

Sudbury 5

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	334	Ramadan Osman	U19M	0:27:14.82	Colchester & Tendring AC
2	279	Jim Last	MO	0:27:56.07	Framlingham Flyers
3	146	Gavin Davies	MO	0:28:08.76	Ipswich Jaffa RC
4	249	Adam Howlett	M40	0:28:37.36	Framlingham Flyers
5	397	John Scaife	M40	0:28:54.13	Hadleigh Hares AC
6	459	Paul Wain	U19M	0:29:00.53	Ipswich Jaffa RC
7	222	Kieran Hayles	MO	0:29:07.03	Sudbury Joggers
8	369	Colin Ridley	M50	0:29:07.97	Colchester Harriers AC
9	358	James Preston	U19M	0:29:17.56	West Suffolk AC
10	284	Mark Lloyd	M40	0:29:34.95	Harwich Runners
11	322	Jonathan Nears	M40	0:29:43.15	Colchester Harriers AC
12	378	Paul Rodgers	M40	0:29:51.45	Colchester Harriers AC
13	425	William Stanley	MO	0:29:56.4	
14	360	Paul Preston	M40	0:30:19.9	Colchester Harriers AC
15	470	Peter West	M50	0:30:24.6	Colchester Harriers AC
16	102	Martyn Clarke	M50	0:30:43.78	Colchester Harriers AC
17	324	Megan Newton	U19F	0:30:46.38	West Suffolk AC
18	376	Odette Robson	F40	0:30:52.5	Saint Edmund Pacers
19	130	Adam Crawford	U19M	0:31:20.07	West Suffolk AC
20	223	Sammy Haynes	MO	0:31:32.1	
21	332	Drew Olley	U19M	0:31:35.79	Colchester Harriers AC
22	405	Marie Shirley	FO	0:31:43.73	Colchester Harriers AC
23	97	Jim Clark	MO	0:31:46.39	Halstead RRC
24	281	Alfred Lawrence	U19M	0:31:48.64	
25	107	Mark Clements	MO	0:31:51.09	Ipswich Jaffa RC
26	3	Wayne Cook	M40	0:31:52.76	Braintree RC
27	74	Jonathan Buist	MO	0:32:06.44	Halstead RRC
28	415	Simon Smith	M50	0:32:08.19	Colchester Harriers AC
29	264	Ian Jeffries	MO	0:32:22.84	
30	179	Richard Flutter	M40	0:32:24.88	Harwich Runners
31	404	Laura Shewbridge	FO	0:32:38.87	Colchester Harriers AC
32	165	Stewart Ellis	MO	0:32:44.01	Halstead RRC
33	188	Adrian Frost	M40	0:32:46.61	Colchester Harriers AC
34	52	Tom Bowles	MO	0:32:47.87	
35	330	Joe Nourse	MO	0:32:48	Braintree & District AC
36	69	Jason Brunt	M40	0:32:50.78	Norfolk Gazelles AC
37	466	James Welsh	MO	0:33:14.21	
38	144	Clive Davey	M40	0:33:22.39	Sudbury Joggers
39	473	Mark White	M40	0:33:26.92	Haverhill Running Club
40	88	Jamie Castle	MO	0:33:27.63	
41	335	Andy Owen	MO	0:33:29.42	Halstead RRC
42	375	Joe Robson	U19M	0:33:30.97	Saint Edmund Pacers
43	138	Dean Cutting	M40	0:33:48.18	Halstead RRC
44	209	William Haining	M60	0:33:51.13	
45	313	Nicholas Mitchell	MO	0:33:51.92	Vegan Runners UK
46	154	Bradley Doe	MO	0:33:59.45	
47	176	Yusuf Firat	M50	0:34:12.92	Haverhill Running Club
48	118	Tom Codling	U19M	0:34:16.66	Sudbury Joggers
49	458	Kelly Wagland	M40	0:34:21.98	
50	20	Darren Barfield	MO	0:34:30.17	Sudbury Joggers
51	64	Russel Breyer	M50	0:34:32.11	Ipswich Jaffa RC
52	195	Ben Goddard	M40	0:34:33.78	
53	177	Jamie Fittock	MO	0:34:34.68	Sudbury Joggers
