



Saint Edmund Pacers

Friday Five

Friday, 24 June 2011

1st Ladies Team - Sudbury Joggers

Louse Hampshire
Marie Shirley
Amanda Henry

1st Mens Team - West Suffolk AC

McCauley Delo
Dominic Thackeray
Colin Ridley

2nd Ladies Team - Saint Edmund Pacers

Jo Coates
Emily Gooderham
Chelsea Caloia

2nd Mens Team - Harwich Runners

Robert Reason
Sam Googing-Matthews
Brian Herrington

3rd Ladies Team - Stowmarket Striders

Rebecca Jordan
Mary Narey
Charmaine Geraghty

3rd Mens Team - Saint Edmund Pacers

Kevin Murphy
Peter Golding
Kevin Vaughan

Ladies

Jo Coates	Saint Edmund Pacers
Louise Hampshire	Sudbury Joggers AC
Marie Shirley	Sudbury Joggers AC

Men

McCauley Delo	West Suffolk AC
David Gibbon	Colchester & Tendering AC
Marie Shirley	Harwich Runners

Female Junior

Emily Gooderham	Saint Edmund Pacers
Beth Tooley	West Suffolk AC
Nancy Martin	Unattached

Male Junior

Joseph Kirton	Thetford AC
Joseph Gibbon	Colchester & Tendering AC
Adam Cripps	West Suffolk AC

Female Master 35

Amanda Henry	Sudbury Joggers
Vicky Presland	Great Bentley Running Club
Charmaine Geraghty	Stowmarket Striders

Male Master 40

Brian Herrington	Harwich Runners
Tim Ellis	Saffron Striders
Michael Jones	Stowmarket Striders

Female Master 40

Marion McCall	Thetford AC
Andre Besant	Unattached
Mary Narey	Stowmarket Striders

Male Master 40

Brian Herrington	Harwich Runners
Tim Ellis	Saffron Striders
Michael Jones	Stowmarket Striders

Female Master 45

Claire Hoblyn	Saint Edmund Pacers
Elizabeth Cahill	Colchester Harriers AC
Dianne Hughes	Stowmarket Striders

Male Master 45

Colin Ridley	West Suffolk AC
Kevin Vaughn	Saint Edmund Pacers
Martin Lawrence	Unattached

Female Master 50

Bobbie Sauerzapf	Bungay Black Dog
Karen Hatton	Saint Edmund Pacers
Lorraine Garnham	Halstead Road Runners

Female Master 55

Diane Wooller	Colchester & Tendering AC
Ann Piercy	Harwich Runners
Diane Braverman	Cambridge & Coleridge AC

Female Master 60

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-	-

Female Master 65

Barbara Law	Great Bentley Running Club
Maureen Wright	Ipswich JAFFA
Bernice Trodd	Joggers & Jaunters

Male Master 50

John Oakes	Cambridge & Coleridge AC
Terry Back	Ipswich JAFFA
Alan Dawson	Saint Edmund Pacers

Male Master 55

Peter Golding	Saint Edmund Pacers
Steve Presland	Ely Runners
Peter Mills	Stowmarket Striders

Male Master 60

Michael Beckett	Great Bentley Running Club
Ray Roberts	Felixstowe Road Runners
Peter Cotton	Newmarket Joggers

Male Master 65+

Glyn Peck	Harwich Runners
Terry Braverman	Cambridge & Coleridge AC
David Hindley	City of Stoke AC

Full Results

Pos	Time	No	First Name	Surname	Club Name	Category
1	0:26:52	366	McCauley	Delo	West Suffolk A.C.	Male Junior
2	0:27:01	373	David	Gibbon	Colchester & Tendring AC	Male Senior
3	0:27:16	248	Robert	Reason	Harwich Runners	Male Senior
4	0:27:25	393	Dominic	Thackeray	West Suffolk A.C.	Male Senior
5	0:27:36	415	Kevin	Murphy	Saint Edmund Pacers	Male Senior
6	0:27:48	462	Daniel	Moss	Unattached	Male Senior
7	0:27:50	99	Vincent	Coogan	Newmarket Joggers	Male Senior
8	0:27:53	100	John	Oakes	Cambridge & Coleridge AC	Male Master 50
9	0:28:24	389	Sam	Googing-Matthews	Harwich Runners	Male Senior
10	0:28:28	277	Brian	Herrington	Harwich Runners	Male Master 40
11	0:28:33	130	Colin	Ridley	West Suffolk A.C.	Male Master 45
12	0:28:37	335	Peter	Golding	Saint Edmund Pacers	Male Master 55
13	0:28:45	278	Jonathan	Ling	Ipswich JAFFA	Male Senior
14	0:28:49	332	Sam	Ratcliffe	Unattached	Male Senior
15	0:28:52	417	Simon	Dale	Gt Bentley Running Club	Male Senior
16	0:29:07	107	Nick	Palmer	Stowmarket Striders	Male Senior
17	0:29:15	184	Kevin	Vaughan	Saint Edmund Pacers	Male Master 45
18	0:29:28	128	Sebastain	Palmer	West Suffolk A.C.	Male Senior
19	0:29:43	385	Terry	Back	Ipswich JAFFA	Male Master 50
20	0:29:55	54	Glenn	Douglas	Saint Edmund Pacers	Male Senior
21	0:29:58	347	Mark	Furnace	Ipswich JAFFA	Male Senior
22	0:29:59	145	Tim	Ellis	Saffron Striders	Male Master 40
23	0:30:02	450	Joseph	Kirton	Thetford AC	Male Junior
24	0:30:05	86	Jamie	Shaw	Newmarket Joggers	Male Senior
25	0:30:06	236	Roy	Gibby	Colchester Harriers AC	Male Senior
26	0:30:09	16	Mark	Reynard	Stowmarket Striders	Male Senior
27	0:30:13	154	Ben	Casey	Ipswich Triathlon Club	Male Senior
28	0:30:25	293	Alan	Dawson	Saint Edmund Pacers	Male Master 50
29	0:30:29	3	Michael	Jones	Stowmarket Striders	Male Master 40
30	0:30:36	374	Joseph	Gibbon	Colchester & Tendring AC	Male Junior
31	0:30:37	336	Stephen	Livermore	Saint Edmund Pacers	Male Senior

