	Turkey Trot 2015	13/12/2015	Scorer:	richard@aukinfo.com				RANKS	
Race	Firstname	Lastname	Gender	Affiliated Club/Team Name	E Category	Time	Overall	Male	Female
No					rr		Rank	Rank	Rank
					С				
					h				
	Kieran	Mcmorran	Male	Ipswich Jaffa RC	Senior	00:56:04			1
	Andrew	Bell	Male	Haverhill Running Club	Senior	00:56:53			2
	Jim	Last	Male	Framlingham Flyers	Senior	00:57:54			3
	Will	Law	Male	Ipswich Jaffa RC	Senior	00:58:05			4
	Danny Stephen	Rock Balfe	Male	Felixstowe RRC	Senior	00:58:29			5 6
	Darren	Neale	Male Male	City Of Norwich AC North Norfolk Beach Runners	Senior Senior	00:59:50			o 7
	Gareth	Thomas	Male	Haverhill Running Club	Senior	01:00:16			8
	John	Cox	Male	Kent AC	Vet 45	01:00:27			9
	Roger	Stone	Male	Felixstowe RRC	Vet 45	01:01:00		-	-
	Rose	Nicholson	Female	Waveney Valley AC	Senior	01:01:33		-	1
	Paul	Preston	Male	Colchester Harriers AC	Vet 40	01:01:47			1
	Darren	Sheppard	Male	Framlingham Flyers	Vet 40	01:02:25			
154	Chris	Haylock	Male	Lowestoft Road Runners	Vet 40	01:02:37	14		
303	Dave	Solomon	Male	Felixstowe RRC	Vet 45	01:02:39			
	Paul	Nickells	Male	Woodbridge Shufflers RC	Vet 50	01:02:44			
	Chris	Starmer	Male	Stowmarket Striders RC	Vet 55	01:02:56			
	Tim	Larke	Male	Stowmarket Striders RC	Vet 40	01:02:59			
	Luke	Whitwell	Male	Felixstowe RRC	Senior	01:03:01			
-	Malcolm	Penn	Male	Sudbury Joggers	Vet 55	01:03:09			-
	Tamara	Jordan	Female	Stowmarket Striders RC	Senior	01:03:31			2
	Matthew	Sutton	Male	Great Yarmouth Road Runners	Senior	01:03:39			
	Marcus	Catlin	Male	Ipswich Jaffa RC	Vet 40	01:03:51			
	Darren	Cook	Male	Felixstowe RRC	Vet 40	01:04:06			
	Dominic	Oliver	Male	City Of Norwich AC	Senior	01:04:11			
	David	Asker	Male	Tri-Anglia Triathlon Club	Senior	01:04:22			
	Thomas	Challener	Male	Sudbury Joggers	Senior	01:04:47			
	Andy	Buck	Male	Sudbury Joggers Felixstowe RRC	Vet 50	01:04:51			
	Jason Tom	Taylor Haslam	Male Male	Saxmundham Sports Running & F	Vet 40 i Vet 40	01:05:12			
	Robin	Harper	Male	Felixstowe RRC	Senior	01:05:24			
	Karim	Ouaddane	Male	Unaffiliated	Vet 50	01:05:28			
	Lloyd	Scriven	Male	Waveney Valley AC	Vet 40	01:05:36			
	Mick	Glynn	Male	Unaffiliated	Vet 50	01:05:39			
	James	Drake	Male	Waveney Valley AC	Senior	01:06:27			
	Will	Aldred	Male	Framlingham Flyers	Vet 45	01:06:30			
	James	Hayward	Male	Stowmarket Striders RC	Senior	01:06:56			
	Sian-Marie	Lucas	Female	Haverhill Running Club	Senior	01:07:14			3
	Peter	Rodgers	Male	Waveney Valley AC	Senior	01:07:58			
	Sophie	Newman	Female	Stowmarket Striders RC	Senior	01:08:23			4
118	Adrian	Frost	Male	Sudbury Joggers	Vet 45	01:08:24	41	I 37	7
170	James	Howlett	Male	Framlingham Flyers	Vet 40	01:08:26	i 42	2 38	3
	David	Beighton	Male	Saint Edmund Pacers	Senior	01:08:41			
	Steven	Carruthers	Male	Waveney Valley AC	Vet 45	01:08:56			
	Myles	Duffield	Male	Great Yarmouth Road Runners	Vet 40	01:09:13			
	Steve	Collins	Male	Unaffiliated	Senior	01:09:14			
	Alexandra	Smith	Female	Wymondham AC	Vet 40	01:09:16			5
	Tim	Newton	Male	Ipswich Jaffa RC	Vet 60	01:09:41			
	Robin	Belsom	Male	Ipswich Jaffa RC	Vet 55	01:09:53			
	Jim	Comber	Male	Sudbury Joggers	Vet 40	01:09:54			
	Roger	Ackerley	Male	Woodbridge Shufflers RC	Vet 55	01:09:57			
	David Shaun	Husband Crowlev	Male	Beccles Triathlon Club Beccles Triathlon Club	Vet 40 Vet 55	01:10:13			
	Paul	Dockerill	Male Male						
	Shaun	Button	Male	Newmarket Joggers Bungay Black Dog RC	Senior Senior	01:10:36			
	Tom	Pullinger	Male	Bungay Black Dog RC	Vet 40	01:10:40			
	Richard	Pickering	Male	Wimbledon Windmilers	Vet 50	01:11:00			
	Charles	Hann	Male	Sudbury Joggers	Vet 50	01:11:06			
142		Hicks	Male	Unaffiliated	Vet 50	01:11:20			
	Richard	Leeder	Male	Stowmarket Striders RC	Vet 40	01:11:29			
	Alan	Jackson	Male	Ipswich Jaffa RC	Vet 55	01:11:31			
	Robert	James	Male	Unaffiliated	Vet 40	01:11:47			
	Guy	Shearwood	Male	Norwich Road Runners	Vet 55	01:11:50			
	Scott	Shrubsall	Male	Unaffiliated	Senior	01:11:59			
	Peter	Bird	Male	Saint Edmund Pacers	Vet 40	01:12:10			
198		Kingaby	Male	Waveney Valley AC	Vet 60	01:12:44			
	Stephen	Hatten	Male	Saint Edmund Pacers	Vet 50	01:12:51			
	Peter	Woods	Male	Felixstowe RRC	Senior	01:13:03			
	Mike	Brown	Male	Unaffiliated	Vet 40	01:13:04	69	9 64	
50									
339	Simon Laura	Wiggins	Male Female	Felixstowe RRC Stowmarket Striders RC	Vet 40	01:13:17	70	65	5

