

Woodbridge 10k, 18/5/2008 - Final Results (as of 21/5/2008)								
Position	Name	RaceNo	GenCateg	Time	CategPos	GenderPos	Affiliated Club	Unaffiliated Team
1	David Miller	431	M20-39	00:32:41	1	1	Woodbridge Shufflers	
2	Robert Chenery	347	M20-39	00:33:52	2	2	Ipswich Jaffa	
3	David Laing	419	M40-44	00:35:01	1	3	Ipswich Jaffa	
4	Joshua Entwistle	204	M15-19	00:36:01	1	4	Felixstowe Road Runners	
5	Leon Jones	416	M20-39	00:36:03	3	5		Clopton Emu Breeders
6	Wesley Benton	596	M20-39	00:36:05	4	6	Sudbury Joggers	
7	Paul Higham	249	M20-39	00:36:17	5	7	Norfolk Gazelles	
8	Nick Smith	36	M20-39	00:36:26	6	8		Clopton Emu Breeders
9	Patrick Hudson	385	M20-39	00:36:38	7	9		
10	Ben Davies	296	M15-19	00:36:41	2	10		Woodbridge Emu Slayers
11	Paul Preston	543	M20-39	00:36:51	8	11	Sudbury Joggers	
12	Scott MacSephney	552	M40-44	00:37:16	2	12	Ipswich Jaffa	
13	Anthony Skrimshire	413	M15-19	00:37:31	3	13	Woodbridge Shufflers	
14	Zak Nichols	152	M15-19	00:37:33	4	14	Winchester & District AC	
15	Darren Judd	522	M20-39	00:37:42	9	15	Sudbury Joggers	
16	Ross Fawcett	194	M15-19	00:37:54	5	16	Ipswich Harriers	
17	Ricky Peacher	225	M20-39	00:37:59	10	17	Framlingham Flyers	
18	Wilfred Campbell	390	M40-44	00:38:28	3	18	Sudbury Joggers	
19	Brad Jones	188	M20-39	00:38:46	11	19	Ipswich Jaffa	
20	Mark Bowditch	587	M40-44	00:38:56	4	20	Ipswich Triathlon Club	
21	Mark Clark	386	M45-49	00:39:00	1	21	Sudbury Joggers	
22	Martin Barkses	216	M20-39	00:39:07	12	22		2mine
23	William Hearne	515	M15-19	00:39:35	6	23		Woodbridge Emu Slayers
24	Steve Brammar	434	M20-39	00:39:35	13	24		
25	Alistair Dick	247	M45-49	00:39:35	2	25	Ipswich Jaffa	
26	Jim Hardwicke	90	M40-44	00:39:37	5	26		2mine
27	Doug Hutton-Squire	581	M20-39	00:39:38	14	27	Woodbridge Shufflers	
28	Andy Garvie	61	M20-39	00:39:39	15	28		Clopton Emu Breeders
29	Chris Batty	586	M20-39	00:39:42	16	29		Martlesham Leisure
30	Jack Wilkinson	529	M20-39	00:39:53	17	30		
31	Tim Hanman	157	M20-39	00:40:02	18	31		
32	Stuart Yule	270	M20-39	00:40:10	19	32		
33	Christian Gillibrand	514	M20-39	00:40:11	20	33	Sudbury Joggers	
34	Richard Hudson	71	M40-44	00:40:12	6	34		Smart421
35	Brian Cable	322	M40-44	00:40:14	7	35		
36	Gary Thompson	338	M20-39	00:40:18	21	36	Ipswich Jaffa	
37	John Thorpe	435	M20-39	00:40:18	22	37	Ipswich Jaffa	
38	Darren Kimberley	62	M40-44	00:40:22	8	38		
39	Lee Phillips	99	M20-39	00:40:25	23	39	Saxmundham Saxons	
40	Tim Brammar	217	M40-44	00:40:27	9	40		
41	Matthew Jacobs	88	M15-19	00:40:32	7	41		
42	Mark Ramsey	155	M20-39	00:40:36	24	42		
43	Alex Edwards	65	M20-39	00:40:44	25	43		Loughborough Uni
44	Timothy Ripman	360	M20-39	00:40:45	26	44		
45	Hugo Catchpole	212	M15-19	00:40:47	8	45		Woodbridge School
46	Bill Watson	427	M40-44	00:40:47	10	46	Reading Road Runners	
47	Robin MacKenzie	349	M45-49	00:40:48	3	47	Framlingham Flyers	
48	Nigel Rayner	420	M40-44	00:40:50	11	48		Woodbridge Emu Slayers
49	Mark Ford	425	M40-44	00:40:53	12	49	Felixstowe Road Runners	
50	Duncan Chenery	346	M45-49	00:40:56	4	50	Ipswich Jaffa	
51	Penny Rooney	176	F20-39	00:41:09	1	1	Woodbridge Shufflers	
52	Simon Rayner	299	M40-44	00:41:09	13	51		Woodbridge Emu Slayers
53	Anthony Mayston	5	M45-49	00:41:12	5	52		Smart421
54	Robin Belsom	473	M45-49	00:41:13	6	53	Ipswich Jaffa	
55	Rick Berry	119	M20-39	00:41:15	27	54	Saxmundham Saxons	
56	Matt Davies	319	M15-19	00:41:17	9	55		Woodbridge Emu Slayers
57	Paul Shaw	382	M40-44	00:41:18	14	56	Felixstowe Road Runners	
58	Jem Smith	180	M20-39	00:41:19	28	57	Sudbury Joggers	
59	Steve Levinson	333	M55-59	00:41:22	1	58		
60	Janet Brammar	433	F20-39	00:41:33	2	2		
61	Matthew Taylor	530	M15-19	00:41:35	10	59		Martlesham Leisure
