

## Great. Bentley Friday 5 Results: 9th July 2010

Pos	Time	Race No.	Surname	Forename
1	27.1	155	Meachen	Jason
2	27.2	59	Moss	Daniel
3	27.54	76	Powley	James
4	27.59	49	Reason	Robert
5	28.08	116	Allen	Gavin
6	28.13	15	Oakes	John
7	28.47	294	Cripps	Michael
8	28.59	465	Palmer	Nick
9	29.01	143	Campbell	Wilfred
10	29.07	495	Matthews	Sam
11	29.11	297	Thackeray	Dominic
12	29.12	219	Caisey	Ben
13	29.17	484	Herrington	Brian
14	29.18	197	Dale	Simon
15	29.5	174	Stone	Roger
16	29.59	34	Langley	steve
17	30.16	241	Harper	Kevin
18	30.25	239	Starmer	Chris
19	30.28	213	Ling	Jonathan
20	30.39	63	Lockwood	Jon
21	30.43	589	Last	Jim
22	30.51	304	Keeble	Ian
23	30.55	224	Hanman	Tim
24	30.56	483	Buxton	Nigel
25	31.01	77	Thompson	Carl
26	31.03	298	Purse	Christopher
27	31.09	57	McClelland	Paul
28	1.15	307	Gibbon	Joseph
29	31.19	209	Neugebauer	James
30	31.2	110	Burgess	Conrad
31	31.26	591	MacSephney	Scott
32	31.34	119	Fox	Tim
33	31.36	295	Palmer	Seb
34	31.38	478	Hayward	Mark
35	31.41	113	Byford	Jon
36	31.44	65	King	Wendy
37	31.47	326	Wadey	Simon
38	31.47	415	Clark	Mark
39	31.49	90	Fenton	David
40	31.51	166	Beckett	Michael
41	31.56	87	Neaves	Steven
42	31.59	462	Ridgeon	Jason
43	32.04	443	Bell	Peter
44	32.12	20	Shaw	Paul
45	32.14	405	Whiston	Arthur
46	32.19	409	Hurley	David
47	32.2	469	Morgan	Lee
48	32.2	204	Foster	Dan

49	32.22	168 Porter	James
50	32.26	330 Knowles	Matthew
51	32.35	459 Rayner	Andrew
52	32.35	114 Morgan	Simon
53	32.38	494 Cooper	Ian
54	32.1	120 Ellis	Stewart
55	32.44	158 Short	Kevin
56	32.46	216 Newman	Richard
57	32.48	133 Munns	Brian
58	32.49	23 Reeve	chris
59	32.51	321 Furnace	Mark
60	32.55	460 Longeran	Paul
61	32.57	186 Edwards	David
62	32.59	205 Burls	Justin
63	33.02	458 Roberts	Scott
64	33.04	499 Hammond	Nick
65	33.08	125 Driscoll	Marc
66	33.14	588 Jackson	Duncan
67	33.21	584 Wankowski	John
68	33.3	31 Wiggins	Simon
69	33.3	171 Crawley	Scott
70	33.33	40 McCorquodale	Becky
71	33.34	17 Chorley	chris
72	33.37	58 kern	Wayne
73	33.38	324 Davies	Dawn
74	33.41	470 Wythe	Paul
75	33.42	163 Corrigan	Gillian
76	33.44	407 Taylor	Richard
77	33.48	153 Macrosson	Ker
78	33.5	36 Harrison	Simon
79	33.52	138 Mhlanga	Sally
80	33.54	430 Curran	Stephen
81	33.55	91 Smith	Terry
82	33.57	289 Beach	Kate
83	34.01	132 Catlin	Marcus
84	34.05	193 Brooke	Sam
85	34.08	172 Ash	Jamie
86	34.11	328 Pearce	Daniel
87	34.14	249 Varndell	James
88	34.15	27 Jackson	Alan
89	34.2	102 Turner	Timothy
90	34.2	426 Hatten	Stephen
91	34.21	211 Jordan	Rebecca
92	34.24	178 Swan	Kim
93	34.26	417 Page	Peter
94	34.27	416 Murray	Michael
95	34.29	99 Adams	Rebecca
96	34.31	21 Meecham	Simon
97	34.34	587 Butcher	Brian
98	34.39	194 Brooke	Steve
99	34.42	177 Presland	vicky
100	34.45	233 Burdett	Samuel