32	0:30:41	14	Simon	Harrison	Ipswich JAFFA	Male Senior
33	0:30:43	460	Paul	McClelland	Harwich Runners	Male Master 40
34	0:30:45	396	Matthew	Knowles	Harwich Runners	Male Senior
35	0:30:50	311	Martin	Lawrence	Unattached	Male Master 45
36	0:30:51	162	Lee	Morgan	Unattached	Male Senior
37	0:30:58	32	Carl	Ashton	Unattached	Male Senior
38	0:31:02	310	Adam	Cripps	West Suffolk A.C.	Male Junior
39	0:31:05	167	Paul	Preston	Sudbury Joggers AC	Male Senior
40	0:31:08	191	Robert	Smailes	Saint Edmund Pacers	Male Junior
41	0:31:11	329	Thomas	Ratcliffe	Unattached	Male Senior
42	0:31:17	212	Jo	Coates	Saint Edmund Pacers	Female Master 35
43	0:31:21	485	Andrew	Shields	Cambridge & Coleridge AC	Male Master 45
44	0:31:23	120	Chris	Seymour	Stowmarket Striders	Male Master 40
45	0:31:25	225	Brian	Munns	Newmarket Joggers	Male Master 45
46	0:31:26	143	Louise	Hampshire	Sudbury Joggers AC	Female Senior
47	0:31:26	142	James	Wilson	Sudbury Joggers AC	Male Senior
48	0:31:27	279	Alistair	Dick	Ipswich JAFFA	Male Master 45
49	0:31:31	334	Chris	Cooke	Saint Edmund Pacers	Male Master 45
50	0:31:32	378	Jack	Anthony	West Suffolk A.C.	Male Senior
51	0:31:33	85	Dave	Soloman	Felixstowe Road Runners	Male Master 40
52	0:31:33	414	Scott	Crawley	Gt Bentley Running Club	Male Senior
53	0:31:34	38	Chris	Reeve	Stowmarket Striders	Male Senior
54	0:31:34	71	George	Harvison	Unattached	Male Junior
55	0:31:39	307	Tim	Hanman	Unattached	Male Master 40
56	0:31:47	315	Matthew	Applegate	Cambridge & Coleridge AC	Male Senior
57	0:31:47	398	Paul	Nedd	Unattached	Male Master 40
58	0:31:59	438	Liam	Brophy	Saint Edmund Pacers	Male Junior
59	0:32:04	197	Andrew	Buck	Sudbury Joggers AC	Male Master 45
60	0:32:04	397	Sean	Connor	Unattached	Male Master 40
61	0:32:08	69	Sam	Brooke	Felixstowe Road Runners	Male Senior
62	0:32:14	228	Andrew	Green	Stowmarket Striders	Male Master 40
63	0:32:17	138	Ryan	Bartlett	Unattached	Male Senior
64	0:32:20	243	Neil	Dinwiddle	Framlingham Flyers	Male Senior
65	0:32:22	281	James	Beeton	Newmarket Joggers	Male Master 45
66	0:32:26	304	Warren	Birch	Ipswich JAFFA	Male Master 40
67	0:32:42	345	Marie	Shirley	Sudbury Joggers AC	Female Senior
68	0:32:48	270	Michael	simmons	Gt Bentley Running Club	Male Master 45
69	0:32:51	35	Steve	Brooke	Felixstowe Road Runners	Male Master 40
70	0:32:54	168	Jason	Walker	Stowmarket Striders	Male Senior
71	0:32:55	369	Callum	Stewart	West Suffolk A.C.	Male Senior
72	0:32:58	416	Jamie	Ash	Gt Bentley Running Club	Male Senior
73	0:33:00	192	Kiven	Short	Framlingham Flyers	Male Master 50
74	0:33:01	372	Michael	Beckett	Gt Bentley Running Club	Male Master 60
75	0:33:03	313	Clive	Steward	Unattached	Male Master 45
76	0:33:11	83	Robin	Harper	Felixstowe Road Runners	Male Senior
77	0:33:16	203	Michael	Fischer	Saint Edmund Pacers	Male Master 40
78	0:33:17	395	Chris	Squirrell	Ipswich JAFFA	Male Senior
79	0:33:18	18	Rob	Harrow	Sudbury Joggers AC	Male Senior
80	0:33:24	34	Chris	Chorley	Bungay Black Dog	Male Master 45
81	0:33:26	364	John	Greener	Saint Edmund Pacers	Male Master 40
82	0:33:28	434	Jason	Beeton	Newmarket Joggers	Male Senior
83	0:33:28	141	Ian	East	Sudbury Joggers AC	Male Master 40
84	0:33:31	47	Robert	Hughes	Saint Edmund Pacers	Male Master 45
85	0:33:33	166	Samuel	Burdett	Stowmarket Striders	Male Junior
86	0:33:37	118	David	Edwards	Cambridge & Coleridge AC	Male Master 50
87	0:33:38	210	Daniel	Nokes	Hadleigh Hares A.C.	Male Senior
88	0:33:39	13	Dale	Mandell	Woodbridge Shufflers	Male Senior

