



Race Serviced By:

Bib No.	First Name	Surname	Club/Team	Team Desc.	Category	Gender	Essex Series	Gun Time	Overall Pos.	Cat Pos.	Gender Pos.	Chip Time
349	CRISPIAN	BLOOMFIELD	Billericay Striders	R	MSNR	M	YES	25:40	1	1	1	25:39
415	Tom	Gardner	ILFORD ATHLETIC CLUB	R	MSNR	M	YES	26:15	2	2	2	26:13
340	GRANT	WEBB	Basildon AC	R	MSNR	M	YES	26:53	3	3	3	26:53
54	Malcolm	Muir	ILFORD ATHLETIC CLUB	R	MSNR	M	YES	26:57	4	4	4	26:55
422	MARK	NEWTON	SPRINGFIELD STRIDERS	R	MSNR	M	YES	27:01	5	5	5	27:00
359	Shay	Joyce	Orion Harriers	R	MSNR	M	YES	27:17	6	6	6	27:15
205	David	Butler	Billericay Striders	R	MV50	M	YES	27:38	7	1	7	27:37
313	MICHAEL	BRIGGS	Benfleet Running Club	R	MSNR	M	YES	27:52	8	7	8	27:50
333	Simon	Hart	Havering Mayesbrook	R	MV40	M	YES	27:59	9	1	9	27:58
446	MARK	AVERY	Ipswich Jaffa	R	MV40	M	No	28:04	10	2	10	28:04
367	GAVIN	ALLEN	Braintree Athletic Club	R	MSNR	M	NO	28:14	11	8	11	28:12
436	RAY	DZIKOWSKI	ILFORD ATHLETIC CLUB	R	MV40	M	YES	29:01	12	3	12	29:01
240	PETER	WEST	Colchester Harriers	R	MV40	M	YES	29:02	13	4	13	29:01
172	Rob	Gibby	Colchester Harriers	R	MSNR	M	Yes	29:08	14	9	14	29:07
211	JONATHAN	NEARS	Colchester Harriers	R	MSNR	M	Yes	29:15	15	10	15	29:14
12	TERRY	KNIGHTLEY	ILFORD ATHLETIC CLUB	R	MV50	M	YES	29:22	16	2	16	29:20
375	Jared	Bethell	Harlow Running Club	R	MSNR	M	YES	29:34	17	11	17	29:33
350	LARRY	MANGELSHOT	WARE JOGGERS	R	MV40	M	NO	29:38	18	5	18	29:38
352	KURTIS	SWAN	Billericay Striders	R	MSNR	M	YES	29:44	19	12	19	29:43
72	Neil	Crisp	ILFORD ATHLETIC CLUB	R	MV40	M	YES	29:45	20	6	20	29:44
209	DANIEL	PICKERING	WARE JOGGERS	R	MSNR	M	No	29:49	21	13	21	29:47
95	Kevin	Newell	ILFORD ATHLETIC CLUB	R	MSNR	M	YES	29:54	22	14	22	29:52
287	MARK	CLEMENTS	Ipswich Jaffa	R	MSNR	M	NO	30:07	23	15	23	30:05
328	MARK	FURNACE	Ipswich Jaffa	R	MSNR	M	No	30:25	24	16	24	30:23
111	GARTH	MORRIS	WARE JOGGERS	R	MV40	M	No	30:31	25	7	25	30:29
243	JAMES	HASKEY-JONES	TIPTREE ROAD RUNNERS	R	MV40	M	YES	30:34	26	8	26	30:30
356	Don	Lawless	Thurrock Harriers	R	MV40	M	YES	30:35	27	9	27	30:34

330 Nigel	Swinburne	Dagenham 88 Runners	R	MSNR	M	YES	30:41	28	17	28	30:37
80 NICK	RANKIN	Benfleet Running Club	R	MV50	M	YES	30:44	29	3	29	30:43
2 DAVID	POMEROY	WARE JOGGERS	R	MSNR	M	YES	30:45	30	18	30	30:44
244 KEVIN	WHELAN	WARE JOGGERS	R	MSNR	M	NO	30:54	31	19	31	30:54
419 GREG	WISKEN	Mid Essex Casuals	R	MV40	M	YES	31:00	32	10	32	31:00
16 JON	WILLIAMS	WARE JOGGERS	R	MSNR	M	NO	31:06	33	20	33	31:03
254 Andrew	Morris	Benfleet Running Club	R	MV50	M	YES	31:08	34	4	34	31:04
241 JAMIE	JEPHCOTT	Harlow Running Club	R	MV40	M	YES	31:12	35	11	35	31:05
316 ROBERT	MACLEAN			MSNR	M	NO	31:16	36	21	36	31:07
216 Peter	Binns	Southeast Athletic Club	R	MV60	M	YES	31:20	37	1	37	31:12
341 MATT	COPS	Benfleet Running Club	R	MSNR	M	YES	31:23	38	22	38	31:15
