

Pos	Time	Surname	First Name	Club Name	Category
1	00:32:48	Miller	David	Woodbridge Shufflers	Male Senior
2	00:34:58	Pecoraro	Tony	Havering Joggers 90	Male Vet 40
3	00:35:30	Seakins	Tony	Colchester Harriers	Male Vet 50+
4	00:37:06	Dell'oro	Dean	Thrift Green Trotters	Male Senior
5	00:37:40	Ellis	Simon	Thrift Green Trotters	Male Vet 40
6	00:37:48	Calver	Vince	Felixstowe Road Runners	Male Senior
7	00:37:58	Wharton	Jeff	Gt Bentley RC	Male Senior
8	00:38:06	Adkins	David	Unattached	Male Senior
9	00:38:08	Harper	Kevin	Witham RC	Male Senior
10	00:38:22	Haines	Richard	Unattached	Male Senior
11	00:39:01	Lacy	Dave	Colchester Harriers	Male Vet 50+
12	00:39:06	Adkins	Peter	Unattached	Male Senior
13	00:39:07	Emerton	Henry	Gt Bentley RC	Male Vet 50+
14	00:39:15	Smith	Richard	Woodbridge Shufflers	Male Vet 40
15	00:39:18	Tyler	John	Havering Joggers 90	Male Vet 40
16	00:39:28	Johnson	Keith	Road Runners Club	Male Vet 40
17	00:39:37	Ross	Paul	Havering Joggers 90	Unable to place in Cat.
18	00:40:04	Hazell	Nick	Colchester Harriers	Male Vet 40
19	00:40:13	Ridgeon	Jason	Unattached	Male Senior
20	00:40:17	Hunt	Steve	Hadleigh Hares AC	Male Vet 40
21	00:40:20	Ford	Russell	Hornchurch 90 Joggers	Male Vet 40
22	00:41:00	Oldman	Peter	North Norfolk Beach Runners	Male Vet 50+
23	00:41:04	Lavender	Leisa	Colchester Harriers	Female Senior
24	00:41:10	Spong	Sue	Havering Joggers 90	Female Vet 40
25	00:41:18	Clarke	Bob	Colchester Harriers	Male Vet 40
26	00:41:37	Guays-Adkins	Paul	Unattached	Male Vet 40
27	00:41:56	Garrith	Terry	Bungay Black Dog RC	Male Vet 50+
28	00:42:09	Mackenzie	Peter	Unattached	Male Vet 40
29	00:42:14	Betts	Gary	Ipswich Jaffa	Male Senior
30	00:42:15	Edmeades	Allan	Havering Joggers 90	Male Vet 50+
31	00:42:17	Robinson	David	Hadleigh Hares AC	Male Vet 50+
32	00:42:24	Devall	John	Unattached	Male Vet 40
33	00:42:31	Fenton-Jones	Carl	Gt Bentley RC	Male Junior
34	00:42:52	Conquest	J	Havering Joggers 90	Male Vet 50+
35	00:42:54	Morris	Les	Enfield & Harringey AC	Male Vet 50+
36	00:43:16	Taylor	Neil	Havering Joggers 90	Male Senior
37	00:42:18	Buis	Martin	Ipswich Harriers	Male Vet 50+
38	00:43:33	Cole	Roger	Colchester Harriers	Male Vet 50+
39	00:43:43	Keeley	Dave	Havering Joggers 90	Male Vet 40
40	00:43:52	Gardiner	Stephen	Unattached	Male Vet 40
41	00:43:59	Rudge	Stuart	Unattached	Male Vet 40
42	00:44:03	Newman	Richard	Havering Joggers 90	Male Senior
43	00:44:40	Roberts	John	Witham RC	Male Vet 50+
44	00:44:42	Gilbert	Oliver	Unattached	Male Senior
45	00:44:56	Bridge	Jason	Unattached	Male Senior
46	00:45:05	Sansom	Chris	Unattached	Male Senior
47	00:45:07	Westcott	Lucy	Gt Bentley RC	Female Senior
48	00:45:09	Mole	Eleanor	Havering Joggers 90	Female Senior
49	00:45:45	Watson	Lee	Unattached	Male Senior
50	00:45:38	Thompson	Andrew	Havering Joggers 90	Male Senior
51	00:45:55	Smith	M	Colchester Harriers	Male Vet 50+