101	34.45	455 Harper	Robin
102	34.47	192 Narey	Mary
103	34.5	471 Statham	Malcom
104	34.52	311 Burls	Jonathan
105	34.55	105 Withers	Jim
106	35.01	88 Belsom	Robin
107	35.09	66 Moulton	Christopher
108	35.13	7 Smith	Andrew
109	35.14	35 chenery	Duncan
110	35.17	203 Simmons	Michael
111	35.19	472 Nichols	David
112	35.2	230 Hood	Derek
113	35.22	313 Gooderham	Ian
114	35.24	1 Newman	Sophie
115	35.28	493 Mills	Peter
116	35.32	200 Carlise	Paul
117	35.35	596 Geraghty	Charmaine
118	35.39	16 Flutter	Richard
119	35.46	124 pyle	Nicola
120	35.52	24 Dunnett	Joshua
121	35.53	156 Lyons	Zoe
122	35.54	315 Thomson	Andrew James
123	35.56	482 Daly	John
124	35.57	85 Wood	Hannah
125	36.01	575 Sherman	Scott
126	36.03	301 Hart	Alan
127	36.03	101 Simmons	Stuart
128	36.05	296 Goodier	Alistar
129	36.08	173 Duffield	Roger
130	36.09	6 Smith	Jane
131	36.15	53 Biggs	Roger
132	36.17	190 Clarke	Martin
133	36.18	142 Farmer	Colin
134	36.19	428 Els	Chris
135	36.22	189 Wheddon	Hayley
136	36.23	218 Goldsmith	Simon
137	36.39	318 Wooden	Matthew
138	36.41	308 Warner	Dennis
139	36.42	225 Cornish	James
140	36.43	598 Turner	Paul
141	36.47	149 Masterson	Paul
142	36.49	234 Suttle	Haley
143	36.52	45 Clayton	Robert
144	36.56	425 Morgan	Daniel
145	36.59	180 Baguley	Peter
146	36.59	287 Bailey	Malcolm
147	37.01	54 Newman	David
148	37.03	586 Halestrap	Gary
149	37.03	72 Tanner	Lynn
150	37.06	96 Hocken	Adam
151	37.09	418 Sifford	Dave
152	37.13	320 Matthews	Colin

153	37.16	42 Kent	Steven
154	37.22	100 Bing	Christopher
155	37.25	593 Dykes	William
156	37.29	306 Price	Robert
157	37.29	466 Wells	Phillip
158	37.34	427 Thorpe	Robert
159	37.35	135 Vick	Sarah
160	37.36	581 Mower	Peter
161	37.36	486 Alexander	Roger
162	37.37	242 Laycock	Richard
163	37.4	286 Mills	Sean
164	37.42	67 Andrews	Mark
165	37.45	497 Hammond	Jake
166	37.45	288 Weatherley	Alex
167	37.46	94 Marshall	Kevin
168	37.52	299 Cook	Chris
169	37.54	488 Peake	Adrian
170	37.55	176 williams	stephen
171	37.57	108 Hazell	Wayne
172	37.58	39 O'Conner	Rachel
173	37.59	98 Peck	Glyn
174	38.01	69 Gordon	Claire
175	38.01	485 Baker	Emily
176	38.04	477 Moggan	Frank
177	38.07	198 Staines	Mick
178	38.07	312 Calver	James
179	38.1	302 Brand	Roger
180	38.14	285 Marsden	Phil
181	38.2	212 Boggis	Fred
182	38.24	246 Willey	Darren
183	38.3	429 Stephenson	Jo
184	38.35	14 Gillingham	Neil
185	38.37	300 Taylor	Michael
186	38.4	454 Emery	Tim
187	38.41	22 linton	Ian
188	38.42	448 Tooley	Karl
189	38.42	157 Cahill	Liz
190	38.44	309 Mowle	Karen
191	38.44	202 Leek	Shaun
192	38.49	408 Meader	William
193	38.5	25 Bown	Ian
194	38.52	580 Kendall	Mark
195	38.52	290 Wilcockson	Neil
196	38.52	145 Braverman	Diana
197	38.57	103 Breyer	Russell
198	38.57	247 Lyon	Anna
199	39.05	450 Bettis	Lee
200	39.06	130 Carter	Neil
201	39.09	314 Ryall	Mike
202	39.11	41 Cooke	John
203	39.17	60 Gowers	Laurence
204	39.24	75 Watts	Mark

