

| No | URN | Firstname | Lastname | Gender | Running Club | Resident |
|-----|---------|-----------|-----------|--------|---|----------|
| 147 | | daniel | aldis | Male | | no |
| 49 | 3194824 | Charlotte | Allen | Female | Colchester Harriers AC | No |
| 123 | 3194723 | Mike | Alveraz | Male | Stowmarket Striders RC | no |
| 64 | 2872223 | Anna | Anderson | Female | Harwich Runners | Yes |
| 69 | | Paul | Armstrong | Male | | Yes |
| 161 | 3253738 | mark | austin | Male | Witham RC | no |
| 20 | | Teresa | Bailey | Female | | No |
| 21 | | Paul | Bailey | Male | | No |
| 143 | | Neil | Bailey | Male | | No |
| 144 | | Sally | Bailey | Female | | No |
| 148 | | Robert | Baker | Male | | No |
| 149 | | Clare | Baker | Female | | No |
| 71 | | Ruth | Baldwin | Female | | No |
| 5 | | Gordon | Banks | Male | | No |
| 95 | | Teresa | Barnett | Female | | no |
| 96 | | John | Barnett | Male | | no |
| 159 | | Paul | Barrit | Male | | No |
| 137 | | stuart | beeston | Male | | no |
| 115 | | David | Bell | Male | | No |
| 7 | 3078996 | Andre | Besant | Male | Harwich Runners | No |
| 50 | | Leighton | Bloss | Male | | No |
| 51 | | Michelle | Bloss | Female | | No |
| 103 | | Kerry | Borg | Female | | No |
| 12 | | Ian | Bown | Male | | no |
| 29 | 3015323 | kaye | branton | Female | Felixstowe RRC | no |
| 54 | 2826776 | Steve | Brooke | Male | Felixstowe RRC | No |
| 140 | | Robert | Brown | Male | | No |
| 164 | | Michaela | Burr | Female | | No |
| 59 | 3238997 | Tom | Cammack | Male | Springfield Striders RC | No |
| 35 | 2800874 | marcus | catlin | Male | Ipswich Jaffa RC | no |
| 14 | | Ian | Caulfield | Male | | No |
| 16 | 3029644 | Peter | Chadwick | Male | Stowmarket Striders RC | no |
| 84 | | Andrew | Clark | Male | | No |
| 74 | 3095195 | michaela | clarke | Female | Colchester Harriers AC | no |
| 56 | | James | Collins | Male | | No |
| 117 | | HANNAH | COLTART | Female | | no |
| 163 | 3136260 | Jim | Comber | Male | Sudbury Joggers | No |
| 111 | | Wendy | Cooper | Female | | No |
| 154 | 2999973 | Steve | Cooper | Male | Blackheath and Bromley Harriers Athletic Club | No |
| 106 | 2910609 | lee | cousins | Male | Braintree & District AC | no |
| 72 | | john | croghan | Male | | no |
| 62 | 2874424 | Paul | Crowson | Male | Harwich Runners | no |
| 85 | | Simon | Daniel | Male | | No |
| 152 | | Ruth | Davies | Female | | no |
| 153 | | Ieuan | Davies | Male | | no |
| 116 | | Monique | Doig | Female | | No |
| 27 | | Andy | Drake | Male | | No |
| 79 | | Heidi | Drake | Female | | no |
| 171 | | Robin | Drysdale | Male | | no |
| 179 | | Katie | Elliott | Female | | No |
| 107 | | Tony | EMMS | Male | | Yes |
| 34 | | Jonathan | Enefer | Male | | No |
| 36 | | Helen | Enefer | Female | | No |

| | | | | | |
|-----|-----------------|---------------|--------|----------------------------|-----|
| 101 | Tracy | England | Female | | No |
| 52 | Gary | Evans | Male | | No |
| 53 | Kim | Evans | Female | | No |
| 93 | Nicola | Fairchild | Female | | No |
| 94 | Andrew | Fairchild | Male | | No |
| 155 | 2957646 James | Farren | Male | Witham RC | No |
