

# Langham 10k

## Open

Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
1	11	Gavin Allen	M40	0:34:46.76	0:34:45.77	Springfield Striders RC
2	54	Chris Burgoyne	MO	0:34:55.08	0:34:54.12	Springfield Striders RC
3	349	Adam Howlett	M45	0:34:57.75	0:34:57.36	Framlingham Flyers
4	567	Robert Reason	MO	0:35:11.17	0:35:10.53	Harwich Runners
5	471	Daniel Millward	U18M	0:35:35.76	0:35:33.84	
6	532	Steven Parry	M45	0:35:48.21	0:35:47.57	Ipswich Jaffa RC
7	319	Mark Harrod	M40	0:35:51.46	0:35:50.46	Colchester Harriers AC
8	250	Craig Fiddaman	MO	0:35:57.43	0:35:56.68	Ipswich Jaffa RC
9	407	Jim Last	MO	0:36:04.23	0:36:03.48	Framlingham Flyers
10	382	Andrew Jobling	MO	0:36:05.57	0:36:04.05	
11	426	Mark Lloyd	M45	0:36:30.5	0:36:29.65	Harwich Runners
12	584	Paul Rodgers	M40	0:36:37.35	0:36:35.81	Colchester Harriers AC
13	755	James Winter	MO	0:37:05.05	0:37:04.03	
14	624	Russ Sharp	MO	0:37:13.92	0:37:11.74	Great Bentley Running Club
15	139	Martin Chester	M40	0:38:01.97	0:38:01.78	Havering 90 Joggers
16	701	Michael Undrill	M45	0:38:46.16	0:38:43.97	
17	309	Tim Hanman	M45	0:38:52.52	0:38:51.42	Ipswich Jaffa RC
18	737	Dan Widdowson	MO	0:38:57.32	0:38:55	
19	462	Dan Meredith	M40	0:39:00.5	0:38:59.12	Havering 90 Joggers
20	777	Mark Smith	MO	0:39:04.06	0:39:02	TriSudbury
21	779	Jamie Nelson	MO	0:39:05.68	0:39:01.34	Colchester Harriers AC
22	96	Trevor Bunch	M40	0:39:07.57	0:39:05.99	Haverhill Running Club
23	475	Heydon Mizon	M40	0:39:22.21	0:39:16.21	Witham RC
24	86	Steve Brooke	M45	0:39:28.06	0:39:25	Felixstowe RRC
25	444	Jonathan Mann	MO	0:39:31.8	0:39:30.19	
26	314	Robin Harper	M40	0:39:33.71	0:39:31.2	Felixstowe RRC
27	210	Paul Dellar	M45	0:39:34.59	0:39:31.96	Tiptree Road Runners
28	753	Simon Wilson	M40	0:39:35.45	0:39:29.91	
29	448	Neil Marking	MO	0:39:37.58	0:39:35.58	
30	69	Richard Boden	M50	0:39:38.47	0:39:34.82	Colchester Harriers AC
31	434	Dave Lumby	M55	0:39:40.08	0:39:36.62	Ipswich Jaffa RC
32	680	James Taverner	MO	0:39:41.24	0:39:27.54	
33	616	Marie Shirley	FO	0:39:54.07	0:39:49.67	Colchester Harriers AC
34	232	Ian Elden	M40	0:39:58.09	0:39:56.02	Sudbury Joggers
35	712	Jerry Walder	M40	0:40:09.63	0:40:05.94	Colchester Harriers AC
36	442	David Wright	M55	0:40:13.16	0:40:08.79	Colchester Harriers AC
37	6	Will Aldred	M45	0:40:16.26	0:40:13.68	Framlingham Flyers
38	196	Scott Darney	MO	0:40:18.82	0:40:12.56	Witham RC
39	361	David Hunt	MO	0:40:20.43	0:40:13.97	Witham RC
40	660	Giles Sowerby	MO	0:40:25.51	0:40:22.2	
41	404	Andrew Lager	M40	0:40:40.24	0:40:34.16	Witham RC
42	357	Josh Hull	MO	0:40:43.52	0:40:40.06	LWFitness4All
43	255	Jonathan Finch	M45	0:40:49.71	0:40:46.98	Tiptree Road Runners
44	654	Ashley Smy	MO	0:40:52.71	0:40:47.27	Ipswich Jaffa RC
45	472	Richard Millward	M45	0:40:55.94	0:40:51.5	Colchester Harriers AC
46	589	Christopher Rookyard	MO	0:41:01.15	0:40:45.43	
47	529	Gary Parker	M40	0:41:05.22	0:41:01.69	Great Bentley Running Club
48	140	Mark Chippendale	M45	0:41:05.35	0:41:00.76	
49	553	Mark Prigg	M45	0:41:06.35	0:41:01.35	
50	778	Liam Forbes	MO	0:41:10.36	0:40:48.33	
51	468	Phil McCulloch	M45	0:41:11.51	0:41:05.55	
52	231	David Elden	M40	0:41:20.36	0:41:15.06	
53	16	Matthew Allsop	M40	0:41:20.82	0:41:14.06	
54	615	Simon Scott	M50	0:41:21.67	0:41:14.17	Witham RC
55	774	Alec Wright	MO	0:41:22.77	0:41:17.23	Ipswich Jaffa RC
56	27	Mark Austin	M55	0:41:25.07	0:41:18.14	Witham RC
57	609	Kieron Savage	M40	0:41:26.25	0:41:18.79	Sudbury Joggers
58	510	Shaun Nicholls	MO	0:41:29.7	0:41:22.94	Ipswich Jaffa RC
59	165	Rebecca Cooke	FO	0:41:41.06	0:41:36.78	Colchester Harriers AC
60	726	Claire Weller	FO	0:41:42.21	0:41:39.2	
61	311	Craig Harley	M40	0:41:43.18	0:41:38.89	Colchester Harriers AC
62	223	Mark Duncan	M55	0:41:54.58	0:41:51.52	Havering 90 Joggers
63	696	Duane Randall	M40	0:41:57.89	0:41:53.99	
64	122	Marcus Catlin	M40	0:42:03.29	0:41:56.55	Ipswich Jaffa RC

Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
65	775	Daniel Mark	MO	0:42:14.99	0:42:10.94	Colchester Harriers AC
66	135	Anthony Chatters	MO	0:42:16.95	0:42:10.09	
67	381	Val Jennings	F50	0:42:17.63	0:42:13.47	Ipswich Jaffa RC
68	629	Dave Sherman	MO	0:42:18.42	0:42:13.48	Havering 90 Joggers
69	68	Joseph Boden	U18M	0:42:19.92	0:42:15.02	Colchester Harriers AC
70	433	Ronald Luis	M50	0:42:28.8	0:42:22.07	
71	98	Lee Burgess	MO	0:42:30.06	0:42:22.38	
72	212	Patrick Dinwiddy	MO	0:42:32.28	0:42:25.19	
73	49	Paul Barritt	M50	0:42:36.87	0:42:29.41	Colchester Harriers AC
