Position	Time	Race No	Surname	First Name	Club Name	Catagory
1	00:25:35	174	Thie	James	Cardiff AC	Category Male Senior
2	00:25:41	119	Jacobs	San	Ipswich Harriers	Male Senior
3	00:26:52	116	Barnes-Smith	Matt	Ipswich Harriers	Male Junior
4	00:28:30	211	Smalls	Allen	Colchester Harriers AC	Male Senior
5	00:28:50	189	Pearce	Peter	Gt Bentley Running Club	Male Senior
6	00:29:11	200	Allen	Gavin	Halstead Road Runners	Male Senior
7	00:29:24	95	Knott	Graeme	Harwich Runners	Male Senior
8	00:29:31	117	Barrett	Oliver	Ipswich Harriers	Male Senior
9	00:29:58	219	Arnold	Russel	Newmarket Joggers	Male Vet 55
10	00:29:59	59	McClelland	Paul	Harwich Runners	Male Senior
11	00:30:00	103	David	Frederic	Unattached	Male Vet 40
12	00:30:16	185	Walton	Sam	Halstead Road Runners	Male Senior
13	00:30:19	24	Preston	Paul	Ipswich Jaffa	Male Senior
14	00:30:27	191	Tomlinson	Geofrey	Gt Bentley Running Club	Male Vet 40
15	00:30:36	145	Harper	Kevin	Witham Running Club	Male Senior
16	00:30:39	171	Meachen	Jason	Harwich Runners	Male Senior
17	00:30:49	57	Williams	Paul	St Edmund Pacers	Male Vet 45
18	00:31:06	182	Clarke	James	Unattached	Male Senior
19	00:31:11	198	Wharton	Jeff	Gt Bentley Running Club	Male Senior
20	00:31:14	88	Wright	James	Unattached	Male Senior
21	00:31:23	134	Read	Roy	Tiptree Road Runners	Male Senior
22	00:31:26	82	English	Don	Halstead Road Runners	Male Vet 40
23	00:31:33	118	Holme	Claire	Ipswich Harriers	Female Senior
24	00:31:49	85	Ridey	Colin	West Suffolk A.C.	Male Vet 40
25	00:31:49	210	Hunt	Steve	Hadleigh Hares A.C.	Male Vet 40
26	00:32:25	229	Adkins	David	Unattached	Male Senior
27	00:32:25	230	Adkins	Peter	Unattached	Male Senior
28	00:32:36	132	tatum	Danielle	Colchester & Tendring A.C.	Female Junior
29	00:32:49	136	Reynolds	Nicholas	Unattached	Male Senior
30	00:32:51	35	Chenery	Robert	Ipswich Jaffa	Male Junior
31	00:32:52	154	Scott	Kerian	Unattached	Male Senior
32	00:33:02	36	Chenery	Duncan	Ipswich Jaffa	Male Vet 40
33	00:33:05	58	Robinson	Mark	Holme Pierrepont RC	Male Senior
34	00:33:27	147	Sandford	David	St Edmund Pacers	Male Senior
35	00:33:37	231	Howe	David	Unattached	Male Senior
36	00:33:37	65	Colegate	John	Unattached	Male Senior
37	00:34:00	148	Gobbitt	Elizabeth	St Edmund Pacers	Female Senior
38	00:34:01	137	Hale	Stuart	Unattached	Male Senior
39	00:34:06	50	Everitt	Geof	Ipswich Jaffa	Male Vet 55
40	00:34:07	196	Buck	Andy	Unattached	Male Senior
41	00:34:08	76	Wilmot	Andrew	Halstead Road Runners	Male Vet 55
42	00:34:15	129	Mussett	Annette	Colchester Harriers AC	Female Senior
43	00:34:29	141	Talon	Richard	Unattached	Male Senior
44	00:34:50	10	Frindle	Paul	Halstead Road Runners	Male Vet 45
45	00:34:55	221	Vaughan	Dave	St Edmund Pacers	Unable to place in Cat.