89	0:33:40	222	Kevin	Stevens	Gt Bentley Running Club	Male Senior
90	0:33:42	101	Lynton	Kitchener	Unattached	Male Master 50
91	0:33:47	22	Steven	Hughes	Stowmarket Striders	Male Master 45
92	0:33:47	25	David	Salter	Unattached	Male Master 45
93	0:33:48	172	Amanda	Henry	Sudbury Joggers AC	Female Master 35
94	0:33:50	420	Matt	Ralph	Stowmarket Striders	Male Master 40
95	0:33:53	353	Ian	Cottee	Harwich Runners	Male Senior
96	0:33:53	429	Stephen	Burrows	Harwich Runners	Male Senior
97	0:34:00	139	Rodger	Alexander	Colchester & Tendring AC	Male Master 50
98	0:34:01	2	Stephen	Pugh	Ipswich JAFFA	Male Master 50
99	0:34:02	367	Steven	Bailey	Unattached	Male Master 45
100	0:34:04	300	Adam	Mumford	Sudbury Joggers AC	Male Senior
101	0:34:04	435	Adrian	Frost	Unattached	Male Master 40
102	0:34:05	46	John	Craddock	Stowmarket Striders	Male Senior
103	0:34:08	355	Rebecca	Jordan	Stowmarket Striders	Female Senior
104	0:34:09	187	Mark	Vince	Woodbridge Shufflers	Male Senior
105	0:34:10	252	Paul	Rumbellow	Felixstowe Road Runners	Male Senior
106	0:34:12	285	Marion	McCall	Thetford AC	Female Master 40
107	0:34:14	103	Andre	Besant	Unattached	Female Master 40
108	0:34:16	356	Darren	Lee	Stowmarket Striders	Male Master 45
109	0:34:17	70	Derek	Hood	Unattached	Male Senior
110	0:34:18	49	Stewart	White	Unattached	Male Senior
111	0:34:19	188	Christopher	Moulton	Sudbury Joggers AC	Male Senior
112	0:34:23	109	Mary	Narey	Stowmarket Striders	Female Master 40
113	0:34:25	444	Steve	Presland	Ely Runners	Male Master 55
114	0:34:28	326	Thomas	Stanford	Unattached	Male Senior
115	0:34:29	475	Joe	Cross	Joggers & Jaunters	Male Senior
116	0:34:30	263	Duncan	Chenery	Ipswich JAFFA	Male Master 50
117	0:34:31	72	Simon	Wiggins	Felixstowe Road Runners	Male Senior
118	0:34:35	227	Ray	Roberts	Felixstowe Road Runners	Male Master 60
119	0:34:37	151	Mark	Watts	Saint Edmund Pacers	Male Master 45
120	0:34:38	325	Peter	Mills	Stowmarket Striders	Male Master 55
121	0:34:39	322	Gerry	Watson	Felixstowe Road Runners	Male Master 55
122	0:34:47	24	Jane	Smith	Grange Farm & Dunmow Runners	Female Master 40
123	0:34:48	291	Steve	Le-Poidevin	Saint Edmund Pacers	Male Master 40
124	0:34:49	337	James	Bowles	Unattached	Male Senior
125	0:34:50	8	Peter	Bird	Saint Edmund Pacers	Male Senior
126	0:34:50	239	Matt	Hunter	Hadleigh Hares A.C.	Male Senior
127	0:34:53	6	Claire	Dann	Unattached	Female Senior
128	0:35:00	339	Craig	Derrden-Phillips	Saint Edmund Pacers	Male Master 40
129	0:35:00	466	Nigel	Carrier	Unattached	Male Master 45
130	0:35:02	483	Jason	Allard	Stowmarket Striders	Male Senior
131	0:35:04	224	Jim	Withers	Newmarket Joggers	Male Master 55
132	0:35:05	52	Vicky	Presland	Gt Bentley Running Club	Female Master 35
133	0:35:06	380	Russel	Breyer	Ipswich JAFFA	Male Master 45
134	0:35:09	213	Peter	Elliott	Unattached	Male Senior
135	0:35:10	37	Emily	Gooderham	Saint Edmund Pacers	Female Junior
136	0:35:14	344	Mark	Andrews	Purple Patch Runners	Male Master 40
137	0:35:16	28	Paul	Dewison	Cambridge & Coleridge AC	Male Master 55
138	0:35:17	195	Gavin	Mitchell	Unattached	Male Senior
139	0:35:26	156	John	Squirell	Stowmarket Striders	Male Master 55
140	0:35:28	211	Michael	Hill	Unattached	Male Senior
141	0:35:30	219	Charmaine	Geraghty	Stowmarket Striders	Female Master 35
142	0:35:31	94	Ruth	Ward	Ipswich JAFFA	Female Senior
143	0:35:33	250	James	Calver	Ipswich JAFFA	Male Senior
144	0:35:34	489	James	Sims	Stowmarket Striders	Male Senior
145	0:35:35	51	Matt	Davey	Tiptree Road Runners	Male Senior

