



# BRAINTREE & DISTRICT ATHLETIC CLUB

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
1	487	Andrew	Mynott	Springfield Striders	R	MSNR	M	00:27:40.10	1	1	1	00:27:38.35
2	484	Paul	Mingay	Tiptree Road Runners	R	MV50	M	00:27:58.00	2	1	2	00:27:55.10
3	127	James	Smith	Springfield Striders	R	MSNR	M	00:28:01.20	3	2	3	00:27:58.40
4	357	Colin	Ridley	Colchester Harriers Ac	R	MV50	M	00:28:03.25	4	2	4	00:28:01.60
5	306	Ian	Clark	Orion Harriers	R	MSNR	M	00:28:22.30	5	3	5	00:28:20.10
6	263	Richard	Green			MSNR	M	00:28:37.60	6	4	6	00:28:35.20
7	461	Crispian	Bloomfield	Billericay Striders	R	MSNR	M	00:28:44.45	7	5	7	00:28:43.10
8	418	Kurtis	Swan	Billericay Striders	R	MSNR	M	00:28:48.55	8	6	8	00:28:47.30
9	469	Christopher	Sellens	Colchester Harriers Ac	R	MSNR	M	00:28:53.35	9	7	9	00:28:51.80
10	41	Steve	Cooper	Blackheath And Bromley	R	MV40	M	00:28:59.35	10	1	10	00:28:56.40
11	468	Stephen	Philcox	Ilford Athletic Club	R	MV40	M	00:29:01.70	11	2	11	00:29:00.05
12	498	Gavin	Allen	Springfield Striders	R	MSNR	M	00:29:01.80	12	8	12	00:28:58.85
13	499	Jonathan	Nears	Colchester Harriers Ac	R	MSNR	M	00:29:02.80	13	9	13	00:29:01.05
14	332	Mark	Furnace	Ipswich Jaffa	R	MV40	M	00:29:04.50	14	3	14	00:29:01.25
15	146	Matthew	Rees			MSNR	M	00:29:10.30	15	10	15	00:29:07.05
16	316	Elizabeth	Davies	Springfield Striders	R	FV35	F	00:29:15.55	16	1	1	00:29:10.65
17	322	Peter	Watson	Benfleet Running Club	R	MSNR	M	00:29:19.95	17	11	16	00:29:14.80
18	180	Chris	Martin	Witham Running Club	R	MSNR	M	00:29:36.55	18	12	17	00:29:33.20
19	429	Dave	Cox		R	MV60	M	00:29:45.20	19	1	18	00:29:41.95
20	483	Sean	Mckenna			MSNR	M	00:29:46.85	20	13	19	00:29:43.45
21	27	Jon	Williams	Ware Joggers	R	MSNR	M	00:29:49.20	21	14	20	00:29:46.70
22	24	Liam	Hendry	Enfield And Haringey Ac	R	MSNR	M	00:29:50.00	22	15	21	00:29:46.85
23	32	Joseph	Nourse	Braintree And District Ac	R	JM	M	00:29:53.75	23	1	22	00:29:52.55
24	147	Kevin	Whelan	Ware Joggers	R	MSNR	M	00:30:00.10	24	16	23	00:29:54.95
25	450	Nigel	Swinburne	Dagenham 88 Runners	R	MSNR	M	00:30:01.45	25	17	24	00:29:58.05
26	93	Larry	Mangelshot	Ware Joggers	R	MV50	M	00:30:04.70	26	3	25	00:30:02.50
27	219	Neil	Crisp	Ilford Athletic Club	R	MV50	M	00:30:11.50	27	4	26	00:30:06.65
28	320	Alan	Clark	Benfleet Running Club	R	MV40	M	00:30:13.85	28	4	27	00:30:06.85
29	352	Peter	West	Colchester Harriers Ac	R	MV50	M	00:30:14.80	29	5	28	00:30:10.00
30	179	Alan	Reade	Witham Running Club	R	MV40	M	00:30:16.20	30	5	29	00:30:13.05
31	257	Ben	Holdgate	Braintree And District Ac	R	JM	M	00:30:20.30	31	2	30	00:30:18.80
32	173	Adam	Richardson	Tiptree Road Runners	R	MSNR	M	00:30:20.60	32	18	31	00:30:15.35
33	465	Stephen	Burbidge	Harwich Runners	R	MSNR	M	00:30:27.15	33	19	32	00:30:22.35
34	148	Andrew	Doig	Pitsea Running Club	R	MV40	M	00:30:33.25	34	6	33	00:30:26.30
35	73	Pete	Riley	Witham Running Club	R	MV40	M	00:30:35.20	35	7	34	00:30:31.95
36	39	James	Haskey-Jones	Tiptree Road Runners	R	MV40	M	00:30:37.45	36	8	35	00:30:31.55
37	449	Megan	Evans	Chelmsford Ac	R	FSNR	F	00:30:48.20	37	1	2	00:30:43.00
38	190	Nikki	Brockbank	Springfield Striders	R	FV35	F	00:30:51.85	38	2	3	00:30:47.60
39	386	Dominique	Ballard	Benfleet Running Club	R	FSNR	F	00:30:59.95	39	2	4	00:30:54.40
40	438	Richard	Holland		R	MV50	M	00:31:05.60	40	6	36	00:31:04.15
41	481	Dave	Lumby	Ipswich Jaffa	R	MV50	M	00:31:10.50	41	7	37	00:31:07.65
42	305	Clare	Thurgood	Orion Harriers	R	FSNR	F	00:31:13.95	42	3	5	00:31:09.80
43	278	Steve	Norris			MSNR	M	00:31:14.50	43	20	38	00:31:05.65
44	374	Michael	Bironneau	London Heathside	R	MSNR	M	00:31:27.80	44	21	39	00:31:22.95
45	446	Richard	Waterton	Ware Joggers	R	MSNR	M	00:31:30.35	45	22	40	00:31:27.95
46	434	Michael	Bumstead	Thurrock Harriers	R	MV60	M	00:31:31.70	46	2	41	00:31:29.05
47	355	Joe	Spencer	Essex Fire & Rescue Service	R	MSNR	M	00:31:32.15	47	23	42	00:31:23.75
48	406	Sam	Jackson	Havering Ac	R	MSNR	M	00:31:36.00	48	24	43	00:31:32.55
49	400	Luke	Jackson	Havering Ac	R	MSNR	M	00:31:39.40	49	25	44	00:31:34.75
50	413	Andrew	Low	Benfleet Running Club	R	MV40	M	00:31:47.50	50	9	45	00:31:30.60
51	18	Neil	Smethurst			MSNR	M	00:31:50.65	51	26	46	00:31:35.70
52	281	Clint	Nash			MSNR	M	00:31:57.70	52	27	47	00:31:35.55
53	26	Mark	Cyl	Ware Joggers	R	MV40	M	00:31:59.10	53	10	48	00:31:59.10
54	277	Stuart	Hope			MV40	M	00:32:00.35	54	11	49	00:31:51.20
55	407	Carl	Nanton	Dagenham 88 Runners	R	MV40	M	00:32:00.90	55	12	50	00:31:55.55
56	490	Gavin	Long	Uk Tapes Ltd	B	MV40	M	00:32:03.05	56	13	51	00:31:53.50
57	419	Mark	Porter			MV40	M	00:32:24.75	57	14	52	00:32:14.95

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
58	174	Dervish	Bartlett	Barking Road Runners	R	MV40	M	00:32:31.45	58	15	53	00:32:28.30
