

Stowmarket Half Marathon 2018 - Entries at 15.1.18

<b>First Name</b>	<b>Surname</b>	<b>Running Club</b>
Alexander	Abbas	
Tavis	AC Gibson	Vegan Runners
Ruth	Acworth	
Clare	Adams	Ipswich Hospital
Colin	Adams	
Chris	Adams	
Ann	Alderton	
Laura	Ali	Framlingham Flyers
Shane	Allum	Felixstowe RRC
Jeff	Allum	
Sean	Andrews	
Peter	Andrews	Ipswich harriers
Agnieszka	Andrzejak	
Justin	Armstrong	
Nina	Atkinson	Reepham Runners
Pat	Atwood	Hadleigh Hares AC
Glen	Avis	Hadleigh Hares AC
Chris	Aylmer	Newmarket Joggers
Ian	Bailey	
Carl	Baker	Run For Your Life
Paul	Ballard	Hadleigh Hares AC
William	barnes	
Jonathan	Barnes	Woodbridge Shufflers RC
Rosie	Barrack	
Tom	Barraclough	
frank	Barrett	Stowmarket Striders RC
Ryan	Bartlett	Saint Edmund Pacers
Alastair	Bartlett	Woodbridge Shufflers RC
GALE	BAXTER	
Hannah	Bayes	
Don	Beatty	Stowmarket Striders RC
Lisa Bebbington	Bebbington	
Jair	Beckles	
Natasha	Bedford	
Philip	Beer	Stowmarket Striders RC
Dave	Beighton	Saint Edmund Pacers
Jeremy	Bell	
Robin	Belsom	Ipswich Jaffa RC
Catherine	Belsom	Stowmarket Striders RC
Alex	Belsom	
Ruth	Belsom	
Joachim	Benford	
Nichola	Bennett	
Mark	Bennett	
Jamie	Bennington	
RACHEL	BETTS	
SHAUN	BETTS	
Alison	Bills	
Peter	Bird	Saint Edmund Pacers
Eloise	Bird	Saint Edmund Pacers
Paul	Bird	

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Alison	Blackwell	Saint Edmund Pacers
Claire	Blanchford	Saint Edmund Pacers
Steve	Bloomfield	
Rachel	Bodsworth	Hadleigh Hares AC
Sharon	Bolton	
Keith	Borrett	
James	Bouldin	Framlingham Flyers
Daryl	Boyce	Wreake Runners
Ian	Bradford	Saint Edmund Pacers
Angeline	Braidwood	
Emma	Branch	Waveney Valley AC
Roger	Brand	Saint Edmund Pacers
Steve	Bright	
Pat	Brightman	Great Yarmouth & District AC
Lara	Brinkley	
Steve	Brooke	Felixstowe RRC
Joanne	Brooke	Felixstowe RRC
Sam	Brooke	Felixstowe RRC
Philip	Brown	Saint Edmund Pacers
Laura	Brown	Stowmarket Striders RC
Paul	Brown	Framlingham Flyers
Tom	Bruce	Ipswich Triathlin Club
Ryan	Bruty	
Stuart	Buck	
Sonia	Bulimaibau	
Trevor	Bunch	Saint Edmund Pacers
James	Bunrett	
Caroline	Burgess	
conrad	burgess	
William	Burl	
Alick	Burnett	Norwich Road Runners
Ashley	Burnett	
Asa	Burnett	Kent AC
Alexandra	Burnett	
Owen	Burstall	
Alan	Butterworth	Norfolk Gazelles AC
Shaun	Button	Bungay Black Dog RC
Gary	Campany	
Benjamin	Carpendale	Felixstowe RRC
Mik	Carr	Bungay Black Dog RC
Johnathan	Catchpole	
Sam	Cater	
Neil	Catley	Felixstowe RRC
Zoe	Cattermole	
Selena	chambers	
leonora	chandler	woodbridge shufflers RC
Hannah	Chapman	Longdale striders
Jaime	Chapman	
Andrew	Chatfield	Ipswich Triathlin Club
Amanda	Childs	Ipswich Jaffa RC
Sian	Childs	
Martin	Childs	

