

Bib	FirstName	LastName	Club	Category	Club Category	Gender	Finish - Gun Start	Overall Pos	Overall Cat pos	Overall Gender Pos	Finish - Chip Start
107	Crispian	Bloomfield	Billericay Striders	MSNR	R	M	26:23	1	1	1	26:21
368	ALEX	SHORT	CHELMSFORD AC	JM	R	M	26:52	2	1	2	26:53
62	Daniel	Poulton	STEVENAGE & NORTH HERTS	MSNR	R	M	27:39	3	2	3	27:37
376	Shay	Joyce	Orion Harriers	MSNR	R	M	27:55	4	3	4	27:53
156	Gavin	Allen	Braintree Athletic Club	MSNR	R	M	28:12	5	4	5	28:08
136	MIKE	MANSFIELD	Leigh On Sea Striders	MSNR	R	M	28:27	6	5	6	28:24
103	MICHAEL	BRIGGS	Benfleet	MSNR	R	M	28:28	7	6	7	28:25
312	Andrew	Law	Basildon	JM	R	M	28:40	8	2	8	28:37
214	Dave	Tullett	CHELMSFORD AC	MV40	R	M	28:46	9	1	9	28:43
377	Brian	Herrington	Harwich Runners	MV40	R	M	29:02	10	2	10	29:00
79	JOHN	OAKES	CAMBRIDGE&COLERIDGE	MV50	R	M	29:20	11	1	11	29:16
332	LEE	PICKERING	CHELMSFORD AC	MSNR	R	M	29:25	12	7	12	29:25
161	Peter	West	Colchester Harriers AC	MV40	R	M	29:27	13	3	13	29:24
203	Steven	Read	Barclays	MV40	B	M	29:44	14	4	14	29:40
280	Andy	Colman	Billericay Striders	MV40	R	M	29:56	15	5	15	29:54
192	Neil	Crisp	Ilford AC	MV40	R	M	29:58	16	6	16	29:54
172	JAMES	HASKEY-JONES	TIPTREE ROADRUNNERS	MV40	R	M	30:04	17	7	17	30:01
356	Dennis	Cross	Thurrock Harriers	JM	R	M	30:17	18	3	18	30:13
84	MARTIN	LAWRENCE	HAVERHILL RUNNING CLUB	MV40	R	M	30:17	19	8	19	30:11
98	Terry	Knightley	Ilford AC	MV40	R	M	30:18	20	9	20	30:16
272	Kevin	Harper	Witham Running Club	MSNR	R	M	30:18	21	8	21	30:12
93	Peirson	Colin	Orion Harriers	MV40	R	M	30:22	22	10	22	30:18
361	David	Wright	Colchester Harriers AC	MV50	R	M	30:58	23	2	23	30:55
210	Kurtis	Swan	Billericay Striders	JM	R	M	30:59	24	4	24	30:55
196	CHARLOTTE	PEPPIATT	Benfleet	FSNR	R	F	31:01	25	1	1	30:56
30	Tony	Hyde	Pitsea Running Club	MV40	R	M	31:06	26	11	25	31:00
236	NICK	LAUGHTON	Grange Farm	MSNR	R	M	31:08	27	9	26	31:03
220	Greg	Wisken	MID ESSEX CASUALS	MV40	R	M	31:12	28	12	27	31:09
305	Joseph	Gibbon	Colchester & Tendering AC	JM	R	M	31:22	29	5	28	31:16
90	nick	rankin	Benfleet	MV40	R	M	31:26	30	13	29	31:21
76	JON	BYFORD	SPRINGFIELD STRIDERS	MSNR	R	M	31:28	31	10	30	31:22
303	WENDY	KING	CHELMSFORD AC	FV35	R	F	31:34	32	1	2	31:30
350	KEVIN	CHALLIS	Benfleet	MSNR	R	M	31:44	33	11	31	31:38
294	MATT	COPS	Benfleet	MSNR	R	M	31:46	34	12	32	31:41

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99	SIMON	MORGAN	TIPTREE ROADRUNNERS	MV40	R	M	31:47	35	14	33	31:43
221	Eamonn	Shelley	Thurrock Harriers	MV40	R	M	31:51	36	15	34	31:48
18	James	Farren	Colchester & Tendering AC	MSNR	R	M	32:07	37	13	35	32:01
25	Paul	Chadwick		MSNR		M	32:11	38	14	36	32:06
28	Natasha	Taylor	Herts Phoenix AC	FSNR	R	F	32:18	39	2	3	32:15
48	Jill	Rush	Braintree Athletic Club	FV35	R	F	32:19	40	2	4	32:16
