

May Day 10 2018

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	342	Paul Whittaker	MO	0:53:11.27	0:53:11.27	Road Runners Club
2	88	Chris Burgoyne	MO	0:57:40.97	0:57:40.97	Springfield Striders RC
3	99	Alex Manton	MO	0:59:06.9	0:59:06.44	Springfield Striders RC
4	356	Lee Baynton	MO	0:59:30.01	0:59:29.12	Benfleet RC
5	348	Andrew Jopson	M40	1:01:09.19	1:01:09.02	Blackwater Tri Club
6	86	Gary Coombes	M40	1:01:43.81	1:01:43.48	Ilford AC
7	95	Alex Benson	MO	1:02:11.83	1:02:11.83	Springfield Striders RC
8	183	Jackie Stretton	FO	1:02:36.18	1:02:34.36	Springfield Striders RC
9	338	Scott Dryden	M40	1:02:49.58	1:02:48.49	Springfield Striders RC
10	150	David Church	MO	1:03:25.64	1:03:25.64	Witham RC
11	186	Craig Segal	MO	1:03:41.55	1:03:38.81	Harlow RC
12	128	Paul Anderson	M40	1:04:02.72	1:04:00.95	Springfield Striders RC
13	56	Keith Marley	M40	1:05:05.95	1:05:05.95	Colchester Harriers AC
14	329	Chris Pitts	M40	1:05:24.99	1:05:22.47	Bishops Stortford RC
15	94	Keith Windard	MO	1:05:43.77	1:05:43.07	
16	13	Conor Culham	MO	1:06:53.02	1:06:51.75	Braintree & District AC
17	154	Simon Ellice	MO	1:07:01.05	1:06:58.89	Bishops Stortford RC
18	70	Paul Martin	MO	1:07:12.3	1:07:07.87	Ware Joggers
19	300	Nigel Swinburne	MO	1:07:37.04	1:07:33.12	Dagenham 88 Runners
20	91	Phillip Brown	MO	1:07:56.59	1:07:55.57	
21	131	Darren Clark	MO	1:08:08.71	1:08:05.47	
22	112	Helen Armitage	F35	1:09:22.4	1:09:20.71	Witham RC
23	321	Ian Elden	M40	1:09:40.28	1:09:37.81	Ipswich Jaffa RC
24	251	Mark Rutter	M50	1:10:42.57	1:10:41.45	Harwich Runners
25	343	Michael Whittaker	M60	1:10:44.66	1:10:41.52	
26	141	Neil Wildin	M40	1:11:09.48	1:11:02.54	Springfield Striders RC
27	223	Lee Allen	MO	1:11:23.65	1:11:21.84	Harwich Runners
28	360	Chris Ward	MO	1:11:36.1	1:11:22.49	
29	132	Tom Davies	M50	1:11:38.6	1:11:34.64	
30	173	Stephen Sawyer	MO	1:11:43.82	1:11:40.52	Dengie 100 Runners
31	331	Stuart Mills	M40	1:11:50.98	1:11:43.99	Witham RC
32	224	Simon Gill	MO	1:11:58.21	1:11:49.8	
33	184	Martin Mack	M50	1:12:15.22	1:12:07.89	Springfield Striders RC
34	345	Franck Walpole	M50	1:12:24.79	1:12:17.71	
35	292	John Black	M60	1:12:39.07	1:12:34.84	Eton Manor AC
36	256	Myles Coulson	M40	1:12:59.6	1:12:55.29	Braintree & District AC
37	352	Ian Richardson	M50	1:13:26.51	1:13:16.43	Cambridge & Collieridge
38	216	Dennis Briggs	M40	1:13:32.59	1:13:27.88	Ilford AC
39	171	Martin Atkinson	M60	1:13:46.58	1:13:42.75	Grange Farm & Dunmow Runner
40	272	Alex Childs	M50	1:14:19.97	1:14:17.44	Leigh on Sea Striders
