

Witham Boxing Day 5

EA / Power of 10 Rounded

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
1	360	Paul Whittaker	MO	0:25:22	0:25:21.16	Road Runners Club
2	379	Callum Charleston	MO	0:25:50	0:25:49.31	Aldershot / Farnham
3	413	Crispian Bloomfield	M40	0:25:57	0:25:55.95	Billericay Striders
4	178	Peter Hawkings	MO	0:26:48	0:26:47.4	Highgate Harriers
5	372	Tim Woulfe	MO	0:26:54	0:26:51.82	Braintree & District AC
6	320	Stephen Strange	MO	0:27:22	0:27:21.21	Basildon AC
7	361	Ady Whitwam	M40	0:27:44	0:27:43.67	Morpeth Harriers & AC
8	431	Steven Skinner	MO	0:27:46	0:27:43.74	Run Fast
9	51	Chris Burgoyne	MO	0:27:50	0:27:49.05	Springfield Striders RC
10	239	Alex Manton	MO	0:27:53	0:27:51.79	Springfield Striders RC
11	79	Steve Cooper	M40	0:28:01	0:27:59.86	Blackheath and Bromley Harrier
12	260	Malcolm Muir	M40	0:28:10	0:28:09.07	Ilford AC
13	261	Andrew Mynott	M40	0:28:25	0:28:23.74	Saffron Striders RC
14	393	Ben Jones	MO	0:28:45	0:28:43.65	Trent Park RC
15	93	Tom Cresswell	MO	0:28:54	0:28:52.28	Colchester Harriers AC
16	9	Reece Asik	MO	0:29:05	0:29:04.07	Chelmsford AC
17	421	Jim Lurkins	MO	0:29:07	0:29:03.42	Grange Farm & Dunmow Runne
18	110	Paul Dobson	M50	0:29:10	0:29:08.23	Springfield Striders RC
19	294	Colin Ridley	M50	0:29:13	0:29:11.35	Colchester Harriers AC
20	333	Robin Tubbs	M40	0:29:32	0:29:29.78	Chelmsford AC
21	400	James Elgar	U18M	0:29:34	0:29:31.14	Tonbridge
22	406	Keith Marley	M40	0:29:55	0:29:52.75	Colchester Harriers AC
23	6	Paul Anderson	M40	0:30:19	0:30:17.53	Springfield Striders RC
24	394	Joe Nourse	MO	0:30:23	0:30:21.38	Braintree AC Braintree & District
25	59	Marcus Catlin	M40	0:30:37	0:30:34.53	Ipswich Jaffa RC
26	32	Samantha Bilbie	F35	0:30:40	0:30:38.94	Springfield Striders RC
27	369	Michael Woodruff	M50	0:30:48	0:30:45.09	Bishops Stortford RC
28	38	Tim Brand	M50	0:30:50	0:30:46.42	
29	76	Andrew Conway	M40	0:30:54	0:30:50.71	Tiptree Road Runners
30	309	Laura Shewbridge	F35	0:31:02	0:30:59.78	Colchester Harriers AC
31	285	Paul Preston	M40	0:31:03	0:31:00.26	Colchester Harriers AC
32	433	Scott Darney	MO	0:31:05	0:31:04.22	Witham RC
33	133	Richard Flutter	M50	0:31:13	0:31:11	Colchester Harriers AC
34	158	Aaron Graves	MO	0:31:19	0:31:16.04	Tiptree Road Runners
35	247	Paul Mckenna	MO	0:31:25	0:31:19.36	
36	106	Simon Derry	M40	0:31:32	0:31:28.21	
37	266	Alice Heather-hayes	F35	0:31:34	0:31:31.39	Hadleigh Hares
38	53	Jon Byford	M40	0:31:45	0:31:40.25	Springfield Striders RC
39	96	Conor Culham	MO	0:31:55	0:31:52.85	Braintree & District AC
40	321	Jackie Stretton	FO	0:32:01	0:31:58.29	Springfield Striders RC
41	365	Thomas Wilson	M40	0:32:06	0:32:05.82	
42	26	Daniel Beckerleg	M40	0:32:15	0:32:07.03	
43	140	Ed Freeman	M40	0:32:17	0:32:06.83	Springfield Striders RC
