

Place	Name	Team Name	Bib No	Age Group	Place	Chip Time	Gun Time
1	Brandon Barber	Ipswich Harriers	448	1:Open		32:40	32:40
2	Stuart Haynes	Woodbridge Shufflers RC	627	2:Open		33:40	33:40
3	Sidney Tilley	Ipswich Harriers	325	3:Open		34:22	34:22
4	Ross McGill	Woodbridge Shufflers RC	27	1:M 20-39		35:38	35:39
5	Daniel Saunders		307	2:M 20-39		36:13	36:13
6	Paul Fenn	Kesgrave Cruisers	263	3:M 20-39		36:21	36:21
7	Ben Williams		409	4:M 20-39		36:20	36:21
8	Ben Williams	Woodbridge Shufflers RC	32	5:M 20-39		36:26	36:27
9	James Cornish	Kesgrave Cruisers	314	1:M 40-49		36:43	36:43
10	Christopher King	Harold Wood Running Club	493	6:M 20-39		37:04	37:05
11	jack wilkinson	Gilmour Piper	782	7:M 20-39		37:16	37:17
12	Mark Allen	Ipswich Jaffa RC	414	1:M 50-59		37:31	37:32
13	Daniel King		220	8:M 20-39		37:55	37:55
14	Oliver Daykin		457	9:M 20-39		37:57	37:57
15	Stanley Peacher		774	1:M 0-19		38:07	38:07
16	Bruce Bennett	Woodbridge School	757	2:M 0-19		38:10	38:11
17	Douglas Hobson	St Albans Striders	403	10:M 20-39		38:43	38:43
18	Alex Borwick	Colchester Harriers AC	649	11:M 20-39		38:44	38:47
19	Neill Readhead	Saxmundham Sports Running & Fitness Club	423	12:M 20-39		38:53	38:54
20	James Parr	Lowestoft Road Runners	424	13:M 20-39		39:14	39:15
21	Tim Wilkins	Potters Estate Agents	740	2:M 40-49		39:20	39:20
22	Stuart Buchan		131	14:M 20-39		39:23	39:23
23	Kat Parnell	Airborne	680	1:Open		39:24	39:25
24	Steve Brooke	Felixstowe RRC	672	2:M 50-59		39:28	39:31
25	GEORGE ALGAR	DEBEN INNS	766	15:M 20-39		39:33	39:35
26	Tom Stewart	Woodbridge Shufflers RC	412	3:M 50-59		39:37	39:39
27	Rob Gittoes		26	3:M 40-49		39:42	39:42
28	Alice Heather - Hayes	Ipswich Harriers	830	2:Open		39:41	39:43
29	Tom Alexander		496	4:M 40-49		39:47	39:48
30	Nick Watchman	Lonely Goat RC	444	5:M 40-49		39:46	39:49
31	Michael Galbraith		252	4:M 50-59		39:49	39:53
32	Caspar Le Fanu		227	16:M 20-39		39:56	39:57
33	Jasper Keith		670	3:M 0-19		39:48	39:59
34	Simon Stafford	Kesgrave Cruisers	208	5:M 50-59		40:03	40:06
35	Billy Lum		535	17:M 20-39		40:06	40:07
36	Michael Jennings	Airborne	678	18:M 20-39		40:07	40:10
37	James Sarre	Rokker	707	6:M 40-49		40:16	40:17
38	Tobie Stollery		491	19:M 20-39		40:17	40:21
39	Oliver Cooper	Ipswich Triathlon Club	597	7:M 40-49		40:23	40:27
40	Elliot Kelly		169	20:M 20-39		40:25	40:28
41	Michael Delacamp		553	21:M 20-39		40:27	40:29
42	Suzy West	Ipswich Jaffa RC	487	3:Open		40:24	40:34
43	Stephen Munnings	Felixstowe RRC	301	8:M 40-49		40:36	40:38
44	Andy Ellis	Felixstowe RRC	217	22:M 20-39		40:38	40:40
45	Tom Pirkis	Airborne	681	23:M 20-39		40:48	40:51
46	Tom Wake	Woodbridge Shufflers RC	45	24:M 20-39		40:54	40:55
47	Jon Chapman		619	25:M 20-39		40:55	40:58
48	Oliver Buchanan	Gressingham Foods	714	26:M 20-39		41:00	41:02
49	Matthew Payne		195	9:M 40-49		41:00	41:03
50	John Cooper		67	27:M 20-39		41:02	41:05
51	Tom Hayden	Framlingham Flyers	831	28:M 20-39		41:09	41:12
52	Ryan Davidson		466	29:M 20-39		41:24	41:27
53	Philip Chappels	Kesgrave Cruisers	255	10:M 40-49		41:31	41:37
54	Zac Hembry	Stay in Suffolk	819	30:M 20-39		41:33	41:40
55	Kevin Peirce	Ipswich Harriers	291	11:M 40-49		41:45	41:46
56	Matthew Wesley		215	31:M 20-39		42:04	42:07
57	Danny Jackson		557	32:M 20-39		42:09	42:10
58	Robin Harper	Felixstowe RRC	368	12:M 40-49		42:09	42:11
59	Jack Garnham	Rokker	712	33:M 20-39		42:09	42:14
60	Georgia Garvin	Ipswich Jaffa RC	825	1:F 20-39		42:16	42:18
61	Alsastair Read		489	13:M 40-49		42:19	42:21
62	Daniel Garner	Adnams	770	34:M 20-39		42:20	42:27
63	Stuart Wright	Felixstowe RRC	502	14:M 40-49		42:37	42:38
64	Robert Frost		266	15:M 40-49		42:37	42:43
65	Steven Utteridge		293	16:M 40-49		42:42	42:45
66	Glynn Thomas		422	1:M 60-69		42:48	42:51
67	Kevin Clegg	Kesgrave Cruisers	520	17:M 40-49		42:48	42:52
68	Tim Hanman	Ipswich Jaffa RC	273	6:M 50-59		42:55	42:57
69	Mark Goodwin	Felixstowe RRC	286	7:M 50-59		42:57	43:03
70	Neil Smith	Framlingham Flyers	302	18:M 40-49		42:56	43:08

71	Archie Bullingham	Framlingham Flyers	560	4:M 0-19	42:58	43:08
72	shane Flack	Kesgrave Kruisers	303	35:M 20-39	43:05	43:11
73	Adam Brett		33	19:M 40-49	43:15	43:22
74	Oliver Minns		543	36:M 20-39	43:18	43:22
75	David Bowman		341	20:M 40-49	43:23	43:28
76	Andrew Laws	Ipswich Jaffa RC	427	2:M 60-69	43:23	43:28
77	Benjamin Vinton		549	37:M 20-39	43:38	43:45
78	Charlie Beer		366	5:M 0-19	43:32	43:45
79	Femi Ariyo	Kesgrave Kruisers	84	21:M 40-49	43:37	43:46
80	Carl Stannard		285	38:M 20-39	43:40	43:48
81	Ian Duggan	Felixstowe RRC	602	8:M 50-59	43:46	43:49
82	Gavin Raby		20	22:M 40-49	43:44	43:50
83	Jayne Chappels	Kesgrave Kruisers	558	1:F 40-49	43:52	43:59
84	Cameron Partridge		655	2:F 20-39	43:59	44:04
85	Thomas Beecroft	Framlingham Flyers	197	39:M 20-39	44:05	44:08
86	Ollie Johnson		513	23:M 40-49	44:04	44:09
87	Toby Downing	Airborne	677	40:M 20-39	44:07	44:11
