

Glasswells Bury 5, Friday 1st June

Pos	Time	No	Surname	First Name	Club Name	Category
1	00:26:53	412	Miller	David	Woodbridge Shufflers	Male Senior
2	00:27:11	526	Holley	Paul	Newmarket Joggers	Male Vet 40
3	00:27:48	15	Chenery	Robert	Ipswich Jaffa	Male Senior
4	00:27:52	197	Keeble	Ian	Stowmarket Striders	Male Senior
5	00:27:58	337	Ridley	Andrew	West Suffolk AC	Male Junior
6	00:28:00	264	Laing	David	Ipswich Jaffa	Male Vet 40
7	00:28:00	253	Reed	David	St Edmund Pacers	Male Vet 45
8	00:28:08	357	Robinson	Steven	St Edmund Pacers	Male Senior
9	00:28:46	121	Beeton	James	Newmarket Joggers	Male Vet 40
10	00:28:39	104	Sharman	Kevin	Lowestoft RR	Male Senior
11	00:28:41	110	Dundar	Alex	West Suffolk AC	Male Junior
12	00:28:45	338	Ridley	Colin	West Suffolk AC	Male Vet 45
13	00:28:54	400	Thomas	Glyn	Ipswich Harriers	Male Vet 40
14	00:28:57	230	MacSephney	Scott	Ipswich Jaffa	Male Senior
15	00:29:05	383	Taylor	Andy	Unattached	Male Senior
16	00:29:10	54	Entwistle	Joshua	Felixstowe Road Runners	Male Senior
17	00:29:11	166	Davies	Gavin	Ipswich Jaffa	Male Senior
18	00:29:17	215	Moss	David	Unattached	Male Junior
19	00:29:21	525	Szarmach	Dadiusz	Unattached	Male Vet 40
20	00:29:24	113	Plamer	Nick	Stowmarket Striders	Male Senior
21	00:29:25	235	Cooke	Chris	St Edmund Pacers	Male Vet 45
22	00:29:27	523	Smith	Nick	Clopton Emu Breeders	Male Senior
23	00:29:29	509	Ellis	Timmy	Haverhill Running Club	Male Senior
24	00:29:33	255	Long	Julian	St Edmund Pacers	Male Senior
25	00:29:39	168	heath	Les	St Edmund Pacers	Male Vet 45
26	00:29:42	497	Back	Terry	Ipswich Jaffa	Male Vet 50
27	00:29:47	94	Preston	Paul	Sudbury Joggers	Male Senior
28	00:29:51	397	Goodridge	Colin	Unattached	Male Senior
29	00:29:57	80	Starmer	Christopher	Stowmarket Striders	Male Vet 45
30	00:30:00	385	Fry	Ed	West Suffolk AC	Male Junior
31	00:30:02	467	Waterhouse	Andrew	West Suffolk AC	Male Junior
32	00:30:07	276	Dawson	Alan	St Edmund Pacers	Male Vet 50
33	00:30:17	300	Jordan	Tamara	Stowmarket Striders	Female Senior
34	00:30:21	421	Decker	Helen	Ipswich Jaffa	Female Senior
35	00:30:22	511	Wooby	Neil	Ipswich Jaffa	Male Senior
36	00:30:25	491	Thorrington	Danny	Ipswich Triathlon Club	Male Senior
37	00:30:28	48	Harrison	Simon	Ipswich Jaffa	Male Senior
38	00:30:30	146	Stephens	Nicholas	Stowmarket Striders	Male Vet 40
39	00:30:35	360	Rogers	Nicola	Colchester & Tendring AC	Female Senior
40	00:30:51	494	Mayes	Paul	West Suffolk AC	Male Junior
41	00:30:54	76	Cobbold	Michael	St Edmund Pacers	Male Vet 45
42	00:30:59	156	Peacher	Ricky	Framlingham Flyers	Male Senior
43	00:31:00	29	Phillips	Simon	St Edmund Pacers	Male Senior
44	00:31:01	254	Nelhams	Michael	St Edmund Pacers	Male Senior
45	00:31:03	318	Copeland	Dave	Ipswich Triathlon Club	Male Vet 40
46	00:31:07	449	Bryden	Gaz	St Edmund Pacers	Male Junior
47	00:31:14	46	Faust	Stuart	Unattached	Male Senior
48	00:31:16	510	Scarlett	Laurence	Ipswich Jaffa	Male Vet 45
49	00:31:18	268	Palmer	Jonny	Ipswich Harriers	Male Junior
50	00:31:21	229	Judd	Darren	Sudbury Joggers	Male Senior
51	00:31:26	356	Pinnion	Clive	Hadleigh Hares AC	Male Vet 40
52	00:31:27	495	Dick	Alistair	Ipswich Jaffa	Male Vet 40
53	00:31:37	326	Penn	Malcolm	Stowmarket Striders	Male Vet 50
54	00:31:45	111	Hanman	Tim	Unattached	Male Senior
55	00:31:46	70	Hill	Raymond	Ipswich Jaffa	Male Vet 55
56	00:31:48	147	Salter	David	Unattached	Male Vet 45
57	00:31:51	364	Bourne	Simom	St Edmund Pacers	Male Vet 40
58	00:31:57	103	Jay	Dean	Halstead Road Runners	Male Senior
59	00:32:00	496	Dable	Neil	Ipswich Jaffa	Male Senior
60	00:32:00	455	Lloyd	Mark	53-12 Multisports	Male Senior
61	00:32:07	251	Weston	John	Ipswich Jaffa	Male Vet 50
