

**Braintree5 (Skyline 120): 7th April 2013** Results By ChiptimingUK

Overall Finish List

Place	Name	Team	Bib No	Age Group	Place	Chip Time	Gun Time	Gender	Age Group Description
1	NICK SHASHA	ORION HARRIERS	218	1	Top Fin	26:17.1	26:18.6	M	M-Senior
2	Tristan Windley	SPRINGFIELD STRIDERS	289	1	M 18-39	26:32.0	26:33.6	M	M-Senior
3	MALCOLM MUIR	Iford Athletic Club	200	2	M 18-39	26:34.1	26:35.7	M	M-Senior
4	MARK SANFORD	CHELMSFORD AC	364	3	M 18-39	26:57.5	26:59.0	M	M-Senior
5	TOM GARDNER	Iford Athletic Club	398	4	M 18-39	26:59.5	27:01.3	M	M-Senior
6	GAVIN ALLEN	BRAINTREE & DISTRICT AC	336	5	M 18-39	27:01.6	27:04.0	M	M-Senior
7	SPENCER HEMPSTED	Iford Athletic Club	286	1	M 40-49	27:05.9	27:07.7	M	MV40
8	MARK NEWTON	SPRINGFIELD STRIDERS	253	6	M 18-39	27:22.8	27:24.5	M	M-Senior
9	TOM CAMMACK	SPRINGFIELD STRIDERS	186	7	M 18-39	27:26.0	27:27.5	M	M-Senior
10	SCOTT FILMER	COLCHESTER HARRIERS AC	351	8	M 18-39	27:27.0	27:28.9	M	M-Senior
11	Steve Murtagh	HARLOW RUNNING CLUB	238	2	M 40-49	27:26.8	27:30.0	M	MV40
12	SIMON BENT	COLCHESTER HARRIERS AC	313	9	M 18-39	27:36.1	27:38.4	M	M-Senior
13	SIMON HART	HAVERING MAYESBROOK AC	42	3	M 40-49	27:40.3	27:42.5	M	MV40
14	JAMES NUNN	BILLERICAY STRIDERS	266	10	M 18-39	27:58.7	28:00.3	M	M-Senior
15	ROBERT REASON	HARWICH RUNNERS	322	11	M 18-39	27:59.3	28:01.3	M	M-Senior
16	RHYS GILLARD	SOUTHEND AC	388	12	M 18-39	28:07.5	28:09.5	M	M-Senior
17	STEVE HEWES	HARWICH RUNNERS	58	13	M 18-39	28:13.1	28:15.1	M	M-Senior
18	IAN CLARK	ORION HARRIERS	149	14	M 18-39	28:17.1	28:19.5	M	M-Senior
19	JAMES WRIGHT	SPRINGFIELD STRIDERS	69	15	M 18-39	28:17.5	28:21.7	M	M-Senior
20	JOSEPH Nourse	BRAINTREE & DISTRICT AC	55	1	M 15-17	28:19.9	28:23.4	M	JM
21	RICHARD BIDGOOD	KENT AC	341	16	M 18-39	28:22.3	28:25.3	M	M-Senior
22	STEPHEN PHILCOX	Iford Athletic Club	233	4	M 40-49	28:24.0	28:26.7	M	MV40
23	JAMES FARREN	WITHAM RUNNING CLUB	78	5	M 40-49	28:25.8	28:28.8	M	MV40
24	BARNABY FOOT	ORION HARRIERS	204	6	M 40-49	28:27.1	28:29.6	M	MV40
25	PAUL SPOWAGE	COLCHESTER HARRIERS AC	377	7	M 40-49	28:29.7	28:31.9	M	MV40
26	CHRIS BURGoyNE	SPRINGFIELD STRIDERS	235	17	M 18-39	28:51.8	28:54.3	M	M-Senior
27	LARRY MANGELSHOT	WARE JOGGERS	15	8	M 40-49	28:47.9	28:55.3	M	MV40
28	NEIL MCGOUN	ORION HARRIERS	72	18	M 18-39	28:53.2	28:56.3	M	M-Senior
29	STEVE COOPER	HARWICH RUNNERS	23	9	M 40-49	28:57.7	28:59.3	M	MV40
30	ERIC PAUL	ORION HARRIERS	308	1	M 50-59	29:00.3	29:02.2	M	MV50
31	JAMES SMITH	SPRINGFIELD STRIDERS	134	19	M 18-39	28:59.3	29:02.8	M	M-Senior
32	KURTIS SWAN	BILLERICAY STRIDERS	145	20	M 18-39	29:01.5	29:02.8	M	M-Senior
33	SIMON LE MARE	SOUTHEND AC	309	2	M 50-59	28:58.3	29:03.0	M	MV50
34	DAVID JOHNSON	THURROCK HARRIERS	408	21	M 18-39	29:05.3	29:08.0	M	M-Senior
35	KEVIN WOTTON	BARKING ROAD RUNNERS	453	10	M 40-49	29:08.3	29:10.3	M	MV40
36	SAM RAHMAN	Iford Athletic Club	27	22	M 18-39	29:10.6	29:14.5	M	M-Senior
37	PAUL MINGAY	TIPTREE ROAD RUNNERS	397	3	M 50-59	29:13.7	29:21.6	M	MV50
38	COLIN READ	ORION HARRIERS	416	11	M 40-49	29:23.3	29:25.6	M	MV40
39	COLIN RIDLEY	COLCHESTER HARRIERS AC	344	4	M 50-59	29:21.6	29:26.4	M	MV50
40	PETER WEST	COLCHESTER HARRIERS AC	139	12	M 40-49	29:24.2	29:27.2	M	MV40