44	50	Andrew Buck	M50	0:32:27	0:32:23.12	Sudbury Joggers
45	131	Jonathan Finch	M40	0:32:32	0:32:27.94	Tiptree Road Runners
46	154	Mark Gowers	M50	0:32:36	0:32:30.72	Billericay Striders
47	104	Paul Dellar	M50	0:32:42	0:32:38.71	Tiptree Road Runners
48	66	Peter Chubb	M40	0:32:48	0:32:43.74	Springfield Striders RC
49	160	Steven Gresham	MO	0:32:56	0:32:42.1	
50	230	Matt Lovesey	MO	0:33:06	0:32:58.06	Lordshill Road Runners
51	64	Alex Childs	M50	0:33:08	0:32:57.74	
52	37	Christopher Branch	MO	0:33:12	0:33:08.22	
53	411	Peter Adkins	M40	0:33:14	0:33:12.14	
54	28	Matthew Bennett	U18M	0:33:18	0:33:13.23	
55	300	Tim Saban	M50	0:33:22	0:33:17.69	Fairlands Valley Spartans
56	453	Kevin Marshall	M50	0:33:30	0:33:19.66	Grange Farm & Dunmow Runne
57	364	Simon Wilson	M40	0:33:34	0:33:26.6	Colchester Harriers AC
58	441	Darren Read	M40	0:33:49	0:33:47.47	
59	25	Peter Beatty	M60	0:33:52	0:33:46.53	
60	452	Paul Budgen	M50	0:33:55	0:33:47.73	Little Baddow RR

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
61	126	Matt Fabyonic	M40	0:33:56	0:33:48.97	Witham RC
62	114	Peter Banks	M40	0:34:05	0:34:01.75	Tiptree Road Runners
63	89	Myles Coulson	M40	0:34:12	0:34:08.61	Braintree & District AC
64	132	Roy Fleming	M40	0:34:15	0:34:10.53	Billericay Striders
65	422	Tim Kerry	MO	0:34:16	0:34:09.15	
66	446	Darren Whitby	MO	0:34:17	0:34:07.35	
67	150	Simon Gill	MO	0:34:18	0:34:12.06	
68	172	Chris Hargraves	M40	0:34:21	0:34:16	
69	57	Steve Cantle	M40	0:34:28	0:34:00.07	
70	253	Simon Morgan	M50	0:34:30	0:34:26.2	Colchester Harriers AC
71	271	Sarah Pennington	FO	0:34:32	0:34:30.87	Southend On Sea AC
72	390	Ashley Ranson	M40	0:34:35	0:34:17.23	Road Runners UK
73	103	Rowena De Belligny	F35	0:34:38	0:34:28.51	
74	137	Simon Ford	MO	0:34:39	0:34:27.79	
75	31	Claudine Benstead	F55	0:34:50	0:34:46.22	Harwich Runners
76	315	Richard Smith	M40	0:34:51	0:34:36.46	Sudbury Joggers
77	376	Paul Thomas	M40	0:34:59	0:34:52.93	Witham RC
78	449	Flannen O'mahony	MO	0:35:02	0:34:39.23	Pams RC
79	129	Colin Farmer	M50	0:35:09	0:35:05.14	Great Bentley Running Club
80	182	Maria Herbert	FO	0:35:13	0:34:58.42	
81	277	Rebecca Pittman	F55	0:35:18	0:35:05.89	Springfield Striders RC
82	289	Daniel Quartly	MO	0:35:19	0:35:05.89	
83	144	Michael Garden	MO	0:35:22	0:35:12.18	
84	209	Gary Joslin	M50	0:35:27	0:35:22.28	Springfield Striders RC
85	190	John Holland	MO	0:35:28	0:35:15.69	Braintree & District AC
86	377	Mark Baker	M50	0:35:30	0:35:22.29	
87	434	Alex Elliott	MO	0:35:32	0:35:08.85	
88	293	Tim Renshaw	MO	0:35:37	0:35:25.57	
89	262	Lewis Naylor	MO	0:35:41	0:35:25.57	
90	43	Sean Briscoomb	M40	0:35:43	0:35:36.33	
91	368	Aidan Wood	MO	0:35:44	0:35:28.9	
92	325	John Sweeney	M50	0:35:44	0:35:27.48	Castle Point Joggers
