

<b>Race No</b>	<b>First Name</b>	<b>Surname</b>	<b>Club Name</b>	<b>Category</b>
1	James	Wright	Springfield Striders AC	Male Senior
2	Adam	Canning	Unattached	Male Senior
3	Steve	Cooper	Blackheath & Bromley Harriers	Male Master 40
4	Holly	Turner	Unattached	Female Senior
5	Stuart	Mead	Unattached	Male Senior
6	Andrew	Bigg	Unattached Local Runner	Male Under 20
7	Gordon	Banks	Unattached	Male Master 45
8	Ashley	Willings	Unattached Local Runner	Male Senior
9	Dave	Howe	Unattached	Male Master 50
10	Nathan	Kelly	Unattached Local Runner	Male Under 20
11	David	Williams	Unattached	Male Master 65
12	Dan	Hardy	Unattached	Male Senior
13	Paul	Allen	Unattached Local Runner	Male Master 40
14	Tim	Green	Unattached	Male Master 40
15	Tony	Rook	Unattached	Male Master 50
16	Paul	Preston	Colchester Harriers AC	Male Master 40
17	Stuart	Green	Stowmarket Striders	Male Master 50
18	John	Woolaston	Unattached	Male Master 40
19	Lindsay	Hobden	Unattached Local Runner	Female Master 40
20	David	Stenson	Unattached Local Runner	Male Master 45
21	Neil	Sawyer	Unattached	Male Master 40
22	John	O'Connor	Unattached Local Runner	Male Senior
23	Ken	Brown	Unattached Local Runner	Male Master 55
24	Tin	Spencer	Unattached	Female Master 40
25	James	Kelly	Framlingham Flyers	Male Master 70+
26	Bradley	Shepherd	Unattached Local Runner	Male Senior
27	Stephanie	Lown	Unattached	Female Master 45
28	Sam	Frewin	Unattached Local Runner	Female Senior
29	Sharon	Beward	Unattached Local Runner	Female Master 40
30	Dean	Beward	Unattached Local Runner	Male Master 40
31	Kallum	Beward	Unattached Local Runner	Male Under 20
32	Amanda	Henry	Colchester Harriers AC	Female Senior
33	John	Cullum	Unattached	Male Master 65
34	Robert	Rowland	Unattached	Male Master 70+
35	Vicki	Bond	Unattached Local Runner	Female Senior
36	Mark	Wright	Unattached Local Runner	Male Senior
37	Tim	Garrett-Moore	Unattached Local Runner	Male Master 55
38	Anthony	Mouyia	Unattached Local Runner	Male Master 40
39	Dee	St-Ledger	Sudbury Joggers AC	Female Master 45
40	Ian	St-Ledger	Sudbury Joggers AC	Male Master 45
41	Poppy	St-Ledger	Unattached Local Runner	Female Senior
42	Anthea	Shore	Unattached	Female Master 40
43	Gillian	Blackmore	Unattached	Female Master 45
44	Lisa	Underhill	Unattached Local Runner	Female Senior
45	James	Elsy	Unattached Local Runner	Male Senior
46	Matthew	Smith	Unattached	Male Senior
47	Julian	Holland	Unattached	Male Senior
48	Michelle	Holland	Unattached	Female Senior
49	Carla	Holroyd	Harwich Runners	Female Master 55
50	Ian	Horn	Unattached	Male Master 50
51	Adam	Horn	Unattached	Male Senior
52	Steven	Petchey	Unattached Local Runner	Male Senior
53	Lucie	Petchey	Unattached Local Runner	Female Senior

54	Nicola	Ashworth	Unattached	Female Master 40
55	John	Turnbull	Hadleigh Hares A.C.	Male Master 60
56	Phillip	Nutley	St Edmund Pacers	Male Master 65
57	Gareth	Smith	Unattached	Male Senior
58	Paul	Baxter	Unattached	Male Senior
59	Richard	Warner	Unattached	Male Master 40
60	Andrew	Warner	Unattached	Male Senior
61	Debbie	Nott	Unattached	Female Master 40
62	Bianca	Burman	Unattached Local Runner	Female Senior