52	00:46:09	Merrill	Carol	Havering Joggers 90	Female Vet 40

53	00:46:13	Armstrong	Paul	Unattached	Male Vet 40
54	00:46:16	Humphrey	Richard	Grange Farm Trotters	Male Senior
55	00:46:23	Smith	Chris	Ipswich Jaffa	Male Vet 40
56	00:46:33	Gold	Peter	Witham RC	Male Vet 40
57	00:46:37	Gard	Trevor	Unattached	Male Vet 40
58	00:46:44	Looy	Michelle Van	Gt Bentley RC	Female Senior
59	00:46:49	Dobie	Ronald	Havering Joggers 90	Male Vet 40
60	00:47:03	Avers	Sue	Witham RC	Female Senior
61	00:47:05	Bucker	Mark	Unattached	Male Vet 40
62	00:47:07	Crafer	Gary	Unattached	Male Vet 40
63	00:47:09	Shaw	Robert	Havering Joggers 90	Male Vet 40
64	00:47:15	Spinks	Roger	Ipswich Jaffa	Male Vet 50+
65	00:47:31	Dale	Sue	Havering Joggers 90	Female Vet 40
66	00:47:43	Calderbank	Matthew	Unattached	Male Junior
67	00:47:56	Lynch	James	Unattached	Male Senior
68	00:47:57	Gilbert	Dominic	Unattached	Male Junior
69	00:48:00	Ludbrook	David	Unattached	Male Vet 40
70	00:48:03	Pyle	Nicola	Unattached	Female Senior
71	00:48:08	Hadgraft	Rob	Tiptree Road Runners	Male Vet 40
72	00:48:14	Cloud	Samantha	Felixstowe Road Runners	Female Senior
73	00:48:14	Adolphus	Tny	Ipswich Jaffa	Male Vet 40
74	00:48:14	Greer	Shirley	Colchester Harriers	Female Senior
75	00:48:14	Munnro	Bruce	Unattached	Male Senior
76	00:48:23	Mooney	Nicola	Havering Joggers 90	Female Senior
77	00:48:23	Welfare	Joe	Unattached	Male Vet 40
78	00:48:24	Role	Keith	Unattached	Male Vet 40
79	00:48:24	Causton	Roger	Felixstowe Road Runners	Male Vet 50+
80	00:48:33	Rodgers	Carol Ann	Havering Joggers 90	Female Senior
81	00:48:32	Gibby	Rob	Colchester Harriers	Male Senior
82	00:48:33	Odendaal	Michelle	Unattached	Unable to place in Cat.
83	00:48:33	Wallis	Sue	Unattached	Female Vet 40
84	00:48:34	Wincomb	Claire	Ipswich Jaffa	Female Senior
85	00:48:35	Hyatt	Graham	Unattached	Male Senior
86	00:48:46	Kesselring	Mervyn	North Norfolk Beach Runners	Male Vet 50+
87	00:48:54	Knight	Graham	Havering Joggers 90	Male Vet 40
88	00:49:18	Bucker	Judith	Unattached	Female Senior
89	00:49:27	Pike	David	Havering Joggers 90	Male Senior
90	00:49:41	Hill	Tracy	Havering Joggers 90	Female Vet 40
91	00:49:47	Jones	Andy	Unattached	Male Senior
92	00:49:49	Aldridge	Wendy	Unattached	Female Vet 40
93	00:49:57	Cole	Sue	Colchester Harriers	Female Vet 40
94	00:50:04	Wright	Emma	Ipswich Jaffa	Female Senior
95	00:50:09	Spinks	Paul	Gt Bentley RC	Male Senior
96	00:50:14	Marsh	Patrick	Colchester Harriers	Male Senior
97	00:50:17	Harford	Gary	Havering Joggers 90	Male Vet 50+
98	00:50:31	Brown	Ian	Unattached	Male Vet 40
99	00:50:32	Clifford	Colin	Havering Joggers 90	Male Vet 50+
100	00:50:46	Pottage	Sandie	Stowmarket Striders	Female Senior
101	00:50:46	Adams	Joanne	Unattached	Female Senior
102	00:50:56	Knight	Dawn	Unattached	Female Vet 40
103	00:51:07	Gardiner	Frank	Gt Bentley RC	Male Vet 40
104	00:51:17	Webber	Andrew	Unattached	Unable to place in Cat.