41	TOM CRESSWELL	SUDBURY JOGGERS	426	23 M 18-39	29:28.1	29:33.1	M	M-Senior
42	Terry Knightley	Ilford Athletic Club	199	5 M 50-59	29:31.1	29:33.4	M	MV50
43	JONATHAN NEARS	COLCHESTER HARRIERS AC	414	24 M 18-39	29:41.9	29:44.7	M	M-Senior
44	MARK RUTTER	HARWICH RUNNERS	187	6 M 50-59	29:48.2	29:51.5	M	MV50
45	PETER KARAIKOS	LEIGH ON SEA STRIDERS	373	25 M 18-39	29:54.8	29:59.2	M	M-Senior
46	JOE HAPPE	ORION HARRIERS	282	13 M 40-49	29:58.5	30:00.5	M	MV40
47	TONY HYDE	Ilford Athletic Club	57	14 M 40-49	30:00.9	30:04.4	M	MV40
48	PETE RILEY	WITHAM RUNNING CLUB	279	15 M 40-49	30:05.4	30:09.4	M	MV40
49	NIGEL SWINBURNE	DAGENHAM 88 RUNNERS	268	26 M 18-39	30:13.5	30:19.8	M	M-Senior
50	ADAM HUTTON	SPRINGFIELD STRIDERS	444	16 M 40-49	30:19.9	30:27.5	M	MV40
51	DON LAWLESS	THURROCK HARRIERS	320	17 M 40-49	30:26.8	30:28.4	M	MV40
52	SARAH IVORY	COLCHESTER HARRIERS AC	413	1 Top Fin	30:27.3	30:30.2	F	F-Senior
53	CHRIS MARTIN	WITHAM RUNNING CLUB	192	27 M 18-39	30:27.7	30:33.7	M	M-Senior
54	NICK RANKIN	BENFLEET RUNNING CLUB	73	7 M 50-59	30:33.3	30:38.5	M	MV50
55	Leo Cole	WITHAM RUNNING CLUB	292	18 M 40-49	30:37.9	30:41.7	M	MV40
56	Theodore Mubayi	UK Tapes Ltd	421	28 M 18-39	30:36.6	30:41.8	M	M-Senior
57	PAUL JEFFREY-READ	HARLOW RUNNING CLUB	90	19 M 40-49	30:38.3	30:43.4	M	MV40
58	EAMONN SHELLEY	THURROCK HARRIERS	391	8 M 50-59	30:41.3	30:43.7	M	MV50
59	CLARE THURGOOD	ORION HARRIERS	148	1 F 18-34	30:38.6	30:44.3	F	F-Senior
60	NIKKI BROCKBANK	SPRINGFIELD STRIDERS	436	2 F 18-34	30:52.8	30:56.6	F	F-Senior
61	PAUL HOLLOWAY	Ilford Athletic Club	252	20 M 40-49	31:01.6	31:06.9	M	MV40
62	THOMAS BEARD	BRAINTREE & DISTRICT AC	216	2 M 15-17	30:57.0	31:08.6	M	JM
63	ANDREW CONWAY	TIPTREE ROAD RUNNERS	133	21 M 40-49	31:01.2	31:09.3	M	MV40
64	JAMES HASKEY-JONES	TIPTREE ROAD RUNNERS	430	22 M 40-49	31:04.3	31:12.3	M	MV40
65	MICHAEL BUMSTEAD	THURROCK HARRIERS	411	1 M 60-69	31:15.6	31:19.2	M	MV60
66	NICK TUIJE	IPSWICH HARRIERS	167	29 M 18-39	31:14.7	31:20.6	M	M-Senior
67	NEIL GILLINGHAM	GRANGE FARM & DUNMOW RUNNERS	333	30 M 18-39	31:22.7	31:26.7	M	M-Senior
68	ASHWIN SHAH	GRANGE FARM & DUNMOW RUNNERS	38	31 M 18-39	31:30.3	31:35.1	M	M-Senior
69	DANIEL REYNOLDS	GRANGE FARM & DUNMOW RUNNERS	164	32 M 18-39	31:25.1	31:36.7	M	M-Senior
70	MARK CYL	WARE JOGGERS	6	23 M 40-49	31:33.8	31:37.5	M	MV40
71	Anita Cox	BRAINTREE & DISTRICT AC	190	1 F 35-44	31:38.9	31:42.2	F	FV35
72	KEVIN JACOB	BILLERICAY STRIDERS	291	24 M 40-49	31:46.8	31:52.1	M	MV40
73	Laura Shewbridge	COLCHESTER HARRIERS AC	76	3 F 18-34	31:51.8	31:57.9	F	F-Senior
74	BEN HOLDGATE	BRAINTREE & DISTRICT AC	70	3 M 15-17	31:56.0	32:00.9	M	JM
75	IAN BUDGE	BILLERICAY STRIDERS	319	9 M 50-59	31:59.0	32:01.6	M	MV50
76	MARTIN PAGE	BARKING ROAD RUNNERS	353	10 M 50-59	31:58.7	32:03.7	M	MV50
77	DAVID ANDREWS	GRANGE FARM & DUNMOW RUNNERS	56	25 M 40-49	32:07.7	32:12.6	M	MV40
78	TREVOR JOHNSON	WITHAM RUNNING CLUB	141	11 M 50-59	32:06.7	32:16.4	M	MV50
79	MIKE BAGNALL	WARE JOGGERS	10	33 M 18-39	32:16.8	32:20.8	M	M-Senior
80	ANDREW FAY	SAFFRON STRIDERS	443	4 M 15-17	32:14.0	32:25.5	M	JM
81	IAN CANNONS	HARWICH RUNNERS	41	26 M 40-49	32:19.3	32:29.4	M	MV40
82	GEOFF MAIDMENT	GRANGE FARM & DUNMOW RUNNERS	227	27 M 40-49	32:28.7	32:32.9	M	MV40
83	NEIL SMETHURST	IPSWICH HARRIERS	99	34 M 18-39	32:20.2	32:33.6	M	M-Senior
84	NICK COOPER	BRAINTREE & DISTRICT AC	379	5 M 15-17	32:26.1	32:35.4	M	JM

