

# Witham Essex County 5

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	281	Tom Gardner	MO	0:25:47.53	Iford AC
2	298	Crispian Bloomfield	M40	0:25:51.68	Billericay Striders
3	328	Thomas Beedell	MO	0:26:02.98	Woodford Green AC with Essex L
4	355	Ramadan Osman	MO	0:26:22.53	Colchester & Tendring AC
5	303	Nick Shasha	M40	0:27:06.09	Orion Harriers
6	73	Chris Sellens	MO	0:27:40.67	Colchester Harriers AC
7	188	James Smith	MO	0:27:47.49	Springfield Striders RC
8	500	Jack Stroud	MO	0:27:53.3	Orion Harriers
9	55	Ian Clark	MO	0:27:57.47	Orion Harriers
10	17	Colin Ridley	M50	0:28:00.19	Colchester Harriers AC
11	228	Kurtis Swan	MO	0:28:02.4	Billericay Striders
12	74	Mark Harrod	M40	0:28:24.67	Colchester Harriers AC
13	145	Paul Mingay	M50	0:28:34.62	Tiptree Road Runners
14	42	Jonathan Nears	M40	0:28:42.88	Colchester Harriers AC
15	30	Stephen Philcox	M50	0:28:45.18	Iford AC
16	282	John Barker	M50	0:28:46.86	Thrift Green Trotters
17	59	Kieran Hayles	MO	0:28:59.47	Sudbury Joggers
18	14	Paul Rodgers	M40	0:29:00.41	Colchester Harriers AC
19	80	Jon Williams	MO	0:29:06.22	Ware Joggers
20	393	Rob Lowe	M40	0:29:23.04	Harlow RC
21	461	Christopher O'hara	MO	0:29:28.75	Billericay Striders
22	363	Dave Cox	M60	0:29:35.28	Woodford Green AC with Essex L
23	376	Alex Benson	MO	0:29:41.04	Springfield Striders RC
24	394	Paul Preston	M40	0:29:46.9	Colchester Harriers AC
25	379	Eric Paul	M50	0:29:51.45	Orion Harriers
26	41	Peter West	M50	0:29:55.42	Colchester Harriers AC
27	11	Terry Knightley	M50	0:29:56.52	Iford AC
28	94	Justin Hill	M50	0:29:56.79	Ware Joggers
29	396	Nigel Swinburne	MO	0:29:57.27	Dagenham 88 Runners
30	13	Neil Crisp	M50	0:30:01.76	Iford AC
31	316	Paul Holloway	M40	0:30:11.66	Iford AC
32	342	Elizabeth Davies	F35	0:30:13.48	Springfield Striders RC
33	169	Stuart Raven	M40	0:30:13.58	Springfield Striders RC
34	378	David Church	MO	0:30:15.92	
35	272	Andrew Jobling	MO	0:30:20.5	
36	68	Gary Chandler	M40	0:30:23.7	Springfield Striders RC
37	291	Tony Hyde	M50	0:30:30.65	Iford AC
38	465	Ben Holdgate	MO	0:30:35.34	Braintree & District AC
39	433	Claire Cornwell	F35	0:30:36.01	Southend On Sea AC
40	371	Glynn Thomas	M50	0:30:42.59	Ipswich Jaffa RC
41	464	Matthew Ironside	MO	0:30:46.79	Bishops Stortford RC
42	140	Leo Cole	M40	0:30:47.38	Witham RC
43	427	Jamie Higgs	MO	0:30:51.36	Ware Joggers
44	15	Richard Flutter	M40	0:30:52.86	Harwich Runners
45	278	Conor Culham	U18M	0:31:02.41	Braintree & District AC
46	330	Richard Boden	M50	0:31:04	Colchester Harriers AC
47	113	Samantha Bilbie	F35	0:31:06.46	Springfield Striders RC
48	430	Paul Delaney	M40	0:31:10.26	Benfleet RC