93	279	Adam Poulton	M50	0:35:44	0:35:27.19	Castle Point Joggers
94	123	Declan Evans	MO	0:36:12	0:35:56.95	
95	211	Antony Karas	M40	0:36:20	0:36:12.48	Grange Farm & Dunmow Runne
96	33	Victoria Bird	FO	0:36:20	0:36:19.91	
97	331	Christopher Thornton	M50	0:36:25	0:36:07.55	
98	191	Martin Holland	MO	0:36:28	0:36:12.03	
99	414	Adam Chapman	MO	0:36:29	0:36:18.17	Benfleet RC
100	392	Peter Redwood-smith	MO	0:36:33	0:36:14.35	
101	358	Colin White	M50	0:36:39	0:36:34.17	Billericay Striders
102	210	Dave Joy	M50	0:36:45	0:36:44.72	
103	417	Jack Waterman	MO	0:36:45	0:36:31.11	
104	292	Laura Renshaw	F35	0:36:48	0:36:36.5	
105	101	Stuart Darney	MO	0:36:51	0:36:32.27	Springfield Striders RC
106	430	Luca Predabon	MO	0:36:58	0:36:47.17	Grange Farm & Dunmow Runne
107	168	Richard Hardiman	M60	0:37:07	0:37:06.53	
108	304	Jimmy Secker	M40	0:37:08	0:36:53.45	Sudbury Joggers
109	204	Colin Jackson	M50	0:37:11	0:37:00.03	Grange Farm & Dunmow Runne
110	115	Chris Durham	M40	0:37:17	0:37:03.3	
111	69	Lee Clarkson	MO	0:37:17	0:36:59.93	Great Bentley Running Club
112	367	Andrew Wood	M50	0:37:19	0:37:06.15	
113	396	Ryan Baker	MO	0:37:20	0:36:46.6	
114	212	John Kerr	M40	0:37:22	0:37:04.76	
115	10	Mark Avery	M50	0:37:24	0:37:10.33	Ipswich Jaffa RC
116	295	Mark Robertson	M50	0:37:28	0:37:16.65	Rochford Running Club
117	373	Joshua Woulfe	MO	0:37:29	0:37:17.14	
118	314	David Smith	M60	0:37:34	0:37:27.49	Springfield Striders RC
119	112	Graham Douglass	M40	0:37:37	0:37:18.69	Benfleet RC
120	432	Lorna Elliott	FO	0:37:37	0:37:13.71	
121	312	Isla Sinclair	F35	0:37:38	0:37:20.55	Benfleet RC
122	401	Daniel Ribbets	MO	0:37:44	0:37:14.39	
123	306	Christopher Sewell	M50	0:37:44	0:37:31.77	Springfield Striders RC
124	403	Peter Richardson	M50	0:37:47	0:37:46.26	Newbury AC

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125	435	Robert Elliott	MO	0:37:52	0:37:27.82	
126	195	Justin Horrocks	M40	0:37:58	0:37:57.36	
127	136	Tim Ford	M50	0:38:06	0:37:55.16	Hedge End Running Club
128	249	Matt Mead	M40	0:38:20	0:38:19.35	Mornington Chasers
129	235	Ker Macrosson	M60	0:38:34	0:38:29.66	Stowmarket Striders RC
130	374	Harry Young	MO	0:38:35	0:38:24.65	
131	454	Michael Culver	M50	0:38:36	0:38:20.75	
132	201	Andrew Hughes	MO	0:38:37	0:38:25.23	Braintree & District AC
133	436	Steve Cleaver	M50	0:38:37	0:38:23.62	
134	244	David Mason	M40	0:38:38	0:38:15.39	Springfield Striders RC
135	203	Donna Irwin	F35	0:38:42	0:38:36.82	St Albans Striders
136	391	Tom Gowers	MO	0:38:43	0:38:21.83	Billericay Striders
137	67	Neil Churchill	M50	0:38:44	0:38:20.43	
138	426	Jonathon Sproules	M40	0:38:45	0:38:26.41	
139	145	Chris Garey	MO	0:38:46	0:38:45.91	Springfield Striders RC
