

Position	Number	Name	AgeGroup	GunTime	Club
1	73	Callum Charleston	MO	0:24:43.68	Aldershot Farnham & District
2	402	Timothy Woulfe	MO	0:26:01.88	Braintree & District AC
3	59	Chris Burgoyne	MO	0:26:15.97	Springfield Striders RC
4	358	Stephen Strange	MO	0:26:27.26	Tonbridge AC
5	422	Peter Hawkings	MO	0:26:46.52	Highgate Harriers
6	249	Alex Manton	MO	0:27:03.59	Springfield Striders RC
7	393	Adrian Whitwam	M40	0:27:18.25	Morpeth Harriers & AC
8	310	Ryan Prout	MO	0:27:29.56	Brentwood Running Club
9	22	Jason Baker	MO	0:27:33.48	Team Baker
10	161	Aaron Graves	MO	0:27:40.66	
11	342	Stephen Skinner	MO	0:27:48.69	Run Fast
12	266	Mark Mckeown	MO	0:27:55.83	Colchester Harriers AC
13	360	James Sullivan	MO	0:28:02.63	Springfield Striders RC
14	435	Innes Fullerton	U18M	0:28:25.59	Braintree & District AC
15	245	Jim Lurkins	MO	0:28:27.84	The Stragglers Running Club
16	104	Conor Culham	MO	0:28:31.46	Braintree & District AC
17	419	Paul Mikes	M40	0:28:35.1	Spring field striders
18	423	David Stevens	MO	0:28:42.44	Metro Aberdeen RC
19	281	Malcolm Muir	M40	0:28:49.48	Ilford ac
20	136	Luke Fitz-john	MO	0:29:23.36	Springfield Striders RC
21	102	Tom Cresswell	MO	0:29:27.24	Colchester Harriers AC
22	129	Declan Evans	MO	0:29:28.76	Grange Farm & Dunmow Runners
23	251	Keith Marley	M50	0:29:33.64	Colchester Harriers AC
24	361	Daniel Summersgill	MO	0:30:09.82	Colchester Harriers AC
25	162	Alfie Green	MO	0:30:19.67	
26	163	Steven Gresham	MO	0:30:23.57	
27	359	Jackie Stretton	FO	0:30:25.21	Springfield Striders RC
28	139	Simon Ford	M40	0:30:27.1	Colchester Harriers AC
29	302	Toby Pereira	M40	0:30:32.25	Grange Farm & Dunmow Runners
30	124	William Edwards	MO	0:30:44.92	Billericay Striders
31	37	Florin Bedecean	MO	0:30:48.19	
32	28	Ryan Bakewell	MO	0:30:48.79	Stratford Upon Avon AC
33	36	Dan Beckerleg	M40	0:30:51.95	
34	75	Peter Chubb	M50	0:31:01.76	Springfield Striders RC
35	356	Heidi Steele	FO	0:31:19.92	Colchester Harriers AC
36	112	Ryan Day	MO	0:31:23.76	Great Bentley Running Club
37	344	Robert Smith	MO	0:31:32.92	Colchester Harriers AC
38	442	Westley Walker	M40	0:31:45.49	Haverhill Running Club
39	26	Murray Baker	M40	0:31:50.85	
40	248	Chris Manby	M40	0:32:08.85	Colchester Harriers AC
41	138	Charles-douglas Fletcher	MO	0:32:32.13	Braintree & District AC
42	324	Philippa Robinson	FO	0:32:33.09	Grange Farm & Dunmow Runners
43	243	Jennifer Lovelock	FO	0:32:33.7	Colchester Harriers AC
44	353	Ryan Splarn	U18M	0:32:36.53	
45	55	Jason Brunt	M40	0:32:40.99	Norfolk Gazelles AC
46	109	Tom Davies	M50	0:32:42.03	
47	347	Michael Smith	MO	0:32:50.59	Halstead RRC
48	250	Harrison Marie	MO	0:33:20.86	Team Kraken
