

Witham BD5

Open

| <i>Position</i> | <i>Number</i> | <i>Name</i> | <i>Cat</i> | <i>Actual time</i> | <i>Club</i> |
|-----------------|---------------|-----------------------|------------|--------------------|-----------------------------|
| 1 | 329 | Paul Wittaker | MO | 0:24:49.15 | Southend AC |
| 2 | 323 | Adrian Mussett | M45 | 0:25:27.85 | Colchester Harriers AC |
| 3 | 17 | Ady Whitwam | M40 | 0:26:33.57 | Morpeth Harriers & AC |
| 4 | 133 | James Eve | M40 | 0:27:00.84 | Headington RR |
| 5 | 52 | Carwyn Jones | MO | 0:27:05.98 | Colchester Harriers AC |
| 6 | 83 | David Johnson | MO | 0:27:58.98 | Tyne Bridge Harriers |
| 7 | 327 | Peter Hawkings | MO | 0:28:10.01 | Highgate Harriers |
| 8 | 146 | Jim Last | MO | 0:28:20 | Framlingham Flyers |
| 9 | 58 | Chris Burgoyne | MO | 0:28:47.74 | Springfield Striders RC |
| 10 | 195 | Matthew Rees | MO | 0:29:16.31 | |
| 11 | 217 | Paul Anderson | MO | 0:29:31.41 | Springfield Striders RC |
| 12 | 69 | Colin Lewin | M45 | 0:29:32.05 | |
| 13 | 285 | Stuart Raven | M40 | 0:29:50.33 | Springfield Striders RC |
| 14 | 19 | Alex Benson | MO | 0:29:55.57 | Springfield Striders RC |
| 15 | 219 | Paul Crosby | MO | 0:30:02.38 | |
| 16 | 11 | Adam Chapman | MO | 0:30:16.63 | Benfleet RC |
| 17 | 332 | Pete Riley | M45 | 0:30:18.06 | Witham RC |
| 18 | 158 | Joseph Nourse | MO | 0:30:24.21 | Braintree & District AC |
| 19 | 234 | Peter West | M50 | 0:30:25.59 | Colchester Harriers AC |
| 20 | 330 | Steven Wittaker | MO | 0:30:29.46 | Chelmsford AC |
| 21 | 116 | Gregory John | MO | 0:30:37.95 | Billericay Striders |
| 22 | 12 | Adam Howlett | M40 | 0:30:46.4 | Framlingham Flyers |
| 23 | 178 | Marcus Catlin | M40 | 0:31:11.77 | Ipswich Jaffa RC |
| 24 | 39 | Anthony Rees | MO | 0:31:20.43 | |
| 25 | 230 | Peter Chubb | M45 | 0:31:33.23 | Springfield Striders RC |
| 26 | 220 | Paul Mckenna | MO | 0:31:35.16 | Grange Farm & Dunmow Runner |
| 27 | 30 | Andrew Low | M45 | 0:31:37.41 | Benfleet RC |
| 28 | 321 | Stephen Moore | M50 | 0:31:41.81 | Springfield Striders |
| 29 | 298 | Tom Cresswell | MO | 0:32:06.34 | Sudbury Joggers |
| 30 | 27 | Andrew Buck | M50 | 0:32:08.05 | Sudbury Joggers |
| 31 | 84 | David Miller | M45 | 0:32:17.84 | Benfleet RC |
| 32 | 166 | Leo Cole | M45 | 0:32:18.8 | Witham RC |
| 33 | 228 | Peter Beatty | M60 | 0:32:29.96 | Bishops Stortford RC |
| 34 | 350 | Peter-david Adkins | M40 | 0:32:33.94 | |
| 35 | 29 | Andrew Lager | M40 | 0:32:37.05 | |
| 36 | 46 | Brian Venton | M40 | 0:32:39.96 | Benfleet RC |
| 37 | 358 | Tom Joyner | MO | 0:32:47.21 | |
