

Number	Surname	First Name	Running club
1	Ablitt	Emily	
2	acworth	ruth	
3	Addisob	Neil	
4	Addison	Laura	
5	AFEWERKI	ERMEAS	
6	Aitken	Jamie	
7	Allan	Helen	
8	Allard	Nina	
9	Allen	Kate	
10	Ambrose	Ivan	
11	Amos	Michelle	
12	Andrews	Joe	
13	Andrews	Mark	
14	Arbon	Neil	
15	Arnold	Mark	
16	Arnold	Ross	Haverhill Running Club
17	Ashton	Vivien	
18	Ashworth	Nicola	
19	Askew	Alex	
20	Atkins	Rosie	Halstead RRC
21	Attwood	Tim	
22	Aulton	Olivia Rose	
23	Avery	Mark	Ipswich Jaffa RC
24	Avis	Glen	Hadleigh Hares AC
25	Aylmer	Chris	Newmarket Joggers
26	Bacon	Tony	Saffron Striders RC
27	Baker	Murray	
28	Ballard	Tim	
29	Balls	Juliet	
30	Bambridge	Anna	Halstead RRC
31	Barrett	Chris	
32	Bartholomew	Stephen	
33	Bashford	Carl	
34	Bass	Natalie	
35	Bateman	Peter	
36	Batho	Alex	
37	beadle	alex	
38	Beadle	Kerry	
39	Beard	Cathy	
40	Beckett	Janice	
41	Beddowes	Christopher	
42	Beech	Chris	
43	Belsom	Catherine	Stowmarket Striders RC
44	Belsom	Robin	Ipswich Jaffa RC
45	Bendall	Sharon	
46	Benham	Chris	
47	Bennett	Matthew	
48	Benton	Anna	
49	Bergdahl	Carl	Ipswich Jaffa RC
50	besley	bill	Stowmarket Striders RC

51	Bevan	Sarah	
52	Bigg	Andrew	
53	Bigg	Michael	
54	Bigg	Russell	
55	Bilgi	Aysha	
56	Birch	Lienne	
57	Bishop	Holly	
58	Black	Jodie	
59	Blackmore	Gillian	
60	Bliss	Carol	Haverhill Running Club
61	Blower	Dave	
62	Blows	Samuel	
63	Boggis	Steven	
64	Bokenham	Shaun	
65	bolton	sharon	
66	Boxall	Ben	
67	Brabner	Elizabeth	
68	Bradnam	Dylan	Saint Edmund Pacers
69	Brett	Kate	
70	Bridges	Zoe	Trail Running Association
71	Briggs	Lisa	
72	Bright	Kristina	Haverhill Running Club
73	Bright	Steve	
74	BROUGHTON	JON-PAUL	
75	Brown	Andy	
76	Brown	Bruno	
77	Brown	Emma	
78	Brown	Louise	
79	Brown	Martin	
80	Brown	Philip	Saint Edmund Pacers
81	Brown	Sheri	
82	Brown	Tim	
83	Brunning	Peter	Haverhill Running Club
84	Brunning	Andy	
85	Buckingham	Joanna	
86	Buckland	Dawn	
87	Buckle	Adam	Halstead RRC
88	buckle	john	
89	Buckmaster	Richard	
90	Bucksey	Alice	
91	Bulacz	Piotr	
92	Bullen	Byron	
93	Bullen	Martha	
94	Bullock	Matthew	
95	Burder	Samantha	
96	Burt	Robbie	Saint Edmund Pacers
97	Bush	John	Great Bentley Running Club
98	Caba	Nicola	
99	Cahill	David	
100	Cahill	Elizabeth	Braintree & District AC
101	Cassidy	Viv	
102	Chambers	Juliette	

