

	Running Number	Time	First name	Surname	Club Name
<i>Female Senior</i>					
	81	0:29:39	Tamara	Jordan	Stowmarket Striders
	51	0:33:43	Mary	Narey	Stowmarket Striders
	19	0:36:02	Sarah	Vick	Saxmundham Saxons
	263	0:37:58	Becky	Jack	Stowmarket Striders
	83	0:39:18	Zibby	Parker	Felixstowe road Runners
	36	0:40:02	Kate	Sherwin	Felixstowe road Runners
	240	0:40:21	Sarah -Jane	Firman	Norwich Road Runners
	63	0:41:56	Naomi	Hall	Stowmarket Striders
	187	0:44:25	Kathryn	Gerry	Unattached
	166	0:45:09	Claire	Balie	Stowmarket Striders
	2	0:47:56	Helen	Finegan	Felixstowe road Runners
<i>Female Vet 40</i>					
	123	0:33:31	Val	Jennings	Ipswich Jaffa
	54	0:34:24	Haley	Suttle	Stowmarket Striders
	179	0:35:36	Sarah	Golding	st edmund pacers
	265	0:36:53	Michelle	Constable	Ipswich Tri Club
	173	0:38:50	Evette	Price	Framlingham Flyers
	41	0:39:12	Annabel	Bennett	Felixstowe road Runners
	139	0:41:36	Debbie	Ghant	Stowmarket Striders
	169	0:41:47	Ruth	Greggor	Martlesham Leisure
	4	0:50:12	Barbara	Monk	Unattached
<i>Female Vet 45</i>					
	258	0:34:27	Julie	Brown	Ipswich Jaffa
	38	0:41:33	Julie	Cox	Ipswich Jaffa
	262	0:42:13	Gail	Sparkes	Stowmarket Striders
	59	0:43:42	Jane	Dolan	Stowmarket Striders
	68	0:44:43	Jan	Starmer	Stowmarket Striders
	127	0:45:45	Ronel	Van der Merve	Unattached
	167	0:46:34	Wendy	Hughes	Stowmarket Striders
	33	0:50:38	Lesley	Watt	Stowmarket Striders
	121	0:51:53	Sally	Hope	Unattached
<i>Female Vet 50</i>					
	27	0:38:43	Gill	Dean	Ipswich Jaffa
	72	0:43:50	Julie	Thurlow	Ipswich Jaffa
	151	0:44:58	Sue	Hargadon	Ipswich Tri Club
<i>Female Vet 55</i>					
	62	0:49:06	Jacky	Causon	Unattached
	93	0:50:34	Sue	Seggar	Stowmarket Striders
	188	0:53:21	Rosemary	Tyler	Stowmarket Striders
<i>Female Vet 60+</i>					
	154	0:40:24	Maureen	Wright	Ipswich Jaffa
	29	0:54:13	Wendy	Merfield	Saxmundham Saxons
	52	dns/dnf	Margery	Brown	Stowmarket Striders
<i>Male Senior</i>					
	96	0:27:50	Ian	Keeble	Stowmarket Striders
	233	0:27:53	Roger	Aldis	Stowmarket Striders
	194	0:28:10	Kevin	Sharman	lowestoft RR
	58	0:28:18	Robert	Chenery	Ipswich Jaffa
	44	0:28:28	Joshua	Entwistle	Felixstowe road Runners

105	0:28:39	Gavin	Davies	Ipswich Jaffa
280	0:29:00	Daniel	Moss	Unattached
243	0:29:07	Scott	Macsephney	Ipswich Jaffa
49	0:29:08	Nick	Palmer	Stowmarket Striders
266	0:29:11	Julian	Long	st edmund pacers
276	0:29:27	Paul	Preston	Sudbury Joggers
24	0:30:17	Simon	Phillips	st edmund pacers
165	0:30:40	Tony	Gavin	Unattached
40	0:31:14	Vince	Calver	Felixstowe road Runners
239	0:31:17	Darren	Judd	Sudbury Joggers
80	0:32:44	Paul	Shaw	Felixstowe road Runners
227	0:33:15	Ricky	Berry	Saxmundham Saxons
138	0:33:37	Jason	Bloomfield	Stowmarket Striders
22	0:35:07	Simon	Wiggins	Felixstowe road Runners
234	0:35:20	Eric	Hempstead	Unattached
213	0:37:19	Christopher	Moulton	Sudbury Joggers
78	0:37:29	Stuart	Abbott	Woodbridge Shufflers
175	0:37:30	Clive	Quantrill	Ipswich Jaffa
143	0:38:07	Jon	Davies	Unattached
162	0:43:47	Kieron	Perry	Unattached
247	0:48:26	Gavin	Ruffles	Unattached
122	0:51:53	Roas	Cracknell	Unattached
113	dns/dnf	Ricky	Peacher	Framlingham Flyers
150	dns/dnf	Jonny	Palmer	Ipswich Harriers
185	dns/dnf	Danny	Thorrington	Ipswich Tri Club
252	dns/dnf	Will	Barnes-Smith	st edmund pacers

