

## Gt. Bentley Friday 5 - 10th July 2009

Position	Race No.	Time	Surname	Name	Club / Unaffiliated	Category
1	342	26.22	Sellens	Chris	Colchester Harriers	MO
2	232	26.36	Knott	Graham	Harwich Running Club	MO
3	105	26.53	Davies	Gavin	Ipswich Jaffa	MO
4	134	27.10	Kingsnorth	Tom	St Edmunds Pacers	MO
5	328	27.24	Ridley	Andy	West Suffolk Ac	MO
6	379	27.28	Cougan	Vincent	Newmarket Joggers	MO
7	320	27.30	Meachen	Jason	Harwich Running Club	MO
8	142	27.38	Moss	Daniel	Unaffiliated	MO
9	339	27.41	Cooper	Steve	Harwich Running Club	MO
10	406	27.41	Taylor	Andy	St Edmunds Pacers	MO
11	394	27.46	Helliwell	Paul	Colchester Harriers	MV40
12	80	28.00	Ridley	Colin	West Suffolk Ac	MV45
13	353	28.13	Golding	Peter	St Edmunds Pacers	MV50
14	243	28.16	Palmer	Nick	Stowmarket Striders	MO
15	383	28.28	Kearton	Andy	Colchester Harriers	MO
16	411	28.29	Sharman	Glen	Stowmarket Striders	MV50
17	188	28.29	Jordan	Tamara	Stowmarket Striders	FO
18	165	28.33	Starmer	Christopher	Stowmarket Striders	MV45
19	74	28.38	Macmillen	Alexander	Colchester Harriers	MV40
20	229	28.51	West	Peter	Colchester Harriers	MV45
21	282	28.54	Oakes	John	Haverhill R.C.	MV50
22	393	29.01	Ganham	Jack	Unaffiliated	M15-17
23	384	29.01	Reason	Robert	Unaffiliated	MO
24	310	29.02	Stradling	Sarah	Colchester Harriers	FO
25	403	29.04	Potter	James	Ipswich Jaffa	MO
26	309	29.07	Gibby	Rob	Colchester Harriers	MO
27	204	29.13	Dale	Simon	Great Bentley R.C.	MO
28	293	29.14	Lemon	Kevin	Norwich Road Runners	MV45
29	195	29.15	Wright	David	Colchester Harriers	MV50
30	222	29.16	Reade	Alan	Witham Running Club	MO
31	83	29.17	Campbell	Wilfred	Ipswich Jaffa	MV45
32	132	29.20	Thomas	Glynn	Ipswich Harriers	MV45
33	261	29.22	Matthews	Sam	Harwich Running Club	MO
34	153	29.34	Harper	Kevin	Witham Running Club	MO
35	329	29.36	Thackeray	Dominic	West Suffolk Ac	M15-17
36	316	29.39	Back	Terry	Ipswich Jaffa	MV50
37	215	29.41	Cresswell	Tom	Sudbury Joggers	MO
38	446	30.07	Jamieson	Alex	Tiptree Road Runners	MO
39	69	30.09	Thompson	Gary	Ipswich Jaffa	MO
40	85	30.16	Harrison	Simon	Ipswich Jaffa	MO
41	318	30.18	Jackson	Wayne	Stowmarket Striders	MO
42	144	30.22	Morgan	Simon	Tiptree Road Runners	MV40
43	440	30.29	Stone	Roger	Felixstowe Road Runners	MV40
44	457	30.35	Jarrett	Thomas	Ipswich Jaffa	MO
45	459	30.38	Ridgon	Jason	Unaffiliated	MV40
46	315	30.41	Heath	James	St Edmunds Pacers	MV45
47	376	30.47	Rambotham	Andrew	Unaffiliated	MV40
48	264	30.49	Fox	Tim	St Edmunds Pacers	MV40
49	13	30.50	Clark	Alan	Billericay Striders	MV40
50	424	30.52	Dick	Alaister	Ipswich Jaffa	MV45
51	410	30.53	Hanman	Tim	Unaffiliated	MO
52	488	30.55	Gapp	Joanna	Newmarket Joggers	FO
53	273	31.04	Lockwood	Jon	St Edmunds Pacers	MO
54	280	31.17	Perry	Christopher	Stowmarket Striders	MO
55	254	31.17	Dable	Neil	Ipswich Jaffa	MV40
56	485	31.20	Hurley	David	Southend Ac	MV45
