

Stowmarket Striders Joe Cox Half Marathon Results

29th March 2009

Position	Race No	Surname	First Name	Club Name	Age	Sex	Category	Actual Time
1	595	Kingsnorth	Tom	St. Edmund Pacers	29	M		01:13:53
2	766	Prewer	Carl	Lowestoft Road Runners	39	M		01:14:37
3	819	Baldelli	Benvenuto	Cambridge & Coleridge	40	M	V40	01:15:00
4	744	Wilkinson	Jo	Bedford County	35	F		01:15:09
5	827	Calderon	Lee	University Of East Anglia	29	M		01:16:18
6	438	Mynott	Andrew		32	M		01:16:42
7	752	Betts	Mark	Norwich Road Runners	36	M		01:18:26
8	421	Pettit	Stephen	Ely Runners	44	M	V40	01:19:06
9	706	Glynn	Philip	Hercules Wimbledon	29	M		01:19:49
10	644	Roberts	Jennie	Ipswich Jaffa	34	F		01:20:50
11	736	Moore	Graham		47	M	V45	01:21:40
12	567	Gear	Martin	Newmarket Joggers	26	M		01:22:03
13	603	Lark	Shaun	Lowestoft Road Runners	33	M		01:22:28
14	655	Sheils	Liam	Bishops Stortford Rc	32	M		01:22:49
15	799	Roper	Goy	Norwich Road Runners	47	M	V45	01:22:58
16	775	Christopher	John	North Norfolk Beach Runners	44	M	V40	01:23:08
17	565	Fraser-Lim	Steve		31	M		01:23:22
18	832	Jones	Leon		29	M		01:23:41
19	770	Calver	Vince	Felixstowe Road Runners	39	M		01:23:46
20	728	Sulivan	Paul	Norwich Road Runners	42	M	V40	01:24:01
21	540	Cooke	Chris	St. Edmund Pacers	47	M	V45	01:24:02
22	639	Ranson	Tracey	Springfield Striders	27	F		01:24:07
23	695	Buck	Andrew	Sudbury Joggers	44	M	V40	01:24:19
24	500	Brightwell	Simon	Cambridge & Coleridge	44	M	V40	01:24:51
25	575	Greener	Michael	St. Edmund Pacers	38	M		01:24:56
26	742	Stephens	Nicholas	Stowmarket Striders	45	M	V45	01:25:05
27	583	Hill	Raymond	Ipswich Jaffa	59	M	V55	01:25:48
28	578	Gurney	Allistair		26	M		01:25:55
29	666	Steadman	Peter	53-12 Multisports	42	M	V40	01:26:02
30	776	Cresswell	Tom	Sudbury Joggers	21	M		01:26:10
31	527	Chapman	Graham	Ely Runners	52	M	V50	01:26:17
32	693	Beardmore	Roger	Wymondham Ac	48	M	V45	01:26:19
33	643	Ridgeon	Jason		41	M	V40	01:26:22
34	513	Biggins	Renny	Felixstowe Road Runners	36	M		01:26:26
35	754	Hodge	Nigel	City Of Norwich	41	M	V40	01:27:10
36	507	Bailey	Cliff	Theftford Ac	49	M	V45	01:27:27
37	740	Green	Stuart	Stowmarket Striders	48	M	V45	01:27:32
38	562	Evans	David		39	M		01:27:36
39	531	Clarke	Barry	Stowmarket Striders	29	M		01:27:41
40	564	Fox	Tim	St. Edmund Pacers	42	M	V40	01:27:58
41	753	Lockwood	Jon	St. Edmund Pacers	39	M		01:27:58
42	800	Curl	Tracey	Norwich Road Runners	46	F	V45	01:28:00
43	668	Stutton	Matthew	Gt Yarmouth Road Runners	22	M		01:28:16
44	594	Kennedy	Gregor		40	M	V40	01:28:35
45	750	Macpherson	Al	St. Edmund Pacers	35	M		01:28:45
46	569	Gillibrand	Christian	Sudbury Joggers	36	M		01:28:55
47	672	Thorpe	John	Ipswich Jaffa	38	M		01:28:56
48	512	Benton	Wesley	Sudbury Joggers	28	M		01:28:57
