

Turkey Trot 2015		13/12/2015	Scorer: richard@aukinfo.com			RANKS				
Race No	Firstname	Lastname	Gender	Affiliated Club/Team Name	Err Ch	Category	Time	Overall Rank	Male Rank	Female Rank
221	Kieran	Mcmorran	Male	Ipswich Jaffa RC		Senior	00:56:04	1	1	
29	Andrew	Bell	Male	Haverhill Running Club		Senior	00:56:53	2	2	
206	Jim	Last	Male	Framlingham Flyers		Senior	00:57:54	3	3	
208	Will	Law	Male	Ipswich Jaffa RC		Senior	00:58:05	4	4	
271	Danny	Rock	Male	Felixstowe RRC		Senior	00:58:29	5	5	
20	Stephen	Balfe	Male	City Of Norwich AC		Senior	00:59:49	6	6	
233	Darren	Neale	Male	North Norfolk Beach Runners		Senior	00:59:50	7	7	
321	Gareth	Thomas	Male	Haverhill Running Club		Senior	01:00:16	8	8	
79	John	Cox	Male	Kent AC		Vet 45	01:00:27	9	9	
314	Roger	Stone	Male	Felixstowe RRC		Vet 45	01:01:00	10	10	
237	Rose	Nicholson	Female	Waveney Valley AC		Senior	01:01:33	11		1
263	Paul	Preston	Male	Colchester Harriers AC		Vet 40	01:01:47	12	11	
291	Darren	Sheppard	Male	Framlingham Flyers		Vet 40	01:02:25	13	12	
154	Chris	Haylock	Male	Lowestoft Road Runners		Vet 40	01:02:37	14	13	
303	Dave	Solomon	Male	Felixstowe RRC		Vet 45	01:02:39	15	14	
238	Paul	Nickells	Male	Woodbridge Shufflers RC		Vet 50	01:02:44	16	15	
313	Chris	Starmer	Male	Stowmarket Striders RC		Vet 55	01:02:56	17	16	
205	Tim	Larke	Male	Stowmarket Striders RC		Vet 40	01:02:59	18	17	
336	Luke	Whitwell	Male	Felixstowe RRC		Senior	01:03:01	19	18	
257	Malcolm	Penn	Male	Sudbury Joggers		Vet 55	01:03:09	20	19	
191	Tamara	Jordan	Female	Stowmarket Striders RC		Senior	01:03:31	21		2
316	Matthew	Sutton	Male	Great Yarmouth Road Runners		Senior	01:03:39	22	20	
63	Marcus	Catlin	Male	Ipswich Jaffa RC		Vet 40	01:03:51	23	21	
73	Darren	Cook	Male	Felixstowe RRC		Vet 40	01:04:06	24	22	
245	Dominic	Oliver	Male	City Of Norwich AC		Senior	01:04:11	25	23	
14	David	Asker	Male	Tri-Anglia Triathlon Club		Senior	01:04:22	26	24	
65	Thomas	Challener	Male	Sudbury Joggers		Senior	01:04:47	27	25	
53	Andy	Buck	Male	Sudbury Joggers		Vet 50	01:04:51	28	26	
320	Jason	Taylor	Male	Felixstowe RRC		Vet 40	01:05:12	29	27	
150	Tom	Haslam	Male	Saxmundham Sports Running & Fi		Vet 40	01:05:15	30	28	
146	Robin	Harper	Male	Felixstowe RRC		Senior	01:05:24	31	29	
249	Karim	Ouaddane	Male	Unaffiliated		Vet 50	01:05:28	32	30	
282	Lloyd	Scriven	Male	Waveney Valley AC		Vet 40	01:05:36	33	31	
128	Mick	Glynn	Male	Unaffiliated		Vet 50	01:05:39	34	32	
102	James	Drake	Male	Waveney Valley AC		Senior	01:06:27	35	33	
5	Will	Aldred	Male	Framlingham Flyers		Vet 45	01:06:30	36	34	
157	James	Hayward	Male	Stowmarket Striders RC		Senior	01:06:56	37	35	
215	Sian-Marie	Lucas	Female	Haverhill Running Club		Senior	01:07:14	38		3
