

Race Number	Firstname	Lastname	Gender	Running Club
1252	Christopher	Abbott	Male	
986	Ed	Abbott	Male	
1053	Sian	abbott	Female	Ipswich Jaffa RC
961	Dean	Abdul	Male	
1538	Jandade	Abdul	Male	
130	Kirsty	Aberdein	Female	
193	Tamsin	Aberdein	Female	
1246	Liz	Abigail	Female	
381	John	Adams	Male	Ipswich Jaffa RC
1406	Zoe	Adams	Female	
872	Cliff	Adams	Male	
250	Pauline	Adams	Female	
158	Daniel	Ager	Male	Ipswich Jaffa RC
1269	Lucy	Ainsley	Female	
764	Eloise	Aitchison	Female	
475	Lucy	Akers	Female	
1422	Mary	Akin-George	Female	
1193	Emma	Alder	Female	
583	John	Aldred	Female	Framlingham Flyers
462	Will	Aldred	Male	Framlingham Flyers
463	Linda	Aldred	Female	Framlingham Flyers
1424	Jim	Aldridge	Male	
1420	Nicola	Alexander	Female	
53	Shofik	Ali	Female	
936	Carolyn	Allan	Female	
855	Helen	Allan	Female	
1514	Grace	Allen	Female	
355	Howard	Allen	Male	Ipswich Jaffa RC
1236	Mark	Allen	Male	Ipswich Jaffa RC
777	Matk	Allen	Male	Woodbridge Shufflers RC
113	Matthew	Allen	Male	City Of Norwich AC
199	Phil	allen	Male	
331	Jacqueline	Allport	Female	Felixstowe RRC
1068	Richard	Allport	Male	
361	Jeff	Allum	Male	
18	Shaheda	Ambrose	Female	
1502	Michaela	Ames	Female	
1290	Steve	Ames	Male	Boxted Runners
160	Keith	Anderson	Male	Suffolk Trail Runners
114	Paul	Anderson	Male	
490	Rob	Anderson	Male	
1442	Danielle	Andrews	Female	
1520	James	Andrews	Male	
627	Keith	Andrews	Male	
164	Mark	Andrews	Male	
1373	Melanie	Andrews	Female	
457	Marilyn	Andrews	Female	
1177	Carl	Anten	Male	
1311	Penny	Arbuthnot	Female	
809	Femi	Ariyo	Male	
1276	Josie	Armour	Female	
1277	rob	Armour	Male	

Race Number	Firstname	Lastname	Gender	Running Club
1149	jeffrey	arnold	Male	
1214	Ross	Arnold	Male	Haverhill Running Club
691	MARY	ASHCROFT	Female	
821	Jenson	Ashlee	Male	
129	Lisa	Ashton	Female	
785	Suzi	Ashworth	Female	Woodbridge Shufflers RC
1097	Benjamin	Askew	Male	
1057	Simon	Askew	Male	
6	Laura	Aspinall	Female	
356	Liz	Atkins	Female	
454	Nicola	Atkinson	Female	
1385	Nicola	Atkinson	Female	
403	Paul	Atkinson	Male	
431	Emma	Attwood	Female	
1539	Katherine	Audus	Female	Great Yarmouth Road Runners
1472	Jonathan	Auld	Male	
1471	Rachel	Auld	Female	
1470	Freddie	Auld	Male	
8	Alex	Austin	Male	
887	Katie	Austin	Female	
9	Matt	Austin	Male	
479	Mark	Avery	Male	Ipswich Jaffa RC
929	glen	avis	Male	Hadleigh Hares AC
126	Lorenzo	Avram	Male	
213	Chris	Axford	Male	Jogging Made Easy
612	Jack	Axford	Male	Jogging Made Easy
77	Marie	Ayers	Female	Lowestoft Road Runners
79	Philip	Ayers	Male	Lowestoft Road Runners
1232	Jordan	Bailey	Male	
576	Kim	Bailey	Female	
99	Lauren	Bailey	Female	
1546	Rob	Bailey	Male	
362	Clare	Bailie	Female	Stowmarket Striders RC
235	Matthew	Baines	Male	
234	Tony	Baines	Male	
101	Adam	Baker	Male	
635	Carl	Baker	Male	
814	Darrel	Baker	Male	
229	Gayle	Baker	Female	
1348	Ivan	Baker	Male	
813	Louise	Baker	Female	
52	Russell	Baker	Male	
366	Sarah	Baker	Female	
1365	Stephen	Baldock	Male	Ipswich Jaffa RC
175	Allen	Ball	Male	Running Colchester
726	Tim	Ballard	Male	Great Bentley Running Club
1291	Joel	bamsey	Male	
1556	Andrew	Bannan	Male	
324	Caroline	Barber	Female	
1317	Catherine	Barber	Female	
185	Emily	Barber	Female	
1318	Emily	Barber	Female	

Race Number	Firstname	Lastname	Gender	Running Club
487	Lee	Barber	Male	Framlingham Flyers
1484	Darren	Barfield	Male	Sudbury Joggers
1333	Karen	Barker	Female	
1427	Laura	Barker	Female	
592	Frances	Barnard	Female	Capel Cheetahs
1410	Heidi	Barnard	Female	
646	Jacqueline	Barnard	Female	
352	Jonathan	Barnes	Male	Woodbridge Shufflers RC
452	Alastair	Bartlett	Male	
1529	Stuart	Barton	Male	East London Runners
1432	Lee	Bartrip	Male	
429	Rachel	Batchelor	Female	
1103	Becks	Bawley	Female	
318	Gareth	Baxter	Male	
348	Naomi	Baxter	Female	
1395	Laura	Beale	Female	
818	Howard	Beasley	Male	Saint Edmund Pacers
32	Fiona	Beckett	Female	
1015	Eleanor	Bedwell	Female	
1212	Ellie	Becroft	Female	
547	Dan	Belcher-Hackett	Male	Stowmarket Striders RC
548	Dianne	Belcher-Hackett	Female	Stowmarket Striders RC
1564	Callum	Bell	Male	
1185	Alex	Belsom	Male	Ipswich Jaffa RC
1040	Alistair	Belsom	Male	
686	Robin	Belsom	Male	Ipswich Jaffa RC
751	Jo	Bemment	Female	
666	Andrew	Benjamin	Male	
665	Tarra	Benjamin	Female	
342	Jamie	Bennett	Male	Ipswich Jaffa RC
1435	Jo	Bennett	Female	
889	Joanne	Bennett	Female	
97	Kevin	Bennett	Male	
343	Marion	Bennett	Female	Ipswich Jaffa RC
344	Matthew	Bennett	Male	Ipswich Harriers
284	Hannah	Benneworth	Female	
285	Theo	Benneworth	Male	
1157	Marc	Benson	Male	Haverhill Running Club
1377	Donna	Bentley	Female	
859	Carl	Bergdahl	Male	Ipswich Jaffa RC
636	Hayley	Berkel	Female	
1607	Michelle	Berriman	Female	
1608	Paul	Berriman	Male	
400	Andrew	Berry	Male	
440	Charlotte	Berry	Female	
150	Hayley	Berry	Female	Ipswich Jaffa RC
137	Doug	Betts	Male	
502	Julie	Billham	Female	
877	Maxine	Bills	Female	
237	conner	bilner	Male	Ipswich Jaffa RC
239	jasmine	bilner	Female	Ipswich Jaffa RC
238	maria	bilner	Female	Ipswich Jaffa RC

Race Number	Firstname	Lastname	Gender	Running Club
249	Julia	Bilotta	Female	Hadleigh Hares AC
1046	Marguerite	Bingle	Female	
1047	Martin	Bingle	Male	
1372	Lucy	Birch	Female	
1368	Warren	Birch	Male	Ipswich Jaffa RC
123	Amanda	Bird	Female	Ipswich Jaffa RC
1274	Kevin	Bird	Male	
1036	Nicola	Bird	Female	
1206	Sara	Bird	Female	Ipswich Jaffa RC
1031	Lorna	Bishop	Female	
736	Maxine	Bishop	Female	
886	Peter	Biven	Male	
891	Graham	Bladen	Male	
800	George	Blanchard	Male	
874	Lee	Bloom	Male	
832	Joanna	Blyth	Female	Felixstowe RRC
524	Gavin	Boag	Male	Stowmarket Striders RC
523	Kendra	Boag	Female	Stowmarket Striders RC
848	Shelley	Boak	Female	
1571	Agnieszka	Bobrowska	Female	
1071	Mariol	Boja	Male	
163	James	Bojko	Male	
628	Jonathan	Bolton	Male	Ipswich Jaffa RC
964	Marcus	Boon	Male	Ipswich Jaffa RC
1495	Jake	Boreham	Male	
539	Keith	Borrett	Male	
1281	Sarah	Boudier	Female	
1589	Oliver	Boughton	Male	Saint Edmund Pacers
495	Aaron	Bowen	Male	
1323	Caroline	Bowen	Female	
1322	Ben	Bowen	Male	
309	Katinka	Bowes	Female	
876	David	Bowman	Male	
1094	Sarah	Boyd	Female	
128	Jonathan	Boyles	Male	Running Colchester
824	Karen	Brackenbury	Female	
1190	John	Bradshaw	Male	
1191	Roswyn	Bradshaw	Female	
157	Eloise	Brame	Female	
1181	Jason	Brame	Male	
1243	Joshua	Brame	Male	
207	JAMIE	BRANDON	Male	
1090	Kaye	Branton	Female	Felixstowe RRC
645	Kevin	Brett	Male	Jogging Made Easy
367	David	Brewster	Male	
368	Doranne	Brewster	Female	
1326	Russel	Breyer	Male	Ipswich Triathlon Club
1541	Debbie	Brickland	Female	
1197	Emma	Bridges	Female	
84	Stuart	Brierley	Male	
1448	Donald	Brightmore	Male	
1198	Thomas	Briscoe	Male	

