

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:28:14	509	JOHN	OAKES	Cambridge & Coleridge AC	Male Master 50
2	00:28:29	385	PHILLIP	MUNRO	Colchester Harriers AC	Male Senior
3	00:28:33	371	BRIAN	HERRINGTON	Harwich Runners	Male Master 40
4	00:28:41	241	COLIN	RIDLEY	West Suffolk A.C.	Male Master 45
5	00:29:04	368	PETER	WEST	Colchester Harriers AC	Male Master 45
6	00:29:41	336	STEVE	COOPER	Blackheath & Bromley Harriers	Male Senior
7	00:29:59	398	CHRIS	FEASEY		Male Senior
8	00:30:00	487	BEN	HOLLAND		Male Senior
9	00:30:01	536	JOHN	SCAIFE	Hadleigh Hares A.C.	Male Senior
10	00:30:28	350	PAUL	GAME	Haverhill Running Club	Male Senior
11	00:30:35	420	TOM	CRESSWELL	Sudbury Joggers	Male Senior
12	00:30:41	81	STUART	PRESTNEY	Halstead Road Runners	Male Senior
13	00:30:44	219	MARTIN	WILSON	West Suffolk A.C.	Male Senior
14	00:30:57	390	MARK	CLEMENTS	Ipswich JAFFA	Male Senior
15	00:31:03	93	SIMON	HARRISON	Ipswich JAFFA	Male Senior
16	00:31:19	430	MICHAEL	WOODRUFF		Male Master 45
17	00:31:26	192	MATTHEW	HASSALL	Local Runner	Male Senior
18	00:31:33	312	ODETTE	ROBSON		Female Senior
19	00:31:34	47	ARTHUR	WHISTON	Colchester Harriers AC	Male Master 60
20	00:31:36	162	CARL	ASHTON		Male Senior
21	00:31:49	35	STUART	GREEN	Stowmarket Striders	Male Master 50
22	00:31:58	325	STEVE	HEWES		Male Senior
23	00:32:19	274	JOSEPH	HEAD		Male Senior
24	00:32:23	80	DANIEL	ROWLAND	Local Runner	Male Senior
25	00:32:26	564	DAN	FOSTER		Male Master 45
26	00:32:35	446	SARAH	PARTRIDGE	Shaftesbury Barnet AC	Female Senior
27	00:32:45	254	JEM	SMITH	Local Runner	Male Senior
28	00:32:55	342	TREVOR	BUNCH	Haverhill Running Club	Male Senior
29	00:33:09	289	MARK	RUSSELL		Male Master 40
30	00:33:14	115	MARK	SUMNER	Hadleigh Hares A.C.	Male Senior
31	00:33:14	59	JAMES	WRIGHT	Springfield Striders AC	Male Senior
32	00:33:23	566	MARIE	SHIRLEY	Sudbury Joggers	Female Senior
33	00:33:40	485	MARC	UNDERDOWN	Witham RC	Male Senior
34	00:33:47	278	REBECCA	ADAMS	Colchester & Tendring AC	Female Senior
35	00:34:11	139	IAN	WHITNELL		Male Master 40
36	00:34:12	164	LISA	MUSTOE		Female Senior
37	00:34:22	196	JAMES	VARNDELL		Male Senior
38	00:34:26	147	JULES	MUMFORD	Local Runner	Male Master 40
39	00:34:31	103	STUART	MCHUGH	Local Runner	Male Master 40
40	00:34:35	317	MALCOLM	PENN		Male Master 50
41	00:34:42	302	MARTYN	BYFORD	Witham RC	Male Master 50
42	00:34:48	186	VICKY	PRESLAND	Gt Bentley Running Club	Female Senior
43	00:34:50	444	NEIL	DINWIDDIE		Male Senior
44	00:34:56	553	ROBERT	SMITH	Local Runner	Male Senior
45	00:35:04	429	IAN	EAST		Male Master 40
46	00:35:07	299	ALEX	DEAL	Local Runner	Male Under 20
47	00:35:07	90	ANTHONY	ROSE		Male Senior
48	00:35:08	437	COLIN	FARMER		Male Master 45
49	00:35:08	4	DAVID	KIRKWOOD		Male Senior
50	00:35:09	213	DEREK	HOOD		Male Senior
51	00:35:20	230	LEE	WORLEY		Male Senior
52	00:35:21	61	MARK	ANDREWS	Purple Patch Runners	Male Master 40
53	00:35:22	201	ANDY	GLASS	Sudbury Joggers	Male Senior

54	00:35:23	84	ADAM	MUMFORD	Local Runner	Male Senior
55	00:35:37	447	NICOLA	PYLE	Springfield Striders AC	Female Master 40
56	00:35:51	496	LOUISE	RAYNER		Female Senior
57	00:35:55	435	JOHN	CRADDOCK		Male Senior
58	00:35:55	244	DANIEL	RIDLEY	Local Runner	Male Senior
59	00:35:55	370	STEVEN	KENT	Harwich Runners	Male Master 45
60	00:35:57	324	RUSSELL	BREYER	Ipswich Triathlon Club	Male Master 45
61	00:35:58	66	ANTHONY	SCOTT	Local Runner	Male Senior
62	00:35:59	146	THOMAS	CLARK	Local Runner	Male Under 20
63	00:35:59	399	MATTHEW	HOOD		Male Senior
64	00:36:01	467	CHRIS	MOULTON	Sudbury Joggers	Male Senior
65	00:36:02	363	ADRIAN	FROST	Local Runner	Male Master 40
