

Stowmarket Half

County Age Categories

Category **MO**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	2	Lee Cook	1:15:10.85	Waveney Valley Athletics Cl
2	3	Scott Hill	1:16:54.58	RAF Triathlon
3	4	Danny Rock	1:17:25.29	Ipswich JAFFA RC
4	5	Craig Fiddaman	1:17:49.1	Ipswich JAFFA RC
5	9	Tom Wake	1:22:49.44	Ipswich JAFFA RC
6	14	Ryan Ostler	1:24:17.78	Ipswich JAFFA RC
7	17	Jason Duff	1:25:22.56	Felixstowe RRC
8	20	Ross Murphy	1:25:39.21	
9	25	Rupert Cottam	1:27:35.78	London Heathside
10	33	Andrew Thorndyke	1:28:43.88	Oxford Tri
11	34	Neil Reid	1:29:05.58	
12	35	Craig Stuart	1:29:12.19	
13	38	Matthew Mcnair	1:30:19.2	
14	44	Elliot Wells	1:32:15.34	Stowmarket Striders RC
15	46	Kevin Knights	1:32:24.85	
16	47	Daniel Jones	1:32:25.46	Ipswich Harriers
17	50	Chris Dennett	1:33:02.93	
18	52	Alistair Angus	1:33:36.66	
19	56	Sam Brooke	1:34:18.56	Felixstowe RRC
20	59	Melvyn Maycock	1:34:52.4	
21	63	Shaun Jones	1:35:36.81	Stowmarket Striders RC
22	65	Jonny Hodges	1:36:11.18	
23	66	Shaun Nicholls	1:36:32.39	Ipswich JAFFA RC
24	67	Paul Dockerill	1:36:38.71	Newmarket joggers
25	68	Alastair Bartlett	1:36:39.39	Woodbridge Shufflers RC
26	69	Andrew Collett	1:36:42.63	Stowmarket Striders RC
27	70	Matthew Wesley	1:36:44.87	
28	74	Neil Gillingham	1:37:28.51	Ipswich Harriers
29	78	Jonathan Pestell	1:38:02.52	
30	80	Sean Kennedy	1:38:19.1	Woodbridge Shufflers RC
31	83	David Marsh	1:39:21.61	
32	84	Jon Glanfield	1:39:22.84	Felixstowe RRC
33	85	Justin Potter	1:39:38.66	Stowmarket Striders
34	92	Christian Daniels	1:41:35.72	
35	95	Kevin Cook	1:41:50.44	
36	108	Lukasz Supernak	1:43:47.18	Saint Edmund Pacers
37	111	Samuel Burdett	1:44:00	Stowmarket Striders RC
38	112	Damian Royal	1:44:03.6	
39	113	Oscar Doyle	1:44:09.93	Ipswich Triathlon
40	116	George Baldwin	1:44:27.09	
41	117	Karl Mitchell	1:44:31.04	Felixstowe RRC
42	119	Rob Purnell	1:44:37.51	
43	122	Jack Wilkinson	1:45:18.9	
44	127	Shaun Harris	1:46:02.19	
45	130	Ashley Simpson	1:46:13.3	
46	133	Jack Tappin	1:46:29.35	Haverhill RC
47	138	Tom Coe	1:47:13.76	
48	139	Mark Kingsley	1:47:15.34	
49	140	Peter Woods	1:47:23.86	Felixstowe RRC
50	142	Scott Mcknight	1:47:29.1	
51	143	Matt Bailey	1:47:30.23	
52	147	Chris Johnson	1:47:42.33	
53	152	Kevin Millard	1:47:58.51	Haverhill RC
54	157	Peter Reach	1:48:15.73	Stowmarket Striders RC
55	162	Will Wythe	1:48:23.71	
56	167	Tommy Gately-thorpe	1:48:50.23	
57	194	Carl Farrugia	1:53:03.87	

