

Race No	First Name	Surname	Club Name	Category
1	James	Wright	Springfield Striders AC	Male Senior
2	Melanie	Folkes-Miller	Unattached Local Runner	Female Master 40
3	Caine	Folkes-Miller	Unattached Local Runner	Male Senior
4	David	Williams	Unattached	Male Master 65
5	Matthew	Smith	Unattached	Male Senior
6	Sam	Haynes	Unattached Local Runner	Male Senior
7	Simon	Hibbert	Unattached	Male Senior
8	Lee	Ford	Unattached Local Runner	Male Senior
9	Sylvan	Veitch	Unattached	Male Senior
10	Josephine	Jarmin	Unattached Local Runner	Female Senior
11	Neil	Sawyer	Unattached Local Runner	Male Master 40
12	Stuart	Prestney	Unattached	Male Senior
13	Julia	Prestney	Unattached	Female Master 40
14	John	Craddock	Stowmarket Striders	Male Senior
15	Ashley	Willings	Unattached Local Runner	Male Senior
16	Andrew	Hill	Unattached	Male Senior
17	Vanessa	Burton	Unattached Local Runner	Female Senior
18	Rick	Burton	Unattached Local Runner	Male Senior
19	Jenny	Standley	Unattached Local Runner	Female Master 45
20	Naomi	Wright	Unattached Local Runner	Female Senior
21	Darren	Theobald	Unattached Local Runner	Male Senior
22	Alistair	Gill	Unattached Local Runner	Male Master 40
23	Todd	Lewis	Unattached	Male Master 45
24	Tony	Rook	Unattached	Male Master 45
25	Nyree	Davis	Unattached	Female Master 40
26	Harvey	Davis	Unattached	Male Master 40
27	Viv	Ashton	Unattached Local Runner	Female Master 50
28	Richard	Garrard	Sudbury Joggers AC	Male Senior
29	Mary	Marsh	Newmarket Joggers	Female Master 55
30	Paul	Kerrison	Harwich Runners	Male Master 45
31	Clare	McKenna	Harwich Runners	Female Senior
32	David	Stenson	Unattached Local Runner	Male Master 45
33	Steven	Goodwin	Unattached Local Runner	Male Senior
34	Anthea	Shore	Unattached Local Runner	Female Master 40
35	Emma	Thistleton	Unattached Local Runner	Female Senior
36	Paul	Preston	Colchester Harriers AC	Male Master 40
37	David	Howe	Unattached	Male Master 50
38	Marie	Ranson	Unattached	Female Senior
39	Stuart	Green	Stowmarket Striders	Male Master 50
40	John	Francis	Unattached Local Runner	Male Master 50
41	Sylvia	Francis	Unattached Local Runner	Female Master 50
42	Jeremy	Bird	Unattached Local Runner	Male Senior
43	Steven	Petchey	Unattached Local Runner	Male Senior
44	Andrew	Tinsley	Unattached Local Runner	Male Senior
45	Vikki	Tinskey	Unattached Local Runner	Female Master 40
46	Lindsay	Hobden	Unattached Local Runner	Female Master 40
47	Julie	Brace	Unattached Local Runner	Female Master 40
48	Amy	Howard	Unattached Local Runner	Female Master 40
49	Eric	Shaw	Gt Bentley Running Club	Male Master 50
50	Julie	Willis	Unattached Local Runner	Female Senior
51	Danii	Willis	Unattached Local Runner	Female Senior
52	Daniel	Swain	Unattached Local Runner	Male Senior
53	Mark	Arnold	Unattached Local Runner	Male Senior

54	David	Evison	Unattached Local Runner	Male Master 60
55	Hannah	Payne	Unattached Local Runner	Female Senior
56	Bianca	Burman	Unattached Local Runner	Female Senior
57	Paul	Chuter	Unattached Local Runner	Male Senior
58	David	Cole	Unattached	Male Senior
59	Ken	Browne	Unattached	Male Master 50
60	Joel	Browne	Unattached	Male Under 20
61	Simon	Daniel	Unattached Local Runner	Male Senior
62	Dan	Hardy	Unattached	Male Senior
63	Alan	Cochram	Unattached	Male Senior
64	Francis	Hounslow	Unattached	Female Senior
65	Mark	Cochram	Unattached	Male Master 40
66	Ruth	Carter	Unattached	Female Master 45
67	Sharon	Bowman	Unattached Local Runner	Female Master 45
68	Anthony	Scott	Unattached Local Runner	Male Master 40
