

**SUFFOLK COUNTY A.A. 10k 2017 CHAMPIONSHIPS**  
**18th August 2017 at IPSWICH**

<b>Mens Open</b>				
1	Benjamin	Carpendale		34:20
2	Danny	Rock	Ipswich Jaffa RC	34:35
3	James	Hayward	Ipswich Jaffa RC	35:06
4	Joe	Robson	Saint Edmund Pacers	36:12
5	Oliver	Daykin	Newmarket Joggers	36:18
6	James	Young		36:53
7	Nicholas	Clarke	Ipswich Jaffa RC	36:59
8	Mark	Curtis	Ipswich Jaffa RC	37:05
9	Ian	Old	Ipswich Jaffa RC	37:07
10	Austin	Vidal-Cocker		37:09
11	Scott	Ramsey	Hadleigh Hares AC	37:26
12	Jon	Glanfield	Felixstowe RRC	37:32
13	Christopher	Jones		37:40
14	Cameron	Thick	Ipswich Jaffa RC	37:44
15	Ashley	Smy	Ipswich Jaffa RC	37:59
16	Daniel	Jones	Ipswich Harriers	38:13
17	Tom	Bruce	Ipswich Triathlon Club	38:14
18	Ben	Churchman	Diss and District AC	38:18
19	Marcus	Karia	Kent AC	38:33
20	Darren	Thomas		38:35
21	Oliver	Boughton	Saint Edmund Pacers	38:47
22	Matt	Ford-Thomas	Saxmundham Sports Running & Fitness Club	39:10
23	Alastair	Read	Felixstowe RRC	39:13
24	John	Aldred	Framlingham Flyers	39:19
25	Andrew	Hunt		39:21
26	Paul	Fenn		39:22
27	Alex	Brunt		39:30
28	Alex	Harvey		40:08
29	Gary	Parker		40:10
30	Daniel	Ingleby	Ipswich Jaffa RC	40:16
31	Kyle	Jay		40:21
32	Josh	Hannatt		40:22
33	Kallum	Beward	Sudbury Joggers	40:23
34	Matthew	Payne		40:32
35	Oliver	Riches	Hadleigh Hares AC	40:33
36	Jason	Evans		40:36
37	Adam	Brett	Felixstowe RRC	40:40
38	Darren	Barfield	Sudbury Joggers	40:45
39	Leon	Jones		41:00
40	Rich	Pelan		41:19
41	Ben	Hudson		41:21
42	Alastair	Bartlett	Woodbridge Shufflers RC	41:27
43	Jack	Ward	Ipswich Jaffa RC	41:35
44	Alex	Archer		41:37
45	Jordan	Smith		41:38
46	Rob	Page	Ipswich Jaffa RC	41:41
47	Robert	Grainger	Stowmarket Striders RC	41:48
48	Stephen	Neumann		41:55
49	Tom	Alexander	Woodbridge Shufflers RC	41:57
50	Justin	Potter	Stowmarket Striders RC	41:58
51	Marc	Peachey		42:17
52	Alex	Belsom		42:17
53	Chris	Miles	Stowmarket Striders RC	42:23

54	Jonathan	Pestell		42:23	
55	Ben	Dean	Diss and District AC	42:40	
56	Peter	Girling		42:43	
57	Graham	Hollingsworth		42:51	
58	Lee	Davies		43:00	
59	Peter	Crawley		43:01	
60	Stuart	Pyke		43:03	
61	Matthew	Reynolds	Lowestoft Road Runners	43:05	
62	Christopher	Bing	Ipswich Jaffa RC	43:09	
63	Edward	Tricker	Stowmarket Striders RC	43:19	
64	Dean	Wright		43:20	
65	Kevin	Bennett		43:20	
66	Christopher	Stockdale		43:20	
67	Jorge	Reis		43:23	
68	Richard	Dunne		43:42	
69	Clayton	Fosker		43:50	
70	Gary	Ingram	Ipswich Jaffa RC	44:03	
71	Jonathan	Chapman		44:05	
72	George	Seward		44:07	
73	Jack	Shepherd		44:08	
74	Marc	Benson	Haverhill Running Club	44:12	
75	Marcus	Alderton		44:14	
76	Jordan	Sadler		44:17	
77	Luke	South		44:25	
78	James	Wright	Ipswich Jaffa RC	44:31	
79	Craig	Wright	Ipswich Triathlon Club	44:39	
80	Nigel	Gartshore		44:41	
81	Oli	Perrins		44:44	
82	Michael	Sheldrake	Ipswich Jaffa RC	45:07	
83	Alex	Dickin		45:10	
84	Ross	Wilson		45:11	
85	James	Ellul	Felixstowe RRC	45:12	
86	Philip	Mills		45:14	
87	Karl	Mitchell	Felixstowe RRC	45:14	
88	Stephen	Chittock		45:15	
89	Neil	Dennis	Stowmarket Striders RC	45:15	
90	Chris	Hemingway		45:19	
91	Mark	Leek		45:20	
92	Martin	Conboy-Thompson		45:31	
93	Peter	Reach	Stowmarket Striders RC	45:36	
94	Keith	Andrews		45:38	
95	Alan	Murray		45:41	
96	Gavin	Bones		45:42	
97	Charles	Layzell		45:42	
98	Thomas	Hayden	Ipswich Harriers	45:44	
99	Jessico	Silva		45:47	
100	Graham	Long		45:49	
101	Jordan	Bailey		45:53	
102	Peter	Woods	Felixstowe RRC	45:54	
103	Simon	Smith		45:54	
104	Mike	Foster		45:59	
105	John	Vinecombe		46:08	
106	Oliver	Watson		46:10	
107	Shaun	Button	Bungay Black Dog RC	46:13	
108	Daniel	Mann		46:17	
109	Matthew	Eveleigh	Stowmarket Striders RC	46:27	
110	Wayne	Close		46:40	
111	Daniel	Rivera		46:45	
112	David	Chambers		46:52	
113	Chris	Kerry		46:57	
114	Martyn	Brown		47:01	

