

Scenic 7

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	229	Kieran Hayles	MO	0:39:45.17	Sudbury Joggers
2	292	Jim Last	M40	0:40:10.05	Framlingham Flyers
3	457	Adam Wade	MO	0:40:49.76	Ipswich Jaffa RC
4	272	Ben Jacobs	M40	0:40:57.67	Felixstowe RRC
5	232	James Hayward	MO	0:41:11.56	Ipswich Jaffa RC
6	11	Holly Archer	FO	0:41:16.31	West Suffolk Athletics
7	256	Adam Howlett	M45	0:41:31.78	Framlingham Flyers
8	344	Ian Old	MO	0:42:05.19	Ipswich Jaffa RC
9	432	Dave Solomon	M50	0:42:08.59	Felixstowe RRC
10	233	Mark Hayward	MO	0:42:14.74	Newmarket Joggers
11	416	Darren Sheppard	M45	0:42:28.65	Framlingham Flyers
12	493	Oscar Wood	MO	0:43:43.58	Framlingham Flyers
13	120	Darren Cook	M40	0:43:51.9	Felixstowe RRC
14	64	Steve Brooke	M45	0:44:03.59	Felixstowe RRC
15	386	Joe Robson	MO	0:44:06.4	Saint Edmund Pacers
16	385	Odette Robson	F45	0:44:17.06	Saint Edmund Pacers
17	75	Piotr Bulacz	M45	0:45:00.96	Sudbury Joggers
18	339	James Nial	MO	0:45:13.08	Run for Your Life
19	161	Ian Duggan	M50	0:45:21.67	Felixstowe RRC
20	263	Steven Hughes	M50	0:45:34.78	Stowmarket Striders RC
21	141	Andy Buck	M50	0:45:42.45	Sudbury Joggers
22	221	Robin Harper	M40	0:45:52.24	Felixstowe RRC
23	185	Ady Frost	M45	0:46:12.79	Colchester Harriers
24	472	Elliot Wells	MO	0:46:20.76	Stowmarket Striders RC
25	346	Paul Osborne	M40	0:46:24.72	Felixstowe RRC
26	220	Charles Hann	M50	0:46:30.25	Sudbury Joggers
27	25	Howard Beasley	M55	0:46:31.63	Saint Edmund Pacers
28	66	Sam Brooke	MO	0:46:32.34	Felixstowe RRC
29	202	Alice Goodwin	FO	0:46:43.89	Ipswich Harriers
30	13	Emma Attwood	FO	0:46:46.03	Stowmarket Striders RC
31	4	Adam Allard	M40	0:46:46.9	
32	271	Daniel Ingleby	MO	0:46:55.9	Ipswich Jaffa RC
33	7	Lee Allen	MO	0:46:57.21	Harwich Runners
34	226	Tom Haslam	M45	0:46:59.93	Saxmundham Saxons
35	214	Guy Morris	M45	0:47:01.59	
36	243	Alex Hobbs	MO	0:47:07.01	Stowmarket Striders RC
37	28	David Beighton	M40	0:47:09.12	Saint Edmund Pacers
38	496	Philip Wright	M40	0:47:26.08	
39	137	Stephen Curran	M50	0:47:30.38	Framlingham Flyers
40	73	Stuart Buchan	MO	0:47:33.41	Ipswich Jaffa RC
41	194	Neil Gillingham	MO	0:47:36.27	Ipswich Harriers
42	424	Richard Smith	M40	0:47:37.42	Sudbury Joggers
43	488	Joanna Woledge	F40	0:47:41.74	Saint Edmund Pacers
44	389	Mark Rose	M40	0:47:42.94	Ipswich Jaffa RC
45	257	James Howlett	M40	0:47:49.94	Framlingham Flyers
46	315	Dan Mead	M40	0:47:56.82	Saint Edmund Pacers
47	18	Jonathan Barnes	M40	0:47:58.42	Woodbridge Shufflers
48	42	Peter Bird	M40	0:48:09.35	Saint Edmund Pacers
49	299	Todd Lewis	M50	0:48:15.11	Sudbury Joggers
50	387	Brian Rogers	M60	0:48:36.8	Ipswich Jaffa RC
51	31	Alexander Belsom	MO	0:48:41.68	
