

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Louise	Adamson	Waveney Valley AC
Simon	Alcock	Norwich Road Runners
Chris	Alderton	Stowmarket Striders RC
Linda	Aldred	Framlingham Flyers
Adam	Allard	
Tegan	Allard-Austin	Stowmarket Striders RC
Adeleve	Allaton	
Lee	Allen	
Mark	Allen	Woodbridge Shufflers
Bridget	Anderson	
Tim	Asti	
Liz	Atkins	Felixstowe RRC
Emma	Attwood	Stowmarket Striders RC
Chris	Aylmer	Newmarket Joggers
Kayleigh	Bailey	Thetford AC
Leanne	Baines	
Matthew	Baines	
Jonathan	Barnes	Woodbridge Shufflers
Frank	Barrett	Stowmarket Striders RC
David	Bartholomew	Run for Your Life
Zoey	Battell	Sudbury Joggers
Claire	Bathey	Stowmarket Striders RC
Christina	Baxter	Hadleigh Hares AC
Stuart	Beal-Collibs	Tri Sudbury
Howard	Beasley	Saint Edmund Pacers
Don	Beatty	Stowmarket Striders RC
Natasha	Bedford	
Kate	Beer	Stowmarket Striders RC
David	Beighton	Saint Edmund Pacers
Michelle	Bell	
Catherine	Belsom	Stowmarket Striders RC
Robin	Belsom	Ipswich Jaffa RC
Ruth	Belsom	
Maurice	Bennell	Saxmundham Saxons
Sean	Bennett	
Jamie	Bennington	
Terry	Bennington	
Carl	Bergdahl	Ipswich Jaffa RC
Bill	Besley	Stowmarket Striders RC
Sarah	Bevan	
Marie	Bidwell	
Alison	Bills	
Conner	Bilner	Ipswich Jaffa RC
Peter	Bird	Saint Edmund Pacers
Eloise	Bird	Saint Edmund Pacers
Claire	Blanchford	Saint Edmund Pacers
Brian	Bloomfield	Sudbury Joggers
Gavin	Boag	Stowmarket Striders RC
Shaun	Boldock	
Anita	Bond	Eastern Masters Athletic Club
Alison	Bonham-Carter	
Keith	Borrett	

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Steve	Bowen	Hadleigh Hares AC
Beckie	Bowen	Hadleigh Hares AC
Paul	Brand	
Rachel	Brand	
Roger	Brand	Saint Edmund Pacers
Kaye	Branton	Felixstowe RRC
Sharon	Breward	Sudbury Joggers
Amanda	Brewster	Stowmarket Striders RC
Pete	Brimson	
Elle	Brimson	
Stephen	Brodie	Brandon Fern Hoppers
Steve	Brooke	Felixstowe RRC
Joanne	Brooke	Felixstowe RRC
Sam	Brooke	Felixstowe RRC
Olivia	Brooke	Felixstowe RRC
Ashley	Brookes	
Philip	Brown	Saint Edmund Pacers
Stefanie	Brownhill	Saint Edmund Pacers
Jason	Brunt	Norfolk Gazelles AC
Stuart	Buchan	Ipswich Jaffa RC
Kerry	Buckley	Run for Your Life
Piotr	Bulacz	Sudbury Joggers
Bianca	Burman	Sudbury Joggers
Marianne	Burnell	Ipswich Jaffa RC
Robbie	Burt	Saint Edmund Pacers
Heather	Bush	Run for Your Life
Simon	Butler	
Amy	Byford-smith	Tri Sudbury
Elizabeth	Cahill	Braintree & District AC
Edward	Campbell	Jogging Made Easy
Ian	Cannons	Harwich Runners
Mik	Carr	Bungay Black Dog RC
Kerensa	Carrick	Woodbridge Shufflers
Allison	Carter	Tri-Anglia
Neil	Catley	Felixstowe RRC
Mervyn	Cattermole	Run for Your Life
Karen	Chamberlain	Ipswich Jaffa RC
Duncan	Chamberlain	Ipswich Jaffa RC
Sarah	Chamberlin	Sudbury Joggers
Kerry	Chandler	
Sophie	Chapman	Felixstowe RRC
Melissa	Chapman	
Nicky	Chapman	Newmarket joggers
Claire	Chattenton	Run for Your Life
Paul	Cherry	Woodbridge Shufflers
Chris	Chorley	Bungay Black Dog RC
Jerry	Church	
Shannen	Church	Saxmundham Saxons
Steve	Clark	Sudbury Joggers
Melissa	Clarke	
Michaela	Clarke	
Sarah	Clarke	Tri Sudbury

