

Boxing Day 5

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
1	327	Ady Whitwam	M40	0:25:54.74	0:25:53.55	Morpeth Harriers & AC
2	162	Ryan Prout	MO	0:26:14.89	0:26:13.73	Chelmsford AC
3	241	Callum Charleston	MO	0:26:45.52	0:26:45.43	Chelmsford AC
4	73	Tim Woulfe	MO	0:27:07.58	0:27:06.42	Braintree & District AC
5	74	Malcolm Muir	M40	0:27:10.33	0:27:08.88	Ilford AC
6	307	Connor Page	U18M	0:27:26.85	0:27:26.35	Chelmsford AC
7	480	Ron Taylor	MO	0:27:37.32	0:27:35.17	Kent AC
8	319	Rob Lowe	M40	0:28:29.21	0:28:27.81	Harlow RC
9	306	Robin Tubbs	M40	0:28:38.92	0:28:36.01	Chelmsford AC
10	272	Chris Burgoyne	MO	0:28:43.71	0:28:41.19	Springfield Striders RC
11	248	Paul Dobson	M40	0:28:57.61	0:28:55.76	Springfield Striders RC
12	466	Nick Wood	MO	0:29:07.8	0:29:06.99	Dartford Harriers
13	351	Sam Cornforth	MO	0:29:26.35	0:29:25.17	Springfield Striders RC
14	236	Alex Benson	MO	0:30:00.67	0:29:58.49	Springfield Striders RC
15	176	Mark Rutter	M50	0:30:02	0:29:58.87	Harwich Runners
16	130	Daniel Reynolds	MO	0:30:02.39	0:29:59.16	Grange Farm & Dunmow Runner
17	107	Andrew Low	M40	0:30:06.18	0:30:01.48	Benfleet RC
18	318	Robin Mccoy	M50	0:30:12.45	0:30:06.17	Billericay Striders
19	425	Mike Gardner	MO	0:30:13.89	0:30:10.18	
20	343	Matthew Rees	MO	0:30:18.58	0:30:15.98	
21	252	Steve Mason	MO	0:30:33.73	0:30:31.3	
22	123	Scott Darney	MO	0:30:39.4	0:30:37.58	Witham RC
23	461	Tom Rithings	MO	0:30:40.08	0:30:36.21	Little Baddow RR
24	166	Marcus Catlin	M40	0:30:52.81	0:30:50.06	Ipswich Jaffa RC
25	78	Tim Brand	M50	0:31:01.74	0:30:57.04	
26	314	Antonio Maraia	M50	0:31:05.91	0:31:04.47	
27	409	Victoria Hayes	FO	0:31:13.42	0:31:07.65	
28	388	Westley Walker	MO	0:31:18.21	0:31:16.03	Haverhill Running Club
29	295	Mark Gowers	M50	0:31:24.62	0:31:16.78	Billericay Striders
30	139	Conor Culham	U18M	0:31:26.4	0:31:23.52	Braintree & District AC
31	175	John Francis	M50	0:31:32.31	0:31:28.27	Harwich Runners
32	404	Warren Birch	M50	0:31:37.29	0:31:34.46	Ipswich Jaffa RC
33	376	James Holmes	MO	0:31:38.81	0:31:33.4	
34	161	Peter Chubb	M40	0:31:39.27	0:31:32.47	Springfield Striders RC
35	296	Darryl Coulter	M40	0:31:40.63	0:31:38.78	Kent AC
36	395	Leo Cole	M50	0:31:45.86	0:31:43.3	Witham RC
37	303	Aaron Page	MO	0:31:46.94	0:31:42.9	
38	51	Wayne Lyle	M40	0:31:58.58	0:31:55.3	Barking Road Runners
39	358	Sean Darney	MO	0:32:10.95	0:32:07.24	Witham RC
40	229	Rob Blackman	MO	0:32:13.85	0:32:07.74	
41	451	Peter Adkins	M40	0:32:16.33	0:32:13.95	
42	275	Mark Ward	MO	0:32:18.31	0:32:13.61	
43	459	Anthony Reek	MO	0:32:19.02	0:32:15.01	
44	79	Tim Tomlins	M40	0:32:21.75	0:32:17.77	Benfleet RC
45	300	Alice Heather Hayes	F35	0:32:23.35	0:32:21.41	Hadleigh Hares AC
46	384	Daniel Beckerleg	M40	0:32:27.04	0:30:17.86	
47	165	Mark White	M40	0:32:27.62	0:32:25.61	Haverhill Running Club
48	148	Brian Venton	M40	0:32:29.08	0:32:24.62	Benfleet RC
49	339	Aaron Graves	MO	0:32:42.46	0:32:31.99	
50	80	Fiona Halls	F35	0:32:42.98	0:32:39.27	Saffron Striders RC