85	AMANDA HENRY	COLCHESTER HARRIERS AC	83	2 F 35-44	32:33.9	32:40.0	F	FV35
86	Ryan Faulkner	Herts Phoenix	111	35 M 18-39	32:38.4	32:47.1	M	M-Senior
87	FIONA HALLS	SAFFRON STRIDERS	39	3 F 35-44	32:45.5	32:48.8	F	FV35
88	DAVE LUMBY	IPSWICH TRIATHLON CLUB	334	12 M 50-59	32:40.9	32:51.4	M	MV50
89	DARREN BROWN		102	36 M 18-39	32:48.5	32:57.2	M	M-Senior
90	CLIVE THOMAS	GREAT BENTLEY RUNNING CLUB	306	13 M 50-59	32:52.6	32:59.9	M	MV50
91	PATRICK MARSH	COLCHESTER HARRIERS AC	197	28 M 40-49	32:49.4	33:00.3	M	MV40
92	LEE FORD		463	37 M 18-39	32:51.3	33:00.3	M	M-Senior
93	Jessica Park	BRAINTREE & DISTRICT AC	477	4 F 18-34	32:57.0	33:02.1	F	F-Senior
94	DAVID JOSEPH		300	38 M 18-39	33:01.9	33:05.9	M	M-Senior
95	ROB SAUNDERS		454	39 M 18-39	32:58.3	33:10.8	M	M-Senior
96	Adam Hunwicks		128	40 M 18-39	33:05.0	33:16.3	M	M-Senior
97	DANIEL JEPHCOTT	HARLOW RUNNING CLUB	231	6 M 15-17	33:07.9	33:17.3	M	JM
98	PETER BINNS	SOUTHEND AC	305	2 M 60-69	33:13.6	33:18.9	M	MV60
99	David Spencer	GRANGE FARM & DUNMOW RUNNERS	245	29 M 40-49	33:14.7	33:19.3	M	MV40
100	STEVEN KENT	HARWICH RUNNERS	434	14 M 50-59	33:10.4	33:20.0	M	MV50
101	JOHN TENNANT	HARLOW RUNNING CLUB	281	3 M 60-69	33:14.9	33:23.5	M	MV60
102	MARK AHLIN		220	30 M 40-49	33:24.0	33:30.1	M	MV40
103	ANDREW PARKER	SPRINGFIELD STRIDERS	47	15 M 50-59	33:21.0	33:31.2	M	MV50
104	SAMANTHA BILBIE		445	4 F 35-44	33:25.3	33:32.1	F	FV35
105	Gavin Long	UK Tapes Ltd	420	31 M 40-49	33:28.8	33:37.6	M	MV40
106	BRIAN ROGERS	IPSWICH JAFFA	135	16 M 50-59	33:29.6	33:38.5	M	MV50
107	Emily Zethraeus	GREAT BENTLEY RUNNING CLUB	258	5 F 18-34	33:32.4	33:39.8	F	F-Senior
108	NEAL MARLOW	LEIGH ON SEA STRIDERS	34	32 M 40-49	33:19.3	33:42.1	M	MV40
109	Ross Boyer	BRAINTREE & DISTRICT AC	437	17 M 50-59	33:37.2	33:46.3	M	MV50
110	CARYS SUTTON	CHELMSFORD AC	193	6 F 18-34	33:38.7	33:49.9	F	F-Senior
111	GREG MARSHALL	FRAMLINGHAM FLYERS	142	4 M 60-69	33:43.7	33:53.7	M	MV60
112	ANNE JENKINSON	SOUTHEND AC	399	5 F 35-44	33:51.9	33:57.8	F	FV35
113	CHARLOTTE DAVIES	WARE JOGGERS	182	7 F 18-34	33:56.6	34:02.3	F	F-Senior
114	JAMES VARNDELL		352	41 M 18-39	33:55.1	34:04.9	M	M-Senior
115	KENNY BLYTH	WARE JOGGERS	77	5 M 60-69	34:04.3	34:09.1	M	MV60
116	JAMIE JEPHCOTT	HARLOW RUNNING CLUB	230	33 M 40-49	34:10.8	34:20.1	M	MV40
117	NICK BEALES	HARWICH RUNNERS	232	18 M 50-59	34:14.6	34:23.3	M	MV50
118	Vanessa Mathers	SOUTHEND AC	256	1 F 45-54	34:19.4	34:26.2	F	FV45
119	DAVE GAYER	COLCHESTER HARRIERS AC	365	42 M 18-39	34:13.5	34:27.0	M	M-Senior
120	LISA CLIFFORD	ORION HARRIERS	384	6 F 35-44	34:21.8	34:28.5	F	FV35
121	Kevin Newell	Ilford Athletic Club	86	43 M 18-39	34:36.6	34:41.6	M	M-Senior
122	PETER BAKER	WARE JOGGERS	259	19 M 50-59	34:37.5	34:43.5	M	MV50
123	LES TAYLOR	WARE JOGGERS	236	34 M 40-49	34:41.5	34:47.9	M	MV40
124	CAROLINE TUCK	DAGENHAM 88 RUNNERS	211	2 F 45-54	34:51.8	34:57.9	F	FV45
125	Stephen Parker	Ilford Athletic Club	66	20 M 50-59	34:53.0	35:00.1	M	MV50
126	DAVID CARTER	Virgin Active Runners	329	44 M 18-39	34:28.1	35:01.5	M	M-Senior
127	SAMANTHA MONK	DAGENHAM 88 RUNNERS	254	8 F 18-34	34:55.1	35:02.2	F	F-Senior
128	BERNARD JOHNSON	THURROCK HARRIERS	409	21 M 50-59	34:56.2	35:04.3	M	MV50

