

Psn	Time	First Name	Surname	Club Name	Category
1	00:33:53	Wesley	Benton	Colchester Harriers AC	Male Senior
2	00:34:05	Steven	Prosser	Thurrock Harriers	Male Senior
3	00:34:33	Robert	Reason	Harwich Runners	Male Senior
4	00:35:18	John	Oakes	Cambridge & Coleridge AC	Male Vet 50+
5	00:35:41	Phillips	Munro	Colchester Harriers AC	Male Senior
6	00:35:47	Daniel	King	Colchester Harriers AC	Male Senior
7	00:36:32	Gavin	Allen	Braintree& District AC	Male Senior
8	00:36:55	Brian	Herrington	Harwich Runners	Male Vet 40
9	00:36:55	Paul	Anderson	Springfield Striders AC	Male Senior
10	00:37:04	Terry	Back	Ipswich JAFFA	Male Vet 50+
11	00:37:14	Russell	Sharp	Gt Bentley Running Club	Male Senior
12	00:37:23	Steve	Langley	Ipswich JAFFA	Male Vet 50+
13	00:37:35	Tom	Cresswell	Sudbury Joggers	Male Senior
14	00:37:41	Rob	Gibby	Colchester Harriers AC	Male Senior
15	00:37:52	Jonathan	Nears	Colchester Harriers AC	Male Senior
16	00:37:59	David	Wright	Colchester Harriers AC	Male Vet 50+
17	00:38:07	Phil	Stannard	Manchester Tri Club	Male Vet 40
18	00:38:31	Conrad	Burgess	Ipswich JAFFA	Male Senior
19	00:38:42	Clive	Thomas	Gt Bentley Running Club	Male Vet 40
20	00:38:45	Jon	Byford	Springfield Striders AC	Male Senior
21	00:38:48	Darren	Judd	Sudbury Joggers	Male Senior
22	00:39:00	Glen	Kent	Chelmsford Athletic Club	Male Vet 50+
23	00:39:02	James	Farren	Witham RC	Male Senior
24	00:39:09	James	Neugebauer	Springfield Striders AC	Male Senior
25	00:39:11	Stuart	Green	Stowmarket Striders	Male Vet 50+
26	00:39:12	Darren	Sheppard	Fell Runners Association	Male Senior
27	00:39:16	Nigel	Swiburne	Dagenham '88 Runners	Male Senior
28	00:39:18	Natasha	Belsom	Ipswich JAFFA	Female Senior
29	00:39:19	Mark	Rutter	Harwich Runners	Male Vet 40
30	00:39:20	Rory	Suckling	Unattached	Male Vet 40
31	00:39:44	Paul	Dungate	Unattached	Male Senior
32	00:39:45	James	Heskey-Jones	Tiptree Road Runners	Male Vet 40
33	00:39:47	Lee	Sheldrake	Unattached	Male Senior
34	00:39:49	Stewart	Ellis	Braintree& District AC	Male Senior
35	00:39:56	Arthur	Whiston	Colchester Harriers AC	Male Vet 50+
36	00:40:02	Mark	Porter	Unattached	Male Vet 40
37	00:40:09	Tim	Hanman	Unattached	Male Senior
38	00:40:13	Graham	Eastwood	Unattached	Male Senior
39	00:40:29	Chris	Palmer	Airborne	Male Senior
40	00:40:32	Christopher	Warren	Unattached	Male Senior
41	00:40:41	Jason	Ridgeon	Unattached	Male Vet 40
42	00:40:42	Daniel	Pearce	Harwich Runners	Male Senior
43	00:40:44	David	Fenton	Stowmarket Striders	Male Senior
44	00:40:54	David	Edwards	Cambridge & Coleridge AC	Male Vet 50+
45	00:41:09	Louise	Hampshire	Sudbury Joggers	Female Senior
