

# Braintree 5

## Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	53	Blair Mcwhirter	MO	0:25:34.37	Iford AC
2	485	Tom Gardner	MO	0:26:34.56	Iford AC
3	343	Nick Shasha	M40	0:26:38.05	Orion Harriers
4	295	Malcolm Muir	M40	0:26:49.66	Iford AC
5	94	Connor Page	U18M	0:26:56.01	
6	203	James Boshier	MO	0:27:01.93	Grange Farm & Dunmow Runner
7	483	Tim Woulfe	MO	0:27:09.87	Braintree & District AC
8	202	James Smith	MO	0:27:21.52	Springfield Striders RC
9	359	Patrick Brown	MO	0:27:24.96	East London Runners
10	194	Ian Clark	MO	0:27:29.25	Orion Harriers
11	73	Chris Burgoyne	MO	0:27:33.82	Springfield Striders RC
12	8	Alex Manton	MO	0:27:42.34	Springfield Striders RC
13	425	Ryan Faulkner	MO	0:27:59.56	Reading AC
14	14	Alistair Brown	M40	0:28:07.45	Grange Farm & Dunmow Runner
15	204	James Wright	MO	0:28:12.61	Springfield Striders RC
16	43	Antony Goodall	M40	0:28:14.07	Springfield Striders RC
17	468	Stuart Raven	M40	0:28:20.45	Springfield Striders RC
18	88	Colin Ridley	M50	0:28:30.37	Colchester Harriers AC
19	271	Kurtis Swan	MO	0:28:34.52	Billericay Striders
20	162	Ged Mcmillan	M40	0:28:36.9	Colchester Harriers AC
21	23	Andrew Low	M40	0:28:38.09	Benfleet RC
22	136	Elizabeth Davies	F35	0:28:41.01	Springfield Striders RC
23	166	George Day	MO	0:28:47.71	Orion Harriers
24	361	Paul Mingay	M60	0:28:54.36	Tiptree Road Runners
25	489	Tony Bacon	MO	0:29:06.09	Saffron Striders RC
26	363	Paul Preston	M40	0:29:12.16	Colchester Harriers AC
27	460	Stephen Philcox	M50	0:29:16.95	Iford AC
28	465	Steven Read	M40	0:29:20.02	Grange Farm & Dunmow Runner
29	235	Jonathan Nears	M40	0:29:24.88	Colchester Harriers AC
30	190	Heydon Mizon	M40	0:29:41.75	Witham RC
31	156	Gary Chandler	M40	0:29:45.11	Springfield Striders RC
32	275	Lee Pickering	MO	0:29:55.55	Grange Farm & Dunmow Runner
33	508	Wesley Atkins	MO	0:30:01.7	Halstead RRC
34	351	Nigel Swinburne	MO	0:30:02.42	Dagenham 88 Runners
35	86	Clare Thurgood	FO	0:30:02.96	Orion Harriers
36	378	Peter West	M50	0:30:06.43	Colchester Harriers AC
37	50	Ben Holdgate	MO	0:30:08.44	Braintree & District AC
38	99	Daniel Reynolds	MO	0:30:16.52	Grange Farm & Dunmow Runner
39	338	Nebay Debesay	MO	0:30:18.54	Braintree & District AC
40	19	Andrew Tait	MO	0:30:18.58	Ware Joggers
41	340	Neil Crisp	M50	0:30:20.74	Iford AC
42	96	Craig Mitchell	M40	0:30:25.01	Colchester Harriers AC
43	254	Keith Marley	M40	0:30:36.8	Colchester Harriers AC
44	277	Leo Cole	M50	0:30:38.25	Witham RC
45	486	Tom Cresswell	MO	0:30:55.63	Colchester Harriers AC
46	95	Conor Culham	U18M	0:31:03.13	Braintree & District AC
47	111	David Hunt	MO	0:31:03.68	Witham RC
48	234	Jon Byford	MO	0:31:03.82	Springfield Striders RC
49	374	Peter Chubb	M40	0:31:06.86	Springfield Striders RC
