

Race Position	Time	First Name	Surname	Club	Age Category	Race No
1	00:55:21	David	Reed	Saint Edmund Pacers	MV45	93
2	00:56:15	Richard	Jordon	Stowmarket Striders	MV50	56
3	00:56:25	Roger	Aldis	Stowmarket Striders	MV40	74
4	00:57:05	Steve	Robinson	Saint Edmund Pacers	SM	117
5	00:58:28	Carl	Prewer	Lowestoft Road Runners	SM	73
6	00:59:00	Nick	Palmer	Stowmarket Striders	SM	2
7	01:00:49	Pete	Johnson	Norfolk Gazelles	MV50	72
8	01:01:14	Tamara	Jordon	Stowmarket Striders	SF	76
9	01:01:26	Terry	Back	Ipswich Jaffa	MV50	96
10	01:02:08	Tom	Jarrett	Ipswich Jaffa	SM	119
11	01:02:23	Roger	Stone	Felixstowe RR	MV40	78
12	01:03:36	Michael	Cobbold	Saint Edmund Pacers	MV45	62
13	01:04:38	Matthew	Smith	Saint Edmund Pacers	SM	80
14	01:05:44	Barry	Clarke	Unattached	SM	53
15	01:05:49	Jo	Tweed	Rugby and Northampton AC	SF	59
16	01:05:50	James	Heath	Unattached	MV45	86
17	01:07:00	Jayne	Williams	Ipswich Jaffa	FV35	99
18	01:07:17	Amanda	Henry	Sudbury Joggers	FM	77
19	01:08:52	Jon	Lockwood	Saint Edmund Pacers	SM	89
20	01:09:25	Christopher	Moulton	Sudbury Joggers	SM	16
21	01:09:41	Chris	Chorley	Bungay Blackdog RC	MV45	24
22	01:09:48	Paul	Horsley	Saint Edmund Pacers	MV45	102
23	01:10:03	Angie	Alstrachen	Saint Edmund Pacers	FV40	90
24	01:10:12	Robin	Mackenzie	Framlingham Flyers	MV45	114
25	01:10:24	Jerome	Metayer	Unattached	SM	41
26	01:10:42	Verne	Barltrop	100 Marathon Club	MV60	57
27	01:10:58	Marcus	Catlin	Ipswich Jaffa	SM	52
28	01:11:15	Michael	Marriott	Unattached	MV50	44
29	01:12:19	Paul	McInerney	Benfleet Running Club	MV45	101
30	01:12:25	Anna	Clowes	Unattached	SF	109
31	01:12:48	Mary	Narey	Stowmarket Striders	FV40	36
32	01:13:21	Barry	Bye	Ryston Runners	MV60	75
33	01:13:24	Jonny	Levett	Stowmarket Striders	MV40	97
34	01:13:34	Andrew	Pearce	Unattached	SM	113
35	01:13:40	Kevin	Bird	Ipswich Jaffa	MV40	107
36	01:13:43	Anthony	Maclean	Framlingham Flyers	SM	71
37	01:13:53	Stephen	Robinson	Stowmarket Striders	MV50	82
38	01:14:13	Mark	Ross	Great Bentley RC	MV45	55

