

Don't forget to enter the Langham 10Km [www.langham10km.org.uk](http://www.langham10km.org.uk)

Errors and omissions please contact [raceres@lineone.net](mailto:raceres@lineone.net)

I have no details of runners 593 if it was you please contact me.

Edited 31/03/13 06.30hrs

Pos	Time	No	First Name	Surname	Club Name	Category
1	00:26:25	473	Andrew	Ridley	Colchester Harriers AC	Male Senior
2	00:27:14	328	Tom	Cammack	Springfield Striders AC	Male Senior
3	00:27:23	492		DSQ	Unattached Local Runner	Male Senior
4	00:27:49	514	Robert	Reason	Harwich Runners	Male Senior
5	00:28:04	64	Steve	Hewes	Harwich Runners	Male Master 40
6	00:28:27	421	John	Scaife	Hadleigh Hares A.C.	Male Senior
7	00:29:07	1	James	Wright	Springfield Striders AC	Male Senior
8	00:29:15	3	Steve	Cooper	Blackheath & Bromley Harriers	Male Master 40
9	00:29:36	348	Joseph	Nourse	Braintree& District AC	Male Under 20
10	00:29:38	240	Pete	Davy	Sudbury Joggers AC	Male Senior
11	00:29:48	80	Liam	Britton	Unattached Local Runner	Male Senior
12	00:29:57	505	Lee	Morgan	Ipswich Triathlon Club	Male Master 40
13	00:29:59	443	Keith	Marra	Unattached	Male Senior
14	00:30:13	491	Tom	Cresswell	Sudbury Joggers AC	Male Senior
15	00:30:14	472	Colin	Ridley	Colchester Harriers AC	Male Master 50
16	00:30:16	500	David	Wright	Gt Bentley Running Club	Male Senior
17	00:30:20	465	Joe	Thompson	Serpentine Running Club	Male Senior
18	00:30:37	429	Mark	Russell	Unattached	Male Master 40
19	00:30:48	234	Carl	Ashton	Unattached	Male Senior
20	00:30:50	103		DSQ	Unattached	Male Master 45
21	00:30:58	330	Ian	Jeffries	Unattached	Male Senior
22	00:31:06	506	Odette	Robson	St Edmund Pacers	Female Master 40
23	00:31:16	358	Richard	Flutter	Harwich Runners	Male Master 45
24	00:31:32	82	Marie	Shirley	Colchester Harriers AC	Female Senior
25	00:31:54	513	Bradley	Doe	Unattached	Male Senior
26	00:32:16	333	Ben	Holland	Unattached	Male Senior
27	00:32:18	365	Stewart	Ellis	Braintree& District AC	Male Senior
28	00:32:19	17	Stuart	Green	Stowmarket Striders	Male Master 50
29	00:32:27	137	David	Fenton	Stowmarket Striders	Male Master 40
30	00:32:37	337	William	Haining	Colchester Harriers AC	Male Master 55
31	00:32:47	32	Amanda	Henry	Colchester Harriers AC	Female Senior
32	00:32:49	184	Charlie	Farthing	Unattached	Male Under 20
33	00:32:51	232	Jim	Comber	Sudbury Joggers AC	Male Master 40
34	00:32:56	68	Russel	Breyer	Ipswich Triathlon Club	Male Master 50
35	00:32:58	158	Arthur	Whiston	Colchester Harriers AC	Male Master 60
36	00:32:59	67	Simon	Daniel	Unattached Local Runner	Male Senior
37	00:33:05	196	Adam	Mumford	Unattached Local Runner	Male Master 40
38	00:33:09	124	Stuart	McHugh	Unattached Local Runner	Male Master 45
39	00:33:10	464	Clive	Davey	Sudbury Joggers AC	Male Master 40
40	00:33:18	449	Steven	Kent	Harwich Runners	Male Master 50
41	00:33:20	99	Lee	Ford	Unattached Local Runner	Male Senior
42	00:33:22	160	Tony	Wallen	Witham RC	Male Master 40
43	00:33:42	507	Robert	Saunders	Unattached	Male Senior
44	00:33:52	96	Darren	McGill	Unattached	Male Senior

45	00:34:06	326 Alex	Wells	Unattached Local Runner	Male Senior
46	00:34:12	373 Christine	Anthony	West Suffolk A.C.	Female Master 50
47	00:34:13	405 Will	Vaughan-France	Unattached	Male Senior
48	00:34:15	106 Benjy	Firth	Unattached	Male Senior
49	00:34:15	509 Ian	Elden	Haverhill Running Club	Male Senior
50	00:34:16	447 Kelly	Wagland	Unattached	Male Master 45
51	00:34:18	438 Daniel	Bycraft	Unattached	Male Senior
52	00:34:22	479 Emily	Zethraeus	Gt Bentley Running Club	Female Senior
53	00:34:30	455 Ciaran	Griffin	Unattached Local Runner	Female Master 50
54	00:34:33	244 James	Varndell	Unattached	Male Senior
55	00:34:36	353 Chris	Chorley	Bungay Black Dog	Male Master 45
56	00:34:36	172 Steve	Chisholm	Unattached Local Runner	Male Senior
57	00:34:37	239 Drew	Quayle	Unattached Local Runner	Male Senior
58	00:34:37	477 Stephen	Hatten	St Edmund Pacers	Male Master 45
59	00:34:43	474 Daniel	Ridley	Unattached Local Runner	Male Senior
