Position	Time	No	First Name	Surname	Club Name	Catagory
1	00:26:58	27	Robert	Chenery	Ipswich JAFFA	Category Male Senior
2	00:27:33	143	Andrew	Ridley	West Suffolk A.C.	Male Junior
3	00:27:36	325	Paul	Cardy	City of Portsmouth AC	Male Senior
4	00:27:46	140	Colin	Ridley	West Suffolk A.C.	Male Vet 45
5	00:27:46	63	Peter	Thompson	Nene Valley Harriers	Male Vet 45
6	00:27:33	202	Paul	Preston	·	Male Senior
7	00:29:43	272	Paul	Moorcroft	Sudbury Joggers	Male Senior
8	00:29:58	44	Richard	Vandermark	Coventry Godiva Harriers	Male Senior
9		56			Abbey Runners	Male Senior
	00:30:01		David	Wright	Gt Bentley Running Club	
10	00:30:05	174	Kevin	Harper	Unattached	Male Senior
11	00:30:07	374	Peter	Adkins	Unattached	Male Senior
12	00:30:09	205	Darren	Judd	Sudbury Joggers	Male Senior
13	00:30:17	277	Danielle	Hurley	Southend AC	Female Junior
14	00:30:25	166	Danielle	Tatum	Colchester & Tendring AC	Female Senior
15	00:30:32	106	Ryan	Bartrop	Unattached	Male Junior
16	00:30:35	50	Arthur	Whiston	Colchester Harriers AC	Male Vet 55
17	00:30:36	275	Mark	rutter	Harwich Runners	Male Vet 45
18	00:30:40	176	Christopher	Green	Gt Bentley Running Club	Male Vet 45
19	00:30:37	206	Dean	Jay	Halstead Road Runners	Male Senior
20	00:30:51	118	Andrew	Bailey	Halstead Road Runners	Male Vet 60
21	00:30:59	316	Scott	McLaron	Unattached	Male Senior
22	00:31:02	121	Christian	Gillgrand	Sudbury Joggers	Male Senior
23	00:31:02	119	Gary	Thompson	lpswich JAFFA	Male Senior
24	00:31:09	2	Daniel	Wright	Halstead Road Runners	Male Senior
25	00:31:14	360	Sam	Haynes	Unattached	Male Senior
26	00:31:15	278	David	Hurley	Orpington Road Runners	Male Vet 40
27	00:31:23	79	Paul	McCelland	Harwich Runners	Male Vet 40
28	00:31:34	317	James	McLaren	Unattached	Male Senior
29	00:31:34	412	Richard	Williams	Unattached	Male Senior
30	00:31:43	392	Simon	Amery	Unattached	Male Senior
31	00:31:48	88	Ciaran	Griffin	Unattached	Male Vet 45
32	00:31:51	151	lan	Sutclife	Halstead Road Runners	Male Vet 50
33	00:31:56	340	Paul	Morgan	Hadleigh Hares A.C.	Male Senior
34	00:31:57	28	Duncan	Chnery	Ipswich JAFFA	Male Vet 45
35	00:32:01	290	Sam	Mason	Capel Cheetahs	Male Senior
36	00:32:04	77	Alan	Anstead	Sudbury Joggers	Male Vet 45
37	00:32:04	343	Steve	Hunt	Hadleigh Hares A.C.	Male Vet 45
38	00.32.04	480	Jieve	TIUITE	Unattached	Wide Vet 43
39	00:32:08	403	Tara	Harrison	Colchester & Tendring AC	Female Senior
40				Bowen	Colchester Warriers AC	Female Senior
	00:32:11	1 222	Emily			
41	00:32:15	233	Matthew	Ranson	Unattached Calabastar & Tandring AC	Male Senior
42	00:32:39	135	Rebecca	Adam	Colchester & Tendring AC	Female Senior
43	00:33:06	384	Dave	Vaughan	St Edmund Pacers	Male Vet 50
44	00:33:12	181	Nicola	Pyle	Colchester & Tendring AC	Female Vet 40
45	00:33:14	138	Laura	Hillyard	Colchester & Tendring AC	Female Junior
46	00:33:15	34	Andy	Glass	Sudbury Joggers	Male Senior

Position	Time	No	First Name	Surname	Club Name	Category
47	00:33:23	335	Silas	Palmer	Unattached	Male Senior
48	00:33:25	49	Richard	Tyler	Halstead Road Runners	Male Senior
49	00:33:42	7	Lloyd	Mortlock	Unattached	Male Vet 40
