

Stowmarket Half Marathon Final Race Entry List 13.3.18

Race Number	First Name	Surname	Running Club
1	Alexander	Abbas	
2	Ruth	Acworth	
3	Colin	Adams	
4	Chris	Adams	
5	Ann	Alderton	
6	Shane	Allum	Felixstowe RRC
7	Jeff	Allum	
8	Sean	Andrews	
9	Peter	Andrews	Ipswich Harriers
10	Agnieszka	Andrzejak	
11	Nina	Atkinson	Reepham Runners
12	Pat	Atwood	Hadleigh Hares AC
13	Glen	Avis	Hadleigh Hares AC
14	Chris	Aylmer	Newmarket Joggers
15	Ian	Bailey	
16	Carl	Baker	Run For Your Life
17	Paul	Ballard	Hadleigh Hares AC
18	Lee	Barber	Framlingham flyers
19	Will	Barnard	
20	Jonathan	Barnes	Woodbridge Shufflers
21	Rosie	Barrack	
22	Tom	Barraclough	
23	Frank	Barrett	Stowmarket Striders RC
24	Ryan	Bartlett	St Edmund Pacers
25	Gale	Baxter	
26	Hannah	Bayes	
27	Howard	Beasley	St Edmund Pacers
28	Don	Beatty	Stowmarket Striders RC
29	Jair	Beckles	
30	Philip	Beer	Stowmarket Striders RC
31	Dave	Beighton	Saint Edmund Pacers
32	Dan	Belcher-Hackett	
33	Jeremy	Bell	
34	Robin	Belsom	Ipswich JAFFA
35	Catherine	Belsom	Stowmarket Striders RC
36	Alex	Belsom	
37	Joachim	Benford	
38	Nichola	Bennett	
39	Mark	Bennett	
40	Jamie	Bennington	
41	Rachel	Betts	
42	Shaun	Betts	
43	Alison	Bills	
44	Peter	Bird	St Edmund Pacers
45	Eloise	Bird	St Edmund Pacers
46	Alison	Blackwell	Saint Edmund Pacers
47	Rachel	Bodsworth	Hadleigh Hares AC
48	Charlotte	Boggis	
49	Sharon	Bolton	

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50	Keith	Borrett	
51	James	Bouldin	Framlingham Flyers
52	Angeline	Braidwood	
53	Emma	Branch	Waveney Valley AC
54	Roger	Brand	Saint Edmund Pacers
55	Steve	Bright	
56	Pat	Brightman	Great Yarmouth & District Athletic Club
57	Lara	Brinkley	
58	Steve	Brooke	Felixstowe RRC
59	Joanne	Brooke	Felixstowe RRC
60	Sam	Brooke	Felixstowe RRC
61	Philip	Brown	Saint Edmund Pacers
62	Laura	Brown	Stowmarket Striders RC
63	Paul	Brown	Framlingham Flyers
64	Luke	Brown	
65	Tom	Bruce	Ipswich Triathlon Club
66	Ryan	Bruty	
67	Karen	Buchanan	
68	Stuart	Buck	
69	Sonia	Bulimaibau	
70	Trevor	Bunch	Saint Edmund Pacers
71	Caroline	Burgess	
72	Conrad	Burgess	
73	William	Burl	
74	Alick	Burnett	Norwich Road Runners
75	Ashley	Burnett	
76	Asa	Burnett	Kent AC
77	Alexandra	Burnett	
78	Owen	Burstall	
79	Alan	Butterworth	Norfolk Gazelles AC
80	Shaun	Button	Bungay Black Dog RC
81	Gary	Company	
82	Benjamin	Carpendale	Felixstowe RRC
83	Mik	Carr	Bungay Black Dog RC
84	Johnathan	Catchpole	
85	Sam	Cater	
86	Neil	Catley	Felixstowe RRC
87	jeremy	catling	Stowmarket Striders RC
88	Zoe	Cattermole	
89	Pascal	Cavenet	
90	leonora	chandler	Woodbridge Shufflers
91	Jaime	Chapman	
92	Josephine	Cheshire	
93	Sian	Childs	
94	Martin	Childs	
95	Chris	Chorley	Bungay Black Dog RC
96	Kevin	Clark	Bungay Black Dog RC
97	Joe	Clarke	
98	Neville	Clarke	Newmarket Joggers
99	Jo	Clements	Suffolk Trail Runners