272	Peter	Rodgers	Male	Waveney Valley AC		Senior	01:07:58	39	36	
235	Sophie	Newman	Female	Stowmarket Striders RC		Senior	01:08:23	40		4
118	Adrian	Frost	Male	Sudbury Joggers		Vet 45	01:08:24	41	37	
170	James	Howlett	Male	Framlingham Flyers		Vet 40	01:08:26	42	38	
27	David	Beighton	Male	Saint Edmund Pacers		Senior	01:08:41	43	39	
59	Steven	Carruthers	Male	Waveney Valley AC		Vet 45	01:08:56	44	40	
103	Myles	Duffield	Male	Great Yarmouth Road Runners		Vet 40	01:09:13	45	41	
70	Steve	Collins	Male	Unaffiliated		Senior	01:09:14	46	42	
299	Alexandra	Smith	Female	Wymondham AC		Vet 40	01:09:16	47		5
236	Tim	Newton	Male	Ipswich Jaffa RC		Vet 60	01:09:41	48	43	
33	Robin	Belsom	Male	Ipswich Jaffa RC		Vet 55	01:09:53	49	44	
72	Jim	Comber	Male	Sudbury Joggers		Vet 40	01:09:54	50	45	
3	Roger	Ackerley	Male	Woodbridge Shufflers RC		Vet 55	01:09:57	51	46	
181	David	Husband	Male	Beccles Triathlon Club		Vet 40	01:10:13	52	47	
84	Shaun	Crowley	Male	Beccles Triathlon Club		Vet 55	01:10:25	53	48	
97	Paul	Dockerill	Male	Newmarket Joggers		Senior	01:10:36	54	49	
58	Shaun	Button	Male	Bungay Black Dog RC		Senior	01:10:40	55	50	
267	Tom	Pullinger	Male	Bungay Black Dog RC		Vet 40	01:10:50	56	51	
259	Richard	Pickering	Male	Wimbledon Windmilers		Vet 50	01:11:00	57	52	
142	Charles	Hann	Male	Sudbury Joggers		Vet 50	01:11:06	58	53	
161	Ian	Hicks	Male	Unaffiliated		Vet 50	01:11:20	59	54	
210	Richard	Leeder	Male	Stowmarket Striders RC		Vet 40	01:11:29	60	55	
182	Alan	Jackson	Male	Ipswich Jaffa RC		Vet 55	01:11:31	61	56	
184	Robert	James	Male	Unaffiliated		Vet 40	01:11:47	62	57	
289	Guy	Shearwood	Male	Norwich Road Runners		Vet 55	01:11:50	63	58	
292	Scott	Shrubsall	Male	Unaffiliated		Senior	01:11:59	64	59	
38	Peter	Bird	Male	Saint Edmund Pacers		Vet 40	01:12:10	65	60	
198	Bill	Kingaby	Male	Waveney Valley AC		Vet 60	01:12:44	66	61	
151	Stephen	Hatten	Male	Saint Edmund Pacers		Vet 50	01:12:51	67	62	
344	Peter	Woods	Male	Felixstowe RRC		Senior	01:13:03	68	63	
50	Mike	Brown	Male	Unaffiliated		Vet 40	01:13:04	69	64	
339	Simon	Wiggins	Male	Felixstowe RRC		Vet 40	01:13:17	70	65	
160	Laura	Hicks	Female	Stowmarket Striders RC		Senior	01:13:19	71		6

42	Chris	Bradford	Male	Waveney Valley AC	Senior	01:13:39	72	66	
95	Graham	Dixon	Male	Haverhill Running Club	Senior	01:14:00	73	67	
315	Haley	Suttle	Female	Stowmarket Striders RC	Vet 50	01:14:14	74		7
286	Roland	Shaw	Male	Bungay Black Dog RC	Vet 55	01:14:15	75	68	
68	Richard	Clark	Male	Saxmundham Sports Running & Fi	Vet 45	01:14:21	76	69	
223	Simon	Merrick	Male	Felixstowe RRC	Vet 40	01:14:26	77	70	
153	Jim	Hayes	Male	North Norfolk Beach Runners	Vet 65	01:14:29	78	71	
268	Clive	Purbrook	Male	Unaffiliated	Vet 60	01:14:30	79	72	
