

Pos	Time	No	Surname	First Name	Club Name	Category
1	00:35:37	235	Reason	Robert	Harwich Runners	Unable to place in Cat.
2	00:35:58	219	Alexander	Joe	Unattached	Male Senior
3	00:36:23	209	Gooding-Matthews	Sam	Harwich Runners	Male Senior
4	00:36:27	221	Palmer	Nick	Stowmarket Striders	Male Senior
5	00:36:32	104	Scaife	John	Hadleigh Hares A.C.	Male Senior
6	00:36:42	180	Mingay	Paul	Tiptree Road Runners	Male Master 40-54
7	00:36:58	232	Dale	Simon	Gt Bentley Running Club	Male Senior
8	00:37:00	167	Campbell	Wilfred	Ipswich JAFFA	Male Master 40-54
9	00:37:43	119	West	Peter	Colchester Harriers AC	Male Master 40-54
10	00:38:37	220	Herrington	Brian	Harwich Runners	Male Master 40-54
11	00:38:41	210	Hewes	Steve	Unattached	Male Senior
12	00:38:44	96	Cooper	Steve	Blackheath & Bromley Harriers	Male Senior
13	00:38:52	151	Dryden	Scott	Unattached	Male Master 40-54
14	00:38:56	195	Marra	Keith	Unattached	Male Senior
15	00:38:57	240	Wright	James	Springfield Striders AC	Male Senior
16	00:39:13	135	Maynard	Andrew	Serpentine Running Club	Male Master 40-54
17	00:39:15	87	Withecumbe	Will	Beckenham Running Club	Male Senior
18	00:39:17	163	Thomas	Clive	Gt Bentley Running Club	Male Master 40-54
19	00:39:38	45	Phillips	Simon	St Edmund Pacers	Male Senior
20	00:39:48	187	Marley	Keith	Unattached	Unable to place in Cat.
21	00:39:52	97	Warren	Christopher	Gt Bentley Running Club	Male Senior
22	00:40:10	65	Green	Stuart	Stowmarket Striders	Male Master 40-54
23	00:40:31	170	Sheppard	Darren	Framlingham Flyers	Male Master 40-54
24	00:40:39	165	Seymour	Chris	Stowmarket Striders	Male Master 40-54
25	00:41:05	123	Gibson	Ben	Unattached	Male Senior
26	00:41:09	206	Whiston	Arthur	Colchester Harriers AC	Male Master 55+
27	00:41:17	242	Springett	Stuart	Unattached	Male Senior
28	00:41:19	228	Ash	Jamie	Gt Bentley Running Club	Male Senior
29	00:41:50	244	Petersen	William	Unattached	Male Master 40-54
30	00:41:59	185	Hines	Marc	Unattached	Male Senior
31	00:42:04	80	Clarke	Colin	Unattached	Male Master 40-54
32	00:42:21	230	Crawley	Scott	Gt Bentley Running Club	Male Senior
33	00:42:40	208	Brewer	Mark	Tiptree Road Runners	Male Master 40-54
34	00:42:49	204	Smith	Simon	Unattached	Male Master 40-54
35	00:43:07	166	Milligan	Iain	Unattached	Male Senior
36	00:43:28	22	Flack	Andrew	Unattached	Male Master 40-54
37	00:43:36	207	Waterson	James	Unattached	Male Senior
38	00:43:41	128	Simmons	Michael	Gt Bentley Running Club	Male Master 40-54
39	00:43:47	171	Epps	Terry	Wymondham AC	Male Master 55+
40	00:43:51	76	Watts	Mark	St Edmund Pacers	Male Master 40-54
41	00:44:02	62	Woodley	Scott	Unattached	Male Senior
42	00:44:03	223	Meddemmen	Stuart	Tiptree Road Runners	Male Senior
43	00:44:04	86	Burdett	Melenie	Beckenham Running Club	Female Master 35-49
44	00:44:10	59	Potticary	David	Unattached	Male Senior
45	00:44:10	71	Barber	Daniel	Unattached	Male Senior
46	00:44:16	54	Mole	Sarah	Unattached	Female Master 35-49
47	00:44:19	81	Harper	Paul	Unattached	Male Senior
48	00:44:39	72	Hynes	Marcus	Unattached	Male Senior
49	00:44:42	106	Bullock	Kate	Unattached	Female Master 35-49
50	00:44:49	179	Beard	Ian	Unattached	Male Master 40-54