66	00:36:04	120	ROB	DAVIES		Male Master 45
67	00:36:12	208	ALICE	MAGUIRE	St Edmund Pacers	Female Under 20
68	00:36:24	155	SAMUEL	GURNEY		Male Senior
69	00:36:26	231	STEVEN	GOODWIN	Local Runner	Male Senior
70	00:36:27	199	ABI	COCKSEGE		Female Senior
71	00:36:28	340	EMILY	BAKER	West Suffolk A.C.	Female Under 20
72	00:36:45	303	GARY	BLOOMFIELD		Male Senior
73	00:36:49	56	DAVID	COLE		Male Senior
74	00:36:50	404	TREVOR	PICKERING		Male Master 45
75	00:36:51	294	MICHAEL	MURRAY	Local Runner	Male Master 45
76	00:37:04	378	CLIVE	DAVEY	Local Runner	Male Senior
77	00:37:06	53	ERIC	SHAW	Gt Bentley Running Club	Male Master 65
78	00:37:12	337	YUSUF	FIRAT	Haverhill Running Club	Male Master 45
79	00:37:13	507	IAN	CANNONS	Harwich Runners	Male Senior
80	00:37:14	384	PHILIP	MILLS		Male Senior
81	00:37:18	243	MATTHEW	RIDLEY	Local Runner	Male Senior
82	00:37:18	148	CHRIS	MCLAUGHLIN		Male Senior
83	00:37:19	410	RACHEL	JARVIS	Harwich Runners	Female Master 45
84	00:37:23	326	WAYNE	MUMFORD	Sudbury Joggers	Male Master 40
85	00:37:28	510	KEVIN	MARSHALL	Ilford AC	Male Master 50
86	00:37:30	450	MICHAEL	GREENACRE		Male Senior
87	00:37:35	483	JIM	NEAL		Male Senior
88	00:37:35	369	PATRICK	GRANT	Local Runner	Male Master 40
89	00:37:45	442	JAMES	WICKS	Local Runner	Male Senior
90	00:37:49	71	JOHN	COOKE	Colchester Harriers AC	Male Master 45
91	00:37:52	9	JOEL	BROWNE		Male Under 20
92	00:37:53	449	OLIVER	MITCHELL		Male Senior
93	00:37:54	76	SAMUEL	BLOWS		Male Senior
94	00:37:56	5	IAN	BAREHAM		Male Master 40
95	00:37:58	470	SIMON	FENN		Male Master 45
96	00:37:59	110	LEE	FORD	Local Runner	Male Senior
97	00:38:02	150	ANDREW	TINSLEY	Local Runner	Male Senior
98	00:38:03	415	HARRY	WRIGHT		Male Senior
99	00:38:12	253	PAUL	FARTHING		Male Master 45
100	00:38:23	96	SIMON	HIBBERT		Male Senior
101	00:38:24	193	SALLY	GORDON	Local Runner	Female Senior
102	00:38:26	13	RICHARD	BRAND	Local Runner	Male Master 40
103	00:38:27	348	JEFF	HIGGON	Harwich Runners	Male Master 55
104	00:38:33	549	BEN	TRACEY		Male Under 20
105	00:38:34	74	PAUL	BOWN		Male Under 20
106	00:38:34	301	STEPHEN	JACKSON		Male Senior
107	00:38:38	26	DANIEL	HARDY		Male Senior

108	00:38:39	87	RICHARD	GARRARD	Sudbury Joggers	Male Senior
109	00:38:40	498	SIRKKA	LOVE	Haverhill Running Club	Female Master 55
110	00:38:41	37	SIMON	NORTON	Local Runner	Male Master 45
111	00:38:41	267	DANIEL	STATHAM		Male Senior
112	00:38:43	277	GARETH	SMITH		Male Senior
113	00:38:46	286	BOB	BOWDEN		Male Senior
114	00:38:51	40	STUART	DANES	Local Runner	Male Senior
115	00:38:51	200	RICHARD	COCKSEGE		Male Senior
116	00:38:57	383	PAUL	ALLEN	Local Runner	Male Master 40
117	00:39:01	30	ALISTAIR	GODFREY		Male Under 20
118	00:39:04	396	PAUL	ASTLE		Male Senior
119	00:39:08	215	HAYLEY	PEARSON	Local Runner	Female Senior
120	00:39:08	216	MICHAEL	PEARSON	Local Runner	Male Master 40
121	00:39:13	451	PRASAN	MODASIA		Male Senior
122	00:39:15	479	MICK	DAVIDSON	Road Runners Club	Male Master 45
123	00:39:17	542	SALLY	MUMFORD	Local Runner	Female Senior
124	00:39:20	432	MATT	KEOGH	Local Runner	Male Senior
125	00:39:20	295	CALLUM	BRITTON	Local Runner	Male Under 20
126	00:39:22	187	JOHN	CULLUM		Male Master 60
127	00:39:24	280	TOM	BULL		Male Senior
128	00:39:24	209	MICHAEL	FENNER		Male Senior
129	00:39:34	269	IAN	WHITE		Male Master 40
130	00:39:35	202	KEVIN	HORTON		Male Master 40
131	00:39:40	63	IAN	BOWN		Male Master 45
132	00:39:44	160	ANDREW	MCLAUGHLIN	Local Runner	Male Master 45
133	00:39:48	194	DAVID	VARNDELL		Male Master 50
134	00:39:50	237	DUNCAN	BRIGHT		Male Senior
135	00:39:50	353	ANDREW	WRIGHT		Male Master 40