59	143	Colin	Jones	Barking Road Runners	R	MV40	M	00:32:34.00	59	16	54	00:32:31.15
60	98	Andre	Besant	Witham Running Club	R	MV40	M	00:32:44.70	60	17	55	00:32:30.85
61	34	Ross	Boyer	Braintree And District Ac	R	MV50	M	00:32:50.70	61	8	56	00:32:45.60
62	248	Tom	Cowlishaw	Fostering People Too	B	MSNR	M	00:33:03.85	62	28	57	00:32:55.10
63	99	Sarah	Jeffery	Southend Ac	R	FSNR	F	00:33:04.65	63	4	6	00:33:00.10
64	241	Peter	Binns	Southend Ac	R	MV60	M	00:33:19.10	64	3	58	00:33:12.00
65	274	Simon	Morgan	Tiptree Road Runners	R	MV40	M	00:33:27.05	65	18	59	00:33:19.90
66	308	James	Clark	Halstead Road Runners	R	MSNR	M	00:33:29.00	66	29	60	00:33:19.35
67	350	Ashwin	Shah	Grange Farm & Dunmow Runners	R	MSNR	M	00:33:29.40	67	30	61	00:33:24.85
68	166	Terry	Alabaster	Witham Running Club	R	MV50	M	00:33:32.90	68	9	62	00:33:27.90
69	22	Matt	Webster			MSNR	M	00:33:35.30	69	31	63	00:33:19.60
70	84	Juan Jose	De Gea Fernandez	Notley High	S	MSNR	M	00:33:35.60	70	32	64	00:33:16.55
71	463	Anne	Jenkinson	Southend Ac	R	FV35	F	00:33:37.00	71	3	7	00:33:30.20
72	459	Chloe	Beckett	Braintree And District Ac	R	FSNR	F	00:33:43.55	72	5	8	00:33:35.70
73	473	Andrea	James	Colchester Harriers Ac	R	FSNR	F	00:33:45.90	73	6	9	00:33:27.75
74	286	Adam	Hunwicks			MSNR	M	00:33:51.60	74	33	65	00:33:23.25
75	294	Anita	Cox			FV35	F	00:33:52.20	75	4	10	00:33:47.55
76	14	Kenny	Blyth	Ware Joggers	R	MV60	M	00:34:03.10	76	4	66	00:33:59.05
77	444	Aaron	Rudkin	Harwich Runners	R	MSNR	M	00:34:06.75	77	34	67	00:33:43.70
78	184	Martin	Hitchcock	Leigh On Sea Striders	R	MV40	M	00:34:08.00	78	19	68	00:34:01.45
79	145	Mark	Austin	Witham Running Club	R	MV50	M	00:34:10.65	79	10	69	00:34:01.90
80	111	Kresh	Veerasamy	Barking Road Runners	R	MSNR	M	00:34:14.95	80	35	70	00:34:07.35
81	187	Gary	Cardnell	Dagenham 88 Runners	R	MV50	M	00:34:19.30	81	11	71	00:34:11.40
82	97	Kevin	Turner			MV50	M	00:34:21.15	82	12	72	00:34:05.15
83	339	Robin	Newman	Notley High	S	MV40	M	00:34:22.70	83	20	73	00:34:13.60
84	361	Paul	Eagles	Dagenham 88 Runners	R	MV40	M	00:34:30.20	84	21	74	00:34:21.35
85	144	Gary	Brown	Leigh On Sea Striders	R	MV40	M	00:34:38.05	85	22	75	00:34:27.70
86	110	Vicky	Cooper	Barking Road Runners	R	FV35	F	00:34:40.30	86	5	11	00:34:32.20
87	391	Matt	Crossley			MV40	M	00:34:51.55	87	23	76	00:34:33.85
88	401	Annette	Oakman	Colchester Harriers Ac	R	FV35	F	00:34:55.15	88	6	12	00:34:32.90
89	96	Mark	Ross	Great Bentley Running Club	R	MV50	M	00:34:58.95	89	13	77	00:34:52.20
90	496	Paul	Richardson			MSNR	M	00:35:00.30	90	36	78	00:34:50.50
91	432	Bernard	Johnson	Thurrock Harriers	R	MV50	M	00:35:01.30	91	14	79	00:34:57.15
92	383	Paul	Freeman			MV50	M	00:35:05.95	92	15	80	00:34:48.25
93	88	Ian	Tatman	Leigh On Sea Striders	R	MV40	M	00:35:07.30	93	24	81	00:35:00.85
94	388	Nathan	Boyer	St Albans Striders	R	MSNR	M	00:35:15.35	94	37	82	00:34:50.60
95	109	Richard	Sambridge			MSNR	M	00:35:17.00	95	38	83	00:35:01.00
96	380	Patrick	Marsh	Colchester Harriers Ac	R	MV40	M	00:35:17.10	96	25	84	00:34:59.75
97	349	Peter	Baker	Ware Joggers	R	MV50	M	00:35:17.10	97	16	85	00:35:10.60
98	48	Andy	Owen			MSNR	M	00:35:17.55	98	39	86	00:34:56.65
99	128	Caroline	Tuck	Dagenham 88 Runners	R	FV45	F	00:35:19.75	99	1	13	00:35:11.85
100	279	John	Wheatley	Colchester Harriers Ac	R	MV70	M	00:35:20.90	100	1	87	00:35:16.45
101	312	Shane	Phillips	Braintree And District Ac	R	MV50	M	00:35:28.55	101	17	88	00:35:17.30
102	354	Rob	Saunders	The Commando Runners	R	MSNR	M	00:35:33.80	102	40	89	00:35:18.05
103	191	Chris	Moulton			MV40	M	00:35:36.90	103	26	90	00:35:30.25
104	381	Barry	Culling	Barking Road Runners	R	MSNR	M	00:35:40.70	104	41	91	00:35:15.40
105	116	Danny	Flint	Leigh On Sea Striders	R	MV40	M	00:35:46.10	105	27	92	00:35:33.70
106	327	Chris	Reed	Pitsea Running Club	R	MV60	M	00:35:47.65	106	5	93	00:35:39.05
107	20	Matt	Gee			MSNR	M	00:35:50.35	107	42	94	00:35:42.25
108	448	Dean	Pilgrim			MV40	M	00:35:53.35	108	28	95	00:35:37.20
109	49	Jon	Buist			MSNR	M	00:35:56.30	109	43	96	00:35:33.40
110	467	Kasia	Kostyrka-Allchorne	Southend Ac	R	FV35	F	00:36:04.95	110	7	14	00:35:57.70
111	288	Paul	Petts			MV40	M	00:36:11.45	111	29	97	00:36:02.50
112	217	Jenni	Sheehan	Ilford Athletic Club	R	FSNR	F	00:36:12.05	112	7	15	00:35:58.65
113	126	Ryan	Bedingfield	Great Bentley Running Club	R	MSNR	M	00:36:13.05	113	44	98	00:35:55.00
114	435	Kieron	Chapman	Barking Road Runners	R	MSNR	M	00:36:14.90	114	45	99	00:36:04.30
115	169	Lisa	Rieffel	Castle Point Joggers	R	FV45	F	00:36:19.90	115	2	16	00:35:58.90
116	36	James	Henderson			MSNR	M	00:36:22.30	116	46	100	00:35:52.85
117	79	Shawn	Beckerleg	Witham Running Club	R	MV40	M	00:36:23.10	117	30	101	00:36:13.55
