

Witham RC Boxing Day 5 Results 2018

Place	Bib No	Name	Age Group Description	Gun Time	Chip Time	Team
1	72	Callum Charleston	M 18 to 39	25:15	25:15	Aldershot Farnham & District
2	308	Ramadan Osman	M 18 to 39	25:28	25:27	Colchester Harriers AC
3	178	David Green	M 18 to 39	25:35	25:33	Northampton Road Runners
4	393	Stephen Strange	M 18 to 39	25:45	25:44	Basildon AC
5	41	Crispian Bloomfield	M 40 to 49	25:55	25:54	Billericay Striders
6	59	Chris Burgoyne	M 18 to 39	26:28	26:27	Springfield Striders RC
7	492	Stephen Skinner	M 18 to 39	26:50	26:48	Run Fast
8	266	Alex Manton	M 18 to 39	27:15	27:14	Springfield Striders RC
9	140	Nate Filer	M 18 to 39	27:25	27:24	Colchester Harriers AC
10	295	Malcolm Muir	M 40 to 49	28:42	28:40	Ilford AC
11	282	Paul Miles	M 40 to 49	28:51	28:50	Springfield Striders RC
12	175	Aaron Graves	M 18 to 39	28:53	28:52	Tiptree Road Runners
13	296	Hayley Munn	F 18 to 34	29:00	28:58	Northampton Road Runners
14	287	Paul Mingay	M 60 to 69	29:00	28:57	Tiptree Road Runners
15	107	Tom Cresswell	M 18 to 39	29:07	29:06	Colchester Harriers AC
16	151	Graham Freeman	M 40 to 49	29:11	29:08	Grange Farm & Dunmow Runners
17	101	GaVIN scanlan	M 18 to 39	29:21	29:18	Colchester Harriers AC
18	251	Steve Langley	M 50 to 59	29:24	29:20	Ipswich Jaffa RC
19	124	Paul Dobson	M 50 to 59	29:33	29:31	Colchester Harriers AC
20	467	Robert Smith	M 18 to 39	29:33	29:31	Colchester Harriers AC
21	448	Langdon Williams	M 50 to 59	29:44	29:42	Witham RC
22	322	Toby Pereira	M 40 to 49	29:45	29:42	
23	130	James Elgar	M 18 to 39	29:48	29:43	
24	110	Conor Culham	M 18 to 39	29:53	29:52	Braintree & District AC
25	475	Alexander Sales	M 18 to 39	29:54	29:52	Colchester Harriers AC
26	482	William Radley	M 18 to 39	30:02	29:57	Tiptree Road Runners
27	254	Gavin Laws	M 18 to 39	30:05	30:01	Tiptree Road Runners
28	149	Ed Freeman	M 40 to 49	30:06	30:03	Springfield Striders RC
29	408	John Thorpe	M 40 to 49	30:09	30:05	Ipswich Jaffa RC
30	429	Mark Ward	M 18 to 39	30:10	30:09	
31	384	Phillip Smith	M 18 to 39	30:24	30:23	Springfield Striders RC
32	334	Paul Preston	M 40 to 49	30:33	30:31	Colchester Harriers AC
33	425	Westley Walker	M 40 to 49	30:43	30:40	Haverhill Running Club
34	269	Keith Marley	M 50 to 59	30:54	30:52	Colchester Harriers AC
35	338	Matthew Rees	M 18 to 39	30:58	30:56	
36	102	Aidan Coughlan	M 18 to 39	31:03	31:00	Vegan Runners UK
37	179	Steven Gresham	M 18 to 39	31:12	31:08	
38	46	Tim Brand	M 50 to 59	31:22	31:15	Harwich Runners
39	264	Wayne Lyle	M 50 to 59	31:23	31:18	Bournemouth AC
40	371	Laura Shewbridge	F 35 to 44	31:24	31:21	Hadleigh Hares AC
41	15	Murray Baker	M 40 to 49	31:34	31:14	
42	20	Tim Ballard	M 40 to 49	31:39	31:34	Colchester Harriers AC
43	146	Simon Ford	M 40 to 49	31:40	31:36	Colchester Harriers AC
44	434	Martin Watson	M 40 to 49	31:42	31:39	Springfield Striders RC
45	92	Andrew Conway	M 50 to 59	31:46	31:42	Tiptree Road Runners
46	68	Marcus Catlin	M 40 to 49	31:47	31:42	Ipswich Jaffa RC
47	476	Rachel Bunting	F 35 to 44	31:51	31:47	North Devon Roadrunners