348	BRIAN	POWELL		MV50		M	32:21	41	3	37	32:16
170	IAN	HALL		MSNR		M	32:23	42	15	38	32:18
276	JENNIFER	ALEN		FSNR		F	32:24	43	3	5	32:18
360	DAVID	HURLEY	Southend Athletic Club	MV40	R	M	32:36	44	16	39	32:31
211	Amy	Weeks		FSNR		F	32:43	45	4	6	32:43
385	Laura	Shewbridge	TIPTREE ROADRUNNERS	FSNR	R	F	32:45	46	5	7	32:41
58	STEWART	ELLIS	Braintree Athletic Club	MSNR	R	M	32:57	47	16	40	32:54
11	Daniel	Pearce	Harwich Runners	MSNR	R	M	33:02	48	17	41	32:57
114	Wayne	Bullied	White Court School	MV40	S	M	33:24	49	17	42	33:16
1	Richard	Taylor	SPRINGFIELD STRIDERS	MV50	R	M	33:52	50	4	43	33:46
118	Dave	Cox		MV40		M	34:01	51	18	44	33:54
326	GREG	MARSHALL	Framlingham Flyers	MV50	R	M	34:04	52	5	45	33:57
149	Richard	Flutter	Harwich Runners	MV40	R	M	34:10	53	19	46	34:05
314	Kathryn	Mathews		FV35		F	34:10	54	3	8	33:59
320	DEBBIE	CATTERMOLE	Colchester Harriers AC	FV45	R	F	34:15	55	1	9	34:07
378	Paul	McClelland	Harwich Runners	MV40	R	M	34:21	56	20	47	34:17
264	Michelle	Caulfield	Braintree Athletic Club	FV35	R	F	34:28	57	4	10	34:24
174	HAYLEY	PEGG	CHELMSFORD AC	FSNR	R	F	34:28	58	6	11	34:28
259	STEPHEN	HEWES		MSNR		M	34:41	59	18	48	34:33
87	Craig	Hooke	Grange Farm	MV40	R	M	34:51	60	21	49	34:46
250	Trevor	Johnson	Witham Running Club	MV50	R	M	34:52	61	6	50	34:43
181	Stephen	Faulkner	Herts Phoenix AC	MV50	R	M	34:53	62	7	51	34:46
179	MARK	BREWER	TIPTREE ROADRUNNERS	MV40	R	M	34:58	63	22	52	34:50
137	IVAN	LAYZELL	HAVERTHILL RUNNING CLUB	MV40	R	M	35:01	64	23	53	34:45
347	Jane	Smith	Grange Farm	FV35	R	F	35:02	65	5	12	34:54
182	Ryan	Faulkner	Herts Phoenix AC	JM	R	M	35:05	66	6	54	34:58
302	ADAM	BAKER		MSNR		M	35:07	67	19	55	34:47
148	Edward	Mayes	Anser Project Managers	MSNR	B	M	35:12	68	20	56	34:52

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22	Phoenix	Green	Braintree Athletic Club	JM	R	M	35:13	69	7	57	35:01
231	MARK	WILLIAMS	Witham Running Club	MV40	R	M	35:13	70	24	58	35:13
366	Alan	Russell	Maidenhead Athletic Club	MV50	R	M	35:23	71	8	59	35:18
142	ROY	FLEMING	Billericay Striders	MSNR	R	M	35:25	72	21	60	35:20
343	Brian	Butcher	MID ESSEX CASUALS	MV60	R	M	35:28	73	1	61	35:21
269	Nicola	Pyle	SPRINGFIELD STRIDERS	FV35	R	F	35:30	74	6	13	35:26
193	Vincent	Monk	TIPTREE ROADRUNNERS	MV60	R	M	35:34	75	2	62	35:27
215	Graham	Pratt		MV50		M	35:39	76	9	63	35:33
309	John	Driscoll	Colchester Harriers AC	MV60	R	M	35:45	77	3	64	35:38
342	Fraser	Root	Barnes Flyers	JM	B	M	35:47	78	8	65	35:29
105	Paul-Christian	Townend	Woking AC	MSNR	R	M	35:48	79	22	66	35:13
162	Oliver	Anderson		MSNR		M	35:49	80	23	67	35:41
288	Dean	Thomas	Witham Running Club	MSNR	R	M	35:53	81	24	68	35:44
112	Tony	Balding	Leigh On Sea Striders	MSNR	R	M	35:54	82	25	69	35:51
