



BRAINTREE & DISTRICT ATHLETIC CLUB

Bib No	First Name	Last Name	Team Type	Club	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
329	Scott	Cousins	Running Club	Springfield Striders RC	MSNR	M	00:25:50.10	1	1	1	00:25:49.20
324	Malcolm	Muir	Running Club	Ilford AC	MV40	M	00:27:13.35	2	1	2	00:27:09.60
284	Lee	Pickering	Running Club	Chelmsford AC	MSNR	M	00:27:39.60	3	2	3	00:27:38.35
4	Tim	Woulfe	Running Club	Braintree & District AC	MSNR	M	00:27:42.70	4	3	4	00:27:40.25
497	Andrew	Bell	Business	CW Courier Services	MSNR	M	00:28:03.25	5	4	5	00:28:03.25
116	Chris	Burgoyne	Running Club	Springfield Striders RC	MSNR	M	00:28:15.55	6	5	6	00:28:12.60
370	Kurtis	Swan	Running Club	Billericay Striders	MSNR	M	00:28:19.15	7	6	7	00:28:17.80
6	Connor	Page	Running Club	Braintree & District AC	JM	M	00:28:20.10	8	1	8	00:28:19.05
342	Eddy	Cooper	Running Club	Benfleet RC	JM	M	00:29:05.05	9	2	9	00:29:03.50
377	Stephen	Philcox	Running Club	Ilford AC	MV50	M	00:29:06.60	10	1	10	00:29:02.40
386	James	Wright	Running Club	Springfield Striders RC	MSNR	M	00:29:12.70	11	7	11	00:29:07.90
359	Ian	Hall		Braintree	MSNR	M	00:29:18.45	12	8	12	00:29:15.95
418	Paul	Mingay	Running Club	Tiptree Road Runners	MV50	M	00:29:20.65	13	2	13	00:29:16.50
317	Dave	Cox	Running Club	Woodford Green AC with Essex Ladies	MV60	M	00:29:34.65	14	1	14	00:29:29.80
139	Neil	Crisp	Running Club	Ilford AC	MV50	M	00:29:37.75	15	3	15	00:29:35.65
313	Peter	West	Running Club	Colchester Harriers AC	MV50	M	00:29:43.85	16	4	16	00:29:41.00
137	Chris	Martin	Running Club	Witham RC	MSNR	M	00:30:07.15	17	9	17	00:30:03.05
325	Paul	Preston	Running Club	Colchester Harriers AC	MV40	M	00:30:14.65	18	2	18	00:30:11.40
363	Tony	Hyde	Running Club	Ilford AC	MV50	M	00:30:16.30	19	5	19	00:30:12.20
32	Ben	Holdgate	Running Club	Braintree & District AC	MSNR	M	00:30:30.05	20	10	20	00:30:27.45
353	Paul	Holloway	Running Club	Ilford AC	MV40	M	00:30:37.55	21	3	21	00:30:33.25
226	Samantha	Bilbie	Running Club	Springfield Striders RC	FV35	F	00:30:59.35	22	1	1	00:30:57.65
257	Nikki	Brockbank	Running Club	Springfield Striders RC	FV35	F	00:31:05.25	23	2	2	00:31:02.40
376	James	White			MSNR	M	00:31:22.65	24	11	22	00:31:18.60
2	Conor	Culham	Running Club	Braintree & District AC	JM	M	00:31:28.80	25	3	23	00:31:27.20

404	Chris	Seymour	Running Club	Stowmarket Striders RC	MV40	M	00:31:44.10	26	4	24	00:31:40.70	
290	Matt	Webster	Running Club	Grange Farm & Dunmow Runners	MSNR	M	00:32:03.35	27	12	25	00:31:54.95	
381	Andrew	Lager	Running Club	Witham RC	MV40	M	00:32:06.95	28	5	26	00:32:01.35	
	37	Giles	Sowerby		MSNR	M	00:32:08.55	29	13	27	00:32:04.30	
396	Ashwin	Shah			MSNR	M	00:32:25.45	30	14	28	00:32:17.60	
224	Rohan	Alexander	Running Club	Ilford AC	MV40	M	00:32:32.90	31	6	29	00:32:26.35	
221	Rebecca	Davidson	Running Club	Grange Farm & Dunmow Runners	FSNR	F	00:32:36.15	32	1	3	00:32:27.85	
412	Paul	Dellar	Running Club	Tiptree Road Runners	MV40	M	00:32:46.35	33	7	30	00:32:40.15	
	3	Aaron	Page		MSNR	M	00:32:50.55	34	15	31	00:32:48.65	
	53	Phoenix	Green		MSNR	M	00:32:53.30	35	16	32	00:32:50.35	
255	David	Hunt	Running Club	Witham RC	MSNR	M	00:32:54.55	36	17	33	00:32:47.75	
	65	Sarah	Pennington	Running Club	Southend On Sea AC	FSNR	F	00:32:57.65	37	2	4	00:32:55.20
259	Paul	Chilver			MSNR	M	00:32:58.40	38	18	34	00:32:54.95	
148	Roger	Gooding	Running Club	Springfield Striders RC	MV40	M	00:33:01.25	39	8	35	00:32:58.25	
326	Adrian	Frost	Running Club	Colchester Harriers AC	MV40	M	00:33:02.90	40	9	36	00:32:56.30	
242	Dervish	Bartlett	Running Club	Barking Road Runners	MV40	M	00:33:06.45	41	10	37	00:33:02.75	
274	Fiona	Halls	Running Club	Saffron Striders RC	FV35	F	00:33:09.65	42	3	5	00:33:07.35	
398	Kate	Mills	Running Club	Springfield Striders RC	FV35	F	00:33:20.50	43	4	6	00:33:16.40	
406	Richard	Bonham	Running Club	Castle Point Joggers	MV40	M	00:33:23.90	44	11	38	00:33:17.70	
358	William	Haining	Running Club	Harwich Runners	MV60	M	00:33:31.15	45	2	39	00:33:28.35	
189	Martin	Page	Running Club	Barking Road Runners	MV50	M	00:33:38.85	46	6	40	00:33:34.05	
	59	Matthew	Rivers	Running Club	Leigh on Sea Striders	MSNR	M	00:33:41.45	47	19	41	00:33:36.15
	58	Steven	Everett	Running Club	Braintree & District AC	MV40	M	00:33:55.35	48	12	42	00:33:49.05
191	Vicky	Cooper	Running Club	Barking Road Runners	FV35	F	00:33:59.75	49	5	7	00:33:55.20	
134	Alex	Stuckey	Running Club	Witham RC	MV40	M	00:34:22.30	50	13	43	00:34:15.10	
400	Adam	Poulton	Running Club	Castle Point Joggers	MV40	M	00:34:26.80	51	14	44	00:34:17.55	
422	Simon	Scott	Running Club	Witham RC	MV50	M	00:34:27.85	52	7	45	00:34:20.35	
149	Ron	Mccullough	Running Club	Ipswich Jaffa RC	MV70	M	00:34:31.30	53	1	46	00:34:26.70	
319	Andrew	Thomas	Running Club	Springfield Striders RC	MV40	M	00:34:31.75	54	15	47	00:34:28.80	
190	Helen	Thomsit			FV35	F	00:34:33.45	55	6	8	00:34:30.30	
373	Gary	Perryman	Running Club	Tiptree Road Runners	MV40	M	00:34:35.35	56	16	48	00:34:27.30	
244	Annette	Oakman	Running Club	Colchester Harriers AC	FV35	F	00:34:37.65	57	7	9	00:34:32.00	
260	Robin	Newman	Education	Notley High School	MV40	M	00:34:38.65	58	17	49	00:34:34.95	
309	John	Bull	Running Club	Harlow RC	MV50	M	00:34:45.10	59	8	50	00:34:39.00	
143	Mark	Porter			MV40	M	00:34:49.05	60	18	51	00:34:40.95	
239	Sharon	Wright	Running Club	Harlow RC	FV35	F	00:34:50.15	61	8	10	00:34:44.15	
229	Steven	Watson	Running Club	Witham RC	MSNR	M	00:34:56.30	62	20	52	00:34:49.70	

