Desition	Time	No	Cumpage	First Name	Club Nama	Catagony
Position 1	Time 00:28:54	No 256	Surname Weston	First Name Richard	Club Name	Category Male Senior
_				Colin	Ipswich Jaffa West Suffolk AC	
3	00:29:03	41	Ridley			Male Vet 40
		159	Nears	Jonathan	Gt Bentley Running Club 53-12 Multisports	Male Senior Male Senior
5	00:29:19	296 253	Lloyd Kearton	Mark	<u> </u>	Male Senior
6		193	Webber	Andy Matt	Gt Bentley Running Club	
7	00:29:40			Oliver	Unattached Unattached	Male Senior Male Senior
8	00:30:00	102 88	Barrett Macsephney	Scott	Ipswich Jaffa	Male Senior
9	00:30:06	40	Ridley	Andrew	West Suffolk AC	Male Junior
10	00:30:10	148	McClelland	Paul	Harwich Runners	Male Senior
11	00:30:10	286	Reynalds	N	Unattached	Male Senior
12	00:30:32	15	Entwistle	Joshua	Felixstowe Road Runners	Male Junior
13	00:30:32	157	Wright	David	Gt Bentley Running Club	Male Senior
14	00:30:47	197	Hunt	Steve	Hadleigh Hares AC	Male Vet 40
15	00:30:43	269	Cooper	lan	Thetford AC	Male Vet 40
16	00:31:28	305	Tatum	Danielle	Colchester & Tendring AC	Female Senior
17	00:31:32	306	Helliwell	Paul	Colchester & Tendring AC	Male Senior
18	00:31:40	321	Armitage	Mark	Unattached	Male Vet 40
19	00:31:51	288	Hope	Stuart	Unattached	Male Senior
20	00:31:01	314	Oakman	Annette	Chelmsford AC	Female Senior
21	00:32:09	317	Adkins	Cauio	Unattached	Male Vet 40
22	00:32:09	318	Adkins	Peter	Unattached	Male Senior
23	00:32:13	218	Wright	James	Unattached	Male Senior
24	00:32:15	125	Merry	Richard	Unattached	Male Senior
25	00:32:22	214	Green	David	Gt Bentley Running Club	Male Senior
26	00:32:23	255	Weston	John	Ipswich Jaffa	Male Vet 40
27	00:32:24	74	Chinery	Duncan	Ipswich Jaffa	Male Vet 40
28	00:32:31	237	Haining	William	Colchester Harriers	Male Vet 50
29	00:32:37	151	Suttcliffe	lan	Halstead Road Runners	Male Vet 40
30	00:32:49	94	Squirrell	John	Stowmarket Striders	Male Vet 50
31	00:32:59	297	Jody	O'Sullivan	Unattached	Male Senior
32	00:33:27	245	Suttle	Haley	Newmarket Joggers	Female Vet 40
33	00:33:34	27	Vaughan	Dave	St Edmund Pacers	Male Vet 50
34	00:33:39	213	Green	Christopher	Gt Bentley Running Club	Male Vet 40
35	00:33:42	206	Whiston	Arthur	Colchester Harriers	Male Vet 50
36	00:33:51	303	Jarvis	Phil	H30 Triathlon Club	Male Vet 40
37	00:33:54	323	Hammond	Nick	Stowmarket Striders	Male Senior
38	00:34:00	61	Finn	Greg	Unattached	Male Senior
39	00:34:01	180	Pyle	Nicola	Colchester & Tendring AC	Female Senior
40	00:34:00	182	Moulton	Christopher	Unattached	Male Senior
41	00:34:04	174	Davis	Paul	Unattached	Male Senior
42	00:34:07	275	Colyer	Kevin	Unattached	Male Senior
43	00:34:13	100	Curteis	Mark	Halstead Road Runners	Male Vet 40
44	00:34:15	135	Redmonds	David	Unattached	Male Vet 40
45	00:34:16	236	Talon	Richard	Unattached	Male Senior
46	00:34:31	19	Wright	Daniel	Halstead Road Runners	Male Senior