57	291	31.22	Goldsmith	David	Unaffiliated	MO
58	139	31.29	Jackson	Peter	R E Running Club (Army)	MO
59	220	31.31	Rudland	Lee	Ipswich Jaffa	MO
60	99	31.33	Short	Kevin	Framlingham Flyers	MV45

61	221	31.35	Byford	Jon	Springfield Striders	MO
62	308	31.42	Tatum	Danielle	Colchester And Tendring	FO
63	274	31.50	Buxton	Nigel	Harwich Running Club	MV40
64	18	31.52	Kearn	Wayne	Halstead Road Runners	MV40
65	67	31.54	Coxall	Ian	Ipswich Jaffa	MO
66	253	32.00	Foster	Dan	Great Bentley R.C.	MV40
67	330	32.01	Shaw	Paul	Felixstowe Road Runners	MV40
68	194	32.02	Oakman	Annette	Colchester Harriers	FV35
69	418	32.05	Seymour	Chris	Stowmarket Striders	MV40
70	321	32.06	Mccorquodale	Becky	Harwich Running Club	FV35
71	289	32.10	Burgess	Conrad	Ipswich Jaffa	MO
72	390	32.12	Wadey	Simon	Harwich Running Club	MV45
73	250	32.13	French	Rob	Ipswich Jaffa	MO
74	51	32.14	Swindin	Robin	Ipswich Jaffa	MO
75	441	32.16	Weston	John	Ipswich Jaffa	MV50
76	375	32.19	Munns	Brian	Newmarket Joggers	MV45
77	322	32.23	Smith	Terry	Harwich Running Club	MV40
78	155	32.23	Shirley	Marie	Sudbury Joggers	FO
79	236	32.24	Preston	Paul	Sudbury Joggers	MO
80	402	32.27	Bailey	Steve	St Edmunds Pacers	MV45
81	151	32.28	Hart	Greg	Bishops Stortford Rc	MV50
82	84	32.29	Martin	Phillip	Witham Running Club	MV45
83	180	32.31	Ralph	Matt	Stowmarket Striders	MO
84	307	32.33	Adams	Rebecca	Colchester And Tendring	FO
85	16	32.34	Jackson	Alan	Ipswich Jaffa	MV50
86	56	32.37	Chorley	Chris	Bungay Black Dog R.C.	MV45
87	461	32.39	Cockrell	John	5312	MV40
88	351	32.44	Figures	Emma	Cambridge Uni Hare And Hounds	FO
89	43	32.45	Gillingham	Neil	Ipswich Harriers	MO
90	197	32.53	Gayer	David	Colchester Harriers	MO
91	70	32.54	Heath	Julie	St Edmunds Pacers	FV40
92	433	32.56	Macrosson	Ker	Ipswich Jaffa	MV50
93	346	32.58	Ramsey	Nicola	Ipswich Jaffa	FO
94	57	32.59	Stuckey	Alex	Witham Running Club	MO
95	199	32.59	Johnson	Ben	Great Bentley R.C.	MO
96	388	33.00	White	Paul	St Edmunds Pacers	MV45
97	296	33.02	Hammond	Neil	Stowmarket Striders	MO
98	157	33.05	Cliff	Stephen	Unaffiliated	MV45
99	373	33.10	Perry	Chris	St Edmunds Pacers	MO
100	283	33.12	Edwards	David	Haverhill R.C.	MV50
101	159	33.14	Gooderham	Ian	St Edmunds Pacers	MV40
102	33	33.19	Meecham	Simon	Ipswich Jaffa	MO
103	185	33.21	Pyle	Nicola	Springfield Striders	FV40
104	369	33.21	Jones	Wendy	St Edmunds Pacers	FV40
105	381	33.22	Halestrap	Gary	Stowmarket Striders	MV40
106	458	33.22	Cornish	James	Ipswich Jaffa	MO
107	437	33.25	Reid	Bryan	St Edmunds Pacers	MV40
108	50	33.27	Smith	Andrew	Grange Farm & Dunmow Runners	MV40
109	275	33.30	Mccarthy	Maureen	St Edmunds Pacers	FV45
110	246	33.31	Rooney	Penny	Woodbridge Shufflers	FO
111	465	33.40	Tillinghast	Wayne	Unaffiliated	MO
112	426	33.41	Wiggins	Paul	Unaffiliated	MO
113	294	33.42	Curran	Stephen	Woodbridge Shufflers	MV45
114	263	33.42	Alexander	Rodger	Colchester And Tendring	MV50