49	195	John Holland	M40	0:33:29.52	Braintree & District AC
50	174	Chris Hargraves	M50	0:33:36.35	Little Baddow Ridge Runners
51	5	Peter David Adkins	M40	0:33:43.98	
52	376	Brian Venton	M40	0:33:45.74	Benfleet RC
53	196	Martin Holland	MO	0:33:50.06	
54	215	Antony Karas	M50	0:33:50.41	Grange Farm & Dunmow Runners
55	253	David Marsh	M40	0:33:52.28	Stowmarket Striders RC
56	106	Steve Danby	M50	0:33:54.27	Weald Park Warriors
57	312	Dan Quartly	MO	0:33:56.77	Tri London
58	264	Gerry Mcgovern	M60	0:33:58.26	Little Baddow Ridge Runners
59	126	Lorna Elliott	FO	0:34:05.11	
60	407	Anthony Kilbey	M50	0:34:07.9	
61	283	Ben Naughton	U18M	0:34:38.94	
62	305	Rebecca Pittman	F55	0:34:41.85	Springfield Striders RC
63	90	Rebecca Cooke	FO	0:34:50.57	Colchester Harriers AC
64	125	Alex Elliott	MO	0:34:52.32	
65	46	Chris Branch	MO	0:34:56.51	
66	238	Benjamin Leeds	MO	0:34:58.36	Mid Essex Casuals
67	8	Barbara Aldridge	F45	0:35:04.77	Billericay Striders
68	202	Stephanie Hughes	FO	0:35:12.67	
69	309	Paul Preston	M40	0:35:17.21	Colchester Harriers AC

70	149	Chris Gardiner	M40	0:35:22.98	Tiptree Road Runners
71	286	Steve Newman	M50	0:35:31.87	
72	175	Kevin Harper	M40	0:35:35.57	
73	311	Lee Prowse	M50	0:35:41	Grange Farm & Dunmow Runners
74	367	Christopher Thornton	M50	0:35:44.3	TRISudbury
75	299	Daniel Pearce	MO	0:35:45.96	
76	151	Chris Garey	MO	0:35:46.68	Springfield Striders RC
77	388	Lucy Westcott	F35	0:35:49.93	Springfield Striders RC
78	389	Arthur Whiston	M60	0:35:53.43	Colchester Harriers AC
79	430	Dominic Walmsley	MO	0:35:54.5	
80	416	Adam Smith	MO	0:35:57.73	Colchester Harriers AC
81	313	Nicola Ranson	F45	0:36:00.94	Spring field striders
82	351	Claire Splarn	F35	0:36:03.56	
83	273	Simon Morgan	M50	0:36:06.13	Colchester Harriers AC
84	127	Robert Elliott	MO	0:36:10	
85	120	Chris Durham	M40	0:36:11.11	OMRC
86	277	David Morris	M50	0:36:14.31	Little Baddow Ridge Runners
87	370	Gavin Tilling	M40	0:36:15.97	Little Baddow Ridge Runners
88	209	Gary Ingram	MO	0:36:17.11	Ipswich Jaffa RC
89	69	Ollie Caulfield	M60	0:36:17.92	BORN2TRI
90	16	Chris Axford	M50	0:36:17.92	Jogging Made Easy
91	268	Simon Miller	M50	0:36:21.05	Colchester Harriers AC
92	132	Colin Farmer	M50	0:36:21.53	Great Bentley Running Club
93	49	Kevin Brett	M60	0:36:22.46	Jogging made Easy
94	203	Andrew Hughes	M40	0:36:24.68	Braintree & District AC
95	341	Edward Shortridge	MO	0:36:33.25	
96	298	Stuart Peace	M40	0:36:35.27	Tiptree Road Runners
97	352	Michael Splarn	M50	0:36:39.11	
98	39	Johnny Bell	M50	0:36:44.49	
99	97	Archie Cotterill	MO	0:36:50.47	Little Baddow Ridge Runners
100	399	Aidan Wood	MO	0:36:50.71	
