

Place	Name	Team	Bib No	Age Group	Pl: Chip Time	Gun Time
1	Cooper Berry	Ipswich Harriers	178	1:Open	33:10	33:11
2	Tony Gavin	Felixstowe Road Runners	485	2:Open	33:42	33:42
3	Kit Evans Lombe	Shaftesbury Barnet Harriers	310	3:Open	34:15	34:15
4	Wayne De'Ath		559	1:M 40-44	34:20	34:21
5	Jack Wilkinson	Gilmour Piper	696	1:M 20-39	34:30	34:31
6	Lee Barber	Framlingham Flyers	239	2:M 40-44	34:33	34:34
7	Duncan Reed	Amarinth	715	2:M 20-39	35:39	35:41
8	Mark Allen	Ipswich Jaffa	317	1:M 55-59	36:11	36:12
9	Regan Tuck	Howard Construction	751	1:M 0-19	36:14	36:15
10	Jonathan Glanfield	Felixstowe Road Runners	26	3:M 20-39	36:21	36:22
11	Paul Fenn		254	4:M 20-39	36:51	36:52
12	Chris Leek	Framlingham Flyers	84	1:M 45-49	36:59	37:01
13	Neil Turner	Shaftesbury Barnet Harriers	401	1:M 50-54	37:27	37:28
14	Carl Baker		398	2:M 50-54	37:27	37:31
15	Thomas Murphy		60	5:M 20-39	37:34	37:36
16	Caspar Le Fanu		243	6:M 20-39	37:35	37:37
17	Tom Wake	Woodbridge Shufflers	732	7:M 20-39	37:39	37:40
18	Jack Allen		318	8:M 20-39	37:39	37:40
19	James Cornish	Woodbridge Shufflers	114	3:M 40-44	37:46	37:48
20	Kevin Peirce	Ipswich Harriers	305	2:M 45-49	37:49	37:50
21	Max Fisher	Ipswich Harriers	328	2:M 0-19	37:56	37:57
22	Jordan Smith		16	9:M 20-39	37:57	37:58
23	Steve Cooper	Blackheath & Bromley Harriers AC	308	3:M 45-49	38:02	38:03
24	Gavin Davies	Ipswich Jaffa	186	4:M 40-44	38:02	38:03
25	Ben Williams	London Heathside Runners AC	9	10:M 20-39	38:04	38:07
26	Ruby Vinton	Shaftesbury Barnet Harriers	271	1:Open	38:16	38:17
27	Paul Osborne	Felixstowe Road Runners	571	4:M 45-49	38:17	38:18
28	Graham Lazenby		65	11:M 20-39	38:23	38:26
29	Michael Galbraith		54	3:M 50-54	38:26	38:30
30	Liam Batchelor	Barker Gotelee	756	12:M 20-39	38:25	38:32
31	Henry Catling	Felixstowe Road Runners	444	13:M 20-39	38:42	38:43
32	Tony Hubbard		422	5:M 40-44	38:52	38:54
33	JOHN THORPE	Ipswich Jaffa	224	4:M 50-54	39:16	39:19
34	Tom Alexander	Woodbridge Shufflers	734	6:M 40-44	39:19	39:21
35	Barney Stevenson-Barnes	The Galley	672	3:M 0-19	39:20	39:23

36	Neil Smith	Framlingham Flyers	332	14:M 20-39	39:20	39:24
37	Joe Allen		385	15:M 20-39	39:24	39:26
38	Alastair Read	Felixstowe Road Runners	22	7:M 40-44	39:24	39:26
39	Thomas Hayden	Framlingham Flyers	192	16:M 20-39	39:18	39:28
40	Kat Parnell		420	2:Open	39:27	39:30
41	Oliver Buchanan	The Galley	670	17:M 20-39	39:29	39:31
42	Michael Delacamp		418	18:M 20-39	39:32	39:33
43	Dan Hanson		289	19:M 20-39	39:35	39:36
44	Donald Barber	Fenn Wright	637	20:M 20-39	39:37	39:40
45	Neil Dodson		560	5:M 45-49	39:39	39:41
46	Oliver Cooper	Ipswich Tri Club	311	8:M 40-44	39:39	39:43
47	Matthew Payne		155	21:M 20-39	39:42	39:46
48	Thomas Coe		424	22:M 20-39	39:40	39:46
49	Ricky O'Neill	Ipswich Jaffa	64	23:M 20-39	39:53	39:55
50	Jan Kading	Stowmarket Striders	361	6:M 45-49	39:53	39:57
51	Robert Marshall		319	24:M 20-39	39:51	39:58
52	Stuart Moore		287	7:M 45-49	39:56	39:59
53	Andy Ellis	Felixstowe Road Runners	601	25:M 20-39	40:04	40:05
54	Jonathan Pestell		494	9:M 40-44	40:01	40:09
55	Richard Evans	St Albans Striders	5	26:M 20-39	40:22	40:27
56	Richard Alexander		350	5:M 50-54	40:32	40:34
57	Paul Cooke		301	8:M 45-49	40:42	40:50
58	Will McMorris		346	10:M 40-44	40:42	40:53
59	Tim Fenn		104	11:M 40-44	40:50	40:55
60	Claire Miles		774	3:Open	40:54	40:57
61	Thomas Jarrett	Ipswich Tri Club	230	9:M 45-49	40:55	40:58
62	Brian Rogers	Ipswich Jaffa	360	1:M 65-69	40:58	41:00
63	Ant Walker		228	10:M 45-49	40:56	41:03
64	Andrew Laws	Ipswich Jaffa	152	2:M 55-59	41:03	41:09
65	Simon Stafford		189	6:M 50-54	41:11	41:14
66	Daniel Summersgill		482	27:M 20-39	41:27	41:29
67	Robin Harper	Felixstowe Road Runners	57	11:M 45-49	41:38	41:40
68	Carl Anten		590	28:M 20-39	41:33	41:40
69	Rosie Horsfield	Airborne Fit	664	1:F 20-39	41:42	41:45
70	Andrew Craig	Woodbridge Shufflers	161	12:M 45-49	41:47	41:52
71	Michael Strowger		340	29:M 20-39	41:49	41:53