140	399	Jane Elgar	F55	0:38:53	0:38:45.12	Billericay Striders
141	177	Nicholas Harvey	M40	0:38:54	0:38:35.41	
142	107	Helen Devitt	FO	0:38:58	0:38:57.72	
143	202	Morven Hurding	F35	0:38:59	0:38:27.67	Tiptree Road Runners
144	141	Darrell Froud	MO	0:38:59	0:38:42.65	Poole Runners
145	428	Paul Schroder	MO	0:39:04	0:38:57.95	Harlow RC
146	255	Donna Morris	F45	0:39:08	0:38:57.29	Springfield Striders RC
147	252	Lindsey Morgan	F35	0:39:11	0:39:08.95	
148	91	Duncan Cox	M40	0:39:15	0:39:00.51	
149	147	Charlotte Garey	FO	0:39:24	0:39:13.62	
150	238	Nick Manley	M50	0:39:29	0:39:26.28	
151	412	Nicola Flatt	F45	0:39:30	0:39:13.88	Harwich Runners
152	81	Trevor Cooper	MO	0:39:30	0:39:10.97	Barking Road Runners
153	455	Ben Herron	MO	0:39:30	0:39:29.94	South Cheshire Harriers
154	34	Rebecca Booty	F35	0:39:32	0:39:24.19	Witham RC
155	55	Adam Canning	MO	0:39:33	0:39:21.32	
156	450	Cornelia O'mahony	FO	0:39:35	0:39:10.56	Pams RC
157	185	Amanda Heslegrave	F45	0:39:36	0:39:27.88	Barking Road Runners
158	75	Danny Connor	MO	0:39:39	0:39:31.79	Witham RC
159	82	Giles Cope	M40	0:39:43	0:39:18.53	
160	305	Adam Sewell	M40	0:39:46	0:39:31.19	Braintree & District AC
161	165	Nichola Hands	F35	0:39:47	0:39:21.86	Springfield Striders RC
162	330	Andrew Thorn	MO	0:39:53	0:39:37.13	Harwich Runners
163	71	Ben Clelland	MO	0:39:58	0:39:57.52	
164	384	Mark Christie	M40	0:39:58	0:39:33.01	
165	237	Angela Manley	F45	0:40:01	0:39:51.68	Witham RC
166	46	Jim Brown	M60	0:40:04	0:39:38.7	Fairlands Valley Spartans
167	175	Ian Hart	M50	0:40:05	0:39:48.11	Castle Point Joggers
168	251	Lorraine Mills	F45	0:40:05	0:39:34.66	Tiptree Road Runners
169	405	Charlotte King	F35	0:40:06	0:39:53.51	Grange Farm Grange Farm & Du
170	122	Paul Evans	M60	0:40:08	0:39:51.52	
171	301	Stewart Sanderson	M40	0:40:17	0:40:11.27	
172	243	Greg Marshall	M60	0:40:17	0:40:03.9	
173	326	Lynn Tanner	F65	0:40:19	0:40:11.48	Springfield Striders RC
174	457	Richard Conley	M40	0:40:21	0:39:53.68	
175	246	Gerry MCGovern	M60	0:40:23	0:40:05.3	
176	316	Rebecca Smith	F35	0:40:25	0:40:06.73	
177	207	Trish Jarvis	F45	0:40:32	0:40:31.47	
178	240	Neil Mapes	M40	0:40:33	0:40:08.82	
179	215	Cliff King	M40	0:40:34	0:40:15.31	Castle Point Joggers
180	308	Robert Shaw	M60	0:40:35	0:40:19.05	
181	409	Jason Prail	M40	0:40:43	0:40:36.59	
182	397	Paul Tawn	M50	0:40:49	0:40:10.79	Mid Essex Casuals
183	17	Simon Baker	M50	0:40:51	0:40:15.37	Tiptree Road Runners
184	273	Stuart Phillips	M40	0:40:57	0:40:42.21	Braintree & District AC
185	63	Catharina Childs	F45	0:40:60	0:40:40.75	
186	254	Abigail Morgan	FO	0:41:01	0:40:36.46	
187	183	Justin Herbert	MO	0:41:03	0:40:40.58	
188	349	Ian Walker	M50	0:41:04	0:40:44.44	

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189	416	Michael Regan	MO	0:41:04	0:40:49.31	