50	00:33:57	222	Brian	Day	Unattached	Male Senior
51	00:33:37	274	Robert	Davies	Unattached	Male Vet 40
52	00:34:12	270	Ben	Johnson	Unattached	Male Senior
53	00:34:12	52	Mark	Curtiss	Halstead Road Runners	Male Vet 40
54	00:34:14	64	Neil	Turner	Unattached	Male Senior
55	00:34:17	258	Michael	Murry	Unattached	Male Vet 40
56	00:34:18	19	Christopher	Moulton	Sudbury Joggers	Male Senior
57	00:34:18	320	John	Royston	Unattached	Male Vet 55
58	00:34:22	375	Daniel	Adkins	Unattached	Male Vet 40
59	00:34:23	389	Paddy	Leven	Sudbury Joggers	Male Vet 40
60	00:34:27	371	Marie	Shirley	Colchester & Tendring AC	Female Senior
61	00:34:50	330	Robert	Baines	Unattached	Male Senior
62	00:34:53	169	Steve	Goodwin	Unattached	Male Senior
63	00:34:55	144	Sean	Kilbourn	Capel Cheetahs	Male Senior
64	00:35:04	354	Jamie	Ditton	Unattached	Male Senior
65	00:35:34	348	Fran	Norris	Colchester Harriers AC	Female Vet 45
66	00:35:44	298	Ross	Thompson	Unattached	Male Senior
67	00:35:46	20	Trevor	Burdett	Unattached	Male Vet 55
68	00:35:48	189	Matthew	Gowers	Unattached	Male Senior
69	00:35:58	406	Garry	Bugg	Unattached	Male Vet 40
70	00:36:14	243	Sarah	Smith	Unattached	Female Junior
71	00:36:20	150	David	Tooth	Unattached	Male Vet 55
72	00:36:24	347	Kelvin	Vant	Unattached	Male Senior
73	00:36:40	419	lan	East	Unattached	Male Senior
74	00:36:42	283	Philip	Bagley	Unattached	Male Junior
75	00:36:44	285	Matthew	Hyam	Unattached	Male Junior
76	00:36:46	201	Andrew	Wilmot	Halstead Road Runners	Male Vet 60
77	00:36:53	321	Adam	Hocken	Unattached	Male Vet 40
78	00:36:56	69	Mark	Fibbens	Halstead Road Runners	Male Vet 40
79	00:36:55	84	James	Varndell	Unattached	Male Senior
80	00:37:12	259	Adrian	Parker	Unattached	Male Senior
81	00:37:14	315	myles	Coulson	Unattached	Male Senior
82	00:37:17	376	Steve	Bowen	Hadleigh Hares A.C.	Male Vet 50
83	00:37:18	269	Colin	Byford	Unattached	Male Vet 40
84	00:37:23	378	Jonathan	Schofield	Halstead Road Runners	Male Senior
85	00:37:25	146	Steve	Arnold	Unattached	Male Senior
86	00:37:35	229	Steve	Gardiner	Unattached	Male Vet 45
87	00:37:36	410	Thomas	Barry	Sudbury Rugby Club	Male Junior
88	00:37:39	365	Jane	Gartland	Sudbury Joggers	Female Vet 40
89	00:37:40	312	Paul	Blackwell	Gt Bentley Running Club	Male Vet 40
90		1154		WALKER	Unattached	
91	00:37:47	341	Daren	Allen	Hadleigh Hares A.C.	Male Vet 40
92	00:37:48	338	Jane	Morgan	Hadleigh Hares A.C.	Female Vet 35

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Position	Time	No	First Name	Surname	Club Name	Category
93	00:37:51	232	Derek	Jones	Unattached	Male Vet 50
94	00:37:52	367	Christine	Dinnell	Sudbury Joggers	Female Vet 40
95	00:37:52	414	Dean	Pilgrim	Unattached	Male Vet 40
96	00:38:06	415	Mr	Hewitt	Unattached	Male Vet 40
97	00:38:08	186	Cherie	Hipkins	Gt Bentley Running Club	Female Senior
98	00:38:11	129	Anthony	Scott	Unattached	Male Senior
99	00:38:18	134	Dominic	Finn	Unattached	Male Vet 40
100	00:38:22	390	Paul	Souch	Unattached	Male Senior
101	00:38:27	32	Simon	Norton	Unattached	Male Vet 40
102	00:38:29	59	John	Shatford	Unattached	Male Vet 40