74	742	Daniel Wilkinson	MO	0:42:37.72	0:42:33.75	Colchester Harriers AC
75	675	Alex Stuckey	M40	0:42:50.7	0:42:41.93	Witham RC
76	109	James Calnan	MO	0:42:56.37	0:42:44.13	
77	20	Christine Anthony	F50	0:43:00.37	0:42:52.87	West Suffolk AC
78	292	Stuart Green	M55	0:43:03.69	0:43:00.5	Stowmarket Striders RC
79	242	Martin England	M50	0:43:06.58	0:43:01.57	Castle Point Joggers
80	436	Esther Lury	FO	0:43:07.45	0:43:03.07	Ipswich Jaffa RC
81	711	Jay Waite	M45	0:43:11.54	0:43:04.95	Craig's Layer Bootcamp
82	676	Liz Stuckey	F40	0:43:15.46	0:43:06.33	Witham RC
83	214	Stephen Dixon	M50	0:43:17.49	0:43:12.38	Ipswich Jaffa RC
84	762	Andrew Wright	M45	0:43:18.05	0:43:16.1	Havering 90 Joggers
85	639	Michael Simmons	M50	0:43:20.73	0:43:17.68	Great Bentley Running Club
86	721	Steven Watson	MO	0:43:22.88	0:43:16.94	Witham RC
87	769	David Young	M40	0:43:26.18	0:43:12.79	
88	146	Alexis Claxton	MO	0:43:27.5	0:43:15.12	
89	72	Matt Booth	MO	0:43:28.77	0:43:25.32	
90	85	Sam Brooke	MO	0:43:29.94	0:43:25.89	Felixstowe RRC
91	419	Graham Lee	M50	0:43:33.68	0:43:21.16	
92	203	Paul Davison	M40	0:43:36.08	0:43:22.01	
93	262	Ben Forrest	MO	0:43:36.63	0:43:23.16	
94	525	Robert Page	MO	0:43:39.38	0:43:32.98	Ipswich Jaffa RC
95	155	Tony Collins	MO	0:43:40.76	0:43:30.76	Havering 90 Joggers
96	519	Annette Oakman	F40	0:43:41.93	0:43:27.86	Colchester Harriers AC
97	446	Richard Manning	M40	0:43:49.22	0:43:41.98	
98	648	David Smith	M55	0:44:00.16	0:43:52.87	
99	621	David Seymour	M55	0:44:04.14	0:43:56.63	Felixstowe RRC
100	246	Colin Farmer	M50	0:44:15.47	0:44:03.63	Great Bentley Running Club
101	222	Sean Duffett	M40	0:44:15.73	0:44:02.74	
102	718	Roger Warren	M50	0:44:16.79	0:43:11.65	
103	207	Tom Dean	MO	0:44:17.73	0:44:12.88	
104	64	James Blackshaw	MO	0:44:17.96	0:44:08.46	Witham RC
105	327	Guy Hayward	M45	0:44:21.35	0:44:11.74	Framlingham Flyers
106	655	Bill Smythe	M45	0:44:24.84	0:44:16.51	Witham RC
107	152	Thomas Codling	MO	0:44:32.35	0:44:29.76	Sudbury Joggers
108	484	Donna Morris	F50	0:44:33.02	0:44:23.44	Springfield Striders RC
109	708	Nuno Vidal	MO	0:44:37.8	0:44:12.85	Jogging Made Easy (JME)
110	699	Clive Tweedie	M65	0:44:38.73	0:44:33.85	Havering 90 Joggers
111	71	James Booth	MO	0:44:40.85	0:44:22.44	LWFitness4All
112	631	Mark Shillaker	M50	0:44:42.22	0:44:35.85	Tiptree Road Runners
113	364	Vicky Hunt	FO	0:44:42.84	0:44:33.01	Witham RC
114	47	Jonathan Barnes	MO	0:44:44.19	0:44:31.14	Woodbridge Shufflers RC
115	733	Arthur Whiston	M65	0:44:47.27	0:44:38.7	Colchester Harriers AC
116	265	Adrian Frost	M45	0:44:49.28	0:44:40.81	Colchester Harriers AC
117	420	Mark Leeks	MO	0:45:00.52	0:44:56.21	Ipswich Jaffa RC
118	344	Lee Holohan	M40	0:45:04.14	0:44:55.92	Craig's Layer Bootcamp
119	474	Craig Mitchell	M40	0:45:04.25	0:44:57.33	Craig's Layer Bootcamp
120	727	Chris Wells	MO	0:45:09.42	0:44:48.08	Sudbury Joggers
121	652	Richard Smith	M40	0:45:17.71	0:45:09.67	Sudbury Joggers
122	596	James Royce	M40	0:45:22.46	0:45:00.11	
123	257	Kevin Flower	M40	0:45:22.82	0:45:11.97	Havering 90 Joggers
124	538	Mark Pearson	MO	0:45:24.66	0:45:05.99	
125	228	Ian East	M45	0:45:26.11	0:45:17.94	
126	581	Andrew Robertson	MO	0:45:27.91	0:45:11.58	
127	60	Andrew Bigg	MO	0:45:30.87	0:45:09.6	
128	379	Martin Jarvis	M40	0:45:31.06	0:45:21.62	
129	353	Antony Hubbard	MO	0:45:36.18	0:45:20.12	
130	415	Kevin Ledger	MO	0:45:43.66	0:45:33.05	
131	479	Richard Moor	M50	0:45:49.42	0:45:28.15	
132	58	Kieren Betts	MO	0:45:51.61	0:45:42.55	

Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
133	518	Douglas O'Neill	M45	0:45:54.57	0:45:02.34	Colchester Harriers AC
134	560	Benjamin Russell	MO	0:45:57.07	0:45:40.47	
135	559	Meera Rajoo-oakley	FO	0:45:57.75	0:45:40.82	Great Bentley Running Club
136	765	Lee Yates	MO	0:45:57.95	0:45:18.24	Craig's Layer Bootcamp
137	57	Philip Beer	M50	0:45:59.89	0:45:49.47	Stowmarket Striders RC
138	683	Rachel Taylor	F40	0:46:03.69	0:45:53.95	Colchester Harriers AC
139	604	Daniel Ryan	MO	0:46:03.9	0:45:48.9	Havering 90 Joggers
140	544	Joaquin Polo	MO	0:46:05.63	0:45:47.19	Havering 90 Joggers
141	266	Tony Galea	M55	0:46:09.32	0:45:57.44	Havering 90 Joggers
142	345	James Hore	MO	0:46:10.32	0:45:57.55	
143	728	Steven Wesson	M45	0:46:11.28	0:45:56.28	Havering 90 Joggers
144	40	Ben Bannar-martin	M40	0:46:12.09	0:45:55.25	
145	666	Jayne Stacey	FO	0:46:20.67	0:46:02.56	Benfleet RC
146	714	Jason Walne	M45	0:46:32.18	0:45:49	
147	331	Alex Herbert	MO	0:46:34.16	0:46:18.14	
