

		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 5k	Best 5M	Best 10k	Total of Best 3	Target time	Plus	Minus
		22-May	05-Jun	19-Jun	03-Jul	17-Jul	31-Jul							
		Great Tey	Lamarsh	Pebmarsh	Panfield	Colne Engaine	Sible Hedingham 10K							
		5K	5M	10K	5K	5M	10K							
Gavin	Allen	17:22	29:45			29:10	38:11	17:22	29:10	38:11	1:24:43			
Suzie	Arthy-Gasser	26:58	47:36	56:38	26:32	46:03		26:32	46:03	56:38	2:09:13			
Stuart	Ashworth	19:44	35:20	43:48	21:15	35:27	44:23	19:44	35:20	43:48	1:38:52	1:37:46	01:06	
Carol	Atkins	30:53			26:50	45:12	56:37	26:50	45:12	56:37	2:08:39	2:07:59	00:40	
Laura	Atkins-Bachelor				32:29			32:29						
Rosie	Atkins	22:13			23:42		56:38	22:13		56:38		1:53:26		
Anna	Bambridge				24:39	43:53	52:28	24:39	43:53	52:28	2:01:00	2:08:41		07:41
Alan	Barnard		38:19			38:42	46:47		38:19	46:47				
Kate	Barnard					50:41	1:03:48		50:41	1:03:48				
Kris	Bell	22:38		48:04		39:03		22:38	39:03	48:04	1:49:45			
Cat	Bennison			50:54	24:01	39:32		24:01	39:32	50:54	1:54:27			
Charlii	Bower	27:29		59:49	29:10	46:03		27:29	46:03	59:49	2:13:21	2:18:25		05:04
Adam	Buckle		48:09						48:09			2:06:15		
Hazel	Buist	23:23		50:26	23:42		55:38	23:23		50:26		2:07:22		
Sara	Burnham		47:54	58:53	27:25			27:25	47:54	58:53	2:14:12	2:03:05	11:07	
Treena	Carder	23:27	40:24	49:10	22:53		50:47	22:53	40:24	49:10	1:52:27	2:01:11		08:44
Andy	Carter	23:08		48:00	22:46	38:32		22:46	38:32	48:00	1:49:18	1:52:08		02:50
Wendy	Carter	24:18		53:35	24:41	41:04		24:18	41:04	53:35	1:58:57	1:59:20		00:23
Ian	Chandler	20:50	37:22	44:22				20:50	37:22	44:22	1:42:34	1:45:20		02:46
Jim	Clark	26:59					48:16	26:59		48:16		1:30:33		
Lisa	Clark				23:45	41:36		23:45	41:36			2:08:08		
Penny	Clarke		54:42	1:10:33					54:42	1:10:33				
Brian	Collins	31:11	1:02:12		31:04	52:49		31:04	00:52:49			2:28:00		
Clay	Dearsley	24:43						24:43						
Juan	De Gea	20:23	35:03					20:23	35:03			1:36:43		
Anthony	Denton	25:45		53:13	24:56	42:08		24:56	42:08	53:13	2:00:17	2:11:10		10:53
Michelle	Edney			1:00:39	27:19	46:53	1:01:54	27:19	46:53	1:00:39	2:14:51			
Stewart	Ellis			40:59	18:23	31:06		18:23	31:06	39:08	1:28:37	1:29:58		01:21
Don	English	22:35						22:35				1:39:26		
Alan	Fancy		39:51	52:42	22:42	39:22		22:42	39:22	52:42	1:54:46			
Gary	Freear	19:39	33:34	40:16	18:43		40:34	18:43	33:34	40:16	1:32:33			
Rob	Frost	21:32						21:32						
Sarah	Frost	30:53		1:18:27				30:53		1:18:27		2:45:00		
Adrian	Gasser	27:03	47:06	57:01	26:34	52:32		26:34	47:06	57:01	2:10:41			
Mike	Grealy	23:14	39:19	48:25		39:24		23:14	39:19	48:25	1:50:58	1:50:05	00:53	
Emma	Healy	27:20	41:42	52:19	26:20	39:40	50:35	26:20	39:40	50:35	1:56:35			
Chris	Hill	30:12						30:12				2:12:58		
Karl	Hillman		40:04	47:41	21:22	36:46	46:24	21:22	36:46	46:24	1:44:32	1:42:30	02:02	
Paul	Hinsley	21:18		45:09	21:24		45:29	21:18		45:09		1:43:36		
Dan	Hollinshead		33:52	43:19	19:46		48:16	19:46	33:52	43:19	1:36:57	1:34:52	02:05	