Desition	Time	No	Company	First Name	Club Name	Catagomi
Position	Time	No	Surname	First Name	Club Name	Category
47 48	00:34:37	229	Everitt	Geof	Ipswich Jaffa Harwich Runners	Male Vet 60
49	00:34:38	166 205	Peck	Glyn		Male Vet 60
	00:34:38		Hawkins	Kim Michael	Unattached	Male Vet 40 Male Senior
50 51	00:34:38 00:34:41	172 42	Browne Ridley	Matthew	Unattached Unattached	Male Senior
			· · · · · · · · · · · · · · · · · · ·			
52	00:34:59	325	Macrosson	Ker	Ipswich Jaffa	Male Vet 50
53 54	00:35:03 00:35:10	77 129	Clarke	Steve Joanna	Unattached Unattached	Male Senior Female Senior
55		175	Pryke McDonald	Jim	Unattached	Male Vet 40
56	00:35:15 00:35:35	252	White	Liam		Male Junior
		167	Hazelwood		53-12 Multisports Unattached	Male Senior
57 58	00:35:37 00:35:42	261	Williams	Ben Paul	St Edmund Pacers	Male Vet 50
59		18				Female Senior
60	00:35:58		Brown	Emily	Halstead Road Runners	
	00:36:07	194	Gardiner	Stephen David	Unattached	Male Vet 40
61	00:36:09	90	Ingleby		Hadleigh Hares AC	Male Vet 50
62	00:36:10	103	Lopy	Michelle Van	Gt Bentley Running Club	Female Senior
63	00:36:16	28	Phillips	Simon	St Edmund Pacers	Male Senior
64	00:36:21	247	Carlyle	Mark	Unattached	Male Senior
65	00:36:29	304	Palley	John	Colchester & Tendring AC	Male Senior
66	00:36:30	132	Thurston	Les	Bishops Stortford RC	Male Vet 50
67	00:36:31	268	Kubiak	Abi	Formby Runners	Female Senior
68	00:36:31	168	Adams	Rebecca	Halstead Road Runners	Female Senior
69	00:36:35	162	Wilmot	Andrew	Halstead Road Runners	Male Vet 60
70	00:36:44	263	Read	Jim	Harwich Runners	Male Vet 50
71	00:36:45	326	Starling	Matthew	Unattached	Male Senior
72	00:36:50	12	Swazell	Matthew	St Edmund Pacers	Male Senior
73	00:37:00	207	Henry	Amanda	Unattached	Female Senior
74	00:37:00	192	Webber	Nick	Unattached	Male Senior
75	00:37:00	279	Clarke	Paul	St Edmund Pacers	Male Vet 40
76	00:37:01	35	Shaw	Carol	Havering 90 Joggers	Female Vet 50
77	00:37:02	92	Chester	Jason	Unattached	Male Senior
78	00:37:03	63	Frost	Adrian	Unattached	Male Senior
79	00:37:06	113	Ruffell	Mark	Unattached	Male Senior
80	00:37:13	234	Davies	Rob	Sudbury Cycle Club	Male Vet 40
81	00:37:14	78	Gillibrand	Christian	Unattached	Male Senior
82	00:37:16	267	Eldred	Gary	Gt Bentley Running Club	Male Vet 40
83	00:37:17	230	Read	Carl	Unattached	Male Senior
84	00:37:21	181	Runeckles	David	Ipswich Jaffa	Male Vet 50
85	00:37:28	330	Colling	Joe	Colchester & Tendring AC	Male Senior
86	00:37:31	111	Fellingham	Richard	Stowmarket Striders	Male Vet 50
87	00:37:33	250	Keogh	Matt	Unattached	Male Senior
88	00:37:48	211	Sanderson	Matthew	Unattached	Male Senior
89	00:37:53	273	White	Adam	53-12 Multisports	Male Senior
90	00:38:00	164	Thomas	Kate	Harwich Runners	Female Senior
91	00:38:03	127	Walton	Bryan	Unattached	Male Senior
92	00:38:05	34	Fisher	Jonny	Unattached	Male Senior

