

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time
1	Owen Rees	Ipswich Phoenix Running Club	869	1:Open		31:56	31:57
2	Brandon Barber	Ipswich Harriers	192	2:Open		32:36	32:37
3	Max Fisher	Ipswich Harriers	175	3:Open		33:00	33:01
4	Stuart Haynes	Woodbridge Shufflers RC	685	1:M 50-59		33:49	33:50
5	Ross McGill	Woodbridge Shufflers RC	124	1:M 20-39		34:04	34:05
6	BEN WILLIAMS	Ashford AC	58	2:M 20-39		34:17	34:18
7	Archie Bullingham	Framlingham Flyers	520	1:M 0-19		35:16	35:18
8	Oliver Daykin	Newmarket Joggers AC	557	3:M 20-39		35:34	35:35
9	James Parr	Ipswich Jaffa RC	526	4:M 20-39		35:50	35:52
10	Chris Green	Felixstowe RRC	776	5:M 20-39		36:09	36:11
11	Ricky O'Neill	Ipswich Jaffa RC	372	1:M 40-49		36:19	36:22
12	Michael Shuster		236	6:M 20-39		36:38	36:41
13	Caspar Le Fanu		327	7:M 20-39		36:38	36:43
14	Archie Shaw	Ipswich Harriers	35	2:M 0-19		36:50	36:52
15	Callum Seaward		499	8:M 20-39		36:51	36:55
16	Ethan Wade	Ipswich Jaffa RC	453	3:M 0-19		36:54	36:56
17	Ben Williams	Woodbridge Shufflers RC	508	9:M 20-39		36:58	37:01
18	connor Bennettt		586	10:M 20-39		36:54	37:04
19	Holly Fisher	Ipswich Harriers	318	1:Open		37:05	37:06
20	Leit Henry		364	11:M 20-39		37:28	37:30
21	Victoria Duncan	Newbury AC	315	2:Open		37:31	37:33
22	Stuart Ward	Felixstowe RRC	415	12:M 20-39		37:32	37:34
23	Mark Allen	Ipswich Jaffa RC	882	2:M 50-59		37:56	37:59
24	Kyle McGill	Billericay Striders	369	13:M 20-39		38:01	38:05
25	Jimmy Ho	Ipswich Jaffa RC	452	14:M 20-39		38:05	38:07
26	Colm O'Reilly		393	15:M 20-39		38:07	38:10
27	William Smith		261	2:M 40-49		38:12	38:13
28	Michael Galbraith	debenphysio	707	3:M 50-59		38:22	38:25
29	Andrew Lee		335	3:M 40-49		38:22	38:26
30	Russell Brown	Orion Harriers	603	4:M 50-59		38:23	38:26
31	Christopher Judge		14	16:M 20-39		38:25	38:29
32	Matthew Tricker		267	17:M 20-39		38:27	38:32
33	Steve Brooke	Felixstowe RRC	370	5:M 50-59		38:38	38:41
34	Ryan Waters		663	18:M 20-39		38:41	38:42
35	Neal Hardwick	Kesgrave Cruisers	297	4:M 40-49		38:34	38:43

36	James Roberts	Rokker	732	6:M 50-59	38:47	38:51
37	Neil Turner	Shaftesbury Barnet Harriers	435	7:M 50-59	38:56	38:59
38	James Sarre	Rokker	702	5:M 40-49	39:00	39:03
39	Josh Brown	Wymondham AC	224	19:M 20-39	39:00	39:05
40	Alastair Read	Felixstowe RRC	402	6:M 40-49	38:58	39:05
41	Emily Nash	Ipswich Harriers	894	3:Open	39:01	39:06
42	Jack Harwood	Framlingham Flyers	270	20:M 20-39	39:06	39:08
43	Neil Berry		470	7:M 40-49	39:05	39:09
44	John Cooper		636	21:M 20-39	39:07	39:12
45	Robert Marshall		599	22:M 20-39	39:16	39:20
46	Bradley Ling		474	23:M 20-39	39:21	39:25
47	Tom Stewart	Woodbridge Shufflers RC	588	8:M 50-59	39:27	39:29
48	Jan-Willem Verkaik	Woodbridge Shufflers RC	597	9:M 50-59	39:31	39:34
49	Kathy Wilson-Brown	Ipswich Harriers	505	1:F 20-39	39:30	39:35
50	Clara Simpson	Drain Doctor	798	2:F 20-39	39:39	39:42
51	Graham Lazenby		408	24:M 20-39	39:39	39:42
52	Steve Cooper	Blackheath & Bromley Harriers AC	778	10:M 50-59	39:43	39:43
53	Neil Smith	Framlingham Flyers	279	8:M 40-49	39:39	39:45
54	Jon Mickelsen		380	9:M 40-49	39:44	39:50
55	Tom Gadd		67	25:M 20-39	39:47	39:52
56	Jonathan Cordle	Norwich Road Runners	488	1:M 60-69	39:46	39:53
57	Joshua Mills		106	26:M 20-39	39:55	39:56
58	Max Sheldrake	Framlingham Flyers	258	4:M 0-19	39:54	40:00
59	Jack Green		319	27:M 20-39	40:11	40:14
60	Lewis Smy		342	28:M 20-39	40:12	40:14
61	Sam Canham		87	29:M 20-39	40:13	40:17
62	Flynn Kelly		301	5:M 0-19	40:15	40:25
63	matthew alexander	Woodbridge Shufflers RC	622	30:M 20-39	40:22	40:26
64	Freddie Parks		436	10:M 40-49	40:23	40:28
65	Alfie Seamons	Saxmundham Sports Running & Fitness Club	398	31:M 20-39	40:29	40:34
66	Toby Downing		905	6:M 0-19	40:36	40:41
67	Billy lummis		68	32:M 20-39	40:38	40:43
68	Rob Gittoes		160	11:M 40-49	40:42	40:46
69	Anthony Whiteside		477	12:M 40-49	40:48	40:52
70	Simon Stafford	Kesgrave Cruisers	125	11:M 50-59	40:50	40:59
71	Tim Ripman	Woodbridge Heating & Bathrooms	788	13:M 40-49	41:06	41:09

72	William Dunster		554	33:M 20-39	41:06	41:11
73	Archie Coombes		5	34:M 20-39	41:10	41:13
74	Shaun Emmerson		7	14:M 40-49	41:07	41:16
75	Ben Corden	Adnams	703	15:M 40-49	41:17	41:22
76	Steven Utteridge		95	16:M 40-49	41:15	41:24
77	Jack Garnham	Rokker	718	35:M 20-39	41:20	41:26
78	Jim Mackenzie	Framlingham Flyers	298	2:M 60-69	41:20	41:27
79	Chay Hathway		334	36:M 20-39	41:15	41:33
80	Jack Ward		86	37:M 20-39	41:27	41:34
81	James Walton	Gressingham	849	17:M 40-49	41:22	41:35
82	Duane Howard	Kesgrave Kruisers	50	3:M 60-69	41:30	41:37
83	Thomas Beecroft	Framlingham Flyers	337	38:M 20-39	41:43	41:48
84	Mark Hayden	Framlingham Flyers	628	12:M 50-59	41:37	41:50
85	Tim Hunter		103	18:M 40-49	41:47	41:52
86	Tim Hanman	Ipswich Jaffa RC	299	13:M 50-59	41:49	41:53
87	Robert Trebilcock	Woodbridge Shufflers RC	590	39:M 20-39	41:51	41:55
88	Ollie Johnson		264	19:M 40-49	41:51	41:57
89	Chris Leek		47	14:M 50-59	41:52	41:59
90	JOSH HANNATT	BRAFE	774	40:M 20-39	41:57	42:03
91	Oliver Cooper	debenphysio	751	20:M 40-49	42:02	42:04
92	Luke Whitwell	The Cherry Tree	817	21:M 40-49	42:09	42:13
93	William Ridgard		511	41:M 20-39	42:13	42:19
94	Euan Childs		182	42:M 20-39	42:15	42:25
95	William Marriott		521	7:M 0-19	42:18	42:27
96	Nathan Gooch-postma		426	43:M 20-39	42:24	42:31
97	Ben Haste		90	44:M 20-39	42:27	42:31
98	Emily Webb		2	3:F 20-39	42:32	42:34
99	Andy Ellis	Felixstowe RRC	273	22:M 40-49	42:32	42:40
100	Richard Wold	Ipswich Phoenix Running Club	466	4:M 60-69	42:35	42:40
101	Alfie Bloomfield		697	45:M 20-39	42:36	42:41
102	John Spurling		51	23:M 40-49	42:35	42:42
103	Paul Connick	Framlingham Flyers	504	46:M 20-39	42:37	42:42
104	Damon Artiss		44	47:M 20-39	42:37	42:44
105	Paul Cooke	Rushmere Community Runners	282	15:M 50-59	42:45	42:45
106	Kierran Haynes		492	48:M 20-39	42:38	42:45
107	CHRISTOPHER THOMSON	Framlingham Flyers	59	49:M 20-39	42:34	42:47