51	379	Jon Byford	M40	0:32:49.58	0:32:39.78	Springfield Striders RC
52	431	Tony Piper	M50	0:32:52.13	0:32:49.95	Dartford Roadrunners
53	349	Dave Walton	M40	0:32:55.27	0:32:47.48	
54	114	Sarah Pennington	FO	0:32:59.5	0:32:53.72	
55	203	Adam Chapman	MO	0:33:01.14	0:32:56.74	Benfleet RC
56	467	Chris Fosker	MO	0:33:10.01	0:32:59.89	
57	337	Lacey Bareham	FO	0:33:11.55	0:33:05.83	
58	458	Jonathan Finch	M40	0:33:13.16	0:33:07.94	Tiptree
59	213	Gary Joslin	M50	0:33:19.76	0:33:12.34	Springfield Striders RC
60	249	Jeremy Dobson	MO	0:33:22.95	0:33:12.83	

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61	348	Gerard Geurts	M40	0:33:24.85	0:33:19.17	Grange Farm & Dunmow Runner
62	131	Tim Saban	M40	0:33:26.89	0:33:22.95	Fairlands Valley Spartans
63	194	Jackie Stretton	FO	0:33:36.84	0:33:29.31	Springfield Striders RC
64	126	Nick Dobson	MO	0:33:46.21	0:33:36.46	
65	283	Andrew Lager	M40	0:33:49.43	0:33:40.71	Witham RC
66	293	Mark Leeks	MO	0:33:50.04	0:33:47.16	Ipswich Jaffa RC
67	29	Steven Watson	MO	0:33:53.45	0:33:50.22	Witham RC
68	257	Peter Hodgson	M40	0:34:04.04	0:33:53.28	
69	437	Jethro Willett	MO	0:34:06.39	0:34:00.06	
70	240	Myles Coulson	M40	0:34:07.31	0:34:01.7	Braintree & District AC
71	329	Trevor Sibley	M50	0:34:08.71	0:33:56.54	Braintree & District AC
72	197	Jamie Fittock	MO	0:34:12.94	0:34:06.11	
73	235	Mark Prigg	M40	0:34:20.4	0:34:14.66	
74	398	Darren Whitby	MO	0:34:23.3	0:34:12.54	
75	334	Colin Jones	M50	0:34:26.67	0:34:19.84	Barking Road Runners
76	410	Mark Baker	M50	0:34:31.5	0:34:17.97	Colchester Harriers AC
77	264	Martin Jackson	MO	0:34:33.29	0:34:24.92	Grange Farm & Dunmow Runner
78	42	Gavin Laws	MO	0:34:40.27	0:34:29.06	
79	214	Perry Taylor	M50	0:34:44.58	0:34:33.05	
80	455	Mary Ann Deasy	U18F	0:34:50.26	0:34:44.23	Colchester Tendring
81	163	Emily Smith	F35	0:34:56.99	0:34:49.48	Springfield Striders RC
82	289	Aidan Wood	U18M	0:35:04.17	0:34:55.75	
83	201	Ian Simes	M40	0:35:07.34	0:34:55.51	
84	445	James Hawkes	M40	0:35:11.76	0:35:03.34	Grange Farm and Dunmow
85	500	Ian Cannons	M40	0:35:15.24	0:35:05.42	Harwich Runners
86	332	Simon Morgan	M40	0:35:16.73	0:35:11.31	Colchester Harriers AC
87	469	Dan Mead	M40	0:35:19.11	0:35:11.27	
88	57	Ollie Caulfield	M60	0:35:19.87	0:35:14.94	
89	288	Lewis Naylor	MO	0:35:20.72	0:35:11.64	
90	453	Ian Brazier	M40	0:35:22.81	0:35:13.36	LBRR
91	17	Rebecca Pittman	F45	0:35:28.38	0:35:12.54	Springfield Striders RC
92	109	Gerry Mcgovern	M60	0:35:35.63	0:35:24.59	
93	68	Vic Curren	F35	0:35:37.69	0:35:30.51	Springfield Striders RC
94	391	Phil Jarvis	M50	0:35:43.33	0:35:35.82	Ipswich Jaffa RC
95	361	John Button	MO	0:35:47.87	0:35:35.26	
96	88	Mark Shillaker	M50	0:35:55.01	0:35:43.8	Tiptree Road Runners
97	146	James Royce	M40	0:35:57.42	0:35:43.18	
98	53	Jessica West	FO	0:35:58.14	0:35:53.06	London City Athletics Club
99	477	Jason Bridge	M40	0:36:01.36	0:35:22.2	
100	438	Mark Jeffrey	M50	0:36:02.98	0:35:52.96	Springfield Striders