146	0:35:36	137	Dave	Vaughan	Saint Edmund Pacers	Male Master 55
147	0:35:37	226	Nicola	Ramsey	Ipswich JAFFA	Female Senior
148	0:35:37	266	Daniel	Jones	Ipswich Harriers	Male Senior
149	0:35:44	50	Laura	Hicks	Stowmarket Striders	Female Senior
150	0:35:44	410	Marcus	Green	Stowmarket Striders	Male Senior
151	0:35:46	90	Mark	Ross	Gt Bentley Running Club	Male Master 45
152	0:35:46	140	Chelsea	Caloia	Saint Edmund Pacers	Female Senior
153	0:35:47	30	Spencer	Dutton	Unattached	Male Senior
154	0:35:50	150	Emily	Baker	West Suffolk A.C.	Female Senior
155	0:35:51	399	Wayne	Kern	Halstead Road Runners	Male Master 40
156	0:35:51	158	Wayne	Mumford	Sudbury Joggers AC	Male Master 40
157	0:35:52	468	Martin	Pearson	Unattached	Male Master 40
158	0:35:52	218	Mark	Goodwin	Felixstowe Road Runners	Male Senior
159	0:35:57	160	Christopher	Bing	Ipswich JAFFA	Male Senior
160	0:35:59	262	Peter	Cotton	Newmarket Joggers	Male Master 60
161	0:35:59	465	Peter	Lambillion	Unattached	Male Master 45
162	0:35:59	217	Julian	Davis	Hadleigh Hares A.C.	Male Senior
163	0:36:02	402	Tony	Cantle	Thetford AC	Male Master 50
164	0:36:02	274	Mark	Lankester	Ipswich JAFFA	Male Master 40
165	0:36:03	208	Seb	Benford	Unattached	Male Senior
166	0:36:03	320	Michael	Downes	Ipswich JAFFA	Male Master 50
167	0:36:10	330	Steve	Ratcliffe	Unattached	Male Master 55
168	0:36:12	163	Victoria	Moseley	Stowmarket Striders	Female Master 35
169	0:36:17	427	Thomas	O'Sullivan	Unattached	Male Junior
170	0:36:19	59	Richard	Talbot	Felixstowe Road Runners	Male Master 45
171	0:36:23	478	Phil	Marsden	Ipswich JAFFA	Male Master 50
172	0:36:25	368	Robert	Thorpe	Gt Bentley Running Club	Male Senior
173	0:36:27	319	John	Rednall	Stowmarket Striders	Male Master 45
174	0:36:29	383	Beth	Tooley	West Suffolk A.C.	Female Junior
175	0:36:30	422	Tim	Higgins	Ipswich JAFFA	
176	0:36:31	44	Ian	Bradford	Unattached	Male Senior
177	0:36:32	411	Steve	Grey	Stowmarket Striders	Male Master 50
178	0:36:34	308	Nicola	Seager	Unattached	Female Senior
179	0:36:34	309	Alan	Doggett	Unattached	Male Senior
180	0:36:38	321	Kim	Reader	Felixstowe Road Runners	Female Master 40
181	0:36:39	123	John	George	Unattached	Male Master 50
182	0:36:40	463	Lacey	Bareham	Colchester & Tendring AC	Female Senior
183	0:36:42	437	Clive	Davey	Unattached	Male Master 40
184	0:36:43	253	Ian	Chapman	Saint Edmund Pacers	Male Master 40
185	0:36:44	39	Simon	Goldsmith	Unattached	Male Senior
186	0:36:47	64	Daniel	Morgan	Saint Edmund Pacers	Male Senior
187	0:36:49	67	Adam	Hocken	Witham RC	Male Master 45
188	0:36:51	273	Jon	Betson	Unattached	Male Senior
189	0:36:51	441	Matthew	Robinson	Capel Cheetahs	Male Senior
190	0:36:52	60	Claire	Hoblyn	Saint Edmund Pacers	Female Master 45
191	0:36:53	486	Peter	Clinton	Unattached	Male Master 50
192	0:36:55	276	Rebecca	Staunton	Ipswich JAFFA	Female Senior
193	0:36:58	157	Iain	Catchpole	Ipswich JAFFA	Male Master 40
194	0:36:58	221	Richard	Allport	Felixstowe Road Runners	Male Master 45
195	0:37:03	327	Natasha	Scott	Haverhill Running Club	Female Master 35
196	0:37:03	29	Emma	Mortimer	Ipswich JAFFA	Female Senior
197	0:37:05	381	Steve	Robin	Stowmarket Striders	Male Master 55
198	0:37:05	394	Stephen	Bayless	Unattached	Male Master 50
199	0:37:08	247	Nigel	Gossett	Saint Edmund Pacers	Male Master 50
200	0:37:10	390	Peter	Gooding	Harwich Runners	Male Master 60
201	0:37:12	215	Stephen	Williams	Saint Edmund Pacers	Male Master 55
202	0:37:17	418	Ron	Aimes	Stowmarket Striders	Male Master 60

