

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %	Pace
1	1107	Patrick HANNAH	00:55:54	00:55:52	Top3	1	Male	1	Cambridge Triathlon Club	78.39	5:35 min/m
2	1101	Adam YOUNG	00:58:13	00:58:11	Top3	2	Male	2	Felixstowe Road Runners	78.27	5:49 min/m
3	1070	James WILSON	00:58:17	00:58:14	Top3	3	Male	3	Saxmundham Running and Fitness Club	75.06	5:49 min/m
4	1213	Tony GAVIN	00:59:19	00:59:16	Ages 40 - 44	1	Male	4	Felixstowe Road Runners	76.23	5:55 min/m
5	1239	Jack WILKINSON	00:59:32	00:59:30	Ages 17 -39	1	Male	5		74.97	5:57 min/m
6	1278	Tim BALLARD	01:00:14	01:00:11	Ages 17 -39	2	Male	6	BLC on the run	74.55	6:01 min/m
7	1186	Geraint WHITE	01:00:54	01:00:52	Ages 17 -39	3	Male	7	Felixstowe Road Runners	71.83	6:05 min/m
8	1058	Colin RIDLEY	01:01:02	01:00:59	Ages 60 - 64	1	Male	8	Colchester Harriers AC	88.88	6:05 min/m
9	1056	Tom CRESSWELL	01:01:12	01:01:11	Ages 17 -39	4	Male	9		72.23	6:07 min/m
10	1234	Gary TAYLOR	01:01:26	01:01:24	Ages 17 -39	5	Male	10	Felixstowe Road Runners	72.65	6:08 min/m
11	1081	Daniel ORMAN	01:01:51	01:01:48	Ages 17 -39	6	Male	11	BLC on the run	72.16	6:10 min/m
12	1217	Tom HANCOCK	01:03:12	01:03:10	Ages 50 - 54	1	Male	12	Harwich Running Club	79.76	6:19 min/m
13	1251	Dave SOLOMON	01:03:24	01:03:20	Ages 55 - 59	1	Male	13	Felixstowe Road Runners	81.68	6:20 min/m
14	1119	Paul ALMOND	01:03:27	01:03:25	Ages 40 - 44	2	Male	14		72.4	6:20 min/m
15	1074	Wilfred CAMPBELL	01:03:44	01:03:41	Ages 55 - 59	2	Male	15	Ipswich Jaffa RC	83.51	6:22 min/m
16	1060	Jacob MOORE	01:04:02	01:03:47	Ages 17 -39	7	Male	16		68.31	6:22 min/m
17	1085	Neil PARKIN	01:04:18	01:04:14	Ages 50 - 54	2	Male	17		76.37	6:25 min/m
18	1179	Paul CONNELL	01:04:47	01:04:44	Ages 50 - 54	3	Male	18	Colchester Harriers AC	78.5	6:28 min/m
19	1069	Kate CREAK	01:05:00	01:04:57	Top3	1	Female	1	Colchester Harriers AC	77.59	6:29 min/m
20	1077	Jerry WALDER	01:05:12	01:05:09	Ages 50 - 54	4	Male	19	Colchester Harriers AC	75.31	6:30 min/m
21	1204	Ashley SMY	01:05:14	01:05:13	Ages 40 - 44	3	Male	20	Felixstowe Road Runners	70.42	6:31 min/m
22	1273	Chris RHODES	01:05:29	01:05:21	Ages 40 - 44	4	Male	21	Holme Pierrepont RC	69.59	6:32 min/m
23	1065	Matthew WIGG	01:05:35	01:05:32	Ages 40 - 44	5	Male	22	Norfolk Gazelles AC	68.94	6:33 min/m
24	1214	Chris STEVENSON	01:06:09	01:06:06	Ages 60 - 64	2	Male	23	Colchester Harriers AC	84.42	6:36 min/m
25	1261	Jonny HOCKEN	01:06:16	01:06:09	Ages 17 -39	8	Male	24		66.01	6:36 min/m
26	1104	Piotr BULACZ	01:06:27	01:06:25	Ages 50 - 54	5	Male	25	Sudbury Joggers	75.85	6:38 min/m
27	1191	Jonny HODGSON	01:06:38	01:06:33	Ages 17 -39	9	Male	26	Vegan Runners Uk	65.65	6:39 min/m
28	1052	Christopher BOYT	01:07:17	01:07:15	Ages 50 - 54	6	Male	27	Felixstowe Road Runners	72.98	6:43 min/m
29	1216	Henry WELHAM	01:07:25	01:07:22	Ages 17 -39	10	Male	28	BLC on the run	64.88	6:44 min/m
30	1225	James WRIGHT	01:07:42	01:07:38	Ages 45 - 49	1	Male	29	TriSudbury	69.54	6:45 min/m
31	1130	Stephen BULLEN	01:07:43	01:07:39	Ages 50 - 54	7	Male	30	Great Bentley Running Club	72.51	6:45 min/m

32	1197 Alec WRIGHT	01:08:02	01:07:58	Ages 45 - 49	2 Male	31 Ipswich Jaffa RC	69.18	6:47 min/m