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Jo	Clements	Suffolk Trail Runners
Geraldine	Clifford	Sudbury Joggers
Jo	Clifton	Saxmundham Saxons
Chris	Cobbold	
Gavin	Codd	
Adrian	Cole	Stowmarket Striders RC
David	Coley	Ipswich Jaffa RC
Kerby	Colgan	
Jackie	Collins	Felixstowe RRC
Simon	Connelly	
Christopher	Cook	Saint Edmund Pacers
Darren	Cook	Felixstowe RRC
James	Cooper	Stowmarket Striders RC
Jules	Cooper	Sudbury Joggers
Emily	Cooper-Reade	
Mat	Core	
Francis	Corrigan	
Orlando	Costa	
Sam	Couldridge	Sudbury Joggers
Ruth	Cowlin	Sudbury Joggers
Andrew	Craig	Woodbridge Shufflers
Amy	Crawford	Jogging Made Easy
Richard	Crewe	Thetford AC
Lee	Crisp	Felixstowe RRC
Laura	Crossley	
Ben	Crossman	
Duncan	Crow	
Garry	Cullum	Felixstowe RRC
Helen	Curr	Run for Your Life
Stephen	Curran	Framlingham Flyers
Derek	Daly	Saxmundham Saxons
David	Damant	Stowmarket Striders RC
Clive	Davey	Sudbury Joggers
Kevin	Davidson	
Phil	Davies	Ipswich Jaffa RC
Jonathan	Davy	
Kate	Dawson	
Anna	Dawson	
Sarah	Deacon	Stowmarket Striders RC
Richard	Dempsey	Woodbridge Shufflers
Neil	Dennis	Stowmarket Striders RC
Steve	Dersley	
Sarah	De-Vaux Balbirnie	
Jo	Dickinson	Felixstowe RRC
Kathy	Dines	Ipswich Jaffa RC
Lisa	Dove	Sudbury Joggers
Roxanne	Downes	Ipswich Jaffa RC
Jessica	Downey	
Erika	Downs	Felixstowe RRC
James	Doyle	Stowmarket Striders RC
Louise	Duckling	
Amanda	Dunn	Hadleigh Hares AC

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Kevin	Ellis	Bungay Black Dog RC
Jimmy	Elmer	Ipswich Jaffa RC
Jason	Elrick	Thetford AC
Melonie	Evans	Sudbury Joggers
Charlene	Evans	
Katie	Everett	Framlingham Flyers
Louise	Faggetter	
Richard	Farnworth	Felixstowe RRC
David	Farrow	
Lucinda	Fendley	Ipswich Jaffa RC
Matty	Fidler	
Adele	Field	
Lisa	Flitcroft	
Sheldene	Ford-Keeble	
Paul	Forshaw	Fetch Everyone Running Club
Clayton	Fosker	
Garrick	Fox	Bungay Black Dog RC
Claire	Fradley	Sudbury Joggers
Teresa	Franklin	Haverhill Running Club
Amanda	Fraser Fish	Woodbridge Shufflers
Mark	Friston	
Ady	Frost	Colchester Harriers
Sharon	Frost	Colchester Harriers
Catherine	Fuell	Stowmarket Striders RC
Richard	Furness	
Emma	Gammons	Felixstowe RRC
Sandra	Garner	Stowmarket Striders RC
Lisa	Garth	
Gavin	Gatter	
Bex	Gilbert	Felixstowe RRC
Clare	Gillibrand	Sudbury Joggers
Neil	Gillingham	Ipswich Harriers
Mark	Godbold	Ipswich Harriers
Mandy	Godbold	Ipswich Harriers
Belinda	Godbold	Ipswich Jaffa RC
Shaun	Good	Felixstowe RRC
Ruth	Goodchild	
Lynda	Goodwin	Brandon Fern Hoppers
Tina	Gore	Sudbury Joggers
Ann	Granger	Saxmundham Saxons
Chloe	Grant	
Andy	Gray	
Anna	Gray	Bungay Black Dog RC
Nicole	Green	
Marion	Greenwood	
Joshua	Griffiths	
Robert	Grimsey	Hadleigh Hares AC
Alison	Grogan	
Morris	Guy	
Will	Hadfield	
Karyn	Hall	
Rachael	Hamblyn	Ipswich Jaffa RC

