

Stowmarket Half Marathon 29/09/2019

Age Group Results



Race Chip Timing

Place	Bib	Name	YoB	Club	Gun	Grade
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Stowmarket Half Marathon 2019

Female Senior

1.	102	Kathryn GOODING	1991	Unattached	1:41:07	64.4%
2.	127	Morgan IRVING	1992	Unattached	1:42:42	63.4%
3.	180	Kate PINCHEN	1993	Stowmarket Striders Running Club	1:45:40	61.7%
4.	225	Hannah THOMPSON	1994	Stowmarket Striders Running Club	1:59:04	54.7%
5.	175	Sian O'SULLIVAN	1993	Bungay Black Dog RC	1:59:47	54.4%
6.	227	Rebecca TOMLINSON	1985	Unattached	2:04:59	52.4%
7.	246	Alison WILCOCK	1989	Unattached	2:06:47	51.4%
8.	66	Rebecca DOWSON	1988	Unattached	2:10:01	50.2%
9.	236	Lauren WAGGOTT	1991	Unattached	2:10:25	49.9%
10.	154	Vicki MAIN	1989	Unattached	2:14:34	48.4%
11.	119	Adriana HOUCHELL	1987	Ipswich Jaffa RC	2:14:49	48.4%
12.	265	Alice KIRK	1988	Bungay Black Dog RC	2:19:20	46.8%
13.	237	Gemma WALSH	1991	Unattached	2:23:03	45.5%
14.	34	Bianca BURMAN	1984	Sudbury Joggers	2:24:30	45.4%
15.	130	Elizabeth JAY	1992	Unattached	2:27:38	44.1%
16.	104	Sophie GOSS-GARNHAM	1993	Unattached	2:40:53	40.5%
DNS	100	Jessie GOODERHAM	1997	St Edmunds Pacers		
DNS	128	Jessica JACKSON	1992	Unattached		
DNS	139	Charlotte JONES	1992	Unattached		
DNS	163	Victoria MILLER	1989	Stowmarket Striders Running Club		
DNS	190	Olivia RANDALL	1998	Unattached		
DNS	223	Samantha THOMAS	1991	Unattached		
DNS	238	Louise WARD	1985	Unattached		
DNS	45	Sarah COBB	1993	Unattached		

Female V35

1.	251	Emilie WIX	1981	Woodbridge Shufflers Running Club	1:33:36	71.2%
2.	153	Jemma MADDAMS	1980	Unattached	1:51:17	60.2%
3.	74	Charlotte DURRANT	1980	Stowmarket Striders Running Club	1:58:32	56.2%
4.	245	Clare WIGG	1983	Stowmarket Striders Running Club	2:00:04	54.8%
5.	135	Gemma JEWERS	1983	Stowmarket Striders Running Club	2:05:26	52.7%
6.	65	Claire DOUGLAS	1980	Stowmarket Striders Running Club	2:08:00	52.3%
7.	107	Lynsey GROOM	1982	Unattached	2:18:19	47.9%
8.	79	Louise FAGGETTER	1983	Stowmarket Striders Running Club	2:19:02	47.3%
DNS	136	Christina JOANNIDES	1981	Unattached		
DNS	169	Pam MORGAN	1981	Framlingham Flyers		
DNS	182	Gemma PORCH	1982	Stowmarket Striders Running Club		
DNS	186	Jess PRESTON	1979	Vegan Runners		
DNS	199	Vicci ROWLANDS	1982	Unattached		
DNS	211	Joanna SIMCOCK-SIMS	1981	Unattached		
DNS	241	Lisa WEBSTER	1983	Unattached		
DNS	11	Rachel BALMER	1983	Unattached		
DNS	48	Bryony COONEY	1983	Unattached		
DNS	50	Michelle COPPING	1979	Unattached		

