

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:27:04	138	Wesley	Benton	Colchester Harriers AC	Male Senior
2	00:27:06	549	Tom	Kingsnorth	Bristol & West AC	Male Senior
3	00:27:19	511	Stephen	Wilkison	Unattached Local Runner	Male Senior
4	00:27:36	543	Joe	Alexander	Colchester & Tendring AC	Male Under 20
5	00:28:09	451	Glenn	Douglas	St Edmund Pacers	Male Senior
6	00:28:27	344	Brian	Herrington	Harwich Runners	Male Master 40
7	00:28:31	296	Steve	Cooper	Blackheath & Bromley Harriers	Male Senior
8	00:28:42	187	John	Scaife	Hadleigh Hares A.C.	Male Senior
9	00:28:44	1	James	Wright	Springfield Striders AC	Male Senior
10	00:28:51	395	Sam	Clayton	Colchester & Tendring AC	Male Under 20
11	00:28:54	484	Colin	Ridley	West Suffolk A.C.	Male Master 50
12	00:29:18	317	Paul	Game	Haverhill Running Club	Male Senior
13	00:29:19	267	Martin	Wilson	West Suffolk Wheelers & Tri C.	Male Senior
14	00:29:22	247	Steve	Hewes	Unattached	Male Senior
15	00:29:28	147	Keith	Marra	Unattached	Male Senior
16	00:29:28	316	Andy	Glass	Sudbury Joggers AC	Male Senior
17	00:29:32	381	Tom	Cresswell	Sudbury Joggers AC	Male Senior
18	00:29:35	337	Peter	West	Colchester Harriers AC	Male Master 45
19	00:29:51	500	Richard	Williams	Shaftsbury Barnet Harriers	Male Senior
20	00:29:53	36	Paul	Preston	Colchester Harriers AC	Male Master 40
21	00:30:03	394	Simon	Harrison	Harwich Runners	Male Senior
22	00:30:13	311	Martin	Speller	Unattached	Male Senior
23	00:30:33	253	Rob	Gibby	Colchester Harriers AC	Male Senior
24	00:30:35	12	Stuart	Prestney	Unattached	Male Senior
25	00:31:04	570	Marie	Shirley	Colchester Harriers AC	Female Senior
26	00:31:22	541	Joe	Nourse	Unattached	Male Under 20
27	00:31:25	6	Sam	Haynes	Unattached Local Runner	Male Senior
28	00:31:28	142	Lee	Owen	Unattached Local Runner	Male Senior
29	00:31:31	264	Arthur	Whiston	Colchester Harriers AC	Male Master 60
30	00:31:44	538	Sam	Bayles	Unattached Local Runner	Male Under 20
31	00:31:48	281	Scott	Crawley	Gt Bentley Running Club	Male Senior
32	00:32:12	39	Stuart	Green	Stowmarket Striders	Male Master 50
33	00:32:25	300	Peter	Lewis	Unattached Local Runner	Male Master 40
34	00:32:57	322	Richard	Flutter	Harwich Runners	Male Master 40
35	00:33:11	88	Samuel	Blows	Unattached	Male Senior
36	00:33:14	486	Russel	Breyer	Ipswich Triathlon Club	Male Master 45
37	00:33:15	493	David	Fenton	Stowmarket Striders	Male Master 40
38	00:33:18	238	Rob	Harrow	Sudbury Joggers AC	Male Senior
39	00:33:18	229	Stephen	Arnold	Unattached Local Runner	Male Senior
40	00:33:18	53	Mark	Arnold	Unattached Local Runner	Male Senior
41	00:33:22	125	Stuart	McHugh	Unattached Local Runner	Male Master 45
42	00:33:35	223	Mark	Andrews	Unattached	Male Master 45
43	00:33:40	194	John	Cooke	Colchester Harriers AC	Male Master 45
44	00:33:45	99	Malcolm	Penn	Unattached	Male Master 55
45	00:33:54	494	Christine	Anthony	West Suffolk A.C.	Female Master 45
46	00:33:56	188	Anthony	Rose	Unattached	Male Senior
47	00:33:57	107	Paul	Bown	Unattached Local Runner	Male Senior
48	00:33:57	345	Stephen	Burbidge	Harwich Runners	Male Senior
49	00:34:05	534	Ben	Smith	Unattached Local Runner	Male Under 20
50	00:34:06	141	Thomas	Clark	Unattached	Male Under 20
51	00:34:07	445	Chris	Chorley	Bungay Black Dog	Male Master 45
52	00:34:14	431	Derek	Hood	Unattached	Male Senior
53	00:34:20	245	Clive	Davey	Unattached Local Runner	Male Master 40

54	00:34:31	14	John	Craddock	Stowmarket Striders	Male Senior
55	00:34:34	8	Lee	Ford	Unattached Local Runner	Male Senior
56	00:34:34	61	Simon	Daniel	Unattached Local Runner	Male Senior
57	00:34:38	136	William	Haining	Colchester Harriers AC	Male Master 55
58	00:34:41	449	Steve	Clark	Unattached Local Runner	Male Senior
59	00:34:42	71	Jim	Comber	Unattached Local Runner	Male Master 40
60	00:34:44	192	Adrian	Frost	Unattached	Male Master 40
61	00:34:47	474	Steven	Kent	Harwich Runners	Male Master 45
62	00:34:55	423	Mike	Grealy	Halstead Road Runners	Male Master 55
63	00:34:56	387	Adam	Mumford	Sudbury Joggers AC	Male Senior
64	00:34:56	454	Aaron	Farmer	Unattached	Male Under 20
65	00:35:00	282	Paul	Carlisle	Gt Bentley Running Club	Male Master 50
66	00:35:10	384	Nicola	Pyle	Springfield Striders AC	Female Master 45
67	00:35:11	216	Alex	Deal	Unattached Local Runner	Male Under 20
68	00:35:11	453	Colin	Farmer	Unattached	Male Master 45
69	00:35:18	551	Soshie	Keys	Unattached	Female Senior