50	170	Giles Sowerby	MO	0:31:38.12	Witham RC
51	114	David Wright	M50	0:31:40.75	Colchester Harriers AC
52	481	Terry Knightley	M50	0:31:44.48	Iford AC
53	360	Paul Dellar	M50	0:31:46.54	Tiptree Road Runners
54	238	Joshua Mulley	MO	0:31:54.38	Braintree & District AC
55	509	Aaron Graves	MO	0:31:56.5	
56	198	Jackie Stretton	FO	0:32:04.36	Springfield Striders RC
57	110	David Miller	M40	0:32:05.74	Leigh on Sea Striders
58	470	Stuart Chandler	MO	0:32:06.6	Ware Joggers
59	106	Darren Tiley	M40	0:32:11.62	Harlow RC
60	25	Andy Owen	MO	0:32:17.97	Halstead RRC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
61	463	Stephen Sawyer	MO	0:32:22.3	
62	484	Tom Porter	MO	0:32:24.82	Halstead RRC
63	302	Marianne Naylor	F35	0:32:27.79	Saffron Striders RC
64	44	Ashwin Shah	M40	0:32:29.07	Grange Farm & Dunmow Runner
65	92	Colin Woods	MO	0:32:35.88	Springfield Striders RC
66	327	Michael Bumstead	M60	0:32:46.27	Thurrock Harriers
67	78	Christopher Purse	M50	0:32:52.64	Springfield Striders RC
68	495	Trevor Johnson	M50	0:32:56.03	Witham RC
69	144	Eric Paul	M50	0:33:00.95	Orion Harriers
70	287	Louise Juby	F35	0:33:10	Orion Harriers
71	147	Fiona Halls	F35	0:33:20.11	Saffron Striders RC
72	104	Danny Flint	M40	0:33:29.4	Leigh on Sea Striders
73	455	Simon Morgan	M40	0:33:38.87	Colchester Harriers AC
74	305	Mark Greensides	MO	0:33:39.66	
75	299	Marc Underdown	M40	0:33:40.57	Witham RC
76	442	Sarah Pennington	FO	0:33:40.98	Southend On Sea AC
77	168	Gary Cahill	M50	0:33:41.75	Thurrock Athletics
78	165	Geoff Maidment	M40	0:33:42.08	Grange Farm & Dunmow Runner
79	453	Simon Scott	M50	0:33:48.83	Witham RC
80	393	Rebecca Cooke	FO	0:33:50.15	Colchester Harriers AC
81	418	Roger Gooding	M40	0:33:59.91	Springfield Striders RC
82	54	Bob Langley	M60	0:34:01.63	Halstead RRC
83	167	Gerard Geurts	M50	0:34:08.32	Grange Farm & Dunmow Runner
84	79	Christopher Whiffin	MO	0:34:25.78	
85	81	Christopher Shipham	MO	0:34:27.98	
86	502	Vicky Hunt	F35	0:34:32.02	Witham RC
87	11	Alison Trauttmansdorff-weinsberg	F45	0:34:33.96	Orion Harriers
88	266	Kevin Harper	M40	0:34:36.83	Witham RC
89	13	Alison Taylor	F35	0:34:48.91	Orion Harriers
90	362	Paul Mitchell	M40	0:34:54.12	Thurrock Harriers
91	193	Ian Lawson	M50	0:34:59.52	Grange Farm & Dunmow Runner
92	59	Carinne Jay	F45	0:35:02.49	Harlow RC
93	217	Jim O'mahoney	M50	0:35:04.21	
94	459	Stephen Parker	M60	0:35:07.37	Ilford AC
95	121	Declan Cullen	M60	0:35:12.33	Ilford AC
96	64	Caroline Tuck	F45	0:35:15.62	Dagenham 88 Runners
97	414	Robin Newman	M40	0:35:22.78	
98	306	Mark Sanz	M40	0:35:25.25	
99	314	Martin England	M50	0:35:26.23	Castle Point Joggers
100	244	Julie Beasant	F35	0:35:34.79	
101	377	Peter Baker	M50	0:35:35.04	Ware Joggers
102	28	Andy Bradley	M50	0:35:36.11	Harlow RC