72	Robert Frost		498	13:M 45-49	41:51	41:58
73	Neill Readhead		469	30:M 20-39	42:05	42:08
74	Jacob Shilling	Ipswich Jaffa	543	31:M 20-39	42:10	42:19
75	Josh Hannatt	Brafe Engineering Ltd	658	4:M 0-19	42:14	42:20
76	Daniel Eustace	Framlingham Flyers	439	32:M 20-39	42:18	42:22
77	Wilmer Alice		50	2:F 20-39	42:17	42:24
78	Neil Catley	Bad Boy Running	102	12:M 40-44	42:21	42:25
79	Ollie Johnson		585	14:M 45-49	42:22	42:27
80	Chris Wong	Birchfield Harriers	457	33:M 20-39	42:24	42:29
81	Matthew Wesley		459	34:M 20-39	42:35	42:38
82	Roger Stone	Amarinth	717	7:M 50-54	42:26	42:39
83	Jacob Howard	Ipswich Tri Club	164	35:M 20-39	42:34	42:45
84	Martin Jarvis		211	15:M 45-49	42:49	42:51
85	Peter Grey	Anderson Group	705	16:M 45-49	42:45	42:54
86	Stuart Wright	Felixstowe Road Runners	564	17:M 45-49	42:50	42:56
87	Kevin Clegg		486	13:M 40-44	42:54	43:01
88	Michael Rogers	Giles Plumbing and Heating	651	37:M 20-39	43:05	43:10
89	Ben Watson	The King's Head	675	14:M 40-44	42:52	43:11
90	Simon Barber	Ipswich Tri Club	405	15:M 40-44	43:06	43:11
91	Ben Burrows	Howard Construction	678	18:M 45-49	43:07	43:14
92	Angus Montgomery		441	16:M 40-44	42:59	43:15
93	Chris Sim	Airborne Fit	668	17:M 40-44	43:09	43:16
94	Gavin Raby		31	18:M 40-44	43:11	43:22
95	Andrew Hawes		426	19:M 40-44	43:19	43:27
96	Rob Squirrell	Woodbridge Shufflers	71	19:M 45-49	43:30	43:35
97	Michael Eley	Gilmour Piper	698	38:M 20-39	43:34	43:41
98	Kerry Buckley	Felixstowe Road Runners	43	8:M 50-54	43:37	43:46
99	Adrian Goode	Felixstowe Road Runners	29	3:M 55-59	43:42	43:51
100	Andrew Budd	Capel Cheetahs	373	1:M 60-64	43:47	43:51
101	Tom Aykroyd	Felixstowe Road Runners	18	20:M 40-44	43:42	43:52
102	Mark Hayden	Framlingham Flyers	79	20:M 45-49	43:49	43:55
103	Stuart Darkins		270	21:M 40-44	43:46	43:58
104	Jack Morrison		770	39:M 20-39	43:46	43:59
105	Lee Farthing		336	40:M 20-39	43:54	44:01
106	Duncan Brown		273	22:M 40-44	43:58	44:09
107	Stuart Wade		87	41:M 20-39	43:59	44:10

108	Carl Berriman	Absolute Tri	299	9:M 50-54	43:50	44:12
109	Sean Turner		7	42:M 20-39	44:03	44:14
110	Aaron Sharp	Chapel Properties	630	43:M 20-39	44:05	44:17
111	Daniel Ingleby		397	44:M 20-39	44:17	44:21
112	Kev Linsell		100	21:M 45-49	44:12	44:22
113	James Lewis		219	23:M 40-44	44:13	44:23
114	James Caley		187	45:M 20-39	44:23	44:27
115	Andy Garvie	Woodbridge Shufflers	735	10:M 50-54	44:20	44:29
116	Hayley Emmens	Airborne Fit	669	3:F 20-39	44:24	44:30
117	Chris Curran	St Albans Striders	387	46:M 20-39	44:27	44:33
118	Steve Paul	Eastern Masters	374	2:M 60-64	44:24	44:35
119	Anna Keeble	Ipswich Jaffa	499	4:F 20-39	44:28	44:37
120	Gary Russell		90	24:M 40-44	44:32	44:40
121	Katie Card	Gilmour Piper	697	5:F 20-39	44:35	44:41
122	Karl Holbrook		351	4:M 55-59	44:36	44:47
123	Mark Bulstrode		337	25:M 40-44	44:44	44:53
124	Tristan McConnell		780	22:M 45-49	44:45	44:53
125	Paul Clow	Airborne Fit	666	26:M 40-44	44:48	44:55
126	Nicki Ripman	Airborne Fit	663	1:F 40-44	44:49	44:55
127	Will Owen		440	47:M 20-39	44:51	44:56
128	Adam Plummer		48	48:M 20-39	44:49	44:56
129	Thomas Beecroft		37	49:M 20-39	44:47	45:00
130	Alan Brown		515	11:M 50-54	44:50	45:05
131	Daisy Abbott		269	1:F 0-19	44:44	45:06
132	Daniel Stewart		771	27:M 40-44	44:44	45:07
133	Femi Ariyo	Kesgrave Cruisers	188	23:M 45-49	44:49	45:08
134	Robert Trebilcock		587	50:M 20-39	45:03	45:09
135	Jenni Askew-Martin		229	6:F 20-39	44:54	45:09
136	Norman Smith	Woodbridge Shufflers	602	3:M 60-64	44:46	45:11
137	Billy Lummis		284	51:M 20-39	45:08	45:12
138	Tim Ripman	Airborne Fit	661	28:M 40-44	45:09	45:14
139	Matthew Davies		748	24:M 45-49	45:03	45:15
140	Sian Kingston		208	2:F 40-44	44:57	45:18
141	Daniel Wildon		266	25:M 45-49	45:02	45:24
142	Emma Johnson	Woodbridge Shufflers	600	3:F 40-44	45:14	45:25
143	Kaye Branton	Felixstowe Road Runners	215	1:F 50-54	45:16	45:25

144	Jack Guest		443	52:M 20-39	45:21	45:25
145	Sandra Mayhew	East of England Co-op	727	1:F 55-59	45:18	45:26
146	Justin Fiddaman	Felixstowe Road Runners	200	12:M 50-54	45:25	45:33
147	Gary Lowe	Saxons	325	4:M 60-64	45:29	45:35
148	NELLEE BERRY		272	2:F 0-19	45:53	45:58
149	Darren Lewis		253	29:M 40-44	45:49	45:59
150	Stuart Yule		777	13:M 50-54	45:57	46:03
151	Rosie Denny	Woodbridge Shufflers	117	4:F 40-44	46:00	46:09
152	Matthew Alexander		61	53:M 20-39	45:57	46:12
153	Luz Chavez	Ipswich Jaffa	596	7:F 20-39	46:01	46:15
154	Anthony Barsoum		743	54:M 20-39	46:02	46:16
155	Steven Dearsley		584	30:M 40-44	46:10	46:17
156	Robin Milan		122	31:M 40-44	45:38	46:17
157	Thomas Rolph-Wills	Notcutts	761	55:M 20-39	46:11	46:20
158	Henry Palmer		275	56:M 20-39	46:06	46:21
159	Tristan Childs		562	32:M 40-44	46:04	46:21
160	Julian Herbert	Notcutts	619	14:M 50-54	45:53	46:21
161	Barry Hawtin		32	57:M 20-39	46:09	46:25
162	Benjamin Deacon		545	58:M 20-39	46:18	46:29
163	Christy Fenelon		25	59:M 20-39	46:24	46:31
164	Marcus Brown		258	26:M 45-49	46:27	46:34
165	Max Guest		349	61:M 20-39	46:32	46:40
166	Andre Edwards		150	27:M 45-49	46:29	46:43
167	Sam Spencer	Ipswich Jaffa	76	8:F 20-39	46:42	46:45
168	Kevin Whelan	Felixstowe Road Runners	362	5:M 55-59	46:41	46:49
169	stu abbot		263	33:M 40-44	46:40	46:51
170	Tommy Taylor		519	5:M 60-64	46:36	46:52
171	Gabriel Martins	Ipswich Jaffa	115	15:M 50-54	46:39	46:52
172	Andrew Greenwell	Anderson Group	707	62:M 20-39	46:48	46:54
173	William Smith		132	34:M 40-44	46:53	46:55
174	Max Booth		205	16:M 50-54	46:48	46:56
175	Anna Kocinska		744	5:F 40-44	46:47	46:58
176	Martin Sterry		304	63:M 20-39	46:48	46:58
177	Matthew Perk		480	64:M 20-39	46:31	46:59
178	Steve Reay		745	28:M 45-49	46:49	47:03
179	Kevin Goldsmith		452	6:M 55-59	46:57	47:04

