Position	Time	No	Surname	First Name	Club Name	Category
1	00:27:36	332	Hill	Glen	Havering Maysbrook AC	Male Senior
2	00:27:53	255	Armitage	Mark	Halstead Road Runners	Male Vet 40
3	00:28:02	330	Meachon	Jason	Harwich Runners	Male Senior
4	00:28:28	323	Nears	Jonathan	Gt Bentley Running Club	Male Senior
5	00:28:29	139	Chenery	Robert	Ipswich Jaffa	Male Senior
6	00:28:39	326	Cooper	Steve	Harwich Runners	Male Senior
7	00:28:44	111	Ridley	Cloin	West Suffolk AC	Male Vet 45
8	00:28:45	333	Long	Julian	St Edmund Pacers	Male Senior
9	00:28:55	377	Beeton	James	Newmarket Joggers	Male Vet 40
10	00:28:57	91	Preece	James	Unattached	Male Senior
11	00:29:13	114	Ridley	Andrew	West Suffolk AC	Male Junior
12	00:29:19	334	Cooke	Chris	St Edmund Pacers	Male Vet 45
13	00:29:31	426	Green	David	Gt Bentley Running Club	Male Senior
14	00:30:02	411	Wright	Matthew	Southend AC	Male Senior
15	00:30:03	398	Mansfield	Mike	Southend AC	Male Senior
16	00:30:12	252	Preston	Paul	Sudbury Joggers	Male Senior
17	00:30:20	172	Wright	David	Gt Bentley Running Club	Male Senior
18	00:30:23	295	Preece	Daniel	Unattached	Male Senior
19	00:30:32	181	Hobden	Ben	Unattached	Male Senior
20	00:30:32	261	McCelland	Paul	Harwich Runners	Male Vet 40
21	00:30:47	16	Jordan	Tamara	Stowmarket Striders	Female Senior
22	00:30:50	254	Judd	Darren	Sudbury Joggers	Male Senior
23	00:31:04	364	Bailey	Andrew	Halstead Road Runners	Male Vet 60
24	00:31:10	359	Buck	Andy	Sudbury Joggers	Male Vet 40
25	00:31:13	241	Green	Stuart	Unattached	Male Vet 45
26	00:31:16	425	Green	Chris	Gt Bentley Running Club	Male Vet 45
27	00:31:20	268	adkins	Peter	Unattached	Male Senior
28	00:31:39	134	Merry	Richard	53-12 Multisports	Male Senior
29	00:31:50	76	Phillips	Simon	St Edmund Pacers	Male Senior
30	00:31:51	34	Radley	Paul	Halstead Road Runners	Male Senior
31	00:31:53	79	Finn	Gregory	Unattached	Male Senior
32	00:31:54	407	Haynes	Sam	Unattached	Male Senior
33	00:32:01	346	Tatum	Danielle	Colchester & Tendring AC	Female Senior
34	00:32:05	155	Whiston	Arthur	Colchester Harriers	Male Vet 55
35	00:32:13	129	Wright	Daniel	Halstead Road Runners	Male Senior
36	00:32:25	219	Middleditch	Keith	Unattached	Male Senior
37	00:32:32	320	Jay	Dean	Halstead Road Runners	Male Senior
38	00:32:38	125	Byford	Martyn	Witham RC	Male Vet 50
39	00:32:44	138	Chenery	Duncan	Ipswich Jaffa	Male Vet 45
40	00:32:47	77	Vaughan	Dave	St Edmund Pacers	Male Vet 50
41	00:32:49	369	Bailey	Steve	St Edmund Pacers	Male Vet 45
42	00:32:50	163	Varndell	James	Unattached	Male Junior
43	00:32:52	391	Clarke	Neville	Newmarket Joggers	Male Vet 50
44	00:32:54	389	Blowes	Samuel	Roadhoggs AC	Male Senior
45	00:32:56	344	Hurley	Danielle	Southend AC	Female Junior
46	00:33:00	113	Ridley	Matthew	Unattached	Male Senior
47	00:33:02	345	Hurley	David	Orpington Road Runners	Unable to place in Cat.
48	00:33:05	365	Martin	Philip	Witham RC	Male Vet 45

Position	Time	No	Surname	First Name	Club Name	Category
49	00:33:07	33	Tiller	Richard	Halstead Road Runners	Male Senior
50	00:33:08	302	Hawkins	Chris	Unattached	Male Vet 40
51	00:33:09	174	Pyle	Nicola	Colchester & Tendring AC	Female Vet 40
52	00:33:12	203	Sutcliffe	lan	Halstead Road Runners	Male Vet 50
53	00:33:17	403	Hadley	Steve	Hercules Wimbledon	Male Senior
54	00:33:19	180	Ranson	Matthew	Unattached	Male Senior
55	00:33:20	399	Browne	Mike	Unattached	Male Senior
56	00:33:24	379	David	Paul	Unattached	Male Senior
57	00:33:31	269	Adkins	David	Unattached	Male Vet 40
58	00:33:45	166	Dulley	Tim	Bishops Stortford RC	Male Vet 40
59	00:33:48	329	McCorquodale	Becky	Gt Bentley Running Club	Female Senior
60	00:34:00	159	Gillibrand	Christian	Sudbury Joggers	Male Senior
61	00:34:15	86	Turner	Neil	Unattached	Male Senior
62	00:34:15	183	Clark	Steve	Unattached	Male Senior
63	00:34:28	160	Hawkins	Kim	Unattached	Male Vet 45
64	00:34:32	386	Grealy	Mike	Halstead Road Runners	Male Vet 50
65	00:34:42	414	Lavin	Paddy	Rotherham Harriers	Male Vet 40
66	00:34:45	366	Boutell	Clare-Louise	Witham RC	Female Senior
67	00:34:46	278	Marsh	Tom	Unattached	Male Senior
68	00:34:47	353	Smith	Jem	Sudbury Joggers	Male Senior
69	00:34:50	294	Owen	Lee	Unattached	Male Senior
70	00:34:52	289	Harrison	Tara	Colchester & Tendring AC	Female Senior
71	00:34:52	284	Rooney	Penny	Woodbridge Shufflers	Female Senior
72	00:34:57	59	Rendall	Jason	Unattached	Male Vet 40
73	00:34:57	413	Reynolds	Vicky	Wymondham AC	Female Senior
74	00:34:58	230	Thomson	Ross	Team Waitrose (Non-Aff.)	Male Senior
75	00:35:08	349	Gardiner	Jordan	Unattached	Male Senior
76	00:35:10	156	Curteis	Marl	Halstead Road Runners	Male Vet 40