62	00:32:12	372	Zdyb	Pawel	Cross Krapkowice	Female Senior
63	00:32:13	379	Helliwell	Paul	Colchester & Tendring AC	Male Senior
64	00:32:17	220	Cassels	Paul	Unattached	Male Senior
65	00:32:23	393	Pearson	Martin	St Edmund Pacers	Male Senior
66	00:32:24	67	Batty	Chris	Felixstowe Road Runners	Male Senior
67	00:32:30	50	Roberts	Ray	Felixstowe Road Runners	Male Vet 55
68	00:32:38	219	Macpherson	Alan	St Edmund Pacers	Male Senior
69	00:32:39	464	Hansell	Stuart	Newmarket Joggers	Male Junior

70	00:32:41	331	Greener	Mike	Unattached	Male Senior
71	00:32:46	287	Cockrell	Jon	Castle ABC	Male Vet 45
72	00:32:48	97	Emmens	Daniel	Ipswich Jaffa	Male Senior
73	00:32:49	325	Bailey	Steven	St Edmund Pacers	Male Vet 40
74	00:32:50	407	Smith	Richard	Woodbridge Shufflers	Male Vet 45
75	00:32:51	388	Hurley	Danielle	Southend AC	Female Junior
76	00:32:54	282	Ackerley	Roger	Woodbridge Shufflers	Male Vet 45
77	00:32:57	478	Davies	Phil	Halstead Road Runners	Male Vet 45
78	00:33:11	14	Chenery	Duncan	Ipswich Jaffa	Male Vet 45
79	00:33:15	519	Canham	Matthew	Ipswich Jaffa	Male Senior
80	00:33:16	226	Longland	Ian	Haverhill Running Club	Male Senior
81	00:33:19	184	Smith	Andrew	Grange Farm Trotters	Male Vet 40
82	00:33:20	189	Bloomfield	Jason	Stowmarket Striders	Male Senior
83	00:33:25	12	Vaughan	Dave	St Edmund Pacers	Male Vet 50
84	00:33:27	330	Macrosson	Ker	Ipswich Jaffa	Male Vet 50
85	00:33:29	288	Thorogood	Keith	Halstead Road Runners	Male Senior
86	00:33:35	6	Chorley	Chtis	Bungay Black Dog RC	Male Vet 40
87	00:33:37	294	Hayward	Mark	St Edmund Pacers	Male Senior
88	00:33:40	130	Lockwood	Jonathan	Unattached	Male Senior
89	00:33:47	309	Hayward	Andy	St Edmund Pacers	Male Senior
90	00:33:49	135	Shaw	Paul	Felixstowe Road Runners	Male Vet 40
91	00:33:49	408	Clarke	Meville	Newmarket Joggers	Male Vet 50
92	00:33:52	501	Bretherton	Nick	Stowmarket Striders	Male Junior
93	00:33:53	93	Jackson	Alan	Ipswich Jaffa	Male Vet 45
94	00:33:54	490	Burt	Matt	Ipswich Jaffa	Male Senior
95	00:33:55	115	Ruegg	Stuart	Stowmarket Striders	Male Senior
96	00:34:30	3	Wing	Samantha	Theford AC	Female Junior
97	00:34:01	332	Greener	John	Unattached	Male Senior
98	00:34:03	126	Dewison	Paul	Cambridge & Coleridge AC	Male Vet 50
99	00:34:03	263	Jennings	Val	Ipswich Jaffa	Female Vet 40
100	00:34:04	513	Williams	Janyne	Ipswich Jaffa	Female Senior
101	00:34:15	134	Muns	Brian	Newmarket Joggers	Male Vet 40
102	00:34:27	477	Lawrence	Tony	Brandon Fern Hoppers	Male Vet 40
103	00:34:31	366	Clarry	Jemma	St Edmund Pacers	Female Junior
104	00:34:32	57	Narey	Mary	Stowmarket Striders	Female Vet 35
105	00:34:34	334	McCorquodale	Becky	Gt Bentley Running Club	Female Senior
106	00:34:35	470	Brown	Julie	Ipswich Jaffa	Female Vet 45
107	00:34:49	55	Cashen	John	Unattached	Male Vet 40
108	00:34:50	24	Clifford	Paige	Unattached	Female Junior
109	00:34:52	267	Lankester	Mark	Ipswich Jaffa	Male Senior
110			ANOTHER			
111	00:34:55	245	Berry	Rick	The Saxons RC	Male Senior
112	00:35:00	463	Withers	Jim	Newmarket Joggers	Male Vet 50
113	00:35:02	480	Bird	Kevin	Ipswich Jaffa	Male Vet 40
114	00:35:04	173	Ross	Mark	Gt Bentley Running Club	Male Vet 40
115	00:35:08	358	rees	Michael	Stowmarket Striders	Male Vet 45
116	00:35:08	502	french	Robert	Ipswich Jaffa	Male Junior
117	00:35:09	222	Levett	Jonny	Stowmarket Striders	Male Vet 40
118	00:35:12	125	Dewison	Alex	Cambridge & Coleridge AC	Male Junior
119	00:35:13	434	Woodruff	Glenn	Unattached	Male Senior
120	00:35:17	530	gray	Steve	Stowmarket Striders	Male Vet 45
121	00:35:18	371	Larke	Barry	Unattached	Male Senior
122	00:35:19	68	Clayton	Rob	Felixstowe Road Runners	Male Vet 50
123			ANOTHER			
124	00:35:22	312	Pryke	Gail	Hadleigh Hares AC	Female Vet 45