103	293	Lydia Bazzard	F35	0:35:37.09	
104	404	Richard Sambridge	MO	0:35:41.94	Braintree & District AC
105	3	Adam Poulton	M50	0:35:46.5	Castle Point Joggers
106	153	Frank Fisk	MO	0:35:50.28	
107	384	Pippa Dowswell	F45	0:35:53.98	Orion Harriers
108	179	Graham Douglass	M40	0:35:55.19	Benfleet RC
109	51	Bernard Johnson	M60	0:36:08.07	Thurrock Harriers
110	415	Roger Winston	M60	0:36:09.27	Havering '90 Joggers
111	93	Colin White	M50	0:36:09.87	Billericay Striders
112	87	Cliff King	M40	0:36:13.12	Castle Point Joggers
113	228	John Holland	MO	0:36:20.06	Braintree & District AC
114	467	Steven Rolfe	MO	0:36:20.29	Braintree & District AC
115	291	Luca Predebon	MO	0:36:23.02	Grange Farm & Dunmow Runner
116	482	Thomas Fryatt	MO	0:36:24.06	
117	20	Andrew Catton	M60	0:36:25.64	Ilford AC
118	385	Rachael Roughan	F35	0:36:25.78	Halstead RRC
119	403	Richard Inkpin	MO	0:36:28.59	
120	401	Richard Coffey	M50	0:36:29.27	Ware Joggers
121	313	Martin Atkinson	M60	0:36:30.71	Grange Farm & Dunmow Runner
122	112	David Andrews	M40	0:36:32.83	
123	447	Shawn Beckerleg	M40	0:36:33.53	Witham RC
124	252	Kasia Kostyrka-allchorne	F35	0:36:35.92	Southend On Sea AC

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125	52	Bill Smythe	M40	0:36:38.32	Witham RC
126	498	Vanessa Mathers	F45	0:36:40.64	Southend On Sea AC
127	354	Nikki Hills	F35	0:36:42.4	
128	180	Greg Tye	MO	0:36:43.8	
129	369	Paul Brennan	M50	0:36:45.82	Ware Joggers
130	72	Chris Garey	MO	0:36:49.64	Springfield Striders RC
131	15	Amanda Heslegrave	F45	0:36:58.13	Barking Road Runners
132	55	Breege Nordin	F55	0:37:00.27	Iford AC
133	316	Martin Blacker	M40	0:37:06.77	Ware Joggers
134	364	Paul Williams	M50	0:37:14.42	Orion Harriers
135	400	Richard Hearne	M40	0:37:20.2	Ware Joggers
136	98	Daniel Wright	MO	0:37:21.26	Grange Farm & Dunmow Runner
137	410	Robert Smith	M40	0:37:23.73	Pitsea RC
138	464	Steve Hennings	M50	0:37:25.44	Witham RC
139	169	Gerry Greenwold	M50	0:37:31.69	Witham RC
140	182	Guy Newman	M40	0:37:33.2	
141	443	Sathanandasundaram Alaganandasun	M50	0:37:34.25	Iford AC
142	7	Alan Pearl	M50	0:37:37.3	Iford AC
143	225	John Smith	M50	0:37:43.2	Grange Farm & Dunmow Runner
144	466	Steven Watson	MO	0:37:43.89	Witham RC
145	150	Fran Norris	F55	0:37:45.14	Colchester Harriers AC
146	175	Graeme Mason	M40	0:37:59.03	Springfield Striders RC
147	488	Tony Woodgate	M50	0:38:10.04	Dagenham 88 Runners
148	261	Kenny Blyth	M60	0:38:10.92	Ware Joggers
149	473	Susan Beck	F35	0:38:15.18	Thurrock Harriers
150	341	Neil Churchill	M50	0:38:16.71	
151	80	Christopher Moulton	M40	0:38:19.12	
152	129	Donna Morris	F45	0:38:23.52	Springfield Striders RC
153	347	Nicola Hopkinson	F45	0:38:24.89	Iford AC
154	109	David Keeley	M60	0:38:25.35	Havering '90 Joggers
