

# Sudbury 5

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	216	Michael Gilbert	MO	0:27:09.39	Haverhill Running Club
2	146	Tom Cresswell	MO	0:28:27.43	Colchester Harriers AC
3	475	John Scaife	M40	0:28:30.36	Hadleigh Hares AC
4	596	James Wright	MO	0:28:34.66	Springfield Striders RC
5	253	Steve Cooper	M40	0:28:55.03	Harwich Runners
6	452	Colin Ridley	M50	0:29:08.01	Colchester Harriers AC
7	276	Adam Howlett	M40	0:29:17.44	Framlingham Flyers
8	459	Paul Rodgers	M40	0:29:26.38	Colchester Harriers AC
9	493	Allen Smalls	M40	0:29:29.54	Colchester Harriers AC
10	358	Scott Manning	MO	0:29:30.41	Framlingham Flyers
11	196	Harry Fitzgerald	U18M	0:29:51.13	Ipswich Harriers
12	5	Ermeas Afewerki	U18M	0:29:54.54	
13	457	Joe Robson	U18M	0:30:00.74	Saint Edmund Pacers
14	381	Paul Mingay	M60	0:30:10.95	Tiptree Road Runners
15	26	Tony Bacon	MO	0:30:14.98	Saffron Striders RC
16	136	Wayne Cook	M40	0:30:20.53	Colchester Harriers AC
17	572	James Welsh	MO	0:30:48.74	
18	458	Odette Robson	F40	0:31:28.34	Saint Edmund Pacers
19	157	Simon Day	M40	0:31:33.65	Harwich Runners
20	152	Steven Daley	M50	0:31:38.7	Beckenham Running Club
21	331	Martin Lawrence	M50	0:31:39.13	
22	91	Piotr Bulacz	M40	0:31:50.37	Sudbury Joggers
23	200	Lee Ford	MO	0:31:52.87	
24	27	Murray Baker	M40	0:31:52.94	
25	254	Sammy Haynes	MO	0:31:55.36	
26	338	Todd Lewis	M50	0:32:04.8	Sudbury Joggers
27	356	Chris Manby	MO	0:32:11.7	Colchester Harriers AC
28	503	Mark Smith	MO	0:32:17.78	
29	404	Drew Olley	U18M	0:32:22.68	Colchester Harriers AC
30	179	Ian Elden	M40	0:32:28.78	Ipswich Jaffa RC
31	272	Ben Hopkins	MO	0:32:39.17	
32	559	Westley Walker	M40	0:32:42.28	Haverhill Running Club
33	577	Mark White	M40	0:32:46.38	Haverhill Running Club
34	388	Morgan Moore	U18M	0:32:49.77	Stowmarket Striders RC
35	310	Nourse Joseph	MO	0:33:01.82	
36	507	Simon Smith	M50	0:33:04.2	Colchester Harriers AC
37	365	Steve Mason	MO	0:33:08.16	
38	138	Rebecca Cooke	FO	0:33:14.19	Colchester Harriers AC
39	450	Oliver Riches	MO	0:33:16.42	Hadleigh Hares AC
40	305	William Johnston-wood	MO	0:33:19.26	Sudbury Joggers
41	372	Scott McLaren	MO	0:33:24.93	
42	552	Michael Undrill	M50	0:33:27.03	
43	195	Jamie Fittock	MO	0:33:28.28	Sudbury Joggers
44	461	Brian Rogers	M60	0:33:32.46	Ipswich Jaffa RC
45	183	Jon Ellis	M40	0:33:43.28	
46	193	Yusuf Firat	M50	0:33:45.66	Haverhill Running Club
47	62	Samuel Blows	MO	0:33:48.76	
48	398	James Nash	M40	0:33:49.08	
49	375	Daniel Mead	M40	0:33:50.28	Saint Edmund Pacers
50	171	Michael Drury	M40	0:34:10.71	
51	150	Ellie Cumner	FO	0:34:17.41	Colchester Harriers AC
52	144	Lucy Cowlin	FO	0:34:27.14	Sudbury Joggers
53	568	Jospeh Webb	U18M	0:34:30.04	Saint Edmund Pacers
54	553	Daniel Upton	M40	0:34:33.31	
55	130	Simon Colclough	MO	0:34:33.68	
56	68	Dylan Bradnam	U18M	0:34:44.74	Saint Edmund Pacers
57	240	Rachael Hamblyn	FO	0:34:55.51	Ipswich Jaffa RC