115	Andrew	Mann	Ipswich Jaffa RC	47:02	
116	Tom	Henley		47:08	
117	James	Bouldin	Framlingham Flyers	47:20	
118	Toby	Cooper		47:20	
119	Stefan	Noble		47:26	
120	Jack	Hines	Hadleigh Hares AC	47:27	
121	Tom	Brown		47:34	
122	Oliver	Fosker		47:36	
123	William	Anderson		47:37	
124	James	Severy		47:39	
125	Ben	Clamp		47:41	
126	Stephen	Harvey		47:56	
127	Glen	Page		47:57	
128	Richard	Tatterton		48:02	
129	James	Cooper	Stowmarket Striders RC	48:04	
130	Thomas	Gately-Thorpe		48:09	
131	Kieren	Beresford		48:15	
132	Clifford	Yates		48:22	
133	Lee	Knights		48:23	
134	Darryl	Yates	Ipswich Jaffa RC	48:24	
135	Andrew	Copping		48:30	
136	Martin	Copjan		48:32	
137	Steven	Ward		48:42	
138	John	Chell	Ipswich Jaffa RC	48:53	
139	Tim	Gamston		49:05	
140	Alex	Greengrass		49:08	
141	Chris	Welham		49:11	
142	Kevin	Scutcher		49:16	
143	Aaron	Wicks		49:19	
144	Richard	Wilkins	Felixstowe RRC	49:21	
145	Josh	Beston		49:28	
146	Simon	Fairs		49:28	
147	Andrew	Robertson		49:34	
148	Rob	Haddow		49:37	
149	Ollie	Harrison		49:38	
150	Michael	Peachey		49:43	
151	Ross	Arnold	Haverhill Running Club	49:48	
152	Gregory	Schmidt		49:51	
153	Tom	Kidd		49:54	
154	Glenn	Williamson		49:54	
155	Iain	Fairburn		49:58	
156	Brett	Deakin	Felixstowe RRC	50:00	
157	Chris	Pipe		50:04	
158	Andrew	Greenwell		50:12	
159	Karl	Harris		50:15	
160	George	Firth		50:20	
161	Rob	Harrow		50:21	
162	James	Sanders		50:31	
163	Luke	Read		50:38	
164	Mark	Finch		50:42	
165	Thomas	Gooch		50:50	
166	David	Farrow		50:53	
167	Andy	Holland		50:55	
168	Christopher	Francis		50:58	
169	Andy	Miley	Ipswich Jaffa RC	51:07	
170	Ricky	Deasy		51:08	
171	Kevin	Pooley		51:09	
172	Daniel	Crickmore		51:16	
173	Stuart	Clarke		51:26	
174	Aaron	Padmore		51:34	
175	Carl	Pearson		51:39	

176	Ash	Carver		51:45	
177	Stephen	Locke		51:45	
178	Scott	Mills		51:58	
179	Keelan	Smith	Saxmundham Sports Running & Fitness Club	52:00	
180	Daniel	Holland		52:05	
181	Chris	Bond		52:09	
182	James	Theobald		52:15	
183	Ryan	Gittins		52:16	
184	James	Wicks		52:18	
185	Nick	Jarrold	Ipswich Jaffa RC	52:22	
186	Kelmend	Sokoli	Felixstowe RRC	52:28	
187	Matthew	Pearce		52:30	
188	James	Doyle		52:32	
189	Ashley	Cotton		52:33	
190	Aaron	O'Connell		52:39	
191	Jason	Cowles		52:43	
192	Dylan	Pomietto	Felixstowe RRC	52:43	
193	Matt	Starling		52:44	
194	James	Andrews		52:47	
195	Marian	Mlynarcik		53:01	
196	George	Boddington		53:11	
197	Chris	Farthing		53:24	
198	Toby	Cook		53:46	
199	Thomas	Vale		53:53	
200	Theodore	Sims		54:01	
201	Rob	Rogers		54:11	
202	Matthew	Smith		54:13	
203	Daniel	Macdonald		54:23	
204	Roger	Frost		54:26	
205	James	Lee-Barrett		54:30	
206	David	Rowland		54:33	
207	Chris	Farthing		55:17	
208	Peter	Cockett		55:29	
209	Joseph	Southgate		55:34	
210	Joe	Roberts		55:38	
211	Jonny	Miles	Felixstowe RRC	55:47	
212	Anton	Clifton		55:58	
213	Steve	Swan		56:11	
214	Liam	Hastings		56:20	
215	Tom	Allenby		56:26	
216	Mark	Oxford	Ipswich Triathlon Club	56:31	
217	James	Garrett		56:33	
218	Gavin	Boag	Stowmarket Striders RC	56:33	
219	Alan	Dowman		56:33	
220	Chris	Warren		56:34	
221	Rishabh	Gupta		56:34	
222	Ashley	Thrower		56:35	
223	Christy	Fenelon		56:40	
224	James	Gooding		56:56	
225	Dan	Parish		57:01	
226	Lee	Dunne		57:08	
227	Freddie	Auld		57:10	
228	Christopher	Pascall		57:19	
229	Cameron	Fairweather		57:27	
230	George	Burch		57:29	
231	Anton	Brits		57:32	
232	Sam	Hart		57:47	
233	Joe	Fairs		58:08	
234	Jake	Boreham	Stowmarket Striders RC	58:08	
235	Adam	Langford		58:11	
236	Yit-Fong	Chan		58:20	

237	Andy	McMahon		58:43	
238	Matt	Mudie		58:58	
239	Andrew	Sargent		59:21	
240	Neil	Potter		59:37	
241	Matthew	Makin		59:41	
242	Carl	Collins		59:47	
243	James	Payne		59:48	
244	Andrew	Crowe		59:48	
245	Joshua	Holland		59:57	
246	Gary	Gladwell		1:00:04	
247	Peter	Edwards		1:00:14	
248	Adam	Thorpe		1:00:27	
249	Adam	Kretowicz		1:00:39	
250	Robert	Kemp	Felixstowe RRC	1:01:00	
251	Jociley	Fernandes		1:01:03	
252	Luke	Sadler		1:01:03	
253	Ottis	Whittington		1:01:07	
254	Simon	Powell		1:01:44	
255	David	Crissell		1:04:09	
256	Ian	Lightfoot	Woodbridge Shufflers RC	1:04:12	
257	Terry	Meadows		1:04:54	
258	Alistair	Belsom		1:05:24	
259	Sam	Brooke	Felixstowe RRC	1:06:39	
260	Daniel	Hines		1:07:13	
261	Max	Wilding		1:10:41	
262	Ollim	Fernandes		1:11:04	
263	Will	Dowe		1:11:55	
264	Mike	Cook		1:12:53	
265	Mark	Hammond		1:37:41	

