

race named: Witham Boxing Day 5

Place	Race No	Name	Gun Time	Chip Time	Category	Cat Place	Gender Place	Club
1	357	<a href="#">Paul Whittaker</a>	24:26:00	24:26:00	Open	1	1	
2	69	<a href="#">Peter Coates</a>	25:33:00	25:33:00	Open	2	2	Witham RC
3	44	<a href="#">Shane Boxall</a>	25:37:00	25:36:00	Open	3	3	City of Southend On Sea AC
4	279	<a href="#">Ryan Prout</a>	26:26:00	26:25:00	M 18-39	1	4	Springfield Striders RC
5	395	<a href="#">Jason Baker</a>	26:28:00	26:27:00	M 18-39	2	5	
6	135	<a href="#">Oscar Graham-Pereira</a>	26:29:00	26:29:00	M 1-17	1	6	Braintree & District AC
7	388	<a href="#">Crispian Bloomfield</a>	26:49:00	26:48:00	M 40-49	1	7	Billericay Striders
8	104	<a href="#">Luke Fitz-John</a>	27:20:00	27:19:00	M 18-39	3	8	Springfield Striders RC
9	78	<a href="#">Conor Culham</a>	27:30:00	27:29:00	M 18-39	4	9	Braintree & District AC
10	52	<a href="#">Chris Burgoyne</a>	27:43:00	27:43:00	M 40-49	2	10	Springfield Striders RC

11	245	<a href="#">James Morley</a>	27:51:00	27:50:00	M 18-39	5	11	Ealing Southall & Middlesex AC
12	359	<a href="#">James Wiggins</a>	27:52:00	27:51:00	M 18-39	6	12	Corstorphine AAC
13	195	<a href="#">Shay Joyce</a>	27:54:00	27:52:00	M 18-39	7	13	Little Baddow Ridge Runners
14	283	<a href="#">William Radley</a>	27:58:00	27:56:00	M 18-39	8	14	Witham RC
15	59	<a href="#">Max Caulfield</a>	28:27:00	28:26:00	M 18-39	9	15	Colchester Harriers AC
16	8	<a href="#">Mark Allen</a>	28:50:00	28:48:00	M 50-59	1	16	Ipswich Jaffa RC
17	182	<a href="#">Rich Hynes</a>	28:58:00	28:57:00	M 40-49	3	17	Grange Farm & Dunmow Runners
18	248	<a href="#">Malcolm Muir</a>	29:03:00	29:02:00	M 40-49	4	18	Ilford AC
19	346	<a href="#">Jay Waite</a>	29:05:00	29:04:00	M 50-59	2	19	Colchester Harriers AC
20	90	<a href="#">Robert Doyle</a>	29:25:00	29:22:00	M 18-39	10	20	Thurrock Harriers
21	37	<a href="#">Scott Bird</a>	29:31:00	29:28:00	M 18-39	11	21	Harlow Running & Tri Club
22	375	<a href="#">Steven Whittaker</a>	29:34:00	29:31:00	M 18-39	12	22	

23	288	<a href="#">Colin Ridley</a>	29:43:00	29:41:00	M 60-69	1	23	Colchester Harriers AC
24	28	<a href="#">Liam Beavis</a>	29:58:00	29:54:00	M 18-39	13	24	Little Baddow Ridge Runners
25	348	<a href="#">Jody Walker</a>	30:07:00	30:04:00	M 40-49	5	25	Nuclear Races Striders
26	327	<a href="#">Matt Thomas</a>	30:17:00	30:13:00	M 18-39	14	26	Colchester Harriers AC
27	35	<a href="#">Samantha Bilbie</a>	30:42:00	30:41:00	Open	1	1	Springfield Striders RC
28	370	<a href="#">Melvyn Moycock</a>	30:44:00	30:41:00	M 40-49	6	27	Ipswich Jaffa RC
29	94	<a href="#">James Elgar</a>	30:47:00	30:45:00	M 18-39	15	28	
30	111	<a href="#">Simon Ford</a>	30:50:00	30:48:00	M 40-49	7	29	Colchester Harriers AC
31	316	<a href="#">Jackie Stretton</a>	30:56:00	30:52:00	Open	2	2	Springfield Striders RC
32	112	<a href="#">Luke Fordham</a>	31:10:00	31:08:00	M 18-39	16	30	Braintree & District AC
33	230	<a href="#">Robin McCoy</a>	31:31:00	31:29:00	M 50-59	3	31	Springfield Striders RC

