

Sudbury 5

Open

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	Ryan Prout	MO	0:26:09.24	Chelmsford AC
2	Allen Smalls	M40	0:28:13.3	Colchester Harriers AC
3	Gordon Irvine	MO	0:28:18.96	Ely Runners
4	John Scaife	M40	0:28:25.29	Hadleigh Hares AC
5	Jonathan Nears	M40	0:28:28.26	Colchester Harriers AC
6	Adam Howlett	M40	0:28:36.91	
7	David Willer	MO	0:29:09.34	Hadleigh Hares AC
8	Joseph Nourse	MO	0:29:28.67	Braintree & District AC
9	Colin Ridley	M50	0:29:32.98	Colchester Harriers AC
10	Kieran Hayles	MO	0:30:25.96	
11	Matt Hunter	MO	0:30:44.58	Hadleigh Hares AC
12	Stephen Burbidge	MO	0:30:47.02	Harwich Runners
13	Scott Williams	MO	0:30:49.69	Stowmarket Striders RC
14	Peter West	M50	0:30:50.83	Colchester Harriers AC
15	Paul Preston	M40	0:30:56.79	Colchester Harriers AC
16	Tom Bowles	MO	0:31:06.61	
17	Adam Crawford	U18M	0:31:06.83	West Suffolk AC
18	James Welsh	MO	0:31:12.05	
19	Daniel Hewitt	M50	0:31:14.12	
20	Samuel Blows	MO	0:31:18.8	
21	Daniel Aldis	MO	0:31:29.51	
22	Kate Hodgkiss	FO	0:31:32.38	Harwich Runners
23	Marie Shirley	FO	0:31:33.88	Colchester Harriers AC
24	Dave Solomon	M40	0:31:37.55	Felixstowe RRC
25	Lee Ford	MO	0:31:45.59	
26	Liz Wynn	FO	0:31:53.74	Serpentine RC
27	Martyn Clarke	M50	0:32:03.38	Colchester Harriers AC
28	Ian Elden	M40	0:32:16.09	Haverhill Running Club
29	Brian Rogers	M50	0:32:20.11	Ipswich Jaffa RC
30	Mark White	M40	0:32:21.55	Haverhill Running Club
31	Richard Flutter	M40	0:32:24.77	Harwich Runners
32	James Hayward	MO	0:32:29.45	Stowmarket Striders RC
33	Carl Ashton	MO	0:32:39.66	Ipswich Jaffa RC
34	Russell Goodridge	M40	0:32:44.4	Colchester Harriers AC
35	Jim Clark	MO	0:32:49.76	Halstead RRC
36	William Haining	M50	0:32:56.26	Harwich Runners
37	Paul Game	M40	0:32:58.38	Haverhill Running Club
38	Andy Glass	M40	0:32:59.63	
39	Michael Woodruff	M50	0:33:03.69	Bishops Stortford RC
40	Joe Thompson	MO	0:33:05.2	
41	Conor Culham	U18M	0:33:10.45	
42	Simon Daniel	MO	0:33:21.89	
43	Arthur Whiston	M60	0:33:27.05	
44	Lee Chaplin	MO	0:33:29.68	
45	Ian Elkins	MO	0:33:32.86	
46	Dominic Mangion	MO	0:33:37.6	
47	Stephen Mudd	MO	0:33:45.48	
48	Simon Smith	M50	0:33:48.03	Colchester Harriers AC
49	Robin Belsom	M50	0:33:52.11	Ipswich Jaffa RC
50	Steven Everett	MO	0:33:55.91	
51	Steven Goodwin	MO	0:34:06.05	
52	James Battye	MO	0:34:06.15	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
53	Alex Wells	MO	0:34:07.96	
54	Debbie Cattermole	F50	0:34:12.95	Colchester Harriers AC
55	Kelly Wagland	M40	0:34:13.66	
56	Simon Hibbert	MO	0:34:14.66	UKnetrunner.co.UK
57	Alex Deal	MO	0:34:27.63	
58	Stephen Dixon	M50	0:34:28.55	Ipswich Jaffa RC
59	Matthew Norris	MO	0:34:29.18	
60	Alan Jackson	M50	0:34:31.15	Ipswich Jaffa RC
61	Steven Kent	M50	0:34:32.09	Harwich Runners
62	Darren Barfield	MO	0:34:43.24	
63	Clive Davey	M40	0:34:47.89	Sudbury Joggers