103	00:38:36	247	Dave	Lacy	Colchester Harriers AC	Male Vet 60
104	00:38:37	215	Bradley	Richardson	Unattached	Male Senior
105	00:38:38	67	Alex	Wilson	Sudbury Joggers	Male Senior
106	00:38:39	273	Emma	O'Hara	Unattached	Female Senior
107	00:38:40	372	Teresa	Hogsbjerg	running 4 Women	Female Senior
108	00:38:52	364	Glen	Harvey	Bildeston Bounders AC	Male Vet 45
109	00:38:57	5	Simon	Dye	Unattached	Male Senior
110	00:39:04	322	Gary	Eldred	Gt Bentley Running Club	Male Vet 50
111	00:39:05	66	Graeme	Taylor	Unattached	Male Vet 45
112	00:39:09	213	James	Wilbraham	Unattached	Male Vet 40
113	00:39:10	248	Liz	Cudmore	Colchester Harriers AC	Female Vet 55
114	00:39:14	26	Goerge	Collins	lpswich JAFFA	Male Vet 40
115	00:39:16	223	Michael	Fenner	Unattached	Male Senior
116	00:39:23	337	Ricky	Nunn	Unattached	Male Senior
117	00:39:28	62	Keith	Thorogood	Halstead Road Runners	Male Vet 50
118	00:39:28	90	Lorraine	Garnham	Halstead Road Runners	Female Vet 45
119	00:39:30	211	Gary	Sear	Unattached	Male Senior
120	00:39:32	288	Gavin	Ellis	Unattached	Male Senior
121	00:39:32	289	Richard	ramsey	Unattached	Male Senior
122	00:39:40	199	Peri	Collins	Halstead Road Runners	Female Vet 40
123	00:39:47	123	Catherine	Drew	Unattached	Female Vet 40
124	00:39:48	351	Matt	Cooper	Sudbury Rugby Club	Male Junior
125	00:39:50	204	Jason	Bannister	Hayes & Harlington RR	Male Vet 40
126	00:39:50	10	Martin	Crisp	Unattached	Male Vet 40
127	00:39:55	104	David	Bevan	Unattached	Male Vet 55
128	00:39:56	112	Simon	Page	Unattached	Male Vet 50
129	00:39:56	60	Becky	Spencer	Unattached	Female Junior
130	00:39:57	265	Andrew	Brinkley	Unattached	Male Senior
131	00:39:57	226	Emily	Baker	West Suffolk A.C.	Female Junior
132	00:39:58	281	Duncan	Maily	Unattached	Male Junior
133	00:40:03	276	David	West	Unattached	Male Senior
134	00:40:07	310	Mark	Allison	Unattached	Male Senior
135	00:40:08	296	Michael	Toy	Unattached	Male Senior
136	00:40:09	383	David	Bridger	Unattached	Male Vet 50
137	00:40:11	350	Daniel	Taylor	Sudbury Rugby Club	Male Junior
138	00:40:12	178	Hugh	Miles	Unattached	Male Junior

Position	Time	No	First Name	Surname	Club Name	Category
139	00:40:14	21	Mark	Andrews	Unattached	Male Vet 40
140	00:40:14	216	Michael	Merrill	Unattached	Male Senior
141	00:40:14	339	Sally	Mumford	Unattached	Female Senior
142	00:40:23	157	Carol	Show	Sudbury Joggers	Female Vet 50
143	00:40:27	192	Harry	Wright	Hedingham School	Male Junior
144	00:40:28	284	Robert	wilson	Unattached	Male Junior
145	00:40:29	198	Sandra	Bumphrey	Capel Cheetahs	Female Vet 35
146	00:40:31	373	Lionel	Ravet	Unattached	Male Senior
147	00:40:32	47	Robert	Hunt	Unattached	Male Vet 45
148	00:40:33	24	Darren	Callender	Colchester & Tendring AC	Male Senior
149	00:40:40	224	Helen	Snazell	St Edmund Pacers	Female Vet 50
150	00:40:40	231	Hannah	Payne	Unattached	Female Senior
151	00:40:42	40	Ashley	Willings	Unattached	Male Senior
152	00:40:42	411	Chris	Wilde	Unattached	Male Senior
153	00:40:45	42	Simon	James	Unattached	Male Senior
154	00:40:47	345	Colin	Newcome	Unattached	Male Senior
