

# Framlingham Friday 5

## Open

| <i>Position</i> | <i>Number</i> | <i>Name</i>      | <i>Cat</i> | <i>Actual time</i> | <i>Club</i>                 |
|-----------------|---------------|------------------|------------|--------------------|-----------------------------|
| 1               | 326           | Rooke Andrew     | MO         | 0:25:19.42         | Ipswich Jaffa RC            |
| 2               | 163           | Mcmorran Kieran  | MO         | 0:26:26.23         | Ipswich Jaffa RC            |
| 3               | 27            | Rock Danny       | MO         | 0:27:02.68         | Felixstowe RRC              |
| 4               | 79            | Chenery Robert   | MO         | 0:27:25.34         | Ipswich Jaffa RC            |
| 5               | 248           | Davies Gavin     | MO         | 0:27:40.13         | Ipswich Jaffa RC            |
| 6               | 19            | Last Jim         | MO         | 0:27:49.97         | Framlingham Flyers          |
| 7               | 246           | Adams Thomas     | MO         | 0:28:03.82         | Ipswich Harriers            |
| 8               | 191           | Turley Benjamin  | MO         | 0:28:09.25         | Ipswich Jaffa RC            |
| 9               | 5             | Howlett Adam     | M45        | 0:28:14.65         | Framlingham Flyers          |
| 10              | 164           | Parry Steven     | M45        | 0:28:39.67         | Ipswich Jaffa RC            |
| 11              | 341           | Fiddaman Craig   | MO         | 0:28:43            | Ipswich Jaffa RC            |
| 12              | 189           | Hayles Kieran    | MO         | 0:28:48.28         | Sudbury Joggers             |
| 13              | 228           | Tripp Alex       | MO         | 0:29:10.33         | Ipswich Harriers            |
| 14              | 244           | Palmer Nick      | M40        | 0:29:12.27         | Stowmarket Striders RC      |
| 15              | 2             | Sheppard Darren  | M45        | 0:29:16.51         | Framlingham Flyers          |
| 16              | 55            | Preston Paul     | M40        | 0:29:27.58         | Colchester Harriers AC      |
| 17              | 333           | Clarke Nicholas  | MO         | 0:29:46.43         | Ipswich Jaffa RC            |
| 18              | 193           | Bunch Trevor     | M40        | 0:29:54.9          | Haverhill Running Club      |
| 19              | 294           | Abbott Thomas    | MO         | 0:30:03.15         |                             |
| 20              | 88            | Wilson James     | MO         | 0:30:06.2          | Saxmundham Sports Running & |
| 21              | 162           | Cresswell Tom    | MO         | 0:30:07.97         | Sudbury Joggers             |
| 22              | 254           | Macsephney Scott | M45        | 0:30:12            | Ipswich Jaffa RC            |
| 23              | 296           | Smith Peter      | MO         | 0:30:24.02         |                             |
| 24              | 284           | Hayward Mark     | MO         | 0:30:28.75         | Stowmarket Striders RC      |
| 25              | 295           | Watts Mark       | M50        | 0:30:42.37         | Saint Edmund Pacers         |
| 26              | 226           | Thorpe John      | M45        | 0:30:48.91         | Ipswich Jaffa RC            |
| 27              | 17            | Harper Robin     | M40        | 0:30:53.92         | Felixstowe RRC              |
| 28              | 42            | Solomon Dave     | M45        | 0:31:04.81         | Felixstowe RRC              |
| 29              | 282           | Buck Andy        | M50        | 0:31:12.01         | Sudbury Joggers             |
| 30              | 89            | Hanman Tim       | M45        | 0:31:27.67         | Ipswich Jaffa RC            |
| 31              | 82            | Nickells Paul    | M50        | 0:31:32.88         | Woodbridge Shufflers RC     |
| 32              | 302           | Hayward James    | MO         | 0:31:36            | Stowmarket Striders RC      |
| 33              | 91            | Brooke Steve     | M45        | 0:31:49.06         | Felixstowe RRC              |
| 34              | 15            | Aldred Will      | M45        | 0:31:53.51         | Framlingham Flyers          |
| 35              | 16            | Aldred John      | MO         | 0:32:05.78         | Framlingham Flyers          |
| 36              | 310           | Harrison Lee     | MO         | 0:32:12.14         |                             |
| 37              | 114           | Tye Chris        | M45        | 0:32:13.62         |                             |
| 38              | 126           | Keitch Charles   | MO         | 0:32:18.63         | Great Bentley Running Club  |