118	202	Greg	Marshall	Framlingham Flyers	R	MV60	M	00:36:24.80	118	6	102	00:36:16.90
119	94	Paul	Cornwell	Leigh On Sea Striders	R	MSNR	M	00:36:25.90	119	47	103	00:36:14.50
120	58	Katie	Spicer	Leigh On Sea Striders	R	FV35	F	00:36:32.70	120	8	17	00:36:25.90

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
121	140	Martin	Blacker	Ware Joggers	R	MV40	M	00:36:36.65	121	31	104	00:36:30.30
122	398	Mark	Williams	Witham Running Club	R	MV50	M	00:36:38.15	122	18	105	00:36:22.70
123	447	Daniel	Hewitt			MV40	M	00:36:42.95	123	32	106	00:36:26.40
124	135	Lucy	Ferguson	Mid Essex Casuals	R	FV35	F	00:36:46.45	124	9	18	00:36:05.85
125	353	Adrian	Frost			MV40	M	00:36:46.70	125	33	107	00:36:18.65
126	424	Pasquale	Pellecchia	Harlow Running Club	R	MV60	M	00:36:52.85	126	7	108	00:36:34.45
127	336	Michelle	Caulfield	Braintree And District Ac	R	FV45	F	00:36:54.20	127	3	19	00:36:34.25
128	19	David	Smith	Witham Running Club	R	MV50	M	00:36:56.85	128	19	109	00:36:47.05
129	249	Melinda	Jones	Ilford Athletic Club	R	FV45	F	00:36:57.45	129	4	20	00:36:44.50
130	68	Phil	Cunningham	Ware Joggers	R	MV60	M	00:37:03.80	130	8	110	00:36:56.75
131	462	Laura	Cook		R	FSNR	F	00:37:04.25	131	8	21	00:36:54.10
132	104	Lisa	Banahan			FSNR	F	00:37:05.10	132	9	22	00:36:53.95
133	25	John	Cooke	Colchester Harriers Ac	R	MV40	M	00:37:14.45	133	34	111	00:36:54.90
134	296	Graham	Clarke	Colchester Harriers Ac	R	MV60	M	00:37:19.25	134	9	112	00:37:12.80
135	142	Samantha	Monk	Springfield Striders	R	FSNR	F	00:37:19.85	135	10	23	00:37:06.15
136	253	Sean	O'Connor	Witham Running Club	R	JM	M	00:37:21.60	136	3	113	00:37:10.15
137	38	Lister	Goldsmith			MV50	M	00:37:28.25	137	20	114	00:37:03.30
138	208	Daniel	Hardy	Witham Running Club	R	MV50	M	00:37:32.50	138	21	115	00:37:21.60
139	95	Michael	Poulter	Witham Running Club	R	MV60	M	00:37:36.15	139	10	116	00:37:25.60
140	440	Francis	Mills	Harwich Runners	R	MSNR	M	00:37:37.60	140	48	117	00:37:09.05
141	130	Sharon	Wright	Harlow Running Club	R	FSNR	F	00:37:38.65	141	11	24	00:37:06.80
142	9	Rob	Haworth			MV40	M	00:37:43.80	142	35	118	00:37:19.60
143	256	Liz	Stuckey	Witham Running Club	R	FV35	F	00:37:45.05	143	10	25	00:37:33.50
144	443	Lydia	Holmes			FSNR	F	00:37:47.30	144	12	26	00:37:29.65
145	300	John	Mallett	Ware Joggers	R	MSNR	M	00:37:48.65	145	49	119	00:37:41.90
146	302	Dan	Hollinshead	Halstead Road Runners	R	MSNR	M	00:37:49.60	146	50	120	00:37:34.55
147	410	Steve	Bugden	Springfield Striders	R	MV50	M	00:37:50.50	147	22	121	00:37:31.55
148	314	David	Varndell			MV50	M	00:37:51.45	148	23	122	00:37:37.65
149	403	Stephen	Kelly			MSNR	M	00:37:54.15	149	51	123	00:37:32.40
150	423	Gavin	House	Team House	R	MSNR	M	00:37:57.50	150	52	124	00:37:39.05
151	69	Niki	Read	Leigh On Sea Striders	R	MSNR	M	00:37:58.25	151	53	125	00:37:40.90
152	269	Claire	Gordon	Braintree And District Ac	R	FV35	F	00:38:00.30	152	11	27	00:37:41.90
153	409	Neil	Pennick			MSNR	M	00:38:03.25	153	54	126	00:37:44.10
154	341	Mark	Taylor			MV40	M	00:38:08.65	154	36	127	00:37:36.45
155	280	Rachel	Roughan			FSNR	F	00:38:11.70	155	13	28	00:38:01.25
156	478	Martin	Owen	Great Bentley Running Club	R	MSNR	M	00:38:12.80	156	55	128	00:37:55.90
157	331	Hannah	Wood	Ipswich Jaffa	R	FV35	F	00:38:13.35	157	12	29	00:38:05.05
158	442	Matthew	Stephens	Ware Joggers	R	MSNR	M	00:38:15.70	158	56	129	00:38:10.55
159	291	Ysanne	Hine	Delamode	B	FV35	F	00:38:18.80	159	13	30	00:37:48.60
160	422	Richard	Jones			MV40	M	00:38:20.90	160	37	130	00:38:08.90
161	392	Philip	Lisamer			MV40	M	00:38:24.00	161	38	131	00:37:47.35
162	218	Dianne	Crisp	Ilford Athletic Club	R	FV45	F	00:38:28.75	162	5	31	00:38:15.65
163	105	Christopher	King			MSNR	M	00:38:34.45	163	57	132	00:38:02.50
164	172	Debbie	Amies	Ware Joggers	R	FV45	F	00:38:38.30	164	6	32	00:38:30.95
165	393	James	Thompson	Asics	B	MSNR	M	00:38:39.15	165	58	133	00:38:18.60
166	239	Jonathan	Phillips	Braintree District Council	B	MSNR	M	00:38:39.85	166	59	134	00:38:08.75
167	35	Mark	Moughton	Springfield Striders	R	MV50	M	00:38:43.95	167	24	135	00:38:21.60
168	303	Lorraine	Garnham	Halstead Road Runners	R	FV45	F	00:38:47.50	168	7	33	00:38:36.85
169	290	David	Gladen	Delamode	B	MSNR	M	00:38:50.25	169	60	136	00:38:17.75
170	228	Mark	Hagger	Urmet	B	MV40	M	00:38:53.55	170	39	137	00:38:09.80
171	72	Carla	Bell	Ware Joggers	R	FV45	F	00:38:59.40	171	8	34	00:38:53.60
172	56	Marco	Firman	Braintree And District Ac	R	MV50	M	00:39:02.55	172	25	138	00:38:35.05
173	270	Matthew	Pavitt			MV40	M	00:39:03.40	173	40	139	00:38:41.70
174	408	Amy	Macgregor			FSNR	F	00:39:03.45	174	14	35	00:38:43.80
175	57	Vicky	Parsons	Leigh On Sea Striders	R	FV45	F	00:39:05.60	175	9	36	00:38:58.55