108	Glenn Howard	Howard Construction	850	16:M 50-59	42:52	42:57
109	CHRIS PRITCHARD	BRAFE	753	24:M 40-49	42:55	43:02
110	Tristan McConnell		118	25:M 40-49	42:55	43:03
111	Bailey Allard		116	50:M 20-39	42:58	43:05
112	OWEN CAMERON	BRAFE	749	51:M 20-39	43:03	43:10
113	Scott Hard		37	17:M 50-59	42:59	43:13
114	Benjamin Corke		374	52:M 20-39	43:07	43:18
115	Christopher Cowie		133	26:M 40-49	43:15	43:20
116	Finn Childs		165	53:M 20-39	43:11	43:21
117	Andrew Crowe		32	54:M 20-39	43:07	43:22
118	James Beaumont		189	55:M 20-39	43:23	43:28
119	George Wright	Stowmarket Striders RC	156	56:M 20-39	43:23	43:29
120	William Wingfield	Woodbridge Shufflers RC	449	57:M 20-39	43:22	43:30
121	Rob Jones		656	27:M 40-49	43:19	43:32
122	Adam Schwarz		94	18:M 50-59	43:30	43:33
123	David McCosh		353	28:M 40-49	43:27	43:33
124	alan Krailing		154	29:M 40-49	43:30	43:37
125	Peter Squirrell	Ipswich Jaffa RC	447	30:M 40-49	43:34	43:40
126	Owen Woollard		870	58:M 20-39	43:25	43:42
127	Robin Harper	Felixstowe RRC	241	19:M 50-59	43:31	43:44
128	Andrew Laws	Ipswich Jaffa RC	506	5:M 60-69	43:36	43:46
129	Oliver King		108	31:M 40-49	43:36	43:46
130	Matthew Payne		176	32:M 40-49	43:41	43:48
131	Mark Clinton		255	33:M 40-49	43:30	43:49
132	elliot astbury		429	8:M 0-19	43:42	43:50
133	Luke Read	ANDERSON	724	59:M 20-39	43:44	43:53
134	Declan Greaves		598	60:M 20-39	43:42	43:56
135	Lee Eastall		48	20:M 50-59	43:46	43:58
136	Alex Smith	Felixstowe RRC	312	61:M 20-39	43:50	44:00
137	Thomas Kewell		232	62:M 20-39	43:32	44:03
138	Jed Lawrence	BRAFE	900	9:M 0-19	43:58	44:03
139	Kitty Mithen	Woodbridge Shufflers RC	543	4:F 20-39	43:54	44:04
140	Aaron Beal		392	34:M 40-49	43:57	44:05
141	James Lewis		461	35:M 40-49	44:01	44:09
142	Tom Taylor		555	6:M 60-69	43:46	44:13
143	Richard Knight		347	36:M 40-49	44:09	44:15

144	William Aldred	Framlingham Flyers	680	21:M 50-59	44:03	44:15
145	Peter Hawkins		303	37:M 40-49	44:08	44:17
146	Jim Marshall		617	22:M 50-59	44:09	44:17
147	Oliver Essex		139	63:M 20-39	44:14	44:18
148	Tim Cook	Woodbridge Heating & Bathrooms	790	38:M 40-49	44:11	44:20
149	Shane Flack	Kesgrave Cruisers	158	64:M 20-39	44:13	44:24
150	Neil Alderton	Woodbridge Shufflers RC	475	65:M 20-39	43:57	44:26
151	Ethan Murray		92	66:M 20-39	43:52	44:27
152	Colin Ellis	Kesgrave Cruisers	638	7:M 60-69	44:22	44:32
153	Dale Fowler		78	39:M 40-49	44:09	44:33
154	kirstie Gladwell	Framlingham Flyers	377	1:F 40-49	44:29	44:36
155	Dominic Bareham		745	40:M 40-49	44:37	44:46
156	Carl Stannard		88	41:M 40-49	44:35	44:46
157	Marcus Payne		171	67:M 20-39	44:42	44:49
158	Lucy Beales	Woodbridge Shufflers RC	677	5:F 20-39	44:37	44:51
159	Chris Hodges	Kesgrave Cruisers	413	68:M 20-39	44:40	44:51
160	Josh Bothe		349	69:M 20-39	44:36	45:00
161	Kerry Buckley	Felixstowe RRC	149	23:M 50-59	44:49	45:03
162	Mark Gleen	Kesgrave Cruisers	34	24:M 50-59	44:55	45:05
163	Darren Hotten		169	70:M 20-39	45:01	45:05
164	Lewis Fratel		21	71:M 20-39	45:08	45:12
165	Haydn Green		412	10:M 0-19	45:08	45:20
166	Nellee-Kate Berry		512	6:F 20-39	44:35	45:21
167	Sandy Page		382	2:F 40-49	45:16	45:26
168	Sofia Frost	Woodbridge Shufflers RC	584	3:F 40-49	45:16	45:29
169	Martyn Goldsmith	Melton Renewable Energy	901	42:M 40-49	45:29	45:35
170	Stuart Rowsell		668	11:M 0-19	45:26	45:38
171	Tom Turner	Drain Doctor	899	72:M 20-39	45:18	45:39
172	Mark Sadler	Felixstowe RRC	82	43:M 40-49	45:26	45:42
173	Roger Stone	Amarinth	835	25:M 50-59	45:18	45:44
174	Henry Palmer		657	44:M 40-49	45:35	45:47
175	Tom Aykroyd	Felixstowe RRC	430	45:M 40-49	45:40	45:49
176	Carl Collins		91	73:M 20-39	45:43	45:50
177	Ben Gallington	Kesgrave Cruisers	96	74:M 20-39	45:38	45:50
178	Chloe Neall	Woodbridge Shufflers RC	27	7:F 20-39	45:39	45:52
179	Noah Huxley		229	12:M 0-19	45:42	45:55

180	Peter Garry		472	75:M 20-39	45:45	45:56
181	Ed Orchin		396	46:M 40-49	45:47	45:57
182	David Masters		571	47:M 40-49	45:45	46:00
183	Luke Garnham	debenphysio	756	48:M 40-49	45:51	46:03
184	Zak Bates		112	76:M 20-39	45:48	46:04
185	Jess Excell		403	8:F 20-39	45:29	46:06
186	Martin Sterry		538	77:M 20-39	45:49	46:06
187	Ben Deacon		6	49:M 40-49	45:57	46:07
188	Jules Beaumont		522	26:M 50-59	45:56	46:07
189	Joe Turnbull		559	78:M 20-39	45:30	46:10
190	Joe Hackett		883	79:M 20-39	45:54	46:12
191	Ashley Sadler	Kesgrave Kruisers	479	50:M 40-49	46:01	46:12
192	Danny Jackson		471	80:M 20-39	45:58	46:13
193	Kirsty Turner		49	9:F 20-39	46:06	46:14
194	James Bullard		31	81:M 20-39	45:55	46:19
195	Maddie Wheal		130	10:F 20-39	46:17	46:21
196	Libby Abbott		338	1:F 0-19	46:14	46:22
197	Tom Harrop		483	82:M 20-39	46:09	46:24
198	Emily Spence	Ipswich Triathlon Club	260	11:F 20-39	46:15	46:25
199	Barry Hawtin	Felixstowe RRC	250	51:M 40-49	46:10	46:26
200	Brad Goodchild		140	83:M 20-39	46:11	46:27
201	Isaac Chenery		725	84:M 20-39	46:20	46:30
202	Bradley warwick		129	85:M 20-39	46:24	46:31
203	Christopher Hendrickson	Framlingham Flyers	516	52:M 40-49	46:23	46:37
204	Lewis Culf	Deben Inns	815	86:M 20-39	46:26	46:42
205	Helen Jerrold	Kesgrave Kruisers	277	4:F 40-49	46:35	46:44
206	Jamie Tott		137	27:M 50-59	46:34	46:46
207	Tom Jermyn		683	87:M 20-39	46:34	46:47
208	Ben Gilman		105	53:M 40-49	46:36	46:47
209	Helen Couch	ICS	757	5:F 40-49	46:29	46:48
210	Peter Gray		416	28:M 50-59	46:32	46:49
211	Jonathan Lewis		228	54:M 40-49	46:39	46:49
212	Mark Andrews	Lonely Goat RC	634	29:M 50-59	46:28	46:49
213	Peter Mayer		431	8:M 60-69	46:40	46:51
214	Stacey Harper		290	6:F 40-49	46:40	46:51
215	Kirsty Morgan	Ipswich Jaffa RC	533	12:F 20-39	46:42	46:53