427 Steve	Moore	SPRINGFIELD STRIDERS	R	MV40	M	YES	31:25	39	12	39	31:18
364 Sebastian	Struth	Felsted School	S	JM	M	No	31:28	40	1	40	31:25
360 Kevin	Harper	WITHAM RUNNING CLUB	R	MSNR	M	No	31:32	41	23	41	31:26
332 David	Spencer	Grange Farm	R	MV40	M	YES	31:33	42	13	42	31:30
393 Anita	Cox	Grange Farm	R	FV35	F	Yes	31:34	43	1	1	31:30
82 ROBERT	RUSSELL	Thurrock Harriers	R	MV50	M	YES	31:34	44	5	43	31:31
301 JIM	ANDREWS	Lyons Hall	S	MSNR	M	NO	31:36	45	24	44	31:32
201 CHRIS	PURSE	SPRINGFIELD STRIDERS	R	MV50	M	YES	31:46	46	6	45	31:44
289 Tony	Balding	LEIGH ON SEA STRIDERS	R	MSNR	M	YES	31:58	47	25	46	31:57
363 Angus	McLaren	Felsted School	S	JM	M	No	32:01	48	2	47	31:58
405 Ross	Boyer	Braintree Athletic Club	R	MV50	M	No	32:03	49	7	48	31:59
218 Jason	Mentern	WARE JOGGERS	R	MSNR	M	No	32:05	50	26	49	32:01
53 STEVE	Hewes			MSNR	M	NO	32:08	51	27	50	32:05
210 MARK	BREWER	TIPTREE ROAD RUNNERS	R	MV40	M	YES	32:19	52	14	51	32:12
281 GAVIN	LONG	Saffron Striders	R	MV40	M	YES	32:21	53	15	52	32:17
417 GERRY	O'DOHERTY	Billericay Striders	R	MV50	M	YES	32:28	54	8	53	32:24
421 SIMON	FERGUSON			MV40	M	NO	32:31	55	16	54	32:24
167 WILLIAM	HAINING	Colchester Harriers	R	MV50	M	YES	32:41	56	9	55	32:38
165 JOHN	TENNANT	Harlow Running Club	R	MV60	M	YES	32:43	57	2	56	32:38
198 PAUL - CHRISTIAN	TOWNEND	WOKING AC	R	MSNR	M	No	32:49	58	28	57	32:45
195 STEVE	SADLER	WARE JOGGERS	R	MV40	M	NO	32:56	59	17	58	32:51
428 Michael	Beckett	Great Bentley Running Club	R	MV60	M	Yes	32:58	60	3	59	32:53
347 RICHARD	SOLOMONS	Highgate Harriers	R	MV60	M	NO	33:01	61	4	60	32:55
246 KATE	SANDERCOCK	Colchester Harriers	R	FV35	F	YES	33:07	62	2	2	33:04
378 WAYNE	BULLEID	Braintree Athletic Club	R	MV40	M	No	33:15	63	18	61	33:07
184 Ryan	Faulkner	Herts Phoenix	R	JM	M	No	33:17	64	3	62	33:09

55 Simon	Morgan	TIPTREE ROAD RUNNERS	R	MV40	M	YES	33:21	65	19	63	33:17
257 Michael	Valbonesi			MV50	M	No	33:24	66	10	64	33:19
203 Adam	Hunwicks			MSNR	M	No	33:26	67	29	65	33:20
18 PAUL	CHADWICK			MSNR	M	NO	33:29	68	30	66	33:20
396 Daniel	Nokes	Hadleigh Hares	R	MSNR	M	No	33:29	69	31	67	33:24
293 Ron	McCullough	Ipswich Jaffa	R	MV60	M	No	33:30	70	5	68	33:26
113 Tarnya	Parker	Benfleet Running Club	R	FV35	F	YES	33:33	71	3	3	33:31
98 GREG	MARSHALL	FRAMLINGHAM FLYERS	R	MV50	M	NO	33:39	72	11	69	33:32
43 Craig	Hooke	Grange Farm	R	MV40	M	NO	33:40	73	20	70	33:35
21 MATTHEW	FAIRES	Team Power Rickstones	S	JM	M	YES	33:43	74	4	71	33:37
413 Jake	Foley	Felsted School	S	JM	M	No	33:46	75	5	72	33:43
358 Ian	Cottee	Harwich Runners	R	MSNR	M	YES	33:48	76	32	73	33:44
423 NICK	BEALES	Harwich Runners	R	MV50	M	YES	33:49	77	12	74	33:44
296 PAUL	FREEMAN		B	MV40	M	NO	33:52	78	21	75	33:50
325 Jordan	Lacey	Southend Athletic Club	R	JF	F	YES	33:52	79	1	4	33:52
