

Gt Bentley 5 mile - 14 July 2006 - Final Results

Posn	Race No.	Name	Club / Unaffiliated	Category	Time
1	254	LEWIS GAMBLE THOMPSON	COLCHESTER HARRIERS	MO	26.33
2	127	DAVID LAING	IPSWICH JAFFA	MV40	26.45
3	83	STEVEN ROBINSON	ST EDMUND PACERS	MO	26.53
4	247	DAVID GIBBON	COLCHESTER AND TENDRING	M15	26.57
5	383	MALCOLM MUIR	ILFORD AC	MO	26.58
6	183	IAN KEEBLE	UNAFFILIATED	MO	27.03
7	336	PAUL SPOWAGE	COLCHESTER HARRIERS	MV40	27.10
8	255	MARK GAMBLE THOMPSON	COLCHESTER HARRIERS	MV45	27.26
9	234	LEE GROCOTT	HARWICH RUNNERS	M15	27.29
10	315	MARK CROOK	WITHAM RC	MO	27.35
11	33	PETER GOLDING	ST EDMUND PACERS	MV50	27.44
12	259	ALEX GLADLEY	COLCHESTER AND TENDRING	M15	27.50
13	99	KEVIN VAUGHAN	ST EDMUND PACERS	MV40	27.51
14	56	ROBERT CHENERY	IPSWICH JAFFA	MO	27.54
15	48	RICHARD WESTON	IPSWICH JAFFA	MO	27.54
16	235	JAMES BEETON	NEWMARKET JOGGERS	MV40	27.54
17	136	CHRIS COOKE	ST EDMUND PACERS	MV40	27.57
18	177	WILL BARNES-SMITH	ST EDMUND PACERS	M15	27.58
19	252	PETER WEST	COLCHESTER HARRIERS	MV40	28.09
20	104	GAVIN DAVIES	IPSWICH JAFFA	MO	28.11
21	264	JASON MEACHEN	HARWICH RUNNERS	MO	28.29
22	314	CHRIS SELLENS	COLCHESTER HARRIERS	MO	28.41
23	266	KEVIN SHARMAN	LOWESTOFT RR	MO	28.47
24	376	PAUL MAYES	WEST SUFFOLK AC	M15	28.49
25	41	JULIAN LONG	ST EDMUND PACERS	MO	28.50
26	287	SARAH STRADDLING	COLCHESTER AND TENDRING	FO	28.59
27	256	MATHEW TAYLOR	COLCHESTER AND TENDRING	M15	29.06
28	262	NICHOLAS STEPHENS	STOWMARKET STRIDERS	MV40	29.30
29	84	KEITH MARLEY	UNAFFILIATED	MO	29.33
30	27	JOSHUA ENTWISTLE	FELIXSTOWE RR	M15	29.35
31	305	LAWRENCE SCARLETT	IPSWICH JAFFA	MV45	29.38
32	308	LEE MARTIN	WITHAM RC	MO	29.48
33	205	PAUL PRESTON	SUDBURY JOGGERS	MO	29.51
34	219	COLIN ARNOLD	ST EDMUND PACERS	MV50	29.54
35	228	DAMON LAWRENCE	UNAFFILIATED	MO	30.10
36	273	CHRIS FEASEY	WITHAM RC	MO	30.13
37	248	HELEN DECKER	IPSWICH JAFFA	FO	30.20
38	309	MATHEW BLACOE	HADLEIGH HARES	MV40	30.27
39	110	DAVE COPLAND	IPSWICH TRI CLUB	MV40	30.29
40	230	SIMON WADEY	HARWICH RUNNERS	MV40	30.36
41	96	RAYMOND HILL	IPSWICH JAFFA	MV55	30.40
42	212	STEPHEN EDWARDS	NEWMARKET JOGGERS	MV40	30.48
43	88	ANDY GREEN	STOWMARKET STRIDERS	MO	30.51
44	40	JASON RIDGEON	UNAFFILIATED	MO	30.52
45	106	CHRIS BATTY	FELIXSTOWE RR	MO	30.53
46	345	ANDREW RAMSBOTTOM	UNAFFILIATED	MO	30.54
47	8	PHIL NORRIS	ST EDMUND PACERS	MV40	30.56
