19
319	35	205	209	Joel BAMSEY	MV50	Unattached	1:05:36	1:04:56
320	21	115	374	Viki SMITH	FV40	Unattached	1:05:36	1:05:19
321	23	116	302	Sharon BOLTON	FV45	Unattached	1:05:36	1:05:22
322	19	117	451	Tiffani BALOGA	FV35	Unattached	1:05:42	1:05:17
323	24	118	99	Victoria HAMMOND	FV45	Unattached	1:05:43	1:05:22
324	14	119	97	Emma LAWER	FV50	Unattached	1:05:43	1:05:24
325	3	120	443	Bobbie SAUERZAPF	FV65	Bungay Black Dog RC	1:05:52	1:05:17
326	9	121	211	Ronnie EGAN	FV55	Stowmarket Striders RC	1:05:58	1:05:43
327	22	122	188	Charlotte ALLEN	FV40	TRISudbury	1:06:02	1:05:47

Finisher List - Award winners are highlighted in Yellow.

Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
328	22	123	140	Emily LOCKWOOD	FS	Unattached	1:06:11	1:05:33
329	25	206	127	Tris CHILVERS	MV45	Unattached	1:06:12	1:05:37
330	12	207	51	Andrew JAMES	MV65	Stowmarket Striders RC	1:06:12	1:05:55
331	23	124	356	Katie PEAKE	FS	Ipswich Jaffa RC	1:06:20	1:06:12
332	10	125	353	Linda ALDRED	FV55	Framlingham Flyers	1:06:30	1:06:00
333	13	208	397	Martin GARROD	MV65	Ipswich Phoenix Running Club	1:06:47	1:06:32
334	11	126	136	Sarah RICHES	FV55	Unattached	1:06:54	1:06:17
335	12	127	50	Helen DAVIES	FV55	Framlingham Flyers	1:06:54	1:06:27
336	36	209	225	Jonathan HOLDEN	MV50	Unattached	1:07:14	1:06:38
337	28	210	348	Paul HEEKS	MV55	Stowmarket Striders RC	1:07:24	1:06:47
338	37	211	386	Gary PINYOUN	MV50	Unattached	1:07:41	1:07:05
339	27	212	474	Richard WESTLEY	MV60	Unattached	1:08:06	1:07:52
340	25	128	228	Frances BROWN	FV45	Unattached	1:08:26	1:08:08
341	24	129	196	Olivia BEER	FS	Stowmarket Striders RC	1:08:29	1:08:18
342	26	213	350	Lee MORPHEW	MV45	Unattached	1:08:33	1:08:11
343	25	130	61	Emily MAGUIRE	FS	Rushmere Community Runners	1:08:33	1:08:09
344	20	131	455	Sarah PEARSONS	FV35	Unattached	1:08:44	1:08:12
345	5	214	243	Richard	MV70+	Unattached	1:08:59	1:08:34
346	26	132	224	Ella LEGGETT	FS	Unattached	1:09:05	1:08:50
347	27	133	430	Laura NEWTON	FS	Unattached	1:09:40	1:09:06
348	29	215	406	Nick POWER	MV55	Unattached	1:09:41	1:09:13
349	13	134	405	Emma POWER	FV55	Unattached	1:09:41	1:09:13
350	21	135	358	Abbie GOODCHILD	FV35	Unattached	1:09:42	1:09:02
351	59	216	217	James TIDEY	MS	Unattached	1:10:01	1:09:31
352	22	136	235	Leanne TUTE	FV35	Unattached	1:10:03	1:09:29
353	14	137	234	Dawn COOPER	FV55	Unattached	1:10:03	1:09:29
354	23	138	88	Caroline GLADWELL	FV40	Stowmarket Striders RC	1:10:07	1:09:31
355	26	139	467	Kathryn TRUMPESS	FV45	Unattached	1:10:21	1:10:00
356	60	217	147	Edward PHILLIPS	MS	Unattached	1:10:39	1:10:02
357	15	140	383	Alison LEDGER	FV50	Unattached	1:11:07	1:10:46
358	28	141	459	Tegan	FS	Unattached	1:11:09	1:10:46
359	29	142	337	Laura ROUVRAY	FS	Unattached	1:11:13	1:10:40
360	23	143	48	Coral WILLIAMSON	FV35	Unattached	1:11:14	1:10:42
361	28	218	251	Richard ALLPORT	MV60	Felixstowe RRC	1:11:24	1:10:46
362	16	144	354	Angelique SCULLY	FV50	Rushmere Community Runners	1:11:27	1:11:06
363	17	145	153	Tracy RATCLIFFE	FV50	Rushmere Community Runners	1:11:27	1:11:07
364	24	146	180	Marie BRIGHTWELL	FV40	Unattached	1:11:29	1:10:54
365	24	147	78	Stephanie CALVER	FV35	Unattached	1:11:42	1:11:12
366	29	219	38	Colin WALNE	MV60	Unattached	1:12:00	1:11:22
367	11	148	40	Michelle WALNE	FV60	Felixstowe RRC	1:12:16	1:11:37
368	25	149	76	Vicky SMITH	FV40	Unattached	1:12:20	1:11:44
369	26	150	165	Deborah ANDERSON	FV40	Unattached	1:12:20	1:11:45
370	30	220	415	Simon KITCHING	MV60	Unattached	1:12:21	1:11:52
371	27	151	377	Kellie NEWMAN	FV45	Unattached	1:12:23	1:11:58
372	15	152	226	Rebecca HUGHES	FV55	Unattached	1:12:25	1:11:58
373	16	153	260	Jacqueline ALLPORT	FV55	Felixstowe RRC	1:12:48	1:12:07
374	14	221	439	Paul BELAND	MV65	Unattached	1:12:51	1:12:15