40 Sarah	Jeffery	Southend Athletic Club	R	FSNR	F	YES	33:57	80	1	5	33:54
249 NATASHA	LAGDEN	Southend Athletic Club	R	FV35	F	YES	34:00	81	4	6	33:57
309 John	Bull	Harlow Running Club	R	MV40	M	No	34:05	82	22	76	34:00
10 MIKE	BAGNALL	WARE JOGGERS	R	MSNR	M	NO	34:12	83	33	77	34:10
13 STEPHEN	PARKER	ILFORD ATHLETIC CLUB	R	MV50	M	YES	34:15	84	13	78	34:10
399 ANTHONY	ROSE			MSNR	M	No	34:20	85	34	79	34:19
170 Chris	McDonnell	Havering 90 Joggers	R	MV60	M	YES	34:35	86	6	80	34:30
267 MARK	KEEBLE	LEIGH ON SEA STRIDERS	R	MV40	M	No	35:05	87	23	81	35:02
345 PETER	BAKER	WARE JOGGERS	R	MV50	M	NO	35:12	88	14	82	35:06
1 CHRIS	WILLIAMS	WARE JOGGERS	R	MSNR	M	No	35:12	89	35	83	35:10
156 Nicola	Pyle	SPRINGFIELD STRIDERS	R	FV35	F	YES	35:18	90	5	7	35:14
444 MIKE	DOWNES	Ipswich Jaffa	R	MV50	M	No	35:20	91	15	84	35:15
58 SUE	SPONG	Havering 90 Joggers	R	FV45	F	YES	35:23	92	1	8	35:19
402 JOHN	PICKERING	WARE JOGGERS	R	MV50	M	No	35:29	93	16	85	35:22
52 Peter	Shuttlewood			MV50	M	NO	35:37	94	17	86	35:25
115 IAN	CANNONS	Harwich Runners	R	MSNR	M	YES	35:45	95	36	87	35:31
143 MARTIN	LAU			MSNR	M	No	35:47	96	37	88	35:35
79 WAYNE	HAZELL	WITHAM RUNNING CLUB	R	MV40	M	YES	35:49	97	24	89	35:39
290 Rob	Sargent	Dagenham 88 Runners	R	MV50	M	YES	35:51	98	18	90	35:47
173 Roger	Partridge	WARE JOGGERS	R	MV50	M	No	36:00	99	19	91	35:53
265 Jason	Brady	Holmes & Hills	B	MV40	M	No	36:02	100	25	92	35:54
42 Mark	Williams	WITHAM RUNNING CLUB	R	MV50	M	YES	36:04	101	20	93	35:54

63 DAVID	WILDGOOSE	Braintree Athletic Club	R	JM	M	NO	36:13	102	6	94	36:02
324 Bill	Adams	Dagenham 88 Runners	R	MV60	M	YES	36:16	103	7	95	36:10
134 Brian	Butcher	Mid Essex Casuals	R	MV60	M	No	36:17	104	8	96	36:11
3 PHIL	CUNNINGHAM	WARE JOGGERS	R	MV50	M	No	36:22	105	21	97	36:15
75 Dianne	Crisp	ILFORD ATHLETIC CLUB	R	FV45	F	YES	36:22	106	2	9	36:16
191 David	Enders	WITHAM RUNNING CLUB	R	MV40	M	No	36:26	107	26	98	36:16
314 MALCOLM	BAILEY	TIPTREE ROAD RUNNERS	R	MV50	M	YES	36:30	108	22	99	36:23
322 RICHARD	HILL			MV40	M	NO	36:33	109	27	100	36:23
440 JO	BURTONSHAW	Benfleet Running Club	R	FV35	F	YES	36:34	110	6	10	36:24
166 LOUISA	LATHAM	Benfleet Running Club	R	FSNR	F	YES	36:34	111	2	11	36:25
329 SHARON	WRIGHT	Harlow Running Club	R	FSNR	F	No	36:40	112	3	12	36:27
230 Scott	Smith	Townrow Trotters	B	MSNR	M	No	36:44	113	38	101	36:35
389 STEVEN	ROLFE	Lyons Hall	S	MSNR	M	No	36:44	114	39	102	36:39
388 COLIN	DOUGLAS	ILFORD ATHLETIC CLUB	R	MSNR	M	YES	36:47	115	40	103	36:40
288 ERIC	BRITTON	LEIGH ON SEA STRIDERS	R	MV50	M	NO	36:50	116	23	104	36:42
348 ANNETTE	HARDMAN	WARE JOGGERS	R	FSNR	F	NO	36:55	117	4	13	36:47
441 MARTIN	SCOTT			MV40	M	No	37:01	118	28	105	36:49
183 Stephen	Faulkner	Herts Phoenix	R	MV50	M	No	37:02	119	24	106	36:49
404 IAIN	CATCHPOOL	Ipswich Jaffa	R	MV40	M	No	37:02	120	29	107	36:52
