

# May Day 10

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
1	193	Crispian Bloomfield	M40	1	0:53:05.52	0:53:05.48	Billericay Striders
2	270	Lee Pickering	MO	2	0:56:41.59	0:56:41.57	Grange Farm & Dunmow Runne
3	21	Jason Gunn	MO	3	0:56:49.97	0:56:49.95	Colchester Harriers AC
4	24	Conor Culham	MO	4	0:59:24.41	0:59:24.41	Braintree & District AC
5	114	Shane Boxall	MO	5	0:59:35.77	0:59:35.62	Southend On Sea AC
6	263	Colin Ridley	M50	1	0:59:40.24	0:59:40.22	Colchester Harriers AC
7	110	Paul Holloway	M50	2	1:00:05.34	1:00:05.25	Ilford AC
8	230	Sam Rahman	MO	8	1:00:33.46	1:00:33.44	Ilford AC
9	204	Barry Horgan	MO	9	1:01:18.19	1:01:18.18	
10	73	Robert Doyle	MO	10	1:01:20.95	1:01:20.86	Thurrock Harriers
11	233	David Church	MO	11	1:01:21.27	1:01:21.26	
12	38	William Radley	MO	12	1:01:33.1	1:01:33.09	Colchester Harriers AC
13	150	Paul Dobson	M50	3	1:01:42.57	1:01:42.55	Colchester Harriers AC
14	138	Aaron Graves	MO	14	1:01:47.07	1:01:47.06	Tiptree Road Runners
15	267	Jackie Stretton	FO	15	1:02:18.49	1:02:18.4	Springfield Striders RC
16	9	Keith Marley	M50	4	1:02:20.65	1:02:20.63	Colchester Harriers AC
17	153	Neil Wildin	M40	2	1:02:25.77	1:02:21.98	Springfield Striders RC
18	198	Alex Benson	MO	18	1:02:33.32	1:02:32.73	Springfield Striders RC
19	142	Jonathan Haynes	M60	1	1:03:18.29	1:03:18.29	Bishops Stortford RC
20	237	Stephen Sawyer	MO	20	1:05:11.48	1:05:08.65	Witham RC
21	171	Henry Hamilton-gould	MO	21	1:05:18.72	1:05:18.71	Newmarket Joggers
22	36	Paul Dellar	M50	5	1:05:36.18	1:05:34.07	Colchester Harriers AC
23	218	Charles Keitch	M40	3	1:05:48.8	1:05:47.48	Great Bentley Running Club
24	32	Peter Banks	M40	4	1:05:56.91	1:05:55.65	Witham RC
25	71	Heidi Steele	FO	25	1:06:27.43	1:06:25.09	Colchester Harriers AC
26	212	Michael Woodruff	M50	6	1:06:28.05	1:06:25.58	Harlow RC
27	157	Ciaran Byrne	MO	27	1:06:31.47	1:06:28.47	Benfleet RC
28	269	Luca Predebon	MO	28	1:06:57.12	1:06:56	Grange Farm & Dunmow Runne
29	199	Danny Holeyman	M40	5	1:07:19.55	1:07:19.51	Ilford AC
30	186	Nigel Swinburne	MO	30	1:07:28.68	1:07:24.96	Dagenham 88 Runners
31	18	Daniel Summersgill	MO	31	1:08:01.52	1:07:59.37	
32	228	Richard Flutter	M50	7	1:08:01.64	1:08:01.55	Colchester Harriers AC
33	255	Nicholas Browning	MO	33	1:08:19.29	1:08:16.22	
34	6	David Ballard	M50	8	1:08:29.87	1:08:25.86	Tiptree Road Runners
35	253	Paul Davison	M40	6	1:08:43.94	1:08:41.18	Great Bentley Running Club
36	236	Lloyd Miles	M50	9	1:08:56.1	1:08:51.86	Billericay Striders