186	Julie	Beasant	Running Club	Virgin Active Runners chelmsford	FV35	F	00:34:56.55	63	9	11	00:34:49.75
403	Cliff	King	Running Club	Castle Point Joggers	MV40	M	00:35:09.05	64	19	53	00:34:59.50
181	Frank	Fisk			MSNR	M	00:35:11.55	65	21	54	00:35:07.55
261	Joseph	Hadfield			MSNR	M	00:35:11.60	66	22	55	00:35:05.85
129	Stephen	Parker	Running Club	Ilford AC	MV50	M	00:35:14.10	67	9	56	00:35:08.00
225	Gary	Floate	Running Club	Ilford AC	MV40	M	00:35:18.30	68	20	57	00:35:08.80
64	Josh	Woulfe	Running Club	Braintree & District AC	MSNR	M	00:35:21.30	69	23	58	00:35:17.40
90	Dino	Di Cesare	Running Club	Michelles Running Group	MSNR	M	00:35:35.20	70	24	59	00:35:14.15
91	Amanda	Heslegrave	Running Club	Barking Road Runners	FV45	F	00:35:41.15	71	1	12	00:35:34.85
131	Tom	Porter	Running Club	Halstead RRC	MSNR	M	00:35:41.20	72	25	60	00:35:18.55
180	Melinda	Jones	Running Club	Ilford AC	FV45	F	00:35:46.75	73	2	13	00:35:37.75
133	Liz	Stuckey	Running Club	Witham RC	FV35	F	00:35:49.30	74	10	14	00:35:41.90
401	Graham	Robins			MV40	M	00:35:52.95	75	21	61	00:35:38.65
335	Colin	Jones	Running Club	Barking Road Runners	MV50	M	00:35:54.90	76	10	62	00:35:47.90
17	Michelle	Caulfield	Running Club	Braintree & District AC	FV45	F	00:35:55.35	77	3	15	00:35:50.25
99	Sean	OConnor	Running Club	Witham RC	JM	M	00:36:17.65	78	4	63	00:36:10.60
162	Lee	Crowdell			MV40	M	00:36:18.60	79	22	64	00:36:05.10
85	David	Enders	Running Club	Witham RC	MV50	M	00:36:20.70	80	11	65	00:36:11.75
416	Jennifer	Lovelock	Running Club	Springfield Striders RC	FSNR	F	00:36:23.05	81	3	16	00:36:16.50
304	Christopher	Shipham	Business	Braintree District Council	MSNR	M	00:36:37.35	82	26	66	00:36:01.85
56	Graham	Clarke	Running Club	Great Bentley Running Club	MV60	M	00:36:39.20	83	3	67	00:36:35.95
26	John	Platt	Running Club	Michelles Running Group	MV50	M	00:36:42.55	84	12	68	00:36:23.50
383	Chris	Garey			MSNR	M	00:36:57.30	85	27	69	00:36:49.20
414	Jonathan	Harvey	Running Club	Benfleet RC	MSNR	M	00:37:00.15	86	28	70	00:36:52.40
206	Kerry	Harrington	Running Club	Grange Farm & Dunmow Runners	FV35	F	00:37:08.25	87	11	17	00:36:59.40
45	Gary	Paul			MV40	M	00:37:10.15	88	23	71	00:36:56.35
496	Julian	Moore	Business	Urmot	MSNR	M	00:37:11.55	89	29	72	00:36:44.05
112	Laura	Cook	Running Club	Springfield Striders RC	FSNR	F	00:37:13.30	90	4	18	00:37:06.40
222	Lister	Goldsmith			MV50	M	00:37:15.80	91	13	73	00:37:07.20
397	John	Mills	Running Club	Springfield Striders RC	MV40	M	00:37:16.95	92	24	74	00:37:04.20
92	Shawn	Beckerleg	Running Club	Witham RC	MV40	M	00:37:18.65	93	25	75	00:37:09.90
264	Trevor	Cooper			MSNR	M	00:37:19.75	94	30	76	00:37:09.15
233	John	Holland			MSNR	M	00:37:21.15	95	31	77	00:37:10.40
265	James	Caulfield	Running Club	Michelles Running Group	MSNR	M	00:37:24.35	96	32	78	00:37:03.40
328	Paul	Petts			MV50	M	00:37:36.90	97	14	79	00:36:56.10
279	Alistair	Cooke			MV40	M	00:37:43.45	98	26	80	00:37:35.05
123	Harvey	Barker	Running Club	Michelles Running Group	JM	M	00:37:55.00	99	5	81	00:37:33.95

