

Witham May Day 5 Results 2017

Position	Number	C Name	S name	Cat	Actual	Chip	Club	Start delay
1	41	James	Wright	MO	00:27:51.87	00:27:50.72	Springfield Striders RC	00:00:01.15
2	218	Kurtis	Swan	MO	00:27:52.90	00:27:52.26	Billericay Striders	00:00:00.64
3	198	Alex	Manton	MO	00:28:09.97	00:28:09.08	Springfield Striders RC	00:00:00.89
4	339	Danny	Millward	U18M	00:28:22.72	00:28:21.66		00:00:01.06
5	73	Mark	Harrod	M40	00:28:31.24	00:28:31.24	Colchester Harriers AC	00:00:00.00
6	297	Colin	Ridley	M50	00:28:33.57	00:28:33.28	Colchester Harriers AC	00:00:00.29
7	346	Chris	O'hara	MO	00:28:54.44	00:28:54.41	Billericay Striders	00:00:00.03
8	344	Stephen	Philcox	M50	00:29:22.31	00:29:20.98	Ilford AC	00:00:01.33
9	398	Stephen	Wilkes	M40	00:29:33.06	00:29:31.10	Bishops Stortford RC	00:00:01.96
10	392	Paul	Miles	MO	00:29:38.78	00:29:37.64	Springfield Striders RC	00:00:01.14
11	67	David	Church	MO	00:29:46.15	00:29:43.60		00:00:02.55
12	348	Scott	Darney	MO	00:30:09.24	00:30:07.32	Witham RC	00:00:01.92
13	358	Peter	West	M50	00:30:20.15	00:30:18.93	Colchester Harriers AC	00:00:01.22
14	102	Conor	Culham	U18M	00:30:40.08	00:30:39.00	Braintree & District AC	00:00:01.08
15	330	Neil	Crisp	M50	00:30:42.34	00:30:42.34	Ilford AC	00:00:00.00
16	317	Craig	Mitchell	M40	00:30:52.19	00:30:52.19		00:00:00.00
17	236	Richard	Boden	M50	00:31:16.66	00:31:16.66	Colchester Harriers AC	00:00:00.00
18	352	Michael	Woodruff	M50	00:31:25.69	00:31:22.59	Bishops Stortford RC	00:00:03.10
19	229	Aaron	Graves	MO	00:31:31.05	00:31:28.48		00:00:02.57
20	367	Stephen	Sawyer	MO	00:31:39.02	00:31:39.02		00:00:00.00
21	194	Colin	Harper	M50	00:31:41.45	00:31:36.38		00:00:05.07
22	119	Daniel	Beckerleg	M40	00:31:44.27	00:31:42.22		00:00:02.05
23	350	Andrew	Lager	M40	00:31:44.63	00:31:41.25	Witham RC	00:00:03.38
24	228	David	Miller	M40	00:31:47.23	00:31:44.23	Leigh on Sea Striders	00:00:00.00
25	164	Jon	Byford	M40	00:31:48.20	00:31:45.93	Springfield Striders RC	00:00:02.27
26	83	Tom	Davies	M50	00:31:50.77	00:31:47.31		00:00:03.46
27	290	Richard	Flutter	M40	00:31:51.69	00:31:50.70	Colchester Harriers AC	00:00:00.99
28	121	Jonathan	Finch	M40	00:31:56.37	00:31:53.63	Tiptree Road Runners	00:00:02.74
29	8	Paul	Martin	MO	00:32:12.12	00:32:12.12	Ware Joggers	00:00:00.00
30	338	Richard	Millward	M40	00:32:26.47	00:32:26.47	Colchester Harriers AC	00:00:00.00
31	241	Chris	Ward	MO	00:32:37.36	00:32:23.25		00:00:14.11
32	80	Sarah	Pennington	FO	00:32:41.44	00:32:40.18	Southend On Sea AC	00:00:01.26
33	31	Peter	Beatty	M60	00:32:45.13	00:32:42.25	Bishops Stortford RC	00:00:02.88
34	144	Paul	Turner	MO	00:32:49.89	00:32:45.41		00:00:04.48
35	113	Chris	Whiffin	MO	00:33:04.93	00:33:00.75		00:00:04.18
36	373	Peter	Adkins	M40	00:33:14.30	00:33:11.02		00:00:03.28
37	223	Mark	Austin	M50	00:33:27.38	00:33:24.86	Witham RC	00:00:02.52
38	308	Lee	Gumbrell	MO	00:33:40.58	00:33:36.47	Benfleet RC	00:00:04.11
39	141	Colin	White	M50	00:33:49.50	00:33:45.79	Billericay Striders	00:00:03.71