Female V40

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Place	Bib	Name	YoB	Club	Gun	Grade
1.	202	Bronwen SARGINSON	1978	Unattached	1:46:44	63.6%
2.	106	Kate GREENER	1975	Unattached	1:47:42	64.0%
3.	161	Vicky MCTAGGART	1976	Unattached	1:49:55	62.2%
4.	97	Ruth GOODCHILD	1976	Unattached	1:51:32	61.8%
5.	89	Yvonne FREIHERR-FENTON	1977	Unattached	1:58:16	57.8%
6.	82	Julia FINCH	1978	Unattached	1:58:46	57.1%
7.	133	Hannah JEWERS	1977	Stowmarket Striders Running Club	1:59:19	57.3%
8.	18	Nichola BENNETT	1979	Unattached	1:59:43	56.3%
9.	167	Clare MOODIE	1976	Framlingham Flyers	2:06:38	54.4%
10.	118	Claire HOLDAWAY	1976	Hadleigh Hares AC	2:06:49	54.3%
11.	20	Natasha BILLSBERRY	1979	Unattached	2:10:22	51.7%
12.	162	Shalah MELLOR	1976	Unattached	2:12:28	52.0%
13.	1	Chris ALDERTON	1975	Stowmarket Striders Running Club	2:13:30	52.0%
14.	61	Yvonne DOE	1975	Stowmarket Striders Running Club	2:19:02	50.0%
15.	198	Hayley ROOK	1979	Unattached	2:32:07	44.3%
16.	215	Angela SOAMES	1974	Felixstowe RRC	2:33:22	45.3%
DNS	140	Lisa KIDD	1975	Unattached		
DNS	141	Ruth KIERAN	1976	St Edmunds Pacers		
DNS	244	Rebecca WICKS	1978	Lonely Goat RC		
DNS	250	Lucy WINSTANLEY	1977	Unattached		
DNS	9	Zohre ASHRAF	1975	Unattached		
DNS	35	Nicola BURY	1975	Unattached		
DNS	46	Kellie COCCA	1975	Unattached		
DNS	64	Erica DORLING	1979	Unattached		

Female V45

1.	86	Sarah FITCH	1973	Felixstowe RRC	1:37:17	72.1%
2.	13	Gale BAXTER	1973	Unattached	1:48:17	64.7%
3.	90	Sharon FROST	1970	St Edmunds Pacers	1:48:44	67.4%
4.	29	Rachel BROOKE	1972	Ipswich Jaffa RC	1:54:19	62.6%
5.	94	Joanna GODWIN	1973	Wymondham AC	1:54:30	61.8%
6.	233	Nikki VINCE	1973	Unattached	1:56:38	60.7%
7.	112	Emma HARWOOD	1970	Framlingham Flyers	2:03:31	58.6%
8.	279	Sarah SPARKES	1973	Bungay Black Dog RC	2:07:51	55.4%
9.	164	Lorraine MILLS	1972	Unattached	2:10:29	54.8%
10.	137	Claire JONES	1972	Unattached	2:12:28	53.5%
11.	72	Sarah DUNSDON	1973	Unattached	2:17:03	51.2%
12.	145	Alison LAPPER	1970	Metropolitan Police AC	2:19:18	52.6%
13.	171	Julia MOSS-ECCAARDT	1970	Stowmarket Striders Running Club	2:20:35	51.5%
14.	234	Suzanne VINCENT	1970	Unattached	2:23:07	51.2%
15.	205	Jacqui SEYMOUR	1971	Stowmarket Striders Running Club	2:26:11	49.5%
DNF	276	Bonny HOWES	1971	Unattached		
DNS	194	Karen RICHARDSON	1972	Unattached		
DNS	28	Joanne BROOKE	1970	Felixstowe RRC		
DNS	36	Amber CALVER	1973	Unattached		
DNS	69	Louise DUCKLING	1971	Unattached		

Female V50

1.	226	Sandy THOROGOOD	1964	Sudbury Joggers	1:38:38	78.9%
2.	249	Helen WING	1967	Stowmarket Striders Running Club	1:48:10	70.2%

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Place	Bib	Name	YoB	Club	Gun	Grade
3.	217	Jo STEPHENSON	1965	Stowmarket Striders Running Club	1:50:40	70.3%
4.	232	Nicola VICKERS	1966	Unattached	2:01:56	63.0%
5.	248	Helen WILLIAMS	1967	Unattached	2:14:29	56.4%
6.	264	Karen GEDGE	1965	Bungay Black Dog RC	2:15:10	57.6%
7.	43	Jo CLIFTON	1968	Saxmundham Sports Running & Fitness	2:17:06	54.0%
8.	266	Jane PATTISON	1967	Bungay Black Dog RC	2:23:42	52.8%
DNS	147	Glian LEATHERS	1967	St Edmunds Pacers		
DNS	3	Jacqueline ALLPORT	1967	Felixstowe RRC		
DNS	6	Laura ARFI	1969	Stowmarket Striders Running Club		
DNS	68	Chris DRURY	1967	Unattached		