64	Jonathan Dennis	MO	0:34:48.89	
65	Drew Olley	U18M	0:34:54.48	
66	Anna Clayton	FO	0:34:57.23	Saint Edmund Pacers
67	Kate Allen	F40	0:35:00.13	Halstead RRC
68	Ashley Smy	MO	0:35:01.39	Ipswich Jaffa RC
69	Adam Mumford	M40	0:35:02.01	
70	Abi Cocksedge	FO	0:35:07.82	
71	Louise Hampshire	FO	0:35:12.62	
72	Kevin Ledger	MO	0:35:12.95	
73	Malcolm Savage	M60	0:35:14.12	Springfield Striders RC
74	Jamie Randall	M40	0:35:18.03	Haverhill Running Club
75	Ben Thompson	MO	0:35:20.3	
76	Simon Goldsmith	M40	0:35:22.93	
77	Adrian Frost	M40	0:35:33.18	
78	Gary Perryman	M40	0:35:33.7	Tiptree Road Runners
79	Ian East	M40	0:35:41.04	
80	Richard Smith	M40	0:35:41.1	
81	Richard Cocksedge	MO	0:35:51.08	
82	Karl Feagan	M40	0:35:56.5	
83	Michael Belton	M40	0:35:57.92	Great Bentley Running Club
84	Phil Presland	M40	0:36:04.48	Great Bentley Running Club
85	Kev Stagg	M40	0:36:09.84	
86	Jason Smith	MO	0:36:12.83	Sudbury Joggers
87	Arthur Redmonds	U18M	0:36:13.09	
88	Hannah Wood	F40	0:36:16.25	Ipswich Jaffa RC
89	Laura Hicks	FO	0:36:19.71	Stowmarket Striders RC
90	Chris Chorley	M50	0:36:21.96	Bungay Black Dog RC
91	Adrian Cherry	M40	0:36:24.76	Great Bentley Running Club
92	Nigel Schofield	M50	0:36:40.06	Saint Edmund Pacers
93	Ben Goddard	MO	0:36:40.78	
94	Jerry Walder	M40	0:36:45.48	
95	Karen Martin	FO	0:36:51.36	Haverhill Running Club
96	Ryan Deal	MO	0:36:57.92	
97	Richard Jones	M40	0:36:58.18	
98	Hamid Gordan	MO	0:37:01.67	
99	Jon Powell	MO	0:37:07.88	
100	Angus Forshaw	MO	0:37:09.21	
101	Suzanne Heath	F40	0:37:14.32	Ipswich Jaffa RC
102	Graham Williams	MO	0:37:22.8	
103	Sarah Fardell	FO	0:37:24.46	
104	Francis Mills	MO	0:37:26.02	Harwich Runners
105	Sara Moran	M40	0:37:29.07	
106	Joe Andrews	M40	0:37:37.42	
107	Andrew Bigg	MO	0:37:45.1	
108	Angus Williamson	M40	0:37:47.28	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
109	Jonathan Williams	MO	0:37:50.35	
110	Steve Francis	M40	0:37:54.27	
111	Andrew Hill	MO	0:38:07.75	
112	David Tooth	M60	0:38:10.82	
113	Rachel Bodsworth	FO	0:38:16	Hadleigh Hares AC
114	Carrie Hook	F40	0:38:18.67	Harwich Runners
115	Jamie Fittock	MO	0:38:19.2	
116	Jim Oddie	MO	0:38:21.65	
117	Philip Ledger	M60	0:38:23.45	
118	David L Taylor	M50	0:38:33.98	
119	Simon Norton	M50	0:38:38.69	
120	Todd Lewis	M50	0:38:42.93	
121	Charlotte Acheson	FO	0:38:44.46	Haverhill Running Club
122	Michael Smith	MO	0:38:48.56	
123	Mark Andrews	M40	0:38:51.57	
124	Chris Axford	M40	0:38:53.13	
125	Raoul Grantham	M40	0:38:54.73	Braintree & District AC
126	Tom Prazsky	MO	0:39:00.44	
127	Hazel Buist	FO	0:39:01.24	Halstead RRC
128	Luke Howard	U18M	0:39:08.18	
129	Thomas Rides	MO	0:39:11.41	
130	Leonie Dolling	FO	0:39:11.56	
131	Kieron Savage	M40	0:39:15.19	
132	Gemma Porch	FO	0:39:18.08	Stowmarket Striders RC
133	Elsbeth Knott	F60	0:39:19.04	Harwich Runners
