

Mayday 10 miles 2022

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	400	Ben Felton	MO	0:51:23.07	0:51:23.07	Chelmsford AC
2	113	Paul Molyneux	M40	0:51:46.77	0:51:46.77	Springfield Striders RC
3	126	Shane Boxall	MO	0:53:27.83	0:53:27.83	Southend On Sea AC
4	280	Jordan Middlemist	MO	0:53:49.77	0:53:49.77	Colchester Harriers AC
5	183	Conor Culham	MO	0:55:07.21	0:55:07.21	Braintree & District AC
6	83	James Bosher	MO	0:55:39.83	0:55:39.83	Grange Farm & Dunmow Runner
7	81	Chris Burgoyne	M40	0:56:23.85	0:56:23.85	Springfield Striders RC
8	61	Simon Bond	MO	0:56:29.77	0:56:29.77	Grange Farm & Dunmow Runner
9	305	Chris Sellens	MO	0:56:43.81	0:56:43.31	Colchester Harriers AC
10	279	Ryan Day	MO	0:57:28.88	0:57:28.88	Colchester Harriers AC
11	271	Dan Widdowson	M40	0:57:56.64	0:57:56.64	Colchester Harriers AC
12	243	Antony Goodall	M40	0:58:04.3	0:58:03.46	Springfield Striders RC
13	120	Jason Gunn	M40	0:58:12.65	0:58:12.25	Colchester Harriers AC
14	208	John Whitehead	MO	0:58:30.74	0:58:29.61	Havering AC
15	42	Mark Mckeown	M40	0:58:37.98	0:58:37.98	Colchester Harriers AC
16	70	Bob Glasgow	M40	0:59:01.78	0:59:00.31	Orion Harriers
17	172	Matthew Friend	MO	0:59:07.89	0:59:06.88	Harwich Runners
18	46	Paul Miles	M40	0:59:16.04	0:59:15.63	Springfield Striders RC
19	96	Colin Ridley	M60	0:59:25.08	0:59:24.82	Colchester Harriers AC
20	297	Mark Howard	MO	1:00:09.63	1:00:09.11	Colchester Harriers AC
21	363	Steve Mason	MO	1:00:21.45	1:00:18.52	Haverhill Running Club
22	324	Sam Rahman	MO	1:00:32.99	1:00:31.5	Ilford AC
23	406	Liam Beavis	MO	1:00:43.14	1:00:34.66	Little Baddow Running Club
24	97	Andrew Lovelock	MO	1:00:49.06	1:00:46.43	Colchester Harriers AC
25	230	Robert Doyle	MO	1:00:51.84	1:00:50.07	Thurrock Harriers
26	399	Lucy Barnes	FO	1:00:53.29	1:00:51.06	Harlow
27	348	Andrew Smith	MO	1:00:59.47	1:00:58.12	Witham RC
28	150	Neil Mcgoun	M40	1:01:14.93	1:01:14.93	Orion Harriers
29	264	Damien Harvey	MO	1:01:18.13	1:01:16.07	Leigh on Sea Striders
30	304	Kevin Higgins	M50	1:01:22.72	1:01:22.31	Colchester Harriers AC
31	360	Jody Walker	M40	1:01:33.48	1:01:24.32	Nuclear Races Striders
32	93	Robin Mohseni	MO	1:01:48.73	1:01:47.1	Billericay Striders
33	341	Liz Davies	F40	1:01:51.2	1:01:49.84	Springfield Striders RC
34	206	Pete Riley	M50	1:01:56.94	1:01:54.47	Witham RC
35	156	Scott Dryden	M50	1:02:03.89	1:02:02.91	Springfield Striders RC
36	115	Heidi Hogan-steele	FO	1:02:25.24	1:02:24.26	Colchester Harriers AC
37	259	Alex Childs	M50	1:02:38.18	1:02:35.55	Leigh on Sea Striders
38	392	Keith Marley	M50	1:02:47.65	1:02:45.02	Colchester Harriers AC
39	133	Stephen Philcox	M50	1:03:17.84	1:03:16.36	ilford ac