Female V55

1.	208	Jenny SHEAHAN	1961	Eastern Veterans AC	1:52:53	71.6%
2.	268	Rachel HIRST	1964	Bungay Black Dog RC	2:12:41	59.4%
3.	125	Tracy HUMPHREYS	1962	Stowmarket Striders Running Club	2:18:44	57.5%
4.	195	Jan RISEBROW	1963	Felixstowe RRC	2:29:25	52.7%
5.	192	Jean REYNOLDS	1963	Brandon Fern Hoppers	2:36:46	50.9%
DNS	150	Angie LEGGETT	1964	Unattached		
DNS	159	Dawn MARSHALL	1962	St Edmunds Pacers		
DNS	160	Debbie MCDOWALL	1961	Stowmarket Striders Running Club		

Female V60

DNS	109	Sue HARGADON	1955	Unattached		
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Female V65+

1.	254	Maureen WRIGHT	1946	Ipswich Jaffa RC	2:19:48	73.1%
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Male Senior

1.	272	Benjamin TURLEY	1982	Ipswich Jaffa RC	1:17:19	76.4%
2.	33	Samuel BURDETT	1994	Stowmarket Striders Running Club	1:17:47	75.0%
3.	115	Mark HAYWARD	1981	Newmarket Joggers	1:18:50	74.9%
4.	235	Adam WADE	1981	Ipswich Jaffa RC	1:20:04	74.1%
5.	247	Jack WILKINSON	1985	Unattached	1:21:39	71.7%
6.	5	Alastair ANGUS	1987	St Edmunds Pacers	1:24:47	68.8%
7.	273	Oliver WATSON	1992	Ipswich Jaffa RC	1:25:07	68.6%
8.	132	Graham JENVEY	1980	Unattached	1:26:12	69.2%
9.	15	Aden BELL	1985	Hadleigh Hares AC	1:28:14	66.3%
10.	259	Charlie DAVIS	1992	Unattached	1:30:29	64.5%
11.	30	Stuart BUCHAN	1990	Stowmarket Striders Running Club	1:30:33	64.4%
12.	183	Justin POTTER	1983	Stowmarket Striders Running Club	1:30:34	64.9%
13.	80	Alan FAYLE	1993	Unattached	1:30:57	64.2%
14.	23	Romas BLEDA	1988	Unattached	1:31:11	64.0%
15.	229	Ryan TUVEY	1986	Unattached	1:31:33	63.8%
16.	261	Ben HOPKINS	1992	Unattached	1:32:53	62.8%
17.	220	Oliver BINGHAM	2002	Stowmarket Striders Running Club	1:39:16	59.3%
18.	184	Sam POWELL	1986	Wymondham AC	1:39:35	58.6%
19.	269	John COOPER	1982	Unattached	1:40:17	58.9%
20.	71	Joseph DUNNING	1980	Unattached	1:41:50	58.6%
21.	62	Liam DOE	1997	Unattached	1:42:13	57.1%
22.	67	Joshua DOWSON	1985	Unattached	1:43:27	56.5%