88	Thomas Osborne		240	24:M 40-49	44:09	44:16
89	Ash Sadler	Kesgrave Kruisers	196	25:M 40-49	44:12	44:18
90	Kerry Buckley	Felixstowe RRC	483	9:M 50-59	44:16	44:21
91	Jenni Askew-Martin	Kesgrave Kruisers	257	3:F 20-39	44:16	44:22
92	Richard Knight		168	26:M 40-49	44:20	44:25
93	katie card	Gilmour Piper	785	4:F 20-39	44:26	44:28
94	Ian Mcdermott	Ipswich Jaffa RC	402	3:M 60-69	44:21	44:32
95	Daniel Ingleby		295	27:M 40-49	44:32	44:35
96	Peter Andrews		512	28:M 40-49	44:29	44:36
97	Kieran Holland	Kesgrave Kruisers	269	6:M 0-19	44:26	44:38
98	Tom Taylor		495	4:M 60-69	44:33	44:40
99	Alastair Hopwood		38	29:M 40-49	44:35	44:41
100	Bryan Wybrow	Felixstowe RRC	594	30:M 40-49	44:30	44:42
101	Jason Cattermole	Ipswich Jaffa RC	832	10:M 50-59	44:36	44:43
102	Matthew Thubron	Biddable Solutions	789	11:M 50-59	44:34	44:46
103	Matthew Alexander	Woodbridge Shufflers RC	573	41:M 20-39	44:40	44:50
104	Jacob Howard	Ipswich Triathlon Club	140	42:M 20-39	44:34	44:52
105	Scott Hard		521	12:M 50-59	44:49	44:56
106	Duane Howard		154	13:M 50-59	44:49	44:57
107	Oliver Dixon		381	7:M 0-19	44:36	44:57
108	David Scrivener	Brafe	796	31:M 40-49	44:54	45:02
109	Rich Wiseman	Quay Church	699	32:M 40-49	44:55	45:05
110	Stuart Yule		599	14:M 50-59	44:59	45:05
111	Jack Morrison	Woodbridge Shufflers RC	480	43:M 20-39	44:59	45:07
112	Doug Hutton-Squire		277	15:M 50-59	45:02	45:08
113	Richard Wold	Felixstowe RRC	523	5:M 60-69	45:08	45:14
114	William Aldred	Framlingham Flyers	585	16:M 50-59	45:06	45:17
115	Ashley Wilding		9	44:M 20-39	45:16	45:19
116	Jess Farthing	Felixstowe RRC	519	17:M 50-59	44:59	45:21
117	Hazel Harrison	Rokker	706	2:F 40-49	45:18	45:26
118	Katie Beckinsale	Airborne	682	5:F 20-39	45:21	45:26
119	Louise Cracknell	Felixstowe RRC	544	3:F 40-49	45:22	45:27
120	Thomas DUTHOIT		253	45:M 20-39	45:25	45:30
121	Adrian Kendall	Amarinth	753	18:M 50-59	45:21	45:31
122	James Humphrey		130	33:M 40-49	45:26	45:34
123	Mark Flatman	Ipswich Triathlon Club	401	19:M 50-59	45:31	45:36
124	Gary Russell		88	34:M 40-49	45:29	45:40
125	Stuart Wade		313	46:M 20-39	45:33	45:41
126	Nick Palmer	Barker Gotelee	840	35:M 40-49	45:21	45:43
127	justin farris	Woodbridge Shufflers RC	511	47:M 20-39	45:42	45:46
128	STEVEN FOSKER		411	20:M 50-59	45:42	45:47
129	Joe Yearley		441	48:M 20-39	45:44	45:48
130	Steven Lane	Ipswich Jaffa RC	318	36:M 40-49	45:53	46:04
131	Nellee Berry		559	8:M 0-19	45:52	46:07
132	James Lewis		148	37:M 40-49	45:55	46:09
133	Rob Barker		464	49:M 20-39	46:00	46:10
134	David Mcnae	Kesgrave Kruisers	583	38:M 40-49	46:05	46:10
135	ELLIOTT HANCOCK	DEBEN INNS	764	50:M 20-39	46:06	46:19
136	Elliot Astbury	Quay Church	697	9:M 0-19	46:03	46:21
137	Austin Jones		44	51:M 20-39	46:08	46:23
138	Joe Drury		439	39:M 40-49	46:09	46:24
139	Isobel Mitchell		332	1:F 0-19	46:12	46:25
140	Stuart Darkins		92	40:M 40-49	46:13	46:25
141	Roger Stone	Amarinth	755	21:M 50-59	46:09	46:29

142	Lee Eastall		398	22:M 50-59	46:15	46:31
143	Thomas Hunnisett	Saxmundham Sports Running & Fitness Club	436	52:M 20-39	46:32	46:34
144	Robin Belsom	Ipswich Jaffa RC	254	6:M 60-69	46:26	46:36
145	Stephen Swan		843	53:M 20-39	46:27	46:36
146	Harry Archer	Chapel Properties	726	54:M 20-39	45:59	46:37
147	Cameron Ciaravella	Howard Construction	689	55:M 20-39	46:36	46:37
148	Tom Carter		43	41:M 40-49	46:31	46:37
149	Chris Sim		548	42:M 40-49	46:17	46:40
150	Chris Pritchard	Brafe	795	43:M 40-49	46:38	46:43
151	Benjamin J M Haste		226	56:M 20-39	46:38	46:44
152	Emma Wheeler		16	6:F 20-39	46:41	46:46
153	Michelle Murphy	Felixstowe RRC	443	4:F 40-49	46:39	46:48
154	Kevin Linsell	Kesgrave Cruisers	106	23:M 50-59	46:37	46:50
155	David Beighton	Saint Edmund Pacers	121	44:M 40-49	46:43	46:51
156	Iain Taylor	Woodbridge Shufflers RC	311	24:M 50-59	46:44	46:54
157	Andrew Hawes	Reepham Runners	306	45:M 40-49	46:43	46:57
158	Ethan Baker		438	57:M 20-39	46:52	47:01
159	Tom Aykroyd	Felixstowe RRC	431	46:M 40-49	46:56	47:04
160	Jim Marshall	Rokker	705	25:M 50-59	46:59	47:06
161	Luke Last		204	58:M 20-39	46:58	47:09
162	Helen Jerrold	Kesgrave Cruisers	633	5:F 40-49	47:02	47:10
163	Samantha Linassi	Felixstowe RRC	265	6:F 40-49	47:10	47:15
164	Harry Grimsey	Saxmundham Sports Running & Fitness Club	193	59:M 20-39	47:09	47:15
165	Karl Smith		575	60:M 20-39	47:13	47:16
166	Holly Taylor	Felixstowe RRC	279	7:F 20-39	47:11	47:17
167	mark newman	Gilmour Piper	783	47:M 40-49	47:00	47:21
168	Emily Klug		7	8:F 20-39	47:07	47:21
169	Robert Trebilcock		373	61:M 20-39	47:20	47:26
170	Rebecca Barnett		294	9:F 20-39	47:14	47:26
171	Becky Smith	Ipswich Jaffa RC	833	10:F 20-39	47:20	47:29
172	Gary Lowe	Saxmundham Sports Running & Fitness Club	486	7:M 60-69	47:26	47:36
173	Rich Astbury	Quay Church	698	48:M 40-49	47:27	47:37
174	Charles Ohsten	Stowmarket Striders RC	141	62:M 20-39	47:28	47:38
175	Fin Whitaker	Fenn Wright	778	10:M 0-19	47:14	47:39
