



# Saint Edmund Pacers

## Friday Five

### Friday, 26 June 2009

Pos	Time	No	First Name	Surname	Club Name	Category
1	0:27:14	361	Graeme	Knott	Harwich Runners	Male Senior
2	0:27:36	316	Tom	Kingsnorth	Saint Edmund Pacers	Male Senior
3	0:27:38	471	Benvenuto	Baldelli	Cambridge & Coleridge AC	Male Vet 40
4	0:27:43	219	Peter	Barker	Saint Edmund Pacers	Male Vet 40
5	0:27:53	153	Daniel	Moss	Unattached	Male Senior
6	0:28:04	13	Robert	Chenery	Ipswich JAFFA	Male Senior
7	0:28:14	208	Vincent	Coogan	Newmarket Joggers	Male Senior
8	0:28:15	345	Andy	Taylor	Saint Edmund Pacers	Male Senior
9	0:28:41	359	Jason	Meachon	Harwich Runners	Male Senior
10	0:28:50	128	Colin	Ridley	West Suffolk A.C.	Male Vet 45
11	0:29:02	124	Nick	Palmer	Stowmarket Striders	Male Senior
12	0:29:14	410	Tamara	Jordan	Stowmarket Striders	Female Senior
13	0:29:20	482	Ben	Caisey	Unattached	Male Senior
14	0:29:22	255	Glen	Sharman	Stowmarket Striders	Male Vet 50
15	0:29:27	339	Matthew	Axton	Unattached	Male Senior
16	0:29:28	468	Rob	Gibby	Colchester Harriers AC	Male Senior
17	0:29:31	159	Jennie	Roberts	Colchester Harriers AC	Female Senior
18	0:29:39	270	Peter	West	Colchester Harriers AC	Male Vet 45
19	0:29:55	398	Simon	Dawson	West Suffolk A.C.	Male Junior
20	0:29:57	122	Chris	Starmer	Stowmarket Striders	Male Vet 45
21	0:29:59	414	Robert	Reason	Unattached	Male Senior
22	0:30:01	328	John	Oakes	Haverhill Running Club	Male Vet 50
23	0:30:16	481	Leon	Jones	Unattached	Male Senior
24	0:30:27	262	Simon	Dale	Gt Bentley Running Club	Male Senior
25	0:30:34	187	Stuart	Faust	Thetford AC	Male Senior
26	0:30:36	66	Gary	Thompson	Ipswich JAFFA	Male Vet 45
27	0:30:48	338	Greg	Davis	Newmarket Joggers	Male Vet 45
28	0:30:54	395	Geoffrey	Tomlinson	Gt Bentley Running Club	Male Vet 45
29	0:30:55	75	Roger	Stone	Felixstowe Road Runners	Male Vet 40
30	0:30:56	269	Stephen	Tovey	Ely Runners	Male Senior
31	0:31:03	389	Roger	Manton	Unattached	Male Senior
32	0:31:05	253	Raymond	Hill	Ipswich JAFFA	Male Vet 55
33	0:31:12	225	T	Hanman	Unattached	Male Senior
34	0:31:14	289	Ian	Forman	Unattached	Male Senior
35	0:31:16	330	Tim	Fox	Saint Edmund Pacers	Male Vet 40
36	0:31:19	169	Simon	Harrison	Ipswich JAFFA	Male Senior
37	0:31:40	362	Sam	Matthews	Harwich Runners	Male Senior
38	0:31:48	341	Valerie	Gladwell	Hadleigh Hares A.C.	Female Senior
39	0:31:49	347	James	Heath	Saint Edmund Pacers	Male Vet 45
40	0:31:51	71	Mike	White	Unattached	Male Senior
41	0:31:56	474	Joanna	Gapp	Newmarket Joggers	Female Senior
42	0:32:01	314	Chris	Perry	Stowmarket Striders	Male Senior
43	0:32:01	148	Bill	Stanley	Unattached	Male Junior
44	0:32:02	275	Daniella	Tatum	Colchester & Tendring AC	Female Senior
45	0:32:11	176	Kevin	Short	Framlingham Flyers	Male Vet 45
46	0:32:13	419	Dan	Foster	Gt Bentley Running Club	Male Vet 40
47	0:32:17	104	Conrad	Burgess	Ipswich JAFFA	Male Senior

48	0:32:19	294	Peter	Jackson	Army Athletic Club	Male Senior
49	0:32:31	244	Lee	Rudland	Ipswich JAFFA	Male Senior
50	0:32:32	118	Jo	Tweed	Rugby & Northampton AC	Female Senior
51	0:32:32	325	Paul	Preston	Sudbury Joggers	Male Senior
52	0:32:36	76	Carl	Thompson	Unattached	Male Senior
53	0:32:37	333	Jon	Lockwood	Saint Edmund Pacers	Male Senior
54	0:32:38	268	Daniel	Regan	Ely Runners	Male Senior
55	0:32:51	365	Chris	Seymour	Stowmarket Striders	Male Vet 40