48	277	JOHN WANKOWSKI	STOWMARKET STRIDERS	MO	31.00
49	319	PAUL MCCLELLAND	HARWICH RUNNERS	MO	31.06
50	282	STEVE BAILEY	ST EDMUND PACERS	MV40	31.08
51	333	ROB GIBBY	COLCHESTER HARRIERS	MO	31.11
52	364	KIRK BRAKER	STOWMARKET STRIDERS	MO	31.14
53	302	MARK BREWER	TIPTREE RR	MV40	31.17
54	292	STEVE HUNT	HADLEIGH HARES	MV45	31.19
55	178	MARTIN BARNES-SMITH	ST EDMUND PACERS	MV40	31.25
57	108	DAVID ADKINS	UNAFFILIATED	MV40	31.26
56	107	PETER ADKINS	UNAFFILIATED	MO	31.26
58	312	KEVIN JEFFRIES	GT BENTLEY	MV40	31.33
59	176	RAY ROBERTS	FELIXSTOWE RR	MV55	31.35
60	275	KEVIN BOWNES	TIPTREE RR	MV45	31.37
61	244	RICHARD HUMPHREY	GRANGE FARM TROTTERS	MO	31.42
62	43	SIMON HARRISON	IPSWICH JAFFA	MO	31.51
63	304	MALCOLM STATHAM	COLCHESTER HARRIERS	MO	31.53
64	133	WILFRED CAMPBELL	IPSWICH JAFFA	MV40	31.55
65	87	JOHN THORPE	IPSWICH JAFFA	MO	31.58
66	111	ALAN JACKSON	IPSWICH JAFFA	MV45	31.59
67	258	WENDY KING	CHELMSFORD AC	FO	32.05
68	1	NICKY HAMMOND	STOWMARKET STRIDERS	MO	32.07
69	55	DUNCAN CHENERY	IPSWICH JAFFA	MV45	32.12
70	281	ANDREW DUNSMUIR-WATTS	WITHAM RC	MO	32.13
71	14	PAUL CANHAM	STOWMARKET STRIDERS	MO	32.15
72	294	RICHARD WOLD	FELIXSTOWE RR	MV45	32.16
73	113	KEVIN SHORT	FRAMLINGHAM FLYERS	MV45	32.17
74	199	HALEY SUTTLE	NEWMARKET JOGGERS	FV40	32.19
75	76	DAVE VAUGHAN	ST EDMUND PACERS	MV50	32.21

76	141	JOHN DEVALL	ROAD RUNNERS CLUB	MV45	32.24
77	105	JOHN SQUIRRELL	STOWMARKET STRIDERS	MV50	32.26
79	126	VAL JENNINGS	IPSWICH JAFFA	FV40	32.27
78	92	ASHLEY PAGE	ST EDMUND PACERS	MV45	32.27
80	371	STUART WALLACE	HARWICH RUNNERS	MV50	32.28
81	374	DAVID HURLEY	OPPINGTON RR	MV40	32.29
82	335	TONY SALIMAN	UNAFFILIATED	MV40	32.35
83	268	FRED BEES	GT BENTLEY	MV60+	32.37
84	322	ADRIAN DOIG	STOWMARKET STRIDERS	MO	32.42
85	47	JOHN WESTON	IPSWICH JAFFA	MV50	32.43
86	49	ROBIN SWINDIN	IPSWICH JAFFA	MO	32.45
87	50	RAYMOND CLAYDEN	FELIXSTOWE RR	MV50	32.47
88	270	KEVIN DAVIES	UNAFFILIATED	MV45	32.47
91	306	VALERIE GLADWELL	HADLEIGH HARES	FO	32.51
89	246	ALEX HEATHERLEY	FELIXSTOWE RR	MO	32.51
90	295	BAZ LARKE	ST EDMUND PACERS	MO	32.51
92	42	SIMON PHILLIPS	UNAFFILIATED	MO	32.53
93	143	LYNTON KITCHENER	UNAFFILIATED	MV45	32.54
94	161	NICOLA PYLE	COLCHESTER AND TENDRING	FV35	32.58
95	174	ANDREW SMITH	GRANGE FARM TROTTERS	MV40	32.59
97	148	DANNY MULLANE	TIPTREE RR	MV60+	33.04