46	00:41:21	Marcus	Catlin	Ipswich JAFFA	Male Senior
47	00:41:22	Duncan	Jackson	Unattached	Male Vet 40
48	00:41:34	Mark	Furnace	Ipswich JAFFA	Male Senior
49	00:41:41	Matthew	Leigh	Unattached	Male Vet 40
50	00:41:43	Scott	Crawley	Gt Bentley Running Club	Male Senior
51	00:41:44	Paul	Norris	Unattached	Male Vet 40
52	00:41:58	Andrew	Buck	Sudbury Joggers	Male Vet 40

53	00:42:00	Gary	Donoghue	Harwich Runners	Male Vet 40
54	00:42:01	Wayne	Kern	Halstead Road Runners	Male Vet 40
55	00:42:02	Jason	Bilton	Colchester Harriers AC	Male Vet 40
56	00:42:07	Marc	Underdown	Witham RC	Male Senior
57	00:42:09	Debbie	Cattermole	Colchester Harriers AC	Female Vet 40
58	00:42:15	Terry	Smith	Harwich Runners	Male Vet 40
59	00:42:22	Sebastian	Struth	Unattached	Male Junior
60	00:42:31	Mark	Brewer	Tiptree Road Runners	Male Vet 40
61	00:42:40	Richard	Flutter	Harwich Runners	Male Vet 40
62	00:42:43	Joceph	Head	Unattached	Male Senior
63	00:42:44	Craig	Rought	Colchester Harriers AC	Male Senior
64	00:42:46	Benjamin	Ficken	Unattached	Male Senior
65	00:42:47	Robert	Harrow	Sudbury Joggers	Male Senior
66	00:42:48	Mark	Baker	Colchester Harriers AC	Male Vet 40
67	00:42:57	Patrick	Marsh	Colchester Harriers AC	Male Vet 40
68	00:43:11	Robin	Belsom	Ipswich JAFFA	Male Vet 50+
69	00:43:12	Andrew	Birt	Unattached	Male Vet 40
70	00:43:15	Christopher	Moulton	Sudbury Joggers	Male Senior
71	00:43:20	Mike	Grealy	Halstead Road Runners	Male Vet 50+
72	00:43:21	Phil	Sayer	Unattached	Male Senior
73	00:43:24	Alex	Mcnulty	Unattached	Male Senior
74	00:43:52	Michael	Simmons	Gt Bentley Running Club	Male Vet 40
75	00:44:06	Neil	Baldrey	Unattached	Male Senior
76	00:44:08	Adam	Woodcock	Unattached	Male Senior
77	00:44:12	Fran	Norris	Colchester Harriers AC	Female Vet 50+
78	00:44:24	Andy	Lonergan	Unattached	Male Senior
79	00:44:27	Margaret	Bower	Unattached	Female Senior
80	00:44:35	Damien	Saiz	Unattached	Male Senior
81	00:44:36	Nigel	Gossett	St Edmund Pacers	Male Vet 50+
82	00:44:39	Paul	Barnsley	Unattached	Male Senior
83	00:44:45	Jamie	Ash	Gt Bentley Running Club	Male Senior
84	00:44:45	Jason	Baker	Dagenham '88 Runners	Male Senior
85	00:44:48	Jamie	Neill	Unattached	Male Senior
86	00:44:59	Tara	Harrison	Colchester & Tendring AC	Female Senior
87	00:45:02	Nicola	Pyle	Springfield Striders AC	Female Vet 40
88	00:45:05	Kate	Bullock	Unattached	Female Senior
89	00:45:07	Simon	Mann	Unattached	Male Vet 40
90	00:45:09	Caroline	Tuck	Dagenham '88 Runners	Female Vet 40
91	00:45:16	Peter	Coleman	Ipswich JAFFA	Male Vet 50+
92	00:45:22	Elodie	King	Colchester Harriers AC	Female Senior
93	00:45:25	Paul	Beresford	Unattached	Male Senior
94	00:45:37	Steven	Kent	Harwich Runners	Male Vet 40