49	309	Wayne Cook	M40	0:31:13.28	Colchester Harriers AC
50	193	Daniel Chapman	MO	0:31:15.61	Harlow RC
51	99	Jamie Jephcott	M40	0:31:23.83	Harlow RC
52	505	Stewart Ellis	M40	0:31:25.07	Halstead RRC
53	114	Mark Buckley	MO	0:31:26.04	Springfield Striders RC
54	267	Dominique Ballard	FO	0:31:28.5	Benfleet RC
55	165	Alex Smith	MO	0:31:35.45	Harlow RC
56	475	Christopher Purse	M50	0:31:41.38	Springfield Striders RC
57	12	Timothy Brignall	MO	0:31:41.74	
58	350	Laura Shewbridge	FO	0:31:44	Colchester Harriers AC
59	227	Rebecca White	F35	0:31:58.05	Saffron Striders RC
60	482	Darren Whitby	MO	0:32:05.18	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	54	Clare Thurgood	FO	0:32:06.24	Orion Harriers
62	492	Sean Darney	MO	0:32:08.33	Witham RC
63	265	Peter Beatty	M60	0:32:13.91	Bishops Stortford RC
64	221	Richard Candler	M40	0:32:16.52	Halstead RRC
65	143	Sarah Pennington	FO	0:32:18.98	Southend On Sea AC
66	384	Michael Bumstead	M60	0:32:20.79	Thurrock Harriers
67	503	Robert Hempstead	MO	0:32:24.97	Billericay Striders
68	361	Tracy English	F35	0:32:29.87	Southend On Sea AC
69	470	Dan Beckerleg	MO	0:32:39.45	
70	39	Fiona Halls	F35	0:32:47.81	Saffron Striders RC
71	244	Gary Joslin	M40	0:32:58.5	Springfield Striders RC
72	204	Rebecca Cooke	FO	0:33:02.78	Colchester Harriers AC
73	139	Stuart Chandler	MO	0:33:03.29	Ware Joggers
74	346	Brian Venton	M40	0:33:04.27	Benfleet RC
75	365	Andrew Lager	M40	0:33:05.94	Witham RC
76	124	Barry Plowman	M40	0:33:09.73	Braintree & District AC
77	468	Myles Coulson	M40	0:33:17.23	Braintree & District AC
78	318	William Haining	M60	0:33:20.98	Harwich Runners
79	98	Paul Martin	MO	0:33:23.93	
80	446	Tom Codling	U18M	0:33:26.52	Sudbury Joggers
81	311	Alex Smith	U18M	0:33:31.48	Chelmsford AC
82	216	Simon Scott	M50	0:33:44.34	Witham RC
83	122	Emily Smith	F35	0:33:44.84	Springfield Striders RC
84	44	Mark Austin	M50	0:33:45.09	Witham RC
85	57	Chris Mcdonnell	M70	0:33:46.66	Dengie 100 Runners
86	211	Kevin Harper	M40	0:33:47.36	Witham RC
87	167	Sean Henderson	MO	0:33:47.81	Grange Farm & Dunmow Runner
88	274	Kenneth Hands	M40	0:33:49.28	Springfield Striders RC
89	326	Jonathan Finch	M40	0:33:56.27	Tiptree Road Runners
90	105	Robert Sirett	M40	0:33:56.8	Springfield Striders RC
91	269	Rebecca Davidson	FO	0:34:02.19	Grange Farm & Dunmow Runner
92	381	Scott Manning	MO	0:34:03.75	
93	205	Annette Oakman	F35	0:34:04.76	Colchester Harriers AC
94	308	Steven Everett	M40	0:34:07.9	Braintree & District AC
95	178	Arthur Whiston	M60	0:34:17.6	Colchester Harriers AC
96	125	Liz Stuckey	F35	0:34:21.23	Witham RC
97	56	Darren Barfield	MO	0:34:30.78	Sudbury Joggers
