

**BRAINTREE & DISTRICT  
ATHLETIC CLUB**

Bib No	First Name	Last Name	Team Cat	Club/Team	Category	Gender	Finish	Overall Pos	Cat Pos	Gender Pos	Chip Time
1	SHAUN	PICKERING	B	ASICS BRAINTREE	MSNR	M	00:26:09.75	1	1	1	00:26:09.90
328	Steven	Robinson	R	St Edmund Pacers	MSNR	M	00:26:14.80	2	2	2	00:26:13.15
345	CRISPIAN	BLOOMFIELD	R	Billericay Striders	MSNR	M	00:26:41.75	3	3	3	00:26:41.75
329	Tristan	Windley	R	SPRINGFIELD STRIDERS	MSNR	M	00:26:51.10	4	4	4	00:26:50.95
33	BEN	WHITWORTH	R	WOODFORD GREEN & ESSEX LADIES	MSNR	M	00:26:57.85	5	5	5	00:26:57.20
397	GAVIN	ALLEN	R	BRAINTREE AND DISTRICT AC	MSNR	M	00:27:02.30	6	6	6	00:27:01.25
342	MATT	LEEMAN	R	Loughborough Students AC	MSNR	M	00:27:12.00	7	7	7	00:27:12.00
144	MATTHEW	REES			MSNR	M	00:27:40.30	8	8	8	00:27:40.15
378	ROBERT	REASON	R	HARWICH RUNNERS	MSNR	M	00:27:46.75	9	9	9	00:27:45.50
311	GARY	CRONE	B	Fire Service	MV40	M	00:27:53.45	10	1	10	00:27:52.70
376	BRIAN	HERRINGTON	R	HARWICH RUNNERS	MV40	M	00:28:09.55	11	2	11	00:28:08.80
355	Steven	COOPER	R		MSNR	M	00:28:15.15	12	10	12	00:28:15.15
221	DAVID	BEAVER	R	DULWICH RUNNER	MV50	M	00:28:21.70	13	1	13	00:28:21.20
236	KURTIS	SWAN	R	Billericay Striders	MSNR	M	00:29:00.40	14	11	14	00:28:59.55
268	PAUL	SPOWAGE	R	COLCHESTER HARRIERS	MV40	M	00:29:01.95	15	3	15	00:29:01.65
184	DAVE	TULLETT	R	Chelmsford AC	MV40	M	00:29:04.90	16	4	16	00:29:04.25
375	PAUL	MINGAY	R	Tiptree Road Runners	MV50	M	00:29:14.10	17	2	17	00:29:12.35
22	STEVE	HEWES			MSNR	M	00:29:14.65	18	12	18	00:29:13.50
390	ANDY	COLEMAN	R	Billericay Striders	MV40	M	00:29:35.30	19	5	19	00:29:35.30
2	ALAN	READE	R	WITHAM RUNNING CLUB	MV40	M	00:29:39.95	20	6	20	00:29:39.10
386	KEVIN	WHELAN	R	Ware Joggers	MSNR	M	00:29:49.60	21	13	21	00:29:46.55
238	NIGEL	SWINBURNE	R	DAGENHAM 88 RUNNERS	MSNR	M	00:29:53.90	22	14	22	00:29:52.15
244	PAUL	PRESTON	R	COLCHESTER HARRIERS	MV40	M	00:29:54.50	23	7	23	00:29:52.65
210	JAMES	HASKEY-JONES	R	Tiptree Road Runners	MV40	M	00:29:55.15	24	8	24	00:29:51.45
319	ANDREW	WARLEY			MSNR	M	00:30:01.85	25	15	25	00:29:59.00
114	JIM	ANDREWS	S	Lyons Hall School	MSNR	M	00:30:26.95	26	16	26	00:30:20.95
264	EAMONN	SHELLEY	R	Thurrock Harriers	MV50	M	00:30:32.65	27	3	27	00:30:31.45
374	CHRISTOPHER	DONNELLAN	R	DAGENHAM 88 RUNNERS	MSNR	M	00:30:35.55	28	17	28	00:30:33.25
373	SAM	RAHMAN	R	DAGENHAM 88 RUNNERS	MSNR	M	00:30:35.60	29	18	29	00:30:33.35
249	Neil	Crisp	R	Ilford Athletic Club	MV40	M	00:30:37.25	30	9	30	00:30:34.75
21	LARRY	MANGELSHOT	R	Ware Joggers	MV40	M	00:30:40.00	31	10	31	00:30:28.65
171	ADAM	HUTTON	R	SPRINGFIELD STRIDERS	MV40	M	00:30:44.90	32	11	32	00:30:40.40
260	BILLIE	BURROUGHS	R	BENFLEET RUNNING CLUB	MSNR	M	00:30:44.95	33	19	33	00:30:43.75
75	DANIEL	REYNOLDS	R	GRANGE FARM & DUNMOW RUNNERS	MSNR	M	00:30:46.10	34	20	34	00:30:44.05
4	ROSS	BOYER	R	BRAINTREE AND DISTRICT AC	MV50	M	00:30:46.60	35	4	35	00:30:45.15
343	CHRIS	LEEMAN	R	BENFLEET RUNNING CLUB	MV40	M	00:30:47.85	36	12	36	00:30:46.90
116	CHRIS	MARTIN	R	WITHAM RUNNING CLUB	MSNR	M	00:30:54.65	37	21	37	00:30:51.55
16	David	Pomeroy	R	Ware Joggers	MSNR	M	00:31:00.70	38	22	38	00:30:58.95
143	ANITA	COX	R	GRANGE FARM & DUNMOW RUNNERS	FV35	F	00:31:04.45	39	1	1	00:31:02.60
111	DAVID	ANDREWS	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:31:16.15	40	13	39	00:31:14.25
42	David	Spencer	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:31:31.45	41	14	40	00:31:30.25
64	DANIEL	SORRELL	R	BRAINTREE AND DISTRICT AC	MSNR	M	00:31:39.00	42	23	41	00:31:33.75
166	JOE	SPENCER	B	BORN2TRI	MSNR	M	00:31:42.35	43	24	42	00:31:41.40