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Kendra	Hammond	Stowmarket Striders RC
Jackie	Hann	Sudbury Joggers
Charles	Hann	Sudbury Joggers
Robin	Harper	Felixstowe RRC
Hayley	Harper	Ipswich Jaffa RC
Anthony	Harris	Sudbury Joggers
Nigel	Harrison	Ipswich Jaffa RC
Lori	Harvey	
Tom	Haslam	Saxmundham Saxons
Charlotte	Hawes	Stowmarket Striders RC
Craig	Hawkins	Stowmarket Striders RC
Kieran	Hayles	Sudbury Joggers
Val	Haynes	Running Colchester
Andy	Hayward	Stowmarket Striders RC
James	Hayward	Ipswich Jaffa RC
Mark	Hayward	Newmarket Joggers
Jo	Hayward	Stowmarket Striders RC
Guy	Hayward	Framlingham Flyers
Kate	Hayward-Brackenbury	Woodbridge Shufflers
Marianne	Hedge	Felixstowe RRC
Simon	Hedge	Felixstowe RRC
Bec	Hender	Tri Sudbury
Jeremy	Hennell James	
Stephen	Hicks	Ipswich Harriers
Mike	Hill	Framlingham Flyers
Graham	Hines	The Trotters
Alex	Hobbs	Stowmarket Striders RC
Claire	Hoblyn	Saint Edmund Pacers
Tom	Hoblyn	Saint Edmund Pacers
Roger	Hobson	Woodbridge Shufflers
Malcolm	Hogarth	Woodbridge Shufflers
Michelle	Holland	Sudbury Joggers
Ellen	Hollingworth	Stowmarket Striders RC
Helen	Hopwood	
Paul	Horne	Vegetarian Cycling & Athletic Club
Ali	Hosking	
Fiona	Hotston Moore	The Trotters
Allen	Howard	Ipswich Jaffa RC
James	Howard	
Wendy	Howard	Thetford AC
Adam	Howlett	Framlingham Flyers
James	Howlett	Framlingham Flyers
Andrew	Hubbard	Jogging Made Easy
Annette	Huggins	Framlingham Flyers
Mark	Hughes	Stowmarket Striders RC
Sophie	Hughes	
Steven	Hughes	Stowmarket Striders RC
Terry	Hunter	Stowmarket Striders RC
Elliot	Hunter	
Iain	Hunter	Stowmarket Striders RC
Sue	Hunter	Stowmarket Striders RC
Kate	Hutson	Ipswich Jaffa RC

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Rebecca	Hutson	Rendlesham Military Boot Camp
Philip	Hymers	Saint Edmund Pacers
Philip	Hymers	Saint Edmund Pacers
Daniel	Ingleby	Ipswich Jaffa RC
Ben	Jacobs	Felixstowe RRC
Alex	Jacobs	Felixstowe RRC
Carl	Jarrett	Felixstowe RRC
Martin	Jarvis	
Claire	Jay	Stowmarket Striders RC
Peter	Jay	Saint Edmund Pacers
Steve	Jeggo	Sudbury Joggers
Sarah	Jeggo	Sudbury Joggers
Rob	Jewers	
Chris	Johns	Woodbridge Shufflers
David	Jones	Stowmarket Striders RC
Michaela	Kadanikova	Ipswich Jaffa RC
Lindsay	Kent	
Rosie	Kerr	Sudbury Joggers
Chris	Kerry	
Debbie	King	Stowmarket Striders RC
Natalie	King	Thetford AC
Tom	Kingsnorth	Saint Edmund Pacers
Christine	Kingwell	
Ann	Kirton	Thetford AC
Alex	Kuczer	Run for Your Life
Deborah	Lake	
Tim	Larke	Stowmarket Striders RC
Jim	Last	Framlingham Flyers
Francesca	Lawton	
Diana	Lee	Jogging Made Easy
Christopher	Lee	Jogging Made Easy
Gillian	Leech	
Darren	Leeks	
Beverley	Leslie	
Tonya	Lindley-Gill	
Andrew	Long	Stowmarket Striders RC
Christopher	Lucas	Saxmundham Saxons
Graeme	Ludwig	Run for Your Life
Jo	Lummis	Ipswich Triathlon Club
Brett	Lummis	Ipswich Triathlon Club
Adriana	Lupsa	
Sandy	Maloy	Sudbury Joggers
Rory	Marriott	Ipswich Triathlon Club
Dawn	Marshall	Saint Edmund Pacers
Hannah	Martin	
Anna	Marton	Felixstowe RRC
Paula	McCann	Ipswich Triathlon Club
Michael	McKinnell	Ipswich Triathlon Club
Sonia	Mclintock	Newmarket Joggers
Steve	McNamara	Stowmarket Striders RC
Stephen	Mead	Stowmarket Striders RC
Dan	Mead	Saint Edmund Pacers