180	Ian Grant		446	65:M 20-39	46:59	47:05
181	Tim Parnell	Ipswich Jaffa	134	7:M 55-59	46:57	47:07
182	Gemma Gilbert	Felixstowe Road Runners	94	6:F 40-44	46:59	47:07
183	Luis Falconer	BDK - Medical	721	66:M 20-39	47:04	47:09
184	David Church	Felixstowe Road Runners	240	17:M 50-54	46:56	47:09
185	Laura Ripman		569	7:F 40-44	47:03	47:10
186	John Farthing	Rushmere Community Runners	136	29:M 45-49	46:55	47:12
187	Alex Briggins	Amarinth	718	18:M 50-54	46:57	47:13
188	Daniel Gavin	Anderson Group	702	30:M 45-49	47:02	47:14
189	Malcolm Pidd	Woodbridge Shufflers	733	6:M 60-64	47:12	47:16
190	Imogen Nejranski		550	8:F 40-44	47:09	47:18
191	Stuart Abbott	Amarinth	716	31:M 45-49	47:05	47:18
192	Sarah Lewis	Woodbridge Shufflers	782	9:F 20-39	47:13	47:20
193	Henry Dover	Shaftesbury Barnet Harriers	531	5:M 0-19	47:13	47:22
194	Stuart Mason	Felixstowe Road Runners	775	7:M 60-64	47:10	47:23
195	Charles Ohsten		303	67:M 20-39	47:13	47:25
196	Henriette Parkinson		53	9:F 40-44	47:20	47:27
197	Tom Frohn		103	6:M 0-19	47:15	47:30
198	Kimberley Dye	Ipswich Jaffa	438	10:F 20-39	47:17	47:30
199	Gregg Dodds	The King's Head	674	32:M 45-49	47:12	47:31
200	Guy Mansell		501	35:M 40-44	47:23	47:35
201	Benjamin Davies		8	68:M 20-39	47:17	47:35
202	Greg Jones		467	69:M 20-39	47:25	47:36
203	Stephen Hatten	Saint Edmund Pacers	396	8:M 55-59	47:27	47:38
204	Darin Osborne		391	9:M 55-59	47:20	47:42
205	Guy Hayward	Framlingham Flyers	402	19:M 50-54	47:38	47:46
206	Darren Abbott		324	20:M 50-54	47:27	47:50
207	Ashley Sadler		165	33:M 45-49	47:39	47:55
208	Suzi Whymark		433	1:F 45-49	47:42	47:56
209	Archie Briggins	Amarinth	719	7:M 0-19	47:44	48:00
210	Joe Drury		175	34:M 45-49	47:48	48:00
211	David Nesmith	Fenn Wright	634	70:M 20-39	47:40	48:01
212	Helen Ariyo		96	10:F 40-44	47:49	48:04
213	Lauren Squirrell	Ipswich Harriers	231	3:F 0-19	47:59	48:04
214	Will Taylor	Framlingham Flyers	589	71:M 20-39	47:43	48:05
215	Mark Flatman		489	35:M 45-49	47:57	48:06

216	Nick Moon	Ipswich Jaffa	179	36:M 45-49	47:53	48:08
217	Freddie Turner	Framlingham Flyers	530	72:M 20-39	47:43	48:08
218	Gianna Cesarano		533	2:F 50-54	47:51	48:08
219	Rebecca Smith	Ipswich Jaffa	394	11:F 20-39	48:06	48:09
220	Adam Fenn		59	36:M 40-44	48:04	48:10
221	David Wenyon	Woodbridge Shufflers	599	37:M 40-44	48:05	48:10
222	Daniel Davis		143	73:M 20-39	47:59	48:11
223	James Gunther	Fenn Wright	635	74:M 20-39	47:52	48:13
224	Samantha Fulcher		511	2:F 55-59	48:05	48:17
225	Lucy Beales	Woodbridge Shufflers	277	12:F 20-39	47:58	48:19
226	Kevin Fisher		338	8:M 60-64	48:17	48:22
227	Yasmin Ruia	Woodbridge Complementary Health C	758	13:F 20-39	48:18	48:23
228	Mark Gleen		1	37:M 45-49	48:08	48:26
229	Michael Jennings	Airborne Fit	662	76:M 20-39	48:16	48:26
230	Luke Read	Airborne Fit	660	77:M 20-39	48:17	48:27
231	Paul Wallington	Airborne Fit	667	38:M 40-44	48:26	48:36
232	Christopher Waters		36	39:M 40-44	48:17	48:38
233	Daniel Garner	Adnams	611	78:M 20-39	48:19	48:39
234	gordon pethybridge	Woodbridge Shufflers	52	10:M 55-59	48:14	48:39
235	Jo Herring		321	11:F 40-44	48:25	48:41
236	jeroen wuurman		455	21:M 50-54	48:31	48:41
237	Inge Nijkamp	Airborne Fit	665	12:F 40-44	48:34	48:43
238	Anna Sinclair		363	3:F 50-54	48:33	48:44
239	Nick Falconer	BDK - Medical	720	11:M 55-59	48:40	48:46
240	Tom Crowther		383	79:M 20-39	48:31	48:47
241	Will Self		27	80:M 20-39	48:37	48:48
242	Steve Magnall		268	12:M 55-59	48:30	48:48
243	Ruth Acworth	Woodbridge Shufflers	221	1:F 60-64	48:33	48:50
244	Leo Banfield		172	8:M 0-19	48:38	48:52
245	Tim Hanson		288	22:M 50-54	48:35	48:54
246	Ellen Hall		481	4:F 0-19	48:36	48:59
247	Darren Forest		223	81:M 20-39	48:48	49:01
248	Ryan Marriott		222	82:M 20-39	48:34	49:03
249	Darren Horsman		235	40:M 40-44	48:58	49:03
250	Philippa O'Brien		408	13:F 40-44	48:49	49:05
251	Stefan Goodwen	Gressingham Foods	643	83:M 20-39	48:50	49:07

