

## Under 13 Girls

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:12:25	7	Reid	Susannah	Brandeston High School
2	00:12:32	25	Cheverton	Alice	Waveney Valley A.C.
3	00:13:03	28	Carson	Samantha	West Suffolk A.C.
4	00:13:09	17	Godderham	Jessica	St Edmund Pacers
5	00:13:17	21	Maguire	Alice	St Edmund Pacers
6	00:13:21	26	Soanes	Megan	Waveney Valley A.C.
7	00:13:31	33	Sears	Cordelia	Orwell Park School
8	00:13:39	15	Jones	Charlotte	Newmarket Joggers
9	00:13:52	11	Ramsey	Jade	Ipswich Harriers
10	00:13:53	30	Poole	Clare	West Suffolk A.C.
11	00:14:00	8	Scott	Goergia	Brandeston High School
12	00:14:04	32	Peake	Katie	Ipswich Jaffa
13	00:14:04	24	Watts	Emma	St Edmund Pacers
14	00:14:08	3	Ivers	Tabitha	Brandeston High School
15	00:14:10	27	Barker	Sophie	West Suffolk A.C.
16	00:14:21	22	Strickland	Emily	St Edmund Pacers
17	00:14:25	10	Wickens	Charlotte	Felixstowe Road Runners
18	00:14:30	2	Coates	Natasha	Brandeston High School
19	00:14:42	29	James	Lauren	West Suffolk A.C.
20	00:14:55	16	Godderham	Emily	St Edmund Pacers
21	00:15:15	31	Maher	Hannah	Diss AC
22	00:15:29	6	Owen	Emma	Brandeston High School
23	00:15:34	14	Grass	Charlotte	Newmarket Joggers
24	00:15:40	4	Lawson	Sophie	Brandeston High School
25	00:16:10	23	Vane	Pheobe	St Edmund Pacers
26	00:16:22	19	Hatten	Rachael	St Edmund Pacers
27	00:16:33	20	Jermyn	Chloe	St Edmund Pacers
	dns/dnf	1	Birch	Amanda	Brandeston High School
	dns/dnf	5	O'Leary	Rebecca	Brandeston High School
	dns/dnf	9	Bailey	Laura	Felixstowe Road Runners
	dns/dnf	12	Reid	Suzie	Felixstowe Road Runners
	dns/dnf	13	Driver	Jodie	Newmarket Joggers
	dns/dnf	18	Grose	Elin	St Edmund Pacers
			1st Team	22 pts	St Edmund Pacers
			2nd Team	26 pts	Brandeston High School
			3rd Team	28pts	West Suffolk A.C.

## Under 15 Girls

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:15:31	61	Archer	Holly	West Suffolk A.C.
2	00:16:04	43	Galbraith	Mary	Ipswich Harriers
3	00:16:48	45	Peterson	Hannah	Ipswich Harriers
4	00:17:04	44	Nicklin	Sophia	Ipswich Harriers
5	00:17:11	46	Seller	Jasmine	Ipswich Harriers
6	00:18:06	48	driver	Sarah	Newmarket Joggers
7	00:18:52	60	Anthony	Justine	West Suffolk A.C.
8	00:18:55	63	Waters	Grace	West Suffolk A.C.
9	00:19:01	57	Davies	Polly	Waveney Valley A.C.
10	00:19:06	55	Laidlaw	Rebecca	St Edmund Pacers
11	00:19:10	50	Clipstone	Laureen	St Edmund Pacers
12	00:19:10	47	Beeton	Chloe	Newmarket Joggers
13	00:20:24	58	Desborough	Tamsin	Waveney Valley A.C.
14	00:20:28	64	Chiverton	Emily	Farlingaye H.S. (Ind Entry)
15	00:20:57	49	Shinedling	Rebecca	Newmarket Joggers
16	00:21:05	67	Hammond	Anna	Farlingaye H.S. (Ind Entry)
17	00:21:11	51	Evans	Catlin	St Edmund Pacers
18	00:21:31	54	Hatten	Emma	St Edmund Pacers
19	00:22:41	52	Godderham	Rebecca	St Edmund Pacers
	dns/dnf	38	Edwards	Laura	Felixstowe Road Runners
	dns/dnf	39	Girdlestone	Jasmine	Felixstowe Road Runners
	dns/dnf	40	Grinwood	Connie	Felixstowe Road Runners
	dns/dnf	41	Mudmar	Isher	Felixstowe Road Runners
	dns/dnf	42	Caiger	Claire	Ipswich Harriers
	dns/dnf	53	Griffith	Helen	St Edmund Pacers
	dns/dnf	56	Sadler	Alice	St Edmund Pacers
	dns/dnf	59	Fox	Bethany	Waveney Valley A.C.
	dns/dnf	62	Bibby	Sarah	West Suffolk A.C.
	dns/dnf	65	Hardwicke	Jenny	Farlingaye H.S. (Ind Entry)
	dns/dnf	66	Seller	Jasmine	Farlingaye H.S. (Ind Entry)
	dns/dnf	68	Peake	Emma	Ipswich Jaffa
			1st Team	9 pts	Ipswich Harriers
			2nd Team	16 pts	West Suffolk A.C.
			3rd Team	33 pts	Newmarket Joggers
			4th Team	38 pts	St Edmund Pacers

