

# Sudbury 5 Sportlink Running and Fitness Suffolk Grandprix

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	141	Andrew Ridley	MO	0:26:52.45	Birchfield Harriers
2	134	Danny Rock	MO	0:27:25.85	Ipswich Jaffa RC
3	290	James Hayward	MO	0:27:57.89	Ipswich Jaffa RC
4	100	Allen Smalls	M40	0:28:06.75	Colchester Harriers AC
5	3	James Wright	MO	0:28:09.24	Springfield Striders RC
6	292	Kieran Hayles	MO	0:28:20.93	Sudbury Joggers
7	154	James Preston	U18M	0:28:31.7	
8	291	Mark Hayward	MO	0:28:43.55	Newmarket Joggers
9	140	Colin Ridley	M50	0:28:44	Colchester Harriers AC
10	133	Paul Rodgers	M40	0:28:45.84	Colchester Harriers AC
11	102	Craig Sisson	MO	0:28:55.99	Haverhill Running Club
12	136	Joe Robson	U18M	0:29:47.84	Saint Edmund Pacers
13	4	David Wright	MO	0:29:49.37	Great Bentley Running Club
14	14	Scott Williams	MO	0:29:50.21	Stowmarket Striders RC
15	156	Paul Preston	M40	0:30:14.28	Colchester Harriers AC
16	400	Wayne Cook	M40	0:30:19.57	Colchester Harriers AC
17	392	Tom Cresswell	MO	0:30:24.73	Colchester Harriers AC
18	9	James Wilson	MO	0:30:26.74	Saxmundham Sports Running &
19	32	James Welsh	MO	0:30:29.48	
20	135	Odette Robson	F40	0:30:35.27	Saint Edmund Pacers
21	248	Benjamin Jacobs	M40	0:30:42.63	Felixstowe RRC
22	17	David Willer	MO	0:30:54.6	Hadleigh Hares AC
23	344	Lee Ford	MO	0:30:59.25	
24	211	Scott Manning	MO	0:31:21.51	
25	182	Megan Newton	U18F	0:31:23.71	West Suffolk AC
26	177	Drew Olley	U18M	0:31:30.79	Colchester Harriers AC
27	86	Mark Smith	MO	0:31:38.43	
28	107	Marie Shirley	FO	0:31:46.23	Colchester Harriers AC
29	449	Piotr Bulacz	M40	0:31:52.27	Sudbury Joggers
30	52	Michael Undrill	M40	0:31:54.45	
31	265	Steven Hughes	M50	0:32:09.12	Stowmarket Striders RC
32	10	Martin Wilson	MO	0:32:09.83	Stowmarket Striders RC
33	288	Ian Ledieu	MO	0:32:12.89	
34	118	Kieron Savage	M40	0:32:13.7	Sudbury Joggers
35	26	Mark White	M40	0:32:20.15	Haverhill Running Club
36	176	Andy Owen	MO	0:32:22.36	Halstead RRC
37	206	Scott McLaren	MO	0:32:24.23	
38	142	Kai Reynolds	MO	0:32:26.31	
39	164	Tom Porter	MO	0:32:27.03	Halstead RRC
40	297	Tom Haslam	M40	0:32:30.77	Saxmundham Sports Running &
41	96	Simon Smith	M50	0:32:37.84	Colchester Harriers AC
42	330	Neil Gillingham	MO	0:32:44.41	Ipswich Harriers
43	349	Yusuf Firat	M50	0:32:51.92	Haverhill Running Club
44	227	Todd Lewis	M50	0:32:52.54	
45	87	Richard Smith	M40	0:32:55.97	Sudbury Joggers
46	312	Jon Greenley	MO	0:32:56.45	Halstead RRC
47	481	Darren Barfield	MO	0:32:59.24	Sudbury Joggers
48	147	Rakesh Raja	M40	0:33:05.35	Saint Edmund Pacers
49	373	Ian Duggan	M50	0:33:07.34	Felixstowe RRC