101	285	Colin White	M40	0:36:03.47	0:35:53.85	Billericay Striders
102	429	Jon Sprules	M40	0:36:09.21	0:35:58.6	
103	208	Kevin Harper	M40	0:36:10.39	0:36:04.61	Witham RC
104	454	Mark Hagger	M40	0:36:11.45	0:35:57.45	Little Baddow RR
105	220	Richard Smith	M40	0:36:11.99	0:35:51.6	Sudbury Joggers
106	305	Steve Clark	M40	0:36:12.2	0:35:51.02	Sudbury Joggers
107	426	Daniel King	U18M	0:36:14.11	0:36:11.38	
108	456	Tracy Harrington	F45	0:36:16	0:35:59.69	Tiptree
109	58	Gary Perryman	M40	0:36:16.06	0:36:04.2	Tiptree Road Runners
110	81	Neil Halls	M40	0:36:20.03	0:36:11.04	Saffron Striders RC
111	435	Colin Harper	M50	0:36:20.98	0:35:53.69	Little Baddow RR
112	370	Matthew Bennett	U18M	0:36:21.38	0:36:12.43	
113	112	Gareth Gailey	M40	0:36:23.22	0:35:57.81	Fetch Everyone
114	287	Andrew Wood	M50	0:36:27	0:36:17.92	
115	54	Josh Woulfe	MO	0:36:28.43	0:36:23.35	Braintree & District AC
116	31	Kenneth Hands	M40	0:36:29.38	0:36:19.25	Springfield Striders RC
117	448	Mike Garden	MO	0:36:48.25	0:36:39.13	Doeorun Tring
118	205	Colin Jackson	M50	0:36:56.02	0:36:47.54	Grange Farm & Dunmow Runner
119	478	Paul Mardle	M50	0:36:58.41	0:36:49.77	
120	172	Paul Hollidge	M40	0:37:01.41	0:36:46.83	Great Bentley Running Club
121	378	Christopher Abele	M50	0:37:09.13	0:36:49.84	Serpentine RC
122	255	Stephen Arnold	M40	0:37:10.37	0:36:49.89	
123	138	Lucy Adams	FO	0:37:10.9	0:36:57.49	
124	382	Shawn Beckerleg	M40	0:37:13.61	0:36:58.31	Witham RC

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125	328	Amanda Heslegrave	F45	0:37:17.36	0:37:05.19	Barking Road Runners
126	195	Justin Horrocks	M40	0:37:18.6	0:37:06.7	Springfield Striders RC
127	416	Neil Rumbold	M50	0:37:21.19	0:37:02.79	
128	336	Peter Richardson	M50	0:37:22.68	0:37:16.47	Newbury AC
129	308	Andy Preston	M40	0:37:22.75	0:37:10.49	Barking Road Runners
130	420	Paul Thomas	M40	0:37:27.45	0:37:12.2	Witham
131	90	Sean Briscomb	M40	0:37:34.15	0:36:52.16	
132	368	Marion Bennett	F35	0:37:37.66	0:37:20.93	
133	369	Jamie Bennett	MO	0:37:37.73	0:35:28.54	
134	48	Steph Jiggins	F35	0:37:37.76	0:37:16.09	
135	19	Justin Cooperkeeble	M40	0:37:41.65	0:37:34.14	Harwich Runners
136	2	Chris Garey	MO	0:37:47.86	0:37:38.53	Springfield Striders RC
137	335	Samantha Hillyard	F45	0:37:54.66	0:37:42.81	Braintree & District AC
138	312	Steve Wise	M40	0:37:56.45	0:37:33.09	Benfleet RC
139	447	C Garey	FO	0:37:59.33	0:37:40.96	
140	189	Christopher Sewell	M50	0:38:03.21	0:37:50.53	Springfield Striders RC
141	302	Patrick Lockett	M60	0:38:08.93	0:38:04.88	Newquay Road Runners
142	6	Chris Axford	M50	0:38:09.61	0:37:44.78	
143	280	Aidan Peppin	MO	0:38:09.8	0:38:00.34	
144	309	John Holland	MO	0:38:10.19	0:37:59.27	
145	247	Ian East	M40	0:38:12.87	0:37:52.74	Sudbury Joggers
146	100	Catherine Hull	F35	0:38:14.53	0:37:55.41	Springfield Striders RC
147	385	Alexander Waring	U18M	0:38:25.55	0:38:10.9	
148	30	Nichola Hands	F35	0:38:26.77	0:38:13.67	Springfield Striders RC