34	213	<a href="#">Gary Licence</a>	31:45:00	31:43:00	M 40-49	8	32	Colchester Harriers AC
35	313	<a href="#">Harry Solomon</a>	31:47:00	31:43:00	M 18-39	17	33	
36	303	<a href="#">Oleksandr Senko</a>	32:11:00	32:05:00	M 18-39	18	34	Tiptree Road Runners
37	138	<a href="#">Steven Gresham</a>	32:22:00	32:16:00	M 18-39	19	35	
38	338	<a href="#">Peter Tullett</a>	32:28:00	32:26:00	M 60-69	2	36	Chelmsford AC
39	170	<a href="#">Martin Holland</a>	32:30:00	32:24:00	M 40-49	9	37	
40	39	<a href="#">Joanna Bolton</a>	32:32:00	32:25:00	Open	3	3	Billericay Striders
41	217	<a href="#">Matthew James Lovesey</a>	32:36:00	32:33:00	M 18-39	20	38	Sherfield Park Runners
42	147	<a href="#">Simon Handley</a>	32:36:00	32:31:00	M 40-49	10	39	
43	385	<a href="#">Luca Predebon</a>	32:37:00	32:34:00	M 40-49	11	40	Grange Farm & Dunmow Runners
44	61	<a href="#">David Chandler</a>	32:40:00	32:34:00	M 40-49	12	41	K9ers
45	84	<a href="#">Jamie Davidson</a>	33:03:00	33:00:00	M 40-49	13	42	
46	210	<a href="#">Benjamin Leeds</a>	33:13:00	33:11:00	M 40-49	14	43	Mid Essex Casuals

47	125	<a href="#">Chris Gardiner</a>	33:14:00	33:08:00	M 50-59	4	44	Tiptree Road Runners
48	341	<a href="#">Ben Usher</a>	33:18:00	33:14:00	M 18-39	21	45	
49	47	<a href="#">Tim Brand</a>	33:18:00	33:13:00	M 60-69	3	46	Harwich Runners
50	51	<a href="#">Jason Brunt</a>	33:21:00	33:17:00	M 50-59	5	47	Norfolk Gazelles AC
51	25	<a href="#">Thomas Beales</a>	33:23:00	33:19:00	M 40-49	15	48	
52	360	<a href="#">Terri Wiley</a>	33:27:00	33:23:00	F 18-39	1	4	Harlow Running & Tri Club
53	352	<a href="#">David Weldon</a>	33:46:00	33:41:00	M 40-49	16	49	Springfield Striders RC
54	300	<a href="#">Paul Search</a>	33:49:00	33:40:00	M 40-49	17	50	Little Baddow Ridge Runners
55	46	<a href="#">Chris Branch</a>	33:50:00	33:46:00	M 18-39	22	51	
56	79	<a href="#">Oliver Curl</a>	33:50:00	33:38:00	M 18-39	23	52	
57	121	<a href="#">Mike Garden</a>	33:58:00	33:54:00	M 18-39	24	53	
58	240	<a href="#">Jay Moore</a>	34:04:00	34:03:00	M 18-39	25	54	
59	45	<a href="#">Ross Boyer</a>	34:07:00	34:05:00	M 60-69	4	55	Braintree & District AC
60	244	<a href="#">Denise Morley</a>	34:09:00	34:05:00	F 50-59	1	5	Colchester Harriers AC

61	149	<a href="#">Rob Hankey</a>	34:11:00	34:04:00	M 40-49	18	56	Tiptree Road Runners
62	119	<a href="#">Jamie Gallo</a>	34:14:00	34:04:00	M 18-39	26	57	
63	263	<a href="#">Imogen Ovenden</a>	34:21:00	34:11:00	F 18-39	2	6	Springfield Striders RC
64	6	<a href="#">Lucy Aitchison</a>	34:24:00	34:09:00	F 18-39	3	7	
65	332	<a href="#">Christopher Thornton</a>	34:31:00	34:24:00	M 60-69	5	58	TRISudbury
66	192	<a href="#">Thomas Johnson</a>	34:43:00	34:39:00	M 18-39	27	59	
67	379	<a href="#">Martin Embrex</a>	34:47:00	34:44:00	M 18-39	28	60	
68	253	<a href="#">Ryan Naidoo</a>	35:14:00	35:07:00	M 18-39	29	61	Tiptree Road Runners
69	317	<a href="#">Catherine Sunderland</a>	35:14:00	35:07:00	F 18-39	4	8	
70	393	<a href="#">Tony Bennett</a>	35:16:00	35:02:00	M 50-59	6	62	Little Baddow Ridge Runners
71	305	<a href="#">Jermaine Shand</a>	35:18:00	35:13:00	M 18-39	30	63	Harlow Running & Tri Club
72	281	<a href="#">Daniel Quartly</a>	35:22:00	35:14:00	M 18-39	31	64	