101	MARC	UNDERDOWN		MSNR		M	35:56	83	26	70	35:50
328	STEVE	BUGDEN		MV50		M	36:00	84	10	71	35:49
290	Malcolm	Bailey	TIPTREE ROADRUNNERS	MV50	R	M	36:04	85	11	72	35:57
313	Matt	Davey	TIPTREE ROADRUNNERS	MSNR	R	M	36:12	86	27	73	36:04
195	COLIN	FARMER		MV40		M	36:15	87	25	74	36:10
315	Alexander	Manley	Felsted School	JM	S	M	36:17	88	9	75	36:01
381	David	Marsh		MSNR		M	36:21	89	28	76	36:13
201	Steve	Halls		MV50		M	36:22	90	12	77	36:06
69	Nigel	Waddington	Townrow Trotters	MV40	B	M	36:24	91	26	78	36:10
187	Ross	Boyer	Braintree Athletic Club	MV40	R	M	36:29	92	27	79	36:29
270	Robert	Gall	Barclays	MV40	B	M	36:40	93	28	80	36:31
271	Tim	Turner	Barclays	MV40	B	M	36:45	94	29	81	36:34
42	Paul	Youngman		MSNR		M	36:46	95	29	82	36:32
222	James	Slater	TIPTREE ROADRUNNERS	MV60	R	M	36:48	96	4	83	36:34
4	John	Tracey	Pitsea Running Club	MV40	R	M	36:54	97	30	84	36:46
194	LOUISA	LATHAM	Benfleet	FSNR	R	F	36:56	98	7	14	36:49
310	Peter	Gold	Witham Running Club	MV50	R	M	36:57	99	13	85	36:51
335	Colm	Scolard	Braintree Athletic Club	MV40	R	M	36:59	100	31	86	36:42
12	Denise	Warner	CASTLE POINT JOGGERS	FV45	R	F	37:02	101	2	15	36:53
102	SIMON	KING	Grange Farm	MV50	R	M	37:02	102	14	87	36:53

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262	HARDY	JOHN	Grange Farm	MV60	R	M	37:05	103	5	88	36:55
286	Jordan	Lacey		JF		F	37:05	104	1	16	37:04
330	RICHARD	SAMBRIDGE		MSNR		M	37:07	105	30	89	36:42
152	Tony	Hurst		MSNR		M	37:07	106	31	90	36:52
373	Mark	Averly	IPSWICH JAFFA RUNNING CLUB	MV40	R	M	37:07	107	32	91	36:54
94	Jeary	Mark	Witham Running Club	MV40	R	M	37:07	108	33	92	36:56
151	Pauline	Bambury	Bedford Harriers	FV55	R	F	37:08	109	1	17	36:59
239	PAUL	BARNSELY		MSNR		M	37:11	110	32	93	36:59
15	peter	maddison		MV50		M	37:15	111	15	94	37:03
337	Jules	Reeves	Grange Farm	FV35	R	F	37:19	112	7	18	36:59
189	Natalie	Crisp	Ilford AC	JF	R	F	37:24	113	2	19	37:11
123	John	Smith	Joscelyne Chasers	MV40	B	M	37:26	114	34	95	37:08
324	SHAWN	BECKERLEG	Witham Running Club	MSNR	R	M	37:33	115	33	96	37:33
267	Michelle	Voke	Braintree Athletic Club	FV35	R	F	37:34	116	8	20	37:18
218	JOSH	BLOOMFIELD		MSNR		M	37:38	117	34	97	37:16
164	Mick	Staines	CASTLE POINT JOGGERS	MV60	R	M	37:41	118	6	98	37:28
237	STEPHEN	COUSINS		MV50		M	37:44	119	16	99	37:33
6	John	Cooke	Colchester Harriers AC	MV40	R	M	37:49	120	35	100	37:31
261	RAYMOND	SHARMAN	Braintree Athletic Club	MV40	R	M	37:55	121	36	101	37:44
316	Nick	Manley	Felsted School	MV40	S	M	38:00	122	37	102	37:57
24	Trevor	Lawrence		MV50		M	38:01	123	17	103	37:44
295	ANDY	ROBINSON		MSNR		M	38:02	124	35	104	37:34
319	Elspeth	Knott	Harwich Runners	FV55	R	F	38:05	125	2	21	37:51
74	Lindsay	Rolerkite	Braintree Athletic Club	FV35	R	F	38:06	126	9	22	37:51