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58	200	Nathan Somerville	1:53:17.42	Stowmarket Striders RC
59	209	James Bouldin	1:53:48.52	Framlingham Flyers
60	211	Joshua Revell-brown	1:54:14.91	
61	223	Christopher White	1:55:27.79	
62	229	James Cooper	1:55:43.25	Stowmarket Striders RC
63	230	Jack Hines	1:55:48.47	Hadleigh Hares AC
64	237	Brett Deakin	1:56:35.67	Felixstowe RRC
65	238	Alex Jacobs	1:56:39.32	Felixstowe RRC
66	241	Mark Tyrrell	1:56:44.26	
67	252	Steve Thorndyke	1:58:02.62	
68	256	James Stubberfield	1:58:38.2	
69	265	Nicholas Marison	2:00:27.5	
70	266	Josh Hembry	2:00:56.48	
71	268	Daniel Summersgill	2:01:33.28	
72	269	Tiago Magalhaes	2:01:45.85	
73	275	Ryan Norman	2:02:39.61	
74	277	James Baker	2:02:52.82	
75	284	Carl Pearson	2:04:03.7	
76	300	Gregory Stowe	2:07:01.65	Stowmarket Striders RC
77	311	Mat Wilding	2:08:51.49	
78	315	Adam Thorpe	2:09:14.45	Run For Your Life
79	318	Tony Reynolds	2:09:32.54	
80	324	Paul Dillimore	2:10:40.8	
81	329	Jamie Payne	2:11:14.26	Framlingham Flyers
82	341	Mark Balding	2:12:45.86	
83	368	Jamie Parfitt	2:22:10.2	
84	370	Stephen Charles	2:22:34.16	
85	371	Matt Reason	2:22:42.83	Run For Your Life
86	376	Paul Rudland	2:23:46.11	
87	386	Matt Smith	2:27:20.58	

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County Age Categories

Category **M70**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	76	Ron Mccullough	1:37:51.85	Ipswich JAFFA RC

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County Age Categories

Category **M65**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	190	Peter Russell	1:52:45.18	Framlingham Flyers
2	218	Roger Brand	1:55:03.29	Saint Edmund Pacers

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County Age Categories

Category **M60**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	61	Brian Rogers	1:35:09.82	Ipswich JAFFA RC
2	88	Michael Marriott	1:40:42.36	
3	177	Ker Macrosson	1:50:30.12	Stowmarket Striders RC
4	186	Don Beatty	1:52:25.12	Stowmarket Striders RC
5	188	Stephen Williams	1:52:40.02	Saint Edmund Pacers
6	203	Edward Douglas	1:53:28.16	
7	204	Michael Mckinnell	1:53:36.02	Two Rivers Running
8	221	Ian Sillett	1:55:22.18	Felixstowe RRC
9	333	Chris Gladwell	2:11:32.61	Stowmarket Striders RC
10	356	Rodney Brown	2:19:11.89	
11	398	Paul Forshaw	2:42:50.64	Fetch Everyone Running Clu

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County Age Categories

Category M55

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	24	Howard Beasley	1:27:34.5	Saint Edmund Pacers
2	39	Dave Lumby	1:30:27.39	Ipswich JAFFA RC
3	62	Stephen Pugh	1:35:10.85	Ipswich JAFFA RC
4	107	Paul Horne	1:43:43.4	Vegetarian Cycling & Athleti
5	121	Vaughan Morris	1:45:17.01	
6	124	David Seymour	1:45:49.02	Felixstowe RRC
7	164	Ian Kennedy	1:48:43.37	Framlingham Flyers
8	171	Peter Jay	1:49:07.62	Saint Edmund Pacers
9	185	Andrew Webber	1:52:19.64	
10	243	Joe Naughton	1:56:50.72	Stowmarket Striders RC
11	267	Peter Finch	2:01:19.04	Ipswich JAFFA RC
12	278	Mark Allen	2:02:54.33	Woodbridge Shufflers RC
13	290	Richard Smith	2:05:30.73	Felixstowe RRC
14	319	Iain Hunter	2:09:39.53	Stowmarket Striders RC
15	326	Paul Martin	2:10:48.85	
16	340	Eric Allright	2:12:34.42	
17	359	Steven Reynolds	2:19:31.55	

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County Age Categories

Category **M50**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	15	Warren Birch	1:24:42.86	Ipswich JAFFA RC
2	23	Paul Nickells	1:27:28.87	Woodbridge Shufflers RC
3	36	Charles Hann	1:29:20.99	Sudbury Joggers
4	37	Alistair Dick	1:30:01.54	Ipswich JAFFA RC
5	43	Yusuf Firat	1:31:56.8	Haverhill RC
6	75	Nigel Schofield	1:37:31.9	Saint Edmund Pacers
7	91	Gary Groves	1:41:18.5	
8	97	Derek Daly	1:42:14.22	Saxmundham Running Club
9	98	Michael Banner	1:42:16.67	Haverhill RC
10	123	Paul Mcallister	1:45:42.97	Hadleigh Hares AC
11	125	Nigel Vincent	1:45:49.14	Stowmarket Striders RC
12	136	Stephen Hatten	1:46:49.61	Saint Edmund Pacers
13	150	Paul Francis	1:47:52.37	
14	184	Philip Beer	1:52:09.34	Stowmarket Striders RC
15	187	Christian Pawsey	1:52:29.67	
16	199	Christopher Scates	1:53:14.65	
17	206	Jimmy Russell	1:53:42.18	Felixstowe RRC
18	239	Steven Todd	1:56:40.49	
19	253	Paul Wallace	1:58:07.64	Stowmarket Striders RC
20	261	Neil Brame	1:59:46.85	Stowmarket Striders RC
21	282	Simon Butler	2:03:30.56	
22	285	John Newell	2:04:21.05	Wymondham AC
23	292	Steve Bright	2:05:43.46	
24	362	Billy Richmond	2:20:54	
25	372	Robert Reason	2:22:43.25	Stowmarket Striders RC