136	00:39:55	52	LAURA	HILLYARD	Colchester & Tendring AC	Female Under 20
137	00:40:05	373	DEAN	HYNARD	Local Runner	Male Under 20
138	00:40:06	82	SANDY	THOROGOOD	Sudbury Joggers	Female Master 45
139	00:40:08	555	KATY	BURNS	Haverhill Running Club	Female Master 40
140	00:40:10	296	HANNAH	PAYNE		Female Senior
141	00:40:10	156	BRIAN	WEST		Male Master 65
142	00:40:12	124	CHARLOTTE	EDWARDS	Local Runner	Female Senior
143	00:40:15	518	PAT	PARTRIDGE	St Edmund Pacers	Female Master 55
144	00:40:21	11	DAVE	HOWE		Male Master 50
145	00:40:35	349	RICHARD	NICE		Male Master 45
146	00:40:47	129	SOPHIE	LOVEGROVE		Female Senior
147	00:41:00	431	VINCENT	MCGOLDRICK		Male Master 50
148	00:41:10	114	EMMA	THISTLETON	Local Runner	Female Senior
149	00:41:13	313	SYLVAN	VEITCH		Male Senior
150	00:41:16	439	SIMON	WALLACE		Male Senior
151	00:41:19	240	DANIEL	AUSTIN	Local Runner	Male Senior
152	00:41:20	282	BEN	RIPPER		Male Senior
153	00:41:21	48	NATHAN	KELLY	Local Runner	Male Under 20
154	00:41:21	411	NATASHA	STEGGLES	Local Runner	Female Senior
155	00:41:30	262	RICHARD	MCLAUGHLIN		Male Master 45
156	00:41:31	563	LYNDON	HOUSTON		Male Senior
157	00:41:32	408	VICKI	LAW	Gt Bentley Running Club	Female Senior
158	00:41:45	7	KEN	BROWNE		Male Master 50
159	00:41:47	428	DAVID	HOWE		Male Senior
160	00:41:48	554	HAZEL	BUIST		Female Senior
161	00:42:02	493	HARVEY	DAVIS		Male Master 40

162	00:42:02	283	GAVIN	ELLIS		Male Senior
163	00:42:04	19	CAINE	FOLKES-MILLER		Male Senior
164	00:42:08	453	DEBBIE	LEWIS	Witham RC	Female Master 50
165	00:42:10	182	TODD	LEWIS		Male Master 45
166	00:42:26	221	DAVID	REID		Male Master 50
167	00:42:42	452	ROBERT	HUNT	Local Runner	Male Master 50
168	00:42:43	486	KATY	WEST		Female Senior
169	00:42:44	333	DAVID	ATTRILL	Harwich Runners	Male Master 45
170	00:42:46	75	JENNIFER	O'CALLAGHAN		Female Master 40
171	00:42:48	51	ASHLEY	WILLINGS	Local Runner	Male Senior
172	00:43:10	246	WAYNE	KERN	Halstead Road Runners	Male Master 40
173	00:43:13	234	KATE	ALLEN	Sudbury Joggers	Female Senior
174	00:43:14	571	WILL	GINNO		Male Senior
175	00:43:19	158	ROBERT	SAUNDERS		Male Senior
176	00:43:22	60	LIZ	COOPER		Female Master 40
177	00:43:24	169	TRACY	FLUX		Female Senior
178	00:43:28	175	LEANNE	HUMPHREYS		Female Senior
179	00:43:28	174	EILEEN	CARVELL		Female Senior
180	00:43:28	173	JAMES	CARVELL		Male Senior
181	00:43:30	461	LIONEL	RAVAT		Male Senior
182	00:43:31	427	ANDREW	DEEKS	Local Runner	Male Master 40
183	00:43:31	424	SCOTT	PETERS	Local Runner	Male Senior
184	00:43:32	3	BARRY	GREEN		Male Master 55
185	00:43:33	499	SIMON	PAGE		Male Master 50
186	00:43:38	473	BENJY	FIRTH		Male Senior
187	00:43:47	477	JULIAN	HOLLAND		Male Senior
188	00:43:55	334	MATT	MACKMAN		Male Senior
189	00:43:55	266	PENNY	ROONEY	Woodbridge Shufflers	Female Senior
190	00:43:59	293	WAYNE	HURRELL		Male Master 40
191	00:44:00	535	ROBERT	ROWLAND		Male Master 70
192	00:44:04	268	MARCEL	MCCRACKEN		Male Senior
193	00:44:05	85	TERESA	BAILEY		Female Master 40
194	00:44:06	151	MARY	KNAPP		Female Senior
195	00:44:10	222	LENKA	ANSTEAD	Sudbury Joggers	Female Senior
196	00:44:11	188	SARAH	MALLALIEU		Female Senior
197	00:44:21	189	JOHN	GILLARD		Male Master 40
198	00:44:25	529	HARRY	LAWRENCE	Local Runner	Male Under 20
199	00:44:26	508	TONY	ROOK		Male Master 45
200	00:44:26	45	KAREN	SKENE	Gt Bentley Running Club	Female Master 40
201	00:44:26	86	KATE	PEARSALL		Female Senior
202	00:44:27	530	RAY	STEELE	Local Runner	Male Master 40
203	00:44:31	356	TERRY	BRAVERMAN	Haverhill Running Club	Male Master 65
204	00:44:41	247	MILES	JOHNSON		Male Master 55
205	00:44:44	494	LAURENCE	GOWERS		Male Senior