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Chris	Chorley	Bungay Black Dog RC
Kevin	Clark	Bungay Black Dog RC
Duncan	Clark	
Joe	Clarke	
Neville	Clarke	Newmarket Joggers
Jo	Clements	Suffolk Trail Runners
Jacquelyn	Cobbold	Hadleigh Hares AC
Dave	Coldham	
Adrian	Cole	Stowmarket Striders RC
James	Cole	
Paula	Coleman	Stowmarket Striders RC
Marc	Coles	Norwich Road Runners
jackie	collins	Felixstowe RRC
Lisa	Cone	Waveney Valley AC
Darren	Cook	Felixstowe RRC
Emmajo	Cooper	
Lisa	Cooper	Norwich Road Runners
Dave	Copland	Ipswich Triathlin Club
Charlotte	Cornwell	
Michael	Coulson	
Megan	Cousins	
Leslie	Cousins	
Ruth	Cowlin	Sudbury Joggers
Steve	Cox	Hadleigh Hares AC
Rachel	Cracknell	
isobel	Cracknell	
Matthew	Crane	Saint Edmund Pacers
Anna	Crickmore	
Richard	Crossland	Bungay Black Dog RC
Ben	Crossman	
Pedro	Cruz	
helen	Curr	
Stephen	Curran	Framlingham Flyers
Gus	Cutting	
samantha	dalton-thorpe	
Derek	Daly	Saxmundham Saxons
Charlton	Damant	Ipswich Triathlin Club
David	Damant	Stowmarket Striders RC
Morgan	Daniels	
Greg	Davis	Newmarket Joggers
Tim	Davy	Run For Your Life
Holly	Dayton	
Richard	Dempsey	Woodbridge Shufflers RC
Chris	Dennett	
Neil	Dennis	Stowmarket Striders RC
Tammy	Denny	
Jo	Dent	
jennifer	devaney	Stowmarket Striders RC
Alistair	Dick	Ipswich Jaffa RC
Jason	Dighton	
Paul	Dillimore	
Kathy	Dines	Ipswich Jaffa RC

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Luke	Disney	
Rachel	Dixey	Felixstowe RRC
Theresa	Dooley	Norfolk Gazelles AC
Simon	Downey	
Erika	Downs	Felixstowe RRC
Donna	Dowsing	
RICHARD	DOYLE	
Alex	Dryden	
Jason	Duff	Felixstowe RRC
James	Duncan	
Amanda	Dunn	Hadleigh Hares AC
James	Dunne	Norwich Road Runners
Kimberley	Dye	
Richard	Eastall	
Michael	Eley	
Alex	Elliott	
Kevin	Ellis	Bungay Black Dog RC
Claire	Ellis	Stowmarket Striders RC
James	Ellul	Felixstowe RRC
James	Eminson	Woodbridge Shufflers RC
Carol	Emmons	
Samantha	Emms	
Katie	Everett	Framlingham Flyers
Louise	Faggetter	Stowmarket Striders RC
Karl	Feagan	Hadleigh Hares AC
joanna	fellowes	
Kelly	Fellowes	
Sophie	Fellows	
John	Fenning	Headington RoadRunners
Edward	Fenning	
Samuel	Fenning	
Jessica	Fernandez-Josey	Woodbridge Shufflers RC
Rachel	Fiddy	Ipswich Triathlin Club
Peter	Finch	Ipswich Jaffa RC
George	Firth	Stowmarket Striders RC
Grayhame	Fish	Stowmarket Striders RC
Keith	Fisher	
Sarah	Fitch	Felixstowe RRC
Andrew	Flack	
Ruth	Flint	
Angela	Foscan	
Alan	Fosker	Hadleigh Hares AC
Rebecca	Foster	Felixstowe RRC
Chris	Fox	Woodbridge Shufflers RC
Paul	Francis	
Alison	French	Framlingham Flyers
Peter	Frost	
Tom	Galley	Lowestoft Road Runners
Emma	Gammons	Felixstowe RRC
Matthew	Gant	
Sandra	Garner	Stowmarket Striders RC
Thomas	Gibson	Cambridge and Coleridge AC

