

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
1	90	Chris Burgoyne	00:32:25	M19-39	1	Male	1	
2	374	Alex Manton	00:33:32	M19-39	2	Male	2	Springfield Striders
3	396	Mark McKeown	00:34:34	M19-39	3	Male	3	Colchester Harriers
4	112	Sam Clayton	00:34:39	M19-39	4	Male	4	Colchester and Tendring AC
5	590	Benjamin Turley	00:34:44	M19-39	5	Male	5	Ipswich Jaffa RC
6	163	Paul Dungate	00:35:00	M40-44	1	Male	6	
7	277	Paul Holley	00:35:01	M50-54	1	Male	7	Newmarket Joggers
8	235	Jason Gunn	00:35:05	M19-39	6	Male	8	Colchester Harriers
9	636	Dan Widdowson	00:35:36	M19-39	7	Male	9	Ipswich Triathlon Club
10	658	James Wright	00:35:44	M40-44	2	Male	10	Colchester Harriers AC
11	298	Cameron Humphries	00:36:49	M19-39	8	Male	11	Colchester Harriers AC
12	377	Keith Marley	00:36:50	M50-54	2	Male	12	Colchester Harriers
13	552	Giles Sowerby	00:37:00	M19-39	9	Male	13	Witham RC
14	547	Ashley Smy	00:37:06	M19-39	10	Male	14	Framlingham Flyers
15	38	Alex Belsom	00:37:07	M19-39	11	Male	15	
16	39	Alistair Belsom	00:37:07	M19-39	12	Male	16	
17	501	Colin Ridley	00:37:09	M55-59	1	Male	17	Colchester Harriers
18	220	Chris Goulding	00:37:31	M19-39	13	Male	18	
19	597	Armand Vigors	00:37:34	M19-39	14	Male	19	Boxted Runners
20	655	Nikki Woodyard	00:37:36	F40-44	1	Female	1	Springfield Striders
21	558	Heidi Steele	00:37:47	F19-39	1	Female	2	Colchester Harriers AC
22	400	Robin Mcnelis	00:37:47	M45-49	1	Male	20	UKRUNCHAT RC
23	83	Piotr Bulacz	00:37:54	M45-49	2	Male	21	Sudbury Joggers
24	593	Mark Turner	00:37:55	M50-54	3	Male	22	
25	339	Steve Langley	00:38:00	M55-59	2	Male	23	Eastern Masters AC
26	408	Danny Millward	00:38:00	MU19	1	Male	24	Colchester Harriers
27	245	Tim Hanman	00:38:11	M45-49	3	Male	25	Ipswich jaffa
28	281	David Hook	00:38:16	M19-39	15	Male	26	City of Norwich
29	290	Mark Howard	00:38:16	M19-39	16	Male	27	Colchester Harriers AC
30	117	Thomas Colsell	00:38:20	MU19	2	Male	28	Colchester Harriers
31	681	Chris Rookyard	00:38:24	M19-39	17	Male	29	
32	16	Alex Archer	00:38:42	M19-39	18	Male	30	Ipswich Jaffa RC
33	36	Aden Bell	00:38:51	M19-39	19	Male	31	Hadleigh Hares
34	193	Simon Ford	00:38:53	M40-44	3	Male	32	Colchester Harriers
35	319	Charles Keitch	00:38:59	M40-44	4	Male	33	Great Bentley running club
36	65	Jonathan Boyles	00:39:00	M40-44	5	Male	34	Running Colchester
37	140	Rob Cronshaw	00:39:04	M19-39	20	Male	35	Colchester Harriers
38	160	Andrew Doig	00:39:10	M45-49	4	Male	36	East Essex Tri Club
39	303	Joseph Iacobucci	00:39:15	M19-39	21	Male	37	
40	544	Richard Smith	00:39:22	M45-49	5	Male	38	Sudbury Joggers
41	157	Simon Derry	00:39:27	M45-49	6	Male	39	Sudbury Joggers
42	540	Jordan Smith	00:39:30	M19-39	22	Male	40	Ipswich Jaffa RC
43	64	Simon Bowring	00:39:34	M45-49	7	Male	41	Springfield Striders
44	668	James Youngs	00:39:56	M45-49	8	Male	42	Stowmarket striders
45	404	Lloyd Miles	00:40:04	M50-54	4	Male	43	Billericay striders
46	295	Antony Hubbard	00:40:14	M40-44	6	Male	44	
47	162	Emma Drury	00:40:17	F19-39	2	Female	3	Sudbury Joggers
48	372	Jonathan Mann	00:40:26	M40-44	7	Male	45	Great Bentley running club
49	545	Richard Smith	00:40:35	M45-49	9	Male	46	Sudbury Joggers
50	368	Scott MacSephney	00:40:38	M50-54	5	Male	47	Ipswich JAFFA Running Club
51	200	Nick Frost	00:40:48	M50-54	6	Male	48	Capel cheetahs
52	291	Dave Howe	00:40:52	M55-59	3	Male	49	Running Colchester
53	224	Karl Graves	00:41:04	M45-49	10	Male	50	Boxted Runners
54	466	Tom Pike	00:41:32	M19-39	23	Male	51	
55	256	Justin Hayhoe	00:41:34	M45-49	11	Male	52	
56	478	Christopher Purse	00:41:37	M60-64	1	Male	53	
57	148	Matt Davey	00:41:42	M40-44	8	Male	54	Colchester Harriers

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
58	484	Matthew Read	00:41:43	M19-39	24	Male	55	
59	158	Patrick Dinwiddy	00:41:47	M19-39	25	Male	56	Springfield Striders RC
60	164	Joseph Dunning	00:41:48	M19-39	26	Male	57	
61	471	Mark Porter	00:41:54	M45-49	12	Male	58	
62	191	Jamie Fittock	00:41:56	M19-39	27	Male	59	Saint Edmund pacers
63	45	Peter Benton	00:41:57	M50-54	7	Male	60	Great Bentley running club
64	667	Michael Young	00:42:00	M19-39	28	Male	61	Running Colchester