63	Paul	Chuter-Griffiths	Unattached Local Runner	Male Senior
64	Steve	Hewes	Harwich Runners	Male Master 40
65	Alistair	Gill	Unattached Local Runner	Male Master 40
66	Lesley	Gill	Unattached Local Runner	Female Master 40
67	Simon	Daniel	Unattached Local Runner	Male Senior
68	Russel	Breyer	Ipswich Triathlon Club	Male Master 50
69	Fiona	Mumford	Sudbury Joggers AC	Female Master 40
70	Anna	Oakes	Unattached	Female Senior
71	Luke	Bowman	Unattached Local Runner	Male Senior
72	Richard	Taylor	Unattached Local Runner	Male Master 50
73	Aaron	Bates	Unattached Local Runner	Male Senior
74	Daniel	Bates	Unattached	Male Under 20
75	Adrian	Stohr	Unattached Local Runner	Male Senior
76	Shaun	Crosby	Unattached	Male Master 45
77	Bernadette	Ambrose	Unattached Local Runner	Female Senior
78	Tina	Gore	Unattached Local Runner	Female Senior
79	Richard	Brand	Unattached Local Runner	Male Master 40
80	Ian	Frost	Unattached Local Runner	Male Senior
81	Jess	Gould	Unattached	Female Senior
82	Marie	Shirley	Colchester Harriers AC	Female Senior
83	Tony	Callender	Unattached	Male Master 70+
84	Christopher	Callender	Unattached	Male Master 45
85	Alistair	Callender	Unattached	Male Master 40
86	Christopher	Mephram	Unattached	Male Senior
87	Claire	Fitch	Unattached Local Runner	Female Senior
88	Mia	Wilkinson	Unattached Local Runner	Female Senior
89	Jenny	Davies	Unattached	Female Senior
90	Ian	East	Unattached	Male Master 40
91	Lisa	Dalton	Unattached	Female Master 40
92	Mark	Dalton	Unattached	Male Master 45
93	Sharon	Bowman	Unattached	Female Master 45
94	Julie	Thurlow	Ipswich JAFFA	Female Master 55
95	Howard	Boone	Unattached	Male Master 55
96	Darren	McGill	Unattached	Male Senior
97	Chris	Hughes	Unattached	Male Senior
98	Claire	Jewell	Unattached	Female Master 45
99	Lee	Ford	Unattached Local Runner	Male Senior
100	Lindsey	Harding-Payne	Unattached Local Runner	Female Senior
101	Janer	Grey	Unattached	Female Master 40
102	Jack	Grey	Unattached	Male Under 20
103	Robert	Davies	Unattached	Male Master 45
104	Jack	Davies	Unattached	Male Under 20
105	Jed	Sparrow	Unattached	Male Under 20
106	Benjy	Firth	Unattached	Male Senior
107	Laure	Eardley	Unattached	Female Under 20

108	Peter	Wood	Unattached	Male Master 45
109	Julie	Brace	Unattached Local Runner	Female Master 40
110	Amy	Howard	Unattached Local Runner	Female Master 40
111	Ian	Bown	Unattached	Male Master 50
112	Marie	Ranson	Unattached	Female Senior
113	Philippa	Walters	Unattached	Female Senior
114	Matthew	Sullivan	Unattached	Male Under 20
115	Jane	Dines	Unattached	Female Master 50
116	Richard	Smith	Unattached	Male Senior
117	Ed	Oakes	Unattached	Male Senior
118	Helen	Philpot	Unattached	Female Master 45
119	Martin	Philpot	Unattached	Male Master 45
120	Nicholas	Reader	Unattached	Male Senior
121	Shirley	Glen	Unattached	Female Master 45
122	David	Tooth	Unattached Local Runner	Male Master 60
123	Simon	Hibbert	UK Netrunners	Male Senior
124	Stuart	McHugh	Unattached Local Runner	Male Master 45
125	Carrie	Baldock	Unattached	Female Master 40
126	Shaun	Baldock	Unattached	Male Master 40
127	Craig	Howlett	Unattached	Male Senior
128	Emma	Smith	Unattached Local Runner	Female Senior
