

Bury Friday 5

12 June 2015

Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
1	25:54.2		327	Andrew	Rooke	Aldershot Farnham and District	MS	1	1	1st M		
2	26:13.9		344	Del	MaCauley	West Suffolk AC	MS	2	2	2nd M	0:19.7	0:19.7
3	28:25.7		210	Martin	Gear	Saint Edmund Pacers	MS	3	3	3rd M	2:11.8	2:31.5
4	28:30.7		249	Daniel	Rock	Ryston Runners AC	MS	4	4	1st MS	0:04.9	2:36.5
5	28:35.1		259	Adam	Wade	Ipswich JAFFA	MS	5	5	2nd MS	0:04.4	2:40.9
6	29:01.3		251	Nick	Smith	Saint Edmund Pacers	MS	6	6	3rd MS	0:26.1	3:07.1
7	29:03.5		142	Thomas	White	Saint Edmund Pacers	MS	7	7		0:02.2	3:09.3
8	29:24.7		276	Tom	Kingsnorth	Saint Edmund Pacers	MS	8	8		0:21.1	3:30.5
9	29:39.5		144	Adam	Howlett	Framlingham Flyers	MV40	9	1	1st MV40		
10	29:48.0		311	Thomas	Challener	Sudbury Joggers AC	MS	10	9		0:23.3	3:53.8
11	29:53.3		192	Darren	Sheppard	Framlingham Flyers	MV40	11	2	2nd MV40	0:13.7	0:13.7
12	29:55.4		111	Trevor	Bunch	Haverhill Running Club	MV40	12	3	3rd MV40	0:02.0	0:15.8
13	30:02.8		125	Odette	Robson	Saint Edmund Pacers	FV40	1	1	1st F		
14	30:03.6		63	Simon	English	Norwich Road Runners	MV40	13	4		0:08.2	0:24.0
15	30:15.3		160	Nicholas	Clarke	Ipswich JAFFA	MS	14	10		0:27.3	4:21.1
16	30:15.9		288	Benjamin	Knox-Brown		MS	15	11		0:00.5	4:21.7
17	30:27.3		328	Darren	Cook	Felixstowe Road Runners	MV40	16	5		0:23.7	0:47.7
18	30:29.1		362	Nick	Hammond	Stowmarket Striders	MV40	17	6		0:01.7	0:49.5
19	30:40.7		172	Mark	Ford	Felixstowe Road Runners	MV45	18	1	1st MV45		
20	30:50.5		271	Chris	Starmer	Stowmarket Striders	MV55	19	1	1st MV55		
21	30:56.6		285	Steve	Mason	Serpentine Running Club	MS	20	12		0:40.7	5:02.4
22	30:57.4		33	Paul	Nickells	Woodbridge Shufflers	MV50	21	1	1st MV50		
23	30:58.3		140	Benjamin	Cuthbert	Sudbury Joggers AC	MS	22	13		0:01.6	5:04.1
24	31:09.1		367	Jason	Allard	Stowmarket Striders	MV40	23	7		0:39.9	1:29.5
25	31:21.4		167	Tamara	Jordan	Stowmarket Striders	FV35	2	1	2nd F		
26	31:25.8		153	Andrew	Buck	Sudbury Joggers AC	MV50	24	2	2nd MV50	0:28.4	0:28.4
27	31:40.3		105	Robin	Harper	Felixstowe Road Runners	MS	25	14		0:42.0	
28	31:49.0		58	Peter	Golding	Saint Edmund Pacers	MV55	26	2	2nd MV55	0:58.4	0:58.4
29	31:56.6		263	John	Greener		MV45	27	2	2nd MV45	1:15.8	1:15.8
30	31:59.7		87	Tim	Hanman		MV40	28	8		0:50.6	2:20.2