115	9	33.43	Fenton	David	Stowmarket Striders	MO
116	47	33.44	Smith	David	Witham Running Club	MV50
117	385	33.47	Statham	Malcolm	Colchester Harriers	MO
118	160	33.51	Wiggins	Simon	Felixstowe Road Runners	MO
119	104	33.52	Antonis	Tonya	Ipswich Harriers	FV40
120	25	33.53	Ward	Ruth	Ipswich Jaffa	FO
121	361	33.54	Wallen	Tony	Witham Running Club	MV40
122	92	33.54	Bennett	Richard	Felixstowe Road Runners	MV50
123	3	33.56	Watson	Richard	Bedford Harriers	MV40

124	311	33.59	Higgins	Tim	Ipswich Jaffa	MV45
125	79	34.01	Wallen	Brigid	Witham Running Club	FV45
126	118	34.04	Jackson	Ryan	Reme Rc (Army)	MO
127	340	34.04	Hilliard	Laura	Colchester And Tendring	F15-17
128	412	34.05	Hart	Alan	Stowmarket Striders	MO
129	28	34.08	Davey	Matt	Kpmg R.C.	MO
130	453	34.14	Bird	Kevin	Ipswich Jaffa	MV40
131	82	34.15	Staunton	Louise	Ipswich Jaffa	FO
132	333	34.16	Bloomfield	Jason	Stowmarket Striders	MO
133	36	34.17	Orenes-Aviles	Juan-Carlos	Unaffiliated	M15-17
134	377	34.18	Marsh	David	Ipswich Jaffa	MO
135	214	34.20	Barry	Eve	Great Bentley R.C.	FO
136	428	34.22	Reave	Chris	Unaffiliated	MO
137	7	34.22	Sherman	Scott	Stowmarket Striders	M15-17
138	247	34.28	Stach-Keutz	Adele	Newham And Essex Beagles	FV35
139	196	34.28	Norris	Fran	Colchester Harriers	FV45
140	53	34.30	Hempstead	Eric	Unaffiliated	MO
141	356	34.30	Kitchener	Lynton	Unaffiliated	MV45
142	130	34.30	Biggs	Roger	Fairlands Valley Spartans	MV60
143	314	34.31	Brinkman	Nicky	St Edmunds Pacers	FO
144	451	34.35	Waldridge	Kate	Ipswich Jaffa	FV35
145	404	34.39	Bruneau	Cathy	Unaffiliated	FV35
146	189	34.44	Driscoll	John	Colchester Harriers	MV60
147	306	34.45	Douglas	Laurie	Colchester And Tendring	FO
148	226	34.46	Lambillion-Jameso	Peter	Unaffiliated	MV45
149	81	34.46	Andrews	Mark	Unaffiliated	MV40
150	290	34.47	Neill	Jamie	Unaffiliated	MO
151	312	34.48	Matthews	Colin	Harwich Running Club	MV40
152	374	34.48	Withers	Jim	Newmarket Joggers	MV50
153	463	34.49	Covey	Steve	5312	MV40
154	115	34.53	Byford	Martyn	Witham Running Club	MV50
155	127	34.55	Newman	David	Garden City Runners	MV50
156	265	34.55	Hatten	Stephen	St Edmunds Pacers	MV40
157	137	34.55	Bettis	Lee	Unaffiliated	MV45
158	17	34.56	Airlie	Brian	Hadleigh Hares	MV40
159	425	34.56	Hodgkiss	Kate	Harwich Running Club	FO
160	91	34.56	Wheeldon	Paul	Springfield Striders	MO
161	417	34.58	Grealy	Mike	Halstead Road Runners	MV50
162	207	34.58	Ash	Jamie	Great Bentley R.C.	MO
163	432	35.01	Lee	Darren	Unaffiliated	MV40
164	252	35.04	Tyldesley	Frank	St Edmunds Pacers	MV45
165	190	35.05	Wheddon	Hayley	Unaffiliated	FO
166	205	35.05	Turner	Lea	Great Bentley R.C.	MO
167	131	35.07	Taczynski	Andrew	Sudbury Joggers	MO
168	163	35.07	Ryall	Mike	Colchester And Tendring	MV55
169	272	35.08	Suttle	Haley	Stowmarket Striders	FV40
170	237	35.10	Geraghty	Charmaine	Stowmarket Striders	FV35