Male Vet 40

124	0:27:44	David	Laing	Ipswich Jaffa
94	0:30:16	Nicholas	Stephens	Stowmarket Striders
168	0:30:52	Alistair	Dick	Ipswich Jaffa
251	0:31:19	Martin	Barnes-Smith	st edmund pacers
172	0:33:10	Andy	Cox	Felixstowe road Runners
5	0:33:31	Chris	Chorley	Bungay Black Dog RC
10	0:35:10	Paul	White	st edmund pacers
161	0:35:29	Andrew	Evans	Ipswich Jaffa
277	0:36:40	David	Wood	Stowmarket Striders
211	0:36:44	Stuart	Appleby	Unattached
160	0:38:35	Andrew	Dockery	Unattached
170	0:47:37	David	Greggor	Martlesham Leisure

Male Vet 45

264	0:27:33	David	Reed	st edmund pacers
171	0:28:33	Richard	Jordan	Stowmarket Striders
69	0:29:34	Chris	Starmer	Stowmarket Striders
137	0:29:35	Les	Heath	st edmund pacers
191	0:29:37	Christopher	Cooke	st edmund pacers
174	0:32:21	Kevin	Short	Framlingham Flyers
57	0:32:40	Duncan	Chenery	Ipswich Jaffa
201	0:32:46	Roger	Ackerley	Woodbridge Shufflers
53	0:32:56	Alan	Jackson	Ipswich Jaffa
42	0:33:56	Richard	Bennett	Felixstowe road Runners
3	0:37:33	Tim	Finegan	Felixstowe road Runners
206	0:38:33	Martin	Ryan	Unattached
208	0:41:06	Colin	Forrester	Stowmarket Striders
153	0:42:28	Steven	Reynolds	Unattached
21	dns/dnf	Andrew	Haughton	Unattached

Male Vet 50

180	0:28:20	Peter	Golding	st edmund pacers
23	0:33:04	Dave	Vaughan	st edmund pacers
214	0:33:07	Ker	Macrosson	Ipswich Jaffa
56	0:34:53	Rob	Clayton	Felixstowe road Runners
43	0:38:25	Mike	Munson	Stowmarket Striders
35	0:40:07	Philip	Cooper	Felixstowe road Runners
202	0:42:11	Philip	Theobald	st edmund pacers
261	0:42:11	Roger	Sparkes	Stowmarket Striders
200	0:42:42	Robbie	Swazell	st edmund pacers
73	0:44:34	Peter	Thurlow	Ipswich Jaffa
181	0:45:30	Richard	Partridge	Unattached
<i>Male Vet 55</i>				
197	0:31:27	Raymond	Hill	Ipswich Jaffa
147	0:31:59	Steve	Levinson	Unattached
87	0:32:50	Ray	Roberts	Felixstowe road Runners
193	0:33:03	Bill	Kingaby	Waveney Valley AC
270	0:44:27	Lyndon	Collier	Sudbury Joggers
199	0:47:57	Philip	Nutley	st edmund pacers
<i>Male Vet 60</i>				
269	0:43:38	Brian	Peck	st edmund pacers
279	0:53:46	David	West	Stowmarket Striders
<i>Male Vet 65</i>				
224	0:35:31	Glyn	Peck	Harwich Runners
30	0:41:33	Gordon	Merfield	Saxmundham running and Fitness
39	0:46:17	Mike	Chambers	st edmund pacers
<i>Male Vet 70+</i>				
176	0:57:25	James	Kelly	Framlingham Flyers