

Langham10K

Position	Number	Name	Category	Gun Time	Chip Time	Club
1	592	Ramadan Osman	MO	0:31:49.01	0:31:49.01	Colchester Harriers AC
2	827	Benjamin Turley	MO	0:34:28.4	0:34:28.4	Ipswich Jaffa RC
3	416	Sean Jermy	MO	0:35:15.63	0:35:15.63	Great Yarmouth Road Runners
4	932	Danny Millward	U18M	0:35:16.54	0:35:16.34	Colchester Harriers AC
5	227	Gavin Davies	MO	0:35:46.54	0:35:46.2	Ipswich Jaffa RC
6	930	Tom Cresswell	MO	0:36:13.08	0:36:12.51	Colchester Harriers AC
7	398	David Hunt	M40	0:36:14.45	0:36:14.45	Witham RC
8	247	Paul Dungate	M40	0:36:24.88	0:36:24.74	
9	762	Barry Smith	M40	0:36:46.87	0:36:46.52	Havering '90 Joggers
10	4	Tom Adams	MO	0:36:53.51	0:36:53.51	Ipswich Harriers
11	714	Alexander Sales	MO	0:37:04.22	0:37:04.02	Colchester Harriers AC
12	222	Scott Darney	MO	0:37:14.02	0:37:14.02	Witham RC
13	881	Dan Widdowson	MO	0:37:16.67	0:37:14.01	Hadleigh Hares AC
14	55	David Bell	MO	0:37:16.77	0:37:15.47	
15	532	Callum Milner	MO	0:37:26.13	0:37:26.13	
16	685	Colin Ridley	M55	0:37:27.7	0:37:27.32	Colchester Harriers AC
17	697	Chris Rookyard	MO	0:37:29.29	0:37:26.9	Palmer & Partners
18	686	Pete Riley	M45	0:37:36.89	0:37:36.89	Witham RC
19	912	James Wright	M40	0:37:52.47	0:37:49.97	Springfield Striders RC
20	152	Max Caulfield	U18M	0:37:52.9	0:37:51.13	Colchester Harriers AC
21	137	Wilfred Campbell	M50	0:37:55.39	0:37:55.39	Ipswich Jaffa RC
22	723	Gavin Scanlan	MO	0:38:06.82	0:38:06.43	Colchester Harriers AC
23	114	Stuart Buchan	MO	0:38:11.34	0:38:09.83	Stowmarket Striders RC
24	359	Ian Haw	MO	0:38:29.82	0:38:29.82	Colchester Harriers AC
25	66	Sara Bird	FO	0:38:56.27	0:38:56.27	Ipswich Jaffa RC
26	18	Sean Allston	MO	0:38:59.08	0:38:50.77	
27	149	Marcus Cattin	M40	0:38:59.27	0:38:58.41	Ipswich Jaffa RC
28	835	Michael Undrill	M50	0:38:59.51	0:38:59.51	
29	120	Piotr Bulacz	M45	0:39:00.16	0:38:58.43	Sudbury Joggers
30	842	Jerry Walder	M45	0:39:08.27	0:39:05.66	Colchester Harriers AC
31	3	Joe Adams	M45	0:39:10.73	0:39:05.05	
32	931	Dominik Niciejewski	U18M	0:39:11.87	0:39:10.19	Colchester Harriers AC
33	482	Jonathan Mann	MO	0:39:17.32	0:39:13.83	
34	775	Giles Sowerby	MO	0:39:27.33	0:39:27.33	Witham RC
35	74	Richard Boden	M50	0:39:30.29	0:39:28.7	Colchester Harriers AC
36	383	David Hook	MO	0:39:34.43	0:39:26.28	City Of Norwich AC
37	241	Andrew Doig	M40	0:39:35.23	0:39:32.94	East Essex Triathlon Club
38	53	Aden Bell	MO	0:39:42.19	0:39:39.97	Hadleigh Hares AC
39	20	Stephen Ames	M45	0:39:47.49	0:39:43.04	Boxted Runners
40	809	Glynn Thomas	M55	0:39:57.32	0:39:55.8	Ipswich Jaffa RC
41	230	Tom Davies	M55	0:40:01.97	0:39:57.93	Weald Park Warriors
42	722	Stephen Sawyer	MO	0:40:34.52	0:40:30.2	Dengie 100 Runners
43	342	Tim Hanman	M45	0:40:39.12	0:40:38.96	Ipswich Jaffa RC
44	246	Emma Drury	FO	0:40:40.92	0:40:36.32	Sudbury Joggers
45	965	Simon Ford	MO	0:40:43.06	0:40:42.21	Colchester Harriers AC
46	181	Andrew Conway	M50	0:40:44.55	0:40:43.56	Tiptree Road Runners
47	713	Damien Saiz	MO	0:40:49.11	0:40:40.87	
48	619	Graham Payne	M60	0:40:53.25	0:40:50.7	
49	387	Mark Howard	MO	0:40:55.58	0:40:55.58	
50	545	Gavin Moore	M40	0:41:05.08	0:40:59.04	Witham RC
51	367	Kevin Higgins	M45	0:41:08.14	0:41:05.96	Colchester Harriers AC
52	407	Andrea James	FO	0:41:14.72	0:41:14.72	Colchester Harriers AC
53	657	Paul Preston	M45	0:41:14.9	0:41:14.04	Colchester Harriers AC
54	212	Rob Cronshaw	MO	0:41:16.76	0:41:14.67	Vegan Runners UK
55	519	James Mellish	M40	0:41:18.93	0:41:05.05	
56	785	Chris Sugars	M45	0:41:23.17	0:41:23.17	Felixstowe RRC
57	449	Graham Langford	M45	0:41:24.1	0:41:18.65	Colchester Harriers AC
58	274	David Wright	M60	0:41:27.43	0:41:25.59	Colchester Harriers AC
59	237	Patrick Dinwiddy	MO	0:41:28.26	0:41:21.28	Springfield Striders RC
60	125	Chris Burgoyne	MO	0:41:28.84	0:41:27.3	Springfield Striders RC

Position	Number	Name	Category	Gun Time	Chip Time	Club
61	277	Ben Forrest	MO	0:41:29.06	0:41:23.22	
62	316	Antony Goodall	M40	0:41:29.63	0:41:28.08	Springfield Striders RC
63	484	Alex Manton	MO	0:41:29.73	0:41:27.86	Springfield Striders RC
64	190	Dave Copland	M55	0:41:31.73	0:41:28.47	Ipswich Triathlon Club
65	462	Todd Lewis	M55	0:41:37.12	0:41:34.09	Sudbury Joggers
66	364	John Henington	M45	0:41:39.74	0:41:35	Colchester Harriers AC
67	933	Richard Millward	M45	0:41:47.92	0:41:43.56	Colchester Harriers AC
68	730	Simon Scott	M50	0:41:57.1	0:41:51.5	Witham RC
69	269	Jamie Fittock	MO	0:41:57.53	0:41:52.41	Sudbury Joggers
70	170	Simon Colclough	MO	0:41:57.63	0:41:53.37	
71	61	Peter Benton	M50	0:42:01.37	0:41:56.5	Great Bentley Running Club
72	389	Dave Howe	M55	0:42:02.86	0:41:56.03	Running Colchester
73	893	Ryan Williams	MO	0:42:05.19	0:42:03.32	
74	272	Gary Flint	M50	0:42:16.27	0:42:11.34	Havering '90 Joggers
75	579	Aaron Noble	M40	0:42:17.9	0:42:09.36	Sudbury Joggers
76	393	Antony Hubbard	M40	0:42:20.91	0:41:46.52	
77	402	Joseph Iacobucci	MO	0:42:23.86	0:41:50.61	
78	808	Gareth Thomas	MO	0:42:24.19	0:42:17.15	Springfield Striders RC
79	16	Lee Allen	MO	0:42:30.06	0:42:26.89	Harwich Runners
80	861	David Weldon	M40	0:42:31.06	0:42:26.18	Springfield Striders RC
81	259	Colin Farmer	M50	0:42:37.01	0:42:34.24	Great Bentley Running Club
82	379	Lee Holohan	M40	0:42:40.18	0:42:38.51	Colchester Harriers AC
83	533	Craig Mitchell	M40	0:42:40.73	0:42:37.88	Colchester Harriers AC
84	818	Claudine Tisbury	F55	0:42:42.69	0:42:38.81	Harwich Runners
85	573	Gary Nice	MO	0:42:44.08	0:42:35.09	
86	489	David Marsh	M40	0:42:48.15	0:42:39.65	
87	731	Tom Scott	M55	0:42:49	0:42:45.65	
88	368	Guy Hildreth	MO	0:42:51.89	0:42:46.54	Havering '90 Joggers
89	924	David Young	M45	0:42:59.47	0:42:53.25	
90	282	Ben Francis	MO	0:43:00.37	0:42:54.78	
91	411	Martin Jarvis	M40	0:43:01.88	0:42:59.59	
92	887	Daniel Wilkinson	M40	0:43:12.47	0:43:09.3	Colchester Harriers AC
93	597	Rob Page	MO	0:43:12.67	0:43:09.25	Ipswich Jaffa RC
94	781	Andy Stephens	MO	0:43:13.13	0:43:13.13	Great Bentley Running Club
95	587	Doug O'neill	M45	0:43:15.35	0:43:04.4	Colchester Harriers AC
96	741	Lewis Shaw	MO	0:43:17.01	0:42:58.45	
97	521	Matthew Meredith	M40	0:43:17.07	0:43:02.57	
98	325	Stuart Green	M55	0:43:20.01	0:43:17.79	Stowmarket Striders RC
99	704	James Royce	M45	0:43:20.94	0:43:13.67	Running Colchester
100	86	Jonathan Boyles	M40	0:43:25.78	0:43:19.55	Running Colchester
101	377	Tim Holden	MO	0:43:26.37	0:43:19.27	
102	814	Christopher Thornton	M55	0:43:27.13	0:43:09.15	TRISudbury
103	892	Keith Williams	M45	0:43:33.03	0:43:29.95	Ipswich Jaffa RC
104	575	Shaun Nicholls	MO	0:43:33.3	0:43:30.13	Ipswich Jaffa RC
105	671	Ian Rattray	M45	0:43:34.56	0:43:31.82	Colchester Harriers AC
106	512	Scott McLaren	MO	0:43:37.9	0:43:32.62	TRISudbury
107	162	Russell Clarke	M40	0:43:41.97	0:43:33.5	Great Bentley Running Club
108	148	Jamie Castle	MO	0:43:43.33	0:43:26.68	
109	118	Kerry Buckley	M45	0:43:44.03	0:43:34.0	Run For Your Life
110	347	Kevin Harper	M45	0:43:47.75	0:43:43.11	Witham RC
111	84	Sally-ann Bowen	F45	0:43:49.9	0:43:44.16	Sudbury Joggers
112	527	Simon Miller	M50	0:43:50.75	0:43:44.86	Colchester Harriers AC
113	37	Allen Ball	M45	0:43:52.86	0:43:41.5	GoodGym Race Team
114	925	Mike Young	MO	0:43:56.09	0:43:44.8	Running Colchester
115	555	Vaughan Morris	M55	0:43:58.53	0:43:51.21	Stowmarket Striders RC
116	253	Paul English	MO	0:44:06.4	0:44:00.42	Witham RC
117	291	Brian Fry	M40	0:44:08.52	0:44:04.2	Havering '90 Joggers
118	548	Sadie Moore	FO	0:44:11.02	0:44:08.07	
119	967	Karl Graves	M45	0:44:13.05	0:44:09.32	Boxted Runners
120	129	James Burnett	MO	0:44:23.23	0:43:19.49	
121	669	Nicola Ranson	F50	0:44:26.17	0:44:20.26	Springfield Striders RC
122	970	James Hore	M40	0:44:28.52	0:44:21.76	
123	667	Meera Rajoo-oakley	FO	0:44:31.47	0:44:22.42	Great Bentley Running Club