155	469	Stuart Peace	M40	0:38:26.34	Tiptree Road Runners
156	258	Kelvin Fleuty	MO	0:38:30.44	Dengie 100 Runners
157	319	Martyn Byford	M60	0:38:31.26	Witham RC
158	185	Harry Young	MO	0:38:39.9	
159	353	Niki Read	MO	0:38:40.8	Leigh on Sea Striders
160	507	Wendy Aldridge	F45	0:38:41.81	Dengie 100 Runners
161	66	Catherine Marriott	F35	0:38:43.42	Dengie 100 Runners
162	267	Kevin Watson	M50	0:38:48.1	
163	424	Ruth Havis	F35	0:38:48.99	
164	42	Anthony Smith	M50	0:38:50.93	Witham RC
165	265	Kevin Andrews	MO	0:38:53.38	
166	48	Barry Shaw	M40	0:38:57.57	
167	67	Charlotte King	F35	0:38:58.24	Grange Farm & Dunmow Runner
168	211	Jeff Webster	MO	0:39:03.62	Dagenham 88 Runners
169	272	Laetitia Corbett	FO	0:39:04.8	Grange Farm & Dunmow Runner
170	236	Jonathan Islip	MO	0:39:05.98	
171	195	Ian Cummins	M40	0:39:06.88	Dagenham 88 Runners
172	321	Matthew Taylor	MO	0:39:08.27	
173	248	Karen Allworthy	F55	0:39:13.18	Orion Harriers
174	494	Trevor Robinson	M40	0:39:13.72	Dagenham 88 Runners
175	389	Rahana Islam	F35	0:39:14.68	Dagenham 88 Runners
176	250	Karen Pickering	FO	0:39:15.06	
177	260	Kenneth Hands	M40	0:39:22.3	Springfield Striders RC
178	394	Rebecca Booty	F35	0:39:22.58	Witham RC
179	342	Nichola Hands	F35	0:39:22.72	Springfield Striders RC
180	428	Sam Rowe	F45	0:39:23.38	Ware Joggers
181	452	Simon Meecham	M40	0:39:23.75	Ipswich Jaffa's
182	155	Garth Morris	M50	0:39:25.58	Ware Joggers
183	286	Lorna Pettifer	F45	0:39:26.43	Mid Essex Casuals
184	105	Danny Piggott	M40	0:39:27.84	Billericay Striders
185	461	Stephen Faulkner	M50	0:39:31.39	
186	344	Nick Perry	M40	0:39:35.51	Grange Farm & Dunmow Runner
187	221	Joanne Ling	F45	0:39:37.47	Billericay Striders
188	127	Dianne Crisp	F45	0:39:44.71	Iford AC

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189	479	Teresa Byrne	F35	0:39:47.31	
190	10	Alice Raffill	F35	0:39:48.48	Leigh on Sea Striders
191	138	Emily Predebon	FO	0:39:50.4	Grange Farm & Dunmow Runner
192	451	Simon King	M60	0:39:51.26	Grange Farm & Dunmow Runner
193	315	Martin Mccolgan	M60	0:39:53.73	Harlow RC
194	181	Greg Marshall	M60	0:39:58.48	Serpentine RC
195	90	Colin Short	M60	0:40:01.81	Witham RC
196	251	Karl Hillman	MO	0:40:05.27	Halstead RRC
197	503	Victoria Elkins	F45	0:40:06.28	
198	205	Jamie Horobin	U18M	0:40:07.67	
199	191	Hilda Okelly	F45	0:40:08.41	Springfield Striders RC
200	276	Leigh-anne Porter	FO	0:40:09.34	Halstead RRC
201	41	Anthony Young	M50	0:40:11.04	Ilford AC
202	1	Abigail Morgan	FO	0:40:13.73	Canterbury Harriers
203	222	Joanne Marshall	F55	0:40:15.28	Serpentine RC
204	77	Christopher Sewell	M50	0:40:17.53	Springfield Striders RC
205	227	John Mallett	M40	0:40:18.46	Ware Joggers
206	33	Anita Grainger	F45	0:40:22.11	Witham RC