51	00:44:51	196	Grealy	Mike	Halstead Road Runners	Male Master 55+
52	00:44:52	28	Ficken	Benjamin	Gt Bentley Running Club	Male Senior
53	00:44:56	214	Ramsey	Allan	Unattached	Male Senior

54	00:44:59	115 Breyer	Russel	Ipswich Triathlon Club	Male Master 40-54
55	00:44:59	225 McNulty	Alex	Top Notch	Male Senior
56	00:45:11	108 Hopkins	Gary	New Eltham Joggers	Male Master 40-54
57	00:45:23	205 Vaughan	David	St Edmund Pacers	Male Master 55+
58	00:45:27	99 Bettis	Lee	Gallery Run & Tri Club	Male Master 40-54
59	00:45:37	233 Gee	Darren	Unattached	Male Master 40-54
60	00:45:45	101 Higgins	Kevin	Unattached	Male Master 40-54
61	00:45:48	36 Clarke	Richard	Unattached	Male Master 40-54
62	00:45:55	184 Tribley	James	Unattached	Male Master 40-54
63	00:46:13	63 Saunders	Robert	Unattached	Male Senior
64	00:46:28	174 Abbott	Gyles	Unattached	Unable to place in Cat.
65	00:46:30	95 Langridge	Steven	Unattached	Male Senior
66	00:46:36	222 Moon	Graeme	Tiptree Road Runners	Male Master 55+
67	00:46:43	53 King	Adam	Unattached	Male Senior
68	00:46:49	88 Locke	Colin	Harwich Runners	Male Master 40-54
69	00:46:56	60 Newman	David	Unattached	Male Master 40-54
71	00:46:59	51 Skelton	Jason	Unattached	Male Master 40-54
72	00:47:44	14 Oakley	Phil	Unattached	Male Senior
73	00:47:46	113 Mole	Denis	Haverhill Running Club	Male Master 55+
74	00:47:48	158 Barry	Fiachra	Colchester & Tendring AC	Male Senior
75	00:47:53	34 Sweeny	Robert	Unattached	Male Senior
76	00:47:55	217 Hunt	Caroline	Unattached	Unable to place in Cat.
77	00:48:01	85 Bartlet	Tracy	Leigh-on-Sea Striders	Female Senior
78	00:48:07	199 Carlisle	Paul	Gt Bentley Running Club	Male Master 40-54
79	00:48:24	239 Haynes	Noel	Gt Bentley Running Club	Male Senior
80	00:48:32	189 Banks	Liam	Unattached	Male Master 40-54
81	00:48:41	238 Roberts	Sandra	Norfolk Gazelles	Female Master 35-49
82	00:48:43	169 Epps	Samantha	Wymondham AC	Female Senior
83	00:48:46	7 Carden	Ashley	Unattached	Male Senior
84	00:49:05	139 MacDaugall	David	Colchester Traditional Karate	Male Senior
85	00:49:10	161 Waterson	Tommy	Unattached	Male Senior
86	00:49:15	144 Smith	Jim	Colchester Traditional Karate	Male Senior
87	00:49:28	44 Bennett	David	Unattached	Male Master 40-54
88	00:49:29	66 Potter	Gary	Unattached	Male Master 40-54
89	00:49:56	143 Martin	Mike	Unattached	Male Master 40-54
90	00:50:02	197 Crowson	Paul	Harwich Runners	Male Master 40-54
91	00:50:06	213 Kernan	Kira	Gt Bentley Running Club	Female Master 35-49
92	00:50:11	23 Hilson	David	Unattached	Male Master 40-54
93	00:50:23	155 Abbott	Simon	Unattached	Male Senior
94	00:50:28	16 Watts	Neil	Unattached	Male Senior
96	00:50:52	173 Welsford	Adam	Unattached	Male Senior
97	00:51:01	79 Clarke	Josephine	Unattached	Female Master 35-49
98	00:51:05	17 Breyer	Tim	Unattached	Male Master 40-54
99	00:51:07	126 Lucas	Stephen	Unattached	Male Master 40-54
100	00:51:13	157 Smith	Richard	Felixstowe Road Runners	Male Master 40-54
101	00:51:18	18 Cooper	Liz	Unattached	Female Master 35-49
102	00:51:21	245 Spinks	Paul	Unattached	Male Master 40-54
103	00:51:24	216 Camp	Gemma	Gt Bentley Running Club	Unable to place in Cat.