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1368 Related Shaw Mele Burgy Black Dg RC LVE 45 0114112 76 68 223 Simm Marcis Male Felnetwor RC Vel 45 011421 77 70 137 Paul Crant Male Felnetwor RC Vel 45 011421 77 77 137 Paul Crant Male Marcis 007 72 137 Paul Crant Male Weld 50 0114421 007 73 138 Mark Goodwin Male Felsatower RRC Vel 45 011452 81 74 139 Marcin Male Felsatower RRC Vel 45 0114521 82 78 141 Ruh Goodwin Male Felsatower RRC Vel 45 0114521 87 78 78 121 Ruh Gaunt Fenale Norwch Road Funnera Vel 45 011551 88 78 78 78 78 78									67	
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1223 Binm Herick Male Feldbackwer RC Vet 40 01:14:25 77 70 238 Chee Purbrock Male Unstrikted Ramers Vet 65 01:14:25 77 70 238 Chee Purbrock Male Unstrikted Ramers Vet 65 01:14:32 71 72 133 Mark Goodwin Male Unstrikted Ramers Vet 64 01:14:32 78 240 Marc Norman Male Unstrikted Ramers Vet 40 01:15:12 88 77 341 Maranh Wood Ferrate Barange Male CD Vet 40 01:15:12 88 77 342 Baran Marce Darange Male CD Vet 40 01:15:51 88 78 343 Harana Marce Saint Gorund Faces Vet 40 01:15:62 89 80 341 Back Barage Male CD Vet 40 01:17:68 88 80 341 Back	68	Richard	Clark	Male	Saxmundham Sports Running & Fi	Vet 45	01:14:21	76	69	
153 Jim Haye Nath Nordik Beach Runners Vet 68 01:14:30 78 71 137 Paul Crant Male Warreny Valley AC Vet 64 01:14:30 79 72 137 Paul Crant Male Warreny Valley AC Vet 64 01:14:33 61 75 240 Marc Norman Male Unaffiliated Sensor 01:15:02 84 77 243 Hannah Wood Fernale (pswich) Jaffa RC Vet 45 01:15:51 86 78 226 Robert Mine Male (warreny Valley AC Sensor 01:15:51 86 78 121 Ruhh Caunt Fernale Norwich Road Runners Vet 45 01:15:51 88 78 142 Jackke Bowen Male Sathtyr Valley AC Vet 45 01:16:36 98 89 152 Torn Hobyn Male Sathtyr Valley AC Vet 45 01:17:06 84 88 152 Lote Darmer Male Grad	223	Simon	Merrick	Male		Vet 40			70	
268 Clive Purbnock Male Unartificated Vet 60 01:14:47 80 73 242 Simon Norfon Male Evagory Black Dog RC Vet 65 01:14:42 81 74 233 Mark Capdowin Male Evaluation 81 82 79 115 81 71 115 81 71 115 81 71 115 81 71 115 81 71 115 81 71 115 81 72 115 115 81 72 115 115 72 115 115 81 72 115 115 115 115 115 115 115										
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133 Mark Coodwin Male Finistions PRC Ver 40 011500 82 76 340 Marce Norman Male Uneffiliated Servicz 011500 85 76 35 Warren Birch Male Uneffiliated Servicz 011512 84 77 36 Warren Birch Male Uneffiliated Ver 40 011512 84 77 36 Malin Male Marce Dop Ver 40 011512 84 70 37 Christon Christon Male Support Ver 40 0111512 84 70 36 Static Service Male Support Male Ver 40 0111708 30 80 37 Jacciae Faile Static Service Static Service 91 90 90 90 90 90 90 90 90 90 90 90 90 90 90 90 90 <td></td>										
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343 Barnanh Wood Female Ipswich Jaffa RC Vel 40 0115.51 86 75 122 Rubh Caunt Female Norwich Road Rumers Vel 45 0115.51 86 75 143 Jackie Harn Female Studbury Joggers Vel 45 0116.14 88 78 144 Jackie Harn Female Studbury Joggers Vel 45 0116.14 88 78 146 Jackie Harn Female Studbury Joggers Vel 45 0117.04 98 82 150 Luke Hurren Male Female Strudbury Joggers Strudbury Joggers 94 0 0117.08 98 82 120 Andrew Dormer Male Female Great Yarmouth Road Runners Vel 40 0117.08 98 42 121 Natisha Karovias Female Coread Runners Vel 40 0117.08 98 42 1220 Jonathan Madodowa	35	Warren	Birch	Male	Ipswich Jaffa RC	Vet 45	01:15:12	84	77	
228 Robert Mileer Male Waveney Valley AC Senior 011557 66 217 Ruth Gaunt Fenale Norwich Road Runners Vel 45 011557 67 67 Chrins Chorley Male Burgey Black Rog RC Vel 45 0115157 67 143 Jackie Hann Fenale Surgey Olygers Vel 45 0115143 60 143 Jackie Humen Fenale Surgey Olygers Vel 45 0115143 60 61 81 81 143 Jackie Humen Male Surgey Charles Surgey Charles 81 80 81	343	Hannah	Wood	Female	Ipswich Jaffa RC			85		8
121 Ruth Gaunt Female Burgay Black Dog RC Vet 45 011:61:16 87 143 Jackie Hann Female Burgay Black Dog RC Vet 45 011:61:41 88 79 143 Jackie Hann Female Subbury Jogers Vet 45 011:63:6 90 80 141 Alex Boven Male Vignondmarn AC Serior 011:70:6 94 80 150 Anare Belae Anare Vet 40 011:70:9 94 80 150 Andrew Down Pemale Creat Varmouth Road Runners Vet 40 011:77:09 95 64 123 Toni George Female Corestand Jaguars RC Vet 40 011:77:11 98 85 220 Natasha Korolis Female Corestand Jaguars RC Vet 40 011:77:11 98 85 221 Natasha Marin Bagnal Male Corestand Jaguars RC Vet 40 011:77:17									78	-