Race Number	Firstname	Lastname	Gender	Running Club
328	daisy	brooke	Female	Ipswich Jaffa RC
86	Joanne	Brooke	Female	Felixstowe RRC
327	rachel	brooke	Female	Ipswich Jaffa RC
419	Steve	Brooke	Male	Felixstowe RRC
1163	Michelle	Brough	Female	
560	Alan	Brown	Male	
240	Emma	Brown	Female	
257	Helen	Brown	Female	
116	Jo	Brown	Female	
1478	Jonathan	Brown	Male	
1567	Laura	Brown	Female	Stowmarket Striders RC
954	Marcus	Brown	Male	
1584	Martyn	Brown	Male	
1325	Nikki	Brown	Female	
1049	Samantha	Brown	Female	
1388	Ali	Browning	Male	
678	Tom	Bruce	Male	Ipswich Triathlon Club
699	Tony	Bruce	Male	
211	Graham	Brumpton	Male	
210	Jacqueline	Brumpton	Female	
421	Alex	Brunt	Male	
422	Caroline	Brunt	Female	
1116	Tony	Brunt	Male	
990	Joanne	Bryant	Female	
326	Lucy	Bryanton	Female	
346	Stuart	Buchan	Male	Stowmarket Striders RC
311	Jess	Buckles	Female	
161	Rebecca	Buckles	Female	Ipswich Triathlon Club
424	Kerry	Buckley	Male	
456	Elaine	Bulger	Female	
1145	Keelan	Bulger	Male	
528	Stephen	Bullard	Male	
441	Mark	Bulstrode	Male	
94	Camilla	Bunn	Female	
1115	Helen	Bunn	Female	
1487	George	Burch	Male	
1434	Jessica	Burch	Female	
1386	Jonathan	Burch	Male	
1486	Michelle	Burch	Female	
1118	Samuel	Burdett	Male	Stowmarket Striders RC
1119	William	Burdett	Male	Stowmarket Striders RC
1133	Caroline	Burgess	Female	
997	Mary	Burgess	Female	Felixstowe RRC
1497	Simon	Burman	Male	
599	Ben	Burrows	Male	Woodbridge Shufflers RC
1562	Holly	Burrows	Female	Framlingham Flyers
1525	Alicja	Burza	Female	
372	John	Bush	Male	Great Bentley Running Club
1595	Neil	Bussey	Male	
779	Claire	Butcher	Female	Felixstowe RRC
38	Karen	Butcher	Female	
947	Rachel	Butler	Female	

Race Number	Firstname	Lastname	Gender	Running Club
1169	Pascale	Cadier	Female	
205	Elaine	Cain	Female	
206	Joseph	Cain	Male	
313	charlene	calladine	Female	
1443	Lisa	Calver	Female	
798	Heather	Cameron	Female	
1335	Gemma	Camp	Female	Great Bentley Running Club
288	Nicola	Campbell	Female	Ipswich Jaffa RC
1389	Abigail	Canham	Female	
518	sarah	Cardy	Female	
70	Helen	Carey	Female	Great Bentley Running Club
915	Emily	Carr	Female	Capel Cheetahs
1296	Susan	Carrington	Female	
765	Tara	Carroll	Female	Waveney Valley AC
509	Gillian	Carron	Female	
508	Richard	Carron	Male	
1555	John	Cashen	Male	
96	Damien	Cassan	Male	Ipswich Triathlon Club
389	Triena	Cassidy	Female	
45	Mia	Catchpole	Female	
811	Paula	Catchpole	Female	
839	IAIN	CATCHPOOL	Male	Ipswich Jaffa RC
141	Neil	Catley	Male	Felixstowe RRC
261	Jason	Cattermole	Male	Ipswich Jaffa RC
603	Zoe	Cattermole	Female	
459	Mervyn	Cattermole	Male	
294	Paul	Causon	Male	
1080	Carina	Cavanagh	Female	
120	Wayne	Cawston	Male	
738	Konstancija	Cepelina	Female	
494	Calli	Challis	Female	
917	Nicola	Challis	Female	Harwich Runners
393	Ray	Challoner	Male	
1563	Chris	Chalmers	Male	
858	Haley	Chamberlain	Female	
953	Chris	Chandler	Male	100 Marathon Club
50	Olivia	Chapelle	Female	
770	Charlotte	Chapman	Female	
1249	Laurence	Chapman	Male	
766	Jonathan	Chapman	Male	
1037	GRAHAM	CHAPPELL	Male	
1261	Jayne	Chappels	Female	
1264	Philip	Chappels	Male	
134	Gillian	Charlton	Female	Stowmarket Striders RC
1580	Ruth	Cheesley	Female	Vegan Runners UK
310	John	Chell	Male	
704	Paul	Cherry	Male	Woodbridge Shufflers RC
1532	Diane	Chester	Female	
1077	Gi Kwong	Cheung	Male	Ipswich Jaffa RC
119	Amanda	Childs	Female	Ipswich Jaffa RC
1473	Tristan	Childs	Male	
276	David	Church	Male	Felixstowe RRC

Race Number	Firstname	Lastname	Gender	Running Club
277	Jenny	Church	Female	Felixstowe RRC
540	Ben	Churchman	Male	Diss and District AC
541	Lindsay	Churchman	Female	
260	Tanya	Clark	Female	
1126	Joanne	Clark	Female	
270	Alison	Clarke	Female	Great Bentley Running Club
132	Daniel	Clarke	Male	
1085	John	Clarke	Male	
259	Peter	Clarke	Male	Diss and District AC
448	Ricky	Clarke	Male	
124	Sarah	Clarke	Female	TRISudbury
1247	Stuart	Clarke	Male	
92	Hannah	Clarkson	Female	
266	Jamie	Clarkson	Male	
1464	Madeleine	Claydon	Female	Colchester Harriers AC
471	Martin	Claydon	Male	Colchester Harriers AC
1507	Alistair	Clements	Male	
1268	Jo	Clements	Female	
780	Andrew	Clifton	Male	Felixstowe RRC
781	Craig	Clifton	Male	
396	Emma	Clifton	Female	
782	Reece	Clifton	Male	
1010	andrew	cocker	Male	
30	Emily	Coe	Female	
674	Melissa	Coe	Female	
411	Duncan	Coldwell	Male	
410	Ellen	Coldwell	Female	
1222	Adrian	Cole	Male	Stowmarket Striders RC
1211	Josh	Coleby	Male	
743	Mark	Coleby	Male	
784	Sophie	Coleman	Female	Ipswich Jaffa RC
755	Hayley	Coles	Female	Felixstowe RRC
1577	David	Coley	Male	Ipswich Jaffa RC
613	Damien	Colley	Male	
1429	Andy	Collins	Male	
470	carl	collins	Male	
127	jackie	collins	Female	Felixstowe RRC
567	Kevin	Collins	Male	
81	Samantha	Collins	Female	
451	Stuart Andrew	Collins	Male	
676	Anthea	Colsell	Female	Great Bentley Running Club
544	Liam	Connaughton	Male	Haverhill Running Club
1363	Mark	Connell	Male	
669	Paul	Connell	Male	Great Bentley Running Club
920	Amanda	Cook	Female	
1123	Beth	Cook	Female	
868	Darren	Cook	Male	Felixstowe RRC
862	Hannah	Cook	Female	
268	Jemma	Cook	Female	
36	Jess	Cook	Female	
78	Matthew	Cook	Male	
529	Rob	Cook	Male	

Race Number	Firstname	Lastname	Gender	Running Club
921	Steven	Cook	Male	
122	Wendy	Cook	Female	
1437	Liz	Cooke	Female	
827	Paul	Cooke	Male	
516	Greg	Coomber	Male	
11	Ruth	Coomber	Female	
1313	Gary	Coombes	Male	
1058	Beccy	Coombs	Female	
66	Donna	Cooper	Female	
538	Lesley	Cooper	Female	Ipswich Jaffa RC
1369	Mark	Cooper	Male	Ipswich Triathlon Club
1208	Robert	Cooper	Male	Lewes AC
1093	Justin	Cooper-Keeble	Male	
1209	Emily	Cooper-Reade	Female	
95	Linda	Cope	Female	
1189	David	Copland	Male	Ipswich Triathlon Club
380	Andrea	Copping	Female	
927	Andrew	Copping	Male	
329	James	Cornish	Male	Woodbridge Shufflers RC
1361	Lee	Cornish	Male	
850	Shelly	Cornish	Female	
1307	Allie	Cornwell	Female	
1308	Lee	Cornwell	Male	
1594	Martin	Cotton	Male	
298	Aidan	Coughlan	Male	Vegan Runners UK
1255	Ruth	Cowlin	Female	Sudbury Joggers
573	Marcus	Cox	Male	Jogging Made Easy
575	Noah	Cox	Male	
492	Rachel	Cox	Female	
574	Sharon	Cox	Female	
93	Jonathan	Coy	Male	
1518	Janet	Cracknell	Female	
263	Andrew	Craig	Male	Woodbridge Shufflers RC
533	Jim	Craig	Male	
532	Melissa	Craig	Female	
1028	Matthew	Crane	Male	
1043	Pete	Crawley	Male	
1180	Melanie	Creasey	Female	
822	Karl	Cridland	Male	
939	David	Crissell	Male	
505	Mark	Crompton	Male	
506	Rachel	Crompton	Female	
1459	Fergus	Crouch	Male	
675	Gabrielle	Crown	Female	
1011	John	Cuff	Male	
271	Samantha	Culham	Female	
860	Chantal	Cullingtonread	Female	
861	Stephen	Cullingtonread	Male	
1320	John	Cullum	Male	Saint Edmund Pacers
1112	Ellie	Cumner	Female	Colchester Harriers AC
1240	Jason	Cunningham	Male	
791	Stephen	Curran	Male	Framlingham Flyers

