

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 Harriers
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 Runner
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 A
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 Runner
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	126	Matt Fabyonic	M40	0:33:56	0:33:48.97	Witham RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
61	114	Peter Banks	M40	0:34:05	0:34:01.75	Tiptree Road Runners
62	89	Myles Coulson	M40	0:34:12	0:34:08.61	Braintree & District AC
63	132	Roy Fleming	M40	0:34:15	0:34:10.53	Billericay Striders
64	422	Tim Kerry	MO	0:34:16	0:34:09.15	
65	446	Darren Whitby	MO	0:34:17	0:34:07.35	
66	150	Simon Gill	MO	0:34:18	0:34:12.06	
67	172	Chris Hargraves	M40	0:34:21	0:34:16	
68	57	Steve Cantle	M40	0:34:28	0:34:00.07	
69	253	Simon Morgan	M50	0:34:30	0:34:26.2	Colchester Harriers AC
70	271	Sarah Pennington	FO	0:34:32	0:34:30.87	Southend On Sea AC
71	390	Ashley Ranson	M40	0:34:35	0:34:17.23	Road Runners UK
72	103	Rowena De Belligny	F35	0:34:38	0:34:28.51	
73	137	Simon Ford	MO	0:34:39	0:34:27.79	
74	31	Claudine Benstead	F55	0:34:50	0:34:46.22	Harwich Runners
75	315	Richard Smith	M40	0:34:51	0:34:36.46	Sudbury Joggers
76	376	Paul Thomas	M40	0:34:59	0:34:52.93	Witham RC
77	449	Flannen O'mahony	MO	0:35:02	0:34:39.23	Pams RC
78	129	Colin Farmer	M50	0:35:09	0:35:05.14	Great Bentley Running Club
79	182	Maria Herbert	FO	0:35:13	0:34:58.42	
80	277	Rebecca Pittman	F55	0:35:18	0:35:05.89	Springfield Striders RC
81	289	Daniel Quartly	MO	0:35:19	0:35:05.89	
82	144	Michael Garden	MO	0:35:22	0:35:12.18	
83	209	Gary Joslin	M50	0:35:27	0:35:22.28	Springfield Striders RC
84	190	John Holland	MO	0:35:28	0:35:15.69	Braintree & District AC
85	377	Mark Baker	M50	0:35:30	0:35:22.29	
86	434	Alex Elliott	MO	0:35:32	0:35:08.85	
87	293	Tim Renshaw	MO	0:35:37	0:35:25.57	
88	262	Lewis Naylor	MO	0:35:41	0:35:25.57	
89	43	Sean Briscoomb	M40	0:35:43	0:35:36.33	
90	368	Aidan Wood	MO	0:35:44	0:35:28.9	
91	325	John Sweeney	M50	0:35:44	0:35:27.48	Castle Point Joggers
92	279	Adam Poulton	M50	0:35:44	0:35:27.19	Castle Point Joggers
93	123	Declan Evans	MO	0:36:12	0:35:56.95	
94	211	Antony Karas	M40	0:36:20	0:36:12.48	Grange Farm & Dunmow Runner
95	33	Victoria Bird	FO	0:36:20	0:36:19.91	
96	331	Christopher Thornton	M50	0:36:25	0:36:07.55	
97	191	Martin Holland	MO	0:36:28	0:36:12.03	
98	414	Adam Chapman	MO	0:36:29	0:36:18.17	Benfleet RC
99	392	Peter Redwood-smith	MO	0:36:33	0:36:14.35	
100	358	Colin White	M50	0:36:39	0:36:34.17	Billericay Striders
101	210	Dave Joy	M50	0:36:45	0:36:44.72	
102	417	Jack Waterman	MO	0:36:45	0:36:31.11	