216	Luke McKeag		643	88:M 20-39	46:39	46:54
217	Lexi Scala	Woodbridge Shufflers RC	661	13:F 20-39	46:42	46:54
218	Tim Chilvers	Woodbridge Heating & Bathrooms	787	55:M 40-49	46:42	46:57
219	Rosie Compton		75	14:F 20-39	46:46	46:58
220	Sam Wainer		249	89:M 20-39	46:47	46:58
221	Stuart Yule		691	30:M 50-59	46:48	46:58
222	Ben Jackson	Felixstowe RRC	295	90:M 20-39	46:51	47:01
223	Henry Tapp	ICS	769	56:M 40-49	46:43	47:03
224	Lauren Whiting		131	15:F 20-39	46:34	47:04
225	Alex Greggor		208	91:M 20-39	46:50	47:04
226	Thomas Hunnisett	Saxmundham Sports Running & Fitness Club	605	92:M 20-39	46:59	47:07
227	Nick Taylor		698	57:M 40-49	46:41	47:09
228	Mark Turner		419	31:M 50-59	47:02	47:10
229	Carmen Ortiz		39	16:F 20-39	47:02	47:10
230	Shannon Hopkins	Woodbridge Shufflers RC	564	17:F 20-39	47:06	47:16
231	Tom Stephens	Felixstowe RRC	646	32:M 50-59	46:58	47:16
232	Archie Read		283	93:M 20-39	46:55	47:18
233	Adrian Kendall	Amarinth	834	33:M 50-59	46:52	47:19
234	Dave Howgego	Woodbridge Shufflers RC	819	34:M 50-59	47:06	47:22
235	Craig Starling	ICS	746	94:M 20-39	47:03	47:22
236	Simon Barber		465	58:M 40-49	47:10	47:26
237	Oliver Dixon		397	95:M 20-39	47:14	47:27
238	Matthew Davies		409	35:M 50-59	47:07	47:27
239	Rory Hunter		807	96:M 20-39	47:16	47:29
240	Thomas Sidhu		22	97:M 20-39	47:09	47:29
241	Sean Weber		679	98:M 20-39	47:06	47:30
242	Brad Culf	Deben Inns	814	99:M 20-39	47:15	47:31
243	Inge Nijkamp	ANDERSON	763	7:F 40-49	47:13	47:32
244	Ian Clover		631	59:M 40-49	47:10	47:33
245	Daniel Davies	Suffolk Orthodontics	871	100:M 20-39	47:18	47:35
246	Kevin Linsell	Kesgrave Kruisers	177	36:M 50-59	47:32	47:43
247	Gabriel Martins	Ipswich Jaffa RC	529	37:M 50-59	47:35	47:49
248	Gary Lowe	Saxmundham Sports Running & Fitness Club	234	9:M 60-69	47:32	47:49
249	Marcus Brown		193	38:M 50-59	47:35	47:52
250	Sam Lomas	Deben Inns	818	101:M 20-39	47:39	47:55
251	Sophie Baines		85	18:F 20-39	47:46	47:55

252	Hack Fosker		278	39:M 50-59	47:39	47:55
253	Adam Gomm	Ipswich Jaffa RC	457	60:M 40-49	47:33	47:56
254	Ross Cracknell	Agilis Search	863	102:M 20-39	47:41	47:56
255	Ben Burrows		779	40:M 50-59	47:46	47:59
256	Noah Catling		42	103:M 20-39	47:40	47:59
257	Gianna Cesarano		8	1:F 50-59	47:37	48:00
258	Paul Barnard		375	61:M 40-49	47:50	48:00
259	Philip Turvey		379	62:M 40-49	47:50	48:00
260	David James		891	41:M 50-59	47:32	48:04
261	Anthony Clack		281	104:M 20-39	47:56	48:05
262	Martin Jarvis		547	42:M 50-59	47:52	48:06
263	Simon Goldsmith		777	43:M 50-59	47:25	48:07
264	James Ellul	Felixstowe RRC	467	63:M 40-49	47:37	48:08
265	Andy Garvie	Woodbridge School	802	44:M 50-59	47:55	48:10
266	James Buckingham	The Cherry Tree	813	64:M 40-49	47:48	48:12
267	Michael Jennings	ANDERSON	704	105:M 20-39	48:03	48:15
268	Katie Scott		699	19:F 20-39	48:02	48:15
269	Joey Hosking		181	106:M 20-39	47:56	48:15
270	Toby Cameron	Amarinth	906	13:M 0-19	48:09	48:17
271	Robert Bryce		268	107:M 20-39	47:46	48:17
272	Thomas Bradshaw		101	14:M 0-19	48:06	48:19
273	Paul Stone	Felixstowe RRC	572	45:M 50-59	47:47	48:20
274	Ashton Turner		185	108:M 20-39	47:53	48:21
275	Harry Fulcher	Deben Inns	810	109:M 20-39	48:09	48:23
276	Douglas Cubitt		117	110:M 20-39	48:00	48:24
277	Sam Stone	Heritage Sash	867	111:M 20-39	47:55	48:26
278	Andrew Yorke		198	46:M 50-59	47:38	48:30
279	Georgina Roadnight		581	20:F 20-39	48:19	48:32
280	Marcus Adie		421	65:M 40-49	48:24	48:32
281	Graham Bladen		401	66:M 40-49	48:10	48:34
282	MARK Ray		495	112:M 20-39	48:08	48:35
283	Andrew Jay	ANDERSON	722	10:M 60-69	48:19	48:35
284	Michelle Murphy	Felixstowe RRC	548	2:F 50-59	48:20	48:35
285	Rourke Porter		19	113:M 20-39	48:12	48:36
286	Tom Shallish		23	114:M 20-39	48:14	48:37
287	Laura Cormack	Heritage Sash	868	8:F 40-49	48:10	48:39