### Under 17 Women

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:23:40	251	Christensen	Charlotte	Ipswich Harriers
2	00:25:12	263	Addy	Kirsty	The Saxons
3	00:26:18	262	Beales	Abbie	City of Norwich AC
4	00:27:13	257	Barker	Emily	West Suffolk A.C.
5	00:28:49	261	Thomas	Laura	Ipswich Harriers (Ind Entry)
6	00:29:00	256	Baker	Emily	West Suffolk A.C.
7	00:32:04	254	Guy	Rebecca	St Edmund Pacers
8	00:33:56	253	Revell	Laura	Ipswich Harriers
9	00:35:46	264	Brown	Heidi	Ipswich JAFFA
	dns/dnf	250	Ademokun	Rachel	Ipswich Harriers
	dns/dnf	252	Hamilton	Kirsten	Ipswich Harriers
	dns/dnf	255	Rigby	Sherilyn	St Edmund Pacers
	dns/dnf	258	Marriott	Abigail	West Suffolk A.C.
	dns/dnf	259	Samuels	Kayleigh	West Suffolk A.C.
	dns/dnf	260	Waterhouse	Francis	West Suffolk A.C.

### Under 20 Women

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:23:51	34	Clarry	Jemma	St Edmund Pacers
4	00:27:35	35	McLoone	Zara	West Suffolk A.C.
3	00:28:51	36	Waters	Helen	West Suffolk A.C.
2	00:26:44	37	Wenman	Emily	West Suffolk A.C.
			1st Team	9 pts	West Suffolk A.C.