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31	32:06.2		364	Alan	Dawson	Saint Edmund Pacers	MV55	29	3	3rd MV55	0:17.2	1:15.7
32	32:10.2		356	Alistair	Dick	Ipswich JAFFA	MV50	30	3	3rd MV50	0:44.4	1:12.8
33	32:12.5		365	Tim	Harrison		MU20	31	1	1st MU20		
34	32:13.4		157	Adrian	Frost	Sudbury Joggers AC	MV40	32	9		0:13.7	2:33.9
35	32:21.2		150	Malcolm	Penn	Sudbury Joggers AC	MV55	33	4		0:14.9	1:30.6
36	32:24.1		149	Ian	Elden	Haverhill Running Club	MV40	34	10		0:10.6	2:44.5
37	32:34.9		354	Matthew	Nichols	Saint Edmund Pacers	MU20	35	2	2nd MU20	0:22.4	0:22.4
38	32:35.7		229	Kelvin	Johnson		MS	36	15		0:55.4	
39	32:47.8		215	Craig	Sisson	Haverhill Running Club	MS	37	16		0:12.0	
40	32:53.3		374	Jason	Beeton	Newmarket Joggers	MS	38	17		0:05.4	
41	33:05.8		123	Will	Aldred	Framlingham Flyers	MV45	39	3	3rd MV45	1:09.2	2:25.1
42	33:09.8		134	Michael	Ball		MS	40	18		0:16.5	
43	33:14.9		375	Martin	Pearson	Saint Edmund Pacers	MV45	41	4		0:09.1	2:34.2
44	33:23.4		68	Mathew	Cowell	Haverhill Running Club	MV40	42	11		0:21.9	3:06.5
45	33:35.0		272	Charles	Hann	Sudbury Joggers AC	MV45	43	5		0:20.0	2:54.2
46	33:40.1		109	Neil	Gillingham	Ipswich Harriers	MS	44	19		0:30.2	
47	33:43.6		351	Graham	Gidney		MS	45	20		0:03.5	
48	33:49.5		360	Jake	Church	The Saxons	MU20	46	3	3rd MU20	1:14.5	1:36.9
49	33:51.3		81	Peter	Bird	Saint Edmund Pacers	MV40	47	12		1:05.2	4:11.7
50	33:56.2		171	Stephen	Curran	Woodbridge Shufflers	MV50	48	4		1:45.9	2:58.8
51	33:58.4		237	Matthew	Everett	Saint Edmund Pacers	MS	49	21		0:14.8	
52	34:00.1		67	Elliot	Burdett	Stowmarket Striders	MU20	50	4		0:10.6	1:47.6
53	34:07.0		329	Michael	White		MV40	51	13		0:15.7	4:27.4
54	34:07.8		122	Michael	Rushton	Saint Edmund Pacers	MV40	52	14		0:00.7	4:28.2
55	34:09.3		77	Rakesh	Raja	Saint Edmund Pacers	MV45	53	6		0:34.3	3:28.6
56	34:13.0		292	Ben	Hammond	Stowmarket Striders	MU20	54	5		0:12.8	2:00.5
57	34:14.6		49	David	Salter		MV50	55	5		0:18.3	3:17.2
58	34:15.0		137	Clive	Davey	Sudbury Joggers AC	MV40	56	15		0:07.2	4:35.4
59	34:17.1		117	Arthur	Whiston	Colchester Harriers AC	MV60	57	1	1st MV60		
60	34:27.0		310	Darren	Lee	Stowmarket Striders	MV45	58	7		0:17.6	3:46.3

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61	34:28.7		112	Dominic	Melero		MS	59	22		0:30.2	
62	34:31.5		342	Floyd	Hernandéz Cröll		MS	60	23		0:02.7	
63	34:33.8		265	Andy	Glass	Sudbury Joggers AC	MV40	61	16		0:18.7	4:54.2
64	34:35.9		228	Melvyn	Maycock		MS	62	24		0:04.4	
65	34:36.5		282	Philip	Grose	Saint Edmund Pacers	MV45	63	8		0:09.4	3:55.7
66	34:36.6		3	Alan	Jackson	Ipswich JAFFA	MV55	64	5		2:15.4	3:46.1
67	34:39.8		146	Ron	McCullough	Ipswich JAFFA	MV65+	65	1	1st MV65+		
68	34:40.2		332	David	Howe		MS	66	25		0:04.3	
69	34:40.5		312	Stephen	Hatten	Saint Edmund Pacers	MV45	67	9		0:04.0	3:59.8
70	34:41.2		355	Lee	Crisp	Felixstowe Road Runners	MV40	68	17		0:07.4	5:01.6
71	34:43.3		124	Simon	Fenn	Hadleigh Hares AC	MV45	69	10		0:02.7	4:02.5
72	34:50.5		27	Jeremy	Bell		MV40	70	18		0:09.3	5:11.0
73	34:52.9		165	Val	Jennings	Ipswich JAFFA	FV50	3	1	3rd F		
74	34:57.1		207	Ian	Cunnington		MV50	71	6		0:42.4	3:59.7
75	34:58.7		212	David	Vaughan	Saint Edmund Pacers	MV60	72	2	2nd MV60	0:41.6	0:41.6
76	35:01.0		346	Malcolm	Savage	Springfield Striders	MV65+	73	2	2nd MV65+	0:21.2	0:21.2
77	35:02.6		267	Louise	Hampshire	Sudbury Joggers AC	FS	4	1	1st FS		
78	35:02.9		180	Vince	Webb	Saint Edmund Pacers	MV45	74	11		0:19.6	4:22.2
79	35:03.7		93	Peter	Woods	Felixstowe Road Runners	MS	75	26		0:23.4	
80	35:03.8		46	Sandy	Thorogood	Sudbury Joggers AC	FV50	5	2	1st FV50	0:10.8	0:10.8
81	35:04.2		280	Mark	Goodwin	Felixstowe Road Runners	MV40	76	19		0:13.6	5:24.6
82	35:05.4		235	Ashley	Smy	Ipswich JAFFA	MS	77	27		0:01.7	
83	35:05.9		353	David	Marsh		MS	78	28		0:00.4	
84	35:08.0		102	Henry	Morrison		MV40	79	20		0:03.8	
85	35:09.1		348	Ursula	Ransom	Newmarket Joggers	FV40	6	2	1st FV40	5:06.2	5:06.2
86	35:10.3		184	Neville	Clarke	Newmarket Joggers	MV60	80	3	3rd MV60	0:11.6	0:53.2
87	35:21.2		71	Simon	Wiggins	Felixstowe Road Runners	MV40	81	21		0:13.1	
88	35:22.3		256	Chris	Chorley	Bungay Black Dog RC	MV50	82	7		0:25.2	4:24.9
89	35:28.0		335	George	Lankester	Ipswich JAFFA	MU20	83	6		1:14.9	3:15.4
90	35:33.5		51	Martin	Jarvis		MV40	84	22		0:12.3	