60	00:34:46	147 Jonny	Williams	Unattached Local Runner	Male Senior
61	00:34:54	364 Neil	Turner	Unattached	Male Master 40
62	00:35:02	359 Debbie	Cattermole	Colchester Harriers AC	Female Master 45
63	00:35:03	81 Jess	Gould	Unattached	Female Senior
64	00:35:06	361 Steve	Goodwin	Unattached Local Runner	Male Senior
65	00:35:12	306 Max	Hemson	Unattached Local Runner	Male Under 20
66	00:35:14	162 Jamie	Castle	Unattached	Male Senior
67	00:35:15	475 Harry	Wright	Unattached	Male Senior
68	00:35:31	97 Chris	Hughes	Unattached	Male Senior
69	00:35:49	355 Ian	Gooderham	St Edmund Pacers	Male Master 45
70	00:35:52	356 Emily	Gooderham	St Edmund Pacers	Female Under 20
71	00:36:04	595 Daniel	Upton	Unattached Local Runner	Male Senior
72	00:36:05	12 Dan	Hardy	Unattached	Male Senior
73	00:36:12	435 Bernice	Corney	Unattached Local Runner	Female Senior
74	00:36:14	315 Chris	Eyre	Newmarket Joggers	Male Senior
75	00:36:16	343 Mathew	Drury	Unattached	Male Senior
76	00:36:16	431 Paul	Grimsey	Unattached	Male Master 40
77	00:36:25	123 Simon	Hibbert	UK Netrunners	Male Senior
78	00:36:28	186 Jeremy	Bacon	Unattached	Male Under 20
79	00:36:30	5 Stuart	Mead	Unattached	Male Senior
80	00:36:35	13 Paul	Allen	Unattached Local Runner	Male Master 40
81	00:36:45	469 Richard	Cocksedge	Unattached	Male Senior
82	00:36:46	79 Richard	Brand	Unattached Local Runner	Male Master 40
83	00:36:47	264 Eric	Shaw	Gt Bentley Running Club	Male Master 50
84	00:36:54	90 Ian	East	Unattached	Male Master 40
85	00:36:54	116 Richard	Smith	Unattached	Male Senior
86	00:37:03	210 Ellie	Cumner	Unattached	Female Senior
87	00:37:07	340 Derek	Hood	Ipswich JAFFA	Male Senior
88	00:37:08	391 Alex	O'Dell	Unattached	Male Senior
89	00:37:30	450 Abi	Cocksedge	Unattached	Female Senior
90	00:37:31	386 Richard	Hutchinson	Unattached	Male Senior
91	00:37:34	495 Martin	Parker	Unattached	Male Senior
92	00:37:36	175 Angus	Forshaw	Unattached	Male Senior
93	00:37:38	30 Dean	Beward	Unattached Local Runner	Male Master 40
94	00:37:38	31 Kallum	Beward	Unattached Local Runner	Male Under 20
95	00:37:45	437 Anthony	Smith	Witham RC	Male Master 45
96	00:37:52	478 Karen	Skene	Gt Bentley Running Club	Female Master 45
97	00:37:53	349 Jason	Sharpe	Unattached Local Runner	Male Master 40
98	00:38:02	384 Toby	Freeman	Unattached	Male Senior

99	00:38:10	40	Ian	St-Ledger	Sudbury Joggers AC	Male Master 45
100	00:38:16	470	David	Hart	Unattached	Male Master 40
101	00:38:17	39	Dee	St-Ledger	Sudbury Joggers AC	Female Master 45
102	00:38:18	425	Christopher	Moulton	Unattached	Male Senior
103	00:38:23	223	Tim	Cooper	Unattached	Male Master 40
104	00:38:25	104	Jack	Davies	Unattached	Male Under 20
105	00:38:25	57	Gareth	Smith	Unattached	Male Senior
106	00:38:29	9	Dave	Howe	Unattached	Male Master 50
107	00:38:34	201	Todd	Lewis	Unattached	Male Master 50
108	00:38:38	19	Lindsay	Hobden	Unattached Local Runner	Female Master 40
109	00:38:44	338	Rachel	Bodsworth	Hadleigh Hares A.C.	Female Senior
110	00:38:51	247	George	Manning	Unattached	Male Under 20
111	00:38:53	363	Yusuf	Firat	Haverhill Running Club	Male Master 50
112	00:38:55	466	Ben	Thompson	Unattached	Male Senior
113	00:38:58	275	Andrew	Hill	Unattached	Male Senior
114	00:39:03	164	Jason	Copping	Unattached	Male Senior
115	00:39:08	485	Paul	McAllister	Capel Cheetahs	Male Master 45
116	00:39:09	387	Steven	Cook	Unattached	Male Senior
117	00:39:17	476	Sarah	Mallalieu	Unattached	Female Senior
118	00:39:19	101	Jane	Gray	Unattached	Female Master 40
119	00:39:19	176	Paul	Farthing	Unattached	Male Master 45
120	00:39:22	134	Ray	Steele	Unattached Local Runner	Male Master 40
121	00:39:23	192	Christopher	Howard	Unattached Local Runner	Male Master 40
122	00:39:25	322	Dean	Siggers	Unattached	Male Senior
123	00:39:25	250	Daniel	Swain	Unattached Local Runner	Male Senior
124	00:39:27	69	Fiona	Mumford	Sudbury Joggers AC	Female Master 40
125	00:39:37	392	Simon	Dickerson	Unattached	Male Senior
126	00:39:40	385	Russell	Kemp	Unattached	Male Senior
