Position	Time	Race No.	Surname	First Name	Club Name	Category
1	00:26:54		West	Peter	Colchester Harriers	Male Senior
2	00:27:24		Jordan	Richard	Ipswich Jaffa	Male Vet 40
3	00:27:26		Tomlinson	Geoffrey	Gt Bentley Running Club	Male Vet 40
4	00:28:34		Smalls	Allen	Stour Valley Joggers	Male Senior
5	00:28:45		Pearce	Peter	Gt Bentley Running Club	Male Senior
6	00:28:55		Cottis	John	Gt Bentley Running Club	Male Senior
7	00:29:13		Pennec	Thierry	Unattached Lavenham	Unable to place in Cat.
8	00:29:50		Gimson	Ashley	St Edmund Pacers	Male Senior
9	00:29:52		White	Adam	Bildeston Bounders	Male Jnr
10	00:29:53		Emerton	Henery	Unattached	Male Vet 50
11	00:30:10	280	Martin-Smith	Kollyn	Newmarket Joggers	Male Senior
12	00:30:10	183	Bowles	Kevin	Gt Bentley Running Club	Male Vet 40
13	00:30:12	121	McClelland	Paul	Harwich Runners	Male Senior
14	00:30:18	271	Adkins	David	Unattached	Male Senior
15	00:30:28	218	Wold	Richard	Felixstowe Road Runners	Male Vet 40
16	00:30:41	209	Anderson	Matt	Gt Bentley Running Club	Male Senior
17	00:30:28	273	Copland	James	Newmarket Joggers	Male Vet 40
18	00:30:58	83	Brown	Darren	Unattached Colchester	Male Senior
19	00:31:07	235	Wharton	Jeff	Gt Bentley Running Club	Male Senior
20	00:31:17	174	Doyle	Mark	Harwich Runners	Male Vet 40
21	00:31:20	268	Hobbs	Dean	Newmarket Joggers	Male Senior
22	00:31:24	107	Vaughan	Dave	St Edmund Pacers	Male Vet 45
23	00:31:47	99	Williams	Paul	St Edmund Pacers	Male Vet 45
24	00:31:51	175	Tatum	Danielle	Colchester & Tendring A.C.	Female Jnr
25	00:32:02		Gooding	Peter	Harwich Runners	Male Vet 50
26	00:32:09		Partridge	Pat	St Edmund Pacers	Female Vet 45
27	00:32:21		Jolly	Kevin	Flinstone MBC	Male Vet 40
28	00:32:24		Griffiths	David	Unattached Sudbury	Male Jnr
29	00:32:39		Warner	Nigel	St Edmund Pacers	Male Senior
30	00:32:41		Judd	Darren	Unattached Gt Cornard	Male Senior
31	00:32:42		Bellamy	Jonathan	St Edmund Pacers	Male Senior
32	00:32:44		Mumford	Jules	Unattached Gt Cornard	Male Senior
33	00:32:45		Peck	Glyn	Harwich Runners	Male Vet 60+
34	00:32:47		wallen	Bridget	Chelmsfoord AC	Female Senior
35	00:32:49		Buck	Andrew	Unattached Sudbury	Male Senior
36	00:32:57		Swansbrough	Dan	Unattached Monks Eleigh	Male Senior
37	00:32:57		Smity	Jeremy	Unattached Gt Cornard Unattached Glemsford	Male Senior
38			Hawkins	Kim		Male Vet 40
39 40	00:33:09		Dyer	Robert	Unattached Sudbury Unattached Gt Cornard	Male Senior Male Senior
41	00:33:24		Wright Pryke	James Gail	Ipswich Jaffa	Female Vet 40
42	00:33:56		Jeffries	lan	Unattached Sudbury	Male Senior
43	00:34:18		Reed	Charlie	Unattached Sudbury	Male Senior
44	00:34:19		Preston	Paul	Ipswich Jaffa	Male Senior
45	00:34:20		McCann	Susan	Colchester & Tendring A.C.	Male Senior
46	00:34:24		Mallean	Tony	Unattached Wickham Market	Male Senior
70	55.57.24	103	Muncuii	· Orry	Chattachea Wickhall Warket	Water Schiller

Position	Time	Race No.	Surname	First Name	Club Name	Category
47	00:34:27		Short	Ray	St Edmund Pacers	Male Vet 55
48	00:35:03		Braverman	Terry	Newmarket Joggers	Male Vet 55
49	00:35:32		Cybyk	Hazel	Chelmsfoord AC	Female Vet 40
50	00:35:45		Clark	Richard	Unattached Colchester	Male Senior
51	00:35:53		Green	Stephen	Unattached Gt Cornard	Male Senior
52	00:35:58		Griggs	Karl	Unattached Gt Cornard	Male Senior
53	00:36:04		Suttle	Haley	Newmarket Joggers	Female Senior
