Pos	Time	No	First Name	Surname	Club Name	Category
1	00:55:17	322	David	Miller	Woodbridge Shufflers	Male Senior
2	00:56:49	203	David	Laing	Ipswich Jaffa	Male Vet 40
3	00:57:46	254	Allen	Smalls	Colchester Harriers	Male Senior
4	00:58:03	293	Stephen	Whiting	London Frontrunners	Male Vet 40
5	00:58:26	235	Chris	Sellens	Colchester Harriers	Male Senior
6	00:58:46	168	Gavin	Davies	Ipswich Jaffa	Male Senior
7	00:59:02	292	Eric	Philips	London Frontrunners	Male Senior
8	01:00:01	292	Paul	Hamble	Halstead Road Runners	Male Senior
9	01:00:33	307	Neil	Wooby	Ipswich Jaffa	Male Senior
9 10	01:00:35	291	Wesley	Benton	Sudbury Joggers	Male Senior
10		361	Ben		Unattached	
11	01:00:38		-	Caisey		Male Senior
	01:00:45	328	Andrew	Bunn	Norwich Road Runners	Male Senior
13	01:00:57	190	Geoffrey	Tomlinson	Gt Bentley Running Club	Male Vet 45
14	01:01:34	217	Allan	Dawson	St Edmund Pacers	Male Vet 50
15	01:02:06	302	David	Wright	Colchester Harriers	Male Vet 45
16	01:02:11	351	Goy	Roper	Norwich Road Runners	Male Vet 45
17	01:02:25	277	Thomas	Jarrett	Ipswich Jaffa	Male Senior
18	01:02:48	178	Clive	Thomas	Gt Bentley Running Club	Male Vet 45
19	01:02:50	288	Nick	Reynolds	Tiptree Road Runners	Male Vet 40
20	01:02:51	204	Martin	Earle	Unattached	Male Vet 40
21	01:03:03	318	Shaun	Lark	Lowestoft RR	Male Senior
22	01:03:14	218	Darren	Judd	Sudbury Joggers	Male Senior
23	01:03:21	347	Nick	Stonehouse	Ipswich Triathlon Club	Male Vet 40
24	01:03:22	294	Joseph	Lowe	London Frontrunners	Male Senior
25	01:03:24	369	Michael	Ball	City of Portsmouth AC	Male Vet 40
26	01:03:44	139	Jeremy	Smith	Sudbury Joggers	Male Senior
27	01:03:52	320	Roy	Young	Colchester & Tendring AC	Male Senior
28	01:04:11	265	Daniel	Preece	Hadleigh Hares AC	Male Senior
29	01:04:13	164	Jason	Ridgeon	Unattached	Male Vet 40
30	01:04:33	14	Paul	McClelland	Harwich Runners	Male Vet 40
31	01:04:48	150	Lee	Rudland	Ipswich Jaffa	Male Senior
32	01:04:55	324	Mark	Clark	Sudbury Joggers	Male Vet 45
33	01:05:03	27	John	Thorpe	Ipswich Jaffa	Male Senior
34	01:05:07	235	Natasha	Belsom	Ipswich Jaffa	Female Senior
35	01:05:24	37	Nigel	Rogers	Unattached	Male Senior
36	01:05:31	274	Mark	Rutter	Harwich Runners	Male Vet 45
37	01:05:33	8	Stuart	Green	Stowmarket Striders	Male Vet 45
38	01:05:38	87	Wayne	Kern	Halstead Road Runners	Male Vet 40
39	01:05:49	272	Dean	Jay	Halstead Road Runners	Male Senior
40	01:05:54	306	Brad	Jones	Ipswich Jaffa	Male Senior
41	01:05:56	345	Chris	Green	Gt Bentley Running Club	Male Vet 45
42	01:06:14	97	Neil	Dable	Ipswich Jaffa	Male Senior
43	01:06:21	162	Andrew	Bailey	Halstead Road Runners	Male Vet 60
44	01:06:23	131	Jayne	Williams	Ipswich Jaffa	Female Vet 35
45	01:06:24	126	Robin	Belsom	Ipswich Jaffa	Male Vet 45
46	01:06:25	261	Mark	Brewer	Tiptree Road Runners	Male Vet 40
47	01:06:28	72	Darren	Sheppard	Unattached	Male Senior
48	01:06:29	29	Gary	Thompson	Ipswich Jaffa	Male Senior
49	01:06:31	241	Ker	Macrosson	Ipswich Jaffa	Male Vet 50
