

## Sudbury Fun Run 2010

Results provided by RACERES Results [www.raceres.org.uk](http://www.raceres.org.uk) Email [raceres@lineone.net](mailto:raceres@lineone.net)

### PROVISIONAL RESULTS

Position	Time	Race No	First Name	Surname	Club Name	Category
1	00:26:22	370	Andrew	Ridley	West Suffolk A.C.	Male Under 20
2	00:26:45	295	David	Green	Gt Bentley Running Club	Male Senior
3	00:27:32	447	Phillip	Munro	Colchester Harriers AC	Male Senior
4	00:27:59	304	Robert	Reason	Harwich Runners	Male Senior
5	00:28:26	478	John	Oakes	Cambridge & Coleridge AC	Male Vet 50
6	00:28:30	369	Colin	Ridley	West Suffolk A.C.	Male Vet 45
7	00:28:50	538	Sam	Clayton	Colchester & Tendring AC	Male Under 20
8	00:29:02	359	Dominic	Thackery	West Suffolk A.C.	Male Under 20
9	00:29:05	314	Brian	Herriengton	Harwich Runners	Male Vet 40
10	00:29:17	333	Peter	West	Colchester Harriers AC	Male Vet 45
11	00:29:23	288	Martin	Wilson	West Suffolk Tri	Male Senior
12	00:29:29	456	Paul	Helliwell	Colchester Harriers AC	Male Vet 40
13	00:29:36	400	Jason	Meachen	Harwich Runners	Male Senior
14	00:29:42	434	Jonathan	Nears	Colchester Harriers AC	Male Senior
15	00:29:47	66	Russ	Sharp	Gt Bentley Running Club	Male Senior
16	00:29:58	305	Simon	Dale	Gt Bentley Running Club	Male Senior
17	00:30:03	365	Tom	Cresswell	Sudbury Joggers	Male Senior
18	00:30:26	389	John	Scaife	Hadleigh Hares A.C.	Male Senior
19	00:30:51	391	Mark	Clements	Ipswich JAFFA	Male Senior
20	00:30:54	302	Ben	Holland	Unattached	Male Senior
21	00:30:54	459	Tim	Fox	St Edmund Pacers	Male Vet 40
22	00:31:12	524	Robin	Swindon	Ipswich JAFFA	Male Senior
23	00:31:21	194	Odette	Robson	Unattached	Female Vet 35
24	00:31:27	131	Mark	Rutter	Harwich Runners	Male Vet 45
25	00:31:36	30	Stuart	Green	Stowmarket Striders	Male Vet 45
26	00:31:40	60	Rachel	Sutcliffe	Riverside Runners	Female Vet 40
27	00:31:49	124	Stewart	Ellis	Braintree& District AC	Male Senior
28	00:32:07	213	Marie	Shirley	Sudbury Joggers	Female Senior
29	00:32:19	495	Michael	Woodruff	Unattached	Male Vet 45
30	00:32:33	465	Jem	Smith	Unattached Local Runner	Male Senior
31	00:32:45	344	Becky	McCorquodale	Harwich Runners	Female Vet 35
32	00:32:56	114	Andy	Glass	Sudbury Joggers	Male Senior
33	00:33:00	39	Annette	Oakman	Colchester Harriers AC	Female Vet 35
34	00:33:07	546	Ben	Sparkes	AFC Sudbury Grass Roots	Male Under 20
35	00:33:08	120	Malcolm	Statham	Colchester Harriers AC	Male Vet 40
36	00:33:09	142	Liam	Britton	Unattached Local Runner	Male Senior
37	00:33:18	442	Carl	Ashton	Unattached	Male Senior
38	00:33:25	46	James	Varndell	Unattached	Male Senior
39	00:33:31	85	Brian	Day	Unattached	Male Senior
40	00:33:37	245	Neil	Gillingham	Ipswich Harriers	Male Senior
41	00:33:38	230	James	Porter	Gt Bentley Running Club	Male Under 20
42	00:33:38	207	Alan	Jackson	Ipswich JAFFA	Male Vet 50
43	00:33:40	345	Tom	Bailey	Unattached	Male Under 20
44	00:33:47	312	Kate	Sanderson	Colchester Harriers AC	Female Vet 35
45	00:33:53	306	Jamie	Ash	Gt Bentley Running Club	Male Senior
46	00:33:58	9	Douglas	O'Neil	Colchester Harriers AC	Male Senior
47	00:34:03	454	Glen	Birch	Unattached Local Runner	Male Senior
48	00:34:06	19	Neil	Turner	Unattached	Male Vet 40
49	00:34:11	523	Trevor	Johnson	Witham RC	Male Vet 50
50	00:34:15	410	Samuel	Welsford	Unattached Local Runner	Male Under 20
51	00:34:25	433	Marcus	Catlin	Ipswich JAFFA	Male Senior
52	00:34:28	350	Samuel	Blows	Unattached	Male Senior
53	00:34:30	198	Nicola	Buck	Unattached Local Runner	Female Vet 35
54	00:34:33	420	Michael	Murry	Unattached Local Runner	Male Vet 45
55	00:34:34	399	Gail	Pryke	Ipswich JAFFA	Female Vet 50
56	00:34:35	496	David	Gloyn	Unattached	Male Vet 45
57	00:33:49	398	Robert	Davies	Unattached	Male Vet 40
58	00:35:01	106	Vicky	Presland	Gt Bentley Running Club	Female Vet 35

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59	00:35:01	355	Brigid	Wallen	Witham RC	Female Vet 45
60	00:35:15	51	David	Kirkwood	Unattached	Male Senior
61	00:35:26	236	Marc	Underdown	Unattached	Male Senior
62	00:35:33	515	Sean	Moriarty	Unattached	Male Vet 45
63	00:35:33	536	George	Hoppit	Unattached	Male Under 20
64	00:35:39	143	Stephen	Hines	Unattached Local Runner	Male Senior
65	00:35:42	426	Scott	Sherman	Stowmarket Striders	Male Under 20
