

Runner	Cat.	Club	Position
Chris Burgoyne	Open	Springfield	1
Craig Fiddaman	OPEN	Ipswich	2
Danny Millward	OPEN	Colchester Harriers	3
Nate Filer	OPEN	Colchester Harriers	4
Ben Turley	OPEN	Ipswich	5
Paul Wain	OPEN	Ipswich	6
Ermeas Afewerki	OPEN	Colchester Harriers	7
Robert Reason	OPEN	Harwich	8
Alex Manton	Open	Springfield	9
Adam Wade	OPEN	Ipswich	10
Dan Widdowson	OPEN	Hadleigh	11
Richard Heath	V45	Colchester Harriers	12
Luke Fitz-John	Open	Springfield	13
Jimmy Smith	OPEN	Halstead	14
Chris Sellens	OPEN	Colchester Harriers	15
Heydon Mizon	V40	Witham	16
Anthony Goodall	V40	Springfield	17
James Crisp	V40	Witham	18
Adam Smith	OPEN	Gt. Bentley	19
Nicholas Clarke	OPEN	Ipswich	20
Gavin Davies	OPEN	Ipswich	21
Stephen Peck	V40	Harwich	22
Chris Martin	OPEN	Witham	23
Scott Darney	OPEN	Witham	24
Aaron Graves	OPEN	Tiptree	25
Graeme Knott	OPEN	Harwich	26
David Lindsay	Open	Springfield	27
Tom Rehal	OPEN	Tiptree	28
Andy Conway	V50	Tiptree	29
Stuart Raven	V40	Springfield	30
Mark Lloyd	V45	Harwich	31
Russ Sharp	V40	Gt. Bentley	32
Craig Bradbury	V40	Witham	33
Mark Clements	V40	Ipswich	34
Jonathan Nears	V40	Colchester Harriers	35
Steve Langley	V55	Ipswich	36
Alexander Sales	OPEN	Colchester Harriers	37
Paul Preston	V45	Colchester Harriers	38
Rob Cronshaw	OPEN	Colchester Harriers	39
David Wright	V40	Gt. Bentley	40
Peter Riley	V45	Witham	41
Leo Cole	V50	Witham	42
Paul Anderson	V40	Springfield	43
Ryan Day	OPEN	Gt. Bentley	44
Gavin Laws	OPEN	Tiptree	45
Dominik Niciejewski	OPEN	Colchester Harriers	46
Ed Freeman	V45	Springfield	47
Charlie Keitch	V40	Gt. Bentley	48

Gavin Scanlan	OPEN	Colchester Harriers	49
Paul Dobson	V50	Colchester Harriers	50
William Radley	OPEN	Tiptree	51
John Fryer	OPEN	Colchester Harriers	52
Scott MacSephney	V50	Ipswich	53
Matthew Friend	OPEN	Harwich	54
Alex Benson	Open	Springfield	55
Rob Mills	V40	Springfield	56
Archie Barrington	OPEN	Harwich	57
Mark Jasper	V40	Gt. Bentley	58
Paul Jeggo	V55	Springfield	59
Tom Newton	OPEN	Gt. Bentley	60
Robin Brookes	V45	Harwich	61
Adam Johnson	V45	Hadleigh	62
Giles Sowerby	OPEN	Witham	63
Peter West	V50	Colchester Harriers	64
Paul Connell	V45	Gt. Bentley	65
Darren Sutton	V45	Springfield	66
Sam Gooding-Matthews	OPEN	Harwich	67
Matthew Jordan	OPEN	Witham	68
Richard Flutter	V50	Colchester Harriers	69
Nicholas Towell	Open	Springfield	70
Paul Dellar	V50	Tiptree	71
Daniel Summersgill	Open	Ipswich	72
Terry Back	V60	Ipswich	73
Paul Gardiner	V45	Hadleigh	74
Ivan Filchev	OPEN	Halstead	75
Lee fox		CATS	76
Jerry Walder	V45	Colchester Harriers	77
Adam Gerrish	OPEN	Colchester Harriers	78
Neil Wildin	V40	Springfield	79
Craig Mitchell	V40	Colchester Harriers	80
Andrew Lager	V45	Witham	81
Simon Day	V40	Harwich	82
Tom Porter	OPEN	Halstead	83
Alec Wright	V40	Ipswich	84
Gavin Ripton	OPEN	Halstead	85
Tom Lower	V45	Gt. Bentley	86
Stuart Mills	V40	Witham	87
Tommy Careless	Open	Springfield	88
Daniel Mark	OPEN	Colchester Harriers	89
Adam Hutton	V45	Springfield	90
Alex Hosking	OPEN	Ipswich	91
Ben Ficken	OPEN	Gt. Bentley	92
Charlie McCarthy	V45	Harwich	93
Tom Abbott	OPEN	Hadleigh	94
Peter Banks	V40	Tiptree	95
Dan Hollinshead	OPEN	Halstead	96
Andrew Dagge	OPEN	Colchester Harriers	97
Rob Blackman	OPEN	Gt. Bentley	98

