

Sheet1

Race						
Pos	No.	Time	Forename	Surname	Club	Cat
1	246	33.15	Wesley	Benton	Sudbury Joggers	Male
2	283	34.12	Robert	Chenery	Ipswich Jaffa	Male
3	364	34.36	Roger	Aldis	Stowmarket Striders	Male +40
4	294	35.13	Ian	Day	Ely Runners	Male
5	306	35.32	Fernando	Silva		Male +50
6	258	35.53	Paul	Preston	Sudbury Joggers	Male
7	329	36.44	Andrew	Bunn	CONAC	Male +40
8	62	37.12	Rob	Gibby	Colchester Harriers	Male
9	314	37.21	Peter	Sibbett	North Herts Road Runners	Male +40
10	158	37.22	Billy	Gallagher	Mayo AC	Male +50
11	347	37.30	Keith	Pritchard	Riverside Runners	Male +40
12	338	37.47	Andrew	Buck	Sudbury Joggers	Male +40
13	303	37.50	Stuart	Faust	Thetford AC	Male
14	223	38.01	Darren	Judd	Sudbury Joggers	Male
15	371	38.05	Chris	Scott	Lowestoft Road Runners	Male
16	206	38.16	Shayne	Murray		Male
17	45	38.30	John	Oakes	Haverhill RC	Male +50
18	205	38.33	Jane	Clarke	CONAC	Female +45
19	361	38.36	Mark	Edwards	Norwich Road Runners	Male +40
20	218	38.42	Paul	Woodyatt	CONAC	Male +40
21	299	38.49	Kevin	Vaughan	St Edmunds Pacers	Male +40
22	32	38.50	Robert	James	Bungay Black Dog	Male
23	267	39.06	Benjamin	Bailey	Tri-Anglia	Male
24	69	39.10	Ian	Henderson		Male +40
25	107	39.13	Mike	Cross		Male +40
26	200	39.15	Mike	Hill	Tri-Anglia	Male +40
27	257	39.15	Martin	Lawrence	Haverhill RC	Male +40
28	297	39.22	Seb	Rijpstra		Male
29	29	39.24	Kim	Lo	Haywards Heath Harriers	Female
30	251	39.26	Terry	Epps	Wymondham AC	Male +50
31	333	39.32	Aidan	Bond		Male
32	155	39.34	Michael	Ponting		Male
33	300	39.43	Al	MacPherson	St Edmunds Pacers	Male
34	375	39.44	Tom	Gunter		Male
35	163	39.45	Wayne	Kern	Halstead Road Runners	Male +40
36	198	39.46	Jon	Byford	Springfield Striders	Male
37	302	39.48	Steve	Ely	Coltishall Jaguars	Male
38	259	39.49	Marie	Shirley	Sudbury Joggers	Female
39	230	39.57	Christopher	Moulton	Sudbury Joggers	Male
40	214	40.31	Ian	Cooper	Brandon Fern Hoppers	Male +50
41	231	40.36	John	Hartley	Gt Yarmouth Road Runners	Male +40
42	276	40.38	Aidan	Tidnam		Male
43	7	40.45	Chris	Perry	St Edmunds Pacers	Male
44	323	40.47	Karl	Higgins		Male
45	284	40.51	Peter	Harris	Ely Runners	Male +50
46	146	40.52	Ashley	Page		Female +45
47	219	40.53	Tanya	Crofts	Wymondham AC	Female +35

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48	286	40.54	David	Vaughan	St Edmunds Pacers	Male +50
49	327	40.59	Russell	Armstrong	Ely Runners	Male
50	310	41.03	Tim	Sadler		Male
51	78	41.08	Iain	Downie	Ipswich Tri	Male +40
52	203	41.14	Niky	Brinkman	St Edmunds Pacers	Female
53	43	41.22	John	Adams		Male
54	320	41.38	David	Roddomb		Male +40
55	105	41.44	Joseph	Cross		Male
56	354	41.46	Mark	Folley		Male +40
57	165	41.53	Brian	Day		Male
58	261	41.53	Claire	Davis		Female
59	138	41.56	James	Hooper		Male +40
60	120	42.01	Nicola	Pyle	Springfield Striders	Female +35
61	298	42.03	Marcus	Catlin	Ipswich Jaffa	Male
62	326	42.12	Steven	Embleton		Male +50
63	9	42.19	Richard	Piper		Male +40
