No	Pos	Time	First Name	Surname	Club Name	Category
20		00:28:22		Howlett		Male Master 40
60	2	00:28:54	Roger	Aldis	Stowmarket Striders	Male Master 45
63		00:31:48	•	Wright	Colchester Harriers AC	Male Master 55
23	4	00:32:28	Neil	Gillingham	Ipswich Harriers	Male Senior
1		00:32:42		Green	Stowmarket Striders	Male Master 50
88	6	00:33:02	Marie	Shirley	Colchester Harriers AC	Female Senior
16	7	00:33:32	Nick	English		Male Master 50
83	8	00:34:10	James	Heath		Male Master 50
47	9	00:34:53	Ron	McCullough	Ipswich JAFFA	Male master 65+
46	10	00:35:18	Rod	Harrington	Crydon Harriers	Male Master 45
45	11	00:38:06	Bertie	Harrington	Crydon Harriers	
59	12	00:38:28	Robin	Lozeau	Harlow Running Club	Male Master 55
31	13	00:38:45	Hugh	White	Hadleigh Hares A.C.	Male Master 45
79	14	00:38:56	Richard	Pascoe	-	Male Senior
35	15	00:39:03	Dan	Shepherd		Male Master 40
33	16	00:39:04	David	Howe		Male Senior
48	17	00:39:04	Alan	Jarvis	Hadleigh Hares A.C.	Male Senior
32	18	00:39:05	Tamsin	Desborough	Gt Yarmouth RRC	Female Senior
17	19	00:39:25	Martin	Jones		Male Master 40
62	20	00:39:31	Stephanie	Lloyd	Ipswich JAFFA	Female Master 35
37	21	00:39:38	David	Coley	Felixstowe Road Runners	Male Master 60
50	22	00:42:13	Sarah	Severwright	Felixstowe Road Runners	Female Senior
57	23	00:42:22	Veronica	Manley	Eastern Veterans AC	Male master 65+
65	24	00:42:57	Rita	Rue	St Edmund Pacers	Female Master 50
41	25	00:43:05	Kevin	Ashton		Male Senior
82	26	00:43:31	Charlie	Sadler		Male Senior
67	27	00:44:05	John	Lambert	Ipswich JAFFA	Male master 65+
91	28	00:45:06	Jo	Barton		Female Master 35
27	29	00:45:10	Kathy	Bishop		Female Master 45
28		00:45:11		Marshall		Female Master+
66		00:45:50		Sheldrake		Male Senior
54		00:46:07		Lennard		Male Master 55
10		00:46:27		Ambrose		Female Master 35
85	-		Gill Prescott			Male Master 50
6		00:46:56		Buck		Female Master 40
49		00:47:05	•	Burman	Felixstowe Road Runners	
21		00:47:17		Hadgraft	Tiptree Road Runners	Male Master 55
92		00:47:18	•	Saxton		Female Master 40
64		00:47:20		Bedford	Ipswich JAFFA	Female Master 35
51		00:47:31		Biggs		Female Master 40
55		00:47:40	•	Collier	Sudbury Joggers AC	Male Master 60
34		00:47:47		Shipton	Hadlaigh Haraa A C	Male Master 45 Male Senior
9 42		00:47:53		Bodsworth Richardson	Hadleigh Hares A.C.	Female Master 50
42 58		00:48:25 00:48:26	•	Partridge		Male Senior
25		00:48:56		Baloga		Female Senior
25 80		00:48:50		McGoldrick		Female Senior
80 84		00:49:17		Grimsey	Hadleigh Hares A.C.	Male Master 45
43		00:49:20		Norman	Hadleigh Hares A.C.	Male Master 45
43 44		00:49:27		Norman	nadioigh haites A.O.	Male Master 45
18		00:49:51		Sadler		Female Master 45
3		00:49:57	-	Flowers		Female Master 40
70		00:49:58		Bradshaw		Female Senior

815500:51:15 WendyBirdFemale Master 3525600:53:26 SteveCummingsNorwich Road RunnersMale Master 40245700:53:47 HetchAllanFemale Master 45255800:53:43 JoannePalfreyFemale Senior225900:54:59 EmilyTillsonFemale Master 40226100:55:44 JoannePalfreyFemale Master 40266100:55:04 StephenChisnallFemale Master 40276100:56:51 JaneFisherFemale Master 40286200:56:51 JoannaDecisonFemale Master 35296500:57:43 KatharinRamseyFemale Master 35206600:57:43 KatharinRamseyFemale Master 40276700:57:43 KatharinRamseyFemale Master 40277000:57:43 SallySolomanFelixstowe Road Runners287000:58:30 JulesWillisMale Master 402972NaomiEatonFemale Master 352972NaomiEatonFemale Master 352973KerrieCarterMale Master 40475AngelaSomesFemale Master 35579JohnMurayMale Master 555DavidWillerHadleigh Hares A.C.Male Master 357474SimonCarterFemale Senior75AngelaSomesFemale Master 35	77	54 00:50:32	lindsev	Rendall		Female Master 35