Position	Time	No	Surnama	First Name	Club Name	Catagory
93	Time 00:38:06	231	Surname	First Name Vincent	Unattached	Category Male Senior
94	00:38:21	185	Dreau	Luke	Unattached	Male Junior
95	00:38:23	165	Fry Rogojan-Rush	Mitch	Unattached	Male Senior
96	00:38:24	103	Other	A N	Onattached	iviale Sellioi
97	00:38:30	333	Am?????	L	Ipswich Jaffa	Male Vet 60
98	00:38:37	186	Davis	Colin	Unattached	Male Senior
99	00:38:38	219	Underwood	Saul	Unattached	Male Senior
100	00:38:40	220	Underwood	Toby	Unattached	Male Senior
101	00:38:41	82	Chubb	Jacqueline	Ipswich Triathlon Club	Female Vet 40
102	00:38:42	152	Suttcliffe	Dale	Halstead Road Runners	Male Junior
103	00:38:43	14	Hynard	Jamie	Unattached	Male Junior
103	00:38:45	309	Stiff	Robin	Unattached	Male Senior
105	00:38:47	200	Picherin	Edward	St Edmund Pacers	Male Junior
106	00:38:51	300	Andrew	Mark	Unattached	Male Senior
107	00:38:51	222	Baker	Paula	Unattached	Female Senior
107	00:38:54	223	Baker	Nick	Unattached	Male Vet 40
109	00:38:56	145	White	Dennis	Unattached	Male Vet 50
110	00:38:57	128	Norton	Simon	Unattached	Male Vet 40
111	00:38:59	177	Newcome	Colin	Sudbury Joggers	Male Senior
112	00:39:04	278	Hocken	Adam	Unattached	Male Vet 40
113	00:39:09	52	Cordwell	Julian	Harwich Runners	Male Vet 50
114	00:39:10	33	Haxelden	David	Unattached	Male Vet 40
115	00:39:29	153	Smart	Matthew	Unattached	Male Senior
116	00:39:31	195	Wood	Hilary	Ipswich Jaffa	Female Vet 40
117	00:39:33	232	Thompson	Ben	Unattached	Male Senior
118	00:39:35	271	Pearson	Alan	Unattached	Male Senior
119	00:39:42	86	West	Leon	Unattached	Male Senior
120	00:39:43	215	Tunaley	John	Ipswich Jaffa	Male Vet 50
121	00:39:44	143	Collins	Peri	Halstead Road Runners	Female Vet 40
122	00:39:47	169	Hall	Steve	Unattached	Male Senior
123	00:39:48	118	Foster	Paul	Gt Bentley Running Club	Male Vet 50
124	00:39:51	75	Collins	George	Ipswich Jaffa	Male Vet 40
125	00:39:57	87	Tindle	James	Unattached	Male Senior
126	00:39:58	208	Cullen	Alex	Unattached	Male Junior
127	00:40:00	134	Dunn	Aidan	Unattached	Male Senior
128	00:40:00	114	Skillion	Bob	Unattached	Male Vet 40
129	00:40:03	76	Walsh	Paul	Unattached	Male Vet 40
130	00:40:05	242	Cole	Dan	Unattached	Male Senior
131	00:40:08	126	Rowland	Robert	Unattached	Male Vet 60
132	00:40:09	204	Adolphus	Tony	Ipswich Jaffa	Male Vet 40
133	00:40:10	163	Knott	Elspeth	Harwich Runners	Female Vet 50
134	00:40:12	43	Ridley	Daniel	Unattached	Male Junior
135	00:40:13	116	Wise	Larry	Gt Bentley Running Club	Male Vet 50
136	00:40:14	311	Pallett	Michael	Stowmarket Striders	Male Senior
137	00:40:17	110	Deeks	Brett	Unattached	Male Senior
138	00:40:22	85	Smart	Rebeca	Unattached	Female Senior

Position	Time	No	Симиомо	First Name	Club Name	Catagomy
139	Time 00:40:22	No 239	Surname	First Name Mark	Unattached	Category Male Senior
			Pilgrim	David		
140	00:40:22	246	Row		Unattached	Male Senior