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124	336	William Haining	M60	0:44:35.9	0:44:34.4	Colchester Harriers AC
125	870	Jon Whall	M40	0:44:36.05	0:44:24.08	
126	289	Nick Frost	M45	0:44:39.56	0:43:56.91	Capel Cheetahs
127	865	Jonathan West	MO	0:44:42.62	0:44:14.32	The Gym Group Colchester
128	101	Richard Bronson	MO	0:44:43.42	0:44:30.31	
129	863	Chris Wells	MO	0:44:43.45	0:44:37.71	Sudbury Joggers
130	40	Paul Ballard	M40	0:44:49.37	0:44:41.99	Hadleigh Hares AC
131	264	Simon Fenn	M50	0:44:49.44	0:44:42.24	Hadleigh Hares AC
132	47	Paul Barritt	M55	0:44:52.9	0:44:45.21	Colchester Harriers AC
133	240	Lee Doe	M40	0:44:54.41	0:44:43.52	
134	349	Danielle Harrington	F40	0:44:55.78	0:44:46.8	Tiptree Road Runners
135	693	Harry Rolfe	U18M	0:45:02.41	0:44:48.74	Braintree & District AC
136	565	Thomas Murray	MO	0:45:06.44	0:45:02.25	
137	726	Duncan Scott	MO	0:45:07.97	0:45:00.33	Running Colchester
138	676	Connor Read	MO	0:45:11.37	0:45:04.4	
139	873	Arthur Whiston	M65	0:45:15.38	0:45:12.66	Colchester Harriers AC
140	420	Mark Johnstonwood	M55	0:45:22.14	0:45:12.23	Sudbury Joggers
141	649	Joaquin Polo	M40	0:45:22.95	0:45:16.46	Havering '90 Joggers
142	563	David Munro	MO	0:45:28.51	0:45:22.7	
143	991	Kevin Woodberry	M40	0:45:35.76	0:45:25.59	
144	415	Steven Jeggo	M45	0:45:40.75	0:45:08.89	Sudbury Joggers
145	806	Royston Theobald	MO	0:45:40.96	0:45:31.03	5 Star Bootcamps
146	780	Richard Stearn	M40	0:45:42.41	0:45:35.08	
147	815	Keith Thornton	M50	0:45:50.6	0:45:45.15	Thrift Green Trotters
148	698	Kyle Roper	M40	0:46:02.05	0:45:51.47	Run For Your Life
149	621	James Pearce	MO	0:46:07.29	0:45:52.56	
150	153	Matt Cayford	MO	0:46:07.72	0:45:51.18	
151	442	Vicky Knight	F40	0:46:07.97	0:45:59.66	Tiptree Road Runners
152	29	Mark Avery	M50	0:46:08.56	0:45:58.56	Ipswich Jaffa RC
153	664	Daniel Quartly	MO	0:46:13.74	0:46:01.77	Thrift Green Trotters
154	798	Chris Taylor	M45	0:46:16.3	0:46:08.32	Colchester Harriers AC
155	608	Alan Parsons	M45	0:46:16.89	0:46:05.5	Running Colchester
156	831	Clive Tweedie	M65	0:46:19.66	0:46:08.88	Havering '90 Joggers
157	284	Louis Freeman	MO	0:46:21.15	0:46:16.62	
158	984	David Smith	M60	0:46:22.94	0:46:22.94	Springfield Striders RC
159	363	Gregg Heighway	MO	0:46:25.13	0:46:16.15	
160	317	Justin Goodwin	MO	0:46:28.06	0:46:04.74	
161	735	Eileen Shadford	F50	0:46:31.83	0:46:18.71	Great Bentley Running Club
162	982	Hugo Sellers	M45	0:46:33.85	0:46:19.28	
163	705	John Rozee	M50	0:46:35.35	0:46:35.35	Havering '90 Joggers
164	733	Jimmy Secker	M40	0:46:35.79	0:46:27.8	Sudbury Joggers
165	600	Laszlo Pall	MO	0:46:39.37	0:46:20.37	
166	295	Tony Galea	F55	0:46:42.34	0:46:32	Havering '90 Joggers
167	425	Martin Jones	M45	0:46:43.05	0:46:13.01	
168	561	Mark Moughton	M55	0:46:47.26	0:46:28.31	Springfield Striders RC
169	375	Karl Holbrook	M50	0:46:53.48	0:46:27.73	Kesgrave Cruisers
170	651	Joe Poole	MO	0:46:54.67	0:46:42.51	
171	541	Richard Moor	M55	0:46:54.86	0:46:41.05	Great Bentley Running Club
172	992	Keith Worboyes	M40	0:46:59.07	0:46:51.81	
173	537	Jordi Moat	FO	0:46:59.48	0:46:44.89	
174	774	Brian Sorenson	M50	0:47:02.78	0:46:49.31	Benfleet RC
175	257	Basil Fanshawe	MO	0:47:04.19	0:47:01.3	
176	689	Andrew Robertson	M40	0:47:04.81	0:46:46.56	Run For Your Life
177	394	Joseph Hughes	MO	0:47:09.62	0:46:46.03	
178	235	Neil Dennis	MO	0:47:10.2	0:47:02.22	Stowmarket Striders RC
179	963	Vanessa Dolling	F40	0:47:10.34	0:47:01.51	Boxted Runners
180	900	Lesley Wilson	FO	0:47:16.53	0:46:23.41	
181	199	Marcus Cox	M45	0:47:17.36	0:47:04.35	Jogging Made Easy
182	438	Michael Kitching	M45	0:47:18.73	0:47:00.59	
183	439	Jessica Kluss	FO	0:47:22.81	0:47:16.17	
184	191	Laetitia Corbett	FO	0:47:22.85	0:47:07.98	The Fitness Shack
185	467	Iestyn Long	M40	0:47:24.98	0:47:16.29	
186	30	Chris Axford	M50	0:47:25.04	0:47:10.46	Jogging Made Easy