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Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
375	18	154	148	Nicki WALKER	FV50	Unattached	1:12:53	1:12:26
376	28	155	442	Karen MORPHEW	FV45	Unattached	1:12:53	1:12:31
377	30	156	477	Rosie WATERS	FS	Unattached	1:12:59	1:12:19
378	4	157	399	Liz SEVERY	FV65	Unattached	1:12:59	1:12:27
379	31	158	332	Megan ANDERSON	FS	Unattached	1:13:12	1:13:01
380	17	159	462	Rebecca JENNINGS	FV55	Unattached	1:13:14	1:13:03
381	18	160	253	Amanda PRIOR	FV55	Unattached	1:13:17	1:12:46
382	5	161	120	Carolyn BOWNES	FV65	Unattached	1:13:20	1:12:57
383	30	222	121	Ian GOODEY	MV55	Unattached	1:13:20	1:12:57
384	29	162	64	Sandra PRICE	FV45	Unattached	1:13:25	1:12:59
385	27	163	323	Pippa SARGENT	FV40	Stowmarket Striders RC	1:13:28	1:12:52
386	19	164	381	Faith LEWIS	FV50	Saint Edmund Pacers	1:13:28	1:12:54
387	25	165	144	Emily GILLINGHAM	FV35	Unattached	1:13:35	1:13:23
388	32	166	192	Emily MASON	FS	Unattached	1:13:44	1:13:24
389	61	223	31	Kai SMITH	MS	Unattached	1:13:50	1:13:24
390	19	167	309	Marie HULLIS	FV55	Unattached	1:13:51	1:13:28
391	33	168	403	Georgia TUCKETT	FS	Unattached	1:13:53	1:13:30
392	27	224	191	Tom MASON	MV45	Unattached	1:13:55	1:13:34
393	62	225	436	Taylor EDWARDS	MS	Unattached	1:14:00	1:13:26
394	30	169	222	Kelly MASON	FV45	Unattached	1:14:02	1:13:42
395	20	170	6	Karen ALLUM	FV55	Unattached	1:14:05	1:13:37
396	28	226	412	Keith CARR	MV45	Unattached	1:14:06	1:13:42
397	34	171	308	Stacey ROWE	FS	Unattached	1:14:06	1:13:43
398	21	227	111	Luke BOORE	MV40	Unattached	1:14:18	1:13:49
399	35	172	320	Leah BOORE	FS	Unattached	1:14:18	1:13:49
400	21	173	440	Jenny STANDLEY	FV55	Unattached	1:14:33	1:13:56
401	12	174	197	Angie LEGGETT	FV60	Unattached	1:14:50	1:14:35
402	31	175	62	Kate YOUNGS	FV45	Unattached	1:14:50	1:14:23
403	6	176	60	Edwina FROST	FV65	Unattached	1:14:51	1:14:25
404	1	177	361	Pam MORGAN	FV70+	Ipswich Triathlon Club	1:14:55	1:14:35
405	26	178	203	Victoria TUCKETT	FV35	Unattached	1:15:06	1:14:44
406	13	179	266	Jackie COLLINS	FV60	Felixstowe RRC	1:15:09	1:14:29
407	22	180	254	Amanda LEWIS	FV55	Unattached	1:15:11	1:14:38
408	7	181	425	Hilary COOK	FV65	Felixstowe RRC	1:15:15	1:15:03
409	14	182	262	Candy BAINES	FV60	Unattached	1:15:55	1:15:22
410	20	183	37	Sarah LAST	FV50	Unattached	1:15:58	1:15:37
411	21	184	232	Lucy BRYANTON	FV50	Unattached	1:16:10	1:15:29
412	15	185	124	Carol SPARROW	FV60	Unattached	1:16:14	1:15:46
413	22	186	316	Jo BIRCH	FV50	Lonely Goat RC	1:16:35	1:16:11
414	27	187	45	Adriana HOUCHELL	FV35	Ipswich Jaffa RC	1:16:52	1:16:45
415	23	188	237	Sarah RAWLINSON	FV50	Unattached	1:17:15	1:16:53
416	23	189	93	Jayne GAY	FV55	Unattached	1:17:15	1:16:53
417	36	190	118	Lilly BLACK	FS	Unattached	1:17:22	1:16:57
418	37	191	29	Anissa FULTON	FS	Unattached	1:17:23	1:16:57
419	32	192	16	Carly CANTWELL	FV45	Unattached	1:17:30	1:16:57
420	38	193	240	Morgan STUDD	FS	Unattached	1:17:35	1:16:53
421	39	194	497	Emma FROUD	FS	Unattached	1:17:49	1:17:23