46	00:35:10	179	Staines	Wendy	Unattached	Female Vet 35
47	00:35:13	106	Redmonds	David	Unattached	Male Vet 40
48	00:35:27	104	Braverman	Terry	Newmarket Joggers	Male Vet 55
49	00:35:30	63	Quilter	Leroy	Unattached	Male Senior

Position	Time	Race No	Surname	First Name	Club Name	Category
50	00:35:31	84	Grealy	Mike	Halstead Road Runners	Male Vet 45
51	00:35:34	40	Rivers	Tony	Halstead Road Runners	Male Vet 55
52	00:35:39	66	Jackson	Alan	Ipswich Jaffa	Male Vet 50
53	00:35:41	7	Gardiner	Stephen	Unattached	Male Vet 40
54	00:35:43	27	Lankester	Mark	Ipswich Jaffa	Male Senior
55	00:35:48	149	Long	Julian	St Edmund Pacers	Male Senior
56	00:35:51	72	White	Liam	Bildeston Bounders	Male Junior
57	00:35:54	161	Keeble	John	Diss A.C.	Unable to place in Cat.
58	00:36:10	109	Nichols	Matthew	Unattached	Male Senior
59	00:36:11	56	Cordwell	Julian	Harwich Runners	Male Vet 50
60	00:36:12	144	Calloway	Goeff	Harwich Runners	Male Senior
61	00:36:13	176	Bole	Simon	Ipswich Jaffa	Male Vet 45
62	00:36:39	184	Bradley	Paul	Unattached	Male Senior
63	00:36:44	216	Maris	Fergnani	Colchester Harriers AC	Male Vet 60+
64	00:36:58	44	Balaam	Stacey	Unattached	Female Junior
65	00:37:00	201	Retzback	Kevin	Unattached	Male Senior
66	00:37:03	158	Atkinson	Nick	Boxing Club	Male Senior
67	00:37:11	193	Adolphus	Tony	Ipswich Jaffa	Male Vet 45
68	00:37:13	143	Morris	Shirly	Harwich Runners	Female Vet 40
69	00:37:14	187	Peck	Glyn	Harwich Runners	Male Vet 60+
70	00:37:17	180	Goofrey	Rebbecca	Halstead Road Runners	Male Senior
71	00:37:19	135	Dutton	Joseph	Unattached	Male Junior
72	00:37:26	124	Page	Simon	Unattached	Male Vet 45
73	00:37:27	52	Shirly	Marie	Ipswich Harriers	Female Senior
74	00:37:28	28	Kesslering	Mervyn	Bungay Black Dog R.C.	Male Vet 55
75	00:37:40	195	Wood	Stephen	Ipswich Jaffa	Male Vet 45
76	00:37:42	80	Wilding	Ross	Unattached	Male Senior
77	00:37:53	197	King	Dean	Gt Bentley Running Club	Male Vet 40
78	00:38:04	156	Randell	Adrian	Unattached	Male Senior
79	00:38:05	94	Knott	Elspeth	Harwich Runners	Female Vet 50+
80	00:38:07	150	Spinks	Roger	Ipswich Jaffa	Male Vet 60+
81	00:38:08	25	Newcombe	Colin	Ipswich Jaffa	Male Senior
82	00:38:10	97	Rowland	Robert	Unattached	Male Vet 60+
83	00:38:17	83	Looy	Michelle van	Gt Bentley Running Club	Female Senior
84	00:38:24	111	Boyce	Michelle	Ipswich Jaffa	Female Vet 35
85	00:38:31	8	Ryland	Christopher	Ipswich Triathlon Club	Male Vet 45
86	00:38:36	41	Scott	Kevin	Unattached	Male Senior
87	00:38:40	126	Holmes	Graham	URWFRC	Male Senior
88	00:38:46	131	Howard	Paul	Stour Valley Joggers	Male Senior
89	00:38:47	105	Bonham	Nigel	Newmarket Joggers	Male Vet 60+
90	00:38:48	133	Adams	Rebecca	Colchester & Tendring A.C.	Female Junior
91	00:38:50	16	Scofield	Philip	Unattached	Male Vet 40
92	00:39:04	209	Stockley	Megan	Unattached	Female Vet 40
93	00:39:06	79	James	Dan	Unattached	Male Senior
94	00:39:07	78	Bowen	Josephine	Unattached	Female Senior
95	00:39:09	142	Murphy	Justin	Unattached	Male Senior
96	00:39:09	205	Stearns	Lyndsey	Unattached	Female Senior
97	00:39:17	14	Stanford	lan	Unattached	Male Senior
98	00:39:26	130	Dickinson	Alan	Unattached	Female Vet 50+

Position	Time	Race No	Surname	First Name	Club Name	Category
99	00:39:28	227	Tunazgy		Ipswich Jaffa	Unable to place in Cat.