359	DON	SINCLAIR	Pitsea Running Club	MV50	R	M	38:08	127	18	105	38:08
206	Martin	Lodge	Road Runners Club	MV40	R	M	38:08	128	38	106	37:50
19	Peter	Shuttlewood		MV50		M	38:14	129	19	107	38:10
190	Jenni	Crisp	Ilford AC	FSNR	R	F	38:16	130	8	23	38:02
191	Diane	Crisp	Ilford AC	FV45	R	F	38:22	131	3	24	38:09
333	DAVID	TRIGGS		MV40		M	38:24	132	39	108	38:13
339	Kristian	Laudrum		JM	R	M	38:26	133	10	109	38:16
351	John	Kerr	Witham Running Club	MV40	R	M	38:27	134	40	110	38:08
388	Rebecca	Ivory	TIPTREE ROADRUNNERS	FSNR	R	F	38:32	135	9	25	38:18
160	Vanessa	Hale		FV35		F	38:38	136	10	26	38:19

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124	IAN	LINTON	TIPTREE ROADRUNNERS	MV60	R	M	38:38	137	7	111	38:25
299	ROBIN	BAKER		MSNR		M	38:43	138	36	112	38:22
177	DEAN	PILGRIM	Halstead Road Runners	MV40	R	M	38:44	139	41	113	38:18
157	Richard	Nice	Halstead Road Runners	MV40	R	M	38:46	140	42	114	38:29
246	Ian	Foskew	MID ESSEX CASUALS	MV40	R	M	38:49	141	43	115	38:38
225	Angela	Manley	Nominal Leggers	FV35	B	F	38:49	142	11	27	38:35
36	PAUL	DEARSLEY		MSNR		M	38:50	143	37	116	38:23
209	Colin	Short	Witham Running Club	MV60	R	M	39:03	144	8	117	38:52
253	David	Jobling	Witham Running Club	MV50	R	M	39:03	145	20	118	38:52
255	Gavin	Bradley	Lyons Hall	MSNR	S	M	39:05	146	38	119	38:41
147	David	Wildgoose	Anser Project Managers	JM	B	M	39:11	147	11	120	38:51
384	Nick	Perry	Grange Farm	MSNR	R	M	39:13	148	39	121	38:52
81	PAUL	LOWRY	CASTLE POINT JOGGERS	MSNR	R	M	39:15	149	40	122	38:56
95	Holroyd	Carla	Harwich Runners	FV45	R	F	39:17	150	4	28	39:03
258	Matt	Kett	TIPTREE ROADRUNNERS	MSNR	R	M	39:19	151	41	123	39:01
178	STEVEN	ROLFE	Lyons Hall	MSNR	S	M	39:21	152	42	124	38:57
372	Andrew	Goldsmith	Born2Tri	MSNR	R	M	39:23	153	43	125	38:55
278	MICHAEL	LEPORT		MSNR		M	39:24	154	44	126	39:08
138	DAVID	MILTON	SPRINGFIELD STRIDERS	MV50	R	M	39:26	155	21	127	39:15
37	MARK	SAYNOR		MSNR		M	39:28	156	45	128	39:11
116	Nicholas	TAYLOR		MSNR		M	39:31	157	46	129	39:16
186	James	McLeod	Felsted School	JM	S	M	39:32	158	12	130	39:26
92	Peirson	Julia	Orion Harriers	FV35	R	F	39:36	159	12	29	39:27
331	HONOR	WOOD	SPRINGFIELD STRIDERS	FV45	R	F	39:43	160	5	30	39:34
387	Helen	Ivory	TIPTREE ROADRUNNERS	FV55	R	F	39:44	161	3	31	39:29
207	Barry	Mitchell		MSNR		M	39:50	162	47	131	39:32
126	DAVID	HARRINGTON		MSNR		M	40:01	163	48	132	39:45
345	Alisdair	Thomson		MV60		M	40:06	164	9	133	39:51
336	LEE	Prowse	Grange Farm	MV40	R	M	40:12	165	44	134	40:03
341	Mark	Root	Barnes Flyers	MV40	B	M	40:14	166	45	135	39:54
96	Ian	Lucas	Witham Running Club	MV50	R	M	40:15	167	22	136	40:04
252	Kevin	Bearman	Braintree Athletic Club	MV40	R	M	40:16	168	46	137	39:59
49	Chris	POULTNEY		MSNR		M	40:18	169	49	138	40:09