52	96	Nicky Chapman	FO	0:48:42.27	Newmarket joggers
53	200	Jess Gooderham	FO	0:48:45.06	Saint Edmund Pacers
54	400	Kieron Savage	M40	0:48:48.83	Sudbury Joggers
55	479	Mark White	M45	0:49:02.68	Haverhill running club
56	166	Jason Elrick	M45	0:49:08.74	Theftord AC
57	125	Francis Corrigan	M40	0:49:10.89	
58	448	Mary-ann Tuli	F45	0:49:11.67	Haverhill Running Club
59	402	Nigel Schofield	M50	0:49:20.09	Saint Edmund Pacers
60	278	Rob Jewers	M40	0:49:22.09	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	374	Peter Reach	MO	0:49:23.41	Stowmarket Striders RC
62	362	Gemma Porch	FO	0:49:24.2	Stowmarket Striders RC
63	89	Mervyn Cattermole	M60	0:49:24.69	Run for Your Life
64	337	Stephen Neumann	MO	0:49:25.08	
65	444	Edward Tricker	MO	0:49:30.64	Stowmarket Striders RC
66	470	Andrew Webber	M55	0:49:36.66	Stowmarket Striders RC
67	439	Steve Symss	M45	0:49:45	Stowmarket Striders RC
68	34	Sean Bennett	MO	0:49:47.32	
69	364	Stephen Pretty	M60	0:50:07.57	Stowmarket Striders RC
70	342	Aaron Noble	M40	0:50:18.07	Sudbury Joggers
71	112	Chris Cobbold	M40	0:50:19.58	
72	217	Rachael Hamblyn	FO	0:50:30.02	Ipswich Jaffa RC
73	419	Simon Sinclair	M50	0:50:38.17	
74	35	Jamie Bennington	MO	0:50:39.68	
75	72	Jason Brunt	M45	0:50:45.44	Norfolk Gazelles AC
76	279	Chris Johns	M60	0:50:48.42	Woodbridge Shufflers
77	100	Chris Chorley	M50	0:50:49.67	Bungay Black Dog RC
78	198	Shaun Good	M50	0:51:00.34	Felixstowe RRC
79	144	Jonathan Davy	M60	0:51:10.15	
80	201	Ian Gooderham	M50	0:51:14.86	Saint Edmund Pacers
81	148	Richard Dempsey	M50	0:51:31.54	Woodbridge Shufflers
82	333	Mary Narey	F50	0:51:39.8	Stowmarket Striders RC
83	235	Guy Hayward	M45	0:51:54.58	Framlingham Flyers
84	461	Jason Walne	M45	0:51:58.1	
85	254	James Howard	MO	0:51:59.31	
86	130	Richard Crewe	M45	0:52:04.91	Thetford AC
87	29	Michelle Bell	F40	0:52:05.17	
88	69	Philip Brown	M50	0:52:15.68	Saint Edmund Pacers
89	74	Kerry Buckley	M45	0:52:16.1	Run for Your Life
90	296	Gillian Leech	F45	0:52:33.96	
91	155	Clare Douglas	FO	0:52:35.18	Stowmarket Striders RC
92	223	Nigel Harrison	M45	0:52:37.72	Ipswich Jaffa RC
93	244	Claire Hoblyn	F50	0:52:42.56	Saint Edmund Pacers
94	427	Ray Smith	MO	0:52:50.85	
95	207	Andy Gray	M40	0:52:51.05	
96	270	Philip Hymers	M65	0:52:55.47	Saint Edmund Pacers
97	406	Jimmy Secker	M40	0:52:58.23	Sudbury Joggers
98	273	Alex Jacobs	MO	0:53:07.48	Felixstowe RRC
99	403	Paul Schwer	M55	0:53:10.3	Felixstowe RRC
100	413	David Seymour	M55	0:53:13.19	Felixstowe RRC
101	55	Paul Brand	MO	0:53:26.47	
102	314	Steve Mcnamara	M45	0:53:29.08	Stowmarket Striders RC
103	428	Jem Smith	M40	0:53:31.2	Sudbury Joggers