66	00:35:43	356	Tony	Wallen	Witham RC	Male Vet 40
67	00:35:44	133	Steven	Plumb	Unattached	Male Senior
68	00:36:00	514	William	Golding	Unattached Local Runner	Male Under 20
69	00:36:01	146	Oliver	Tooth	Unattached	Male Senior
70	00:36:06	352	William	Sayward	Unattached	Male Senior
71	00:36:10	530	Joel	Browne	Unattached	Male Under 20
72	00:36:13	16	David	Cole	Unattached Local Runner	Male Senior
73	00:36:18	76	Richard	Cocksedge	Unattached	Male Senior
74	00:36:21	438	Callum	Britton	Unattached Local Runner	Male Under 20
75	00:36:23	446	Tara	Harrison	Unattached	Female Senior
76	00:36:24	129	James	Butcher	Unattached Local Runner	Male Senior
77	00:36:30	3	Mark	Andrews	Purple Patch Runners	Male Vet 40
78	00:36:31	45	Simon	Wilson	Unattached	Male Senior
79	00:36:31	75	Abi	Cocksedge	Unattached	Female Senior
80	00:36:33	317	Adrian	Frost	Unattached Local Runner	Male Senior
81	00:36:33	320	Clive	Davey	Unattached Local Runner	Male Senior
82	00:36:37	260	Lee	Ford	Unattached Local Runner	Male Senior
83	00:36:40	326	Rob	Harrow	Unattached	Male Senior
84	00:36:41	31	Lara	Townsend	Gt Bentley Running Club	Female Vet 35
85	00:36:52	351	Oliver	Mitchell	Unattached	Male Senior
86	00:36:55	441	Emily	Baker	West Suffolk A.C.	Female Under 20
87	00:36:56	318	Mark	Arnold	Unattached Local Runner	Male Senior
88	00:36:57	283	Adan	Mumford	Unattached Local Runner	Male Senior
89	00:36:59	187	Harry	Wright	Unattached	Male Under 20
90	00:37:01	461	Karen	Mowle	Harwich Runners	Female Vet 40
91	00:37:05	519	Mark	Pollikett	Unattached	Male Senior
92	00:37:12	144	David	Tooth	Unattached	Male Vet 60
93	00:37:13	183	Anthony	Scott	Unattached Local Runner	Male Senior
94	00:37:15	428	Elsbeth	Knott	Harwich Runners	Female Vet 55
95	00:37:16	52	Richard	Tiller	Ipswich Triathlon Club	Male Vet 40
96	00:37:26	548	James	Skipper	AFC Sudbury Grass Roots	Male Under 20
97	00:37:31	479	Patrick	Grant	Unattached Local Runner	Male Senior
98	00:37:33	382	Paul	Warner	Unattached Local Runner	Male Senior
99	00:37:34	248	Hannah	Wood	Ipswich JAFFA	Female Vet 35
100	00:37:35	413	Alan	Corner	Unattached	Male Senior
101	00:37:36	11	Ian	Bareham	Unattached	Male Vet 40
102	00:37:37	70	Steve	Goodwin	Unattached Local Runner	Male Senior
103	00:37:38	418	Chris	McLaughlin	Team Mac	Male Senior
104	00:37:39	390	Christopher	Baldock	Unattached	Male Senior
105	00:37:43	74	Dan	Ward	Unattached	Male Senior
106	00:37:55	281	Gary	Eldred	Gt Bentley Running Club	Male Vet 50
107	00:38:03	437	Catherine	Drew	Unattached	Female Vet 40
108	00:38:08	173	Richard	Nice	Halstead Road Runners	Male Vet 45
109	00:38:11	271	Des	Bishop	Gt Bentley Running Club	Male Vet 45
110	00:38:13	4	John	Cooke	Colchester Harriers AC	Male Vet 40
111	00:38:16	362	James	Wicks	Unattached Local Runner	Male Senior
112	00:38:17	497	Steve	Arnold	Unattached Local Runner	Male Senior
113	00:38:18	348	Matt	Kett	Tiptree Road Runners	Male Senior
114	00:38:19	190	Hugh	Milea	Unattached	Male Under 20
115	00:38:21	383	Joshua	Arbon	Unattached Local Runner	Male Under 20
116	00:38:23	347	Dean	Pilgrim	Halstead Road Runners	Male Vet 40
117	00:38:29	404	Jane	Colwill	Unattached	Female Vet 35
118	00:38:30	163	David	Ingleby	Hadleigh Hares A.C.	Male Vet 55
119	00:38:39	475	Daniel	Rushall	Unattached	Male Senior

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120	00:38:40	176	Nathan	Cole	Unattached	Male Senior
121	00:38:40	270	Theresa	Bishop	Gt Bentley Running Club	Female Vet 45
122	00:38:41	436	Paul	Scaife	Unattached	Male Vet 40
123	00:38:47	429	Clare	Barstow	Goyt Valley Striders	Female Senior
124	00:38:49	547	Nathan	Cooper	AFC Sudbury Grass Roots	Male Under 20
125	00:38:53	439	Dave	Howe	Unattached	Male Vet 45
126	00:38:57	8	Dee	St-Ledger	Sudbury Joggers	Female Vet 45
127	00:39:02	412	Jeff	Higgon	Harwich Runners	Male Vet 55
128	00:39:02	137	Eileen	Carvell	Unattached	Female Senior
129	00:39:03	285	Daniel	Hardy	Unattached	Male Senior
130	00:39:06	121	Sam	Wilson	Unattached Local Runner	Male Senior
131	00:39:09	122	Joanne	McKay	Gt Bentley Running Club	Female Senior
132	00:39:12	54	Jordan	Bailey	Unattached	Male Under 20
133	00:39:17	303	Wayne	Mumford	Unattached Local Runner	Male Vet 40
134	00:39:19	393	Frank	Gardiner	Gt Bentley Running Club	Male Vet 55