50	388	Simon Daniel	MO	0:33:13.03	
51	36	Claire Weller	FO	0:33:22.33	Ipswich Jaffa RC
52	79	Roger Stone	M40	0:33:24.15	Felixstowe RRC
53	311	Ciaran Griffin	M50	0:33:28.42	
54	469	Rob Blackman	MO	0:33:37.2	
55	128	Mark Rose	M40	0:33:40.94	Ipswich Jaffa RC
56	35	Chris Wells	MO	0:33:57.09	Sudbury Joggers
57	131	Brian Rogers	M60	0:34:11.84	Ipswich Jaffa RC
58	6	Joanna Woledge	F40	0:34:17.68	Saint Edmund Pacers
59	475	Robin Belsom	M50	0:34:18.63	Ipswich Jaffa RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
60	422	Aiden Church	U18M	0:34:23.74	Saxmundham Sports Running &
61	195	Justin Cooper Keeble	M40	0:34:28.86	Harwich Runners
62	127	Daniel Roughan	MO	0:34:35.52	
63	63	Maryann Tuli	F40	0:34:36.28	Haverhill Running Club
64	43	Westley Walker	MO	0:34:36.97	Haverhill Running Club
65	408	Andrew Collett	MO	0:34:38.84	Stowmarket Striders RC
66	180	Aaron Noble	M40	0:34:40.17	Sudbury Joggers
67	396	Ben Cowley	MO	0:34:47.13	Saxmundham Sports Running &
68	256	Will Johnsonwood	MO	0:34:50.48	Sudbury Joggers
69	358	Jon Ellis	M40	0:34:51.52	
70	51	Daniel Upton	M40	0:34:53.21	
71	117	Ben Schofield	MO	0:34:56.66	
72	263	Mark Hughes	M40	0:34:57.17	Stowmarket Striders RC
73	116	Nigel Schofield	M50	0:35:00.51	Saint Edmund Pacers
74	233	James King	MO	0:35:01.54	
75	45	Kelly Wagland	M50	0:35:02.24	
76	430	James Charlesworth	M40	0:35:05.81	
77	315	Simon King	M60	0:35:11.32	Grange Farm and Dunmow
78	320	Steve Goodwin	MO	0:35:16.98	
79	152	Stephen Pretty	M50	0:35:21.93	Stowmarket Striders RC
80	71	Peter Thompson	M60	0:35:27.21	Norfolk Gazelles AC
81	187	Andre Neville	M40	0:35:28.45	Stowmarket Striders RC
82	296	Stephen Hatten	M50	0:35:29.24	Saint Edmund Pacers
83	260	Ben Hulbert	MO	0:35:30.53	
84	480	Chris Brown	MO	0:35:31.63	
85	53	Nick Undrill	MO	0:35:35.43	
86	483	Martin Avis	M40	0:35:38.46	Saint Edmund Pacers
87	31	Leon West	MO	0:35:40.03	
88	40	Lloyd Warne	MO	0:35:44.42	
89	464	Rachel Bodsworth	FO	0:35:44.79	Hadleigh Hares AC
90	321	Shaun Good	M50	0:35:46.64	Felixstowe RRC
91	129	Jamie Roper	MO	0:35:47.29	
92	479	Stephen Bartholomew	MO	0:35:58.04	
93	424	Chris Chorley	M50	0:35:58.88	Bungay Black Dog RC
94	242	Richard Jones	M50	0:36:03.66	
95	126	Rachael Roughan	FO	0:36:04.15	Halstead RRC
96	339	Rob Davies	M50	0:36:12.91	
97	189	Neil Mustoe	M40	0:36:17.35	
98	282	Leslie Hill	M50	0:36:20.94	Norfolk Gazelles AC
99	354	Karl Feagan	M40	0:36:30.27	Hadleigh Hares AC
100	300	Anthony Harris	M40	0:36:32.87	Sudbury Joggers
101	324	Simon Goldsmith	M40	0:36:33.99	
102	115	Luke Seabrook	MO	0:36:35.18	