134	Trevor Pickerin	M50	0:39:19.33	
135	Debbie Chisholm	FO	0:39:19.36	
136	Nick Partridge	MO	0:39:24.48	
137	Steven Jeggo	M40	0:39:25.66	
138	Catherine Abbott	F40	0:39:34.89	Stowmarket Striders RC
139	Glen Harvey	M50	0:39:37.34	Bildeston Bounders AC
140	Katrina Rigby	FO	0:39:40.18	Hadleigh Hares AC
141	Hannah Payne	FO	0:39:42.3	
142	Will Edwards	MO	0:39:45.4	
143	Charlotte Edwards	FO	0:39:45.73	
144	David Cole	MO	0:39:46.2	
145	Barry Curtis	M40	0:39:46.9	
146	Rebecca Evans	F40	0:39:51.22	Sudbury Joggers
147	Jack Elliott	MO	0:39:58.04	
148	Leon West	MO	0:39:58.84	
149	Leslie Fardell	M60	0:40:00.43	
150	Ian Bown	M50	0:40:05.24	
151	Zac Smith	U18M	0:40:31.68	
152	Wayne Mumford	M40	0:40:34.92	
153	Andrew Martin	MO	0:40:35.44	
154	Daniela Chirita	FO	0:40:38.61	
155	Clare Hamblin	F40	0:40:40.15	
156	Alan Cochram	M40	0:40:47.96	
157	Steve Bartholomew	MO	0:40:49.98	
158	Paul Pengelly	MO	0:40:51.45	
159	Tricia Stacey	F40	0:40:53.24	Great Bentley Running Club
160	William Rodda	U18M	0:40:54.87	
161	Penny Hurrell	F40	0:41:00.75	
162	Tom Edwards	MO	0:41:04.56	
163	Bella Lewendon	F50	0:41:13	Ipswich Jaffa RC
164	Claire Wells	FO	0:41:17.34	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
165	Lawrence Savill	M40	0:41:19.79	
166	Mon Lee	M50	0:41:27.64	Ipswich Jaffa RC
167	Chris Bright	MO	0:41:30.15	
168	Sarah Duke	FO	0:41:32.42	
169	Dean Manning	M40	0:41:38.87	
170	Claire Groves	FO	0:41:56.93	Great Bentley Running Club
171	David Redmonds	M50	0:41:59.08	
172	Gavin Senior	MO	0:42:03.4	
173	Viv Marsh	M40	0:42:10.72	
174	Eileen Shadford	F40	0:42:15.06	Great Bentley Running Club
175	Jo Codling	F40	0:42:22.08	
176	Catherine Drew	F40	0:42:23.6	
177	Trish Jarvis	F40	0:42:24.17	
178	Sally Booth	F50	0:42:25.67	
179	Jason Copping	MO	0:42:35.19	
180	Ray Steele	M40	0:42:37.91	
181	David Reid	M50	0:42:39.51	
182	John Robinson	M40	0:42:39.7	
183	Holly Hazell	FO	0:42:40.91	
184	Crea Kitcher	F40	0:42:41.07	
185	Nick Hazell	M50	0:42:42.07	
186	Bobbie Sauerzapf	F50	0:42:43.36	Bungay Black Dog RC
187	Lynette Cole	FO	0:42:45.8	
188	Dan Cole	MO	0:42:45.97	
189	Amanda Dunn	FO	0:42:47.18	Hadleigh Hares AC
190	Lewis Clarke	MO	0:42:48.46	
191	Michael Bigg	MO	0:42:50.47	
192	Steve Bright	M50	0:42:52.35	
193	John Buckle	M50	0:42:54.21	
194	Miles Johnson	M60	0:42:56.76	Newmarket Joggers
195	Phil Powell	MO	0:42:57.23	
196	Chris Chandler	MO	0:43:00.03	
197	Tony Adolphus	M50	0:43:00.61	Ipswich Jaffa RC
198	Cathy Beard	F60	0:43:02.24	Colchester Harriers AC
199	Ian Cannons	M40	0:43:03.4	Harwich Runners
200	Julian Holland	MO	0:43:04.51	
201	Steve Petts	M50	0:43:08.36	
202	Bianca Burman	FO	0:43:09.18	Sudbury Joggers
203	Tracey King	F40	0:43:15.71	
204	Gavin Leeks	MO	0:43:17.26	
205	John Turnbull	M60	0:43:17.89	Hadleigh Hares AC
206	James Collins	M50	0:43:19.04	