| 58 | Nia | Fortuna | Female | | No |
| 17 | Joanna | Forward | Female | | no |
| 73 | Mike | Foster | Male | | No |
| 89 | Lesley | Fuller | Female | | No |
| 90 | 3015198 Andy | Fuller | Male | Great Bentley Running Club | No |
| 125 | Eva | Goes | Female | | No |
| 63 | Simon | Goldsmith | Male | | No |
| 91 | Amy | Goodchild | Female | | No |
| 92 | Michael | Goodchild | Male | | No |
| 150 | 3009666 John | Gould | Male | Benfleet RC | No |
| 82 | 3112367 Anita | Grainger | Female | Witham RC | no |
| 1 | 2678653 Stuart | Green | Male | Stowmarket Striders RC | No |
| 156 | Sarah | Greenham | Female | | no |
| 110 | Justin | Grimes | Male | | No |
| 151 | Phyllida | Hallidie | Female | | No |
| 55 | Clare | Hamblin | Female | | No |
| 180 | stuart | hamilton | Male | | No |
| 134 | lindsey | Harding-Payne | Female | | no |
| 108 | Stephen | Hargreaves | Male | | No |
| 109 | Carmen | Hargreaves | Female | | No |
| 42 | David | Hart | Male | | No |
| 8 | 3088783 Anne | Harvey | Female | Ipswich Jaffa RC | No |
| 105 | 3124916 sarah | heard | Female | Colchester Harriers AC | no |
| 38 | Sarah The snail | Hearnden | Female | | No |
| 39 | Jon the journey | Hearnden | Male | | No |
| 120 | Scott | Heeley | Male | | No |
| 6 | 3053316 steve | hewes | Male | Harwich Runners | no |
| 158 | Coralie | Hill | Female | | No |
| 15 | DAVID | HILTON | Male | | NO. |
| 166 | Adrian | Hogg | Male | | No |
| 47 | 2764731 Carla | Holroyd | Female | Harwich Runners | No |
| 75 | Stephanie | Horner | Female | | No |
| 23 | Peppa | Humphries | Female | | No |
| 24 | Pat | Humphries | Male | | No |
| 57 | Michael | Jackson | Male | | No |
| 136 | Alan | Jackson | Male | | No |
| 9 | 3112825 kevin | james | Male | Great Bentley Running Club | no |
| 10 | 3150438 sandra | james | Female | Great Bentley Running Club | no |
| 81 | Kate | Jarvis | Female | | No |
| 66 | Catherine | Johnson | Female | | No |
| 173 | 3190763 Charles | Keitch | Male | Great Bentley Running Club | No |
| 37 | 8020050 sally | king | Female | Witham RC | NO |
| 160 | Lynne | King | Female | | No |
| 18 | 2975258 Joanne | Lang | Female | Witham RC | No |
| 28 | 3152007 Matthew | Last | Male | Felixstowe RRC | no |
| 46 | 3112858 Jim | Last | Male | Framlingham Flyers | No |
| 99 | Oliver | Lerwill | Male | | No |
| 48 | 3124648 chris | ling | Male | Stowmarket Striders RC | no |

| | | | | | |
|-----|-------------------|-----------|--------|----------------------------|----|
| 169 | Stacey | Lock | Female | | No |
| 124 | Colin | Locke | Male | | No |
| 122 | colin | louch | Male | | no |
| 98 | Tracey | Martin | Female | | No |
| 113 | 2997114 Barry | Martin | Male | Great Bentley Running Club | No |
| 170 | Rupert | Martin | Male | | no |
| 119 | 3243566 David | Mason | Male | Springfield Striders RC | No |
| 32 | 3117951 Robert | Mawson | Male | Framlingham Flyers | no |
| 131 | Emily | Maynard | Female | | No |
| 65 | Fraser | McLaren | Male | | no |
| 86 | 3022637 ruth | metcalfe | Female | Great Bentley Running Club | no |
| 126 | MELISSA | MILLS | Female | | no |