149	432	Christopher Thornton	M50	0:38:29.63	0:38:17.07	
150	147	Kate Powell	FO	0:38:33.03	0:38:16.71	
151	158	Ruth Smith	FO	0:38:33.27	0:38:16.56	
152	141	Lee Holohan	M40	0:38:38.73	0:38:31.17	
153	140	Louise Yates	F35	0:38:38.73	0:38:30.63	
154	380	Steve Mcconnell	M50	0:38:39.32	0:38:15.07	
155	169	Wendy Aldridge	F45	0:38:42.82	0:38:30.7	Dengie 100 Runners
156	210	Greg Marshall	M60	0:38:44.23	0:38:26.52	Serpentine RC
157	394	Michael Culver	M50	0:38:50.22	0:38:27.56	
158	417	Daniel Cohen-rumbold	U18M	0:38:53.32	0:38:34.92	
159	20	Lindsey Morgan	F35	0:38:54.36	0:38:35.97	
160	442	Isla Sinclair	F35	0:38:57.17	0:38:34.55	Benfleet
161	32	Elizabeth Cahill	F45	0:39:06.58	0:38:53.65	Braintree & District AC
162	185	Graeme Mason	M40	0:39:09.11	0:38:49	Springfield Striders RC
163	14	Robert Shaw	M60	0:39:09.95	0:38:55.34	Saffron Striders RC
164	372	Mark Avery	M50	0:39:12.05	0:38:56.45	Ipswich Jaffa RC
165	479	Colin Short	M60	0:39:15	0:38:58.72	Witham
166	365	Sophie Fosker	F35	0:39:15.89	0:39:00.78	
167	167	Malcolm Savage	M60	0:39:17.13	0:38:58.41	Springfield Striders RC
168	207	Simon Baker	M50	0:39:18.06	0:39:00.19	Tiptree Road Runners
169	366	Stuart Darney	MO	0:39:23.44	0:39:06.49	Springfield Striders RC
170	389	Wayne Close	MO	0:39:23.94	0:39:08.64	
171	133	Morven Hurding	F35	0:39:24.27	0:39:00.04	
172	333	Abigail Morgan	FO	0:39:24.8	0:39:05.29	Canterbury Harriers
173	403	Graham Douglass	M40	0:39:26.85	0:39:03.49	Benfleet RC
174	179	Richard Tatterton	MO	0:39:39.38	0:39:09.68	Ipswich Jaffa RC
175	320	Paul Tunmer	M50	0:39:40.73	0:39:14.24	Springfield Striders RC
176	110	Anne-marie Newman	F35	0:39:45.48	0:39:38.34	
177	59	Michelle Phillips	F45	0:39:46.92	0:39:35.08	Braintree & District AC
178	101	Stuart Phillips	M40	0:39:46.96	0:39:35.02	Braintree & District AC
179	443	Mon Lee	M50	0:39:52.05	0:39:36.5	Ipswich Jaffa
180	463	Trevor Crosby	M60	0:39:57.2	0:39:28.12	Lt Baddow RR
181	464	Philippa Crosby	FO	0:39:57.42	0:39:28.06	ReephaM Runners
182	460	Andrew Ritchings	M50	0:39:58.4	0:39:29.38	Little Baddow RR
183	278	Duncan Cox	M40	0:40:01.76	0:39:40.92	
184	12	David Mason	M40	0:40:02.49	0:39:42.67	Springfield Striders RC
185	66	Lorraine Mills	F45	0:40:06.2	0:39:40.92	
186	291	Matt Doran	M40	0:40:08.31	0:39:59.18	Harwich Runners
187	428	Clare Barstow	F35	0:40:10.95	0:39:54.19	Framlingham Flyers
188	234	Rachel Lawrence	F45	0:40:14.39	0:39:54.9	

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189	290	Elsbeth Knott	F65	0:40:20.21	0:40:03.43	Harwich Runners
190	325	Georgia Herron	FO	0:40:27.32	0:40:10.63	
191	274	Chris Durham	M40	0:40:29.1	0:40:16.31	
192	270	Mark Arnold	MO	0:40:30.12	0:40:09.62	
193	250	Karen Chambers	F35	0:40:30.21	0:40:09.07	
194	310	Simon Davis	M40	0:40:32.64	0:40:09.61	Benfleet RC
195	55	Gary Sibley	MO	0:40:34.63	0:40:20.9	Braintree & District AC
196	116	Carina Taylor	F35	0:40:35.66	0:40:06.35	Springfield Striders RC
197	470	Derren Peters	M40	0:40:37.11	0:40:15.93	