125	00:35:25	144	Cotton	Peter	Newmarket Joggers	Male Vet 60+
126	00:35:26	13	Wiggins	Simon	Felixstowe Road Runners	Male Senior
127	00:35:28	258	Day	Richard	Stowmarket Striders	Male Senior
128			ANOTHER			
129	00:35:36	155	Jepson	Julia	St Edmund Pacers	Female Vet 35
130	00:35:37	391	Peck	Glyn	Harwich Runners	Male Vet 60+
131	00:35:37	438	Forster	Andrew	Felixstowe Road Runners	Male Vet 45
132	00:35:40	492	Benson	Stephen	Ipswich Harriers	Male Vet 45
133	00:35:41	99	Suttle	Haley	Stowmarket Striders	Female Vet 40
134	00:35:42	499	Goodier	Alistair	Ipswich Jaffa	Male Senior
135	00:35:44	190	Chapman	Nidel	Haverhill Running Club	Male Vet 45
136	00:35:45	214	Gooderham	Ian	St Edmund Pacers	Male Vet 40
137	00:35:46	428	Pearce	Andrew	Unattached	Male Senior
138	00:35:46	376	Bastow	Edward	St Edmund Pacers	Male Senior
139	00:35:46	486	Cook	Darren	Unattached	Male Senior
140	00:35:47	359	Shirley	Marie	Colchester & Tendring AC	Female Senior
141	00:35:54	481	Bartlett	Ryan	St Edmund Pacers	Male Junior

142	00:35:58	133	Mann	Stuart	Leeds Met Carnegie AC	Male Senior
143	00:36:01	436	Jones	Richard	Newmarket Joggers	Male Vet 40
144	00:36:03	186	Middleton	Neil	Unattached	Male Senior
145	00:36:04	236	Rogers	James	Unattached	Male Senior
146	00:36:07	180	Cousins	Stephen	Newmarket Joggers	Male Vet 45
147	00:36:09	522	Burden	Matthew	Clopton Emu Breeders	Male Senior
148	00:36:12	165	Miller	Stephen	St Edmund Pacers	Male Vet 45
175	00:36:16	314	Jordan	Debbie	Unattached	Female Vet 35
149	00:36:17	503	Stephen	Keith	St Edmund Pacers	Male Vet 45
150	00:36:17	521	Fellingham	Richard	Clopton Emu Breeders	Male Senior
151	00:36:17	195	Jordan	Rebecca	Stowmarket Striders	Female Senior
152	00:36:17	262	Baguley	Peter	Ipswich Jaffa	Male Vet 50
153	00:36:20	150	Convey	Carl	Unattached	Male Senior
154	00:36:20	401	Overman	David	St Edmund Pacers	Male Vet 45
155	00:36:26	469	Wright	Gary	Unattached	Male Vet 40
156	00:36:27	72	Evans	Andrew	Ipswich Jaffa	Male Vet 40
157	00:36:28	409	Rooke	Ken	Framlingham Flyers	Male Vet 55
158	00:36:40	392	Everitt	Geof	Ipswich Jaffa	Male Vet 60+
159	00:36:40	340	Marseille	Eric	Sudbury Joggers	Male Senior
160	00:36:42	335	Hale	Nicola	Ipswich Jaffa	Female Senior
161	00:36:43	114	Tyldesley	Frank	Unattached	Male Vet 45
162	00:36:50	88	Dunn	Aidan	Unattached	Male Senior
163	00:36:51	117	Chubb	Karl	Ipswich Triathlon Club	Male Vet 40
164			ANOTHER			
165	00:36:55	350	Golding	Sarah	St Edmund Pacers	Female Vet 40
166	00:36:59	291	Norris	Phil	Stowmarket Striders	Male Vet 40
167	00:37:00	433	Harrison	Paul	Unattached	Male Vet 45
168	00:37:00	445	Nash	Richard	Stowmarket Striders	Male Senior
169	00:37:00	528	Monteiro	Joaquim	Haverhill Running Club	Male Vet 50
170	00:37:02	273	McCarthy	Maureen	St Edmund Pacers	Female Vet 45
171	00:37:13	102	Johnson	Adam	Hadleigh Hares AC	Male Senior
172	00:37:14	266	Hempstead	Eric	Unattached	Male Senior
173	00:37:17	95	Whitaker	Steven	Unattached	Male Vet 40
174	00:37:17	422	Lynaugh	Raymond	Harwich Runners	Male Senior
176	00:37:17	435	Morris	Jonathan	Unattached	Male Senior
177	00:37:23	465	Garrod	Miles	Stowmarket Striders	Male Vet 40
178	00:37:24	82	Dougan	Derrick	Unattached	Male Senior
179	00:37:28	185	Naylor	Rob	Unattached	Male Vet 45
180	00:37:30	137	Seeley	Andrew	Unattached	Male Senior
181	00:37:30	450	Peek	Robert	Unattached	Male Senior
182	00:37:31	208	Williams	Stephen	St Edmund Pacers	Male Vet 50
183	00:37:33	241	Penaluna	Karl	Felixstowe Road Runners	Male Vet 40
184	00:37:33	506	Bradley	Neil	Unattached	Male Senior
185	00:37:33	90	Andrew	Mark	Unattached	Male Vet 40
186	00:37:33	2	Vick	Sarah	The Saxons RC	Female Vet 35