129	Lisa	Ford	Unattached	Female Senior
130	Robert	Ling	Unattached Local Runner	Male Master 55
131	Shelly	Knights	Unattached	Female Senior
132	Frances	Houndslow	Unattached	Female Senior
133	Alan	Cichram	Unattached	Male Master 40
134	Ray	Steele	Unattached Local Runner	Male Master 40
135	Neil	Arbon	Unattached Local Runner	Male Master 60
136	Christopher	Hynard	Unattached	Male Under 20
137	David	Fenton	Stowmarket Striders	Male Master 40
138	Trelawney	Hodgkinson	Unattached Local Runner	Female Senior
139	Claire	Dunn	Unattached	Female Senior
140	Christopher	Beddowes	Unattached	Male Senior
141	Peter	Simpson	Unattached	Male Master 45
142	Rececca	Simpson	Unattached	Female Master 45
143	Jules	Willis	Unattached Local Runner	Male Master 40
144	Sally	Siggers	Unattached	Female Senior
145	Julie	Simpson	Unattached	Female Senior
146	Daniel	Rowland	Unattached	Male Senior
147	Jonny	Williams	Unattached Local Runner	Male Senior
148	Robert	Smith	Unattached Local Runner	Male Senior
149	Catherine	Smith	Unattached	Female Senior
150	Gill	James	Hadleigh Hares A.C.	Female Master 50
151	Debbie	Lewis	Witham RC	Female Master 50
152	Jane	Noble	Witham RC	Female Master 45
153	Fiona	Appleby	Unattached Local Runner	Female Senior
154	Jason	Appleby	Unattached Local Runner	Male Master 40
155	Jessica	Appleby	Unattached Local Runner	Female Under 20
156	Andrew	Deeks	Unattached Local Runner	Male Master 40
157	Gill	Hughes	Unattached Local Runner	Female Master 40
158	Arthur	Whiston	Colchester Harriers AC	Male Master 60
159	Heidi	Butcher	Unattached	Female Senior
160	Tony	Wallen	Witham RC	Male Master 40
161	Bridid	Wallen	Unattached	Female Master 45

162	Jamie	Castle	Unattached	Male Senior
163	Christopher	Baker	Unattached Local Runner	Male Senior
164	Jason	Copping	Unattached	Male Senior
165	Miles	Johnson	Unattached	Male Master 55
166	Nigel	Prentis	Unattached	Male Master 60
167	Wayne	Clements	Unattached	Male Senior
168	Rachael	Williams	Unattached Local Runner	Female Senior
169	Natasha	Sones	Unattached	Female Senior
170	Kevin	Stones	Unattached	Male Senior
171	Debbie	Chrisholm	Unattached Local Runner	Female Senior
172	Edd	Burton	Unattached Local Runner	Male Senior
173	Paul	Bown	Unattached	Male Senior
174	Paul	Forshaw	Fetch Everyone RC	Male Master 60
175	Angus	Bown	Unattached	Male Senior
176	Paul	Farthing	Unattached	Male Master 45
177	Brandon	Drysdale	Unattached	Male Under 20
178	Jack	Luckman	Unattached	Male Under 20
179	Drew	Burr	Unattached	Male Under 20
180	Jake	Gilbert	Unattached	Male Under 20
181	Crosby	Stewart	Unattached	Male Under 20
182	Bosco	Gonzalez-Riancho	Unattached	Male Under 20
183	Jake	Boyton	Unattached	Male Under 20
184	Charlie	Farthing	Unattached	Male Under 20
185	Jack	Pidgeon	Unattached	Male Under 20
186	Jeremy	Bacon	Unattached	Male Under 20
187	Jame	Mead	Unattached	Male Under 20
188	Jordon	Allston	Unattached	Male Under 20
189	Danny	Withfington	Unattached	Male Under 20
190	Dylan	Francis	Unattached	Male Under 20
191	Lewis	Hubbard	Unattached	Male Under 20
192	Christopher	Howard	Unattached Local Runner	Male Master 40
193	Viven	Ashton	Unattached Local Runner	Female Master 50