65	266	John Henington	00:42:02	M45-49	13	Male	62	Colchester Harriers
66	556	Malcolm Statham	00:42:06	M45-49	14	Male	63	Colchester Harriers
67	611	Jason Wanner	00:42:11	M19-39	29	Male	64	
68	304	Samuel Irungu	00:42:12	M19-39	30	Male	65	
69	455	Joseph Pearce	00:42:13	M19-39	31	Male	66	
70	594	William Tuson	00:42:21	M45-49	15	Male	67	Veterans AC
71	133	PETER CRAWLEY	00:42:25	M19-39	32	Male	68	Palmer & Partners
72	515	Len Saunders	00:42:27	M40-44	9	Male	69	Felixstowe Road Runners
73	198	Chris Frost	00:42:32	M19-39	33	Male	70	
74	608	Tony Wallen	00:42:34	M50-54	8	Male	71	Witham running club
75	56	Marcus Boon	00:42:42	M19-39	34	Male	72	Ipswich jaffa
76	75	Kevin Brett	00:42:45	M60-64	2	Male	73	Jogging made easy
77	32	Paul Barritt	00:42:47	M55-59	4	Male	74	CHAC
78	464	kevin phillips	00:42:48	M40-44	10	Male	75	
79	24	Darren Baker	00:42:49	M19-39	35	Male	76	
80	128	Marcus Cox	00:42:55	M45-49	16	Male	77	Jogging made easy
81	41	Robin Belsom	00:43:04	M55-59	5	Male	78	Ipswich jaffa
82	627	Arthur Whiston	00:43:04	M65-69	1	Male	79	Colchester Harriers
83	481	Ian Ratray	00:43:10	M45-49	17	Male	80	Colchester Harriers AC
84	666	David Young	00:43:11	M45-49	18	Male	81	
85	624	David Weldon	00:43:13	M40-44	11	Male	82	Springfield Striders
86	296	Joe Hughes	00:43:13	M19-39	36	Male	83	
87	5	Mark Alder	00:43:15	M19-39	37	Male	84	SRF
88	462	Gary Perryman	00:43:22	M45-49	19	Male	85	Sudbury Joggers
89	107	Neville Clarke	00:43:28	M65-69	2	Male	86	
90	601	Charlie Walder	00:43:36	MU19	3	Male	87	Colchester Harriers
91	602	Jerry Walder	00:43:37	M45-49	20	Male	88	Colchester Harriers
92	525	Jimmy Secker	00:43:41	M40-44	12	Male	89	
93	187	Simon Farren	00:43:49	M45-49	21	Male	90	
94	340	Joanne Larwood	00:43:50	F40-44	2	Female	4	
95	507	Samuel Rose	00:44:03	M19-39	38	Male	91	
96	120	Justin Cooper-Keeble	00:44:08	M45-49	22	Male	92	Harwich Runners
97	153	Becky Day	00:44:13	F19-39	3	Female	5	Boxted Runners
98	139	John croghan	00:44:14	M45-49	23	Male	93	
99	7	Barbara Aldridge	00:44:15	F45-49	1	Female	6	Billericay striders
100	284	James Hore	00:44:17	M40-44	13	Male	94	
101	519	Duncan Scott	00:44:29	M19-39	39	Male	95	Great Bentley running club
102	418	Vaughan Morris	00:44:30	M55-59	6	Male	96	Stowmarket striders
103	73	Simon Brennen	00:44:34	M19-39	40	Male	97	
104	29	Jordan Barker	00:44:41	M19-39	41	Male	98	Witham RC
105	237	Sophie Hales	00:44:46	F19-39	4	Female	7	
106	346	Robert Lee	00:44:48	M19-39	42	Male	99	Running Colchester
107	648	Neil Winters	00:44:52	M40-44	14	Male	100	Running Colchester
108	280	Derek Hood	00:44:55	M45-49	24	Male	101	Ipswich Jaffa RC
109	376	Joanne Mark	00:45:01	F19-39	5	Female	8	
110	439	Andrew Nurden	00:45:03	M19-39	43	Male	102	Guantanamo Running Club
111	174	Robert Elliott	00:45:07	M19-39	44	Male	103	
112	657	Keith Worboyes	00:45:08	M40-44	15	Male	104	
113	82	Steve Bugden	00:45:09	M60-64	3	Male	105	Springfield Striders RC
114	457	Thierry Pennec	00:45:09	M45-49	25	Male	106	Sudbury Joggers

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
115	480	Nicola Ranson	00:45:12	F50-54	1	Female	9	Spring field striders
116	327	Elodie King	00:45:15	F19-39	6	Female	10	
117	526	Dean Semple	00:45:16	M19-39	45	Male	107	
118	69	Michael Breame	00:45:17	M19-39	46	Male	108	
119	557	Richard Stearn	00:45:19	M45-49	26	Male	109	
120	129	Noah Cox	00:45:40	MU19	4	Male	110	Jogging made easy
121	23	Chris Axford	00:45:40	M50-54	9	Male	111	Jogging made easy
122	523	Tommy Scott	00:45:46	M55-59	7	Male	112	
123	76	Scott Brian	00:45:48	M45-49	27	Male	113	
124	196	Ben Francis	00:45:48	M19-39	47	Male	114	
125	207	John Gage	00:45:53	M55-59	8	Male	115	
126	416	Victoria Moore	00:45:56	F45-49	2	Female	11	
127	424	Darren Mumford	00:46:04	M50-54	10	Male	116	
128	156	Neil Dennis	00:46:07	M19-39	48	Male	117	Stowmarket Striders Running Club
129	252	Rob Harrow	00:46:12	M40-44	16	Male	118	
130	123	Richard Corner	00:46:12	M50-54	11	Male	119	
131	309	Martin Jarvis	00:46:20	M40-44	17	Male	120	
132	607	Brigid Wallen	00:46:25	F55-59	1	Female	12	Witham running club
133	25	Allen Ball	00:46:31	M45-49	28	Male	121	Running Colchester