56	0:32:54	221	Jerome	Metayer	Unattached	Male Senior
57	0:32:57	402	Neville	Clarke	Newmarket Joggers	Male Vet 55
58	0:33:03	379	James	Beaton	Newmarket Joggers	Male Vet 40
59	0:33:05	98	Julie	Heath	Saint Edmund Pacers	Female Vet 40
60	0:33:06	403	Michael	Hall	Colchester & Tendring AC	Male Senior
61	0:33:09	483	Paul	Shaw	Unattached	Male Vet 40
62	0:33:10	197	Mark	Phoenix	Unattached	Male Senior
63	0:33:14	364	Steven	Neaves	Stowmarket Striders	Male Vet 50
64	0:33:16	417	Jemma	Clarry	Saint Edmund Pacers	Female Senior
65	0:33:20	299	Martin	Pearson	Saint Edmund Pacers	Male Vet 40
66	0:33:22	248	Ben	Johnson	Gt Bentley Running Club	Male Senior
67	0:33:22	95	Bryan	Reid	Saint Edmund Pacers	Male Vet 40
68	0:33:25	415	Steve	Bailey	Saint Edmund Pacers	Male Vet 45
69	0:33:26	302	Stephen	Moore	Springfield Striders AC	Male Vet 50
70	0:33:27	240	Rebecca	Adams	Colchester & Tendring AC	Female Senior
71	0:33:30	8	Alan	Jackson	Ipswich JAFFA	Male Vet 50
72	0:33:30	15	Brian	Air,ey	Hadleigh Hares A.C.	Male Vet 40
73	0:33:32	418	Ker	Macrosson	Ipswich JAFFA	Male Vet 50
74	0:33:33	154	Dave	Vaughan	Saint Edmund Pacers	Male Vet 55
75	0:33:34	28	Chris	Chorley	Bungay Black Dog	Male Vet 45
76	0:33:39	198	Stephen	Cliff	Unattached	Male Vet 45
77	0:33:40	192	John	Greener	Saint Edmund Pacers	Male Vet 40
78	0:33:43	129	Ian	Gooderham	Saint Edmund Pacers	Male Vet 40
79	0:33:48	367	Dave	Solomon	Unattached	Male Vet 40
80	0:33:49	133	Brian	Munns	Newmarket Joggers	Male Senior
81	0:33:53	40	David	Salter	Saint Edmund Pacers	Male Vet 45
82	0:33:56	480	Darren	Cook	Unattached	Male Senior
83	0:34:01	142	Matt	Rolph	Stowmarket Striders	Male Senior
84	0:34:06	113	Andrew	Pearce	Unattached	Male Senior
85	0:34:08	170	Peter	Harvey	Ipswich JAFFA	Male Senior
86	0:34:15	12	Duncan	Chenery	Ipswich JAFFA	Male Vet 45
87	0:34:18	173	Paul	White	Saint Edmund Pacers	Male Vet 45
88	0:34:18	137	Mauree	McCarthy	Saint Edmund Pacers	Female Vet 45
89	0:34:19	308	Simon	Meecham	Ipswich JAFFA	Male Senior
90	0:34:20	164	Joseph	Cross	Unattached	Male Junior
91	0:34:25	59	Neil	Gillingham	Ipswich Harriers	Male Senior
92	0:34:26	400	Sophie	Tupman	Unattached	Female Junior
93	0:34:29	466	Wendy	Jones	Saint Edmund Pacers	Female Vet 40
94	0:34:33	84	Andrew	Smith	Grange Farm & Dunmow Runners	Male Vet 40
95	0:34:37	183	Mary	Narey	Stowmarket Striders	Female Vet 40
96	0:34:38	388	Jason	Bloomfield	Stowmarket Striders	Male Senior
97	0:34:45	320	Ryan	Jackson	Army Athletic Club	Male Senior
98	0:34:46	191	Roghe	Alexander	Colchester & Tendring AC	Male Vet 55
99	0:34:47	448	Paul	Wiggins	Unattached	Male Senior
100	0:34:49	114	Dave	Fenton	Stowmarket Striders	Male Senior
101	0:34:50	390	Alistair	Goodier	Ipswich JAFFA	Male Vet 40
102	0:34:51	232	Stephen	Hatten	Saint Edmund Pacers	Male Vet 40
103	0:35:00	473	James	Cornish	Unattached	Male Senior
104	0:35:05	376	Chris	Perry	Saint Edmund Pacers	Male Senior

105	0:35:06	202	John	Driscoll	Colchester Harriers AC	Male Vet 60+
106	0:35:06	106	Kim	Swan	Saint Edmund Pacers	Male Vet 50
107	0:35:09	385	Stephen	Curran	Woodbridge Shufflers	Male Vet 45
108	0:35:10	381	Sarah	Colson	West Suffolk A.C.	Female Senior
109	0:35:11	101	James	Mann	Ipswich JAFFA	Male Senior
110	0:35:13	286	Tim	Higgins	Ipswich JAFFA	Male Vet 45
111	0:35:18	245	Nigel	Rogers	Unattached	Male Senior
