

Pos	Time	First Name	Surname	Club Name	Category
1	00:33:31	Alan	Shepherd	Colchester Harriers	Male Senior
2	00:33:56	Garon	Heslop	Chelmsford AC	Male Vet 40
3	00:34:43	Nigel	Jackson	Lowestoft RR	Male Vet 40
4	00:34:55	Richard	Moore	Waveney Valley AC	Male Senior
5	00:34:57	Antonio	Pecoraro	Havering 90 Joggers	Male Vet 40
6	00:36:28	Roy	Young	Colchester & Tendring AC	Male Senior
7	00:36:45	Terry	Back	Ipswich Jaffa	Male Vet 40
8	00:37:06	Nicholas	Stephens	Stowmarket Striders	Male Vet 40
9	00:37:19	Richard	Haines	Unattached	Male Senior
10	00:37:25	Paul	Preston	Ipswich Jaffa	Male Senior
11	00:37:42	Steve	Donoghug	Barking Road Runners	Male Vet 40
12	00:37:46	Jeff	Wharton	Gt Bentley Running Club	Male Senior
13	00:37:50	Leon	Jones	Unattached	Male Senior
14	00:38:02	Jonathan	Nears	Unattached	Male Senior
15	00:38:38	David	Adkins	Unattached	Male Vet 40
16	00:38:39	Richard	Smith	Woodbridge Shufflers	Male Vet 40
17	00:38:45	Peter	Adkins	Unattached	Male Senior
18	00:38:47	Martin	Chester	Havering 90 Joggers	Male Senior
19	00:38:47	Scott	Henshaw	Unattached	Male Senior
20	00:38:52	Rob	Gibby	Colchester Harriers	Male Senior
21	00:38:53	John	Tyler	Havering 90 Joggers	Male Vet 40
22	00:38:54	Mabon	Dane	Tiptree Road Runners	Male Senior
23	00:38:57	Tamara	Jordan	Stowmarket Striders	Female Senior
24	00:39:00	Paul	Debree	Woodbridge Shufflers	Male Senior
25	00:39:01	Clive	Jones	Gt Bentley Running Club	Male Vet 40
26	00:39:06	Kevin	Jeffies	Gt Bentley Running Club	Male Senior
27	00:39:11	Graham	Byford	Tiptree Road Runners	Male Vet 40
28	00:39:14	Mark	Lloyd	Unattached	Male Senior
29	00:39:20	Nick	Hazell	Colchester Harriers	Male Vet 40
30	00:39:30	Kevin	Bownes	Tiptree Road Runners	Male Vet 40
31	00:39:32	David	Comish	Tiptree Road Runners	Male Senior
32	00:39:35	Paul	Williams	St Edmund Pacers	Male Vet 40
33	00:39:44	Alan	Fisher	Colchester Harriers	Male Vet 50
34	00:39:45	David	Sandford	St Edmund Pacers	Male Senior
35	00:39:48	Simon	Ellis	Thrift Green Trotters	Male Vet 40
36	00:40:00	Stuart	Green	Stowmarket Striders	Male Vet 40
37	00:40:12	Michael	Harding	Havering 90 Joggers	Male Junior
38	00:40:13	Richard	Harding	Havering 90 Joggers	Male Vet 40
39	00:40:17	Sue	Spong	Havering 90 Joggers	Female Vet 40
40	00:40:20	J	Holder	Pitsea Running Club	Male Senior
41	00:40:22	Wendy	King	Unattached	Female Senior
42	00:40:40	Steve	Kenyon	Waveney Valley AC	Male Senior
43	00:40:43	Russell	Ford	Havering 90 Joggers	Male Vet 40
44	00:40:54	Matthew	Jouer	Unattached	Male Senior
45	00:41:05	David	Boggis	Unattached	Unable to place in Cat.
