

<b>Runner</b>	<b>CAT.</b>	<b>Club</b>	<b>Position</b>
Laura Thomas	OPEN	Ipswich	1
Hayley Ellen	OPEN	Witham	2
Sara Bird	OPEN	Ipswich	3
Andrea James	OPEN	Colchester Harriers	4
Rebecca Cooke	OPEN	Colchester Harriers	5
Helen Armitage	V40	Witham	6
Emily Zethraeus	OPEN	Gt. Bentley	7
Sam Gooden		Tiptree	8
Rachael Roughan	OPEN	Halstead	9
Debbie Cattermole	V50	Colchester Harriers	10
Maria Ward	V50	Hadleigh	11
Annette Oakman	V45	Colchester Harriers	12
Joanne Mark	OPEN	Colchester Harriers	13
Lucy Ferguson	V45	Mid Essex	14
Rachel Bodsworth	V40	Hadleigh	15
Val Jennings	V50	Ipswich	16
Charlotte Roberts	OPEN	Witham	17
Jordi Moat	OPEN	Colchester Harriers	18
Rachael Hamblyn	OPEN	Ipswich	19
Katie Gibson	V45	Colchester Harriers	20
Liz Stuckey	V40	Witham	21
Kate Sandercock	V45	Colchester Harriers	22
Gemma Camp	OPEN	Gt. Bentley	23
Tracy Harrington	V50	Tiptree	24
Meera Rajoo-Oakley	OPEN	Gt. Bentley	25
Sam Spencer	OPEN	Ipswich	26
Nichola Norman	V45	Springfield	27
Suzanne Heath	V45	Ipswich	28
Eleanor Burke	OPEN	Harwich	29
Angela Wray	OPEN	Hadleigh	30
Caitlin Fosker	OPEN	Hadleigh	31
Sarah Hammond	V40	Springfield	32
Jenny Richardson	V55	Colchester Harriers	33
Tricia Stacey	V45	Gt. Bentley	34
Ruth Baker	V40	Ipswich	35
Sian Abbott	OPEN	Ipswich	36
Tanya Cregan	OPEN	Witham	37
Beryl Lansdown	V45	Ipswich	38
Sophie Coleman	OPEN	Ipswich	39
Leigh-Anne Porter	OPEN	Halstead	40
Anthea Colsell	V40	Gt. Bentley	41
Isobel Gowers	V40	Springfield	42
Tonie Wilson	V55	Gt. Bentley	43
Nicola Challis	OPEN	Harwich	44
Lorna Pettifer	V50	Mid Essex	45
Diane Wooller	V65	Colchester Harriers	46
Sarah Davidson	V40	Gt. Bentley	47
Wendy Carter	V50	Halstead	48
Deborah Hitching	V40	Springfield	49

Katerina Miller	V50	Springfield	50
Kerry Marsh	OPEN	Springfield	51
Caroliena Cameron	V45	Halstead	52
Carrie Hook	V45	Harwich	53
Wendy Ellis	V45	Springfield	54
Sharon Skidmore	V45	Mid Essex	55
Sara Demetriou	V40	Springfield	56
Elaine Tribley	V55	Springfield	57
Tina Clarke	V50	Tiptree	58
Sandi Robinson-Miller	V50	Halstead	59
Emily Penkett	OPEN	Springfield	60
Anna Bambridge	OPEN	Halstead	61
Lorraine Baker	V50	Tiptree	62
Sam Cooper	V45	Hadleigh	63
Chusa Fructuoso	V40	Gt. Bentley	64
Sharon Bannister	V45	Springfield	65
Amy Young	OPEN	Gt. Bentley	66
Natalie Warriner	OPEN	Gt. Bentley	67
Lisa Clark	OPEN	Halstead	68
Anne Herbert	V60	Harwich	69
Sara Taylor-Balls	V50	Hadleigh	70
Sarah Frost	OPEN	Halstead	71
Lorraine Garnham	V55	Halstead	72
Elsbeth Knott	V65	Harwich	73
Sandy Phillips	V50	Ipswich	74
Rebecca McVelia	V40	Tiptree	75
Jacky Lingley	V50	Harwich	76
Hazel Buist	OPEN	Halstead	77
Nikki Laverack	V40	Gt. Bentley	78
Mel Candler	V40	Halstead	79
Marion Simmons	V50	Gt. Bentley	80
Claudia Keitch	OPEN	Gt. Bentley	81
Bev Shortley	V50	Gt. Bentley	82
Val Kerrison	V60	Halstead	83
Jo Higgon	V55	Harwich	84
Frances Gridley	V55	Tiptree	85
Nicole Smith	V45	Halstead	86
Christina Pretty	V55	Harwich	87
Marion Bennett	OPEN	Ipswich	88
Jacky Kirk	V50	Hadleigh	89
Nina Powell	V45	Halstead	90
Christina Foreman	V40	Gt. Bentley	91
Jo Sargent	V45	Hadleigh	92
Claire Poole	V45	Gt. Bentley	93
Mandy Graves	V55	Tiptree	94
Julie Haselwood	V60	Ipswich	95
Teresa Farmer	V45	Gt. Bentley	96
Teresa Jones	V45	Gt. Bentley	97
Anita Leaver	V65	Tiptree	98
Sandra Stanton	V50	Springfield	99

Sharon Langner  
Sandra James

V50 Ipswich  
V60 Gt. Bentley

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