103	389	Derek Daly	M50	0:36:36.21	Saxmundham Sports Running &
104	332	Richard Garrard	MO	0:36:45.06	
105	305	Rachael Hamblyn	FO	0:36:50.82	Ipswich Jaffa RC
106	276	Lee Holohan	M40	0:36:59.83	
107	169	Gary Penn	M40	0:37:01.79	City Of Norwich AC
108	443	Caroliena Cameron	F40	0:37:13.66	Halstead RRC
109	420	Jake Church	MO	0:37:21.45	Saxmundham Sports Running &
110	415	Anna Clayton	FO	0:37:26.16	
111	418	Steve Clark	M40	0:37:29.62	Sudbury Joggers
112	148	Nicola Pyle	F50	0:37:37.94	Springfield Striders RC
113	192	Christopher Moulton	M40	0:37:40.81	
114	80	Mark Stocker	M40	0:37:46.43	
115	173	Marion Parker	F50	0:37:47.38	Felixstowe RRC
116	432	Lee Chaplin	MO	0:37:48.74	
117	466	Samuel Blows	MO	0:37:50.79	
118	342	Mike Foster	MO	0:37:51.06	
119	13	Angus Williamson	M40	0:37:53.63	
120	167	Richard Pillet	M50	0:37:59.58	
121	442	Melanie Candler	FO	0:37:59.63	Halstead RRC
122	423	Kyle Church	U18M	0:38:01.82	Saxmundham Sports Running &

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
123	326	Mark Godbold	M50	0:38:02.21	Ipswich Harriers
124	143	Jeremy Reader	M40	0:38:06.68	Newmarket Joggers
125	69	Christoher Thornton	M50	0:38:12.95	
126	323	Charlotte King	FO	0:38:16.57	Grange Farm and Dunmow
127	410	David Cole	MO	0:38:21.72	
128	253	Matthew Iannone	M40	0:38:22.94	
129	68	Richard Tiller	M40	0:38:28.15	Halstead RRC
130	97	Anthony Smith	M50	0:38:36.1	Witham RC
131	355	Carl Farrugia	MO	0:38:36.3	
132	476	Catherine Belsom	F40	0:38:42.67	Stowmarket Striders RC
133	495	Kevin Andrews	MO	0:38:44.69	
134	284	Simon Hibbert	MO	0:38:46.09	
135	67	Aubrey Todd	M40	0:38:46.55	
136	383	Jack Devlin	MO	0:38:49.28	
137	390	Barry Curtis	M40	0:38:51.51	
138	325	Penny Hurrell	F40	0:38:51.99	
139	109	Eileen Shadford	F50	0:38:54.84	Great Bentley Running Club
140	114	Jimmy Secker	M40	0:38:56.82	
141	385	Bradley De Jager	MO	0:39:05.37	
142	66	David Tooth	M60	0:39:06.15	
143	160	Tom Prazsky	MO	0:39:13.99	
144	174	Gerogia Barrs	FO	0:39:14.99	
145	471	Andrew Bigg	MO	0:39:16.69	
146	145	Tim Ranson	M50	0:39:20.07	
147	179	Simon Norton	M50	0:39:21.96	
148	485	Glen Avis	M40	0:39:22.96	Hadleigh Hares AC
149	277	Julian Holland	M40	0:39:23.99	
150	257	Robert Hunt	M50	0:39:24.4	
151	163	Leigh-anne Porter	FO	0:39:24.84	Halstead RRC
152	48	Sarah Vick	F40	0:39:29.01	Saxmundham Sports Running &
153	49	David Varndell	M50	0:39:33.01	
154	215	George Manning	MO	0:39:34.02	
155	209	Karen Martin	FO	0:39:34.43	Haverhill Running Club
156	269	James Howes	MO	0:39:38.85	
157	395	Lucy Cowlin	FO	0:39:38.99	
158	42	Catherine Walsh	F40	0:39:40.21	Ipswich Triathlon Club