58	595	Andrew Wright	M40	0:34:56.13	Saint Edmund Pacers
59	476	Nigel Schofield	M50	0:35:00.18	Saint Edmund Pacers
60	37	Alex Beadle	M40	0:35:03.29	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	482	Jimmy Secker	M40	0:35:06.16	Sudbury Joggers
62	44	Robin Belsom	M50	0:35:17.53	Ipswich Jaffa RC
63	576	Arthur Whiston	M60	0:35:23.02	Colchester Harriers AC
64	536	Christopher Thornton	M50	0:35:27.26	
65	275	James Howes	MO	0:35:27.76	
66	570	Vincent Webb	M40	0:35:29.53	Saint Edmund Pacers
67	233	Stuart Green	M50	0:35:31.75	Stowmarket Striders RC
68	220	Simon Goldsmith	M40	0:35:41	Ipswich Jaffa RC
69	401	Mat Norris	M40	0:35:42.25	
70	334	Mark Leeks	M40	0:35:43.46	Ipswich Jaffa RC
71	226	Steve Goodwin	MO	0:35:44.18	
72	308	Mark Jones	M50	0:35:47.87	
73	421	Gary Perryman	M40	0:35:51.35	Tiptree Road Runners
74	396	Karen Murphy	F40	0:35:52.54	
75	586	Daniel Wilkinson	M40	0:35:55.78	Colchester Harriers AC
76	571	Chris Wells	MO	0:35:57.53	Sudbury Joggers
77	128	Tom Codling	MO	0:36:00.24	Sudbury Joggers
78	154	Simon Daniel	MO	0:36:11.78	
79	542	Mary Ann Tuli	F40	0:36:21.16	Haverhill Running Club
80	191	Karl Feagan	M40	0:36:23.06	Hadleigh Hares AC
81	442	Nicola Ranson	F50	0:36:24.45	Springfield Striders RC
82	221	Ian Gooderham	M50	0:36:25.11	Saint Edmund Pacers
83	112	Chris Chorley	M50	0:36:26.82	Bungay Black Dog RC
84	121	Anna Clayton	FO	0:36:29.96	
85	80	Philip Brown	M50	0:36:34.95	Saint Edmund Pacers
86	512	Richard Stebbing	MO	0:36:36.26	
87	281	Ben Hulbert	MO	0:36:40.54	
88	390	Sean Moriarty	M50	0:36:41.13	
89	410	Silas Palmer	M40	0:36:44.6	
90	478	Oliver Schofield	MO	0:36:53.89	
91	464	Rachael Roughan	FO	0:36:57.57	Halstead RRC
92	562	Lloyd Warne	MO	0:37:10.13	
93	79	Martin Brown	M50	0:37:16.98	
94	66	Ben Boxall	M40	0:37:19.32	Sudbury Joggers
95	33	Carl Bashford	MO	0:37:19.88	
96	587	Neil Wilkinson	MO	0:37:20.52	Sudbury Joggers
97	299	Robert Jeffrey	MO	0:37:22.01	
98	270	James Holmes	MO	0:37:25.91	
99	145	Duncan Cox	M40	0:37:29.16	
100	9	Kate Allen	F40	0:37:29.33	
101	21	Tim Attwood	MO	0:37:31.47	
102	280	Mark Hughes	M40	0:37:34.49	Stowmarket Striders RC
103	215	Ned Gemmill	MO	0:37:40.77	
104	13	Mark Andrews	M50	0:37:42.6	
105	468	Garry Russell	M40	0:37:48.88	
106	172	Sarah Duke	FO	0:37:49.65	London Heathside
107	569	Sandra Webb	F40	0:37:52.96	Saint Edmund Pacers
108	99	David Cahill	M50	0:37:54.59	
109	19	Alex Askew	M40	0:37:57.23	
110	523	Daniel Leon Summersgill	MO	0:38:01.96	
111	258	Suzanne Heath	F40	0:38:07.72	Ipswich Jaffa RC
112	463	Josh Rose	MO	0:38:08.53	
113	234	Rebecca Griffiths	FO	0:38:09.07	
114	259	Max Hemson	MO	0:38:13.15	
115	36	Alex Batho	M40	0:38:13.96	
116	282	Joby Humm	M40	0:38:20.79	
117	263	Simon Hibbert	MO	0:38:21.55	
118	242	Keith Hammond	MO	0:38:21.57	
119	100	Elizabeth Cahill	F50	0:38:22.99	Braintree & District AC