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187	95	Kevin Brett	M60	0:47:27.97	0:47:14.21	Jogging Made Easy
188	331	Cem Guler	U18M	0:47:28.13	0:47:14.23	
189	107	Jonathan Brown	MO	0:47:32.33	0:47:17.26	
190	692	Clive Roker	M50	0:47:33.26	0:47:26.08	
191	666	Gareth Radley	MO	0:47:33.27	0:47:20.93	
192	239	Mark Dixon	M45	0:47:36.91	0:47:36.91	Running Colchester
193	476	Emma Mackillop	FO	0:47:37.84	0:47:24.14	Harwich Runners
194	719	Kieron Savage	M45	0:47:38.5	0:47:19.14	Sudbury Joggers
195	838	Gary Vaughan	MO	0:47:42.82	0:47:27.07	
196	408	Kevin James	M60	0:47:43.01	0:47:28.02	Great Bentley Running Club
197	896	George Wilson	M40	0:47:45.63	0:46:52.71	
198	157	Alex Child	MO	0:47:47.72	0:47:25.34	
199	103	Daisy Brooke	U18F	0:47:50.03	0:47:34.83	Ipswich Jaffa RC
200	936	Derek Hood	M40	0:47:50.76	0:47:47.23	Ipswich Jaffa
201	337	Sophie Hales	FO	0:47:51.99	0:47:33.15	
202	524	Ned Messer	U18M	0:47:54.85	0:47:28.59	parkrun Mersea Island
203	249	Seann Dunt	MO	0:47:58.05	0:47:36.49	
204	795	Richard Tatterton	MO	0:47:59.06	0:47:46.58	Felixstowe RRC
205	242	Matt Doran	M40	0:48:03.04	0:47:54.5	Harwich Runners
206	275	Paul Ford	M40	0:48:05.54	0:47:51.94	Running Rabbits
207	69	Stephen Bland	MO	0:48:06.59	0:47:42.55	
208	728	James Scott	MO	0:48:08.1	0:47:49.06	
209	602	Brian Parish	M40	0:48:08.39	0:47:47.5	Havering '90 Joggers
210	668	Ross Rands	MO	0:48:08.97	0:47:54.03	
211	5	Neil Addington	MO	0:48:09.04	0:47:53.68	
212	567	Sue Nel	F50	0:48:10.71	0:48:00.24	
213	448	Paul Lacey	M45	0:48:13.76	0:47:57.63	Hadleigh Hares AC
214	382	Daniel Homewood	MO	0:48:15.2	0:47:32.1	
215	48	Gillian Bartle	FO	0:48:15.41	0:48:15.41	
216	630	Dean Pepper	MO	0:48:15.41	0:47:46.9	Running Colchester
217	751	Andrew Silverton	MO	0:48:15.69	0:48:06.19	
218	283	Simon Fraser	M45	0:48:24.21	0:48:12.25	Rushmere Community Runners
219	724	Mark Schofield	M55	0:48:24.73	0:48:07.41	
220	877	Mark Whybrow	M55	0:48:25.85	0:48:02.58	
221	203	Louise Cracknell	FO	0:48:28.7	0:48:17.18	
222	256	Diane Fairchild	F45	0:48:29.01	0:48:15.66	Thrift Green Trotters
223	399	Steve Hunt	M55	0:48:30.63	0:48:14.84	Hadleigh Hares AC
224	293	Robin Fussell	MO	0:48:31.64	0:48:06.99	
225	123	Peter Burdett	M45	0:48:32.64	0:48:22.11	Havering '90 Joggers
226	876	Shelley Whitney	FO	0:48:32.82	0:48:12.39	
227	219	Jared Dalby	MO	0:48:33.48	0:48:09.25	
228	478	Bruce Mail	M55	0:48:33.77	0:48:23.11	Havering '90 Joggers
229	660	Alan Price	M45	0:48:38.01	0:48:29.95	
230	711	Troy Russell	M45	0:48:39.03	0:48:28.31	
231	483	Dean Manning	M50	0:48:39.14	0:48:23.78	
232	474	Mark Lynch	M45	0:48:42.01	0:48:24.5	Witham RC
233	100	James Bronson	M40	0:48:43.18	0:48:30.77	
234	32	Jennifer Aylen	FO	0:48:45.31	0:48:28.77	Great Bentley Running Club
235	553	Donna Morris	F50	0:48:46.27	0:48:36.25	Springfield Striders RC
236	746	Dave Sherman	MO	0:48:46.31	0:48:46.31	Havering '90 Joggers
237	97	Jonathan Briggs	M40	0:48:47.65	0:48:35.17	
238	91	Michael Breame	MO	0:48:48.69	0:48:41.43	
239	493	Aaron Martin	MO	0:48:49.06	0:48:30.12	
240	31	Jack Axford	MO	0:48:49.73	0:48:36.67	Jogging Made Easy
241	225	Lucy Davies	F40	0:48:50.5	0:48:34.23	Tiptree Road Runners
242	793	Lynn Tanner	F65	0:48:52.42	0:48:45.49	Springfield Striders RC
243	475	Daniel Lyons	MO	0:48:58.79	0:48:47.91	Benfleet RC
244	136	Edward Campbell	M55	0:49:04.4	0:48:50.19	Jogging Made Easy
245	848	Stephen Walsh	M55	0:49:08.5	0:48:44.21	Havering '90 Joggers
246	654	Nick Potter	M55	0:49:09.29	0:48:57.42	Suffolk Trail Runners
247	897	Helen Wilson	FO	0:49:17.3	0:49:02.49	
248	902	Simon Wilson	M40	0:49:17.33	0:49:02.7	Colchester Harriers AC
249	505	James Mccullagh	M40	0:49:22.77	0:49:22.77	Great Bentley Running Club

Position	Number	Name	Category	Gun Time	Chip Time	Club
250	444	Anna Kocinska	FO	0:49:24.78	0:48:54.95	I Can Run Club - Ipswich
251	934	Graham Eyre	M65	0:49:25.47	0:49:15.53	Witham Running Club
252	341	Sarah Hammond	F40	0:49:29.02	0:49:18.5	Springfield Striders RC
253	388	Byron Howarth	MO	0:49:30.02	0:49:05.88	
254	859	John Webb	M45	0:49:34.87	0:49:19.01	
255	696	Graham Rooke	M45	0:49:35.75	0:49:07.53	
256	245	Steven Drummond	M40	0:49:37.25	0:49:19.06	
257	300	David Garnham	M50	0:49:42.6	0:49:42.6	Ipswich Jaffa RC
258	27	Thomas Ashley	MO	0:49:43.49	0:49:31.2	Witham RC
259	891	Graham Williams	MO	0:49:45.57	0:49:16.63	TRISudbury
260	909	Paul Woodyatt	M55	0:49:49.38	0:49:49.38	City Of Norwich AC
261	549	Vicky Moore	F45	0:49:53.8	0:49:33.79	
262	646	Barry Plowman	M50	0:49:55.26	0:49:25.9	Braintree & District AC
263	176	Anthea Colsell	F40	0:49:58.58	0:49:45.98	Great Bentley Running Club
264	297	Chris Garey	MO	0:50:02.59	0:49:43.95	Springfield Striders RC
265	557	Alex Mortimer	MO	0:50:03.48	0:49:45.03	
266	906	Neal Wolton-harragan	M50	0:50:03.81	0:49:44.3	
267	378	Ian Hollingsworth-blake	M45	0:50:05.08	0:49:44.69	
268	36	Simon Baker	M50	0:50:08.44	0:49:52.65	Tiptree Road Runners
269	85	Ian Bown	M55	0:50:08.85	0:49:49.81	GoodGym Race Team
270	182	Harry Conway	MO	0:50:15.02	0:49:11.1	
271	922	John Yell	M40	0:50:19.87	0:49:59.16	
272	890	Charles Williams	M60	0:50:21.85	0:49:58.27	Great Bentley Running Club
273	633	Kate Pettit	F45	0:50:24.17	0:50:10.36	Havering '90 Joggers
274	25	Paul Arnold	M45	0:50:29.34	0:49:59.58	Running Colchester
275	839	Andrew Wagerfield	MO	0:50:30.85	0:50:10.14	Running Colchester
276	585	Richard O'connor	MO	0:50:39.18	0:50:39.18	
277	988	Chris Williams	MO	0:50:40.72	0:50:21.41	
278	773	Jeremy Sokhi	M45	0:50:42.16	0:50:20.41	
279	529	Lorraine Mills	F45	0:50:42.98	0:50:27.02	Tiptree Road Runners
280	79	Mark Booth	M50	0:50:43.11	0:50:43.11	
281	523	Carl Messer	M50	0:50:43.36	0:50:16.8	Running Colchester
282	706	Rachael Rudge	F45	0:50:43.95	0:50:26.67	
283	451	Simon Lasky	M50	0:50:44.18	0:50:23.23	
284	104	Rachel Brooke	F45	0:50:45.87	0:50:26.46	Ipswich Jaffa RC
285	463	Jason Lilley	MO	0:50:46.25	0:50:18.2	Witham RC
286	43	Zoe Barber	FO	0:50:48.31	0:50:36.02	
287	868	Matthew West	MO	0:50:48.69	0:50:36.77	
288	955	Gavin Burgoyne	MO	0:50:51.11	0:49:50.58	
289	562	Darren Mumford	M50	0:50:55.98	0:50:07.38	
290	134	Jo Cable	FO	0:51:00.03	0:50:43.4	
291	700	Samuel Rose	MO	0:51:02.61	0:50:24.74	
292	2	Sian Abbott	FO	0:51:08.36	0:50:48.58	Ipswich Jaffa RC
293	232	Steven Day	M40	0:51:11.01	0:50:56.7	
294	307	Andrew Gill	M50	0:51:11.77	0:50:45.26	
295	322	David Grainger	M50	0:51:15.9	0:50:58.89	Witham RC
296	186	Michael Cooper	MO	0:51:17.55	0:50:55.15	
297	437	Lydia Kirk	FO	0:51:18.03	0:50:45.05	Framlingham Flyers
298	710	Peter Russell	M70	0:51:19.91	0:51:08.4	
299	477	Malcolm Macleod	M65	0:51:23.82	0:51:04.15	
300	526	Ben Miller	MO	0:51:28.52	0:51:07.2	Witham RC
301	192	Andrew Cornford	M50	0:51:32.48	0:51:11.69	SLGR
302	665	Darren Radford	M55	0:51:42.49	0:51:32.82	Havering '90 Joggers
303	56	Zsolt Benedek	MO	0:51:42.55	0:51:24.14	
304	151	Lee Caulfield	M45	0:51:44.48	0:51:30.07	Colchester Harriers AC
305	362	Mark Healy	M45	0:51:45.15	0:51:17.21	
306	34	Lorraine Baker	F50	0:51:48.17	0:51:19.67	Tiptree Road Runners
307	659	Kim Pretty	M60	0:51:49.55	0:51:49.55	Harwich Runners
308	599	Beverley Paget	F55	0:51:49.64	0:51:49.64	
309	178	Danny Connor	MO	0:51:50.03	0:51:37.87	Witham RC
310	73	Mark Bocking	MO	0:51:50.27	0:51:38.31	
311	68	Richard Blake	M50	0:51:52.46	0:51:09.31	
312	750	Beverly Shortley	F50	0:51:53.62	0:51:24.34	Great Bentley Running Club

