

5 Mile Entries		
Firstname	Lastname	Running Club
Vic	Ackerman	
Lucy	Ainsley	
Jimmy	Aitken	
Helen	Allan	
Jack	Axford	Jogging Made Easy
Chris	Axford	Jogging Made Easy
Chris	Aylmer	Newmarket Joggers
Jane	Basham	
Matthew	Bennett	Ipswich Harriers
Carl	Bergdahl	Ipswich Jaffa RC
Molly	Bergdahl	
conner	bilner	Ipswich Jaffa RC
maria	bilner	Ipswich Jaffa RC
Theresa	Blackburn	
Stephen	Bland	
Samantha	Brace	
Kate	Brett	
David	Brewster	
Doranne	Brewster	
Russel	Breyer	Ipswich Triathlon Club
Kristina	Bright	Haverhill Running Club
Joanne	Brooke	Felixstowe RRC
Emma	Brown	
Kerry	Buckley	
Samuel	Burdett	Stowmarket Striders RC
William	Burdett	Stowmarket Striders RC
Jack	Burman	
John	Bush	Great Bentley Running Club
Nicola	Caba	
Kieran	Callaghan	Colchester Harriers AC
Nicola	Cant	Sudbury Joggers
jen	carter	
Mervyn	Cattermole	
Gill	Charlton	Stowmarket Striders RC
Duncan	Chenery	Ipswich Jaffa RC
Mandy	Chinery	
Mark	Chisnall	
Ben	Cowley	Saxmundham Sports Running & Fitness Club
Ruth	Cowlin	Sudbury Joggers
David	Crissell	
Emma	Cummings	
Scott	Cummings	
Cheryl	Damen	
robert	darnell	

Ffion	Davies	
Ruth	Davies	
Caroline	Davis	
Erika	Downs	Felixstowe RRC
Jeremy	Downs	Harwich Runners
SARAH	EDWARDS	
Paul	Elliott	
Christine	Evans	
Melonie	Evans	TRISudbury
Danielle	Evans	
Karl	Feagan	Hadleigh Hares AC
David	Field	Stowmarket Striders RC
katie	flory	
Sophie	Flux	
Caitlim	Fosker	Hadleigh Hares AC
simon	fraser	
Robin	Fussell	
Juliet	Garnham	Stowmarket Striders RC
Chris	Gay	Stowmarket Striders RC
Mandy	Godbold	Ipswich Harriers
Mark	Godbold	Ipswich Harriers
Ian	Gooderham	Saint Edmund Pacers
david	graham	Lowestoft Road Runners
Stuart	Green	Stowmarket Striders RC
Sarah	Griffiths	
Richard	Groom	
David	Guest	
Sarah	gwalter	
Deborah	Hall	
Jordan	Hall	
Karen	Hamblin	
Karen	Hamilton	Stowmarket Striders RC
Sally-Ann	Hammond	
Emma	Harris	
Bradley	Harvey	
Matthew	Harvey	
Vanessa	Harvey	
Andy	Hayward	Stowmarket Striders RC
Sarah	Hearn	
Chris	Hobbs	
Rosanna	Holden	Jogging Made Easy
Tony	Holland	Ipswich Jaffa RC
Deborah	Hollidge	Great Bentley Running Club
Nathalie	Hooper	Hadleigh Hares AC
Adam	Howlett	Framlingham Flyers
Tracy	Humphreys	Stowmarket Striders RC
Neil	Jackson	

Trish	Jarvis	Jogging Made Easy
Georgie	Jemmeson	Running Colchester
nigel	johns	Capel Cheetahs
Jan	Kading	Stowmarket Striders RC
Lindsay	Kent	
Jacquie	King	Boxted Runers
JOANNE	KLUSS	Boxted Runners
Peter	Lang	Waveney Valley AC
Chloe	Legg	
Naomi	Lodge	
Cliff	Manning	Sudbury Joggers
christine	marsh	
Stephen	Mead	Stowmarket Striders RC
Jenny	Merry	Sudbury Joggers
Kirsty	Millard	Haverhill Running Club
David	Miller	
Frank	Moggan	Stowmarket Striders RC
Ian	Moore	Wymondham AC
Teresa	Morse	
Gemma	Nachman	
Louise	Norris	Boxted Runners
Clare	Norton	
Belinda	Palmer-Barnes	Great Bentley Running Club
Julie	Parr	
gary	pearson	
John	Perry	
Nick	Potter	Suffolk Trail Runners
Amanda	Prior	Capel Cheetahs
Hannah	Prior	
Jamie	Randall	Haverhill Running Club
Yolanda	Rankin	
Jonathan	Reynolds	
Steve	Reynolds	
Suzanne	rice	
Joe	Roberts	
Rachel	Rodgers	
Mike	Rosbrook	Hadleigh Hares AC
Sara	Roxby-Clarke	Harwich Runners
Andrew	Sargent	Stowmarket Striders RC
Georgina	Seakens	
J	Secker	Sudbury Joggers
jacqui	seymour	Stowmarket Striders RC
JOHN	SKELLY	Waveney Valley AC
Chris	Smith	
James	Smith	
Lisa	Smith	
Mark	Smith	