198	96	Mark Simmons	M50	0:40:38.43	0:40:23.83	Braintree & District AC
199	422	Andrew Hughes	MO	0:40:38.91	0:40:25.52	Braintree and District
200	221	James Weatherburn	M50	0:40:44.92	0:38:42.24	
201	414	Naomi Rumbold	F45	0:40:56.38	0:40:37.28	Bishops Stortford RC
202	419	Justin Hall	MO	0:40:58.33	0:40:51.88	Braintree and District
203	430	Joseph Nourse	MO	0:40:59.17	0:40:52.72	Braintree
204	326	Ben Herron	MO	0:41:03.56	0:40:46.82	
205	108	Deborah Hitching	F35	0:41:05.25	0:40:38.58	Springfield Striders RC
206	444	Lindsay Rolerkite	F45	0:41:08.05	0:40:52.16	Tiptree Road Runners
207	434	Sharon Harper	F45	0:41:08.7	0:40:40.81	Little Baddow RR
208	70	Christopher Brown	M50	0:41:08.79	0:40:40.69	
209	69	James Benson	M50	0:41:10.31	0:40:44.14	
210	211	Joanne Marshall	F55	0:41:12	0:40:53.92	Serpentine RC
211	199	Jamie Edgoose	M40	0:41:18.29	0:40:54.97	
212	400	Ann Piercy	F55	0:41:19.94	0:41:02.26	Harwich Runners
213	77	Hilary Thompson	F55	0:41:21.36	0:40:51.46	
214	392	Stephen Cheal	M50	0:41:26.53	0:41:15.33	Ilford AC
215	396	James Slater	M70	0:41:31.17	0:41:12.19	Tiptree Road Runners
216	423	Morgan Reddish	M40	0:41:42.56	0:41:19.9	Benfleet RC
217	267	Harry Young	MO	0:41:47.36	0:41:25.71	
218	43	Rachel Jackson	FO	0:41:47.58	0:41:11.31	Tiptree Road Runners
219	281	Donna Hindle	F45	0:41:48.75	0:41:23.68	Springfield Striders RC
220	271	Lucy West	F45	0:41:49.33	0:41:27.86	LWFitness4All
221	113	Richard Carvey	M50	0:41:51.8	0:41:32.63	Dengie 100 Runners
222	265	Allen Ball	M40	0:41:56.3	0:41:34.9	
223	5	Trish Jarvis	F45	0:41:59.05	0:41:13.76	
224	125	Jo Adams	FO	0:41:59.32	0:41:00.24	
225	84	Zoe Gould	F45	0:42:01.54	0:41:24.45	Tiptree Road Runners
226	36	Dave Holdich	MO	0:42:02.64	0:41:36.28	Witham RC
227	47	Benjamin Jiggins	MO	0:42:17.26	0:41:56.59	
228	11	Ross Silverton	M60	0:42:20.27	0:42:04.57	Witham RC
229	153	Daniel Summersgill	MO	0:42:34.14	0:41:06.91	
230	187	Frances Gridley	F55	0:42:35.31	0:42:16.25	Tiptree Road Runners
231	227	Daniel Hardy	M50	0:42:43.32	0:42:17.39	
232	299	Steve Bright	M50	0:42:46.66	0:42:26.14	
233	246	David Toombs	M40	0:42:52.18	0:42:30.46	Witham RC
234	362	Kieran Hayles	MO	0:42:55.87	0:42:32.97	Sudbury Joggers
235	363	Fern Hayles	FO	0:42:55.94	0:42:32.3	Caerleon RC
236	16	Maureen Wilson	F45	0:43:03.71	0:42:37.41	
237	21	Mark Babbage	M50	0:43:07.2	0:42:40.93	Springfield Striders RC
238	304	Jules Willis	F35	0:43:10.56	0:42:22.65	Sudbury Joggers
239	128	Gareth Bates	MO	0:43:10.85	0:42:07.49	
240	228	Lee Plaistow	M40	0:43:31.11	0:43:05.18	
241	151	Keith Rojas	M60	0:43:32.8	0:42:29.24	
242	200	Rebecca Tuff	F35	0:43:39.75	0:43:12.26	Serpentine RC
243	52	Martin West	M60	0:43:40.01	0:43:22.64	Great Bentley Running Club
244	117	Lee Blake	M50	0:43:41.46	0:43:11.31	
245	170	David Wignall	M40	0:43:42.42	0:43:20.13	
246	253	Sarah Goodwin	F45	0:43:51.27	0:43:19.57	Springfield Striders RC
247	424	Jenny Richards	FO	0:43:56.95	0:43:29.46	
248	7	Holly Thompson	FO	0:43:58.1	0:43:30.33	Springfield Striders RC