187	00:37:35	329	Fellingham	Peter	West Suffolk AC	Male Senior
188	00:37:35	216	Smith	Gary	Unattached	Male Vet 45
189	00:37:35	44	Heales	Carol	Haverhill Running Club	Female Vet 35
190	00:37:35	5	Calver	Eloise	St Edmund Pacers	Female Vet 35
191	00:37:35	233	Moore	Graham	Unattached	Male Senior
192	00:37:35	237	Hocken	Adam	Unattached	Male Vet 40
193	00:37:35	419	Dixon	Chris	Unattached	Male Senior
194	00:37:40	440	Crack	Trevor	Unattached	Male Vet 55
195	00:37:40	446	Duffield	Roger	Tiptree Road Runners	Male Vet 60+
196	00:37:40	307	Daniels	David	Stowmarket Striders	Male Vet 40
197	00:37:41	221	Clarke	Paul	St Edmund Pacers	Male Vet 45
198	00:37:41	238	Constable	Michelle	Ipswich Triathlon Club	Female Vet 40
199	00:37:46	369	Cook	Christopher	St Edmund Pacers	Male Vet 55
200	00:37:50	246	Gardner	David	Woodbridge Shufflers	Male Vet 45
201	00:37:53	328	Rednall	John	Stowmarket Striders	Male Vet 40
202	00:37:58	416	Sanders	Barbara	Hadleigh Hares AC	Female Vet 45
203	00:37:58	160	Wooller	Diane	Colchester & Tendring AC	Female Vet 50
204	00:37:59	149	Rittimut-Mak	Melissa	St Edmund Pacers	Female Senior
205			ANOTHER			
206	00:37:59	120	Runce	Darren	Unattached	Male Senior
207	00:38:04	387	Mills	Peter	Unattached	Male Vet 50
208	00:38:06	424	Woolf	Colin	Harwich Runners	Male Vet 60+
209	00:38:07	175	Thacker	Rob	Halstead Road Runners	Male Senior
210	00:38:08	352	Thomas	Steven	Unattached	Male Vet 40
211	00:38:09	447	Berthal	Graham	Hadleigh Hares AC	Male Vet 55
212	00:38:11	399	Tasker	Catharine	Unattached	Female Vet 40
213	00:38:11	354	McKenzie	Stuart	Unattached	Male Senior

214	00:38:16	429	Quantrill	Clive	Ipswich Jaffa	Male Senior
215	00:38:17	132	Abbott	Stuart	Woodbridge Shufflers	Male Senior
216	00:38:17	512	Hollingworth	Vanessa	Felixstowe Road Runners	Female Vet 35
217	00:38:17	9	Moulton	Christopher	Sudbury Joggers	Male Senior
218	00:38:18	59	Dann	Claire	Unattached	Female Senior
219	00:38:39	367	Taylor	Howard	Unattached	Male Vet 50
220	00:38:41	224	Higgins	Carl	Unattached	Male Vet 45
221	00:38:41	296	Fagher	Anders	Unattached	Male Senior
222	00:38:42	402	Southgate	Philip	Unattached	Male Senior
223	00:38:44	129	Whyland	Sarah	St Edmund Pacers	Female Senior
224	00:38:44	34	Norton	Catherine	Unattached	Female Senior
225	00:38:47	136	Swarbrick	Roy	Unattached	Male Vet 45
226	00:38:47	172	Shatford	John	Unattached	Male Vet 40
227	00:38:50	355	Glading	Mark	Fairlands Vally Spartans	Male Vet 45
228	00:38:52	452	Laver	Martin	Unattached	Male Vet 40
229	00:38:52	86	Miles	Terry	Unattached	Male Vet 55
230	00:38:53	47	Munson	Mike	Stowmarket Striders	Male Vet 50
231	00:38:53	217	Swan	Kim	St Edmund Pacers	Male Vet 45
232	00:38:54	423	Ivatt	Mike	St Edmund Pacers	Male Vet 50
233	00:38:54	398	Goodridge	Joelene	Unattached	Female Senior
234	00:38:55	53	Broxton	Keith	Felixstowe Road Runners	Male Vet 55
235	00:38:55	483	Wood	Stepen	Ipswich Jaffa	Male Vet 50
236	00:38:58	252	Mallett	Amanda	Ipswich Triathlon Club	Female Vet 40
237	00:39:00	293	Belsom	Tina	Stowmarket Striders	Female Vet 40
238	00:39:02	468	Rooney	Penny	Woodbridge Shufflers	Female Senior
239	00:39:04	322	Skinner	Edward	Tiptree Road Runners	Male Vet 50
240	00:39:06	178	Heather	Brett	Unattached	Male Senior
241	00:39:09	167	Firman	Sarah-Jane	Norwich Road Runners	Female Senior
242	00:39:09	389	Thomas	Kate	Harwich Runners	Female Vet 35
243	00:39:11	187	Sims	Kate	Unattached	Female Senior
244	00:39:11	313	jack	Becky	Stowmarket Striders	Female Vet 35
245	00:39:12	100	Bennett	Annabel	Felixstowe Road Runners	Female Vet 40
246	00:39:13	248	Hogg	Nigel	Unattached	Male Vet 50
247	00:39:15	112	Cowan	Jennifer	Stowmarket Striders	Female Senior
248	00:39:15	529	Stennett	Suzy	Unattached	Female Senior
