

First Name	Surname	Age	Gender	Running Club
Nick	Hazell	61	Male	
Holly	Hazell	27	Female	
Sarah	Chamberlin	38	Female	Sudbury Joggers
Mark	Arnold	37	Male	
Derek	Daly	54	Male	Saxmundham Sports Running & Fitness Club
Mark	Smith	36	Male	
Andrea	Hunt	38	Female	Sudbury Joggers
Jules	Willis	44	Female	Sudbury Joggers
Steve	Clark	42	Male	Sudbury Joggers
Sally	Siggers	39	Female	
Natasha	Priday	31	Female	
Clare	Hamblin	48	Female	
James	Collins	52	Male	
Jeremy	Holt	56	Male	
Caroline	Holt	54	Male	
Wayne	Cook	44	Male	Colchester Harriers AC
Tina	Gore	42	Female	Sudbury Joggers
Ben	Boxall	39	Male	
Sarah	Farley	33	Female	
Matthew	Drury	37	Male	
Daniel	Upton	40	Male	
Rebecca	Edwards	27	Female	
Rachel	Bodsworth	38	Female	Hadleigh Hares AC
David	Willer	22	Male	Hadleigh Hares AC
Anthony	Harris	41	Male	Sudbury Joggers
Kieran	Hayles	34	Male	Sudbury Joggers
Laura	Welham-Halstead	36	Female	
Rachel	Goodwin	41	Female	
Andrew	Bigg	23	Male	
Shan	Bendall	24	Female	
Simon	Daniel	37	Male	
Gary	Godfrey	55	Male	Sudbury Joggers
Richard	Smith	42	Male	Sudbury Joggers
Leigh-Anne	Porter	29	Female	Halstead RRC
Tom	Porter	38	Male	Halstead RRC
Sandy	Maloy	50	Female	Sudbury Joggers
Lisa	Smith	45	Female	
Jon	Greenley	33	Male	Halstead RRC
David	Pengelly	62	Male	Sudbury Joggers
Karl	Feagan	43	Male	Hadleigh Hares AC
Treesa	Carter	42	Female	
Lindsay	Hobden	47	Female	
Karen	Murphy	44	Female	Hadleigh Hares AC
Jon	Ellis	46	Male	
Robert	Grimsey	27	Male	
Ben	Cowley	35	Male	Saxmundham Sports Running & Fitness Club
Karen	Chambers	44	Female	
Keelan	Smith	33	Male	Saxmundham Sports Running & Fitness Club
Catherine	Walsh	49	Female	Ipswich Triathlon Club

First Name	Surname	Age	Gender	Running Club
Mark	Godbold	50	Male	Ipswich Harriers
Mandy	Godbold	49	Female	Ipswich Harriers
Glen	Avis	49	Male	
Stephanie	Wingham-Boyer	44	Female	Hadleigh Hares AC
Megan	Newton	16	Female	West Suffolk AC
Stuart	Lakey	61	Male	
James	Hayward	30	Male	Stowmarket Striders RC
Christopher	Lucas	55	Male	Saxmundham Sports Running & Fitness Club
Rakesh	Raja	49	Male	Saint Edmund Pacers
Aaron	Noble	41	Male	Sudbury Joggers
Claire	Weller	27	Female	Ipswich Triathlon Club
Tom	Smith	29	Male	
Stephen	Bartholomew	36	Male	
Theo	Kurtz	15	Male	
Nigel	Schofield	52	Male	Saint Edmund Pacers
Ben	Schofield	18	Male	
Ian	Elden	42	Male	Sudbury Joggers
Lisa	Dove	35	Female	
Mark	White	45	Male	Haverhill Running Club
James	Wilson	23	Male	Saxmundham Sports Running & Fitness Club
Adam	Howlett	46	Male	Framlingham Flyers
Amanda	Dunn	41	Female	Hadleigh Hares AC
Rachel	Dixey	40	Female	Felixstowe RRC
Roger	Stone	48	Male	Felixstowe RRC
Trevor	Bunch	42	Male	Haverhill Running Club
Odette	Robson	45	Female	Saint Edmund Pacers
Joe	Robson	16	Male	Saint Edmund Pacers
Craig	Sisson	28	Male	Haverhill Running Club
Melanie	Candler	39	Female	Halstead RRC
Ann	Granger	54	Female	Saxmundham Sports Running & Fitness Club
Stephen	Hatten	51	Male	Saint Edmund Pacers
Rachael	Hamblyn	38	Female	Ipswich Jaffa RC
Nicola	Stevenson	56	Female	Felixstowe RRC
Karen	Martin	36	Female	Haverhill Running Club
Westley	Walker	39	Male	Haverhill Running Club
Samantha	Gurden	45	Female	
Simon	Goldsmith	43	Male	
Murray	Baker	41	Male	
Angela	Soames	42	Female	Felixstowe RRC
Sally	Solomon	49	Female	Felixstowe RRC
Mary Ann	Tuli	46	Female	Haverhill Running Club
Richard	Smith	57	Male	Felixstowe RRC
Julian	Holland	41	Male	
Vivien	Ashton	55	Female	
Jo	Whelan	56	Female	Felixstowe RRC
John	Cullum	69	Male	Saint Edmund Pacers
Robert	Rowland	78	Male	
Graham	Sampson	71	Male	Bungay Black Dog RC
Brian	Rogers	61	Male	Ipswich Jaffa RC