215 Lynne	Tanner	SPRINGFIELD STRIDERS	R	FV55	F	YES	37:03	121	1	14	36:55
430 Melanie	Moore	Colchester Harriers	R	FV45	F	YES	37:05	122	3	15	36:58
74 Jenni	Crisp	ILFORD ATHLETIC CLUB	R	FSNR	F	YES	37:08	123	5	16	36:59
4 MARTIN	BLACKER	WARE JOGGERS	R	MV40	M	No	37:13	124	30	108	37:01
361 Ian	Foskew	Mid Essex Casuals	R	MV40	M	YES	37:14	125	31	109	37:04
327 ADAM	SEWELL			MV40	M	No	37:15	126	32	110	37:05
435 NEAL	MARLOW			MSNR	M	No	37:17	127	41	111	37:07
297 MATT	DAVEY	TIPTREE ROAD RUNNERS	R	MSNR	M	YES	37:18	128	42	112	37:10
61 NICOLA	HOPKINSON	ILFORD ATHLETIC CLUB	R	FV45	F	YES	37:19	129	4	17	37:13
344 EIBHLIN	LEAHY	WARE JOGGERS	R	FSNR	F	NO	37:25	130	6	18	37:14
395 James	Russell	Pitsea Running Club	R	MV50	M	No	37:28	131	25	113	37:20
410 James	Clayton	Colchester 6th Form Evolve	S	MSNR	M	No	37:30	132	43	114	37:21
277 Keith	Potter			MV50	M	No	37:34	133	26	115	37:21
284 CHRIS	WOOD			MSNR	M	No	37:34	134	44	116	37:23
231 Elspeth	Knott	Harwich Runners	R	FV55	F	YES	37:36	135	2	19	37:28
334 Richard	Gill			MSNR	M	No	37:43	136	45	117	37:28
315 ASHWIN	SHAH			MSNR	M	No	37:44	137	46	118	37:30
260 Philip	Davies	Holmes & Hills	B	MSNR	M	No	37:44	138	47	119	37:31

282 THEODORE	MUMBAYI	Saffron Striders	R	MSNR	M	No	37:58	139	48	120	37:49
228 Keith	Walker	Billericay Striders	R	MV60	M	YES	38:03	140	9	121	37:54
160 NIGEL	SMITH			MV40	M	No	38:04	141	33	122	37:55
207 Rachel	Oconnor	WITHAM RUNNING CLUB	R	FV35	F	YES	38:06	142	7	20	37:55
20 SHELLEY	WRAY	WITHAM RUNNING CLUB	R	FV35	F	YES	38:10	143	8	21	37:58
50 DENIS	MOLE	Havering 90 Joggers	R	MV60	M	YES	38:15	144	10	123	37:59
89 STUART	ADAMS	Grange Farm	R	MV40	M	YES	38:19	145	34	124	37:59
411 David	French	WARE JOGGERS	R	MV50	M	No	38:20	146	27	125	38:03
196 HAZEL	CLARK	WARE JOGGERS	R	FSNR	F	No	38:23	147	7	22	38:15
447 Tom	O'Sullivan	Colchester 6th Form Evolve	S	JM	M	No	38:25	148	7	126	38:17
323 MATT	HUNTER	Hadleigh Hares	R	MSNR	M	No	38:34	149	49	127	38:21
181 Steve	Cheal	ILFORD ATHLETIC CLUB	R	MV50	M	YES	38:35	150	28	128	38:25
114 RUSSELL	PRYKE	White Court School	S	MSNR	M	NO	38:58	151	50	129	38:34
105 PHOENIX	GREEN			MSNR	M	NO	38:58	152	51	130	38:48
279 DANIEL	JEPHCOTT			JM	M	No	39:05	153	8	131	38:51
238 ROB	HADGRAFT	TIPTREE ROAD RUNNERS	R	MV50	M	NO	39:06	154	29	132	38:56
71 Nicholas	Manley	WITHAM RUNNING CLUB	R	MV40	M	NO	39:13	155	35	133	38:57
391 Bradley	Richardson	Hedingham School	S	MSNR	M	No	39:16	156	52	134	39:05
439 STEVE	KING			MV50	M	No	39:17	157	30	135	39:08
5 IAN	LINTON	TIPTREE ROAD RUNNERS	R	MV60	M	YES	39:22	158	11	136	39:09
268 GRAHAM	WILLIAMS	ILFORD ATHLETIC CLUB	R	MV70	M	YES	39:29	159	1	137	39:13
416 TRISTIAN	ARNOLD			MSNR	M	NO	39:30	160	53	138	39:17
59 MARK	TAYLOR			MSNR	M	NO	39:31	161	54	139	39:20
78 SIMON	HIBBERT			MSNR	M	NO	39:32	162	55	140	39:24