Race Number	Firstname	Lastname	Gender	Running Club
1014	Nicola	Currant	Female	
303	Abbie	Curtis	Female	
1018	Angela	Curtis	Female	
296	Sue	Curtis	Female	
1439	Anneliese	Da Costa	Female	
746	Kris	Dalby	Male	Harwich Runners
1504	Claire	Dann	Female	
1066	Mark	Davey	Male	
1602	Matt	Davey	Male	Colchester Harriers AC
1549	Shaun	Davey	Male	
1613	Alistair	Davidson	Male	
634	Charlotte	Davies	Female	
1	Helen	Davies	Female	Ipswich Jaffa RC
962	Kirsty	Davies	Female	
485	Mark	Davies	Male	
988	helen	dawdry	Female	
1392	Amanda	Dawson	Female	
1391	Gavin	Dawson	Male	
1216	Oliver	Daykin	Male	Newmarket Joggers
139	Beverley	de Boos	Female	Vegan Runners UK
1262	Harriet	de Max	Female	
771	Sarah	Deacon	Female	Stowmarket Striders RC
871	Brett	Deakin	Male	Felixstowe RRC
1184	Alex	Deal	Male	
615	Ben	Dean	Male	Diss and District AC
1034	Steven	Dearsley	Male	
527	Karen	Deasy	Female	
526	Ricky	Deasy	Male	
192	Richard	Dedicoat	Male	
44	Marie-Claire	Delbrouque	Female	
499	Richard	Dempsey	Male	Woodbridge Shufflers RC
950	Julie	Dennis	Female	
88	Neil	Dennis	Male	Stowmarket Striders RC
1604	Simon	Dennis	Male	
1498	Steve	Dersley	Male	
663	Sarah	De-Vaux Balbirnie	Female	
944	Alex	Dickinson	Male	
943	Caroline	Dickinson	Female	
623	Stephen	Didcott	Male	
1239	Joanne	DiDuca	Female	
1238	Warren	DiDuca	Male	
203	Jason	Dighton	Male	
204	Genna	Dighton	Female	
1237	Emily	Dixon	Female	Capel Cheetahs
1207	Stephen	Dixon	Male	Ipswich Jaffa RC
935	Kate	Dodd	Female	
697	Yvonne	Doe	Female	Stowmarket Striders RC
1598	Nicola	Doggett	Female	
640	Hannah	Doran	Female	
906	Claire	Douglas	Female	
549	Lisa	Dove	Female	
1301	Sue	Downes	Female	

Race Number	Firstname	Lastname	Gender	Running Club
391	Kathryn	Downey	Female	
511	Mark	Downey	Male	Felixstowe RRC
1225	Simon	Downey	Male	
512	Xavier	Downey	Male	
40	Kristy	Doyle	Female	
1523	Alison	Drake	Female	
1522	Cheryl	Drake	Female	
843	Charlotte	Driver	Female	
978	Lucy	Driver	Female	Felixstowe RRC
314	Jon	Duffney	Male	Ipswich Jaffa RC
778	Haley	Duffy	Female	
796	Ian	Duggan	Male	Felixstowe RRC
1280	Adam	Durrant	Male	
1056	Charlotte	Durrant	Female	Woodbridge Shufflers RC
1279	Charlotte	Durrant	Female	Stowmarket Striders RC
890	Kimberley	Dye	Female	
82	Scott	Earrey	Male	
949	Maddy	Earye	Female	
1164	Lee	Eastall	Male	
1106	Christine	Easthall	Female	
1382	Sally	Easton	Female	
1576	Gemma	Ebbs	Female	
657	Kara	Edhouse-Thomas	Female	Ipswich Jaffa RC
390	Stephanie	Edmans	Female	
1449	Cara	Edwards	Female	
1171	Peter	Edwards	Male	
1370	Darby	Egan	Male	
1371	Ian	Elden	Male	Ipswich Jaffa RC
341	Abigail	Eley	Female	
339	Andrew	Eley	Male	
340	Joanne	Eley	Female	
853	Andrew	Ellis	Male	Felixstowe RRC
1447	Andy	Ellis	Male	
1609	Claire	Ellis	Female	
1259	colin	ellis	Male	
1070	Hildrene	Ellis	Female	
299	Susan	Ellis	Female	
712	Dan	Elliston	Male	
710	Katie	Elliston	Female	
684	Becky	Ellul	Female	Felixstowe RRC
685	James	Ellul	Male	Felixstowe RRC
1360	Jimmy	elmer	Male	Ipswich Jaffa RC
325	Daniela	Elstone	Female	Felixstowe RRC
168	Rick	Emberson	Male	
167	Rob	Emberson	Male	
589	Samantha	Emms	Female	
1095	Rebekka	Emond	Female	
290	Christine	Evans	Female	
995	Danielle	Evans	Female	
956	Jason	Evans	Male	
138	Melonie	Evans	Female	TRISudbury
1499	Shona	Evans	Female	

Race Number	Firstname	Lastname	Gender	Running Club
302	Craig	Evans	Male	
17	Paul	Evans	Male	Belgrave Harriers
64	David	Ewing	Male	
1032	Mark	Exton	Male	
25	Christina	Eyles	Female	
762	Emma	Fairs	Female	
763	Joseph	Fairs	Male	
245	Cameron	Fairweather	Male	
244	Karen	Fairweather	Female	
1074	Helen	Fanshawe	Female	
1073	Jim	Fanshawe	Male	
1204	Oliver	Farrar	Male	
647	Caroline	Farren-Hines	Female	
504	David	Farrow	Male	
169	John	Farthing	Male	
972	Lesley	Fayers	Female	
1362	Lisa	Fayers	Female	
683	Karl	Feagan	Male	Hadleigh Hares AC
677	John	Feeney-Howells	Male	
875	Richard	Fellingham	Male	Stowmarket Striders RC
572	Christy	Fenelon	Male	
932	Adam	Fenn	Female	
933	Elisabeth	Fenn	Female	
998	Jo	Fenn	Female	
1316	Paul	Fenn	Male	
928	Tim	Fenn	Male	
1331	Rob	Ferguson	Male	Great Bentley Running Club
1234	Samantha	Fielden	Female	
1456	Cathryn	Fifield	Female	
179	Katie	Finch	Female	
180	Mark	Finch	Male	
1572	Peter	Finch	Male	Ipswich Jaffa RC
756	Rachael	Finch	Female	Waveney Valley AC
1087	Chris	Firman	Male	
1327	Martyn	Firth	Male	
236	Rebecca	Fish	Female	
24	Charlie	Fisk	Female	
1359	Jamie	Fittock	Male	Sudbury Joggers
1027	Penny	Flack	Female	
1117	Anthony	Fleming	Male	
51	Rebecca	Fogg	Female	
946	Sue	Foley	Female	Running Colchester
773	Emma	Ford	Female	
1468	Mark	Ford	Male	Felixstowe RRC
553	Matt	Ford-Thomas	Male	Saxmundham Sports Running & Fitness Club
893	Caitlin	Fosker	Female	Hadleigh Hares AC
584	Clayton	Fosker	Male	
1044	Oliver	Fosker	Male	
373	Lisa	Foster	Female	
1265	Dale	Fowler	Male	
805	Alexander	Fox	Male	Saint Edmund Pacers
1444	Daniel	Francis	Male	

Race Number	Firstname	Lastname	Gender	Running Club
952	Jacqueline	French	Female	
838	Edwina	Frost	Female	
653	Robert	Frost	Male	
321	Suzanne	Frost	Female	TRISudbury
428	Gillian	Fry	Female	
1219	Clair	Gale	Female	Haverhill Running Club
991	Christina	Galvin	Female	
1583	Clive	Gardiner	Male	Ipswich Jaffa RC
673	Frank	Gardiner	Male	Great Bentley Running Club
1367	Tim	Gardiner	Male	
1303	Alan	Gardner	Male	Harwich Runners
1588	Lauren	Garfield	Female	
1220	Andrew	Garnham	Male	
1350	David	Garnham	Male	
1229	Donna	Garnham	Female	
178	Juliet	Garnham	Female	Stowmarket Striders RC
125	Nicola	Garnham	Female	
689	Nigel	Gartshore	Male	
693	Sarah	Gartshore	Female	
1170	Johnny	Garwood	Male	
867	Tony	Gavin	Male	Felixstowe RRC
515	Alison	Gawne	Female	
378	Lauren	Gayfer	Female	
1025	Michael	Gentry	Male	
1485	Adam	Gerrish	Male	Colchester Harriers AC
1312	Nathalie	Gibbins	Female	
1139	Michael	Gibson	Male	
895	ROY	GIBSON	Male	
629	Paul	Gilbert	Male	
969	Paula	Gilbert	Female	
184	Liam	Gilks	Male	
363	Dawn	Gillett	Female	
364	John	Gillett	Male	
118	Neil	Gillingham	Male	Ipswich Harriers
1315	Tina	Gipson	Female	
883	Mark	Girling	Male	
1445	Simon	Girling	Male	
885	Vanessa	Girling	Female	
898	Colin	Gittings	Male	
334	Jonathan	Glanfield	Male	Felixstowe RRC
1305	philip	glanville	Male	
402	Clare	Gleave	Female	
1426	Elouise	Glencastle	Female	
728	Lucy	Glendinning	Female	
369	Mandy	Godbold	Female	Ipswich Harriers
370	Mark	Godbold	Male	Ipswich Harriers
586	Paul	Goldring	Male	Ipswich Jaffa RC
1159	Mark	Goldsmith	Male	
442	Simon	Goldsmith	Male	
1160	Ursula	Goldsmith	Female	
15	Bridget	Goldstone	Female	Trift Green Trotters
16	Baz	Goldstone	Male	Trift Green Trotters