62	Stephen Harnden	189	M20-39	00:41:42	29	60		
63	William Partington	324	M15-19	00:41:53	11	61		Woodbridge Emu Slayers
64	Amanda Henry	444	F20-39	00:41:58	3	3	Sudbury Joggers	
65	Robert Davies	98	M40-44	00:42:00	15	62		
66	Richard Wright	485	M20-39	00:42:13	30	63		
67	David Marsh	574	M20-39	00:42:18	31	64	Ipswich Jaffa	
68	Duncan Andrews	375	M40-44	00:42:21	16	65		
69	Stephen Askins	401	M40-44	00:42:25	17	66		
70	Joe Francis	537	M20-39	00:42:27	32	67		Martlesham Leisure
71	Bill Kingaby	39	M55-59	00:42:30	2	68	Waveney Valley	
72	Daniel Graham	368	M20-39	00:42:32	33	69		Top That Publishing

73	Matt Dye	251	M40-44	00:42:35	18	70	Saxmundham Saxons	
74	James Lewis	503	M20-39	00:42:37	34	71		Kasikstan Running Club
75	Oliver Johnson	126	M20-39	00:42:38	35	72		Strutt & Parker Novice Hurdle
76	Oliver Tomlinson	235	M20-39	00:42:45	36	73		Deben Rowing Club
77	Wojtek Siodelski	516	M20-39	00:42:45	37	74		2mine
78	Ed Youngman	521	M15-19	00:42:48	12	75		Martlesham Leisure
79	Geoff Buchanan	465	M20-39	00:42:52	38	76	Woodbridge Shufflers	
80	Gail Pryke	446	F45-49	00:42:56	1	4	Ipswich Jaffa	
81	Andy Glass	487	M20-39	00:43:04	39	77	Sudbury Joggers	
82	Christopher Jones	200	M45-49	00:43:07	7	78	Saxmundham Saxons	
83	Freddie Newton	307	M15-19	00:43:10	13	79		Woodbridge Emu Slayers
84	Christopher Moulton	330	M20-39	00:43:14	40	80	Sudbury Joggers	
85	Steve Whittaker	351	M40-44	00:43:18	19	81		
86	Gary Lowe	121	M50-54	00:43:21	1	82		
87	Tim Higgins	112	M40-44	00:43:25	20	83	Ipswich Jaffa	
88	Paul Wiggins	96	M45-49	00:43:31	8	84	Woodbridge Shufflers	
89	Fraser Gillies	86	M15-19	00:43:33	14	85		
90	Harry Hogg	82	M15-19	00:43:33	15	86		Woodbridge School
91	Nick Wake	584	M15-19	00:43:36	16	87		
92	James Cranfield	335	M20-39	00:43:42	41	88		
93	Stewart Hambling	344	M40-44	00:43:47	21	89	Framlingham Flyers	
94	Ian Gooderham	54	M40-44	00:43:49	22	90	St Edmund Pacers	
95	William Hopkins	41	M15-19	00:43:51	17	91		Woodbridge Surfers
96	Tom Griffiths	376	M20-39	00:43:55	42	92		
97	Paul Masterson	14	M20-39	00:43:59	43	93		
98	Kate Roxburgh	238	F20-39	00:44:02	4	5	Elmbridge Road Runners	
99	Steve Riefe	37	M20-39	00:44:04	44	94		
100	Gary Donoghue	518	M40-44	00:44:05	23	95	Harwich Runners	
101	Martin Lau	325	M20-39	00:44:06	45	96		
102	Steve Mellish	459	M20-39	00:44:07	46	97		Martlesham Leisure
103	Paul Wouffe	556	M20-39	00:44:08	47	98		
104	Jon Cockrell	91	M40-44	00:44:09	24	99		Castle ABC
105	Teresa Bailey	294	F40-44	00:44:13	1	6		
106	Rosie O'Neill	561	F20-39	00:44:14	5	7		
107	Stephen Hyde	560	M20-39	00:44:20	48	100		
108	Stephen Curran	302	M40-44	00:44:34	25	101	Woodbridge Shufflers	
109	Darren Reeve	144	M20-39	00:44:36	49	102		Martlesham Leisure
110	Alistair Goodier	181	M40-44	00:44:41	26	103	Ipswich Jaffa	
111	Andrew Cooney	207	M40-44	00:44:45	27	104		
112	Matthew Fryett	328	M20-39	00:44:46	50	105		
113	Will Hardcastle	38	M20-39	00:44:48	51	106		Clopton Emu Breeders
114	Michelle Gordon	75	F20-39	00:44:49	6	8	Felixstowe Road Runners	
115	Samuel Brooke	184	M15-19	00:44:54	18	107		
116	Sarah Vick	27	F20-39	00:44:58	7	9		Saxmundham Running & Fit
117	Mark Lankester	549	M40-44	00:45:02	28	108	Felixstowe Road Runners	
118	Mark Kendall	161	M45-49	00:45:04	9	109	Woodbridge Shufflers	
119	Tristan Childs	106	M20-39	00:45:06	52	110		
120	Paul Nickells	44	M45-49	00:45:09	10	111		
121	Stuart Abbott	290	M20-39	00:45:10	53	112	Woodbridge Shufflers	
122	Crispin Rocholl	169	M40-44	00:45:14	29	113		
123	David Fordham	550	M55-59	00:45:14	3	114	Saxmundham Saxons	
124	Gareth Goldsmith	298	M20-39	00:45:16	54	115		
125	Matthew Lankester	279	M20-39	00:45:16	55	116		