50	01:06:37	112	Wilfred	Campbell	Ipswich Jaffa	Male Vet 40
51	01:06:47	102	Graham	White	Bildeston Bounders AC	Male Vet 10 Male Vet 50
52	01:06:48	352	Tracey	Curl	Norwich Road Runners	Female Vet 45
53	01:06:51	340	Amanda	Henry	Sudbury Joggers	Female Senior
54	01:06:57	343	Andrew	Buck	Sudbury Joggers	Male Vet 40
55	01:07:06	123	Alexander	Macmillen	Colchester Harriers	Male Vet 40
56	01:07:00	174	Christian	Gillibrand	Sudbury Joggers	Male Senior
57	01:07:19	353	Eleanor	Hall	Mid Essex Casuals	Female Senior
58	01:07:42	24	Duncan	Chenery	Ipswich Jaffa	Male Vet 45
58	01:07:42	24	Miles	Lloyd	Unattached	Male Senior
60	01:08:04	238	Carl		Queensbury RC (Bradford)	Male Vet 45
61	01:08:14	327	Steve	Heron Clark	Unattached	Male Senior
62						
02	01:08:27	339	Steve	Gray	Stowmarket Striders	Male Vet 45

Pos	Time	No	First Name	Surname	Club Name	Category
63	01:08:34	64	Paul	Horne	Vegetarian Cycling & AC	Male Vet 45
64	01:08:35	106	Laura	Shewbridge	Tiptree Road Runners	Female Senior
65	01:08:35	239	Suzanne	Cookson	Belgrave Harriers	Female Vet 35
66	01:08:44	308	Sarah	lvory	Tiptree Road Runners	Female Senior
67	01:08:44	84	Lotty	Turnidge	Wellington Scottish Harriers	Female Vet 35
68	01:08:58	305	Tim	Hanman	Unattached	Male Senior
69	01:09:08	110	Matthew	Ranson	Halstead Road Runners	Male Senior
70	01:09:23	163	Matthew	Gant	Hadleigh Hares AC	Male Senior
71	01:09:26	185	Neil	Higgins	Unattached	Male Senior
72	01:09:35	105	Gregor	Kennedy	Unattached	Male Senior
73	01:09:50	262	Jason	Bloomfield	Stowmarket Striders	Male Senior
74	01:09:52	31	Lucy	Bowditch	Ipswich Triathlon Club	Female Vet 40
75	01:09:59	337	Rowena	Fok	Harwich Runners	Female Senior
76	01:10:10	273	Sam	Matthews	Harwich Runners	Male Senior
77	01:10:37	225	Jim	Withers	Newmarket Joggers	Male Vet 50
78	01:10:57	68	Michael	Hallums	Unattached	Male Senior
79	01:11:06	282	Ray	Clayden	Ipswich Jaffa	Male Vet 50
80	01:11:11	367	Richard	Hanson	Unattached	Male Senior
81	01:11:16	56	Arthur	Whiston	Colchester Harriers	Male Vet 55
82	01:11:22	365	Kevin	Bird	Ipswich Jaffa	Male Vet 40
83	01:11:22	228	Charles	Hann	Sudbury Joggers	Male Vet 40
84	01:11:31	220	Mark	Ross	Gt Bentley Running Club	Male Vet 45
85	01:11:32	323	Mike	Grealy	Halstead Road Runners	Male Vet 50
86	01:11:35	325	Phil	Jarvis	Triatholon Essex	Male Vet 40
87	01:11:39	175	Peter		Ipswich Jaffa	Male Vet 50
88	01:11:46	303	Edward	Baguley Crisp	Redhill Road Runners	Male Senior
89	01:11:40	303	Alan	Morrison	Unattached	Male Vet 40
89 90	01:11:54	88	Rob		Felixstowe Road Runners	Male Vet 50
90	01:11:55			Clayton Clarke	Unattached	
91	01:12:02	45 271	Barry Jonathan	Burls	Harwich Runners	Male Senior
92 93		93				Male Vet 45
93 94	01:12:05	<u>93</u> 119	Graham	Statter	Bishops Stortford RC	Male Senior
94 95	01:12:22 01:12:47	149	Mary Eamonn	Narey Mccusker	Stowmarket Striders Ryston Runners	Female Vet 40 Male Vet 50
95 96	01:12:47	149		Palmee	Unattached	Male Senior
96 97		317	Stephen			
