

Scenic 7 - Final Entry List 8.11.18

Race Number	First Name	Surname	Club
1	Dean	Abdul	
2	Ruthie	Acworth	
3	Mary	Akin-George	
4	Chris	Alderton	Stowmarket Striders RC
5	Linda	Aldred	Framlingham Flyers
6	Will	Aldred	Framlingham Flyers
7	Nicola	Alexander	
8	Adam	Allard	
9	Howard	Allen	
10	Shaheda	Ambrose	
11	Jessica	Ames	
12	Paul	Amond	
13	Bridget	Anderson	
14	Mark	Andrews	
15	Nicola	Ashworth	TRISudbury
16	Mark	Avery	Ipswich Jaffa RC
17	Chris	Axford	Jogging Made Easy
18	Chris	Aylmer	Newmarket Joggers
19	Kayleigh	Bailey	Thetford AC
20	Darren	Barfield	Sudbury joggers
21	Frances	Barnard	Capel Cheetahs
22	Tom	Barraclough	
23	David	Bartholomew	Run For Your Life
24	Sian	Bartlett	Rushmere Community Runners
25	Lisa	Barwick	
26	Alex	Batho	
27	Christine	Baxter	Hadleigh Hares AC
28	Howard	Beasley	Saint Edmund Pacers
29	Paul	Beland	
30	Kristian	Bell	Stowmarket Striders RC
31	Robin	Belsom	Ipswich Jaffa RC
32	Kevin	Bennett	
33	Clare	Bennett-Smith	
34	Jamie	Bennington	
35	Carl	Bergdahl	Ipswich Jaffa RC
36	Bill	Besley	Stowmarket Striders RC
37	Marie	Bidwell	
38	Jason	Bigg	
39	Maxine	Bills	
40	Eloise	Bird	Saint Edmund Pacers
41	Peter	Bird	Saint Edmund Pacers
42	Claire	Blanchford	
43	Susan	Bloomfield	
44	Joanna	Blyth	Felixstowe RRC
45	Gavin	Boag	Stowmarket Striders RC
46	Kendra	Boag	Stowmarket Striders RC
47	Shaun	Boldock	TRISudbury
48	Sharon	Bolton	
49	Anita	Bond	EMAC
50	Rebecca	Bowen	Hadleigh Hares AC
51	Steve	Bowen	Hadleigh Hares AC
52	Catherine	Brain	
53	Paul	Brand	
54	Roger	Brand	Saint Edmund Pacers
55	Kaye	Branton	Felixstowe RRC
56	Sharon	Breward	sudbury joggers
57	Peter	Brinson	
58	Steve	Brodie	Brandon Fern Hoppers
59	Rachel	Brooke	Ipswich Jaffa RC
60	Steve	Brooke	Felixstowe RRC
61	Emma	Brown	Rushmere Community Runners
62	Jason	Brunt	Norfolk Gazelles AC
63	Stuart	Buchan	Ipswich Jaffa RC

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Race Number	First Name	Surname	Club
64	Andrew	Buck	Sudbury Joggers
65	Dawn	Buckland	TRISudbury
66	Rebecca	Buckles	Stowmarket Striders RC
67	Kerry	Buckley	Run For Your Life
68	Piotr	Bulacz	Sudbury Joggers
69	Samuel	Burdett	Stowmarket Striders RC
70	Will	Burl	
71	Ben	Burrows	Woodbridge Shufflers
72	Luke	Cain	
73	Wilfred	Campbell	Ipswich Jaffa RC
74	Gemma	Cannon	Woodbridge Shufflers
75	Mark	Cannon	
76	Nicola	Cant	Sudbury Joggers
77	Sarah	Cardy	
78	Charlotte	Carey	
79	Benjamin	Carpendale	Felixstowe RRC
80	Neil	Catley	Felixstowe RRC
81	Duncan	Chamberlain	Ipswich Jaffa RC
82	Karen	Chamberlain	Ipswich Jaffa RC
83	Caroline	Chapman	Saint Edmund Pacers
84	Steve	Chapman	Stowmarket Striders RC
85	Erin	Chilvers	
86	Chris	Chorley	Bungay Black Dog RC
87	Daniel	Clarke	
88	Sarah	Clarke	TRISudbury
89	Jo	Clements	Rushmere Community Runners
90	Emma	Clifton	Kesgrave Cruisers
91	Jo	Clifton	Saxmundham Running & Fitness Club
92	Hayley	Coates	Saint Edmund Pacers
93	Gavin	Codd	
94	Simon	Colclough	
95	Adrian	Cole	Stowmarket Striders RC
96	Sophie	Coleman	Ipswich JAFFA RC
97	Wayne	Cook	Colchester Harriers
98	Melvin	Copping	
99	Rachel	Cox	
100	Sarah	Cox	
101	Andrew	Craig	Woodbridge Shufflers
102	Sue	Crawte	Sudbury Joggers
103	Steve	Cresswell	
104	Richard	Crewe	Thetford AC
105	Amanda	Crichton	Rushmere Community Runners
106	Ben	Crossman	
107	Duncan	Crow	
108	Emma	Cummings	
109	Jackie	Cuninghame	Stowmarket Striders RC
110	Helen	Curr	
111	Andy	Curtis	Lonely Goat Running Club
112	Rachael	Dann	
113	Russell	Davey	
114	Kevin	Davidson	
115	Gavin	Davies	Ipswich Jaffa RC
116	Jonathan	Davy	
117	Anna	Dawson	
118	Emma	Dawson	
119	Kate	Dawson	
120	Beverley	de Boos	Vegan Runners UK
121	Hanna	Dean	Bungay Black Dog RC
122	Richard	Dempsey	Woodbridge Shufflers
123	Sam	Derry	TRISudbury
124	Jo	Dickinson	Felixstowe RRC
125	Kathy	Dines	Ipswich Jaffa RC
126	Michele	Djemal	Hadleigh Hares AC