Position	Number	Name	Category	Gun Time	Chip Time	Club
313	376	Rosanna Holden	FO	0:52:00.33	0:51:36.67	Jogging made easy
314	760	Hayley Skinner	F45	0:52:10.64	0:51:51.77	Ipswich Jaffa RC
315	749	Colin Short	M70	0:52:10.77	0:51:53.64	Witham RC
316	58	Scott Bennett	M45	0:52:16.74	0:51:45.86	
317	57	Jamie Bennett	M40	0:52:19.28	0:52:09.03	Ipswich Jaffa RC
318	501	Phoebe May	FO	0:52:21.75	0:51:36.15	
319	739	Will Sharples	M40	0:52:24.04	0:51:57.48	Running Colchester
320	15	Emma Allen	FO	0:52:24.24	0:52:02.63	
321	503	Paul Mcallister	M50	0:52:25.48	0:52:09.7	Hadleigh Hares AC
322	80	Gerry Borley	M70	0:52:36.44	0:51:58.92	Braintree & District AC
323	538	Joseph Molyneux	MO	0:52:38.17	0:52:02.82	
324	445	Thomas Koreman	MO	0:52:39.39	0:52:20.24	
325	35	Luke Baker	MO	0:52:40.03	0:52:12.55	
326	590	Nikki Osborne	F45	0:52:40.54	0:52:25.12	
327	622	John Pearce	MO	0:52:41.55	0:52:19.17	
328	427	Daniel Keen	MO	0:52:42.82	0:51:35.45	Palmer & Partners
329	687	Jus Rishworth	MO	0:52:43.79	0:52:17.94	
330	352	Sean Harris	MO	0:52:46.56	0:52:25.34	
331	338	Jessica Hall	FO	0:52:46.69	0:52:37.45	
332	618	Marie Paveley	F40	0:52:47.52	0:52:16.87	
333	260	Mark Farmer	M50	0:52:48.69	0:52:26.48	
334	361	Val Haynes	F50	0:52:49.64	0:52:18.75	Running Colchester
335	983	Tim Sillitoe	M50	0:52:51.75	0:52:31.27	
336	843	David Walkerdine	M45	0:52:52.16	0:52:18.96	
337	836	Wing Ung	F40	0:52:53.32	0:52:22.22	Boxted Runners
338	935	Steve Constantinou	M40	0:52:55.78	0:52:33.87	Havering '90 Joggers
339	418	Jet Grommel	F40	0:52:56.7	0:52:32.41	Jogging Made Easy
340	648	Lara Pocock	FO	0:52:58.12	0:52:02.31	Suffolk Trail Runners
341	957	James Collitt	MO	0:53:04.48	0:52:34.92	Boxted Runners
342	738	Natalie Sharples	F45	0:53:04.7	0:52:36.55	Running Colchester
343	574	James Nicholls	MO	0:53:08.05	0:52:55.11	Run For Your Life
344	28	James Attenborough	MO	0:53:09.12	0:52:41.62	Witham RC
345	787	Coran Summers	MO	0:53:10.62	0:52:05.5	
346	789	Ben Swan	MO	0:53:11.7	0:52:39.81	
347	254	Adam Etches	M40	0:53:11.86	0:52:10.94	
348	720	Sue Savva	F45	0:53:18.79	0:52:19.59	Vegan Runners UK
349	281	Steven Fox	MO	0:53:22.54	0:52:52.46	
350	327	Daniel Griffiths	MO	0:53:28.35	0:52:56.88	
351	653	Steve Poore	M45	0:53:28.53	0:53:11.45	
352	71	Claire Bleck	F40	0:53:31.97	0:53:07.82	
353	72	Paul Bleck	M40	0:53:32.41	0:53:08.35	
354	674	Andrew Read	M50	0:53:35.24	0:53:15.0	
355	985	Angus Suttle	MO	0:53:35.56	0:53:18.36	
356	52	Andrew Beckett	M40	0:53:36.2	0:52:56.95	
357	639	Sam Pilkington	MO	0:53:36.75	0:53:13.87	
358	652	Beverley Poore	F45	0:53:37.07	0:53:20.26	
359	111	Paul Brown	M40	0:53:37.59	0:53:18.69	
360	226	Ffion Davies	FO	0:53:44.24	0:53:13.47	
361	196	Daryl Coulson	M40	0:53:46.13	0:53:14.35	
362	434	Gary King	M45	0:53:52.43	0:53:24.75	
363	583	Andrew Nurden	MO	0:53:54.68	0:53:32.82	
364	860	Simon Webling	MO	0:53:57.86	0:53:32.78	
365	392	Annali Hubbard	FO	0:53:58.21	0:53:21.07	
366	263	Cherri Faren	FO	0:54:01.45	0:53:42.89	
367	488	Christine Marsh	F60	0:54:01.74	0:53:23.2	
368	990	Matthew Wills	MO	0:54:02.17	0:53:29.14	
369	75	Emma Bolton	FO	0:54:02.86	0:53:40.2	Havering '90 Joggers
370	471	Jo Lummis	FO	0:54:04.39	0:53:31.03	Run For Your Life
371	248	Katherine Dunstan	F40	0:54:04.43	0:53:33.88	
372	279	Michael Foster	MO	0:54:05.27	0:53:40.07	
373	412	Trish Jarvis	F50	0:54:06.1	0:53:41.27	Jogging Made Easy
374	333	Lucinda Gurney	F40	0:54:06.38	0:53:40.19	Craig's Layer Boot Camp
375	154	Bo Chan	F40	0:54:08.86	0:53:37.29	