64	157	42.38	Maureen	MCCarthy	St Edmunds Pacers	Female +45
65	355	42.42	Martin	Yeomans	Norwich Road Runners	Male +50
66	19	42.44	Ian	Minor		Male
67	325	42.49	Penny	Edwards	Norwich Road Runners	Female +45
68	83	42.58	Lynn	Tanner	Springfield Striders	Female +55
69	254	43.14	Ben	Stone		Male
70	110	43.24	Stephen	Williams	St Edmunds Pacers	Male +50
71	210	43.28	Julie	Heath	St Edmunds Pacers	Female +40
72	278	43.35	Emma	Dove	Totley AC	Female
73	65	43.39	Quang	Le	Brandon Fern Hoppers	Male +40
74	64	43.45	Simon	Fields		Male +40
75	367	43.46	Roderick	Badenhorst		Male
76	280	43.47	Colin	Shadbolt		Male
77	321	43.48	Michael	Soper	St Edmunds Pacers	Male
78	366	43.52	Greg	Norman		Male
79	235	43.57	Carl	Higgins	Thetford AC	Male +40
80	238	43.59	Andy	Duffy		Male
81	215	43.59	Marvin	Epton		Male
82	170	44.08	Dean	Walker		Male
83	269	44.13	Jenny	Christian	Wymondham AC	Female +45
84	287	44.14	Clive	Harrod	Fenland Running Club	Male +50
85	58	44.17	John	Gosling	CONAC	Male
86	26	44.21	Ken	Bowman	Coltishall Jaguars	Male +60
87	176	44.22	Mark	Bailey	Haverhill RC	Male +40
88	345	44.23	Alan	Hart	Stowmarket Striders	Male
89	119	44.31	Paul	Read		Male +40
90	365	44.33	Paul	Calloway		Male +60
91	48	44.35	Hugh	Collier		Male
92	256	44.36	David	Dysart	Wymondham AC	Male
93	281	44.38	Rob	Ellis	Ely Runners	Male +50
94	239	44.40	Sharon	Hurren	Wymondham AC	Female +35
95	340	44.41	Garry	Chambers	Brandon Fern Hoppers	Male

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96	328	44.50	Andrew	Hammond		Male +50
97	250	45.07	Chris	Grant		Male +50
98	304	45.09	Chris	Creedy		Male
99	216	45.11	Mick	Staines	Pitsea RC	Male +60
100	307	45.13	Simon	Edye	Norwich Road Runners	Male +50
101	137	45.24	Frank	Tyldesley	St Edmunds Pacers	Male +40
102	1	45.42	Raymond	Keevil	Brandon Fern Hoppers	Male +60
103	324	45.43	Simon	Laughlin		Male +40
104	82	45.46	David	Bray	Haverhill RC	Male
105	268	45.50	Andrew	Taczynski	Sudbury Joggers	Male
106	91	45.51	Emma	Potter-Campbell	Dereham Runners	Female +35
107	342	45.52	Neil	Kellett		Male +40
108	87	45.56	Scott	Sherman	Stowmarket Striders	Male
109	195	45.57	Christopher	Stapleton	Bushfield Joggers	Male +50
110	89	46.03	Mick	Sears	Woodbridge Shufflers	Male +50
111	343	46.03	Paul	Douglass		Male
112	358	46.09	Adrian	Parker		Male
113	356	46.16	David	Garnham	Ipswich Jaffa	Male +40
114	106	46.18	Mark	Rose		Male
115	201	46.30	Mark	Tufts	Wymondham AC	Male +40
116	46	46.31	Will	Phillips	Brandon Fern Hoppers	Male
117	253	46.31	Stewart	Ellis		Male
118	56	46.32	Andrew	Enticknap		Male +40
119	116	46.36	Terry	Braverman	Haverhill RC	Male +60
120	309	46.39	Alex	Rigge		Male
121	128	46.40	Ben	Wilson		Male
122	242	46.41	Martin	Allum	St Edmunds Pacers	Male +50
123	264	46.44	Alex	Wilson	Sudbury Joggers	Male
124	308	46.46	Tracy	Dodsworth	Wymondham AC	Female
125	292	46.49	Jeremy	Gore		Male +40
126	234	46.50	Anne	Hulse	Norwich Road Runners	Female +45