127	00:39:41	288	Stuart	Danes	Unattached Local Runner	Male Master 40
128	00:39:43	350	Mark	Andrews	Purple Patch Runners	Male Master 45
129	00:39:45	314	Sharon	White	Grange Farm & Dunmow Runners	Female Master 40
130	00:39:48	218	Gary	Moore	Unattached Local Runner	Male Master 55
131	00:39:51	171	Debbie	Chisholm	Unattached Local Runner	Female Senior
132	00:39:54	510	Catherine	Drew	Unattached	Female Master 45
133	00:39:55	352	Bobby	Sauerzapf	Bungay Black Dog	Female Master 50
134	00:39:58	14	Tim	Green	Unattached	Male Master 40
135	00:40:00	369	Richard	Chisnall	Unattached	Male Senior
136	00:40:01	242	David	Varndell	Unattached	Male Master 50
137	00:40:14	212	Raoul	Grantham	Braintree& District AC	Male Master 45
138	00:40:28	462	Justin	Hall	Braintree& District AC	Male Under 20
139	00:40:32	2	Adam	Canning	Unattached	Male Senior
140	00:40:37	598	Kevin	Horton	Unattached	Male Master 40
141	00:40:43	122	David	Tooth	Unattached Local Runner	Male Master 60
142	00:40:48	415	Emily-Rose	Debenham	Unattached	Female Senior
143	00:40:49	596	Pat	Partridge	St Edmund Pacers	Female master 60
144	00:40:52	426	Tony	Hodgson	Unattached	Male Master 45
145	00:40:53	21	Neil	Sawyer	Unattached	Male Master 40
146	00:41:02	6	Andrew	Bigg	Unattached Local Runner	Male Under 20
147	00:41:10	484	Paul	Clarke	Unattached	Male Master 45
148	00:41:12	394	Nick	Partridge	Unattached	Male Senior
149	00:41:13	8	Ashley	Willings	Unattached Local Runner	Male Senior
150	00:41:14	190	Dylan	Francis	Unattached	Male Under 20
151	00:41:15	224	Francis	Mills	Unattached	Female Senior
152	00:41:22	154	Jason	Appleby	Unattached Local Runner	Male Master 40

153	00:41:26	204	David	Potts	Unattached Local Runner	Male Senior
154	00:41:27	52	Steven	Petchey	Unattached Local Runner	Male Senior
155	00:41:30	163	Christopher	Bhaker	Unattached Local Runner	Male Senior
156	00:41:37	413	Hanif	Jetha	Unattached Local Runner	Male Senior
157	00:41:38	213	David	Reid	Stowmarket Striders	Male Master 50
158	00:41:39	165	Miles	Johnson	Unattached	Male Master 55
159	00:41:40	15	Tony	Rook	Unattached	Male Master 50
160	00:41:44	390	Martin	Laurence	Unattached	Male Senior
161	00:41:48	508	Penny	Hurrell	Unattached	Female Master 40
162	00:41:51	62	Bianca	Burman	Unattached Local Runner	Female Senior
163	00:41:52	594	Alistair	Godfrey	Unattached	Male Under 20
165	00:42:05	327	Claire	Wells	Unattached Local Runner	Female Senior
166	00:42:13	45	James	Eley	Unattached Local Runner	Male Senior
167	00:42:14	265	Leon	West	Unattached Local Runner	Male Senior
168	00:42:15	152	Jane	Noble	Witham RC	Female Master 45
169	00:42:23	332	Katy	Holland	Unattached	Female Senior
170	00:42:26	379	Laurence	Gowers	Unattached	Male Senior
171	00:42:27	257	Joseph	Andrews	Unattached Local Runner	Male Master 40
172	00:42:29	430	Pauline	Adams	Ipswich JAFFA	Female Master 40
173	00:42:34	102	Jack	Gray	Unattached	Male Under 20
174	00:42:34	191	Lewis	Hubbard	Unattached	Male Under 20
175	00:42:35	370	Martin	West	Gt Bentley Running Club	Male Master 40
176	00:42:40	36	Mark	Wright	Unattached Local Runner	Male Senior
177	00:42:58	276	Anita	Grainger	Witham RC	Female Master 40
178	00:43:08	151	Debbie	Lewis	Witham RC	Female Master 50
179	00:43:09	597	Ken	Browne	Unattached Local Runner	Male Master 55
180	00:43:11	380	Julian	Holland	Unattached	Male Senior
181	00:43:12	397	Alison	Myles	Ipswich JAFFA	Female Master 40
182	00:43:14	215	Steve	Petts	Unattached	Male Master 50
183	00:43:18	38	Anthony	Mouyia	Unattached Local Runner	Male Master 40
184	00:43:25	42	Anthea	Shore	Unattached	Female Master 40
185	00:43:28	248	Toby	Thompson	Unattached	Male Senior
186	00:43:30	241	Andreas	Kuchner	Unattached	Male Master 40
187	00:43:31	78	Tina	Gore	Unattached Local Runner	Female Senior
188	00:43:35	341	Ben	Boxall	Unattached	Male Senior
189	00:43:42	499	Helen	Smithson	Petts Wood Runners	Female Master 45
190	00:43:43	303	Becky	Davis	Unattached	Female Senior
191	00:43:45	231	Paul	Bailey	Unattached	Male Master 45