40	103	Peter Tullett	M60	1:03:34.23	1:03:32.46	Chelmsford
41	395	Brendan Donnelly	MO	1:03:41.08	1:03:38.45	Highgate
42	60	Greg Tye	MO	1:03:54.59	1:03:50.33	Braintree & District AC
43	373	Jason Leeds	MO	1:04:00.59	1:03:56.12	Nuclear Races Striders
44	346	Lucy Davies	FO	1:04:05.47	1:04:03.99	Colchester Harriers AC
45	204	Nikki Woodyard	F40	1:04:58.87	1:04:58.17	Springfield Striders RC
46	78	Terry Knightley	M60	1:04:58.87	1:04:57.39	Ilford AC
47	173	Simon Ford	M40	1:05:00.03	1:04:56.38	Colchester Harriers AC
48	278	Paul Dellar	M50	1:05:00.03	1:04:56.38	Colchester Harriers AC
49	240	Simon Cresswell	M50	1:05:04.65	1:04:59.08	Witham RC
50	26	Carlos Martinez	MO	1:05:06.86	1:05:02.16	Colchester Harriers AC
51	222	Leo Cole	M50	1:05:08.31	1:05:06.08	Witham RC
52	28	Victoria Primmer	FO	1:05:12.12	1:05:10.21	Colchester Harriers AC
53	152	Shawn Brown	M40	1:05:36.54	1:05:34.6	Thurrock harriers
54	263	Samantha Bilbie	F40	1:05:42.46	1:05:41.49	Springfield Striders RC
55	331	Henry Ward	MO	1:05:51.95	1:05:46.26	Bishops Stortford RC

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56	274	Alfredo Valadas Marques	MO	1:05:54.55	1:05:45.36	
57	22	Jennifer Lovelock	FO	1:06:22.77	1:06:19.37	Colchester Harriers AC
58	92	Stephen Metson	M40	1:06:26.94	1:06:22.68	Halstead RRC
59	352	Paul Turner	M40	1:06:33.63	1:06:29.05	
60	247	Lee Betts	M50	1:06:33.64	1:06:23.33	
61	325	Andy Leonard	M40	1:06:46.9	1:06:41.77	Brentwood Running Club
62	142	Rebecca White	F40	1:06:54.68	1:06:52.61	Saffron Striders RC
63	114	David Butler	M60	1:07:06.4	1:07:03.1	Billericay Striders
64	140	Kirk Crudgington	M40	1:07:11.55	1:07:04.55	Harlow Running & Tri Club
65	77	Toby Draper	M40	1:07:29.33	1:07:25.42	Thurrock Harriers
66	79	Kathryn Spring	F40	1:07:29.36	1:07:26.19	Thurrock Harriers
67	272	Alexis Ellington	M40	1:07:31.84	1:07:24.22	Harlow Running & Tri Club
68	213	Matthew Bland	M50	1:07:33.79	1:07:29.66	Havering AC
69	248	Simon Gill	MO	1:07:36.29	1:07:31.92	Tiptree Road Runners
70	293	Hayley Lamkin	FO	1:07:46.46	1:07:41.57	Southend On Sea AC
71	20	Justine Sheekey	FO	1:07:49.57	1:07:43.63	Colchester Harriers AC
72	382	Matthew Aitken	M50	1:07:56.23	1:07:50.65	Southend AC
73	254	Daniel Meecham	M40	1:07:59.5	1:07:52.98	Colchester Harriers AC
74	307	Emma Drury	FO	1:08:07.31	1:07:57.01	
75	353	Craig Mitchell	M40	1:08:11.47	1:08:06.23	Great Bentley Running Club
76	260	Rebecca Cooke	FO	1:08:11.59	1:08:06.46	Colchester Harriers AC
77	219	Emma Burgess	FO	1:08:21.73	1:08:18.68	Colchester Harriers AC
78	326	Jason Finch	M50	1:08:22.16	1:08:17.14	South Woodham Runners
79	14	Danielle Harrington	F40	1:08:46.73	1:08:34.37	Tiptree Road Runners