171	427	35.11	Evennett	Michael	Unaffiliated	MV50
172	409	35.24	Clarke	Baz	Unaffiliated	MO
173	332	35.25	Mills	Peter	Stowmarket Striders	MV55
174	334	35.26	Harper	Robin	Unaffiliated	MO
175	338	35.28	Burls	Jonathan	Harwich Running Club	MV50
176	111	35.31	Gold	Peter	Witham Running Club	MV50
177	23	35.32	Clayton	Rob	Felixstowe Road Runners	MV50
178	365	35.32	Partridge	Pat	St Edmunds Pacers	FV55
179	391	35.35	Collings	Andrew	Dna Boot Camp	M15-17
180	169	35.36	Williams	Stephen	St Edmunds Pacers	MV55
181	408	35.37	Dickson	Chris	Unaffiliated	MO
182	212	35.42	Blackwell	Paul	Great Bentley R.C.	MV40
183	415	35.43	Jones	Mel	Ilford A.C.	FV40
184	11	35.49	Wray	Shelley	Witham Running Club	FV40
185	423	35.49	Hocken	Adam	Witham Running Club	MV40
186	327	35.50	Sheehan	Lucy	Felixstowe Road Runners	FO

187	208	35.55	Presland	Vicky	Great Bentley R.C.	FV35
188	317	35.59	Poulter	Michael	Witham Running Club	MV55
189	182	36.01	Foskew	Ian	Mid Essex Casuals	MV45
190	337	36.01	Brown	Julie	Ipswich Jaffa	FV45
191	331	36.01	Naylor	Rob	Unaffiliated	MV45
192	239	36.04	Staines	Mick	Pitsea Running Club	MV60
193	448	36.04	Goodwin	Mark	Unaffiliated	MO
194	58	36.11	Stuckey	Liz	Witham Running Club	FV35
195	456	36.15	Vella	Carl	Haverhill R.C.	MO
196	94	36.18	Wilcockson	Ian	Unaffiliated	MV40
197	305	36.19	Higgon	Jeff	Harwich Running Club	MV55
198	106	36.26	Stevens	Kevin	Unaffiliated	MO
199	176	36.27	Boggis	Fred	Woodbridge Shufflers	MV50
200	88	36.28	Sears	Mick	Woodbridge Shufflers	MV50
201	61	36.33	Cole	Dave	Unaffiliated	MO
202	476	36.34	Bowen	Brett	Dna Boot Camp	MO
203	364	36.37	Warne	Robert	Woodbridge Shufflers	MV50
204	297	36.44	Doyle	Oscar	Unaffiliated	MO
205	227	36.46	Daniels	David	Stowmarket Striders	MV45
206	287	36.49	Ames	Ron	Stowmarket Striders	MV60
207	382	36.50	Daly	John	Springfield Striders	MO
208	279	36.51	Waggott	Penny	Stowmarket Striders	FV40
209	483	36.51	Swindin	Andy	Unaffiliated	MO
210	42	36.53	Taylor	Michael	Unaffiliated	MV55
211	35	36.55	Orenes-Aviles	Jose-Angel	Unaffiliated	M15-17
212	135	37.00	Mumford	Fiona	Sudbury Joggers	FV35
213	241	37.01	Taylor	Graeme	Unaffiliated	MV50
214	46	37.01	Levey	Gary	Witham Running Club	MV40
215	466	37.02	Wood	David	Unaffiliated	MV40
216	380	37.05	Hood	Derek	Unaffiliated	MO
217	460	37.07	Howe	David	Unaffiliated	MO
218	123	37.09	Forrester	Colin	Stowmarket Striders	MV45
219	395	37.11	Meader	William	Unaffiliated	MV45
220	63	37.15	Wray	Neil	Unaffiliated	MO
221	147	37.17	Stephenson	Jo	Stowmarket Striders	FV40
222	225	37.19	Braverman	Terry	Haverhill R.C.	MV60
223	454	37.19	Monteiro	Joaquim	Haverhill R.C.	MV55
224	181	37.21	Foskew	Robert	Mid Essex Casuals	M15-17
225	386	37.23	Austin	Karen	Stowmarket Striders	FO
226	268	37.25	Macaulay	Jennifer	Springfield Striders	FO
227	8	37.26	Smith	Harry	Stowmarket Striders	MV40
228	267	37.29	Thomas	Steve	Unaffiliated	MV40