103	292	Laura Renshaw	F35	0:36:48	0:36:36.5	
104	101	Stuart Darney	MO	0:36:51	0:36:32.27	Springfield Striders RC
105	430	Luca Predabon	MO	0:36:58	0:36:47.17	Grange Farm & Dunmow Runner
106	168	Richard Hardiman	M60	0:37:07	0:37:06.53	
107	304	Jimmy Secker	M40	0:37:08	0:36:53.45	Sudbury Joggers
108	204	Colin Jackson	M50	0:37:11	0:37:00.03	Grange Farm & Dunmow Runner
109	115	Chris Durham	M40	0:37:17	0:37:03.3	
110	69	Lee Clarkson	MO	0:37:17	0:36:59.93	Great Bentley Running Club
111	367	Andrew Wood	M50	0:37:19	0:37:06.15	
112	396	Ryan Baker	MO	0:37:20	0:36:46.6	
113	212	John Kerr	M40	0:37:22	0:37:04.76	
114	10	Mark Avery	M50	0:37:24	0:37:10.33	Ipswich Jaffa RC
115	295	Mark Robertson	M50	0:37:28	0:37:16.65	Rochford Running Club
116	373	Joshua Woulfe	MO	0:37:29	0:37:17.14	
117	314	David Smith	M60	0:37:34	0:37:27.49	Springfield Striders RC
118	112	Graham Douglass	M40	0:37:37	0:37:18.69	Benfleet RC
119	432	Lorna Elliott	FO	0:37:37	0:37:13.71	
120	312	Isla Sinclair	F35	0:37:38	0:37:20.55	Benfleet RC
121	401	Daniel Ribbets	MO	0:37:44	0:37:14.39	
122	306	Christopher Sewell	M50	0:37:44	0:37:31.77	Springfield Striders RC
123	403	Peter Richardson	M50	0:37:47	0:37:46.26	Newbury AC
124	435	Robert Elliott	MO	0:37:52	0:37:27.82	

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125	195	Justin Horrocks	M40	0:37:58	0:37:57.36	
126	136	Tim Ford	M50	0:38:06	0:37:55.16	Hedge End Running Club
127	249	Matt Mead	M40	0:38:20	0:38:19.35	Mornington Chasers
128	235	Ker Macrosson	M60	0:38:34	0:38:29.66	Stowmarket Striders RC
129	374	Harry Young	MO	0:38:35	0:38:24.65	
130	454	Michael Culver	M50	0:38:36	0:38:20.75	
131	201	Andrew Hughes	MO	0:38:37	0:38:25.23	Braintree & District AC
132	436	Steve Cleaver	M50	0:38:37	0:38:23.62	
133	244	David Mason	M40	0:38:38	0:38:15.39	Springfield Striders RC
134	203	Donna Irwin	F35	0:38:42	0:38:36.82	St Albans Striders
135	391	Tom Gowers	MO	0:38:43	0:38:21.83	Billericay Striders
136	67	Neil Churchill	M50	0:38:44	0:38:20.43	
137	426	Jonathon Sproules	M40	0:38:45	0:38:26.41	
138	145	Chris Garey	MO	0:38:46	0:38:45.91	Springfield Striders RC
139	399	Jane Elgar	F55	0:38:53	0:38:45.12	Billericay Striders
140	177	Nicholas Harvey	M40	0:38:54	0:38:35.41	
141	107	Helen Devitt	FO	0:38:58	0:38:57.72	
142	202	Morven Hurdling	F35	0:38:59	0:38:27.67	Tiptree Road Runners
143	141	Darrell Froud	MO	0:38:59	0:38:42.65	Poole Runners
144	428	Paul Schroder	MO	0:39:04	0:38:57.95	Harlow RC
145	255	Donna Morris	F45	0:39:08	0:38:57.29	Springfield Striders RC
146	252	Lindsey Morgan	F35	0:39:11	0:39:08.95	
147	91	Duncan Cox	M40	0:39:15	0:39:00.51	