207	187	Hayley Smith	F45	0:40:23.18	Grange Farm & Dunmow Runner
208	304	Mark Moughton	M50	0:40:25.86	Springfield Striders RC
209	408	Robert West	MO	0:40:35.24	Leigh on Sea Striders
210	444	Sharon Skidmore	F45	0:40:40.4	Mid Essex Casuals
211	458	Stacey Payne	F35	0:40:42.16	
212	149	Fiona Critchley	F45	0:40:45.56	East London Runners
213	380	Phil Cunningham	M60	0:40:47.11	Ware Joggers
214	158	Gary Cardnell	M50	0:41:00.35	Dagenham 88 Runners
215	296	Mandy Cooper	F45	0:41:14.65	Benfleet RC
216	268	Kevin Brown	M50	0:41:15.86	
217	218	Jim Bates	M70	0:41:17.15	Harlow RC
218	117	Debbie Barry	F55	0:41:17.33	Harlow RC
219	337	Nathan Rowland-fitt	MO	0:41:28.98	
220	349	Nicole Smith	F45	0:41:29.81	Halstead RRC
221	70	Cheryl Macdonald	F55	0:41:32.35	Pitsea RC
222	478	Tara Corbett	F45	0:41:33.3	Grange Farm & Dunmow Runner
223	130	Donna Hindle	F45	0:41:51.38	Springfield Striders RC
224	2	Adam Buckle	MO	0:41:52.79	Halstead RRC
225	37	Anna Luff	FO	0:41:54.19	Springfield Striders RC
226	232	John Hardy	M70	0:41:55.92	Grange Farm & Dunmow Runner
227	264	Kerry Mavris	F45	0:41:56.04	Harlow RC
228	456	Simon Joyce	M50	0:42:05.6	Ware Joggers
229	122	Declan Walters	MO	0:42:07.12	Witham RC
230	164	Gemma Rowley	F35	0:42:22.42	
231	103	Danny White	M40	0:42:23.49	Dagenham 88 Runners
232	39	Anne Ramsden	F55	0:42:24.23	Ware Joggers
233	501	Vicki Edwards	F35	0:42:25.17	
234	206	Jamie Smith	MO	0:42:26.8	
235	409	Robert Vinicombe	MO	0:42:27.17	
236	352	Nigel Francis	M50	0:42:34.11	Braintree & District AC
237	247	Justin Edwards	M40	0:42:35.72	
238	308	Mark Babbage	M50	0:42:39.07	Springfield Striders RC
239	298	Manji Gami	M50	0:42:43.53	Dagenham 88 Runners
240	429	Samantha Boshell	F45	0:42:46.25	
241	184	Hannah Sheikh	F35	0:42:47.55	Dagenham 88 Runners
242	475	Susannah Dunn	FO	0:42:51.71	Ware Joggers
243	133	Eldridge Cooke	M40	0:42:56.25	
244	381	Philip Wood	MO	0:43:03.99	Braintree & District AC
245	420	Ross Silverton	M60	0:43:05.91	Witham RC
246	47	Barbara McDonnell	F55	0:43:07.12	Dengie 100 Runners
247	172	Gin Craig	F45	0:43:11.6	Sudbury Joggers
248	30	Angela Thorpe	F45	0:43:15.41	Grange Farm & Dunmow Runner
249	312	Martin Cook	M50	0:43:16.3	Braintree & District AC
250	355	Nikki Turner	FO	0:43:18.1	
251	450	Shelley Naylor	FO	0:43:19.73	
252	331	Michelle Cross	F45	0:43:20.26	Ware Joggers

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253	387	Rachel Pankratz	F35	0:43:21.53	
254	334	Natalie Cook	FO	0:43:23.33	Braintree & District AC
255	390	Raymond Charlton	M50	0:43:24.01	Springfield Striders RC
256	392	Rebecca Freeman	FO	0:43:24.27	
257	366	Paul Freeman	M50	0:43:25.26	
258	233	John Ward	MO	0:43:33.13	
259	75	Christine Taylor	F45	0:43:34.5	
260	62	Carol Hayward	F55	0:43:37.09	