148	118	Evan Herbert	MO	0:46:34.61	0:46:19.12	
149	557	Nicola Pyle	F50	0:46:38.99	0:46:25.18	Springfield Striders RC
150	108	Matt Calderbank	MO	0:46:45.92	0:46:30.86	
151	389	Martin Jones	M40	0:46:47.13	0:46:33.13	
152	13	Karl Allen	M50	0:46:50.98	0:46:25.98	Sweatshop Running Community
153	187	John Croghan	M40	0:46:51.39	0:46:32.2	LWFitness4All
154	374	Kevin James	M60	0:46:55.41	0:46:42.17	Great Bentley Running Club
155	147	Lee Clarkson	MO	0:47:00.86	0:46:43.88	Great Bentley Running Club
156	330	Steve Hennings	M50	0:47:01.69	0:46:49.26	Witham RC
157	132	Lee Chaplin	MO	0:47:10.38	0:46:56.84	Team run eat sleep
158	77	Sally-ann Bowen	F40	0:47:16.5	0:46:55.77	Sudbury Joggers
159	456	Phil Matthews	MO	0:47:18.13	0:46:34.85	
160	261	Paul Ford	MO	0:47:24.78	0:47:08.87	
161	750	Andy Wilson	M50	0:47:30.47	0:47:10.35	
162	514	Andrew Notley	MO	0:47:34.35	0:47:24.34	Witham RC
163	673	Mark Stocker	M40	0:47:37.87	0:47:29.7	
164	412	Charles Layzell	MO	0:47:38.33	0:47:22.08	
165	249	Karl Feagan	M40	0:47:41.27	0:47:09.45	Hadleigh Hares AC
166	685	Paul Thomas	M40	0:47:45.34	0:47:32.09	
167	705	Mark Verlinden	M50	0:47:47.31	0:47:26.39	
168	244	Lloyd Evans	MO	0:47:47.7	0:47:23.83	
169	546	Keri Powell	M45	0:47:48.97	0:47:37.25	
170	130	Daniel Hewitt	M50	0:47:49.06	0:47:20	Halstead Road Runners
171	335	Tim Higgins	M50	0:47:51.17	0:47:43.85	Ipswich Jaffa RC
172	388	Dan Jones	U18M	0:47:51.58	0:47:43.16	
173	405	Mark Lankester	M45	0:48:00.44	0:47:53.78	Ipswich Jaffa RC
174	150	Wayne Close	MO	0:48:01.23	0:47:43.25	
175	28	Chris Axford	M50	0:48:06.69	0:47:06.28	Jogging Made Easy (JME)
176	722	Fiona Wattam	F45	0:48:07.19	0:47:45.26	Colchester Harriers AC
177	347	Darran Houchin	M40	0:48:13.08	0:47:58.25	
178	29	Jennifer Aylen	FO	0:48:13.69	0:47:29.96	Great Bentley Running Club
179	4	Terry Adams	MO	0:48:14.17	0:47:50.6	
180	384	Chris Johns	M55	0:48:27.24	0:48:09.84	
181	535	James Pavey	MO	0:48:31.04	0:48:10.63	
182	458	Paul Mcallister	M50	0:48:33.02	0:48:25.12	Hadleigh Hares AC
183	622	Eileen Shadford	F50	0:48:35.18	0:48:13.51	Great Bentley Running Club
184	605	Darrin Sadler	M50	0:48:35.83	0:48:22.29	
185	772	Abby Gaeta	FO	0:48:41.51	0:48:19.56	Ipswich Jaffa RC
186	37	Allen Ball	M40	0:48:44.94	0:48:29.52	
187	576	Josh Richardson	M45	0:48:46.82	0:48:24.95	
188	194	David Daniels	M50	0:48:49.53	0:48:07.3	Stowmarket Striders RC
189	185	Tanya Croall	F40	0:48:50.94	0:48:26.84	
190	95	Sandra Bumphrey	F40	0:48:52.44	0:48:34.54	Capel Cheetahs
191	93	Kerry Buckley	M45	0:48:52.7	0:48:34.59	Run For Your Life
192	515	Andrew Nurden	MO	0:48:52.97	0:48:36.76	
193	672	Paul Straughan	M50	0:48:53.96	0:48:39.54	LWFitness4All
194	248	Cherri Farren	FO	0:48:54.48	0:48:37.8	
195	32	David Bacon	M50	0:49:02.89	0:48:51.53	Havering 90 Joggers
196	247	Mark Farmer	M45	0:49:14.61	0:48:58.63	
197	526	Andre Palmer	M45	0:49:16.22	0:49:05.37	
198	614	Paul Scott	M50	0:49:18.15	0:48:57.17	
199	423	Jason Lepley	M40	0:49:19.67	0:48:52.61	
200	601	Troy Russell	M45	0:49:22.73	0:48:59.7	

Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
201	256	Sarah Fletcher	F40	0:49:23.02	0:48:47.37	
202	308	Sarah Hammond	F40	0:49:26.82	0:49:12.15	Springfield Striders RC
203	137	John Chell	MO	0:49:29.28	0:49:22.35	Ipswich Jaffa RC
204	173	Matt Coughlan	MO	0:49:29.81	0:49:11.14	
205	634	Colin Short	M65	0:49:31.03	0:49:19.73	Witham RC
206	403	Alex Kuczer	M45	0:49:32.76	0:49:16.51	
207	661	Mark Sparling	MO	0:49:34.46	0:49:16.75	LWFitness4All
208	416	Philip Ledger	M60	0:49:35.93	0:49:24.82	
209	751	Helen Wilson	FO	0:49:36.58	0:49:10.51	
210	646	David Skinner	M60	0:49:48.4	0:49:27.66	Havering 90 Joggers
211	527	John Palmer	M50	0:49:50.23	0:49:38.87	
212	482	Sadie Moore	FO	0:49:53.59	0:49:23.65	
213	287	Anita Grainger	F45	0:49:57.04	0:49:45.24	Witham RC
214	603	Kea Rutson-edwards	U18M	0:49:58.17	0:49:38.43	
215	336	Alan Hillyard	M50	0:50:06.51	0:49:34.99	Ipswich Jaffa RC
216	487	Toby Spencer-campbell	MO	0:50:08.16	0:49:52.1	
217	439	Malcolm Macleod	M60	0:50:11.04	0:49:51.61	
218	504	Chris Newman	MO	0:50:12.85	0:49:41.38	
219	100	Clive Burrow	M45	0:50:18.83	0:49:26.85	Havering 90 Joggers
220	773	Jon Warren	MO	0:50:22.89	0:50:12.04	Havering 90 Joggers
221	586	Steven Rolfe	MO	0:50:25.13	0:49:57.28	Braintree & District AC
222	218	Vanessa Dolling	F40	0:50:25.95	0:49:25.54	
223	326	Russell Hawkes	M40	0:50:28.59	0:50:20.05	
224	145	Michaela Clarke	F40	0:50:29.93	0:49:39.89	Colchester Harriers AC
225	600	Peter Russell	M70	0:50:30.01	0:50:05.94	