41	213	Kevin Harper	M40	1:14:37.21	1:14:28.49	Witham RC
42	357	Laura Cornish	FO	1:14:41.54	1:14:35.96	
43	322	Umesh Kumar	M40	1:14:46.02	1:14:41.56	
44	347	Jake Tyler	MO	1:14:50.07	1:14:39.16	
45	167	Hayley Lamkin	FO	1:15:12.23	1:15:11.38	Southend On Sea AC
46	17	Victoria Bird	FO	1:15:17.96	1:15:12.63	
47	267	Peter Adkins	M40	1:15:35.19	1:15:26.35	
48	355	Hannah Watson	U18F	1:15:51.27	1:15:45.63	Colchester Harriers AC
49	114	Steven Watson	MO	1:15:57.73	1:15:48.22	Witham RC
50	305	Jon Yorston	M40	1:16:05.88	1:16:00.14	
51	103	Brian Venton	M40	1:16:13.72	1:16:08.67	Benfleet RC
52	185	Raymond Sharman	M50	1:16:23.35	1:16:13.05	
53	336	Steve Clark	M40	1:16:26.59	1:15:39.49	Sudbury Joggers
54	142	Catherine Sunderland	F35	1:16:54.77	1:16:50.4	
55	330	Toby Lumsden	M60	1:17:10.17	1:17:07.14	Saffron Striders RC
56	196	Jack Palmer	MO	1:17:34.67	1:17:33.18	
57	255	Chris Chew	M50	1:17:41.56	1:17:36.32	Bishops Stortford RC
58	301	Kiera Tippett	FO	1:17:53.88	1:17:47.55	Benfleet RC
59	340	Richard Aylen	M50	1:17:56.74	1:17:50.31	Dengie 100 Runners
60	16	David Weldon	M40	1:18:00.53	1:17:52.7	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
61	46	David Smith	M60	1:18:18.82	1:18:10.37	Springfield Striders RC
62	293	Lee Hazelwood	M50	1:18:28.44	1:18:22.3	Phoenix Striders
63	240	Steve Cattle	M40	1:18:30.75	1:18:24.17	
64	274	Stephen Parker	M60	1:18:34.9	1:18:31.14	Ilford AC
65	76	Rebecca Pittman	F55	1:18:38.67	1:18:30.38	Springfield Striders RC
66	323	Simon Tippet	M40	1:18:59.7	1:18:53.27	Benfleet RC
67	231	John Button	MO	1:19:08.56	1:18:54.59	
68	121	Paul Mardle	M50	1:19:16.95	1:19:08.9	
69	311	Andrew Watson	M50	1:19:25.44	1:19:15.92	Benfleet RC
70	258	Steve May	MO	1:19:44.57	1:19:34.12	Halstead RRC
71	97	Colin Jackson	M50	1:19:55.49	1:19:49.59	Grange Farm & Dunmow Runner
72	35	Martin Holland	MO	1:19:55.87	1:19:36.37	
73	209	Emily Predebon	FO	1:19:57.26	1:19:50.41	Grange Farm & Dunmow Runner
74	15	John Holland	M40	1:20:40.39	1:20:21.18	Braintree & District AC
75	226	Chris McDonnell	M70	1:20:47.31	1:20:24.1	Dengie 100 Runners
76	26	Cliff King	M40	1:20:56.44	1:20:47.54	Castle Point Joggers
77	59	Gary Perryman	M40	1:21:18.34	1:21:09.41	Tiptree Road Runners
78	304	Morven Hurding	F35	1:21:59.39	1:21:40.24	Tiptree Road Runners
79	253	Paul Franklin	M60	1:22:27.08	1:22:18.3	Castle Point Joggers
80	297	Jamie Austin	MO	1:22:29.76	1:22:19.62	Dagenham 88 Runners
81	162	Trevor Cooper	MO	1:22:34.74	1:22:34.74	Barking Road Runners
82	87	Caroline Tuck	F45	1:22:35.87	1:22:25.08	Dagenham 88 Runners