206	00:44:45	144	JACKIE	KIRK	Hadleigh Hares A.C.	Female Master 45
207	00:44:50	481	PENNY	HURRELL		Female Master 40
208	00:45:05	119	STEVEN	PETCHEY	Local Runner	Male Senior
209	00:45:05	552	PHILIP	BROWN		Male Master 45
210	00:45:08	168	DAVID	POTTS	Local Runner	Male Senior
211	00:45:15	41	HOLLY	TURNER		Female Senior
212	00:45:17	31	DOMINIC	TURNER		Male Senior
213	00:45:19	533	ANDY	TATUM	Local Runner	Male Master 40
214	00:45:20	88	JENNY	STANDLEY	Sudbury Joggers	Female Master 40
215	00:45:22	397	JOHN	CLARKE		Male Master 40

216	00:45:26	339	ANNETTE	WHYBROW		Female Master 55
217	00:45:40	466	JULIE	THURLOW	Ipswich JAFFA	Female Master 55
218	00:45:40	392	PETER	GARNER		Male Master 50
219	00:45:42	57	VANESSA	REYNOLDS	Local Runner	Female Master 40
220	00:45:44	121	ROBERT	MCLAUGHLIN	Local Runner	Male Senior
221	00:45:51	79	JULIE	SIMPSON	Local Runner	Female Senior
222	00:45:53	565	JAMES	ELSEY	Local Runner	Male Senior
223	00:45:53	224	JAMES	WOODWARD	Local Runner	Male Master 40
224	00:45:56	438	SEAN	COOPER	Local Runner	Male Senior
225	00:45:57	347	JO	HIGGON	Harwich Runners	Female Master 50
226	00:45:58	58	SIMON	DANIEL	Local Runner	Male Senior
227	00:45:59	210	JAYESH	PATEL	Local Runner	Male Senior
228	00:46:00	236	REBECCA	AYRES	Local Runner	Female Under 20
229	00:46:02	126	PHIL	HOCKLEY		Male Master 40
230	00:46:04	480	JAN	BLAKE		Female Master 45
231	00:46:04	276	RICHARD	RAMSEY		Male Master 40
232	00:46:06	341	PAULINE	ADAMS	Ipswich JAFFA	Female Senior
233	00:46:07	92	ALISTAIR	GILL	Local Runner	Male Master 40
234	00:46:10	495	TRACEY	HADDOCK		Female Master 40
235	00:46:13	69	LYN	FOSTER	Gt Bentley Running Club	Female Master 55
236	00:46:15	78	PETER	SIMPSON	Local Runner	Male Master 45
237	00:46:16	181	ISLA	SHARP		Female Under 20
238	00:46:17	380	SARAH	GRIMSEY		Female Master 40
239	00:46:18	416	ALDOUS	REES		Male Senior
240	00:46:20	343	BIANCA	BURMAN	Local Runner	Female Senior
241	00:46:24	22	BRADLEY	SHEPHERD	Local Runner	Male Senior
242	00:46:27	18	MELANIE	FOLKES-MILLER		Female Senior
243	00:46:28	8	KELLY	GILES	Local Runner	Female Senior
244	00:46:32	99	JASON	CARSBOULT	Local Runner	Male Senior
245	00:46:35	364	SARAH	BIBBY	Local Runner	Female Senior
246	00:46:43	511	BERNARD	WRIGHT		Male Master 45
247	00:46:44	540	EMMA	RAGAB	Sudbury Joggers	Female Senior
248	00:46:46	290	JEREMY	BIRD	Local Runner	Male Senior
249	00:46:52	308	KAREN	LINE		Female Master 40
250	00:46:53	501	ANTHEA	SHORE		Female Master 40
251	00:46:56	20	KAREN	BEDWELL		Female Master 40
252	00:46:56	255	KEITH	BEDWELL		Male Master 40
253	00:46:57	402	STEVE	PETTS		Male Master 45
254	00:46:57	362	FREDERIQUE	DENNIEL	Sudbury Joggers	Female Senior
255	00:47:02	322	REBECCA	GRIFFITHS	Local Runner	Female Under 20
256	00:47:04	321	ALAN	GRIFFITHS	Local Runner	Male Master 45
257	00:47:07	358	JOSEPHINE	OAKLEY		Female Senior
258	00:47:07	315	CLAIRE	DUNN		Female Senior
259	00:47:07	318	JOANNE	SMITH		Female Master 40
260	00:47:17	113	PHIL	GILES	Local Runner	Male Master 40
261	00:47:23	407	BARBARA	LAW	Gt Bentley Running Club	Female Master 65
262	00:47:24	29	VERONICA	COLLINS	Sudbury Joggers	Female Master 45
263	00:47:28	344	MARY	MARSH	Newmarket Joggers	Female Master 55
264	00:47:33	568	MATTHEW	DURY		Male Senior
265	00:47:35	118	BEN	BOXALL		Male Senior
266	00:47:36	2	DAVID	WILLIAMS		Male Master 60
267	00:47:37	10	RACHAEL	CLARKE		Female Master 40
268	00:47:42	291	STEVE	DAVIES		Male Master 45
269	00:47:48	207	MERVYN	BARKER		Male Master 55

270	00:47:53	512	ALEX	DALE		Male Senior
271	00:48:02	316	ALICE	KING	Local Runner	Female Under 20