192	00:43:51	153	Fiona	Appleby	Unattached Local Runner	Female Senior
193	00:44:05	74	Daniel	Bates	Unattached	Male Under 20
194	00:44:06	441	Charlotte	Acheson	Unattached	Female Senior
195	00:44:09	220	Pam	Jones	Halstead Road Runners	Female Master 65+
196	00:44:16	329	Lyn	Foster	Gt Bentley Running Club	Female Master 55
197	00:44:17	383	Lesley	Euston	St Edmund Pacers	Female Master 40
198	00:44:18	34	Robert	Rowland	Unattached	Male Master 70+
199	00:44:21	206	Colin	Newcombe	Unattached Local Runner	Male Master 40
200	00:44:22	428	Kelly	Giles	Unattached Local Runner	Female Senior
201	00:44:23	408	Beckie	Adams	Unattached Local Runner	Female Senior
202	00:44:24	249	Danielle	Willis	Unattached Local Runner	Female Senior
203	00:44:26	156	Andrew	Deeks	Unattached Local Runner	Male Master 40
204	00:44:28	178	Jack	Luckman	Unattached	Male Under 20
205	00:44:30	389	Matthew	Coppin	Unattached	Male Senior
206	00:44:34	55	John	Turnbull	Hadleigh Hares A.C.	Male Master 60
207	00:44:37	188	Jordon	Allston	Unattached	Male Under 20

208	00:44:39	84	Christopher	Callender	Unattached	Male Master 45
209	00:44:40	167	Wayne	Clements	Unattached	Male Senior
210	00:44:42	73	Aaron	Bates	Unattached Local Runner	Male Senior
211	00:44:59	236	Mervyn	Barker	Unattached	Male Master 55
212	00:44:59	310	Michelle	Barnes	Newmarket Joggers	Female Senior
213	00:45:01	35	Vicki	Bond	Unattached Local Runner	Female Senior
214	00:45:03	412	Julie	Byham	Unattached Local Runner	Female Senior
215	00:45:04	309	Karen	Line	Unattached	Female Master 40
216	00:45:05	259	Charlotte	Howard	Unattached Local Runner	Female Senior
217	00:45:17	138	Trelawney	Hodgkinson	Unattached Local Runner	Female Senior
218	00:45:19	141	Peter	Simpson	Unattached	Male Master 45
219	00:45:24	307	Derek	Clayton	Unattached	Male Master 55
220	00:45:26	246	Dean	Manning	Unattached	Male Master 45
221	00:45:28	85	Alistair	Callender	Unattached	Male Master 40
222	00:45:31	177	Brandon	Drysdale	Unattached	Male Under 20
223	00:45:32	100	Lindsey	Harding-Payne	Unattached Local Runner	Female Senior
224	00:45:33	320	Liza	Devlin	Unattached	Female Master 40
225	00:45:34	285	Simon	Page	Unattached	Male Master 55
226	00:45:35	129	Lisa	Ford	Unattached	Female Senior
227	00:45:36	312	Lydia	Cole	Unattached	Female Senior
228	00:45:36	128	Emma	Smith	Unattached Local Runner	Female Senior
229	00:45:37	227	Dennis	Harris	Unattached	Male Master 45
230	00:45:37	228	Julie	Winder	Unattached	Female Master 45
231	00:45:37	342	Sarah	Farley	Unattached	Female Senior
232	00:45:41	434	Steph	Hanratty	Unattached	Female Senior
233	00:45:41	282	Tracey	Welsh	Unattached Local Runner	Female Master 50
234	00:45:53	44	Lisa	Underhill	Unattached Local Runner	Female Senior
235	00:45:55	149	Catherine	Smith	Unattached	Female Senior
236	00:45:59	286	Keith	Game	Unattached	Male Master 50
237	00:46:00	357	Brian	West	Sudbury Joggers AC	Male Master 70+
238	00:46:01	298	Kieron	Long	Unattached	Male Master 40
239	00:46:04	139	Claire	Dunn	Unattached	Female Senior
240	00:46:06	482	Megan	Chew	Unattached Local Runner	Female Senior
241	00:46:06	481	Leslie	Cousins	Unattached Local Runner	Male Master 40
242	00:46:12	396	Jennifer	O'Callaghan	Unattached	Female Master 40
243	00:46:12	237	Tim	Jones	Unattached Local Runner	Male Master 45
244	00:46:12	75	Adrian	Stohr	Unattached Local Runner	Male Senior
245	00:46:12	318	Richard	Jacques	Unattached	Male Senior
246	00:46:14	296	Nina	Ford	Unattached Local Runner	Female Senior
247	00:46:14	271	Steve	Danes	Unattached Local Runner	Male Master 45
248	00:46:14	294	Rick	Burton	Unattached Local Runner	Male Senior
249	00:46:20	230	Teresa	Bailey	Unattached	Female Master 45
250	00:47:13	193	Vivien	Ashton	Unattached Local Runner	Female Master 50
251	00:47:17	135	Neil	Arbon	Unattached Local Runner	Male Master 60
252	00:47:22	287	Ashley	Game	Unattached	Male Senior
253	00:47:25	168	Rachael	Williams	Unattached Local Runner	Female Senior
254	00:47:27	593	AN	Other	Unattached	Unable to place in Cat.