37	1	Jonathan Boyles	M40	7	1:09:24.65	1:09:21.41	Running Colchester
38	82	Rebecca Pittman	F55	1	1:10:32.81	1:10:29.72	Springfield Striders RC
39	127	Martin Atkinson	M60	2	1:10:35.06	1:10:35	Grange Farm & Dunmow Runne
40	187	Ben Bannar-martin	M40	8	1:10:54.25	1:10:48.77	
41	225	Simon Wilson	M40	9	1:10:59.33	1:10:52.84	Colchester Harriers AC
42	224	Jon Whall	M40	10	1:10:59.45	1:10:52.95	
43	219	Andrew Ramage	MO	43	1:11:11.71	1:11:09.74	Harlow RC
44	166	Allison Beeton	F45	1	1:11:24.73	1:11:23.06	Harlow RC
45	201	David Weldon	M40	11	1:11:47.4	1:11:42.17	Springfield Striders RC
46	70	Toby Lumsden	M60	3	1:12:05.97	1:12:03.55	Saffron Striders RC
47	262	Stewart Ellis	M40	12	1:12:16.04	1:12:12.54	Halstead Road Runners
48	232	Robert Sirett	M40	13	1:12:23.3	1:12:18.22	Springfield Striders RC
49	13	Stephen Hughes	MO	49	1:12:28.37	1:12:28.37	Springfield Striders RC
50	93	Carl Easton	M50	10	1:12:28.68	1:12:28.59	
51	205	Richard Stansfield	M50	11	1:12:38.24	1:12:34.95	
52	5	Bryn Gibbons	F45	2	1:12:43.66	1:12:38.84	Tiptree Road Runners
53	276	Gary Mcsweeney	MO	53	1:12:49	1:12:42.11	Mayflower Runners
54	155	Andrew Watson	M50	12	1:12:50.45	1:12:45.03	Benfleet RC
55	207	Simon Miller	M50	13	1:12:56.3	1:12:51.76	Colchester Harriers AC
56	168	Annette Oakman	F45	3	1:13:08.43	1:13:03.61	Colchester Harriers AC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
57	100	Dennis Briggs	M40	14	1:13:17.76	1:13:13.28	Iford AC
58	78	Ian Butler	M50	14	1:13:39.74	1:13:33.15	
59	14	Carinne Jay	F45	4	1:13:43.68	1:13:43.68	Harlow RC
60	87	David Rees	M40	15	1:14:37.59	1:14:32.24	
61	139	Chris Durham	M40	16	1:14:45.61	1:14:38.27	
62	268	Adam Uglow Jones	M40	17	1:15:03.03	1:14:47.62	
63	124	Caroline Tuck	F45	5	1:15:14.61	1:15:10.51	Dagenham 88 Runners
64	257	Trevor Back	M50	15	1:15:18.08	1:15:10.15	
65	16	Emily Smith	F35	1	1:15:48.98	1:15:45.41	Springfield Striders RC
66	20	Nils Hollmann	M40	18	1:15:53.9	1:15:49.87	Dagenham 88 Runners
67	170	Chris Mcdonnell	M70	1	1:16:04.36	1:15:35.6	Dengie 100 Runners
68	119	Krzysztof Pietrzak	MO	68	1:16:05.41	1:15:55.43	
69	158	Richard Ayles	M50	16	1:16:16.22	1:16:10.06	Dengie 100 Runners
70	22	Colin Moody	M60	4	1:16:18.62	1:16:12.68	Harlow RC
71	61	Sean Flynn	M60	5	1:16:19.66	1:16:10.06	Harlow RC
72	183	Pauline Dalton	F45	6	1:16:25.7	1:16:21.8	Sevenoaks AC
73	151	Paul Mardle	M50	17	1:16:28.49	1:16:20.2	
74	4	Philip Wood	MO	74	1:16:41.35	1:16:34.59	Braintree & District AC
75	52	Joshua Woulfe	MO	75	1:16:43.67	1:16:37.65	Braintree & District AC
