

Stowmarket Striders Friday 5 - 11th June 2010 - Provisional Results

Position	Actual Time	Race No	Surname	First Name	Club Name	Category	Age	Sex
1	00:26:37	314	MUSSETT	ADRIAN	Colchester Harriers		38	M
2	00:27:41	321	MURPHY	KEVIN	St. Edmund Pacers		36	M
3	00:28:13	185	KNOTT	GRAEME	Harwich Runners		31	M
4	00:28:25	246	HOLLEY	PAUL	Newmarket Joggers	V40	44	M
5	00:28:40	207	MOSS	DANIEL			20	M
6	00:28:56	113	HUNDZ	PAWEL			31	M
7	00:28:59	138	Reason	Robert	Harwich Runners		30	M
8	00:29:11	123	Meachen	Jason	Harwich Runners		38	M
9	00:29:17	14	Spowage	Paul	Colchester Harriers	V45	46	M
10	00:29:34	35	GARDINER	SIMON	Ipswich Harriers		22	M
11	00:30:03	307	OAKES	JOHN	Cambridge & Coleridge	V50	53	M
12	00:30:17	74	BALFE	STEPHEN	City of Norwich		29	M
13	00:30:18	232	Caisey	Ben	Ipswich Tri Club		35	M
14	00:31:19	365	Vaughan	Tom			35	M
15	00:31:24	204	COOGAN	VINCENT	Newmarket Joggers		30	M
16	00:31:26	195	MATTHEWS	SAM	Harwich Runners		21	M
17	00:31:34	118	LAST	JIM			33	M
18	00:31:40	302	MacSEPHNEY	SCOTT	Ipswich Jaffa	V40	42	M
19	00:31:43	258	MARSTON	CARL	St. Edmund Pacers	V40	44	M
20	00:31:51	217	POTTER	JAMES			32	M
21	00:31:54	4	LANGLEY	STEPHEN	Ipswich Jaffa	V45	49	M
22	00:31:57	150	THOMPSON	CARL	Ipswich Jaffa		37	M
23	00:32:01	214	McCLELLAND	PAUL	Harwich Runners	V40	43	M
24	00:32:01	98	Fox	Tim	St. Edmund Pacers	V40	43	M
25	00:32:07	104	HANMAN	TIM			39	M
26	00:32:07	78	Burgess	Conrad J	Ipswich Jaffa		35	M
27	00:32:10	94	ELSDON	DAMIAN			37	M
28	00:32:18	120	LOCKWOOD	JON	St. Edmund Pacers	V40	40	M
29	00:32:26	334	Wadey	Simon	Harwich Runners	V45	46	M
30	00:32:28	328	Solomon	Dave		V40	42	M
31	00:32:38	216	RUTTER	MARK	Harwich Runners	V45	47	M

32	00:32:42	349 Stafford	Matthew	Harwich Runners		31 M
33	00:32:54	247 Stephens	Nicholas	Stowmarket Striders	V45	46 M
34	00:33:05	132 NEAVES	STEVEN	Stowmarket Striders	V50	53 M
35	00:33:07	72 ASHTON	CARL			33 M
36	00:33:14	209 MORGAN	LEE			38 M
37	00:33:26	58 HARRISON	SIMON	Ipswich Jaffa		35 M
38	00:33:29	93 Dick	Alistar	Ipswich Jaffa	V45	47 M
39	00:33:32	16 Shaw	Paul	Felixstowe Road Runners	V40	43 M
40	00:33:36	223 WANKOWSKI	JOHN	Ipswich Tri Club		31 M
41	00:33:41	315 IVORY	SARAH	Colchester Harriers		24 F
42	00:33:41	213 ROBERTS	SCOTT			33 M
43	00:33:47	176 BECKETT	MICHAEL	Great Bentley	V60	60 M
44	00:33:53	38 PORTER	JAMES	Great Bentley	U16	15 M
45	00:34:00	143 SHORT	KEVIN	Framlingham Flyers	V45	49 M
46	00:34:00	343 MUNNS	BRIAN	Newmarket Joggers	V45	47 M
47	00:34:02	221 KNOWLES	MATTHEW	Harwich Runners		36 M
48	00:34:05	351 NEWMAN	RICHARD	Harwich Runners	V40	43 M
49	00:34:07	117 KEEBLE	IAN	Stowmarket Striders		36 M
50	00:34:09	200 CURRAN	STEPHEN		V45	46 M
51	00:34:10	173 HAMMOND	NICK	Stowmarket Striders		38 M
52	00:34:14	151 TYE	CHRIS	Ipswich Jaffa	V40	42 M
53	00:34:17	37 McCorquodale	Becky	Harwich Runners	V35	37 F
54	00:34:18	1 REEVE	CHRIS	Stowmarket Striders		37 M
55	00:34:22	184 WYTHE	PAUL	Ipswich Jaffa		37 M
56	00:34:24	49 ROBERTS	RAY	Felixstowe Road Runners	V60	62 M
57	00:34:25	196 MACROSSON	KER	Ipswich Jaffa	V55	55 M
58	00:34:28	236 Hood	John	Mid Essex Casuals	V45	48 M
59	00:34:34	199 BROPHY	LIAM	St. Edmund Pacers	U16	15 M
60	00:34:35	95 Fenton	David	Stowmarket Striders		39 M
61	00:34:45	320 HART	ALAN	Stowmarket Striders		34 M
62	00:34:50	324 PERRY	CHRIS	Stowmarket Striders		35 M
63	00:34:54	205 Clarke	Neville	Newmarket Joggers	V55	56 M
64	00:35:10	301 McCARTHY	MAUREEN	St. Edmund Pacers	V45	48 F
65	00:35:15	186 NICHOLS	DAVID	St. Edmund Pacers	V40	40 M