112	0:35:20	144	Valerie	Jennings	Ipswich JAFFA	Female Vet 45
113	0:35:21	416	Kate	Wooldreidge	Ipswich JAFFA	Female Vet 35
114	0:35:26	45	Victor	Brooks	Felixstowe Road Runners	Male Vet 40
115	0:35:27	146	Matt	Davey	KPMG Running Club	Male Senior
116	0:35:28	115	Simon	Wiggins	Felixstowe Road Runners	Male Senior
117	0:35:30	185	Ben	Harper	Unattached	Male Senior
118	0:35:33	435	Gary	Harlestrap	Stowmarket Striders	Male Vet 40
119	0:35:36	85	Jane	Smith	Grange Farm & Dunmow Runners	Female Vet 40
120	0:35:39	366	Charmaine	Geraghty	Stowmarket Striders	Female Vet 35
121	0:35:40	352	Laura	Hillyard	Colchester & Tendring AC	Female Junior
122	0:35:41	178	Louise	Staunton	Ipswich JAFFA	Female Senior
123	0:35:46	421	David	Marsh	Ipswich JAFFA	Male Senior
124	0:35:48	89	Ruth	Ward	Felixstowe Road Runners	Female Senior
125	0:35:49	21	John	Cashen	Unattached	Male Vet 40
126	0:35:50	437	Jim	Withers	Newmarket Joggers	Male Vet 50
127	0:35:52	189	Kim	Smith	Woodbridge Shufflers	Female Senior
128	0:35:53	399	Baz	Larks	Unattached	Male Senior
129	0:35:54	241	Jamie	Ash	Gt Bentley Running Club	Male Senior
130	0:35:54	238	Stephen	Williams	Saint Edmund Pacers	Male Vet 55
131	0:36:00	227	Peter	Lambillion-Jameson	Unattached	Male Vet 45
132	0:36:02	461	Carl	Fitch	Unattached	Male Senior
133	0:36:07	427	Chris	Dixon	Unattached	Male Senior
134	0:36:11	73	Claire	Dann	Unattached	Female Senior
135	0:36:12	6	Scott	Sherman	Stowmarket Striders	Male Junior
136	0:36:15	109	Mark	Rees	Gt Bentley Running Club	Male Vet 45
137	0:36:17	22	Mark	Andrews	Unattached	Male Vet 40
138	0:36:18	423	Stach-	Kevitz	Newham & Essex Beagles AC	Female Vet 35
139	0:36:21	292	Frank	Tyldesley	Saint Edmund Pacers	Male Vet 45
140	0:36:25	307	Steve	Le-Poidevin	Saint Edmund Pacers	Male Vet 40
141	0:36:28	287	Lucy	Sheehan	Felixstowe Road Runners	Female Senior
142	0:36:36	226	Richard	Trinder	Unattached	Male Vet 60+
143	0:36:36	322	Steven	Ratckiffe	Unattached	Male Vet 50
144	0:36:37	375	Gregory	White	Unattached	Male Senior
145	0:36:40	103	Nicola	Knott	Stowmarket Striders	Female Vet 40
146	0:36:46	462	Jamie	Hone	Unattached	Male Senior
147	0:36:50	486	Craig	Dearder-Phillips	Unattached	Female Vet 35
148	0:36:55	190	Haley	Suttle	Stowmarket Striders	Female Vet 40
149	0:36:56	278	Arthur	Leaf	Unattached	Male Junior
150	0:37:00	14	Daniel	Blyth	Unattached	Male Senior
151	0:37:00	263	Ron	Ames	Stowmarket Striders	Male Vet 60+
152	0:37:01	138	Mark	Goodwin	Unattached	Male Senior
153	0:37:03	369	Robin	Harper	Unattached	Male Senior
154	0:37:07	298	David	Watt	Stowmarket Striders	Male Vet 45
155	0:37:08	47	Colin	Forrester	Stowmarket Striders	Male Vet 45
156	0:37:11	309	Diane	Wooler	Colchester & Tendring AC	Female Vet 55+
157	0:37:14	199	Jamie	Neil	Unattached	Male Senior
158	0:37:15	201	Stuart	Appleby	Unattached	Male Vet 45
159	0:37:16	249	Phil	Marsden	Ipswich JAFFA	Male Vet 45
160	0:37:18	25	Julie	Brown	Ipswich JAFFA	Female Vet 45
161	0:37:20	213	Derek	Hood	Unattached	Male Senior

162	0:37:21	125	Vicky	Pressland	Gt Bentley Running Club	Female Vet 35
163	0:37:22	433	Robert	Peck	Unattached	Male Senior
164	0:37:25	94	Trevor	Crack	Unattached	Male Vet 55
165	0:37:32	411	Darren	Lee	Unattached	Male Vet 40
166	0:37:34	273	Ian	East	Unattached	Male Senior
167	0:37:34	384	Stuart	Janes	Newmarket Joggers	Male Vet 40
168	0:37:34	24	Simon	Whalley	Saint Edmund Pacers	Male Vet 40