252	Chris Pont		2	41:M 40-44	48:56	49:15
253	Neil Thorpe		111	84:M 20-39	48:48	49:17
254	Stephen Didcott		449	13:M 55-59	49:11	49:18
255	Glenn Howard	Howard Construction	680	23:M 50-54	49:08	49:19
256	Rob Alder	Woodbridge Shufflers	97	24:M 50-54	48:56	49:20
257	James Mithen		148	85:M 20-39	49:16	49:21
258	Steve Hunt	Hadleigh Hares	364	9:M 60-64	49:04	49:22
259	Emma Wheeler	Ipswich Tri Club	74	14:F 20-39	49:13	49:23
260	HELEN FINDLEY		513	14:F 40-44	49:05	49:25
261	Archie Ainslie		456	86:M 20-39	49:09	49:26
262	Luke Giles	Giles Plumbing and Heating	649	87:M 20-39	49:13	49:27
263	John Bradshaw	Barker Gotelee	755	25:M 50-54	49:10	49:27
264	Hannah Wattam	Woodbridge Shufflers	12	15:F 20-39	49:04	49:29
265	Karle Howard	The King's Head	673	26:M 50-54	49:10	49:30
266	Benjamin Wheeler	Ipswich Tri Club	75	88:M 20-39	49:22	49:32
267	Neil Dennis	Stowmarket Striders	130	89:M 20-39	49:23	49:33
268	Nick Shirley		365	90:M 20-39	49:22	49:34
269	Carissa Wyatt		403	2:F 45-49	49:18	49:37
270	Kevin Ward		39	38:M 45-49	49:18	49:37
271	James Klug		483	91:M 20-39	49:25	49:39
272	Ben Deacon		220	42:M 40-44	49:32	49:42
273	Sean Kennedy		474	92:M 20-39	49:29	49:42
274	Malcolm Hibbert		210	39:M 45-49	49:28	49:44
275	Geoff Buchanan	Gressingham Foods	646	27:M 50-54	49:23	49:44
276	Richard Owen		390	1:M 70-99	49:30	49:48
277	Peter Frost		417	93:M 20-39	49:14	49:50
278	Jordan Bailey		120	94:M 20-39	49:42	49:57
279	Stephen Smith		521	40:M 45-49	49:28	49:59
280	Malcolm Denison		453	10:M 60-64	49:42	50:01
281	Michael Howard	Howard Construction	676	28:M 50-54	49:51	50:02
282	Anthony Hagen		280	41:M 45-49	49:47	50:03
283	Ben Larter		556	95:M 20-39	49:23	50:07
284	Michelle Stebbings		129	3:F 45-49	49:49	50:09
285	Chezney Webb	Woodbridge School	714	16:F 20-39	49:54	50:09
286	Sandra Roberts	Ipswich Jaffa	430	2:F 60-64	49:46	50:10
287	Thomas Duthoit		133	96:M 20-39	49:53	50:10



288	Aiden Jakubik		190	97:M 20-39	49:51	50:11
289	Matt Standring		101	42:M 45-49	50:01	50:11
290	Justin Farris	Woodbridge Shufflers	563	98:M 20-39	49:53	50:12
291	Kerry Watson	Ipswich Jaffa	3	15:F 40-44	49:58	50:12
292	Michael Streat		251	14:M 55-59	49:52	50:14
293	Paul Barnard		295	43:M 40-44	50:04	50:14
294	Hutchinson Jane	Woodbridge Shufflers	370	4:F 45-49	49:52	50:14
295	Marcus Payne		241	99:M 20-39	50:01	50:16
296	Alan Hillyard	Ipswich Tri Club	293	11:M 60-64	49:59	50:16
297	Alys Thompson		505	5:F 45-49	49:51	50:17
298	Andrew Jay	Anderson Group	706	15:M 55-59	50:08	50:18
299	Matthew Davies		182	100:M 20-39	50:11	50:19
300	Paul Berriman		171	43:M 45-49	50:06	50:20
301	Chris Childs		379	29:M 50-54	49:54	50:22
302	Steve Whittaker		320	16:M 55-59	50:07	50:23
303	Adam Kearney		49	101:M 20-39	50:11	50:31
304	Bryan Wybrow		554	44:M 40-44	50:21	50:38
305	David Brewster	Felixstowe Road Runners	214	45:M 40-44	49:53	50:43
306	James Calver	East of England Co-op	726	102:M 20-39	50:18	50:46
307	GEORGE Sadler		508	30:M 50-54	50:28	50:47
308	Ben Childs		423	46:M 40-44	50:33	50:50
309	Debbie Catling	Felixstowe Road Runners	476	4:F 50-54	50:29	50:53
310	Kevin Holland		392	47:M 40-44	50:33	50:53
311	Chris Bond		46	103:M 20-39	50:27	50:54
312	Linda Mitchell	Saxons	577	16:F 40-44	50:35	50:56
313	Ryan Betts	Fenn Wright	632	104:M 20-39	50:38	50:58
314	Marion Parker	Felixstowe Road Runners	259	3:F 55-59	50:46	51:01
315	Barry Howard	Anderson Group	704	31:M 50-54	50:57	51:09
316	Derek Daly	Saxons	574	17:M 55-59	50:54	51:16
317	Liz Witherley		274	3:F 60-64	51:11	51:18
318	Kayleigh Turpin		15	17:F 20-39	51:13	51:22
319	Aidan Norris	Notcutts	612	44:M 45-49	50:54	51:22
320	Darren Rodgers		551	105:M 20-39	51:11	51:24
321	Jasmine Bilner	Ipswich Jaffa	353	5:F 0-19	51:13	51:25
322	rebecca collar		568	18:F 20-39	51:15	51:27
323	Shannon Lay	Fenn Wright	631	19:F 20-39	51:10	51:28