249	212	Anna Luff	FO	0:43:59	0:43:31.19	Springfield Striders RC
250	86	Liz Irvine	F35	0:43:59.45	0:43:32	Springfield Striders RC
251	297	Gemma Colling	FO	0:44:13.38	0:43:47.75	Great Bentley Running Club
252	171	Deborah Cubberley	F35	0:44:13.59	0:43:48.51	Great Bentley Running Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
253	393	Sybil Harris	F45	0:44:21.8	0:43:36.11	
254	134	Paul Taylor	M40	0:44:21.84	0:43:36.04	
255	266	Dawn Potter	F45	0:44:22.82	0:43:52.64	Billericay Striders
256	150	Christopher Howard	M40	0:44:25.08	0:43:56.66	Sudbury Joggers
257	259	Ray Charlton	M50	0:44:29.79	0:43:58.04	
258	244	Joshua Davis	MO	0:44:34.39	0:44:16.99	
259	206	Lorraine Baker	F45	0:44:36.17	0:42:52.49	Tiptree Road Runners
260	222	Peter Trawny	M40	0:44:38.42	0:43:32.45	
261	65	Graham Statter	M50	0:44:43.23	0:42:40.74	Bishops Stortford RC
262	144	Kelly Turk	FO	0:44:47.12	0:44:16.15	Springfield Striders RC
263	224	Henry Trawny	U18M	0:45:00.92	0:43:55.22	
264	381	David Chapman	M50	0:45:01.16	0:43:53.39	Sudbury Joggers
265	446	Alan Thomson	MO	0:45:02.06	0:44:28.42	
266	357	Alison Horsley	F45	0:45:02.49	0:44:38.77	Benfleet RC
267	352	Sue Kempson	F45	0:45:02.59	0:44:38.28	Benfleet RC
268	219	Craig Vernon	M50	0:45:06.95	0:44:16.35	
269	330	Chris Holt	MO	0:45:08.2	0:44:40.81	Bishops Stortford RC
270	457	Phil Clarke	M40	0:45:15.17	0:43:05.99	Tiptree
271	225	Sam Pleasance - Oxley	MO	0:45:20.41	0:43:11.23	
272	226	Emma Pleasance	F45	0:45:20.48	0:43:11.29	
273	129	Tina Gore	F35	0:45:22.53	0:44:15.72	Sudbury Joggers
274	462	Jennifer Turk	FO	0:45:22.94	0:44:51.24	Springfield
275	184	Suzanne Teodorska	F35	0:45:25.55	0:44:18.71	
276	383	David Beckerleg	M60	0:45:36.86	0:45:10.49	
277	473	Jordan Whitby	MO	0:45:39.82	0:45:29.49	
278	76	Deb Harrison	F35	0:45:41.42	0:45:21.67	Braintree & District AC
279	103	Kamila Buczek	FO	0:45:46.67	0:45:18.98	
280	261	Natasha Howard	F35	0:45:47.28	0:45:17.93	
281	355	Ben Leeds	MO	0:45:51.78	0:44:29.03	
282	183	Vicki Robins	F35	0:45:54.1	0:44:50.18	Springfield Striders RC
283	450	Mark Steadman	M50	0:45:54.57	0:45:28.93	
284	407	Dylan Keth	MO	0:45:55.98	0:45:24.66	
285	204	Glenda Jackson	F55	0:46:00.7	0:45:36.2	Grange Farm & Dunmow Runner
286	294	Becky Grimwood	FO	0:46:00.81	0:45:06.14	Witham RC
287	440	Andrew Tietjen	M40	0:46:02.46	0:45:18.94	
288	441	Nick Richards	M60	0:46:05.26	0:45:38.11	Little Baddow RR
289	136	Michael Purkiss	M60	0:46:05.84	0:45:36.78	Halstead RRC
290	436	Christy Willett	F55	0:46:07.31	0:45:42.33	
291	282	Liam Robinson	M50	0:46:08.63	0:45:39.28	
292	104	Melonie Evans	F45	0:46:08.77	0:45:21.73	Sudbury Joggers
293	439	William Callaghan	M40	0:46:16.79	0:44:30.09	
294	3	Lynne Garey	F55	0:46:18.26	0:45:12.56	
295	49	Heydon Mizon	M40	0:46:19.36	0:46:16.27	Witham RC
296	209	Christine King	F55	0:46:25.38	0:44:41.05	Tiptree Road Runners
297	245	Joanne Dickman	F35	0:46:25.55	0:44:40.03	Tiptree Road Runners
298	44	Sarah Mckee-harris	FO	0:46:38.34	0:45:56.89	