73	311	<a href="#">Emily Smith</a>	35:25:00	35:15:00	F 40-49	1	9	Springfield Striders RC
74	319	<a href="#">Christine Sutcliffe</a>	35:31:00	35:21:00	F 50-59	2	10	Billericay Striders
75	180	<a href="#">Morven Hurding</a>	35:43:00	35:36:00	F 40-49	2	11	Tiptree Road Runners
76	396	<a href="#">Alex Ballard</a>	35:51:00	35:43:00	M 40-49	19	65	
77	196	<a href="#">Antony Karas</a>	35:54:00	35:51:00	M 50-59	7	66	Grange Farm & Dunmow Runners
78	387	<a href="#">Duncan Cox</a>	35:59:00	35:51:00	M 50-59	8	67	
79	271	<a href="#">Emily Pereira</a>	36:07:00	35:58:00	F 40-49	3	12	Braintree & District AC
80	10	<a href="#">Sam Ambrose</a>	36:07:00	35:58:00	F 18-39	5	13	Braintree & District AC
81	5	<a href="#">Tony Agg</a>	36:08:00	36:02:00	M 40-49	20	68	Billericay Striders
82	285	<a href="#">Nicola Ranson</a>	36:16:00	36:03:00	F 50-59	3	14	Springfield Striders RC
83	243	<a href="#">Kirsty Morgan</a>	36:19:00	35:42:00	F 18-39	6	15	Ipswich Jaffa RC
84	48	<a href="#">Adam Bright</a>	36:26:00	36:13:00	M 18-39	32	69	Springfield Striders RC
85	38	<a href="#">Ben Blanchard</a>	36:27:00	36:17:00	M 18-39	33	70	

86	296	<a href="#">Richard Sambridge</a>	36:29:00	36:20:00	M 40-49	21	71	Braintree & District AC
87	378	<a href="#">Susan Taylor</a>	36:36:00	36:26:00	F 18-39	7	16	Michelle's Running Group
88	383	<a href="#">Allan Steel</a>	36:37:00	36:24:00	M 40-49	22	72	South Woodham Runners
89	384	<a href="#">Richard May</a>	36:38:00	36:24:00	M 40-49	23	73	South Woodham Runners
90	168	<a href="#">Peter Hodgson</a>	36:43:00	36:29:00	M 50-59	9	74	Little Baddow Ridge Runners
91	83	<a href="#">Christopher Davey</a>	36:46:00	36:36:00	M 50-59	10	75	
92	269	<a href="#">Stuart Peace</a>	36:47:00	36:34:00	M 40-49	24	76	Tiptree Road Runners
93	99	<a href="#">Grant England</a>	36:48:00	36:41:00	M 40-49	25	77	Billericay Striders
94	201	<a href="#">Magdalena Komorowska</a>	36:50:00	36:43:00	F 40-49	4	17	Great Bentley Running Club
95	374	<a href="#">Michael Whittaker</a>	36:52:00	36:47:00	M 60-69	6	78	
96	113	<a href="#">Clare Foreman</a>	36:56:00	36:48:00	F 18-39	8	18	Springfield Striders RC



97	55	<a href="#">Ian Cannons</a>	36:57:00	36:23:00	M 50-59	11	79	Harwich Runners
98	372	<a href="#">Richard Hunter</a>	37:00:00	36:22:00	M 18-39	34	80	
99	100	<a href="#">Chiara Evans</a>	37:06:00	36:30:00	F 18-39	9	19	
100	382	<a href="#">Yuko Gordon</a>	37:07:00	37:01:00	F 70-99	1	20	
101	392	<a href="#">Gaby Bilbie</a>	37:12:00	36:57:00	F 1-17	1	21	Chelmsford AC
102	162	<a href="#">Ben Herron</a>	37:14:00	36:54:00	M 18-39	35	81	Nantwich Running Club
103	13	<a href="#">Chris Arnell</a>	37:20:00	37:15:00	M 40-49	26	82	Harlow Running & Tri Club
104	72	<a href="#">Claire Collins</a>	37:22:00	37:10:00	F 18-39	10	22	Springfield Striders RC
105	106	<a href="#">Roy Fleming</a>	37:23:00	37:15:00	M 50-59	12	83	Billericay Striders
106	389	<a href="#">Matt Aitken</a>	37:34:00	37:19:00	M 18-39	36	84	
107	386	<a href="#">Richard Sirett</a>	37:36:00	37:20:00	M 50-59	13	85	Michelle's Running Group
108	17	<a href="#">Mark Avery</a>	37:40:00	37:28:00	M 50-59	14	86	Ipswich Jaffa RC
109	31	<a href="#">Allison Beeton</a>	37:42:00	37:36:00	F 50-59	4	23	Harlow RC
110	173	<a href="#">Paul Hopper</a>	37:44:00	37:36:00	M 40-49	27	87	
111	254	<a href="#">Lewis Naylor</a>	37:49:00	37:33:00	M 18-39	37	88	

112	110	<a href="#">Andrew Flynn</a>	37:52:00	37:05:00	M 50-59	15	89	
113	394	<a href="#">Emily Bennett</a>	37:56:00	37:42:00	F 18-39	11	24	Little Baddow Ridge Runners
114	335	<a href="#">Gavin Tilling</a>	37:56:00	37:41:00	M 40-49	28	90	Little Baddow Ridge Runners
115	172	<a href="#">Andrew Hopper</a>	38:19:00	38:11:00	M 40-49	29	91	Boxted Runners
116	252	<a href="#">Anita Mussett</a>	38:20:00	38:07:00	F 50-59	5	25	Colchester Harriers AC
117	246	<a href="#">David Morris</a>	38:27:00	38:11:00	M 50-59	16	92	Little Baddow Ridge Runners
118	49	<a href="#">Paul Brimson</a>	38:31:00	38:16:00	M 60-69	7	93	
119	107	<a href="#">Peter Fleming</a>	38:33:00	38:22:00	M 18-39	38	94	
120	262	<a href="#">Hope O'Sullivan</a>	38:33:00	38:21:00	F 18-39	12	26	
121	128	<a href="#">Christopher Garey</a>	38:39:00	38:28:00	M 18-39	39	95	Springfield Striders RC
122	206	<a href="#">Ben Laws</a>	38:41:00	38:24:00	M 18-39	40	96	Springfield Striders RC
123	199	<a href="#">Dylan Keth</a>	38:49:00	38:13:00	M 18-39	41	97	