324	Andy Reid	Chapel Properties	625	106:M 20-39	51:04	51:29
325	Peri Johnson		525	107:M 20-39	51:15	51:30
326	Aaron smith		198	108:M 20-39	50:56	51:30
327	Rebecca Siles		534	17:F 40-44	51:08	51:33
328	Tom Canham	Giles Plumbing and Heating	650	109:M 20-39	51:22	51:36
329	Darren Storey	Felixstowe Road Runners	344	18:M 55-59	51:20	51:37
330	Andrew Rix	Gressingham Foods	648	110:M 20-39	51:18	51:39
331	Darren Payne		137	19:M 55-59	51:19	51:40
332	Chelsea Beale		195	20:F 20-39	51:23	51:40
333	Steve Ward		741	48:M 40-44	51:18	51:41
334	Zoë Aldam		236	18:F 40-44	51:18	51:42
335	Nik Armes		591	49:M 40-44	51:20	51:42
336	Mon Lee	Ipswich Jaffa	354	12:M 60-64	51:35	51:48
337	Vicky Bloomfield	East Coast Adventures	778	21:F 20-39	51:28	51:52
338	Ricky Burrows	East Coast Adventures	723	111:M 20-39	51:28	51:52
339	Zac Hembry	East Coast Adventures	779	112:M 20-39	51:27	51:52
340	Shaun Hadley		592	113:M 20-39	51:31	51:54
341	Aimee Machlachlan	Woodbridge Shufflers	163	5:F 50-54	51:30	51:55
342	Filipe Tome	Gressingham Foods	642	50:M 40-44	51:52	51:56
343	James Howard	Framlingham Flyers	118	114:M 20-39	51:43	51:57
344	Wendy Kellett	Ipswich Jaffa	209	6:F 50-54	51:37	52:00
345	Nicolas Goldsmith		113	51:M 40-44	51:41	52:03
346	Mark Stevens		244	115:M 20-39	51:45	52:05
347	Jessica Brown		245	22:F 20-39	51:45	52:05
348	Last Daniel		131	52:M 40-44	51:55	52:11
349	Justin Wood		72	32:M 50-54	52:09	52:13
350	mick well	Anderson Group	710	53:M 40-44	51:57	52:16
351	Matthias Turner	The Cherry Tree	730	116:M 20-39	51:57	52:20
352	Tom Blake		541	54:M 40-44	51:57	52:27
353	Paul Sheldrake		312	45:M 45-49	52:01	52:29
354	Calvin Meek	Notcutts	614	55:M 40-44	52:06	52:33
355	Patrick Denham	Woodbridge Shufflers	73	13:M 60-64	52:00	52:36
356	Ed Abbott	Woodbridge Shufflers	6	117:M 20-39	52:14	52:37
357	Beryl Lansdown	Ipswich Jaffa	248	7:F 50-54	52:13	52:38
358	Howard Allen		376	33:M 50-54	52:15	52:40
359	Andrew Wright		335	14:M 60-64	52:23	52:47

360	Rachel Brooke	Ipswich Jaffa	217	8:F 50-54	52:24	52:48
361	Gerry McCarthy	Ipswich Phoenix Running Club	355	2:M 65-69	52:11	52:52
362	Chuck Layzell	Ipswich Phoenix Running Club	166	118:M 20-39	52:40	52:58
363	Amanda Kemp	Felixstowe Road Runners	570	19:F 40-44	52:32	53:01
364	IAIN CATCHPOOL	Ipswich Jaffa	378	20:M 55-59	53:01	53:04
365	Philip Turvey		567	56:M 40-44	52:42	53:08
366	Rachael Pinion		773	23:F 20-39	52:46	53:11
367	Mark Newman	Gilmour Piper	695	57:M 40-44	53:09	53:17
368	Jamie Scales		199	58:M 40-44	53:04	53:22
369	David Seymour	Felixstowe Road Runners	112	15:M 60-64	53:11	53:23
370	Hannah Huntly		565	24:F 20-39	53:07	53:24
371	Sam Gaffney		431	119:M 20-39	53:00	53:24
372	Helen Harris		45	20:F 40-44	53:09	53:28
373	David TAYLOR	Framlingham Flyers	400	2:M 70-99	53:06	53:28
374	Mark Harris		86	34:M 50-54	53:09	53:29
375	Rebecca Hughes		255	9:F 50-54	52:43	53:31
376	Tracy Ratcliffe		156	6:F 45-49	53:13	53:32
377	Kimberley Clift	Woodbridge School	713	25:F 20-39	53:19	53:35
378	Sonja Ayres		772	21:F 40-44	53:17	53:39
379	Nicole Thompson		264	26:F 20-39	53:16	53:42
380	Hannah Linger	Stowmarket Striders	302	27:F 20-39	53:20	53:43
381	Rosanna Williams		20	28:F 20-39	53:33	53:48
382	Christopher Shelley		371	35:M 50-54	53:29	53:52
383	Jo Weaver		507	7:F 45-49	53:39	53:53
384	Stuart Weaver		506	46:M 45-49	53:39	53:53
385	Callum Jacobs	Fenn Wright	633	120:M 20-39	53:36	53:56
386	Ryan Macey	Fenn Wright	636	121:M 20-39	53:39	53:59
387	Jo Hutt		291	8:F 45-49	53:30	54:00
388	James Buckingham	The Cherry Tree	729	122:M 20-39	53:40	54:02
389	Paul Stanton		517	47:M 45-49	53:30	54:03
390	Gemma Cannon	Woodbridge Shufflers	167	29:F 20-39	53:41	54:04
391	Jamie Smith		407	123:M 20-39	53:31	54:06
392	Trevor Fagg		463	21:M 55-59	53:35	54:12
393	Carey Hollingsworth		451	30:F 20-39	53:52	54:13
394	Jamie Clarkson		740	59:M 40-44	53:40	54:13
395	Melissa Woulfe		436	31:F 20-39	54:06	54:16

396	Charlie Joy	Chapel Properties	629	124:M 20-39	53:53	54:19
397	Gary Pilkington		149	36:M 50-54	53:55	54:21
398	Martin Stanley		185	22:M 55-59	53:59	54:26
399	Bella Lock		80	32:F 20-39	53:52	54:26
400	Gordon Pethybridge	Woodbridge Shufflers	24	23:M 55-59	54:14	54:38
401	Julie Dovey	Woodbridge Shufflers	464	4:F 60-64	54:15	54:40
402	David Steward	Woodbridge Shufflers	68	24:M 55-59	54:19	54:43
403	Josh Brett		105	125:M 20-39	54:09	54:44
404	Stuart Hunt	Hadleigh Hares	127	126:M 20-39	54:21	54:45
405	Katie Beckinsale		42	33:F 20-39	54:22	54:46
406	Jessica Read		128	6:F 0-19	54:36	54:46
407	Marie Boland		566	22:F 40-44	54:28	54:48
408	Graeme Mears	Woodbridge School	712	37:M 50-54	54:19	54:48
409	Christian Thompson		265	127:M 20-39	54:24	54:50
410	Claire Harrington	Woodbridge Shufflers	232	4:F 55-59	54:15	54:52
411	Darren Scriven		359	128:M 20-39	54:40	54:54
412	Aaron Cross	Cornerstone Residential Estate Agent	693	129:M 20-39	54:24	54:56
413	Lewis Fuller		34	130:M 20-39	54:18	54:57
414	Mark King	Felixstowe Road Runners	40	131:M 20-39	54:39	54:59
415	Phil Davies	Ipswich Jaffa	47	25:M 55-59	54:51	55:00
416	Kerry Kirkpatrick		93	34:F 20-39	54:44	55:07
417	Richard Pineo		297	48:M 45-49	54:38	55:13
418	Fiona Smith		356	10:F 50-54	54:48	55:15
419	Steve Kirk	Framlingham Flyers	504	60:M 40-44	54:51	55:17
420	Josh Beeston	Chapel Properties	628	132:M 20-39	54:52	55:19
421	Sophie Bell		28	35:F 20-39	54:40	55:20
422	Amy Lewis		252	23:F 40-44	54:58	55:29
423	Sarah Banham	Felixstowe Road Runners	23	36:F 20-39	55:04	55:33
424	Adam Thorpe		594	133:M 20-39	55:01	55:34
425	Adam Wilson		246	134:M 20-39	54:53	55:35
426	Andrew Crump		435	135:M 20-39	55:20	55:38
427	Tamasin King		509	24:F 40-44	55:01	55:39
428	Annali Hubbard		419	37:F 20-39	55:25	55:39
429	Daniel Youngs		368	136:M 20-39	55:43	55:53
430	Karl Savill		247	38:M 50-54	55:20	55:54
431	Richard Farres	Gressingham Foods	647	39:M 50-54	55:37	55:58