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
James	Mehmed	
Kathy	Melton	
Jenny	Merry	Sudbury Joggers
Catriona	Middleditch	
Rachel	Miles	Sudbury Joggers
Adam	Miller	
Clare	Moodie	Framlingham Flyers
Kara	Moore-Damant	Stowmarket Striders RC
Colleen	Morgan	
Jenny	Morgan	Saint Edmund Pacers
Robert	Morgan	
Nicola	Moss	
Gemma	Moss	
Julia	Moss-Eccardt	Stowmarket Striders RC
Sue	Moye	Sudbury Joggers
Stuart	Moyes	
Lyndsey	Moyes	
Clare	Murrell	
Mary	Narey	Stowmarket Striders RC
Joe	Naughton	Stowmarket Striders RC
David	Neeve	Bungay Black Dog RC
Hanne	Ness	
Stephen	Neumann	
James	Nial	Run for Your Life
Shaun	Nicholls	Ipswich Jaffa RC
Paul	Nickells	Woodbridge Shufflers
Aaron	Noble	Sudbury Joggers
Justine	Norfolk	Run for Your Life
Anne	Oliver	Felixstowe RRC
Paul	Osborne	Felixstowe RRC
Deitdre	Owen	Stowmarket Striders RC
Jo	Parden	Framlingham Flyers
Tracie	Paris-Oakes	
Marion	Parker	Felixstowe RRC
Tim	Parnell	Felixstowe RRC
Adrian	Patterson	Run for Your Life
David	Pengelly	
Sarah	Pennock	Sudbury Joggers
Claire	Pestell	
Clare	Pestell-Love	
Lucie	Petchey	
Moira	Pinkney	Ipswich Triathlon Club
Claire	Pizzey	
Karen	Platt	
Alan	Platt	
Gemma	Porch	Stowmarket Striders RC
Nicky	Potter	
Stephen	Pretty	Stowmarket Striders RC
Jonathan	Price	Sudbury Joggers
Stephen	Pugh	Ipswich Jaffa RC
Clive	Purbrook	Newmarket Joggers
Stuart	Pyke	

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Sally	Quirk	Stowmarket Striders RC
Scott	Ramsey	Hadleigh Hares AC
Sarah	Rattle	
Claire	Reach	
Peter	Reach	Stowmarket Striders RC
Jane	Reason	Stowmarket Striders RC
Robert	Reason	Stowmarket Striders RC
Alison	Renshaw	Ipswich Jaffa RC
Jean	Reynolds	Brandon Fern Hoppers
Joanne	Rice	Bungay Black Dog RC
Charlotte	Richardson	Sudbury Joggers
Louise	Riddleston	
Jan	Risebrow	Felixstowe RRC
Dawn	Robb	
Sandra	Roberts	Ipswich Jaffa RC
Odette	Robson	Saint Edmund Pacers
Joe	Robson	Saint Edmund Pacers
Brian	Rogers	Ipswich Jaffa RC
Claire	Rooke	Sudbury Joggers
Mark	Rose	Ipswich Jaffa RC
Tracey	Rose	Stowmarket Striders RC
Vicci	Rowlands	
Lynn	Ruddick	
Peter	Russell	Framlingham Flyers
Simon	Sadler	
Graham	Sampson	Bungay Black Dog RC
Sally	Sandford	Sudbury Joggers
Andrew	Sargent	Stowmarket Striders RC
Bobbie	Sauerzapf	Bungay Black Dog RC
Kieron	Savage	Sudbury Joggers
Belinda	Schofield	Newmarket Joggers
Nigel	Schofield	Saint Edmund Pacers
Paul	Schwer	Felixstowe RRC
Kevin	Scutcher	
Michaela	Sears	
Jimmy	Secker	Sudbury Joggers
Steven	Seinet-Martin	
Stacy	Setterfield	
Andrew	Severy	
Elizabeth	Severy	
David	Seymour	Felixstowe RRC
Jenny	Sheahan	
David	Sheahan	
Victoria	Shortley	
Ian	Sillett	Felixstowe RRC
Lydia	Simmons	
Simon	Sinclair	
Anna	Sinclair	Ipswich Triathlon Club
Mark	Skinner	
Helen	Skinner	
Alex	Smith	Stowmarket Striders RC
Richard	Smith	Sudbury Joggers