69	Richard	Nice	Unattached	Male Master 45
70	Robert	Ling	Unattached Local Runner	Male Master 55
71	Jim	Comber	Unattached Local Runner	Male Master 40
72	Dee	St-Ledger	Sudbury Joggers AC	Female Master 45
73	Ian	St-Ledger	Unattached Local Runner	Male Master 45
74	Poppy	St-Ledger	Unattached Local Runner	Female Senior
75	David	Potts	Unattached Local Runner	Male Senior
76	Shaun	Boldock	Unattached Local Runner	Male Master 40
77	Carrie	Boldock	Unattached Local Runner	Female Master 40
78	Lisa	Boldock	Unattached	Female Master 40
79	Mark	Dalton	Unattached	Male Master 45
80	Anya	White	Unattached Local Runner	Female Senior
81	Miles	Johnson	Unattached	Male Master 55
82	Nigel	Prentis	Unattached	Male Master 60
83	Andrew	Bigg	Unattached Local Runner	Male Under 20
84	Aaron	Bates	Unattached Local Runner	Male Senior
85	Louis	Brooks	Unattached	Male Senior
86	Tina	Gore	Unattached Local Runner	Female Senior
87	Richard	Brang	Unattached Local Runner	Male Master 40
88	Samuel	Blows	Unattached	Male Senior
89	Rebecca	Simpson	Unattached Local Runner	Female Master 40
90	Peter	Simpson	Unattached Local Runner	Male Master 45
91	Julie	Simpson	Unattached Local Runner	Female Senior
92	Daniel	Rowland	Unattached Local Runner	Male Senior
93	Peter	Jarvis	Unattached Local Runner	Male Master 60
94	Ann	Jarvis	Unattached Local Runner	Female Master 60
95	Nyk	Reader	Unattached	Male Senior
96	Hayley	Murray	Unattached Local Runner	Female Senior
97	Ian	Bown	Unattached	Male Master 45
98	Lesley	Swift	Unattached Local Runner	Female Master 55
99	Malcolm	Penn	Unattached	Male Master 55
100	Andrea	Senior	Unattached Local Runner	Female Senior
101	Bernard	Wright	Unattached	Male Master 45
102	Dean	Beward	Unattached Local Runner	Male Master 40
103	Kallum	Beward	Unattached Local Runner	Male Under 20
104	Phillip	Nutley	St Edmund Pacers	Male Master 60
105	Catherine	Kemp	Unattached Local Runner	Female Master 45
106	David	Lesiak	Unattached Local Runner	Male Master 55
107	Paul	Bown	Unattached Local Runner	Male Senior

108	Brian	west	Unattached Local Runner	Male Master 65
109	Graham	Page	Unattached	Male Master 50
110	Oliver	Page	Unattached	Male Senior
111	Rachel	Linsdell	Unattached Local Runner	Female Senior
112	Alison	Roomes	Unattached	Female Senior
113	Nancy	Hammond	Hadleigh Hares A.C.	Female Master 45
114	Jane	Stebbing	Unattached Local Runner	Female Master 55
115	Kathryn	Fleming	Unattached Local Runner	Female Master 40
116	Lyndon	Houston	Unattached	Male Master 40
117	Graeme	Taylor	Gt Bentley Running Club	Male Master 50
118	Daniel	Richards	Unattached	Male Senior
119	Sarah	Murray	Unattached Local Runner	Female Senior
120	Gavin	Senior	Unattached Local Runner	Male Senior
121	Edward	Senior	Unattached Local Runner	Male Master 50
122	Scott	McLaren	Unattached	Male Senior
123	Adrian	Beckham	Unattached Local Runner	Male Master 50
124	Robert	Smith	Unattached Local Runner	Male Senior
125	Stuart	McHugh	Unattached Local Runner	Male Master 45
126	Stephen	Morgan	Unattached Local Runner	Male Master 40
127	Julian	Holland	Unattached Local Runner	Male Senior
128	Michelle	Holland	Unattached Local Runner	Female Senior
129	Richard	taylor	Unattached Local Runner	Male Master 50
130	Sue	Sorrell	Gt Bentley Running Club	Female Master 45
131	Alan	Griffiths	Unattached Local Runner	Male Master 45
132	Tracy	Griffiths	Unattached Local Runner	Female Master 40
133	Rebecca	Griffiths	Unattached Local Runner	Female Senior