	01:13:32	53	Jonny	Levett	Stowmarket Striders	Male Vet 40
98 99	01:13:49	300	Rob Nicola	Thacker	Halstead Road Runners	Male Senior
	01:14:07		David	Pyle	Colchester & Tendring AC	Female Vet 40
100	01:14:08	101		Burrows	Halstead Road Runners	Male Vet 40
101	01:14:08	331	Ben	Ingles	Unattached	Male Senior
102	01:14:09	205	Nigel	frith	Bourton Road Runners	Male Vet 40
103	01:14:10	47	Philip	Benfield	Unattached Unattached	Male Vet 45
104	01:14:18	157	David	Baker		Male Vet 50
105	01:14:18	129	Glyn	Peck	Harwich Runners	Male Vet 65+
106	01:14:19	297	Andrew	Cable	Gt Bentley Running Club	Male Vet 45
107	01:14:21	75	Mark	Curteis	Halstead Road Runners	Male Vet 40
108	01:14:23	222	Timothy	Earl	Triatholon Essex	Male Senior
109	01:14:32	172	David	Gardiner	Unattached	Male Vet 55
110	01:14:36	238	Anthony	Croucher	Gt Yarmouth RRC	Male Senior
111	01:14:53	18	Clive	Quantrill	Ipswich Triathlon Club	Male Vet 40
112	01:14:57	182	Trevor	Fulcher	Unattached	Male Senior
113	01:15:01	125	Jason	Walne	Unattached	Male Senior
114	01:15:09	354	Thomas	Bloomfield	Triatholon Essex	Male Senior
115	01:15:21	289	Eric	Marseille	Sudbury Joggers	Male Senior
116		~~~	Andrew	Wilmot	Halstead Road Runners	Male Vet 60
	01:15:36	209		D		
117	01:15:36 01:15:44	299	Ashleigh	Ranson	Colchester & Tendring AC	Male Senior
118	01:15:36 01:15:44 01:15:59	299 370	Ashleigh Dan	Hayes	Guilford & Godalming	Male Senior
118 119	01:15:36 01:15:44 01:15:59 01:16:02	299 370 132	Ashleigh Dan Andrew	Hayes Evans	Guilford & Godalming Ipswich Jaffa	Male Senior Male Vet 40
118 119 120	01:15:36 01:15:44 01:15:59 01:16:02 01:16:09	299 370 132 128	Ashleigh Dan Andrew Kate	Hayes Evans Thomas	Guilford & Godalming Ipswich Jaffa Harwich Runners	Male Senior Male Vet 40 Female Vet 35
118 119 120 121	01:15:36 01:15:44 01:15:59 01:16:02 01:16:09 01:16:21	299 370 132 128 186	Ashleigh Dan Andrew Kate Sarah	Hayes Evans Thomas Fossberg	Guilford & Godalming Ipswich Jaffa Harwich Runners Unattached	Male Senior Male Vet 40 Female Vet 35 Female Vet 35
118 119 120 121 122	01:15:36 01:15:44 01:15:59 01:16:02 01:16:09 01:16:21 01:16:36	299 370 132 128 186 234	Ashleigh Dan Andrew Kate Sarah Haley	Hayes Evans Thomas Fossberg Suttle	Guilford & Godalming Ipswich Jaffa Harwich Runners Unattached Unattached	Male Senior Male Vet 40 Female Vet 35 Female Vet 35 Female Vet 40
118 119 120 121	01:15:36 01:15:44 01:15:59 01:16:02 01:16:09 01:16:21	299 370 132 128 186	Ashleigh Dan Andrew Kate Sarah	Hayes Evans Thomas Fossberg	Guilford & Godalming Ipswich Jaffa Harwich Runners Unattached	Male Senior Male Vet 40 Female Vet 35 Female Vet 35

Pos	Time	No	First Name	Surname	Club Name	Category
125	01:16:39	284	Lee	Edwards	Stowmarket Striders	Male Senior
126	01:16:40	206	David	Marsh	Unattached	Male Senior
120	01:16:41	156	Dominic	Biddle	Unattached	Male Vet 40
128	01:16:49	330	John	Greener	Bildeston Bounders AC	Male Vet 10
120	01:16:56	248	Simon	Tong	Unattached	Male Vet 50