96	78	BRIGID WALLEN	WITHAM RC	FV40	33.04
98	337	JOHN COCKRELL	CASTLE ABC	MV40	33.06
99	325	MATT BURT	UNAFFILIATED	MO	33.08
100	93	CHRIS CHORLEY	BUNGAY BLACK DOG	MV40	33.10
101	265	NEIL DABLE	IPSWICH JAFFA	MO	33.16
102	156	JAYNE WILLIAMS	IPSWICH JAFFA	FO	33.24
103	135	NIGEL ROGERS	UNAFFILIATED	MO	33.26
104	385	MARTIN CLARKE	ILFORD AC	MV50	33.28
105	5	RICHARD BENNETT	FELIXSTOWE RR	MV45	33.30
106	86	SALLY STEEDMAN	IPSWICH JAFFA	FV35	33.34
107	285	KEITH TAYLOR	WITHAM RC	MV45	33.38
108	79	MICHAEL PETT	FELIXSTOWE RR	MO	33.45
109	159	RAY LYNAUGH	HARWICH RUNNERS	MO	33.47
110	29	VICTOR BROOKS	FELIXSTOWE RR	MO	33.48
111	32	MICK DAVIDSON	UNAFFILIATED	MV40	33.53
112	61	TOM WOOD	STOWMARKET STRIDERS	M15	33.54
113	290	PETER TRICKER	STOWMARKET STRIDERS	MV55	33.57
114	173	GLYN PECK	HARWICH RUNNERS	MV60+	34.00
115	103	KIM SWAN	ST EDMUND PACERS	MV45	34.01
116	369	NICK BRETHERTON	STOWMARKET STRIDERS	M15	34.05
117	344	DUNCAN LIONNEL	CASTLE ABC	MV40	34.05
118	238	JASON BLOOMFIELD	STOWMARKET STRIDERS	MO	34.08
119	180	GEORGE BARROW	BISHOPS STORTFORD RC	MV60+	34.10
120	98	MARK LANKESTER	IPSWICH JAFFA	MO	34.11
121	197	DAVID NEWMAN	GARDEN CITY RUNNERS	MV45	34.13
122	200	SANDIE POTTAGE	STOWMARKET STRIDERS	FV40	34.14
123	217	ADELE STACH-KEVITZ	NEWHAM & ESSEX BEAGLES AC	FV35	34.15
124	381	DAVID ANDREWS	WITHAM RC	MV45	34.15
125	97	TRICIA DENNISON	ST EDMUND PACERS	FV45	34.18
126	80	BRIAN GALE	UNAFFILIATED	MV45	34.24
127	63	CLARE-LOUISE BOUTELL	WITHAM RC	FO	34.27
128	36	GEOF EVERITT	IPSWICH JAFFA	MV60+	34.29
129	236	PETER GOLD	WITHAM RC	MV50	34.31
130	172	LOUISE STAUNTON	IPSWICH JAFFA	FO	34.33
131	257	ANGIE ALSTRACHEN	ST EDMUND PACERS	FV40	34.34
132	353	KER MACROSSON	IPSWICH JAFFA	MV50	34.37
133	19	KEVIN WEBBER	SPRINGFIELD STRIDERS	MO	34.40
134	102	BARRY HEMPSTEAD	EASTERN VETS AC	MV60+	34.40
135	34	SARAH GOLDING	ST EDMUND PACERS	FV40	34.41
136	171	RICHARD MUCHMORE	ST EDMUND PACERS	MO	34.42
137	168	PETER BAGULEY	IPSWICH JAFFA	MV45	34.48
138	307	JONATHAN BURLS	HARWICH RUNNERS	MV45	34.50
139	323	LIZ CAHILL	COLCHESTER HARRIERS	FV40	34.52
140	144	ANDREW RICHARDSON	IPSWICH JAFFA	MO	34.58
141	349	REGGIE LLOYD	COLCHESTER HARRIERS	MV45	35.00
142	121	JULIA MIDLETON	NEWMARKET JOGGERS	FV55+	35.04
143	318	JONNY LEVETT	STOWMARKET STRIDERS	MV40	35.19
144	22	ROBERT TOMLINSON	STOWMARKET STRIDERS	MV45	35.25