25600:53:26 SteveCummingsNorwich Road RunnersMale Master 40245700:53:47 HetchAllanFemale Senior255800:53:48 JoannePalfreyFemale Senior25900:55:04 JoChisnallFemale Master 40266000:55:04 StephenChisnallMale Master 45266200:55:04 StephenChisnallMale Master 40276100:55:04 StephenChisnallMale Master 40276400:57:32 JohannaDecisonFemale Master 40276400:57:32 JohannaDecisonFemale Master 35286500:57:43 KatharinRamseyFemale Master 35296600:57:43 SallySolomanFelixstowe Road RunnersFemale Master 452972NaoniEatonFemale Master 40Female Master 402972NaoniEatonFemale Master 40Female Master 407475AngelaSomesFemale Master 4075AngelaSomesFemale Master 3576CarlyBignellFemale Master 357774SimonCarterFemale Master 3575AngelaSomesFemale Master 557679JohnMurrayMale Master 557774SimonCarterFemale Master 357877KetieArcherFemale Master 357976CarlyBignellFemale Maste			-			
245700:53:47 HetchAllanFemale Master 45265800:53:48 JoannePalfreyFemale Senior225900:54:59 EmilyTillsonFemale Senior366000:55:04 StephenChisnallMale Master 40376100:55:04 StephenChisnallMale Master 45386200:55:1 JaneFisherFemale Master 40376300:56:24 SandraJamesGt Bentley Running ClubFemale Master 35396500:57:43 KatharinRamseyFemale Master 35306600:57:43 KatharinRamseyFemale Master 35306600:57:43 KatharinTozerFemale Master 45306800:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45316800:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45377000:58:03 JulesWillisMale Master 5553774SimonCarterFemale Master 353774SimonCarterFemale Master 353774SimonCarterFemale Senior3879JohnMurayMale Master 553976CarlyBignellFemale Senior4873KerrieCrawfordFemale Senior5074SimonCarterFemale Master 357774SimonCarterFemale Master 357778Vic					Norwich Road Runners	
265800:53:48 JoannePalfreyFemale Senior225900:54:59 EmilyTillsonFemale Master 40236000:55:04 JoChisnallMale Master 40261000:55:05 I JaneFisherFemale Master 40276100:55:21 JaneFisherFemale Master 40286200:57:32 JohannaDecisonFemale Master 35296600:57:43 KatharinRamseyFemale Master 35206600:57:43 SallySolomanFelixstowe Road Runners271000:58:02 DanielleWillsFemale Master 402972NaomiEatonFemale Master 402972NaomiEatonFemale Master 452972NaomiEatonFemale Master 402972NaomiEatonFemale Master 402972NaomiEatonFemale Master 402073KerrieCarterFemale Master 352974SimonCarterFemale Master 352972NaomiEatonFemale Master 352073KerrieCarterFemale Master 352174SimonCarterFemale Master 352574SomesFemale Senior2679JohnMurrayMale Master 5525DavidWillerHadleigh Hares A.C.Male Master 352679JohnMurrayMale Master 35 <t< td=""><td></td><td></td><td></td><td>-</td><td></td><td>Female Master 45</td></t<>				-		Female Master 45