194	Carly	Wood	Unattached Local Runner	Female Senior
195	Karen	Payne	Unattached	Female Master 40
196	Adam	Mumford	Unattached Local Runner	Male Master 40
197	Steven	Everett	Unattached Local Runner	Male Senior
198	Alan	Mortimer	Unattached	Male Senior
199	Clare	Baker	Unattached	Female Senior
200	Shane	Mortimer	Unattached Local Runner	Male Master 40
201	Todd	Lewis	Unattached	Male Master 50
202	John	Ffrancis	Unattached Local Runner	Male Master 50
203	Sylvia	Francis	Unattached Local Runner	Female Master 50
204	David	Potts	Unattached Local Runner	Male Senior
205	Paul	Jeffreus	Unattached	Male Senior
206	Colin	Newcombe	Unattached Local Runner	Male Master 40
207	Rachel	Jarvis	Harwich Runners	Female Master 45
208	Sarah	Ward	Unattached Local Runner	Female Senior
209	Emily	Baker	West Suffolk A.C.	Female Senior
210	Ellie	Cumner	Unattached	Female Senior
211	Laure	Robertson	Unattached	Female Senior
212	Raoul	Grantham	Braintree& District AC	Male Master 45
213	David	Reid	Stowmarket Striders	Male Master 50
214	Jane	Stebbibng	Unattached Local Runner	Female master 60
215	Steve	Petts	Unattached	Male Master 50

216	Dawn	Herbert	Unattached	Female Master 45
217	Liz	Herbert	Unattached	Female Under 20
218	Gary	Moore	Unattached Local Runner	Male Master 55
219	Daniel	Reader	Unattached	Male Under 20
220	Pam	Jones	Halstead Road Runners	Female Master 65+
221	Rachel	Goodwin	Unattached	Female Senior
222	Dave	Southgate	Unattached Local Runner	Male Senior
223	Tim	Cooper	Unattached	Male Master 40
224	Francis	Mills	Unattached	Female Senior
225	Matt	Ford	Unattached	Male Senior
226	Grahame	Walkingshaw	Unattached	
227	Dennis	Harris	Unattached	Male Master 45
228	Julie	Winder	Unattached	Female Master 45
229	Joseph	Reader	Unattached	Male Senior
230	teresa	Bailey	Unattached	Female Master 45
231	Paul	Bailey	Unattached	Male Master 45
232	Jim	Comber	Sudbury Joggers AC	Male Master 40
233	Paul	Davies	Unattached	Male Senior
234	Carl	Ashton	Unattached	Male Senior
235	Paul	Smith	Unattached	Male Master 50
236	Mervyn	Barker	Unattached	Male Master 55
237	Tim	Jones	Unattached Local Runner	Male Master 45
238	Andy	basham	Unattached Local Runner	Male Senior
239	Drew	Quayle	Unattached Local Runner	Male Senior
240	Pete	Davy	Unattached	Male Senior
241	Andreas	Kuchner	Unattached	Male Master 40
242	David	Varndell	Unattached	Male Master 50
243	Carole	Varndell	Unattached	Female Master 50
244	James	Varndell	Unattached	Male Senior
245	Nikki	Dowling	Unattached	Female Master 45
246	Dean	Manning	Unattached	Male Master 45
247	George	Manning	Unattached	Male Under 20
248	Toby	Thompson	Unattached	Male Senior
249	Danielle	Willis	Unattached Local Runner	Female Senior
250	Daniel	Swain	Unattached Local Runner	Male Senior
251	Sophie	Davy	Unattached	Female Senior
252	Lucy	Mannering	Unattached	Female Senior
253	Samantha	Gurden	Unattached	Female Master 40
254	Sara	Rampton	Unattached	Female Master 40
255	Allie	Quayle	Unattached Local Runner	Female Senior
256	Lisa	Mustoe	Unattached	Female Senior
257	Joseph	Andrews	Unattached Local Runner	Male Master 40
258	Rikki	Vango	Unattached	Female Under 20