66	00:35:18	88 Corrigan	Gillian	Stowmarket Striders		30 F
67	00:35:19	100 GILLINGHAM	NEIL	Ipswich Harriers		27 M
68	00:35:20	59 VAUGHAN	DAVE	St. Edmund Pacers	V55	56 M
69	00:35:21	245 Harper	Robin			34 M
70	00:35:22	153 WIGGINS	SIMON	Felixstowe Road Runners		37 M
71	00:35:24	11 CHORLEY	CHRIS	Bungay Black Dog	V45	47 M
72	00:35:27	201 HATTEN	STEPHEN	St. Edmund Pacers	V40	44 M
73	00:35:34	25 ADAMS	REBBECA	Colchester & Tendering		24 F
74	00:35:37	220 Ralph	Matt	Stowmarket Striders		38 M
75	00:35:39	231 FURNACE	MARK			38 M
76	00:35:39	114 JACKSON	ALAN	Ipswich Jaffa	V50	51 M
77	00:35:41	219 BEACH	KATE	Felixstowe Road Runners		26 F
78	00:35:45	2 CHENERY	DUNCAN	Ipswich Jaffa	V50	50 M
79	00:35:47	192 Cornish	James			32 M
80	00:35:49	206 MURRAY	MICHAEL	Sudbury Joggers	V45	46 M
81	00:35:52	13 GURNEY	ANSELM		V40	44 M
82	00:35:56	198 Gooderham	Ian	St. Edmund Pacers	V40	43 M
83	00:35:58	47 EDWARDS	DAVID	Cambridge & Coleridge	V50	52 M
84	00:35:59	338 Hornsey	Joseph	Bungay Black Dog		31 M
85	00:36:00	210 Ash	Jamie	Great Bentley		30 M
86	00:36:01	111 HUGHES	STEVE	Stowmarket Striders	V45	46 M
87	00:36:02	77 BURDETT	SAMUEL	Stowmarket Striders	U16	15 M
88	00:36:02	230 MCCULLOCH	RON	Ipswich Jaffa	V60	64 M
89	00:36:07	24 NAREY	MARY	Stowmarket Striders	V40	42 F
90	00:36:11	262 BROOKE	STEVE	Felixstowe Road Runners	V40	41 M
91	00:36:20	161 Pawsey	Christian		V40	43 M
92	00:36:24	164 LE POIDEVIN	STEVE	St. Edmund Pacers	V40	43 M
93	00:36:37	238 GIMSON	ASHLEY	St. Edmund Pacers	V40	41 M
94	00:36:39	135 PRESLAND	VICKY	Great Bentley	V35	36 F
95	00:36:40	312 Evennett	Michael		V50	54 M
96	00:36:40	116 JORDAN	REBECCA	Stowmarket Striders		32 F
97	00:36:46	179 DEWISON	ALEX			18 M
98	00:36:52	21 CLARKE	JONATHON	Newmarket Joggers	V40	43 M
99	00:36:54	203 Mills	Peter	Stowmarket Striders	V55	57 M