148	147	Charlotte Garey	FO	0:39:24	0:39:13.62	
149	238	Nick Manley	M50	0:39:29	0:39:26.28	
150	412	Nicola Flatt	F45	0:39:30	0:39:13.88	Harwich Runners
151	81	Trevor Cooper	MO	0:39:30	0:39:10.97	Barking Road Runners
152	455	Ben Herron	MO	0:39:30	0:39:29.94	South Cheshire Harriers
153	34	Rebecca Booty	F35	0:39:32	0:39:24.19	Witham RC
154	55	Adam Canning	MO	0:39:33	0:39:21.32	
155	450	Cornelia O'mahony	FO	0:39:35	0:39:10.56	Pams RC
156	185	Amanda Heslegrave	F45	0:39:36	0:39:27.88	Barking Road Runners
157	75	Danny Connor	MO	0:39:39	0:39:31.79	Witham RC
158	82	Giles Cope	M40	0:39:43	0:39:18.53	
159	305	Adam Sewell	M40	0:39:46	0:39:31.19	Braintree & District AC
160	165	Nichola Hands	F35	0:39:47	0:39:21.86	Springfield Striders RC
161	330	Andrew Thorn	MO	0:39:53	0:39:37.13	Harwich Runners
162	71	Ben Clelland	MO	0:39:58	0:39:57.52	
163	384	Mark Christie	M40	0:39:58	0:39:33.01	
164	237	Angela Manley	F45	0:40:01	0:39:51.68	Witham RC
165	46	Jim Brown	M60	0:40:04	0:39:38.7	Fairlands Valley Spartans
166	175	Ian Hart	M50	0:40:05	0:39:48.11	Castle Point Joggers
167	251	Lorraine Mills	F45	0:40:05	0:39:34.66	Tiptree Road Runners
168	405	Charlotte King	F35	0:40:06	0:39:53.51	Grange FarmGrange Farm & Dun
169	122	Paul Evans	M60	0:40:08	0:39:51.52	
170	301	Stewart Sanderson	M40	0:40:17	0:40:11.27	
171	243	Greg Marshall	M60	0:40:17	0:40:03.9	
172	326	Lynn Tanner	F65	0:40:19	0:40:11.48	Springfield Striders RC
173	457	Richard Conley	M40	0:40:21	0:39:53.68	
174	246	Gerry MCGovern	M60	0:40:23	0:40:05.3	
175	316	Rebecca Smith	F35	0:40:25	0:40:06.73	
176	207	Trish Jarvis	F45	0:40:32	0:40:31.47	
177	240	Neil Mapes	M40	0:40:33	0:40:08.82	
178	215	Cliff King	M40	0:40:34	0:40:15.31	Castle Point Joggers
179	308	Robert Shaw	M60	0:40:35	0:40:19.05	
180	409	Jason Prail	M40	0:40:43	0:40:36.59	
181	397	Paul Tawn	M50	0:40:49	0:40:10.79	Mid Essex Casuals
182	17	Simon Baker	M50	0:40:51	0:40:15.37	Tiptree Road Runners
183	273	Stuart Phillips	M40	0:40:57	0:40:42.21	Braintree & District AC
184	63	Catharina Childs	F45	0:40:60	0:40:40.75	
185	254	Abigail Morgan	FO	0:41:01	0:40:36.46	
186	183	Justin Herbert	MO	0:41:03	0:40:40.58	
187	349	Ian Walker	M50	0:41:04	0:40:44.44	
188	416	Michael Regan	MO	0:41:04	0:40:49.31	

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189	429	Emily Predabon	FO	0:41:05	0:40:52.67	Grange Farm & Dunmow Runner
190	286	Elizabeth Prior	FO	0:41:06	0:40:57.16	
191	124	Alison Evans	F55	0:41:07	0:40:51.15	Harwich Runners
192	187	Donna Hindle	F45	0:41:08	0:40:38.23	Springfield Striders RC
193	188	Deborah Hitching	F35	0:41:09	0:40:40.96	Springfield Striders RC