77	00:35:18	350	Moss	Robert	Unattached	Male Senior
78	00:35:19	31	Wright	Gary	Unattached	Male Vet 40
79	00:35:24	115	Henry	Amanda	Sudbury Joggers	Female Senior
80	00:35:26	20	Murphy	Justin	Unattached	Male Senior
81	00:35:28	432	Smith		Unattached	Male Senior
82	00:35:29	194	Tanner	Lynn	Colchester & Tendring AC	Female Vet 50
83	00:35:31	358	Webb	John	Unattached	Male Vet 55
84	00:35:36	312	Hamblett	Paul	Halstead Road Runners	Male Senior
85	00:35:36	130	Bowen	Emily	Colchester Harriers	Female Senior
86	00:35:42	417	Everitt	Geof	Ipswich Jaffa	Male Vet 60
87	00:35:44	340	Burt	Matt	Ipswich Jaffa	Male Senior
88	00:35:52	300	Brand	Richard	Unattached	Male Senior
89	00:35:57	387	Statham	Daniel	Unattached	Male Senior
90	00:36:02	367	Godderham	lan	St Edmund Pacers	Male Senior
91	00:36:03	315	Burrows	David	Halstead Road Runners	Male Vet 40
92	00:36:04	53	Shirley	Marie	Colchester & Tendring AC	Female Senior
93	00:36:42	153	Shaw	Carol	Sudbury Joggers	Female Vet 50
94	00:36:44	385	Shaw	Eril	Gt Bentley Running Club	Male Vet 60
95	00:36:51	170	Roberts	Rachel	Ely Runners	Female Vet 35
96	00:36:55	54	Dunn	Aidan	Unattached	Male Senior

Position	Time	No	Surname	First Name	Club Name	Category
97	00:36:56	212	Chatting	Kim	Gt Bentley Running Club	Female Senior
98	00:37:00	120	Adams	Rebecca	Halstead Road Runners	Female Senior
99	00:37:00	410	Goodwin	Steve	Unattached	Male Senior
100	00:37:03	209	Pickerin	Trevor	Unattached	Male Vet 40
101	00:37:06	80	Tooth	David	Unattached	Male Vet 55
102	00:37:09	171	Munson	Mike	Stowmarket Striders	Male Vet 50
103	00:37:10	168	Brooks	John	Unattached	Male Senior
104	00:37:11	277	Seager	Glyn	Unattached	Male Vet 45
105	00:37:12	421	Thornton	Christopher	Unattached	Male Vet 45
106	00:37:12	280	Anstead	Alan	Suffolk Orienteering Club (NA)	Male Vet 45
107	00:37:18	395	Shyjka	Michael	Gt Bentley Running Club	Male Vet 45
108	00:37:19	46	Kubiak	Abi	Formby Runners	Female Senior
109	00:37:21	424	Bayne	Stuart	Unattached	Male Vet 40
110	00:37:24	74	Ruse	James	Unattached	Male Senior
111	00:37:25	308	Lown	Rupert	Unattached	Male Senior
112	00:37:26	374	Arnem	Stev	Unattached	Male Senior
113	00:37:29	191	Woller	Diane	Colchester & Tendring AC	Female Vet 50
114	00:37:38	60	Shatford	John	Unattached	Male Vet 40
115	00:37:45	343	Lewis	Debbie	Witham RC	Female Vet 45
116	00:37:46	324	St-Ledger	Carol	Unattached	Female Vet 50
117	00:27:46	225	Goodchild	Jame	Team Waitrose (Non-Aff.)	Male Junior
118	00:37:47	325	Clayton	Victoria	Unattached	Female Vet 35
119	00:37:53	258	Moulton	Christopher	Sudbury Joggers	Male Senior
120	00:37:58	45	Cocksedge	Richard	Formby Runners	Male Senior
121	00:37:58	96	Worley	Lee	Unattached	Male Senior
122	00:38:05	336	McKay	Joanne	Gt Bentley Running Club	Female Senior
123	00:38:05	215	Fellingham	Richard	Stowmarket Striders	
124	00:38:12	237	Waterson	Martin	Unattached	Male Senior
125	00:38:17	97	Wenman	Emily	West Suffolk AC	Female Junior
126	00:38:24	135	Drury	Michael	Unattached	Male Senior
127	00:38:25	239	Cordwell	Julian	Harwich Runners	Male Vet 50
128	00:38:28	307	Pearson	Alan	Unattached	Male Senior
129	00:38:29	271	Crossley	Mark	Unattached	Male Vet 40
130	00:38:32	322	Sandford	David	Sudbury Joggers	Male Senior
131	00:38:33	104	Brooker	Vince	Unattached	Male Senior
132	00:38:37	154	Merrill	Michael	Unattached	Male Senior
133	00:38:38	169	Sear	Gary	Unattached	Male Senior
134	00:38:42	321	Pilgrim	Mark	Unattached	Male Senior
135	00:38:48	62	Andrews	Mark	Unattached	Male Vet 40
136	00:38:51	339	Warren-Watson	Juliet	Unattached	Male Vet 40
137	00:38:54	50	Knox	Edward	Unattached	Male Junior
138	00:38:54	328	O'Connor	John	Unattached	Male Senior
139	00:38:54	109	Nunn	Ricky	Unattached	Male Senior
140	00:38:55	301	Arthur	Nick	Unattached	Male Senior
141	00:38:59	198	Savory	Laura	Unattached	Female Senior
142	00:39:00	262	Wood	Stephen	lpswich Jaffa	Male Vet 45
143	00:39:03	199	Denwood	Kirsty	Stowmarket Striders	Female Vet 35
144	00:39:04	63	Isbill	Jo	Ryston Runners	Female Vet 40

Position	Time	No	Surname	First Name	Club Name	Category
145	00:39:07	213	Collins	George	Ipswich Jaffa	Male Vet 40
146	00:39:09	256	West	David	Unattached	Male Senior
147	00:39:10	70	Theobald	Kevin	Unattached	Male Vet 45
148	00:39:10	303	Hobson	Simon	Unattached	Male Senior
149	00:39:29	397	Calver	Oliver	Ipswich Triathlon Club	Male Senior
150	00:39:30	266	Norton	Simon	Unattached	Male Vet 40
151	00:39:32	249	Lambert	Cathy	Unattached	Female Vet 40
152	00:39:35	27	Jones	Pam	Halstead Road Runners	Female Vet 55
153	00:39:43	356	Coates	Chris	Unattached	Male Senior