120	192	Justin Fiddaman	M40	0:38:23.41	
121	24	Glen Avis	M50	0:38:28.3	Hadleigh Hares AC
122	359	Dean Manning	M50	0:38:33.39	
123	429	Will Ponsford	M40	0:38:34.19	
124	373	Sam Mcloughlin	U18M	0:38:34.88	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
125	127	Jo Codling	F40	0:38:37.53	
126	393	Amelia Moule	U18F	0:38:38.01	
127	413	Marion Parker	F50	0:38:38.64	Felixstowe RRC
128	537	Richard Tiller	M40	0:38:41.03	Halstead RRC
129	155	Phil Davies	M50	0:38:47.12	Ipswich Jaffa RC
130	32	Stephen Bartholomew	MO	0:38:52.6	
131	353	Ker Macrosson	M60	0:39:04.79	Stowmarket Striders RC
132	549	Elaine Turner	FO	0:39:08.3	Hadleigh Hares AC
133	588	Graham Williams	MO	0:39:08.39	
134	232	Raoul Grantham	M50	0:39:12.47	Braintree & District AC
135	162	Oliver Ditton	MO	0:39:14.96	
136	188	Sarah Fardell	FO	0:39:15.28	
137	589	Angus Williamson	M40	0:39:19.24	
138	217	Andrew Gill	M50	0:39:20.43	
139	533	Emma Thistleton	FO	0:39:21.01	
140	395	Darren Mumford	M40	0:39:21.76	
141	194	George Firth	MO	0:39:22.89	Stowmarket Striders RC
142	517	Mark Stocker	M40	0:39:23.7	
143	447	Chris Regan	M50	0:39:24.4	
144	20	Rosie Atkins	FO	0:39:25.12	Halstead RRC
145	443	Tim Ranson	M50	0:39:28.31	
146	506	Scott Smith	MO	0:39:31.33	
147	300	Peter Jeffries	M60	0:39:36.46	
148	23	Mark Avery	M50	0:39:40.54	Ipswich Jaffa RC
149	16	Ross Arnold	MO	0:39:42.93	Haverhill Running Club
150	474	Neil Sawyer	M40	0:39:43.95	
151	125	Alan Cochram	M40	0:39:46.86	
152	45	Shāϕn Bendall	FO	0:39:48.11	
153	296	Wendy Impey	F40	0:39:54.22	
154	511	Steve Stearns	M40	0:39:54.26	Sudbury Joggers
155	462	Carl Roper	M40	0:39:54.62	
156	522	Jenny Suckling	FO	0:39:57.58	
157	133	Gary Cole	M50	0:40:00.48	
158	563	Kevin Watson	M50	0:40:01.41	
159	540	Robert Townend	M40	0:40:05.07	
160	256	Andy Hayward	MO	0:40:06.96	Stowmarket Striders RC
161	54	Russell Bigg	M40	0:40:08.92	
162	50	Bill Besley	M40	0:40:12.08	Stowmarket Striders RC
163	444	Lionel Ravat	M40	0:40:15.06	
164	328	Tomasz Komorowski	MO	0:40:15.97	Great Bentley Running Club
165	327	Magdalena Komorowska	FO	0:40:16.03	Great Bentley Running Club
166	539	David Tooth	M60	0:40:16.98	
167	495	Tony Smart	MO	0:40:17.38	
168	505	Richard Smith	M50	0:40:18.18	Saint Edmund Pacers
169	94	Matthew Bullock	MO	0:40:18.65	
170	440	Mark Race	M40	0:40:21.49	
171	2	Ruth Acworth	F50	0:40:25.36	
172	180	James Elkin	MO	0:40:26.53	
173	31	Chris Barrett	MO	0:40:26.7	
174	527	Lynn Tanner	F60	0:40:35.61	Springfield Striders RC
175	92	Byron Bullen	U18M	0:40:39.18	
176	499	Kelly Smith	F40	0:40:40.58	
177	538	Aubrey Todd	M40	0:40:40.64	
178	43	Catherine Belsom	F40	0:40:43.44	Stowmarket Striders RC
179	485	Robert Shaw	M60	0:40:51.5	Saffron Striders RC
180	524	Gavin Swan	MO	0:40:52.69	
181	47	Matthew Bennett	MO	0:40:53.19	
182	52	Andrew Bigg	MO	0:40:55.31	
183	182	Colin Ellis	M50	0:40:56.34	