80	383	Geoff Keily	M40	1:08:59.14	1:08:52.49	Billericay Striders
81	207	Richard Woolterton	M50	1:09:02.08	1:08:58.78	Ilford AC
82	234	James Howes	MO	1:09:28.47	1:09:20.09	
83	98	Richard Newman	M50	1:09:35.98	1:09:25.8	Harwich Runners
84	291	Guy Hildreth	M40	1:09:47.75	1:09:41.37	Havering '90 Joggers
85	66	Jonathan Metcalf	M60	1:09:52.79	1:09:49.01	Thurrock Harriers
86	389	Simon Handley	M40	1:09:59.08	1:09:47.29	Springfield Striders RC
87	366	Charlie Mccarthy	M40	1:10:02.75	1:9:55.05	Harwich Runners
88	136	Christine Kennedy	F60	1:10:04.5	1:10:02.43	Orion Harriers
89	333	David Mills	M50	1:10:10.98	1:9:56.78	Loughton AC
90	148	Victoria Wadley-smith	FO	1:10:16.1	1:10:10.63	Leigh on Sea Striders
91	86	Dennis Briggs	M40	1:10:17.96	1:10:10.96	Ilford AC
92	155	Christopher Applegate	M60	1:10:34.89	1:10:31.73	Thurrock Harriers
93	288	Dominic Mason	M50	1:11:01.14	1:10:52.2	Bishops Stortford RC
94	283	Tom Overing	MO	1:11:06.4	1:10:55.21	Rochford Running Club
95	153	David Weldon	M40	1:11:17.52	1:11:00.26	Springfield Striders RC
96	210	Joel Denning	M40	1:11:25.56	1:11:20.12	Ilford AC
97	342	Gareth Thomas	MO	1:11:26.73	1:11:22.46	Springfield Striders RC
98	376	Clare Davies	FO	1:11:26.73	1:11:15.75	Havering AC
99	215	Joanne Reeves	F40	1:11:30.72	1:11:25.04	Ilford AC
100	321	Ali Trauttmansdorff	F50	1:11:39.65	1:11:31.74	Loughton AC
101	339	Lee Holohan	M40	1:11:51.81	1:11:46.37	Colchester Harriers AC
102	217	Chris Hargraves	M50	1:12:04.27	1:11:56.65	Little Baddow Ridge Runners
103	145	Catherine Ridge	FO	1:12:05.23	1:11:57.64	Harlow Running & Tri Club
104	231	Mark Taylor	M40	1:12:16.64	1:12:01.63	
105	298	Ben Bannar-martin	M40	1:12:17.6	1:12:02.39	
106	237	Clare Hayes	F50	1:12:38.43	1:12:28.01	Grange Farm & Dunmow Runner
107	147	Rebecca Pittman	F60	1:12:48.32	1:12:35.22	Springfield Striders RC
108	72	Joseph Ashman	M50	1:12:58.43	1:12:42.52	
109	71	Benjamin Fisher	M40	1:13:04.93	1:12:53.64	Orion Harriers
110	39	Morven Hurding	F40	1:13:05.98	1:12:53.58	Tiptree Road Runners
111	48	Mark Lawes	M50	1:13:10.19	1:12:58.25	Tiptree Road Runners
112	316	Steve Walker	M50	1:13:13.49	1:13:09.37	Havering AC
113	229	Toni Radley	F50	1:13:18.1	1:13:14.95	Thurrock Harriers
114	10	Simone Hilliard	F40	1:13:20.44	1:13:05.79	Tiptree Road Runners
115	257	Calvin Bobin	M60	1:13:27.48	1:13:16.99	East London Runners

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116	365	Joe Lambert	MO	1:13:29.88	1:13:23.85	South Woodham Runners
117	375	Alan Fricker	M40	1:13:33.29	1:13:19.45	Loughton AC
118	378	Steven Griffiths	M50	1:13:40.66	1:13:31.13	Dengie 100 Runners