154	00:39:44	105	Collins	Peri	Halstead Road Runners	Female Vet 40
155	00:39:45	298	Bowen	Josephine	Unattached	Female Senior
156	00:39:45	299	Astle	Paul	Unattached	Male Senior
157	00:39:50	133	Lewis	Simon	Unattached	Male Vet 45
158	00:39:50	41	Cray	lan	Unattached	Male Vet 45
159	00:39:50	185	Hynard	Jamie	Unattached	Male Junior
160	00:39:50	195	Bird	Thomas	Unattached	Male Senior
161	00:39:52	132	Bingham	Heidi	Stowmarket Striders	Female Senior
162	00:39:52	4	Lesiak	Janie	Unattached	Female Senior
163	00:40:01	319	Price	Jonathan	Sudbury Joggers	Male Vet 55
164	00:40:12	206	Taylor	Graeme	Unattached	Male Vet 45
165	00:40:12	36	Amos	Mike	Unattached	Male Vet 40
166	00:40:24	427	Manning	Dean	Unattached	Male Senior
167	00:40:25	412	Bridger	David	Unattached	Male Vet 45
168	00:40:30	158	Rowland	Robert	Unattached	Male Vet 60
169	00:40:33	112	Ridley	Daniel	Unattached	Male Junior
170	00:40:35	292	Swindell	Davina	Gt Bentley Running Club	Female Senior
171	00:40:43	1	Stovell	Tim	Unattached	Male Senior
172	00:40:45	415	Dickinson	Joshua	Unattached	Female Senior
173	00:40:46	201	Law	Barbara	Gt Bentley Running Club	Female Vet 55
174	00:40:53	232	Souch	Paul	Team Waitrose (Non-Aff.)	Male Senior
175	00:40:54	380	Phillips	Jack	Unattached	Male Junior
176	00:40:57	352	Brooker	David	Unattached	Male Senior
177	00:40:37	137	Barron	Ross	Unattached	Male Senior
178	00:41:01	354	Brown	Nicolette	Gt Bentley Running Club	Female Vet 45
179	00:41:07	84	O'Reilly	James	Unattached	Male Senior
180	00:41:13	72	•	Vanessa	Unattached	Female Senior
181	00:41:14	161	Wright Hilsum	Grace	Unattached	Female Senior
181	00:41:14	26	Hunt	Robert	Unattached	Male Vet 45
183	00:41:20			Catherine		Female Vet 40
184	00:41:20	250 337	Drew	Samantha	Unattached Unattached	Female Vet 35
185	00:41:28	118	Sausbury Snazell	Helen	St Edmund Pacers	Female Vet 50
186	00:41:43	222			Unattached	
187			Honeywood	Philip		Male Senior
	00:41:45	264	Johnson	Miles	Comberton Joggers Withom BC	Male Vet 50
188	00:41:50	107	Roberts	John	Witham RC	Male Vet 70
189	00:42:04	293	Adolphus	Tony	Ipswich Jaffa	Male Vet 45
190	00:42:07	140	Page	Simon	Unattached Striders	Male Vet 50
191	00:42:14	8	Gladwell	Chris	Stowmarket Striders	Male Vet 50
192	00:42:14	200	Law	Victora	Gt Bentley Running Club	Female Vet 35

193	Position	Time	No	Surname	First Name	Club Name	Category
194 00.42.23 228 Wright Alex Team Waitrose (Non-Aff.) Male Senior 195 00.42.23 328 Wireford Angle Unattached Female Senior 196 00.42.29 37 Wood Hannah Ipswich Jaffa Female Senior 197 00.42.24 327 James Richie Unattached Male Vet 60 199 00.42.43 314 Waish Ken Colthester Harriers Male Vet 60 200 00.42.53 196 Collier Lyndon Sudbury Joggers Male Vet 60 201 00.42.53 196 Collier Lyndon Sudbury Joggers Male Vet 60 202 00.43.03 394 Rowtham Pauletto Unattached Male Vet 50 203 00.43.05 281 Anstead Kal Suffolk Orienteering Club (NA) Male Junior 204 00.43.07 416 Dickinson Ala Unattached Male Vet 55 205 00.43.10 10							
195 00:42:29 37 Wood Hannah Upwich Jaffa Female Senior 197 00:42:49 37 Wood Hannah Upwich Jaffa Female Senior 198 00:42:44 9 West Dan Unattached Male Senior 198 00:42:52 314 Walsh Ken Colchert Harriers Male Vet 60 200 00:42:53 196 Collier Lyndon Sudbury Joggers Male Vet 60 201 00:42:53 148 Harrington Angela Unattached Female Senior 201 00:43:03 38 Harrington Angela Unattached Male Vet 55 204 00:43:10 38 barker James Unattached Male Vet 55 205 00:43:10 38 barker James Unattached Male Vet 55 205 00:43:10 38 barker James Unattached Male Vet 55 205 00:43:11 263 Day Brian </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>							
195							
197							
198						<u> </u>	
199							
200 00:42:53 196 Collier Lyndon Sudbury Joggers Male Vet 55 201 00:42:53 148 Harrington Angela Unattached Female Senior 202 00:43:05 281 Anstead Kai Suffolk Orienteering Club (NA) Male Senior 203 00:43:05 281 Anstead Kai Suffolk Orienteering Club (NA) Male Junior 204 00:43:07 416 Dickinson Alan Unattached Male Vet 40 205 00:43:10 108 Mumford Sally Unattached Male Vet 40 206 00:43:10 108 Mumford Sally Unattached Male Senior 207 00:43:11 263 Day Brian Unattached Male Senior 208 00:43:12 243 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:21 94<							
201 00:42:53 148 Harrington Angela Unattached Female Senior 202 00:43:03 394 Rowtham Pauletto Unattached Male Senior 203 00:43:07 416 Dickinson Alan Unattached Male Vet 55 205 00:43:10 18 Marford Sally Unattached Male Vet 40 206 00:43:11 38 barker Jammord Jammord Female Senior 207 00:43:11 33 barker Adrian Unattached Male Senior 208 00:43:11 233 Day Brian Unattached Male Senior 209 00:43:12 243 Fenwich Paul Halstead Road Runners Male Senior 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:20 257 West V							