176	Darren Lewis	Rokker	708	49:M 40-49	47:27	47:40
177	Kitty Mithen	Woodbridge Shufflers RC	211	11:F 20-39	47:37	47:45
178	Lauren Squirrel	Ipswich Harriers	256	2:F 0-19	47:42	47:48
179	Mark Ryman	Howard Construction	696	50:M 40-49	47:34	47:50
180	Ben Deacon		317	51:M 40-49	47:44	47:50
181	Marcus Payne		46	63:M 20-39	47:44	47:51
182	George Cole		663	64:M 20-39	47:25	47:53
183	Lily Jerrold	Ipswich Harriers	497	3:F 0-19	47:48	47:59
184	Matthew Davies		55	26:M 50-59	47:43	47:59
185	Ross Cracknell		54	65:M 20-39	47:52	48:03
186	Chris Hodges		376	66:M 20-39	47:47	48:04
187	Kate Scotter	Kesgrave Cruisers	821	7:F 40-49	47:57	48:04
188	Carl Collins		142	67:M 20-39	47:54	48:04
189	Jazmin Harrison		378	12:F 20-39	47:21	48:04
190	Lenny Pack		145	52:M 40-49	47:56	48:07
191	Marcus Kwan	Kesgrave Cruisers	108	27:M 50-59	48:04	48:12
192	Cam Brown		632	68:M 20-39	48:01	48:14
193	Joe Hindley		377	69:M 20-39	48:01	48:18
194	Hannah Wattam	Woodbridge Shufflers RC	85	8:F 40-49	48:09	48:20
195	Mark Clinton		316	53:M 40-49	48:07	48:21
196	James Ellul	Felixstowe RRC	646	54:M 40-49	48:08	48:25
197	Louise Parkinson		623	9:F 40-49	48:17	48:29
198	Max Harrold	Felixstowe RRC	406	70:M 20-39	48:27	48:31
199	Richard Litchfield		588	55:M 40-49	48:25	48:34
200	James Klug		80	71:M 20-39	48:12	48:36
201	Morgan Read		37	72:M 20-39	48:32	48:36
202	Adam Plummer	Rushmere Community Runners	66	73:M 20-39	48:23	48:38
203	Will Self		668	56:M 40-49	48:32	48:38
204	Luz Chavez	Ipswich Jaffa RC	639	13:F 20-39	48:26	48:39
205	Jack Shepherd		248	74:M 20-39	48:09	48:39
206	Aidan Priday	Fenn Wright	779	11:M 0-19	48:17	48:41
207	Rosie Denny	Woodbridge Shufflers RC	501	10:F 40-49	48:32	48:43
208	Barry Hawtin	Felixstowe RRC	181	57:M 40-49	48:31	48:43
209	Carl Berriman	Rushmere Community Runners	177	28:M 50-59	48:21	48:45
210	Bill Watson	Reading Roadrunners	218	29:M 50-59	48:36	48:46
211	Andre Edwards		243	30:M 50-59	48:33	48:46
212	Lawrence Cooke	Biddable Solutions	786	75:M 20-39	48:34	48:49

213	Ben Gilman		276	58:M 40-49	48:46	48:52
214	TOM STOREY	DEBEN INNS	759	76:M 20-39	48:44	48:59
215	Jake Guest		110	77:M 20-39	48:39	49:00
216	Billy Dodwell		78	78:M 20-39	48:41	49:02
217	Sam Barker		624	79:M 20-39	48:55	49:05
218	Sam Stone	Heritage Sash	687	80:M 20-39	48:48	49:07
219	Paul Barnard		51	59:M 40-49	49:05	49:10
220	Nicki Ripman	Airborne	684	11:F 40-49	49:12	49:18
221	Tim Higgins	Ipswich Jaffa RC	421	8:M 60-69	49:10	49:19
222	Laura Ripman		42	12:F 40-49	49:15	49:20
223	Thomas Mitchell		339	12:M 0-19	49:08	49:21
224	Gabriel Martins	Ipswich Jaffa RC	836	31:M 50-59	49:09	49:22
225	David Church	Felixstowe RRC	567	32:M 50-59	49:12	49:23
226	Megan Rea		118	14:F 20-39	49:01	49:23
227	Robert Squirrel	Woodbridge Shufflers RC	69	33:M 50-59	49:07	49:23
228	James Buckingham	The Cherry Tree	737	60:M 40-49	49:11	49:24
229	Chris Wilding		352	61:M 40-49	49:08	49:26
230	Charles Deacon		151	81:M 20-39	49:06	49:28
231	Ashley Evans		363	62:M 40-49	49:23	49:30
232	Keiron Donovan		191	82:M 20-39	49:19	49:31
233	Ricky Ward		18	83:M 20-39	49:19	49:31
234	John Stafford		322	34:M 50-59	49:14	49:31
235	Jonathan Driver		152	35:M 50-59	49:13	49:32
236	Toby Cameron	Amarinth	747	84:M 20-39	49:02	49:37
237	Benjamin Wheeler		41	85:M 20-39	49:27	49:38
238	Will Hopkins		50	86:M 20-39	49:23	49:38
239	Daniel Smith	Woodbridge Shufflers RC	374	87:M 20-39	49:29	49:39
240	Matt Trill		124	63:M 40-49	49:24	49:40
241	James Dunstan		355	64:M 40-49	49:36	49:41
242	Charlotte Bryan		606	15:F 20-39	49:20	49:41
243	Mark Andrews	Lonely Goat RC	419	36:M 50-59	49:04	49:42
244	Alan Krailing		146	65:M 40-49	49:31	49:44
245	Andy Hendry		221	37:M 50-59	49:34	49:45
246	Libby Abbott		194	13:M 0-19	49:39	49:49
247	Tim Moxham		340	88:M 20-39	49:44	49:52
248	Sarah Clow	Anderson	806	13:F 40-49	49:39	49:57
249	Jon Mickelsen		685	66:M 40-49	49:47	49:59
250	Chris Pratt		172	89:M 20-39	49:40	50:00
251	Paul Duncley		379	90:M 20-39	49:39	50:00
252	Keith Andrews		389	67:M 40-49	49:44	50:01
253	MIKE ROBINSON	DEBEN INNS	761	91:M 20-39	49:52	50:06
254	Eddy Spirit		5	92:M 20-39	49:44	50:07
255	Camilla Hopkins		545	14:F 40-49	49:25	50:09
256	Steve Reay		603	68:M 40-49	49:55	50:09
257	Charlie Joy	Chapel Properties	725	93:M 20-39	49:53	50:10
258	Sue Wardropper	Barker Gotelee	814	1:F 50-59	50:03	50:16
259	Gemma Soul		838	16:F 20-39	50:17	50:21
260	Sam Bedford		117	94:M 20-39	49:32	50:22
261	Tim Hanson		179	38:M 50-59	50:04	50:26
262	stuart rowsell		615	14:M 0-19	50:22	50:27
263	Gemma Gilbert	Felixstowe RRC	138	15:F 40-49	50:20	50:29
264	Alex Greggor		98	95:M 20-39	50:10	50:30
265	Jack Blackbeard		400	96:M 20-39	50:23	50:31
266	James Stubbings		351	69:M 40-49	50:16	50:32
267	Georgina Roadnight	BLC on the Run	642	17:F 20-39	50:19	50:33
268	Chris Waters		70	70:M 40-49	50:14	50:33
269	Archie Briggins	Amarinth	750	97:M 20-39	50:14	50:34