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100	Jacquelyn	Cobbold	Hadleigh Hares AC
101	Dave	Coldham	
102	Adrian	Cole	Stowmarket Striders RC
103	James	Cole	
104	Paula	Coleman	Stowmarket Striders RC
105	Karl	Coleman	
106	Marc	Coles	Norwich Road Runners
107	Jackie	Collins	Felixstowe RRC
108	Carl	Collins	
109	Lisa	Cone	Waveney Valley AC
110	Darren	Cook	Felixstowe RRC
111	Mark	Coole	Stowmarket Striders RC
112	Andrew	Cooper	
113	Emmajo	Cooper	
114	Lisa	Cooper	Norwich Road Runners
115	John	Cooper	
116	Peter	Cooper	
117	Dave	Copland	Ipswich Triathlon Club
118	James	Cornish	Woodbridge Shufflers
119	Orlando	Costa	
120	Michael	Coulson	
121	Ruth	Cowlin	Sudbury Joggers
122	Rachel	Cracknell	
123	Matthew	Crane	Saint Edmund Pacers
124	Steven	Crawford	
125	Anna	Crickmore	
126	Richard	Crossland	Bungay Black Dog RC
127	Ben	Crossman	
128	Pedro	Cruz	
129	helen	Curr	
130	Stephen	Curran	Framlingham Flyers
131	Gus	Cutting	
132	Lisa	Dalton	Sudbury Joggers
133	Samantha	Dalton-Thorpe	
134	Derek	Daly	Saxmundham Saxons
135	Charlton	Damant	Ipswich Triathlon Club
136	David	Damant	Stowmarket Striders RC
137	Morgan	Daniels	
138	Tim	Davy	Run for your life
139	Ross	Dawson	Stowmarket Striders RC
140	Holly	Dayton	
141	Richard	Dempsey	Woodbridge Shufflers
142	Chris	Dennett	
143	Neil	Dennis	Stowmarket Striders RC
144	Jo	Dent	
145	Jennifer	Devaney	Stowmarket Striders RC
146	Alistair	Dick	Ipswich JAFFA
147	Jason	Dighton	
148	Paul	Dillimore	
149	Kathy	Dines	Ipswich JAFFA

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150	Luke	Disney	
151	Rachel	Dixey	Felixstowe RRC
152	Simon	Downey	
153	Donna	Dowsing	
154	Richard	Doyle	
155	Alex	Dryden	
156	Jason	Duff	Felixstowe RRC
157	James	Duncan	
158	Amanda	Dunn	Hadleigh Hares AC
159	James	Dunne	Norwich Road Runners
160	Steven	Durant	Felixstowe RRC
161	Kimberley	Dye	
162	Richard	Eastall	
163	Michael	Eley	
164	Alex	Elliott	
165	Kevin	Ellis	Bungay Black Dog RC
166	Claire	Ellis	Stowmarket Striders RC
167	James	Ellul	Felixstowe RRC
168	Mark	Elson	
169	Carol	Emmons	
170	Samantha	Emms	
171	Katie	Everett	Framlingham Flyers
172	Louise	Faggetter	Stowmarket Striders RC
173	Karl	Feagan	Hadleigh Hares AC
174	Joanna	Fellowes	
175	John	Fenning	Headington RoadRunners
176	Edward	Fenning	
177	Samuel	Fenning	
178	John	Ferguson	Cambridge & Coleridge AC
179	Jessica	Fernandez-Josey	Woodbridge Shufflers
180	Rachel	Fiddy	Ipswich Triathlon Club
181	Peter	Finch	Ipswich JAFFA
182	George	Firth	Stowmarket Striders RC
183	Keith	Fisher	
184	Sarah	Fitch	Felixstowe RRC
185	Ruth	Flint	
186	Lisa	Form	
187	Aub	Form	
188	Angela	Foscan	
189	Alan	Fosker	Hadleigh Hares AC
190	Rebecca	Foster	Felixstowe RRC
191	Paul	Francis	
192	Alison	French	Framlingham Flyers
193	Peter	Frost	
194	Tom	Galley	Lowestoft Road Runners
195	Emma	Gammons	Felixstowe RRC
196	Janet	Gazdik	
197	Andrew	Gibson	
198	Tavis	Gibson	Vegan Runners
199	Dawn	Gillett	