176	83	Hazel	Buist	Halstead Road Runners	R	FSNR	F	00:39:06.65	176	15	37	00:38:56.10
177	101	Lorraine	Collins	The Commando Runners	R	FV35	F	00:39:08.05	177	14	38	00:38:45.60
178	276	Pascal	Mcmanmon	Ware Joggers	R	MV50	M	00:39:14.50	178	26	140	00:39:08.15
179	275	Abigail	Morgan	Tiptree Road Runners	R	JF	F	00:39:17.45	179	1	39	00:39:03.35
180	168	Rick	Goldsmith	Castle Point Joggers	R	MV50	M	00:39:21.10	180	27	141	00:38:58.35
181	125	Karen	Skene	Great Bentley Running Club	R	FV45	F	00:39:22.00	181	10	40	00:39:05.00
182	260	Matthew	Wood	Braintree District Council	B	MSNR	M	00:39:22.05	182	61	142	00:38:48.80
183	420	Bruce	Longman			MV40	M	00:39:29.50	183	41	143	00:38:52.85

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
184	134	David	Enders	Witham Running Club	R	MV50	M	00:39:35.75	184	28	144	00:39:08.55
185	158	Neil	Hallam	Southend Ac	R	MV40	M	00:39:48.70	185	42	145	00:39:33.85
186	203	Joanne	Marshall	Serpentine	R	FV55	F	00:39:51.25	186	1	41	00:39:43.45
187	157	Debbielyn	Hallam	Southend Ac	R	FV35	F	00:39:53.05	187	15	42	00:39:38.55
188	342	Faye	Engelbtecht	Jq Fitness	B	FV35	F	00:39:53.90	188	16	43	00:39:37.45
189	414	Keith	Limburn	Leigh On Sea Striders	R	MV40	M	00:39:54.50	189	43	146	00:39:36.40
190	197	Eric	Shaw	Great Bentley Running Club	R	MV60	M	00:39:56.00	190	11	147	00:39:39.20
191	159	Lloyd	Purnell			MSNR	M	00:40:01.65	191	62	148	00:39:22.05
192	456	Janice	Page	Harlow Running Club	R	FV45	F	00:40:03.10	192	11	44	00:39:28.65
193	225	Samuel	Arnold	Urmet	B	MSNR	M	00:40:03.65	193	63	149	00:39:20.25
194	155	Phil	Smith	Ware Joggers	R	MV40	M	00:40:20.05	194	44	150	00:40:10.90
195	103	Somei	Back	The Commando Runners	R	FV45	F	00:40:22.40	195	12	45	00:40:02.50
196	240	Trevor	Lawrence	Braintree District Council	B	MV50	M	00:40:22.75	196	29	151	00:39:44.80
197	54	Robert	Waddingham	Ware Joggers	R	MV60	M	00:40:23.90	197	12	152	00:40:19.45
198	491	Tim	Ogle	Birkett Long	B	MV40	M	00:40:24.45	198	45	153	00:39:57.30
199	156	Teresa	Pearmain	Southend Ac	R	FV45	F	00:40:25.40	199	13	46	00:40:11.20
200	115	Jennifer	Shelley	Billericay Striders	R	FV35	F	00:40:25.80	200	17	47	00:39:58.00
201	299	David	Bandini			MSNR	M	00:40:26.30	201	64	154	00:40:14.30
202	479	Kimberley	Lewis			FV35	F	00:40:27.20	202	18	48	00:40:05.55
203	209	Cheryl	McDonald	Pitsea Running Club		FV55	F	00:40:28.25	203	2	49	00:40:15.60
204	252	Rachel	Pearsons	Witham Running Club	R	FV35	F	00:40:28.90	204	19	50	00:40:16.60
205	200	Colin	Short	Witham Running Club	R	MV60	M	00:40:30.50	205	13	155	00:40:20.15
206	373	Hayley	Faulkner	Fairland Valley Spartans	R	FSNR	F	00:40:34.40	206	16	51	00:40:20.85
207	91	Chloe	Connell			FSNR	F	00:40:37.65	207	17	52	00:40:18.50
208	170	Rob	Hadgraft	Tiptree Road Runners	R	MV50	M	00:40:40.00	208	30	156	
209	74	Sam	Rowe	Ware Joggers	R	FV45	F	00:40:40.15	209	14	53	00:40:33.60
210	455	David	Page	Harlow Running Club	R	MV50	M	00:40:45.50	210	31	157	00:40:14.15
211	224	Manji	Gami	Urmet	B	MV40	M	00:40:48.90	211	46	158	00:40:05.45
212	60	Fiona	Walker	Leigh On Sea Striders	R	FV45	F	00:40:51.70	212	15	54	00:40:44.85
213	80	James	Kennerley	Witham Running Club	R	MSNR	M	00:40:53.15	213	65	159	00:40:44.40
214	229	Joanne	Ling	Billericay Striders	R	FV35	F	00:41:03.75	214	20	55	00:40:41.40
215	59	Gary	Walsh	Leigh On Sea Striders	R	MV50	M	00:41:06.80	215	32	160	00:40:48.85
216	453	Simon	Jordan	Delamode	B	MV40	M	00:41:08.85	216	47	161	00:40:36.60
217	272	Carly	Holland	Asics	B	FSNR	F	00:41:09.00	217	18	56	00:40:48.75
218	195	Donna	Hindle	Springfield Striders	R	FV45	F	00:41:10.55	218	16	57	00:40:41.45
219	51	Kate	Liddiard	Ware Joggers	R	FV35	F	00:41:12.65	219	21	58	00:41:06.60
220	133	Shelley	Enders	Witham Running Club	R	FV45	F	00:41:14.65	220	17	59	00:40:45.50
221	497	Dominick	Wiseman	Asics	B	MSNR	M	00:41:20.40	221	66	162	00:40:59.65
222	234	Stephen	Faulkner			MV50	M	00:41:23.85	222	33	163	00:41:13.70
223	178	David	West	Leigh On Sea Striders	R	MV70	M	00:41:27.15	223	2	164	00:41:13.65
224	348	Gary	Sibley	Braintree And District Ac	R	MSNR	M	00:41:27.70	224	67	165	00:40:59.85
225	141	George	Blacker	Ware Joggers	R	MSNR	M	00:41:28.35	225	68	166	00:41:15.65
226	254	Mat	Pearsons	Witham Running Club	R	MSNR	M	00:41:28.60	226	69	167	00:41:16.55
227	460	Karen	Storey		R	FV35	F	00:41:35.75	227	22	60	00:41:05.40
228	230	Lee	Crowdell			MV40	M	00:41:36.25	228	48	168	00:40:55.60
229	242	Lara	Nicholson	Essex Boot Camp	R	FV35	F	00:41:41.00	229	23	61	00:41:18.55
230	149	Debbie	Barry	Harlow Running Club	R	FV45	F	00:41:53.50	230	18	62	00:41:16.20
231	65	Danielle	Young			FSNR	F	00:41:59.25	231	19	63	00:41:21.05