| 38 | 299 | Tony Piper | M50 | 0:32:52.48 | Dartford Road Runners |
| 39 | 210 | Neil Wray | M40 | 0:32:57.47 | |
| 40 | 13 | Adam Richardson | MO | 0:32:58.92 | Springfield Striders RC |
| 41 | 111 | Giles Sowerby | MO | 0:33:03.76 | |
| 42 | 311 | William Hogarth-jones | MO | 0:33:04.4 | |
| 43 | 72 | Conor Culham | U18M | 0:33:07.62 | Braintree & District AC |
| 44 | 351 | Gary Robini | MO | 0:33:08.38 | Springfield Striders |
| 45 | 255 | Roger Gooding | M40 | 0:33:13.81 | Springfield Striders RC |
| 46 | 150 | Joe Mcgrath | MO | 0:33:14.76 | Billericay Striders |
| 47 | 40 | Arthur Whiston | M60 | 0:33:20.73 | Colchester Harriers AC |
| 48 | 100 | Fiona Halls | F40 | 0:33:23.69 | Saffron Striders RC |
| 49 | 301 | Trevor Scott | M40 | 0:33:36.97 | |
| 50 | 14 | Adrian Frost | M45 | 0:33:43.53 | Sudbury Joggers |
| 51 | 206 | Myles Coulson | M40 | 0:33:50.74 | Braintree & District AC |
| 52 | 182 | Mark Baker | M50 | 0:33:57.43 | Colchester Harriers AC |
| 53 | 239 | Rebecca Cooke | FO | 0:34:10.61 | Colchester Harriers AC |
| 54 | 126 | Jack Deer | MO | 0:34:12.33 | |
| 55 | 341 | Andrew Ritchings | M50 | 0:34:13.13 | Little Badow Ridge Runners |
| 56 | 313 | Matthew Butcher | M40 | 0:34:29.23 | |
| 57 | 125 | Ian Simes | M40 | 0:34:31.5 | |
| 58 | 283 | Steven Watson | MO | 0:34:33.92 | Witham RC |
| 59 | 167 | Lewis Naylor | MO | 0:34:37.24 | |
| 60 | 60 | Chris Hargraves | M45 | 0:34:41.51 | |

| <i>Position</i> | <i>Number</i> | <i>Name</i> | <i>Cat</i> | <i>Actual time</i> | <i>Club</i> |
|-----------------|---------------|--------------------|------------|--------------------|-----------------------------|
| 61 | 189 | Martin Jackson | MO | 0:34:43.53 | Grange Farm & Dunmow Runner |
| 62 | 348 | Ray Baggs | MO | 0:34:44.92 | Great Bentley |
| 63 | 76 | Daniel Quartly | MO | 0:34:46.34 | Springfield Striders RC |
| 64 | 314 | Perry Taylor | M45 | 0:34:46.46 | |
| 65 | 15 | Adrian Goode | M50 | 0:34:47.14 | Felixstowe RRC |
| 66 | 218 | Paul Chandler | M50 | 0:34:53.92 | Witham RC |
| 67 | 251 | Robert Saunders | MO | 0:34:56.09 | |
| 68 | 162 | Kenneth Hands | M45 | 0:34:57.76 | Springfield Striders RC |
| 69 | 149 | Joanne Smith | F45 | 0:35:01.65 | Chelmsford AC |
| 70 | 105 | Gary Joslin | M45 | 0:35:10.68 | Springfield Striders RC |
| 71 | 352 | Sean Darney | MO | 0:35:17.97 | Witham RC |
| 72 | 102 | Gareth Bates | MO | 0:35:19.46 | |
| 73 | 144 | Jessica West | FO | 0:35:22.55 | London City Athletics Club |
| 74 | 232 | Peter Hodgson | M45 | 0:35:23.55 | |