159	438	Mik Carr	M60	0:39:45.04	Bungay Black Dog RC
160	166	Will Ponsford	M40	0:39:47.43	
161	439	Adam Canning	MO	0:39:48.52	
162	16	Lewis Williams	MO	0:39:49.9	
163	105	Ian Sillett	M60	0:39:51	Felixstowe RRC
164	412	Alan Cochram	M40	0:39:53.61	
165	500	Elspeith Knott	F60	0:39:54.3	Harwich Runners
166	54	Toby Underwood	M40	0:39:54.49	
167	186	Melody-anne Neville	F40	0:39:55.54	Stowmarket Striders RC
168	316	Daniel Gould	M40	0:40:04.63	Felixstowe RRC
169	490	Mark Arnold	MO	0:40:07.01	
170	299	Alex Harris	MO	0:40:07.84	
171	360	Simon Elliott	M40	0:40:09.02	Sudbury Joggers
172	261	Dan Hulbert	M40	0:40:10.46	
173	377	Erika Downs	FO	0:40:15.13	Felixstowe RRC
174	295	Lucy Haycock	FO	0:40:16.97	
175	474	Shan Bendall	FO	0:40:23.82	
176	450	Adam Buckle	MO	0:40:26.06	Halstead RRC
177	213	Dean Manning	M40	0:40:27.17	
178	416	Sil Clay	F50	0:40:29.25	Haverhill Running Club
179	283	Andrew Hill	MO	0:40:30.85	
180	317	Jessica Goudkuil	FO	0:40:31.5	Sudbury Joggers
181	89	Keelan Smith	MO	0:40:32.27	Saxmundham Sports Running &
182	370	Amanda Dunn	F40	0:40:34.93	Hadleigh Hares AC
183	104	Andrew Silverton	MO	0:40:40.97	
184	101	Karen Skene	F40	0:40:45.04	Great Bentley Running Club
185	155	Stephen Preston	M50	0:40:48.08	

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186	231	Theo Kurtz	U18M	0:40:55.13	
187	55	Linda Underwood	F40	0:41:00.5	
188	212	Cliff Manning	M50	0:41:00.81	
189	93	Zachariah Smith	MO	0:41:02.39	
190	72	Jessica Thompson	FO	0:41:07.55	
191	76	Lynn Tanner	F60	0:41:13.3	Springfield Striders RC
192	222	Christopher Lucas	M50	0:41:18.27	Saxmundham Sports Running &
193	353	Paul Felton	M50	0:41:26.53	
194	62	Claire Turnbull	FO	0:41:27.77	
195	210	Richard Marshall	M40	0:41:31.69	
196	2	Louise Yates	FO	0:41:38.05	
197	337	Teresa Franklin	F50	0:41:40.78	Haverhill Running Club
198	95	Alex Smith	F40	0:41:59.7	Stowmarket Striders RC
199	382	Alfie Devlin	MO	0:42:03.61	
200	318	Tina Gore	F40	0:42:08.85	Sudbury Joggers
201	411	George Codling	U18M	0:42:14.85	
202	427	Lewis Childs	M40	0:42:23.68	
203	473	Matthew Bennett	MO	0:42:25.53	
204	119	Bobbie Sauerzapf	F50	0:42:26.64	Bungay Black Dog RC
205	58	Hugh Turner	M60	0:42:29.71	Sudbury Joggers
206	91	Richard Smith	M50	0:42:30.62	Felixstowe RRC
207	327	Mandy Godbold	F40	0:42:38.94	Ipswich Harriers
208	407	Gemma Colling	FO	0:42:44.34	Great Bentley Running Club
209	459	Ben Boxall	MO	0:42:46.32	
210	188	Lisa Netto	F40	0:42:47.37	Norfolk Gazelles AC
211	194	Jane Moore	F50	0:42:54.22	
212	431	Amanda Chaplin	FO	0:42:55.97	
213	403	Michael Cook	MO	0:42:56.03	