104	143	Phil Davies	M50	0:53:39.04	Ipswich Jaffa RC
105	368	Clive Purbrook	M60	0:53:40.14	Newmarket Joggers
106	179	Clayton Fosker	MO	0:53:46.58	
107	133	Ben Crossman	M40	0:53:50.23	
108	158	Erika Downs	FO	0:53:56.25	Felixstowe RRC
109	138	Derek Daly	M50	0:54:01.21	Saxmundham Saxons
110	191	Gavin Gatter	M40	0:54:07.26	
111	460	Lindi Wallace	FO	0:54:10	
112	195	Mark Godbold	M50	0:54:13.01	Ipswich Harriers
113	451	Mark Turner	M50	0:54:17.41	Saint Edmund Pacers
114	68	Ashley Brookes	MO	0:54:22.49	
115	149	Neil Dennis	MO	0:54:26	Stowmarket Striders RC
116	277	Steve Jeggo	M45	0:54:27.82	Sudbury Joggers
117	156	Lisa Dove	FO	0:54:28.03	Sudbury Joggers
118	285	Natalie King	F40	0:54:34.62	Thetford AC
119	350	Marion Parker	F50	0:54:36.86	Felixstowe RRC
120	85	Mik Carr	M60	0:54:38.79	Bungay Black Dog RC
121	245	Tom Hoblyn	M50	0:54:42.52	Saint Edmund Pacers
122	60	David Brewster	MO	0:54:45.62	
123	310	Anna Marton	FO	0:54:47.34	Felixstowe RRC
124	392	Vicci Rowlands	FO	0:54:48.79	

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125	219	Jackie Hann	F50	0:54:51.66	Sudbury Joggers
126	38	Bill Besley	M45	0:54:53.45	Stowmarket Striders RC
127	420	Anna Sinclair	F45	0:54:56.64	Ipswich Triathlon Club
128	126	Orlando Costa	MO	0:55:05.02	
129	415	David Sheahan	M55	0:55:08.3	
130	240	Jeremy Hennell James	M50	0:55:11.22	
131	124	Mat Core	M45	0:55:28.84	
132	162	Helen Duggan	F50	0:55:32.86	Felixstowe RRC
133	421	Mark Skinner	M45	0:55:34.21	
134	197	Belinda Godbold	F55	0:55:40.59	Ipswich Jaffa RC
135	113	Gavin Codd	M45	0:55:40.71	
136	360	Alan Platt	F50	0:55:44.4	
137	82	Elizabeth Cahill	F50	0:55:50.96	Braintree & District AC
138	3	Linda Aldred	F45	0:55:52.58	Framlingham Flyers
139	165	Jimmy Elmer	M45	0:56:03.91	Ipswich Jaffa RC
140	164	Simon Elliot	M40	0:56:13.35	Sudbury Joggers
141	26	Don Beatty	M60	0:56:14.99	Stowmarket Striders RC
142	324	Jenny Morgan	F60	0:56:16.08	Saint Edmund Pacers
143	494	Colin Woodgate	MO	0:56:23.51	
144	110	Wayne Close	MO	0:56:24.08	
145	295	Christopher Lee	M60	0:56:25.49	Jogging Made Easy
146	131	Lee Crisp	M40	0:56:27.01	Felixstowe RRC
147	462	Catherine Walsh	F50	0:56:30.08	Felixstowe RRC
148	276	Peter Jay	M55	0:56:31.66	Saint Edmund Pacers
149	308	Dawn Marshall	F55	0:56:33.46	Saint Edmund Pacers
150	186	Sharon Frost	F45	0:56:34.96	Colchester Harriers
151	426	Les Smith	M55	0:56:36.32	Running Colchester
152	321	Clare Moodie	F40	0:56:42.38	Framlingham Flyers
153	283	Chris Kerry	MO	0:56:48.86	
154	111	Lee Close	MO	0:56:53.87	
155	376	Robert Reason	M50	0:56:54.77	Stowmarket Striders RC
156	343	Justine Norfolk	F40	0:57:02.2	Run for Your Life
157	136	Helen Curr	F40	0:57:02.67	Run for Your Life