33	1169 Jem SMITH	01:08:12	01:07:58	Ages 50 - 54	8 Male	32 Sudbury Joggers	71.99	6:47 min/m
34	1163 Ryan DAVIDSON	01:08:37	01:08:29	Ages 17 -39	11 Male	33	63.87	6:50 min/m
35	1198 Mark GRIGGS	01:09:00	01:08:47	Ages 50 - 54	9 Male	34 Rushmere Commuty Runners	71.17	6:52 min/m
36	1245 Stuart WRIGHT	01:09:35	01:09:30	Ages 45 - 49	3 Male	35 Felixstowe Road Runners	69.37	6:57 min/m
37	1230 Gem CARTER	01:09:44	01:09:38	Top3	2 Female	2 Saint Edmund Pacers	71.06	6:57 min/m
38	1258 Kate GOODING	01:09:46	01:09:40	Top3	3 Female	3 Wymondham AC	74.22	6:58 min/m
39	1268 Andrew LONG	01:10:00	01:09:57	Ages 50 - 54	10 Male	36 Stowmarket Striders RC	72.65	6:59 min/m
40	1078 Brendon MAYERS	01:10:25	01:10:21	Ages 17 -39	12 Male	37 Hadleigh Hares AC	62.12	7:02 min/m
41	1246 Jason BEETON	01:10:38	01:10:32	Ages 17 -39	13 Male	38 Thetford AC	63.57	7:03 min/m
42	1260 Anna LEES	01:10:45	01:10:38	Ages 17 -39	1 Female	4 Springfield Striders	69.37	7:03 min/m
43	1015 Mark SALISBURY	01:10:57	01:10:48	Ages 40 - 44	6 Male	39 Sudbury Joggers	63.73	7:04 min/m
44	1202 Daniel SUMMERSGILL	01:11:10	01:11:06	Ages 17 -39	14 Male	40 Colchester Harriers AC	63.09	7:06 min/m
45	1240 Jamie BERRY	01:11:11	01:11:08	Ages 17 -39	15 Male	41	61.69	7:06 min/m
46	1270 Samuel BLOWS	01:11:35	01:11:26	Ages 40 - 44	7 Male	42 Woodbridge Shufflers RC	63.17	7:08 min/m
47	1073 Jason KING	01:11:40	01:11:35	Ages 40 - 44	8 Male	43 Felixstowe Road Runners	64.1	7:09 min/m
48	1262 Daryl SIMPSON	01:12:00	01:11:51	Ages 50 - 54	11 Male	44 Ipswich Jaffa RC	68.78	7:11 min/m
49	1038 Gethin HUGHES	01:12:05	01:11:58	Ages 40 - 44	9 Male	45 Running Colchester	64.24	7:11 min/m
50	1257 Jonathan JARROLD	01:12:29	01:12:16	Ages 40 - 44	10 Male	46	63.38	7:13 min/m
51	1082 Gregor KENNEDY	01:12:38	01:12:25	Ages 55 - 59	3 Male	47 BLC on the run	70.65	7:14 min/m
52	1089 Robin HARPER	01:12:45	01:12:41	Ages 45 - 49	4 Male	48 Felixstowe Road Runners	65.8	7:16 min/m
53	1113 Harry WENDEN	01:12:48	01:12:30	Ages 17 -39	16 Male	49 BLC on the run	60.08	7:15 min/m
54	1238 Christopher FULLER	01:13:01	01:12:54	Ages 17 -39	17 Male	50 Saxmundham Running and Fitness Club	59.91	7:17 min/m
55	1236 Rob WINDUS	01:13:06	01:12:41	Ages 40 - 44	11 Male	51	62.33	7:16 min/m
56	1208 Wendy SMITH	01:13:15	01:13:09	Ages 50 - 54	1 Female	5 Saint Edmund Pacers	78.47	7:18 min/m
57	1092 Harry GRIMSEY	01:13:16	01:13:10	Ages 17 -39	18 Male	52 Saxmundham Running and Fitness Club	59.7	7:19 min/m
58	1131 Ben JACKSON	01:13:21	01:13:01	Ages 17 -39	19 Male	53 Felixstowe Road Runners	59.68	7:18 min/m
59	1187 Alan JACKSON	01:13:41	01:13:36	Ages 60 - 64	3 Male	54 Ipswich Jaffa RC	75.78	7:21 min/m
60	1190 Jason DIGHTON	01:13:51	01:13:41	Ages 45 - 49	5 Male	55 Ipswich Phoenix Running Club	65.37	7:22 min/m
61	1102 Val JENNINGS	01:14:09	01:14:05	Ages 55 - 59	1 Female	6 Ipswich Jaffa RC	83.55	7:24 min/m
62	1053 Tim EDMONDS	01:14:34	01:14:25	Ages 65 - 69	1 Male	56 Ipswich Phoenix Running Club	75.62	7:26 min/m
63	1200 Alex SIMPSON	01:14:55	01:14:36	Ages 17 -39	20 Male	57 BLC on the run	58.39	7:27 min/m
64	1044 Kim PRETTY	01:14:58	01:14:52	Ages 65 - 69	2 Male	58 Harwich Running Club	77.52	7:29 min/m