203	0:37:19	282	Gabriel	Martins	Ipswich JAFFA	Male Master 40
204	0:37:22	97	Michael	Poulter	Witham RC	Male Master 55
205	0:37:25	176	Mick	Taylor	Unattached	Male Master 55
206	0:37:29	284	Annie	Drugan	Saint Edmund Pacers	Female Master 40
207	0:37:34	148	Glyn	Peck	Harwich Runners	Male Master 65+
208	0:37:35	53	Andrew	Gemmell	Unattached	Male Master 40
209	0:37:36	76	Frank	Tyldesley	Saint Edmund Pacers	Male Master 45
210	0:37:38	361	Lynn	Walters	Saint Edmund Pacers	Female Master 40
211	0:37:40	17	Emma	Burroughs	Ipswich Harriers	Female Senior
212	0:37:43	115	Rob	Clayton	Felixstowe Road Runners	Male Master 50
213	0:37:44	58	Terry	Harvey	Unattached	Male Senior
214	0:37:45	328	Darren	Willey	Gt Bentley Running Club	Male Senior
215	0:37:46	189	Philip	Southgate	Saint Edmund Pacers	Male Master 40
216	0:37:49	425	Paul	Jones	Unattached	Male Senior
217	0:37:52	453	Lee	Blackborn	Unattached	Male Master 40
218	0:37:53	183	Mark	Tweed	Woodbridge Shufflers	Male Master 40
219	0:37:54	207	Melissa	Clarke	Saint Edmund Pacers	Female Master 35
220	0:37:55	238	Philip	Davies	Ipswich JAFFA	Male Master 45
221	0:38:00	289	Samantha	Wing	Thetford AC	Female Senior
222	0:38:00	268	Andrew	Elliott	Unattached	Male Master 40
223	0:38:03	479	Gary	Eldred	Gt Bentley Running Club	Male Master 50
224	0:38:09	259	Kirsty	Thorndyke	Ipswich Harriers	Female Senior
225	0:38:05	23	Andrew	Smith	Grange Farm & Dunmow Runners	Male Master 45
226	0:38:10	81	Frank	Moggan	Stowmarket Striders	Male Master 60
227	0:38:15	317	John	Adams	Ipswich JAFFA	Male Senior
228	0:38:20	480	Camille	Olson	Unattached	Female Senior
229	0:38:22	233	Peter	Finch	Stowmarket Striders	Male Master 45
230	0:38:23	242	David	Caniels	Stowmarket Striders	Male Master 45
231	0:38:29	205	James	Manning	Saint Edmund Pacers	Male Master 40
232	0:38:31	33	Bobbie	Sauerzapf	Bungay Black Dog	Female Master 50
233	0:38:32	359	Stuart	Adams	Sudbury Joggers AC	Male Senior
234	0:38:33	349	Elizabeth	Cahill	Colchester Harriers AC	Female Master 45
235	0:38:35	42	Simon	Hibbert	Unattached	Male Senior
236	0:38:37	305	Sam	Morley	Unattached	Male Senior
237	0:38:37	87	Paul	Gilson	Ipswich JAFFA	Male Master 50
238	0:38:37	144	Diane	Wooller	Colchester & Tendring AC	Female Master 55
239	0:38:38	350	Gregory	White	Unattached	Male Senior
240	0:38:39	122	Mark	Avery	Ipswich JAFFA	Male Master 45
241	0:38:43	439	Simon	Whitnall	Unattached	Male Master 50
242	0:38:45	413	Matthew	Eveleigh	Stowmarket Striders	Male Senior
243	0:38:52	482	Joaquim	Monteiro	Haverhill Running Club	Male Master 55
244	0:38:53	133	Victoria	Smith	Unattached	Female Senior
245	0:38:57	93	David	Reid	Stowmarket Striders	Male Master 50
246	0:39:01	376	Robin	Taylor	Unattached	Male Master 60
247	0:39:02	375	Marcus	Catlin	Ipswich JAFFA	Male Senior
248	0:39:02	147	Suzanne	Heath	Unattached	Female Master 40
249	0:39:04	234	David	Riedel	Unattached	Male Master 55
250	0:39:05	78	Colin	Lewis	Unattached	Male Master 45
251	0:39:07	370	Colin	Low	Unattached	Male Master 40
252	0:39:07	216	George	Wreathall	Saint Edmund Pacers	Male Master 50
253	0:39:07	433	Richard	Fellingham	Stowmarket Striders	Male Master 60
254	0:39:10	21	Dianne	Hughes	Stowmarket Striders	Female Master 45
255	0:39:10	105	Chris	Gladwell	Stowmarket Striders	Male Master 50
256	0:39:10	428	Michael	Burrows	Unattached	Male Junior
257	0:39:14	155	Mick	Sears	Woodbridge Shufflers	Male Master 55
258	0:39:15	269	Tony	Bradford	Unattached	Male Master 45
259	0:39:21	246	Mike	Ryall	Unattached	Male Master 60