214	310	Robert Grimsey	MO	0:42:56.5	
215	306	Clare Hamblin	F40	0:42:58.51	
216	254	Kate Hutson	FO	0:42:58.58	Ipswich Jaffa RC
217	23	Christopher Whybrow	MO	0:43:00.47	
218	5	Sharon Wright	F40	0:43:00.49	
219	108	Eric Shaw	M60	0:43:02.75	Great Bentley Running Club
220	433	Karen Chambers	F40	0:43:07.58	
221	398	Samantha Cooper	F40	0:43:08.29	Sudbury Joggers
222	491	Stephen Arnold	M40	0:43:09.25	
223	493	Mark Andrews	M50	0:43:09.25	
224	440	Tim Canham	M40	0:43:11.09	
225	453	Jim Bruce	M40	0:43:12.09	
226	303	Kendra Hammond	FO	0:43:13.09	Stowmarket Striders RC
227	441	Abigail Canham	FO	0:43:19.9	
228	193	Susie Moule	F40	0:43:21.19	Sudbury Joggers
229	197	David Miller	MO	0:43:21.43	
230	369	Jonathan Durling	M40	0:43:22.22	
231	59	John Turnbull	M60	0:43:23.34	Hadleigh Hares AC
232	371	Sarah Duke	FO	0:43:25.42	
233	238	Valerie Kerrison	F60	0:43:32.5	Halstead RRC
234	92	Ben Smith	MO	0:43:37.33	
235	228	David Lesiak	M60	0:43:42.07	
236	428	Oliver Culley	MO	0:43:43.44	
237	268	Rachel Williams	FO	0:43:44.35	
238	304	Keith Hammond	MO	0:43:47.4	
239	94	Kelly Smith	F40	0:43:50.57	
240	458	Steve Bright	M50	0:43:57.1	
241	130	Hollie Roper	FO	0:44:00.52	
242	39	Jackie Warren	F50	0:44:00.83	
243	447	Bianca Burman	FO	0:44:15.45	Sudbury Joggers
244	384	Charlie Devlin	FO	0:44:18.18	
245	397	Anna Coulborn	F50	0:44:19.3	Great Yarmouth Road Runners
246	204	Andrew McLaughlin	M50	0:44:19.57	
247	472	Michael Bigg	MO	0:44:22.54	
248	452	David Bruce	MO	0:44:33.89	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
249	293	Fern Hayles	FO	0:44:42.17	Caerleon RC
250	73	Emma Thistleton	FO	0:44:43.85	
251	343	Lisa Ford	FO	0:44:43.97	
252	379	Lisa Dove	FO	0:44:45.28	
253	259	Pat Humphries	M40	0:44:45.85	
254	362	Ian Elden	M40	0:44:47.62	Sudbury Joggers
255	437	Treesa Carter	F40	0:44:48.13	
256	314	Ann Granger	F50	0:44:51.57	Saxmundham Sports Running &
257	451	John Buckle	M60	0:44:53.09	
258	249	Adam Jackson	MO	0:45:09.3	
259	82	Tracey Squirrel	F40	0:45:09.5	
260	239	Nick Kempson	M50	0:45:10.01	Hadleigh Hares AC
261	413	Mark Cochram	M40	0:45:10.87	
262	309	Lincoln Grounds	M40	0:45:11.6	
263	203	David McMahon	M40	0:45:14.02	
264	236	Kate Brackebury	F50	0:45:15.25	Woodbridge Shufflers
265	446	Sara Burnham	FO	0:45:18.69	
266	286	Bec Hender	FO	0:45:19.93	
267	285	Naomi Henry	FO	0:45:20.74	
268	368	Ruby East	U18F	0:45:25.33	
269	421	Shannen Church	FO	0:45:35.78	Saxmundham Sports Running &
270	394	Mark Hoy	MO	0:45:38.36	
271	172	Samantha Parker	FO	0:45:40.88	
272	460	Sharon Bowman	F50	0:45:46.3	
273	381	Rachel Dixey	F40	0:45:57.3	Felixstowe RRC