67 Onts Chorley Male Burgay Black Dog RC Vet 50 Of 16:16:14 88 79 143 Jackie Hann Ferniel Sudbury Oggers Vet 60 Of 11:61:643 80 80 162 Tom Holzyn Male Saint Edmund Pacers Vet 150 Of 11:63:63 151 281 Faul Schwen Male Wet 50 Of 11:70:62 42 82 180 Luko Hurren Male Norwich Road Kunners Vet 40 Of 11:70:69 44 44 123 Todi Gener Fernale Grant Ymouth Road Runners Vet 40 Of 11:70:69 44 123 Todi Gener Fernale Creat Ymouth Road Runners Vet 40 Of 11:72:1 99 86 123 Lout Maten Lowestoft Road Runners Vet 40 Of 11:72:1 99 86 124 Ducky Sheriner Ust 50 Of 11:72:1 99 86 125 Ducky Shereham Fernale Elstowe RRC Senior Of 11:72:1 100									10	9
143 Jackie Hann Fernale Subdury Juggers Vet 45 O11-16-18 89 147 Alex Bowen Male Suint Comund Pacers Vet 50 011-16-36 99 80 281 Paul Schwer Male Felsower RC Vet 155 011-17-06 99 83 180 Luke Hurren Male Felsower RC Vet 40 011-17-06 99 83 170 Joanne Cock Fermale Great Yarmouth Road Runners Vet 40 011-17-09 85 64 121 Toni George Fermale Great Yarmouth Road Runners Vet 40 011-17-11 98 85 122 Lorarthan Madrian Madrian Gereat Yarmouth Road Runners Vet 40 011-17-11 98 85 122 Lorarthan Madrian Madrian Costsmall Jugurts RC Vet 40 011-17-17 100 86 123 Vet 40 011-17-11 98 85 101 87 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>70</td> <td>5</td>									70	5
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48 Richard Dempsey Male Woodbridge Shufflers RC Vet 45 01:21:18 131 110 136 Daniel Gould Male Feixstowe RRC Vet 40 01:21:20 132 111 117 Mathew Freezer Male Dereham Runners & AC Senior 01:21:31 133 112 62 Duncan Carter Male Waveney Valley AC Vet 40 01:21:32 134 113 104 Mark Efflett Male Lowestoft Road Runners Vet 50 01:21:34 135 114 342 Neil Williamson Male Unaffiliated Vet 40 01:21:34 136 115 322 Jane Thomas Female Great Yarmouth Road Runners Vet 40 01:21:42 137 327 Jo Walker Female Bungay Black Dog RC Vet 40 01:21:55 139 260 Gemma Porch Female Stowmarket Striders RC Senior <t< td=""><td>220</td><td>Gary</td><td>Mcdonald</td><td>Male</td><td>Lowestoft Road Runners</td><td>Senior</td><td>01:21:16</td><td>130</td><td>109</td><td></td></t<>	220	Gary	Mcdonald	Male	Lowestoft Road Runners	Senior	01:21:16	130	109	
136DanielGouldMaleFelixstowe RRCVet 4001:21:20132111117MatthewFreezerMaleDereham Runners & ACSenior01:21:3113311262DuncanCarterMaleWaveney Valley ACVet 4001:21:32134113104MarkElflettMaleLowestoft Road RunnersVet 5001:21:34135114342NeilWilliamsonMaleUnaffiliatedVet 4001:21:38136115322JaneThomasFemaleGreat Yarmouth Road RunnersVet 4001:21:42137138327JoWalkerFemaleBungay Black Dog RCVet 4001:21:5513916260GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139116345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 4001:22:1014243230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:13141117236SarahMaidmentFemaleBungay Black Dog RCVet 5001:22:1014247321JulieBringloeFemaleNorwich Road RunnersVet 40			Dempsey		Woodbridge Shufflers RC			131	110	
117MatthewFreezerMaleDereham Runners & ACSenior01:21:3113311262DuncanCarterMaleWaveney Valley ACVet 4001:21:32134113104MarkElflettMaleLowestoft Road RunnersVet 5001:21:34135114342NeilWilliamsonMaleUnaffiliatedVet 4001:21:38136115322JaneThomasFemaleGreat Yarmouth Road RunnersVet 4001:21:42137138327JoWalkerFemaleBungay Black Dog RCVet 4001:21:4513816260GemmaPorchFemaleStowmarket Striders RCSenior01:21:5513916265StephenPrettyMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:19143197StuartKenrickMaleUnaffiliatedVet 4001:22:36145										
62DuncanCarterMaleWaveney Valley ACVet 4001:21:32134113104MarkElflettMaleLowestoft Road RunnersVet 5001:21:34135114342NeilWilliamsonMaleUnaffiliatedVet 4001:21:38136115322JaneThomasFemaleGreat Yarmouth Road RunnersVet 4001:21:42137327JoWalkerFemaleBungay Black Dog RCVet 4001:21:45138260GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139265StephenPrettyMaleStowmarket Striders RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCVet 4001:22:1014214247JulieBringloeFemaleBungay Black Dog RCSenior01:22:1014214247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143143197StuartKenrickMaleUnaffiliatedVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:38146120										
104 MarkElflettMaleLowestoft Road RunnersVet 5001:21:34135114342 NeilWilliamsonMaleUnaffiliatedVet 4001:21:38136115322 JaneThomasFemaleGreat Yarmouth Road RunnersVet 4001:21:42137135327 JoWalkerFemaleBungay Black Dog RCVet 4001:21:45138146260 GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139116265 StephenPrettyMaleStowmarket Striders RCVet 5001:22:03141117216 SarahMaidmentFemaleBungay Black Dog RCVet 4001:22:1014214247 JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143143197 StuartKenrickMaleUnaffiliatedVet 4001:22:32144118193 28 DanWardMaleUnaffiliatedSenior01:22:38146120										
