

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:33:17	306	Scott	Sterling	Unattached	Male Senior
2	00:33:35	321	Brad	Jones	Ipswich JAFFA	Male Master 40
3	00:33:41	58	Tom	Cammack	Springfield Striders AC	Male Senior
4	00:33:47	342	Chris	Burgoyne	Springfield Striders AC	Male Senior
5	00:34:10	420	Robert	Reason	Harwich Runners	Male Senior
6	00:34:29	269	Gary	Chandler	Springfield Striders AC	Male Master 40
7	00:35:02	433	Tom	Fairbrother	Ipswich JAFFA	Male Senior
8	00:35:20	430	Adam	Howlett	Unattached	Male Master 40
9	00:35:39	352	Matt	Hunt	Ipswich JAFFA	Male Senior
10	00:36:17	304	Paul	Mingay	Tiptree Road Runners	Male Master 55
11	00:36:38	398	John	Scaife	Hadleigh Hares A.C.	Male Senior
12	00:36:51	151	Steve	Cooper	Blackheath & Bromley Harriers	Male Master 40
13	00:37:04	143	Jaime	Reed	Garden City Runners	Male Senior
14	00:37:06	181	Christopher	Warren	Gt Bentley Running Club	Male Master 40
15	00:37:08	382	Neil	Casey	Benfleet Running Club	Male Master 45
16	00:37:09	368	Gary	Thompson	Ipswich JAFFA	Male Senior
17	00:37:32	417	Benjamin	Ficken	Gt Bentley Running Club	Male Senior
18	00:37:33	438	David	Wright	Gt Bentley Running Club	Male Senior
19	00:37:51	396	Jack	Willis	Springfield Striders AC	Male Senior
20	00:37:55	492	Clive	Thomas	Gt Bentley Running Club	Male Master 50
21	00:38:00	256	Adam	Richardson	Tiptree Road Runners	Male Senior
22	00:38:22	193	Mark	Lloyd	Harwich Runners	Male Master 40
23	00:38:32	26	Peter	Pearce	Gt Bentley Running Club	Male Master 45
24	00:39:11	408	Tim	Hanman	Unattached	Male Master 40
25	00:39:16	169	Charles	Keitch	Gt Bentley Running Club	Male Senior
26	00:39:37	112	David	Bell	Unattached	Male Senior
27	00:39:40	147	John	Gould	Benfleet Running Club	Male Master 40
28	00:39:42	212	David	Fenton	Stowmarket Striders	Male Master 40
29	00:39:48	460	Neil	Gillingham	Ipswich Harriers	Male Senior
30	00:40:00	329	Chris	Martin	Witham RC	Male Senior
31	00:40:09	451	Katie	Keeble	Unattached	Female Senior
32	00:40:12	472	Thomas	Lazenby	Unattached	Male Senior
33	00:40:13	208	Darren	McGill	Colchester Harriers AC	Male Senior
34	00:40:25	313	Rob	Saunders	Unattached	Male Senior
35	00:40:27	34	Marcus	Catlin	Ipswich JAFFA	Male Senior
36	00:40:30	253	Tracey	Ranson	Springfield Striders AC	Female Senior
37	00:40:31	290	Sam	Brooke	Felixstowe Road Runners	Male Senior
38	00:40:32	499	Mark	Bailey	Unattached	Male Senior
39	00:40:34	461	Alex	Slade	Unattached	Male Senior
40	00:40:35	7	Andre	Besant	Harwich Runners	Male Master 40
41	00:40:35	191	Mark	Porter	Unattached	Male Master 40
42	00:40:37	462	Andrew	Warner	Unattached	Male Senior
43	00:40:38	309	Gary	Joslin	Springfield Striders AC	Male Master 45
44	00:40:45	103	Lee	Cousins	Braintree& District AC	Male Master 40
45	00:40:51	1	Stuart	Green	Stowmarket Striders	Male Master 50
46	00:40:52	189	Bobby	Walker	Unattached	Male Senior
47	00:40:58	82	Simon	Daniel	Unattached	Male Senior
48	00:41:01	474	Danial	Herron	Unattached	Male Senior