158	45	Brian Bloomfield	M40	0:57:04.36	Sudbury Joggers
159	234	Jo Hayward	F45	0:57:11.22	Stowmarket Striders RC
160	231	Andy Hayward	MO	0:57:14.89	Stowmarket Striders RC
161	363	Nick Potter	M55	0:57:16.58	
162	290	Alex Kuczer	M50	0:57:18.63	Run for Your Life
163	163	Amanda Dunn	F40	0:57:20.69	Hadleigh Hares AC
164	312	Michael Mckinnell	M60	0:57:29.12	Ipswich Triathlon Club
165	430	Claire Smith	F45	0:57:29.48	Norwich Road Runners
166	429	Paul Smith	M45	0:57:29.52	Norwich Road Runners
167	468	Graham Waudby	M45	0:57:31.12	
168	30	Catherine Belsom	F45	0:57:32.44	Stowmarket Striders RC
169	325	Robert Morgan	M55	0:57:37.14	
170	37	Carl Bergdahl	M45	0:57:37.91	Ipswich Jaffa RC
171	43	Eloise Bird	F50	0:57:43.63	Saint Edmund Pacers
172	484	Stephen Williams	M60	0:57:54.42	Saint Edmund Pacers
173	407	Dan Sedgewick	MO	0:57:55.12	
174	412	Alison Severy	FO	0:57:58.44	
175	452	Michael Turner	M40	0:58:06.03	
176	455	Nikki Vince	F40	0:58:06.81	
177	309	Neil Martin	M40	0:58:06.89	Stowmarket Striders RC
178	423	Alex Smith	F40	0:58:08.55	Stowmarket Striders RC
179	454	Sarah Vick	F45	0:58:08.89	Saxmundham Saxons
180	208	Anna Gray	F40	0:58:10.56	Bungay Black Dog RC
181	51	Keith Borrett	M60	0:58:22.93	
182	230	Val Haynes	F50	0:58:26.06	Running Colchester
183	58	Kaye Branton	F45	0:58:27.62	Felixstowe RRC
184	302	Christopher Lucas	M55	0:58:33.48	Saxmundham Saxons
185	182	Teresa Franklin	F50	0:58:38.31	Haverhill Running Club
186	8	Howard Allen	M45	0:58:43.08	Ipswich Jaffa RC
187	249	Ellen Hollingworth	F50	0:58:45.71	Stowmarket Striders RC
188	418	Ian Sillett	M60	0:58:56.41	Felixstowe RRC

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189	134	Duncan Crow	M40	0:59:01.19	
190	247	Malcolm Hogarth	M60	0:59:06.12	Woodbridge Shufflers
191	348	Jo Parden	F50	0:59:09.63	Framlingham Flyers
192	172	David Farrow	MO	0:59:12.98	
193	121	James Cooper	MO	0:59:13.73	Stowmarket Striders RC
194	127	Ruth Cowlin	F50	0:59:14.89	Sudbury Joggers
195	204	Tina Gore	F40	0:59:16.51	Sudbury Joggers
196	9	Mark Allen	M55	0:59:21.51	Woodbridge Shufflers
197	15	Kayleigh Bailey	FO	0:59:22.08	Thetford AC
198	19	Frank Barrett	M45	0:59:22.49	Stowmarket Striders RC
199	184	Alison French	F45	0:59:27.1	Felixstowe RRC
200	408	Steven Seinet-martin	M60	0:59:35.93	
201	91	Duncan Chamberlain	M50	0:59:40.79	Ipswich Jaffa RC
202	78	Robbie Burt	M45	0:59:51.37	Saint Edmund Pacers
203	297	Darren Leeks	M45	1:00:05.71	
204	44	Claire Blanchford	FO	1:00:07.26	Saint Edmund Pacers
205	356	Clare Pestell-love	FO	1:00:11.01	
206	442	Hannah Thompson	FO	1:00:11.04	
207	498	Anna Young	F40	1:00:19.46	Harwich Runners
208	22	Claire Battey	FO	1:00:23.05	Stowmarket Striders RC