272	00:48:04	556	STUART	IRONS	Local Runner	Male Master 50
273	00:48:07	458	SUE	SORRELL	Gt Bentley Running Club	Female Master 40
274	00:48:12	405	NAOMI	WRIGHT	Local Runner	Female Senior
275	00:48:14	252	EMMA	VARNDELL		Female Under 20
276	00:48:16	426	LUCY	NICHOL	Local Runner	Female Senior
277	00:48:18	132	RICHARD	TAYLOR	Local Runner	Male Master 50
278	00:48:21	531	KEITH	HAMMOND	Local Runner	Male Senior
279	00:48:22	226	MEL	CHITTOCK		Male Master 55
280	00:48:22	297	CLAIRE	BARTRAM	Hadleigh Hares A.C.	Female Senior
281	00:48:25	500	GEORGINA	FAIRLEY		Female Senior
282	00:48:35	475	BARRY	JARVIS		Male Senior
283	00:48:37	183	LIZA	DEVLIN		Female Master 40
284	00:48:37	567	JAMIE	CASTLE		Male Senior
285	00:48:38	365	RACHEL	DUREY		Female Senior
286	00:48:39	327	CHLOE	BUTTON	Local Runner	Female Under 20
287	00:48:43	65	KAREN	AUSTIN		Female Master 40
288	00:48:45	562	ROSS	NORMAN		Male Master 50
289	00:48:45	355	ANDREA	SENIOR	Local Runner	Female Senior
290	00:48:49	140	VIVIEN	ASHTON	Local Runner	Female Master 45
291	00:48:59	179	SOLOMON	TAYLOR		Male Senior
292	00:48:59	539	DAVID	TAYLOR		Male Master 50
293	00:49:03	272	JENNIFER	DUFFY		Female Senior
294	00:49:03	273	MATTHEW	DUFFY		Male Senior
295	00:49:03	67	ROBERT	LING	Local Runner	Male Master 55
296	00:49:04	70	SARA	TAYLOR-BALLS	Hadleigh Hares A.C.	Female Master 45
297	00:49:05	38	JENNY	OLLEY	Local Runner	Female Master 50
298	00:49:27	94	ALEX	GREEN		Male Master 45
299	00:49:29	233	SHARON	BOWMAN	Local Runner	Female Master 45
300	00:49:29	177	TRISH	KEMPSON	Hadleigh Hares A.C.	Female Master 45
301	00:49:30	178	NICK	KEMPSON		Male Master 45
302	00:49:35	251	MARK	TAYLOR		Male Senior
303	00:49:36	125	RICHARD	EDWARDS	Local Runner	Male Senior
304	00:49:36	212	ANNETTE	ROBSON		Female Senior
305	00:49:42	248	NIGEL	PRENTIS		Male Master 55
306	00:49:53	263	STEVE	FARRELL	Local Runner	Male Master 40
307	00:49:54	436	JOHN	DAULTREY	Local Runner	Male Master 45
308	00:49:59	305	WADE	BENNETT		Male Master 45
309	00:50:05	352	DANIEL	READER		Male Senior
310	00:50:10	6	MICHELLE	AMOS		Female Senior
311	00:50:17	417	CRAIG	GEORGE		Male Senior
312	00:50:18	206	ROSEMARY	NAYLOR	Local Runner	Female Senior
313	00:50:19	443	GILL	IRVINE		Female Senior
314	00:50:20	250	RICHARD	DAVIES		Male Master 40
315	00:50:28	217	LEE	HEBDITCH	Local Runner	Male Senior
316	00:50:34	569	DAVID	STENSON	Local Runner	Male Master 45
317	00:50:42	135	TRACEY	WELSH	Local Runner	Female Master 50
318	00:50:45	517	KATHRYN SUMNER	COCKMAN	Hadleigh Hares A.C.	Female Master 40
319	00:50:48	406	SARAH	DALE		Female Senior
320	00:50:50	532	GILL	JAMES		Female Master 50
321	00:50:53	44	DAVID	BEVAN		Male Master 55
322	00:50:54	43	PAUL	FORSHAW		Male Master 55
323	00:50:55	98	JUSTINE	JONES		Female Master 40

324	00:51:01	366	MARK	HEATON		Male Master 40
325	00:51:09	143	CAROLE	SEELEY	Local Runner	Female Master 45
326	00:51:09	142	PAUL	SEELEY	Local Runner	Male Master 50
327	00:51:25	34	GRAHAM	PAGE	St Edmund Pacers	Male Master 55
328	00:51:29	172	BRIAN	STRINGER		Male Master 60
329	00:51:29	537	ANJA	SCAIFE	Hadleigh Hares A.C.	Female Senior
330	00:51:31	127	AARON	BATES	Local Runner	Male Under 20
331	00:51:32	375	KIRSTY	SPERRING		Female Senior
332	00:51:37	329	JULIE	WINDER		Female Master 40
333	00:51:41	203	SEAN	O'REILLY		Male Master 40
334	00:51:46	138	CAITLIN	PHILLIPS	Local Runner	Female Master 40
335	00:51:48	505	GILLIAN	BLACKMORE		Female Master 45
336	00:51:52	502	STEPHEN	MURPHY	Local Runner	Male Master 50
337	00:51:53	455	HELEN	PHILPOT		Female Master 40
338	00:51:54	497	JOANNA	RAYNER		Female Master 50
340	00:51:58	345	ED	KEELEY	Local Runner	Male Master 50
