

Pla ce	Name	Team	Bib No	Age Group Place	Gun Time	Chip Time
1	cooper berry		136	1:Open	32:07	32:05
2	Brandon Barber	Ipswich Harriers	134	2:Open	32:15	32:14
3	Sidney Tilley	Ipswich Harriers	577	3:Open	32:39	32:37
4	stuart haynes	Woodbridge Shufflers RC	88	1:M 40-49	33:55	33:54
5	Ross McGill	Woodbridge Shufflers RC	144	1:M 20-39	34:49	34:47
6	Ben Williams		506	2:M 20-39	35:00	34:59
7	Gary Saggars	Lowestoft Road Runners	675	2:M 40-49	35:52	35:50
8	Jim Last	Framlingham Flyers	78	3:M 40-49	35:55	35:53
9	Oliver Daykin	Newmarket Joggers	597	3:M 20-39	36:17	36:15
10	Stanley Peacher	Framlingham Flyers	286	1:M 0-19	36:21	36:19
11	Archie Bullingham		621	2:M 0-19	36:25	36:23
12	Archie Shaw	Ipswich Harriers	546	3:M 0-19	36:47	36:45
13	Michael Shuster		114	4:M 20-39	36:49	36:47
14	Mark Allen	Ipswich Jaffa RC	182	1:M 50-59	36:50	36:47
15	Christopher King	Ilford AC	86	5:M 20-39	37:06	37:04
16	Max Uttley	Saint Edmund Pacers	342	4:M 0-19	37:11	37:09
17	Tom Askew		448	4:M 40-49	37:19	37:16
18	James Parr	Ipswich Jaffa RC	87	6:M 20-39	37:28	37:26
19	Michael Delacamp		535	7:M 20-39	37:34	37:31
20	Mason Bramhald	Ipswich Harriers	554	5:M 0-19	37:36	37:34
21	Ben Williams	Woodbridge Shufflers RC	487	8:M 20-39	37:41	37:38
22	Keith Russell	Woodbridge Shufflers RC	588	5:M 40-49	37:49	37:46
23	Billy Lummis		72	9:M 20-39	37:51	37:48
24	Tom Alexander	Woodbridge Shufflers RC	536	6:M 40-49	37:52	37:50
25	Robert Rogers		672	10:M 20-39	38:06	38:00
26	Alex Edwards	The Cherry Tree	847	11:M 20-39	38:06	38:04
27	James Eve	Headington RR	458	2:M 50-59	38:09	38:05
28	Tom Stewart	Woodbridge Shufflers RC	348	3:M 50-59	38:15	38:12
29	steve pearsons		700	7:M 40-49	38:18	38:16
30	Kat Parnell	Airbourne Fit	724	1:Open	38:18	38:16
31	Alistair Belsom		220	8:M 40-49	38:20	38:18
32	Callum Seaward		75	12:M 20-39	38:35	38:31
33	Steve Brooke	Felixstowe RRC	109	4:M 50-59	38:35	38:32
34	Andy Ellis	Felixstowe RRC	353	13:M 20-39	38:40	38:36
35	Sam Newson		455	14:M 20-39	38:57	38:51
36	Neil Turner	Woodbridge School	833	5:M 50-59	38:58	38:55
37	Russell Brown	Orion Harriers	173	6:M 50-59	39:00	38:56
38	Robert Marshall		438	15:M 20-39	39:01	38:55
39	Alice Heather - Hayes	Ipswich Harriers	116	2:Open	39:02	39:00
40	Rob Gittoes		508	9:M 40-49	39:04	39:02
41	Neil Smith	Framlingham Flyers	539	10:M 40-49	39:04	39:04
42	Luke Read		367	16:M 20-39	39:09	39:05
43	James Sarre	Rokker	818	11:M 40-49	39:12	39:08
44	Philip Chappels	Kesgrave Kruisers	166	12:M 40-49	39:19	39:15
45	Flynn Kelly	Ipswich Harriers	429	6:M 0-19	39:25	39:22
46	James Roberts	Ipswich Triathlon Club	657	13:M 40-49	39:27	39:22
47	Melvyn Maycock	Ipswich Jaffa RC	24	14:M 40-49	39:32	39:28
48	Simon Stafford	Kesgrave Kruisers	94	7:M 50-59	39:42	39:38
49	OLY COOPER	debenphysio	762	15:M 40-49	39:45	39:43

50	MICHAEL GALBRAITH	debenphysio	743	8:M 50-59	39:46	39:43
51	John Cooper		52	17:M 20-39	39:53	39:47
52	Colm O'Reilly		186	18:M 20-39	39:57	39:54
53	Tom Wake		42	19:M 20-39	40:01	39:57
54	Tim Fenn		253	16:M 40-49	40:02	39:59
55	Alastair Read	Felixstowe RRC	349	17:M 40-49	40:09	40:05
56	Graham Lazenby		185	20:M 20-39	40:22	40:19
57	Thomas McMahon		156	18:M 40-49	40:55	40:48
58	Andrew Craig	Woodbridge Shufflers RC	235	9:M 50-59	40:57	40:52
59	Elisa Bostock	Saint Edmund Pacers	687	3:Open	41:01	40:57
60	Ant Walker	Saint Edmund Pacers	310	19:M 40-49	41:01	40:52
61	Jack Garnham	Rokker	802	21:M 20-39	41:02	40:57
62	Sam Canham		295	22:M 20-39	41:03	40:59
63	Stephen Munnings	Gemini	779	20:M 40-49	41:05	41:01
64	Ryan Waters		691	23:M 20-39	41:05	41:00
65	Harry Crane		679	7:M 0-19	41:06	41:04
66	Christopher Boyt	Felixstowe RRC	662	10:M 50-59	41:11	41:07
67	Josh Hannatt	Brafe	711	24:M 20-39	41:22	41:16
68	Adam Brett	Airbourne Fit	714	21:M 40-49	41:29	41:24
69	Carl Stannard		19	25:M 20-39	41:34	41:20
70	Ben Deacon		31	26:M 20-39	41:40	41:35
71	Thomas Gadd		188	27:M 20-39	41:45	41:34
72	Tim Hanman	Ipswich Jaffa RC	557	11:M 50-59	41:47	41:43
73	Rob Frost		626	22:M 40-49	41:58	41:44
74	Bailey Allard		5	28:M 20-39	42:00	41:53
75	Toby Downing		320	29:M 20-39	42:00	41:55
76	Lily Burton	Ipswich Harriers	90	1:F 0-19	42:02	41:54
77	Ollie Johnson		338	23:M 40-49	42:11	42:05
78	Stuart Wade		18	24:M 40-49	42:13	42:05
79	Gavin Raby		21	25:M 40-49	42:16	42:11
80	Oliver Dixon		465	8:M 0-19	42:17	42:10
81	Clara Simpson	Drain Doctor	765	1:F 20-39	42:19	42:15
82	Andrew Laws	Ipswich Jaffa RC	387	1:M 60-69	42:25	42:19
83	Chris Leek	Framlingham Flyers	127	26:M 40-49	42:36	42:30
84	Peter Smith		444	27:M 40-49	42:39	42:32
85	Tim Hunter		680	28:M 40-49	42:39	42:35
86	Adam Self		278	29:M 40-49	42:40	42:37
87	Joshua Mills	Ipswich Jaffa RC	498	30:M 20-39	42:44	42:37
88	Mark Hayden	Framlingham Flyers	583	12:M 50-59	42:46	42:40
89	Oliver Johnson		537	30:M 40-49	42:53	42:48
90	Carl Collins		6	31:M 20-39	42:56	42:51
91	Nathaniel Gunn		497	32:M 20-39	42:59	42:48
92	Beth Welton		26	2:F 20-39	43:05	42:58
93	Robert Barker	Felixstowe RRC	385	33:M 20-39	43:11	42:54
94	Duane Howard	Kesgrave Kruisers	242	13:M 50-59	43:19	43:12
95	Adam Schwarz		193	14:M 50-59	43:26	43:22
96	Henry Fowler	Airbourne Fit	715	34:M 20-39	43:27	43:22
97	Colin Ellis	Kesgrave Kruisers	210	15:M 50-59	43:31	43:10
98	Roger Stone	Amarinth	705	16:M 50-59	43:33	43:29
99	Iain Taylor	Woodbridge Shufflers RC	126	17:M 50-59	43:34	43:28
100	shane flack	Kesgrave Kruisers	256	35:M 20-39	43:43	43:37