| 39              | 119           | Maycock Melvyn   | MO         | 0:32:24.34         |                             |
| 40              | 1             | Revell Howard    | M50        | 0:32:26.17         | Framlingham Flyers          |
| 41              | 216           | Presland Vicky   | F40        | 0:32:28.99         | Great Bentley Running Club  |
| 42              | 170           | Parkins Ritchie  | M40        | 0:32:38.2          | Stowmarket Striders RC      |
| 43              | 107           | Brown Paul       | M50        | 0:32:43.02         | Framlingham Flyers          |
| 44              | 186           | Davey Clive      | M40        | 0:32:45.71         | Sudbury Joggers             |
| 45              | 349           | Glanfield Jon    | MO         | 0:32:46.36         | Felixstowe RRC              |
| 46              | 29            | Howlett James    | M40        | 0:32:48.53         | Framlingham Flyers          |
| 47              | 258           | Haining William  | M60        | 0:32:56.08         | Harwich Runners             |
| 48              | 342           | Goode Adrian     | M50        | 0:32:59.64         | Felixstowe RRC              |
| 49              | 288           | Mead Stephen W   | M60        | 0:33:00.71         |                             |
| 50              | 56            | Frost Ady        | M45        | 0:33:01.42         | Colchester Harriers AC      |
| 51              | 311           | Glass Louise     | FO         | 0:33:15.48         | Sudbury Joggers             |
| 52              | 60            | Rogers Brian     | M60        | 0:33:17.28         | Ipswich Jaffa RC            |
| 53              | 312           | Glass Andy       | M40        | 0:33:22.08         | Sudbury Joggers             |
| 54              | 178           | White Stewart    | MO         | 0:33:24.47         | Saint Edmund Pacers         |
| 55              | 152           | Raja Rakesh      | M45        | 0:33:25.51         | Saint Edmund Pacers         |
| 56              | 128           | Kennedy Sean     | MO         | 0:33:28.11         | Woodbridge Shufflers RC     |
| 57              | 340           | Hicks Stephen    | M55        | 0:33:29.71         | Ipswich Harriers            |
| 58              | 320           | Duggan Ian       | M50        | 0:33:36.33         | Felixstowe RRC              |
| 59              | 227           | Farthing Jess    | M40        | 0:33:38.25         | Felixstowe RRC              |
| 60              | 300           | Moseley Mary Ann | F45        | 0:33:39.08         | Haverhill Running Club      |

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|-----------------|---------------|-------------------|------------|--------------------|-----------------------------|
| 61              | 328           | Tapp Henry        | MO         | 0:33:40.01         |                             |
| 62              | 127           | Hambling Stewart  | M45        | 0:33:47.48         | Framlingham Flyers          |
| 63              | 183           | Codling Tom       | MO         | 0:33:48.65         | Sudbury Joggers             |
| 64              | 116           | Schofield Nigel   | M50        | 0:33:49.89         | Saint Edmund Pacers         |
| 65              | 46            | Mccullough Ron    | M70        | 0:33:53.1          | Ipswich Jaffa RC            |
| 66              | 250           | Cornish James     | MO         | 0:33:53.75         | Woodbridge Shufflers RC     |
| 67              | 278           | Read Alastair     | MO         | 0:33:54.57         | Felixstowe RRC              |
| 68              | 287           | Clarke Neville    | M60        | 0:33:55.97         |                             |
| 69              | 115           | Pretty Stephen    | M55        | 0:33:56.88         | Stowmarket Striders RC      |
| 70              | 148           | Jennings Val      | F50        | 0:34:06.36         | Ipswich Jaffa RC            |
| 71              | 198           | Webb Vince        | M45        | 0:34:10.96         | Saint Edmund Pacers         |
| 72              | 99            | Church Aiden      | MO         | 0:34:13.64         |                             |
| 73              | 112           | Hayward Guy       | M40        | 0:34:15.3          | Framlingham Flyers          |
| 74              | 92            | Brooke Sam        | MO         | 0:34:19.46         | Felixstowe RRC              |
| 75              | 209           | Newton Tim        | M65        | 0:34:20.32         | Ipswich Jaffa RC            |
| 76              | 166           | Neville Andr a    | M40        | 0:34:21.75         | Stowmarket Striders RC      |
| 77              | 208           | Tinkler Simon     | M40        | 0:34:23.09         | Framlingham Flyers          |