274	336	Sarah Frost	FO	0:45:58.31	Halstead RRC
275	125	Emma Rowe	FO	0:46:03.87	
276	484	Chris Aylmer	M60	0:46:07.08	Newmarket Joggers
277	278	Laura Hoff	FO	0:46:07.55	
278	486	Steve Attridge	M40	0:46:10.93	
279	123	Emma Ruane	F40	0:46:18.43	Sudbury Joggers
280	391	John Cullum	M60	0:46:23.61	Saint Edmund Pacers
281	81	Nicola Stevenson	F50	0:46:25.7	Felixstowe RRC
282	113	Andrea Senior	FO	0:46:26.43	Sudbury Joggers
283	7	Lisa Winnington	FO	0:46:34.49	Newmarket Joggers
284	489	Vivien Ashton	F50	0:46:36.13	
285	350	Cathryn Fifield	F50	0:46:43.14	
286	313	Karen Grant	F40	0:46:48.8	Haverhill Running Club
287	132	Rachel Rodgers	F40	0:46:57.71	
288	151	Natasha Priday	FO	0:46:58.09	
289	376	Chris Drake	M40	0:47:01.52	
290	83	Sue Sorrell	F50	0:47:06.73	Great Bentley Running Club
291	319	Rachel Goodwin	F40	0:47:08.68	
292	175	Belinda Palmer-barnes	F50	0:47:09.84	Great Bentley Running Club
293	331	Clare Gillibrand	F40	0:47:20.93	Sudbury Joggers
294	374	Matthew Drury	MO	0:47:23.14	
295	150	Amanda Prior	F40	0:47:24.69	Capel Cheetahs
296	346	Lesley Fitzwater	F50	0:47:25.55	
297	24	Angela Whiting	F50	0:47:25.78	Stowmarket Striders RC
298	498	Wendy Aldhouse	F50	0:47:29.91	Haverhill Running Club
299	274	Jeremy Holt	M50	0:47:36.23	
300	207	Rachel Mccrory	F40	0:47:36.54	
301	139	Colin Risley	M60	0:47:43.4	
302	30	Rachael West	FO	0:47:48.04	
303	406	Jackie Collins	F50	0:47:52.37	Felixstowe RRC
304	386	Rebekah Davis	FO	0:47:52.96	
305	281	Lindsay Hobden	F40	0:47:57.65	
306	357	Sarah Farley	FO	0:48:11.36	
307	223	Marie Lowe	FO	0:48:30.5	
308	237	Austen King	M40	0:48:30.75	
309	280	Trelawney Hodgkinson	FO	0:48:30.98	
310	287	Mark Miller	M50	0:48:31.08	
311	270	Angela Miller	FO	0:48:32.06	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
312	335	Keith Game	M50	0:48:34.49	
313	230	Stuart Lakey	M60	0:48:42.21	
314	329	Mike Gillingham	M60	0:48:46.89	
315	220	Steven Mallinson	MO	0:48:48.05	
316	120	Graham Sampson	M60	0:48:51.8	Bungay Black Dog RC
317	33	Tracey Welsh	F50	0:48:54.8	
318	455	Hector Brown	U18M	0:49:00.55	
319	454	Gareth Brown	M50	0:49:00.86	
320	465	Gavin Boag	MO	0:49:03.62	Stowmarket Striders RC
321	492	Neil Arbon	M60	0:49:04.36	
322	340	Chris Fradley	MO	0:49:07.16	
323	414	Jacquelyn Cobbold	F40	0:49:08.33	Hadleigh Hares AC
324	205	Natalie McLaren	FO	0:49:10.84	
325	28	Jo Whelan	F50	0:49:12.16	Felixstowe RRC
326	499	Michelle Cooper Keeble	FO	0:49:17.29	Harwich Runners
327	463	Steven Boggis	M40	0:49:21.78	
328	298	Deb Harrison	F40	0:49:21.93	Braintree & District AC
329	405	James Collins	M50	0:49:30.19	