137	Paul	Grant	Male	Waveney Valley AC	Vet 45	01:14:47	80	73	
242	Simon	Norton	Male	Bungay Black Dog RC	Vet 55	01:14:52	81	74	
133	Mark	Goodwin	Male	Felixstowe RRC	Vet 40	01:14:53	82	75	
240	Marc	Norman	Male	Unaffiliated	Senior	01:15:00	83	76	
35	Warren	Birch	Male	Ipswich Jaffa RC	Vet 45	01:15:12	84	77	
343	Hannah	Wood	Female	Ipswich Jaffa RC	Vet 40	01:15:14	85		8
226	Robert	Milner	Male	Waveney Valley AC	Senior	01:15:51	86	78	
121	Ruth	Gaunt	Female	Norwich Road Runners	Vet 45	01:15:57	87		9
67	Chris	Chorley	Male	Bungay Black Dog RC	Vet 50	01:16:14	88	79	
143	Jackie	Hann	Female	Sudbury Joggers	Vet 45	01:16:18	89		10
162	Tom	Hoblyn	Male	Saint Edmund Pacers	Vet 50	01:16:43	90	80	
41	Alex	Bowen	Male	Wymondham AC	Senior	01:16:56	91	81	
281	Paul	Schwer	Male	Felixstowe RRC	Vet 55	01:17:02	92	82	
180	Luke	Hurren	Male	Norwich Road Runners	Senior	01:17:06	93	83	
78	Joanne	Cox	Female	Bungay Black Dog RC	Vet 40	01:17:08	94		11
100	Andrew	Dormer	Male	Great Yarmouth Road Runners	Vet 45	01:17:09	95	84	
123	Toni	George	Female	Great Yarmouth Road Runners	Vet 40	01:17:09	95		12
201	Natasha	Korovilas	Female	Lowestoft Road Runners	Vet 40	01:17:09	95		12
222	Jonathan	Meadows	Male	Lowestoft Road Runners	Senior	01:17:11	98	85	
17	Martin	Bagnall	Male	Coltishall Jaguars RC	Vet 50	01:17:21	99	86	
290	Lucy	Sheehan	Female	Felixstowe RRC	Senior	01:17:37	100		14
166	Keith	Hood	Male	Wymondham AC	Vet 55	01:17:58	101	87	
173	Terry	Hubbard	Male	Unaffiliated	Vet 40	01:18:03	102	88	
130	Belinda	Godbold	Female	Ipswich Jaffa RC	Vet 55	01:18:06	103		15
232	Wayne	Mumford	Male	Sudbury Joggers	Vet 45	01:18:08	104	89	
19	Matt	Baldry	Male	Waveney Valley AC	Vet 40	01:18:10	105	90	
15	Mark	Austin	Male	Woodbridge Shufflers RC	Senior	01:18:29	106	91	
311	Stuart	Spurgeon	Male	Waveney Valley AC	Vet 40	01:18:35	107	92	
284	David	Seymour	Male	Felixstowe RRC	Vet 55	01:18:39	108	93	
270	Darrel	Roberts	Male	Unaffiliated	Vet 40	01:19:24	109	94	
189	Mike	Jolly	Male	Unaffiliated	Vet 45	01:19:31	110	95	
234	John	Nevin	Male	Haverhill Running Club	Vet 65	01:19:33	111	96	
306	Simon	Sparkes	Male	Bungay Black Dog RC	Vet 40	01:19:34	112	97	
261	Andrew	Pottruff	Male	Bungay Black Dog RC	Vet 45	01:19:37	113	98	
81	Toby	Craig	Male	Bungay Black Dog RC	Vet 45	01:19:40	114	99	
54	Neil	Bunnage	Male	Norwich Road Runners	Vet 45	01:19:49	115	100	
241	Sabrina	Norton	Female	Bungay Black Dog RC	Senior	01:19:52	116		16
340	Jonathan	Wiles	Male	Bungay Black Dog RC	Vet 40	01:19:52	116	101	
266	Sarah	Proffitt	Female	Felixstowe RRC	Vet 40	01:19:57	118		17
101	Peter	Downing	Male	Unaffiliated	Vet 60	01:20:05	119	102	
255	Bob	Paul	Male	Bungay Black Dog RC	Vet 60	01:20:05	119	102	