| 78              | 7             | Gillingham Neil   | MO         | 0:34:27.92         | Ipswich Harriers            |
| 79              | 335           | Hurley David      | M50        | 0:34:41.71         | Mid Essex Casuals           |
| 80              | 332           | Mackenzie Robin   | M50        | 0:34:42.63         | Framlingham Flyers          |
| 81              | 271           | Cumner Ellie      | F35        | 0:34:44.45         | Colchester & Tendring AC    |
| 82              | 98            | Church Jake       | MO         | 0:34:46.26         | Saxmundham Sports Running & |
| 83              | 52            | Clarke Geraldine  | F45        | 0:34:51.33         | Framlingham Flyers          |
| 84              | 336           | Colbert Sarah     | F45        | 0:34:51.69         | Springfield Striders RC     |
| 85              | 334           | Kingaby Bill      | M60        | 0:34:54.02         | Waveney Valley AC           |
| 86              | 215           | Searle Dean       | MO         | 0:34:58.38         | Felixstowe RRC              |
| 87              | 45            | Jackson Alan      | M55        | 0:35:03.56         | Ipswich Jaffa RC            |
| 88              | 318           | Jennings Ben      | MO         | 0:35:13.25         |                             |
| 89              | 136           | Jarvis Martin     | M40        | 0:35:18.56         |                             |
| 90              | 319           | Hatten Stephen    | M50        | 0:35:21.22         | Saint Edmund Pacers         |
| 91              | 143           | Bartlett Alastair | MO         | 0:35:26.87         | Woodbridge Shufflers RC     |
| 92              | 103           | Fox Chris         | M45        | 0:35:36.11         | Woodbridge Shufflers RC     |
| 93              | 81            | Chenery Duncan    | M55        | 0:35:44.42         | Ipswich Jaffa RC            |
| 94              | 330           | Goodwin Mark      | M40        | 0:35:45.7          | Felixstowe RRC              |
| 95              | 100           | Pittman Rebecca   | F50        | 0:35:45.72         | Springfield Striders RC     |
| 96              | 338           | Rue Steven        | M60        | 0:35:51.24         | Saint Edmund Pacers         |
| 97              | 123           | Jones Martin      | M40        | 0:35:56.66         |                             |
| 98              | 121           | Attwood Emma      | FO         | 0:35:57.09         | Stowmarket Striders RC      |
| 99              | 344           | Hine Adrian       | M50        | 0:35:58.02         | Felixstowe RRC              |
| 100             | 158           | Fordham David     | M65        | 0:36:00.07         | Saxmundham Sports Running & |
| 101             | 102           | Chenery Lynsey    | FO         | 0:36:01.82         | Ipswich Jaffa RC            |
| 102             | 230           | Munns Brian       | M50        | 0:36:06.17         | Newmarket Joggers           |
| 103             | 286           | Tovell Karl       | MO         | 0:36:07.35         |                             |
| 104             | 125           | Pleasants Mike    | M40        | 0:36:08.9          | Framlingham Flyers          |
| 105             | 267           | Garnham Gary      | M55        | 0:36:11.73         | Ipswich Jaffa RC            |
| 106             | 285           | Daly Derek        | M50        | 0:36:13.46         |                             |
| 107             | 313           | Johns Chris       | M55        | 0:36:17.82         |                             |
| 108             | 110           | Hoblyn Claire     | F50        | 0:36:21.08         | Saint Edmund Pacers         |
| 109             | 25            | Seymour David     | M55        | 0:36:24.29         | Felixstowe RRC              |
| 110             | 140           | Chorley Chris     | M50        | 0:36:32.45         | Bungay Black Dog RC         |
| 111             | 242           | Bell Nick         | MO         | 0:36:35.24         | Ipswich Jaffa RC            |
| 112             | 47            | Fuller Andy       | M50        | 0:36:35.32         | Great Bentley Running Club  |
| 113             | 132           | Warland Peter     | M50        | 0:36:39.46         |                             |
| 114             | 96            | Mills Philip      | MO         | 0:36:43.73         |                             |
| 115             | 304           | Carter Neil       | MO         | 0:36:48.3          | Ipswich Jaffa RC            |
| 116             | 120           | Acheson Charlotte | FO         | 0:36:52.26         | Haverhill Running Club      |
| 117             | 292           | Brown Lee         | MO         | 0:36:53.01         | Haverhill Running Club      |
| 118             | 141           | Lankester George  | MO         | 0:37:10.17         | Ipswich Jaffa RC            |