135	00:39:21	58	Simon	Norton	Unattached Local Runner	Male Vet 45
136	00:39:24	6	Ian	Brown	Unattached	Male Vet 45
137	00:39:27	94	Helen	Wright	Unattached	Female Senior
138	00:39:32	22	John	Clarke	Unattached	Male Vet 40
139	00:39:34	24	Caine	Folkes-Miller	Unattached	Male Senior
140	00:39:38	278	Jim	Neil	Unattached	Male Senior
141	00:39:40	501	Michael	Marjarom	Unattached	Male Senior
142	00:39:41	273	Nathan	Kelly	Unattached Local Runner	Male Under 20
143	00:39:42	313	Anna	Lyon	Gt Bentley Running Club	Female Vet 40
144	00:39:43	262	David	Coley	Ipswich JAFFA	Male Vet 60
145	00:39:44	277	Paul	Brown	Unattached	Male Under 20
146	00:39:45	310	Hayley	Proudfoot	Unattached Local Runner	Female Senior
147	00:39:48	218	Stuart	Danes	Unattached Local Runner	Male Senior
148	00:39:50	425	Anne	Smith	Stowmarket Striders	Female Vet 35
149	00:39:51	353	Michael	Greeacre	Unattached	Male Senior
150	00:39:52	301	Sandy	Thorogood	Unattached Local Runner	Female Vet 45
151	00:39:55	321	Ian	White	Unattached	Male Vet 40
152	00:39:55	42	Lionel	Ravet	Unattached	Male Senior
153	00:40:00	244	Sandra	Bumphrey	Capel Cheetahs	Female Vet 35
154	00:40:02	334	Parnell	Harris	Unattached	Male Vet 45
155	00:40:06	184	Graeme	Taylor	Unattached	Male Vet 50
156	00:40:08	309	Michael	Pearson	Unattached Local Runner	Male Vet 40
157	00:40:09	138	Lisanne	Humphreys	Unattached	Female Senior
158	00:40:12	136	James	Carvell	Unattached	Male Senior
159	00:40:15	541	Emily	Braverman	Vegetarian Cycling & AC	Female Under 20
160	00:40:16	72	David	Keeble	Unattached Local Runner	Male Vet 40
161	00:40:17	108	Carla	Holroyd	Harwich Runners	Female Vet 50
162	00:40:19	168	John	Shatford	Unattached Local Runner	Male Vet 40
163	00:40:20	367	Simon	Page	Unattached	Male Vet 50
164	00:40:22	540	Diana	Braverman	Cambridge & Coleridge AC	Female Vet 55
165	00:40:25	255	Matthew	Gudge	Unattached Local Runner	Male Senior
166	00:40:28	378	Dominic	Mangion	Unattached Local Runner	Male Senior
167	00:40:30	140	Luke	Deacon	Unattached	Male Senior
168	00:40:30	113	Benjamin	Taylor	Unattached	Male Senior
169	00:40:34	257	Amy	Smith	Unattached Local Runner	Female Senior
170	00:40:36	522	Luke	Hymes	Unattached	Male Senior
171	00:40:42	328	Tom	Bull	Unattached	Male Senior
172	00:40:44	327	Ben	Rippers	Unattached	Male Senior
173	04:04:54	342	Paul	Farthing	Unattached	Male Vet 45
174	00:40:45	505	Norther	Monkey	Unattached	Male Senior
175	00:40:47	427	David	Taylor	Unattached	Male Vet 50
176	00:40:50	405	Richard	McLaudhlin	Team Mac	Male Vet 45
177	00:40:51	5	Matt	Ford	Unattached	Male Senior
178	00:40:52	448	Paul	Beresford	Unattached	Male Senior
179	00:40:55	521	Duncan	Hyams	Unattached	Male Vet 50
180	00:40:57	128	Jordan	Willey	Unattached	Male Senior

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181	00:40:59	349	Hannah	Payne	Unattached	Female Senior
182	00:40:59	18	Simon	Hibbert	Unattached	Male Senior
183	00:41:00	227	Lyn	Foster	Gt Bentley Running Club	Female Vet 55
184	00:41:02	199	David	Varndell	Unattached	Male Vet 50
185	00:41:03	533	Sam	Newton	AFC Sudbury Grass Roots	Male Under 20
186	00:41:04	430	Roland	Knott	Harwich Runners	Male Vet 55
187	00:41:05	89	Michael	Heard	Unattached	Male Vet 45
188	00:41:05	188	Adam	Parker	Unattached	Male Senior
189	00:41:10	529	Ken	Browne	Unattached	Male Vet 50
190	00:41:17	290	Paul	Blackwell	Gt Bentley Running Club	Male Vet 40
191	00:41:19	460	Will	Kennedy	Unattached	Male Under 20
192	00:41:27	118	Tony	Adolphus	Ipswich JAFFA	Male Vet 50
193	00:41:30	81	David	Reid	Unattached	Male Vet 45
194	00:41:30	502	Matthew	Medlycott	Unattached Local Runner	Male Senior
195	00:41:32	372	Daniel	Ridley	Unattached Local Runner	Male Senior
196	00:41:36	234	Susanne	Young	Unattached	Female Vet 35
197	00:41:37	549	David	Williams	Unattached	Male Vet 60
198	00:41:49	543	Jennifer	Callahan	Newmarket Joggers	Female Vet 40
199	00:41:52	491	Ann	Piercy	Harwich Runners	Female Vet 55
200	00:41:54	197	Robert	Hunt	Unattached Local Runner	Male Vet 50
201	00:41:56	145	Elizabeth	Tooth	Unattached	Female Senior
202	00:41:57	57	Joanne	Codling	Unattached Local Runner	Female Vet 35
203	00:42:01	96	Julian	Holland	Unattached	Male Senior
204	00:42:01	150	Vicki	Law	Gt Bentley Running Club	Female Vet 35
205	00:42:02	284	David	Sawyer	Gt Bentley Running Club	Male Vet 45