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Matthew	Smith	Stowmarket Striders RC
Les	Smith	Running Colchester
Ray	Smith	
Jem	Smith	Sudbury Joggers
Paul	Smith	Norwich Road Runners
Claire	Smith	Norwich Road Runners
Keelan	Smith	Saxmundham Saxons
Dave	Solomon	Felixstowe RRC
Sally	Solomon	Felixstowe RRC
Jez	Sore	
Richard	Sore	Ipswich Jaffa RC
Stephen	Spencer	Brandon Fern Hoppers
Nicola	Stevenson	Felixstowe RRC
Gregory	Stowe	Stowmarket Striders RC
Emily	Sullivan	Ipswich Jaffa RC
Steve	Symss	Stowmarket Striders RC
James	Taylor	
Gillian	Thacker-McPherson	
Hannah	Thompson	
Hannah	Tillson	
Anne-Marie	Tozer	Tri Sudbury
Edward	Tricker	Stowmarket Striders RC
Claire	Trott	
Miranda	Tuddenham	WDFITNESS
Mary-Ann	Tuli	Haverhill Running Club
Sharon	Turner	
Steve	Turner	Run for Your Life
Mark	Turner	Saint Edmund Pacers
Michael	Turner	
Alan	Varle	Waveney Valley AC
Sarah	Vick	Saxmundham Saxons
Nikki	Vince	
adam	wade	Ipswich Jaffa RC
Robyn	Walker	
Lindi	Wallace	
Dylan	Wallace	
Jason	Walne	
Catherine	Walsh	Felixstowe RRC
Lisa	Wanmer	
Kevin	Ward	The Trotters
Sarah	Watkins	Hadleigh Hares AC
Emily	Watson	
Graham	Waudby	
Kirsty	Weavers	Saint Edmund Pacers
Jacquie	Webb	Sudbury Joggers
Andrew	Webber	Stowmarket Striders RC
Laura	Welham	
Elliot	Wells	Stowmarket Striders RC
Maxine	Westerman	Run for Your Life
Ioana	Whalley	
Karen	Wharfe	
Jo	Whelan	Felixstowe RRC

Scenic 7 Entry List at 13.9.17

Firstname	Surname	Club
Arthur	Whiston	Colchester Harriers
Claire	White	Ipswich Jaffa RC
Mark	White	Haverhill running club
Angela	Whiting	Stowmarket Striders RC
Paul	Wigens	Woodbridge Shufflers
Luke	Wilby	WDFITNESS
Jonathan	Wilding	Felixstowe RRC
Corinne	Winch	Sudbury Joggers
Helen	Wing	Stowmarket Striders RC
Neil	Winstanley	
Amy	Witham	
Joanna	Woledge	Saint Edmund Pacers
Karen	Wood	Sudbury Joggers
Kate	Wood	Woodbridge Shufflers
Tamasin	Wood	Framlingham Flyers
Jason	Wood	Framlingham Flyers
Oscar	Wood	Framlingham Flyers
Colin	Woodgate	
Lynda	Woods	Rendlesham Military Boot Camp
Philip	Wright	
Andrew	Wright	Saint Edmund Pacers
Anna	Young	Harwich Runners
Goldie	Yule	