98	401	Claudine Benstead	F55	0:34:32.59	Harwich Runners
99	183	Peter Baker	M50	0:34:38.38	Ware Joggers
100	6	Andy Bradley	M50	0:34:47.7	Harlow RC
101	96	Toni Noble	F45	0:34:48.25	Thurrock Harriers
102	412	Vicky Cooper	F35	0:34:50.33	Barking Road Runners
103	91	Matthew Stephens	MO	0:34:52.35	Ware Joggers
104	47	Rebecca Pittman	F45	0:34:56.68	Springfield Striders RC
105	406	Jennifer Lovelock	FO	0:35:00.07	Springfield Striders RC
106	434	Paul Chandler	M50	0:35:00.19	Witham RC
107	26	Andrew Catton	M60	0:35:00.34	Ilford AC
108	495	Colin White	M40	0:35:00.6	Billericay Striders
109	373	Colin Farmer	M50	0:35:00.84	Great Bentley Running Club
110	155	Andrew Bryant	M50	0:35:01.73	Saffron Striders RC
111	310	Joanne Smith	F45	0:35:09.08	Chelmsford AC
112	135	Melinda Jones	F45	0:35:15.09	Ilford AC
113	86	Paul Brennan	M50	0:35:19.94	Ware Joggers
114	198	Sharon Wright	F35	0:35:26.03	Harlow RC
115	320	Nuala Carson	FO	0:35:26.03	
116	340	Benjamin Russell	MO	0:35:27.74	
117	292	Beverley Mclees	F45	0:35:35.28	Ware Joggers
118	70	Simon Morgan	M40	0:35:36.94	Colchester Harriers AC
119	360	John Button	MO	0:35:37.54	
120	160	Martyn Coulter	MO	0:35:43.94	Harlow RC
121	136	Declan Cullen	M60	0:35:49.95	Ilford AC
122	172	Trevor Sibley	M50	0:35:50.99	Braintree & District AC
123	293	Mike Grealy	M60	0:35:53.61	Halstead RRC
124	48	Graham Clarke	M60	0:35:56.34	Great Bentley Running Club

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125	201	Julie Beasant	F35	0:35:56.55	
126	62	Sue Spong	F55	0:35:58.99	Harwich '90 Joggers
127	459	Mark Taylor	M40	0:36:10.18	
128	142	Mark Goodwin	M40	0:36:10.34	
129	120	Jodie Farrell	F45	0:36:11.02	Thurrock Harriers
130	307	Ian Cannons	M40	0:36:14.57	Harwich Runners
131	454	Cameron Steed	MO	0:36:16.19	Witham RC
132	437	Stuart Mcmeekin	M40	0:36:18.05	Benfleet RC
133	345	Clive Thomas	M50	0:36:19.06	Colchester Harriers AC
134	64	Stephanie Horner	F45	0:36:19.15	Colchester Harriers
135	395	Pete Addington	M40	0:36:20.28	
136	314	Daniel Hewitt	M50	0:36:21.01	Halstead RRC
137	128	Bernard Johnson	M60	0:36:24.49	Thurrock Harriers
138	416	Amanda Heslegrave	F45	0:36:25.33	Barking Road Runners
139	329	Sara Beedell	FO	0:36:34.1	
140	53	David Enders	M50	0:36:35.1	Witham RC
141	207	Graham Saville	M50	0:36:35.91	Harlow RC
142	186	Catherine Ridge	FO	0:36:36.34	Harlow RC
143	441	Sean Flynn	M50	0:36:36.59	Harlow RC
144	131	Sandra Rust	F45	0:36:37.35	Harlow RC
145	358	Tarren Margeison	M40	0:36:41.77	Witham RC
146	353	Andrew Wood	M50	0:36:45.3	
147	180	Mathew Davies	U18M	0:36:49.26	
148	22	Chris Garey	MO	0:36:49.94	
149	7	Paul Schroder	MO	0:36:54.34	Harlow RC