103	Chapman	Bethany	
104	Chapman	Karl	Wymondham AC
105	Chapman	Katherine	
106	Chapman	Tracey	
107	Cheshire	Josephine	
108	Cheshire	Christopher	
109	Childs	Lewis	
110	Childs	Nordie	
111	Chittock	Mel	
112	Chorley	Chris	Bungay Black Dog RC
113	Christie	Andrew	
114	Christie	Jennifer	
115	Chrysopoulos	Lisa	
116	Clark	Naomi	
117	Clarke	Lewis	
118	Clarke	Sarah	
119	Clarke	Charlene	
120	Clay	Sil	Haverhill Running Club
121	clayton	anna	
122	clements	lizzie	
123	Clyde	Luke	
124	Cobbold	Jacquelyn	Hadleigh Hares AC
125	Cochram	Alan	
126	Codling	George	Sudbury Joggers
127	Codling	Jo	
128	Codling	Tom	Sudbury Joggers
129	Cogger-Berry	Lesley	
130	Colclough	Simon	
131	Cole	Adrian	Stowmarket Striders RC
132	Cole	David	
133	Cole	Gary	
134	Collins	James	
135	Collins	Clare	
136	Cook	Wayne	Colchester Harriers AC
137	Cooke	John	Great Bentley Running Club
138	Cooke	Rebecca	Colchester Harriers AC
139	Cooper	Carl	Sudbury Joggers
140	Cooper	Jules	Sudbury Joggers
141	Cooper	Lee	
142	Coulborn	Anna	Great Yarmouth Road Runners
143	Cowley	Ben	Saxmundham Sports Running & Fitness Club
144	Cowlin	Lucy	Sudbury Joggers
145	cox	duncan	
146	Cresswell	Tom	Colchester Harriers AC
147	Crisp	Amanda	
148	Cronin	Adam	
149	Cullum	John	Saint Edmund Pacers
150	Cumner	Ellie	Colchester Harriers AC
151	Currant	Nicola	
152	daley	steven	Beckenham Running Club
153	Daly	Derek	Saxmundham Sports Running & Fitness Club
154	Daniel	Simon	

155	Davies	Phil	Ipswich Jaffa RC
156	Davis	Rebekah	
157	Day	Simon	Harwich Runners
158	De Jager	Bradley	
159	Derry	Sam	
160	Derry	Simon	Sudbury Joggers
161	Dickinson	Jo	Felixstowe RRC
162	Ditton	Oliver	
163	Dixey	Rachel	Felixstowe RRC
164	Donnelly	James	
165	Donnelly	Sue	
166	Dover	Stephen	
167	Downs	Erika	Felixstowe RRC
168	Downs	Jeremy	Harwich Runners
169	Drake	Chris	
170	Drury	Matthew	
171	Drury	Michael	
172	Duke	Sarah	London Heathside
173	Dunn	Amanda	Hadleigh Hares AC
174	EDGAR	PAUL	
175	Edney	Michelle	
176	edney	simon	
177	Edwards	Rebecca	
178	Edwards	Rebecca	
179	Elden	Ian	Ipswich Jaffa RC
180	Elkin	James	
181	Elkins	Ian	
182	Ellis	Colin	
183	Ellis	Jon	
184	ellis	Stewart	Halstead RRC
185	Everitt	Daniel	Haverhill Running Club
186	Everitt	Clare	
187	Faiers	Deben	
188	Fardell	Sarah	
189	Farley	Sarah	
190	Farrow	Verity	
191	Feagan	Karl	Hadleigh Hares AC
192	Fiddaman	Justin	
193	Firat	Yusuf	Haverhill Running Club
194	Firth	George	Stowmarket Striders RC
195	Fittock	Jamie	Sudbury Joggers
196	Fitzgerald	Harry	Ipswich Harriers
197	Fitzwater	Lesley	
198	Flanigan	Lucy	
199	Flin	Matthew	
200	ford	lee	
201	Foster	Lyn	
202	Fox-Hammond	Amber	
203	Fox-Hammond	Toby	
204	Fradley	Chris	
205	Francis	John	
206	Francis	Sylvie	

