

Great Bentley Friday 5 - 3rd July 2015

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
1	Andrew Rooke	Aldershot Farnham & District	342	1 Top Fin		25:22.7	25:22.7
2	Gavin Davies	Ipswich Jaffa RC	53	2 Top Fin		27:25.2	27:25.2
3	Gavin Allen	Springfield Striders RC	178	3 Top Fin		27:27.9	27:27.9
4	Paul Wain	Ipswich Harriers	50	1 M 15-17		27:43.9	27:43.9
5	Adam Wade	Ipswich Jaffa RC	362	1 M 18-39		27:50.5	27:50.5
6	Daniel Rock	Ryston Runners AC	402	2 M 18-39		27:55.2	27:55.2
7	James Smith	Springfield Striders RC	203	3 M 18-39		27:56.8	27:56.8
8	Colin Ridley	Colchester Harriers AC	213	1 M 50-54		28:08.4	28:08.4
9	John Scaife	Hadleigh Hares AC	368	1 M 40-44		28:09.8	28:09.8
10	Thomas Adams	Ipswich Harriers	426	2 M 15-17		28:13.3	28:13.3
11	Steven William Parry	Ipswich Jaffa RC	44	1 M 45-49		28:22.8	28:22.8
12	Roger Aldis		280	2 M 45-49		28:26.9	28:26.9
13	Jim Last	Framlingham Flyers	116	4 M 18-39		28:37.6	28:37.6
14	Adam Howlett	Framlingham Flyers	39	2 M 40-44		28:54.6	28:54.6
15	Mark Finbow	Witham RC	156	5 M 18-39		28:59.6	28:59.6
16	Mark Lloyd	Harwich Runners	139	3 M 40-44		29:06.8	29:06.8
17	Trevor Bunch	Haverhill Running Club	300	4 M 40-44		29:12.1	29:12.1
18	Sam Gooding-Matthews	Harwich Runners	49	6 M 18-39		29:20.2	29:20.2
19	Odette Robson	Saint Edmund Pacers	265	1 Top Fin		29:21.2	29:21.2
20	Nicholas Clarke	Ipswich Jaffa RC	277	7 M 18-39		29:26.2	29:26.2
21	Ian Old	Ipswich Jaffa RC	359	8 M 18-39		29:37.4	29:37.4
22	Robin Brookes	Harwich Runners	134	3 M 45-49		29:39.1	29:39.1
23	Glynn Thomas	Ipswich Jaffa RC	217	2 M 50-54		29:48.4	29:48.4
24	Darren Sheppard	Framlingham Flyers	182	5 M 40-44		29:50.8	29:50.8
25	Jason Taylor	Felixstowe RRC	411	6 M 40-44		29:52.1	29:52.1
26	Ian Coxall	Ipswich Jaffa RC	109	7 M 40-44		29:54.6	29:54.6
27	Tom Cresswell	Sudbury Joggers	314	9 M 18-39		29:57.0	29:57.0
28	Tamara Jordan	Stowmarket Striders RC	303	2 Top Fin		29:57.4	29:57.4
29	Paul Nickells	Woodbridge Shufflers RC	86	3 M 50-54		29:59.3	29:59.3
30	Nick Palmer	Stowmarket Striders RC	264	8 M 40-44		30:06.8	30:06.8
31	Wayne Lyle	Southend On Sea AC	42	4 M 45-49		30:12.1	30:12.1
32	Benjamin Cuthbert	Sudbury Joggers	211	10 M 18-39		30:12.9	30:12.9
33	Nick Hammond	Stowmarket Striders RC	375	9 M 40-44		30:17.2	30:17.2
34	Alan Clark	Benfleet RC	171	5 M 45-49		30:23.1	30:23.1
35	Simon Harrison	Harwich Runners	69	10 M 40-44		30:29.3	30:29.3
36	Mathew Blacoe	Hadleigh Hares AC	200	6 M 45-49		30:36.7	30:36.7
37	Scott MacSephney	Ipswich Jaffa RC	348	7 M 45-49		30:44.4	30:44.4
38	Tim Hanman		124	11 M 40-44		30:53.2	30:53.2
39	Ian Elden	Haverhill Running Club	228	12 M 40-44		31:04.8	31:04.8
40	Mark Hayward	Stowmarket Striders RC	387	11 M 18-39		31:06.9	31:06.9
41	John Greener		363	8 M 45-49		31:08.3	31:08.3
42	Daniel Cook	Felixstowe RRC	404	13 M 40-44		31:16.8	31:16.8
43	Adrian Frost	Sudbury Joggers	185	14 M 40-44		31:21.9	31:21.9
44	Marcus Catlin	Ipswich Jaffa RC	17	15 M 40-44		31:24.0	31:24.0
45	Joe Adams		425	9 M 45-49		31:25.4	31:25.4
46	Robin Harper	Felixstowe RRC	172	12 M 18-39		31:30.3	31:30.3
47	Wlfred Campbell	Ipswich Jaffa RC	119	4 M 50-54		31:32.6	31:32.6
48	George Dixon	Ipswich Jaffa RC	329	3 M 15-17		31:32.6	31:32.6