432	James Kelly		345	26:M 55-59	55:42	55:59
433	Victoria Squirrell	Ipswich Jaffa	135	25:F 40-44	55:39	56:03
434	Nicola Sadler		493	11:F 50-54	55:35	56:07
435	Nancy Waters		276	26:F 40-44	55:23	56:08
436	Richard Allport	Felixstowe Road Runners	342	27:M 55-59	55:40	56:14
437	David Grimmer	East of England Co-op	728	40:M 50-54	55:36	56:17
438	Derek CHOWN		329	3:M 70-99	55:49	56:21
439	Katie Peake	Ipswich Jaffa	108	38:F 20-39	55:59	56:25
440	Paul Hannatt	Brafe Engineering Ltd	657	49:M 45-49	56:02	56:28
441	Thomas Bradshaw		442	50:M 45-49	55:58	56:30
442	Simon Bramhald		201	51:M 45-49	55:55	56:31
443	Tash Billsberry	Pinfold & Co	604	27:F 40-44	56:06	56:38
444	Nessie Thorpe		488	9:F 45-49	56:26	56:38
445	Maxine Bishop		548	12:F 50-54	56:20	56:39
446	Jess I'Anson	Notcutts	616	137:M 20-39	56:07	56:43
447	Nikki Brown		510	39:F 20-39	56:05	56:44
448	Toby Milne		121	52:M 45-49	55:55	56:45
449	Emma Birchley		409	10:F 45-49	56:42	56:45
450	Jason Hope		63	53:M 45-49	56:20	56:46
451	Micheal Gaffney		450	28:M 55-59	56:15	56:47
452	Emma Hibbert		204	13:F 50-54	56:11	56:48
453	Helen Turvey		492	28:F 40-44	56:23	56:49
454	Emily Fisk		496	40:F 20-39	56:33	56:54
455	Lynsey Leeks		762	29:F 40-44	56:34	56:55
456	Sarah Davies	Framlingham Flyers	578	5:F 55-59	56:22	56:58
457	Bonnie Coe		425	41:F 20-39	56:44	56:58
458	Mark Crisp	Chapel Properties	621	29:M 55-59	56:37	57:00
459	Rachel Larsen		260	30:F 40-44	56:27	57:01
460	Jason Hitz	Gressingham Foods	640	61:M 40-44	56:29	57:04
461	David Farrow	Cornerstone Residential Estate Agent	691	62:M 40-44	56:33	57:06
462	Hayley Berkel		144	11:F 45-49	56:39	57:10
463	Ian Rush		157	54:M 45-49	56:49	57:22
464	Roelf Schreurs		226	55:M 45-49	56:55	57:24
465	Emma Blaylock		10	12:F 45-49	56:55	57:24
466	Mark Webster		159	63:M 40-44	56:36	57:24
467	Kari Urban	Woodbridge Shufflers	158	13:F 45-49	56:36	57:24

468	Tamsin Passmore		249	6:F 55-59	57:01	57:25
469	Neil Howard		119	16:M 60-64	57:06	57:26
470	Melissa Goodrich		583	31:F 40-44	57:14	57:27
471	Tasha Salmon	Barretts of Woodbridge	701	32:F 40-44	56:43	57:30
472	Richard Attenborrow		281	4:M 70-99	56:53	57:30
473	Gary Fuller		598	41:M 50-54	56:53	57:31
474	Ben Brumby		414	56:M 45-49	57:04	57:35
475	Dawn Gibson	Felixstowe Road Runners	384	33:F 40-44	57:07	57:35
476	Lucy Kate Atherton	Woodbridge Shufflers	278	42:F 20-39	57:14	57:37
477	Jeffrey Allum		309	57:M 45-49	57:10	57:42
478	Bruce Raymond		174	30:M 55-59	57:11	57:45
479	Scott Gillies		261	31:M 55-59	57:05	57:46
480	Angelique Scully		366	14:F 45-49	57:27	57:46
481	Kev Spiers	Anderson Group	708	58:M 45-49	57:09	57:46
482	Debbie Wiseman		348	15:F 45-49	57:27	57:49
483	Jordan Harrison		13	43:F 20-39	57:14	57:54
484	Carl Jarrett	Felixstowe Road Runners	558	59:M 45-49	57:23	57:55
485	Charlotte Leech	Pinfold & Co	605	44:F 20-39	57:24	57:56
486	Emma Frost	Pinfold & Co	603	34:F 40-44	57:25	57:57
487	Emily Ward		465	45:F 20-39	57:29	57:57
488	Nigel Berry	Fenn Wright	638	60:M 45-49	57:30	58:01
489	Robert Mace	Adnams	610	64:M 40-44	57:27	58:02
490	Meinir Childs		380	16:F 45-49	57:37	58:04
491	Anne Parkinson	Framlingham Flyers	142	5:F 60-64	57:27	58:08
492	Larry Booth	Howard Construction	683	42:M 50-54	58:03	58:13
493	Bella Smith	Anderson Group	703	35:F 40-44	57:44	58:15
494	Kate Wooldridge		315	17:F 45-49	57:45	58:15
495	Jonathan Scott		62	65:M 40-44	57:29	58:17
496	Patrick Cooney		191	32:M 55-59	57:59	58:20
497	Paul McAllister	Lytham St Anne's Road Runners	579	33:M 55-59	57:52	58:24
498	Ricky Ward		448	138:M 20-39	58:22	58:34
499	Gareth Roberts		162	17:M 60-64	58:18	58:40
500	Jimmy Youngs		367	34:M 55-59	58:31	58:41
501	James Warner		518	139:M 20-39	58:06	58:44
502	Danielle Wright	Felixstowe Road Runners	429	46:F 20-39	58:16	58:45
503	Lydia Boggis		377	47:F 20-39	58:25	58:48