134	Vincent	Webb	Unattached Local Runner	Male Master 50
135	Jacquie	Webb	Unattached Local Runner	Female Master 45
136	William	Haining	Colchester Harriers AC	Male Master 55
137	David	Tozer	Unattached Local Runner	Male Master 40
138	Wesley	Benton	Colchester Harriers AC	Male Senior
139	Dave	Ingleby	Hadleigh Hares A.C.	Male Master 55
140	Giles	Clark	Unattached Local Runner	Male Master 45
141	Thomas	Clark	Unattached	Male Under 20
142	Lee	Owen	Unattached Local Runner	Male Senior
143	Neil	Arbon	Unattached Local Runner	Male Master 60
144	Matthew	Cavey	Unattached	Male Senior
145	Benjy	Firth	Unattached	Male Senior
146	Matt	Mackman	Unattached	Male Senior
147	Keith	Marra	Unattached	Male Senior
148	Tim	Garrett-Moore	Unattached Local Runner	Male Master 55
149	Lynn	Tanner	Springfield Striders AC	Female Master 55
150	Emma	Firth	Unattached	Female Senior
151	Debbie	Lewis	Witham RC	Female Master 50
152	Shane	Watson	Unattached Local Runner	Male Senior
153	Gordon	Banks	Unattached	Male Master 40
154	Barry	Jarvis	Unattached	Male Senior
155	Stuart	Green	Stowmarket Striders	Male Master 50
156	Jackie	Kirk	Hadleigh Hares A.C.	Female Master 45
157	Carla	Holroyd	Harwich Runners	Female Master 55
158	Jason	Carsbolt	Unattached Local Runner	Male Senior
159	Liz	Cooper	Unattached	Female Master 50
160	Dave	Potticary	Unattached	Male Master 40
161	Alan	Corner	Unattached	Male Senior

162	Julie	Winder	Unattached	Female Master 40
163	Dennis	Harris	Unattached	Male Master 45
164	Barry	Green	Unattached	Male Master 55
165	Devon	Harris	Unattached Local Runner	Male Under 20
166	Tracy	Flux	Unattached	Female Master 40
167	Chantelle	Harris	Unattached	Female Senior
168	James	Elsey	Unattached Local Runner	Male Senior
169	Paul	Seely	Unattached Local Runner	Male Master 50
170	Carole	Seeley	Unattached Local Runner	Female Master 45
171	Alan	Reader	Unattached	Male Master 40
172	Paul	Forshaw	Unattached	Male Master 55
173	Bradley	Shepherd	Unattached Local Runner	Male Senior
174	Catherine	King	Unattached Local Runner	Female Master 40
175	Paul	Farthing	Unattached	Male Master 45
176	Lynette	Hynard	Unattached Local Runner	Female Senior
177	Keren	Bedwell	Unattached Local Runner	Female Master 45
178	Keith	Bedwell	Unattached Local Runner	Male Master 45
179	Lauren	Salisbury	Unattached	Female Senior
180	Laura	Eardley	Unattached	Female Senior
181	Peter	Wood	Unattached	Male Master 45
182	Gillian	Blackmore	Unattached	Female Master 45
183	Alistair	Godfrey	Sudbury Joggers AC	Male Under 20
184	David	Southgate	Unattached Local Runner	Male Master 40
185	Gary	Spiers	Unattached	Male Master 40
186	Lee	Worley	Unattached Local Runner	Male Senior
187	John	Scaife	Hadleigh Hares A.C.	Male Senior
188	Anthony	Rose	Unattached	Male Senior
189	Ann	Cuthbert	Unattached Local Runner	Female Master 40
190	Jenna	Gunn	Unattached Local Runner	Female Senior
191	Natasha	Steggles	Unattached Local Runner	Female Senior
192	Adrian	Frost	Unattached	Male Master 40
193	Lester	Blake	Unattached	Male Senior
194	John	Cooke	Colchester Harriers AC	Male Master 45
195	Frank	Marsden	Unattached Local Runner	Male Master 55
196	Neil	Matthews	Unattached	Male Master 40
197	Stu	Pettican	Unattached	Male Master 40
198	Adrienne	Frost	Unattached Local Runner	Female Senior
199	Michael	Summers	Unattached Local Runner	Male Master 40
200	Sara	Farley	Unattached Local Runner	Female Senior
201	Ben	Boxall	Unattached Local Runner	Male Senior
202	Matthew	Drury	Unattached Local Runner	Male Senior