260	0:39:29	200	Mathew	Rawlings	Unattached	Male Master 40
261	0:39:31	297	Gary	Taylor	Woodbridge Shufflers	Male Master 45
262	0:39:31	180	Paul	Theobald	Saint Edmund Pacers	Male Master 55
263	0:39:32	171	Lisa	Smith	Unattached	Female Senior
264	0:39:33	230	Christine	Middleton-Burrows	Woodbridge Shufflers	Female Master 40
265	0:39:34	125	Marie	Hamarsoo	Saint Edmund Pacers	Female Senior
266	0:39:35	316	Martin	West	Harwich Runners	Male Master 60
267	0:39:40	206	Marie	O'Brian	Saint Edmund Pacers	Female Master 45
268	0:39:43	265	Harry	Smith	Stowmarket Striders	Male Master 45
269	0:39:44	89	David	Levens	Felixstowe Road Runners	Male Master 45
270	0:39:46	55	Karen	Hatton	Saint Edmund Pacers	Female Master 50
271	0:39:46	442	David	Howe	Unattached	Male Senior
272	0:39:52	458	David	Chapman	Sudbury Joggers AC	Male Master 50
273	0:39:52	392	Shaun	Jones	Unattached	Male Senior
274	0:39:54	173	Dominic	Turner	Sudbury Joggers AC	Male Senior
275	0:40:08	177	Philip	Ryan	Unattached	Male Master 40
276	0:40:10	324	Lorraine	Garnham	Halstead Road Runners	Female Master 50
277	0:40:10	426	Rebecca	Cook	Unattached	Female Senior
278	0:40:12	461	Mark	Miller	Stowmarket Striders	Male Master 40
279	0:40:15	257	Kevin	Marshall	Ilford AC	Male Master 50
280	0:40:15	36	Karen	Skene	Gt Bentley Running Club	Female Master 40
281	0:40:15	175	Paul	Blackwell	Gt Bentley Running Club	Male Master 40
282	0:40:17	405	Ann	Piercy	Harwich Runners	Female Master 55
283	0:40:20	451	Gareth	Cross	Unattached	Male Senior
284	0:40:23	20	John	Cass	Unattached	Male Master 40
285	0:40:28	421	Aiden	Jeffeys	Unattached	Male Master 40
286	0:40:29	214	Joe	Naughton	Unattached	Male Master 45
287	0:40:31	178	Michael	Jobbins	Stowmarket Striders	Male Master 45
288	0:40:31	113	Keith	Borrett	Stowmarket Striders	Male Master 55
289	0:40:32	127	Neal	Goldsmith	Ipswich JAFFA	Male Senior
290	0:40:36	185	John	Penny	Unattached	Male Master 55
291	0:40:41	111	Helen	Finegan	Felixstowe Road Runners	Female Senior
292	0:40:43	135	Amanda	Martin	Saint Edmund Pacers	Female Master 40
293	0:40:48	352	Victoria	Law	Gt Bentley Running Club	Female Master 35
294	0:40:48	271	Marion	Simmons	Gt Bentley Running Club	Female Master 45
295	0:40:51	423	Alex	Smith	Stowmarket Striders	Female Master 35
296	0:40:52	196	Lorraine	Mills	Stowmarket Striders	Female Master 35
297	0:40:54	431	Keith	Chamberlin	Unattached	Male Master 45
298	0:40:54	301	Ashley	Foxhall	Capel Cheetahs	Male Master 40
299	0:40:57	149	Frank	Gardiner	Gt Bentley Running Club	Male Master 55
300	0:40:58	4	Simon	Haffenden	Haverhill Running Club	Male Master 50
301	0:40:59	312	Zara	McLoone	West Suffolk A.C.	Female Senior
302	0:41:01	340	James	Stanford	Unattached	Male Senior
303	0:41:03	116	Diane	Braverman	Cambridge & Coleridge AC	Female Master 55
304	0:41:04	264	Paul	Sawyer	Unattached	Male Master 45
305	0:41:05	449	Sarah	Hayward	Stowmarket Striders	Female Senior
306	0:41:05	96	Laurence	Gowers	Unattached	Male Senior
307	0:41:06	31	Alison	Myles	Ipswich JAFFA	Female Master 35
308	0:41:08	477	Paul	Ridgeon	Unattached	Male Senior
309	0:41:13	488	Rebecca	Smith	Hadleigh Hares A.C.	Female Senior
310	0:41:25	82	Mike	Munson	Stowmarket Striders	Male Master 55
311	0:41:31	165	Vikas	Bhalla	Unattached	Male Senior
312	0:41:33	443	Teresa	Squire	Unattached	Female Master 40
313	0:41:34	388	Trevor	Matthews	Harwich Runners	Male Master 45
314	0:41:35	299	Stephen	Wood	Ipswich JAFFA	Male Master 50
315	0:41:37	294	Claire	Abergel-Doidge	Unattached	Female Master 35
316	0:41:38	436	Trevor	Hamblett	Unattached	Male Master 60