127	14	46.51	Carl	Vella	Haverhill RC	Male
128	179	46.55	Alan	Bailey		Male +40
129	188	46.57	Sally	Cushing	Norwich Road Runners	Female +35
130	151	46.57	Tim	Hawas		Male +40
131	350	47.01	Rachel	Norton		Female +35
132	332	47.08	Emma	Birch		Female +35
133	305	47.11	Ian	Silver	Cambridge Uni Press RC	Male +50
134	166	47.12	Wendy	Smith	Norwich Road Runners	Female +45
135	70	47.18	Harry	Druiff	Cambridge Tri	Male +40
136	262	47.21	Paul	Clarke	St Edmunds Pacers	Male +40
137	143	47.24	Tracey	Vane	St Edmunds Pacers	Female +45
138	97	47.25	Eloise	Calver	St Edmunds Pacers	Female +40
139	174	47.29	Nicholas	Williams	Ely Runners	Male
140	313	47.33	Paul	Anderson	Gt Yarmouth Road Runners	Male +50
141	236	47.36	Geoffrey	McAfee		Male +40
142	144	47.37	Karen	Manning	Gt Yarmouth Road Runners	Female +35
143	61	47.43	Tina	Wilson		Female +45

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144	351	47.52	Mick	Dorbin		Male
145	86	48.02	Harry	Smith	Stowmarket Striders	Male +40
146	225	48.09	Sue	Wallis		Female +45
147	77	48.15	Julia	Yelloly	Ipswich Tri	Female +35
148	72	48.16	Andrew	Booth		Male +40
149	196	48.17	Steve	Smith	Brandon Fern Hoppers	Male
150	362	48.20	Nick	Collins		Male
151	111	48.21	Timothy	Wilson		Male +40
152	186	48.41	Karen	Saunders		Female +35
153	66	48.45	Shirley	Fowler	Haverhill RC	Female +45
154	279	48.49	Dee	St	Sudbury Joggers	Female +35
155	357	48.51	Paul	Ford		Male +50
156	344	48.53	Julia	Brooks	CONAC	Female +35
157	139	48.55	Paul	Stevenson		Male +40
158	135	48.58	Nicola	Whyte		Female +35
159	312	48.59	Anne	Ellen	Norfolk Gazelles	Female +45
160	136	49.03	Peter	Headland		Male
161	20	49.13	Laura	Steavenson		Female
162	265	49.20	Michael	Lozano		Male
163	285	49.25	Craig	Giles		Male
164	115	49.27	Gill	Woodhouse	Dereham Runners	Female +55
165	360	49.32	Patrick	Compton		Male +50
166	311	49.34	Leanne	Howlet	CONAC	Female
167	363	49.42	Simon	Rider	Hunts AC	Male +40
168	270	49.44	Ronald	Marsh	Wymondham AC	Male +60
169	5	49.44	Adam	Rawlings		Male
170	315	49.52	Bill	Wedge		Male
171	273	49.55	Christopher	Philbin	Haverhill RC	Male +40
172	79	49.57	Sian	Barker	Haverhill RC	Female +35
173	178	49.58	John	Richardson	Dereham Runners	Male +50
174	169	50.00	Gemma	Dullea		Female
175	145	50.02	Karen	Page	St Edmunds Pacers	Female +35
176	2	50.04	Samantha	Wing	Thetford AC	Female
177	209	50.04	Victoria	Marsten		Female +35
178	316	50.05	Linda	Hones	St Edmunds Pacers	Female +45
179	336/93	50.09	Hayley	Brewis	St Edmunds Pacers	Female +45
180	127	50.16	Linda	Dowell		Female +45
181	199	50.24	Natasha	Scott	Haverhill RC	Female +35
182	101	50.33	Jayne	Nunn	Haverhill RC	Female +35
183	47	50.37	Trevor	Rolph	Brandon Fern Hoppers	Male +50
184	207	50.54	William	Howe		Male +40
185	171	50.55	Jonathon	Bevan		Male +40
186	164	50.57	Keith	Thorogood	Halstead Road Runners	Male +50
187	372	51.10	Damon	Lusby		Male
188	44	51.15	Antonia	Storer	Womens Running N'work	Female +35