145	ASHWIN	SHAH	R	GRANGE FARM & DUNMOW RUNNERS	MSNR	M	00:31:43.10	44	25	43	00:31:39.40
377	STUART	PRESTNEY	R	BRAINTREE AND DISTRICT AC	MSNR	M	00:31:48.30	45	26	44	00:31:46.25
229	ANDY	DOWIE	B	EAST ESSEX TRI	MSNR	M	00:31:53.45	46	27	45	00:31:47.20
277	BEN	NORRIS			MSNR	M	00:31:56.75	47	28	46	00:31:41.80
243	GEOFF	MAIDMENT	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:31:58.55	48	15	47	00:31:57.10
98	Tony	Balding	R	LEIGH ON SEA STRIDERS	MV40	M	00:32:03.20	49	16	48	00:32:02.70
207	PETE	Riley			MV40	M	00:32:06.40	50	17	49	00:31:56.90
367	Gary	Russell	B	Complete Health & Fitness	MSNR	M	00:32:07.50	51	29	50	00:31:42.45
127	Dawn	Davies	R	IPSWICH JAFFA	FV35	F	00:32:12.20	52	2	2	00:32:09.40
12	MARC	UNDERDOWN	R	WITHAM RUNNING CLUB	MSNR	M	00:32:37.90	53	30	51	00:32:31.25
152	STEVE	SADLER	R	Ware Joggers	MV40	M	00:32:41.25	54	18	52	00:32:38.00
275	ANDY	ROBINSON	B	BORN2TRI	MSNR	M	00:32:41.30	55	31	53	00:32:37.90
178	Simon	Morgan	R	Tiptree Road Runners	MV40	M	00:32:44.05	56	19	54	00:32:41.90
353	SIMON	FERGUSON			MV40	M	00:32:55.65	57	20	55	00:32:43.05
213	GREG	MARSHALL	R	SERPENTINE	MV50	M	00:33:03.10	58	5	56	00:32:56.15
84	MARK	CYL	R	Ware Joggers	MV40	M	00:33:05.85	59	21	57	00:33:01.75
203	Gavin	Long	B	UK Tapes Ltd	MV40	M	00:33:06.65	60	22	58	00:33:06.65
56	Annette	Hardman	R	Ware Joggers	FSNR	F	00:33:18.15	61	1	3	00:33:15.60
402	Angus	McLaren	R	BRAINTREE AND DISTRICT AC	JM	M	00:33:19.10	62	1	59	00:32:57.10
101	LEE	PEMBROKE	R	WITHAM RUNNING CLUB	MSNR	M	00:33:24.00	63	32	60	00:33:16.00
398	VERITY	SMITH	R	IPSWICH JAFFA	FV35	F	00:33:38.35	64	3	4	00:33:35.55
216	SAM	JACKSON			MSNR	M	00:33:41.80	65	33	61	00:33:35.15
286	GLYNN	STONE	R	HALSTEAD ROAD RUNNERS	MV40	M	00:33:43.15	66	23	62	00:33:23.85
265	ADAM	HUNWICKS			MSNR	M	00:33:52.80	67	34	63	00:33:47.95
324	DAVID	CARTER	R	ACTIVE VIRGINS RUNNING CLUB	MSNR	M	00:33:53.35	68	35	64	00:33:43.95
254	Marina	Almendros	B	IPSWICH JAFFA	FSNR	F	00:34:03.95	69	2	5	00:33:58.95
196	Chris	Thompson	R	Tyne Bridge Harriers	MSNR	M	00:34:09.75	70	36	65	00:33:52.95
100	CAROLINE	TUCK	R	DAGENHAM 88 RUNNERS	FV45	F	00:34:13.50	71	1	6	00:34:07.90
371	MYLES	COULSON	R	BRAINTREE AND DISTRICT AC	MV40	M	00:34:13.70	72	24	66	00:34:01.60
383	GARY	CARDNELL	R	DAGENHAM 88 RUNNERS	MV50	M	00:34:18.25	73	6	67	00:34:13.85
263	ROGER	PARTRIDGE	R	Ware Joggers	MV50	M	00:34:26.40	74	7	68	00:34:23.15
15	CHRIS	WILLIAMS	R	Ware Joggers	MSNR	M	00:34:26.95	75	37	69	00:34:24.70

92	IAN	LAWSON	R	GRANGE FARM & DUNMOW RUNNERS	MV50	M	00:34:33.80	76	8	70	00:34:32.45
187	LOUISA	USHERWOOD	R	BENFLEET RUNNING CLUB	FSNR	F	00:34:36.75	77	3	7	00:34:31.55
103	TONY	ROSE	R	Ware Joggers	MV50	M	00:34:39.05	78	9	71	00:34:35.60
405	David	Kelsey	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:34:42.75	79	25	72	00:34:37.75
241	MICHAEL	CERNY	R	BENFLEET RUNNING CLUB	MSNR	M	00:34:44.60	80	38	73	00:34:41.95
91	PHOENIX	GREEN			MSNR	M	00:34:54.35	81	39	74	00:34:44.25
11	ADAM	SEWELL	R	BRAINTREE AND DISTRICT AC	MV40	M	00:34:54.80	82	26	75	00:34:41.90
361	Adrian	Frost			MV40	M	00:35:02.30	83	27	76	00:34:37.85
396	KATE	WOOLDRIDGE	R	IPSWICH JAFFA	FV35	F	00:35:04.35	84	4	8	00:34:59.95
348	JULIE	BEASANT	B	ACTIVE VIRGINS RUNNING CLUB	FSNR	F	00:35:11.75	85	4	9	00:35:02.05
151	MARK	ROSS	R	Great Bentley RC	MV40	M	00:35:20.20	86	28	77	00:35:13.25
344	STEVEN	ROLFE	R	BRAINTREE AND DISTRICT AC	MSNR	M	00:35:22.95	87	40	78	00:35:13.35
206	SAMANTHA	MONK	R	DAGENHAM 88 RUNNERS	FSNR	F	00:35:23.40	88	5	10	00:35:18.70
259	Kevin	Turner			MV40	M	00:35:24.25	89	29	79	00:34:56.85