207	Frewin	Clare	
208	Frost	Suzanne	
209	Fuller	Kerry Ann	
210	Gale	Clair	Haverhill Running Club
211	GAME	KEITH	
212	GARDNER	Michelle	Haverhill Running Club
213	Garnham	Juliet	Stowmarket Striders RC
214	Garstang	Lynnette	Haverhill Running Club
215	Gemmill	Ned	
216	Gilbert	Michael	Haverhill Running Club
217	Gill	Andrew	
218	Gill	Rachel	
219	Ginno	Will	
220	Goldsmith	Simon	Ipswich Jaffa RC
221	Gooderham	ian	Saint Edmund Pacers
222	Gooderham	Leanne	
223	Goodwin	Alison	Haverhill Running Club
224	Goodwin	Rachel	
225	Goodwin	Robert	Haverhill Running Club
226	Goodwin	Steve	
227	Goulding	Matthew	
228	Gourlay	Annie	
229	Gourlay	Robert	
230	Graham	Andrew	
231	Grant	Karen	Haverhill Running Club
232	Grantham	Raoul	Braintree & District AC
233	Green	Stuart	Stowmarket Striders RC
234	Griffiths	Rebecca	
235	Grimsdell	Richard	Saint Edmund Pacers
236	Grimsey	Robert	Hadleigh Hares AC
237	Guest	David	
238	haining	william	
239	hall	laura	
240	Hamblyn	Rachael	Ipswich Jaffa RC
241	Hammond	Jo	Haverhill Running Club
242	Hammond	Keith	
243	Hardacre	Richard	
244	Hare	Carlene	
245	Hare	Sam	
246	harper	hayley	Ipswich Jaffa RC
247	Harrington	Treena	Halstead RRC
248	harrison	deb	Braintree & District AC
249	Hart	David	
250	Hartley	Jeanette	
251	Harvey	Vanessa	
252	Hatton	Karen	Saint Edmund Pacers
253	Haygreen	Sid	
254	Haynes	Sammy	
255	Haynes	Val	
256	Hayward	Andy	Stowmarket Striders RC
257	Heard	Aaron	Capel Cheetahs
258	Heath	Suzanne	Ipswich Jaffa RC

259	Hemson	Max	
260	Hender	Bec	Sudbury Joggers
261	Henderson	Jess	
262	Henderson	Rebekah	
263	Hibbert	Simon	
264	Hill	Andrew	
265	Hines	Samantha	
266	Hobden	Lindsay	
267	Hoblyn	Claire	Saint Edmund Pacers
268	Hodgkinson	Trelawney	
269	Holland	Tony	Ipswich Jaffa RC
270	Holmes	James	
271	Holohan	Lee	
272	Hopkins	Ben	
273	Hopkins	Trish	Felixstowe RRC
274	Hopkinson	Christopher	
275	Howes	James	
276	Howlett	Adam	Framlingham Flyers
277	Hudson	Michelle	
278	Hudson	Thomas	
279	HUGHES	GILL	
280	Hughes	Mark	Stowmarket Striders RC
281	Hulbert	Ben	
282	Humm	Joby	
283	Humm	Mandy	
284	Humphreys	Tracy	Stowmarket Striders RC
285	Hunt	Andrea	Sudbury Joggers
286	Hunt	Faye	
287	Hunt	Karina	Haverhill Running Club
288	Hunter	iaian	Stowmarket Striders RC
289	Huntington	Emma	
290	Hurrell	Debbie	
291	Hutchison	Karen	
292	Hutson	Kate	Ipswich Jaffa RC
293	Ilczenko	Anya	
294	Ilczenko	David	
295	Ilczenko	Sofia	
296	Impey	Wendy	
297	Irvine	Biggles	
298	Jagger	Alex	
299	Jeffrey	Robert	
300	Jeffries	Peter	
301	Jeggo	Sarah	Sudbury Joggers
302	Johnson	isabella	
303	Johnson	sarah	
304	JohnstonWood	Mark	Sudbury Joggers
305	Johnston-Wood	William	Sudbury Joggers
306	Johnston-wood	Lauren	
307	Jones	Emma	
308	Jones	Mark	
309	Jones	Tracie	
310	Joseph	Nourse	