100	00:36:56	121 Marriott	Michael		V50	54 M
101	00:36:59	41 MASTERSON	PAUL		V40	41 M
102	00:37:03	183 LOCKWOOD	SIMON	Stowmarket & District Cycle Club	V40	41 M
103	00:37:06	366 BUDDEN	MATTHEW			28 M
104	00:37:08	362 CRAPNELL	NEIL			31 M
105	00:37:12	252 LAIT	JAMES	Ipswich Jaffa		19 M
106	00:37:15	360 Milnthorpe	Gavin			29 M
107	00:37:16	318 Weatherley	Alex			29 M
108	00:37:16	364 BROOM	SHAUN			29 M
109	00:37:20	261 Cunnington	Ian		V45	46 M
110	00:37:32	9 SMITH	ANDREW	Grange Farm 7 Dunmow Runners	V45	45 M
111	00:37:33	76 BING	CHRISTOPHER	Felixstowe Road Runners		29 M
112	00:37:34	145 SIMMOMNS	STUART			34 M
113	00:37:34	99 Geraghty	Charmaine	Stowmarket Striders	V35	37 F
114	00:37:34	309 SIMS	JAMIE	Stowmarket Striders		38 M
115	00:37:47	102 GOLDSMITH	SIMON			36 M
116	00:37:50	249 Doyle	Oscar	Ipswich Jaffa		21 M
117	00:37:50	10 SMITH	JANE	Grange Farm 7 Dunmow Runners	V40	41 F
118	00:37:52	109 HOOD	DEREK			36 M
119	00:37:55	325 Solomon	George		U17	16 M
120	00:37:56	162 Paton	Abigail	Stowmarket Striders		32 F
121	00:37:56	66 NASH	RICHARD	Stowmarket Striders		38 M
122	00:37:57	7 ANDREWS	MARK	PURPLE PATCH RUNNERS	V40	43 M
123	00:37:59	310 GANT	ALEX	Stowmarket Striders		30 M
124	00:38:07	15 Martin	David		V55	55 M
125	00:38:13	346 Withers	Jim	Newmarket Joggers	V55	55 M
126	00:38:18	180 DEWISON	PAUL	Cambridge & Coleridge	V55	57 M
127	00:38:22	215 BURLS	JONATHON	Harwich Runners	V50	51 M
128	00:38:28	137 PUGH	STEPHEN		V50	52 M
129	00:38:30	19 DANN	CLAIRE			28 F
130	00:38:34	253 MOY	STEVEN			37 M
131	00:38:39	172 Higgins	Tim	Ipswich Jaffa	V45	46 M
132	00:38:46	67 GOSSETT	NIGEL	St. Edmund Pacers	V50	51 M
133	00:38:58	122 MARTIN	NEIL	Stowmarket Striders		37 M

134	00:39:10	156 WOOD	HANNAH	Ipswich Jaffa	V35	37 F
135	00:39:11	323 WARNE	ROBERT	Woodbridge Shufflers	V50	54 M
136	00:39:12	79 BURROWS	CLAIRE			31 F
137	00:39:14	319 HOCKEN	ADAM	Witham Running Club	V40	44 M
138	00:39:17	165 ROBINSON	STEVE	Stowmarket Striders	V55	55 M
139	00:39:18	68 BOGGIS	FRED	Woodbridge Shufflers	V50	52 M
140	00:39:31	53 SADLER	GARY			32 M
141	00:39:34	181 LEGGETT	STEVEN		V40	44 M
142	00:39:36	107 HOLDER	CHERYL		V40	42 F
143	00:39:39	254 BUTLER	PAUL			36 M
144	00:39:39	106 HEEKS	PAUL	Stowmarket Striders	V40	43 M
145	00:39:42	305 KENDALL	MARK	Woodbridge Shufflers	V45	49 M
146	00:39:45	32 HARVEY	GLEN	Bildeston Bounders	V50	50 M
147	00:39:45	127 MORGAN	DANIEL	St. Edmund Pacers		35 M
148	00:39:47	64 KNOTT	ELSPETH	Harwich Runners	V55	59 F
149	00:39:50	139 Reed	James	Woodbridge Shufflers		31 M
150	00:39:54	3 FINCH	PETER	Stowmarket Striders	V45	48 M
151	00:39:55	190 RUE	STEVEN	St. Edmund Pacers	V55	58 M
152	00:39:56	350 MEADER	WILLIAM		V45	46 M
153	00:39:56	17 BRAVERMAN	DIANA	Cambridge & Coleridge	V55	58 F
154	00:39:57	188 HIGGON	JEFF	Harwich Runners	V55	57 M
155	00:39:59	148 Stephenson	Jo	Stowmarket Striders	V45	45 F
156	00:40:01	62 CAPSTICK	CHRISTINE	Woodbridge Shufflers	V40	43 F
157	00:40:03	84 CARTER	NEIL	Ipswich Tri Club		33 M
158	00:40:03	345 TAYLOR	MICHAEL		V55	56 M
159	00:40:06	311 PARTRIDGE	PAT	St. Edmund Pacers	V55	57 F
160	00:40:10	336 Hornsey	Helen	Bungay Black Dog		23 F
161	00:40:12	125 Moggan	Frank	Stowmarket Striders	V60	60 M
162	00:40:19	6 WILLIAMS	STEPHEN	St. Edmund Pacers	V55	56 M
163	00:40:23	103 GOWERS	LAURENCE			34 M
164	00:40:25	69 WATTS	MARK		V45	47 M
165	00:40:26	152 Vick	Sarah	The Saxons	V40	40 F
166	00:40:27	240 Brand	Roger	St. Edmund Pacers	V60	61 M
167	00:40:28	194 PECK	GLYN	Harwich Runners	V65	69 M