399	Graeme	Edwards			MV40	M	00:37:56.45	100	27	82	00:37:36.35
218	Roger	Garrett			MV50	M	00:38:04.90	101	15	83	00:37:55.15
287	Teddy	Armitage			JM	M	00:38:05.85	102	6	84	00:37:51.25
286	Tim	Armitage			MV50	M	00:38:06.20	103	16	85	00:37:50.30
248	Alan	Wellbelove	Running Club	Harlow RC	MV50	M	00:38:18.90	104	17	86	00:38:11.00
275	Neil	Halls	Running Club	Saffron Striders RC	MV40	M	00:38:34.65	105	28	87	00:38:26.85
321	Trudi	Morrish			FV35	F	00:38:35.45	106	12	19	00:38:15.00
237	Neil	Addington	Running Club	Michelles Running Group	MV50	M	00:38:52.95	107	18	88	00:38:20.20
379	James	Wakeling			MSNR	M	00:38:58.10	108	33	89	00:38:51.60
120	Karl	Hillman	Running Club	Halstead RRC	MSNR	M	00:39:00.00	109	34	90	00:38:35.40
179	Jonathan	Islip			MSNR	M	00:39:02.55	110	35	91	00:38:37.65
415	Bruce	Spratt			MSNR	M	00:39:03.90	111	36	92	00:38:23.40
185	John	Warne	Running Club	Braintree & District AC	MV60	M	00:39:04.85	112	4	93	00:38:53.45
411	Colin	Smy			MV40	M	00:39:12.75	113	29	94	00:38:44.35
413	Janie	Casey	Running Club	Leigh on Sea Striders	FSNR	F	00:39:15.20	114	5	20	00:38:56.30
227	Robin	Lozeau	Running Club	Harlow RC	MV60	M	00:39:15.35	115	5	95	00:39:06.95
197	Joanne	Ling	Running Club	Billericay Striders	FV35	F	00:39:17.55	116	13	21	00:38:42.55
491	Stephen	Faulkner			MV50	M	00:39:25.15	117	19	96	00:38:58.95
498	Craig	Ruggles	Business	CW Courier Services	MSNR	M	00:39:26.75	118	37	97	00:39:05.15
84	Shelley	Enders	Running Club	Witham RC	FV45	F	00:39:27.65	119	4	22	00:39:18.15
351	Danny	Piggott	Running Club	Billericay Striders	MV40	M	00:39:31.05	120	30	98	00:38:57.40
350	Mark	Kempthorne			MV50	M	00:39:31.65	121	20	99	00:39:15.05
167	Nicola	Hopkinson	Running Club	Ilford AC	FV45	F	00:39:32.10	122	5	23	00:39:25.20
385	Mark	Smith			MV50	M	00:39:37.40	123	21	100	00:38:57.90
374	Ian	Hart	Running Club	Castle Point Joggers	MV50	M	00:39:43.40	124	22	101	00:39:23.70
368	Justin	Granshaw	Running Club	Michelles Running Group	MV40	M	00:39:49.60	125	31	102	00:39:32.45
344	Jonny	Chapman			MSNR	M	00:39:51.55	126	38	103	00:39:25.05
31	Esther	Harrod	Running Club	Michelles Running Group	FV35	F	00:39:52.90	127	14	24	00:39:29.75
263	Cristina	Cooper	Running Club	Barking Road Runners	FV35	F	00:39:53.00	128	15	25	00:39:42.80
28	Samuel	Platt	Running Club	Michelles Running Group	JM	M	00:40:00.60	129	7	104	00:39:45.05
372	Anthony	Smith	Running Club	Witham RC	MV50	M	00:40:01.50	130	23	105	00:39:41.05
106	Karen	Pickering			FSNR	F	00:40:04.40	131	6	26	00:39:49.15
405	Ross	Silverton	Running Club	Witham RC	MV60	M	00:40:08.75	132	6	106	00:39:59.65
62	Steve	Mcconnell	Running Club	Michelles Running Group	MV50	M	00:40:12.05	133	24	107	00:39:55.10
30	Chris	Ward	Business	CW Courier Services	MSNR	M	00:40:18.50	134	39	108	00:39:57.60
346	Graham	Statter	Running Club	Bishops Stortford RC	MV50	M	00:40:19.20	135	25	109	00:40:06.85
271	Letitia	Root	Running Club	Michelles Running Group	FV35	F	00:40:28.75	136	16	27	00:39:57.45

