

Runner		Club	Position
Jonathan Ling	OPEN	Ipswich	1
Robert Reason	OPEN	Harwich	2
James Smith	OPEN	Springfield	3
Ged McMillan	OPEN	Colchester Harriers	4
John Scaife	V40	Hadleigh	5
Gavin Allen	V40	Springfield	6
Steve Fraser-Lim	OPEN	Ipswich	7
Nicholas Clarke	OPEN	Ipswich	8
Paul Dobson	V45	Springfield	9
Gavin Davies	OPEN	Ipswich	10
Mark Furnace	V40	Ipswich	11
Mark Finbow	OPEN	Witham	12
Gary Chandler	V45	Springfield	13
Matt Rees	OPEN	53-12	14
Stuart Raven	V40	Springfield	15
Mark Lloyd	V40	Harwich	16
Lee Martin	V40	Springfield	17
Ben Turley	OPEN	Ipswich	18
Keith Marley	V45	Colchester Harriers	19
Russ Sharp	OPEN	Gt. Bentley	20
Peter Riley	V45	Witham	21
Matt Ison	OPEN	Hadleigh	22
Chris Warren	V40	Gt. Bentley	23
Martyn Clarke	V50	Colchester Harriers	24
Sam Gooding Matthews	OPEN	Harwich	25
Craig Dawson	OPEN	Tiptree	26
John Fryer	OPEN	Colchester Harriers	27
Chris Martin	OPEN	Witham	28
Stephen Moore	V50	Springfield	29
Thomas Gunning	OPEN	Springfield	30
Scott MacSephney	V45	Ipswich	31
Robin Brookes	V45	Harwich	32
Sean Ketteridge	V40	Colchester Harriers	33
Russell Goodridge	V45	Colchester Harriers	34
Garry Culham	OPEN	Ipswich	35
Paul Anderson	OPEN	Springfield	36
Dave Wright	V55	Colchester Harriers	37
James Haskey-Jones	V45	Tiptree	38
David Wright	OPEN	Gt. Bentley	39
Chris Manby	OPEN	Colchester Harriers	40
Mark Jasper	V40	Gt. Bentley	41
Michael Simmons	V45	Gt. Bentley	42
Nathan Roulson	OPEN	Halstead	43
Charlie Keitch	OPEN	Gt. Bentley	44
Jon Buist	OPEN	Halstead	45
Paul Gardiner	V45	Hadleigh	46
Jonathan Finch	V45	Tiptree	47
Mat Blacoe	V50	Hadleigh	48
Mark Rutter	V50	Harwich	49

Paul Dellar	V45	Tiptree	50
Richard Millward	V40	Colchester Harriers	51
Robin Belsom	V55	Ipswich	52
Scott Darney	OPEN	Witham	53
Kevin McAlinden	V50	Colchester Harriers	54
Jim Clark	OPEN	Halstead	55
Jamie Neill	OPEN	Gt. Bentley	56
Bob Langley	V60	Halstead	57
Stuart Mills	V40	Witham	58
Iain Johnson	OPEN	Hadleigh	59
Roy Read	V45	Mid Essex	60
Nick Dobson	OPEN	Springfield	61
Paul Lacey	V45	Hadleigh	62
Matt Knowles	V40	Gt. Bentley	63
Andy Owen	OPEN	Halstead	64
Malcolm Jarvis	V50	Gt. Bentley	65
Mark Rose	V40	Ipswich	66
Andrew Warner	OPEN	Halstead	67
Justin Burls	V50	Harwich	68
Dan Wilkinson	OPEN	Colchester Harriers	69
Steve Watson	OPEN	Witham	70
Robert Thorpe	OPEN	Gt. Bentley	71
Simon Fenn	V45	Hadleigh	72
Gary Robins	OPEN	Springfield	73
Ian Cannons	V40	Harwich	74
Duncan Chenery	V55	Ipswich	75
Charlie McCarthy	V40	Harwich	76
Barry Shaw	V40	Colchester Harriers	77
Mark Austin	V55	Witham	78
Steve Covey	?	53-12	79
Oli Riches	OPEN	Hadleigh	80
Sam Wolton	OPEN	Halstead	81
Chris Bing	OPEN	Ipswich	82
Gary Donoghue	V45	Harwich	83
David Smith	V55	Witham	84
Simon Ferguson	V45	Mid Essex	85
Tim Newton	V60	Ipswich	86
Marc Underdown	OPEN	Witham	87
Garry Perryman	V40	Tiptree	88
Matt Bougon	OPEN	Hadleigh	89
Jake Hayward	OPEN	Hadleigh	90
Rob Jones	?	53-12	91
Mark Shillaker	V50	Tiptree	92
Rob Warner	V45	Harwich	93
Tony Wallen	V45	Witham	94
Ker Macrossan	V60	Ipswich	95
Alex Stuckey	V40	Witham	96
Mark Lawes	V45	Tiptree	97
Lee Pembroke	V40	Witham	98
Richard Taylor	V60	Springfield	99