95	00:45:49	Stephen	Ellis	Unattached	Male Vet 40
96	00:45:57	Rob	Brady	Penny Lane Striders	Male Vet 50+
97	00:45:59	Kevin	Stevens	Colchester Harriers AC	Male Senior
98	00:46:08	Bill	Adams	Dagenham '88 Runners	Male Vet 50+
99	00:46:10	Douglas	O'neill	Colchester Harriers AC	Male Senior
100	00:46:11	Jack	Mantle	Unattached	Male Senior
101	00:46:17	Eric	Shaw	Gt Bentley Running Club	Male Vet 50+
102	00:46:22	David	Howe	Unattached	Male Senior
103	00:46:23	Rebecca	Shuttleworth	Unattached	Female Senior
104	00:46:25	Simon	Ratcliffe	Tiptree Road Runners	Male Senior
105	00:46:43	Lynn	Tanner	Springfield Striders AC	Female Vet 50+

106	00:47:03	Stephen	Wills	Unattached	Male Vet 40
107	00:47:09	Bob	Watt	Gt Bentley Running Club	Male Vet 50+
108	00:47:19	Mark	Watts	Unattached	Male Vet 40
109	00:47:40	Christopher	Lee	Colchester Harriers AC	Male Vet 50+
110	00:47:46	Daren	Blaker	Unattached	Male Vet 40
111	00:47:48	Karen	Mowle	Harwich Runners	Female Vet 40
112	00:47:50	Paul	Flynn	Ipswich JAFFA	Male Senior
113	00:47:51	Jonathan	Price	Sudbury Joggers	Male Vet 50+
114	00:45:53	Simon	Lait	Unattached	Male Senior
115	00:47:58	Matthew	Thompson	Unattached	Male Senior
116	00:48:01	Darren	Willey	Unattached	Male Senior
117	00:48:09	Matthew	Julier	Unattached	Male Senior
118	00:48:20	Gary	Eldred	Gt Bentley Running Club	Male Vet 50+
119	00:48:26	Marie	Hibble	Unattached	Female Senior
120	00:48:27	Michelle	Burton	Unattached	Female Senior
121	00:48:34	Clare	Adams	Colchester Harriers AC	Female Vet 40
122	00:48:44	Ian	Linton	Tiptree Road Runners	Male Vet 50+
123	00:48:53	Tim	Struth	Unattached	Male Senior
124	00:48:53	Paul	Bown	Unattached	Male Senior
125	00:48:55	John	Penny	Unattached	Male Vet 50+
126	00:48:58	John	Barrett	Mid Essex Casuals	Male Vet 40
127	00:48:58	Andre	Palmer	Langham Pacers	Male Senior
128	00:49:09	James	Lynch	Unattached	Male Vet 40
129	00:49:18	Wendy	Aldridge	Dengie 100 Runners	Female Vet 40
130	00:49:26	Christopher	King	Unattached	Male Senior
131	00:49:30	Mick	Poulter	Witham RC	Male Vet 50+
132	00:49:31	Inga	Hayden-Cooper	Dagenham '88 Runners	Female Vet 40
133	00:49:43	Ian	Bown	Unattached	Male Vet 40
134	00:49:53	Robin	Phillips	Felixstowe Road Runners	Male Vet 50+
135	00:49:55	Tina	Clarke	Tiptree Road Runners	Female Vet 40
136	00:49:56	Phill	Clarke	Tiptree Road Runners	Male Vet 40
137	00:49:59	Ian	Caulfield	Unattached	Male Senior
138	00:50:07	Paul	Armstrong	Unattached	Male Vet 40
139	00:50:10	Sam	Horsewill	Unattached	Male Senior
140	00:50:16	Tim	Foster	Unattached	Male Senior
141	00:50:18	Anne	Piercy	Harwich Runners	Female Vet 50+