311	Judd	Allison	
312	Judd	Beverley	
313	Kaye	Maddie	
314	Kemble	Sarah	
315	Kempson	Nick	Hadleigh Hares AC
316	Kempson	Trish	Hadleigh Hares AC
317	Kempthorne	Mark	
318	Keys	Matt	
319	Khaira	Rohan	
320	Kieran	Ruth	
321	King	Austen	
322	king	catherine	
323	King	Marcus	
324	king	phil	
325	Kingsnorth	Tom	Saint Edmund Pacers
326	Knight	Dan	Haverhill Running Club
327	Komorowska	Magdalena	Great Bentley Running Club
328	Komorowski	Tomasz	Great Bentley Running Club
329	Lakey	Stuart	
330	Lanham	Rachel	
331	Lawrence	Martin	
332	Ledieu	Ian	
333	Ledwith	Sandra	
334	leeks	mark	Ipswich Jaffa RC
335	Leggett	Beth	
336	Lennard	Ian	
337	Lesiak	David	
338	Lewis	Todd	Sudbury Joggers
339	Liffen	Andrew	
340	Liffen	Malgorzata	
341	Ling	Stephanie	
342	Lock	Jodie	
343	Locker	Daniel	
344	Logan	Stuart	
345	Lomax	Sarah	
346	Lonergan	Andy	
347	Longman	Emma	
348	Longman	Phil	
349	Lowe	Kirstin	
350	Lowe	Marie	
351	Lown	Stephanie	
352	Lynch	Jenny	Felixstowe RRC
353	Macrosson	Ker	Stowmarket Striders RC
354	Mallinson	Amanda	
355	Maloy	Sandy	Sudbury Joggers
356	manby	Chris	Colchester Harriers AC
357	Mannering	Lucy	
358	Manning	Scott	Framlingham Flyers
359	Manning	Dean	
360	mansi	daisy	
361	Mansi	Sarah	
362	Marshall	Richard	

363	Martin	Karen	Haverhill Running Club
364	Maskell	Amelia	
365	Mason	Steve	
366	Massie	Hannah	
367	Mathieson	Stuart	Sudbury Joggers
368	Matthews	Bryan	
369	May	Charlotte	Halstead RRC
370	McAllister	Paul	Hadleigh Hares AC
371	McIvor	Nicky	
372	McLaren	Scott	
373	Mcloughlin	Sam	
374	Mcmahon	David	
375	Mead	Daniel	Saint Edmund Pacers
376	Merry	Jenny	Sudbury Joggers
377	Miller	Angela	
378	Miller	David	
379	Miller	Mark	
380	Miller	Michael	
381	Mingay	Paul	Tiptree Road Runners
382	Moody	Carly	
383	Moore	Chris	
384	Moore	Claire	
385	Moore	Ian	
386	Moore	Jane	
387	Moore	Jenna	
388	Moore	Morgan	Stowmarket Striders RC
389	Moore damant	Kara	Stowmarket Striders RC
390	Moriarty	Sean	
391	Morse	Teresa	
392	Moss	Nicola	
393	Moule	Amelia	
394	Moxley	Joey	
395	Mumford	Darren	
396	Murphy	Karen	
397	Myles	Alison	
398	Nash	James	
399	Naylor	Rosemary	
400	Newton	Megan	West Suffolk AC
401	Norris	Mat	
402	Norton	Tracie	
403	O'Farrell	Genevieve	
404	Olley	Drew	Colchester Harriers AC
405	Onslow	Michael	
406	Ostler	Michele	
407	Oxford	Mark	Ipswich Triathlon Club
408	Oxford	Rachel	Hadleigh Hares AC
409	Palmer	Alice	
410	Palmer	Silas	
411	Palmer-barnes	Belinda	
412	Park	Fee	
413	Parker	Marion	Felixstowe RRC
414	Parker	Samantha	



