

<b>Pos</b>	<b>Time</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>	<b>Category</b>
1	00:33:08	Miller	David	Woodbridge Shufflers	Male Senior
2	00:33:25	Benton	Wesley	Sudbury Joggers	Male Senior
3	00:37:00	Munro	Phillip	Unattached	Male Senior
4	00:37:05	Williams	Langdon	Unattached	Male Vet 40
5	00:38:19	Buck	Andrew	Sudbury Joggers	Male Vet 40
6	00:38:27	Judd	Darren	Sudbury Joggers	Male Senior
7	00:38:40	Gardner	Carl	Dartford Harriers	Male Senior
8	00:38:42	Clifton	Tristan	Unattached	Male Senior
9	00:38:43	Thomas	Clive	Gt Bentley Running Club	Male Vet 40
10	00:39:21	Green	Stuart	Stowmarket Striders	Male Vet 40
11	00:39:21	Hopwood	Tony	Unattached	Male Senior
12	00:39:36	Hanman	Tim	Unattached	Male Senior
13	00:40:47	Williams	Jayne	Ipswich JAFFA	Female Senior
14	00:40:48	Steadman	Peter	53-12 Multisports Not Aff.	Male Vet 40
15	00:40:50	Henry	Amanda	Sudbury Joggers	Female Senior
16	00:41:04	Miles	Lloyd	Unattached	Male Vet 40
17	00:41:16	Wright	David	Gt Bentley Running Club	Male Senior
18	00:41:25	Whiston	Arthur	Colchester Harriers AC	Male Vet 50
19	00:41:33	Byford	Jon	Springfield Striders AC	Male Senior
20	00:41:37	Stuckly	Alex	Witham RC	Male Senior
21	00:41:38	Foster	Daniel	Gt Bentley Running Club	Male Vet 40
22	00:41:45	Wallace	Colin	Unattached	Male Vet 40
23	00:41:56	Hoyle	Andy	Unattached	Male Senior
24	00:41:56	Moulton	Christopher	Sudbury Joggers	Male Senior
25	00:41:59	Fulcher	Trevor	Unattached	Male Senior
26	00:42:10	Ranson	Matthew	Halstead Road Runners	Male Senior
27	00:42:12	Adams	Rebecca	Colchester & Tendring AC	Female Senior
28	00:42:25	Grealy	Mike	Halstead Road Runners	Male Vet 50
29	00:42:29	Hunt	Steve	Hadleigh Hares A.C.	Male Vet 40
30	00:42:35	Thompson	Andrew	Havering 90 Joggers	Male Senior
31	00:42:41	Warren	Christopher	Unattached	Male Senior
32	00:42:48	Pyle	Nocola	Colchester & Tendring AC	Female Vet 40
33	00:43:07	Newman	Ivan	Tri Sport Epping	Male Vet 50
34	00:43:16	Calderbank	Matthew	Unattached	Male Senior
35	00:43:25	Morris	James	Unattached	Male Senior
36	00:43:30	Ross	Mark	Gt Bentley Running Club	Male Vet 40
37	00:43:34	Marsh	David	Ipswich JAFFA	Male Senior
38	00:43:41	Gooderham	Ian	St Edmund Pacers	Male Vet 40
39	00:43:44	Gladwell	Valerie	Hadleigh Hares A.C.	Female Senior
40	00:43:53	Johnson	Ben	Unattached	Male Senior
41	00:43:58	Frost	Kevin	Colchester & Tendring AC	Male Senior
42	00:44:03	Coxall	Ian	Ipswich JAFFA	Male Senior
43	00:44:18	Ellis	Stephen	Unattached	Male Vet 40
44	00:44:26	Ryall	Mike	Colchester & Tendring AC	Male Vet 50
45	00:44:44	Adams	Tony	Gt Bentley Running Club	Male Vet 40
46	00:44:45	Curteis	Mark	Halstead Road Runners	Male Vet 40
47	00:45:05	Hipkins	Cherie	Gt Bentley Running Club	Female Senior
48	00:45:11	Nunn	Tony	Unattached	Male Senior
49	00:45:18	Baker	David	Unattached	Male Vet 50
50	00:45:22	Lonergan	Andrew	Unattached	Male Senior
51	00:45:26	Stuckly	Liz	Witham RC	Female Senior
52	00:45:27	Wooller	Diane	Colchester & Tendring AC	Female Vet 50

