

Langham 10k

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
1	639	Ryan Prout	MO	0:32:26.33	Thrift Green Trotters
2	593	Ramadan Osman	MO	0:33:21.35	Colchester Harriers AC
3	119	Chris Burgoyne	MO	0:33:40.22	Springfield Striders RC
4	133	Tom Cammack	MO	0:34:47.28	Springfield Striders RC
5	380	Richard Heath	M40	0:35:30.94	Colchester Harriers AC
6	502	Andrew Low	M45	0:35:45.23	Benfleet RC
7	609	Steven Parry	M50	0:35:46.72	Ipswich Jaffa RC
8	278	Nate Filer	MO	0:35:49.34	Colchester Harriers AC
9	668	Colin Ridley	M55	0:36:04.6	Colchester Harriers AC
10	196	Tom Cresswell	MO	0:36:14.47	Colchester Harriers AC
11	376	James Hayward	MO	0:36:20.79	Ipswich Jaffa RC
12	374	Kieran Hayles	MO	0:36:37.87	Sudbury Joggers
13	907	James Winter	MO	0:36:48.08	Willesden Triathlon
14	516	Chris Martin	MO	0:36:50.1	Witham RC
15	926	Ryan Ostler	MO	0:36:57.22	Ipswich Jaffa RC
16	368	Mark Harrod	M40	0:36:58.49	Colchester Harriers AC
17	420	David Hunt	MO	0:37:09.28	Witham RC
18	545	Danny Millward	U18M	0:37:27.04	Colchester Harriers AC
19	549	Heydon Mizon	M40	0:37:36.33	Witham RC
20	767	Joshua Sowman	U18M	0:37:42.24	Grange Farm & Dunmow Runners
21	514	Keith Marley	M45	0:37:46.02	Colchester Harriers AC
22	175	Andrew Conway	M45	0:38:00.7	Tiptree Road Runners
23	30	Carl Baker	M45	0:38:21.44	Run For Your Life
24	214	Scott Darney	MO	0:38:32.69	Witham RC
25	683	Christopher Rookyard	MO	0:38:47.72	
26	805	Clive Thomas	M55	0:38:49.84	Colchester Harriers AC
27	358	Tim Hanman	M45	0:38:50.88	Ipswich Jaffa RC
28	284	Richard Flutter	M45	0:38:53.66	Colchester Harriers AC
29	169	Leo Cole	M50	0:39:04.15	Witham RC
30	759	Robert Smith	MO	0:39:08.87	Colchester Harriers AC
31	388	Gavin Hickmott	M45	0:39:22.56	LWFitness4All
32	701	Pablo Antonio Aranda Sanchez	MO	0:39:23.62	
33	766	Giles Sowerby	MO	0:39:24.98	Witham RC
34	285	James Foot	MO	0:39:26.37	
35	671	Pete Riley	M45	0:39:27.75	Witham RC
36	658	James Reed	MO	0:39:35.76	
37	212	Owen Dare	M50	0:39:40.1	Witham RC
38	629	Tom Porter	MO	0:39:41.29	Halstead RRC
39	6	Will Aldred	M45	0:39:43.57	Framlingham Flyers
40	828	Michael Undrill	M50	0:39:58.23	
41	39	Tim Ballard	MO	0:39:59.55	Great Bentley Running Club
42	697	Damien Saiz	MO	0:40:01.61	
43	578	Shaun Nicholls	MO	0:40:11.21	Ipswich Jaffa RC
44	114	Piotr Bulacz	M45	0:40:27.7	Sudbury Joggers
45	253	David Elden	M40	0:40:27.76	
46	213	Jake Darkins	MO	0:40:32.37	Great Bentley Running Club
47	315	Chaz Gay	MO	0:40:37.85	
48	933	Steve Langley	M55	0:40:46.78	Ipswich Jaffa RC
49	414	Steven Hughes	M50	0:40:59.43	Stowmarket Striders RC
50	509	Chris Manby	MO	0:40:59.87	Colchester Harriers AC
51	504	Dave Lumby	M55	0:41:01.73	Ipswich Jaffa RC
52	467	Graham Langford	M45	0:41:02.31	Colchester Harriers AC
53	843	Jerry Walder	M40	0:41:05.11	Colchester Harriers AC
54	228	Tom Dean	MO	0:41:06.54	
55	546	Richard Millward	M45	0:41:14.07	Colchester Harriers AC
56	25	Mark Austin	M60	0:41:16.23	Witham RC
57	233	Simon Derry	M40	0:41:23.19	
58	905	Simon Wilson	M40	0:41:26.84	Colchester Harriers AC
59	510	Jonathan Mann	MO	0:41:31.45	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
60	10	Lee Allen	MO	0:41:34.42	
61	288	Ben Forrest	MO	0:41:35.84	
62	350	Simon Haines	MO	0:41:38.19	Team FitMix
63	404	Mark Howard	MO	0:41:39.96	
64	474	Gavin Laws	MO	0:41:41.12	Tiptree Road Runners
65	685	James Royce	M45	0:41:45.39	Running Colchester
66	604	Chris Panton	M40	0:41:59.44	Colchester Harriers AC
67	47	Paul Barritt	M55	0:42:01.58	Colchester Harriers AC
68	490	Todd Lewis	M50	0:42:06.35	Sudbury Joggers
69	244	Emma Drury	FO	0:42:15.13	Sudbury Joggers
70	599	Rob Page	MO	0:42:16.12	Ipswich Jaffa RC
71	299	Ady Frost	M45	0:42:21.21	Colchester Harriers AC
72	628	Mark Porter	M45	0:42:28.32	
73	263	Paul English	MO	0:42:37.89	Witham RC
74	524	Bradley Maxwell	MO	0:42:39.75	Boxted Running Club
75	921	David Young	M45	0:42:45.48	
76	446	Matthew Jones	MO	0:42:48.33	Great Bentley Running Club
77	269	Colin Farmer	M50	0:42:52.54	Great Bentley Running Club
78	254	Ian Elden	M40	0:42:59.78	Sudbury Joggers
79	709	Simon Scott	M50	0:43:03.17	Witham RC
80	346	Paul Gutteridge	MO	0:43:03.77	