70	00:35:20	219	Rob	Davies	Unattached Local Runner	Male Master 45
71	00:35:23	426	Peter	Bird	St Edmund Pacers	Male Senior
72	00:35:32	28	Richard	Garrard	Sudbury Joggers AC	Male Senior
73	00:35:40	490	Kieran	Hayles	Unattached Local Runner	Male Senior
74	00:35:41	550	Harry	Wright	Unattached Local Runner	Male Senior
75	00:35:41	513	Matt	Rowling	Unattached	Male Senior
76	00:35:50	186	Lee	Worley	Unattached Local Runner	Male Senior
77	00:35:51	87	Richard	Brang	Unattached Local Runner	Male Master 40
78	00:35:52	512	Tommy	Butcher	Unattached Local Runner	Male Senior
79	00:35:53	68	Anthony	Scott	Unattached Local Runner	Male Master 40
80	00:36:04	33	Steven	Goodwin	Unattached Local Runner	Male Senior
81	00:36:09	52	Daniel	Swain	Unattached Local Runner	Male Senior
82	00:36:16	343	Lee	French	Unattached Local Runner	Male Senior
83	00:36:19	508	Simon	White	Unattached Local Runner	Male Senior
84	00:36:21	568	Louise	Ransey	Unattached	Female Senior
85	00:36:24	478	Jamie	Sims	Unattached	Male Master 40
86	00:36:26	378	Andrew	Wright	Unattached	Male Master 40
87	00:36:54	499	James	Cockow	Unattached	Male Senior
88	00:36:55	531	Steve	Adams	Unattached	Male Senior
89	00:36:55	498	Emily	Baker	West Suffolk A.C.	Female Under 20
90	00:37:00	62	Dan	Hardy	Unattached	Male Senior
91	00:37:03	265	Jess	Gould	Unattached	Female Senior
92	00:37:07	421	Michael	Bradley	Unattached Local Runner	Male Senior
93	00:37:11	428	Yusuf	Firat	Haverhill Running Club	Male Master 45
94	00:37:12	291	Tim	Cooper	Unattached Local Runner	Male Master 40
95	00:37:14	545	Harry	Fryer	Unattached	Male Under 20
96	00:37:14	149	Lynn	Tanner	Springfield Striders AC	Female Master 55
97		572	Not Entered	DSQ		
98	00:37:19	333	Thomas	Page	Unattached	Male Under 20
99	00:37:22	16	Andrew	Hill	Unattached	Male Senior
100	00:37:32	175	Paul	Farthing	Unattached	Male Master 45
101	00:37:33	440	Gareth	Smith	Unattached	Male Senior
102	00:37:35	350	Gary	Moore	Unattached	Male Master 50
103	00:37:40	272	James	Varndell	Unattached	Male Senior
104	00:37:47	231	Emily	Gooderham	St Edmund Pacers	Female Under 20
105	00:37:48	379	Jason	Copping	Unattached	Male Senior
106	00:37:50	293	Ray	Steele	Unattached Local Runner	Male Master 40
107	00:37:54	372	Stuart	Danes	Unattached Local Runner	Male Senior

108	00:38:04	467 Paul	Smith	Unattached	Male Master 45
109	00:38:03	309 Luke	Gray	Unattached	Male Senior
110	00:38:04	482 Angus	Forshaw	Unattached	Male Senior
111	00:38:08	509 Stuart	Hogger	Unattached Local Runner	Male Senior
112	00:38:19	224 Hazel	Buist	Halstead Road Runners	Female Senior
113	00:38:21	528 Steve	Chisholm	Unattached Local Runner	Male Senior
114	00:38:22	339 Emma	Burroughs	Ipswich Harriers	Female Under 20
115	00:38:24	473 Joe	Pearce	Unattached	Male Senior
116	00:38:24	565 Neil	Bracegridle	Unattached	Male Senior
117	00:38:26	178 Keith	Bedwell	Unattached Local Runner	Male Master 45
118	00:38:26	459 David	Keeble	Unattached Local Runner	Male Master 40
119	00:38:26	342 Trevor	Pickerin	Unattached	Male Master 45
120	00:38:26	15 Ashley	Willings	Unattached Local Runner	Male Senior
121	00:38:32	102 Dean	Beward	Unattached Local Runner	Male Master 40
122	00:38:32	103 Kallum	Beward	Unattached Local Runner	Male Under 20
123	00:38:40	154 Barry	Jarvis	Unattached	Male Senior
124	00:38:41	183 Alistair	Godfrey	Sudbury Joggers AC	Male Under 20
125	00:38:43	324 Ian	White	Unattached Local Runner	Male Master 40
126	00:38:44	72 Dee	St-Ledger	Sudbury Joggers AC	Female Master 45
127	00:38:46	560 David	Tooth	Unattached	Male Master 60
128	00:38:48	117 Graeme	Taylor	Gt Bentley Running Club	Male Master 50
129	00:38:49	232 Jessica	Gooderham	St Edmund Pacers	Female Under 20
130	00:38:50	230 Ian	Gooderham	St Edmund Pacers	Male Master 40
131	00:38:57	564 David	Tozer	Unattached Local Runner	Male Master 40
132	00:39:01	276 Steven	Cornell	Unattached	Male Senior
133	00:39:01	434 Vicki	Quelch	Haverhill Running Club	Female Senior
134	00:39:01	435 Daniel	Quelch	Haverhill Running Club	Male Master 40
135	00:39:06	7 Simon	Hibbert	Unattached	Male Senior
136	00:39:14	73 Ian	St-Ledger	Unattached Local Runner	Male Master 45
137	00:39:16	472 Pat	Partridge	St Edmund Pacers	Female Master 55
138	00:39:17	97 Ian	Bown	Unattached	Male Master 45
139	00:39:20	274 Chris	Moulton	Unattached	Male Senior
140	00:39:26	75 David	Potts	Unattached Local Runner	Male Senior