249	00:39:15	306	Jones	Wyn	Felixstowe Road Runners	Male Vet 50
250	00:39:15	205	Paton	Abigail	Stowmarket Striders	Female Senior
251	00:39:19	164	Parker	Elizabeth	Felixstowe Road Runners	Female Vet 35
252	00:39:26	163	Dadge	Nigel	Felixstowe Road Runners	Male Vet 40
253	00:39:30	414	Rush	Steve	Tri Anglia	Male Vet 40
254	00:39:35	210	Brantom	Peter	Peterborough AC	Male Vet 55
255	00:39:35	444	Randal	Adrian	Unattached	Male Vet 40
256	00:39:35	174	Thacker	Kate	Halstead Road Runners	Female Vet 35
257	00:39:35	11	Dean	Gill	Ipswich Jaffa	Female Vet 50
258	00:39:40	410	Bere	Paul	Unattached	Male Vet 40
259	00:39:40	256	Cross	Neil	Stowmarket Striders	Male Senior
260	00:39:41	200	Mills	Lorraine	Stowmarket Striders	Female Vet 35
261	00:39:41	479	Gardiner	Frank	Gt Bentley Running Club	Male Vet 50
262	00:39:45	284	Ablitt	Martin	Stowmarket Striders	Male Senior
263	00:39:45	500	Evans	Merv	Stowmarket Striders	Male Vet 50
264	00:39:46	327	Basham	Leslie	Stowmarket Striders	Male Vet 55
265	00:39:46	297	Sewell	Peter	Stowmarket Striders	Male Vet 45
266	00:39:50	298	Jordan	Alan	Unattached	Male Vet 45
267	00:39:50	227	Geraghty	Charamaine	Stowmarket Striders	Female Senior
268	00:39:51	145	Taylor	Gary	Woodbridge Shufflers	Male Vet 45
269	00:39:51	203	Stannett	Charlie	Ipswich Triathlon Club	Male Vet 50
270	00:39:53	26	Finegan	Tim	Felixstowe Road Runners	Male Vet 45
271	00:39:56	207	Bright	Stephen	Unattached	Male Vet 40
272	00:39:59	361	Lloyd	Stephanie	Ipswich Jaffa	Female Senior
273	00:40:05	56	Wright	Vanessa	Unattached	Female Vet 35
274	00:40:07	176	Burdett	William	Stowmarket Striders	Male Vet 45
275	00:40:09	20	Bone	Chris	Hadleigh Hares AC	Male Senior
276	00:40:12	275	Rowland	Robert	Unattached	Male Vet 60+
277	00:40:13	302	Watt	David	Stowmarket Striders	Male Vet 45
278	00:40:23	193	Barton	Stan	Ryston Runners	Male Vet 60+
279	00:40:23	461	Batty	Mia	Unattached	Female Vet 35
280	00:40:29	448	Goodwin	Mark	Unattached	Male Senior
281	00:40:30	194	Law	Allan	Ryston Runners	Male Vet 50
282	00:43:30	377	Dowdy	Nick	Unattached	Male Vet 45
283	00:40:35	212	Braverman	Diana	Cambridge & Coleridge AC	Female Vet 55+
284	00:40:37	105	Moggan	Frank	Stowmarket Striders	Male Vet 55
285	00:40:42	211	Braverman	Terry	Haverhill Running Club	Male Vet 60+

286	00:40:54	485	Adams	Roger	Brandon Fern Hoppers	Male Senior
287	00:40:58	209	Wright	Maureen	Stowmarket Striders	Female Vet 55+
288	00:40:59	65	Calver	Oliver	Ipswich Triathlon Club	Male Senior
289	00:41:04	270	Plamer	Simon	Ipswich Triathlon Club	Male Vet 50
290	00:41:04	198	martin	david	Unattached	Male Vet 50
291	00:41:04	514	Allwood	Linda	Woodbridge Shufflers	Female Senior
292	00:41:08	40	Wright	Victoria	Unattached	Female Senior
293	00:41:09	515	Mckenna	Sue	Unattached	Female Vet 35
294	00:41:10	395	Jenkins	Colin	Newham & Essex Beagles AC	Male Vet 50
295	04:11:10	349	Gross	Samantha	St Edmund Pacers	Female Vet 40
296	00:41:17	348	Gross	Philip	St Edmund Pacers	Male Vet 40
297	00:41:23	170	Stephenson	Jo	Stowmarket Striders	Female Vet 40
298	00:41:23	271	Cartwright	Stephen	Gt Bentley Running Club	Male Vet 45
299	00:41:28	36	Booker	Frances	Unattached	Female Vet 35
300	00:41:32	441	Harrison	Nigel	Unattached	Male Vet 45
301	00:41:41	458	Ridgeon	Gavin	Unattached	Male Senior
302	00:41:43	7	Sauerzapf	Bobbie	Bungay Black Dog RC	Female Vet 45
303	00:41:43	310	Sparkes	Gail	Stowmarket Striders	Female Vet 45
304	00:41:43	518	Hall	Naomi	Stowmarket Striders	Female Senior
305	00:41:47	4	Wing	Tracey	Thetford AC	Female Junior
306	00:41:49	351	Hatton	Karen	St Edmund Pacers	Female Vet 45
307	00:41:53	308	Hones	Linda	St Edmund Pacers	Female Vet 40
308	00:41:55	517	Llewellyn	David	Unattached	Male Vet 45