255	00:47:29	416	Katherine	Rogers	Unattached Local Runner	Female Senior
256	00:47:32	187	James	Mead	Unattached	Male Under 20
257	00:47:32	72	Richard	Taylor	Unattached Local Runner	Male Master 50
258	00:47:37	150	Gill	James	Hadleigh Hares A.C.	Female Master 50
259	00:47:49	279	Joe	Bonito	Unattached	Male Master 55
260	00:47:52	225	Matt	Ford	Unattached	Male Senior
261	00:47:54	132	Frances	Hounslow	Unattached	Female Senior

262	00:47:55	127	Craig	Howlett	Unattached	Male Senior
263	00:48:02	324	Jason	Slaymaker	Unattached	Male Senior
264	00:48:06	65	Alistair	Gill	Unattached Local Runner	Male Master 40
265	00:48:09	93	Sharon	Bowman	Unattached	Female Master 45
266	00:48:10	211	Laura	Robertson	Unattached	Female Senior
267	00:48:10	131	Shelley	Knights	Unattached	Female Senior
268	00:48:15	512	Steve	Pickton	Unattached	Male Master 40
269	00:48:20	467	Sarah	Duke	Unattached	Female Senior
270	00:48:22	94	Julie	Thurlow	Ipswich JAFFA	Female Master 55
271	00:48:25	267	David	Lesiak	Unattached Local Runner	Male Master 55
272	00:48:25	266	Catherine	Eley	Unattached	Female Master 50
273	00:48:27	53	Lucie	Petchey	Unattached Local Runner	Female Senior
274	00:48:27	56	Phillip	Nutley	St Edmund Pacers	Male Master 65
275	00:48:35	71	Luke	Bowman	Unattached Local Runner	Male Senior
276	00:48:35	136	Christopher	Hynard	Unattached	Male Under 20
277	00:48:40	183	Jake	Boyton	Unattached	Male Under 20
278	00:48:42	180	Jake	Gilbert	Unattached	Male Under 20
279	00:48:47	117	Ed	Oakes	Unattached	Male Senior
280	00:48:52	272	Stuart	Irons	Unattached Local Runner	Male Master 50
281	00:48:54	24	Tina	Spencer	Unattached	Female Master 40
282	00:48:55	347	Catherine	King	Unattached Local Runner	Female Master 40
283	00:48:59	200	Shane	Mortimer	Unattached Local Runner	Male Master 40
284	00:49:01	375	Neil	Anthony	West Suffolk A.C.	Male Master 50
285	00:49:09	274	Lisa	Townrow	Unattached	Female Senior
286	00:49:10	299	Lynsey	Long	Unattached	Female Senior
287	00:49:15	195	Karen	Payne	Unattached	Female Master 40
288	00:49:15	166	Nigel	Prentis	Unattached	Male Master 60
289	00:49:18	262	Alice	King	Unattached Local Runner	Female Under 20
290	00:49:19	423	Helen	Snazell	Unattached	Female Master 55
291	00:49:19	599	Amanda	Lewis	Unattached Local Runner	Female Master 50
292	00:49:24	202	John	Francis	Unattached Local Runner	Male Master 60
293	00:49:27	323	Steve	Siggers	Unattached	Male Master 50
294	00:49:29	144	Sally	Siggers	Unattached	Female Senior
295	00:49:29	143	Jules	Willis	Unattached Local Runner	Male Master 40
296	00:49:32	487	Barbara	Law	Gt Bentley Running Club	Female Master 65+
297	00:49:44	76	Shaun	Crosby	Unattached	Male Master 45
298	00:49:47	4	Holly	Turner	Unattached	Female Senior
299	00:49:47	11	David	Williams	Unattached	Male Master 65
300	00:49:48	226	Grahame	Walkingshaw	Unattached	Male Master 50
301	00:49:52	43	Gillian	Blackmore	Unattached	Female Master 45
302	00:49:52	445	Alison	Roomes	Unattached	Female Senior
303	00:49:56	245	Nikki	Dowling	Unattached	Female Master 45
304	00:49:56	243	Carole	Varndell	Unattached	Female Master 50
305	00:50:02	283	Colin	Risley	Unattached Local Runner	Male Master 55
306	00:50:04	91	Lisa	Dalton	Unattached	Female Master 40
307	00:50:29	378	Mel	Chittock	Unattached	Male Master 55
308	00:50:31	316	Graham	Pearce	Unattached Local Runner	Male Master 50
309	00:50:36	456	Christopher	Ryland	Unattached	Male Master 50
310	00:50:41	494	Jane	Parker	Unattached	Female Master 45