342NeilWilliamsonMaleUnaffiliatedVet 4001:21:38136115322JaneThomasFemaleGreat Yarmouth Road RunnersVet 4001:21:42137327JoWalkerFemaleBungay Black Dog RCVet 4001:21:45138260GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139265StephenPrettyMaleStowmarket Striders RCVet 5501:21:55139116345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014214247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120										
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260GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139265StephenPrettyMaleStowmarket Striders RCVet 5501:21:55139116345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120										22
260GemmaPorchFemaleStowmarket Striders RCSenior01:21:55139265StephenPrettyMaleStowmarket Striders RCVet 5501:21:55139116345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120										23
265StephenPrettyMaleStowmarket Striders RCVet 5501:21:55139116345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120			Porch			Senior				24
345StuartYoungMaleBungay Black Dog RCVet 5001:22:03141117216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120									116	
216SarahMaidmentFemaleBungay Black Dog RCSenior01:22:1014247JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120										
47JulieBringloeFemaleNorwich Road RunnersVet 4001:22:19143230MarkMountainMaleGreat Yarmouth Road RunnersVet 4001:22:32144118197StuartKenrickMaleUnaffiliatedVet 4001:22:36145119328DanWardMaleUnaffiliatedSenior01:22:38146120			Ų		<i>, , , , , , , , , , , , , , , , , , , </i>					25
230 Mark Mountain Male Great Yarmouth Road Runners Vet 40 01:22:32 144 118 197 Stuart Kenrick Male Unaffiliated Vet 40 01:22:36 145 119 328 Dan Ward Male Unaffiliated Senior 01:22:38 146 120										25
197 Stuart Kenrick Male Unaffiliated Vet 40 01:22:36 145 119 328 Dan Ward Male Unaffiliated Senior 01:22:38 146 120			- V						440	20
328 Dan Ward Male Unaffiliated Senior 01:22:38 146 120										
144 Jane Hannah Female Bungay Black Dog RC Senior 01:22:40 147				Male					120	
	144	Jane	Hannah	Female	Bungay Black Dog RC	Senior	01:22:40	147		27

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	Simon	Goldsmith	Male	Unaffiliated	Vet 40	01:22:41	148	121 122	
	William Bobbie	Burdett	Male Female	Stowmarket Striders RC	Vet 50 Vet 55	01:22:43	149 150	122	28
	Jonathan	Sauerzapf	Male	Bungay Black Dog RC		01:22:51 01:23:01	150	123	28
		Batchelor		Harling Athletic Club	Senior				
175	Robin	Humphreys	Male Male	Unaffiliated Bungay Black Dog RC	Vet 55 Vet 60	01:23:06 01:23:08	152 153	124 125	
		Ashe							
	John	Wharton	Male	Bungay Black Dog RC	Vet 60	01:23:10	154	126	
	Peter	Andrews	Male	Waveney Valley AC	Vet 45	01:23:15	155	127	29
	Caren	Elvin	Female	Waveney Valley AC	Vet 40	01:23:15	155	400	29
	Ben	Taylor	Male	Unaffiliated	Vet 40	01:23:16	157	128	
	Jimmy	Russell	Male	Felixstowe RRC	Vet 45	01:23:17	158	129	
	Vladimir	Laptikhovsky	Male	Waveney Valley AC	Vet 50	01:23:46	159	130	
252		Parden	Female	Framlingham Flyers	Vet 45	01:23:47	160		30
	Sophie	Bell	Female	Bungay Black Dog RC	Senior	01:23:58	161		31
	Rebecca	Langford		Waveney Valley AC	Vet 40	01:24:03	162		32
	Philip	Norman	Male	St Neots Riverside Runners	Vet 60	01:24:05	163	131	
	Steve	Bright	Male	Unaffiliated	Vet 50	01:24:06	164	132	
	Belinda	Schofield	Female	Unaffiliated	Vet 55	01:24:20	165		33
	Kerstin	Langer	Female	Great Yarmouth Road Runners	Vet 45	01:24:29	166		34
	Graham	Sampson	Male	Bungay Black Dog RC	Vet 65	01:24:30	167	133	
	Lewis	Dellar-Witt	Male	Unaffiliated	Senior	01:24:31	168	134	
	Alex	Jacobs	Male	Felixstowe RRC	Senior	01:24:36	169	135	
	Vicki	Grice	Female	Beccles Triathlon Club	Senior	01:24:38	170		35
125	Laura	Gilbert	Female	Bungay Black Dog RC	Senior	01:24:43	171		36
	Vicky	Archard	Female	Waveney Valley AC	Senior	01:25:27	172		37
	Marion	Walker	Female	Framlingham Flyers	Vet 60	01:25:28	173		38
	Kate	Beer	Female	Stowmarket Striders RC	Vet 45	01:25:44	174		39
	Philip	Beer	Male	Stowmarket Striders RC	Vet 50	01:25:44	174	136	
	Anna	Smith	Female	Stowmarket Striders RC	Vet 40	01:26:44	174		40
	David	Goosey	Male	Waveney Valley AC	Vet 50	01:26:57	177	137	10
	Paul	Gerber	Male	Coltishall Jaguars RC	Vet 45	01:26:59	178	138	
	Lorrain	Dawson	Female	Great Yarmouth Road Runners	Vet 55	01:27:10	179	150	41