81	642	Stephen Pugh	M55	0:43:03.97	Ipswich Jaffa RC
82	439	Val Jennings	F50	0:43:04.42	Ipswich Jaffa RC
83	704	Kieron Savage	M40	0:43:08.76	Sudbury Joggers
84	503	Ronald Luis	M50	0:43:12.74	
85	15	Stephen Ames	M40	0:43:16.79	
86	863	Steven Watson	MO	0:43:17.89	Witham RC
87	343	Michael Gunther	MO	0:43:18.56	
88	621	William Petersen	M45	0:43:23.67	
89	808	Paul Thomas	M40	0:43:27.54	Witham RC
90	336	Stuart Green	M55	0:43:28.64	Stowmarket Striders RC
91	741	Jason Skelton	M45	0:43:33.16	Running Colchester
92	147	Robert Carter	MO	0:43:37.77	
93	166	Russell Clarke	M40	0:43:39.19	
94	445	Will Johnston-wood	MO	0:43:40.4	Sudbury Joggers
95	787	Liz Stuckey	F40	0:43:43.27	Witham RC
96	182	Justin Cooper-keeble	M45	0:43:45.03	Harwich Runners
97	138	Ashley Carden	M40	0:43:51.84	Running Colchester
98	536	Matt Meredith	M40	0:43:53.76	
99	65	Claudine Benstead	F55	0:43:59.43	Harwich Runners
100	708	Paul Scott	M50	0:44:00.36	
101	491	Gale Light	M50	0:44:06.6	
102	432	Andrea James	FO	0:44:09.61	Colchester Harriers AC
103	199	Rob Cronshaw	MO	0:44:10.49	Vegan Runners UK
104	558	Sadie Moore	FO	0:44:12.74	
105	355	Rachael Hamblyn	FO	0:44:17.33	Ipswich Jaffa RC
106	276	Craig Fiddaman	MO	0:44:18.06	Ipswich Jaffa RC
107	41	Ben Bannar-martin	M40	0:44:18.91	
108	67	Peter Benton	M50	0:44:19.4	
109	575	David Nesmith	MO	0:44:20.58	
110	512	Daniel Mark	MO	0:44:23.53	Colchester Harriers AC
111	758	Richard Smith	M40	0:44:29.58	Sudbury Joggers
112	116	Kate Bullock	F40	0:44:29.9	
113	447	Dave Joy	M55	0:44:30.29	Red Runners
114	563	Vaughan Morris	M55	0:44:35.36	
115	151	Debbie Cattermole	F50	0:44:37.8	Colchester Harriers AC
116	620	Gary Perryman	M40	0:44:41.8	Tiptree Road Runners
117	764	Bill Smythe	M45	0:44:42.05	Witham RC
118	79	Tom Blake	M40	0:44:48.86	
119	849	Jason Waile	M45	0:44:57.07	
120	197	John Croghan	M40	0:44:59.66	LWFitness4All
121	362	Danielle Harrington	FO	0:45:02.08	Tiptree Road Runners
122	215	Stuart Darney	MO	0:45:04.12	Springfield Striders RC

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123	300	Nicholas Frost	M45	0:45:04.97	
124	391	David Hilson	M50	0:45:06.68	Colchester Harriers AC
125	375	Guy Hayward	M45	0:45:12.85	Framlingham Flyers
126	385	Alex Herbert	MO	0:45:17.15	
127	804	Royston Theobald	MO	0:45:18.45	Mersea 5 Star Bootcamp
128	506	Steven Lynn	M40	0:45:19.34	Clacton Seafront Runners
129	96	Sally-ann Bowen	F40	0:45:20.2	Sudbury Joggers
130	247	Sean Duffett	M45	0:45:23.83	
131	354	Stewart Hambling	M50	0:45:25.22	Framlingham Flyers
132	426	Richard Hunter	MO	0:45:27.98	
133	526	James Mccullagh	MO	0:45:28.6	
134	9	Karl Allen	M50	0:45:31.98	Sweatshop Running Community
135	103	Michael Breame	MO	0:45:32.63	
136	99	Jonathan Boyles	M40	0:45:33.82	
137	881	Arthur Whiston	M65	0:45:36.65	Colchester Harriers AC
138	384	Steve Hennings	M50	0:45:49.91	Witham RC
139	236	Vanessa Dolling	F40	0:46:03	Boxted Running Club
140	673	Daniel Rivera	MO	0:46:03.6	
141	584	Richard O'connor	MO	0:46:04.53	
142	396	John Holland	MO	0:46:05.19	Braintree & District AC
143	452	Elodie King	FO	0:46:09.02	
144	705	Duncan Scott	MO	0:46:13.54	Running Colchester
145	411	Antony Hubbard	MO	0:46:15.12	
146	479	Mark Leek	MO	0:46:21.9	
147	328	Justin Goodwin	MO	0:46:23.26	
148	927	Lee Doe	M40	0:46:25.27	
149	234	Gavin Devereux	MO	0:46:26.26	
150	645	Nicola Pyle	F50	0:46:28.79	Springfield Striders RC
151	711	Tom Seager	MO	0:46:31.74	
152	550	Jordi Moat	FO	0:46:33.66	
153	898	Andrew Williamson	M50	0:46:34.71	Ealing Eagles Running Club
154	136	Melanie Candler	FO	0:46:36.71	Halstead RRC
155	745	Allan Smith	MO	0:46:38.07	Running Colchester
156	796	James Taylor	M40	0:47:02.19	Colchester Harriers AC
157	400	James Hore	MO	0:47:02.36	
158	277	Shaun Field	MO	0:47:07.49	Running Colchester
159	873	Chris Wells	MO	0:47:08.46	Sudbury Joggers
160	392	Nicola Hilson	F45	0:47:09.27	Colchester Harriers AC
161	902	Andy Wilson	M50	0:47:09.83	
162	847	Ben Wallace	U18M	0:47:09.93	
163	569	Adam Mumford	M45	0:47:10.02	Sudbury Joggers
164	809	Alex Thompson	MO	0:47:20.49	
165	653	Connor Read	MO	0:47:20.96	
166	717	Eileen Shadford	F50	0:47:21.38	Great Bentley Running Club
167	337	Gerry Greenwold	M50	0:47:21.51	Witham RC