119	110	Steve Healey	M50	1:13:47.97	1:13:28.6	Pitsea RC
120	94	Philip Wood	MO	1:13:48.88	1:13:40.52	Braintree & District AC
121	160	Andrew Watson	M50	1:13:51.57	1:13:40.87	Witham RC
122	132	Rowena De Belligny	F40	1:14:01.06	1:13:46.28	Tiptree Road Runners
123	233	Lucy Cowlin	FO	1:14:15.84	1:14:05.39	Sudbury Joggers
124	184	Antony Karas	M50	1:14:19.92	1:14:10.07	Grange Farm & Dunmow Runner
125	4	Chris Gardiner	M50	1:14:22.84	1:14:08.63	Tiptree Road Runners
126	141	Ben Frost	M40	1:14:27.98	1:14:12.14	Springfield Striders RC
127	385	Laura King	FO	1:14:50.54	1:14:35.44	
128	131	Kim Pretty	M60	1:14:55.31	1:14:45.11	Harwich Runners
129	377	Jayne Atkinson	F40	1:14:58.02	1:14:43.95	Tiptree Road Runners
130	76	Emily Smith	F40	1:14:58.55	1:14:44	Springfield Striders RC
131	284	Danielle Robarts	FO	1:15:02.7	1:14:51.35	Rochford Running Club
132	129	Peter Binns	M70	1:15:02.81	1:14:47.92	Southend On Sea AC
133	306	Sally-ann Bowen	F40	1:15:12.47	1:15:01.87	Sudbury Joggers
134	11	Iain Rhodes	M60	1:15:13.2	1:14:58.43	Tiptree Road Runners
135	250	Charlie Tucker	MO	1:15:32.61	1:15:15.48	Vegan Runners UK
136	181	Richard Millward	M50	1:15:45.8	1:15:39.66	Colchester Harriers AC
137	198	Chris Branch	MO	1:15:52.3	1:15:37.84	
138	267	Kevin Harper	M40	1:15:57.35	1:15:53.7	
139	349	Caroline Tuck	F50	1:15:59.33	1:15:46.82	Dagenham 88 Runners
140	314	Breege Nordin	F60	1:16:13.99	1:16:06.08	Ilford AC
141	158	Barbara Aldridge	F40	1:16:14.3	1:16:02.22	Billericay Striders
142	286	Dominic Goodwin	M50	1:16:16.19	1:16:02.35	
143	299	Tony Agg	M40	1:16:18.11	1:16:06.31	Billericay Striders
144	227	John Holland	M40	1:16:19.9	1:16:03.39	Braintree & District AC
145	320	Martin Atkinson	M60	1:16:21.55	1:16:08.7	Grange Farm & Dunmow Runner
146	194	Adam Coals	M40	1:16:30.09	1:16:23.09	Ilford AC
147	122	Katie Brazier	FO	1:16:35.92	1:16:26.83	Braintree & District AC
148	134	Kasia Kostyrka-allchorne	F40	1:16:37.6	1:16:24.28	Southend AC
149	337	Richard Stebbing	M40	1:17:03.79	1:16:51.65	
150	123	Christopher Purse	M60	1:17:17.39	1:17:13.48	Springfield Striders RC
151	347	Julie Beasant	F40	1:17:33.59	1:17:19.06	
152	245	Simon Haigh	M50	1:17:46.36	1:17:17.95	Orion Harriers
153	273	Samantha Kelly	F40	1:17:55.07	1:17:35.18	
154	187	Kate Pettit	F50	1:18:09.03	1:17:53.48	Havering '90 Joggers
155	25	Brian Reed	M60	1:18:17.78	1:18:01.78	Tiptree Road Runners
156	371	John Broom	M50	1:18:20.53	1:18:11.58	Penistone Footpath Runners & A
157	372	Dawn Broom	F50	1:18:26.68	1:18:18.19	Penistone Footpath Runners & A
158	174	Jamie Smith	M50	1:18:33.96	1:18:21.59	Phoenix Striders
159	294	Matthew Brockington	M60	1:18:35.03	1:18:11.84	