Race Number	Firstname	Lastname	Gender	Running Club
49	Noah	Goldsworthy	Male	
447	Thomas	Gooch	Male	
807	Darren	Goodchild	Male	
1300	Adrian	Gooding	Male	
1241	James	Gooding	Male	
136	Michelle	Gooding	Female	
1251	Kate	Gooding	Female	Wymondham AC
1332	Alice	Goodwin	Female	Ipswich Harriers
13	Lyndsie	Goodwin	Female	
856	Mark	Goodwin	Male	Felixstowe RRC
1186	Miles	Goodwin	Male	
62	Clara	Gostling	Female	
1286	Ian	Gould	Male	
1494	Robert	Grainger	Male	Stowmarket Striders RC
469	Anna	Grant	Female	Stowmarket Striders RC
1062	Andy	Gray	Male	
489	Ruth	Gray	Female	
347	Thomas	Grayling	Male	
585	Caroline	Green	Female	
135	Hayley	Green	Female	
810	Terri	Green	Female	Ipswich Jaffa RC
162	Nicole	Green	Female	
1337	Ian	Greenleaf	Female	
1336	Vicky	Greenleaf	Female	
542	Sarah	Griffiths	Female	
959	Robert	Grimsey	Male	Hadleigh Hares AC
194	Keith	Grimwood	Male	
1055	Ian	Groenewald	Male	
638	Lynsey	Groom	Female	
1334	Trish	Groves	Female	Havering '90 Joggers
1582	Liz	Grubb	Female	
241	David	Guest	Male	
401	Lisa	Guest	Female	
1079	Michelle	Guilder	Female	
1228	Jo	Hack	Female	
414	Rachael	Hagger	Female	
794	Sarah	Hainsworth	Female	
319	Paul	Hales	Male	Capel Cheetahs
405	Deborah	Hall	Female	
404	Jordan	Hall	Male	
774	Kerry	Hall	Female	
1393	Rob	Hall	Male	
1299	Steve	Hall	Male	Framlingham Flyers
166	Fi	Ham	Female	
682	Karen	Hamblin	Female	
1461	Rachael	Hamblyn	Female	
1266	Karen	Hamilton	Female	Stowmarket Striders RC
31	Emma	Hammersley	Female	
907	DEBRA	HAMMOND	Female	
522	Gary	Hammond	Male	
521	Rachel	Hammond	Female	
901	Sally-Ann	Hammond	Female	

Race Number	Firstname	Lastname	Gender	Running Club
569	Ben	Hammond	Male	Harwich Runners
465	Carrie	Handsombe	Female	
671	Fiona	Hanlon	Female	
951	Neil	Hanson	Male	Felixstowe RRC
1338	Mandy	Hard	Female	
187	Louise	Hardwick	Female	
1141	Lucia	Hardwick	Female	
1140	Neal	Hardwick	Male	
1551	Lisa	Hares	Female	
265	Simon	Harkin	Male	
409	Robin	Harper	Male	Felixstowe RRC
1021	Claire	Harrington	Female	
264	Beth	Harris	Female	
609	Jo	Harris	Male	Capel Cheetahs
1009	Julie	Harris	Female	
1023	Karl	Harris	Male	
1548	Louise	Harris	Female	Haverhill Running Club
1384	Richard	Harris	Male	
1477	SALLY	HARRIS	Female	
1041	Ollie	Harrison	Male	
1390	Kelly	Harrold	Female	
531	Deb	Hart	Female	
425	Jan	Hart	Female	
996	Sam	Hart	Male	
27	Darren	Harvey	Male	
221	Hannah	Harvey	Female	
322	Lori	Harvey	Female	
360	Matthew	Harvey	Male	
220	Stephen	Harvey	Male	
851	Vanessa	Harvey	Female	
1491	Emma	Harwood	Female	Framlingham Flyers
982	Tom	Haslam	Male	Saxmundham Sports Running & Fitness Club
601	Gavin	Hasnip	Male	
420	Helen	Haste	Female	Ipswich Jaffa RC
1400	Joanna	Hawes	Female	
792	MARK	HAYDEN	Male	
793	Thomas	Hayden	Male	Framlingham Flyers
281	Neil	Hayes	Male	
242	Vimmi	Hayes	Female	
812	Sharon	Hayfield	Female	
1458	Kieran	Hayles	Male	
823	Louise	Haynes	Female	
681	Val	Haynes	Female	Running Colchester
1451	Andy	Hayward	Male	Stowmarket Striders RC
1343	Philippa	Heading	Female	
568	Khrieu	Healy	Female	
365	Aaron	Heard	Male	Capel Cheetahs
804	Liz	Heath	Female	
965	Marianne	Hedge	Female	Felixstowe RRC
619	Chris	Hemingway	Male	
336	Vicki	Hensby	Female	
274	Alex	Hermon	Male	

Race Number	Firstname	Lastname	Gender	Running Club
878	Dale	Heuer	Male	
1492	Michelle	Hewitt	Female	Framlingham Flyers
1082	JEFF	Hicks	Male	
1083	LIZ	Hicks	Female	
879	Lizabeth	Hicks	Female	
845	Stephen	Hicks	Male	Ipswich Harriers
607	Christopher	Hill	Male	
602	Matthew	Hill	Male	
834	Adam	Hills	Male	
833	Rebecca	Hills	Female	
371	Alan	Hillyard	Male	
1063	Ethan	Hilton	Male	
1231	Ben	Hines	Male	
1174	Bradley	Hines	Male	
1165	Daniel	Hines	Male	
68	Graham	Hines	Male	
71	Helena	Hines	Female	
21	Alison	Hodge	Female	
218	Sarah	Hodge	Female	
577	Rosanna	Holden	Female	Jogging Made Easy
748	Kevin	Holland	Male	Wymondham AC
1086	Laura	Holland	Female	
768	Tony	Holland	Male	Ipswich Jaffa RC
1089	Fiona	Hollands	Female	
656	Kevin	Holley	Male	
510	helen	hollingsworth	Female	Felixstowe RRC
497	stuart	hollingsworth	Male	Felixstowe RRC
593	Sam	Holloway	Male	
880	Katie	Holmes	Female	Harwich Runners
1531	Derek	Hood	Male	Ipswich Jaffa RC
551	Nathalie	Hooper	Female	Hadleigh Hares AC
1195	Mary	Hope	Female	Stowmarket Striders RC
1552	James	Hore	Male	
596	Paul	Horne	Male	Vegetarian Cycling & AC
968	Rhonda	Horne	Female	
383	Emma	Hosking	Female	Ipswich Jaffa RC
67	Fiona	Hotston Moore	Female	
464	Adriana	Houchell	Female	Ipswich Jaffa RC
477	Phil	Houghton	Male	
799	Roger	Houghton	Male	
963	Amy	Howard	Female	
1179	Charles	Howard	Male	
183	Mike	Howard	Male	
297	James	Howard	Male	Framlingham Flyers
1067	chris	Howard Kraft	Male	
606	Andrew	Howells	Male	
1547	Ingaret	Howells	Female	
1283	dave	howgego	Male	
1297	Adam	Howlett	Male	Framlingham Flyers
633	Mark	hoy	Male	
519	Catherine	Hubbard	Female	
758	Annali	Hubbard	Female	

