

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:34:45	357	Rick	Weston	Unattached	Male Senior
2	00:35:28	298	Carl	Lane	Colchester Harriers AC	Male Senior
3	00:35:30	290	Brad	Jones	Ipswich JAFFA	Male Senior
4	00:36:13	348	John	Oaks	Cambridge & Coleridge AC	Male Master 50+
5	00:36:53	344	Jonathan	Nears	Colchester Harriers AC	Male Senior
6	00:37:23	272	Tamara	Jordan	Stowmarket Striders	Female Senior
7	00:37:28	337	Simon	Dale	Gt Bentley Running Club	Male Senior
8	00:37:32	219	Paul	Preston	Colchester Harriers AC	Male Senior
9	00:37:37	294	James	Henderson	Woodbridge Shufflers	Male Master 40
10	00:38:11	318	Gary	Thompson	Ipswich JAFFA	Male Senior
11	00:38:44	273	Mark	Clements	Ipswich JAFFA	Male Senior
12	00:39:01	173	Steve	Hewes	Unattached	Male Senior
13	00:39:04	343	Clive	Thomas	Gt Bentley Running Club	Male Master 40
14	00:39:07	283	Simon	Phillips	St Edmund Pacers	Male Senior
15	00:39:34	170	Chris	Warren	Gt Bentley Running Club	Male Senior
16	00:39:50	285	Dominique	Ballard	Benfleet Running Club	Female Senior
17	00:40:28	277	Robert	Mills	Springfield Striders AC	Male Senior
18	00:40:38	241	Simon	Macer-Wright	Unattached	Male Master 40
19	00:40:49	329	Andrew	Smith	Unattached	Male Senior
20	00:41:00	215	Darren	Sheppard	Framlingham Flyers	Male Master 40
21	00:41:16	359	Simon	Ashmore	Unattached	Male Master 40
22	00:41:21	183	Marie	Shirley	Colchester Harriers AC	Female Senior
23	00:41:28	266	Richard	Flutter	Harwich Runners	Male Master 40
24	00:41:37	297	Christopher	Snowdon	Springfield Striders AC	Male Senior
25	00:41:51	246	Peter	Steadman	Unattached	Male Master 40
26	00:41:52	236	Rob	Harrow	Sudbury Joggers AC	Male Senior
27	00:41:52	167	Arthur	Whiston	Colchester Harriers AC	Male Master 50+
28	00:42:00	311	Matthew	Leigh	Hadleigh Hares A.C.	Male Master 40
29	00:42:10	366	William	Peterson	Unattached	Male Master 40
30	00:42:15	192	Kristian	Fulljames	Witham RC	Male Senior
31	00:42:22	181	Simon	Smith	Unattached	Male Master 40
32	00:42:28	330	Colin	Wallace	Unattached	Male Master 40
33	00:42:30	237	Jason	Hayfield	Unattached	Male Master 40
34	00:42:33	239	Rebecca	Jordan	Stowmarket Striders	Female Senior
35	00:42:38	177	Tim	Hanman	Unattached	Male Master 40
36	00:42:40	156	David	Maule	Unattached	Male Master 40
37	00:42:47	350	Debbie	Cattermole	Colchester Harriers AC	Female Master 40
38	00:42:53	353	Matthew	Calderbank	Unattached	Male Senior
39	00:42:56	211	Paul	Bridges	Springfield Striders AC	Male Senior
40	00:43:02	340	Mark	Watts	St Edmund Pacers	Male Master 40
41	00:43:11	358	Mark	Brewer	Tiptree Road Runners	Male Master 40
42	00:43:20	279	Zoe	Ashe	Unattached	Female Senior
43	00:43:25	267	John	Squirrell	Stowmarket Striders	Male Master 50+
44	00:43:32	301	Kevin	Stevens	Unattached	Male Senior
45	00:43:33	228	Neil	Turner	Unattached	Male Master 40
46	00:43:36	193	Gail	Pryke	Ipswich JAFFA	Female Master 50+
47	00:43:38	317	Marion	McCall	Theftord AC	Female Master 40
48	00:43:40	299	Marcus	Catlin	Ipswich JAFFA	Male Senior
49	00:43:47	282	Scott	Crawley	Gt Bentley Running Club	Male Senior
50	00:43:49	335	Hayley	Wheddon	Gt Bentley Running Club	Female Senior
51	00:44:07	256	Eric	Marseille	Unattached	Male Senior
52	00:44:09	187	Kate	Bullock	Unattached	Female Senior