155	00:40:49	397	Jodie	Greenwood	Unattached	Female Senior
156	00:40:50	420	Vicky	Armstrong	Unattached	Female Senior
157	00:40:54	413	Alan	Millard	Unattached	Male Vet 45
158	00:40:55	172	Jenny	Standley	Sudbury Joggers	Female Vet 40
159	00:40:55	171	Gary	Standley	Unattached	Male Vet 40
160	00:40:57	235	Keith	Pengelly	Unattached	Male Vet 50
161	00:40:59	75	Pam	Jones	Halstead Road Runners	Female Vet 55
162	00:41:09	221	Maria	Renshaw	Halstead Road Runners	Female Senior
163	00:41:13	387	Steven	Spencer	Unattached	Male Senior
164	00:41:13	382	Isla	Sharp	Colchester & Tendring AC	Female Junior
165	00:41:18	260	Joanne	Codling	Unattached	Female Vet 35
166	00:41:41	208	Don	Welsh	Gt Bentley Running Club	Male Vet 45
167	00:41:44	225	Darren	Baker	St Edmund Pacers	Male Vet 45
168	00:41:46	263	Tony	Adolphus	lpswich JAFFA	Male Vet 45
169	00:41:52	149	Elizabeth	Blackmore	Unattached	Female Vet 35
170	00:41:54	12	Stuart	Irons	Unattached	Male Vet 45
171	00:41:56	197	Nicholas	Shields	Unattached	Male Junior
172	00:41:57	8	Chris	Mortlock	Unattached	Male Junior
173	00:41:59	302	Ollie	chapman	Unattached	Male Junior
174	00:42:00	193	John	Bentley	Hedingham School	Male Junior
175	00:42:02	43	Christopher	Ryland	Unattached	Male Vet 50
176	00:42:02	139	Tony	Rivers	Halstead Road Runners	Male Vet 50
177	00:42:05	71	Robert	Wallace	Unattached	Male Senior
178	00:04:27	400	Mark	Read	Unattached	Male Senior
179	00:42:07	120	Hazel	Spaling	Ipswich JAFFA	Female Vet 45
180	00:42:14	14	Robert	Rowland	Unattached	Male Vet 60
181	00:42:17	299	Chris	roberts	Unattached	Male Senior
182	00:42:17	366	Aaron	Keeble	Bildeston Bounders AC	Male Junior
183	00:42:19	297	James	goodchild	Unattached	Male Senior
184	00:42:33	142	Matthew	ridley	Unattached	Male Senior

Position	Time	No	First Name	Surname	Club Name	Category
185	00:42:33	141	Daniel	Ridley	Unattached	Male Senior
186	00:42:33	25	Miranda	Hart	Unattached	Female Vet 45
187	00:42:35	107	Maria	Farrell	Unattached	Female Vet 35
188	00:42:42	200	Jenny	O'Hanlon	Capel Cheetahs	Female Vet 35
189	00:42:44	395	Thomas	reeve	Unattached	Male Senior
190	00:42:46	46	Aaron	bates	Unattached	Male Junior
191	00:42:46	326	Alan	Pearson	Unattached	Male Senior
192	00:42:47	68	Heidi	Holder	Unattached	Female Junior
193	00:42:48	313	Paul	Seeley	Unattached	Male Vet 45
194	00:42:54	105	Steve	Farrell	Unattached	Male Senior
195	00:42:54	170	John	Clarke	Unattached	Male Senior
196	00:42:56	188	Miles	Johnson	Comberton Joggers	Male Vet 50
197	00:42:59	287	Carl	Hume-Pankulis	Unattached	Male Junior
198	00:43:00	167	David	Miller	Unattached	Male Senior
199	00:43:00	168	Adam	Miller	Unattached	Male Senior
200	00:43:01	323	Kate	Parry	Capel Cheetahs	Female Vet 35
201	00:43:08	179	Alison	Myles	Ipswich JAFFA	Female Vet 35
202	00:43:11	156	Robert	Shaw	Sudbury Joggers	Male Vet 50
203	00:43:13	253	Jenny	Barrett	Springfield Striders AC	Female Vet 35
204	00:43:16	252	Damin	Barrett	Unattached	Male Senior
205	00:43:16	309	Alan	Griffiths	Unattached	Male Vet 40
206	00:43:16	342	Mark	Shepperson	Unattached	Male Vet 45
207	00:43:23	244	Billy	Bird	Unattached	Male Junior
