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42 32.31 280 Pinnion Clive Hadleigh Hares A.C. Male Vet 40 43 32.32 136 Gillibrand Christian Sudbury Joggers Male Senior 44 32.36 381 Henry Amanda Sudbury Joggers Female Vet 35 45 32.45 437 Foster Daniel Gt Bentley Running Club Male Vet 40 46 32.48 348 McCorquodale Becky Harwich Runners Female Vet 35 47 32.48 149 Shirley Marie Sudbury Joggers Female Senior	40	32.23	82	Bailey	Andrew	Halstead Road Runners	Male Vet 60
43 32.32 136 Gillibrand Christian Sudbury Joggers Male Senior 44 32.36 381 Henry Amanda Sudbury Joggers Female Vet 35 45 32.45 437 Foster Daniel Gt Bentley Running Club Male Vet 40 46 32.48 348 McCorquodale Becky Harwich Runners Female Vet 35 47 32.48 149 Shirley Marie Sudbury Joggers Female Senior	41	32.25	232	Anstead	Alen	Sudbury Joggers	Male Vet 45
4432.36381HenryAmandaSudbury JoggersFemale Vet 354532.45437FosterDanielGt Bentley Running ClubMale Vet 404632.48348McCorquodaleBeckyHarwich RunnersFemale Vet 354732.48149ShirleyMarieSudbury JoggersFemale Senior	42	32.31	280	Pinnion	Clive	Hadleigh Hares A.C.	Male Vet 40
45 32.45 437 Foster Daniel Gt Bentley Running Club Male Vet 40 46 32.48 348 McCorquodale Becky Harwich Runners Female Vet 35 47 32.48 149 Shirley Marie Sudbury Joggers Female Senior	43	32.32	136	Gillibrand	Christian	Sudbury Joggers	Male Senior
46 32.48 348 McCorquodale Becky Harwich Runners Female Vet 35 47 32.48 149 Shirley Marie Sudbury Joggers Female Senior	44	32.36	381	Henry	Amanda	Sudbury Joggers	Female Vet 35
47 32.48 149 Shirley Marie Sudbury Joggers Female Senior	45	32.45	437	Foster	Daniel	Gt Bentley Running Club	Male Vet 40
·	46	32.48	348	McCorquodale	Becky	Harwich Runners	Female Vet 35
	47	32.48	149	·		Sudbury Joggers	Female Senior
48 32.49 109 Moulton Christopher Sudbury Joggers Male Senior	48	32.49		Moulton	Christopher	Sudbury Joggers	Male Senior
49 32.54 208 Byford Martyn Witham RC Male Vet 50	49	32.54	208	Byford	Martyn	Witham RC	Male Vet 50

Position	Time	Race No	Surname	First Name	Club Name	Category
50	32.58	118	Chenery	Duncan	Ipswich JAFFA	Male Vet 45
51	32.59	185	Whiston	Artur	Colchester Harriers AC	Male Vet 55
52	33.01	320	Wright	James	Unattached	Male Senior
53	33.2	442	Wright	Daniel	Colchester Harriers AC	Male Senior
54	33.24	447	Britton	Liam	Unattached	Male Senior
55	33.25	134	Kern	Wayne	Halstead Road Runners	Male Vet 40
56	33.31	385	Martin	Phillip	Witham RC	Male Vet 45
57	33.36	205	Chilver	Paul	Unattached	Male Senior
58	33.36	339	McLaren	Scott	Unattached	Male Senior
59	33.42	223	Ranson	Matthew	Halstead Road Runners	Male Senior
60	33.5	363	Clarke	Peter	Harwich Runners	Male Vet 45
61	33.52	75	Adams	Rebecca	Colchester & Tendring AC	Female Senior
62	34.04	155	Vaughan	Dave	St Edmund Pacers	Male Vet 55
63	34.06	168	Rooney	Penny	Woodbridge Shufflers	Female Senior
64	34.16	202	Pyle	Nicola	Springfield Striders AC	Female Vet 40
65	34.38	478	Livermore	Ben	Unattached	Male Senior
66	34.43	152	Pickerin	Edward	Unattached	Male Junior
67	34.47	353	Adkins	daniel	Unattached	Male Vet 45
68	34.48	52	Hillyard	Laura	Colchester & Tendring AC	Female Junior
69	34.59	41	Tanner	Lynn	Springfield Striders AC	Female Vet 55+
70	35.17	397	Bracewell	Christopher	Unattached	Male Vet 40
71	35.2	81	Kirkwood	David	Unattached	Male Senior
