

<b>Pos</b>	<b>Time</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>	<b>Category</b>
1	00:34:10	Smalls	Allan	Colchester Harriers	Male Senior
2	00:34:13	Arnold	Nigle	Norfolk Gazelles	Male Vet 40
3	00:34:39	Jordan	Richard	Stowmarket Striders	Male Vet 40
4	00:34:49	Bettinson	David	Cambridge Triathlon Club	Male Senior
5	00:36:22	Baldwin	Steve	Norfolk Gazelles	Male Senior
6	00:36:41	Chenery	Robert	Ipswich Jaffa	Male Senior
7	00:36:57	Wright	David	Colchester Harriers	Male Vet 40
8	00:37:11	Greenhalgh	Grace	Woodford Green AC	Female Senior
9	00:37:28	Doel	Glenn	Colchester Harriers	Male Senior
10	00:37:38	Gardner	Derek	Unattached	Male Vet 40
11	00:37:56	Jones	Michael	Stowmarket Striders	Male Senior
12	00:37:57	Preston	Paul	Stour Valley Joggers	Male Senior
13	00:38:05	Hill	Raymond	Ipswich Jaffa	Male Vet 50+
14	00:38:08	Decker	Helen	Ipswich Jaffa	Female Senior
15	00:38:20	Roberts	Ray	Felixstowe Road Runners	Male Vet 50+
16	00:38:32	Lloyd	Mark	Unattached	Male Senior
17	00:38:42	Green	Stuart	Stowmarket Striders	Male Vet 40
18	00:38:43	Jordan	Tamara	Stowmarket Striders	Female Senior
19	00:38:54	Rudd	Adrian	Unattached	Male Vet 40
20	00:38:59	Saxby	Paul	Gt Bentley Running Club	Male Vet 40
21	00:39:34	Holder	Julian	Pitsea Running Club	Male Vet 40
22	00:39:39	Brown	Darren	Chelmsford AC	Male Senior
23	00:39:56	Mussett	Annette	Chelmsford AC	Female Senior
24	00:40:12	Watson	Lee	Unattached	Male Senior
25	00:40:22	Mcdowell	Gregory	Colchester Harriers	Male Senior
26	00:40:27	Gillard	Steven	Ipswich Jaffa	Male Senior
27	00:40:58	Bownes	Kevin	Tiptree Road Runners	Male Vet 40
28	00:41:09	Thorne	John	Unattached	Male Senior
29	00:41:10	Pinnion	Clive	Hadleigh Hares AC	Male Senior
30	00:41:33	Clarke	Bob	Colchester Harriers	Male Vet 40
31	00:41:35	Lacey	Chris	Colchester Harriers	Male Vet 40
32	00:41:39	Mackenzie	John	Ilford AC	Male Vet 50+
33	00:41:43	Kitchener	Lynton	Unattached	Male Vet 40
34	00:41:46	Chenery	Duncan	Ipswich Jaffa	Male Vet 40
35	00:41:48	Mayes	Nick	Colchester Harriers	Unable to place in Cat.
36	00:41:49	Thomas	Darren	Witham RC	Male Senior
37	00:41:51	Carter	Joh	Colchester Harriers	Male Vet 50+
38	00:42:06	French	Michael	Colchester Harriers	Male Vet 50+
39	00:42:07	Heaney	Tom	Unattached	Male Senior
40	00:42:22	Hammond	Nick	Stowmarket Striders	Male Senior
41	00:42:24	Simpson	Graham	Unattached	Male Senior
42	00:42:31	Pyle	Nicola	Colchester & Tendring AC	Female Senior
43	00:42:46	Higgs	Lyn	Colchester Harriers	Female Vet 40
44	00:42:47	Cockrell	Jon	Unattached	Male Vet 40
45	00:42:47	Newman	Ivan	Tri Sport Epping	Male Vet 50+
46	00:43:06	Jones	Rob	Colchester Harriers	Male Senior
47	00:43:08	Taylor	Keith	Witham RC	Male Vet 40
48	00:43:11	Gray	Steve	Unattached	Male Vet 40
49	00:43:12	Tanner	Lynn	Colchester & Tendring AC	Female Vet 50+
50	00:43:14	Lacy	Dave	Colchester Harriers	Male Vet 50+
51	00:43:17	Lankester	Mark	Ipswich Jaffa	Male Senior
52	00:43:22	Andrews	D	Witham RC	Male Vet 40

53	00:43:33	Donahue	Gary	Harwich Runners	Male Senior
54	00:43:38	Mccorquodale	Becy	Gt Bentley Running Club	Female Senior
55	00:43:52	Dunsmuir-Watts	Andrew	Witham RC	Male Senior
56	00:44:02	Whiston	Arthur	Colchester Harriers	Male Vet 50+
57	00:44:11	Tuson	Mark	Colchester Harriers	Male Senior
58	00:44:22	Bulard	Michael	Unattached	Male Senior
59	00:44:23	Marsh	Patrick	Colchester Harriers	Male Senior
60	00:44:26	Cahill	Elizabeth	Colchester Harriers	Female Vet 40
61	00:44:43	Bent	Angela	Pitsea Running Club	Female Vet 50+