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Race Number	First Name	Surname	Club
127	Erica	Dorling	
128	Paul	Dorset	Felixstowe RRC
129	Clare	Douglas	Stowmarket Striders RC
130	Eddie	Douglas	Stowmarket Striders RC
131	Lisa	Dove	Sudbury Joggers
132	Jeremy	Downs	Harwich Runners
133	Laura	Downs	
134	Kimberley	Dye	
135	Ian	East	
136	Rob	Edwards	
137	Ian	Elden	Ipswich Jaffa RC
138	Simon	Elliot	Sudbury Joggers
139	Claire	Ellis	Stowmarket Striders RC
140	David	Ellis	Stowmarket Striders RC
141	Jack	Ellwood	
142	Jimmy	Elmer	Ipswich Jaffa RC
143	Jason	Elrick	Thetford AC
144	Paris	Emms	
145	Samantha	Emms	
146	Tony	Emms	
147	Christine	Evans	I Can Run Club
148	Craig	Evans	
149	Melonie	Evans	TRISudbury
150	David	Farrow	
151	Karl	Feagan	Hadleigh Hares AC
152	Richard	Fellingham	Stowmarket Striders RC
153	Joanna	Fellowes	
154	David	Field	Stowmarket Striders RC
155	Peter	Finch	Ipswich Jaffa RC
156	Chris	Firman	
157	George	Firth	Stowmarket Striders RC
158	Keith	Fisher	
159	Andrew	Flack	
160	Laura	Flowers	
161	Caroline	Foster	Clacton Seafront Runners
162	Gaynor	Foster	
163	Garrick	Fox	Bungay Black Dog RC
164	Claire	Fradley	Sudbury Joggers
165	Carl	Francis	
166	Vanessa	Fraser	
167	Amanda	Fraser Fish	Woodbridge Shufflers
168	Robert	Frost	
169	Suzanne	Frost	TRISudbury
170	David	Garnham	Ipswich Jaffa RC
171	Hazel	Garrity	Bungay Black Dog RC
172	Terry	Garrity	Bungay Black Dog RC
173	John	George	
174	Suzanne	George	
175	Hayley	Gerrard	Norwich Road Runners
176	Bex	Gilbert	Felixstowe RRC
177	Carla	Gilbey	
178	Hayley	Gittings	
179	Belinda	Godbold	Ipswich Jaffa RC
180	Sarah	Golding	Saint Edmund Pacers
181	Paul	Goldring	Ipswich Jaffa RC
182	Claire	Goldstone	Brandon Fern Hoppers
183	Jess	Gooderham	Saint Edmund Pacers
184	Alice	Goodwin	Ipswich Harriers
185	Lyn	Goodwin	Brandon Fern Hoppers
186	Anna	Grant	Stowmarket Striders RC
187	Chloe	Grant	
188	Hayley	Green	
189	Marion	Greenwood	