49	Michael Undrill		56	10 M 45-49		31:33.3	31:33.3
50	Chris Tye	Purple Patch Runners	428	11 M 45-49		31:34.1	31:34.1
51	James Hayward	Stowmarket Striders RC	313	13 M 18-39		31:34.6	31:34.6
52	Stuart Weaver		45	16 M 40-44		31:47.4	31:47.4
53	James Crisp	Witham RC	3	17 M 40-44		31:51.5	31:51.5
54	Daniel Jones	Ipswich Harriers	327	14 M 18-39		31:52.3	31:52.3
55	Jason Allard	Stowmarket Striders RC	434	18 M 40-44		31:57.9	31:57.9
56	Sam Brooke	Felixstowe RRC	162	15 M 18-39		32:08.0	32:08.0
57	Steve Brooke	Felixstowe RRC	161	12 M 45-49		32:14.1	32:14.1
58	Kevin Harper	Witham RC	332	19 M 40-44		32:21.6	32:21.6
59	Will Aldred	Framlingham Flyers	155	13 M 45-49		32:22.3	32:22.3
60	Melvyn Maycock		309	16 M 18-39		32:25.3	32:25.3
61	James Deag	Witham RC	132	17 M 18-39		32:29.4	32:29.4

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
62	Mathew Knowles	Great Bentley Running Club	399	20 M 40-44		32:33.0	32:33.0
63	Andy Glass	Sudbury Joggers	410	21 M 40-44		32:35.2	32:35.2
64	Martin Archer	Stowmarket Striders RC	395	5 M 50-54		32:36.2	32:36.2
65	Paul Brown	Framlingham Flyers	260	14 M 45-49		32:37.5	32:37.5
66	Steven Hughes	Stowmarket Striders RC	180	6 M 50-54		32:38.1	32:38.1
67	Michael Ball		163	18 M 18-39		32:39.9	32:39.9
68	Tom Bruce		358	19 M 18-39		32:42.2	32:42.2
69	William Haining	Harwich Runners	104	1 M 55-59		32:43.9	32:43.9
70	Arthur Whiston	Colchester Harriers AC	149	1 M 60-64		32:47.3	32:47.3
71	Peter Bird	Saint Edmund Pacers	70	22 M 40-44		32:49.9	32:49.9
72	Jake Church	Saxmundham Sports Running &	356	20 M 18-39		32:50.7	32:50.7
73	Scott Darney	Witham RC	77	21 M 18-39		32:51.9	32:51.9
74	Kerry Dennett		234	3 Top Fin		32:58.7	32:58.7
75	Tom Wake	Ipswich Jaffa RC	1	22 M 18-39		32:59.1	32:59.1
76	Mark Furnace	Ipswich Jaffa RC	43	23 M 40-44		32:59.8	32:59.8
77	Alex Stuckey	Witham RC	430	24 M 40-44		33:05.5	33:05.5
78	Clive Davey	Sudbury Joggers	168	25 M 40-44		33:07.4	33:07.4
79	Benjamin Jacobs	Felixstowe RRC	394	23 M 18-39		33:08.8	33:08.8
80	Louise Hampshire	Sudbury Joggers	409	1 F 18-34		33:09.9	33:09.9
81	Darren Lee	Stowmarket Striders RC	381	15 M 45-49		33:13.7	33:13.7
82	Matthew Everett	Saint Edmund Pacers	335	24 M 18-39		33:13.8	33:13.8
83	Steve Russell		407	26 M 40-44		33:15.4	33:15.4
84	Howard Revell	Framlingham Flyers	304	7 M 50-54		33:26.9	33:26.9
85	Stephen Curran	Woodbridge Shufflers RC	386	8 M 50-54		33:27.8	33:27.8
86	Robin Belsom	Ipswich Jaffa RC	32	2 M 55-59		33:29.1	33:29.1
87	Wayne Cook	Braintree & District AC	19	27 M 40-44		33:30.8	33:30.8
88	Carl Ashton	Ipswich Jaffa RC	46	25 M 18-39		33:32.1	33:32.1
89	Dominic Melero		378	26 M 18-39		33:37.7	33:37.7
90	Neil Gillingham	Ipswich Harriers	143	27 M 18-39		33:39.7	33:39.7
91	Neil Williamson	Newmarket Joggers	97	28 M 18-39		33:43.1	33:43.1
92	Ron McCullough	Ipswich Jaffa RC	176	1 M 65-69		33:45.7	33:45.7
93	Dave Beighton	Saint Edmund Pacers	137	29 M 18-39		33:46.8	33:46.8
94	Bill Smythe	Witham RC	158	16 M 45-49		33:48.6	33:48.6
95	Christopher Bing	Ipswich Jaffa RC	262	30 M 18-39		33:49.2	33:49.2
96	Ashley Smy	Ipswich Jaffa RC	33	31 M 18-39		33:49.5	33:49.5
97	Richard Bryant		382	28 M 40-44		33:50.3	33:50.3