259	Cjarlotte	Howard	Unattached Local Runner	Female Senior
260	Sheena	Duff	Unattached	Female Senior
261	Terence	Newcombe	Unattached Local Runner	Male Senior
262	Alice	King	Unattached Local Runner	Female Under 20
263	Lauren	Jamieso	Unattached Local Runner	Female Under 20
264	Eric	Shaw	Gt Bentley Running Club	Male Master 50
265	leon	West	Unattached Local Runner	Male Senior
266	Catherine	Elsy	Unattached	Female Master 50
267	David	Lesiak	Unattached Local Runner	Male Master 55
268	Adrienne	Frost	Unattached Local Runner	Female Senior
269	Maria	Carrington	Unattached Local Runner	Female Senior

270	Lucy	Croucher	Unattached	Local Runner	Female Senior
271	Steve	Danes	Unattached	Local Runner	Male Master 45
272	Stuart	Irons	Unattached	Local Runner	Male Master 50
273	Alex	Ballantyne	Unattached		Male Master 45
274	Lisa	Townrow	Unattached		Female Senior
275	Andrew	Hill	Unattached		Male Senior
276	Amita	Grainger	Witham RC		Female Master 40
277	Kevin	Horton	Unattached		Male Master 40
278	Stephen	Webster	Unattached		Male Master 45
279	Joe	Bonito	Unattached		Male Master 55
280	Shaheda	Ambrose	Unattached		Female Master 50
281	Carolyn	Mason	Unattached		Female Master 40
282	Tracey	Welsh	Unattached	Local Runner	Female Master 50
283	Colin	Risley	Unattached	Local Runner	Male Master 55
284	Clair	Risley	Unattached		Female Master 40
285	Simon	Page	Unattached		Male Master 55
286	Keith	Game	Unattached		Male Master 50
287	Ashley	Game	Unattached		Male Senior
288	Stuart	Danes	Unattached	Local Runner	Male Master 40
289	Nicky	Mcivor	Unattached	Local Runner	Male Master 60
290	Claire	Vicent	Unattached		Female Master 40
291	John	Cooke	Colchester Harriers AC		Male Master 45
292	Michelle	brightwell	Unattached		Female Master 50
293	Vanessa	Burton	Unattached	Local Runner	Female Senior
294	Rick	Burton	Unattached	Local Runner	Male Senior
295	Lisa	Last	Unattached	Local Runner	Female Senior
296	Nina	Ford	Unattached	Local Runner	Female Senior
297	Mike	Townrow	Unattached		Male Master 40
298	Kieron	Long	Unattached		Male Master 40
299	Lynsey	Long	Unattached		Female Senior
300	Alan	Brightwell	Unattached		Male Master 55
301	Terry	Welsh	Unattached	Local Runner	Male Master 50
302	Adrian	Wort	Unattached		Male Master 40
303	Becky	Davis	Unattached		Female Senior
304	Belinda	Logan	Unattached		Female Senior
305	Sophie	Lovegrove	Unattached		Female Senior
306	Max	Hemson	Unattached	Local Runner	Male Under 20
307	Derek	Clayton	Unattached		Male Master 55
308	Joanne	Vickery	Haverhill Running Club		Female Senior
309	Karen	Line	Unattached		Female Master 40
310	Michelle	Barnes	Newmarket Joggers		Female Senior
311	Lindsey	Garnham	Unattached		Female Senior
312	Lydia	Cole	Unattached		Female Senior
313	Sharon	Parry	Unattached		Female Master 40
314	Sharon	White	Grange Farm & Dunmow Runners		Female Master 40
315	Chris	Eyre	Newmarket Joggers		Male Senior
316	Graham	Pearce	Unattached	Local Runner	Male Master 50
317	Emma	Tunbridge	Unattached		Female Senior
318	Richard	Jacques	Unattached		Male Senior
319	Kathryne	Gill	Unattached		Female Senior
320	Lisa	Devlin	Unattached		Female Master 40
321	Jason	Willis	Unattached	Local Runner	Male Master 40