226	205	David De'ath	M55	0:50:32.57	0:50:06.62	
227	495	James Munro	M40	0:50:34.34	0:50:11.76	
228	489	Neil Moses	M55	0:50:38.34	0:49:47.5	
229	766	Louise Yates	FO	0:50:38.54	0:50:02.82	Craig's Layer Bootcamp
230	293	Matthew Green	MO	0:50:40.66	0:50:21.48	LWFitness4All
231	56	Kate Beer	F45	0:50:40.75	0:50:29.73	Stowmarket Striders RC
232	110	Michelle Calver	FO	0:50:41.72	0:50:22.74	LWFitness4All
233	356	Simon Hughes	M40	0:50:43.88	0:50:24.35	
234	562	Rachel Pearsons	F40	0:50:45.24	0:50:32.63	Witham RC
235	268	Frank Gardiner	M60	0:50:46.83	0:50:08.91	Great Bentley Running Club
236	638	Marion Simmons	F50	0:50:47.39	0:50:09.69	Great Bentley Running Club
237	715	Stephen Walsh	M55	0:50:49.6	0:49:47.31	Havering 90 Joggers
238	440	Alastair Macnaught	M40	0:50:51.47	0:50:34.44	
239	176	Lucy Cowlin	FO	0:50:53.44	0:50:32.17	
240	208	Michael Deed	M55	0:50:53.96	0:50:26.34	
241	134	Craig Charles	MO	0:50:55.73	0:50:28.77	
242	625	Eric Shaw	M70	0:50:56.86	0:50:21.14	Great Bentley Running Club
243	302	Martin Hale	MO	0:51:02.24	0:50:38.95	
244	409	Neil Lawes	M45	0:51:02.35	0:50:39.35	
245	679	Lynn Tanner	F60	0:51:08.16	0:50:53.65	Springfield Striders RC
246	52	Al Beard	M45	0:51:11.42	0:50:42	
247	81	Richard Brand	M45	0:51:17.22	0:50:20.58	
248	120	Vikki Catantan	FO	0:51:19.86	0:51:02.33	
249	79	Ian Bown	M50	0:51:33.56	0:50:34.82	
250	66	Tom Blake	M40	0:51:34.27	0:51:04.27	
251	445	Dean Manning	M45	0:51:43.39	0:51:29.38	
252	390	Felix Kariuki	MO	0:51:50.72	0:51:38.15	
253	310	Stephen Hargreaves	M50	0:51:50.91	0:51:36.53	
254	288	Jason Graves	M40	0:51:54.45	0:51:48.5	
255	522	Nikki Osborne	F45	0:51:56.59	0:51:39.02	
256	333	Anna Hibben	FO	0:51:57.63	0:51:31.08	Craig's Layer Bootcamp
257	180	John Crane	M40	0:52:02.86	0:51:40.51	
258	259	David Ford	M65	0:52:03.05	0:51:38.64	
259	513	Ian North	M45	0:52:06.55	0:51:28.5	
260	1	Sian Abbott	FO	0:52:12.16	0:51:38.16	Ipswich Jaffa RC
261	12	Howard Allen	M45	0:52:15.93	0:51:19.59	Run For Your Life
262	595	Alison Rowlands	F50	0:52:20.22	0:52:02.4	
263	362	Steve Hunt	M55	0:52:26.16	0:52:11.14	Hadleigh Hares AC
264	692	Daniel Tudor	M45	0:52:31.95	0:51:39.51	Havering 90 Joggers
265	157	Elisabeth Connor	FO	0:52:32.15	0:51:40.96	
266	276	George Imrie	M45	0:52:34.97	0:52:09.64	
267	115	Helen Carey	F50	0:52:35.13	0:52:09.5	
268	656	Claire Smythe	F45	0:52:39.74	0:52:20.49	

<b>Psn.</b>	<b>No.</b>	<b>Name</b>	<b>Cat.</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Club</b>
269	667	Richard Stearn	M40	0:52:41.5	0:52:16.95	
270	226	Ben Eary	MO	0:52:46.89	0:52:17.63	
271	251	Shaun Field	MO	0:52:52.39	0:52:17.65	Running Colchester
272	534	Louise Pascoe	FO	0:52:58.64	0:52:02.44	Witham RC
273	620	Sarah Severwright	FO	0:52:58.69	0:52:30.4	Felixstowe RRC
274	618	Jason Searles	M40	0:52:59.36	0:52:26.37	
275	435	Joanna Lummis	FO	0:52:59.69	0:52:27.27	Ipswich Jaffa RC
276	459	Martyn Mckean	M50	0:53:02.08	0:52:35.34	
277	53	Daniel Beard	U18M	0:53:02.62	0:52:33.21	
278	290	Caroline Green	FO	0:53:03.29	0:52:41.63	Run For Your Life
279	565	Sam Rigby	MO	0:53:03.36	0:52:33.36	
280	351	Chris Howlett	M45	0:53:03.96	0:52:39.48	
281	417	Christopher Lee	M60	0:53:05.69	0:51:51.23	Jogging Made Easy (JME)
282	572	Natasha Rice	FO	0:53:12.73	0:52:49.44	
283	164	John Cooke	M50	0:53:15.75	0:52:58.21	
284	453	Susannah Martin	F40	0:53:18.35	0:52:26.93	
285	179	Alicia Crane	FO	0:53:29	0:52:59.76	
286	695	John Turnbull	M60	0:53:29.14	0:52:42.21	Hadleigh Hares AC
287	158	Arno Conradie	M40	0:53:31.71	0:52:37.18	
288	463	Darien Merry	M50	0:53:33.11	0:52:46.12	
289	663	Adrian Spicer	MO	0:53:35.8	0:53:12.95	
290	289	Jemma Graves	FO	0:53:37.86	0:53:32.36	
291	160	Rebecca Conran	FO	0:53:41.33	0:52:58.59	Great Bentley Running Club
292	543	Sandy Phillips	F50	0:53:43.79	0:53:14.93	
293	540	John Penny	M60	0:53:49.79	0:53:27.83	
294	767	Helen Yellop	F45	0:53:54.54	0:52:49.42	Capel Cheetahs
295	398	Gary King	M45	0:53:56.7	0:53:00.9	
296	193	Ralph Daff	M45	0:53:56.86	0:53:01.28	
297	183	Duncan Cox	M45	0:53:57.14	0:53:00.05	TriSudbury
298	9	Bruce Allan	M45	0:53:57.76	0:52:51.03	Running Colchester
299	42	Paul Barber	M40	0:53:57.91	0:53:15.02	
300	380	Trish Jarvis	F50	0:53:58.57	0:52:57.2	Jogging Made Easy (JME)
301	301	Lee Haigherty	M40	0:54:00.51	0:53:37.33	
302	127	Karen Chambers	F40	0:54:01.42	0:52:54.67	Sudbury Joggers
303	636	Andrew Silvertton	MO	0:54:02.9	0:53:38.28	
304	577	Lauren Richardson	FO	0:54:03.42	0:53:21.26	