49	00:41:05	53	Steve	Brooke	Felixstowe Road Runners	Male Master 45
50	00:41:11	160	Jim	Comber	Sudbury Joggers AC	Male Master 40
51	00:41:12	139	Jem	Smith	Unattached	Male Senior
52	00:41:18	414	Paul	Harper	Unattached	Male Senior
53	00:41:23	453	Robin	Harper	Felixstowe Road Runners	Male Senior
54	00:41:24	203	Darren	Horner	Unattached	Male Senior
55	00:41:33	381	Carys	Sutton	Chelmsford Athletic Club	Female Senior
56	00:41:33	394	Justin	Hender	Unattached	Male Master 40
57	00:41:43	362	Barry	Plowman	Braintree& District AC	Male Master 45
58	00:41:44	135	Sandra	Roberts	Unattached	Female Master 45
59	00:41:49	402	Simon	Wiggins	Felixstowe Road Runners	Male Master 40
60	00:42:01	399	William	Peterson	Unattached	Male Master 40

61	00:42:05	465	Amanda	Henry	Colchester Harriers AC	Female Senior
62	00:42:08	425	Simon	Morgan	Tiptree Road Runners	Male Master 45
63	00:42:09	247	Chris	McMahon	Unattached	Male Master 45
64	00:42:24	144	Daniel	Aldis	Unattached	Male Senior
65	00:42:30	374	Mike	Grealy	Halstead Road Runners	Male Master 55
66	00:42:36	240	Claudine	Tisbury	Harwich Runners	Female Master 50
67	00:42:38	437	Andy	Ciaravella	Unattached	Male Senior
68	00:42:43	277	Adam	Mumford	Unattached	Male Master 40
69	00:42:45	476	Tom	Wake	Ipswich JAFFA	Male Senior
70	00:42:51	121	Colin	Locke	Unattached	Male Master 50
71	00:42:56	359	Sean	Lawlor	Unattached	Male Master 40
72	00:43:13	319	Stuart	Taylor	Unattached	Male Senior
73	00:43:16	257	James	Bowker	Unattached	Male Master 45
74	00:43:26	173	Vaughan	Morris	Unattached	Male Master 50
75	00:43:35	366	Tony	James	Unattached	Male Senior
76	00:43:39	330	Peter	Bird	St Edmund Pacers	Male Senior
77	00:43:52	64	Catherine	Johnson	Unattached	Female Master 45
78	00:43:54	344	Andrea	James	Unattached	Female Senior
79	00:43:58	158	Mark	Austin	Witham RC	Male Master 55
80	00:43:58	484	Allan	Ramsay	Unattached	Male Master 40
81	00:44:14	190	Matt	Calderbank	Unattached	Male Senior
82	00:44:15	246	Paul	Smith	Unattached	Male Master 40
83	00:44:27	225	Mike	Stubbins	Unattached	Male Senior
84	00:44:27	373	Nathan	Rawlings	Unattached	Male Senior
85	00:44:31	4	John	Wheatley	Colchester Harriers AC	Male Master 70
86	00:44:36	293	Paul	Rodgers	Unattached	Male Senior
87	00:44:48	156	Paul	Barrit	Unattached	Male Master 50
88	00:44:52	274	Patrick	Dinwiddy	Unattached	Male Senior
89	00:44:56	439	Peter	Gray	Unattached	Male Senior
90	00:44:59	180	John	Cooke	Colchester Harriers AC	Male Master 45
91	00:45:00	491	Jamie	Neill	Gt Bentley Running Club	Male Senior
92	00:45:08	229	Gary	Pearson	Unattached	Male Master 45
93	00:45:09	458	Phil	Presland	Gt Bentley Running Club	Male Master 40
94	00:45:23	422	Daniel	Jones	Ipswich Harriers	Male Senior
95	00:45:25	87	Andy	Fuller	Gt Bentley Running Club	Male Master 50
96	00:45:31	9	Kevin	James	Gt Bentley Running Club	Male Master 50
97	00:45:31	324	Ronald	Luis	Unattached	Male Master 50
98	00:45:34	424	Annette	Oakman	Colchester Harriers AC	Female Master 40
99	00:45:35	455	Shawn	Beckerleg	Witham RC	Male Senior