263	Robert	Caulfield	Braintree Athletic Club	MV40	R	M	40:26	170	47	139	40:00

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109	Cheryl	Macdonald	Pitsea Running Club	FV45	R	F	40:28	171	6	32	40:19
321	KEVIN	BIRCH		MSNR		M	40:29	172	50	140	40:07
89	JOHN	WATSON		MV40		M	40:36	173	48	141	40:13
283	Martin	Pitts	Braintree Athletic Club	MSNR	R	M	40:39	174	51	142	40:06
334	ANDY	STEVENSON	Grange Farm	MV40	R	M	40:45	175	49	143	40:24
241	Mark	Jackson	White Court School	MV40	S	M	40:56	176	50	144	40:29
122	Charlotte	King	Joscelyne Chasers	FSNR	B	F	40:57	177	10	33	40:40
155	Philip	Lees		MSNR		M	41:08	178	52	145	40:54
125	GEORGE	BALL		MSNR		M	41:10	179	53	146	40:54
338	Mark	Kalinauckas	East London Triathletes	MV50	R	M	41:12	180	23	147	41:01
219	NIGEL	KEEBLE		MV40		M	41:21	181	51	148	41:00
287	Paul	Thomas	Witham Running Club	MSNR	R	M	41:25	182	54	149	41:12
110	Dylan	Leonard		MSNR		M	41:26	183	55	150	40:56
327	JOANNE	MARSHALL	Framlingham Flyers	FV45	R	F	41:32	184	7	34	41:14
284	Chris	Youngs		MV40		M	41:40	185	52	151	41:13
226	Chris	Regan	Nominal Leggers	MV40	B	M	41:56	186	53	152	41:21
369	JAMES	WOOD	SPRINGFIELD STRIDERS	JM	R	M	41:59	187	13	153	41:50
382	Christine	Marsh	Woodbridge Shufflers	FV45	R	F	42:03	188	8	35	41:54
365	James	Upton		MSNR		M	42:04	189	56	154	41:35
3	Adam	Johnston		MV50		M	42:08	190	24	155	41:57
352	Tracie	Bromboszoz	Witham Running Club	FV35	R	F	42:10	191	13	36	41:52
386	Simon	Page		MV50		M	42:16	192	25	156	41:55
180	Joanne	Ling	Billericay Striders	FV35	R	F	42:17	193	14	37	41:49
57	MARIE	COOK		FSNR		F	42:21	194	11	38	41:58
248	Ed	Nevard		MV40		M	42:29	195	54	157	41:53
354	Teresa	Harman	Born2Tri	FV45	R	F	42:35	196	9	39	42:06
355	Mark	Harman	Born2Tri	MV40	R	M	42:35	197	55	158	42:06
370	SUSAN	MURRAY		FSNR		F	42:37	198	12	40	42:18
340	James	O'Grady	Barnes Flyers	MV40	B	M	42:39	199	56	159	42:20
285	Ian	Willett		MSNR		M	42:48	200	57	160	42:33
325	JOSEPH	DILWORTH	Grange Farm	MV40	R	M	42:49	201	57	161	42:35
323	SHARON	WHITE	Grange Farm	FV35	R	F	42:50	202	15	41	42:35
251	Samantha	Bearman	Braintree Athletic Club	FV35	R	F	42:54	203	16	42	42:38
204	Carolyn	Bownes	TIPTREE ROADRUNNERS	FV45	R	F	42:59	204	10	43	42:36

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34	LEE	DODGE		MV40		M	43:02	205	58	162	42:29
364	Joby	Humm		MSNR		M	43:04	206	58	163	42:37
197	VICKI	LAW	GREAT BENTLEY RUNNING CLUB	FV35	R	F	43:06	207	17	44	42:48
199	Michael	Purkiss	Halstead Road Runners	MV50	R	M	43:08	208	26	164	42:50
153	Tina	Clarke	TIPTREE ROADRUNNERS	FV35	R	F	43:09	209	18	45	42:46
308	Catherine	Franklin	Grange Farm	FV45	R	F	43:14	210	11	46	42:53
229	RICKY	AQUILINA		MV40		M	43:30	211	59	165	43:23
40	Jackie	Jones		FV35		F	43:58	212	19	47	43:51
113	Roger	Duffield	TIPTREE ROADRUNNERS	MV70	R	M	44:04	213	1	166	43:53