48	490	Alex Elliott	M 18 to 39	31:53	31:47	
49	395	Daniel Summersgill	M 18 to 39	31:56	31:52	
50	247	Andrew Lager	M 40 to 49	32:06	31:58	Witham RC
51	346	Philippa Robinson	F 18 to 34	32:18	32:12	Grange Farm & Dunmow Runners
52	236	Gary Joslin	M 50 to 59	32:24	32:18	Springfield Striders RC
53	30	Daniel Beckerleg	M 40 to 49	32:27	32:18	
54	499	Peter-David Adkins	M 40 to 49	32:31	32:28	
55	472	Peter Banks	M 40 to 49	32:34	32:30	Tiptree Road Runners
56	271	David Marsh	M 40 to 49	32:38	32:30	
57	74	Alex Childs	M 50 to 59	32:38	32:34	Leigh on Sea Striders
58	261	Jennifer Lovelock	F 18 to 34	32:42	32:36	Springfield Striders RC
59	497	Lee Holohon	M 40 to 49	32:46	32:41	Colchester Harriers AC
60	165	Simon Gill	M 18 to 39	32:47	32:37	
61	263	Matt Lovesey	M 18 to 39	32:48	32:43	Lordshill Road Runners
62	193	Todd Harding	M 18 to 39	32:53	32:48	Handy Cross Runners
63	430	Paul Ward	M 40 to 49	32:57	32:46	
64	86	Simon Colclough	M 18 to 39	32:58	32:50	
65	466	Adam McPherson	M 18 to 39	33:05	33:02	Boulder Track Club
66	158	Michael Garden	M 18 to 39	33:23	33:17	
67	56	Andy Buck	M 50 to 59	33:25	33:21	Sudbury Joggers
68	173	Mark Gowers	M 50 to 59	33:25	33:19	Billericay Striders
69	45	Christopher Branch	M 18 to 39	33:28	33:22	

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70	297	James Narayan	M 18 to 39	33:30	33:13	
71	163	Gerard Geurts	M 50 to 59	33:32	33:25	Grange Farm & Dunmow Runners
72	168	Scott Godridge	M 18 to 39	33:36	33:35	
73	196	Chris Hargraves	M 40 to 49	33:48	33:39	
74	485	Ray Baggs	M 18 to 39	33:49	33:38	Great Bentley Running Club
75	38	Victoria Bird	F 35 to 44	33:50	33:44	
76	363	Paul Schroder	M 18 to 39	33:52	33:42	Harlow RC
77	323	Gary Perryman	M 40 to 49	33:56	33:51	Tiptree Road Runners
78	215	John Holland	M 40 to 49	34:01	33:53	Braintree & District AC
79	239	Antony Karas	M 50 to 59	34:02	33:55	Grange Farm & Dunmow Runners
80	96	Archie Cotterill	MU18	34:06	33:56	
81	228	Luka Predebon	M 18 to 39	34:10	34:03	Grange Farm & Dunmow Runners
82	216	Martin Holland	M 18 to 39	34:12	34:03	
83	115	Steve Danby	M 50 to 59	34:13	34:01	
84	237	Doug Stephens	M 50 to 59	34:14	34:05	Springfield Striders RC
85	498	Chris Beazeley	M 50 to 59	34:15	34:06	Springfield Striders AC
86	326	Rebecca Pittman	F 55 to 64	34:17	34:07	Springfield Striders RC
87	343	Catherine Ridge	F 35 to 44	34:19	34:09	Harlow RC
88	214	Peter Hodgson	M 40 to 49	34:21	34:12	Trail Running Association
89	105	Debbie Coyle	F 35 to 44	34:27	34:20	
90	457	Paul Wyatt	M 40 to 49	34:27	34:19	
91	328	Barry Plowman	M 50 to 59	34:35	34:22	Braintree & District AC
92	242	Cliff King	M 40 to 49	34:38	34:24	Castle Point Joggers
93	330	Adam Poulton	M 50 to 59	34:42	34:28	Castle Point Joggers
94	134	WK Groenewald	M 18 to 39	34:43	34:31	
95	224	Stephanie Hughes	F 18 to 34	34:44	34:35	Braintree & District AC
96	123	Nick Dobson	M 18 to 39	34:50	34:35	
97	392	John Stoneman	M 40 to 49	34:51	34:41	Serpentine RC
98	162	Oliver Gatehouse	M 18 to 39	34:52	34:41	
99	336	Daniel Quartly	M 18 to 39	34:54	34:40	Brentwood Running Club
