

<b>Firstname</b>	<b>Surname</b>	<b>Gender</b>	<b>Running Club</b>	<b>Local</b>
Joanne	Abbott	Female	Hadleigh Hares AC	No
Judith	Adolphus	Female	Ipswich Jaffa RC	No
Tony	Adolphus	Male	Ipswich Jaffa RC	No
Silvana	Adwent	Female	Team2gether	No
Gavin	Alexander	Male		No
Nicola	Alexander	Female		No
Emma	Allen	Female		No
Stephen	Ames	Male	Boxted Runners	No
Alec	Amos	Male		No
Helen	Amos	Female		No
Vicky	Amos	Female		No
Alexander	Andrews	Male		No
Tony	Andrews	Male		No
Paula	Appleton	Female		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
Paul	Ballard	Male	Hadleigh Hares AC	No
Juliet	Balls	Female		No
Susan	Bannoeks	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
Scott	Bennett	Male		No
Stacey	Bennett	Female		No
Peter	Benton	Male	Great Bentley Running Club	No
Dale	Betts	Male		No
Stephen	Bland	Male		No
Tania	Blanks	Female		No
William	Bolton	Male		No
Lisa	Bond	Female	Ipswich Jaffa RC	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
Joshua	Brown	Male		No
Sally	Buckle	Female	Sudbury Joggers	No
Kerry	Buckley	Male	Run For Your Life	No
Jodie	Budd	Female	Sudbury Joggers	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
Jacqueline	Butler	Female	Havering '90 Joggers	No
Martina	Byrne	Female	Witham RC	No
Edward	Campbell	Male	Jogging Made Easy	No
Wilfred	Campbell	Male	Ipswich Jaffa RC	No
Nicola	Cant	Female	Sudbury Joggers	No
Ashley	Carden	Male		No
Paul	Carden	Male	Team Carden	No
Samantha	Carden	Female	Running Colchester	No
Simon	Carden	Male	Team Carden	No
Jennifer	Carter	Female	Boxted Runners	No
Richard	Carvey	Male	Dengie 100 Runners	No
Marcus	Catlin	Male	Ipswich Jaffa RC	No
Lee	Caulfield	Male	Colchester Harriers AC	No
Max	Caulfield	Male	Colchester Harriers AC	No
Claire	Chattenton	Female	Run For Your Life	No
Ryan	Christian	Male		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
Micky	Coburn	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
Michael	Cooper	Male		No
Wendy	Cooper	Female		No
Laetitia	Corbett	Female	The Fitness Shack	No
Clair	Cornwell	Female		No
Martin	Court	Male		No
Gary	Crowther	Male		No
Andy	Curtis	Male		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
Sarah	De-Vaux Balbirnie	Female	Vegan Runners UK	No
Vanessa	Dolling	Female	Boxted Runners	Yes
Paul	Dungate	Male		No
Seann	Dunt	Male		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
Helen	Enefer	Female		No
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
Gary	Flint	Male	Havering '90 Joggers	No
Karen	Flowers	Female	Witham RC	No
Richard	Flutter	Male	Colchester Harriers AC	No
Simon	Ford	Male	Colchester Harriers AC	Yes
Ben	Forrest	Male		No
Jane	Foster	Female	Havering '90 Joggers	No
Michael	Foster	Male		No
Catherine	Frost	Female		No
Chris	Frost	Male		No
Mollie	Frost	Female		No
Suzanne	Frost	Female	Sudbury Joggers	No
Robin	Fussell	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
Andy	Gladman	Male		No
Amanda	Goldsmith	Female		No
Justin	Goodwin	Male		No
Jack	Gould	Male		No
Mary	Gould	Female		No
David	Grainger	Male	Witham RC	No
Karl	Graves	Male	Boxted Runners	Yes
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
Carlene	Hare	Female	TRISudbury	No
Lara	Harradine	Female	Havering '90 Joggers	No
Danielle	Harrington	Female	Tiptree Road Runners	No
Peter	Harrington	Male		No
James	Harris	Male		No
Mark	Harris	Male		No
Jennie	Hart	Female		No
Hatty	Hawes	Female		No
Val	Haynes	Female	Running Colchester	No
mark	Healy	Male		No
Jason	Heath	Male		No
Mark	Heath	Male		No
Aiko	Henington	Female	Colchester Harriers AC	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
Darran	Houchin	Male		No
Jo	House	Female		No
Mark	Howard	Male		No
Andrew	Hubbard	Male	Jogging Made Easy	No
Annali	Hubbard	Female		No
David	Hunt	Male	Witham RC	No
Joanne	Hunt	Female		No
Louise	Hunt	Female		No
Joseph	Iacobucci	Male		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
Gary	Jarvis	Male	Felixstowe RRC	No
Sarah	Jeggo	Female	Sudbury Joggers	No
Steven	Jeggo	Male	Sudbury Joggers	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
Gary	King	Male		No
Jacquie	King	Female		Yes
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
Stacey	Lane	Female		No
Graham	Langford	Male	Colchester Harriers AC	No
Claire	Lawn	Female	Running Colchester	No
Angela	Lawrence	Female		No
James	Ledger	Male		No
Maddy	Ledger	Female		No
Ian	Linton	Male	Tiptree Road Runners	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
Malcolm	Macleod	Male		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
Keith	Marley	Male	Colchester Harriers AC	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
Michael	McCarthy	Male	Felixstowe RRC	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
Dan	Meredith	Male	Havering '90 Joggers	No
Ben	Miller	Male	Witham RC	No
Kerrie	Mills	Female		No
Lorraine	Mills	Female	Tiptree Road Runners	No
Danny	Millward	Male	Colchester Harriers AC	No
Richard	Millward	Male	Colchester Harriers AC	No
Heydon	Mizon	Male	Witham RC	No
Charlie	Moore	Female	Witham RC	No
Sadie	Moore	Female		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
Jason	Nightingale	Male		No
Joanne	Nightingale	Female		No
Andrew	Nurden	Male		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
Hannah	Parker	Female		No
Helen	Parsons	Female		No
Matt	Parsons	Male		No
Marie	Paveley	Female		No
James	Peachey	Male		No
Helen	Pearce	Female		No
Nicola	Pearce	Female		No
Jane	Pearson	Female	Sudbury Joggers	No
John	Perry	Male	Boxted Runners	No
Kate	Pettit	Female	Havering '90 Joggers	No
Moira	Pinkney	Female	Ipswich Triathlon Club	No
Barry	Plowman	Male	Braintree & District AC	No
Sharon	Plowman	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
Glenn	Proctor	Male	Stowmarket Striders RC	No
Darren	Radford	Male	Havering '90 Joggers	No
Nicola	Ranson	Female	Springfield Striders RC	No
Ian	Ratray	Male	Colchester Harriers AC	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
Alison	Renshaw	Female	Ipswich Jaffa RC	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
Andrew	Robertson	Male	Run For Your Life	No
Rebecca	Robertson	Female		No
Abe	Robinson	Female		No
Ellie	Robinson	Female		No
Kyle	Roper	Male	Run For Your Life	No
Samuel	Rose	Male		No
John	Rozee	Male	Havering '90 Joggers	No
Rachael	Rudge	Female		No
Allan	Rumble	Male		No
Sasha	Rush	Female	Witham RC	No
Andy	Rutson-Edwards	Male		No
Gemma	Salt	Female		No
Gillian	Salt	Female	Boxted Runners	Yes