341	00:51:58	346	TRACEY	SIMMONS		Female Master 40
342	00:52:02	133	GORDON	BIRD		Male Senior
343	00:52:03	394	KAREN	GARNER		Female Master 40
344	00:52:04	185	CHARLIE	DEVLIN		Female Under 20
345	00:52:04	39	LOUISA	MCKNIGHT	Local Runner	Female Master 40
346	00:52:04	54	PETER	JARVIS	Local Runner	Male Master 60
347	00:52:11	109	DAVID	EVISON		Male Master 60
348	00:52:14	331	GEORGE	FIELD		Male Master 45
349	00:52:17	311	FRANK	MARSDEN		Male Master 55
350	00:52:18	323	ADAM	MARSTON		Male Senior
351	00:52:21	134	CAROL	PAGE		Female Master 40
352	00:52:24	310	CAROLINE	DONOGHUE		Female Master 40
353	00:52:25	261	BEN	EARY		Male Senior
354	00:52:25	259	KIRSTY	PILBROW	Harwich Runners	Female Senior
355	00:52:25	292	ELLIE	ROBINSON	Local Runner	Female Senior
356	00:52:29	376	ANNA	OAKES		Female Senior
357	00:52:35	387	RACHEL	LINSDSELL	Local Runner	Female Senior
358	00:52:47	516	THOMAS	ROBINSON		Male Senior
359	00:52:56	538	WILLIAM	HUNT	Local Runner	Male Senior
360	00:52:59	351	JOE	READER		Male Under 20
361	00:53:05	228	TRACEY	SQUIRREL		Female Master 40
362	00:53:11	488	LISA	SMITH		Female Senior
363	00:53:11	361	ALEX	CHISNALL		Female Senior
364	00:53:11	491	HELEN	DEAN		Female Senior
365	00:53:18	521	PHILIP	NUTLEY	St Edmund Pacers	Male Master 60
366	00:53:20	64	LISA	POLLARD		Female Master 40
367	00:53:22	12	TINA	GORE	Local Runner	Female Senior
368	00:53:23	423	DAVID	LESIK	Local Runner	Male Master 55
369	00:53:31	422	CATHERINE	KEMP		Female Master 45
370	00:53:36	68	STEPHEN	GERRISH	Local Runner	Male Master 55
371	00:53:37	270	TOBY	WHITE		Male Under 20
372	00:53:39	314	KATHRYN	TOWNEND	Braintree AC	Female Senior
373	00:53:46	545	GINO	DEBONO	Local Runner	Male Under 20
374	00:53:51	490	VICKI	PERRY		Female Senior
375	00:54:03	335	KATHRYNE	GILL		Female Senior
376	00:54:06	372	LYNETTE	HYNARD	Local Runner	Female Senior
377	00:54:16	198	NIKKI	DOWLING		Female Master 45
378	00:54:19	195	CAROLE	VARNDELL		Female Master 50

379	00:54:19	386	CATHERINE	KING	Local Runner	Female Master 40
380	00:54:25	513	BECCY	RAY	Local Runner	Female Senior
381	00:54:28	285	DAWN	HERBERT		Female Master 40
382	00:54:34	464	NICOLA	ASHWORTH		Female Master 40
383	00:54:38	393	JULIE	ARMSTRONG		Female Master 45
384	00:54:38	395	VICKI	YOUNGS		Female Senior
385	00:54:38	401	GERARD	HUTCHINSON	Local Runner	Male Senior
386	00:54:41	152	HANNAH	TAYLOR	Local Runner	Female Senior
387	00:54:44	389	KATHERINE	TAYLOR		Female Senior
388	00:54:46	137	SYLVIA	FRANCIS	Local Runner	Female Master 60
389	00:55:15	374	CAROLINE	KEEP		Female Master 45
390	00:55:16	469	DARREN	THEOBALD	Local Runner	Male Senior
391	00:55:18	541	NICKY	MCIVOR	Local Runner	Male Master 60
392	00:55:25	440	CHARLOTTE	OAKLEY		Female Senior
393	00:55:50	128	JOANNE	WILLIAMS		Female Senior
394	00:55:51	506	MICHELLE	JARRETT	Ipswich JAFFA	Female Senior
395	00:56:18	271	HATTIE	WHITE		Female Under 20
396	00:56:36	33	LOUIS	BROOKS		Male Senior
397	00:56:36	23	ANNA	BROOKS		Female Senior
398	00:56:53	238	JANE	STEBBING	Local Runner	Female Master 55
399	00:57:15	130	MEL	MARGAN		Female Senior
400	00:57:15	131	STEPHEN	WILLIAMS		Male Senior
401	00:58:06	360	RACHAEL	MILLS	Local Runner	Female Senior
402	00:58:13	525	SHAUN	CLARK	Local Runner	Male Senior
403	00:58:21	523	JACQUELINE	HUBBARD		Female Senior
404	00:58:39	457	FRANCES	HOUNSLOW		Female Senior
405	00:58:39	559	ALAN	COCHRAM		Male Senior
406	00:59:18	524	SARAH	KEMBLE	Local Runner	Female Senior
407	00:59:48	145	GILES	CLARK	Local Runner	Male Master 45
408	00:59:50	170	SHIRLEY	HILLYARD	Colchester & Tendring AC	Female Master 50
409	01:00:05	245	LESLEY	SWIFT	Local Runner	Female Master 55