Lee Holohan	V40	Colchester Harriers	99
Rob Page	OPEN	Ipswich	100
Russell Goodridge	V45	Colchester Harriers	101
Matt Laverick	V45	Gt. Bentley	102
Simon Scott	V50	Witham	103
Ian Elden	V40	Ipswich	104
Christopher Payne	OPEN	Harwich	105
David Weldon	V40	Springfield	106
Ben Hammond	V40	Harwich	107
Robin Oakley	OPEN	Gt. Bentley	108
Richard Millward	V45	Colchester Harriers	109
Andy Notley	OPEN	Witham	110
Simon Ferguson	V50	Mid Essex	111
Dan Beard	OPEN	Colchester Harriers	112
Dave Wright	V60	Colchester Harriers	113
Robin Belsom	V55	Ipswich	114
Paul Hollidge	V45	Gt. Bentley	115
Joseph Boden	OPEN	Colchester Harriers	116
Steve May	V40	Halstead	117
Simon Bowring	V45	Springfield	118
Don English	V60	Halstead	119
Scott Brenton	V40	Tiptree	120
Paul Lacey	V45	Hadleigh	121
James Blackshaw	OPEN	Witham	122
William RoxbyClarke	OPEN	Harwich	123
Martin Mack	V50	Springfield	124
Ian Rattray	V45	Colchester Harriers	125
Justin Burls	V50	Harwich	126
Dave Spain	OPEN	Mid Essex	127
John Sweeney	V50	Mid Essex	128
Richard Newman	V50	Harwich	129
Chris Bing	OPEN	Ipswich	130
Colin Farmer	V50	Gt. Bentley	131
Oliver Riches	OPEN	Hadleigh	132
Tony Wallen	V45	Witham	133
Craig Robinson	OPEN	Harwich	134
Mark Lawes	V45	Tiptree	135
Neil Poulter	V50	Halstead	136
Karl Feagan	V40	Hadleigh	137
Steve Bugden	V45	Springfield	138
Royston Theobald		Tiptree	139
Stuart Ashworth	OPEN	Halstead	140
Paul Carlisle	V55	Gt. Bentley	141
Julian Catmull	V50	Springfield	142
David Ballard	OPEN	Tiptree	143
Alistair Gillan	V50	Springfield	144
Scott Brian	V40	Harwich	145
Duncan Chenery	V55	Ipswich	146
Graham S??pe	V55	Gt. Bentley	147
Paul Stuckkas	V50	Springfield	148

Marcus Wallace	V50	Mid Essex	149
Chris Beazeley	V50	Springfield	150
Simon Budlock	V40	Springfield	151
Stuart Darney	Open	Springfield	152
Greg Wisken	V50	Mid Essex	153
Thomas Ashley	OPEN	Witham	154
Martin Blackwell	V45	Colchester Harriers	155
Byrn Gibbons		Tiptree	156
Ian Chandler	V45	Halstead	157
Cliff King	V40	Mid Essex	158
Daniel Ager	V45	Ipswich	159
Glyn Williams	OPEN	Hadleigh	160
Richard Taylor	V60	Springfield	161
Chris Regan		CATS	162
Scott Young	V45	Gt. Bentley	163
Mike Grealy	V60	Halstead	164
Paul Waits		Springfield	165
Glenn Hobbs	V40	CATS	166
Patrick Marsh	V50	Colchester Harriers	167
Niall Burke	OPEN	Harwich	168
Steve Hunt	V55	Hadleigh	169
Adam Regan	OPEN	Witham	170
Tim Long	V55	Ipswich	171
Terry Alabaster	V50	Witham	172
John Warne	V65	Halstead	173
Jamie Bennett	V40	Ipswich	174
David Reaves	V70	Mid Essex	175
Clive Higdon	V50	Springfield	176
David Cahill	Open	CATS	177
Lee Clarkson	OPEN	Gt. Bentley	178
Phil Presland	V45	Gt. Bentley	179
Andrew Carter	V45	Harwich	180
Andrew Thorn	OPEN	Harwich	181
Sam Wolton	V40	Halstead	182
Tomasz Komorowski	OPEN	Gt. Bentley	183
Paul Tawn	V55	Mid Essex	184
Andy Carter	V60	Halstead	185
Kevin Fitchett	V55	Harwich	186
Kieran Callaghan	OPEN	Colchester Harriers	187
Kim Pretty	V60	Harwich	188
Richard Garrett	V40	Tiptree	189
Eric Searle	V55	Ipswich	190
Simon Tomlin	V50	Ipswich	191
Phil Jeffries	OPEN	Halstead	192
Ian Cannons	V45	Harwich	193
Rob Dyer	V40	Gt. Bentley	194
Peter Fraser-Hopewell	V60	Harwich	195
James Plant	OPEN	Colchester Harriers	196
Darren Powell	V45	Halstead	197
Simon Baker	V50	Tiptree	198

Brian Telford	V50	Gt. Bentley	199
Colin Short	V70	Witham	200
David Holditch	OPEN	Witham	201
Harry Young	OPEN	Harwich	202
James Goddard	V55	Mid Essex	203
Simon King	V60	Halstead	204
Mark Jackson	V50	Mid Essex	205
Iain Catchpool	V50	Ipswich	206
Stephen Manley	V50	Harwich	207
Luke Groves	OPEN	Gt. Bentley	208
Jeff Higgon	V65	Harwich	209
Jonny Bolton	OPEN	Ipswich	210
Brian Butcher	OPEN	Mid Essex	211
James Attenborough	OPEN	Witham	212
Will Day	Open	Springfield	213
Jeremy Downs	OPEN	Harwich	214
Antony Denton	V40	Halstead	215
Kris Dalby	OPEN	Harwich	216
Mick Purkiss	V65	Halstead	217
Roly Knott	V65	Harwich	218
Paul King	V40	Springfield	219
Julian Cordwell	V65	Harwich	220
Adrian Crook	V55	Gt. Bentley	221
Dave Gridley	V60	Springfield	222
Bruce Hogarth-Jones	OPEN	Mid Essex	223
Dave Jones	V55	Gt. Bentley	224
Ray Charlton	V55	Springfield	225
Ker Macrossan	V60	Ipswich	226