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Andrew	Gibson	
Dawn	Gillett	
Elsbeth	Gilmour	Framlingham Flyers
STUART	GILSON	
Paul	Gilson	Ipswich Jaffa RC
Mark	Gleen	
mark	godbold	
Mandy	Godbold	ipswich Harriers
Ellie	Goffin	
Sarah	Golding	Saint Edmund Pacers
Amanda	Goldsmith	
Shaun	Good	Felixstowe RRC
Jess	Gooderham	Saint Edmund Pacers
Ian	Gooderham	Saint Edmund Pacers
Emma	Goodman	
Emma	Goodman	
John	Goosen	
Willis	Gotts	
Daniel	Gould	Felixstowe RRC
Patrick	Goymer	
Primrose	Graham	
Robert	Grainger	Stowmarket Striders RC
Janet	Green	Framlingham Flyers
Collette	Green	Felixstowe RRC
Alice	Greenwood	Newmarket Joggers
Alison	Grogan	
Joanna	Grover	
gary	groves	
Angela	Haag	
Simon	Haffenden	Saint Edmund Pacers
John	Hall	
Karen	Hamilton	Stowmarket Striders RC
karen	HAMILTON	Brandon Fern Hoppers
Nick	Hammond	Framlingham Flyers
Simon	Harkin	Stowmarket Striders RC
Robin	Harper	Felixstowe RRC
Joanne	Harper	Felixstowe RRC
Beth	Harris	
Allen	Harris	
Charlotte	Harrison	Stowmarket Striders RC
Hazel	Harrison	Framlingham Flyers
Richard	Harrison	
Richard	Harrison	
Alena	Hart	
Emma	Harwood	Framlingham Flyers
Julie	Haselwood	Ipswich Jaffa RC
Tom	Haslam	Saxmundham Saxons
Gavin	Hasnip	
Stephen	Hatten	Saint Edmund Pacers
Chris	Hawkins	Haverhill Running Club
Natalie	Hay	Saint Edmund Pacers
Mark	Hayden	Ipswich harriers

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Andy	Hayward	Stowmarket Striders RC
Mark	Hayward	Newmarket Joggers
dan henning	henning	
Duncan	Henry	Haverhill Running Club
Sammy	Hepper	
John-William	Hepper	
Martin	Hewetson	Bure Valley Harriers
Michelle	Hewitt	Framlingham Flyers
Paula	Hill	
leslie	hill	Norfolk Gazelles AC
Damian	Hinchcliffe	
Alex	Hobbs	Stowmarket Striders RC
Claire	Hoblyn	Saint Edmund Pacers
Michelle	Holden	Stowmarket Striders RC
Graham	Hollingsworth	
Jeremy	Holt	
Thomas	Holt	Dartfod Road Runners
Sophie	Hope	
Paul	Horne	Vegetarian Cycling & Athletic Club
Ceridwen	Howell	Runners next the sea
Chris	Howland	Felixstowe RRC
Adam	Howlett	Framlingham Flyers
Ben	Hudson	
Ali	Huggins	
Kat	Huggins	
Mark	Hughes	Stowmarket Striders RC
Richard	Hunt	
iaian	hunter	Stowmarket Striders RC
Phil	Hymers	Saint Edmund Pacers
Alex	Jacobs	Felixstowe RRC
Jack	Jacobs	Felixstowe RRC
Matthew	Jacobs	Woodbridge Shufflers RC
Benjamin	Jacobs	Felixstowe RRC
Benjamin	Jacobs	Felixstowe RRC
Oliver	James	
Carl	Jarrett	Felixstowe RRC
Geraldine	Jarrett	
Libby	Jay	
Claire	Jay	Stowmarket Striders RC
Richard	Jay	
Peter	Jay	Saint Edmund Pacers
Gareth	Jenkins	
Martin	Jirinec	
CHRIS	JOHNS	Woodbridge Shufflers RC
Sarah	Johnson	
Chris	Johnson	
Chris	johnson	
David	Johnson	
Shaun	Kemp	Stowmarket Striders RC
Ian	Kennedy	Framlingham Flyers
Sean	Kennedy	Woodbridge Shufflers RC
Chris	Kerry	Stowmarket Striders RC