207	Sarah Bryant	FO	0:43:20.92	
208	Ailsa Leeks	FO	0:43:22.09	
209	Victoria Mccrea	FO	0:43:26.24	
210	Fern Hayles	FO	0:43:27.75	
211	Lucy Cowlin	F50	0:43:31.53	
212	Helen Wagland	F40	0:43:35.97	
213	Katie Atkinson	FO	0:43:36.3	
214	Rosie Hunter	FO	0:43:39.18	
215	Paul Probert	MO	0:43:41.57	Springfield Striders RC
216	Michael Watson	M40	0:43:43.74	
217	Frances Warren	F50	0:43:45.64	
218	Sue Sorrell	F40	0:43:48.21	Great Bentley Running Club
219	Sara Taylor-balls	F50	0:43:59.73	Hadleigh Hares AC
220	Jane Moore	F50	0:44:00.74	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
221	Neil Sawyer	M40	0:44:00.96	
222	David Lesiak	M60	0:44:01.2	
223	Richard Harnwell	M40	0:44:03.86	
224	Amy Tuffin	FO	0:44:04.48	
225	Tim Ward	M40	0:44:08.61	
226	Lindsay Hobden	F40	0:44:11.27	Sudbury Joggers
227	Claire Turnbull	FO	0:44:11.54	
228	Keith Rojas	M60	0:44:19.99	
229	Brian Bloomfield	MO	0:44:27.59	
230	Alison Myles	F40	0:44:31.84	
231	Kate Brett	F40	0:44:32.58	
232	Steve Danes	M50	0:44:40.31	
233	Ken Browne	M50	0:44:45.09	
234	Vivien Ashton	F50	0:44:46.35	
235	Megan Felton	FO	0:44:48.06	
236	Sarah Fanning	FO	0:44:48.85	
237	Oisin Kelly	M40	0:44:54.3	
238	Mark Cochram	M40	0:44:55.5	
239	Clare Gillibrand	F40	0:44:59.54	Sudbury Joggers
240	Vicki Willcox	FO	0:45:09.28	
241	Lizzie Bodmer	U18F	0:45:11.45	
242	Stephen Timms	M50	0:45:15.39	
243	Sharon Bowes	F40	0:45:17.65	
244	Tristan Moseley	MO	0:45:18.34	
245	Aaron Keeble	MO	0:45:20.94	
246	Iain Hunter	M50	0:45:21.22	Stowmarket Striders RC
247	Chris Hynard	MO	0:45:21.75	
248	Keith Game	M50	0:45:23.06	
249	Andrea Senior	FO	0:45:26.01	
250	Hugh Turner	M60	0:45:32.93	
251	David Applin	MO	0:45:33.99	
252	Sarah Docherty	FO	0:45:34.09	
253	Darren Cole	MO	0:45:42.35	
254	Kelly Blackburn	FO	0:45:45.84	
255	Jo Wild	F50	0:45:50.56	
256	Bianca Carpenter	FO	0:45:55.45	
257	James Leaney	MO	0:45:56.07	Halstead RRC
258	Teresa Bailey	F40	0:46:02.54	Framlingham Flyers
259	Hayley Banks	FO	0:46:04.69	
260	Ruth Cowlin	F50	0:46:07.59	
261	Lisa Dalton	F40	0:46:08.02	Sudbury Joggers
262	John Cullum	M60	0:46:08.33	Saint Edmund Pacers
263	Toby Street	MO	0:46:08.94	
264	Thomas Allen	MO	0:46:09.38	
265	Lisa Southan	F40	0:46:14.52	
266	Luke Bowman	MO	0:46:18.47	
267	Lewis Childs	M40	0:46:19.56	
268	Deborah Cubberley	FO	0:46:20.89	Great Bentley Running Club
269	Martin Owen	MO	0:46:21.33	Great Bentley Running Club
270	Will Stephens	M50	0:46:24.78	
271	Annette Whybrow	F60	0:46:27.7	
272	Mark Hoy	MO	0:46:33.33	
273	Chloe Smith	U18F	0:46:33.39	
274	Rachael Farthing	FO	0:46:39.4	
275	Jacque Cobbold	F40	0:46:39.6	Hadleigh Hares
276	Debbie Lewis	F50	0:46:42.06	Witham RC

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
277	Nina Ford	F40	0:46:42.14	
278	Holly Turner	FO	0:46:50.8	
279	Debbie Wiegand	FO	0:46:51.81	
280	Maia Gillespie	U18F	0:46:55.8	
