

No	Pos	Time	First Name	Surname	Club Name	Category
116	1	00:55:50	Gavin	Davies	Ipswich JAFFA	Male Senior
113	2	00:57:09	Ryan	Ostler	Ipswich JAFFA	Male Senior
67	3	00:58:10	Adam	Wade	Ipswich JAFFA	Male Senior
135	4	00:58:26	Gareth	Cavell	Woodford Green with Essex L.	Male Master 45
103	5	00:58:42	Alex	Brooks	Serpentine Running Club	Male Senior
115	6	00:58:51	Sara	Bird	Woodford Green with Essex L.	Female Senior
65	7	00:59:30	John	Manlow	Ely Runners	Male Master 45
249	8	01:00:05	Wilfred	Campbell	Ipswich JAFFA	Male Master 45
150	9	01:00:39	John	Scaife	Hadleigh Hares A.C.	Male Senior
220	10	01:01:06	Darren	Sheppard	Framlingham Flyers	Male Master 40
202	11	01:01:47	Dave	Solomon	Felixstowe Road Runners	Male Master 45
85	12	01:01:57	Graham	Pattle	Ipswich Harriers	Male Senior
241	13	01:03:02	Chris	Pitts		Male Senior
114	14	01:03:13	Richard	Hoskins		Male Master 45
134	15	01:03:48	Joe	Thompson	Serpentine Running Club	Male Senior
217	16	01:04:04	Darren	Cook	Felixstowe Road Runners	Male Senior
197	17	01:04:05	Liz	Wynn	Serpentine Running Club	Female Master 35
146	18	01:04:19	Lorna	Dawes		Female Master 40
246	19	01:04:20	Stuart	Prestney	Halstead Road Runners	Male Senior
84	20	01:04:25	Nigel	Rogers		Male Master 40
230	21	01:04:27	Luke	Whitwell	Felixstowe Road Runners	Male Senior
37	22	01:04:33	Keith	Marley	Colchester Harriers AC	Male Master 45
16	23	01:05:10	Tony	Roberts	Framlingham Flyers	Male Master 45
279	24	01:05:12	Nicky	Brinkman	Titan Tri Sport	Female Master 35
6	25	01:05:16	Jason	Beeton	Newmarket Joggers	Male Senior
122	26	01:05:40	Nic	Clarke		Male Senior
30	27	01:06:17	Paul	Brown	Framlingham Flyers	Male Master 45
89	28	01:05:18	Craig	Dawson	Tiptree Road Runners	Male Senior
97	29	01:06:26	Marcus	Catlin	Ipswich JAFFA	Male Senior
181	30	01:06:34	Douglas	Hobson	Woodbridge Shufflers	Male Senior
261	31	01:06:35	Carl	Heron	Queensbury RC (Bradford)	Male Master 50
260	32	01:06:37	Amanda	Henry	Colchester Harriers AC	Female Master 40
8	33	01:07:07	Peter	Smith		Male Senior
36	34	01:07:53	Peter	Frost		Male Master 45
250	35	01:08:04	Andrew	Turner	Hadleigh Hares A.C.	Male Senior
280	36	01:08:24	Mark	Russell	Hadleigh Hares A.C.	Male Master 40
222	37	01:08:25	Rob	Harper	Felixstowe Road Runners	Male Senior
124	38	01:08:41	Gregor	Kennedy		Male Master 45
93	39	01:08:45	Simon	Hassett	Swanley & District AC	Male Master 40
216	40	01:08:49	Jonathan	Davy	Felixstowe Road Runners	Male Master 55
138	41	01:08:58	Tom	Fowler	Gt Bentley Running Club	Male Master 40
170	42	01:09:12	Kevin	Stevens	Gt Bentley Running Club	Male Senior
158	43	01:09:17	Peter	Bird	St Edmund Pacers	Male Master 40
22	44	01:09:34	Russel	Breyer	Ipswich JAFFA	Male Master 50
29	45	01:09:39	Tom	Elwell		Male Senior
273	46	01:09:48	Tim	Earl	Waveney Valley AC	Male Senior
38	47	01:09:55	Cat	Ricketts	Norwich Road Runners	Female Master 35
111	48	01:09:59	Lloyd	Miles	Billericay Striders	Male Master 45
164	49	01:10:02	Andrew	Renshaw		Male Master 45
187	50	01:10:21	Graham	Simpson		Male Master 45
155	51	01:10:35	Richard	Grimsdell	St Edmund Pacers	Male Master 45
39	52	01:10:38	Adrian	Goode	Ipswich Harriers	Male Master 45
258	53	01:10:40	Steve	Palfrey		Male Master 40

236	54	01:10:47	Thomas	Challener	Sudbury Joggers AC	Male Senior
133	55	01:10:52	Adrian	Kudela		Male Senior