206	00:42:04	261	Robert	Rowland	Unattached	Male Vet 70+
207	00:42:05	377	Neil	Sawyer	Unattached	Male Senior
208	00:42:07	43	Tracy	Flux	Unattached	Female Vet 35
209	00:42:11	417	Barry	Green	Unattached	Male Vet 50
210	00:42:11	468	Jack	Furssedonn-Caotem	Unattached	Male Under 20
211	00:42:19	36	Richard	Chisnail	Unattached	Male Senior
212	00:42:20	319	Teresa	Challis	Halstead Road Runners	Female Vet 35
213	00:42:22	363	Chris	Massy	Unattached	Female Vet 45
214	00:42:24	193	Paul	Allen	Unattached Local Runner	Male Vet 40
215	00:42:25	395	Shirley	Wadham	Unattached	Female Vet 35
216	00:42:25	508	Dean	Warren	Unattached	Male Senior
217	00:42:27	115	rebecca	Smith	Hadleigh Hares A.C.	Female Senior
218	00:42:28	265	Paula	Mccann	Unattached	Female Vet 60
219	00:42:31	266	Michael	McKinnell	Unattached	Male Vet 55
220	00:42:31	139	James	Layzell	Unattached	Male Senior
221	00:42:37	463	Roberta	Franklin	Unattached	Female Vet 60
222	00:42:37	224	Rebecca	Griffiths	Unattached Local Runner	Female Under 20
223	00:42:43	87	John	McKay	Gt Bentley Running Club	Male Vet 60
224	00:42:46	229	Sharon	White	Grange Farm & Dunmow Runners	Female Vet 40
225	00:42:47	211	Joseph	Dilworth	Grange Farm & Dunmow Runners	Male Vet 45
226	00:42:47	222	Alan	Griffiths	Unattached Local Runner	Male Vet 40
227	00:42:48	492	Colin	Harvey	Harwich Runners	Male Vet 40
228	00:42:48	259	Nicky	Brown	Gt Bentley Running Club	Female Vet 50
229	00:42:53	464	Alison	Myles	Ipswich JAFFA	Female Vet 35
230	00:42:54	155	Rosemary	Naylor	Unattached Local Runner	Female Vet 35
231	00:42:54	237	Teresa	Squire	Unattached	Female Vet 40
232	00:43:05	498	Angela	Paxon	Harwich Runners	Female Vet 35
233	00:43:12	466	Andrew	Mackechnie	Unattached	Male Vet 50
234	00:43:14	294	Keith	Thorogood	Halstead Road Runners	Male Vet 55
235	00:43:14	201	Claire	Foxhall	Unattached	Female Vet 35
236	00:43:16	423	George	Collins	Ipswich JAFFA	Male Vet 45
237	00:43:19	223	Danielle	Griffiths	Unattached Local Runner	Female Senior
238	00:43:24	323	Selina	Hull	Halstead Road Runners	Female Vet 35
239	00:43:28	251	Michael	Askam	Unattached	Male Senior
240	00:43:29	343	John	Robinson	Unattached Local Runner	Male Senior
241	00:43:38	451	Peter	Wood	Unattached	Male Vet 40

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242	00:43:42	493	Leanne	Sargent	Unattached Local Runner	Female Senior
243	00:43:42	63	Miranda	Hart	Unattached	Female Vet 50
244	00:43:44	33	Peter	Simpson	Unattached	Male Vet 40
245	00:43:47	431	Karen	Line	Unattached	Female Vet 35
246	00:43:49	226	Stephen	Jackson	Unattached	Male Senior
247	00:43:51	157	David	Littleson	Springfield Striders AC	Male Senior
248	00:43:54	182	Jenny	Standley	Sudbury Joggers	Female Vet 40
249	00:43:56	289	Kim	Chatting	Gt Bentley Running Club	Female Vet 35
250	00:44:00	354	Robert	McLaughlin	Team Mac	Male Senior
251	00:44:05	330	Cettina	Marchione	Unattached	Female Senior
252	00:44:07	316	David	Potts	Unattached Local Runner	Male Senior
253	00:44:07	364	Steve	Davies	Unattached	Male Vet 45
254	00:44:08	23	Melanie	Folkes-Miller	Unattached	Female Vet 35
255	00:44:09	534	Steve	Gardiner	Unattached	Male Vet 50
256	00:44:10	373	Arthur	Whiston	Colchester Harriers AC	Male Vet 55
257	00:44:10	232	Caroline	Porter	Gt Bentley Running Club	Female Vet 45
258	00:44:11	470	Michael	Murphy	Unattached	Male Vet 50
259	00:44:12	238	Eddy	Smerdon	Unattached	Male Vet 40
260	00:44:12	26	Ashley	Willings	Unattached Local Runner	Male Senior
261	00:44:24	450	Laura	Eardley	Unattached	Female Senior
262	00:44:25	27	Alexandra	Morton	Unattached	Female Vet 45
263	00:44:26	112	Clive	Pinnion	Hadleigh Hares A.C.	Male Vet 40
264	00:44:26	228	Alistair	Gill	Unattached Local Runner	Male Vet 40
265	00:44:28	53	Tresa	Bailey	Unattached	Female Vet 40
266	00:44:28	499	Miranda	Rayner	Harwich Runners	Female Vet 40
267	00:44:31	473	David	Harvey	Unattached Local Runner	Male Under 20
268	00:44:37	172	Barbara	Law	Gt Bentley Running Club	Female Vet 65+
269	00:44:38	472	Glen	Harvey	Unattached Local Runner	Male Vet 50
270	00:44:42	411	Jo	Higgon	Harwich Runners	Female Vet 50
271	00:44:43	239	Stacey	Wadley	Unattached	Female Senior
272	00:44:45	48	Keith	Bedwell	Unattached	Male Vet 40
273	00:44:48	267	Shen	Brown	Unattached Local Runner	Female Vet 35