270	Ben Howlett		547	15:M 0-19	50:21	50:34
271	Daniel Last		572	71:M 40-49	50:27	50:35
272	Michael Streat		209	9:M 60-69	50:17	50:35
273	Steve Roberts	Woodbridge Shufflers RC	514	72:M 40-49	50:27	50:37
274	Ben Burrows	Howard Construction	693	73:M 40-49	50:41	50:54
275	Ottillie Heather-Hayes	Ipswich Harriers	349	4:F 0-19	50:44	50:54
276	Ian Clover		380	74:M 40-49	50:29	50:56
277	Julian Herbert	Notcutts	719	39:M 50-59	50:24	50:56
278	Katarzyna Dabrowska	Capel Cheetahs	397	16:F 40-49	50:34	50:57
279	Matthew Smith		837	16:M 0-19	50:32	50:59
280	Richard Phillips	Kesgrave Cruisers	305	75:M 40-49	50:37	51:02
281	Connie Davies		87	5:F 0-19	50:46	51:02
282	Lee Rudland		125	76:M 40-49	51:04	51:13
283	Mark Ray		451	98:M 20-39	50:59	51:19

284	Steve Hunt	Hadleigh Hares AC	456	10:M 60-69	51:13	51:23
285	Stu Abbott		187	77:M 40-49	50:53	51:25
286	Heather Bush		31	17:F 40-49	51:03	51:25
287	Gemma Moss	Ipswich Jaffa RC	458	2:F 50-59	51:13	51:26
288	Darin Geary	Stowmarket Striders RC	199	40:M 50-59	51:05	51:27
289	Mark Sadler	Felixstowe RRC	163	78:M 40-49	51:11	51:27
290	Dereck Fiddes	Woodbridge Shufflers RC	350	11:M 60-69	51:12	51:29
291	Grahame Beales		135	41:M 50-59	51:24	51:32
292	Darren Cox	Kesgrave Kruisers	447	99:M 20-39	50:59	51:33
293	Mahdi Khan		93	100:M 20-39	51:15	51:36
294	Tom Brown		15	101:M 20-39	51:29	51:37
295	Ollie Caines	Brafe	793	102:M 20-39	51:19	51:43
296	Sophie Barnard	Adnams	771	18:F 20-39	51:19	51:43
297	Richard Owen		538	1:M 70-99	51:29	51:45
298	Ruth Acworth	Woodbridge Shufflers RC	492	1:F 60-69	51:37	51:53
299	jeroen wuurman		626	42:M 50-59	51:43	51:54
300	Paul Berriman		577	43:M 50-59	51:22	51:55
301	Chris Blair	Quay Church	701	79:M 40-49	51:50	52:00
302	Christy Fenelon		330	80:M 40-49	51:36	52:01
303	Pat Morgan	Ipswich Triathlon Club	629	2:M 70-99	51:35	52:04
304	Ben Childs		587	81:M 40-49	52:04	52:08
305	Paul Hadley		425	44:M 50-59	51:32	52:09
306	William Gunson		229	103:M 20-39	51:51	52:10
307	Graeme Keith		645	82:M 40-49	51:58	52:10
308	Jon Curtis		507	45:M 50-59	52:11	52:20
309	Luke Tomlinson	Woodbridge Complementary Health Centre	803	104:M 20-39	52:24	52:32
310	Amy Bailey		74	19:F 20-39	52:19	52:34
311	Bella Lock	Kesgrave Kruisers	259	18:F 40-49	52:13	52:39
312	Matt Cawdron	Woodbridge Shufflers RC	304	105:M 20-39	52:17	52:40
313	Adrian Goode	Felixstowe RRC	651	12:M 60-69	52:18	52:42
314	Timothy Davies		676	106:M 20-39	52:12	52:47
315	Trevor Fagg		308	46:M 50-59	52:24	52:50
316	Kayleigh Turpin	Felixstowe RRC	452	20:F 20-39	52:35	52:58
317	Kieran Moscrop		481	107:M 20-39	52:31	53:01
318	Ryan Garnham		656	108:M 20-39	52:36	53:02
319	Tim Street	Potters Estate Agents	738	109:M 20-39	52:58	53:04
320	Andrew Reid	Chapel Properties	731	83:M 40-49	52:52	53:10
321	Daniel Davis		149	84:M 40-49	53:14	53:14
322	Alexander Evans Lombe		636	110:M 20-39	53:00	53:14
323	Jake Sawyer		156	111:M 20-39	52:49	53:15
324	Georgina Ballam		189	21:F 20-39	53:01	53:16
325	Daniel Dyball		71	85:M 40-49	52:42	53:16
326	Gemma Porch		258	19:F 40-49	52:50	53:16
327	John Askew		333	86:M 40-49	52:59	53:16
328	Lewis Cherrington	Woodbridge Complementary Health Centre	802	112:M 20-39	53:02	53:18
329	Ryan Scopes		554	113:M 20-39	52:53	53:20
330	peri johnson		604	114:M 20-39	53:17	53:24
331	Tom Crowther	Ipswich Triathlon Club	312	115:M 20-39	52:56	53:26
332	Murray Burgess		446	116:M 20-39	52:42	53:27
333	James ling		616	117:M 20-39	53:05	53:28
334	David Mark		89	87:M 40-49	53:09	53:30
335	David Masters	Felixstowe RRC	202	88:M 40-49	53:19	53:35
336	Aidan Norris	Notcutts	723	89:M 40-49	53:07	53:41
337	Paul Bloom		183	90:M 40-49	53:33	53:43
338	Gareth Williams		360	91:M 40-49	53:36	53:45
339	Charlotte Chapman		618	22:F 20-39	53:31	53:48
340	Helen Ariyo	Kesgrave Kruisers	94	20:F 40-49	53:26	53:51
341	Jack Farley	Chapel Properties	732	118:M 20-39	53:25	53:54
342	Joseph Smith	Amarinth	751	119:M 20-39	53:23	53:55
343	Daniel Trinder		621	47:M 50-59	53:29	53:59
344	Charlotte Garnham		589	23:F 20-39	53:41	54:00
345	Arran Baker	Biddable Solutions	787	92:M 40-49	53:22	54:10
346	Jonathan Summers	Ipswich Jaffa RC	270	120:M 20-39	53:51	54:11
347	Vicky McTaggart		386	21:F 40-49	53:58	54:12
348	Bethany Johnson		250	24:F 20-39	54:06	54:14
349	Emma Blair	Quay Church	704	25:F 20-39	54:06	54:15
350	Poppy Robinson		326	6:F 0-19	53:50	54:16
351	Thea Brown		129	26:F 20-39	53:34	54:19
352	Will Shallish	Rokker	710	121:M 20-39	54:07	54:25
353	Simon Goldsmith		660	48:M 50-59	53:39	54:26
354	Adam Thorpe		56	122:M 20-39	53:52	54:27

355	Sean Kennedy		479	93:M 40-49	54:14	54:28
356	Philip Beer	Stowmarket Striders RC	598	49:M 50-59	53:47	54:34
357	Sarah Banham	Felixstowe RRC	595	27:F 20-39	54:22	54:34
358	david brewster	Felixstowe RRC	407	94:M 40-49	54:22	54:34
359	Elly- may Downing		537	28:F 20-39	54:16	54:39
360	Rebecca Murland		137	22:F 40-49	54:28	54:44
