

<b>Pos</b>	<b>Time</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>	<b>Category</b>
1	00:31:48	Miller	David	Woodbridge Shufflers	Male Senior
2	00:34:30	Jordan	Richard	Ipswich Jaffa	Male Vet 40
3	00:35:14	Gamble-Thomson	Mark	Colchester Harriers	Male Vet 40
4	00:36:06	Fisher	Alan	Tiptree Road Runners	Male Vet 50+
5	00:36:33	Wright	David	Colchester Harriers	Male Vet 40
6	00:36:46	North	Matt	Witham Running Club	Male Senior
7	00:36:46	McDonell	Gregory	Colchester Harriers	Male Senior
8	00:36:54	Stephens	Nicholas	Stowmarket Striders	Male Senior
9	00:37:28	Doel	Glen	Colchester Harriers	Male Senior
10	00:37:35	Williams	Paul	St Edmund Pacers	Male Vet 40
11	00:38:25	Wolton	Sam	Halstead Road Runners	Male Senior
12	00:38:48	English	Don	Halstead Road Runners	Male Vet 40
13	00:38:51	Green	Stuart	Stowmarket Striders	Male Vet 40
14	00:39:09	Smith	Richard	Woodbridge Shufflers	Male Vet 40
15	00:39:23	Hazel	Nick	Colchester Harriers	Male Vet 40
16	00:39:26	Barrett	Paul	Colchester Harriers	Male Senior
17	00:39:36	Guays-Atkins	Paul	Unattached	Male Vet 40
18	00:39:40	Hunt	Steve	Hadleigh Hares A.C.	Male Vet 40
19	00:39:42	Robinson	David	Victoria Park Harriers	Male Vet 40
20	00:39:47	Reid	Roy	Tiptree Road Runners	Male Senior
21	00:39:52	Pryke	Gayle	Ipswich Jaffa	Female Vet 40
22	00:40:24	Statham	Malcolm	Colchester Harriers	Male Senior
23	00:40:42	Partridge	Pat	St Edmund Pacers	Female Vet 40
24	00:41:02	Quarton	Bob	Felixstowe Road Runners	Male Vet 40
25	00:41:44	Funnell	Gordon	Hadleigh Hares A.C.	Male Vet 40
26	00:41:56	Bailey	Malcolm	Tiptree Road Runners	Male Vet 40
27	00:42:09	Taylor	Richard	Springfield Striders	Male Vet 40
28	00:42:18	Hale	Joe	Unattached	Male Vet 40
29	00:42:26	Cole	Roger	Colchester Harriers	Male Vet 50+
30	00:42:31	Airlie	Brian	Hadleigh Hares A.C.	Male Senior
31	00:42:38	Bolton	Jon	Gt Bentley Running Club	Male Senior
32	00:43:27	Salmon	Michael	Blackheath Harriers	Male Vet 50+
33	00:43:29	Rivers	Tony	Halstead Road Runners	Male Vet 50+
34	00:43:34	Buis	Martin	Ipswich Harriers	Male Vet 50+
35	00:44:03	Southernwood	Paul	Gt Bentley Running Club	Male Senior
36	00:44:50	Harrington	Marcus	Unattached	Male Vet 40
38	00:45:13	Rudge	Stuart	Unattached	Male Vet 40
37	00:45:13	Lambolt	John	Ipswich Jaffa	Male Vet 50+
39	00:45:27	Dowell	Mellissa	Colchester Harriers	Female Senior
40	00:45:42	Thomas	Stewart	Unattached	Male Vet 40
41	00:45:44	Gard	Trevor	Unattached	Male Vet 40
42	00:46:02	Lankester	Mark	Ipswich Jaffa	Male Senior
43	00:46:12	Thomas	Peter	Colchester Harriers	Male Vet 50+
44	00:46:20	Law	Barbara	Gt Bentley Running Club	Female Vet 50+
45	00:46:20	Wyatt	Andrew	Gt Bentley Running Club	Male Senior
46	00:46:45	Johnson	C	Halstead Road Runners	Male Senior
47	00:46:46	Sheward	Graham	Gt Bentley Running Club	Male Vet 50+
48	00:46:56	Milburn	Peter	Road Runners Club	Male Senior
49	00:47:07	Jones	Pam	Halstead Road Runners	Female Vet 50+
50	00:47:12	Triggs	David	Unattached	Male Senior
51	00:47:17	Berge	Job der	Unattached	Male Senior
52	00:47:17	Durance	James	Unattached	Male Senior