83	100	Graham Statter	M60	1:23:09.27	1:22:47.63	Bishops Stortford RC
84	211	Antony Karas	M50	1:23:13.28	1:23:07.99	Grange Farm & Dunmow Runner
85	188	Andrew Wood	M50	1:23:26.95	1:23:21.38	
86	315	Colin Wilkinson	M50	1:23:38.96	1:23:32.67	Phoenix Striders
87	5	Nefise Onbasi	F35	1:23:40.07	1:22:52.09	Sudbury Joggers
88	101	Nicola Hilson	F45	1:23:40.41	1:23:28.95	Colchester Harriers AC
89	25	Neil Churchill	M50	1:23:46.11	1:23:25.08	
90	269	Sandra Rust	F45	1:23:48.86	1:23:21.57	Harlow RC
91	252	Sean Flynn	M50	1:23:57.31	1:23:29.95	Harlow RC
92	24	Andrew Silvert	MO	1:24:04.92	1:23:56.04	
93	27	Gary Joslin	M50	1:24:06.13	1:24:01.52	Springfield Striders RC
94	349	Laura Reid	F35	1:24:23.86	1:24:04	
95	210	Anthony Young	M50	1:24:34.07	1:24:27.42	Ilford AC
96	45	Donna Morris	F45	1:24:46.03	1:24:37.67	Springfield Striders RC
97	144	Rebecca Booty	F35	1:24:49.26	1:24:39.37	Witham RC
98	127	David Mason	M50	1:24:59.4	1:24:37.24	Springfield Striders RC
99	152	James Bowker	M50	1:25:09.96	1:24:57.74	Rochford Running Club
100	288	Krzysztof Pietrzak	MO	1:25:26.11	1:25:07.5	
101	130	Caroliena Cameron	F45	1:25:36.35	1:25:24.93	Halstead RRC
102	259	Vince Brooker	M40	1:25:41.78	1:25:26.39	
103	290	Vicki Riley	FO	1:26:11.6	1:25:59.93	Witham RC
104	7	Nichola Hands	F35	1:26:11.82	1:26:01.76	Springfield Striders RC
105	8	Kenneth Hands	M50	1:26:12.05	1:26:01.91	Springfield Striders RC
106	72	Emily Smith	F35	1:26:24.79	1:26:24.79	Springfield Striders RC
107	262	Ian Cummins	M50	1:26:24.98	1:26:11.6	Dagenham 88 Runners
108	38	Adam Sewell	M40	1:26:25.11	1:26:06.37	Braintree & District AC
109	187	Hayley Barron	F45	1:26:32.12	1:26:32.12	Orion Harriers
110	170	Rob Howard	M40	1:26:39.78	1:26:25.13	
111	206	Paul Ford	M40	1:26:51.26	1:26:41.71	
112	326	Lorraine Mills	F45	1:27:13.38	1:26:54.2	Tiptree Road Runners
113	212	Paul Darby	M50	1:27:38.64	1:27:16.44	
114	52	Simon Baker	M50	1:27:43.56	1:27:08.13	Tiptree Road Runners
115	358	David Mason	MO	1:27:50.17	1:27:38.32	Witham RC
116	23	Allen Ball	M40	1:28:03.13	1:27:41.72	GoodGym Race Team
117	180	Marco Firman	M50	1:28:04.29	1:27:48.43	
118	75	David Southgate	M40	1:28:04.32	1:27:54.73	
119	129	Philip Wood	MO	1:28:19.56	1:27:59.56	Braintree & District AC
120	126	Richard Hardiman	M60	1:28:22.47	1:28:14.48	
121	281	Susan Walker	F45	1:28:24.31	1:27:45.33	
122	43	Nick Looby	M40	1:28:32.53	1:28:18.6	Springfield Striders RC
123	14	Richard Champion	M40	1:28:41.52	1:28:29.45	
124	110	Ben Jiggins	MO	1:28:47.82	1:28:04.28	

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125	337	Graham Cole	M50	1:28:47.92	1:28:26.66	