77	Colin	Short	Running Club	Witham RC	MV60	M	00:40:35.25	137	7	110	00:40:25.05
493	Shuchita	Moore	Business	Urmet	FSNR	F	00:40:36.70	138	7	28	00:40:07.75
18	Robert	Caulfield	Running Club	Braintree & District AC	MV50	M	00:40:40.65	139	26	111	00:40:19.55
484	Nathan	Rowland Fitt	Business	Braintree District Council	MSNR	M	00:40:41.35	140	40	112	00:40:09.20
357	Peter	Belgrove			MSNR	M	00:40:47.05	141	41	113	00:40:23.95
289	Murray	Rawlings			MSNR	M	00:40:52.30	142	42	114	00:40:30.30
268	Helen	Gilfillan	Running Club	Michelles Running Group	FV45	F	00:40:55.70	143	6	29	00:40:33.70
395	Melanie	Milner			FV45	F	00:40:55.70	144	7	30	00:40:41.85
273	Paul	Nelder			MV60	M	00:40:56.05	145	8	115	00:40:15.55
388	Teresa	Byrne	Running Club	Michelles Running Group	FV35	F	00:40:56.80	146	17	31	00:40:33.05
41	Laura	Manley	Running Club	TMFIT	FSNR	F	00:41:07.50	147	8	32	00:40:53.95
390	Craig	Barton			MSNR	M	00:41:15.00	148	43	116	00:40:59.40
115	Sathanandasundaram	Alaganandasundaram	Running Club	Ilford AC	MV50	M	00:41:21.05	149	27	117	00:41:10.70
235	Mark	Simmons	Running Club	Braintree & District AC	MV50	M	00:41:26.10	150	28	118	00:41:14.30
217	Mark	Aldred	Running Club	Michelles Running Group	MV40	M	00:41:26.25	151	32	119	00:41:08.55
160	Neil	Barker	Running Club	Michelles Running Group	MV40	M	00:41:27.40	152	33	120	00:41:05.90
489	Gordon	Shrimpton			MV60	M	00:41:34.65	153	9	121	00:41:14.05
367	Mark	Munday	Running Club	Springfield Striders RC	MV40	M	00:41:41.45	154	34	122	00:41:21.45
331	Graham	Giles			MV40	M	00:41:41.45	155	35	123	00:41:20.85
187	John	Ward	Running Club	Virgin Active Runners chelmsford	MSNR	M	00:41:43.35	156	44	124	00:41:23.65
40	Donna	Olley	Running Club	TMFIT	FV35	F	00:41:45.90	157	18	33	00:41:31.75
483	Laura	Garnham	Running Club	Halstead RRC	FSNR	F	00:41:47.55	158	9	34	00:41:22.45
104	Giulia	Di Cesare	Running Club	Michelles Running Group	FV35	F	00:41:48.85	159	19	35	00:41:29.65
177	Steve	Hankinson	Running Club	Braintree & District AC	MV50	M	00:41:51.55	160	29	125	00:41:40.10
132	Karen	Storey	Running Club	Springfield Striders RC	FV35	F	00:41:55.50	161	20	36	00:41:38.10
126	Darren	Roberts	Running Club	Honiton RC	MV40	M	00:42:00.05	162	36	126	00:41:21.15
283	Robert	West	Running Club	Leigh on Sea Striders	MSNR	M	00:42:05.30	163	45	127	00:41:50.00
216	Billy	Reeve			MSNR	M	00:42:07.50	164	46	128	00:41:43.10
341	Mandy	Cooper	Running Club	Benfleet RC	FV45	F	00:42:10.75	165	8	37	00:41:45.45
322	Julia	Galea	Running Club	Ilford AC	FV55	F	00:42:18.65	166	1	38	00:42:07.85
182	Helen	Williams			FV55	F	00:42:20.50	167	2	39	00:42:15.80
303	Thomas	Naylor			MSNR	M	00:42:24.20	168	47	129	00:42:19.15
140	Dianne	Crisp	Running Club	Ilford AC	FV45	F	00:42:28.20	169	9	40	00:42:18.05
285	Caroline	Armitage			FV45	F	00:42:36.95	170	10	41	00:42:22.00
366	Lorraine	Garnham	Running Club	Halstead RRC	FV55	F	00:42:43.85	171	3	42	00:42:20.15
355	Marion	Breeze	Running Club	Pitsea RC	FV55	F	00:42:56.35	172	4	43	00:42:41.55
107	Barry	Howard	Running Club	Michelles Running Group	MV50	M	00:42:56.55	173	30	130	00:42:21.60

110	Jacqui	Stone		FV45	F	00:42:57.40	174	11	44	00:42:39.75
70	Nic	Rivers	Running Club Leigh On Sea Striders	MV50	M	00:42:57.75	175	31	131	00:42:40.90
205	Alison	Lapper		FV45	F	00:43:08.05	176	12	45	00:42:48.65
343	Claire	Chapman		FV45	F	00:43:11.80	177	13	46	00:42:46.20
481	Marius	Bernotas	Business Delamode	MSNR	M	00:43:24.50	178	48	132	00:42:57.90
423	Richard	Inkpin		MSNR	M	00:43:26.15	179	49	133	00:42:49.75
211	Sarah	Bowerman		FV45	F	00:43:26.70	180	14	47	00:43:08.25
302	Angela	Thorpe	Running Club Grange Farm & Dunmow Runners	FV45	F	00:43:34.80	181	15	48	00:43:21.80
122	Charlotte	Barker	Running Club Michelles Running Group	FV35	F	00:43:36.65	182	21	49	00:43:12.65
252	Kieron	Chapman	Running Club Barking Road Runners	MSNR	M	00:43:45.70	183	50	134	00:43:27.45
16	Sandi	Robinson Miller		FV45	F	00:43:48.45	184	16	50	00:43:32.10
158	Andrew	Roby Smith		MV50	M	00:43:49.40	185	32	135	00:43:14.80
69	Lynn	Rivers	Running Club Leigh on Sea Striders	FV45	F	00:43:49.65	186	17	51	00:43:31.95
98	Mat	Pearsons	Running Club Witham RC	MV40	M	00:43:50.05	187	37	136	00:43:40.00
337	Jacqui	Surridge		FV35	F	00:43:51.10	188	22	52	00:43:30.20
172	Mark	Brown	Running Club Michelles Running Group	MSNR	M	00:43:52.40	189	51	137	00:43:26.20
352	Richard	Overington	Running Club Little Baddow Ridge Runners	MSNR	M	00:43:53.65	190	52	138	00:43:49.10
288	Nicola	Darling		FV35	F	00:43:53.95	191	23	53	00:43:28.55
51	Nicola	Pickering	Running Club Ware Joggers	FV45	F	00:43:54.50	192	18	54	00:43:34.85
81	Savannah	Pearey		JF	F	00:43:58.15	193	1	55	00:43:46.85
320	John	Mcavoy		MV70	M	00:43:59.70	194	2	139	00:43:45.40
380	Jenni	Paterson	Running Club Leigh on Sea Striders	FV55	F	00:44:02.10	195	5	56	00:43:44.75
207	Selina	Higgins	Running Club Michelles Running Group	FV35	F	00:44:06.30	196	24	57	00:43:42.20
394	Nicola	Chester	Running Club Ilford AC	FV35	F	00:44:07.15	197	25	58	00:43:53.95
301	Rebecca	Freeman		FSNR	F	00:44:13.45	198	10	59	00:43:55.00
300	Paul	Freeman		MV50	M	00:44:13.95	199	33	140	00:43:55.20
387	Shaun	Taylor	Business Braintree District Council	MV50	M	00:44:16.30	200	34	141	00:43:37.20
72	Trevor	Lawrence	Business Braintree District Council	MV50	M	00:44:16.45	201	35	142	00:43:36.20
142	Katie	Adcock		FSNR	F	00:44:17.30	202	11	60	00:43:57.40
297	Harriette	Naylor		FSNR	F	00:44:21.15	203	12	61	00:44:16.60
299	Stephen	Clarke		MV40	M	00:44:26.40	204	38	143	00:43:47.00
38	Lisa	Christian	Running Club Michelles Running Group	FSNR	F	00:44:48.20	205	13	62	00:44:15.10
500	Amy	James	Business CW Courier Services	FV35	F	00:45:05.65	206	26	63	00:44:43.90
219	Thomas	Fryatt		MSNR	M	00:45:06.15	207	53	144	00:44:29.05
214	Lisa	Dalton	Running Club Sudbury Joggers	FV45	F	00:45:06.20	208	19	64	00:44:46.25
215	Gin	Craig	Running Club Sudbury Joggers	FV45	F	00:45:07.25	209	20	65	00:44:48.75
332	Paula	Vinton		FV35	F	00:45:08.75	210	27	66	00:44:41.15