145	366	PAUL WHITE	UNAFFILIATED	MV40	35.28
146	223	IAN FOSKEW	MID ESSEX CASUALS	MV40	35.30
147	370	KAY HACK	SPRINGWELL RC	FV40	35.34
148	340	STEPHEN CLIFF	IPSWICH JAFFA	MV45	35.36
149	316	MIKE GREALY	HALSTEAD RR	MV50	35.36
150	30	KELLY KEMP	STOWMARKET STRIDERS	FO	35.37
151	320	KATE WOOLDRIDGE	IPSWICH JAFFA	FO	35.42
152	170	KEVIN LOOKER	UNAFFILIATED	MO	35.50
153	204	DAVID DANIELS	STOWMARKET STRIDERS	MV40	35.51
154	387	ADRAIN HINE	FELIXSTOWE RR	MV40	35.51

155	378	NEIL GEDIER	UNAFFILIATED	MV45	36.04
156	134	LORRAINE MILLS	STOWMARKET STRIDERS	FO	36.06
157	269	PETE ANDREWS	UNAFFILIATED	MV40	36.09
158	129	JULIAN CORDWELL	HARWICH RUNNERS	MV50	36.11
159	196	TIM HYATT	UNAFFILIATED	MV40	36.19
160	261	SUE GARROD	STOWMARKET STRIDERS	FV40	36.27
161	263	MILES GARROD	STOWMARKET STRIDERS	MV40	36.33
162	363	KEVIN BIRD	IPSWICH JAFFA	MV40	36.36
163	220	JAMES VARNDELL	UNAFFILIATED	M15	36.39
164	388	PHILIP MARSDEN	UNAFFILIATED	MV45	36.41
165	380	JOHN KERR	WITHAM RC	MV45	36.42
166	59	STEVEN HAWKESWORTH	IPSWICH JAFFA	MV45	36.43
167	365	RICHARD LAYCOCK	UNAFFILIATED	MO	36.44
168	382	DAVID CHITTICK	STOWMARKET STRIDERS	MO	36.49
169	75	DAVID FELLMAN	IPSWICH JAFFA	MV45	36.50
170	375	DANIELLE HURLEY	SOUTHEND AC	F15	36.50
171	64	STEPHEN BRIGHT	BRITISH ATHLETICS SC	MV40	36.51
172	245	GRACE ALLSTON	IPSWICH JAFFA	FO	36.55
173	125	FRED BOGGIS	WOODBIDGE SHUFFLERS	MV45	36.55
174	329	STEVEN COVEY	CASTLE ABC	MO	36.56
175	128	ROBERT WARNE	WOODBIDGE SHUFFLERS	MV50	36.58
176	82	RACHEL O'CONNOR	WITHAM RC	FO	37.00
177	35	MARK ANDREWS	UNAFFILIATED	MO	37.02
178	201	MARK VINCE	UNAFFILIATED	MO	37.02
179	274	JULIE BROWN	IPSWICH JAFFA	FV40	37.05
180	280	MIKE RYALL	COLCHESTER AND TENDRING	MV55	37.10
181	206	AMANDA HENRY	SUDBURY JOGGERS	FO	37.17
182	278	CHRIS COOK	ST EDMUND PACERS	MV55	37.23
183	330	COLIN SHORT	WITHAM RC	MV55	37.24
184	6	WYN JONES	FELIXSTOWE RR	MV50	37.26
185	74	ROGER DUFFIELD	TIPTREE RR	MV60+	37.28
186	120	MARTIN RYAN	UNAFFILIATED	MV40	37.34
187	331	NICK BESTOW	IPSWICH TRI CLUB	MV45	37.36
188	195	BARRY HAYES	UNAFFILIATED	MO	37.38
189	354	JIM REED	HARWICH RUNNERS	MV55	37.43
190	13	REBECCA JORDAN	STOWMARKET STRIDERS	FO	37.46
191	379	MARK THOMAS	UNAFFILIATED	MO	37.46
192	160	KATE THOMAS	HARWICH RUNNERS	FV35	37.51
193	149	ROB FRENCH	IPSWICH JAFFA	M15	37.52