<b>Mens V40 Section</b>				
1	John	Scaife	Hadleigh Hares AC	36:15
2	Benjamin	Jacobs	Felixstowe RRC	37:00
3	Tim	Larke	Stowmarket Striders RC	37:37
4	Jess	Farthing	Felixstowe RRC	38:15
5	Jason	Taylor	Felixstowe RRC	38:24
6	Chris	Leek	Framlingham Flyers	38:26
7	Stuart	Simmons	Ipswich Jaffa RC	38:30
8	Robin	Harper	Felixstowe RRC	38:32
9	Ross	Wilcox		39:20
10	Simon	Derry		39:23
11	Jason	Marter		39:25
12	Richard	Leeder	Stowmarket Striders RC	40:14
13	Len	Saunders	Felixstowe RRC	40:17
14	Phil	Quantrill		40:29
15	Chris	Osborne	Felixstowe RRC	40:39
16	Mark	Rose	Ipswich Jaffa RC	40:46
17	Matt	Wright		41:10
18	Andrew	Joscelyne		41:24
19	Derek	Hood	Ipswich Jaffa RC	41:31
20	Peter	Bird	Saint Edmund Pacers	41:57
21	Antonio	Palladino		42:42
22	Damian	Pryke		42:57
23	Gavin	Raby		43:03
24	Andrew	Mitchell		43:17
25	Daniel	Shanks	Felixstowe RRC	43:44
26	John	Adams	Ipswich Jaffa RC	43:57
27	Stuart	Moore		44:07
28	Graham	Brumpton		44:14
29	Benjamin	Askew		44:21
30	John	Farthing		45:06
31	Jimmy	Secker	Sudbury Joggers	45:12
32	Mark	Flatman		45:38
33	Anthony	Harris	Sudbury Joggers	45:53
34	Stacey	Pennell		45:55
35	Andrew	Donald		46:00
36	Paul	Ballard	Hadleigh Hares AC	46:09
37	Ben	Crossman		46:12
38	Andy	Gray		46:20
39	James	Dye		46:31
40	Simon	Howlett		46:34
41	Simon	Larkin		46:56
42	Lee	Crisp	Felixstowe RRC	46:59
43	Gavin	Battle		47:52
44	Amanda	Dunn	Hadleigh Hares AC	47:54
45	Paul	Causon		48:02
46	Andrew	Townes		48:26
47	Kyle	Roper		48:30
48	Stuart	Abbott	Framlingham Flyers	48:50
49	Ian	Akers		48:59
50	Allen	Ball	GoodGym Race Team	49:15
51	Darran	Sands	Framlingham Flyers	49:45
52	Martin	Culpeck		49:56
53	Mark	Spraggons		50:27
54	Simon	Matthews		50:39
55	Andrew	Ellis		51:15
56	Jamie	Bennett		51:25
57	Andy	Mcqueen		51:38
58	Simon	Askew		52:28
59	Robert	Ledger		52:33
60	Neil	Hunting		53:01

61	Andrew	Beckett		54:15	
62	Kirby	Sheppard	Ipswich Jaffa RC	54:35	
63	Andy	King		55:09	
64	Kevin	Ward		55:20	
65	Carl	Jarrett	Felixstowe RRC	56:29	
66	Michael	Cook		56:45	
67	Daniel	Gould	Felixstowe RRC	56:45	
68	Darren	Cook	Felixstowe RRC	56:45	
69	James	Mehmed		56:48	
70	Richard	Goodhand		58:55	
71	Keith	Moore		59:00	
72	Brendan	Maxfield		59:01	
73	Richard	Checketts		1:00:39	
74	Jonathan	Jenkyn	Felixstowe RRC	1:00:54	
75	Tim	Buttle		1:01:25	
76	Wayne	Price		1:04:23	
77	Mark	Kent		1:04:33	
78	Jonathan	Tricker		1:04:35	
79	Beccy	Coombs		1:06:14	
80	Dan	Belcher-Hackett	Stowmarket Striders RC	1:07:55	
81	Sam	Melton		1:08:02	
82	Daniel	Dagnall		1:08:15	
83	Nick	Williams	Felixstowe RRC	1:10:28	
84	Brian	Bloomfield	Sudbury Joggers	1:11:30	
85	Jonathan	Hammond		1:37:41	
<b>Mens V45 Section</b>					
1	Keith	Tilley	Ipswich Jaffa RC	34:54	
2	Adam	Howlett	Framlingham Flyers	35:02	
3	John	Thorpe	Ipswich Jaffa RC	37:57	
4	Steve	Brooke	Felixstowe RRC	38:19	
5	Nick	Hammond	Framlingham Flyers	38:39	
6	Will	Aldred	Framlingham Flyers	38:58	
7	Mark	Hayden	Ipswich Harriers	39:14	
8	Jeremy	Bell		41:28	
9	Jason	Cattermole		41:35	
10	Matt	Sims		42:30	
11	Simon	Downey		42:35	
12	John	Scully		42:56	
13	Neil	Mustoe	Haverhill Running Club	44:12	
14	Colin	Shaw		44:15	
15	Kerry	Buckley		44:23	
16	Jason	Wing		44:25	
17	Steve	Cook		44:29	
18	Mark	Skinner		44:51	
19	Richard	Dempsey	Woodbridge Shufflers RC	45:02	
20	Pat	Abbott		45:13	
21	Mark	Skoulding	Stowmarket Striders RC	45:16	
22	Paul	Goulsbra		45:29	
23	Martin	Avis	Saint Edmund Pacers	45:58	
24	Daren	Broadway		47:12	
25	Daniel	Ager	Ipswich Jaffa RC	47:16	
26	David	Young		47:31	
27	Chris	Abbott		47:34	
28	Paul	Westwood		47:41	
29	Paul	Bestley		47:48	
30	Simon	Stafford		47:55	
31	Mark	Pashler		48:25	
32	Shane	Willis-Betts		48:34	
33	Carl	Bergdahl	Ipswich Jaffa RC	48:53	
34	Jonathan	Wilding	Felixstowe RRC	49:06	
35	Bryan	Allman		49:07	