141	00:39:28	367 Jason	Sharp	Unattached Local Runner	Male Master 40
142	00:39:31	83 Andrew	Bigg	Unattached Local Runner	Male Under 20
143	00:39:34	351 Matthew	Norris	Unattached	Male Senior
144	00:39:35	23 Todd	Lewis	Unattached	Male Master 45
145	00:39:38	347 Bob	Austin	Unattached	Male Senior
146	00:39:41	450 Raoul	Grantham	Braintree& District AC	Male Master 40
147	00:39:47	260 Paul	Tarling	Unattached	Male Senior
148	00:39:47	258 Andrew	Deeks	Unattached Local Runner	Male Master 40
149	00:39:49	441 Paul	davies	Unattached	Male Senior
150	00:39:54	562 Martin	West	Harwich Runners	Male Master 40
151	00:39:54	55 Hannah	Payne	Unattached Local Runner	Female Senior
152	00:39:56	69 Richard	Nice	Unattached	Male Master 45
153	00:40:00	352 Kate	Thornton	Unattached	Female Senior
154	00:40:04	275 Tony	Hodgson	Unattached	Male Master 40
155	00:40:13	510 Martin	Swan	Unattached Local Runner	Male Master 45
156	00:40:13	355 Rachel	Bodsworth	Unattached	Female Senior
157	00:40:14	476 Tom	Bull	Unattached	Male Senior
158	00:40:19	299 Adam	Webster	Unattached Local Runner	Male Master 40
159	00:40:20	239 Daniel	Reader	Unattached	Male Senior
160	00:40:23	548 Dan	Cole	Unattached Local Runner	Male Senior
161	00:40:23	456 Dean	Hynard	Unattached Local Runner	Male Under 20

162	00:40:25	523 Yo	Hearne	Unattached	Female Master 40
163	00:40:26	444 Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
164	00:40:29	320 Adrian	Rimmer	Unattached Local Runner	Male Master 45
165	00:40:39	495 Neil	Anthony	St Edmund Pacers	Male Master 45
166	00:40:52	157 Carla	Holroyd	Harwich Runners	Female Master 55
167	00:40:57	514 Marie	Hibble	Unattached	Female Senior
168	00:40:57	515 Kelvin	Hibble	Unattached	Male Senior
169	00:40:58	522 Steve	Love	Unattached Local Runner	Male Senior
170	00:40:58	251 Philip	Brown	Unattached	Male Master 45
171	00:40:59	11 Neil	Sawyer	Unattached Local Runner	Male Master 40
172	00:41:03	159 Liz	Cooper	Unattached	Female Master 50
173	00:41:08	383 Lionel	Ravet	Unattached Local Runner	Male Senior
174	00:41:09	225 Jonathan	Buist	Unattached	Male Senior
175	00:41:10	283 Lex	Carlisle	Gt Bentley Running Club	Female Master 50
176	00:41:12	63 Alan	Cochram	Unattached	Male Senior
177	00:41:13	9 Sylvan	Veitch	Unattached	Male Senior
178	00:41:15	242 Adrian	Hayhew	Unattached Local Runner	Male Senior
179	00:41:15	92 Daniel	Rowland	Unattached Local Runner	Male Senior
180	00:41:15	91 Julie	Simpson	Unattached Local Runner	Female Senior
181	00:41:19	330 Amy	Smith	Unattached Local Runner	Female Senior
182	00:41:19	284 Karen	Skene	Gt Bentley Running Club	Female Master 40
183	00:41:38	202 Matthew	Drury	Unattached Local Runner	Male Senior
184	00:41:38	161 Alan	Corner	Unattached	Male Senior
185	00:41:41	480 John	Turnbull	Unattached	Male Master 50
186	00:41:43	81 Miles	Johnson	Unattached	Male Master 55
187	00:41:45	234 Liz	Herbert	Unattached	Female Under 20
188	00:41:50	59 Ken	Browne	Unattached	Male Master 50
189	00:41:50	60 Joel	Browne	Unattached	Male Under 20
190	00:41:53	127 Julian	Holland	Unattached Local Runner	Male Senior
191	00:41:55	447 Sarah	Cumiskey	Unattached	Female Senior
192	00:41:56	24 Tony	Rook	Unattached	Male Master 45
193	00:42:02	110 Oliver	Page	Unattached	Male Senior
194	00:42:03	166 Tracy	Flux	Unattached	Female Master 40
195	00:42:05	177 Keren	Bedwell	Unattached Local Runner	Female Master 45
196	00:42:19	196 Neil	Matthews	Unattached	Male Master 40
197	00:42:20	90 Peter	Simpson	Unattached Local Runner	Male Master 45
198	00:42:20	158 Jason	Carsbolt	Unattached Local Runner	Male Senior
199	00:42:23	380 Richard	Chisnall	Unattached	Male Senior
200	00:42:26	289 Lucy	Nichol	Unattached Local Runner	Female Master 50
201	00:42:28	168 James	Elsy	Unattached Local Runner	Male Senior
202	00:42:28	34 Anthea	Shore	Unattached Local Runner	Female Master 40
203	00:42:28	537 Kristian	Canham	Unattached	Male Senior
204	00:42:30	108 Brian	West	Unattached Local Runner	Male Master 65
205	00:42:30	43 Steven	Petchey	Unattached Local Runner	Male Senior
206	00:42:30	458 Christopher	Beddowes	Unattached Local Runner	Male Senior
207	00:42:34	156 Jackie	Kirk	Hadleigh Hares A.C.	Female Master 45
208	00:42:37	144 Matthew	Cavey	Unattached	Male Senior
209	00:42:38	145 Benjy	Firth	Unattached	Male Senior
210	00:42:39	497 Becky	Rogers	Unattached	Female Senior