62	00:44:45	Shewbridge	Laura	Tiptree Road Runners	Female Senior
63	00:44:50	Haines	Richard	Colchester & Tendring AC	Male Senior
64	00:44:58	Dunham	Leslie	Colchester Harriers	Male Vet 50+
65	00:45:05	Shaw	Carol	Havering 90 Joggers	Female Vet 50+
66	00:45:11	Pakey	John	Colchester & Tendring AC	Male Senior
67	00:45:20	Oldman	Peter	Eastern Veterans	Male Vet 50+
68	00:45:21	Beckwith	Mervya	Pitsea Running Club	Female Vet 50+
69	00:45:22	Lodge	Martin	Road Runners Club	Male Vet 40
70	00:45:22	Gladwell	Valerie	Unattached	Female Senior
71	00:45:24	Funnell	Gordon	Hadleigh Hares AC	Male Vet 40
72	00:45:33	Chivers	Ben	Bath University	Male Senior
73	00:45:39	Lynch	James	Unattached	Male Vet 40
74	00:45:39	Pottage	Sandie	Stowmarket Striders	Female Vet 40
75	00:45:50	Wooller	Diane	Colchester & Tendring AC	Female Vet 50+
76	00:46:03	Crowe	Quentin	Unattached	Male Vet 40
77	00:46:08	Garrod	Miles	Stowmarket Striders	Male Vet 40
78	00:46:15	Wallace	Colin	Unattached	Male Vet 40
79	00:46:16	Eldred	Gary	Gt Bentley Running Club	Male Vet 40
80	00:46:16	Linsey	David	Gt Bentley Running Club	Male Senior
81	00:46:27	Broxton	Keith	Felixstowe Road Runners	Male Vet 50+
82	00:46:36	Hoskyn	John	Springfield Striders AC	Male Vet 50+
83	00:46:45	Aldreidge	Wendy	Unattached	Female Vet 40
84	00:46:58	Holmes	Peter	Unattached	Male Senior
85	00:47:02	Cattermore	Debbie	Colchester Harriers	Female Vet 40
86	00:47:04	Bestow	Nic	Ipswich Triathlon Club	Male Vet 40
87	00:47:40	Brookes	Paul	Ipswich Jaffa	Male Senior
88	00:47:48	Thomas	Nigel	Grange Farm Trotters	Male Senior
89	00:47:49	Rowley	Karren	Pitsea Running Club	Female Vet 40
90	00:47:53	Hocken	Adam	Unattached	Male Senior
91	00:47:54	Kelly	Wendy	Ipswich Triathlon Club	Female Vet 40
92	00:47:56	Ingleby	David	Hadleigh Hares AC	Male Vet 50+
93	00:47:57	Foster	Paul	Gt Bentley Running Club	Male Vet 50+
94	00:47:57	Dawson	Vince	Springfield Striders AC	Male Vet 40
95	00:47:59	Garrod	Sue	Stowmarket Striders	Female Vet 40
96	00:48:11	Richardson	Katherine	Colchester & Tendring AC	Female Junior
97	00:48:22	Abrahams	Natalie	Unattached	Female Senior
98	00:48:24	Shaw	Robert	Havering 90 Joggers	Male Vet 40
99	00:48:26	Buisson	Paul	Unattached	Male Vet 40
100	00:48:27	Wikin	Lorraine	Unattached	Female Vet 40
101	00:48:27	Partridge	David	Gt Bentley Running Club	Male Senior
102	00:48:29	Cloud	Samantha	Felixstowe Road Runners	Female Senior
103	00:48:46	Bucker	Mark	Unattached	Male Vet 40
104	00:48:47	Wise	Larry	Gt Bentley Running Club	Male Vet 50+
105	00:48:47	Durban	John	Unattached	Male Senior

106	00:49:03	Geddes	Tom	Gt Bentley Running Club	Male Vet 50+
107	00:49:12	Bucker	Judith	Unattached	Female Vet 40
108	00:49:12	Tompkins	Helan	Pitsea Running Club	Female Vet 40
109	00:49:17	Lough	Colin	Unattached	Male Vet 50+
110	00:49:19	Coiley	James	Unattached	Male Senior
111	00:49:42	Chivers	Wayne	Unattached	Male Vet 50+
112	00:49:50	Armstrong	Paul	Unattached	Male Vet 40
113	00:49:53	Bean	Ruth	Unattached	Female Senior
114	00:49:56	Murry	Susan	Gt Bentley Running Club	Female Vet 40
115	00:49:50	Savage	Michael	Unattached	Male Senior
116	00:50:00	Bright	Stephen	British Athletics AC	Male Vet 40
117	00:50:02	Wright	Maureen	Ipswich Jaffa	Female Vet 50+
118	00:50:03	Gartland	Jane	Stour Valley Joggers	Female Senior
119	00:50:04	Mckay	John	Gt Bentley Running Club	Male Vet 50+
120	00:50:07	Shyjka	Michael	Gt Bentley Running Club	Male Vet 40
121	00:50:17	Fowles	Carol	Unattached	Female Vet 40
122	00:50:18	Varely	Anthony	Unattached	Male Senior