Oliver	Smith	
Richard	Smith	Felixstowe RRC
Victoria	Smith	
Angela	Soames	Felixstowe RRC
Sally	Solomon	Felixstowe RRC
Jennifer	Sones	
Tracey	Squirrell	
Tania	Stacey	
Hayley	Steward	
Daniel	Summersgill	
Hollie	Sutherland	Felixstowe RRC
Anne	Swinyard	
Tanya	Taylor-Balls	
Cheryl	Thomas	Ipswich Jaffa RC
Sharon	Turner	
kelly	wagland	
Westley	Walker	Haverhill Running Club
Catherine	Walsh	Felixstowe RRC
Kevin	Ward	
Stuart	Ward	
Laura	Welham	
Angela	whiting	Stowmarket Striders RC
Kate	Wills	
James	Wood	Sudbury Joggers

10 Mile Entries

Firstname	Lastname	Running Club
Ruth	Acworth	
Mary	Akin-George	
Tom	Alexander	Woodbridge Shufflers RC
Lee	Allen	Harwich Runners
Mark	Allen	Woodbridge Shufflers RC
Stephen	Ames	
Mark	Andrews	
Sean	Andrews	
James	Attenborough	
Emma	Attwood	Stowmarket Striders RC
Mark	Avery	Ipswich Jaffa RC
Colin	Baker	
Samantha	Banks	Ipswich Jaffa RC
Will	Barnard	
Jonathan	Barnes	Woodbridge Shufflers RC
Laura	Beale	
Becky	Beard	
Marion	Bennett	Ipswich Jaffa RC
Jamie	Bennett	Ipswich Jaffa RC
Graham	Bernthal	
Maxine	Bishop	
Agnieszka	Bobrowska	
Steven	Boggis	
Ian	Bolton	
Lin	Bolton	
Anita	Bond	Eastern Masters AC
Keith	Borrett	
Lucy	Bowditch	
Mark	Bowditch	
Ian	Bown	GoodGym Race Team
Kaye	Branton	Felixstowe RRC
Rachal	Brett	
Alan	Bridgman	
aimee	brinzer	Witham RC
Steve	Brooke	Felixstowe RRC
Caroline	Brown	Ely Runners
Laura	Brown	Stowmarket Striders RC
PAUL	BROWN	Harwich Runners
Paul	Brown	Framlingham Flyers
Scott	Bruce	Lowestoft Road Runners
andrew	budd	Capel Cheetahs
Piotr	Bulacz	Sudbury Joggers
Sylvia	Bullen-Bell	
Sandra	Bumphrey	Capel Cheetahs
Ben	Burrows	Woodbridge Shufflers RC

Graham	Bush	Woodbridge Shufflers RC
Heather	Bush	
Wilfred	Campbell	Ipswich Jaffa RC
Benjamin	Carpendale	Felixstowe RRC
Mik	carr	Bungay Black Dog RC
Richard	Carron	
James	Carter	Great Bentley Running Club
Gianna	Cesarano	
Nicola	Challis	Harwich Runners
Ray	Challoner	
duncan	chamberlain	Ipswich Jaffa RC
karen	chamberlain	Ipswich Jaffa RC
David	Church	Felixstowe RRC
Jenny	Church	Felixstowe RRC
Daniel	Clark	Felixstowe RRC
Mark	Clements	Ipswich Jaffa RC
Jo	Clements	
Adrian	Cole	Stowmarket Striders RC
Chris	Connolly	Ipswich Jaffa RC
Darren	Cook	Felixstowe RRC
Ian	Cooke	
Amanda	Crichton	
Mark	Crompton	
Gillian	Croot	
Dawn	Cullimore	
Kris	Dalby	Harwich Runners
Derek	Daly	Saxmundham Sports Running & Fitness Club
Mark	Davey	
Phil	Davies	Ipswich Jaffa RC
Zara	Davis	Hadleigh Hares AC
Becky	Day	Boxted Runners
Simon	Day	Harwich Runners
Brett	Deakin	Felixstowe RRC
richard	Dempsey	Woodbridge Shufflers RC
Jo	Dickinson	Felixstowe RRC
Barry	Dixon	
Vanessa	Dolling	Boxted Runners
Lisa	Dove	Sudbury Joggers
Cheryl	Drake	
Kimberley	Dye	
Jon	Earye	
Karen	Eaton	Felixstowe RRC
john	edwards	
Andy	Ellis	Felixstowe RRC
James	Ellul	Felixstowe RRC
Anna	Emms	
Matthew	Enfield	