305	377	Nick Jarrold	MO	0:54:06.05	0:53:46.37	Ipswich Jaffa RC
306	352	Annali Hubbard	FO	0:54:14.07	0:53:21.23	
307	740	Steve Wilding	M55	0:54:14.53	0:53:28.53	Ipswich Jaffa RC
308	678	Emma Sweeney	FO	0:54:15.18	0:53:12.75	Witham RC
309	307	David Hammer	M55	0:54:18.52	0:52:58.48	
310	610	Jennie Sawtell	F40	0:54:20.32	0:53:30.32	
311	700	Deborah Undrill	F45	0:54:34.26	0:54:04.01	
312	729	Lucy West	F45	0:54:35.07	0:54:05.1	LWFitness4All
313	691	Peter Trott	M40	0:54:42.34	0:53:31.57	
314	73	Samantha Booth	FO	0:54:42.35	0:54:25.04	
315	776	Jo Martin	FO	0:54:46.46	0:53:45.57	Colchester Harriers AC
316	593	Paula Rothero	F45	0:54:48.17	0:54:29.41	Tiptree Road Runners
317	119	Richard Carvey	M50	0:54:51.32	0:54:05.83	Dengie 100 Runners
318	159	Sharon Conradie	F45	0:54:56.92	0:54:02.34	
319	97	Lucy Burdett	F40	0:54:59.85	0:54:07.26	Havering 90 Joggers
320	177	Ruth Cowlin	F50	0:55:02.67	0:54:34.31	Sudbury Joggers
321	76	Rebecca Bottjer	FO	0:55:04.63	0:54:00.83	Colchester Harriers AC
322	102	James Burrows	MO	0:55:04.83	0:54:01.03	
323	89	John Buckle	M60	0:55:13.94	0:53:52.52	
324	8	Jessica Alexander	FO	0:55:18.38	0:54:12.57	
325	184	Mark Crittenden	M45	0:55:18.66	0:54:12.62	Great Bentley Running Club
326	348	David Howell	M40	0:55:19.3	0:54:04.19	
327	322	Andrew Harvey	M40	0:55:21.51	0:54:13.06	
328	141	Alison Clark	FO	0:55:22.26	0:54:15.1	
329	162	Martin Cook	M50	0:55:22.35	0:54:55.71	Braintree & District AC
330	366	Darren Horner	M40	0:55:24.02	0:54:50.68	Colchester Harriers AC
331	550	Kirsty Preece	FO	0:55:25.31	0:54:52.01	Colchester Harriers AC
332	30	Chris Aylmer	M65	0:55:27.12	0:54:57.96	Newmarket Joggers
333	340	Hien Hoang	FO	0:55:31.5	0:54:47.65	Great Bentley Running Club
334	664	Gavin Spurr	M45	0:55:32.38	0:54:47.9	
335	759	Kevin Woodberry	MO	0:55:36.79	0:54:10.67	
336	782	Paul Hutchins	M50	0:55:42.29	0:54:57.02	Havering 90 Joggers

<b>Psn.</b>	<b>No.</b>	<b>Name</b>	<b>Cat.</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Club</b>
337	498	Gary Myers	M55	0:55:42.93	0:54:47.37	
338	21	Claire Appleby	FO	0:55:45.84	0:55:21.63	
339	651	Richard Smith	MO	0:55:54.85	0:55:23.97	
340	220	Jeremy Downs	MO	0:55:56.19	0:55:32.43	Harwich Runners
341	507	Mark Newman	MO	0:55:56.88	0:54:31.06	
342	508	Sophie Newman	FO	0:55:56.94	0:55:26.55	
343	741	Bridget Wilkinson	F40	0:55:58.38	0:55:19.7	
344	422	Deborah Lepley	F40	0:56:02.81	0:55:34.88	Jogging Made Easy (JME)
345	346	Lily Hosford	FO	0:56:04.24	0:55:28.55	Craig's Layer Bootcamp
346	635	Jackie Sibthorp	F50	0:56:04.99	0:55:47.71	RunFit Essex
347	239	Benjamin Johnys	MO	0:56:08.43	0:55:24.43	
348	602	Andy Rutson-edwards	M50	0:56:10.34	0:55:50.32	
349	563	Andrew Rayner	M50	0:56:10.81	0:55:40.99	
350	295	David Groves	M55	0:56:11.47	0:55:25.26	Havering 90 Joggers
351	156	Anthea Colsell	FO	0:56:17.73	0:55:08.54	Great Bentley Running Club
352	647	Brian Slade	M70	0:56:18.58	0:55:16.87	
353	313	Katie Harper	FO	0:56:20.47	0:55:12.34	
354	138	Sonja Chenier	F40	0:56:20.47	0:55:12.04	Running Colchester
355	747	Suzy Williams	FO	0:56:23.75	0:55:28.9	
356	190	Cristina D'andrea	FO	0:56:26.16	0:55:59.82	Craig's Layer Bootcamp
357	763	Maureen Wright	F70	0:56:27.98	0:55:52.89	Ipswich Jaffa RC
358	312	Nicola Harley	F40	0:56:38.74	0:55:40.4	Running Colchester
359	328	Mark Healy	M45	0:56:38.79	0:55:59.41	
360	630	Lucy Sherwood	FO	0:56:48.67	0:56:06.47	Running Colchester
361	275	Katie Gibson	F45	0:56:53.55	0:55:44.25	Craig's Layer Bootcamp
362	303	Jess Hall	FO	0:56:57.82	0:55:57.14	
363	323	Leoni Harvey	FO	0:56:58.69	0:56:12.32	Great Bentley Running Club
364	580	Adam Rivett	MO	0:57:00.96	0:56:33.42	
365	188	Duncan Crow	M40	0:57:10.76	0:55:59.42	
366	391	Amanda Keasley	F45	0:57:16.47	0:56:16.48	Havering 90 Joggers
367	284	Tina Gore	F40	0:57:25.72	0:56:19.34	Sudbury Joggers
368	337	Charlotte Hillyard	FO	0:57:27.13	0:56:26.6	
369	745	Christopher Williams	MO	0:57:27.94	0:57:18.47	
370	706	Craig Vernon	M50	0:57:28.2	0:55:58.2	Dedicated Nukers
371	245	Vicky Everett	FO	0:57:29.17	0:57:19.47	LWFitness4All
372	154	James Collins	M50	0:57:38.04	0:57:23.08	
373	318	Sybil Harris	F45	0:57:39.18	0:56:35.17	
374	112	Tim Canham	M40	0:57:40.31	0:57:14.75	Run For Your Life
375	681	Robin Taverner	M60	0:57:42.96	0:56:35.79	
376	253	Richard Fifield	M50	0:57:43.62	0:56:54.53	
377	111	Abi Canham	FO	0:57:54.28	0:57:28.73	Run For Your Life
378	233	Reg Eldridge	M65	0:57:55.26	0:56:31.2	
379	186	Louise Crocombe	F45	0:57:57.69	0:57:31.58	
380	321	Jan Hart	F45	0:58:03.22	0:57:20.98	