281	Jon Paul Broughton	MO	0:46:56.21	
282	Jan Gillespie	F50	0:46:58.58	
283	She Hodgson	F40	0:46:58.99	
284	Adam Miller	MO	0:47:00.08	
285	Sid Haygreen	M40	0:47:01.6	
286	Laura Treacy	FO	0:47:12.59	
287	Mark Oxford	MO	0:47:13.96	
288	Karen Austin	F40	0:47:17.16	
289	Luke Groves	MO	0:47:22.83	Great Bentley Running Club
290	John Bush	M50	0:47:23.02	Great Bentley Running Club
291	Kate Hutson	FO	0:47:23.24	
292	Aimee Bitten	FO	0:47:25.59	
293	Kelly Browne	F40	0:47:31.87	
294	Sean Wiegand	MO	0:47:41.34	
295	Sharon Bolton	FO	0:47:43.96	
296	Neil Arbon	M60	0:47:46.33	
297	Colin Newcombe	M40	0:47:52.15	
298	Jonathan Whittle	M40	0:47:56.09	
299	Luke Clyde	MO	0:48:00.25	
300	Catherine King	F40	0:48:00.93	
301	Phil King	M40	0:48:01.2	
302	Samantha Walker	FO	0:48:03.77	
303	Sharon Wright	F40	0:48:12.58	
304	Nicola Currant	FO	0:48:19.6	
305	Maria Baldwin	FO	0:48:20.88	
306	Richard Skoyles	M50	0:48:22.11	
307	Kerry Shoesmith-dean	F40	0:48:22.37	
308	Nina Hawes	FO	0:48:22.44	
309	Kias Wilkinson	MO	0:48:22.46	
310	Louise Papworth	F40	0:48:23.91	Harwich Runners
311	Jo Whelan	F50	0:48:30	Felixstowe RRC
312	Colin Bendell	M50	0:48:41.09	
313	Jeremy Beaumont	MO	0:48:41.2	
314	Megan Clarke	FO	0:48:43.78	
315	Laura Mckay	F50	0:48:44.05	
316	Jennifer Donovan	FO	0:48:44.53	
317	Ella Gillespie	FO	0:48:48.78	
318	Kim Bere	FO	0:48:55.6	
319	Laura Stinson	FO	0:48:59.55	
320	Lesley Gooderham	F40	0:49:02.84	
321	Kat Ross	FO	0:49:04.48	Sudbury Joggers
322	Karen Murphy	F40	0:49:13.22	Hadleigh Hares AC
323	Mel Chittock	M50	0:49:19.36	
324	Martin Johnson	M40	0:49:22.99	
325	Josh Iron	MO	0:49:24.08	
326	Deborah Stewart	F50	0:49:24.58	Hadleigh Hares AC
327	Andrew Stewart	M50	0:49:24.64	Hadleigh Hares AC
328	Chris Stewart	MO	0:49:24.82	
329	Christina Baxter	F40	0:49:28.06	Hadleigh Hares AC
330	Claire Mortimer	F50	0:49:28.49	
331	Colin Risley	M60	0:49:33.1	
332	Diana Hillen	FO	0:49:37.02	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
333	Philip Nutley	M60	0:49:40.15	Saint Edmund Pacers
334	Will Scher	MO	0:49:40.72	Felixstowe RRC
335	Nigel Prentis	M60	0:49:43.19	
336	Samantha Bell	FO	0:49:43.34	
337	David Clarke	MO	0:49:47.79	
338	Jackie Clarke	FO	0:49:47.81	
339	Melonie Evans	F40	0:50:00.59	Sudbury Joggers
340	Christopher Ryland	M60	0:50:09.82	
341	Steph Harradine	FO	0:50:09.95	
342	Rebecca Adams	FO	0:50:09.98	
343	Stuart Irons	M50	0:50:19.65	
344	Mandy Spurgeon	F50	0:50:19.88	
345	Carol Hickey	F40	0:50:20.85	
346	Lucy Mannering	FO	0:50:22.87	
347	Adrian Stohr	MO	0:50:24.11	
348	Alison Willings	F50	0:50:24.86	
349	Melissa Mills	FO	0:50:30.14	
350	Richard Taylor	M50	0:50:31.7	
351	John Francis	M60	0:50:34.38	
352	Kelly Smith	F40	0:50:44.55	
353	Claire Fradley	FO	0:50:46.31	Sudbury Joggers
354	George Wright	U18M	0:50:50.53	
355	Lee Wiseman	M40	0:50:54.43	