40	22	Ian	Elden	M40	00:33:54.22	00:33:52.40	Sudbury Joggers	00:00:01.82
41	146	Justin	Cooperkeet	M40	00:33:54.94	00:33:51.23	Harwich Runners	00:00:03.71
42	303	Steve	Danby	M50	00:33:57.35	00:33:50.54		00:00:06.81
43	256	Lee	Cousins	M40	00:34:03.76	00:34:00.47	Braintree & District AC	00:00:03.29
44	177	Gerry	McGovern	M60	00:34:09.67	00:34:02.60		00:00:07.07
45	329	Kevin	Harper	M40	00:34:13.13	00:34:09.58	Witham RC	00:00:03.55
46	281	Scott	Mcgrath	MO	00:34:27.09	00:34:18.48		00:00:08.61
47	226	Steven	Watson	MO	00:34:37.00	00:34:37.00	Witham RC	00:00:00.00
48	193	Julie	Beasant	F35	00:34:39.05	00:34:36.38		00:00:02.67
49	103	Tim	Saban	M50	00:34:40.22	00:34:37.44	Fairlands Valley Spartans	00:00:02.78
50	165	Richard	Rule	M50	00:34:44.69	00:34:40.23	Springfield Striders RC	00:00:04.46
51	396	Jason	Finch	M40	00:34:45.93	00:34:40.66		00:00:05.27
52	79	Jessica	West	FO	00:34:49.47	00:34:49.47	London City Athletics Club	00:00:00.00
53	89	Rebecca	Pittman	F55	00:34:51.14	00:34:51.14	Springfield Striders RC	00:00:00.00
54	12	John	Button	MO	00:34:58.76	00:34:56.37		00:00:02.39
55	385	Thomas	Fryatt	MO	00:35:00.24	00:34:54.35		00:00:05.89
56	11	John	Holland	MO	00:35:01.17	00:34:52.18		00:00:08.99
57	45	Paul	Chandler	M50	00:35:19.16	00:35:15.92	Witham RC	00:00:03.24

58	368 Lee	Clarkson	MO	00:35:24.38	00:35:20.13	Great Bentley Running Club	00:00:04.25
59	220 Chris	Garey	MO	00:35:29.90	00:35:29.90	Springfield Striders RC	00:00:00.00
60	357 Adam	Drew	MO	00:35:35.04	00:35:30.23		00:00:04.81
61	322 Grant	England	MO	00:35:36.24	00:35:31.41	Billericay Striders	00:00:04.83
62	307 Richard	Sambridge	MO	00:35:36.99	00:35:28.47	Braintree & District AC	00:00:08.52
63	277 David	Marsh	MO	00:35:42.88	00:35:28.76		00:00:14.12
64	374 Ben	Bannar-mar	M40	00:35:50.59	00:35:44.81		00:00:05.78
65	316 Cliff	King	M40	00:35:59.75	00:35:54.07	Castle Point Joggers	00:00:05.68
66	353 Karen	Pickering	FO	00:36:00.11	00:35:53.91		00:00:06.20
67	16 Chris	Chew	M50	00:36:02.61	00:35:57.90		00:00:04.71
68	197 Nikki	Hills	F35	00:36:06.32	00:36:01.81		00:00:04.51
69	263 Caroliena	Cameron	F45	00:36:11.96	00:36:05.76	Halstead RRC	00:00:06.20
70	292 Luca	Predebon	MO	00:36:33.24	00:36:28.04	Grange Farm & Dunmow Runner	00:00:05.20
71	42 Graham	Clarke	M60	00:36:39.89	00:36:37.13	Great Bentley Running Club	00:00:02.76
72	283 Mark	Shillaker	M50	00:36:46.52	00:36:41.33		00:00:05.19
73	319 Gavin	Maclure	MO	00:36:55.87	00:36:46.09	Witham RC	00:00:09.78
74	157 Paul	Ford	M40	00:36:57.60	00:36:51.39		00:00:06.21
75	267 Catherine	Ridge	FO	00:37:00.60	00:36:54.62	Harlow RC	00:00:05.98
76	156 Andrew	Wood	M50	00:37:08.53	00:37:01.31		00:00:07.22
77	168 Shawn	Beckerleg	M40	00:37:10.88	00:37:03.01	Witham RC	00:00:07.87
78	43 Sathanand	Alagananda	M50	00:37:17.96	00:37:11.00	Ilford AC	00:00:06.96
79	275 Neil	Addington	M50	00:37:27.37	00:37:18.36		00:00:09.01
80	294 Scott	Young	M40	00:37:35.42	00:37:24.79	Great Bentley Running Club	00:00:10.63
81	161 Harry	Young	MO	00:37:38.40	00:37:25.53		00:00:12.87