126	Jason Clark	13	M20-39	00:45:19	56	117		
127	Stephen Munnings	363	M20-39	00:45:26	57	118		Top That Publishing
128	Andy Jeff	572	M40-44	00:45:30	30	119		
129	Kirstin Hamilton	462	F15-19	00:45:33	1	10	Ipswich Harriers	
130	Peter Gotts	339	M20-39	00:45:36	58	120		
131	Eric Kwok	327	M15-19	00:45:37	19	121		
132	Irvine Marr	598	M20-39	00:45:39	59	122	Ipswich Jaffa	
133	Thomas Petley	475	M15-19	00:45:40	20	123		
134	William Coe	526	M20-39	00:45:44	60	124		Martlesham Leisure
135	Rebecca Jones	288	F20-39	00:45:46	8	11		
136	Ian Coutts	43	M40-44	00:45:47	31	125	Woodbridge Shufflers	
137	Ben Askins	403	M15-19	00:45:50	21	126		
138	Tim Phillips	182	M40-44	00:45:56	32	127		
139	David Farrow	361	M20-39	00:46:08	61	128		Top That Publishing
140	Andrew Hawes	245	M20-39	00:46:10	62	129		
141	Roger Frost	278	M20-39	00:46:11	63	130		
142	Alex Morrison	102	M45-49	00:46:17	11	131		Martlesham Leisure
143	Mark Sargeantson	201	M55-59	00:46:18	4	132	Framlingham Flyers	
144	Hannah Wood	120	F20-39	00:46:20	9	12	Ipswich Jaffa	
145	Claire Burrows	55	F20-39	00:46:23	10	13		
146	Geoff Fuller	292	M45-49	00:46:24	12	133		
147	Christian Pawsey	59	M40-44	00:46:27	33	134		
148	Ben Case	365	M20-39	00:46:29	64	135		Top That Publishing
149	Andrew Covell	18	M40-44	00:46:31	34	136	Woodbridge Shufflers	

150	Anna Morton	139	F20-39	00:46:32	11	14	Woodbridge Shufflers	
151	Steven Fosker	499	M20-39	00:46:34	65	137		
152	David Denton	437	M40-44	00:46:34	35	138	Striders of Croydon	
153	Benjamin Baumguertel	6	M20-39	00:46:36	66	139		Smart421
154	Louise Askins	402	F40-44	00:46:40	2	15		
155	Fiona Coe	525	F20-39	00:46:42	12	16		Martlesham Leisure
156	Mike Hutton-Squire	582	M20-39	00:46:45	67	140		
157	Jackie Abbott	606	F40-44	00:46:47	3	17	Framlingham Flyers	
158	James Double	591	M20-39	00:47:01	68	141		
159	Mark Compton	466	M40-44	00:47:05	36	142		
160	Gavin Raby	536	M20-39	00:47:06	69	143		
161	Oliver Cox	315	M20-39	00:47:09	70	144		
162	Kevin Holley	138	M40-44	00:47:10	37	145		
163	Julie Cooke	576	F45-49	00:47:15	2	18		
164	Richard Fellingham	558	M55-59	00:47:21	5	146	Stowmarket Striders	
165	Claire Wincomb	92	F40-44	00:47:23	4	19	Ipswich Jaffa	
166	Stuart Richardson	140	M20-39	00:47:28	71	147		Clopton Emu Breeders
167	Mark Andrews	133	M40-44	00:47:28	38	148		
168	Richard Eaton	374	M40-44	00:47:32	39	149		
169	Kevin Pryke	266	M20-39	00:47:33	72	150		Notcutts
170	Barry Howard	113	M20-39	00:47:34	73	151		
171	John Penny	250	M50-54	00:47:36	2	152		Woodbridge School
172	Stephen Smith	149	M40-44	00:47:37	40	153		
173	Stephen Wade	111	M20-39	00:47:41	74	154		Martlesham Leisure
174	David O'Riordan	253	M40-44	00:47:44	41	155		
175	Darren Payne	9	M40-44	00:47:45	42	156		Woodbridge Surfers
176	Steve Smedley	129	M45-49	00:47:45	13	157		Hollesley Judo Club
177	Jon Dawson	583	M40-44	00:47:46	43	158		
178	John Alexander	228	M20-39	00:47:48	75	159		
179	Martin Thorpe	275	M45-49	00:47:48	14	160		
180	Eric Marseille	449	M20-39	00:47:50	76	161	Sudbury Joggers	
181	Patrick Cooney	34	M40-44	00:47:50	44	162		
182	Mark Weston	239	M20-39	00:47:51	77	163		
183	Mark Hutchings	68	M45-49	00:47:52	15	164		
184	Adam Double	592	M15-19	00:48:00	22	165		
185	Gordon Campbell-Barr	93	M40-44	00:48:03	45	166	Ipswich Jaffa	
186	Tim Finegan	203	M45-49	00:48:07	16	167	Felixstowe Road Runners	
187	Ellen Wilton	309	F15-19	00:48:08	2	20		Woodbridge Emu Slayers
188	Christine Capstick	258	F40-44	00:48:15	5	21		Martlesham Leisure
189	Amelia Reynolds	488	F20-39	00:48:16	13	22		
190	Adam Dunn	21	M40-44	00:48:17	46	168		
191	Steven Berry	559	M20-39	00:48:20	78	169		
192	Andrew Watkins	1	M40-44	00:48:22	47	170		The Lushers
