

Position	Age Cat	place	Name	Name	Age Cat	Club	Time
1		1	Andrew	Rooke	M OPEN	Framlingham Flyers	25.45
2		2	Robert	Chenery	M OPEN	Ipswich Jaffa RC	28.21
3		3	Matt	Spencer	MOPEN	Bungay Black Dog RC	28.56
4		1	Jim	Last	MV40	Framlingham Flyers	29.30
5		2	Benjamin	Jacobs	MV40	Felixstowe RRC	29.56
6		1	Dave	Solomon	MV50	Felixstowe RRC	30.47
7		4	Garry	Cullum	M OPEN	Felixstowe RRC	30.51
8		3	Darren	Sheppard	MV40	Framlingham Flyers	30.56
9		5	Harry	Fitzgerald	M OPEN	Ipswich Harriers	31.24
10		6	Oscar	Wood	M OPEN	Framlingham Flyers	31.57
11		4	Steve	Brooke	MV40	Felixstowe RRC	31.59
12		5	Robin	Harper	MV40	Felixstowe RRC	33.12
13		1	Emma	Mortimer	F OPEN	Hadleigh Hares AC	33.24
14		2	Ian	Duggan	MV50	Felixstowe RRC	33.29
15		6	Michael	Jones	MV40	Stowmarket Striders RC	33.38
16		7	David	Beighton	MV40	Saint Edmund Pacers	33.46
17		2	Becky	Smith	F OPEN		33.54
18		3	Russell	Brown	MV50		33.56
19		8	Mark	Baksa	MV40		34.30
20		9	Graham	Coulter	MV40	Framlingham Flyers	34.44
21		7	Tristan	Powter	M OPEN		34.37
22		10	Jason	Taylor	MV40	Felixstowe RRC	34.57
23		4	Scott	MacSephney	MV50	Ipswich Jaffa RC	35.05
24		5	Robin	Mackenzie	MV50	Framlingham Flyers	35.14
25		6	Roger	Ackerley	MV50	Woodbridge Shufflers RC	35.23
26		11	Mark	Rose	MV40	Ipswich Jaffa RC	35.32
27		1	Chris	Johns	MV60	Woodbridge Shufflers RC	36.05
28		8	Neil	Gillingham	M OPEN	Ipswich Harriers	36.15
29		7	Howard	Revell	MV50	Framlingham Flyers	36.20
30		9	Ross	Rands	M OPEN		36.26
31		12	Simon	Tinkler	MV40	Framlingham Flyers	36.32
32		8	Sean	O'loughlin	MV50	Bungay Black Dog RC	36.38

33	12 Roger	Bearn	MV40	Blackwater Valley Runners	36.53
34	13 Kerry	Buckley	MV40		37.02
35	14 Kenneth	Tovell	MV40	Framlingham Flyers	37.07
36	15 Peter	Gray	MV40		37.17
37	16 Paul	Stone	MV40		37.26
38	17 Karl	Feagan	MV40	Hadleigh Hares AC	37.35
39	10 Andy	Bailey	M OPEN	Bungay Black Dog RC	37.59
40	18 Alex	Batho	MV40		38.03
41	19 Richard	Dempsey	MV40	Woodbridge Shufflers RC	38.11
42	11 George	Wright	M OPEN	Stowmarket Striders RC	38.13
43	3 Sarah	Fitch	FV40		38.26
44	20 Julian	Davis	MV40	Bungay Black Dog RC	38.36
45	2 John	Weston	MV60	Ipswich Jaffa RC	38.54
46	12 Alex	Jacobs	M OPEN	Felixstowe RRC	38.55
47	9 Neal	Hannigan	MV50	Capel Cheetahs	38.59
48	13 James	Calver	M OPEN		39.26
49	21 Sam	Phillips	MV40		39.43
50	1 Jo	Lockhart	FV40	Bungay Black Dog RC	39.45
51	22 Daren	Coulter	MV40	Waveney Valley AC	39.52
52	3 Shannon	MacSephney	F OPEN	Ipswich Jaffa RC	39.56
53	23 Jason	Wood	MV40	Framlingham Flyers	39.59
54	21 Peter	Woods	M OPEN	Felixstowe RRC	40.27
55	3 Robert	Mawson	MV60	Framlingham Flyers	40.28
56	4 Michelle	Hewitt	F OPEN	Framlingham Flyers	40.33
57	1 Helen	Duggan	FV50	Felixstowe RRC	40.34
58	4 Keith	Borrett	MV60		40.58
59	22 Mark	Coole	M OPEN	Stowmarket Striders RC	40.59
60	24 Carl	Collins	MV40		41.30
61	23 Marcus	Leeder	M OPEN		41.30
62	10 Chris	Howland	MV50	Felixstowe RRC	42.03
63	25 Frank	Barrett	MV40	Stowmarket Striders RC	42.07
64	23 Damien	Magruder	M OPEN		42.22
65	24 John	McKee	M OPEN	Framlingham Flyers	42.28