101	256	Nicola Martell-smith	FO	0:36:51.75	Colchester Harriers AC
102	15	Mark Avery	M50	0:36:54.64	Ipswich Jaffa RC
103	38	Jason Bedlow	M50	0:36:58.6	
104	63	Ian Cannons	M40	0:37:04.06	Harwich Runners
105	93	Trevor Cooper	M40	0:37:04.99	Barking Road Runners
106	366	Holly Thompson	F35	0:37:11.19	Springfield Striders RC
107	226	Tomasz Komorowski	MO	0:37:19.55	Great Bentley Running Club
108	225	Magdalena Komorowska	F35	0:37:20.69	Great Bentley Running Club
109	261	Kerry Mavris	F45	0:37:22.76	Harlow Running Club
110	29	Allen Ball	M40	0:37:25.3	Running Colchester
111	110	Sarah Davison	F45	0:37:27.36	Great Bentley Running Club
112	111	Paul Davison	M40	0:37:28.15	Great Bentley Running Club
113	350	Benjamin Splarn	U18M	0:37:28.97	
114	292	Imogen Ovenden	FO	0:37:31.99	Springfield Striders RC
115	300	Emily Penkett	F35	0:37:39.43	Springfield Striders RC
116	72	Warren Celiz	MO	0:37:39.9	
117	319	Russell Richards	M60	0:37:40.59	
118	158	Isobel Gowers	F45	0:37:45.14	Springfield Striders RC
119	178	Nicholas Harvey	M40	0:37:45.48	
120	207	Morven Hurding	F45	0:37:47.4	Tiptree Road Runners
121	41	Jacek Birn	MO	0:37:54.94	
122	421	Chris McDowell	M70	0:37:56.12	Dengie 100 Runners
123	445	Rosanna Hiscock	FO	0:37:57.05	Benfleet RC
124	262	Anthony Mayne	M40	0:37:57.99	
125	130	Paul Evans	M60	0:38:06.5	
126	229	Christopher Lambert	M50	0:38:09.12	
127	186	Ben Herron	MO	0:38:21.56	
128	377	Colin Marten	M40	0:38:26.1	
129	185	Georgia Herron	FO	0:38:27.14	
130	236	Rachel Lawrence	F45	0:38:28.59	
131	301	Nick Penny	MO	0:38:31.8	
132	321	Peter Richardson	M50	0:38:34.65	
133	290	James Olley	MO	0:38:35.25	Harwich Runners
134	113	Andy Debnam	M40	0:38:35.69	Castle Point Joggers
135	346	Michelle Smith	F45	0:38:51.77	Weald Park Warriors
136	345	Steve Smith	M40	0:38:51.89	Weald Park Warriors
137	330	Justin Ruggles	M40	0:38:54.93	Mid Essex Casuals
138	157	Tina Gore	F45	0:38:57.16	
139	216	Ross Kemble	MO	0:39:00.09	Halstead RRC
140	7	Wendy Aldridge	F55	0:39:04.26	Dengie 100 Runners
141	95	Karen Corbett	F45	0:39:05.78	
142	218	John Kerr	M50	0:39:12.79	
143	190	Sam Hillyard	F45	0:39:17.57	Halstead RRC

144	414	Paul Tawn	M50	0:39:17.8	MEC
145	11	Lee Anderson	M40	0:39:23.36	jogging made easy
146	205	Joby Humm	M40	0:39:37.7	
147	42	Katherine Bishop	F45	0:39:39.54	Great Bentley Running Club
148	429	Louise Yates	F35	0:39:44.35	Colchester Harriers AC
149	21	Mark Baker	M50	0:39:46.45	
150	269	Lorraine Mills	F45	0:39:50.14	Tiptree Road Runners
151	279	Mark Moughton	M50	0:39:56.54	Springfield Striders RC
152	81	Steve Cleaver	M60	0:39:58.17	Runfit Essex
153	418	Lucy Evans	FO	0:39:59.28	
154	208	Richard Hurley	M70	0:40:06.29	