93	Laura	Devereux	Female	Bungay Black Dog RC	Vet 40	01:20:09	121		18
32	Catherine	Belsom	Female	Stowmarket Striders RC	Vet 40	01:20:11	122		19
229	Tony	Morley	Male	Bungay Black Dog RC	Vet 55	01:20:15	123	104	
2	Charlotte	Acheson	Female	Haverhill Running Club	Senior	01:20:17	124		20
330	Paul	Westgate	Male	Great Yarmouth Road Runners	Vet 55	01:20:27	125	105	
341	Richard	Wilkins	Male	Felixstowe RRC	Senior	01:20:53	126	106	
49	Andreas	Brodbeck	Male	Great Yarmouth Road Runners	Vet 55	01:20:54	127	107	
85	Rachel	Cubitt	Female	Norwich Road Runners	Senior	01:20:59	128		21
24	Antony	Beales	Male	Wymondham AC	Vet 45	01:21:03	129	108	
220	Gary	Mcdonald	Male	Lowestoft Road Runners	Senior	01:21:16	130	109	
48	Richard	Dempsey	Male	Woodbridge Shufflers RC	Vet 45	01:21:18	131	110	
136	Daniel	Gould	Male	Felixstowe RRC	Vet 40	01:21:20	132	111	
117	Matthew	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	Elflett	Male	Lowestoft Road Runners	Vet 50	01:21:34	135	114	
342	Neil	Williamson	Male	Unaffiliated	Vet 40	01:21:38	136	115	
322	Jane	Thomas	Female	Great Yarmouth Road Runners	Vet 40	01:21:42	137		22
327	Jo	Walker	Female	Bungay Black Dog RC	Vet 40	01:21:45	138		23
260	Gemma	Porch	Female	Stowmarket Striders RC	Senior	01:21:55	139		24
265	Stephen	Pretty	Male	Stowmarket Striders RC	Vet 55	01:21:55	139	116	
345	Stuart	Young	Male	Bungay Black Dog RC	Vet 50	01:22:03	141	117	
216	Sarah	Maidment	Female	Bungay Black Dog RC	Senior	01:22:10	142		25
47	Julie	Bringloe	Female	Norwich Road Runners	Vet 40	01:22:19	143		26
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	
144	Jane	Hannah	Female	Bungay Black Dog RC	Senior	01:22:40	147		27

131	Simon	Goldsmith	Male	Unaffiliated	Vet 40	01:22:41	148	121	
55	William	Burdett	Male	Stowmarket Striders RC	Vet 50	01:22:43	149	122	
278	Bobbie	Sauerzapf	Female	Bungay Black Dog RC	Vet 55	01:22:51	150		28
23	Jonathan	Batchelor	Male	Harling Athletic Club	Senior	01:23:01	151	123	
175	Jon	Humphreys	Male	Unaffiliated	Vet 55	01:23:06	152	124	
13	Robin	Ashe	Male	Bungay Black Dog RC	Vet 60	01:23:08	153	125	
331	John	Wharton	Male	Bungay Black Dog RC	Vet 60	01:23:10	154	126	
8	Peter	Andrews	Male	Waveney Valley AC	Vet 45	01:23:15	155	127	
105	Caren	Elvin	Female	Waveney Valley AC	Vet 40	01:23:15	155		29
319	Ben	Taylor	Male	Unaffiliated	Vet 40	01:23:16	157	128	
275	Jimmy	Russell	Male	Felixstowe RRC	Vet 45	01:23:17	158	129	
204	Vladimir	Laptikhovsky	Male	Waveney Valley AC	Vet 50	01:23:46	159	130	
252	Jo	Parden	Female	Framlingham Flyers	Vet 45	01:23:47	160		30
31	Sophie	Bell	Female	Bungay Black Dog RC	Senior	01:23:58	161		31
203	Rebecca	Langford	Female	Waveney Valley AC	Vet 40	01:24:03	162		32