142	00:50:18	Leanne	Blacklock	Unattached	Female Senior
143	00:50:22	Daniel	Rodin	Unattached	Male Vet 40
144	00:50:25	Nathan	Cole	Sudbury Joggers	Male Senior
145	00:50:31	Jamie	Simpson	Gt Bentley Running Club	Male Senior
146	00:50:43	James	Collins	Unattached	Male Vet 40
147	00:50:49	Catherine	Abbott	Stowmarket Striders	Female Senior
148	00:50:54	Steven	Seinet-Martin	Felixstowe Road Runners	Male Vet 50+
149	00:50:57	Fay	Emmerson	Colchester Harriers AC	Female Senior
150	00:50:58	John	Pettifer	Pitsea Running Club	Male Vet 50+
151	00:51:10	Rod	Tredgett	Unattached	Male Senior
152	00:51:28	C	Thornton	Unattached	Male Vet 40
153	00:51:30	Steven	Maguire	Unattached	Male Senior
154	00:51:32	John	Wheatley	Unattached	Male Vet 50+
155	00:51:35	Kirsten	Priddle	Unattached	Female Senior
156	00:51:48	Lorna	Pettifer	Pitsea Running Club	Female Vet 40
157	00:51:55	Jennifer	Akroyd	Dagenham '88 Runners	Female Senior
158	00:52:12	Robin	Meehan	Unattached	Male Vet 40

159	00:52:45	Steve	Bright	British Athletics AC	Male Vet 40
160	00:53:05	Sarah	Mallalieu	Unattached	Female Senior
161	00:53:13	Keith	Rose	Unattached	Male Vet 50+
162	00:53:18	Victoria	Stone	Unattached	Female Senior
163	00:53:23	Mon	Lee	Ipswich JAFFA	Male Vet 50+
164	00:53:52	Martin	Reakes	Unattached	Male Vet 40
165	00:53:54	James	Wallis	Unattached	Male Vet 40
166	00:54:02	Ronel	Van-Der-Merwe	Unattached	Female Vet 50+
167	00:54:04	Veronica	Manly	Diss Athletic Club	Female Vet 50+
168	00:54:06	Simon	Fookes	Unattached	Male Vet 40
169	00:54:15	Christopher	Hadgraft	Tiptree Road Runners	Male Vet 50+
170	00:54:26	Amy	Johnstone	Dagenham '88 Runners	Female Senior
171	00:54:33	Sally	Langa	Unattached	Female Senior
172	00:54:35	Miranda	Hart	Unattached	Female Vet 50+
173	00:54:41	Paul	Spinks	Gt Bentley Running Club	Male Vet 40
174	00:54:44	Babara	Law	Gt Bentley Running Club	Female Vet 50+
175	00:54:51	Simon	Crouchman	Unattached	Male Vet 40
176	00:55:01	Keith	Thorogood	Halstead Road Runners	Male Vet 50+
177	00:55:26	John	Russell	Unattached	Male Vet 50+
178	00:55:37	Christine	Wakeling	Unattached	Female Vet 50+
179	00:55:42	Sarah	Heard	Unattached	Female Senior
180	00:55:52	Emily	Tyrrell	Unattached	Female Senior
181	00:55:57	Clare	Hamblin	Unattached	Female Vet 40
182	00:56:00	Laura	Jones	Unattached	Female Senior
183	00:56:01	Peter	Reeve	Gt Bentley Running Club	Male Vet 50+
184	00:56:04	Nichola	Baxter	Unattached	Female Senior
185	00:56:05	Alice	Hadgraft	Tiptree Road Runners	Female Senior
186	00:56:23	Alex	Kuczer	Unattached	Male Vet 40
187	00:56:41	Alison	Bones	Unattached	Female Vet 40
188	00:56:45	Robert	Rant	Dagenham '88 Runners	Male Vet 50+