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200	Elspeth	Gilmour	Framlingham Flyers
201	Stuart	Gilson	
202	Paul	Gilson	Ipswich JAFFA
203	Jon	Glanfeild	Felixstowe RRC
204	Mark	Gleen	
205	Mark	Godbold	
206	Mandy	Godbold	ipswich Harriers
207	Ellie	Goffin	
208	Sarah	Golding	Saint Edmund Pacers
209	Amanda	Goldsmith	
210	Shaun	Good	Felixstowe RRC
211	Jess	Gooderham	St Edmund Pacers
212	Ian	Gooderham	Saint Edmund pacers
213	Emma	Goodman	
214	Emma	Goodman	
215	Sian	Goodman	CATs
216	Willis	Gotts	
217	Daniel	Gould	Felixstowe RRC
218	Patrick	Goymer	
219	Primrose	Graham	
220	Robert	Grainger	Stowmarket Striders RC
221	Janet	Green	Framlingham Flyers
222	Collette	Green	Felixstowe RRC
223	Phil	Green	Stowmarket Striders RC
224	John	Greener	Saint Edmund Pacers
225	Paul	Greenwood	
226	Alison	Grogan	
227	Gary	Groves	
228	Angela	Haag	
229	Simon	Haffenden	St Edmund Pacers
230	John	Hall	
231	Karen	Hamilton	Stowmarket Striders RC
232	Karen	Hamilton	Brandon Fern Hoppers
233	Nick	Hammond	Framlingham Flyers
234	Andrew	Hammond	Norfolk Gazelles AC
235	Robin	Harper	Felixstowe RRC
236	Joanne	Harper	Felixstowe RRC
237	Oliver	Harrington	
238	Beth	Harris	
239	Hazel	Harrison	Framlingham Flyers
240	Richard	Harrison	
241	Richard	Harrison	
242	Alena	Hart	
243	Emma	Harwood	Framlingham Flyers
244	Julie	Haselwood	Ipswich JAFFA
245	Tom	Haslam	Saxmundham Saxons
246	Gavin	Hasnip	
247	Stephen	Hatten	Saint Edmund Pacers
248	Chris	Hawkins	Haverhill Running Club
249	Natalie	Hay	Saint Edmund Pacers

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250	Mark	Hayden	Ipswich harriers
251	Andy	Hayward	Stowmarket Striders RC
252	Guy	Hayward	Framlingham Flyers
253	Mark	Hayward	Newmarket Joggers
254	Alice	Heather-Hayes	Hadleigh Hares AC
255	Duncan	Henry	Haverhill Running Club
256	Sammy	Hepper	
257	John-William	Hepper	
258	Martin	Hewetson	Bure Valley Harriers
259	Michelle	Hewitt	Framlingham Flyers
260	Paula	Hill	
261	Leslie	Hill	Norfolk Gazelles AC
262	Michael	Hill	
263	Damian	Hinchcliffe	
264	Alex	Hobbs	Stowmarket Striders RC
265	Claire	Hoblyn	Saint Edmund Pacers
266	Michelle	Holden	Stowmarket Striders RC
267	Graham	Hollingsworth	
268	Jeremy	Holt	Sudbury Joggers
269	Thomas	Holt	Dartfod Road Runners
270	Sophie	Hope	
271	Paul	Horne	Vegetarian Cycling & Athletic Club
272	Matt	Howe	Felixstowe RRC
273	Chris	Howland	Felixstowe RRC
274	Adam	Howlett	Framlingham Flyers
275	Ben	Hudson	
276	Ali	Huggins	
277	Kat	Huggins	
278	Mark	Hughes	Stowmarket Striders RC
279	Richard	Hunt	
280	Iain	Hunter	Stowmarket Striders RC
281	Matthew	Hunter	
282	Kate	Hutson	Ipswich JAFFA
283	Phil	Hymers	Saint Edmund Pacers
284	Alex	Jacobs	Felixstowe RRC
285	Jack	Jacobs	Felixstowe RRC
286	Matthew	Jacobs	Woodbridge Shufflers
287	Benjamin	Jacobs	Felixstowe RRC
288	Oliver	James	
289	Carl	Jarrett	Felixstowe RRC
290	Geraldine	Jarrett	
291	Libby	Jay	
292	Peter	Jay	Saint Edmund PACers
293	Gareth	Jenkins	
294	Rebecca	Jennings	
295	Helen	Jerrold	
296	Martin	Jirinec	
297	Chris	Johns	Woodbridge Shufflers
298	Sarah	Johnson	
299	Chris	Johnson	