361	Gary Spruce	Chapel Properties	730	50:M 50-59	54:18	54:46
362	Steven Miles		214	95:M 40-49	54:28	54:48
363	Ellie Williams	Chapel Properties	842	29:F 20-39	54:26	54:55
364	Rosie Williams		28	30:F 20-39	54:38	54:58
365	Chris Childs		239	51:M 50-59	54:36	54:59
366	Carmen Ortiz		568	31:F 20-39	54:18	55:00
367	Mark Turner		114	96:M 40-49	54:17	55:01
368	Peter Hopson		459	52:M 50-59	54:24	55:04
369	Anna Scanlon		391	3:F 50-59	54:37	55:04
370	Stuart Richardson	Woodbridge School	758	53:M 50-59	54:21	55:05
371	Kyle Sore		611	123:M 20-39	54:42	55:07
372	liz witherley	Gilmour Piper	784	2:F 60-69	54:48	55:09
373	Will Sheppard		6	124:M 20-39	55:05	55:12
374	Jane Hutchinson	Howard Construction	690	23:F 40-49	55:00	55:14
375	Ruth Baker		477	24:F 40-49	55:05	55:14
376	Andrew Thompson	The Cherry Tree	735	97:M 40-49	54:52	55:14
377	Rhys Miller		404	125:M 20-39	54:56	55:17
378	Kate Andrews		822	25:F 40-49	55:00	55:18
379	Paul Seaman		659	13:M 60-69	54:46	55:19
380	Emily Thompson	The Cherry Tree	736	32:F 20-39	55:01	55:24
381	Danny Blackman		609	54:M 50-59	55:01	55:24
382	Adam Wilson		143	126:M 20-39	55:11	55:29
383	Nicola Freeman		174	26:F 40-49	55:18	55:30
384	Patrick Cook		289	127:M 20-39	55:11	55:30
385	Luke Read	Airborne	683	128:M 20-39	55:11	55:30
386	Lucy English	Framlingham Flyers	531	27:F 40-49	55:04	55:31
387	Darren Horsman		613	98:M 40-49	54:58	55:32
388	Anna Davis	Chapel Properties	733	33:F 20-39	55:06	55:33
389	Andrew Shilling		518	14:M 60-69	55:21	55:45
390	Aaron Cross	CORNERSTONE	743	129:M 20-39	55:16	55:51
391	John Clarke		399	15:M 60-69	55:23	55:52
392	Lucy Edwards		238	34:F 20-39	55:31	55:54
393	Jess Hall		556	35:F 20-39	55:31	55:55
394	Frederike Ahrens		596	36:F 20-39	55:21	56:00
395	Rodney Davis	Chapel Properties	727	99:M 40-49	55:35	56:02
396	Robert Duncley		321	100:M 40-49	55:48	56:10
397	Michael Howard	Howard Construction	691	55:M 50-59	55:57	56:11
398	Mickey Panich	Howard Construction	694	101:M 40-49	55:56	56:11
399	Calvin Meek	Notcutts	721	102:M 40-49	55:39	56:11
400	Andrew Walker	Kesgrave Kruisers	503	103:M 40-49	55:37	56:16
401	Jack Setchell		463	130:M 20-39	55:50	56:18
402	Steve Kirk	Framlingham Flyers	175	104:M 40-49	55:48	56:18
403	Rosie Kearton		342	28:F 40-49	55:57	56:32
404	Alastair Hanlon		601	56:M 50-59	56:26	56:32
405	Marion Parker	Felixstowe RRC	534	3:F 60-69	56:17	56:33
406	Tom Garnham		590	131:M 20-39	56:05	56:35
407	Shannon Hopkins	Woodbridge Complementary Health Centre	839	37:F 20-39	56:18	56:36
408	Tim Barnard		105	105:M 40-49	56:20	56:37
409	Harry Cole		661	132:M 20-39	56:13	56:38
410	Andrew Jump	Kesgrave Kruisers	133	106:M 40-49	56:10	56:39
411	Matt Lay-Flurrie	Brafe	791	107:M 40-49	56:11	56:39
412	Ned Kelly		539	16:M 60-69	56:10	56:40
413	Beth Price		62	38:F 20-39	56:17	56:41
414	Jo Hutt		388	29:F 40-49	56:14	56:41
415	Beth Wesley		574	39:F 20-39	56:16	56:43
416	Darren Wright		331	57:M 50-59	56:11	56:44
417	Paul Mathias		482	58:M 50-59	56:18	56:44
418	Ross Stone	Heritage Sash	686	59:M 50-59	56:25	56:45
419	Kerry Kirkpatrick	Woodbridge Shufflers RC	278	30:F 40-49	56:29	56:45
420	Mollie Wright		664	40:F 20-39	56:13	56:46
421	Emma Blaylock	Rokker	711	31:F 40-49	56:05	56:47
422	Zoë Aldam		612	32:F 40-49	56:14	56:47
423	Karl Hayward-Bradley		219	108:M 40-49	56:16	56:49
424	James Roberts		628	133:M 20-39	56:13	56:49
425	Matt Jack		467	134:M 20-39	56:28	56:50

426	Jonathan Sheldrake-Gooding	Woodbridge Shufflers RC	417	135:M 20-39	56:05	56:53
427	Doogan Ogilvie		346	17:M 0-19	56:07	56:54
428	Alex Keinzley		449	41:F 20-39	56:32	56:55
429	Wendy Kellett		323	4:F 50-59	56:41	56:59
430	Aidan McGlennon		455	136:M 20-39	56:12	56:59
431	Mark Crisp	Chapel Properties	728	60:M 50-59	56:40	56:59
432	Sean Turner		13	137:M 20-39	56:19	57:01
433	Andrew Woodman		245	109:M 40-49	56:17	57:04
434	James Kelly		582	61:M 50-59	56:29	57:10
435	Stuart Hunt	Hadleigh Hares AC	823	138:M 20-39	56:46	57:11
436	Rebecca Hewson	Felixstowe RRC	533	4:F 60-69	56:48	57:14
437	Stuart Mason	Felixstowe RRC	506	17:M 60-69	56:48	57:14
438	Geoff Buchanan	Gressingham Foods	713	62:M 50-59	56:53	57:17
439	Phaedra Bishop	Running Colchester	509	33:F 40-49	56:41	57:18
440	Suzie Fernley		222	34:F 40-49	56:56	57:19
441	simon morris		203	110:M 40-49	57:04	57:23
442	Rob Bentley		76	139:M 20-39	56:30	57:24
443	Peppi Boesler		499	42:F 20-39	56:45	57:24
444	HOWARD ALLEN	Ipswich Jaffa RC	383	63:M 50-59	56:55	57:25
445	Nikki Vince	Heritage Sash	688	5:F 50-59	57:05	57:25
446	Brett Martin		230	64:M 50-59	56:42	57:28
447	Alex Morrison		580	18:M 60-69	57:05	57:30
448	Mark Girling		387	111:M 40-49	56:48	57:31
449	David Lock		274	140:M 20-39	56:40	57:33
450	Richard Farres	Gressingham Foods	718	65:M 50-59	57:02	57:33
451	Michael Gaffney		338	66:M 50-59	56:57	57:35
452	Lucy Flack	Woodbridge School	756	35:F 40-49	57:07	57:41
453	Matthew Hall	Biddable Solutions	788	67:M 50-59	56:57	57:45