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County Age Categories

Category **M45**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	10	Adam Howlett	1:23:34.81	Framlingham Flyers
2	22	Andrew Flack	1:27:25.57	
3	28	John Greener	1:27:47.41	Saint Edmund Pacers
4	29	Steve Brooke	1:27:47.73	Felixstowe RRC
5	41	Carl Baker	1:31:02.83	Run For Your Life
6	42	Paul Gardiner	1:31:14.12	
7	90	Simon Herbert	1:41:01.32	
8	99	Sean Andrews	1:42:20.74	
9	100	Mark Hughes	1:42:44.77	Stowmarket Striders RC
10	101	Michael Nelhams	1:42:49.15	Mablethorpe Running Club
11	115	Ian East	1:44:17.64	sudbury joggers
12	129	Lincoln Simpson	1:46:08.87	
13	135	Ian Gooderham	1:46:49.46	Saint Edmund Pacers
14	154	Mark Cole	1:48:06.91	
15	161	Phil Houghton	1:48:19.83	
16	163	Glenn Proctor	1:48:34.75	Stowmarket Striders RC
17	165	Andrew Goodey	1:48:45.71	Puffin Runners
18	170	Jonathan Wilding	1:49:03.12	Felixstowe RRC
19	172	Stephen Saise	1:49:45.01	
20	181	Graham Waudby	1:51:38.51	
21	193	Kevin Clark	1:52:58.43	Bungay Black Dog RC
22	225	John Barron	1:55:33.23	
23	228	Dave Leather	1:55:42.89	Stowmarket Striders RC
24	234	Neil Henderson	1:56:02.97	
25	242	Mark Skoulding	1:56:46.99	Stowmarket Striders RC
26	249	Roger Stone	1:57:19.94	Felixstowe RRC
27	263	Matthew Drouet	1:59:57.65	Holbrook Running Club
28	313	Alistair Moseley	2:09:01.95	Stowmarket Striders RC
29	314	Richard Sore	2:09:11.5	Ipswich JAFFA RC

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County Age Categories

Category **M40**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	8	Tim Larke	1:22:39.34	Stowmarket Striders RC
2	16	Jason Taylor	1:25:09.35	Felixstowe RRC
3	18	Benjamin Jacobs	1:25:33.14	Felixstowe RRC
4	19	Stuart Simmons	1:25:36	Ipswich JAFFA RC
5	31	Robin Harper	1:28:39.55	Felixstowe RRC
6	32	Chris Leek	1:28:40.63	Framlingham Flyers
7	48	Richard Smith	1:32:28.82	Sudbury joggers
8	49	Marcus Catlin	1:32:45.8	Ipswich JAFFA RC
9	51	Steve Cresswell	1:33:21.51	Cambridge & Coleridge AC
10	53	Stephen Brook	1:33:51.15	Stowmarket Striders RC
11	55	Adam Allard	1:34:17.64	
12	58	Dave Beighton	1:34:38.54	Saint Edmund Pacers
13	72	Michael Rushton	1:36:57.18	Saint Edmund Pacers
14	73	Mike Brown	1:37:07.76	Stowmarket Striders RC
15	87	Peter Bird	1:40:33.92	Saint Edmund Pacers
16	94	Daniel Shanks	1:41:48.07	Felixstowe RRC
17	104	Wayne Salmon	1:43:33.89	
18	105	Brennan Butcher	1:43:36	Team Barnes Group
19	141	Darren Walsgrove	1:47:28.89	
20	144	Simon Merrick	1:47:32.95	Felixstowe RRC
21	146	Tim Page	1:47:39.23	Saint Edmund Pacers
22	148	Robert Frost	1:47:47.27	
23	158	Dan Ward	1:48:16.53	Stowmarket Striders RC
24	174	Craig Hasnip	1:50:23	
25	175	Frank Barrett	1:50:26.31	Stowmarket Striders RC
26	176	Martin Jarvis	1:50:27.86	
27	182	Daniel Gould	1:51:53.93	Felixstowe RRC
28	192	Ioulion Iordanov	1:52:54.61	Haverhill RC
29	201	Daniel Southgate	1:53:18.24	Red Lodge Runners
30	214	Matt Saunders	1:54:37.9	Felixstowe RRC
31	216	Daryl Simpson	1:54:53.1	
32	247	Mark Bennett	1:57:16.11	
33	270	Leonard Isaacs	2:01:46.1	
34	301	Tom Pilling	2:07:07	
35	303	Lee Taylor	2:07:13.41	
36	337	Steve Clark	2:12:04.49	Sudbury Joggers
37	346	Russell Armstrong	2:14:38.41	
38	354	Jonathan Jenkyn	2:17:49.83	Felixstowe RRC
39	360	Dan Belcher-hackett	2:19:39.89	
40	373	Simon Sadler	2:22:45.22	