### Senion Women

Position	Finish Time	Race No	Surname	First Name	Club Name	Category
1	00:23:01	141	Jordan	Tamare	Stowmarket Striders	Female Senior
2	00:24:20	134	Partridge	Sarah	St Edmund Pacers (Ind Entry)	Female Senior
3	00:25:56	127	Anthony	Christine	St Edmund Pacers "B"	Female Veteran
4	00:25:59	132	McCarthy	Maureen	St Edmund Pacers "B"	Female Veteran
5	00:26:28	162	Shirly	Marie	Sudbury Joggers (Ind Entry)	Female Senior
6	00:26:33	106	Ramsey	Nicki	Ipswich Jaffa	Female Senior
7	00:26:47	126	Alstrachan	Angie	St Edmund Pacers "A"	Female Veteran
8	00:27:44	145	Paton	Abi	Stowmarket Striders	Female Senior
9	00:27:53	120	Wightman	Sarah	Newmarket Joggers	Female Senior
10	00:27:59	123	Canham	Aimee	The Saxons	Female Senior
11	00:28:34	125	Vick	Sarah	The Saxons	Female Senior
12	00:29:00	133	Partridge	Pat	St Edmund Pacers "B"	Female Veteran
13	00:29:11	119	Thomas	Diana	Newmarket Joggers	Female Senior
14	00:29:29	103	Brown	Julie	Ipswich Jaffa	Female Veteran
15	00:29:33	107	Wincomb	Claire	Ipswich Jaffa	Female Veteran
16	00:29:43	138	Garrod	Sue	Stowmarket Striders	Female Veteran
17	00:29:56	108	Constable	Michelle	Ipswich Triathlon Club	Female Veteran
18	00:30:16	156	Dinnell	Christine	Sudbury Joggers	Female Veteran
19	00:30:16	121	Bailey	Michaela	The Saxons	Female Veteran
20	00:30:28	130	Golding	Sarah	St Edmund Pacers "A"	Female Veteran
21	00:30:37	112	Skelcher	Mary	Ipswich Triathlon Club	Female Veteran
22	00:30:56	110	Miller	Sarah	Ipswich Triathlon Club	Female Veteran
23	00:30:57	159	Mumford	Fiona	Sudbury Joggers	Female Senior
24	00:31:02	155	Barrett-Seward	Kellie	Sudbury Joggers	Female Senior
25	00:31:10	128	Calver	Eloise	St Edmund Pacers "B"	Female Veteran
26	00:31:17	90	Bennett	Annabel	Felixstowe Road Runners	Female Veteran
27	00:31:26	118	Rushmere	Virginia	Newmarket Joggers	Female Senior
28	00:31:29	149	Stephenson	Jo	Stowmarket Striders	Female Veteran
29	00:31:36	100	Thorndyke	Kirsty	Ipswich Harriers	Female Senior
30	00:31:43	157	Gartland	Jane	Sudbury Joggers	Female Veteran
31	00:32:31	105	Haselwood	Julie	Ipswich Jaffa	Female Veteran

## Senion Women(ctd)

Position	Finish Time	Race No	Surname	First Name	Club Name	Category
32	00:32:47	111	Stannett	Kate	Ipswich Triathlon Club	Female Veteran
33	00:32:54	116	O'Callaghan	Jenny	Newmarket Joggers	Female Veteran
34	00:33:03	154	Anstead	Lenka	Sudbury Joggers	Female Senior
35	00:33:04	151	Toogood	Rachel	Stowmarket Striders	Female Senior
36	00:33:14	117	Paul	Miranda	Newmarket Joggers	Female Senior
37	00:33:21	101	Thorndyke	Leanne	Ipswich Harriers	Female Senior
38	00:33:23	140	Ghant	Deppie	Stowmarket Striders	Female Veteran
39	00:33:47	94	Sanders	Barbara	Hadleigh Hares A.C.	Female Veteran
40	00:33:58	146	Reynolds	Marie	Stowmarket Striders	Female Veteran
41	00:34:05	143	Mayhew	Sandra	Stowmarket Striders	Female Veteran
42	00:35:12	96	Wokes	Carol	Hadleigh Hares A.C.	Female Veteran
43	00:35:14	91	Dickinson	Jo	Felixstowe Road Runners	Female Senior
44	00:35:49	93	Kirk	Jackie	Hadleigh Hares A.C.	Female Senior
45	00:36:21	153	Wright	Denise	Stowmarket Striders	Female Veteran
46	00:37:37	122	Bloor	Sara	The Saxons	Female Veteran
47	00:38:10	135	Arfi	Laura	Stowmarket Striders	Female Senior
48	00:38:20	95	Stewart	Debbie	Hadleigh Hares A.C.	Female Veteran
49	00:38:37	92	Grimsey	Sarah	Hadleigh Hares A.C.	Female Senior
50	00:38:48	144	Nash	Katy	Stowmarket Striders	Female Senior
51	00:42:23	124	Merfield	Wendy	The Saxons	Female Veteran
52	00:44:03	115	Jennings	Lisa	Newmarket Joggers	Female Senior
	dns/dnf	97	Antonis	Tonya	Ipswich Harriers	Female Veteran
	dns/dnf	98	Holme	Claire	Ipswich Harriers	Female Senior
	dns/dnf	99	Sprake	Ellie	Ipswich Harriers	Female Senior
	dns/dnf	102	Welbourn	Elizabeth	Ipswich Harriers	Female Veteran
	dns/dnf	104	Decker	Helen	Ipswich Jaffa	Female Senior
	dns/dnf	109	Hargadon	Sue	Ipswich Triathlon Club	Female Veteran
	dns/dnf	113	Buxton	Anita	Newmarket Joggers	Female Senior
	dns/dnf	114	Goodridge	Jackie	Newmarket Joggers	Female Veteran
	dns/dnf	129	Dennison	Tricia	St Edmund Pacers "A"	Female Veteran
	dns/dnf	131	Jepson	Julia	St Edmund Pacers "A"	Female Veteran
	dns/dnf	136	Chapman	Melissa	Stowmarket Striders	Female Senior
	dns/dnf	137	Fox	Renee	Stowmarket Striders	Female Senior
	dns/dnf	139	Geraghty	Charmaine	Stowmarket Striders	Female Senior
	dns/dnf	142	Licence	Alex	Stowmarket Striders	Female Senior
	dns/dnf	147	Rice	Marie	Stowmarket Striders	Female Senior
	dns/dnf	148	Starmer	Jan	Stowmarket Striders	Female Veteran
	dns/dnf	150	Suttle	Hayley	Stowmarket Striders	Female Veteran
	dns/dnf	152	Watt	Lesley	Stowmarket Striders	Female Veteran
	dns/dnf	158	Henry	Amanda	Sudbury Joggers	Female Senior
	dns/dnf	160	Rooney	Penny	Woodbridge Shufflers	Female Senior
	dns/dnf	161	Odell	Laura	Aldershot Farnham & District	Female Senior
			1st Team	19 pts	St Edmund Pacers B	
			2nd Team	25 pts	Stowmarket Striders	
			3rd Team	35 pts	Ipswich Jaffa	
			4th Team	40 pts	The Saxons	
			5th Team	49 pts	Newmarket Joggers	
			6th Team	60 pts	Ipswich Triathlon Club	
			7th Team	65 pts	Sudbury Joggers	
			8th Team	125 pts	Hadleigh Hares A.C.	