81 FRANCES	WEBSTER	Benfleet Running Club	R	FV45	F	YES	39:35	163	5	23	39:24
67 Angela	Manley	Nominal Leggers	B	FV45	F	NO	39:38	164	6	24	39:26
432 TRACIE	BROMBOSZCZ	WITHAM RUNNING CLUB	R	FV45	F	No	39:39	165	7	25	39:28
46 Joanne	Ling	Billericay Striders	R	FV35	F	YES	39:39	166	9	26	39:28
263 Mark	Cornell	Holmes & Hills	B	MV40	M	No	39:41	167	36	141	39:34
56 Sue	Mold	WITHAM RUNNING CLUB	R	FV35	F	YES	39:45	168	10	27	39:35
431 Sam	Ismay	Team Power Rickstones	S	JM	M	No	39:47	169	9	142	39:36
99 JOANNE	MARSHALL	FRAMLINGHAM FLYERS	R	FV45	F	NO	39:51	170	8	28	39:43
320 MIKE	GOSLING			MV50	M	NO	39:52	171	31	143	39:47
365 Calin	Basno	Felsted School	S	JM	M	No	39:55	172	10	144	39:48
331 Jenny	Akroyd	Dagenham 88 Runners	R	FSNR	F	YES	39:56	173	8	29	39:51
283 COLIN	SHORT	WITHAM RUNNING CLUB	R	MV60	M	No	39:59	174	12	145	39:52
319 CHERYL	MACDONALD	Pitsea Running Club	R	FV45	F	NO	40:01	175	9	30	39:52

73 Natalie	Crisp	ILFORD ATHLETIC CLUB	R	FSNR	F	YES	40:08	176	9	31	39:53
354 BOB	BOWDEN			MSNR	M	NO	40:12	177	56	146	40:01
106 ANNE	RAMSDEN	WARE JOGGERS	R	FV55	F	NO	40:28	178	3	32	40:22
126 MATTHEW	HARDING	White Court School	S	MSNR	M	No	40:46	179	57	147	40:24
169 Barbara	McDonnell	Havering 90 Joggers	R	FV45	F	YES	40:47	180	10	33	40:33
206 Victoria	Law	Great Bentley Running Club	R	FV35	F	YES	40:51	181	11	34	40:38
107 IAN	Bennett			MV40	M	NO	40:54	182	37	148	40:43
390 David	Sharland			MV50	M	No	40:55	183	32	149	40:43
302 NOLAN	SMITH			MSNR	M	NO	41:03	184	58	150	40:47
262 Sam	Bawden	Holmes & Hills	B	MSNR	M	No	41:09	185	59	151	40:54
6 Colin	Maman	WARE JOGGERS	R	MV60	M	NO	41:09	186	13	152	41:01
110 RAOUL	GRANTHAM	Braintree Athletic Club	R	MV40	M	No	41:14	187	38	153	41:03
372 DAVID	UPTON			MSNR	M	NO	41:31	188	60	154	41:07
353 JAMES	UPTON			MSNR	M	NO	41:32	189	61	155	41:08
193 SARAH	HOWARD	WARE JOGGERS	R	FV35	F	NO	41:49	190	12	35	41:43
339 PHIL	HUDSON	WARE JOGGERS	R	MV50	M	NO	41:50	191	33	156	41:43
199 STEPHANIE	KING			FSNR	F	NO	41:52	192	10	36	41:43
237 DEBBIELYN	HALLAM	Southend Athletic Club	R	FV35	F	NO	41:56	193	13	37	41:46
146 Stewart	Waller	WITHAM RUNNING CLUB	R	MV60	M	YES	42:05	194	14	157	41:57
133 Octavia	Singleton			FV35	F	No	42:11	195	14	38	41:59
232 Angela	Taylor	Townrow Trotters	B	FV45	F	No	42:16	196	11	39	42:01
387 PAUL	SPURGEON	Fetch Everyone	R	MV40	M	No	42:20	197	39	158	42:07
144 SIMON	PAGE			MV50	M	No	42:26	198	34	159	42:08
394 Rebecca	Cooke	Colchester 6th Form Evolve	S	FSNR	F	No	42:26	199	11	40	42:10
26 Gregory	Plant			MV40	M	NO	42:30	200	40	160	42:11
168 Emma	Tanner	Braintree Athletic Club	R	FV35	F	No	42:32	201	15	41	42:17
51 Sandra	Green	Braintree Athletic Club	R	FV35	F	No	42:36	202	16	42	42:17
45 Darren	Roberts		B	MV40	M	No	42:39	203	41	161	42:20
187 Marisa	Swain			FV45	F	No	42:39	204	12	43	42:20