134	161	Steven Drummond	00:46:33	M40-44	18	Male	122	
135	425	Brian Munns	00:46:35	M50-54	12	Male	123	Newmarket Joggers
136	337	Magdalena Komorowska	00:46:40	F40-44	3	Female	13	Great Bentley running club
137	53	Thomas Blake	00:46:40	M40-44	19	Male	124	
138	527	EILEEN SHADFORD	00:46:41	F50-54	2	Female	14	GBRC
139	22	Mark Avery	00:46:42	M50-54	13	Male	125	Ipswich jaffa
140	292	Tom Howell	00:46:48	M19-39	49	Male	126	
141	19	Thomas Ashley	00:46:51	M19-39	50	Male	127	Witham RC
142	575	Chris Taylor	00:47:00	M45-49	29	Male	128	Colchester Harriers
143	364	Mark Lynch	00:47:01	M45-49	30	Male	129	Witham running club
144	549	George Sokhi	00:47:06	MU19	5	Male	130	
145	488	Adam Regan	00:47:10	M19-39	51	Male	131	Witham running club
146	390	Nicholas Mayes	00:47:12	M45-49	31	Male	132	Boxted Runners
147	459	Liam Percival	00:47:19	M19-39	52	Male	133	
148	109	Madeleine Claydon	00:47:25	FU19	1	Female	15	Colchester Harriers
149	495	Josh Richardson	00:47:26	M45-49	32	Male	134	
150	673	Carl Fenton-Jones	00:47:40	M19-39	53	Male	135	
151	543	Kieran Smith	00:47:41	M40-44	20	Male	136	
152	427	Arul Nambi	00:47:43	M45-49	33	Male	137	
153	634	Daniel Whymark	00:47:52	M19-39	54	Male	138	
154	398	Antony McLoughlin	00:47:58	M19-39	55	Male	139	Jogging made easy
155	599	Andrew Wagerfield	00:47:59	M19-39	56	Male	140	Running Colchester
156	274	Stefan Hogan	00:48:00	M19-39	57	Male	141	Colchester Harriers AC
157	453	James Pearce	00:48:02	M19-39	58	Male	142	
158	664	John Yell	00:48:03	M40-44	21	Male	143	Running Colchester
159	412	richard moor	00:48:03	M55-59	9	Male	144	GBRC
160	242	Sarah Hammond	00:48:17	F40-44	4	Female	16	Springfield Striders RC
161	335	Michael Kitching	00:48:22	M50-54	14	Male	145	
162	307	KEVIN james	00:48:24	M65-69	3	Male	146	GREAT BENTLEY RC
163	357	Andy Lonergan	00:48:24	M19-39	59	Male	147	
164	103	Graham Clark	00:48:25	M40-44	22	Male	148	
165	241	Michael Hammond	00:48:31	M19-39	60	Male	149	
166	435	Matthew Newman	00:48:31	M19-39	61	Male	150	
167	217	Bryanne Sheene	00:48:33	F45-49	3	Female	17	
168	529	Jenny Sheahan	00:48:34	F55-59	2	Female	18	Eastern Masters AC
169	85	Sandra Bumphrey	00:48:35	F45-49	4	Female	19	Capel cheetahs
170	221	Isobel Gowers	00:48:36	F40-44	5	Female	20	Springfield Striders RC
171	430	Rob Neale	00:48:37	M40-44	23	Male	151	Boxted Runners

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
172	152	Sarah Davison	00:48:42	F45-49	5	Female	21	Great Bentley running club
173	151	Paul Davison	00:48:42	M45-49	34	Male	152	Great Bentley running club
174	652	Kevin Woodberry	00:48:45	M40-44	24	Male	153	
175	338	Artur Kuczynski	00:48:46	M45-49	35	Male	154	
176	199	Mollie Frost	00:48:47	F19-39	7	Female	22	
177	269	Graham Hipkin	00:48:49	M55-59	10	Male	155	Clacton Seafront Runners
178	591	BENEDICT TURNBULL	00:48:55	M40-44	25	Male	156	Running Colchester
179	172	Benn Eldridge	00:49:05	M19-39	62	Male	157	Jogging Made Easy (JME)
180	571	Lynn Tanner	00:49:07	F65-69	1	Female	23	Springfield Striders
181	195	Michael Foster	00:49:08	M19-39	63	Male	158	Running Colchester
182	676	Paul Tawn	00:49:12	M55-59	11	Male	159	FJG
183	260	Kieron Healy	00:49:12	M19-39	64	Male	160	
184	116	Anthea Colsell	00:49:22	F40-44	6	Female	24	Great Bentley running club
185	21	James Attenborough	00:49:27	M19-39	65	Male	161	Witham running club
186	47	Lee Betts	00:49:30	M45-49	36	Male	162	
187	633	Mark Whybrow	00:49:32	M55-59	12	Male	163	
188	619	Michael Watts	00:49:32	M50-54	15	Male	164	
189	491	Rebecca Richards	00:49:39	F19-39	8	Female	25	
190	609	Jason Walne	00:49:43	M45-49	37	Male	165	
191	249	Mark Harris	00:49:45	M45-49	38	Male	166	Great Bentley running club
192	534	Tim Sillitoe	00:49:46	M50-54	16	Male	167	Boxted Runners
193	286	Darran Houchin	00:49:47	M45-49	39	Male	168	
194	8	wendy aldrige	00:49:51	F55-59	3	Female	26	dengie 100 runners
195	533	Dean Sillett	00:49:52	M19-39	66	Male	169	
196	580	sol terry	00:49:55	M19-39	67	Male	170	
197	165	Katherine Dunstan	00:50:02	F40-44	7	Female	27	
198	10	Emma Allen	00:50:02	F19-39	9	Female	28	
199	171	Steven Edwards	00:50:07	M50-54	17	Male	171	Running Colchester
200	186	Cherri Farren	00:50:09	F40-44	8	Female	29	