124	333	<a href="#">Charlotte Thornton</a>	38:57:00	38:37:00	F 18-39	13	27	
125	189	<a href="#">Mark Jeffrey</a>	39:00:00	38:41:00	M 60-69	8	98	Springfield Striders RC
126	231	<a href="#">Gerry McGovern</a>	39:06:00	38:51:00	M 60-69	9	99	Little Baddow Ridge Runners
127	85	<a href="#">Rowena De Belligny</a>	39:07:00	38:55:00	F 40-49	5	28	Tiptree Road Runners
128	256	<a href="#">Philip Nicholls</a>	39:13:00	39:02:00	M 40-49	30	100	Tiptree Road Runners
129	193	<a href="#">Graham Jones</a>	39:20:00	38:55:00	M 50-59	17	101	Billericay Striders
130	41	<a href="#">Paul Bolton</a>	39:21:00	39:09:00	M 50-59	18	102	
131	63	<a href="#">Jenny Chandler</a>	39:21:00	39:06:00	F 18-39	14	29	Springfield Striders RC
132	62	<a href="#">Gary Chandler</a>	39:21:00	39:07:00	M 50-59	19	103	Springfield Striders RC
133	73	<a href="#">David Collins</a>	39:23:00	39:10:00	M 50-59	20	104	Springfield Striders RC
134	373	<a href="#">John Camilleri</a>	39:29:00	38:51:00	M 18-39	42	105	
135	225	<a href="#">David Mason</a>	39:32:00	39:14:00	M 50-59	21	106	Springfield Striders RC

136	320	<a href="#">Ian Sutcliffe</a>	39:37:00	39:26:00	M 60-69	10	107	Springfield Striders RC
137	367	<a href="#">Sam Yell</a>	39:40:00	39:28:00	M 18-39	43	108	Tiptree Road Runners
138	369	<a href="#">Thomas Wiggins</a>	39:41:00	39:33:00	M 18-39	44	109	
139	134	<a href="#">Isobel Gowers</a>	39:46:00	39:21:00	F 40-49	6	30	Springfield Striders RC
140	340	<a href="#">Macer Twydell</a>	39:53:00	39:42:00	M 40-49	31	110	Braintree & District AC
141	88	<a href="#">Angela Dellar</a>	39:55:00	39:38:00	F 50-59	6	31	Tiptree Road Runners
142	191	<a href="#">Mark Johnson</a>	39:55:00	39:48:00	M 40-49	32	111	
143	207	<a href="#">Jamie Lawson</a>	39:56:00	39:38:00	M 18-39	45	112	
144	139	<a href="#">Nicholas Grice</a>	39:57:00	39:36:00	M 18-39	46	113	Michelle's Running Group
145	102	<a href="#">Megan Fenner</a>	39:59:00	39:40:00	F 18-39	15	32	Little Baddow Ridge Runners
146	150	<a href="#">Christopher Harding</a>	40:03:00	39:36:00	M 18-39	47	114	Tiptree Road Runners
147	208	<a href="#">Graham Lee</a>	40:05:00	39:41:00	M 40-49	33	115	

148	368	<a href="#">Anne Radovcic</a>	40:05:00	39:45:00	F 40-49	7	33	Michelle's Running Group
149	57	<a href="#">Dave Cassin</a>	40:10:00	39:52:00	M 50-59	22	116	Tiptree Road Runners
150	178	<a href="#">Mandy Humm</a>	40:12:00	39:56:00	F 40-49	8	34	Halstead RRC
151	155	<a href="#">Carl Harper</a>	40:16:00	40:02:00	M 50-59	23	117	Tiptree Road Runners
152	198	<a href="#">Lee Kerrison</a>	40:23:00	39:55:00	M 50-59	24	118	Tiptree Road Runners
153	242	<a href="#">Abigail Morgan</a>	40:32:00	40:19:00	F 18-39	16	35	Colchester Harriers AC
154	18	<a href="#">Chris Axford</a>	40:34:00	39:54:00	M 50-59	25	119	Jogging Made Easy
155	161	<a href="#">Georgia Herron</a>	40:38:00	40:18:00	F 18-39	17	36	CDF Runners
156	222	<a href="#">Harrison Marie</a>	40:38:00	40:18:00	M 18-39	48	120	
157	7	<a href="#">Doug Aitchison</a>	40:46:00	40:30:00	M 50-59	26	121	
158	166	<a href="#">Deborah Hitching</a>	40:50:00	40:32:00	F 40-49	9	37	Springfield Striders RC
159	91	<a href="#">Michelle Edwards</a>	40:58:00	40:42:00	F 50-59	7	38	Tiptree Road Runners
160	15	<a href="#">Mark Arnold</a>	41:03:00	40:49:00	M 40-49	34	122	