381	230	Laura Elborn	FO	0:58:05.27	0:57:51.2	
382	393	Joshua Kenmore	MO	0:58:09.37	0:57:16.65	
383	298	Lucinda Gurney	F40	0:58:12.77	0:57:00.79	Jogging Made Easy (JME)
384	739	David Wignall	M45	0:58:14.23	0:56:59.19	Running Colchester
385	143	Alison Clarke	F60	0:58:14.6	0:57:24.92	Great Bentley Running Club
386	202	Louise Davis	FO	0:58:16.26	0:57:06.66	LWFitness4All
387	274	Holly Gibson	F40	0:58:24.47	0:57:48.82	Run For Your Life
388	549	Margaret Pratt	F40	0:58:25.97	0:57:49.98	Run For Your Life
389	258	Karen Flowers	F45	0:58:26.18	0:57:29.84	Witham RC
390	46	Becky Barnes	FO	0:58:26.67	0:57:23.92	Witham RC
391	375	Lynwen James	F45	0:58:35.58	0:57:21.37	LWFitness4All
392	541	Anne Perrin	F40	0:58:36.36	0:57:11.76	
393	260	John Ford	M55	0:58:40.42	0:57:54.81	Havering 90 Joggers
394	325	Rebecca Hatch	FO	0:58:40.78	0:57:27.22	
395	211	Emma Denton	F45	0:58:41.19	0:57:27.5	
396	447	Coralie Mariaux	FO	0:58:43.68	0:58:22.33	
397	219	Leanne Donovan	FO	0:58:50.06	0:57:54.79	Jogging Made Easy (JME)
398	317	Peter Harrington	M40	0:58:56.81	0:58:05.77	
399	633	Anthea Shore	F45	0:58:59.55	0:58:16.85	
400	669	Gemma Stephens	F40	0:59:06.07	0:57:59.82	LWFitness4All
401	252	Cathryn Fifield	F50	0:59:06.97	0:58:17.84	
402	480	Katie Moorcroft	FO	0:59:08.55	0:58:26.68	Craig's Layer Bootcamp
403	770	Billie Jai Day	U18F	0:59:10.51	0:58:46.64	Shaun Tyler PT Boot Camp
404	758	Karen Wood	F40	0:59:10.78	0:57:48.06	Sudbury Joggers

<b>Psn.</b>	<b>No.</b>	<b>Name</b>	<b>Cat.</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Club</b>
405	50	Tracey Denby	F50	0:59:11.45	0:58:08.45	Witham RC
406	304	Clare Hamblin	F45	0:59:14.19	0:58:58.69	
407	148	Geraldine Clifford	FO	0:59:14.93	0:57:52.54	Sudbury Joggers
408	599	Sasha Rush	FO	0:59:16.7	0:58:20.24	Witham RC
409	520	Faye Olley	FO	0:59:20.43	0:58:59.21	
410	400	Dion Kipping	M40	0:59:23.9	0:58:25.83	
411	707	Lynne Verrier	FO	0:59:26.69	0:58:23.22	Jogging Made Easy (JME)
412	585	Rachel Rodgers	F40	0:59:27.35	0:58:45.67	Craig's Layer Bootcamp
413	554	Amanda Prior	F45	0:59:27.47	0:58:17.84	Capel Cheetahs
414	282	Alexis Johnys	FO	0:59:30.3	0:58:47.72	
415	240	Jon Enefer	M40	0:59:31.67	0:58:50.68	Run For Your Life
416	19	Mary Andrews	FO	0:59:53.4	0:59:08.26	
417	227	Kirsty Eary	FO	0:59:55.24	0:59:25.69	
418	783	Charlotte Hastings	FO	0:59:55.98	0:58:44.78	
419	528	Wing Pang	FO	0:59:56.8	0:59:51.34	
420	703	Lindsey Vaughan	F40	0:59:57.39	0:59:11.86	
421	517	Katy O'leary	F45	0:59:57.68	0:59:37.48	Great Bentley Running Club
422	612	Emma Scott	F40	0:59:59.05	0:59:38.52	
423	483	Catherine Morgan	F40	0:59:59.54	0:59:13.21	
424	182	Hayley Crew	F40	1:00:02.55	0:59:20.73	Craig's Layer Bootcamp
425	90	Rachel Buckle	FO	1:00:05.55	0:59:08.71	
426	723	Guy Watts	M50	1:00:11.12	0:59:17.38	
427	454	Claire Martins	FO	1:00:11.64	0:59:44.02	Jogging Made Easy (JME)
428	397	David King	M60	1:00:11.7	0:59:44.58	
429	221	Erika Duffett	F45	1:00:13.42	0:59:24.62	
430	671	Karen Stevens	F50	1:00:15.48	0:59:00.43	Running Colchester
431	70	Darren Bond	M50	1:00:16.06	0:58:53.06	Ipswich Jaffa RC
432	657	Jo Smythe	F45	1:00:19.3	0:59:23.06	Witham RC
433	254	David Figaji	M40	1:00:22.39	0:59:28.82	
434	359	Yvonne Hull	F45	1:00:23.77	0:59:10.01	LWFitness4All
435	533	Richard Parsons	M40	1:00:25.61	0:59:32.5	
436	713	Grahame Walkingshaw	M50	1:00:28.29	0:59:38.66	
437	38	Charlotte Ball	FO	1:00:30.26	0:59:32.5	
438	192	Lucy D'silva	FO	1:00:32.22	0:59:08.5	
439	209	Helen Delatouche	F40	1:00:32.75	0:58:53.75	
440	23	Lesley Aspin	F45	1:00:33.08	0:58:54.08	
441	191	Lee D'silva	MO	1:00:34.18	0:59:10.15	
442	123	Brian Catt	M65	1:00:47.44	1:00:08.88	
443	236	Victoria Elkins	F45	1:00:58.65	0:59:19.65	
444	92	Stephen Buckle	MO	1:01:00.95	1:00:03.53	
445	84	Andrew Brooke	MO	1:01:12.56	1:00:33.16	
446	501	Russell Newell	M45	1:01:29.67	1:01:17.75	
447	392	Laura Kelly	F45	1:01:29.79	1:00:29.71	Havering 90 Joggers
448	716	Belinda Wargent	F40	1:01:34.67	1:00:47.92	Running Colchester
449	488	Rebecca Morton	F45	1:01:35.09	1:00:45.37	Running Colchester
450	107	Martina Byrne	F50	1:01:36.39	1:01:00.36	Witham RC
451	649	Jennifer Smith	FO	1:01:39.94	1:00:30.75	
452	399	Andrew Kinney	M45	1:01:44.75	1:01:16.01	Harlow RC
453	151	Rachel Clutterham	FO	1:01:45.41	1:01:04.68	
454	746	Graham Williams	MO	1:01:45.43	1:01:04.74	
455	82	Joan Brett	F50	1:01:48.76	1:00:32.7	LWFitness4All
456	195	Catherine Darkins	FO	1:01:51.26	1:00:52.79	
457	241	Kirstie Enefer	F40	1:01:55	1:00:59.73	Running Colchester