211	00:42:39	277 Sarah	Mallalieu	Unattached Local Runner	Female Senior
212	00:42:40	304 Jason	Appleby	Unattached Local Runner	Male Master 40
213	00:42:41	334 Colin	Newcombe	Unattached	Male Master 40
214	00:42:49	349 Thomas	Schmitz	Unattached	Male Senior
215	00:42:52	146 Matt	Mackman	Unattached	Male Senior

216	00:42:53	403 Bob	Rowland	Unattached Local Runner	Male Master 65
217	00:42:55	228 Adam	Canning	Unattached	Male Senior
218	00:42:55	151 Debbie	Lewis	Witham RC	Female Master 50
219	00:43:00	455 Paul	Jeffreys	Unattached	Male Senior
220	00:43:01	318 Pam	Jones	Halstead Road Runners	Female Master 65+
221	00:43:14	310 James	Dawson	Unattached	Male Senior
222	00:43:17	86 Tina	Gore	Unattached Local Runner	Female Senior
223	00:43:18	331 John	Clarke	Unattached	Male Master 40
224	00:43:26	552 Kevin	Newman	Unattached	Male Master 50
225	00:43:35	201 Ben	Boxall	Unattached Local Runner	Male Senior
226	00:43:40	422 Pauline	Adams	Ipswich JAFFA	Female Senior
227	00:43:48	487 Steven	Danes	Unattached Local Runner	Male Master 40
228	00:43:52	279 Simon	Page	Unattached	Male Master 55
229	00:43:54	205 Daniel	Bates	Unattached Local Runner	Male Under 20
230	00:43:56	427 Eloise	Claver	St Edmund Pacers	Female Master 40
231	00:43:58	246 John	O'Connor	Unattached Local Runner	Male Senior
232	00:44:01	152 Shane	Watson	Unattached Local Runner	Male Senior
233	00:44:11	29 Mary	Marsh	Newmarket Joggers	Female Master 55
234	00:44:20	389 Neville	Kent	Unattached Local Runner	Male Senior
235	00:44:25	244 Nick	Kepmson	Unattached	Male Master 50
236	00:44:28	463 Alex	Garner	Unattached	Male Under 20
237	00:44:30	488 Ben	Ripper	Unattached	Male Senior
238	00:44:30	133 Rebecca	Griffiths	Unattached Local Runner	Female Senior
239	00:44:31	502 Joanna	Watcham	Unattached	Female Senior
240	00:44:32	271 David	Varndell	Unattached	Male Master 50
241	00:44:35	25 Georgina	Ling	Unattached	Female Senior
242	00:44:36	45 Vikki	Tinskey	Unattached Local Runner	Female Master 40
243	00:44:37	44 Andrew	Tinsley	Unattached Local Runner	Male Senior
244	00:44:42	466 Jamie	Hynard	Unattached Local Runner	Male Senior
245	00:44:44	420 Jan	Blake	Unattached	Female Master 45
246	00:44:56	336 Reggie	Bugg	Unattached	Male Senior
247	00:44:56	348 Karen	Austin	Unattached	Female Master 45
248	00:44:56	27 Viv	Ashton	Unattached Local Runner	Female Master 50
249	00:45:07	437 Lisa	Smith	Unattached	Female Master 40
250	00:45:07	100 Andrea	Senior	Unattached Local Runner	Female Senior
251	00:45:10	115 Kathryn	Fleming	Unattached Local Runner	Female Master 40
252	00:45:13	180 Laura	Eardley	Unattached	Female Senior
253	00:45:17	290 Nathan	Kelly	Unattached Local Runner	Male Under 20
254	00:45:22	496 Martin	Milsted	Unattached Local Runner	Male Senior
255	00:45:26	135 Jacquie	Webb	Unattached Local Runner	Female Master 45
256	00:45:26	20 Naomi	Wright	Unattached Local Runner	Female Senior
257	00:45:31	67 Sharon	Bowman	Unattached Local Runner	Female Master 45
258	00:45:31	385 Francis	Mills	Unattached	Male Senior
259	00:45:38	303 Fiona	Appleby	Unattached Local Runner	Female Senior
260	00:45:40	248 Julie	Thurlow	Ipswich JAFFA	Female Master 55
261	00:45:44	335 Terence	Newcombe	Unattached	Male Senior
262	00:45:46	76 Shaun	Boldock	Unattached Local Runner	Male Master 40
263	00:45:47	4 David	Williams	Unattached	Male Master 65
264	00:45:51	390 Natasha	Rivers	Unattached	Female Senior
265	00:45:51	37 David	Howe	Unattached	Male Master 50
266	00:45:52	535 Marcin	Przybylek	Unattached	Male Senior
267	00:45:53	460 Peter	Garner	Unattached	Male Master 50
268	00:45:55	519 Joshua	Smith	Unattached Local Runner	Male Under 20
269	00:45:58	405 Karen	Payne	Unattached	Female Master 40

270	00:46:00	400	Jennifer	O'Callaghan	Unattached	Female Master 40
271	00:46:02	563	Anthony	Mouyia	Unattached Local Runner	Male Master 40
272	00:46:02	56	Bianca	Burman	Unattached Local Runner	Female Senior
273	00:46:03	235	Liza	Devlin	Unattached Local Runner	Female Master 40
274	00:46:04	557	Toby	Gooch	Unattached	Male Under 20
275	00:46:05	555	Zack	Bush	Unattached	Male Senior
276	00:46:07	571	Jordan	Bailey	Unattached Local Runner	Male Junior
277	00:46:17	254	Joseph	Reader	Unattached	Male Under 20
278	00:46:25	22	Alistair	Gill	Unattached Local Runner	Male Master 40
279	00:46:30	143	Neil	Arbon	Unattached Local Runner	Male Master 60
280	00:46:35	227	Phyllida	Hadlidge	Unattached Local Runner	Female Senior