98	Mark Austin	Witham RC	296	3 M 55-59		33:51.5	33:51.5
99	Liz Stuckey	Witham RC	130	1 F 40-44		33:56.2	33:56.2
100	Claudine Tisbury	Harwich Runners	144	1 F 55-59		34:01.1	34:01.1
101	Adrian Goode	Felixstowe RRC	380	9 M 50-54		34:01.4	34:01.4
102	Ashley Woolgrove	UK Netrunner	422	32 M 18-39		34:01.8	34:01.8
103	Mark Goodwin	Felixstowe RRC	379	29 M 40-44		34:02.0	34:02.0
104	Vince Webb	Saint Edmund Pacers	340	17 M 45-49		34:03.3	34:03.3
105	Stephen Dixon	Ipswich Jaffa RC	233	10 M 50-54		34:03.9	34:03.9
106	Neil Catley	Felixstowe RRC	408	33 M 18-39		34:04.2	34:04.2
107	Thomas Stafford	Harwich Runners	414	4 M 15-17		34:04.3	34:04.3
108	Chris Chorley	Bungay Black Dog RC	136	11 M 50-54		34:04.6	34:04.6
109	Phil Sanderson	Harwich Runners	68	12 M 50-54		34:06.7	34:06.7
110	Adam Clarke	Saint Edmund Pacers	298	34 M 18-39		34:09.0	34:09.0
111	Johnny Zeeuw	Harwich Runners	114	13 M 50-54		34:09.6	34:09.6
112	Cassie Budinger		312	2 F 18-34		34:11.9	34:11.9
113	Ben Hammond	Stowmarket Striders RC	374	5 M 15-17		34:12.3	34:12.3
114	Marcus Boon	Ipswich Jaffa RC	106	35 M 18-39		34:12.8	34:12.8
115	Ben Jennings	Saint Edmund Pacers	415	36 M 18-39		34:14.9	34:14.9
116	Tony Wallen	Witham RC	338	18 M 45-49		34:17.6	34:17.6
117	Malcolm Penn	Sudbury Joggers	361	4 M 55-59		34:21.0	34:21.0
118	Alan Jackson	Ipswich Jaffa RC	4	5 M 55-59		34:21.4	34:21.4
119	David Howe		259	37 M 18-39		34:22.0	34:22.0
120	Emma Mortimer	Ipswich Jaffa RC	14	3 F 18-34		34:22.8	34:22.8
121	Peter Woods	Felixstowe RRC	102	38 M 18-39		34:22.8	34:22.8
122	George Lankester	Ipswich Jaffa RC	323	39 M 18-39		34:24.0	34:24.0
123	David Vaughan	Saint Edmund Pacers	350	2 M 60-64		34:24.8	34:24.8
124	Nick Beales	Harwich Runners	289	6 M 55-59		34:24.8	34:24.8
125	Emma Barrowclough		352	4 F 18-34		34:25.2	34:25.2
126	Malcolm Savage	Springfield Striders RC	209	2 M 65-69		34:25.8	34:25.8

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
127	Robert Thorpe	Great Bentley Running Club	398	40 M 18-39		34:26.2	34:26.2
128	Simon Wiggins	Felixstowe RRC	113	30 M 40-44		34:27.6	34:27.6
129	Oliver Riches	Ipswich Jaffa RC	80	41 M 18-39		34:32.0	34:32.0
130	Simon Fenn	Hadleigh Hares AC	193	19 M 45-49		34:32.7	34:32.7
131	Val Jennings	Ipswich Jaffa RC	218	1 F 50-54		34:33.4	34:33.4
132	Graham Clarke	Great Bentley Running Club	400	3 M 65-69		34:34.8	34:34.8
133	Ian Cunnington		343	14 M 50-54		34:39.0	34:39.0
134	Simon Miller	Springfield Striders RC	273	20 M 45-49		34:39.2	34:39.2
135	Chris Creedy	Ipswich Jaffa RC	188	31 M 40-44		34:41.1	34:41.1
136	Martin Little	Stowmarket Striders RC	90	21 M 45-49		34:43.3	34:43.3
137	Chris Fox		365	22 M 45-49		34:44.3	34:44.3
138	Andre Neville	Stowmarket Striders RC	267	32 M 40-44		34:46.5	34:46.5
139	Andrew Budd	Ipswich Jaffa RC	324	7 M 55-59		34:49.3	34:49.3
140	Richard Grimsdell	Saint Edmund Pacers	301	23 M 45-49		34:54.9	34:54.9
141	Iain Johnston		385	42 M 18-39		34:58.0	34:58.0
142	Martin McKim		341	43 M 18-39		34:58.6	34:58.6
143	Gary Garnham	Ipswich Jaffa RC	54	15 M 50-54		35:00.5	35:00.5
144	Jeremy Bell		133	33 M 40-44		35:03.4	35:03.4
145	Davina Greenwell	Hadleigh Hares AC	383	5 F 18-34		35:04.4	35:04.4