198	Teresa Jane	Flannigan	Running Club	East Essex Triathlon Club	FV55	F	00:45:09.80	211	6	67	00:45:06.25
311	Helen	Paton			FV35	F	00:45:12.35	212	28	68	00:44:44.85
338	Ellen	McPhillips			FV45	F	00:45:12.65	213	21	69	00:44:54.65
375	Kairen	Hart			FV45	F	00:45:19.80	214	22	70	00:44:58.30
138	Phil	Ransom	Running Club	Castle Point Joggers	MSNR	M	00:45:19.95	215	54	145	00:44:59.65
384	Lynne	Garey			FV55	F	00:45:21.35	216	7	71	00:44:56.15
184	Gillian	Harrison	Running Club	Pitsea RC	FV55	F	00:45:22.15	217	8	72	00:45:08.95
183	Paul	Williams	Running Club	Pitsea RC	MV50	M	00:45:22.70	218	36	146	00:45:09.15
232	Chris	Groves			MV40	M	00:45:28.45	219	39	147	00:45:09.25
349	Andy	Fisher			MV50	M	00:45:38.00	220	37	148	00:45:12.10
420	Charlie	Ross			MSNR	M	00:45:38.15	221	55	149	00:44:59.70
272	Paula	Evans	Running Club	Michelles Running Group	FV35	F	00:45:38.85	222	29	73	00:45:07.20
245	Mario	Di Cesare	Running Club	Michelles Running Group	MV40	M	00:45:47.50	223	40	150	00:45:25.15
318	Rosalind	Mckenna	Running Club	Grange Farm & Dunmow Runners	FSNR	F	00:45:52.75	224	14	74	00:45:40.35
103	Jordan	Caulfield	Running Club	Michelles Running Group	MSNR	M	00:45:59.15	225	56	151	00:45:34.25
188	Robert	Courtier	Running Club	Barking Road Runners	MV60	M	00:46:08.80	226	10	152	00:45:43.60
23	Michael	Purkiss	Running Club	Halstead RRC	MV60	M	00:46:09.00	227	11	153	00:45:41.40
228	Roger	Frampton			MV60	M	00:46:13.90	228	12	154	00:45:34.80
25	George	Wyatt	Running Club	Michelles Running Group	MSNR	M	00:46:20.25	229	57	155	00:45:57.10
266	Selina	Caulfield	Running Club	Michelles Running Group	FSNR	F	00:46:21.35	230	15	75	00:45:59.10
36	Sean	Bennett	Running Club	Michelles Running Group	MSNR	M	00:46:21.50	231	58	156	00:45:58.60
111	Joy	Leader	Running Club	Phoenix Striders	FV45	F	00:46:24.30	232	23	76	00:46:04.40
356	Debbie	Stares	Running Club	Grange Farm & Dunmow Runners	FSNR	F	00:46:28.50	233	16	77	00:46:15.40
393	Natalie	Cook	Running Club	Braintree District Council	FSNR	F	00:46:37.60	234	17	78	00:46:09.75
145	Sarah	Cranfield	Running Club	Michelles Running Group	FV35	F	00:46:39.60	235	30	79	00:46:12.40
170	Xander	Orley			JM	M	00:46:42.90	236	8	157	00:46:28.25
348	Andrew	Gwilliam	Running Club	Barking Road Runners	MV40	M	00:46:43.35	237	41	158	00:46:04.55
169	Sarah	Orley			FV45	F	00:46:45.45	238	24	80	00:46:32.60
60	Matthew	Parker	Running Club	Braintree & District AC	MV40	M	00:46:58.70	239	42	159	00:46:39.90
9	Nick	Williams	Running Club	Michelles Running Group	MSNR	M	00:47:00.35	240	59	160	00:46:43.50
419	Jeff	Mace	Running Club	Harlow RC	MSNR	M	00:47:06.75	241	60	161	00:46:57.85
88	Alain	Cooper	Running Club	Barking Road Runners	MV40	M	00:47:12.60	242	43	162	00:46:31.60
105	Alison	Fryatt	Running Club	Barking Road Runners	FV45	F	00:47:23.70	243	25	81	00:46:42.30
369	Miffy	Duffy	Running Club	Michelles Running Group	FV35	F	00:47:23.95	244	31	82	00:46:57.80
203	Si	Tiano			MSNR	M	00:47:29.10	245	61	163	00:46:51.45
310	Alison	Bull	Running Club	Harlow RC	FV45	F	00:47:37.35	246	26	83	00:47:26.25
495	Rak	Sandhu	Business	Urmet	MV40	M	00:47:46.60	247	44	164	00:47:06.80