| 119             | 190           | Newcombe Colin    | M45        | 0:37:13.49         |                             |
| 120             | 113           | Tye Cheryl        | F45        | 0:37:18.43         | Framlingham Flyers          |
| 121             | 277           | Good Shaun        | M50        | 0:37:19.23         | Felixstowe RRC              |
| 122             | 149           | Gilson Paul       | M55        | 0:37:20.1          | Ipswich Jaffa RC            |
| 123             | 62            | Beer Philip       | M50        | 0:37:26.78         | Stowmarket Striders RC      |
| 124             | 90            | Dempsey Richard   | M45        | 0:37:30.64         | Woodbridge Shufflers RC     |

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|-----------------|---------------|---------------------|------------|--------------------|-------------------------|
| 125             | 21            | Kennedy Ian         | M50        | 0:37:35.56         | Framlingham Flyers      |
| 126             | 169           | Palmer Ruth         | F35        | 0:37:38.42         | Saint Edmund Pacers     |
| 127             | 331           | Higgins Tim         | M50        | 0:37:42.09         | Ipswich Jaffa RC        |
| 128             | 4             | Bailey Jordan       | MO         | 0:37:44.51         |                         |
| 129             | 13            | Godbold Mark        | M45        | 0:37:48.07         | Ipswich Harriers        |
| 130             | 229           | Lewis Sarah Jc      | FO         | 0:37:51.31         | Woodbridge Shufflers RC |
| 131             | 54            | Macrosson Ker       | M60        | 0:37:52.9          | Ipswich Jaffa RC        |
| 132             | 171           | Mumford Wayne       | M45        | 0:37:54.54         | Sudbury Joggers         |
| 133             | 35            | Rose Mark           | M40        | 0:37:55.37         | Ipswich Jaffa RC        |
| 134             | 74            | Godbold Belinda     | F55        | 0:37:55.49         | Ipswich Jaffa RC        |
| 135             | 321           | Gooderham Jessie    | FO         | 0:38:06.01         | Saint Edmund Pacers     |
| 136             | 86            | Sheahan David       | M55        | 0:38:14.92         |                         |
| 137             | 345           | Hoblyn Tom          | M50        | 0:38:26.29         | Saint Edmund Pacers     |
| 138             | 299           | Mcallister Paul     | M50        | 0:38:29.34         | Hadleigh Hares AC       |
| 139             | 83            | Russell Jimmy       | M45        | 0:38:31.37         | Felixstowe RRC          |
| 140             | 238           | Daniels David       | M50        | 0:38:34.49         | Stowmarket Striders RC  |
| 141             | 137           | Shoolbred Charles   | M65        | 0:38:36.06         |                         |
| 142             | 72            | Kuczer Alex         | M45        | 0:38:42.65         |                         |
| 143             | 200           | Webb Sandra         | F45        | 0:38:45.35         | Saint Edmund Pacers     |
| 144             | 346           | Hawkins Craig       | MO         | 0:38:47.08         | Stowmarket Striders RC  |
| 145             | 61            | Beer Kate           | F45        | 0:38:49.06         | Stowmarket Striders RC  |
| 146             | 177           | Stone Roger         | M45        | 0:38:49.42         | Felixstowe RRC          |
| 147             | 168           | Bumphrey Sandra     | F40        | 0:38:53.58         | Capel Cheetahs          |
| 148             | 122           | Bright Chris        | MO         | 0:38:55.75         |                         |
| 149             | 322           | Gooderham Emily     | FO         | 0:38:57.22         | Saint Edmund Pacers     |
| 150             | 9             | Smith Jeremy        | M40        | 0:39:00.93         |                         |
| 151             | 180           | St Ledger Dee       | F50        | 0:39:01.8          | Sudbury Joggers         |
| 152             | 297           | Borrett Keith       | M60        | 0:39:02.01         |                         |
| 153             | 291           | Callaghan Kieran    | MO         | 0:39:02.46         |                         |
| 154             | 69            | Adolphus Tony       | M55        | 0:39:02.81         | Ipswich Jaffa RC        |
| 155             | 221           | Scott Jonathan      | MO         | 0:39:03.12         | Ipswich Jaffa RC        |
| 156             | 75            | Moyse Mandi         | F45        | 0:39:05.32         |                         |
| 157             | 85            | Sheahan Jenny       | F50        | 0:39:06.59         |                         |