255	56	01:10:57	Kelly	Wagland		Male Master 45
48	57	01:11:11	Stephen	Pretty	Stowmarket Striders	Male Master 55
218	58	01:11:13	Mark	Goodwin	Felixstowe Road Runners	Male Master 40
142	59	01:11:16	Claudine	Tisbury	Harwich Runners	Female Master 50
221	60	01:11:26	Joseph	Ashdown	Havering 90 Joggers	Male Master 45
60	61	01:11:29	Chris	Corley	Bungay Black Dog	Male Master 50
171	62	01:11:38	Malcolm	Jarvis	Gt Bentley Running Club	Male Master 50
77	63	01:11:54	John	Adams	Ipswich JAFFA	Male Senior
128	64	01:11:58	John	Squirrel	Stowmarket Striders	Male Master 60
294	65	01:12:00	Patrick	Reynolds	Gt Bentley Running Club	Male Senior
252	66	01:12:19	Kevin	Bird	Stowmarket Striders	Male Master 45
86	67	01:12:41	Colin	Clarke	Colchester Shotokan Karate	Male Master 45
226	68	01:13:08	Andrew	Cole		Male Senior
165	69	01:13:10	Steve	Cox	Hadleigh Hares A.C.	Male Master 50
35	70	01:13:17	Duncan	Chenery	Ipswich JAFFA	Male Master 50
80	71	01:13:22	Andy	Owen		Male Senior
188	72	01:13:32	Nick	Pitt		Male Senior
214	73	01:13:47	Kevin	Carpenter		Male Master 45
27	74	01:14:05	Jim	Comber	Sudbury Joggers AC	Male Master 40
286	75	01:14:15	Graeme	Moon	Tiptree Road Runners	Male Master 55
166	76	01:14:18	Alex	Deal		Male Senior
76	77	01:14:37	Tracy	Harrington	Tiptree Road Runners	Female Master 45
15	78	01:14:53	Chris	Murray		Male Master 40
132	79	01:14:58	Martin	McKim		Male Senior
211	80	01:15:16	Neil	Catley	Felixstowe Road Runners	Male Senior
201	81	01:15:22	Greg	Marshal		Male Master 60
266	82	01:15:26	Mat	Blacoe	Hadleigh Hares A.C.	Male Master 45
285	83	01:15:34	Tommy	Monk	North Norfolk Beach Runners	Male Master 40
152	84	01:15:52	Eleanor	Hall	Ipswich JAFFA	Female Senior
66	85	01:16:01	George	Thomas	Blus Source Non-Aff	Male master 65+
180	86	01:16:09	Craig	Western	Hadleigh Hares A.C.	Male Senior
159	87	01:16:14	John	Bone	Gt Yarmouth RRC	Male master 65+
81	88	01:16:22	Jon	Buist		Male Senior
186	89	01:16:24	Katie	Garrity		Female Senior
233	90	01:16:24	Daniel	Thomas	St Edmund Pacers	Male Master 40
69	91	01:16:30	Denis	Mole	Havering 90 Joggers	Male master 65+
157	92	01:16:31	Dean	Breward	Sudbury Joggers AC	Male Master 40
160	93	01:16:33	Mary	Narey	Stowmarket Striders	Female Master 45
243	94	01:16:36	Jason	Walne		Male Master 40
295	95	01:16:38	Kevin	James	Gt Bentley Running Club	Male Master 55
55	96	01:16:42	Graham	Statter	Blus Source Non-Aff	Male Master 55
123	97	01:16:48	Phil	Sanderson	Harwich Runners	Male Master 50
242	98	01:16:54	Jamie	Neill	Gt Bentley Running Club	Male Senior
169	99	01:16:55	Shawm	Leek	Gt Bentley Running Club	Male Senior
141	100	01:17:07	Jonathan	Price	Sudbury Joggers AC	Male Master 60
283	101	01:17:22	Gemma	Irvine	Belper Harriers	Female Senior
259	102	01:17:36	Chris	Connolly		Male Senior
153	103	01:17:51	Richard	Garrett	Tiptree Road Runners	Male Senior
297	104	01:17:55	Chris	Ridgeon		Male Master 60
168	105	01:17:57	Geof	Chamberlin		Male Master 50
140	106	01:18:09	Lorna	Pettifer	Mid Essex Casuals	Female Master 50
78	107	01:18:24	Jack	Garnham		Male Master 60

102	108	01:18:26	Christopher Lee			Male Master 55
195	109	01:18:42	Jeff Higgon	Harwich Runners		Male Master 60
193	110	01:18:47	Chris Miller			Male Master 45
213	111	01:18:51	David Kiri			Male Master 45
