

| <b>First Name</b> | <b>Surname</b> | <b>Gender</b> | <b>Running Club</b>        | <b>Local</b> |
|-------------------|----------------|---------------|----------------------------|--------------|
| Joanne            | Abbott         | Female        | Hadleigh Hares AC          | No           |
| Silvana           | Adwent         | Female        | Team2gether                | No           |
| Gavin             | Alexander      | Male          |                            | No           |
| Nicola            | Alexander      | Female        |                            | No           |
| Alec              | Amos           | Male          |                            | No           |
| Helen             | Amos           | Female        |                            | No           |
| Vicky             | Amos           | Female        |                            | No           |
| Alexander         | Andrews        | Male          |                            | No           |
| Tony              | Andrews        | Male          |                            | No           |
| Tracy             | Avenell        | Female        | Jogging Made Easy          | Yes          |
| Julia             | Bacon          | Female        | Witham RC                  | No           |
| Lorraine          | Baker          | Female        | Tiptree Road Runners       | No           |
| Luke              | Baker          | Male          |                            | No           |
| Simon             | Baker          | Male          | Tiptree Road Runners       | No           |
| Allen             | Ball           | Male          | GoodGym Race Team          | No           |
| Carla             | Ball           | Female        |                            | No           |
| Michael           | Ball           | Male          | Harwich Runners            | No           |
| Juliet            | Balls          | Female        |                            | No           |
| Susan             | Bannoicks      | Female        | Phoenix Striders           | No           |
| Ben               | Barnard        | Male          |                            | No           |
| Frances           | Barnard        | Female        | Capel Cheetahs             | No           |
| Sue               | Barnard        | Female        |                            | No           |
| Stuart            | Barrett        | Male          |                            | No           |
| Ben               | Barritt        | Male          |                            | No           |
| Paul              | Barritt        | Male          | Colchester Harriers AC     | No           |
| Tessa             | Bates          | Female        |                            | No           |
| Stuart            | Beal-Collins   | Male          | Sudbury Joggers            | No           |
| Caroline          | Bedford        | Female        |                            | No           |
| Stephanie         | Bedford        | Female        |                            | No           |
| Helen             | Benham         | Female        | Harwich Runners            | No           |
| Celine            | Bennett        | Female        |                            | No           |
| Stacey            | Bennett        | Female        |                            | No           |
| Peter             | Benton         | Male          | Great Bentley Running Club | No           |
| Tania             | Blanks         | Female        |                            | No           |
| William           | Bolton         | Male          |                            | No           |
| Chris             | Bowen          | Male          |                            | No           |
| Sally-Ann         | Bowen          | Female        | Sudbury Joggers            | No           |
| Simon             | Bowen          | Male          |                            | No           |
| Ian               | Bown           | Male          | GoodGym Race Team          | No           |
| Joan              | Brett          | Female        |                            | No           |
| Sharon            | Breward        | Female        | Sudbury Joggers            | No           |
| Jonathan          | Briggs         | Male          |                            | No           |
| Lisa              | Briggs         | Female        | Running Colchester         | No           |
| Aimee             | Brinzer        | Female        | Witham RC                  | No           |
| Andrew            | Brooke         | Male          |                            | No           |
| Sally             | Buckle         | Female        | Sudbury Joggers            | No           |
| Kerry             | Buckley        | Male          | Run For Your Life          | No           |
| Sylvia            | Bullen Bell    | Female        | Witham RC                  | No           |
| Lucy              | Burdett        | Female        | Havering '90 Joggers       | No           |
| Peter             | Burdett        | Male          | Havering '90 Joggers       | No           |
| Chris             | Burrows        | Male          | LWFitness4All              | No           |
| Martina           | Byrne          | Female        | Witham RC                  | No           |

|           |             |        |                            |     |
|-----------|-------------|--------|----------------------------|-----|
| Edward    | Campbell    | Male   | Jogging Made Easy          | No  |
| Nicola    | Cant        | Female | Sudbury Joggers            | No  |
| Ashley    | Carden      | Male   |                            | No  |