184	370	Paul Mcallister	M50	0:41:04.54	Hadleigh Hares AC
185	434	Tom Prazsky	MO	0:41:13.2	
186	297	Elspeth Knott	F60	0:41:14.77	Harwich Runners
187	12	Joe Andrews	M40	0:41:15.65	
188	288	Iain Hunter	M60	0:41:19.36	Stowmarket Striders RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
189	480	Luke Seabrook	MO	0:41:27.94	
190	264	Andrew Hill	MO	0:41:41.4	
191	227	Matthew Goulding	M40	0:41:41.95	
192	120	Sil Clay	F50	0:41:44.41	Haverhill Running Club
193	229	Robert Gourlay	M40	0:41:47.48	
194	10	Ivan Ambrose	M40	0:41:47.65	
195	109	Lewis Childs	M50	0:41:49.55	
196	30	Anna Bambridge	FO	0:41:51.76	Halstead RRC
197	378	David Miller	MO	0:41:53.14	
198	492	Karen Skene	F50	0:42:01.73	Capel Cheetahs
199	320	Ruth Kieran	F40	0:42:10.18	
200	252	Karen Hatton	F50	0:42:10.22	Saint Edmund Pacers
201	245	Sam Hare	MO	0:42:11.94	
202	132	David Cole	M40	0:42:15.53	
203	49	Carl Bergdahl	M40	0:42:18.74	Ipswich Jaffa RC
204	525	Rob Swansborough	M40	0:42:18.8	
205	35	Peter Bateman	MO	0:42:19.27	
206	142	Anna Coulborn	F50	0:42:21.25	Great Yarmouth Road Runners
207	294	David Ilczenko	M50	0:42:22.93	
208	295	Sofia Ilczenko	U18F	0:42:24.82	
209	329	Stuart Lakey	M60	0:42:25.15	
210	567	Kirsty Weavers	F50	0:42:25.15	Saint Edmund Pacers
211	202	Amber Fox-hammond	FO	0:42:25.98	
212	342	Jodie Lock	FO	0:42:49.28	
213	246	Hayley Harper	F40	0:42:49.78	Ipswich Jaffa RC
214	70	Zoe Bridges	F40	0:42:50.04	Trail Running Association
215	430	Colin Poole	M50	0:42:54.17	
216	292	Kate Hutson	FO	0:42:56.84	Ipswich Jaffa RC
217	318	Matt Keys	MO	0:42:58.54	
218	454	Joe Roberts	MO	0:43:02.53	
219	374	David McMahan	M40	0:43:10.49	
220	383	Chris Moore	M40	0:43:13.29	
221	278	Thomas Hudson	MO	0:43:14.91	
222	555	Suzy Violet	M50	0:43:15.43	
223	385	Ian Moore	M40	0:43:18.68	
224	376	Jenny Merry	FO	0:43:20.46	Sudbury Joggers
225	593	James Wood	M50	0:43:20.59	Sudbury Joggers
226	115	Nicola Flatt	FO	0:43:30.71	Harwich Runners
227	427	Max Planck	MO	0:43:32.86	
228	88	John Buckle	M60	0:43:33.12	
229	126	George Codling	U18M	0:43:35.59	Sudbury Joggers
230	96	Robbie Burt	M40	0:43:40.47	Saint Edmund Pacers
231	289	Emma Huntington	F40	0:43:47.19	
232	386	Jane Moore	F50	0:43:48.02	
233	545	Claire Turnbull	FO	0:43:58.67	
234	311	Allison Judd	F40	0:44:08.15	
235	546	John Turnbull	M60	0:44:09.12	Hadleigh Hares AC
236	319	Rohan Khaira	MO	0:44:09.67	
237	498	Danielle Smith	FO	0:44:15.04	
238	86	Dawn Buckland	FO	0:44:17.1	
239	73	Steve Bright	M50	0:44:19.45	
240	362	Richard Marshall	M40	0:44:32.66	
241	42	Chris Beech	MO	0:44:36.84	
242	203	Toby Fox-hammond	MO	0:44:38.4	
243	225	Robert Goodwin	M40	0:44:38.44	Haverhill Running Club
244	564	Melanie Watson	F50	0:44:39.5	
245	363	Karen Martin	FO	0:44:41.6	Haverhill Running Club
246	39	Cathy Beard	F60	0:44:42.84	
247	101	Viv Cassidy	F40	0:44:43.7	
248	321	Austen King	M40	0:44:53.41	
