

## Sheet1

Race No	Name	Age	Gender	Club/Team
1	Raymond Keevil	65	M	Brandon Fern Hoppers
2	Samantha Wing	19	F	Thetford AC
3	Alan Miles	57	M	Bushfield Joggers
4	Eric Byford	49	M	
5	Adam Rawlings	30	M	
6	Colin Doak	45	M	Ely Runners
7	Chris Perry	34	M	St Edmunds Pacers
8	Debbie Jones	45	F	
9	Richard Piper	41	M	
10	Louise Pryor	49	F	
11	Garry Steel	30	M	Bishop's Stortford
12	Jennifer Steel	31	F	
13	Fiona Robson	25	F	
14	Carl Vella	34	M	Haverhill RC
15	Simon Rees	49	M	Fetcheveryone RC
16	Angela Jones	45	F	Bushfield Joggers
17	Susanne Kingshott	33	F	
18	Chris Chaloner	52	M	
19	Ian Minor	34	M	
20	Laura Steavenson	26	F	
21	David Onley	33	M	
22	Gary Egan	42	M	
23	Jay Morris	31	F	Thetford AC
24	Roy Owen	60	M	Haverhill RC
25	Mary Owen	59	F	Haverhill RC
26	Ken Bowman	61	M	Coltishall Jaguars
27	Lisa Davis	40	F	
28	Alison Webb	33	F	
29	Kim Lo	29	F	Haywards Heath Harriers
30	Wendy Aldhouse	43	F	Haverhill RC
31	Terri Geard	37	F	
32	Robert James	38	M	Bungay Black Dog
33	Michelle Crow	39	F	
34	Jaime Keeble	32	F	
35	Philip Huggett	33	M	
36	Paul Hills	45	M	
37	Peter Morston	46	M	Eastern Vets AC
38	Sarah Moston	46	F	Eastern Vets AC
39	Emma Stamper	42	F	
40	Katy James	62	F	Bungay Black Dog
41	Victoria Stone	35	F	
42	Nigel Armitage	44	M	
43	John Adams	27	M	
44	Antonia Storer	42	F	Womens Running N'work
45	John Oakes	51	M	Haverhill RC
46	Will Phillips	35	M	Brandon Fern Hoppers
47	Trevor Rolph	54	M	Brandon Fern Hoppers

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48	Hugh Collier	38	M	
49	Laurence Wickens	42	M	Brandon Fern Hoppers
50	Mandy Nickerson	45	F	Haverhill RC
51	Adam Stacey	36	M	Tri-Anglia
52	Paul Churchill	47	M	
53	David Blackburn	54	M	
54	Sian Blackburn	24	F	
55	Andrea Osbourne	55	F	NNBR
56	Andrew Enticknap	40	M	
57	Bob Watson	48	M	
58	John Gosling	32	M	CONAC
59	Glenn Richer	51	M	
60	James Weatherburn	47	M	Bishop's Stortford RC
61	Tina Wilson	50	F	
62	Rob Gibby	36	M	Colchester Harriers
63	Sheila Shead	57	F	
64	Simon Fields	40	M	
65	Quang Le	40	M	Brandon Fern Hoppers
66	Shirley Fowler	45	F	Haverhill RC
67	Stephen Morley	56	M	Brandon Fern Hoppers
68	Peter Clark	50	M	
69	Ian Henderson	49	M	
70	Harry Druiff	47	M	Cambridge Tri
71	David Taylor	41	M	
72	Andrew Booth	42	M	
73	Paul Wilding	40	M	Royston Runners
74	Sarah Lake	29	F	Dereham
75	Kimberly Court	31	F	
76	Wendy Sarah	35	F	
77	Julia Yelloly	43	F	Ipswich Tri
78	Iain Downie	40	M	Ipswich Tri
79	Sian Barker	35	F	Haverhill RC
80	Emily Davidson	34	F	Royston Runners
81	Allison West	45	F	Thetford AC
82	David Bray	37	M	Haverhill RC
83	Lynn Tanner	56	F	Springfield Striders
84	Kate Scott	34	F	
85	Anna Sherman	35	F	Stowmarket Striders
86	Harry Smith	44	M	Stowmarket Striders
87	Scott Sherman	16	M	Stowmarket Striders
88	Paul Greenwood	43	M	
89	Mick Sears	53	M	Woodbridge Shufflers
90	Claudia Watson	21	F	Burnham Joggers
91	Emma Potter-Campbell	39	F	Dereham Runners
92	Simon Pickett	29	M	
93	Hayley Brewis	45	F	St Edmunds Pacers
94	Julie Stringer	31	F	
95	Ian Bentley	33	M	