229	143	37.30	Mortimer	Emma	Ipswich Jaffa	F15-17
230	288	37.31	Harrison	Laura	Witham Running Club	FO
231	62	37.31	Sheehan	Jenny	Ipswich Jaffa	FV45
232	168	37.33	Moggan	Frank	Stowmarket Striders	MV55
233	445	37.34	Fox	David	Felixstowe Road Runners	MV50
234	319	37.39	Overton	Danny	Unaffiliated	MO
235	345	37.41	Kett	Matt	Tiptree Road Runners	MO
236	1	37.42	Calver	Eloise	St Edmunds Pacers	FV40
237	55	37.43	Sauerzapf	Bobbie	Bungay Black Dog R.C.	FV50
238	264	37.46	Fox	Tim	St Edmunds Pacers	MV40
239	477	37.48	Clayton	Liam	Dna Boot Camp	MO
240	203	37.51	Gardiner	Frank	Great Bentley R.C.	MV50
241	209	37.54	Lyon	Anna	Great Bentley R.C.	FV40
242	478	37.54	Els	Chris	Dna Boot Camp	MV40
243	352	37.55	Golding	Sarah	St Edmunds Pacers	FV45
244	170	37.57	Tillyard	Robert	St Edmunds Pacers	MV45
245	372	37.59	Theobald	Paul	St Edmunds Pacers	MV50
246	201	38.02	Adams	Charlie	Great Bentley R.C.	M15-17
247	213	38.03	Hughes	Andy	Great Bentley R.C.	MO
248	86	38.04	Bown	Ian	Unaffiliated	MV45
249	484	38.06	Walsh	Billy	Dna Boot Camp	MO

250	400	38.06	Parker	Emma	Unaffiliated	FV35
251	202	38.07	Hayes	Chris	Great Bentley R.C.	MV45
252	363	38.11	Kerridge	Paul	Woodbridge Shufflers	MV45
253	435	38.11	Borrett	Keith	Stowmarket Striders	MV55
254	224	38.11	Robson	Liam	Unaffiliated	M15-17
255	6	38.12	Smith	Anna	Stowmarket Striders	FV35
256	77	38.18	Capstick	Christine	Unaffiliated	FV40
257	223	38.19	Robson	Simon	Unaffiliated	MV40
258	173	38.22	Lewis	James	Unaffiliated	MO
259	219	38.23	Sandford	Richard	Springfield Striders	MV45
260	34	38.25	Bernal-Sanchez	Juan	Unaffiliated	M15-17
261	399	38.27	Parker	Claire	Unaffiliated	FV35
262	482	38.29	Banham	Paul	Unaffiliated	MO
263	303	38.30	Mowle	Karen	Harwich Running Club	FV35
264	326	38.36	Morris	Tracy	Stowmarket Striders	FV45
265	248	38.36	Jenkins	Colin	Newham And Essex Beagles	MV50
266	251	38.36	Sheahan	David	Unaffiliated	MV45
267	359	38.37	Artus	Sye	Essex County Fire And Rescue	MV40
268	128	38.38	Taylor	Gary	Woodbridge Shufflers	MV45
269	464	38.39	Burrows	Claire	Unaffiliated	FO
270	444	38.39	Cresswell	Luke	Unaffiliated	MO
271	48	38.40	Hatton	Karen	St Edmunds Pacers	FV50
272	112	38.40	Finch	Peter	Unaffiliated	MV45
273	242	38.41	Wilson	Alex	Sudbury Joggers	MO
274	162	38.42	Christopher	Dack	Unaffiliated	MV40
275	462	38.44	Wildash	Alan	5312	MV40
276	278	38.44	Ridel	David	Unaffiliated	MV55
277	271	38.46	Gill	Alex	Unaffiliated	M15-17
278	487	38.47	Reach	Peter	Stowmarket Striders	MO
279	362	38.48	Wilkin	Lorraine	Springfield Striders	FV40
280	231	38.49	Cox	Bill	Framlingham Flyers	MV65
281	59	38.50	St Ledger	Dee	Sudbury Joggers	FV40
282	45	38.50	Goldsmith	Simon	Unaffiliated	MO
283	141	38.52	Levans	David	Felixstowe Road Runners	MV45
284	436	38.55	Chalice	Helen	Felixstowe Road Runners	FV40
285	469	38.59	Newcombe	Coin	Unaffiliated	MO
286	124	39.01	Dykes	William	Unaffiliated	MO