249	247	Treena Harrington	F40	0:45:09.6	Halstead RRC
250	170	Matthew Drury	MO	0:45:10.06	
251	368	Bryan Matthews	M40	0:45:11.65	
252	236	Robert Grimsey	MO	0:45:15.78	Hadleigh Hares AC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
253	394	Joey Moxley	MO	0:45:16.63	
254	312	Beverley Judd	F40	0:45:19.02	
255	255	Val Haynes	F50	0:45:21.22	
256	397	Alison Myles	F40	0:45:22.39	
257	599	Louise Yates	FO	0:45:23.23	Colchester Harriers AC
258	131	Adrian Cole	M50	0:45:24.69	Stowmarket Striders RC
259	415	Andy Parton	M40	0:45:27.72	
260	460	Rachel Rodgers	F40	0:45:27.74	Colchester Harriers AC
261	108	Christopher Cheshire	MO	0:45:28.3	
262	107	Josephine Cheshire	F40	0:45:28.45	
263	550	Saul Underwood	MO	0:45:29.33	
264	551	Toby Underwood	M40	0:45:29.79	
265	456	John Robinson	M40	0:45:33.05	
266	103	Bethany Chapman	U18F	0:45:33.47	
267	60	Carol Bliss	F50	0:45:33.9	Haverhill Running Club
268	472	Bobbie Sauerzapf	F50	0:45:35.83	Bungay Black Dog RC
269	105	Katherine Chapman	U18F	0:45:36.8	
270	63	Steven Boggis	M40	0:45:37.74	
271	248	Deb Harrison	F40	0:45:38.35	Braintree & District AC
272	223	Alison Goodwin	F40	0:45:40.37	Haverhill Running Club
273	25	Chris Aylmer	M60	0:45:42.47	Newmarket Joggers
274	535	Jake Thomas	MO	0:45:42.84	
275	534	Damian Thomas	M50	0:45:45.03	
276	260	Bec Hender	FO	0:45:58.77	Sudbury Joggers
277	423	Sandy Phillips	F50	0:46:01.02	Ipswich Jaffa RC
278	22	Olivia Rose Aulton	FO	0:46:01.48	
279	419	Paul Pengelly	MO	0:46:04.76	
280	51	Sarah Bevan	FO	0:46:07.85	
281	392	Nicola Moss	FO	0:46:08.26	
282	391	Teresa Morse	F50	0:46:09.47	
283	494	Fay Smalls	F40	0:46:14.29	Colchester Harriers AC
284	437	Amanda Prior	F50	0:46:14.54	Capel Cheetahs
285	337	David Lesiak	M60	0:46:15.64	
286	350	Marie Lowe	FO	0:46:16.39	
287	301	Sarah Jeggo	F40	0:46:22.97	Sudbury Joggers
288	163	Rachel Dixey	F40	0:46:24.55	Felixstowe RRC
289	118	Sarah Clarke	FO	0:46:29.94	
290	7	Helen Allan	F50	0:46:34.85	
291	197	Lesley Fitzwater	F50	0:46:37.18	
292	241	Jo Hammond	F40	0:46:37.3	Haverhill Running Club
293	283	Mandy Humm	F40	0:46:39.84	
294	518	Roger Stone	M40	0:46:41.31	Felixstowe RRC
295	87	Adam Buckle	MO	0:46:47.27	Halstead RRC
296	439	Louise Punter	FO	0:46:47.88	
297	187	Deben Faiers	FO	0:46:48.89	
298	409	Alice Palmer	FO	0:46:53.77	
299	341	Stephanie Ling	FO	0:46:54.95	
300	65	Sharon Bolton	F40	0:46:57.19	
301	543	Geoff Turkentine	M40	0:46:59.1	
302	69	Kate Brett	F40	0:46:59.6	
303	135	Clare Collins	F40	0:47:01.35	
304	420	Louisa Perry	FO	0:47:03.88	
305	82	Tim Brown	M40	0:47:08.19	
306	473	Samantha Savory	FO	0:47:14.28	
307	149	John Cullum	M60	0:47:14.69	Saint Edmund Pacers
308	212	Michelle Gardner	F40	0:47:21.89	Haverhill Running Club
309	557	Helen Wagland	F50	0:47:31.08	
310	208	Suzanne Frost	F40	0:47:40.17	
311	231	Karen Grant	F40	0:47:41.18	Haverhill Running Club
312	566	Philippa Watson	FO	0:47:41.7	