Position	Number	Name	Category	Gun Time	Chip Time	Club
376	628	Emily Penkett	FO	0:54:13.95	0:53:40.65	Springfield Striders RC
377	642	James Plant	MO	0:54:17.32	0:53:22.06	
378	365	Anne Herbert	F60	0:54:18.42	0:53:52.05	Harwich Runners
379	127	Valentina Burley	F50	0:54:21.32	0:54:21.32	Harwich Runners
380	198	Ruth Cowlin	F50	0:54:24.04	0:54:02.76	Sudbury Joggers
381	351	Treena Harrington	F45	0:54:26.34	0:54:00.89	Halstead RRC
382	636	Laura Phipps	FO	0:54:27.15	0:53:56.88	
383	10	Steven Alder	MO	0:54:29.67	0:53:38.63	
384	571	Mark Newman	M40	0:54:32.63	0:53:57.96	
385	850	Sam Wardle	MO	0:54:33.86	0:54:29.6	
386	971	Simon Hughes	M40	0:54:34	0:54:02.86	
387	62	Dale Betts	M40	0:54:39.24	0:54:06.1	
388	369	Alan Hillyard	M55	0:54:42.34	0:54:09.6	
389	778	Alicia Spindler	FO	0:54:44.11	0:54:06.97	
390	593	Ciprian Ostafie	MO	0:54:44.66	0:54:04.33	
391	308	Jonathan Gill	MO	0:54:44.93	0:54:19.52	
392	12	Gavin Alexander	M40	0:54:45.82	0:54:15.42	
393	299	Jane Garnett	F40	0:54:56.54	0:54:18.67	
394	734	Ronald Seddon	M70	0:54:57.71	0:54:43.48	Havering '90 Joggers
395	303	Stephen Garthwaite	M45	0:54:58.59	0:54:07.23	Stratford Striders
396	26	Yolande Arnold	F45	0:55:02.1	0:54:29.93	Running Colchester
397	804	Carl Temme	M40	0:55:02.43	0:54:09	
398	287	Mark Frost	M40	0:55:02.5	0:54:10.77	
399	8	Tony Adolphus	M60	0:55:02.86	0:54:35.29	Ipswich Jaffa RC
400	65	Emma Birch	F45	0:55:03.01	0:54:32.31	
401	321	Annette Grainger	F50	0:55:04.91	0:54:39.41	
402	880	Caroline Widdowson	F40	0:55:05.56	0:54:12.52	Running Colchester
403	313	Samantha Godden	FO	0:55:08.91	0:54:53.49	5 Star Boot Camps
404	270	Susan Fleming	F55	0:55:08.94	0:54:52.93	Mersea 5 Star Bootcamp
405	419	Mark Johnson	M40	0:55:12.43	0:54:17.59	
406	975	Claire Moore	FO	0:55:16.84	0:54:39.91	
407	354	Bradley Harvey	MO	0:55:17.56	0:54:35.74	Craig's Layer Bootcamp
408	969	Celine Hore	F40	0:55:17.97	0:54:54.81	
409	841	Steven Wain	M45	0:55:18.3	0:54:55.0	
410	171	Adrian Cole	M55	0:55:20.08	0:55:20.08	Stowmarket Striders RC
411	144	Oliver Cargill	MO	0:55:22.49	0:54:46.5	Team2gether
412	867	Lucy West	F45	0:55:23.01	0:54:47.52	Running Colchester
413	98	Lisa Briggs	FO	0:55:28.7	0:54:53.16	Running Colchester
414	670	Alice Russell	F40	0:55:30.68	0:55:00.43	
415	759	David Skinner	M60	0:55:34.56	0:55:34.56	Havering '90 Joggers
416	183	Jack Conway	MO	0:55:57.82	0:54:53.09	
417	825	Daniel Tudor	M45	0:56:01.03	0:55:39.83	Havering '90 Joggers
418	231	Joanne Day	F55	0:56:08.67	0:55:38.3	Thrift Green Trotters
419	90	Philip Branton	M40	0:56:12.73	0:55:43.68	
420	366	Adrian Hewitt	M40	0:56:15.17	0:55:37.48	
421	490	Jon Marsh	MO	0:56:18.74	0:55:31.57	
422	513	Ada McMahon	F45	0:56:19.42	0:56:19.42	Frinton Running Club
423	236	Alistair Devine	MO	0:56:19.98	0:55:51.73	
424	446	Alex Kuczer	M50	0:56:22.47	0:56:04.79	Run For Your Life
425	752	Ross Silverton	M65	0:56:29.84	0:56:12.64	Witham RC
426	986	Barbara Walshe	FO	0:56:35.82	0:55:41.0	
427	7	Judith Adolphus	F55	0:56:37.15	0:56:09.0	Ipswich Jaffa RC
428	329	David Groves	M55	0:56:40.47	0:56:14.63	Havering '90 Joggers
429	324	Melanie Green	F45	0:56:42.04	0:56:19.17	Havering '90 Joggers
430	301	Juliet Garnham	F40	0:56:43.39	0:55:44.46	Stowmarket Striders RC
431	989	Kate Wills	F40	0:56:45.83	0:56:16.83	Boxted Runners
432	884	Helen Wigley	FO	0:56:45.84	0:56:04.8	Craig's Layer Boot Camp
433	953	Phaedra Bishop	F40	0:56:47.1	0:56:14.22	
434	886	David Wignall	M50	0:56:50.3	0:56:03.6	Running Colchester
435	591	Sarah Osborne	FO	0:56:53.73	0:56:01.17	
436	805	Colin Tester	M50	0:56:54.01	0:56:54.01	Sevenoaks AC
437	268	Mark Finch	M50	0:56:58.51	0:56:41.32	
438	816	David Thorpe	M50	0:57:05.28	0:56:28.18	LWFitness4All

Position	Number	Name	Category	Gun Time	Chip Time	Club
439	13	Nicola Alexander	FO	0:57:15.73	0:56:45.33	
440	276	Ruth Ford	FO	0:57:16.59	0:56:42.13	Michelle's Running Group
441	121	Sylvia Bullen Bell	F55	0:57:18.85	0:56:36.27	Witham RC
442	381	Jeremy Holt	M55	0:57:22.46	0:56:25.77	Sudbury Joggers
443	206	Vanessa Crannis	F50	0:57:24.85	0:56:41.45	GoodGym
444	105	Gareth Brown	M50	0:57:27.99	0:56:21.46	
445	862	Claire Welford	F40	0:57:33.98	0:56:39.17	
446	973	Jacque King	F60	0:57:39.1	0:57:05.16	
447	556	Teresa Morse	F50	0:57:39.21	0:57:01.98	Craig's Layer Boot Camp
448	699	Katherine Rose	FO	0:57:42.66	0:56:58.0	
449	179	John Constable	M50	0:57:43.03	0:56:50.22	
450	923	Clare Young	F40	0:57:44.01	0:57:23.91	Tendring Trotters
451	265	Louise Ferguson-mullings	F45	0:57:45.02	0:57:13.61	
452	812	Bob Thompson	M45	0:57:45.4	0:57:03.7	GoodGym
453	14	Helen Allan	F50	0:57:46.76	0:57:05.32	
454	211	Jen Cronshaw	FO	0:57:49.8	0:57:13.81	
455	510	Andrea Mckeown	FO	0:57:50.06	0:57:34.95	
456	370	Diane Hillyard	F55	0:57:51.23	0:57:18.65	
457	214	Sue Cross	F50	0:57:55.86	0:57:22.61	Running Colchester
458	580	Alasdair Noble	U18M	0:57:56.16	0:56:53.45	TRISudbury
459	271	Felipe Fleury-rojo	MO	0:58:05.27	0:57:38.49	
460	662	Amanda Prior	F50	0:58:06.71	0:57:19.65	Capel Cheetahs
461	145	Fiona Carter	F55	0:58:07.02	0:56:59.23	
462	964	Tony Emms	M55	0:58:09.4	0:57:31.38	
463	228	Helen Davies	FO	0:58:10.56	0:57:14.18	Running Colchester
464	777	Toby Spencer-campbell	MO	0:58:10.84	0:57:06.43	Palmer & Partners
465	978	John Palmer	M50	0:58:11.01	0:57:07.3	Palmer & Partners
466	914	Louise Wright	F45	0:58:11.43	0:57:36.07	
467	786	Michele Sullivan	F50	0:58:12.81	0:57:49.17	Havering '90 Joggers
468	251	Jon Enefer	M40	0:58:13.71	0:57:27.01	Running Colchester
469	727	Helen Scott	FO	0:58:13.79	0:57:43.95	Running Colchester
470	594	Barry Pace	MO	0:58:15.48	0:57:15.61	
471	454	Colin Lawrence	M55	0:58:16.1	0:57:27.34	
472	504	Michael Mccarthy	M40	0:58:16.77	0:57:56.31	Felixstowe RRC
473	926	Dawn Youngs	F50	0:58:21.43	0:57:45.34	
474	709	Sasha Rush	FO	0:58:25.76	0:57:58.92	Witham RC
475	506	Jen Mcelroy	FO	0:58:26.34	0:57:42.53	Running Colchester
476	701	Susannah Rosenberg	F55	0:58:27.96	0:58:27.96	Ipswich Triathlon Club
477	436	Dion Kipping	M40	0:58:33.51	0:57:52.47	
478	640	Moira Pinkney	F65	0:58:38.1	0:58:06.33	Ipswich Triathlon Club
479	612	Danny Pasotti	M45	0:58:40.66	0:58:12.01	
480	414	Sarah Jeggo	F40	0:58:42.99	0:57:46.04	Sudbury Joggers
481	772	Caroline Sokhi	F50	0:58:44.17	0:58:11.71	
482	465	Stephanie Ling	FO	0:58:45.06	0:57:53.09	
483	133	Jacqueline Butler	F45	0:58:51.07	0:58:31.35	Havering '90 Joggers
484	994	Marion Bennett	FO	0:58:51.3	0:58:30.24	Ipswich Jaffa RC
485	355	Leoni Harvey	FO	0:58:54.87	0:58:06.63	Great Bentley Running Club
486	318	Sarah Goodwin	F50	0:58:56.17	0:58:56.17	Springfield Striders RC
487	875	Angela Whiting	F55	0:58:56.54	0:58:29.05	Stowmarket Striders RC
488	138	Matt Campbell-carr	M40	0:58:56.81	0:58:13.29	Leigh on Sea Striders
489	598	Victoria Page	FO	0:59:00.06	0:58:34.42	
490	950	Pranav Annapureddy	U18M	0:59:01.67	0:57:55.32	
491	807	Chris Thomas	M40	0:59:02.71	0:58:40.33	Havering '90 Joggers
492	879	Steve Whyte	M40	0:59:07.26	0:58:40.43	
493	981	Georgina Seakens	FO	0:59:08.17	0:58:35.55	Boxted Runners
494	535	Louise Mitchell	FO	0:59:08.72	0:58:20	GoodGym
495	17	Emma Allston	FO	0:59:09.43	0:58:22.4	
496	888	Daniel Wilkinson	MO	0:59:10.93	0:58:08.14	
497	348	Lara Harradine	F45	0:59:11.81	0:58:47.59	Havering '90 Joggers
498	644	Mark Playle	M45	0:59:12.61	0:58:27.05	
499	452	Claire Lawn	FO	0:59:14.5	0:58:34.73	Running Colchester
500	717	Nicky Santomauro	F45	0:59:18.78	0:58:28.57	
501	485	Charley Mapes	MO	0:59:27.37	0:58:50.96	