155	246	Justin Macal	M40	0:40:07	Castle Point Joggers
156	363	Lynn Tanner	F65	0:40:09.45	Springfield Striders RC
157	441	Isla Sinclair	F35	0:40:14.32	Benfleet RC
158	404	Sam Yell	MO	0:40:16.32	Tiptree Road Runners
159	343	Rebecca Smith	F45	0:40:18.64	Little Baddow Ridge Runners
160	439	Matthew Lenny	M40	0:40:21.08	
161	318	Rebecca Richards	FO	0:40:22.36	Dengie 100 Runners
162	260	David Mason	M50	0:40:29.63	Springfield Striders RC
163	237	Ben Laws	MO	0:40:30.57	Springfield Striders RC
164	222	Charlotte King	F35	0:40:34.67	Grange Farm & Dunmow Runners
165	398	Andrew Wood	M50	0:40:36.98	
166	274	Abigail Morgan	FO	0:40:43.06	Colchester Harriers AC
167	184	Scott Hercus	M40	0:40:48.84	
168	230	Helen Lambert	F55	0:40:54.65	Braintree & District AC
169	191	Andy Hind	M40	0:40:57.41	Springfield Striders RC
170	257	Len Marten	M40	0:40:58.58	Tiptree Road Runners
171	43	Ellen Blacow	FO	0:41:05.83	
172	394	Lucy Willis	FO	0:41:06.27	Tiptree Road Runners
173	287	Finley Newman	U18M	0:41:17.43	
174	223	Vicky Knight	F35	0:41:18.36	Tiptree Road Runners
175	187	Ken Hills	M60	0:41:18.38	Braintree & District AC
176	391	Anna Whitehead	F45	0:41:21.47	Weald Park Warriors
177	17	Mark Babbage	M50	0:41:24.35	Springfield Striders RC
178	135	Julia Finch	F35	0:41:31.69	
179	189	Simon Hillyard	M50	0:41:33.54	
180	434	Matt Doran	M40	0:41:34.47	Harwich Runners
181	329	Mike Rowland	M40	0:41:46.77	
182	339	Robert Shaw	M60	0:41:49.76	Lonely Goat
183	44	Wendy Bland	F45	0:41:52.9	Weald Park Warriors
184	204	Mandy Humm	F35	0:41:56.84	Halstead RRC
185	354	Mick Staines	M70	0:41:58.88	
186	444	Andrew Tiesen	M40	0:42:02.3	
187	221	Simon King	M60	0:42:07.28	
188	365	Hilary Thompson	F55	0:42:08.95	
189	412	Tommy Bond	MO	0:42:11.15	
190	295	Philip Page	M50	0:42:13.15	Mid Essex Casuals
191	392	Dean Whittaker	M40	0:42:15.94	
192	437	Derek Gray	M40	0:42:19.45	
193	272	David Morgan	M70	0:42:24.55	Billericay Striders
194	369	Paula Tilling	F45	0:42:27.19	Little Baddow Ridge Runners
195	194	Stefan Hogan	MO	0:42:33.6	Colchester Harriers AC
196	438	Gavin House	M40	0:42:33.91	
197	364	Nicholas Taylor	MO	0:42:36.07	
198	415	Kitty Craig	MO	0:42:47.26	
199	206	Michelle Hunscher	FO	0:42:49.34	
200	387	Lucy West	F45	0:42:54.77	Running Colchester
201	87	Claire Collins	FO	0:42:56.05	
202	333	Stewart Sanderson	M40	0:42:56.1	
203	448	Shelly Abbot Jones	F35	0:42:58.23	
204	284	Sarah Naughton	F35	0:42:59.84	
205	239	James Satter	M70	0:43:02.78	Tiptree Road Runners
206	436	Sarah Gray	F35	0:43:04.66	
207	88	Fiona Collins	FO	0:43:06.93	
208	68	Viv Cassidy	F35	0:43:09.71	Running Colchester
209	213	Mark Johnson	M40	0:43:10.22	