101	Matthew Alexander	Woodbridge Shufflers RC	325	36:M 20-39	43:45	43:34
102	Ian Duggan	Felixstowe RRC	424	18:M 50-59	43:45	43:35
103	Isobel Mitchell	Ipswich Harriers	197	2:F 0-19	43:46	43:38
104	Elliot Astbury	Quay Church	822	9:M 0-19	43:49	43:42
105	Lee Eastall		619	19:M 50-59	43:52	43:36
106	Doug Hutton-Squire		430	20:M 50-59	43:55	43:42
107	Jenni Askew-Martin	Kesgrave Kruisers	459	1:F 40-49	43:56	43:46
108	Isaac Chenery		853	37:M 20-39	43:56	43:51
109	Matthew Wesley		661	38:M 20-39	44:00	43:58
110	Katie Beckinsale		314	2:F 40-49	44:04	43:56
111	Will Greenwood	Anderson	735	39:M 20-39	44:09	43:59
112	Ben Gladwell	Stowmarket Striders RC	118	31:M 40-49	44:12	44:02
113	Richard Wiseman		110	21:M 50-59	44:15	44:08
114	Daniel Ingleby		194	32:M 40-49	44:16	44:05
115	Tom Taylor		213	2:M 60-69	44:17	44:03
116	Romilly Adams		518	3:F 0-19	44:18	44:02
117	Aaron Beal		360	33:M 40-49	44:19	44:06
118	Owen Broom		666	40:M 20-39	44:20	44:14
119	Jim Mackenzie	Framlingham Flyers	398	3:M 60-69	44:21	44:14
120	Joshua Hadley		7	41:M 20-39	44:21	44:13
121	Simon Ward		452	42:M 20-39	44:22	44:05
122	Michael Fleckney		697	43:M 20-39	44:29	44:26
123	zara Hanman	Ipswich Jaffa RC	603	3:F 20-39	44:35	44:27
124	Simon Clark	Arena 80 AC	443	22:M 50-59	44:36	44:22
125	Benjamin J M Haste		138	44:M 20-39	44:38	44:38
126	Matthew Payne		65	34:M 40-49	44:38	44:29
127	Bryan Wybrow	Felixstowe RRC	64	35:M 40-49	44:38	44:26
128	Alex Smith	Felixstowe RRC	534	45:M 20-39	44:39	44:24
129	Tom Aykroyd	Felixstowe RRC	142	36:M 40-49	44:43	44:32
130	Libby Abbott		277	4:F 0-19	44:45	44:37
131	Kyle McGill		490	46:M 20-39	44:46	44:39
132	Chris Hodges		124	47:M 20-39	44:46	44:31
133	Tom Good	Fenn Wright	791	48:M 20-39	44:46	44:34
134	Peter Hawkins		696	37:M 40-49	44:47	44:37
135	Joshua Holmes		209	49:M 20-39	44:47	44:21
136	Paul Brimson	Saxmundham Sports Running & Fitness Club	646	4:M 60-69	44:48	44:39
137	Philip Skinner		269	50:M 20-39	44:50	44:43
138	Robin Harper	Felixstowe RRC	437	38:M 40-49	44:53	44:47
139	James Buckingham	The Cherry Tree	848	39:M 40-49	44:58	44:50
140	Dominic Bareham	Felixstowe RRC	179	40:M 40-49	45:01	44:50
141	Guy Mansell		599	41:M 40-49	45:07	45:00
142	Holly Taylor	Felixstowe RRC	317	4:F 20-39	45:08	44:55
143	Oliver Curtis		665	42:M 40-49	45:10	45:01
144	Ellie Wing	Anderson	861	5:F 20-39	45:10	44:59
145	Owen Hammond		343	51:M 20-39	45:11	44:58
146	William Aldred	Deben Transport	751	23:M 50-59	45:13	45:06
147	Matthew Bayley		131	52:M 20-39	45:14	45:05
148	George Barton		372	53:M 20-39	45:17	45:08

149	Thomas Hunnisett	Saxmundham Sports Running & Fitness Club	567	54:M 20-39	45:18	45:13
150	Chris Pritchard	Brafe	734	43:M 40-49	45:18	45:09
151	Kierran Haynes		260	55:M 20-39	45:19	45:11
152	William Suttle		478	56:M 20-39	45:20	45:02
153	Shane Cable		279	57:M 20-39	45:21	45:06
154	Patrick Hunter	Woodbridge Shufflers RC	352	44:M 40-49	45:25	45:17
155	Alan Krailing		204	45:M 40-49	45:26	45:26
156	Alice Wilmer	Airbourne Fit	722	3:F 40-49	45:30	45:23
157	Darren Hotten		574	58:M 20-39	45:32	45:27
158	Nathan Postma		304	59:M 20-39	45:36	45:11
159	Andrew Chatfield	Capel Cheetahs	259	46:M 40-49	45:41	45:21
160	Toby Cameron	Amarinth	704	60:M 20-39	45:42	45:34
161	Jim Marshall		547	24:M 50-59	45:44	45:33
162	Victoria Gallantree	Framlingham Flyers	629	1:F 50-59	45:44	45:39
163	Kate Scotter	Kesgrave Kruisers	627	4:F 40-49	45:45	45:45
164	Richard Wood		453	47:M 40-49	45:45	45:36
165	Harry Wiseman	Quay Church	816	10:M 0-19	45:47	45:14
166	Mark Clinton		307	48:M 40-49	45:47	45:31
167	Kerry Buckley	Felixstowe RRC	212	25:M 50-59	45:49	45:36
168	Scott Hard	Felixstowe RRC	470	26:M 50-59	45:50	45:40
169	Luke Last		69	61:M 20-39	45:57	45:45
170	Joe Drury		49	49:M 40-49	45:59	45:49
171	Mark Holland	Kesgrave Kruisers	529	27:M 50-59	45:59	45:43
172	Ben Gilman		202	50:M 40-49	46:02	45:53
173	Madison Wheal	Gemini	789	6:F 20-39	46:04	46:00
174	Catherine Dawson		499	7:F 20-39	46:11	45:55
175	Mark Gleen	Kesgrave Kruisers	73	51:M 40-49	46:12	45:57
176	Mark Allen	Adnams	837	28:M 50-59	46:14	46:04
177	Richard Crane		393	62:M 20-39	46:15	45:52
178	Sofia Frost		328	5:F 40-49	46:17	46:01
179	Lewis Cherrington		273	63:M 20-39	46:17	45:55
180	Andre Edwards		229	29:M 50-59	46:18	46:02
181	Tom Brown		284	52:M 40-49	46:19	46:10
182	Robert Trebilcock		514	64:M 20-39	46:23	46:16
183	Paul Barnard		198	53:M 40-49	46:24	46:15
184	Alex Greggor		71	65:M 20-39	46:24	46:14
185	Lewis Boswell		294	66:M 20-39	46:26	46:14
186	Jessica Elmer		275	8:F 20-39	46:27	46:14
187	Ben Deacon		215	54:M 40-49	46:28	46:20
188	John Klug		571	67:M 20-39	46:31	46:20
189	Charles Deacon		226	68:M 20-39	46:33	46:19
190	David McCosh		420	55:M 40-49	46:41	46:21
191	Beth Greenwood	Notcutts	801	9:F 20-39	46:43	46:33
192	Matt Flynn		638	30:M 50-59	46:47	46:35
193	Malcolm Innes	Rushmere Community Runners	287	31:M 50-59	46:48	46:43
194	Steven Fosker		391	32:M 50-59	46:48	46:43
195	James Elby	Woodbridge Heating and Bathrooms	832	56:M 40-49	46:49	46:42
196	James Columbus		623	69:M 20-39	46:52	46:39
197	Tom Mitchell		516	11:M 0-19	46:54	46:41