202 00:43:03 394 Rowtham Pauletto Unattached Male Senior 203 00:43:05 281 Anstead Kai Suffolk Orienteering Club (NA) Male Junior 204 00:43:10 38 barker James Unattached Male Vet 40 205 00:43:10 108 Mumford Sally Unattached Female Senior 206 00:43:11 263 Day Brian Unattached Male Senior 208 00:43:12 263 Day Brian Unattached Male Senior 209 00:43:12 423 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 423 Femule Vet 50 Pemale Vet 50 Pemale Vet 50 211 00:43:20 257 West Vanessa Unattached Female Vet 50 212 00:43:32 257 West Vanessa Unattached Male Vet 43 212 00:43:33 316 Knox Pe					•		
204 00:43:07 416 Dickinson Alan Unattached Male Vet 55 205 00:43:10 38 barker James Unattached Male Vet 40 206 00:43:11 108 Mumford Sally Unattached Penale Senior 207 00:43:11 383 Parker Adrian Unattached Male Senior 208 00:43:11 263 Day Brian Unattached Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:23 257 West Vanessa Unattached Female Vet 45 212 00:43:23 390 Choulerton Joanne Unattached Female Vet 45 212 00:43:37 51 Knox Peter Unattached Male Senior 214 00:43:37 16 Smith Daniel						Unattached	
204 00:43:07 416 Dickinson Alan Unattached Male Vet 55 205 00:43:10 38 barker James Unattached Male Vet 40 206 00:43:11 108 Mumford Sally Unattached Penale Senior 207 00:43:11 383 Parker Adrian Unattached Male Senior 208 00:43:11 263 Day Brian Unattached Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:23 257 West Vanessa Unattached Female Vet 45 212 00:43:23 390 Choulerton Joanne Unattached Female Vet 45 212 00:43:37 51 Knox Peter Unattached Male Senior 214 00:43:37 16 Smith Daniel	203	00:43:05	281	Anstead	Kai	Suffolk Orienteering Club (NA)	Male Junior
205 00:43:10 38 barker James Unattached Male Vet 40 206 00:43:10 108 Mumford Sally Unattached Female Senior 207 00:43:11 383 Parker Adrian Unattached Male Senior 208 00:43:11 263 Day Brian Unattached Male Senior 209 00:43:12 243 Fenwich Paul Halstead Road Runners Male Senior 210 00:43:12 24 Femele Vet 50 Peter Unattached Female Vet 45 211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:20 257 West Vanessa Unattached Female Vet 35 213 00:43:37 51 Know Peter Unattached Male Vet 60 214 00:43:37 51 Know Na			416	Dickinson	Alan	_	Male Vet 55
207 00:43:11 383 Parker Adrian Unattached Male Senior 208 00:43:12 243 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 35 213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:40 384 Chambers Mike St Edmund Pacers Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:07 338 Gisby Lee Unattached Male Vet 50 218 00:44:07 338 Gi							
207 00:43:11 383 Parker Adrian Unattached Male Senior 208 00:43:11 263 Day Brian Unattached Male Senior 209 00:43:12 243 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:22 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 45 213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Traditrose (Non-Aff.) Male Senior 217 00:44:02 2 West	206	00:43:10	108	Mumford	Sally	Unattached	Female Senior
208 00:43:11 263 Day Brian Unattached Male Senior 209 00:43:12 423 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 35 213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 West Nick Unattached Male Vet 50 218 00:44:10 338 Baker Darren	207	00:43:11	383	Parker		Unattached	Male Senior
209 00:43:12 423 Fenwich Paul Halstead Road Runners Male Vet 50 210 00:43:12 94 Foster Lyn Unattached Female Vet 50 211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 45 213 00:43:37 51 Knox Peter Unattached Male Senior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobal	208		263	Day	Brian	Unattached	Male Senior
211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 35 213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Vet 40 219 00:44:07 386 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 40 220 00:44:12 69 Theobald	209	00:43:12	423	•	Paul	Halstead Road Runners	Male Vet 50
211 00:43:20 257 West Vanessa Unattached Female Vet 45 212 00:43:28 390 Choulerton Joanne Unattached Female Vet 35 213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:30 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Vet 40 219 00:44:07 388 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 40 220 00:44:12 69 Theobald	210	00:43:12	94	Foster	Lyn	Unattached	Female Vet 50