54	23	Emma Barrowclough	FO	0:34:44.25	Sudbury Joggers
55	199	Steven Goodwin	MO	0:34:46.48	
56	349	Richard Smith	M40	0:34:46.79	
57	203	Stuart Green	M50	0:34:47.52	Stowmarket Striders RC
58	166	Steven Everett	M40	0:35:07.61	Braintree & District AC
59	115	Abi Cocksedge	FO	0:35:07.89	
60	36	Matthew Benson	MO	0:35:12.49	Sudbury Joggers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	398	Nigel Schofield	M50	0:35:19.07	Saint Edmund Pacers
62	395	Kieron Savage	M40	0:35:19.8	Sudbury Joggers
63	283	Stuart Lillie	M40	0:35:33.44	
64	156	Leonie Dolling	FO	0:35:43.79	
65	296	Scott Manton	MO	0:35:45.22	
66	261	Alan Jackson	M50	0:35:52.32	Ipswich Jaffa RC
67	38	Andrew Bigg	MO	0:35:55.32	
68	91	Duncan Chenery	M50	0:35:56.08	Ipswich Jaffa RC
69	262	Chris Jackson	MO	0:35:57.87	
70	96	Chris Chorley	M50	0:35:58.3	Bungay Black Dog RC
71	270	Richard Jones	M40	0:36:04.86	
72	170	Matt Farthing	MO	0:36:06.08	
73	106	Anna Clayton	FO	0:36:06.91	Saint Edmund Pacers
74	302	Craig Matthews	M40	0:36:18.41	
75	368	Thomas Rides	MO	0:36:19.45	
76	210	Rachael Hamblyn	FO	0:36:22.7	Ipswich Jaffa RC
77	196	Simon Goldsmith	M40	0:36:23.04	
78	469	Leon West	MO	0:36:23.28	
79	364	Jamie Randall	M40	0:36:24.09	Haverhill Running Club
80	492	Andrew Wright	M40	0:36:25.85	Saint Edmund Pacers
81	268	Matthew Jones	MO	0:36:30.12	Great Bentley Running Club
82	232	Simon Hibbert	MO	0:36:33.23	UKnetrunner.co.UK
83	4	Paul Allen	M40	0:36:35.41	
84	455	Daniel Upton	MO	0:36:42.95	
85	147	Robert Davies	M40	0:36:45.08	
86	363	Nicola Pyle	F40	0:36:46.38	Springfield Striders RC
87	489	Mathew Wooderson	MO	0:36:51.67	
88	99	Graham Clarke	M60	0:36:56.55	
89	305	Steve Mcnamara	M40	0:37:03.28	
90	348	Richard Pillet	M50	0:37:08.18	
91	59	Richard Brand	M40	0:37:08.47	
92	86	Eileen Carvell	FO	0:37:20.82	
93	231	Daniel Hewitt	M50	0:37:27.57	Halstead RRC
94	120	David Cole	MO	0:37:45.58	
95	319	Mr Moulton	M40	0:37:49.83	
96	92	Lynsey Chenery	FO	0:37:51.59	Ipswich Jaffa RC
97	39	Yasar Bilgi	M40	0:37:58.26	
98	328	Simon Norton	M50	0:37:58.76	
99	9	Steve Arnold	M40	0:38:00.58	
100	356	Ian Cannons	M40	0:38:03.61	Harwich Runners
101	286	Iestyn Long	M40	0:38:07.09	
102	435	Mark Stocker	M40	0:38:07.72	
103	482	Ashley Smith	MO	0:38:09.28	Sudbury Joggers
104	333	Nefise Onbasi	FO	0:38:14.02	
105	391	Mark Salisbury	MO	0:38:14.65	
106	344	Daniel Petts	U19M	0:38:15.18	
107	161	Ian East	M40	0:38:17.99	
108	155	Craig Doherty	U19M	0:38:20.95	
109	320	Adam Mumford	M40	0:38:31.13	
110	266	Steven Jeggo	M40	0:38:31.38	
111	244	Steven Horsley	MO	0:38:37	
112	247	Stephen Howard	M40	0:38:38.37	
113	117	Jo Codling	F40	0:38:39.34	
114	381	Mark Ross	M50	0:38:44.83	Great Bentley Running Club