130	01:16:57	122	John	Ford	Unattached	Male Vet 50
130	01:17:02	223	Daniel	Coughian	Triatholon Essex	Male Senior
132	01:17:02	223	Carole	Prance	Stowmarket Striders	Female Vet 40
132	01:17:06	71	John		Unattached	Male Vet 50
133	01:17:08	246	John	Penny Rizzo-Naudi	Triatholon Essex	Male Senior
135	01:17:09	341	Paddy	Levin	Sudbury Joggers	Male Vet 40
136	01:17:10	26	Paul	Flynn	Unattached	Male Senior
137	01:17:11	73	Andrew	Barton	Unattached	Male Senior
138	01:17:12	86	Roger	Hobson	Woodbridge Shufflers	Male Vet 60
139	01:17:17	286	David	Gridley	Havering 90 Joggers	Male Vet 40
140	01:17:19	130	Paul	Frindle	Halstead Road Runners	Male Vet 50
141	01:17:20	244	Adrian	hine	Felixstowe Road Runners	Male Vet 40
142	01:17:21	275	Kay	Murray	Halstead Road Runners	Female Vet 40
143	01:17:22	43	Mark	Goodwin	Felixstowe Road Runners	Male Senior
144	01:17:23	6	Simon	Wiggins	Felixstowe Road Runners	Male Senior
145	01:17:32	134	Peter	Lennard	Woodbridge Shufflers	Male Vet 50
146	01:17:39	91	Geof	Everitt	Ipswich Jaffa	Male Vet 60
147	01:17:40	192	Christopher	Gay	Gt Yarmouth & District AC	Male Vet 40
148	01:17:44	232	Sophie	Newman	Unattached	Female Senior
149	01:17:51	171	Trevor	Hamblett	Unattached	Male Vet 55
150	01:17:56	332	Simon	Lockwood	Ipswich Triathlon Club	Male Senior
151	01:18:03	281	Martin	Ellingham	Hadleigh Hares AC	Male Vet 40
152	01:18:12	200	Christina	Howland	Felixstowe Road Runners	Female Vet 40
153	01:18:17	142	James	Rossiter	Stowmarket Striders	Male Senior
154	01:18:19	231	Penny	Waggott	Stowmarket Striders	Female Vet 40
155	01:18:27	325	lan	Stubirski	Witham RC	Male Senior
156	01:18:34	316	Simon	Ratcliffe	Unattached	Male Senior
157	01:18:39	57	John	Holt	Unattached	Male Vet 60
158	01:18:47	99	Veronia	Manly	Wymondham AC	Female Vet 55+
159	01:18:48	266	Calum	Peterson	Tiptree Road Runners	Male Vet 45
160	01:18:52	224	Claire	Batterham	Triatholon Essex	Female Senior
161	01:18:55	333	Femi	Ariyo	Unattached	Male Senior
162	01:19:12	257	James	Montgumery	Witham RC	Male Vet 40
163	01:19:13	147	Stan	Todd	Unattached	Male Vet 45
164	01:19:14	280	Kirsty	Denwood	Stowmarket Striders	Female Vet 35
165	01:19:15	226	Michelle	Gordon	Felixstowe Road Runners	Female Senior
166	01:19:16	310	Micheal	King	Unattached	Male Vet 55
167	01:19:20	256	Richard	Hanely	Hadleigh Hares AC	Male Vet 40
168	01:19:20	167	David	Daniels	Stowmarket Striders	Male Vet 40
169	01:19:24	58	Philip	Cooper	Felixstowe Road Runners	Male Vet 50
170	01:19:26	33	Steve	Cox	Unattached	Male Vet 40
170	01:19:20	358	Frank	Gardiner	Gt Bentley Running Club	Male Vet 50
171	01:19:27	304	Paulina	Norman	Lowestoft RR	Female Vet 55+
172	01:19:30	207	Sarah	Belaon	Unattached	Female Senior
173		207	Abigail	Paton	Stowmarket Striders	
174	01:19:33					Female Senior
	01:19:47	348	Philip	Lancaster	Colchester & Tendring AC	Male Vet 45
176	01:19:58	287	Denis	Mole	Havering 90 Joggers	Male Vet 55
177	01:19:59	188	Sarah	Morris	Haverhill Running Club	Female Senior