129	JASON WINTIN	GRANGE FARM & DUNMOW RUNNERS	265	45 M 18-39	34:56.2	35:07.9	M	M-Senior
130	MARC DRISCOLL	COLCHESTER HARRIERS AC	423	46 M 18-39	35:05.8	35:15.9	M	M-Senior
131	IAN BAINES	GRANGE FARM & DUNMOW RUNNERS	371	47 M 18-39	35:24.4	35:24.4	M	M-Senior
132	DANIAL HERRON		468	48 M 18-39	35:08.4	35:26.8	M	M-Senior
133	Stephen Faulkner		109	22 M 50-59	35:15.0	35:27.3	M	MV50
134	ROGER PARTRIDGE	WARE JOGGERS	8	23 M 50-59	35:20.2	35:27.9	M	MV50
135	John Tracey	PITSEA RUNNING CLUB	307	35 M 40-49	35:15.9	35:28.7	M	MV40
136	BREEGE NORDIN	Iford Athletic Club	263	1 F 55-64	35:22.5	35:28.8	F	FV55
137	PAUL BRIDGES	SPRINGFIELD STRIDERS	428	49 M 18-39	35:20.1	35:29.4	M	M-Senior
138	NAOMI MOSS		241	7 F 35-44	35:19.5	35:31.6	F	FV35
139	IAN CUMMINS	DAGENHAM 88 RUNNERS	466	36 M 40-49	35:18.8	35:33.3	M	MV40
140	JAMIE ROBISON		295	50 M 18-39	35:18.8	35:35.2	M	M-Senior
141	AMANDA HESLEGRAVE	BARKING ROAD RUNNERS	273	8 F 35-44	35:23.6	35:36.4	F	FV35
142	GARY CARDNELL	DAGENHAM 88 RUNNERS	269	24 M 50-59	35:37.8	35:46.3	M	MV50
143	SUSAN MILLWARD	WARE JOGGERS	16	9 F 35-44	35:39.6	35:46.7	F	FV35
144	ANDY THOMAS	SPRINGFIELD STRIDERS	185	37 M 40-49	35:42.2	35:47.4	M	MV40
145	MICHAEL COCKER	Royston Runners	36	25 M 50-59	35:40.2	35:51.3	M	MV50
146	Debbie Cattermole	COLCHESTER HARRIERS AC	194	3 F 45-54	35:46.0	35:54.3	F	FV45
147	JOHN WHEATLEY	COLCHESTER HARRIERS AC	153	1 M 70-99	35:58.2	36:02.7	M	MV70+
148	ELIZABETH HALL	ORION HARRIERS	350	9 F 18-34	36:00.4	36:08.4	F	F-Senior
149	SUE SPONG	HAVERING 90 JOGGERS	173	2 F 55-64	36:06.8	36:15.1	F	FV55
150	JOSEPH DILWORTH	GRANGE FARM & DUNMOW RUNNERS	378	26 M 50-59	36:11.7	36:23.6	M	MV50
151	AMY DEER		152	10 F 18-34	36:18.0	36:31.2	F	F-Senior
152	PASQUALE PELLECCIA	HARLOW RUNNING CLUB	424	6 M 60-69	36:34.9	36:44.7	M	MV60
153	LINDSAY ROLERKITE	BRAINTREE & DISTRICT AC	451	4 F 45-54	36:37.6	36:48.2	F	FV45
154	Nicola Hopkinson	Iford Athletic Club	65	5 F 45-54	36:42.6	36:49.7	F	FV45
155	Rob Sargent	Iford Athletic Club	92	27 M 50-59	36:43.1	36:49.8	M	MV50
156	ALAN TURNER		465	51 M 18-39	36:29.9	36:51.8	M	M-Senior
157	PHILIP POULTER		440	52 M 18-39	36:35.7	36:52.7	M	M-Senior
158	DIANNE CRISP	Iford Athletic Club	51	6 F 45-54	36:53.7	37:00.0	F	FV45
159	Peter Gold		293	28 M 50-59	36:45.9	37:00.5	M	MV50
160	LISA RIEFFEL	CASTE POINT JOGGERS	447	10 F 35-44	36:48.9	37:03.1	F	FV35
161	MARK MOUGHTON	ESSEX BOOT CAMP	219	29 M 50-59	36:47.3	37:06.2	M	MV50
162	GLEN TAYLOR	SOUTHEND AC	251	30 M 50-59	37:01.7	37:09.3	M	MV50
163	LUIZ SILVA	ASICS GLOBO GYM	470	53 M 18-39	36:59.5	37:10.6	M	M-Senior
164	ANGELA FLIGHT	ORION HARRIERS	278	11 F 18-34	37:02.4	37:10.8	F	F-Senior
165	Josephine Sheffield	BRAINTREE & DISTRICT AC	340	7 F 45-54	37:02.3	37:11.7	F	FV45
166	Elspeth Knott	HARWICH RUNNERS	247	3 F 55-64	36:57.3	37:12.0	F	FV55
167	JAMES KENNERLEY	WITHAM RUNNING CLUB	156	54 M 18-39	36:51.7	37:14.7	M	M-Senior
168	PHILIP PRESLAND	GREAT BENTLEY RUNNING CLUB	171	38 M 40-49	37:10.9	37:25.1	M	MV40
169	DENIS MOLE	HAVERING 90 JOGGERS	100	7 M 60-69	37:13.6	37:27.0	M	MV60
170	JOHN DRISCOLL	COLCHESTER HARRIERS AC	349	8 M 60-69	37:17.4	37:28.6	M	MV60
171	ANNETTE HARDMAN	WARE JOGGERS	150	12 F 18-34	37:23.4	37:28.8	F	F-Senior
172	Gordon Shrimpton	HALSTEAD ROADRUNNERS	406	9 M 60-69	37:07.8	37:36.9	M	MV60