274	00:44:48	90	Andrew	Thompson	Unattached Local Runner	Male Vet 40
275	00:44:50	79	Paul	Kerrison	Harwich Runners	Male Vet 40
276	00:44:53	217	Michael	Summers	Unattached	Male Senior
277	00:44:56	109	Adam	Booth	Unattached	Male Senior
278	00:45:04	110	Luke	Booth	Unattached	Male Senior
279	00:45:06	107	Sandie	Jardine	Unattached	Female Vet 45
280	00:45:08	127	Josephine	Oakley	Unattached	Female Senior
281	00:45:16	170	Aaron	Bates	Unattached Local Runner	Male Under 20
282	00:42:16	322	Louise	Montgomery	Unattached	Female Vet 35
283	00:45:17	205	Tina	Gore	Unattached Local Runner	Female Vet 35
284	00:45:19	512	Jane	Jarside	Unattached	Female Vet 45
285	00:45:19	388	Susie	Moule	Unattached Local Runner	Female Vet 35
286	00:45:20	32	David	Bevan	Unattached	Male Vet 55
287	00:45:29	494	Steve	Danes	Unattached Local Runner	Male Vet 45
288	00:45:30	37	Teri	Kirwin	Unattached Local Runner	Female Senior
289	00:45:31	467	Susannah	Morley	Unattached	Female Vet 40
290	00:45:34	474	Katie	Harvey	Unattached Local Runner	Female Under 20
291	00:45:35	195	Dawn	Shilling	Tiptree Road Runners	Female Senior
292	00:45:44	517	Declan	Leahy	Unattached	Male Vet 45
293	00:45:45	171	Julie	Thurlow	Ipswich JAFFA	Female Vet 50
294	00:45:47	97	Lindsey	Rendall	Unattached	Female Senior
295	00:45:47	208	William	Vaughan-France	Bury St Edmunds Young Farmers	Male Senior
296	00:45:50	177	John	Cullum	Unattached	Male Vet 60
297	00:45:55	86	Mags	Farrell	Unattached	Female Vet 35
298	00:45:57	509	Kieron	Witt	Unattached	Male Vet 45
299	00:45:58	504	Holly	Turner	Unattached	Female Senior
300	00:45:58	84	Mitchel	Harris	Unattached	Male Senior
301	00:45:59	307	Barry	Simpson	Unattached Local Runner	Male Senior
302	00:46:02	141	Scott	Lee-Amies	Unattached Local Runner	Male Senior

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303	00:46:02	361	Mary	Jopson	Unattached Local Runner	Female Senior
304	00:46:04	101	George	Brian	Unattached Local Runner	Male Under 20
305	00:46:09	401	Robert	Johnson	Unattached Local Runner	Male Under 20
306	00:46:16	240	Anthony	Tapsell	Unattached	Male Senior
307	00:46:21	506	Alan	Pearson	Unattached Local Runner	Male Senior
308	00:46:23	28	Karen	Bedwell	Unattached	Female Vet 40
309	00:46:38	65	Vanessa	Reynolds	Unattached Local Runner	Female Vet 40
310	00:46:40	153	Alistair	Godfrey	Unattached	Male Under 20
311	00:46:44	130	John	Buckle	Unattached	Male Vet 50
312	00:46:45	445	Gavin	Senior	Unattached Local Runner	Male Senior
313	00:46:47	385	Rebecca	Ayres	Unattached Local Runner	Female Under 20
314	00:46:56	12	Phil	Giles	Unattached Local Runner	Male Vet 40
315	00:46:57	484	Jordan	Deane	Unattached	Male Under 20
316	00:46:58	71	Lisa	Ford	Harwich Runners	Female Senior
317	00:46:58	50	Sarah	Hibble	Unattached	Female Vet 35
318	00:46:59	280	Paul	King	Unattached	Male Senior
319	00:47:00	219	Alex	Bloom	Unattached Local Runner	Female Under 20
320	00:47:01	387	John	Francis	Unattached Local Runner	Male Vet 55
321	00:47:03	164	Alex	Seymour	Unattached Local Runner	Male Under 20
322	00:47:03	221	Abigail	Bowen	Unattached	Female Senior
323	00:47:03	220	Laurence	Crosby	Unattached	Male Senior
324	00:47:04	291	Mel	Chittock	Unattached	Male Vet 50
325	00:47:04	165	Gill	James	Unattached	Female Vet 50
326	00:47:08	471	Russell	Smith	Unattached Local Runner	Male Senior
327	00:47:09	83	Alison	Stephens	Unattached	Female Vet 40
328	00:47:10	253	Michelle	Sims	Unattached Local Runner	Female Vet 45
329	00:47:14	123	Owein	Hennessy	Unattached	Male Senior
330	00:47:22	449	Tracet	King	Unattached Local Runner	Female Vet 35
331	00:47:24	453	Julie	Woodward	Unattached Local Runner	Female Vet 35
332	00:47:26	204	Lorraine	Turner	Unattached	Female Vet 45
333	00:47:27	406	Lee	McLaughlin	Team Mac	Male Under 20
334	00:47:30	55	Kate	Pearsail	Unattached	Female Senior
335	00:47:32	462	Russell	Mowle	Harwich Runners	Male Vet 40
336	00:47:50	384	Neil	Arbon	Unattached Local Runner	Male Vet 55
337	00:47:52	119	Judith	Adlophus	Ipswich JAFFA	Female Vet 50
338	00:47:54	166	Rebecca	Hughes	Ipswich JAFFA	Female Vet 40
339	00:47:54	25	Karen	Tew	Unattached	Female Vet 45
340	00:48:00	542	Colin	Risley	Unattached Local Runner	Male Vet 55
341	00:48:02	379	Tracy	Norris	Unattached	Female Vet 40