104	00:51:25	67 Fryer	Lucy	Unattached	Female Senior
105	00:51:27	159 Fox	David	Felixstowe Road Runners	Male Master 40-54
106	00:51:32	43 Boud	Tim	Unattached	Male Master 40-54
107	00:51:42	31 Bown	Ian	Unattached	Male Master 40-54
108	00:52:08	160 Holmes	Peter	Unattached	Male Master 40-54
109	00:52:35	224 Fuller	Peter	Tiptree Road Runners	Male Senior

110	00:52:39	50	Williams	David	Unattached	Male Master 40-54
111	00:52:46	77	Street	Shane	Unattached	Male Senior
112	00:52:49	102	Mast	Clive	Unattached	Male Master 40-54
113	00:52:50	202	Froud	Ralph	Unattached	Male Master 40-54
114	00:53:10	121	Jarques	Sergi	Unattached	Male Master 40-54
115	00:53:17	178	Stewart	Andrew	Hadleigh Hares A.C.	Male Master 40-54
116	00:53:18	10	Skene	Karen	Gt Bentley Running Club	Female Master 35-49
117	00:53:18	215	Shaw	Eric	Gt Bentley Running Club	Unable to place in Cat.
118	00:53:35	234	Fellingham	Richard	Stowmarket Striders	Male Master 55+
119	00:53:36	172	Paget	Charlie	Unattached	Female Senior
120	00:53:40	11	Ross	Stuart	Unattached	Male Senior
121	00:53:44	47	Green	Peter	Unattached	Male Senior
122	00:53:46	127	Simmons	Marion	Gt Bentley Running Club	Female Master 35-49
123	00:53:52	6	Kerrison	Paul	Harwich Runners	Male Master 40-54
124	00:54:05	140	Portbury	Adam	Colchester Traditional Karate	Male Senior
125	00:54:06	134	Wilbraham	James	Unattached	Male Master 40-54
126	00:54:39	89	Goes	Eva	Harwich Runners	Female Master 50+
127	00:54:40	46	Green	Christopher	Unattached	Male Senior
128	00:54:51	12	Simons	Mark	Unattached	Male Master 40-54
129	00:54:56	137	Whylock	Timothy	Unattached	Male Master 40-54
130	00:54:59	84	Gowers	Laurence	Unattached	Male Senior
131	00:55:07	116	Hardy	Dan	Unattached	Male Senior
132	00:55:09	201	Fedarb	Stephen	Colchester Traditional Karate	Male Senior
133	00:55:13	198	Carlisle	Lex	Gt Bentley Running Club	Female Master 50+
134	00:55:27	61	Gladley	Bethany	Unattached	Female Senior
135	00:55:39	82	Lampard	Dave	Felixstowe Road Runners	Male Master 40-54
136	00:55:40	194	Page	Simon	Unattached	Male Master 55+
137	00:55:47	182	Clarke	William	Unattached	Male Senior
138	00:55:48	203	Docherty	Sarah	Unattached	Female Senior
139	00:55:51	200	Graham	Debra	Unattached	Female Master 50+
140	00:55:52	150	Foster	Romany	Unattached	Female Master 35-49
143	00:56:02	118	Hardy	Stuart	Unattached	Male Senior
144	00:56:04	125	Capon	Sara	Unattached	Female Senior
145	00:56:05	183	Aylott	James	Unattached	Male Senior
146	00:56:07	19	Dadds	Jonathan	Unattached	Male Senior
148	00:56:10	212	Bibko	Boris	Unattached	Male Senior
149	00:56:14	13	Mower	Steve	Unattached	Male Master 40-54
150	00:56:16	55	Blanchard	Andrew	Unattached	Male Senior
152	00:56:18	78	Atkins	Graham	Unattached	Male Master 40-54
153	00:56:32	138	Davies	Ruth	Unattached	Female Master 35-49
154	00:56:32	15	McDowell	Ian	Unattached	Male Master 40-54
155	00:56:50	152	Montague	Peter	Unattached	Male Master 55+
156	00:56:58	132	Herholdt	Ingrid	Unattached	Female Senior
157	00:56:59	164	Coyne	Tina	Unattached	Unable to place in Cat.