150	242	Shawn Beckerleg	M40	0:36:58.74	Witham RC
151	182	John Tennant	M60	0:37:06.4	Harlow RC
152	71	Colin Moody	M60	0:37:13.16	Harlow RC
153	212	John Bull	M50	0:37:15.56	Harlow RC
154	341	Paul Ford	MO	0:37:22.69	
155	108	Helen Bateman	F35	0:37:34.21	Springfield Striders RC
156	194	John Holland	MO	0:37:36.43	
157	84	Mark Moughton	M50	0:37:40.44	Springfield Striders RC
158	422	Billy Green	M40	0:37:42	Ilford AC
159	92	Fran Norris	F55	0:37:42.52	Colchester Harriers AC
160	89	Dan Ward	MO	0:37:43.17	
161	417	Nuno Vidal	MO	0:37:43.81	
162	436	Sean Briscomb	M40	0:37:44.51	
163	367	Gerry Mcgovern	M50	0:37:47.36	
164	273	Nichola Hands	F35	0:37:47.44	Springfield Striders RC
165	144	Christine Inch	F55	0:37:48.9	Orion Harriers
166	469	Graeme Moon	M60	0:37:52.2	Tiptree Road Runners
167	16	Alan Wellbelove	M50	0:37:56.42	Harlow RC
168	46	Debbie Cattermole	F45	0:38:00.14	Colchester Harriers AC
169	187	Sam Hillyard	F45	0:38:01.99	Braintree & District AC
170	257	Wendy Aldridge	F45	0:38:03.77	Dengie 100 Runners
171	130	Nicholas Manley	M50	0:38:06.45	
172	164	Paul Ellis	M40	0:38:06.67	Springfield Striders RC
173	369	Neil Wray	M40	0:38:09.47	
174	262	Chris Axford	M50	0:38:09.62	
175	190	Raoul Grantham	M40	0:38:10.17	Braintree & District AC
176	104	Liz Irvine	F35	0:38:16.29	Springfield Striders RC
177	483	Scott Young	M40	0:38:20.76	Great Bentley Running Club
178	67	Karen Allworthy	F55	0:38:24.03	Orion Harriers
179	364	Martin Mccolgan	M50	0:38:24.92	Harlow RC
180	258	Greg Marshall	M60	0:38:37.52	Serpentine RC
181	426	James Crisp	M40	0:38:48.69	Witham RC
182	10	Nicola Hopkinson	F45	0:38:56.66	Ilford AC
183	226	Donna Morris	F45	0:38:57.95	Springfield Striders RC
184	418	Colin Jackson	M50	0:38:59.08	Grange Farm & Dunmow Runner
185	249	Tony Chalk	MO	0:39:03.64	
186	457	James Royce	M40	0:39:04.4	
187	347	Emma Smith	F35	0:39:16.31	
188	387	Tom Brown	MO	0:39:17.92	

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189	254	David Lehman	MO	0:39:21.41	Billericay Striders
190	485	David Ford	M60	0:39:28.08	
191	129	Angela Manley	F45	0:39:29.23	
192	8	Wendy Spring	F45	0:39:30.38	Harlow RC
193	507	Neil Addington	M50	0:39:33.71	
194	431	Sam Rowe	F45	0:39:36.07	Ware Joggers
195	192	Robin Lozeau	M60	0:39:37.44	Harlow RC
196	137	Paul Cocklin	M50	0:39:39.4	
197	415	Joanne Ling	F35	0:39:44.94	Billericay Striders
198	449	Keith Rojas	M60	0:39:45.52	
199	484	Andrew Tietjen	MO	0:39:50.78	
200	179	Ross Silverton	M60	0:39:51.87	Witham RC
201	118	David Toombs	M40	0:39:55.34	
202	253	Charlotte Allen	FO	0:39:58.14	Billericay Striders
203	403	Jeff Higgon	M60	0:40:00.34	Harwich Runners
204	337	Chris Bright	MO	0:40:06.19	