232	493	Reggie	Lloyd	Birkett Long	B	MV50	M	00:42:01.45	232	34	169	00:41:35.65
233	198	Chris	Hill	Halstead Road Runners	R	MV50	M	00:42:03.25	233	35	170	00:41:46.15
234	337	Robert	Caulfield	Braintree And District Ac	R	MV50	M	00:42:05.20	234	36	171	00:41:38.45
235	205	Roger	Partridge	Ware Joggers	R	MV50	M	00:42:06.40	235	37	172	00:41:49.90
236	323	Sarah	Norton	Benfleet Running Club	R	FV35	F	00:42:08.60	236	24	64	00:41:40.50
237	17	Anne	Ramsden	Ware Joggers	R	FV55	F	00:42:11.80	237	3	65	00:42:06.55
238	122	Deb	Harrison	Braintree And District Ac	R	FV35	F	00:42:13.70	238	25	66	00:41:46.50
239	370	John	Mcavoy			MV70	M	00:42:13.85	239	3	173	00:41:47.80
240	86	Roger	Hare	Castle Point Joggers	R	MV60	M	00:42:20.80	240	14	174	00:41:50.50
241	6	Julia	Booker	Ware Joggers	R	FV35	F	00:42:24.95	241	26	67	00:41:47.35
242	335	Kayleigh	Beedon	Braintree And District Ac	R	FSNR	F	00:42:25.45	242	20	68	00:42:05.05
243	261	Nathan	Rowland	Braintree District Council	B	MSNR	M	00:42:34.65	243	70	175	00:41:56.70
244	62	Laura	Manley	Tm Fit	B	FSNR	F	00:42:36.40	244	21	69	00:42:12.95
245	44	Sandra	Green			FV45	F	00:42:45.45	245	19	70	00:42:16.70
246	264	Mike	Hardwick	Notley High	S	MV50	M	00:42:50.50	246	38	176	00:42:06.55

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
247	185	Maxine	Stevens	Springfield Striders	R	FV45	F	00:42:51.05	247	20	71	00:42:22.20
248	439	John	Whan			MV60	M	00:42:56.30	248	15	177	00:42:20.60
249	315	Roger	Garrett			MV40	M	00:42:56.70	249	49	178	00:42:25.90
250	489	Darren	Lens	Uk Tapes Ltd	B	MV40	M	00:42:58.65	250	50	179	00:42:24.10
251	293	Piotr	Pilarki			MSNR	M	00:43:01.40	251	71	180	00:42:47.35
252	292	Martyna	Jackowska			FSNR	F	00:43:01.60	252	22	72	00:42:47.40
253	356	Frank	Bird			MV50	M	00:43:01.85	253	39	181	00:42:45.60
254	201	Judith	Manser	Ware Joggers	R	FV55	F	00:43:06.25	254	4	73	00:42:57.80
255	33	Theresa	Howe	Pitsea Running Club	R	FV45	F	00:43:09.90	255	21	74	00:42:55.45
256	251	Jenni	Vinner	Ware Joggers	R	FV55	F	00:43:10.50	256	5	75	00:43:02.20
257	384	Nathalie	Whysall			FV35	F	00:43:11.80	257	27	76	00:42:36.75
258	395	Vicki	Groves	Barking Road Runners	R	FV45	F	00:43:12.65	258	22	77	00:42:59.35
259	238	Darren	Roberts	Braintree District Council	B	MV40	M	00:43:22.60	259	51	182	00:42:49.65
260	289	Shaun	Godfrey	Delamode	B	MV40	M	00:43:26.50	260	52	183	00:42:53.25
261	43	Rebecca	Mcvelia	Tiptree Road Runners	R	FV35	F	00:43:28.45	261	28	78	00:43:28.45
262	232	Wayne	Blundell			MV40	M	00:43:29.75	262	53	184	00:43:02.20
263	21	Chris	Chandler			MSNR	M	00:43:31.10	263	72	185	00:43:04.95
264	53	Gemma	Fuller	Leigh On Sea Striders	R	FV45	F	00:43:32.00	264	23	79	00:43:13.15
265	76	Donna	Olley			FV35	F	00:43:37.85	265	29	80	00:43:14.50
266	216	Mike	Gosling			MV50	M	00:43:39.50	266	40	186	00:42:56.45
267	117	Diane	Parsons	Barking Road Runners	R	FV45	F	00:43:42.25	267	24	81	00:43:27.70
268	2	Terry	Pike	Harlow Running Club	R	MV50	M	00:43:49.55	268	41	187	00:43:15.90
269	231	Christian	Adams			MV40	M	00:44:17.40	269	54	188	00:43:36.20
270	235	Joby	Humm	Braintree District Council	B	MSNR	M	00:44:17.55	270	73	189	00:43:45.05
271	120	David	Maclean			MV50	M	00:44:21.05	271	42	190	00:43:57.05
272	265	Michael	Wilby	Barking Road Runners	R	MV50	M	00:44:21.90	272	43	191	00:44:06.40
273	426	Deborah	Lewis			FV55	F	00:44:26.00	273	6	82	00:43:56.45
274	301	Megan	Hollinshead	Halstead Road Runners	R	FSNR	F	00:44:32.75	274	23	83	00:44:14.20
275	389	Amy	Bowden			FSNR	F	00:44:34.40	275	24	84	00:43:58.85
276	87	Jude	Hare	Castle Point Joggers	R	FV65	F	00:44:49.00	276	1	85	00:44:18.00
277	347	Simon	Joyce	Ware Joggers	R	MV40	M	00:44:50.40	277	55	192	00:44:45.40
278	363	Joy	Leader	Phoenix Striders	R	FV45	F	00:44:50.90	278	25	86	00:44:37.90
279	430	Michael	Purkiss	Halstead Road Runners	R	MV60	M	00:44:53.80	279	16	193	00:44:28.25
280	268	Benjamin	Cahill			MSNR	M	00:44:55.35	280	74	194	00:44:14.85
281	266	Rob	Short			MSNR	M	00:44:59.35	281	75	195	00:44:44.80
282	55	Margaret	Waddingham	Ware Joggers	R	FV65	F	00:45:03.25	282	2	87	00:44:54.00
283	132	Simon	Carden	Team Carden	R	MV40	M	00:45:11.75	283	56	196	00:44:50.75
284	365	John	Bartlett			MSNR	M	00:45:14.60	284	76	197	00:44:46.25
285	470	Mark	Crittenden	Great Bentley Running Club	R	MV40	M	00:45:17.00	285	57	198	00:44:59.55
286	472	Kelly	Anglin			FSNR	F	00:45:18.05	286	25	88	00:45:00.35
287	258	Melvyn	Nice	Braintree District Council	B	MSNR	M	00:45:18.55	287	77	199	00:44:40.95
288	259	Jenny	Mayes	Braintree District Council	B	FSNR	F	00:45:18.70	288	26	89	00:44:41.30
289	387	Liam	Robinson			MV50	M	00:45:25.65	289	44	200	00:45:01.60
290	160	Alan	Mackay			MV60	M	00:45:28.65	290	17	201	00:44:50.40