205	39.33	576 Smith	Harvey
206	39.35	46 Vella	Carl
207	39.36	80 Tyson	Adrian
208	39.44	148 Stroud	Andrew
209	39.44	475 Reed	James
210	39.48	19 Gillam	sally
211	39.48	18 sauerzape	Bobbie
212	39.48	317 Wooldridge	Kate
213	39.53	457 Cane	Mark
214	39.54	464 Fellingham	Richard
215	39.56	214 Bransby	Claire
216	39.58	327 Gardiner	Frank
217	39.58	221 Capstick	Christine
218	40.02	595 Finch	Peter
219	40.07	461 Guy	Rebecca
220	40.16	406 Gould	Daniel
221	40.2	117 Piercy	Ann
222	40.28	237 Poulter	Michael
223	40.31	323 Davies	Phil
224	40.33	38 Radford	Billy
225	40.36	244 Smith	Pierre
226	40.36	104 Munson	Mike
227	40.44	248 Varndell	David
228	40.47	583 Leeds	Leslie
229	40.48	137 Hibble	Marie
230	40.58	70 Lambert	John
231	40.58	159 Price	Evette
232	41.01	61 Calver	Eloise
233	41.02	238 Foskew	Ian
234	41.03	43 Lewis	colin
235	41.04	210 Daniels	David
236	41.07	131 Penny	John
237	41.1	89 Abbott	Catherine
238	41.18	79 Tankard	Anthony
239	41.23	97 Hatton	Karen
240	41.3	73 Stannett	Charlie
241	41.31	487 Morey	Andrew
242	41.4	5 Levens	David
243	41.4	121 Catchpool	Iain
244	41.42	577 Smith	Anna
245	42	52 Cheung	GI Kwong
246	42.05	215 Crowson	Paul
247	42.05	112 Harvey	Colin
248	42.06	585 Prior	Steve
249	42.15	582 Bright	David
250	42.15	109 Adolphus	Tony
251	42.17	599 Woodard	Linda
252	42.17	169 Sawyer	David
253	42.25	10 Hughes	Andrew (police)
254	42.36	489 Reid	David
255	42.37	13 Chalkley	Rita
256	42.4	74 Stannett	Kate

257	42.41	422 Attrill	David
258	42.42	191 Mold	Sue
259	42.54	449 Borrett	Keith
260	42.55	421 Clover	Jack
261	43.01	446 Rednall	John
262	43.02	490 West	Martin
263	43.04	481 Paxon	Angela
264	43.09	4 Kendall	Adam
265	43.1	86 Pearce	Mark
266	43.11	500 Garrett	Nicola
267	43.12	129 Foxhall	Claire
268	43.16	476 Clarke	Tina
269	43.2	479 Clarke	Phillip
270	43.21	30 Holroyd	Carla
271	43.25	28 cookson	harriet
272	43.26	303 Matthews	Robert
273	43.28	146 Braverman	Terry
274	43.28	71 Finegan	Helen
275	43.37	217 Hughes	Wendy
276	43.45	498 Mayhew	Sandra
277	43.5	62 Finegan	Tim
278	43.53	492 Gilson	Paul
279	43.54	47 Haynes	Mandy
280	43.56	227 Lee	Mon
281	43.58	420 Tillyard	Robert
282	43.59	463 Collins	George
283	44.16	467 Sterling	Anna
284	44.18	305 Stock	Rachel
285	44.21	419 Helliwell	Fay
286	44.21	496 Matthews	Trevor
287	44.26	578 Bond	Anita
288	44.27	107 Kuczer	Alex
289	44.33	329 Reeve	Peter
290	44.48	412 Burnell	Marianne
291	44.51	128 Foxhall	Ashley
292	44.53	82 Causon	Roger
293	44.54	453 Hodgson	Matthew
294	44.55	447 Bond	Andy
295	44.58	491 Smith	Paul
296	44.58	92 Linassi	Samantha
297	45.03	283 Hales	Wendy
298	45.14	228 Chris	Hayes
299	45.16	182 Phillips	Clare
300	45.18	201 Carlise	Lex
301	45.2	316 Mathers	Miriam
302	45.2	480 Housler	Dale
303	45.24	411 Terry	Tony
304	45.25	410 Wilson	Michelle
305	45.31	284 Pembroke	Debbie
306	45.32	325 Dilliway	Faye
307	45.33	452 Paveley	Adam
308	45.34	32 Martin	Amanda