342	00:48:02	59	Tim	Harrington	Unattached Local Runner	Male Senior
343	00:48:18	17	David	Southgate	Unattached Local Runner	Male Vet 40
344	00:48:19	374	Joy	Taylor	Unattached	Female Vet 50
345	00:48:21	62	Louis	Brooks	Unattached	Male Senior
346	00:49:23	68	Jan	Blake	Unattached	Female Vet 45
347	00:48:34	175	Juliana	Turner	Unattached	Female Vet 45
348	00:48:41	88	Sue	McKay	Gt Bentley Running Club	Female Vet 60
349	00:48:44	402	Tim	Wright	Unattached	Male Senior
350	00:48:46	243	Michelle	Amos	Unattached	Female Senior
351	00:49:08	513	Julian	Graham	Unattached	Male Vet 40
352	00:49:11	80	Clare	McKenna	Unattached	Female Under 20
353	00:49:13	174	Dominic	Turner	Unattached	Male Senior
354	00:19:19	162	Abbi	Morris	Unattached	Female Vet 35
355	00:49:19	215	Sara	Taylor-Balls	Unattached	Female Vet 45
356	00:49:21	476	Lucy	Mannering	Unattached	Female Senior
357	00:49:23	282	Jayesh	Patel	Unattached Local Runner	Male Senior
358	00:49:24	134	Brian	Stringer	Unattached	Male Vet 60
359	00:49:25	325	Phil	Martin	Unattached	Male Vet 40
360	00:49:28	287	Deborah	Nott	Unattached	Female Vet 35
361	00:49:35	256	Johanna	Deason	Unattached Local Runner	Female Senior
362	00:49:48	254	Alastair	Campbell	Unattached Local Runner	Male Senior
363	00:49:48	116	Stephen	Drover	Unattached Local Runner	Male Vet 40

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364	00:49:55	507	Nigel	Hughes	Unattached Local Runner	Male Vet 50
365	00:49:57	191	Brian	Roloff	Unattached	Male Vet 45
366	00:50:01	225	Sean	Mitchell	Unattached	Male Vet 40
367	00:50:01	332	Lucinda	Cobbold	Unattached	Female Senior
368	00:50:09	331	Marin	Ferandes	Unattached	Female Senior
369	00:50:09	481	James	Gadd	Bury St Edmunds Young Farmers	Male Senior
370	00:50:12	539	Terry	Braverman	Haverhill Running Club	Male Vet 65
371	00:50:13	360	Nicola	Scott	Unattached	Female Senior
372	00:50:18	457	Lauren	Whitehart	Unattached Local Runner	Female Senior
373	00:50:18	483	Steve	Thomson	Unattached	Male Vet 55
374	00:50:18	482	Julie	Turley	Unattached	Female Vet 35
375	00:50:18	34	Julie	Simpson	Unattached	Female Senior
376	00:50:22	156	Karen	Austin	Unattached	Female Vet 40
377	00:50:23	152	Veronica	Collins	Unattached	Female Vet 45
378	00:50:37	366	Tricia	Pavey	Unattached	Female Vet 45
379	00:50:37	386	Sylvia	Francis	Unattached Local Runner	Female Vet 60
380	00:50:42	148	Claire	Tibbles	Unattached Local Runner	Female Vet 35
381	00:50:44	516	Teresa	Moriarty	Unattached	Female Vet 45
382	00:50:56	455	Lienne	Birch	Unattached Local Runner	Female Senior
383	00:51:02	469	Phyllida	Hallidie	Unattached Local Runner	Female Vet 35
384	00:51:04	397	Lynette	Yynard	Unattached Local Runner	Female Vet 35
385	00:51:06	250	Emma	Ragab	Unattached	Female Senior
386	00:51:08	95	Sarah	Ward	Unattached Local Runner	Female Senior
387	00:51:10	392	Alistair	Philips	Unattached	Male Vet 40
388	00:51:10	544	Michael	ford	Unattached Local Runner	Male Senior
389	00:51:15	489	Nicholas	McIvor	Unattached Local Runner	Male Vet 55
390	00:51:19	311	Robert	Ling	Unattached Local Runner	Male Vet 55
391	00:51:27	443	Andrea	Senior	Unattached Local Runner	Female Senior
392	00:51:33	444	Edward	Senior	Unattached Local Runner	Male Vet 50
393	00:51:33	38	Pamela	Tonks	Unattached	Female Vet 45
394	00:51:43	408	Michelle	Curtis	Unattached Local Runner	Female Senior
395	00:51:48	424	Claire	Risley	Unattached Local Runner	Female Vet 35
396	00:51:55	263	Kathryn	Townend	Braintree& District AC	Female Senior
397	00:51:56	297	Amanda	Lewis	Unattached	Female Vet 45
398	00:52:00	432	Philip	Nutley	St Edmund Pacers	Male Vet 60
399	00:52:02	233	Emma	Firth	Unattached	Female Senior
400	00:52:02	298	Danielle	Golding	Unattached	Female Vet 50
401	00:52:03	47	Paul	Forshaw	Unattached	Male Vet 55
402	00:52:08	376	Carol	Ramsey	Unattached	Female Vet 45
403	00:52:09	409	Jenny	Davey-Medlycott	Unattached Local Runner	Female Senior
404	00:52:10	242	Lisa	Gaughan	Capel Cheetahs	Female Vet 40
405	00:52:18	252	Jacqui	Howes	Unattached	Female Senior
406	00:52:18	126	Simon	Curtis	Unattached	Male Senior
407	00:52:21	99	Ann	Johnson	Witham RC	Female Vet 40
408	00:52:31	299	Diane	Lydon	Unattached Local Runner	Female Vet 50
409	00:52:47	73	Stephanie	Lown	Unattached	Female Vet 40