Race Number	Firstname	Lastname	Gender	Running Club
757	Antony	Hubbard	Male	
977	Ben	Hudson	Male	
1340	Ben	Hudson	Female	
1605	Jenny	Huff	Female	
614	Ali	Huggins	Female	
1550	Annette	Huggins	Female	Framlingham Flyers
438	Lorraine	Huggins	Female	
1101	Catherine	Hughes	Female	
661	mark	hughes	Male	Stowmarket Striders RC
1102	Paul	Hughes	Male	
795	Rebecca	Hughes	Female	
1342	Steven	Hughes	Male	Stowmarket Striders RC
767	Vicki	Hughes	Female	
1019	Imogen	Hullis	Female	
280	Joseph	Hullis	Male	Ipswich Jaffa RC
279	Marie	Hullis	Female	
847	Andrew	Humm	Male	
942	Georgia	Humphreys	Female	Ipswich Jaffa RC
224	Tracy	Humphreys	Female	Stowmarket Striders RC
1002	Andy	Hunt	Male	
209	Claire	Hunt	Female	
1003	Helen	Hunt	Female	
1339	Chris	Hunt	Male	
1187	Iain	Hunter	Male	Stowmarket Striders RC
142	Sue	Hunter	Female	Stowmarket Striders RC
1213	Neil	Hunting	Male	
711	Maria	Huntley	Female	
1122	Hannah	Huntly	Female	
1035	Kim	Hurren	Female	
1462	Sian	Hurren	Female	
955	Kate	Hutson	Female	Ipswich Jaffa RC
4	Joanne	Hutt	Female	
198	Emma	Hutton	Female	
788	Gary	Ingram	Male	Ipswich Jaffa RC
749	Angela	Ironside	Female	Ipswich Jaffa RC
1144	Adam	Jackson	Male	Running Colchester
177	Alan	Jackson	Male	Ipswich Jaffa RC
957	Michelle	Jackson	Female	
283	Neil	Jackson	Male	
1575	Wayne	Jackson	Male	
842	Ben	Jacobs	Male	
525	Laura	Jakens	Female	
282	darren	james	Male	
202	Nick	Jarrold	Male	
222	Gary	Jarvis	Male	Felixstowe RRC
212	Trish	Jarvis	Female	Jogging Made Easy
1412	Claire	Jay	Female	
1540	Matthew	Jay	Male	
1113	Sarah	Jeggo	Female	
172	Georgie	Jemmeson	Female	Running Colchester
358	Alexandra	Jenner	Female	
931	Martin	Jennings	Male	

Race Number	Firstname	Lastname	Gender	Running Club
930	Naomi	Jennings	Female	
1535	Tim	Jennings	Male	
1521	Val	Jennings	Female	Ipswich Jaffa RC
1545	Gareth	John	Male	
1260	Dan	Johnson	Male	
33	Gill	Johnson	Female	
1306	Glenys	Johnson	Female	
460	Sandra	Johnson	Male	
304	Kevin	Johnston	Male	
23	Balkees	Jones	Female	
580	Dan	Jones	Male	Norfolk Gazelles AC
630	Daniel	Jones	Male	
562	David	Jones	Male	Stowmarket Striders RC
563	Jane	Jones	Female	
709	Justin	Jones	Male	
708	Katherine	Jones	Female	
2	Leon	Jones	Male	
491	Martin	Jones	Male	
1438	Barbara-Anne	Jousiffe	Female	
1387	John	Jousiffe	Male	
1381	Vikki	Jousiffe	Female	
196	Grace	Judge	Female	Haverhill Running Club
1278	Jan	Kading	Male	Stowmarket Striders RC
718	Kim	Keable	Female	
444	Ruth	Keeble	Female	
1380	Karen	Keedle	Female	
246	Wendy	Kellett	Female	
896	YVONNE	KELLY	Female	
648	Sarah	Kemble	Female	
983	Victoria	Kenny	Female	Hadleigh Hares AC
174	Lindsay	Kent	Female	
588	Mathias	Kern	Male	
923	Julie	Kerridge	Female	
721	Erika	Kerry	Female	
1346	Adrian	Kersey	Male	
357	Paul	Kettridge	Male	
706	Katie	Kew	Female	
507	Rob	Kidd	Male	
1354	Esther	Kiehl	Female	
664	Fliss	Kindred Kirk	Female	Framlingham Flyers
1614	Andrew	King	Male	
26	Claire	King	Female	
1399	Katie	King	Female	Saint Edmund Pacers
345	Kirby	King	Female	Felixstowe RRC
83	Steve	King	Male	
690	Steven	King	Male	Felixstowe RRC
453	Tamasin	King	Female	
836	Sharrone	King	Female	
1120	Chris	Kingsbury	Male	
1203	Adam	Kingsgate	Male	
1379	Becky	Kingsland	Female	Diss and District AC
652	Steve	Kirk	Male	Framlingham Flyers

Race Number	Firstname	Lastname	Gender	Running Club
1482	Leah	Knee	Female	
228	Paul	Knight	Male	
903	Alex	Knights	Male	
29	Diane	Knights	Female	
904	Wendy	Knights	Female	
687	Shelley	Knights	Female	
1107	Natasha	Knowles	Female	
1288	Hollie	Knox	Female	
1287	Peter	Knox	Male	
217	Anna	Kocinska	Female	
597	Magdalena	Komorowska	Female	Great Bentley Running Club
598	Tomasz	Komorowski	Male	Great Bentley Running Club
243	Alex	Kuczer	Male	
902	Adrian	Kudela	Male	Felixstowe RRC
1253	Joseph	Kulesa	Male	
830	Zoe	Lake	Female	
1402	James	Lambert	Male	Coltishall Jaguars RC
565	Louise	Lambert	Female	
882	Stephen	Lambert	Male	
1401	Nicola	Lambert-John	Female	Coltishall Jaguars RC
1463	DAVID	LAMPARD	Male	Felixstowe RRC
484	Steve	Langley	Male	Eastern Masters AC
61	Chynna	Lari	Female	
1349	Tim	Larke	Male	Stowmarket Striders RC
1173	Jim	Last	Male	Framlingham Flyers
320	Catherine	law	Female	
1394	melissa	lawrie	Female	
654	Clare	Lay	Female	
226	Chuck	Layzell	Male	
650	karl	leach	Male	Harwich Runners
34	Gillian	Lebeau	Female	
866	Rob	Ledger	Male	
1508	Stephanie	Ledger	Female	
439	Emma	Lee	Female	Capel Cheetahs
223	Mon	Lee	Male	Ipswich Jaffa RC
1596	Richard	Leeder	Male	Stowmarket Striders RC
503	Chris	Leek	Male	Framlingham Flyers
1254	Mark	Leek	Male	
870	Jackie	Leeks	Female	
131	Joanne	Leeks	Female	
1134	Angie	Leggett	Female	
80	Robert	Leggett	Male	
680	Kevin	Legrand	Male	
815	Emma	Leivers	Female	
1324	Babal	Leoffrey	Male	
1210	vicki	lessells	Female	
102	Gemma	Levi	Female	
1450	Arabella	Lewendon	Female	Felixstowe RRC
427	Claire	Lewis	Female	
894	Kristy	Lewis	Female	
1298	Lo-Anne	Lewis	Female	
594	Madeline	Lewis	Female	Harwich Runners

Race Number	Firstname	Lastname	Gender	Running Club
1366	Todd	Lewis	Male	Sudbury Joggers
750	Tak	Li	Male	
1345	Beth	Licence	Female	Diss and District AC
46	Michael	Light	Male	
698	Ian	Lightfoot	Male	Woodbridge Shufflers RC
377	Chloe	Lillistone	Female	
1098	Alyson	Limpkin-Challis	Female	Felixstowe RRC
649	Samantha	Linassi	Female	Felixstowe RRC
888	Ross	Lincoln	Male	
624	Chris	Ling	Male	
625	Claire	Ling	Female	
153	Kevin	Linsell	Male	
881	Ian	Little	Male	
140	Bella	Lock	Female	
35	Ian	Lock	Male	
42	Lisa	Lock	Female	
1383	Sue	Lockhart	Female	Ipswich Jaffa RC
692	Katie	Lomax	Female	
446	Graham	Long	Male	
1223	Tim	Long	Male	Ipswich Jaffa RC
481	Penny	Lord	Female	
960	Darren	Love	Male	
1510	Muriel	Lovering	Female	Harwich Runners
651	Colin	Low	Male	
98	Ellie	Lowes	Female	
1519	Stephanie	Lown	Female	
1569	Benjamin	Lucas	Male	Stowmarket Striders RC
1573	Isabel	Lucas	Female	
1128	Tracey	Lucas	Female	
1593	Graeme	Ludwig	Female	
1072	Lisa	Lummis	Female	
350	Toby	Lupton	Male	QBE Running Club
449	Jenny	Lynch	Female	
1202	Anna	Lyth	Female	
863	Daniel	MacDonald	Male	
840	Adam	MacDonald	Male	
473	Jade	Macfarlane	Female	
87	Rod	MacGregor	Male	Felixstowe RRC
230	Claire	Macro	Female	
694	Rachel	Macro	Female	
1425	Jemma	Maddams	Female	
976	Samantha	Magennis	Female	
197	Sophie	Maitland	Female	
306	Matthew	Makin	Male	Felixstowe RRC
181	Sandy	Maloy	Female	Sudbury Joggers
1155	Helen	Mandell	Female	Capel Cheetahs
958	Andrew	Mann	Male	
1109	Chris	Mann	Male	
595	Gemma	Mann	Female	
1517	Andy	Manning	Male	
1543	Oliver	Manning	Male	
1421	Richard	Manning	Male	