178	01:20:12	279	Gary	Halestrap	Stowmarket Striders	Male Vet 40
179	01:20:24	117	Joanne	Mckay	Gt Bentley Running Club	Female Senior
180	01:20:32	158	Frank	Moggan	Stowmarket Striders	Male Vet 55
181	01:20:39	278	Lorraine	Mills	Stowmarket Striders	Female Vet 35
	01:21:04	350	Colin	Moule	Unattached	Male Vet 45
182					Il Inottoobod	Mala Soniar
183	01:21:17	270	Nick	Wright	Unattached	Male Senior
183 184	01:21:17 01:21:22	28	Neil	Williams	Capel Cheetahs	Male Vet 45
183	01:21:17					

Pos	Time	No	First Name	Surname	Club Name	Category
187	01:22:08	95	Peter	Turner	Unattached	Male Senior
188	01:22:11	141	Peter	Sayer	Unattached	Male Vet 55
189	01:22:14	181	Linda	Lowden	Unattached	Female Vet 40
190	01:22:29	264	Jo	Stephenson	Stowmarket Striders	Female Vet 40
191	01:22:30	89	Mark	Fribbens	Halstead Road Runners	Male Vet 40
192	01:22:48	151	Paul	Theobald	St Edmund Pacers	Male Vet 50
193	01:22:57	202	carol	Shaw	Sudbury Joggers	Female Vet 50
194	01:22:59	146	Stephen	Bright	British Athletics AC	Male Vet 40
195	01:23:02	285	Kevin	Davidson	Unattached	Male Vet 45
196	01:23:13	103	lan	Brown	Unattached	Male Vet 40
197	01:23:15	290	Gerry	Dolder	Tiptree Road Runners	Male Vet 40
198	01:23:34	251	Kenneth	Renshaw	Dereham Road Runners	Male Vet 45
199	01:23:36	98	Rosalind	Maulkerson	Unattached	Female Vet 40
200	01:23:40	189	Susan	Holmes	Unattached	Female Vet 50
201	01:23:54	309	Helen	lvory	Tiptree Road Runners	Female Vet 50
202	01:23:56	55	lan	Linton	Tiptree Road Runners	Male Vet 55
203	01:23:56	94	Corrina	Smith	Thetford AC	Female Vet 40
204	01:24:09	23	Kate	Stannett	Ipswich Triathlon Club	Female Vet 45
205	01:24:13	252	Stephen	Sanders	Bildeston Bounders AC	Male Vet 40
206	01:24:26	283	Eleanor	Mole	Havering 90 Joggers	Female Senior
207	01:24:33	107	John	Webb	Unattached	Male Vet 55
208	01:24:42	269	Carolyn	Bownes	Tiptree Road Runners	Female Vet 45
209	01:24:42	267	Barry	Dobson	Tiptree Road Runners	Male Vet 60
210	01:24:59	311	John	Pettifer	Pitsea Running Club	Male Vet 60
211 212	01:25:02	193	Jenny	Standley	Sudbury Joggers	Female Vet 40
212	01:25:13	39 50	Caria Tim	Holroyd	Stowmarket Striders	Female Senior
213	01:25:21 01:25:23	359	Zoe	Finegan Douglas	Felixstowe Road Runners Colchester & Tendring AC	Male Vet 45 Female Vet 35
214	01:25:33	372	Laura	Stevenson	Unattached	Female Senior
215	01:25:35	118	John	Mckay	Gt Bentley Running Club	Male Vet 60
210	01:25:36	34	Malcolm	Hogarth	Stowmarket Striders	Male Vet 50
217	01:25:38	334	Helen	Turkingtine	Unattached	Female Senior
210	01:25:58	221	Catherine	Carfoot	Triatholon Essex	Female Senior
220	01:26:00	247	Paul	Hogger	Hadleigh Hares AC	Male Vet 40
221	01:26:03	137	Peter	Warren	Dulwich Runners	Male Vet 50
222	01:26:06	213	Nick	Salway	Unattached	Male Vet 40
223	01:26:10	155	Rachel	Speake	Bildeston Bounders AC	Female Vet 35
224	01:26:14	214	Paul	Hastings	Unattached	Male Vet 40
225	01:26:20	349	John	Lambert	Ipswich Jaffa	Male Vet 60