217	TOM MANLEY	TMFIT	331	65 M 18-39	39:42.7	40:11.0	M	M-Senior
218	JOANNE MARSHALL	SERPENTINE	143	7 F 55-64	40:01.6	40:16.0	F	FV55
219	PETER KEATS	WARE JOGGERS	87	37 M 50-59	40:00.8	40:22.4	M	MV50
220	JULIAN CORDWELL	HARWICH RUNNERS	298	12 M 60-69	40:00.9	40:25.0	M	MV60
221	KRESH VEERASAMY	DAGENHAM 88 RUNNERS	400	66 M 18-39	40:09.6	40:26.0	M	M-Senior
222	GRAHAM WILLIAMS	Ilford Athletic Club	50	2 M 70-99	40:19.8	40:28.1	M	MV70+
223	JAMES THOMPSON	ASICS GLOBO GYM	499	67 M 18-39	40:17.8	40:28.7	M	M-Senior
224	JUDE MANSER	WARE JOGGERS	25	12 F 45-54	40:19.3	40:33.1	F	FV45
225	JOHN HARDY	GRANGE FARM & DUNMOW RUNNERS	327	13 M 60-69	40:08.2	40:40.2	M	MV60
226	TONY ADOLPHUS	IPSWICH JAFFA	343	38 M 50-59	40:28.0	40:44.1	M	MV50
227	NEIL PRIESTLAND	HARLOW RUNNING CLUB	469	68 M 18-39	40:42.4	40:48.1	M	M-Senior
228	PAUL SCHRODER	BARKING ROAD RUNNERS	180	69 M 18-39	40:32.3	40:48.3	M	M-Senior
229	ANDY HORLOCK	SOUTHEND AC	107	39 M 50-59	40:37.2	40:52.8	M	MV50
230	DEBBIELYN HALLAM	WARE JOGGERS	276	15 F 35-44	40:33.2	40:54.1	F	FV35
231	ROBERT WADDINGHAM	Ilford Athletic Club	11	40 M 50-59	40:48.4	40:56.9	M	MV50
232	STEPHEN CHEAL	BENFLEET RUNNING CLUB	299	41 M 50-59	40:37.8	40:57.0	M	MV50
233	FRANCES WEBSTER	DAGENHAM 88 RUNNERS	74	13 F 45-54	40:40.9	40:58.1	F	FV45
234	STEPHEN EASLEY	BENFLEET RUNNING CLUB	183	49 M 40-49	40:42.3	40:59.9	M	MV40
235	MANDY COOPER	BILLERICAY STRIDERS	394	14 F 45-54	40:45.8	41:03.3	F	FV45
236	JOANNE LING	HARLOW RUNNING CLUB	248	16 F 35-44	40:42.8	41:05.3	F	FV35
237	DAVID PAGE	HARWICH RUNNERS	272	50 M 40-49	40:50.9	41:06.9	M	MV40
238	ANN PIERCY	GRANGE FARM & DUNMOW RUNNERS	335	8 F 55-64	40:53.3	41:08.9	F	FV55
239	CHRIS Pro	DAGENHAM 88 RUNNERS	374	70 M 18-39	40:48.5	41:15.4	M	M-Senior
240	LEE PROWSE	Virgin Active Runners	103	42 M 50-59	40:51.4	41:23.1	M	MV50
241	JENNIFER AKROYD	BRAINTREE & DISTRICT AC	267	15 F 18-34	41:09.2	41:25.7	F	F-Senior
242	MARTIN HALL	LEIGH ON SEA STRIDERS	452	43 M 50-59	41:00.8	41:29.3	M	MV50
243	MELISSA ARTHURS	HALSTEAD ROADRUNNERS	196	15 F 45-54	41:09.1	41:39.9	F	FV45
244	GARY WALSH	Ilford Athletic Club	59	44 M 50-59	41:18.7	41:42.3	M	MV50
245	LORRAINE GARNHAM	GREAT BENTLEY RUNNING CLUB	449	16 F 45-54	41:33.0	41:43.7	F	FV45
246	Satha Alaganandasundaram	HAVERING 90 JOGGERS	64	45 M 50-59	41:31.7	41:46.8	M	MV50
247	MIRIAM MARK	WARE JOGGERS	79	17 F 35-44	41:26.8	41:47.1	F	FV35
248	BARBARA MCDONNELL	Urmet	214	17 F 45-54	41:23.9	41:50.3	F	FV45
249	JOHN WARNE	HARWICH RUNNERS	412	14 M 60-69	41:24.8	41:51.3	M	MV60
250	ANNE RAMSDEN	TROTTERS INDEPENDANT	32	9 F 55-64	41:47.7	41:54.6	F	FV55
251	JORDY LYDEN	HARLOW RUNNING CLUB	24	51 M 40-49	41:45.3	41:59.9	M	MV40
252	HELEN MILLER	WARE JOGGERS	68	16 F 18-34	41:41.8	42:01.3	F	F-Senior
253	Manji Gami	HARWICH RUNNERS	355	52 M 40-49	41:49.7	42:07.6	M	MV40
254	LEE PARKER	TROTTERS INDEPENDANT	239	53 M 40-49	41:31.4	42:08.7	M	MV40
255	TOM HURLEY	HARLOW RUNNING CLUB	464	46 M 50-59	41:57.2	42:10.6	M	MV50
256	LOUISE PAPWORTH	WARE JOGGERS	450	18 F 35-44	41:57.1	42:12.2	F	FV35
257	JAMES HENDERSON	HARWICH RUNNERS	337	71 M 18-39	41:51.6	42:14.2	M	M-Senior
258	ANGELA TAYLOR	TROTTERS INDEPENDANT	389	18 F 45-54	41:55.0	42:15.9	F	FV45
259	WENDY SPRING	HARLOW RUNNING CLUB	181	19 F 35-44	42:02.9	42:19.0	F	FV35
260	PAULA GOLLOP	WARE JOGGERS	462	17 F 18-34	42:12.8	42:20.8	F	F-Senior