313	83	Peter Brunning	M60	0:47:53.4	Haverhill Running Club
314	529	Matt Taylor	M40	0:47:55.7	
315	61	Dave Blower	M50	0:47:55.8	
316	438	Ashley Proctor	M40	0:48:00.56	Haverhill Running Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
317	75	Andy Brown	M40	0:48:00.83	Haverhill Running Club
318	268	Trelawney Hodgkinson	FO	0:48:05.09	
319	74	Jon-paul Broughton	MO	0:48:06.42	
320	250	Jeanette Hartley	F50	0:48:06.69	
321	211	Keith Game	M50	0:48:07.31	
322	159	Sam Derry	F40	0:48:09.12	
323	160	Simon Derry	M40	0:48:09.19	Sudbury Joggers
324	110	Nordie Childs	FO	0:48:19.6	
325	148	Adam Cronin	MO	0:48:19.74	
326	84	Andy Brunning	M40	0:48:19.79	
327	302	Isabella Johnson	U18F	0:48:23.68	
328	411	Belinda Palmer-barnes	F50	0:48:29.38	
329	17	Vivien Ashton	F50	0:48:35.61	
330	166	Stephen Dover	M50	0:48:35.75	
331	228	Annie Gourlay	FO	0:48:36.93	
332	426	Hayley Planck	F40	0:48:41.46	
333	515	Nicola Stevenson	F50	0:48:45.64	Felixstowe RRC
334	53	Michael Bigg	MO	0:48:58.11	
335	284	Tracy Humphreys	F50	0:48:59.39	Stowmarket Striders RC
336	81	Sheri Brown	F40	0:49:01.33	
337	578	Angela Whiting	F50	0:49:02.5	Stowmarket Striders RC
338	76	Bruno Brown	M40	0:49:03.28	
339	72	Kristina Bright	FO	0:49:05.91	Haverhill Running Club
340	352	Jenny Lynch	F50	0:49:08.28	Felixstowe RRC
341	230	Andrew Graham	M40	0:49:11.31	
342	453	Jane Roach	F40	0:49:12.4	
343	261	Jess Henderson	FO	0:49:16.25	
344	181	Ian Elkins	MO	0:49:16.53	
345	293	Anya Ilczenko	U18F	0:49:18.36	
346	377	Angela Miller	F40	0:49:19.1	
347	379	Mark Miller	M40	0:49:19.26	
348	186	Clare Everitt	F40	0:49:19.41	
349	18	Nicola Ashworth	F40	0:49:21.12	
350	399	Rosemary Naylor	F40	0:49:24.06	
351	210	Clair Gale	FO	0:49:34.42	Haverhill Running Club
352	382	Carly Moody	FO	0:49:39.75	
353	431	David Potts	MO	0:49:40.03	
354	446	Maria Reed	F50	0:49:43.4	Haverhill Running Club
355	315	Nick Kempson	M50	0:49:43.65	Hadleigh Hares AC
356	269	Tony Holland	M40	0:49:49.29	Ipswich Jaffa RC
357	204	Chris Fradley	MO	0:49:50.85	
358	201	Lyn Foster	F60	0:49:56.69	
359	218	Rachel Gill	F50	0:50:07.05	
360	175	Michelle Edney	F40	0:50:08.49	
361	274	Christopher Hopkinson	M60	0:50:13.69	
362	93	Martha Bullen	U18F	0:50:26.6	
363	364	Amelia Maskell	U18F	0:50:26.75	
364	156	Rebekah Davis	FO	0:50:27.19	
365	224	Rachel Goodwin	F40	0:50:30.34	
366	174	Paul Edgar	M40	0:50:31.87	
367	509	Sue Sorrell	F50	0:50:34.86	Great Bentley Running Club
368	90	Alice Bucksey	FO	0:50:59.66	
369	119	Charlene Clarke	FO	0:51:00.85	
370	134	Charlotte Richardson	FO	0:51:03.41	Sudbury Joggers
371	140	Jules Cooper	F40	0:51:06.77	Sudbury Joggers
372	58	Jodie Black	FO	0:51:09.16	
373	237	David Guest	M40	0:51:10.77	
374	316	Trish Kempson	F50	0:51:17.98	Hadleigh Hares AC
375	467	Sarah Roxby-clarke	FO	0:51:20.9	Harwich Runners
376	344	Stuart Logan	MO	0:51:31.12	