322	Dean	Siggers	Unattached		Male Senior
323	Steve	Siggers	Unattached		Male Master 50

324	Jason	Slaymaker	Unattached	Male Senior
325	Katy	Gibbs	Unattached Local Runner	Female Senior
326	Alex	Wells	Unattached Local Runner	Male Senior
327	Claire	Wells	Unattached Local Runner	Female Senior
328	Tom	Cammack	Unattached	Male Senior
329	Lyn	Foster	Gt Bentley Running Club	Female Master 55
330	Ian	Jeffries	Unattached	Male Senior
331	Devan	Harris	Unattached	Male Under 20
332	Katy	Holland	Unattached	Female Senior
333	Ben	Holland	Unattached	Male Senior
334	Loanne	Spink	Unattached	Female Senior
335	Teresa	Moriarty	Unattached	Female Master 50
336	Sean	Moriarty	Unattached	Male Master 45
337	William	Haining	Colchester Harriers AC	Male Master 55
338	Rachel	Bodsworth	Hadleigh Hares A.C.	Female Senior
339	Ian	Bodsworth	Unattached	Male Senior
340	Derek	Hood	Stowmarket Striders	Male Senior
341	Ben	Boxall	Unattached	Male Senior
342	Sarah	Farley	Unattached	Female Senior
343	Mathew	Drury	Unattached	Male Senior
344	Hazel	Buist	Halstead Road Runners	Female Senior
345	Jonathan	Buist	Unattached	Male Senior
346	Alex	Green	Unattached	Male Master 50
347	Catherine	King	Unattached Local Runner	Female Master 40
348	Joseph	Nourse	Braintree& District AC	Male Under 20
349	Jason	Sharpe	Unattached Local Runner	Male Master 40
350	Mark	Andrews	Purple Patch Runners	Male Master 45
351	Gemma	Andrews	Unattached	Female Master 45
352	Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
353	Chris	Chorley	Bungay Black Dog	Male Master 45
354	Wesley	Benton	Colchester Harriers AC	Male Senior
355	Ian	Gooderham	St Edmund Pacers	Male Master 45
356	Emily	Gooderham	St Edmund Pacers	Female Under 20
357	Brian	West	Sudbury Joggers AC	Male Master 70+
358	Richard	Flutter	Harwich Runners	Male Master 45
359	Bebbie	Cattermole	Colchester Harriers AC	Female Master 45
360	Pat	Partridge	St Edmund Pacers	Female master 60
361	Steve	Goodwin	Unattached Local Runner	Male Senior
362	Hannah	Payne	Unattached Local Runner	Female Senior
363	Yusuf	Firat	Haverhill Running Club	Male Master 50
364	Neil	Turner	Unattached	Male Master 40
365	Stewart	Ellis	Braintree& District AC	Male Senior
366	Lian	Golton	Unattached	Female Senior
367	Leanne	Jones	Unattached	Female Senior
368	Alan	Reader	Unattached	Male Master 45
369	Richard	Chisnell	Unattached	Male Senior
370	Martin	West	Harwich Runners	Male Master 40
371	Jeff	Higgon	Harwich Runners	Male Master 60
372	Jo	Higgon	Harwich Runners	Female Master 50
373	Christine	Anthony	West Suffolk A.C.	Female Master 50
374	Justine	Anthony	West Suffolk A.C.	Female Under 20
375	Neil	Anthony	West Suffolk A.C.	Male Master 50
376	Jack	Anthony	West Suffolk A.C.	Male Under 20
377	Seb	Anthony	West Suffolk A.C.	Male Under 20

378	Mel	Chittock	Unattached	Male Master 55
379	Laurence	Gowers	Unattached	Male Senior
380	Julian	Holland	Unattached	Male Senior
381	Michelle	Holland	Unattached	Female Senior
382	Marc	Batt	Unattached	Male Senior
383	Lesley	Euston	Unattached	Female Master 40
384	Toby	Freeman	Unattached	Male Senior
385	Russell	Kemp	Unattached	Male Senior