72	35.34	21	Lankester	Mark	Felixstowe Road Runners	Male Vet 40
73	35.38	311	davies	Robert	Unattached	Male Vet 40
74	36.01	173	Wooler	Diane	Colchester & Tendring AC	Female Vet 55+
75	36.03	345	Williams	Stephen	St Edmund Pacers	Male Vet 55
76	36.04	350	Watt	Bob	Gt Bentley Running Club	Male Vet 55
77	36.06	379	Lonergan	Andy	Unattached	Male Senior
78	36.06	368	Mumford	Julian	Unattached	Male Senior
79	36.07	401	Chisnell	John	Hadleigh Hares A.C.	Male Vet 45
80	36.12	268	Brown	Joel	Unattached	Male Junior
81	36.14	475	East	lan	Unattached	Male Senior
82	36.17	403	Leslie	Graham	Unattached	Male Senior
83	36.2	372	Birch	Glen	Unattached	Male Senior
84	36.24	12	Dye	Simon	Unattached	Male Senior
85	36.32	199	Howe	David	Unattached	Male Vet 45
86	36.32	454	Hogsberg	♦ Teresa	Running 4 Women	Female Senior
87	36.4	20	Andrews	Mark	Unattached	Male Vet 40
88	36.45	424	Britton	Callum	Unattached	Male Junior
89	36.55	390	Lonergan	Paul	Unattached	Male Senior
90	36.58	459	McLoone	Zara	West Suffolk A.C.	Female Senior
91	37.07	439	O;Hare	Mark	Unattached	Male Senior
92	37.1	251	Goodwin	Steve	Unattached	Male Senior
93	37.13	200	Pearson	Alan	Unattached	Male Senior
94	37.15	342	Gill	Alex	Unattached	Male Junior
95	37.21	250	Willis	Stephen	Unattached	Male Vet 45
96	37.28	355	Kavanagh	Alex	Unattached	Male Junior
97	37.31	22	Martin	david	Unattached	Male Vet 50
98	37.35	106	Tiller	Richard	Ipswich Triathlon Club	Male Senior
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Position	Time	Race No	Surname	First Name	Club Name	Category
99	37.36	335	Ruse	james	Unattached	Male Senior
100	37.42	119	Taylor	Graeme	Unattached	Male Vet 50
101	37.43	386	McDonald	Willa	Stowmarket Striders	Female Vet 40
102	37.45	67	Flockhart	Evan	Unattached	Male Senior
103	37.45	255	Suttle	Haley	Stowmarket Striders	Female Vet 40
104	37.46	239	Tooth	David	Unattached	Male Vet 60
105	37.54	463	Underwood	Saul	Unattached	Male Senior
106	37.54	465	Hill	Jonny	Unattached	Male Senior
107	38.01	49	Ridley	Mathew	Unattached	Male Senior
108	38.04	398	Dulake	David	Hadleigh Hares A.C.	Male Vet 40
109	38.04	174	Scott	Anthony	Unattached	Male Senior
110	38.07	19	Shatford	John	Unattached	Male Vet 40
111	38.1	115	Baker	Emily	West Suffolk A.C.	Female Junior
112	38.1	189	Wilking	Lorriane	Springfield Striders AC	Female Vet 40
113	38.11	343	Coone	Emma	Unattached	Female Senior
114	38.17	164	Anthony	Justine	West Suffolk A.C.	Female Junior
115	38.22	127	Sherman	Scott	Stowmarket Striders	Male Junior
116	38.24	177	Gardiner	Darren	Unattached	Male Senior
117	38.31	181	Price	Jonathan	Sudbury Joggers	Male Vet 55
118	38.33	172	Curtis	Barry	Sudbury Joggers	Male Senior
119	38.34	231	Wilson	Alex	Sudbury Joggers	Male Senior
120	38.36	216	Taczynski	Andrew	Sudbury Joggers	Male Senior
121	38.38	55	Millea	Hugh	Unattached	Male Junior
122	38.39	399	Arnold	Mark	Unattached	Male Senior
123	38.4	54	Cole	David	Unattached	Male Senior
124	38.41	246	Hocken	Adan	Unattached	Male Vet 40
125	38.51	10	Braverman	Terry	Haverhill Running Club	Male Vet 60
126	39	254	Warren	Michael	Hadleigh Hares A.C.	Male Senior
127	39.1	72	Smith	Daniel	Halstead Road Runners	Male Senior
128	39.11	217	Heard	Michael	Unattached	Male Vet 45
129	39.12	215	Brown	lan	Unattached	Male Vet 45
130	39.12	17	Avery	Mark	lpswich JAFFA	Male Vet 40