First Name	Surname	Age	Gender	Running Club
Neil	Mustoe	47	Male	
Erika	Downs	34	Female	Felixstowe RRC
Marion	Parker	54	Female	Felixstowe RRC
Yusuf	Firat	54	Male	Haverhill Running Club
Thomas	White	35	Male	Saint Edmund Pacers
Adam	Buckle	33	Male	Halstead RRC
Simon	Cook	41	Female	
Debbie	Cook	30	Female	Halstead RRC
Brian	Bloomfield	40	Male	Sudbury Joggers
Rachel	Miles	39	Female	Sudbury Joggers
Terri	Gould	35	Female	Felixstowe RRC
Bobbie	Sauerzapf	58	Female	Bungay Black Dog RC
Chris	Chorley	53	Male	Bungay Black Dog RC
Emma	Ruane	41	Female	Sudbury Joggers
Teresa	Franklin	53	Female	Haverhill Running Club
Ian	Sillett	60	Male	Felixstowe RRC
Helen	Duggan	51	Female	Felixstowe RRC
Ian	Duggan	51	Male	Felixstowe RRC
Robert	Hunt	57	Male	
Nick	Kempson	55	Male	Hadleigh Hares AC
Trish	Kempson	53	Female	Hadleigh Hares AC
Sarah	Vick	47	Female	Saxmundham Sports Running & Fitness Club
Jimmy	Secker	42	Male	
Rebekah	Davis	38	Female	
Mark	Rose	42	Male	Ipswich Jaffa RC
Helen	Allan	52	Female	
Tom	Haslam	45	Male	Saxmundham Sports Running & Fitness Club
Sarah	Kemble	32	Female	
Ben	Smith	20	Male	
Zachariah	Smith	18	Male	
Kelly	Smith	45	Female	
Jonathan	Durling	47	Male	
Trish	Hopkins	64	Female	Felixstowe RRC
George	Codling	15	Male	
Kieron	Savage	44	Male	Sudbury Joggers
Jenny	Merry	38	Female	Sudbury Joggers
Josh	Iron	20	Male	
Natalie	Mclaren	33	Female	
Scott	Mclaren	30	Male	
Duncan	Cox	45	Male	
Carly	Moody	36	Female	
Dan	Knight	29	Male	
Emma	Thistleton	33	Female	
Lisa	Ford	38	Female	
Nicola	Ashworth	47	Female	
Mark	Hayward	35	Male	Stowmarket Striders RC
Wendy	Merfield	77	Female	
Gordon	Merfield	78	Male	
Tracey	Squirrell	48	Female	