168	867	John Webb	M45	0:47:22.21	
169	582	Andrew Nurden	MO	0:47:22.72	
170	785	Mark Stocker	M45	0:47:24.32	
171	178	Andrew Cooper	MO	0:47:26.22	
172	727	Jack Shepherd	MO	0:47:26.97	
173	57	Shawn Beckerleg	M40	0:47:28.58	Witham RC
174	487	Dominic Lever	MO	0:47:31.63	
175	86	Tommy Bond	MO	0:47:33	
176	755	Paul Smith	M45	0:47:34.12	London Fronrunners
177	714	Jimmy Secker	M40	0:47:37.85	Sudbury Joggers
178	34	Simon Baker	M50	0:47:42.36	Tiptree Road Runners
179	635	Alan Price	M45	0:47:43.97	
180	401	Steph Horner	F45	0:47:45.83	Colchester Harriers AC
181	141	Helen Carey	F50	0:47:48.22	Great Bentley Running Club
182	402	Darran Houchin	M45	0:47:48.84	
183	249	Aaron Durrant	MO	0:47:52.02	Hadleigh Hares AC
184	762	Scott Smith	M40	0:47:54.77	
185	950	Ian Cannons	M45	0:47:56.9	Harwich Runners

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186	352	Greg Hale	MO	0:47:58.4	
187	129	Elizabeth Cahill	F50	0:47:59.58	Braintree & District AC
188	430	Ruth Jackson	FO	0:48:02.33	
189	513	Joanne Mark	FO	0:48:06.33	Colchester Harriers AC
190	77	Lee Blake	M50	0:48:11.2	Witham RC
191	715	Dean Semple	MO	0:48:11.7	
192	718	Brian Sharman	MO	0:48:12.4	
193	610	Alan Parsons	M40	0:48:13.16	Running Colchester
194	412	Dianne Hughes	F55	0:48:13.51	Stowmarket Striders RC
195	929	Steve Drage	M50	0:48:14.76	
196	778	Richard Stearn	M40	0:48:15.62	
197	97	Gemma Bowes	FO	0:48:17.14	
198	252	Chris Eichstedt	MO	0:48:17.4	
199	262	Michelle English	FO	0:48:17.8	Witham RC
200	203	Steven Cumbers	MO	0:48:19.36	
201	542	Simon Miller	M45	0:48:23.22	Colchester Harriers AC
202	581	Daniel Notley	MO	0:48:24.51	
203	529	Christopher McMahon	M50	0:48:24.64	London Fronrunners
204	632	Nathan Prentice	MO	0:48:24.72	
205	619	Liam Percival	MO	0:48:26.2	
206	752	Lee Smith	M45	0:48:27.4	
207	174	Danny Connor	MO	0:48:33.88	Witham RC
208	680	Steven Rolfe	M40	0:48:35.68	Braintree & District AC
209	387	Evan Herbert	MO	0:48:36.89	
210	321	Paul Gilson	M55	0:48:39.12	Ipswich Jaffa RC
211	386	Ashley Herbert	MO	0:48:41.59	
212	90	Rebecca Booty	FO	0:48:42.12	Witham RC
213	720	Lewis Shaw	MO	0:48:42.99	Running Colchester
214	282	Kelvin Fleuty	MO	0:48:45.47	Dengie 100 Runners
215	676	Abe Robinson	F40	0:48:45.47	
216	451	Lee Kerrison	M45	0:48:46.72	Tiptree Road Runners
217	693	Troy Russell	M45	0:48:47.95	
218	54	Dan Beard	U18M	0:48:57.04	Jogging Made Easy
219	271	Cherri Farren	FO	0:48:58.21	
220	515	Aaron Martin	MO	0:48:59.51	
221	904	Lesley Wilson	FO	0:48:59.59	
222	289	Mike Foster	MO	0:49:00.1	
223	825	Ben Tyler	MO	0:49:00.38	
224	191	Duncan Cox	M45	0:49:02.54	TRISudbury
225	35	Allen Ball	M45	0:49:03.69	
226	28	Jennifer Aylen	FO	0:49:10.02	Great Bentley Running Club
227	613	Graham Peacock	MO	0:49:10.96	East London Runners
228	134	Gemma Camp	FO	0:49:16.82	Great Bentley Running Club
229	322	Peter Gizicky	MO	0:49:17.98	
230	853	Jason Wanner	MO	0:49:19.88	
231	600	Andre Palmer	M45	0:49:23.77	
232	567	Mark Moughton	M55	0:49:23.78	Springfield Striders RC
233	440	Dave Jobling	M60	0:49:24.86	Witham RC
234	377	Mark Healy	M45	0:49:27.36	
235	318	Katie Gibson	F45	0:49:29.05	Craig's Layer Boot Camp
236	433	Kevin James	M60	0:49:29.39	Great Bentley Running Club
237	903	George Wilson	MO	0:49:34.52	
238	340	Ray Groom	M45	0:49:34.58	
239	897	Chris Williams	MO	0:49:35.84	
240	448	Charles Keitch	MO	0:49:37.14	Great Bentley Running Club
241	923	Scott Young	M45	0:49:37.48	Great Bentley Running Club
242	264	Simon Essex	MO	0:49:47.48	
243	864	Fiona Wattam	F45	0:49:53.14	Colchester Harriers AC
244	630	Keri Powell	M45	0:49:54.23	
245	682	Graham Rooke	M45	0:49:58.98	
246	332	Karl Graves	M45	0:50:00.52	
247	389	Alan Hillyard	M55	0:50:02.81	Ipswich Jaffa RC
248	579	Kevin Nolan	M40	0:50:04.65	Team 2gether

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249	279	Daniel Firth	M40	0:50:05.36	
250	791	Lynn Tanner	F60	0:50:07.32	Springfield Striders RC
251	24	Thomas Ashley	MO	0:50:07.47	Witham RC
252	886	Mark Whybrow	M55	0:50:08.76	
253	788	Daniel Summersgill	MO	0:50:10.19	
254	427	Morven Hurding	F40	0:50:13.17	Tiptree Road Runners
255	444	Mark Johnston-wood	M50	0:50:14.35	Sudbury Joggers