194	13	Mark Babbage	M50	0:41:09	0:40:39.43	Springfield Striders RC
195	456	Richard Smith	M50	0:41:11	0:40:36.53	
196	167	Steve Hankinson	M60	0:41:17	0:40:47.04	Braintree & District AC
197	335	Paul Tunmer	M50	0:41:20	0:40:52.58	Springfield Striders RC
198	135	Melanie Ford	F55	0:41:21	0:41:05.51	Hedge End Running Club
199	232	Anna Luff	FO	0:41:26	0:40:55.25	Springfield Striders RC
200	29	Jamie Bennett	M40	0:41:33	0:41:00.16	Ipswich Jaffa RC
201	85	Archie Cotterill	U18M	0:41:41	0:41:22.77	
202	45	Chris Brown	M60	0:41:41	0:41:11.6	
203	208	Annette Johnson	F45	0:41:44	0:41:43.15	Benfleet RC
204	206	Rachel Jackson	FO	0:41:46	0:41:12.23	Tiptree Road Runners
205	323	Elizabeth Surrey	FO	0:42:04	0:41:36.23	
206	402	Luke Groves	MO	0:42:07	0:41:43.43	Great Bentley Running Club
207	242	Joanne Marshall	F55	0:42:08	0:41:56.02	Serpentine RC
208	319	David Southgate	M40	0:42:14	0:41:48.16	
209	341	Nic Vincent	M40	0:42:16	0:41:38.64	
210	366	Philip Wood	MO	0:42:19	0:41:49.6	Braintree & District AC
211	20	Ronald Barnes	M70	0:42:28	0:42:13.76	
212	274	Michelle Phillips	F45	0:42:38	0:42:09.49	Braintree & District AC
213	268	Janet Pardon	F65	0:42:44	0:42:35.44	Billericay Striders
214	102	Vincent Dawson	M50	0:42:45	0:42:18.28	
215	16	Lorraine Baker	F45	0:42:49	0:42:26.94	Tiptree Road Runners
216	420	Olivia Collison	FO	0:43:05	0:43:04.63	Tiptree Road Runners
217	419	Luke Collison	M40	0:43:06	0:42:35.96	Tiptree Road Runners
218	68	Phill Clarke	M40	0:43:07	0:42:31.85	Tiptree Road Runners
219	245	Kerry Mavris	F45	0:43:08	0:42:31.51	Harlow RC
220	299	Nathan Rowland-fitt	MO	0:43:08	0:42:15.63	
221	27	Marion Bennett	F35	0:43:28	0:42:54.77	Ipswich Jaffa RC
222	270	Emily Penkett	F35	0:43:35	0:43:34.67	Springfield Striders RC
223	221	Benjamin Leeds	MO	0:43:35	0:43:10.46	
224	171	Daniel Hardy	M60	0:43:42	0:43:13.37	
225	264	Mark Nickol	M40	0:43:47	0:43:21.06	
226	222	David Leeds	MO	0:43:48	0:43:22.62	
227	176	Adele Hart	FO	0:43:48	0:43:27.1	
228	225	Ian Lennard	M40	0:43:48	0:43:26.77	
229	164	Laura Hague	FO	0:43:55	0:43:27.49	
230	139	George Freeman	MO	0:43:59	0:43:36.95	
231	18	Allen Ball	M40	0:44:01	0:43:27.53	GoodGym Race Team
232	445	Paul Wright	MO	0:44:01	0:43:43.98	
233	127	Harry Faith	MO	0:44:02	0:43:40.76	
234	265	Philip Page	M50	0:44:02	0:43:40.15	
235	220	Alison Lapper	F45	0:44:05	0:44:04.06	
236	42	Steve Bright	M50	0:44:07	0:44:06.87	
237	438	Hayden Safavi	M50	0:44:09	0:44:02.81	Witham RC
238	310	Ross Silverton	M60	0:44:09	0:44:02.51	Witham RC
239	198	Andrew Hubbard	M40	0:44:10	0:43:08.62	
240	138	Rebecca Freeman	FO	0:44:16	0:43:55.02	
241	83	Helen Corr	FO	0:44:19	0:44:00.83	
242	179	Clair Hawkins	F35	0:44:20	0:43:57.45	