201	271	Hien Hoang	00:50:09	F19-39	10	Female	30	Great Bentley running club
202	394	Graham McGuire smith	00:50:16	M19-39	68	Male	172	
203	528	David Sheahan	00:50:16	M55-59	13	Male	173	
204	54	Stephen Bland	00:50:17	M19-39	69	Male	174	
205	146	Andy Daley	00:50:22	M40-44	26	Male	175	Boxted Runners
206	550	Jeremy Sokhi	00:50:26	M45-49	40	Male	176	
207	432	Sue Nel	00:50:27	F50-54	3	Female	31	
208	58	Mark Booth	00:50:31	M55-59	14	Male	177	
209	259	Val Haynes	00:50:33	F55-59	4	Female	32	Running Colchester
210	407	Lorraine Mills	00:50:36	F50-54	4	Female	33	Tiptree Road Runners
211	330	Lynne King	00:50:43	F50-54	5	Female	34	Clacton Seafront Runners
212	352	Jason Lilley	00:50:43	M40-44	27	Male	178	Witham RC
213	283	Celine Hore	00:50:47	F40-44	9	Female	35	
214	302	Richard Hurley	00:50:47	M70+	1	Male	179	
215	6	Daniel Aldis	00:50:50	M19-39	70	Male	180	
216	229	Louis Greenhalgh	00:50:54	M19-39	71	Male	181	
217	365	Richard Mabbitt	00:51:01	M45-49	41	Male	182	
218	294	Annali Hubbard	00:51:01	F19-39	11	Female	36	
219	343	Ash Lawson	00:51:03	M19-39	72	Male	183	
220	345	Christophe Lecoeur	00:51:03	M19-39	73	Male	184	
221	684	Ian Brown	00:51:07	M19-39	74	Male	185	
222	393	Christopher McGlade	00:51:10	M40-44	28	Male	186	Boxted Runners
223	473	Lucia Possamai	00:51:12	F19-39	12	Female	37	
224	456	Emily Penkett	00:51:13	F19-39	13	Female	38	Springfield Striders
225	596	katrina vicentijevic	00:51:15	F19-39	14	Female	39	
226	356	Michelle Lock	00:51:22	F19-39	15	Female	40	
227	279	Andrew Hollock	00:51:24	M45-49	42	Male	187	Running Colchester
228	342	Abbi Lawrence	00:51:25	F40-44	10	Female	41	Running Colchester

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
229	212	Alex Gee	00:51:28	M19-39	75	Male	188	Guantanamo Running Club
230	482	ANDREW READ	00:51:37	M55-59	15	Male	189	Witham RC
231	270	DEBORAH HITCHING	00:51:40	F40-44	11	Female	42	Springfield Striders
232	177	James Ellis	00:51:44	M19-39	76	Male	190	
233	197	Catherine Frost	00:51:44	F19-39	16	Female	43	
234	360	Nicholas Looby	00:51:46	M50-54	18	Male	191	Witham RC
235	28	Sally Banyard	00:51:48	F50-54	6	Female	44	
236	2	Adam Abo Henriksen	00:51:49	M19-39	77	Male	192	
237	420	alex mortimer	00:51:57	M19-39	78	Male	193	
238	257	Kelly Hayhoe	00:52:04	F40-44	12	Female	45	
239	145	Craig Dade	00:52:05	M45-49	43	Male	194	
240	301	Stuart Hunt	00:52:10	M19-39	79	Male	195	Hadleigh Hares
241	451	Marie Paveley	00:52:15	F40-44	13	Female	46	Capel cheetahs
242	232	Jet Grommel	00:52:16	F40-44	14	Female	47	Jogging made easy
243	137	Fiona Critchley	00:52:27	F50-54	7	Female	48	East London Runners
244	204	Robin Fussell	00:52:37	M19-39	80	Male	196	
245	606	Rab Wallace	00:52:37	M50-54	19	Male	197	16 Med Regt
246	211	Steve Garthwaite	00:52:40	M45-49	44	Male	198	Stratford Striders
247	465	Stuart Phillips	00:52:43	M45-49	45	Male	199	Clacton Seafront Runners/Origin Legal
248	236	Lee Haigherty	00:52:44	M45-49	46	Male	200	
249	62	Sally-Ann Bowen	00:52:47	F45-49	6	Female	49	Sudbury Joggers
250	126	Ruth Cowlin	00:52:47	F50-54	8	Female	50	Sudbury Joggers
251	625	Chris Wells	00:52:48	M19-39	81	Male	201	Sudbury Joggers
252	403	Darien Merry	00:52:57	M55-59	16	Male	202	Clacton Seafront Runners
253	402	Ian Merchant	00:53:05	M55-59	17	Male	203	Running Colchester
254	127	Daniel Cox	00:53:09	M19-39	82	Male	204	
255	13	Lee Anderson	00:53:12	M40-44	29	Male	205	Jogging made easy
256	332	Tracy King	00:53:16	F50-54	9	Female	51	
257	677	Joel Tyson	00:53:17	M19-39	83	Male	206	FJG
258	52	Ellen Blacow	00:53:19	F19-39	17	Female	52	
259	42	Ruth Benham	00:53:23	F19-39	18	Female	53	
260	587	Michael Tidmarsh	00:53:33	M55-59	18	Male	207	Running Colchester
261	115	James Collitt	00:53:35	M19-39	84	Male	208	Boxted Runners
262	238	Jessica Hall	00:53:37	F19-39	19	Female	54	
263	81	Emily Bueggeln	00:53:45	F40-44	15	Female	55	
264	91	Valentina Burley	00:53:45	F50-54	10	Female	56	Harwich Runners
265	95	Oliver Cargill	00:53:47	M19-39	85	Male	209	Running Colchester
266	592	Lorraine Turner	00:53:49	F50-54	11	Female	57	
267	386	Morgan Mason	00:53:53	F19-39	20	Female	58	Running Colchester