First Name	Surname	Age	Gender	Running Club
Richard	Tiller	47	Male	Halstead RRC
Mark	Chisnall	47	Male	
Holly	Turner	27	Female	
Simon	Elliott	43	Male	Sudbury Joggers
Kendra	Hammond	27	Female	Stowmarket Striders RC
Gavin	Boag	32	Male	Stowmarket Striders RC
Angela	Whiting	54	Female	Stowmarket Striders RC
Adrian	Cole	54	Male	Stowmarket Striders RC
Samantha	Cooper	48	Female	Sudbury Joggers
Lesley	Fitzwater	51	Female	
Scott	Williams	29	Male	Stowmarket Striders RC
Scott	Manning	23	Male	
Cliff	Manning	56	Male	
Tina	Church	45	Female	Saxmundham Sports Running & Fitness Club
Carol	Foster	56	Female	
Jake	Church	19	Male	Saxmundham Sports Running & Fitness Club
Shannen	Church	21	Female	Saxmundham Sports Running & Fitness Club
Aiden	Church	17	Male	Saxmundham Sports Running & Fitness Club
Kyle	Church	15	Male	Saxmundham Sports Running & Fitness Club
Alex	Smith	42	Female	Stowmarket Striders RC
Robin	Belsom	57	Male	Ipswich Jaffa RC
Catherine	Belsom	45	Female	Stowmarket Striders RC
Chris	Wells	26	Male	Sudbury Joggers
Helen	Philpot	49	Female	
Rachel	Mccrory	40	Female	
Jacquelyn	Cobbold	42	Female	Hadleigh Hares AC
Simon	Smith	53	Male	Colchester Harriers AC
Lee	Ford	36	Male	
Edward	Senior	57	Female	
Mike	Gillingham	62	Male	
Neil	Gillingham	33	Male	Ipswich Harriers
Kelly	Wagland	50	Male	
Helen	Wagland	50	Female	
Lis	Whitehair	58	Female	
Andy	Thompson	60	Male	
Joanne	Vickery	37	Female	Haverhill Running Club
Christopher	Moulton	43	Male	
Tony	Hodgson	49	Male	
Aubrey	Todd	42	Male	
James	Wright	38	Male	Springfield Striders RC
Marco	Firman	53	Male	Braintree & District AC
Kirsty	Firman	21	Female	
Natalie	Whybrow	27	Female	
Christopher	Whybrow	28	Male	
Sue	Harris	54	Female	
Sharon	Bowman	51	Female	
Paul	Tyreman	50	Male	Sudbury Joggers
Cathy	Press	52	Female	
Evie	Press	17	Female	

First Name	Surname	Age	Gender	Running Club
Richard	Marshall	47	Male	
David	Cole	39	Male	
Valerie	Kerrison	60	Female	Halstead RRC
Catherine	King	49	Female	
Phil	King	49	Male	
Anita	Barber	45	Female	
Simon	Norton	52	Male	
David	Varndell	57	Male	
Carole	Varndell	57	Female	
Nikki	Dowling	52	Female	
Lewis	Childs	49	Male	
Howard	Childs	47	Male	
Lucy	Mannering	40	Female	
Todd	Lewis	54	Male	
Lisa	Netto	41	Female	Norfolk Gazelles AC
Angus	Williamson	45	Male	
Benjamin	Jacobs	41	Male	Felixstowe RRC
James	Welsh	24	Male	
Susie	Moule	43	Female	Sudbury Joggers
Jon-Paul	Broughton	35	Male	
Keith	Game	55	Male	
Viv	Proctor	37	Female	
Gareth	Brown	51	Male	
Hector	Brown	15	Male	
Andrew	Silverton	37	Male	
Michael	Bigg	26	Male	
Tom	Prazsky	37	Male	
Miles	Johnson	63	Male	Newmarket Joggers
Nigel	Prentis	65	Male	
Anna	Coulborn	55	Female	Great Yarmouth Road Runners
Christoher	Thornton	56	Male	
Shaun	Good	53	Male	Felixstowe RRC
Beccy	Ray	45	Female	
Tracey	Garnham	55	Female	
Dave	Garnham	55	Male	
Rachael	West	39	Female	
Michael	Miller	29	Male	
Chris	Beech	37	Male	
Richard	Hardacre	39	Male	
Robert	Farrow	49	Male	Sudbury Joggers
Mik	Carr	61	Male	Bungay Black Dog RC
Adam	Canning	31	Male	
Colin	Ridley	55	Male	Colchester Harriers AC
David	Wright	39	Male	Great Bentley Running Club
Steven	Boggis	46	Male	
Deb	Harrison	42	Female	Braintree & District AC
Lynn	Tanner	64	Female	Springfield Striders RC
John	Francis	64	Male	
Sylvia	Francis	69	Female	