213 00:43:37 51 Knox Peter Unattached Male Junior 214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Vet 50 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 50 221 00:44:12 69 Theobald Jason Unattached Male Vet 50 222 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 223 00:44:24 61 Sorrell <td< td=""><td>211</td><td>00:43:20</td><td>257</td><td>West</td><td><u> </u></td><td>Unattached</td><td>Female Vet 45</td></td<>	211	00:43:20	257	West	<u> </u>	Unattached	Female Vet 45
214 00:43:37 116 Smith Daniel Unattached Male Senior 215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Vet 50 217 00:44:02 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Junior 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 50 221 00:44:12 69 Theobald Jason Unattached Male Vet 50 222 00:44:12 69 Theobald Jason Unattached Male Vet 50 222 00:44:12 69 Theobald Jason Unattached Male Vet 55 223 00:44:12 61 Sorrell Sue	212	00:43:28	390	Choulerton	Joanne	Unattached	Female Vet 35
215 00:43:40 384 Chambers Mike St Edmund Pacers Male Vet 60 216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Junior 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 50 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:12 297 Snelgrove Barny Unattached Male Vet 55 223 00:44:12 297 Snelgrove Barny Unattached Male Vet 55 223 00:44:12 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis </td <td>213</td> <td>00:43:37</td> <td>51</td> <td>Knox</td> <td>Peter</td> <td>Unattached</td> <td>Male Junior</td>	213	00:43:37	51	Knox	Peter	Unattached	Male Junior
216 00:43:50 226 Roberts Chris Team Waitrose (Non-Aff.) Male Senior 217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Vet 40 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Senior 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 35 226 00:44:34 309 Far	214	00:43:37	116	Smith	Daniel	Unattached	Male Senior
217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Junior 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 50 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 30.9 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood	215	00:43:40	384	Chambers	Mike	St Edmund Pacers	Male Vet 60
217 00:44:02 2 West Nick Unattached Male Vet 50 218 00:44:07 338 Gisby Lee Unattached Male Junior 219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Vet 50 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 30.9 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood	216	00:43:50	226	Roberts	Chris	Team Waitrose (Non-Aff.)	Male Senior
219 00:44:09 368 Baker Darren St Edmund Pacers Male Vet 40 220 00:44:12 69 Theobald Jason Unattached Male Senior 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 230 00:44:45 3	217	00:44:02	2	West	Nick		Male Vet 50
220 00:44:12 69 Theobald Jason Unattached Male Senior 221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 230 00:44:43 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Le	218	00:44:07	338	Gisby	Lee	Unattached	Male Junior
221 00:44:12 297 Snelgrove Barny Unattached Male Vet 50 222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 230 00:44:43 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:45:53 363 Mar	219	00:44:09	368	Baker	Darren	St Edmund Pacers	Male Vet 40
222 00:44:15 265 Prentice Nigel Comberton Joggers Male Vet 55 223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 229 00:44:40 431 Tinsley Mark Unattached Male Vet 45 230 00:44:43 306 Hughes Nigel Unattached Male Vet 50 231 00:44:45 3 Lesiak David Unattached Female Vet 50 232 00:44:55 363 Mars	220	00:44:12	69	Theobald	Jason	Unattached	Male Senior
223 00:44:24 61 Sorrell Sue Colchester Harriers Female Vet 40 224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 50 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:45:5 363 Marsh Mary Unattached Male Vet 45 233 00:45:00 17 Weatherburn	221	00:44:12	297	Snelgrove	Barny	Unattached	Male Vet 50
224 00:44:26 235 Avis Trudy Hadleigh Hares AC Female Vet 35 225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 50 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna<	222	00:44:15	265	Prentice	Nigel	Comberton Joggers	Male Vet 55
225 00:44:34 190 Jarvis Peter Unattached Male Vet 55 226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 S	223	00:44:24	61	Sorrell	Sue	Colchester Harriers	Female Vet 40
226 00:44:36 309 Farrell Maria Unattached Female Vet 35 227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Vet 45 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:02 29 Sowman Heather Unattached Male Senior 236 00:45:12 19	224	00:44:26	235	Avis	Trudy	Hadleigh Hares AC	Female Vet 35