169	0:37:35	344	Peter	Mills	Stowmarket Striders	Male Vet 55
170	0:37:41	160	Ian	Chapman	Unattached	Male Senior
171	0:37:44	150	Diana	Braverman	Cambridge & Coleridge AC	Female Vet 55+
172	0:37:44	444	Edward	Greenland	Wymondham AC	Male Vet 40
173	0:37:46	87	John	Shatford	Unattached	Male Vet 40
174	0:37:54	242	Paul	Blackwell	Gt Bentley Running Club	Male Vet 40
175	0:37:59	64	Adam	Hocken	Unattached	Male Vet 40
176	0:38:02	340	Tom	Pullinger	Bungay Black Dog	Male Senior
177	0:38:02	91	Mick	Sears	Woodbridge Shufflers	Male Vet 50
178	0:38:06	443	William	Meader	Unattached	Male Vet 45
179	0:38:07	313	Andrew	Eliot	Unattached	Male Senior
180	0:38:09	332	Chris	Burke	Hadleigh Hares A.C.	Male Vet 50
181	0:38:09	377	David	Fox	Felixstowe Road Runners	Male Vet 50
182	0:38:13	447	Peter	Fellingham	West Suffolk A.C.	Male Senior
183	0:38:15	1	Eloise	Claver	Saint Edmund Pacers	Female Vet 40
184	0:38:16	454	Rob	Naylor	Unattached	Male Vet 45
185	0:38:20	107	Frank	Moggan	Stowmarket Striders	Male Vet 55
186	0:38:21	246	Kevin	Stevens	Unattached	Male Senior
187	0:38:22	441	Kikki	Bennett	Gt Bentley Running Club	Female Vet 40
188	0:38:25	479	Caroline	Hunt	Unattached	Female Senior
189	0:38:26	396	Simon	Whitnail	Unattached	Male Vet 45
190	0:38:27	102	Ian	Wilcockson	Unattached	Male Vet 40
191	0:38:30	166	Emma	Mortimer	Ipswich JAFFA	Female Junior
192	0:38:31	478	David	Howe	Unattached	Male Senior
193	0:38:31	205	Neil	Martin	Stowmarket Striders	Male Senior
194	0:38:41	152	Carl	Higgins	Thetford AC	Male Vet 45
195	0:38:41	358	Oliver	Tulloch	Unattached	Male Senior
196	0:38:42	393	Darren	Coombs	Unattached	Male Senior
197	0:38:44	235	John	Penny	Unattached	Male Vet 50
198	0:38:46	149	Terry	Braverman	Haverhill Running Club	Male Vet 60+
199	0:38:49	147	Steven	Stanley	Unattached	Male Vet 45
200	0:38:52	4	Harry	Smith	Stowmarket Striders	Male Vet 40
201	0:38:56	428	Steven	Rue	Saint Edmund Pacers	Male Vet 55
202	0:38:57	372	Emma	Parker	Unattached	Female Vet 35
203	0:38:58	342	Keith	Borrett	Stowmarket Striders	Male Vet 55
204	0:39:00	488	Robert	Warne	Woodbridge Shufflers	Male Vet 50
205	0:39:02	130	David	Cheal	Unattached	Male Senior
206	0:39:04	228	Stuart	Abbott	Woodbridge Shufflers	Male Senior
207	0:39:05	304	Karen	Austin	Stowmarket Striders	Female Senior
208	0:39:06	33	Tony	Fitch	Unattached	Male Vet 40
209	0:39:06	453	Lucy	Bannatyne	Unattached	Female Vet 45
210	0:39:08	291	Nigel	Gossett	Saint Edmund Pacers	Male Vet 50
211	0:39:09	368	Claire	Parker	Unattached	Female Vet 35
212	0:39:11	175	Catherine	Jeffery	Unattached	Female Senior
213	0:39:14	420	Paul	McGilligan	Unattached	Male Vet 50
214	0:39:17	401	Oscar	Doyle	Unattached	Male Senior
215	0:39:18	297	David	Daniels	Stowmarket Striders	Male Vet 45
216	0:39:22	348	Paul	Clarke	Saint Edmund Pacers	Male Vet 40
217	0:39:24	60	Robert	Tillyard	Saint Edmund Pacers	Male Vet 45
218	0:39:26	86	Michael	Taylor	Unattached	Male Vet 55

219	0:39:29	382	Frank	Gardiner	Gt Bentley Running Club	Male Vet 50
220	0:39:30	50	Simon	Phillips	Saint Edmund Pacers	Male Senior
221	0:39:30	467	Darren	Barwick	Unattached	Male Vet 40
222	0:39:32	363	Chris	Toole	Unattached	Male Senior
223	0:39:33	274	Paul	Theobald	Saint Edmund Pacers	Male Vet 50
224	0:39:37	222	Adrian	Gilson	Unattached	Male Vet 45