	Stuart	Andrews	Male	Unaffiliated	Senior	01:27:26	180	139	
	Angela	Brinkley	Female	Stowmarket Striders RC	Vet 50	01:27:32	180	159	42
	Adi	,	Male	Unaffiliated		01:27:53	181	140	42
		Barratt			Senior				
	David	Coley	Male	Ipswich Jaffa RC	Vet 65	01:27:56	183	141	40
	Clare	Bailie	Female	Stowmarket Striders RC	Senior	01:27:58	184		43
	Peter	Brunning	Male	Haverhill Running Club	Vet 60	01:28:05	185	142	
	Stephanie	Hoyle	Female	Unaffiliated	Vet 45	01:28:14	186		44
	Lisa	Joyce	Female	Waveney Valley AC	Vet 40	01:28:23	187		45
	David	Chapman	Male	Sudbury Joggers	Vet 55	01:28:41	188	143	
	Sharon	White		Sudbury Joggers	Vet 45	01:28:41	188		46
	Paul	Peek	Male	Waveney Valley AC	Vet 50	01:28:49	190	144	
	Tony	Hardy	Male	Bungay Black Dog RC	Vet 55	01:28:50	191	145	
	Bridget	Shaw	Female	Bungay Black Dog RC	Senior	01:28:51	192		47
212	Dave	Lines		Tri-Anglia Triathlon Club	Vet 45	01:28:58	193	146	
4	Louise	Adamson	Female	Waveney Valley AC	Vet 55	01:29:00	194		48
99	Hayley	Donnelly	Female	Unaffiliated	Vet 40	01:29:07	195		49
174	Wendy	Hughes	Female	Stowmarket Striders RC	Vet 55	01:29:21	196		50
	Laura	Cotton	Female	Unaffiliated	Senior	01:29:47	197		51
	Lindsay	Howlett	Female	Unaffiliated	Vet 45	01:29:48	198		52
	Nigel	Gilham	Male	Bungay Black Dog RC	Vet 60	01:29:57	199	147	
	John	Bound	Male	Great Yarmouth Road Runners	Vet 65	01:30:04	200	148	
	Alice	Kirk	Female	Bungay Black Dog RC	Senior	01:30:12	201		53
	Jackie	Gooch	Female	Unaffiliated	Vet 50	01:30:19	202		54
	John	Holt	Male	Unaffiliated	Vet 65	01:30:26	203	149	
	Amy	Godbold	Female	Bungay Black Dog RC	Senior	01:30:47	203		55
	Tanya	Holloway	Female	Bungay Black Dog RC	Senior	01:30:47	204		55
	Alan	Varle	Male	Waveney Valley AC	Vet 65	01:31:09	204	150	55
	Emily	Orford	Female	Unaffiliated	Senior	01:31:11	200	150	57
	Sue	Lowther	Female	Bungay Black Dog RC	Vet 40	01:31:34	207		58
	Jackie	Bell	Female	Bungay Black Dog RC Bungay Black Dog RC	Vet 55	01:31:34	208		58 59
	Loretta								<u> </u>
		Thurston	Female	Bungay Black Dog RC	Senior	01:31:43	210		
	Carole	Spong	Female	Great Yarmouth Road Runners	Vet 65	01:31:51	211	454	61
	Nick	Burman	Male	Unaffiliated	Senior	01:32:01	212	151	
	Sandra	Mayhew	Female	Stowmarket Striders RC	Vet 50	01:32:02	213	1 = -	62
6	Mark	Allen	Male	Woodbridge Shufflers RC	Vet 55	01:32:17	214	152	
·	Julie	Knight	Female	Unaffiliated	Vet 50	01:32:48	215		63
200			Female	Bungay Black Dog RC	Vet 50	01:33:14	216		64
122	Karen	Gedge				01:33:38	217	1	65
122 149	Karen Sarah	Harvey	Female	Unaffiliated	Vet 40				
122 149 64	Karen Sarah Sue	Harvey Cattermole	Female Female	Unaffiliated	Vet 55	01:33:41	218		66
122 149 64 262	Karen Sarah Sue Richard	Harvey Cattermole Poynton	Female Female Male	Unaffiliated Unaffiliated	Vet 55 Vet 40	01:33:41 01:33:49	218 219	153	66
122 149 64 262 317	Karen Sarah Sue Richard Janet	Harvey Cattermole	Female Female Male	Unaffiliated	Vet 55	01:33:41	218	153	66
122 149 64 262 317	Karen Sarah Sue Richard	Harvey Cattermole Poynton	Female Female Male	Unaffiliated Unaffiliated	Vet 55 Vet 40	01:33:41 01:33:49	218 219 220 221	153	66 67 68
122 149 64 262 317	Karen Sarah Sue Richard Janet Dawn	Harvey Cattermole Poynton Symonds	Female Female Male Female	Unaffiliated Unaffiliated Haverhill Running Club	Vet 55 Vet 40 Senior	01:33:41 01:33:49 01:34:11	218 219 220	153	66
122 149 64 262 317 96 190	Karen Sarah Sue Richard Janet Dawn	Harvey Cattermole Poynton Symonds Dixon	Female Female Male Female Female	Unaffiliated Unaffiliated Haverhill Running Club Haverhill Running Club	Vet 55 Vet 40 Senior Senior	01:33:41 01:33:49 01:34:11 01:34:15	218 219 220 221	153	66 67 68

1 Bachel Acamon-Carbonell Female Great Yarmouth Road Runners Senior 013437 225 43 Ananda Brand Female Unaffiliated Senior 0134341 227 43 Ananda Brand Female Unaffiliated Senior 0134444 227 12 Christine Ashe Female Danifish Senior 0134432 229 17 Firmy Hunter Male Stongard Vet 60 013455 220 155 208 Larissa Smith Female Unaffiliated Vet 40 0135.05 233 155 208 Larissa Smith Female Vet 60 0135.24 225 166 114 Jon Fisk Female Vet 65 0135.24 225 166 201 Rohard Smith Male Felastow RRC Vet 65 0136.07 233 166 87 Justine Female Inaffiliated	005		0				24.24.22			=0