76	209	Anna Nuttall	F45	7	1:17:18.75	1:17:08.11	
77	64	Kevin Bunton	M60	6	1:17:34.18	1:17:24.2	Tiptree Road Runners
78	135	Claire Splam	F35	2	1:17:40.45	1:17:32.46	
79	43	James Bowker	M50	18	1:17:49.4	1:17:27.48	Rochford Running Club
80	254	Sarah Davison	F45	8	1:17:58.62	1:17:52.06	Great Bentley Running Club
81	74	Graham Statter	M60	7	1:18:03.62	1:17:56.73	Bishops Stortford RC
82	161	Mark Leeks	M40	19	1:18:12.82	1:18:11.79	Ipswich Jaffa RC
83	190	Daniel Bade	MO	83	1:18:19.85	1:18:12.57	Braintree & District AC
84	189	Ed Borrett	MO	84	1:18:43.73	1:18:34.01	
85	8	Mark Moughton	M50	19	1:18:45.99	1:18:35.83	Springfield Striders RC
86	47	Morven Hurding	F45	9	1:18:48.17	1:18:35.97	Tiptree Road Runners
87	163	Richard Gibbens	MO	87	1:18:58.62	1:18:28.41	
88	79	Mark Goody	M40	20	1:19:05.59	1:18:58.43	
89	241	Lydia Bazzard	M40	21	1:19:07.25	1:19:00.35	Witham RC
90	184	Duncan Warwick-champion	M50	20	1:19:27.11	1:19:22.27	Sevenoaks AC
91	259	Simon Mennell	M50	21	1:19:28.09	1:19:12.44	Braintree & District AC
92	235	Paul Weston	M40	22	1:19:30.9	1:19:15.96	
93	99	Gaye Van Der Vyver	F45	10	1:19:35.12	1:19:30.02	Iford AC
94	214	Kerry Mavris	F45	11	1:19:37.78	1:19:35.13	Harlow RC
95	231	Sharon Bannister	F45	12	1:19:39.6	1:19:30.42	Springfield Striders RC
96	258	Kathy Bishop	F45	13	1:19:56.57	1:19:50.69	Great Bentley Running Club
97	15	Lorraine Mills	F45	14	1:20:07.41	1:19:56.01	Tiptree Road Runners
98	197	Chris Axford	M50	22	1:20:10.87	1:19:45.54	Jogging Made Easy
99	176	Joanne Plumb	F45	15	1:20:38.39	1:20:28.3	Orion Harriers
100	280	Rhoan Gabbidow	M40	23	1:21:25.09	1:21:01.57	Iford AC
101	91	Allen Ball	M40	24	1:21:35.87	1:21:20.17	Running Colchester
102	265	Neil Beaumont	M60	8	1:21:58.18	1:21:41.03	Dagenham 88 Runners
103	240	Charlotte King	F35	3	1:21:58.62	1:21:39.38	Grange Farm & Dunmow Runne
104	250	Graham Cole	M50	23	1:22:01.01	1:21:51.66	
105	69	Hilda O'Kelly	F45	16	1:22:11.91	1:22:03.41	Springfield Striders RC
106	278	Rahana Islam	F35	4	1:22:23.17	1:22:10.34	Dagenham 88 Runners
107	192	Adam Sewell	M40	25	1:22:33.25	1:22:17.9	
108	51	Laura Hague	FO	108	1:22:44.06	1:22:34.59	Braintree & District AC
109	175	Simon Haigh	M50	24	1:22:46.34	1:22:35.61	Orion Harriers
110	188	Rob Knight	M50	25	1:22:57.26	1:22:38.66	
111	12	Hien Hoang	F35	5	1:23:00.35	1:22:46.43	Great Bentley Running Club
112	41	Ken Hills	M60	9	1:23:21.87	1:23:06.75	Braintree & District AC
113	57	Archie Cotterill	MO	113	1:23:26.44	1:23:12.62	
114	266	Paula Shrimpton	F45	17	1:23:26.55	1:23:14.75	Little Baddow Ridge Runners