| 75 | 305 | Victoria Curren | F40 | 0:35:29.21 | Springfield Striders RC |
| 76 | 296 | Tim Saban | M45 | 0:35:31.96 | Fairlands Valley Spartans |
| 77 | 338 | Katrina Finch | F40 | 0:35:44.72 | Tiptree |
| 78 | 108 | Gerard Geurts | M45 | 0:35:45.69 | Grange Farm & Dunmow Runner |
| 79 | 73 | Courtney Gordon | U18F | 0:35:46.73 | Braintree & District AC |
| 80 | 355 | Mark Jeffrey | M50 | 0:35:47.71 | Springfield Striders |
| 81 | 4 | Ker Macrosson | M60 | 0:35:48.59 | ipswich Jaffa |
| 82 | 215 | Ollie Caulfield | M55 | 0:35:51.46 | |
| 83 | 235 | Phil Jarvis | M50 | 0:35:52.03 | |
| 84 | 134 | James Hawkes | M40 | 0:35:55.05 | Grange Farm & Dunmow Runner |
| 85 | 333 | Georgina Warren | FO | 0:35:57.67 | Benfleet Running Club |
| 86 | 130 | James Blackshaw | MO | 0:36:00.49 | |
| 87 | 82 | David Hunt | MO | 0:36:01.93 | Witham RC |
| 88 | 152 | John Button | MO | 0:36:03.57 | |
| 89 | 50 | Cameron Venton | U18F | 0:36:07.81 | Benfleet RC |
| 90 | 325 | Daniel Hewitt | M50 | 0:36:10.07 | Halstead Road Runners |
| 91 | 20 | Alex Smith | U18M | 0:36:10.82 | Chelmsford AC |
| 92 | 227 | Pete Addington | M40 | 0:36:13.33 | |
| 93 | 10 | Adam Celiz | MO | 0:36:15.68 | |
| 94 | 357 | Stuart Evans | M45 | 0:36:22.78 | East London Tri |
| 95 | 207 | Natalie Bennett | FO | 0:36:23.89 | Tyne Bridge Harriers |
| 96 | 353 | David Norris | M45 | 0:36:35.25 | |
| 97 | 67 | Colin Jackson | M55 | 0:36:38.38 | Grange Farm & Dunmow Runner |
| 98 | 2 | Jayne Stacey | FO | 0:36:48.3 | Benfleet |
| 99 | 240 | Rebecca Pittman | F50 | 0:37:00.49 | Springfield Striders RC |
| 100 | 373 | Luke Himpson | MO | 0:37:11.01 | |
| 101 | 154 | John Holland | MO | 0:37:14.68 | |
| 102 | 135 | James Royce | M40 | 0:37:15.84 | |
| 103 | 131 | James Booth | MO | 0:37:25.78 | |
| 104 | 22 | Alexander Manley | MO | 0:37:29.5 | |
| 105 | 354 | Rory Edney | U18M | 0:37:38.61 | |
| 106 | 287 | Stuart Weatherley | MO | 0:37:38.76 | |
| 107 | 192 | Mathew Davies | U18M | 0:37:38.81 | |
| 108 | 32 | Andrew Wood | M50 | 0:37:39.28 | |
| 109 | 63 | Christopher Sewell | M55 | 0:37:40.07 | Springfield Striders RC |
| 110 | 109 | Gerry Greenwold | M45 | 0:37:40.07 | Springfield Striders RC |
| 111 | 208 | Neil Halls | M40 | 0:37:41.76 | Saffron Striders RC |
| 112 | 293 | Terry Bates | M60 | 0:37:42.26 | Isle Of Man Veterans AC |
| 113 | 115 | Greg Marshall | M60 | 0:37:46.59 | Serpentine RC |
| 114 | 356 | Peter Richardson | M45 | 0:37:48.23 | |
| 115 | 302 | Trevor Sibley | M50 | 0:37:58.09 | Braintree & District AC |