## Under 13 Boys

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:11:18	205	Byrne_Hill	George	Ipswich Harriers
2	00:11:18	207	Wattlesworth	Bradley	Ipswich Harriers
3	00:11:29	206	Tennant	Ross	Ipswich Harriers
4	00:11:31	232	Rankin	Tobias	Hadleigh Hares A.C.
5	00:11:32	218	Seymore	Adam	St Edmund Pacers
6	00:11:40	226	Ollington	Zak	West Suffolk A.C.
7	00:11:53	234	McMorran	Kieran	Waveney Valley AC (Ind Entry)
8	00:11:56	223	Anthony	Sebastian	West Suffolk A.C.
9	00:12:01	225	Gray	Alex	West Suffolk A.C.
10	00:12:02	227	Mills	Eddie	West Suffolk A.C.
11	00:12:03	224	Eames	Ben	West Suffolk A.C.
12	00:12:05	216	McCarthy	Jake	St Edmund Pacers
13	00:12:19	204	Parker	Ben	Felixstowe Road Runners
14	00:12:22	210	Bartrum	Michael	Newmarket Joggers
15	00:12:25	212	Clarke	Tom	St Edmund Pacers
16	00:12:31	201	Franks	Chris	Felixstowe Road Runners
17	00:12:32	228	McKie	Cameron	Diss Athletic Club
18	00:12:33	229	Barber	Sam	Farlingaye H.S. (Ind Entry)
19	00:12:33	230	Tripp	Sam	Farlingaye H.S. (Ind Entry)
20	00:12:34	214	Evans	Ewan	St Edmund Pacers
21	00:12:49	217	Nichols	Matthew	St Edmund Pacers
22	00:13:09	231	Jackson	Scott	Farlingaye H.S. (Ind Entry)
23	00:15:07	220	Whiting	Daniel	St Edmund Pacers
24	00:15:20	208	Mathewson	Joe	Kingsfleet School
25	00:16:07	211	Alldis	Ieuan	St Edmund Pacers
26	00:18:12	200	Finegan	Dan	Felixstowe Road Runners
27	00:18:43	209	Wittich	Ben	Kingsfleet School
	dns/dnf	202	Lacey	Liam	Felixstowe Road Runners
	dns/dnf	203	Lamb	Benjamin	Felixstowe Road Runners
	dns/dnf	213	Doe	Liam	St Edmund Pacers
	dns/dnf	215	Harrison	Danny	St Edmund Pacers
	dns/dnf	219	Smith	Bradley	St Edmund Pacers
	dns/dnf	221	Wigglesworth	Liam	St Edmund Pacers
	dns/dnf	222	Finch	Jamie	Waveney Valley A.C.
			1st Team	6 pts	Ipswich Harriers
			2nd Team	23 pts	West Suffolk A.C.
			3rd Team	32 pts	St Edmund Pacers
			4th Team	55 pts	Felixstowe Road Runners