141		258	Calver	Oliver	Ipswich Triathlon Club	Male Senior
142 143	00:40:30 00:40:31	119 196	Foster Hunt	Lyn Stuart	Gt Bentley Running Club	Female Vet 50
143		123		David	Hadleigh Hares AC	Male Senior
144	00:40:31		Bevan		Unattached Unattached	Male Vet 50 Male Senior
145	00:40:36	124 36	Bevan Shaw	James Robert	Havering 90 Joggers	Male Vet 50
147	00:40:51	272		N	Unattached	Male Vet 40
147	00:40:54	248	Hughes Goodwin		Unattached	Male Senior
149				Toby Deborah		
150	00:40:54	21	Davies Davies	Len	Havering 90 Joggers Havering 90 Joggers	Female Vet 40 Male Senior
				David	Unattached	
151	00:40:57	216	Gardiner			Male Vet 40
152	00:40:58	8	Smart	Tony	Unattached	Male Junior
153	00:41:00	93	Chaplin	Amanda	Unattached	Female Junior
154	00:41:06	293	Frewin	Daniel	Unattached	Female Senior
155	00:41:06	264	Byford	Colin	Unattached	Male Vet 40
156	00:41:06	295	Hook	Caroline	Unattached	Female Senior
157	00:41:07	105	Andrews	Duncan	Unattached	Male Senior
158	00:41:10	104	Williams	Olly	Unattached	Male Senior
159	00:41:12	187	Harvey	Katie	Bildeston Bounders AC	Female Junior
160	00:41:12	188	Harvey	Glen	Bildeston Bounders AC	Male Vet 40
161	00:41:22	203	Hinton	Anthony	Colchester Harriers	Male Vet 50
162	00:41:27	292	Johnson	M	Comberton Joggers	Male Vet 50
163	00:41:31	7	Piper	Daniel	Unattached	Male Senior
164	00:41:38	65	Grace	Geoff	Unattached	Male Senior
165	00:41:40	56	Jimenez	Miguel	Unattached	Male Senior
166	00:41:46	156	O'Keefe	John	Unattached	Male Senior
167	00:41:52	57	Taylor	Graeme	Unattached	Male Vet 40
168	00:41:56	17	Hunt	Robert	Unattached	Male Vet 40
169	00:41:59	307	Charlisworth	Gordon	Paveway Runners	Male Vet 40
170	00:42:01	140	Nokes	Carol	Hadleigh Hares AC	Female Vet 40
171	00:42:01	136	Summer	Craig	Unattached	Male Senior
172	00:42:10	225	Kingdon	Daniel	South Molton Strugglers	Male Senior
173	00:42:11	67	Swazell	Helen	St Edmund Pacers	Female Vet 50
174	00:42:12	67	Sear	Gary	Unattached	Male Senior
175	00:42:14	332	Tansley	Mark	Unattached	Male Senior
176	00:42:15	69	Lesiak	Janine	Unattached	Female Senior
177	00:42:17	10	Other A N	Dobbis	Ct Edmund Dagge	Mala Vat FO
178	00:42:17	10	Swazell	Robbie	St Edmund Pacers	Male Vet 50
179	00:42:19	212	Osborne	David	Unattached	Male Senior
180	00:42:20	257	Neto	Sairla	Halstead Road Runners	Female Vet 40
181	00:42:21	170	Stovell	Tim	Unattached	Male Senior
183	00:42:26	1	Young	Nikki	Unattached	Female Senior
184	00:42:28	62	Wilson	Stuart	Unattached	Male Senior
185	00:42:29	277	Morlan	Andrew	Unattached	Male Senior

Position	Time	No	Surname	First Name	Club Name	Catagory
186	00:42:32	226	Rowles	Bob	Harwich Runners	Category Male Vet 40
		29	Theobald			
187	00:42:41			Jason	Unattached	Male Senior
188	00:42:50	30	Theobald	Kevin	Unattached	Male Senior
189	00:42:53	108	Chambers	Mike	Hadleigh Hares AC	Male Vet 60