225	0:39:37	145	Sarah	O'Callaghan	Fairlands Vally Spartans	Female Vet 35
226	0:39:38	158	Ryan	Adams	Unattached	Male Senior
227	0:39:38	151	Naomi	Edwards	Unattached	Female Senior
228	0:39:42	319	gaham	Coleman	Wymondham AC	Male Vet 45
229	0:39:43	404	Tracey	Norris	Stowmarket Striders	Female Vet 45
230	0:39:46	436	Martin	Ablett	Stowmarket Striders	Male Senior
231	0:39:49	18	Lorraine	Mills	Stowmarket Striders	Female Vet 35
232	0:39:51	181	Emily	Baker	West Suffolk A.C.	Female Junior
233	0:39:55	458	Chris	Hayes	Gt Bentley Running Club	Male Vet 45
234	0:39:56	100	Neil	Wilcockson	Unattached	Male Vet 40
235	0:39:56	49	Sarah	Whyard	Saint Edmund Pacers	Female Senior
236	0:39:57	451	Steve	Robinson	Stowmarket Striders	Male Vet 50
237	0:39:58	449	Mark	Cane	Unattached	Male Senior
238	0:40:02	315	Daniel	Thorp	Unattached	Male Senior
239	0:40:04	234	Robert	Rowland	Unattached	Male Vet 60+
240	0:40:05	490	David	Pitt	Ipswich JAFFA	Male Senior
241	0:40:05	424	Colin	Jenkins	Newham & Essex Beagles AC	Male Vet 50
242	0:40:12	209	Michael	Dean	Unattached	Male Vet 60+
243	0:40:13	126	Gary	Taylor	Woodbridge Shufflers	Male Vet 45
244	0:40:13	357	Alexander	Gill	Unattached	Male Junior
245	0:40:16	61	Michael	Munson	Stowmarket Striders	Male Vet 55
246	0:40:18	5	Anna	Smith	Stowmarket Striders	Female Vet 35
247	0:40:21	285	Gertrud	Hendricks	Unattached	Female Vet 35
248	0:40:21	284	Cara	Huson	Unattached	Female Vet 35
249	0:40:23	215	Peter	Finegan	Felixstowe Road Runners	Male Junior
250	0:40:25	188	Stephen	Wood	Ipswich JAFFA	Male Vet 50
251	0:40:28	58	Charlie	Stannett	Ipswich Triathlon Club	Male Vet 50
252	0:40:28	207	Paul	Flack	Unattached	Male Vet 40
253	0:40:29	29	Bobbie	Saufezaph	Bungay Black Dog	Female Vet 50
254	0:40:32	303	Paul	Austin	Unattached	Male Senior
255	0:40:32	194	Natasha	Scott	Haverhill Running Club	Female Vet 35
256	0:40:33	132	Roger	Duffield	Tiptree Road Runners	Male Vet 60+
257	0:40:35	88	David	Levins	Felixstowe Road Runners	Male Vet 45
258	0:40:39	177	Evette	Price	Framlingham Flyers	Female Vet 45
259	0:40:39	272	Bil	Cox	Framlingham Flyers	Male Vet 60+
260	0:40:41	90	Karen	Hatton	Saint Edmund Pacers	Female Vet 50
261	0:40:43	120	William	Burdett	Stowmarket Striders	Male Vet 45
262	0:40:44	237	Martyn	Brophy	Saint Edmund Pacers	Male Vet 50
263	0:40:45	82	John	George	Unattached	Male Vet 50
264	0:40:45	475	Bert	Hatcher	Ipswich JAFFA	Male Vet 60+
265	0:40:48	459	Joaquim	Monteiro	Haverhill Running Club	Male Vet 55
266	0:40:50	239	Lisa	Cox	Felixstowe Road Runners	Female Vet 35
267	0:40:50	74	Lee	Mon	Ipswich JAFFA	Male Vet 50
268	0:40:55	260	Chris	Bright	British Athletics AC	Male Senior
269	0:40:57	204	Anne	Fish	Stowmarket Striders	Female Vet 55+
270	0:41:00	323	Michael	Hill	Unattached	Male Senior
271	0:41:08	218	Liam	Robson	Unattached	Male Junior
272	0:41:10	378	Aiden	Jeffreys	Unattached	Male Vet 40
273	0:41:11	261	Veronica	manley	Diss Athlitic Club	Female Vet 55+
274	0:41:15	422	Susanne	Heath	Unattached	Female Vet 35
275	0:41:23	212	Tim	Finagan	Felixstowe Road Runners	Male Vet 45

276	0:41:25	247	David	Riedel	Unattached	Male Vet 55
277	0:41:26	206	John	Cass	Unattached	Male Senior
278	0:41:28	470	Keith	Parker	Unattached	Male Vet 50
279	0:41:31	343	Clare	Taylor	Unattached	Female Senior
280	0:41:33	456	Reggie	Bugg	Unattached	Male Senior
281	0:41:33	465	Nathan	Pittam	Ipswich JAFFA	Male Senior