267	Andy	Preston	Running Club	Barking Road Runners	MV40	M	00:47:47.45	248	45	165	00:47:07.65
15	Vicky	Elkins	Running Club	Michelles Running Group	FV45	F	00:48:00.25	249	27	84	00:47:29.75
238	Jacqueline	Williams			FSNR	F	00:48:03.20	250	18	85	00:47:51.30
113	Gemma	Rowley	Running Club	Michelles Running Group	FV35	F	00:48:04.30	251	32	86	00:47:32.75
209	Jessica	Warne			FSNR	F	00:48:07.40	252	19	87	00:47:54.50
256	Daniel	Webster			MSNR	M	00:48:09.90	253	62	166	00:47:41.65
250	Dawn	Shilling	Running Club	Witham RC	FSNR	F	00:48:21.30	254	20	88	00:48:06.35
154	Kerry	Townsend	Running Club	Witham RC	FV45	F	00:48:21.85	255	28	89	00:48:06.30
323	Carol	Muir	Running Club	Ilford AC	FV35	F	00:48:37.05	256	33	90	00:48:18.15
80	Alan	Pearey			MV50	M	00:48:39.80	257	38	167	00:48:27.35
482	Joanne	Beavis			FV45	F	00:48:49.45	258	29	91	00:48:08.65
282	Shelley	Naylor	Running Club	Michelles Running Group	FSNR	F	00:48:57.00	259	21	92	00:48:20.80
178	Hayley	Speakman	Running Club	Michelles Running Group	FV35	F	00:49:01.80	260	34	93	00:48:37.70
75	Roger	Hare	Running Club	Castle Point Joggers	MV70	M	00:49:12.55	261	3	168	00:48:29.90
76	Jude	Hare	Running Club	Castle Point Joggers	FV65	F	00:49:13.50	262	1	94	00:48:30.85
306	John	Broad			MV50	M	00:49:27.50	263	39	169	00:48:56.45
277	David	West	Running Club	Leigh on Sea Striders	MV70	M	00:49:35.60	264	4	170	00:49:19.55
161	Axel	Voigt	Running Club	Halstead RRC	MV50	M	00:49:39.55	265	40	171	00:49:12.45
421	Nathan	Summerfield			MSNR	M	00:49:43.15	266	63	172	00:49:04.45
339	Rhona	West			FV45	F	00:49:50.50	267	30	95	00:49:32.40
94	Sharon	Spencer	Running Club	Michelles Running Group	FV35	F	00:50:05.85	268	35	96	00:49:41.15
314	Sarah	Winder			FSNR	F	00:50:06.65	269	22	97	00:49:27.75
378	Julie	Gillender	Running Club	Ilford AC	FV45	F	00:50:11.40	270	31	98	00:49:49.90
87	Ken	Summerfield	Running Club	Barking Road Runners	MV50	M	00:50:13.85	271	41	173	00:49:35.75
391	Heidi	Shubrook			FSNR	F	00:50:18.50	272	23	99	00:50:04.05
354	Laura	Fox			FV35	F	00:50:19.85	273	36	100	00:50:05.35
156	Ruth	Parry			FV35	F	00:50:22.10	274	37	101	00:49:43.35
95	Julia	Convoy	Running Club	Michelles Running Group	FV45	F	00:50:31.25	275	32	102	00:50:05.05
330	Pam	Jones	Running Club	Ilford AC	FV65	F	00:50:44.80	276	2	103	00:50:21.75
195	Natacha	Maurin			JF	F	00:50:46.60	277	2	104	00:50:07.05
196	Clare	Ducksbury	Running Club	Michelles Running Group	FV35	F	00:50:46.65	278	38	105	00:50:22.75
159	Leah	Roby Smith			JF	F	00:50:46.90	279	3	106	00:50:05.60
193	Lesley	Collins	Running Club	Michelles Running Group	FV45	F	00:50:52.25	280	33	107	00:50:22.15
254	Lisa	Maughan	Running Club	Barking Road Runners	FV45	F	00:50:56.95	281	34	108	00:50:14.85
402	Sarah	Ferriby	Running Club	Michelles Running Group	FSNR	F	00:50:57.65	282	24	109	00:50:24.85
48	Jemma	Hanness	Running Club	Michelles Running Group	FV35	F	00:51:01.25	283	39	110	00:50:30.65
234	Andrew	Mostari			MSNR	M	00:51:24.55	284	64	174	00:51:00.30

220	Graham	Ogan	Running Club	Michelles Running Group	MV50	M	00:51:32.35	285	42	175	00:51:06.75
166	Sian	Bird			FV35	F	00:51:34.55	286	40	111	00:50:57.20
8	Jo	Jopson	Running Club	Michelles Running Group	FV45	F	00:51:37.00	287	35	112	00:51:11.15
150	Lisa	Clark			FSNR	F	00:51:37.55	288	25	113	00:51:01.65
315	Kim	Phillips			FV35	F	00:51:37.90	289	41	114	00:51:02.60
499	James	Eniffer	Business	CW Courier Services	MSNR	M	00:51:39.30	290	65	176	00:51:17.75
241	Fiona	Horobin			FV45	F	00:51:40.45	291	36	115	00:51:07.90
14	Michelle	Ledgerton	Running Club	Michelles Running Group	FV45	F	00:51:41.40	292	37	116	00:51:07.80
488	Brian	Collins	Running Club	Halstead RRC	MV70	M	00:51:44.40	293	5	177	00:51:03.30
364	Ronald	Vialls	Running Club	Barking Road Runners	MV60	M	00:51:48.95	294	13	178	00:51:37.65
389	Peter	Allen	Education	Notley High School	MV50	M	00:52:01.35	295	43	179	00:51:49.30
276	Kenny	Carlyon	Running Club	Michelles Running Group	MSNR	M	00:52:11.15	296	66	180	00:51:49.05
39	Julie	Cousins			FV35	F	00:52:14.95	297	42	117	00:51:35.65
109	Nigel	Stone			MV40	M	00:52:14.95	298	46	181	00:51:50.25
410	Rebecca	Warren			FV35	F	00:52:19.55	299	43	118	00:51:42.10
231	Vicki	Groves	Running Club	Barking Road Runners	FV45	F	00:52:20.60	300	38	119	00:51:58.45
230	Richard	Ash	Running Club	Barking Road Runners	MV50	M	00:52:20.90	301	44	182	00:51:43.95
424	Sonu	Thethy	Business	Urmet	FV35	F	00:52:20.90	302	44	120	00:52:00.80
136	Christine	Hart			FV45	F	00:52:30.20	303	39	121	00:52:17.65
307	Charlotte	Broad			FSNR	F	00:52:31.30	304	26	122	00:51:59.65
1	Lynne	Culham	Running Club	Braintree & District AC	FV35	F	00:52:36.80	305	45	123	00:52:25.75
118	Denisa	Di Cesare	Running Club	Michelles Running Group	FV35	F	00:52:45.55	306	46	124	00:52:20.95
89	Robyn	Di Cesare	Running Club	Michelles Running Group	FV35	F	00:52:46.00	307	47	125	00:52:23.35
262	Andy	Appleby			MSNR	M	00:53:08.95	308	67	183	00:52:40.30
168	Chloe	Bond			FSNR	F	00:53:20.60	309	27	126	00:53:08.85
362	Andrea	Mortier			FV35	F	00:53:39.75	310	48	127	00:53:06.40
333	Louise	Sutton			FV45	F	00:53:39.75	311	40	128	00:53:06.85
42	Natalie	Deacon	Running Club	Michelles Running Group	FV35	F	00:53:43.20	312	49	129	00:53:10.05
10	Sandra	Creak	Running Club	Michelles Running Group	FV45	F	00:53:44.85	313	41	130	00:53:15.40
43	Lee	Deacon	Running Club	Michelles Running Group	MV40	M	00:53:46.60	314	47	184	00:53:05.15
490	Diane	Faulkner			FV55	F	00:54:35.20	315	9	131	00:54:06.85
298	Dee	West			FV35	F	00:54:40.30	316	50	132	00:54:17.10
192	Richard	Heard			MV40	M	00:54:40.35	317	48	185	00:54:14.55
96	Holly	Adams			FSNR	F	00:54:41.70	318	28	133	00:54:23.90
270	Craig	Devonshire			MSNR	M	00:54:57.20	319	68	186	00:54:25.75
269	Clare	Devonshire			FV35	F	00:54:57.75	320	51	134	00:54:29.60
409	Rachel	Kelly	Education	Notley High School	FV35	F	00:54:58.35	321	52	135	00:54:20.60