146	Nigel Schofield	Saint Edmund Pacers	48	16 M 50-54		35:06.5	35:06.5
147	Jordan Beaumont	Ipswich Jaffa RC	418	44 M 18-39		35:07.4	35:07.4
148	Hannah Wood	Ipswich Jaffa RC	47	2 F 40-44		35:13.7	35:13.7
149	Tristan Edwards		110	45 M 18-39		35:24.5	35:24.5
150	William Roxby-Clarke	Harwich Runners	101	46 M 18-39		35:28.8	35:28.8
151	Tim Newton	Ipswich Jaffa RC	11	3 M 60-64		35:30.9	35:30.9
152	Esther Lury	Ipswich Jaffa RC	61	1 F 35-39		35:31.3	35:31.3
153	Stephen Pretty	Stowmarket Striders RC	25	8 M 55-59		35:31.8	35:31.8
154	Paul Ballard	Hadleigh Hares AC	299	47 M 18-39		35:34.9	35:34.9
155	Richard Taylor	Springfield Striders RC	406	9 M 55-59		35:35.5	35:35.5
156	Martin Jarvis		99	34 M 40-44		35:36.0	35:36.0
157	Peter Downing		202	4 M 60-64		35:40.0	35:40.0
158	Scott Brenton		367	48 M 18-39		35:42.1	35:42.1
159	Duncan Chenery	Ipswich Jaffa RC	83	10 M 55-59		35:42.8	35:42.8
160	Samantha Banks	Ipswich Jaffa RC	223	2 F 35-39		35:43.5	35:43.5
161	Alan Hart	Stowmarket Striders RC	433	49 M 18-39		35:44.7	35:44.7
162	Zoe Ashe		194	3 F 35-39		35:45.6	35:45.6
163	Stuart Prestney	Halstead RRC	205	35 M 40-44		35:46.6	35:46.6
164	Graham Dixon	Haverhill Running Club	371	50 M 18-39		35:48.8	35:48.8
165	Garry Cullum	Ipswich Jaffa RC	154	51 M 18-39		35:51.5	35:51.5
166	Neville Clarke	Newmarket Joggers	351	5 M 60-64		35:54.1	35:54.1
167	Shawn Beckerleg	Witham RC	142	36 M 40-44		35:57.0	35:57.0
168	Amanda Martin	Saint Edmund Pacers	256	1 F 45-49		35:59.1	35:59.1
169	Malcolm Statham	Colchester Harriers AC	405	24 M 45-49		36:07.6	36:07.6
170	Tim Davies	Ipswich Jaffa RC	270	6 M 15-17		36:08.3	36:08.3
171	Brian Munns	Newmarket Joggers	247	17 M 50-54		36:24.1	36:24.1
172	Paul Lacey	Hadleigh Hares AC	306	37 M 40-44		36:29.7	36:29.7
173	Chris Johns		187	11 M 55-59		36:34.7	36:34.7
174	Rebecca Pittman	Springfield Striders RC	55	2 F 50-54		36:35.5	36:35.5
175	Simon Goldsmith		192	38 M 40-44		36:48.6	36:48.6
176	Gemma Porch	Stowmarket Striders RC	403	6 F 18-34		36:51.6	36:51.6
177	Michael Sheldrake	Ipswich Jaffa RC	181	52 M 18-39		36:52.5	36:52.5
178	David Jobling	Witham RC	294	12 M 55-59		36:55.0	36:55.0
179	Gail Pryke		222	2 F 55-59		36:58.7	36:58.7
180	Graham Lee		292	18 M 50-54		37:04.9	37:04.9
181	David Sheahan		7	13 M 55-59		37:06.9	37:06.9
182	Philip Beer	Stowmarket Striders RC	243	19 M 50-54		37:07.6	37:07.6
183	Rachael Hamblyn	Ipswich Jaffa RC	15	4 F 35-39		37:08.6	37:08.6
184	Marion Parker	Felixstowe RRC	78	3 F 50-54		37:13.7	37:13.7
185	Ian Gooderham	Saint Edmund Pacers	261	25 M 45-49		37:19.8	37:19.8
186	Chris Bright		369	53 M 18-39		37:20.9	37:20.9
187	Sophie Newman		438	7 F 18-34		37:28.2	37:28.2
188	Sally-Ann Bowen	Sudbury Joggers	281	3 F 40-44		37:29.4	37:29.4
189	Mick Taylor		345	6 M 60-64		37:31.6	37:31.6
190	Mark Rose		389	39 M 40-44		37:32.5	37:32.5
191	Nicola Pyle	Springfield Striders RC	118	2 F 45-49		37:33.9	37:33.9

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
192	Sharan Rider	Harwich Runners	115	4 F 50-54		37:34.9	37:34.9
193	Iain Catchpool	Ipswich Jaffa RC	232	26 M 45-49		37:40.5	37:40.5
194	Lynsey Chenery	Ipswich Jaffa RC	224	8 F 18-34		37:42.1	37:42.1
195	Jonathan Price	Sudbury Joggers	214	7 M 60-64		37:44.6	37:44.6