| Samantha  | Carden      | Female | Running Colchester         | No  |
| Lee       | Caulfield   | Male   | Colchester Harriers AC     | No  |
| Max       | Caulfield   | Male   | Colchester Harriers AC     | No  |
| Connor    | Clark       | Male   |                            | No  |
| Dawn      | Clark       | Female | Sudbury Joggers            | Yes |
| Graham    | Clarke      | Male   | Great Bentley Running Club | No  |
| Sarah     | Clarke      | Female | TRISudbury                 | No  |
| Sarah     | Clarke      | Female |                            | No  |
| Daniel    | Cleaver     | Male   |                            | No  |
| Robert    | Cleaver     | Male   |                            | No  |
| Dean      | Coe         | Male   |                            | No  |
| Robert    | Coe         | Male   |                            | No  |
| Charlie   | Collis      | Male   |                            | No  |
| Jay       | Collis      | Male   |                            | No  |
| Johnny    | Collis      | Male   |                            | No  |
| Elisabeth | Connor      | Female |                            | No  |
| Richard   | Connor      | Male   |                            | No  |
| Wendy     | Cooper      | Female |                            | No  |
| Laetitia  | Corbett     | Female | The Fitness Shack          | No  |
| Hillary   | Curtis      | Female | Witham RC                  | No  |
| Jeanetta  | Darraha     | Female |                            | No  |
| Lucy      | Davies      | Female | Tiptree Road Runners       | No  |
| Rebecca   | Davies      | Female |                            | No  |
| Ellie     | Davis       | Female |                            | No  |
| Emma      | Dawson      | Female |                            | No  |
| Ian       | Dawson      | Male   | Running Colchester         | No  |
| Rachel    | Dawson      | Female |                            | No  |
| David     | Elden       | Male   |                            | No  |
| Frances   | Ellen       | Female |                            | No  |
| Phil      | Ellen       | Male   |                            | No  |
| Graham    | Elliott     | Male   |                            | No  |
| Nicola    | Elliott     | Female |                            | No  |
| Helen     | Elmes       | Female |                            | No  |
| Nicola    | Elmes       | Female |                            | No  |
| Tony      | Emms        | Male   |                            | Yes |
| Jon       | Enefer      | Male   | Running Colchester         | No  |
| Melonie   | Evans       | Female | Sudbury Joggers            | No  |
| Cherri    | Farren      | Female |                            | No  |
| Jonathan  | Finch       | Male   | Tiptree Road Runners       | No  |
| Felipe    | Fleury-Rojo | Male   |                            | No  |
| Karen     | Flowers     | Female | Witham RC                  | No  |
| Richard   | Flutter     | Male   | Colchester Harriers AC     | No  |
| Michael   | Foster      | Male   |                            | No  |
| Lynne     | Garey       | Female | Springfield Striders RC    | No  |
| Andrew    | Gill        | Male   |                            | No  |
| Rachel    | Gill        | Female |                            | No  |
| Helen     | Gilmour     | Female |                            | No  |
| Matt      | Gilmour     | Male   |                            | No  |
| Justin    | Goodwin     | Male   |                            | No  |
| Jack      | Gould       | Male   |                            | No  |

|          |              |        |                            |     |
|----------|--------------|--------|----------------------------|-----|
| Mary     | Gould        | Female |                            | No  |
| David    | Grainger     | Male   | Witham RC                  | No  |
| Melanie  | Green        | Female | Havering '90 Joggers       | No  |
| Stuart   | Green        | Male   | Stowmarket Striders RC     | No  |
| Justin   | Grimes       | Male   |                            | No  |
| Trish    | Groves       | Female | Havering '90 Joggers       | No  |
| Jackie   | Hagger       | Female |                            | No  |
| Mark     | Hagger       | Male   |                            | No  |
| Jade     | Hall         | Female |                            | No  |
| Joanne   | Hall         | Female |                            | No  |
| Sarah    | Hammond      | Female | Springfield Striders RC    | No  |
| Danielle | Harrington   | Female | Tiptree Road Runners       | No  |
| Peter    | Harrington   | Male   |                            | No  |
| James    | Harris       | Male   |                            | No  |
| Mark     | Harris       | Male   |                            | No  |
| Hatty    | Hawes        | Female |                            | No  |
| Mark     | Healy        | Male   |                            | No  |
| Jason    | Heath        | Male   |                            | No  |
| Mark     | Heath        | Male   |                            | No  |
| Steve    | Hennings     | Male   | Witham RC                  | No  |
| David    | Hilson       | Male   | Colchester Harriers AC     | No  |
| Nicola   | Hilson       | Female | Colchester Harriers AC     | No  |
| Lindsay  | Hobden       | Female | TRISudbury                 | No  |
| Angela   | Hopkins      | Female | Dengie 100 Runners         | No  |
| James    | Hore         | Male   |                            | Yes |
| Maddy    | Hore         | Female |                            | No  |
| Jo       | House        | Female |                            | No  |