268	405	Lisa Millar	00:53:55	F19-39	21	Female	59	SPS oddballs
269	649	Matt Winward	00:53:57	M40-44	30	Male	210	Running Colchester
270	628	Emily White	00:53:58	FU19	2	Female	60	Colchester and Tendring Athletics Club
271	347	Shawn leek	00:54:01	M45-49	47	Male	211	Great Bentley
272	431	Jamie Neill	00:54:02	M40-44	31	Male	212	
273	166	Vanessa Durham	00:54:02	F45-49	7	Female	61	Chelmer Roadrunners
274	406	Kerrie Mills	00:54:03	F45-49	8	Female	62	
275	573	Peter Tassone	00:54:10	M45-49	48	Male	213	
276	498	Thomas Richardson	00:54:12	MU19	6	Male	214	
277	554	Amy Spencer	00:54:17	F19-39	22	Female	63	Romsey Road Runners
278	650	Jim Withers	00:54:36	M60-64	4	Male	215	Newmarket Joggers
279	399	Ada McMahon	00:54:46	F45-49	9	Female	64	
280	306	Matthew Jackson	00:54:49	M19-39	86	Male	216	
281	532	Bev Shortley	00:54:49	F50-54	12	Female	65	Great Bentley
282	429	Sarah Naughton	00:54:53	F40-44	16	Female	66	
283	261	Mark Healy	00:55:02	M45-49	49	Male	217	
284	355	John Lloyd	00:55:05	M45-49	50	Male	218	Witham RC
285	101	Tracy Chapman	00:55:16	F45-49	10	Female	67	

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
286	503	Adam Robey	00:55:20	M19-39	87	Male	219	
287	581	Colin Tester	00:55:20	M50-54	20	Male	220	Sevenoaks Athletics Club
288	641	Daniel Wilkinson	00:55:21	M19-39	88	Male	221	
289	93	Claire Cansdale	00:55:22	F19-39	23	Female	68	
290	147	Ton Damen	00:55:23	M45-49	51	Male	222	Boxted Runners
291	99	Bo Chan	00:55:25	F40-44	17	Female	69	Running Colchester
292	46	Dale Betts	00:55:26	M40-44	32	Male	223	
293	562	Ian Stokoe	00:55:35	M40-44	33	Male	224	
294	210	Frank Gardiner	00:55:35	M60-64	5	Male	225	GBRC
295	510	Allan Rumble	00:55:36	M19-39	89	Male	226	Lonely Goat Running Club
296	268	Diane Hillyard	00:55:37	F55-59	5	Female	70	
297	263	Charlene HEARN	00:55:38	F19-39	24	Female	71	Boxted Runners
298	125	Kate Cowell	00:55:41	F19-39	25	Female	72	
299	383	Steven Martin	00:55:47	M55-59	19	Male	227	
300	26	Chris Ball	00:55:50	M19-39	90	Male	228	UK Mudd Kings / Nuclear Striders
301	467	Michael Pingram	00:55:52	M19-39	91	Male	229	
302	421	Robin Mott	00:55:52	M50-54	21	Male	230	
303	138	Fran Crockett	00:55:52	F50-54	13	Female	73	Running Colchester
304	122	Gary Corbett	00:55:56	M40-44	34	Male	231	
305	470	Beverley Poore	00:56:00	F50-54	14	Female	74	
306	535	Andrew Silverton	00:56:01	M19-39	92	Male	232	
307	615	Grant Watling	00:56:02	M50-54	22	Male	233	Boxted Runners
308	92	BIANCA BURMAN	00:56:02	F19-39	26	Female	75	Sudbury Joggers
309	314	David Jones	00:56:02	M55-59	20	Male	234	Great Bentley running club
310	40	Catherine Belsom	00:56:08	F45-49	11	Female	76	Stowmarket striders
311	635	Caroline Widdowson	00:56:11	F45-49	12	Female	77	Running Colchester
312	637	Ian Widdowson	00:56:11	M45-49	52	Male	235	Running Colchester
313	678	Alison Wilcock	00:56:18	F19-39	27	Female	78	
314	273	Philip Hogan	00:56:19	M45-49	53	Male	236	JME
315	671	John Bailey	00:56:20	M50-54	23	Male	237	
316	461	John Perry	00:56:22	M70+	2	Male	238	Boxted Runners
317	311	Parthipan Jegendirabose	00:56:26	M19-39	93	Male	239	
318	111	Derek Clayton	00:56:41	M60-64	6	Male	240	
319	536	Ross Silverton	00:56:52	M70+	3	Male	241	
320	175	Shaun Elliott	00:56:58	M45-49	54	Male	242	Boxted Runners
321	366	Tarynn Macleod	00:57:07	F19-39	28	Female	79	Colchester Harriers Athletics Club
322	389	Emma Mayes	00:57:12	F45-49	13	Female	80	Boxted Runners
323	251	Sybil Harris	00:57:14	F45-49	14	Female	81	
324	414	Claire Moore	00:57:17	F40-44	18	Female	82	Boxted Runners
325	476	Christina Pretty	00:57:22	F55-59	6	Female	83	Harwich Runners
326	119	Darren Cookson	00:57:28	M40-44	35	Male	243	Boxted Runners
327	381	Ray Martin	00:57:29	M40-44	36	Male	244	Lonely Goat RC
328	646	James Wilson	00:57:33	M19-39	94	Male	245	Boxted Runners
329	176	Therese Elliott	00:57:36	F45-49	15	Female	84	Boxted Runners
330	72	Harriet Brennen	00:57:43	F19-39	29	Female	85	
331	206	Wayne Fussell	00:57:52	M55-59	21	Male	246	
332	500	JAMIE RICHMOND	00:57:53	M19-39	95	Male	247	Palmer & Partners
333	548	Caroline Sokhi	00:57:55	F55-59	7	Female	86	
334	516	Bradley Say	00:57:58	M19-39	96	Male	248	