115	337	Ruth Palmer	FO	0:38:47.69	Saint Edmund Pacers
116	454	Toby Underwood	MO	0:38:56.69	
117	72	Richard Budd	M40	0:39:02.81	
118	494	Mark Wright	M40	0:39:03.24	
119	168	Sarah Fanning	FO	0:39:03.7	
120	326	Daniel Norris	MO	0:39:03.93	
121	47	Rachel Bodsworth	FO	0:39:14.22	Hadleigh Hares AC
122	462	Lloyd Warne	MO	0:39:18.13	
123	217	Anthony Harris	M40	0:39:18.77	
124	110	Wayne Close	MO	0:39:21	

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125	403	Eileen Shadford	F50	0:39:22.03	Great Bentley Running Club
126	312	Francis Mills	MO	0:39:23.92	Harwich Runners
127	251	Robert Hunt	M50	0:39:25.72	
128	13	Rosie Atkins	FO	0:39:30.51	Halstead RRC
129	50	Sally-ann Bowen	F40	0:39:35.08	Sudbury Joggers
130	439	Emma Thistleton	FO	0:39:41.12	
131	158	Sarah Duke	FO	0:39:42.26	
132	353	David Potts	MO	0:39:46.57	
133	6	Mark Andrews	M40	0:39:52.05	
134	300	Karen Martin	FO	0:39:52.52	
135	26	Stephen Bartholomew	MO	0:40:00.9	
136	113	Alan Cochram	M40	0:40:03.31	
137	278	Stuart Lakey	M60	0:40:03.81	
138	200	Tina Gore	F40	0:40:11.06	Sudbury Joggers
139	315	Gary Leigh Moore	M50	0:40:16.69	
140	255	Penny Hurrell	F40	0:40:17.81	
141	137	Barry Curtis	M40	0:40:23.85	
142	5	Joseph Andrews	M40	0:40:24.87	
143	233	Andrew Hill	MO	0:40:31.37	
144	82	Adam Canning	MO	0:40:32.59	
145	474	Ashleigh Whiting	M50	0:40:33.68	
146	235	Mr Hodgson	M40	0:40:42.74	
147	201	Jessica Goudkuil	FO	0:41:04.21	
148	350	Andrew Pillet	MO	0:41:06.17	
149	392	Michelle Sampson	FO	0:41:07.29	Saint Edmund Pacers
150	79	Philippa Byrne	FO	0:41:09.2	
151	447	Andrew Turner	MO	0:41:09.61	Hadleigh Hares AC
152	357	Kieran Callaghan	MO	0:41:13.22	Harwich Runners
153	225	Nick Hazell	M60	0:41:19.82	
154	452	Linda Underwood	FO	0:41:28.32	
155	338	Hannah Payne	FO	0:41:33	
156	424	Tricia Stacey	F40	0:41:35.39	Great Bentley Running Club
157	116	Richard Cocksedge	MO	0:41:40.97	
158	394	Bobbie Sauerzapf	F50	0:41:41.97	Bungay Black Dog RC
159	399	Luke Seabrook	MO	0:41:45	
160	31	Shāæn Bendall	FO	0:41:47.09	
161	410	Karen Skene	F40	0:41:48.04	Great Bentley Running Club
162	259	Kate Hutson	FO	0:41:49.01	Ipswich Jaffa RC
163	119	Daniel Cole	MO	0:41:51.08	
164	121	Lynette Cole	FO	0:41:51.64	
165	448	Elaine Turner	FO	0:41:56.88	Hadleigh Hares AC
166	446	Claire Turnbull	FO	0:41:57.59	
167	128	Lucy Cowlin	FO	0:41:57.99	
168	314	Christian Moore	MO	0:42:04.58	
169	471	Anna Whatling	FO	0:42:06.36	Sudbury Joggers
170	236	Julian Holland	M40	0:42:06.87	
171	414	Richard Smith	M50	0:42:11.77	Felixstowe RRC
172	271	Oisin Kelly	M50	0:42:14.27	Sudbury Joggers
173	234	Karl Hillman	MO	0:42:16.78	Halstead RRC
174	73	Hazel Buist	FO	0:42:17.01	Halstead RRC
175	131	Rob Crawford	MO	0:42:24.56	