205	333	Kieran Callaghan	MO	0:40:08.93	
206	509	Katy O'leary	F45	0:40:10.76	
207	259	Joanne Marshall	F55	0:40:11.33	Serpentine RC
208	299	Gemma Coppen	FO	0:40:13.43	
209	101	Scott Darney	MO	0:40:13.82	Witham RC
210	69	Sathanandasundaram Alaganandasun	M50	0:40:17.63	Iford AC
211	432	Ann Piercy	F55	0:40:18.65	Harwich Runners
212	156	James Slater	M70	0:40:18.68	Tiptree Road Runners
213	112	Hilda O'Kelly	F45	0:40:20.17	Springfield Striders RC
214	243	Donna Hindle	F45	0:40:23.92	Springfield Striders RC
215	184	Michelle Phillips	F45	0:40:24.87	Braintree & District AC
216	19	Ernest Forsyth	M60	0:40:31.68	Iford AC
217	270	Allen Ball	M40	0:40:35.51	
218	154	John Hardy	M70	0:40:36.14	Grange Farm & Dunmow Runner
219	100	Denis Mole	M60	0:40:39.78	Havering '90 Joggers
220	439	Paul Mardle	M50	0:40:42.41	
221	215	Gavin Maclure	MO	0:40:44.67	
222	405	Antoinette Wilson	F55	0:40:47.96	Colchester Harriers AC
223	463	Steve Hankinson	M50	0:40:49.17	Braintree & District AC
224	81	Annalisa Heath	FO	0:40:50.92	Ware Joggers
225	474	Graham Jones	M50	0:40:51.75	Billericay Striders
226	111	Nichola Norman	F45	0:40:54.75	Springfield Striders RC
227	235	Chusa Bautista Fructuoso	F35	0:40:54.78	Great Bentley Running Club
228	234	Lee Clarkson	MO	0:40:54.87	Great Bentley Running Club
229	27	Ian Bown	M50	0:40:59.51	
230	472	Emma Dudman	F35	0:41:11.11	Dagenham 88 Runners
231	63	Hollie Boshell	FO	0:41:11.58	Dengie 100 Runners
232	206	Michelle Hyde	FO	0:41:15.84	Harlow RC
233	372	Hannah Cox	F35	0:41:30.48	Harlow RC
234	386	Duncan Chamberlain	M50	0:41:31.31	Ipswich Jaffa RC
235	255	Lauren Phillips	U18F	0:41:32.22	Braintree & District AC
236	132	Steve Hennings	M50	0:41:32.89	
237	162	David Page	M50	0:41:33.09	Harlow RC
238	127	Anne Ramsden	F55	0:41:38.76	
239	161	Janice Page	F45	0:41:39.53	Harlow RC
240	421	Tracy Russell	F35	0:41:41.11	Tiptree Road Runners
241	175	Peter Ducie	M60	0:41:41.75	Springfield Striders RC
242	147	Anna Luff	FO	0:41:45.68	Springfield Striders RC
243	411	David Southgate	M40	0:41:51.07	
244	301	Christopher Sewell	M50	0:41:54.51	Springfield Striders RC
245	223	Karen Bales	F45	0:41:54.93	
246	4	Stacy Hember	F45	0:41:58.56	Tiptree Road Runners
247	443	Kieron Chapman	F35	0:42:00.93	Barking Road Runners
248	103	Dianne Crisp	F45	0:42:01.66	Iford AC
249	181	Sarah Knowles	F35	0:42:10.35	Springfield Striders RC
250	321	Serena Beresford	F35	0:42:17.19	
251	76	Julia Galea	F55	0:42:20.81	Iford AC
252	170	Marianne Craven	F35	0:42:22.62	Springfield Striders RC

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253	370	Laura Williams	F45	0:42:26.88	Benfleet RC