415	Parton	Andy	
416	Parton	Diane	Capel Cheetahs
417	Peck	Sam Ashley	
418	Pegg	Hayley	Chelmsford AC
419	Pengelly	Paul	
420	PERRY	louisa	
421	Perryman	Gary	Tiptree Road Runners
422	Petchey	Steven	
423	Phillips	Sandy	Ipswich Jaffa RC
424	Philpot	Helen	
425	Philpot	Martin	
426	Planck	Hayley	
427	Planck	Max	
428	Plowman	Trevor	
429	Ponsford	Will	
430	Poole	Colin	
431	Potts	David	
432	Powell	Fern	Caerleon RC
433	Powell	Lesley	
434	Prazsky	Tom	
435	Prentis	Nigel	
436	Preston	Jess	Vegan Runners UK
437	Prior	Amanda	Capel Cheetahs
438	Proctor	Ashley	Haverhill Running Club
439	Punter	Louise	
440	Race	Mark	
441	Ranson	Michelle	
442	Ranson	Nicola	Springfield Striders RC
443	Ranson	Tim	
444	Ravat	Lionel	
445	Ray	Beccy	
446	Reed	Maria	Haverhill Running Club
447	Regan	Chris	
448	Reid	Annie	
449	Richbell	Emma	
450	riches	oliver	Hadleigh Hares AC
451	Ridley	Andrew	Birchfield Harriers
452	Ridley	Colin	Colchester Harriers AC
453	Roach	Jane	
454	Roberts	Joe	
455	Roberts	Steve	Sudbury Joggers
456	ROBINSON	john	
457	Robson	Joe	Saint Edmund Pacers
458	Robson	Odette	Saint Edmund Pacers
459	Rodgers	Paul	Colchester Harriers AC
460	Rodgers	Rachel	Colchester Harriers AC
461	Rogers	Brian	Ipswich Jaffa RC
462	Roper	Carl	
463	Rose	Josh	
464	Roughan	Rachael	Halstead RRC
465	Rout	Julie	Sudbury Joggers
466	Rowland	Robert	

467	Roxby-Clarke	Sarah	Harwich Runners
468	Russell	Garry	
469	Ryland	Christopher	
470	Sargent	Andrew	Stowmarket Striders RC
471	Sargent	Pippa	Stowmarket Striders RC
472	Sauerzapf	Bobbie	Bungay Black Dog RC
473	Savory	Samantha	
474	Sawyer	Neil	
475	Scaife	John	Hadleigh Hares AC
476	Schofield	Nigel	Saint Edmund Pacers
477	Schofield	Rachel	
478	Schofield	Oliver	
479	Scott	Yvonne	
480	Seabrook	Luke	
481	Sears	Michaela	
482	Secker	Jimmy	Sudbury Joggers
483	Selwood	Helen	
484	Shadford	Eileen	Great Bentley Running Club
485	Shaw	Robert	Saffron Striders RC
486	Sheffield	Harriet	
487	Sheffield	Josephine	Braintree & District AC
488	Sheppard	Darren	Framlingham Flyers
489	Shrubsoke	Dinah	
490	Siggers	Sally	
491	Silva	Leila	
492	Skene	Karen	Capel Cheetahs
493	Smalls	Allen	Colchester Harriers AC
494	Smalls	Fay	Colchester Harriers AC
495	Smart	Tony	
496	Smith	Ben	
497	Smith	Brad	
498	Smith	Danielle	
499	SMITH	KELLY	
500	Smith	Les	
501	Smith	Lisa	
502	Smith	Louise	Braintree & District AC
503	Smith	Mark	
504	Smith	Matt	
505	Smith	Richard	Saint Edmund Pacers
506	Smith	Scott	
507	Smith	Simon	Colchester Harriers AC
508	Solomon	Sally	Felixstowe RRC
509	Sorrell	Sue	Great Bentley Running Club
510	Stanton-Davis	Laura	
511	Stearns	Steve	
512	Stebbing	Richard	
513	Steel	Bonnie	
514	Steel	Richard	
515	stevenson	nicola	Felixstowe RRC
516	Stinson	William	
517	Stocker	Mark	
518	Stone	Roger	Felixstowe RRC