176	306	Jemma Mcshane	FO	0:42:25.7	
177	450	Hugh Turner	M60	0:42:36.13	
178	157	Catherine Drew	F50	0:42:37.7	Sudbury Joggers
179	148	Laura Davis	FO	0:42:45.11	
180	346	Trevor Pickerin	M50	0:42:47.47	
181	16	Teresa Bailey	F40	0:42:49.47	Framlingham Flyers
182	65	John Brooks	M40	0:42:50.12	
183	224	Holly Hazell	FO	0:42:57.26	
184	294	Cliff Manning	M50	0:43:04.79	
185	194	Nicola Gloyne	FO	0:43:05.79	Blackhill Bounders
186	354	Tom Prazsky	MO	0:43:11.65	
187	267	Miles Johnson	M60	0:43:20.02	Newmarket Joggers
188	93	Lewis Childs	M40	0:43:33.28	

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189	427	Will Stephens	M50	0:43:38.93	
190	105	Sil Clay	F50	0:43:40.32	Haverhill Running Club
191	111	Luke Clyde	MO	0:43:44.57	
192	171	Megan Felton	FO	0:43:44.95	
193	308	Elizabeth Message	FO	0:43:48.68	
194	125	Samantha Cooper	F40	0:43:48.76	Sudbury Joggers
195	318	Susie Moule	F40	0:43:50.16	
196	323	Colin Newcombe	M40	0:43:55.3	
197	257	Owen Hutchison	MO	0:43:57.87	
198	457	Helen Wagland	F40	0:44:00.81	
199	451	Rebecca Turner	FO	0:44:04.25	
200	416	Zac Smith	U19M	0:44:09.26	
201	396	Neil Sawyer	M40	0:44:09.74	
202	101	Lewis Clarke	MO	0:44:18.3	
203	104	Rachael Clarke	F40	0:44:21.66	
204	70	John Buckle	M60	0:44:23.22	
205	29	Cathy Beard	F60	0:44:31.01	Colchester Harriers AC
206	374	John Robinson	M40	0:44:33.78	
207	114	Mark Cochram	M40	0:44:35.13	
208	208	Sian Guyton	FO	0:44:39.43	Sudbury Joggers
209	442	Steve Timms	M50	0:44:42.89	
210	276	Tracey King	F40	0:44:45.54	
211	491	Julie Woodward	F40	0:44:45.54	
212	62	Tim Braybrook	MO	0:44:47.1	
213	55	Ben Boxall	MO	0:44:47.37	
214	406	Anthea Shore	F40	0:44:49.01	
215	252	Iain Hunter	M50	0:44:56.4	Stowmarket Striders RC
216	15	Chris Aylmer	M60	0:44:58.08	Newmarket Joggers
217	441	Jake Thomas	U19M	0:45:02.96	
218	90	Chris Chandler	MO	0:45:06.43	
219	289	Kerry Lucas	FO	0:45:07.03	
220	254	Lee Hurkett	MO	0:45:07.38	
221	84	Fiona Carter	F50	0:45:08.34	
222	19	Michael Bardell	M40	0:45:08.63	
223	211	Paula Hamman	F40	0:45:13.15	
224	227	Bec Hender	FO	0:45:18.11	
225	483	Jules Willis	F40	0:45:19.22	
226	440	Damian Thomas	M40	0:45:27.59	
227	57	Kevin Bradley	M40	0:45:37.65	
228	41	Kelly Blackburn	FO	0:45:51.69	
229	197	Lesley Gooderham	F40	0:45:52.71	Saint Edmund Pacers
230	181	Lisa Ford	FO	0:45:57.58	
231	218	Dan Harris	M40	0:46:06.2	
232	169	Robert Farrow	M40	0:46:10.35	
233	134	Deborah Cubberley	F40	0:46:24.36	Great Bentley Running Club
234	238	Paul Hollidge	M40	0:46:24.59	Great Bentley Running Club
235	327	Katie Norris	FO	0:46:24.88	
236	81	Tim Canham	M40	0:46:25.72	
237	80	Abi Canham	FO	0:46:25.9	
238	135	John Cullum	M60	0:46:31.05	Saint Edmund Pacers
239	11	Vivien Ashton	F50	0:46:33.93	