291	71	Paula	Gollop	Ware Joggers	R	FSNR	F	00:45:29.10	291	27	90	00:45:20.85
292	199	Carol	Hill	Halstead Road Runners	R	FV55	F	00:45:30.70	292	7	91	00:44:58.60
293	402	Christine	Howson			FV45	F	00:45:34.50	293	26	92	00:45:17.45
294	313	Martin	Page	Barking Road Runners	R	MV50	M	00:45:40.95	294	45	202	00:45:35.05
295	182	Mark	Fairclough			MV40	M	00:45:42.10	295	58	203	00:44:59.85
296	436	Peter	Keats	Ware Joggers	R	MV50	M	00:45:51.95	296	46	204	00:45:39.00
297	163	James	Ambrozevich	Halstead Road Runners	R	MSNR	M	00:46:00.15	297	78	205	00:45:44.80
298	212	Mike	Orton			MV40	M	00:46:04.10	298	59	206	00:45:34.60
299	78	Diane	Naman	Ware Joggers	R	FV55	F	00:46:08.35	299	8	93	00:45:55.65
300	474	Layla	Andrews			FV35	F	00:46:13.40	300	30	94	00:45:39.35
301	89	Jane	Swanson-Sprent	Dagenham 88 Runners	R	FV35	F	00:46:14.15	301	31	95	00:45:49.10
302	181	Tracey	Fairclough	Girls Go Running	R	FV45	F	00:46:26.45	302	27	96	00:45:44.25
303	114	Charlie	Routley	Barking Road Runners	R	MSNR	M	00:46:29.90	303	79	207	00:46:02.65
304	193	Robert	Courtier	Barking Road Runners	R	MV50	M	00:46:30.15	304	47	208	00:46:13.00
305	12	Ruth	Mccarthy			FV45	F	00:46:51.40	305	28	97	00:46:10.65
306	411	Karon	Reid			FV45	F	00:46:51.85	306	29	98	00:46:21.55
307	416	Laura	Mchugh	Leigh On Sea Striders	R	FV35	F	00:46:58.90	307	32	99	00:46:44.55
308	150	Lyndy	Souster	Leigh On Sea Striders	R	FSNR	F	00:47:04.05	308	28	100	00:46:49.45
309	16	Diane	Card			FV45	F	00:47:04.25	309	30	101	00:46:41.20

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
310	428	Catherine	Pollard			FV35	F	00:47:06.75	310	33	102	00:46:31.05
311	319	Nathan	Summerfield	Barking Road Runners	R	JM	M	00:47:08.20	311	4	209	00:46:43.15
312	107	Cathy	Salmon	Leigh On Sea Striders	R	FV45	F	00:47:10.15	312	31	103	00:46:55.10
313	324	Sara	Hill	Halstead Road Runners	R	FSNR	F	00:47:12.80	313	29	104	00:46:41.40
314	70	Terry	Nichols	Ware Joggers	R	MV70	M	00:47:13.90	314	4	210	00:47:09.30
315	177	Teresa	Flannigan	Pitsea Running Club	R	FV55	F	00:47:16.20	315	9	105	00:47:07.35
316	451	George	Hanmore			MV60	M	00:47:28.85	316	18	211	00:46:52.25
317	328	Claire	Evans			FV35	F	00:47:30.00	317	34	106	00:46:51.50
318	329	John	Ellis			MSNR	M	00:47:30.25	318	80	212	00:46:51.60
319	262	Pam	Jones	Ilford Athletic Club	R	FV65	F	00:47:31.05	319	3	107	00:47:05.50
320	476	Louise	Chappell	Dagenham 88 Runners	R	FV35	F	00:47:32.80	320	35	108	00:47:07.90
321	359	Karen	Lintott	Leigh On Sea Striders	R	FV45	F	00:47:35.20	321	32	109	00:47:14.60
322	417	Michael	Thacker	Ware Joggers	R	MV50	M	00:47:43.15	322	48	213	00:47:06.80
323	364	Lisa	Dalton	Sudbury Joggers	R	FV45	F	00:47:46.75	323	33	110	00:47:27.40
324	4	Gin	Craig	Sudbury Joggers	R	FV45	F	00:47:47.35	324	34	111	00:47:27.70
325	454	Alan	Ekins	Delamode	B	MSNR	M	00:47:50.55	325	81	214	00:47:19.40
326	310	Axel	Voigt			MV40	M	00:47:52.95	326	60	215	00:47:17.80
327	171	Julie	Cousins			FV35	F	00:47:53.30	327	36	112	00:47:24.55
328	369	Suzanne	Castle	Dagenham 88 Runners	R	FSNR	F	00:47:55.90	328	30	113	00:47:28.05
329	431	Clare	Bennett-White			FV35	F	00:47:59.30	329	37	114	00:47:23.15
330	40	Rose	Haskey-Jones	Tiptree Road Runners	R	FV45	F	00:48:07.85	330	35	115	00:47:34.80
331	233	Diane	Faulkner			FV55	F	00:48:13.35	331	10	116	00:47:52.30
332	121	Stuart	Irons			MV50	M	00:48:18.60	332	49	216	00:47:48.60
333	437	Lisa	Ford	Harwich Runners	R	FSNR	F	00:48:20.40	333	31	117	00:47:56.35
334	334	Les	Morley	Halstead Road Runners	R	MV60	M	00:48:31.65	334	19	217	00:48:05.60
335	360	Beverley	Eagles	Dagenham 88 Runners	R	FV45	F	00:48:36.30	335	36	118	00:48:09.65
336	385	Teresa	Parkins			FV55	F	00:48:42.15	336	11	119	00:48:17.50
337	75	Vibeke	Rowe	Ware Joggers	R	FV65	F	00:48:42.70	337	4	120	00:48:30.70
338	372	Rebecca	Bryce			FSNR	F	00:48:43.35	338	32	121	00:48:18.70
339	271	Timothy	Gould			MV50	M	00:48:47.55	339	50	218	00:48:35.35
340	206	John	Butcher	Ware Joggers	R	MV70	M	00:48:48.05	340	5	219	00:48:30.35
341	85	Claire	Nichols	Ware Joggers	R	FV35	F	00:48:50.45	341	38	122	00:48:38.00
342	415	Rachel	Faires			FSNR	F	00:48:51.60	342	33	123	00:48:22.95
343	295	Brian	Collins	Halstead Road Runners	R	MV70	M	00:48:57.80	343	6	220	00:48:15.85
344	333	Jon	Beaumont			MV40	M	00:49:37.15	344	61	221	00:48:55.55
345	186	Trevor	Johnson	Witham Running Club	R	MV50	M	00:49:44.65	345	51	222	00:49:39.50
346	10	Ruth	Baldwin	The Commando Runners	R	FSNR	F	00:49:46.95	346	34	124	00:49:26.55
347	412	William	Metcalfe	Dagenham 88 Runners	R	MV70	M	00:49:55.85	347	7	223	00:49:35.90
348	67	Colin	Naman	Ware Joggers	R	MV60	M	00:49:58.40	348	20	224	00:49:38.65
349	427	Lauren	Eaves			FSNR	F	00:49:58.90	349	35	125	00:49:40.15