82	44 Chris	Durham	M40	00:37:41.40	00:37:29.60		00:00:11.80
83	56 Melanie	Candler	F35	00:37:47.93	00:37:41.25	Halstead RRC	00:00:06.68
84	178 Rebecca	Booty	F35	00:37:52.91	00:37:44.99	Witham RC	00:00:07.92
85	222 Neil	Churchill	M50	00:37:55.78	00:37:46.89		00:00:08.89
86	284 Billy	Green	M50	00:37:58.33	00:37:48.39	Ilford AC	00:00:09.94
87	269 Anthony	Harris	M40	00:38:03.57	00:37:56.50	Sudbury Joggers	00:00:07.07
88	332 Robert	Hempstead	MO	00:38:05.33	00:37:51.48	Billericay Striders	00:00:13.85
89	40 David	Mason	M40	00:38:05.38	00:37:57.81	Springfield Striders RC	00:00:07.57
90	53 Nicholas	Manley	M50	00:38:11.11	00:38:03.52	Witham RC	00:00:07.59
91	52 Angela	Manley	F45	00:38:16.32	00:38:08.18	Witham RC	00:00:08.14
92	386 Kieran	Callaghan	MO	00:38:18.62	00:38:11.06	Harwich Runners	00:00:07.56
93	306 Andrew	Watson	M50	00:38:23.51	00:38:10.67		00:00:12.84
94	176 Wendy	Aldridge	F45	00:38:28.61	00:38:19.73	Dengie 100 Runners	00:00:08.88
95	280 Catherine	Fairhurst	FO	00:38:29.95	00:38:21.51		00:00:08.44
96	295 Gordon	Greenhalgh	M40	00:38:34.17	00:38:22.89		00:00:11.28
97	186 Jay	Primera	M40	00:38:37.22	00:38:16.11		00:00:21.11
98	382 Lucy	Cowlin	FO	00:38:40.85	00:38:35.08		00:00:05.77
99	383 James	Howes	MO	00:38:41.01	00:38:35.54		00:00:05.47
100	278 Richard	Hardiman	M60	00:38:43.37	00:38:36.37		00:00:07.00
101	333 Ricky	Lee	M40	00:38:45.56	00:38:37.33		00:00:08.23
102	174 Nic	Darling	F35	00:38:45.90	00:38:34.30		00:00:11.60
103	139 Stephen	Hughes	M40	00:38:58.28	00:38:46.24		00:00:12.04
104	132 Greg	Marshall	M60	00:39:01.85	00:38:51.13	Serpentine RC	00:00:10.72
105	331 Dianne	Crisp	F55	00:39:11.53	00:39:04.68	Ilford AC	00:00:06.85
106	288 Andrew	Hughes	MO	00:39:12.04	00:39:03.59	Braintree & District AC	00:00:08.45
107	87 Joanne	Ling	F45	00:39:16.84	00:39:07.30	Billericay Striders	00:00:09.54
108	29 Mark	Simmons	M50	00:39:17.14	00:39:04.92	Braintree & District AC	00:00:12.22
109	217 Leigh-anne	Porter	FO	00:39:17.88	00:39:11.40	Halstead RRC	00:00:06.48
110	377 Richard	Weaver	M40	00:39:18.03	00:39:06.28		00:00:11.75
111	77 Sharon	Bannister	F45	00:39:22.36	00:39:08.00	Springfield Striders RC	00:00:14.36
112	6 Kenneth	Hands	M40	00:39:23.28	00:39:23.28	Springfield Striders RC	00:00:00.00
113	5 Nichola	Hands	F35	00:39:23.36	00:39:09.76	Springfield Striders RC	00:00:13.60
114	376 Karen	Chapman	F35	00:39:25.33	00:39:10.89	Springfield Striders RC	00:00:14.44
115	249 Ben	Morgan	MO	00:39:28.90	00:38:48.00		00:00:40.90
116	211 Hilda	O'kelly	F45	00:39:31.67	00:39:17.10	Springfield Striders RC	00:00:14.57
117	114 Nicholas	Harvey	M40	00:39:33.04	00:39:20.08		00:00:12.96

118	343 Neil	Godier	M50	00:39:36.06	00:39:22.46		00:00:13.60
119	291 Emily	Predebon	FO	00:39:38.68	00:39:27.21	Grange Farm & Dunmow Runner	00:00:11.47
120	20 Jamie	Edgoose	M40	00:39:40.57	00:39:27.97		00:00:12.60
121	325 Jannis	Hering	MO	00:39:53.22	00:39:38.95		00:00:14.27
122	136 Ernest	Forsyth	M60	00:39:58.14	00:39:48.21	Ilford AC	00:00:09.93
123	340 Stuart	Blackmore	M40	00:39:59.40	00:39:48.98		00:00:10.42