240	413	Richard Smith	M40	0:46:48.42	
241	167	George Fanning	MO	0:46:51.12	
242	51	Tanya Bowers	F40	0:46:53.69	
243	77	Julie Byham	FO	0:46:53.81	
244	32	Colin Bendell	M50	0:46:59.32	
245	383	Emma Rowe	FO	0:47:02.13	
246	206	Luke Groves	MO	0:47:02.66	Great Bentley Running Club
247	497	Scott Yates	MO	0:47:03	
248	420	Sue Sorrell	F40	0:47:05.25	Great Bentley Running Club
249	67	Jon Paul Broughton	MO	0:47:06.92	
250	461	Dean Wallace	MO	0:47:06.95	
251	48	Sharon Bolton	FO	0:47:07.46	
252	317	Amelia Moule	U19F	0:47:08.23	

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253	184	Claire Fradley	FO	0:47:11.59	Sudbury Joggers
254	250	Andrea Hunt	FO	0:47:12.72	
255	160	Michael Earle	M50	0:47:13.44	Sudbury Joggers
256	139	Lisa Dalton	F40	0:47:13.58	Sudbury Joggers
257	401	Andrea Senior	FO	0:47:19.21	
258	449	Holly Turner	FO	0:47:19.32	
259	472	Jo Whelan	F50	0:47:20.66	Felixstowe RRC
260	53	Sharon Bowman	F50	0:47:22.66	
261	230	Naomi Henry	FO	0:47:22.81	
262	145	Zoe Davidson	F40	0:47:35.7	
263	100	Joanna Clarke	F40	0:47:36.66	
264	417	Steph Smyth	F60	0:47:37.35	
265	493	Darren Wright	M50	0:47:37.52	
266	495	Samantha Wright	FO	0:47:37.78	
267	175	Richard Fifield	M50	0:47:38.67	
268	299	Richard Marshall	M40	0:47:40.11	
269	152	Rachel Dixey	FO	0:47:44.36	
270	275	Phil King	M40	0:47:44.44	
271	108	Geraldine Clifford	FO	0:47:45.98	Sudbury Joggers
272	431	Deborah Stewart	F50	0:47:47.9	Hadleigh Hares AC
273	430	Christopher Stewart	MO	0:47:47.91	Hadleigh Hares AC
274	429	Andrew Stewart	M50	0:47:48.23	Hadleigh Hares AC
275	237	Michelle Holland	FO	0:47:51.54	Sudbury Joggers
276	129	Ruth Cowlin	F50	0:47:51.74	Sudbury Joggers
277	112	Jacquelyn Cobbold	F40	0:47:52.86	Hadleigh Hares AC
278	192	Louise Girling	FO	0:48:04.49	
279	183	Chris Fradley	MO	0:48:08.28	
280	372	Colin Risley	M60	0:48:16.84	
281	385	Emma Ruane	FO	0:48:25.41	
282	303	Rachel Mccrory	FO	0:48:28.3	
283	248	David Howell	M40	0:48:28.78	
284	272	Lu Kenyon	FO	0:48:29.15	
285	428	Nicola Stevenson	F50	0:48:33.22	Felixstowe RRC
286	269	Natalie Jones	FO	0:48:46.58	
287	37	Hayley Berkel	F40	0:48:47.82	
288	34	Matthew Bendell	MO	0:49:07.34	
289	301	Ben Mason	MO	0:49:08.24	
290	389	Christopher Ryland	M60	0:49:10.19	
291	8	Neil Arbon	M60	0:49:15.6	
292	379	Katherine Rogers	FO	0:49:16.47	
293	499	Rebecca Younger	F40	0:49:18.94	
294	241	Sam Holt	MO	0:49:19.84	
295	377	Rachel Rodgers	F40	0:49:20.07	
296	432	Elizabeth Stewart	U19F	0:49:21.81	Hadleigh Hares AC
297	219	Emma Hart	FO	0:49:24.29	
298	433	Laura Stinson	FO	0:49:24.36	
299	393	Sally Sandford	FO	0:49:26.44	Sudbury Joggers
300	240	Jeremy Holt	M50	0:49:27.13	
301	54	Toni Bowskill	FO	0:49:31.21	
302	63	Sharon Breward	F40	0:49:34.31	Sudbury Joggers