161	293	<a href="#">Justin Ruggles</a>	41:06:00	41:06:00	M 50-59	27	123	Mid Essex Casuals
162	334	<a href="#">Andrew Tietjen</a>	41:07:00	40:55:00	M 40-49	35	124	
163	68	<a href="#">Steve Cleaver</a>	41:10:00	40:54:00	M 60-69	11	125	Little Baddow Ridge Runners
164	103	<a href="#">Donna Fisher</a>	41:10:00	40:52:00	F 50-59	8	39	Springfield Striders RC
165	146	<a href="#">Emma Hamilton</a>	41:10:00	40:54:00	F 18-39	18	40	
166	371	<a href="#">Christina Hunter</a>	41:12:00	40:34:00	F 18-39	19	41	
167	157	<a href="#">Nicholas Harvey</a>	41:12:00	41:01:00	M 40-49	36	126	
168	377	<a href="#">James Conway</a>	41:16:00	40:47:00	M 50-59	28	127	Michelle's Running Group
169	302	<a href="#">Dominique Sellors</a>	41:17:00	40:54:00	F 40-49	10	42	
170	14	<a href="#">Stephen Arnold</a>	41:19:00	41:05:00	M 40-49	37	128	
171	54	<a href="#">Helen Came</a>	41:24:00	41:03:00	F 18-39	20	43	
172	50	<a href="#">Lindsay Brotherston</a>	41:29:00	40:51:00	F 40-49	11	44	
173	40	<a href="#">Ian Bolton</a>	41:30:00	41:10:00	M 50-59	29	129	Harwich Runners

174	330	<a href="#">Simon Thompson</a>	41:33:00	41:21:00	M 50-59	30	130	Tiptree Road Runners
175	19	<a href="#">Ben Bailey</a>	41:36:00	41:14:00	M 40-49	38	131	
176	323	<a href="#">Paul Tawn</a>	41:37:00	40:49:00	M 60-69	12	132	Mid Essex Casuals
177	365	<a href="#">Aidan Wood</a>	41:44:00	41:27:00	M 18-39	49	133	
178	349	<a href="#">Juliet Warren-Penny</a>	41:44:00	41:23:00	F 50-59	9	45	Springfield Striders RC
179	290	<a href="#">Brendan Robinson</a>	41:50:00	41:16:00	M 50-59	31	134	Billericay Striders
180	398	<a href="#">Tim Deacon</a>	41:50:00	41:17:00	M 18-39	50	135	
181	259	<a href="#">Ash-Lee Osborne</a>	41:51:00	40:44:00	M 18-39	51	136	Tiptree Road Runners
182	87	<a href="#">Rick Deacon</a>	41:53:00	41:19:00	M 60-69	13	137	Billericay Striders
183	214	<a href="#">Emma Lloyd</a>	41:55:00	41:40:00	F 18-39	21	46	Springfield Striders RC
184	312	<a href="#">Richard Smith</a>	41:59:00	41:40:00	M 50-59	32	138	
185	133	<a href="#">Ruth Gowers</a>	42:05:00	41:39:00	F 40-49	12	47	Buxton AC
186	148	<a href="#">Katie Hands</a>	42:10:00	41:30:00	F 40-49	13	48	Jogging Made Easy

187	304	<a href="#">Christopher Sewell</a>	42:12:00	41:36:00	M 60-69	14	139	Springfield Striders RC
188	179	<a href="#">Joby Humm</a>	42:15:00	42:00:00	M 40-49	39	140	Halstead RRC
189	93	<a href="#">Jane Elgar</a>	42:34:00	42:04:00	F 60-69	1	49	Billericay Striders
190	143	<a href="#">Steph Gunn</a>	42:39:00	42:19:00	F 40-49	14	50	Mid Essex Casuals
191	276	<a href="#">Kate Porter</a>	42:42:00	42:14:00	F 40-49	15	51	Harlow Running & Tri Club
192	92	<a href="#">Laura Edwards</a>	42:49:00	42:10:00	F 40-49	16	52	
193	60	<a href="#">Lee Caulfield</a>	42:59:00	42:42:00	M 50-59	33	141	Colchester Harriers AC
194	339	<a href="#">Karen Tullett</a>	43:03:00	42:46:00	F 18-39	22	53	Greenock Glenpark Harriers
195	345	<a href="#">Jamie Wade</a>	43:10:00	42:36:00	M 18-39	52	142	
196	70	<a href="#">Ashley Cobden</a>	43:12:00	42:50:00	M 18-39	53	143	
197	96	<a href="#">Mark Emerson</a>	43:22:00	42:46:00	M 50-59	34	144	
198	397	<a href="#">Carmen Ballard</a>	43:25:00	43:01:00	M 18-39	54	145	
199	190	<a href="#">Lysia Jiggins</a>	43:30:00	43:06:00	F 40-49	17	54	Witham RC