124	215 Rob	Howard	M40	00:40:02.08	00:39:35.39		00:00:26.69
125	393 Graham	Jones	M50	00:40:05.79	00:39:57.03	Billericay Striders	00:00:08.76
126	182 Cheryl	Macdonald	F55	00:40:09.01	00:40:04.98	Pitsea RC	00:00:04.03
127	395 John	Warne	M60	00:40:10.76	00:39:45.55	Braintree & District AC	00:00:25.21
128	36 Andrew	Silverton	MO	00:40:11.22	00:39:58.00		00:00:13.22
129	133 Joanne	Marshall	F55	00:40:13.70	00:40:03.64	Serpentine RC	00:00:10.06
130	390 Kevin	Birch	MO	00:40:14.38	00:40:03.95		00:00:10.43
131	315 David	Southgate	M40	00:40:16.11	00:39:55.98		00:00:20.13
132	216 Russell	Oliver	M50	00:40:19.07	00:40:09.74		00:00:09.33
133	39 Serena	Beresford	F35	00:40:21.21	00:39:59.04	Bishops Stortford RC	00:00:22.17
134	314 Louise	Yates	F35	00:40:26.83	00:40:15.98		00:00:10.85
135	149 Sam	Pleasance-c	MO	00:40:27.60	00:39:50.77		00:00:36.83
136	257 Louise	Birke	FO	00:40:30.61	00:40:22.67		00:00:07.94
137	125 Jo	Dyson	F45	00:40:30.86	00:40:04.54		00:00:26.32
138	118 Simon	Meecham	M40	00:40:31.25	00:40:07.67	Ipswich Jaffa RC	00:00:23.58
139	258 Garry	Smith	M40	00:40:34.79	00:40:23.79		00:00:11.00
140	150 Ben	Frost	M40	00:40:41.46	00:40:22.28	Springfield Striders RC	00:00:19.18
141	298 Anne-mari	Newman	F35	00:40:45.88	00:40:35.43		00:00:10.45
142	120 Lee	Close	MO	00:40:46.74	00:40:33.30		00:00:13.44
143	155 Paul	Harrington	M40	00:40:48.32	00:40:29.01		00:00:19.31
144	366 Chusa	Bautista Fr	F35	00:40:49.92	00:40:34.72	Great Bentley Running Club	00:00:15.20
145	192 Steve	Hankinson	M60	00:40:50.46	00:40:38.53	Braintree & District AC	00:00:11.93
146	158 Hayley	Fisher	FO	00:40:52.55	00:40:52.55		00:00:00.00
147	71 Janet	Pardon	F65	00:40:54.80	00:40:45.44	Billericay Striders	00:00:09.36
148	64 Paul	Taylor	M40	00:40:55.88	00:40:37.21		00:00:18.67
149	134 Michelle	Smith	F45	00:40:59.74	00:40:31.14		00:00:28.60
150	202 Ross	Silverton	M60	00:41:00.91	00:40:48.55	Witham RC	00:00:12.36
151	199 Emily	Penkett	F35	00:41:02.87	00:40:41.97		00:00:20.90
152	237 Christine	Marsh	F55	00:41:05.47	00:40:48.96		00:00:16.51
153	167 Richard	See	M40	00:41:06.03	00:40:30.66	Dengie 100 Runners	00:00:35.37
154	188 Carina	Taylor	F35	00:41:13.61	00:40:56.20	Springfield Striders RC	00:00:17.41
155	272 Tina	Gore	F35	00:41:16.85	00:41:03.82	Sudbury Joggers	00:00:13.03
156	173 Archie	Cotterill	U18M	00:41:17.97	00:40:41.88		00:00:36.09
157	111 Manfred	Ramirez	M40	00:41:19.13	00:40:42.31		00:00:36.82
158	253 Simon	Hillyard	M50	00:41:20.41	00:41:06.47		00:00:13.94
159	187 Lee	Blake	M50	00:41:21.59	00:41:04.20		00:00:17.39
160	387 Eva	Masiero	F35	00:41:22.94	00:41:02.84		00:00:20.10
161	112 Jessica	Dellow	FO	00:41:23.73	00:41:06.63		00:00:17.10
162	33 Trish	Jarvis	F45	00:41:26.15	00:41:10.30		00:00:15.85
163	334 Rebekah	Walker	FO	00:41:27.69	00:41:07.54		00:00:20.15
164	310 Steve	Smith	M40	00:41:33.81	00:41:13.98		00:00:19.83
165	35 Jack	Axford	U18M	00:41:41.80	00:41:23.04		00:00:18.76
166	34 Chris	Axford	M50	00:41:42.29	00:41:23.64		00:00:18.65