100	291	Simon Morgan	M 50 to 59	34:56	34:50	Colchester Harriers AC
101	491	Lorna Elliott	F 18 to 34	34:58	34:41	
102	18	David Ballard	M 50 to 59	35:01	34:46	Tiptree Road Runners
103	197	Tracy Harrington	F 45 to 54	35:07	35:01	Tiptree Road Runners
104	439	Lucy Westcott	F 35 to 44	35:08	34:58	Springfield Striders RC
105	353	James Royce	M 40 to 49	35:08	34:50	
106	398	John Sweeney	M 50 to 59	35:10	34:57	Castle Point Joggers
107	81	Lee Clarkson	M 18 to 39	35:12	35:02	Great Bentley Running Club
108	299	Lewis Naylor	M 18 to 39	35:15	34:57	
109	8	Megan Atkinson	F 18 to 34	35:15	35:06	
110	379	Emily Smith	F 35 to 44	35:19	35:08	Springfield Striders RC
111	69	Ollie Caulfield	M 60 to 69	35:23	35:15	
112	250	Mike Landolt	M 18 to 39	35:24	35:19	
113	453	Aidan Wood	M 18 to 39	35:27	35:10	
114	426	Damien Walsh	M 18 to 39	35:29	35:16	
115	159	Charlotte Garey	F 18 to 34	35:47	35:36	
116	301	Paul Neville	M 40 to 49	35:48	35:33	
117	2	Matthew Adamson	M 18 to 39	35:52	35:35	Maidenhead AC
118	407	Christopher Thornton	M 50 to 59	35:57	35:37	TRISudbury
119	409	Gavin Tilling	M 40 to 49	36:01	35:39	
120	468	Nicola Martell-Smith	F 18 to 34	36:03	35:46	Colchester Harriers AC
121	257	Charles Spence	M 50 to 59	36:05	35:56	
122	441	Arthur Whiston	M 60 to 69	36:11	35:56	Colchester Harriers AC
123	126	Chris Durham	M 40 to 49	36:13	36:00	
124	413	Freek Van Der Wijst	M 18 to 39	36:13	36:00	
125	171	Yuko Gordon	F 65+	36:14	36:03	Fairlands Valley Spartans
126	231	Phil Jarvis	M 50 to 59	36:24	36:15	
127	283	Simon Miller	M 50 to 59	36:27	36:21	Colchester Harriers AC
128	119	Paul Davison	M 40 to 49	36:30	36:15	Great Bentley Running Club
129	225	Andrew Hughes	M 40 to 49	36:40	36:33	Braintree & District AC
130	164	Bryn Gibbons	M 40 to 49	36:43	36:29	Tiptree Road Runners
131	209	Clive Higdon	M 50 to 59	36:43	36:32	Springfield Striders RC
132	378	David Smith	M 60 to 69	36:46	36:35	Springfield Striders RC
133	104	Duncan Cox	M 40 to 49	36:49	36:29	
134	82	Steve Cleaver	M 50 to 59	36:49	36:39	
135	304	Nichola Norman	F 45 to 54	36:58	36:48	Springfield Striders RC
136	397	Marcus Cox	M 40 to 49	37:03	36:43	Jogging Made Easy
137	493	Robert Elliott	M 18 to 39	37:08	36:51	
138	411	Adam U'Glow Jones	M 40 to 49	37:10	36:51	
139	281	Matt Mead	M 40 to 49	37:16	37:04	

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140	246	Tomasz Komorowski	M 18 to 39	37:18	37:03	Great Bentley Running Club
141	495	Chris McDonnell	M 70+	37:23	37:03	Dengie 100
142	464	Nick Marcelle	M 40 to 49	37:23	37:01	
143	496	Lydia Bazzard	F 35 to 44	37:26	37:07	Dengie 100
144	9	Mark Avery	M 50 to 59	37:27	37:15	Ipswich Jaffa RC
145	302	Steven Newman	M 40 to 49	37:28	37:14	
146	16	Allen Ball	M 40 to 49	37:31	37:05	Running Colchester
147	481	Mark Baker	M 50 to 59	37:33	37:03	
148	204	Nicholas Harvey	M 40 to 49	37:39	37:24	
149	440	Katie Whall	F 35 to 44	37:47	37:21	
150	259	Matthew Lenny	M 40 to 49	37:53	37:24	
151	33	Jason Bedlow	M 40 to 49	37:58	37:31	
152	78	Neil Churchill	M 50 to 59	38:01	37:36	
153	160	Chris Garey	M 18 to 39	38:03	37:54	Springfield Striders RC