239	Philip	Norman	Male	St Neots Riverside Runners	Vet 60	01:24:05	163	131	
45	Steve	Bright	Male	Unaffiliated	Vet 50	01:24:06	164	132	
279	Belinda	Schofield	Female	Unaffiliated	Vet 55	01:24:20	165		33
202	Kerstin	Langer	Female	Great Yarmouth Road Runners	Vet 45	01:24:29	166		34
277	Graham	Sampson	Male	Bungay Black Dog RC	Vet 65	01:24:30	167	133	
91	Lewis	Dellar-Witt	Male	Unaffiliated	Senior	01:24:31	168	134	
183	Alex	Jacobs	Male	Felixstowe RRC	Senior	01:24:36	169	135	
139	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
11	Vicky	Archard	Female	Waveney Valley AC	Senior	01:25:27	172		37
326	Marion	Walker	Female	Framlingham Flyers	Vet 60	01:25:28	173		38
25	Kate	Beer	Female	Stowmarket Striders RC	Vet 45	01:25:44	174		39
26	Philip	Beer	Male	Stowmarket Striders RC	Vet 50	01:25:44	174	136	
300	Anna	Smith	Female	Stowmarket Striders RC	Vet 40	01:26:44	176		40
134	David	Goosey	Male	Waveney Valley AC	Vet 50	01:26:57	177	137	
124	Paul	Gerber	Male	Coltishall Jaguars RC	Vet 45	01:26:59	178	138	
89	Lorraine	Dawson	Female	Great Yarmouth Road Runners	Vet 55	01:27:10	179		41
10	Stuart	Andrews	Male	Unaffiliated	Senior	01:27:26	180	139	
346	Angela	Brinkley	Female	Stowmarket Striders RC	Vet 50	01:27:32	181		42
22	Adi	Barratt	Male	Unaffiliated	Senior	01:27:53	182	140	
69	David	Coley	Male	Ipswich Jaffa RC	Vet 65	01:27:56	183	141	
39	Clare	Baillie	Female	Stowmarket Striders RC	Senior	01:27:58	184		43
51	Peter	Brunning	Male	Haverhill Running Club	Vet 60	01:28:05	185	142	
172	Stephanie	Hoyle	Female	Unaffiliated	Vet 45	01:28:14	186		44
192	Lisa	Joyce	Female	Waveney Valley AC	Vet 40	01:28:23	187		45
66	David	Chapman	Male	Sudbury Joggers	Vet 55	01:28:41	188	143	
334	Sharon	White	Female	Sudbury Joggers	Vet 45	01:28:41	188		46
256	Paul	Peek	Male	Waveney Valley AC	Vet 50	01:28:49	190	144	
145	Tony	Hardy	Male	Bungay Black Dog RC	Vet 55	01:28:50	191	145	
285	Bridget	Shaw	Female	Bungay Black Dog RC	Senior	01:28:51	192		47
212	Dave	Lines	Male	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
77	Laura	Cotton	Female	Unaffiliated	Senior	01:29:47	197		51
171	Lindsay	Howlett	Female	Unaffiliated	Vet 45	01:29:48	198		52
126	Nigel	Gilham	Male	Bungay Black Dog RC	Vet 60	01:29:57	199	147	
40	John	Bound	Male	Great Yarmouth Road Runners	Vet 65	01:30:04	200	148	
199	Alice	Kirk	Female	Bungay Black Dog RC	Senior	01:30:12	201		53
132	Jackie	Gooch	Female	Unaffiliated	Vet 50	01:30:19	202		54
165	John	Holt	Male	Unaffiliated	Vet 65	01:30:26	203	149	
129	Amy	Godbold	Female	Bungay Black Dog RC	Senior	01:30:47	204		55
164	Tanya	Holloway	Female	Bungay Black Dog RC	Senior	01:30:47	204		55
325	Alan	Varle	Male	Waveney Valley AC	Vet 65	01:31:09	206	150	