227 00:44:37 47 Thorogood Keith Halstead Road Runners Male Vet 50 228 00:44:40 431 Tinsley Mark Unattached Male Senior 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Male Vet 40 236 00:45:12 19 Ford Matt Unattached Male Vet 40 238 00:45:15 287 Senior	225	00:44:34	190	Jarvis	Peter	Unattached	Male Vet 55
228 00:44:40 431 Tinsley Mark Unattached Male Senior 229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Vet 40 237 00:45:14 331 Bailey Tim Unattached Male Junior	226	00:44:36	309	Farrell	Maria	Unattached	Female Vet 35
229 00:44:44 306 Hughes Nigel Unattached Male Vet 45 230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	227	00:44:37	47	Thorogood	Keith	Halstead Road Runners	Male Vet 50
230 00:44:45 3 Lesiak David Unattached Male Vet 50 231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	228	00:44:40	431	Tinsley	Mark	Unattached	Male Senior
231 00:44:55 363 Marsh Mary Unattached Female Vet 50 232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	229	00:44:44	306	Hughes	Nigel	Unattached	Male Vet 45
232 00:44:58 142 Taylor Richard Unattached Male Vet 45 233 00:45:00 17 Weatherburn James Bishops Stortford RC Male Vet 45 234 00:45:02 245 Mckenna Sheena Team Titan (Non-Aff.) Female Senior 235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	230	00:44:45	3	Lesiak	David	Unattached	Male Vet 50
23300:45:0017WeatherburnJamesBishops Stortford RCMale Vet 4523400:45:02245MckennaSheenaTeam Titan (Non-Aff.)Female Senior23500:45:0729SowmanHeatherUnattachedFemale Junior23600:45:1219FordMattUnattachedMale Senior23700:45:14331BaileyTimUnattachedMale Vet 4023800:45:15287SeniorGavinUnattachedMale Junior	231	00:44:55	363	Marsh	Mary	Unattached	Female Vet 50
23400:45:02245MckennaSheenaTeam Titan (Non-Aff.)Female Senior23500:45:0729SowmanHeatherUnattachedFemale Junior23600:45:1219FordMattUnattachedMale Senior23700:45:14331BaileyTimUnattachedMale Vet 4023800:45:15287SeniorGavinUnattachedMale Junior	232	00:44:58	142	Taylor	Richard	Unattached	Male Vet 45
235 00:45:07 29 Sowman Heather Unattached Female Junior 236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	233	00:45:00	17	Weatherburn	James	Bishops Stortford RC	Male Vet 45
236 00:45:12 19 Ford Matt Unattached Male Senior 237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	234	00:45:02	245	Mckenna	Sheena	Team Titan (Non-Aff.)	Female Senior
237 00:45:14 331 Bailey Tim Unattached Male Vet 40 238 00:45:15 287 Senior Gavin Unattached Male Junior	235	00:45:07	29	Sowman	Heather	Unattached	Female Junior
238 00:45:15 287 Senior Gavin Unattached Male Junior	236	00:45:12	19	Ford	Matt	Unattached	Male Senior
	237	00:45:14	331	Bailey	Tim	Unattached	Male Vet 40
239 00:45:17 396 Reeve Thomas Unattached Male Senior	238	00:45:15	287	Senior	Gavin	Unattached	Male Junior
	239	00:45:17	396	Reeve	Thomas	Unattached	Male Senior
240 00:45:19 388 Thompson Jessica Unattached Female Senior	240	00:45:19	388	Thompson	Jessica	Unattached	Female Senior

Position	Time	No	Surname	First Name	Club Name	Category
241	00:45:19	270	Wright	Brett	Unattached	Male Senior
242	00:45:21	347	Jay	Dionne	Unattached	Female Senior
243	00:45:23	348	Challis	Teresa	Unattached	Female Vet 35
244	00:45:30	381	Turner	Amanda	Sudbury Joggers	Female Senior
245	00:45:32	248	Cullum	John	Unattached	Male Vet 55
246	00:45:35	296	Crisell	Trevor	Unattached	Male Vet 45
247	00:45:41	229	Brewer	Ben	Team Waitrose (Non-Aff.)	Male Senior
248	00:45:42	259	Dickinson	Nigel	Unattached	Male Senior
249	00:45:43	83	Deeks	Gregory	Unattached	Male Vet 40
250	00:45:45	317	St-Ledger	Dee	Unattached	Female Vet 40
251	00:45:45	202	Sayer	Peter	Unattached	Male Vet 55
252	00:45:45	55	Dunn	Claire	Unattached	Female Senior
253	00:45:45	404	Gardner	Greg	Unattached	Male Vet 40
254	00:45:55	127	Woolcott	Nickolas	Unattached	Male Senior
255	00:45:58	283	Arfi	Laura	Unattached	Female Vet 35
256	00:45:59	101	Thurlow	Peter	Ipswich Jaffa	Male Vet 50
257	00:46:04	406	Kossick	lan	Unattached	Male Vet 50
258	00:46:09	106	Britton	Cailun	Unattached	Male Junior
259	00:46:09	149	Bates	Aaron	Unattached	Male Junior
260	00:46:09	18	Smith	Robert	Unattached	Male Vet 60
261	00:46:13	28	Line	Karen	Unattached	Female Vet 35
262	00:46:14	304	Seeley	Paul	Unattached	Male Vet 45
263	00:46:16	393	Collins	David	Unattached	Male Vet 40
264	00:46:17	210	Pickerin	Trudy	Unattached	Female Vet 40
265	00:46:18	92	Preece	Rachel	Unattached	Female Senior
266	00:46:53	193	Bannister	Jason	Unattached	Male Vet 40
267	00:46:54	246	Leese	Peter	Team Titan (Non-Aff.)	Male Senior