49	545	Coxall	Ian	Ipswich Jaffa	36	M		01:28:59
50	522	Calver	Laurence	Newmarket Joggers	43	M	V40	01:29:17
51	730	Waterman	Rose	City Of Norwich	27	F		01:29:19
52	645	Robinson	Steven	Raf	25	M		01:29:22
53	708	Greener	John	St. Edmund Pacers	40	M	V40	01:29:35
54	726	Spencer-Wood	Julian	Kent Ac	57	M	V55	01:29:41
55	779	Page	Ed	53-12 Multisports	39	M		01:29:44
56	571	Golding	Peter	St. Edmund Pacers	53	M	V50	01:29:54
57	491	Warden	Brian	City Of Norwich	35	M		01:30:01
58	825	Everson	David		24	M		01:30:04
59	586	Honeywood	Philip		41	M	V40	01:30:41
60	808	Nelhams	Michael	Stowmarket Striders	40	M	V40	01:30:46
61	458	Glass	Andy	Sudbury Joggers	36	M		01:30:50

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Position	Race No	Surname	First Name	Club Name	Age	Sex	Category	Actual Time
62	793	Bowker	Ross		24	M		01:30:51
63	437	Swindin	Robin	Ipswich Jaffa	36	M		01:30:54
64	492	Rednell-Read	Steven	Lowestoft Road Runners	45	M	V45	01:30:56
65	681	Warner	Alex		30	M		01:31:03
66	533	Clarke	Neville	Newmarket Joggers	55	M	V55	01:31:06
67	613	Mascall	Chris		31	M		01:31:27
68	417	Froud	Sam		23	M		01:31:28
69	456	Horne	Paul	Vegetarian Cycling & Ac	49	M	V45	01:31:30
70	641	Reid	Neil		31	M		01:31:52
71	547	Cresswell	Steve		34	M		01:32:25
72	468	Vellacott	Tom		27	M		01:32:27
73	683	Whiston	Arthur	Colchester Harriers	58	M	V55	01:32:57
74	707	Gray	Steve	Stowmarket Striders	49	M	V45	01:33:40
75	536	Cockrell	Jon		44	M	V40	01:34:05
76	815	Thomd	Ben		34	M		01:34:07
77	618	Meecham	Simon	Ipswich Jaffa	37	M		01:34:08
78	592	Johnson	Ben		33	M		01:34:11
79	413	Chorley	Chris	Bungay Black Dog	46	M	V45	01:34:12
80	559	Earl	Tim	Waveney Valley Ac	26	M		01:34:17
81	476	Wooldridge	Kate	Ipswich Jaffa	35	F		01:34:20
82	789	Womack	Mark	Lowestoft Road Runners	39	M		01:34:57
83	741	Van Der Beke	Adam		29	F		01:35:00
84	743	Bloomfield	Jason	Stowmarket Striders	37	M		01:35:09
85	528	Chevin	Anthony		39	M		01:35:14
86	525	Catlin	Marcus	Ipswich Jaffa	34	M		01:35:25
87	436	Marsh	Mary	Newmarket Joggers	56	F	V55	01:35:42
88	711	Hart	Gregory	Bishops Stortford Rc	51	M	V50	01:35:53
89	670	Syvret	Mark		35	M		01:36:00
90	830	Merrywest	Mark	Norwich Road Runners	31	M		01:36:01
91	829	Addleton	Emma	Norwich Road Runners	33	F		01:36:02
92	774	Doig	Adrian		38	M		01:36:03
93	505	Avent	Martin	Tiptree Road Runners	49	M	V45	01:36:15
94	612	Marriott	Michael		53	M	V50	01:36:25
95	813	Beagley	Mark	Riverside Runners	45	M	V45	01:36:26
96	423	Archbold	Karen	Lowestoft Road Runners	41	F	V40	01:36:27
97	481	Mudge	Ian		53	M	V50	01:36:30
98	771	Hunt	Steven	Hadleigh Hares	49	M	V45	01:36:33
99	489	Boothhby	Jebb		37	M		01:36:34
100	653	Sangster	Tom	53-12 Multisports	41	M	V40	01:36:36