| 127 | Alan | Mills | Male | | no |
| 112 | Venessa | Moffat | Female | | No |
| 162 | 3253864 Donna | Morris | Male | Witham RC | no |
| 177 | Vaughan | MORRIS | Male | | no |
| 13 | 2700837 emma | mortimer | Female | Ipswich Jaffa RC | no |
| 87 | alex | mortimer | Male | | no |
| 88 | Sarah | Mortimer | Female | | no |
| 61 | Fiona | Mumford | Female | | No |
| 145 | Llew | Nagle | Male | | No |
| 41 | Dolina the Daring | ONEILL | Female | | No |
| 40 | Doug the Dash | ONEILL | Male | | No |
| 128 | 3254087 Martin | Owen | Male | Great Bentley Running Club | No |
| 11 | simon | page | Male | | no |
| 33 | Rose | Paul | Female | | No |
| 141 | 2873679 Kevin | Payne | Male | Mid Essex Casuals | No |
| 26 | 2664141 Peter | Pearce | Male | Great Bentley Running Club | No |
| 77 | andy | pearson | Male | | No |
| 19 | John | Penny | Male | | No |
| 165 | Gregg | Perkins | Male | | No |
| 83 | victoria | platt | Female | | No |
| 31 | 2783536 Paul | Preston | Male | Colchester Harriers AC | No |
| 168 | James | Punchard | Male | | No |
| 146 | 3137414 Jaime | Reed | Male | Garden City Runners | No |
| 172 | Chris | Regan | Male | | no |
| 67 | 3112824 claire | reynolds | Female | Great Bentley Running Club | no |
| 68 | 3115348 patrick | reynolds | Male | Great Bentley Running Club | no |
| 178 | Jason | Roast | Male | | No |
| 138 | Sandra | Roberts | Female | | NO |
| 167 | Laura | Robertson | Female | | no |
| 100 | Nicola | Scott | Female | | No |
| 102 | Paul | Scott | Male | | No |
| 25 | 2694045 Eric | Shaw | Male | Great Bentley Running Club | N0 |
| 30 | 2872123 Marie | Shirley | Female | Colchester Harriers AC | No |
| 3 | Anthea | Shore | Female | | No |
| 44 | 2920632 COLIN | SHORT | Male | Witham RC | No |
| 78 | Tim | Sillitoe | Male | | no |
| 133 | craig | simpson | Male | | no |
| 2 | 3085494 Liz | Smith | Female | Fetch Everyone | No |
| 135 | Luke | Smith | Male | | No |
| 176 | Brian | Smith | Male | | No |
| 142 | Jem | Smith | Male | | No |
| 76 | Laura | SQUIRRELL | Female | | No |

| | | | | | |
|-----|----------------|-------------|--------|------------------------------|----|
| 157 | Dan | Summers | Male | | No |
| 80 | Mary | Taylor | Female | | No |
| 174 | Clare | Thomas | Female | | No |
| 175 | James | Thomas | Male | | No |
| 129 | vicky | turner | Female | | no |
| 130 | Rebecca | Turner | Female | | no |
| 97 | william | tweddell | Male | | no |
| 132 | Grahame | Walkingshaw | Male | | no |
| 114 | Dale | Weaver | Male | | no |
| 4 | 3085285 John | Wheatley | Male | Colchester Harriers AC | no |
| 45 | 2686231 ARTHUR | WHISTON | Male | Colchester Harriers AC | NO |
| 104 | 2955551 Sharon | White | Female | Grange Farm & Dunmow Runners | No |
| 22 | 3034963 David | Willer | Male | Hadleigh Hares AC | No |
| 70 | Graham | Williams | Male | | no |
| 139 | Yanna | Williams | Female | | No |
| 43 | 3132817 Dan | Wood | Male | Ipswich Jaffa RC | No |
| 121 | phil | wood | Male | | no |
| 60 | Sue | Wright | Female | | No |
| 118 | 3180646 Scott | Young | Male | Great Bentley Running Club | No |