303	342	Sarah Pennock	FO	0:49:34.68	Sudbury Joggers
304	56	Sarah Boxall	FO	0:49:34.74	
305	21	Mervyn Barker	M60	0:49:42.68	
306	388	David Ryan	M40	0:49:45.66	
307	207	Hayley Gunn-bruce	FO	0:49:46.96	Sudbury Joggers
308	149	Rebekah Davis	FO	0:49:55.7	
309	198	Rachel Goodwin	F40	0:49:55.85	
310	498	Harriet Young	FO	0:49:57.97	
311	12	Nicola Ashworth	F40	0:49:59.41	
312	361	Amanda Prior	F60	0:50:01.29	Capel Cheetahs Running Club
313	384	Robert Curland	M60	0:50:05.12	
314	136	Nicola Currant	FO	0:50:05.89	
315	485	Lucie Wilson	FO	0:50:06.16	
316	468	Tracey Welsh	F50	0:50:07.01	

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317	476	Sean Wiegand	MO	0:50:07.91	
318	221	Sid Haygreen	M40	0:50:08.99	
319	153	David Dixon	M60	0:50:10.07	
320	479	Vicki Willcox	FO	0:50:10.8	
321	66	Louis Brooks	M40	0:50:18.76	
322	475	Debbie Wiegand	FO	0:50:19.66	
323	33	Julie Bendell	F50	0:50:22.84	
324	178	Lesley Fitzwater	F50	0:50:32.75	
325	293	Lucy Mannering	FO	0:50:46.11	
326	213	Keith Hammond	MO	0:50:50.86	
327	325	Jennifer Nicholls	FO	0:51:10.59	
328	87	Aimee Castle	FO	0:51:12.84	
329	280	Barbara Law	F60	0:51:13.24	Great Bentley Running Club
330	103	Megan Clarke	FO	0:51:13.77	
331	190	Keith Game	M50	0:51:14.41	
332	487	Stephanie Wingham-boyer	F40	0:51:17.79	Hadleigh Hares AC
333	370	Katrina Rigby	FO	0:51:18.51	Hadleigh Hares AC
334	76	John Bush	M50	0:51:23.53	Great Bentley Running Club
335	373	Megan Risley	U19F	0:51:25.75	
336	71	Sally Buckle	F50	0:51:28.79	Sudbury Joggers
337	40	Jodie Black	U19F	0:51:30.62	
338	256	Karen Hutchison	F50	0:51:42.99	
339	109	Lee Close	MO	0:51:51.88	
340	45	Anna Bocking	F40	0:51:53.74	
341	352	Catherine Platt	F40	0:51:58.32	
342	95	Mel Chittock	M60	0:52:05.63	
343	7	Jessica Appleby	FO	0:52:15.59	
344	215	Carlene Hare	FO	0:52:19.8	
345	436	Mark Studholme	M40	0:52:22.26	
346	463	Lucy Watts	FO	0:52:22.46	
347	163	Ian Elkins	MO	0:52:22.57	
348	402	Edward Senior	M50	0:52:25.17	
349	355	Nigel Prentis	M60	0:52:25.46	
350	380	Kat Ross	FO	0:52:26.67	Sudbury Joggers
351	30	Janice Beckett	F40	0:52:33.17	
352	291	Amanda Mallinson	FO	0:52:33.23	
353	133	Adam Cronin	MO	0:52:40.33	
354	68	Andy Brunning	M40	0:52:40.36	
355	367	Emma Richbell	F40	0:52:42.15	
356	75	Joanna Buckingham	FO	0:52:42.28	
357	307	Jenny Merry	FO	0:52:49.56	
358	142	Joanna Daultrey	FO	0:52:53.06	
359	185	John Francis	M60	0:53:03.48	
360	186	Sylvie Francis	F60	0:53:03.54	
361	365	Beccy Ray	F40	0:53:13.02	
362	273	Catherine King	F40	0:53:13.66	
363	488	Carly Wood	FO	0:53:26.78	
364	61	Kim Braybrook	FO	0:53:36.14	
365	311	Andrew Mills	M60	0:53:42.26	
366	359	Jess Preston	FO	0:53:43.8	Sudbury Joggers
367	285	Amie Long	FO	0:53:51.57	