101	626	Moulton	Chris	Sudbury Joggers	35	M		01:36:50
102	625	Mould	David	Bushfield Campus Joggers	42	M	V40	01:36:52
103	702	Ellis	Vince	City Of Norwich	53	M	V50	01:37:05
104	812	Long	Tim	Cambridge & Coleridge	49	M	V45	01:37:11
105	418	Templeton	Raymond		36	M		01:37:13
106	454	Harwood	Clarie		30	F		01:37:21
107	727	Stanhope	Ian		46	M	V45	01:37:27
108	705	Gilliard	Ken		44	M	V40	01:37:27
109	690	Baguley	Peter	Ipswich Jaffa	51	M	V50	01:37:28
110	777	Hamilton	Jonathon	Woodbridge Shufflers	45	M	V45	01:37:32
111	433	Kelly	Tim	Bishops Stortford Rc	53	M	V50	01:38:01
112	542	Corrigan	Gillian		29	F		01:38:02
113	484	Wellham	David		45	M	V45	01:38:36
114	585	Hockley	Marie	Bishops Stortford Rc	46	F	V45	01:39:04
115	590	Hunter	Bruce	Muddy Mucky Monkeys	37	M		01:39:08
116	557	Dulake	David	Hadleigh Hares	42	M	V40	01:39:17
117	619	Meen	Carl		33	M		01:39:25
118	642	Reys	Stephen	Haverhill Rc	42	M	V40	01:39:36
119	731	Withers	Jim	Newmarket Joggers	54	M	V50	01:39:58
120	746	Gooderham	Ian	St. Edmund Pacers	41	M	V40	01:40:12
121	704	Fenton	David	Stowmarket Striders	38	M		01:40:29
122	701	Daley	Richard		38	M		01:40:33

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Position	Race No	Surname	First Name	Club Name	Age	Sex	Category	Actual Time
123	687	Wood	Tom	Stowmarket Striders	17	M	U18	01:40:46
124	747	Ham	David		36	M		01:40:48
125	543	Covey	Steven	53-12 Multisports	40	M	V40	01:40:53
126	432	King	Michael	Coltishall Jaguars	58	M	V55	01:40:58
127	719	Ralph	Matt		37	M		01:40:58
128	803	Corbett	Brian David	Cambridge & Coleridge	52	M	V50	01:41:08
129	497	East	Ian		38	M		01:41:11
130	679	Walne	Jason		38	M		01:41:12
131	471	Shatford	John		43	M	V40	01:41:13
132	710	Harger	Simon		25	M		01:41:15
133	682	Watt	Bob	Great Bentley	55	M	V55	01:41:18
134	788	Alderton	Paul		46	M	V45	01:41:19
135	662	Soper	Michael	St. Edmund Pacers	36	M		01:41:29
136	737	Palmer	Gavin	Stowmarket Striders	31	M		01:41:57
137	697	Constable	Dale	Halstead Road Runners	42	M	V40	01:41:59
138	714	Lockett	Ellen	Serpentine Running Club	32	F		01:42:00
139	821	Lockwood	Simon	Ipswich Tri Club	40	M	V40	01:42:01
140	475	Clayton	Rob	Felixstowe Road Runners	51	M	V50	01:42:02
141	678	Wallace	Paul	Stowmarket Striders	44	M	V40	01:42:10
142	622	Monks	Colin	Blackheath And Bromley Harriers	60	M	V60	01:42:11
143	739	Ames	Ron	Stowmarket Striders	61	M	V60	01:42:12
144	503	Allen	Peter	Bishops Stortford Rc	52	M	V50	01:42:17
145	467	Mills	Clive		41	M	V40	01:42:24
146	783	Geraghty	Charmaine	Stowmarket Striders	36	F		01:42:34
147	780	Woodard	Reginald		68	M	V65	01:42:50
148	700	Cox	Jonathan		27	M		01:42:54
149	677	Vick	Sarah	The Saxons	39	F		01:42:56
150	732	Woodall	Tim		27	M		01:43:01