154	133	Jenny Groenewald	F 18 to 34	38:05	37:53	
155	129	Laura Edwards	F 35 to 44	38:07	37:40	
156	32	Shawn Beckerleg	M 40 to 49	38:10	37:42	Witham RC
157	387	Stephen Smith	M 40 to 49	38:11	37:50	
158	181	Paul Grimsey	M 40 to 49	38:13	37:46	
159	349	Alan Rowell	M 70+	38:17	38:10	Durham City Harriers & AC
160	229	Emily Predebon	F 18 to 34	38:22	38:14	Grange Farm & Dunmow Runners
161	121	Andy Debnam	M 40 to 49	38:23	38:00	Castle Point Joggers
162	40	Kathy Bishop	F 45 to 54	38:24	38:05	Great Bentley Running Club
163	312	Toby Owen	M 40 to 49	38:26	38:03	
164	202	Ian Hart	M 50 to 59	38:28	38:05	Castle Point Joggers
165	147	Emma Fox	F 18 to 34	38:29	38:02	
166	10	Chris Axford	M 50 to 59	38:32	38:11	Jogging Made Easy
167	500	Jon Sprules	M 50 to 59	38:32	38:07	
168	449	Helen Wilson	M 18 to 39	38:36	38:10	
169	117	Chris Davey	M 40 to 49	38:40	38:24	
170	276	Scott Mcgrath	M 18 to 39	38:42	38:26	
171	255	Mon Lee	M 60 to 69	38:43	38:24	Ipswich Jaffa RC
172	230	Michal Janikowski	M 40 to 49	38:47	38:34	
173	494	Sharon Allen	F 45 to 54	38:53	38:38	
174	400	Paul Taylor	M 40 to 49	38:56	38:36	Jogging Made Easy
175	26	Helen Bateman	F 35 to 44	38:57	38:30	Springfield Striders RC
176	385	Rebecca Smith	F 35 to 44	38:58	38:35	
177	275	Gerry MCGovern	M 60 to 69	38:58	38:35	
178	136	Catherine Fairhurst	F 35 to 44	39:03	38:47	
179	245	Magdalena Komorowska	F 35 to 44	39:06	38:48	Great Bentley Running Club
180	473	Paul Tawn	M 50 to 59	39:07	38:14	Mid Essex Casuals
181	383	Michelle Smith	F 45 to 54	39:08	38:44	
182	141	Katrina Finch	F 45 to 54	39:10	38:52	Tiptree Road Runners
183	143	Sarah Fletcher	F 45 to 54	39:13	38:54	Great Bentley Running Club
184	244	Vicky Knight	F 35 to 44	39:13	38:16	Tiptree Road Runners
185	272	Greg Marshall	M 60 to 69	39:14	38:57	Serpentine RC
186	88	David Collins	M 40 to 49	39:16	38:55	
187	213	Donna Hindle	F 45 to 54	39:16	38:58	Springfield Striders RC
188	205	Emma Hatcher	F 18 to 34	39:21	39:00	Brentwood Running Club
189	377	Andrew Smith	M 18 to 39	39:29	38:59	
190	211	Samantha Hillyard	F 45 to 54	39:31	39:16	Halstead RRC
191	341	Rebecca Richards	F 18 to 34	39:33	39:03	
192	361	Oliver Scarborough	M 18 to 39	39:42	39:06	
193	285	Lorraine Mills	F 45 to 54	39:49	39:30	Tiptree Road Runners
194	396	Elizabeth Surrey	F 18 to 34	39:51	39:26	
195	321	Emily Penkett	F 35 to 44	39:56	39:38	Springfield Striders RC
196	404	Rory Thomas	M 18 to 39	40:00	39:38	
197	241	Carla Khouri	F 35 to 44	40:02	39:35	Vegan Runners UK
198	267	Neil Mapes	M 40 to 49	40:06	39:38	
199	95	Trevor Cooper	F 35 to 44	40:27	39:54	
200	469	Colin Marten	M 40 to 49	40:27	40:05	
201	442	Anna Whitehead	F 45 to 54	40:30	40:05	
202	284	Ben Miller	M 18 to 39	40:34	40:05	
203	292	Lindsey Morgan	F 35 to 44	40:39	40:32	
204	12	Mark Babbage	M 50 to 59	40:39	40:17	Springfield Striders RC
205	286	Paul Mills	M 40 to 49	40:40	40:12	
206	109	James Crowe	M 18 to 39	40:50	40:35	
207	212	Simon Hillyard	M 50 to 59	40:53	40:38	
208	391	Mick Staines	M 70+	40:58	40:34	
209	248	Christopher Lambert	M 50 to 59	41:00	40:24	