First Name	Surname	Age	Gender	Running Club
Lucy	Cowlin	23	Female	
James	Howes	26	Male	
Eileen	Shadford	51	Female	Great Bentley Running Club
Sophie	Childs	25	Female	
Matthew	Bennett	25	Male	
Lesley	Powell	56	Female	
Anthony	Smith	53	Male	Witham RC
Mark	Andrews	50	Male	
Sarah	Johnson	43	Female	
Mervyn	Barker	61	Male	
Claire	Risley	44	Female	
Colin	Risley	63	Male	
Alfie	Devlin	18	Male	
Jack	Devlin	24	Male	
Charlie	Devlin	22	Female	
Sharon	Wright	45	Female	
Stephen	Pretty	59	Male	Stowmarket Striders RC
Philip	Ledger	62	Male	Sudbury Joggers
Lewis	Clarke	26	Male	
Harriet	Young	26	Female	
David	Tooth	68	Male	
Jacqueline	Chamberlain	42	Female	
Adam	Jackson	36	Male	
Ben	Hulbert	38	Male	
Lloyd	Warne	29	Male	
Gillian	Blackmore	53	Female	
Tim	Canham	41	Male	
Abigail	Canham	37	Female	
Dean	Manning	49	Male	
William	Manning	17	Male	
Steve	Jeggo	48	Male	
Sarah	Jeggo	42	Female	
Jonathan	Mann	37	Male	
James	King	32	Male	
Hugh	Turner	70	Male	Sudbury Joggers
Sarah	Ward	41	Female	
Toby	Shaddock	42	Male	
Darren	Barfield	38	Male	Sudbury Joggers
Stewart	Ellis	41	Male	Halstead RRC
Leslie	Hill	55	Male	Norfolk Gazelles AC
Alan	Cochram	44	Male	
F	Hounslow	39	Female	
Mark	Cochram	46	Male	
Peter	Thompson	61	Male	Norfolk Gazelles AC
Fern	Hayles	32	Female	Caerleon RC
Steve	Bright	54	Male	
Simon	Hibbert	34	Male	
Christopher	Ryland	63	Male	
Luke	Seabrook	27	Male	

First Name	Surname	Age	Gender	Running Club
Amanda	Mallinson	39	Female	
Janice	Beckett	42	Female	
John	Cooke	51	Male	Colchester Harriers AC
Kate	Prazsky	35	Female	
Lucy	Flanigan	35	Female	
Joseph	Ferrett	31	Male	
George	Manning	21	Male	
Hazel	Borg	42	Female	
Dan	Hulbert	40	Male	
Mark	Hughes	48	Male	Stowmarket Striders RC
Jeremy	Reader	43	Male	Newmarket Joggers
Emma	Townsend	33	Female	Newmarket Joggers
Paul	Huk	39	Male	
Jane	Johnson	45	Female	
Ciaran	Griffin	54	Male	
David	Miller	37	Male	
Kathryn	Bronson	37	Female	Halstead RRC
Jessica	Goudkuil	34	Female	Sudbury Joggers
Rachael	Roughan	36	Female	
Daniel	Roughan	36	Male	
Andrew	Hill	33	Male	
Andrew	Mclaughlin	51	Male	
Laura	Hoff	26	Female	
Emma	Rowe	22	Female	
Tracey	King	44	Female	
Danny	Rock	35	Male	Ipswich Jaffa RC
Sue	Sorrell	50	Female	Great Bentley Running Club
Megan	Castle	24	Female	
Drew	Olley	16	Male	Colchester Harriers AC
Chris	Aylmer	66	Male	Newmarket Joggers
Chloe	Lock	22	Female	
Jess	Preston	37	Female	Vegan Runners UK
Mel	Chittock	61	Male	
Gill	Hughes	44	Female	
Paul	Edgar	46	Male	
Keith	Hammond	36	Male	
Iain	Hunter	59	Male	Stowmarket Striders RC
Jennifer	Nicholls	34	Female	
Jo	Miller	39	Female	
Lydia	Simmons	31	Female	
Darren	Maile	51	Male	
Julie	Jackson	32	Female	
Tim	Jackson	38	Male	
John	Turnbull	65	Male	Hadleigh Hares AC
Liz	Turnbull	66	Female	
Barry	Curtis	45	Male	
Chris	Fradley	38	Male	
Sansan	Pang	27	Female	
Michelle	Hudson	49	Female	