335	14	Mary Andrews	00:58:03	F19-39	30	Female	87	
336	240	Charlotte Hammond	00:58:08	F19-39	31	Female	88	Running Colchester
337	348	Neil Lemin	00:58:18	M19-39	97	Male	249	Running Colchester
338	98	Stewart Chalmers	00:58:45	M65-69	4	Male	250	
339	604	Stephanie Walker	00:58:45	F19-39	32	Female	89	
340	74	Joan Brett	00:58:47	F55-59	8	Female	90	
341	380	Nicola Martin	00:58:49	F50-54	15	Female	91	
342	142	sue cross	00:58:52	F50-54	16	Female	92	colchester running

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
343	15	Pranav Annapureddy	00:59:00	MU19	7	Male	251	
344	333	Zoe King	00:59:10	F19-39	33	Female	93	Vegan Runners
345	227	Al Green	00:59:10	M45-49	55	Male	252	Vegan Runners
346	184	vicky everett	00:59:12	F19-39	34	Female	94	
347	630	Rhiannon White	00:59:12	F19-39	35	Female	95	
348	564	Dean Sugg	00:59:24	M45-49	56	Male	253	
349	639	Karen Wiffen	00:59:31	F50-54	17	Female	96	
350	289	Jane Howard	00:59:31	F45-49	16	Female	97	Chelmer Road Runners
351	253	Vanessa Harvey	00:59:33	F55-59	9	Female	98	
352	71	LAURA BRENNAN	00:59:34	F40-44	19	Female	99	
353	450	Kate Partridge	00:59:36	F45-49	17	Female	100	
354	645	Gaynor Wilson	01:00:07	F40-44	20	Female	101	
355	659	Louise Wright	01:00:10	F45-49	18	Female	102	
356	61	Adele Bovingdon	01:00:14	F19-39	36	Female	103	dengie 100 runners
357	492	Carolyn Richardson	01:00:18	F45-49	19	Female	104	Boxted Runners
358	180	Jon Enefer	01:00:19	M40-44	37	Male	254	Running Colchester
359	102	Catie Chou	01:00:28	F50-54	18	Female	105	
360	546	Suzy Smith	01:00:29	F45-49	20	Female	106	Running Colchester
361	502	Katie Rixon	01:00:29	F19-39	37	Female	107	
362	621	Alan Webb	01:00:30	M19-39	98	Male	255	
363	37	Roy Belsey	01:00:31	M19-39	99	Male	256	
364	474	Katherine potter	01:00:31	F40-44	21	Female	108	Tiptree
365	669	Rosie Youngs	01:00:33	F50-54	19	Female	109	Jogging made easy
366	640	David Wignall	01:00:34	M50-54	24	Male	257	Running Colchester
367	477	Amanda Prior	01:00:41	F50-54	20	Female	110	Capel cheetahs
368	496	Paul Richardson	01:00:45	M40-44	38	Male	258	
369	541	Kate Smith	01:00:45	F40-44	22	Female	111	
370	553	Vicky Sparrow	01:00:46	F19-39	38	Female	112	
371	493	Charlotte Richardson	01:00:48	F40-44	23	Female	113	Sudbury Joggers
372	316	Teresa Jones	01:00:49	F45-49	21	Female	114	Great Bentley running club
373	665	anna young	01:00:49	F45-49	22	Female	115	Great Bentley running club
374	413	Michelle Moorcroft	01:00:50	F50-54	21	Female	116	Running Colchester
375	31	vicky barnett	01:00:50	F19-39	39	Female	117	
376	584	Andy Thompson	01:00:54	M60-64	7	Male	259	Running Colchester
377	192	Illana Flora	01:01:02	F19-39	40	Female	118	
378	370	Sandy Maloy	01:01:03	F50-54	22	Female	119	Sudbury Joggers
379	605	Grahame Walkingshaw	01:01:03	M55-59	22	Male	260	Jogging made easy
380	105	Alison Clarke	01:01:04	F65-69	2	Female	120	Great Bentley
381	51	Phaedra Bishop	01:01:10	F40-44	24	Female	121	
382	219	Nicola Gore	01:01:18	F40-44	25	Female	122	
383	50	Amanda Bird	01:01:19	F45-49	23	Female	123	ipswich jaffa
384	9	Nicola Alexander	01:01:25	F19-39	41	Female	124	
385	419	Teresa Morse	01:01:25	F50-54	23	Female	125	
386	445	chris panther	01:01:27	M45-49	57	Male	261	
387	662	Anna Yell	01:01:28	F40-44	26	Female	126	Running Colchester
388	446	Alice Parker	01:01:28	F19-39	42	Female	127	
389	674	Wendy Hobbs	01:01:29	F55-59	10	Female	128	
390	504	Desiree Rojas Moya	01:01:32	F19-39	43	Female	129	
391	154	Luis Del Moral Soriano	01:01:32	M19-39	100	Male	262	
392	214	Andy Gladman	01:01:48	M55-59	23	Male	263	
393	485	Robin Read	01:01:52	M50-54	25	Male	264	
394	341	Nicola Laverack	01:01:53	F40-44	27	Female	130	Great Bentley running club
395	385	Claire Martins	01:01:57	F19-39	44	Female	131	Running Colchester
396	436	ROGER NEWNHAM	01:02:03	M65-69	5	Male	265	Running Colchester
397	468	Tracey Plane	01:02:10	F19-39	45	Female	132	
398	499	Rachel Richardson-wright	01:02:12	F55-59	11	Female	133	Colchester Harriers
399	487	Emma Reeve	01:02:14	F19-39	46	Female	134	

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
400	43	Clare Bennett-White	01:02:15	F45-49	24	Female	135	Chelmer Roadrunners