268	00:46:56	197	Clements	Susan	Hadleigh Hares AC	Female Vet 40
269	00:46:58	81	Walton	Stuart	Unattached	Male Senior
270	00:46:58	102	Thurlow	Julie	Ipswich Jaffa	Female Vet 50
271	00:46:58	378	Levez	Andrew	Unattached	Male Senior
272	00:47:19	231	Byham	Pete	Team Waitrose (Non-Aff.)	Male Senior
273	00:47:25	357	Robinson	John	Unattached	Male Senior
274	00:47:25	64	Bolton	Nichola	Unattached	Female Senior
275	00:47:35	316	Arbon	Mr	Unattached	Male Vet 55
276	00:47:40	122	O'Keffee	John	Unattached	Male Senior
277	00:47:55	192	Page	Graham	St Edmund Pacers	Male Vet 50
278	00:47:57	147	McKenzie	Rory	Unattached	Male Junior
279	00:48:03	146	Hart	Zoe	Unattached	Female Senior
280	00:48:03	428	Chaplin	Chris	Stowmarket Striders	Male Vet 55
281	00:48:05	362	Morton	Jade	St Edmund Pacers	Female Junior
282	00:48:08	361	Morton	Glenn	St Edmund Pacers	Male Senior
283	00:48:08	220	Hillyard	Shirley	Unattached	Female Vet 45
284	00:48:08	221	Iredale	Celia	Unattached	Female Vet 55
285	00:48:11	103	Ryland	Christopher	Unattached	Male Vet 50
286	00:48:16	243	O'Neill	Daniel	Team Titan (Non-Aff.)	Male Vet 45
287	00:48:22	242	O'Neill	Eunice	Team Titan (Non-Aff.)	Female Vet 35
288	00:48:24	310	Pink	Tracy	Unattached	Female Vet 40

Position	Time	No	Surname	First Name	Club Name	Category
289	00:48:39	48	Smerdon	Eddy	Unattached	Male Senior
290	00:48:43	35	Amos	Michelle	Unattached	Female Senior
291	00:48:43	370	Standley	Jenny	Unattached	Female Vet 40
292	00:48:45	371	Standley	Garry	Unattached	Male Vet 40
293	00:48:47	90	Bickers	Stephen	Unattached	Male Senior
294	00:48:51	123	Hallidie	Phyllida	Sudbury Joggers	Female Senior
295	00:48:59	382	Sargent	Leanne	Unattached	Female Senior
296	00:49:02	136	Bradley	Kevin	Unattached	Male Senior
297	00:49:02	167	Harris	Dan	Unattached	Male Senior
298	00:49:04	376	Beeton	Angela	Unattached	Female Vet 40
299	00:49:06	218	Felton	Jane	Unattached	Female Vet 40
300	00:49:06	177	Hynard	Lynette	Unattached	Female Senior
301	00:49:09	279	West	Lisa	Unattached	Female Senior
302	00:49:09	73	reynolds	Lisa	Unattached	Female Senior
303	00:49:13	143	Howe	Dave	Unattached	Male Vet 45
304	00:49:17	224	Pilgrim	Kelsey	Team Waitrose (Non-Aff.)	Female Junior
305	00:49:29	313	Garrad	Dianne	Colchester Harriers	Female Vet 40
306	00:49:29	49	Martin	Catriona	Unattached	Female Vet 40
307	00:49:41	208	Houghton	Martin	Unattached	Male Senior
308	00:49:41	184	Hunt	William	Unattached	Male Senior
309	00:50:02	128	Dunn	John	Unattached	Male Vet 50
310	00:50:16	71	Taylor	Jane	Unattached	Female Vet 45
311	00:50:17	150	Miles	Andrew	Unattached	Male Vet 50
312	00:50:17	291	West	Richard	Unattached	Male Vet 45
313	00:50:18	290	West	Oliver	Unattached	Male Junior
314	00:50:19	360	Jamison	Scott	Unattached	Male Senior
315	00:50:19	25	Wardle	Catherine	Unattached	Female Vet 40
316	00:50:30	40	Cray	Janet	Unattached	Female Vet 45
317	00:50:33	30	Lown	Stephanie	Unattached	Female Vet 35
318	00:50:37	58	Willbye	Christina	Unattached	Female Vet 50
319	00:50:42	124	Francis	Sylvie	Unattached	Female Vet 55
320	00:51:01	126	McCormack	Suzanne	Unattached	Female Vet 45
321	00:51:22	207	Sones	Kevin	Unattached	Male Senior
322	00:51:25	131	West	Katy	Unattached	Female Senior
323	00:51:32	419	Russell	Kelly	Unattached	Male Senior
324	00:51:36	75	Edmonds	Julia	Unattached	Female Senior
325	00:51:36	100	Forest	Kate	Unattached	Female Senior
326	00:51:39	65	Jeffries	Madeleine	Unattached	Female Senior
327	00:51:44	335	Symonds	Rachel	Unattached	Female Senior
328	00:52:02	121	Ballantyne	Alex	Unattached	Male Vet 40
329	00:52:16	227	Ferguson	John	Team Waitrose (Non-Aff.)	Male Junior
330	00:52:16	375	Cunnarth	Stephen	Unattached	Male Vet 45
331	00:52:18	56	Hibble	Sarah	Unattached	Female Vet 35
332	00:52:18	223	Ward	Penny	Unattached	Female Vet 35
333	00:52:22	318	Sutton	Bernice	Unattached	Female Vet 45
334	00:52:42	173	Robinson	karyn	Hadleigh Hares AC	Female Vet 50
335	00:52:45	355	Dexter	Matty	Unattached	Male Senior
336	00:52:51	187	Eaglesfield	Claire	Unattached	Female Senior

Position	Time	No	Surname	First Name	Club Name	Category
337	00:52:51	188	Cullum	Nicola	Unattached	Female Senior
338	00:52:56	205	wilson	Alex	Unattached	Male Senior
339	00:52:57	164	Dowling	Nicki	Unattached	Female Vet 40
340	00:56:57	162	Varndell	Carole	Unattached	Female Vet 45
341	00:53:02	405	Lock	Susanne	Unattached	Female Vet 40
342	00:53:08	408	Pryor	Gale	Hadleigh Hares AC	Female Vet 40
343	00:53:08	175	Ellingham	Martin	Hadleigh Hares AC	Male Vet 40
344	00:53:20	189	Green	Danny	Unattached	Unable to place in Cat.