First Name	Surname	Age	Gender	Running Club
Bradley	De Jager	20	Male	
Tim	Ranson	56	Male	
Michelle	Ranson	37	Female	
Tracey	Welsh	56	Female	
Terry	Welsh	57	Male	
Trelawney	Hodgkinson	25	Female	
Stuart	Logan	36	Male	
Sarah	Duke	30	Female	
Alex	Harris	20	Male	
Mark	Stocker	44	Male	
Hollie	Roper	32	Female	
Jamie	Roper	29	Male	
John	Robinson	45	Male	
Steve	Mason	29	Male	
Samantha	Parker	27	Female	
Belinda	Palmer-Barnes	56	Female	Great Bentley Running Club
John	Bush	53	Male	Great Bentley Running Club
Rob	Blackman	28	Male	
Steve	Goodwin	34	Male	
Piotr	Bulacz	46	Male	
Samuel	Blows	34	Male	
Nicola	Caba	54	Female	
Ian	Elkins	37	Male	
Angela	Turnbull	33	Female	
Claire	Turnbull	33	Female	
Tom	Cresswell	29	Male	Colchester Harriers AC
Will	Ginno	35	Male	
Sue	Crawte	56	Female	
Richard	Jones	50	Male	
Jessica	Thompson	34	Female	
Jane	Moore	52	Female	
Natasha	Hood	23	Female	
Stephen	Arnold	41	Male	
Michelle	Edney	47	Female	
Tatjana	Murray	45	Female	
Graham	Williams	26	Male	
Andy	Owen	26	Male	Halstead RRC
Andreea	Bornaz	36	Female	
Lisa	Winnington	38	Female	Newmarket Joggers
Tom	Edwards	24	Male	
Will	Edwards	20	Male	
Debbie	Wiegand	36	Female	
Sean	Wiegand	36	Male	
Mike	Foster	31	Male	
Sid	Haygreen	46	Male	Sudbury Joggers
Chris	Drake	45	Male	
Lincoln	Grounds	49	Male	
Steve	Attridge	41	Male	
Louisa	Attridge	40	Female	