158	00:57:05	124	Chapman	Hannah	Unattached	Female Senior
159	00:57:13	109	Martin	Barry	Gt Bentley Running Club	Male Master 40-54
160	00:57:17	211	Jarrett	Jenny	Felixstowe Road Runners	Female Master 35-49
161	00:57:55	117	Gilson	Lisa	Colchester Bootcamp RC	Female Master 35-49
162	00:57:55	110	Boughtwood	Cliff	Unattached	Male Master 40-54
163	00:58:00	226	Shannon	Abbie	Unattached	Female Master 35-49
164	00:58:03	218	Ross	Alison	Dedham School Pupil	Female Master 35-49
166	00:58:20	154	Voss	John	Unattached	Male Master 40-54
167	00:58:21	37	Noble	Heidi	Unattached	Female Master 35-49
168	00:58:23	241	Williamson	Guy	Unattached	Male Master 40-54

169	00:58:26	57	Warner	Anne	Unattached	Female Master 50+
170	00:58:34	24	Alcock	Steve	Hadleigh Hares A.C.	Male Master 40-54
172	00:58:56	153	Pipe	Pippa	Unattached	Female Senior
173	00:58:57	175	Farnworth	Jayne	Felixstowe Road Runners	Female Master 50+
174	00:59:13	98	Armstrong	Patrick	Unattached	Male Senior
175	00:59:16	32	Sorrell	Sue	Gt Bentley Running Club	Female Master 35-49
176	00:59:16	229	Barnard	Laura	Unattached	Female Senior
177	00:59:26	8	Shelly	Karen	Capel Cheetahs	Female Master 35-49
178	00:59:30	38	Rankin	Helen	Unattached	Female Master 35-49
179	00:59:35	193	McGoldrick	Liz	Unattached	Female Master 50+
180	00:59:43	2	Palmer	Alice	Unattached	Female Master 35-49
181	01:00:01	156	Jarvis	Debbie	Unattached	Female Master 35-49
182	01:00:12	186	Bird	Roy	Unattached	Male Senior
184	01:00:15	176	Taylor	Travis	Unattached	Male Senior
186	01:00:49	162	Elphinstone	Wayne	Unattached	Male Senior
187	01:00:58	93	Wilks	Candy	Unattached	Female Senior
188	01:01:18	92	Phillips	Simon	Unattached	Male Senior
189	01:01:28	107	Chittock	Mel	Unattached	Male Master 55+
190	01:01:44	9	Hughes	Simon	Unattached	Male Senior
191	01:01:45	103	Smythe	Claire	Unattached	Female Master 35-49
192	01:01:49	236	Hudson?	Bev	Unattached	Female Master 35-49
193	01:01:49	142	Sambrook	Katie	Unattached	Female Master 35-49
194	01:02:14	191	Hunter	Karen	Unattached	Female Master 35-49
195	01:02:25	30	Lewthwaite	Lisa	Unattached	Female Master 35-49
196	01:02:33	188	Constantine-Clark	Vicky	Unattached	Female Senior
197	01:02:38	21	Brown	Simon	Unattached	Male Senior
198	01:02:38	69	Brown	Ian	Unattached	Male Master 40-54
199	01:02:57	26	Booker	Gary	Unattached	Male Senior
200	01:03:45	181	Roxby	Sarah	Unattached	Female Senior
201	01:04:02	231	Cudmore	Paul	Unattached	Male Master 40-54
202	01:04:22	29	Ditmore	Tina	Unattached	Female Master 35-49
203	01:05:24	190	Walkingshaw	Grahame	Haddington & E Lothian Pace.	Male Master 40-54
204	01:05:25	192	Gardiner	Rachel	Hadleigh Hares A.C.	Female Master 35-49
205	01:06:01	42	Goding	Keeley	Unattached	Female Senior
206	01:06:56	141	Fletcher	Anne	Unattached	Female Master 35-49
207	01:07:02	177	Warner	Jonathan	Unattached	Male Master 55+
208	01:07:03	114	Walsh	Claire	Unattached	Female Master 35-49
210	01:08:04	122	Spencer	Tina	Unattached	Female Master 35-49
211	01:09:01	5	Sommerlad	Michael	Gt Bentley Running Club	Male Master 55+
212	01:09:59	25	Bishop	Jon	Unattached	Male Master 40-54
213	01:10:53	168	Barker	Bonnie	Unattached	Unable to place in Cat.