| 116 | 306 | Wayne Close | MO | 0:38:03.71 | |
| 117 | 370 | Daniel Himpson | MO | 0:38:06.96 | |
| 118 | 53 | Catharina Childs | F40 | 0:38:08.9 | |
| 119 | 44 | Bernard Johnson | M60 | 0:38:13.72 | Thurrock Harriers |
| 120 | 95 | Duncan Mckenzie | M55 | 0:38:16.39 | |
| 121 | 295 | Tim Ford | M55 | 0:38:18.14 | Tiptree Road Runners |
| 122 | 118 | Helen Bateman | F40 | 0:38:18.53 | Springfield Striders RC |
| 123 | 1 | Paul Town | M50 | 0:38:19.22 | Mid Essex |
| 124 | 123 | Ian Baines | M40 | 0:38:29.84 | Grange Farm & Dunmow Runner |

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|-----------------|---------------|---------------------|------------|--------------------|---------------------------|
| 125 | 233 | Peter Preston | M45 | 0:38:37.06 | |
| 126 | 247 | Richard Tatterton | MO | 0:38:42.82 | Ipswich Jaffa RC |
| 127 | 74 | Craig Vernon | M50 | 0:38:45.23 | |
| 128 | 254 | Robin Lozeau | M60 | 0:38:58.73 | Harlow RC |
| 129 | 374 | Jason Bridge | M45 | 0:39:00.48 | |
| 130 | 51 | Carrie Hook | F45 | 0:39:04.83 | Harwich Runners |
| 131 | 185 | Mark Lloyd | M40 | 0:39:05.07 | Harwich Runners |
| 132 | 274 | Simon Baker | M50 | 0:39:06.44 | Tiptree Road Runners |
| 133 | 224 | Paul Schroder | MO | 0:39:08.65 | Harlow RC |
| 134 | 375 | Derren Peters | M40 | 0:39:09.39 | |
| 135 | 270 | Sharon Bannister | F45 | 0:39:10.18 | Springfield Striders RC |
| 136 | 78 | Dave Mckenzie | MO | 0:39:13.09 | |
| 137 | 198 | Melanie Ford | F55 | 0:39:15.9 | Hedge End Running Club |
| 138 | 324 | Anita Mussett | F45 | 0:39:16.19 | Colchester Harriers |
| 139 | 28 | Andrew Hansler | M45 | 0:39:19.56 | Ipswich Triathlon Club |
| 140 | 106 | Gary Sibley | MO | 0:39:20.41 | Braintree & District AC |
| 141 | 62 | Christopher Lambert | M50 | 0:39:22.31 | |
| 142 | 88 | Debbie Barry | F55 | 0:39:28.66 | Harlow RC |
| 143 | 79 | David Darton | M55 | 0:39:35.21 | York Knavesmire Harriers |
| 144 | 71 | Colm Scolard | M50 | 0:39:38.75 | Braintree & District AC |
| 145 | 322 | Paul Thomas | M40 | 0:39:43.66 | Witham RC |
| 146 | 222 | Paul Nelder | M55 | 0:39:45.94 | |
| 147 | 119 | Helen Lambert | F50 | 0:39:46.23 | Braintree & District AC |
| 148 | 70 | Colleen Rae | F45 | 0:39:51.99 | Witham RC |
| 149 | 145 | Jim Brown | M60 | 0:40:03.22 | Fairlands Valley Spartans |
| 150 | 213 | Nicholas Manley | M50 | 0:40:12.08 | |
| 151 | 200 | Michael Culver | M50 | 0:40:12.87 | |
| 152 | 320 | Colin Short | M65 | 0:40:13.48 | Witham RC |
| 153 | 37 | Anne-marie Newman | F35 | 0:40:14.21 | |
| 154 | 309 | Wendy Spring | F45 | 0:40:16.25 | Harlow RC |