39	01:14:23	David	Mould	Bushfield Joggers	MV40	6
40	01:14:33	Steve	LePoidevin	Saint Edmund Pacers	MV40	58
41	01:14:41	Rebecca	Jordan	Stowmarket Striders	SF	60
42	01:14:44	Glyn	Peck	Harwich Runners	MV60	38
43	01:14:54	Ian	Gooderham	Saint Edmund Pacers	MV40	61
44	01:15:00	John	Walshe	East Cork AC	MV55	54
45	01:15:32	Lukasz	Supernak	Turner Haulage RC	SM	123
46	01:15:34	Keith	Stephen	Unattached	MV45	92
47	01:15:40	Geof	Everitt	Ipswich Jaffa	MV60	49
48	01:15:47	Marcus`	West	Unattached	SM	12
49	01:16:02	Claire	Dann	Unattached	SF	9
50	01:17:08	Kate	Thomas	Harwich Runners	FV35	37
51	01:17:22	Haley	Suttle	Stowmarket Striders	FV40	8
52	01:17:27	Ron	Ames	Stowmarket Striders	MV60	91
53	01:17:33	John	Penny	Unattached	MV50	68
54	01:18:13	Stephen	Williams	Saint Edmund Pacers	MV50	84
55	01:18:20	Steven	Whitaker	Road Runners Club	MV40	20
56	01:18:34	Frank	Moggan	Stowmarket Striders	MV55	42
57	01:18:45	Simon	Meecham	Ipswich Jaffa	SM	3
58	01:18:48	Richard	Day	Stowmarket Striders	SM	95
59	01:19:26	Mark	Avery	Ipswich Jaffa	MV40	67
60	01:19:28	Paul	Woodyatt	City of Norwich AC	MV45	100
61	01:19:31	Jo	Stephenson	Stowmarket Striders	FV40	98
62	01:19:31	Robin	Smith	Saint Edmund Pacers	MV55	79
63	01:19:46	John	Rednall	Stowmarket Striders	MV40	111
64	01:21:03	Bobbie	Sauerzapf	Bungay Blackdog RC	FV45	23
65	01:21:27	Rosalind	Maulkerson	Unattached	FV40	4
66	01:21:47	Stuart	Dolan	Unattached	SM	50
67	01:21:55	Quang	Lee	Brandon Fern Hoppers	SM	87
68	01:21:59	Julian	Cordwell	Harwich Runners	MV55	32
69	01:22:13	Michael	Whybro	Unattached	MV60	27
70	01:22:30	Stephen	Buckle	Unattached	SM	104
71	01:22:36	Paul	Theobald	Saint Edmund Pacers	MV50	63
72	01:22:43	Penny	Waggott	Stowmarket Striders	FV40	7
73	01:22:53	Nigel	Gilham	Bungay Blackdog RC	MV55	35
74	01:23:27	Kirsty	Denwood	Stowmarket Striders	FV35	64
75	01:23:35	Philip	Southgate	Saint Edmund Pacers	SM	115
76	01:23:42	Adrian	Randall	Unattached	MV40	29
77	01:24:56	Paula	Lambert	Waveney Valley Athletic	FV40	51
78	01:25:37	Debbie	Ghant	Stowmarket Striders	FV40	11

79	01:26:14	Dawn	Mason	West Suffolk AC	FV50	69
80	01:26:27	Maggie	Williams	Unattached	FV40	108
81	01:26:27	Bill	Grimwood	Unattached	MV40	110
82	01:27:10	Hannah	Brown	Unattached	SF	112
83	01:27:16	John	Clarke	Unattached	MV40	83
84	01:27:37	Gordon	Aspin	Trail Runners Association	MV50	45
85	01:27:53	Keith	Borrett	Stowmarket Striders	MV55	118
86	01:28:00	Jennifer	Coote	Ipswich Jaffa	FV40	106
87	01:28:14	Julie	Haselwood	Ipswich Jaffa	FV55	47
88	01:30:29	Helena	West	Unattached	FV35	13
89	01:30:54	Kay	Khayser	Saint Edmund Pacers	FV40	30
90	01:31:25	Miranda	Hart	Unattached	FV45	17
91	01:31:30	Greg	Potts	Springfield Striders	MV45	21
92	01:31:41	Tina	Green	Unattached	FV40	70
93	01:32:36	Rachael	Springthorpe	Unattached	SF	39
94	01:33:49	Michael	Saville	Stowmarket Striders	MV45	22
95	01:34:27	Robert	Bentley	Unattached	MV55	43
96	01:35:35	Lesley	Buckle	Stowmarket Striders	FV50	25
97	01:35:56	Amanda	Martin	Saint Edmund Pacers	FV40	122
98	01:36:42	Stephen	Morley	Brandon Fern Hoppers	MV45	48
99	01:36:42	Grahame	Deverson	Brandon Fern Hoppers	SM	88
100	01:37:20	Harold	Toze	Bishop's Stortford RC	MV60	40
101	01:37:42	Rosemary	Tyler	Stowmarket Striders	FV55	66
102	01:38:07	Anna	Whybro	Unattached	SF	28
103	01:38:08	Samantha	Grose	Saint Edmund Pacers	FV40	15
104	01:38:08	Sue	George	Joggers & Jaunters	FV45	120
105	01:39:15	Becky	Jennings	Saint Edmund Pacers	FV40	94
106	01:40:46	Martin	Peacock	Unattached	SM	103
107	01:42:13	Mary	Clarke	Unattached	FV55	116
108	01:42:35	Anna	Anderson	Harwich Runners	FV35	85
109	01:42:41	Daniel	Mullin	Metros (Harrow)	SM	121
110	01:45:50	Sara	Clarke	Unattached	FV35	10
111	01:47:13	Daniel	Smith	Unattached	MV40	31
112	02:03:11	Glenda	Taylor	Stowmarket Striders	FV55	1