256	80	Stephen Bland	MO	0:50:18.18	
257	836	Nikki Vince	F40	0:50:18.79	
258	53	Al Beard	M45	0:50:20	
259	823	Hugh Turner	M70	0:50:20.6	Sudbury Joggers
260	72	Graeme Biggins	M40	0:50:21.12	LWFitness4All
261	379	Barry Hearn	M45	0:50:24.98	Run For Your Life
262	592	Nikki Osborne	F45	0:50:26.15	
263	130	Kieran Callaghan	MO	0:50:26.21	Harwich Runners
264	26	Mark Avery	M50	0:50:26.86	Ipswich Jaffa RC
265	304	Robin Fussell	MO	0:50:27.78	
266	421	Robert Hunt	M55	0:50:31.99	
267	572	Tanya Nash	FO	0:50:32.75	Witham RC
268	68	Carl Bergdahl	M45	0:50:47.94	Ipswich Jaffa RC
269	104	Jonathan Briggs	M40	0:50:50.34	
270	742	Karen Skelton	F45	0:50:52.64	Running Colchester
271	794	Carina Taylor	F40	0:50:53.69	Witham RC
272	331	Jason Graves	M40	0:50:57.22	Langham Pacers
273	98	Ian Bown	M50	0:50:58.28	GoodGym Race Team
274	477	Chris Lee	M60	0:50:59.33	Jogging Made Easy
275	261	Steve Enefer	MO	0:51:03.65	
276	731	Colin Short	M65	0:51:08.03	Witham RC
277	460	Alex Kuczer	M50	0:51:10.46	Run For Your Life
278	812	Richard Tiller	M45	0:51:12.28	Halstead RRC
279	415	Gavin Humm	M50	0:51:14	
280	4	Lucy Adams	FO	0:51:15.98	Jogging Made Easy
281	690	Peter Russell	M70	0:51:16.36	
282	919	Louise Yates	FO	0:51:18.12	Craig's Layer Boot Camp
283	226	David De'ath	M55	0:51:19.78	
284	82	Brian Bloomfield	M40	0:51:20.06	Sudbury Joggers
285	776	Graham Statter	M55	0:51:20.11	Bishops Stortford RC
286	889	Caroline Widdowson	F40	0:51:24.82	Running Colchester
287	360	Alan Harries	M45	0:51:27.19	
288	541	Lorraine Mills	F45	0:51:27.36	Tiptree Road Runners
289	885	Shelley Whitney	FO	0:51:29.25	
290	591	Sarah Orley	F50	0:51:30.35	
291	369	Andy Hart	MO	0:51:40.14	
292	291	Steven Fox	MO	0:51:40.36	
293	553	Charlotte Monks	F40	0:51:43.09	Team Fitmix
294	807	Kate Thomas	F45	0:51:43.28	
295	540	Andy Miley	MO	0:51:44.34	Ipswich Jaffa RC
296	686	Jennifer Rudman	F40	0:51:50.14	
297	507	Malcolm Macleod	M60	0:51:53.17	
298	381	Glenn Hellyer	MO	0:51:55.63	
299	280	Nicola Flatt	FO	0:51:55.82	Harwich Runners
300	917	James Wyatt	MO	0:52:03.54	
301	286	David Ford	M70	0:52:07.83	
302	287	Paul Ford	M40	0:52:08.11	Running Rabbits
303	661	Natasha Rice	F40	0:52:08.4	Colchester Harriers AC
304	476	Sandrine Le Galleze	F45	0:52:09.59	
305	798	Paul Taylor	M45	0:52:09.83	Jogging Made Easy
306	528	Ada McMahon	F45	0:52:14.45	Frinton Running Club
307	920	Harry Young	MO	0:52:21.36	Harwich Runners
308	417	Liam Humm	MO	0:52:22.62	
309	179	Michael Cooper	MO	0:52:24.01	
310	241	Jeremy Downs	MO	0:52:25.48	Harwich Runners
311	497	Gary Lock	M50	0:52:27.98	

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312	719	Eric Shaw	M70	0:52:29.66	Great Bentley Running Club
313	468	Simon Lasky	M50	0:52:30.14	
314	908	Neal Wolton-harragan	M50	0:52:31.77	
315	270	Mark Farmer	M50	0:52:34.34	
316	856	Nicola Warner	FO	0:52:36.02	
317	326	Simon Goldsmith	M40	0:52:41.12	
318	334	Caroline Green	FO	0:52:41.3	Run For Your Life
319	876	Lucy West	F45	0:52:46.96	Running Colchester
320	2	Rachel Abbott	F45	0:52:52.58	Colchester Harriers AC
321	771	Scott Spittal	MO	0:52:54.09	
322	431	Hayley Jakeman	FO	0:53:03.02	
323	443	Simon Johnson	M45	0:53:03.16	
324	574	Gemma Nelson	FO	0:53:05.37	Craigs Layer Boot Camp
325	344	Lucinda Gurney	F40	0:53:07.72	Craigs Layer Boot Camp
326	687	Allan Rumble	MO	0:53:12.84	
327	393	Hien Hoang	FO	0:53:14.07	Great Bentley Running Club
328	186	Kelly Coulter	FO	0:53:18.06	Boxted Running Club
329	783	Elaine Steventon	FO	0:53:20.4	
330	190	Ruth Cowlin	F50	0:53:25.23	Sudbury Joggers
331	365	Anthony Harris	M40	0:53:26.23	Sudbury Joggers
332	405	David Howell	M45	0:53:30.84	Running Colchester
333	177	Joanne Cookson	FO	0:53:30.84	
334	229	Michael Deed	M55	0:53:31.23	
335	78	Richard Blake	M50	0:53:32.24	
336	580	Ian North	M45	0:53:32.5	
337	627	Cameron Pitts	MO	0:53:37.88	
338	734	Tim Sillitoe	M50	0:53:39.56	Boxted Running Club
339	84	Darren Bond	M50	0:53:40.54	Ipswich Jaffa RC
340	330	David Grainger	M50	0:53:41.7	Witham RC
341	877	Graham Westgarth	M60	0:53:45.85	
342	52	Jamie Beadle	MO	0:53:47.19	
343	781	Carly Stevenson	FO	0:53:50.28	Dengie 100 Runners
344	455	Tracey King	F40	0:53:53.12	