190	429	Emily Predabon	FO	0:41:05	0:40:52.67	Grange Farm & Dunmow Runne
191	286	Elizabeth Prior	FO	0:41:06	0:40:57.16	
192	124	Alison Evans	F55	0:41:07	0:40:51.15	Harwich Runners
193	187	Donna Hindle	F45	0:41:08	0:40:38.23	Springfield Striders RC
194	188	Deborah Hitching	F35	0:41:09	0:40:40.96	Springfield Striders RC
195	13	Mark Babbage	M50	0:41:09	0:40:39.43	Springfield Striders RC
196	456	Richard Smith	M50	0:41:11	0:40:36.53	
197	167	Steve Hankinson	M60	0:41:17	0:40:47.04	Braintree & District AC
198	335	Paul Tunmer	M50	0:41:20	0:40:52.58	Springfield Striders RC
199	135	Melanie Ford	F55	0:41:21	0:41:05.51	Hedge End Running Club
200	232	Anna Luff	FO	0:41:26	0:40:55.25	Springfield Striders RC
201	29	Jamie Bennett	M40	0:41:33	0:41:00.16	Ipswich Jaffa RC
202	85	Archie Cotterill	U18M	0:41:41	0:41:22.77	
203	45	Chris Brown	M60	0:41:41	0:41:11.6	
204	208	Annette Johnson	F45	0:41:44	0:41:43.15	Benfleet RC
205	206	Rachel Jackson	FO	0:41:46	0:41:12.23	Tiptree Road Runners
206	323	Elizabeth Surrey	FO	0:42:04	0:41:36.23	
207	402	Luke Groves	MO	0:42:07	0:41:43.43	Great Bentley Running Club
208	242	Joanne Marshall	F55	0:42:08	0:41:56.02	Serpentine RC
209	319	David Southgate	M40	0:42:14	0:41:48.16	
210	341	Nic Vincent	M40	0:42:16	0:41:38.64	
211	366	Philip Wood	MO	0:42:19	0:41:49.6	Braintree & District AC
212	20	Ronald Barnes	M70	0:42:28	0:42:13.76	
213	274	Michelle Phillips	F45	0:42:38	0:42:09.49	Braintree & District AC
214	268	Janet Pardon	F65	0:42:44	0:42:35.44	Billericay Striders
215	102	Vincent Dawson	M50	0:42:45	0:42:18.28	
216	16	Lorraine Baker	F45	0:42:49	0:42:26.94	Tiptree Road Runners
217	420	Olivia Collison	FO	0:43:05	0:43:04.63	Tiptree Road Runners
218	419	Luke Collison	M40	0:43:06	0:42:35.96	Tiptree Road Runners
219	68	Phill Clarke	M40	0:43:07	0:42:31.85	Tiptree Road Runners
220	245	Kerry Mavis	F45	0:43:08	0:42:31.51	Harlow RC
221	299	Nathan Rowland-fitt	MO	0:43:08	0:42:15.63	
222	27	Marion Bennett	F35	0:43:28	0:42:54.77	Ipswich Jaffa RC
223	270	Emily Penkett	F35	0:43:35	0:43:34.67	Springfield Striders RC
224	221	Benjamin Leeds	MO	0:43:35	0:43:10.46	
225	171	Daniel Hardy	M60	0:43:42	0:43:13.37	
226	264	Mark Nickol	M40	0:43:47	0:43:21.06	
227	222	David Leeds	MO	0:43:48	0:43:22.62	
228	176	Adele Hart	FO	0:43:48	0:43:27.1	
229	225	Ian Lennard	M40	0:43:48	0:43:26.77	
230	164	Laura Hague	FO	0:43:55	0:43:27.49	
231	139	George Freeman	MO	0:43:59	0:43:36.95	
232	18	Allen Ball	M40	0:44:01	0:43:27.53	GoodGym Race Team
233	445	Paul Wright	MO	0:44:01	0:43:43.98	
234	127	Harry Faith	MO	0:44:02	0:43:40.76	
235	265	Philip Page	M50	0:44:02	0:43:40.15	
236	220	Alison Lapper	F45	0:44:05	0:44:04.06	
237	42	Steve Bright	M50	0:44:07	0:44:06.87	