| 158             | 8             | Sargeantson Mark    | M60        | 0:39:13.43         | Framlingham Flyers      |
| 159             | 58            | Mawson Robert       | M60        | 0:39:21.31         | Framlingham Flyers      |
| 160             | 14            | Wilding Jonathan    | M45        | 0:39:24.39         | Felixstowe RRC          |
| 161             | 195           | Smith Anna          | F40        | 0:39:26.05         | Stowmarket Striders RC  |
| 162             | 51            | Saunders Matt       | MO         | 0:39:26.83         | Felixstowe RRC          |
| 163             | 153           | Cooper Kate         | FO         | 0:39:27.64         | Stowmarket Striders RC  |
| 164             | 154           | Hatton Karen        | F55        | 0:39:28.05         | Saint Edmund Pacers     |
| 165             | 240           | Brinkley Angela     | F55        | 0:39:37.77         | Stowmarket Striders RC  |
| 166             | 95            | Smith Alex          | F40        | 0:39:39.77         | Stowmarket Striders RC  |
| 167             | 201           | Avery Mark          | M50        | 0:39:47.58         | Ipswich Jaffa RC        |
| 168             | 268           | Rigby Katrina       | F35        | 0:39:52.26         | Hadleigh Hares AC       |
| 169             | 135           | Boyle Penny         | FO         | 0:39:53.29         |                         |
| 170             | 165           | Neville Melody-anne | F45        | 0:39:54.12         | Stowmarket Striders RC  |
| 171             | 329           | Hutchings Gary      | M50        | 0:40:00.36         |                         |
| 172             | 199           | Webb Louise         | FO         | 0:40:00.8          | Saint Edmund Pacers     |
| 173             | 133           | Warland Sharon      | F50        | 0:40:02.99         |                         |
| 174             | 94            | Davies Phil         | M50        | 0:40:03.98         | Ipswich Jaffa RC        |
| 175             | 256           | Emsden Diane        | F50        | 0:40:04.69         |                         |
| 176             | 34            | Walker Marion       | F60        | 0:40:07.5          | Framlingham Flyers      |
| 177             | 40            | Finch Peter         | M50        | 0:40:12.23         | Ipswich Jaffa RC        |
| 178             | 251           | Hewitt Michelle     | FO         | 0:40:15.48         | Framlingham Flyers      |
| 179             | 39            | Parden Jo           | F45        | 0:40:20.38         | Framlingham Flyers      |
| 180             | 257           | Wass Helen          | F50        | 0:40:20.55         | Newmarket Joggers       |
| 181             | 231           | Burdett William     | M50        | 0:40:22.7          | Stowmarket Striders RC  |
| 182             | 323           | Gooderham Ian       | M45        | 0:40:27.2          | Saint Edmund Pacers     |
| 183             | 264           | Reason Robert       | M50        | 0:40:29.3          |                         |
| 184             | 327           | Chamberlain Duncan  | M50        | 0:40:32.94         | Ipswich Jaffa RC        |
| 185             | 117           | Bright Steve        | M50        | 0:40:36.11         |                         |
| 186             | 205           | Dewison Paul        | M60        | 0:40:36.61         |                         |
| 187             | 325           | Catchpool Iain      | M45        | 0:40:38.52         | Ipswich Jaffa RC        |
| 188             | 239           | Withers Jim         | M60        | 0:40:39.77         | Newmarket Joggers       |

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|-----------------|---------------|------------------------------|------------|--------------------|-----------------------------|
| 189             | 105           | Smith Lizzie                 | FO         | 0:40:43.97         |                             |
| 190             | 37            | Sore Jeremy                  | M50        | 0:40:47.8          |                             |
| 191             | 30            | Smith Richard                | M55        | 0:40:50.55         | Felixstowe RRC              |
| 192             | 175           | Mayhew Sandra                | F50        | 0:40:51.35         | Stowmarket Striders RC      |
| 193             | 176           | Skene Karen                  | F45        | 0:40:51.39         | Great Bentley Running Club  |
| 194             | 48            | Taylor David                 | M65        | 0:40:59.51         | Framlingham Flyers          |
| 195             | 217           | Presland Katie               | FO         | 0:41:00.22         | Great Bentley Running Club  |