208	00:43:24	255	Paul	Pankulis	Unattached	Male Vet 40
209	00:43:32	358	Peter	Jervis	Unattached	Male Vet 55
210	00:43:33	245	Charles	DeBono	Unattached	Male Vet 45
211	00:43:40	109	Janine	Lesiak	Unattached	Female Senior
212	00:43:42	72	Laurence	Crosby	Unattached	Male Senior
213	00:43:45	303	Kerry	Read	Unattached	Female Vet 35
214	00:43:50	110	Dave	Lesiak	Unattached	Male Vet 50
215	00:43:53	4	John	Cullum	Unattached	Male Vet 60
216	00:44:00	355	Catherine	Farmer	Unattached	Female Vet 35
217	00:44:03	128	Ben	Holland	Unattached	Male Senior
218	00:44:05	196	Rees	Aldous	Hedingham School	Male Junior
219	00:44:05	393	Daniel	Frewin	Unattached	Male Senior
220	00:44:07	133	Richard	Taylor	Unattached	Male Vet 45
221	00:44:09	264	Judith	Adolphus	Ipswich JAFFA	Female Vet 45
222	00:44:09	175	Karen	Line	Unattached	Female Vet 35
223	00:44:09	404	Peter	Siegert	Unattached	Male Senior
224	00:44:14	267	David	Williams	Unattached	Male Vet 60
225	00:44:26	70	Robert	Smith	Unattached	Male Vet 60
226	00:44:29	398	Tracey	Welch	Unattached	Female Vet 45
227	00:44:34	327	Nigel	Hughes	Unattached	Male Vet 45
228	00:44:38	116	Caine	Folkes-Miller	Unattached	Male Senior
	00:44:40	401	Victoria	Lefey	Unattached	Female Senior
229						

Position	Time	No	First Name	Surname	Club Name	Category
231	00:44:42	203	Lewis	Webb	Unattached	Male Junior
232	00:44:44	29	Neil	sawyer	Unattached	Male Senior
233	00:44:47	191	Natalie	Gowers	Colchester Harriers AC	Female Senior
234	00:44:54	132	Kitty	Craig	Sudbury Joggers	Female Senior
235	00:44:57	137	Shirley	Hillyard	Colchester & Tendring AC	Female Vet 45
236	00:44:58	74	Jackie	Kirk	Hadleigh Hares A.C.	Female Vet 40
237	00:45:03	78	Phyllida	Hallidie	Sudbury Joggers	Female Vet 35
238	00:45:07	291	Sarah	Gooch	Capel Cheetahs	Female Vet 35
239	00:45:12	230	Roy	Baldwin	Unattached	Male Vet 70
240	00:45:12	268	John	O'Sullivan	Unattached	Male Vet 55
241	00:45:16	306	Kenny	Young	Unattached	Male Senior
242	00:45:16	53	Alex	Bloom	Unattached	Female Junior
243	00:45:18	227	David	Smith	Unattached	Male Vet 40
244	00:45:20	271	Madeleine	Jefferies	Unattached	Female Senior
245	00:45:20	370	Simon	Hibbert	Unattached	Male Senior
246	00:45:22	318	Amy	Byford-Smith	Sudbury Joggers	Female Senior
247	00:45:26	357	Jeremy	Bird	Unattached	Male Senior
248	00:45:51	241	Nick	West	Unattached	Male Vet 50
249	00:45:56	353	Andrew	Farmer	Unattached	Male Senior
250	00:46:05	391	Ali	Wig	Unattached	Male Junior
251	00:46:05	91	Ellie	Garnham	Unattached	Female Junior
252	00:46:05	115	Melanie	Folkes-Miller	Unattached	Female Vet 35
253	00:46:11	352	Louise	Montgomery	Unattached	Female Vet 35
254	00:46:12	329	Emma	West	Unattached	Female Senior
255	00:46:14	300	James	Fuller	Unattached	Male Junior
256	00:46:14	3	Matthew	Cullum	Unattached	Male Senior
257	00:46:18	96	Angie	Beeton	Newmarket Joggers	Female Vet 40
258	00:46:23	187	Nigel	Prentis	Comberton Joggers	Male Vet 55
259	00:46:33	218	Lyndon	Collier	Sudbury Joggers	Male Vet 55
260	00:46:45	417	Adi	Tatum	Unattached	Male Senior
261	00:46:47	153	Rory	West	Unattached	Male Senior