410	01:00:14	462	SAM	FREWIN	Local Runner	Female Senior
411	01:00:14	445	CLARE	FREWIN		Female Senior
412	01:00:15	474	SAMANTHA	GURDEN		Female Senior
413	01:00:47	153	PETER	HAY	Local Runner	Male Senior
414	01:00:53	307	JULIE	BRACE	Local Runner	Female Master 40
415	01:00:53	306	AMY	HOWARD	Local Runner	Female Master 40
416	01:01:00	489	ROBERT	PIDGEON		Male Master 55
417	01:01:08	460	VALERIE	CHEFDEVILLE		Female Senior
418	01:01:17	62	KATHRYN	FLEMING	Local Runner	Female Master 40
419	01:01:38	472	EMMA	FIRTH		Female Senior
420	01:01:53	180	SALLY	SHARP		Female Master 45
421	01:02:28	287	NICHOLAS	READER		Male Senior
422	01:02:28	117	SARAH	FARLEY		Female Senior
423	01:03:08	484	MICHELLE	HOLLAND		Female Senior
424	01:03:45	548	BRANDON	NEW		Male Under 20
425	01:03:45	546	JOSH	LLOYD	Local Runner	Male Under 20
426	01:03:46	235	GARY	SPIERS		Male Master 40
427	01:04:11	309	JAMES	JANZEN		Male Senior
428	01:04:13	382	ANDREW	PIPER	Local Runner	Male Master 40
429	01:04:44	338	SAMANTHA	JENKINS		Female Senior
430	01:04:44	377	RACHEL	FRANCIS		Female Master 40
431	01:05:49	560	KIKI	NORMAN		Female Under 20
432	01:05:52	561	SARAH	NORMAN		Female Master 45

433	01:06:27	418	AMY	BLOWFIELD		Female Senior
434	01:06:31	544	SIMON	PARKER	Local Runner	Male Master 45
435	01:06:46	522	PATRICK	PARMENTER	Eastern Veterans AC	Male Master 70
436	01:06:55	330	CHANTELLE	HARRIS		Female Senior
437	01:06:59	328	DENNIS	HARRIS		Male Master 45
438	01:07:10	519	LISA	ANDREWS		Female Senior
439	01:07:10	520	AMANDA	EVERETT		Female Senior
440	01:07:17	122	TIM	GARRETT-MOORE	Local Runner	Male Master 50
441	01:07:24	570	JENNA	GUNN		Female Senior
442	01:08:03	149	VIKKI	TINSLEY	Local Runner	Female Master 40
443	01:08:14	77	REBECCA	BLOOR	Local Runner	Female Master 40
444	01:08:36	171	LO-ANNE	SPINK		Female Senior
445	01:00:08	419	WILL	GADD		Male Senior
446	01:00:13	414	LAURA	CRUMP		Female Senior
447	01:13:22	547	SAMUEL	DAVIES	Local Runner	Male Under 20
448	01:14:09	105	EDWARD	KEOGH	Local Runner	Male Senior
449	01:22:37	379	STEPHANIE	LOWN		Female Master 40
450	01:22:56	391	KELLIE	BARRETT-SEWARD	Local Runner	Female Senior
	dns/dnf	1	JOHN	DALEY		Male Master 40
	dns/dnf	14	CAROL	RAMSAY		Female Master 50
	dns/dnf	15	MARK	RAMSAY		Male Master 50
	dns/dnf	16	EMMA	NIXON	Bishops Stortford Running Club	Female Master 50
	dns/dnf	17	SIMON	CURTIS		Male Master 40
	dns/dnf	21	AMBER	DAVIES		Female Senior
	dns/dnf	24	DEBBIE	LAMOND		Female Master 40
	dns/dnf	25	STEVE	PARKER	Local Runner	Male Master 45
	dns/dnf	27	LAURA	EARDLEY		Female Senior
	dns/dnf	28	PETER	WOOD		Male Master 40
	dns/dnf	32	GRAHAME	WALKINGSHAW		Male Master 45
	dns/dnf	36	NEIL	ARBON	Local Runner	Male Master 55
	dns/dnf	42	JOHN	SHATFORD	Local Runner	Male Master 45
	dns/dnf	46	MATT	FORD		Male Senior
	dns/dnf	49	ELIZABETH	SWANSBOROUGH		Female Master 40
	dns/dnf	50	TRACIE	WEBB		Female Senior
	dns/dnf	55	JOHN	WOOLASTON		Male Master 40
	dns/dnf	72	BRIAN	ROLOFF		Male Master 50
	dns/dnf	73	TAYLOR	ROLOFF		Male Under 20
	dns/dnf	83	SAMANTHA	FRENCH		Female Senior
	dns/dnf	89	SIMON	WILSON	Local Runner	Male Senior
	dns/dnf	91	CAROLINE	PARMENTER		Female Senior
	dns/dnf	95	TONY	CALLENDER		Male Master 65
	dns/dnf	97	JACQUI	HOBBS		Female Master 40
	dns/dnf	100	DAVID	DUNN	Local Runner	Male Master 40
	dns/dnf	102	SHARYN	MOUNTFORD		Female Master 45
	dns/dnf	104	ADAM	WEBSTER	Local Runner	Male Master 40
	dns/dnf	106	JOANNE	BAKER		Female Master 40
	dns/dnf	107	MARK	WOODS		Male Master 45
	dns/dnf	108	JOHN	BUCKLE		Male Master 55
	dns/dnf	111	DONNA	DIPPLE		Female Senior
	dns/dnf	112	JOHN	DIPPLE		Male Master 50