126	284	Kevin Burke	MO	1:29:13.2	1:28:53.9	
127	161	Cristina Cooper	F35	1:29:35.22	1:29:11.52	Barking Road Runners
128	341	Wendy Aldridge	F55	1:29:35.89	1:29:20.68	Dengie 100 Runners
129	280	Jane Pannell	F45	1:30:05.15	1:29:40.87	Eton Manor AC
130	160	Christopher Lambert	M50	1:30:05.39	1:29:38.4	
131	222	Colin Short	M70	1:30:17.15	1:30:06.41	Witham RC
132	195	Julie Robinson	F55	1:30:17.76	1:30:10.52	Orion Harriers
133	354	David Rees	M40	1:30:17.88	1:30:08.36	
134	71	Donna Hindle	F45	1:30:51.74	1:30:37.59	Springfield Striders RC
135	85	Hannah Sheikh	F35	1:30:59.74	1:30:35.35	Dagenham 88 Runners
136	109	Christina Hunter	F35	1:31:10.17	1:31:10.17	
137	51	Lorraine Baker	F45	1:31:27.77	1:30:52.46	Tiptree Road Runners
138	168	Lynsey Hawkins	F35	1:31:54.64	1:31:28.34	
139	230	Paul Graves	M60	1:31:57.4	1:31:32.83	Tiptree Road Runners
140	133	Tina Gore	F35	1:32:22.62	1:31:35.62	Sudbury Joggers
141	220	Emily Penkett	F35	1:32:30.18	1:32:12.89	Springfield Striders RC
142	198	Peter Welch	M50	1:32:34.94	1:32:20.05	
143	327	Rahana Islam	F35	1:32:36.8	1:32:13.05	Dagenham 88 Runners
144	153	Julia Davison	F45	1:32:58.3	1:32:46.15	Rochford Running Club
145	313	Harry Faith	MO	1:33:05.61	1:32:45.04	
146	1	Graham Eyre	M60	1:33:05.74	1:32:46.15	
147	225	Michael Peggall	MO	1:33:21.36	1:33:08.19	
148	190	Philip Page	M50	1:33:36.59	1:33:17.26	
149	266	Hayley Fisher	FO	1:33:38.67	1:33:24.85	
150	32	Bob Gear	M50	1:33:44.39	1:33:27.28	
151	306	Debbie Barry	F55	1:33:44.72	1:32:56.49	Harlow RC
152	157	Michelle Phillips	F45	1:33:47.29	1:33:20.66	Braintree & District AC
153	159	Helen Lambert	F55	1:33:48.1	1:33:21.55	Braintree & District AC
154	197	Archie Cotterill	U18M	1:33:49.93	1:33:25.13	
155	265	Philip Jeffries	MO	1:33:50.79	1:33:28.94	Halstead RRC
156	178	Sarah Smith	F45	1:33:52.32	1:33:36.07	
157	182	Liane Rowland	F45	1:33:53.79	1:33:35.6	
158	134	David Chapman	M50	1:33:57	1:33:04.71	Sudbury Joggers
159	4	Mark Moughton	M50	1:34:05.6	1:34:05.6	Springfield Striders RC
160	78	David Collins	M40	1:34:16.1	1:34:01.94	
161	10	Nicholas Inns	M40	1:34:18.24	1:33:43.61	Witham RC
162	113	Steve Lucas	M50	1:34:21.28	1:33:46.34	
163	319	Lisa Garner	F45	1:34:29.72	1:34:04.26	Phoenix Striders
164	189	Ellis Sharman	MO	1:34:41.96	1:34:25.92	
165	275	Billy Green	M50	1:35:11.01	1:34:58.25	Ilford AC
166	296	Luke Summers	MO	1:35:15.22	1:34:50.84	Dagenham 88 Runners
167	83	Carly Stevenson	F35	1:35:33.67	1:35:00.32	Dengie 100 Runners
168	273	Richard See	M40	1:36:02.3	1:35:28.57	Dengie 100 Runners