## Under 15 Boys

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:13:44	168	Clements	Kieron	Ipswich Harriers
2	00:14:15	169	Gavin	Jack	Ipswich Harriers
3	00:14:18	170	Hinton-Smith	Rhys	Ipswich Harriers
4	00:14:21	180	Dawson	Simon	West Suffolk A.C.
5	00:14:51	186	Rutter	Callum	West Suffolk A.C.
6	00:14:53	171	Jackson	Danny	Ipswich Harriers
7	00:15:08	185	Hughs	Jack	West Suffolk A.C.
8	00:15:13	172	Jones	Oliver	Ipswich Harriers
9	00:15:46	179	Cripps	Adam	West Suffolk A.C.
10	00:15:52	187	Powley	James	Westbourne School
11	00:16:02	173	Revell	Andrew	Ipswich Harriers
12	00:16:07	167	Baker	James	Ipswich Harriers
13	00:16:11	182	Eames	Tom	West Suffolk A.C.
14	00:16:14	177	Harrison	Sam	St Edmund Pacers
15	00:17:00	174	Wade	Hayden	Ipswich Harriers
16	00:17:20	183	Emmerton-Palmer	Archie	West Suffolk A.C.
17	00:17:58	176	Brophy	Liam	St Edmund Pacers
18	00:18:32	184	Haryluck	Justin	West Suffolk A.C.
19	00:33:34	188	Foulger	Matthew	Orwell Panthers A.C.
	dns/dnf	163	Dean	Terry	Felixstowe Road Runners
	dns/dnf	164	Lacey	Ashley	Felixstowe Road Runners
	dns/dnf	165	Trudgett	Ben	Felixstowe Road Runners
	dns/dnf	166	Alexander	Henry	Ipswich Harriers
	dns/dnf	175	Edgley	Joshua	Newmarket Joggers
	dns/dnf	178	Anthony	Jack	West Suffolk A.C.
	dns/dnf	181	Delo	McCauley	West Suffolk A.C.
			1st Team	6 pts	Ipswich Harriers
			2nd Team	16 pts	West Suffolk A.C.

## Under 17 Men

Position	Finish Time	Race No	Surname	First Name	Club Name
1	00:19:40	76	Webb	Shaun	Ipswich Harriers
2	00:20:17	77	Cheverton	Samuel	Waveney Valley A.C.
3	00:20:51	70	Bird	John	Ipswich Harriers
4	00:20:58	69	Ali	Jordan	Ipswich Harriers
5	00:21:18	71	Constable	Andrew	Ipswich Harriers
6	00:21:47	82	Thackeray	Dominic	West Suffolk A.C.
7	00:21:57	80	Fry	Charlie	West Suffolk A.C.
8	00:22:39	81	Groiss	Alex	West Suffolk A.C.
9	00:23:35	75	Tanner	Andrew	Ipswich Harriers
10	00:24:12	72	Faxcett	Ross	Ipswich Harriers
11	00:30:27	84	Minns	Oliver	Orwell Panthers A.C.
12	00:31:33	83	Austin	Lee	Orwell Panthers A.C.
	dns/dnf	73	Gillies	Fraser	Ipswich Harriers
	dns/dnf	74	Norris	Jim	Ipswich Harriers
	dns/dnf	78	Burnett	Asa	West Suffolk A.C.
	dns/dnf	79	Dunbar	Alex	West Suffolk A.C.
			1st Team	8 pts	Ipswich Harriers
			2nd Team	21 pts	West Suffolk A.C.