238	438	Hayden Safavi	M50	0:44:09	0:44:02.81	Witham RC
239	310	Ross Silverton	M60	0:44:09	0:44:02.51	Witham RC
240	198	Andrew Hubbard	M40	0:44:10	0:43:08.62	
241	138	Rebecca Freeman	FO	0:44:16	0:43:55.02	
242	83	Helen Corr	FO	0:44:19	0:44:00.83	
243	179	Clair Hawkins	F35	0:44:20	0:43:57.45	
244	290	Andrew Read	M50	0:44:23	0:44:05	
245	427	Wendy Schroder	F45	0:44:30	0:43:53.51	Harlow RC
246	155	David Grainger	M50	0:44:32	0:44:18.04	Witham RC
247	355	James Weatherburn	M50	0:44:33	0:43:56.02	
248	311	Vicky Simpson	F45	0:44:39	0:43:59.83	Bishops Stortford RC
249	423	Laura Kerry	F45	0:44:42	0:44:20.72	
250	80	Cristina Cooper	F35	0:44:42	0:44:21.96	Barking Road Runners
251	184	Georgia Herron	FO	0:44:44	0:44:43.08	
252	380	Jim Slater	M70	0:44:49	0:44:12.58	Tiptree Road Runners

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253	352	Declan Walters	MO	0:44:50	0:44:15.27	
254	410	Amber Fox-hammond	FO	0:44:54	0:44:33.4	
255	439	Lukas Groenewald	MO	0:45:09	0:44:58.21	
256	327	Susan Taylor	FO	0:45:14	0:44:49.74	
257	362	Laura Williams	F45	0:45:15	0:44:42.73	Benfleet RC
258	116	Christine Edgoose	F45	0:45:20	0:44:51.26	Braintree & District AC
259	109	Nicky Devitt	FO	0:45:20	0:44:59.89	
260	117	Jamie Edgoose	M40	0:45:20	0:44:50.87	
261	385	Monica Smithson	F45	0:45:33	0:45:19.5	Fairlands Valley Spartans
262	73	Sophie Coles	FO	0:45:37	0:45:04.58	
263	280	Sophie Pratt	FO	0:45:43	0:45:11.73	
264	281	Fiona Pratt	F45	0:45:46	0:45:45.26	
265	15	Ian Baines	M40	0:45:47	0:44:53.64	
266	418	John Hardy	M70	0:45:54	0:45:31.36	Grange Farm & Dunmow Runne
267	269	John Pardon	M60	0:45:55	0:45:45.73	Billericay Striders
268	250	Ben Miller	MO	0:45:57	0:45:56.14	
269	196	Natasha Howard	F35	0:45:57	0:45:29.46	East London Runners
270	65	Marisa Christie	F35	0:45:57	0:45:32.41	
271	229	Adrian Long	M40	0:45:58	0:45:19.86	
272	19	Charlotte Ball	FO	0:45:60	0:45:30.2	Springfield Striders RC
273	192	Chris Holt	MO	0:45:60	0:45:13.47	Bishops Stortford RC
274	118	Jon Enefer	M40	0:46:02	0:45:26.75	
275	7	Paula Andrews	F45	0:46:02	0:45:35.95	
276	444	Daniel Andrews	M40	0:46:03	0:46:02.29	
277	166	Ken Hands	M50	0:46:03	0:45:37.56	Springfield Striders RC
278	205	Glenda Jackson	F55	0:46:06	0:46:05.21	Grange Farm & Dunmow Runne
279	170	Chris Harding	MO	0:46:07	0:45:31.6	Tiptree Road Runners
280	189	Dave Holdich	M70	0:46:08	0:45:07.25	
281	146	Lynne Garey	F55	0:46:10	0:45:34.01	Springfield Striders RC
282	41	Jonathan Briggs	M40	0:46:12	0:45:35.14	
283	40	Lisa Briggs	FO	0:46:12	0:45:34.99	
284	153	Zoe Gould	F45	0:46:23	0:45:46.08	Tiptree Road Runners
285	149	Bryn Gibbons	M40	0:46:24	0:45:50.84	
286	342	Suzu Violet	F45	0:46:27	0:45:49.85	
287	395	Oliver Cargill	MO	0:46:32	0:45:53.67	