281	00:46:37	404	Derek	Clayton	Unattached	Male Master 50
282	00:46:38	377	Gill	James	Unattached	Female Master 50
283	00:46:40	42	Jeremy	Bird	Unattached Local Runner	Male Senior
284	00:46:41	252	David	Munro	Unattached Local Runner	Male Senior
285	00:46:42	162	Julie	Winder	Unattached	Female Master 40
286	00:46:44	104	Phillip	Nutley	St Edmund Pacers	Male Master 60
287	00:46:49	18	Rick	Burton	Unattached Local Runner	Male Senior
288	00:46:51	471	Sara	Taylor-Balls	Hadleigh Hares A.C.	Female Master 45
289	00:46:51	341	David	Piper	Unattached	Male Master 45
290	00:46:53	181	Peter	Wood	Unattached	Male Master 45
291	00:46:53	105	Catherine	Kemp	Unattached Local Runner	Female Master 45
292	00:46:55	106	David	Lesiak	Unattached Local Runner	Male Master 55
293	00:46:49	130	Sue	Sorrell	Gt Bentley Running Club	Female Master 45
294	00:47:00	481	Scott	Peters	Unattached Local Runner	Male Senior
295	00:47:07	84	Aaron	Bates	Unattached Local Runner	Male Senior
296	00:47:08	263	Jill	Cox	Unattached Local Runner	Female Master 45
297	00:47:12	82	Nigel	Prentis	Unattached	Male Master 60
298	00:47:18	270	Kathryne	Gill	Unattached	Female Senior
299	00:47:22	240	Justine	Paul	Unattached	Female Master 40
300	00:47:22	241	Shelia	Hodgson	Unattached	Female Master 40
301	00:47:25	26	Holly	Turner	Unattached	Female Senior
302	00:47:39	506	Sarah	Ward	Unattached Local Runner	Female Senior
303	00:47:39	206	Andrew	Cole	Unattached	Male Senior
304	00:47:41	266	David	Howe	Unattached Local Runner	Male Senior
305	00:47:44	165	Devon	Harris	Unattached Local Runner	Male Under 20
306	00:47:45	256	Rob	Wise	Unattached	Male Master 50
307	00:47:49	518	Rebekah	Goodwin	Unattached	Female Senior
308	00:47:50	113	Nancy	Hammond	Hadleigh Hares A.C.	Female Master 45
309	00:47:59	517	Alice	King	Unattached Local Runner	Female Under 20
310	00:47:59	529	Chloe	Button	Unattached Local Runner	Female Senior
311	00:48:13	226	Mel	Chittock	Unattached	Male Master 55
312	00:48:15	566	Simon	St-Ledger	Unattached Local Runner	Male Master 40
313	00:48:24	424	Caroline	Jeggo	Unattached Local Runner	Female Senior
314	00:48:28	204	Ellie	Robinson	Unattached Local Runner	Female Senior
315	00:48:28	269	Penny	Hurrell	Unattached Local Runner	Female Master 40
316	00:48:35	321	Laura	Brooks	Unattached Local Runner	Female Senior
317	00:48:36	163	Dennis	Harris	Unattached	Male Master 45
318	00:48:38	109	Graham	Page	Unattached	Male Master 50
319	00:48:49	173	Bradley	Shepherd	Unattached Local Runner	Male Senior
320	00:48:49	363	Mark	Wright	Unattached Local Runner	Male Senior
321	00:48:49	419	Kate	Hutson	Unattached	Female Senior
322	00:49:49	501	Catherine	Platt	Unattached	Female Senior
323	00:48:51	388	Victoria	Shennan	Unattached Local Runner	Female Master 40

324	00:48:51	153	Gordon	Banks	Unattached	Male Master 40
325	00:48:56	358	Shaun	Clarke	Unattached Local Runner	Male Senior
326	00:48:57	121	Edward	Senior	Unattached Local Runner	Male Master 50
327	00:49:01	93	Peter	Jarvis	Unattached Local Runner	Male Master 60
328	00:49:10	285	Grahame	Walkingshaw	Unattached	Male Master 45
329	00:49:16	243	Trish	Kempson	Hadleigh Hares A.C.	Female Master 45
330	00:49:18	129	Richard	taylor	Unattached Local Runner	Male Master 50
331	00:49:21	425	Nicola	East	Unattached	Female Senior
332	00:49:34	319	Claire	Blake	Unattached	Female Master 40
333	00:49:39	569	Lee	Vernon	Unattached	Male Master 40
334	00:49:40	77	Carrie	Boldock	Unattached Local Runner	Female Master 40
335	00:49:43	436	Tracey	Squirrell	Unattached	Female Master 40
336	00:49:46	46	Lindsay	Hobden	Unattached Local Runner	Female Master 40
337	00:49:53	65	Mark	Cochram	Unattached	Male Master 40
338	00:49:55	553	Sally	Vincent	Unattached	Female Senior
339	00:50:04	359	Jacqueline	Hubbard	Unattached	Female Senior
340	00:50:06	94	Ann	Jarvis	Unattached Local Runner	Female Master 60
341	00:50:09	41	Sylvia	Francis	Unattached Local Runner	Female Master 50
342	00:50:19	462	Kirsty	Sperring	Unattached	Female Senior
343	00:50:20	461	Karen	Garner	Unattached	Female Master 40
344	00:50:21	259	Tim	Day	Unattached Local Runner	Male Senior
345	00:50:22	182	Gillian	Blackmore	Unattached	Female Master 45
346	00:50:25	556	Emma	Hughes	Unattached	Female Senior
347	00:50:26	567	Miles	Beasley	Unattached	Male Master 40
348	00:50:31	40	John	Francis	Unattached Local Runner	Male Master 50