| 155 | 268 | Sean Briscomb | M45 | 0:40:18.03 | |
| 156 | 34 | Angela Manley | F50 | 0:40:24.46 | |
| 157 | 284 | Stuart Phillips | M45 | 0:40:25.42 | Braintree & District AC |
| 158 | 96 | Elsbeth Knott | F65 | 0:40:29.9 | Harwich Runners |
| 159 | 346 | Clare Barstow | F35 | 0:40:30.02 | Fram Flyers |
| 160 | 279 | Steve Hennings | M50 | 0:40:30.49 | |
| 161 | 56 | Chris Axford | M50 | 0:40:33.34 | |
| 162 | 101 | Frank Mckeown | M55 | 0:40:39.12 | |
| 163 | 194 | Matthew Faires | MO | 0:40:44.37 | |
| 164 | 203 | Michelle Phillips | F45 | 0:40:49.29 | |
| 165 | 110 | Gerry Mcgovern | M55 | 0:40:49.7 | |
| 166 | 319 | Keith Rojas | M60 | 0:40:52.16 | |
| 167 | 55 | Charlotte Hallos | FO | 0:40:53.66 | |
| 168 | 57 | Chris Brown | M55 | 0:40:54.26 | |
| 169 | 269 | Sean Purcell | MO | 0:40:55.92 | |
| 170 | 275 | Simon Davis | M45 | 0:40:58.29 | |
| 171 | 315 | Andrew Tietjen | MO | 0:40:58.94 | |
| 172 | 38 | Annette Johnson | F45 | 0:41:01.12 | |
| 173 | 257 | Ross Silverton | M65 | 0:41:04.3 | Witham RC |
| 174 | 245 | Richard Carvey | M45 | 0:41:05.47 | |
| 175 | 148 | Joanne Marshall | F55 | 0:41:05.54 | Serpentine RC |
| 176 | 362 | Lindsay Rolerkite | F45 | 0:41:06.43 | Tiptree |
| 177 | 36 | Anna Luff | FO | 0:41:06.75 | Springfield Striders RC |
| 178 | 98 | Emma Smith | F35 | 0:41:10.22 | |
| 179 | 236 | Philippa Hallos | FO | 0:41:17.7 | |
| 180 | 160 | Kate Powell | FO | 0:41:19.97 | |
| 181 | 276 | Stephen Brame | M45 | 0:41:21.71 | Springfield Striders RC |
| 182 | 120 | Hilary Thompson | F55 | 0:41:22.02 | |
| 183 | 221 | Paul Miller | M50 | 0:41:26.72 | Braintree & District AC |
| 184 | 43 | Ben Cielland | MO | 0:41:29.25 | |
| 185 | 211 | Nic Vincent | M45 | 0:41:34.31 | |
| 186 | 278 | Steve Bright | M50 | 0:41:36.42 | |
| 187 | 363 | Donna Hindle | F50 | 0:41:42.3 | Springfield Striders |
| 188 | 176 | Malcolm Bailey | M55 | 0:41:43.91 | Tiptree Road Runners |

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|-----------------|---------------|--------------------|------------|--------------------|----------------------------|
| 189 | 336 | James Slater | M65 | 0:41:44.07 | Tiptree Road Runners |
| 190 | 328 | Terry Brown | M55 | 0:41:44.9 | |
| 191 | 172 | Lorraine Mills | F45 | 0:41:49.87 | |
| 192 | 366 | James Himpson | U18M | 0:41:52.07 | |
| 193 | 121 | Hilda O'Kelly | F50 | 0:41:53.07 | Springfield Striders RC |
| 194 | 140 | Jayne Vernon | F45 | 0:41:53.26 | |
| 195 | 68 | Colin Lea | M50 | 0:41:55.07 | York Knavesmire Harriers |