168	00:40:30	54 EDWARDS	NAOMI	St. Edmund Pacers		27 F
169	00:40:32	168 Fellingham	Richard	Stowmarket Striders	V60	61 M
170	00:40:34	193 LOW	COLIN		V40	41 M
171	00:40:36	347 Hird	Mark	Ipswich Tri Club	V50	50 M
172	00:40:40	163 Gladwell	Chris	Stowmarket Striders	V50	53 M
173	00:40:44	225 Calver	James			21 M
174	00:40:47	340 BREYER	RUSSEL		V45	47 M
175	00:40:49	341 TUFTS	MARK	Wymondham AC	V40	42 M
176	00:40:52	81 CAHILL	LIZ	Colchester Harriers	V45	45 F
177	00:40:54	128 MOWIE	KAREN	Harwich Runners	V40	40 F
178	00:40:58	134 PEAK	ADRIAN	Ipswich Jaffa	V45	45 M
179	00:40:59	363 PEARCE	THOMAS			31 M
180	00:41:03	251 ANDREWS	JACOB			20 M
181	00:41:05	224 Gould	Daniel			35 M
182	00:41:07	158 WOOLLER	DIANE	Colchester & Tendering	V55	56 F
183	00:41:08	119 LEWIS	COLIN		V45	45 M
184	00:41:09	197 WARNER	DENIS	Harwich Runners	V50	51 M
185	00:41:09	141 RYALL	MICHAEL	Colchester & Tendering	V60	60 M
186	00:41:12	155 WILLIS	JESSICA	Ipswich Jaffa		22 F
187	00:41:14	171 Smith	Anna	Stowmarket Striders	V35	36 F
188	00:41:22	71 Ames	Ron	Stowmarket Striders	V60	62 M
189	00:41:26	237 Cane	Mark			34 M
190	00:41:35	45 VELLA	CARL	Haverhill RC		35 M
191	00:41:35	115 JOHNS	CHRIS	Ipswich Jaffa	V50	53 M
192	00:41:41	167 DAVIES	PHIL	Ipswich Jaffa	V40	44 M
193	00:41:42	244 BENMORE	JAMES			35 M
194	00:41:43	257 MILLER	MARK	Stowmarket Striders	V40	40 M
195	00:41:46	160 Borrett	Keith	Stowmarket Striders	V55	56 M
196	00:41:52	250 KIRK	KELLY-ANNE	Ipswich Jaffa		23 F
197	00:41:54	110 HUGHES	DIANNE	Stowmarket Striders	V45	47 F
198	00:41:54	112 HUGHES	GEORGE	Stowmarket Striders		19 M
199	00:41:55	313 CLARKE	MELISSA	St. Edmund Pacers	V35	36 F
200	00:42:00	42 STROUD	ANDREW		V40	42 M
201	00:42:01	233 PRIOR	STEPHEN	Capel Cheetahs	V40	41 M