254	245	Roger Partridge	M50	0:42:35.55	
255	343	Janet Pardon	F55	0:42:36.08	
256	141	Sarah Goodwin	F45	0:42:38.32	Springfield Striders RC
257	268	Michelle Cross	F45	0:42:46.65	Ware Joggers
258	78	Robert Waddingham	M60	0:42:46.68	Ware Joggers
259	462	Roger Frampton	M60	0:42:50.48	Braintree & District AC
260	60	Steve Lucas	M50	0:42:50.93	Ware Joggers
261	171	Mark Babbage	M50	0:42:53.26	Springfield Striders RC
262	250	Steve Bright	M50	0:42:59.21	
263	202	John Ward	MO	0:43:08.94	
264	35	Brian Eames	M50	0:43:11.57	
265	344	John Pardon	M60	0:43:11.88	
266	107	Sheila Macaulay	F65	0:43:26.7	Springfield Striders RC
267	438	Karen Mcmeekin	F45	0:43:34.34	Benfleet RC
268	214	Richard Carvey	M50	0:43:36.02	
269	218	Samantha Boshell	F45	0:43:36.17	
270	236	Llantãn Nã³ Cisneros	FO	0:43:38.96	
271	297	Phil Hudson	M50	0:43:40.99	Ware Joggers
272	149	Nicholas Harvey	MO	0:43:49.82	
273	506	Paula Vinton	F35	0:43:53.91	
274	65	Jackie Sibthorp	F45	0:43:54.51	
275	263	Adrian Long	M40	0:43:58.72	
276	176	Julia Woolnough	F55	0:43:59.85	Halstead RRC
277	351	Corinna Cranch	F45	0:44:02.11	Bishops Stortford RC
278	77	Stephen Parker	M50	0:44:05.94	Ilford AC
279	219	Becky Barnes	FO	0:44:08.86	Witham RC
280	271	Kim Farren	F45	0:44:11.22	
281	327	Louise Chappell	F35	0:44:15.64	
282	157	Christine Edgoose	F35	0:44:17.75	Braintree & District AC
283	158	Jamie Edgoose	M40	0:44:17.76	
284	389	Jane Evans	F45	0:44:19.07	Harlow RC
285	152	Amanda Sykes	F45	0:44:31.84	
286	174	Kelly Turk	FO	0:44:38.68	Springfield Striders RC
287	119	Simon Joyce	M50	0:44:40.17	Ware Joggers
288	410	Robert Courtier	M60	0:44:45.35	Barking Road Runners
289	166	David Levell	M50	0:44:46.5	Ware Joggers
290	331	Christopher Lee	M60	0:44:52.19	
291	23	Lynne Garey	F55	0:44:52.45	
292	359	Naomi Staines	FO	0:44:52.55	
293	283	Steve Hoskin	M40	0:44:53.17	
294	429	Martin Janes	M40	0:44:53.64	
295	445	Louise Hart	F35	0:44:53.84	Dengie 100 Runners
296	493	Nataie Cook	FO	0:44:57.22	Braintree & District AC
297	232	Timi Selon Veerasamy	F55	0:44:58.44	Dagenham 88 Runners
298	210	Louise Kedge	FO	0:44:59.35	Harlow RC
299	280	Haydeh Safavi	F45	0:45:00.55	
300	455	Matt Clelland	MO	0:45:02.39	
301	58	Barbara Mcdonnell	F55	0:45:03.81	Dengie 100 Runners
302	336	Abigail Morgan	FO	0:45:12.18	Canterbury Harriers
303	260	Rosalind Mckenna	FO	0:45:12.64	Grange Farm & Dunmow Runner
304	476	Mark Pearce	M40	0:45:18.13	
305	110	Ray Sultana	MO	0:45:19.14	
306	279	Andrew Silvertton	MO	0:45:30.76	
307	419	Glenda Jackson	F55	0:45:36.66	Grange Farm & Dunmow Runner
308	423	David Wignall	M40	0:45:37.65	
309	66	Alison Fryatt	F45	0:45:38.08	Barking Road Runners