| 196 | 229 | Peter Belgrove | MO | 0:42:00.54 | |
| 197 | 7 | Neil Godier | M55 | 0:42:11.67 | |
| 198 | 205 | Mon Lee | M55 | 0:42:14.83 | Ipswich Jaffa RC |
| 199 | 242 | Rebecca Willis | F40 | 0:42:20.92 | |
| 200 | 122 | Holly Thompson | FO | 0:42:25.75 | Springfield Striders RC |
| 201 | 331 | Vicki Sharman | FO | 0:42:27.6 | Witham RC |
| 202 | 138 | Janet Pardon | F60 | 0:42:28.49 | Billericay Striders |
| 203 | 142 | Jenny Chandler | U18F | 0:42:31.57 | |
| 204 | 103 | Gary Chandler | M45 | 0:42:32.2 | Springfield Striders RC |
| 205 | 196 | Maureen Wilson | F50 | 0:42:35.1 | |
| 206 | 159 | Justin Ellis | MO | 0:42:39.45 | |
| 207 | 87 | Deb Harrison | F40 | 0:42:45.46 | Braintree & District AC |
| 208 | 326 | Dean Cutting | M45 | 0:42:48.18 | Halstead Road Runners |
| 209 | 271 | Sharon White | F45 | 0:42:50.99 | Sudbury Joggers |
| 210 | 263 | Sarah Goodwin | F50 | 0:42:53.36 | Springfield Striders RC |
| 211 | 171 | Lorraine Baker | F45 | 0:42:54.41 | Tiptree Road Runners |
| 212 | 164 | Lauren Phillips | U18F | 0:43:01.84 | Braintree & District AC |
| 213 | 256 | Roland Knott | M65 | 0:43:04.78 | |
| 214 | 183 | Mark Bond | M40 | 0:43:10.19 | |
| 215 | 64 | Claire Gordon | F40 | 0:43:12.64 | Braintree & District AC |
| 216 | 45 | Bob Chapman | M55 | 0:43:20.49 | Benfleet RC |
| 217 | 371 | Peter Pietrzak | M40 | 0:43:22.36 | |
| 218 | 376 | Rob Welham | M40 | 0:43:26.76 | |
| 219 | 273 | Sheila Macaulay | F65 | 0:43:27.79 | Springfield Striders RC |
| 220 | 303 | Trish Jarvis | F45 | 0:43:30.43 | |
| 221 | 190 | Martin West | M65 | 0:43:31.76 | Great Bentley Running Club |
| 222 | 340 | Helen Corr | FO | 0:43:43.27 | |
| 223 | 90 | Declan Walters | MO | 0:43:48.57 | |
| 224 | 261 | Sara Moran | F40 | 0:43:51.35 | |
| 225 | 249 | Rob Sambrook | M45 | 0:43:51.83 | |
| 226 | 300 | Trevor Catling | M55 | 0:43:52.13 | |
| 227 | 155 | John Pardon | M65 | 0:43:55.63 | Billericay Striders |
| 228 | 241 | Rebecca Tuff | FO | 0:43:56.13 | |
| 229 | 170 | Liz Irvine | F35 | 0:43:57.06 | Springfield Striders RC |
| 230 | 359 | Chris Joyner | M50 | 0:43:59.14 | Tri UK |
| 231 | 174 | Louise Kingsley | FO | 0:44:01.95 | |
| 232 | 280 | Steve Ray | MO | 0:44:02.18 | |
| 233 | 75 | Daniel Beard | U18M | 0:44:08.68 | |
| 234 | 181 | Mark Babbage | M55 | 0:44:10.46 | Springfield Striders RC |
| 235 | 214 | Nicola Weatherburn | F45 | 0:44:28.51 | |
| 236 | 161 | Kelly Mann | FO | 0:44:39.09 | Ipswich Jaffa RC |
| 237 | 16 | Adrian Long | M45 | 0:44:43.26 | |
| 238 | 127 | Jackie Sibthorp | F45 | 0:44:50.96 | |