Nicky	Santomauro	Female		No
Kieron	Savage	Male	Sudbury Joggers	No
Mark	Schofield	Male		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
Lucy	Sherwood	Female	Running Colchester	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
Hayley	Skinner	Female	Ipswich Jaffa RC	No
Brian	Slade	Male	Havering '90 Joggers	No
Emma	Smith	Female	Running Colchester	No
Richard	Smith	Male	Sudbury Joggers	No
Giles	Sowerby	Male	Witham RC	No
Dean	Sparling	Male		No
Robert	Spurling	Male		No
Tania	Stacey	Female	Boxted Runners	No
Richard	Stearn	Male		No
David	Steward	Male	Woodbridge Shufflers RC	No
Caroline	Talbot	Female		No
Suzy	Tankard	Female		No
Daniel	Tanner	Male		No
Lynn	Tanner	Female	Springfield Striders RC	No
Tracey	Tanner	Female	Running Colchester	No
Michelle	Tarbun	Female		No
Robin	Taverner	Male		No
Katie	Taylor	Female		No
Celia	Terry	Female	Dengie 100 Runners	No
Colin	Tester	Male	Sevenoaks AC	No
Andy	Thompson	Male	Running Colchester	No
Robert	Thompson	Male		No
Daniel	Tomkins	Male		No
Daniel	Tudor	Male	Havering '90 Joggers	No
Emma	Tudor	Female	Havering '90 Joggers	No
Connor	Turnbull	Male		No
John	Turnbull	Male	Hadleigh Hares AC	No
Sarah	Turnbull	Female		No
Ben	Tyler	Male		No
Michael	Undrill	Male		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

Sam	Wardle	Male		No
Dave	Wareham	Male		No
Kelly	Wareham	Female	Springfield Striders RC	No
David	Warwick	Male		No
Sarah	Watkins	Female	Hadleigh Hares AC	No
Jacquie	Webb	Female	Sudbury Joggers	No
Chris	Wells	Male	Sudbury Joggers	No
Heidi	Went	Female		No
Jonathan	West	Male	The Gym Group Colchester	No
Debbie	Westland	Female		No
Caroline	Wheeler	Female		No
Stephanie	Wheeler	Female		No
Arthur	Whiston	Male	Colchester Harriers AC	No
Steve	Whyte	Male		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
Chris	Williams	Male		Yes
Ben	Wills	Male		No
Kate	Wills	Female	Boxted Runners	Yes
Sue	Wills	Female		No
Alexander	Wilson	Male		No
George	Wilson	Male		No
Lesley	Wilson	Female		No
Simon	Wilson	Male	Colchester Harriers AC	No
Tony	Wilson	Male		No
Marian	Wiltshire	Female		No
Neal	Wolton-Harragan	Male		No
Karen	Woods	Female	Team FitMix	No
Keith	Worboyes	Male		Yes
Alex	Wright	Male		No
Vicky	Wright	Female		No
James	Wyatt	Male	Rowhedge Runners	No
Chloe	Wyman	Female		No
Anna	Yell	Female		No
John	Yell	Male		No
Anna	Young	Female	Harwich Runners	No
David	Young	Male		No
Johnny	Zeeuw	Male	Colchester Harriers AC	No