193	John Master	156	M40-44	00:48:25	48	171		
194	Linda Grave	310	F45-49	00:48:26	3	23	Woodbridge Shufflers	
195	Adrian Green	284	M20-39	00:48:27	79	172	Ipswich Triathlon Club	
196	Mike Cooper	484	M50-54	00:48:31	3	173	Ipswich Jaffa	
197	Nicola Hewitt	468	F20-39	00:48:34	14	24		
198	Alex Wilson	575	M20-39	00:48:34	80	174	Sudbury Joggers	
199	Phillip Tyson	426	M40-44	00:48:36	49	175		
200	Rosa Campbell	105	F40-44	00:48:36	6	25		
201	Nick Matthews	510	M20-39	00:48:38	81	176	Waveney Valley	
202	Paul Brookes	450	M40-44	00:48:39	50	177	Ipswich Jaffa	
203	Charles Barrett	439	M20-39	00:48:40	82	178		
204	Robert Armour	391	M20-39	00:48:41	83	179		
205	James Cunningham	287	M15-19	00:48:55	23	180		Woodbridge Emu Slayers
206	Robert Peck	107	M20-39	00:48:57	84	181		
207	Ken Gould	508	M40-44	00:48:57	51	182		Martlesham Leisure
208	William Catchpole	211	M45-49	00:48:57	17	183	Ipswich Triathlon Club	
209	Aimee Canham	359	F15-19	00:48:58	3	26	Saxmundham Saxons	
210	Amanda Mallett	272	F40-44	00:48:59	7	27	Ipswich Triathlon Club	
211	Andrew Budd	69	M45-49	00:48:59	18	184		Smart421
212	Richard Jacobs	87	M50-54	00:48:59	4	185		
213	Patrick Barber	31	M20-39	00:49:00	85	186		
214	Emma Mortimer	137	F15-19	00:49:01	4	28	Ipswich Jaffa	
215	Sue Osbourne	241	F40-44	00:49:01	8	29		Snape Maltings
216	Sarah Lewis	97	F20-39	00:49:05	15	30		
217	Christopher Street	173	M50-54	00:49:05	5	187	Ipswich Jaffa	
218	David Hopkins	40	M40-44	00:49:06	52	188		Woodbridge Surfers
219	Nigel Harrison	49	M20-39	00:49:09	86	189		Martlesham Leisure
220	Michael Dale	72	M50-54	00:49:10	6	190		
221	Hugh Rothwell	317	M15-19	00:49:11	24	191		Woodbridge Emu Slayers
222	Paul Williamson	131	M45-49	00:49:11	19	192		
223	Ben Rayment	22	M20-39	00:49:12	87	193		Smart421
224	Chris Dack	532	M40-44	00:49:12	53	194		Martlesham Leisure
225	Matthew Molesdale	527	M20-39	00:49:14	88	195		Clopton Emu Breeders
226	Peter Finch	124	M45-49	00:49:14	20	196		

227	Jason Mann	410	M40-44	00:49:18	54	197		
228	Andrew Stroud	15	M40-44	00:49:20	55	198		
229	Joanna Pateman	289	F20-39	00:49:25	16	31		
230	William Sunaway	597	M20-39	00:49:26	89	199		
231	Roy Tanner	356	M40-44	00:49:27	56	200		Castle ABC
232	Joanne Adams	417	F40-44	00:49:28	9	32		
233	Martin Ball	19	M20-39	00:49:29	90	201		FHS Goth Veterans
234	Liz Witherley	193	F50-54	00:49:29	1	33		
235	Robin Harper	348	M20-39	00:49:30	91	202		
236	Greg Dodds	535	M20-39	00:49:31	92	203		Martlesham Leisure
237	Jason East	30	M40-44	00:49:32	57	204		
238	Steve Brooke	183	M20-39	00:49:35	93	205		
239	Colin Smith	340	M50-54	00:49:35	7	206		
240	Robert Jennings	285	M45-49	00:49:39	21	207		
241	Chris Childs	50	M20-39	00:49:40	94	208		
242	Derek Keeble	311	M40-44	00:49:40	58	209		
243	Stephen Cole	208	M55-59	00:49:40	6	210	Woodbridge Shufflers	
244	Alistair Mitchell	412	M20-39	00:49:41	95	211		
245	Matthew Fraser	300	M15-19	00:49:44	25	212		Woodbridge Emu Slayers
246	Urban Svensson	297	M50-54	00:49:44	8	213	Vimmerby Orienteering Club	
247	Steve Williams	3	M20-39	00:49:49	96	214		Smart421
248	David Coley	395	M55-59	00:50:04	7	215	Ipswich Jaffa	
249	Randall Dawson	264	M20-39	00:50:05	97	216		
250	Martin Alabone	263	M20-39	00:50:05	98	217	Hadleigh Hares	
251	Guy Middleton	471	M20-39	00:50:09	99	218		Farlingaye Lords
252	Steven Seinet-Martin	190	M50-54	00:50:09	9	219		
253	Peter Beckett	590	M45-49	00:50:19	22	220		
254	Roger Coombs	474	M60-64	00:50:20	1	221		
255	Gerald Gora	323	M55-59	00:50:26	8	222		
256	Graham Ramsey	79	M20-39	00:50:27	100	223		
257	Stephen Parker	17	M40-44	00:50:28	59	224		
258	Jacqueline Chubb	312	F40-44	00:50:28	10	34	Ipswich Triathlon Club	