196	Tom Hoblyn	Saint Edmund Pacers	37	20 M 50-54		37:45.0	37:45.0
197	Mel Sherman	Ipswich Jaffa RC	307	5 F 35-39		37:45.9	37:45.9
198	Donna Morris	Witham RC	91	3 F 45-49		37:47.1	37:47.1
199	Adam Hocken	Witham RC	195	27 M 45-49		37:50.2	37:50.2
200	Kerry Marsh	Springfield Striders RC	157	6 F 35-39		37:51.2	37:51.2
201	Peter Warland		244	21 M 50-54		37:55.7	37:55.7
202	Melody-Anne Neville	Stowmarket Striders RC	293	4 F 40-44		37:55.7	37:55.7
203	Emma Attwood	Stowmarket Striders RC	330	9 F 18-34		37:57.0	37:57.0
204	Gerry Greenwold	Springfield Striders RC	160	28 M 45-49		37:57.5	37:57.5
205	John Bax		249	14 M 55-59		38:00.0	38:00.0
206	Kyle Pierce		413	54 M 18-39		38:00.0	38:00.0
207	Sandra Bumphrey	Capel Cheetahs	268	5 F 40-44		38:00.5	38:00.5
208	Steve Hunt	Hadleigh Hares AC	290	15 M 55-59		38:00.9	38:00.9
209	Natalie Chu	Ipswich Jaffa RC	220	7 F 35-39		38:01.0	38:01.0
210	Nick Potter		326	22 M 50-54		38:04.5	38:04.5
211	Louise Webb	Saint Edmund Pacers	339	1 F 15-17		38:04.9	38:04.9
212	David Ling	Woodbridge Shufflers RC	373	29 M 45-49		38:10.0	38:10.0
213	Chris Wilding		429	40 M 40-44		38:13.4	38:13.4
214	Jenny Sheahan		6	5 F 50-54		38:19.8	38:19.8
215	Jimmy Russell	Felixstowe RRC	236	30 M 45-49		38:20.0	38:20.0
216	David Smith	Witham RC	41	16 M 55-59		38:20.8	38:20.8
217	Charlotte Acheson	Haverhill Running Club	229	10 F 18-34		38:21.6	38:21.6
218	Jeff Higgon	Harwich Runners	177	8 M 60-64		38:23.5	38:23.5
219	Phil Davies	Ipswich Jaffa RC	269	31 M 45-49		38:29.5	38:29.5
220	Michelle Constable	Ipswich Jaffa RC	18	4 F 45-49		38:32.9	38:32.9
221	Toni Wilson	Great Bentley Running Club	316	3 F 55-59		38:33.8	38:33.8
222	Richard Dempsey	Woodbridge Shufflers RC	322	32 M 45-49		38:36.5	38:36.5
223	Mark Godbold		63	33 M 45-49		38:37.2	38:37.2
224	Jo Stevenson	Stowmarket Striders RC	435	6 F 50-54		38:38.6	38:38.6
225	Fiona Hunt	Ipswich Jaffa RC	12	6 F 40-44		38:39.6	38:39.6
226	Anna Smith	Stowmarket Striders RC	129	7 F 40-44		38:40.4	38:40.4
227	Darren McMaster		384	34 M 45-49		38:46.1	38:46.1
228	Cheryl Tye	Purple Patch Runners	427	5 F 45-49		38:48.3	38:48.3
229	Alex Kuczer		204	35 M 45-49		38:50.1	38:50.1
230	Lee Allen		145	55 M 18-39		38:58.9	38:58.9
231	Paul Gilson	Ipswich Jaffa RC	190	17 M 55-59		38:59.9	38:59.9
232	Jayne Burman	Felixstowe RRC	227	11 F 18-34		39:00.3	39:00.3
233	Paul McAllister	Capel Cheetahs	432	36 M 45-49		39:01.4	39:01.4
234	Anthony Smith	Witham RC	230	23 M 50-54		39:11.4	39:11.4
235	Lynn Tanner	Springfield Striders RC	122	1 F 60-64		39:12.4	39:12.4
236	Simon Hedge	Felixstowe RRC	337	37 M 45-49		39:15.6	39:15.6
237	David Chapman	Sudbury Joggers	169	24 M 50-54		39:18.9	39:18.9
238	Rebecca Clare	Woodbridge Shufflers RC	390	6 F 45-49		39:20.5	39:20.5
239	Darren Bond	Ipswich Jaffa RC	5	38 M 45-49		39:21.4	39:21.4
240	Ian Bown		108	25 M 50-54		39:22.6	39:22.6
241	Jake Hammond		376	56 M 18-39		39:22.6	39:22.6
242	Duncan Chamberlain	Ipswich Jaffa RC	254	26 M 50-54		39:23.1	39:23.1
243	Helen Finegan	Felixstowe RRC	287	12 F 18-34		39:24.1	39:24.1
244	Laurence Gowers		199	57 M 18-39		39:25.0	39:25.0
245	Roger Stone	Felixstowe RRC	310	39 M 45-49		39:25.7	39:25.7