225900:54:59 EmilyTillsonFemale Senior366000:55:04 JoChisnallFemale Master 40726100:55:04 StephenChisnallMale Master 45866200:55:51 JaneFisherFemale Master 40766300:56:24 SandraJamesGt Bentley Running ClubFemale Master 35896500:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:43 SallySolomanFelixstowe Road Runners7800:58:02 DanielleWillsMale Master 45746900:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 357972NaomiEatonFemale Master 3574SimonCarterFemale Master 3574SimonCarterFemale Master 3575AngelaSomesFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior71JamieKeebleFemale Master 3572DavidWillerHadleigh Hares A.C.74AnthonyFordFemale Senior75AngelaSomesFemale Master 3576CarlyBignellFemale Senior7178VictoriaCrawfordFemale Master 3575DavidWiller<						
366000:55:04 JoChisnallFemale Master 40726100:55:04 StephenChisnallMale Master 45726100:55:04 StephenFisherFemale Master 40736200:55:24 SandraJamesGt Bentley Running ClubFemale Master 40756400:57:32 JohannaDecisonFemale Master 35906500:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45746900:58:02 DanielleWillsMale Master 40787100:58:33 GeoffWrightMale Master 40787100:58:33 GeoffWrightMale Master 407873KerrieCarterFemale Master 357974SimonCarterFemale Master 357975AngelaSomesFemale Master 357976CarlyBignellFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Master 3579JohniMurrayMale Master 3579JohniMurrayMale Master 357174SimonCrawfordFemale Senior75AngelaSomesFemale Master 3579JohniMurrayMale Master 3579JohniMurray </td <td></td> <td></td> <td></td> <td>•</td> <td></td> <td></td>				•		
726100:55:04 StephenChisnallMale Master 45866200:55:13 JaneFisherFemale Master 40876300:56:24 SandraJamesGt Bentley Running ClubFemale Master 35896400:57:32 JohannaDecisonFemale Master 35896600:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45746900:58:02 DanielleWillsFemale Master 45737000:58:30 JulesWillisMale Master 40787100:58:30 GenffWrightMale Master 357972NaomiEatonFemale Master 357974SimonCarterFemale Master 357974SimonCarterFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Master 35711JamieKeebleFemale Master 357379JohnMurrayMale Master 5574SimonCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Senior76CarlaHolroydHarwich RunnersFema			•			
866200:55:51 JaneFisherFemale Master 40876300:56:24 SandraJamesGt Bentley Running ClubFemale Master 35896500:57:43 KatharinRamseyFemale Master 35906600:57:43 KatharinRamseyUnable to place in Cat.766700:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45766900:58:02 DanielleWillsMale Master 40737000:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 357974SimonCarterFemale Master 357974SimonCarterFemale Master 357976CarlyBignellFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Master 3579JohnMurrayMale Master 4071JamieKeebleFemale Master 357374SinonFerale74SinonFeraleFemale Master 3575DavidWillerHadleigh Hares A.C.76CarlyBignellFemale Master 35				Chisnall		
876300:56:24 SandraJamesGt Bentley Running ClubFemale Master +756400:57:32 JohannaDecisonFemale Master 35896500:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45746900:58:02 DanielleWillsFemale SeniorFamale Master 40737000:58:33 GeoffWrightMale Master 55Male Master 40787100:58:33 GeoffWrightMale Master 35774SimonCarterFemale Master 40873KerrieCarterFemale Master 35774SimonCarterFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Master 3579JohnMurrayMale Master 3571JamieKeebleFemale Master 3573CarlaHolroydHarwich RunnersFemale Master 4074JamieKeebleFemale Master 3575DavidWillerHadleigh Hares A.C.Male Master 4076CarlaHolroydHarwich Runners			•			