303	IAN	BAINES	R	GRANGE FARM & DUNMOW RUNNERS	MSNR	M	00:35:34.70	90	41	80	00:35:25.00
282	PASQUALE	PELLECCHIA	R	HARLOW RUNNING CLUB	MV60	M	00:35:37.75	91	1	81	00:35:33.95
387	JOSH	SPENCE	R	HARWICH RUNNERS	JM	M	00:35:45.15	92	2	82	00:35:30.60
224	NICOLA	PLYE	R	SPRINGFIELD STRIDERS	FV45	F	00:35:52.95	93	2	11	00:35:48.40
197	Ryan	Faulkner	R	Herts Phoenix	MSNR	M	00:35:56.50	94	42	83	00:35:43.05
250	Dianne	Crisp	R	Ilford Athletic Club	FV45	F	00:36:05.80	95	3	12	00:35:55.85
81	Peter	Bird	R	St Edmund Pacers	MSNR	M	00:36:09.15	96	43	84	00:36:00.30
183	MARK	LAWES	R	Tiptree Road Runners	MV40	M	00:36:12.50	97	30	85	00:36:02.55
276	NI	MOSS			FV35	F	00:36:14.15	98	5	13	00:35:49.60
32	Stephen	Wills			MV40	M	00:36:21.45	99	31	86	00:36:16.75
46	TONY	O'SULLIVAN	R	Ware Joggers	MV40	M	00:36:21.70	100	32	87	00:36:18.70
181	Daniel	Miller	R	DAGENHAM 88 RUNNERS	MSNR	M	00:36:22.30	101	44	88	00:36:16.30
380	RICHARD	SAMBRIDGE	B	THE NATURAL WAY	MSNR	M	00:36:25.15	102	45	89	00:36:06.80
211	JOHN	PICKERING	R	Ware Joggers	MV50	M	00:36:30.20	103	10	90	00:36:25.95
62	NEIL	SMETHURST			MSNR	M	00:36:36.30	104	46	91	00:36:06.55
222	IAN	FOSKEW	R	MID ESSEX CASUALS	MV40	M	00:36:36.30	105	33	92	00:36:28.10
369	Damien	Hartshorne	B	Complete Health & Fitness	MSNR	M	00:36:38.95	106	47	93	00:36:13.80
41	Nicky	Furze	B	FP2	FV35	F	00:36:42.45	107	6	14	00:36:32.90
293	JAMES	HAWKES	R	GRANGE FARM & DUNMOW RUNNERS	MSNR	M	00:36:49.05	108	48	94	00:36:39.55
308	BILL	ADAMS	R	DAGENHAM 88 RUNNERS	MV60	M	00:36:54.15	109	2	95	00:36:48.00
164	LISTER	GOLDSMITH			MV40	M	00:36:58.40	110	34	96	00:36:32.65
240	MADELEINE	SMITH	R	RUGBY AND NORTHAMPTON AC	FSNR	F	00:37:00.40	111	6	15	00:36:54.90
136	Mark	Darling	S	Lyons Hall School	MSNR	M	00:37:01.85	112	49	97	00:36:51.10
146	RICHARD	HILL			MV40	M	00:37:08.55	113	35	98	00:36:54.65
120	Lynn	Tanner	R	SPRINGFIELD STRIDERS	FV55	F	00:37:09.90	114	1	16	00:37:05.00
97	Simon	Burpitt	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:37:13.00	115	36	99	00:36:49.05
321	MARK	LYNCH	R	WITHAM RUNNING CLUB	MV40	M	00:37:14.15	116	37	100	00:36:53.05
35	MARK	TAYLOR			MSNR	M	00:37:36.85	117	50	101	00:37:20.10
364	Simon	Hayden	B	Complete Health & Fitness	MV40	M	00:37:37.95	118	38	102	00:37:07.70
393	James	McLeod	R	BRAINTREE AND DISTRICT AC	JM	M	00:37:38.55	119	3	103	00:37:38.50
160	JENNIFER	AKROYD	R	DAGENHAM 88 RUNNERS	FSNR	F	00:37:41.75	120	7	17	00:37:34.35
295	Liam	Smith	R		MSNR	M	00:37:42.60	121	51	104	00:37:34.90
134	Shelley	Whitney	S	Lyons Hall School	FSNR	F	00:37:46.25	122	8	18	00:37:37.15
95	Hayley	Smith	R	GRANGE FARM & DUNMOW RUNNERS	FV45	F	00:37:46.35	123	4	19	00:37:37.15
68	WAYNE	HAZELL	R	WITHAM RUNNING CLUB	MV40	M	00:37:49.35	124	39	105	00:37:36.35
212	PAUL	HEDGER	R	WITHAM RUNNING CLUB	MV40	M	00:37:49.60	125	40	106	00:37:36.50
217	PHILLIP	MARTIN	R	WITHAM RUNNING CLUB	MV50	M	00:37:52.80	126	11	107	00:37:39.95
305	MARTIN	LODGE	R	ROAD RUNNERS CLUB	MV50	M	00:37:55.65	127	12	108	00:37:45.00
322	KAREN	LIDDARD			FSNR	F	00:37:58.85	128	9	20	00:37:40.95
158	MARK	AVERY	R	IPSWICH JAFFA	MV40	M	00:38:00.65	129	41	109	00:37:49.30
360	Peter	Shuttlewood			MV50	M	00:38:06.65	130	13	110	00:37:59.25
309	ABBEY	WEAVER	R	WITHAM RUNNING CLUB	FSNR	F	00:38:09.75	131	10	21	00:37:56.55
230	ROB	HADGRAFT	R	Tiptree Road Runners	MV50	M	00:38:12.05	132	14	111	00:38:04.05
312	BRUCE	LONGMAN			MV40	M	00:38:13.50	133	42	112	00:37:56.95
104	DALE	ROSE			MSNR	M	00:38:21.60	134	52	113	00:38:18.15
316	MICK	STAINES	R	Castle Point Joggers	MV60	M	00:38:28.95	135	3	114	00:38:20.65