504	Tim Niven	Adnams	606	43:M 50-54	58:09	58:48
505	Amanda Holt	Woodbridge Shufflers	256	18:F 45-49	58:18	58:51
506	Calvin Farthing		343	140:M 20-39	58:24	58:54
507	Matthew Coward		307	141:M 20-39	58:20	58:56
508	Carl Collins		536	142:M 20-39	58:45	59:00
509	Amy Dines		91	36:F 40-44	58:34	59:04
510	Julie Barnes		126	19:F 45-49	58:36	59:06
511	Phil Hall		595	44:M 50-54	58:39	59:10
512	Lily Bunker	Woodbridge Shufflers	141	48:F 20-39	58:36	59:10
513	Gary Spruce	Chapel Properties	626	45:M 50-54	58:51	59:19
514	Andrew Soames	Chapel Properties	624	35:M 55-59	58:54	59:21
515	Julie Murray	Notcutts	613	14:F 50-54	58:47	59:23
516	Katherine Hutson	Ipswich Jaffa	81	37:F 40-44	59:12	59:27
517	Kevin Bitter		588	61:M 45-49	58:46	59:35
518	Jonathan Sheldrake-Goodinç	Woodbridge Shufflers	213	143:M 20-39	58:49	59:38
519	Zain OSullivan		413	66:M 40-44	59:19	59:43
520	Pete Cockett		461	144:M 20-39	59:32	59:49
521	Jason Mann		381	46:M 50-54	59:36	59:55
522	Johnjames Ottaway		573	62:M 45-49	59:19	1:00:03
523	Jenny Hurley	Felixstowe Road Runners	572	49:F 20-39	59:29	1:00:07
524	Clare Walker		331	38:F 40-44	59:33	1:00:09
525	Abi Lummis		333	50:F 20-39	59:34	1:00:13
526	Jane Moon	Felixstowe Road Runners	477	6:F 60-64	59:31	1:00:16
527	Lisa Hagen		194	39:F 40-44	59:44	1:00:23
528	Louise Riddleston		82	40:F 40-44	1:00:11	1:00:26
529	Carl Farthing		218	145:M 20-39	59:57	1:00:28
530	Jenny Church	Felixstowe Road Runners	267	7:F 60-64	59:54	1:00:33
531	Bethany Taylor		524	51:F 20-39	1:00:20	1:00:36
532	Nijole Morkuniene	Gressingham Foods	641	7:F 55-59	1:00:17	1:00:37
533	Richard Landers		386	63:M 45-49	59:49	1:00:37
534	Helen Fomenko		473	20:F 45-49	1:00:06	1:00:38
535	Chris Slemmings	Brafe Engineering Ltd	655	5:M 70-99	1:00:00	1:00:40
536	James Wilcox	Howard Construction	681	47:M 50-54	1:00:11	1:00:41
537	Michelle Keeble	Saxons	535	21:F 45-49	1:00:03	1:00:44
538	Joe Roberts		736	146:M 20-39	1:00:20	1:00:56
539	Lois Mickleburgh		35	22:F 45-49	1:00:24	1:00:57

540	Katherine Wells		92	41:F 40-44	1:00:44	1:01:01
541	Ayse Singh		427	42:F 40-44	1:00:21	1:01:03
542	Bryan Jones	Cornerstone Residential Estate Agent	694	64:M 45-49	1:01:07	1:01:25
543	Anna Weiss-hindle		475	23:F 45-49	1:00:45	1:01:28
544	Peter Russell	Framlingham Flyers	776	6:M 70-99	1:00:51	1:01:31
545	Ben Saunders	Barretts of Woodbridge	700	147:M 20-39	1:01:07	1:01:53
546	Simon Guest		290	18:M 60-64	1:01:15	1:01:57
547	Shayla Wardley	Anderson Group	711	52:F 20-39	1:01:19	1:01:59
548	Michelle Berriman		170	15:F 50-54	1:01:33	1:02:07
549	Doug Betts		11	67:M 40-44	1:01:38	1:02:12
550	Andrew Ford		746	68:M 40-44	1:01:30	1:02:16
551	Mags Walsh		225	8:F 60-64	1:01:38	1:02:21
552	lisa Cox		176	43:F 40-44	1:01:58	1:02:27
553	Ian Corneby		538	48:M 50-54	1:01:59	1:02:28
554	Alok Ruia	Woodbridge Complementary Health C	781	36:M 55-59	1:01:50	1:02:34
555	Peter Thompson	Notcutts	618	149:M 20-39	1:01:57	1:02:43
556	Natakie Keep		487	53:F 20-39	1:02:29	1:02:44
557	Rod MacGregor	Felixstowe Road Runners	503	37:M 55-59	1:02:12	1:02:48
558	Vivienne Taylor	Framlingham Flyers	399	1:F 65-69	1:02:14	1:02:49
559	Keith Borrett		542	3:M 65-69	1:02:40	1:02:53
560	Helen Rankin		168	16:F 50-54	1:02:18	1:02:57
561	Emily Cooper-Reade		738	8:F 55-59	1:02:53	1:03:05
562	Rachel Prior		382	54:F 20-39	1:02:35	1:03:17
563	Susi Rooke		88	17:F 50-54	1:02:42	1:03:21
564	Charlotte Stewart		216	18:F 50-54	1:02:38	1:03:22
565	Leon Holloway	Notcutts	617	69:M 40-44	1:02:37	1:03:24
566	Justin Ostler	Felixstowe Road Runners	514	49:M 50-54	1:02:52	1:03:29
567	Clark Skates		286	19:M 60-64	1:02:52	1:03:33
568	Deb Hart		389	19:F 50-54	1:03:22	1:03:41
569	Rodney Davis	Chapel Properties	622	150:M 20-39	1:03:20	1:03:46
570	Kirsty Marsh	Felixstowe Road Runners	151	55:F 20-39	1:03:04	1:03:47
571	Anna Davis	Chapel Properties	623	56:F 20-39	1:03:26	1:03:53
572	Patrick Cook		202	151:M 20-39	1:03:13	1:03:54
573	paul martin		233	20:M 60-64	1:03:18	1:03:58
574	Josh Hunt	Howard Construction	679	152:M 20-39	1:03:30	1:04:00
575	Curtis Garrett	Howard Construction	677	153:M 20-39	1:03:31	1:04:00