247	Emily	Orford	Female	Unaffiliated	Senior	01:31:11	207		57
214	Sue	Lowther	Female	Bungay Black Dog RC	Vet 40	01:31:34	208		58
30	Jackie	Bell	Female	Bungay Black Dog RC	Vet 55	01:31:37	209		59
323	Loretta	Thurston	Female	Bungay Black Dog RC	Senior	01:31:43	210		60
309	Carole	Spong	Female	Great Yarmouth Road Runners	Vet 65	01:31:51	211		61
56	Nick	Burman	Male	Unaffiliated	Senior	01:32:01	212	151	
219	Sandra	Mayhew	Female	Stowmarket Striders RC	Vet 50	01:32:02	213		62
6	Mark	Allen	Male	Woodbridge Shufflers RC	Vet 55	01:32:17	214	152	
200	Julie	Knight	Female	Unaffiliated	Vet 50	01:32:48	215		63
122	Karen	Gedge	Female	Bungay Black Dog RC	Vet 50	01:33:14	216		64
149	Sarah	Harvey	Female	Unaffiliated	Vet 40	01:33:38	217		65
64	Sue	Cattermole	Female	Unaffiliated	Vet 55	01:33:41	218		66
262	Richard	Poynton	Male	Unaffiliated	Vet 40	01:33:49	219	153	
317	Janet	Symonds	Female	Haverhill Running Club	Senior	01:34:11	220		67
96	Dawn	Dixon	Female	Haverhill Running Club	Senior	01:34:15	221		68
190	Liz	Jones	Female	Norwich Road Runners	Senior	01:34:24	222		69
187	Carl	Jessup	Male	Unaffiliated	Senior	01:34:26	223	154	

295	Lisa	Smith	Female	Great Yarmouth Road Runners	Vet 40	01:34:26	223		70
1	Rachel	Acamon-Carbonell	Female	Great Yarmouth Road Runners	Senior	01:34:37	225		71
98	Jody	Donaldson	Female	Great Yarmouth Road Runners	Vet 45	01:34:37	225		71
43	Amanda	Brand	Female	Unaffiliated	Senior	01:34:44	227		73
218	Vanessa	May	Female	Unaffiliated	Senior	01:34:44	227		73
12	Christine	Ashe	Female	Bungay Black Dog RC	Vet 50	01:34:51	229		75
179	Terry	Hunter	Male	Stowmarket Striders RC	Vet 60	01:34:55	230	155	
298	Larissa	Smith	Female	Bungay Black Dog RC	Senior	01:34:59	231		76
106	Sharon	Emery	Female	Unaffiliated	Vet 40	01:35:03	232		77
297	Amanda	Smith	Female	Unaffiliated	Senior	01:35:05	233		78
114	Jo	Fisk	Female	Waveney Valley AC	Vet 40	01:35:13	234		79
71	Mark	Colman	Male	Waveney Valley AC	Vet 45	01:35:24	235	156	
301	Richard	Smith	Male	Felixstowe RRC	Vet 55	01:35:25	236	157	
113	Anne	Fish	Female	Stowmarket Striders RC	Vet 65	01:36:06	237		80
112	Grayhame	Fish	Male	Stowmarket Striders RC	Vet 65	01:36:07	238	158	
87	Justine	Davenport	Female	Unaffiliated	Vet 40	01:36:10	239		81
207	Laura	Latimer	Female	Unaffiliated	Senior	01:36:10	239		81
159	Julia	Hetherton	Female	Unaffiliated	Senior	01:36:12	241		83
332	Jo	Whelan	Female	Felixstowe RRC	Vet 50	01:36:25	242		84
83	Rachel	Crisp	Female	Felixstowe RRC	Vet 40	01:36:26	243		85
140	Rosie	Gunning	Female	Unaffiliated	Vet 45	01:36:33	244		86
244	Anne	Oliver	Female	Felixstowe RRC	Vet 60	01:37:14	245		87
227	Brian	Moore	Male	Norwich Road Runners	Vet 65	01:37:56	246	159	