454	Roelf Schreurs		68	112:M 40-49	57:05	57:47
455	Laura Miles		280	36:F 40-49	57:32	57:51
456	Emily Pratt	Anderson	808	43:F 20-39	57:36	58:00
457	Dan Parish		107	141:M 20-39	57:39	58:10
458	George Haslam	Adnams	772	142:M 20-39	57:47	58:11
459	James Seaden		460	18:M 0-19	57:27	58:11
460	Mark Coaster		644	113:M 40-49	57:42	58:14
461	Hannah Sim		180	37:F 40-49	57:53	58:16
462	Jon Dodman		30	68:M 50-59	57:41	58:17
463	Adam Shapland		52	114:M 40-49	57:41	58:18
464	David Grimmer		223	69:M 50-59	57:50	58:22
465	Jon Lewis		166	115:M 40-49	58:19	58:27
466	Arran Briggins	Amarinth	754	19:M 0-19	58:01	58:32
467	Amy Drury		171	38:F 40-49	58:11	58:35
468	aradia crockett		95	39:F 40-49	58:07	58:39
469	David Farrow	CORNERSTONE	745	116:M 40-49	58:04	58:39
470	Tom Levett		14	143:M 20-39	58:14	58:42
471	Isis Yearley		207	44:F 20-39	58:17	58:48
472	Gerry McCarthy	Ipswich Phoenix Running Club	454	19:M 60-69	58:14	58:49
473	James Warner		462	144:M 20-39	58:15	58:52
474	Jenny Lynch	Felixstowe RRC	653	5:F 60-69	58:20	58:54
475	Claire Phillips	Kesgrave Cruisers	300	40:F 40-49	58:29	58:55
476	Peter Osborne	Seckford Hall Hotel & Spa	775	117:M 40-49	58:24	58:56
477	Lucy Heeney		205	45:F 20-39	58:39	58:56
478	Jon Hilder		620	118:M 40-49	58:15	58:57
479	Tracy Ratcliffe	Rushmere Community Runners	494	6:F 50-59	58:45	59:03
480	Ayse Singh		2	41:F 40-49	58:43	59:09
481	Carey Hollingsworth		471	46:F 20-39	58:37	59:12
482	Thomas Gunson		147	119:M 40-49	58:33	59:13
483	Angie Jackson		232	42:F 40-49	58:55	59:16
484	Scott Gower		23	145:M 20-39	58:37	59:17
485	ben asker	woodbridge removals	769	146:M 20-39	58:38	59:22
486	Claire Munnings		592	47:F 20-39	58:57	59:23
487	Tristram Singh		1	147:M 20-39	58:56	59:23
488	Ian Page		470	70:M 50-59	58:56	59:24
489	Sally Burtle	Anderson	809	48:F 20-39	58:44	59:25
490	Jess Read	Airborne	679	7:F 0-19	58:44	59:25
491	Rachel Buckingham	The Cherry Tree	734	8:F 0-19	58:58	59:30
492	Vanessa Thorpe	Ipswich Triathlon Club	362	7:F 50-59	59:02	59:33
493	Sue Cross	Jogging Made Easy	310	8:F 50-59	59:01	59:38
494	Emily Hanlon		435	49:F 20-39	58:47	59:38
495	James Goodwin		434	148:M 20-39	58:49	59:40
496	Fiona Smith	Ipswich Phoenix Running Club	484	9:F 50-59	59:12	59:43

497	Michael Davis		160	71:M 50-59	58:51	59:44
498	Lizzie Woldsmith		24	50:F 20-39	59:13	59:45
499	Jen Cross	CORNERSTONE	742	51:F 20-39	59:09	59:46
500	Phil Davies	Ipswich Jaffa RC	461	72:M 50-59	59:11	59:46
501	Abi Shaw		185	43:F 40-49	59:09	59:48
502	Megan Halpin		364	52:F 20-39	59:14	59:49
503	Ryan McMahon		365	149:M 20-39	59:14	59:50
504	Emma Hibbert		485	10:F 50-59	59:26	59:53
505	Kirsty Aberdein		178	11:F 50-59	59:24	59:59
506	Gabi Bloomfeild	Anderson	805	53:F 20-39	59:25	1:00:05
507	Laura Holland	Kesgrave Cruisers	353	44:F 40-49	59:19	1:00:06
508	Chris Bond		324	150:M 20-39	59:43	1:00:15
509	Matt Stranding	Anderson	810	120:M 40-49	59:52	1:00:16
510	Andrew Marshall-Tierney		550	20:M 60-69	59:32	1:00:17
511	Alison Wilcock	Felixstowe RRC	123	54:F 20-39	59:40	1:00:22
512	Andrew Beckinsale		19	121:M 40-49	59:31	1:00:23
513	Hayley Hannatt		571	12:F 50-59	59:56	1:00:27
514	IVAN WRIGHT	DEBEN INNS	763	151:M 20-39	59:49	1:00:30
515	Paul Hannatt	Brafe	798	73:M 50-59	1:00:03	1:00:32
516	Hayley Berkel	Kesgrave Cruisers	382	13:F 50-59	59:57	1:00:34
517	Robin Milan		418	122:M 40-49	1:00:39	1:00:39
518	Katherine Harris	East London Runners	473	45:F 40-49	1:00:11	1:00:52
519	Tracey Childs		586	46:F 40-49	1:00:31	1:00:53
520	Nick Good		413	74:M 50-59	1:00:10	1:00:57
521	Kate Kydd		284	47:F 40-49	1:00:07	1:01:00
522	Shauna Cunningham	Ipswich Jaffa RC	58	55:F 20-39	1:00:23	1:01:02
523	Paul Newman		357	21:M 60-69	1:00:15	1:01:08
524	Evelyn Dunn		234	6:F 60-69	1:00:27	1:01:12
525	Deb Hart		828	14:F 50-59	1:00:50	1:01:19
526	Immy sidhu		299	56:F 20-39	1:00:53	1:01:21
527	Jenny Church	Felixstowe RRC	526	7:F 60-69	1:01:04	1:01:23
528	Michael Austin		834	152:M 20-39	1:00:36	1:01:29
529	Laura Garcia Martinez		643	57:F 20-39	1:00:47	1:01:31
530	Mark Bloom		12	123:M 40-49	1:01:00	1:01:33
531	Pam Morgan	Ipswich Triathlon Club	561	1:F 70-99	1:01:03	1:01:34
532	Karl Savill	Lonely Goat RC	566	75:M 50-59	1:00:40	1:01:35
533	Kieron Knights		4	153:M 20-39	1:00:44	1:01:40
534	Eliot Evans	Swansea Harriers	48	154:M 20-39	1:00:44	1:01:40
535	Layla Byford		101	58:F 20-39	1:01:07	1:01:48
536	Matthew Coward		17	155:M 20-39	1:01:39	1:01:54
537	Guy Middleton		453	76:M 50-59	1:01:25	1:01:56
538	Lila Abbott		34	9:F 0-19	1:01:31	1:02:03
539	kate allen		134	59:F 20-39	1:01:21	1:02:08
540	Vaughan Clarke	Rokker	709	77:M 50-59	1:01:25	1:02:09
541	Chris Reeve		225	124:M 40-49	1:01:34	1:02:10
542	William Smith		60	125:M 40-49	1:01:33	1:02:10
543	Ian Howlett		283	126:M 40-49	1:01:55	1:02:11
544	Richard Attenborough		530	3:M 70-99	1:01:32	1:02:11
545	George Hinds	Anderson	812	127:M 40-49	1:01:53	1:02:16