330	219	Amanda Mallinson	FO	0:49:36.67	
331	46	Helen Wagland	F50	0:49:37.22	
332	478	Janice Beckett	F40	0:49:38.8	
333	434	Sarah Chamberlin	FO	0:49:39.73	Sudbury Joggers
334	183	Mandy Newman	F50	0:49:42.2	
335	367	Paul Edgar	M40	0:49:50.17	
336	273	Natasha Hood	FO	0:49:53.42	
337	308	Luke Groves	MO	0:49:54.1	Great Bentley Running Club
338	20	Debbie Wiegand	FO	0:49:58.96	
339	214	William Manning	U18M	0:49:59.52	
340	247	Sarah Jeggo	F40	0:50:01.4	
341	246	Steve Jeggo	M40	0:50:01.58	
342	74	Karen Tew	F50	0:50:02.38	
343	190	Tatjana Murray	F40	0:50:07.75	
344	47	Joanne Vickery	FO	0:50:10.7	Haverhill Running Club
345	88	Lisa Smith	F40	0:50:11.07	
346	426	Mark Chisnall	M40	0:50:11.2	
347	240	Trish Kempson	F50	0:50:12.61	Hadleigh Hares AC
348	12	Jules Willis	F40	0:50:18.69	Sudbury Joggers
349	106	Sally Siggers	FO	0:50:18.71	
350	21	Sean Wiegand	MO	0:50:29.77	
351	252	Josh Iron	MO	0:50:31.47	
352	409	Adrian Cole	M50	0:50:31.47	Stowmarket Striders RC
353	38	Kim Watts	M50	0:50:36.68	
354	168	Helen Philpot	F40	0:50:37.61	
355	419	Tina Church	F40	0:50:39.81	Saxmundham Sports Running & Sudbury Joggers
356	200	Jenny Merry	FO	0:50:43.22	
357	245	Sarah Johnson	F40	0:50:46.53	
358	22	Natalie Whybrow	FO	0:50:48.32	
359	44	Paul Walker	M40	0:50:51.2	
360	494	Mark Andrews	M40	0:50:52.4	
361	487	Louisa Attridge	F40	0:50:52.47	
362	301	Sue Harris	F50	0:50:55.66	
363	61	Angela Turnbull	FO	0:50:55.7	
364	436	Megan Castle	FO	0:50:56.79	
365	417	Lewis Clarke	MO	0:50:57.09	
366	37	Sarah Roxby Clarke	FO	0:50:57.96	Harwich Runners
367	224	Stuart Logan	MO	0:51:11.73	
368	34	Terry Welsh	M50	0:51:11.96	
369	445	John Bush	M50	0:51:21.23	Great Bentley Running Club
370	15	Graham Williams	MO	0:51:30.2	
371	56	Paul Tyreman	M50	0:51:30.84	Sudbury Joggers
372	90	Tom Smith	MO	0:51:31.02	
373	162	Lesley Powell	F50	0:51:33.4	
374	497	Helen Allan	F50	0:51:33.68	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
375	378	Nikki Dowling	F50	0:51:42.79	
376	50	Carole Varndell	F50	0:51:42.86	
377	85	Angela Soames	F40	0:51:43.19	Felixstowe RRC
378	264	Gill Hughes	F40	0:51:44.39	
379	307	Samantha Gurden	F40	0:51:50.16	
380	366	Michelle Edney	F40	0:51:57.32	
381	470	Jodie Black	FO	0:52:04.21	
382	258	Peppa Humphries	FO	0:52:09.03	
383	488	Nicola Ashworth	F40	0:52:11.07	
384	294	Sid Haygreen	M40	0:52:11.84	Sudbury Joggers
385	322	Baz Goldstone	M60	0:52:17.51	Thrift Green Trotters
386	99	Fay Smalls	F40	0:52:21.14	Colchester Harriers AC
387	11	Lucie Wilson	FO	0:52:21.83	
388	425	Mel Chittock	M60	0:52:23.65	
389	241	Sarah Kemble	FO	0:52:23.89	