Race Number	Firstname	Lastname	Gender	Running Club
20	John	Markham	Male	
1143	Keith	Marley	Male	Colchester Harriers AC
1051	robert irvine	marr	Male	
1052	sally	marr	Female	
1084	Michael	Marriott	Male	
621	David	Marsh	Male	
1030	JON	MARSH	Male	
1183	Kirsty	Marsh	Female	Felixstowe RRC
900	Monika	Marshall	Female	
1069	Jason	Marter	Male	
1272	Karen	Martin	Female	Haverhill Running Club
1452	Sophie	Martin	Female	
1374	Gabriel	Martins	Male	Ipswich Jaffa RC
1054	Claire	Maskery	Female	Stowmarket Striders RC
104	Kirsty	Mason	Female	
725	Steve	Mason	Male	Haverhill Running Club
884	Stuart	Mason	Male	Felixstowe RRC
672	Wendy	Massingham	Female	
1599	Stuart	Masters	Male	
1292	Jane	Mathias	Female	
1397	Adrian	Matthews	Male	Ipswich Triathlon Club
1196	Ben	Matthews	Male	
707	Nick	Matthews	Male	
865	Brendan	Maxfield	Male	
641	Kate	May	Female	
379	Melvyn	Maycock	Male	
899	Paul	Maycock	Male	Capel Cheetahs
1166	Rob	Mayhew	Male	
1099	Larissa	Mayhew	Female	
216	Paul	McAllister	Male	Hadleigh Hares AC
554	Becky	McCorquodale	Female	Harwich Runners
1005	Steven	McDade	Male	
1150	Debbie	Mcdowall	Female	Stowmarket Striders RC
740	Jo	McGurk	Female	
231	Jamie	McGurk	Male	
913	Abbi	Mckenzie	Female	
1590	Mark	Mckeown	Male	Colchester Harriers AC
1127	Julie	McLoughlin	Female	
1105	Andy	McMahon	Male	
918	Jo	McPherson	Female	
1512	Joanne	Meadows	Female	
854	Laura	Meadows	Female	
149	Alex	Meek	Male	
148	Ceri	Meek	Female	
1553	James	Mehmed	Male	
581	Rose	Meleady	Female	
789	Lisa	Merchant	Female	
752	Diana	Meredith	Female	
753	Patrick	Meredith	Male	
1022	Simon	Merrett	Male	
819	Jenny	Merry	Female	Sudbury Joggers
1309	Emma	Middlehurst	Female	

Race Number	Firstname	Lastname	Gender	Running Club
73	Lance	Middleton	Male	
1201	Zsanett	Mihalenko	Female	
1603	David	Milbourne	Male	
110	Andy	Miley	Female	Ipswich Jaffa RC
841	Simon	Miller	Male	Colchester Harriers AC
151	Ben	Mills	Male	
385	Darin	Mills	Male	
1244	Sally	Mills	Female	
631	Sharron	Mitchell	Female	
112	Mohit	Mittal	Male	
934	MARIAN	Mlynarcik	Male	
1328	Shane	Mongor	Male	
776	Nichola	Montgomery	Female	
1293	Clare	Moodie	Female	Framlingham Flyers
1294	Jon	Moodie	Male	Framlingham Flyers
478	Esther	Moore	Female	
1271	Morgan	Moore	Male	Stowmarket Striders RC
1129	Kara	Moore-Damant	Female	Stowmarket Striders RC
1407	Pam	Morgan	Female	Framlingham Flyers
1033	sarah	morgan	Female	
1408	Tristan	Morgan	Male	
253	Bernard	Morgan	Male	
252	Colleen	Morgan	Female	
1152	Natalie	Morley	Female	
967	Lee	Morphew	Male	
359	Vaughan	MORRIS	Male	Stowmarket Striders RC
869	Teresa	Morse	Female	
133	James	Mortimer	Male	
214	Emma	Mortimer	Female	
604	Rose	Mortimer	Female	
1355	Lucy	Mortlock	Female	
1110	daniel	moss	Male	
1104	Gemma	Moss	Female	Ipswich Jaffa RC
219	Leanne	Moss	Male	
1375	Dinah	Mothersole	Female	
1578	Robin	Mott	Male	
1524	Chris	Mower	Male	Saint Edmund Pacers
1351	Caroline	Mowle	Female	
415	Alan	Murray	Male	
559	Christopher	Murray	Female	
1533	Crystal	Murray	Female	
679	Marisa	Murray	Female	
436	Martin	Murray	Male	
382	Alison	Myles	Female	
717	joe	naughton	Male	Stowmarket Striders RC
1364	Siân	Naylor	Female	
1474	Chris	Neary	Male	
338	Emma	Nesling	Female	
1466	Steve	Neumann	Male	
1542	Stephen	Newhall	Male	
22	Ange	Newman	Female	
1561	emma	newman	Female	

Race Number	Firstname	Lastname	Gender	Running Club
1560	mark	newman	Male	
1039	Paul	Newman	Male	
1156	Megan	Newton	Female	Aldershot Farnham & District
416	James	Nial	Male	
1319	Marc	Niepold	Male	
536	Pamela	Noble	Female	
225	Mari	Noller	Female	
1250	Rachael	Norris	Female	
173	Clare	Norton	Female	
829	Holly	Norton	Female	
605	Jemma	Nunn	Female	
688	Simon	Nunn	Male	
1579	Kim	Nunziata	Female	
1245	Chris	Nuttall	Male	
1091	Heidi	Oakenfull	Female	
1457	Imy	O'Brien	Female	
10	James	O'Brien	Male	
108	Tracy	Ochwat	Female	
305	Aaron	O'Connell	Male	
1453	Kevin	O'Donnell	Male	
754	Karen	Offord	Female	
973	Ian	Old	Male	Ipswich Jaffa RC
980	Ricky	O'Neill	Male	Ipswich Jaffa RC
308	Preston	Osborn	Male	Lonely Goat RC
1353	Chris	Osborne	Male	
1352	Sarah	Osborne	Female	
517	Darin	Osborne	Male	
797	Paul	Osborne	Male	Felixstowe RRC
911	Anneli	Ostler	Female	Felixstowe RRC
910	Justin	Ostler	Male	Felixstowe RRC
386	Michele	Ostler	Female	
12	Andrew	Outram	Male	
292	june	overett	Female	
291	simon	overett	Male	
1310	Vicky	Overton	Female	
513	Kay	Oxford	Female	Hadleigh Hares AC
772	Manasa	Pabbaraju	Female	
1275	Aaron	Padmore	Male	
705	Amelia	Page	Female	Ipswich Jaffa RC
107	Rob	Page	Male	Ipswich Jaffa RC
639	Sandy	Page	Female	
1148	Steph	Page	Female	
925	Rebecca	Palmer	Female	
873	Belinda	Palmer-Barnes	Female	Great Bentley Running Club
1048	Katherine	Parker	Female	
483	Claire	Parker	Female	
273	Alex	Parnell	Male	
579	Kat	Parnell	Female	
195	Tim	Parnell	Male	
1574	Ben	Parrish	Male	
1146	Neil	Parry	Male	Ravens City of London Running Club
1481	Alan	Parsons	Male	Running Colchester

Race Number	Firstname	Lastname	Gender	Running Club
434	Cat	Pascall	Female	
1226	Mark	Pashler	Male	
974	james	paterson	Male	
1178	Charlotte	Patmore	Female	
1172	Sylvia	Patsalides	Female	
466	John	Patterson	Male	
467	Margaret	Patterson	Female	
806	Marie	Paveley	Female	
1488	James	Payne	Male	
1224	Marcus	Payne	Male	
155	Matthew	Payne	Male	
1534	Marc	Peachey	Male	
1273	robert	peachey	Male	
1167	Annette	Peachment	Female	
1168	Sophie	Peachment	Female	
1131	Mark	Peake	Male	
941	Matthew	Pearce	Male	
1136	Carl	Pearson	Male	
423	Machala	Peacock	Female	
1428	Tracey	Pennock	Female	
54	Stacey-Anne	Penny	Female	
916	David	Percy	Male	
312	Caroline	Perry	Female	Ipswich Jaffa RC
745	Kieron	Perry	Male	
801	Helen	Persighetti	Female	
535	Claire	Pestell	Female	
537	Jonathan	Pestell	Male	
945	Clare	Pestell-Love	Female	
1419	Hannah	Pettersson	Female	Ipswich Harriers
1398	Paula	Phelan	Female	
1200	Richard	Phillips	Male	
1132	Sandy	Phillips	Female	Ipswich Jaffa RC
1329	Danuta	Piaskowski	Female	
1454	Andrew	Pickett	Male	Dartford Harriers AC
892	Emily	Pinner	Female	
58	Andrew	Piotrowski	Male	
105	Alanna	Plaats	Female	
388	Bradley	Podd	Male	
769	Simon	Podd	Male	
720	Matthew	Pokora	Male	
723	Oli	Polidore Perrins	Male	
808	Lauren	Pollard	Female	
48	Neil	Pollard	Male	
476	Dylan	Pomietlo	Male	Ipswich Jaffa RC
1493	Chris	Pont	Male	
695	Justin	Potter	Male	Stowmarket Striders RC
696	Lee	Potter	Male	
1162	Nathan	Potter	Male	
926	Nick	Potter	Male	Suffolk Trail Runners
1505	Andrew	Pottruff	Male	
1506	Rebecca	Pottruff	Male	
786	Christopher	Poulding	Male	Saint Edmund Pacers