317	0:41:38	412	David	Gardiner	Unattached	Male Master 55
318	0:41:41	102	Carla	Holroyd	Harwich Runners	Female Master 50
319	0:41:42	348	Pauline	Adams	Ipswich JAFFA	Female Master 35
320	0:41:46	193	Evett	Price	Framlingham Flyers	Female Master 45
321	0:41:48	401	Mark	Whitehead	Unattached	Male Master 40
322	0:41:49	430	Harriet	Cookson	Harwich Runners	Female Senior
323	0:41:58	261	Ben	Marsh	Unattached	Male Senior
324	0:42:02	406	Edward	Webster	Unattached	Male Master 50
325	0:42:11	362	Rebecca	Guy	Saint Edmund Pacers	Female Senior
326	0:42:18	432	Les	Basham	Stowmarket Striders	Male Master 60
327	0:42:20	457	Stuart	Nunn	Unattached	Male Senior
328	0:42:25	338	Belinda	Godbold	Ipswich JAFFA	Female Master 50
329	0:42:28	43	Annabel	Bennett	Felixstowe Road Runners	Female Master 45
330	0:42:30	159	Darren	Meek	Unattached	Male Senior
331	0:42:33	258	Tony	Adolphus	Ipswich JAFFA	Male Master 50
332	0:42:38	114	Sarah	Jobbins	Unattached	Female Master 45
333	0:42:40	363	Charlie	Stannett	Ipswich Triathlon Club	Male Master 55
334	0:42:45	283	Mon	Lee	Ipswich JAFFA	Male Master 50
335	0:42:50	57	Tim	Finegan	Felixstowe Road Runners	Male Master 45
336	0:42:53	132	Cath	Breckell	Unattached	Female Master 35
337	0:42:54	48	Kate	Allen	Sudbury Joggers AC	Female Master 35
338	0:42:55	117	Terry	Braverman	Cambridge & Coleridge AC	Male Master 65+
339	0:42:57	371	Paul	Smith	Ipswich JAFFA	Male Senior
340	0:42:57	260	Simon	Page	Unattached	Male Master 55
341	0:42:57	471	Adam	Keeble	Unattached	Male Senior
342	0:43:00	80	Jennifer	Devaney	Stowmarket Striders	Female Senior
343	0:43:02	209	Carol	Nokes	Hadleigh Hares A.C.	Female Master 50
344	0:43:04	146	Isabelle	Calais	Unattached	Female Senior
345	0:43:05	104	Shirley	Brame	Stowmarket Striders	Female Master 40
346	0:43:07	181	Stephen	Prior	Capel Cheetahs	Male Master 40
347	0:43:10	286	Sue	Mahon	Saint Edmund Pacers	Female Master 40
348	0:43:11	377	Steve	Mowles	Unattached	Male Master 40
349	0:43:11	314	Simon	Kitchen	Unattached	Male Master 45
350	0:43:12	174	Loana	Whalley	Joggers & Jaunters	Female Master 40
351	0:43:12	249	Wendy	Hughes	Stowmarket Striders	Female Master 50
352	0:43:15	440	Sara	Bloor	The Saxons	Female Master 40
353	0:43:24	404	Gary	Chalkley	Unattached	Male Master 40
354	0:43:24	190	Ian	Lightfoot	Woodbridge Shufflers	Male Senior
355	0:43:25	65	Jason	Smith	Unattached	Male Master 40
356	0:43:25	232	Lorraine	Farley	Stowmarket Striders	Female Master 35
357	0:43:27	357	Barbara	Law	Gt Bentley Running Club	Female Master 65
358	0:43:32	61	Andrew	Smith	Unattached	Male Master 40
359	0:43:37	333	Jason	Baillie	Ipswich Triathlon Club	Male Senior
360	0:43:42	19	Julia	Stone	Unattached	Female Master 50
361	0:43:46	27	Keith	Thorogood	Halstead Road Runners	Male Master 55
362	0:43:50	452	Rita	Rue	Saint Edmund Pacers	Female Master 50
363	0:43:51	220	Katy	Nash	Stowmarket Striders	Female Master 40
364	0:43:51	136	Donna	Talbot	Saint Edmund Pacers	Female Senior
365	0:43:52	77	Lucie	Arbon	Unattached	Female Senior
366	0:43:52	256	Karen	Shelly	Capel Cheetahs	Female Master 45
367	0:43:53	409	Paul	Shelley	Unattached	Male Master 55
368	0:43:59	251	Debbie	Ghant	Stowmarket Striders	Female Master 45
369	0:44:00	384	Naccy	Martin	Unattached	Female Junior
370	0:44:01	470	Rachel	Champion	Stowmarket Striders	Female Master 45
371	0:44:02	88	Steven	Reynolds	Unattached	Male Master 50
372	0:44:02	386	Peter	Reeve	Gt Bentley Running Club	Male Master 50
373	0:44:05	201	Neil	Stallard	Unattached	Male Master 40

374	0:44:10	126	Will	Goldsmith	Joggers & Jaunters	Male Senior
375	0:44:13	407	Sarah	Scarlett	Ipswich JAFFA	Female Master 35
376	0:44:18	419	Chris	Hayes	Gt Bentley Running Club	Male Master 50
377	0:44:19	231	Maureen	Wright	Ipswich JAFFA	Female Master 65
378	0:44:19	447	Susian	Bloomfield	Stowmarket Striders	Female Master 40
379	0:44:23	223	Rosalind	Maulkerson	Joggers & Jaunters	Female Master 45
380	0:44:27	469	Vikki	Shaw	Unattached	Female Senior
381	0:44:33	467	Amanda	Carrier	Unattached	Female Master 45
382	0:44:35	476	Chris	Braddy	Ipswich JAFFA	Male Senior
383	0:44:36	110	Amanda	Crichton	Unattached	Female Senior
384	0:44:36	408	Andrew	Leather	Ipswich JAFFA	Male Master 45
385	0:44:44	295	Rebecca	Whittingdale	Unattached	Female Master 40
386	0:44:44	153	Charmian	Price	Unattached	Female Senior
387	0:44:44	152	Caity	Goodfellow	Unattached	Female Senior
388	0:44:50	106	Mary	Akin-George	Unattached	Female Master 35
389	0:44:51	487	Andrew	Bond	Unattached	Male Master 60
390	0:44:59	306	Tracy	Haddock	Unattached	Female Master 40
391	0:45:10	382	Nick	Huggins	Stowmarket Striders	Male Master 55
392	0:45:11	454	Emma	Ragab	Unattached	Female Senior
393	0:45:14	354	Sarah	Wood	Ipswich JAFFA	Female Senior
394	0:45:15	400	Tanya	Whitehead	Unattached	Female Master 40
395	0:45:15	484	Carina	Steenkamp	Unattached	Female Senior
396	0:45:17	296	Hollie	Morris	Stowmarket Striders	Female Senior
397	0:45:18	179	Tracy	Murphy	Unattached	Female Master 45
398	0:45:20	15	Tim	Skelton	Unattached	Male Master 50
399	0:45:22	134	Julie	Thurlow	Ipswich JAFFA	Female Master 55
400	0:45:28	267	Sue	Sorrell	Gt Bentley Running Club	Female Master 45
401	0:45:37	456	Lyndon	Collier	Sudbury Joggers AC	Male Master 55
402	0:45:38	198	Rachael	Clarke	Unattached	Female Master 40
403	0:45:39	455	Frederine	Denniel	Sudbury Joggers AC	Female Senior
404	0:45:45	298	Debbie	Taylor	Unattached	Female Master 45
405	0:45:45	272	Gill	Irvine	Framlingham Flyers	Female Senior
406	0:45:55	302	Claire	Foxhall	Capel Cheetahs	Female Master 35
407	0:45:58	288	Felicity	Kirby	Saint Edmund Pacers	Female Senior
408	0:46:03	275	Mary	Marsh	Newmarket Joggers	Female Master 55
409	0:46:04	131	Paul	Trevelyan	Unattached	Male Master 55
410	0:46:09	379	Don	Welsh	Gt Bentley Running Club	Male Master 50
411	0:46:14	424	Alex	Batholomew	Unattached	Female Master 40
412	0:46:23	108	Liz	Beighton	Stowmarket Striders	Female Master 35
413	0:46:29	391	Clare	Phillips	Mid Essex Casuals	Female Master 40
414	0:46:12	5	Rob	Dann	Unattached	Male Master 55
415	0:46:27	84	Lisa	Lumley	Joggers & Jaunters	Female Master 40
416	0:46:34	287	Liz	Nice	Saint Edmund Pacers	Female Master 40
417	0:46:34	481	Danette	Dolan	Unattached	Male Senior
418	0:46:40	194	Alison	Cartwright	Saint Edmund Pacers	Female Master 35
419	0:46:41	459	Kirsty	Durham	Unattached	Female Senior
420	0:46:42	182	Amanda	Prior	Capel Cheetahs	Female Master 40
421	0:46:48	255	Beverley	Moss	Joggers & Jaunters	Female Master 35
422	0:46:49	40	Miranda	Rayner	Harwich Runners	Female Master 40
423	0:46:53	254	Philippa	Chapman	Unattached	Female Master 40
424	0:46:55	331	Susan	Baker	Joggers & Jaunters	Female Master 40
425	0:47:16	10	Anita	Bond	Unattached	Female Master 45
426	0:47:20	161	Paul	Forshaw	Unattached	Male Master 55
427	0:47:22	1	Jo	Dickenson	Felixstowe Road Runners	Female Master 40
428	0:47:24	237	Graham	Page	Saint Edmund Pacers	Male Master 55
429	0:48:50	119	Yvonne	Freiherr	Unattached	Female Senior
430	0:48:51	448	Mary	Hayward	Stowmarket Striders	Female Master 55