110	Natalie	Herbert	R	GRANGE FARM & DUNMOW RUNNERS	FV35	F	00:38:42.20	136	7	22	00:38:18.85
262	LORRAINE	GARNHAM	R	HALSTEAD ROAD RUNNERS	FV45	F	00:38:53.20	137	5	23	00:38:46.35
269	Chris	Howlett	R	DAGENHAM 88 RUNNERS	MSNR	M	00:38:54.60	138	53	115	00:38:49.15
370	ADAM	CANNING			MSNR	M	00:38:55.65	139	54	116	00:38:38.20
288	Derren	Hamon	B	Urmet	MSNR	M	00:38:59.70	140	55	117	00:38:41.15
270	ROBERT	FARTHING			MSNR	M	00:39:01.75	141	56	118	00:38:46.10
338	Mark	Cornell	B	Holmes & Hills Solicitors	MV40	M	00:39:08.35	142	43	119	00:38:53.00
90	John	Hardy	R	GRANGE FARM & DUNMOW RUNNERS	MV60	M	00:39:11.45	143	4	120	00:38:46.95
232	ADAM	SADLER			MSNR	M	00:39:13.60	144	57	121	00:39:04.95
38	ROBERT	WADDINGHAM	R	Ware Joggers	MV50	M	00:39:18.00	145	15	122	00:39:14.40
266	Angela	MANLEY	B	Nominal Leggers	FV45	F	00:39:21.90	146	6	24	00:39:09.60
352	Lucy	FERGUSON			FV35	F	00:39:23.25	147	8	25	00:39:10.30
88	Raoul	Grantham	R	BRAINTREE AND DISTRICT AC	MV40	M	00:39:23.70	148	44	123	00:39:12.95
388	John	McAvoy			MV60	M	00:39:28.15	149	5	124	00:39:15.95
261	JOE	LUCY			MSNR	M	00:39:47.05	150	58	125	00:39:31.10
287	Mark	Hagger	B	Urmet	MV40	M	00:39:47.60	151	45	126	00:39:28.30
306	HAZEL	BUIST	R	HALSTEAD ROAD RUNNERS	FSNR	F	00:39:50.75	152	11	26	00:39:33.30
28	Barry	Plowman	R	BRAINTREE AND DISTRICT AC	MV40	M	00:40:07.25	153	46	127	00:39:54.65
214	JOANNE	MARSHALL	R	SERPENTINE	FV55	F	00:40:11.60	154	2	27	00:40:02.45
170	Greg	Plant			MV50	M	00:40:14.35	155	16	128	00:40:03.80
162	CHRIS	KING			MSNR	M	00:40:14.40	156	59	129	00:39:54.00
112	PAULA	GOLLOP	R	Ware Joggers	FSNR	F	00:40:14.90	157	12	28	00:40:11.65
267	DAVE	GLADEN			MSNR	M	00:40:15.70	158	60	130	00:39:54.95
63	JUDE	MANSER	R	Ware Joggers	FV45	F	00:40:16.90	159	7	29	00:40:11.75

176	MATTHEW	PARKER			MSNR	M	00:40:23.95	160	61	131	00:39:51.20
138	David	Payne	R	WITHAM RUNNING CLUB	MV50	M	00:40:28.65	161	17	132	00:40:00.35
356	EILEEN	SHADFORD			FV45	F	00:40:33.55	162	8	30	00:40:21.75
65	SHANE	SORRELL			MV50	M	00:40:34.50	163	18	133	00:40:07.15
7	JOANNE	LING	R	Billericay Striders	FV35	F	00:40:40.05	164	9	31	00:40:30.00
177	VALERIE	REES	R	Tiptree Road Runners	FV35	F	00:40:47.40	165	10	32	00:40:35.90
332	Philip	Davies	B	Holmes & Hills Solicitors	MSNR	M	00:40:52.80	166	62	134	00:40:37.95
201	Charlotte	Lens	B	UK Tapes Ltd	FSNR	F	00:40:53.85	167	13	33	00:40:30.80
208	MATTHEW	MOORE			MSNR	M	00:40:57.25	168	63	135	00:40:51.65
192	Melanie	Milner			FV35	F	00:41:00.55	169	11	34	00:40:32.65
335	Robert	Dixey	B	Holmes & Hills Solicitors	JM	M	00:41:14.65	170	4	136	00:40:59.80
85	PHIL	HUDSON	R	Ware Joggers	MV50	M	00:41:15.10	171	19	137	00:41:11.40
323	LAURA	COOK	B	ACTIVE VIRGINS RUNNING CLUB	FSNR	F	00:41:16.55	172	14	35	00:40:49.00
251	Angela	TAYLOR	B	TROTTERS INDEPENDENT RUNNERS	FV45	F	00:41:23.90	173	9	36	00:41:08.60
202	Darren	Lens	B	UK Tapes Ltd	MV40	M	00:41:29.40	174	47	138	00:41:05.95
180	Abigail	Morgan	R	Tiptree Road Runners	JF	F	00:41:30.85	175	1	37	00:41:20.90
384	MARTIN	HALL	B	ACTIVE VIRGINS RUNNING CLUB	MV50	M	00:41:32.05	176	20	139	00:41:05.90
228	Michael	BEZZANT	B	TROTTERS INDEPENDENT RUNNERS	MSNR	M	00:41:38.20	177	64	140	00:41:16.85
357	IAN	HARRISON	B	Braintree District Council	MSNR	M	00:41:44.90	178	65	141	00:41:21.85
301	SALLY	GILLAM	R	Ilford Athletic Club	FV45	F	00:41:57.45	179	10	38	00:41:41.80
67	Barry	Lyden	S	Lyons Hall School	MV40	M	00:41:58.50	180	48	142	00:41:48.35
285	KENNETH	NASH			MV40	M	00:42:00.55	181	49	143	00:41:29.05
40	STEVEN	MACLEAN			MSNR	M	00:42:18.10	182	66	144	00:42:06.90
48	CHLOE	CONNELL			FSNR	F	00:42:29.55	183	15	39	00:42:03.60