169	179	Christopher Longhurst	M40	1:36:09.99	1:35:55.44	
170	282	Paul King	M40	1:36:10.88	1:35:53.44	Springfield Striders RC
171	246	Sally Tokely	F35	1:36:37.01	1:36:04.25	
172	12	Anna Young	F45	1:36:46.29	1:36:11.6	Harwich Runners
173	89	Richard Smith	MO	1:37:05.86	1:36:40.94	
174	175	Marisa Christie	F35	1:37:38.18	1:37:21.18	Springfield Striders RC
175	42	Steve Hankinson	M60	1:37:46.87	1:37:17.74	Braintree & District AC
176	203	Josephine Cheshire	F35	1:38:03.5	1:37:15.38	
177	332	Wendy Schroder	F45	1:38:12.5	1:37:23.64	Harlow RC
178	66	Robyn Harding	FO	1:38:13.51	1:37:37.61	Tiptree Road Runners
179	204	Kirsty Preece	FO	1:38:21.93	1:37:52.06	
180	205	Darren Horner	M40	1:38:22.04	1:37:52.55	Colchester Harriers AC
181	287	Tracy Russell	F45	1:38:25.97	1:38:11.23	Tiptree Road Runners
182	36	Phil Kinsman	M40	1:38:26.22	1:37:49.89	Tiptree Road Runners
183	120	James Cooch	M40	1:38:36.13	1:37:53.19	
184	250	Mark Babbage	M50	1:38:47.84	1:38:25.94	Springfield Striders RC
185	200	Kelly Rogers	F35	1:39:08.47	1:38:49.57	Tiptree Road Runners
186	123	Danielle Harrington	F35	1:39:08.69	1:38:49.58	Tiptree Road Runners
187	298	Sharley Smith	FO	1:39:29.35	1:38:39.26	
188	248	Sarah Jeggo	F35	1:39:36.57	1:38:51.83	Sudbury Joggers

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189	249	Steven Jeggo	M40	1:39:36.63	1:38:51.99	Sudbury Joggers
190	28	Serena Beresford	F35	1:39:43.95	1:38:51.56	Bishops Stortford RC
191	238	Nils Hollmann	M40	1:39:53.19	1:39:40.62	Dagenham 88 Runners
192	62	Lynne Garey	F55	1:39:54.18	1:39:17.97	Springfield Striders RC
193	310	Judith Adolphus	F55	1:40:01.27	1:39:38.73	Ipswich Jaffa RC
194	96	Geoffrey Nicholls	M60	1:40:10.53	1:39:15.41	Eton Manor AC
195	80	Raoul Grantham	M50	1:40:27.49	1:40:00.77	Braintree & District AC
196	320	Nicola Ann Maslen	F45	1:40:33.17	1:40:33.17	Phoenix Striders
197	307	Cheryl Macdonald	F55	1:40:39.32	1:40:25.01	Pitsea RC
198	335	Jules Cooper	F45	1:41:05.21	1:39:48.89	Sudbury Joggers
199	241	Tina Clarke	F45	1:41:16.21	1:40:22	Tiptree Road Runners
200	303	Jo Roblin	F45	1:41:16.33	1:40:21.63	Tiptree Road Runners
201	286	Kelly Turk	FO	1:41:23.62	1:41:05.75	Springfield Striders RC
202	243	Christine King	F55	1:41:27.23	1:40:32.48	Tiptree Road Runners
203	194	Frieda Keane	F45	1:41:28.59	1:41:28.59	Ilford AC
204	237	Paula Vinton	F35	1:42:10.53	1:42:10.53	
205	47	Monika Iyinbor	FO	1:42:23.4	1:42:05.12	Harlow AC
206	318	Ann Reed	F45	1:42:26.22	1:41:55.15	Benfleet RC
207	104	Samantha Venton	F45	1:42:26.25	1:41:55	Benfleet RC