210	145	Mark Frost	M40	0:43:10.35	
211	447	Laura Carey	F35	0:43:13.63	
212	54	Chris Brown	M60	0:43:15.81	Little Baddow Ridge Runners
213	48	Frances Bredin	F35	0:43:15.82	Jogging Made Easy
214	411	Lisa Millar	F35	0:43:18.54	SBS Oddballs
215	201	Andrew Hubbard	M40	0:43:19.38	
216	317	Steven Rich	MO	0:43:19.5	
217	385	Nicky Weatherburn	F45	0:43:24.65	

218	384	James Weatherburn	M50	0:43:25.32	
219	303	Kieron Perry	M40	0:43:31.68	RCR
220	171	Chris Harding	MO	0:43:33.21	Tiptree Road Runners
221	13	Jessica Archer	FO	0:43:33.9	Tiptree Road Runners
222	224	Anthony Knight	M50	0:43:38.36	Tiptree Road Runners
223	348	Richard Smith	M50	0:43:40.78	
224	278	Andrew Mostari	M40	0:43:50.94	Michelle's Running Group
225	325	Liam Robinson	M50	0:43:54.94	Fetch Everyone
226	173	Daniel Hardy	M60	0:44:01.88	
227	159	Paul Graves	M60	0:44:02.04	Tiptree Road Runners
228	94	Cristina Cooper	F35	0:44:06.82	Barking Road Runners
229	294	Richard Overington	MO	0:44:11.38	Little Baddow Ridge Runners
230	45	Adele Bovingdon	F35	0:44:12.34	Dengie 100 Runners
231	331	Adrian Russell	M50	0:44:13.72	
232	432	Emily Knights	FO	0:44:15.61	
233	433	Tim Knights	MO	0:44:15.77	
234	240	Mamie Liu	FO	0:44:17.02	Springfield Striders RC
235	70	Karen Cawdery	F35	0:44:18.3	
236	183	Stacy Hember	F45	0:44:20.17	Tiptree Road Runners
237	170	Robyn Harding	F35	0:44:22.28	Tiptree Road Runners
238	18	John Bailey	M50	0:44:25.96	
239	336	Karl Savill	M40	0:44:28.89	
240	242	Gemma Long	FO	0:44:35.89	
241	34	Julia Bawden	F55	0:44:36.36	Tiptree Road Runners
242	27	Lorraine Baker	F45	0:44:41.25	Tiptree Road Runners
243	180	Richard Heard	M40	0:44:41.43	Michelle's Running Group
244	25	Nick Baker	MO	0:44:41.78	
245	379	Suzy Violet	F45	0:44:42.71	Jogging made easy
246	431	David Foster	F55	0:44:47.35	Michelle's Running Group
247	410	Scott Chapman	MO	0:44:59.43	SPS Oddballs
248	227	Hazel Kurz	F35	0:45:07.86	Harlow Running Club
249	210	Liz Irvine	F35	0:45:13.83	Springfield Striders RC
250	53	Steve Bright	M50	0:45:21.24	Lonely Goat
251	188	Sarah Hills	FO	0:45:27.88	
252	128	Chris Emery	MO	0:45:29.84	
253	23	Rebecca Baker	FO	0:45:32.67	
254	137	Patsy Fitzpatrick	F45	0:45:33.13	
255	440	Mark Cowan	M50	0:45:34.83	Benfleet RC
256	428	Rebecca Smith	F35	0:45:34.83	Benfleet RC
257	142	Rebecca Freeman	FO	0:45:44.9	
258	143	Paul Freeman	M50	0:45:45.53	
259	3	Jo Adams	FO	0:45:46.28	Jogging made easy
260	362	Caroline Talbot	F35	0:45:47.86	Ipswich Jaffa RC
261	172	Sharon Hardwicke	F45	0:45:48.7	Tiptree road runners
262	247	Bettina Maccariello	F45	0:45:48.86	Thurrock Nomads
263	123	Michelle Edney	F45	0:45:51.39	Halstead RRC