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Place	Bib	Name	YoB	Club	Gun	Grade
23.	52	Matthew CRANE	1990	Cambridge & Coleridge AC	1:43:39	56.3%
24.	214	Andrew SMYTH	1980	Unattached	1:43:43	57.5%
25.	63	Stuart DOLAN	1983	Unattached	1:44:25	56.2%
26.	142	Stuart KING	1986	Brandon Fern Hoppers	1:45:12	55.5%
27.	284	Thomas DAVEY	1988	Unattached	1:46:45	54.6%
28.	92	James GEATER	1992	Unattached	1:46:46	54.6%
29.	283	Ashley CLAYDEN	1988	Unattached	1:46:55	54.6%
30.	228	Charles TURNER	1989	Unattached	1:46:55	54.6%
31.	275	Silvan GOTTSCHALL	1994	Unattached	1:50:42	52.7%
32.	177	James OLLEY	1991	Harwich Runners	1:51:43	52.2%
33.	230	Mark TYRRELL	1984	Unattached	1:53:09	51.7%
34.	87	Scott FOREST	1983	Unattached	1:55:44	50.8%
35.	256	Miles YAXLEY	1999	Unattached	1:55:50	50.4%
36.	39	Andrew CATTON	1985	Stowmarket Striders Running Club	1:56:05	50.4%
37.	123	Sam HUFFLETT	1998	Unattached	1:56:16	50.2%
38.	93	Aaron GENT	1980	Unattached	1:57:26	50.8%
39.	44	Daniel COBB	1990	Unattached	1:57:34	49.6%
40.	76	Marcus EDGWORTH	1991	Unattached	1:57:41	49.6%
41.	218	Adam STIFF	1982	Unattached	1:57:46	50.1%
42.	7	Ross ARNOLD	1986	Haverhill Running Club	1:57:56	49.5%
43.	270	Timothy OSTER	1985	Unattached	1:59:52	48.8%
44.	252	James WRIGHT	1987	Unattached	2:00:53	48.3%
45.	59	Daniel DAY	1979	Unattached	2:01:09	49.2%
46.	78	Alex ELLIOTT	1984	Unattached	2:01:58	48.0%
47.	263	Aaron DURRANT	1990	Unattached	2:03:17	47.3%
48.	260	Mathew GAUKRODGER	1991	Unattached	2:03:30	47.2%
49.	95	Lewis GOLDBERG	1993	Unattached	2:04:50	46.7%
50.	53	Karl CRIDLAND	1994	Unattached	2:17:56	42.3%
51.	41	Shaun CLARK	1980	Unattached	2:24:29	41.3%
52.	73	Stuart DURHAM	1986	Unattached	2:34:29	37.8%
DNS	116	Andy HAYWARD	1984	Stowmarket Striders Running Club		
DNS	126	Stu HUNTINGTON	1988	City of Norwich Athletic Club		
DNS	144	Tom KINGSNORTH	1979	St Edmunds Pacers		
DNS	149	Elliot LEES	1988	Unattached		
DNS	156	Lee MANSFIELD	1980	Unattached		
DNS	168	Leon MOORE	1987	Unattached		
DNS	176	Daniel O'BOYLE	1988	St Edmunds Pacers		
DNS	185	Tristan POWTER	1987	St Edmunds Pacers		
DNS	187	Jonathan PRIESTLEY	1983	Unattached		
DNS	203	Oliver SCHOFIELD	1996	St Edmunds Pacers		
DNS	255	Leon WYATT	1982	Unattached		
DNS	60	Thomas DENLEGH-MAXWELL	1986	Unattached		

Male V40

1.	181	Neil POLLARD	1978	Newmarket Joggers	1:14:46	80.8%
2.	271	Benjamin JACOBS	1976	Felixstowe RRC	1:25:55	71.4%
3.	172	Chris MOWER	1976	St Edmunds Pacers	1:27:51	69.9%
4.	110	Robin HARPER	1976	Felixstowe RRC	1:33:52	65.4%
5.	85	James FISHER	1976	Ely Runners	1:36:04	63.9%

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Place	Bib	Name	YoB	Club	Gun	Grade
6.	134	Rob JEWERS	1974	Stowmarket Striders Running Club	1:41:06	61.2%
7.	22	Peter BIVEN	1979	Unattached	1:41:37	59.0%
8.	204	Daniel SELFE	1975	Stowmarket Striders Running Club	1:47:47	57.4%
9.	253	Jamie WRIGHT	1976	Framlingham Flyers	1:53:38	54.0%
10.	19	Jamie BENNINGTON	1979	Unattached	1:55:23	52.0%
11.	174	Stephen NEWHALL	1974	Unattached	2:25:20	42.6%
12.	151	Thomas LEVETT	1979	Unattached	2:33:30	39.1%
DNS	111	Matthew HARVEY	1979	Unattached		
DNS	196	Daniel RITCHIE	1974	Unattached		