100	00:45:40	308	Mark	Ross	Gt Bentley Running Club	Male Master 50
101	00:45:45	376	Colin	Wallace	Langham Resident	Male Master 45
102	00:45:47	356	James	Taylor	Colchester Harriers AC	Male Senior
103	00:45:50	70	John	Croghan	Unattached	Male Senior
104	00:45:58	354	Shawn	Leek	Gt Bentley Running Club	Male Senior
105	00:46:13	48	Charlotte	Allen	Colchester Harriers AC	Female Senior
106	00:46:20	244	Richard	Wilkinson	Unattached	Male Senior
107	00:46:25	371	Andrew	Dean	Unattached	Male Master 40
108	00:46:26	113	Monique	Doig	Unattached	Female Senior
109	00:46:29	138	Kevin	Payne	Mid Essex Casuals	Male Master 45
110	00:46:31	252	Shelly	Knights	Unattached	Female Senior
111	00:46:35	197	Michael	Allen	Unattached	Male Senior
112	00:46:35	488	Rachel	Taylor	Unattached	Female Senior
113	00:46:37	345	Scott	Smith	Unattached	Male Master 40
114	00:46:38	495	Craig	Meldrum	Unattached	Male Senior
115	00:46:40	283	Matt	Tomkins	Stowmarket Striders	Male Senior
116	00:46:45	238	Johannes	Botha	Unattached	Male Master 40
117	00:46:45	498	Richard	O'Connor	Unattached	Male Senior
118	00:46:47	441	David	De'Ath	Unattached	Male Master 50
119	00:46:48	188	Richard	Soer	Eastern Veterans AC	Male Master 55
120	00:46:52	487	Chris	Taylor	Unattached	Male Master 40
121	00:46:54	66	Patrick	Reynolds	Gt Bentley Running Club	Male Senior

122	00:46:58	68	Graham	Williams	Unattached	Male Senior
123	00:47:07	341	Simon	Fookes	Unattached	Male Master 40
124	00:47:12	268	Douglas	Barber	Unattached	Male Master 50
125	00:47:13	245	Sam	Drysdale	Unattached	Male Senior
126	00:47:30	310	Terry	Barnes	Unattached	Male Senior
127	00:47:33	140	Neil	Bailey	Unattached	Male Master 40
128	00:47:34	31	Robert	Mawson	Framlingham Flyers	Male Master 55
129	00:47:35	403	Hazel	Harvey	Unattached	Female Master 40
130	00:47:37	445	David	Young	Unattached	Male Master 40
131	00:47:37	223	Eileen	Shadford	Gt Bentley Running Club	Female Master 45
132	00:47:40	248	Lee	Smith	Unattached	Male Master 40
133	00:47:40	443	Peter	Hale	Unattached	Male Senior
134	00:47:43	250	Nicola	Smith	Unattached	Female Senior
135	00:47:48	221	Mark	Chippendale	Unattached	Male Master 40
136	00:47:49	350	Paul	Neville	Unattached	Male Master 40
137	00:47:50	228	David	Hammer	Unattached	Male Master 50
138	00:47:51	159	Donna	Morris	Witham RC	Female Master 45
139	00:47:52	291	Sophie	Newman	Unattached	Female Senior
140	00:47:56	279	David	Grimshaw	Unattached	Male Master 55
141	00:47:57	314	Catherine	Drew	Unattached	Female Master 45
142	00:47:57	320	Luke	Baker	Unattached	Male Senior
143	00:48:03	130	Craig	Simpson	Unattached	Male Senior
144	00:48:03	162	Gregg	Perkins	Unattached	Male Senior
145	00:48:05	410	Becs	Burge	Unattached	Female Senior
146	00:48:08	61	Paul	Crowson	Harwich Runners	Male Master 45
147	00:48:11	427	Craig	Rought	Unattached	Male Master 40
148	00:48:14	46	Carla	Holroyd	Harwich Runners	Female Master 55
149	00:48:16	436	Oliver	Saunders	Unattached	Male Master 45
150	00:48:20	224	Daniel	Midwinter	Unattached	Male Senior