151	621	Moggan	Frank	Stowmarket Striders	59	M	V55	01:43:05
152	749	Williams	Stephen	St. Edmund Pacers	55	M	V55	01:43:07
153	658	Shortland	Robert		49	M	V45	01:43:09
154	665	Statter	Graham	Bishops Stortford Rc	51	M	V50	01:43:14
155	826	Richard	Fellingham	Stowmarket Striders	60	M	V60	01:43:17
156	648	Rodgers	Ian	Bishops Stortford Rc	42	M	V40	01:43:18
157	616	Mcclymont	Ian	Bishops Stortford Rc	63	M	V60	01:43:22
158	765	Norman	Pauline	Lowestoft Road Runners	59	F	V55	01:43:35
159	790	Cook	Chris	St. Edmund Pacers	60	M	V60	01:43:42
160	831	Grainger	Richard		28	M		01:43:48
161	607	Lyons	Zoe		31	F		01:43:53
162	554	Downing	Terry		54	M	V50	01:43:56
163	615	Mayhew	Vicky		27	F		01:43:56
164	593	Judge	Sophie		26	F		01:43:59
165	805	Evennett	Michael		53	M	V50	01:44:04
166	807	Macbay	Paul		33	M		01:44:18
167	446	Evans	Lorraine	Bishops Stortford Rc	49	F	V45	01:44:26
168	657	Shields	Rachel		25	F		01:44:52
169	453	Le	Quang	Brandon Fern Hopper	40	M	V40	01:44:58
170	632	Payne	Kevin	Mid Essex Casuals	43	M	V40	01:45:00
171	667	Stephenson	Jo	Stowmarket Striders	43	F	V40	01:45:02
172	699	Courtney	Martin	Ely Runners	41	M	V40	01:45:04
173	712	Lambert	John	Ipswich Jaffa	64	M	V60	01:45:19
174	573	Grant	Sarah		36	F		01:45:25
175	465	Keevil	Raymond	Brandon Fern Hopper	65	M	V65	01:45:32
176	534	Clarke	Paul	St. Edmund Pacers	48	M	V45	01:45:39
177	494	Hempstead	Barry	Eastern Vets	66	M	V65	01:46:10
178	673	Tope	Clare		33	F		01:46:22
179	541	Cornell	John		44	M	V40	01:46:23
180	638	Puls	Richard		31	M		01:46:55
181	516	Brady	Rob	Team Rage	49	M	V45	01:46:59
182	778	Corrigan	Grant		59	M	V55	01:47:07
183	448	Braverman	Terry	Haverhill Rc	64	M	V60	01:47:13

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184	735	Mcafee	Paul		43	M	V40	01:47:14
185	664	St Ledger	Dee	Sudbury Joggers	44	F	V40	01:47:16
186	517	Bragger	Timothy		27	M		01:47:22
187	511	Barrett	John	Eire Og	45	M	V45	01:47:25
188	796	Rowe	Andy		44	M	V40	01:47:38
189	757	Daniels	David	Stowmarket Striders	45	M	V45	01:48:00
190	414	Sauerzapf	Bobbie	Bungay Black Dog	50	F	V50	01:48:13
191	671	Tanner	Roy		43	M	V40	01:48:30
192	759	Eastall	Richard		44	M	V40	01:48:39
193	698	Cooper	Philip	Reepham Runners	49	M	V45	01:48:40
194	798	Hurry	Paul	53-12 Multisports	44	M	V40	01:48:44
195	415	Airlie	Brian	Hadleigh Hares	41	M	V40	01:48:50
196	772	Allen	Daren	Hadleigh Hares	44	M	V40	01:48:50
197	604	Laughlin	Julian		38	M		01:48:52
198	502	Alexander	Penelope	Norwich Road Runners	21	F		01:49:00
199	760	Penny	John		54	M	V50	01:49:01
200	560	Eaton	Anna	Newmarket Joggers	40	F	V40	01:49:26
201	761	Leach	Brian	Ipswich Jaffa	60	M	V60	01:49:32
202	479	Hobson	Roger	Woodbridge Shufflers	63	M	V60	01:49:41
203	425	Suter	Stephen	Ipswich Tri Club	39	M		01:49:44