265	Marid	Dicesare		MV40		M	44:09	214	60	167	43:42
245	Robert	Foskew	MID ESSEX CASUALS	JM	R	M	44:09	215	14	168	43:58
234	DAVID	BOTTOMLEY	Grange Farm	MSNR	R	M	44:10	216	59	169	43:47
349	IAIN	CATCHPOOL	IPSWICH JAFFA RUNNING CLUB	MV40	R	M	44:15	217	61	170	44:03
23	Sandra	Green	Braintree Athletic Club	FV35	R	F	44:19	218	20	48	43:59
301	JULIE	MCGRATH		FV35		F	44:20	219	21	49	44:00
64	Graeme	Moon		MV50		M	44:21	220	27	171	44:05
188	Teresa Jane	Flannigan	Pitsea Running Club	FV55	R	F	44:26	221	4	50	44:21
300	LORRAINE	BAKER		FSNR		F	44:32	222	13	51	44:11
260	SUSAN	SHARMAN	Braintree Athletic Club	FV45	R	F	44:34	223	12	52	44:23
163	Kathryn	Scourfield	Billericay Striders	FV35	R	F	44:43	224	22	53	44:14
358	VALERIE	SINCLAIR	Pitsea Running Club	FV55	R	F	44:49	225	5	54	44:36
205	Barry	Dobson	TIPTREE ROADRUNNERS	MV60	R	M	44:56	226	10	172	44:34
311	Lorraine	Gold	Witham Running Club	FV55	R	F	45:00	227	6	55	44:45
121	Daniel	Buck	Joscelyne Chasers	MSNR	B	M	45:00	228	60	173	44:42
185	Tracey	Groves	Witham Running Club	FV35	R	F	45:07	229	23	56	44:55
72	David	Emerick	Witham Running Club	MV70	R	M	45:22	230	2	174	45:07
21	Pam	Jones	Ilford AC	FV65	R	F	45:24	231	1	57	45:05
133	ANDREW	MCDIARMID		MV40		M	45:27	232	62	175	44:55
374	Lindsay	Bertram		FSNR		F	45:29	233	14	58	45:08
243	Joanne	Triggs	White Court School	FV35	S	F	45:40	234	24	59	45:12
35	LIZ	WHITE		FV45		F	45:44	235	13	60	45:22
353	Jane	Noble	Witham Running Club	FV35	R	F	45:47	236	25	61	45:27
77	TIMOTHY	GOULD		MV40		M	45:51	237	63	176	45:31
146	Ian	Wildgoose	Anser Project Managers	MV40	B	M	45:54	238	64	177	45:32

Bib	FirstName	LastName	Club	Category	Club Category	Gender	Finish - Gun Start	Overall Pos	Overall Cat pos	Overall Gender Pos	Finish - Chip Start
293	Philip	Whittaker		MSNR		M	45:55	239	61	178	45:28
17	ROGER	GARRETT		MV40		M	45:57	240	65	179	45:25
97	Sarah	Goodwin	Witham Running Club	FV45	R	F	46:05	241	14	62	45:45
66	Darren	Roberts		MV40		M	46:05	242	66	180	45:40
68	Dawn	Shilling	TIPTREE ROADRUNNERS	FSNR	R	F	46:06	243	15	63	45:50
175	REBECCA	KING		FSNR		F	46:12	244	16	64	45:54
158	Bob	Sherriffs		MV50		M	46:20	245	28	181	46:07
91	Nicola	Douglas		FV35		F	46:25	246	26	65	46:17
367	Mella	Watts		FV35		F	46:25	247	27	66	46:17
383	Emma	Pitcher	Grange Farm	FV35	R	F	46:26	248	28	67	46:16
78	PAUL	SPURGEON		MV40		M	46:31	249	67	182	46:16
273	ANNE	WITHERSPOON		FV45		F	46:35	250	15	68	46:14
235	ALAN	BRADLEY		MSNR		M	46:36	251	62	183	46:18
127	JUSTIN	PALMER		MSNR		M	46:42	252	63	184	46:25
63	Charlie	Matthams		MV50		M	46:43	253	29	185	46:11
51	LYNNE	GAREY	SPRINGFIELD STRIDERS	FV45	R	F	46:45	254	16	69	46:22
45	Michael	Coe		MV40		M	46:49	255	68	186	46:22