115	130	Lynne King	F45	18	1:23:34.66	1:23:25.42	
116	213	Lisa Clark	FO	116	1:23:51.21	1:23:32.5	Halstead RRC

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117	55	Steve Hankinson	M60	10	1:23:58.8	1:23:48.47	Braintree & District AC
118	120	Sam Ambrose	FO	118	1:24:09.36	1:24:01.71	Braintree & District AC
119	77	John Holland	M40	26	1:24:16.31	1:24:08.41	Braintree & District AC
120	106	Stacy Hember	F45	19	1:24:24.22	1:23:57.19	Tiptree Road Runners
121	169	Paul Darby	M50	26	1:24:54.67	1:24:30.42	
122	34	Simon Baker	M50	27	1:25:10.13	1:24:44.94	Tiptree Road Runners
123	105	Susan Walker	F45	20	1:25:22.73	1:25:04.21	
124	67	Nancy Macconachie	F45	21	1:25:22.96	1:25:06.17	
125	140	Allison Gillan	F45	22	1:25:35.76	1:25:12.32	Springfield Striders RC
126	146	Christopher Brown	M60	11	1:25:42.04	1:25:30.21	
127	72	John Walshe	M60	12	1:25:51.68	1:25:49.63	Road Runners Club
128	54	James Cooch	M40	27	1:26:00.9	1:25:39.52	
129	112	Stuart Ramdhanie	M50	28	1:26:05.66	1:25:46.64	Trent Park Running Club
130	104	Barbara Alexander	F35	6	1:26:06.02	1:25:52.33	
131	33	Lorraine Baker	F45	23	1:26:07.7	1:25:41.9	Tiptree Road Runners
132	111	Christine Hawker	F45	24	1:26:13.69	1:25:54.65	Trent Park Running Club
133	60	Louise Punter	FO	133	1:26:32.36	1:26:14.38	Running Colchester
134	239	Mark Babbage	M50	29	1:26:34.85	1:26:11.29	Springfield Striders RC
135	238	Anna Young	F45	25	1:26:59.57	1:26:42.1	
136	247	Hayley Windard	F35	7	1:26:59.74	1:26:37.53	
137	248	Jo Morton-brown	FO	137	1:27:00.04	1:26:37.58	
138	115	Stefan Hogan	MO	138	1:27:02.31	1:26:40.7	
139	172	James Welbury	M60	13	1:27:06.69	1:26:48.45	Crowborough Runners
140	159	Cheryl Macdonald	F55	2	1:27:24.14	1:26:59.6	
141	66	Anne Worley	F45	26	1:27:25.36	1:27:07.6	
142	220	Gary Hilton	M50	30	1:27:39.36	1:27:03.46	
143	109	Michael Peggall	MO	143	1:27:51.26	1:27:51.26	Dagenham 88 Runners
144	131	Richard Selby	M40	28	1:27:56.45	1:27:22.8	
145	44	Julia Davison	F45	27	1:27:58.73	1:27:37.55	Rochford Running Club
146	271	Nikki Leigh	F45	28	1:28:27.13	1:28:04.71	Benfleet
147	272	Richard Leigh	M40	29	1:28:27.83	1:28:04.54	Benfleet
148	165	Katrina Vicentijevic	FO	148	1:28:31.49	1:28:07.12	
149	273	Marisa Chrstie	F45	29	1:28:44.69	1:28:21.13	Springfield Striders RC
150	35	Jane Pannell	F45	30	1:28:57.12	1:28:41.09	Eton Manor AC
151	59	Viv Cassidy	F35	8	1:29:14.11	1:28:55.94	Running Colchester
152	113	Adrian Russell	M50	31	1:29:23.11	1:28:45.96	
153	144	Janice Page	F55	3	1:29:31.89	1:29:17.41	Harlow RC