288	Daniel Slattery		383	115:M 20-39	48:27	48:40
289	Adam Plummer	Rushmere Community Runners	432	116:M 20-39	48:26	48:43
290	Lewis Cherrington		231	117:M 20-39	48:19	48:43
291	Daniel Smith	Woodbridge Shufflers RC	207	118:M 20-39	48:30	48:45
292	Tom Hitchman		644	67:M 40-49	47:53	48:45
293	Paul Brand		594	68:M 40-49	48:20	48:48
294	Iain Taylor	Woodbridge Shufflers RC	489	47:M 50-59	48:39	48:50
295	Stefan Gregson	Kesgrave Cruisers	523	48:M 50-59	48:40	48:51
296	Russell Young	Pinfold & Co	709	119:M 20-39	48:25	48:56
297	Danni Nevin		138	21:F 20-39	48:49	48:58
298	Sean Turner		201	120:M 20-39	48:24	48:58
299	George Algar	Deben Inns	811	121:M 20-39	48:44	48:59
300	Joe Saunders	Rokker	739	49:M 50-59	48:53	49:01
301	Max Harrold		29	122:M 20-39	48:40	49:05
302	Maddison Taylor		440	22:F 20-39	48:44	49:07
303	Sarah Clow	ANDERSON	760	9:F 40-49	48:46	49:11
304	Joe Drury		184	69:M 40-49	48:52	49:13
305	Daniel Fawcett		38	123:M 20-39	48:50	49:14
306	Gabby Walker	Drain Doctor	794	23:F 20-39	49:11	49:15
307	Sam wright		484	124:M 20-39	49:03	49:17
308	Lisa Perkins		546	3:F 50-59	49:03	49:18
309	Matthew Bailey		904	15:M 0-19	48:44	49:18
310	Harry Wiseman		248	16:M 0-19	49:08	49:19
311	Benjamin Davies	Suffolk Orthodontics	878	125:M 20-39	49:01	49:20
312	Matthew Davies	Suffolk Orthodontics	875	126:M 20-39	49:02	49:20
313	Matt Perks	Agilis Search	864	70:M 40-49	49:02	49:22
314	Francois Botha		666	71:M 40-49	48:43	49:22
315	Jessica Durling		420	2:F 0-19	49:04	49:22
316	Suzi Saunders		399	10:F 40-49	48:56	49:23
317	George Brown		606	72:M 40-49	49:06	49:24
318	Daniel Wright	Adnams	742	127:M 20-39	48:57	49:25
319	Christina Fricke		602	11:F 40-49	49:02	49:27
320	James Calver		468	128:M 20-39	49:00	49:28
321	Emily Stratford		308	24:F 20-39	49:17	49:31
322	adrian PEAKE	Ipswich Jaffa RC	595	11:M 60-69	49:17	49:33
323	Thomas Goody	Woodbridge Heating & Bathrooms	789	129:M 20-39	49:36	49:36

324	Bill Watson	Reading Roadrunners	62	12:M 60-69	49:07	49:36
325	Harriet Celerier		422	25:F 20-39	49:14	49:37
326	Bethany Johnson		43	26:F 20-39	49:37	49:37
327	DAVID SOUTHGATE		348	130:M 20-39	49:27	49:38
328	Sebastien Marmagne		459	73:M 40-49	49:21	49:38
329	Georgia Harrold	Deben Inns	809	27:F 20-39	49:25	49:39
330	Rachel Knight	Woodbridge Quay Church	783	28:F 20-39	49:07	49:40
331	Becky Overy-Owen		510	4:F 50-59	49:17	49:41
332	Lucy Heeney		16	29:F 20-39	49:37	49:43
333	Gavin Damant		136	74:M 40-49	49:32	49:46
334	Pacey Forsdike		865	131:M 20-39	49:28	49:47
335	Toby Souter		213	132:M 20-39	49:29	49:48
336	Natasha Todd	Notcutts	820	30:F 20-39	49:18	49:49
337	Beth Greenwood	Notcutts	822	31:F 20-39	49:19	49:49
338	Karl Holbrook		514	13:M 60-69	49:09	49:50
339	Megan Smith	Framlingham Flyers	696	32:F 20-39	49:26	49:51
340	Callum Deacon		539	133:M 20-39	49:37	49:53
341	Ian Robinson		40	75:M 40-49	49:33	49:53
342	Angus Stone		692	134:M 20-39	49:25	49:53
343	Ben Deacon		570	76:M 40-49	49:38	49:53
344	Daniel Davis		684	77:M 40-49	49:33	49:54
345	MARK DEAR		320	78:M 40-49	49:33	49:55
346	Regan Woodard	Adnams	721	135:M 20-39	49:36	49:56
347	Stefan Bunn		578	50:M 50-59	49:49	49:57
348	Kevin Pyle		262	79:M 40-49	49:39	49:57
349	Francis Longhurst		216	136:M 20-39	49:45	50:02
350	Aiden Jakubik		649	137:M 20-39	49:35	50:02
351	David Malone		417	80:M 40-49	49:26	50:04
352	Millie Howard	Howard Construction	855	3:F 0-19	49:33	50:04
353	Luke Heeney		226	51:M 50-59	50:00	50:06
354	Nicola Robinson	Framlingham Flyers	410	12:F 40-49	49:37	50:10
355	Geraldine Clarke	Framlingham Flyers	252	1:F 60-69	49:54	50:10
356	Rachel Giles		609	5:F 50-59	49:45	50:11
357	Rodney Davis	Chapel Properties	765	81:M 40-49	49:38	50:13
358	Katie Beckinsale		664	13:F 40-49	50:05	50:15
359	Oz Southgate		344	33:F 20-39	50:05	50:15

360	Richard Kober		542	14:M 60-69	50:12	50:16
361	Darren Payne	WCHC	827	52:M 50-59	49:50	50:18
362	Ashley Evans		532	82:M 40-49	49:57	50:19
363	Tom Cantello	Rokker	719	138:M 20-39	49:40	50:20
364	Jonathan Layton		127	83:M 40-49	49:47	50:20
365	Daniel Gavin		246	53:M 50-59	50:02	50:23
366	Chris Waters		4	84:M 40-49	50:01	50:27
367	Sam Dutfield		448	17:M 0-19	50:06	50:28
368	Lettie Barrett-Peck		12	34:F 20-39	50:11	50:30
369	Aaron Cross	Cornerstone	859	139:M 20-39	50:08	50:35
370	Stuart Parkinson		630	140:M 20-39	49:55	50:36
371	Cris Viedma	Rokker	755	141:M 20-39	49:58	50:38
372	Matthew Salisbury		269	85:M 40-49	50:21	50:38
373	Billy Dodwell		81	142:M 20-39	50:14	50:40
374	Arran Baker		463	86:M 40-49	50:12	50:40
375	Joe Smith	Amarinth	833	143:M 20-39	50:24	50:49
376	Jef Titmarsh		210	144:M 20-39	50:50	50:50
377	Will Phillips	Gressingham	845	54:M 50-59	50:35	50:53
378	David Parry		780	145:M 20-39	50:31	51:01
379	TIM GAMSTON	RYDER-DAVIES & PARTNERS	840	146:M 20-39	50:35	51:04
380	James Jopling		79	147:M 20-39	50:28	51:04
381	Luca Mehmed		322	148:M 20-39	50:51	51:05
382	David Mason	WCHC	829	55:M 50-59	50:58	51:06
383	Paul Berriman		445	56:M 50-59	50:38	51:08
384	Harry Mullan	Howard Construction	854	149:M 20-39	50:40	51:11
385	Jo Evans	Drain Doctor	791	6:F 50-59	50:50	51:12
386	Kim Cook		284	35:F 20-39	50:51	51:13
387	Scott Gower		157	150:M 20-39	50:54	51:13
388	Stephen Hatten	Saint Edmund Pacers	653	15:M 60-69	50:54	51:17
389	Peter Deer		180	57:M 50-59	50:56	51:19
390	Anna Davis	Chapel Properties	735	36:F 20-39	51:04	51:22
391	Jamie Smith		490	87:M 40-49	51:08	51:23
392	Kevin Hayward	Framlingham Flyers	199	58:M 50-59	50:59	51:24
393	victoria orford	Framlingham Flyers	328	7:F 50-59	50:54	51:26
394	Michael Brewer		627	16:M 60-69	50:30	51:27
395	Stephen SMITH		294	59:M 50-59	51:10	51:29