350	351	John	Warne			MV60	M	00:49:58.90	350	21	225	00:49:16.00
351	28	Annalisa	Heath			FSNR	F	00:49:59.00	351	36	126	00:49:21.55
352	42	John	Mcvelia	Tiptree Road Runners	R	MV40	M	00:49:59.10	352	62	226	00:49:29.70
353	404	Paul	Gaskell			MSNR	M	00:50:11.05	353	82	227	00:49:48.90
354	378	Miffy	Duffy			FV35	F	00:50:25.30	354	39	127	00:49:50.55
355	379	Jus	Granshaw			MV40	M	00:50:25.50	355	63	228	00:49:50.00
356	376	Andy	Turner			MV40	M	00:50:26.95	356	64	229	00:49:53.40
357	318	Ken	Summerfield	Barking Road Runners	R	MV40	M	00:50:36.45	357	65	230	00:50:11.05
358	433	Vicky	Calver	Harlow Running Club	R	FV35	F	00:50:38.75	358	40	128	00:50:00.80
359	196	Paul	Carden	Team Carden	R	MV60	M	00:50:41.35	359	22	231	00:50:20.35
360	297	Debbie	Partridge	Halstead Road Runners	R	FV45	F	00:50:44.00	360	37	129	00:50:03.75
361	340	Richard	Davies			MV40	M	00:50:49.70	361	66	232	00:50:19.90
362	394	Diana	Brown			FV65	F	00:51:17.05	362	5	130	00:50:55.45
363	397	Lynne	Williams	Witham Running Club	R	FV45	F	00:51:32.30	363	38	131	00:50:55.10
364	223	Joannah	Jopson			FV35	F	00:51:34.90	364	41	132	00:51:13.10
365	154	Amanda	Keeble			FV45	F	00:51:39.00	365	39	133	00:51:16.90
366	152	Sara	Grainger			FSNR	F	00:51:46.35	366	37	134	00:51:46.35
367	151	Ellen	Colebourne			FV35	F	00:51:47.00	367	42	135	00:51:07.10
368	377	Helen	Doughty			FV55	F	00:51:58.85	368	12	136	00:51:25.80
368	375	Chris	Turner			FV45	F	00:51:59.15	369	40	137	00:51:25.80
370	457	David	Howard	Witham Running Club	R	MV50	M	00:52:09.85	370	52	233	00:51:34.45
371	458	Brenda	Howard	Witham Running Club	R	FV45	F	00:52:12.90	371	41	138	00:51:37.25
372	494	Michael	Ball	Barking Road Runners	R	MV70	M	00:52:13.80	372	8	234	00:51:46.20

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
373	189	Laura	Hurn			FSNR	F	00:53:01.05	373	38	139	00:52:18.70
374	441	Jill	Bezzant	Trotters Independent Runners	R	FV55	F	00:53:20.40	374	13	140	00:52:49.05
375	236	Tom	Fox	Braintree District Council	B	MSNR	M	00:53:37.60	375	83	235	00:52:58.15
376	466	Dawn	Shilling	Tiptree Road Runners	R	FSNR	F	00:53:50.70	376	39	141	00:53:20.00
377	113	Alan	Bradley			MV40	M	00:54:05.75	377	67	236	00:53:21.70
378	477	Catharine	Goyette			FV45	F	00:54:16.75	378	42	142	00:53:40.25
379	23	Margaret	Balfour	Ware Joggers	R	FV55	F	00:54:25.15	379	14	143	00:54:13.10
380	495	Brian	Hastings	Halstead Road Runners	R	MV60	M	00:54:39.35	380	23	237	00:53:57.45
381	284	Julie	Penfold	Halstead Road Runners	R	FV55	F	00:54:39.75	381	15	144	00:53:58.00
382	396	Helene	Watkinson			FV35	F	00:54:55.85	382	43	145	00:54:23.90
383	311	Kellie	Phillips	Braintree And District Ac	R	JF	F	00:54:55.90	383	2	146	00:54:36.15
384	188	Julie	Cardnell	Dagenham 88 Runners	R	FV45	F	00:55:17.40	384	43	147	00:54:50.95
385	345	Rentia	Viljoen			FV35	F	00:56:01.35	385	44	148	00:55:37.65
386	346	Manie	Viljoen			MSNR	M	00:56:01.65	386	84	238	00:55:37.95
387	108	John	Bush			MV50	M	00:56:52.60	387	53	239	00:56:12.55
388	343	Diane	Ashdown	Halstead Road Runners	R	FV55	F	00:58:07.00	388	16	149	00:57:25.80
389	237	Colby	Crossman	Braintree District Council	B	MSNR	M	00:58:11.30	389	85	240	00:57:32.00
390	282	Johanna	Withams			FV45	F	00:58:20.10	390	44	150	00:57:41.05
391	250	Lee	Davis	Dagenham 88 Runners	R	MV40	M	00:58:33.70	391	68	241	00:58:06.80
392	273	David	Mcgrath			MSNR	M	00:58:56.95	392	86	242	00:58:20.90
393	50	Paul	Spurgeon	Fetch Everyone Running Club	R	MV40	M	01:00:22.30	393	69	243	00:59:47.85
394	304	Tom	Jarman			JM	M	01:00:22.50	394	5	244	00:59:48.65
395	213	Mikes	Hewett	Team Mikes	R	MSNR	M	01:00:22.80	395	87	245	00:59:48.95
396	176	Jonathon	Hale			MSNR	M	01:00:23.20	396	88	246	00:59:48.45
397	82	Craig	Porte			MSNR	M	01:00:25.05	397	89	247	00:59:50.60
398	399	Naomi	Emerick	Witham Running Club	R	FV65	F	01:01:29.50	398	6	151	01:00:52.15
399	425	Julie	Gurney	Trotters Independant Runners	R	FV35	F	01:01:54.60	399	45	152	01:01:32.15
400	405	Claire	Harding			FV45	F	01:02:07.15	400	45	153	01:01:44.80
401	11	David	Mccarthy			MV40	M	01:05:19.35	401	70	248	01:04:38.35
402	421	Elaine	Potter			FV55	F	01:06:47.00	402	17	154	01:06:09.90
	1	Tom	Fairbrother	Ipswich Jaffa	R	MSNR	M	DNS				
	3	Wesley	Benton	Colchester Harriers Ac	R	MSNR	M	DNS				
	5	Janet	Readitt	Ware Joggers	R	FV45	F	DNS				
	7	Steve	Sadler	Ware Joggers	R	MV50	M	DNS				
	8	Imogen	Blower			FSNR	F	DNS				
	13	Lisa	Pickering			FSNR	F	DNS				
	15	Helen	Bass	Ware Joggers	R	FSNR	F	DNS				
	29	Paul	Schroder	Harlow Running Club	R	MSNR	M	DNS				
	30	Wendy	Spring	Harlow Running Club	R	FV35	F	DNS				
	31	Sheryl	Foreman			FSNR	F	DNS				
	37	Robert	Phillips			MSNR	M	DNS				
	45	Fiona	Halls	Saffron Striders	R	FV35	F	DNS				
	46	Neil	Halls	Saffron Striders	R	MV40	M	DNS				