131	39.16	362	Parker	Adrian	Unattached	Male Senior
132	39.19	438	Fenner	Michael	Unattached	Male Senior
133	39.2	24	Codling	Jo	Unattached	Female Senior
134	39.2	253	Gardiner	Steve	Unattached	Male Vet 60
135	39.27	126	Smith	Harry	Stowmarket Striders	Male Vet 50
136	39.28	316	St-Ledger	Dee	Sudbury Joggers	Female Vet 40
137	39.33	323	Hill	Chris	Halstead Road Runners	Male Vet 50
138	39.35	141	Murfitt	Neil	Halstead Road Runners	Male Vet 50
139	39.4	270	Smith	Robert	Unattached	Male Senior
140	39.43	443	wright	Harry	Running 4 Women	Male Senior
141	39.5	206	Danes	Stuart	Unattached	Male Senior
142	39.51	9	Braverman	Diana	Cambridge & Coleridge AC	Female Vet 55+
143	39.52	25	Holroyd	Carla	Harwich Runners	female Vet 50
144	39.52	30	Reynolds	lan	Unattached	Male Vet 45
145	39.52	214	Astle	Paul	Unattached	Male Senior
146	39.55	104	Norton	Simon	Unattached	Male Vet 40
147	39.56	469	Waters	Helen	West Suffolk A.C.	Female Junior

PositionTimeRace NoSurnameFirst NameClub NameCategory14839.5798VarndellDavidUnattachedMale Vet14939.58123MerrillMichaelUnattachedMale Sen15040.1395GarnhamLorrianeHalstead Road RunnersFemale V15140.1494WallaceRobertUnattachedMale Sen15240.18260FranklinAlexUnattachedMale Sen15340.19449WicksJamesUnattachedMale Sen15440.19393MumfordSallyUnattachedFemale St15540.22286HoweDavidUnattachedMale Sen15640.25448ColeDanielUnattachedMale Sen15740.25161MckayJoanneGt Bentley Running ClubFemale St15840.2948DruryMatthewUnattachedMale Sen15940.31293WoodStephenUnattachedMale Vet16040.3768RowlandRobertUnattachedMale Vet16140.4364WebbJohnUnattachedMale Vet16240.41414CarvellEillenUnattachedMale Sen16340.41417CarvellJamesUnattachedMale Sen16440.48383MurphyJustinUnattached <th>45 ior /et 45 ior ior ior enior ior enior ior enior ior enior ior enior 50 70 60 enior ior 50 column of the column</th>	45 ior /et 45 ior ior ior enior ior enior ior enior ior enior ior enior 50 70 60 enior ior 50 column of the column
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170 41.06 122 Shaw Carol Sudbury Joggers female Ve	
171 41.1 192 Drew Catherine Unattached Female V	et 40
172 41.19 146 Nokes Carol Hadleigh Hares A.C. female Ve	et 50
173 41.19 479 Goodwin Toby Unattached Male Sen	ior
174 41.2 298 McCoyd Gemma Unattached Female So	enior
175 41.21 142 Bone Christian Hadleigh Hares A.C. Male Vet	40
176 41.25 282 Brown Angela Unattached female Ve	et 50
177 41.31 384 Morel Celestin Unattached Male Sen	ior
178 41.33 406 Woolaston John Unattached Male Sen	ior
179 41.33 89 Myles Alison Ipswich JAFFA Female V	et 35
180 41.33 163 Anthony Neil St Edmund Pacers Male Vet	45
181 41.34 77 Hunt Robert Unattached Male Vet	45
182 41.44 227 Lee Mon Ipswich JAFFA Male Vet	50
183 41.47 78 Cooke John Colchester Harriers AC Male Vet	40
184 41.48 262 Thompson Andy Unattached Male Sen	ior
185 41.56 245 Adolphus Tony Ipswich JAFFA Male Vet	50
186 41.58 451 Debond Charles Unattached Male Vet	45
187 41.59 462 Cates Martin Unattached Male Sen	ior
188 42.02 453 Nixon Emma Bishops Stortford Running Club Female V	et 45
189 42.04 150 Hart Marinda Unattached female Ve	et 50
190 42.07 213 Bowen Josephine Unattached Female Se	enior
191 42.08 176 Sawyer Neil Unattached Male Sen	ior
192 42.09 125 Nice Richard Unattached Male Vet	40