176	Adrian	Hunt	Male	Bungay Black Dog RC	Vet 60	01:37:59	247	160	
246	Sean	O'Loughlin	Male	Bungay Black Dog RC	Vet 50	01:37:59	247	160	
329	Clare	West	Female	Bungay Black Dog RC	Senior	01:37:59	247		88
169	Tim	Howlett	Male	Unaffiliated	Vet 50	01:38:18	250	162	
211	Ivan	Lees	Male	Great Yarmouth Road Runners	Vet 55	01:38:18	250	162	
115	Nicola	Flack	Female	Unaffiliated	Vet 40	01:38:22	252		89
338	Carla	Wiggins	Female	Felixstowe RRC	Senior	01:38:22	252		89
127	Douglas	Gladwin	Male	Bungay Black Dog RC	Vet 50	01:38:53	254	164	
307	Sarah	Sparkes	Female	Bungay Black Dog RC	Vet 40	01:39:44	255		91
147	Hayley	Harper	Female	Ipswich Jaffa RC	Vet 40	01:39:51	256		92
193	Michaela	Kadanikova	Female	Ipswich Jaffa RC	Senior	01:39:53	257		93
94	Jo	Dickinson	Female	Felixstowe RRC	Vet 45	01:39:55	258		94
296	Keelan	Smith	Male	Saxmundham Sports Running & Fi	Senior	01:39:57	259	165	
110	Robin	Farrar	Male	Bungay Black Dog RC	Vet 65	01:40:10	260	166	
9	Joanna	Andrews	Female	Unaffiliated	Senior	01:41:35	261		95
156	Andy	Hayward	Male	Stowmarket Striders RC	Senior	01:42:11	262	167	
36	Eloise	Bird	Female	Saint Edmund Pacers	Vet 45	01:42:20	263		96
60	Nicholas	Carter	Male	Unaffiliated	Vet 65	01:43:02	264	168	
188	Lucy	Johnston	Female	Bungay Black Dog RC	Senior	01:45:48	265		97
324	Don	Tiffin	Male	Bungay Black Dog RC	Vet 65	01:45:51	266	169	
217	Judith	Masters	Female	Bungay Black Dog RC	Vet 60	01:47:40	267		98
280	Will	Schwer	Male	Felixstowe RRC	Senior	01:47:42	268	170	
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	
228	Lynda	Moore	Female	Norwich Road Runners	Vet 60	01:49:50	271		99
264	Jess	Preston	Female	Sudbury Joggers	Senior	01:51:31	272		100
225	Rachael	Miller	Female	Unaffiliated	Senior	01:57:40	273		101
304	Sally	Solomon	Female	Felixstowe RRC	Vet 45	01:57:40	273		101
74	Becky	Cooper	Female	Unaffiliated	Vet 45	02:03:02	275		103
224	Katrine	Middleton	Female	Unaffiliated	Vet 55	02:03:02	275		103
46	Pat	Brightman	Female	Great Yarmouth and District AC	Vet 60	02:12:26	277		105
155	Paul	Hayward	Male	Waveney Valley AC	Senior	DNF			
163	Roger	Hobson	Male	Woodbridge Shufflers RC	Vet 65	DNF			
196	Tabitha	Keeble	Female	Norwich Road Runners	Senior	DNF			
269	Hugh	Roberts	Male	Bungay Black Dog RC	Vet 65	DNF			
7	Gary	Andrews	Male	Unaffiliated	Vet 45	DNS			
16	Chris	Backhouse	Male	Bungay Black Dog RC	Vet 40	DNS			
21	Emily	Barclay	Female	Bungay Black Dog RC	Senior	DNS			
28	Simon	Bekker	Male	Great Yarmouth Road Runners	Vet 40	DNS			
34	Heidi	Bingham	Female	Stowmarket Striders RC	Senior	DNS			
37	Sara	Bird	Female	Woodford Green AC with Essex La	Senior	DNS			
44	Sharon	Breward	Female	Sudbury Joggers	Vet 40	DNS			