46	00:41:09	Steve	Hunt	Hadleigh Hares AC	Male Vet 40
47	00:41:20	Colin	Jones	Barking Road Runners	Male Senior
48	00:41:21	Chris	Sansom	Unattached	Male Senior
49	00:41:27	Gareth	Wagland	Unattached	Male Senior
50	00:41:29	Robert	Compton	Havering 90 Joggers	Male Vet 50
51	00:41:36	Neil	Taylor	Havering 90 Joggers	Male Senior
52	00:41:47	Gail	Pryke	Ipswich Jaffa	Female Vet 40

53	00:41:49	John	George	Barking Road Runners	Male Vet 40
54	00:42:10	Ian	Foskew	Mid Essex Casuals	Male Vet 40
55	00:42:21	Martin	Ball	Havering 90 Joggers	Male Vet 40
56	00:42:22	Edward	Skimmer	Tiptree Road Runners	Male Vet 40
57	00:42:23	Keith	Taylor	Witham RC	Male Vet 40
58	00:42:37	Tony	Briscoe	Unattached	Male Senior
59	00:42:40	Oliver	Gilbert	Unattached	Male Senior
61	00:42:43	Richard	Fellingham	Stowmarket Striders	Male Vet 50
62	00:42:44	Paul	Armstrong	Unattached	Male Vet 40
63	00:42:54	Andrew	Cable	Gt Bentley Running Club	Male Vet 40
64	00:43:13	Mark	Lankester	Ipswich Jaffa	Male Senior
65	00:43:19	Andrew	Thopmson	Havering 90 Joggers	Male Senior
66	00:43:21	Matthew	Calderbank	Unattached	Male Junior
67	00:43:22	Nicola	Pyle	Unattached	Female Senior
68	00:43:24	Martin	Buis	Ipswich Harriers	Male Vet 50
69	00:43:34	Carl	Fenton-Jones	Gt Bentley Running Club	Male Junior
70	00:43:36	Michael	Barron	Unattached	Male Senior
71	00:43:38	Patrick	Marsh	Colchester Harriers	Male Senior
72	00:43:39	Michael	Chaplin	Unattached	Male Vet 50
73	00:43:42	Bob	Ratcliffe	Stowmarket Striders	Male Vet 50
74	00:43:46	Mick	Sears	Woodbridge Shufflers	Male Vet 40
75	00:43:50	Gordon	Funnell	Hadleigh Hares AC	Male Vet 40
76	00:43:51	Kevin John	Payne	Witham RC	Male Senior
77	00:43:52	David	Payne	Witham RC	Male Vet 40
78	00:43:56	Nicola	Hasan	Havering 90 Joggers	Male Senior
79	00:43:57	Mike	Munson	Havering 90 Joggers	Male Vet 50
80	00:44:00	Brian	Airlie	Hadleigh Hares AC	Male Senior
81	00:44:05	Martin	Larnser	Unattached	Male Senior
82	00:44:06	David	Keeley	Havering 90 Joggers	Male Vet 40
83	00:44:26	Simon	Kingdon	Unattached	Male Senior
84	00:44:27	Malcolm	Bailey	Thrift Green Trotters	Male Vet 40
85	00:44:29	Neil	Godier	Unattached	Male Vet 40
86	00:44:44	Colin	Short	Witham RC	Male Vet 50
87	00:44:47	Mark	Talbot	Unattached	Male Vet 40
88	00:44:49	Barbara	Sanders	Hadleigh Hares AC	Female Vet 40
89	00:44:50	Steve	Ryan	MPaa	Male Senior
90	00:44:54	Matthew	Turner	MPaa	Male Senior
91	00:44:55	Iain	Milligan	St Edmund Pacers	Male Senior
92	00:45:15	Rebecca	Mccorquodale	Gt Bentley Running Club	Female Senior
93	00:45:17	David	Tyler	Unattached	Male Senior
94	00:45:20	Andrew	Owen	Gt Bentley Running Club	Male Senior
95	00:45:33	Roger	Duffield	Tiptree Road Runners	Male Vet 50
96	00:45:34	James	Lynch	Unattached	Male Vet 40
97	00:45:47	Tom	Heaney	Unattached	Male Senior
98	00:45:59	Donna	Hart	Tiptree Road Runners	Female Senior
99	00:46:00	Laura	Shewbridge	Tiptree Road Runners	Female Senior
100	00:46:09	Jeff	Fenton	Havering 90 Joggers	Male Vet 40