189	353	51.18	Sarah	Folley		Female +45
190	187	51.37	Cliff	Moore		Male +60
191	291	51.39	Paul	Minns		Male +40

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192	85	51.41	Anna	Sherman	Stowmarket Striders	Female +35
193	175	51.44	Chris	Stitson		Male +40
194	272	51.48	Liz	Kimbly	CONAC	Female
195	255	51.50	Hilary	Gunnell		Female +45
196	4	51.53	Eric	Byford		Male +40
197	108	52.07	John	Poole		Male +50
198	282	52.11	Dave	Thrower		Male +50
199	266	52.12	Derek	Ribbands	Gt Yarmouth Road Runners	Male +50
200	233	52.13	Louis	Cooper	Wymondham AC	Male +60
201	348	52.13	Sally	Nicholls	Bungay Black Dog	Female +45
202	154	52.18	Helen	Snazell	St Edmunds Pacers	Female +45
203	370	52.20	Rebecca	Jennings	St Edmunds Pacers	Female +35
204	193	52.23	Andrew	Smith		Male
205	376	52.31	Richard	Taylor		Female
206	121	52.36	Anthony	Plewes		Male
207	100	52.40	Orla	Jupp	Dereham Runners	Female
208	22	52.40	Gary	Egan		Male +40
209	33	52.46	Michelle	Crow		Female +35
210	38	52.50	Sarah	Moston	Eastern Vets AC	Female +45
211	75	52.54	Kimberly	Court		Female
212	126	52.56	Graham	Stringer		Male +60
213	222	52.58	Donna	Boyce	Haverhill RC	Female +35
214	184	52.59	Jackie	Wray	Haverhill RC	Female +45
215	140	53.02	David	Peck	N'mkt Cycling & Triathlon	Male +60
216	211	53.05	Philip	Neave	Bungay Black Dog	Male +60
217	55	53.10	Andrea	Osbourne	North Norfolk Beach Runner	Female +55
218	59	53.12	Glenn	Richer		Male +50
219	113	53.18	Stuart	Medland		Male +50
220	88	53.18	Paul	Greenwood		Male +40
221	13	53.19	Fiona	Robson		Female
222	3	53.28	Alan	Miles	Bushfield Joggers	Male +50
223	114	53.42	Dean	Richardson		Male
224	6	53.46	Colin	Doak	Ely Runners	Male +40
225	295	53.49	Mark	Hawes		Male
226	247	53.53	Neil	Richardson		Male +40
227	96	53.53	Paul	Trevelyan		Male +50
228	334	53.54	Philip	Warboys		Male +50
229	226	53.55	Craig	Rause		Male
230	181	53.57	Scott	Osborn		Male
231	228	53.58	John	Hopper		Male
232	148	54.02	John	George		Male +40
233	263	54.04	David	Reid		Male +40
234	67	54.04	Stephen	Morley	Brandon Fern Hoppers	Male +50
235	159	54.10	Neil	Bailey		Male
236	227	54.13	Katherine	Varanand		Female
237	30	54.13	Wendy	Aldhouse	Haverhill RC	Female +35
238	208	54.14	Adrian	Adams		Male
239	191	54.16	Julia	Hammond		Female +35

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240	141	54.16	Eamon	King	Thetford AC	Male
241	318	54.18	Jane	Driver		Female +35
242	95	54.18	Ian	Bentley		Male
243	63	54.26	Sheila	Shead		Female +55
244	23	54.42	Jay	Morris	Thetford AC	Female
245	374	54.45	Warren	Bowers		Female
246	337	54.52	Jo	Gould	Sudbury Joggers	Female
247	349	55.02	David	Dumbleton		Male +50
248	98	55.06	Carl	Kwiatkowski		Male +50
249	296	55.14	Dawn	Hawes		Female
250	190	55.29	Nick	Warner		Male
251	189	55.29	Emma	Payne		Female
252	341	55.42	Shirlene	Badger		Female +35
253	149	55.51	Denica	Howell		Female
254	293	55.52	John	Lingard	Gt Yarmouth Road Runners	Male +50
255	249	55.54	Helen	Lambert		Female