209	431	Keelan Smith	MO	1:00:23.72	Saxmundham Saxons
210	304	Jo Lummis	FO	1:00:27.75	Ipswich Triathlon Club
211	394	Peter Russell	M65	1:00:31.76	Framlingham Flyers
212	225	Lori Harvey	F45	1:00:35.26	
213	327	Gemma Moss	F40	1:00:36.23	
214	266	Iain Hunter	M60	1:00:43.28	Stowmarket Striders RC
215	446	Nick Tuck	M40	1:00:44.86	
216	499	Goldie Yule	F45	1:00:47.43	
217	150	Steve Dersley	M45	1:00:49.97	
218	492	Jason Wood	M45	1:01:01.99	Framlingham Flyers
219	281	Michaela Kadanikova	FO	1:01:05.18	Ipswich Jaffa RC
220	258	Andrew Hubbard	M45	1:01:09.38	Jogging Made Easy
221	365	Jonathan Price	M65	1:01:18.83	Sudbury Joggers
222	441	Gillian Thacker-mcpherson	F45	1:01:20.98	
223	434	Jez Sore	M50	1:01:22	
224	218	Kendra Hammond	FO	1:01:22.77	Stowmarket Striders RC
225	347	Deitdre Owen	F45	1:01:32.81	Stowmarket Striders RC
226	80	Simon Butler	M50	1:01:34.25	
227	154	Paul Dorset	M45	1:01:36.29	Felixstowe RRC
228	261	Wendy Hughes	F55	1:01:37.13	Stowmarket Striders RC
229	268	Kate Hutson	FO	1:01:37.88	Ipswich Jaffa RC
230	274	Carl Jarrett	M40	1:01:52.3	Felixstowe RRC
231	62	Elle Brimson	FO	1:02:03.8	
232	61	Pete Brimson	M50	1:02:03.86	
233	401	Belinda Schofield	F60	1:02:05.15	Newmarket Joggers
234	53	Steve Bowen	M60	1:02:06.17	Hadleigh Hares AC
235	381	Louise Riddleston	FO	1:02:06.38	
236	119	Christopher Cook	M65	1:02:09.91	Saint Edmund Pacers
237	196	Mandy Godbold	F45	1:02:12.79	Ipswich Harriers
238	46	Gavin Boag	MO	1:02:21.49	Stowmarket Striders RC
239	478	Claire White	FO	1:02:28.96	Ipswich Jaffa RC
240	173	Lucinda Fendley	FO	1:02:29.21	Ipswich Jaffa RC
241	485	Helen Wing	F50	1:02:33.21	Stowmarket Striders RC
242	491	Tamasin Wood	F40	1:02:36.34	Framlingham Flyers
243	399	Bobbie Sauerzapf	F55	1:02:42.04	Bungay Black Dog RC
244	239	Bec Hender	FO	1:02:42.64	Tri Sudbury
245	425	Matthew Smith	MO	1:02:44.31	Stowmarket Striders RC
246	396	Graham Sampson	M65	1:02:57.83	Bungay Black Dog RC
247	90	Karen Chamberlain	F50	1:03:03.64	Ipswich Jaffa RC
248	146	Anna Dawson	FO	1:03:11.8	
249	437	Nicola Stevenson	F55	1:03:16.47	Felixstowe RRC
250	157	Jessica Downey	FO	1:03:19.67	
251	361	Karen Platt	FO	1:03:22.82	
252	14	Chris Aylmer	M65	1:03:24.4	Newmarket Joggers

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253	438	Gregory Stowe	M40	1:03:27.75	Stowmarket Striders RC
254	86	Kerensa Carrick	F40	1:03:28.07	Woodbridge Shufflers
255	1	Louise Adamson	F55	1:03:32.38	Waveney Valley AC
256	103	Steve Clark	M40	1:03:36.35	Sudbury Joggers
257	122	Jules Cooper	F45	1:03:36.35	Sudbury Joggers
258	205	Ann Granger	F50	1:03:39.2	Saxmundham Saxons
259	354	Caroline Perry	FO	1:03:43.01	Ipswich Jaffa RC