264	211	Virginia Janavicius	F45	0:45:55.27	Weald Park Warriors
265	91	Neil Cooper	M50	0:45:57.26	
266	92	Michelle Cooper	F45	0:46:00.32	Weald Park warriors
267	395	Maureen Wilson	F55	0:46:07.05	
268	35	Ann-marie Bearne	F35	0:46:12.5	Tiptree Road Runners
269	323	Jane Roach	F45	0:46:13.76	
270	165	Frances Gridley	F55	0:46:24.25	Tiptree Road Runners
271	308	Lucy Potter	F45	0:46:24.35	
272	85	Sarah Colbert	F45	0:46:24.76	Mid Essex Casuals
273	328	Liane Rowland	F45	0:46:25.21	
274	443	Vanessa Mallows	F35	0:46:25.44	
275	147	Marion Gallagher	F55	0:46:25.44	
276	280	Carol Muir	F45	0:46:36.78	Ilford ac
277	177	Adele Hart	FO	0:46:37.77	
278	148	Roland Garcia	M40	0:46:38.52	
279	40	James Benson	M50	0:46:40.18	
280	32	Claire Bartoli	F45	0:46:40.29	
281	156	Dominique Brazier	F35	0:46:42.78	Springfield Striders RC
282	57	William Brunton	M60	0:46:49.93	
283	297	John Pardon	M60	0:46:50.71	Billericay Striders
284	396	Evie Winther	FO	0:47:11.73	Springfield Striders RC
285	426	Mark Akiens	M50	0:47:11.85	
286	446	Matthew Skidmore	M40	0:47:13.37	
287	150	Michelle Gardner	F45	0:47:21.41	Haverhill Running Club
288	327	Joanne Rosenwold	F45	0:47:21.47	Haverhill Running Club
289	293	Isobel Ovenden	FO	0:47:27.95	
290	98	Martin Cotton	M40	0:47:28.62	Lonely Goat
291	176	Lucy Harper	FO	0:47:30.99	Springfield Striders RC
292	96	Michael Cotterill	M50	0:47:33.81	Little Baddow Ridge Runners

293	271	Carly Moody	F35	0:47:39.61	
294	86	Matt Collins	M40	0:47:43.72	
295	192	Malcolm Hiscock	M50	0:47:44.66	Benfleet RC
296	108	Kevin Davidson	M50	0:48:09.74	
297	219	Rosie Kerr	F45	0:48:15.94	
298	153	Louise Garrett	F35	0:48:17.16	
299	152	Lynne Garey	F55	0:48:19.67	Springfield Striders RC
300	115	Margaret Dobbs	F65	0:48:27.93	
301	378	Jayne Vernon	F45	0:48:36.96	
302	31	Richard Ballard	F55	0:48:39.81	Haverhill Running Club
303	64	Claire Capel	FO	0:48:40.05	Lonely Goat
304	424	Matt Sellops	M50	0:48:43.66	LBBR
305	332	Tracey Rusz	F45	0:48:50.22	Weald Park Warriors
306	228	Lisa Lager	F35	0:48:54.39	Chelmer roadrunners
307	405	Rosie Youngs	F45	0:49:00.18	Jogging Made Easy
308	212	Trish Jarvis	F45	0:49:00.19	Jogging Made Easy
309	12	Leanne Andrews	FO	0:49:06	
310	114	Patrick Dobbs	M70	0:49:09.12	Thurrock Harriers
311	82	Steve Coe	M40	0:49:13.51	Michelle's Running Group
312	83	Sam Coe	F45	0:49:13.76	Michelle's Running Group
313	357	Daniela Stevens	FO	0:49:18.71	
314	231	Christina Lambert	FO	0:49:18.83	Michelle's Running Group
315	383	Sophie Walker	FO	0:49:27.09	
316	382	Susan Walker	F55	0:49:28.06	
317	62	Adrian Byrne	M50	0:49:30.06	
318	417	Hayley Brown	MO	0:49:35.76	
319	133	Teresa Farmer	F45	0:49:46.39	Great Bentley Running Club