278	112	01:19:07	David Lissimor			Male Master 50
110	113	01:19:10	Barry Hurren			Male Master 50
151	114	01:19:15	Simon Beckett			Male Senior
99	115	01:19:27	Mark Avery	Ipswich JAFFA		Male Master 45
288	116	01:19:28	Peter Blethyn			Male Senior
91	117	01:19:32	Brian Topping			Male Master 55
32	118	01:19:34	Alex Kuczer			Male Master 45
174	119	01:19:39	Sharon White	Sudbury Joggers AC		Female Master 40
175	120	01:19:39	David Chapman	Sudbury Joggers AC		Male Master 50
14	121	01:19:53	David Sheahan			Male Master 50
21	122	01:20:06	Katherine Milkovics	Massey Ferguson RC		Female Senior
238	123	01:20:11	Paul Barton			Male Master 45
248	124	01:20:36	Julie Cooke			Female Master+
118	125	01:20:49	Lee Crisp	Felixstowe Road Runners		Male Master 40
106	126	01:20:51	David Daniels	Stowmarket Striders		Male Master 50
212	127	01:21:07	Colin Moule			Male Master 50
267	128	01:21:15	Steve Clark			Male Senior
298	129	01:21:18	Gavin Ridgeon			Male Senior
225	130	01:21:58	Jen Devaney	Stowmarket Striders		Female Senior
98	131	01:22:04	Ian Cooke			Male Master 45
61	132	01:22:06	Bobbie Sauerzapf	Bungay Black Dog		Female Master 50
293	133	01:22:11	Paul McAllister	Capel Cheetahs		Male Master 45
264	134	01:22:13	Theresa Bishop	Gt Bentley Running Club		Female Master 45
263	135	01:22:14	Des Bishop	Gt Bentley Running Club		Male Master 50
229	136	01:22:19	Fiona Hunt	Ipswich JAFFA		Female Master 40
104	137	01:22:19	Sarah Hales			Female Master 35
178	138	01:22:34	Rebecca Clare	Woodbridge Shufflers		Female Master 45
199	139	01:22:40	Alex Saywood			Male Senior
208	140	01:22:46	John Barrett	Mid Essex Casuals		Male Master 50
289	141	01:22:52	Neil Packer			Male Master 45
287	142	01:22:56	Richard Sandford			Male Master 50
192	143	01:23:03	Martin Gooderham	Tri Anglia		Male Senior
50	144	01:23:05	Simon Green	Ipswich Triathlon Club		Male Master 55
299	145	01:23:09	Tom Bloomfield			Male Senior
47	146	01:23:15	Ryan Seymour			Male Senior
41	147	01:23:15	Ludia Holmes			Female Senior
251	148	01:23:20	Jennifer Bird	Stowmarket Striders		Female Master 45
237	149	01:23:34	Rob Clayton	Felixstowe Road Runners		Male Master 55
49	150	01:23:49	Holly Bradford			Female Senior
302	151	01:23:54	Tonde Oyenyi			Male Senior
209	152	01:23:59	Chris Dye			Male Master 45
107	153	01:24:08	Ian Linton	Tiptree Road Runners		Male Master 60
92	154	01:24:10	Alex Smith	Stowmarket Striders		Female Master 35
231	155	01:24:16	Ben Hoyle			Male Senior
232	156	01:24:18	Luke Hill			Male Senior
75	157	01:24:25	Josephine Clarke			Female Master 50
137	158	01:24:30	Sally Dewick			Female Master 35
139	159	01:24:31	Tom Pettifer	Mid Essex Casuals		Male master 65+
117	160	01:24:39	Leigh Carter			Male Senior
282	161	01:24:43	Neal Hannigan			Male Master 45

198	162	01:24:47	Stephen	Howard		Male Master 40
23	163	01:24:50	Ruth	Baker		Female Master 35
219	164	01:24:54	Alan	Richardson	Waveney Valley AC	Male master 65+
161	165	01:24:59	Mike	Smith	Wymondham AC	Male master 65+
45	166	01:25:17	Tim	Bowman	Hadleigh Hares A.C.	Male Master 45
149	167	01:25:17	Ian	White		Male Master 40
210	168	01:25:58	Sarah	Offord		Female Master 45
183	169	01:26:06	Derek	Daly		Male Master 50
268	170	01:26:21	David	Potts		Male Senior
223	171	01:26:22	Peter	Johnson	Framlingham Flyers	Male Senior