243	290	Andrew Read	M50	0:44:23	0:44:05	
244	427	Wendy Schroder	F45	0:44:30	0:43:53.51	Harlow RC
245	155	David Grainger	M50	0:44:32	0:44:18.04	Witham RC
246	355	James Weatherburn	M50	0:44:33	0:43:56.02	
247	311	Vicky Simpson	F45	0:44:39	0:43:59.83	Bishops Stortford RC
248	423	Laura Kerry	F45	0:44:42	0:44:20.72	
249	80	Cristina Cooper	F35	0:44:42	0:44:21.96	Barking Road Runners
250	184	Georgia Herron	FO	0:44:44	0:44:43.08	
251	380	Jim Slater	M70	0:44:49	0:44:12.58	Tiptree Road Runners
252	352	Declan Walters	MO	0:44:50	0:44:15.27	

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253	410	Amber Fox-hammond	FO	0:44:54	0:44:33.4	
254	439	Lukas Groenewald	MO	0:45:09	0:44:58.21	
255	327	Susan Taylor	FO	0:45:14	0:44:49.74	
256	362	Laura Williams	F45	0:45:15	0:44:42.73	Benfleet RC
257	116	Christine Edgoose	F45	0:45:20	0:44:51.26	Braintree & District AC
258	109	Nicky Devitt	FO	0:45:20	0:44:59.89	
259	117	Jamie Edgoose	M40	0:45:20	0:44:50.87	
260	385	Monica Smithson	F45	0:45:33	0:45:19.5	Fairlands Valley Spartans
261	73	Sophie Coles	FO	0:45:37	0:45:04.58	
262	280	Sophie Pratt	FO	0:45:43	0:45:11.73	
263	281	Fiona Pratt	F45	0:45:46	0:45:45.26	
264	15	Ian Baines	M40	0:45:47	0:44:53.64	
265	418	John Hardy	M70	0:45:54	0:45:31.36	Grange Farm & Dunmow Runner
266	269	John Pardon	M60	0:45:55	0:45:45.73	Billericay Striders
267	250	Ben Miller	MO	0:45:57	0:45:56.14	
268	196	Natasha Howard	F35	0:45:57	0:45:29.46	East London Runners
269	65	Marisa Christie	F35	0:45:57	0:45:32.41	
270	229	Adrian Long	M40	0:45:58	0:45:19.86	
271	19	Charlotte Ball	FO	0:45:60	0:45:30.2	Springfield Striders RC
272	192	Chris Holt	MO	0:45:60	0:45:13.47	Bishops Stortford RC
273	118	Jon Enefer	M40	0:46:02	0:45:26.75	
274	7	Paula Andrews	F45	0:46:02	0:45:35.95	
275	444	Daniel Andrews	M40	0:46:03	0:46:02.29	
276	166	Ken Hands	M50	0:46:03	0:45:37.56	Springfield Striders RC
277	205	Glenda Jackson	F55	0:46:06	0:46:05.21	Grange Farm & Dunmow Runner
278	170	Chris Harding	MO	0:46:07	0:45:31.6	Tiptree Road Runners
279	189	Dave Holdich	M70	0:46:08	0:45:07.25	
280	146	Lynne Garey	F55	0:46:10	0:45:34.01	Springfield Striders RC
281	41	Jonathan Briggs	M40	0:46:12	0:45:35.14	
282	40	Lisa Briggs	FO	0:46:12	0:45:34.99	
283	153	Zoe Gould	F45	0:46:23	0:45:46.08	Tiptree Road Runners
284	149	Bryn Gibbons	M40	0:46:24	0:45:50.84	
285	342	Suzy Violet	F45	0:46:27	0:45:49.85	
286	395	Oliver Cargill	MO	0:46:32	0:45:53.67	
287	357	Martin West	M60	0:46:40	0:46:24.14	Great Bentley Running Club
288	22	Julia Bawden	F55	0:46:41	0:46:40.38	Tiptree Road Runners
289	332	Joanna Tubbs	F35	0:46:43	0:46:04.72	