259	Rob Hawley	177	M20-39	00:50:30	101	225		
260	Emma Greenhouse	460	F15-19	00:50:32	5	35		
261	Mark Stancombe-Duhm	7	M20-39	00:50:32	102	226		Smart421
262	Kate Stannett	229	F45-49	00:50:37	4	36	Ipswich Triathlon Club	
263	Iris Carr	504	F20-39	00:50:44	17	37		
264	Elise Colombel	353	F20-39	00:50:45	18	38		
265	Tim Hanson	480	M20-39	00:50:46	103	227		
266	Samantha Fulcher	594	F40-44	00:50:46	11	39	Ipswich Triathlon Club	
267	Lee Berry	219	M20-39	00:50:53	104	228		
268	Samuel Jennings	127	M20-39	00:50:53	105	229		Strutt & Parker Novice Hurdle
269	Carl Collins	358	M20-39	00:50:54	106	230		
270	Samantha Coombs	565	F20-39	00:50:59	19	40		
271	Alan Jackson	51	M20-39	00:51:00	107	231		Smart421
272	Lydia Urey	23	F20-39	00:51:01	20	41		Clopton Emu Breeders
273	Gary Taylor	95	M45-49	00:51:02	23	232	Woodbridge Shufflers	
274	Mark Cummins	443	M45-49	00:51:02	24	233		
275	David Fox	440	M50-54	00:51:05	10	234	Felixstowe Road Runners	
276	Katie Cranfield	334	F20-39	00:51:07	21	42		
277	Anthony Scriven	418	M50-54	00:51:09	11	235		
278	Ian Bown	232	M45-49	00:51:10	25	236		
279	Alesha Gooderham	406	F20-39	00:51:13	22	43		Snape Maltings
280	Charlotte Fox	438	F40-44	00:51:16	12	44		
281	Maureen Wright	221	F60-64	00:51:18	1	45	Ipswich Jaffa	
282	Sarah Thompson	132	F40-44	00:51:22	13	46		
283	Nik Bestow	295	M45-49	00:51:28	26	237	Ipswich Triathlon Club	
284	Scott Gillies	85	M45-49	00:51:29	27	238		
285	Christian Elms	370	M20-39	00:51:33	108	239		Top That Publishing
286	Tim Ryder	57	M45-49	00:51:35	28	240		
287	Robin John Phillips	147	M50-54	00:51:39	12	241		Martlesham Leisure
288	Hazel Brammar	218	F40-44	00:51:42	14	47		
289	Andrew Hawes	424	M45-49	00:51:45	29	242		
290	Michael Taylor	494	M50-54	00:51:46	13	243		
291	Simon Oswald	570	M20-39	00:51:50	109	244		
292	Fiona Hunt	226	F20-39	00:51:50	23	48	Ipswich Jaffa	
293	Alison Taylor	108	F40-44	00:51:51	15	49		
294	Charlie Stannett	230	M50-54	00:51:51	14	245	Ipswich Triathlon Club	
295	Johnny Gooderham	407	M40-44	00:51:54	60	246		Snape Maltings
296	Kevin Berry	274	M20-39	00:51:55	110	247		
297	Julie Haselwood	142	F55-59	00:52:00	1	50	Ipswich Jaffa	
298	Jon Davies	26	M40-44	00:52:02	61	248		Martlesham Leisure
299	Laura Carbutt	122	F20-39	00:52:03	24	51		
300	Beverley Kekwick	600	F45-49	00:52:04	5	52		
301	Andrew Oswald	567	M20-39	00:52:06	111	249		
302	Emma Lillingstone	555	F20-39	00:52:09	25	53		Martlesham Leisure
303	Andy Vick	123	M45-49	00:52:13	30	250		

304	Alison Gibson	45	F20-39	00:52:17	26	54		
305	Clare Spurling	254	F20-39	00:52:20	27	55		
306	Beth Warren	566	F20-39	00:52:21	28	56		
307	Emma Crowhurst	248	F40-44	00:52:21	16	57		Martlesham Leisure
308	Mandy Brookes	451	F45-49	00:52:23	6	58		Martlesham Leisure
309	Caroline Palmer	547	F20-39	00:52:29	29	59		
310	Zoe Aldam	490	F20-39	00:52:30	30	60		
311	Emma Nesling	291	F20-39	00:52:33	31	61		
312	Mike Thompson	534	M40-44	00:52:42	62	251		
313	Tracey Wade	110	F20-39	00:52:43	32	62		Martlesham Leisure
314	Darren Horsman	489	M20-39	00:52:55	112	252		
315	Dominic Woodmansee	605	M20-39	00:52:57	113	253		
316	Jonathan Wake	585	M15-19	00:52:59	26	254		
317	Peter Matthews	305	M40-44	00:52:59	63	255		
318	Jon Harris	571	M40-44	00:53:00	64	256		Martlesham Leisure
319	Kieron Perry	524	M20-39	00:53:08	114	257		
320	Keith Fisher	396	M45-49	00:53:11	31	258		
321	Catherine Abbott	453	F20-39	00:53:15	33	63		
322	Patrick Farley	467	M20-39	00:53:15	115	259		
323	Mark Newman	81	M20-39	00:53:17	116	260	Ipswich Triathlon Club	
324	Timothy Cook	234	M20-39	00:53:20	117	261		
325	Henri Wheal	569	F20-39	00:53:22	34	64		