53	00:45:39	Tanner	Lynn	Eastern Veterans AC	Female Vet 50
54	00:45:45	Betts	Lee	Unattached	Male Vet 40
55	00:45:47	Hamon	Darren	Unattached	Male Senior
56	00:45:53	Townsend	Laura	Gt Bentley Running Club	Female Senior
57	00:45:58	Leigh	Matthew	Unattached	Male Senior
58	00:46:41	Price	Jonathan	Sudbury Joggers	Male Vet 50
59	00:46:48	Penny	John	Unattached	Male Vet 50
60	00:47:06	Aldridge	Wendy	Unattached	Female Vet 40
61	00:47:17	Allen	Darren	Hadleigh Hares A.C.	Male Vet 40
62	00:47:26	Wilson	Alex	Sudbury Joggers	Male Senior
63	00:47:38	Lanley	Dick	Unattached	Male Senior
64	00:47:44	Ingleby	David	Unattached	Male Vet 50
65	00:48:18	Buis	Martin	Ipswich Harriers	Male Vet 50
66	00:48:44	Leggitt	Bob	Unattached	Male Senior
67	00:48:58	Hillyard	Laura	Colchester & Tendring AC	Female Junior
68	00:49:09	Larner	M	Unattached	Male Vet 40
69	00:49:14	Brown	Ian	Unattached	Male Vet 40
70	00:49:37	Wisbey	Alec	Unattached	Male Senior
71	00:49:45	Hayes	Chris	Gt Bentley Running Club	Male Vet 40
72	00:49:51	Cole	Sue	Colchester Harriers AC	Female Vet 40
73	00:49:55	Shaw	Carol	Sudbury Joggers	Female Vet 50
74	00:50:03	Gurry	Gaye	Witham RC	Unable to place in Cat.
75	00:50:29	Palmer	John	Unattached	Unable to place in Cat.
76	00:50:38	Kent	Matt	Tiptree Road Runners	Male Senior
77	00:50:51	Collins	James	Unattached	Male Vet 40
78	00:50:55	Price	Simon	Gt Bentley Running Club	Male Senior
79	00:50:59	Hawkes	Russel	Unattached	Male Senior
80	00:51:00	Doyle	Joshua	Unattached	Male Senior
81	00:51:10	Linton	Ian	Tiptree Road Runners	Male Vet 50
82	00:51:15	Lawrence	Steve	Unattached	Male Vet 50
83	00:51:29	Punchard	James	Unattached	Male Senior
84	00:51:39	Sherwin	Kate	Felixstowe Road Runners	Female Vet 40
85	00:51:40	Cooper	Phil	Felixstowe Road Runners	Male Vet 50
86	00:51:43	Law	Barbara	Gt Bentley Running Club	Female Vet 50
87	00:52:31	Perrin	Jonny	Unattached	Male Junior
88	00:52:38	Ackford	Neil	Unattached	Male Vet 40
89	00:52:58	Standley	Jenny	Sudbury Joggers	Female Vet 40
90	00:53:11	Fosker	Emmily	Unattached	Female Senior
91	00:53:22	Thurnton	Christopher	Unattached	Male Vet 40
92	00:53:37	Emms	Tony	Unattached	Male Vet 40
93	00:53:39	Shaw	Robert	Sudbury Joggers	Male Vet 50
94	00:53:40	Hurst	Philip	Unattached	Male Senior
95	00:53:49	Nery	Rose	Unattached	Female Senior
96	00:54:02	Padget	Carl	Unattached	Male Senior
97	00:54:05	Palmer	Andre	Gayrigg Not Aff.	Male Senior
98	00:54:14	Ball	Robert	Unattached	Male Vet 50
99	00:54:32	Alexander	Rodger	Colchester & Tendring AC	Male Vet 40
100	00:54:40	Triggs	Joanne	Unattached	Female Vet 40
101	00:54:51	Cutura	Sascha	Unattached	Female Senior
102	00:55:06	Nunn	Maxine	Unattached	Female Senior
103	00:55:10	Brown	Kevin	Unattached	Male Vet 40
104	00:55:27	Vincent	Emma	Gt Bentley Running Club	Female Senior
105	00:55:31	Price	Sarah	Gt Bentley Running Club	Female Senior

106	00:55:38	Goodwin	Rachel	Unattached	Female Senior
107	00:56:03	Shergold	Karen	Unattached	Female Vet 40
108	00:56:14	Spinks	Paul	Unattached	Male Vet 40
109	00:56:18	Coltart	Kim	Colchester & Tendring AC	Female Vet 40
110	00:56:22	Noble	Lee	Unattached	Male Senior
111	00:56:28	Potter	Dawn	Springfield Striders AC	Female Senior
112	00:56:32	Rout	David	Essex Police AC	Male Vet 50
113	00:56:37	Hillyard	Shirley	Unattached	Female Vet 40
114	00:56:41	Wilson	Andrew	Unattached	Male Vet 40
115	00:57:46	Angier	Alison	Colchester Harriers AC	Female Senior
116	00:57:57	Lawrence	Julie	Unattached	Female Vet 50
117	00:58:07	Hampton-Smith	Paula	Unattached	Female Senior
118	00:58:29	Durban	John	Unattached	Male Vet 40
119	00:58:49	Sharp	Isla	Colchester & Tendring AC	Female Junior
120	00:59:00	Laymen	Silvi	Unattached	Female Senior
121	00:59:29	Anderson	Anna	Harwich Runners	Female Senior
122	01:01:06	Miller	Dawn	Harwich Runners	Female Senior
123	01:02:45	Thomas	Peter	Colchester Harriers AC	Male Vet 50
124	01:03:14	Perrin	Julia	Unattached	Female Vet 40
125	01:03:32	Wmms	Robyn	Unattached	Female Vet 40
126	01:04:09	Sharp	Sally	Unattached	Female Vet 40
127	01:05:49	Ball	Julie	Unattached	Female Vet 50
128	01:06:19	Ladell	Mr	Witham RC	Male Vet 50
129	01:08:31	Papworth	Louise	Harwich Runners	Female Senior
130	01:08:42	Oliver	Christine	Unattached	Female Vet 50
131	01:09:22	Smith	Nick	Tiptree Road Runners	Male Vet 50
132	01:11:41	Frost	Tara	Colchester & Tendring AC	Female Senior
133	01:11:42	Edwards	Gareth	Unattached	Male Senior
134	01:13:32	Oliver	Andrea	Unattached	Female Senior
135	01:16:36	Senior	Doreen	Unattached	Female Senior