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91	35:35.7		213	Jamie	Roper	Sweatshop Running Community	MS	85	29		0:29.8	
92	35:37.4		29	Michael	Hill		MS	86	30			
93	35:38.5		330	Mark	Vince	Woodbridge Shufflers	MV40	87	23		0:05.0	
94	35:40.2		302	Andre	Neville	Stowmarket Striders	MV40	88	24		0:01.6	
95	35:42.6		147	James	Ogilby		MS	89	31		2:56.5	
96	35:43.5		216	Cassie	Budinger		FS	7	2	2nd FS	0:40.8	0:40.8
97	35:50.6		262	David	Hurley	Mid Essex Casuals	MV50	90	8		0:28.3	4:53.2
98	35:54.2		14	Karl	Tovell		MS	91	32		0:11.6	
99	35:54.9		88	Steven	Neal	Brandon Fern Hoppers	MV45	92	12		0:52.0	5:14.2
100	35:57.8		169	Stephen	Dixon	Ipswich JAFFA	MV50	93	9		0:07.1	5:00.4
101	35:58.6		156	Katie	Morgan		FS	8	3	3rd FS	0:15.0	0:55.9
102	35:58.6		284	Richard	Grimsdell	Saint Edmund Pacers	MV45	94	13		0:03.6	5:17.8
103	35:58.8		191	Gary	Garnham	Ipswich JAFFA	MV50	95	10		0:00.9	5:01.4
104	36:06.6		97	Stephen	Atkins	Saint Edmund Pacers	MV50	96	11		0:07.8	5:09.2
105	36:10.3		174	Marcus	Boon	Ipswich JAFFA	MS	97	33		0:16.1	
106	36:16.1		219	Philip	Winter		MV40	98	25		0:35.9	
107	36:20.8		104	Simon	Hibbert	UK Net Runner	MS	99	34		0:10.4	
108	36:20.8		201	Simon	Goldsmith		MV40	100	26		0:04.6	
109	36:30.6		127	Nigel	Schofield	Saint Edmund Pacers	MV50	101	12		0:23.9	
110	36:31.1		203	Zoe	Ashe		FV35	9	2	1st FV35	5:09.7	5:09.7
111	36:31.3		79	Emma	Mortimer	Ipswich JAFFA	FS	10	4		0:32.7	1:28.7
112	36:33.3		70	Andrew	Elliott	Stowmarket Striders	MV40	102	27		0:12.4	
113	36:38.7		1	Jessie	Gooderham	Saint Edmund Pacers	FU20	11	1	1st FU20		
114	36:44.4		211	Paul	Ballard	Hadleigh Hares AC	MS	103	35		0:23.6	
115	36:47.1		306	Adam	Clarke	Saint Edmund Pacers	MS	104	36		0:02.7	
116	36:49.1		55	Mark	Ross	Great Bentley Running Club	MV50	105	13		0:18.5	
117	36:51.6		25	Stephen	Pretty	Stowmarket Striders	MV55	106	6		2:15.0	
118	37:01.6		59	Paul	Brand	Saint Edmund Pacers	MS	107	37		0:14.5	0:12.0
119	37:03.1		337	Sharon	Perry		FV40	12	3	2nd FV40	1:54.0	
120	37:03.2		143	Chris	Johns		MV55	108	7		0:11.5	