Position	Number	Name	Category	Gun Time	Chip Time	Club
502	673	Nicola Rayner	F40	0:59:30.1	0:59:03.89	
503	395	Alfie Humphrey	MO	0:59:31.56	0:58:24.99	Palmer & Partners
504	424	Jade Jones	FO	0:59:31.89	0:58:50.63	
505	461	Phil Lewis	M50	0:59:33.5	0:59:03.89	
506	869	Debbie Westland	F50	0:59:36.29	0:59:00.62	
507	849	Lizzie Ward	FO	0:59:36.65	0:58:59.65	
508	143	Simon Carden	M45	0:59:38.23	0:59:02.53	Team Carden
509	456	Christie Leeks	FO	0:59:39.06	0:58:59.7	Running Colchester
510	885	Mark Wigley	M45	0:59:46.52	0:59:06.89	Craig's Layer Boot Camp
511	491	Larina Marsh	F50	0:59:47.83	0:59:20.56	Tiptree Road Runners
512	146	Jennifer Carter	F40	0:59:47.93	0:59:18.23	Boxted Runners
513	779	Tania Stacey	F40	0:59:47.95	0:59:15.73	Boxted Runners
514	164	Siobhan Clarke	F45	0:59:48.33	0:59:01.31	
515	748	Sue Shippey	F45	0:59:48.37	0:59:48.37	Witham RC
516	547	Kim Moore	F45	0:59:51.15	0:59:10.49	Running Colchester
517	217	Andy Curtis	M50	0:59:55.88	0:59:28.21	
518	768	Sally Smith	F50	0:59:57.15	0:59:29.45	
519	977	Tom North	U18M	1:00:00.58	0:59:17.19	
520	976	Ian North	M45	1:00:00.94	0:59:16.67	
521	691	Keith Rojas	M60	1:00:05.04	0:59:13.45	
522	765	Emma Smith	FO	1:00:08.88	0:59:33.15	Running Colchester
523	830	Marcus Turner	M45	1:00:09.98	0:59:09.66	Harwich Runners
524	244	Jeremy Downs	MO	1:00:10.19	0:59:10.18	Harwich Runners
525	159	Rachel Clark	FO	1:00:10.25	0:59:34.7	Running Colchester
526	288	Mollie Frost	FO	1:00:11.49	0:59:35.6	
527	312	Karen Glenister	F45	1:00:12.98	0:59:35.52	
528	67	Jan Blake	F50	1:00:16.8	0:59:32.85	
529	220	Sarah Dalby	FO	1:00:29.34	0:59:42.83	
530	627	Kerry Penfold	F45	1:00:32.84	0:59:43.78	
531	93	Laura Brennan	FO	1:00:33.75	1:00:33.75	
532	99	Aimee Brinzer	F55	1:00:35.34	0:59:52.2	Witham RC
533	345	Sam Hare	MO	1:00:38.18	1:00:08.43	
534	384	Nathalie Hooper	F50	1:00:40.22	0:59:57.36	
535	33	Julia Bacon	F45	1:00:41.41	0:59:59.79	Witham RC
536	758	Paul Singleton	M60	1:00:46.09	1:00:21.83	
537	273	Karen Flowers	F45	1:00:46.16	1:00:05.6	Witham RC
538	658	Christina Pretty	F55	1:00:48.03	1:00:23.36	Harwich Runners
539	584	Jennifer O'connell	F45	1:00:48.21	1:00:02.92	
540	298	Lynne Garey	F55	1:00:50.77	0:59:49.75	Springfield Striders RC
541	761	Brian Slade	M70	1:00:55.22	1:00:03.79	Havering '90 Joggers
542	390	Mark Hoy	MO	1:01:02.54	1:00:22.48	Jogging Made Easy
543	285	Catherine Frost	FO	1:01:03.79	1:00:27.9	
544	357	Caroline Hastings	FO	1:01:09.94	1:00:06.47	
545	358	Charlotte Hastings	FO	1:01:11.85	1:00:09.19	
546	22	Michelle Amos	F40	1:01:12.37	1:00:09.75	
547	961	Caroline Davis	F40	1:01:17.21	1:00:44.03	Boxted Runners
548	979	Carolyn Richardson	F45	1:01:18.35	1:00:41.54	
549	344	Olly Hare	MO	1:01:20.85	1:00:25.95	
550	823	James Tozer	MO	1:01:20.92	1:00:28.89	
551	205	Richard Crannis	M55	1:01:21.77	1:00:38.0	
552	632	John Perry	M70	1:01:26.9	1:00:55.49	Boxted Runners
553	54	Charlotte Bell	FO	1:01:28.99	1:00:53.85	
554	422	David Jones	M55	1:01:29.69	1:00:40.52	Great Bentley Running Club
555	497	Ray Martin	M40	1:01:30.27	1:00:47.96	
556	70	Tania Blanks	FO	1:01:30.45	1:00:47.2	
557	165	Derek Clayton	M60	1:01:35.97	1:00:23.68	
558	703	Sarah Roxby-clarke	FO	1:01:45.84	1:01:09.69	Harwich Runners
559	683	Paul Richardson	M40	1:01:49.27	1:00:47.11	
560	747	Bethany Shippey	FO	1:01:49.87	1:01:06.51	Witham RC
561	429	David Kennedy	M50	1:01:51.85	1:00:47.34	
562	534	Debbie Mitchell	FO	1:01:52.91	1:01:15.35	Braintree & District AC
563	650	Claire Poole	F45	1:01:53.42	1:01:06.36	
564	130	Michaela Burr	F45	1:01:54.52	1:01:16.97	