377	389	Kara Moore Damant	FO	0:51:31.16	Stowmarket Striders RC
378	251	Vanessa Harvey	F50	0:51:31.2	
379	303	Sarah Johnson	F40	0:51:33.95	
380	173	Amanda Dunn	F40	0:51:34.35	Hadleigh Hares AC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	124	Jacquelyn Cobbold	F40	0:51:34.46	Hadleigh Hares AC
382	544	Angela Turnbull	FO	0:51:41.34	
383	369	Charlotte May	FO	0:51:43.86	Halstead RRC
384	355	Sandy Maloy	F50	0:51:49.19	Sudbury Joggers
385	11	Michelle Amos	F40	0:51:58.33	
386	449	Emma Richbell	F40	0:52:08.77	
387	85	Joanna Buckingham	FO	0:52:08.8	
388	371	Nicky Mcivor	M60	0:52:15	
389	117	Lewis Clarke	MO	0:52:18.38	
390	55	Aysha Bilgi	FO	0:52:18.42	
391	360	Daisy Mansi	FO	0:52:19.81	
392	345	Sarah Lomax	F50	0:52:21.38	
393	15	Mark Arnold	MO	0:52:21.54	
394	354	Amanda Mallinson	F40	0:52:21.64	
395	56	Lienne Birch	FO	0:52:21.76	
396	97	John Bush	M50	0:52:29.32	Great Bentley Running Club
397	340	Malgorzata Liffen	FO	0:52:31.47	
398	351	Stephanie Lown	F50	0:52:35.62	
399	433	Lesley Powell	F50	0:52:35.69	
400	6	Jamie Aitken	MO	0:52:38.95	
401	339	Andrew Liffen	M50	0:52:40.52	
402	116	Naomi Clark	FO	0:52:40.59	
403	161	Jo Dickinson	F40	0:52:43.47	Felixstowe RRC
404	530	Richard Taylor	M50	0:52:47.09	
405	169	Chris Drake	M40	0:52:47.5	
406	209	Kerry Annfuller	F40	0:52:47.5	
407	514	Richard Steel	MO	0:53:00.71	
408	513	Bonnie Steel	FO	0:53:01.1	
409	330	Rachel Lanham	FO	0:53:04.65	
410	244	Carlene Hare	FO	0:53:05.59	
411	361	Sarah Mansi	FO	0:53:05.67	
412	158	Bradleyde Jager	MO	0:53:08.11	
413	508	Sally Solomon	F50	0:53:15.25	Felixstowe RRC
414	469	Christopher Ryland	M60	0:53:18.33	
415	432	Fern Powell	FO	0:53:18.69	Caerleon RC
416	412	Fee Park	F40	0:53:18.88	
417	285	Andrea Hunt	FO	0:53:18.88	Sudbury Joggers
418	279	Gill Hughes	F40	0:53:36.03	
419	424	Helen Philpot	F50	0:53:39.75	
420	349	Kirstin Lowe	FO	0:53:42.81	
421	414	Samantha Parker	FO	0:53:42.9	
422	38	Kerry Beadle	FO	0:53:44.13	
423	322	Catherine King	F40	0:53:58	
424	584	Mandy Whyte	F50	0:54:08	
425	8	Nina Allard	M40	0:54:36	
426	262	Rebekah Henderson	FO	0:54:43	
427	346	Andy Lonergan	MO	0:54:49	
428	177	Rebecca Edwards	MO	0:54:56	
429	556	Emma Wade	FO	0:54:59	
430	151	Nicola Currant	FO	0:55:00.5	
431	591	Lucie Wilson	FO	0:55:00.6	
432	129	Lesley Cogger-berry	F50	0:55:08	
433	336	Ian Lennard	M40	0:55:08.6	
434	496	Ben Smith	MO	0:55:13	
435	583	Leanne Whyte	FO	0:55:13.6	
436	178	Holly Turner	FO	0:55:14	
437	164	James Donnelly	MO	0:55:14.1	
438	416	Diane Parton	F50	0:55:14.2	Capel Cheetahs
439	34	Natalie Bass	FO	0:55:14.3	
440	590	Sharon Williets	F40	0:55:14.5	Capel Cheetahs
441	502	Louise Smith	FO	0:55:16	Braintree & District AC
442	417	Sam Ashley Peck	MO	0:55:29	
443	139	Carl Cooper	M40	0:55:35	Sudbury Joggers
444	67	Elizabeth Brabner	FO	0:55:37	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
445	483	Helen Selwood	F40	0:55:41	