458	167	Sarah Cooper	F40	1:02:02.95	1:01:13.47	Running Colchester
459	278	Rachel Gill	F45	1:02:08.14	1:01:31.2	
460	277	Andrew Gill	M50	1:02:08.23	1:01:31.31	
461	229	David Edwards	M40	1:02:17.59	1:01:16.45	
462	578	Rachel Richardson-wright	F50	1:02:20.7	1:00:50.7	Colchester Harriers AC
463	556	Jo Pullen	FO	1:02:20.96	1:01:46.69	
464	505	Daniel Newman	MO	1:02:29.84	1:01:59.59	
465	574	Carolyn Richardson	F45	1:02:30.03	1:01:17.8	
466	264	Claire Fradley	FO	1:02:42.03	1:01:20.24	Sudbury Joggers
467	725	Sandra Webb	F45	1:02:42.72	1:00:42.72	Chelmer RoadRunners
468	342	Michelle Holland	FO	1:02:50.53	1:01:29.21	Sudbury Joggers
469	213	Lisa-marie Diprose	FO	1:02:50.96	1:02:00.65	
470	702	Louise Upston	FO	1:02:56.57	1:02:10.57	Great Bentley Running Club
471	478	Samantha Monks	F40	1:02:57.2	1:01:48.5	Craig's Layer Bootcamp
472	386	Paula Johns	F45	1:02:57.79	1:01:49.32	Craig's Layer Bootcamp

Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
473	481	Claire Moore	FO	1:03:01.34	1:02:29.46	
474	217	Natalie Dodd	FO	1:03:02.27	1:01:12.27	
475	17	Lisa Allum	F45	1:03:03.17	1:02:11.6	
476	460	Claire Mcpherson	F40	1:03:10.68	1:02:11.53	
477	582	Kerri Robinson	FO	1:03:16.99	1:02:17.27	
478	687	Andrew Thorn	MO	1:03:18.28	1:01:48.28	Dedicated Nukers
479	768	Anna Young	F40	1:03:18.4	1:01:48.4	Dedicated Nukers
480	738	Karen Wiffen	F45	1:03:22.65	1:01:22.65	Chelmer RoadRunners
481	204	Sarah De-vaux Balbirnie	FO	1:03:29.99	1:02:52.13	
482	720	Charlotte Watson	FO	1:03:35.65	1:02:49.84	
483	771	Carrie Day	FO	1:03:44.87	1:02:31.71	Shaun Tyler PT Boot Camp
484	502	Stephen Newhall	M40	1:03:58.09	1:03:07.79	
485	269	Lisa Gaskin	F45	1:03:58.22	1:02:58.12	Hadvering 90 Joggers
486	698	Kelly Turner	F40	1:04:05.65	1:03:06.22	
487	591	Cat Ross	FO	1:04:13.01	1:01:58.01	
488	280	Andy Gladman	M50	1:04:16.76	1:02:51.76	
489	608	Sally Sandford	F40	1:04:16.98	1:02:54.59	Sudbury Joggers
490	106	Zoe Butler	FO	1:04:17.34	1:02:47.34	Dedicated Nukers
491	332	Julie Hewstone	F45	1:04:22.89	1:02:22.89	Chelmer RoadRunners
492	408	Barbara Law	F70	1:04:28.54	1:03:02.54	Great Bentley Running Club
493	113	Paul Carden	M70	1:04:33	1:04:23.79	
494	65	Jan Blake	F50	1:04:35.99	1:03:05.99	
495	360	Hannah Hummerstone	FO	1:04:41.39	1:04:07.07	
496	429	Leonie Lowe	F45	1:04:45.19	1:03:39.45	Great Bentley Running Club
497	503	Julie Newland	F45	1:05:08.5	1:03:05.5	
498	650	Melissa Smith	F40	1:05:08.75	1:03:05.75	
499	499	Carol Nelson	F55	1:05:23.97	1:03:08.97	Hadvering 90 Joggers
500	99	Kathryn Burke	F40	1:05:26.92	1:04:23.59	Jogging Made Easy (JME)
501	198	Jeanetta Darrah	F50	1:05:27.1	1:04:01.68	
502	51	Zoey Battell	F40	1:05:31.93	1:03:49.93	Sudbury Joggers
503	628	Charlotte Shepherd	FO	1:05:32.03	1:04:06.84	
504	411	Sarah Lawrence	F40	1:05:34.91	1:04:27.23	
505	149	Lee Close	MO	1:05:38.23	1:05:17.67	
506	296	Trish Groves	F55	1:05:43.26	1:04:03.26	
507	464	Jenny Merry	FO	1:05:49.68	1:04:03.68	Sudbury Joggers
508	395	Helen Blackshaw	FO	1:05:55.45	1:04:25.45	Witham RC
509	215	Laura Dobie	FO	1:06:02.47	1:04:48.13	Hadvering 90 Joggers
510	640	Elizabeth Simpson	F45	1:06:03.01	1:05:11.46	
511	524	Elizabeth Owers	FO	1:06:10.28	1:05:03.76	
512	438	Helen Mackenzie-cardy	F50	1:06:22.85	1:04:58.26	Hadvering 90 Joggers
513	575	Elaine Richardson	F60	1:06:25	1:04:55	Hadvering 90 Joggers
514	387	Beverley Jones	F40	1:06:25.06	1:04:55.06	
515	588	Claire Rooke	F40	1:06:54.93	1:05:47.93	Sudbury Joggers
516	378	Gary Jarvis	M40	1:06:54.97	1:05:46.42	Felixstowe RRC
517	530	Lucy Parrett	FO	1:06:59.29	1:05:34.92	
518	175	Martin Court	M55	1:07:07.74	1:06:08.02	
519	334	Jenny Hickmott	F45	1:07:16.81	1:06:00.92	LWFitness4All
520	128	Jo Adams	FO	1:07:25.91	1:06:14.32	Jogging Made Easy (JME)
521	234	Michelle Eley	F45	1:07:31.37	1:05:31.37	Chelmer RoadRunners
522	571	Tracey Reynolds	F45	1:07:53.96	1:06:40.87	
523	613	Hayley Scott	F40	1:08:01.44	1:07:02.29	Running Colchester
524	45	Frances Barnard	FO	1:08:05.58	1:06:37.58	Capel Cheetahs
525	430	Kathleen Lowery	F55	1:08:09.64	1:07:02.48	LWFitness4All
526	674	Lucy Storey	FO	1:08:17.43	1:06:47.43	
527	78	Gemma Bowes	FO	1:08:19.52	1:06:57.45	
528	48	Maddy Barrett	FO	1:08:25.29	1:06:29.29	Run For Your Life
529	626	Bryanne Shearman	F40	1:08:47.8	1:07:47.26	
530	172	Vicki Cotter	FO	1:08:53.21	1:07:33.99	
531	299	Elaine Gutteridge	FO	1:08:53.9	1:07:31.61	
532	18	Shaheda Ambrose	F60	1:08:55.88	1:07:31.1	
533	200	Wayne David	MO	1:08:58.15	1:07:28.15	