200	215	<a href="#">Michelle Lock</a>	43:32:00	43:07:00	F 50-59	10	55	South Woodham Runners
201	315	<a href="#">Tracy Stratford</a>	43:34:00	43:06:00	F 18-39	23	56	Harlow Running & Tri Club
202	118	<a href="#">Ricky Fuller</a>	43:35:00	43:15:00	M 50-59	35	146	Michelle's Running Group
203	307	<a href="#">Jack Shepherd</a>	43:36:00	43:15:00	M 18-39	55	147	Springfield Striders RC
204	89	<a href="#">Matt Doran</a>	43:39:00	43:03:00	M 40-49	40	148	Harwich Runners
205	322	<a href="#">Lynn Tanner</a>	43:41:00	43:28:00	F 70-99	2	57	Springfield Striders RC
206	16	<a href="#">Simon Ashton</a>	43:47:00	43:28:00	M 50-59	36	149	Lonely Goat RC
207	30	<a href="#">Jason Bedlow</a>	43:50:00	43:29:00	M 50-59	37	150	
208	53	<a href="#">Francis Burton-Choonara</a>	43:54:00	43:32:00	M 18-39	56	151	Springfield Striders RC
209	105	<a href="#">Alexander Fleetham</a>	43:55:00	43:32:00	M 18-39	57	152	
210	282	<a href="#">Louisa Quilter</a>	43:56:00	43:26:00	F 40-49	18	58	Tiptree Road Runners
211	216	<a href="#">Louise Lovesey</a>	44:00:00	43:40:00	F 18-39	24	59	Lordshill Road Runners

212	171	<a href="#">Peter Holme</a>	44:01:00	43:36:00	M 50-59	38	153	
213	160	<a href="#">Stacy Hember</a>	44:03:00	43:34:00	F 50-59	11	60	Tiptree Road Runners
214	220	<a href="#">Cheryl Macdonald</a>	44:06:00	43:58:00	F 60-69	2	61	Pitsea RC
215	159	<a href="#">Saffron Hawkins</a>	44:06:00	43:37:00	F 1-17	2	62	Michelle's Running Group
216	21	<a href="#">Soraya Barron</a>	44:13:00	43:49:00	F 18-39	25	63	Springfield Striders RC
217	22	<a href="#">Steve Barron</a>	44:14:00	43:50:00	M 40-49	41	154	
218	167	<a href="#">Paul Hobart</a>	44:19:00	43:56:00	M 60-69	15	155	
219	42	<a href="#">Mark Bond</a>	44:23:00	44:06:00	M 50-59	39	156	
220	343	<a href="#">Craig Vernon</a>	44:23:00	43:21:00	M 50-59	40	157	Tiptree Road Runners
221	65	<a href="#">Catharina Childs</a>	44:26:00	44:03:00	F 50-59	12	64	
222	325	<a href="#">Georgia Tawn</a>	44:28:00	43:39:00	M 18-39	58	158	
223	64	<a href="#">Sam Cheung</a>	44:28:00	43:58:00	F 50-59	13	65	Tiptree Road Runners
224	114	<a href="#">David Foster</a>	44:38:00	44:06:00	M 60-69	16	159	Michelle's Running Group

225	261	<a href="#">Nikki Osborne</a>	44:41:00	44:24:00	F 50-59	14	66	
226	120	<a href="#">Emilia Gambell</a>	44:41:00	44:23:00	F 18-39	26	67	
227	123	<a href="#">Lisa Gardener</a>	44:46:00	44:15:00	F 40-49	19	68	
228	122	<a href="#">Paul Gardener</a>	44:47:00	44:15:00	M 40-49	42	160	Tiptree Road Runners
229	310	<a href="#">Ross Silverton</a>	44:58:00	44:49:00	M 70-99	1	161	Witham RC
230	278	<a href="#">Hazel Powling</a>	45:02:00	45:02:00	F 50-59	15	69	Billericay Striders
231	164	<a href="#">Ken Hills</a>	45:04:00	44:44:00	M 60-69	17	162	Michelle's Running Group
232	163	<a href="#">Simone Hilliard</a>	45:13:00	45:05:00	F 40-49	20	70	Tiptree Road Runners
233	77	<a href="#">Clive Crisp</a>	45:13:00	44:55:00	M 60-69	18	163	Sittingbourne Striders
234	174	<a href="#">Dawn Hopper</a>	45:23:00	44:58:00	F 40-49	21	71	
235	81	<a href="#">Paul Darby</a>	45:44:00	45:22:00	M 50-59	41	164	
236	20	<a href="#">Allen Ball</a>	45:48:00	45:25:00	M 50-59	42	165	Running Colchester
237	2	<a href="#">Shelley Abbott-Jones</a>	45:49:00	45:27:00	F 18-39	27	72	South Woodham Runners