309	45.35	3 Gamble	Robert
310	45.44	445 Jarret	Jennifer
311	45.47	597 Turner	Maxine
312	45.58	51 Kerrison	Paul
313	46.02	474 Turner	Jade
314	46.05	185 Pinkney	Moira
315	46.07	64 Thorogood	Keith
316	46.16	136 Kathrine	Maguire
317	46.28	444 Armstrong	Mark
318	46.32	141 Burt	Robert
319	46.32	574 Keeble	Adam
320	46.41	183 Ford	Rebecca
321	46.52	282 Waikingshaw	Graeme
322	47.3	140 Burt	Lucy
323	47.04	147 Watkins	Mo
324	47.22	473 Talbot	Donna
325	47.23	207 Wright	Denise
326	47.23	164 Shilling	Dawn
327	47.28	590 MacSephney	Niki
328	49.29	451 Chapman	Caroline
329	47.31	310 Mole	Russell
330	47.41	592 Brooks	Catherine
331	47.44	162 Wright	Maureen
332	47.48	232 Milbourne	Cher
333	47.55	78 Tyson	Rick
334	47.56	33 Hatten	Emma
335	47.57	111 Adams	Pauline
336	48.22	161 Lesley	Watt
337	48.31	127 Shelly	karen
338	48.33	154 Hughes	Rebecca
339	48.37	188 Bailey	Emma
340	48.49	579 Meader	Ailsa
341	48.53	594 Ford	Lisa
342	48.55	243 Thurlow	Susie
343	49.01	319 Wooden	Andrew
344	49.05	2 Newman	Daniel
345	49.08	413 Clarke	Lisa
346	49.14	414 Bultz	Peter
347	49.16	456 Sorrell	Sue
348	48.19	95 Meara	Sheila
349	49.27	322 Trevelyan	Paul
350	49.35	226 Banks	Gordon
351	49.37	167 Odger	Rachel
352	49.39	206 Burls	Mila
353	49.39	424 Robertson	Vicky
354	49.42	150 Muir	Carol
355	49.54	187 Bailey	Jane
356	49.54	179 Graham	Anuschka
357	50.03	423 Baxter	Nicola
358	50.31	151 Hunter	Stuart
359	50.56	134 Chittock	Mel
360	50.56	291 Syrett	Carron

361	51.09	292 Candler	Jennifer
362	51.17	170 Sommerland	Michael
363	51.25	44 Deacon	Mike
364	51.38	245 Lomas	Cardine
365	51.41	9 Tattersall	Simon (police)
366	51.41	12 Pamment	James (police)
367	51.41	8 Wheddon	Dave (police)
368	51.41	11 Gerard	Pete (police)
369	51.43	175 Bumphrey	Sandra
370	52.54	293 Thomas	Peter
371	53	37 Johnson	Carla
372	54.09	139 Goreham	Lora
373	56.51	184 Kern	Lisa
374	58.19	240 Merfield	Wendy
375	59.47	196 Spinks	Roger
376	60.36	152 Taylor	Glenda