54	00:36:17		King	Dean	Gt Bentley Running Club	Male Senior
55	00:36:28		Bole	Simon	Ipswich Jaffa	Male Vet 40
56	00:36:45		Bolton	Jon	Gt Bentley Running Club	Male Senior
57	00:36:47		Fergnani	Mario	Colchester Harriers	Male Vet 55
58	00:36:53		Cordwell	Julian	Harwich Runners	Male Vet 45
59	00:36:58		Galdwell	Frank	Gt Bentley Running Club	Male Vet 45
60	00:36:59		Strydom	Michael	Nelsprint M.C. S/Africa	Male Vet 45
61	00:37:14		Webber	J	Gt Bentley Running Club	Male Senior
62	00:37:17		Horton	Lindsay	Gt Bentley Running Club	Female Senior
63	00:37:25	238	Fenton-Jones	Carl	Gt Bentley Running Club	Male Jnr
64	00:37:26	198	Coley	David	Ipswich Jaffa	Male Vet 50
65	00:37:34	228	Cybyk	Beau	Witham Running Club	Male Vet 50
66	00:37:48	111	Riedel	David	Unattached Bury St Edmunds	Male Vet 45
67	00:37:51	256	West	Jessica	Unattached Sudbury	Female Senior
68	00:37:54	249	Cameron	Gaboliera	Halstead Road Runners	Female Senior
69	00:37:55	227	Thomas	?	Colchester Harriers	Male Vet 60+
70	00:37:57	261	Yetts	Alan	Tiptree Road Runners	Male Vet 40
71	00:38:15	219	Cross	Andrew	Unattached Sudbury	Male Vet 45
72	00:38:17	140	Adams	Rebecca	Unattached Halstead	Female Jnr
73	00:38:22	87	Nash	Katy	Stowmarket Striders	Female Senior
74	00:38:28	279	Fisk	Derik	Norwich Road Runners	Male Senior
75	00:38:29	82	Kesselring	Mervyn	Bungay Black Dog R.C.	Male Vet 55
76	00:38:30	216	Causon	Robert	Felixstowe Road Runners	Male Vet 50
77	00:38:31	244	Felton	Paul	Gt Bentley Running Club	Male Vet 50
78	00:38:33	162	Mayes	Malcolm	Unattached Sudbury	Male Vet 45
79	00:38:34		Wood	Hilary	Ipswich Jaffa	Female Senior
80	00:38:37		Dickinson	Alan	Unattached Sudbury	Male Vet 45
81	00:38:39		Keogh	Matt	Unattached Sudbury	Male Senior
82	00:38:44		Bonham	Nigel	Newmarket Joggers	Male Vet 60+
83	00:38:45		Page	Simon	Unattached Sudbury	Male Vet 45
84	00:38:49		Law	Barbara	Gt Bentley Running Club	Female Vet 50+
85	00:38:52		Smith	Chris	Ipswich Jaffa	Male Vet 45
86	00:38:57		Shirley	Mary	Ipswich Harriers	Female Senior
87	00:38:59		Jeffries	Peter	Unattached Sudbury	Male Vet 50
88	00:39:17		Ryland	Christopher	Ipswich Triathlon Club	Male Vet 45
89	00:39:19		Harris	Helena	Ipswich Harriers	Female Senior
90	00:39:24		Scofield	Ellie	Cambridge & Colleridge A.C.	Female Jnr
91	00:39:25		Schofield	Peter	Unattache Cambridge	Male Vet 40
92	00:39:28	14/	Linden	Stephen	St Edmund Pacers	Male Vet 45

Position	Time	Race No	Surname	First Name	Club Name	Category
93	00:39:35		Bingham	J R	Unattached S.E.F.K.A.	Male Jnr
94	00:39:36		Bennett	Nicola	Gt Bentley Running Club	Female Senior
95	00:39:41		Goodwin	Karen	Stowmarket Striders	Female Senior
96	00:39:44		Salmon	Terry	Unattached Chelmsford	Male Vet 55
97	00:39:56		Goodridge	Jackie	Newmarket Joggers	Female Vet 50+
98	00:40:17		Baker	Cliff	Unattached Colchester	Male Vet 50
99	00:40:22		Tanner	Jamie	Colchester & Tendring A.C.	Female Jnr
100	00:40:22		Tanner	Lynn	Colchester & Tendring A.C.	Female Vet 45
101	00:40:24		Tinsley	Andrew	Unattached Gt Cornard	Male Senior
102	00:40:24		Frenin	Daniel	Unattached Bures	Male Senior
103	00:40:29	106	Stevens	Sarah	Ipswich Jaffa	Female Vet 40
104	00:40:41	155	Webber	Mick	Unattached Gt Cornard	Male Jnr
105	00:40:42	73	Rush	Jessica	Unattached Bury St Edmunds	Female Jnr
106	00:40:48	138	Bennett	Harry	Felixstowe Road Runners	Male Vet 60+