36	Jon	Moodie	Framlingham Flyers	49:53	
37	Phil	Sargeant		50:20	
38	Michael	Smith		50:35	
39	Andrew	Collins		51:12	
40	Vincent	Steensma		51:36	
41	George	Sadler		51:52	
42	Gavin	Codd		52:44	
43	Lee	Cornish		53:00	
44	Paul	Dorset	Felixstowe RRC	53:06	
45	Sean	Best		53:54	
46	Gi Kwong	Cheung	Ipswich Jaffa RC	54:17	
47	Stuart	Hollingsworth	Felixstowe RRC	54:21	
48	Simon	Harvey		54:47	
49	Simon	Podd		55:05	
50	Peter	Knox		55:15	
51	Alan	Fosker		56:13	
52	Ed	Saltmarsh		56:14	
53	Matty	Fidler		56:49	
54	Darren	Bird		56:51	
55	Gwyn	Gittins		57:13	
56	Paul	Silburn		57:34	
57	Steve	Meek		57:41	
58	Graeme	Ludwig		57:45	
59	Matt	Hullis		57:57	
60	Mark	Piper		58:53	
61	Jonathan	Cuff		59:35	
62	Mark	Woods		59:51	
63	Christopher	Whitley		1:00:20	
64	Tony	Holland		1:00:52	
65	Sacha	Seddon-Price		1:01:11	
66	Glenn	Yellop		1:01:27	
67	Brian	Betts		1:04:45	
68	Jon	Whitby		1:11:44	
69	Neil	Burton		1:11:48	
70	James	Paterson		1:13:00	
<b>Mens V50 Section</b>					
1	Wilfred	Campbell	Ipswich Jaffa RC	37:48	
2	Paul	Nickells	Woodbridge Shufflers RC	39:11	
3	Andy	Buck	Sudbury Joggers	39:53	
4	Ian	Duggan	Felixstowe RRC	40:34	
5	Mark	Ford	Felixstowe RRC	40:38	
6	Steven	Hughes	Stowmarket Striders RC	40:40	
7	Stephen	Curran	Framlingham Flyers	41:13	
8	Simon	Sinclair		43:05	
9	Chris	Servant		43:21	
10	Ian	Cunnington		43:25	
11	Phil	Davies	Ipswich Jaffa RC	44:43	
12	Ian	Groenewald		45:13	
13	Jonathan	Goldthorpe		46:31	
14	David	Garnham	Ipswich Jaffa RC	46:51	
15	Kevin	Holley		47:02	
16	Mark	Godbold	Ipswich Harriers	47:05	
17	David	Steward	Woodbridge Shufflers RC	47:35	
18	Jimmy	Russell	Felixstowe RRC	48:21	
19	Paul	Heeks	Stowmarket Striders RC	48:27	
20	Gary	Edwards		48:54	
21	Nick	Potter		48:57	
22	Mark	Avery	Ipswich Jaffa RC	49:51	
23	Stuart	Appleby		50:04	
24	Alex	Kuczer		50:22	
25	Robert	Reason	Stowmarket Striders RC	50:55	



26	Paul	Mcallister	Hadleigh Hares AC	51:22	
27	Simon	Butler		51:28	
28	Paul	Hales	Capel Cheetahs	51:32	
29	Ashley	Beale		51:36	
30	Keith	Anderson		51:38	
31	Andrew	Eley		51:39	
32	Andrew	Cocker		53:30	
33	Clive	Wilkinson	Suffolk Trail Runners	53:32	
34	John	Clarke		53:33	
35	Gary	Seddon-Price		54:01	
36	Duncan	Chamberlain	Ipswich Jaffa RC	54:20	
37	Andrew	Foreman		54:21	
38	Patrick	Meredith		55:25	
39	Nick	Good	Ipswich Jaffa RC	55:39	
40	Kevin	Legrand		56:31	
41	Stephen	Woods		56:31	
42	David	Lampard	Felixstowe RRC	57:38	
43	Dennis	Anderson		58:29	
44	James	Scott	Ipswich Jaffa RC	59:46	
45	Karl	Read		1:00:00	
46	Guy	Whiting		1:00:27	
47	Jim	Farrow		1:00:28	
48	Ray	Smith		1:00:57	
49	Phil	Smith		1:01:01	
50	Peter	Dawes		1:01:35	
51	Peter	Southall		1:04:39	
52	Graham	Jackson	Waveney Valley AC	1:04:52	
53	Steve	Turner		1:04:59	
54	Terry	Rose		1:05:06	
55	Greg	Coomber		1:06:05	
56	Mark	Cannon		1:06:05	
57	Mark	Crompton		1:07:59	

<b>Mens V55 Section</b>					
1	Peter	Clarke		39:01	
2	Stephen	Hicks	Ipswich Harriers	41:30	
3	Alan	Jackson	Ipswich Jaffa RC	41:40	
4	Robin	Belsom	Ipswich Jaffa RC	43:55	
5	David	Seymour	Felixstowe RRC	46:09	
6	Tim	Long	Ipswich Jaffa RC	46:56	
7	Alan	Hillyard	Ipswich Jaffa RC	49:23	
8	Mon	Lee	Ipswich Jaffa RC	50:08	
9	Paul	Schwer	Felixstowe RRC	50:25	
10	Steve	Wilding	Ipswich Jaffa RC	50:55	
11	Paul	Maycock	Capel Cheetahs	51:39	
12	Dave	Gardner	Ipswich Jaffa RC	53:09	
13	Richard	Smith	Felixstowe RRC	53:51	
14	Alex	Dickinson		54:04	
15	Richard	Pearce	Ipswich Jaffa RC	55:13	
16	Adrian	Cole	Stowmarket Striders RC	55:34	
17	Joe	Naughton	Stowmarket Striders RC	56:49	
18	Brian	Paternoster		57:20	
19	John	Swann		57:31	
20	David	Field		57:52	
21	Steven	Reynolds		58:48	
22	Iain	Hunter	Stowmarket Striders RC	58:59	
23	John	Gillett		59:58	
24	Stephen	Baldock	Ipswich Jaffa RC	1:00:59	
25	Chris	Kingsbury		1:01:51	
26	Geoffrey	Hinton		1:03:35	
27	Peter	Gray		1:08:47	
28	Andy	Collins		1:09:36	
<b>Mens V60 Section</b>					
1	Mervyn	Cattermole		42:09	
2	Chris	Johns	Woodbridge Shufflers RC	43:06	
3	Stephen	Pretty	Stowmarket Striders RC	43:43	
4	Michael	Marriott		45:26	
5	Gregory	Mills		47:46	
6	Richard	Talbot		49:03	
7	Don	Beatty	Stowmarket Striders RC	49:39	
8	Mik	Carr	Bungay Black Dog RC	50:01	
9	Colin	Greengrass		50:18	
10	Ian	Sillett	Felixstowe RRC	50:24	
11	Chris	Gladwell	Stowmarket Striders RC	50:25	
12	Clive	Gardiner	Ipswich Jaffa RC	50:59	
13	Keith	Borrett		51:45	
14	Michael	Potter		55:08	
15	Jeff	Arnold		57:17	
16	Mark	Vaughan		1:00:22	
17	Charles	Russ		1:00:46	
18	Terry	Hunter	Stowmarket Striders RC	1:02:27	
19	Mike	Gillingham		1:02:51	
<b>Mens V65 Section</b>					
1	Stephen W	Mead	Stowmarket Striders RC	40:45	RECORD
2	Philip	Hymers	Saint Edmund Pacers	46:35	
3	Mike	Bull		48:33	
4	Richard	Fellingham	Stowmarket Striders RC	52:01	
5	David	Taylor	Framlingham Flyers	52:55	
6	John	Cullum	Saint Edmund Pacers	59:36	
7	Garrick	Fox	Bungay Black Dog RC	1:02:03	
8	John	Celerier		1:05:45	
9	Martin	Cooper		1:27:45	