| 196             | 347           | Lewendon Arabella            | F50        | 0:41:00.67         | Stowmarket Striders RC      |
| 197             | 204           | Wilding Steve                | M55        | 0:41:00.86         | Ipswich Jaffa RC            |
| 198             | 145           | Hutson Kate                  | F35        | 0:41:10.03         | Ipswich Jaffa RC            |
| 199             | 6             | Dunn Amanda                  | F40        | 0:41:11.08         | Hadleigh Hares AC           |
| 200             | 139           | Sauerzapf Bobbie             | F55        | 0:41:14.37         | Bungay Black Dog RC         |
| 201             | 3             | Bailey Teresa                | F45        | 0:41:15.08         | Framlingham Flyers          |
| 202             | 129           | Winter Paul                  | M65        | 0:41:17.7          |                             |
| 203             | 84            | Smith Keelan                 | MO         | 0:41:26.06         | Saxmundham Sports Running & |
| 204             | 70            | Pache Ros                    | F35        | 0:41:27.97         |                             |
| 205             | 314           | Middleton- Burrows Christine | F45        | 0:41:36.53         |                             |
| 206             | 348           | Nunn Andy                    | M45        | 0:41:37.59         |                             |
| 207             | 306           | Goodman Emma                 | FO         | 0:41:40.58         | Framlingham Flyers          |
| 208             | 315           | Gillbert Lucy                | FO         | 0:41:40.92         |                             |
| 209             | 18            | Harper Joanne                | FO         | 0:41:42.03         | Felixstowe RRC              |
| 210             | 68            | Hill Mike                    | M65        | 0:41:47.95         | Framlingham Flyers          |
| 211             | 57            | Cartwright Joanne            | F40        | 0:41:49.19         | Framlingham Flyers          |
| 212             | 259           | Coley David                  | M65        | 0:41:53.74         | Ipswich Jaffa RC            |
| 213             | 73            | Evans Jennifer               | F35        | 0:41:59.53         | Woodbridge Shufflers RC     |
| 214             | 307           | Payne Jamie                  | MO         | 0:42:06.93         | Framlingham Flyers          |
| 215             | 33            | Sore Richard                 | M45        | 0:42:12.21         | Ipswich Jaffa RC            |
| 216             | 76            | Lampard Dave                 | M50        | 0:42:16.43         | Felixstowe RRC              |
| 217             | 185           | Pennock Sarah                | F35        | 0:42:18.93         | Sudbury Joggers             |
| 218             | 280           | Cole Adrian                  | M50        | 0:42:26.61         | Stowmarket Striders RC      |
| 219             | 109           | Abbott Stuart                | M40        | 0:42:31.13         |                             |
| 220             | 289           | Adolphus Judith              | F55        | 0:42:33.99         | Ipswich Jaffa RC            |
| 221             | 236           | Revell Laura                 | FO         | 0:42:36.15         |                             |
| 222             | 237           | Gilmour Elspeth              | F35        | 0:42:37.59         | Framlingham Flyers          |
| 223             | 274           | Moodie Clare                 | F40        | 0:42:39.09         |                             |
| 224             | 101           | Youngson Rowena              | F50        | 0:42:39.32         |                             |
| 225             | 263           | Whitley Nicola               | F40        | 0:42:41.82         | Capel Cheetahs              |
| 226             | 12            | Godbold Mandy                | F45        | 0:42:50.38         | Ipswich Harriers            |
| 227             | 273           | Knee Leah                    | F35        | 0:42:54.9          |                             |
| 228             | 197           | Smith Harry                  | M50        | 0:42:55.43         | Stowmarket Striders RC      |
| 229             | 235           | Moggan Frank                 | M65        | 0:42:56.06         | Stowmarket Striders RC      |
| 230             | 38            | Southgate Rachel             | FO         | 0:42:59.27         |                             |
| 231             | 317           | Marshall Dawn                | F50        | 0:43:01.27         | Saint Edmund Pacers         |
| 232             | 337           | Rue Rita                     | F55        | 0:43:03.28         | Saint Edmund Pacers         |