401	201	Suzanne Frost	01:02:17	F45-49	25	Female	136	TRISudbury
402	124	Clair Cornwell	01:02:19	F45-49	26	Female	137	
403	318	Shelley Keep	01:02:27	F19-39	47	Female	138	Running Colchester
404	656	Emma Woollard	01:02:27	F19-39	48	Female	139	
405	585	Bob Thompson	01:02:29	M45-49	58	Male	266	Good gym
406	169	Kirsty Edwards	01:02:32	F19-39	49	Female	140	Running Colchester/purple army
407	392	NATALIE MCCLAREN	01:02:47	F19-39	50	Female	141	Palmer & Partners
408	570	Suzy Tankard	01:02:53	F19-39	51	Female	142	
409	155	Sue Dempsey	01:02:54	F45-49	27	Female	143	Boxted Runners
410	170	Louise Edwards	01:02:59	F40-44	28	Female	144	LW Fitness4All
411	49	Graeme Biggins	01:03:00	M40-44	39	Male	267	LW Fitness4All
412	313	KAREN Johnson	01:03:02	F45-49	28	Female	145	
413	278	Daniel Holliday	01:03:08	M19-39	101	Male	268	
414	463	Jack Petts-Lewis	01:03:17	M19-39	102	Male	269	
415	660	Maureen Wright	01:03:17	F70+	1	Female	146	Ipswich jaffa
416	100	Scott Chapman	01:03:19	M19-39	103	Male	270	SPS oddballs
417	70	Rachel Breame	01:03:32	F19-39	52	Female	147	
418	351	Thomas Levett	01:03:34	M40-44	40	Male	271	
419	358	iestyn long	01:03:36	M40-44	41	Male	272	
420	542	Kerry Smith	01:03:42	F40-44	29	Female	148	
421	387	Hannah Massie	01:03:51	F19-39	53	Female	149	
422	86	Sheena Bumphrey	01:04:04	F40-44	30	Female	150	Boxted Runners
423	87	Andrew Burbidge	01:04:08	M40-44	42	Male	273	Colchester runners
424	34	Emily Baxter	01:04:18	F19-39	54	Female	151	
425	434	Mandy Newman	01:04:18	F55-59	12	Female	152	
426	35	Bethany Bedingfield	01:04:19	F19-39	55	Female	153	Capel cheetahs
427	537	Karen Skene	01:04:19	F50-54	24	Female	154	
428	167	Kirsty Eary	01:04:26	F19-39	56	Female	155	Boxted Runners
429	326	David King	01:04:31	M65-69	6	Male	274	
430	623	Verity Webber	01:04:41	F19-39	57	Female	156	
431	254	Julie Haselwood	01:04:43	F65-69	3	Female	157	Ipswich jaffa
432	194	JOHN FOSTER	01:04:44	M19-39	104	Male	275	Palmer & Partners
433	369	Kathrine Maguire	01:04:44	F40-44	31	Female	158	
434	682	Chandrakumaran Dushanth	01:04:48	M40-44	43	Male	276	
435	417	Stephanie Morgan	01:04:51	F19-39	58	Female	159	
436	448	Jeremy Parker	01:04:57	M50-54	26	Male	277	
437	367	Niki MacSephney	01:04:58	F45-49	29	Female	160	
438	12	Michelle Amos	01:05:10	F40-44	32	Female	161	
439	328	Jacquie King	01:05:19	F60-64	1	Female	162	Boxted Runners
440	531	Sarah Shelton	01:05:19	F45-49	30	Female	163	Boxted Runners
441	490	Cameron Richards	01:05:26	M19-39	105	Male	278	Jogging made easy
442	293	Mark hoy	01:05:28	M19-39	106	Male	279	Jogging made easy
443	321	Sheryl Kemp	01:05:31	F40-44	33	Female	164	
444	598	John Voss	01:05:35	M50-54	27	Male	280	
445	447	Hannah Parker	01:05:39	F19-39	59	Female	165	Seawall Striders
446	168	Kara Edhouse-Thomas	01:05:40	F45-49	31	Female	166	Ipswich Jaffa RC
447	315	Sarah Jones	01:06:05	F19-39	60	Female	167	
448	288	Jane Howard	01:06:07	F40-44	34	Female	168	
449	250	Rebecca Harris	01:06:10	F19-39	61	Female	169	
450	17	Tammy Aristodimou	01:06:24	F45-49	32	Female	170	Running Colchester
451	44	Anna Benton	01:06:24	F45-49	33	Female	171	Running Colchester
452	582	Jill Thatcher	01:06:27	F55-59	13	Female	172	Jogging made easy
453	131	Sharon Cox	01:06:28	F45-49	34	Female	173	Jogging made easy
454	359	Sue Long	01:06:42	F50-54	25	Female	174	Tiptree Road Runners
455	514	Joanne Sargent	01:06:49	F45-49	35	Female	175	Hadleigh Hares
456	489	Alison Renshaw	01:06:51	F40-44	35	Female	176	Ipswich Jaffa RC

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
457	79	david brooks	01:06:53	M70+	4	Male	281	ac veterans
458	97	Davin Cattermole	01:07:03	M19-39	107	Male	282	
459	121	Michelle Cooper-Keeble	01:07:08	F40-44	36	Female	177	Harwich Runners
460	683	Angelique Giordano	01:07:33	F19-39	62	Female	178	
461	679	Charlotte Wombwell	01:07:37	F19-39	63	Female	179	
462	460	Chris Perry	01:07:37	M45-49	59	Male	283	
463	215	Nathan Gladman	01:07:45	M19-39	108	Male	284	
464	181	Kirstie Enefer	01:07:58	F40-44	37	Female	180	Running Colchester
465	208	Ruth Gailey	01:07:58	F19-39	64	Female	181	Parkside Runners
466	680	Mandy Wombwell	01:08:10	F60-64	2	Female	182	