30	GRAEME	MOON	R	Tiptree Road Runners	MV50	M	00:42:29.70	184	21	145	00:42:04.05
391	Hunnie	Johnson	R	WITHAM RUNNING CLUB	FSNR	F	00:42:30.65	185	16	40	00:41:59.35
314	STEWART	WALLER	R	WITHAM RUNNING CLUB	MV60	M	00:42:34.30	186	6	146	00:42:19.85
57	SARAH	KNOWLES	R	SPRINGFIELD STRIDERS	FSNR	F	00:42:35.35	187	17	41	00:42:16.00
317	GAVIN	FOSTER	R	GRANGE FARM & DUNMOW RUNNERS	MV40	M	00:42:35.90	188	50	147	00:42:32.60
6	SANDRA	GREEN			FV45	F	00:42:37.40	189	11	42	00:42:15.65
346	DAVID	MILTON			MV60	M	00:42:39.00	190	7	148	00:42:11.10
159	Peter	Jeary	B	FP2	MV50	M	00:42:43.00	191	22	149	00:42:12.80
123	MICHAEL	PEGNALL	R	DAGENHAM 88 RUNNERS	MSNR	M	00:42:44.50	192	67	150	00:42:38.55
190	Darren	Roberts	B	Braintree District Council	MV40	M	00:42:48.15	193	51	151	00:42:25.50
169	ALAN	MACKAY			MV60	M	00:42:49.70	194	8	152	00:42:33.45
252	James	Thompson	B	ASICS BRAINTREE	MSNR	M	00:42:51.75	195	68	153	00:42:33.85
102	SARAH	HOWARD	R	Ware Joggers	FV35	F	00:42:51.85	196	12	43	00:42:47.75
200	Hayley	Faulkner	R	Loughborough Students AC	FSNR	F	00:42:56.20	197	18	44	00:42:42.15
292	PAM	JONES	R	Ilford Athletic Club	FV65	F	00:43:04.05	198	1	45	00:42:54.80
318	TREVOR	JONES			MV50	M	00:43:04.75	199	23	154	00:42:36.75
51	MATT	BRACKEN			MSNR	M	00:43:05.30	200	69	155	00:42:54.85
96	Lesley	Burpitt	R	GRANGE FARM & DUNMOW RUNNERS	FV45	F	00:43:06.30	201	12	46	00:42:41.25
226	KAYLEIGH	BEZZANT	B	TROTTERS INDEPENDENT RUNNERS	FSNR	F	00:43:09.25	202	19	47	00:42:48.65
296	TERRY	NICHOLS	R	Ware Joggers	MV60	M	00:43:09.65	203	9	156	00:43:04.45
245	Ronnie	Underhill	B	Interagro Globetrotters	MSNR	M	00:43:14.40	204	70	157	00:42:58.65
231	LAYLA	ANDREWS	S	Lyons Hall School	FV35	F	00:43:15.60	205	13	48	00:42:47.90
315	HEPZIBAH	CHEEK			FSNR	F	00:43:18.60	206	20	49	00:42:48.70
36	FAYE	DOWNER	B	FP2	FV35	F	00:43:21.65	207	14	50	00:43:00.95
172	CHRIS	HILL	R	HALSTEAD ROAD RUNNERS	MV50	M	00:43:29.65	208	24	158	00:43:23.00
325	KAREN	STOREY	B	ACTIVE VIRGINS RUNNING CLUB	FV35	F	00:43:31.05	209	15	51	00:43:03.65
368	Jill	Rush	B	Complete Health & Fitness	FV35	F	00:43:32.55	210	16	52	00:43:02.80
25	SIMON	PAGE			MV50	M	00:43:32.95	211	25	159	00:43:02.45
220	RUTH	FOSKER			FV55	F	00:43:37.70	212	3	53	00:43:16.70
337	Tom	Riley	B	Holmes & Hills Solicitors	MSNR	M	00:43:40.25	213	71	160	00:43:25.90
133	Mark	Pritchard	S	Lyons Hall School	MV40	M	00:43:47.75	214	52	161	00:43:20.10
334	Robert	Ashworth	B	Holmes & Hills Solicitors	MSNR	M	00:43:51.95	215	72	162	00:43:33.75
150	JOANNE	LANG	R	WITHAM RUNNING CLUB	FV45	F	00:43:52.45	216	13	54	00:43:27.10
47	NEIL	DAINES			MV40	M	00:43:53.95	217	53	163	00:43:19.20
99	Roger	Duffield	R	Tiptree Road Runners	MV70	M	00:44:03.40	218	1	164	00:43:48.80
289	Manji	Gami	B	Urmet	MV40	M	00:44:03.55	219	54	165	00:43:44.65
140	LEE	DODGE			MV40	M	00:44:29.00	220	55	166	00:43:59.40
379	DAVE	LITTLESON	R	SPRINGFIELD STRIDERS	MV40	M	00:44:36.05	221	56	167	00:44:05.50
257	Gary	Day			MV40	M	00:44:36.35	222	57	168	00:44:05.55
126	DONNA	HINDLE			FV45	F	00:44:39.80	223	14	55	00:44:25.85
27	Douglas	Marlow			MV60	M	00:44:43.45	224	10	169	00:44:26.45
39	DAVID	MACLEAN			MV50	M	00:44:46.10	225	26	170	00:44:35.05
182	JOANNE	HINCKLEY	R	HALSTEAD ROAD RUNNERS	FSNR	F	00:44:48.25	226	21	56	00:44:40.80
272	CHRIS	EAGLE			MSNR	M	00:44:51.30	227	73	171	00:44:25.75
153	TOMMY	TRUSCOTT			MSNR	M	00:45:07.30	228	74	172	00:44:30.60
175	JAMES	HUMPOLETZ			MSNR	M	00:45:08.60	229	75	173	00:44:39.60
139	STEVE	ROLLISON			MV40	M	00:45:15.15	230	58	174	00:45:01.40