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210	5	Lee Anderson	M 18 to 39	41:03	40:41	
211	370	Robert Shaw	M 60 to 69	41:06	40:46	
212	273	Joanne Marshall	M 60 to 69	41:06	40:49	Serpentine RC
213	325	Stuart Phillips	M 40 to 49	41:13	40:46	Braintree & District AC
214	313	Philip Page	M 50 to 59	41:17	40:56	Mid Essex Casuals
215	293	Donna Morris	M 50 to 59	41:20	41:08	Springfield Striders RC
216	87	Sophie Coles	F 18 to 34	41:20	40:49	
217	24	Mark Bartrop	M 50 to 59	41:23	40:54	
218	421	Nicolas Vincent	M 50 to 59	41:28	40:47	Tiptree Road Runners
219	420	Alison Vincent	F 45 to 54	41:28	40:46	Tiptree Road Runners
220	238	Lisa Joslin	F 45 to 54	41:30	41:01	
221	210	Ken Hills	M 60 to 69	41:32	41:01	Braintree & District AC
222	49	Sean Briscoomb	M 40 to 49	41:34	41:13	
223	75	Catharina Childs	F 45 to 54	41:48	41:30	
224	324	Michelle Phillips	F 45 to 54	41:50	41:23	Braintree & District AC
225	235	Mark Johnson	M 40 to 49	41:56	41:24	
226	249	Helen Lambert	F 55 to 64	41:58	41:22	Braintree & District AC
227	240	Stephen Kelly	M 40 to 49	42:05	41:28	
228	131	Jane Elgar	F 55 to 64	42:13	41:56	
229	111	Frank Gardinier	M 60 to 69	42:14	41:55	Great Bentley Running Club
230	77	Mark Christie	M 40 to 49	42:16	41:47	Springfield Striders RC
231	207	Stacy Hember	F 45 to 54	42:18	41:40	Tiptree Road Runners
232	315	Janet Pardon	F 65+	42:27	42:11	Billericay Striders
233	84	Richard Coffey	M 50 to 59	42:33	41:57	Ware Joggers
234	374	Jason Skelton	M 40 to 49	42:36	42:01	Great Bentley Running Club
235	277	Paula Mckelly	F 18 to 34	42:38	42:04	
236	182	Jet Grommel	F 35 to 44	42:41	42:06	Jogging Made Easy
237	61	Kevin Burke	M 18 to 39	42:41	42:04	
238	458	Sam Yell	M 18 to 39	42:42	42:13	Tiptree Road Runners
239	150	George Freeman	M 18 to 39	42:43	42:10	
240	298	Sarah Naughton	F 35 to 44	42:46	42:12	
241	375	Karen Skelton	F 45 to 54	42:46	42:11	
242	100	Martin Cotton	M 40 to 49	42:47	42:13	
243	337	Andrew Read	M 50 to 59	42:48	42:16	
244	431	Fiona Ward	F 18 to 34	42:49	42:03	
245	402	Susan Taylor	F 18 to 34	42:49	42:20	
246	232	Trish Jarvis	F 45 to 54	42:52	42:18	Jogging Made Easy
247	438	Lucy West	F 45 to 54	42:56	42:20	Running Colchester
248	455	Sarah Wood	F 18 to 34	42:56	42:24	
249	3	Sam Ambrose	F 18 to 34	43:00	42:33	Braintree & District AC
250	444	Dean Whittaker	M 40 to 49	43:05	42:30	
251	311	Laura Owen	F 35 to 44	43:08	42:45	
252	195	Daniel Hardy	M 60 to 69	43:14	42:46	
253	203	Kairen Hart	F 45 to 54	43:28	42:57	
254	93	Cristina Cooper	F 35 to 44	43:32	42:58	Barking Road Runners
255	91	Mark Connah	M 40 to 49	43:33	43:13	Braintree & District AC
256	76	Marisa Christie	F 45 to 54	43:33	43:05	Springfield Striders RC
257	191	Christopher Harding	M 18 to 39	43:37	42:58	Tiptree Road Runners
258	352	Mike Rowland	M 40 to 49	43:41	43:03	
259	461	Colin Short	M 70+	43:47	43:36	Witham RC
260	372	Ross Silverton	M 60 to 69	43:51	43:39	Witham RC
261	488	Robert Cork	M 40 to 49	43:54	43:05	
262	487	Alex Gatehouse	F 35 to 44	43:55	43:06	
263	316	John Pardon	M 60 to 69	43:57	43:40	Billericay Striders