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County Age Categories

Category **FO**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	64	Kirsty Millard	1:35:42.32	Haverhill RC
2	82	Jessie Gooderham	1:38:53.58	Saint Edmund Pacers
3	103	Clare Douglas	1:43:22.94	Stowmarket Striders RC
4	109	Abigail Pawse	1:43:52.08	
5	118	Carol Kemp	1:44:32.89	Felixstowe RRC
6	134	Kirsty Thorndyke	1:46:44.22	Ipswich Harriers
7	153	Vicci Rowlands	1:47:59.47	
8	155	Emma Gammons	1:48:13.03	Felixstowe RRC
9	168	Pip Wake	1:48:59.25	Ipswich JAFFA RC
10	197	Justine Norfolk	1:53:13.52	
11	208	Kerry Lucas	1:53:46.68	
12	213	Stephanie Holmes-mallitt	1:54:37.33	Woodbridge Shufflers RC
13	222	Yvonne Freiherr-fenton	1:55:22.38	
14	235	Svitlana Zinchenko	1:56:27.39	Newmarket Joggers
15	236	Clare Pestell-love	1:56:31.49	
16	250	Claire Blanchford	1:57:45.65	
17	287	Katrina Raymond	2:04:31.29	RAF Running Club
18	298	Di Thomas	2:06:33.5	Newmarket Cycling & Triathl
19	304	Kendra Hammond	2:07:18.15	Stowmarket Striders RC
20	316	Samantha Dalton-thorpe	2:09:14.82	
21	320	Anna Dawson	2:09:43.18	
22	321	Hayley Coles	2:09:43.21	Felixstowe RRC
23	323	Jessica Thorpe	2:10:32.2	Stowmarket Striders RC
24	325	Lynsey Groom	2:10:40.9	
25	327	Sophie Hughes	2:10:56.21	
26	328	Hannah Thompson	2:11:02.27	
27	331	Carita Farthing	2:11:19.3	Felixstowe RRC
28	334	Gemma Cannon	2:11:52.45	Woodbridge Shufflers RC
29	343	Caroline Perry	2:12:52.12	Ipswich JAFFA RC
30	344	Naomi Baxter	2:14:00.31	
31	353	Robyn Rake	2:17:32.75	Stowmarket Striders RC
32	363	Florence Richmond	2:20:54.05	
33	365	Liz Atkins	2:21:56.48	
34	374	Milly Butters	2:22:47.67	
35	375	Christina Welham	2:22:59.66	
36	384	Jessica Dumbill	2:26:27.19	
37	385	Dianne Belcher-hackett	2:26:50.7	
38	388	Bryony Harding	2:28:22.07	
39	393	Karen Hinton	2:37:35.3	Stowmarket Striders RC
40	394	Anneli Ostler	2:37:37.11	Felixstowe RRC
41	397	Sian Durrant	2:42:42.74	Hadleigh Hares AC
42	401	Emma Hutton	2:45:36.02	

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County Age Categories

Category **F65**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	297	Maureen Wright	2:06:16.13	Ipswich JAFFA RC
2	309	Paula Mccann	2:08:35.37	Two Rivers Running
3	364	Christine Honeywood	2:20:54.89	

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County Age Categories

Category **F60**

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	110	Cheryl Trundle	1:43:54.46	Haverhill RC
2	332	Julie Haselwood	2:11:20.24	Ipswich JAFFA RC
3	357	Mary Marsh	2:19:22.13	Newmarket Joggers