167	311 Louise	Hawkins	F35	00:41:54.43	00:41:37.78	Tiptree Road Runners	00:00:16.65
168	287 Colin	Lawrence	M50	00:41:58.41	00:41:43.09		00:00:15.32
169	347 David	Morgan	M60	00:41:59.97	00:41:50.43	Billericay Striders	00:00:09.54
170	2 Richard	Champion	M40	00:42:02.02	00:41:55.66		00:00:06.36
171	204 Ronald	Barnes	M70	00:42:02.49	00:41:36.51		00:00:25.98
172	375 Rachel	Jackson	FO	00:42:03.17	00:41:28.85	Tiptree Road Runners	00:00:34.32
173	356 Nigel	Francis	M50	00:42:06.38	00:41:50.06	Braintree & District AC	00:00:16.32
174	391 James	Goddard	M50	00:42:06.94	00:41:36.61		00:00:30.33
175	166 Stacy	Hember	F45	00:42:07.71	00:41:44.71	Tiptree Road Runners	00:00:23.00
176	184 Natalie	Cook	FO	00:42:13.44	00:41:57.03	Braintree & District AC	00:00:16.41
177	208 Viv	Law	F45	00:42:18.14	00:41:54.78	Bishops Stortford RC	00:00:23.36

178	154 Treena	Harrington	F35	00:42:25.47	00:42:06.83	Halstead RRC	00:00:18.64
179	84 Katy	Sodeau	F45	00:42:29.12	00:42:13.28		00:00:15.84
180	148 Haydeh	Safavi	F45	00:42:33.76	00:42:21.37	Witham RC	00:00:12.39
181	72 John	Pardon	M60	00:42:38.11	00:42:28.15	Billericay Striders	00:00:09.96
182	252 Adrian	Byrne	M40	00:42:38.46	00:42:24.20		00:00:14.26
183	233 Sharon	Prince	F45	00:42:50.76	00:42:33.72		00:00:17.04
184	380 Joanne	Saunders	FO	00:42:51.78	00:42:30.48		00:00:21.30
185	224 Jackie	Sibthorp	F45	00:42:53.47	00:42:45.78	Mid Essex Casuals	00:00:07.69
186	160 Allen	Ball	M40	00:42:54.46	00:42:29.60		00:00:24.86
187	210 Kim	Sadler	F35	00:42:56.46	00:42:29.52		00:00:26.94
188	293 Sybil	Harris	F45	00:42:58.73	00:42:38.01		00:00:00.00
189	169 David	Beckerleg	M60	00:42:59.47	00:42:41.11		00:00:18.36
190	105 Sarah	Goodwin	F45	00:43:03.57	00:42:38.83	Springfield Striders RC	00:00:24.74
191	379 Jo	Adams	FO	00:43:06.95	00:42:51.26		00:00:15.69
192	231 Graham	Statter	M50	00:43:26.14	00:43:01.33	Bishops Stortford RC	00:00:24.81
193	203 Karen	Storey	F45	00:43:28.62	00:43:07.14		00:00:21.48
194	266 Matt	Clelland	MO	00:43:31.71	00:43:09.24		00:00:22.47
195	221 Gary	Harford	M50	00:43:33.73	00:43:08.52	Barking Road Runners	00:00:25.21
196	82 Celine	Elson	F35	00:43:35.49	00:43:17.66		00:00:17.83
197	47 Elliott	Whiston	M40	00:43:52.16	00:43:35.39		00:00:16.77
198	363 Tracy	Russell	F35	00:43:58.14	00:43:37.74	Tiptree Road Runners	00:00:20.40
199	232 Chris	Mccann	M60	00:43:59.98	00:43:35.86	Springfield Striders RC	00:00:24.12
200	21 Lisa	Dove	F35	00:44:00.67	00:43:38.17		00:00:22.50
201	273 Janice	Page	F45	00:44:00.80	00:43:40.39	Harlow RC	00:00:20.41
202	191 Jelena	Gunner	F35	00:44:01.00	00:43:37.13		00:00:23.87
203	274 David	Page	M50	00:44:01.86	00:43:41.03	Harlow RC	00:00:20.83
204	88 Ruth	Ferguson	F55	00:44:03.28	00:43:47.44		00:00:15.84
205	355 Paul	Barnes	M50	00:44:06.79	00:43:44.78		00:00:22.01
206	301 Jacqueline	Mcleod	F45	00:44:07.66	00:43:41.84	Benfleet RC	00:00:25.82
207	70 Jenny	Pirie	F35	00:44:16.35	00:43:58.88		00:00:17.47
208	1 Ruth	Mizon	F35	00:44:16.41	00:43:59.44	Witham RC	00:00:16.97