309	00:41:55	128	Delf	Jackie	Unattached	Female Vet 40
310	00:41:55	21	Merfield	Gordon	The Saxons RC	Male Vet 60+
311	00:41:58	404	Crabtree	Bruce	St Edmund Pacers	Male Vet 45
312	00:42:07	278	Holland	Jane	Unattached	Female Vet 45
313	00:42:08	345	Donovan	Clare	North Norfolk Beach Runners	Female Senior
314	00:42:10	516	Batt	Michael	Unattached	Male Vet 55
315	00:42:12	456	Hook	Carrie	53-12 Multisports	Female Vet 35
316	00:42:14	341	Bedford	Katie	St Edmund Pacers	Female Vet 40
317	00:42:14	498	Konrath	Joliet	St Edmund Pacers	Female Vet 35
318	00:42:14	381	Thurlow	Dawn	Ipswich Jaffa	Female Vet 40
319	00:42:21	265	Vincent	Ron	Ipswich Jaffa	Male Vet 60+
320	00:42:21	316	Severy	Elizabeth	Unattached	Female Vet 45
321	00:42:26	231	Morrish	Trudi	Haverhill Running Club	Female Senior
322			ANOTHER			
323	00:42:26	259	Kokes	Carol	Hadleigh Hares AC	Female Vet 45
324	00:42:30	204	Stannett	Kate	Ipswich Triathlon Club	Female Vet 45
325	00:42:33	196	Smith	Harry	Stowmarket Striders	Male Vet 40
326	00:42:39	508	Goodyear	Pete	Unattached	Male Vet 50
327	00:42:40	148	Talbot	John	Unattached	Male Senior
328	00:42:42	38	Flack	Paul	Unattached	Male Senior
329	00:42:47	169	Waters	Helen	Unattached	Female Senior
330	00:42:54	475	Paveley	Adam	Unattached	Male Vet 40
331	00:42:54	471	Pembrooke	Debbie	Unattached	Female Vet 40
332	00:43:02	488	Slopes	Jeremy	Unattached	Male Vet 50
333	00:43:05	378	Helliwell	Fay	Colchester Harriers	Female Vet 35
334	00:43:11	89	Dunn	Claire	St Edmund Pacers	Female Senior
335	00:43:12	432	Law	Barbara	Gt Bentley Running Club	Female Vet 55+
336	00:43:12	527	Coley	David	Felixstowe Road Runners	Male Vet 55
337	00:43:16	431	Law	Victoria	Gt Bentley Running Club	Female Vet 35
338	00:43:17	430	Clarke	Vaughan	Unattached	Male Senior
339	00:43:17	159	Theobald	Paul	St Edmund Pacers	Male Vet 50
340	00:43:24	161	Jewby	Petra	Unattached	Female Vet 40
341	00:43:24	459	ridgeon	Pamela	Unattached	Female Vet 55+
342	00:43:25	66	Brown	Margery	Stowmarket Striders	Female Vet 55+
343	00:43:27	417	Aitken	Marianne	Hadleigh Hares AC	Female Senior
344	00:43:28	37	Rawlings	Mathew	Unattached	Male Senior
345	00:43:28	71	Dove	Jane	Stowmarket Striders	Female Vet 45
346	00:43:32	346	Forrester	Colin	Stowmarket Striders	Male Vet 45
347	00:43:33	152	Higgins	Nick	St Edmund Pacers	Male Vet 55
348	00:43:37	181	Causon	Roger	Felixstowe Road Runners	Male Vet 55
349	00:43:37	472	Bryan	Gordon	Unattached	Male Vet 45
350	00:43:40	437	England	Peter	Unattached	Male Vet 45
351	00:43:42	182	Houston	Lyndon	Unattached	Male Senior
352	00:43:45	484	Adams	Janet	Brandon Fern Hoppers	Female Vet 40
353	00:43:45	283	Ablett	Trudi	Unattached	Female Senior
354	00:43:47	427	Jeffreys	Aiden	Unattached	Male Senior
355	00:43:48	143	Hogarth	Malcolm	Stowmarket Striders	Male Vet 50
356	00:43:51	384	terry	Rachael	Unattached	Female Vet 35
357	00:43:51	183	Moore	Gemma	Ipswich Jaffa	Female Senior

358	00:43:54	425	Lovedace	Victor	Unattached	Male Vet 50
359	00:43:57	213	Merwe	Ronel van der	Unattached	Female Vet 45
360	00:43:59	73	Brimson	Sharon	Unattached	Female Vet 35
361	00:44:19	257	Ghant	Debbie	Stowmarket Striders	Female Vet 40
362	00:44:20	382	Turner	Peter	Unattached	Male Senior
363	00:44:22	78	Woodard	Ann	Felixstowe Road Runners	Female Vet 40
364	00:44:22	77	Woodard	Robert	Felixstowe Road Runners	Male Vet 40
365	00:44:22	192	Brown	Peter	Ryston Runners	Male Vet 40
366	00:44:29	261	Spinks	Roger	Ipswich Jaffa	Male Vet 60+
367	00:44:30	487	Gould	Daniel	Unattached	Male Senior
368	00:44:31	19	Reynolds	Steven	Unattached	Male Vet 45
369	00:44:32	123	Qulahan	Nadia	Unattached	Female Senior
370	00:44:32	191	Whiby	Sally	Ryston Runners	Female Vet 40