194	221	DAVID VARNDELL	UNAFFILIATED	MV45	37.53
195	73	STEVE NORRIS	UNAFFILIATED	MO	37.54
196	157	MARTIN ABLETT	STOWMARKET STRIDERS	MV35	37.56
197	279	LEWIS PALMER	HADLEIGH HARES	MV40	37.56
198	145	MARK FINBOW	ESSEX POLICE AC	MV40	38.00
199	310	SUZANNE LOVETT	IPSWICH JAFFA	FO	38.04
200	112	EVETTE PRICE	FRAMLINGHAM FLYERS	FV40	38.05
201	384	SALLY GILLAM	ILFORD AC	FV40	38.05
202	324	CHRISTINA HOWLAND	FELIXSTOWE RR	FV40	38.07
203	70	MARTIN LAVER	UNAFFILIATED	MV40	38.08
204	45	KEN TUSON	VETERANS AC	MV60+	38.12
205	334	RACHEL RICHARDSON-WRIGHT	COLCHESTER HARRIERS	FV40	38.17
206	241	DAVID BROOKS	THURROCK HARRIERS	MV60+	38.20
207	18	GILL DEAN	IPSWICH JAFFA	FV45	38.24
208	207	COLIN NEWCOMBE	SUDBURY JOGGERS	MO	38.25
209	155	STUART ABBOTT	WOODBIDGE SHUFFLERS	MO	38.26
210	326	PAUL KERRIDGE	WOODBIDGE SHUFFLERS	MV40	38.28
211	122	KIRK WYTHE	IPSWICH JAFFA	MO	38.32
212	185	MALCOLM HOGARTH	STOWMARKET STRIDERS	MV45	38.34
213	194	NATALIE ABRAHAMS	UNAFFILIATED	FV40	38.34
214	359	DAVE WATT	STOWMARKET STRIDERS	MV45	38.36
215	251	IAN GOODERHAM	UNAFFILIATED	MO	38.36
216	71	COLIN WEIGHT	ST EDMUND PACERS	MV60+	38.38
217	165	STEPHEN WOOD	IPSWICH JAFFA	MV45	38.41
218	216	COLIN JENKINS	NEWHAM & ESSEX BEAGLES AC	MV50	38.44
219	116	IAN LINTON	TIPTREE RR	MV55	38.45
220	327	LESLEY BASHAM	STOWMARKET STRIDERS	MV55	38.48
221	53	KATE SHERWIN	FELIXSTOWE RR	FV35	38.48
222	146	SANDRA BERNTHAL	HADLEIGH HARES	FV50	38.48
223	54	PHILIP COOPER	FELIXSTOWE RR	MV50	38.48
224	253	PETER MILLS	UNAFFILIATED	MV50	38.49
225	7	HARRY SMITH	STOWMARKET STRIDERS	MV40	38.54
226	283	MICHAEL POWER	UNAFFILIATED	MV45	38.55
227	291	STUART HUNT	HADLEIGH HARES	MO	38.56
228	28	GEORGE COLLINS	IPSWICH JAFFA	MV40	38.57
229	202	TONY ADOLPHUS	IPSWICH JAFFA	MV45	39.04
230	249	DAWN THURLOW	IPSWICH JAFFA	FV40	39.06
231	21	AMANDA MALLETT	IPSWICH TRI CLUB	FV40	39.08
232	348	SARAH-JANE FIRMAN	NORWICH RR	FO	39.11
233	118	STEVE THOMAS	UNAFFILIATED	MV40	39.12

234	57	ELIZABETH PARKER	FELIXSTOWE RR	FV35	39.29
235	58	NIGEL DADGE	FELIXSTOWE RR	MO	39.29
236	332	CLAIRE BRANSBY	HARWICH RUNNERS	FV35	39.30
237	225	DANNY GENTRY	UNAFFILIATED	MO	39.33
238	4	ANNABEL BENNETT	FELIXSTOWE RR	FV40	39.37
239	299	CHARMAINE GERAGHTY	STOWMARKET STRIDERS	FO	39.38
240	101	SIMON LEE	UNAFFILIATED	MO	39.39
241	60	IAN BOWN	UNAFFILIATED	MV40	39.40
242	66	HELEN SNAZELL	ST EDMUND PACERS	FV50	39.41