467	638	Jean Wier	01:08:12	F60-64	3	Female	183	Harwich Runners
468	415	Karen Moore	01:08:21	F60-64	4	Female	184	
469	149	Wayne David	01:08:32	M19-39	109	Male	285	
470	388	Jodee Mayer	01:08:32	F19-39	65	Female	185	Witham RC
471	190	Anita Filer	01:08:34	F55-59	14	Female	186	
472	483	Angela READ	01:08:38	F55-59	15	Female	187	Witham RC
473	80	rebecca buckles	01:08:56	F19-39	66	Female	188	Stowmarket striders
474	433	Teresa Nel	01:09:01	F50-54	26	Female	189	
475	378	JAMES MARSHALL	01:09:07	M19-39	110	Male	286	Jogging made easy
476	438	Louise Norris	01:09:20	F45-49	36	Female	190	Boxted Runners
477	603	Gillian Walker	01:09:20	F55-59	16	Female	191	Boxted Runners
478	226	Samuel Greatorex	01:09:23	M19-39	111	Male	287	
479	11	Helen Amos	01:09:40	F19-39	67	Female	192	
480	563	Steve Streeting	01:09:51	M55-59	24	Male	288	Running Colchester
481	143	Talia Cullum	01:09:54	F19-39	68	Female	193	
482	334	Dion Kipping	01:09:57	M40-44	44	Male	289	
483	506	Hayley Rook	01:10:03	F40-44	38	Female	194	
484	27	Juliet Balls	01:10:04	F50-54	27	Female	195	
485	282	VICKI Hook	01:10:40	F19-39	69	Female	196	
486	661	Sudhakar Reddy Yeddula	01:10:52	M40-44	45	Male	290	
487	3	Roger Abo Henriksen	01:11:04	M65-69	7	Male	291	
488	134	Sue Crawte	01:11:24	F55-59	17	Female	197	
489	18	Libby Arnold	01:11:26	F60-64	5	Female	198	
490	426	Sarah Munson	01:11:26	F19-39	70	Female	199	
491	539	CHARLIE SMITH	01:11:50	M19-39	112	Male	292	Palmer & Partners
492	576	Jackie Taylor	01:11:58	F50-54	28	Female	200	
493	60	Tina Bourne	01:12:11	F50-54	29	Female	201	Jogging made easy
494	230	Cara Greenley	01:12:15	F19-39	71	Female	202	Running Colchester
495	437	Iorraine norman	01:12:17	F50-54	30	Female	203	
496	141	Paul Cross	01:12:19	M55-59	25	Male	293	Running Colchester
497	94	Nicky Cant	01:12:22	F45-49	37	Female	204	Sudbury Joggers
498	317	Jenny Kaye	01:12:29	F19-39	72	Female	205	Running Colchester
499	391	Mick Mccarthy	01:12:29	M45-49	60	Male	294	
500	30	Nick Barlow	01:12:55	M45-49	61	Male	295	Running Colchester
501	325	Rav Khokhar	01:13:07	F40-44	39	Female	206	
502	663	David Yell	01:13:22	M65-69	8	Male	296	Ward Park Runners
503	218	Hasanthi Gooneratne	01:13:28	F40-44	40	Female	207	
504	617	James Watson	01:13:31	M19-39	113	Male	297	
505	616	Danielle Watson	01:13:35	F19-39	73	Female	208	
506	272	Helen Hogan	01:14:08	F45-49	38	Female	209	JME
507	264	Sarah Hearn	01:14:41	F19-39	74	Female	210	Boxted Runners
508	349	Beverley Leslie	01:15:18	F60-64	6	Female	211	Jogging made easy
509	653	Elizabeth Woodhull	01:15:31	F19-39	75	Female	212	
510	497	Sian Richardson	01:16:10	F45-49	39	Female	213	
511	530	Kevin Sheath	01:17:01	M55-59	26	Male	298	
512	320	Felicity Kemp	01:17:01	F19-39	76	Female	214	Running Colchester
513	89	TRACEY BURGESS	01:17:22	F50-54	31	Female	215	

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
514	88	CONRAD BURGESS	01:17:22	M40-44	46	Male	299	
515	440	Karen OGRADY	01:17:44	F55-59	18	Female	216	Running Colchester
516	517	Mark Scales	01:18:14	M50-54	28	Male	300	
517	223	Toni Graham	01:18:18	F40-44	41	Female	217	
518	522	James scott	01:18:42	M19-39	114	Male	301	
519	569	Jane Sweeting	01:18:46	F45-49	40	Female	218	
520	647	Shannon Wing	01:19:43	F19-39	77	Female	219	
521	353	Natalie Lilley	01:19:45	F50-54	32	Female	220	Witham RC
522	228	Alison Green	01:20:44	F55-59	19	Female	221	Jogging made easy
523	203	Michelle Fussell	01:21:21	F50-54	33	Female	222	
524	613	David Warwick	01:21:42	M70+	5	Male	302	
525	308	SANDRA james	01:22:07	F60-64	7	Female	223	GREAT BENTLEY RC
526	508	Sarah Roulson	01:22:34	F45-49	41	Female	224	
527	511	Dawn Rutter	01:23:09	F40-44	42	Female	225	Running Colchester
528	188	Mark Fields	01:23:16	M50-54	29	Male	303	
529	179	Emily Elliston	01:23:17	F19-39	78	Female	226	
530	113	Linda Cole	01:24:18	F40-44	43	Female	227	Running Colchester
531	67	Andrea Brammer	01:34:49	F45-49	42	Female	228	
532	379	Natalie Martin	01:34:49	F40-44	44	Female	229	Running Colchester
533	600	Christine Wagerfield	01:34:51	F40-44	45	Female	230	Running Colchester
534	577	Maria Taylor	01:37:33	F19-39	79	Female	231	Running Colchester