209	394 Joanne	Dickman	F45	00:44:19.61	00:43:44.71	Tiptree Road Runners	00:00:34.90
210	282 Paula	Rothero	F45	00:44:19.67	00:43:58.39	Tiptree Road Runners	00:00:21.28
211	96 Lee	Anderson	MO	00:44:20.86	00:43:53.01		00:00:27.85
212	116 Andrew	Kinney	M40	00:44:21.26	00:43:39.16	Harlow RC	00:00:42.10
213	219 Lynne	Garey	F55	00:44:22.63	00:44:03.47	Springfield Striders RC	00:00:19.16
214	135 Stephen	Newhall	M40	00:44:30.58	00:44:10.78		00:00:19.80
215	399 Rebecca	Conran	FO	00:44:41.11	00:44:19.68	Great Bentley Running Club	00:00:21.43
216	381 Katie	Moorcroft	FO	00:44:41.25	00:44:19.76		00:00:21.49
217	205 Alison	Lapper	F45	00:44:48.24	00:44:15.24		00:00:00.00
218	171 Michael	Broughton	M50	00:44:51.31	00:44:28.12		00:00:23.19
219	371 Christine	King	F55	00:44:53.23	00:44:18.30	Tiptree Road Runners	00:00:34.93
220	46 Sheila	Macaulay	F65	00:44:57.68	00:44:42.36	Springfield Striders RC	00:00:15.32
221	309 Julia	Galea	F55	00:44:59.71	00:44:42.02	Ilford AC	00:00:17.69
222	9 Cathryn	Fifield	F45	00:45:04.15	00:45:04.15		00:00:00.00
223	286 Stephen	Lawrence	M60	00:45:05.39	00:44:21.72		00:00:43.67
224	185 Victoria	Primmer	FO	00:45:06.39	00:44:42.36		00:00:24.03
225	143 Danny	Connor	MO	00:45:08.03	00:44:50.95	Witham RC	00:00:17.08
226	243 Nikki	Turner	FO	00:45:08.19	00:44:29.15		00:00:39.04
227	242 Gemma	Smith	FO	00:45:09.48	00:44:29.86		00:00:39.62
228	195 Sharon	Harper	F45	00:45:13.85	00:44:37.44		00:00:36.41
229	302 Ray	Charlton	M50	00:45:18.33	00:44:51.91		00:00:26.42
230	60 Karen	Chamberlai	F45	00:45:19.22	00:44:55.25	Ipswich Jaffa RC	00:00:23.97
231	59 Duncan	Chamberlai	M50	00:45:20.49	00:44:56.17	Ipswich Jaffa RC	00:00:24.32
232	107 Peter	Mills	M70	00:45:20.61	00:44:54.37	Harlow RC	00:00:26.24
233	364 Jennifer	Turk	FO	00:45:21.00	00:44:59.25	Springfield Striders RC	00:00:00.00
234	245 Chris	Woods	M40	00:45:23.01	00:44:42.27		00:00:40.74
235	93 Michelle	Cooper	F45	00:45:28.43	00:44:59.10		00:00:29.33
236	13 Melonie	Evans	F45	00:45:30.09	00:45:07.55	Sudbury Joggers	00:00:22.54
237	326 James	Cooch	M40	00:45:35.33	00:44:57.89		00:00:37.44

238	296 Sylvia	Bullen-bell	F45	00:45:39.50	00:45:07.30		00:00:32.20
239	106 Stephen	Brame	M40	00:45:40.98	00:45:15.57	Springfield Striders RC	00:00:25.41
240	201 Sarah	Bowerman	F45	00:45:42.64	00:45:19.79		00:00:22.85
241	235 Deb	Harrison	F35	00:45:49.29	00:45:32.28		00:00:17.01
242	360 Miffy	Duffy	F35	00:45:51.30	00:45:24.89		00:00:26.41
243	94 Claire	Martins	F35	00:45:54.56	00:45:35.38		00:00:19.18
244	78 Martin	West	M60	00:46:00.25	00:45:39.50	Great Bentley Running Club	00:00:20.75
245	170 Kim	Broughton	F45	00:46:01.70	00:45:30.44		00:00:31.26
246	279 Sharley	Smith	FO	00:46:08.52	00:45:53.11	Rochford Running Club	00:00:15.41
247	32 Liam	Robinson	M50	00:46:17.52	00:45:55.36		00:00:22.16
248	63 Belinda	Palmer-bar	F55	00:46:20.19	00:45:54.98	Great Bentley Running Club	00:00:25.21
249	4 David	Grainger	M50	00:46:26.30	00:46:01.33	Witham RC	00:00:24.97
250	260 Richard	Heard	M40	00:46:33.88	00:46:04.17		00:00:29.71