190	00:42:54	144	Law	Barbara	Gt Bentley Running Club	Female Vet 60
191	00:42:04	209	Cullen	James	Unattached	Male Vet 40
192 193	00:42:30	158 224	Page Plumb	Simon	Unattached	Male Vet 40 Male Vet 70+
193				Anthony	Ipswich Jaffa Unattached	
194	00:43:04	3 133	McDonald Dunn	Gary Claire	Unattached	Male Senior Female Senior
196	00:43:12	2	Coates	Alastair	Unattached	Male Senior
196	00:43:12	120	Harrington		Unattached	Female Senior
198	00:42:19	160	McCorquodale	Amgela Becky	Gt Bentley Running Club	Female Senior
199	00:42:22	5	Ford	Matt	Unattached	Male Senior
200	00:43:40	235	Embury	Colin	Unattached	Male Vet 50
200	00:43:42	26	Ryland	Christopher	Ipswich Triathlon Club	Male Vet 50
201	00:43:52	64	Taylor	Richard	Unattached	Male Vet 40
202	00:43:56	139	•	Nick	St Edmund Pacers	Male Vet 50
203	00:43:57	59	Higgins Ridley	John	Unattached	Male Senior
205	00:43:37	112	Fellingham	Anne	Stowmarket Striders	Female Vet 50
206	00:44:02	221	Mann	David	Unattached	Male Vet 60
207	00:44:06	285	Baldwin	David	Unattached	Male Vet 60
208	00:44:10	23	Turner	Holly	Unattached	Female Junior
209	00:44:25	310	Manning	Richard	Unattached	Male Senior
210	00:44:27	106	Kossick	lan	Unattached	Male Vet 40
211	00:44:30	183	Strachen	Goldie	Gt Bentley Running Club	Female Senior
212	00:44:35	262	Chadwick	Bob	Unattached	Male Vet 50
213	00:44:37	81	Mills	Andrew	Unattached	Male Vet 50
214	00:44:38	32	Weatherburn	Nicola	Bishops Stortford RC	Female Senior
215	00:44:38	284	Cates	James	Unattached	Male Senior
216	00:44:41	276	Amdd	Mark	Unattached	Male Senior
217	00:44:45	184	Wright	Matthew	Unattached	Male Senior
218	00:44:49	117	Crisell	Trevor	Unattached	Male Vet 40
219	00:44:55	146	Butcher	Daryl	Harwich Runners	Male Vet 40
220	00:45:07	115	Murphy	Stephen	Unattached	Male Vet 40
221	00:45:09	282	lvatt	Mike	St Edmund Pacers	Unable to place in cat.
222	00:45:15	313	Dickinson	Alan	Unattached	Male Vet 50
223	00:45:39	244	Lesiar	David	Unattached	Male Vet 50
224	00:45:42	291	Prentis	N	Comberton Joggers	Male Vet 50
225	00:45:43	147	Goodwin	Rebekah	Unattached	Female Senior
226	00:45:47	89	Goodwin	Rachel	Unattached	Female Senior
227	00:45:56	329	Nelson	В	Unattached	Male Vet 50
228	00:46:00	20	Sorrell	Sue	Colchester & Tendring AC	Female Senior
229	00:46:02	101	Page	G	St Edmund Pacers	Male Vet 50
230	00:46:07	298	Browne	Su	Stowmarket Striders	Female Vet 50
231	00:46:07	299	Browne	Simon	Stowmarket Striders	Male Vet 40

Desiries	Time	No	Commence	First Name	Club Name	Catanami
Position	Time	No 210	Surname	First Name	Club Name	Category
232	00:46:09	319	fenwick	Paul	Halstead Road Runners	Male Vet 50
233	00:46:11	109	Deeks	Gegory	Unattached	Male Vet 40
234	00:46:15	294	Hakeney	Adam	Unattached	Male Junior
235	00:46:19	50	Browne	Ken	Unattached	Male Vet 40
236	00:46:25	48	Collier	Lyndon	Sudbury Joggers	Male Vet 50