238	336	<a href="#">Paula Tilling</a>	45:50:00	45:11:00	F 50-59	16	73	Little Baddow Ridge Runners
239	184	<a href="#">Liz Irvine</a>	45:52:00	45:13:00	F 40-49	22	74	Springfield Striders RC
240	294	<a href="#">Adrian Russell</a>	46:18:00	45:40:00	M 50-59	43	166	Woodford Green AC with Essex Ladies
241	380	<a href="#">Tim Bradford</a>	46:28:00	46:01:00	M 60-69	19	167	South Woodham Runners
242	381	<a href="#">Natalie Bradford</a>	46:29:00	46:02:00	F 50-59	17	75	South Woodham Runners
243	299	<a href="#">John Scarfe</a>	46:37:00	46:08:00	M 60-69	20	168	Springfield Striders RC
244	326	<a href="#">Mark Thomas</a>	46:46:00	46:12:00	M 50-59	44	169	Braintree & District AC
245	152	<a href="#">Sharon Hardwicke</a>	46:52:00	46:21:00	F 50-59	18	76	Tiptree Road Runners
246	390	<a href="#">Virginia Willis</a>	46:59:00	46:43:00	F 0- 0	1	77	Mid Essex Casuals

247	376	<a href="#">Yael Brown</a>	47:03:00	46:28:00	F 50-59	19	78	Little Baddow Ridge Runners
248	236	<a href="#">Sonia Mirrington-French</a>	47:09:00	46:27:00	F 40-49	23	79	Running Colchester
249	237	<a href="#">Jenna Mirrington-French</a>	47:09:00	46:27:00	F 18-39	28	80	Running Colchester
250	226	<a href="#">Maggie Mason</a>	47:29:00	46:57:00	F 50-59	20	81	
251	258	<a href="#">Lisa Oldman</a>	47:36:00	47:12:00	F 40-49	24	82	Running Colchester
252	12	<a href="#">Elaine Appleby</a>	47:37:00	47:03:00	F 40-49	25	83	
253	235	<a href="#">Yasmina Miller</a>	47:43:00	47:02:00	F 40-49	26	84	
254	71	<a href="#">Steve Coe</a>	47:46:00	47:12:00	M 50-59	45	170	
255	308	<a href="#">Sheryne Shillingford-Reed</a>	47:47:00	47:22:00	F 40-49	27	85	Buckingham & Stowe RC
256	156	<a href="#">Adele Hart</a>	48:21:00	47:50:00	F 18-39	29	86	Nuclear Races Striders
257	204	<a href="#">Shireen Lappage</a>	48:21:00	47:50:00	F 18-39	30	87	
258	116	<a href="#">Paul Freeman</a>	48:25:00	47:48:00	M 50-59	46	171	
259	291	<a href="#">Viviana Rojas</a>	48:25:00	47:48:00	F 18-39	31	88	

260	3	<a href="#">Leanne Abbott-Jones</a>	48:41:00	48:19:00	F 40-49	28	89	
261	337	<a href="#">Charleen Tillotson</a>	48:42:00	48:14:00	F 40-49	29	90	Harlow Running & Tri Club
262	175	<a href="#">Natasha Howard</a>	48:48:00	48:21:00	F 40-49	30	91	East London Runners
263	342	<a href="#">Jayne Vernon</a>	49:16:00	48:43:00	F 50-59	21	92	Tiptree Road Runners
264	145	<a href="#">Alex Hadley</a>	49:28:00	48:56:00	F 40-49	31	93	Tiptree Road Runners
265	97	<a href="#">Georgina Emerson</a>	49:43:00	49:07:00	F 50-59	22	94	
266	98	<a href="#">Martha Emerson</a>	49:48:00	49:14:00	F 18-39	32	95	
267	34	<a href="#">Alexandria Bessent</a>	49:54:00	49:29:00	F 40-49	32	96	
268	11	<a href="#">Michelle Amos</a>	50:20:00	49:49:00	F 40-49	33	97	
269	284	<a href="#">Manfred Ramirez</a>	50:22:00	49:39:00	M 50-59	47	172	
270	268	<a href="#">Angela Parsons</a>	50:23:00	49:49:00	F 50-59	23	98	Fordy Runs Running Club
271	126	<a href="#">Michelle Gardner</a>	50:28:00	49:52:00	F 50-59	24	99	Haverhill Running Club
272	355	<a href="#">Chloe White</a>	50:30:00	50:04:00	F 18-39	33	100	Billericay Striders

273	351	<a href="#">Abigail Weatherley</a>	50:38:00	50:08:00	F 18-39	34	101	
274	144	<a href="#">Anthony Gunnell</a>	50:49:00	50:24:00	M 60-69	21	173	
275	223	<a href="#">Annabel Marriott</a>	50:54:00	50:07:00	F 40-49	34	102	
276	177	<a href="#">Melissa Howell</a>	50:58:00	50:19:00	F 40-49	35	103	Springfield Striders RC
277	74	<a href="#">Matt Collins</a>	50:59:00	50:06:00	M 40-49	43	174	
278	151	<a href="#">Robyn Harding</a>	51:01:00	50:28:00	F 18-39	35	104	Tiptree Road Runners
279	270	<a href="#">Alison Peace</a>	51:02:00	50:28:00	F 40-49	36	105	Tiptree Road Runners
280	127	<a href="#">Lynne Garey</a>	51:12:00	50:33:00	F 60-69	3	106	Springfield Striders RC
281	301	<a href="#">Matt Sellors</a>	51:13:00	50:36:00	M 50-59	48	175	
282	218	<a href="#">Anna Luff</a>	51:25:00	50:52:00	F 18-39	36	107	Springfield Striders RC
283	153	<a href="#">Laura Harford</a>	51:40:00	50:58:00	F 18-39	37	108	
284	86	<a href="#">Christine Deacon</a>	51:40:00	50:58:00	F 60-69	4	109	Billericay Striders
285	289	<a href="#">Ann Robinson</a>	51:40:00	50:58:00	F 50-59	25	110	Billericay Striders
286	95	<a href="#">Victoria Elkins</a>	51:55:00	51:24:00	F 50-59	26	111	