| 239 | 5 | Simon Morgan | M45 | 0:44:54.04 | Tiptree Road Runners |
| 240 | 6 | Abigale Morgan | FO | 0:44:54.06 | University of Canterbury |
| 241 | 344 | Paul Foster | M50 | 0:45:01.81 | |
| 242 | 197 | Maxine Stevens | F45 | 0:45:03.85 | Springfield Striders RC |
| 243 | 86 | Dean Wallace | MO | 0:45:08.81 | |
| 244 | 26 | Amanda Dunn | F40 | 0:45:23.19 | Hadleigh Hares AC |
| 245 | 361 | Frank Gardiner | M60 | 0:45:25.19 | |
| 246 | 129 | Jacqui Mcleod | F45 | 0:45:27.75 | Benfleet RC |
| 247 | 264 | Sarah Knowles | F35 | 0:45:29.07 | Springfield Striders RC |
| 248 | 24 | Alison Fryatt | F50 | 0:45:37.84 | Barking Road Runners |
| 249 | 104 | Gary Johnson | M45 | 0:45:44.66 | |
| 250 | 42 | Belinda Cook | F35 | 0:45:53.96 | |
| 251 | 372 | Rebecca Himpson | F35 | 0:45:53.99 | Little Badow Ridge Runners |
| 252 | 312 | Zoe Gould | F45 | 0:46:02.63 | Tiptree Road Runners |

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|-----------------|---------------|---------------------|------------|--------------------|----------------------------|
| 253 | 225 | Paula Rothero | F45 | 0:46:02.81 | Tiptree Road Runners |
| 254 | 308 | Wendy Atkinson | F45 | 0:46:11.02 | Stowmarket Striders RC |
| 255 | 297 | Tina Clarke | F45 | 0:46:11.34 | Tiptree Road Runners |
| 256 | 237 | Phillip Clarke | M45 | 0:46:11.85 | Tiptree Road Runners |
| 257 | 173 | Louise John | FO | 0:46:13.59 | Billericay Striders |
| 258 | 61 | Christina Hunter | FO | 0:46:14.68 | |
| 259 | 365 | Alexis Arfont | MO | 0:46:14.7 | |
| 260 | 337 | David Beckerlec | M60 | 0:46:35.7 | Witham RC |
| 261 | 310 | Will Schwer | MO | 0:46:37.57 | Felixstowe RRC |
| 262 | 349 | Stewart Baggs | M60 | 0:46:52.13 | Great Bentley |
| 263 | 369 | Zoe Butler | FO | 0:46:56.18 | |
| 264 | 368 | Robbie Jay | MO | 0:46:56.24 | |
| 265 | 377 | Bethany Hawkings | FO | 0:47:22.53 | |
| 266 | 334 | Adam James | MO | 0:47:30.61 | |
| 267 | 343 | William Callaghan | M45 | 0:47:30.8 | |
| 268 | 85 | Dawn Shilling | FO | 0:47:31.85 | Witham RC |
| 269 | 35 | Angus Kindley | M70 | 0:47:37.51 | |
| 270 | 226 | Penelope Clarke | F55 | 0:48:29.85 | Witham RC |
| 271 | 112 | Gill Gwilliams | F50 | 0:48:41.71 | |
| 272 | 25 | Alison Vincent | F50 | 0:48:44.86 | |
| 273 | 89 | Debbie Jarvis | F50 | 0:48:49.72 | |
| 274 | 259 | Sally Peaker | F50 | 0:48:56 | |
| 275 | 163 | Laura Hurn | F35 | 0:49:00.44 | |
| 276 | 59 | Chris Chandler | MO | 0:49:21.24 | |
| 277 | 151 | John Bush | M50 | 0:49:26.81 | Great Bentley Running Club |
| 278 | 184 | Mark Hoy | MO | 0:49:35.98 | |