576	Malcolm Gleed		139	50:M 50-54	1:03:31	1:04:01
577	Robert Mabey	The Galley	671	21:M 60-64	1:03:15	1:04:01
578	Melissa Holmes		470	57:F 20-39	1:03:25	1:04:15
579	Zoe Gower		454	58:F 20-39	1:03:28	1:04:18
580	Gemma Howard	Ipswich Tri Club	193	59:F 20-39	1:03:44	1:04:26
581	Clare Astbury		177	44:F 40-44	1:03:47	1:04:33
582	Phil Turtill	Brafe Engineering Ltd	656	51:M 50-54	1:03:59	1:04:50
583	Anna Tomaszczuk		110	24:F 45-49	1:04:08	1:04:54
584	Samantha Mackin		546	60:F 20-39	1:04:11	1:04:56
585	Jasmine Mallett		44	61:F 20-39	1:04:21	1:04:57
586	Paul McGregor		66	22:M 60-64	1:04:39	1:05:00
587	Jo Whelan	Felixstowe Road Runners	183	9:F 60-64	1:04:17	1:05:02
588	Mark Davey	Ipswich Phoenix Running Club	586	52:M 50-54	1:04:42	1:05:03
589	Teegan Savile	Barker Gotelee	754	62:F 20-39	1:04:28	1:05:08
590	Heidi Manning		38	25:F 45-49	1:04:34	1:05:13
591	Mark Cannon		169	38:M 55-59	1:04:28	1:05:14
592	Helen Offord		300	9:F 55-59	1:04:40	1:05:20
593	Leonora chandler		109	26:F 45-49	1:04:40	1:05:21
594	Ben Whittaker	Giles Plumbing and Heating	653	10:M 0-19	1:05:09	1:05:22
595	Elizabeth Cooper	Woodbridge Shufflers	526	27:F 45-49	1:04:33	1:05:23
596	Jeremy Gray		69	39:M 55-59	1:05:00	1:05:49
597	Peter Edwards		77	70:M 40-44	1:05:08	1:05:57
598	Suzi Saunders		41	45:F 40-44	1:05:30	1:05:58
599	Jennifer Whitaker		285	46:F 40-44	1:05:46	1:06:03
600	Andrew Albins		147	65:M 45-49	1:05:19	1:06:06
601	Clifford Baldock		468	53:M 50-54	1:05:36	1:06:09
602	Mandy Chinery		173	20:F 50-54	1:05:36	1:06:19
603	Cath Norton		316	47:F 40-44	1:05:41	1:06:28
604	Alison Self		116	48:F 40-44	1:06:10	1:06:36
605	Adel Webber		415	64:F 20-39	1:06:05	1:06:48
606	Sarah Hainsworth		495	65:F 20-39	1:06:12	1:06:52
607	Jo Featherstone		339	49:F 40-44	1:06:12	1:06:52
608	Ian Akers		58	66:M 45-49	1:06:32	1:06:59
609	Farthing Colin		21	154:M 20-39	1:06:37	1:07:06
610	Jo Pineo		296	50:F 40-44	1:06:45	1:07:21
611	Jonathan Kent		292	54:M 50-54	1:06:38	1:07:22

612	Caroline Carter		369	28:F 45-49	1:06:49	1:07:37
613	Peter Thorpe		154	71:M 40-44	1:06:54	1:07:43
614	Anneli Ostler		540	51:F 40-44	1:07:11	1:07:55
615	Mark Crompton		294	40:M 55-59	1:07:28	1:08:07
616	Peter Frost		479	55:M 50-54	1:07:46	1:08:31
617	Mike ill		434	7:M 70-99	1:07:59	1:08:44
618	Kelly Goody		557	29:F 45-49	1:08:00	1:08:45
619	Ruth OSullivan		411	66:F 20-39	1:08:20	1:08:46
620	Jacqueline Allport	Felixstowe Road Runners	341	21:F 50-54	1:08:22	1:09:05
621	Daniela Elstone	Felixstowe Road Runners	30	10:F 55-59	1:08:21	1:09:05
622	Kim Cook		203	67:F 20-39	1:08:29	1:09:11
623	Dalkaji Gurung	Woodbridge Shufflers	528	68:F 20-39	1:08:33	1:09:15
624	kelly boosey		330	52:F 40-44	1:08:40	1:09:18
625	steven fosker		238	67:M 45-49	1:08:41	1:09:19
626	Sue Pearson	Saxons	313	10:F 60-64	1:08:37	1:09:23
627	Sharon Taylor		520	30:F 45-49	1:09:22	1:09:37
628	Gary Barr		553	155:M 20-39	1:08:54	1:09:41
629	Katie Dagnall		95	69:F 20-39	1:09:12	1:09:46
630	Kerry Saxton		206	22:F 50-54	1:09:12	1:09:46
631	Wendy Corneby		537	23:F 50-54	1:09:33	1:10:03
632	Claire Pickard		212	31:F 45-49	1:09:46	1:10:23
633	Charlotte Richardson		539	32:F 45-49	1:09:46	1:10:23
634	Phil Bear	Gressingham Foods	645	72:M 40-44	1:09:43	1:10:34
635	Jess Buck	The Cherry Tree	731	70:F 20-39	1:10:13	1:10:34
636	Kate Mills		78	53:F 40-44	1:10:11	1:10:52
637	Marianne Hedge	Felixstowe Road Runners	580	33:F 45-49	1:10:10	1:10:54
638	Max Wheatman		197	157:M 20-39	1:10:27	1:11:01
639	Michael Clapham		512	8:M 70-99	1:11:21	1:11:59
640	Alison Taylor		124	11:F 55-59	1:11:23	1:12:01
641	Alice Bullock		196	71:F 20-39	1:11:49	1:12:23
642	Matthew Ray Dobson		547	158:M 20-39	1:11:39	1:12:24
643	Emma Ford		85	54:F 40-44	1:11:49	1:12:34
644	Colin Davis		739	73:M 40-44	1:12:33	1:13:11
645	Anne Oliver	Felixstowe Road Runners	593	2:F 65-69	1:12:39	1:13:25
646	Claire Rush		107	55:F 40-44	1:12:44	1:13:27
647	Millie Baker	Barretts of Woodbridge	699	72:F 20-39	1:12:43	1:13:31

648	Tania Vermeulen		575	56:F 40-44	1:13:48	1:14:18
649	Tom Bolton	Giles Plumbing and Heating	654	159:M 20-39	1:13:59	1:14:30
650	Gary Smythe	Giles Plumbing and Heating	652	74:M 40-44	1:14:00	1:14:30
651	Philip Cowles		555	23:M 60-64	1:14:03	1:14:53
652	Tina Cullum		581	34:F 45-49	1:14:34	1:15:20
653	maria bilner	Ipswich Jaffa	327	35:F 45-49	1:15:00	1:15:37
654	Sarah Hicks		51	73:F 20-39	1:15:11	1:15:44
655	Alison Leech		298	24:F 50-54	1:15:55	1:16:43
656	Denise Tsangaris		561	57:F 40-44	1:17:40	1:18:29