198	Ross Cracknell	Woodbridge Heating and Bathrooms	845	70:M 20-39	46:55	46:48
199	Tom Vale		500	71:M 20-39	46:55	46:47
200	Peter Squirrell	Ipswich Jaffa RC	221	57:M 40-49	46:56	46:46
201	Will Phillips	Gressingham	767	33:M 50-59	46:57	46:47
202	Morgan Read		99	72:M 20-39	46:59	46:53
203	Sam Lomas	Deben Inns	758	73:M 20-39	47:00	46:40
204	Helen Ariyo	Kesgrave Kruisers	79	6:F 40-49	47:00	46:47
205	Kevin Linsell	Kesgrave Kruisers	271	34:M 50-59	47:01	46:48
206	Henry Palmer		340	58:M 40-49	47:02	46:52
207	Billy Dodwe		91	74:M 20-39	47:05	46:53
208	Owen boswell		3	75:M 20-39	47:05	46:54
209	Manuel Costa		206	12:M 0-19	47:08	46:55
210	Mark Ray		651	76:M 20-39	47:10	46:59
211	Gianna Cesarano	Kesgrave Kruisers	113	2:F 50-59	47:14	46:55
212	James Roberts		504	59:M 40-49	47:17	46:55
213	Ben Gallington		694	77:M 20-39	47:17	46:57
214	Matthew Davies		389	35:M 50-59	47:19	47:09
215	Robin Belsom	Ipswich Jaffa RC	172	5:M 60-69	47:19	47:05
216	CRAIG LEECH		251	78:M 20-39	47:21	47:08
217	Adam Plummer	Rushmere Community Runners	154	79:M 20-39	47:23	47:09
218	Thomas Wade	Suffolk Building Society	846	80:M 20-39	47:33	47:13
219	Gary Lowe	Saxmundham Sports Running & Fitness Club	205	6:M 60-69	47:38	47:29
220	Mark Sadler	Felixstowe RRC	105	60:M 40-49	47:40	47:23
221	Graham BRUMPTON	Ipswich Phoenix Running Club	585	36:M 50-59	47:43	47:28
222	Rosie Denny	Woodbridge Shufflers RC	533	7:F 40-49	47:50	47:38
223	Holly Game	Ryder-Davies & Partners	803	10:F 20-39	47:52	47:37
224	Peter Garry		106	81:M 20-39	47:53	47:36
225	Mark Neshta	Barker Gotelee	718	82:M 20-39	47:55	47:49
226	Khadija Yasin		115	11:F 20-39	47:58	47:46
227	Charlie Buchanan		521	13:M 0-19	48:00	47:49
228	Ben Burrows		80	61:M 40-49	48:01	47:31
229	Chloe Neall		175	12:F 20-39	48:02	47:53
230	Will Self		14	62:M 40-49	48:03	47:53
231	Graham Bladen		102	63:M 40-49	48:04	47:52
232	Mark Andrews	Lonely Goat RC	170	37:M 50-59	48:05	47:46
233	Adam Fenn		255	64:M 40-49	48:08	48:05
234	Philip Mills		548	65:M 40-49	48:09	48:01
235	Gavin Damant		489	66:M 40-49	48:10	47:53
236	David Mower	Waveney Valley AC	631	1:M 70-99	48:10	48:00
237	Jane Hutchinson		354	8:F 40-49	48:10	47:49
238	Samuel Tipping	Deben Inns	764	83:M 20-39	48:11	47:51
239	Mark Skinner		501	38:M 50-59	48:11	47:44
240	Adrian Kendall	Amarinth	702	39:M 50-59	48:12	48:07
241	Luis Falconer		43	84:M 20-39	48:15	48:03
242	Vanessa Girling		184	13:F 20-39	48:15	48:15
243	Rachel Knight	Quay Church	812	14:F 20-39	48:16	48:01
244	Steve Reay		121	40:M 50-59	48:16	47:45
245	Grahame Beales		169	41:M 50-59	48:18	48:11
246	Olly Chamberlain		673	85:M 20-39	48:21	48:09

247	Adrian Goode	Felixstowe RRC	663	7:M 60-69	48:22	48:02
248	James Jopling		561	86:M 20-39	48:23	48:08
249	Tim Chilvers		165	67:M 40-49	48:25	48:20
250	Marcus Payne		22	87:M 20-39	48:27	48:14
251	Tom Goody	Woodbridge Heating and Bathrooms	830	88:M 20-39	48:30	48:30
252	Marcus Kwan	Kesgrave Kruisers	528	42:M 50-59	48:31	48:11
253	Daniel Dyball		119	68:M 40-49	48:36	48:09
254	Michael Jennings	Airbourne Fit	726	89:M 20-39	48:36	48:15
255	Anna Sinclair Sinclair		564	3:F 50-59	48:37	48:27
256	Kate Wooldridge	Airbourne Fit	717	4:F 50-59	48:37	48:16
257	Tim Gamston	Ryder-Davies & Partners	806	90:M 20-39	48:39	48:23
258	Aiden Jakubik		660	91:M 20-39	48:40	48:29
259	Hannah Last		492	15:F 20-39	48:41	48:19
260	Bill Watson		502	43:M 50-59	48:41	48:22
261	Lewis Culf	Deben Inns	754	92:M 20-39	48:42	48:17
262	Ed Abbott	Woodbridge Shufflers RC	227	69:M 40-49	48:44	48:31
263	Angus Stone		8	93:M 20-39	48:47	48:35
264	Darren Payne		442	44:M 50-59	48:47	48:28
265	Guy Hayward	Anderson	727	45:M 50-59	48:48	48:40
266	Jamie Tott		32	70:M 40-49	48:49	47:52
267	Daniel Davis		402	71:M 40-49	48:50	48:34
268	Michael Streat		405	8:M 60-69	48:52	48:34
269	Victoria Burrows		25	16:F 20-39	48:53	48:42
270	Ben Grave		57	94:M 20-39	48:54	48:11
271	Jake Grave		553	95:M 20-39	48:55	48:11
272	David Masters	Felixstowe RRC	313	72:M 40-49	48:55	48:36
273	Andrew Walker	Kesgrave Kruisers	559	46:M 50-59	49:00	48:14
274	Samuel Dutfield		580	14:M 0-19	49:02	48:44
275	Murray Burgess		441	96:M 20-39	49:03	48:32
276	Sean Turner		33	97:M 20-39	49:06	48:49
277	Danni Nevin		68	17:F 20-39	49:07	48:52
278	Kate Sudell	Felixstowe RRC	523	18:F 20-39	49:09	48:46
279	Keiron Donovan		214	73:M 40-49	49:10	48:41
280	Daniel Last		183	74:M 40-49	49:10	48:47
281	Hester Bowers		581	19:F 20-39	49:11	48:59
282	Richard Farrar		644	47:M 50-59	49:11	48:42
283	Freddie Simpson	Drain Doctor	749	98:M 20-39	49:12	48:38
284	Alfie Bloomfield		174	99:M 20-39	49:13	49:07
285	Lindsey Noble		446	5:F 50-59	49:13	49:01
286	Jack Axford	Jogging Made Easy	132	100:M 20-39	49:14	48:58
287	Philip Turvey		303	75:M 40-49	49:14	49:04
288	Gabriel Martins	Ipswich Jaffa RC	297	48:M 50-59	49:15	49:02
289	Neil Dennis	Stowmarket Striders RC	122	76:M 40-49	49:16	48:38
290	Chris Waters		47	77:M 40-49	49:17	48:57
291	George Algar	Deben Inns	753	101:M 20-39	49:17	48:52
292	Carmen Ortiz		11	20:F 20-39	49:18	48:48
293	Dominic Forsyth		543	102:M 20-39	49:18	48:59
294	Mark Turner		454	78:M 40-49	49:18	48:51