371	00:44:39	52	Snazell	Rob	St Edmund Pacers	Male Vet 50
372	00:44:41	84	Johnson	Graham	Unattached	Male Vet 40
373	00:44:44	81	Starmer	Jan	Stowmarket Striders	Female Vet 45
374	00:44:44	234	Tillyard	Robert	Unattached	Male Vet 40
375	00:44:44	49	Betson	Michael	Unattached	Male Vet 55
376	00:44:45	289	Kern	Wayne	Halstead Road Runners	Male Vet 50
377	00:44:45	353	Partridge	Richard	Unattached	Male Vet 50
378	00:44:47	363	Rue	Steven	Unattached	Female Vet 50
379	00:44:53	390	Baillie	Jason	Ipswich Triathlon Club	Male Senior
380	00:44:55	188	Stone	Julia	Unattached	Female Vet 45
381	00:44:58	75	Thurlow	Julie	Ipswich Jaffa	Female Vet 50
382	00:45:00	504	Bell	Kerrie	Yaxley Runners & Joggers	Female Senior
383	00:45:00	505	Bell	David	Yaxley Runners & Joggers	Male Senior
384	00:45:15	274	Cullum	John	Unattached	Male Vet 55
385	00:45:16	228	Mayhew	Sandra	Stowmarket Striders	Female Vet 40
386	00:45:18	285	George	John	Unattached	Male Vet 45
387	00:45:23	362	Rue	Rita	Unattached	Female Vet 45
388	00:45:35	240	Penaluna	Lorna	Felixstowe Road Runners	Female Vet 40
389	00:45:41	199	Trevelyan	Paul	Unattached	Male Vet 50
390	00:45:45	462	Batty	Michael	Unattached	Male Vet 40
391	00:45:46	507	Spink	Peter	Unattached	Male Vet 45
392	00:45:46	457	Bailie	Clare	Stowmarket Striders	Female Senior
393	00:45:47	58	Dann	Rob	Unattached	Male Vet 55
394	00:45:49	315	Severy	Andrew	Unattached	Male Vet 40
395	00:45:50	269	Hargadon	Sue	Ipswich Triathlon Club	Female Vet 50
396	00:45:52	426	Webster	Edward	Unattached	Male Vet 45
397	00:45:52	453	Reynolds	Lisa	Unattached	Female Senior
398	00:45:56	454	Todayner	Katy	Unattached	Female Senior
399	00:46:13	223	Hughes	Wendy	Stowmarket Striders	Female Vet 45
400	00:46:14	476	Chapman	Caroline	Unattached	Female Vet 45
401	00:46:18	116	Jarrett	Jenny	Felixstowe Road Runners	Female Vet 40
402	00:46:23	321	Wright	Maureen	Unattached	Female Vet 35
403	00:46:29	118	Chubb	Jacqueline Riley	Ipswich Triathlon Club	Female Vet 40
404	00:46:38	380	Taylor	Alison	Stowmarket Striders	Female Vet 40
405	00:46:38	374	Flint	Tony	Tone Zone Runners	Male Vet 60+
406	00:46:44	347	Turner	Mike	Liverpool Harriers	Male Vet 60+
407	00:46:45	489	Chrystall	Samantha	Unattached	Female Vet 40
408	00:46:52	443	Bond	Andy	Stowmarket Striders	Male Vet 60+
409	00:46:55	286	George	Sue	Unattached	Female Vet 45
410	00:46:59	311	Sparkes	Roger	Stowmarket Striders	Male Vet 50
411	00:47:02	532	Redit	Mark	Unattached	Male Vet 40
412	00:47:04	531	Lord	Darren	Unattached	Male Senior
413	00:47:04	83	Lee	Rachel	Unattached	Female Senior
414	00:47:04	218	Harper	Ben	Unattached	Male Senior
415	00:47:07	403	Harrison	Sharon	Unattached	Male Senior
416	00:47:07	154	Wright	Denise	Stowmarket Striders	Female Vet 40
417	00:47:07	122	Beeton	Angela	Unattached	Female Vet 40
418	00:47:09	107	Trodd	Bernice	St Edmund Pacers	Female Vet 55+
419	00:47:10	482	Ferrar	Diana	Unattached	Female Vet 35
420	00:47:15	373	Uff	Fred	Framlingham Flyers	Male Vet 60+
421	00:47:16	406	Reeve	Peter	Gt Bentley Running Club	Male Vet 45
422	00:47:18	25	Finegan	Helen	Felixstowe Road Runners	Female Junior
423	00:47:28	396	Ferber	Peter	Unattached	Male Vet 45
424	00:47:39	317	Rosenberg	Susannah	Ipswich Triathlon Club	Female Vet 45
425	00:47:44	242	Wagner	Martyn	Unattached	Male Vet 50
426	00:47:49	18	Grinham	John	Unattached	Male Vet 55
427	00:47:53	418	Dunne	Susan	Unattached	Female Vet 45
428	00:47:57	153	Smith	Thomas-Claude	Newmarket Joggers	Male Vet 60+
429	00:48:03	43	Chambers	Mike	St Edmund Pacers	Male Vet 60+

430	00:48:17	61	Collins	David	Unattached	Male Vet 40
431	00:48:17	394	Warboys	Pip	Unattached	Male Vet 55