53	00:44:11	331	Elodie	King	Colchester Harriers AC	Female Senior
54	00:44:13	259	Jacqui	Watson	Benfleet Running Club	Female Master 40
55	00:44:18	302	Matt	Davey	Tiptree Road Runners	Male Senior
56	00:44:28	227	Chris	White	Unattached	Male Master 40
57	00:44:35	300	Paul	Harper	Unattached	Male Senior
58	00:45:06	190	Rob	Saunders	Unattached	Male Senior
59	00:45:19	212	Graeme	Moon	Tiptree Road Runners	Male Master 50+
60	00:45:27	235	Wayne	Mumford	Sudbury Joggers AC	Male Master 40
61	00:45:34	204	Lee	D'Silva	Unattached	Male Senior
62	00:45:37	189	Benjamin	Ficken	Gt Bentley Running Club	Male Senior
63	00:45:43	362	Simon	Crick	Unattached	Male Master 40
64	00:45:46	287	Stephen	Ellis	Unattached	Male Master 40
65	00:45:51	322	Robert	Gerardo	Unattached	Male Senior
66	00:45:56	161	Sandra	Roberts	Unattached	Female Master 40
67	00:45:59	321	Christopher	Moulton	Sudbury Joggers AC	Male Senior
68	00:46:00	367	Allan	Ramsay	Unattached	Male Senior
69	00:46:00	364	Alen	Gorman	Unattached	Male Master 40
70	00:46:08	257	Mark	Williams	Witham RC	Male Master 50+
71	00:46:26	250	Simon	Goldsmith	Unattached	Male Senior
72	00:46:36	316	Nicola	Pyle	Springfield Striders AC	Female Master 40
73	00:46:42	345	Margaret	Bower	Unattached	Female Master 40
74	00:47:03	293	Paul	Carter	Unattached	Male Master 40
75	00:47:17	213	Graham	Statter	Bishops Stortford Running Club	Male Master 50+
76	00:47:23	268	Elsbeth	Knott	Harwich Runners	Female Master 50+
77	00:47:26	361	Caitlin	Perrett	Unattached	Female Senior
78	00:47:39	240	Russel	Breyer	Ipswich Triathlon Club	Male Master 40
79	00:47:45	247	Robert	SWeeney	Unattached	Male Senior
80	00:47:55	248	John	Wheatley	Unattached	Male Master 50+
81	00:47:57	154	David	Grimshaw	Unattached	Male Master 50+
82	00:48:03	274	Clare	Adams	Colchester Harriers AC	Female Master 40
83	00:48:05	339	David	De'ath	Unattached	Unable to place in Cat.
84	00:48:07	275	Nicola	Gibbery	Gt Bentley Running Club	Female Senior
85	00:48:12	351	Louise	Manly	Unattached	Female Senior
86	00:48:16	175	Ian	Caulfield	Unattached	Male Senior
87	00:48:23	199	Dan	Hardy	Unattached	Male Senior
88	00:48:29	356	James	Calver	Ipswich JAFFA	Male Senior
89	00:48:30	349	Dan	Wood	Unattached	Male Senior
90	00:48:31	231	Mick	Poulter	Witham RC	Male Master 50+
91	00:48:42	225	Paul	Bown	Unattached	Male Senior
92	00:48:44	291	Rob	Hadgraft	Tiptree Road Runners	Male Master 50+
93	00:48:48	188	David	Jobing	Witham RC	Male Master 50+
94	00:49:02	313	Joanne	Cookson	Gt Bentley Running Club	Female Senior
95	00:49:13	278	Adam	Knowling	Unattached	Male Senior
96	00:49:19	182	John	Penny	Unattached	Male Master 50+
97	00:49:38	346	Janet	Simpson	Gt Bentley Running Club	Female Master 40
98	00:49:40	159	Gi-Kwong	Cheung	Ipswich JAFFA	Male Master 40
99	00:49:51	354	George	Weston	Unattached	Unable to place in Cat.
100	00:50:11	336	Samantha	Godden	Gt Bentley Running Club	Female Senior
101	00:50:28	303	David	Carr	Unattached	Male Master 40
102	00:50:30	304	Dominic	Turner	Unattached	Male Master 40
103	00:50:24	338	James	Mitchell	Hadleigh Hares A.C.	Male Master 50+
104	00:50:38	320	Hazel	Spalding	Ipswich JAFFA	Female Master 50+
105	00:50:39	208	Scott	Richardson	Unattached	Male Master 40