410	00:52:47	296	Tina	Impett	Unattached Local Runner	Female Vet 40
411	00:52:54	178	Lisa	Pollard	Unattached	Female Vet 40
412	00:53:00	167	Nicola	Shatford	Unattached Local Runner	Female Vet 45
413	00:53:04	159	Jenny	Clley	Unattached Local Runner	Female Vet 50
414	00:53:07	158	Leon	Bond	Unattached Local Runner	Male Senior
415	00:53:09	161	Jane	St-Ledger	Unattached Local Runner	Female Vet 50
416	00:53:09	246	Carol	Page	Unattached	Female Vet 40
417	00:53:12	486	Catherine	King	Unattached Local Runner	Female Vet 40
418	00:53:13	485	Rebecca	Ray	Unattached Local Runner	Female Vet 35
419	00:53:15	231	Keith	Porter	Gt Bentley Running Club	Male Vet 55
420	00:53:15	200	Carole	Varndell	Unattached	Female Vet 50
421	00:53:16	440	Nikki	Dowling	Unattached	Female Vet 45
422	00:53:39	202	Jayne	Wadsley	Unattached	Female Vet 45
423	00:53:41	93	Claire	Hougham	Unattached	Female Senior
424	00:53:49	396	Julie	Row	Team Mac	Female Vet 35

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425	00:53:50	147	Jodie	Cartwright	Unattached Local Runner	Female Vet 35
426	00:53:51	203	Amanda	Prior	Capel Cheetahs	Female Vet 40
427	00:54:02	241	Tony	King	Capel Cheetahs	Male Vet 65
428	00:54:02	186	Jane	Ling	Unattached	Female Vet 45
429	00:54:07	185	Dave	Manning	Unattached	Male Vet 50
430	00:54:07	206	David	Evison	Unattached	Male Vet 60
431	00:54:20	518	Elspeth	Leahy	Unattached	Female Vet 45
432	00:54:26	341	Rachel	May	Unattached	Female Vet 35
433	00:54:37	339	Emma	Swainsbury	Unattached	Female Vet 35
434	00:54:37	61	Jane	Stebbing	Unattached Local Runner	Female Vet 55
435	00:54:38	487	Brad	Shepherd	Team Great	Male Senior
436	00:54:38	500	Lindsey	Cartlidge	Team Great	Female Senior
437	00:54:42	480	Duncan	Murgatroyd	Team Great	Male Senior
438	00:54:42	550	Amber	Davies	Unattached	Female Senior
439	00:54:51	375	Mark	Ramsey	Unattached	Male Vet 50
440	00:54:54	269	Heidi	Cornish	Unattached	Female Vet 35
441	00:55:08	64	Lesley	Swift	Unattached Local Runner	Female Vet 55
442	00:55:14	21	John	Daley	Unattached	Male Vet 40
443	00:55:42	14	Gemma	Hobbs-Rush	Unattached Local Runner	Female Senior
444	00:55:56	272	Dionne	Meecham	Gt Bentley Running Club	Female Vet 35
445	00:56:01	264		Disqualified	Wearing an Ipod	Female Vet 45
446	00:56:19	452	Mark	Swift	Unattached Local Runner	Male Vet 55
447	00:56:23	368	Jennifer	Merry	Unattached Local Runner	Female Senior
448	00:56:31	527	Alistair	Martin	Unattached Local Runner	Male Under 20
449	00:56:31	210	Laura	Gaines	Unattached	Female Senior
450	00:56:32	209	Elaine	Gaines	Unattached	Female Vet 50
451	00:56:32	135	Esther	Stringer	Unattached	Female Vet 55
452	00:56:39	105	Sarah	Kemble	Unattached Local Runner	Female Senior
453	00:56:46	488	Louise	Goddard	Unattached Local Runner	Female Vet 35
454	00:56:57	117	Stephen	Crosbie	Unattached Local Runner	Male Vet 50
455	00:56:59	102	Lucy	Strolenberg	Unattached Local Runner	Female Senior
456	00:57:03	103	Stewart	Gormley	Unattached Local Runner	Male Senior
457	00:57:03	49	Sharon	Butcher	Unattached	Female Vet 40
458	00:57:05	249	Darren	Theobald	Unattached Local Runner	Male Senior
459	00:57:36	510	Debra	Garside	Unattached	Female Vet 45
460	00:57:41	511	Barbara	Paley	Unattached	Female Vet 55
461	00:57:41	41	Valerie	Chefdeville	Sudbury Joggers	Female Vet 35
462	00:58:02	247	Danielle	Martin	Unattached Local Runner	Female Senior
463	00:58:35	77	Tina	Birch	Unattached	Female Vet 35
464	00:58:54	78	Mark	Blewitt	Unattached	Male Vet 45
465	00:58:54	111	Stephen	Genrish	Unattached Local Runner	Male Vet 50
466	00:59:29	98	Patrick	Parmenter	Eastern Veterans AC	Male Vet 70+
467	01:00:14	212	Kevin	Stones	Unattached	Male Senior
468	01:00:21	324	Tricia	Rudd	Unattached	Female Vet 55
469	01:02:19	132	Yvonne	Glen	Unattached	Female Vet 60
470	01:02:19	15	Tom	Hobbs	Unattached Local Runner	Male Senior
471	01:02:44	35	Rebecca	Bloor	Unattached Local Runner	Female Vet 40
472	01:02:55	528	Kathryn	Fleming	Unattached Local Runner	Female Vet 35
473	01:07:31	415	Harry	Campbell	Unattached Local Runner	Male Under 20
474	01:08:04	520	Naomi	Boyden-Watts	Unattached Local Runner	Female Senior
475	01:08:07	125	Sarah	Watts	Unattached Local Runner	Female Vet 40
476	01:16:38	192	Taylor	Roloff	Unattached	Male Under 20