310	504	Lisa Clark	FO	0:45:49.37	
311	473	Ruth Mizon	F35	0:46:00.89	
312	348	Darien Merry	M50	0:46:02.43	
313	275	Laura Jephcott	U18F	0:46:05.86	Harlow RC
314	496	Emma Lewin	FO	0:46:11.05	
315	494	Debbie Mitchell	FO	0:46:11.08	
316	148	David Moxon	M60	0:46:18.15	Springfield Striders RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
317	402	Jo Higgon	F55	0:46:38.71	Harwich Runners
318	498	Sarah Cranfield	F35	0:46:42.59	
319	413	Roger Hare	M70	0:46:49.12	Castle Point Joggers
320	414	Judith Hare	F65	0:46:56.19	Castle Point Joggers
321	362	Sue Foley	F45	0:47:03.84	
322	261	Trish Jarvis	F45	0:47:04.01	
323	85	Tracy Brennan	F35	0:47:08.75	Ware Joggers
324	237	Carol Muir	F35	0:47:08.82	Ilford AC
325	304	Charlotte Browne	F35	0:47:10.63	
326	466	Kim Broughton	F45	0:47:12.43	Tiptree Road Runners
327	467	Michael Broughton	M40	0:47:12.72	
328	450	Denise Lefley	F45	0:47:19.19	
329	300	Marcia Jackson	F55	0:47:24.29	
330	248	Victoria Levine	F45	0:47:35.09	Witham RC
331	199	Joanne Mills	F65	0:47:38.19	Harlow RC
332	478	Sheila Buck	F45	0:47:39.17	Sudbury Joggers
333	323	Jennifer Turk	FO	0:47:41.11	Springfield Striders RC
334	121	David Grainger	M50	0:47:47.35	
335	491	Suzanne Teodorska	F35	0:47:56.17	
336	200	Peter Mills	M70	0:47:57.33	Harlow RC
337	409	Shelly Bennett	FO	0:48:00.62	Braintree & District AC
338	404	Matthew Parker	M40	0:48:00.83	Braintree & District AC
339	213	Alison Bull	F45	0:48:06.47	Harlow RC
340	106	Vicki Robins	F35	0:48:06.98	Springfield Striders RC
341	296	Vennisa Chowdhury	F35	0:48:09.89	Dagenham 88 Runners
342	380	Rachel Rodgers	F35	0:48:13.79	
343	448	Maggie Mason	F35	0:48:14.07	
344	447	Adam Hope	M40	0:48:14.11	
345	440	Dionne Radley	F45	0:48:17.05	
346	315	Nichola Stone	F35	0:48:19.09	
347	442	Nicola Cranmer	F45	0:48:21.85	Barking Road Runners
348	197	Marian Nibbs	F55	0:48:27.85	
349	31	Julie Gillender	F45	0:48:33.24	Ilford AC
350	453	Sally Peaker	F45	0:48:39.87	
351	400	Ruth Parry	F35	0:48:46.47	
352	399	Joanne Mcfarlane	F45	0:48:49.44	Dagenham 88 Runners
353	398	Sharon Robinson	F45	0:48:49.64	Dagenham 88 Runners
354	356	Hollie Galvin	FO	0:48:55.43	
355	357	Paula Brookes	F45	0:48:57.08	
356	508	Lesley Aspin	F45	0:48:57.21	
357	285	Vicky Coffman	F35	0:48:58.64	
358	481	Graham Ogan	M50	0:49:00.42	
359	390	Melonie Evans	F45	0:49:10.03	Sudbury Joggers
360	222	Julie Allen	F55	0:49:11.73	
361	88	Corrine Law	F35	0:49:18.58	Ware Joggers
362	502	Mike Gosling	M50	0:49:22.99	
363	33	Gemma Watkins	F35	0:49:49.1	
364	368	Sue Wray	F35	0:50:00.57	
365	217	Tracey George	F45	0:50:03.49	Dagenham 88 Runners
366	51	Pamela Jones	F65	0:50:08.53	Ilford AC