Position	Number	Name	Category	Gun Time	Chip Time	Club
565	234	Luis Del Moral Soriano	MO	1:01:57.47	1:01:13.61	Where is the limit
566	729	Katie Scott	FO	1:01:58.42	1:01:58.42	
567	736	Laura Sharpe	F40	1:02:03.21	1:01:04.98	
568	410	Gary Jarvis	M45	1:02:05.69	1:01:22.45	Felixstowe RRC
569	920	Sudhakar Reddy Yeddula	MO	1:02:07.99	1:01:01.13	
570	294	Wayne Fussell	M55	1:02:10.73	1:01:17.67	
571	763	Deborah Smith	F50	1:02:27.84	1:01:39.07	Running Colchester
572	614	Jane Pattison	F50	1:02:29.42	1:01:46.13	Bungay Black Dog RC
573	404	Adam Jackson	MO	1:02:39.02	1:01:51.92	
574	216	Gary Crowther	M50	1:02:41.22	1:01:50.26	
575	796	Robin Taverner	M60	1:02:49.37	1:02:13.64	
576	330	Trish Groves	F60	1:02:49.47	1:02:26.6	Havering '90 Joggers
577	951	Satyanarayanareddy Annapureddy	M50	1:02:54.78	1:01:47.58	
578	458	Claire Lefort	F40	1:02:56.12	1:02:21.97	
579	311	Hayley Gladwell	F40	1:02:58.21	1:02:01.87	
580	776	Joanne Sparkes	FO	1:03:00.76	1:02:03.54	
581	764	Deborah Smith	F45	1:03:03.88	1:02:06.24	
582	682	Elaine Richardson	F60	1:03:03.91	1:02:41.1	Havering '90 Joggers
583	601	Belinda Palmer-barnes	F55	1:03:04.35	1:03:04.35	Great Bentley Running Club
584	769	Samantha Smith	FO	1:03:05.79	1:02:24.01	
585	472	Pamela Luna	FO	1:03:07.1	1:02:12.59	
586	160	Alison Clarke	F60	1:03:09.31	1:02:22.3	Great Bentley Running Club
587	681	Charlotte Richardson	FO	1:03:10.02	1:02:13.14	Sudbury Joggers
588	87	Stephen Brame	M45	1:03:11.77	1:02:39.26	Springfield Striders RC
589	46	Frances Barnard	FO	1:03:13.09	1:02:25.92	Capel Cheetahs
590	792	Suzy Tankard	FO	1:03:14.98	1:02:33.97	
591	310	Andy Gladman	M55	1:03:15.28	1:02:34.54	
592	554	Sarah Morris	FO	1:03:16.82	1:02:20.47	Isle Of Wight RR AC
593	560	Barry Moss	M45	1:03:18.59	1:02:43.45	Sea Wall Striders
594	511	Natalie McLaren	FO	1:03:27.27	1:02:19.33	Palmer & Partners
595	695	Claire Rooke	F40	1:03:28.97	1:02:37.2	Sudbury Joggers
596	661	Rosemary Prince	F55	1:03:31.58	1:02:52.32	
597	688	Steve Roberts	MO	1:03:34.27	1:02:32.98	Sudbury Joggers
598	770	Suzy Smith	F40	1:03:39.32	1:02:48.89	
599	290	Suzanne Frost	F45	1:03:40.92	1:02:54.12	TRISudbury
600	643	Clive Platt	M60	1:03:57.75	1:03:09.94	First Steps to Fitness Harwich
601	428	Laura Kelly	F45	1:04:01.16	1:03:39.29	
602	766	Kerry Smith	FO	1:04:02.31	1:03:11.28	
603	954	Matthew Bool	MO	1:04:07.48	1:03:11.04	
604	353	Jennie Hart	F45	1:04:12.1	1:03:15.63	
605	528	Kerrie Mills	F45	1:04:12.33	1:03:16.7	
606	207	Amy Crawford	FO	1:04:16.8	1:03:40.77	Jogging Made Easy
607	391	Andrew Hubbard	M45	1:04:16.96	1:03:41.36	Jogging Made Easy
608	858	Alan Webb	MO	1:04:19.45	1:03:24.45	
609	24	Paula Appleton	FO	1:04:34.02	1:03:54.63	
610	578	Joanne Nightingale	F45	1:04:36.36	1:03:57.59	
611	238	David Dixon	M65	1:04:37.31	1:03:32.03	
612	883	Jean Wier	F60	1:04:38.04	1:04:12.74	Harwich Runners
613	193	Clair Cornwell	F45	1:04:42.57	1:04:01.04	
614	915	Maureen Wright	F70	1:04:46	1:03:50.14	Ipswich Jaffa RC
615	508	Ruth Mcgugan	F40	1:04:46.98	1:04:12.67	
616	479	Sandy Maloy	F50	1:04:48.95	1:03:52.11	Sudbury Joggers
617	788	Lisa Sutherland	F45	1:04:49.73	1:03:41.82	
618	469	Stephanie Lown	F50	1:04:52.45	1:03:57.57	
619	500	Sarah Matthews	FO	1:04:55.67	1:04:04.76	
620	904	Matt Winward	MO	1:04:55.74	1:04:04.72	
621	516	Jade Meaney	FO	1:04:56.98	1:04:18.81	
622	517	Lisa Meaney	F45	1:04:57.17	1:04:17.97	
623	802	Stephen Taylor	M65	1:04:58.72	1:03:53.25	
624	11	Ann Alexander	F50	1:05:12.19	1:04:20.47	Sudbury Joggers
625	797	Andrew Taylor	MO	1:05:15.67	1:04:12.64	
626	854	Jax Watsham	F60	1:05:23.05	1:04:44.29	Jogging Made Easy
627	464	Natalie Lilley	F45	1:05:23.55	1:04:40.35	Witham RC

Position	Number	Name	Category	Gun Time	Chip Time	Club
628	588	Debbie Oliver	F40	1:05:23.72	1:04:36.01	
629	481	Angela Mann	F50	1:05:24.02	1:04:30.03	
630	496	Nicola Martin	F45	1:05:28.3	1:04:39.05	
631	163	Sarah Clarke	FO	1:05:33.47	1:04:46.41	TRISudbury
632	712	Andy Rutson-edwards	M50	1:05:37.52	1:04:53.62	
633	335	Louise Hagger	F45	1:05:39.05	1:04:40.69	Mersea 5 Star Boot Camp
634	19	Shaheda Ambrose	F60	1:05:44.73	1:04:55.62	
635	413	Dan Jeans	M45	1:05:45.55	1:05:03.72	
636	570	Emma Newman	F40	1:05:49.1	1:05:14.9	
637	960	Cheryl Damen	F40	1:05:49.56	1:05:17.63	Boxted Runners
638	426	Teresa Jones	F45	1:05:50.78	1:04:55.08	Great Bentley Running Club
639	634	Donna Phillips	FO	1:05:51.17	1:04:44.36	
640	498	Rupert Martin	M40	1:05:54.25	1:05:05.77	
641	229	Lucy Davey	FO	1:06:02.27	1:05:08.13	
642	460	Thomas Levett	MO	1:06:12.07	1:05:41.36	
643	334	Apryl Hagger	U18F	1:06:14.14	1:05:15.34	Mersea 5 Star Boot Camp
644	261	Teresa Farmer	F45	1:06:16.39	1:05:27.85	Great Bentley Running Club
645	266	Erika Finch	FO	1:06:17.52	1:05:33.78	
646	568	Carol Nelson	F60	1:06:24.23	1:06:02.32	Havering '90 Joggers
647	866	Karen West	F55	1:06:24.3	1:05:31.83	
648	756	Sarah Simpson	FO	1:06:31.97	1:05:57.82	
649	847	Sarah Walsh	F40	1:06:33.91	1:05:39.48	
650	280	Emma Fox	FO	1:06:45.31	1:06:13.9	
651	813	Linda Thompson	F50	1:06:50.14	1:05:42.27	
652	492	James Marshall	MO	1:06:54.19	1:06:18.17	Jogging Made Easy
653	604	Hannah Parker	FO	1:06:55.83	1:06:16.38	
654	655	Carol Preston	F60	1:06:57.41	1:05:54.78	Mersea 5 Star Bootcamp
655	540	David Mooney	M50	1:06:57.98	1:06:04.81	
656	221	Catherine Darkins	FO	1:06:58.1	1:06:08.0	
657	421	Charlie Jones	FO	1:06:58.17	1:06:26.52	
658	108	Joshua Brown	MO	1:07:02.14	1:06:40.23	
659	542	Michelle Moorcroft	F50	1:07:02.32	1:06:15.77	Team2gether
660	177	Heather Connolly	F60	1:07:08.5	1:06:00.36	
661	309	Rachel Gill	F50	1:07:11.83	1:06:45.39	
662	921	Anna Yell	F40	1:07:15.38	1:06:22.56	
663	83	Adele Bovingdon	FO	1:07:21.4	1:06:42.92	Run Mummy Run
664	913	Kris Wright	MO	1:07:24	1:06:18.32	
665	78	Denise Booth	F55	1:07:25.81	1:06:26.21	
666	197	Martin Court	M55	1:07:30.48	1:06:47.01	
667	846	Abigail Waller	FO	1:07:31.01	1:06:49.47	
668	126	Kathryn Burke	F45	1:07:34.36	1:06:45.54	
669	6	Sonia Adoboe	F50	1:07:36.06	1:06:38.54	
670	840	Christine Wagerfield	FO	1:07:36.06	1:06:37.02	Running Colchester
671	302	Christine Garrington	F50	1:07:44.19	1:07:01.31	
672	141	Paul Carden	M70	1:07:45.85	1:07:09.71	Team Carden
673	213	Paul Cross	M55	1:08:02.03	1:07:22.78	Running Colchester
674	202	Sharon Cox	F45	1:08:03.8	1:07:22.7	Jogging Made Easy
675	609	Richard Parsons	M40	1:08:06.62	1:07:18.41	
676	855	Isabel Watts	FO	1:08:06.72	1:07:17.7	
677	385	Angela Hopkins	F45	1:08:08.96	1:07:31	Dengie 100 Runners
678	92	Rachel Breame	FO	1:08:09.95	1:07:16.27	
679	397	Claire Hunt	F40	1:08:10.76	1:07:32.97	
680	927	Kate Youngs	FO	1:08:10.81	1:07:33.29	
681	499	Steven Martin	M55	1:08:18.78	1:07:30.88	
682	132	John Bush	M50	1:08:33.74	1:07:46.28	Great Bentley Running Club
683	625	Kelly Peck	F40	1:08:33.83	1:07:32.97	Harwich Runners
684	156	Claire Chattenton	F40	1:08:34.88	1:07:31.03	Run For Your Life
685	606	Lucy Parrett	FO	1:08:35.69	1:07:47.77	Team FitMix
686	605	Graeme Parrett	M40	1:08:35.83	1:07:46.84	Team FitMix
687	9	Silvana Adwent	F55	1:08:38.63	1:07:53.63	Team2gether
688	332	Clare Guler	F55	1:08:40.03	1:08:40.03	
689	380	Caroline Holt	F55	1:08:40.91	1:07:42.15	Sudbury Joggers
690	187	Sarah Cooper	F45	1:08:41.46	1:07:54.47	Running Colchester