151	00:48:21	463	David	Lissimore	Unattached	Male Master 50
152	00:48:23	343	Jonathan	Pollock	Unattached	Male Senior
153	00:48:25	132	Luke	Smith	Unattached	Male Senior
154	00:48:31	452	Rachel	Bodsworth	Hadleigh Hares A.C.	Female Senior
155	00:48:39	393	Graham	Statter	Bishops Stortford Running Club	Male Master 55
156	00:48:41	272	Andrew	Heynes	Langham Resident	Male Master 40
157	00:48:44	338	James	Elsey	Unattached	Male Senior
158	00:48:53	120	Mike	Alveraz	Stowmarket Striders	Male Senior
159	00:48:59	385	John	Carey	Ipswich JAFFA	Male Master 55
160	00:49:01	115	Scott	Young	Gt Bentley Running Club	Male Master 40
161	00:49:04	154	Dan	Summers	Unattached	Male Senior
162	00:49:04	379	Ann	Piercy	Harwich Runners	Female Master 55
163	00:49:08	502	Colin	Short	Witham RC	Male Master 65
164	00:49:12	266	Tom	Blake	Unattached	Male Senior
165	00:49:13	72	Michaela	Clarke	Colchester Harriers AC	Female Senior
166	00:49:14	285	Peter	Allen	Bishops Stortford Running Club	Male Master 55
167	00:49:15	36	Sally	King	Witham RC	Female Master 45
168	00:49:16	133	Alan	Jackson	Unattached	Male Senior
169	00:49:16	407	Glenn	Proctor	Stowmarket Striders	Male Master 40
170	00:49:20	168	Chris	Regan	Unattached	Male Master 45
171	00:49:22	289	Mark	Skoulding	Stowmarket Striders	Male Master 40
172	00:49:22	260	Jo	Stephenson	Stowmarket Striders	Female Master 45
173	00:49:31	322	Daniel	Wilkinson	Unattached	Male Senior
174	00:49:39	500	Liz	Irvine	Springfield Striders AC	Female Senior
175	00:49:40	457	Mark	Farmer	Unattached	Male Master 45
176	00:49:41	473	Roy	Williams	Unattached	Male Senior
177	00:49:42	378	Michaela	Kadanikova	Ipswich JAFFA	Female Senior
178	00:49:56	19	John	Penny	Unattached	Male Master 55
179	00:50:01	446	Frank	Gardiner	Gt Bentley Running Club	Male Master 55
180	00:50:03	271	Stephen	Howard	Unattached	Male Master 40
181	00:50:05	14	Ian	Caulfield	Unattached	Male Master 40
182	00:50:15	428	Justin	Ashby	Unattached	Male Master 40

183	00:50:21	470	Leticia	Martin-Arias	Unattached	Female Senior
184	00:50:33	150	Ieuan	Davies	Unattached	Male Senior
185	00:50:34	73	Stephanie	Horner	Unattached	Female Master 40
186	00:50:37	41	David	Hart	Unattached	Male Master 40
187	00:50:39	364	Matthew	Tuffen	Unattached	Male Senior
188	00:50:40	369	Anthony	Smith	Witham RC	Male Master 50
189	00:50:41	281	Belinda	Chapman	Unattached	Female Senior
190	00:50:47	12	Ian	Bown	Unattached	Male Master 50
191	00:50:52	263	Don	Cox	Hadleigh Hares A.C.	Male Master 65
192	00:50:54	486	Liam	Forbes	Unattached	Male Senior
193	00:50:54	43	Eric	Shaw	Gt Bentley Running Club	Male Master 65
194	00:51:02	326	Paul	McAllister	Capel Cheetahs	Male Master 45
195	00:51:03	397	Raoul	Grantham	Braintree& District AC	Male Master 45
196	00:51:17	454	Russell	Williams	Unattached	Male Senior
197	00:51:18	255	Maxine	Stevens	Springfield Striders AC	Female Master 45
198	00:51:25	384	Lorna	Sharp	Gt Bentley Running Club	Female Senior