204	756	Sanchez	Joel		46	M	V45	01:49:44
205	768	Halpin	Julie		39	F		01:49:45
206	459	Fairbrother	Ian		47	M	V45	01:49:45
207	508	Baker	John	Bishops Stortford Rc	58	M	V55	01:49:49
208	487	Codling	Jo		37	F		01:49:55
209	640	Reed	James	Woodbridge Shufflers	29	M		01:50:02
210	723	Rudd	Philippa		45	F	V45	01:50:13
211	652	Rowley	Matt		38	M		01:50:14
212	477	Martin	Neil	Stowmarket Striders	36	M		01:50:21
213	472	Elflett	Mark	Lowestoft Road Runners	45	M	V45	01:50:30
214	424	Paul	Miranda	Newmarket Joggers	35	F		01:50:32
215	509	Ball	Shirley	Bishops Stortford Rc	54	F	V50	01:50:35
216	696	Bulman	Richard	Reepham Runners	58	M	V55	01:50:40
217	721	Robinson	Paul	Reepham Runners	43	M	V40	01:50:44
218	422	Bunting	Simon	Lowestoft Road Runners	43	M	V40	01:51:05
219	748	Garlick	Chris		43	M	V40	01:51:15
220	627	Normansell	John		51	M	V50	01:51:37
221	661	Soer	Richard		51	M	V50	01:51:46
222	802	Jawes	Stuart	Newmarket Joggers	42	M	V40	01:51:56
223	745	Burgess	Conrad J	Ipswich Jaffa	34	M		01:52:07
224	435	Wright	Gary		42	M	V40	01:52:11
225	786	Adams	Roger	Brandon Fern Hopper	38	M		01:52:17
226	781	Lloyd	Matthew		18	M		01:52:37
227	552	Dougan	Derrick		31	M		01:52:43
228	820	Stocker	Paul James		28	M		01:52:52
229	715	Mayhew	Allen	Stowmarket Striders	36	M		01:52:58
230	483	O'Callaghan	Jennifer	Newmarket Joggers	40	F	V40	01:53:02
231	784	Law	Vivienne	Bishops Stortford Rc	45	F	V45	01:53:03
232	404	Stannett	Charlie	Ipswich Tri Club	53	M	V50	01:53:10
233	817	Case	Daniel	Felixstowe Road Runners	19	M		01:53:12
234	449	Howe	David		33	M		01:53:14
235	518	Bright	Stephen	British Athletics Supporters Club	46	M	V45	01:53:16
236	816	Case	Robert	Felixstowe Road Runners	39	M		01:53:30
237	495	Wood	Hilary	Ipswich Jaffa	46	F	V45	01:53:33
238	694	Brunning	Peter		57	M	V55	01:53:33
239	794	Florence	Anne	Diss Ac	56	F	V55	01:53:34
240	581	Hewitt	Joanne	Bishops Stortford Rc	24	F		01:53:48
241	450	Kinch	Brenda	North Norfolk Beach Runners	64	F	V60	01:53:57
242	811	Gardiner	Frank	Great Bentley	54	M	V50	01:54:01
243	462	Finch	Peter		47	M	V45	01:54:08
244	767	Saunders	Mark		38	M		01:54:11

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245	814	Miller	David	Stowmarket Striders	24	M		01:54:11
246	574	Greener	John	Bildeston Bounders	66	M	V65	01:54:20
247	758	Lee	Mon	Ipswich Jaffa	51	M	V50	01:54:25
248	411	Salmon	Helen	Wymondham Ac	43	F	V40	01:54:27
249	447	Braverman	Diana	Cambridge & Coleridge	57	F	V55	01:54:28
250	597	Knight	Emily	Ely Runners	29	F		01:54:36
251	828	Hunt	Caroline		21	F		01:54:58
252	809	Darlaston	Justine		37	F		01:55:05
253	717	Paul	Bob	Bungay Black Dog	55	M	V55	01:55:06
254	410	Drewe	Julian		31	M		01:55:32