| 233             | 11            | Collins Jackie               | F50        | 0:43:20.9          | Felixstowe RRC              |
| 234             | 31            | Yule Goldie                  | F40        | 0:43:21.58         |                             |
| 235             | 182           | Cowlin Ruth                  | F50        | 0:43:35.2          | Sudbury Joggers             |
| 236             | 124           | Cain Helen                   | F45        | 0:43:37.89         | Stowmarket Striders RC      |
| 237             | 196           | Naughton Joe                 | M50        | 0:43:51.02         | Stowmarket Striders RC      |
| 238             | 77            | Green Terri                  | F35        | 0:43:51.56         | Ipswich Jaffa RC            |
| 239             | 43            | Hunter Iain                  | M55        | 0:43:55.32         | Stowmarket Striders RC      |
| 240             | 20            | Tillett David                | M45        | 0:44:17.89         |                             |
| 241             | 298           | Devaney Jennifer             | F35        | 0:44:42.98         |                             |
| 242             | 206           | Wharam Lindsay               | F40        | 0:44:44.51         | Framlingham Flyers          |
| 243             | 108           | Cullum John                  | M65        | 0:44:50.1          | Saint Edmund Pacers         |
| 244             | 155           | Howe Sarah                   | F35        | 0:44:51.77         | Saxmundham Sports Running & |
| 245             | 161           | Hammond Kendra               | FO         | 0:45:06.09         | Stowmarket Striders RC      |
| 246             | 224           | Sewell Kate                  | F45        | 0:45:08.34         | Capel Cheetahs              |
| 247             | 159           | Phillips Anna                | FO         | 0:45:08.62         |                             |
| 248             | 260           | Wilshaw Susan                | F60        | 0:45:11.05         | Capel Cheetahs              |
| 249             | 187           | Aylmer Chris                 | M65        | 0:45:12.43         | Newmarket Joggers           |
| 250             | 207           | Timms Trudie                 | F40        | 0:45:18.81         | Framlingham Flyers          |
| 251             | 49            | Taylor Vivienne              | F60        | 0:45:20.5          | Framlingham Flyers          |
| 252             | 172           | Bond Lisa                    | F45        | 0:45:22.97         | Ipswich Jaffa RC            |

| <i>Position</i> | <i>Number</i> | <i>Name</i>         | <i>Cat</i> | <i>Actual time</i> | <i>Club</i>                 |
|-----------------|---------------|---------------------|------------|--------------------|-----------------------------|
| 253             | 173           | Haselwood Julie     | F60        | 0:45:25.29         | Ipswich Jaffa RC            |
| 254             | 281           | Whiting Angela      | F50        | 0:45:25.69         | Stowmarket Striders RC      |
| 255             | 28            | Doyle Diane         | F35        | 0:45:43.98         | Framlingham Flyers          |
| 256             | 111           | Lambert John        | M70        | 0:45:53.57         | Ipswich Jaffa RC            |
| 257             | 214           | Roper Nicola        | F40        | 0:45:54.95         | Framlingham Flyers          |
| 258             | 26            | Whelan Jo           | F55        | 0:46:21.16         | Felixstowe RRC              |
| 259             | 276           | Whitaker Ant        | M50        | 0:46:39.76         |                             |
| 260             | 59            | Whately-smith Jos   | M55        | 0:46:46.8          |                             |
| 261             | 269           | Fox Alison          | F35        | 0:46:48.05         |                             |
| 262             | 167           | Prior Amanda        | F45        | 0:47:00.97         | Capel Cheetahs              |
| 263             | 293           | Southgate Stacy     | F35        | 0:47:27.22         |                             |
| 264             | 192           | Reynolds Steven     | M55        | 0:47:35.61         |                             |
| 265             | 270           | Thurston Victoria   | FO         | 0:47:42.13         |                             |
| 266             | 283           | Buck Sheila         | F45        | 0:47:46.55         | Sudbury Joggers             |
| 267             | 202           | Shepherd Stuart     | M50        | 0:47:46.62         | Saint Edmund Pacers         |
| 268             | 87            | Richardson Julie    | F40        | 0:48:01.09         | Ipswich Jaffa RC            |