74	Jackie	Candice	Running Club	Michelles Running Group	FV45	F	00:55:10.40	322	42	136	00:54:39.90
108	Alison	Howard	Running Club	Michelles Running Group	FV45	F	00:55:10.55	323	43	137	00:54:39.25
251	Amanda	Crawford			FSNR	F	00:55:19.90	324	29	138	00:55:01.15
73	Grahame	Walkingshaw			MV50	M	00:55:26.45	325	45	187	00:54:50.40
210	Hayley	Brown			FSNR	F	00:55:26.55	326	30	139	00:54:46.35
294	Lauren	Crabb			FSNR	F	00:55:47.55	327	31	140	00:55:11.30
292	Shelley	Naylor			FV35	F	00:55:51.05	328	53	141	00:55:16.75
293	John	Naylor			MSNR	M	00:55:51.20	329	69	188	00:55:16.05
119	Jen	Mayes	Running Club	Michelles Running Group	FV45	F	00:55:58.25	330	44	142	00:55:28.05
295	Emma	Stirland	Business	Braintree District Council	FV35	F	00:55:59.30	331	54	143	00:55:22.60
291	Nina	Pegler	Business	Braintree District Council	FV35	F	00:56:02.15	332	55	144	00:55:25.95
258	Andrea	Fountain	Running Club	Braintree & District AC	FSNR	F	00:56:10.15	333	32	145	00:55:39.35
408	Charlotte	Field			FSNR	F	00:56:38.90	334	33	146	00:56:02.50
27	Sharon	Platt	Running Club	Michelles Running Group	FV35	F	00:56:45.95	335	56	147	00:56:13.45
13	Ruth	Ford	Running Club	Michelles Running Group	FSNR	F	00:56:47.50	336	34	148	00:56:14.10
24	Sheila	Purkiss	Running Club	Halstead RRC	FV55	F	00:57:29.85	337	10	149	00:56:54.10
163	Suzanne	Crowdell			FV35	F	00:57:35.05	338	57	150	00:57:05.40
312	Nicola	Freeman			FV45	F	00:57:35.95	339	45	151	00:57:05.10
19	Tracey	Wright	Running Club	Michelles Running Group	FV35	F	00:57:37.15	340	58	152	00:57:04.70
147	Amanda	Hurford			FV45	F	00:57:39.75	341	46	153	00:57:07.20
144	Emma	Ingram	Running Club	Michelles Running Group	FV45	F	00:57:42.45	342	47	154	00:57:09.10
49	Wendy	Bartram			FV45	F	00:57:57.55	343	48	155	00:57:42.45
417	Molly	Bartram			FSNR	F	00:57:57.75	344	35	156	00:57:43.80
7	Carole	Watts	Running Club	Michelles Running Group	FV45	F	00:58:00.05	345	49	157	00:57:31.35
5	Jane	Roach	Running Club	Michelles Running Group	FV45	F	00:58:06.55	346	50	158	00:57:35.95
20	Deborah	Wyatt	Running Club	Michelles Running Group	FV55	F	00:58:06.65	347	11	159	00:57:35.30
12	Eleanor	Owen	Running Club	Michelles Running Group	FV35	F	00:58:10.75	348	59	160	00:57:36.60
240	Ha	Cole			FV45	F	00:58:52.65	349	51	161	00:58:09.40
281	William	Metcalfe	Running Club	Dagenham 88 Runners	MV70	M	00:59:29.75	350	6	189	00:58:55.25
199	Mary	Mcgrath	Running Club	Michelles Running Group	FV55	F	00:59:38.05	351	12	162	00:59:04.05
213	Diane	Ashdown	Running Club	Halstead RRC	FV55	F	00:59:55.95	352	13	163	00:59:20.80
316	Leanne	Tew			FSNR	F	01:00:11.95	353	36	164	00:59:36.85
171	Stacey	Pollard	Running Club	Michelles Running Group	FV45	F	01:00:50.60	354	52	165	01:00:17.40
327	Dennis	Spencer Perkins	Running Club	Barking Road Runners	MV60	M	01:00:51.30	355	14	190	01:00:06.25
243	Maria	Bartlett	Running Club	Barking Road Runners	FV35	F	01:00:51.30	356	60	166	01:00:06.70
11	Richard	Smith	Running Club	Michelles Running Group	MV40	M	01:01:28.90	357	49	191	01:01:00.50
371	Helene	Watkinson			FV35	F	01:01:29.30	358	61	167	01:00:56.75