Race Number	Firstname	Lastname	Gender	Running Club
278	Andrew	Preston	Male	
472	Jess	Preston	Female	Vegan Runners UK
979	katie	price	Female	
407	Sandra	Price	Female	
406	Wayne	Price	Male	
374	Natasha	Priday	Female	
255	Amanda	Prior	Female	Capel Cheetahs
488	Ryan	Prout	Male	Brentwood Running Club
971	Caroline	PRYKE	Female	
970	Damian	PRYKE	Male	
1006	Carl	Purnell	Male	
905	Liza	Putwain	Male	Stowmarket Striders RC
1585	Emma	Pyke	Female	
1586	Nicholas	Pyke	Male	
701	Ray	Pyke	Male	
700	Stuart	Pyke	Male	
1476	Philip	Quantrill	Male	
731	Victoria	Quantrill	Female	Great Yarmouth Road Runners
608	Wendy	Quantrill	Female	
600	Neil	Quarton	Male	
182	Aston	Ramsey	Male	
1026	Brittany	Ramsey	Female	
948	Carla	Ramsey	Female	
1501	Martin	Ramsey	Male	Hadleigh Hares AC
337	Scott	Ramsey	Male	Hadleigh Hares AC
914	Steven	Ramsey	Male	
1289	George	Randlesome	Male	
301	Alison	Rands	Female	
300	Ross	Rands	Male	
480	Aaron	Ranieri	Male	
787	Alexander	Ratcliffe	Male	
1566	Lisa	Ratcliffe	Female	
156	Aimee	Rawe	Female	
233	Adrian	Rawlinson	Male	
232	Lesley	Rawlinson	Female	
1284	Oliver	Ray	Male	
1007	Gary	Raynor	Male	Colchester Harriers AC
790	Jo	Read	Female	
1358	Karl	Read	Male	
1591	Alastair	Read	Male	Felixstowe RRC
1042	Jane	Reason	Female	
1175	Robert	Reason	Male	Stowmarket Striders RC
1347	Simon	Reed	Male	
1587	James	Reeder	Male	Ipswich Triathlon Club
1378	Clive	Reeve	Male	
1111	Jorge	Reis	Male	
269	Catherine	Renn	Female	
354	Alison	Renshaw	Female	Ipswich Jaffa RC
1554	Steven	Reynolds	Male	
1059	Suzanne	Rice	Female	
289	Charlotte	Richardson	Female	Sudbury Joggers
28	Dawn	Richardson	Female	

Race Number	Firstname	Lastname	Gender	Running Club
985	Tom	Richardson	Male	
1455	Oliver	Riches	Male	Hadleigh Hares AC
1436	Joanne	Rickett	Female	
1001	Katrina	Rigby	Female	Hadleigh Hares AC
5	Paul	Rinder	Male	
1581	Stuart	Risby	Male	
248	Jan	Risebrow	Female	Felixstowe RRC
445	Tracey	Risebrow	Female	
408	Dawn	Robb	Female	
254	Joe	Roberts	Male	Ipswich Jaffa RC
1568	Sandra	Roberts	Female	Ipswich Jaffa RC
1016	Andrew	Robertson	Male	
443	Michelle	Robinson	Female	
262	Danny	Rock	Male	Felixstowe RRC
121	Jamie	Rock	Male	Felixstowe RRC
1008	Paul	Rodgers	Male	Colchester Harriers AC
1503	Brian	Rogers	Male	Ipswich Jaffa RC
1029	Rob	Rogers	Male	
760	Hollie	Roper	Female	
387	Jennifer	Roper	Female	
152	Kyle	Roper	Male	Ipswich Jaffa RC
637	Nicky	Roper	Female	Framlingham Flyers
486	Chris	Rose	Male	
1611	Jamie	Rose	Male	
186	Mark	Rose	Male	Ipswich Jaffa RC
1188	Susannah	Rosenberg	Female	Ipswich Triathlon Club
272	Joanne	Rosenwold	Female	Haverhill Running Club
1060	David	Rowland	Male	
849	Jennifer	Rudman	Female	
394	Heather	Ruff	Female	Capel Cheetahs
395	John	Ruff	Female	
144	Claire	Rush	Female	
143	Ian	Rush	Male	
632	Sharon	Rush	Female	
1217	,Charles	Russ	Male	
1124	Alex	Russo	Male	
103	Francesca	Russo	Female	
1515	Darren	Ryan	Male	
145	George	Sadler	Male	
74	Lizzy	Sadler	Female	
146	Nicola	Sadler	Female	
437	Ed	Saltmarsh	Male	
293	Nicola	Sanderson	Female	
1218	Bobbie	Sands	Female	
912	Linzi	Sangster-Hart	Female	
610	Amanda	Sargeant	Female	
611	Phil	Sargeant	Male	
1601	Kimberly	Saunders	Female	
578	Richard	Savidge	Male	
587	Karl	Savill	Male	
660	Debbie	Saynor	Female	
1000	ROELF	SCHREURS	Male	

Race Number	Firstname	Lastname	Gender	Running Club
703	Paul	Schwer	Male	Felixstowe RRC
719	Sarah	Scoggins	Female	
1417	James	Scott	Male	
1017	Mark	Scott	Male	Ipswich Jaffa RC
474	Angelique	Scully	Female	
397	Kevin	Scutcher	Male	Hadleigh Hares AC
90	Michael	Seabrook	Male	
817	Eric	Searle	Male	Ipswich Jaffa RC
1441	Gary	Seddon-Price	Male	
1440	Sacha	Seddon-Price	Female	
514	Daniel	Sedgwick	Male	
937	Helen	Self	Female	
742	Will	Self	Male	
41	Lianne	Selwood	Female	
1544	Chris	Servant	Male	Ipswich Jaffa RC
1257	Alison	Severy	Female	
775	James	Severy	Male	Ipswich Jaffa RC
1258	Liz	Severy	Male	
398	David	Seymour	Male	Felixstowe RRC
662	jacqui	seymour	Female	Stowmarket Striders RC
287	Daniel	Shanks	Male	Felixstowe RRC
1081	Ben	Sharman	Male	
1004	Steve	Shaw	Male	
1013	David	Sheahan	Male	
1012	JENNY	SHEAHAN	Female	Eastern Masters AC
1304	Gary	Sheen	Male	
556	Michael	Sheldrake	Male	
825	Charlotte	Shepherd	Female	Running Colchester
117	Jack	Shepherd	Male	
413	Ben	Sheppard	Male	
412	Gemma	Sheppard	Female	
171	Hayley	Sherman	Female	
458	Raymond	Sherman	Male	
1341	Hannah	Shoukry	Male	
201	Lisa	Shumake	Female	
1092	Paul	Silburn	Male	
316	ian	sillett	Male	Felixstowe RRC
317	Wendy	Sillett	Female	Felixstowe RRC
741	Andrew	Silverton	Male	
1282	Stuart	Simmons	Male	Ipswich Jaffa RC
966	Victoria	Simonds	Female	Stowmarket Striders RC
667	Simon	Sinclair	Male	
984	Ayse	Singh	Female	Ipswich Jaffa RC
994	Tristram	Singh	Male	Ipswich Jaffa RC
286	Karen	Skene	Female	Capel Cheetahs
659	Helen	Skinner	Female	
658	Mark	Skinner	Male	
227	Roger	Slade	Male	
247	Amber	Smith	Female	
258	Angela	Smith	Female	
924	Benjamin	Smith	Male	
1248	Chris	Smith	Male	Suffolk Trail Runners

Race Number	Firstname	Lastname	Gender	Running Club
307	Daniel	Smith	Male	
759	Deborah	Smith	Female	Harwich Runners
897	Emma	Smith	Female	
188	Georgia	Smith	Female	
333	Heather	Smith	Female	
803	Janette	Smith	Female	
1135	Keziah	Smith	Female	
190	Kim	Smith	Female	
919	Les	Smith	Male	
376	Mark	Smith	Male	
1038	Matthew	Smith	Male	Stowmarket Striders RC
14	Misty	Smith	Female	
159	Natasha	Smith	Female	
189	Phil	Smith	Male	
55	Rachel	Smith	Female	
802	Ray	Smith	Male	
330	rebecca	smith	Female	
1205	Richard	Smith	Male	Felixstowe RRC
1513	Scott	Smith	Male	
57	Vicky	Smith	Female	
115	Viki	Smith	Female	
727	Ashley	Smy	Male	Framlingham Flyers
1050	Clare	Smyth	Female	
1263	Mark	Smyth	Male	
43	Louise	Snell	Female	
534	Angela	Soames	Female	Felixstowe RRC
546	Dave	Solomon	Male	Felixstowe RRC
545	Sally	Solomon	Female	Felixstowe RRC
561	Benjamin	Solway	Male	Woodbridge Shufflers RC
47	Natasha	Sones	Female	
417	Amanda	Southgate	Female	
1330	Carina	Southgate	Female	
418	Rachel	Southgate	Female	
1516	Trevor	Spall	Male	
37	Jules	Sparkes	Female	
620	Tim	Sparkes	Male	Stowmarket Striders RC
72	James	Spencer	Male	
1295	Sam	Spencer	Female	Ipswich Jaffa RC
1480	Paul	Spooner	Male	
251	Sara	Spreadbridge	Female	
857	Carol	Spurgeon	Female	
716	Terry	Spurgeon	Male	
552	Peter	Squirrell	Male	Ipswich Jaffa RC
715	Pamela	St Leger-McConnell	Female	
1559	Victoria	Stace	Female	Framlingham Flyers
1489	James	Stacey	Male	
1490	Sarah	Stacey	Female	Saxmundham Sports Running & Fitness Club
1479	Tania	Stacey	Female	
591	Sara	Stafford	Female	Ipswich Jaffa RC
737	Chris	Stennett	Male	
1147	Andy	Stephens	Male	
702	Sarah	Stephens	Female	