199	00:51:25	418	Louise	Manly	Unattached	Female Senior
200	00:51:25	419	Susan	Norman	Unattached	Female Master 45
201	00:51:29	380	Deniece	Davidson	Unattached	Female Master 45
202	00:51:32	199	Sandrine	Le-Gallese	Unattached	Female Master 40
203	00:51:34	54	Clare	Hamblin	Unattached	Female Master 45
204	00:51:37	442	Hayley	Harper	Ipswich JAFFA	Female Senior
205	00:51:38	195	Paul	Smith	Unattached	Male Senior
206	00:51:38	390	Andre	Palmer	Langham Resident	Male Master 40
207	00:51:39	206	Nikki	Osborne	Unattached	Female Master 40
208	00:51:44	286	Simon	Powell	Unattached	Male Senior
209	00:51:44	116	David	Mason	Springfield Striders AC	Male Master 45
210	00:51:49	292	Brian	Collins	Unattached	Male Master 50
211	00:52:07	273	Romany	Foster	Unattached	Female Master 45
212	00:52:12	372	Natalie	Abrahams	Unattached	Female Master 45
213	00:52:17	391	Nick	Alexandrou	Unattached	Male Senior
214	00:52:18	389	James	Carter	Unattached	Male Senior
215	00:52:20	231	Keith	Rose	Unattached	Male Master 50
216	00:52:20	440	Holly	Jago-Eagland	Unattached	Female Senior
217	00:52:22	109	Venessa	Moffat	Unattached	Female Senior
218	00:52:23	111	Dale	Weaver	Unattached	Male Master 45
219	00:52:24	267	Tim	Clifton	Unattached	Male Master 40
220	00:52:27	456	Alexander	Das	Unattached	Male Master 40
221	00:52:29	137	Robert	Brown	Unattached	Male Master 55
222	00:52:32	449	Paul	Millard	Unattached	Male Master 40
223	00:52:34	218	Becky	Barnes	Witham RC	Female Senior
224	00:52:36	386	Des	McHugh	Unattached	Male Master 40
225	00:52:45	489	Ian	North	Unattached	Male Master 40
226	00:52:50	312	John	Turnbull	Hadleigh Hares A.C.	Male Master 60
227	00:53:04	351	Mark	Blackburn	Unattached	Male Master 40
228	00:53:06	232	Darren	Chittenden	Unattached	Male Master 40
229	00:53:09	251	Jonathan	Smith	Unattached	Male Senior
230	00:53:18	110	Barry	Martin	Gt Bentley Running Club	Male Master 45
231	00:53:26	282	Jenny	Wise	Unattached	Female Senior
232	00:53:28	337	Christopher	Howard	Unattached	Male Master 40
233	00:53:29	96	Oliver	Lerwill	Unattached	Male Junior
234	00:53:34	71	Mike	Foster	Unattached	Male Senior
235	00:53:51	122	Eva	Goes	Unattached	Female Master 50
236	00:53:56	157	Lynne	King	Unattached	Female Master 45
237	00:54:02	35	Helen	Enefer	Unattached	Female Senior
238	00:54:18	375	Michael	Harman	Unattached	Male Senior
239	00:54:20	185	Ruth	Bean	Unattached	Female Senior
240	00:54:27	99	Paul	Scott	Unattached	Male Master 45
241	00:54:30	63	Fraser	McLaren	Unattached	Male Master 50
242	00:54:35	84	Alex	Mortimer	Unattached	Male Senior
243	00:54:37	477	Pippa	Cresdee	Ipswich JAFFA	Female Senior

244	00:54:44	89	Michael	Goodchild	Unattached	Male Master 45
245	00:54:58	288	Tony	Life	Unattached	Male Master 50
246	00:55:05	501	Gemma	Moss	Unattached	Female Master 40
247	00:55:21	214	Gaye	Gurry	Unattached	Female Master 45
248	00:55:24	67	Paul	Armstrong	Langham Resident	Male Master 50
249	00:55:29	387	P	Spinks	Unattached	Male Master 45
250	00:55:32	294	Maureen	Wright	Ipswich JAFFA	Female Master 65