193 42.12 289 Pugh Owen Unattached Male Sen	ior
194 42.15 11 Bates Aaron Unattached Male Juni	ior
195 42.17 261 Franklin Chelsea Unattached Female Se	enior
196 42.21 92 Wilbraham James Unattached Male Vet	40

197	Position	Time	Race No	Surname	First Name	Club Name	Category
198							
199 42.3 151 Thorogood Keith Halstead Road Runners Male Vet 50 200 42.33 151 Cutura Sascha Unattached Male Vet 50 201 42.44 139 Irons Stuart Unattached Female Vet 55 202 42.48 101 Page Simon Unattached Male Vet 50 204 42.56 267 Brown Ken Unattached Male Vet 50 205 42.58 421 Standley Jenny Sudbury Joggers Female Vet 40 206 43.05 432 Stewart Andrew Hadeigh Hares A.C. Male Vet 45 207 43.06 259 Davies Deborah Havering 90 Joggers Female Vet 40 208 43.06 259 Davies Len Havering 90 Joggers Male Vet 50 209 43.06 259 Davies Len Havering 90 Joggers Male Vet 40 210 43.31 257 Shaw <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>							
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	242	44.31	313	Peck	David	Newmarket Cycling & Tri Club	Male Vet 70
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278 46.08 241 Harrison Kim Unattached Female Senior	
279 46.1 402 Chisnall Alexandra Hadleigh Hares A.C. Female Senior	
280 46.12 36 Goodwin Rachel Unattached Female Senior	
281 46.13 430 Bartram Claire Hadleigh Hares A.C. Female Vet 35	
282 46.18 315 Seeley Paul Unattached Male Vet 45	
283 46.21 13 Murphy Stephan Unattached Male Vet 50	
284 46.21 329 Garner Peter Unattached Male Vet 45	
285 46.25 477 Bugg Reggie Unattached Male Senior	
286 46.26 297 Ellis Kate Unattached Female Junior	
287 46.32 156 Howard Sarah Ware Joggers Female Vet 35	
288 46.34 60 Irvine Joanna Unattached Female Senior	
289 46.42 271 Toplis Gerry Unattached Male Vet 50	
290 46.42 124 Peters Scott Unattached Male Senior	
291 46.45 249 Colley Andrew Halstead Road Runners Male Vet 50	
292 46.48 42 Bloom Alex Unattached Female Junior	
293 46.49 137 Arbon Neil Unattached Male Vet 55	
294 46.56 444 Paley Barbara Unattached Female Vet 55+	

Position	Time	Race No	Surname	First Name	Club Name	Category
295	46.58	277	Davlin	Jack	Unattached	Male Junior
296	47.21	157	Williams	Rita	Ware Joggers	Female Vet 55+
297	47.28	166	Hull	Selina	Unattached	Female Vet 35
298	47.3	287	Webb	Lewis	Unattached	Male Junior
299	47.3	392	Rivers	Tony	Running 4 Women	Male Vet 60
300	47.3	79	Franklin	Roberta	Unattached	Female Vet 55+
301	47.31	80	Massey	Chris	Unattached	Male Vet 45
302	47.33	284	Swansborough	Liz	Unattached	Female Vet 40
303	47.35	285	Webb	Tracie	Unattached	Female Senior
304	47.35	219	Wright	Denise	Stowmarket Striders	Female Vet 45
305	47.49	327	Shah	Jeeten	Unattached	Male Senior
306	47.49	466	Reed	A	Unattached	Male Senior
307	47.5	240	Tooth	Elizabeth	Unattached	Female Senior
308	47.51	165	Davies	Michael	Unattached	Male Senior
309	47.54	367	Archer	Richard	West Suffolk A.C.	Male Vet 45
310	47.55	404	Smith	Lisa-Jane	Hadleigh Hares A.C.	Female Vet 35
311	48.01	341	Gill	Alistair	Unattached	Male Vet 40
312	48.01	387	Hall	John	Unattached	Male Vet 45
313	48.02	470	Goss	Martin	Unattached	Male Senior
314	48.07	196	Prentis	Nigel	Comberton Joggers	Male Vet 55
315	48.1	153	Wash	Rachel	Unattached	Female Vet 35
316	48.19	295	Ellis	Mark	Unattached	Male Vet 50