390	271	Christopher Hopkinson	M60	0:52:25.12	
391	244	Miles Johnson	M60	0:52:32.53	Newmarket Joggers
392	184	Julie Newland	F40	0:52:36.52	
393	124	Robert Rowland	M60	0:52:36.76	
394	98	Melissa Smith	F40	0:52:37.27	
395	112	Edward Senior	F50	0:52:44.94	
396	60	Liz Turnbull	F60	0:52:48.9	
397	345	Lucy Flanigan	FO	0:52:52.4	
398	1	Harriet Young	FO	0:53:02.69	
399	84	Sally Solomon	F40	0:53:46.43	Felixstowe RRC
400	70	Andy Thompson	M60	0:53:51.08	
401	364	Rebecca Edwards	FO	0:54:00.38	
402	159	Nigel Prentis	M60	0:54:03.27	
403	57	Holly Turner	FO	0:54:06.86	
404	41	Sarah Ward	F40	0:54:09.89	
405	243	Jane Johnson	F40	0:54:10.02	
406	165	Sarah Pope	F40	0:54:39	
407	275	Caroline Holt	M50	0:54:42.4	
408	348	Kirsty Firman	FO	0:54:43.66	
409	347	Marco Firman	M50	0:54:44.11	Braintree & District AC
410	218	Sandy Maloy	F50	0:54:48.24	Sudbury Joggers
411	338	John Francis	M60	0:54:53.48	
412	333	Tracey Garnham	F50	0:55:26.4	
413	334	Dave Garnham	M50	0:55:26.45	
414	234	Catherine King	F40	0:55:38.75	
415	144	Beccy Ray	F40	0:55:38.75	
416	235	Phil King	M40	0:55:39.2	
417	170	David Pengelly	M60	0:55:45.8	Sudbury Joggers
418	199	Rachel Miles	FO	0:55:47.06	Sudbury Joggers
419	467	Brian Bloomfield	M40	0:55:49.42	Sudbury Joggers
420	462	Hazel Borg	F40	0:55:50.29	
421	181	Jennifer Nicholls	FO	0:55:53.22	
422	404	Neil Conner	M40	0:55:53.82	
423	161	Kate Prazsky	FO	0:56:02.94	
424	468	Gillian Blackmore	F50	0:56:16.27	
425	429	Sophie Childs	FO	0:56:19.3	
426	262	Elizabeth Brabner	FO	0:56:56.91	
427	444	Nicola Caba	F50	0:57:24.79	
428	153	Jess Preston	FO	0:57:31.77	Vegan Runners UK
429	198	Jo Miller	FO	0:58:18.51	
430	272	Trish Hopkins	F60	0:58:27.25	Felixstowe RRC
431	138	Claire Risley	F40	0:58:50.57	
432	435	Gail Burns	F40	0:59:09.97	
433	461	Andreea Bornaz	FO	0:59:28.59	
434	111	Janine Sestak	F60	0:59:37.26	
435	121	Anna Salisbury	FO	0:59:44.63	Sudbury Joggers
436	482	Anita Barber	F40	0:59:51.58	
437	146	Michelle Ranson	FO	1:00:18.52	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
438	191	Karen Murphy	F40	1:01:21.7	Hadleigh Hares AC
439	359	Stewart Ellis	M40	1:01:21.89	Halstead RRC
440	477	Chris Beech	MO	1:03:33.35	
441	196	Michael Miller	MO	1:03:33.68	
442	302	Richard Hardacre	MO	1:03:33.82	
443	25	Lis Whitehair	F50	1:05:24.03	
444	158	Evie Press	U18F	1:06:17.82	
445	157	Cathy Press	F50	1:06:32.46	
446	266	Michelle Hudson	F40	1:06:49.96	
447	18	David Wignall	F40	1:11:58.01	
448	19	Jane Wignall	F40	1:11:59.1	
449	202	Gordon Merfield	M60	1:15:36.05	Saxmundham Sports Running &
450	201	Wendy Merfield	F60	1:18:50.49	Saxmundham Sports Running &