

<b>Pos</b>	<b>Time</b>	<b>Surname</b>	<b>First Name</b>	<b>Club Name</b>
1	00:33:40	Jordan	Richard	Ipswich Jaffa
2	00:34:03	Cudmore	Tom	Colchester Harriers AC
3	00:34:28	Skinner	Kevin	Garden City Runners
4	00:34:49	Knott	Graeme	Harwich Runners
5	00:35:01	Gamble-Thompson	Mark	Colchester Harriers AC
6	00:35:13	Langley	Steve	Colchester Harriers AC
7	00:35:18	Evens	Gareth	Dartford Harriers
8	00:35:34	King	Daniel	Colchester Harriers AC
9	00:35:45	Meachon	Jason	Harwich Runners
10	00:35:53	Hart	Stephen	Woodbridge Shufflers
11	00:36:13	Pearce	Peter	Gt Bentley Running Club
12	00:37:02	Ketteridge	Sean	Unattached
13	00:37:38	Wolton	Sam	Halstead Road Runners
14	00:38:30	Ellis	Simon	Thrift Green Trotters
15	00:38:57	Davenport	Sara	Unattached
16	00:39:03	Haines	Richard	Unattached
17	00:39:12	Smith	Richard	Woodbridge Shufflers
18	00:39:15	Statham	Malcolm	Colchester Harriers AC
19	00:39:15	GFreen	Paul	Tiptree Road Runners
20	00:39:15	Preston	Paul	Ipswich Jaffa
21	00:39:24	Hazel	Nick	Colchester Harriers AC
22	00:39:36	Gray	Jenny	Garden City Runners
23	00:39:39	Allen	Gaynor	Unattached
24	00:39:42	Peck	Glyn	Harwich Runners
25	00:39:42	Hunt	Steve	Hadleigh Hares A.C.
26	00:39:42	Beckett	Michael	Unattached
27	00:39:49	Hawins	William	Colchester Harriers AC
28	00:39:52	Shrimpton	Gordon	Halstead Road Runners
29	00:39:54	Barnard	Alan	Colchester Harriers AC
30	00:40:07	Gridley	David	Havering Joggers 90
31	00:40:20	Spong	Sue	Havering Joggers 90
32	00:40:28	Hall	Martha	Garden City Runners
33	00:40:55	Doyle	Mark	Harwich Runners
34	00:41:15	Funnell	Gordon	Hadleigh Hares A.C.
35	00:41:33	Hale	Joe	Unattached
36	00:41:56	Harrison	Scott	Witham Running Club
37	00:42:03	Frindle	Paul	Halstead Road Runners
38	00:42:15	Game	David	Mid Essex Casuals
39	00:42:38	Childs	Leslie	Tiptree Road Runners
40	00:42:47	Gilbert	Oliver	Unattached
41	00:43:04	Wilmot	Andy	Halstead Road Runners
42	00:43:07	Cole	Roger	Colchester Harriers AC
43	00:43:13	Cybyk	Hazel	Chelmsford AC
44	00:43:16	Morris	Les	Enfield & Harringey AC
45	00:43:23	Johnson	Chris	Unattached
46	00:43:34	Rutterford	Alan	Ely Runners Club
47	00:43:43	Stanhope	Ian	Halstead Road Runners
48	00:43:43	Rudge	Stuart	Unattached
49	00:43:43	Taylor	Keith	Witham Running Club
50	00:43:43	Gardiner	Stephen	Unattached
51	00:43:43	Fellman	David	Unattached
52	00:43:46	Buis	Martin	Ipswich Harriers