Beb Jody Donalstann Pennie Great Yamouth Road Functions Vet 45 01/34/37 228 218 Vinnesa May Pennie Untilfield Serior 01/34/44 227 218 Vinnesa May Pennie Burgly Biel Stock Stock Serior 01/34/44 227 218 Vinnesa May Pennie Burgly Biel Stock Stock Serior 01/34/54 227 228 Latriade Smith Pennie Burgly Biel Stock Stock Serior 01/34/58 223 155 228 Jantada Smith Pennie Pennie Warney Viella AC Vet 40 01/38/50 223 151 010 Robard Smith Pennie Pennie Serior 01/38/50 223 151 011 Anne Pennie Pennie Stock and the Robard Stock Web 6 01/38/50 223 151 011 Anne Pennie Pennie Stock and the Robard Stock Web 6 01/38/50 223 152 011 Anne Pennie Stock and Robard Stock Web 6 01/38			Smith	Female	Great Yarmouth Road Runners	Vet 40	01:34:26	223		70
43 Aminanda Brannic Pennale Sensor 01:34:44 227 12 Christing Adre Pennale Burging Black Dog RC Wet 50 01:34:44 227 12 Christing Adre Pennale Burging Black Dog RC Wet 50 01:34:55 220 165 10 Strong Christing Marinitade Senor 01:35:05 221 165 20 Strong Christing Marinitade Senor 01:35:05 223 165 21 Mark Cohran Mark Mark Cohran Warenry Valley AC Vet 40 01:35:05 223 150 21 Barting Strong Warenry Valley AC Vet 45 01:35:24 235 150 21 Barting Strong Warenry Valley AC Vet 45 01:35:24 238 150 21 Barting Strong Warenry Valley AC Vet 45 01:35:24 238 150 22 Barting Strong Warenry Valley AC Vet 45 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>-</td> <td></td> <td>71</td>								-		71
218 Varnesse May Fernale Junified Senor 01.34.41 227 12 Drinstine Anne Fernale Burgay Back Dog RC Vet 50 01.34.51 233 155 178 Terry Tunien Mate Storen Vet 50 01.34.51 234 155 179 Terry Tuning Unafiliated Vet 40 01.35.13 234 17 Mark Contan Mate Senor 01.35.13 234 17 Mark Contan Mate Senor 01.35.13 234 18 Contan Mate Senor 01.35.10 238 158 19 Dark Fernale Unafiliated Vet 40 01.36.10 239 159 110 Conyhame Daveroport Fernale Unafiliated Vet 40 01.36.310 244 20 Sanor O1.36.10 239 169 144 144 169 210										71
12 Direstine Aarbe Fernate Burgay Black Dog RC Vet 60 01:34:86 228 155 286 Lansea Smith Fernate Burgay Black Dog RC Smith 01:34:86 231 155 286 Lansea Smith Fernate Burgay Black Dog RC Smith 01:34:35 231 155 287 Jamania Smith Fernate Warency Valley AC Vet 60 01:35:35 231 155 301 Rohand Mark Common Mark Warency Valley AC Vet 65 01:35:26 231 158 301 Rohand Fernate Diswinger Strates Vet 60 01:36:10 239 159 301 Rohand Fernate Dismithed Semoto 01:36:10 239 169 302 Jata Heferton Fernate Dismithed 01:36:10 239 169 303 Jata Heferton Fernate Dismithed Semoto 01:36:30 <t< td=""><td></td><td></td><td>Brand</td><td>Female</td><td></td><td>Senior</td><td></td><td></td><td></td><td>73</td></t<>			Brand	Female		Senior				73
Torby Hunter Male Stormarket Striders RC Ver60 01:34:59 230 195 108 Bartas Starton Emery Fernale Usefiliand Wer40 01:34:59 233 1 108 Emery Fernale Usefiliand Wer40 01:35:51 234 1 109 Farna Mark Coman Mark 01:35:51 236 156 110 Anne Fain Male Warwing Valley AC Ver155 01:35:52 238 156 112 CaryAme Fain Male Shormarket Striders RC Ver155 01:36:67 238 158 210 Market Datation Fealabore Fealabore Net Striders RC Ver150 01:36:22 241 1 1232 Lo Whelan Fernale Felastowe RC Ver140 01:36:32 244 1 1232 La Anne Charan Melana Laran Pelastowe RC Ver140	218	Vanessa	May	Female		Senior	01:34:44	227		73
288 Larrisa Smith Fernale Burgy Black Dog RC Senior 0113453 221 287 Amanda Smith Fernale Unafiliated Vet 40 0113553 223 287 Amanda Smith Fernale Unafiliated Senior 0113553 223 155 301 Robard Smith Waterey Valley AD Vet 40 0113553 223 155 301 Robard Smith Male Vet 40 0113650 224 156 113 Anno Finith Fernale Unafiliated Vet 40 0113610 239 124 126 Lavra Lalimor Fernale Unafiliated Vet 40 0113812 244 124 124 124 124 124 124 126 128 124 124 124 124 124 124 124 124 124 124 124 124 124 124 124 124 124 <td< td=""><td>12</td><td>Christine</td><td>Ashe</td><td>Female</td><td>Bungay Black Dog RC</td><td>Vet 50</td><td>01:34:51</td><td>229</td><td></td><td>75</td></td<>	12	Christine	Ashe	Female	Bungay Black Dog RC	Vet 50	01:34:51	229		75
100 Brann Energy Frantale Unaffiliated Vet 40 0.135.05 232 114 Piak Fernale Wareney Valley AC Vet 40 0.135.05 233 114 Piak Comman Male Wareney Valley AC Vet 45 0.135.254 233 156 117 Kark Comman Wareney Valley AC Vet 45 0.135.254 233 156 117 CaryAme Film Male Stromarker Strokers RC Vet 45 0.135.07 238 158 117 CaryAme Faint Male Unaffiliated Stenor ref Vet 50 0.136.10 239 158 118 CaryAme Faint Mule Fernale Faint Mule Vet 50 0.136.25 242 242 244 Anne 0.136.25 244 242 244 Anne 1.136.25 244 235 1.136.25 244 244 244 Anne 0.136.25 244 1.237 1.238 247 <td< td=""><td>179</td><td>Terry</td><td>Hunter</td><td>Male</td><td>Stowmarket Striders RC</td><td>Vet 60</td><td>01:34:55</td><td>230</td><td>155</td><td></td></td<>	179	Terry	Hunter	Male	Stowmarket Striders RC	Vet 60	01:34:55	230	155	