65	1195 Dave SALISBURY	01:15:11	01:15:02	Ages 40 - 44	12 Male	59	60.15	7:30 min/m
66	1098 Duncan COX	01:15:15	01:15:00	Ages 50 - 54	12 Male	60 Dirty Dolphiners	66.39	7:30 min/m
67	1050 Dan MACEY	01:15:16	01:15:10	Ages 50 - 54	13 Male	61 Colchester Harriers AC	65.24	7:31 min/m
68	1087 Matt BENSON	01:15:25	01:15:09	Ages 45 - 49	6 Male	62 Sudbury Joggers	62.42	7:30 min/m
69	1016 Ross RANDS	01:15:28	01:15:17	Ages 17 -39	21 Male	63 Felixstowe Road Runners	58.83	7:31 min/m
70	1259 Chris REGAN	01:15:30	01:15:21	Ages 55 - 59	4 Male	64 Colchester Harriers AC	68.59	7:32 min/m
71	1254 Peter WARLAND	01:15:36	01:15:20	Ages 55 - 59	5 Male	65 Stowmarket Striders RC	69.76	7:32 min/m
72	1267 Juliet GARNHAM	01:15:40	01:15:39	Ages 45 - 49	1 Female	7 Stowmarket Striders RC	72.5	7:33 min/m
73	1215 Dominic BAREHAM	01:15:40	01:15:35	Ages 45 - 49	7 Male	66 Felixstowe Road Runners	62.21	7:33 min/m
74	1106 Stephen DUNNETT	01:15:40	01:15:35	Ages 65 - 69	3 Male	67 Framlingham Flyers	74.53	7:33 min/m
75	1030 Mike DRURY	01:15:44	01:15:30	Ages 50 - 54	14 Male	68 TriSudbury	66.56	7:33 min/m
76	1047 Mark WATTS	01:15:54	01:15:37	Ages 40 - 44	13 Male	69 Stowmarket Striders RC	59.58	7:33 min/m
77	1033 Mary NAREY	01:16:05	01:15:54	Ages 55 - 59	2 Female	8 Stowmarket Striders RC	78.38	7:35 min/m
78	1099 James SCHARMANN	01:16:18	01:15:59	Ages 17 -39	22 Male	70	57.44	7:35 min/m
79	1237 Rob SWANSBOROUGH	01:16:19	01:15:59	Ages 50 - 54	15 Male	71	65.47	7:36 min/m
80	1017 Andrew DUNSTONE	01:16:24	01:15:56	Ages 17 -39	23 Male	72	58.11	7:35 min/m
81	1271 Jonathan SMITH	01:16:58	01:16:50	Ages 40 - 44	14 Male	73	58.75	7:41 min/m
82	1203 Tommy WATERSON	01:16:59	01:16:40	Ages 45 - 49	8 Male	74	62.17	7:40 min/m
83	1091 Chris WELLS	01:16:59	01:16:40	Ages 17 -39	24 Male	75 Dirty Dolphiners	56.85	7:40 min/m
84	1026 Clifford BUSH	01:17:02	01:16:38	Ages 55 - 59	6 Male	76	67.83	7:39 min/m
85	1032 Karen OFFORD	01:17:03	01:16:50	Ages 45 - 49	2 Female	9 Stowmarket Striders RC	71.19	7:41 min/m
86	1151 Ben DIXON	01:17:19	01:17:15	Ages 40 - 44	15 Male	77	60.39	7:43 min/m
87	1153 Kevin WHELAN	01:17:43	01:17:36	Ages 55 - 59	7 Male	78 Felixstowe Road Runners	67.25	7:45 min/m
88	1039 Peter WOODS	01:17:49	01:17:43	Ages 40 - 44	16 Male	79 Felixstowe Road Runners	58.1	7:46 min/m
89	1224 Mark LEWIS	01:17:49	01:17:41	Ages 50 - 54	16 Male	80 Saint Edmund Pacers	63.09	7:46 min/m
90	1269 Richard HURSTHOUSE	01:17:51	01:17:37	Ages 45 - 49	9 Male	81 Stowmarket Striders RC	62	7:45 min/m
91	1062 Richard HARVEY	01:18:02	01:17:30	Ages 50 - 54	17 Male	82	62.93	7:45 min/m
92	1274 Helen FINDLEY	01:18:03	01:17:47	Ages 40 - 44	1 Female	10 Kesgrave Cruisers	66.89	7:46 min/m
93	1035 Kevin LINSELL	01:18:03	01:17:46	Ages 50 - 54	18 Male	83 Kesgrave Cruisers	63.45	7:46 min/m
94	1174 Ben NICHOLLS	01:18:05	01:17:54	Ages 17 -39	25 Male	84	56.03	7:47 min/m
95	1231 Chris CHORLEY	01:18:23	01:17:57	Ages 60 - 64	4 Male	85 Bungay Black Dog RC	68.55	7:47 min/m
96	1031 David GARNHAM	01:18:24	01:18:13	Ages 55 - 59	8 Male	86 Ipswich Jaffa RC	67.27	7:49 min/m
97	1008 Phillip TAILBY	01:18:40	01:18:26	Ages 40 - 44	17 Male	87 Stowmarket Striders RC	59.35	7:50 min/m