287	356	<a href="#">Zoe Whittaker</a>	51:58:00	51:26:00	F 18-39	38	112	
288	286	<a href="#">David Rayner</a>	52:01:00	51:27:00	M 50-59	49	176	Springfield Striders RC
289	202	<a href="#">Lisa Lager</a>	52:24:00	51:46:00	F 40-49	37	113	Chelmer Roadrunners
290	140	<a href="#">William Grice</a>	52:42:00	52:13:00	M 18-39	59	177	Michelle's Running Group
291	136	<a href="#">Mandy Graves</a>	52:46:00	52:14:00	F 60-69	5	114	Tiptree Road Runners
292	76	<a href="#">Sandra Creak</a>	52:55:00	52:23:00	F 60-69	6	115	
293	80	<a href="#">Karen Dakin</a>	53:37:00	53:22:00	F 50-59	27	116	
294	33	<a href="#">Emma Bentley</a>	54:22:00	53:42:00	F 18-39	39	117	
295	129	<a href="#">Richard Gillett</a>	54:23:00	53:42:00	M 50-59	50	178	
296	219	<a href="#">Steve Macdonald</a>	54:27:00	53:33:00	M 60-69	22	179	Pitsea RC
297	209	<a href="#">Nicola Lee</a>	54:36:00	54:07:00	F 40-49	38	118	
298	366	<a href="#">Adam Woollard</a>	54:36:00	54:07:00	M 40-49	44	180	
299	185	<a href="#">Ross Irvine</a>	54:41:00	54:02:00	M 40-49	45	181	Springfield Striders RC
300	309	<a href="#">Eleanor Shipley</a>	55:15:00	54:34:00	F 18-39	40	119	



301	347	<a href="#">Olivia Wakeman</a>	55:19:00	54:37:00	F 18-39	41	120	
302	124	<a href="#">Frank Gardiner</a>	55:26:00	54:49:00	M 60-69	23	182	Great Bentley Running Club
303	324	<a href="#">Lauren Tawn</a>	55:26:00	54:39:00	F 18-39	42	121	
304	115	<a href="#">Laura Fox</a>	55:31:00	54:45:00	F 40-49	39	122	
305	101	<a href="#">Kate Fabricant</a>	55:31:00	54:45:00	F 50-59	28	123	
306	354	<a href="#">Alexandra Wharfe</a>	55:41:00	54:56:00	F 18-39	43	124	
307	350	<a href="#">David Watson</a>	55:57:00	55:25:00	M 50-59	51	183	Tiptree Road Runners
308	260	<a href="#">Eddy Osborne</a>	56:08:00	55:06:00	M 18-39	60	184	Tiptree Road Runners
309	176	<a href="#">Dave Howard</a>	56:34:00	55:41:00	M 60-69	24	185	
310	224	<a href="#">Len Marten</a>	57:38:00	57:09:00	M 50-59	52	186	Tiptree Road Runners
311	141	<a href="#">Fiona Griffiths</a>	57:38:00	56:54:00	F 40-49	40	125	
312	298	<a href="#">Nicky Santomaur</a> <a href="#">o</a>	58:11:00	57:35:00	F 50-59	29	126	
313	250	<a href="#">Phil Mullens</a>	58:27:00	57:41:00	M 50-59	53	187	

314	75	<a href="#">Gemma Conn</a>	59:37:00	58:54:00	F 40-49	41	127	Little Baddow Ridge Runners
315	391	<a href="#">Vicki Karas</a>	59:37:00	58:54:00	F 50-59	30	128	
316	130	<a href="#">Matthew Goodchild</a>	01:00:11	59:26:00	M 50-59	54	188	
317	108	<a href="#">John Flowers</a>	01:00:42	59:48:00	M 50-59	55	189	
318	9	<a href="#">Peter Allen</a>	01:01:00	01:00:22	M 60-69	25	190	Bishop's Stortford Running Club
319	137	<a href="#">Daisy Greenwood</a>	01:05:31	01:04:50	F 18-39	44	129	
320	241	<a href="#">Simon Morgan</a>	01:05:36	01:04:55	M 50-59	56	191	Colchester Harriers AC
321	1	<a href="#">Christmas Pudding</a>	01:05:38	01:05:38	F 18-39	45	130	Witham RC