Megan	Hollinshead			1:18:27	32:29			32:29		1:18:27		2:01:20		
Mandy	Humm		44:24	52:20	25:10	42:12	54:19	25:10	42:12	52:20	1:59:42			
Lauren	Hutley	27:35		57:49	26:41	45:53	1:00:37	26:41	45:53	57:49	2:10:23	2:16:38		06:15
Matt	Hutley			40:51	18:43			18:43		40:51		1:31:42		
Phil	Jeffries	21:46	37:39	46:18	22:53		50:48	21:46	37:39	46:18	1:45:43	1:49:28		03:45
Kelly	Judge	22:36	40:05	47:46	26:13		48:23	22:36	40:05	47:46	1:50:27			
Ross	Kemble		40:22	48:14		42:38	55:15		40:22	48:14				
Val	Kerrison	31:49	54:41	1:08:32		55:53	1:07:49	31:49	54:41	1:07:49	2:34:19	2:34:48		00:29
Charlotte	King					40:15	51:05		40:15	51:05		1:55:21		
Chris	Knight	22:08	39:04	46:52	21:49	36:31	47:35	21:49	36:31	46:52	1:45:12			
Bob	Langley	20:59	35:57			34:51	45:35	20:59	34:51	45:35	1:41:25	1:44:29		03:04
Jenn	Langley	26:59	48:07	58:39	26:54		1:01:10	26:54	48:07	58:39	2:13:40	2:34:20		20:40
Mike	Longman	21:09		45:02				21:09		45:02		1:38:35		
Katie	Martin					58:32			58:32					
Steve	May	25:28	32:47	39:26	18:50			18:50	32:47	39:26	1:31:03	1:39:32		08:29
Nick	McKean	23:23		50:42	22:38	40:12	49:52	22:38	40:12	49:52	1:52:42			
Steve	Metson		37:46						37:46					
Victoria	Metson	27:16		52:22	26:01	39:49	50:38	26:01	39:49	50:38	1:56:28			
Jade	Norridge						55:28			55:28				
Catherine	Owen	29:04	50:31			52:31		29:04	50:31					
Debbie	Partridge	31:49				55:54	1:07:51	31:49	55:54	1:07:51	2:35:34	2:34:47	00:47	
Glynn	Perkins	29:11	43:21					29:11	43:21					
Leigh-Anne	Porter	24:50				46:01		24:50	46:01			2:00:22		
Tom	Porter		32:40	40:07	18:37			18:37	32:40	40:07	1:31:24	1:32:35		01:11
Neil	Poulter	20:54		44:06		36:03	44:30	20:54	36:03	44:06	1:41:03	1:40:22	00:41	
Darren	Powell	24:37		55:09	24:47	42:23	56:27	24:37	42:23	55:09	2:02:09	2:04:34		02:25
Nina	Powell	41:01						41:01				2:13:50		
Mick	Purkiss	28:25		59:27	27:12	47:31	1:01:47	27:12	47:31	59:27	2:14:10	2:10:36	03:34	
Gav	Ripton	19:52						19:52						
Jane	Roach				28:10	46:11	57:11	28:10	46:11	57:11	2:11:32			
Sandi	Robinson-Miller	23:38		49:52	23:59	40:31		23:38	40:31	49:52	1:54:01	1:55:57		01:56
Lisa	Rodbourn	25:31	44:41	52:53	25:13	41:15		25:13	41:15	52:53	1:59:21			
Dan	Roughan			57:49	26:48	41:48		26:48	41:48	57:49	2:06:25	2:04:47	01:38	
Rachael	Roughan	40:07	38:04		21:27			21:27	38:04			1:45:51		
Jo	Roulson	25:35	45:05			42:11		25:35	42:11			1:59:04		
Nathan	Roulson		45:06	41:13	19:04			19:04	45:06	41:13	1:45:23	1:31:08	14:15	
James	Smith					29:10			29:10			1:22:45		
Nigel	Smith	22:41						22:41				1:49:51		
Emma	Tanner	27:42			26:47			26:47						
Kate	Thacker	27:54						27:54						
Rob	Thacker	21:38						21:38						
Keith	Thorogood	29:27	50:09	57:28	27:06	46:16		27:06	46:16	57:28	2:10:50	2:18:51		08:01
Axel	Voigt	29:46	52:38		28:53	49:38	1:01:52	28:53	49:38	1:01:52	2:20:23	2:08:01	12:22	
John	Warne	25:03	1:10:44	54:50	26:54	44:55	54:39	25:03	00:44:55	54:39	2:04:37	1:54:44	09:53	
Andy</														