98	1129 Mark FLATMAN	01:18:42	01:18:10	Ages 50 - 54	19 Male	88 Ipswich Triathlon	62.39	7:49 min/m
99	1112 Michael HOLT	01:18:45	01:18:28	Ages 17 -39	26 Male	89 BLC on the run	55.58	7:50 min/m
100	1103 Jim ALDRIDGE	01:18:50	01:18:35	Ages 50 - 54	20 Male	90	62.29	7:51 min/m
101	1162 Anton WEDDERBURN	01:18:51	01:18:40	Ages 40 - 44	18 Male	91 Project Run Crew	58.73	7:52 min/m
102	1212 Matty CUNNINGHAM	01:18:53	01:18:44	Ages 40 - 44	19 Male	92 Project Run Crew	58.23	7:52 min/m
103	1019 Mark ROSE	01:19:12	01:19:07	Ages 45 - 49	10 Male	93 Ipswich Jaffa RC	60.95	7:54 min/m
104	1046 Richard BECKETT	01:19:20	01:19:15	Ages 40 - 44	20 Male	94	57.44	7:55 min/m
105	1266 Jonathan HESKETH	01:19:34	01:19:04	Ages 40 - 44	21 Male	95	58.68	7:54 min/m
106	1253 Joss DOBBIE	01:19:36	01:18:51	Ages 50 - 54	21 Male	96	62.78	7:53 min/m
107	1097 Maria RIERA TURRO	01:19:47	01:19:34	Ages 17 -39	2 Female	11 Felixstowe Road Runners	61.75	7:57 min/m
108	1115 Mark HAYDEN	01:19:55	01:19:50	Ages 50 - 54	22 Male	97 Framlingham Flyers	61.98	7:59 min/m
109	1009 Brenna KEYNEJAD	01:20:34	01:19:49	Ages 17 -39	3 Female	12	60.86	7:58 min/m
110	1175 Jo STEPHENSO	01:20:46	01:20:31	Ages 55 - 59	3 Female	13 Stowmarket Striders RC	75.73	8:03 min/m
111	1252 George SADLER	01:21:08	01:20:46	Ages 50 - 54	23 Male	98	61.58	8:04 min/m
112	1090 Dave YOUNG	01:21:12	01:20:45	Ages 50 - 54	24 Male	99	61.54	8:04 min/m
113	1264 Esther TREGIDON	01:21:23	01:21:15	Ages 17 -39	4 Female	14	61.65	8:07 min/m
114	1176 Richard JACKSON	01:21:58	01:21:30	Ages 50 - 54	25 Male	100 Axe Valley Runners	59.91	8:09 min/m
115	1028 Joel BAMSEY	01:22:01	01:21:38	Ages 45 - 49	11 Male	101 Hadleigh Hares AC	58.85	8:09 min/m
116	1005 Nikki VINCE	01:22:04	01:21:46	Ages 50 - 54	2 Female	15 Hadleigh Hares AC	67.61	8:10 min/m
117	1241 Kayleigh TURPIN	01:22:10	01:22:02	Ages 17 -39	5 Female	16 Felixstowe Road Runners	60.77	8:12 min/m
118	1105 Debbie CATLING	01:22:12	01:22:03	Ages 50 - 54	3 Female	17 Felixstowe Road Runners	70.79	8:12 min/m
119	1095 Tricia STACEY	01:22:25	01:22:04	Ages 50 - 54	4 Female	18 Great Bentley Running Club	69.75	8:12 min/m
120	1193 Sam TOY	01:22:33	01:22:24	Ages 17 -39	27 Male	102 Felixstowe Road Runners	53.55	8:14 min/m
121	1108 Ian BAREHAM	01:23:01	01:22:32	Ages 50 - 54	26 Male	103 Sudbury Joggers	61.25	8:15 min/m
122	1064 Holly JOHNSON	01:23:25	01:23:10	Ages 17 -39	6 Female	19 Vegan Runners Uk	58.74	8:19 min/m
123	1034 Alan OLIVER	01:23:30	01:23:13	Ages 55 - 59	9 Male	104 Kesgrave Cruisers	63.17	8:19 min/m
124	1036 Helen ARIYO	01:23:31	01:23:15	Ages 40 - 44	2 Female	20 Kesgrave Cruisers	62.51	8:19 min/m
125	1256 Tim CHERRETT	01:23:39	01:23:24	Ages 60 - 64	5 Male	105 Framlingham Flyers	65.47	8:20 min/m
126	1067 Annette COSTER	01:23:42	01:23:11	Ages 45 - 49	3 Female	21	65.53	8:19 min/m
127	1196 Kathy BISHOP	01:23:50	01:23:30	Ages 55 - 59	4 Female	22 Great Bentley Running Club	71.13	8:21 min/m
128	1232 Jason WALNE	01:23:53	01:23:34	Ages 50 - 54	27 Male	106	60.1	8:21 min/m
129	1242 Belinda GODBOLD	01:24:27	01:24:08	Ages 60 - 64	1 Female	23 Hadleigh Hares AC	78.44	8:24 min/m