<b>Womens Open</b>				
1	Megan	Newton	West Suffolk AC	36:23
2	Lucy	Lanham		37:38
3	Alice	Goodwin	Ipswich Harriers	39:18
4	Kat	Parnell		40:46
5	Emma	Attwood	Stowmarket Striders RC	40:55
6	Marian	Patten	Ipswich Harriers	40:59
7	Claire	Weller	Ipswich Jaffa RC	41:27
8	Sam	Banks	Ipswich Jaffa RC	41:40
9	Rosie	Horsfield	Woodbridge Shufflers RC	41:42
10	Kate	Creak		42:42
11	Emilie	Wix	Woodbridge Shufflers RC	43:04
12	Claire	Dann		43:07
13	Sarah	Gartshore		43:10
14	Gemma	Porch	Stowmarket Striders RC	43:14
15	Lucy	Baxter		43:49
16	Kirby	King		44:29
17	Lindi	Wallace		44:44
18	Samantha	Spencer	Ipswich Jaffa RC	45:06
19	Katie	Card		45:19
20	Leanne	Turay		46:01
21	Vicky	Mayhew	Stowmarket Striders RC	46:08
22	Cally	Place	Saint Edmund Pacers	46:19
23	Victoria	Breadman	Felixstowe RRC	46:56
24	Kirsty	Thorndyke	Ipswich Harriers	47:15
25	Kerry	Wallace		47:21
26	Anna	Keeble	Felixstowe RRC	47:38
27	Rachel	Bodsworth	Hadleigh Hares AC	47:53
28	Katrina	Rigby	Hadleigh Hares AC	47:53
29	Catherine	Hughes		48:28
30	Michelle	Hewitt	Framlingham Flyers	48:33
31	Jennifer	Wright	Ipswich Jaffa RC	48:35
32	Helen	Hunt		48:49
33	Sophie	Welton		48:51
34	Bronwen	Sarginson		49:02
35	Kayleigh	Turpin		49:07
36	Marina	Almendros		49:26
37	Emily	Blew		49:27
38	Sian	Abbott	Ipswich Jaffa RC	49:31
39	Karen	Deasy		49:44
40	Emily	Cotton		49:48
41	Jessica	Goudkuil	Sudbury Joggers	49:51
42	Ellie	Saggers		50:09
43	Sarah	Severwright	Felixstowe RRC	50:34
44	Lizbeth	Hicks		50:35
45	Alice	Manning		50:38
46	Laura	Brown	Stowmarket Striders RC	50:44
47	Annabel	Leech		50:45
48	Kerry	Hardy		50:49
49	Helen	Osborne		50:50
50	Hannah	Doran		51:01
51	Caroline	Green		51:14
52	Holly	Burrows	Framlingham Flyers	51:23
53	Tegan	Allard-Austin	Stowmarket Striders RC	51:26
54	Holly	Williams		51:29
55	Marion	Bennett		51:33
56	Clare	Pestell-Love		51:35
57	Laura	Beale		51:35
58	Gemma	Beckett	Felixstowe RRC	51:39
59	Elizabeth	Henley		51:45
60	Donna	Willoughby		51:46

61	Jo	Lummis		52:11	
62	Rebecca	Jackson	Diss and District AC	52:14	
63	Keziah	Smith		52:16	
64	Kate	Miles	Stowmarket Striders RC	52:19	
65	Jade	Macfarlane		52:20	
66	Kate	Cooper	Stowmarket Striders RC	52:27	
67	Molly	Bergdahl	Ipswich Jaffa RC	52:29	
68	Cara	Edwards		52:30	
69	Hannah	Huntly		52:53	
70	Anna	Grant	Stowmarket Striders RC	52:58	
71	Chelsea	Beale		53:04	
72	Rose	Meleady		53:07	
73	Kendra	Hammond	Stowmarket Striders RC	53:15	
74	Stephanie	Ledger		53:32	
75	Meghan	Swan		53:32	
76	Lauren	Fairs		53:45	
77	Rebecca	Featherstone		53:45	
78	Charlotte	Palmer		53:52	
79	Joana	Goncalves		54:12	
80	Annabel	Anderson		54:17	
81	Hannah	Linger	Ipswich Triathlon Club	54:24	
82	Kate	Hutson	Ipswich Jaffa RC	54:31	
83	Michelle	O'Neill		54:32	
84	Caroline	Perry	Ipswich Jaffa RC	54:33	
85	Louise	Faggetter		54:35	
86	Penny	Cook		54:39	
87	Jo	Clements	Suffolk Trail Runners	54:41	
88	Debra	Shaverin		54:43	
89	Mark	Newman		54:43	
90	Louise	Riddleston		54:45	
91	Lucinda	Fendley	Ipswich Jaffa RC	54:53	
92	Gemma	Cannon	Woodbridge Shufflers RC	54:58	
93	Amy	Plumbly		55:05	
94	Claire	White	Ipswich Jaffa RC	55:05	
95	Bex	Gilbert	Felixstowe RRC	55:10	
96	Caroline	Brunt		55:14	
97	Kitty	Brandon		55:17	
98	Laura	Wedgbury	Ipswich Jaffa RC	55:19	
99	Kerry	Watson		55:21	
100	Tanya	Farrell		55:47	
101	Katherine	Jones		55:48	
102	Kate	Heeks	Stowmarket Striders RC	56:04	
103	Sarah	Le Mare		56:04	
104	Daisy	Shaw		56:14	
105	Clare	Wigg	Stowmarket Striders RC	56:15	
106	Rebecca	Boyton		56:28	
107	Lauren	Moyes		56:32	
108	Jane	Hudson		56:36	
109	Jenny	Moss		57:02	
110	Alice	Westlake		57:04	
111	Chloe	Jacobs		57:04	
112	Helen	Lorenz		57:05	
113	Anna	Peachey		57:18	
114	Lisa	Lockwood		57:23	
115	Jemma	Zighed		57:27	
116	Jet	Bielecka		57:31	
117	Hayley	Coles	Felixstowe RRC	57:51	
118	Andrea	Hunt	Sudbury Joggers	57:54	
119	Carita	Farthing	Felixstowe RRC	58:00	
120	Emma	Fairs		58:08	
121	Georgia	Battle	Ipswich Harriers	58:09	