308 Stewart	Gimson			MV40	M	No	42:43	205	42	162	42:21
337 Michael	Cottrell			MV60	M	No	42:47	206	15	163	42:29
65 IAN	Towsey			MSNR	M	NO	42:51	207	62	164	42:31
272 NICK	LINNEY			MSNR	M	No	42:51	208	63	165	42:34
442 DAVID	GRIDLEY	Havering 90 Joggers	R	MV40	M	No	42:53	209	43	166	42:41
437 ALEX	THOMS			MSNR	M	No	42:54	210	64	167	42:44
294 Barry	Lyden	Lyons Hall	S	MV40	M	NO	43:02	211	44	168	42:47
182 Teresa Jane	Flannigan	Pitsea Running Club	R	FV55	F	Yes	43:07	212	4	44	42:52

274 Helen	Tompkins	Pitsea Running Club	R	FV45	F	YES	43:08	213	13	45	43:02
424 ALISON	MYLES	Ipswich Jaffa	R	FV35	F	NO	43:16	214	17	46	43:03
355 JOBY	HUMIM		B	MSNR	M	NO	43:21	215	65	169	43:05
129 JUDE	MANSER	WARE JOGGERS	R	FV45	F	No	43:25	216	14	47	43:19
291 Leonard	Parrott	Havering Mayesbrook	R	MV70	M	YES	43:32	217	2	170	43:24
17 NIKKI	KING	WARE JOGGERS	R	FSNR	F	NO	43:38	218	12	48	43:31
93 Pam	Jones	ILFORD ATHLETIC CLUB	R	FV65	F	Yes	43:39	219	1	49	43:31
317 DAVID	MACLEAN			MV50	M	NO	43:44	220	35	171	43:37
150 HELEN	STANHOPE	White Court School	S	FV35	F	No	43:54	221	18	50	43:38
69 CHRISTOPHER	Empson	Nominal Leggers	B	MSNR	M	NO	43:55	222	66	172	43:38
68 CHRISTOPHER	Regan	Nominal Leggers	B	MV40	M	NO	43:56	223	45	173	43:39
384 Faye	Watts	Essex Chronicle Raiders	B	FSNR	F	No	43:58	224	13	51	43:39
351 CHARLOTTE	LENS	Saffron Striders	R	FSNR	F	NO	44:06	225	14	52	43:44
180 Darren	Lens			MSNR	M	No	44:06	226	67	174	43:51
97 MEL	MILNER			FV35	F	NO	44:10	227	19	53	43:52
276 Julie	Dawson			FV35	F	No	44:12	228	20	54	43:52
175 Jack	Roche	Interagro Globetrotters	B	MSNR	M	No	44:15	229	68	175	43:52
420 AMY	JOHNSTONE	Dagenham 88 Runners	R	FSNR	F	YES	44:16	230	15	55	43:54
310 Alison	Bull	Harlow Running Club	R	FV35	F	No	44:21	231	21	56	44:01
214 Jan	Smith			FV35	F	No	44:23	232	22	57	44:04
429 Chloe	Hinds	Tabor	S	JF	F	No	44:28	233	2	58	44:08
132 Therese	Mockler			FV45	F	No	44:29	234	15	59	44:12
47 Claire	Snow			FSNR	F	NO	44:37	235	16	60	44:16
433 LUCIE	BILLINGS			FSNR	F	No	44:41	236	17	61	44:19
250 ROBERT	WADDINGHAM	WARE JOGGERS	R	MV50	M	YES	44:43	237	36	176	44:27
321 CLAIRE	NICHOLS	WARE JOGGERS	R	FV35	F	NO	44:47	238	23	62	44:38
124 ENDA	MCGINLEY			MV40	M	No	44:51	239	46	177	44:39
273 PAULA	VINTON			FV35	F	No	45:00	240	24	63	44:40
141 Sarah	Hodder	LEIGH ON SEA STRIDERS	R	FSNR	F	NO	45:00	241	18	64	44:43
142 David	West	LEIGH ON SEA STRIDERS	R	MV60	M	NO	45:06	242	16	178	44:43
219 Peter	Stafford	Lyons Hall	S	MSNR	M	No	45:10	243	69	179	44:47
443 NATHAN	ROWLAND		B	MSNR	M	No	45:12	244	70	180	44:52
370 COLIN	SIEBERT	Econoprint	B	MSNR	M	NO	45:18	245	71	181	44:53
368 GLENN	LESIK	Econoprint	B	MSNR	M	NO	45:18	246	72	182	44:55
285 JONATHAN	TOKLEY			MSNR	M	No	45:21	247	73	183	44:56
304 JULIE	GRAY			FV35	F	NO	45:22	248	25	65	45:02