261	DAVID WILLIAMS		330	54 M 40-49	42:09.7	42:22.5	M	MV40
262	Ronald Dawson	SOUTHEND AC	474	3 M 70-99	42:02.9	42:23.4	M	MV70+
263	LAURA SHELDRAKE	TMFIT	332	18 F 18-34	41:57.6	42:26.6	F	F-Senior
264	DOUGLAS MARLOW		44	15 M 60-69	42:16.5	42:30.2	M	MV60
265	JENNI VINER	WARE JOGGERS	198	10 F 55-64	42:17.2	42:31.3	F	FV55
266	JOANNE MCFARLANE	DAGENHAM 88 RUNNERS	274	20 F 35-44	42:17.1	42:36.0	F	FV35
267	NATHAN BOYER		161	72 M 18-39	42:17.9	42:38.7	M	M-Senior
268	KIMBERLEY LEWIS		71	21 F 35-44	42:09.0	42:39.5	F	FV35
269	LARA NICHOLSON	ESSEX BOOT CAMP	177	22 F 35-44	42:19.9	42:39.6	F	FV35
270	EILEEN SHADFORD		303	19 F 45-54	42:21.5	42:43.2	F	FV45
271	CHRIS CHANDLER		264	73 M 18-39	42:43.4	42:51.9	M	M-Senior
272	FRANK BIRD	SPRINGFIELD STRIDERS	321	47 M 50-59	42:33.2	42:52.3	M	MV50
273	MAXINE STEVENS		81	23 F 35-44	42:30.0	42:54.5	F	FV35
274	MIKE GOSLING		203	48 M 50-59	42:33.7	43:00.0	M	MV50
275	TRACY OLIVER	DAGENHAM 88 RUNNERS	287	24 F 35-44	42:43.5	43:00.7	F	FV35
276	SHARON ROBINSON	DAGENHAM 88 RUNNERS	285	20 F 45-54	42:41.8	43:00.9	F	FV45
277	TIMI SELON VEERASAMY	DAGENHAM 88 RUNNERS	405	11 F 55-64	42:47.8	43:06.1	F	FV55
278	Carly Markin	ESSEX BOOT CAMP	367	19 F 18-34	42:49.1	43:06.9	F	F-Senior
279	JENNY PURKISS		124	25 F 35-44	42:36.0	43:11.8	F	FV35
280	Dennis Williams	Hercules Wimbledon AC	475	16 M 60-69	42:57.6	43:21.7	M	MV60
281	NICKI EDWARDS	ESSEX BOOT CAMP	175	26 F 35-44	43:04.6	43:22.8	F	FV35
282	SAMANTHA LAKE-LINTON		458	27 F 35-44	43:07.6	43:27.5	F	FV35
283	IAN LINTON	TIPTREE ROAD RUNNERS	122	17 M 60-69	42:57.6	43:27.9	M	MV60
284	GRAEME MOON	TIPTREE ROAD RUNNERS	172	49 M 50-59	42:56.7	43:27.9	M	MV50
285	NEIL DAINES		221	55 M 40-49	42:51.9	43:29.5	M	MV40
286	KAREN STOREY	Virgin Active Runners	191	28 F 35-44	43:01.7	43:30.0	F	FV35
287	LAURA COOK	Virgin Active Runners	26	20 F 18-34	42:56.7	43:30.2	F	F-Senior
288	PAUL SPURGEON	FETCH EVERYONE RUNNING CLUB	151	56 M 40-49	43:11.1	43:36.3	M	MV40
289	MAJKEN BLAKER		46	29 F 35-44	43:27.7	43:53.4	F	FV35
290	NICOLE CALLAGHAN	SPRINGFIELD STRIDERS	166	30 F 35-44	43:35.9	44:00.6	F	FV35
291	RICKY AQUILINA		137	57 M 40-49	43:52.3	44:10.3	M	MV40
292	CAROLINE CUMMINS	DAGENHAM 88 RUNNERS	363	21 F 45-54	44:07.5	44:24.1	F	FV45
293	PAULA ROTHERO	TIPTREE ROAD RUNNERS	206	22 F 45-54	44:00.6	44:26.1	F	FV45
294	DONNA HINDLE		304	23 F 45-54	44:14.4	44:30.9	F	FV45
295	James White		75	74 M 18-39	43:58.3	44:31.0	M	M-Senior
296	MARTIN PITTS	BRAINTREE & DISTRICT AC	250	75 M 18-39	44:09.6	44:31.1	M	M-Senior
297	GRAHAM WADE		129	58 M 40-49	44:09.7	44:31.5	M	MV40
298	Darren Lens	UK Tapes Ltd	422	59 M 40-49	44:29.4	44:33.9	M	MV40
299	KATHY SCOURFIELD	BILLERICAY STRIDERS	280	24 F 45-54	44:20.0	44:43.2	F	FV45
300	GAVIN FOSTER	GRANGE FARM & DUNMOW RUNNERS	270	50 M 50-59	44:42.2	44:54.2	M	MV50
301	STEVE ROLLISON		346	60 M 40-49	44:38.0	44:54.7	M	MV40
302	YVONNE SADLER	TMFIT	395	25 F 45-54	44:27.8	44:56.4	F	FV45
303	Kayleigh Beedon	BRAINTREE & DISTRICT AC	438	21 F 18-34	44:49.8	45:00.1	F	F-Senior
304	CATHERINE BARNETT	LEIGH ON SEA STRIDERS	80	22 F 18-34	44:50.7	45:09.5	F	F-Senior