299	124	Celine Elson	F35	0:46:44.36	0:45:46.28	
300	191	John Pardon	M60	0:46:44.69	0:46:10.26	Billericay Striders
301	45	David Applin	MO	0:46:46.05	0:46:04.82	
302	377	Billy Cockerton	MO	0:46:50.1	0:46:23.72	
303	408	Julia Bawden	F55	0:46:52.27	0:45:08.36	Tiptree Road Runners
304	118	Sheila Macaulay	F65	0:46:57.57	0:46:33.58	Springfield Striders RC
305	27	David Grainger	M50	0:46:59.26	0:45:54.26	
306	173	Gemma Watkins	F35	0:47:07.26	0:46:14.07	
307	301	Andrew Thorn	MO	0:47:09.17	0:46:17.18	Harwich Runners
308	268	Anna Young	F35	0:47:09.24	0:46:16.85	
309	347	Haydeh Safavi	F45	0:47:11.9	0:46:09.82	Witham RC
310	111	Ruth Gailey	FO	0:47:18.36	0:46:36.9	
311	399	Bruce Longman	M40	0:47:22.18	0:45:13	
312	360	Angus John Nicholson	MO	0:47:22.41	0:45:13.23	
313	269	Karen Flowers	M40	0:47:36	0:46:35.3	Witham RC
314	218	Jayne Vernon	F45	0:47:44.06	0:46:52.71	
315	402	Annette Johnson	F45	0:47:45.52	0:45:36.34	Benfleet RC
316	375	Katie Cockerton	FO	0:47:50.29	0:47:24.35	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
317	62	Gill Williams	F45	0:47:54.19	0:47:00.34	
318	75	Carol Muir	F45	0:47:55.51	0:46:37.29	Ilford AC
319	258	Sue Foley	F45	0:48:26.48	0:47:27.52	
320	273	Belinda Palmer-barnes	F55	0:48:32.77	0:47:34.67	Great Bentley Running Club
321	331	Georgia Hammond	F35	0:48:34.49	0:46:37.74	Bishops Stortford RC
322	152	Denise Lefley	F45	0:48:47.97	0:47:45.15	
323	182	Julie Pugh	F35	0:48:54.36	0:47:47.15	
324	341	Paula Evans	F35	0:49:04.27	0:46:55.08	
325	37	Richard Sandford	M50	0:49:04.3	0:46:55.11	
326	340	Letitia Root	F35	0:49:04.34	0:46:55.16	
327	374	Lee Anderson	MO	0:49:11.86	0:47:27.81	
328	427	Suzie King	F45	0:49:17.07	0:47:58.3	
329	89	Grahame Walkingshaw	M50	0:49:17.98	0:48:32.37	
330	342	Jane Noble	F45	0:49:27.05	0:47:22.37	Witham RC
331	137	Claire Bond	F35	0:49:28.85	0:47:19.83	
332	322	Stephen Brame	M40	0:49:29.97	0:48:58.09	Springfield Striders RC
333	82	Marian Nibbs	F55	0:49:37.14	0:48:54.5	
334	406	James Crowe	MO	0:49:38.39	0:48:04.01	
335	350	Helen Safavi	F45	0:49:42.95	0:48:41.11	
336	390	Lee Close	MO	0:49:59.12	0:49:43.41	
337	71	Alison Fryatt	F45	0:49:59.33	0:48:42.1	Barking Road Runners
338	239	Felicity Keeble	F35	0:50:00.54	0:48:00.57	
339	186	Rob Grimwood	MO	0:50:21.31	0:48:32.14	
340	298	Kirstie Enefer	F35	0:50:23.13	0:49:24.46	
341	256	Lisa Lager	F35	0:50:24.82	0:49:21.02	
342	41	Nicola Dallinger	FO	0:50:37.4	0:49:10.68	
343	56	Michael Boyd	M40	0:50:50.07	0:50:06.59	
344	465	Terence Mitchell	M70	0:51:07.88	0:48:58.69	
345	397	Kelly Hollands	F35	0:51:13.92	0:49:04.73	Benfleet RC
346	233	Rick Overington	MO	0:51:17.74	0:50:49.68	
347	316	Barbara Oliver	F65	0:51:23.66	0:49:14.48	Benfleet RC
348	50	Ruth Mizon	F35	0:51:27.85	0:49:20.49	Witham RC
349	411	Robert Courtier	M60	0:51:36.5	0:50:18.78	Barking Road Runners
350	371	Tony Wallace	M50	0:51:37.95	0:50:46.17	
351	35	John Bush	M50	0:51:42.55	0:50:44.19	Great Bentley Running Club