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121	37:03.8		198	Paul	Lacey	Hadleigh Hares AC	MV40	109	28		0:30.4	
122	37:04.7		376	Craig	Dearden-Phillips	Saint Edmund Pacers	MV45	110	14		1:06.1	
123	37:25.0		92	Graham	Dixon	Haverhill Running Club	MS	111	38		0:23.4	0:35.5
124	37:33.2		341	Sam	Diston		MS	112	39		0:08.1	0:43.6
125	37:33.9		13	Marion	Parker	Felixstowe Road Runners	FV50	13	3	2nd FV50	2:30.0	2:40.9
126	37:35.6		204	Rachael	Hamblyn	Ipswich JAFFA	FV35	14	3	2nd FV35	1:04.4	
127	37:37.5		173	Brian	Munns	Newmarket Joggers	MV50	113	14		0:48.3	
128	37:37.6		175	Martin	Brigden	Thetford AC	MV55	114	8		0:34.4	
129	37:39.1		239	Gemma	Porch	Stowmarket Striders	FS	15	5		1:07.7	2:36.4
130	37:52.9		359	Andrew	Wright		MV45	115	15		0:48.2	
131	37:54.2		369	Chris	Ridgeon	West Suffolk Wheelers & Triathlon Club	MV60	116	4		2:43.8	3:37.0
132	37:55.2		179	Tom	Maher		MU20	117	7		2:27.2	
133	37:58.4		269	Gail	Mackie	Felixstowe Road Runners	FS	16	6		0:19.3	2:55.8
134	38:03.2		358	Jon	Stanton	Wrekin Road Runners	MV40	118	29		0:59.4	
135	38:05.2		186	Glenn	Proctor	Stowmarket Striders	MV40	119	30		0:01.9	
136	38:05.6		8	David	Sheahan		MV55	120	9		0:27.9	
137	38:09.8		309	Chris	Bright		MS	121	40		0:36.5	1:20.2
138	38:10.2		182	Louise	Webb	Saint Edmund Pacers	FU20	17	2	2nd FU20	1:31.5	1:31.5
139	38:14.2		231	Mel	Sherman	Ipswich JAFFA	FV35	18	4	3rd FV35	0:38.6	
140	38:14.6		177	Peter	Warland		MV50	122	15		0:37.1	
141	38:18.0		248	Stephen	Cook		MV50	123	16		0:03.3	
142	38:19.8		132	Suzanne	Heath	Ipswich JAFFA	FV45	19	1	1st FV45		
143	38:19.9		318	Kyle	Pierce		MS	124	41		0:10.0	1:30.3
144	38:21.1		57	Tom	Hoblyn	Saint Edmund Pacers	MV50	125	17		0:03.1	
145	38:22.7		286	Phil	Marsden	Ipswich JAFFA	MV55	126	10		0:17.0	
146	38:25.2		357	Adam	Hocken	Witham AC	MV45	127	16		0:32.2	
147	38:26.9		85	Phil	Davies	Ipswich JAFFA	MV45	128	17		0:01.6	
148	38:27.7		289	David	Martin		MV60	129	5		0:33.5	4:10.6
149	38:29.2		317	Nick	Potter		MV50	130	18		0:08.1	
150	38:29.7		148	Charlotte	Acheson	Haverhill Running Club	FS	20	7		0:31.2	3:27.0

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151	38:34.9		372	Jan	Jopcik		MS	131	42		0:15.0	1:45.4
152	38:37.8		264	Sarah	Colbert	Springfield Striders	FV45	21	2	2nd FV45	0:17.9	0:17.9
153	38:39.5		162	Jonathan	Price	Sudbury Joggers AC	MV60	132	6		0:11.7	4:22.3
154	38:42.2		225	Mark	Godbold		MV45	133	18		0:15.3	
155	38:43.7		62	Alex	Jacobs	Felixstowe Road Runners	MS	134	43		0:08.8	1:54.2
156	38:46.1		53	Paul	Schwer	Felixstowe Road Runners	MV55	135	11		0:23.4	
157	38:49.1		273	Jackie	Hann	Sudbury Joggers AC	FV45	22	3	3rd FV45	0:11.3	0:29.2
158	38:49.9		183	Aaron	Heard	Halstead Road Runners	MS	136	44		0:06.1	2:00.3
159	38:51.0		250	Lynsey	Chenery	Ipswich JAFFA	FS	23	8		0:21.3	3:48.4
160	38:51.2		343	Phil	Spencer		MS	137	45		0:01.3	2:01.7
161	38:54.7		307	Stephen	Williams	Saint Edmund Pacers	MV60	138	7		0:15.2	4:37.6
162	38:56.0		319	Michael	Downes	Ipswich JAFFA	MV55	139	12		0:09.8	
163	39:07.5		238	Peter	Johnson		MV55	140	13		0:11.5	
164	39:08.3		277	Peter	Jenkyn	Saint Edmund Pacers	MS	141	46		0:17.0	2:18.7
165	39:10.0		241	Wayne	Mumford	Sudbury Joggers AC	MV45	142	19		0:27.7	
166	39:14.1		278	Sandra	Bumphrey	Capel Cheetahs	FV40	24	4	3rd FV40	2:11.0	
167	39:25.0		107	Kevin	Webber	Wrekin Road Runners	MS	143	47		0:16.7	2:35.5
168	39:26.4		208	Mick	Taylor		MV60	144	8		0:31.7	5:09.3
169	39:27.3		159	Michael	Sheldrake	Ipswich JAFFA	MS	145	48		0:02.2	2:37.7
170	39:29.9		308	Natalie	Chu	Ipswich JAFFA	FV35	25	5		1:15.6	
171	39:30.4		260	Loiuse	Goddard	Stowmarket Striders	FV40	26	5		0:16.2	
172	39:34.7		240	Dean	Hearn	Stowmarket Striders	MV45	146	20		0:24.6	
173	39:37.2		298	Melody-Anne	Neville	Stowmarket Striders	FV40	27	6		0:06.7	
174	39:43.4		7	Jenny	Sheahan		FV50	28	4	3rd FV50	2:09.5	4:50.4
175	39:45.9		96	Anna	Smith	Stowmarket Striders	FV40	29	7		0:08.7	
176	39:46.0		326	Dominic	Turner	Sudbury Joggers AC	MV40	147	31			3:06.5
177	39:49.3		334	Alan	Huggins	Diss & District AC	MS	148	49		0:22.0	2:59.8
178	39:52.1		232	Stefanie	Brownhill	Saint Edmund Pacers	FV40	30	8		0:06.1	
179	39:52.6		36	Nefise	Onbasi		FS	31	9		1:01.5	4:50.0
180	39:54.4		17	Duncan	Chamberlain	Ipswich JAFFA	MV50	149	19		1:25.2	