## Under 20 Men

<b>Position</b>	<b>Finish Time</b>	<b>Race No</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>
1	00:28:16	238	Palmer	Elliot	Ipswich Harriers
2	00:28:52	239	Rooke	Andrew	Ipswich Harriers
3	00:29:06	244	Ridley	Andrew	West Suffolk A.C.
4	00:31:15	243	Cripps	Michael	West Suffolk A.C.
5	00:32:03	237	Minns	Nicholsa	Ipswich Harriers
6	00:32:47	235	Byford	Tim	Ipswich Harriers
7	00:34:04	242	Maycock	James	Waveney Valley A.C.
8	00:34:27	236	Kett	Daniel	Ipswich Harriers
9	00:34:58	240	Taylor	Tom	Ipswich Harriers
10	00:49:10	246	Foulger	Stephen	Orwell Panthers A.C.
11	01:11:54	245	Davies	Michael	Orwell Panthers A.C.
	dns/dnf	241	Hansall	Stuart	Newmarket Joggers
			1st Team	8 pts	Ipswich Harriers



## Senior Men

Position	Finish Time	Race No	Surname	First Name	Club Name	Category
1	00:43:38	416	Irvine	Gordon	Thames Valley Harriers	Male Senior
2	00:43:47	415	Prewer	Carl	Lowestoft Road Runners	Male Senior
3	00:45:26	334	Chenery	Robert	Ipswich Jaffa 'A'	Male Senior
4	00:45:40	363	Baker	Peter	St Edmund Pacers "A"	Male Veteran
5	00:45:49	371	Golding	Peter	St Edmund Pacers "A"	Male Veteran
6	00:46:32	414	Day	Ian	Ely Runners	Male Senior
7	00:46:40	399	Palmer	Nick	Stowmarket Striders A	Male Senior
8	00:47:46	411	Ridley	Colin	West Suffolk A.C.	Male Veteran
9	00:47:57	418	Entwistle	Joshua	University of East Anglia	Male Senior
10	00:48:15	403	Starmer	Chris	Stowmarket Striders A	Male Veteran
11	00:48:18	326	Gardiner	Simon	Ipswich Harriers	Male Senior
12	00:48:23	311	Calver	Vince	Felixstowe Road Runners	Male Senior
13	00:48:33	329	Palmer	Daniel	Ipswich Harriers	Male Senior
14	00:48:45	342	Weston	Richard	Ipswich Jaffa 'A'	Male Senior
15	00:48:58	336	Jarrett	Tom	Ipswich Jaffa 'A'	Male Senior
16	00:49:09	338	MacSephney	Scott	Ipswich Jaffa 'A'	Male Veteran
17	00:49:20	355	Coogan	Vince	Newmarket Joggers 'A'	Male Senior
18	00:49:33	345	Copeland	Dave	Ipswich Triathlon Club	Male Veteran
19	00:49:44	373	Heath	James	St Edmund Pacers "A"	Male Veteran
20	00:49:51	356	Edwards	Steve	Newmarket Joggers 'A'	Male Veteran
21	00:49:54	370	Fox	Tim	St Edmund Pacers "A"	Male Veteran
22	00:49:58	314	Pinney	Mark	Felixstowe Road Runners	Male Veteran
23	00:50:10	340	Thompson	Gary	Ipswich Jaffa 'A'	Male Senior
24	00:50:28	404	Stephens	Nick	Stowmarket Striders A	Male Veteran
25	00:50:50	397	Macrossan	Ker	Stowmarket Striders A	Male Veteran
26	00:51:05	375	Lockwood	Jon	St Edmund Pacers "B"	Male Senior
27	00:51:08	377	Marston	Carl	St Edmund Pacers "A"	Male Veteran
28	00:51:11	407	Buck	Andy	Sudbury Joggers	Male Veteran
29	00:51:55	333	Chenery	Duncan	Ipswich Jaffa 'A'	Male Veteran
30	00:52:12	330	Palmer	Jonny	Ipswich Harriers	Male Senior
31	00:52:23	346	Goddard	Joe	Ipswich Triathlon Club	Male Senior
32	00:52:39	391	gray	Steve	Stowmarket Striders B	Male Veteran
33	00:52:44	351	Beetan	Jim	Newmarket Joggers 'A'	Male Veteran
34	00:52:48	341	Weston	John	Ipswich Jaffa 'B'	Male Veteran