| 269             | 266           | Mcmorran Gary       | M45        | 0:48:41.48         |                             |
| 270             | 265           | Mcmorran Karen      | F40        | 0:48:41.56         | Bungay Black Dog RC         |
| 271             | 146           | Everett Katie       | F35        | 0:48:42.22         | Framlingham Flyers          |
| 272             | 63            | Clough John         | M55        | 0:49:31.97         | Framlingham Flyers          |
| 273             | 179           | Evans Melonie       | F45        | 0:49:37.07         | Sudbury Joggers             |
| 274             | 253           | Macsephney Niki     | F45        | 0:49:41.27         |                             |
| 275             | 64            | Clough Agnes        | F45        | 0:49:46.59         |                             |
| 276             | 184           | Beward Sharon       | F40        | 0:50:01.36         | Sudbury Joggers             |
| 277             | 32            | Cullum Tina         | F40        | 0:50:04.57         |                             |
| 278             | 232           | Burdett Angela      | F45        | 0:50:05.97         | Stowmarket Striders RC      |
| 279             | 93            | Walkingshaw Grahame | M50        | 0:50:06.37         |                             |
| 280             | 147           | Miller Rachael      | FO         | 0:50:23            | Felixstowe RRC              |
| 281             | 243           | Dickinson Jo        | F45        | 0:50:26.27         | Felixstowe RRC              |
| 282             | 24            | Stevenson Nicola    | F55        | 0:50:31.94         | Felixstowe RRC              |
| 283             | 78            | Jack Bob            | M55        | 0:50:35.56         | Bungay Black Dog RC         |
| 284             | 142           | Nutley Philip       | M65        | 0:50:43.91         | Saint Edmund Pacers         |
| 285             | 339           | Bailey Jane         | F60        | 0:50:52.52         | Felixstowe RRC              |
| 286             | 160           | Hammond Melzie      | F35        | 0:50:59.52         |                             |
| 287             | 247           | Nutley Valerie      | F55        | 0:51:11.17         |                             |
| 288             | 134           | Trevelyan Paul      | M55        | 0:51:19.37         |                             |
| 289             | 150           | Gilson Sue          | F50        | 0:51:47.45         |                             |
| 290             | 97            | Church Tina         | F40        | 0:51:48.2          | Saxmundham Sports Running & |
| 291             | 211           | Lucas Kirsty        | F35        | 0:52:00.96         |                             |
| 292             | 220           | Goldsmith Simon     | M40        | 0:52:08.39         |                             |
| 293             | 272           | Atkins Liz          | FO         | 0:52:08.75         |                             |
| 294             | 210           | Rook Hayley         | F35        | 0:52:38.81         |                             |
| 295             | 41            | Solomon Sally       | F45        | 0:53:03.44         | Felixstowe RRC              |
| 296             | 71            | Smith Amanda        | F40        | 0:53:13.43         | Felixstowe RRC              |
| 297             | 131           | Darnell Robert      | M60        | 0:53:30.24         |                             |
| 298             | 212           | Lucas Sarah         | FO         | 0:53:56.08         |                             |
| 299             | 67            | Cox Jean            | F65        | 0:55:39.75         | Woodbridge Shufflers RC     |
| 300             | 301           | Soames Angela       | F40        | 0:58:02.93         | Felixstowe RRC              |
| 301             | 44            | Hunter Susan        | F55        | 0:58:54.07         | Stowmarket Striders RC      |
| 302             | 181           | St Ledger Hannah    | FO         | 0:59:10.26         | Sudbury Joggers             |
| 303             | 188           | St Ledger Poppy     | FO         | 0:59:10.4          |                             |
| 304             | 233           | Philpott Val        | F50        | 0:59:53.29         | Framlingham Flyers          |
| 305             | 130           | Rudkin Julie        | F55        | 0:59:53.31         |                             |
| 306             | 10            | Copping Katrina     | F45        | 1:01:24.59         |                             |
| 307             | 23            | Law Amy             | FO         | 1:07:40.53         | Felixstowe RRC              |
| 308             | 22            | Schwer Will         | MO         | 1:07:41.4          | Felixstowe RRC              |