317	48.22	272	Risley	Colin	Unattached	Male Vet 55
318	48.23	274	Marston	Adam	Unattached	Male Senior
319	48.24	370	Kedeth	Peter	Unattached	Male Senior
320	48.28	374	Stearns	Stuart	Unattached	Male Senior
321	48.41	461	St-Ledger	Andrew	Unattached	Male Senior
322	48.44	413	Farmer	Andrew	Unattached	Male Senior
323	48.46	266	Arbon	Tom	AFC Sudbury Grass Roots	Male Junior
324	48.52	110	Taylor	Richard	Unattached	Male Vet 45
325	48.53	296	Ellis	Laura	Unattached	Female Senior
326	49	56	Waiton	Stuart	Unattached	Male Senior
327	49.11	160	McKay	Susan	Gt Bentley Running Club	Female Vet 55+
328	49.19	441	Smith	David	Unattached	Male Vet 40
329	49.27	8	Morgan	Sophie	Unattached	Female Senior
330	49.31	279	Sones	Kevin	Unattached	Male Senior
331	49.36	407	Francis	David	Capel Cheetahs	Male Senior
332	49.37	195	Gavin	Anne	Unattached	Female Vet 40
333	49.37	28	Bonnar	Diana	Unattached	Female Vet 55+
334	49.4	96	Garnham	Ellie	Unattached	Female Senior
335	49.58	209	Frances	John	Unattached	Male Vet 55
336	49.58	70	Amos	Michelle	Unattached	Female Senior
337	50.1	71	Amos	Michael	Unattached	Male Vet 40
338	50.14	422	McLaughlin	Robert	Unattached	Male Senior
339	50.25	170	Buzzeo	Raymond	Unattached	Male Vet 50
340	50.28	15	Page	Graham	St Edmund Pacers	Male Vet 50
341	50.47	88	McIvor	Nicholas	Unattached	Male Vet 55
342	50.58	210	Frances	Sylvie	Unattached	Female Vet 55+
343	50.58	16	Shatford	Nicola	Unattached	Female Vet 45

Position	Time	Race No	Surname	First Name	Club Name	Category
344	51	331	Stevens	Madeline	Unattached	Female Senior
345	51.02	276	Smith	Emma	Unattached	Female Senior
346	51.02	263	Lait	Vicky	AFC Sudbury Grass Roots	Female Vet 35
347	51.19	128	Lafebvre	Emilie	Sudbury Joggers	Female Senior
348	51.21	99	Dowling	Nikki	Unattached	Female Vet 40
349	51.21	97	Varndell	Carole	Unattached	Female Vet 45
350	51.54	418	Hopewell	Jane	Unattached	Female Vet 40
351	51.56	290	Beaven	Tristan	Unattached	Male Senior
352	51.56	388	sharp	Sally	Colchester & Tendring AC	Female Vet 45
353	52.02	183	Loden	Sarah	Unattached	Female Vet 35
354	52.02	184	Shennan	Victoria	Unattached	Female Vet 40
355	52.03	416	Stringer	Brian	Unattached	Male Vet 60
356	52.05	45	Wild	Bob	Unattached	Male Senior
357	52.11	169	Drake	Janet	Capel Cheetahs	female Vet 50
358	52.27	324	Hill	Sara	Unattached	Female Senior
359	52.32	248	Game	Keith	Unattached	Male Vet 45
360	52.32	427	lvory	Josh	Unattached	Male Senior
361	52.32	319	Morrison	Dolina	Unattached	Female Senior
362	52.32	318	O'Neill	Douglas	Colchester Harriers AC	Male Senior
363	52.44	220	Waits	Daniel	Unattached	Female Senior
364	52.59	236	Senior	Andrew	Unattached	Male Senior
365	53	234	Senior	Edward	Unattached	Male Vet 45
366	53.03	467	Schofield	Emma	Unattached	Female Vet 35
367	53.04	460	Tubby	John	Unattached	Male Senior
368	53.07	380	Murry	Sanantha	Harwich Runners	Female Vet 35
369	53.09	73	Martin	Lucy	Unattached	Female Vet 35
370	53.2	376	Kempson	Trish	Hadleigh Hares A.C.	Female Vet 45
371	53.22	431	Kirk	Jackie	Hadleigh Hares A.C.	Female Vet 40
372	53.29	5	Folkes-Miller	Caine	Unattached	Male Senior
373	53.3	358	Brooks	Robert	Unattached	Male Vet 55
374	53.3	18	Nott	Deborah	Unattached	Female Vet 35
375	53.49	27	Morgan	Clare	Unattached	Female Senior
376	53.53	472	Karaham	Mustafa	Unattached	Unable to place in Cat.