100	00:39:49	202	Foster	Paul	URWFRC	Male Vet 45
101	00:39:54	91	Peck	David	Newmarket Joggers	Male Vet 60+
102	00:39:57	11	Snazell	Robbie	St Edmund Pacers	Male Vet 50
103	00:40:06	6	Kelly	Wendy	Unattached	Female Vet 45
104	00:40:08	77	mayes	Malcolm	Unattached	Male Vet 45
105	00:40:12	96	Knott	Roland	Harwich Runners	Male Vet 50
106	00:40:15	213	Stovell	Tim	Unattached	Male Senior
107	00:40:25	146	Webber	Kevin	Harwich Runners	Male Senior
108	00:40:28	68	Tiller	Jackie	Havering Joggers 90	Female Vet 50+
109	00:40:31	190	Edwards	Charlotte	Cornard Ladies FC	Female Senior
110	00:40:31	192	Clarke	Selina	Cornard Ladies FC	Female Senior
111	00:40:33	175	Snazell	Matthew	Unattached	Male Senior
112	00:40:39	162	Bullock	Kevin	Harwich Runners	Male Vet 40
113	00:40:49	223	Mortimer	Kevin	Comberton Joggers	Unable to place in Cat.
114	00:40:49	165	Jarvis	Peter	Stour Valley Joggers	Male Vet 50
115	00:41:00	86	Gosling	Cyndy	Gt Bentley Running Club	Female Vet 45
116	00:41:03	215	Rivers	Tony	Ipswich Jaffa	Unable to place in Cat.
117	00:41:08	181	Robinson	John	Unattached	Male Senior
118	00:41:44	206	Jousiffe	Tim	Ipswich Jaffa	Male Vet 40
119	00:41:44	62	Morley	Leslie	Halstead Road Runners	Male Vet 55
120	00:41:46	153	Buckles	Mark	Unattached	Unable to place in Cat.
121	00:41:54	42	Mumford	Sally	Unattached	Female Senior
122	00:41:58	98	Goodridge	Jackie	Newmarket Joggers	Female Vet 50+
123	00:42:03	90	Benson	Matthew	Unattached	Unable to place in Cat.
124	00:42:04	217	Jeffries	Peter	Unattached	Male Vet 50
125	00:42:20	107	Sandford	Jo	Unattached	Female Senior
126	00:42:26	172	Bailey	Tim	Unattached	Male Vet 40
127	00:42:27	101	Robbie	Rosa	Unattached	Unable to place in Cat.
128	00:42:48	33	Hammond	Jerome	Sudbury Rugby Club U15's	Male Junior
130	00:42:53	113	Lee	Andrew	Unattached	Male Senior
131	00:43:10	203	Foster	Lyn	Sedley Park RR	Female Vet 45
132	00:43:18	55	Hunt	Robert	Unattached	Male Vet 40
133	00:43:27	1	Tanous	Louise	Ipswich Triathlon Club	Female Vet 40
134	00:43:29	207	Jenkins	Paul	Unattached	Male Vet 55
135	00:43:45	173	Risley	Colin	Unattached	Male Vet 45
136	00:43:49	12	Snazell	Helen	St Edmund Pacers	Female Vet 45
137	00:44:02	188	Butcher	Daryl	Harwich Runners	Male Vet 45
138	00:44:16	114	Goodwright	Jason	Unattached	Male Senior
140	00:44:22	108	Edge	Robert	Unattached	Male Senior
141	00:44:24	37	Brooks	Rob	Unattached	Male Vet 50
142	00:44:31	168	Kessick	lan	Unattached	Male Vet 45
143	00:44:32	69	Flack	Tracey	Unattached	Female Senior
144	00:44:33	222	Grimwood	Jennie	Newmarket Joggers	Female Vet 45
145	00:44:35	13	Taylor	Richard	Unattached	Male Vet 40
146	00:44:42	224	Pagnds	N A	Comberton Joggers	Unable to place in Cat.