432	00:48:19	370	Reidel	Dave	Unattached	Male Vet 50
433	00:48:34	119	O'Connor	Andrea	Stowmarket Striders	Female Senior
434	00:48:34	442	Borrett	Keith	Stowmarket Striders	Male Vet 50
435	00:48:37	305	Peck	Brian	St Edmund Pacers	Male Vet 60+
436	00:48:48	375	Flint	Maureen	Tone Zone Runners	Female Vet 55+
437	00:48:52	138	Page	Graham	St Edmund Pacers	Male Vet 50
438	00:49:09	439	Merriam	Jill	Unattached	Female Vet 45
439	00:49:12	64	Steward	John	Stowmarket Striders	Male Vet 60+
440	00:49:14	474	Wombwell	Dianne	Unattached	Female Vet 40
441	00:49:14	473	Bryan	Jane	Unattached	Female Vet 40
442	00:49:15	45	Clifford	Suzy	Unattached	Female Vet 50
443	00:49:20	411	Farnworth	Richard	Felixstowe Road Runners	Male Vet 50
444	00:49:24	177	Burdett	Angela	Stowmarket Striders	Female Vet 35
445	00:49:24	290	Lewis	Sue	Stowmarket Striders	Female Vet 45
446	00:49:28	413	Martin	Amanda	St Edmund Pacers	Female Vet 40
447	00:49:30	405	Crabtree	Sarah	St Edmund Pacers	Female Vet 45
448	00:49:33	16	Freeman	Lorna	Unattached	Female Vet 35
449	00:49:36	23	Rolph	Trevor	Brandon Fern Hoppers	Male Vet 50
450	00:49:39	333	Kitching	Michael	Unattached	Male Senior
451	00:49:49	109	Alcock	Steve	Hadleigh Hares AC	Male Vet 40
452	00:50:02	87	Springthorpe	Rachel	Unattached	Female Senior
453	00:50:02	69	Earnett	Joan	Unattached	Female Vet 55+
454	00:50:19	365	Bourne	Daniella	Unattached	Female Senior
455	00:50:31	63	Steward	Linda	Stowmarket Striders	Female Vet 55+
456	00:50:35	30	Swift	Rebecca	Unattached	Female Junior
457	00:50:35	201	Devine	Mary	Unattached	Female Vet 40
458	00:50:35	202	West	Jane	Unattached	Female Vet 35
459			ANOTHER			
460	00:50:56	249	Short	Erica	St Edmund Pacers	Female Vet 55+
461	00:51:10	460	Black	John	Unattached	Male Vet 45
462	00:51:18	42	O'Brian	Elodie	Unattached	Female Senior
463	00:51:20	239	Wagner	Sarah	Unattached	Female Senior
464	00:51:24	533	White	Trevor	Unattached	Male Vet 55
465	00:51:24	41	O'Brian	Simon	Unattached	Male Vet 55
466	00:51:49	420	Rand	Chris	Unattached	Male Vet 45
467	00:51:50	343	Aung	Sonny	Unattached	Male Vet 50
468	00:51:50	344	Aung	Melody	Unattached	Female Vet 50
469	00:51:53	368	Brais	Rebecca	Unattached	Female Vet 35
470	00:51:59	303	Watt	Lesley	Stowmarket Striders	Female Vet 45
471	00:51:59	451	Laver	Vanessa	Unattached	Female Vet 40
472	00:52:17	466	Morlom	Jenny	Woodbridge Shufflers	Female Vet 45
473	00:52:28	281	O'Sullivan	Mary	Ipswich Jaffa	Female Vet 35
474	00:52:44	324	Owen	Suzanne	Unattached	Female Senior
475	00:52:49	323	Owen	Jon	Unattached	Male Senior
476	00:52:54	31	Swift	Anita	Unattached	Female Vet 45
477	00:52:59	32	Carr	Karl	Unattached	Male Vet 40
478	00:53:17	101	Clarke	Sara	Unattached	Female Senior
479	00:53:23	106	Moggan	Sue	Stowmarket Striders	Female Vet 55+
480			ANOTHER			
481	00:53:58	158	West	David	Stowmarket Striders	Male Vet 60+
482	00:54:08	415	Child	jennifer	Tri Anglia	Female Vet 40
483	00:54:18	17	Grinham	Angela	Unattached	Female Vet 55+
484	00:54:39	151	Convey	Anne	Unattached	Female Vet 45
485	00:54:51	22	Merfield	Wendy	The Saxons RC	Female Vet 55+
486	00:55:10	295	Hayward	Christine	St Edmund Pacers	Female Vet 55+
487	00:55:23	301	Peck	William	St Edmund Pacers	Male Vet 60+
488	00:55:56	250	Clements	Jemma	Unattached	Female Senior
489	00:55:58	62	Jenkins	Stephen	Unattached	Male Senior
490	00:58:06	60	Collins	Angela	Unattached	Female Vet 35
491	00:56:06	493	Grainer	Michael	Unattached	Male Vet 60+
492	00:56:19	79	Kelly	James	Framlingham Flyers	Male Vet 60+
493	00:56:40	339	Lefebvre	Emillie	Unattached	Female Senior
494	00:56:42	280	Kemp	Michael	Unattached	Male Senior
495			ANOTHER			
496			ANOTHER			
497	01:07:00	342	Moran	Sarah	Unattached	Female Junior