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96	Paul Trevelyan	52	M	
97	Eloise Calver	41	F	St Edmunds Pacers
98	Carl Kwiatkowski	51	M	
99	Sue George	49	F	Joggers and Jaunters
100	Orla Jupp	34	F	Dereham Runners
101	Jayne Nunn	42	F	Haverhill RC
102	Mark Matthews	40	M	
103	Michelle Matthews	40	F	
104	Teresa Cross	43	F	
105	Joseph Cross	17	M	
106	Mark Rose	17	M	
107	Mike Cross	43	M	
108	John Poole	51	M	
109	Robert McKillop	41	M	
110	Roy Miller	58	M	St Edmunds Pacers
111	Timothy Wilson	44	M	
112	David Chapman	48	M	
113	Stuart Medland	54	M	
114	Dean Richardson	34	M	
115	Gill Woodhouse	61	F	Dereham Runners
116	Terry Braverman	64	M	Haverhill RC
117	Leigh Swindin	30	F	
118	Sarah Andrews	44	F	Running4women.com
119	Paul Read	43	M	
120	Nicola Pyle	42	F	Springfield Striders
121	Anthony Plewes	39	M	
122	Gillian Rogers	51	F	
123	Tania Baker	45	F	
124	Suzanne Burns	49	F	
125	Sue Stoten	45	F	
126	Graham Stringer	61	M	
127	Linda Dowell	53	F	
128	Ben Wilson	27	M	
129	Vicki Judd	26	F	
130	Amanda Milbank	40	F	
131	Ian Longland	35	M	Haverhill RC
132	Steven Neaves	52	M	Stowmarket Striders
133	Jeff Arden	50	M	Norfolk Gazelles
134	Tim Scutter	35	M	Tri-Anglia
135	Nicola Whyte	35	F	
136	Peter Headland	38	M	
137	Frank Tyldesley	47	M	St Edmunds Pacers
138	James Hooper	40	M	
139	Paul Stevenson	42	M	
140	David Peck	76	M	N'mkt Cycling & Triathlon
141	Eamon King	36	M	Thetford AC
142	June Vane	45	F	St Edmunds Pacers
143	Tracey Vane	46	F	St Edmunds Pacers

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144	Karen Manning	38	F	Gt Yarmouth Road Runners
145	Karen Page	37	F	St Edmunds Pacers
146	Ashley Page	48	F	
147	Sandra Gibson	42	F	
148	John George	49	M	
149	Denica Howell	33	F	
150	Lucinda Leonard	29	F	
151	Tim Hawes	42	M	
152	Jill Bunch	36	F	Haverhill RC
153	Robin Snazell	56	M	St Edmunds Pacers
154	Helen Snazell	53	F	St Edmunds Pacers
155	Michael Ponting	16	M	
156	Robin Swindin	36	M	Ipswich Jaffa
157	Maureen McCarthy	47	F	St Edmunds Pacers
158	Billy Gallagher	53	M	Mayo AC
159	Neil Bailey	29	M	
160	Heather Lay	32	F	
161	Mark Seaman	43	M	
162	Stefan Henriksen	39	M	
163	Wayne Kern	41	M	Halstead Road Runners
164	Keith Thorogood	54	M	Halstead Road Runners
165	Brian Day	34	M	
166	Wendy Smith	47	F	Norwich Road Runners
167	Kim Gregory	47	F	Haverhill RC
168	Bob Jack	49	M	Bungay Black Dog
169	Gemma Dullea	25	F	
170	Dean Walker	25	M	
171	Jonathon Bevan	45	M	
172	Robert Darnell	56	M	
173	Emma Clayton	32	F	
174	Nicholas Williams	35	M	Ely Runners
175	Chris Stitson	42	M	
176	Mark Bailey	42	M	Haverhill RC
177	Claire Owen	33	F	
178	John Richardson	55	M	Dereham Runners
179	Alan Bailey	42	M	
180	Oliver Bellotti	27	M	
181	Scott Osborn	36	M	
182	Sarah Swain	24	F	
183	Harriet Tice	28	F	Newmarket Joggers
184	Jackie Wray	50	F	Haverhill RC
185	Martin Greasley	45	M	
186	Karen Saunders	41	F	
187	Cliff Moore	64	M	
188	Sally Cushing	44	F	Norwich Road Runners
189	Emma Payne	18	F	
190	Nick Warner	18	M	
191	Julia Hammond	41	F	