262	00:46:49	234	Nicola	Potter	Unattached	Female Vet 35
263	00:46:53	251	Ashley	Game	Unattached	Male Junior
264	00:46:53	418	John	O'Keefe	Unattached	Male Senior
265	00:46:54	266	Beverley	Padget	Unattached	Female Vet 35
266	00:46:54	394	Alan	Dickenson	Unattached	Male Vet 55
267	00:47:00	254	Keith	Game	Unattached	Male Vet 45
268	00:47:00	54	Jim	Wretham	Unattached	Male Vet 50
269	00:47:02	102	Kevin	Theobald	Unattached	Male Vet 45
270	00:47:02	6	Fiona	Mumford	Unattached	Female Vet 35
271	00:47:03	334	Emily	Bradbury	Unattached	Female Senior
272	00:47:07	405	Kelly	Smith	Unattached	Female Vet 35
273	00:47:16	11	Martin	Elms	Unattached	Male Vet 55
274	00:47:28	99	Diane	Faulkner	Herts Phoenix	Female Vet 45
275	00:47:31	31	Michael	Jenkins	Unattached	Male Senior
276	00:47:31	261	Rachel	Symonds	Unattached	Female Senior

Position	Time	No	First Name	Surname	Club Name	Category
277	00:47:32	30	Alyson	Jenkins	Unattached	Female Vet 45
278	00:47:36	125	Sylvie	Francis	Unattached	Female Vet 55
279	00:47:37	85	Carole	Varndell	Unattached	Female Vet 45
280	00:47:38	86	David	Varndell	Unattached	Male Vet 45
281	00:47:39	212	Karen	Beal	Unattached	Female Senior
282	00:47:41	256	Sarah	Loden	Unattached	Female Vet 35
283	00:47:44	402	Victoria	Shennan	Unattached	Female Vet 35
284	00:47:44	100	Hayley	Faulkner	Herts Phoenix	Female Junior
285	00:47:44	92	David	Francis	Capel Cheetahs	Male Senior
286	00:47:44	332	Dee	St-Ledger	Unattached	Female Vet 40
287	00:47:47	416	Jamie	Towells	Unattached	Male Senior
288	00:47:47	359	Ann	Jervis	Unattached	Female Vet 55
289	00:47:49	190	Catherine	Connolly	Unattached	Female Senior
290	00:47:49	51	Meredith	Emmott	Unattached	Female Vet 35
291	00:47:58	319	Emilie	Lafebvre	Sudbury Joggers	Female Senior
292	00:48:01	240	Tracey	King	Unattached	Female Vet 35
293	00:48:01	238	Julie	Woodward	Unattached	Female Vet 35
294	00:48:07	185	Ben	Brown	Unattached	Male Junior
295	00:48:07	184	Rebecca	Brown	Unattached	Female Senior
296	00:48:14	183	Andrew	Brown	Unattached	Male Vet 40
297	00:48:14	388	Simone	Meldrum	Unattached	Female Vet 35
298	00:48:16	127	Katy	West	Unattached	Female Senior
299	00:48:17	117	Nicky	McIvor	Unattached	Male Vet 55
300	00:48:21	41	Maria	Carrington	Unattached	Female Senior
301	00:48:32	55	Enise	Bala	Unattached	Female Senior
302	00:48:43	35	Sharon	McLennan	Unattached	Female Vet 50
303	00:48:49	331	Rebecca	Baines	Unattached	Female Senior
304	00:48:49	160	Dan	Tatum	Unattached	Male Senior
305	00:48:51	80	Lucy	Croucher	Unattached	Female Senior
306	00:48:55	385	Kevin	Bradley	Unattached	Male Senior
307	00:48:58	377	Dan	Harris	Unattached	Male Senior
308	00:48:58	308	Scott	Jamieson	Unattached	Male Senior
309	00:49:01	194	Rachel	Pilgrim	Hedingham School	Female Junior
310	00:49:16	219	Paul	Row	Unattached	Male Vet 40
311	00:49:16	97	Nicola	Weatherburn	Bishops Stortford Running Club	Female Vet 35
312	00:49:16	57	Emma	Cross	lpswich JAFFA	Female Senior
313	00:49:22	126	Les	Mattewson	Eastern Veterans AC	Male Vet 60
314	00:49:28	286	Ryan	MacClinton	Unattached	Male Junior