264	137	Julia Farman	F 18 to 34	43:57	43:10	
265	459	Anna Young	F 45 to 54	43:58	43:07	
266	479	Natalie Westcar	F 35 to 44	43:58	43:27	
267	280	Rebecca Mcvelia	F 35 to 44	43:58	43:20	Tiptree Road Runners
268	478	Kathryn Macdonald	F 45 to 54	43:59	43:29	
269	47	Dominique Brazier	F 35 to 44	44:05	43:29	
270	331	Fern Powell	F 18 to 34	44:06	43:29	Caerleon RC
271	351	Liane Rowland	F 45 to 54	44:07	43:29	
272	206	Kieran Hayles	M 18 to 39	44:08	43:30	Sudbury Joggers
273	451	Maureen Wilson	F 45 to 54	44:08	43:32	
274	48	Steve Bright	M 50 to 59	44:10	43:45	
275	368	Natalie Sharples	F 45 to 54	44:10	43:26	Running Colchester
276	345	Liam Robinson	M 50 to 59	44:30	44:02	Fetch Everyone
277	358	Susan Sangoro	F 35 to 44	44:31	43:59	
278	432	Helen Waring	F 45 to 54	44:33	44:00	
279	14	Ian Baines	M 40 to 49	44:37	43:45	

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280	435	Sarah Waud	F 18 to 34	44:39	44:06	
281	19	Richard Ballard	M 50 to 59	44:48	44:11	
282	234	Annette Johnson	F 45 to 54	44:50	44:18	Benfleet RC
283	177	Paul Graves	M 60 to 69	44:53	44:22	Tiptree Road Runners
284	113	James Culling	M 18 to 39	44:56	44:28	
285	154	Rebecca Freeman	F 18 to 34	45:03	44:30	
286	153	Paul Freeman	M 50 to 59	45:03	44:31	
287	226	Mandy Humm	F 35 to 44	45:04	44:23	
288	7	David Applin	M 18 to 39	45:07	44:19	Fetch Everyone
289	265	Vanessa Mallows	F 35 to 44	45:08	44:37	
290	67	David Cash	M 40 to 49	45:09	44:23	
291	447	Laura Williams	F 45 to 54	45:12	44:40	Benfleet RC
292	405	Holly Thompson	F 35 to 44	45:13	45:13	Springfield Striders RC
293	97	Benjamin Cotterill	M 18 to 39	45:16	44:20	
294	305	Hilda O'Kelly	F 45 to 54	45:18	44:41	Springfield Striders RC
295	65	Oliver Cargill	M 18 to 39	45:19	44:20	
296	89	Fiona Collins	F 18 to 34	45:19	44:41	
297	31	David Beckerleg	M 60 to 69	45:22	45:05	
298	347	Keith Rojas	M 60 to 69	45:23	44:52	
299	318	Louise Peacock	F 35 to 44	45:23	44:53	Harlow RC
300	364	Wendy Schroder	F 45 to 54	45:23	44:53	Harlow RC
301	463	Michael Phillips	M 70+	45:26	44:50	
302	390	Jamie Spencer	M 40 to 49	45:30	44:42	
303	217	Deborah Hollidge	F 35 to 44	45:30	45:06	Great Bentley Running Club
304	218	Paul Hollidge	M 40 to 49	45:31	45:07	Great Bentley Running Club
305	198	Sybil Harris	F 45 to 54	45:35	44:57	
306	344	Jane Roach	F 45 to 54	45:42	45:01	
307	415	Brian Venton	M 40 to 49	45:47	45:16	Benfleet RC
308	414	Samantha Venton	F 45 to 54	45:49	45:17	Benfleet RC
309	185	Karen Hadley	F 45 to 54	45:52	45:10	Springfield Striders RC
310	410	Paula Tilling	F 45 to 54	46:10	45:25	
311	63	Adrian Byrne	M 40 to 49	46:11	45:27	
312	416	Craig Vernon	M 50 to 59	46:12	45:37	Mid Essex Casuals
313	139	Richard Fifield	M 50 to 59	46:15	45:16	
314	174	Tom Gowers	M 18 to 39	46:15	45:54	Billericay Striders
315	227	Liz Irvine	F 35 to 44	46:19	45:34	Springfield Striders RC
316	55	William Brunton	M 60 to 69	46:21	45:51	Harlow RC
317	474	Georgia Tawn	FU18	46:29	45:36	Mid Essex Casuals
318	443	Adam Whiting	M 18 to 39	46:32	46:03	
319	148	Freya Francis	F 35 to 44	46:32	46:04	
320	278	Andrea Mckeown	F 18 to 34	46:37	46:06	