295	Daniel Slattery		216	103:M 20-39	49:19	49:05
296	Doug Betts		181	79:M 40-49	49:20	49:03
297	Luz Chavez	Ipswich Jaffa RC	289	21:F 20-39	49:22	49:09
298	Stu Abbott		460	80:M 40-49	49:22	49:08
299	Chris Axford	Jogging Made Easy	576	49:M 50-59	49:23	49:08
300	Paul Hadley		551	50:M 50-59	49:25	48:58
301	Mark Foulkes	Kesgrave Kruisers	542	51:M 50-59	49:29	49:10
302	Becky Overly-owen		570	6:F 50-59	49:31	49:21
303	Brad Culf	Deben Inns	737	104:M 20-39	49:32	49:12
304	Harry Chittock		236	105:M 20-39	49:33	48:52
305	Joe Smith	Amarinth	707	106:M 20-39	49:34	49:09
306	Ash Sadler	Kesgrave Kruisers	432	81:M 40-49	49:35	49:16
307	Scott Gower		357	107:M 20-39	49:37	49:28
308	John Askew	Felixstowe RRC	240	82:M 40-49	49:38	49:20
309	Freddie Parkhill		513	15:M 0-19	49:39	49:08
310	Tom Walker	Woodbridge Shufflers RC	477	52:M 50-59	49:40	49:28
311	Cristobal Viedma	Rokker	808	108:M 20-39	49:43	49:07
312	Richard Bisset		20	83:M 40-49	49:46	49:20
313	Zoe Whittaker		677	22:F 20-39	49:49	49:18
314	STEVE SMITH	debenphysio	741	53:M 50-59	49:50	49:33
315	Daniel Cooper	Saxmundham Sports Running & Fitness Club	95	54:M 50-59	49:53	49:36
316	Aaron Pettitt		457	109:M 20-39	49:53	49:33
317	Lucy Heeney		104	23:F 20-39	49:57	49:40
318	Victoria Stace	Framlingham Flyers	244	9:F 40-49	49:58	49:49
319	Greg Dodds	Woodbridge Shufflers RC	76	55:M 50-59	50:01	49:38
320	George Brown		283	110:M 20-39	50:02	49:45
321	Tim Hanson		507	56:M 50-59	50:04	49:54
322	Daniel Smith	Woodbridge Shufflers RC	219	111:M 20-39	50:10	49:47
323	Aidan Priday	Fenn Wright	786	16:M 0-19	50:12	49:57
324	Peter Mayer		415	9:M 60-69	50:14	49:28
325	Caroline Bowen		92	10:F 40-49	50:14	50:00
326	Richard Barratt	Deben Transport	740	57:M 50-59	50:14	50:07
327	Cydney Martin		678	24:F 20-39	50:15	50:00
328	Michael Tink		408	58:M 50-59	50:17	50:03
329	James Stubbings		344	84:M 40-49	50:19	49:53
330	Philip Trevallion		436	85:M 40-49	50:23	50:02
331	James Calver		422	112:M 20-39	50:25	50:01
332	David Brown		85	59:M 50-59	50:37	50:14
333	Amanda Smith	Woodbridge Shufflers RC	569	11:F 40-49	50:40	50:27
334	Mahdi Khan		15	113:M 20-39	50:41	50:30
335	Lewis Goody		688	114:M 20-39	50:43	50:14

336	David Parry		676	115:M 20-39	50:51	50:26
337	Sarah Maidment		618	12:F 40-49	50:52	50:42
338	Sean Kennedy	Woodbridge Shufflers RC	200	86:M 40-49	50:54	50:28
339	Jacky Butcher		234	116:M 20-39	50:55	50:32
340	David McGowan		394	60:M 50-59	50:57	50:33
341	Tristan Childs		511	87:M 40-49	51:05	50:47
342	Kenneth Tovell	Framlingham Flyers	612	61:M 50-59	51:05	50:52
343	Jonny Lewis		35	88:M 40-49	51:06	50:16
344	Nicola Robinson	Framlingham Flyers	368	13:F 40-49	51:08	50:50
345	Petra Risbridger	WCHC	843	7:F 50-59	51:12	50:27
346	Tom Swindles		108	117:M 20-39	51:13	50:52
347	Thomas Feveyear		509	118:M 20-39	51:16	50:54
348	Sophie Doe	Kesgrave Kruisers	330	14:F 40-49	51:17	50:50
349	Geoff Buchanan	Gressingham	794	62:M 50-59	51:17	51:01
350	Mark Dear		146	89:M 40-49	51:18	50:55
351	Jim Seaman		566	25:F 20-39	51:22	50:54
352	Debbie Ching	Capel Cheetahs	615	8:F 50-59	51:24	51:03
353	Fiona Hunt	Kesgrave Kruisers	674	9:F 50-59	51:26	50:58
354	Amy Beyton	Woodbridge Heating and Bathrooms	838	26:F 20-39	51:28	51:22
355	Emily Pratt		13	27:F 20-39	51:29	51:07
356	Sarah Shinnie		12	15:F 40-49	51:31	51:06
357	Richard Owen		607	2:M 70-99	51:33	51:11
358	Liam Reynolds	Drain Doctor	742	119:M 20-39	51:34	51:02
359	Aidan McGlennon		431	120:M 20-39	51:34	51:02
360	Gerry McCarthy	Ipswich Phoenix Running Club	318	3:M 70-99	51:35	50:58
361	Graham Hill		451	10:M 60-69	51:46	51:23
362	Andrew Reid	Chapel	746	90:M 40-49	51:49	51:30
363	Jack Farley	Chapel	766	121:M 20-39	51:49	51:32
364	William Smith		38	91:M 40-49	51:50	50:57
365	Libby Ross		160	28:F 20-39	51:52	51:25
366	Ellie Morris		475	29:F 20-39	51:53	51:26
367	Luke McKeag		699	122:M 20-39	51:53	51:14
368	Ryan Scopes		199	123:M 20-39	51:55	51:34
369	AMY HUSON		355	30:F 20-39	51:56	51:27
370	Paul Armstrong	Woodbridge Removals	856	63:M 50-59	51:57	51:35
371	Sally Burtle		61	31:F 20-39	52:07	51:52
372	Matthew Salisbury		54	124:M 20-39	52:10	51:51
373	alan jackson		345	92:M 40-49	52:19	51:59
374	Ciprian Ostafie		466	125:M 20-39	52:23	52:12
375	Jason Mcdade		693	93:M 40-49	52:26	52:03
376	Christian Thompson	Saint Edmund Pacers	149	126:M 20-39	52:28	52:08