123	00:50:19	Southwould	Richard	St Edmund Pacers	Male Senior
124	00:50:30	Richardson-Wright	Rachel	Colchester Harriers	Female Vet 40
125	00:50:34	Perry	Steve	Springfield Striders AC	Male Vet 50+
126	00:50:44	Gurry	Gaye	Witham RC	Female Vet 40
127	00:50:45	Robinson	Tony	Unattached	Male Vet 40
128	00:50:57	Stander	Sandie	Springfield Striders AC	Female Vet 40
129	00:51:00	Brown	Ian	Unattached	Male Vet 40
130	00:51:16	Boud	Tim	Unattached	Male Senior
131	00:51:38	Foster	Lyn	Gt Bentley Running Club	Female Vet 50+
132	00:51:40	Allen	Martin	Unattached	Male Senior
133	00:51:57	Dobson	Barry	Tiptree Road Runners	Male Vet 50+
134	00:52:07	Hedger	Alan	Unattached	Male Vet 40
135	00:52:28	Hawkes	Russell	Unattached	Male Senior
136	00:52:31	Knowles	Pat	Springfield Striders AC	Female Vet 50+
137	00:52:32	Dilworth	Joseph	Unattached	Male Vet 40
138	00:52:39	Weald	Caroline	Pitsea Running Club	Female Vet 50+
139	00:53:10	Williams	Paul	Pitsea Running Club	Male Vet 40
140	00:53:21	Cooper-Clark	Rosemary	Tiptree Road Runners	Female Vet 40
141	00:53:26	Porter	Garry	Unattached	Male Vet 40
142	00:53:35	Flannigan	Teresa	Pitsea Running Club	Female Vet 50+
143	00:55:55	Brockbank	Nicola	Unattached	Female Senior
144	00:54:24	Jackson	Mike	Unattached	Male Vet 50+
145	00:54:37	Warner	Jonathan	Unattached	Male Vet 50+
146	00:54:47	Shipp	Ann	Springfield Striders AC	Female Vet 40
147	00:54:52	Mayhew	Sandra	Unattached	Female Vet 40
148	00:54:54	Hammond	Michael	Unattached	Male Vet 50+
149	00:54:55	Porrin	Clive	Unattached	Male Senior
150	00:55:05	Chambers	Mike	St Edmund Pacers	Male Vet 50+
151	00:55:08	Mckay	Joanne	Gt Bentley Running Club	Female Senior
152	00:55:20	Hunter	Andrew	Unattached	Male Vet 40
153	00:55:38	Rap	Cathy	Springfield Striders AC	Unable to place in Cat.
154	00:55:44	Kirk	Marianne	Ipswich Jaffa	Female Vet 50+
155	00:55:47	Bates	Peter	Pitsea Running Club	Male Vet 50+
156	00:56:33	Huggins	Nick	St Edmund Pacers	Male Vet 50+
157	00:56:57	Wills	Denise	Unattached	Female Senior
158	00:56:05	Perrin	Julia	Unattached	Unable to place in Cat.

159	00:56:05	Sparsi	Kate	Unattached	Female Vet 40
160	00:57:14	Carey	Ken	Pitsea Running Club	Male Vet 50+
161	00:57:27	Merwe	Ronel Van Der	Stowmarket Striders	Female Vet 40
162	00:57:40	Mckay	Sue	Gt Bentley Running Club	Female Vet 50+
163	00:58:15	Driscoll	Jean	Springfield Striders AC	Male Vet 50+
164	00:58:41	Gardner	Sue	Unattached	Female Vet 40
165	00:58:45	Gunn	Nicky	Unattached	Female Senior
166	00:58:58	Bownes	Caroline	Tiptree Road Runners	Female Vet 40
167	00:59:02	Shimmom	Mike	Unattached	Unable to place in Cat.
168	00:59:12	Greenwood-Wright	Tracey	Riverside Runners	Female Senior
169	00:59:14	Sommerland	Michael	Gt Bentley Running Club	Male Vet 50+
170	00:59:27	Crowley	Sally	Unattached	Female Senior
171	00:59:30	Osborne	Catherine	Ipswich Jaffa	Female Senior
172	01:00:39	Bates	Linda	Pitsea Running Club	Female Vet 50+
173	01:00:54	Richardson	Kate	Unattached	Female Senior
174	01:01:30	Black	Jan	Unattached	Female Vet 50+
175	01:02:11	Shouksmith	Geraldine	Unattached	Female Senior
176	01:02:31	Lines	K	Unattached	Male Vet 40
177	01:02:56	Mitchell	Robert	Unattached	Male Senior
178	01:05:08	Sharp	Renate	Tiptree Road Runners	Female Vet 50+
179	01:06:38	Miller	Roy	St Edmund Pacers	Male Vet 50+
180	01:06:38	Dunham	Sue	Colchester Harriers	Female Vet 50+
181	01:06:38	Clarke	Wendy	Colchester Harriers	Female Vet 40
182	01:06:38	Coates	Gill	Colchester Harriers	Female Senior