66	5 Samantha	Laurie	F OPEN		42.48
67	2 Clare	Moodie	FV40	Framlingham Flyers	43.00
68	25 Liam	Brinkley	MOPEN		43.02
69	6 Lara	Brinkley	F OPEN		43.02
70	26 Chris	Bond	M OPEN		43.14
71	5 Richard	Fellingham	MV60	Stowmarket Striders RC	43.19
72	11 Peter	Finch	MV50	Ipswich Jaffa RC	43.28
73	3 Emma	Harwood	FV40		43.34
74	4 Nicky	Roper	FV40	Framlingham Flyers	43.40
75	7 Lydia	Kirk	F OPEN		43.44
76	8 Joanne	Harper	F OPEN	Felixstowe RRC	43.50
77	6 David	Taylor	MV60	Framlingham Flyers	43.53
78	27 Ollie	Kmiecik	M OPEN		43.58
79	2 Tracie	Paris-Oakes	FV50		44.09
80	12 Rob	Hadgraft	MV50	Tiptree Road Runners	44.17
81	28 Rich	Taylor	M OPEN		44.21
82	26 Simon	Hedge	MV40	Felixstowe RRC	45.05
83	29 Anthony	Coulter	M OPEN		45.07
84	27 Nick	Partridge	MV40		45.17
85	5 Kate	Francis	FV40		45.24
86	6 Elspeth	Gilmour	FV40	Framlingham Flyers	45.29
87	7 Victoria	Mitchell	FV40		45.30
88	30 Steve	Kirk	M OPEN	Framlingham Flyers	45.49
89	13 Adrian	Cole	MV50	Stowmarket Striders RC	46.01
90	8 Trudie	Timms	FV40	Framlingham Flyers	46.09
91	9 Becci	Taylor	F OPEN		46.26
92	28 Mark	Bearn	MV40		46.41
93	14 Bryan	Harwood	MV50		46.49
94	10 Katie	Everett	F OPEN	Framlingham Flyets	46.50
95	11 Jayne	Wright	FOPEN		46.55
96	9 Sarah	Coulter	FV40		46.56
97	12 Jayne	Primera	F OPEN		46.58
98	3 Ruth	Belsom	FV50		47.04

99	13 Pam	Morgan	F OPEN	Framlingham Flyers	47.09
100	4 Samantha	Stedman-Jones	FV50	Bungay Black Dog RC	47.14
101	14 Kaye	Stone	F OPEN		47.22
102	15 Ali	Rands	F OPEN		47.24
103	16 Hannah	Page	F OPEN		47.24
104	10 Joanna	Blyth	FV40		47.37
105	17 Lucy	Peterkin	F OPEN	Framlingham Flyers	47.43
106	18 Vicky	Mitchell	F OPEN		47.50
107	11 Tamasin	Wood	FV40	Framlingham Flyers	48.08
108	30 Robert	Grimsey	M OPEN	Hadleigh Hares AC	48.20
109	5 Ali	Lock	FV50		48.27
110	1 Vivienne	Taylor	FV60	Framlingham Flyers	48.34
111	29 David	Tillett	MV40	Felixstowe RRC	48.38
112	12 Carita	Farthing	FV40	Felixstowe RRC	48.54
113	15 Joe	Haughton	MV50		49.18
114	6 Jo	Whelan	FV50	Felixstowe RRC	49.18
115	30 Jonathan	Jenkyn	MV40	Felixstowe RRC	49.21
116	13 Kate	Mawson	FV40		49.24
117	14 Joanne	Brooke	FV40	Felixstowe RRC	49.40
118	15 Courtney	Taylor	FV40	Felixstowe RRC	49.47
119	16 Heidi	Taylor	FV40	Felixstowe RRC	49.47
120	7 Angela	Whiting	FV50	Stowmarket Striders RC	50.06
121	8 Denise	Wright	FV50	Stowmarket Striders RC	50.06
122	7 John	Swann	MV60		50.06
123	16 Rod	MacGregor	MV50	Felixstowe RRC	50.20
124	19 Kerby	Colgan	F OPEN		50.24
125	8 Mik	Carr	MV60	Bungay Black Dog RC	50.29
126	20 Karen	Chennels	F OPEN		50.30
127	21 Pille	Partel	F OPEN		51.09
128	17 Elie	Ishac	MV50	Felixstowe RRC	51.12
129	18 Jeffrey	Wright	MV50	Blackpool Wyre & Fylde AC	51.22
130	9 Julie	Haselwood	FV50	Ipswich Jaffa RC	51.30
131	22 Tina	Cullum	F OPEN		51.35