237	00:46:26	53	West	Lisa	Unattached	Female Vet 40
238	00:46:42	312	Scott	Michelle	Stowmarket Striders	Female Senior
239	00:46:46	327	Holland	Paul	Unattached	Male Senior
240	00:46:58	243	Fletcher	Hugh	Unattached	Male Vet 50
241	00:47:05	58	Wilson	Alex	Unattached	Male Senior
242	00:47:23	198	Pickerin	Trudy	St Edmund Pacers	Female Vet 40
243	00:47:23	199	Pickerin	Trevor	St Edmund Pacers	Male Vet 40
244	00:47:34	154	O'Reilly	James	Unattached	Male Senior
245	00:47:37	91	Mayes	Chantell	Unattached	Female Senior
246	00:47:38	191	Dack	Jason	Unattached	Male Junior
247	00:47:39	190	Dack	Ronald	Unattached	Male Vet 50
248	00:47:42	107	Webster	Nicola	Unattached	Female Senior
249	00:47:56	331	Reeve	Thomas	Unattached	Male Senior
250	00:47:57	328	Goss	Martin	Unattached	Male Senior
251	00:47:58	68	Thompson	Megan	Unattached	Female Junior
252	00:47:59	66	Hunt	William	Unattached	Male Senior
253	00:48:00	308	Berridge	Lisa	Unattached	Female Senior
254	00:48:01	202	Hinton	Catherine	Colchester Harriers	Female Vet 50
255	00:48:43	150	Verghese	Angela	Unattached	Female Vet 50
256	00:48:49	287	Johnson	O'Sullivan	Unattached	Unable to place in cat.
257	00:48:51	335	Bauer	Alwon	Unattached	Female Senior
258	00:48:54	249	Clark	Martin	Unattached	Male Senior
259	00:49:00	238	Gaskin	Andre	Unattached	Male Vet 40
260	00:49:03	274	Arkell	Kate	Unattached	Male Senior
261	00:49:06	161	Wild	Joanne	Unattached	Female Vet 40
262	00:49:08	337	Poku	Mary-Jane	Colchester & Tendring AC	Femail Senior
263	00:49:13	141	Bird	Jeremy	Unattached	Male Senior
264	00:49:15	301	Page	Jenny	Unattached	Female Senior
265	00:49:20	289	Ledger	Dee St	Unattached	Female Vet 40
266	00:49:26	302	Mathison	lan	Unattached	Male Senior
267	00:49:31	60	Sones	Kevin	Unattached	Male Senior
268	00:50:11	266	Kingsbury	Will	Unattached	Male Junior
269	00:50:45	96	Thompson	Vikki	Unattached	Female Senior
270	00:50:54	95	Tinsley	Andrew	Unattached	Male Senior
271	00:50:56	233	Hayward	Chris	Unattached	Male Vet 50
272	00:50:58	55	Sargeant	Leanne	Unattached	Female Senior
273	00:51:07	13	Hynard	Lynette	Unattached	Female Senior
274	00:51:25		Other A N	A N		
275	00:51:31	227	Papworth	Louise	Harwich Runners	Female Senior
276						
276 277	00:51:49 00:51:50	324 178	Mayhew Baker	Sandra Terence	Stowmarket Striders Unattached	Female Vet 40 Male Junior

Docition	Time	No	Симиомо	First Name	Club Nama	Cotogowy
Position 278	Time	No	Surname	First Name	Club Name	Category
	00:51:51	80	Risley	Claire	Sudbury Joggers Unattached	Female Senior
279 280	00:51:57	254 283	Pillet	Mark		Male Senior
281	00:51:58	290	Kelly	James	Framlingham Flyers Unattached	Male Vet 70+ Male Junior
282	00:52:09	72	Pryor Turner	George Amanda	Unattached	Female Senior
283	00:52:21	280	Grans	Kate	Unattached	Female Senior
284	00:52:22	54	Row	Paul	Unattached	Unable to place in cat.