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Kirby	King	Felixstowe RRC
Katie	King	Saint Edmund Pacers
BETH	King	Norfolk Gazelles AC
Matthew	King	
Bill	Kingaby	Waveney Valley AC
Mark	Kingston	
Oliver	Knott	
Andy	Kurton	
Michelle	Lachenicht	
Rebecca	Langford	Waveney Valley AC
Russell	Langley	
Gemma	Langridge	Stowmarket Striders RC
mark	Lankester	Ipswich Jaffa RC
Dean	Last	
Tracey	Last	
Marcus	Leeder	
Jonny	Levett	Stowmarket Striders RC
Todd	Lewis	Sudbury Joggers
Susanna	List	
David	List	
Daniel	Lockwood	
Kate	Long	Felixstowe RRC
Marcus	Long	
Emily	Longdin	Stowmarket Striders RC
Dave	Lumby	Ipswich Jaffa RC
jason	macdonald	
Rod	MacGregor	Felixstowe RRC
Daniel	Mackenzie	
Robin	Mackenzie	Framlingham Flyers
Kirstin	Mackenzie	
Jemma	Maddams	
Helen	Mandell	Great Bentley running club
Linus	Murray-Woods	
Michael	Marriott	
David	Marsh	
Dawn	Marshall	Saint Edmund Pacers
Kelly	Mason	Stowmarket Striders RC
Thomas	Mason	Stowmarket Striders RC
Jack	Mason	
paul	masterson	
Paul	McAllister	Hadleigh Hares AC
paula	mccann	Ipswich Triathlin Club
debbie	McDowall	Stowmarket Striders RC
James	McGowan	
Carol	Mcintosh	Newmarket joggers
Mark	McKeown	
michael	mckinnell	Ipswich Triathlin Club
DANIEL	MEAD	Saint Edmund Pacers
Emma	Meiring	Bungay Black Dog RC
Ricardo	Mendes	
Cherie	Milbourn	
Chris	Miles	Stowmarket Striders RC

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Andy	Miley	Ipswich Jaffa RC
Rachael	Miller	Felixstowe RRC
Lorraine	Mills	Stowmarket Striders RC
Robert	Milner	Waveney Valley AC
Donna	Milner	Waveney Valley AC
Nikki	Mitcham	
Edward	Mongan	
Jon	Moodie	Framlingham Flyers
Jane	Moon	Felixstowe RRC
Kara	Moore-damant	Stowmarket Striders RC
Lee	Morgan	Felixstowe RRC
Vaughan	Morris	
Emily	Moyes	West Suffolk
Sue	Murphy	
Ross	Murphy	
Chris	Murray	
Martin	Murray	
Clare	Murrell	
Emma	Nesling	
Stephen	Neumann	
David	Nichols	Saint Edmund Pacers
Justine	Norfolk	
Ryan	Norman	
Gary	Norman	
Rachel	Norman	
sabrina	norton	Bungay Black Dog RC
Rachel	Oakley	Stowmarket Striders RC
Ian	Old	Ipswich Jaffa RC
Harriet	Orrell	
Karl	Osborn	
paul	Osborne	Felixstowe RRC
Anneli	Ostler	Felixstowe RRC
Kay	Oxford	Hadleigh Hares AC
Mark	Oxford	Ipswich Triathlin Club
Ben	Oxley	Stowmarket Striders RC
Stephen	Page	
Claire	Palfrey	Ipswich Jaffa RC
Sophia	Papworth	
Tracie	Paris-Oakes	
Marion	Parker	Felixstowe RRC
Tim	Parnell	Felixstowe RRC
Jamie	Payne	Framlingham Flyers
Ian	Peacock	
Adrian	Peake	Ipswich Jaffa RC
Martin	Perry	
Claire	Pestell	
Clare	Pestell-Love	
Lucy	Peterkin	Framlingham Flyers
Alice	Petersen	
Daniel	Pheasant	
Helen	Philpot	
Emma	Piller	