345	496	John Lloyd	M45	0:53:53.39	Witham RC
346	928	Lisa Dove	FO	0:53:54.07	Sudbury Joggers
347	890	Ian Widdowson	M45	0:54:01.29	Running Colchester
348	8	Emma Allen	FO	0:54:04.18	
349	916	Stuart Wring	M45	0:54:10.45	
350	937	Abby Gaeta	FO	0:54:13.58	Ipswich Jaffa RC
351	911	Heidi Worf	FO	0:54:14.18	Halstead RRC
352	672	Justin Rishworth	MO	0:54:23.15	
353	756	Richard Smith	MO	0:54:25.21	
354	922	Anna Young	F40	0:54:28.16	Harwich Runners
355	459	Thomas Koreman	MO	0:54:30.08	
356	936	John Palmer	M50	0:54:34.18	
357	463	Gary Lancaster	M40	0:54:34.26	Langham Pacers
358	488	Michelle Lewington	F40	0:54:39.12	GoodGym Race Team
359	292	Amber Fox-hammond	FO	0:54:46.44	Running Colchester
360	484	Jason Lepley	M45	0:54:46.52	Jogging Made Easy
361	854	Lizzie Ward	FO	0:54:52.62	
362	319	Andrew Gill	M50	0:54:53.29	
363	339	Becky Grimwood	FO	0:54:56.6	Witham RC
364	577	Sophie Newman	FO	0:54:59.35	
365	268	Vicky Everett	FO	0:54:59.82	LWFitness4All
366	565	Sarah Mortimer	FO	0:55:02.33	
367	353	Clare Hamblin	F45	0:55:04.28	Running Colchester
368	729	Lucy Sherwood	F40	0:55:05.88	Running Colchester
369	570	Cormac Murray	MO	0:55:08.83	
370	453	Gary King	M45	0:55:09.34	
371	454	Jacquie King	F55	0:55:09.37	
372	359	Kevin Harmer	MO	0:55:12.17	
373	32	Luke Baker	MO	0:55:13.14	
374	70	Dale Betts	M40	0:55:14.04	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
375	256	Helen Ellis	F40	0:55:14.46	Vegan Runners UK
376	172	James Collitt	MO	0:55:19.73	Boxted Running Club
377	364	Treena Harrington	F45	0:55:20.5	Halstead RRC
378	603	Wing Pang	FO	0:55:21.61	Boxted Running Club
379	694	Andrew Rutson-edwards	M50	0:55:24.16	
380	168	Adrian Cole	M55	0:55:25.15	Stowmarket Striders RC
381	743	Brian Slade	M70	0:55:38.49	
382	38	Michael Ball	M45	0:55:48.13	Harwich Runners
383	845	David Walkerdine	M45	0:55:54.75	
384	650	Andrew Read	M50	0:55:55.27	
385	120	Bianca Burman	FO	0:55:57.29	Sudbury Joggers
386	827	Alexandra Tyrie	F45	0:56:01.1	
387	425	Paula Hunter	FO	0:56:01.12	
388	750	Fiona Smith	FO	0:56:02.21	
389	837	Suzy Violet	F45	0:56:03.68	Jogging Made Easy
390	813	Kabo Tin	F40	0:56:04.91	
391	424	Beverley Hunter	FO	0:56:06.88	
392	429	Adam Jackson	MO	0:56:16.7	
393	232	Tracey Denby	F50	0:56:17.63	Witham RC
394	61	Ruth Benham	FO	0:56:17.83	Harwich Runners
395	123	Chris Burrows	M40	0:56:20.17	LWFitness4All
396	601	Danielle Palmer	FO	0:56:23.56	
397	817	Lara Townsend	F45	0:56:23.85	Great Bentley Running Club
398	801	Colin Tester	M50	0:56:24.73	
399	144	Fiona Carter	F55	0:56:25.43	
400	36	Charlotte Ball	FO	0:56:29.1	
401	909	Karen Wood	F40	0:56:29.81	Sudbury Joggers
402	934	Peter Russell	M45	0:56:31.68	
403	218	Caitlin Davey	FO	0:56:31.87	
404	449	David Kennedy	M50	0:56:32.66	
405	838	Axel Voigt	M50	0:56:33.16	Halstead RRC
406	646	Ryan Quinlan	MO	0:56:34.86	
407	115	Sylvia Bullen Bell	F50	0:56:35.41	Witham RC
408	554	Katie Moorcroft	FO	0:56:38.43	Craigs Layer Boot Camp
409	896	Suzy Williams	FO	0:56:40.71	
410	793	Michelle Tarbun	F40	0:56:44.53	
411	419	Andrea Hunt	FO	0:56:46.68	Sudbury Joggers
412	595	Julian Outen	M50	0:56:50.54	
413	587	Emma O'sullivan-wade	FO	0:56:56.08	
414	91	Gerry Borley	M65	0:56:56.47	
415	422	Fay Hunt	FO	0:56:59.73	Witham RC
416	894	Jack Wilders	MO	0:57:01.71	
417	698	Gemma Salt	FO	0:57:05.73	
418	605	Alice Parker	FO	0:57:06.01	Ardleigh Runners
419	323	Andy Gladman	M50	0:57:07.06	
420	437	Sarah Jeggo	F40	0:57:10.23	Sudbury Joggers
421	438	Steve Jeggo	M45	0:57:10.48	Sudbury Joggers
422	883	Angela Whiting	F55	0:57:15.87	Stowmarket Striders RC
423	884	Dan Whitney	MO	0:57:18.59	
424	43	Sarah Baranowski	FO	0:57:20.21	
425	85	Lisa Bond	F45	0:57:21.66	Ipswich Jaffa RC
426	631	Lorraine Powell	F45	0:57:25.47	
427	495	Denise Lipecki	FO	0:57:25.75	
428	293	Toby Fox-hammond	MO	0:57:36.49	
429	342	Lauren Gunther	FO	0:57:38.91	
430	29	Chris Aylmer	M65	0:57:45.74	Newmarket Joggers
431	465	Stacey Lane	FO	0:57:49.67	
432	906	Christopher Winning	M40	0:57:49.92	Clacton Seafront Runners
433	148	Richard Carvey	M50	0:57:51.17	Dengie 100 Runners
434	382	Bec Hender	FO	0:57:52.53	TRISudbury
435	88	Emma Boorman	FO	0:57:53.01	
436	50	Tessa Bates	FO	0:57:57.45	