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181	40:01.2		257	Simon	Haffenden		MV55	150	14		0:53.7	
182	40:07.1		200	Kevin	Harper	Witham AC	MV40	151	32			
183	40:17.6		126	Peter	Finch	Ipswich JAFFA	MV50	152	20		0:23.2	
184	40:18.6		331	Emma	Attwood	Stowmarket Striders	FS	32	10		0:25.9	5:16.0
185	40:20.4		128	Belinda	Godbold	Ipswich JAFFA	FV55	33	1	1st FV55		
186	40:21.2		94	Charlotte	Gillespy		FV35	34	6		0:51.2	
187	40:22.4		154	John	Newell	Wymondham Athletic Club	MV45	153	21		0:47.6	
188	40:33.9		50	Sarah	Vick	The Saxons	FV45	35	4		1:44.8	2:14.1
189	40:36.3		315	Darren	Mcmaster		MV45	154	22		0:13.9	
190	40:36.4		222	Darren	Bond	Ipswich JAFFA	MV45	155	23		0:00.1	
191	40:43.1		138	David	Chapman	Sudbury Joggers AC	MV50	156	21		0:25.4	
192	40:50.2		12	Lorraine	Mills		FV40	36	9		0:58.1	
193	40:52.2		44	John	George		MV55	157	15		0:50.9	
194	40:52.4		295	Adrian	Goode	Felixstowe Road Runners	MV50	158	22		0:09.3	
195	40:52.8		116	Jayne	Burman	Felixstowe Road Runners	FS	37	11		0:34.2	
196	40:59.0		181	Paul	McAllister	Capel Cheetahs	MV45	159	24		0:22.6	
197	41:01.3		242	Richard	Fellingham	Stowmarket Striders	MV65+	160	3	3rd MV65+		
198	41:01.6		255	Bobbie	Sauerzapf	Bungay Black Dog RC	FV55	38	2	2nd FV55	0:41.2	0:41.2
199	41:04.0		339	Ellie	Temple	Saint Edmund Pacers	FU20	39	3	3rd FU20	2:53.7	4:25.2
200	41:05.4		371	Jo	Stephenson	Stowmarket Striders	FV50	40	5		1:22.0	
201	41:07.1		106	Joanne	Harper	Felixstowe Road Runners	FS	41	12		0:14.2	
202	41:12.1		115	Karen	Hatton	Saint Edmund Pacers	FV55	42	3	3rd FV55	0:10.5	0:51.7
203	41:12.5		246	Tim	Page		MV40	161	33		1:05.4	0:37.6
204	41:13.7		31	John	Cass		MV45	162	25		0:14.7	
205	41:15.4		350	Andy	Seezey		MV40	163	34		0:02.8	0:40.4
206	41:15.7		221	Clive	Gardiner	Ipswich JAFFA	MV55	164	16		0:23.5	
207	41:16.3		297	Claire	Reach	Stowmarket Striders	FS	43	13		0:09.2	
208	41:21.2		101	Katrina	Rigby	Hadleigh Hares AC	FV35	44	7		1:00.0	
209	41:23.2		119	David	Taylor	Framlingham Flyers	MV65+	165	4		0:21.9	
210	41:23.8		170	Andy	Warne		MV50	166	23		0:31.4	

Bury Friday 5

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
211	41:24.4		161	John	Penny		MV60	167	9		1:58.0	
212	41:27.8		294	Mon	Lee	Ipswich JAFFA	MV55	168	17		0:12.1	
213	41:29.6		23	Steve	Bright		MV50	169	24		2:17.5	1:48.6
214	41:33.6		166	Steven	Biggs		MV40	170	35		0:18.2	0:58.7
215	41:36.3		187	Rebecca	Guy		FS	45	14		0:19.9	
216	41:40.2		74	Claire	Groves	Great Bentley Running Club	FS	46	15		0:03.8	
217	41:41.3		233	Nick	Good	Ipswich JAFFA	MV50	171	25			
218	41:47.2		135	Carolynn	Anderson	Newmarket Joggers	FV40	47	10		0:57.0	0:48.9
219	41:54.4		164	Jimmy	Russell	Felixstowe Road Runners	MV45	172	26		0:40.6	0:18.3
220	42:00.0		347	Jenny	Alton	Saint Edmund Pacers	FV35	48	8		0:38.7	
221	42:01.5		158	Jenny	Morgan		FV55	49	4		0:49.3	1:41.0
222	42:05.9		299	Richard	Smith	Felixstowe Road Runners	MV55	173	18		0:38.1	0:20.0
223	42:09.0		223	Mandy	Godbold	Ipswich Harriers	FV45	50	5		1:35.0	3:49.1
224	42:12.0		129	Sarah	Jobbins		FV50	51	6		1:06.5	
225	42:14.4		190	Lucy	Street		FS	52	16		0:34.2	
226	42:20.8		5	Simon	Overton		MS	174	50		2:31.4	
227	42:21.9		218	Michelle	Sampson	Saint Edmund Pacers	FV35	53	9		0:21.8	0:05.1
228	42:27.1		338	Ben	Law	Saint Edmund Pacers	MU20	175	8		4:31.8	
229	42:29.9		193	Jim	Withers	Newmarket Joggers	MV60	176	10		1:05.4	
230	42:31.4		209	Fiona	Cunnington		FV55	54	5		0:29.9	2:11.0
231	42:31.5		84	Kate	Beer	Stowmarket Striders	FV45	55	6		0:22.5	4:11.6
232	42:47.4		283	Nicola	Whitley	Capel Cheetahs	FV40	56	11		1:00.2	1:49.1
233	42:50.9		349	Roy	Swarbrick		MV55	177	19		0:44.9	1:05.0
234	42:54.2		28	Catherine	Bradnam	Saint Edmund Pacers	FV40	57	12		0:06.8	1:56.0
235	43:15.3		188	David	Coley	Ipswich JAFFA	MV65+	178	5		1:52.1	
236	43:17.6		281	Adrian	Cole		MV50	179	26		1:36.3	1:24.8
237	43:21.3		253	Dawn	Marshall	Saint Edmund Pacers	FV50	58	7		1:09.3	
238	43:23.3		268	David	Hicks	Saint Edmund Pacers	MV45	180	27		1:28.8	1:47.2
239	43:25.3		19	Rachel	Southgate		FS	59	17		1:10.8	
240	43:25.5		141	Dave	Price		MV40	181	36		1:51.8	2:50.5