122	Sarah	Wilson		58:09	
123	Sarah	Graham		58:11	
124	Nicola	Fisk		58:17	
125	Olivia	De'Ath		58:18	
126	Adele	Manson		58:22	
127	Brittany	Kuhn		58:29	
128	Ashleigh	King		58:29	
129	Sarah	Frost		58:30	
130	Megan	Yellop		58:32	
131	Kelly	Fellowes		58:34	
132	Stephanie	Gibson		58:34	
133	Joanna	Fellowes		58:38	
134	Fiona	Hearsum	Stowmarket Striders RC	58:41	
135	Katie	Everett	Framlingham Flyers	58:44	
136	Gemma	Carr		58:49	
137	Erika	Kerry		58:50	
138	Maria	Huntley		58:53	
139	Rachel	Auld		58:53	
140	Rebecca	Taylor		59:00	
141	Liz	Heath		59:24	
142	Amy	Stockdale		59:37	
143	Amy	Witham		59:37	
144	Natasha	Priday		59:46	
145	Melissa	Coe		59:47	
146	Emma	Swallow		59:50	
147	Samantha	Emms		59:54	
148	Michelle	Wynne		1:00:03	
149	Liz	Atkins		1:00:05	
150	Lauren	Pollard		1:00:06	
151	Beth	Stephens		1:00:08	
152	Sarah	Sheehan		1:00:09	
153	Rachel	Palmer	Felixstowe RRC	1:00:09	
154	Zoe	Johnson		1:00:29	
155	Charlotte	Gunton		1:00:29	
156	Sarah	Willingham		1:00:30	
157	Pippa	Sargent	Stowmarket Striders RC	1:00:32	
158	Louise	Hynam		1:00:33	
159	Naomi	Baxter		1:00:37	
160	Melissa	Broxton		1:00:39	
161	Katie	Elliston		1:00:40	
162	Poppy	Hudson		1:00:40	
163	Emma	Best		1:00:50	
164	Kelly	Allard		1:00:52	
165	Katy	Stone		1:00:54	
166	Katie	Finch		1:00:57	
167	Faye	Gaffer		1:00:59	
168	Kay-Lee	Reed		1:01:03	
169	Nichala	Wilson	Felixstowe RRC	1:01:09	
170	Tamasin	King		1:01:26	
171	Jessica	Payne		1:01:27	
172	Gemma	Scopes		1:01:27	
173	Alexis	Johnys		1:01:28	
174	Vicki	Athey		1:01:28	
175	Kim	Kendall		1:01:31	
176	Claire	Pestell		1:01:33	
177	Charlotte	Chapman		1:01:51	
178	Rachael	Peachey		1:01:51	
179	Heather	Owen		1:01:52	
180	Natalie	Jay		1:01:54	
181	Sarah	De-Vaux Balbirnie		1:02:16	
182	Lisa	Rose		1:02:18	

183	Laura	Patton		1:02:23	
184	Freya	Louis		1:02:35	
185	Charlotte	Durrant		1:02:36	
186	Amelia	Page		1:02:39	
187	Emily	Pinner		1:02:42	
188	Hannah	Good		1:02:53	
189	Tarra	Benjamin		1:02:54	
190	Hazel	Davison		1:02:59	
191	Melanie	Mitchell		1:03:00	
192	Aimee	Rawe		1:03:01	
193	Charlotte	Fox		1:03:04	
194	Sara	Davey		1:03:05	
195	Natalie	Mcperson		1:03:08	
196	Helen	Gould		1:03:08	
197	Joanna	Hawes		1:03:08	
198	Jenni	Heffer		1:03:16	
199	Rachal	Brett		1:03:17	
200	Hannah	Logan		1:03:25	
201	Gemeilah	Cann		1:03:32	
202	Katie	Ainsworth		1:03:35	
203	Lucinda	Cobbold		1:03:38	
204	Rosie	Shapland		1:03:47	
205	Joanne	Sparkes		1:04:06	
206	Laura	Read		1:04:06	
207	Sarah	Miles	Ipswich Jaffa RC	1:04:14	
208	Rachel	Macro		1:04:20	
209	Hannah	St Ledger	Sudbury Joggers	1:04:20	
210	Sascha	Smith		1:04:22	
211	Hayley	Berry		1:04:25	
212	Katrina	Wharton		1:04:42	
213	Barbara	Brennan		1:04:43	
214	Catherine	Law		1:04:46	
215	Rachel	Southgate		1:04:46	
216	Sian	Durrant	Hadleigh Hares AC	1:05:35	
217	Clair	Fiddaman		1:05:41	
218	Angela	Curtis		1:05:49	
219	Jenny	Merry	Sudbury Joggers	1:05:57	
220	Becky	Ellul	Felixstowe RRC	1:06:11	
221	Frances	Barnard	Capel Cheetahs	1:06:28	
222	Kate	Long	Felixstowe RRC	1:06:31	
223	Andrea	Copping		1:06:35	
224	Eleanor	Chamberlain	Ipswich Jaffa RC	1:06:36	
225	Lauren	Chittock		1:06:38	
226	Stephanie	Backhouse		1:06:45	
227	Lindsay	Kent		1:07:06	
228	Caroline	Mayhew		1:07:09	
229	Kelly	Cullum		1:07:23	
230	Stephanie	Watson		1:07:40	
231	Victoria	Ellis		1:07:41	
232	Julia	Glendenning		1:07:41	
233	Amy	Watson		1:07:42	
234	Alison	Renshaw	Ipswich Jaffa RC	1:07:42	
235	Emma	Glendenning		1:07:46	
236	Lorraine	Cutting		1:07:51	
237	Lucy	Whitmore		1:08:02	
238	Abbie	Bell		1:08:16	
239	Suzie	Smith		1:08:52	
240	Dianne	Belcher-Hackett	Stowmarket Striders RC	1:09:17	
241	Genni	Sokoli	Felixstowe RRC	1:10:53	
242	Lindsay	Churchman		1:11:07	
243	Sarah	Kemble		1:11:21	