226	01:26:40	140	Bruce	Raymond	Unattached	Male Vet 40
227	01:26:44	245	Maureen	Wright	Ipswich Jaffa	Female Vet 55+
228	01:26:49	76	Tim	Ryder	Unattached	Male Vet 40
229	01:26:59	227	Anne	Gomer	Tiptree Road Runners	Female Vet 55+
230	01:27:03	296	Jennifer	Cowan	Stowmarket Striders	Female Senior
231	01:27:05	360	Mark	Andres	Unattached	Male Vet 40
232	01:27:29	1	Carol	Nokes	Hadleigh Hares AC	Female Vet 50
233	01:27:34	160	Martin	Ablet	Stowmarket Striders	Male Senior
234	01:27:38	219	William	Challis	Unattached	Male Vet 40
235	01:27:47	161	Keith	Fisher	Unattached	Male Vet 45
236	01:27:56	177	Michelle	Sisson	Unattached	Female Vet 40
237	01:28:05	201	Robert	Shaw	Sudbury Joggers	Male Vet 50
238	01:28:07	54	Miranda	Rayner	Harwich Runners	Female Vet 40
239	01:28:07	184	Martin	West	Harwich Runners	Male Vet 55
240	01:28:12	60	Keith	Thorogood	Halstead Road Runners	Male Vet 50
241	01:28:30	329	Philip	Lqurier	Lowestoft RR	Male Vet 55
242	01:28:31	233	Cliff	Moore	Unattached	Male Vet 60
243	01:28:41	170	Nick	Huggins	St Edmund Pacers	Male Vet 55
244	01:28:45	313	Lorna	Pettier	Pitsea Running Club	Female Vet 40
245	01:28:56	69	Steven	Reynolds	Unattached	Male Vet 45
246 247	01:29:00	22	Charlie	Stannett Bichordson Wrig	Ipswich Triathlon Club	Male Vet 50
	01:29:00	301	Rachel	,	Colchester Harriers	Female Vet 45
248	01:29:02	321	Rita	Rue	Unattached	Female Vet 45

Pos	Time	No	First Name	Surname	Club Name	Category
249	01:29:11	79	Alison	Coad	Unattached	Female Vet 45
250	01:29:28	368	William	Pryke	Unattached	Male Vet 40
251	01:29:31	375	Mark	Rudland	Unattached	Male Vet 45
252	01:29:36	364	Simon	Browne	Stowmarket Striders	Male Vet 45
253	01:29:46	127	Rod	Burrows	Ipswich Jaffa	Male Vet 55
254	01:30:03	211	Shaun	Taylor	Unattached	Male Vet 50
255	01:30:05	165	Peter	Boultz	Unattached	Male Vet 45
256	01:30:12	260	Richard	Evans	Unattached	Male Vet 55
257	01:30:12	259	Michael	Longman	Unattached	Male Senior
258	01:30:24	295	Tony	Robinson	53-12 Multisports	Male Vet 40
259	01:30:45	237	Rachael	Humphreys	Tiptree Road Runners	Female Senior
260	01:30:51	16	sarah	Hunt	Hadleigh Hares AC	Female Vet 40
261	01:30:56	49	Julia	Woolnough	Halstead Road Runners	Female Vet 45
262	01:31:04	13	John	Roberts	Witham RC	Male Vet 65+
263	01:31:35	255	Keith	Scrivener	Gt Bentley Running Club	Male Vet 65+
264	01:31:36	268	Roger	Causton	Felixstowe Road Runners	Male Vet 55
265	01:31:43	120	Jill	Towns	Unattached	Female Vet 45
266	01:31:46	120	Sue	Hargadon	Ipswich Triathlon Club	Female Vet 50
267	01:32:07	342	Kate	Parry	Capel Cheetahs	Female Vet 35
268	01:32:19	179	Elaine	Brinkley	Felixstowe Road Runners	Female Vet 45
269	01:32:19	344	Jenny	O'Hanlon	Capel Cheetahs	Female Vet 35
209	01:32:27	366	Diane	Bayliss	Unattached	Female Vet 50
270	01:32:35	346	Susan	Wilshaw	Capel Cheetahs	Female Vet 50
271	01:32:33	169	Jonathan	Warner	Unattached	Male Vet 50
272	01:32:56	253	Phil	Goodwin	Unattached	Male Vet 55