305	SIMON PAGE		13	51 M 50-59	44:42.6	45:10.6	M	MV50
306	TRACEY FAIRCLOUGH	GIRLS GO RUNNING 'A' TEAM	383	26 F 45-54	44:48.8	45:28.5	F	FV45
307	EMILY PRIOR		89	23 F 18-34	45:12.3	45:31.3	F	F-Senior
308	COLIN NAMAN	WARE JOGGERS	88	18 M 60-69	45:19.9	45:41.3	M	MV60
309	JOHN MCVELIA	TIPTRREE ROAD RUNNERS	20	61 M 40-49	45:14.9	45:45.8	M	MV40
310	ROBERT SINGH	BARKING ROAD RUNNERS	108	76 M 18-39	45:42.2	45:57.7	M	M-Senior
311	STEPHEN CARTWRIGHT	Colchester & Tendring Athletic Club	425	52 M 50-59	45:38.9	46:02.1	M	MV50
312	MICHAEL PURKISS	HALSTEAD ROADRUNNERS	126	19 M 60-69	45:28.0	46:03.1	M	MV60
313	LEE JAIMESON		338	62 M 40-49	45:40.7	46:03.3	M	MV40
314	Alpa Day	Little Baddow Ridge Runners	473	31 F 35-44	45:39.1	46:08.7	F	FV35
315	CHARLES HUMPOLETZ		419	53 M 50-59	45:44.4	46:12.5	M	MV50
316	JOY LEADER	PHOENIX STRIDERS	262	27 F 45-54	45:50.2	46:13.3	F	FV45
317	KAY TAVINOR	DENGIE 100 RUNNERS	155	28 F 45-54	45:56.3	46:22.3	F	FV45
318	ERICA ROGERS		435	32 F 35-44	46:08.5	46:23.8	F	FV35
319	SUSAN HARRINGTON	GRANGE FARM & DUNMOW RUNNERS	202	29 F 45-54	46:13.5	46:26.7	F	FV45
320	LOUISE CHAPPELL	DAGENHAM 88 RUNNERS	418	33 F 35-44	46:12.8	46:30.2	F	FV35
321	Darren Roberts	Braintree District Council	228	63 M 40-49	45:58.0	46:30.6	M	MV40
322	JOANNE LANG	WITHAM RUNNING CLUB	29	30 F 45-54	46:06.6	46:42.3	F	FV45
323	JOHN GRANTHAM		403	54 M 50-59	46:19.3	46:44.8	M	MV50
324	Pam Jones	Iford Athletic Club	257	1 F 65-99	46:39.3	46:55.1	F	FV65+
325	DEB HARRISON	BRAINTREE & DISTRICT AC	116	34 F 35-44	46:23.9	46:57.8	F	FV35
326	SANDRA RUST		312	31 F 45-54	46:31.9	47:01.0	F	FV45
327	BRIDGET OWEN		339	32 F 45-54	46:33.1	47:02.3	F	FV45
328	GIN CRAIG		215	33 F 45-54	46:48.0	47:23.6	F	FV45
329	DEBORAH ALLEN	WARE JOGGERS	12	12 F 55-64	47:18.3	47:32.3	F	FV55
330	CAROL MUIR	Iford Athletic Club	201	35 F 35-44	47:20.0	47:35.3	F	FV35
331	STUART IRONS		157	55 M 50-59	47:07.8	47:38.4	M	MV50
332	SARAH JOBE	LEIGH ON SEA STRIDERS	407	36 F 35-44	47:04.2	47:39.2	F	FV35
333	SARAH DOCHERTY		311	24 F 18-34	47:13.6	47:40.7	F	F-Senior
334	VICTORIA LEVINE		500	34 F 45-54	47:42.0	48:16.0	F	FV45
335	DAVE HOWARD	WITHAM RUNNING CLUB	168	56 M 50-59	47:57.1	48:22.3	M	MV50
336	CAROLE VARNDELL		441	35 F 45-54	48:06.3	48:31.2	F	FV45
337	DAVID FOLEY		404	20 M 60-69	48:05.5	48:39.2	M	MV60
338	JOHN BUTCHER	WARE JOGGERS	7	4 M 70-99	48:15.4	48:39.2	M	MV70+
339	GARY SIBLEY	BRAINTREE & DISTRICT AC	410	77 M 18-39	48:06.8	48:40.7	M	M-Senior
340	NICOLA DARLING		316	25 F 18-34	48:09.8	48:40.7	F	F-Senior
341	CHRIS MCDONNELL	HAVERING 90 JOGGERS	213	21 M 60-69	48:21.6	48:48.3	M	MV60
342	Brian Collins	HALSTEAD ROADRUNNERS	158	5 M 70-99	48:15.2	48:51.2	M	MV70+
343	PETER VOIGT		106	64 M 40-49	48:35.4	49:07.4	M	MV40
344	SAMANTHA CHALLIS		456	26 F 18-34	48:53.1	49:12.8	F	F-Senior
345	DEBBIE PARTRIDGE	HALSTEAD ROADRUNNERS	382	36 F 45-54	48:54.6	49:30.1	F	FV45
346	NICOLA FIELD	DAGENHAM 88 RUNNERS	433	37 F 35-44	49:16.5	49:34.8	F	FV35
347	SUSAN THOMAS	GREAT BENTLEY RUNNING CLUB	140	37 F 45-54	49:30.2	49:50.9	F	FV45
348	VICTORIA OLIVER		284	27 F 18-34	49:20.1	49:56.5	F	F-Senior