11 ALANNA	HARRIS	WARE JOGGERS	R	FSNR	F	NO	45:23	249	19	66	45:04

96 Michael	Purkiss	Halstead Road Runners	R	MV50	M	YES	45:25	250	37	184	45:06
445 ERIC	MARSEILLE	53.12	R	MSNR	M	No	45:27	251	74	185	45:09
57 Jordan	Plant			MSNR	M	NO	45:28	252	75	186	45:11
178 Jane	Noble	WITHAM RUNNING CLUB	R	FV35	F	No	45:29	253	26	67	45:13
305 NATALIE	BELLIEU			FSNR	F	NO	45:31	254	20	68	45:13
338 DAVID	BOTTOMLEY	Grange Farm	R	MSNR	M	YES	45:40	255	76	187	45:24
269 JONATHAN	MATTHEWS	TIPTREE ROAD RUNNERS	R	MSNR	M	No	45:44	256	77	188	45:30
217 Carol	Muir	ILFORD ATHLETIC CLUB	R	FV35	F	YES	45:47	257	27	69	45:31
255 Barbara	Law	Great Bentley Running Club	R	FV65	F	YES	45:49	258	2	70	45:32
104 Robert	Singh			MSNR	M	NO	45:52	259	78	189	45:40
403 SUE	PELL			FV45	F	No	45:58	260	16	71	45:41
224 Mark	Darling	Lyons Hall	S	MSNR	M	No	45:59	261	79	190	45:43
225 Nicola	Darling	Lyons Hall	S	FSNR	F	No	46:00	262	21	72	45:44
261 Thomas	Riley	Holmes & Hills	B	MSNR	M	No	46:01	263	80	191	45:49
306 Peter	Buchanan-Parker			MSNR	M	No	46:10	264	81	192	45:58
159 Douglas	Marlow			MV60	M	No	46:20	265	17	193	45:59
275 Kelly	Sharp		R	FSNR	F	No	46:21	266	22	73	46:02
87 ZAC	WARDEN	White Court School	S	MSNR	M	NO	46:24	267	82	194	46:03
86 JULIE	SIMMONS	White Court School	S	FV35	F	NO	46:25	268	28	74	46:03
357 David	Balding			MV40	M	No	46:28	269	47	195	46:05
9 Timothy	Gould	Braintree Athletic Club	R	MV40	M	NO	46:29	270	48	196	46:15
164 Meredith	Floate	ILFORD ATHLETIC CLUB	R	FSNR	F	YES	46:31	271	23	75	46:17
190 Lee	Davis	Dagenham 88 Runners	R	MV40	M	No	46:38	272	49	197	46:21
135 Rhona	Firth	Braintree Athletic Club	R	FV35	F	NO	46:45	273	29	76	46:24
251 MARGARET	WADDINGHAM	WARE JOGGERS	R	FV55	F	YES	46:47	274	5	77	46:28
271 LAURENCE	GOWERS			MSNR	M	No	46:50	275	83	198	46:28
376 Susie	Morley	Harlow Running Club	R	FSNR	F	No	46:51	276	24	78	46:34
311 Richard	Percy	Grange Farm	R	MV60	M	No	46:54	277	18	199	46:37
245 GEMMA	BAKER	WITHAM RUNNING CLUB	R	FSNR	F	NO	46:56	278	25	79	46:39
83 Graham	Everard			MV40	M	No	46:58	279	50	200	46:40
84 Sally	Wilson			FV45	F	No	46:58	280	17	80	46:40
118 John	Butcher	WARE JOGGERS	R	MV70	M	No	47:02	281	3	201	46:42
161 WENDY	SMALLEY	TIPTREE ROAD RUNNERS	R	FV45	F	No	47:04	282	18	81	46:45
125 MANDY	MILLER			FV45	F	No	47:06	283	19	82	46:51
336 Stephanie	Martin Halls	Braintree Athletic Club	R	FV45	F	No	47:15	284	20	83	46:52
139 Fiona	Horobin			FV35	F	No	47:22	285	30	84	46:53
163 STEFANIE	SCHULZ-SPEED			FV35	F	No	47:22	286	31	85	46:53



379 RACHEL	SYMONDS	WARE JOGGERS	R	FSNR	F	No	47:24	287	26	86	47:07
145 Abigail	Stratford			FSNR	F	No	47:29	288	27	87	47:11
120 DIANE	CARD			FV45	F	No	47:34	289	21	88	47:12
318 STEVE	MACDONALD	Pitsea Running Club	R	MV50	M	NO	47:41	290	38	202	47:17
270 Faye	Downer			FV35	F	No	47:45	291	32	89	47:25