243	67	ROBBIE SNAZELL	ST EDMUND PACERS	MV50	39.41
244	187	JONATHAN DAVENPORT	UNAFFILIATED	MO	39.44
245	192	PAUL KNIGHT	UNAFFILIATED	MV40	39.44
246	191	DAWN KNIGHT	UNAFFILIATED	FV40	39.46
247	139	SOPHIE NEWMAN	UNAFFILIATED	FO	39.47
248	313	PENNY WAGGOTT	STOWMARKET STRIDERS	FV35	39.50
249	367	ANDREW FULLER	UNAFFILIATED	MV40	39.55
250	296	JEREMY SCOPES	UNAFFILIATED	MV50	40.05
251	298	LUCIA VASSELL	UNAFFILIATED	FV35	40.07
252	321	PIP WALBOYS	UNAFFILIATED	MV55	40.09
253	352	ELSPETH KNOTT	HARWICH RUNNERS	FV55+	40.16
254	317	KIM LEVETT	STOWMARKET STRIDERS	FV35	40.21
255	181	COLIN LOW	UNAFFILIATED	MO	40.26
256	115	BRIAN PECK	ST EDMUND PACERS	MV55	40.29
257	224	KATIE GREENYER	UNAFFILIATED	FO	40.32
258	386	NEIL MCCONNELL	UNAFFILIATED	MO	40.32
259	166	DEBBIE GHANT	STOWMARKET STRIDERS	FV40	40.40
260	208	JULIE COX	UNAFFILIATED	FV45	40.49
261	91	ANNE FELLINGHAM	STOWMARKET STRIDERS	FV55+	40.56
262	303	NEIL WILCOCKSON	UNAFFILIATED	MO	40.58
263	150	STEVE HAYES	MID ESSEX CASUALS	MV40	41.05
264	119	CHRIS BONE	HADLEIGH HARES	MO	41.06
265	339	GEORGIA GARVIN	IPSWICH JAFFA	F15	41.07
266	153	GORDON MERFIELD	1066 TRIATHLETES	MV60+	41.09
267	124	ROGER SPINKS	IPSWICH JAFFA	MV60+	41.19
268	2	SANDRA MAYHEW	STOWMARKET STRIDERS	FV40	41.23
269	328	IAN BROWN	UNAFFILIATED	MO	41.29
270	267	LAURA HICKS	STOWMARKET STRIDERS	FO	41.29
271	94	BOBBIE SAUERZAPF	BUNGAY BLACK DOG	FV45	41.35
272	293	JASON BAILLIE	IPSWICH TRI CLUB	MO	41.38
273	297	FELTY OWEN	BRITISH ATHLETICS SC	MV40	41.42
274	351	CHRIS BROWES	UNAFFILIATED	MV45	41.51
275	231	CHRISTOPHER BEARDMORE	UNAFFILIATED	MO	42.00
276	123	FRANK MOGGAN	STOWMARKET STRIDERS	MV55	42.04
277	226	PAUL DULEY	UNAFFILIATED	MO	42.18
278	237	LORRAINE GOLD	WITHAM RC	FV50	42.25
279	213	HELEN TURKINGTON	IPSWICH JAFFA	FO	42.28
280	222	JULIE PRINGLE	WITHAM RC	FV35	42.32
281	250	MARTYN BROPHY	ST EDMUND PACERS	MV45	42.32
282	361	CAROLINE HOOK	UNAFFILIATED	FV35	42.38
283	175	CLAIRE BURROWS	UNAFFILIATED	FO	42.42
284	38	RONEL VAN DER MERWE	STOWMARKET STRIDERS	FV45	42.54
285	227	ADELE MERCIER	UNAFFILIATED	FV35	43.02
286	347	ELIZABETH SEVERY	UNAFFILIATED	FV45	43.02
287	260	BETHANY GLADLEY	UNAFFILIATED	FO	43.09
288	289	LYNDON COLLIER	SUDBURY JOGGERS	MV50	43.12
289	338	JANE GARVIN	IPSWICH JAFFA	FO	43.18
290	346	ANDREW SEVERY	UNAFFILIATED	MV45	43.19