<b>Club / Unaffiliated</b>	<b>Category</b>
Harwich Runners	MO
Unaffiliated	MO
Ipswich Harriers	M15-17
Harwich Runners	MO
Braintree AC	MO
Cambridge & Coleridge	MV50
West Suffolk Athletics	MO
Stowmarket Striders	MO
Ipswich Jafa	MV45
Harwich Runners	MO
West Suffolk AC	M15-17
Ipswich Triathlon Club	MO
Harwich Runners	MV40
GBRC	MO
Felixstowe Road Runners	MV40
Ipswich Jaffa	MV45
Witham Running Club	MO
Stowmarket Striders	MV50
Ipswich Jaffa	MO
Saint Edmund Pacers	MV40
Unaffiliated	MO
Stowmarket Striders	MO
Unaffiliated	MO
Harwich Runners	MV40
Ipswich Jaffa	MO
Springfield Striders	MV50
harwich Runners	MV40
Colchester & Tendring	M15-17
Springfield Striders	MO
Ipswich Jafa	MO
Ipswich Jaffa	MV40
Saint Edmund Pacers	MV40
West Suffolk Athletics	MO
Unaffiliated	MO
Springfield Striders	MO
Chelmsford AC	FV35
Harwich Runners	MV45
Sudbury Joggers AC	MV50
Stowmarket Striders	MO
GBRC	MV60
Stowmarket Striders	MV50
Unaffiliated	MV40
Unaffiliated	MO
Felixstowe Road Runners	MV40
Colchester Harriers	MV55
Benfleet RC	MV45
Unaffiliated	MO
GBRC	MV40

GBRC	M15-17
Harwich Runners	MO
Colchester Harriers	MV45
Tiptree Road Runners	MV40
Brandon Fern Hoppers	MV50
Braintree Athletic Club	MO
Framlingham Flyers	MV45
HarwichRunners	MV40
Newmarket Joggers	MV45
Stowmarket Striders	MO
Ipswich Jaffa	MO
Colchester Harriers	MO
Cambridge and Coleridge AC	MV50
HarwichRunners	MV45
Unaffiliated	MO
Stowmarket Striders	MO
Harwich Runners	MO
Unaffiliated	MV40
Ipswich Triathlon	MO
Felixstowe Road Runners	MO
GBRC	MO
Harwich Runners	FV35
Bungay black dog RC	MV45
Halstead Road Runners	MV40
Unaffiliated	FO
Ipswich Jaffa	MO
Stowmarket Striders	FO
Springfield Striders	MV50
Ipswich Jaffa	MV55
Ipswich Jaffa	MO
Chelmsford AC	FV35
Unaffiliated	MV45
Harwich Runners	MV40
Felixstowe RR	FO
Ipwich Jafa	MO
Felixstowe Road Runners	MO
GBRC	MO
Harwich Runners	MO
Unaffiliated	MO
Ipswich Jaffa	MV50
Harwich.Runners	MV40
St Edmund Pacers	MV40
Stowmarket Striders	FO
Bury st edmonds pacer	MV50
Unaffiliated	MO
Sudbury Joggers AC	MV45
CATS	FO
Ipswich Jaffa	MO
Mid Essex Casuls	MV60
Felixstowe Road Runners	MV40
GBRC	FV35
Stowmarket Striders	M15-17