Finisher List - Award winners are highlighted in Yellow.

Pos	Cat	MF	Bib	Name	Cat	Club	Gun	Chip
422	22	228	129	Mark ALLMAN	MV40	Unattached	1:18:12	1:17:29
423	63	229	427	Alex STADLER	MS	Felixstowe RRC	1:18:18	1:17:54
424	6	230	185	Jim WITHERS	MV70+	Newmarket Joggers	1:18:34	1:18:23
425	28	195	329	Anca STADLER	FV35	Felixstowe RRC	1:18:42	1:18:21
426	33	196	85	Natasha	FV45	Unattached	1:19:03	1:18:37
427	40	197	324	Paige MCQUEEN	FS	Unattached	1:19:14	1:18:46
428	41	198	453	Liz O'LEARY	FS	Ipswich Jaffa RC	1:19:14	1:18:46
429	29	231	344	Jamie STRINGER	MV45	Felixstowe RRC	1:19:23	1:18:45
430	15	232	404	Howard TUCKETT	MV65	Saint Edmund Pacers	1:19:24	1:19:01
431	24	199	438	Sarah HARMON	FV50	Felixstowe RRC	1:19:51	1:19:14
432	7	233	408	Peter ADAMS	MV70+	Unattached	1:20:30	1:19:50
433	31	234	362	Steven REYNOLDS	MV60	Unattached	1:20:36	1:20:14
434	38	235	402	Nigel BROWN	MV50	Stowmarket Striders RC	1:20:56	1:20:20
435	29	200	447	Laura SCOGGINS	FV35	Unattached	1:20:59	1:20:24
436	25	201	27	Lisa SUTHERLAND	FV50	Unattached	1:22:01	1:21:27
437	8	236	178	Martin WEST	MV70+	Great Bentley Running Club	1:23:04	1:22:41
438	16	202	86	Alison CLARKE	FV60	Unattached	1:23:09	1:22:45
439	42	203	187	Laura WEST	FS	Unattached	1:23:10	1:22:45
440	30	204	207	Yvonne ARCHIBALD	FV35	Unattached	1:23:21	1:22:52
441	2	205	138	Caroline MCINTOSH	FV70+	Newmarket Joggers	1:23:45	1:23:23
442	24	206	96	Jayne STUDD	FV55	Unattached	1:24:47	1:24:06
443	17	207	15	Sharon HALPIN	FV60	Felixstowe RRC	1:25:55	1:25:32
444	34	208	95	Linda MONTGOMERY	FV45	Unattached	1:26:51	1:26:10
445	25	209	239	Donna DOWSING	FV55	Unattached	1:26:51	1:26:09
446	35	210	14	Beth MALSTER	FV45	Unattached	1:28:00	1:27:27
447	43	211	355	Paige CANNELL	FS	Unattached	1:28:04	1:27:36
448	31	212	133	Sam HOOPER	FV35	Unattached	1:28:47	1:28:10
449	32	213	33	Gemma NOKES	FV35	Unattached	1:33:55	1:33:28
450	18	214	130	Gillian GREEN	FV60	Newmarket Joggers	1:35:09	1:34:45
451	44	215	252	Francesca LANE	FS	Unattached	1:38:00	1:37:33
452	33	216	71	Amanda GARRARD	FV35	Kesgrave Kruisers	1:38:21	1:37:42
453	45	217	52	Natasha STRUTT	FS	Unattached	1:39:42	1:39:10
454	26	218	343	Emma STRUTT	FV50	Unattached	1:42:34	1:42:00

Number of records: 454