315	00:49:43	130	Peter	Thomas	Colchester Harriers AC	Male Vet 70
316	00:50:02	45	Suzanne	McCormack	Unattached	Female Vet 45
317	00:50:12	368	Tim	Wright	Unattached	Male Senior
318	00:50:21	381	Sally	Sharp	Colchester & Tendring AC	Female Vet 40
319	00:50:23	58	Nicola	Shatford	Unattached	Female Vet 40
320	00:50:30	379	Alex	Williams	Unattached	Male Senior
321	05:03:00	380	Sophie	Harris	Unattached	Female Senior
322	00:50:46	408	Angela	Collins	Unattached	Female Vet 35
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Position	Time	No	First Name	Surname	Club Name	Category
323	00:50:48	407	David	Collins	Unattached	Male Vet 40
324	00:50:51	262	Sarah	Grimsey	Hadleigh Hares A.C.	Female Vet 40
325	00:51:20	314	Jane	Hepewell	Unattached	Female Vet 40
326	00:51:32	399	Terry	Welch	Unattached	Male Vet 45
327	00:51:34	114	Nina	Hawes	Hadleigh Hares A.C.	Female Senior
328	00:51:34	113	Francesca	Dowie	Hadleigh Hares A.C.	Female Senior
329	00:51:59	81	Jane	Stebing	Unattached	Female Vet 55
330	00:52:00	292	Craig	Lee	Unattached	Male Senior
331	00:52:04	293	Kirsty	White	Sudbury Joggers	Female Vet 35
332	00:52:05	22	Claire	Houghton	Unattached	Female Senior
333	00:52:10	362	Strah	Day	Unattached	Female Senior
334	00:52:10	361	Nina	Parker	Unattached	Female Senior
335	00:52:19	165	Natasha	Ireland	Colchester & Tendring AC	Female Senior
336	00:52:28	154	Elizabeth	Devin	Unattached	Female Vet 35
337	00:52:28	155	Ruth	Cowin	Unattached	Female Vet 40
338	00:52:30	13	Jackie	Morton	Sudbury Joggers	Female Vet 45
339	00:52:32	148	Debbie	Partridge	Halstead Road Runners	Female Vet 40
340	00:52:38	207	Steven	Norman	Unattached	Male Senior
341	00:52:38	122	Clare	Gillbrand	Unattached	Female Vet 35
342	00:52:44	39	Michael	Harns	Unattached	Male Vet 55
343	00:52:57	220	Sarah	Row	Unattached	Female Vet 35
344		182				
345	00:53:09 00:53:10	124	Stephen Sharon	Hood Butcher	Unattached	Male Vet 45 Female Vet 35
346		301			Unattached	
	00:53:11		Kelsey	Pilgrim	Unattached	Female Junior
347	00:53:25	363	Solomom	Taylor	Unattached	Male Senior
348	00:53:25	356	Paul	Malyon	Unattached	Male Senior
349	00:53:26	82	Rose Haskey	Jones	Unattached	Female Vet 40
350	00:53:49	38	Michelle	Jarrett	Ipswich JAFFA	Female Vet 35
351	00:53:51	195	Michael	Pellegrini	Hedingham School	Male Junior
352	00:54:12	304	Mchola	Wright	Unattached	Female Senior
353	00:54:18	65	Kevin	Sones	Unattached	Male Senior
354	00:54:45	396	Bob	Parmenter	Halstead Road Runners	Male Vet 55
355	00:55:09	236	Herminia	Garcia	Unattached	Female Senior
356	00:55:09	237	James	Wright	Unattached	Male Senior
357	00:55:35	217	Louise	Marshall	Unattached	Female Senior
358	00:55:35	250	Dawn	Garrett	Unattached	Female Senior
359	00:55:37	305	Jill	wright	Unattached	Female Vet 50
360	00:55:37	83	Julia	Race	Halstead Road Runners	Female Vet 55
361	00:55:43	162	Jean	Hastings	Halstead Road Runners	Female Vet 55
362	00:55:55	158	lan	Randles	Unattached	Male Senior
363	00:56:25	328	Nigel	West	Unattached	Male Vet 45
364	00:57:11	386	Susanah	Roper	Unattached	Female Vet 40
365	00:57:11	249	Lindsey	Rose	Unattached	Female Vet 40