377	53.56	148	Driver	Kevin	Unattached	Male Vet 40
378	53.57	23	Uniacke	Juliana	Unattached	Female Vet 45
379	53.57	158	Watson	Lorna	Unattached	Female Vet 45
380	54.03	405	Curtis	Simon	Unattached	Male Senior
381	54.05	238	Ford	Michael	Unattached	Male Senior
382	54.07	2	Ward	Sarah	Unattached	Female Senior
383	54.14	419	Lewis	Amanda	Unattached	Female Vet 45
384	54.43	154	Mathieson	Lesley	Colchester Harriers AC	Male Vet 60
385	54.48	91	Wilbraham	Felicity	Unattached	Female Junior
386	54.49	428	Garside	Debra	Unattached	Female Vet 45
387	55.11	435	Pryor	Gail	Hadleigh Hares A.C.	Female Vet 40
388	55.11	433	Grimsey	Sarah	Hadleigh Hares A.C.	Female Vet 40
389	55.19	44	May	Michelle	Unattached	Female Vet 35
390	55.25	105	Carberry	Jenni	Unattached	Female Vet 35
391	55.26	273	Ling	Robert	Unattached	Male Vet 55
392	55.31	409	Cullen	Trudy	Harwich Runners	female Vet 50

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393	55.35	411	Bond	sarah	Harwich Runners	Female Senior
394	55.37	143	Chapman	Sandy	Unattached	Female Vet 40
395	55.47	31	Bevan_Smith	Anna	Unattached	Female Vet 45
396	55.47	29	Reynolds	Katherine	Unattached	Female Vet 40
397	55.48	187	Ronaldson	Amy	Unattached	Female Senior
398	56.22	211	Cummings	Debbie	Unattached	Female Vet 40
399	56.22	212	Davidson	Mick	Unattached	Male Vet 45
400	56.22	309	White	Hattie	Unattached	Female Junior
401	56.23	468	Watkins	Hannah	Unattached	Female Senior
402	56.25	300	Risby	Michelle	Unattached	Female Vet 35
403	56.34	46	Wild	Elaine	Unattached	Female Senior
404	56.46	473	Bingham	John	Unattached	Male Senior
405	56.57	456	Connele	Mark	Unattached	Male Senior
406	56.57	457	Humphreys	Elizabeth	Unattached	Female Senior
407	57.03	415	Stringer	Esther	Unattached	Female Vet 55+
408	57.35	182	Dyble	Lindsey	Unattached	Female Vet 40
409	57.38	434	Avis	Trudy	Hadleigh Hares A.C.	Female Vet 35
410	57.38	436	Colley	Amanda	Hadleigh Hares A.C.	Female Vet 40
411	57.4	1	Pollard	Lisa	Unattached	Female Vet 40
412	57.4	131	Graham	Julian	Unattached	Male Senior
413	57.43	111	Jackson	Kate	Unattached	Female Senior
414	57.43	140	Coe	Josie	Unattached	Female Senior
415	57.46	458	Sutton	Bernice	Unattached	female Vet 50
416	57.46	301	Dodd	Diane	Unattached	female Vet 50
417	58.27	53	Hillyard	Shirley	Colchester & Tendring AC	female Vet 50
418	59.08	144	Depper	Roger	Unattached	Male Vet 60
419	59.17	304	Taylor	Soloman	Unattached	Male Senior
420	59.18	382	Wright	Tim	Unattached	Male Senior
421	59.25	340	Merry	Jennifer-Jane	Unattached	Female Senior
422	59.3	133	S-Heighton	Shelly	Unattached	Female Vet 35
423	59.3	132	Day	Sarah	Unattached	Female Senior
424	59.3	361	Parker	Nina	Unattached	Male Senior
425	59.44	130	Butcher	Sharon	Unattached	Female Vet 35
426	59.54	337	Daultrey	John	Unattached	Male Vet 40
427	1.01.02	452	Chefdeville	Valerie	Sudbury Joggers	Female Vet 35
428	1.01.27	74	White	Kirsty	Sudbury Joggers	Female Vet 35