288	357	Martin West	M60	0:46:40	0:46:24.14	Great Bentley Running Club
289	22	Julia Bawden	F55	0:46:41	0:46:40.38	Tiptree Road Runners
290	332	Joanna Tubbs	F35	0:46:43	0:46:04.72	
291	381	Dave Beckerleg	M60	0:46:43	0:46:16.74	Witham RC
292	23	Stuart Beal-collins	MO	0:46:41	0:46:14.45	Sudbury Joggers
293	62	Nicola Chester	F35	0:46:49	0:46:16.71	Ilford AC
294	121	Melonie Evans	F45	0:46:51	0:46:17.54	Sudbury Joggers
295	169	Robyn Harding	FO	0:47:07	0:46:31.77	Tiptree Road Runners
296	302	Penelope Schenkel	F45	0:47:08	0:46:29.37	Fairlands Valley Spartans
297	134	Sue Foley	F45	0:47:08	0:47:07.94	
298	407	Christina Hamilton	F45	0:47:22	0:46:54.34	
299	408	Mike Hamilton	M40	0:47:22	0:46:54.74	
300	317	Gary Smith	M40	0:47:24	0:46:45.31	
301	351	Roger Wallace	M40	0:47:31	0:46:30.73	
302	248	John Mcvelia	M50	0:47:33	0:46:57.45	Tiptree Road Runners
303	437	Catherine Mcdonald	F45	0:47:37	0:46:55.64	
304	142	Alison Fryatt	F45	0:47:41	0:47:03.19	Barking Road Runners
305	157	Paul Graves	M60	0:47:42	0:47:09.72	Tiptree Road Runners
306	108	Paul Devitt	MO	0:47:48	0:47:27.37	
307	404	Mark Crover	M40	0:47:48	0:47:27.67	
308	297	Keith Rojas	M60	0:47:49	0:47:06.49	
309	49	William Brunton	M60	0:47:53	0:46:58.01	
310	197	Christopher Howard	M40	0:47:55	0:47:28.07	Sudbury Joggers
311	56	Sam Cattle	F35	0:48:10	0:47:40.48	
312	398	Nick Richards	M60	0:48:22	0:47:51.47	Little Baddow RR
313	152	Sarah Goodwin	F45	0:48:37	0:48:36.61	Springfield Striders RC
314	313	Mark Skeet	M40	0:48:39	0:48:03.84	
315	193	Georgia Holt	F45	0:48:39	0:47:48.28	
316	389	Louise Smith	FO	0:48:41	0:48:11.25	Braintree & District AC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
317	276	Sandy Pison	F35	0:48:48	0:47:49.43	
318	61	Will Chaney	MO	0:48:48	0:47:48.53	
319	415	Steve Regan	M40	0:48:58	0:48:43.62	
320	105	Sam Derry	F35	0:49:27	0:49:26.74	
321	35	Michael Boyd	M40	0:49:40	0:49:08.19	
322	324	Karen Sweeney	F45	0:49:44	0:49:06.1	
323	181	Mike Hayward	M40	0:49:49	0:48:54.23	
324	90	Robert Courtier	M60	0:50:12	0:49:34.08	Barking Road Runners
325	11	Chris Axford	M50	0:50:27	0:49:31.63	
326	88	Martin Cotton	M40	0:50:28	0:49:24.95	
327	267	Belinda Palmer-barnes	F55	0:50:34	0:50:01.6	Great Bentley Running Club
328	350	Grahame Walkingshaw	M50	0:50:34	0:49:33.83	
329	328	Steve Thomas	M40	0:50:36	0:49:55.97	
330	259	Carol Muir	F45	0:50:41	0:50:08.61	Iford AC
331	163	Sue Gyford	F35	0:50:54	0:50:15.92	
332	339	Wayne Verrier	M50	0:50:56	0:49:58.68	
333	162	Gill Gwilliams	F45	0:50:60	0:50:18.94	
334	440	Denise Lefley	F45	0:51:17	0:50:35.15	
335	180	Emma Hayward	F45	0:51:25	0:50:30.36	
336	387	Peter Reeve	M50	0:51:37	0:51:16.82	Great Bentley Running Club
337	217	Lisa Lager	F35	0:52:02	0:51:21.97	