53	00:43:50	Smith	M	Colchester Harriers AC
54	00:44:10	Tyler	David	Northampton Pheonix
55	00:44:40	Baker	Julie	H 30 tri Club
56	00:45:09	Fenton-Jones	Carl	Gt Bentley Running Club
57	00:45:23	Pryke	Robert	Mid Essex Casuals
58	00:45:30	Slater	James	Tiptree Road Runners
59	00:45:52	Cybyk	Beau	Witham Running Club
60	00:45:53	Elenden	Nicholas	Gt Bentley Running Club
61	00:46:03	Ludbrook	David	Unattached
62	00:46:07	Earl	Christabel	Unattached
63	00:46:09	Huffey	Robert	Unattached
64	00:46:16	King	Dean	Gt Bentley Running Club
65	00:46:24	Gard	Trevor	Unattached
66	00:46:26	Ashley	Michael	Unattached
67	00:46:32	Jarvis	Phil	Unattached
68	00:46:44	Rose	Keith	Unattached
69	00:46:49	Telford	Brian	Gt Bentley Running Club
70	00:46:51	Gardiner	S	Unattached
71	00:46:55	Williamson	John	Unattached
72	00:47:07	Thomas	Stuart	Unattached
73	00:47:10	Allen	Robert	Unattached
74	00:47:47	Thomas	Peter	Colchester Harriers AC
75	00:47:47	Potter	Nick	Unattached
76	00:48:00	Wilson	Tina	Unattached
77	00:48:06	Smith	Chris	Unattached
78	00:48:23	Burtenshaw	Noel	Unattached
79	00:48:23	Newcombe	Colin	Ipswich Jaffa
80	00:48:24	Baldwin	Gary	Unattached
81	00:48:32	Foster	Paul	Unattached
82	00:48:50	Hamblin	Paul	Unattached
83	00:48:50	Brown	Ian	Unattached
84	00:49:04	Warboys	Pip	Mid Essex Casuals
85	00:49:13	Pyle	Nikki	Unattached
86	00:49:13	Bucker	Judith	Unattached
87	00:49:14	Salisbury	Stewart	Unattached
88	00:49:22	Greenwood	Roger	Unattached
89	00:49:33	Gibson	John	Harwich Runners
90	00:49:36	Dobson	Barry	Tiptree Road Runners
91	00:49:38	Baker	Cliff	Colchester Harriers AC
92	00:49:46	Felton	Paul	Gt Bentley Running Club
93	00:49:47	Milburn	Peter	Road Runners Club
94	00:49:49	Aves	Susan	Unattached
95	00:50:01	Gurry	Gaye	Witham Running Club
96	00:50:01	Sanders	Barbara	Hadleigh Hares A.C.
97	00:50:11	Armstrong	Paul	Unattached
98	00:50:16	Robinson	Michelle	Gt Bentley Running Club
99	00:50:31	Hammett	April	Unattached
100	00:50:31	Bucker	Mark	Unattached
101	00:50:35	Foster	Lyn	Unattached
102	00:50:35	Warner	Jonathan	Unattached
103	00:50:36	Leeds	Adrian	Witham Running Club
104	00:50:38	Howard	Lisa	Unattached
105	00:51:03	Chambers	Mike	St Edmund Pacers

106	00:51:05	Bright	Stephen	Unattached
107	00:51:14	Jackson	Mike	Unattached
108	00:51:19	Bogucka	Aneta	Unattached
109	00:51:32	Ambrose	Rod	Unattached
110	00:51:34	Durban	John	Unattached
111	00:51:38	Knight	Dawn	Unattached
112	00:51:41	Heath	Richard	Unattached
113	00:51:45	Dyer	Andy	Unattached
114	00:51:45	Larner	Martin	Unattached
115	00:51:45	Brewster	Fiona	Framlingham Flyers
116	00:51:49	Cole	Sue	Colchester Harriers AC
117	00:52:22	Hunter	Andrew	Unattached
118	00:52:48	Eyre	Sean	Unattached
119	00:52:50	Smith	Brian	Cambridge University Press RC
120	00:53:00	Hamblin	Clare	Unattached
121	00:53:52	Self	Jane	Ipswich Jaffa
122	00:54:08	Merwe	Ronel van de	Stowmarket Striders
123	00:54:15	Smith	Jane	Unattached
124	00:54:19	Humphrey	Fred	Halstead Road Runners
125	00:54:44	Cassidy	Adrian	Unattached
126	00:54:48	Young	Maurice	Halstead Road Runners
127	00:54:59	Calderbank	Nick	Unattached
128	00:55:02	Matthew	Chas	Unattached
129	00:55:10	Stannett	Charlie	Ipswich Triathlon Club
130	00:55:25	Suckling	Shirlie	Unattached
131	00:55:48	Childs	Debbie	Unattached
132	00:56:05	Phillips	A	Colchester Harriers AC
133	00:56:27	Murry	Andrew	Unattached
134	00:57:22	Gadd	Dawn	Unattached
135	00:58:00	Lewin	Karen	Unattached
136	00:58:27	Webb	Emma	Colchester Harriers AC
137	00:59:28	Osbourne	Nicki	Unattached
138	00:59:28	Maworth	Launa	Unattached
139	01:00:22	Wakeling	Christine	Unattached
140	01:00:22	Lewis	Debbie	Unattached
141	01:00:32	Beckett	Janice	Unattached
142	01:00:39	Coles	Linda	Unattached
143	01:02:34	Monk	Denise	Unattached
144	01:02:43	Finchem	Keren	Unattached
145	01:02:43	Bloomfield	Mark	Unattached
146	01:03:10	Yates	Alex	Unattached
147	01:03:10	Merrison	Tracey	Unattached
148	01:03:26	Nicolson-Thomas	K L	Unattached
149	01:03:26	Gonens	Charlotte	Gt Bentley Running Club
150	01:03:52	Tatum	Jenny	Gt Bentley Running Club
151	01:05:16	Farnworth	Michelle	Unattached
152	01:05:22	Whitmill	Martin	Gt Bentley Running Club
153	01:05:25	Ward	Ian	Unattached