251	304 Geri	Danby	F35	00:46:39.63	00:46:10.64		00:00:28.99
252	92 Jamie	Richards	MO	00:46:41.91	00:46:05.89		00:00:36.02
253	69 Karen	Bales	F45	00:46:50.69	00:46:19.67		00:00:31.02
254	349 Michael	Casey	M50	00:46:53.63	00:46:12.49		00:00:41.14
255	138 Laura	Jephcott	U18F	00:46:59.27	00:46:39.94	Harlow RC	00:00:19.33
256	137 Jamie	Jephcott	M40	00:47:02.80	00:47:02.80	Harlow RC	00:00:00.00
257	152 Roger	Frampton	M60	00:47:02.99	00:46:25.80		00:00:37.19
258	98 Simon	Adams	M50	00:47:03.63	00:46:34.21		00:00:29.42
259	318 Ruth	Fosker	F65	00:47:07.31	00:46:43.38		00:00:23.93
260	341 Aimee	Dawes	FO	00:47:14.84	00:47:01.66		00:00:13.18
261	264 Will	Chaney	MO	00:47:29.21	00:47:00.66		00:00:28.55
262	265 Sandy	Pison	F35	00:47:30.85	00:47:03.00		00:00:27.85
263	95 Rosie	Youngs	F45	00:47:31.09	00:47:02.85		00:00:28.24
264	126 Richard	Dyson	M60	00:47:41.28	00:47:14.80		00:00:26.48
265	337 Carol	Muir	F45	00:47:44.92	00:47:26.65	Ilford AC	00:00:18.27
266	97 Gill	Gwilliams	F45	00:47:52.28	00:47:24.41		00:00:27.87
267	285 Julia	Bawden	F55	00:47:52.36	00:47:20.74	Tiptree Road Runners	00:00:31.62
268	109 Emma	Pleasance	F45	00:47:54.16	00:47:17.45		00:00:36.71
269	145 Michelle	Greenfield	F35	00:47:55.77	00:47:32.61	Harwich Runners	00:00:23.16
270	212 Victoria	Levine	F45	00:47:58.85	00:47:23.65	Witham RC	00:00:35.20
271	3 Gemma	Channon	FO	00:48:01.24	00:47:30.73		00:00:30.51
272	320 Lesley	Mfazwe	F45	00:48:06.40	00:47:36.01		00:00:30.39
273	214 Louise	Howard	F35	00:48:11.42	00:47:32.00		00:00:39.42
274	342 Rebecca	Himpson	F35	00:48:16.09	00:47:39.64		00:00:36.45
275	255 Clare	Bennett-wh	F35	00:48:18.38	00:47:39.08		00:00:39.30
276	162 Anna	Young	F35	00:48:24.61	00:48:01.84	Harwich Runners	00:00:22.77
277	37 Simon	Latham	M50	00:48:31.32	00:47:57.76	Bishops Stortford RC	00:00:33.56
278	140 Natalia	Hughes	F35	00:48:37.19	00:48:24.48		00:00:12.71
279	213 Lawrence	Levine	M50	00:48:39.92	00:48:04.23		00:00:35.69
280	110 Gemma	Conn	F35	00:48:45.84	00:48:09.51		00:00:36.33
281	336 Hien	Hoang	F35	00:48:50.72	00:48:19.76	Great Bentley Running Club	00:00:30.96
282	335 Susan	Walker	F45	00:48:51.31	00:48:20.15		00:00:31.16
283	115 Marian	Nibbs	F55	00:49:12.60	00:48:47.86		00:00:24.74
284	289 Hayley	Rook	F35	00:49:17.85	00:48:42.36		00:00:35.49
285	324 Matthew	Rushton	M40	00:49:32.35	00:48:54.64		00:00:37.71
286	65 John	Bush	M50	00:49:52.27	00:49:27.03	Great Bentley Running Club	00:00:25.24
287	270 Leigh	Moring	M50	00:50:01.51	00:49:19.67	Dagenham 88 Runners	00:00:41.84
288	122 Grahame	Walkingsha	M50	00:50:02.69	00:49:40.69		00:00:22.00
289	104 David	Godfrey	M70	00:50:26.23	00:49:56.16	Billericay Striders	00:00:30.07
290	345 Julie	Gillender	F45	00:50:30.06	00:50:11.70	Ilford AC	00:00:18.36
291	181 Helen	Grace	F35	00:50:35.32	00:50:04.68		00:00:30.64
292	354 Frances	Barnes	F45	00:50:40.55	00:50:08.13	Braintree & District AC	00:00:32.42
293	244 Sara	Woods	F45	00:50:41.84	00:50:01.88		00:00:39.96