546	Sarah Fowler	Quay Church	700	60:F 20-39	1:01:43	1:02:17
547	Simon King		527	22:M 60-69	1:01:40	1:02:21
548	Tim Fulcher		192	78:M 50-59	1:02:14	1:02:24
549	Rich Robinson		546	128:M 40-49	1:01:35	1:02:25
550	Donna Wright	Howard Construction	695	48:F 40-49	1:01:34	1:02:29
551	Jodie Phillips		510	49:F 40-49	1:02:05	1:02:33
552	Natasha Billsberry	Pinfold & Co	800	50:F 40-49	1:01:57	1:02:35
553	Stuart Barton	East London Runners	186	79:M 50-59	1:01:56	1:02:36
554	Jemma Harris		359	61:F 20-39	1:02:09	1:02:46
555	Lucy Atherton`	Woodbridge Shufflers RC	264	62:F 20-39	1:02:05	1:02:46
556	Ania Marecka		370	51:F 40-49	1:02:11	1:02:48
557	Paulina Kossow		552	63:F 20-39	1:02:13	1:02:52
558	Callum Jacobs	Fenn Wright	781	156:M 20-39	1:02:01	1:02:54
559	Carol Bowerman		581	15:F 50-59	1:02:22	1:02:55
560	Cath Orrin		236	52:F 40-49	1:02:34	1:02:56
561	Darron Jackson		91	80:M 50-59	1:02:37	1:02:56
562	Samantha Eve		468	53:F 40-49	1:02:13	1:03:00
563	Emily Lockwood		167	64:F 20-39	1:02:26	1:03:03
564	Tamsin Passmore		490	8:F 60-69	1:02:27	1:03:05
565	Lauren Russell		86	65:F 20-39	1:02:35	1:03:07
566	Michelle Berriman		576	16:F 50-59	1:02:29	1:03:08
567	Amanda Smith	Woodbridge Shufflers RC	488	54:F 40-49	1:02:30	1:03:12

568	Kate Beer	Stowmarket Striders RC	652	17:F 50-59	1:02:25	1:03:13
569	Rebecca Ellul	Felixstowe RRC	393	55:F 40-49	1:02:57	1:03:14
570	Naomi McGregor		371	66:F 20-39	1:02:34	1:03:15
571	Victoria Squirrel	Ipswich Jaffa RC	200	56:F 40-49	1:02:58	1:03:18
572	Emma Dutfield		445	18:F 50-59	1:02:48	1:03:19
573	Mary Burgess	Felixstowe RRC	563	9:F 60-69	1:02:46	1:03:25
574	Ellie Beck		329	67:F 20-39	1:02:42	1:03:26
575	James Beaumont		104	157:M 20-39	1:02:42	1:03:26
576	Mark Smith		61	129:M 40-49	1:02:36	1:03:31
577	Kim Cook		287	68:F 20-39	1:03:06	1:03:32
578	alex knight knight		648	19:F 50-59	1:02:52	1:03:33
579	FAYE KNIGHT		824	57:F 40-49	1:03:14	1:03:34
580	COLTON BRIDGMAN	DEBEN INNS	765	158:M 20-39	1:02:56	1:03:36
581	Lucy Evans Lombe		647	20:F 50-59	1:03:03	1:03:38
582	Louise Rushbrook		345	69:F 20-39	1:03:09	1:03:38
583	Oona Cope		396	70:F 20-39	1:02:57	1:03:43
584	Grace Mayhew		83	71:F 20-39	1:02:53	1:03:44
585	matt brown		665	81:M 50-59	1:02:46	1:03:45
586	Sarah Wheeler		372	72:F 20-39	1:03:07	1:03:50
587	Sophie Bell	Ipswich Phoenix Running Club	21	73:F 20-39	1:03:21	1:03:54
588	Peter Plummer	Seckford Hall Hotel & Spa	776	23:M 60-69	1:03:09	1:03:59
589	Adam Boxall	Potters Estate Agents	739	159:M 20-39	1:03:19	1:04:03
590	Charlotte Leech	Pinfold & Co	799	74:F 20-39	1:03:27	1:04:05
591	Felicity Sheppard		112	75:F 20-39	1:03:21	1:04:07
592	Karen Moodie	Notcutts	724	21:F 50-59	1:03:28	1:04:07
593	Gemma Howard	Ipswich Triathlon Club	212	76:F 20-39	1:03:21	1:04:11
594	Emma Frost	Pinfold & Co	801	58:F 40-49	1:03:35	1:04:13
595	Jason Hitz	Gressingham Foods	717	130:M 40-49	1:03:47	1:04:25
596	Becky Foulger		36	77:F 20-39	1:03:39	1:04:25
597	Jordan Harrison		390	78:F 20-39	1:03:54	1:04:38
598	Rebecca Chalklen		246	59:F 40-49	1:04:27	1:04:43
599	Mark Chalklen		10	131:M 40-49	1:04:28	1:04:44
600	Sam Hall		90	160:M 20-39	1:04:08	1:04:51
601	Jimmy Youngs		415	82:M 50-59	1:04:15	1:04:52
602	Larry Booth	Howard Construction	692	83:M 50-59	1:04:16	1:04:52
603	Wendy Quantrill	Woodbridge Shufflers RC	173	22:F 50-59	1:04:11	1:05:01
604	Victoria Rayner		53	60:F 40-49	1:04:10	1:05:01
605	Martin Andrews		327	132:M 40-49	1:04:41	1:05:05
606	David Malone		369	133:M 40-49	1:05:07	1:05:28
607	Zoe Gower		635	79:F 20-39	1:04:41	1:05:36
608	Martyn Bullard		251	84:M 50-59	1:04:51	1:05:41
609	Janet Askew	Kesgrave Cruisers	541	10:F 60-69	1:05:23	1:05:42
610	carl dunnett		476	85:M 50-59	1:04:52	1:05:42
611	Stuart Abbott	Amarinth	746	134:M 40-49	1:05:03	1:05:46
612	Robert Scott		99	135:M 40-49	1:05:02	1:05:47
613	Cameron Davey		367	20:M 0-19	1:05:40	1:06:04
614	Rachel Green	Woodbridge Shufflers RC	213	61:F 40-49	1:05:20	1:06:10
615	Katharine Vedwan		59	62:F 40-49	1:05:27	1:06:12
616	Faye Hubbard		607	63:F 40-49	1:05:44	1:06:17
617	Deborah Savage	Woodbridge Shufflers RC	237	64:F 40-49	1:05:39	1:06:30
618	Max Mayston		162	161:M 20-39	1:05:47	1:06:32
619	Ian Knights		640	136:M 40-49	1:05:43	1:06:34
620	Matthew Williamson	Kesgrave Cruisers	224	137:M 40-49	1:05:54	1:06:38
621	Danny Mathew	Brafe	794	138:M 40-49	1:05:47	1:06:42
622	Jemma Wright		674	65:F 40-49	1:05:56	1:06:49
623	Leona Moss	Quay Church	702	66:F 40-49	1:06:13	1:07:06
624	Andrew Francis		328	86:M 50-59	1:06:21	1:07:07
625	Emma Kay		474	80:F 20-39	1:06:27	1:07:09
626	Lauren Akers		384	81:F 20-39	1:06:43	1:07:13
627	Jo Rhodes		528	67:F 40-49	1:06:19	1:07:14
628	William Swan		165	139:M 40-49	1:06:26	1:07:14
629	Adriana Houchell	Ipswich Jaffa RC	201	82:F 20-39	1:06:28	1:07:24
630	Matthew Bradbury	Chapel Properties	729	140:M 40-49	1:07:09	1:07:30
631	Simon Ashton	Lonely Goat RC	475	87:M 50-59	1:06:59	1:07:30