260	311	Paula Mccann	F65	1:03:50.21	Ipswich Triathlon Club
261	359	Claire Pizzey	F40	1:03:51.21	
262	213	Alison Grogan	F40	1:03:51.31	
263	63	Stephen Brodie	M45	1:03:52.45	Brandon Fern Hoppers
264	373	Claire Reach	FO	1:03:54.43	
265	227	Charlotte Hawes	F55	1:03:55.86	Stowmarket Striders RC
266	422	Helen Skinner	F40	1:03:58.52	
267	293	Francesca Lawton	FO	1:04:00.57	
268	211	Joshua Griffiths	MO	1:04:00.71	
269	316	James Mehmed	M40	1:04:04.9	
270	192	Bex Gilbert	FO	1:04:09.41	Felixstowe RRC
271	334	Joe Naughton	M55	1:04:10.41	Stowmarket Striders RC
272	108	Geraldine Clifford	F40	1:04:16.5	Sudbury Joggers
273	170	Louise Faggetter	FO	1:04:18.36	Stowmarket Striders RC
274	114	Adrian Cole	M55	1:04:19.72	Stowmarket Striders RC
275	153	Kathy Dines	F50	1:04:20.92	Ipswich Jaffa RC
276	489	Karen Wood	F40	1:04:25.64	Sudbury Joggers
277	97	Gillian Charlton	F55	1:04:33.56	Stowmarket Striders RC
278	118	Simon Connelly	M50	1:04:38.14	
279	445	Claire Trott	FO	1:04:52.48	
280	475	Karen Wharfe	F45	1:04:56.77	
281	187	Catherine Fuell	F50	1:04:57.96	Stowmarket Striders RC
282	366	Amanda Prior	F50	1:05:22.97	Capel Cheetahs
283	486	Neil Winstanley	M45	1:05:29.49	
284	145	Kate Dawson	F40	1:05:50.5	
285	32	Ruth Belsom	F55	1:05:53.55	
286	209	Nicole Green	FO	1:05:57.44	
287	115	David Coley	M65	1:06:01.87	Ipswich Jaffa RC
288	474	Ioana Whalley	F45	1:06:06.39	
289	24	Stuart Beal-collins	MO	1:06:07.14	Sudbury Joggers
290	168	Melonie Evans	M45	1:06:08.25	Sudbury Joggers
291	453	Alan Varle	M65	1:06:09.29	Waveney Valley AC
292	5	Tegan Allard-austin	FO	1:06:16.97	Stowmarket Striders RC
293	106	Sarah Clarke	FO	1:06:21.58	Tri Sudbury
294	358	Moir Pinkney	F65	1:06:23.82	Ipswich Triathlon Club
295	476	Jo Whelan	F55	1:06:30.74	Felixstowe RRC
296	95	Melissa Chapman	F45	1:06:32.38	
297	284	Debbie King	FO	1:06:36.55	Stowmarket Striders RC
298	49	Lisa Bond	F45	1:06:58.07	Ipswich Jaffa RC
299	349	Tracie Paris-oakes	F50	1:07:00.59	
300	466	Sarah Watkins	F40	1:07:04.88	Hadleigh Hares AC
301	224	Charlotte Harrison	F40	1:07:06.81	
302	259	Annette Huggins	F65	1:07:10.13	Framlingham Flyers
303	241	Mike Hill	M65	1:07:10.2	Framlingham Flyers
304	383	Dawn Robb	M40	1:07:14.74	
305	206	Chloe Grant	FO	1:07:15.85	
306	65	Joanne Brooke	F45	1:07:19.52	Felixstowe RRC
307	323	Colleen Morgan	F50	1:07:22.15	
308	456	Suzanne Vincent	F45	1:07:22.3	Run for Your Life
309	338	Melody-anne Neville	F45	1:07:24.54	Stowmarket Striders RC
310	353	Sarah Pennock	FO	1:07:39.77	Sudbury Joggers
311	59	Sharon Breward	F45	1:07:39.9	Sudbury Joggers
312	39	Sarah Bevan	FO	1:07:48.82	
313	326	Nicola Moss	FO	1:07:49.33	
314	255	Wendy Howard	F40	1:07:49.72	Thetford AC