106	00:50:44	243	Rececca	Clare	Woodbridge Shufflers	Female Master 40
107	00:50:51	209	Alan	Mackay	Unattached	Male Master 50+
108	00:50:53	289	Amelia	Reynolds	Unattached	Female Master 40
109	00:50:54	281	Matthew	Keep	Unattached	Male Master 40
110	00:50:56	234	Stephen	Ridgers	Harwich Runners	Male Senior
111	00:51:10	224	Ian	Bown	Unattached	Male Master 40
112	00:51:26	314	Veronica	Manly	Eastern Veterans AC	Female Master 50+
113	00:51:30	238	Jonathan	Dadds	Unattached	Male Senior
114	00:51:34	334	Simon	Hughes	Unattached	Male Senior
115	00:51:44	222	Paul	Ford	Unattached	Male Senior
116	00:51:47	265	Paul	Goldsmith	Unattached	Male Senior
117	00:51:56	365	Paul	Spinks	Unattached	Male Master 40
118	00:51:59	168	David	Ingleby	Hadleigh Hares A.C.	Male Master 50+
119	00:52:26	216	Douglas	French	Ipswich JAFFA	Male Master 40
120	00:52:39	203	Karen	Skene	Gt Bentley Running Club	Female Master 40
121	00:53:41	363	Simon	Page	Unattached	Male Senior
122	00:53:47	280	David	Hartin	Unattached	Male Senior
123	00:54:17	269	Steve	Brikrit	British Athletics Supporters	Male Master 40
124	00:54:28	210	Mike	Munson	Stowmarket Striders	Male Master 50+
125	00:54:33	198	Stuart	Hardy	Unattached	Male Senior
126	00:54:44	347	Victoria	Stone	Unattached	Female Senior
127	00:54:58	352	Jo	Carrigan	Unattached	Female Master 40
128	00:54:59	220	Peter	Allen	Bishops Stortford Running Club	Male Master 50+
129	00:55:00	164	Laurie	Cochrane	Unattached	Female Senior
130	00:55:28	223	David	Frost	Unattached	Male Master 50+
131	00:55:41	309	Phil	Barrell	Unattached	Male Senior
132	00:55:42	307	Vivky	Heywood	Unattached	Female Senior
133	00:55:56	260	Dawn	McFeely	Unattached	Female Senior
134	00:56:06	176	Ronel van der	Merwe	Unattached	Female Master 50+
135	00:56:14	255	Liam	Robinson	Unattached	Male Master 40
136	00:56:19	305	Tracy	McKenzie-Bell	Unattached	Female Master 40
137	00:56:22	276	Shawn	Leek	Gt Bentley Running Club	Male Senior
138	00:56:25	292	Sergi	Jarques	Unattached	Male Master 40
139	00:56:57	310	Steve	Bayes	Unattached	Male Master 40
140	00:57:04	178	Maureen	Wright	Ipswich JAFFA	Female Master 50+
141	00:57:14	328	Karen	Day	Unattached	Female Master 40
142	00:57:23	315	Daniel	Lochowski	Unattached	Male Senior
143	00:57:27	270	Sarah	Owen	British Athletics Supporters	Female Master 40
144	00:57:31	254	Gepff	Smith	Unattached	Male Master 40
145	00:57:32	360	Sue	Wright	Unattached	Female Master 50+
146	00:57:44	341	Peter	Reeve	Gt Bentley Running Club	Male Master 50+
147	00:57:47	180	Sharon	Conradie	Unattached	Female Master 40
148	00:58:03	157	Miranda	Hart	Unattached	Female Master 50+
149	00:58:07	324	Karina	Lancaster	Unattached	Female Senior
150	00:58:07	323	Jo	Bartholomew	Unattached	Female Senior
151	00:58:07	325	Katie	Palmer	Unattached	Female Master 40
152	00:58:12	171	Gregory	Potts	East Essex Tri Club	Male Master 40
153	00:58:13	312	Petter	Tanner	Unattached	Male Master 50+
154	00:58:20	355	Melissa	Wilkins	Unattached	Female Senior
155	00:58:25	261	Mary	Akin-George	Unattached	Female Senior
156	00:58:25	185	Emma	Kew	Unattached	Female Senior
157	00:58:25	184	Wendy	Knight	Unattached	Female Master 40
158	00:58:44	284	Christine	Wakeling	Unattached	Female Master 50+