367	305	Richard Stephens	M60	0:50:21.75	Ware Joggers
368	43	John Bush	M50	0:50:22.58	Great Bentley Running Club
369	460	Lucinda Witney	FO	0:50:23.61	Braintree & District AC
370	146	Laura Hoskin	F35	0:50:24.76	
371	420	Gina Bennett	F55	0:50:26.89	
372	93	Rachel Richardson-wright	F45	0:50:38.22	Colchester Harriers AC
373	375	Zena Wooller	F35	0:50:39.96	
374	49	Victoria Williams-taylor	FO	0:50:53.16	
375	45	Lauren Bowen	F35	0:50:53.19	Grange Farm & Dunmow Runner
376	294	Vibeke Rowe	F65	0:51:06.41	Ware Joggers
377	471	Andrew Mostari	MO	0:51:17.05	
378	277	Lynne Culham	F35	0:51:22.64	Braintree & District AC
379	208	Jane Swanson-sprent	F45	0:51:29.36	Dagenham 88 Runners
380	458	Richard Heard	M40	0:52:26.08	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	477	Dee West	F35	0:52:27.39	
382	1	Ian Linton	M60	0:52:36.6	Tiptree Road Runners
383	252	Diane Naman	F55	0:52:50.92	
384	408	Ann Alexander	F45	0:53:03.23	Sudbury Joggers
385	407	Jodie Budd	F35	0:53:14.82	Sudbury Joggers
386	480	Sue Jones	FO	0:53:24.74	
387	324	Christine Wager	FO	0:53:26.62	
388	334	Grahame Walkingshaw	M50	0:53:43.71	
389	195	Andrea Fountain	FO	0:53:53.16	Braintree & District AC
390	366	Brigid Lager	F55	0:53:58.03	
391	339	Thomas Smythe	U18M	0:54:03.48	
392	287	Anita Hannrahan	F45	0:54:19.85	
393	424	Emma Carpenter	FO	0:54:25.15	
394	288	Lale Pavett	F35	0:54:27.27	
395	90	Donna Monroe	F45	0:54:28.41	
396	220	Kate Rodman	F45	0:54:35.81	
397	392	Hannah St Ledger	FO	0:54:41.34	Sudbury Joggers
398	61	Sarah Lucas	F45	0:54:49.29	
399	391	Kirsty Lucas	F35	0:54:49.42	
400	312	Hayley Rook	F35	0:55:25.82	
401	511	Janice Vlastic	F45	0:55:30.42	Havering Joggers
402	487	Jane Roach	F45	0:55:39.92	
403	338	Caitlin Overton	U18F	0:55:40.39	
404	203	Lel Mfazwe	F45	0:55:40.94	
405	322	Theresa Burke	F55	0:55:41.15	
406	335	Kim Baxter	F55	0:55:41.67	Ilford AC
407	489	Nicola Freeman	F45	0:55:46.03	
408	501	Deborah Wyatt	F55	0:55:46.39	
409	133	Martina Byrne	F45	0:55:50.01	
410	383	Steph Claeys	MO	0:56:10.76	
411	382	Hannah Tighe	FO	0:56:10.89	
412	284	Gemma Schelvis	F35	0:56:35.62	
413	286	Laura James	F35	0:56:36.54	
414	388	Carlos Bastidas	M50	0:56:50.32	Dagenham 88 Runners
415	177	Margaret Balfour	F55	0:56:59.61	Ware Joggers
416	251	Colin Naman	M60	0:56:59.91	
417	153	Vivien Mendham	F65	0:58:05.47	
418	306	Caroline Stephens	F55	0:59:07.18	Ware Joggers
419	374	Rosalind Hitchen	F45	0:59:07.22	Ware Joggers
420	435	Harriet Tricker	FO	0:59:18.68	
421	102	Vik Juggessur	M40	0:59:48.5	
422	126	Susan Bannocks	F55	1:00:24.23	Phoenix Striders
423	332	Diana Lee	F55	1:01:04.37	
424	159	Rachel Faires	FO	1:02:01.57	