429	1.01.32	357	Gardiner	Jenny	Unattached	Male Vet 45
430	1.01.32	354	Smith	Russel	Unattached	Male Senior
431	1.01.38	87	Lagden	Lesley	Unattached	Female Vet 55+
432	1.01.55	58	Holt	John	Unattached	Male Vet 60
433	1.02.22	120	Taylor	Julie	Unattached	Female Vet 45
434	1.02.22	247	Broughton	Jon-Paul	Unattached	Male Senior
435	1.02.22	171	Merrill	Darren	Unattached	Male Senior
436	1.02.22	336	Mustoe	Lisa	Unattached	Female Vet 35
437	1.02.22	334	Potter	Nicola	Unattached	Female Vet 35
438	1.02.45	371	Davies	Amber	Unattached	Female Senior
439	1.02.45	63	Lesiak	Janine	Unattached	Female Senior
440	1.02.45	291	Davie	Charlotte	Unattached	Female Senior
441	1.02.50	4	Bloor	Rebecca	Unattached	Female Vet 40

Position	Time	Race No	Surname	First Name	Club Name	Category
442	1.02.50	3	Simpson	Peter	Unattached	Male Vet 40
443	1.03.20	229	Croft	Lauri-Anne	Unattached	Female Senior
444	1.03.27	230	Croft	Tom	Unattached	Male Senior
445	1.04.26	314	Palmer	Patrick	Eastern Veterans AC	Male Vet 70
446	1.04.33	107	Mills	Frances	Unattached	Female Vet 45
447	1.04.33	108	Korabik	Peter	Unattached	Male Vet 45
448	1.05.38	264	Bruce	Mark	AFC Sudbury Grass Roots	Male Junior
449	1.05.39	410	Ellis	Ray	Unattached	Male Senior
450	1.06.24	86	Sutton	Louise	Unattached	Female Vet 40
451	1.06.24	85	Sutton	Sean	Unattached	Male Vet 40
452	1.07.47	43	Rout	Shelly	Unattached	Female Vet 35
	dns/dnf	14	Bray	Robin	Unattached	Male Vet 40
	dns/dnf	26	Roper	Annalise	Stowmarket Striders	Female Senior
	dns/dnf	34	Bell	Julie	Unattached	female Vet 50
	dns/dnf	38	Jackson	Claire	Unattached	Female Senior
	dns/dnf	39	Bowen	Abigail	Unattached	Female Senior
	dns/dnf	47	Willings	Ashley	Unattached	Male Senior
	dns/dnf	61	Wilkin	Lorraine	Springfield Striders AC	Female Vet 40
	dns/dnf	64	Gardiner	Andrew	Unattached	Male Senior
	dns/dnf	76	Stebbing	Jane	Unattached	Female Vet 55+
	dns/dnf	83	Young	Susanne	Hadleigh Hares A.C.	Female Vet 35
	dns/dnf	84	Turner	Neil	Unattached	Male Vet 40
	dns/dnf	114	Baker	Darren	St Edmund Pacers	Male Vet 45
	dns/dnf	121	Norton	Matthew	Unattached	Male Senior
	dns/dnf	175	Kemble	Sarah	Unattached	Female Senior
	dns/dnf	179	Chatting	Kim	Gt Bentley Running Club	Female Vet 35
	dns/dnf	180	Craig	Kitty	Sudbury Joggers	Female Senior
	dns/dnf	194	Soborg	Louise	Unattached	Female Vet 35
	dns/dnf	218	Helliwell	Paul	Colchester Harriers AC	Male Vet 40
	dns/dnf	228	Harrison	Catherine	Unattached	Female Vet 40
	dns/dnf	237	Leonard	Craig	Unattached	Male Senior
	dns/dnf	275	Knott	Elsbeth	Harwich Runners	Female Vet 55+
	dns/dnf	283	Bixby	Sam	Unattached	Male Junior
	dns/dnf	288	Humphreys	Ami	Sudbury Joggers	Female Senior
	dns/dnf	408	Ditton	Andrew	Unattached	Male Vet 50
	dns/dnf	283	Bixby	Sam	Unattached	Male Junior
	dns/dnf	288	Humphreys	Ami	Sudbury Joggers	Female Senior
	dns/dnf	408	Ditton	Andrew	Unattached	Male Vet 50