315	289	Ann Kirton	F45	1:07:49.86	Thetford AC
316	435	Richard Sore	M45	1:08:06.05	Ipswich Jaffa RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
317	216	Karyn Hall	F40	1:08:18.06	
318	41	Alison Bills	F40	1:08:18.11	
319	2	Simon Alcock	M45	1:08:26.34	Norwich Road Runners
320	390	Tracey Rose	F45	1:08:29.5	Stowmarket Striders RC
321	180	Garrick Fox	M65	1:08:38.46	Bungay Black Dog RC
322	109	Jo Clifton	F45	1:08:39.07	Saxmundham Saxons
323	56	Rachel Brand	FO	1:08:39.5	
324	411	Elizabeth Severy	F55	1:08:40.81	
325	480	Angela Whiting	F55	1:08:41.58	Stowmarket Striders RC
326	328	Julia Moss-eccardt	F45	1:08:42.96	Stowmarket Striders RC
327	76	Bianca Burman	FO	1:08:52.92	Sudbury Joggers
328	193	Clare Gillibrand	F40	1:08:53.26	Sudbury Joggers
329	397	Sally Sandford	F40	1:08:53.27	Sudbury Joggers
330	384	Sandra Roberts	F55	1:08:54.23	Ipswich Jaffa RC
331	487	Amy Witham	FO	1:09:03.68	
332	167	Samantha Emms	FO	1:09:04.21	
333	52	Alexandra Borrett	FO	1:09:05.12	
334	317	Jenny Merry	FO	1:09:18.07	Sudbury Joggers
335	183	Amanda Fraser Fish	F40	1:09:23.55	Woodbridge Shufflers
336	280	David Jones	M65	1:09:27.57	Stowmarket Striders RC
337	151	Sarah De-vaux Balbirnie	FO	1:09:45.36	
338	77	Marianne Burnell	F65	1:09:47.28	Ipswich Jaffa RC
339	135	Tina Cullum	F40	1:09:54.77	Ipswich Jaffa RC
340	463	Lisa Wanmer	F50	1:09:59.85	
341	248	Michelle Holland	FO	1:10:01.46	Sudbury Joggers
342	253	Fiona Hotston Moore	F50	1:10:28.74	The Trotters
343	242	Graham Hines	M50	1:10:28.83	The Trotters
344	265	Elliot Hunter	MO	1:10:29.68	
345	458	Sam Walker	FO	1:10:39.41	
346	307	Sandy Maloy	F50	1:10:41.62	Sudbury Joggers
347	436	Stephen Spencer	M60	1:10:43.92	Brandon Fern Hoppers
348	142	Kevin Davidson	M55	1:10:56.08	
349	336	Hanne Ness	FO	1:10:57.05	
350	398	Pippa Sargent	FO	1:11:00.16	Stowmarket Striders RC
351	482	Luke Wilby	MO	1:11:13.7	WDFITNESS
352	447	Miranda Tuddenham	FO	1:11:14.09	WDFITNESS
353	98	Claire Chattenton	F40	1:11:18.28	Run for Your Life
354	10	Bridget Anderson	F60	1:11:19.45	
355	264	Tracy Humphreys	F50	1:11:22.55	Stowmarket Striders RC
356	189	Sandra Garner	F45	1:11:35.56	Stowmarket Striders RC
357	286	Andy King	M55	1:11:55.54	
358	188	Richard Furness	M55	1:11:59.89	
359	116	Kerby Colgan	FO	1:12:03.17	
360	322	Kara Moore-damant	FO	1:12:11.69	Stowmarket Striders RC
361	139	David Damant	M45	1:12:12.67	Stowmarket Striders RC
362	27	Natasha Bedford	FO	1:12:52.78	
363	370	Sally Quirk	F55	1:13:17.12	Stowmarket Striders RC
364	181	Claire Fradley	FO	1:13:21.86	Sudbury Joggers
365	92	Sarah Chamberlin	FO	1:13:21.93	Sudbury Joggers
366	117	Jackie Collins	F50	1:13:22.42	Felixstowe RRC