287	167	39.01	Thorndyke	Kirsty	Ipswich Harriers	FO
288	211	39.03	Syrett	George	Unaffiliated	MO
289	37	39.05	Mold	Sue	Witham Running Club	FV40
290	490	39.06	Marsh	Kerry	Springfield Striders	MO
291	26	39.07	Bright	Stephen	British Athletics Supporters Club	MV45
292	452	39.09	Stanton	Rebecca	Ipswich Jaffa	FO
293	68	39.11	Wilcockson	Neil	Unaffiliated	MV40
294	285	39.12	Bennett	Nicky	Great Bentley R.C.	FV45
295	472	39.14	Coley	David	Ipswich Jaffa	MV45
296	54	39.14	Buckingham	David	Harwich Running Club	MV60
297	347	39.15	Ramsey	Adam	Ipswich Jaffa	MO
298	187	39.15	Brophy	Martyn	St Edmunds Pacers	MV50
299	301	39.18	Spalding	Hazel	Ipswich Jaffa	FV50
300	32	39.20	Gillam	Sally	Iford A.C.	FV45
301	10	39.20	Munson	Mike	Stowmarket Striders	MV55
302	407	39.20	Taylor	Clare	Unaffiliated	FO
303	103	39.24	Holroyd	Carla	Harwich Running Club	FV50
304	235	39.27	Prior	Stephen	Capel Cheetahs	MV40
305	470	39.30	Terry	Tony	Unaffiliated	MV55
306	471	39.32	Kelly	Charlotte	Dna Boot Camp	FO
307	49	39.34	Goldsmith	Neal	Ipswich Jaffa	MO
308	110	39.36	Gold	Lorraine	Witham Running Club	FV55
309	116	39.38	Hatcher	Bert	Ipswich Jaffa	MV65
310	145	39.41	Taylor	Lin	Unaffiliated	FV35
311	438	39.42	Barber	Suzanne	Ipswich Jaffa	FV40
312	21	39.43	Page	Karen	St Edmunds Pacers	FV35

313	299	39.44	Finegan	Tim	Felixstowe Road Runners	MV45
314	150	39.45	Wood	Hilary	Ipswich Jaffa	FV45
315	468	39.47	Bugg	Regie	Unaffiliated	MO
316	73	39.50	Tuson	Ken	Veterans A.C.	MV70+
317	30	40.01	Stannett	Kate	Ipswich Tri Club	FV45
318	148	40.05	Myles	Alison	Ipswich Jaffa	FV35
319	200	40.07	Adams	Tony	Great Bentley R.C.	MV40
320	479	40.08	Mcconnell	Neil	Dna Boot Camp	MV40
321	218	40.09	Gear	Bob	Springfield Striders	MV50
322	256	40.11	Bright	Chris	British Athletics Supporters Club	MO
323	442	40.13	Calver	James	Unaffiliated	MO
324	292	40.13	Knox	Andrew	Unaffiliated	MV45
325	260	40.14	Pittam	Nathan	Ipswich Jaffa	MO
326	358	40.14	Bransby	Claire	Harwich Running Club	FV40
327	422	40.17	Low	Colin	Unaffiliated	MV40
328	269	40.17	Macaulay	Sheila	Springfield Striders	FV55
329	258	40.18	Heath	Suzanne	Unaffiliated	FV35
330	302	40.18	Piercy	Ann	Harwich Running Club	FV50
331	100	40.20	Price	Evette	Framlingham Flyers	FV45
332	133	40.20	Adolphus	Tony	Ipswich Jaffa	MV50
333	39	40.22	Munday	Susanna	Stowmarket Striders	FO
334	262	40.22	Harrison	Sharon	St Edmunds Pacers	FV40
335	378	40.29	Linton	Ian	Tiptree Road Runners	MV60
336	348	40.31	West	Martin	Harwich Running Club	MV60
337	152	40.33	Hones	Linda	St Edmunds Pacers	FV45
338	93	40.39	Bennett	Annabel	Felixstowe Road Runners	FV40
339	467	40.41	Gowers	Laurence	Unaffiliated	MO
340	29	40.45	Stannett	Charlie	Ipswich Tri Club	MV50
341	387	40.46	Austin	Paul	Stowmarket Striders	MO
342	??	40.46				
343	277	40.51	Dobson	Barry	Tiptree Road Runners	MV60
344	455	40.58	Nikerson	Mandy	Haverhill R.C.	FV45