54	00:48:12	Bole	Simon	Unattached	Male Vet 40
53	00:48:28	Burtenshaw	N	Unattached	Male Senior
55	00:48:29	Kelly	Wendy	Ipswich Triathlon Club	Female Vet 40
56	00:48:29	Horton	Lindsay	Gt Bentley Running Club	Female Senior
57	00:48:33	Conlon	Tom	Unattached	Male Senior
58	00:48:35	Faford	Brian	Gt Bentley Running Club	Male Senior
59	00:48:36	Alford	Kiri	Braintree A.C.	Female Junior
60	00:48:42	Henderson	David	Unattached	Male Vet 40
61	00:49:08	Bridges	Tery	St Edmund Pacers	Male Vet 40
62	00:49:22	Lenihan	Mary	Gt Bentley Running Club	Female Senior
63	00:49:27	Brown	Ian	Unattached	Male Senior
64	00:49:31	Ackerman	Garry	Unattached	Male Vet 40
65	00:49:37	Dunne	Eric	Gt Bentley Running Club	Male Vet 50+
66	00:49:38	Riley	Kate	Gt Bentley Running Club	Female Vet 40
67	00:49:47	Warboys	Pip	Witham Running Club	Male Vet 50+
68	00:49:48	Bright	Stephen	Unattached	Male Senior
69	00:49:50	Thomas	David	Unattached	Male Vet 40
70	00:50:02	Hunter	Andrew	Unattached	Male Vet 40
71	00:50:39	Aldridge	Wendy	Unattached	Female Senior
72	00:50:39	Barrett	Anita	Unattached	Female Senior
73	00:50:48	Moore	R	Colchester Harriers	Male Vet 50+
74	00:51:02	Smith	Chris	Unattached	Male Vet 40
76	00:51:05	Weald	C	Pitsea Running Club	Female Vet 50+
75	00:51:05	Gruntzel	Andy	Unattached	Male Senior
77	00:51:18	Ford	W	Unattached	Male Senior
78	00:51:30	Brewster	Fiona	Framlingham Flyers	Female Senior
79	00:51:51	Gibbons	Geoffrey	Colchester Harriers	Male Vet 40
80	00:51:57	Rose	Keith	Unattached	Male Vet 40
81	00:52:43	Merwe	Ronel van der	Stowmarket Striders	Female Vet 40
82	00:52:48	Pullen	Michael	Unattached	Male Senior
83	00:52:52	Stannett	Kate	Ipswich Triathlon Club	Female Vet 40
84	00:52:54	Hyatt	Graham	Unattached	Male Senior
87	00:53:25	Heath	Richard	Unattached	Male Vet 50+
86	00:53:25	Purkiss	Mick	Halstead Road Runners	Male Vet 50+
85	00:53:25	Cole	Sue	Colchester Harriers	Female Vet 40
89	00:53:25	Browning	Jo	Colchester Harriers	Female Vet 40
88	00:53:25	Kernett	Steve	Gt Bentley Running Club	Male Senior
90	00:53:27	Calderbank	Nicholas	Unattached	Male Vet 40
93	00:54:08	Cassidy	Adrian	Unattached	Male Senior
92	00:54:50	Robinson	Roger	Unattached	Male Senior
91	00:54:50	Suckling	Shirley	Unattached	Female Vet 40
95	00:55:08	Parker	Beverley	Unattached	Female Senior
94	00:55:08	Mullins	Kelly	Unattached	Female Senior
96	00:55:22	Monk	Denise	Unattached	Female Senior
97	00:55:51	Patel	Minesh	Colchester Rovers	Male Senior
98	00:56:18	Howes	Philip	Unattached	Male Senior
99	00:56:36	Stannett	Charlie	Ipswich Triathlon Club	Male Vet 40
100	00:57:06	Nice	Lorraine	Unattached	Female Vet 40
101	00:57:28	Crawshaw	Paula	Gt Bentley Running Club	Female Vet 50+
102	00:57:34	Jackman	Kim	Unattached	Male Senior
103	00:57:43	Humbles	Pati	Unattached	Female Senior
104	00:59:10	Gadd	Dawn	Unattached	Female Senior
105	01:00:12	Ashdown	R	Halstead Road Runners	Male Vet 50+

107	01:03:08	Thomas	Clare	Unattached	Female Vet 40
106	01:03:14	Dean	Doug	Unattached	Male Vet 40
108	01:08:22	Judd	Lindy	Unattached	Female Senior