349	00:50:40	78	Lisa	Pollard	Unattached	Female Master 40
350	00:50:45	479	Claire	Turnbull	Unattached Local Runner	Female Senior
351	00:50:47	189	Ann	Cuthbert	Unattached Local Runner	Female Master 40
352	00:50:48	57	Paul	Chuter	Unattached Local Runner	Male Senior
353	00:50:51	503	James	Vernon	Unattached	Male Senior
354	00:50:54	429	Jane	Dines	Unattached	Female Master 45
355	00:50:57	399	Lian	Golton	Unattached	Female Senior
356	00:51:01	397	Leanne-Sara	Jones	Unattached	Female Senior
357	00:51:05	305	Stephen	Murphy	Unattached Local Runner	Male Master 50
358	00:51:08	346	Martin	Evans	Unattached	Male Senior
359	00:51:09	79	Mark	Dalton	Unattached	Male Master 45
360	00:51:14	544	Dawn	Shilling	Tiptree Road Runners	Female Senior
361	00:51:18	172	Paul	Forshaw	Unattached	Male Master 55
362	00:51:33	468	Rebecca	Ray	Unattached Local Runner	Female Master 40
363	00:51:33	174	Catherine	King	Unattached Local Runner	Female Master 40
364	00:51:34	532	Jack	Hunt	Unattached Local Runner	Male Under 20
365	00:51:37	221	Carrie	Mason	Unattached	Female Master 40
366	00:51:39	483	James	Firth	Unattached	Male Senior
367			No Number	DSQ		
368	00:51:43	13	Julia	Prestney	Unattached	Female Master 40
369	00:51:43	112	Alison	Roomes	Unattached	Female Senior
370	00:51:50	366	Nicola	Shatford	Unattached Local Runner	Female Master 45
371	00:51:53	411	Rachel	Goodwin	Unattached	Female Senior
372	00:51:58	211	Dave	Garnham	St Edmund Pacers	Male Master 50
373	00:51:58	209	Tracey	Garnham	St Edmund Pacers	Female Master 50
374	00:52:04	17	Vanessa	Burton	Unattached Local Runner	Female Senior
375	00:52:09	19	Jenny	Standley	Unattached Local Runner	Female Master 45
376	00:52:14	120	Gavin	Senior	Unattached Local Runner	Male Senior
377	00:52:24	268	Ales	Green	Unattached Local Runner	Male Master 45

378	00:52:25	3	Caine	Folkes-Miller	Unattached Local Runner	Male Senior
379	00:52:35	356	Ian	Bodsworth	Unattached	Male Senior
380	00:52:54	408	Jade	Stephens	Unattached Local Runner	Female Under 20
381	00:52:59	70	Robert	Ling	Unattached Local Runner	Male Master 55
382	00:53:29	430	Rachel	Collins	Unattached Local Runner	Female Senior
383	00:53:30	475	Anna	Oakes	Unattached	Female Senior
384	00:53:36	54	David	Evison	Unattached Local Runner	Male Master 60
385	00:53:38	249	Helen	Philpot	Unattached	Female Master 40
386	00:53:43	176	Lynette	Hynard	Unattached Local Runner	Female Senior
387	00:53:45	74	Poppy	St-Ledger	Unattached Local Runner	Female Senior
388	00:53:49	233	Dawn	Herbert	Unattached	Female Master 40
389	00:53:52	213	Ashley	Game	Unattached Local Runner	Male Under 20
390	00:53:53	170	Carole	Seeley	Unattached Local Runner	Female Master 45
391	00:53:53	169	Paul	Seely	Unattached Local Runner	Male Master 50
392	00:53:59	491	Michael	Lewis	Unattached Local Runner	Male Senior
393	00:53:59	489	Tom	Nash	Unattached	Male Senior
394	00:54:04	80	Anya	White	Unattached Local Runner	Female Senior
395	00:54:15	220	Shaheda	Ambrose	Unattached	Female Master 55
396	00:54:15	119	Colin	Risley	Unattached Local Runner	Male Master 55
397	00:54:16	362	Michelle	Jarrett	Ipswich JAFFA	Female Master 40
398	00:54:20	118	Daniel	Richards	Unattached	Male Senior
399	00:54:21	370	Nicky	Mclvor	Unattached Local Runner	Male Master 60
400	00:54:24	236	Sharon	Breward	Unattached Local Runner	Female Master 40
401	00:54:45	325	Gill	Hughes	Unattached Local Runner	Female Senior
402	00:55:12	5	Matthew	Smith	Unattached	Male Senior
403	00:55:14	433	Trevor	Bunch	Haverhill Running Club	Male Senior
404	00:55:18	207	Jessica	Baloga	Unattached	Female Senior
405	00:55:21	393	Nicky	Ross	Unattached	Female Master 45
406	00:55:21	392	Lorraine	Turner	Unattached	Female Master 45
407	00:55:28	527	Simon	Parker	Unattached Local Runner	Male Master 50
408	00:55:36	114	Jane	Stebbing	Unattached Local Runner	Female Master 55
409	00:55:46	198	Adrienne	Frost	Unattached Local Runner	Female Senior
410	00:55:46	217	Robert	Pidgeon	Unattached	Male Master 55
411	00:55:56	402	Jane	Masterson	Unattached	Female Master 40
412	00:55:56	401	Sue	Freear	Unattached	Female Senior
413	00:56:14	38	Marie	Ranson	Unattached	Female Senior
414	00:56:35	561	Lucy	Mannering	Unattached	Female Senior
415	00:56:36	210	Debi	Marfleet	Unattached	Female Master 50
416	00:56:52	185	Gary	Spiers	Unattached	Male Master 40
417	00:57:12	47	Julie	Brace	Unattached Local Runner	Female Master 40