Male V45

1.	120	Adam HOWLETT	1971	Framlingham Flyers	1:18:30	81.5%
2.	31	Piotr BULACZ	1970	Sudbury Joggers	1:25:35	75.4%
3.	219	Chris SUGARS	1970	Felixstowe RRC	1:28:19	72.5%
4.	113	Tom HASLAM	1972	Framlingham Flyers	1:29:31	70.9%
5.	274	Steve HALL	1973	Framlingham Flyers	1:29:44	70.1%
6.	32	Trevor BUNCH	1974	Haverhill Running Club	1:29:55	69.4%
7.	262	Mike GREENER	1970	St Edmunds Pacers	1:32:48	69.6%
8.	121	James HOWLETT	1973	Framlingham Flyers	1:40:25	62.7%
9.	282	Jim ALDRIDGE	1973	Ipswich Jaffa RC	1:40:26	62.7%
10.	129	Martin JARVIS	1974	Unattached	1:43:42	60.2%
11.	258	Dave YOUNG	1970	Unattached	1:44:02	61.5%
12.	212	Daryl SIMPSON	1972	Ipswich Jaffa RC	1:44:40	60.6%
13.	281	Benjamin THOMAS	1974	Unattached	1:46:18	58.7%
14.	101	Andrew GOODEY	1971	Unattached	1:47:04	59.3%
15.	91	Adrian FROST	1970	St Edmunds Pacers	1:48:44	58.9%
16.	280	Simon SPARKES	1972	Bungay Black Dog RC	1:51:40	56.3%
17.	213	Pete SKINNER	1974	Unattached	1:51:59	55.7%
18.	157	Simon MARJORAM	1973	Unattached	1:52:41	55.8%
19.	278	Stephen PAGE	1973	Stowmarket Striders Running Club	1:52:58	55.7%
20.	148	Darren LEEKS	1971	Unattached	1:55:30	55.4%
21.	17	Mark BENNETT	1974	Unattached	1:59:43	52.1%
22.	257	Keith YAXLEY	1971	Unattached	2:00:16	52.8%
23.	55	David DAMANT	1971	Unattached	2:04:33	50.9%
DNS	143	Matt KING	1970	Unattached		
DNS	12	Phill BATLEY	1973	Unattached		
DNS	24	Mike BONSER	1971	Unattached		
DNS	37	Stephen CARTER	1973	Unattached		
DNS	40	Ian CHAPMAN	1971	St Edmunds Pacers		
DNS	56	Marcus DAVEY	1971	Biggleswade AC		
DNS	88	Tim FRANKLIN	1971	Unattached		

Male V50

1.	206	Chris SEYMOUR	1969	Stowmarket Striders Running Club	1:28:16	73.8%
2.	27	Steve BROOKE	1968	Felixstowe RRC	1:28:52	73.9%
3.	38	Jason CATTERMOLLE	1968	Ipswich Jaffa RC	1:32:15	71.2%
4.	105	John GREENER	1969	St Edmunds Pacers	1:36:53	67.2%
5.	51	Ian COXHEAD	1967	Norfolk Gazelles AC	1:38:03	67.6%
6.	243	Ian WHITE	1969	Unattached	1:40:08	65.0%
7.	57	Mark DAVEY	1967	Unattached	1:43:06	63.7%

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8.	178	Darin OSBORNE	1966	Unattached	1:44:10	64.2%
9.	98	Rob GOODCHILD	1969	Unattached	1:51:34	58.4%
10.	114	Stephen HATTEN	1965	St Edmunds Pacers	1:51:51	60.3%
11.	191	Robert REASON	1964	Stowmarket Striders Running Club	1:52:03	60.2%
12.	122	Tony HUFFLETT	1965	Crowborough Runners	1:56:16	58.0%
13.	221	Ryan TALLEY	1967	Steel City Striders RC	2:00:25	55.0%
14.	231	Ben VICKERS	1966	Unattached	2:01:56	54.8%
15.	179	Clive PEMBERTON	1967	Unattached	2:05:10	52.9%
16.	77	John EDWARDS	1968	Unattached	2:10:12	50.0%
17.	155	Roderick MAIN	1966	Tri-Anglia Triathlon Club	2:12:57	50.3%
18.	170	Alistair MOSELEY	1968	Stowmarket Striders Running Club	2:14:55	48.7%
19.	267	Vinny MEADOWS	1969	Bungay Black Dog RC	2:23:41	45.3%
20.	124	Mark HUGHES	1968	Stowmarket Striders Running Club	2:26:12	44.9%
21.	209	Horace SHURIAH	1969	Haverhill Running Club	2:41:35	40.3%
DNF	10	Mark AVERY	1965	Ipswich Jaffa RC		
DNS	99	Ian GOODERHAM	1967	St Edmunds Pacers		
DNS	200	Jimmy RUSSELL	1967	Felixstowe RRC		
DNS	201	Trevor SALLIS	1969	Unattached		