154	242	Hayley Morley	F35	9	1:29:41.58	1:29:20.85	Grange Farm & Dunmow Runne
155	40	Maureen Wilson	F45	31	1:30:34.81	1:30:17.69	
156	180	Sharon Wheeler	F55	4	1:31:17.41	1:30:57.7	Crowborough Runners
157	162	Toni Marriott	FO	157	1:31:25.4	1:30:55.27	
158	11	Ross Silverton	M70	2	1:31:38.32	1:31:20.96	Witham RC
159	210	Julia Galea	F55	5	1:31:49.74	1:31:28.62	Ilford AC
160	179	Adam Whiting	MO	160	1:32:04.83	1:31:47.54	
161	191	Clare James	F35	10	1:32:07.51	1:31:34.3	Springfield Striders RC
162	208	Sybil Harris	F45	32	1:32:28.26	1:32:02.78	
163	177	Adam Bojan	M40	30	1:32:50.48	1:32:15.32	
164	136	Alison Sale	F45	33	1:32:52.68	1:32:29.58	Ilford AC
165	222	Jacob Everingham	MO	165	1:32:54.26	1:32:30.08	
166	101	Ray Everingham	M50	32	1:32:55.07	1:32:55.07	Ilford AC
167	226	Dominique Brazier	F35	11	1:33:11.53	1:32:38.83	Little Baddow Ridge Runners
168	28	Rebecca Freeman	FO	168	1:33:15.7	1:32:46.97	
169	27	Paul Freeman	M50	33	1:33:15.82	1:32:47.49	
170	211	Odette Galea	FO	170	1:33:17.9	1:32:57.04	
171	53	Matthew Rushton	M40	31	1:33:23.36	1:33:04.52	
172	121	Sarah Jeggo	F35	12	1:33:32.4	1:33:00.64	Sudbury Joggers
173	125	Paula Miles	F45	34	1:33:33.38	1:33:16.92	Harlow RC
174	122	Steve Jeggo	M50	34	1:33:33.51	1:33:01.7	Sudbury Joggers
175	279	Rebecca Himpson	F35	13	1:33:52.83	1:33:39.4	Little Baddow Ridge Runners
176	143	Stuart Lakey	M60	14	1:33:54.87	1:33:24.88	

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177	149	Paul Graves	M60	15	1:34:06.53	1:33:37.35	Tiptree Road Runners
178	118	Sarah Naughton	F35	14	1:34:19.69	1:33:57.99	
179	249	Jane Welch	F55	6	1:34:19.84	1:33:43.03	Watford Joggers
180	256	Sarah Goodwin	F45	35	1:34:21.48	1:33:46.68	Springfield Striders RC
181	134	Timi Selon Veerasamy	F65	1	1:34:25.04	1:33:43.98	Dagenham 88 Runners
182	145	David Page	M50	35	1:34:30.64	1:34:15.38	Harlow RC
183	244	Ann Reed	F45	36	1:34:33.12	1:33:59.25	Benfleet RC
184	75	Leanne Andrews	FO	184	1:34:40.05	1:34:09.39	
185	88	Kirsty Preece	FO	185	1:34:40.19	1:34:14.37	
186	264	James Harris	MO	186	1:34:43.21	1:34:21.45	
187	128	Debra Monk	F45	37	1:34:47.01	1:34:30.11	Harlow RC
188	89	Darren Horner	M40	32	1:34:49.12	1:34:22.38	
189	86	Andrea Griffiths	F45	38	1:34:49.68	1:34:21.96	
190	137	Kate Cowell	F35	15	1:35:04.79	1:34:32.57	
191	48	Richard Ballard	M50	36	1:35:27.67	1:34:53.73	
192	206	Marianne Cronin	F45	39	1:35:51.32	1:35:17.92	
193	275	Meryl Dobson	F45	40	1:36:29.91	1:36:00.35	Colchester Harriers AC