203	James	Kelly	Framlingham Flyers	Male Master 70+
204	Ellie	Robinson	Unattached Local Runner	Female Senior
205	Daniel	Bates	Unattached Local Runner	Male Under 20
206	Andrew	Cole	Unattached	Male Senior
207	Jessica	Baloga	Unattached	Female Senior
208	Adrian	Rose-Belcher	Unattached Local Runner	Male Master 40
209	Tracey	Garnham	St Edmund Pacers	Female Master 50
210	Debi	Marfleet	Unattached	Female Master 50
211	Dave	Garnham	St Edmund Pacers	Male Master 50
212	Keith	Game	Unattached Local Runner	Male Master 50
213	Ashley	Game	Unattached Local Runner	Male Under 20
214	Natalie	Broughton	Unattached Local Runner	Female Senior
215	Herminia	Garcia	Unattached	Female Senior

216	Alex	Deal	Unattached Local Runner	Male Under 20
217	Robert	Pidgeon	Unattached	Male Master 55
218	Mervyn	Barker	Unattached	Male Master 55
219	Rob	Davies	Unattached Local Runner	Male Master 45
220	Shaheda	Ambrose	Unattached	Female Master 55
221	Carrie	Mason	Unattached	Female Master 40
222	Mark	Russell	Unattached	Male Master 40
223	Mark	Andrews	Unattached	Male Master 45
224	Hazel	Buist	Halstead Road Runners	Female Senior
225	Jonathan	Buist	Unattached	Male Senior
226	Mel	Chittock	Unattached	Male Master 55
227	Phyllida	Hadlidge	Unattached Local Runner	Female Senior
228	Adam	Canning	Unattached	Male Senior
229	Stephen	Arnold	Unattached Local Runner	Male Senior
230	Ian	Gooderham	St Edmund Pacers	Male Master 40
231	Emily	Gooderham	St Edmund Pacers	Female Under 20
232	Jessica	Gooderham	St Edmund Pacers	Female Under 20
233	Dawn	Herbert	Unattached	Female Master 40
234	Liz	Herbert	Unattached	Female Under 20
235	Liza	Devlin	Unattached Local Runner	Female Master 40
236	Sharon	Breward	Unattached Local Runner	Female Master 40
237	Simon	St-Ledger	Unattached Local Runner	Male Master 40
238	Rob	Harrow	Sudbury Joggers AC	Male Senior
239	Daniel	Reader	Unattached	Male Senior
240	Justine	Paul	Unattached	Female Master 40
241	Shelia	Hodgson	Unattached	Female Master 40
242	Adrian	Hayhew	Unattached Local Runner	Male Senior
243	Trish	Kempson	Hadleigh Hares A.C.	Female Master 45
244	Nick	Kepmson	Unattached	Male Master 50
245	Clive	Davey	Unattached Local Runner	Male Master 40
246	John	O'Connor	Unattached Local Runner	Male Senior
247	Steve	Hewes	Unattached	Male Senior
248	Julie	Thurlow	Ipswich JAFFA	Female Master 55
249	Helen	Philpot	Unattached	Female Master 40
250	Tracy	Molloy	Unattached Local Runner	Female Senior
251	Philip	Brown	Unattached	Male Master 45
252	David	Munro	Unattached Local Runner	Male Senior
253	Rob	Gibby	Colchester Harriers AC	Male Senior
254	Joseph	Reader	Unattached	Male Under 20
255	Wendy	Faerstrand	Unattached	Female Master 55
256	Rob	Wise	Unattached	Male Master 50
257	Jonathan	Wise	Unattached	Male Under 20
258	Andrew	Deeks	Unattached Local Runner	Male Master 40
259	Tim	Day	Unattached Local Runner	Male Senior
260	Paul	Tarling	Unattached	Male Senior
261	Steve	Seal	Unattached	Male Master 45
262	Sandra	Seal	Unattached	Female Master 45
263	Jill	Cox	Unattached Local Runner	Female Master 45
264	Arthur	Whiston	Colchester Harriers AC	Male Master 60
265	Jess	Gould	Unattached	Female Senior
266	David	Howe	Unattached Local Runner	Male Senior
267	Martin	Wilson	West Suffolk Wheelers & Tri C.	Male Senior
268	Ales	Green	Unattached Local Runner	Male Master 45
269	Penny	Hurrell	Unattached Local Runner	Female Master 40

270	Kathryne	Gill	Unattached	Female Senior
271	David	Varndell	Unattached	Male Master 50