246	Alex Jacobs	Felixstowe RRC	107	58 M 18-39		39:26.3	39:26.3
247	Lorraine Mills		237	8 F 40-44		39:27.2	39:27.2
248	Mark Blackburn	Ipswich Jaffa RC	152	40 M 45-49		39:31.1	39:31.1
249	Ruth Palmer	Saint Edmund Pacers	123	8 F 35-39		39:33.7	39:33.7
250	Andrew Smith	Saint Edmund Pacers	201	41 M 45-49		39:38.9	39:38.9
251	Reg Woodward		417	1 M 70-99		39:48.9	39:48.9
252	Karen Hatton	Saint Edmund Pacers	98	4 F 55-59		39:49.9	39:49.9
253	Lucy Willis		82	13 F 18-34		39:50.6	39:50.6
254	Pippa Cresdee	Ipswich Jaffa RC	2	14 F 18-34		39:52.2	39:52.2
255	Bill Richmond		420	42 M 45-49		39:54.9	39:54.9
256	Joanne Harper	Felixstowe RRC	173	15 F 18-34		39:55.3	39:55.3

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
257	Rebecca Guy		196	16 F 18-34		40:01.2	40:01.2
258	Gavin Spurr		23	41 M 40-44		40:04.7	40:04.7
259	Steve Bright		131	27 M 50-54		40:07.3	40:07.3
260	Amanda Dunn	Hadleigh Hares AC	40	9 F 40-44		40:13.4	40:13.4
261	Jim Withers	Newmarket Joggers	189	9 M 60-64		40:29.0	40:29.0
262	Anita Grainger	Witham RC	96	10 F 40-44		40:31.8	40:31.8
263	Claire Reach	Stowmarket Striders RC	431	17 F 18-34		40:35.4	40:35.4
264	Sian Abbott	Ipswich Jaffa RC	302	18 F 18-34		40:37.5	40:37.5
265	Mon Lee	Ipswich Jaffa RC	315	18 M 55-59		40:40.1	40:40.1
266	Katrina Rigby	Hadleigh Hares AC	263	9 F 35-39		40:42.5	40:42.5
267	Rachel Pearsons	Witham RC	282	11 F 40-44		40:53.9	40:53.9
268	Jennifer Aylen	Great Bentley Running Club	436	19 F 18-34		40:54.5	40:54.5
269	Mandy Godbold	Ipswich Harriers	62	7 F 45-49		40:58.8	40:58.8
270	Trevor Catling		88	19 M 55-59		40:59.6	40:59.6
271	Chris Howlett		141	43 M 45-49		40:59.7	40:59.7
272	Sarah Jobbins		319	7 F 50-54		41:00.8	41:00.8
273	Carla Holroyd	Harwich Runners	165	5 F 55-59		41:02.0	41:02.0
274	Richard Fellingham	Stowmarket Striders RC	388	4 M 65-69		41:12.0	41:12.0
275	Barbara Jousiffe		360	2 F 60-64		41:12.5	41:12.5
276	Lesley Cooper	Felixstowe RRC	29	8 F 45-49		41:16.9	41:16.9
277	Fiona Cunnington		344	6 F 55-59		41:19.1	41:19.1
278	Bobbie Sauerzapf	Bungay Black Dog RC	135	7 F 55-59		41:19.5	41:19.5
279	Simon Butler		279	28 M 50-54		41:29.2	41:29.2
280	Caroline Searle	Great Bentley Running Club	372	20 F 18-34		41:31.5	41:31.5
281	Tony Adolphus	Ipswich Jaffa RC	333	20 M 55-59		41:39.2	41:39.2
282	Katie Holmes	Harwich Runners	308	21 F 18-34		41:41.8	41:41.8
283	Ann Piercy	Harwich Runners	297	3 F 60-64		41:45.1	41:45.1
284	Rob Clayton	Felixstowe RRC	125	21 M 55-59		41:46.3	41:46.3
285	David Coley	Ipswich Jaffa RC	67	5 M 65-69		41:48.7	41:48.7
286	Karen Skene	Great Bentley Running Club	397	9 F 45-49		41:53.2	41:53.2
287	Mark Avery	Ipswich Jaffa RC	334	44 M 45-49		42:01.3	42:01.3
288	Keith Borrett		355	10 M 60-64		42:03.9	42:03.9
289	Arabella Lewendon	Stowmarket Striders RC	238	8 F 50-54		42:12.0	42:12.0
290	Stuart Hunt	Hadleigh Hares AC	291	59 M 18-39		42:20.9	42:20.9
291	Victoria Anderson		9	2 F 15-17		42:22.3	42:22.3
292	Sarah Severwright	Felixstowe RRC	248	10 F 35-39		42:22.6	42:22.6
293	Keelan Smith	Saxmundham Sports Running &	219	60 M 18-39		42:23.6	42:23.6
294	Adrian Cole	Stowmarket Striders RC	354	29 M 50-54		42:27.3	42:27.3
295	Karen Shelley	Capel Cheetahs	272	9 F 50-54		42:42.7	42:42.7