147	00:45:11	30	Thurlow	Julie	Ipswich Jaffa	Female Vet 40
148	00:45:17	29	Thurlow	Peter	Ipswich Jaffa	Male Vet 45
149	00:45:19	43	Miles	Steven	Unattached	Male Senior

Position	Time	Race No	Surname	First Name	Club Name	Category
150	00:45:27	170	Steward	Sue	Colchester Harriers AC	Female Vet 40
151	00:45:33	218	Jarvis	Debbie	Unattached	Female Vet 35
152	00:45:38	53	Collier	Lyndon	Stour Valley Joggers	Male Vet 50
153	00:45:44	160	Baker	Darren	Unattached	Male Vet 40
154	00:46:04	81	Crisell	Trevor	Unattached	Male Vet 40
155	00:46:18	39	Murry	Brian	Unattached	Male Vet 50
156	00:46:23	67	Tiller	Jenny	Havering Joggers 90	Female Senior
157	00:46:32	120	Turner	Edd	Unattached	Male Senior
158	00:46:46	208	Stockley	Frank	Ipswich Jaffa	Unable to place in Cat.
159	00:46:50	214	Hammerton	Delia	Ipswich Jaffa	Female Vet 50+
160	00:46:58	194	Fenwick	Paul	Halstead Road Runners	Male Vet 45
161	00:47:06	89	Hilsum	Grace	Unattached	Female Senior
162	00:47:10	93	Chisholm	John	Sudbury Rugby Club U15's	Male Junior
163	00:47:22	151	Hall	Steve	Unattached	Male Senior
164	00:47:24	152	Jeffries	lan	Unattached	Unable to place in Cat.
165	00:47:36	226	Hayman	Chris	Unattached	Male Senior
166	00:48:10	47	Powell	Kirk	Unattached	Male Senior
167	00:48:18	9	Frindle	Claire	Halstead Road Runners	Female Junior
168	00:48:35	212	Ashley	Alice	Unattached	Female Senior
169	00:48:35	220	Vaughen	Jennie	St Edmund Pacers	Female Vet 45
170	00:48:43	64	Hibbert	Roger	Unattached	Unable to place in Cat.
171	00:49:04	164	Jarvis	Ann	Stour Valley Joggers	Female Vet 50+
172	00:49:04	74	Howard	James	Sudbury Rugby Club U15's	Male Junior
173	00:49:17	138	Oben	Charlotte	Unattached	Female Junior
174	00:49:35	49	Lesiak	Janine	Unattached	Female Senior
175	00:49:48	2	Deeks	Greg	Unattached	Male Vet 40
176	00:49:54	23	Goldsworthy	Caroline	Gt Bentley Running Club	Female Vet 40
177	00:49:59	228	Harvey	Mark	Unattached	Male Senior
178	00:49:59	139	Collins	George	Unattached	Male Senior
179	00:50:03	21	Shorter	Tracey	St Edmund Pacers	Female Vet 40
180	00:50:15	112	Matthews	Simon	Unattached	Male Senior
181	00:50:40	102	Hibbert	Zoe	Unattached	Female Senior
182	00:50:40	199	Bidevin	Mark Le	Unattached	Male Senior
183	00:50:43	127	Carter	Antony	Unattached	Male Senior
184	00:50:44	4	Hastings	Brian	Halstead Road Runners	Male Vet 55
185	00:50:52	100	Norton-Berry	K J	Unattached	Male Senior
186	00:51:17	155	Randell	Bex	Unattached	Female Vet 35
187	00:51:36	19	Holmes	Tom	Sudbury Rugby Club U15's	Male Junior
188	00:51:41	166	Longhurst	Sue	Unattached	Female Vet 40
189	00:52:12	163	Marfleet	Debi	St Edmund Pacers	Male Vet 40