244	Rachel	Miles	Sudbury Joggers	1:11:29	
245	Hannah	Traynor		1:11:32	
246	Jo	Stannard		1:11:47	
247	Kate	Ayriss		1:11:56	
248	Haley	Chamberlain		1:12:02	
249	Elizabeth	Brabner		1:12:19	
250	Lo-Anne	Lewis		1:12:36	
251	Laura	Allenby		1:13:04	
252	Joanne	Weaving		1:13:08	
253	Charlotte	Wheeler		1:13:08	
254	Kelly	Fox		1:13:08	
255	Lily	Hinton		1:14:05	
256	Jacqueline Cole	Henderson	Ipswich Jaffa RC	1:14:35	
257	Lucy	Storey		1:15:11	
258	Rachel	Batchelor		1:15:27	
259	Jenny	Taylor		1:15:27	
260	Maddy	Barrett		1:16:16	
261	Racheal	Wicko		1:16:51	
262	Meghann	Taylor		1:17:02	
263	Georgia	Smith		1:18:33	
264	Helen	Dawdry		1:18:43	
265	Liz	Abigail		1:19:09	
266	Lisa	Merchant		1:19:09	
267	Jess	Burch		1:20:15	
268	Louise	Merton		1:21:32	
269	Tracey	Benson		1:22:21	
270	Kristy	Lewis		1:23:48	
271	Lou	Booker		1:25:52	
272	Natasha	Corness		1:27:42	
273	Hannah	Black		1:31:52	
274	Aimee	Bullard		1:32:21	
275	Natasha	Sones		1:37:18	
276	Bon	Collins	Ipswich Jaffa RC	1:45:08	
<b>Womens V40 Section</b>					
1	Victoria	Moseley	Stowmarket Striders RC	42:31	
2	Mel	Sherman	Ipswich Jaffa RC	44:49	
3	Ruth	Palmer	Saint Edmund Pacers	46:02	
4	Julia	Phair		48:32	
5	Alison	Bills		49:04	
6	Sam	Linassi	Felixstowe RRC	49:18	
7	Clare	Moodie	Framlingham Flyers	49:24	
8	Heather	Bush		50:11	
9	Carol	Kemp	Felixstowe RRC	50:23	
10	Goldie	Yule		51:02	
11	Sarah	Fitch	Felixstowe RRC	51:15	
12	Gemma	Moss		51:57	
13	Rachel	Dixey	Felixstowe RRC	52:16	
14	Caroline	Burgess		53:19	
15	Michelle	Gooding		53:27	
16	Jane	Garnett		54:19	
17	Victoria	Sharp		54:20	
18	Emma	Treadaway		54:42	
19	Nicola	Weldon	Ipswich Jaffa RC	55:06	
20	Marie	Paveley		55:09	
21	Hayley	Hannatt		55:14	
22	Treesa	Carter		55:17	
23	Juliet	Garnham	Stowmarket Striders RC	55:26	
24	Lorraine	Reeves		55:35	
25	Lucy	Haste		55:39	
26	Zoe	Storey		55:55	
27	Lisa	Foster		55:59	

28	Pauline	Adams		56:29	
29	Caroline	Mowle	Ipswich Jaffa RC	56:33	
30	Rhonda	Horne		57:05	
31	Jessica	Gallagher		57:08	
32	Chris	Alderton	Stowmarket Striders RC	57:25	
33	Jane	Skoulding	Stowmarket Striders RC	57:50	
34	Angela	Soames	Felixstowe RRC	58:41	
35	Melanie	Creasey		58:55	
36	Sarah	Watkins	Hadleigh Hares AC	59:12	
37	Lisa	Hares	Ipswich Jaffa RC	59:44	
38	Sally	Dewick		1:00:07	
39	Rebekah	Finbow		1:00:08	
40	Rachel	Linsdell		1:00:36	
41	Amanda	Sargeant		1:00:46	
42	Cheryl	Herrieven		1:00:54	
43	Amanda	Fraser Fish		1:01:01	
44	Signe	Lazda		1:01:07	
45	Helen	Hollingsworth		1:01:19	
46	Elizabeth	White		1:02:16	
47	Linda	Montgomery		1:02:47	
48	Kara	Edhouse-Thomas	Ipswich Jaffa RC	1:03:02	
49	Diane	Doyle	Framlingham Flyers	1:03:12	
50	Zoe	Cattermole		1:03:17	
51	Lousie	Haynes		1:03:23	
52	Maria	Bilner	Ipswich Jaffa RC	1:03:24	
53	Claire	Chattenton		1:04:14	
54	Polly	Whitmore		1:04:27	
55	Catherine	Sharp	Hadleigh Hares AC	1:04:37	
56	Lucia	Hardwick		1:05:07	
57	Julie	Abernethy	Ipswich Jaffa RC	1:05:15	
58	Marianne	Hedge	Felixstowe RRC	1:05:41	
59	Marisa	Murray		1:06:10	
60	Katinka	Bowes		1:06:24	
61	Emma	Newman	Framlingham Flyers	1:06:30	
62	Clare	Mccartney		1:07:20	
63	Vimmi	Hayes		1:07:54	
64	Rachel	Crompton		1:07:59	
65	Sandra	Price		1:08:48	
66	Kerry	Brunning		1:08:56	
67	Amanda	Smith	Felixstowe RRC	1:09:24	
68	Joanne	Savill		1:09:43	
69	Angela	Ironside		1:11:42	
70	Heidi	Cross		1:11:48	
71	Hannah	Martin		1:14:54	
72	Nichola	Whymark		1:15:24	
73	Maxine	Westerman		1:27:14	
<b>Womens V45 Section</b>					
1	Odette	Robson	Saint Edmund Pacers	37:23	RECORD
2	Geraldine	Clarke	Framlingham Flyers	42:45	
3	Maria	Ward		44:43	
4	Kate	Beer	Stowmarket Striders RC	47:39	
5	Linda	Aldred	Framlingham Flyers	48:40	
6	Catherine	Walsh	Felixstowe RRC	48:52	
7	Eloise	Bird	Saint Edmund Pacers	49:20	
8	Rebecca	Jack	Stowmarket Striders RC	50:10	
9	Karen	Keedle		50:46	
10	Nicky	Roper	Framlingham Flyers	51:22	
11	Nicola	Sadler		52:25	
12	Nicola	Whitley	Capel Cheetahs	54:24	
13	Alison	French	Felixstowe RRC	55:25	
14	Amanda	Childs	Ipswich Jaffa RC	56:45	