273	01:32:59	315	Elizabeth	McGoldrick	Ipswich Triathlon Club	Female Vet 50
274	01:33:33	100	Julie	Thurlow	Ipswich Jaffa	Female Vet 50
275	01:33:36	194	Michael	Jackson	Unattached	Male Vet 55
270	01:33:40	134	Peter	Strange	Unattached	Male Vet 40
278	01:33:40	21	Susanna	Munday	Stowmarket Striders	Female Senior
270	01:33:49	35	David	Hodarth	Locht AC (Germany)	Male Vet 50
275	01:33:51	51	Shirley	Suckling	Hadleigh Hares AC	Female Vet 50
280	01:33:58	199	David	Smith	Unattached	Male Vet 40
282	01:34:03	42	Austin	Barham	Unattached	Male Vet 40
283	01:34:10	312	Alex	Kyczer	Unattached	Male Vet 40
284	01:34:10	263	Sheila	Gillie	Unattached	Female Vet 50
285	01:34:17	357	Nikki	Vince	Unattached	Female Senior
286	01:34:28	145	Liam	Coffey	Unattached	Male Senior
287	01:34:36	338	Sandra	Bumphrey	Capel Cheetahs	Female Vet 35
288	01:35:06	374	Robert	Butler	Unattached	Male Vet 40
289	01:35:36	154	Amanda	Holmes	Unattached	Female Vet 35
209	01:35:37	154	Michael	Holmes	Unattached	Male Vet 40
290	01:35:37	61	Mark	Oldfield	Unattached	Male Senior
291	01:36:01	62	Caria	Oldfield	Unattached	Female Senior
292	01:36:04	80	Joseph	Dilworth	Unattached	Male Vet 45
293	01:36:07	371	David	Coley	Felixstowe Road Runners	Male Vet 55
294	01:36:20	83	Martin	Reakes	Unattached	Male Vet 45
296	01:36:20	70	Darren	Willey	Unattached	Male Senior
290	01:36:31	67	Roger	Spinks	Ipswich Jaffa	Male Vet 65+
298	01:36:31	143	Jason	Marsh	Unattached	Male Senior
298	01:36:35	143	Bob	Barbiaux	Unattached	Male Vet 50
300	01:37:04	335	Bob	Jack	Bungay Black Dog RC	Male Vet 45
301	01:27:05	000	AN	Other		
302	01:37:06	220	Helen	Challis	Felixstowe Road Runners	Female Vet 40
303	01:37:00	77	Debbie	Taylor	Ipswich Jaffa	Female Vet 40
303	01:37:07	319	Bob	Rowles	Harwich Runners	Male Vet 45
304	01:37:08	74	Andrew	Vanhinsbergh	Unattached	Male Senior
305	01:37:14	196	Anne	Oliver	Felixstowe Road Runners	Female Vet 50
307	01:37:20	190	Lyndon	Collier	Sudbury Joggers	Male Vet 55
308	01:37:20	362	David	Coster	Unattached	Male Vet 50
309	01:37:24	7	Mike	Deacon	Felixstowe Road Runners	Male Vet 60
310	01:37:37	314	Dara	Byham	Unattached	Female Vet 40
510	51.01.01		Baia	Dynam		

Pos	Time	No	First Name	Surname	Club Name	Category
311	01:38:04	356	Andy	Coker	Unattached	Male Senior
312	01:38:22	116	Alistair	Phillips	Unattached	Male Senior
313	01:38:38	138	Christine	Bloomfield	Norfolk Gazelles	Female Vet 50
314	01:39:12	41	John	Clarke	Unattached	Male Senior
315	01:39:15	183	Sarah	Moggan	Unattached	Female Senior
316	01:40:16	240	Matthew	wells	Unattached	Male Senior
317	01:40:55	373	Fried	Bertrand	Unattached	Male Vet 65+
318	01:41:28	249	Robert	Tidder	Unattached	Male Vet 65+
319	01:42:50	17	Mark	Newman	Ipswich Triathlon Club	Male Senior
320	01:43:43	173	Peter	Thomas	Colchester Harriers	Male Vet 65+
320	01:43:52	11	Jane	Fisher	Unattached	Female Vet 35
321	01:43:52	12	Jeanne		Stowmarket Striders	Female Vet 50
				Lynch-Aird		