345	95	41.00	Keys	Sarah	Unaffiliated	FO
346	90	41.01	Cloud	Samantha	Felixstowe Road Runners	FV40
347	249	41.10	Le Poidevin	Steve	St Edmunds Pacers	MV40
348	474	41.17	Jarrett	Ryan	Capel Cheetahs	M15-17
349	401	41.23	Fisher	Keith	Unaffiliated	MV45
350	166	41.24	Starmer	Jan	Stowmarket Striders	FV45
351	371	41.25	Freeman	Ian	St Edmunds Pacers	MV55
352	179	41.26	Cheung	Gi Kwong	Ipswich Jaffa	MV40
353	19	41.28	Thorogood	Keith	Halstead Road Runners	MV50
354	27	41.28	Owen	Sarah	British Athletics Supporters Club	FV40
355	284	41.29	King	Jim	Stowmarket Striders	MV65
356	355	41.35	Corbersmith	Leanne	Unaffiliated	FO
357	76	41.41	Reynolds	Steven	Unaffiliated	MV50
358	245	41.42	Read	Kayleigh	Ipswich Jaffa	FO
359	255	41.45	Stock	Rachel	Harwich Running Club	FV40
360	480	41.46	Hall	Rosie	Dna Boot Camp	FO
361	190	41.47	Wheddon	Hayley	Unaffiliated	FO
362	191	41.49	Downes	Sue	Unaffiliated	FV50
363	164	41.56	Bultz	Peter	Unaffiliated	MV50
364	389	41.58	Wooden	Andrew	Felixstowe Road Runners	MV45
365	244	42.02	Godard	Steve	Unaffiliated	MV40
366	344	42.13	Johnson	Louise	Ipswich Jaffa	FO
367	443	42.21	Andrews	Ben	Unaffiliated	MO
368	295	42.22	Mahew	Sanda	Stowmarket Striders	FV45
369	370	42.23	Florence	Anne	Diss Ac	FV55
370	228	42.27	Gailing	Dawn	Tiptree Road Runners	FO
371	421	42.32	Ball	Robert	Unaffiliated	MV50
372	396	42.42	Pavley	Adam	Unaffiliated	MV40
373	270	42.43	Matthews	Trevor	Harwich Running Club	MV45
374	354	42.53	Guy	Rebecca	St Edmunds Pacers	F15-17
375	44	42.54	Kerrison	Paul	Harwich Running Club	MV40

376	31	43.06	Holiday	Gioanne	Unaffiliated	FV40
377	357	43.08	Corwson	Paul	Harwich Running Club	MV40
378	65	43.11	Jarrett	Jenny	Felixstowe Road Runners	FV45
379	486	43.19	Tricker	Claire	Stowmarket Striders	FO
380	413	43.22	Linassi	Samantha	Unaffiliated	FO
381	121	43.23	Watkins	Maurice	Harwich Running Club	MV55
382	172	43.36	Farrar	Robin	Bungay Black Dog R.C.	MV65
383	206	43.39	Reeve	Peter	Great Bentley R.C.	MV45
384	398	43.40	Pembrooke	Debbie	Unaffiliated	FV45
385	78	43.45	Rayner	Miranda	Harwich Running Club	FV40
386	491	43.45	Turner	Jade	Unaffiliated	MV45
387	447	43.47	O'Hanlon	Jenny	Capel Cheetahs	FV35
388	434	43.56	Bond	Andy	Stowmarket Striders	MV60
389	230	44.03	Cox	Jean	Woodbridge Shufflers	FV65+
390	440	44.08	Stone	Roger	Felixstowe Road Runners	MV40
391	140	44.09	West	Elaine	Unaffiliated	FO
392	419	44.09	Wright	Denise	Stowmarket Striders	FV45
393	473	44.16	Jenkins	Paul	Brandon Fern Hoppers	MV60
394	324	44.18	Bloomfield	Susan	Stowmarket Striders	FV40
395	286	44.41	Brown	Margery	Stowmarket Striders	FV60
396	392	44.41	Collings	Anne	Dna Boot Camp	FV45
397	414	44.43	Pearce	Mark	Unaffiliated	MV40
398	298	44.43	Finegan	Helen	Felixstowe Road Runners	FO
399	341	44.46	Hilliard	Shirley	Colchester And Tendring	FV50
400	343	44.47	Jobbins	Michael	Stowmarket Striders	MV40