189	00:56:49	Frederique	Denniel	Sudbury Joggers	Female Senior
190	00:56:52	Claire	Cranfield	Thomas Cook	Female Vet 40
191	00:56:55	Hayley	Jacobs	Unattached	Female Senior
192	00:57:00	Anna	Timofejeva	Penny Lane Striders	Female Senior
193	00:57:06	Douglas	Adams	Dagenham '88 Runners	Male Vet 50+
194	00:57:07	Sue	Wright	Unattached	Female Vet 50+
195	00:57:43	Anglea	Paxton	Harwich Runners	Female Senior
196	00:57:49	Russell	Mowle	Harwich Runners	Male Vet 40
197	00:58:16	Tim	Sillitoe	Unattached	Male Vet 40
198	00:58:17	Nick	Huggins	Stowmarket Striders	Male Vet 50+
199	00:58:25	Sarah	Owen	Unattached	Female Vet 40
200	00:58:29	Wendy	Smalley	Tiptree Road Runners	Female Vet 40
201	00:58:40	Karen	Day	Unattached	Female Vet 40
202	00:58:47	Dawn	Shilling	Tiptree Road Runners	Female Senior
203	00:58:54	Louise	Hall	Unattached	Female Senior
204	00:59:22	Jan	Blake	Unattached	Female Vet 40
205	01:00:04	Alison	Bardell	Unattached	Female Senior
206	01:00:20	Sascha	Cutura	Colchester Harriers AC	Male Senior
207	01:01:03	David	Warwick	Top Notch	Male Vet 50+
208	01:01:05	Sarah	Gooch	Capel Cheetahs	Female Vet 40
209	01:01:10	Gordon	Banks	Unattached	Male Vet 40
210	01:01:32	Emma	Wallis	Unattached	Female Senior
211	01:01:32	Jane	James	Unattached	Female Senior

212	01:01:55	Jonathan	Warner	Unattached	Male Vet 50+
213	01:01:56	Kate	Bilby	Unattached	Unable to place in Cat.
214	01:02:21	Lara	Appleby	Unattached	Female Senior
215	01:03:01	Nicola	Cunnew	Unattached	Male Senior
216	01:03:02	Victoria	Turner	Unattached	Female Senior
217	01:03:03	Clare	Dixey	Unattached	Female Senior
218	01:03:04	Kelly	Day	Unattached	Female Senior
219	01:03:15	Chloe	Russell	Unattached	Female Senior
220	01:03:15	Richard	Butler	Unattached	Male Senior
221	01:03:25	Lee	Davis	Unattached	Male Vet 40
222	01:03:29	Elizabeth	Wheatley	Unattached	Female Senior
223	01:04:25	Sue	Thomas	Gt Bentley Running Club	Female Vet 40
224	01:04:28	Lora	Goreham	Unattached	Male Senior
225	01:06:15	Claire	Burnyeat	Unattached	Female Vet 40
226	01:07:01	Kirstu	Pilbrow	Unattached	Female Senior
227	01:07:02	Ben	Earcy	Unattached	Male Senior
228	01:07:45	Rita	Page	Gt Bentley Running Club	Female Vet 50+
229	01:07:59	Nia	Fortuna	Unattached	Female Senior
230	01:08:05	Mchael	Jackson	Unattached	Male Vet 50+
231	01:08:05	Kevin	Fortuna	Unattached	Male Senior
232	01:08:24	Steve	Mcdonald	Unattached	Male Vet 40
233	01:09:53	Peter	Thomas	Colchester Harriers AC	Male Vet 50+
234	01:11:00	Alexandra	Smerdon	Unattached	Female Senior
235	01:11:00	Eddy	Smerdon	Unattached	Male Vet 40
236	01:12:44	Howard	Moore	Unattached	Male Vet 50+
237	01:22:43	David	Nugent	Gt Bentley Joggers	Male Vet 50+