437	251	David Edwards	M45	0:57:57.73	Michelle's Running Group

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
438	93	Rebecca Bottjer	FO	0:57:59	Colchester Harriers AC
439	124	James Burrows	MO	0:57:59.1	
440	576	Stephen Newhall	M40	0:58:07.11	
441	811	Thomas Thornton	MO	0:58:11.78	Sudbury Joggers
442	259	Jon Enefer	M40	0:58:11.97	Run For Your Life
443	106	Hector Brown	U18M	0:58:13.22	
444	636	Hatty Price	FO	0:58:13.77	
445	561	Sarah Morgan	F45	0:58:17.39	
446	746	Cheryl Smith	F45	0:58:17.4	
447	23	Paul Arnold	M40	0:58:18.06	
448	413	Simon Hughes	M40	0:58:19.12	Shepherd Strollers
449	272	Kirsty Farrier	FO	0:58:19.76	
450	105	Gareth Brown	M50	0:58:20.11	
451	736	Alexandra Sim	FO	0:58:22.39	
452	281	Sue Fleming	F55	0:58:22.79	
453	325	Samantha Godden	FO	0:58:22.79	Great Bentley Running Club
454	373	Blev Havord	M45	0:58:25.41	
455	840	Sarah Wainwright	FO	0:58:28.23	Rowhedge Runners
456	706	Helen Scott	FO	0:58:28.88	
457	760	Sally Smith	F50	0:58:42.62	
458	74	Anna Bird	FO	0:58:45.96	
459	225	Sarah De-vaux Balbirnie	FO	0:58:46.57	Run For Your Life
460	198	Jennifer Cronshaw	FO	0:58:49.56	
461	274	Maria February	F50	0:58:59.36	
462	441	Paula Johns	F45	0:59:01.49	Craig's Layer Boot Camp
463	607	Jeremy Parker	M50	0:59:02.55	Ardleigh Runners
464	865	Alan Webb	MO	0:59:02.56	
465	835	Lynne Verrier	FO	0:59:02.56	Jogging Made Easy
466	765	Claire Smythe	F45	0:59:03.93	
467	207	Lucy D'silva	FO	0:59:04.4	
468	206	Lee D'silva	MO	0:59:04.91	
469	221	Helen Davies	FO	0:59:06.27	
470	749	Deborah Smith	F50	0:59:07.07	Running Colchester
471	547	Debbie Mitchell	FO	0:59:11.87	Braintree & District AC
472	730	Sue Shippey	F45	0:59:15.96	Witham RC
473	347	Sian Guyton	FO	0:59:18.26	Sudbury Joggers
474	320	Clare Gillibrand	F40	0:59:18.39	Sudbury Joggers
475	483	Deborah Lepley	F45	0:59:19.03	Jogging Made Easy
476	171	Matt Collins	MO	0:59:24.13	
477	37	Chris Ball	MO	0:59:24.24	
478	224	Lewis Day	MO	0:59:27.06	
479	637	Sarah Price	F40	0:59:31.52	Boxted Running Club
480	283	Karen Flowers	F45	0:59:36	Witham RC
481	588	Giles O'sullivan-wade	M45	0:59:41.2	
482	367	Mark Harris	M45	0:59:45.84	Running Colchester
483	789	Emma Sweeney	FO	0:59:48.94	Witham RC
484	688	Sasha Rush	FO	0:59:54.39	Witham RC
485	707	Katie Scott	FO	0:59:56.2	Running Colchester
486	187	Darren Coupland	MO	0:59:56.65	
487	859	Grace Watkins	U18F	1:00:09.38	
488	861	Sarah Watkins	F40	1:00:09.62	Hadleigh Hares AC
489	246	Erika Duffett	F50	1:00:11.66	
490	162	Rachel Clark	FO	1:00:14.32	Running Colchester
491	19	Mary Andrews	FO	1:00:17.02	
492	702	Nicky Santomauro	F45	1:00:20.22	
493	900	Kate Wills	F40	1:00:21.14	Boxted Running Club
494	356	Derron Hammond	M45	1:00:24.32	Team 2gether
495	66	Anna Benton	F40	1:00:28.19	
496	768	Joanne Sparkes	FO	1:00:30.3	
497	258	Tony Emms	M55	1:00:44.78	
498	548	Kim Mitchell	F40	1:00:46.22	
499	834	Kate Verhaag	FO	1:00:46.22	
500	689	Kirsty Russell	F40	1:00:50.68	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
501	802	Ann Theato	F50	1:00:51.67	
502	566	Rebecca Morton	F45	1:00:52.9	
503	349	Alison Bennett	FO	1:00:54.72	
504	180	Sarah Cooper	F40	1:00:55.19	Running Colchester
505	517	Ray Martin	M40	1:00:57.68	
506	81	Tania Blanks	FO	1:00:57.92	
507	161	Lisa Clark	FO	1:00:58.14	Braintree & District AC
508	348	Joanna Haigherty	FO	1:01:04.23	
509	777	Lee Stearn	MO	1:01:04.53	Team 2gether
510	307	Gareth Gailey	M45	1:01:04.78	Team 2gether
511	301	Suzanne Frost	F45	1:01:08.31	TRISudbury
512	525	Michael Mccarthy	M40	1:01:10.51	
513	874	Heidi Went	FO	1:01:12.1	
514	200	Sue Cross	F50	1:01:13.59	
515	692	Tony Russell	M50	1:01:15.01	
516	691	Suzanne Russell	F40	1:01:17.92	
517	12	Emma Allston	FO	1:01:24.46	
518	868	Verity Webber	FO	1:01:35.79	Harwich Runners
519	472	Claire Lawn	FO	1:01:36.37	
520	482	Neil Lemin	MO	1:01:36.87	
521	480	Christie Leeks	FO	1:01:40.89	
522	11	Lisa Allix	FO	1:01:43.46	Southend On Sea AC
523	652	Brandi Read	F50	1:01:49.67	
524	248	Linda Duncan	F45	1:01:51.75	
525	327	Holly Goodchild	FO	1:01:52.13	
526	931	Melonie Evans	F45	1:01:56.77	Sudbury Joggers
527	394	Lindsay Hobden	F45	1:01:57.06	TRISudbury
528	815	Emma Tongue	FO	1:01:57.85	