**Senior Men (ctd)**

<b>Position</b>	<b>Finish Time</b>	<b>Race No</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>	<b>Category</b>
35	00:53:03	405	Anstead	Alan	Sudbury Joggers	Male Veteran
36	00:53:09	313	Gardner	David	Felixstowe Road Runners	Male Veteran
37	00:53:28	378	Milligan	Iain	St Edmund Pacers "A"	Male Senior
38	00:53:42	339	Rogers	Brian	Ipswich Jaffa 'B'	Male Veteran
39	00:54:00	412	Ackerley	Roger	Woodbridge Shufflers	Male Veteran
40	00:54:06	323	Pinnion	Clive	Hadleigh Hares A.C.	Male Veteran
41	00:54:10	359	Munns	Brian	Newmarket Joggers 'A'	Male Veteran
42	00:54:29	315	Shaw	Paul	Felixstowe Road Runners	Male Veteran
43	00:55:01	393	Hammond	Nick	Stowmarket Striders B	Male Senior
44	00:55:03	381	Rabett	Justin	St Edmund Pacers "B"	Male Veteran
45	00:55:25	408	Glass	Andy	Sudbury Joggers	Male Senior
46	00:55:39	382	Troup	Mike	St Edmund Pacers "B"	Male Veteran
47	00:55:56	372	Gooderham	Ian	St Edmund Pacers "B"	Male Veteran
48	00:56:01	344	Catling	Neil	Ipswich Triathlon Club	Male Senior
49	00:56:23	320	Hunt	Stev	Hadleigh Hares A.C.	Male Veteran
50	00:56:26	395	Levett	Jonny	Stowmarket Striders B	Male Veteran
51	00:57:00	354	Conway	Nick	Newmarket Joggers 'A'	Male Senior
52	00:57:13	402	Seymour	Chris	Stowmarket Striders B	Male Senior
53	00:58:14	317	Airley	Brian	Hadleigh Hares A.C.	Male Veteran
54	00:58:25	350	Wankowski	John	Ipswich Triathlon Club	Male Senior
55	00:58:32	361	Williams	Keith	Newmarket Joggers 'A'	Male Veteran
56	00:59:05	349	Stollery	Mike	Ipswich Triathlon Club	Male Veteran
57	00:59:11	398	Nash	Richard	Stowmarket Striders A	Male Senior
58	00:59:13	352	Beeten	Richard	Newmarket Joggers	Male Veteran
59	00:59:19	401	Robinson	Steve	Stowmarket Striders	Male Veteran
60	00:59:34	396	Licence	Gareth	Stowmarket Striders B	Male Senior
61	01:01:34	318	Allen	Daren	Hadleigh Hares A.C.	Male Veteran
62	01:01:59	390	Garrod	Miles	Stowmarket Striders	Male Veteran
63	01:04:21	392	Gladwell	Chris	Stowmarket Striders	Male Veteran
64	01:05:28	319	Funnell	Gordon	Hadleigh Hares A.C.	Male Veteran
65	01:06:14	360	Shand	Alan	Newmarket Joggers	Male Veteran
66	01:09:24	348	Stannett	Charlie	Ipswich Triathlon Club	Male Veteran
67	01:10:05	337	Lee	Mon	Ipswich Jaffa 'B'	Male Veteran
68	01:10:09	347	Moody	John	Ipswich Triathlon Club	Male Senior
69	01:10:18	388	Basham	Les	Stowmarket Striders B	Male Veteran
70	01:15:42	343	Wythe	Kirk	Ipswich Jaffa 'B'	Male Veteran
71	01:18:44	386	Merfield	Gordon	The Saxons	Male Veteran
	dns/dnf	312	Foster	Andy	Felixstowe Road Runners	Male Veteran
	dns/dnf	316	Stone	Roger	Felixstowe Road Runners	Male Veteran
	dns/dnf	321	Ingleby	Dave	Hadleigh Hares A.C.	Male Veteran
	dns/dnf	322	johnson	Adam	Hadleigh Hares A.C.	Male Senior
	dns/dnf	324	Preece	Dan	Hadleigh Hares A.C.	Male Senior
	dns/dnf	325	Purdy	Karl	Hadleigh Hares A.C.	Male Senior
	dns/dnf	327	Hardy	Kelvin	Ipswich Harriers	Male Senior
	dns/dnf	328	Jacobs	Sam	Ipswich Harriers	Male Senior
	dns/dnf	331	Rooke	Chris	Ipswich Harriers	Male Senior
	dns/dnf	332	Brooks	Paul	Ipswich JAFFA	Male Veteran
	dns/dnf	335	Davies	Gavin	Ipswich JAFFA	Male Senior
	dns/dnf	353	Clarke	Neville	Newmarket Joggers	Male Veteran
	dns/dnf	357	gear	Martin	Newmarket Joggers	Male Senior
	dns/dnf	358	Holly	Paul	Newmarket Joggers	Male Veteran
	dns/dnf	362	Withers	Jim	Newmarket Joggers	Male Veteran
	dns/dnf	364	Bourne	Simon	St Edmund Pacers	Male Veteran