130	1066 Tom HARGREAVE	01:24:29	01:23:44	Ages 50 - 54	5 Female	24	67.24	8:22 min/m

131	1079 Will STEED	01:24:29	01:23:51	Ages 45 - 49	12 Male	107	55.72	8:23 min/m
132	1111 Elizabeth STEWART	01:24:40	01:24:07	Ages 17 -39	7 Female	25 Leicester Triathlon club	57.87	8:24 min/m
133	1157 Luke COSTER-REEVE	01:24:41	01:24:26	Ages 17 -39	28 Male	108	52.2	8:26 min/m
134	1024 Pat MORGAN	01:24:53	01:24:44	Ages 70 - 74	1 Male	109 Ipswich Triathalon	73.5	8:28 min/m
135	1076 Sandra ROBERTS	01:24:55	01:24:36	Ages 60 - 64	2 Female	26 Ipswich Jaffa RC	78	8:27 min/m
136	1043 Ryan OÆSULLIVAN	01:24:57	01:24:19	Ages 40 - 44	22 Male	110	54.07	8:25 min/m
137	1207 Elaine TURNER	01:24:58	01:24:39	Ages 17 -39	8 Female	27 Hadleigh Hares AC	59.36	8:27 min/m
138	1228 Georgina MACNAMARA	01:24:59	01:24:53	Ages 17 -39	9 Female	28	58.31	8:29 min/m
139	1249 Alison VINCENT	01:25:03	01:24:28	Ages 55 - 59	5 Female	29 Jogging Made Easy	71.91	8:26 min/m
140	1086 Mon LEE	01:25:20	01:24:59	Ages 65 - 69	4 Male	111 Ipswich Jaffa RC	66.75	8:29 min/m
141	1172 Clive GIPSON	01:25:26	01:25:09	Ages 40 - 44	23 Male	112	54.21	8:30 min/m
142	1263 Anna COULBORN	01:25:27	01:25:00	Ages 60 - 64	3 Female	30 Great Yarmouth Road Runners	74.42	8:30 min/m
143	1023 Matthew HAYWARD	01:25:49	01:25:38	Ages 40 - 44	24 Male	113 Boxted Runners	53.52	8:33 min/m
144	1173 Elizabeth SADLER	01:25:57	01:25:48	Ages 17 -39	10 Female	31	57.47	8:34 min/m
145	1192 Rachel SOUTHGATE	01:25:58	01:25:24	Ages 40 - 44	3 Female	32 Felixstowe Road Runners	59.38	8:32 min/m
146	1180 Michelle ANASTASIADIS	01:25:59	01:25:32	Ages 40 - 44	4 Female	33	59	8:33 min/m
147	1057 Mark ARNOLD	01:26:02	01:25:19	Ages 40 - 44	25 Male	114	54.27	8:31 min/m
148	1037 Rob BENTLEY	01:26:03	01:25:31	Ages 17 -39	29 Male	115	51.18	8:33 min/m
149	1156 Dean YOUNGS	01:26:03	01:25:32	Ages 40 - 44	26 Male	116	52.55	8:33 min/m
150	1072 Elizabeth PRICE	01:26:20	01:25:51	Ages 17 -39	11 Female	34	56.75	8:35 min/m
151	1094 Sam HARDWICK	01:26:30	01:25:57	Ages 17 -39	30 Male	117 Stowmarket Striders RC	51.1	8:35 min/m
152	1218 Alan HILLYARD	01:26:42	01:26:30	Ages 60 - 64	6 Male	118 Ipswich Triathalon	63.18	8:39 min/m
153	1165 Paul HUBERT	01:26:44	01:26:22	Ages 40 - 44	27 Male	119	53.84	8:38 min/m
154	1243 Robert ROLKA	01:26:55	01:26:20	Ages 55 - 59	10 Male	120 Jogging Made Easy	60.69	8:38 min/m
155	1061 Adam HILLS	01:27:33	01:27:16	Ages 17 -39	31 Male	121	49.99	8:43 min/m
156	1049 David SEYMOUR	01:27:37	01:27:24	Ages 60 - 64	7 Male	122 Felixstowe Road Runners	63.74	8:44 min/m
157	1183 Paul GILSON	01:27:40	01:27:31	Ages 60 - 64	8 Male	123 Ipswich Jaffa RC	63.09	8:45 min/m
158	1021 Ian BOWN	01:27:44	01:27:34	Ages 60 - 64	9 Male	124 Boxted Runners	61.25	8:45 min/m
159	1110 John PHILLIPS	01:27:50	01:27:30	Ages 17 -39	32 Male	125 BLC on the run	49.8	8:45 min/m
160	1059 David BREWSTER	01:28:32	01:28:05	Ages 50 - 54	28 Male	126	55.47	8:48 min/m
161	1114 Vicki NEVE	01:28:33	01:28:12	Ages 40 - 44	5 Female	35 BLC on the run	58.48	8:49 min/m
162	1083 Sergi JARQUES	01:28:35	01:28:14	Ages 50 - 54	29 Male	127 BLC on the run	56.41	8:49 min/m