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300	Chris	johnson	
301	David	Johnson	
302	Martin	Jones	Wymondham AC
303	Shaun	Kemp	Stowmarket Striders RC
304	Ian	Kennedy	Framlingham Flyers
305	Sean	Kennedy	Woodbridge Shufflers
306	Chris	Kerry	Stowmarket Striders RC
307	Ruth	Kieran	St Edmund Pacers
308	Kirby	King	Felixstowe RRC
309	Katie	King	St Edmund Pacers
310	BETH	King	Norfolk Gazelles AC
311	Matthew	King	
312	Bill	Kingaby	Waveney Valley AC
313	Mark	Kingston	
314	Oliver	Knott	
315	Andy	Kurton	
316	Michelle	Lachenicht	
317	Rebecca	Langford	Waveney Valley AC
318	Russell	Langley	
319	Gemma	Langridge	Stowmarket Striders RC
320	Mark	Lankester	Ipswich JAFFA
321	Dean	Last	
322	Tracey	Last	
323	Marcus	Leeder	
324	Todd	Lewis	Sudbury Joggers
325	Susanna	List	
326	David	List	
327	Daniel	Lockwood	
328	Kate	Long	Felixstowe RRC
329	Marcus	Long	
330	Ian	Long	
331	Dave	Lumby	Ipswich JAFFA
332	Jason	Macdonald	
333	Daniel	Mackenzie	
334	Robin	Mackenzie	Framlingham Flyers
335	Kirstin	Mackenzie	
336	Jemma	Maddams	
337	Linus	Murray-Woods	
338	Michael	Marriott	
339	David	Marsh	
340	James	Marshall	
341	Wayne	Martin	
342	Jack	Mason	
343	Heidi	Masters	
344	Paul	Masterson	
345	Paul	McAllister	Hadleigh Hares AC
346	paula	mccann	Ipswich Triathlon Club
347	Debbie	McDowall	Stowmarket Striders RC
348	James	McGowan	
349	Carol	Mcintosh	Newmarket joggers

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350	Mark	McKeown	
351	Michael	Mckinnell	Ipswich Triathlon Club
352	Matt	Meek	
353	Emma	Meiring	Bungay Black Dog RC
354	Ricardo	Mendes	
355	Cherie	Milbourn	
356	Chris	Miles	Stowmarket Striders RC
357	Andy	Miley	Ipswich JAFFA
358	Rachael	Miller	Felixstowe RRC
359	Suzanne	Mills	
360	Robert	Milner	Waveney Valley AC
361	Donna	Milner	Waveney Valley AC
362	Nikki	Mitcham	
363	Edward	Mongan	
364	Jon	Moodie	Framlingham Flyers
365	Jane	Moon	Felixstowe RRC
366	Kara	Moore-Damant	Stowmarket Striders RC
367	Lee	Morgan	Felixstowe RRC
368	Vaughan	Morris	
369	Vicky	Moseley	Stowmarket Striders RC
370	Emily	Moyes	West Suffolk
371	Sue	Murphy	
372	Chris	Murray	
373	Martin	Murray	
374	Joe	Naughton	Stowmarket Striders RC
375	Emma	Nesling	
376	Stephen	Neumann	
377	Justine	Norfolk	
378	Ryan	Norman	
379	Gary	Norman	
380	Sabrina	Norton	Bungay Black Dog RC
381	Adrian	Nuttall	
382	Denise	Nuttall	
383	Rachel	Oakley	Stowmarket Striders RC
384	Grady	O'Brien	
385	Harriet	Orrell	
386	Karl	Osborn	
387	paul	Osborne	Felixstowe RRC
388	Anneli	Ostler	Felixstowe RRC
389	Mark	Oxford	Ipswich Triathlon Club
390	Ben	Oxley	Stowmarket Striders RC
391	Stephen	Page	
392	Sandy	Page	
393	Claire	Palfrey	Ipswich JAFFA
394	Sophia	Papworth	
395	Marion	Parker	Felixstowe RRC
396	Gareth	Parker	
397	Tim	Parnell	Felixstowe RRC
398	Stephen	Paterson	
399	Jamie	Payne	Framlingham Flyers