338	14	Amanda Baines	F45	0:52:03	0:51:07.93	
339	119	Kirstie Enefer	F35	0:52:03	0:51:21.83	
340	36	Stephen Brame	M40	0:52:08	0:51:35.97	Springfield Striders RC
341	298	Sally Rothwell	F35	0:52:14	0:51:16.18	
342	70	Andie Clayds	F45	0:52:14	0:51:15.99	
343	382	Jo Dyson	F45	0:52:15	0:51:16.08	
344	383	Richard Dyson	M60	0:52:15	0:51:16.24	
345	447	Sharon Harwick	F45	0:52:32	0:52:31.62	Tiptree Road Runners
346	340	Alison Vincent	F45	0:52:32	0:51:52.21	Tiptree Road Runners
347	347	Sophie Walker	FO	0:52:37	0:51:52.49	
348	346	Susan Walker	F45	0:52:40	0:51:55.45	
349	348	Rebekah Walker	FO	0:52:40	0:51:56.92	
350	218	Brigid Lager	F55	0:52:44	0:52:02.24	
351	156	Mandy Graves	F55	0:52:50	0:52:08.82	Tiptree Road Runners
352	442	Lesley Cogger-berry	F45	0:52:56	0:51:59.59	
353	151	David Godfrey	F65	0:53:17	0:52:42.05	Billericay Striders
354	386	Stewart Baggs	M60	0:53:29	0:53:21.32	Great Bentley Running Club
355	216	Nyokabi Kiruthi	F35	0:53:39	0:53:01.21	Barking Road Runners
356	231	Louise Lovesey	FO	0:54:08	0:53:31.63	
357	241	Annabel Marriott	F35	0:54:31	0:53:33.09	
358	338	Lynne Verrier	F35	0:54:32	0:53:34.66	
359	329	Holly Thompson	FO	0:54:32	0:53:49.19	Springfield Striders RC
360	186	Andy Hind	M40	0:54:32	0:53:49.75	Springfield Striders RC
361	54	Sarah Campbell	F35	0:54:52	0:54:13.67	
362	72	Catherine Coffey	F45	0:55:04	0:54:25.11	
363	4	Michelle Amos	F35	0:55:11	0:54:30.35	
364	128	Teresa Farmer	F45	0:55:55	0:55:22.49	
365	213	Rosie Kerr	F45	0:56:06	0:55:25.49	Sudbury Joggers
366	87	Samantha Cotton	F35	0:57:35	0:56:32.9	
367	130	Cathryn Fifield	F45	0:57:35	0:56:36.87	
368	334	Shirley Tucker	F55	0:57:40	0:56:38.72	
369	2	Jo Adams	FO	0:57:40	0:56:37.93	
370	3	Lucy Adams	FO	0:57:41	0:56:39.5	
371	448	Eliane Tyler	F45	0:57:47	0:57:14.33	Great Bentley Running Club
372	291	Angela Read	F45	0:58:41	0:57:56.3	
373	378	Maria Bullen-bell	FO	0:58:43	0:58:02.11	
374	52	John Bush	M50	0:58:48	0:57:47.98	Great Bentley Running Club
375	425	Alice Boud	U18F	0:59:09	0:58:22.76	
376	424	Tim Boud	M50	0:59:10	0:58:24.25	
377	219	Keith Lakin	M50	0:59:40	0:58:44.73	
378	143	Julie Furse	F45	1:00:12	0:059:29.1	
379	236	Sandy Maloy	F45	1:00:23	0:059:42.92	Sudbury Joggers
380	258	Sue Moye	F45	1:00:28	0:059:48.15	

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381	443	Jonathan Fairless	MO	1:00:29	0:059:34.82	
382	48	Helen Brunton	F55	1:00:46	0:059:48.41	
383	97	Lynne Culham	F35	1:02:22	1:01:40.47	Braintree & District AC
384	356	Joanne Webb	F45	1:03:36	1:02:52.91	
385	224	Samantha Leftwich	FO	1:04:28	1:02:56.39	
386	288	Adele Pummery	F45	1:04:38	1:03:39.78	
387	223	Holly Leeds	FO	1:09:09	1:08:17.89	
388	214	Sarah Keyes	F35	1:09:55	1:08:52.23	
389	388	David Nugent	M60	1:10:51	1:10:08.57	