| 279 | 288 | Sue Foley | F50 | 0:49:38.66 | |
| 280 | 48 | Bruce Hogarth-jones | M55 | 0:49:52.49 | Mid Essex Casuals |
| 281 | 41 | Barbara Law | F65 | 0:50:00.38 | Great Bentley Running Club |
| 282 | 141 | Jean Brett | F45 | 0:51:06.23 | |
| 283 | 262 | Sarah Campbell | F40 | 0:51:06.27 | |
| 284 | 54 | Catherine Coffey | F40 | 0:51:06.43 | |
| 285 | 81 | David Grainger | M50 | 0:51:09.73 | |
| 286 | 114 | Grahame Walkingshaw | M50 | 0:51:17.42 | |
| 287 | 202 | Michelle Amos | F40 | 0:51:19.7 | |
| 288 | 31 | Andrew Mason | M50 | 0:51:28.85 | Springfield Striders RC |
| 289 | 318 | Denise Lefley | F50 | 0:51:29.27 | |
| 290 | 179 | Marian Nibbs | F60 | 0:51:33.45 | |
| 291 | 250 | Robert Grimwood | MO | 0:52:29.67 | |
| 292 | 175 | Lynne Culham | F40 | 0:52:33.88 | Braintree & District AC |
| 293 | 199 | Michael Boyd | M45 | 0:52:38.69 | |
| 294 | 289 | Sue Gyford | F40 | 0:52:51.25 | |
| 295 | 364 | Caroline Himpson | F55 | 0:52:56.44 | |
| 296 | 128 | Jacky Chase | F55 | 0:53:13.41 | |
| 297 | 191 | Martina Byrne | F50 | 0:53:29.55 | |
| 298 | 339 | Michelle Leeding | F55 | 0:54:09.25 | Witham RC |
| 299 | 277 | Stephen Francis | M45 | 0:54:19 | |
| 300 | 113 | Glenda Jackson | F55 | 0:54:20.09 | |
| 301 | 99 | Emmanuelle Cuni | F40 | 0:54:29.82 | |
| 302 | 143 | Jenny Woodgate | F35 | 0:54:35.54 | |
| 303 | 253 | Robert Tidder | M70 | 0:54:37.07 | |
| 304 | 65 | Claire Howard | FO | 0:54:59.73 | |
| 305 | 345 | Darien Merry | M50 | 0:55:02.54 | |
| 306 | 147 | Jo Beard | F40 | 0:55:04.65 | |
| 307 | 360 | Matthew Goodchild | M45 | 0:55:10.74 | |
| 308 | 47 | Brigid Lager | F55 | 0:55:44.25 | |
| 309 | 165 | Lee Close | MO | 0:55:47.61 | |
| 310 | 272 | Sheila Buck | F45 | 0:55:47.99 | Sudbury Joggers |
| 311 | 244 | Rhys Vincent | U18M | 0:55:56.38 | |
| 312 | 107 | Gemma Gay | FO | 0:56:22.04 | |
| 313 | 317 | Sarah Murphy | FO | 0:56:38.77 | |
| 314 | 316 | Lindsey Abbott | F40 | 0:56:42.65 | |
| 315 | 286 | Stuart Robertson | M45 | 0:56:42.91 | |
| 316 | 347 | Alan Parsons | M70 | 0:57:58.24 | |

| <i>Position</i> | <i>Number</i> | <i>Name</i> | <i>Cat</i> | <i>Actual time</i> | <i>Club</i> |
|-----------------|---------------|--------------------------|------------|--------------------|-------------------------|
| 318 | 169 | Linda Joyce | F55 | 0:58:10.75 | |
| 319 | 18 | Alan Joyce | M55 | 0:58:11.16 | |
| 320 | 335 | Sandra Macleod-cullinane | F40 | 0:58:24.51 | |
| 321 | 168 | Linda Allen | F65 | 0:59:57.03 | |
| 322 | 177 | Malcolm Potter | M60 | 1:03:13.28 | Springfield Striders RC |