251	00:55:35	241	Neil	Matthews	Unattached	Male Master 40
252	00:55:39	94	William	Tweddell	Unattached	Male Master 50
253	00:55:44	336	Ryan	Brown	Unattached	Male Senior
254	00:55:45	177	Sophie	Bloomfield	Unattached	Female Senior
255	00:55:49	328	Julia	Baldwin	Unattached	Female Master 40
256	00:55:49	327	Helen	Cain	Unattached	Female Master 40
257	00:55:53	401	David	Howe	Unattached	Male Senior
258	00:55:57	421	Stephen	Cartwright	Colchester & Tendring AC	Male Master 55
259	00:56:00	104	Tony	Emms	Langham Resident	Male Master 50
260	00:56:07	332	Sue	Violett	Unattached	Female Master 40
261	00:56:07	333	Russell	Hawkes	Unattached	Male Master 40
262	00:56:17	172	Brian	Smith	Unattached	Male Master 45
263	00:56:19	258	Julia	Davison	Unattached	Female Master 45
264	00:56:20	383	Fiona	Carter	Gt Bentley Running Club	Female Master 50
265	00:56:23	164	Laura	Robertson	Unattached	Female Senior
266	00:56:23	388	Philip	Beadle	Unattached	Male Master 45
267	00:56:25	186	Emma	Juniper	Unattached	Female Senior
268	00:56:26	102	Sarah	Heard	Colchester Harriers AC	Female Senior
269	00:56:26	298	Paul	Hart	Unattached	Male Master 45
270	00:56:27	466	Paul	Thomas	Unattached	Male Senior
271	00:56:29	358	Stuart	Irons	Unattached	Male Master 50
272	00:56:30	131	Lindsey	Harding-Payne	Unattached	Female Senior
273	00:56:36	287	Alan	Mackay	Unattached	Male Master 60
274	00:56:43	317	Daniel	Steptoe-Thompson	Unattached	Male Senior
275	00:56:46	76	Tim	Sillitoe	Unattached	Male Master 45
276	00:56:51	125	Martin	Owen	Gt Bentley Running Club	Male Senior
277	00:56:55	148	Phyllida	Hallidie	Unattached	Female Master 40
278	00:57:02	178	Lauren	Woods	Unattached	Female Senior
279	00:57:02	496	Lisa	Bond	Ipswich JAFFA	Female Master 40
280	00:57:04	318	Jemma	Graves	Langham Resident	Female Senior
281	00:57:12	365	Terence	Newcombe	Unattached	Male Senior
282	00:57:15	86	Lesley	Fuller	Gt Bentley Running Club	Female Senior
283	00:57:17	392	Mary	Smith	Unattached	Female Senior
284	00:57:21	100	Kerry	Borg	Unattached	Female Master 40
285	00:57:23	340	Emma	Rouse	Unattached	Female Senior
286	00:57:29	405	Barbara	Law	Gt Bentley Running Club	Female Master 65
287	00:57:40	149	Ruth	Davies	Unattached	Female Master 45
288	00:57:41	497	Lucy	Driver	Ipswich JAFFA	Female Senior
289	00:57:43	415	Matt	Doran	Harwich Runners	Male Senior
290	00:57:45	165	James	Punchard	Unattached	Male Senior
291	00:57:45	3	Anthea	Shore	Unattached	Female Master 45
292	00:57:45	412	Andrew	Nurden	Unattached	Male Senior
293	00:57:45	413	Sarah	Langridge	Unattached	Female Senior
294	00:57:45	33	Jonathan	Enefer	Unattached	Male Senior
295	00:57:47	75	Andy	Pearson	Unattached	Male Master 40
296	00:57:51	129	Grahame	Walkingshaw	Unattached	Male Master 50
297	00:57:51	363	Colin	Newcombe	Unattached	Male Master 40
298	00:58:00	447	Laura	Arfi	Stowmarket Striders	Female Master 40
299	00:58:02	20	Teresa	Bailey	Unattached	Female Master 45
300	00:58:13	377	Jessica	Wallace	Langham Resident	Female Junior