15	Deb	Hart		56:56	
16	Melody-Anne	Neville	Stowmarket Striders RC	57:23	
17	Anika	Shenfield	Felixstowe RRC	57:35	
18	Karen	Chamberlain	Ipswich Jaffa RC	57:35	
19	Ceri	Meek		57:37	
20	Alison	Myles		57:37	
21	Sarah	Edwards	Framlingham Flyers	57:38	
22	Angelique	Scully		57:56	
23	Marie	Hullis		57:57	
24	Amanda	Goldsmith		58:11	
25	Janette	Smith		58:42	
26	Mandy	Godbold	Ipswich Harriers	58:46	
27	Esther	Kiehl	Felixstowe RRC	59:05	
28	Joanna	Blyth		59:09	
29	Joanne	Brooke	Felixstowe RRC	59:34	
30	Sarah	Gebhard		59:50	
31	Melonie	Evans	Sudbury Joggers	1:00:03	
32	Wendy	Kellett		1:00:11	
33	Emma	Nesling		1:01:12	
34	Suzanne	Vincent		1:01:53	
35	Niki	Macsephney		1:02:33	
36	Andrea	Dix		1:02:46	
37	Lesley	Cooper	Ipswich Jaffa RC	1:02:47	
38	Amanda	Bird		1:02:59	
39	Karen	Wharfe		1:03:09	
40	Karen	Hamblin		1:03:19	
41	Tracey	Pennock		1:03:51	
42	Kelly	Deaves		1:03:58	
43	Christina	Baxter	Hadleigh Hares AC	1:04:37	
44	Heidi	Knight	Capel Cheetahs	1:04:39	
45	Lois	Mickleburgh		1:05:20	
46	Sandra	Garner	Stowmarket Striders RC	1:05:34	
47	Dawn	Cannon		1:06:05	
48	Mandy	Chinery		1:06:08	
49	Jo	Dickinson	Felixstowe RRC	1:06:44	
50	Michelle	Holden	Stowmarket Striders RC	1:08:38	
51	Lisa	Little		1:09:41	
52	Julie	Double		1:11:44	
53	Kate	Chapman		1:12:36	
54	Sharon	Turner		1:12:43	
55	Hilary	Fulton	Ipswich Triathlon Club	1:14:18	
56	Helen	Mears		1:16:26	
57	Lucy	Mortlock		1:16:57	
58	Michelle	Burch		1:18:39	
59	Sarah	Knights		1:20:28	
60	Claire	Vincent		1:37:18	
<b>Womens V50 Section</b>					
1	Sandy	Thorogood	Sudbury Joggers	42:05	
2	Claire	Hoblyn	Saint Edmund Pacers	45:06	
3	Marion	Parker	Felixstowe RRC	47:29	
4	Jo	Stephenson	Stowmarket Striders RC	47:55	
5	Kirsty	Weavers	Saint Edmund Pacers	48:00	
6	Michelle	Constable	Ipswich Jaffa RC	49:57	
7	Sandra	Mayhew	Stowmarket Striders RC	51:15	
8	Sharon	Warland	Stowmarket Striders RC	52:06	
9	Arabella	Lewendon	Felixstowe RRC	52:08	
10	Sandy	Phillips	Ipswich Jaffa RC	53:18	
11	Caroline	Dickinson		54:09	
12	Heather	Ruff	Capel Cheetahs	54:13	
13	Gillian	Bailey		54:18	
14	Julie	Da Silva		55:01	

15	Emily	Cooper-Reade		55:21	
16	Diana	Meredith		55:26	
17	Jackie	Collins	Felixstowe RRC	55:38	
18	Amanda	Prior	Capel Cheetahs	55:55	
19	Dawn	Gillett		57:49	
20	Colleen	Morgan		58:12	
21	Christine	Barker		58:26	
22	Jan	Risebrow	Felixstowe RRC	59:27	
23	Sally	Wilkinson	Suffolk Trail Runners	59:48	
24	Helen	Rankin		1:01:15	
25	Sue	Whiting	Ipswich Jaffa RC	1:01:50	
26	Jo	Bennett		1:02:23	
27	Joanne	Rickett		1:02:30	
28	Alyson	Limpkin-Challis	Felixstowe RRC	1:06:48	
29	Daniela	Elstone		1:09:24	
30	Sally	Leggett		1:09:46	
31	Sally	Solomon	Felixstowe RRC	1:10:53	
32	Helen	Saagi		1:12:36	
33	Mandy	Gooding		1:13:08	
34	Sharon Maria	Boland	Rebel Runners Medway	1:24:03	
35	Jane	Reason		1:28:04	
36	Wendy	Corness		1:30:04	
<b>Womens V55 Section</b>					
1	Dianne	Hughes	Stowmarket Striders RC	46:56	
2	Liz	Witherley		50:49	
3	Fiona	Cunnington		52:08	
4	Wendy	Hughes	Stowmarket Striders RC	52:51	
5	Helen	Cook		53:57	
6	Gillian	Charlton	Stowmarket Striders RC	55:58	
7	Angela	Whiting	Stowmarket Striders RC	56:32	
8	Christine	Breeze		57:42	
9	Denise	Wright	Stowmarket Striders RC	58:28	
10	Sandra	Roberts	Ipswich Jaffa RC	1:00:20	
11	Joan	Woodward		1:01:02	
12	Jane	Moon	Felixstowe RRC	1:01:49	
13	Lesley	Swann		1:04:18	
14	Geraldine	Jarrett		1:10:57	
15	Anne	Saggers		1:11:04	
16	Kate	Buckman		1:12:30	
17	Marion	Hinton		1:14:25	
18	Sue	Hunter	Stowmarket Striders RC	1:16:20	
19	Julie	Taylor		1:22:02	
20	Cathy	Ryan		1:31:52	
<b>Womens V60 Section</b>					
1	Vivienne	Taylor	Framlingham Flyers	58:46	
2	Julie	Haselwood	Ipswich Jaffa RC	1:00:07	
3	Annette	Huggins	Framlingham Flyers	1:01:18	
4	Bridget	Anderson		1:05:32	
5	Sally	Alexander	Ipswich Jaffa RC	1:09:05	
6	Jill	Wright		1:15:24	
7	Sally	Jacobs		1:23:19	
8	Alison	Woods		1:29:01	
<b>Womens V65 Section</b>					
1	Moira	Pinkney	Ipswich Triathlon Club	55:26	RECORD
2	Jan	Green	Framlingham Flyers	1:01:37	
3	Jenny	Huff		1:05:17	