132	23 Wakako	Wigan	F OPEN		52.28
133	19 Malcolm	Stedman-Jones	MV50	Bungay Black Dog RC	52.42
134	10 Carol	Bimson	FV50	Stowmarket Striders RC	52.57
135	31 Graham	Turner	M OPEN		53.24
136	11 Tonya	Lindley-Gill	FV50		54.13
137	1 Jan	Green	FV70	Framlingham Flyers	54.17
138	17 Mandy	Jordan	FV40	The Saxons	54.20
139	24 Courtney	Turner	F OPEN	Felixstowe RRC	54.25
140	18 Niki	MacSephney	FV40		54.25
141	12 Sally	Solomon	FV50	Felixstowe RRC	54.27
142	19 Marianne	Hedge	FV40	Felixstowe RRC	54.41
143	20 Julia	Mclean	FV40		55.07
144	13 Lynn	Ruddick	FV50		55.18
145	14 Lesley	Swann	FV50		55.38
146	15 Carol	Rose	FV50		55.39
147	25 Katie	King	F OPEN		56.12
148	2 Valerie	Nutley	FV60		56.16
149	25 Melissa	Clarke	F OPEN		56.31
150	31 Mark	Panton	MV40		56.53
151	16 Susan	Spaulding	FV50	Felixstowe RRC	57.10
152	21 Lynda	Woods	FV40		57.58
153	26 Gemma	Sparrow	F OPEN	Stowmarket Striders RC	58.19
154	27 Kayt	Walker	F OPEN		60.45
155	28 Lauren	Walker	F OPEN		60.58
156	17 Jo	Salter	FV50		61.09
157	29 Lindsey	Wyborn	F OPEN		61.32
158	30 Jo	Peck	F OPEN		61.34
159	31 Kim	King	F OPEN		61.34
160	32 Lindsay	Compton	F OPEN		61.53
161	33 Hannah	Tillson	F OPEN		62.39
162	22 Rachel	Flin	FV40		62.39
163	3 Gaye	Farrar	FV60	Framlingham Flyers	63.15
164	1 Philip	Nutley	MV70	Saint Edmund Pacers	64.36

165	18 Kathy	Gow	FV50	66.42
166	19 Kathy	Parks	FV50	78.43

DNS	Laura	Ali	FV40	Framlingham Flyers
DNS	Lisa	Bond	FV40	Ipswich Jaffa RC
DNS	Duncan	Chenery	MV50	Ipswich Jaffa RC
DNS	Sasha	Chilvers	F OPEN	
DNS	Kate	Ford-Thomas	F OPEN	
DNS	Alice	Heather-Hayes	FV40	Hadleigh Hares AC
DNS	Roger	Hobson	MV70	Woodbridge Shufflers RC
DNS	Lucy	Hollis	F OPEN	Woodbridge Shufflers RC
DNS	Derek	Hood	MV40	Ipswich Jaffa RC
DNS	Katherine	Mann	F OPEN	
DNS	Christine	Marsh	FV60	
DNS	Karl	Mayers	M OPEN	Red Lodge Running Club
DNS	Jem	Smith	MV40	Sudbury Joggers
DNS	David	Steward	MV50	Woodbridge Shufflers RC
DNS	Ant	Whitaker	MV50	
DNS	Keith	Williams	MV40	
DNS	Rachel	Williamson	FV40	Fetch Everyone
DNS	Annette	Huggins	FV60	Framlingham Flyers