356	Sally Siggers	FO	0:50:57.78	
357	Jules Willis	F40	0:50:57.82	
358	Fay Smalls	F40	0:50:57.88	
359	Michelle Holland	FO	0:51:08.05	
360	Angela Turnbull	FO	0:51:13.89	
361	Sally Sandford	FO	0:51:16.08	
362	Sally Solomon	F40	0:51:17.58	Felixstowe RRC
363	Sue Savva	F40	0:51:21.23	
364	Paul Huk	MO	0:51:27.68	
365	Martin Swain	M40	0:51:28.08	
366	Carmelle Rudder	FO	0:51:33.24	
367	Jane Pearson	F40	0:51:35.02	
368	Maria Carrington	F40	0:51:35.15	
369	Mags Morgan	F40	0:51:39.43	
370	Zoey Battell	F40	0:51:47.38	
371	Laura Alton	FO	0:51:57.69	
372	Paul Bottlerill	MO	0:51:58.24	
373	Terrie Redmore	F40	0:52:01.45	
374	Jenny Merry	FO	0:52:17.68	
375	Liz Turnbull	F60	0:52:19.81	
376	Nadia Andow-perry	F40	0:52:20.2	
377	Jess Henderson	FO	0:52:27.26	
378	Michael Smith	MO	0:52:43.43	
379	Angelene Purdie	FO	0:52:47.83	
380	Daniel Steptoe Thompson	MO	0:52:48.26	Colchester Harriers AC
381	Debbie Nott	F40	0:52:48.69	
382	Natalie Young	FO	0:52:49.6	
383	Sylvia Francis	F60	0:52:50.28	
384	Julie Bendell	F50	0:52:52.67	
385	Georgina Grayston	F40	0:52:53.78	
386	Andy Thompson	M50	0:53:10.5	
387	Rose Comber	FO	0:53:11.65	
388	Natalie McLaren	FO	0:53:12.25	

<i>Position</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
389	Mark Dalton	M50	0:53:12.96	
390	Edward Senior	M50	0:53:16.16	
391	Nicola Shatford	F50	0:53:20.3	
392	John Shatford	M40	0:53:20.38	
393	Hayley Gunn-bruce	FO	0:53:24.61	Sudbury Joggers
394	Paul Forshaw	M60	0:53:31.51	Fetch Everyone
395	Natasha Jarvis	FO	0:53:36.41	
396	Emily Ablitt	FO	0:53:38.84	
397	Ella Davies	F40	0:53:45.39	
398	Pauline Lovejoy	F50	0:53:45.5	
399	Gerard Dalton	M50	0:53:46.04	
400	Andrew Mills	M60	0:53:52.06	
401	Jeffrey Smith	M60	0:54:14.6	
402	Graham Pearce	M50	0:54:42.46	
403	Jodie Budd	FO	0:55:09.98	
404	Sarah Pennock	FO	0:55:10.41	Sudbury Joggers
405	Sharon Breward	F40	0:55:11.15	Sudbury Joggers
406	Angela Soames	F40	0:56:00.04	Felixstowe RRC
407	Lynette Davis	F40	0:56:06.03	
408	Alistair Gill	M40	0:56:15.73	
409	Sue Moye	F40	0:56:22.36	
410	Simon St Ledger	M40	0:56:23.53	
411	Jessica Blake	FO	0:56:50.7	
412	Lesley Slater	F50	0:56:54.52	
413	Matthew Ayrton	MO	0:56:57.14	
414	Hannes Botha	MO	0:57:52.91	
415	Gwendolyn Morris	F40	0:58:01.11	
416	Claire Risley	F40	0:58:07.2	
417	Alice Sayer	U18F	0:58:08.87	
418	Dolores Sayer	F50	0:58:16.18	
419	Clare Bullock	FO	0:58:41.33	
420	Pete Battle	M40	0:58:48.77	
421	Jo Webster	FO	0:59:43.26	
422	Nadia Gibbs	FO	0:59:48.15	
423	Simon Moran	M40	0:59:48.34	
424	Emma Tunbridge-hibbert	FO	0:59:54.64	
425	Susan Hunter	F50	1:01:30.74	
426	Sandy Maloy	F40	1:01:54.39	
427	Charlotte Thompson	FO	1:03:04.81	
428	Nicola-anne Pengelly	F40	1:03:54.96	
429	Cathy Press	F50	1:04:20.98	
430	Paul Press	M40	1:04:21.33	
431	Lauren Twyman	FO	1:04:32.76	
432	Karen Turner	F40	1:14:40.38	