173	CAROL	HILL	R	HALSTEAD ROAD RUNNERS	FV45	F	00:45:15.25	231	15	57	00:45:02.15
400	Thomas	Waud			MSNR	M	00:45:21.35	232	76	175	00:45:07.95
66	NIKKI	KING	R	Ware Joggers	FSNR	F	00:45:27.15	233	22	58	00:45:21.40
37	JOHN	BUTCHER	R	Ware Joggers	MV70	M	00:45:27.85	234	2	176	00:45:19.20
395	STEVE	MOWLES			MV40	M	00:45:34.00	235	59	177	00:45:14.40
381	VICTORIA	COLEMAN			FSNR	F	00:45:35.55	236	23	59	00:45:08.45
320	GREG	POTTS	R	SPRINGFIELD STRIDERS	MV40	M	00:45:40.70	237	60	178	00:45:18.50
53	MALVINDER	JUTLEY			MSNR	M	00:45:58.25	238	77	179	00:45:26.05
246	Jack	Roche	B	Interagro Globetrotters	MSNR	M	00:46:01.00	239	78	180	00:46:01.00
54	STEPHEN	EASLEY	R	DAGENHAM 88 RUNNERS	MV40	M	00:46:14.85	240	61	181	00:46:08.50
142	SUE	PELL			FV45	F	00:46:17.25	241	16	60	00:45:42.10
354	PHILIP	BEADLE			MV40	M	00:46:19.70	242	62	182	00:46:01.75
347	JOHN	WARD	B	ACTIVE VIRGINS RUNNING CLUB	MSNR	M	00:46:28.15	243	79	183	00:45:58.45

330	David	West	R	LEIGH ON SEA STRIDERS	MV70	M	00:46:28.65	244	3	184	00:46:04.50
278	BRIAN	COLLINS	R	HALSTEAD ROAD RUNNERS	MV70	M	00:46:34.15	245	4	185	00:46:16.05
76	IAN	KIRTON			MV40	M	00:46:34.80	246	63	186	00:46:09.45
55	Colin	Naman	R	Ware Joggers	MV60	M	00:46:41.70	247	11	187	00:46:41.70
135	Nicola	Darling	S	Lyons Hall School	FSNR	F	00:46:42.40	248	24	61	00:46:06.00
310	CLAIRE	NICHOLS	R	Ware Joggers	FV35	F	00:46:43.40	249	17	62	00:46:36.50
174	CHARLES	HUMPOLETZ			MV50	M	00:46:59.85	250	27	188	00:46:30.80
157	Dan	Green	B	ASICS BRAINTREE	MSNR	M	00:47:05.00	251	80	189	00:46:47.65
331	Debbie	Partridge	B	Holmes & Hills Solicitors	FV45	F	00:47:06.30	252	17	63	00:46:48.80
108	KERRY	MANNING	R	WITHAM RUNNING CLUB	FV45	F	00:47:09.40	253	18	64	00:46:47.75
109	TIMI	VEERASAMY	R	DAGENHAM 88 RUNNERS	FV55	F	00:47:34.85	254	4	65	00:47:26.40
13	CHARLOTTE	STEBBING			FSNR	F	00:47:36.40	255	25	66	00:47:00.50
304	STEPHEN	WRIGHT			MV40	M	00:47:36.75	256	64	190	00:47:04.95
235	MEL	CHITTOCK			MV50	M	00:47:41.15	257	28	191	00:47:16.70
300	DOUGLAS	ADAMS	R	DAGENHAM 88 RUNNERS	MV60	M	00:47:48.00	258	12	192	00:47:40.15
125	MICHAEL	COTTRELL	R	Billericay Striders	MV60	M	00:47:51.35	259	13	193	00:47:34.90
247	Debbie	Bevan	B	TROTTERS INDEPENDENT RUNNERS	FSNR	F	00:47:59.00	260	26	67	00:47:32.35
399	Sarah	Waud			FSNR	F	00:48:02.85	261	27	68	00:47:49.05
255	Chris	Empson	B	Nominal Leggers	MSNR	M	00:48:41.70	262	81	194	00:48:21.30
256	Chris	Regan	B	Nominal Leggers	MV40	M	00:48:41.75	263	65	195	00:48:21.20
389	TRACEY	DENBY	R	WITHAM RUNNING CLUB	FV45	F	00:48:45.20	264	19	69	00:48:24.15
403	Leighton	Williams	R	MID ESSEX CASUALS	MSNR	M	00:48:46.40	265	82	196	00:48:26.35
280	PETER	VOIGT			MV40	M	00:48:46.85	266	66	197	00:48:25.15
195	Ian	Brown			MV40	M	00:48:51.30	267	67	198	00:48:26.55
239	SIMON	BROWN			MSNR	M	00:48:51.45	268	83	199	00:48:26.70
60	James	Miller			MSNR	M	00:48:57.80	269	84	200	00:48:21.80
59	Jasmine	Dunne			FSNR	F	00:48:59.10	270	28	70	00:48:22.60
161	MARTIN	HOLDEN			MV40	M	00:49:02.20	271	68	201	00:48:43.65
233	DAVID	GOODSON	R	DAGENHAM 88 RUNNERS	MV40	M	00:49:15.00	272	69	202	00:49:06.65
234	SANDY	GOODSON			FV45	F	00:49:15.25	273	20	71	00:49:07.70
34	RICHARD	DAVIES			MV40	M	00:49:21.65	274	70	203	00:49:05.25
165	JOHN	MCVELIA	R	Tiptree Road Runners	MV40	M	00:49:27.75	275	71	204	00:48:52.65
199	Diane	Faulkner	R	Herts Phoenix	FV45	F	00:49:38.85	276	21	72	00:49:16.55
188	ADAM	PARIS			MV40	M	00:50:24.35	277	72	205	00:50:06.75
209	Rose	HASKEY-JONES	R	Tiptree Road Runners	FV45	F	00:50:24.85	278	22	73	00:49:51.50
284	CAROLE	NASH			FV45	F	00:50:30.00	279	23	74	00:49:58.65