282	0:41:34	455	Colin	Newcombe	Unattached	Male Senior
283	0:41:38	131	John	Kidd	Unattached	Male Senior
284	0:41:39	31	Karen	Page	Saint Edmund Pacers	Female Vet 35
285	0:41:39	186	Vasileios	Kostakis	Unattached	Male Senior
286	0:41:40	167	Mark	Rose	Unattached	Male Vet 40
287	0:41:44	193	Rachael	Lee	Stowmarket Striders	Female Senior
288	0:41:44	217	Simon	Robson	Unattached	Male Vet 45
289	0:41:46	48	Steven	Reynolds	Unattached	Male Vet 50
290	0:41:47	99	Stephen	Bright	British Athletics AC	Male Vet 45
291	0:41:50	196	Amanda	Martin	Saint Edmund Pacers	Female Vet 40
292	0:41:50	317	Annabel	Bennett	Felixstowe Road Runners	Female Vet 40
293	0:41:53	23	Ioana	Nitu-Whalley	Unattached	Female Vet 40
294	0:41:55	349	Carolyn	Bownes	Tiptree Road Runners	Female Vet 45
295	0:41:55	350	Barry	Dobson	Tiptree Road Runners	Male Vet 60+
296	0:41:58	136	Will	Dykes	Unattached	Male Senior
297	0:41:59	487		AlanJordan	Unattached	Male Vet 55
298	0:42:02	203	Grayham	Fish	Stowmarket Striders	Male Vet 55
299	0:42:03	405	John	Clarke	Unattached	Male Vet 40
300	0:42:04	117	Hazel	Spalding	Ipswich JAFFA	Female Vet 50
301	0:42:13	57	Kate	Stannett	Ipswich Triathlon Club	Female Vet 45
302	0:42:18	96	Jane	Holland	Unattached	Female Vet 45
303	0:42:24	296	Jill	Anderson	Framlingham Flyers	Female Vet 55+
304	0:42:25	429	Rita	Rue	Saint Edmund Pacers	Female Vet 45
305	0:42:33	409	Tim	Robin	Unattached	Male Senior
306	0:42:35	442	Adam	Paveley	Unattached	Male Vet 40
307	0:42:38	397	Paul	Smith	Unattached	Male Senior
308	0:42:39	445	Keith	Fisher	Unattached	Male Vet 45
309	0:42:40	355	Alison	Taylor	Unattached	Female Vet 40
310	0:42:45	41	Keith	Thorogood	Halstead Road Runners	Male Vet 50
311	0:42:46	331	Johnathan	Lister	Haverhill Running Club	Male Vet 40
312	0:42:46	413	Sue	Osborne	Unattached	Female Vet 40
313	0:42:50	463	David	Scotford	Stowmarket Striders	Male Vet 40
314	0:42:50	472	Stephen	Griffiths	Unattached	Male Vet 45
315	0:42:50	426	Louise	Johnson	Ipswich JAFFA	Female Senior
316	0:42:53	318	Neil	Stallard	Unattached	Male Vet 40
317	0:42:53	336	Jim	King	Stowmarket Striders	Male Vet 60+
318	0:42:54	56	Susanna	Munday	Stowmarket Striders	Female Senior
319	0:42:55	412	Stephen	Lloyd	Unattached	Male Senior
320	0:43:00	140	Caroline	Glading	Fairlands Vally Spartans	Female Vet 45
321	0:43:00	139	Mark	Gladding	Fairlands Vally Spartans	Male Vet 45
322	0:42:03	157	Adi	Adams	Unattached	Male Senior
323	0:43:07	476	Anne	Florence	Unattached	Female Vet 55+
324	0:43:15	450	Neil	Parker	Unattached	Male Senior
325	0:43:17	92	Helen	Snazell	Saint Edmund Pacers	Female Vet 50
326	0:43:33	252	Allan	Mitchell	Unattached	Male Vet 40
327	0:43:36	430	Ian	Freeman	Saint Edmund Pacers	Male Vet 55
328	0:43:37	337	Brian	Smith	Unattached	Male Vet 45
329	0:43:37	195	Sue	Dwnes	Unattached	Female Vet 50
330	0:43:38	282	Chris	Engle	Unattached	Male Junior
331	0:43:43	16	Debbie	Ghant	Stowmarket Striders	Female Vet 40
332	0:43:44	2	Ella	Jennings	Ipswich Harriers	Female Senior

333	0:43:48	83	Paul	Kerrison	Harwich Runners	Male Vet 40
334	0:43:51	446	Michael	Linnett	Unattached	Male Vet 40
335	0:43:57	391	Colin	Lewis	Unattached	Male Vet 40
336	0:43:59	123	Kayleigh	Read	Ipswich JAFFA	Female Senior
337	0:44:01	432	Faye	Woollard	Ipswich JAFFA	Female Senior
338	0:44:04	211	Elizabeth	Savery	Unattached	Female Vet 45