202	00:42:03	29 PENNY	JOHN		V55	55 M
203	00:42:06	82 Calver	Eloise	St. Edmund Pacers	V40	42 F
204	00:42:10	136 PRICE	EVETTE	Framlingham Flyers	V45	47 F
205	00:42:17	131 MUNSON	MIKE	Stowmarket Striders	V55	57 M
206	00:42:20	255 REID	DAVID		V45	49 M
207	00:42:25	304 MARSHALL	KEVIN	Ilford AC	V50	50 M
208	00:42:29	87 COOKE	JOHN	Colchester Harriers	V40	44 M
209	00:42:32	142 SAWYER	DAVID	Great Bentley	V45	47 M
210	00:42:35	63 THEOBALD	PAUL	St. Edmund Pacers	V55	55 M
211	00:42:38	342 Daniels	David	Stowmarket Striders	V45	46 M
212	00:42:42	331 WEBSTER	EDWARD		V50	52 M
213	00:42:46	202 TILLYARD	ROBERT	St. Edmund Pacers	V45	46 M
214	00:42:54	169 AMANDA	MARTIN	St. Edmund Pacers	V40	43 F
215	00:42:59	12 SAUERZAPF	BOBBIE	Bungay Black Dog	V50	51 F
216	00:43:03	55 Wooden	Andy	Felixstowe Road Runners	V45	48 M
217	00:43:05	177 Law	Victoria	Great Bentley	V35	38 F
218	00:43:07	157 WOOD	STEPHEN	Ipswich Jaffa	V50	53 M
219	00:43:13	22 LEVANS	DAVID	Felixstowe Road Runners	V45	48 M
220	00:43:13	337 ADAMS	TONY	Great Bentley	V40	43 M
221	00:43:21	306 Holland	Jane		V45	48 F
222	00:43:29	75 BENNETT	ANNABEL	Felixstowe Road Runners	V45	45 F
223	00:43:34	329 HARVEY	COLIN	Harwich Runners	V40	42 M
224	00:43:35	332 JEFFREYS	AIDEN		V40	42 M
225	00:43:40	126 MOREY	ANDREW	Felixstowe Road Runners		37 M
226	00:43:42	326 PIERCY	ANN	Harwich Runners	V55	55 F
227	00:43:52	146 STANNETT	CHARLIE	Ipswich Tri Club	V50	54 M
228	00:43:57	90 CUDMORE	LIZ	Colchester Harriers	V60	62 F
229	00:44:01	212 PAXON	ANGELA	Harwich Runners	V35	37 F
230	00:44:03	105 HATTON	KAREN	St. Edmund Pacers	V50	51 F
231	00:44:06	322 Smith	Robin	St. Edmund Pacers	V55	57 M
232	00:44:13	31 SPARKES	ROGER	Stowmarket Striders	V50	53 M
233	00:44:14	248 PAGE	KAREN	St. Edmund Pacers	V35	39 F
234	00:44:16	354 PAVELEY	ADAM	Capel Cheetahs	V40	43 M
235	00:44:17	256 Coley	David	Felixstowe Road Runners	V60	60 M

236	00:44:17	166 ROBINSON	MARK	LANGPORT RUNNERS	V55	56 M
237	00:44:23	85 CATCHPOOL	IAIN	Ipswich Jaffa	V40	43 M
238	00:44:28	239 FOXHALL	ASHLEY	Capel Cheetahs	V40	40 M
239	00:44:40	175 Kuczer	Alex		V40	43 M
240	00:44:43	335 COOKSON	HARRIET	Harwich Runners		27 F
241	00:44:48	317 CALAIS	ISABELLE			28 F
242	00:44:54	96 FINEGAN	TIM	Felixstowe Road Runners	V45	48 M
243	00:45:03	33 GOLDSMITH	NEAL	Ipswich Jaffa		32 M
244	00:45:12	228 Collins	George	Ipswich Jaffa	V45	45 M
245	00:45:28	222 NEWMAN	MARK	Ipswich Tri Club		32 M
246	00:45:38	28 FISHER	KEITH		V45	49 M
247	00:45:40	226 FREEMAN	IAN		V55	59 M
248	00:45:41	52 SNAZELL	HELEN	St. Edmund Pacers	V50	54 F
249	00:45:42	130 MULLEY	MICK		V50	53 M
250	00:46:02	46 HAYNES	MANDY	Haverhill RC	V45	46 F
251	00:46:03	229 HEALEY	PETER			38 M
252	00:46:11	149 STERLING	ANNA		V35	36 F
253	00:46:15	357 Bond	Andy	Stowmarket Striders	V60	63 M
254	00:46:23	61 BURNELL	MARIANNE	Ipswich Jaffa	V60	60 F
255	00:46:25	263 SAINT	LINDA-ANN		V45	45 F
256	00:46:28	259 PALMER	SIMON	Ipswich Tri Club	V55	55 M
257	00:46:52	189 RUE	RITA	St. Edmund Pacers	V45	49 F
258	00:46:57	333 WRIGHT	MAUREEN	Ipswich Jaffa	V60	64 F
259	00:46:59	355 HAYWARD	GUY			38 M
260	00:47:12	260 CUNNINGTON	FIONA		V50	51 F
261	00:47:14	308 Linnett	Mike		V45	45 M
262	00:47:20	40 PORTER	CAROLOINE	Great Bentley	V45	46 F
263	00:47:26	27 JOBBINS	SARAH		V45	45 F
264	00:47:28	227 PHILLIPS	CLARE		V40	41 F
265	00:47:31	170 Smith	Paul	Ipswich Tri Club		27 M
266	00:47:34	129 MOWIE	RUSSELL	Harwich Runners	V40	40 M
267	00:47:37	208 Burt	Robbie		V40	42 M
268	00:47:55	352 PEMBROKE	DEBBIE	Capel Cheetahs	V45	46 F
269	00:47:57	57 Hatten	Emma	St. Edmund Pacers	U17	16 F