349	ANN	JOHNSON	R	WITHAM RUNNING CLUB	FV45	F	00:50:34.95	280	24	75	00:50:14.90
189	CLAIRE	BLAKE	R	WITHAM RUNNING CLUB	FV35	F	00:50:58.25	281	18	76	00:50:38.30
359	SUSANNE	ENNOS	B	Braintree District Council	FSNR	F	00:51:26.75	282	29	77	00:50:58.20
147	DAWN	SHILLING	R	Tiptree Road Runners	FSNR	F	00:51:28.30	283	30	78	00:50:55.60
78	ALISON	HARPER			FV35	F	00:51:36.05	284	19	79	00:51:09.45
52	LISA	REGAN			FV35	F	00:51:46.20	285	20	80	00:51:34.10
50	GINA	JAGGER	R	WETHERBY RUNNERS	FV35	F	00:51:46.50	286	21	81	00:51:34.60
179	Debra	James	R	Tiptree Road Runners	FV45	F	00:51:57.55	287	25	82	00:51:24.20
336	Daniel	Sturman	B	Holmes & Hills Solicitors	MSNR	M	00:52:19.90	288	85	206	00:52:05.05
333	David	Whipps	B	Holmes & Hills Solicitors	MV50	M	00:52:38.20	289	29	207	00:52:09.70
227	JILL	BEZZANT	B	TROTTERS INDEPENDENT RUNNERS	FV45	F	00:52:39.00	290	26	83	00:52:12.85
215	KAREN	PEARSE	R	Tiptree Road Runners	FV45	F	00:52:42.00	291	27	84	00:52:08.70
271	KENNETH	HILLS	R	BRAINTREE AND DISTRICT AC	MV50	M	00:53:24.75	292	30	208	00:53:11.05
340	Julie	Penfold	B	Holmes & Hills Solicitors	FV55	F	00:53:37.85	293	5	85	00:53:20.55
128	RICHARD	Percy	R	GRANGE FARM & DUNMOW RUNNERS	MV60	M	00:53:42.40	294	14	209	00:53:18.75
121	Amanda	Potter			FSNR	F	00:54:08.00	295	31	86	00:53:32.10
82	Roy	Stringer	R	Ware Joggers	MV70	M	00:54:09.90	296	5	210	00:53:50.90
89	Marisa	Swain			FV45	F	00:54:10.20	297	28	87	00:53:32.35
327	Amanda	Keeble			FV35	F	00:54:25.20	298	22	88	00:54:25.20
326	Wendy	Middleweek			FV45	F	00:54:25.45	299	29	89	00:54:03.80
74	MARTIN	BLACKER	R	Ware Joggers	MV40	M	00:54:35.05	300	73	211	00:54:31.35
350	NADINE	COTTMAN			FV35	F	00:54:38.20	301	23	90	00:54:00.05
118	ALAN	BRADLEY			MV40	M	00:55:59.25	302	74	212	00:55:27.75
77	AVERIL	KIRTON			FV45	F	00:56:14.35	303	30	91	00:55:47.80
8	MARK	DOBSON	R	LEIGH ON SEA STRIDERS	MV40	M	00:56:30.75	304	75	213	00:55:56.65
9	GEMMA	FULLER	R	LEIGH ON SEA STRIDERS	FV35	F	00:56:31.75	305	24	92	00:55:57.45
26	MICHAEL	SOMMERLAD	R	Great Bentley RC	MV70	M	00:56:34.10	306	6	214	00:56:34.10
279	RICHARD	BOLLAND	B	Braintree District Council	MV50	M	00:56:44.25	307	31	215	00:56:21.40
302	DAWN	SENIOR			FV45	F	00:57:16.95	308	31	93	00:56:41.60
119	LYNDA	THOMAS			FV35	F	00:57:17.45	309	25	94	00:56:46.25
130	Sabi	Blyth	S	Lyons Hall School	FSNR	F	00:57:28.50	310	32	95	00:57:08.90
129	Peter	Stafford	S	Lyons Hall School	MSNR	M	00:57:29.60	311	86	216	00:57:10.15
297	LAYLA	SMITH	B	TROTTERS INDEPENDENT RUNNERS	FSNR	F	00:57:32.90	312	33	96	00:56:58.15
291	LEE	DAVIS	R	DAGENHAM 88 RUNNERS	MV40	M	00:57:43.30	313	76	217	00:57:35.95
253	Lynne	Lewis	R	WITHAM RUNNING CLUB	FV55	F	00:57:55.40	314	6	97	00:57:19.45
382	JULIE	CARDNELL	R	DAGENHAM 88 RUNNERS	FV45	F	00:58:07.15	315	32	98	00:57:58.25
313	TERRIE	JOHNSON			FV45	F	00:58:10.30	316	33	99	00:57:35.15
191	Kate	McLean	B	FP2	FV35	F	00:58:21.30	317	26	100	00:57:50.25
83	Val	Stringer	R	Ware Joggers	FV65	F	00:58:32.80	318	2	101	00:58:11.65
154	CHRISIE	TRUSCOTT			FV35	F	00:58:45.60	319	27	102	00:58:08.75
339	David	Dixey	B	Holmes & Hills Solicitors	MV40	M	00:59:03.25	320	77	218	00:58:47.90
168	JULIE	WILKINS	R	DAGENHAM 88 RUNNERS	FV45	F	00:59:06.85	321	34	103	00:58:58.05
167	SIAN	WILKINS	R	DAGENHAM 88 RUNNERS	FSNR	F	00:59:07.00	322	34	104	00:58:58.10
248	Joanne	Lockmiller	B	TROTTERS INDEPENDENT RUNNERS	FV35	F	00:59:38.85	323	28	105	00:59:11.60
358	EMMA	STIRLAND	B	Braintree District Council	FSNR	F	01:00:41.90	324	35	106	01:00:13.40
122	Elaine	Potter			FV45	F	01:02:03.40	325	35	107	01:01:27.05