Scenic 7 - Final Entry List 8.11.18

Race Number	First Name	Surname	Club
190	Joshua	Griffiths	
191	Lorraine	Grindrod	Clacton Seafront Runners
192	Mark	Grindrod	Clacton Seafront Runners
193	Alison	Grogan	
194	David	Guest	
195	Kate	Hadley-Brown	
196	Deborah	Hall	
197	Jordan	Hall	
198	Laura	Hall	Run for your life
199	Karen	Hamilton	Stowmarket Striders RC
200	Sally-Ann	Hammond	
201	Simon	Harkin	Stowmarket Striders RC
202	Joanne	Harper	Felixstowe RRC
203	Robin	Harper	Felixstowe RRC
204	Karl	Harris	
205	Shaun	Harris	Ipswich Jaffa RC
206	Alex	Harrison	Stowmarket Striders RC
207	Matt	Harrison	
208	Rob	Harrow	
209	Jillian	Hart	
210	Kieran	Hartigan	Stowmarket Striders RC
211	Kieran	Hartigan	Stowmarket Striders RC
212	Lori	Harvey	
213	Matthew	Harvey	
214	Gavin	Hasnip	
215	Ruth	Hatch	
216	Mark	Hayden	
217	Tom	Hayden	
218	Sharon	Hayfield	
219	Kieran	Hayles	Sudbury Joggers
220	Andy	Hayward	Stowmarket Striders RC
221	Jo	Hayward	Stowmarket Striders RC
222	Jeremy	Hennell James	
223	Kieron	Hetherington	
224	Stu	Hillman	
225	Jenny	Hindle	Triharder
226	Vicki	Hobbs	Stowmarket Striders RC
227	Nigel	Hodge	City of Norwich AC
228	Sarah	Hodge	
229	Julian	Holland	
230	Michelle	Holland	Sudbury joggers
231	Tony	Holland	Ipswich Jaffa RC
232	Caroline	Holt	Sudbury Joggers
233	Jeremy	Holt	Sudbury Joggers
234	Natalie	Hooper	Hadleigh Hares AC
235	Mary	Hope	
236	Sophie	Hope	Gloucester AC
237	Trish	Hopkins	Felixstowe RRC
238	Paul	Horne	Vegetarian Cycling & Athletic Club
239	Rhonda	Horne	
240	Gavin	Horrex	Kesgrave Cruisers
241	Adriana	Houchell	Ipswich Jaffa RC
242	Hayley	Howard	
243	James	Howard	Framlingham Flyers
244	Adam	Howlett	Framlingham Flyers
245	Catherine	Hubbard	
246	Faye	Hubbard	Woodbridge Shufflers
247	Marie	Hullis	
248	Tracy	Humphreys	Stowmarket Striders RC
249	Andrea	Hunt	Sudbury joggers
250	Sue	Hunter	Stowmarket Striders RC
251	Marie	Hunting	
252	Emma	Hutton	

Scenic 7 - Final Entry List 8.11.18

Race Number	First Name	Surname	Club
253	Katherine	Hymers	Cambridge & Coleridge Athletics Club
254	Philip	Hymers	Saint Edmund Pacers
255	Daniel	Ingleby	Ipswich Jaffa RC
256	Carl	Jarrett	Felixstowe RRC
257	Gary	Jarvis	Felixstowe RRC
258	Martin	Jarvis	
259	Trish	Jarvis	Jogging Made Easy
260	Gemma	Jewers	
261	Hannah	Jewers	
262	Rob	Jewers	
263	Nigel	Johns	capel cheetahs
264	David	Jones	Stowmarket Striders RC
265	Jane	Jones	
266	Martin	Jones	
267	Grace	Judge	Haverhill RC
268	Deidre	Keating	Stowmarket Striders RC
269	Helen	Kelly	Stowmarket Striders RC
270	Shaun	Kemp	Stowmarket Striders RC
271	Steven	Kent	
272	Antonia	Keough	
273	Ross	Keough	
274	Christopher	Kerry	Stowmarket Striders RC
275	Erika	Kerry	
276	Kirby	King	Felixstowe RRC
277	Matt	King	
278	Mark	Kingsley	
279	Tracie	Kirby	
280	Oliver	Knott	
281	Alex	Kuczer	Run For Your Life
282	Paula	Lamb	
283	Alan	Lambert	
284	Jim	Last	Framlingham Flyers
285	Francesca	Lawton	
286	Suzanne	Le Sauvage	Kesgrave Cruisers
287	Darren	Leeks	
288	Colin	Lewis	
289	Todd	Lewis	Sudbury joggers
290	Sue	Lockhart	Ipswich Jaffa RC
291	Donna	Machin	
292	Anthony	Maclean	Framlingham Flyers
293	Niki	MacSephney	
294	Jemma	Maddams	
295	Adam	Maltpress	Newmarket Joggers
296	David	Marks	Norwich Road Runners
297	Maree	Marks	Norwich Road Runners
298	Christine	Marsh	
299	Neil	Martin	
300	Anna	Marton	Felixstowe RRC
301	Paula	McCann	Two Rivers Running
302	Christine	McColl	
303	Michael	Mckinnell	Two Rivers Running
304	Jenny	Merry	Sudbury Joggers
305	Lois	Mickleburgh	
306	Kate	Miller	
307	Sarah	Miller	
308	Greg	Mills	
309	Vanessa	Mitchell	Stowmarket Striders RC
310	Sarah	Monk	
311	Jon	Moodie	Framlingham flyers
312	Jane	Moon	Felixstowe RRC
313	Morgan	Moore	Stowmarket Striders RC
314	Guy	Morris	Ipswich Triathlon Club
315	Sarah	Morris	Isle of Wight Road Runners