Unaffiliated	MO
Stowmarket Striders	FV40
Colchester Harriers	MV40
Harwich Runners	MV50
Newmarket Joggers	MV55
Ipswich Jaffa	MV50
Sudbury Joggers	MO
Grange fm &Dunmow Runners	MV45
Ipswich Jaffa	MV50
GBRC	MV40
St Edmund Pacers	MV40
Unaffiliated	MO
St Edmund Pacers	MV40
Unaffiliated	FO
Stowmarket Striders	MV55
GBRC	MV50
Stowmarket Striders	FV35
Harwich Runners	MV40
Springfield Striders	FV40
Unaffiliated	M15-17
Unaffiliated	FO
Havering Joggers	MO
Springfield Striders	MO
Ipswich Jaffa	FV35
Stowmarket Striders	M15-17
Stowmarket Striders	MO
Unaffiliated	MO
Ipswich Jaffa	MV40
Tiptree Road Runners	MV70
Grange fm &Dunmow Runners	FV40
Fairlands Valley Spartans	MV60
Ilford AC	MV55
Unaffiliated	MV45
Unaffiliated	MV40
Unaffiliated	FO
Unaffiliated	MO
Unaffiliated	MO
Harwich Runners	MV50
Unaffiliated	MO
Ipswich Jaffa	MV60
Unaffiliated	MV40
Stowmarket Striders	FV45
Felixstowe Road Runners	MV50
St Edmund Pacers	MO
Ipswich Jaffa	MV50
Tiptree Road Runners	MV50
Garden City Runners	MV50
Stowmarket Striders	MV40
Springfield Striders	FV55
Witham Running Club	MV40
Unaffiliated	MV55
Harwich Runners	MV40

Harwich Runners	MV45
Ipswich	MO
Ipswich Jaffa	MO
St Edmund Pacers	MV65
Unaffiliated	MO
Unaffiliated	MO
The Saxons	FV40
Unaffiliated	MO
Colchester & Tendring	MV50
Unaffiliated	MO
HarwichRunners	MO
Purple Patch Runners	MV40
Stowmarket Striders	M15-17
Unaffiliated	MO
Ilford AC	MV50
St Edmunds Pacers	MV60
Ipswich Jaffa	MV45
Bury st edmonds pacer	MV55
Witham Running Club	MV45
Witham Running Club	FV35
Harwich Runners	MV65
Witham Running Club	FV35
West Suffolk AC	F15-17
Stowmarket Striders	MV60
Castle Point Joggers	MV60
Unaffiliated	MO
St Edmund Pacers	MV60
Unaffiliated	MV50
Woodbridge Shufflers	MV50
Colchester Harriers	MO
Stowmarket Striders	FV45
Ipswich Harriers	MO
Unaffiliated	MV55
Felixstowe Road Runners	MV45
Tiptree road runners	MV60
Unaffiliated	MV40
Colchester Harriers	FV45
Harwich Runners	FV40
GBRC	MO
Unaffiliated	MV45
Unaffiliated	MV45
Woodridge Shufflers	MV50
Unaffiliated	MV40
Cambridge & Coleridge AC	FV55
Ipswich Triathlon Club	MV45
GBRC	FV40
Unaffiliated	MV45
Ipswich Triathlon Club	MO
Colchester & Tendring	MV60
Colchester Harriers	MV40
Unaffiliated	MO
Unaffiliated	MV45

Stowmarket Striders	MV45
Haverhill	MO
Unaffiliated	MV45
Unaffiliated	MV40
Woodbridge Shufflers	MO
Ilford	FV45
Bungay black dog RC	FV50
Ipswich Jaffa	FV35
Unaffiliated	MO
Stowmarket Striders	MV60
HarwichRunners	FV40
GBRC	MV55
Woodbridge Shufflers	FV40
Stowmarket Striders	MV45
St Edmund Pacers	FO
Unaffiliated	MO
Harwich.Runners	FV55
Witham Running Club	MV55
Ipswich Jaffa	MV40
Unaffiliated	M15-17
Unaffiliated	MO
Stowmarket Striders	MV55
Unaffiliated	MV50
Witham RC	MV55
Unaffiliated	FO
Ipswich Jaffa	MV65
Framlingham Flyers	FV45
Saint Edmund Pacers	FV40
Mid Essex Casuals	MV45
Unaffiliated	MV45
Stowmarket Striders	MV45
Unaffiliated	MV55
Stowmarket Striders	FV35
Unaffiliated	MV40
St Edmund Pacers	FV50
Ipswich Triathlon Club	MV50
Felixstowe Road Runners	MO
Unaffiliated	MV45
Ipswich Jaffa	MV40
Stowmarket Striders	FV35
Ipwsich Jaffa	MV40
HarwichRunners	MV45
Harwich.Runners	MV40
Capel Cheetas	MV40
Unaffiliated	MO
Ipswich Jaffa	MV50
Felixstowe RR	FV40
GBRC	MV45
Essex police	
Unaffiliated	MV50
Witham Running Club	FV35
Ipswich Triathlon Club	FV45