396	Matthew Smith	Woodbridge Quay Church	782	18:M 0-19	51:10	51:29
397	Chris Connolly		221	88:M 40-49	50:56	51:35
398	Luke Stafford	Kesgrave Cruisers	167	19:M 0-19	51:18	51:43
399	Stephen Hicks	Ipswich Harriers	601	17:M 60-69	51:13	51:46
400	Nicole Sales	Capel Cheetahs	350	37:F 20-39	51:27	51:46
401	Jon Curtis		573	60:M 50-59	51:24	51:46
402	grahame beales		341	61:M 50-59	51:27	51:48
403	Joshua ALLUM	Framlingham Flyers	321	20:M 0-19	51:23	51:48
404	Luis Falconer		126	151:M 20-39	51:23	51:51
405	Gemma Porch		84	14:F 40-49	51:56	51:56
406	Marcus Kwan	Kesgrave Cruisers	326	62:M 50-59	51:45	51:57
407	Andrew Nowosad		502	89:M 40-49	51:42	52:01
408	Doug Betts		15	90:M 40-49	51:42	52:05
409	Adam Thorpe		141	152:M 20-39	51:20	52:08
410	Kieron Knights		83	153:M 20-39	51:35	52:09
411	Aiden Power	Amarinth	831	154:M 20-39	51:33	52:12
412	Erica Attwell		173	15:F 40-49	51:48	52:12
413	Mark Duckett		464	63:M 50-59	52:01	52:12
414	Christopher Childs		146	64:M 50-59	52:14	52:14
415	Andy Bartlett		162	91:M 40-49	51:34	52:16
416	Caroline Howard	Howard Construction	879	38:F 20-39	51:44	52:18
417	Sally Burtle		395	39:F 20-39	51:44	52:19
418	Kieron Perry	Ipswich Jaffa RC	860	65:M 50-59	51:39	52:21
419	Kate Sudell	Felixstowe RRC	235	16:F 40-49	51:56	52:23
420	Aidan Priday	Fenn Wright	754	155:M 20-39	51:46	52:24
421	Jacky Butcher		202	156:M 20-39	51:53	52:25
422	Chelsea Mayhew		451	40:F 20-39	51:47	52:32
423	Rob Freeman		615	92:M 40-49	51:50	52:34
424	Thomas Clements	Framlingham Flyers	360	18:M 60-69	52:22	52:36
425	Lisa Hagen		307	17:F 40-49	52:11	52:36
426	Darren Orves	Diss and District AC	621	66:M 50-59	52:22	52:39
427	Kit Evans-Lombe	Woodbridge School	799	157:M 20-39	52:03	52:42
428	Victoria Martin		187	18:F 40-49	52:33	52:43
429	Chris Martin		361	67:M 50-59	52:33	52:43
430	Ross Stone	Heritage Sash	866	68:M 50-59	52:17	52:47
431	Joe Rowland	Pinfold & Co	714	21:M 0-19	52:19	52:50

432	Annabel Attwell	Barker Gotelee	715	41:F 20-39	52:31	52:51
433	Aaron Read		324	158:M 20-39	52:40	52:54
434	Nicole Crown		13	42:F 20-39	52:21	52:54
435	Drew Hunting		152	22:M 0-19	52:35	52:55
436	Anu Heese		669	43:F 20-39	52:28	52:56
437	Vicky McTaggart	Gressingham	844	19:F 40-49	52:37	53:02
438	David Waring		30	69:M 50-59	52:43	53:04
439	Amy Culf	Deben Inns	812	44:F 20-39	52:51	53:06
440	David Crane	Kesgrave Cruisers	331	70:M 50-59	52:55	53:06
441	Wendy Kellett		585	8:F 50-59	52:37	53:08
442	Isabel Leming		230	45:F 20-39	52:14	53:09
443	Andy Reid	Chapel Properties	750	93:M 40-49	52:36	53:15
444	MARTIN SHAVE		18	94:M 40-49	52:43	53:17
445	Trevor Fagg		71	19:M 60-69	52:56	53:22
446	Archie Farrow	Cornerstone	898	23:M 0-19	52:55	53:23
447	Ryan Scopes		367	159:M 20-39	52:53	53:23
448	Andrew Wright		566	20:M 60-69	52:43	53:24
449	Laura Middlemiss	Chapel Properties	720	20:F 40-49	52:47	53:25
450	Emma Morling		558	46:F 20-39	53:02	53:25
451	Mark Crisp	Chapel Properties	712	71:M 50-59	52:49	53:26
452	Stuart Clarke	Gressingham	848	95:M 40-49	52:56	53:29
453	Manon Kinchin	Saxmundham Sports Running & Fitness Club	376	47:F 20-39	52:47	53:29
454	Seph Pochin		244	72:M 50-59	52:57	53:32
455	Thomas Feveyear		178	160:M 20-39	53:05	53:35
456	Chris Bond		527	161:M 20-39	52:51	53:36
457	Chris Perry		611	73:M 50-59	53:04	53:38
458	Beth Daley		145	48:F 20-39	53:10	53:41
459	Aaron Sharp	Chapel Properties	768	162:M 20-39	53:03	53:42
460	Jamie Lawton	Melton Renewable Energy	764	96:M 40-49	53:10	53:44
461	Rebecca Jones		351	49:F 20-39	53:17	53:47
462	Paul Schwer	Felixstowe RRC	387	21:M 60-69	53:09	53:50
463	Mark Forsdike		407	74:M 50-59	53:26	53:54
464	Gary Grainger		196	22:M 60-69	53:38	53:59
465	Pani Monk		525	75:M 50-59	53:37	54:00
466	CHARLIE GORDON	BRAFE	708	163:M 20-39	54:01	54:01
467	Seb Goodhand		257	164:M 20-39	53:33	54:01

468	Christopher Bing	Ipswich Jaffa RC	204	97:M 40-49	53:21	54:02
469	Rosie Williams		99	50:F 20-39	53:43	54:03
470	Eve Grigsby-Smith	Woodbridge School	800	21:F 40-49	53:37	54:04
471	Lea Grave		66	51:F 20-39	53:48	54:04
472	Ben Grave		316	165:M 20-39	53:48	54:05
473	Pat Morgan	Ipswich Triathlon Club	693	1:M 70-99	53:47	54:08
474	Paul Seaman		682	23:M 60-69	53:31	54:08
475	Alan Jackson		119	98:M 40-49	53:36	54:10
476	William Todd		647	99:M 40-49	53:30	54:11
477	Nick Farrow	Woodbridge Quay Church	786	24:M 60-69	53:31	54:11
478	Richard Owen		551	2:M 70-99	53:42	54:12
479	James Kelly		469	76:M 50-59	53:55	54:15
480	Natalija Zurnikovica	Melton Renewable Energy	758	22:F 40-49	53:46	54:19
481	Laura Stables		632	9:F 50-59	53:56	54:20
482	Rosalyn Seabright		400	52:F 20-39	53:53	54:20
483	Tom Levett		9	166:M 20-39	53:50	54:22
484	Nick Khan		163	77:M 50-59	53:36	54:22
485	Chris Souter		293	78:M 50-59	53:57	54:25
486	Dean Catling	Felixstowe RRC	462	25:M 60-69	53:57	54:26
487	Louise Lee		518	10:F 50-59	53:52	54:29
488	Louis Kamfer		406	100:M 40-49	54:27	54:32
489	Steve Kirk	Framlingham Flyers	168	101:M 40-49	54:21	54:34
490	Natalie Whitney		676	53:F 20-39	53:53	54:34
491	Sean Banks		222	167:M 20-39	54:07	54:34
492	Adam Dunnage		884	168:M 20-39	54:08	54:34
493	Raven Rains		245	54:F 20-39	53:54	54:35
494	Gavin Middleton		209	26:M 60-69	53:49	54:36
495	Kelly Keen		556	55:F 20-39	54:06	54:40
496	Michael Foster		442	102:M 40-49	54:08	54:42
497	Calvin Farthing		55	169:M 20-39	54:20	54:45
498	Michael Sheldrake		272	103:M 40-49	54:20	54:49
499	Tom Good	Fenn Wright	701	170:M 20-39	54:08	54:50
500	Dayna Jacobs		373	56:F 20-39	54:08	54:51
501	Holly White		458	57:F 20-39	54:13	54:54
502	Sophie Bell	Ipswich Phoenix Running Club	20	58:F 20-39	54:21	55:03
503	Gemma Walton	Chapel Properties	903	59:F 20-39	54:48	55:06