339	0:44:12	9	David	Coley	Ipswich JAFFA	Male Vet 55
340	0:44:13	36	Jenny	Jarrett	Felixstowe Road Runners	Female Vet 45
341	0:44:15	306	Sandra	Mayhew	Stowmarket Striders	Female Vet 45
342	0:44:17	121	Jan	Starmer	Stowmarket Striders	Female Vet 45
343	0:44:17	305	Denise	Wright	Stowmarket Striders	Female Vet 45
344	0:44:26	370	Jeremy	scopes	Unattached	Male Vet 50
345	0:44:27	52	Rachel	Haley-de-Amable	Unattached	Female Senior
346	0:44:30	383	Victoria	Law	Gt Bentley Running Club	Female Vet 35
347	0:44:33	407	Annette	Emberton	Stowmarket Striders	Female Vet 40
348	0:44:34	233	John	Callum	Unattached	Male Vet 60+
349	0:44:36	243	Samantha	Linassi	Unattached	Female Senior
350	0:44:36	406	Angela	Brinkley	Stowmarket Striders	Female Vet 45
351	0:44:38	62	Victor	Lovedale	Unattached	Male Vet 50
352	0:44:43	105	Sarah	Jobbins	Unattached	Female Vet 40
353	0:44:49	371	Chris	Ottley	Unattached	Male Vet 40
354	0:44:51	360	Margery	Brown	Stowmarket Striders	Female Vet 55+
355	0:44:53	334	Stuart	Irons	Unattached	Male Vet 50
356	0:44:53	335	Keith	Pengelly	Unattached	Male Vet 50
357	0:44:55	258	Rebecca	Guy	Saint Edmund Pacers	Female Junior
358	0:44:56	485	Peter	Reeve	Gt Bentley Running Club	Male Vet 45
359	0:44:59	256	Paul	Hughes	Unattached	Male Senior
360	0:45:01	271	Jean	Cox	Woodbridge Shufflers	Female Vet 55+
361	0:45:10	180	Mel	Chittock	Unattached	Male Vet 50
362	0:45:13	119	Angela	Burdett	Stowmarket Striders	Female Vet 40
363	0:45:18	386	John	Talbot	Unattached	Male Senior
364	0:45:24	457	Paul	Mason	West Suffolk A.C.	Male Vet 50
365	0:45:26	387	Susan	Bloomfield	Stowmarket Striders	Female Vet 40
366	0:45:32	20	Jason	Smith	Unattached	Male Senior
367	0:45:34	161	Maryn	Wagner	Unattached	Male Vet 50
368	0:45:36	257	Karen	Long	Unattached	Female Vet 40
369	0:45:37	311	Ava	Barclay	Unattached	Female Vet 40
370	0:45:50	293	Les	Wesson	Unattached	Male Vet 60+
371	0:45:51	327	Lisa	Lumley	Joggers & Jaunters	Female Vet 40
372	0:45:54	155	Maranda	Rayner	Harwich Runners	Female Vet 40
373	0:45:58	326	Rebecca	Whittingdale	Joggers & Jaunters	Female Vet 40
374	0:46:03	281	Christopher	Bennett	Unattached	Male Junior
375	0:46:05	439	Lindsey	Hayward	Unattached	Female Senior
376	0:46:05	440	Charlotte	Durrant	Unattached	Female Senior
377	0:46:08	223	Sue	Hargadon	Ipswich Triathlon Club	Female Vet 50
378	0:46:13	267	Malcolm	MacDonald	Unattached	Male Vet 55
379	0:46:13	265	Victoria	Wright	Unattached	Female Senior
380	0:46:13	266	Derek	Wright	Unattached	Male Vet 50
381	0:46:15	3	Hilary	Jennings	Unattached	Female Vet 50
382	0:46:18	26	Heidi	Brown	Ipswich JAFFA	Female Junior
383	0:46:20	135	Tim	Skelton	Unattached	Male Vet 50
384	0:46:34	277	Josh	Gilbert	Unattached	Male Junior
385	0:46:53	220	Lucy	Matayer	Unattached	Female Senior
386	0:46:54	27	Tim	Banks	Unattached	Male Senior
387	0:46:56	39	Stephen	Cartwright	Colchester & Tendring AC	Male Vet 50
388	0:46:56	469	Mavis	Ling	Unattached	Female Senior
389	0:46:57	44	Zoe	Booth	Felixstowe Road Runners	Female Vet 35

390	0:46:57	214	Helan	Finegan	Felixstowe Road Runners	Female Senior
391	0:47:08	55	Michelle	Marhall	Unattached	Female Senior
392	0:47:12	172	Lucy	Burt	Unattached	Female Senior
393	0:47:16	380	Clare	Phillips	Mid Essex Casuals	Female Vet 40
394	0:47:24	356	Alistair	Gill	Unattached	Male Vet 40