| Mark     | Howard       | Male   |                            | No  |
| Andrew   | Hubbard      | Male   | Jogging Made Easy          | No  |
| David    | Hunt         | Male   | Witham RC                  | No  |
| Joanne   | Hunt         | Female |                            | No  |
| Louise   | Hunt         | Female |                            | No  |
| Daniel   | Jackson      | Male   |                            | No  |
| Rachel   | Jackson      | Female | Tiptree Road Runners       | No  |
| Joanne   | James        | Female |                            | No  |
| Joanne   | James        | Female |                            | No  |
| Kevin    | James        | Male   | Great Bentley Running Club | No  |
| Sandra   | James        | Female | Great Bentley Running Club | No  |
| Jo       | Johnson      | Female |                            | No  |
| John     | Johnson      | Male   |                            | No  |
| Mark     | Johnstonwood | Male   | Sudbury Joggers            | No  |
| David    | Kennedy      | Male   |                            | No  |
| Jason    | Kennedy      | Male   |                            | No  |
| Kevin    | Kennedy      | Male   |                            | No  |
| Rosie    | Kerr         | Female | Sudbury Joggers            | No  |
| Matthew  | Keyworth     | Male   | Havering '90 Joggers       | No  |
| Tracey   | King         | Female |                            | No  |
| Dion     | Kipping      | Male   |                            | No  |
| Thomas   | Koreman      | Male   |                            | No  |
| Alex     | Kuczer       | Male   | Run For Your Life          | No  |
| Paul     | Lacey        | Male   | Hadleigh Hares AC          | No  |
| Kevin    | Lane         | Male   |                            | No  |
| Louise   | Lane         | Female |                            | No  |

|           |              |        |                         |    |
|-----------|--------------|--------|-------------------------|----|
| Graham    | Langford     | Male   | Colchester Harriers AC  | No |
| James     | Ledger       | Male   |                         | No |
| Maddy     | Ledger       | Female |                         | No |
| John      | Lloyd        | Male   | Witham RC               | No |
| John      | Lloyd        | Male   |                         | No |
| Mark      | Lloyd        | Male   |                         | No |
| Dave      | Lumby        | Male   | Ipswich Jaffa RC        | No |
| Mark      | Lynch        | Male   | Witham RC               | No |
| Bruce     | Mail         | Male   | Havering '90 Joggers    | No |
| Sandy     | Maloy        | Female | Sudbury Joggers         | No |
| Andrew    | Mann         | Male   | Ipswich Jaffa RC        | No |
| Jade      | Mark         | Female |                         | No |
| Jon       | Marsh        | Male   |                         | No |
| Jackie    | Martin       | Female |                         | No |
| Mark      | Martin       | Male   |                         | No |
| Mark      | Martin       | Male   |                         | No |
| Ray       | Martin       | Male   |                         | No |
| Rupert    | Martin       | Male   |                         | No |
| Emma      | Mcgregor     | Female | Sea Wall Striders       | No |
| Sarah     | Mckee-Harris | Female |                         | No |
| Scott     | Mclaren      | Male   | TRISudbury              | No |
| Ada       | Mcmahon      | Female | Frinton Running Club    | No |
| Briony    | Mcsweeney    | Female |                         | No |
| Ben       | Miller       | Male   | Witham RC               | No |
| Lorraine  | Mills        | Female | Tiptree Road Runners    | No |
| Heydon    | Mizon        | Male   | Witham RC               | No |
| Charlie   | Moore        | Female | Witham RC               | No |
| Alex      | Mortimer     | Male   |                         | No |
| Sarah     | Mortimer     | Female | Harwich Runners         | No |
| Rebecca   | Morton       | Female |                         | No |
| Mark      | Moughton     | Male   | Springfield Striders RC | No |
| Carol     | Nelson       | Female | Havering '90 Joggers    | No |
| Tim       | Newton       | Male   | Ipswich Jaffa RC        | No |
| Doug      | O'Neill      | Male   | Colchester Harriers AC  | No |
| Ryan      | Osborn       | Male   |                         | No |
| Nikki     | Osborne      | Female |                         | No |
| Jack      | Page         | Male   |                         | No |
| Mary      | Page         | Female |                         | No |
| Claire    | Parker       | Female |                         | No |
| Helen     | Parsons      | Female |                         | No |
| Matt      | Parsons      | Male   |                         | No |
| James     | Peachey      | Male   |                         | No |
| Helen     | Pearce       | Female |                         | No |
| Nicola    | Pearce       | Female |                         | No |
| Joaquin   | Polo         | Male   | Havering '90 Joggers    | No |
| Claire    | Poole        | Female |                         | No |
| Christina | Pretty       | Female | Harwich Runners         | No |
| Kim       | Pretty       | Male   | Harwich Runners         | No |
| Rosemary  | Prince       | Female |                         | No |
| Andrew    | Read         | Male   |                         | No |
| Angela    | Read         | Female |                         | No |
| Nicola    | Read         | Female |                         | No |
| Graham    | Reade        | Male   |                         | No |