321	422	Suzy Violet	F 45 to 54	46:47	46:12	
322	223	Andrew Hubbard	M 40 to 49	46:47	46:13	Jogging Made Easy
323	152	Jeremy Freeman	M 50 to 59	46:51	46:18	
324	17	Charlotte Ball	F 18 to 34	47:10	46:27	Springfield Striders RC
325	403	Ann Thomas	F 55 to 64	47:11	46:28	
326	161	Lynne Garey	F 55 to 64	47:13	46:27	Springfield Striders RC
327	220	Christopher Howard	M 40 to 49	47:18	46:35	Sudbury Joggers
328	35	Marion Bennett	F 35 to 44	47:25	46:43	Ipswich Jaffa RC
329	34	Jamie Bennett	M 40 to 49	47:26	46:44	Ipswich Jaffa RC
330	428	Declan Walters	M 18 to 39	47:26	46:35	
331	170	Sarah Goodwin	F 45 to 54	47:26	46:44	Springfield Striders RC
332	28	Ann-Marie Bearne	F 35 to 44	47:37	46:57	
333	310	Richard Overington	M 18 to 39	47:44	47:08	Little Baddow Ridge Runners
334	417	Jayne Vernon	F 45 to 54	47:46	47:05	Mid Essex Casuals
335	127	Michelle Edney	F 45 to 54	47:46	47:05	
336	382	Maddie Smith	F 18 to 34	47:49	46:55	
337	103	Robert Courtier	M 60 to 69	47:50	47:27	Barking Road Runners
338	132	Victoria Elkins	F 45 to 54	47:52	47:03	
339	252	Alison Lapper	F 45 to 54	47:53	47:04	
340	342	Eve Riches	F 45 to 54	47:57	47:13	
341	50	Christopher Brown	M 60 to 69	47:58	47:13	
342	194	Sharon Hardwicke	F 45 to 54	48:05	47:24	Tiptree Road Runners
343	27	Julia Bawden	F 55 to 64	48:06	47:25	Tiptree Road Runners
344	125	Miffy Duffly	F 45 to 54	48:07	47:18	
345	376	Charlotte Smart	F 18 to 34	48:11	47:22	
346	169	Kate Goodridge	F 18 to 34	48:20	47:23	
347	418	Lynne Verrier	F 35 to 44	48:20	47:21	
348	365	Matt Sellors	M 50 to 59	48:28	47:47	
349	99	Mike Cotterill	M 50 to 59	48:34	47:38	

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350	306	Melanie Ogburn	F 45 to 54	48:35	47:46	
351	6	Leanne Andrews	F 18 to 34	48:37	47:50	
352	118	Kevin Davidson	M 50 to 59	48:40	48:11	
353	427	Vernon Walsh	M 50 to 59	48:46	48:19	
354	192	Robyn Harding	F 18 to 34	48:48	48:08	Tiptree Road Runners
355	381	Louise Smith	F 18 to 34	48:52	48:04	Braintree & District AC
356	80	Tina Clarke	F 45 to 54	49:05	48:25	Tiptree Road Runners
357	73	Samantha Cheung	F 45 to 54	49:05	48:25	Tiptree Road Runners
358	4	Michelle Amos	F 35 to 44	49:14	48:28	
359	108	Leray Cornell	F 35 to 44	49:26	49:05	
360	359	Nicky Santomauro	F 45 to 54	49:51	48:56	
361	199	Deb Harrison	M 40 to 49	49:55	49:12	Braintree & District AC
362	262	Louise Lovesey	F 18 to 34	50:03	49:15	Lordshill Road Runners
363	221	Dave Howard	M 60 to 69	50:11	49:09	
364	183	Gill Gwilliams	F 55 to 64	50:14	49:39	
365	172	Jane Gowers	F 45 to 54	50:21	49:35	
366	144	Sue Foley	F 45 to 54	50:31	49:55	Running Colchester
367	369	Will Sharples	M 40 to 49	50:32	49:47	Running Colchester
368	489	Mitchell Casey	M 50 to 59	50:38	49:40	
369	462	Steve Rich	M 40 to 49	50:40	49:46	
370	419	Wayne Verrier	M 50 to 59	50:48	49:48	
371	43	Emma Bowdidge	F 18 to 34	50:52	50:04	
372	176	Lukas Groenewald	M 18 to 39	50:52	50:11	
373	114	Geri Danby	F 35 to 44	50:53	50:11	
374	1	Simon Adams	M 50 to 59	50:54	50:11	
375	279	John Mcvelia	M 50 to 59	51:21	50:41	Tiptree Road Runners