160	396	Santino Fiore	MO	1:18:37.32	1:18:24	
161	167	Ian Butler	M50	1:18:39.18	1:18:18.61	Thames Hare & Hounds
162	100	Colin White	M50	1:18:44.77	1:18:32.97	Billericay Striders
163	34	Mandy Humm	F40	1:18:52.18	1:18:34.75	Halstead RRC
164	251	Kerry Mavis	F50	1:18:54.44	1:18:34.12	Harlow Running & Tri Club
165	359	Amy Gutsell	FO	1:19:03.05	1:18:48.97	
166	355	Chloe Snowdon	FO	1:19:03.26	1:18:48.95	
167	18	Jodie Wells	F40	1:19:15.93	1:18:59.89	Tiptree Road Runners
168	13	Paul Gardener	M40	1:19:15.94	1:18:55.48	Tiptree Road Runners
169	397	Sam Brown	FO	1:19:20.86	1:19:00.58	
170	398	Stephanie Hughes	FO	1:19:31.76	1:19:10.05	
171	2	Stuart Peace	M40	1:19:32.19	1:19:15.39	Tiptree Road Runners
172	211	Letitia Root	F40	1:20:05.22	1:19:43.05	
173	209	Stephanie Phillips	FO	1:20:09.11	1:19:57.57	Havering AC
174	144	Gaye Young	F50	1:20:13.35	1:19:54.02	Ilford AC
175	386	Chris Arnell	M40	1:20:20.8	1:19:58.93	Harlow Running & Tri Club

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176	5	Sam Yell	MO	1:20:21.71	1:20:06.93	Tiptree Road Runners
177	318	Terri Wiley	FO	1:20:34.96	1:20:16.19	Harlow Running & Tri Club
178	354	Paige Bircham	FO	1:20:35.99	1:20:17.22	Harlow running club
179	338	Mamie Liu	FO	1:20:54.11	1:20:36.22	Springfield Striders RC
180	402	Jack Welch	MO	1:21:10.7	1:20:45.55	
181	296	Paul Ford	M40	1:21:15.58	1:20:59.42	
182	146	Shane Breheny	M40	1:21:20.71	1:20:51.39	
183	390	Lucia Possamai	F40	1:21:23.15	1:21:06.37	
184	161	Colin Moody	M70	1:21:33.63	1:21:13.6	Harlow Running & Tri Club
185	16	Sally Banyard	F50	1:21:40.73	1:21:25.51	Tiptree Road Runners
186	212	Inga Hayden-cooper	F50	1:21:47.28	1:21:27.94	Great Bentley Running Club
187	357	Viviana Rojas	FO	1:21:48.35	1:21:27.92	
188	356	Paul Freeman	M50	1:21:48.44	1:21:27.86	
189	164	Nicola Ranson	F50	1:21:58.99	1:21:38.41	Springfield Striders RC
190	116	Ian Cannons	M40	1:22:05.61	1:21:31.87	Harwich Runners
191	328	Nils Hollmann	M40	1:22:14.69	1:21:52.01	Dagenham 88 Runners
192	403	Katy Bishop	F50	1:22:16.8	1:21:55.48	Great Bentley
193	404	Paul Davison	M40	1:22:17.11	1:21:55.54	Great Bentley
194	401	Gary Hopkins	M60	1:22:24.68	1:22:03.62	New Feltham Joggers
195	47	Carl Harper	M50	1:22:26.54	1:22:01.61	Tiptree Road Runners
196	205	James Cooch	M50	1:22:27.54	1:21:50.42	
197	242	Glen Reeve	M60	1:22:27.75	1:21:59.76	Tiptree Road Runners
198	246	Jo Plumb	F50	1:22:27.97	1:21:58.33	Orion Harriers
199	265	David Rees	M40	1:22:28.49	1:22:12.45	
200	214	Lisa Joslin	F50	1:22:29.33	1:22:07.16	
201	36	Jenny Richardson	F60	1:22:36.28	1:22:17.46	Colchester Harriers AC
202	138	Hilda O'Kelly	F50	1:22:42.47	1:22:18.78	Springfield Striders RC