345	00:53:26	418	Bugg	Sarah	Unattached	Female Vet 35
346	00:53:27	178	Hastings	Brian	Halstead Road Runners	Male Vet 60
347	00:53:27	182	Risley	Claire	Sudbury Joggers	Female Senior
348	00:53:37	119	Bones	Chris	Hadleigh Hares AC	Male Senior
349	00:53:38	260	Wilkinson	Anne	Hadleigh Hares AC	Female Vet 45
350	00:53:48	392	Collins	Angela	Unattached	Female Vet 35
351	00:54:09	89	Stebbing	Jane	Unattached	Female Vet 50
352	00:54:09	341	Howe	Maxine	Thetford AC	Female Vet 40
353	00:54:09	342	Howe	Douglas	Thetford AC	Male Vet 45
354	00:54:05	247	Knight	Bev	Team Titan (Non-Aff.)	Female Vet 45
355	00:59:41	157	White	Kirsty	Sudbury Joggers	Female Vet 35
356	00:53:41	305	Edmund	Sue	British Triathlon Assoc	Female Vet 55
357	00:54:55	14	King	Marcus	Unattached	Male Senior
358	00:54:55	15	King	Kristian	Unattached	Male Senior
359	00:55:23	141	Hougham	Claire	Unattached	Female Senior
360	00:55:24	179	Hastings	Jean	Halstead Road Runners	Female Vet 55
361	00:55:28	165	Death	Daniel	Unattached	Male Senior
362	00:55:32	88	Botterill	Paul	Unattached	Male Senior
363	00:55:55	422	Smith	Lisa	Hadleigh Hares AC	Female Vet 35
364	00:55:57	87	Botterill	Ashleigh	Unattached	Female Junior
365	00:56:03	273	Browning	Dean	Unattached	Male Senior
366	00:56:18	276	Brown	Darren	Unattached	Male Senior
367	00:56:29	275	Minns	Adam	Unattached	Male Senior
368	00:57:13	98	Wenman	Lesley	Unattached	Female Vet 45
369	00:57:13	401	Jenkings	Stedman	Unattached	Male Senior
370	00:57:40	57	Martin	Sharon	Unattached	Female Vet 35
371	00:57:47	286	Senior	Andrea	Unattached	Female Senior
372	00:57:47	285	Senior	Edward	Unattached	Male Vet 45
373	00:57:47	433	Smith	Luwaiu	Unattached	Female Vet 35
374	00:58:14	68	Sims	Luci	Unattached	Female Vet 55
374	00:58:14	44	Forrest	Angela	Unattached	Female Vet 55
376	00:58:34	351	Hills	Daniel	Unattached	Male Senior
376	00:58:58	39	Stinson	Laura	Unattached	Female Junior
378	00:59:17	32	Boswell	Claire	Unattached	Female Senior
378	00:59:17	409	Hawes	Nina	Unattached	Female Senior
380	00:59:17	409	Mann	Sarah		Female Senior
					Hadleigh Hares AC	
381	00:59:21	272	Pinnion	Clive	Hadleigh Hares AC	Male Vet 40
382	00:59:21	144	Parmenter	Patrick Shaloan	Eastern Veterans Unattached	Male Vet 70
383 384	00:59:21	429	Wren Brandreth			Male Senior
304	00:59:26	430	Dianuletti	David	Unattached	Male Senior

Position	Time	No	Surname	First Name	Club Name	Category
385	00:59:26	13	Mclvor	Scott	Unattached	Male Senior
386	00:59:55	12	McLvor	Nicholas	Unattached	Male Vet 55
387	01:01:29	24	Mustoe	Lisa	Unattached	Female Senior
388	01:02:45	233	Cornish	Heidi	Unattached	Female Senior
389	01:03:52	42	Blayney	Kay	Unattached	Female Vet 40
390	01:03:52	67	Phillips	Anita	Unattached	Female Vet 40
391	01:03:52	234	Warburton	Michelle	Unattached	Female Vet 35
392	01:03:54	66	Sharp	Linda	Unattached	Female Vet 35
393	01:06:16	311	Holmes	Richard	Unattached	Male Senior
394	01:07:12	5	Skinner	Rita	Unattached	Female Vet 40
395	01:07:12	6	Andrews	Sarah	Unattached	Female Vet 40
396	01:07:21	7	Skinner	Geoffrey	Unattached	Male Vet 55
397	01:07:22	43	Poole	Gordon	Sudbury Joggers	Male Vet 70
398	01:07:40	274	Hale	Steve	Unattached	Male Senior
	dns/dnf	10	Ingleby	David	Hadleigh Hares AC	Male Vet 50
	dns/dnf	11	Flemming	kathryn	Unattached	Female Vet 35
	dns/dnf	21	Chitiyo	Tendekai	Unattached	Male Senior
	dns/dnf	22	McLaughlin	Wendy	Unattached	Female Senior
	dns/dnf	23	Walton	Jonathan	Unattached	Male Senior
	dns/dnf	52	Bellotti	Lee	Unattached	Male Senior
	dns/dnf	78	Baker	Paul	Unattached	Male Senior
	dns/dnf	82	Mitchel	Oliver	Unattached	Male Senior
	dns/dnf	85	Devereux	James	Unattached	Male Senior
	dns/dnf	93	Foster	Paul	Unattached	Male Vet 50
	dns/dnf	95	Warner	Paul	Unattached	Male Senior
	dns/dnf	99	Chatfield	Lorraine	Unattached	Female Vet 40
	dns/dnf	110	Kirk	Jackie	Hadleigh Hares AC	Female Vet 40
	dns/dnf	117	Snazell	Rob	St Edmund Pacers	Male Vet 50
	dns/dnf	151	dadge	Nigel	Felixstowe Road Runners	Male Senior
	dns/dnf	152	Parker	Elizabeth	Felixstowe Road Runners	Female Vet 35
	dns/dnf	176	Webber	Matt	Unattached	Male Senior
	dns/dnf	186	Shorter	Tracey	St Edmund Pacers	Female Vet 45
	dns/dnf	204	Sutcliffe	Dale	Halstead Road Runners	Male Junior
	dns/dnf	211	Pickerin	Edward	Unattached	Male Junior
	dns/dnf	214	Fellingham	Anne	Stowmarket Striders	Female Vet 55
	dns/dnf	216	Nokes	Carol	Hadleigh Hares AC	Female Vet 45
	dns/dnf	217	felton	Paul	Unattached	Male Vet 40
	dns/dnf	236	Wilkin	Lorraine	Colchester & Tendring AC	Female Vet 40
	dns/dnf	238	Lynch	Keighley	Unattached	Female Senior
	dns/dnf	240	Goodwin	Rebekah	Unattached	Female Senior
	dns/dnf	244	O'Neill	Cathy	Team Titan (Non-Aff.)	Female Vet 40
	dns/dnf	251	Browne	Ken	Unattached	Male Vet 45
	dns/dnf	372	Pearce	Lynne	Unattached	Female Vet 40
	dns/dnf	373	Morton	John	Unattached	Male Vet 45
	dns/dnf	400	Feasey	Chris	Witham RC	Male Senior
	dns/dnf	420	Butcher	Daryl	Unattached	Male Vet 50