290	JULIE	GURNEY	B	TROTTERS INDEPENDENT RUNNERS	FV35	F	01:03:04.70	326	29	108	01:02:29.35
298	AMANDA	HOBBS	B	TROTTERS INDEPENDENT RUNNERS	FV45	F	01:12:37.15	327	36	109	01:12:01.40

5	JON	WILLIAMS	R	Ware Joggers	MSNR	M	DNS
10	LOUISE	BROWN			FV35	F	DNS
14	MARTYN	OSHEA			MV40	M	DNS
17	SARAH	MCDEAN			FV35	F	DNS
18	ALAN	MCDEAN			MV40	M	DNS
19	STEVE	ARBER			MSNR	M	DNS
20	KATE	GREEN			FSNR	F	DNS
23	JO	OATES			FV35	F	DNS
24	PAUL	FREEMAN	R	Chelmsford AC	MV40	M	DNS
29	Adam	Lysons	R	LEIGH ON SEA STRIDERS	MSNR	M	DNS
31	STEVE	MCDONNELL			MV40	M	DNS
49	ANDY	HORLOCK	R	BARKING ROAD RUNNERS	MV50	M	DNS
58	Thomas	Hamblin			JM	M	DNS
61	SANDRA	MORRIS	R	Ware Joggers	FV45	F	DNS
69	KAREN	CRIGHTON	R	DAGENHAM 88 RUNNERS	FV35	F	DNS
70	JOSHUA	LUNN			MSNR	M	DNS
71	LISA	FORD	R	HARWICH RUNNERS	FSNR	F	DNS
72	HANNAH	ELLIS	S	Lyons Hall School	FV35	F	DNS
73	KEITH	ELLIS	S	Lyons Hall School	MSNR	M	DNS
79	SANDRA	WORLEY	R	DAGENHAM 88 RUNNERS	FV45	F	DNS
80	Eloise	Calver	R	St Edmund Pacers	FV35	F	DNS
86	SHELLEY	ENDERS	R	WITHAM RUNNING CLUB	FV35	F	DNS
87	DAVID	ENDERS	R	WITHAM RUNNING CLUB	MV40	M	DNS
93	Simon	Lawrence			MV40	M	DNS
94	John	Smith	R	GRANGE FARM & DUNMOW RUNNERS	MV50	M	DNS
105	TOM	ROSE			MSNR	M	DNS
106	ROBERT	SINGH			MSNR	M	DNS
107	ANDY	BRADLEY	R	HARLOW RUNNING CLUB	MV40	M	DNS
113	STEPHANIE	ADAMEK			FSNR	F	DNS
115	GARTH	MORRIS	R	Ware Joggers	MV50	M	DNS
117	JAMES	FARREN	R	WITHAM RUNNING CLUB	MV40	M	DNS
124	ALYS	HACKETT	R	VICTORIA PARK HARRIERS	FSNR	F	DNS
131	Andrew	Smith	S	Lyons Hall School	MV40	M	DNS
132	Rachel	Pritchard	S	Lyons Hall School	FV35	F	DNS
141	SEBASTIAN	GWYN-WILLIAMS	R	WITHAM RUNNING CLUB	MV40	M	DNS
148	CARLA	HOLROYD	R	HARWICH RUNNERS	FV55	F	DNS
149	MARK	KEEBLE	R	LEIGH ON SEA STRIDERS	MV40	M	DNS
155	DARRAN	HOUCHIN			MV40	M	DNS
156	SANDRA	SMITH	R	GRANGE FARM & DUNMOW RUNNERS	FV45	F	DNS
163	JOSHUA	PELL			MSNR	M	DNS
185	RYAN	PROUT	R	Chelmsford AC	MSNR	M	DNS
186	ANNE	RAMSDEN	R	Ware Joggers	FV55	F	DNS
193	Frank	McKeown	R	WITHAM RUNNING CLUB	MV50	M	DNS
194	Michael	McKeown	R	WITHAM RUNNING CLUB	JM	M	DNS
198	Stephen	Faulkner	R	Herts Phoenix	MV50	M	DNS
204	Theodore	Mubayi	B	UK Tapes Ltd	MSNR	M	DNS
205	SUSAN	HARRINGTON	R	GRANGE FARM & DUNMOW RUNNERS	FV45	F	DNS
218	ANDREW	EASTWOOD			MSNR	M	DNS
219	RON	McCULLOUGH	R	IPSWICH JAFFA	MV60	M	DNS
223	HAROLD	BENNETT	R	FELIXSTOWE ROAD RUNNERS	MV70	M	DNS
225	REBECCA	LUXTON	R	Chelmsford AC	FSNR	F	DNS
237	TAMSIN	TAYLOR			FV35	F	DNS
242	CHARLOTTE	KING	R	GRANGE FARM & DUNMOW RUNNERS	FSNR	F	DNS
258	David	Sharland			MV50	M	DNS
273	RICHARD	MERRY			MV40	M	DNS
274	STEPHEN	CARTWRIGHT	R	COLCHESTER AND TENDRING AC	MV50	M	DNS
281	RUSSELL	WEAVER			MSNR	M	DNS
283	JASON	MENTERN	R	Ware Joggers	MV40	M	DNS
294	MICHELLE	CAULFIELD	R	BRAINTREE AND DISTRICT AC	FV45	F	DNS
299	MALCOLM	DENNIS	R	DAGENHAM 88 RUNNERS	MV50	M	DNS
307	JONATHAN	BUIST			MSNR	M	DNS
341	SARAH	JOBE	R	LEIGH ON SEA STRIDERS	FV35	F	DNS
351	MARK	CLEMENTS	R	IPSWICH JAFFA	MSNR	M	DNS
362	Robert	Willcocks	B	Complete Health & Fitness	MSNR	M	DNS
363	Robert	Redman	B	Complete Health & Fitness	MV50	M	DNS
365	Karl	Villa	B	Complete Health & Fitness	MSNR	M	DNS
366	Kevin	Wade	B	Complete Health & Fitness	MSNR	M	DNS
372	DAVID	GIBBON	R	SOUTHEND AC	MSNR	M	DNS
385	SARA	FRENCH			FV35	F	DNS
392	Ben	Taylor	R	WITHAM RUNNING CLUB	MSNR	M	DNS
394	PAULA	EDWARDS	R	WITHAM RUNNING CLUB	FV45	F	DNS
401	Val	Jennings	R	IPSWICH JAFFA	FV45	F	DNS
404	Steven	King			MV50	M	DNS



This event was serviced by Tri & Enter Events - [www.triandenter.com](http://www.triandenter.com) - Please note that all prizes are calculated on gun time.