101	00:46:13	Dale	Langham	Newmarket Joggers	Male Vet 40
102	00:46:17	Sandra	Allison	Unattached	Female Vet 40
103	00:46:25	Heidi	Bingham	Stowmarket Striders	Female Senior
104	00:46:30	Judy	Burnett	Havering 90 Joggers	Female Senior
105	00:46:32	Sue	Dale	Havering 90 Joggers	Female Vet 50
106	00:46:34	Len	Davies	Havering 90 Joggers	Male Vet 40

107	00:46:46	Graham	Bernthal	Unattached	Male Vet 50
108	00:46:46	Anita	Barrett	Colchester Harriers	Female Senior
109	00:46:49	Richard	Nash	Stowmarket Striders	Male Senior
110	00:46:52	Kevin Payne Cedar	Brook	Unattached	Male Senior
111	00:47:08	Cliff	Baker	Colchester Harriers	Male Vet 50
112	00:47:12	Juliet	Warren-Watson	Unattached	Female Senior
113	00:47:14	Mike	Phillips	Havering 90 Joggers	Male Vet 50
114	00:47:16	Colin	Newcombe	Ipswich Jaffa	Male Senior
115	00:47:24	Tom	Allison	Unattached	Male Senior
116	00:47:25	Phil	Wood	Gt Bentley Running Club	Male Senior
117	00:47:26	Jon	Bolton	Gt Bentley Running Club	Male Vet 40
118	00:47:34	David	Ludbrook	Unattached	Male Vet 40
119	00:47:39	M	Mason	Barking Road Runners	Male Vet 50
120	00:47:42	Wendy	Aldridge	Unattached	Female Vet 40
121	00:47:43	Paul	Foster	Gt Bentley Running Club	Male Vet 40
122	00:47:44	Sue	Garrod	Stowmarket Striders	Female Senior
123	00:47:49	Judith	Bucker	Unattached	Female Vet 40
124	00:47:50	Deborah	Pye	Havering 90 Joggers	Female Vet 40
125	00:47:55	Frank	Gardiner	Gt Bentley Running Club	Male Vet 50
126	00:47:57	Paul	Blackwell	Gt Bentley Running Club	Male Senior
127	00:48:00	David	Pike	Havering 90 Joggers	Male Senior
128	00:48:03	Nick	Anderson	Unattached	Male Senior
129	00:48:04	John	Kew	Witham RC	Male Vet 40
130	00:48:08	Tracy	Hill	Havering 90 Joggers	Female Vet 40
131	00:48:11	Peter	Gold	Witham RC	Male Vet 40
132	00:48:14	John	Durban	Unattached	Male Senior
133	00:48:24	Tom	Geddes	Gt Bentley Running Club	Male Vet 50
134	00:48:28	Ian	Fovague	Hadleigh Hares AC	Male Vet 40
135	00:48:34	Maxine	Burgess	Newmarket Joggers	Female Senior
136	00:48:35	Andrew	Littlemore	Gt Bentley Running Club	Male Vet 50
137	00:48:40	Tel	Baker	Unattached	Male Junior
138	00:48:41	Ron	Dobie	Havering 90 Joggers	Male Vet 40
139	00:48:41	Brian	Parish	Havering 90 Joggers	Male Senior
140	00:48:42	Christopher	Mansfield	Havering 90 Joggers	Male Vet 40
141	00:49:00	Carol Ann	Rodgers	Havering 90 Joggers	Female Senior
142	00:49:05	James	Montgomery	Witham RC	Male Senior
143	00:49:06	Sandra	Bernthal	Unattached	Female Vet 50
144	00:49:15	Mark	Bucker	Unattached	Male Vet 40
145	00:49:15	Ray	Baggs	Gt Bentley Running Club	Male Senior
146	00:49:28	Eleanor	Mole	Havering 90 Joggers	Female Senior
147	00:49:36	Mick	Poulter	Witham RC	Male Vet 50
148	00:49:37	Joanne	Adams	Unattached	Female Senior
149	00:49:42	Roger	Spinks	Ipswich Jaffa	Male Vet 50
150	00:49:44	Ian	Bown	Unattached	Male Vet 40
151	00:49:44	Peter	Howden	Gt Bentley Running Club	Male Vet 40
152	00:49:46	Ruth	Pain	Witham RC	Female Senior