261	350	Nicole Marrington	F35	0:43:43.72	
262	113	David Carter	M40	0:43:46.83	
263	9	Alex Wilson	U18M	0:44:01.22	
264	76	Christine Edgoose	F35	0:44:06.29	Braintree & District AC
265	249	Karen Storey	F45	0:44:07.89	
266	151	Frances Gridley	F55	0:44:10.38	Tiptree Road Runners
267	159	Gary Kirkby	M50	0:44:10.72	
268	139	Emily Penkett	F35	0:44:12.45	
269	171	Gill Winsor	F55	0:44:12.62	Dengie 100 Runners
270	426	Sally Bell	F35	0:44:27.26	
271	36	Anna Young	F35	0:44:34.4	Harwich Runners
272	397	Richard Carvey	M50	0:44:41.61	Dengie 100 Runners
273	197	Jackie Sibthorp	F45	0:44:55.81	Mid Essex Casuals
274	188	Helen Paton	F35	0:45:06.64	Braintree & District AC
275	491	Tracey Denby	F45	0:45:06.69	Witham RC
276	115	Debbie Stares	FO	0:45:11.31	Grange Farm & Dunmow Runner
277	505	Victoria Blackmore	FO	0:45:18.94	
278	457	Simon Hawes	MO	0:45:19.1	
279	323	Melanie Watson	F45	0:45:19.38	
280	240	Julia Galea	F55	0:45:27.64	
281	163	Gemma Charville	FO	0:45:30.87	Ware Joggers
282	192	Holly Thompson	FO	0:45:34.27	Springfield Striders RC
283	292	Lucinda Gurney	F35	0:45:36.27	
284	280	Liam Robinson	M50	0:45:37.44	
285	140	Emma Marshall	FO	0:45:37.58	
286	85	Claire Chapman	F45	0:45:39.34	
287	160	Gary Harford	M50	0:45:50.47	Barking Road Runners
288	437	Sarah Bowerman	F45	0:45:51.07	
289	476	Suzanne Teodorska	F35	0:45:54.25	
290	324	Michael Purkiss	M60	0:45:56.72	Halstead RRC
291	18	Andrew Mostari	M40	0:46:08.99	
292	398	Richard Heard	M40	0:46:09.16	
293	329	Michelle Ledgerton	F45	0:46:15.21	
294	161	Gavin Foster	M50	0:46:21.23	Grange Farm & Dunmow Runner
295	294	Lynne Garey	F55	0:46:22.51	
296	289	Louise Chappell	F35	0:46:28.97	Dagenham 88 Runners
297	186	Hatty Price	FO	0:46:33.46	
298	12	Alison Lapper	F45	0:46:33.84	Metropolitan Police AC
299	116	Debbie Mitchell	FO	0:46:41.48	Braintree & District AC
300	60	Carol Hearn	F45	0:46:45.21	
301	278	Lesley Aspin	F45	0:46:46.57	
302	213	Jennifer Turk	FO	0:46:53.39	Springfield Striders RC
303	376	Peter Mills	M70	0:46:56.62	Harlow RC
304	449	Sheila Macaulay	F65	0:46:57.59	Springfield Striders RC
305	368	Paul Barnes	M50	0:47:02.47	
306	493	Tracy Brennan	F45	0:47:06.57	Ware Joggers
307	74	Christel Ainge	F45	0:47:10.04	Ware Joggers
308	303	Marion Breeze	F55	0:47:11.19	Pitsea RC
309	412	Robert Hore	MO	0:47:13.51	
310	269	Kim Sadler	F35	0:47:16.69	
311	82	Christopher Woods	M40	0:47:28.52	
312	317	Martina Byrne	F45	0:47:35.78	Witham RC
313	214	Jenny Wicker	F45	0:47:38.69	Rochford Running Club
314	332	Miffy Duffy	F35	0:47:43.92	
315	438	Sarah Ferriby	FO	0:47:49.11	
316	386	Rachel Mitchell	F35	0:47:51.13	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
317	297	Mandy Hurford	F45	0:47:57.43	
318	16	Amanda Pybus	F45	0:47:57.44	