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400	Ian	Peacock	
401	Adrian	Peake	Ipswich JAFFA
402	Martin	Perry	
403	Lucy	Peterkin	Framlingham Flyers
404	Daniel	Pheasant	
405	Emma	Piller	
406	Tom	Pilling	
407	Claire	Pizzey	
408	Caitlin	Pley	
409	Jennifer	Poole	
410	Gemma	Porch	Stowmarket Striders RC
411	David	Powles	
412	Tristan	Powter	St Edmund Pacers
413	Sarah	Proffitt	Felixstowe RRC
414	Billy	Pryke	
415	Rob	Purnell	
416	Liza	Putwain	Stowmarket Striders RC
417	Stuart	Pyke	
418	Phil	Quantrill	Great Yarmouth Road Runners
419	Felicity	Quinn	
420	Sally	Quirk	Stowmarket Striders RC
421	Justin	Rabett	
422	David	Ralph	Holme Peirrepont
423	Scott	Ramsey	Hadleigh Hares AC
424	Alastair	Read	Felixstowe RRC
425	Stephen	Read	Bungay Black Dog RC
426	Robert	Reason	Stowmarket Striders RC
427	Matt	Reason	Stowmarket Striders RC
428	Simon	Reed	
429	Stephen	Reyes	Haverhill Running Club
430	Steven	Reynolds	
431	Jean	Reynolds	Brandon Fern Hoppers
432	Douglas	Richardson	
433	Katrina	Rigby	Hadleigh Hares AC
434	Joanna	Ringrose	
435	Melissa	Rittimut-Mak	St Edmund Pacers
436	Odette	Robson	Saint Edmund Pacers
437	Oliver	Rogers	
438	Mark	Rose	Ipswich JAFFA
439	Sheila	Rose	MMKAC
440	Russell	Rose	MMKAC
441	Lee	Roth	Waveney Valley AC
442	Lee	Rudland	
443	Heather	Ruff	Capel Cheetahs
444	Michael	Rushton	Saint Edmund Pacers
445	Chris	Rutter	
446	Nick	Ryman	
447	Andrew	Sach	
448	Stephen	Sadd	Norfolk Gazelles AC
449	Helen	Salmon	Norfolk Gazelles AC

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450	Graham	Sampson	Bungay Black Dog RC
451	Darran	Sands	Framlingham Flyers
452	Nelson	Santos	
453	Bobbie	Sauerzapf	Bungay Black Dog RC
454	John	Scaife	Hadleigh Hares AC
455	Nigel	Schofield	Saint Edmund Pacers
456	Oliver	Schofield	
457	Paul	Schwer	Felixstowe RRC
458	Christopher	Scoging	
459	Jessica	Searle	Hadleigh Hares AC
460	Daniel	Sedgwick	
461	Daniel	Selfe	Stowmarket Striders RC
462	George	Seward	Felixstowe RRC
463	Tim	Sexton	Norfolk Gazelles AC
464	David	Seymour	Felixstowe RRC
465	Daniel	Shanks	Felixstowe RRC
466	Jenny	Sheahan	
467	David	Sheahan	
468	ian	sillett	Felixstowe RRC
469	Stuart	Simmons	Ipswich JAFFA
470	Lydia	Simmons	Saint Edmund Pacers
471	Daryl	Simpson	
472	Matt	Singleton	
473	Laura	Smillie-Henson	
474	Richard	Smith	Sudbury Joggers
475	Annabel	Smith	
476	Andrew	Smith	
477	Anna	Smith	Stowmarket Striders RC
478	Fiona	Smith	
479	Rebecca	Smith	
480	Maria	Smith	
481	Richard	Smith	
482	Simon	Smith	
483	Ben	Snelling	Norwich Road Runners
484	Dave	Solomon	Felixstowe RRC
485	Teresa	Solomon	
486	Daniel	Southgate	Red Lodge Runners
487	Christopher	Southgate	
488	Suzannah	Spurgeon	
489	Stephen	Spurgeon	
490	Terry	Spurgeon	
491	Brandon	Stanley	
492	Kim-marie	Stannard	
493	Charlie	Stannett	Ipswich Triathlon Club
494	Robbie	Starling	
495	Katie	Start	
496	Lucia	Stebbens	
497	Jo	Stephenson	Stowmarket Striders RC
498	Nicola	Stevenson	Felixstowe RRC
499	Louisa	Stewart	