311	00:50:50	335	Teresa	Moriarty	Unattached	Female Master 50
312	00:50:50	336	Sean	Moriarty	Unattached	Male Master 45
313	00:51:16	63	Paul	Chuter-Griffiths	Unattached Local Runner	Male Senior
314	00:51:22	406	Shaun	Gudge	Unattached Local Runner	Male Senior
315	00:51:24	7	Gordon	Banks	Unattached	Male Master 45

316	00:51:26	118	Helen	Philpot	Unattached	Female Master 45
317	00:51:32	346	Alex	Green	Unattached	Male Master 50
318	00:51:34	281	Carolyn	Mason	Unattached	Female Master 40
319	00:51:35	422	Anja	Scaife	Hadleigh Hares A.C.	Female Master 40
320	00:51:35	490	Amanda	Britton	Unattached	Female Senior
321	00:51:35	489	Barnaby	Britton	Unattached	Male Master 40
322	00:51:37	488	Andrew	Stott	Unattached	Male Senior
323	00:51:39	270	Lucy	Croucher	Unattached Local Runner	Female Senior
324	00:51:39	269	Maria	Carrington	Unattached Local Runner	Female Senior
325	00:51:42	497	David	Taylor	Unattached	Male Master 55
326	00:51:44	498	Emily	Taylor	Unattached	Female Senior
327	00:51:47	203	Sylvia	Francis	Unattached Local Runner	Female Master 65+
328	00:51:55	433	Natalie	Gowers	Unattached	Female Senior
329	00:52:12	293	Vanessa	Burton	Unattached Local Runner	Female Senior
330	00:52:52	463	Jennifer	Merry	Unattached Local Runner	Female Senior
331	00:52:53	453	Steven	Fowkes	Unattached Local Runner	Male Master 55
332	00:52:57	280	Shaheda	Ambrose	Unattached	Female Master 50
333	00:53:09	311	Lindsey	Garnham	Unattached	Female Senior
334	00:53:16	174	Paul	Forshaw	Fetch Everyone RC	Male Master 60
335	00:53:22	393	Adam	Freeman	Unattached	Male Senior
336	00:53:27	417	Sarah	Harper-Rowe	Unattached Local Runner	Female Senior
337	00:53:34	284	Claire	Risley	Unattached	Female Master 40
338	00:53:35	407	Mary	Adams	Unattached Local Runner	Female Master 40
339	00:53:35	66	Lesley	Gill	Unattached Local Runner	Female Master 40
340	00:53:40	300	Alan	Brightwell	Unattached	Male Master 55
341	00:53:42	301	Terry	Welsh	Unattached Local Runner	Male Master 50
342	00:53:49	424	Julia	Prestney	Unattached	Female Master 40
343	00:54:02	216	Dawn	Herbert	Unattached	Female Master 45
344	00:54:09	454	April	Fowkes	Unattached Local Runner	Female Senior
345	00:54:10	214	Jane	Stebbing	Unattached Local Runner	Female master 60
346	00:54:12	87	Claire	Fitch	Unattached Local Runner	Female Senior
347	00:54:21	41	Poppy	St-Ledger	Unattached Local Runner	Female Senior
348	00:54:28	29	Sharon	Beward	Unattached Local Runner	Female Master 40
349	00:54:49	130	Robert	Ling	Unattached Local Runner	Male Master 55
350	00:55:00	27	Stephanie	Lown	Unattached	Female Master 45
351	00:55:20	292	Michelle	Brightwell	Unattached	Female Master 50
352	00:55:21	140	Christopher	Beddowes	Unattached	Male Senior
353	00:55:33	459	Amy	Blofield	Unattached	Female Senior
354	00:55:35	115	Jane	Dines	Unattached	Female Master 50
355	00:55:39	448	Amy	Barnett	Unattached	Female Senior
356	00:55:50	256	Lisa	Mustoe	Unattached	Female Senior
357	00:55:54	77	Bernadette	Ambrose	Unattached Local Runner	Female Senior
358	00:56:14	159	Heidi	Butcher	Unattached	Female Senior
359	00:56:52	600	Danielle	Golding	Unattached Local Runner	Female Master 50
360	00:56:54	198	Alan	Mortimer	Unattached	Male Senior
361	00:57:06	436	Michelle	Jarrett	Ipswich JAFFA	Female Master 40
362	00:57:07	317	Emma	Tunbridge	Unattached	Female Senior
363	00:57:09	388	Stephanie	Hyde	Unattached	Female Senior
364	00:57:15	28	Sam	Frewin	Unattached Local Runner	Female Senior
365	00:58:08	268	Adrienne	Frost	Unattached Local Runner	Female Senior