256	194	55.55	Sarah	Tanton		Female
257	248	55.59	Helen	Scholey	Bishop's Stortford	Female
258	117	56.02	Leigh	Swindin		Female
259	156	56.02	Robin	Swindin	Ipswich Jaffa	Male
260	125	56.15	Sue	Stoten		Female +45
261	150	56.24	Lucinda	Leonard		Female
262	301	56.28	Clive	Purbrook		Male +50
263	271	56.35	Kirsty	Denton		Female
264	368	56.41	Jacqui	Vaughan	Bexhill Runners	Female +55
265	124	56.49	Suzanne	Burns		Female +45
266	12	56.55	Jennifer	Steel		Female
267	152	56.57	Jill	Bunch	Haverhill RC	Female +35
268	142	57.00	June	Vane	St Edmunds Pacers	Female +45
269	10	57.13	Louise	Pryor		Female +45
270	102	57.19	Mark	Matthews		Male +40
271	237	57.19	Sarah	Barrell		Female
272	167	57.22	Kim	Gregory	Haverhill RC	Female +45
273	229	57.28	Matthew	Webb	Bushfield Joggers	Male
274	202	57.31	Lisa	Wilkinson		Female +45
275	275	57.36	Dennis	Wells	Wymondham AC	Male +50
276	49	57.42	Laurence	Wickens	Brandon Fern Hoppers	Male +40
277	54	57.57	Sian	Blackbourn		Female
278	36	57.57	Paul	Hills		Male +40
279	112	59.10	David	Chapman		Male +40
280	352	59.15	Rosemary	Tyler	Stowmarket Striders	Female +55
281	252	59.15	Caroline	Hogan		Female +35
282	260	59.15	Carl	Evans		Male +40
283	212	59.16	Julia	Hanford		Female +35
284	71	59.18	David	Taylor		Male +40
285	42	59.18	Nigel	Armitage		Male +40
286	168	59.25	Bob	Jack	Bungay Black Dog	Male +40
287	52	59.27	Paul	Churchill		Male +40

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288	373	59.37	Jane	Stasiak		Female +35
289	94	59.40	Julie	Stringer		Female
290	240	59.54	Paula	Hamman		Female +35
291	241	59.54	Amanda	Clark		Female +35
292	274	60.01	Danny	Watkins		Male
293	17	60.34	Susanne	Kingshott		Female
294	134	60.50	Tim	Scutter	Tri-Anglia	Male
295	34	60.57	Jaime	Keeble		Female
296	319	60.59	Helen	Hardy		Female +35
297	27	61.10	Lisa	Davis		Female +35
298	104	61.10	Teresa	Cross		Female +35
299	84	61.16	Kate	Scott		Female
300	173	61.22	Emma	Clayton		Female
301	160	61.33	Heather	Lay		Female
302	103	61.33	Michelle	Matthews		Female +35
303	122	61.49	Gillian	Rogers		Female +45
304	290	61.55	Genette	Sullivan	Norwich Road Runners	Male +40
305	81	62.10	Allison	West	Thetford AC	Female +45
306	346	62.23	Sophie	Hughes		Female
307	53	62.43	David	Blackbourn		Male +50
308	50	63.01	Mandy	Nickerson	Haverhill RC	Female +45
309	90	63.21	Claudia	Watson	Burnham Joggers	Female
310	109	64.21	Robert	McKillop		Male +40
311	213	64.30	Annie	Blackbourn		Female +45
312	40	64.40	Katy	James	Bungay Black Dog	Female +55
313	177	65.01	Claire	Owen		Female
314	25	65.02	Mary	Owen	Haverhill RC	Female +55
315	221	65.58	Linda	Farrow	CONAC	Female +55
316	244	66.14	Marion	Greenwood		Female +35
317	99	66.14	Sue	George	Joggers and Jaunters	Female +45
318	118	66.49	Sarah	Andrews	Running4women.com	Female +35
319	182	67.55	Sarah	Swain		Female
320	129	69.25	Vicki	Judd		Female
321	217	77.27	Elaine	Mitchell	Castle Point Joggers	Female +55