477	01:17:24	458	Steve	Hale	Unattached Local Runner	Male Senior
	DNS/DNF	1	Tara	Corbett	Hadleigh Hares A.C.	Female Vet 40
	DNS/DNF	2	Jaspar	Corbett	Unattached	Male Vet 45
	DNS/DNF	7	Dolina	O'Neil	Unattached	Female Senior
	DNS/DNF	10	Justine	Turner	Unattached	Female Vet 40
	DNS/DNF	13	Valerie	Hobbs	Unattached Local Runner	Female Vet 55
	DNS/DNF	20	Catherine	Daley	Unattached	Female Vet 40
	DNS/DNF	29	Solomon	Taylor	Unattached	Male Senior
	DNS/DNF	40	Chloe	Armitage	Unattached Local Runner	Female Vet 35



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DNS/DNF	44	Sarah	Brooks	Unattached	Female Vet 35
DNS/DNF	56	Mandy	Spurgeon	Unattached	Female Vet 45
DNS/DNF	67	Stephen	Farrington	Unattached	Male Senior
DNS/DNF	69	Richard	Blake	Unattached	Male Vet 40
DNS/DNF	82	Anna	Gavin	Unattached Local Runner	Female Vet 40
DNS/DNF	91	David	Bridger	Unattached	Male Vet 50
DNS/DNF	92	Louise	Soborg	Unattached	Female Vet 35
DNS/DNF	100	Lynn	Tanner	Springfield Striders AC	Female Vet 55
DNS/DNF	104	Carol	Feagan	Unattached	Female Vet 40
DNS/DNF	149	Grahame	Walkingshaw	Unattached	Male Vet 45
DNS/DNF	151	Lee	Rudland	Ipswich JAFFA	Male Senior
DNS/DNF	154	Tim	Collins	Unattached	Male Vet 50
DNS/DNF	160	Rebecca	Olley	Unattached Local Runner	Female Senior
DNS/DNF	169	Stuart	Irons	Unattached Local Runner	Male Vet 50
DNS/DNF	179	Sas	Lynch	Unattached	Female Vet 35
DNS/DNF	180	Thomas	Robinson	Unattached	Male Senior
DNS/DNF	181	Garry	Standley	Unattached Local Runner	Male Vet 45
DNS/DNF	189	Lesley	Anderson	Unattached	Female Senior
DNS/DNF	196	Mark	Ross	Gt Bentley Running Club	Male Vet 45
DNS/DNF	214	Tracey	Walsh	Unattached Local Runner	Female Vet 45
DNS/DNF	216	John	Clarke	Newham & Essex Beagles AC	Male Senior
DNS/DNF	235	Penelope	Cansell	Unattached	Female Senior
DNS/DNF	258	Clare	Myers	Unattached	Female Senior
DNS/DNF	268	Richard	Flutter	Harwich Runners	Male Vet 40
DNS/DNF	274	Robert	Pidgeon	Unattached	Male Vet 55
DNS/DNF	275	Diana	Bonnar	Unattached	Female Vet 55
DNS/DNF	276	Clare	Morgan	Unattached	Female Senior
DNS/DNF	279	Mita	Patel	Unattached	Female Senior
DNS/DNF	286	Malcolm	Hawken	Harwich Runners	Male Vet 45
DNS/DNF	292	Elaine	Wild	Unattached	Female Senior
DNS/DNF	293	Bob	Wild	Unattached	Male Senior
DNS/DNF	300	Andrew	Deeks	Unattached Local Runner	Male Senior
DNS/DNF	308	Peter	Mayhew-Smith	Unattached	Male Vet 40
DNS/DNF	315	James	Ponting	Dorking & Mole Valley AC	Male Senior
DNS/DNF	329	Neil	Gurr	Unattached	Male Vet 45
DNS/DNF	335	Philip	May	Colchester Harriers AC	Male Vet 50
DNS/DNF	336	Carol	May	Colchester Harriers AC	Female Vet 45
DNS/DNF	337	Phoebe	May	Colchester Harriers AC	Female Under 20
DNS/DNF	338	Hugo	May	Colchester Harriers AC	Male Under 20
DNS/DNF	340	Chris	Swainsbury	Unattached	Male Senior
DNS/DNF	346	Daniel	Hewitt	Halstead Road Runners	Male Vet 45
DNS/DNF	357	Ben	Martin	Bury St Edmunds Young Farmers	Male Senior
DNS/DNF	358	Julian	Cordwell	Harwich Runners	Male Vet 55
DNS/DNF	371	Matthew	Ridley	Unattached Local Runner	Male Senior
DNS/DNF	380	Martin	Oates	Unattached	Male Senior
DNS/DNF	381	Sue	Morris	Unattached	Female Vet 40
DNS/DNF	394	Ronnie	Stevenson	Unattached Local Runner	Male Vet 40
DNS/DNF	403	Inspector	Gadget	Unattached	Male Senior
DNS/DNF	407	Emma	Nixon	Unattached	Female Vet 45
DNS/DNF	414	David	Howe	Unattached	Male Senior
DNS/DNF	416	Anthony	Gordon	Witham RC	Male Senior
DNS/DNF	419	Lizzy	Murry	Unattached Local Runner	Female Under 20
DNS/DNF	421	Peter	Adkis	Unattached	Male Senior
DNS/DNF	422	Daniel	Adkis	Unattached	Male Vet 45
DNS/DNF	435	Craig	Giles	Unattached	Male Senior
DNS/DNF	477	Adam	Hateley	Unattached	Male Senior
DNS/DNF	483	Stephen	Thompson	Unattached	Male Vet 55
DNS/DNF	490	Keith	Pengelly	Unattached Local Runner	Male Vet 50
DNS/DNF	503	James	McLaren	Unattached Local Runner	Male Senior
DNS/DNF	525	Leigh	Swindon	Unattached	Female Senior
DNS/DNF	526	Simon	Dawson	West Suffolk A.C.	Male Under 20

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DNS/DNF	531	Paul	Raggett	Unattached Local Runner	Male Senior
DNS/DNF	532	Billy	Mills	AFC Sudbury Grass Roots	Male Under 20
DNS/DNF	535	Lisa	Smith	Hadleigh Hares A.C.	Female Vet 35
DNS/DNF	537	Leslie	Mathieson	Colchester Harriers AC	Male Vet 60
DNS/DNF	545	Liam	Poole	AFC Sudbury Grass Roots	Male Under 20