529	833	Lindsey Vaughan	F40	1:01:58.39	
530	634	Christina Pretty	F55	1:01:58.64	Harwich Runners
531	726	Charlotte Shepherd	FO	1:02:07.19	
532	170	James Collins	M50	1:02:07.46	Running Colchester
533	674	Robin Robards	M40	1:02:09.57	
534	371	Leoni Harvey	FO	1:02:09.99	Great Bentley Running Club
535	18	Lee Anderson	MO	1:02:10.03	Jogging Made Easy
536	48	Monica Barry-jones	F60	1:02:10.29	
537	475	Michelle Lay-flurrie	FO	1:02:10.34	
538	222	Caroline Davis	F40	1:02:11.18	Boxted Running Club
539	145	Jennifer Carter	F40	1:02:18.38	Boxted Running Club
540	357	Leanne Hammond	FO	1:02:19.93	Jogging Made Easy
541	878	Norma Westgarth	F60	1:02:20.83	Boxted Running Club
542	128	Martina Byrne	F50	1:02:35.62	Witham RC
543	294	Claire Fradley	FO	1:02:37.2	Sudbury Joggers
544	92	Alexandra Borrett	FO	1:02:37.57	
545	397	Michelle Holland	FO	1:02:39.41	Sudbury Joggers
546	590	Gemma Oliver	FO	1:03:03.9	Running Colchester
547	109	Rebecca Brown	FO	1:03:08.86	Boxted Running Club
548	223	Ricky Davy	MO	1:03:10.14	
549	924	Rosie Youngs	F50	1:03:11.57	Jogging Made Easy
550	747	Corrina Smith	F45	1:03:15.5	
551	664	Michael Richards	MO	1:03:26.58	
552	615	Sarah Pearman	F40	1:03:28.98	
553	76	Jan Blake	F50	1:03:31.68	
554	131	Simone Callan	F40	1:03:34.93	
555	910	Karen Woods	F40	1:03:37.79	Team FitMix
556	195	Amy Crawford	FO	1:03:46.02	
557	469	Barbara Law	F70	1:03:46.16	Great Bentley Running Club
558	409	Andrew Hubbard	M45	1:03:47.57	
559	638	Rosemary Prince	F55	1:03:48.59	
560	830	Donna Upsher	FO	1:03:52.21	Team 2gether
561	839	Christine Wager	FO	1:03:54.3	Witham RC
562	167	George Codling	U18M	1:03:58.83	Sudbury Joggers
563	860	Hannah Watkins	FO	1:03:59.81	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
564	537	Jenny Merry	FO	1:04:09.75	Sudbury Joggers
565	461	Richard Labdon	M50	1:04:20.93	
566	846	Grahame Walkingshaw	M55	1:04:21.15	
567	670	Taro Rigby	FO	1:04:26.39	
568	275	Sue Felgate	F50	1:04:28.72	
569	891	Jessica Widdowson	FO	1:04:38.57	
570	535	Pinar Mercan	F50	1:04:39.38	
571	194	Ben Cranmer	MO	1:04:42.4	
572	932	Briony Mcsweeney	F40	1:04:42.81	
573	810	Andy Thompson	M60	1:04:46.39	
574	763	Tiffany Smith	F40	1:04:49.84	Boxted Running Club
575	818	Jenni Trott	FO	1:04:58.13	
576	296	Birgit Fraser	FO	1:05:03.9	
577	511	Leah Manning	F40	1:05:04.12	Boxted Running Club
578	647	Brady Rackham	MO	1:05:05.52	
579	866	Jacquie Webb	F50	1:05:06.5	Sudbury Joggers
580	56	Rhea Beauchamp	FO	1:05:17.15	Team Fitmix
581	608	Lucy Parrett	FO	1:05:50.32	Team FitMix
582	797	Mary Taylor	F45	1:05:55.45	
583	679	Rachel Rodgers	F40	1:05:57.06	Craig's Layer Boot Camp
584	351	Heathet Hair	F50	1:06:01.7	
585	297	Tara Freeley	FO	1:06:01.71	
586	824	Kelly Turner	F40	1:06:01.76	
587	324	Lauren Goddard	FO	1:06:02.57	
588	46	Teresa Barnett	F40	1:06:06.2	
589	481	Denise Lefley	F50	1:06:19.86	
590	893	David Wignall	M45	1:06:20.59	Running Colchester
591	493	Stephanie Ling	FO	1:06:22.63	
592	428	Christina Hurst	F50	1:06:27.38	
593	302	Maria Fuhrmann	FO	1:06:29.48	
594	383	Sally Henderson	FO	1:06:29.55	
595	149	Lorna Catmull	FO	1:06:40.16	
596	489	Phil Lewis	M45	1:06:44.39	
597	757	Richard Smith	MO	1:06:44.57	
598	64	Sue Bennett	F40	1:06:45.71	Team FitMix
599	217	Jeanetta Darrah	F50	1:06:56.9	
600	305	Wayne Fussell	M50	1:06:58.43	
601	418	Sarah Humphreys	FO	1:07:01.51	
602	260	Kirstie Enefer	F40	1:07:02.53	
603	16	Helen Amos	FO	1:07:03.8	
604	189	Sally Cowley	F45	1:07:06.68	Boxted Running Club
605	852	Sara Walsh	FO	1:07:13.51	
606	17	Michelle Amos	F40	1:07:19.73	
607	416	Hayley Humm	FO	1:07:21.85	
608	188	Martin Court	M55	1:07:24.24	
609	725	Kevin Sheath	M55	1:07:26.28	
610	290	Emma Fox	FO	1:07:26.82	
611	875	Karen West	F55	1:07:28.18	
612	118	Rebecca Burdett	FO	1:07:30.26	
613	345	Elaine Gutteridge	FO	1:07:31.08	
614	754	Melissa Smith	F40	1:07:34.46	
615	773	Hannah St Ledger	FO	1:07:39.63	Sudbury Joggers
616	622	Julie Pilch	F40	1:07:40.8	
617	338	Justin Grimes	M45	1:07:45.82	
618	713	Louise Sears	F40	1:07:50.21	
619	139	Paul Carden	M70	1:07:51.84	Team Carden
620	265	Kathleen Evans	F50	1:07:55.08	Team FitMix
621	700	Jessica Samms	U18F	1:07:57.58	