159	00:58:55	221	Donna	Hindle	Unattached	Female Master 40
160	00:59:12	249	Timothy	Silltoe	Colchester Harriers AC	Male Master 40
161	00:59:31	229	Steve	Rollison	Unattached	Male Master 40
162	00:59:45	179	Debbie	Cooke	Unattached	Female Master 40
163	00:59:45	308	Rob	Welham	Unattached	Male Senior
164	00:59:55	333	Jane	James	Unattached	Female Senior
165	00:59:55	332	Emma	wallis	Unattached	Female Senior
166	01:00:10	163	Mark	Skoulding	Unattached	Male Master 40
167	01:00:10	165	Phil	Hales	Unattached	Male Master 50+
168	01:01:04	196	Scott	Heeley	Unattached	Male Senior
169	01:01:04	197	Donna	Heeley	Unattached	Female Senior
170	01:01:22	172	Clare	Guter	Unattached	Female Master 40
171	01:01:22	169	Jane	Murphy	Unattached	Female Master 40
172	01:01:40	217	Tina	Starling	Clacton Tri & Run Club	Female Master 40
173	01:01:42	194	Tracey	Denby	Witham RC	Female Master 40
174	01:02:59	233	Jonathan	Price	Sudbury Joggers AC	Male Master 50+
175	01:03:32	326	Ardre	Palmer	Unattached	Male Master 40
176	01:03:32	327	John	Palmer	Unattached	Male Master 40
177	01:03:33	263	Rod	Tredgett	Unattached	Male Senior
178	01:03:40	258	Lynn	Williams	Witham RC	Female Master 50+
179	01:04:04	342	Sue	Thomas	Gt Bentley Running Club	Female Master 40
180	01:04:07	295	Carmen	Hargreaves	Unattached	Female Master 40
181	01:04:07	296	Stephen	Hargreaves	Unattached	Male Master 40
182	01:04:47	158	Clare	Dixey	Top Notch	Female Senior
183	01:05:34	286	Claire	Burnyeat	Unattached	Female Master 40
184	01:09:27	218	Michael	Sommerland	Gt Bentley Running Club	Male Master 50+
185	01:11:32	244	Naoni	Emerick	Witham RC	Female Master 50+
186	01:12:53	306	Claire	Blake	Witham RC	Female Master 40
187	01:14:08	201	Simon	Dedross	Unattached	Male Senior
	dns/dnf	155	Jemma	Graves	Unattached	Female Senior
	dns/dnf	160	Phil	Rutter	Benfleet Running Club	Male Master 40
	dns/dnf	162	Michael	Jones	Stowmarket Striders	Male Master 40
	dns/dnf	166	Adam	Hutton	Springfield Striders AC	Male Master 40
	dns/dnf	174	Chris	Gillam	Unattached	Male Master 40
	dns/dnf	186	Peter	Coleman	Ipswich JAFFA	Male Master 50+
	dns/dnf	191	Mark	Porter	Unattached	Male Master 40
	dns/dnf	195	Kerry	Manning	Witham RC	Female Master 40
	dns/dnf	200	Michaela	Clarke	Unattached	Female Senior
	dns/dnf	205	Marc	Underdown	Witham RC	Male Senior
	dns/dnf	206	Lee	Pembroke	Witham RC	Male Senior
	dns/dnf	207	Perry	Richardson	Unattached	Male Master 40
	dns/dnf	214	David	Stacey	Unattached	Male Master 40
	dns/dnf	226	Adam	Mumford	Sudbury Joggers AC	Male Senior
	dns/dnf	230	Ian	Linton	Tiptree Road Runners	Male Master 50+
	dns/dnf	232	Ian	Cardy	Springfield Striders AC	Male Master 40
	dns/dnf	242	Andrew	Blackley	Unattached	Male Senior
	dns/dnf	245	Robin	Belson	Ipswich JAFFA	Male Master 50+
	dns/dnf	251	Amanda	Crichton	Unattached	Female Senior
	dns/dnf	262	Douglas	O'Neill	Unattached	Male Master 40
	dns/dnf	264	Steven	Kent	Harwich Runners	Male Master 40
	dns/dnf	271	Phil	Oakley	Unattached	Male Senior
	dns/dnf	288	Dave	Emerick	Unattached	Male Master 50+

dns/dnf 319 Lawrence

Taylor

Unattached

Male Senior