107	00:41:07	166	Boyd	Steve	Unattached Rayleigh	Male Senior
108	00:41:10	176	Greenfield	Richard	Unattached Colchester	Male Senior
109	00:41:12	257	Kelly	Paul	Ipswich Jaffa	Male Vet 60+
110	00:41:20	240	Griffiths	Gareth	Gt Bentley Running Club	Male Senior
111	00:41:21	105	Scott	Kevin	Unattached Gt Cornard	Male Senior
112	00:41:45	278	Goodwin	Toby	Unattached Sudbury	Male Senior
113	00:41:47	267	Grimwood	Jennie	Newmarket Joggers	Female Vet 40
114	00:41:56		Fellingham	Anne	Stowmarket Striders	Female Vet 50+
115	00:41:58		Fellingham	Richard	Stowmarket Striders	Male Vet 50
116	00:42:05		Quilter	Lee-Roy	Unattached Sudbury	Male Senior
117	00:42:07		Cracknell	Kevin	Unattached Bury St Edmunds	Male Senior
118	00:42:15		Hayman	Chris	Unattached Gt Cornard	Male Vet 50
119	00:42:22		Taylor	Melvyn	Unattached Mildenhall	Male Vet 40
120	00:42:28		Field	Simon	Unattached Rochford	Male Senior
121	00:42:37		Mulley	Mike	Unattached Bury St Edmunds	Male Vet 45
122	00:43:23		Keightley	Chris	Unattached Felixstowe	Male Senior
123	00:43:40		White	Annette	Bildeston Bounders	Female Vet 45
124 125	00:44:11		Clark Taylor	Barry	Unattached Unattached Sudbury	Male Senior Unable to place in Cat.
126	00:44:16 00:44:24		Bailey	Abigail Tim	Unattached Long Melford	Male Senior
127	00:44:25		McKenna	Steve	Unattached Sudbury	Male Senior
128	00:44:27		Bevan	David	Unattached Sudbury	Male Vet 50
129	00:44:28		Griffiths	Stephen	Unattached Bury St Edmunds	Male Vet 40
130	00:44:29		Johnson	Miles	Comverton	Unable to place in Cat.
131	00:44:30		Stearns	Lyndsey	Unattached Long Melford	Female Senior
132	00:44:31		Rrichards	Dan	Unattached	Male Senior
133	00:44:31		Brooks	Robert	Unattached Sudbury	Male Vet 50
134	00:44:44		Barlow	Mark	Unattached Gt Cornard	Male Senior
135	00:45:05		Parnell	Michelle	Unattached Ipswich	Female Senior
136	00:45:05		Dawson	Angela	Unattached Ipswich	Female Senior
137	00:45:07		Allen	Tom	Unattached Sudbury	Male Senior
138	00:45:13	126	Mayes	Chantell	Unattached Sudbury	Female Senior
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Position	Time	Race No	Surname	First Name	Club Name	Category
139	00:45:13		Collier	Lyndon	Stour Valley Joggers	Male Vet 50
140	00:45:13		Marsh	Jacqueline	Unattached Gt Cornard	Female Vet 40
141	00:45:26		Risley	Colin	Unattached Sudbury	Male Vet 45
142	00:45:35		Middleditch	Thomas Clifford	Unattached Coacton	Male Jnr
143	00:45:43		Stewart	Sue	Stour Valley Joggers	Female Senior
144	00:45:44		Tanous	Louise	Ipswich Triathlon Club	Female Vet 40
145	00:45:51		Sanders	Barbara	Hadleigh Hares A.C.	Female Vet 40
146	00:45:56		Cask	Alison	Newmarket Joggers	Female Senior
147	00:46:15		Clarke	Penelope	Thrift Green Trotters	Female Vet 40
148	00:46:25	77	Newcombe	Colin	Unattached Gt Cornard	Male Senior
149	00:46:28	153	Jarvis	Trish	Unattached Levenheath	Female Vet 45
150	00:46:29	70	Ashton	Jeff	Unattached Sudbury	Male Vet 55
151	00:46:36	120	Thurlow	Julie	Ipswich Jaffa	Female Vet 45
152	00:46:36	119	Thurlow	Peter	Ipswich Jaffa	Male Vet 45
153	00:46:43	245	Robinson	Michelle	Gt Bentley Running Club	Female Vet 40
154	00:46:46	93	Smith	Nick	Tiptree Road Runners	Male Vet 60+
155	00:47:00	250	Sandford	J	Unattached Bury St Edmunds	Male Senior
156	00:47:10	210	Prentis	N	Comverton	Unable to place in Cat.