203	330	Ross Kemble	MO	1:22:46.71	1:22:28.3	Halstead RRC
204	270	Perry James	MO	1:23:10.71	1:22:52.17	Halstead RRC
205	87	Jackie Robinson	F50	1:23:17.11	1:22:56.48	Tiptree Road Runners
206	118	Bernard Johnson	M60	1:23:27.99	1:23:07.42	Thurrock Harriers
207	303	Maria Jesus Bautista Fructuoso	F40	1:23:28.32	1:23:06.83	
208	109	Ash-lee Osborne	MO	1:23:30.17	1:23:13.88	Tiptree Road Runners
209	32	Lorraine Mills	F50	1:23:33.35	1:23:16.81	Tiptree Road Runners
210	104	Robert Sirett	M50	1:23:42.4	1:23:20.59	Springfield Striders RC
211	17	Michelle Edney	F50	1:23:51.67	1:23:26.9	Tiptree Road Runners
212	281	Rob Hankey	M40	1:23:51.77	1:23:27.01	
213	55	Tina Southgate	F40	1:23:56.35	1:23:38.07	Colchester Harriers AC
214	21	Angela Dellar	F50	1:24:04.57	1:23:38.92	Tiptree Road Runners
215	241	James Bowker	M50	1:24:15.77	1:23:31.29	Lonely Goat RC
216	379	Mark Moughton	M60	1:24:21.59	1:23:57.38	Springfield Striders RC
217	139	Claire Collins	FO	1:24:29.4	1:24:05.58	Springfield Striders RC
218	188	John Tennant	M70	1:24:31.39	1:24:10.94	Harlow Running & Tri Club
219	350	Tracey Sheehy	F40	1:24:49.33	1:24:06.89	Dagenham 88 Runners
220	253	Paul Mills	M50	1:24:49.53	1:24:26.96	
221	84	Gary Rowlatt	M50	1:24:54.54	1:24:31.86	Thurrock Harriers
222	201	Wendy Bland	F50	1:25:00.17	1:24:36.48	Weald Park Warriors
223	268	Marie Hockley	F50	1:25:01.78	1:24:11.77	Bishops Stortford RC
224	393	Ben Laws	MO	1:25:09.48	1:24:51.78	Springfield Striders RC
225	239	Lysia Jiggins	F40	1:25:12.49	1:24:50.34	Witham RC
226	189	Charlotte Killingback	FO	1:25:18.71	1:24:59.25	Pitsea RC
227	311	Darryl Selmes	MO	1:25:40.73	1:25:14.24	Witham RC
228	162	Deborah Hitching	F40	1:26:02.34	1:25:38	Springfield Striders RC
229	367	Helen Lambert	F60	1:26:03.41	1:25:35.67	Braintree & District AC
230	323	Lionel Guinea	M50	1:26:05.74	1:25:35.78	Lonely Goat RC
231	343	Donna Fisher	F50	1:26:34.93	1:26:10.56	Springfield Striders RC
232	199	Alison Vincent	F50	1:26:56.01	1:26:13.79	
233	336	Juliet Warren-penny	F50	1:26:59.63	1:26:36.41	Springfield Striders RC
234	364	Ashley Cobden	MO	1:27:08	1:26:35.92	
235	91	Simon Hawkins	M40	1:27:09	1:26:33.5	Lonely Goat RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
236	41	Frances Clacy	FO	1:27:10.78	1:26:44.77	Tiptree Road Runners
237	35	Megan Archer	FO	1:27:14.86	1:26:47.58	Tiptree Road Runners
238	128	Emily Penkett	F40	1:27:17.86	1:27:00.33	Springfield Striders RC
239	29	Stacy Hember	F50	1:27:34.15	1:27:05.91	Tiptree Road Runners
240	351	Alison Evans	F60	1:27:52.67	1:27:24.82	Harwich Runners
241	319	Lara Gratton	F40	1:28:29.13	1:27:56.46	
242	73	Chris Mcdonnell	M70	1:28:33.86	1:27:49.17	Dengie 100 Runners