366	00:57:14	280	Jesa	Brown	Unattached	Male Junior
367	00:57:35	349	Danny	McSweeney	Sudbury Rugby Club	Male Junior
368	00:58:25	103	Patrick	Parmenter	Eastern Veterans AC	Male Vet 70

Position	Time	No	First Name	Surname	Club Name	Category
369	00:59:17	164	Catherine	Harrison	Unattached	Female Vet 40
370	00:59:17	409	Liz	Dealwis	Unattached	Female Vet 35
371	00:59:44	36	Sarah	Kemble	Unattached	Female Senior
372	00:59:53	214	Adam	Minns	Unattached	Male Senior
373	00:59:53	145	Darren	Brown	Unattached	Male Senior
374	00:59:53	173	Steve	Hale	Unattached	Male Senior
375	00:59:53	307	Matt	Dexter	Unattached	Male Senior
376	00:59:56	101	Matthew	Cavey	Unattached	Male Senior
377	01:01:57	311	Raymond	Ellis	Unattached	Male Senior
378	01:02:00	333	Richard	Holmes	Unattached	Male Senior
379	01:02:17	161	John	Attwater	Unattached	Male Senior
380	01:02:52	324	Shona	Brazier	Unattached	Female Senior
381	01:03:34	239	Susan	Alderton	Unattached	Female Vet 45
382	01:03:43	257	Keryn	Adams	Unattached	Female Senior
383	01:03:54	33	Rebecca	Bloor	Unattached	Female Vet 40
384	01:16:46	346	Clare	Smith	Unattached	Female Senior
	dns/dnf	9	Fernando	Castro	Unattached	Male Vet 60
	dns/dnf	15	Philip	Mountford	Unattached	Male Vet 40
	dns/dnf	16	Barry	Snelgrove	Unattached	Male Vet 50
	dns/dnf	17	Kathryn	Fleming	Unattached	Female Vet 35
	dns/dnf	18	Amanda	Felgate	Halstead Road Runners	Female Senior
	dns/dnf	23	Matt	Ford	Unattached	Male Senior
	dns/dnf	37	Amanda-Claire	Lewis	Unattached	Female Vet 45
	dns/dnf	48	Wayne	Kern	Halstead Road Runners	Male Vet 40
	dns/dnf	61	Mick	Davidson	Road Runners Club	Male Vet 45
	dns/dnf	73	Abigail	Bowen	Unattached	Female Senior
	dns/dnf	76	Mark	Clark	Sudbury Joggers	Male Vet 45
	dns/dnf	87	Kikki	Dowling	Unattached	Female Vet 40
	dns/dnf	89	Sarah	Griffin	Unattached	Female Vet 40
	dns/dnf	93	Glyn	Seager	Unattached	Male Vet 45
	dns/dnf	94	Victoria	Eley	Unattached	Female Senior
	dns/dnf	98	Stephen	Faulkner	Herts Phoenix	Male Vet 50
	dns/dnf	108	Dave	Charlton	Unattached	Male Senior
	dns/dnf	111	Jeff	Carlton	Halstead Road Runners	Male Senior
	dns/dnf	131	Catherine	Platt	Unattached	Female Senior
	dns/dnf	136	Celia	Iredale	Unattached	Female Vet 45
	dns/dnf	147	Neil	Arbon	Unattached	Male Vet 55
	dns/dnf	152	Rachel	Goodwin	Unattached	Female Senior
	dns/dnf	159	Daniel	Death	Unattached	Male Senior
	dns/dnf	163	Brian	Hastings	Halstead Road Runners	Male Vet 60
	dns/dnf	177	Tom	Huntley	Unattached	Male Senior
	dns/dnf	180	Steve	Clark	Unattached	Male Senior
	dns/dnf	209	Angela	Forrest	Unattached	Female Vet 55
	dns/dnf	210	Kate	Foffest	Unattached	Female Senior
	dns/dnf	228	Victoria	Shennan	Unattached	Female Vet 35
	dns/dnf	246	David	Brideer	Unattached	Male Vet 50

Position	Time	No	First Name	Surname	Club Name	Category
	dns/dnf	279	Richard	Hacoacre	Unattached	Male Senior
	dns/dnf	282	Julie	Cribb	Unattached	Female Vet 40
	dns/dnf	294	Harriet	King	Unattached	Female Junior
	dns/dnf	295	Claire	Welsh	Unattached	Female Junior
	dns/dnf	336	Alice	Brown	Unattached	Female Senior
	dns/dnf	344	Lisa	Smith	Hadleigh Hares A.C.	Female Vet 35