100 Brann Energy Frantale Unaffiliated Vet 40 0.135.05 232 114 Piak Fernale Wareney Valley AC Vet 40 0.135.05 233 114 Piak Comman Male Wareney Valley AC Vet 45 0.135.254 233 156 117 Kark Comman Wareney Valley AC Vet 45 0.135.254 233 156 117 CaryAme Film Male Stromarker Strokers RC Vet 45 0.135.07 238 158 117 CaryAme Faint Male Unaffiliated Stenor ref Vet 50 0.136.10 239 158 118 CaryAme Faint Mule Fernale Faint Mule Vet 50 0.136.25 242 242 244 Anne 0.136.25 244 242 244 Anne 1.136.25 244 235 1.136.25 244 244 244 Anne 0.136.25 244 1.237 1.238 247 <td< td=""><td></td><td></td><td>Smith</td><td>Female</td><td>Bungay Black Dog RC</td><td>Senior</td><td></td><td>231</td><td></td><td>76</td></td<>			Smith	Female	Bungay Black Dog RC	Senior		231		76
287 Amanda Smith Fernate Unstituted Senar 01353 233 114 Jo Fish Fernate Unstituted Senar 013513 234 156 117 Mart Cohman Mart Warvery Valley AC Vet43 013513 234 156 117 Grayhane Fish Grayhane Fish 1352 235 158 201 Laura Latimer Fernate Unstituted Vet40 013610 239 158 201 Laura Latimer Fernate Unstituted Senar 013612 241 1352 136 136 232 136 242 141<										77
114 Jo. Fask Fernale Waveney Valley AC Vet 40 0138:24 238 156 301 Richard Smith Male Feinstewe RRC Vet 45 0138:24 238 157 301 Richard Smith Feinale Stormarker Storders RC Vet 45 0138:28 238 158 301 Richard Earnale Unaffiliated Service 0138:10 239 148 301 Mala Hebreton Fernale Unaffiliated Service 0138:12 241 144 301 Mala Hebreton Fernale Fundational Reservice Vet 40 0138:32 242 144 301 Robin Fernale Fundational Reservice Vet 40 0138:32 242 140 320 Sar Offan Mala Norvich Rood Runners Vet 45 0137:58 247 160 321 Sar Offan Mala Robinskow RRC Vet 50 0137:58 247										78
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283 Debbie Secret Male Unaffiliated Vet 50 01:47:49 269 171 243 Philip Nutley Male Saint Edmund Pacers Vet 65 01:48:08 270 172 226 Lynda Moore Female Norwich Road Runners Vet 65 01:48:08 270 172 226 Rachael Miller Female Unaffiliated Senior 01:51:31 272 230 Sally Solomon Female Unaffiliated Vet 45 02:03:02 275 244 Katrine Middleton Female Great Yarmouth and District AC Vet 60 02:12:26 277 163 Roger Hobson Male Waveney Valley AC Senior DNF 163 269 Hugh Roberts Male Bungay Black Dog RC Vet 65 DNF 174 216 Triniy Barckay Female Bungay Black Dog RC Vet 40 DNS 175 28										98
243 Philip Nutley Male Saint Edmund Pacers Vet 65 01:48:08 270 172 228 Lynda Moore Female Norwich Road Runners Vet 60 01:49:50 271 226 Jess Preston Female Sudbury Joggers Senior 01:57:40 273 304 Sally Solomon Female Unaffiliated Vet 45 01:57:40 273 74 Becky Cooper Female Unaffiliated Vet 45 02:03:02 275 46 Pat Brightman Female Unaffiliated Vet 65 DNF 172 156 Paul Hayward Male Waveney Valey AC Senior DNF 172 269 Hugh Roberts Male Bungay Black Dog RC Vet 65 DNF 172 269 Hugh Roberts Male Bungay Black Dog RC Vet 45 DNS 172 216 Enrily Barclay Female										
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225RachaelMillerFemaleFemaleUnaffiliatedSenior01:57:40273304SallySolomonFemaleFelxstowe RRCVet 4501:57:4027374BeckyCooperFemaleUnaffiliatedVet 4502:03:02275224KatrineMiddletonFemaleUnaffiliatedVet 4502:03:02275224KatrineMiddletonFemaleGreat Yarmouth and District ACVet 6002:12:26277155PaulHaywardMaleWaveney Valley ACSeniorDNF168RogerHobsonMaleWoodbridge Shufflers RCVet 65DNF269HughRobertsMaleBungay Black Dog RCVet 65DNF269HughRobertsMaleBungay Black Dog RCVet 45DNS216ChrisBackhouseMaleBungay Black Dog RCVet 40DNS216ChrisBackhouseMaleBungay Black Dog RCVet 40DNS21EmilyBarclayFemaleSudoury JoggersVet 40DNS34HeidiBinghamFemaleSudoury JoggersVet 40DNS34HeidiBinghamFemaleSudoury JoggersVet 40DNS37SaraBirdFemaleNorfolk Gazelles ACVet 40DNS37SaraBirdFemaleNorfolk Gaze			Preston	Female	Sudbury Joggers			272		100
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224KatrineMiddletonFemaleUnaffiliatedVet 5502:03:0227546PatBrightmanFemaleGreat Yarmouth and District ACVet 6002:12:26277155PaulHaywardMaleWaveney Valley ACSeniorDNF1163RogerHobsonMaleWoodbridge Shufflers RCVet 65DNF1196TabithaKeebleFemaleNorwich Road RunnersSeniorDNF1269HughRobertsMaleBungay Black Dog RCVet 65DNF17GaryAndrewsMaleBungay Black Dog RCVet 45DNS121EmilyBarclayFemaleBungay Black Dog RCVet 40DNS121EmilyBarclayFemaleBungay Black Dog RCVet 40DNS128SimonBekkerMaleGreat Yarmouth Road RunnersVet 40DNS134HeidiBinghamFemaleStowmarket Striders RCSeniorDNS137SaraBirdFemaleSudbury JoggersVet 40DNS144SharonBrewardFemaleSudbury JoggersVet 40DNS157JayneBurmanFemaleFelixstowe RRCVet 45DNS161DeborahCarterFemaleHeiki Gazelles ACVet 45DNS176BenCooperFemaleFelixstowe RRC										101