272	James	Varndell	Unattached	Male Senior
273	Martin	Philpot	Unattached	Male Master 40
274	Chris	Moulton	Unattached	Male Senior
275	Tony	Hodgson	Unattached	Male Master 40
276	Steven	Cornell	Unattached	Male Senior
277	Sarah	Mallalieu	Unattached Local Runner	Female Senior
278	John	Gillard	Unattached Local Runner	Male Master 45
279	Simon	Page	Unattached	Male Master 55
280	Steven	Everett	Unattached Local Runner	Male Senior
281	Scott	Crawley	Gt Bentley Running Club	Male Senior
282	Paul	Carlisle	Gt Bentley Running Club	Male Master 50
283	Lex	Carlisle	Gt Bentley Running Club	Female Master 50
284	Karen	Skene	Gt Bentley Running Club	Female Master 40
285	Grahame	Walkingshaw	Unattached	Male Master 45
286	Tracey	Clarke	Unattached	Female Master 40
287	Jonathan	Cooper	Unattached Local Runner	Male Master 45
288	Denise	Leader	Unattached Local Runner	Female Master 45
289	Lucy	Nichol	Unattached Local Runner	Female Master 50
290	Nathan	Kelly	Unattached Local Runner	Male Under 20
291	Tim	Cooper	Unattached Local Runner	Male Master 40
292	Marie	Shirley	Colchester Harriers AC	Female Senior
293	Ray	Steele	Unattached Local Runner	Male Master 40
294	Ian	Wilcockson	Unattached	Male Master 45
295	Neil	Wilcockson	Unattached	Male Master 40
296	Steve	Cooper	Blackheath & Bromley Harriers	Male Senior
297	Liz	Stuckey	Witham RC	Female Senior
298	Alex	Stuckey	Witham RC	Male Senior
299	Adam	Webster	Unattached Local Runner	Male Master 40
300	Peter	Lewis	Unattached Local Runner	Male Master 40
301	Judith	Sargent	Unattached Local Runner	Female Master 50
302	Hester	Gartrell	Unattached Local Runner	Female Senior
303	Fiona	Appleby	Unattached Local Runner	Female Senior
304	Jason	Appleby	Unattached Local Runner	Male Master 40
305	Stephen	Murphy	Unattached Local Runner	Male Master 50
306	Anna	McSweeney-Murphy	Unattached Local Runner	Female Master 50
307	Beth	Whybrow	Unattached	Female Senior
308	Karla	Motts	Unattached	Female Senior
309	Luke	Gray	Unattached	Male Senior
310	James	Dawson	Unattached	Male Senior
311	Martin	Speller	Unattached	Male Senior
312	Hay	Pearson	Unattached Local Runner	Female Senior
313	Mike	Pearson	Unattached Local Runner	Male Master 40
314	Katrina	Hales	Unattached	Female Master 40
315	Neal	Hales	Unattached	Male Master 45
316	Andy	Glass	Unattached Local Runner	Male Senior
317	Paul	Game	Haverhill Running Club	Male Senior
318	Pam	Jones	Halstead Road Runners	Female Master 65+
319	Claire	Blake	Unattached	Female Master 40
320	Adrian	Rimmer	Unattached Local Runner	Male Master 45
321	Laura	Brooks	Unattached Local Runner	Female Senior
322	Richard	Flutter	Harwich Runners	Male Master 40
323	Leslie	Mathieson	Colchester Harriers AC	Male Master 65

324	Ian	White	Unattached Local Runner	Male Master 40
325	Gill	Hughes	Unattached Local Runner	Female Senior
326	Jo	Rayner	Unattached	Female Master 50
327	Geoff	Wright	Unattached	Male Master 55
328	Gemma	Wright	Unattached	Female Senior
329	Rob	Mann	Unattached	Male Senior
330	Amy	Smith	Unattached Local Runner	Female Senior
331	John	Clarke	Unattached	Male Master 40
332	Carol	Page	Unattached	Female Master 40
333	Thomas	Page	Unattached	Male Under 20
334	Colin	Newcombe	Unattached	Male Master 40
335	Terence	Newcombe	Unattached	Male Senior
336	Reggie	Bugg	Unattached	Male Senior
337	Peter	West	Colchester Harriers AC	Male Master 45
338	Richard	Lomas	Unattached	Male Senior
339	Emma	Burroughs	Ipswich Harriers	Female Under 20
340	Louisa	McKnight	Unattached Local Runner	Female Master 45