534	136	Maria Cheaveau	F60	1:09:08	1:06:53	
535	178	Lou Coy	FO	1:09:09.09	1:08:09.33	Running Colchester
536	7	Ann Alexander	F50	1:09:12.72	1:08:05.72	Sudbury Joggers
537	103	Lucy Burton	FO	1:09:21.69	1:07:02.69	
538	91	Sally Buckle	F50	1:09:25.8	1:07:45.8	Sudbury Joggers
539	297	Hayley Gunn-bruce	FO	1:09:25.88	1:07:45.88	Sudbury Joggers
540	126	Sarah Chamberlin	FO	1:09:26.18	1:07:46.18	



Psn.	No.	Name	Cat.	Gun Time	Chip Time	Club
541	665	Hannah St Ledger	FO	1:09:47.02	1:08:07.02	Sudbury Joggers
542	587	Susanna Putnam	F50	1:09:47.42	1:08:42.69	
543	686	Andy Thompson	M55	1:10:03.35	1:08:37.35	
544	281	Nathan Gladman	MO	1:10:05.89	1:08:40.89	
545	15	Paula Allen	F40	1:10:06.13	1:09:38.44	Jogging Made Easy (JME)
546	125	Vicky Chamberlain	F40	1:10:10.4	1:08:40.4	
547	536	Sarah Pearman	F40	1:10:10.61	1:08:40.61	
548	443	Jason Lilley	MO	1:10:11.47	1:08:24.47	
549	189	Kelly Cullum	FO	1:10:19.24	1:08:47.24	
550	94	Jodie Budd	FO	1:10:20.81	1:09:13.81	Sudbury Joggers
551	376	Sandra James	F60	1:10:33.16	1:09:27.42	Great Bentley Running Club
552	25	Laura Atkinson	FO	1:10:36.01	1:09:10.46	
553	26	Tom Atkinson	MO	1:10:37.14	1:09:11.27	
554	469	Lisa Mills	FO	1:10:38.59	1:08:38.59	Chelmer RoadRunners
555	117	Natalie Lilley	F45	1:10:54.67	1:09:07.67	
556	401	Sarah Knapp	FO	1:11:08.08	1:09:05.08	
557	396	Rav Khokhar	FO	1:11:11.51	1:09:53.49	
558	497	Debbie Myers	F50	1:11:17.14	1:09:52.14	
559	22	Carrie Armstrong	FO	1:11:17.14	1:09:58.03	
560	385	Hannah Johns	FO	1:11:18.17	1:10:07.19	
561	570	Alison Renshaw	FO	1:11:18.77	1:09:22.77	Run For Your Life
562	552	Jess Preston	FO	1:11:22.96	1:10:42.34	Vegan Runners UK
563	421	Elizabeth Legge	FO	1:11:38.5	1:10:27.59	
564	704	Lorraine Verlinden	F50	1:11:43.48	1:10:38.69	
565	114	Samantha Carden	F40	1:11:56.22	1:11:47.32	Running Colchester
566	539	David Pengelly	M60	1:11:57.96	1:10:17.96	
567	627	Kevin Sheath	M55	1:12:01.73	1:11:52.52	
568	658	Alison Snow	F40	1:12:05.21	1:10:41.45	Jogging Made Easy (JME)
569	761	Sue Wray	FO	1:12:05.36	1:10:42.45	Jogging Made Easy (JME)
570	161	Beverley Cook	F50	1:12:12.24	1:11:26.93	Braintree & District AC
571	619	Janine Sestak	F65	1:12:17.02	1:10:50.87	
572	506	Emma Newman	F40	1:12:45.39	1:11:20.11	
573	83	Sharon Breward	F40	1:12:45.92	1:11:05.92	Sudbury Joggers
574	752	Laura Wilson	FO	1:12:46.54	1:11:06.54	Sudbury Joggers
575	749	Mel Willsmore	F40	1:13:00.66	1:11:37.71	
576	491	Sue Moye	F50	1:13:50.74	1:12:10.74	Sudbury Joggers
577	101	Gillian Burrows	F50	1:14:01.79	1:12:29.79	
578	75	Inez Botha	F40	1:14:05.91	1:13:22.6	
579	781	Deanne Jupp	F45	1:14:28.25	1:12:28.25	Havering 90 Joggers
580	466	Rachel Miles	FO	1:14:31.98	1:12:45.98	Sudbury Joggers
581	67	Brian Bloomfield	MO	1:14:33	1:12:46	Sudbury Joggers
582	734	Lindsay White	F45	1:14:41.37	1:13:29.68	
583	88	Melonie Evans	F45	1:14:41.47	1:12:53.47	Sudbury Joggers
584	341	Lindsay Hobden	F45	1:14:42.06	1:12:54.06	Sudbury Joggers
585	41	Susan Bannocks	F55	1:15:12.34	1:14:14.35	Phoenix Striders
586	355	Josy Hughes	F50	1:15:59.64	1:13:59.64	Havering 90 Joggers
587	263	Ria Forsyth	FO	1:16:33.46	1:15:09.54	
588	36	Heidi Baldry	FO	1:16:42.75	1:15:34.77	
589	368	Unknown	MO	1:16:59.23	1:15:36.02	
590	561	Vandi Rathbone	F50	1:17:18.68	1:16:43.52	
591	343	Emma Holmes-nicholson	F45	1:17:18.7	1:16:43.53	
592	485	Joanne Morris	FO	1:17:18.97	1:16:44.08	Great Bentley Running Club
593	573	Callie Richards	FO	1:17:38.92	1:16:28.55	
594	754	Melanie Wiltshire	FO	1:17:39.26	1:15:39.26	Havering 90 Joggers
595	283	Hasanthi Gooneratne	FO	1:17:45.44	1:16:24.62	
596	365	Annette Hunter	F45	1:17:49.43	1:16:39.89	
597	697	Kate Turner	FO	1:18:36.95	1:17:38.01	
598	418	Diana Lee	F55	1:18:45.88	1:17:22.02	Jogging Made Easy (JME)
599	566	Johanna Read	F40	1:18:56.34	1:18:22.15	Running Colchester
600	174	Bernadette Coulthrust	F45	1:18:58.62	1:16:51.62	
601	105	Paul Burton	M50	1:18:58.89	1:16:51.89	
602	104	Nina Burton	F45	1:19:00.55	1:16:51.55	
603	267	Elizabeth Gamble	F50	1:19:47.82	1:18:37.86	

<b>Psn.</b>	<b>No.</b>	<b>Name</b>	<b>Cat.</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Club</b>
604	717	Frances Warren	F55	1:20:19.18	1:18:19.18	
605	286	Caroline Gould	FO	1:20:55.75	1:19:58.79	
606	490	Louise Moss	F40	1:25:16.04	1:23:06.04	Chelmer RoadRunners
607	492	Karen Mulholland	F50	1:26:58.38	1:25:04.38	Jogging Made Easy (JME)
608	451	Natalie Martin	FO	1:26:58.39	1:25:04.39	Jogging Made Easy (JME)
609	168	Wendy Cooper	F50	1:33:57.26	1:31:38.26	