157	00:47:34	266	Copeland	Maxine	Newmarket Joggers	Female Senior
158	00:47:36	116	Rose	Lindsy	Unattached Gt Waldingfield	Female Senior
159	00:47:36	75	Scammell	Denise	Unattached Newton Green	Female Vet 40
160	00:47:40		Taylor	Richard	Unattached Sudbury	Male Vet 40
161	00:48:24		Byford	Gillian	Unattached Sudbury	Female Senior
162	00:48:24		White	Nick	Unattached Sudbury	Male Vet 45
163	00:48:36		Bartrop	M	Unattached Gt Cornard	Female Senior
164	00:49:22		Mansfield	Tracey	Unattached Gt Cornard	Female Senior
165	00:49:28		Liskus	Sandrs	Unattached Gt Cornard	Female Senior
166	00:50:24		Frary	V	St Edmund Pacers	Female Vet 45
167	00:50:48		Whitehead	Kathleen	Unattached Sudbury	Female Senior
168	00:50:54		Fidell	Nikki	Unattached Gt Cornard	Female Senior
169	00:51:01		Powell	Chris	Unattached Gt Cornard	Male Senior
170	00:51:40		Leonard	Geraldine	Unattached Cavendish	Female Vet 40
171	00:51:41		Rumsey	Peter	Unattached Belchamp Otten Unattached Glemsford	Male Senior
172 173	00:51:43 00:51:43		arside McGoldrick	Debra Barbara	Unattached Cavendish	Female Vet 40 Female Vet 45
174	00:51:43		Humphrey	Kathleen	Unattached Halstead	Female Senior
175	00:52:28		Partridge	Sheri	Unattached Bures	Female Senior
176	00:52:39		Brooks	Sarah	Unattached Lincoln	Female Senior
177	00:52:45		Braybrooke	Andra	Unattached	Female Senior
178	00:53:39		Cooke	Graham	Unattached Cavendish	Male Vet 40
179	00:53:55		Hayman	Joanna	Unattached Gt Cornard	Female Vet 45
180	00:54:05		Adams	Julie	Unattached Halstead	Female Vet 45
181	00:54:17		Copsey	Tracy	Unattached Bury St Edmunds	Female Senior
182	00:55:49		Raven	Dave	Unattached Gt Cornard	Male Senior
183	00:56:19		Holmes	Richard	Unattached Sudbury	Unable to place in Cat.
184	00:59:41		Poole	Gordon	Stour Valley Joggers	Male Vet 60+
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Position	Time	Race No	Surname	First Name	Club Name	Category
185	01:00:09	158	Bareham	Heidi	Unattached Sudbury	Female Jnr
186	01:00:10	242	Luckin	Jennifer	Unattached Coacton	Female Jnr
187	01:00:12	239	Whitmill	Martin	Gt Bentley Running Club	Unable to place in Cat.
188	01:06:17	260	Jeeves	John	Unattached Gt Cornard	Male Senior
	dns/dnf	67	Welsh	Tracey	Unattached Sudbury	Female Vet 40
	dns/dnf	68	Welsh	Terry	Unattached Gt Cornard	Male Vet 40
	dns/dnf	79	Williams	Brian	Unattached Gt Cornard	Male Vet 55
	dns/dnf	90	Lankester	Mark	lpswich Jaffa	Male Senior
	dns/dnf	150	Bingham	EJ	Unattached S.E.F.K.A.	Male Vet 40
	dns/dnf	157	Bareham	Ruth	Unattached Sudbury	Female Senior
	dns/dnf	259	Tripp	Chris	Colchester Harriers	Male Vet 40
	dns/dnf	272	Adkins	Peter	Unattached	Male Senior