632	James Garnham	Fenn Wright	780	162:M 20-39	1:06:47	1:07:40
633	Ian Akers		394	141:M 40-49	1:07:23	1:07:52
634	Ian Stockley		190	88:M 50-59	1:07:25	1:07:53
635	Linda Hawes	Reepham Runners	296	68:F 40-49	1:07:12	1:08:03
636	James Giles	Biddable Solutions	790	142:M 40-49	1:07:23	1:08:12
637	Gill Briginshaw	Amarinth	748	23:F 50-59	1:07:33	1:08:22
638	Hari Kumar	Amarinth	749	163:M 20-39	1:07:34	1:08:22

639	Ash-Lee Osborne	Tiptree Road Runners	675	164:M 20-39	1:07:43	1:08:36
640	Nicola Chalk		136	83:F 20-39	1:07:59	1:08:40
641	sharon taylor		564	24:F 50-59	1:08:40	1:08:48
642	Wayne Davis	Jogging Made Easy	144	143:M 40-49	1:08:14	1:08:50
643	Shaun Lummis		272	89:M 50-59	1:08:03	1:08:52
644	Barry Howard		247	90:M 50-59	1:08:05	1:08:53
645	Cliff Baldock		113	91:M 50-59	1:08:05	1:08:54
646	Malcolm Innes	Rushmere Community Runners	529	92:M 50-59	1:08:05	1:08:55
647	Hayley Coles	Felixstowe RRC	320	69:F 40-49	1:08:10	1:08:56
648	David Gunson	Kesgrave Kruisers	650	4:M 70-99	1:08:08	1:08:56
649	Kirsten Barker		579	84:F 20-39	1:08:05	1:08:58
650	Melissa Barker		630	85:F 20-39	1:08:06	1:08:58
651	Niamh Lingley	Woodbridge Shufflers RC	63	86:F 20-39	1:08:11	1:09:01
652	Jason Moores		405	93:M 50-59	1:08:24	1:09:03
653	John Driver	Felixstowe RRC	97	165:M 20-39	1:08:18	1:09:07
654	Katherine Aykroyd	Felixstowe RRC	433	70:F 40-49	1:08:24	1:09:16
655	DAVID LAMPARD	Felixstowe RRC	508	24:M 60-69	1:08:44	1:09:28
656	Justin Ostler	Felixstowe RRC	343	94:M 50-59	1:08:51	1:09:37
657	Carol Downs		826	25:F 50-59	1:09:07	1:09:55
658	anika shenfield		827	26:F 50-59	1:09:22	1:10:01
659	Shannon Middle		408	87:F 20-39	1:09:12	1:10:04
660	Pina Stranding	Anderson	811	71:F 40-49	1:09:15	1:10:06
661	Heather Bryan		198	72:F 40-49	1:09:12	1:10:08
662	Carl Jarrett	Felixstowe RRC	392	95:M 50-59	1:09:32	1:10:14
663	Michelle Keeble	Framlingham Flyers	182	27:F 50-59	1:09:31	1:10:21
664	Sarah Kelly		634	28:F 50-59	1:09:41	1:10:21
665	Bridgette Bigmore		268	29:F 50-59	1:09:41	1:10:21
666	Jackie Collins	Felixstowe RRC	532	30:F 50-59	1:09:36	1:10:22
667	Chris Slemmings	Ipswich Triathlon Club	540	5:M 70-99	1:09:39	1:10:26
668	Gareth Roberts		500	25:M 60-69	1:09:40	1:10:35
669	Katherine Wells		622	73:F 40-49	1:09:54	1:10:41
670	Jenny Whitaker		132	74:F 40-49	1:09:54	1:10:42
671	Esther Kiehl	Felixstowe RRC	375	31:F 50-59	1:09:57	1:10:52
672	Gloria Bolzonello		570	88:F 20-39	1:10:34	1:11:14
673	andrew albins		271	144:M 40-49	1:10:42	1:11:24
674	Paul McGregor		231	26:M 60-69	1:10:43	1:11:37
675	Pat Williment	Brafe	797	166:M 20-39	1:10:47	1:11:44
676	Ben Selby		127	167:M 20-39	1:11:00	1:11:53
677	Mike Parkes		498	96:M 50-59	1:11:12	1:12:06
678	Helen Offord		347	11:F 60-69	1:11:20	1:12:12
679	joanna williams		139	75:F 40-49	1:11:57	1:12:29
680	Ollie Reynolds		440	145:M 40-49	1:12:13	1:12:57
681	Danielle Scopes		35	89:F 20-39	1:12:31	1:12:59
682	Lauren Garfield		638	76:F 40-49	1:12:32	1:13:07
683	Bryony Cooney		536	77:F 40-49	1:12:32	1:13:08
684	Samantha Howe		671	32:F 50-59	1:12:17	1:13:09
685	Catriona Pearson		22	90:F 20-39	1:12:27	1:13:19
686	Rachel Mitchell		654	12:F 60-69	1:12:29	1:13:21
687	Mandy Chinery	Kesgrave Kruisers	267	33:F 50-59	1:12:46	1:13:34
688	Michelle Martin		358	78:F 40-49	1:12:53	1:13:39
689	Andrew Foreman	Amarinth	752	97:M 50-59	1:12:57	1:13:40
690	Laura Clinton		297	79:F 40-49	1:12:58	1:13:47
691	Bryan Jones	CORNERSTONE	744	146:M 40-49	1:13:16	1:13:51
692	David Boynton		524	27:M 60-69	1:13:00	1:13:55
693	Katerina Arnold		600	13:F 60-69	1:13:06	1:13:56
694	simon ashton	woodbridge removals	767	98:M 50-59	1:13:57	1:14:07
695	Helen McClennon-Warnock	woodbridge removals	768	91:F 20-39	1:13:56	1:14:07
696	Paul Cross	Running Colchester	334	28:M 60-69	1:13:41	1:14:22
697	Joe Roberts		608	168:M 20-39	1:13:42	1:14:36
698	John Bradshaw	Barker Gotelee	816	99:M 50-59	1:14:01	1:14:58
699	Roswyn Bradshaw	Barker Gotelee	817	34:F 50-59	1:14:01	1:14:58
700	Ivan Baker		478	29:M 60-69	1:15:02	1:15:43
701	Lucy Bryanton		75	35:F 50-59	1:14:54	1:15:44
702	Claire Rush	Kesgrave Kruisers	658	80:F 40-49	1:14:56	1:15:46
703	Peter Watson-Brown		420	100:M 50-59	1:15:20	1:16:17
704	Emma Palmer		465	81:F 40-49	1:15:29	1:16:23
705	Gillian Sheldrake		170	36:F 50-59	1:15:46	1:16:28
706	John Manders		336	30:M 60-69	1:15:52	1:16:51
707	Wendy Abbott		262	37:F 50-59	1:16:16	1:17:13
708	Jacqui Boynton		522	14:F 60-69	1:17:01	1:17:56
709	Elodie Pethybridge		673	92:F 20-39	1:17:59	1:18:36

710	Chloe Robison-Smith		82	93:F 20-39	1:17:59	1:18:36
711	Nicola Sanderson		450	38:F 50-59	1:18:52	1:19:47
712	jo brown		667	39:F 50-59	1:18:48	1:19:48
713	Sarah Shinnie		290	82:F 40-49	1:18:53	1:19:48
714	Charlotte Richardson		164	83:F 40-49	1:18:53	1:19:48
715	Maria Dobing		442	84:F 40-49	1:19:44	1:20:45
716	Mark Garfield	Ipswich Jaffa RC	65	101:M 50-59	1:22:30	1:23:06