194	46	Frieda Keane	F55	7	1:36:30.76	1:36:04.91	Ilford AC
195	215	Ian Doyle	M50	37	1:36:32.54	1:36:02.05	
196	260	Lara Gratton	F35	16	1:36:32.91	1:36:02.65	
197	274	Kirsty Connolly	F35	17	1:36:32.91	1:36:03.38	
198	65	Charlotte Ball	FO	198	1:36:35.67	1:36:00.96	Springfield Striders RC
199	102	Sarah Orley	F45	41	1:37:23.34	1:37:10.95	Little Baddow Ridge Runners
200	152	Gordon Mcaulay	M50	38	1:37:45.11	1:37:05.99	
201	261	Larina Marsh	F45	42	1:38:25.78	1:38:25.78	Tiptree Road Runners
202	227	Matthew Sellors	M50	39	1:39:11.35	1:38:37.38	
203	37	Grahame Walkingshaw	M50	40	1:39:24.33	1:38:48.95	Jogging Made Easy
204	126	Dean Bull	M40	33	1:39:43.58	1:39:27.44	Harlow RC
205	108	Ann Thomas	F55	8	1:39:47.73	1:39:23.5	
206	245	Jacqueline Armstrong	F55	9	1:40:24.59	1:39:48.18	Watford Joggers
207	277	Mandeep Bassi	F35	18	1:40:32.63	1:40:09.64	Ilford AC
208	243	Laura Hurn	F35	19	1:40:45.48	1:40:14.43	
209	246	Jody Wilkey	F35	20	1:40:45.48	1:40:14.16	
210	221	Will Callaghan	M50	41	1:41:02.43	1:40:27.61	
211	45	Cathryn Fifield	F45	43	1:41:14.75	1:40:39.87	
212	58	Gill Gwilliams	F55	10	1:41:33.55	1:40:55.57	
213	97	Laura Burton	F35	21	1:41:49.36	1:41:14.17	
214	98	Orla Burke	F35	22	1:41:49.38	1:41:14.74	
215	251	Launa Broadley	F45	44	1:41:59.59	1:41:34.45	Ilford AC
216	92	Simon Plumridge	M50	42	1:42:01.06	1:41:24.55	
217	62	David Standen	M50	43	1:42:01.12	1:41:24.04	
218	132	Mark Woods	M40	34	1:43:49.72	1:43:10.9	
219	160	Juliet Lopez-real	F45	45	1:43:55.13	1:43:19.73	
220	116	Sam Derry	F35	23	1:43:57.34	1:43:25.41	
221	252	Stephen Brame	M40	35	1:44:29.38	1:43:55.6	Springfield Striders RC
222	94	Richard Roberts	M40	36	1:45:48.48	1:45:15.49	
223	26	Caroline Hare	F45	46	1:45:56.03	1:45:17.7	
224	148	Mandy Graves	F55	11	1:46:09.5	1:45:40.89	Tiptree Road Runners
225	76	Denise Woolston	F45	47	1:49:23.99	1:48:41.53	
226	185	Jacqueline Frewin	F55	12	1:49:54.55	1:49:13.93	Dagenham 88 Runners
227	195	Melissa Embery	F45	48	1:49:58.59	1:49:18.19	Dagenham 88 Runners
228	202	Sharon Robinson	F45	49	1:49:58.71	1:49:18.84	Dagenham 88 Runners
229	81	Bex Stoker	F45	50	1:50:45.18	1:50:05.28	
230	164	Lucy Hawkesworth	F35	24	1:50:45.53	1:50:05.3	
231	217	Justin Long	M40	37	1:50:47.27	1:50:18.19	
232	234	Hannah Plews	FO	232	1:51:51.88	1:51:51.88	
233	223	Kirsty Brunton	FO	233	1:52:45.96	1:52:08.17	
234	129	James Marshall	MO	234	1:53:07.61	1:52:58.55	
235	182	David Watson	M50	44	1:57:57.78	1:57:29.41	Tiptree Road Runners
236	200	Brennie Gabbidon	F35	25	2:02:55.11	2:02:15.89	Ilford AC