Male V55

1.	224	Clive THOMAS	1962	Colchester Harriers AC	1:26:19	80.3%
2.	152	Robin MACKENZIE	1962	Framlingham Flyers	1:31:32	75.7%
3.	240	Andrew WEBBER	1960	Stowmarket Striders Running Club	1:36:15	72.7%
4.	16	Robin BELSOM	1960	Ipswich Jaffa RC	1:36:30	73.2%
5.	84	Yusuf FIRAT	1963	Haverhill Running Club	1:38:46	69.5%
6.	54	Derek DALY	1962	Saxmundham Sports Running & Fitness	1:48:32	63.3%
7.	21	Kevin BIRD	1964	St Edmunds Pacers	1:50:15	61.7%
8.	117	Tom HOBLYN	1963	St Edmunds Pacers	1:51:39	61.5%
9.	75	Richard EASTALL	1964	Steel City Striders RC	1:55:21	59.0%
10.	207	David SEYMOUR	1959	Felixstowe RRC	2:05:58	56.1%
11.	108	Simon HAFFENDEN	1960	St Edmunds Pacers	2:06:02	56.0%
12.	222	Andrew THOMAS	1962	Unattached	2:07:05	54.5%
13.	26	Steve BRIGHT	1963	Lonely Goat RC	2:07:58	53.7%
14.	103	Kevin GOODING	1961	Unattached	2:09:38	54.0%
15.	173	Joe NAUGHTON	1962	Stowmarket Striders Running Club	2:09:39	53.5%
16.	47	Adrian COLE	1962	Stowmarket Striders Running Club	2:13:34	51.9%
17.	81	David FIELD	1961	Stowmarket Striders Running Club	2:16:19	51.3%
18.	131	Peter JAY	1960	St Edmunds Pacers	2:17:30	51.4%
19.	49	Melvin COPPING	1960	Stowmarket Striders Running Club	2:17:58	51.2%
DNF	83	Peter FINCH	1961	Ipswich Jaffa RC		
DNS	189	Justin RABETT	1964	St Edmunds Pacers		
DNS	239	Mark WATTS	1963	St Edmunds Pacers		
DNS	2	Nigel ALLATSON	1960	Unattached		
DNS	4	Richard ALLPORT	1963	Felixstowe RRC		
DNS	8	Damian ASHCROFT	1964	Bungay Black Dog RC		
DNS	58	Greg DAVIS	1962	Newmarket Joggers		
DNS	96	Shaun GOOD	1963	Felixstowe RRC		

Male V60

1.	70	Stephen DUNNETT	1957	Framlingham Flyers	1:37:34	73.8%
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Place	Bib	Name	YoB	Club	Gun	Grade
2.	158	Michael MARRIOTT	1956	Unattached	1:42:28	71.6%
3.	242	Mark WEBSTER	1959	Unattached	1:49:47	65.0%
4.	188	Clive PURBROOK	1955	Newmarket Joggers	1:57:25	63.1%
5.	277	Charlie STANNETT	1955	Ipswich Triathlon	2:20:19	52.3%
6.	193	Steven REYNOLDS	1958	Unattached	2:23:09	50.3%
7.	14	Paul BELAND	1957	Unattached	2:25:36	49.4%
8.	138	Wyn JONES	1959	Unattached	2:42:26	43.9%
DNS	210	Ian SILLETT	1956	Felixstowe RRC		

Male V65

1.	42	Neville CLARKE	1953	Newmarket Joggers	1:39:46	75.0%
2.	25	Keith BORRETT	1953	Unattached	1:57:15	64.5%
DNS	216	John SQUIRRELL	1952	Stowmarket Striders Running Club		

Male V70+

1.	165	Frank MOGGAN	1949	Stowmarket Striders Running Club	1:51:53	70.4%
2.	166	Denis MOLE	1948	Havering 90 Joggers	1:53:36	70.1%
3.	197	Hugh ROBERTS	1949	Bungay Black Dog RC	1:57:50	66.9%
DNS	146	Phillip LAURIER	1949	Lowestoft Road Runners		

Number of records: 284