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192	Andrew Aldridge	35	M	Cambridge & Coleridge
193	Andrew Smith	29	M	
194	Sarah Tanton	34	F	
195	Christopher Stapleton	58	M	Bushfield Joggers
196	Steve Smith	30	M	Brandon Fern Hoppers
197	Sarah Eglington	32	F	
198	Jon Byford	35	M	Springfield Striders
199	Natasha Scott	35	F	Haverhill RC
200	Mike Hill	45	M	Tri-Anglia
201	Mark Tufts	41	M	Wymondham AC
202	Lisa Wilkinson	47	F	
203	Niky Brinkman	34	F	St Edmunds Pacers
204	James Heath	49	M	St Edmunds Pacers
205	Jane Clarke	49	F	CONAC
206	Shayne Murray	18	M	
207	William Howe	44	M	
208	Adrian Adams	35	M	
209	Victoria Marsten	43	F	
210	Julie Heath	43	F	St Edmunds Pacers
211	Philip Neave	60	M	Bungay Black Dog
212	Julia Hanford	39	F	
213	Annie Blackburn	53	F	
214	Ian Cooper	50	M	Brandon Fern Hoppers
215	Marvin Epton	25	M	
216	Mick Staines	61	M	Pitsea RC
217	Elaine Mitchell	60	F	Castle Point Joggers
218	Paul Woodyatt	47	M	CONAC
219	Tanya Crofts	35	F	WAC
220	Becky McCorquodale	36	F	Harwich Runners
221	Fran Barton	48	F	CONAC
222	Donna Boyce	41	F	Haverhill RC
223	Darren Judd	38	M	Sudbury Joggers
224	Paul Cracknell	33	M	
225	Sue Wallis	51	F	
226	Craig Rause	39	M	
227	Katherine Varanand	24	F	
228	John Hopper	33	M	
229	Matthew Webb	37	M	Bushfield Joggers
230	Christopher Moulton	35	M	Sudbury Joggers
231	John Hartley	43	M	Gt Yarmouth Road Runners
232	Michell Ritchie	42	F	
233	Louis Cooper	66	M	Wymondham AC
234	Anne Hulse	45	F	Norwich Road Runners
235	Carl Higgins	48	M	Thetford AC
236	Geoffrey McAfee	48	M	
237	Sarah Barrell	28	F	
238	Andy Duffy	37	M	
239	Sharon Hurren	37	F	Wymondham AC

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240	Paula Hamman	37	F	
241	Amanda Clark	37	F	
242	Martin Allum	57	M	St Edmunds Pacers
243	Neil Hillier	36	M	
244	Marion Greenwood	42	F	
245	David Dixon	57	M	
246	Wesley Benton	28	M	Sudbury Joggers
247	Neil Richardson	46	M	
248	Helen Scholey	33	F	Bishop's Stortford
249	Helen Lambert	27	F	
250	Chris Grant	51	M	
251	Terry Epps	54	M	Wymondham AC
252	Caroline Hogan	41	F	
253	Stewart Ellis	33	M	
254	Ben Stone	20	M	
255	Hilary Gunnell	53	F	
256	David Dysart	39	M	Wymondham AC
257	Martin Lawrence	45	M	Haverhill RC
258	Paul Preston	37	M	Sudbury Joggers
259	Marie Shirley	30	F	Sudbury Joggers
260	Carl Evans	45	M	
261	Claire Davis	31	F	
262	Paul Clarke	48	M	St Edmunds Pacers
263	David Reid	48	M	
264	Alex Wilson	37	M	Sudbury Joggers
265	Michael Lozano	35	M	
266	Derek Ribbands	50	M	Gt Yarmouth Road Runners
267	Benjamin Bailey	38	M	Tri-Anglia
268	Andrew Taczynski	31	M	Sudbury Joggers
269	Jenny Christian	54	F	Wymondham AC
270	Ronald Marsh	65	M	Wymondham AC
271	Kirsty Denton	34	F	
272	Liz Kimbley	34	F	CONAC
273	Christopher Philbin	43	M	Haverhill RC
274	Danny Watkins	35	M	
275	Dennis Wells	59	M	Wymondham AC
276	Aidan Tidnam	32	M	
277	Craig Farr	34	M	
278	Emma Dove	30	F	Totley AC
279	Dee St Leger	44	F	Sudbury Joggers
280	Colin Shadbolt	31	M	
281	Rob Ellis	58	M	Ely Runners
282	Dave Thrower	55	M	
283	Robert Chenery	22	M	Ipswich Jaffa
284	Peter Harris	59	M	Ely Runners
285	Craig Giles	25	M	
286	David Vaughan	55	M	St Edmunds Pacers
287	Clive Harrod	50	M	Fenland Running Club