341	David	Piper	Unattached	Male Master 45
342	Trevor	Pickerin	Unattached	Male Master 45
343	Lee	French	Unattached Local Runner	Male Senior
344	Brian	Herrington	Harwich Runners	Male Master 40
345	Stephen	Burbidge	Harwich Runners	Male Senior
346	Martin	Evans	Unattached	Male Senior
347	Bob	Austin	Unattached	Male Senior
348	Karen	Austin	Unattached	Female Master 45
349	Thomas	Schmitz	Unattached	Male Senior
350	Gary	Moore	Unattached	Male Master 50
351	Matthew	Norris	Unattached	Male Senior
352	Kate	Thornton	Unattached	Female Senior
353	Robert	Reason	Harwich Runners	Male Senior
354	Sophie	Lovegrove	Unattached	Female Senior
355	Rachel	Bodsworth	Unattached	Female Senior
356	Ian	bodsworth	Unattached	Male Senior
357	Robert	Sanders	Unattached	Male Senior
358	Shaun	Clarke	Unattached Local Runner	Male Senior
359	Jacqueline	Hubbard	Unattached	Female Senior
360	Russell	Smith	Unattached Local Runner	Male Senior
361	Jenny	Smith	Unattached Local Runner	Female Master 45
362	Michelle	Jarrett	Ipswich JAFFA	Female Master 40
363	Mark	Wright	Unattached Local Runner	Male Senior
364	Carol	St-Ledger	Unattached	Female Master 55
365	John	Shatford	Unattached Local Runner	Male Master 45
366	Nicola	Shatford	Unattached Local Runner	Female Master 45
367	Jason	Sharp	Unattached Local Runner	Male Master 40
368	Sean	Cooper	Unattached Local Runner	Male Senior
369	Dawn	Ashcroft	Unattached Local Runner	Female Senior
370	Nicky	Mclvor	Unattached Local Runner	Male Master 60
371	Amanda	Mitchell	Unattached Local Runner	Female Master 40
372	Stuart	Danes	Unattached Local Runner	Male Senior
373	Veronica	Collins	Unattached	Female Master 45
374	Erin	Monk	Unattached Local Runner	Female Senior
375	Alex	Monk	Unattached Local Runner	Female Senior
376	James	Hudson	Unattached Local Runner	Male Senior
377	Gill	James	Unattached	Female Master 50

378	Andrew	Wright	Unattached	Male Master 40
379	Jason	Copping	Unattached	Male Senior
380	Richard	Chisnall	Unattached	Male Senior
381	Tom	Cresswell	Unattached Local Runner	Male Senior
382	Valerie	Chefdeville	Unattached Local Runner	Female Senior
383	Lionel	Ravet	Unattached Local Runner	Male Senior
384	Nicola	Pyle	Springfield Striders AC	Female Master 45
385	Francis	Mills	Unattached	Male Senior
386	Julian	Long	St Edmund Pacers	Male Master 40
387	Adam	Mumford	Sudbury Joggers AC	Male Senior
388	Victoria	Shennan	Unattached Local Runner	Female Master 40
389	Neville	Kent	Unattached Local Runner	Male Senior
390	Natasha	Rivers	Unattached	Female Senior
391	Darren	Barwick	St Edmund Pacers	Male Master 40
392	Lorraine	Turner	Unattached	Female Master 45
393	Nicky	Ross	Unattached	Female Master 45
394	Simon	Harrison	Unattached	Male Senior
395	Sam	Clayton	Colchester & Tendring AC	Male Under 20
396	Laurence	Gowers	Unattached	Male Senior
397	Leanne-Sara	Jones	Unattached	Female Senior
398	Rosemary	Naylor	Unattached Local Runner	Female Senior
399	Lian	Golton	Unattached	Female Senior
400	Jennifer	O'Callaghan	Unattached	Female Master 40
401	Sue	Freear	Unattached	Female Senior
402	Jane	Masterson	Unattached	Female Master 40
403	Bob	Rowland	Unattached Local Runner	Male Master 65
404	Derek	Clayton	Unattached	Male Master 50
405	Karen	Payne	Unattached	Female Master 40
406	Zoe	Cook	Unattached Local Runner	Female Senior
407	Shannon	Stafford	Unattached Local Runner	Female Under 20
408	Jade	Stephens	Unattached Local Runner	Female Under 20
409	Daniel	Austin	Unattached Local Runner	Male Senior