**Senior Men (ctd)**

<b>Position</b>	<b>Finish Time</b>	<b>Race No</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>	<b>Category</b>
	dns/dnf	365	Chambers	Mike	St Edmund Pacers "B"	Male Veteran
	dns/dnf	366	Cobbold	Michael	St Edmund Pacers	Male Veteran
	dns/dnf	367	Cook	Chris	St Edmund Pacers "B"	Male Veteran
	dns/dnf	368	Cooke	Chris	St Edmund Pacers	Male Veteran
	dns/dnf	369	dawson	Alan	St Edmund Pacers	Male Veteran
	dns/dnf	374	Horsley	Paul	St Edmund Pacers	Male Veteran
	dns/dnf	376	MacPherson	Alan	St Edmund Pacers	Male Senior
	dns/dnf	379	Overman	David	St Edmund Pacers	Male Veteran
	dns/dnf	380	Phillips	Simon	St Edmund Pacers	Male Senior
	dns/dnf	383	vaughan	David	St Edmund Pacers	Male Veteran
	dns/dnf	384	Williams	Stephan	St Edmund Pacers	Male Veteran
	dns/dnf	385	Dye	Matthew	The Saxons	Male Veteran
	dns/dnf	387	Aldis	Roger	Stowmarket Striders	Male Veteran
	dns/dnf	389	Edwards	Lee	Stowmarket Striders	Male Senior
	dns/dnf	394	Jackson	Wayne	Stowmarket Striders	Male Senior
	dns/dnf	400	Penn	Malcome	Stowmarket Striders A	Male Veteran
	dns/dnf	406	Benton	Wesley	Sudbury Joggers	Male Senior
	dns/dnf	409	Judd	Darren	Sudbury Joggers	Male Senior
	dns/dnf	410	Moulton	Christopher	Sudbury Joggers	Male Senior
	dns/dnf	413	Curran	Stephen	Woodbridge Shufflers	Male Veteran
	dns/dnf	417	Hardwick	Jim	Unattached	Male Senior
			1st Team	48 pts	Ipswich Jaffa A	
			2nd Team	49 pts	St Edmund Pacers A	
			3rd Team	66 pts	Stowmarket Striders A	
			4th Team	111 pts	Newmarket Joggers A	
			5th Team	112 pts	Felixstowe Road Runners	
			6th Team	151 pts	Ipswuch Triathlon Club	
			7th Team	163 pts	St Edmund Pacers B	
			8th Team	177 pts	Stowmarket Striders B	
			9th Team	203 pts	Hadleigh Hares A.C.	
			10th Team	209 pts	Ipswich Jaffa B	