255	469	Nokes	Carol	Hadleigh Hares	51	F	V50	01:55:32
256	409	English	Sinead		29	F		01:55:33
257	620	Metherell	Bonnie		25	F		01:55:33
258	401	Pepper	Richard		37	M		01:55:37
259	524	Carr	Iris		37	F		01:56:24
260	452	Norman	Steven	Hadleigh Hares	31	M		01:56:46
261	587	Hooper	Simon		38	M		01:56:56
262	810	Law	Barbara	Great Bentley	64	F	V60	01:56:59
263	439	Smith	Harry	Stowmarket Striders	44	M	V40	01:57:09
264	499	Murray	Mark		36	M		01:57:15
265	733	Woods	David		38	M		01:57:16
266	630	Owen	Sarah	British Athletics Supporters Club	43	F	V40	01:57:20
267	635	Power	Anna		25	F		01:57:28
268	724	Scott	Jonathon		31	M		01:57:41
269	444	Mayhew	Steve		44	M	V40	01:57:52
270	461	Mccormack	Lynda	Newmarket Joggers	48	F	V45	01:58:19
271	792	Flack	Andrew		37	M		01:58:19
272	738	Warren	Peter	City Of Norwich	53	M	V50	01:58:21
273	463	Tabley	Joshua		24	M		01:58:26
274	405	Stannett	Kate	Ipswich Tri Club	47	F	V45	01:58:26
275	521	Calver	Eloise	St. Edmund Pacers	41	F	V40	01:58:27
276	588	Hughes	Wendy	Stowmarket Striders	49	F	V45	01:58:31
277	787	Chaplin	Philip	Bishops Stortford Rc	43	M	V40	01:58:33
278	544	Cowan	Eleanor	Bishops Stortford Rc	40	F	V40	01:58:35
279	514	Borrett	Keith	Stowmarket Striders	55	M	V55	01:58:38
280	654	Schalow	Birgit	Bishops Stortford Rc	42	F	V40	01:58:40
281	614	Mayhew	Sandra	Stowmarket Striders	45	F	V45	01:58:53
282	806	Gallagher	Tony		51	M	V50	01:59:13
283	605	Lee	Rachel		27	F		01:59:17
284	430	Austin	Karen	Stowmarket Striders	29	F		01:59:22
285	496	Wood	Stephen	Ipswich Jaffa	51	M	V50	01:59:25
286	692	Baker	Pat		39	M		01:59:28
287	520	Bugg	Laura		33	F		01:59:31
288	824	Bond	Andrew	Stowmarket Striders	62	M	V60	01:59:41
289	466	Bills	Alison	Saxons Rc	33	F		01:59:43
290	482	Webster	Edward		51	M	V50	01:59:56
291	718	Pittam	Nathan	Stowmarket Striders	28	M		02:00:03
292	606	Lloyd	Kate		33	F		02:00:15
293	451	Alcock	Steve	Hadleigh Hares	44	M	V40	02:00:15
294	791	Mawer	Roger	Lowestoft Road Runners	68	M	V65	02:00:37
295	823	Nevin	John		58	M	V55	02:00:38
296	556	Drury	Chris	Brandon Fern Hopper	41	F	V40	02:00:54
297	537	Coley	David	Ipswich Jaffa	59	M	V55	02:01:29
298	675	Van Der Linden	Geoff		46	M	V45	02:01:54
299	529	Chevin	Robert		61	M	V60	02:02:07
300	646	Robinson	Tony	53-12 Multisports	43	M	V40	02:02:19
301	713	Larke	James		33	M		02:02:31
302	722	Round	Sarah		29	F		02:02:31
303	519	Brinkley	Angela	Stowmarket Striders	47	F	V45	02:02:32
304	764	Winser	Stephen		39	M		02:02:48
305	486	Salisbury	Samantha		39	F		02:02:52

Stowmarket Striders Joe Cox Half Marathon Results

29th March 2009

Position	Race No	Surname	First Name	Club Name	Age	Sex	Category	Actual Time
306	599	Kuczer	Alex		42	M	V40	02:03:40
307	474	Cheung	Gi Kwong	Ipswich Jaffa	41	M	V40	02:04:45