366	00:58:19	493	Robert	Wade	Unattached Local Runner	Male Master 55
367	00:58:19	255	Allie	Quayle	Unattached Local Runner	Female Senior
368	00:58:20	251	Sophie	Davy	Unattached	Female Senior
369	00:58:28	60	Andrew	Warner	Unattached	Male Senior

370	00:58:32	179	Drew Burr	Unattached	Male Under 20
371	00:59:16	170	Kevin Sones	Unattached	Male Senior
372	00:59:23	419	Nancy Innes	Unattached Local Runner	Female Master 40
373	00:59:23	418	Laura Frost	Unattached Local Runner	Female Senior
374	00:59:49	409	Vicki Roscoe	Unattached	Female Senior
375	00:59:49	410	Karina Holland	Unattached	Female Senior
376	00:59:56	199	Clare Baker	Unattached	Female Senior
377	00:59:56	260	Sheena Duff	Unattached	Female Senior
378	01:00:23	325	Katy Gibbs	Unattached Local Runner	Female Senior
379	01:00:48	503	Sara Clarke	Unattached	Female Master 40
380	01:00:48	504	Lynsey Gathercole	Unattached	Female Senior
381	01:00:52	331	Devan Harris	Unattached	Male Under 20
382	01:02:09	457	Angharad Bendall	Unattached	Female Senior
383	01:02:56	89	Jenny Davies	Unattached	Female Senior
384	01:03:37	290	Claire Vincent	Unattached	Female Master 40
385	01:03:37	169	Natasha Sones	Unattached	Female Senior
386	01:04:26	461	Annette Hall	Braintree& District AC	Female Master 45
387	10:47:30	37	Tim Garrett-Moore	Unattached Local Runner	Male Master 55
388	01:05:28	181	Crosby Stewart	Unattached	Male Under 20
389	01:05:28	182	Bosco Gonzalez-Rianchio	Unattached	Male Under 20
390	01:06:07	592	Richard Warner	Unattached	Male Master 40
391	01:07:12	452	Angela Taylor	Unattached	Female Master 55
392	01:10:28	458	Will Gadd	Unattached	Male Senior
393	01:10:28	442	Joshua Denley	Unattached	Male Under 20
394	01:10:28	414	James Gadd	Unattached	Male Senior
395	01:13:23	126	Shaun Baldock	Unattached	Male Master 40
396	01:14:22	142	Rebecca Simpson	Unattached	Female Master 45
	dnf/dns	10	Nathan Kelly	Unattached Local Runner	Male Under 20
	dnf/dns	16		Withdrawn	Unable to place in Cat.
	dnf/dns	18	John Woolaston	Unattached	Male Master 40
	dnf/dns	20		Withdrawn	Unable to place in Cat.
	dnf/dns	22	John O'Connor	Unattached Local Runner	Male Senior
	dnf/dns	25	James Kelly	Framlingham Flyers	Male Master 70+
	dnf/dns	26	Bradley Shepherd	Unattached Local Runner	Male Senior
	dnf/dns	33		Withdrawn	Unable to place in Cat.
	dnf/dns	46	Matthew Smith	Unattached	Male Senior
	dnf/dns	47	Julian Holland	Unattached	Male Senior
	dnf/dns	48	Michelle Holland	Unattached	Female Senior
	dnf/dns	49	Carla Holroyd	Harwich Runners	Female Master 55
	dnf/dns	50	Ian Horn	Unattached	Male Master 50
	dnf/dns	51	Adam Horn	Unattached	Male Senior
	dnf/dns	54	Nicola Ashworth	Unattached	Female Master 40
	dnf/dns	58	Paul Baxter	Unattached	Male Senior
	dnf/dns	61		Withdrawn	Unable to place in Cat.
	dnf/dns	70	Anna Oakes	Unattached	Female Senior
	dnf/dns	83	Tony Callender	Unattached	Male Master 70+
	dnf/dns	86	Christopher Mephram	Unattached	Male Senior
	dnf/dns	88	Mia Wilkinson	Unattached Local Runner	Female Senior
	dnf/dns	92		Withdrawn	Unable to place in Cat.
	dnf/dns	95	Howard Boone	Unattached	Male Master 55
	dnf/dns	98	Claire Jewell	Unattached	Female Master 45
	dnf/dns	105	Jed Sparrow	Unattached	Male Under 20
	dnf/dns	107	Laura Eardley	Unattached	Female Under 20
	dnf/dns	108	Peter Wood	Unattached	Male Master 45



dnf/dns	109	Withdrawn	Unattached Local Runner	Unable to place in Cat.
dnf/dns	110	Withdrawn	Unattached Local Runner	Unable to place in Cat.