234	172	01:26:23	Vivien	Thomas		Female Master 35
205	173	01:26:31	Dee	St-Ledger	Sudbury Joggers AC	Female Master 45
26	174	01:26:38	Nicola	Tucker		Female Master 35
182	175	01:26:56	Claire	Dunn		Female Master 35
224	176	01:27:39	Keith	Borrett	Stowmarket Striders	Male Master 60
227	177	01:27:39	Liz	Beighton	Stowmarket Striders	Female Master 35
52	178	01:27:47	Trevor	Powell	Woodford Green with Essex L.	Male Master 60
120	179	01:27:58	Dela	Weir		Female Master 35
300	180	01:28:11	Rebecca	Elmes		Female Senior
7	181	01:28:19	Charlie	Stennett	Ipswich Triathlon Club	Male Master 55
87	182	01:28:23	Lisa	Barwick		Female Master 40
253	183	01:28:23	Steven	Kent	Harwich Runners	Male Master 50
19	184	01:28:39	Sophie	Bloomfield		Female Senior
57	185	01:28:43	Ross	Siverton	Witham RC	Male Master 60
108	186	01:28:46	Tina	Belsom	Stowmarket Striders	Female Master 45
272	187	01:29:09	Christina	Plumley	Thetford AC	Female Master 40
185	188	01:29:11	Hazel	Garrity	Bungay Black Dog	Female Master+
275	189	01:29:13	Debbie	Roblin		Female Master 40
71	190	01:29:17	Keith	Fisher		Male Master 50
121	191	01:29:18	Kathy	Dines	Ipswich JAFFA	Female Master 45
215	192	01:29:25	Robert	Edge	Sudbury Joggers AC	Male Master 45
303	193	01:29:26	Lee	Doughty		Male Master 40
247	194	01:29:51	Jill	Towns		Female Master 50
130	195	01:29:54	Susan	Bloomfield	Stowmarket Striders	Female Master 45
240	196	01:30:05	Karen	Jeffreys		Female Master 35
12	197	01:30:13	Brian	Smith		Male Master 45
200	198	01:30:16	Robin	Farrar		Male master 65+
284	199	01:30:24	Iain	Miles		Male Senior
64	200	01:30:28	Laura	Schwabe		Female Master 35
206	201	01:30:34	Ian	St-Ledger	Sudbury Joggers AC	Male Master 45
194	202	01:30:44	Gin	Craig	Sudbury Joggers AC	Male Master 45
125	203	01:30:58	Michaela	Goodchild		Female Master 45
301	204	01:31:01	Sophie	James		Female Senior
167	205	01:32:28	Paul	Millar		Male Master 45
290	206	01:32:52	Elizabeth	McGoldrick		Female Master+
126	207	01:33:09	Debbie	Lewis	Witham RC	Female Master+
207	208	01:33:29	Jenny	Jarrett	Felixstowe Road Runners	Female Master 45
296	209	01:34:09	Andy	Hovell		Male Master 45
20	210	01:34:28	Lauren	Woods		Female Senior
90	211	01:34:34	Amy	Smith		Female Senior
179	212	01:34:39	Sue	Hargadon	Ipswich Triathlon Club	Female Master+
190	213	01:34:48	Carrie	Shenton		Female Master 45
72	214	01:34:48	Ruth	Davies		Female Master 45
40	215	01:34:49	Barry	Green		Male Master 55

245	216	01:35:09	Angela	Whiting	Stowmarket Striders	Female Master 50
274	217	01:35:10	Will	Packer		Male Senior
62	218	01:35:13	Mark	Squirrell		Male Master 45
162	219	01:35:28	Ruth	Hambling	Hadleigh Hares A.C.	Female Master 35
163	220	01:35:28	Pamela	Gowers	Hadleigh Hares A.C.	Female Senior
196	221	01:35:49	Jo	Higgon	Harwich Runners	Female Master 50
94	222	01:36:08	Stephen	Smith		Male Master 45
31	223	01:36:33	Martina	Byrne		Female Master 45
257	224	01:37:03	Jo	Montagu		Female Master 40
147	225	01:37:06	Nic	Sharp		Male Master 40
68	226	01:37:08	Jane	Swift		Female Master 35
269	227	01:37:11	Jacqueline	Webb		Female Master 45
95	228	01:37:14	Kelly	Ashton		Female Master 35
204	229	01:37:14	Kirsty	Chisnall		Female Senior
235	230	01:37:14	Jody	Warren		Male Senior
119	231	01:37:43	Simon	Fitzgerald		Male Master 45
58	232	01:38:07	Clare	McKenna	Harwich Runners	Male Senior