David Watkins	V40	Harwich	100
Joe Hadfield	OPEN	53-12	101
Patrick Marsh	V45	Colchester Harriers	102
Tim Ryder	V50	Hadleigh	103
Richard Rule	V50	Springfield	104
Ian Brazier	V40	Springfield	105
Mark Leeks	OPEN	Ipswich	106
Andy Carter	V55	Halstead	107
Phil Sanderson	V50	Harwich	108
John Booty	V40	Gt. Bentley	109
Mike Grealy	V60	Halstead	110
John Yorston	V40	Tiptree	111
Bill Smythe	V45	Witham	112
Howard Lake	?	53-12	113
Matt Doran	V40	Harwich	114
Richard Garrett	OPEN	Tiptree	115
Justin CooperKeeble	V40	Harwich	116
John Adams	OPEN	Ipswich	117
Kevin James	V60	Gt. Bentley	118
John Markham	V55	Halstead	119
Gary Clark	V50	Ipswich	120
Martin Claydon	V40	Colchester Harriers	121
Andrew Mason	V50	Springfield	122
Shawn Beckerleg	V40	Witham	123
James Montgomery	V45	Witham	124
Steve Hunt	V50	Hadleigh	125
Simon Baker	V50	Tiptree	126
David Jobling	V55	Witham	127
Rob Jeeves	V45	Hadleigh	129
Julian Holder	V50	Tiptree	130
Malcolm Bailey	V55	Tiptree	131
Patrick Reynolds	OPEN	Gt. Bentley	132
Andrew Fuller	V50	Gt. Bentley	132
Paul McAllister	V45	Hadleigh	133
Paul Hedger	V45	Witham	134
Sam Wilson	OPEN	Halstead	135
Tim Long	V50	Ipswich	136
Iain Rhodes	V50	Tiptree	137
Kieran Callaghan	OPEN	Harwich	139
Andrew Stewart	V55	Hadleigh	139
Tim Bond	V45	53-12	140
Paul Barton	V45	Hadleigh	141
Dennis Warner	V55	Harwich	142
Tim Warner	V50	Harwich	143
Neil Carter	OPEN	Ipswich	144
Tony Smith	V50	Witham	145
Rob Hadgraft	V55	Tiptree	146
Martin West	V65	Gt. Bentley	147
Colin Short	V65	Witham	148
Amos Sedden	V70	Harwich	149

Simon Tar	OPEN	Witham	150
Myles Doran	OPEN	Harwich	151
Roly Knott	V65	Harwich	152
Dave Game	V65	Mid Essex	153
Steve Vincent	?	53-12	154
Jeff Higgon	V60	Harwich	155
Frank Gardiner	V60	Gt. Bentley	156
Stuart Hunt	OPEN	Hadleigh	157
Julian Cordwell	V60	Harwich	158
Mon Lee	V55	Ipswich	159
Harry Borley	OPEN	Witham	160
Bruce Hogarth Jones	V55	Mid Essex	161
Dave Warwick	V65	53-12	162
Adrian Crooks	V45	53-12	163
Mark Crittenden	V40	Gt. Bentley	DNF
Del Harrington	V40	Halstead	DNF