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
241	43:26.9		261	Yvonne	Freiherr-Fenton		FV35	60	10		1:05.0	1:10.1
242	43:31.6		10	Gavin	Spurr		MV40	182	37		0:06.1	2:56.7
243	43:34.0		234	Simon	Butler		MV50	183	27		0:16.4	1:41.3
244	43:34.7		316	Graham	Chappell	Sweatshop Running Community	MV45	184	28		0:11.4	1:58.6
245	43:36.3		206	Hollie	Roper	Sweatshop Running Community	FS	61	18		0:10.9	
246	43:36.8		252	Keith	Fisher		MV50	185	28		0:02.7	1:44.0
247	43:38.2		35	Kirsty	Weavers	Saint Edmund Pacers	FV50	62	8		0:16.8	
248	43:44.2		194	Alison	Taylor		FV45	63	7		1:12.6	5:24.3
249	43:52.3		136	Sarah	Pennock	Sudbury Joggers AC	FV35	64	11		0:25.3	1:35.5
250	44:17.4		98	Sarah	Severwright	Felixstowe Road Runners	FV35	65	12		0:25.1	2:00.6
251	44:18.4		108	Keelan	Smith	The Saxons	MS	186	51		1:57.6	
252	44:23.1		205	Lee	Taylor		MV40	187	38		0:51.4	3:48.1
253	44:24.6		163	Maureen	Wright	Ipswich JAFFA	FV65+	66	1	1st FV65+		
254	44:25.5		82	Teresa	Bailey	Framlingham Flyers	FV45	67	8			5:21.5
255	44:27.7		26	Eloise	Bird	Saint Edmund Pacers	FV45	68	9		0:46.3	
256	44:28.4		121	Donald	Tiffin	Bungay Black Dog RC	MV65+	188	6		1:13.0	
257	44:32.4		22	Richard	Sore	Ipswich JAFFA	MV45	189	29		0:57.7	2:56.3
258	44:39.2		373	Keith	Borrett		MV60	190	11		2:09.3	
259	44:43.3		363	Matt	Easdown		MV45	191	30		0:10.9	3:07.2
260	44:45.0		195	Jacqueline	Lumsden	Ipswich JAFFA	FV45	69	10		0:17.2	
261	44:47.8		60	John	Cullum	Saint Edmund Pacers	MV65+	192	7		0:19.3	
262	44:53.4		100	Courtney	Firman	Haverhill Running Club	FS	70	19		1:17.1	
263	45:00.9		41	Darren	Cornell	Haverhill Running Club	MV40	193	39		0:37.7	4:25.9
264	45:07.9		120	Harry	Smith	Stowmarket Striders	MV50	194	29		1:31.1	3:15.2
265	45:18.9		24	Liz	Beighton	Felixstowe Road Runners	FV40	71	13		2:24.7	4:20.7
266	45:26.5		226	Ruth	Goodchild		FV35	72	13		1:09.1	3:09.7
267	45:27.1		224	Robert	Goodchild		MV45	195	31		0:43.7	3:51.0
268	45:29.1		244	Donna	Talbot	Saint Edmund Pacers	FV35	73	14		0:02.5	3:12.3
269	45:30.1		217	Rebecca	Jennings	Saint Edmund Pacers	FV45	74	11		0:45.1	
270	45:33.6		64	James	Eastwood		MS	196	52		1:15.2	