292	233	01:38:18	Alexandra	Chisnall		Female Senior
291	234	01:38:18	Paul	Dodsworth		Male Senior
239	235	01:38:24	Jessica	Searle	Hadleigh Hares A.C.	Female Master 35
173	236	01:38:24	Laura	Sheldon	Sudbury Joggers AC	Female Senior
56	237	01:38:36	Philip	Nutley	St Edmund Pacers	Male master 65+
96	238	01:39:11	Lisa	Smith	Hadleigh Hares A.C.	Female Master 40
143	239	01:39:37	Penelope	Clarke	Witham RC	Female Master 50
11	240	01:39:53	Michaela	Burr		Female Master 40
281	241	01:40:01	Ruth	Belsom		Female Master 50
83	242	01:41:04	Mark	Chisnall		Male Master 40
129	243	01:41:08	Andrea	Friend	Stowmarket Striders	Female Master 45
244	244	01:41:14	Laura	Arfi	Stowmarket Striders	Female Master 40
59	245	01:41:35	Paul	Kerrinson	Harwich Runners	Male Master 45
270	246	01:41:37	Vincent	Webb		Male Master 50
271	247	01:41:37	Lucie	Petchey		Female Senior
145	249	01:44:33	Rebecca	Bryce		Female Senior
144	250	01:44:33	Heidi	Sherlock		Female Master 35
25	251	01:44:49	Jenne	Lynch-Aird	Stowmarket Striders	Female Master+
131	252	01:44:49	Christine	Hall	Stowmarket Striders	Female Master+
277	253	01:48:05	Gillian	Croot		Female Master 40
63	254	01:48:05	Tracey	Squirrell		Female Master 45
109	255	01:48:42	Robert	Mallett		Male Master 55
88	256	01:49:23	Kim	Gravell		Female Master+
82	257	01:50:33	Jo	Dickinson	Felixstowe Road Runners	Female Master 40
254	258	01:54:30	Anneli	Ostler	Felixstowe Road Runners	Female Senior
156	259	01:56:32	Sharon	Beward	Sudbury Joggers AC	Female Master 40
127	260	01:57:19	Nic	Footer		Male Master 45
262	261	02:00:48	Paul	Warren		Male Master 60
191	262	02:01:26	Hannah	Tillson		Female Senior
256	263	02:02:36	Paul	Woodward		Male Senior
265	264	02:03:46	Brian	Turner	Ipswich JAFFA	Male master 65+
1			Cheryl	Holder	Purple Patch Runners	Female Master 45
2			Chris	Tye	Ipswich Triathlon Club	Male Master 45
3			John	Driver		Male Master 55
4			Dave	Sephton		Male Senior
5			Carol	Sephton		Female Master 35
9			Gemma	Dew		Female Senior

10	Nick	Casey		Male Senior
13	Jenny	Sheahan		Male Master 50
17	Dan	Dobson		Male Senior
18	Catie	Chou		Female Master 45
24	Daren	Allen	Ipswich Triathlon Club	Male Master 45
28	Rebecca	Bhalla		Female Senior
33	Jason	Long		Male Master 45
34	Karen	Shelley	Capel Cheetahs	Male Master 45
42	Mark	Oxford	Ipswich Triathlon Club	Male Senior
43	Tom	Fairbrother	Ipswich JAFFA	Male Senior
46	Phil	Langham		Male Senior
51	Roger	Hobson	Woodbridge Shufflers	Male master 65+
53	Bertie	Powell	Woodford Green with Essex L.	Male Senior
54	Harriet	Biggs		Female Master 40
70	Don	Cox	Hadleigh Hares A.C.	Male master 65+
73	Claire	Wilding		Female Master 50
74	David	Sawyer	Gt Bentley Running Club	Male Master 50
79	Jolyon	Leach		Male Senior
100	Rose	Nicholson	Waveney Valley AC	Female Senior
101	David	Brooker		Male Master 40
105	Stevie	Haberfield		Female Senior
112	Gemma	Gilbert		Female Senior
136	Chris	Drury		Female Master 45
148	Roger	Stone	Felixstowe Road Runners	Male Master 45
154	Bill	Collins		Male master 65+
172	John	Wheatley	Colchester Harriers AC	Male master 65+
176	Emma	Chilvers		Female Senior
177	Sarah	Wright		Female Master 40
184	Terry	Garrity	Bungay Black Dog	Male Master 60
189	Terri	Green		Female Senior
203	Gary	Spink		Male Master 40
228	Daniel	Whitmarsh		Male Senior