Runner		Club	Position
Davina Greenwell	OPEN	Hadleigh	1
Georgia Garvin	OPEN	Ipswich	2
Vicky Presland	V40	Gt. Bentley	3
Lyn Higgs	V55	Colchester Harriers	4
Val Jennings	V50	Ipswich	5
Nicola Ramsey	OPEN	Ipswich	6
Madeline Lewis	OPEN	Harwich	7
Hannah Wood	V40	Ipswich	8
Sarah Ivory	OPEN	Colchester Harriers	9
Sam Spencer	OPEN	Ipswich	10
Polly Bridgman	Open	Springfield	11
Claudine Benstead	V55	Harwich	12
Rachel Taylor	OPEN	Colchester Harriers	13
Lyndsey Chenery	OPEN	Ipswich	14
Emily Zethraeus	OPEN	Gt. Bentley	15
Liz Stuckey	V40	Witham	16
Kate Finch	V40	Tiptree	17
Anna Mills	OPEN	Gt. Bentley	18
Meera Rajoo-Oakley	OPEN	Gt. Bentley	19
Abby Gaeta	OPEN	Ipswich	20
Hazel Buist	OPEN	Halstead	21
Mel Candler	OPEN	Halstead	22
Lucy Ferguson	V40	Mid Essex	23
Belinda Godbold	V55	Ipswich	24
Brigid Wallen	V50	Witham	25
Liz Jeeves	V45	Hadleigh	26
Wendy Carter	V50	Halstead	27
Elsbeth Knott	V65	Harwich	28
Catherine Johnson	V45	53-12	29
Donna Morris	V45	Witham	30
Sharon Bannister	V40	Springfield	31
Suzanne Heath	V45	Ipswich	32
Lorna Pettifer	V45	Mid Essex	33
Carrie Hook	V40	Harwich	34
Karen Chapman	Open	Springfield	35
Rachel Giles	V40	Gt. Bentley	36
Tricia Stacey	V40	Gt. Bentley	37
Kirsty Williams	V40	Springfield	38
Katy Rehal	V45	Mid Essex	39
Lyndsey Rokilite	V45	Tiptree	40
Lorraine Baker	V45	Tiptree	41
Lorna Sharp	OPEN	Gt. Bentley	42
Claire Groves	OPEN	Gt. Bentley	43
Rachel Pearsons	V40	Witham	44
Trudy Avis	V40	Hadleigh	45
Diane Wooller	V60	CATS	46
Lesley Fuller	OPEN	Gt. Bentley	47
Rachel Bodsworth	OPEN	Hadleigh	48
Katie Peake	OPEN	Ipswich	49

Trenna Harrington	V40	Halstead	50
Geraldine Springett	OPEN	Gt. Bentley	51
Julie Haselwood	V60	Ipswich	52
Sara Taylor Balls	V50	Hadleigh	53
Jennifer Lovelock	Open	Springfield	54
Tracey Russell	V40	Tiptree	55
Alison Beech	V55	Ipswich	56
Claire Gordon	V40	Witham	57
Marion Simmons	V50	Gt. Bentley	58
Kirsty Argyle	OPEN	53-12	59
Caroline Searle	OPEN	Gt. Bentley	60
Michelle Greenfield	OPEN	Harwich	61
Fay Smalls	V45	Colchester Harriers	62
Alice Cole	OPEN	Harwich	63
Sarah Knowles	Open	Springfield	64
Tracey Denby	V50	Witham	65
Nicole Smith	V40	Halstead	66
Clare Phillips	V50	Mid Essex	67
Pat Atwood	V65	Hadleigh	68
Karen Martin	V40	Harwich	69
Alison Clarke	V60	Gt. Bentley	70
Sue Wright	V55	Gt. Bentley	71
Lisa Bond	V40	Ipswich	72
Lynsey Apps	OPEN	Gt. Bentley	73
Dawn Shilling	OPEN	Witham	74
Janice Taylor	V45	Ipswich	75
Sue Whiting	V45	Ipswich	76
Nina Simmons	OPEN	Gt. Bentley	77
Barbara Law	V70	Gt. Bentley	78
Sandra James	V55	Gt. Bentley	79
Linzi Iddon	OPEN	Gt. Bentley	80