401	281	44.51	Gill	Alaister	Unaffiliated	MV40
402	158	44.58	Gooderham	Rebecca	St Edmunds Pacers	F15-17
403	335	44.59	Van Der Merwe	Ronel	Unaffiliated	FV50
404	300	45.01	Chamberlin	Karen	Ipswich Jaffa	FV40
405	4	45.09	Potter	Christopher	Unaffiliated	MV40
406	2	45.16	Watson	Linda	Bedford Harriers	FV40
407	113	45.17	Cartwright	Stephen	Colchester And Tendring	MV50
408	52	45.17	Swindin	Leigh	Unaffiliated	FO
409	177	45.29	Chittock	Mel	Unaffiliated	MV50
410	323	45.37	Squire	Terresa	Unaffiliated	FV40
411	257	45.39	Phillips	Clare	Unaffiliated	FV40
412	60	45.41	Robertson	Sue	Unaffiliated	FO
413	198	46.20	Mellersh	Naomi	Great Bentley R.C.	FO
414	397	46.33	Chapman	Caroline	Unaffiliated	FV50
415	98	46.49	Kuczer	Alex	Unaffiliated	MV40
416	114	46.49	Clarke	Penny	Witham Running Club	FV45
417	210	46.59	Syrett	Fiona	Unaffiliated	FO
418	420	47.01	Catantan	Fidel	Unaffiliated	MV50
419	266	47.15	Hatten	Emma	St Edmunds Pacers	F15-17
420	175	47.15	Tighe	Bridget	Unaffiliated	FV50
421	336	47.30	Brown	Heidi	Ipswich Jaffa	F15-17
422	349	47.41	Burt	Lucy	Unaffiliated	FO
423	129	47.42	Taylor	Debbie	Unaffiliated	FV40
424	350	47.42	Stanford	Garry	Unaffiliated	MV55
425	146	47.59	Taylor	Val	Unaffiliated	FV65+
426	405	48.01	Edwards	Clare	Unaffiliated	FV35
427	174	48.02	Maye	Louise	Unaffiliated	FO
428	259	48.21	Booty	Cathrine	Ipswich Jaffa	FO
429	416	48.22	Muir	Carol	Ilford A.C.	FV35
430	367	48.30	Watt	Leslie	Stowmarket Striders	FV50
431	366	48.34	Clarke	Mary	Unaffiliated	FV55
432	216	48.39	Jeavons	Joanna	Unaffiliated	FO
433	24	48.41	Haddow	Karen	Unaffiliated	FV45
434	450	48.55	Brown	Hannah	Unaffiliated	FO
435	449	49.00	Paget	Jason	Unaffiliated	MO
436	368	49.59	Seggar	Susan	Stowmarket Striders	FV55
437	178	50.00	Gowers	Joanne	Unaffiliated	FO
438	431	50.01	Bright	Liz	Unaffiliated	FO

439	238	50.14	Warboys	Pip	Unaffiliated	FV55
440	304	50.34	Mowle	Russel	Harwich Running Club	MV40
441	436	50.56	Chalice	Helen	Felixstowe Road Runners	FV40
442	475	50.56	Lageu	Geraldine	Dna Boot Camp	FO
443	481	51.03	Coward	Russel	Dna Boot Camp	MO
444	161	51.10	Johnson	Carla	Felixstowe Road Runners	FO
445	154	51.15	Thomas	Peter	Colchester Harriers	MV70+
446	171	51.16	Merfield	Wendy	The Saxons	FV65+
447	119	52.07	Summers	Terri	Unaffiliated	FO
448	117	52.12	Burgess	Caroline	Unaffiliated	FO
449	240	52.19	Leeds	Anna-Danielle	Harwich Running Club	FO
450	429	52.19	Day	Petrina	Unaffiliated	FO
451	102	52.25	Graham	Anuschka	Unaffiliated	FV35
452	125	52.29	Eaton	Helen	Orion Harriers	FV55
453	126	52.57	O'Sullivan	Sean	Orion Harriers	MV50
454	234	53.22	Prior	Amanda	Capel Cheetahs	FV40
455	186	53.22	Betts	Sally	Unaffiliated	FO
456	66	53.46	Dickinson	Jo	Felixstowe Road Runners	FV35
457	360	53.58	Lester	Fleur	Nhs	FV40
458	313	54.09	Keeble	Colin	Harwich Running Club	MO
459	325	54.46	Kelly	James	Framlingham Flyers	MV70+