First Name	Surname	Age	Gender	Running Club
Paul	Walker	45	Male	
Mark	Andrews	45	Male	
Andrew	Ridley	25	Male	Birchfield Harriers
Michael	Undrill	49	Male	
Kim	Watts	59	Male	
Mandy	Newman	57	Female	
David	Bruce	39	Male	
Jim	Bruce	44	Male	
Baz	Goldstone	64	Male	Thrift Green Trotters
Bridget	Goldstone	56	Female	Stowmarket Striders RC
Fay	Smalls	45	Female	Colchester Harriers AC
Allen	Smalls	49	Male	Colchester Harriers AC
Joanna	Woledge	43	Female	Saint Edmund Pacers
Matthew	Iannone	44	Male	
Richard	Penfold	30	Male	
Luke	Groves	31	Male	Great Bentley Running Club
Daniel	O'Boyle	28	Male	Saint Edmund Pacers
Kerry	Dodsworth	28	Male	
John	Buckle	61	Male	
Lewis	Williams	24	Male	
Caroliena	Cameron	47	Female	Halstead RRC
Karen	Howlett	45	Female	
Catherine	Drew	51	Female	
Jodie	Black	19	Female	
Steven	Mallinson	39	Male	
Lucy	Haycock	37	Female	
Neil	Arbon	65	Male	
Karen	Tew	54	Female	
Michael	Tew	57	Male	
Marie	Shirley	38	Female	Colchester Harriers AC
Sarah	Frost	31	Female	Halstead RRC
Sarah	Pope	42	Female	
Michael	Cook	27	Male	
Amanda	Chaplin	26	Female	
Mark	Salisbury	33	Male	Sudbury Joggers
Naomi	Henry	36	Female	
Carl	Farrugia	36	Male	
Will	Ponsford	40	Male	
Martin	Wilson	37	Male	Stowmarket Striders RC
Kate	Hutson	37	Female	Ipswich Jaffa RC
Andrew	Collett	34	Male	Stowmarket Striders RC
Bianca	Burman	32	Female	Sudbury Joggers
Jo	Whelan	56	Female	Felixstowe RRC
Gary	Penn	40	Male	City Of Norwich AC
Nick	Undrill	23	Male	
Clair	Fiddaman	39	Female	Felixstowe RRC
Peppa	Humphries	39	Female	
Pat	Humphries	40	Male	
Mary Ann	Tuli	46	Female	Haverhill Running Club

First Name	Surname	Age	Gender	Running Club
Sara	Burnham	31	Female	
Andrea	Senior	30	Female	Sudbury Joggers
David	Mcmahon	41	Male	
Toby	Underwood	40	Male	
Nicola	Pyle	50	Female	Springfield Striders RC
Lucie	Wilson	34	Female	
David	Lesiak	63	Male	
Neil	Conner	46	Male	
Leon	West	38	Male	
David	Swales	53	Male	Saint Edmund Pacers
Richard	Garrard	37	Male	
David	Wignall	48	Female	
Jane	Wignall	49	Female	
Eric	Shaw	71	Male	Great Bentley Running Club
Jackie	Collins	52	Female	Felixstowe RRC
Karen	Skene	49	Female	Great Bentley Running Club
James	Preston	16	Male	
Stephen	Preston	55	Male	
Steven	Hughes	53	Male	Stowmarket Striders RC
Andy	Hayward	33	Male	Stowmarket Striders RC
James	Charlesworth	45	Male	
Carolynn	Anderson	42	Female	Newmarket Joggers
Amanda	Prior	49	Female	Capel Cheetahs
Bec	Hender	37	Female	
Gemma	Colling	30	Female	Great Bentley Running Club
Melissa	Smith	42	Female	
Anna	Clayton	32	Female	
Rachel	Rodgers	42	Female	
Daniel	Summersgill	32	Male	
Louise	Yates	38	Female	
Lee	Holohan	41	Male	
Julie	Newland	45	Female	
Kai	Reynolds	18	Male	
Ruby	East	15	Female	
Clare	Gillibrand	44	Female	Sudbury Joggers
Paul	Felton	50	Male	
Kevin	Andrews	34	Male	
Helen	Davies	53	Female	
Richard	Pillet	53	Male	
Cathryn	Fifield	51	Female	
Sil	Clay	51	Female	Haverhill Running Club
Wendy	Aldhouse	51	Female	Haverhill Running Club
Lee	Chaplin	35	Male	
Jackie	Warren	53	Female	
Colin	Newcombe	46	Male	
Janine	Sestak	66	Female	
Marie	Lowe	36	Female	
Austen	King	40	Male	
Daniel	Gould	42	Male	Felixstowe RRC

First Name	Surname	Age	Gender	Running Club
Paul	Rodgers	43	Male	Colchester Harriers AC
Melody-Anne	Neville	46	Female	Stowmarket Striders RC
Andre	Neville	44	Male	Stowmarket Striders RC
Paul	Preston	45	Male	Colchester Harriers AC
Gareth	Lewry	38	Male	
Christopher	Hopkinson	65	Male	
Karen	Grant	45	Female	Haverhill Running Club
Linda	Underwood	40	Female	