622	40	Juliet Balls	F45	1:07:59.03	
623	663	Emily Richards	FO	1:08:00.5	
624	649	Alice Randell	FO	1:08:03.95	Team 2gether
625	519	Claire Martins	FO	1:08:03.95	Jogging Made Easy
626	204	Hillary Curtis	F55	1:08:04.14	Witham RC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
627	142	Oliver Cargill	MO	1:08:04.52	Team 2gether
628	14	Shaheda Ambrose	F60	1:08:07.6	
629	132	Grace Calver	FO	1:08:24.14	
630	110	Melissa Broxton	FO	1:08:26.02	
631	140	Samantha Carden	F40	1:08:27.94	Running Colchester
632	458	Toni Knights	FO	1:08:30.2	
633	398	Melony Holman	F45	1:08:30.77	LWFitness4All
634	518	Rupert Martin	M40	1:08:32.23	
635	589	Debbie Oliver	FO	1:08:32.84	
636	27	Jack Axford	U18M	1:08:35.65	Jogging Made Easy
637	533	Lian Meachen	F40	1:08:37.21	Harwich Runners
638	44	Karen Barker	FO	1:08:37.67	
639	892	Jean Wier	F55	1:09:01.57	
640	335	Holly Green	FO	1:09:03.23	
641	163	Alison Clarke	F60	1:09:15.81	Great Bentley Running Club
642	1	Joanne Abbott	F40	1:09:22	Hadleigh Hares AC
643	819	Shirley Tucker	F55	1:09:26.99	Jogging Made Easy
644	366	Donna Harris	FO	1:09:42.38	Running Colchester
645	870	Andrea Weir	FO	1:09:50.38	
646	723	Bryanne Shearman	F45	1:10:03.11	
647	492	Natalie Lilley	F45	1:10:10.28	
648	681	Claire Rooke	F40	1:10:13	Sudbury Joggers
649	888	Katie Whymark	FO	1:10:13.79	Running Colchester
650	602	Jessica Palmer	U18F	1:10:15.87	Langham Pacers
651	462	Joanne Lakin	F40	1:10:19.31	Witham RC
652	555	Charlotte Moore	F45	1:10:19.37	Witham RC
653	107	Joshua Brown	MO	1:10:23.78	
654	611	Gary Partridge	M55	1:10:26.83	
655	193	Susie Crafer	F40	1:10:32.88	GoodGym Race Team
656	314	Christine Garrington	F50	1:11:05.68	
657	137	Nicola Cant	F45	1:11:13.8	
658	662	Callie Richards	FO	1:11:14.1	
659	800	Samantha Taylor	F45	1:11:27.51	Jogging Made Easy
660	508	Sandy Maloy	F50	1:11:28.49	Sudbury Joggers
661	208	Victoria Dack	FO	1:11:28.68	Sudbury Joggers
662	316	Tracey George	F50	1:11:40.27	Harwich Runners
663	499	Sue Long	F50	1:11:44.47	Tiptree Road Runners
664	782	Katie Stevenson	FO	1:11:45.76	
665	761	Samantha Smith	FO	1:12:10.96	
666	121	Gail Burns	F40	1:12:15.37	
667	95	Tina Bourne	F50	1:12:19.82	Jogging Made Easy
668	370	Nicola Hart	FO	1:12:25.4	
669	435	Sandra James	F60	1:13:16.69	Great Bentley Running Club
670	832	Emily Vandersteen	FO	1:13:40.06	
671	408	Mark Hoy	MO	1:13:40.85	Jogging Made Easy
672	899	Sophie Willoughby	FO	1:13:43.23	
673	117	Rebecca Bunyan	F45	1:14:05.07	
674	651	Angela Read	F50	1:14:27.95	
675	862	Jackie Watsham	F55	1:14:37.53	Jogging Made Easy
676	633	Jess Preston	FO	1:14:39.95	Vegan Runners UK
677	42	Susan Bannocks	F55	1:14:49.7	Phoenix Striders
678	539	Rachel Miles	FO	1:14:50.53	Sudbury Joggers
679	450	Rosie Kerr	F45	1:14:54.94	Sudbury Joggers
680	75	Joanna Bishop	FO	1:15:56	
681	51	Zoey Battell	F40	1:16:06.22	Sudbury Joggers
682	486	Beverley Leslie	F60	1:16:37.47	
683	309	Olivia Gant	FO	1:16:38.3	
684	205	Zoe Curwen	F45	1:16:43.08	
685	143	Pete Carmichael	M45	1:16:43.3	
686	295	Steve Francis	M50	1:17:08.9	
687	699	David Samms	M45	1:17:41.38	
688	436	Neil Jarvis	M45	1:17:56.46	
689	710	Amanda Scriven	FO	1:18:37.08	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Club</i>
690	255	Roseanne Elliot	FO	1:18:54.68	
691	59	Tammy Belshaw	F40	1:18:56.43	
692	55	Jo Beard	F45	1:19:53.15	
693	478	Diana Lee	F55	1:19:56.28	Jogging Made Easy
694	901	Mel Willsmore	F40	1:20:27.59	Jogging Made Easy
695	333	Georgina Grayston	F45	1:20:39.43	Jogging Made Easy
696	612	Ayten Payne	F45	1:20:58.19	
697	684	Sarah Roulson	F40	1:20:58.68	
698	192	Lou Coy	FO	1:21:02.88	
699	3	Jo Adams	FO	1:21:08.2	
700	303	Michelle Fussell	F45	1:21:15.02	
701	94	Richard Bourne	M65	1:21:15.56	
702	774	Deborah Standen	FO	1:21:47.3	
703	308	Lois Gant	FO	1:22:35.16	
704	915	Emma Wrigley	F40	1:22:57.32	
705	237	Liz Donaldson	F45	1:23:04	
706	500	Laura Love	FO	1:23:47.09	
707	792	Tracey Tanner	FO	1:24:33.91	Running Colchester
708	879	Sylvia Whalley	F55	1:24:59.87	Jogging Made Easy
709	534	Anna Mears	FO	1:26:22.32	
710	596	Jo Owens	F40	1:27:43.78	Team FitMix
711	160	Dawn Clark	F55	1:29:24.52	Sudbury Joggers
712	457	Lynda Kitching	F45	1:42:25.52	