418	00:57:12	48	Amy	Howard	Unattached Local Runner	Female Master 40
419	00:57:14	536	Heidi	Butcher	Unattached	Female Senior
420	00:57:26	328	Gemma	Wright	Unattached	Female Senior
421	00:57:26	327	Geoff	Wright	Unattached	Male Master 55
422	00:57:27	273	Martin	Philpot	Unattached	Male Master 40
423	00:57:31	406	Zoe	Cook	Unattached Local Runner	Female Senior
424	00:58:27	255	Wendy	Faerstrand	Unattached	Female Master 55
425	00:59:24	50	Julie	Willis	Unattached Local Runner	Female Senior
426	00:59:24	132	Tracy	Griffiths	Unattached Local Runner	Female Master 40
427	00:59:24	51	Sally	Siggers	Unattached Local Runner	Female Senior
428	00:59:24	131	Alan	Griffiths	Unattached Local Runner	Male Master 45
429	00:59:27	140	Giles	Clark	Unattached Local Runner	Male Master 45
430	00:59:38	407	Shannon	Stafford	Unattached Local Runner	Female Under 20
431	01:00:10	64	Francis	Hounslow	Unattached	Female Senior

432	01:00:50	361	Jenny	Smith	Unattached Local Runner	Female Master 45
433	01:00:50	360	Russell	Smith	Unattached Local Runner	Male Senior
434	01:01:12	148	Tim	Garrett-Moore	Unattached Local Runner	Male Master 55
435	01:01:43	150	Emma	Firth	Unattached	Female Senior
436	01:02:03	214	Natalie	Broughton	Unattached Local Runner	Female Senior
437	01:02:03	212	Keith	Game	Unattached Local Runner	Male Master 50
438	01:02:33	95	Nyk	Reader	Unattached	Male Senior
439	01:03:08	203	James	Kelly	Framlingham Flyers	Male Master 70+
440	01:03:31	525	Samantha	Jenkins	Unattached	Female Senior
441	01:03:31	526	Rachel	Frances	Unattached	Female Master 40
442	01:04:10	167	Chantelle	Harris	Unattached	Female Senior
443	01:05:07	179	Lauren	Salisbury	Unattached	Female Senior
444	01:05:15	208	Adrian	Rose-Belcher	Unattached Local Runner	Male Master 40
445	01:10:11	66	Ruth	Carter	Unattached	Female Master 45
446	No Time	250	Tracy	Molloy	Unattached Local Runner	Female Senior
447	No Time	368	Sean	Cooper	Unattached Local Runner	Male Senior
	dns/dnf	2	Melanie	Folkes-Miller	Unattached Local Runner	Female Master 40
	dns/dnf	10	Josephine	Jarmin	Unattached Local Runner	Female Senior
	dns/dnf	21	Darren	Theobald	Unattached Local Runner	Male Senior
	dns/dnf	30	Paul	Kerrison	Harwich Runners	Male Master 45
	dns/dnf	31	Clare	McKenna	Harwich Runners	Female Senior
	dns/dnf	32	David	Stenson	Unattached Local Runner	Male Master 45
	dns/dnf	35	Emma	Thistleton	Unattached Local Runner	Female Senior
	dns/dnf	58	David	Cole	Unattached	Male Senior
	dns/dnf	85	Louis	Brooks	Unattached	Male Senior
	dns/dnf	89	Rebecca	Simpson	Unattached Local Runner	Female Master 40
	dns/dnf	96	Hayley	Murray	Unattached Local Runner	Female Senior
	dns/dnf	98	Lesley	Swift	Unattached Local Runner	Female Master 55
	dns/dnf	101	Bernard	Wright	Unattached	Male Master 45
	dns/dnf	111	Rachel	Linsdell	Unattached Local Runner	Female Senior
	dns/dnf	116	Lyndon	Houston	Unattached	Male Master 40
	dns/dnf	122	Scott	McLaren	Unattached	Male Senior
	dns/dnf	124	Robert	Smith	Unattached Local Runner	Male Senior
	dns/dnf	126	Stephen	Morgan	Unattached Local Runner	Male Master 40
	dns/dnf	128	Michelle	Holland	Unattached Local Runner	Female Senior
	dns/dnf	134	Vincent	Webb	Unattached Local Runner	Male Master 50
	dns/dnf	139	Dave	Ingleby	Hadleigh Hares A.C.	Male Master 55
	dns/dnf	160	Dave	Potticary	Unattached	Male Master 40
	dns/dnf	164	Barry	Green	Unattached	Male Master 55
	dns/dnf	171	Alan	Reader	Unattached	Male Master 40
	dns/dnf	184	David	Southgate	Unattached Local Runner	Male Master 40
	dns/dnf	190	Jenna	Gunn	Unattached Local Runner	Female Senior
	dns/dnf	191	Natasha	Steggles	Unattached Local Runner	Female Senior
	dns/dnf	193	Lester	Blake	Unattached	Male Senior
	dns/dnf	195	Frank	Marsden	Unattached Local Runner	Male Master 55
	dns/dnf	197	Stu	Pettican	Unattached	Male Master 40
	dns/dnf	199	Michael	Summers	Unattached Local Runner	Male Master 40
	dns/dnf	200	Sara	Farley	Unattached Local Runner	Female Senior
	dns/dnf	215	Herminia	Garcia	Unattached	Female Senior
	dns/dnf	218	Mervyn	Barker	Unattached	Male Master 55
	dns/dnf	222	Mark	Russell	Unattached	Male Master 40
	dns/dnf	261	Steve	Seal	Unattached	Male Master 45
	dns/dnf	262	Sandra	Seal	Unattached	Female Master 45
	dns/dnf	278	John	Gillard	Unattached Local Runner	Male Master 45

dns/dnf	280	Steven	Everett	Unattached Local Runner	Male Senior
dns/dnf	286	Tracey	Clarke	Unattached	Female Master 40