376	243	Anthony Knight	M 40 to 49	51:21	50:41	Tiptree Road Runners
377	13	Amanda Baines	F 45 to 54	51:35	50:43	
378	480	Paul Byrne	M 50 to 59	51:39	50:57	
379	260	Bruce Longman	M 40 to 49	51:41	50:36	
380	44	Stephen Brame	M 40 to 49	52:13	51:30	Springfield Striders RC
381	456	Sue Wright	F 55 to 64	52:31	51:39	Great Bentley Running Club
382	314	Belinda Palmer-Barnes	F 55 to 64	52:31	51:39	Great Bentley Running Club
383	233	Nigel Johns	M 50 to 59	52:33	51:30	Capel Cheetahs
384	294	Carol Muir	F 45 to 54	52:39	51:55	Ilford AC
385	128	Simon Edney	M 40 to 49	52:43	51:35	
386	350	Lindsay Rowell Newbery	F 35 to 44	52:47	51:54	
387	394	Jackie Stretton	F 18 to 34	52:51	52:01	Springfield Striders RC
388	201	Adele Hart	F 18 to 34	52:51	52:02	
389	340	Jamie Richards	M 18 to 39	52:54	52:04	
390	423	Rebekah Walker	F 18 to 34	53:02	52:37	
391	424	Susan Walker	F 45 to 54	53:03	52:37	
392	319	Lindsey Pearson	F 35 to 44	53:09	52:12	Harlow RC
393	106	Sandra Creak	F 55 to 64	53:30	52:41	
394	155	Alison Fryatt	F 45 to 54	53:33	52:33	Barking Road Runners
395	471	Christopher Anastasi	M 50 to 59	53:34	52:33	Barking Road Runners
396	58	Sheila Joy Buck	F 45 to 54	54:17	53:21	Sudbury Joggers
397	57	Imogen Buck	F 18 to 34	54:18	53:22	
398	79	Michael Clark	M 18 to 39	54:25	53:34	
399	399	Nicholas Taylor	M 18 to 39	54:33	53:43	
400	412	Lorna Unite	F 18 to 34	54:36	53:41	
401	71	Robert Chapman	M 50 to 59	54:44	53:57	
402	184	Sue Gyford	F 35 to 44	54:44	53:37	
403	307	Bobby Oliver	F 65+	54:44	53:57	Benfleet RC
404	54	Kirsty Brunton	F 18 to 34	54:45	53:47	
405	303	Marian Nibbs	F 65+	54:58	54:12	
406	477	Angela Read	F 55 to 64	55:01	54:03	
407	98	Dawn Cotterill	F 45 to 54	55:19	54:22	
408	112	Lynne Culham	F 35 to 44	55:21	54:26	Braintree & District AC
409	470	Len Marten	M 40 to 49	55:21	54:36	
410	90	Gemma Conn	F 35 to 44	55:21	54:30	
411	484	Stewart Baggs	M 60 to 69	55:32	54:45	Great Bentley Running Club
412	186	Cheryl Tadd	F 55 to 64	55:37	54:28	
413	145	Robert Ford	M 18 to 39	55:41	54:48	
414	253	Jonathan Large	M 60 to 69	55:42	54:47	
415	219	Stephanie Holmes	F 18 to 34	55:42	54:48	
416	486	Peter Reeve	M 50 to 59	55:56	55:30	Great Bentley Running Club
417	270	Annabel Marriott	F 35 to 44	55:56	54:51	
418	446	Christy Willettt	F 55 to 64	56:01	55:16	
419	85	Lesley Cogger-Berry	F 45 to 54	56:06	55:13	

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420	258	Ian Lennard	M 40 to 49	56:07	55:14	
421	380	Judy Smith	F 55 to 64	57:11	56:16	
422	53	Helen Brunton	F 55 to 64	58:12	57:14	Harlow RC
423	157	Marion Gallagher	F 55 to 64	59:31	58:40	
424	460	Rosie Youngs	F 45 to 54	1:00:52	59:50	
425	138	Cathryn Fifield	F 45 to 54	1:00:52	59:54	
426	156	Julie Furse	F 45 to 54	1:02:11	1:01:19	
427	60	Katherine Burke	F 35 to 44	1:02:59	1:01:54	Running Colchester
428	11	Jack Axford	M 18 to 39	1:02:59	1:01:57	Jogging Made Easy
429	433	Nicholas Waring	M 40 to 49	1:03:46	1:02:49	
430	83	Jane Clow	F 45 to 54	1:05:21	1:04:31	
431	483	Tasha Flemming	F 18 to 34	1:05:21	1:04:31	
432	465	Elaine Mitchell	F 65+	1:12:00	1:10:57	