105	00:51:25	Law	Barbara	Gt Bentley RC	Female Vet 50+

106	00:51:30	Thomas	Peter	Colchester Harriers	Male Vet 50+
107	00:51:34	Hunter	Andrew	Unattached	Male Vet 40
108	00:51:40	Bennett	James	Havering Joggers 90	Male Vet 50+
109	00:51:42	Fellgate	Amanda	Halstead Road Runners	Female Senior
110	00:51:58	Finbow	Mark	Unattached	Male Senior
111	00:52:03	Foster	Lyn	Sedgley Park RR	Female Vet 40
112	00:52:03	Foster	Paul	Defra A C	Male Vet 40
113	00:52:09	Braybrook	John	Havering Joggers 90	Male Vet 40
114	00:52:32	Gurry	Gaye	Witham RC	Female Senior
115	00:52:35	Skingle	Maria	Havering Joggers 90	Female Senior
116	00:52:35	Warboys	Pip	Mid Essex Casuals	Male Vet 50+
117	00:52:45	Morris	Peter	Havering Joggers 90	Male Vet 40
118	00:52:51	French	Gaynor	Havering Joggers 90	Female Senior
119	00:53:02	Wright	Maureen	Ipswich Jaffa	Female Vet 50+
120	00:53:19	Augustus	Keith	Unattached	Male Vet 40
121	00:53:30	Matthew	Chas	Unattached	Male Vet 50+
122	00:53:32	Goody	Philip	Unattached	Male Vet 50+
123	00:53:37	Eveson	Norman	Havering Joggers 90	Male Vet 40
124	00:54:04	Cooper-Clam	Rosemary	Unattached	Female Vet 40
125	00:54:31	Pye	Debbie	Havering Joggers 90	Female Vet 40
126	00:54:31	Davies	Len	Havering Joggers 90	Male Vet 40
127	00:54:31	Jackson	Mike	Unattached	Male Vet 50+
128	00:54:38	Cold	Lorraine	Witham RC	Female Vet 50+
129	00:54:41	Merwe	Ronel Van Der	Stowmarket Striders	Female Vet 40
130	00:54:44	Harvey	Mark	Havering Joggers 90	Male Vet 40
131	00:54:46	Jeul	Debbie	Unattached	Female Senior
132	00:55:01	Murry	Andrew	Unattached	Male Senior
133	00:55:07	Roe	Michael	Unattached	Male Senior
134	00:55:21	Coffey	Noel	Unattached	Male Vet 50+
135	00:55:24	Knight	Paul	Unattached	Male Vet 40
136	00:56:18	Penfold	Keith	Havering Joggers 90	Male Vet 50+
137	00:56:21	Adolphus	Judith	Ipswich Jaffa	Female Vet 40
138	00:56:28	Smith	Nicholas	Tiptree Road Runners	Male Vet 50+
139	00:57:23	Tiller	Jackie	Havering Joggers 90	Female Vet 50+
140	00:57:24	Dilworth	Joseph	Unattached	Male Vet 40
141	00:58:06	Dbvlin	Paul	Unattached	Male Vet 40
142	00:58:08	Jordan	Robert	Unattached	Male Vet 50+
143	00:59:19	Gadd	Dawn	Unattached	Female Vet 40
144	00:59:58	Tyrrell	Brian	Havering Joggers 90	Male Vet 40
145	01:00:46	James	Ian Seigal	Havering Joggers 90	Male Vet 40
146	01:00:46	Goldsworth	Caroline	Gt Bentley RC	Female Vet 40
147	01:01:20	Lester	Vicky	Unattached	Female Senior
148	01:02:35	Driver	Kevin	Unattached	Male Senior
149	01:04:05	Cowen	Steve	Unattached	Male Vet 40
150	01:06:18	Alabaster	Charlotte	Witham RC	Female Senior
151	01:06:25	Drake	Richard	Unattached	Male Vet 50+
152	01:06:57	Ball	Michael	Unattached	Male Senior
153	01:06:57	Trice	Philip	Unattached	Male Vet 40
154	01:08:57	Wheatley	Magda	Havering Joggers 90	Female Vet 40
155	01:10:41	Lace	Jenni	Gt Bentley RC	Female Senior
156	01:11:00	Chase	Melanie	Unattached	Female Vet 40
157	01:11:00	Welfare	Heather	Unattached	Female Vet 40
158	01:13:35	O'brian	Victoria	Havering Joggers 90	Female Senior

159	01:17:02	Hill	Frances	Havering Joggers 90	Female Senior
160	01:20:33	Reed	Brenda	Unattached	Female Vet 40