296	Lindsay Hobden	Sudbury Joggers	128	10 F 45-49		42:49.3	42:49.3
297	Dominic Turner	Sudbury Joggers	246	42 M 40-44		42:49.5	42:49.5
298	Dee St Ledger	Sudbury Joggers	285	10 F 50-54		42:49.7	42:49.7
299	Dean Breward		258	45 M 45-49		42:49.7	42:49.7
300	Eloise Bird	Saint Edmund Pacers	71	11 F 45-49		42:54.2	42:54.2
301	Richard Sore	Ipswich Jaffa RC	16	46 M 45-49		43:05.8	43:05.8
302	John Cullum	Saint Edmund Pacers	210	6 M 65-69		43:06.0	43:06.0
303	Iain Hunter	Stowmarket Striders RC	240	22 M 55-59		43:09.7	43:09.7
304	Kate Beer	Stowmarket Striders RC	242	12 F 45-49		43:09.8	43:09.8
305	Alison Beech	Ipswich Jaffa RC	197	8 F 55-59		43:11.1	43:11.1
306	Teresa Bailey	Framlingham Flyers	120	13 F 45-49		43:16.8	43:16.8
307	Mat Pearsons	Witham RC	283	61 M 18-39		43:25.3	43:25.3
308	Harry Smith	Stowmarket Striders RC	150	30 M 50-54		43:26.8	43:26.8
309	Joanne Overton	Witham RC	159	14 F 45-49		43:28.6	43:28.6
310	Richard Smith	Felixstowe RRC	377	23 M 55-59		43:44.6	43:44.6
311	Colin Monks	Blackheath and Bromley Harriers	257	7 M 65-69		43:51.8	43:51.8
312	Matthew Seward	Great Bentley Running Club	127	43 M 40-44		43:55.6	43:55.6
313	Sharon Warland		245	15 F 45-49		44:03.2	44:03.2
314	Chris Chandler		183	62 M 18-39		44:09.0	44:09.0
315	David Casey	Ipswich Triathlon Club	347	47 M 45-49		44:12.1	44:12.1
316	Maureen Wright	Ipswich Jaffa RC	305	1 F 65-99		44:17.9	44:17.9
317	Julie Richardson	Ipswich Jaffa RC	215	12 F 40-44		44:21.3	44:21.3
318	Zoe Gould	Tiptree Road Runners	226	16 F 45-49		44:22.6	44:22.6
319	John Lambert	Ipswich Jaffa RC	59	2 M 70-99		44:24.9	44:24.9
320	Belinda Palmer-Barnes	Great Bentley Running Club	396	9 F 55-59		44:28.6	44:28.6
321	Anne Herbert	Harwich Runners	179	10 F 55-59		44:31.0	44:31.0

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
322	Terri Green		392	22 F 18-34		44:32.2	44:32.2
323	Jeremy Sore		21	31 M 50-54		44:34.0	44:34.0
324	Rebecca Jennings	Saint Edmund Pacers	416	17 F 45-49		44:34.3	44:34.3
325	Emma Sweeney	Witham RC	295	11 F 35-39		44:34.5	44:34.5
326	Kerry Borg		317	18 F 45-49		44:34.9	44:34.9
327	Lesley Gooderham	Saint Edmund Pacers	275	19 F 45-49		44:48.7	44:48.7
328	Julie Haselwood	Ipswich Jaffa RC	239	4 F 60-64		44:50.0	44:50.0
329	Angela Whiting	Stowmarket Striders RC	353	11 F 50-54		44:56.0	44:56.0
330	Jackie Collins		35	12 F 50-54		45:03.6	45:03.6
331	Lucy Driver	Felixstowe RRC	93	23 F 18-34		45:50.1	45:50.1
332	Melonie Evans	Sudbury Joggers	148	20 F 45-49		46:16.4	46:16.4
333	Jacquelyn Cobbold	Hadleigh Hares AC	38	13 F 40-44		46:16.9	46:16.9
334	Nicole Smith	Halstead RRC	274	14 F 40-44		46:19.5	46:19.5
335	Karen Chamberlain	Ipswich Jaffa RC	255	21 F 45-49		46:20.6	46:20.6
336	Dawn Dixon	Haverhill Running Club	370	12 F 35-39		46:22.7	46:22.7
337	Jenny Lynch	Felixstowe RRC	284	13 F 50-54		46:27.7	46:27.7
338	Susan Wilshaw	Capel Cheetahs	328	5 F 60-64		46:29.7	46:29.7
339	Tom Naughton		94	63 M 18-39		46:39.0	46:39.0
340	Joe Naughton	Stowmarket Striders RC	34	32 M 50-54		46:39.5	46:39.5
341	Helen Blackshaw	Witham RC	424	24 F 18-34		46:41.9	46:41.9
342	James Blackshaw	Witham RC	320	64 M 18-39		46:42.9	46:42.9
343	Marianne Hedge	Felixstowe RRC	336	15 F 40-44		46:43.4	46:43.4