Unaffiliated	MV45
Witham Running Club	FV40
Stowmarket Striders	MV55
Unaffiliated	MO
Stowmarket Striders	MV45
Harwich Runners	MV60
Harwich Runners	FV35
Unaffiliated	MO
Unaffiliated	MV40
Ipswich Jaffa	FV35
Capel Cheetahs	FV35
Tiptree Road Runners	FV40
Tiptree Road Runners	MV40
Harwich Runners	FV50
Harwich Runners	FO
Harwich Runners	MO
Haverhill Running Club	MV65
Felixstowe Road Runners	FO
Stowmarket Striders	FV50
Stowmarket Striders	FV45
Felixstowe Road Runners	MV45
Ipswich Jaffa	MV50
Haverhill	FV45
Ipswich Jaffa	MV50
St Edmund Pacers	MV45
Ipswich Jaffa	MV45
Unaffiliated	FV35
Harwich Runners	FV45
Colchester Harriers	FV35
Harwich Runners	MV45
Unaffiliated	FV45
Unaffiliated	MV40
GBRC	MV50
Ipswich Jaffa	FV60
Capel Cheetahs	MV40
Felixstowe Road Runners	MV60
Harwich Runners	MO
Stowmarket Striders	MV60
Ipswich Tri	MO
Felixstowe Road Runners	FO
Unaffiliated	FO
GBRC	MV50
Unaffiliated	FV40
GBRC	FV50
Unaffiliated	FV40
Harwich Runners	MO
Unaffiliated	MV55
Unaffiliated	FV35
Capel Cheetas	FV45
Unaffiliated	FO
Capel Cheetahs	MV40
Witham Running Club	FO

Unaffiliated	MO
Felixstowe Road Runners	FV45
Unaffiliated	FV50
Harwich Runners	MV40
Unaffiliated	FV45
Ipswich Triathlon Club	FV60
Halstead Road Runners	MV55
Unaffiliated	FO
Unaffiliated	MO
Unaffiliated	MV40
Unaffiliated	MO
Unaffiliated	FO
Haddington & East Lothian Pacemakers	MV45
Unaffiliated	FO
Harwich Runners	MV55
St Edmund Pacers	FO
Stowmarket Striders	FV45
Tiptree Road Runners	FO
Ipswich Jaffa	FV35
Capel Cheetahs	FV50
Harwich Runners	MV40
Ipswich Tri Club	FV50
Ipswich Jafa	FV60
Ipswich Jaffa	FV40
Unaffiliated	MV40
Saint Edmund Pacers	female 15 - 17
Ipswich Jafa	FV35
Stowmarket Striders	FV50
Capel Cheetahs	FV45
Ipswich jaffa	FV40
Felixstowe Road Runners	FO
Unaffiliated	FV40
Harwich Runners	FO
Unaffiliated	FO
Felixstowe Road Runners	MV45
Unaffiliated	MO
Unaffiliated	FV40
Unaffiliated	MV50
Colchester Harriers	FV40
Unaffiliated	FV40
Unaffiliated	MV50
Unaffiliated	MV40
Unaffiliated	FO
HarwichRunners	FV35
Harwich Runners	FO
Ilford	FV35
Felixstowe Road Runners	FV50
Unaffiliated	FV35
Unaffiliated	FV35
Unaffiliated	MV50
Unaffiliated	MV55
Colchester Harriers	FV40

Colchester Harriers	FO
GBRC	MV70
Felixstowe Road Runners	MV65
Unaffiliated	FO
Essex police	
Essex police	
Essex police	
Essex police	
Capel Cheetahs	FV35
Colchester Harriers	MV70+
Felixstowe Road Runners	FO
Unaffiliated	FO
Unaffiliated	FV35
The Saxons	FV65
Ipswich Jaffa	MV65
Stowmarket Striders	FV60