395	0:47:39	229	Nick	Huggins	Unattached	Male Vet 55
396	0:47:40	179	Gary	Stnford	Unattached	Male Vet 55
397	0:47:44	231	Emma	Hatten	Saint Edmund Pacers	Female Junior
398	0:47:45	351	Shirley	Hillyard	Colchester & Tendring AC	Female Vet 50
399	0:47:47	54	Daniel	Humphries	Unattached	Male Senior
400	0:47:48	353	Mandy	Nickerson	Haverhill Running Club	Female Vet 45
401	0:47:48	310	Kelly	Mapston	Unattached	Female Senior
402	0:47:48	354	Carl	Vella	Haverhill Running Club	Male Senior
403	0:47:49	165	Teresa	Cross	Unattached	Female Vet 40
404	0:47:53	111	Melanie	Amps	Unattached	Female Vet 40
405	0:47:54	127	Debbie	Taylor	Woodbridge Shufflers	Female Vet 40
406	0:48:01	329	Peter	Hammond	Unattached	Male Vet 55
407	0:48:07	200	Dave	Price	Newmarket Joggers	Male Senior
408	0:48:08	19	Christopher	Adams	Unattached	Male Vet 60+
409	0:48:19	477	Robert	Laithwaite	Ipswich JAFFA	Male Vet 50
410	0:48:36	35	Jo	Dickenson	Felixstowe Road Runners	Female Vet 35
411	0:48:41	68	Paul	Trevelyan	Unattached	Male Vet 50
412	0:49:10	431	Sally	Sharp	Colchester & Tendring AC	Female Vet 45
413	0:49:42	290	Lesley	Watt	Stowmarket Striders	Female Vet 50
414	0:49:48	484	Mary	Clarke	Unattached	Female Vet 55+
415	0:49:54	276	Susannah	Steel	Unattached	Female Senior
416	0:50:23	236	Roger	Spinks	Ipswich JAFFA	Male Vet 60+
417	0:50:23	434	Faith	Stanley	Unattached	Female Vet 45
418	0:50:26	210	Andrew	Savery	Unattached	Male Vet 50
419	0:50:29	374	Trevor	White	Unattached	Male Vet 55
420	0:50:32	43	Jayne	Taylor	Unattached	Female Vet 45
421	0:50:45	34	Susan	Seggar	Stowmarket Striders	Female Vet 55+
422	0:51:33	408	Claire	Theobald	Unattached	Female Senior
423	0:51:45	425	Anthony	Mills	Unattached	Male Senior
424	0:51:48	80	Gillian	Rogers	Joggers & Jaunters	Female Vet 50
425	0:51:50	438	Briege	Convery	Unattached	Male Vet 50
426	0:51:50	81	Susan	George	Joggers & Jaunters	Female Vet 45
427	0:52:53	70	Sarah	Hill	Joggers & Jaunters	Female Vet 40
428	0:52:04	489	John	Riley	Unattached	Male Vet 55
429	0:53:08	182	Brian	Peck	Saint Edmund Pacers	Male Vet 60+
430	0:53:16	38	Karen	Haddow	Unattached	Female Vet 45
431	0:53:18	134	Anita	Thompson	Unattached	Female Senior
432	0:53:26	321	Andrew	Mercer	Unattached	Male Vet 40
433	0:53:29	53	John	Kidd	Unattached	Male Senior
434	0:53:29	464	Olivia	Double	Unattached	Female Senior
435	0:53:43	254	Wendy	Merifield	The Saxons	Female Vet 55+
436	0:53:51	46	Stephanie	Nichols	Unattached	Female Vet 35
437	0:53:51	168	Marion	Greenwood	Unattached	Female Vet 40
438	0:53:54	63	Sarah	Faers	Joggers & Jaunters	Female Vet 40
439	0:54:29	324	Gordon	Merfield	The Saxons	Male Vet 60+
440	0:54:35	491	Melvyn	Bluett	Unattached	Male Vet 60+
441	0:54:57	162	Sarah	Wagner	Unattached	Female Senior
442	0:55:12	279	Kelly	Ringer	Unattached	Female Junior
443	0:55:12	280	Alexasandra	Bennett	Unattached	Female Junior
444	0:55:59	141	Alison	Lambert	Joggers & Jaunters	Female Vet 40
445	0:56:00	69	Debra	Meyer	Joggers & Jaunters	Female Vet 35
446	0:56:12	116	Catla	Johnson	Felixstowe Road Runners	Female Senior

447	0:56:18	110	Frederick	Uff	Unattached	Male Vet 60+
448	0:56:21	392	Luke	Murdellis	Unattached	Male Senior
449	0:56:21	394	Victoria	Coombs	Unattached	Female Senior
450	0:59:19	460	Mervin	Wake	Ipswich Triathlon Club	Male Vet 60+
451	1:01:21	216	Glenda	Taylor	Stowmarket Striders	Female Vet 55+