377	Jason BERRY		409	64:M 50-59	52:29	52:02
378	Danielle Stevenson		611	10:F 50-59	52:30	51:47
379	Bella Lock	Kesgrave Cruisers	512	16:F 40-49	52:31	52:03
380	Emma Lee	Suffolk Building Society	834	17:F 40-49	52:31	52:11
381	David Seymour	Felixstowe RRC	413	11:M 60-69	52:34	52:15
382	Andy Thompson	The Cherry Tree	849	94:M 40-49	52:37	52:06
383	Tom Crowther		520	127:M 20-39	52:38	52:07
384	Emily Barker		237	32:F 20-39	52:38	52:06
385	Steve Whittaker		596	12:M 60-69	52:43	52:24
386	Paul Schwer	Felixstowe RRC	573	13:M 60-69	52:45	52:19
387	Trevor Fagg		139	14:M 60-69	52:50	52:12
388	Emily Thompson	The Cherry Tree	850	33:F 20-39	52:55	52:40
389	Tom Cox		66	128:M 20-39	52:56	52:22
390	Barry Howard	Deben Inns	736	65:M 50-59	52:59	52:35
391	Vicky McTaggart		404	18:F 40-49	53:02	52:43
392	Nicola Flynn		258	11:F 50-59	53:04	52:50
393	Richard Pineo		100	66:M 50-59	53:05	52:37
394	Anna Davis	Chapel	757	34:F 20-39	53:08	52:26
395	Emily Klug		217	35:F 20-39	53:13	52:40
396	Cleo Robinson		390	5:F 0-19	53:16	53:01
397	Adam Issett	Woodbridge Shufflers RC	527	95:M 40-49	53:26	53:01
398	Hannah Issett	Woodbridge Shufflers RC	503	19:F 40-49	53:32	53:07
399	Nicole Aston		652	36:F 20-39	53:34	53:01
400	Sam Barker		483	129:M 20-39	53:34	53:13
401	Archie Briggins	Amarinth	706	130:M 20-39	53:37	52:48
402	Adrian Peake	Ipswich Jaffa RC	375	15:M 60-69	53:38	53:15
403	alister stagg		370	131:M 20-39	53:42	53:16
404	Joshua Spall	Amarinth	708	132:M 20-39	53:46	53:22
405	Simon Crane		493	133:M 20-39	53:49	53:09
406	louis gleed		321	134:M 20-39	53:51	53:27
407	Ross Stone	Seckford	824	67:M 50-59	53:53	53:06
408	Niamh Wyard		416	37:F 20-39	53:55	53:22
409	James Andrews		312	96:M 40-49	53:57	53:20
410	Nicola Shrimpton		671	38:F 20-39	53:57	53:19
411	Charlie Pipe		190	39:F 20-39	53:57	53:57
412	Alistair Mitchell	Fenn Wright	771	68:M 50-59	53:59	53:44
413	Philippa Wickham		471	20:F 40-49	54:02	53:34
414	George Wade		426	135:M 20-39	54:03	53:39
415	Michael Robinson		167	97:M 40-49	54:04	53:26
416	Pete Deer		376	69:M 50-59	54:04	53:31
417	Michael Pearce		634	136:M 20-39	54:05	53:38
418	Alan Hillyard		494	16:M 60-69	54:13	53:55
419	Billie Allen		417	40:F 20-39	54:14	54:02
420	Stuart Yule	Gressingham	792	70:M 50-59	54:14	54:02

421	Aaron Cross	CORNERSTONE	750	137:M 20-39	54:14	53:36
422	Laura Reeves		81	41:F 20-39	54:16	53:35
423	Hannah Sim		4	21:F 40-49	54:16	53:58
424	Donna Deer		140	22:F 40-49	54:16	53:42
425	Ben Davies	Anderson	731	138:M 20-39	54:17	53:59
426	Renata Melnyk		654	42:F 20-39	54:18	53:46
427	James Dunstan		265	98:M 40-49	54:19	53:59
428	Bethany Johnson		593	43:F 20-39	54:19	54:05
429	Nick Farrow	Quay Church	821	17:M 60-69	54:20	53:31
430	Lucy Budworth		635	23:F 40-49	54:20	53:47
431	Mark Austin		361	99:M 40-49	54:21	53:41
432	Luke Stafford	Kesgrave Kruisers	148	17:M 0-19	54:22	53:53
433	Doogan Ogilvie		152	18:M 0-19	54:23	53:47
434	Emily Pryke		45	44:F 20-39	54:23	53:48
435	Mark Girling		176	100:M 40-49	54:24	53:59
436	Jon Curtis		347	71:M 50-59	54:29	53:37
437	Adrian Kersey		628	72:M 50-59	54:38	53:52
438	Mark Davey	Ipswich Phoenix Running Club	519	73:M 50-59	54:38	53:59
439	Sophie Bell	Ipswich Phoenix Running Club	359	45:F 20-39	54:39	54:09
440	Jason Hollands	WCHC	841	74:M 50-59	54:41	53:55
441	Matthew Smith	Quay Church	811	19:M 0-19	54:43	54:26
442	Christopher Moakes		350	139:M 20-39	54:53	54:19
443	Nick Shirley		388	101:M 40-49	55:00	54:40
444	Melanie White	Gressingham	780	24:F 40-49	55:01	54:56
445	Jon Brooks	Deben Inns	756	75:M 50-59	55:08	54:44
446	Martin Shave		36	102:M 40-49	55:14	54:33
447	Mark Crisp	Chapel	755	76:M 50-59	55:14	54:30
448	Poppy Robinson		381	6:F 0-19	55:14	54:59
449	Andrew Soames	Chapel	747	77:M 50-59	55:15	54:56
450	Lorenzo Rossi		565	140:M 20-39	55:16	54:48
451	James Kelly		153	78:M 50-59	55:18	54:48
452	Lexi Scala	Woodbridge Shufflers RC	77	46:F 20-39	55:28	55:01
453	Gary Grainger		649	18:M 60-69	55:32	54:47
454	Deb Hart		60	12:F 50-59	55:33	55:19
455	Lisa Hagen		339	25:F 40-49	55:33	54:36
456	Robert Freeman		365	103:M 40-49	55:35	54:54
457	Paul Mathias		456	79:M 50-59	55:36	55:12
458	Dan Norris		164	141:M 20-39	55:36	54:57
459	Trish Jarvis	Jogging Made Easy	605	13:F 50-59	55:37	54:55
460	Jonathan Sheldrake-Gooding	Woodbridge Shufflers RC	579	142:M 20-39	55:42	54:51
461	Karl Savill	Fordy Runs Running Club	486	80:M 50-59	55:48	55:18
462	Aidan Norris	Notcutts	809	104:M 40-49	55:51	55:08

463	Tim Fulcher		401	81:M 50-59	55:52	55:00
464	Pani Monk		196	82:M 50-59	55:53	55:33
465	Jen Cross	CORNERSTONE	759	47:F 20-39	55:54	55:15
466	Mark Coaster		698	105:M 40-49	55:54	55:28
467	Richard Taylor	Kesgrave Kruisers	624	106:M 40-49	55:55	55:29
468	Elena Turpin		133	48:F 20-39	55:58	55:25
469	Jessica Benneworth		323	49:F 20-39	55:58	55:25
470	Chris Reeve		192	107:M 40-49	55:58	55:31
471	Simon Hoyle		161	83:M 50-59	56:00	55:22
472	Lousie Parkinson	Airbourne Fit	720	26:F 40-49	56:00	55:25
473	Sally Coaster		97	50:F 20-39	56:01	55:34
474	Jo Hutt		397	27:F 40-49	56:03	55:45
475	DAVID Southgate		305	143:M 20-39	56:04	55:21
476	Sam Offord		135	144:M 20-39	56:04	55:22
477	Adam Turrell		669	84:M 50-59	56:06	55:36
478	David Crane	Kesgrave Kruisers	418	85:M 50-59	56:10	55:55
479	Stuart Richardson	Woodbridge School	829	86:M 50-59	56:10	55:26
480	Isabella Hutchinson	Woodbridge School	831	7:F 0-19	56:11	55:55
481	Lindsay Wark Wark	Anderson	713	28:F 40-49	56:11	55:37
482	adam may		191	108:M 40-49	56:11	55:52
483	Elizabeth Woldsmith	Ipswich Phoenix Running Club	362	51:F 20-39	56:12	55:36
484	Gavin Horrex	Ipswich Phoenix Running Club	555	145:M 20-39	56:12	55:35
485	Andrew Smith		168	109:M 40-49	56:13	55:25
486	Kelly Wade	Ipswich Jaffa RC	659	29:F 40-49	56:16	55:51
487	Hayley Hannatt		261	14:F 50-59	56:16	55:52
488	Louise Waterhouse-Taylor	Barker Gotelee	709	15:F 50-59	56:17	55:35
489	Jon Roe		111	110:M 40-49	56:17	55:52
490	Tash Billsberry	Pinfold & Co	790	30:F 40-49	56:19	55:40
491	Kieron Knights		285	146:M 20-39	56:21	56:21
492	Annabel Attwell	Barker Gotelee	862	52:F 20-39	56:22	55:44
493	Holly Nicholls	Airbourne Fit	860	31:F 40-49	56:22	56:00
494	Rodney Davis	Chapel	748	111:M 40-49	56:28	55:46
495	Malcolm Gleed		445	87:M 50-59	56:30	56:05
496	Richard Burbage		319	88:M 50-59	56:33	56:03
497	Callum Jacobs	Fenn Wright	796	147:M 20-39	56:35	55:44
498	Rhys Miller		658	148:M 20-39	56:35	55:41
499	Paul Cheshire	Deben Inns	763	89:M 50-59	56:35	56:12
500	Braeden Green	Woodbridge Removals	854	20:M 0-19	56:37	56:30