243	225	Stuart Evans	M50	1:28:35.98	1:28:17.06	
244	19	Kate Sutton	FO	1:28:41.43	1:28:14.26	Tiptree Road Runners
245	33	Jessica Archer	FO	1:28:58.39	1:28:32.13	Tiptree Road Runners
246	124	Donald Sinclair	M60	1:29:07.65	1:28:47.76	Pitsea RC
247	75	Louisa Quilter	F40	1:29:11.11	1:28:41.14	Tiptree Road Runners
248	195	Darren Radford	M50	1:29:19.09	1:28:50.66	Havering '90 Joggers
249	236	Emma Currie	F40	1:29:41.72	1:29:07.45	
250	89	Lynsey Hawkins	F40	1:29:59.3	1:29:24.14	Braintree & District AC
251	308	Philip Page	M50	1:30:25.44	1:29:55.45	Mid Essex Casuals
252	56	Ann Reed	F50	1:30:34.02	1:30:04.05	Benfleet RC
253	176	Allen Ball	M40	1:30:35.72	1:30:08.56	Running Colchester
254	329	Jim Holland	M50	1:30:36.65	1:29:53.44	South Woodham Runners
255	130	Christina Pretty	F60	1:30:52.33	1:30:24.42	Harwich Runners
256	228	Mark Nixon	MO	1:30:54.76	1:30:27.99	Sunday Runday Funday
257	45	Julia Bawden	F60	1:30:59.71	1:30:31.11	Tiptree Road Runners
258	95	Sarah Waddington	FO	1:31:16.59	1:30:44.66	Halstead RRC
259	163	Philip Gronland	MO	1:31:25.96	1:30:42.55	
260	111	Lynn Tanner	F60	1:31:30.63	1:31:09.17	Springfield Striders RC
261	292	Kaya Smith	FO	1:32:22.52	1:31:40.85	Dagenham 88 Runners
262	381	Tim Clifton	M40	1:32:23.67	1:31:53.71	Great Bentley Running Club
263	285	Steven Langridge	M40	1:32:39.61	1:32:09.35	
264	369	Nicola Murphy	FO	1:32:41.89	1:32:00.56	
265	370	Sarah Murphy	FO	1:32:41.89	1:32:00.46	
266	165	Adrian Russell	M50	1:33:03.4	1:32:29.75	Woodford Green AC with Essex
267	295	Tim Brockington	M60	1:33:27.13	1:33:03.88	Springfield Striders RC
268	255	Bob Gear	M60	1:33:30.04	1:32:57.12	Maldon Soul Runners
269	7	Sharon Hardwicke	F50	1:33:31.87	1:33:02.42	Tiptree road runners
270	380	Sally Denwood	F40	1:33:44.92	1:33:15.46	
271	105	Mike Hulett	M50	1:34:11.25	1:33:42.33	
272	170	Helen Waring	F40	1:34:48.11	1:34:05.12	
273	256	Ali Burlington	FO	1:34:51.42	1:34:15.46	
274	112	Gloria Bullen	F60	1:34:54.86	1:34:20.38	Thurrock Harriers
275	317	Jools Butcher	M40	1:34:57.58	1:34:25.14	
276	287	Matthew Harrison	M40	1:34:57.79	1:34:25.59	Springfield Striders RC
277	238	Paul Darby	M50	1:35:04.17	1:34:23.72	
278	332	Katherine Taylor	F50	1:35:34.95	1:35:04.04	Orion Harriers
279	44	Jane Roach	F50	1:35:49.05	1:35:17.91	Halstead RRC
280	358	Kerry Marsh	F40	1:36:36.66	1:36:06.28	Tiptree Road Runners
281	221	Richard Hurley	M70	1:36:43.7	1:36:21.38	
282	74	Barbara Mcdonnell	F60	1:37:09.4	1:36:28.08	Dengie 100 Runners
283	275	Emma Nixon	F60	1:37:19.37	1:36:35.72	
284	168	Christopher Longhurst	M40	1:37:20.19	1:36:53.43	
285	277	Selon Timi Veerasamy	F70	1:37:33.71	1:36:52.15	Dagenham 88 Runners