Race Number	Firstname	Lastname	Gender	Running Club
1153	Jackie	Stevens	Female	
1158	Maddy	Stevens	Female	
1285	Mark	Stevens	Male	
1557	Katie	Stevenson	Female	
450	Nicola	Stevenson	Female	Felixstowe RRC
828	David	Steward	Male	Woodbridge Shufflers RC
1130	Hayley	Steward	Female	
1137	Charlotte	Stewart	Female	
1138	Thomas	Stewart	Male	Woodbridge Shufflers RC
435	Karen	Stiff	Female	
3	Ian	Stockley	Male	
1182	Roger	Stone	Male	Felixstowe RRC
543	Nicola	Storey	Female	
1114	Ken	Stowe	Male	
564	Coran	Summers	Male	Woodbridge Shufflers RC
1467	Naomi	Summers	Female	
852	Hollie	Sutherland	Female	Felixstowe RRC
555	Hayley	Swain	Female	
1530	Steve	Swan	Male	East London Runners
1356	John	Swann	Male	
1357	Lesley	Swann	Female	
1465	Andrew	Taczynski	Male	Colchester Harriers AC
1600	Caroline	Talbot	Female	Ipswich Jaffa RC
69	Grant	Talmage	Male	
75	Louise	Talmage	Female	Ipswich Jaffa RC
1396	Stacey	Tapsell	Female	
1176	Denise	Tarrant	Female	Haverhill Running Club
1528	Kelly	Tatterton	Female	
1527	Richard	Tatterton	Male	Felixstowe RRC
1509	ANDREW	TAYLOR	Male	Newmarket Joggers
722	Gary	Taylor	Male	Felixstowe RRC
1496	Heidi	Taylor	Female	
349	Holly	Taylor	Female	Felixstowe RRC
730	Jenny	Taylor	Female	
432	Lisa	Taylor	Female	
668	Paul	Taylor	Male	Jogging Made Easy
89	Richard	Taylor	Male	
433	Roger	Taylor	Male	
482	Tim	Taylor	Male	Lonely Goat RC
100	tbc	tbc		
1460	Chris	Terry	Male	
1483	Rachel	Terry	Female	Stowmarket Striders RC
618	Jill	Thatcher	Female	
733	James	Theobald	Male	Ipswich Jaffa RC
1511	Emma	Thistleton	Female	
1061	Laura	Thomas	Female	Ipswich Jaffa RC
835	Sally	Thomas	Female	
1376	Joshua	Thompson	Male	Ipswich Harriers
455	Mike	Thompson	Male	
461	Kyle	Thompson	Male	
496	Steven	Thompson	Male	
1446	Diana	Thomson	Female	

Race Number	Firstname	Lastname	Gender	Running Club
111	Ivika	Thomson	Female	
735	Adam	Thorpe	Male	
154	John	Thorpe	Male	Ipswich Jaffa RC
734	Neil	Thorpe	Male	
530	Rebecca	Thurkettle	Female	
1536	David	Tillett	Male	Felixstowe RRC
1431	Keith	Tilley	Male	
56	Vicki	Tischler	Female	
1418	Simon	Tomlin	Male	Ipswich Jaffa RC
1469	Ben	Toye	Male	Gosport Road Runners
1606	Nick	Trenter	Male	
1597	Jonathan	Tricker	Male	
761	Karen	Tricker	Female	
332	Claire	Trott	Female	
170	Denise	Tsangaris	Female	
498	Rose	Tuck	Female	
940	Wendy	Tunstall	Female	
1592	Benjamin	Turley	Male	Ipswich Jaffa RC
993	Andrew	Turner	Male	Hadleigh Hares AC
992	Elaine	Turner	Female	Hadleigh Hares AC
1414	Ellen	Turner	Female	
351	Emma	Turner	Female	
256	Samantha	Turner	Female	
335	Steve	Turner	Male	
295	Claire	Turner	Female	
468	Sharon	Turner	Female	
200	Kayleigh	Turpin	Female	
1321	Elliot	Tyler	Male	
19	Angie	Underdown	Female	
1612	Steven	Utteridge	Male	
1433	Cleola	Van Eijl	Female	
1256	Mark	Vaughan	Male	
1076	Tracey	Veitch	Female	
1413	Catherine	vickery	Female	
1142	Suzanne	Vincent	Female	
670	Karen	Viney	Female	
1192	Suzy	Violett	Female	Jogging Made Easy
1024	Adam	Wade	Male	Ipswich JAFFA RC
1078	Mark	Wade	Male	Running Colchester
826	Jayne	Wadsley	Female	
1302	Jake	Waggott	Male	Ipswich Jaffa RC
571	Paul	Wain	Male	Ipswich Jaffa RC
501	melanie	wakefield	Female	
315	Bryony	Walden	Female	
1430	CHITA	WALKDEN	Female	
909	Amie	Walker	Female	
1100	Clare	Walker	Female	
908	Paul	Walker	Male	
981	Nicki	Walker	Female	
520	Lindi	Wallace	Female	
215	Stephen	Waller	Male	
844	Ian	Wallis	Male	

Race Number	Firstname	Lastname	Gender	Running Club
1108	Katy	Walton	Female	
267	Beth	Ward	Female	
938	Dominique	Ward	Female	
837	Jack	Ward	Male	
208	Kevin	Ward	Male	
426	Lindsey	Ward	Female	
1227	Maria	Ward	Female	Hadleigh Hares AC
384	Stuart	Ward	Male	
1344	Brian	Ward	Male	
1075	Malcolm	Ward-ashton	Male	
63	Dan	Waring	Male	
59	Andrew	Warner	Male	Orion Harriers
1475	Nicole	Warner	Female	
558	Colin	Warren	Male	
1096	Hannah	Waters	Female	Bungay Black Dog RC
732	Emily	Watson	Female	
191	Kerry	Watson	Female	
1088	Laura	Watson	Female	
493	Oliver	Watson	Male	Ipswich Jaffa RC
1242	Stephanie	Watson	Female	
106	Jenifer	Watts	Female	
1405	Graham	Waudby	Male	
864	Jacquie	Webb	Female	Sudbury Joggers
39	Karen	Webb	Female	
744	Zoe	Webb	Female	
1199	Joanna	Webber	Female	
375	Katie	Webber	Female	
739	Melanie	Webster	Female	
975	Laura	Wedgbury	Female	Ipswich Jaffa RC
570	Laura	Welham	Female	
176	John	Weller	Male	Lonely Goat RC
1235	Paul	Wells	Male	
1020	Richard	Westley	Male	
7	Emma	Westwell	Female	Capel Cheetahs
999	Karen	Wharfe	Female	
1415	Claire	White	Female	
1270	Matthew	White	Male	
1416	Philip	White	Male	
60	Angus	Whitefield	Male	
1221	Angela	whiting	Female	Stowmarket Striders RC
1570	Clive	Whiting	Male	
65	David	Whiting	Male	
1411	Guy	Whiting	Male	
323	Daniel	Whymark	Male	
590	Nichola	Whymark	Female	
622	Suzi	Whymark	Female	
987	Paul	WIGENS	Male	Woodbridge Shufflers RC
399	Clare	Wigg	Female	Stowmarket Striders RC
1404	Graham	Wigley	Male	Framlingham Flyers
831	Helen	Wigley	Female	
643	Emma	Wilcox	Female	
644	Michael	Wilcox	Male	

Race Number	Firstname	Lastname	Gender	Running Club
1154	Jonathan	Wilding	Male	Felixstowe RRC
76	Luke	Wilding	Male	
85	Steve	Wilding	Male	Ipswich Jaffa RC
1151	Daniel	Wildon	Male	
1233	Kaylem	Wilkin	Male	
714	Robin	Wilkinson	Male	
1045	James	Willcox	Male	Felixstowe RRC
820	Dean	Williams	Male	
109	Keith	Williams	Male	Ipswich Jaffa RC
1500	Rachael	Williams	Female	
147	Scott	Williams	Male	Stowmarket Striders RC
747	Tom	Williams	Male	
846	Andrew	Williamson	Male	Ealing Eagles Running Club
1409	Donna	Willoughby	Female	
1125	Antoinette	Wilson	Female	Colchester Harriers AC
550	Ross	Wilson	Male	Ipswich Jaffa RC
275	Katy	Windeatt	Female	
1558	Laura	Wingar	Female	
1565	philip	winter	Male	
1267	Luke	Withers	Male	Haverhill Running Club
922	Jason	Withey	Male	
655	Emilie	Wix	Female	Woodbridge Shufflers RC
1537	Hilary	Wood	Female	Ipswich Jaffa RC
816	James	Wood	Male	Sudbury Joggers
713	Kate	Wood	Female	Woodbridge Shufflers RC
1314	Tina	Wood	Female	
1215	Torben	Wood	Male	Ipswich Triathlon Club
165	Mark	Woods	Male	
1526	Nina	Woods	Female	
500	Stephen	Woods	Male	
617	Joan	Woodward	Female	
91	Kate	Wooldridge	Female	
1403	Chris	Woolener	Male	
1064	Craig	Wright	Male	Ipswich Triathlon Club
989	Dean	Wright	Male	Hadleigh Hares AC
392	Ellen	wright	Female	
1161	James	Wright	Male	
616	Jennifer	Wright	Female	Ipswich Jaffa RC
729	Jill	Wright	Female	
1065	Louise	Wright	Female	
1610	Stuart	Wright	Male	Felixstowe RRC
1121	Thomas	Wright	Male	
783	Kevin	Wright	Male	
1423	Brian	Wylie	Male	
1230	Clifford	Yates	Male	
566	Darryl	Yates	Male	Ipswich Jaffa RC
642	Glenn	Yellop	Male	
430	Helen	Yellop	Female	Capel Cheetahs
724	Megan	Yellop	Female	Colchester Harriers AC
626	Anna	Young	Female	
582	Mike	Young	Male	
353	Kate	Youngs	Female	

Race Number	Firstname	Lastname	Gender	Running Club
557	Rosie	Youngs	Female	Jogging Made Easy