326	Kate Barlow	117	F50-54	00:53:23	2	65	Wyndham AC	
327	Michael Svinos	447	M20-39	00:53:28	118	262		
328	Caroline Hunt	507	F20-39	00:53:30	35	66		
329	Paul Brown	400	M40-44	00:53:31	65	263		
330	John Webb	436	M60-64	00:53:33	2	264		
331	David Keeble	469	M20-39	00:53:36	119	265		
332	John Leonard	166	M45-49	00:53:37	32	266		
333	Stephen Lucas	2	M50-54	00:53:37	15	267		Smart421
334	Sarah Scott	141	F20-39	00:53:38	36	67		Brighton & Hove Running Sis
335	Paul Upson	29	M20-39	00:53:38	120	268	Writtle Runners	
336	Katy Roberts	381	F15-19	00:53:39	6	68		
337	Charlotte Nowosad	366	F20-39	00:53:39	37	69		Top That Publishing
338	Deborah Lawrence	343	F45-49	00:53:39	7	70		
339	Jonathan Ripman	170	M50-54	00:53:40	16	269		
340	Mei Roberts	380	F50-54	00:53:41	3	71	Woodbridge Shufflers	
341	George Collins	318	M40-44	00:53:42	66	270	Ipswich Jaffa	
342	Christine Muttitt	509	F55-59	00:53:46	2	72	Bungay Black Dog	
343	Ruth Greggor	78	F40-44	00:53:49	17	73		Top That Publishing
344	Shirley Batchelor	165	F45-49	00:53:50	8	74		
345	Alison Clarke	175	F40-44	00:53:51	18	75		Martlesham Leisure
346	Paul Hannatt	89	M20-39	00:53:58	121	271		The Lushers
347	Micheal Sergeant	595	M45-49	00:54:01	33	272		
348	Carol Edworthy	56	F40-44	00:54:02	19	76	Ipswich Jaffa	
349	Andrew White	481	M40-44	00:54:03	67	273		
350	Cathie Quemard	441	F45-49	00:54:03	9	77	Woodbridge Shufflers	
351	Sabine Vogler	429	F40-44	00:54:08	20	78		
352	Annita Middleditch	541	F20-39	00:54:14	38	79		
353	Peter Bultz	564	M45-49	00:54:16	34	274		
354	Louis Tang	371	M20-39	00:54:18	122	275		Top That Publishing
355	Susanna Crossland	236	F20-39	00:54:20	39	80		Woodbridge School
356	Stuart Buck	372	M20-39	00:54:20	123	276		Top That Publishing
357	Julie Thurlow	246	F50-54	00:54:22	4	81	Ipswich Jaffa	
358	Helen Rankin	540	F40-44	00:54:26	21	82		
359	Eve Dunn	577	F45-49	00:54:37	10	83		Martlesham Leisure
360	Jayne Wright	607	F20-39	00:54:41	40	84	Framlingham Flyers	
361	Beverley Lloyd	601	F50-54	00:54:42	5	85		
362	Tom Slegg	301	M20-39	00:54:56	124	277		
363	Steven Reynolds	174	M45-49	00:54:59	35	278		
364	Kay Wilson	283	F20-39	00:55:00	41	86		
365	Dick Partridge	286	M50-54	00:55:02	17	279		
366	Dan Clery	33	M40-44	00:55:06	68	280		
367	Dan Page	331	M20-39	00:55:10	125	281		
368	Alison Bills	20	F20-39	00:55:15	42	87		
369	Clare Carter	405	F40-44	00:55:15	22	88		
370	Colin Carter	404	M65-69	00:55:15	1	282		
371	Jonathon Fox	548	M40-44	00:55:16	69	283		
372	Andy Mitcham	192	M20-39	00:55:17	126	284		
373	Jennifer Clarke	493	F20-39	00:55:23	43	89		
374	Garrad Richens	42	M40-44	00:55:27	70	285		
375	Louise Rayfield	256	F20-39	00:55:30	44	90		Martlesham Leisure
376	Katie Price	277	F20-39	00:55:30	45	91		Martlesham Leisure
377	John Pizzamiglio	47	M40-44	00:55:34	71	286		
378	Roger Causon	222	M55-59	00:55:34	9	287	Felixstowe Road Runners	
379	Sally Simmonds	423	F45-49	00:55:36	11	92		
380	David Greggor	77	M45-49	00:55:41	36	288		Top That Publishing

381	Matthew North	210	M20-39	00:55:47	127	289		
382	Dan Harrington	271	M20-39	00:55:47	128	290		
383	Jade Turner	233	M40-44	00:55:51	72	291		
384	Chris Nunn	326	M50-54	00:55:52	18	292	Framlingham Flyers	
385	Paul Ward	511	M40-44	00:55:53	73	293		The Lushers
386	Andy Wooden	220	M45-49	00:55:53	37	294	Felixstowe Road Runners	
387	Alex Grey	568	M20-39	00:55:54	129	295		
388	Andrew Nowosad	369	M20-39	00:55:57	130	296		Top That Publishing
389	Clare Laight	252	F20-39	00:56:07	46	93		
390	Leonora King	162	F20-39	00:56:09	47	94		
391	Katy Coysh	477	F20-39	00:56:12	48	95		
392	Chris Lucas	148	M45-49	00:56:25	38	297	Saxmundham Saxons	
393	Fenella Foskett	308	F15-19	00:56:28	7	96		Woodbridge Emu Slayers