410	Vicki	Willington	Unattached	Female Senior
411	Rachel	Goodwin	Unattached	Female Senior
412	Brad	Jones	Ipswich JAFFA	Male Senior
413	David	Reid	Stowmarket Striders	Male Master 50
414	Esther	Stringer	Unattached	Female Master 55
415	Brian	Stringer	Unattached	Male Master 65
416	James	Carvell	Unattached	Male Senior
417	Lianne	Humphreys	Unattached	Female Senior
418	Eileen	Carvell	Unattached	Female Senior
419	Kate	Hutson	Unattached	Female Senior
420	Jan	Blake	Unattached	Female Master 45
421	Michael	Bradley	Unattached Local Runner	Male Senior
422	Pauline	Adams	Ipswich JAFFA	Female Senior
423	Mike	Grealy	Halstead Road Runners	Male Master 55
424	Caroline	Jeggo	Unattached Local Runner	Female Senior
425	Nicola	East	Unattached	Female Senior
426	Peter	Bird	St Edmund Pacers	Male Senior
427	Eloise	Claver	St Edmund Pacers	Female Master 40
428	Yusuf	Firat	Haverhill Running Club	Male Master 45
429	Louise	Palmer	Unattached Local Runner	Female Master 40
430	Rachel	Collins	Unattached Local Runner	Female Senior
431	Derek	Hood	Unattached	Male Senior

432	Teresa	Challis	Halstead Road Runners	Female Master 40
433	Trevor	Bunch	Haverhill Running Club	Male Senior
434	Vicki	Quelch	Haverhill Running Club	Female Senior
435	Daniel	Quelch	Haverhill Running Club	Male Master 40
436	Tracey	Squirrell	Unattached	Female Master 40
437	Lisa	Smith	Unattached	Female Master 40
438	Denise	Chalk	Haverhill Running Club	Female Senior
439	Ellie	Cumner	Colchester & Tendring AC	Female Senior
440	Gareth	Smith	Unattached	Male Senior
441	Paul	davies	Unattached	Male Senior
442	Emma	Brennan	Unattached Local Runner	Female Master 40
443	Melissa	Murcott	Unattached Local Runner	Female Senior
444	Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
445	Chris	Chorley	Bungay Black Dog	Male Master 45
446	Annette	Robson	Unattached	Female Master 40
447	Sarah	Cumiskey	Unattached	Female Senior
448	Guy	Britton	Unattached Local Runner	Male Under 20
449	Steve	Clark	Unattached Local Runner	Male Senior
450	Raoul	Grantham	Braintree & District AC	Male Master 40
451	Glenn	Douglas	St Edmund Pacers	Male Senior
452	Kelly	Gordon	Unattached Local Runner	Female Senior
453	Colin	Farmer	Unattached	Male Master 45
454	Aaron	Farmer	Unattached	Male Under 20
455	Paul	Jeffreys	Unattached	Male Senior
456	Dean	Hynard	Unattached Local Runner	Male Under 20
457	Allan	Tucker	Unattached	Male Senior
458	Christopher	Beddowes	Unattached Local Runner	Male Senior
459	David	Keeble	Unattached Local Runner	Male Master 40
460	Peter	Garner	Unattached	Male Master 50
461	Karen	Garner	Unattached	Female Master 40
462	Kirsty	Sperring	Unattached	Female Senior
463	Alex	Garner	Unattached	Male Under 20
464	Ruth	Sadler	Unattached	Female Senior
465	Claire	Double	Unattached	Female Senior
466	Jamie	Hynard	Unattached Local Runner	Male Senior
467	Paul	Smith	Unattached	Male Master 45
468	Rebecca	Ray	Unattached Local Runner	Female Master 40
469	Darrell	Skipper	Unattached	Male Senior
470	Adam	Freeman	Unattached	Male Senior
471	Sara	Taylor-Balls	Hadleigh Hares A.C.	Female Master 45
472	Pat	Partridge	St Edmund Pacers	Female Master 55
473	Joe	Pearce	Unattached	Male Senior
474	Steven	Kent	Harwich Runners	Male Master 45
475	Anna	Oakes	Unattached	Female Senior
476	Tom	Bull	Unattached	Male Senior
477	Seb	Gwyn-Williams	Witham RC	Male Master 40
478	Jamie	Sims	Unattached	Male Master 40
479	Claire	Turnbull	Unattached Local Runner	Female Senior
480	John	Turnbull	Unattached	Male Master 50