46PatBrightmanFemaleGreat Yarmouth and District ACVet 6002:12:26277155PaulHaywardMaleWaveney Valley ACSeniorDNF163RogerHobsonMaleWoodbridge Shufflers RCVet 65DNF196TabithaKeebleFemaleNorwich Road RunnersSeniorDNF269HughRobertsMaleBungay Black Dog RCVet 65DNF7GaryAndrewsMaleUnaffiliatedVet 45DNS21EmilyBarclayFemaleBungay Black Dog RCVet 40DNS28SimonBekkerMaleGreat Yarmouth Road RunnersVet 40DNS34HeidiBinghamFemaleStowmarket Striders RCSeniorDNS37SaraBirdFemaleWoodford Green AC with Essex L£SeniorDNS44SharonBrewardFemaleSudbury JoggersVet 40DNS57JayneBurmanFemaleFelixstowe RRCSeniorDNS61DeborahCarterFemaleHaffiliatedVet 45DNS75LesleyCooperFemaleFelixstowe RRCVet 40DNS76BenCooperMaleUnaffiliatedVet 40DNS76BenCooperMaleUnaffiliatedVet 40DNS<										103
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44SharonBrewardFemaleSudbury JoggersVet 40DNSImage: Second Seco										
52JasonBruntMaleNorfolk Gazelles ACVet 40DNSImage: Constraint of the state of the										
57JayneBurmanFemaleFelixstowe RRCSeniorDNSImage: Constant of the system61DeborahCarterFemaleUnaffiliatedVet 45DNSImage: Constant of the system75LesleyCooperFemaleFelixstowe RRCVet 45DNSImage: Constant of the system76BenCooperMaleUnaffiliatedSeniorDNSImage: Constant of the system80IanCoxallMaleIpswich Jaffa RCVet 40DNSImage: Constant of the system82LeeCrispMaleUnaffiliatedVet 40DNSImage: Constant of the system86TraceyCurlFemaleCity Of Norwich ACVet 50DNSImage: Constant of the system88CliveDaveyMaleSudbury JoggersVet 40DNSImage: Constant of the system90EmmaDayFemaleFelixstowe RRCSeniorDNSImage: Constant of the system										
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92 Sherralyn Blakely Female Unatfiliated Vet 45 DNS			,							
	92	Sherralyn	Blakely	Female	Unaffiliated	Vet 45	DNS			

107	Paul	Evans	Male	Great Yarmouth Road Runners	Vet 60	DNS	
-	Tom	Fairbrother	Male	Woodbridge Shufflers RC	Senior	DNS	
	Andrew	Farman	Male	Unaffiliated	Senior	DNS	
	Sharon	Firman	Female	Lowestoft Road Runners	Vet 45	DNS	
	Anne	Florence	Female	Unaffiliated	Vet 60	DNS	
	Mark	Furnace	Male	Ipswich Jaffa RC	Vet 40	DNS	
120		Gardner	Male	Unaffiliated	Vet 55	DNS	
	Michelle	Gordon		Felixstowe RRC	Senior	DNS	
	Chris	Hall				DNS	
			Male	Bungay Black Dog RC	Senior		
	Daniel	Harris	Male	Unaffiliated	Senior	DNS	
	Karen	Hatton	Female	Saint Edmund Pacers	Vet 55	DNS	
	Mark	Hayward	Male	Stowmarket Striders RC	Senior	DNS	
	Nina	Hopson-Pope	Female	Waveney Valley AC	Vet 40	DNS	
	Karle	Howard	Male	Waveney Valley AC	Vet 45	DNS	
	Matthew	Hunt	Male	Woodbridge Shufflers RC	Senior	DNS	
	Steve	Hunter	Male	Unaffiliated	Vet 40	DNS	
	Claire	Jay	Female	Stowmarket Striders RC	Vet 50	DNS	
	Peter	Jay	Male	Saint Edmund Pacers	Vet 55	DNS	
	Andrew	Kay	Male	Unaffiliated	Vet 40	DNS	
	Peter	Kean Cockburn	Male	Coltishall Jaguars RC	Vet 55	DNS	
	Martin	Lawrence	Male	Haverhill Running Club	Vet 50	DNS	
	Jamie	Loudoun	Male	Unaffiliated	Senior	DNS	
231	Josefina	Moure-Cubitt	Female	Unaffiliated	Senior	DNS	
248	Anneli	Ostler	Female	Felixstowe RRC	Senior	DNS	
250	Ruth	Palmer	Female	Saint Edmund Pacers	Senior	DNS	
251	Stephen	Panting	Male	Norwich Road Runners	Vet 45	DNS	
253	Adrian	Patterson	Male	Unaffiliated	Senior	DNS	
254	Emma	Patterson	Female	Unaffiliated	Senior	DNS	
258	Sarah	Pennock	Female	Sudbury Joggers	Senior	DNS	
	Goy	Roper	Male	City Of Norwich AC	Vet 50	DNS	
		Russell	Female	Unaffiliated	Senior	DNS	
	James	Samkin	Male	Unaffiliated	Vet 45	DNS	
287	Jenny	Sheahan	Female	Unaffiliated	Vet 50	DNS	
	David	Sheahan	Male	Unaffiliated	Vet 55	DNS	
		Skoulding	Male	Bungay Black Dog RC	Senior	DNS	
	Rebecca	Smith	Female	Unaffiliated	Senior	DNS	
	Katie	Solis	Female	Unaffiliated	Senior	DNS	
	Rachel	Southgate	Female	Unaffiliated	Senior	DNS	
	Naomi	Spearman	Female	Unaffiliated	Senior	DNS	
	Helen	Spooner		Haverhill Running Club	Vet 45	DNS	
		St Ledger	Female	Sudbury Joggers	Vet 50	DNS	
	Sean	Symonds	Male	Bungay Black Dog RC	Vet 30	DNS	
	Rebecca	White	Female	Beccles and Bungay Harriers	Senior	DNS	
	Katie	Whitmore	Female	Unaffiliated	Vet 40	DNS	
		Whymark	Female	Unaffiliated	Senior	DNS	
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