504	aradia crockett		77	23:F 40-49	54:33	55:07
505	Martin Garrod	Ipswich Phoenix Running Club	577	27:M 60-69	54:50	55:07
506	Julian Gant		357	79:M 50-59	54:47	55:08
507	phil davies	Ipswich Jaffa RC	456	28:M 60-69	54:52	55:09
508	Rebecca Siles		365	24:F 40-49	54:33	55:10
509	Karl Hayward-Bradley		535	104:M 40-49	54:32	55:11
510	Rebecca Murland		80	25:F 40-49	54:43	55:12
511	Hayden Ellsmore		496	171:M 20-39	54:30	55:14
512	Louise Waterhouse-Taylor	Barker Gotelee	723	11:F 50-59	54:56	55:16
513	Aidan Norris	Notcutts	823	105:M 40-49	54:33	55:17
514	Fiona Smith	Ipswich Phoenix Running Club	576	12:F 50-59	54:41	55:23
515	jeroen wuurman		667	80:M 50-59	54:49	55:25
516	Tim Fulcher		655	81:M 50-59	55:04	55:26
517	Becky Howgego	The Cherry Tree	568	60:F 20-39	54:52	55:27
518	Jack Harrison		493	172:M 20-39	55:09	55:30
519	Gerry McCarthy	Ipswich Phoenix Running Club	623	3:M 70-99	54:57	55:33
520	Al Bloomfield		694	106:M 40-49	55:21	55:37
521	Dan Parish	Barker Gotelee	902	173:M 20-39	55:01	55:37
522	Tom Orford	Gressingham	843	82:M 50-59	54:59	55:40
523	Richard Farres	Gressingham	847	83:M 50-59	55:02	55:41
524	Deb Hart		227	13:F 50-59	55:26	55:43
525	Lisa Sheldrake	Suffolk Orthodontics	872	14:F 50-59	55:08	55:44
526	Abi Shaw		102	26:F 40-49	55:14	55:44
527	Barney Newman		76	107:M 40-49	54:57	55:48
528	Amy huson		64	27:F 40-49	54:56	55:48
529	Mon Lee	Ipswich Jaffa RC	881	29:M 60-69	55:16	55:51
530	Kirsty Schartau		309	15:F 50-59	55:01	55:53
531	Jed Cinnamon		330	174:M 20-39	55:17	55:53
532	Jen Cross	Cornerstone	857	61:F 20-39	55:29	55:57
533	Adam fenn		394	108:M 40-49	55:35	55:59
534	Keiron Donovan		211	109:M 40-49	55:26	56:01
535	Paul Sheldrake	Agilis Search	862	84:M 50-59	55:41	56:01
536	Darren Pratt		310	85:M 50-59	55:45	56:03
537	Hayley Clarke		57	28:F 40-49	55:44	56:03
538	Lewis Wykes		507	110:M 40-49	55:28	56:04
539	KLAIR SYMONDS	BRAFE	767	29:F 40-49	55:37	56:06

540	MARCUS MOSCROP	BRAFE	730	86:M 50-59	55:38	56:07
541	Etty O'Reilly		648	62:F 20-39	56:07	56:07
542	James Ransome		93	175:M 20-39	55:42	56:09
543	Peter Osborne		362	111:M 40-49	55:26	56:11
544	Hamish Stone	Fenn Wright	741	176:M 20-39	55:34	56:14
545	Martin Andrews		582	112:M 40-49	55:40	56:15
546	Edward McArdle	Woodbridge Shufflers RC	569	113:M 40-49	55:31	56:17
547	Jordan Harrison		89	63:F 20-39	55:45	56:17
548	Helen Galbraith	debenphysio	731	16:F 50-59	55:55	56:18
549	Steve Reay		69	87:M 50-59	55:46	56:20
550	Elisabeth Fenn		386	30:F 40-49	55:55	56:20
551	Amy Madden		313	64:F 20-39	55:47	56:25
552	Eric Brown	Saxmundham Sports Running & Fitness Club	642	30:M 60-69	56:14	56:26
553	Peter Plummer	Woodbridge Shufflers RCMaths with Andre	805	31:M 60-69	55:56	56:27
554	Sarah Frost	Woodbridge Shufflers RC	662	17:F 50-59	55:45	56:28
555	michael mckinnell		681	4:M 70-99	55:49	56:31
556	Patrick Cook		72	114:M 40-49	56:04	56:32
557	Maiki Abbiss	Woodbridge Quay Church	785	31:F 40-49	55:58	56:32
558	Dan Norris		552	177:M 20-39	56:09	56:35
559	Alan Hillyard		414	32:M 60-69	56:02	56:36
560	Thomas Rolph-Wills	Notcutts	824	178:M 20-39	55:58	56:41
561	Emma Calver		346	18:F 50-59	55:58	56:43
562	Rachael Hobbs		215	32:F 40-49	56:15	56:52
563	Emily Harwood	Fenn Wright	748	65:F 20-39	56:10	56:53
564	Jon Dodman		314	88:M 50-59	56:21	56:55
565	Stuart Richardson		893	89:M 50-59	56:20	56:57
566	Natasha Patten		513	66:F 20-39	56:38	57:05
567	Alex Gray		619	115:M 40-49	56:39	57:07
568	Sally Knight		191	2:F 60-69	56:24	57:08
569	Andrew Marshall-Tierney		592	33:M 60-69	56:31	57:09
570	Paul Cherry	Woodbridge Shufflers RC	806	90:M 50-59	56:34	57:11
571	Sarah Lewis	Woodbridge Shufflers RCMaths with Andre	803	33:F 40-49	56:34	57:12
572	Trevor Dixon		574	91:M 50-59	56:18	57:12
573	Naomi Kewell		33	67:F 20-39	56:34	57:15
574	Harriet Nicholson		385	68:F 20-39	56:50	57:28
575	Daniel Macaulay		203	92:M 50-59	56:56	57:28

576	James Howard		639	116:M 40-49	56:57	57:29
577	Jake Moore	Deben Inns	816	179:M 20-39	57:14	57:30
578	Emily Thompson	The Cherry Tree	808	69:F 20-39	56:57	57:32
579	Jane Hutchinson	Woodbridge School	801	19:F 50-59	56:57	57:33
580	Michael Pearce		654	180:M 20-39	57:05	57:35
581	Jodie Phillips		404	34:F 40-49	57:21	57:37
582	Micheal Gaffney		485	93:M 50-59	56:58	57:37
583	matt brown		497	94:M 50-59	57:06	57:39
584	Emma Blaylock	Rokker	744	20:F 50-59	56:52	57:40
585	Amanda Benson-skailes		895	21:F 50-59	57:21	57:41
586	Melissa Coe		132	70:F 20-39	57:27	57:43
587	Peter Benson-skailes		896	95:M 50-59	57:26	57:45
588	Katie Summer		271	71:F 20-39	57:05	57:48
589	Amanda Smith	Woodbridge Shufflers RC	391	35:F 40-49	57:03	57:49
590	Mark Davey	Ipswich Phoenix Running Club	434	96:M 50-59	57:06	57:49
591	Gabriela Brown		390	72:F 20-39	57:37	57:50
592	Andrew Bradshaw		100	97:M 50-59	57:16	57:53
593	Sam Hall		480	181:M 20-39	57:28	57:58
594	John Clare		481	98:M 50-59	57:34	58:09
595	Michael Leach		604	5:M 70-99	57:35	58:10
596	Alex Knight	Barker Gotelee	727	182:M 20-39	57:51	58:12
597	Pippa Davies	Barker Gotelee	713	73:F 20-39	57:49	58:12
598	Hannah Khan	Framlingham Flyers	355	36:F 40-49	57:29	58:15
599	Becky Ellul	Felixstowe RRC	593	37:F 40-49	57:49	58:23
600	Mark Sargeantson	Fenn Wright	740	6:M 70-99	57:45	58:26
601	Natalie Biss		336	74:F 20-39	57:42	58:29
602	Nick Woodley		45	117:M 40-49	57:44	58:30
603	Liam Reynolds	Drain Doctor	795	183:M 20-39	57:45	58:31
604	Henry Leeson		583	34:M 60-69	57:44	58:32
605	Joe Bowen		675	184:M 20-39	57:43	58:35
606	Nicola Freeman		121	38:F 40-49	57:59	58:35
607	Peter Shaw		1	185:M 20-39	58:09	58:36
608	Eleanor Edwards		596	75:F 20-39	58:09	58:36
609	Alex Brigginsshaw	Amarinth	837	99:M 50-59	57:55	58:42
610	David Taylor	Framlingham Flyers	620	7:M 70-99	58:06	58:43
611	Mark Coaster		665	118:M 40-49	58:10	58:44