501	Gavin Hasnip		243	112:M 40-49	56:38	55:58
502	Luke Heeney		120	90:M 50-59	56:39	56:21
503	Nick Goldsmith		208	113:M 40-49	56:41	56:12
504	Emma Blaylock	Rokker	827	32:F 40-49	56:43	56:08
505	Thomas Gunson		435	114:M 40-49	56:45	56:13
506	Jacqui Boynton		532	1:F 60-69	56:46	55:51
507	martin Andrews		107	115:M 40-49	56:47	56:09
508	Julia Robinson		150	16:F 50-59	56:52	56:31
509	Freya Soper		117	53:F 20-39	56:52	56:28
510	Philip Scofield	Woodbridge Shufflers RC	587	19:M 60-69	56:53	56:16
511	Kate Allen		282	54:F 20-39	56:53	56:10
512	nadia catterwell		137	17:F 50-59	56:57	56:29
513	Ieua Griffiths	Adnams	844	149:M 20-39	57:00	56:14
514	Claire Munnings		230	55:F 20-39	57:01	56:26
515	Paul Seaman		296	20:M 60-69	57:01	56:29
516	Matthew Coward		30	150:M 20-39	57:02	56:30
517	Mike Mike		411	91:M 50-59	57:06	56:25
518	Brenda McInerney		380	18:F 50-59	57:09	56:14
519	Mickey Panich	Howard Construction	778	92:M 50-59	57:12	56:44
520	Sam Gardner		274	151:M 20-39	57:15	56:39
521	Jenny Church	Felixstowe RRC	556	2:F 60-69	57:16	56:50
522	David Church	Felixstowe RRC	682	93:M 50-59	57:17	56:50
523	Anika Balfe		377	33:F 40-49	57:19	57:03
524	Tracy Ratcliffe		336	19:F 50-59	57:19	57:03
525	Angelique Scully		641	20:F 50-59	57:19	57:03
526	Michael Howard	Howard Construction	793	94:M 50-59	57:25	56:53
527	Calvin Meek	Notcutts	819	116:M 40-49	57:26	56:42
528	John Clarke		450	21:M 60-69	57:36	57:02
529	Trevor Dixon		356	95:M 50-59	57:37	56:43
530	Mike Thompson		412	96:M 50-59	57:39	57:13
531	Molly Wilkins		82	56:F 20-39	57:39	56:47
532	Marcus Moscrop	Brafe	733	97:M 50-59	57:44	57:08
533	Josh Line		239	152:M 20-39	57:44	57:21
534	Kieran Moscrop		653	153:M 20-39	57:45	57:12
535	Joshua Allum		346	21:M 0-19	57:49	57:09
536	Jon Dodman		695	98:M 50-59	57:51	57:16
537	Adele Field	Felixstowe RRC	639	21:F 50-59	57:56	57:16
538	Michael Martin		434	99:M 50-59	57:59	57:44
539	Sam Corneby		473	154:M 20-39	58:02	57:33
540	Hamish Stone	Fenn Wright	783	155:M 20-39	58:04	57:13
541	Annabelle Parker		157	57:F 20-39	58:06	57:34
542	Michael Brewer	Woodbridge Shufflers RC	549	22:M 60-69	58:09	57:13
543	Faye Hubbard		306	34:F 40-49	58:10	57:32

544	Joe Feenan		685	156:M 20-39	58:11	57:28
545	Angie Jackson		125	35:F 40-49	58:15	57:29
546	Chris Souter	Howard Construction	772	100:M 50-59	58:18	57:48
547	Toby Souter	Howard Construction	774	157:M 20-39	58:18	57:48
548	Stephanie Mickelsen		252	58:F 20-39	58:20	57:44
549	Cameron Brown	Anderson	725	117:M 40-49	58:22	57:46
550	Jon Mickelsen		292	118:M 40-49	58:22	57:46
551	Samantha Mackin		288	59:F 20-39	58:24	57:30
552	Alex Mace		103	158:M 20-39	58:25	57:57
553	Chloe MacGregor		2	60:F 20-39	58:26	57:58
554	Lizzy Plummer		245	61:F 20-39	58:28	57:40
555	Jamie Clarkson		163	119:M 40-49	58:31	57:44
556	Rachel Plummer		334	62:F 20-39	58:31	57:45
557	Cerys Fagg		692	63:F 20-39	58:33	57:55
558	Maiki Abbiss		300	64:F 20-39	58:38	58:17
559	Jodie Phillips		505	36:F 40-49	58:42	58:28
560	Lila Abbott		681	8:F 0-19	58:42	58:28
561	Sarah Frost	Woodbridge Shufflers RC	464	22:F 50-59	58:43	58:00
562	Louis Kamfer		332	120:M 40-49	58:48	58:41
563	Steve Roberts	Woodbridge Shufflers RC	560	121:M 40-49	58:53	57:53
564	Gemma Howard	Ipswich Triathlon Club	610	65:F 20-39	58:54	58:32
565	Layla Byford		622	66:F 20-39	58:55	58:33
566	Alex Briggins	Amarinth	701	101:M 50-59	58:56	58:06
567	Emma Dutfeld		400	23:F 50-59	58:56	58:15
568	Andrew Marshall-Tierney		366	23:M 60-69	58:57	58:29
569	Neil Henderson		386	102:M 50-59	58:57	58:15
570	Adele Macpherson	Hatch Warren Runners	650	67:F 20-39	58:58	58:14
571	Lisa Squirrell	Woodbridge Shufflers RC	55	37:F 40-49	59:01	58:27
572	Michael Davis		155	103:M 50-59	59:05	58:19
573	Nick Good		395	104:M 50-59	59:05	58:32
574	Mark Smith		311	122:M 40-49	59:14	58:17
575	Toby Brown		474	123:M 40-49	59:16	58:48
576	Juliet Rhodes		440	3:F 60-69	59:17	58:35
577	James Bloomfield		247	159:M 20-39	59:20	59:04
578	Jacob Wilce	Deben Transport	744	160:M 20-39	59:20	59:13
579	Stefan Gregson	Kesgrave Kruisers	315	105:M 50-59	59:25	58:32