163	1277 Tony STEWART	01:28:36	01:28:27	Ages 65 - 69	5 Male	128 Lonely Goat RC	66.27	8:50 min/m

164	1229 Phil HOUGHTON	01:28:52	01:28:39	Ages 50 - 54	30 Male	129	56.72	8:51 min/m
165	1001 Neil HOLLOWAY	01:28:55	01:28:36	Ages 60 - 64	10 Male	130 Hadleigh Hares AC	61.01	8:51 min/m
166	1109 Eamonn MCCUSKER	01:29:00	01:28:33	Ages 70 - 74	2 Male	131 Ryston Runners AC	66.66	8:51 min/m
167	1093 Jasmine AGER	01:29:13	01:28:58	Ages 17 -39	12 Female	36 Stowmarket Striders RC	54.92	8:53 min/m
168	1199 Suzy THROWER	01:29:33	01:29:09	Ages 17 -39	13 Female	37	56.32	8:54 min/m
169	1051 Stephen PRETTY	01:29:39	01:29:13	Ages 65 - 69	6 Male	132 Saint Edmund Pacers	63.54	8:55 min/m
170	1223 Faith LEWIS	01:29:59	01:29:51	Ages 50 - 54	6 Female	38 Saint Edmund Pacers	61.66	8:59 min/m
171	1184 Laurence KING	01:30:00	01:29:48	Ages 60 - 64	11 Male	133 South Woodham Runners	60.86	8:58 min/m
172	1188 Sadie FAIRS	01:30:17	01:29:54	Ages 50 - 54	7 Female	39	64.45	8:59 min/m
173	1233 Michael MCKINNELL	01:30:38	01:30:16	Ages 70 - 74	3 Male	134	65.47	9:01 min/m
174	1040 Luke ARKLE	01:30:39	01:29:58	Ages 17 -39	33 Male	135 Dirty Dolphiners	48.58	8:59 min/m
175	1171 Caroline JEGGO	01:30:40	01:29:59	Ages 45 - 49	4 Female	40 Dirty Dolphiners	58.08	8:59 min/m
176	1022 Jackie KING	01:31:04	01:30:53	Ages 65 - 69	1 Female	41	73.75	9:05 min/m
177	1235 Tim PARNELL	01:31:21	01:31:04	Ages 55 - 59	11 Male	136 Ipswich Jaffa RC	56.69	9:06 min/m
178	1018 Ruth DUNSTONE	01:31:38	01:31:09	Ages 17 -39	14 Female	42	54.5	9:06 min/m
179	1276 David PEARSON	01:32:10	01:31:27	Ages 55 - 59	12 Male	137	55.67	9:08 min/m
180	1170 Geraldine CLIFFORD	01:32:18	01:31:39	Ages 45 - 49	5 Female	43	57.58	9:09 min/m
181	1042 Bradley GUYON	01:32:25	01:31:45	Ages 50 - 54	31 Male	138	55.03	9:10 min/m
182	1123 Mark DAVEY	01:32:25	01:31:57	Ages 55 - 59	13 Male	139 Ipswich Phoenix Running Club	55.52	9:11 min/m
183	1041 Kelly GUYON	01:32:25	01:31:46	Ages 40 - 44	6 Female	44	56.49	9:10 min/m
184	1075 Sally LAVELLE	01:32:26	01:32:08	Ages 40 - 44	7 Female	45	55.23	9:12 min/m
185	1084 David APLIN	01:32:28	01:31:56	Ages 50 - 54	32 Male	140	54.52	9:11 min/m
186	1120 Adam HOCKEN	01:32:35	01:31:59	Ages 55 - 59	14 Male	141 Witham RC	56.45	9:11 min/m
187	1181 Jenny LYNCH	01:32:38	01:32:15	Ages 55 - 59	6 Female	46 Felixstowe Road Runners	66.88	9:13 min/m
188	1013 Jeff HIGGON	01:32:59	01:32:48	Ages 70 - 74	4 Male	142 Harwich Running Club	64.51	9:16 min/m
189	1063 Phil DAVIES	01:33:15	01:32:56	Ages 55 - 59	15 Male	143 Ipswich Jaffa RC	56.56	9:17 min/m
190	1003 Lisa LOOMES	01:33:26	01:32:57	Ages 17 -39	15 Female	47 Ipswich Jaffa RC	53.7	9:17 min/m
191	1164 Ronnie EGAN	01:33:49	01:33:35	Ages 50 - 54	8 Female	48 TriSudbury	61.27	9:21 min/m
192	1096 Bobbie SAUERZAPF	01:34:43	01:34:15	Ages 60 - 64	4 Female	49 Bungay Black Dog RC	69.93	9:25 min/m
193	1088 Peter LAMBILLION-JAMESON	01:34:46	01:34:33	Ages 60 - 64	12 Male	144	57.25	9:27 min/m
194	1185 Robert REASON	01:35:03	01:34:35	Ages 55 - 59	16 Male	145 Stowmarket Striders RC	55.49	9:27 min/m
195	1206 Gerry MCCARTHY	01:35:19	01:34:51	Ages 65 - 69	7 Male	146 Ipswich Phoenix Running Club	61.6	9:29 min/m