291	85	GRAHAM PAGE	ST EDMUND PACERS	MV50	43.22
292	300	GARY STANFORD	ST EDMUND PACERS	MV55	43.31
293	114	NICK HUGGINS	ST EDMUND PACERS	MV50	43.35
294	31	NANICE JELL	FELIXSTOWE RR	FV45	43.41
295	169	JILL DAY	GT YARMOUTH RR	FV35	43.41
296	272	JAYNE FARNWORTH	FELIXSTOWE RR	FV50	43.43
297	186	VICTORIA LAW	UNAFFILIATED	FO	43.54
298	362	VAUGHAN CLARKE	UNAFFILIATED	MO	43.54
299	229	PAUL HARVEY	UNAFFILIATED	MO	44.00
300	151	JAKE HAYES	MID ESSEX CASUALS	M15	44.06
301	11	HELEN FINEGAN	FELIXSTOWE RR	F15	44.15
302	12	TIM FINEGAN	FELIXSTOWE RR	MV40	44.18
303	242	PAUL TREVELYAN	UNAFFILIATED	MV45	44.22
304	89	CLARE BAILIE	STOWMARKET STRIDERS	FO	44.32
305	182	ANNE OLIVER	FELIXSTOWE RR	FV50	44.35
306	240	VAL MCCULLAGH	CASTLE POINT JOGGERS	FV50	44.52
307	239	NICK MCCULLAGH	CASTLE POINT JOGGERS	MV50	44.52
308	51	CAROL NOKES	HADLEIGH HARES	FV45	44.52
309	109	SUSANNAH ROSENBERG	IPSWICH TRI CLUB	FV45	44.54
310	179	FRED UFF	FRAMLINGHAM FLYERS	MV60+	45.05
311	154	ANN WOODARD	FELIXSTOWE RR	FV40	45.06
312	77	SHIRLEY SUCKLING	MARTLESHAM LEISURE CLUB	FV50	45.17

313	377	PETER STRANGE	THRIFT GREEN TROTTERS	MV40	45.27
314	198	NICOLA SAUNDERS	UNAFFILIATED	FO	45.29
315	188	DARYL BUTCHER	HARWICH RUNNERS	MV45	45.31
316	368	HILARY MAGNALL	UNAFFILIATED	FV40	45.40
317	39	VAL DADGE	FELIXSTOWE RR	FV40	45.44
318	284	CHALITA WASSELL	UNAFFILIATED	FO	45.49
319	286	COLIN PRIGG	UNAFFILIATED	MV40	45.49
320	69	VANESSA LAVER	UNAFFILIATED	FV35	45.52
321	341	SUZANNE BARBER	IPSWICH JAFFA	FV40	46.02
322	372	TINA STARLING	GT BENTLEY	MV40	46.05
323	193	BARBARA TOTTLE	IPSWICH TRI CLUB	FV50	46.20
324	232	PAUL FELTON	SUDBURY JOGGERS	MV55	47.00
325	209	HELEN CHALLIS	FELIXSTOWE RR	FV35	47.17
326	355	CAROLINE CHAPMAN	UNAFFILIATED	FV45	47.22
327	211	GRAHAM PINK	UNAFFILIATED	MV45	47.24
328	288	JOANNA SULLIVAN	UNAFFILIATED	FO	47.28
329	203	JAN ROBINSON	UNAFFILIATED	FV55+	47.30
330	350	ANN RIDEOUT	UNAFFILIATED	FV40	47.32
331	20	ROSE NORRIS	STOWMARKET STRIDERS	FV45	47.49
332	276	CAROLYN BOWNES	TIPTREE RR	FV45	48.02
333	356	DIANE WOMBWELL	UNAFFILIATED	FV40	48.21
334	360	DEBBIE PEMBROKE	UNAFFILIATED	FV40	48.21
335	95	SUE SEGGAR	STOWMARKET STRIDERS	FV55+	48.27
336	81	PAT GRAHAM	IPSWICH JAFFA	FV55+	48.48
337	357	JEN SUMMERS	STOWMARKET STRIDERS	FO	48.51
338	343	SARAH WOOD	NORWICH RR	FO	48.52