	dns/dnf	123	ROBERT	WALLACE	Local Runner	Male Senior
	dns/dnf	136	JOHN	FRANCIS	Local Runner	Male Master 55
	dns/dnf	141	BEN	TAYLOR		Male Senior
	dns/dnf	154	LUCY	MANNERING		Female Senior

dns/dnf	159 NEIL	TURNER		Male Master 40
dns/dnf	161 KIRSTY	GRAEFE		Female Senior
dns/dnf	163 CLIVE	PINNION	Hadleigh Hares A.C.	Male Master 45
dns/dnf	165 PAUL	KERRISON	Harwich Runners	Male Master 40
dns/dnf	166 CLARE	MCKENNA	Harwich Runners	Female Senior
dns/dnf	167 PAUL	SMITH		Male Master 45
dns/dnf	176 ESTHER	STRINGER		Female Master 55
dns/dnf	184 JACK	DEVLIN		Male Under 20
dns/dnf	190 MICHELLE	SIMS		Female Master 50
dns/dnf	191 RICHARD	CHISNALL		Male Senior
dns/dnf	197 DARREN	WRIGHT		Male Master 45
dns/dnf	205 MICHAEL	SUMMERS		Male Master 40
dns/dnf	211 MATTHEW	THOMPSON		Male Senior
dns/dnf	214 CHARLOTTE	TOMKINSON		Female Senior
dns/dnf	218 NEIL	TYLER		Male Senior
dns/dnf	220 PETER	WORLEY	Local Runner	Male Senior
dns/dnf	223 ANDREW	TACZYNSKI	Sudbury Joggers	Male Senior
dns/dnf	225 RICHARD	LOMAS		Male Senior
dns/dnf	227 ANDY	BRYANT	Local Runner	Male Master 40
dns/dnf	229 JOHN	SHEA		Male Master 55
dns/dnf	239 SCOTT	REID		Male Under 20
dns/dnf	242 ANDREW	RIDLEY	West Suffolk A.C.	Male Under 20
dns/dnf	249 JODIE	CARTWRIGHT	Local Runner	Female Master 40
dns/dnf	256 HELEN	WOODFINE		Female Master 40
dns/dnf	257 LAURA	MTIMBIRI		Female Senior
dns/dnf	258 SIZA	MTIMBIRI		Male Master 40
dns/dnf	260 JANE ST	LEDGER	Local Runner	Female Master 50
dns/dnf	264 SUZY	CRAMER		Female Master 40
dns/dnf	265 ELLIE	CUMNER	Colchester & Tendring AC	Female Senior
dns/dnf	279 CARLA	HOLROYD	Harwich Runners	Female Master 50
dns/dnf	281 MICHAEL	GREATOREX		Male Senior
dns/dnf	288 ALAN	READER		Male Master 40
dns/dnf	298 TOBY	GOODWIN	Local Runner	Male Senior
dns/dnf	304 KEITH	GAME		Male Master 45
dns/dnf	319 AMANDA	RAYNER	Local Runner	Female Senior
dns/dnf	320 GARY	NICE		Male Senior
dns/dnf	354 ANDY	BRADFORD		Male Senior
dns/dnf	357 PAUL	WILSON	Local Runner	Male Master 50
dns/dnf	359 ROBERT	REASON	Harwich Runners	Male Senior
dns/dnf	367 SIMON	HARRIS		Male Master 50
dns/dnf	388 ALAN	JACKSON	Ipswich JAFFA	Male Master 50
dns/dnf	400 STEWART	WATSON		Male Senior
dns/dnf	403 NEIL	SAWYER		Male Master 40
dns/dnf	409 NIGEL	PRIDEAUX		Male Master 40
dns/dnf	412 JASON	BILTON	Colchester Harriers AC	Male Master 40
dns/dnf	413 FRANCESCA	NORRIS	Colchester Harriers AC	Female Master 50
dns/dnf	421 STUART	DAVIS	Local Runner	Male Senior
dns/dnf	425 CLAIRE	TURNBULL		Female Senior
dns/dnf	433 ANDREW	HELLER		Male Senior
dns/dnf	434 JAYNE	NUNN	Haverhill Running Club	Female Master 40
dns/dnf	441 JOHN	SQUIRREL	Stowmarket Striders	Male Master 55
dns/dnf	454 DENISE	LEEDER	Local Runner	Female Master 45
dns/dnf	459 HELEN	TAYLOR	Local Runner	Female Senior
dns/dnf	463 NICHOLA	MOORES	Local Runner	Female Senior

dns/dnf	465	DEBORAH	NOTT		Female Senior
dns/dnf	468	JOHN	KENYON		Male Master 65
dns/dnf	471	KAREN	MONGER		Female Senior
dns/dnf	476	MALCOLM	STATHAM		Male Master 40
dns/dnf	478	CATHERINE	DREW		Female Master 45
dns/dnf	482	FAITH	PATTIE		Female Senior
dns/dnf	492	TERESA	MORIARTY		Female Master 45
dns/dnf	503	THERESA	BISHOP	Gt Bentley Running Club	Female Master 45
dns/dnf	504	DES	BISHOP	Gt Bentley Running Club	Male Master 45
dns/dnf	514	FRANK	GARDINER	Gt Bentley Running Club	Male Master 60
dns/dnf	515	JONATHAN	NEARS	Colchester Harriers AC	Male Senior
dns/dnf	526	CARLY	PAXTON	Local Runner	Female Senior
dns/dnf	527	ANNETTE	WILLIAMS		Female Master 55
dns/dnf	528	PETER	WADE		Male Master 60
dns/dnf	543	KITTY	CRAIG		Female Senior
dns/dnf	551	JOHN	CAMP		Male Senior