285	00:52:23	9	Tatum-Hagger	Trudie	Unattached	Female Senior
286	00:52:25	149	Miller	Roy	St Edmund Pacers	Male Vet 50
287	00:52:25	320	Graham	Mick	Belgrave Harriers	Male Vet 50
288	00:52:54	336	Gwyther	A	Unattached	Male Senior
289	00:52:54	334	Bowen	Brett	Unattached	Male Senior
290	00:52:54	6	Duckling	Louise	Colchester & Tendring AC	Female Senior
291	00:53:01	37	Morton	Victoria	Unattached	Female Senior
292	00:53:22	260	Jenkins	Stephen	Unattached	Male Senior
293	00:53:22	259	Collins	D	Unattached	Male Vet 40
294	00:53:58	322	Herlihy	Michael	Paveway Runners	Male Senior
295	00:54:04	228	Webb	J	Unattached	Female Vet 40
296	00:56:47	265	Dexter	Matt	Unattached	Male Senior
297	00:58:04	99	Smith	Mark	Unattached	Male Senior
298	00:58:21	83	Raymond	Rose	Unattached	Female Vet 40
299	00:58:21	84	Potter	Lucy	Unattached	Female Senior
300	00:58:35	71	Parmenter	Patrick	Eastern Veterans	Male Vet 70+
301	00:59:03	24	Purser	Alex	Unattached	Male Senior
302	00:59:03	25	Tsang	Shui-Kei	Unattached	Female Senior
303	00:59:39	98	Smith	Alan	Unattached	Male Vet 50
304	00:59:58	131	Poole	Gordon	Sudbury Joggers	Male Vet 70+
305	01:01:56	155	Dorrian	Sarah	Unattached	Female Senior
306	01:02:45	316	Newton	M	Sudbury Joggers	Male Vet 40
307	01:06:21	270	Holmes	Richard	Unattached	Male Senior
308	01:06:30	251	Ellis	Raymond	Unattached	Male Senior
309	01:06:38	39	Squirrell	Valerie	Unattached	Female Vet 50
310	01:06:39	142	Parmenter	Danielle	Unattached	Female Senior
311	01:07:28	281	lvatt	John	St Edmund Pacers	Unable to place in cat.
312	01:07:28	210	Cullen	Trudy	Harwich Runners	Female Vet 40
		4	Game	Barry	Unattached	Male Senior
		16	Hearn	Tim	Unattached	Male Vet 50
		31	Long	Julian	St Edmund Pacers	Male Senior
		38	Walden	John	Unattached	Male Vet 40
		44	Felgate	Amanda	Unattached	Female Senior
		45	West	Martin	Harwich Runners	Male Vet 50
		46	West	Claire	Harwich Runners	Female Vet 40
		47	Smith	Robert	Unattached	Male Vet 50
		49	Barr	Ken	Unattached	Male Vet 50
		51	Wheatcroft	Russell	Unattached	Male Senior
		70	Norton	Marie	Unattached	Female Senior

Position	Time	No	Surname	First Name	Club Name	Category
		73	Chenery	Robert	Ipswich Jaffa	Male Senior
		79	Hawthorne	Alex	Unattached	Male Senior
		97	Tiller	Angela	Unattached	Female Senior
		121	Dreau	Vincent	Unattached	Male Senior
		122	Fraser	Jo	Stowmarket Striders	Female Senior
		130	Masterson	Sarah	Unattached	Female Senior
		137	Thurlow	Peter	Ipswich Jaffa	Male Vet 50
		138	Thurlow	Julie	Ipswich Jaffa	Female Vet 50
		171	Irons	Stuart	Unattached	Male Vet 40
		173	Wicks	James	Unattached	Male Senior
		176	Marston	Carl	St Edmund Pacers	Male Vet 40
		179	Palmer	Tim	Unattached	Male Junior
		189	Russel	Pippa	Unattached	Female Junior
		201	Donoghue	Gary	Harwich Runners	Male Senior
		240	Howard	Paul	Unattached	Male Vet 40
		241	Wiseman	Luke	Unattached	Male Junior
		315	Brown	Darren	Chelmsford AC	Male Senior