dnf/dns	111 Ian	Bown	Unattached	Male Master 50
dnf/dns	112	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	113	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	114 Matthew	Sullivan	Unattached	Male Under 20
dnf/dns	119 Martin	Philpot	Unattached	Male Master 45
dnf/dns	120 Nicholas	Reader	Unattached	Male Senior
dnf/dns	121	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	125 Carrie	Baldock	Unattached	Female Master 40
dnf/dns	133 Alan	Cochram	Unattached	Male Master 40
dnf/dns	145 Julie	Simpson	Unattached	Female Senior
dnf/dns	146 Daniel	Rowland	Unattached	Male Senior
dnf/dns	148 Robert	Smith	Unattached Local Runner	Male Senior
dnf/dns	155 Jessica	Appleby	Unattached Local Runner	Female Under 20
dnf/dns	157 Gill	Hughes	Unattached Local Runner	Female Master 40
dnf/dns	161 Brigid	Wallen	Unattached	Female Master 45
dnf/dns	173	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	185 Jack	Pidgeon	Unattached	Male Under 20
dnf/dns	189 Danny	Withrington	Unattached	Male Under 20
dnf/dns	194 Carly	Wood	Unattached Local Runner	Female Senior
dnf/dns	197 Steven	Everett	Unattached Local Runner	Male Senior
dnf/dns	205 Paul	Jeffreus	Unattached	Male Senior
dnf/dns	207 Rachel	Jarvis	Harwich Runners	Female Master 45
dnf/dns	208 Sarah	Ward	Unattached Local Runner	Female Senior
dnf/dns	209 Emily	Baker	West Suffolk A.C.	Female Senior
dnf/dns	217 Liz	Herbert	Unattached	Female Under 20
dnf/dns	219 Daniel	Reader	Unattached	Male Under 20
dnf/dns	221 Rachel	Goodwin	Unattached	Female Senior
dnf/dns	222 Dave	Southgate	Unattached Local Runner	Male Senior
dnf/dns	229 Joseph	Reader	Unattached	Male Senior
dnf/dns	233 Paul	Davies	Unattached	Male Senior
dnf/dns	235 Paul	Smith	Unattached	Male Master 50
dnf/dns	238 Paul	Williams	St Edmund Pacers	Male Master 60
dnf/dns	252 Lucy	Mannering	Unattached	Female Senior
dnf/dns	253 Samantha	Gurden	Unattached	Female Master 40
dnf/dns	254 Sara	Rampton	Unattached	Female Master 40
dnf/dns	258	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	261 Terence	Newcombe	Unattached Local Runner	Male Senior
dnf/dns	263	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	273 Alex	Ballantyne	Unattached	Male Master 45
dnf/dns	278 Stephen	Webster	Unattached	Male Master 45
dnf/dns	289 Nicky	Mcivor	Unattached Local Runner	Male Master 60
dnf/dns	291 John	Cooke	Colchester Harriers AC	Male Master 45
dnf/dns	295 Lisa	Last	Unattached Local Runner	Female Senior
dnf/dns	297 Mike	Townrow	Unattached	Male Master 40
dnf/dns	302 Adrian	Wort	Unattached	Male Master 40
dnf/dns	304 Belinda	Logan	Unattached	Female Senior
dnf/dns	305 Sophie	Lovegrove	Unattached	Female Senior
dnf/dns	308 Joanne	Vickery	Haverhill Running Club	Female Senior
dnf/dns	313	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	319 Kathryne	Gill	Unattached	Female Senior
dnf/dns	321 Jason	Willis	Unattached Local Runner	Male Master 40
dnf/dns	334 Loanne	Spink	Unattached	Female Senior

dnf/dns	339 Ian	Bodsworth	Unattached	Male Senior
dnf/dns	344 Hazel	Buist	Halstead Road Runners	Female Senior
dnf/dns	345 Jonathan	Buist	Unattached	Male Senior
dnf/dns	351 Gemma	Andrews	Unattached	Female Master 45
dnf/dns	354	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	362 Hannah	Payne	Unattached Local Runner	Female Senior
dnf/dns	366 Lian	Golton	Unattached	Female Senior
dnf/dns	367 Leanne	Jones	Unattached	Female Senior
dnf/dns	368 Alan	Reader	Unattached	Male Master 45
dnf/dns	371 Jeff	Higgon	Harwich Runners	Male Master 60
dnf/dns	372 Jo	Higgon	Harwich Runners	Female Master 50
dnf/dns	374 Justine	Anthony	West Suffolk A.C.	Female Under 20
dnf/dns	376 Jack	Anthony	West Suffolk A.C.	Male Under 20
dnf/dns	377 Seb	Anthony	West Suffolk A.C.	Male Under 20
dnf/dns	381 Michelle	Holland	Unattached	Female Senior
dnf/dns	382 Marc	Batt	Unattached	Male Senior
dnf/dns	395 Manoj	Tripathi	Witham RC	Male Master 40
dnf/dns	400 Geoff	Wright	Unattached	Male Master 50
dnf/dns	401 Gemma	Wright	Unattached Local Runner	Female Senior
dnf/dns	402 Amy	Smith	Unattached Local Runner	Female Senior
dnf/dns	403 Claire	Blake	Witham RC	Female Master 40
dnf/dns	404 Adam	Freeman	Unattached	Male Senior
dnf/dns	420 Scott	Sterling	Newham & Essex Beagles AC	Male Senior
dnf/dns	427 Steve	Cornell	Unattached	Male Senior
dnf/dns	432 Tracy	Flux	Unattached	Female Senior
dnf/dns	439 Rebecca	Oliver	Unattached Local Runner	Female Senior
dnf/dns	440 Amy	Brown	Unattached Local Runner	Female Senior
dnf/dns	444 Marc	Hines	Unattached	Male Senior
dnf/dns	451 Emily	Fellingham	Unattached	Female Senior
dnf/dns	468	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	471 Zoe	Bearne	Unattached	Female Senior
dnf/dns	480	Withdrawn	Unattached	Unable to place in Cat.
dnf/dns	483 Julie	Marsh	Unattached Local Runner	Female Senior
dnf/dns	486 Jon	Betson	Unattached	Male Senior
dnf/dns	496 Lee	Pike	Unattached	Male Senior
dnf/dns	501 Karen	Bedwell	Unattached	Female Master 45
dnf/dns	502 Cherie	Hipkins	Gt Bentley Running Club	Female Senior
dnf/dns	511 Kieran	Arron	Unattached	Male Under 20