612	Kirsty Abbott		183	76:F 20-39	58:01	58:45
613	Helen Berry	Ipswich Jaffa RC	637	39:F 40-49	58:04	58:47
614	EMMA LANGFIELD	RYDER-DAVIES & PARTNERS	841	77:F 20-39	57:59	58:47
615	Calvin Meek	Notcutts	825	119:M 40-49	58:03	58:47
616	Kaye Extance	Felixstowe RRC	650	40:F 40-49	58:17	58:55
617	Lee Crisp		389	100:M 50-59	58:20	59:02
618	Daniel Jones		384	186:M 20-39	58:36	59:02
619	Amanda Prior	Barker Gotelee	737	22:F 50-59	58:45	59:06
620	Ben Royall		491	120:M 40-49	58:20	59:07
621	Ian Davies		381	187:M 20-39	58:25	59:08
622	John Clarke		641	35:M 60-69	58:49	59:14
623	Jack Farley	Chapel Properties	736	188:M 20-39	58:38	59:17
624	William Buchanan	Gressingham	842	101:M 50-59	59:00	59:31
625	Juliet Reading	Drain Doctor	796	23:F 50-59	59:13	59:35
626	Samantha Simpson	Drain Doctor	797	24:F 50-59	59:12	59:35
627	clare astbury		438	41:F 40-49	58:46	59:37
628	Cerys Fagg		237	78:F 20-39	59:10	59:37
629	Gordon Pethybridge		161	36:M 60-69	58:52	59:37
630	Joanna Breakell		186	42:F 40-49	59:18	59:44
631	Michael Howard	Howard Construction	853	102:M 50-59	59:14	59:45
632	Hollie Gibbon		24	79:F 20-39	59:05	59:47
633	Laura Melville		41	43:F 40-49	59:09	59:47
634	Jessica Frost		3	80:F 20-39	59:05	59:48
635	Victoria Black		254	81:F 20-39	59:09	59:49
636	Terry Whomes		378	121:M 40-49	59:09	59:49
637	Sean Davidson		446	103:M 50-59	59:09	59:51
638	Piers Skilton		460	189:M 20-39	59:16	59:51
639	Kris Green		443	190:M 20-39	59:14	59:53
640	Aimée Spaul	Framlingham Flyers	274	82:F 20-39	59:30	59:54
641	Louise szombara		541	44:F 40-49	59:49	59:55
642	Faye Hubbard		366	45:F 40-49	59:49	59:55
643	Rosalind Ralph		276	46:F 40-49	59:43	59:56
644	Josh Line		428	191:M 20-39	59:24	59:56
645	Ben Brumby	debenphysio	775	104:M 50-59	59:30	59:57
646	Alex Williamson		11	192:M 20-39	59:25	59:59
647	Tim Goulding	ICS	726	105:M 50-59	59:06	1:00:03

648	Nick Shirley		285	122:M 40-49	59:29	1:00:03
649	Adam Kearney		115	193:M 20-39	59:27	1:00:14
650	Gemma Walker		197	83:F 20-39	59:28	1:00:16
651	Emma Frost	Pinfold & Co	706	47:F 40-49	59:39	1:00:22
652	Ian Knights	Kesgrave Cruisers	600	106:M 50-59	59:41	1:00:26
653	ANA RODRIGUES	RYDER-DAVIES & PARTNERS	838	84:F 20-39	59:40	1:00:28
654	Megan Anderson		296	85:F 20-39	1:00:04	1:00:29
655	Elena Fomenko		200	48:F 40-49	59:40	1:00:29
656	Simon Morris		500	123:M 40-49	59:56	1:00:31
657	Andrew Filby		174	107:M 50-59	59:38	1:00:32
658	Lindsay Welton	Capel Cheetahs	450	49:F 40-49	59:56	1:00:35
659	Gareth Roberts		626	37:M 60-69	59:50	1:00:37
660	GUY MIDDLETON		473	108:M 50-59	1:00:01	1:00:37
661	Hayley Hannatt		292	25:F 50-59	1:00:13	1:00:42
662	PAUL HANNATT	BRAFE	710	109:M 50-59	1:00:13	1:00:42
663	Louise Curtis	Vegan Runners UK	478	26:F 50-59	1:00:19	1:00:42
664	Emma Dufield		486	27:F 50-59	59:57	1:00:44
665	Florence Richmond	Melton Renewable Energy	711	86:F 20-39	1:00:04	1:00:53
666	Cameron Davey		286	194:M 20-39	1:00:13	1:00:56
667	Sarah Fowler	Woodbridge Quay Church	781	87:F 20-39	1:00:11	1:00:57
668	Meinir Childs		607	28:F 50-59	1:00:12	1:01:03
669	Karen Moodie	Notcutts	821	29:F 50-59	1:00:21	1:01:05
670	Oliver Smith	Howard Construction	851	195:M 20-39	1:00:17	1:01:06
671	Louise Roberts	Suffolk Orthodontics	873	88:F 20-39	1:00:32	1:01:09
672	Danielle Scopes		170	89:F 20-39	1:00:33	1:01:20
673	will church	Woodbridge Removals	887	124:M 40-49	1:01:14	1:01:24
674	David Rice	Melton Renewable Energy	759	125:M 40-49	1:00:35	1:01:24
675	Walter Lockhart		534	38:M 60-69	1:01:01	1:01:40
676	Stephen Eley	Adnams	747	110:M 50-59	1:00:59	1:01:46
677	Alison French		340	30:F 50-59	1:00:59	1:01:46
678	Matthew Deal		625	126:M 40-49	1:00:58	1:01:49
679	Teodor Cristurean		265	196:M 20-39	1:00:53	1:01:50
680	Georgiana Cristurean		135	90:F 20-39	1:00:53	1:01:51
681	Debbie Wiseman		287	31:F 50-59	1:01:10	1:01:54
682	Frances Freeman		239	50:F 40-49	1:01:10	1:01:54
683	ASHLEE BRAME	RYDER-DAVIES & PARTNERS	839	91:F 20-39	1:02:06	1:02:06

684	Tracy Ratcliffe		427	32:F 50-59	1:01:30	1:02:07
685	Anika Balfe		113	51:F 40-49	1:01:30	1:02:07
686	Lynne Butler		223	1:F 70-99	1:01:12	1:02:08
687	Vittoria Howard		65	92:F 20-39	1:01:18	1:02:08
688	Laura Lawrence	Felixstowe RRC	423	52:F 40-49	1:01:22	1:02:10
689	David Grimmer		109	111:M 50-59	1:01:21	1:02:12
690	Joanna Whiting		247	33:F 50-59	1:01:27	1:02:15
691	Michelle Berriman		433	34:F 50-59	1:01:27	1:02:15
692	Ayse Singh		242	53:F 40-49	1:01:29	1:02:19
693	TRISTRAM SINGH		280	197:M 20-39	1:01:36	1:02:26
694	Will Austin		206	198:M 20-39	1:01:36	1:02:27
695	Karl Savill	Vegan Runners UK	217	112:M 50-59	1:01:49	1:02:34
696	Lindsey Deal		114	54:F 40-49	1:01:54	1:02:44
697	Jake Richardson		253	199:M 20-39	1:01:54	1:02:45
698	Garry Venn		608	39:M 60-69	1:02:20	1:02:51
699	Emily Cottam		266	55:F 40-49	1:02:23	1:02:54
700	Emma Hibbert		388	35:F 50-59	1:02:13	1:02:57
701	Lara Robinson		104	93:F 20-39	1:02:24	1:03:09
702	Giulia Canolla		194	94:F 20-39	1:02:22	1:03:11
703	Melissa Deal		624	56:F 40-49	1:02:22	1:03:12
704	Gill Briggishaw	Amarinth	836	36:F 50-59	1:02:32	1:03:18
705	Georgie Wells		861	95:F 20-39	1:02:42	1:03:20
706	Alice Bullock		368	96:F 20-39	1:02:42	1:03:20
707	Rhys Miller		300	200:M 20-39	1:02:58	1:03:22
708	Andrew Walker	Kesgrave Kruisers	517	113:M 50-59	1:02:43	1:03:38
709	Andrew Francis		190	114:M 50-59	1:03:26	1:03:44
710	Stephen Arnold		618	40:M 60-69	1:02:53	1:03:46
711	William Davies-Edwards	ICS	728	201:M 20-39	1:03:07	1:03:47
712	Kim Varden		549	57:F 40-49	1:02:56	1:03:48
713	Jennifer Meredith		289	97:F 20-39	1:03:02	1:03:51
714	Hannah Wattam		503	58:F 40-49	1:03:28	1:04:01
715	Poppy Strover		651	4:F 0-19	1:03:29	1:04:01
716	Violet Reed		259	5:F 0-19	1:03:28	1:04:01
717	Lisa Fermor	Melton Renewable Energy	743	59:F 40-49	1:03:17	1:04:06
718	Adam Cable		10	127:M 40-49	1:03:27	1:04:19
719	Emma Benyon		73	98:F 20-39	1:03:27	1:04:19