386	Richard	Hutchinson	Unattached	Male Senior
387	Steven	Cook	Unattached	Male Senior
388	Stephanie	Hyde	Unattached	Female Senior
389	Matthew	Coppin	Unattached	Male Senior
390	Martin	Laurence	Unattached	Male Senior
391	Alex	O'Dell	Unattached	Male Senior
392	Simon	Dickerson	Unattached	Male Senior
393	Adam	Freeman	Unattached	Male Senior
394	Nick	partridge	Unattached	Male Senior
395	Manoj	Tripathi	Witham RC	Male Master 40
396	Jennifer	O@Callaghan	Unattached	Female Master 40
397	Alison	Myles	Ipswich JAFFA	Female Master 40
398	Amanda	Lewis	Unattached Local Runner	Female Master 50
399	Danielle	Golding	Unattached Local Runner	Female Master 50
400	Geoff	Wright	Unattached	Male Master 50
401	Gemma	Wright	Unattached Local Runner	Female Senior
402	Amy	Smith	Unattached Local Runner	Female Senior
403	Claire	Blake	Witham RC	Female Master 40
404	Adam	freeman	Unattached	Male Senior
405	Will	Vaughan-France	Unattached	Male Senior
406	Shaun	Gudge	Unattached Local Runner	Male Senior
407	Mary	Adams	Unattached Local Runner	Female Master 40
408	Beckie	Adams	Unattached Local Runner	Female Senior
409	Vicki	Rosco	Unattached	Female Senior
410	Karina	Holland	Unattached	Female Senior
411	Daniel	Upton	Unattached Local Runner	Female Senior
412	Julie	Byham	Unattached Local Runner	Female Senior
413	Hanif	Jetha	Unattached Local Runner	Male Senior
414	James	Glad	Unattached	Male Senior
415	Emily-Rose	Debenham	Unattached	Female Senior
416	Katherine	Rogers	Unattached Local Runner	Female Senior
417	Sarah	Harper-Rowe	Unattached Local Runner	Female Senior
418	Laura	Frost	Unattached Local Runner	Female Senior
419	Nancy	Innes	Unattached Local Runner	Female Master 40
420	Scott	Sterling	Newham & Essex Beagles AC	Male Senior
421	John	Scaife	Hadleigh Hares A.C.	Male Senior
422	Anja	Scaife	Hadleigh Hares A.C.	Female Master 40
423	Helen	Snazell	Unattached	Female Master 55
424	Julie	Prestney	Unattached	Female Master 40
425	Christopher	Moulton	Unattached	Male Senior
426	Tony	Hodgson	Unattached	Male Master 45
427	Steve	Cornell	Unattached	Male Senior
428	Kelly	Giles	Unattached Local Runner	Female Senior
429	Mark	Russell	Unattached	Male Master 40
430	Pauline	Adams	Ipswich JAFFA	Female Master 40
431	Paul	Grimsey	Unattached	Male Master 40



432	Tracy	Flux	Unattached	Female Senior
433	Natalie	Gowers	Unattached	Female Senior
434	Steph	Hanratty	Unattached	Female Senior
435	Bernice	Corney	Unattached Local Runner	Female Senior
436	Michelle	Jarrett	Ipswich JAFFA	Female Master 40
437	Anthony	Smith	Witham RC	Male Master 45
438	Daniel	Bycraft	Unattached	Male Senior
439	Rebecca	Oliver	Unattached Local Runner	Female Senior
440	Amy	Brown	Unattached Local Runner	Female Senior
441	Charlotte	Acheson	Unattached	Female Senior
442	Joshua	Denley	Unattached	Male Under 20
443	Keith	Marra	Unattached	Male Senior
444	Marc	Hines	Unattached	Male Senior
445	Alison	Roomes	Unattached	Female Senior
446	Katarina	Bohacova	Unattached Local Runner	Female Senior
447	Kelly	Wagland	Unattached	Male Master 45
448	Amy	Barnett	Unattached	Female Senior
449	Steven	Kent	Harwich Runners	Male Master 50
450	Abi	Cocksedge	Unattached	Female Senior