|           |            |        |                              |    |
|-----------|------------|--------|------------------------------|----|
| Frances   | Reed       | Female |                              | No |
| Phil      | Reed       | Male   |                              | No |
| Charlotte | Richardson | Female | Sudbury Joggers              | No |
| Emma      | Richardson | Female |                              | No |
| Rachel    | Richardson | Female |                              | No |
| Christina | Riddiough  | Female |                              | No |
| Jus       | Rishworth  | Male   |                              | No |
| Steve     | Roberts    | Male   | Sudbury Joggers              | No |
| Rebecca   | Robertson  | Female |                              | No |
| Abe       | Robinson   | Female |                              | No |
| Ellie     | Robinson   | Female |                              | No |
| Allan     | Rumble     | Male   |                              | No |
| Sasha     | Rush       | Female | Witham RC                    | No |
| Gemma     | Salt       | Female |                              | No |
| Nicky     | Santomauro | Female |                              | No |
| Kieron    | Savage     | Male   | Sudbury Joggers              | No |
| Duncan    | Scott      | Male   | Running Colchester           | No |
| Helen     | Scott      | Female | Running Colchester           | No |
| Simon     | Scott      | Male   | Witham RC                    | No |
| Kevin     | Sheath     | Male   |                              | No |
| Charlotte | Shepherd   | Female | Parkside Running and Fitness | No |
| Bethany   | Shippey    | Female | Witham RC                    | No |
| Sue       | Shippey    | Female | Witham RC                    | No |
| Colin     | Short      | Male   | Witham RC                    | No |
| Ross      | Silverton  | Male   | Witham RC                    | No |
| Andrew    | Silverton  | Male   |                              | No |
| Elisabeth | Singleton  | Female |                              | No |
| Richard   | Singleton  | Male   |                              | No |
| Richard   | Smith      | Male   | Sudbury Joggers              | No |
| Giles     | Sowerby    | Male   | Witham RC                    | No |
| Dean      | Sparling   | Male   |                              | No |
| Robert    | Spurling   | Male   |                              | No |
| Richard   | Stearn     | Male   |                              | No |
| Caroline  | Talbot     | Female |                              | No |
| Michelle  | Tarbun     | Female |                              | No |
| Celia     | Terry      | Female | Dengie 100 Runners           | No |
| Colin     | Tester     | Male   | Sevenoaks AC                 | No |
| Robert    | Thompson   | Male   |                              | No |
| Daniel    | Tomkins    | Male   |                              | No |
| Connor    | Turnbull   | Male   |                              | No |
| John      | Turnbull   | Male   | Hadleigh Hares AC            | No |
| Sarah     | Turnbull   | Female |                              | No |
| Wing      | Ung        | Female | Boxted Runners               | No |
| Jerry     | Walder     | Male   | Colchester Harriers AC       | No |
| Chris     | Wallace    | Male   |                              | No |
| Simon     | Wallace    | Male   |                              | No |
| Celine    | Wallis     | Female |                              | No |
| Stacey    | Wallis     | Female |                              | No |
| Jason     | Walne      | Male   |                              | No |
| Dave      | Wareham    | Male   |                              | No |
| Kelly     | Wareham    | Female | Springfield Striders RC      | No |
| Jacquie   | Webb       | Female | Sudbury Joggers              | No |
| Heidi     | Went       | Female |                              | No |

|           |                 |        |                        |    |
|-----------|-----------------|--------|------------------------|----|
| Caroline  | Wheeler         | Female |                        | No |
| Stephanie | Wheeler         | Female |                        | No |
| Arthur    | Whiston         | Male   | Colchester Harriers AC | No |
| Caroline  | Widdowson       | Female | Running Colchester     | No |
| Dan       | Widdowson       | Male   | Hadleigh Hares AC      | No |
| Jean      | Wier            | Female | Harwich Runners        | No |
| David     | Wignall         | Male   | Running Colchester     | No |
| Daniel    | Wilkinson       | Male   | Colchester Harriers AC | No |
| David     | Willer          | Male   | Hadleigh Hares AC      | No |
| Ben       | Williams        | Male   |                        | No |
| Stuart    | Williams        | Male   |                        | No |
| Ben       | Wills           | Male   |                        | No |
| Sue       | Wills           | Female |                        | No |
| Alexander | Wilson          | Male   |                        | No |
| Simon     | Wilson          | Male   | Colchester Harriers AC | No |
| Tony      | Wilson          | Male   |                        | No |
| Neal      | Wolton-Harragan | Male   |                        | No |
| Alex      | Wright          | Male   |                        | No |
| Vicky     | Wright          | Female |                        | No |
| James     | Wyatt           | Male   | Rowhedge Runners       | No |
| Anna      | Young           | Female | Harwich Runners        | No |
| David     | Young           | Male   |                        | No |
| Johnny    | Zeeuw           | Male   | Colchester Harriers AC | No |