301	00:58:15	434	Kelly	Pritchard	Ipswich JAFFA	Female Senior
302	00:58:18	264	Ayten	Gillingham	Mid Essex Casuals	Female Master 40
303	00:58:28	56	Michael	Jackson	Unattached	Male Master 60
304	00:58:29	300	Jenni	Rowan	Unattached	Female Senior

305	00:58:32	299	Victoria	Heanes	Unattached	Female Senior
306	00:58:32	8	Anne	Harvey	Ipswich JAFFA	Female Master 45
307	00:58:35	161	Michaela	Burr	Unattached	Female Master 40
308	00:58:39	478	Sarah	Miles	Unattached	Female Senior
309	00:58:39	481	David	King	Langham Resident	Male Master 55
310	00:58:40	276	Samantha	Monks	Unattached	Female Master 40
311	00:58:48	2	Liz	Smith	Harwich Runners	Female Master 50
312	00:58:50	307	Lucie	Sukova	Unattached	Female Senior
313	00:58:53	469	Jacky	Batchelor	Unattached	Female Master 40
314	00:58:53	219	Mark	Crittenden	Unattached	Male Master 40
315	00:58:59	275	Rhonda	Dalgleish	Unattached	Female Senior
316	00:59:02	334	Debbie	Jarvis	Unattached	Female Master 45
317	00:59:06	448	Lucy	Burton	Unattached	Female Senior
318	00:59:13	411	David	Shipleigh	Unattached	Male Senior
319	00:59:19	124	Alan	Mills	Unattached	Male Master 45
320	00:59:20	323	John	Voss	Unattached	Male Master 45
321	00:59:21	234	Elizabeth	Brooks	Unattached	Female Senior
322	00:59:24	174	Jason	Roast	Unattached	Male Senior
323	00:59:28	325	Nicola	Ashworth	Unattached	Female Master 40
324	00:59:30	57	Nia	Fortuna	Unattached	Female Senior
325	00:59:41	65	Claire	Reynolds	Gt Bentley Running Club	Female Senior
326	00:59:42	222	Kerry	Spark	Unattached	Female Master 40
327	00:59:46	202	Alexandra	Tyrie	Unattached	Female Master 40
328	00:59:52	409	Julie	Lawrence	Unattached	Female Master 55
329	00:59:52	187	Andrew	Stephens	Unattached	Male Senior
330	00:59:57	400	William	Calderbank	Unattached	Male Senior
331	00:59:59	395	Tom	Arculus	Langham Resident	Male Senior
332	01:00:19	431	Christine	Hall	Ackworth Road Runners & A.C.	Female Master 55
333	01:00:24	347	Sandie	Oxborrow	Stowmarket Striders	Female Master 50
334	01:00:25	211	Michelle	Eley	Unattached	Female Master 40
335	01:00:32	262	Michael	Pritchard	Langham Resident	Male Master 45
336	01:00:49	21	Paul	Bailey	Unattached	Male Master 45
337	01:01:10	278	Jennifer	Wright	Unattached	Female Senior
338	01:01:17	349	Geoff	Smith	Unattached	Male Master 40
339	01:01:22	493	Teresa	Parkins	Unattached	Female Master 55
340	01:01:30	233	Christianne	Carrick	Unattached	Female Senior
341	01:01:39	114	Hannah	Coltart	Unattached	Female Senior
342	01:01:41	432	Helen	Offord	Unattached	Female Master 45
343	01:01:48	416	Sarah	Besford	Unattached	Female Master 45
344	01:01:48	464	Trevor	Millard	Unattached	Male Senior
345	01:02:04	85	Sarah	Mortimer	Unattached	Female Senior
346	01:02:14	183	Julie	Cousins	Unattached	Female Senior
347	01:02:28	153	Sarah	Greenham	Unattached	Female Master 50
348	01:02:30	184	Richard	Newland	Unattached	Male Senior
349	01:02:31	435	Joe	Fitzpatrick	Unattached	Male Master 50
350	01:03:15	429	Gina	Geremia	Unattached	Female Master 40