190	00:52:27	167	Ashton	Jeff	Unattached	Male Vet 55
191	00:52:36	128	Barr	Tim	URWFRC	Male Senior
192	00:52:38	99	Turner	Jenny	Unattached	Female Senior
193	00:52:39	60	Theobald	Kevin	Unattached	Male Vet 40
194	00:52:39	61	Theobald	Jason	Unattached	Male Junior
195	00:53:58	51	Hearnden	Lewis	Sudbury Rugby Club U15's	Male Junior
196	00:54:13	178	Lagden	Lesley	Unattached	Female Vet 50+
197	00:54:14	183	Shadbolt	Angela	Unattached	Female Vet 50+
198	00:54:20	225	Hayman	Joana	Unattached	Female Vet 45

Position	Time	Race No	Surname	First Name	Club Name	Category
199	00:56:11	46	Ling	Stephen	Unattached	Male Senior
200	00:56:14	45	Baldwin	Richard	Unattached	Male Senior
201	00:56:14	18	Lace	Jenni	Unattached	Female Senior
202	00:56:19	177	Donnelly	Fran	Unattached	Female Senior
203	00:56:19	3	Mitchell	Anne	Unattached	Female Vet 45
204	00:56:43	31	Mayes	Chantell	Unattached	Female Vet 45
205	00:57:06	32	Fidall	Nicoa	Unattached	Female Senior
206	00:57:06	157	Walton	Richard	Unattached	Male Senior
207	00:59:43	159	Walton	Tan	Unattached	Male Senior
208	00:59:43	26	Newcombe	Hayley	Unattached	Female Senior
209	01:03:00	204	Holmes	Richard	Unattached	Male Senior
210	01:05:32	186	Sparkes	Carrie	Unattached	Female Senior
211	01:05:56	48	Taylor	Colin	Unattached	Male Senior
212	01:06:15	34	Gumble	Hayley	Unattached	Female Senior
213	01:23:38	122	Hobson	Simon	Unattached	Male Senior
214	01:23:38	123	Patey	Toby	Unattached	Male Senior
215	01:24:06	115	Cunningham	Erin	Unattached	Male Senior
216	01:24:15	232	Proudfoot	Hayley	Unattached	Female Senior
	dns/dnf	73	White	Adam	Bildeston Bounders	Male Junior
	dns/dnf	15	Scofield	Ellie	Cambridge & Colleridge A.C.	Female Junior
	dns/dnf	17	Wallen	Brigid	Chelmsford AC	Female Vet 35
	dns/dnf	87	Tomlinson	Geoffrey	Gt Bentley Running Club	Male Vet 40
	dns/dnf	5	Hastings	Jean	Halstead Road Runners	Female Vet 50+
	dns/dnf	38	Poole	Gordon	Highgate Harrers	Male Vet 60+
	dns/dnf	75	Bareham	Ron	Ipswich Triathlon Club	Male Vet 60+
	dns/dnf	70	Fellingham	Richard	Stowmarket Striders	Male Vet 50
	dns/dnf	71	Fellingham	Anne	Stowmarket Striders	Female Vet 50+
	dns/dnf	233	Chapman	Thomas	Sudbury Rugby Club U15's	Unable to place in Cat.
	dns/dnf	20	Poole	Josephine	Unattached	Female Senior
	dns/dnf	22	Cross	Andrew	Unattached	Male Vet 45
	dns/dnf	54	Hawkins	Kim	Unattached	Male Senior
	dns/dnf	92	Law		Unattached	Unable to place in Cat.
	dns/dnf	110	Fellingham-Boyce	Jane	Unattached	Female Vet 35
	dns/dnf	121	Brown	Margaret	Unattached	Female Vet 40
	dns/dnf	140	Calver	Oliver	Unattached	Male Senior
	dns/dnf	169	Day	Gavin	Unattached	Male Junior