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500	Adam	Stiff	
501	Ian	Stockley	Stowmarket Striders RC
502	Roger	Stone	Felixstowe RRC
503	Gregory	Stowe	Stowmarket Striders RC
504	Jayne	Studd	
505	morgan	studd	
506	Chloe	Stuteley	
507	Chris	Sugars	Felixstowe RRC
508	Lukasz	Supernak	Saint Edmund Pacers
509	Hollie	Sutherland	
510	Tim	Suthers	
511	Bob	Swaisland	Ipswich Triathlon Club
512	David	Swales	Saint Edmund Pacers
513	Caroline	Talbot	
514	Jo	Tansley Thomas	
515	Jack	Tappin	Haverhill Running Club
516	Roger	Taylor	
517	Jason	Taylor	Felixstowe RRC
518	Heidi	Taylor	
519	Gary	Taylor	Felixstowe RRC
520	Ricky	Taylor	
521	Alex	Taylor	St Edmund Pacers
522	Courtney	Taylor	
523	Sara	Taylor-Balls	Hadleigh Hares AC
524	Andrew	Terry	Stowmarket Striders RC
525	Gillian	Thacker-McPherson	
526	Jonathan	Thetford	Reepham Runners
527	Hannah	Thompson	Stowmarket Striders RC
528	Peter	Thompson	Norfolk Gazelles AC
529	Stephen	Thorndyke	
530	Shayne	Thorpe	Stowmarket Striders RC
531	Trudie	Timms	Framlingham Flyers
532	Simon	Tinkler	Framlingham Flyers
533	Faye	tonks	
534	Kenneth	Tovell	Framlingham Flyers
535	Olivia	Towler	
536	Miranda	Tuddenham	
537	Elaine	Turner	Hadleigh Hares AC
538	Gavin	Turner	
539	Mark	Tyrrell	
540	Lenka	Urbankova	
541	Nigel	Vincent	Stowmarket Striders RC
542	Vicki	Vincent	
543	Barry	Voice	
544	Lindi	Wallace	
545	Catherine	Walsh	Felixstowe RRC
546	Pasco	Warner	
547	Sarah	Watkins	Hadleigh Hares AC
548	Olivia	Watkins	
549	KJ	Watts	

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550	Mark	Watts	Saint Edmund Pacers
551	Kirsty	Weavers	Saint Edmund Pacers
552	David	Weeding	Stowmarket Striders RC
553	Elliot	Wells	Stowmarket Striders RC
554	Brooke	Wells	
555	Scott	Welton	
556	Ioana	Whalley	
557	Jo	Whelan	Felixstowe RRC
558	Kevin	Whelan	Felixstowe RRC
559	Paul	White	
560	Claire	White	Ipswich JAFFA
561	Andrew	Whiting	
562	Dale	Whitmore	
563	Sarah	Whyand	
564	George	Wicker	Saint Edmund Pacers
565	Melanie	Widdows	
566	Dan	Widdowson	Hadleigh Hares AC
567	Clare	Wigg	Stowmarket Striders RC
568	Graham	Wigley	Framlingham Flyers
569	Luke	Wilby	
570	James	Wilcox	
571	Michael	Wilcox	
572	Ross	Wilcox	Stowmarket Striders RC
573	Jonathan	Wilding	Felixstowe RRC
574	Jon	Wiles	Bungay Black Dog RC
575	Jack	Wilkinson	
576	Ellie	Williams	
577	Alex	Williams	
578	Neil	Willimson	Newmarket Joggers
579	Ted	Wilson	
580	Rob	Windus	
581	Lisa	Wood	
582	John	Wood	
583	Peter	Woods	Felixstowe RRC
584	Justin	Wright	Ipswich Harriers
585	Louise	Wright	
586	Philip	Wright	Bure Valley Harriers
587	Vernon	Yule	