756400:57:32 JohannaDecisonFemale Master 35896500:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:41 Anne-MarieTozerFemale Master 45746900:58:02 DanielleWillsFemale Senior737000:58:30 JulesWillsMale Master 40787100:58:33 GeoffWrightMale Master 40787100:58:33 GeoffWrightMale Master 40873KerrieCarterFemale Master 35774SimonCarterFemale Master 35774SimonCarterFemale Master 35774SimonCarterFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Master 3579JohnMurrayMale Master 4071JamieKeebleFemale Senior71JamieKeebleFemale Master 4072CarlaHolroydHarwich Runners73CarlaHolroydHarwich Runners74SilonCooperFelixstowe					Gt Bentley Running Club	
896500:57:43 KatharinRamseyFemale Master 35906600:57:43 ANOtherUnable to place in Cat.766700:57:41 Anne-MarieTozerFemale Master 45746900:58:02 DanielleWillsFemale Roater 45737000:58:30 JulesWillisMale Master 55747100:58:33 GeoffWrightMale Master 40787100:58:33 GeoffWrightMale Master 40873KerrieCarterFemale Master 40475AngelaSomesFemale Master 3574SimonCarterMale Master 3575AngelaSomesFemale Senior76CarlyBignellFemale Senior77KatieArcherFemale Senior78VictoriaCrawfordFemale Senior79JohnMurrayMale Master 3579JohnMurrayMale Master 5575DavidWillerHadleigh Hares A.C.Male Senior7178CarlaHolroydHarwich RunnersFemale Master 3571LesleyCooperFelixstowe Road RunnersFemale Master 4074SitovaMale Master 35FordMale Master 4575DavidMillerHadleigh Hares A.C.Male Master 3576CarlaHolroydHarwich RunnersFemale Master 4076CarlaHolroydHarwich RunnersFemale Master 40					<b>3</b>	
906600:57:43 ANOtherUnable to place in Cat.766700:57:41 Anne-MarieTozerFemale Master+306800:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45746900:58:02 DanielleWillsFemale Senior737000:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 552972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 35774SimonCarterFemale Senior75AngelaSomesFemale Master 356976CarlyBignellFemale Senior7178VictoriaCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Master 5579JohnMurrayMale Senior71JamieKeebleFemale Master 3573LesleyCooperFelixstowe Road RunnersFemale Master 4074AnthonyFordMale Master 4575JamieKeebleFemale Master 4576CarlaHolroydHarwich RunnersFemale Master 4076JamieKeebleFemale Master 3577KateKeebleFemale Master 4578LesleyCooperFelixstowe Road RunnersFemale Master 4079 <t< td=""><td>89</td><td></td><td></td><td>Ramsey</td><td></td><td>Female Master 35</td></t<>	89			Ramsey		Female Master 35
766700:57:41 Anne-MarieTozerFemale Master+306800:57:43 SallySolomanFelixstowe Road RunnersFemale Master 45746900:58:02 DanielleWillsFelixstowe Road RunnersFemale Senior737000:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 552972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Master 5579JohnMurrayMale Master 5579JohnMurrayMale Senior71JamieKeebleFemale Master 3571CarlaHolroydHarwich RunnersFemale Master 4075NicolaMasonFelixstowe Road RunnersFemale Master 4576CarlaHolroydHarwich RunnersFemale Master 4576CarlaHolroydHarwich RunnersFemale Master 4576NicolaMasonFemale Master 3577KatieMasonFemale Master 3578NicolaMasonFemale Senior79AlexandriaMooneyFemale Senior	90	66 00:57:43	AN	•		Unable to place in Cat.