368	143	John Daultrey	M50	0:53:54.97	
369	27	Nicole Bayley	FO	0:54:05.27	
370	310	Angela Miller	FO	0:54:08.99	
371	419	Sally Solomon	F40	0:54:09.82	Felixstowe RRC
372	265	Sarah Jeggo	F40	0:54:13.66	
373	309	Rachel Miles	FO	0:54:17.45	
374	43	Brian Bloomfield	MO	0:54:17.75	Sudbury Joggers
375	288	Stephanie Lown	F40	0:54:17.97	
376	226	Tim Hearn	M60	0:54:19.14	
377	290	Rachel Macphail	F40	0:54:21.37	
378	132	Amanda Crisp	FO	0:54:25.49	
379	304	Nicky Mcivor	M60	0:54:36.45	
380	85	Jason Carter	MO	0:54:39.85	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	421	Isabel Spencer	FO	0:54:39.94	
382	329	Kris Notley	M40	0:54:43.29	
383	212	David Hammond	M40	0:54:52.73	
384	60	Charlotte Branwhite	FO	0:54:58.47	
385	464	Jacqueline Webb	F50	0:54:58.67	
386	409	Katherine Sinden	FO	0:54:58.95	
387	443	Lisa Tipper	F40	0:55:16.35	
388	496	Ceri Yates	FO	0:55:24.06	
389	481	Emily Williamson	FO	0:55:27.26	
390	438	David Taylor	M60	0:55:27.7	
391	83	Emma Carpenter	FO	0:55:31.39	
392	484	Laura Wilson	FO	0:56:05.46	
393	422	Hannah St Ledger	FO	0:56:06.06	Sudbury Joggers
394	467	Terry Welsh	M50	0:56:08.23	
395	423	Simon St Ledger	M40	0:56:19.88	
396	263	Michelle Jarrett	F40	0:56:44.03	
397	371	Claire Risley	F40	0:56:48.18	
398	42	Gillian Blackmore	F50	0:57:02.49	
399	239	Caroline Holt	F50	0:57:26.78	
400	253	Sue Hunter	F50	0:57:34.02	Stowmarket Striders RC
401	418	Angela Soames	F40	0:58:22.38	Felixstowe RRC
402	172	Clare Ferdinand	FO	0:58:22.99	
403	205	Claire Groves	FO	0:58:23.12	Great Bentley Running Club
404	274	Chris King	MO	0:58:29.01	
405	245	Frances Hounslow	FO	0:58:30.1	
406	24	Georgia Barrs	FO	0:58:53.1	
407	216	Anne Hargreaves	F50	0:58:53.28	
408	162	Rebecca Edwards	FO	0:59:12.61	
409	204	Colleen Greenwood	F50	0:59:12.82	
410	387	Tracey Rulton	F50	0:59:23.98	
411	292	Sandy Maloy	F40	0:59:24.24	
412	282	Angela Lawrence	F40	0:59:37.53	
413	49	Rachel Bowen	FO	1:00:14.02	Sudbury Joggers
414	1	Ann Alexander	F50	1:01:00.72	Sudbury Joggers
415	411	Dionne Skews	FO	1:01:06.21	
416	220	Lee Hayden	MO	1:01:07.91	
417	17	Chloe Barber	FO	1:01:48.18	
418	14	Joe Attridge	MO	1:01:48.33	
419	400	Wendy Secker	F40	1:02:52.53	
420	124	Carl Cooper	M40	1:02:53.02	Sudbury Joggers
421	426	Haidee Stephens	F40	1:02:53.86	
422	22	Stephanie Barker	FO	1:04:15.9	
423	187	Julie Franklin	F50	1:05:11.97	
424	246	Stella Hounslow	F60	1:09:45.6	
425	140	Mark Dalton	M50	1:09:52.36	
426	298	Nicky Marshall	FO	1:10:33.77	
427	477	David Wignall	M40	1:10:34.07	
428	341	Nicola-anne Pengelly	F40	1:11:42.33	Sudbury Joggers
429	340	David Pengelly	M60	1:11:43.68	
430	465	Matt Webb	MO	1:12:08.3	
431	336	Lilian Page	FO	1:12:08.5	
432	456	Jade Waddy	FO	1:12:15.08	