Scenic 7 - Final Entry List 8.11.18

Race Number	First Name	Surname	Club
316	Gemma	Moss	Ipswich Jaffa RC
317	Brian	Munns	Newmarket Joggers
318	Mary	Narey	Stowmarket Striders RC
319	Joe	Naughton	Stowmarket Striders RC
320	Stephen	Neumann	
321	Stephen	Newhall	
322	James	Nial	Run For Your Life
323	Shaun	Nicholls	Ipswich Jaffa RC
324	David	Nichols	Beccles & Bungay Harriers
325	Mari	Noller	I Can Run Club
326	Justine	Norfolk	
327	Anna	Norman	
328	Helen	Norman	
329	John	Norman	
330	Clare	Norton	
331	Alan	Oliver	
332	Anne	Oliver	Felixstowe RRC
333	Craig	Osborn	
334	Karl	Osborn	
335	Anneli	Ostler	Felixstowe RRC
336	Justin	Ostler	Felixstowe RRC
337	Stephen	Page	
338	Jo	Parden	Framlingham Flyers
339	Tracie	Paris-Oakes	
340	Julie	Parr	
341	Laura	Parry	City of Norwich AC
342	Charlotte	Patmore	
343	Steve	Paul	EMAC
344	David	Pengelly	Sudbury Joggers
345	Sarah	Pennock	sudbury joggers
346	Kieron	Perry	
347	Steven	Petchey	Sudbury Joggers
348	Laura	Picknell	
349	Emily	Pinner	
350	Claire	Pizzey	
351	Gemma	Porch	Stowmarket Striders RC
352	Tom	Porter	Halstead Road Runner
353	Nick	Potter	Suffolk Trail Runners
354	Ella	Price	
355	Katie	Price	
356	Sandra	Price	
357	Wayne	Price	
358	Daniel	Pritchard	
359	Helen	Rankin	
360	Lucy	Ransome	
361	Matt	Rawlings	
362	Lesley	Rawlinson	
363	stephen	read	Bungay Black Dog RC
364	Matthew	Reynolds	Lowestoft Road Runners
365	Steven	Reynolds	
366	Charlotte	Richardson	Sudbury Joggers
367	Charlotte	Richardson	
368	Emma	Richbell	Sudbury Joggers
369	Billy	Richmond	
370	Melissa	Rittimut-Mak	Saint Edmund Pacers
371	Joe	Roberts	Ipswich JAFFA RC
372	Sandra	Roberts	Ipswich Jaffa RC
373	Steve	Roberts	Sudbury Joggers
374	Claire	Rooke	Sudbury Joggers
375	Graham	Rooke	
376	Kyle	Roper	Ipswich Jaffa RC
377	Amanda	Rose	Clacton Seafront Runners
378	Joanne	Rosenwold	Haverhill RC