274	GERALDINE	HEMSLEY		FV45		F	46:51	256	17	70	46:30
375	Kelly	Sharp		FSNR		F	46:54	257	17	71	46:25
344	Peter	Stafford	Lyons Hall	MSNR	S	M	47:00	258	64	187	46:35
50	MICHELLE	IBRAHIM		FSNR		F	47:04	259	18	72	46:37
242	Tracy	Edwards	White Court School	FV35	S	F	47:13	260	29	73	46:44
275	TERRY	BRAVERMAN	HAVERHILL RUNNING CLUB	MV60	R	M	47:15	261	11	188	46:55
169	KEVIN	STEPHENS		MV40		M	47:30	262	69	189	47:18
117	Stephen	TAYLOR		MV50		M	47:38	263	30	190	47:19
46	Angela	Taylor	Townrow Trotters	FV45	B	F	47:44	264	18	74	47:14
71	Richard	Hunt		MV40		M	47:56	265	70	191	47:37
166	Charles	Humpoletz	ISG Trail Blazers	MV50	B	M	48:04	266	31	192	47:39
346	Mick	Quinlivan	Billericay Striders	MV50	R	M	48:12	267	32	193	47:37
379	Leslie	Creak	Benfleet	MV50	R	M	48:18	268	33	194	47:54
54	ENDA	MCGINLEY		MV40		M	48:30	269	71	195	48:01
227	Chris	Empson	Nominal Leggers	MSNR	B	M	48:40	270	65	196	48:04
108	Steve	Macdonald	Pitsea Running Club	MV50	R	M	48:46	271	34	197	48:09
86	RICHARD	DAVIES		MSNR		M	48:50	272	66	198	48:21

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85	MARK	TAYLOR		MSNR		M	48:51	273	67	199	48:22
281	Sarah	Cooper Keeble	Braintree Athletic Club	FV35	R	F	48:54	274	30	75	48:20
282	Paula	Evans	Braintree Athletic Club	FV35	R	F	48:54	275	31	76	48:21
88	RICHARD	SANDFORD	FERC	MV40	R	M	48:56	276	72	200	48:22
13	Lisa	Ford	Harwich Runners	FSNR	R	F	48:57	277	19	77	48:37
106	Stephanie	King	Woking AC	FSNR	R	F	48:58	278	20	78	48:58
307	Brian	Collins	Halstead Road Runners	MV70	R	M	49:00	279	3	201	48:35
212	Linsey	Smith	Townrow Trotters	FSNR	B	F	49:15	280	21	79	49:15
183	HAYLEY	Faulkner	Herts Phoenix AC	FSNR	R	F	49:23	281	22	80	49:06
173	SARAH	KNOWLES	SPRINGFIELD STRIDERS	FSNR	R	F	49:24	282	23	81	49:02
171	SUSAN	PELL		FV45		F	49:25	283	19	82	49:01
14	Laura	Hurn	Witham Running Club	FSNR	R	F	49:31	284	24	83	48:59
70	Sharon	Hunt		FV35		F	49:48	285	32	84	49:28
380	Teresa	Clark		FV45		F	50:01	286	20	85	49:39
168	Geraldine	Creak	ISG Trail Blazers	FV45	B	F	50:11	287	21	86	49:47
198	LYNNE	MILFORD		FSNR		F	50:12	288	25	87	49:49
141	Marianne	CRAVEN	Running Sisters	FV35	R	F	50:13	289	33	88	49:40
32	Tara	Eldridge		FV35		F	50:21	290	34	89	50:21
31	Nicola	Harvey		FV35		F	50:24	291	35	90	49:57
184	Diane	Faulkner	Herts Phoenix AC	FV45	R	F	50:26	292	22	91	50:10
75	Maxine	Allen	SPRINGFIELD STRIDERS	FV45	R	F	50:36	293	23	92	50:09
44	Fiona	Foot		FV35		F	50:37	294	36	93	50:10
7	Donna	Hindle		FV45		F	50:47	295	24	94	50:22
55	RACHEL	FAIRES	Witham Running Club	JF	R	F	50:57	296	3	95	50:35
53	SHELLEY	WRAY	Witham Running Club	FV35	R	F	51:00	297	37	96	50:38
371	LEE	Scott	Born2Tri	MV40	R	M	51:05	298	73	202	50:36
128	BELINDA	SEARLE	Fun With Fitness	FV35	R	F	51:10	299	38	97	50:36