519	Stuppell	Bryn	
520	Stuppell	Sarah	Haverhill Running Club
521	Suarez	Dan	
522	Suckling	Jenny	
523	Summersgill	Daniel Leon	
524	Swan	Gavin	
525	Swansborough	Rob	
526	Talbot	Caroline	
527	Tanner	Lynn	Springfield Striders RC
528	Tarbun	Michelle	
529	Taylor	Matt	
530	Taylor	Richard	
531	Taylor	Christine	Haverhill Running Club
532	Tetley	Suzanne	
533	Thistleton	Emma	
534	Thomas	Damian	
535	Thomas	Jake	
536	Thornton	Christopher	
537	Tiller	Richard	Halstead RRC
538	Todd	Aubrey	
539	Tooth	David	
540	TOWNEND	ROBERT	
541	tuffin	amy	
542	Tuli	Mary Ann	Haverhill Running Club
543	Turkentine	Geoff	
544	Turnbull	Angela	
545	Turnbull	Claire	
546	Turnbull	John	Hadleigh Hares AC
547	Turnbull	Liz	
548	Turner	Andrew	
549	Turner	Elaine	Hadleigh Hares AC
550	Underwood	Saul	
551	Underwood	Toby	
552	undrill	michael	
553	Upton	Daniel	
554	Varcoe	Oriana	
555	Violett	Suzy	
556	Wade	Emma	
557	wagland	helen	
558	wagland	kelly	
559	Walker	Westley	Haverhill Running Club
560	Ward	Lindsey	
561	Warde	Rachel	
562	Warne	Lloyd	
563	Watson	Kevin	
564	Watson	Melanie	
565	Watson	Olie	
566	Watson	Philippa	
567	Weavers	Kirsty	Saint Edmund Pacers
568	Webb	Jospeh	Saint Edmund Pacers
569	Webb	Sandra	Saint Edmund Pacers
570	Webb	Vincent	Saint Edmund Pacers

571	Wells	Chris	Sudbury Joggers
572	welsh	james	
573	Welsh	Michael	
574	WELSH	TERRY	
575	WELSH	Tracey	
576	Whiston	Arthur	Colchester Harriers AC
577	White	Mark	Haverhill Running Club
578	whiting	Angela	Stowmarket Striders RC
579	Whybrow	Christopher	
580	Whybrow	Natalie	
581	Whymark	Nichola	
582	Whyte	Kevin	
583	Whyte	Leanne	
584	Whyte	Mandy	
585	Wignall	David	
586	Wilkinson	Daniel	Colchester Harriers AC
587	Wilkinson	Neil	Sudbury Joggers
588	Williams	Graham	
589	Williamson	Angus	
590	Williets	Sharon	Capel Cheetahs
591	Wilson	Lucie	
592	Wilson	Simon	Colchester Harriers AC
593	Wood	James	Sudbury Joggers
594	woodruff	michael	Bishops Stortford RC
595	Wright	Andrew	Saint Edmund Pacers
596	Wright	James	Springfield Striders RC
597	Wright	Jill	
598	Wright	Matt	
599	Yates	Louise	Colchester Harriers AC
600	Young	Harris	