270	00:48:00	178 LAW	BARBARA	Great Bentley	V65	66 F
271	00:48:11	235 Turner	Jade		V45	46 M
272	00:48:29	8 CLIFFORD	PETER		U17	16 M
273	00:48:30	34 HARGADON	Sue	Ipswich Tri Club	V55	55 F
274	00:48:35	18 BRAVERMAN	TERRY	Haverhill RC	V65	65 M
275	00:48:40	361 Coleman	Adam			29 M
276	00:48:40	339 HAYES	CHRIS	Great Bentley	V50	50 M
277	00:48:45	51 BAILEY	EMMA	Felixstowe Road Runners		18 F
278	00:48:57	36 THURLOW	JULIE	Ipswich Jaffa	V50	54 F
279	00:48:59	316 YARROW	EMMA	Stowmarket Striders	V35	38 F
280	00:49:22	30 SPARKES	GAIL	Stowmarket Striders	V50	50 F
281	00:49:38	348 DELF	JACKIE	Newmarket Joggers	V45	47 F
282	00:49:42	182 Trevelyan	Paul		V50	53 M
283	00:49:53	303 MACSPHNEY	NIKI		V35	39 F
284	00:49:55	191 Phillips	Clare	Mid Essex Casuals	V45	45 F
285	00:50:25	211 PAPWORTH	LOUISE	Harwich Runners	V35	36 F
286	00:50:33	359 JARRETT	JENNIFER	Felixstowe Road Runners	V45	46 F
287	00:50:40	242 REEVE	PETER	Great Bentley	V50	50 M
288	00:50:59	86 CHITTOCK	MEL		V50	54 M
289	00:51:02	92 DEACON	MIKE	Felixstowe Road Runners	V65	65 M
290	00:51:21	20 DANN	ROBERT		V55	58 M
291	00:52:06	353 CHAPMAN	CAROLINE	Capel Cheetahs	V50	52 F
292	00:52:25	356 Creasey	Melanie	Stowmarket Striders		34 F
293	00:52:32	358 Mack	Rebecca	Stowmarket Striders		29 F
294	00:52:58	140 ROBERTS	PHIL		V40	42 M
295	00:52:59	97 FORD	REBBECA			32 F
296	00:53:04	234 PRIOR	AMANDA	Capel Cheetahs	V40	42 F
297	00:53:07	218 JOHNSON	CARLA	Felixstowe Road Runners		29 F
298	00:53:09	243 GAUGHAN	LISA	Capel Cheetahs	V40	42 F
299	00:53:20	83 CARTER	HELEN	Saxons RC		31 F
300	00:53:50	50 BAILEY	JANE	Felixstowe Road Runners	V50	54 F
301	00:54:51	330 BULLEN	CATHERINE		V40	42 F
302	00:54:53	187 NICHOLS	STEPHANIE		V40	40 F
303	00:55:10	344 Taylor	Jane		V50	50 F

304	00:55:10	327 COOMBS	ROGER		V60	63 M
305	00:55:38	39 PORTER	KEITH	Great Bentley	V55	58 M
306	00:57:53	26 NUTLEY	PHILIP	St. Edmund Pacers	V60	62 M
307	01:01:38	174 UFF	FRED	Framlingham Flyers	V65	77 M
308	01:03:58	144 SILBURN	MALCOM	Felixstowe Road Runners	V45	49 M
309	01:05:02	241 Nugent	David	Great Bentley	V60	60 M