153	00:49:47	Peter	Thomas	Colchester Harriers	Male Vet 50
154	00:49:48	R S	Courtier	Barking Road Runners	Male Vet 40
155	00:50:01	Stewart	Baggs	Gt Bentley Running Club	Male Vet 50
156	00:50:02	Susan	Barker	Gt Bentley Running Club	Female Senior
157	00:50:13	Martin	Welburn	Unattached	Male Vet 40
158	00:50:18	Barbara	Graham	Unattached	Female Vet 40
159	00:50:31	Sue	Cole	Colchester Harriers	Female Vet 40

160	00:50:32	Amanda	Page	Havering 90 Joggers	Female Senior
161	00:50:44	Paul	Knight	Unattached	Male Vet 40
162	00:50:50	Jermery	Daniel	Havering 90 Joggers	Male Senior
163	00:50:54	Dawn	Knight	Unattached	Female Vet 40
164	00:50:56	Nick	Kruszeliski	Unattached	Male Vet 40
165	00:51:06	Lyn	Foster	Gt Bentley Running Club	Female Vet 40
166	00:51:08	Larry	Wise	Gt Bentley Running Club	Male Vet 40
167	00:51:20	Robert	Shaw	Havering 90 Joggers	Male Vet 40
168	00:51:23	Andrew	Hunter	Unattached	Male Vet 40
169	00:51:31	Peter	Bates	Pitsea Running Club	Male Vet 50
170	00:51:33	Gerry	Borley	Gt Bentley Running Club	Male Vet 50
171	00:51:39	Ronel Van Der	Merwe	Stowmarket Striders	Female Vet 40
172	00:51:53	Anne	Fellingham	Stowmarket Striders	Female Vet 50
173	00:51:53	Barry	Dobson	Tiptree Road Runners	Male Vet 50
174	00:52:07	Colin	Clifford	Havering 90 Joggers	Male Vet 50
175	00:52:09	R	Hawkes	Unattached	Male Senior
176	00:52:17	Terry	Kavanagh	Havering 90 Joggers	Male Vet 50
177	00:52:27	Claire	Shotton	Unattached	Female Senior
178	00:52:29	Gaynor	Finch	Havering 90 Joggers	Female Senior
179	00:52:41	Lee	Dorset	Unattached	Male Senior
180	00:52:45	Stephen	Ridgers	Unattached	Male Senior
181	00:52:47	Gary	Polter	Unattached	Male Senior
182	00:53:01	Caroline	Porter	Gt Bentley Running Club	Female Vet 40
183	00:53:04	Nick	Wells	Havering 90 Joggers	Male Senior
184	00:53:05	Mark	Harvey	Havering 90 Joggers	Male Vet 40
185	00:53:11	Margaret	Maison	Barking Road Runners	Female Vet 40
186	00:53:20	Maria	Reynolds	Stowmarket Striders	Female Vet 40
187	00:53:38	Martin	Richards	Unattached	Male Vet 40
188	00:53:40	Keith	Porter	Gt Bentley Running Club	Male Vet 50
189	00:53:45	Bob	Darnell	City of Norwich AC	Male Vet 50
190	00:54:09	Barry	Rowell	Havering 90 Joggers	Male Vet 40
191	00:54:10	Katy	Nash	Stowmarket Striders	Female Senior
192	00:54:12	Debbie	Lewis	Unattached	Female Vet 40
193	00:54:14	Nicola	Scott	Colchester Harriers	Female Senior
194	00:54:20	Robert	Brown	Unattached	Male Vet 40
195	00:54:45	Keith	Penfold	Havering 90 Joggers	Male Vet 50
196	00:54:53	Rosemary	Cooper-Clark	Tiptree Road Runners	Female Vet 40
197	00:54:55	Karen	Wagland	Unattached	Female Senior
198	00:54:59	Joseph	Dilworth	Unattached	Male Vet 40
199	00:55:00	Janet	Finch	Barking Road Runners	Female Vet 40
200	00:55:00	Louise	Mozzanica	Havering 90 Joggers	Female Senior
201	00:55:04	Natalie	Abrahams	Unattached	Female Senior
202	00:55:09	Lorraine	Gold	Witham RC	Female Vet 50
203	00:55:19	Rachel	Humphreys	Unattached	Female Senior