431	0:48:53	292	Derrick	Maher	Saint Edmund Pacers	Male Master 45
432	0:48:54	446	Tracey	Rose	Stowmarket Striders	Female Master 40
433	0:48:56	342	Claire	Jenkins	Unattached	Female Master 35
434	0:48:56	341	Annette	Stanford	Unattached	Female Master 50
435	0:49:26	303	David	Hindley	City of Stoke AC	Male Master 65+
436	0:49:36	66	Helen	Dean	Unattached	Female Master 35
437	0:49:42	170	Billy	Richmond	Unattached	Male Master 45
438	0:49:49	318	Tracy	Morgan	Unattached	Female Master 40
439	0:49:57	492	Kate	Meyer	Unattached	Female Senior
440	0:49:59	74	Mel	Chittock	Unattached	Male Master 55
441	0:50:06	403	Emma	Godfrey	Saint Edmund Pacers	Female Master 35
442	0:50:28	164	Samantha	Starling	Saint Edmund Pacers	Female Master 40
443	0:50:36	186	Mike	Deacon	Felixstowe Road Runners	Male Master 65+
444	0:50:48	472	Mary	Clarke	Unattached	Female Master 50
445	0:51:00	280	Angela	Beeton	Unattached	Female Master 45
446	0:51:06	464	George	Stanford	Unattached	Male Master 50
447	0:51:13	199	Dianne	Hunt	Joggers & Jaunters	Female Master 50
448	0:51:13	323	Dee	Cronin	Joggers & Jaunters	Female Master 45
449	0:51:29	11	Philip	Nutley	Saint Edmund Pacers	Male Master 60
450	0:51:40	121	Sue	George	Joggers & Jaunters	Female Master 50
451	0:51:46	129	Christine	McColl	Joggers & Jaunters	Female Master 45
452	0:51:53	365	Trevor	White	Unattached	Male Master 55
453	0:51:59	62	Klapper	Sabine	Harwich Runners	Female Master 45
454	0:52:18	343	Louise	Bigden	Ipswich JAFFA	Female Senior
455	0:51:52	473	Helen	Seggar	Unattached	Female Senior
456	0:53:05	474	Bernice	Trodd	Joggers & Jaunters	Female Master 65
457	0:53:08	235	Kathy	Arnold	Joggers & Jaunters	Female Senior
458	0:54:39	491	Joana	Meyer	Unattached	Female Master 55
459	0:54:41	387	Dave	Nugent	Gt Bentley Running Club	Male Master 60
460	0:55:33	124	Vicky	Williams	Joggers & Jaunters	Female Senior
461	0:56:56	445	Tracy	Watling	Unattached	Female Master 40
462	0:56:56	169	Ruth	Hatch	Ipswich JAFFA	Female Master 40
463	0:57:40	240	Maggie	Flatt	Bungay Black Dog	Female Master 50
464	0:59:55	229	Wendy	Merfield	The Saxons	Female Master 65
465	1:10:36	490	Chris	Harbord	Bungay Black Dog	Male Master 65+

Original results provided by Raceres Results <http://www.raceres.org/>