580	Nathan Pittam		363	124:M 40-49	59:26	59:26
581	Emma Frost	Pinfold & Co	799	38:F 40-49	59:30	58:51
582	James Warner		480	161:M 20-39	59:31	58:51
583	Paul Newman		211	24:M 60-69	59:32	58:56
584	Jessica Frost		329	68:F 20-39	59:34	58:50
585	David Weeding		309	106:M 50-59	59:40	59:15
586	Paddy Hammond	Woodbridge Removals	857	162:M 20-39	59:41	59:01
587	Dan Bullard		224	163:M 20-39	59:43	59:00
588	Simon Morris		476	125:M 40-49	59:45	59:16
589	Stephen Douglas		423	126:M 40-49	59:46	58:48
590	Max Rayfield		485	164:M 20-39	59:48	59:06
591	Cath Orrin		272	39:F 40-49	59:50	59:37
592	Lucy Riley	Woodbridge School	835	69:F 20-39	59:52	59:26
593	Guy Middleton		250	107:M 50-59	59:55	59:07
594	Abi Shaw		410	40:F 40-49	59:57	59:16
595	Alexandra Currie		526	24:F 50-59	59:59	59:04
596	Amelia Suttle		384	70:F 20-39	1:00:04	59:20
597	William Buchanan	Gressingham	784	108:M 50-59	1:00:06	59:28
598	Will Shallish	Rokker	820	165:M 20-39	1:00:10	59:35
599	amy Drury		406	41:F 40-49	1:00:12	59:34
600	Louise Curtis	Vegan Runners UK	636	25:F 50-59	1:00:14	59:43
601	Brett Deakin	Felixstowe RRC	582	127:M 40-49	1:00:16	59:31
602	Mandy Pulham		9	71:F 20-39	1:00:21	59:45
603	Vikki Powell		572	26:F 50-59	1:00:23	59:34
604	Laura Holland	Kesgrave Kruisers	642	42:F 40-49	1:00:27	59:40
605	Sarah Pearsons		53	72:F 20-39	1:00:27	59:48
606	Luke Berry	The Cherry Tree	851	166:M 20-39	1:00:30	59:58
607	Hannah White		482	73:F 20-39	1:00:30	59:56
608	Thomas Throp		468	167:M 20-39	1:00:32	59:39
609	Patrick Cook	Felixstowe RRC	112	168:M 20-39	1:00:34	59:58
610	Ellie Clarkson	Anderson	712	74:F 20-39	1:00:36	1:00:20
611	James Columbus		262	169:M 20-39	1:00:36	1:00:21

612	Kim Cook		44	75:F 20-39	1:00:37	1:00:00
613	Jack Greenaway		70	170:M 20-39	1:00:42	59:50
614	Rachel Crowther		373	76:F 20-39	1:00:45	1:00:23
615	Anne-Marie Perkins		162	27:F 50-59	1:00:50	1:00:10
616	Ned Kelly		575	25:M 60-69	1:00:51	1:00:21
617	Donna Garnham	Felixstowe RRC	178	28:F 50-59	1:00:53	1:00:23
618	Olivia Prime		594	77:F 20-39	1:00:57	1:00:11
619	Emma Hibbert		218	29:F 50-59	1:00:57	1:00:15
620	Sarah Fowler	Quay Church	807	78:F 20-39	1:00:58	1:00:10
621	Clare Walker		479	43:F 40-49	1:00:58	1:00:17
622	Rod Prime		614	109:M 50-59	1:01:05	1:00:19
623	Lara Robinson		223	79:F 20-39	1:01:05	1:00:19
624	Colin Turner		246	110:M 50-59	1:01:09	1:00:33
625	Jo Dyson		129	30:F 50-59	1:01:12	1:00:24
626	Jo Rhodes		59	44:F 40-49	1:01:12	1:00:27
627	Adam Kearney		27	171:M 20-39	1:01:12	1:00:34
628	Lois Bemrose		590	80:F 20-39	1:01:14	1:00:26
629	Sally Knight		96	4:F 60-69	1:01:15	1:00:26
630	Paul McGregor		399	26:M 60-69	1:01:15	1:00:43
631	Peter Dyson		609	27:M 60-69	1:01:21	1:00:32
632	David Gunson	Kesgrave Kruisers	427	4:M 70-99	1:01:24	1:00:34
633	Helen Self	Ryder-Davies & Partners	814	81:F 20-39	1:01:26	1:00:32
634	Laury Peck	Ryder-Davies & Partners	804	82:F 20-39	1:01:27	1:00:32
635	Stephen Eley		407	111:M 50-59	1:01:29	1:00:36
636	Samantha Simpson	Drain Doctor	761	31:F 50-59	1:01:31	1:00:41
637	Becky Howgego		562	83:F 20-39	1:01:37	1:00:56
638	Ian Knights	Kesgrave Kruisers	643	112:M 50-59	1:01:38	1:00:51
639	Andrew Francis		299	113:M 50-59	1:01:40	1:01:21
640	Thomas Russell		341	172:M 20-39	1:01:41	1:00:52

641	Ayse Singh		231	45:F 40-49	1:01:43	1:01:14
642	Lorraine Saltmarsh		414	46:F 40-49	1:01:43	1:01:14
643	Cleola Van Eijl		525	32:F 50-59	1:01:48	1:00:59
644	Gareth Roberts		491	28:M 60-69	1:01:49	1:01:16
645	Kylie Rolfe		335	47:F 40-49	1:01:51	1:00:57
646	Katie Peake	Ipswich Jaffa RC	316	84:F 20-39	1:01:53	1:01:30
647	Jonathan Summers	Ipswich Jaffa RC	281	173:M 20-39	1:01:53	1:01:30
648	Leon Yelland	Howard Construction	781	128:M 40-49	1:01:55	1:01:18
649	Savannah Roux		592	85:F 20-39	1:01:58	1:01:05
650	David Farrow	CORNERSTONE	739	129:M 40-49	1:01:59	1:01:21
651	lucy Alexander		37	48:F 40-49	1:01:59	1:01:14
652	Damian Ferrar		130	114:M 50-59	1:02:03	1:01:18
653	Laura Robinson		463	49:F 40-49	1:02:05	1:01:36
654	Meinir Childs		207	50:F 40-49	1:02:06	1:01:15
655	Katherine Aykroyd	Felixstowe RRC	151	51:F 40-49	1:02:07	1:01:16
656	Owen Berry	The Cherry Tree	852	174:M 20-39	1:02:12	1:01:39
657	Hannah Traynor		364	86:F 20-39	1:02:12	1:01:33
658	Emily Meadows		403	52:F 40-49	1:02:14	1:01:23
659	Mary Burgess	Felixstowe RRC	647	1:F 70-99	1:02:15	1:01:19
660	Sam Hall		428	175:M 20-39	1:02:16	1:01:36
661	Hermione Carter-Jones	Howard Construction	768	87:F 20-39	1:02:35	1:02:03
662	Vanessa Brooks	Gemini	773	53:F 40-49	1:02:37	1:01:45
663	Karen Moodie	Notcutts	826	33:F 50-59	1:02:37	1:01:55
664	Hannah Wingfield		147	88:F 20-39	1:02:40	1:01:50
665	Jo Featherstone		327	54:F 40-49	1:02:45	1:02:12
666	Darron Jackson		484	115:M 50-59	1:02:49	1:02:03
667	Glenn Howard	Howard Construction	785	116:M 50-59	1:02:51	1:02:15
668	Rebecca Atkinson	Woodbridge Shufflers RC	495	34:F 50-59	1:03:07	1:02:24
669	Victoria Rayner		143	55:F 40-49	1:03:13	1:02:28