294	30 Isabel	Peralta-jime	F35	00:50:42.50	00:50:09.05	Braintree & District AC	00:00:33.45
295	351 Brigid	Lager	F55	00:51:28.72	00:51:01.84		00:00:26.88
296	276 Pam	Jones	F65	00:51:38.99	00:51:20.48	Ilford AC	00:00:18.51
297	230 Francesca	Palmer	F35	00:51:54.89	00:51:21.79	Bishops Stortford RC	00:00:33.10

298	196	Richard	Roberts	MO	00:52:10.72	00:51:33.29	00:00:37.43
299	378	Graham	Ogan	M60	00:52:12.97	00:51:52.13	00:00:20.84
300	323	Gary	Spiers	M40	00:52:21.40	00:51:52.10	00:00:29.30
301	246	Liam	Cross	MO	00:52:25.74	00:51:44.49	00:00:41.25
302	248	Paige	Chapman	FO	00:52:25.86	00:51:45.53	00:00:40.33
303	54	Zoe	Jackson	F35	00:52:39.52	00:52:04.78	Tiptree Road Runners 00:00:34.74
304	234	Fiona	Bradley	F35	00:52:50.53	00:52:12.31	00:00:38.22
305	328	Ann-marie	Smith	F35	00:52:50.73	00:52:11.97	00:00:38.76
306	200	Beverley	Cook	F45	00:52:52.68	00:52:20.13	Braintree & District AC 00:00:32.55
307	362	Jennifer	Burke	FO	00:52:58.46	00:52:19.86	00:00:38.60
308	327	Ian	Lennard	M40	00:52:59.16	00:52:21.67	00:00:37.49
309	38	Theresa	Burke	F55	00:53:02.22	00:52:23.59	Bishops Stortford RC 00:00:38.63
310	271	Carol	Moring	F45	00:53:06.51	00:52:24.84	Dagenham 88 Runners 00:00:41.67
311	361	Roger	Duffield	M70	00:53:06.53	00:52:47.78	Tiptree Road Runners 00:00:18.75
312	365	Jemma	Davies	F35	00:53:12.33	00:52:33.39	00:00:38.94
313	312	Michael	Hawkins	M40	00:53:12.88	00:52:38.82	Tiptree Road Runners 00:00:34.06
314	313	Philip	Wood	MO	00:53:12.94	00:52:38.80	Braintree & District AC 00:00:34.14
315	206	Michelle	Edney	F45	00:53:24.00	00:52:46.81	00:00:37.19
316	207	Jane	Roach	F45	00:53:24.41	00:52:47.41	00:00:37.00
317	250	Louise	Sutton	F45	00:53:27.18	00:52:47.40	00:00:39.78
318	370	Jo	Eldred	F55	00:53:34.03	00:52:57.71	00:00:36.32
319	68	Julie	Allen	F55	00:53:41.58	00:53:10.57	00:00:31.01
320	225	Maria	Bullen-bell	FO	00:53:48.65	00:53:16.77	00:00:31.88
321	61	Sally	Wood	F55	00:53:50.11	00:53:15.18	Tiptree Road Runners 00:00:34.93
322	190	Denise	Lefley	F45	00:54:07.75	00:53:38.88	00:00:28.87
323	130	Alison	Snow	F35	00:54:14.34	00:53:45.34	00:00:00.00
324	55	Alia	Hamdan	F35	00:55:20.62	00:54:45.56	Tiptree Road Runners 00:00:35.06
325	100	Niko	Hughes	M50	00:55:29.97	00:54:49.47	00:00:40.50
326	99	Bex	Stoker	F45	00:55:30.11	00:54:49.81	00:00:40.30
327	300	Janis	Murphy	F45	00:55:39.99	00:55:11.69	00:00:28.30
328	259	Tania	Smith	F45	00:55:53.98	00:55:20.99	00:00:32.99
329	384	Jenna	Gosling	FO	00:55:56.52	00:55:23.98	00:00:32.54
330	372	Mike	Gosling	M60	00:55:58.03	00:55:25.47	00:00:32.56
331	262	Zeidi	Hedges	F35	00:56:50.17	00:56:20.37	00:00:29.80
332	261	Elise	Hull	F35	00:56:50.39	00:56:20.75	00:00:29.64
333	247	Mandy	Cross	F45	00:57:44.02	00:57:03.32	00:00:40.70
334	10	Richard	Fifield	M50	00:58:43.06	00:58:15.07	00:00:27.99
335	175	David	Wignall	M40	00:59:05.96	00:58:31.50	00:00:34.46
336	128	David	Wignall	M40	00:59:09.97	00:58:35.73	00:00:34.24
337	28	Susan	Bannoeks	F55	01:00:34.59	01:00:00.87	Phoenix Striders 00:00:33.72
338	189	Keith	Rojas	M60	01:05:16.02	01:04:47.59	00:00:28.43