339	46	MARY O'SULLIVAN	IPSWICH JAFFA	FV35	48.57
340	218	ANN JOHNSON	WITHAM RC	FV40	48.59
341	373	PRABH RIAT	OPPINGTON RR	MO	49.03
342	189	STEPHEN JENKINS	UNAFFILIATED	MO	49.14
343	190	DAVID COLLINS	UNAFFILIATED	MV40	49.14
344	311	MIKE KEMP	UNAFFILIATED	MO	49.37
345	243	LISA BOYLE	UNAFFILIATED	FV35	49.47
346	358	LESLEY WATT	STOWMARKET STRIDERS	FV45	50.26
347	210	ANNA STERLING	UNAFFILIATED	FO	50.40
348	52	WILLIAM LEEK	UNAFFILIATED	MV60+	50.45
349	342	MARY CLARKE	UNAFFILIATED	FV55+	51.03
350	152	WENDY MERFIELD	1066 TRIATHLETES	FV55+	51.16
351	132	ROY MILLER	ST EDMUND PACERS	MV55	51.25
352	215	CHRIS HARBORD	GT YARMOUTH RR	MV60+	51.59
353	117	SALLY FRAY	UNAFFILIATED	FV35	52.23
354	233	ROBERT FRENCH	SUDBURY JOGGERS	MV60+	52.24
355	24	ANNE COOMBER	UNAFFILIATED	FO	52.26
356	271	RICHARD FARNWORTH	FELIXSTOWE RR	MV50	54.17
357	100	GLENDA TAYLOR	STOWMARKET STRIDERS	FV55+	60.42
358	25	JANE COOMBER	UNAFFILIATED	FO	65.53
	26	ROB CLAYTON	FELIXSTOWE RR	MV45	dns/dnf
	3	GORDON BANKS	UNAFFILIATED	MO	dns/dnf
	9	REBECCA FORD	UNAFFILIATED	FO	dns/dnf
	10	ROGER STONE	FELIXSTOWE RR	MO	dns/dnf
	15	SUE HARGADON	IPSWICH TRI CLUB	FV50	dns/dnf
	16	SIMON PALMER	IPSWICH TRI CLUB	MV50	dns/dnf
	17	JONNY PALMER	IPSWICH HARRIERS	M15	dns/dnf
	23	JENNIFER O'CALLAGHAN	NEWMARKET JOGGERS	FV35	dns/dnf
	37	SALLY ANN PEARCE	FELIXSTOWE RR	FV45	dns/dnf
	44	STEVE JONES	UNAFFILIATED	MO	dns/dnf
	62	JENNY JARRETT	FELIXSTOWE RR	FV40	dns/dnf
	65	MICHAEL CRIPPS	WEST SUFFOLK AC	M15	dns/dnf
	68	MATT SNAZELL	ST EDMUND PACERS	MO	dns/dnf
	72	JOHN WEBB	IPSWICH JAFFA	MV55	dns/dnf
	90	RICHARD FELLINGHAM	STOWMARKET STRIDERS	MV55	dns/dnf
	130	LORNA PENELUNA	UNAFFILIATED	FV40	dns/dnf
	131	KARL PENELUNA	FELIXSTOWE RR	MO	dns/dnf
	137	ANGELA HORE	UNAFFILIATED	FV45	dns/dnf
	138	KEVIN HORE	UNAFFILIATED	MV45	dns/dnf
	140	CHRISTINA CARR	FELIXSTOWE RR	FO	dns/dnf
	142	STEPHEN BRILEY	UNAFFILIATED	MO	dns/dnf
	147	GRAHAM BERNTHAL	HADLEIGH HARES	MV55	dns/dnf
	158	COLIN WOOLF	HARWICH RUNNERS	MV60+	dns/dnf
	162	LYNN TANNER	COLCHESTER AND TENDRING	FV50	dns/dnf
	163	MARTYN BYFORD	WITHAM RC	MV45	dns/dnf
	164	HILARY WOOD	IPSWICH JAFFA	FV40	dns/dnf
	167	JENNY MORCOM	WOODBRIIDGE SHUFFLERS	FV45	dns/dnf
	184	ANN HOGARTH	STOWMARKET STRIDERS	FV45	dns/dnf
	214	SUE LEWIS	STOWMARKET STRIDERS	FV45	dns/dnf
	301	PAUL CHAPMAN	BISHOPS STORTFORD RC	MV45	dns/dnf