52	Jason	Brunt	Male	Norfolk Gazelles AC	Vet 40	DNS			
57	Jayne	Burman	Female	Felixstowe RRC	Senior	DNS			
61	Deborah	Carter	Female	Unaffiliated	Vet 45	DNS			
75	Lesley	Cooper	Female	Felixstowe RRC	Vet 45	DNS			
76	Ben	Cooper	Male	Unaffiliated	Senior	DNS			
80	Ian	Coxall	Male	Ipswich Jaffa RC	Vet 40	DNS			
82	Lee	Crisp	Male	Unaffiliated	Vet 40	DNS			
86	Tracey	Curl	Female	City Of Norwich AC	Vet 50	DNS			
88	Clive	Davey	Male	Sudbury Joggers	Vet 40	DNS			
90	Emma	Day	Female	Felixstowe RRC	Senior	DNS			
92	Sherralyn	Blakely	Female	Unaffiliated	Vet 45	DNS			

107	Paul	Evans	Male	Great Yarmouth Road Runners	Vet 60	DNS			
108	Tom	Fairbrother	Male	Woodbridge Shufflers RC	Senior	DNS			
109	Andrew	Farman	Male	Unaffiliated	Senior	DNS			
111	Sharon	Firman	Female	Lowestoft Road Runners	Vet 45	DNS			
116	Anne	Florence	Female	Unaffiliated	Vet 60	DNS			
119	Mark	Furnace	Male	Ipswich Jaffa RC	Vet 40	DNS			
120	Ian	Gardner	Male	Unaffiliated	Vet 55	DNS			
135	Michelle	Gordon	Female	Felixstowe RRC	Senior	DNS			
141	Chris	Hall	Male	Bungay Black Dog RC	Senior	DNS			
148	Daniel	Harris	Male	Unaffiliated	Senior	DNS			
152	Karen	Hatton	Female	Saint Edmund Pacers	Vet 55	DNS			
158	Mark	Hayward	Male	Stowmarket Striders RC	Senior	DNS			
167	Nina	Hopson-Pope	Female	Waveney Valley AC	Vet 40	DNS			
168	Karle	Howard	Male	Waveney Valley AC	Vet 45	DNS			
177	Matthew	Hunt	Male	Woodbridge Shufflers RC	Senior	DNS			
178	Steve	Hunter	Male	Unaffiliated	Vet 40	DNS			
185	Claire	Jay	Female	Stowmarket Striders RC	Vet 50	DNS			
186	Peter	Jay	Male	Saint Edmund Pacers	Vet 55	DNS			
194	Andrew	Kay	Male	Unaffiliated	Vet 40	DNS			
195	Peter	Kean Cockburn	Male	Coltishall Jaguars RC	Vet 55	DNS			
209	Martin	Lawrence	Male	Haverhill Running Club	Vet 50	DNS			
213	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			
273	Goy	Roper	Male	City Of Norwich AC	Vet 50	DNS			
274	Melissa	Russell	Female	Unaffiliated	Senior	DNS			
276	James	Samkin	Male	Unaffiliated	Vet 45	DNS			
287	Jenny	Sheahan	Female	Unaffiliated	Vet 50	DNS			
288	David	Sheahan	Male	Unaffiliated	Vet 55	DNS			
293	Dale	Skoulding	Male	Bungay Black Dog RC	Senior	DNS			
294	Rebecca	Smith	Female	Unaffiliated	Senior	DNS			
302	Katie	Solis	Female	Unaffiliated	Senior	DNS			
305	Rachel	Southgate	Female	Unaffiliated	Senior	DNS			
308	Naomi	Spearmen	Female	Unaffiliated	Senior	DNS			
310	Helen	Spooner	Female	Haverhill Running Club	Vet 45	DNS			
312	Dee	St Ledger	Female	Sudbury Joggers	Vet 50	DNS			
318	Sean	Symonds	Male	Bungay Black Dog RC	Vet 45	DNS			
333	Rebecca	White	Female	Beccles and Bungay Harriers	Senior	DNS			
335	Katie	Whitmore	Female	Unaffiliated	Vet 40	DNS			
337	Nichola	Whymark	Female	Unaffiliated	Senior	DNS			