

No	Pos	Time	First Name	Surname	Club Name	Category
20	1	00:28:22	Adam	Howlett		Male Master 40
60	2	00:28:54	Roger	Aldis	Stowmarket Striders	Male Master 45
63	3	00:31:48	David	Wright	Colchester Harriers AC	Male Master 55
23	4	00:32:28	Neil	Gillingham	Ipswich Harriers	Male Senior
1	5	00:32:42	Stuart	Green	Stowmarket Striders	Male Master 50
88	6	00:33:02	Marie	Shirley	Colchester Harriers AC	Female Senior
16	7	00:33:32	Nick	English		Male Master 50
83	8	00:34:10	James	Heath		Male Master 50
47	9	00:34:53	Ron	McCullough	Ipswich JAFFA	Male master 65+
46	10	00:35:18	Rod	Harrington	Crydon Harriers	Male Master 45
45	11	00:38:06	Bertie	Harrington	Crydon Harriers	
59	12	00:38:28	Robin	Lozeau	Harlow Running Club	Male Master 55
31	13	00:38:45	Hugh	White	Hadleigh Hares A.C.	Male Master 45
79	14	00:38:56	Richard	Pascoe		Male Senior
35	15	00:39:03	Dan	Shepherd		Male Master 40
33	16	00:39:04	David	Howe		Male Senior
48	17	00:39:04	Alan	Jarvis	Hadleigh Hares A.C.	Male Senior
32	18	00:39:05	Tamsin	Desborough	Gt Yarmouth RRC	Female Senior
17	19	00:39:25	Martin	Jones		Male Master 40
62	20	00:39:31	Stephanie	Lloyd	Ipswich JAFFA	Female Master 35
37	21	00:39:38	David	Coley	Felixstowe Road Runners	Male Master 60
50	22	00:42:13	Sarah	Severwright	Felixstowe Road Runners	Female Senior
57	23	00:42:22	Veronica	Manley	Eastern Veterans AC	Male master 65+
65	24	00:42:57	Rita	Rue	St Edmund Pacers	Female Master 50
41	25	00:43:05	Kevin	Ashton		Male Senior
82	26	00:43:31	Charlie	Sadler		Male Senior
67	27	00:44:05	John	Lambert	Ipswich JAFFA	Male master 65+
91	28	00:45:06	Jo	Barton		Female Master 35
27	29	00:45:10	Kathy	Bishop		Female Master 45
28	30	00:45:11	Joanne	Marshall		Female Master+
66	31	00:45:50	Paul	Sheldrake		Male Senior
54	32	00:46:07	Peter	Lennard		Male Master 55
10	33	00:46:27	Justine	Ambrose		Female Master 35
85	34	00:46:56	Gill Prescott	Smith		Male Master 50
6	35	00:46:56	Shelia	Buck		Female Master 40
49	36	00:47:05	Jayne	Burman	Felixstowe Road Runners	Female Senior
21	37	00:47:17	Rob	Hadgraft	Tiptree Road Runners	Male Master 55
92	38	00:47:18	Kerry	Saxton		Female Master 40
64	39	00:47:20	Joanne	Bedford	Ipswich JAFFA	Female Master 35
51	40	00:47:31	Harriet	Biggs		Female Master 40
55	41	00:47:40	Lyndon	Collier	Sudbury Joggers AC	Male Master 60
34	42	00:47:47	Mark	Shipton		Male Master 45
9	43	00:47:53	Ian	Bodsworth	Hadleigh Hares A.C.	Male Senior
42	44	00:48:25	Jayne	Richardson		Female Master 50
58	45	00:48:26	Nick	Partridge		Male Senior
25	46	00:48:56	Jessica	Baloga		Female Senior
80	47	00:49:17	Rebecca	McGoldrick		Female Senior
84	48	00:49:26	Neil	Grimsey	Hadleigh Hares A.C.	Male Master 45
43	49	00:49:27	John	Norman	Hadleigh Hares A.C.	Male Master 45
44	50	00:49:28	Alan	Norman		Male Master 45
18	51	00:49:51	Lucy	Sadler		Female Master 45
3	52	00:49:57	Karen	Flowers		Female Master 40
70	53	00:49:58	Sarah	Bradshaw		Female Senior

77	54	00:50:32	Lindsey	Rendall		Female Master 35
81	55	00:51:15	Wendy	Bird		Female Master 35
	2	56	00:53:26	Steve	Cummings	Norwich Road Runners
24	57	00:53:47	Hetch	Allan		Female Master 45
26	58	00:53:48	Joanne	Palfrey		Female Senior
22	59	00:54:59	Emily	Tillson		Female Senior
36	60	00:55:04	Jo	Chisnall		Female Master 40
72	61	00:55:04	Stephen	Chisnall		Male Master 45
86	62	00:55:51	Jane	Fisher		Female Master 40
87	63	00:56:24	Sandra	James	Gt Bentley Running Club	Female Master+
75	64	00:57:32	Johanna	Decison		Female Master 35
89	65	00:57:43	Katharin	Ramsey		Female Master 35
90	66	00:57:43	AN	Other		Unable to place in Cat.
76	67	00:57:41	Anne-Marie	Tozer		Female Master+
30	68	00:57:43	Sally	Soloman	Felixstowe Road Runners	Female Master 45
74	69	00:58:02	Danielle	Wills		Female Senior
73	70	00:58:30	Jules	Willis		Male Master 40
78	71	00:58:33	Geoff	Wright		Male Master 55
29	72		Naomi	Eaton		Female Master 40
	8	73	Kerrie	Carter		Female Master 35
	7	74	Simon	Carter		Male Master 40
	4	75	Angela	Somes		Female Master 35
69	76		Carly	Bignell		Female Senior
68	77		Katie	Archer		Female Senior
71	78		Victoria	Crawford		Female Senior
56	79		John	Murray		Male Master 55
	5		David	Willer	Hadleigh Hares A.C.	Male Senior
11			Jamie	Keeble		Female Master 35
12			Carla	Holroyd	Harwich Runners	Female Master+
13			Lesley	Cooper	Felixstowe Road Runners	Female Master 40
14			Anthony	Ford		Male Master 45
15			Nicola	Mason		Female Master 35
19			Alexandria	Mooney		Female Senior
38			Steven	Rogerson		Male Senior
40			Emily	Ringer		Female Master 35
61			James	Wilding		Male master 65+