349	TINA STARLING	GALLERY RUN AND TRI	376	38 F 45-54	49:26.2	49:57.8	F	FV45
350	ALISON HARPER		113	38 F 35-44	49:35.2	50:01.3	F	FV35
351	EMMA MARSHALL		165	28 F 18-34	49:51.2	50:11.4	F	F-Senior
352	LYNDY SOUSTER	LEIGH ON SEA STRIDERS	117	29 F 18-34	49:56.5	50:31.9	F	F-Senior
353	ALAN BRADLEY		174	65 M 40-49	50:06.4	50:43.7	M	MV40
354	HELEN BIGGS		368	39 F 35-44	50:15.5	50:50.0	F	FV35
355	BRIAN LORD		401	22 M 60-69	50:31.7	50:55.7	M	MV60
356	WILLIAM Metcalfe	DAGENHAM 88 RUNNERS	361	6 M 70-99	50:38.4	51:01.8	M	MV70+
357	Jennifer Branch		457	30 F 18-34	50:27.2	51:02.9	F	F-Senior
358	JUDIT MAROSI	ESSEX BOOT CAMP	459	39 F 45-54	51:05.4	51:24.9	F	FV45
359	LORRAINE NAUDE		225	31 F 18-34	50:58.1	51:28.2	F	F-Senior
360	ANNABEL LUSBY	GIRLS GO RUNNING 'A' TEAM	369	40 F 35-44	50:56.6	51:28.4	F	FV35
361	ANGELA LOYER	GIRLS GO RUNNING 'A' TEAM	370	40 F 45-54	50:57.0	51:28.6	F	FV45
362	SAM LEES		315	78 M 18-39	50:58.6	51:32.8	M	M-Senior
363	ROSEMARY LENO	TMFIT	242	41 F 35-44	51:04.2	51:33.1	F	FV35
364	JOANNE KNAPEK		386	32 F 18-34	51:20.4	51:38.9	F	F-Senior
365	SALLY HAYNES		120	33 F 18-34	51:13.2	51:43.2	F	F-Senior
366	ROSE HASKEY-JONES	TIPTREE ROAD RUNNERS	429	41 F 45-54	51:13.0	51:44.3	F	FV45
367	BELINDA KERINS		314	42 F 45-54	51:18.8	51:53.5	F	FV45
368	IAN KIRTON		18	57 M 50-59	51:59.1	52:24.9	M	MV50
369	JANE SWANSON-SPRENT	DAGENHAM 88 RUNNERS	275	42 F 35-44	52:30.6	52:46.9	F	FV35
370	TRACEY GEORGE	DAGENHAM 88 RUNNERS	296	43 F 45-54	52:30.9	52:47.2	F	FV45
371	LYNSEY APPS	GREAT BENTLEY RUNNING CLUB	467	34 F 18-34	53:36.0	53:56.3	F	F-Senior
372	NICO HAMPTON	LEIGH ON SEA STRIDERS	115	35 F 18-34	53:22.1	53:57.6	F	F-Senior
373	KIM BAXTER	BILLERICAY STRIDERS	176	13 F 55-64	53:41.1	54:03.8	F	FV55
374	JULIE PENFOLD	HALSTEAD ROADRUNNERS	381	14 F 55-64	53:38.0	54:12.6	F	FV55
375	GEMMA FULLER	LEIGH ON SEA STRIDERS	22	44 F 45-54	53:59.8	54:33.1	F	FV45
376	RICHARD PERCY	GRANGE FARM & DUNMOW RUNNERS	417	23 M 60-69	54:44.5	54:57.4	M	MV60
377	ELIZABETH LORD	WARE JOGGERS	310	2 F 65-99	54:45.0	55:10.1	F	FV65+
378	Brian Cox		359	66 M 40-49	54:57.1	55:29.7	M	MV40
379	JILL BEZZANT	TROTTERS INDEPENDANT	375	15 F 55-64	55:00.9	55:30.7	F	FV55
380	SUSAN BANNOCKS	PHOENIX STRIDERS	138	45 F 45-54	55:04.6	55:32.1	F	FV45
381	REBECCA MCVELIA	TIPTREE ROAD RUNNERS	427	43 F 35-44	55:07.3	55:37.7	F	FV35
382	DANIELLE LAWRENCE		37	36 F 18-34	55:16.9	55:38.1	F	F-Senior
383	VICKY CALVER		455	44 F 35-44	56:03.2	56:30.5	F	FV35
384	Marisa Swain		360	46 F 45-54	56:17.1	56:37.8	F	FV45
385	MARK DOBSON	LEIGH ON SEA STRIDERS	21	67 M 40-49	56:40.8	57:15.0	M	MV40
386	DEBBIE VINCE	DAGENHAM 88 RUNNERS	297	47 F 45-54	57:37.3	58:06.1	F	FV45
387	AVERIL KIRTON		19	48 F 45-54	57:55.6	58:21.6	F	FV45
388	SHANE WALTERS	Farliegh Hospice	189	68 M 40-49	58:00.9	58:37.8	M	MV40
389	CATHERINE KELLY		402	16 F 55-64	1:00:19.0	1:00:52.6	F	FV55
390	VAL STRINGER	WARE JOGGERS	54	3 F 65-99	1:01:13.8	1:01:36.1	F	FV65+
391	ROY STRINGER	WARE JOGGERS	53	7 M 70-99	1:01:13.3	1:01:36.5	M	MV70+
392	NICOLA STUDD		119	37 F 18-34	1:02:50.6	1:03:20.6	F	F-Senior

393 GWENDOLYN MORRIS  
394 JUSTINE LAYMOND

461  
431

45 F 35-44  
46 F 35-44

1:07:16.0  
1:20:22.2

1:07:43.4  
1:20:42.7

F FV35  
F FV35