319	440	Sarah Goodwin	F45	0:48:00.16	Springfield Striders RC
320	480	Terry Nichols	M70	0:48:00.88	Ware Joggers
321	174	Glenn Hildyard	M40	0:48:03.43	
322	253	Kayleigh Carr	F35	0:48:05.66	
323	290	Lousie Digby	F35	0:48:08.28	
324	371	Paula Evans	F45	0:48:08.4	
325	279	Letitia Root	F35	0:48:08.52	
326	241	Julie Pugh	F35	0:48:12.15	Springfield Striders RC
327	4	Adam Price	MO	0:48:16.71	
328	419	Rosalind Mckenna	FO	0:48:24.01	Grange Farm & Dunmow Runner
329	46	Axel Voigt	M50	0:48:31.04	Halstead RRC
330	462	Stephen Brame	M40	0:48:32.85	Springfield Striders RC
331	472	Sue Mixture	F45	0:48:35.78	
332	345	Nick Cheal	M60	0:48:43.87	Ware Joggers
333	348	Nicola Hawkins	F45	0:48:45.82	Pitsea RC
334	239	Jude Hare	F65	0:48:51.05	Castle Point Joggers
335	474	Susan Maloney	F45	0:48:52.06	Harlow RC
336	245	Justin Granshaw	M40	0:48:53.1	
337	102	Danni Joyce	FO	0:48:53.18	
338	32	Angela Smith	F35	0:48:55.12	Pitsea RC
339	216	Jessica Fletcher	FO	0:48:56.58	
340	273	Larina Marsh	F45	0:48:57.84	Tiptree Road Runners
341	128	Dionne Radley	F45	0:48:58.24	
342	65	Caroline Mcgirr	F35	0:48:58.32	East London Runners
343	300	Margaret Waddingham	F65	0:49:00.63	Ware Joggers
344	445	Sharon Hardwicke	F45	0:49:00.91	
345	154	Frank O'shea	M60	0:49:05.3	
346	500	Vicki Robins	F35	0:49:16.2	Springfield Striders RC
347	199	Jacqueline Williams-welch	FO	0:49:20.15	
348	119	Debbie Partridge	F45	0:49:39.79	Halstead RRC
349	56	Brian Collins	M70	0:49:45.27	Halstead RRC
350	399	Richard Roberts	M40	0:49:50.77	
351	492	Tracey George	F45	0:50:24.85	Harwich Runners
352	231	John Pettifer	M70	0:50:31.56	Mid Essex Casuals
353	372	Paulene Galoppi	F65	0:50:32.17	Harlow RC
354	131	Donna Elwell	F35	0:50:34	
355	383	Pippa Veale	F35	0:50:34.32	
356	256	Kelly Drake-tapscott	F35	0:50:35.03	Dagenham 88 Runners
357	270	Kirstie Woodgate	FO	0:50:35.23	Dagenham 88 Runners
358	318	Martine Cargill	F45	0:50:37.7	
359	301	Marian Nibbs	F55	0:50:37.89	
360	446	Sharon Robinson	F45	0:50:43.93	Dagenham 88 Runners
361	373	Penny Clarke	F55	0:50:47.81	Witham RC
362	57	Brian Lord	M70	0:51:05.11	
363	29	Angela Parsons	F45	0:51:06.45	
364	504	Victoria Walker	FO	0:51:19.65	
365	499	Vibeke Rowe	F65	0:51:27.63	Ware Joggers
366	146	Fiona Horobin	F45	0:51:31.72	
367	27	Andy Fisher	M50	0:51:33.48	
368	212	Jen Mayes	F45	0:51:41	Witham RC
369	263	Kerry Townsend	F45	0:51:41.15	Witham RC
370	330	Michelle Edney	F45	0:51:45.35	
371	257	Kelly Turk	FO	0:51:45.65	Springfield Striders RC
372	24	Andrew Taylor	M50	0:51:50.21	
373	207	Jane Swanson-sprent	F45	0:52:01.48	Dagenham 88 Runners
374	5	Adele Pummery	F45	0:52:02.82	
375	388	Rachel Rodgers	F35	0:52:07.12	Colchester Harriers AC
376	357	Olivia Ingram	FO	0:52:12.75	
377	219	Jo Eldred	F55	0:52:15.3	