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
271	45:36.4		76	Helen	Spooner	Haverhill Running Club	FV45	75	12		0:06.2	
272	45:42.0		236	Julie	Richardson	Ipswich JAFFA	FV40	76	14		0:23.0	4:43.7
273	45:47.2		52	Claire	Trott	Fetch Everyone Running Club	FV35	77	15		0:18.1	3:30.4
274	46:17.0		18	Karen	Chamberlain	Ipswich JAFFA	FV45	78	13		0:40.5	
275	46:22.1		15	Jeremy	Sore		MV50	197	30		1:14.2	4:29.4
276	46:42.6		72	Carla	Wiggins	Felixstowe Road Runners	FV35	79	16		0:55.4	4:25.9
277	46:45.5		118	Vivienne	Taylor	Framlingham Flyers	FV60	80	1	1st FV60		
278	46:47.7		245	Mike	Linnett		MV50	198	31		0:25.5	4:54.9
279	46:51.9		189	Sharon	Warland		FV45	81	14		0:34.9	
280	46:58.0		279	Angela	Whiting	Stowmarket Striders	FV50	82	9		3:19.7	1:09.6
281	47:00.5		65	Annabel	Bennett	Felixstowe Road Runners	FV50	83	10		0:02.5	1:12.2
282	47:09.0		78	Julia	Stone		FV55	84	6		4:37.5	
283	47:10.3		151	Iain	Hunter	Stowmarket Striders	MV55	199	20		4:19.3	5:24.4
284	47:13.0		300	Louise	Reeve	Great Bentley Running Club	FU20	85	4			
285	47:15.7		324	Catherine	Pittam		FS	86	20			
286	47:16.7		114	Melonie	Evans	Sudbury Joggers AC	FV45	87	15		0:24.7	
287	47:20.7		274	Chris	Aylmer	Newmarket Joggers	MV60	200	12		2:41.4	2:08.2
288	47:25.8		91	Dawn	Dixon	Haverhill Running Club	FV35	88	17		0:43.1	5:09.0
289	47:31.3		4	Will	Schwer	Felixstowe Road Runners	MS	201	53		1:57.6	
290	47:31.9		366	Rachael	Harrison		FU20	89	5		0:18.9	
291	47:36.6		99	Caroline	Hollands	Saint Edmund Pacers	FV35	90	18		0:10.8	5:19.8
292	47:47.6		21	Jackie	Collins		FV50	91	11		0:47.1	1:59.3
293	47:53.8		197	Jenny	Lynch	Felixstowe Road Runners	FV50	92	12		0:06.1	2:05.5
294	48:08.9		176	Georgie	Brigden	Thetford AC	FS	93	21		4:27.4	2:10.9
295	48:10.7		103	Steven	Reynolds		MV55	202	21		1:00.4	
296	48:11.7		287	Amanda	Prior	Capel Cheetahs	FV45	94	16		0:55.0	
297	48:13.2		345	Marianne	Hedge	Felixstowe Road Runners	FV40	95	15		2:31.2	
298	48:15.9		323	Daniel	Bond		MS	203	54		0:44.6	0:30.9
299	48:21.0		275	Anne	Harvey	Ipswich JAFFA	FV50	96	13		0:27.2	2:32.7
300	48:21.8		39	Lucy	Driver	Ipswich JAFFA	FS	97	22		0:12.9	2:23.8

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
301	48:22.3		2	Lesley	Cooper	Felixstowe Road Runners	FV45	98	17		0:10.6	
302	48:23.8		110	Paul	Meador	Brandon Fern Hoppers	MV50	204	32		1:36.1	
303	48:24.9		131	Lynda	Goodwin	Brandon Fern Hoppers	FV45	99	18		0:02.6	
304	48:27.9		133	John	Bush	Great Bentley Running Club	MV50	205	33		0:04.1	
305	48:30.9		291	Sue	Hargadon	Ipswich Triathlon Club	FV60	100	2	2nd FV60	1:45.3	1:45.3
306	48:32.7		368	Vicky	Walters		FV40	101	16		0:19.4	
307	48:41.4		361	Amanda	Dunn	Hadleigh Hares AC	FV40	102	17		0:08.7	
308	48:41.5		32	Jacquelyn	Cobbold	Hadleigh Hares AC	FV40	103	18		0:00.1	
309	48:43.6		370	Shanley	Barber		FV40	104	19		0:02.1	
310	49:10.4		214	Nicole	Bailey	Haverhill Running Club	FS	105	23		0:48.6	3:12.4
311	49:14.5		130	Tim	Skelton		MV55	206	22		1:03.7	
312	49:33.4		293	Susan	Wilshaw	Capel Cheetahs	FV60	106	3	3rd FV60	1:02.4	2:47.8
313	49:37.4		113	Grahame	Walkingshaw		MV50	207	34		1:09.4	
314	49:46.9		40	Tom	Naughton		MS	208	55		1:31.0	2:02.0
315	49:54.8		243	Mel	Chittock		MV55	209	23		0:40.3	
316	49:58.3		89	Jacqueline	Chubb	Ipswich Triathlon Club	FV50	107	14		1:37.2	4:10.0
317	50:02.2		320	Roxanne	Downes	Ipswich JAFFA	FV50	108	15		0:03.8	4:13.8
318	50:42.4		168	David	Tillett		MV45	210	32		5:15.3	
319	50:43.9		314	Rachael	Hatten		FU20	109	6		3:12.0	3:09.8
320	50:53.9		202	Amy	Smith		FS	110	24		1:43.4	4:55.9
321	51:10.2		37	Tim	Finegan	Felixstowe Road Runners	MV50	211	35		1:32.8	
322	51:11.5		301	Paul	Trevelyan		MV55	212	24		1:16.7	
323	51:30.5		73	Luke	Groves	Great Bentley Running Club	MS	213	56		1:43.6	3:45.6
324	51:36.2		333	Liz	Nice		FV40	111	20		2:52.5	
325	51:45.3		340	David	Riedel	Saint Edmund Pacers	MV60	214	13		4:24.5	
326	51:45.5		290	Samantha	Chrystal		FV45	112	19		3:20.5	2:30.2
327	52:32.5		145	Jane	Bailey	Felixstowe Road Runners	FV55	113	7		5:23.5	1:16.7
328	52:34.7		254	Philip	Nutley	Saint Edmund Pacers	MV65+	215	8			
329	52:40.5		56	Paul	Forshaw	Fetch Everyone Running Club	MV60	216	14		0:55.2	
330	52:41.6		185	Clair	Fiddaman		FV35	114	19		5:05.0	