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Tom	Pilling	
Claire	Pizzey	
Caitlin	Pley	
Jennifer	Poole	
Steven	Pooley	
hollyanne	Pooley	
Gemma	Porch	Stowmarket Striders RC
David	Powles	
Tristan	Powter	Saint Edmund Pacers
Sarah	Proffitt	Felixstowe RRC
Billy	Pryke	
Rob	Purnell	
Liza	Putwain	Stowmarket Striders RC
Stuart	Pyke	
Phil	Quantrill	Great Yarmouth Road Runners
Felicity	Quinn	
sally	Quirk	Stowmarket Striders RC
Rakesh	Raja	Saint Edmund Pacers
Scott	Ramsey	Hadleigh Hares AC
Alastair	Read	Felixstowe RRC
stephen	read	Bungay Black Dog RC
Robert	Reason	Stowmarket Striders RC
Matt	Reason	Stowmarket Striders RC
Simon	Reed	
Stephen	Reyes	Haverhill Running Club
steven	reynolds	
jean	reynolds	Brandon Fern Hoppers
Douglas	Richardson	
Katrina	Rigby	Hadleigh Hares AC
Jennifer	Riley	
Joanna	Ringrose	
Melissa	Rittimut-Mak	Saint Edmund Pacers
Odette	Robson	Saint Edmund Pacers
Oliver	Rogers	
Mark	Rose	Ipswich Jaffa RC
Lee	Roth	Waveney Valley AC
Lee	Rudland	
Heather	Ruff	Capel Cheetahs
Michael	Rushton	Saint Edmund Pacers
Chris	Rutter	
Nick	Ryman	
Andrew	Sach	
stephen	sadd	Norfolk Gazelles AC
Helen	Salmon	Norfolk Gazelles AC
Graham	Sampson	Bungay Black Dog RC
Darran	Sands	Framlingham Flyers
Nelson	Santos	
Bobbie	Sauerzapf	Bungay Black Dog RC
John	Scaife	Hadleigh Hares AC
Nigel	Schofield	Saint Edmund Pacers
Oliver	Schofield	
Paul	Schwer	Felixstowe RRC

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Christopher	Scoging	
JESSICA	SEARLE	Hadleigh Hares AC
Daniel Sedgwick	Sedgwick	
Daniel	Selfe	Stowmarket Striders RC
Dave	Sephton	Hadleigh Hares AC
Stacy	Setterfield	
George	Seward	Felixstowe RRC
Tim	Sexton	Norfolk Gazelles AC
David	Seymour	Felixstowe RRC
Daniel	Shanks	Felixstowe RRC
Jenny	Sheahan	
David	Sheahan	
Laura	Sheldon	
ian	sillett	Felixstowe RRC
Stuart	Simmons	Ipswich Jaffa RC
Daryl	Simpson	
Matt	Singleton	
Laura	Smillie-Henson	
Richard	Smith	Sudbury Joggers
Annabel	Smith	
andrew	smith	
Anna	Smith	Stowmarket Striders RC
Fiona	Smith	
Rebecca	Smith	
Maria	Smith	
Richard	Smith	
Richard	Smith	Framlingham Flyers
Ben	Snelling	Norwich Road Runners
Dave	Solomon	Felixstowe RRC
Teresa	Solomon	
daniel	southgate	Red Lodge RC
Christopher	Southgate	
suzannah	spurgeon	
Stephen	spurgeon	
Terry	Spurgeon	
Brandon	Stanley	
Charlie	Stannett	Ipswich Triathlin Club
ROBBIE	STARLING	
Katie	Start	
Lucia	Stebbens	
Jo	Stephenson	Stowmarket Striders RC
Nicola	Stevenson	Felixstowe RRC
denise	steward	
Louisa	Stewart	
Adam	Stiff	
Ian	Stockley	Stowmarket Striders RC
Roger	Stone	Felixstowe RRC
Gregory	Stowe	Stowmarket Striders RC
jayne	studd	
morgan	studd	
Chloe	Stuteley	
Chris	Sugars	Felixstowe RRC