286	166	Marco Firman	M50	1:37:38.31	1:37:11.55	Braintree & District AC
287	27	Alan Wellbelove	M60	1:38:20.32	1:37:43.55	Harlow Running & Tri Club
288	186	Ross Silverton	M70	1:38:23.53	1:37:51.8	Witham RC
289	327	Donna Maxen	F50	1:38:23.74	1:37:40.1	South Woodham Runners
290	276	Simon Tucker	M50	1:38:29.45	1:37:49.12	Vegan Runners UK
291	368	Christopher Lambert	M60	1:38:50.67	1:38:22.28	
292	3	Robyn Harding	FO	1:38:56.49	1:38:27.41	Tiptree Road Runners
293	1	Christopher Harding	MO	1:38:56.8	1:38:23.64	Tiptree Road Runners
294	388	Robert Peters	M50	1:39:56.34	1:39:33.4	Harlow Running & Tri Club
295	180	Roxane Wallis	FO	1:40:07.93	1:39:28.59	Michelle's Running Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
296	171	Jody Wilkey	F40	1:40:10.6	1:39:31.68	
297	179	Anna Whitehead	F50	1:40:11.53	1:39:36.03	Weald Park Warriors
298	344	David Rout	M60	1:40:35.08	1:40:03.62	Harwich Runners
299	40	Gill Winsor	F60	1:41:26.63	1:40:44.52	Dengie 100 Runners
300	31	Kelly Rogers	F40	1:42:04.09	1:41:24.97	Tiptree road runners
301	82	Tina Clarke	F50	1:42:04.4	1:41:25.05	Tiptree Road Runners
302	258	Richard Heard	M50	1:42:08.67	1:41:31.68	Michelle's Running Club
303	193	Julia Galea	F60	1:42:40.36	1:42:05.49	Ilford AC
304	405	Jill Langton	F40	1:43:34.55	1:42:51.34	SWF Runners
305	68	Mandy Graves	F60	1:43:41.98	1:43:06.01	Tiptree Road Runners
306	12	Sue Long	F50	1:44:19.61	1:43:42.73	Tiptree Road Runners
307	269	Dee West	F40	1:44:48.38	1:44:10.8	
308	262	Ray Everingham	M60	1:45:05.53	1:44:31.68	Ilford AC
309	54	Benjamin Hall	M40	1:45:50.15	1:45:12.27	Tiptree Road Runners
310	394	Sybil Harris	F50	1:45:56.84	1:45:19.11	
311	49	Rachel Chatfield	F40	1:46:18.84	1:45:45.54	Tiptree Road Runners
312	50	Len Marten	M50	1:46:25.42	1:45:54.12	Tiptree Road Runners
313	182	Anna Taylor	F50	1:46:33.73	1:45:59.22	
314	177	Kirsty Connolly	F40	1:46:59.6	1:46:25.09	
315	51	Alex Hadley	F40	1:48:24.4	1:47:45.93	Tiptree Road Runners
316	57	Kimberley Hall	F40	1:48:25.14	1:47:47.78	Tiptree Road Runners
317	315	Chloe White	FO	1:49:54.37	1:49:23.89	Billericay Striders
318	58	Clare Howard	F40	1:50:06.28	1:49:27.85	Tiptree Road Runners
319	391	Lynne Culham	F40	1:50:36.82	1:49:51.54	Braintree & District AC
320	121	Steve Nicholls	M60	1:51:05.8	1:50:27.04	Tiptree Road Runners
321	374	Charlotte Headley	FO	1:53:39.28	1:52:56.08	
322	99	Anita Leaver	F60	1:56:48.79	1:56:11.92	Tiptree Road Runners
323	190	Annabel Marriott	F40	1:57:00.89	1:56:16.83	
324	178	Martyn Pugh	M40	2:00:08.51	1:059:35.13	
325	224	Jonathan Large	M60	2:05:19.9	2:04:43.45	
326	223	Stephanie Holmes	FO	2:05:20.31	2:04:43.87	