204	00:55:38	Naomi	Seabourne	Gt Bentley Running Club	Female Junior
205	00:55:50	Nick	Higgins	St Edmund Pacers	Male Vet 50
206	00:56:07	Tracy	Norris	Colchester Harriers	Female Senior
207	00:56:12	Emma	Robinson	Colchester Harriers	Female Senior
208	00:56:15	Ben	Hunt	Unattached	Male Senior
209	00:56:41	Linda	Bates	Pitsea Running Club	Female Vet 50
210	00:56:56	Colin	Turner	Havering 90 Joggers	Male Vet 50
211	00:57:28	Tricia	Pavey	Colchester Harriers	Female Vet 40
212	00:57:34	John	Braybrook	Havering 90 Joggers	Male Vet 40

213	00:57:36	Denise	Wills	Unattached	Female Senior
214	00:58:05	Maxine	Coplane	Newmarket Joggers	Female Vet 40
215	00:58:25	Katrina	Langham	Newmarket Joggers	Female Senior
216	00:58:34	Kate	Sparsi	Unattached	Female Vet 40
217	00:58:35	Helen	Taliadoros	Unattached	Female Senior
218	00:58:46	Maria	Steel	Havering 90 Joggers	Female Senior
219	00:58:46	Chloe	Garrett	Unattached	Female Senior
220	00:58:50	Laura	Fields	Epsom & Ewell	Female Senior
221	00:58:50	Anthony	Fields	Unattached	Male Vet 40
222	00:59:18	Mike	Shimmon	Unattached	Male Senior
223	00:59:41	Julia	Perrin	Unattached	Female Senior
224	00:59:52	?	Karnett	Gt Bentley Running Club	Unable to place in Cat.
225	01:00:12	Diana	Reynolds	Unattached	Female Senior
226	01:00:13	Steve	Reynolds	Unattached	Male Senior
227	01:00:32	Rita	Page	Gt Bentley Running Club	Female Vet 50
228	01:00:36	James	Kelly	Framlingham Flyers	Male Vet 50
229	01:00:40	Pip	Warboys	Unattached	Male Vet 50
230	01:00:48	Christina	Underwood	Unattached	Female Senior
231	01:01:48	Michael	Bardell	Unattached	Male Senior
232	01:01:48	Alison	Bardell	Unattached	Female Senior
233	01:02:00	Nick	Smith	Tiptree Road Runners	Male Vet 50
234	01:02:04	Theresa	Montgomery	Witham RC	Female Vet 40
235	01:02:33	Elaine	Dousett	Unattached	Female Senior
236	04:02:40	Gareth	Dorset	Unattached	Male Senior
237	01:02:46	Elizabeth	Preston	Havering 90 Joggers	Female Vet 50
238	01:02:52	Dawn	Miller	Harwich Runners	Female Senior
239	01:02:56	Carolyn	Bownes	Tiptree Road Runners	Female Vet 40
240	01:03:14	Dawn	Gadd	Unattached	Female Vet 40
241	01:03:23	Paula	Staford	Havering 90 Joggers	Female Senior
242	01:03:23	Martin	Whitmill	Gt Bentley Running Club	Male Vet 40
243	01:05:37	Sally	Cowley	Unattached	Female Senior
244	01:05:37	Tacey	Doolin	Unattached	Female Senior
245	01:05:59	Louise	Papworth	Harwich Runners	Female Senior
246	01:05:59	Sandra	Maddox	Gt Bentley Running Club	Female Junior
247	01:06:02	Robert	Gowans	Gt Bentley Running Club	Male Vet 40
248	01:06:52	Amber	Bates	Unattached	Female Senior
249	01:08:18	Frances	Hull	Havering 90 Joggers	Female Senior
250	01:09:19	Tina	Starling	Unattached	Female Vet 40
251	01:09:20	Helen	Cook	Havering 90 Joggers	Female Vet 40
252	01:09:22	Susan	Ramos	Unattached	Female Vet 50
253	01:09:25	Glenda	Higgins	Unattached	Female Vet 50
254	01:10:52	Simon	Duerden	Unattached	Male Vet 40
255	01:22:51	Raymond	Pipe	Gt Bentley Running Club	Male Vet 50