446	489	Dinah Shrubsoke	F50	0:55:41.49	
447	190	Verity Farrow	FO	0:55:47	
448	384	Claire Moore	FO	0:55:51	
449	243	Richard Hardacre	M40	0:56:13	
450	380	Michael Miller	MO	0:56:13.4	
451	29	Juliet Balls	F40	0:56:17	
452	314	Sarah Kemble	FO	0:56:20	
453	547	Liz Turnbull	F60	0:56:30	
454	111	Mel Chittock	M60	0:56:41	
455	486	Harriet Sheffield	FO	0:56:41.2	
456	487	Josephine Sheffield	F50	0:56:41.6	Braintree & District AC
457	387	Jenna Moore	FO	0:56:43	
458	560	Lindsey Ward	F50	0:56:52	
459	406	Michele Ostler	F50	0:56:52.4	
460	147	Amanda Crisp	FO	0:56:52.6	
461	519	Bryn Stuppell	M40	0:56:54	
462	95	Samantha Burder	FO	0:56:55	
463	445	Beccy Ray	F40	0:57:08	
464	324	Phil King	F50	0:57:08.4	
465	335	Beth Leggett	MO	0:57:15	
466	435	Nigel Prentis	M60	0:57:18	
467	466	Robert Rowland	M60	0:57:29	
468	333	Sandra Ledwith	F40	0:57:31	
469	298	Alex Jagger	F40	0:57:31.4	
470	465	Julie Rout	FO	0:57:32	Sudbury Joggers
471	441	Michelle Ranson	FO	0:57:36	
472	114	Jennifer Christie	F50	0:57:44	
473	113	Andrew Christie	M50	0:57:45	
474	291	Karen Hutchison	F50	0:57:47	
475	57	Holly Bishop	F40	0:58:09	
476	491	Leila Silva	FO	0:58:11	
477	600	Harris Young	FO	0:58:11.4	
478	448	Annie Reid	F60	0:58:20	
479	273	Trish Hopkins	F60	0:59:08.18	Felixstowe RRC
480	436	Jess Preston	FO	0:59:24.18	Vegan Runners UK
481	367	Stuart Mathieson	MO	0:59:31.61	Sudbury Joggers
482	214	Lynnette Garstang	F40	0:59:40.15	Haverhill Running Club
483	504	Matt Smith	MO	0:59:44.88	
484	306	Lauren Johnston-wood	FO	0:59:55.42	
485	304	Mark Johnstonwood	M50	1:00:04.91	Sudbury Joggers
486	520	Sarah Stuppell	F40	1:00:33	Haverhill Running Club
487	366	Hannah Massie	FO	1:00:47.35	
488	348	Phil Longman	M40	1:01:02.65	
489	347	Emma Longman	FO	1:01:03.31	
490	477	Rachel Schofield	F40	1:01:32.27	
491	402	Tracie Norton	F50	1:01:32.4	
492	165	Sue Donnelly	F50	1:01:32.41	
493	313	Maddie Kaye	F50	1:01:32.69	
494	408	Rachel Oxford	FO	1:02:08.33	Hadleigh Hares AC
495	407	Mark Oxford	MO	1:02:09.16	Ipswich Triathlon Club
496	582	Kevin Whyte	M50	1:02:31.38	
497	455	Steve Roberts	MO	1:03:11.97	Sudbury Joggers
498	1	Emily Ablitt	F40	1:04:31.54	
499	102	Juliette Chambers	F40	1:04:31.87	
500	554	Oriana Varcoe	FO	1:04:39.8	
501	77	Emma Brown	FO	1:05:21.61	
502	199	Matthew Flin	M40	1:05:34.71	
503	561	Rachel Warde	F40	1:05:34.81	
504	189	Sarah Farley	FO	1:06:22.69	
505	510	Laura Stanton-davis	FO	1:06:25.32	
506	266	Lindsay Hobden	F40	1:06:25.38	
507	153	Dawn Clark	F50	1:07:22.87	Sudbury Joggers
508	290	Debbie Hurrell	F50	1:07:38.67	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
509	4	Laura Addison	FO	1:08:12.65	
510	3	Neil Addisob	MO	1:08:12.88	
511	277	Michelle Hudson	F50	1:11:46.77	
512	106	Tracey Chapman	FO	1:19:48.93	
513	48	Anna Benton	F40	1:19:51.36	
514	479	Yvonne Scott	F40	1:19:51.51	
515	585	David Wignall	M40	1:19:58.42	