Scenic 7 - Final Entry List 8.11.18

Race Number	First Name	Surname	Club
379	Julie	Rout	Sudbury Joggers
380	Alex	Ruffle	
381	George	Sadler	
382	Nicola	Sadler	
383	Stephen	Saise	
384	Graham	Sampson	Bungay Black Dog RC
385	Sally	Sandford	Sudbury Joggers
386	Joanne	Sargent	Hadleigh Hares AC
387	Bronwen	Sarginson	Run For Your Life
388	Bobbie	Sauerzapf	Bungay Black Dog RC
389	Joanne	Savill	
390	Paul	Schwer	Felixstowe RRC
391	Angelique	Scully	
392	Joanna	Seale	
393	Alison	Severy	
394	Andrew	Severy	
395	Elizabeth	Severy	
396	George	Seward	Felixstowe RRC
397	David	Seymour	Felixstowe RRC
398	Annette	Shakespeare	Rushmere Community Runners
399	Rhiannon	Shave	
400	Richard	Shave	
401	David	Sheahan	
402	Jenny	Sheahan	
403	Michael	Sheldrake	Ipswich Jaffa RC
404	Darren	Sheppard	Framlingham Flyers
405	Denise	Sheppard	
406	Donna	Sheppard	
407	Marie	Shirley	Colchester Harriers
408	Lisa	Shumake	
409	Jordan	Sibley	Beccles & Bungay Harriers
410	Rebecca	Silkstone	Brandon Fern Hoppers
411	Lydia	Simmons	Saint Edmund Pacers
412	Anna	Sinclair	Ipswich Triathlon Club
413	Anne	Slater	
414	Wayne	Smee	Clacton Seafront Runners
415	Alexandra	Smith	Wymondham Athletic Club
416	Alice	Smith	
417	Andrew	Smith	Thetford AC
418	Annabel	Smith	Stowmarket Striders RC
419	Faye	Smith	
420	Heather	Smith	I Can Run Club
421	Jason	Smith	Sudbury Joggers
422	Keelan	Smith	Saxmundham Running & Fitness Club
423	Kimberley	Smith	Saint Edmund Pacers
424	Misty	Smith	
425	Rebecca	Smith	
426	Richard	Smith	Sudbury Joggers
427	Richard	Smith	Felixstowe RRC
428	Scott	Smith	
429	Vicky	Smith	
430	Kelmend	Sokoli	
431	Dave	Solomon	Felixstowe RRC
432	Sally	Solomon	Felixstowe RRC
433	Jez	Sore	
434	Richard	Sore	Ipswich Jaffa RC
435	Tim	Sparkes	Stowmarket Striders RC
436	Paul	Sparrow	
437	Samantha	Spencer	Ipswich Jaffa RC
438	Stephen	Spencer	Brandon Fern Hoppers
439	Lisa	Squirrell	Woodbridge Shufflers
440	Rob	Squirrell	Woodbridge Shufflers
441	Dee	St Ledger	Sudbury Joggers

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Race Number	First Name	Surname	Club
442	Victoria	Stace	Framlingham Flyers
443	Malcolm	Stedman-Jones	Bungay Black Dog RC
444	Samantha	Stedman-Jones	Bungay Black Dog RC
445	Jo	Stephenson	Stowmarket Striders RC
446	Nicola	Stevenson	Felixstowe RRC
447	Gregory	Stowe	Stowmarket Striders RC
448	Gina	Suddaby	Totton RC
449	Daniel	Summersgill	Ipswich Jaffa RC
450	Lukasz	Supernak	Saint Edmund Pacers
451	Lucy	Talbot	
452	Alison	Taylor	I Can Run Club
453	Tracey	Taylor	
454	Colin	Tester	Sevenoaks Athletics Club
455	James	Theobald	Ipswich Jaffa RC
456	Emma	Thistleton	TRISudbury
457	Kate	Thomas	
458	Matt	Trill	Ipswich Jaffa RC
459	Denise	Tsangaris	Rushmere Community Runners
460	Ruthie	Turnbull	Rushmere Community Runners
461	Carla	Turner	
462	Sharon	Turner	I Can Run Club
463	Patrick	Twist	
464	Grant	Usher	Ipswich JAFFA RC
465	Cleola	Van Eijl	
466	Nikki	Vince	
467	Suzanne	Vincent	Run for your life
468	Adam	Wade	Ipswich JAFFA RC
469	Paul	Wain	Ipswich Jaffa RC
470	Lindi	Wallace	
471	Jason	Walne	
472	Peter	Warland	Stowmarket Striders RC
473	Graham	Waudby	
474	Kirsty	Weavers	Saint Edmund Pacers
475	Jacquie	Webb	Sudbury Joggers
476	Stephen	Webster	
477	Laura	Welham	
478	Katy	Weller	
479	Marcus	West	
480	Mark	Weston	Ipswich Jaffa RC
481	Angela	Whiting	Stowmarket Striders RC
482	Suzi	Whymark	
483	Rebecca	Wicks	
484	Graham	Wigley	Framlingham Flyers
485	Jack	Wilders	Clacton Seafront Runners
486	Scott	Williams	Stowmarket Striders RC
487	Andy	Wing	
488	Jim	Withers	Newmarket Joggers
489	James	Wood	Sudbury Joggers
490	Peter	Woods	Felixstowe RRC
491	Paul	Worster	
492	robert	Worster	
493	Clare	Wreford	
494	James	Wreford	
495	Danielle	Wright	
496	George	Wright	Stowmarket Striders RC
497	Maureen	Wright	Ipswich Jaffa RC
498	Stuart	Wright	
499	Brian	Wylie	
500	Anna	Young	Great Bentley Running Club