378	434	Sara Woods	F45	0:52:20.17	
379	152	Frances Barnes	F45	0:52:27.64	Braintree & District AC
380	220	Jo Jopson	F45	0:52:41.22	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
381	89	Colin Naman	M60	0:52:49.72	
382	141	Emma Stirland	F35	0:52:57.22	
383	356	Nina Crabb	F35	0:52:58.69	
384	285	Lorna Jones	F35	0:53:14.84	
385	358	Pam Jones	F65	0:53:15.19	Iford AC
386	243	Julie Gillender	F45	0:53:16.09	Iford AC
387	431	Sandra Creak	F45	0:53:21.22	
388	196	Jack Turner	MO	0:53:32.89	
389	471	Sue Long	F45	0:53:33.68	Tiptree Road Runners
390	309	Mark Skeet	M40	0:53:48.4	
391	210	Jannine Skubich	F35	0:54:13.84	
392	259	Ken Summerfield	M50	0:54:21.23	Barking Road Runners
393	123	Denise Woolston	F45	0:54:29.11	Dagenham 88 Runners
394	120	Deborah Wyatt	F55	0:54:32.26	
395	21	Andrew Saveall	M40	0:54:35.47	
396	34	Ann Johnson	F45	0:54:40.46	Witham RC
397	441	Sarah Broome	F35	0:54:42.85	
398	510	Tracey Brewer	F45	0:54:58.94	Ware Joggers
399	35	Ann Marie Smith	F35	0:55:00.37	
400	148	Fiona Bradley	F35	0:55:00.52	
401	288	Louise Sutton	F45	0:55:02.73	
402	283	Lisa Morley	F45	0:55:21.3	
403	229	John Butcher	M70	0:55:35.91	
404	38	Anna Mccarthy	F35	0:55:48.44	
405	242	Julie Cardnell	F55	0:55:51.97	Dagenham 88 Runners
406	396	Richard Smith	M40	0:56:18.6	
407	108	David West	M70	0:56:26.24	Leigh on Sea Striders
408	137	Elizabeth Lord	F65	0:56:54.96	Ware Joggers
409	215	Jess Preston	F35	0:57:42.2	Vegan Runners UK
410	135	Elise Hull	F35	0:58:00.3	
411	125	Diane Ashdown	F55	0:58:28.98	Halstead RRC
412	448	Sheila Purkiss	F65	1:00:49.71	
413	432	Sara Pummery	FO	1:01:34.33	
414	391	Rebecca Chilton	F35	1:01:45.03	Witham RC
415	209	Jane Wilson	F55	1:01:47.13	
416	31	Angela Mitchell	F55	1:01:47.39	
417	402	Richard Percy	M60	1:02:11.7	Grange Farm & Dunmow Runner
418	395	Rhys Hawkins	MO	1:02:19.68	Pitsea RC
419	40	Annette Hall	F45	1:02:50.59	Haverhill Running Club
420	63	Carole Watts	F45	1:03:17.01	
421	262	Kenny Carlyon	MO	1:03:20.93	
422	142	Emma Ingram	F45	1:03:21.2	
423	322	Megan Blacker	FO	1:04:04.27	Ware Joggers
424	132	Donna Fletcher	F45	1:04:23.09	
425	68	Charlotte Fletcher	FO	1:04:23.28	
426	490	Tracey Wright	F35	1:05:49.53	
427	346	Nicola Freeman	F45	1:05:49.53	
428	58	Bronwyn Morley	FO	1:05:49.71	
429	143	Emma Oddy	F35	1:05:49.8	
430	69	Charlotte Mitchell	FO	1:06:25.69	
431	183	Ha Cole	F45	1:08:17.31	
432	177	Graham Cole	M50	1:08:17.72	
433	497	Val Stringer	F65	1:12:41.33	Ware Joggers
434	422	Roy Stringer	M70	1:13:25.38	Ware Joggers
435	284	Lisa Cracknell	F45	1:14:59.06	
436	423	Ruth Mccarthy	F45	1:14:59.09	
437	436	Sarah Doe	F35	1:16:00.19	
438	370	Paula Vinton	F35	1:16:30.35	
439	201	Jaime O'donnell- Smith	F35	1:16:33.49	
440	145	Esther Bouma	F45	1:30:51.3	Ware Joggers