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Daniel	Summersgill	
Tim	Suthers	
Bob	Swaisland	Ipswich Triathlin Club
David	Swales	Saint Edmund Pacers
Caroline	Talbot	
Jo	Tansley Thomas	
Jack	Tappin	Haverhill Running Club
Roger	Taylor	
Jason	Taylor	Felixstowe RRC
Heidi	Taylor	
Gary	Taylor	Felixstowe RRC
Ricky	Taylor	
Courtney	Taylor	
Sara	Taylor-Balls	Hadleigh Hares AC
Andrew	Terry	Stowmarket Striders RC
Gillian	Thacker-McPherson	
Jonathan	Thetford	Reepham Runners
Hannah	Thompson	Stowmarket Striders RC
Peter	Thompson	Norfolk Gazelles AC
Stephen	Thorndyke	
shayne	thorpe	Stowmarket Striders RC
Trudie	Timms	Framlingham Flyers
Tinkler	Tinkler	Framlingham Flyers
Faye	tonks	
Kenneth	Tovell	Framlingham Flyers
Olivia	Towler	
Miranda	Tuddenham	
Elaine	Turner	Hadleigh Hares AC
Mark	Tyrrell	
Lenka	Urbankova	
Nigel	Vincent	Stowmarket Striders RC
vicki	vincent	
Barry	Voice	
Lindi	Wallace	
Catherine	Walsh	Felixstowe RRC
Rachel	Warde	
Pasco	Warner	
Sarah	Watkins	Hadleigh Hares AC
KJ	Watts	
Mark	Watts	Saint Edmund Pacers
Kirsty	Weavers	Saint Edmund Pacers
Mark	Webster	
David	Weeding	Stowmarket Striders RC
Elliot	Wells	Stowmarket Striders RC
Brooke	Wells	
Scott	Welton	
Ioana	Whalley	
Jo	Whelan	Felixstowe RRC
Kevin	Whelan	Felixstowe RRC
Angela	whiting	Stowmarket Striders RC
Andrew	Whiting	
Dale	Whitmore	

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Sarah	Whyand	
George	Wicker	Saint Edmund Pacers
Melanie	Widdows	
Dan	Widdowson	Hadleigh Hares AC
Santel	Widdowson	
Clare	Wigg	Stowmarket Striders RC
Graham	Wigley	Framlingham Flyers
luke	wilby	
James	Wilcox	
Michael	Wilcox	
Ross	Wilcox	Stowmarket Striders RC
Jonathan	Wilding	Felixstowe RRC
Jon	Wiles	Bungay Black Dog RC
Jack	Wilkinson	
Ellie	Williams	
Alex	Williams	
Neil	Willimson	Newmarket Joggers
Ted	Wilson	
Rob	Windus	
Joanna	Woledge	Saint Edmund Pacers
Lisa	Wood	
John	Wood	
Peter	Woods	Felixstowe RRC
Caroline	Woollam	
Andy	Wright	Stowmarket Striders RC
Justin	Wright	Ipswich Harriers
Louise	Wright	
Philip	Wright	
Vernon	Yule	