Position	Number	Name	Category	Gun Time	Chip Time	Club
691	559	Rebecca Morton	F45	1:08:41.59	1:07:54.43	
692	184	Hannah Cook	FO	1:08:42.73	1:08:02.18	
693	233	Sarah De-vaux Balbirnie	FO	1:08:43.14	1:07:52.62	Vegan Runners UK
694	810	Laura Thomas	F40	1:08:57.7	1:08:57.7	Havering '90 Joggers
695	122	Lucy Burdett	F40	1:08:57.88	1:08:10.21	Havering '90 Joggers
696	631	Belinda Perkins	F50	1:09:02.75	1:08:03.94	
697	675	Angela Read	F50	1:09:07.59	1:08:30.62	
698	1	Joanne Abbott	F40	1:09:07.91	1:08:25.64	Hadleigh Hares AC
699	611	Gary Partridge	M50	1:09:18.24	1:08:27.05	
700	878	Katie Whymark	FO	1:09:29.88	1:08:45.05	
701	88	Helen Brand	F40	1:09:31.9	1:08:24.39	
702	882	Ian Widdowson	M45	1:09:51.6	1:08:58.68	Running Colchester
703	320	Helen Grace	F45	1:09:53.04	1:08:52.03	Running Colchester
704	546	Karen Moore	F60	1:10:03.55	1:9:04.83	
705	45	Nick Barlow	M45	1:10:08.28	1:9:03.81	Running Colchester
706	822	John Tooze	M60	1:10:08.8	1:9:05.59	
707	821	Cathy Tooze	F50	1:10:09	1:9:05.52	
708	117	Rebecca Buckles	FO	1:10:09.53	1:9:10.72	Ipswich Triathlon Club
709	343	Carlene Hare	FO	1:10:16.17	1:9:31.29	TRISudbury
710	209	Sue Crawte	F55	1:10:28.89	1:9:21.64	Sudbury Joggers
711	993	Paris Emms	FO	1:10:57.39	1:10:57.39	
712	637	Holly Pilch	U18F	1:11:01.58	1:10:19.29	
713	638	Julie Pilch	F40	1:11:01.71	1:10:19.57	
714	326	Joanne Greenhalgh	F50	1:11:24.74	1:10:20.97	TRISudbury
715	581	Alison Noble	FO	1:11:24.8	1:10:22.07	
716	624	Jane Pearson	F45	1:11:27.27	1:10:26.62	TRISudbury
717	96	Sharon Breward	F45	1:11:27.61	1:10:27.54	Sudbury Joggers
718	116	Sally Buckle	F55	1:11:27.81	1:10:27.04	Sudbury Joggers
719	852	David Warwick	M65	1:11:34.88	1:11:08.94	
720	707	Katie Ruffell	FO	1:11:35.07	1:11:35.07	
721	447	Richard Labdon	M50	1:11:49.8	1:10:43.28	
722	911	Andi Wright	F40	1:11:56.18	1:11:33.13	Havering '90 Joggers
723	539	Linda Molyneux	F60	1:11:58.93	1:11:13.47	
724	799	Jackie Taylor	F45	1:12:05.08	1:11:24.9	
725	139	Nicola Cant	F45	1:12:10.23	1:11:13.1	Sudbury Joggers
726	515	Lian Meachen	F40	1:12:12.49	1:11:11.1	Harwich Runners
727	757	Gemma Singleton	FO	1:12:16.74	1:11:34.65	Craig's Layer Bootcamp
728	292	Michelle Fussell	F45	1:12:20.01	1:11:25.12	
729	898	Kate Wilson	FO	1:12:21.37	1:11:30.41	
730	423	Debbie Jones	F45	1:12:26.42	1:12:05.14	Havering '90 Joggers
731	59	Catharine Benoy	F55	1:12:33.83	1:11:18.63	
732	142	Samantha Carden	F40	1:12:40.44	1:12:12.24	Running Colchester
733	459	Beverley Leslie	F60	1:12:44.05	1:12:04.5	Jogging Made Easy
734	468	Sue Long	F50	1:12:48.94	1:12:04.33	Tiptree Road Runners
735	41	Juliet Balls	F45	1:12:58.23	1:11:55.08	
736	119	Jodie Budd	F40	1:13:12.79	1:12:11.35	Sudbury Joggers
737	966	Hasanthi Gooneratne	FO	1:13:18.35	1:12:13.89	
738	903	Maria Wiltshire	FO	1:13:21.04	1:12:27.44	
739	833	Graham Tyrrel	M45	1:13:39.55	1:13:00.92	
740	743	Kevin Sheath	M55	1:13:40.01	1:13:11.65	
741	834	Joanne Tyrrel	F40	1:13:40.68	1:13:02.21	5 Star Clacton Boot Camps
742	811	Andy Thompson	M60	1:13:49.54	1:12:47.39	Running Colchester
743	595	Jackie Pace	F60	1:13:49.66	1:13:49.66	
744	128	Bianca Burman	FO	1:13:50.99	1:13:01.1	Sudbury Joggers
745	899	Laura Wilson	FO	1:13:51	1:13:01.23	
746	916	Tanya Wright	FO	1:13:53.19	1:13:03.48	
747	502	Tom Mayne	MO	1:13:59.66	1:13:05.29	
748	409	Sandra James	F60	1:14:04.86	1:13:19.15	Great Bentley Running Club
749	323	Julie Green	F40	1:14:14.75	1:13:23.73	
750	656	Jess Preston	FO	1:14:33.34	1:13:43.68	Vegan Runners UK
751	509	Jolanta Mcinerney	FO	1:14:37.59	1:13:27.34	
752	175	Johnny Collis	M40	1:14:46.81	1:13:47.09	
753	174	Jay Collis	MO	1:14:47	1:13:48.15	

Position	Number	Name	Category	Gun Time	Chip Time	Club
754	82	Tina Bourne	F50	1:15:09.83	1:14:13.91	
755	872	Sean Whatling	M40	1:15:24.46	1:14:16.9	
756	373	Cherie Hipkins	F40	1:15:24.52	1:14:15.83	Great Bentley Running Club
757	304	Tracey George	F50	1:15:42.15	1:15:42.15	Harwich Runners
758	725	Rachel Schofield	F50	1:17:02.99	1:15:55.08	
759	623	Richard Pearce	M50	1:17:03.33	1:15:53.53	
760	582	Louise Norris	F45	1:17:47.57	1:16:49.27	Boxted Runners
761	262	Robert Farrance	MO	1:18:11.63	1:17:22.79	
762	702	Sarah Roulson	F40	1:18:20.82	1:17:10.57	
763	110	Paul Brown	M55	1:18:34.34	1:17:48.83	Rochford Running Club
764	64	Katy Billimore	F40	1:18:39.01	1:17:50.1	
765	871	Sylvia Whalley	F55	1:18:40.08	1:18:40.08	Jogging Made Easy
766	824	Shirley Tucker	F55	1:18:40.16	1:17:48.84	Jogging Made Easy
767	803	Tanya Taylor-balls	FO	1:18:53.63	1:17:44.32	
768	204	Susie Crafer	F40	1:19:08.14	1:18:16.1	GoodGym Race Team
769	680	Alison Renshaw	FO	1:19:28.54	1:18:24.01	Ipswich Jaffa RC
770	42	Susan Bannocks	F55	1:19:36.98	1:19:36.98	Phoenix Striders
771	679	Rebecca Rees	FO	1:19:47.45	1:18:46.22	
772	550	Yvonne Moore	F60	1:20:34.04	1:19:45.46	Rochford Running Club
773	44	Karen Barker	FO	1:20:40.53	1:19:38.86	Harwich Runners
774	645	Kate Pleace	FO	1:20:40.96	1:19:39.37	Harwich Runners
775	403	Rajesh Iyer	M40	1:21:01.39	1:20:04.71	
776	81	Richard Bourne	M65	1:22:44.54	1:21:48.27	
777	694	Steven Rolfe	M40	1:25:31.83	1:25:12.09	Braintree & District AC
778	845	Rab Wallace	M50	1:27:40.61	1:27:40.61	16 Med Regt
779	188	Wendy Cooper	F55	1:27:43.18	1:26:40.79	
780	794	Tracey Tanner	FO	1:39:59.11	1:38:46.97	Running Colchester
781	60	Anna Benton	F45	1:41:29.46	1:40:15.99	Running Colchester
782	801	Maria Taylor	FO	1:41:29.97	1:40:16.31	Running Colchester
783	495	Natalie Martin	FO	1:41:37.92	1:40:26.97	
784	457	Denise Lefley	F50	1:41:39.34	1:40:30.13	Running Colchester
785	732	Yvonne Scott	F40	1:44:13.81	1:43:04.29	Running Colchester
786	172	Linda Cole	FO	1:44:17.24	1:43:05.22	Running Colchester
787	155	Tracey Chapman	F40	1:44:18.84	1:43:03.56	

Results by Harwich Runners - http://www.harwichrunners.co.uk/1_aboutus/chip_timing.php