208	119	Matthew Rushton	M40	1:42:31.17	1:41:48.6	
209	359	Kathryn Macdonald	F45	1:42:35.38	1:41:56.21	
210	135	Karen Flowers	F45	1:42:52.03	1:42:19.12	Witham RC
211	333	Rosina Salmon	F45	1:42:59.08	1:42:34.42	Dagenham 88 Runners
212	156	Gary Harford	M60	1:43:26.81	1:43:04.15	Barking Road Runners
213	106	Sandy Pison	F35	1:43:45.56	1:43:05.14	
214	105	Will Chaney	MO	1:43:45.79	1:43:04.14	
215	344	Craig Vernon	M50	1:43:47.66	1:43:09.82	Mid Essex
216	192	Anthony Denton	M40	1:43:54.56	1:43:32.31	Halstead RRC
217	140	Martin West	M60	1:43:56.22	1:43:42	Great Bentley Running Club
218	163	Alison Fryatt	F45	1:43:58.99	1:43:58.99	Barking Road Runners
219	73	Gill Gwilliams	F45	1:44:02.3	1:43:28.51	
220	176	Andrew Thorn	MO	1:44:33.22	1:43:58.74	Harwich Runners
221	181	Andrew Read	M50	1:44:51.21	1:44:39.42	
222	214	Jamie Edgoose	M40	1:45:18.05	1:44:49.47	
223	177	Charlotte Ball	FO	1:45:21.78	1:44:58.01	Springfield Striders RC
224	217	David Brooks	M70	1:45:49.56	1:44:15.91	Veterans AC
225	244	Christina Chan	F45	1:45:53.57	1:45:21.55	
226	61	Ross Silverton	M60	1:45:54.29	1:45:43.68	Witham RC
227	193	Hannah Plews	FO	1:45:54.73	1:45:31.99	
228	309	Tony Adolphus	M60	1:45:55.1	1:45:34.99	Ipswich Jaffa RC
229	316	Sharon Wilkinson	F45	1:46:00.45	1:45:36	Phoenix Striders
230	172	Dawn Shilling	F35	1:46:00.74	1:45:28.28	Witham RC
231	339	Sybil Harris	F45	1:46:26.15	1:46:04.69	
232	308	Steve Macdonald	M60	1:46:43.22	1:45:48.34	Pitsea RC
233	207	Alison Sale	F45	1:46:53.7	1:46:13.31	
234	201	Sarah Goodwin	F45	1:47:05.01	1:46:36.15	Springfield Striders RC
235	328	Launa Broadley	F45	1:47:05.92	1:47:05.92	Ilford AC
236	111	Lavinia Hunter	FO	1:47:24.4	1:47:07.33	
237	264	Victoria Levine	F45	1:47:41.98	1:47:00.29	Witham RC
238	235	Lennie Cervantes	F35	1:47:44.94	1:46:54.08	
239	277	Joanne Dickman	F45	1:47:48.5	1:46:53.17	Tiptree Road Runners
240	229	Mandy Graves	F55	1:47:52.63	1:46:56.2	Tiptree Road Runners
241	228	Eve Riches	F35	1:47:57.89	1:47:32.46	
242	227	Christopher Brown	M60	1:47:58	1:47:32.78	
243	58	Christopher Howard	M40	1:48:07.96	1:47:06.8	Sudbury Joggers
244	166	Leslie Jay	M60	1:48:39.94	1:48:03.75	
245	84	Richard Carvey	M50	1:50:10.33	1:49:37.42	Dengie 100 Runners
246	117	Christibe Edgoose	F45	1:50:10.72	1:49:42.54	Braintree & District AC
247	11	Jeremy Petterson	M40	1:50:15.49	1:49:39.73	
248	98	Rebecca Walsh	F35	1:50:36.3	1:50:07.62	
249	143	Gordon Mcaulay	M50	1:51:42.55	1:51:02.69	
250	233	Liam Cross	MO	1:52:33.31	1:51:38.8	
251	260	Rebecca Richards	FO	1:52:44.17	1:52:16.69	