214	01:10:53	56	Ray	Lisa	Unattached	Female Master 35-49
215	01:11:57	74	Marshall	Evan	Unattached	Male Master 40-54
216	01:11:57	70	Milsom	Paul	Unattached	Male Master 40-54
217	01:12:15	90	Blake	Claire	Witham RC	Female Master 35-49
70	DSQ	237	Quilty	Peter	Unattached	Male Master 40-54
95	DSQ	243	Lampon	Jessica	Unattached	Female Senior
141	DSQ	58	Warner	Catherine	Unattached	Female Senior
142	DSQ	64	Lucas	Andy	Unattached	Male Master 40-54
147	DSQ	130	Bell	Derek	Unattached	Male Master 40-54
151	DSQ	91	Lummis	David	Unattached	Male Senior
165	DSQ	49	Shaw	Mark	Unattached	Male Senior
171	DSQ	100	Hales	Wendy	Unattached	Female Senior
183	DSQ	83	Taylor	Sophie	Unattached	Female Master 35-49

185	DSQ	133	Herholdt	CT	Unattached	Male Senior
209	DSQ	227	James	William	Unattached	Male Master 40-54
	dns/dnf	1	Thompson	Samantha	Unattached	Female Master 35-49
	dns/dnf	3	Wood	Collett	Unattached	Female Master 35-49
	dns/dnf	4	Prime	Nicole	Unattached	Female Senior
	dns/dnf	20	Holroyd	Carla	Harwich Runners	Female Master 50+
	dns/dnf	27	Hicks	Steve	Unattached	Male Senior
	dns/dnf	33	Spence	Nick	Unattached	Male Senior
	dns/dnf	35	Wells	Richard	Unattached	Male Senior
	dns/dnf	39	Scott	James	Unattached	Male Senior
	dns/dnf	40	Bland	Annette	Unattached	Female Master 35-49
	dns/dnf	41	Bland	Richard	Unattached	Male Master 40-54
	dns/dnf	48	Thompson	Daniel	Unattached	Male Senior
	dns/dnf	52	Williams	Lewis	Unattached	Male Senior
	dns/dnf	68	Squirrell	John	Stowmarket Striders	Male Master 55+
	dns/dnf	73	Knight	Mitchell	Unattached	Male Senior
	dns/dnf	75	Milldawney	Richard	Unattached	Male Senior
	dns/dnf	94	Sharp	Russ	Gt Bentley Running Club	Male Senior
	dns/dnf	105	Burnyeat	Claire	Unattached	Female Master 35-49
	dns/dnf	111	Mabbutt	Scott	Unattached	Male Senior
	dns/dnf	112	Orrin	Pete	Unattached	Male Senior
	dns/dnf	120	Gardiner	Gail	Unattached	Female Senior
	dns/dnf	129	Edye	Simon	Norwich Road Runners	Male Master 55+
	dns/dnf	131	Pountney	Catherine	Unattached	Female Master 50+
	dns/dnf	136	Setford	Steve	Unattached	Male Master 40-54

DSQ You were disqualified by the race referee for wearing an Ipod or similar, which is not allowed

dns/dnf You either Did Not Start the race or Did Not Finish the race