131	SUSAN	SMITH	Fun With Fitness	FV35	R	F	51:16	300	39	98	50:40
129	JOANNA	JEAVONS	Fun With Fitness	FSNR	R	F	51:16	301	26	99	50:41
130	KATE	PAVEY	Fun With Fitness	FV35	R	F	51:19	302	40	100	50:45
200	Sheila	Purkiss	Halstead Road Runners	FV55	R	F	51:29	303	7	101	51:06
47	Nicola	Steele	Witham Running Club	FSNR	R	F	51:33	304	27	102	51:20
230	LYNNE	WILLIAMS	Witham Running Club	FV45	R	F	51:33	305	25	103	51:21
257	Roger	Ashdown	Halstead Road Runners	MV60	R	M	51:57	306	12	203	51:32

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167	James	Humpoletz	ISG Trail Blazers	MSNR	B	M	52:02	307	68	204	51:38
29	Katie	Martin		FSNR		F	52:37	308	28	104	52:03
39	Nicole	Tonner		FSNR		F	52:39	309	29	105	52:32
256	Christine	BRADLEY	Lyons Hall	FV55	S	F	52:45	310	8	106	52:20
38	James	Tonner		MV40		M	52:46	311	74	205	52:39
41	Gemma	Taylor		FSNR		F	52:47	312	30	107	52:40
145	Caroline	Wildgoose	Anser Project Managers	FV45	B	F	53:04	313	26	108	52:43
277	ALLAN	SEYMOUR		MSNR		M	53:09	314	69	206	52:37
159	Kevin	Mixture		MV40		M	53:15	315	75	207	53:08
104	Kathryn	Townend	Braintree Athletic Club	FSNR	R	F	53:18	316	31	109	52:46
249	Ann	Johnson	Witham Running Club	FV35	R	F	53:18	317	41	110	52:59
268	Nina	Morgan	Braintree Athletic Club	FSNR	R	F	53:23	318	32	111	52:51
143	MATTHEW	MILLBANK		MV40		M	54:19	319	76	208	53:49
144	CLAIRE	MILLBANK		FV35		F	54:19	320	42	112	53:50
80	KATHERINE	TAYLOR		FV45		F	54:48	321	27	113	54:14
139	BEVERLEY	BOLDERO		FV45		F	55:09	322	28	114	54:36
357	LOUISE	SUTTON		FV35		F	55:15	323	43	115	54:48
56	MANDY	MILLER		FV45		F	55:40	324	29	116	55:11
233	LINDSAY	BROWN		FV45		F	55:53	325	30	117	55:18
329	LIZ	CLARK		FV35		F	55:54	326	44	118	55:18
232	SUSAN	HUMPHREYS		FV35		F	55:54	327	45	119	55:19
223	John	Sanderson		MSNR		M	56:09	328	70	209	55:37
224	Charlotte	Foster		FSNR		F	56:09	329	33	120	55:39
135	LISA	MANSFIELD	Leigh On Sea Striders	FSNR	R	F	56:36	330	34	121	56:05
52	Glenn	Burton	Pitsea Running Club	MV40	R	M	56:38	331	77	210	56:21
291	Hannah	Ellis	Lyons Hall	FSNR	S	F	56:45	332	35	122	56:20
73	Naomi	Emerick	Witham Running Club	FV55	R	F	57:08	333	9	123	56:55
228	SARAH	KEYES		FSNR		F	57:25	334	36	124	56:53
8	Robin	Pitts		MV50		M	57:52	335	35	211	57:18
67	Jill	Bezzant	Townrow Trotters	FV45	B	F	1:00:15	336	31	125	59:43
292	Nicola	Horsley	Lyons Hall	FSNR	S	F	1:03:59	337	37	126	1:03:33
240	Nicola	Whybrow	Lyons Hall	FSNR	S	F	1:04:00	339	38	127	1:03:35
165	Elaine	Mitchell	CASTLE POINT JOGGERS	FV55	R	F	1:05:12	340	10	128	1:04:40
208	Alan	Murphy	Barking Road Runners	MV60	R	M	1:09:11	341	13	212	1:08:34

Race Serviced By:



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154	Phillip	Clarke	TIPTREE ROADRUNNERS	MV40	R	M	37:07				
266	John	Roberts		MV70		M	DNF				