252	294	Michelle Holman	F45	1:53:23.98	1:52:45.06	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
253	353	Sue Foley	F45	1:53:31.31	1:52:50.58	
254	236	Christopher Woods	M40	1:53:35.12	1:52:41.97	
255	350	Keith Rosas	M60	1:53:57.74	1:53:19.18	
256	37	Caroline Hare	F45	1:54:09.39	1:53:13.8	Tiptree Road Runners
257	239	Rachel Varnam	FO	1:54:57.18	1:54:18.49	
258	3	Charlotte Perry	FO	1:55:04.35	1:53:50.04	
259	145	David Standen	M50	1:55:04.4	1:53:48.7	
260	202	Danielle Moss	FO	1:55:05.03	1:53:52.3	
261	324	Beverley Ware	F55	1:55:37.98	1:54:22.01	
262	325	Stuart Lakey	M60	1:55:38.11	1:54:19.87	
263	79	Sylvia Bullen Bell	F45	1:55:54.16	1:54:58.63	Witham RC
264	219	Jane Roach	F45	1:55:56.18	1:55:18.31	
265	218	Michelle Edney	F45	1:56:09.37	1:55:32.2	
266	191	Tracy Page	F45	1:56:18.25	1:55:33	
267	63	Ben Miller	MO	1:56:31.45	1:56:31.45	Witham RC
268	351	Laura Fox	F35	1:56:40.22	1:56:40.22	
269	41	Grahame Walkingshaw	M50	1:56:40.8	1:55:59.36	
270	314	Stephen Brame	M40	1:57:08.89	1:56:38.78	Springfield Striders RC
271	18	Cathryn Fifield	F45	1:57:10.33	1:56:28.72	
272	65	Christopher Harding	MO	1:57:19.13	1:57:19.13	Tiptree Road Runners
273	139	Mark Thomas	M50	1:57:19.34	1:56:32.14	Braintree & District AC
274	302	Jane Swanson-sprent	F45	1:57:30.81	1:56:59.15	Dagenham 88 Runners
275	278	Denise Woolston	F45	1:57:30.94	1:56:58.97	Dagenham 88 Runners
276	6	Simon Latham	M50	1:59:17.4	1:58:12.44	Bishops Stortford RC
277	122	Glenda Jackson	F55	1:59:18.97	1:59:18.97	Grange Farm & Dunmow Runner
278	40	John Bush	M50	2:01:18.38	2:00:20.71	Great Bentley Running Club
279	64	Adrian Long	M40	2:01:40.27	2:00:59.77	
280	242	Zoe Jackson	F35	2:02:02	2:01:05.91	Tiptree Road Runners
281	247	Alia Hamdan	F35	2:02:02.29	2:01:06.64	Tiptree Road Runners
282	334	Lynne Northcott	F35	2:02:23.13	2:01:49.16	Dagenham 88 Runners
283	164	Laura Hoskin	F35	2:05:27.79	2:04:15.41	
284	49	Samantha Taylor	F45	2:06:49.93	2:06:07.78	
285	48	Paul Taylor	M40	2:06:50.63	2:06:50.63	
286	165	Theresa Burke	F55	2:08:17.79	2:07:12.93	Bishops Stortford RC
287	276	Tracey George	F45	2:08:36.74	2:07:35.92	Harwich Runners
288	221	Carol Muir	F45	2:09:08.4	2:08:40.85	Ilford AC
289	285	Helen Pepper	F35	2:11:14.08	2:10:34.1	
290	279	Ian Lennard	M40	2:11:14.09	2:10:34.37	
291	346	Robert Maggio	M70	2:13:09.62	2:12:51.9	Eton Manor AC
292	199	Steve Roberts	MO	2:13:48.21	2:12:59.82	Sudbury Joggers
293	29	Lynne Culham	F35	2:15:12.29	2:13:58.95	Braintree & District AC
294	234	Louise Sutton	F45	2:19:47.96	2:18:53.67	
295	232	Sara Woods	F45	2:19:47.96	2:18:53.69	