352	353	Stephen Billington	M50	0:51:47.61	0:51:22.98	Benfleet RC
353	412	Zoey Battell	F35	0:51:51.77	0:50:44.7	Sudbury Joggers
354	231	Tom Rogers	MO	0:51:53.47	0:49:54.38	
355	232	Helen Rogers	F35	0:51:53.65	0:49:54.93	
356	373	Rosie Youngs	F45	0:52:06.75	0:50:39.52	
357	324	Roger Duffield	M70	0:52:06.81	0:51:27.04	Tiptree Road Runners
358	216	Kayleigh Carr	F35	0:52:07.82	0:49:59.91	
359	476	Daniel Dunnstuart	MO	0:52:38.95	0:52:14.26	
360	481	Oliver Cargill	MO	0:52:49.02	0:50:39.84	
361	433	Gavin Wendholt	MO	0:52:56.39	0:51:54.26	
362	99	Cathryn Fifield	F45	0:53:03.26	0:50:54.27	
363	472	Joanna Gent	F45	0:53:12.07	0:52:00.86	
364	25	Michelle Amos	F35	0:53:12.21	0:52:01.01	
365	471	Kieran Lowe	MO	0:53:12.32	0:52:01.21	
366	127	Shirley Tucker	F55	0:53:18.31	0:51:09.13	
367	154	Jemma Sibson	FO	0:53:19.75	0:51:11.84	
368	121	Ellie Duncan	FO	0:53:20.3	0:51:57.77	
369	364	Rebekah Walker	FO	0:53:33.86	0:51:27.27	
370	279	Susan Walker	F45	0:53:34.71	0:51:28.73	
371	475	Ellie Eastman	FO	0:53:37.59	0:51:39.26	
372	474	Victoria Levine	F45	0:53:37.74	0:51:39.61	Witham
373	98	Richard Fifield	M50	0:53:58.78	0:51:49.97	
374	452	Helene Tyler	F45	0:54:08.18	0:53:09.8	Great Bentley
375	415	Graham Ogan	M50	0:54:25.4	0:52:16.22	
376	164	Sandra Creak	F45	0:54:25.59	0:52:16.41	
377	97	Isabel Peralta-jimenez	F35	0:54:25.89	0:53:19.34	Braintree & District AC
378	63	Sally Wood	F55	0:54:34.28	0:52:25.1	Tiptree Road Runners
379	64	Alia Hamdan	F35	0:54:43.01	0:52:33.83	Tiptree Road Runners
380	15	Sue Long	F45	0:55:03.09	0:52:53.91	Tiptree Road Runners

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
381	13	Emma Bowdidge	FO	0:55:09.04	0:53:01.12	
382	18	Michelle Greenfield	F35	0:55:12.39	0:54:10.05	Harwich Runners
383	284	Brigid Lager	F55	0:55:22.2	0:53:13.02	
384	180	Gemma Conn	F35	0:55:26.77	0:53:17.59	
385	168	Josh Iron	MO	0:55:36.56	0:54:24.1	
386	311	Julie Peacock	F45	0:55:43.66	0:53:34.48	Benfleet RC
387	262	Maria Bullen-bell	FO	0:55:44.01	0:54:11.9	
388	149	Samantha Venton	F35	0:56:41.89	0:55:18.12	Benfleet RC
389	156	Declan Walters	MO	0:56:42.27	0:55:19.59	
390	157	Mark Skeet	M40	0:56:51.99	0:55:27.96	
391	387	Adele Pummery	F45	0:56:56.58	0:54:47.39	
392	135	Sheila Purkiss	F65	0:57:07.11	0:54:57.93	
393	421	Michelle Leeding	F55	0:57:22.68	0:55:18.21	Witham
394	72	Jacky Chase	F55	0:57:40.7	0:56:37.37	
395	468	Pete Moulton	M50	0:58:08.92	0:55:59.74	Tasmanian RR
396	359	Helen Johnson	F35	0:58:30.76	0:56:21.58	
397	4	Alison Snow	F35	0:59:34.77	0:57:25.59	
398	28	Katherine Burke	F35	1:00:48.01	0:058:38.83	
399	145	Nicholas Waring	M40	1:00:50.89	0:058:41.71	
400	449	Sandra Mcleod-gulinane	F35	1:01:12.02	0:059:15.07	
401	317	Tracey Jones	F35	1:01:20.24	0:059:11.06	Benfleet RC
402	202	Bob Chapman	M50	1:01:20.44	0:059:13.07	Benfleet RC
403	263	Sylvie Bullen-bell	F45	1:03:31.42	1:01:46.22	
404	60	Frances Warren	F55	1:10:15.57	1:8:06.39	
405	178	Lorna-jane Robinson	FO	1:11:26.57	1:9:17.39	
406	413	Mark Hoy	MO	1:11:27.81	1:9:18.63	