	47	Christopher	Holt			MSNR	M	DNS				
	52	Mark	Dobson	Leigh On Sea Striders	R	MV40	M	DNS				
	61	John	Heywood	Ware Joggers	R	MV70	M	DNS				
	63	Jane	Bush	Leigh On Sea Striders	R	FV35	F	DNS				
	64	Justin	Bush			MV40	M	DNS				
	66	Marita	Neville	Leigh On Sea Striders	R	FV35	F	DNS				
	77	Michael	Sommerlad	Great Bentley Running Club	R	MV70	M	DNS				
	81	Amanda	Sykes	Ware Joggers	R	FV35	F	DNF				
	90	Graeme	Moon	Tiptree Road Runners	R	MV50	M	DNS				
	92	Joanne	Lang	Witham Running Club	R	FV45	F	DNS				
	100	James	Blackshaw	Witham Running Club	R	MSNR	M	DNS				
	102	Catherine	Johnson	The Commando Runners	R	FV45	F	DNS				
	106	Arran	Salmon	Leigh On Sea Striders	R	MV40	M	DNS				
	112	Kevin	Harper	Witham Running Club	R	MV40	M	DNS				
	118	Mark	Keeble	Leigh On Sea Striders	R	MV40	M	DNS				
	119	Ian	Kirton			MV50	M	DNS				
	123	Neal	Marlow	Leigh On Sea Striders	R	MV40	M	DNS				
	124	Emilty	Zethraeus	Great Bentley Running Club	R	FSNR	F	DNS				
	129	Carys	Sutton	Chelmsford Ac	R	FSNR	F	DNS				
	131	Steven	Vincent	Halstead Road Runners	R	MSNR	M	DNS				

Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
	136	Richard	Hill	Serpentine	R	MV40	M	DNS				
	137	Samantha	Bowden	Ware Joggers	R	FSNR	F	DNS				
	138	Craig	Mcbain	Leigh On Sea Striders	R	MSNR	M	DNS				
	139	Nico	Hampton	Leigh On Sea Striders	R	FSNR	F	DNS				
	153	John	Pearman	Leigh On Sea Striders	R	MV60	M	DNS				
	161	Donna	Dobrowolski			FV35	F	DNS				
	162	Ricky	Aquilina			MV40	M	DNS				
	164	Paul	Preston	Colchester Harriers Ac	R	MV40	M	DNS				
	165	Sarah	Mason	Ware Joggers	R	FSNR	F	DNS				
	167	Stephen	Rulton			MV50	M	DNS				
	175	Chris	Williams	Ware Joggers	R	MSNR	M	DNS				
	183	James	Leighton	Keep Moving Forward	R	MV40	M	DNS				
	192	Robert	Russell	Thurrock Harriers	R	MV50	M	DNS				
	194	Paul	Spowage	Colchester Harriers Ac	R	MV50	M	DNS				
	204	David	Andrews	Grange Farm & Dunmow Runners	R	MV40	M	DNS				
	207	John	Braybrook	Havering '90 Joggers	R	MV50	M	DNS				
	210	Roy	Stringer	Ware Joggers	R	MV70	M	DNS				
	211	Val	Stringer	Ware Joggers	R	FV65	F	DNS				
	214	Jon	Hewett	Team Mikes	R	MSNR	M	DNS				
	215	David	Rogers	Leigh On Sea Striders	R	MV40	M	DNS				
	220	Alexander James	Manley			MSNR	M	DNS				
	221	Nicholas Peter	Manley	Witham Running Club	R	MV50	M	DNS				
	222	Angela Jane	Manley	Witham Running Club	R	FV45	F	DNS				
	226	Derren	Hamon	Urmet	B	MV40	M	DNS				
	227	Mariam	Khadbai	Urmet	B	FSNR	F	DNS				
	243	Ronnie	Underhill	Interagro Globetrotters	B	MSNR	M	DNS				
	244	Jack	Roche	Interagro Globetrotters	B	MSNR	M	DNS				
	245	Steve	Ray	Countryside Properties	B	MSNR	M	DNS				
	246	Louise	Kingsley	Countryside Properties	B	FSNR	F	DNS				
	247	Steve	Macdonald	Countryside Properties	B	MV50	M	DNS				
	255	Alex	Stuckey	Witham Running Club	R	MV40	M	DNS				
	267	Steve	Rollison			MV40	M	DNS				
	283	Josephine	Sheffield	Braintree And District Ac	R	FV45	F	DNS				
	285	Gareth	Riddell			MSNR	M	DNS				
	287	Gordon	Shrimpton	Halstead Road Runners	R	MV60	M	DNS				
	298	Ronald	Dawson	Southend Ac	R	MV70	M	DNS				
	307	Elizabeth	Wighton			FV45	F	DNS				
	309	Phil	Hudson	Ware Joggers	R	MV50	M	DNS				
	317	Kaye	Mussett			FV35	F	DNS				
	321	Charlotte	Allen	Colchester Harriers Ac	R	FSNR	F	DNS				
	325	Stephen	Easley	Dagenham 88 Runners	R	MV40	M	DNF				
	326	Anthony	Smith	Witham Running Club	R	MV50	M	DNS				
	330	Ian	Linton	Tiptree Road Runners	R	MV60	M	DNS				
	338	Frances	Warren			FV55	F	DNS				
	344	Danielle	Harrington			FV35	F	DNS				
	358	Frances	Webster	Benfleet Running Club	R	FV45	F	DNS				
	362	Shirley	Johnson	Pitsea Running Club	R	FV35	F	DNS				
	366	Danielle	Hedgecock	Phoenix Striders	R	FSNR	F	DNS				
	367	Jumana	Dickson	Phoenix Striders	R	FSNR	F	DNS				
	368	Graham	Lengthorn	Pitsea Running Club	R	MSNR	M	DNS				
	371	Rob	Gibby	Colchester Harriers Ac	R	MV40	M	DNS				
	382	Hazel	Harvey	Colchester Harriers Ac	R	FV45	F	DNS				
	390	Sarah	Ivory	Colchester Harriers Ac	R	FSNR	F	DNS				
	445	Rachael	Rackham			FV35	F	DNS				
	452	James	Tyrell	Delamode	B	MSNR	M	DNS				
	464	Joe	Happe	Orion Harriers	R	MV40	M	DNS				
	471	Miriam	Mark	Great Bentley Running Club	R	FV35	F	DNS				
	475	Robert	Farthing			MSNR	M	DNS				
	480	Robin	Lozeau	Harlow Running Club	R	MV50	M	DNS				
	482	Eleanor	Kimber	Leigh On Sea Striders	R	FSNR	F	DNS				
	485	Rebecca	Warren			FV35	F	DNS				
	486	Rachel	Kelly	Notley High	S	FV35	F	DNS				
	488	Theo	Mubayi	Uk Tapes Ltd	B	MSNR	M	DNS				



Position	Bib No	First Name	Last Name	Club/Team	Team Type	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
	492	Keeley	Livingstone	Birkett Long	B	FV35	F	DNS				
	500	Martin	Lodge	Road Runners Club	R	MV50	M	DNS				