670	Suzi Saunders		291	56:F 40-49	1:03:13	1:02:35
671	SIMON MCALONE		604	117:M 50-59	1:03:16	1:02:18
672	Nathalie Jellings		374	89:F 20-39	1:03:23	1:02:48
673	Hannah Benneworth	Rokker	810	57:F 40-49	1:03:24	1:02:34
674	Jo Birch	Lonely Goat RC	586	35:F 50-59	1:03:27	1:02:57
675	Stacie Long	Vegan Runners UK	203	90:F 20-39	1:03:27	1:02:56
676	Natasha Todd	Notcutts	823	91:F 20-39	1:03:27	1:02:39
677	Eve Dunn		433	5:F 60-69	1:03:31	1:02:47
678	Mike Parkes	Quay Church	813	118:M 50-59	1:03:34	1:02:42
679	Peter Osborne	Seckford	828	130:M 40-49	1:03:34	1:02:47
680	Abbie Crisp	Chapel	745	92:F 20-39	1:03:48	1:03:13
681	Helen Millson		515	93:F 20-39	1:03:53	1:03:04
682	Natasha Owen		10	94:F 20-39	1:03:56	1:03:28
683	Nicola Mitchell		633	58:F 40-49	1:03:58	1:03:05
684	IUCY eVANS IOMBE		601	36:F 50-59	1:04:03	1:03:22
685	Ian Stockley		302	119:M 50-59	1:04:04	1:03:42
686	Naomi McGregor		301	95:F 20-39	1:04:06	1:03:25
687	sharon taylor		266	37:F 50-59	1:04:08	1:03:54
688	Lena Waller	Gemini	770	38:F 50-59	1:04:10	1:03:18
689	Carey Hollingsworth		589	96:F 20-39	1:04:18	1:03:40
690	Paul Dorset	Felixstowe RRC	84	120:M 50-59	1:04:31	1:03:47
691	Walter Lockhart		568	29:M 60-69	1:04:37	1:03:47
692	Debbie Wiseman		510	39:F 50-59	1:04:41	1:03:51
693	Paul Hannatt	Brafe	729	121:M 50-59	1:04:52	1:04:19
694	Lauren Akers		267	97:F 20-39	1:04:52	1:04:18
695	Natasha Doole		74	98:F 20-39	1:04:58	1:04:20
696	Andrew Beckinsale		158	131:M 40-49	1:05:10	1:04:35
697	Karen McMorran		690	40:F 50-59	1:05:14	1:04:16
698	Kristen Bitter		46	99:F 20-39	1:05:18	1:04:52

699	Eliza Jones	Drain Doctor	738	100:F 20-39	1:05:35	1:04:45
700	Elizabeth Morrison		333	101:F 20-39	1:05:38	1:04:46
701	Kirsten Barker		382	102:F 20-39	1:05:49	1:04:52
702	Adriana Houchell	Ipswich Jaffa RC	23	103:F 20-39	1:05:51	1:05:17
703	Catriona Pearson	Woodbridge Shufflers RC	462	104:F 20-39	1:06:10	1:05:27
704	Emma Trebilcock		324	105:F 20-39	1:06:10	1:05:28
705	Jason Hitz	Gressingham	788	132:M 40-49	1:06:24	1:05:39
706	Jacqui Pollitt	Anderson	721	59:F 40-49	1:06:25	1:05:40
707	Kayleigh Rattle		670	106:F 20-39	1:06:25	1:05:49
708	Jennifer Whitaker		308	60:F 40-49	1:06:41	1:05:50
709	Katherine Wells		264	61:F 40-49	1:06:43	1:05:51
710	Charles Wiseman	Fenn Wright	776	176:M 20-39	1:06:57	1:06:01
711	Christina Fricke		326	62:F 40-49	1:07:01	1:06:20
712	Hannah Ashton		630	107:F 20-39	1:07:13	1:07:06
713	William Davies-Edwards		620	177:M 20-39	1:07:16	1:06:26
714	Roswyn Bradshaw	Barker Gotelee	716	41:F 50-59	1:07:20	1:06:24
715	John Bradshaw	Barker Gotelee	732	122:M 50-59	1:07:21	1:06:25
716	Etty O'Reilly		225	108:F 20-39	1:07:26	1:06:29
717	Emma Crisp	Chapel	752	109:F 20-39	1:07:28	1:06:44
718	Glenn Rayfield		17	133:M 40-49	1:07:50	1:07:08
719	Hayden Ellsmore		58	178:M 20-39	1:08:02	1:07:28
720	Samantha Howe		591	42:F 50-59	1:08:02	1:07:33
721	Danielle Scopes		613	110:F 20-39	1:08:12	1:07:28
722	Mark Scopes		608	30:M 60-69	1:08:13	1:07:29
723	Michael Hill		233	123:M 50-59	1:08:13	1:07:16
724	Alex Ward	Adnams	842	179:M 20-39	1:08:20	1:07:25
725	Emma Kay		34	111:F 20-39	1:08:32	1:07:42
726	Sarah Owen		16	63:F 40-49	1:08:43	1:08:03
727	Amanda Prior	Barker Gotelee	728	43:F 50-59	1:08:55	1:07:59

728	Bryony Cooney		98	64:F 40-49	1:08:58	1:08:23
729	Lauren Garfield		187	44:F 50-59	1:08:58	1:08:22
730	Victoria Stevenson		263	65:F 40-49	1:09:03	1:08:15
731	James Buchanan	Gressingham	798	180:M 20-39	1:09:03	1:08:14
732	Lucy Bryanton		337	45:F 50-59	1:09:04	1:08:16
733	Claire Rush	Kesgrave Kruisers	563	66:F 40-49	1:09:08	1:08:19
734	Charlotte King		667	112:F 20-39	1:09:23	1:08:43
735	Jason Mann		238	124:M 50-59	1:09:27	1:08:27
736	Hannah Brown		655	46:F 50-59	1:09:40	1:09:18
737	Cherie Milbourn		419	67:F 40-49	1:09:54	1:09:01
738	Sian Fagg		481	113:F 20-39	1:09:57	1:09:05
739	Charlotte Leigh	Gemini	795	114:F 20-39	1:09:58	1:09:02
740	Oliver Smith	Howard Construction	800	181:M 20-39	1:10:14	1:09:40
741	Hayley Coles	Felixstowe RRC	522	68:F 40-49	1:10:18	1:09:24
742	Chris Slemmings	Ipswich Triathlon Club	625	5:M 70-99	1:10:26	1:09:39
743	Debbie Austin		472	47:F 50-59	1:10:36	1:09:43
744	Bryan Jones	CORNERSTONE	760	125:M 50-59	1:10:47	1:10:10
745	Melissa Deal	Seckford	805	69:F 40-49	1:10:57	1:10:01
746	Ann Knight		270	6:F 60-69	1:11:13	1:10:19
747	Nicki Walker		684	48:F 50-59	1:11:13	1:10:20
748	Louise Larter		40	70:F 40-49	1:11:19	1:10:35
749	Olivia Vartan		101	115:F 20-39	1:11:26	1:10:54
750	Shaun Lummis		645	126:M 50-59	1:11:57	1:11:03
751	Avery Wano-Gall		41	116:F 20-39	1:12:12	1:11:14
752	Kieran Mcmorran		616	182:M 20-39	1:12:12	1:11:15
753	Jo Walkey	Woodbridge Removals	855	49:F 50-59	1:12:27	1:12:18
754	Simon Ashton		640	127:M 50-59	1:12:29	1:12:20
755	Simon Walkey		524	128:M 50-59	1:12:29	1:11:39
756	Brodgette Bigmore		241	50:F 50-59	1:12:49	1:12:03

757	Simone Sutherland	Framlingham Flyers	517	7:F 60-69	1:12:50	1:11:55
758	Joanna Clegg		1	71:F 40-49	1:12:57	1:12:07
759	Adel Webber		67	72:F 40-49	1:13:46	1:12:57
760	Chris Childs		39	129:M 50-59	1:14:03	1:13:47
761	John Manders		180	31:M 60-69	1:14:29	1:13:27
762	Callum Anderson	Fenn Wright	782	183:M 20-39	1:14:32	1:13:36
763	Charley Howgego	Fenn Wright	769	117:F 20-39	1:14:32	1:13:41
764	Helen Saagi	Rushmere Community Runners	392	51:F 50-59	1:15:26	1:14:32
765	Lindsey Deal	Seckford	817	73:F 40-49	1:16:35	1:15:40
766	Matilda Creaton		425	118:F 20-39	1:16:44	1:16:07
767	Carly Ward		461	74:F 40-49	1:16:57	1:16:09
768	Katie West		447	119:F 20-39	1:17:53	1:17:00
769	Tania Vermeulen	Quay Church	815	75:F 40-49	1:18:29	1:18:20
770	Lee Cornish		280	130:M 50-59	1:21:52	1:20:54
771	Rebecca Cornish		598	52:F 50-59	1:21:52	1:20:54
772	Mark Garfield		89	131:M 50-59	1:22:27	1:21:31