82	Jenna	Gosling			FSNR	F	01:02:18.95	359	37	168	01:01:40.50
83	Mike	Gosling	Business	Braintree District Council	MV50	M	01:02:19.65	360	46	192	01:01:41.85
487	Sarah	Law	Running Club	Ware joggers	FV45	F	01:02:29.95	361	53	169	01:01:47.85
176	Walker	Charlotte	Running Club	Michelles Running Group	FV35	F	01:03:41.20	362	62	170	01:03:04.85
100	Leah	Greensides	Running Club	Michelles Running Group	FSNR	F	01:03:45.55	363	38	171	01:03:15.85
212	Julie	Peacock			FV35	F	01:03:49.85	364	63	172	01:03:20.95
200	Anne	Atkinson	Running Club	Ware joggers	FV55	F	01:04:58.90	365	14	173	01:04:16.25
157	Rebecca	Chilton			FV35	F	01:05:34.30	366	64	174	01:05:04.30
486	Joby	Humm	Business	Braintree District Council	MSNR	M	01:06:35.95	367	70	193	01:05:53.10
485	Katie	Bright	Business	Braintree District Council	FSNR	F	01:06:37.95	368	39	175	01:05:56.65
102	Michelle	Kennedy	Running Club	Michelles Running Group	FV35	F	01:08:01.30	369	65	176	01:07:18.35
124	Mollie	Reason	Running Club	Michelles Running Group	FSNR	F	01:11:27.75	370	40	177	01:11:01.55
164	Rebecca	Williams	Running Club	Michelles Running Group	FSNR	F	01:11:31.15	371	41	178	01:11:04.15
165	Steven	Williams			MSNR	M	01:11:31.30	372	71	194	01:11:04.50
34	Deborah	Pack	Running Club	Michelles Running Group	FV45	F	01:14:35.10	373	54	179	01:14:04.65
33	Kevan	Pack	Running Club	Michelles Running Group	MV60	M	01:14:36.50	374	15	195	01:14:04.00
21	Robert	Wyatt	Running Club	Michelles Running Group	MSNR	M	DNS				
22	Leanne	Leport	Running Club	Michelles Running Group	FV35	F	DNS				
29	David	Smith	Running Club	Witham RC	MV50	M	DNS				
35	Rachel	Shaw			FSNR	F	DNS				
44	Daniella	Blakemore	Running Club	Michelles Running Group	JF	F	DNS				
46	Toni	Claydon			FSNR	F	DNS				
47	Adam	Lysons	Running Club	Leigh On Sea Striders	MV40	M	DNS				
50	Rob	Hadgraft	Running Club	Tiptree Road Runners	MV60	M	DNS				
52	Sandra	Green			FV45	F	DNS				
54	Mark	Dobson	Running Club	Leigh on Sea Striders	MV40	M	DNS				
55	Gemma	Fuller	Running Club	Leigh on Sea Striders	FV45	F	DNS				
57	Jan	Harvey	Running Club	Leigh on Sea Striders	FV45	F	DNS				
61	Rhona	Firth			FV45	F	DNS				
63	Maggie	Mcconnell	Running Club	Michelles Running Group	FV45	F	DNS				
66	Michael	Norton			MV50	M	DNS				
67	Suzie	Jeremiah			FV45	F	DNS				
68	Lesley	Gardner			FV45	F	DNS				
71	Lost Number					N	DNS				
78	Chris	Eagle			MSNR	M	DNS				
79	Lauren	Bowen	Running Club	Grange Farm & Dunmow Runners	FV35	F	DNS				
86	Victoria	Boyce	Running Club	Michelles Running Group	FV35	F	DNS				

93	Victoria	Williams Taylor			FSNR	F	DNS
97	Rachel	Pearsons	Running Club	Witham RC	FV35	F	DNS
101	David	Williams			MV50	M	DNS
114	Kresh	Veerasamy	Running Club	Barking Road Runners	MSNR	M	DNS
117	Nicola	Weatherburn			FV45	F	DNS
121	Mark	Harrod	Running Club	Colchester Harriers AC	MV40	M	DNS
125	Mark	Ross	Running Club	Great Bentley Running Club	MV50	M	DNS
127	Peter	Watson	Running Club	Benfleet RC	MSNR	M	DNF
128	Jane	Francis	Running Club	Michelles Running Group	FV45	F	DNS
130	Dylan	Leonard			MSNR	M	DNS
135	Santo	Patane			MV40	M	DNS
141	Claire	Sutton			FSNR	F	DNS
146	Anita	Cox			FV35	F	DNS
151	Angela	Manley			FV45	F	DNS
152	Nicholas	Manley			MV50	M	DNS
153	Alexander	Manley			MSNR	M	DNS
155	Jenni	Sheehan	Running Club	Ilford AC	FSNR	F	DNS
173	Steve	Hennings			MV50	M	DNS
174	Martina	Byrne			FV45	F	DNS
175	Andrew	Doig	Running Club	East Essex Triathlon Club	MV40	M	DNS
194	Matthew	Rees			MSNR	M	DNS
201	Lost Number					N	DNS
202	Darren	Lens			MV40	M	DNS
204	Brian	Rogers	Running Club	Ipswich Jaffa RC	MV60	M	DNS
208	Sara	Young			FV35	F	DNF
223	John	Wheatley	Running Club	Colchester Harriers AC	MV70	M	DNS
236	Isabel	Peralta Jimenez	Running Club	Braintree & District AC	FV35	F	DNS
246	Oliver	Haynes			MSNR	M	DNS
247	Karl	Manning			MSNR	M	DNS
249	Pamela	Jones	Running Club	Ilford AC	FV65	F	DNS
253	Joanne	Haynes			FSNR	F	DNS
278	Glen	Cameron			MV50	M	DNS
280	Samantha	Ferguson			FSNR	F	DNS
296	Louise	Birke			FSNR	F	DNS
305	Cheryl	Macdonald	Running Club	Pitsea RC	FV55	F	DNS
308	Susan	Maloney	Running Club	Harlow RC	FV45	F	DNS
334	Mike	Fielding			MV50	M	DNS

336 Paul	Morley			MSNR	M	DNS
340 Wayne	Mcallister	Running Club	Barking Road Runners	MV50	M	DNS
345 Rebecca	Cooke	Running Club	Colchester Harriers AC	FSNR	F	DNS
347 Liam	Robinson			MV50	M	DNS
360 Cathy	Beard	Running Club	Colchester Harriers AC	FV55	F	DNS
361 Dawn	Potter			FV45	F	DNS
365 Tony	Life			MV50	M	DNS
382 Georgina	Warren	Running Club	Benfleet RC	FSNR	F	DNS
392 Michael	Stiff	Running Club	Michelles Running Group	MV40	M	DNS
407 Lee	Prowse	Running Club	Grange Farm & Dunmow Runners	MV50	M	DNS
479 Lucinda	Witney			FSNR	F	DNS
480 David	Gladen	Business	Delamode	MSNR	M	DNS
492 James	Pilkinton	Business	Urmet	MSNR	M	DNS
494 Sam	Arnold	Business	Urmet	MSNR	M	DNS



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