fudge	Farrar	Bungay Black Dog RC
Robin	Farrar	Bungay Black Dog RC
Richard	Fellingham	Stowmarket Striders RC
Katrina	Finch	Tiptree Road Runners
Peter	Finch	Ipswich Jaffa RC
Sarah	Fitch	Felixstowe RRC
Kevin	Fitchett	
Simon	Fitzgerald	
Mark	Flatman	
Karen	Flowers	Witham RC
Caroline	Fosker	
Samie	Franklin	
Amanda	Fraser Fish	Woodbridge Shufflers RC
peter	fraser-hopewell	Harwich Runners
samantha	fulcher	
Kerry	Fuller	
Tony	Gavin	Felixstowe RRC
Dawn	Gillett	
Miss Freya	Gillott	
Paul	Gilson	Ipswich Jaffa RC
Jess	Gooderham	Saint Edmund Pacers
Ann	Granger	Saxmundham Sports Running & Fitness Club
Karl	Graves	Boxted Runners
Caroline	Green	
Simon	Green	Ipswich Triathlon Club
Collette	Green	Felixstowe RRC
David	gridley	
Gary	Groves	
David	Guy	
Michelle	Guy	
Daniel	Hadden	
Laura	Hall	
Rachael	Hamblyn	Ipswich Jaffa RC
Andrew	Hammond	Norfolk Gazelles AC
Charles	Hann	Sudbury Joggers
Jackie	Hann	Sudbury Joggers
Patrick	Hannah	
Sue	Hargadon	Ipswich Triathlon Club
Simon	Harkin	Stowmarket Striders RC
Robin	Harper	Felixstowe RRC
Deb	Harrison	Braintree & District AC
Gavin	Hasnip	
Sharon	Hayfield	
Emma	Healy	
Joanne	Hearn	Running Colchester
Jeremy	Hennell James	
anne	herbert	Harwich Runners

Jeff	Higgon	Harwich Runners
Jo	Higgon	Harwich Runners
leslie	hill	Norfolk Gazelles AC
Jonny	Hodges	
Chris	Hoggarth	
Paul	Hollidge	Great Bentley Running Club
Derek	Hood	Ipswich Jaffa RC
Trish	Hopkins	Felixstowe RRC
Paul	Horne	Vegetarian Cycling & AC
Hayley	Howard	
Mike	Howard	
Jacqui	Howes	
Chris	Howland	Felixstowe RRC
Faye	Hubbard	
Lorraine	Huggins	
mark	hughes	Stowmarket Striders RC
Wendy	Hughes	Stowmarket Striders RC
David	Hunt	Witham RC
Linda	Hunt	Bungay Black Dog RC
Iain	Hunter	Stowmarket Striders RC
Kate	Hutson	Ipswich Jaffa RC
Philip	Hymers	Saint Edmund Pacers
Samantha	Ingram	
Alan	Jackson	Ipswich Jaffa RC
Darron	Jackson	
Benjamin	Jacobs	Felixstowe RRC
Christopher	James	Stowmarket Striders RC
Martin	Jarvis	
Sandra	Johnson	
Gregor	Kennedy	
Rebecca	Kerridge	
Beth	King	Norfolk Gazelles AC
Anna	Kocinska	
Alex	Kuczer	
Jim	Last	Framlingham Flyers
Elise	Law	
Jules	Lawrence	Harwich Runners
Marcus	Leeder	
Kevin	Linsell	
Jo	Lummis	
Esther	Lury	Ipswich Jaffa RC
Jenny	Lynch	Felixstowe RRC
Emma	Mackillop	
Calvin	Macro	
Jemma	Maddams	
Matt	Makin	Felixstowe RRC
Sandy	Maloy	Sudbury Joggers