320	122	Diana Easton	F45	0:49:47.33	
321	121	Carl Easton	M50	0:49:47.33	
322	78	Alison Clarke	F65	0:49:48.98	Great Bentley Running Club
323	233	Shireen Lappage	FO	0:49:59.91	
324	182	Lauren Heath	FO	0:50:09.93	
325	10	Michelle Amos	F35	0:50:11.79	
326					
327	374	Lorna Unite	FO	0:50:19.3	
328	119	Miffy Duffy	F45	0:50:41.96	MRG
329	160	Mandy Graves	F55	0:50:52.4	Tiptree Road Runners
330	6	Lynn Ager	F45	0:51:03.36	
331	52	Lynda Bridger	F45	0:51:03.49	
332	425	Andrew Bright	M60	0:51:32.36	
333	141	Andrea Frampton	F35	0:51:33.1	
334	355	Sandra Stanton	F45	0:51:48.51	Springfield Striders RC
335	74	Raymond Charlton	M50	0:51:48.63	Springfield Striders RC
336	409	Laura Carter	FO	0:51:53.07	
337	289	Jennie O'halloran	F55	0:52:03.05	Weald Park Warriors
338	181	Carol Hearn	F45	0:52:03.06	
339	420	Laura Hurn	F35	0:52:08.7	
340	107	Geri Danby	F35	0:52:26.26	Weald Park Warriors
341	449	Leanne Abbott Jones	F35	0:52:27.95	
342	19	Louise Bailey	M40	0:52:35.81	
343	316	Ruth Reynolds	F45	0:52:37.67	
344	20	Lynne Baines	F45	0:52:52.59	Lonely Goat
345	193	Caron Nicola Hiscock	F45	0:52:55.03	Benfleet RC
346	217	Heather Kennedy	F45	0:52:56.08	
347	146	Alison Fryatt	F45	0:52:56.58	Barking Road Runners
348	66	Kayleigh Carr	F35	0:53:01.58	
349	200	Melissa Howell	F35	0:53:41.78	
350	335	Nicky Santomauro	F45	0:53:54.97	
351	67	Michael Casey	M50	0:54:01.96	
352	235	Jonathan Large	M60	0:54:33.14	
353	197	Stephanie Holmes	FO	0:54:33.25	
354	406	Jackqui Charleston	F55	0:54:55.87	
355	89	Gemma Conn	F35	0:55:09.45	Little Baddow Ridge Runners
356	99	Sammy Cotton	F35	0:55:38.08	
357	296	Belinda Palmer-barnes	F55	0:55:38.08	Great Bentley Running Club
358	155	David Godfrey	M70	0:55:47.49	Billericay Striders
359	282	Claire Musselwhite	F45	0:56:09.56	Chelmer Roadrunners
360	408	Olivia Churchill	F35	0:56:10.02	
361	288	Marian Nibbs	F65	0:56:55.46	
362	349	Katy Sodeau	F55	0:57:37.03	
363	51	Kenny Bridge	U18M	0:57:55.76	
364	314	Karen Reed	F45	0:57:58.37	
365	50	Jason Bridge	M50	0:58:02.95	
366	403	Nicole Woulfe	FO	0:58:12.65	
367	61	John Bush	M50	0:58:24.99	Great Bentley Running Club

368	267	Nina Metson	F35	0:58:34.67	Jogging Made Easy
369	320	Cameron Richards	MO	0:58:35.13	Jogging made easy
370	232	Chelsea Lancaster	FO	0:58:35.13	Jogging Made Easy
371	105	Karen Dakin	F45	0:59:31.23	
372	220	Sarah Keyes	F35	0:59:31.23	
373	427	Tracey Jones	F35	0:59:41.95	Benfleet RC
374	56	Helen Brunton	F55	0:59:45.27	Harlow Running Club
375	386	Joanne Webb	F45	1:04:58.86	
376	275	Lucy Morris	FO	1:08:49.41	
377	304	Gary Perryman	M40	1:08:49.65	Sudbury Joggers
378	77	Michael Clark	MO	1:17:02.65	