367	409	Stacy Setterfield	FO	1:13:32.9	
368	262	Sophie Hughes	FO	1:13:37.96	
369	260	Mark Hughes	M45	1:13:38.45	Stowmarket Striders RC
370	94	Sophie Chapman	FO	1:13:40.78	Felixstowe RRC
371	160	Louise Duckling	F45	1:13:49.73	
372	291	Deborah Lake	F55	1:14:13.15	
373	388	Claire Rooke	F40	1:14:16.53	Sudbury Joggers
374	6	Adeleve Allaton	FO	1:14:29.83	
375	132	Laura Crossley	FO	1:14:30	
376	391	Julie Rout	FO	1:14:48.62	
377	175	Adele Field	F50	1:14:54.55	
378	250	Helen Hopwood	F50	1:14:55.02	
379	190	Lisa Garth	F50	1:14:55.33	
380	16	Leanne Baines	F50	1:15:15.18	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	417	Victoria Shortley	FO	1:15:18.63	
382	84	Nicola Cant	F45	1:15:20.13	Sudbury Joggers
383	93	Kerry Chandler	F40	1:15:24.99	
384	469	Jacquie Webb	F50	1:15:31.85	Sudbury Joggers
385	152	Jo Dickinson	F45	1:15:39.06	Felixstowe RRC
386	450	Steve Turner	M50	1:15:46.93	Run for Your Life
387	393	Lynn Ruddick	F55	1:15:51.28	
388	433	Sally Solomon	F50	1:15:54.03	Felixstowe RRC
389	237	Marianne Hedge	F40	1:15:54.23	Felixstowe RRC
390	17	Matthew Baines	MO	1:16:11.4	
391	357	Lucie Petchey	FO	1:16:31.42	
392	306	Adriana Lupsa	FO	1:16:36.73	
393	210	Marion Greenwood	F50	1:16:42.26	
394	378	Jean Reynolds	F50	1:17:44.87	Brandon Fern Hoppers
395	329	Sue Moye	F50	1:17:44.89	Sudbury Joggers
396	203	Lynda Goodwin	F50	1:17:45.54	Brandon Fern Hoppers
397	70	Emma Brown	F40	1:18:00.2	
398	104	Melissa Clarke	FO	1:19:14.65	
399	410	Andrew Severy	M60	1:19:18.99	
400	298	Beverley Leslie	F60	1:19:23.91	
401	178	Paul Forshaw	M60	1:19:37.28	Fetch Everyone Running Club
402	319	Rachel Miles	FO	1:20:19.94	Sudbury Joggers
403	282	Rosie Kerr	F45	1:20:20.07	Sudbury Joggers
404	21	Zoey Battell	F40	1:20:21.35	Sudbury Joggers
405	380	Charlotte Richardson	FO	1:20:28.7	Sudbury Joggers
406	377	Alison Renshaw	FO	1:21:33.62	Ipswich Jaffa RC
407	275	Claire Jay	F50	1:21:54.15	Stowmarket Striders RC
408	471	Laura Welham	FO	1:22:19.33	
409	449	Sharon Turner	F45	1:22:19.65	
410	318	Catriona Middleditch	FO	1:22:50.75	
411	443	Hannah Tillson	FO	1:23:14.26	
412	495	Lynda Woods	F45	1:23:21.13	Rendlesham Military Boot Camp
413	169	Charlene Evans	FO	1:24:04.54	
414	267	Sue Hunter	F55	1:24:26.4	Stowmarket Striders RC
415	252	Ali Hosking	F45	1:24:33.45	
416	269	Rebecca Hutson	FO	1:26:09.43	Rendlesham Military Boot Camp
417	465	Rachel Warde	F45	1:26:33	
418	497	Lindsey Wyborn	FO	1:26:35.72	
419	171	Ricchard Farnworth	M60	1:26:36.39	Felixstowe RRC
420	294	Diana Lee	F60	1:28:05.72	Jogging Made Easy
421	33	Maurice Bennell	M65	1:29:05.73	Saxmundham Saxons
422	375	Jane Reason	F50	1:33:25.33	Stowmarket Striders RC
423	47	Shaun Boldock	M45	1:52:19.25	