Michael	Marriott	
David	Marsh	
Dawn	Marshall	Saint Edmund Pacers
Stuartt	Masters	
Larissa	Mayhew	
Eamonn	McCusker	Ryston Runners
Steve	McNamara	Stowmarket Striders RC
Victoria	Metson	
Lloyd	Miles	Billericay Striders
Andy	Miley	Ipswich Jaffa RC
denis	mole	Havering '90 Joggers
James	Montgomery	Witham RC
Vaughan	MORRIS	Stowmarket Striders RC
Heidi	Morris	
Paul	Morris	
Chris	Mower	Saint Edmund Pacers
Ross	Murphy	
Mary	Narey	Stowmarket Striders RC
Joan	Nevin	Haverhill Running Club
John	Nevin	Haverhill Running Club
Steve	Oglesby	Haverhill Running Club
Anne	Oliver	Felixstowe RRC
hayley	oliver	
stephen	oliver	
Preston	Osborn	
Nikki	osborne	
Anelli	Ostler	Felixstowe Road Runner
Mark	Oxford	Ipswich Triathlon Club
Matt	Paisley	
Steve	Palfrey	
steven william	parry	Ipswich Jaffa RC
Thomas	Parsons	
Steve	Paul	Eastern Masters AC
Adrian	Peake	Ipswich Jaffa RC
david	pearson	
Stephen	Pettit	Fetch Everyone
Sandy	Phillips	Ipswich Jaffa RC
Justin	Potter	Stowmarket Striders RC
Abby	Powlett	
Christina	Pretty	
Kim	Pretty	
Stephen	Pretty	
CLIVE	PURBROOK	Newmarket Joggers
Steven	Ramsey	
Graham	Rankin	
Tobias	Rankin	
Alastair	Read	Felixstowe RRC

steven	reynolds	
Emma	Richbell	Sudbury Joggers
Steve	Roberts	Sudbury Joggers
Andrew	Robertson	
Dave	Robinson	
Chris	Rookyard	
Rita	Rue	Saint Edmund Pacers
Jill	Rush	
Jimmy	Russell	Felixstowe RRC
Adrian	SADLER	
Nicola	Sadler	
Ed	Saltmarsh	
Phil	Sanderson	
Nigel	Schofield	Saint Edmund Pacers
Paul	Schwer	Felixstowe RRC
Ian	Scopes	
Ewan	Scopes	
Chris	Seymour	Stowmarket Striders RC
Louise	Shepherd	
Bethany	Shippey	Witham RC
COLIN	SHORT	Witham RC
ian	sillett	Felixstowe RRC
Ross	Silverton	Witham RC
Emma	Smith	Running Colchester
Chris	Smith	Suffolk Trail Runners
Heather	Smith	
Paul	Smith	
Rebecca	Smith	
Richard	Smith	Sudbury Joggers
Dave	Solomon	Felixstowe RRC
Rachel	Southgate	
Giles	Sowerby	Witham RC
Carol	Spurgeon	
Terry	Spurgeon	
Pamela	St Leger-McConnell	
Simon	Stafford	
Jo	Steed	
Will	Steed	
Jo	Stephenson	Stowmarket Striders RC
Rob	Stevens	
Tanya	Straight	
Lucy	Street	
Gary	Taylor	Felixstowe RRC
Peter	Thompson	Norfolk Gazelles AC
Andrew	Thompson	Ely Runners
Jessica	Thorpe	Stowmarket Striders RC
Nessie	Thorpe	

Chris	Thrower	
Aubrey	Todd	Boxted Runners
Lucy	Tomlinson	
Claire	Trott	
Wing-Mei	Ung	Boxted Runners
Steven	Utteridge	
Suzanne	Vincent	
Adam	Wade	Ipswich Jaffa RC
Jake	Waggott	Ipswich Jaffa RC
kelly	wagland	
Jerry	Walder	Colchester Harriers AC
Peter	Warland	Stowmarket Striders RC
Sharon	Warland	Stowmarket Striders RC
Suzy	Waters	
Robert	Webb	
Paul	Webster	
David	Weeding	
Claire	Welford	
Mark	Weston	
Jo	Whelan	Felixstowe RRC
Emily	White	
Geraint	White	Ipswich Jaffa RC
Hugh	White	
James	White	
Nicola	Whitley	Capel Cheetahs
Helen	Wigley	
Ross	Wilcox	Stowmarket Striders RC
Glyn	Williams	Hadleigh Hares
Alexea	Williams	
Helen	Wing	Stowmarket Striders RC
Kate	Wood	Woodbridge Shufflers RC
Peter	Woods	Felixstowe RRC
Maureen	Wright	Ipswich Jaffa RC
Thomas	Wright	
Helen	Yellop	Capel Cheetahs
Dave	Young	