196	1154 Richard ALLPORT	01:35:21	01:35:01	Ages 60 - 64	13 Male	147 Felixstowe Road Runners	56.36	9:30 min/m

197	1247 Lisa GARRAND	01:35:26	01:35:16	Ages 17 -39	16 Female	50 Newmarket Joggers	52.11	9:31 min/m
198	1128 Helen CAREY	01:35:28	01:35:08	Ages 55 - 59	7 Female	51 Great Bentley Running Club	64.06	9:30 min/m
199	1255 Stephen Allen EDMONDSON	01:35:46	01:35:16	Ages 55 - 59	17 Male	148 Stowmarket Striders RC	55.08	9:31 min/m
200	1160 Emma CALVER	01:36:08	01:35:23	Ages 50 - 54	9 Female	52	57.72	9:32 min/m
201	1161 Emma RICHBELL	01:36:08	01:35:23	Ages 50 - 54	10 Female	53	59.09	9:32 min/m
202	1177 Alistair MOSELEY	01:36:29	01:36:02	Ages 55 - 59	18 Male	149	53.19	9:36 min/m
203	1178 Dominic COOK	01:36:30	01:36:01	Ages 50 - 54	33 Male	150	50.89	9:36 min/m
204	1055 Julia MOSS-ECCARDT	01:36:35	01:36:06	Ages 50 - 54	11 Female	54 Stowmarket Striders RC	59.52	9:36 min/m
205	1054 Steph LING	01:36:37	01:35:57	Ages 40 - 44	8 Female	55	53.2	9:35 min/m
206	1014 Annn PIERCY	01:37:03	01:36:53	Ages 65 - 69	2 Female	56 Harwich Running Club	72.25	9:41 min/m
207	1045 Anthony SMITH	01:37:08	01:36:57	Ages 60 - 64	14 Male	151 Witham RC	55.32	9:41 min/m
208	1211 Fiona MANTHORPE	01:37:44	01:37:39	Ages 17 -39	17 Female	57 Hadleigh Hares AC	50.14	9:45 min/m
209	1168 Matthew KEYS	01:38:02	01:37:27	Ages 45 - 49	13 Male	152 Sudbury Joggers	48.02	9:44 min/m
210	1166 Annie GOURLAY	01:38:15	01:37:40	Ages 40 - 44	9 Female	58 Sudbury Joggers	52.32	9:46 min/m
211	1167 Sarah PENNOCK	01:38:15	01:37:42	Ages 40 - 44	10 Female	59 Sudbury Joggers	53.13	9:46 min/m
212	1244 Peter JOHNSON	01:38:18	01:38:03	Ages 65 - 69	8 Male	153	57.37	9:48 min/m
213	1226 Joe NAUGHTON	01:38:27	01:37:52	Ages 60 - 64	15 Male	154 Ipswich Triathalon	55.1	9:47 min/m
214	1159 Claire RICHARDSON	01:38:32	01:37:50	Ages 40 - 44	11 Female	60	52.99	9:47 min/m
215	1158 Charlotte RICHARDSON	01:38:32	01:37:51	Ages 40 - 44	12 Female	61	52.98	9:47 min/m
216	1100 Adrian COLE	01:38:58	01:38:32	Ages 60 - 64	16 Male	155 Stowmarket Striders RC	54.82	9:51 min/m
217	1132 Jamie JACKSON	01:39:11	01:38:49	Ages 17 -39	34 Male	156 Felixstowe Road Runners	44.11	9:52 min/m
218	1048 Paul SCHWER	01:39:11	01:38:59	Ages 60 - 64	17 Male	157 Felixstowe Road Runners	55.76	9:53 min/m
219	1116 Jamie PAYNE	01:39:29	01:38:44	Ages 17 -39	35 Male	158	43.99	9:52 min/m
220	1248 Sue BARROWCLOUGH	01:39:57	01:39:22	Ages 60 - 64	5 Female	62 Jogging Made Easy	64.48	9:56 min/m
221	1025 Pam MORGAN	01:40:18	01:40:04	Ages 70 - 74	1 Female	63 Ipswich Triathalon	75.44	10:00 min/m
222	1071 Martin GARROD	01:40:35	01:40:05	Ages 65 - 69	9 Male	159 Ipswich Phoenix Running Club	56.07	10:00 min/m
223	1220 Ross SILVERTON	01:40:54	01:40:44	Ages 70 - 74	5 Male	160 Witham RC	61.83	10:04 min/m
224	1189 Mark SMITH	01:41:01	01:40:31	Ages 45 - 49	14 Male	161	46.6	10:03 min/m
225	1121 Julie HOCKEN	01:41:08	01:40:33	Ages 55 - 59	8 Female	64 Jogging Made Easy	59.72	10:03 min/m
226	1004 Helen SCHOFIELD	01:41:15	01:40:49	Ages 45 - 49	6 Female	65 Stamford Stridersss	53.01	10:04 min/m
227	1122 Karen SHELLEY	01:41:38	01:41:10	Ages 55 - 59	9 Female	66 Stowmarket Striders RC	60.17	10:07 min/m