351	01:03:25	167	Rupert	Martin	Unattached	Male Senior
352	01:03:31	200	Candice	Westaway	Unattached	Female Senior
353	01:03:37	315	Emily	Head	Unattached	Female Senior
354	01:03:40	77	Heidi	Drake	Unattached	Female Senior
355	01:03:40	301	Alyson	Limpkin-Challis	Felixstowe Road Runners	Female Master 45
356	01:03:45	226	Amy	Harrison	Unattached	Female Senior
357	01:04:09	261	Cheryll	Gill	Unattached	Female Senior
358	01:04:18	480	Rachel	Hoggarth	Unattached	Female Senior
359	01:04:48	249	Keirsty	Smith	Unattached	Female Master 40
360	01:04:48	235	Jane	Prince	Unattached	Female Master 45
361	01:05:09	236	Angela	Lawrence	Unattached	Female Master 50
362	01:05:09	106	Carmen	Hargreaves	Unattached	Female Master 45
363	01:06:03	105	Stephen	Hargreaves	Unattached	Male Master 45
364	01:06:03	355	Belinda	Palmer-Barnes	Gt Bentley Running Club	Female Master 50
365	01:06:12	305	Katie	Taylor	Unattached	Female Senior

366	01:06:20	295	John	Campbell	Unattached	Male Master 60
367	01:06:21	316	Teresa	Moriarty	Unattached	Female Master 50
368	01:06:25	194	Jennifer	Smith	Unattached	Female Senior
369	01:06:29	360	Nicki	Everitt	Unattached	Female Senior
370	01:06:29	171	James	Thomas	Unattached	Male Senior
371	01:06:32	482	Alison	Redgewell	Unattached	Female Master 45
372	01:07:02	51	Gary	Evans	Unattached	Male Master 40
373	01:07:30	52	Kim	Evans	Unattached	Female Senior
374	01:07:30	467	Melissa	Seaman	Unattached	Female Senior
375	01:08:12	166	Stacey	Lock	Unattached	Female Senior
376	01:08:29	485	Kevin	Sheath	Unattached	Male Master 50
377	01:08:52	10	Sandra	James	Gt Bentley Running Club	Female Master 50
378	01:08:54	475	Suzanne	Dunning	Unattached	Female Senior
379	01:09:04	346	Dawn	Shilling	Unattached	Female Senior
380	01:09:37	361	Michelle	Spencer	Unattached	Female Senior
381	01:09:53	296	Jeanine	Harrigan	Unattached	Female Master 40
382	01:10:39	302	Siobhan	Whitley	Unattached	Female Senior
383	01:10:40	213	Amy	Barnett	Unattached	Female Senior
384	01:11:03	215	Catherine	Hart	Unattached	Female Master 40
385	01:11:31	494	Charlotte	Watson	Unattached	Female Senior
386	01:11:32	280	Lynne	French	Unattached	Female Master 50
387	01:11:32	259	Angela	Ironside	Unattached	Female Senior
388	01:11:54	108	Wendy	Cooper	Unattached	Female Master 50
389	01:12:00	303	Keeley	Timms	Unattached	Female Master 40
390	01:14:12	128	Emily	Maynard	Unattached	Female Senior
391	01:15:07	83	Ruth	Metcalfe	Gt Bentley Running Club	Female Master 40
392	01:15:49	284	Susan	Diddams	Unattached	Female Master 50
393	01:16:08	479	Lou	Coy	Unattached	Female Senior
394	01:16:24	311	Samantha	Barnes	Unattached	Female Senior
395	01:16:43	49	Leighton	Bloss	Unattached	Male Senior
396	01:16:53	126	Vicky	Turner	Unattached	Female Master 40
397	01:19:09	175	Katie	Elliott	Unattached	Female Senior
398	01:19:24	170	Clare	Thomas	Unattached	Female Senior
399	01:23:43	182	Michael	Sommerlad	Gt Bentley Running Club	Male Master 70
400	01:27:45	176	Stuart	Hamilton	Unattached	Male Master 45