394	Nicola MacSephney	551	F20-39	00:56:32	49	97		
395	Kelly Wright	486	F20-39	00:56:33	50	98		
396	Michel Tester	281	M45-49	00:56:34	39	298		
397	Vincent Steensma	240	M20-39	00:56:39	131	299		
398	Paula McCann	28	F60-64	00:56:40	2	99		
399	Carole Roddam	48	F45-49	00:56:43	12	100		
400	Henrietta Mayne	187	F20-39	00:56:44	51	101		
401	Maggie Wright	352	F55-59	00:56:47	3	102	James Paget Hospital	
402	Lindsey Wardley	533	F20-39	00:56:49	52	103		Martlesham Leisure
403	Sue Voules	145	F40-44	00:56:59	23	104		
404	Christopher Moss	321	M50-54	00:57:00	19	300		
405	Brian Nelson	171	M60-64	00:57:07	3	301		Martlesham Leisure
406	Debbie Taylor	94	F40-44	00:57:08	24	105	Ipswich Jaffa	
407	Shirley Suckling	519	F50-54	00:57:08	6	106	Hadleigh Hares	
408	Denise Booth	384	F45-49	00:57:09	13	107		
409	Robin Meehan	432	M20-39	00:57:10	132	302		Smart421
410	Justin Barker	392	M15-19	00:57:13	27	303		The Lushers
411	Tracey Catling	198	F20-39	00:57:16	53	108		
412	Peter Fryer	377	M60-64	00:57:17	4	304		
413	Timothy Baugh	143	M40-44	00:57:19	74	305		
414	Fiona Ling	191	F20-39	00:57:20	54	109		
415	Penelope Fox	399	F50-54	00:57:23	7	110	Road Runners Club	
416	Linda Blagg	383	F50-54	00:57:26	8	111		
417	Phyllida Hallidie	261	F20-39	00:57:30	55	112	Sudbury Joggers	
418	Suzanne Sidhu	179	F20-39	00:57:32	56	113	Ipswich Jaffa	
419	Roger Spinks	496	M65-69	00:57:33	2	306	Ipswich Jaffa	
420	Elaine Beckett	589	F40-44	00:57:34	25	114		
421	Andrew Ford	456	M20-39	00:57:41	133	307		
422	Meinir Hughes	237	F20-39	00:57:42	57	115		
423	Noel Kearney	109	M20-39	00:57:48	134	308		Martlesham Leisure
424	Amy Byford-Smith	578	F20-39	00:57:49	58	116	Sudbury Joggers	
425	Robin Merritt	542	M50-54	00:57:52	20	309		Ipswich White Horses
426	Nick Green	104	M40-44	00:57:57	75	310		
427	Trevor James	215	M20-39	00:58:06	135	311		
428	Eileen Fryer	355	F55-59	00:58:06	4	117		
429	Ian Hopgood	73	M20-39	00:58:22	136	312		Woodbridge Surfers
430	Kelli Lawrence	80	F20-39	00:58:24	59	118		
431	James Baxter	154	M45-49	00:58:36	40	313		
432	Claire Darwin	357	F20-39	00:58:38	60	119		
433	Judy Hardcastle	60	F55-59	00:58:47	5	120		
434	Emma Bailey	167	F15-19	00:58:53	8	121	Felixstowe Road Runners	
435	Edmund Bedingfield	373	M20-39	00:58:57	137	314		Top That Publishing
436	Peter Morey	196	M40-44	00:58:59	76	315		Martlesham Leisure
437	Barry Newton	445	M45-49	00:59:03	41	316		
438	Rosemary Tyler	209	F55-59	00:59:04	6	122	Stowmarket Striders	
439	Emma Hibbert	58	F20-39	00:59:05	61	123		
440	Alison Ward	255	F45-49	00:59:07	14	124		
441	Maxine Turner	345	F50-54	00:59:14	9	125		
442	Michelle Bullard	84	F40-44	00:59:15	26	126		
443	Brigitte Hepburn	498	F40-44	00:59:17	27	127		
444	Sandra Lau	428	F20-39	00:59:21	62	128		
445	Simon Simmonds	464	M45-49	00:59:25	42	317		
446	Paul Hayward	463	M20-39	00:59:26	138	318		
447	William Brammar	158	M65-69	00:59:30	3	319		
448	James Thomas	603	M20-39	00:59:31	139	320		
449	Katy Nash	150	F20-39	00:59:32	63	129	Stowmarket Striders	
450	Ian Lightfoot	478	M20-39	00:59:33	140	321	Woodbridge Shufflers	
451	Sophie Cole	411	F15-19	00:59:35	9	130	Harwich Runners	
452	Anna McLean	257	F20-39	00:59:38	64	131		Martlesham Leisure
453	Sue Bennett	164	F40-44	00:59:41	28	132		
454	Gemma Moss	11	F20-39	00:59:44	65	133		
455	Sarah Jane Hargreaves	544	F20-39	00:59:56	66	134		
456	Linda Beckwith	244	F20-39	01:00:00	67	135		
457	Carol Street	172	F50-54	01:00:15	10	136	Ipswich Jaffa	

458	David Mason	520	M55-59	01:00:24	10	322	Gravesend Road Runners	
459	Georgia Halls	282	F20-39	01:00:34	68	137		
460	Eleanor Bones	531	F20-39	01:00:35	69	138		
461	Toby Brown	502	M20-39	01:00:48	141	323		