720	Cath Orrin		205	60:F 40-49	1:03:35	1:04:20
721	Lucy Lummis		123	99:F 20-39	1:03:31	1:04:21
722	Peter Bultz		333	41:M 60-69	1:03:32	1:04:25
723	Jason Mann		142	115:M 50-59	1:03:43	1:04:40
724	Kristen Bitter	Woodbridge Shufflers RC	674	100:F 20-39	1:03:57	1:04:45
725	Rebecca Holland	Melton Renewable Energy	716	101:F 20-39	1:03:57	1:04:46
726	David Gunson	Kesgrave Kruisers	567	8:M 70-99	1:04:01	1:04:47
727	Emma Knight		172	61:F 40-49	1:04:02	1:04:53
728	Katherine Aykroyd	Felixstowe RRC	56	62:F 40-49	1:04:31	1:05:22
729	Sophie O'Brien		111	102:F 20-39	1:04:42	1:05:31
730	Gary Pilkington		53	116:M 50-59	1:04:34	1:05:31
731	James Buchanan	Gressingham	846	202:M 20-39	1:04:45	1:05:42
732	Ruth OSullivan		240	63:F 40-49	1:05:04	1:05:49
733	Nigel Watson		553	117:M 50-59	1:06:05	1:06:11
734	James Andrews		579	128:M 40-49	1:05:38	1:06:11
735	Carly Ward		454	64:F 40-49	1:06:06	1:06:16
736	Helen Offord		612	3:F 60-69	1:05:30	1:06:17
737	Paul McGregor		575	42:M 60-69	1:05:30	1:06:18
738	Veronica Manly	Harleston Running Club	645	2:F 70-99	1:05:37	1:06:30
739	George French		560	203:M 20-39	1:05:55	1:06:30
740	Max Cutting		188	204:M 20-39	1:05:37	1:06:32
741	Hannah Collins		323	65:F 40-49	1:05:45	1:06:37
742	Vivienne Taylor	Framlingham Flyers	652	3:F 70-99	1:05:56	1:06:40
743	Anna Tomaszczuk		686	37:F 50-59	1:06:04	1:06:52
744	Catriona Pearson	Woodbridge Shufflers RCMaths with Andre	804	103:F 20-39	1:06:35	1:06:57
745	Annabel Atkinson-Steward	Kesgrave Kruisers	531	104:F 20-39	1:06:11	1:06:58
746	Paddy Hammond		61	205:M 20-39	1:06:21	1:07:04
747	Jon Harvey		545	129:M 40-49	1:06:36	1:07:13
748	Rebecca Wood		897	38:F 50-59	1:06:22	1:07:17
749	Nichola Adams		46	66:F 40-49	1:06:24	1:07:18
750	Arif Abdurrahman		678	206:M 20-39	1:06:43	1:07:26
751	Chloe Mallett	Melton Renewable Energy	729	67:F 40-49	1:06:36	1:07:30
752	James Gunther	Fenn Wright	734	130:M 40-49	1:06:44	1:07:31
753	ben childs	Woodbridge Removals	886	118:M 50-59	1:06:46	1:07:37
754	Tracey Childs		487	68:F 40-49	1:06:47	1:07:37
755	Hetty Thompson		120	6:F 0-19	1:06:59	1:07:40

756	Mark Scopes		519	43:M 60-69	1:07:01	1:07:49
757	Emma Grant	Woodbridge Quay Church	784	105:F 20-39	1:06:59	1:07:52
758	Jemma Hall		892	106:F 20-39	1:07:30	1:08:09
759	Julianne Bennett		150	107:F 20-39	1:07:27	1:08:16
760	Callum Anderson	Fenn Wright	717	207:M 20-39	1:07:41	1:08:25
761	Hannah Hughes		159	108:F 20-39	1:07:36	1:08:31
762	Malcolm Tarrant		660	44:M 60-69	1:07:39	1:08:39
763	Liam Gibbs	Amarinth	830	208:M 20-39	1:08:09	1:09:00
764	Ronnie Hattingh	Woodbridge Removals	890	209:M 20-39	1:09:01	1:09:09
765	Alice Wilmer	ANDERSON	752	109:F 20-39	1:08:53	1:09:10
766	Anne-Marie Perkins		144	39:F 50-59	1:08:20	1:09:14
767	Sasha Lysenko		580	110:F 20-39	1:08:26	1:09:18
768	Ian Stockley		214	45:M 60-69	1:09:11	1:09:27
769	Sharon Taylor		425	40:F 50-59	1:09:08	1:09:33
770	simon ashton	Woodbridge Removals	888	119:M 50-59	1:08:43	1:09:34
771	Glenn Rayfield		263	120:M 50-59	1:08:56	1:09:35
772	Paul Madden		528	131:M 40-49	1:08:55	1:09:35
773	Michael Hill		437	121:M 50-59	1:08:55	1:09:50
774	Laura Ward		128	111:F 20-39	1:09:09	1:09:57
775	Lauren Garfield		233	41:F 50-59	1:10:17	1:10:36
776	Bryony Cooney		98	69:F 40-49	1:10:17	1:10:36
777	Jacqui Pollitt	ANDERSON	770	42:F 50-59	1:09:59	1:10:44
778	Rebecca Heuer		219	70:F 40-49	1:09:59	1:10:48
779	Charlotte Hasnip		122	112:F 20-39	1:10:06	1:10:59
780	Gavin Hasnip		26	132:M 40-49	1:10:06	1:11:00
781	Caroline Curtis		561	43:F 50-59	1:10:11	1:11:06
782	Parm Singh	Suffolk Orthodontics	877	122:M 50-59	1:10:18	1:11:10
783	sam Weeding	Suffolk Orthodontics	874	113:F 20-39	1:10:18	1:11:11
784	Ian Davies	Suffolk Orthodontics	876	46:M 60-69	1:10:33	1:11:27
785	Jack Davey	Ipswich Phoenix Running Club	305	210:M 20-39	1:10:43	1:11:37
786	Charles Wiseman	Fenn Wright	761	211:M 20-39	1:11:22	1:12:06
787	Katie West		610	114:F 20-39	1:11:25	1:12:16
788	Sally Coaster		670	71:F 40-49	1:11:23	1:12:17
789	Deborah Baker		659	72:F 40-49	1:11:23	1:12:17
790	Dean Ager		147	123:M 50-59	1:11:25	1:12:18
791	Lorraine Ager		148	44:F 50-59	1:11:27	1:12:19

792	Melissa Holmes		212	115:F 20-39	1:11:45	1:12:33
793	Bridgette Bigmore		343	45:F 50-59	1:12:29	1:12:36
794	Seb Winskill		54	212:M 20-39	1:12:23	1:12:50
795	Sarah Mclean		325	73:F 40-49	1:13:28	1:14:21
796	Suzanne Peake		304	4:F 60-69	1:14:03	1:14:53
797	Becky Hopkins		354	46:F 50-59	1:14:08	1:15:04
798	Jessica Collison		97	116:F 20-39	1:14:19	1:15:13
799	Joanna Clegg		110	74:F 40-49	1:14:35	1:15:24
800	Trudie Beckwith		695	47:F 50-59	1:15:26	1:16:22
801	braeden green	Woodbridge Removals	889	213:M 20-39	1:17:25	1:17:34
802	simon walkey	Woodbridge Removals	885	124:M 50-59	1:17:25	1:17:35
803	Mark Garfield		424	125:M 50-59	1:18:06	1:19:00
804	John Manders		251	47:M 60-69	1:20:14	1:21:09
805	Karen Keeble		633	48:F 50-59	1:20:35	1:21:31
806	Rachel Bescoby	WCHC	828	49:F 50-59	1:21:42	1:22:39
807	Briony Jones		482	117:F 20-39	1:23:01	1:23:56