323 324	01:44:46	115 3	David	Mugglestone	Unattached	Male Vet 45
	01:46:57		Brian	Turner	Ipswich Jaffa	Male Vet 65+
325	01:48:36	336	Mark	Harris	Unattached	Male Vet 40
326	01:49:00	63	John	Murray	Unattached	Male Vet 50
327	01:52:46	152	Valerie	Dadge	Felixstowe Road Runners	Female Vet 40
328	01:52:46	180	Jenny	Jarrett	Felixstowe Road Runners	Female Vet 40
329	01:54:35	191	Elaine	Haggarty	Gt Yarmouth & District AC	Female Vet 50
330	01:54:37	66	Georgina	Scopes	Unattached	Female Vet 35
331	01:54:37	5	Kim	Gravell	Unattached	Female Vet 40
332	01:55:53	90	Paul	Warren	Unattached	Male Vet 55
333	02:09:10	229	Malkiat	Singh	Colchester & Tendring AC	Male Vet 60
	dns/dnf	2	Daniel	Smith	Halstead Road Runners	Male Senior
	dns/dnf	4	Michael	rees	Stowmarket Striders	Male Vet 45
	dns/dnf	9	Claire	Hardy	Unattached	Female Senior
	dns/dnf	10	Adam	Johnson	Hadleigh Hares AC	Male Senior
	dns/dnf	15	Richard	Newman	Harwich Runners	Male Vet 40
	dns/dnf	19	Wendy	Quantrill	Ipswich Triathlon Club	Female Senior
	dns/dnf	20	lan	Carver	Unattached	Male Senior
	dns/dnf	25	Robert	Chenery	Ipswich Jaffa	Male Senior
	dns/dnf	30	Stuart	Moyes	Unattached	Male Senior
	dns/dnf	32	Nik	Burrows	Ipswich Triathlon Club	Male Vet 45
	dns/dnf	36	Chris	Millington	Unattached	Male Senior
	dns/dnf	38	James	Denman	Stowmarket Striders	Male Senior
	dns/dnf	40	Shelli	Haswell	Unattached	Female Vet 35
	dns/dnf	44	Scott	Macsephney	Ipswich Jaffa	Male Vet 40
	dns/dnf	46	Tracey	Stephens	Unattached	Female Vet 45
	dns/dnf	48	John	Cooke	Unattached	Male Vet 40
				Thacker		
	dns/dnf	52	Kate		Halstead Road Runners	Female Vet 35
	dns/dnf	59	Kate	Sherwin	Felixstowe Road Runners	Female Vet 40
	dns/dnf	65	Gill	Dean	Ipswich Jaffa	Female Vet 50
	dns/dnf	78	Gary	Taylor	Woodbridge Shufflers	Male Vet 45
	dns/dnf	81	John	Martin	Unattached	Male Senior
	dns/dnf	82	Bob	Watt	Gt Bentley Running Club	Male Vet 50
	dns/dnf	85	Julian	Cordwell	Harwich Runners	Male Vet 50
	dns/dnf	92	Jeremy	Parker	Unattached	Male Vet 40
	dns/dnf	96	Stephen	Edwards	Newmarket Joggers	Male Vet 40
	dns/dnf	104	Karen	Roxburgh	Unattached	Female Senior
	dns/dnf	108	Nigel	dadge	Felixstowe Road Runners	Male Vet 40
	dns/dnf	109	Elezabeth	Parker	Felixstowe Road Runners	Female Vet 35
	dns/dnf	111	Kimberley	Zilke	Stowmarket Striders	Female Senior
	dns/dnf	113	Matthew	Pellon	Unattached	Male Senior
	dns/dnf	114	Claire	Robson	Unattached	Female Senior
	dns/dnf	121	Holly	Mcleish	Unattached	Female Senior
	dns/dnf	144	Michael	Poulter	Witham RC	Male Vet 50
	dns/dnf	148	Sarah	Owen	British Athletics AC	Female Vet 40
	dns/dnf	159	Alasdair	Mcandrew	Unattached	Male Senior
	dns/dnf	166	John	Horgan	100 Marathon Club	Male Vet 50
		176	Jane	Morgan	Hadleigh Hares AC	Female Vet 35
	ans/ant					
	dns/dnf dns/dnf	197	Verne	Barltrop	100 Marathon Club	Male Vet 60

Pos	Time	No	First Name	Surname	Club Name	Category
	dns/dnf	212	Robert	Tidder	Unattached	Male Vet 65+
	dns/dnf	215	Chris	Lewis	Unattached	Male Senior