344	Anne Harvey	Ipswich Jaffa RC	346	14 F 50-54		46:54.5	46:54.5
345	Judith Adolphus	Ipswich Jaffa RC	423	15 F 50-54		47:17.8	47:17.8
346	Charlotte Potter	Witham RC	111	25 F 18-34		47:25.9	47:25.9
347	Zoe Willis		81	26 F 18-34		47:43.4	47:43.4
348	Amy Smith		221	27 F 18-34		47:44.6	47:44.6
349	Grahame Walkingshaw		147	33 M 50-54		48:02.5	48:02.5
350	Graham Page		166	24 M 55-59		48:56.2	48:56.2
351	Tim Finegan	Felixstowe RRC	92	34 M 50-54		48:59.8	48:59.8
352	Katie Cirket		331	28 F 18-34		49:09.0	49:09.0
353	Miranda Rayner	Harwich Runners	57	22 F 45-49		49:27.5	49:27.5
354	Stacey Richardson	Sudbury Joggers	225	29 F 18-34		49:29.0	49:29.0
355	Louise Papworth	Harwich Runners	412	16 F 40-44		50:07.6	50:07.6
356	Jo Whelan	Felixstowe RRC	366	16 F 50-54		50:22.6	50:22.6
357	Jane Bailey	Felixstowe RRC	175	11 F 55-59		50:23.4	50:23.4
358	Jennie Hipkin		321	13 F 35-39		50:51.3	50:51.3
359	Jo Dickinson	Felixstowe RRC	72	23 F 45-49		51:04.1	51:04.1
360	Carla Wiggins	Felixstowe RRC	112	14 F 35-39		51:36.3	51:36.3
361	Sally Solomon	Felixstowe RRC	391	24 F 45-49		51:36.4	51:36.4
362	Robert Darnell		271	11 M 60-64		52:02.8	52:02.8
363	Sarah Pennock	Sudbury Joggers	167	15 F 35-39		52:10.6	52:10.6
364	Sharon Breward	Sudbury Joggers	170	17 F 40-44		52:10.6	52:10.6
365	Will Schwer	Felixstowe RRC	60	65 M 18-39		52:36.1	52:36.1
366	Ken Tuson	Veterans AC	85	3 M 70-99		53:17.8	53:17.8
367	Denise Lefley		64	17 F 50-54		53:18.0	53:18.0
368	Keith Rojas		65	25 M 55-59		53:18.6	53:18.6
369	Clair Fiddaman		186	16 F 35-39		53:37.3	53:37.3
370	Jessica Ball		437	30 F 18-34		53:59.0	53:59.0
371	Andy Stanhope	Felixstowe RRC	100	35 M 50-54		54:03.7	54:03.7
372	Tina Church	Saxmundham Sports Running &	357	18 F 40-44		54:10.9	54:10.9
373	Ruth Hatch		419	25 F 45-49		54:24.9	54:24.9
374	Samantha Vata		421	19 F 40-44		54:26.0	54:26.0
375	Alison Hosking		393	20 F 40-44		54:50.5	54:50.5
376	Jess Preston		278	17 F 35-39		54:51.8	54:51.8
377	Niki MacSephney		349	21 F 40-44		54:56.4	54:56.4
378	Jean Cox	Woodbridge Shufflers RC	206	2 F 65-99		55:50.8	55:50.8
379	Sue Kitchen		401	22 F 40-44		56:34.2	56:34.2
380	Hayley Powling		27	18 F 35-39		56:38.7	56:38.7
381	Penny Hester		28	26 F 45-49		56:42.9	56:42.9
382	Maxine Jones		26	18 F 50-54		56:43.3	56:43.3
383	James Richardson		216	44 M 40-44		57:21.8	57:21.8
384	Lisa Bond	Ipswich Jaffa RC	318	27 F 45-49		57:22.4	57:22.4
385	Sue Hunter	Stowmarket Striders RC	241	12 F 55-59		58:20.5	58:20.5
386	Richard Howard		253	66 M 18-39		58:30.3	58:30.3

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
387	Angela Soames	Felixstowe RRC	288	23 F 40-44		58:57.9	58:57.9
388	Liz Smith	Harwich Runners	117	19 F 50-54		1:00:31.4	1:00:31.4
389	Stephen Cartwright	Colchester & Tendring AC	311	26 M 55-59		1:01:02.9	1:01:02.9
390	Nadia Gibbs		8	31 F 18-34		1:02:17.3	1:02:17.3
391	Pete Battle		87	45 M 40-44		1:02:46.8	1:02:46.8
392	Katrina Copping		89	28 F 45-49		1:02:46.9	1:02:46.9
393	Gill Bax		251	32 F 18-34		1:06:58.2	1:06:58.2
394	Lynda Bax		250	13 F 55-59		1:06:59.7	1:06:59.7
395	Karen Bax		252	33 F 18-34		1:06:59.8	1:06:59.8
396	Sabine Klapper	Harwich Runners	66	20 F 50-54		1:08:13.8	1:08:13.8