462	Andrew Morey	293	M20-39	01:00:49	142	324		
463	Toby Slater Robins	130	M20-39	01:00:53	143	325		
464	Sid Wills	83	M65-69	01:00:55	4	326	Serpentine RC	
465	Helen Finegan	202	F15-19	01:00:57	10	139	Felixstowe Road Runners	
466	Faye Dodwell	223	F20-39	01:00:59	70	140		
467	Stephanie Waller	224	F20-39	01:00:59	71	141		
468	Gillian Keating	398	F40-44	01:01:03	29	142		
469	Gillian Price	454	F45-49	01:01:03	15	143		
470	Peter Watson-Brown	545	M40-44	01:01:09	77	327		
471	Charlotte MacKinlay	501	F20-39	01:01:13	72	144		
472	Sandra Mann	482	F20-39	01:01:19	73	145		Martlesham Leisure
473	Helen Joy Phillips	146	F45-49	01:01:20	16	146		Martlesham Leisure
474	Guy Kelsey	128	M20-39	01:01:23	144	328		Strutt & Parker Novice Hurdle
475	Kim Morey	195	F40-44	01:01:29	30	147		Martlesham Leisure
476	Lesley Dack	378	F40-44	01:01:31	31	148		Martlesham Leisure
477	Christopher Gibbins	116	M60-64	01:01:31	5	329		
478	Donald Brightmore	512	M45-49	01:01:32	43	330		Martlesham Leisure
479	Jane Taylor	579	F45-49	01:01:33	17	149		
480	Angela Leech	442	F20-39	01:01:36	74	150		
481	David Atkins	35	M40-44	01:01:39	78	331		
482	Gordon Merfield	206	M65-69	01:01:51	5	332	Saxmundham Saxons	
483	Tina Brett	242	F20-39	01:01:52	75	151		Martlesham Leisure
484	Sue Seggar	320	F55-59	01:02:01	7	152	Stowmarket Striders	
485	Peter Thompson	495	M60-64	01:02:22	6	333		
486	Karen Whittingham	262	F40-44	01:02:25	32	153		
487	Mary Marshall	153	F60-64	01:02:31	3	154	Ipswich Jaffa	
488	Richard Tatterton	414	M20-39	01:02:36	145	334		Martlesham Leisure
489	Josie May	415	F20-39	01:02:36	76	155		Martlesham Leisure
490	Ray Barlow	118	M55-59	01:02:41	11	335		
491	Tessa Catchpole	213	F45-49	01:02:58	18	156		Breakthrough Breast Cancer
492	Robert Morton	185	M70-90	01:02:59	1	336		
493	Miranda Worne	604	F20-39	01:03:24	77	157		
494	Cara Spall	602	F20-39	01:03:26	78	158		Martlesham Leisure
495	Philip Regan	421	M40-44	01:03:40	79	337		
496	Philip Double	593	M45-49	01:03:42	44	338		
497	Ian Humphrey	341	M40-44	01:04:13	80	339		
498	Emma Brightmore	513	F20-39	01:04:27	79	159		Martlesham Leisure
499	Angela Collins	303	F20-39	01:04:47	80	160		
500	Dan Mee	67	M20-39	01:04:58	146	340		
501	Jane Bultz	563	F45-49	01:04:58	19	161		
502	Julia Easter	269	F40-44	01:05:10	33	162	Goyt Valley Striders	
503	Julie Jolliffe	151	F45-49	01:05:16	20	163		Hollesley Judo Club
504	Frederick Uff	472	M70-90	01:05:16	2	341	Framlingham Flyers	
505	Ali Chester	260	F20-39	01:05:21	81	164		
506	Irene Lewiston	103	F40-44	01:05:32	34	165		
507	Georgina Eade	362	F20-39	01:05:44	82	166		Top That Publishing
508	Sarah Owen	259	F20-39	01:05:44	83	167		
509	Jane Bailey	168	F50-54	01:06:14	11	168	Felixstowe Road Runners	
510	Karen Debenham	497	F40-44	01:06:22	35	169		
511	Joanne Broome	379	F20-39	01:06:30	84	170		
512	Neil Gregory	214	M45-49	01:06:44	45	342		
513	Eric Daykin	273	M70-90	01:06:51	3	343	Road Runners Club	
514	Karen Roxburgh	608	F20-39	01:07:18	85	171		
515	Lindsay Cooper	562	F20-39	01:08:24	86	172		
516	Lucy Jacobs	470	F20-39	01:08:28	87	173		
517	Helen Saagi	136	F40-44	01:08:37	36	174		Hollesley Judo Club
518	Linda Thrift	53	F50-54	01:09:18	12	175		
519	Katrina Thrower	350	F20-39	01:09:53	88	176		Martlesham Leisure
520	Wendy Merfield	205	F65-69	01:11:48	1	177	Saxmundham Saxons	
521	Lisa Howard	342	F40-44	01:13:05	37	178		
522	Kim Caley	452	F20-39	01:13:12	89	179		
523	Nikki Bloom	231	F20-39	01:13:41	90	180		Martlesham Leisure
524	Vikki Irwin	314	F20-39	01:15:08	91	181		
525	Maxine Bills	32	F20-39	01:17:30	92	182		
526	Mark Gould	101	M20-39	01:18:41	147	344		
527	Barry Gould	100	M65-69	01:18:41	6	345		