290	381	Dave Beckerleg	M60	0:46:43	0:46:16.74	Witham RC
291	23	Stuart Beal-collins	MO	0:46:41	0:46:14.45	Sudbury Joggers
292	62	Nicola Chester	F35	0:46:49	0:46:16.71	Ilford AC
293	121	Melonie Evans	F45	0:46:51	0:46:17.54	Sudbury Joggers
294	169	Robyn Harding	FO	0:47:07	0:46:31.77	Tiptree Road Runners
295	302	Penelope Schenkel	F45	0:47:08	0:46:29.37	Fairlands Valley Spartans
296	134	Sue Foley	F45	0:47:08	0:47:07.94	
297	407	Christina Hamilton	F45	0:47:22	0:46:54.34	
298	408	Mike Hamilton	M40	0:47:22	0:46:54.74	
299	317	Gary Smith	M40	0:47:24	0:46:45.31	
300	351	Roger Wallace	M40	0:47:31	0:46:30.73	
301	248	John Mcvelia	M50	0:47:33	0:46:57.45	Tiptree Road Runners
302	437	Catherine Mcdonald	F45	0:47:37	0:46:55.64	
303	142	Alison Fryatt	F45	0:47:41	0:47:03.19	Barking Road Runners
304	157	Paul Graves	M60	0:47:42	0:47:09.72	Tiptree Road Runners
305	108	Paul Devitt	MO	0:47:48	0:47:27.37	
306	404	Mark Crover	M40	0:47:48	0:47:27.67	
307	297	Keith Rojas	M60	0:47:49	0:47:06.49	
308	49	William Brunton	M60	0:47:53	0:46:58.01	
309	197	Christopher Howard	M40	0:47:55	0:47:28.07	Sudbury Joggers
310	56	Sam Cante	F35	0:48:10	0:47:40.48	
311	398	Nick Richards	M60	0:48:22	0:47:51.47	Little Baddow RR
312	152	Sarah Goodwin	F45	0:48:37	0:48:36.61	Springfield Striders RC
313	313	Mark Skeet	M40	0:48:39	0:48:03.84	
314	193	Georgia Holt	F45	0:48:39	0:47:48.28	
315	389	Louise Smith	FO	0:48:41	0:48:11.25	Braintree & District AC
316	276	Sandy Pison	F35	0:48:48	0:47:49.43	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
317	61	Will Chaney	MO	0:48:48	0:47:48.53	
318	415	Steve Regan	M40	0:48:58	0:48:43.62	
319	105	Sam Derry	F35	0:49:27	0:49:26.74	
320	35	Michael Boyd	M40	0:49:40	0:49:08.19	
321	324	Karen Sweeney	F45	0:49:44	0:49:06.1	
322	181	Mike Hayward	M40	0:49:49	0:48:54.23	
323	90	Robert Courtier	M60	0:50:12	0:49:34.08	Barking Road Runners
324	11	Chris Axford	M50	0:50:27	0:49:31.63	
325	88	Martin Cotton	M40	0:50:28	0:49:24.95	
326	267	Belinda Palmer-barnes	F55	0:50:34	0:50:01.6	Great Bentley Running Club
327	350	Grahame Walkingshaw	M50	0:50:34	0:49:33.83	
328	328	Steve Thomas	M40	0:50:36	0:49:55.97	
329	259	Carol Muir	F45	0:50:41	0:50:08.61	Iford AC
330	163	Sue Gyford	F35	0:50:54	0:50:15.92	
331	339	Wayne Verrier	M50	0:50:56	0:49:58.68	
332	162	Gill Gwilliams	F45	0:50:60	0:50:18.94	
333	440	Denise Lefley	F45	0:51:17	0:50:35.15	
334	180	Emma Hayward	F45	0:51:25	0:50:30.36	
335	387	Peter Reeve	M50	0:51:37	0:51:16.82	Great Bentley Running Club
336	217	Lisa Lager	F35	0:52:02	0:51:21.97	
337	14	Amanda Baines	F45	0:52:03	0:51:07.93	
338	119	Kirstie Enefer	F35	0:52:03	0:51:21.83	