dns/dnf	287	Jonathan	Cooper	Unattached Local Runner	Male Master 45
dns/dnf	288	Denise	Leader	Unattached Local Runner	Female Master 45
dns/dnf	294	Ian	Wilcockson	Unattached	Male Master 45
dns/dnf	295	Neil	Wilcockson	Unattached	Male Master 40
dns/dnf	297	Liz	Stuckey	Witham RC	Female Senior
dns/dnf	298	Alex	Stuckey	Witham RC	Male Senior
dns/dnf	301	Judith	Sargent	Unattached Local Runner	Female Master 50
dns/dnf	302	Hester	Gartrell	Unattached Local Runner	Female Senior
dns/dnf	306	Anna	McSweeney-Murphy	Unattached Local Runner	Female Master 50
dns/dnf	307	Beth	Whybrow	Unattached	Female Senior
dns/dnf	308	Karla	Motts	Unattached	Female Senior
dns/dnf	312	Hay	Pearson	Unattached Local Runner	Female Senior
dns/dnf	313	Mike	Pearson	Unattached Local Runner	Male Master 40
dns/dnf	314	Katrina	Hales	Unattached	Female Master 40
dns/dnf	315	Neal	Hales	Unattached	Male Master 45
dns/dnf	323	Leslie	Mathieson	Colchester Harriers AC	Male Master 65
dns/dnf	329	Rob	Mann	Unattached	Male Senior
dns/dnf	332	Carol	Page	Unattached	Female Master 40
dns/dnf	338	Richard	Lomas	Unattached	Male Senior
dns/dnf	340	Louisa	McKnight	Unattached Local Runner	Female Master 45
dns/dnf	353	Robert	Reason	Harwich Runners	Male Senior
dns/dnf	354	Sophie	Lovegrove	Unattached	Female Senior
dns/dnf	357	Robert	Sanders	Unattached	Male Senior
dns/dnf	364	Carol	St-Ledger	Unattached	Female Master 55
dns/dnf	365	John	Shatford	Unattached Local Runner	Male Master 45
dns/dnf	369	Dawn	Ashcroft	Unattached Local Runner	Female Senior
dns/dnf	371	Amanda	Mitchell	Unattached Local Runner	Female Master 40
dns/dnf	373	Veronica	Collins	Unattached	Female Master 45
dns/dnf	374	Erin	Monk	Unattached Local Runner	Female Senior
dns/dnf	375	Alex	Monk	Unattached Local Runner	Female Senior
dns/dnf	376	James	Hudson	Unattached Local Runner	Male Senior
dns/dnf	382	Valerie	Chefdeville	Unattached Local Runner	Female Senior
dns/dnf	386	Julian	Long	St Edmund Pacers	Male Master 40
dns/dnf	391	Darren	Barwick	St Edmund Pacers	Male Master 40
dns/dnf	396	Laurence	Gowers	Unattached	Male Senior
dns/dnf	398	Rosemary	Naylor	Unattached Local Runner	Female Senior
dns/dnf	409	Daniel	Austin	Unattached Local Runner	Male Senior
dns/dnf	410	Vicki	Willington	Unattached	Female Senior
dns/dnf	412	Brad	Jones	Ipswich JAFFA	Male Senior
dns/dnf	413	David	Reid	Stowmarket Striders	Male Master 50
dns/dnf	414	Esther	Stringer	Unattached	Female Master 55
dns/dnf	415	Brian	Stringer	Unattached	Male Master 65
dns/dnf	416	James	Carvell	Unattached	Male Senior
dns/dnf	417	Lianne	Humphreys	Unattached	Female Senior
dns/dnf	418	Eileen	Carvell	Unattached	Female Senior
dns/dnf	432	Teresa	Challis	Halstead Road Runners	Female Master 40
dns/dnf	438	Denise	Chalk	Haverhill Running Club	Female Senior
dns/dnf	439	Ellie	Cumner	Colchester & Tendring AC	Female Senior
dns/dnf	442	Emma	Brennan	Unattached Local Runner	Female Master 40
dns/dnf	443	Melissa	Murcott	Unattached Local Runner	Female Senior
dns/dnf	446	Annette	Robson	Unattached	Female Master 40
dns/dnf	448	Guy	Britton	Unattached Local Runner	Male Under 20

dns/dnf	452 Kelly	Gordon	Unattached Local Runner	Female Senior
dns/dnf	457 Allan	Tucker	Unattached	Male Senior
dns/dnf	464 Ruth	Sadler	Unattached	Female Senior
dns/dnf	465 Claire	Double	Unattached	Female Senior
dns/dnf	469 Darrell	Skipper	Unattached	Male Senior
dns/dnf	470 Adam	Freeman	Unattached	Male Senior
dns/dnf	477 Seb	Gwyn-Williams	Witham RC	Male Master 40
dns/dnf	485 Selina	Hull	Halstead Road Runners	Female Senior
dns/dnf	504 John	Oakes	Cambridge & Coleridge AC	Male Master 50
dns/dnf	505 Marlene	Seabrook	Unattached	Female Master 40
dns/dnf	507 Lisa	Horler	Unattached	Female Master 40
dns/dnf	516 Maureen	McCarthy	West Suffolk A.C.	Female Master 50
dns/dnf	520 Amy	Pritchett	Unattached	Female Senior
dns/dnf	521 Tricia	Goulden	West Suffolk Wheelers & Tri C.	Female Master 50
dns/dnf	524 Sharon	Bowes	Unattached Local Runner	Female Master 40
dns/dnf	530 Matthew	Lansbury	Unattached	Male Senior
dns/dnf	533 Jordan	Bailey	Unattached Local Runner	Male Under 20
dns/dnf	539 Ruth	Ward	Ipswich JAFFA	Female Senior
dns/dnf	540 Thomas	Wingfield	Unattached Local Runner	Male Under 20
dns/dnf	542 Jamie	Williams	Unattached Local Runner	Male Under 20
dns/dnf	546 Paul	Cutting	Unattached	Male Senior
dns/dnf	554 Roel	Hoestra	Unattached	Male Master 50