308	478	Jinks	Marion		54	F	V50	02:04:52
309	647	Robson	James	Newmarket Cycling & Tri Club	53	M	V50	02:04:55
310	651	Rowley	Dave		64	M	V60	02:05:08
311	624	Moore	Helen	Stowmarket Striders	31	F		02:05:58
312	688	Woollard	Faye	Ipswich Jaffa	27	F		02:05:58
313	703	Farrar	Robin	Bungay Black Dog	66	M	V65	02:06:05
314	636	Power	Tim	Woodbridge Shufflers	58	M	V55	02:06:09
315	659	Smith	David		39	M		02:06:17
316	691	Baker	Darren	St. Edmund Pacers	46	M	V45	02:06:18
317	608	Mack	Katie	Stowmarket Striders	26	F		02:06:18
318	526	Chamberlain	Karen	Ipswich Jaffa	41	F	V40	02:06:58
319	785	Adams	Janet	Brandon Fern Hopper	45	F	V45	02:08:05
320	684	Wildon	Dan		32	M		02:08:22
321	464	Tabley	Maggie	Stowmarket Striders	59	F	V55	02:09:14
322	535	Clissold	Bill	Ford Fitness Centre Running Club	49	M	V45	02:10:03
323	689	Wright	Denise	Stowmarket Striders	46	F	V45	02:10:11
324	773	Davis	James		29	M		02:10:15
325	716	Mccarthy	Patricia	Tri-Anglia Triathlon Club	37	F		02:12:01
326	558	Eades	Antonia		36	F		02:12:40
327	795	Green	David		24	M		02:12:44
328	402	Berry	Carol		51	F	V50	02:12:48
329	403	Berry	Martin		44	M	V40	02:12:48
330	818	Been	Mavis		28	F		02:13:11
331	457	Wilson	Phylly	Wreake Runners	67	F	V60	02:13:13
332	725	Shaw	Michael		53	M	V50	02:13:38
333	628	Norwood	Carol		49	F	V45	02:13:40
334	442	Morley	Stephen	Brandon Fern Hopper	55	M	V55	02:13:50
335	580	Hawkins	Daniel		29	M		02:14:20
336	429	Rice	Marie	Stowmarket Striders	32	F		02:15:06
337	769	Adams	Peter		61	M	V60	02:15:50
338	797	Huggins	Nick	St. Edmund Pacers	57	M	V55	02:16:08
339	751	Angier	Alison	Colchester Harriers	39	F		02:16:15
340	804	Moore	Ian	Norwich Road Runners	29	M		02:17:17
341	755	Sanchez	Josephine		46	F	V45	02:17:50
342	734	Bloomfield	Christine	Norfolk Gazelles	52	F	V50	02:18:01
343	600	Lafosse	Stephane	Halstead Road Runners	45	M	V45	02:19:24
344	419	Jack	Robert	Bungay Black Dog	49	M	V45	02:24:51
345	763	White	Kirsty		37	F		02:25:10
346	637	Protheroe	Sallyann	Lowestoft Road Runners	50	F	V50	02:26:07
347	515	Braat	Lisa	Lowestoft Road Runners	33	F		02:26:10
348	601	Lake	Eleanor		26	F		02:28:07
349	416	Turner	Brian W	Ipswich Jaffa	70	M	V65	02:28:12
350	555	Driver	Kev		43	M	V40	02:28:16
351	523	Carberry	Jenni		36	F		02:28:18
352	441	Deverson	Grahame	Brandon Fern Hopper	35	M		02:28:33
353	602	Lake	Geraldine		56	F	V55	02:28:35
354	822	Nevin	Joan		56	F	V55	02:32:47
355	582	Hickford	Jo-Anne		35	F		02:33:05
356	470	Thomas	Peter J	Colchester Harriers	80	M	V65	02:33:23
357	488	Moore	Kristen		28	F		02:33:46
358	801	Gamble	Mary	Lakenheath Lopers	48	F	V45	02:34:16
359	445	Bills	Maxine		37	F		02:40:20
360	485	Tull	Ernstine		45	F	V45	02:41:57
361	530	Clark	Elaenor		36	F		02:48:08