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
331	52:50.7		139	Sharon	Breward	Sudbury Joggers AC	FV40	115	21		1:14.5	0:57.1
332	53:22.5		352	Michelle	Gidney		FV40	116	22		0:31.7	1:28.9
333	53:26.8		296	Ann	Fawcett		FV40	117	23		0:04.3	1:33.2
334	53:28.3		247	Stacey	Richardson		FS	118	25		2:34.4	
335	53:28.9		95	Lindsay	Hobden	Sudbury Joggers AC	FV45	119	20		1:43.4	4:13.7
336	53:44.4		313	Helen	Stacy	Joggers and Jaunters	FV50	120	16		3:42.2	
337	53:44.6		90	Jordan	Barfield	Haverhill Running Club	FS	121	26		0:16.2	
338	53:44.6		47	James	Marlow		MS	217	57		2:14.0	
339	54:07.7		199	Debbie	Bearé		FV45	122	21		0:38.7	4:52.5
340	54:31.8		178	Derrick	Maher		MV50	218	36		3:21.6	1:43.7
341	54:34.1		304	Lizzie	George		FS	123	27		0:49.5	
342	54:36.5		42	Joanne	Brown		FV40	124	24		1:09.6	2:42.9
343	54:37.1		54	Tibor	Pinter		MV45	219	33		3:54.7	2:05.7
344	54:37.7		43	Christine	McColl		FV50	125	17		0:53.2	
345	55:08.3		83	Claire	Jay		FV50	126	18		0:30.6	
346	55:21.5		336	Jo	Dickinson	Felixstowe Road Runners	FV45	127	22		1:13.7	
347	55:42.8		69	Michael	Gilbert	Ipswich JAFFA	MV60	220	15		3:02.3	
348	55:43.0		220	Michelle	Gardiner	Ipswich JAFFA	FV55	128	8		3:10.5	4:27.2
349	55:59.0		303	Peter	Reeve	Great Bentley Running Club	MV55	221	25		4:47.5	3:17.8
350	56:11.5		9	Alison	Renshaw		FV35	129	20		3:29.8	2:59.3
351	56:18.2		80	Jean	Cox	Woodbridge Shufflers	FV65+	130	2	2nd FV65+	0:58.2	0:58.2
352	56:28.1		45	Suzanne	George		FV55	131	9		0:45.1	5:12.3
353	56:28.2		270	Katie	Bramwell	Joggers and Jaunters	FV55	132	10		0:00.0	5:12.4
354	57:31.3		48	Deborah	Woodbridge	Ipswich JAFFA	FV40	133	25		2:54.8	
355	58:06.8		34	Katrina	Copping		FV45	134	23		2:45.3	
356	59:09.2		61	Martin	Tilley	Saint Edmund Pacers	MV65+	222	9			2:38.6
357	59:26.0		30	Stephen	Spencer		MV60	223	16		3:43.1	3:18.2
358	1:01:22.2		11	Andy	Stanhope	Felixstowe Road Runners	MV50	224	37			
359	1:06:41.1		305	David	Nugent	Great Bentley Running Club	MV65+	225	10			
			66	Samuel	Burdett	Stowmarket Striders	MS					

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Pos.	Gun Time	Chip Time	No.	Forename	Surname	Club Name	Cat.	Gend. Place	Cat. Place	Prizes	Gap To Prev in Cat.	Gap To Cat. Winner
			266	Rebecca	Clare	Woodbridge Shufflers	FV45					
			227	Garry	Cullum	Ipswich JAFFA	MS					
			86	Tim	Davies	Ipswich JAFFA	MU20					
			38	Siobhan	Dockerill	Haverhill Running Club	FS					
			196	Hayley	Harper	Ipswich JAFFA	FV40					
			258	Nigel	Johns		MV50					
			75	Jim	Last	Framlingham Flyers	MS					
			20	Joe	Naughton	Stowmarket Striders	MV50					
			325	Josh	Osborne		MS					
			6	Rebecca	Pittman	Springfield Striders	FV50					
			322	Rod	Prime	Ipswich JAFFA	MV45					
			321	Oliver	Quinton		MS					
			230	David	Reid	Stowmarket Striders	MV55					
			155	Karen	Skene	Great Bentley Running Club	FV45					
			152	Kenneth	Wright	Ipswich JAFFA	MS					