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County Age Categories

Category F55

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	126	Jenny Sheahan	1:45:52.2	
2	254	Mel Roberts	1:58:19.59	Woodbridge Shufflers RC
3	264	Alison Beech	2:00:04.71	Ipswich JAFFA RC
4	305	Lynda McCormack	2:07:43.4	newmarket joggers
5	361	Nicola Stevenson	2:19:55.65	Felixstowe RRC
6	367	Gillian Charlton	2:22:00.13	Stowmarket Striders RC
7	389	Mandy Starling	2:28:35.59	

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County Age Categories

Category F50

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	128	Jackie Hann	1:46:05.06	Sudbury Joggers
2	149	Chris Howland	1:47:52.34	Felixstowe RRC
3	215	Sarah Golding	1:54:52.88	Saint Edmund Pacers
4	255	Kirsty Weavers	1:58:28.16	Saint Edmund Pacers
5	279	Ruth Belsom	2:03:02.79	
6	281	Sandra Mayhew	2:03:16.11	Stowmarket Striders RC
7	308	Kathleen Dines	2:08:27.49	Ipswich JAFFA RC
8	347	Jan Risebrow	2:15:22.26	Run For Your Life
9	381	Kate Latham	2:26:00.47	
10	395	Jean Reynolds	2:39:23.36	Brandon Fern Hoppers
11	399	Denise Steward	2:43:41.22	

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County Age Categories

Category F45

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	13	Odette Robson	1:23:47.95	Saint Edmund Pacers
2	160	Sandra Bumphrey	1:48:18.8	Capel Cheetahs
3	189	Rebecca Jack	1:52:40.13	Stowmarket Striders RC
4	217	Shirley Brame	1:54:56.97	Stowmarket Striders RC
5	219	Eloise Bird	1:55:04.56	Saint Edmund Pacers
6	244	Melody-anne Neville	1:57:02.28	Stowmarket Striders RC
7	271	Karen Eaton	2:01:58.4	Felixstowe RRC
8	274	Jo Parden	2:02:32.03	Framlingham Flyers
9	283	Mandy Godbold	2:04:02.3	Ipswich Harriers
10	299	Fiona Rushton	2:06:35.52	
11	310	Tracey Rose	2:08:51.48	Stowmarket Striders RC
12	330	Helen Rankin	2:11:18.71	
13	351	Alison Leech	2:16:57.08	Stowmarket Striders RC
14	358	Denise King	2:19:26.72	Felixstowe RRC
15	377	Tracey Taylor	2:24:13.38	
16	378	Sarah Cox	2:24:13.53	
17	391	Sandra Garner	2:37:16.81	Stowmarket Striders RC
18	402	Jo Dickinson	2:48:14.17	Felixstowe RRC

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Category F40

<i>CP</i>	<i>Position</i>	<i>Name</i>	<i>Actual time</i>	<i>Club</i>
1	27	Alice Heather-hayes	1:27:45.98	Hadleigh Hares AC
2	106	Sandy Page	1:43:40.23	
3	131	Sarah Proffitt	1:46:18.2	Felixstowe RRC
4	137	Gillian Leech	1:46:56.22	
5	151	Sarah Fitch	1:47:53.02	Felixstowe RRC
6	196	Helen Curr	1:53:12.79	
7	210	Claire Palfrey	1:53:59.07	Ipswich JAFFA RC
8	226	Natalie Hay	1:55:41.38	
9	231	Amanda Dunn	1:55:49.93	Hadleigh Hares AC
10	233	Gale Baxter	1:55:54.85	
11	248	Rachel Dixey	1:57:18.12	Felixstowe RRC
12	260	Clare Bailie	1:59:36.74	Stowmarket Striders RC
13	286	Cynthia Nelder	2:04:26.86	
14	306	Katie Smith	2:08:10.82	
15	307	Mary Knapp	2:08:21.64	Kings Forest Canicross
16	336	Jules Willis	2:12:04.4	Sudbury Joggers
17	338	Kirsty Aberdein	2:12:11.81	
18	339	Tracey Straugheir	2:12:18.27	Felixstowe RRC
19	352	Yvonne Doe	2:17:31.84	Stowmarket Striders RC
20	355	Rhonda Horne	2:18:34.57	
21	366	Amanda Brewster	2:21:59.92	Stowmarket Striders RC
22	382	Alison Bills	2:26:12.43	
23	383	Karyn Hall	2:26:12.49	
24	387	Natalie Okeh	2:28:22.04	
25	392	Jacquelyn Cobbold	2:37:17.63	Hadleigh Hares AC
26	400	Liz O'riordan	2:44:55.18	