228	1117 Carrie SHENTON	01:42:46	01:42:08	Ages 55 - 59	10 Female	67	58.77	10:12 min/m
229	1068 Sarah DICKINSON	01:42:46	01:42:06	Ages 40 - 44	13 Female	68	50.02	10:12 min/m

230	1250 Esther GRAY	01:42:46	01:42:09	Ages 17 -39	18 Female	69	48.6	10:12 min/m
231	1210 Justin OSTLER	01:43:46	01:43:15	Ages 50 - 54	34 Male	162 Felixstowe Road Runners	47.73	10:19 min/m
232	1209 Nicola STEVENSON	01:44:05	01:43:29	Ages 60 - 64	6 Female	70 Felixstowe Road Runners	62.77	10:20 min/m
233	1219 Matt MAKIN	01:44:14	01:43:44	Ages 17 -39	36 Male	163 Felixstowe Road Runners	42.82	10:22 min/m
234	1201 Graham GARROD	01:44:23	01:43:54	Ages 55 - 59	19 Male	164	50.53	10:23 min/m
235	1222 Robert BARBIAUX	01:44:57	01:44:24	Ages 65 - 69	10 Male	165	54.28	10:26 min/m
236	1275 Stephen OLIVER	01:45:11	01:44:28	Ages 50 - 54	35 Male	166	48.35	10:26 min/m
237	1182 Jackie COLLINS	01:45:41	01:45:10	Ages 55 - 59	11 Female	71 Felixstowe Road Runners	58.62	10:31 min/m
238	1155 Nichola WILKINS	01:45:45	01:45:04	Ages 40 - 44	14 Female	72 Hadleigh Jeffing Queens	48.97	10:30 min/m
239	1010 Alexander DAVEY	01:46:09	01:45:43	Ages 17 -39	37 Male	167	42.05	10:34 min/m
240	1006 John EDWARDS	01:46:23	01:46:06	Ages 55 - 59	20 Male	168	48.24	10:36 min/m
241	1080 Joseph BOWEN	01:47:03	01:46:55	Ages 17 -39	38 Male	169	41.14	10:41 min/m
242	1227 Pippa SARGENT	01:47:09	01:46:36	Ages 40 - 44	15 Female	73 Stowmarket Striders RC	47.64	10:39 min/m
243	1007 Adriana HOUCHELL	01:47:40	01:47:10	Ages 17 -39	19 Female	74 Ipswich Jaffa RC	46.19	10:43 min/m
244	1205 Olivia RADFORD	01:48:07	01:47:45	Ages 17 -39	20 Female	75 Ipswich Jaffa RC	45.35	10:46 min/m
245	1127 Kate BRETT	01:48:16	01:47:36	Ages 50 - 54	12 Female	76	51.86	10:45 min/m
246	1126 Gillian CROOT	01:48:28	01:47:50	Ages 50 - 54	13 Female	77	53.65	10:47 min/m
247	1124 Hayley OLIVER	01:48:39	01:47:55	Ages 50 - 54	14 Female	78	52.28	10:47 min/m
248	1027 Julie FAIRWEATHER	01:48:51	01:48:10	Ages 40 - 44	16 Female	79 Hadleigh Jeffing Queens	47.22	10:49 min/m
249	1020 Jo WHELAN	01:49:09	01:48:44	Ages 60 - 64	7 Female	80 Felixstowe Road Runners	59.05	10:52 min/m
250	1152 Jacqueline ALLPORT	01:49:20	01:48:56	Ages 55 - 59	12 Female	81 Felixstowe Road Runners	54.54	10:53 min/m
251	1029 Janine EDGAR	01:49:38	01:48:57	Ages 40 - 44	17 Female	82 Girls That Jeff	47.24	10:53 min/m
252	1265 Laura PEARSON	01:51:11	01:50:32	Ages 17 -39	21 Female	83	44.92	11:03 min/m
253	1011 Kirsty MARSH	01:51:44	01:51:14	Ages 40 - 44	18 Female	84 Felixstowe Road Runners	45.4	11:07 min/m
254	1012 Claire BUTCHER	01:51:45	01:51:15	Ages 40 - 44	19 Female	85 Felixstowe Road Runners	46.34	11:07 min/m
255	1221 Julie HASELWOOD	01:52:28	01:52:07	Ages 70 - 74	2 Female	86 Ipswich Jaffa RC	64.22	11:12 min/m
256	1118 Dale SMITH	01:53:21	01:52:55	Ages 17 -39	22 Female	87	43.47	11:17 min/m
257	1125 Marion PARKS	01:56:57	01:56:33	Ages 55 - 59	13 Female	88	50.37	11:39 min/m
258	1194 David COSTER	01:57:27	01:56:55	Ages 65 - 69	11 Male	170	48.5	11:41 min/m
259	1272 Chloe HOPKINS	02:01:59	02:01:19	Ages 17 -39	23 Female	89	40.2	12:07 min/m
	1002 James HELLYER	DQ	DQ	Ages 17 -39	Male		50.86	8:39 min/m