481	Scott	Peters	Unattached Local Runner	Male Senior
482	Angus	Forshaw	Unattached	Male Senior
483	James	Firth	Unattached	Male Senior
484	Colin	Ridley	West Suffolk A.C.	Male Master 50
485	Selina	Hull	Halstead Road Runners	Female Senior

486	Russel	Breyer	Ipswich Triathlon Club	Male Master 45
487	Steven	Danes	Unattached Local Runner	Male Master 40
488	Ben	Ripper	Unattached	Male Senior
489	Tom	Nash	Unattached	Male Senior
490	Kieran	Hayles	Unattached Local Runner	Male Senior
491	Michael	Lewis	Unattached Local Runner	Male Senior
492	Becky	Partridge	Unattached	Female Senior
493	David	Fenton	Stowmarket Striders	Male Master 40
494	Christine	Anthony	West Suffolk A.C.	Female Master 45
495	Neil	Anthony	St Edmund Pacers	Male Master 45
496	Martin	Milsted	Unattached Local Runner	Male Senior
497	Becky	Rogers	Unattached	Female Senior
498	Emily	Baker	West Suffolk A.C.	Female Under 20
499	Sarah	Partridge	Shaftesbury Barnet AC	Female Senior
500	Richard	Williams	Unattached	Male Senior
501	Catherine	Platt	Unattached	Female Senior
502	Joanna	Watcham	Unattached	Female Senior
503	James	Vernon	Unattached	Male Senior
504	John	Oakes	Cambridge & Coleridge AC	Male Master 40
505	Marlene	Seabrook	Unattached	Female Master 40
506	Sarah	Ward	Unattached Local Runner	Female Senior
507	Lisa	Horler	Unattached	Female Master 40
508	Simon	White	Unattached Local Runner	Male Senior
509	Stuart	Hogger	Unattached Local Runner	Male Senior
510	Martin	Swan	Unattached Local Runner	Male Master 45
511	Stephen	Wilkison	Unattached Local Runner	Male Senior
512	Tommy	Butcher	Unattached Local Runner	Male Senior
513	Matt	Rowling	Unattached	Male Senior
514	Marie	Hibble	Unattached	Female Senior
515	Kelvin	Hibble	Unattached	Male Senior
516	Maureen	McCarthy	West Suffolk A.C.	Female Master 50
517	Alice	King	Unattached Local Runner	Female Under 20
518	Rebekah	Goodwin	Unattached	Female Senior
519	Joshua	Smith	Unattached Local Runner	Male Under 20
520	Amy	Pritchett	Unattached	Female Senior
521	Tricia	Goulden	St Edmund Pacers	Female Master 50
522	Steve	Love	Unattached Local Runner	Male Senior
523	Yo	Hearne	Unattached	Female Master 40
524	Sharon	Bowes	Unattached Local Runner	Female Master 40
525	Samantha	Jenkins	Unattached	Female Senior
526	Rachel	Frances	Unattached	Female Master 40
527	Simon	Parker	Unattached Local Runner	Male Master 50
528	Steve	Chisholm	Unattached Local Runner	Male Senior
529	Chloe	Button	Unattached Local Runner	Female Senior
530	Matthew	Lansbury	Unattached	Male Senior
531	Steve	Adams	Unattached	Male Senior
532	Jack	Hunt	Unattached Local Runner	Male Under 20
533	Jordan	Bailey	Unattached Local Runner	Male Under 20
534	Ben	Smith	Unattached Local Runner	Male Under 20
535	Marcin	Przybylek	Unattached	Male Senior
536	Heidi	Butcher	Unattached	Female Senior
537	Kristian	Canham	Unattached	Male Senior
538	Sam	Bayles	Unattached Local Runner	Male Under 20
539	Ruth	Ward	Ipswich JAFFA	Female Senior

540	Thomas	Wingfield	Unattached Local Runner	Male Under 20
541	Joe	Nourse	Unattached	Male Under 20
542	Jamie	Williams	Unattached Local Runner	Male Under 20
543	Joe	Alexander	Colchester & Tendring AC	Male Under 20
544	Dawn	Shilling	Tiptree Road Runners	Female Senior
545	Harry	Fryer	Unattached	Male Under 20
546	Paul	Cutting	Unattached	Male Senior
547	Jane	Diplock	Unattached	Female Master 45
548	Dan	Cole	Unattached Local Runner	Male Senior
549	Tom	Kingsnorth	Bristol & West AC	Male Senior
550	Harry	Wright	Unattached Local Runner	Male Senior