339	36	Stephen Brame	M40	0:52:08	0:51:35.97	Springfield Striders RC
340	298	Sally Rothwell	F35	0:52:14	0:51:16.18	
341	70	Andie Clayds	F45	0:52:14	0:51:15.99	
342	382	Jo Dyson	F45	0:52:15	0:51:16.08	
343	383	Richard Dyson	M60	0:52:15	0:51:16.24	
344	447	Sharon Harwick	F45	0:52:32	0:52:31.62	Tiptree Road Runners
345	340	Alison Vincent	F45	0:52:32	0:51:52.21	Tiptree Road Runners
346	347	Sophie Walker	FO	0:52:37	0:51:52.49	
347	346	Susan Walker	F45	0:52:40	0:51:55.45	
348	348	Rebekah Walker	FO	0:52:40	0:51:56.92	
349	218	Brigid Lager	F55	0:52:44	0:52:02.24	
350	156	Mandy Graves	F55	0:52:50	0:52:08.82	Tiptree Road Runners
351	442	Lesley Cogger-berry	F45	0:52:56	0:51:59.59	
352	151	David Godfrey	F65	0:53:17	0:52:42.05	Billericay Striders
353	386	Stewart Baggs	M60	0:53:29	0:53:21.32	Great Bentley Running Club
354	216	Nyokabi Kiruthi	F35	0:53:39	0:53:01.21	Barking Road Runners
355	231	Louise Lovesey	FO	0:54:08	0:53:31.63	
356	241	Annabel Marriott	F35	0:54:31	0:53:33.09	
357	338	Lynne Verrier	F35	0:54:32	0:53:34.66	
358	329	Holly Thompson	FO	0:54:32	0:53:49.19	Springfield Striders RC
359	186	Andy Hind	M40	0:54:32	0:53:49.75	Springfield Striders RC
360	54	Sarah Campbell	F35	0:54:52	0:54:13.67	
361	72	Catherine Coffey	F45	0:55:04	0:54:25.11	
362	4	Michelle Amos	F35	0:55:11	0:54:30.35	
363	128	Teresa Farmer	F45	0:55:55	0:55:22.49	
364	213	Rosie Kerr	F45	0:56:06	0:55:25.49	Sudbury Joggers
365	87	Samantha Cotton	F35	0:57:35	0:56:32.9	
366	130	Cathryn Fifield	F45	0:57:35	0:56:36.87	
367	334	Shirley Tucker	F55	0:57:40	0:56:38.72	
368	2	Jo Adams	FO	0:57:40	0:56:37.93	
369	3	Lucy Adams	FO	0:57:41	0:56:39.5	
370	448	Eliane Tyler	F45	0:57:47	0:57:14.33	Great Bentley Running Club
371	291	Angela Read	F45	0:58:41	0:57:56.3	
372	378	Maria Bullen-bell	FO	0:58:43	0:58:02.11	
373	52	John Bush	M50	0:58:48	0:57:47.98	Great Bentley Running Club
374	425	Alice Boud	U18F	0:59:09	0:58:22.76	
375	424	Tim Boud	M50	0:59:10	0:58:24.25	
376	219	Keith Lakin	M50	0:59:40	0:58:44.73	
377	143	Julie Furse	F45	1:00:12	0:059:29.1	
378	236	Sandy Maloy	F45	1:00:23	0:059:42.92	Sudbury Joggers
379	258	Sue Moye	F45	1:00:28	0:059:48.15	
380	443	Jonathan Fairless	MO	1:00:29	0:059:34.82	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
381	48	Helen Brunton	F55	1:00:46	0:059:48.41	
382	97	Lynne Culham	F35	1:02:22	1:01:40.47	Braintree & District AC
383	356	Joanne Webb	F45	1:03:36	1:02:52.91	
384	224	Samantha Leftwitch	FO	1:04:28	1:02:56.39	
385	288	Adele Pummery	F45	1:04:38	1:03:39.78	
386	223	Holly Leeds	FO	1:09:09	1:08:17.89	
387	214	Sarah Keyes	F35	1:09:55	1:08:52.23	
388	388	David Nugent	M60	1:10:51	1:10:08.57	