746900:58:02 DanielleWillsFemale Senior737000:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 552972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Master 3579JohnMurrayMale Master 3571JamieKeebleFemale Master 3572CarlaHolroydHarwich RunnersFemale Master 4073LesleyCooperFelixstowe Road RunnersFemale Master 4074AnthonyFordMale Master 45575NicolaMasonFemale Master 4576NicolaMasonFemale Master 4577KatandriaMooneyFemale Senior78VictoriaMasonFemale Master 3579AlexandriaMooneyFemale Senior71Male MasterMasonFemale Senior73KetherKeebleFemale Senior74Male MasterFemale Senior75NicolaMasonFem	76	67 00:57:41	Anne-Marie	Tozer		-
737000:58:30 JulesWillisMale Master 40787100:58:33 GeoffWrightMale Master 552972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior7178VictoriaCrawfordFemale Senior7178JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	30	68 00:57:43	Sally	Soloman	Felixstowe Road Runners	Female Master 45
787100:58:33 GeoffWrightMale Master 552972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior75DavidWillerHadleigh Hares A.C.Male Master 557DavidWillerHadleigh Hares A.C.Male Senior71JamieKeebleFemale Master 3572CarlaHolroydHarwich RunnersFemale Master 4074AnthonyFordMale Master 4575NicolaMasonFemale Master 3576NicolaMasonFemale Master 4575NicolaMasonFemale Senior76AlexandriaMooneyFemale Senior77KathandriaMooneyFemale Senior78NicolaMasonFemale Senior79AlexandriaMooneyFemale Senior79AlexandriaMooneyFemale Senior70StevenRogersonMale Senior	74	69 00:58:02	Danielle	Wills		Female Senior
2972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	73	70 00:58:30	Jules	Willis		Male Master 40
2972NaomiEatonFemale Master 40873KerrieCarterFemale Master 35774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	78	71 00:58:33	Geoff	Wright		Male Master 55
774SimonCarterMale Master 40475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	29	72	Naomi			Female Master 40
475AngelaSomesFemale Master 356976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 3515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	8	73	Kerrie	Carter		Female Master 35
6976CarlyBignellFemale Senior6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 3515NicolaMasonFemale Senior38StevenRogersonMale Senior	7	74	Simon	Carter		Male Master 40
6877KatieArcherFemale Senior7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Senior38StevenRogersonMale Senior	4	75	Angela	Somes		Female Master 35
7178VictoriaCrawfordFemale Senior5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	69	76	Carly	Bignell		Female Senior
5679JohnMurrayMale Master 555DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	68	77	Katie	Archer		Female Senior
5DavidWillerHadleigh Hares A.C.Male Senior11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 4513LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	71	78	Victoria	Crawford		Female Senior
11JamieKeebleFemale Master 3512CarlaHolroydHarwich RunnersFemale Master 413LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	56	79	John	Murray		Male Master 55
12CarlaHolroydHarwich RunnersFemale Master+13LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	5		David	Willer	Hadleigh Hares A.C.	Male Senior
13LesleyCooperFelixstowe Road RunnersFemale Master 4014AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	11		Jamie	Keeble		Female Master 35
14AnthonyFordMale Master 4515NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior			Carla	Holroyd	Harwich Runners	Female Master+
15NicolaMasonFemale Master 3519AlexandriaMooneyFemale Senior38StevenRogersonMale Senior			Lesley	Cooper	Felixstowe Road Runners	Female Master 40
19AlexandriaMooneyFemale Senior38StevenRogersonMale Senior	14		Anthony	Ford		Male Master 45
38 Steven Rogerson Male Senior				Mason		Female Master 35
<b>o</b>			Alexandria	•		
40 Emily Ringer Female Master 35				-		
, .			Emily	Ringer		
61 James Wilding Male master 65+	61		James	Wilding		Male master 65+