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290	Genette Sullivan	43	M	Norwich Road Runners
291	Paul Minns	43	M	
292	Jeremy Gore	47	M	
293	John Lingard	50	M	Gt Yarmouth Road Runners
294	Ian Day	39	M	Ely Runners
295	Mark Hawes	32	M	
296	Dawn Hawes	32	F	
297	Seb Rijpstra	37	M	
298	Marcus Catlin	34	M	Ipswich Jaffa
299	Kevin Vaughan	45	M	St Edmunds Pacers
300	Al MacPherson	35	M	St Edmunds Pacers
301	Clive Purbrook	53	M	
302	Steve Ely	37	M	Coltishall Jaguars
303	Stuart Faust	38	M	Thetford AC
304	Chris Creedy	36	M	
305	Ian Silver	54	M	Cambridge Uni Press RC
306	Fernando Silva	52	M	
307	Simon Edge	56	M	Norwich Road Runners
308	Tracy Dodsworth	34	F	Wymondham AC
309	Alex Rigge	23	M	
310	Tim Sadler	29	M	
311	Leanne Howlet	24	F	CONAC
312	Anne Ellen	53	F	Norfolk Gazelles
313	Paul Anderson	53	M	Gt Yarmouth Road Runners
314	Peter Sibbett	46	M	North Herts Road Runners
315	Bill Wedge	34	M	
316	Linda Hones	46	F	St Edmunds Pacers
317	Jeff Helmore	49	M	Gt Yarmouth Road Runners
318	Jane Driver	35	F	
319	Helen Hardy	43	F	
320	David Roddom	43	M	
321	Michael Soper	36	M	St Edmunds Pacers
322	Natasha Flatt	22	F	
323	Karl Higgins	17	M	
324	Simon Laughlin	42	M	
325	Penny Edwards	54	F	Norwich Road Runners
326	Steven Embleton	51	M	
327	Russell Armstrong	36	M	Ely Runners
328	Andrew Hammond	53	M	
329	Andrew Bunn	40	M	CONAC
330	John Cotton	49	M	
331	Gwyneth Chatten	55	F	Tri-Anglia
332	Emma Birch	37	F	
333	Aidan Bond	32	M	
334	Philip Warboys	58	M	
335	Michael Cobbold	48	M	St Edmunds Pacers
336	Chris Fry	31	M	
337	Jo Gould	23	F	Sudbury Joggers AC

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338	Andrew Buck	44	M	Sudbury Joggers AC
339	Jamie Pretty	27	M	
340	Garry Chambers	34	M	Brandon Fern Hoppers
341	Shirlene Badger	35	F	
342	Neil Kellett	44	M	
343	Paul Douglass	33	M	
344	Julia Brooks	43	F	CONAC
345	Alan Hart	33	M	Stowmarket Striders
346	Sophie Hughes	29	F	
347	Keith Pritchard	40	M	Riverside Runners
348	Sally Nicholls	48	F	Bungay Black Dog
349	David Dumbleton	56	M	
350	Rachel Norton	39	F	
351	Mick Dorbin	39	M	
352	Rosemary Tyler	58	F	Stowmarket Striders
353	Sarah Folley	48	F	
354	Mark Folley	47	M	
355	Martin Yeomans	58	M	Norwich Road Runners
356	David Garnham	44	M	Ipswich Jaffa
357	Paul Ford	52	M	
358	Adrian Parker	35	M	
359	Katherine Heydon	39	F	
360	Patrick Compton	57	M	
361	Mark Edwards	43	M	Norwich Road Runners
362	Nick Collins	35	M	
363	Simon Rider	41	M	Hunts AC
364	Roger Aldis	40	M	Stowmarket Striders
365	Paul Calloway	60	M	
366	Greg Norman	32	M	
367	Roderick Badenhorst	25	M	
368	Jacqui Vaughan	57	F	Bexhill Runners
369	Lisa Sales/Larke	34	F	Bishop's Stortford
370	Rebecca Jennings	43	F	St Edmunds Pacers
371	Chris Scott	33	M	Lowestoft Road Runners
372	Damon Lusby	37	M	
373	Jane Stasiak	37	F	