60 RICHARD	DAVIES			MV40	M	NO	47:51	292	51	203	47:27
222 Rachel	Pritchard	Lyons Hall	S	FV35	F	No	47:57	293	33	90	47:28
213 SIMON	GLOVER			MV50	M	No	47:58	294	39	204	47:29
119 MEL	CHITTOCK			MV50	M	No	48:02	295	40	205	47:41
377 Susan	Dewen	Harlow Running Club	R	FV45	F	No	48:07	296	22	91	47:42
414 Michael	Burrows	Colchester 6th Form Evolve	S	JM	M	No	48:07	297	11	206	47:50
381 Steve	Mortimer	Essex Chronicle Raiders	B	MV40	M	No	48:12	298	52	207	47:51
239 NEIL	HALLAM			MV40	M	NO	48:18	299	53	208	47:56
252 Grahame	Wilkingshaw		R	MV40	M	No	48:19	300	54	209	48:06
109 TINA	KENYON			FV35	F	No	48:24	301	34	92	48:12
102 GEORGINA	HAZELL			FV35	F	NO	48:24	302	35	93	48:14
103 JOHN	HAZELL			MV40	M	NO	48:29	303	55	210	48:14
229 Linsey	Smith	Townrow Trotters	B	FSNR	F	No	48:29	304	28	94	48:15
312 Doug	Adams	Dagenham 88 Runners	R	MV60	M	YES	48:34	305	19	211	48:19
450 Brian	Collins	Halstead Road Runners	R	MV70	M	YES	48:40	306	4	212	48:22
418 MARGARET	O'DOHERTY	Billericay Striders	R	FV55	F	YES	48:41	307	6	95	48:24
41 Lynne	Williams	WITHAM RUNNING CLUB	R	FV45	F	YES	48:42	308	23	96	48:27
176 Jenny	Abel	WITHAM RUNNING CLUB	R	FSNR	F	Yes	48:52	309	29	97	48:29
286 MICHAEL	LINSTEAD	Dagenham 88 Runners	R	MV40	M	YES	48:54	310	56	213	48:31
92 Julie	Mansfield			FV35	F	NO	48:55	311	36	98	48:37
188 Donna	Hindle			FV45	F	No	48:56	312	24	99	48:38
174 Ronnie	Underhill	Interagro Globetrotters	B	MSNR	M	No	48:58	313	84	214	48:40
264 Debbie	Partridge	Holmes & Hills	B	FV45	F	No	49:00	314	25	100	48:45
438 Sarah	Newton	SPRINGFIELD STRIDERS	R	FSNR	F	YES	49:04	315	30	101	48:50
140 Samantha	Miller	LEIGH ON SEA STRIDERS	R	FV35	F	No	49:30	316	37	102	49:09
91 Jo	Blair			FV55	F	NO	49:30	317	7	103	49:15
70 David	Pitt			MV70	M	NO	49:44	318	5	215	49:19
448 Steve	Rollason			MV40	M	No	49:44	319	57	216	49:26
30 Simon	Sharpe			MSNR	M	NO	49:51	320	85	217	49:31
197 ROSS	TOWNEND			MSNR	M	NO	50:04	321	86	218	49:40
236 HELEN	SEXTON			FV35	F	NO	50:05	322	38	104	49:41
28 Ryan	Plant			MSNR	M	NO	50:10	323	87	219	49:46



101 GEMIMA	FULLER	LEIGH ON SEA STRIDERS	R	FV35	F	NO	56:22	361	44	127	55:55
100 MARK	DOBSON	LEIGH ON SEA STRIDERS	R	MSNR	M	NO	56:22	362	92	235	55:55
32 SARAH	MCANAW			FV35	F	NO	56:33	363	45	128	56:01
33 STEVEN	MCANAW			MSNR	M	NO	56:34	364	93	236	56:02
280 WENDY	MIDDLEWEEK			FV45	F	No	56:40	365	36	129	56:16
406 LISA	MANSFIELD	LEIGH ON SEA STRIDERS	R	FSNR	F	YES	56:43	366	38	130	56:17
278 Nicola	GOLDSMITH			FV35	F	No	56:47	367	46	131	56:21
158 Val	Stringer	WARE JOGGERS	R	FV65	F	No	56:49	368	3	132	56:45
208 CARL	STONER			MSNR	M	No	57:05	369	94	237	56:49
266 David	Dixey	Holmes & Hills	B	MV40	M	No	57:41	370	63	238	57:26
29 ALAN	BRADLEY			MV40	M	NO	57:50	371	64	239	57:29
221 Nicola	Whybrow	Lyons Hall	S	FSNR	F	No	59:42	372	39	133	59:14
226 Laura	Levi	Lyons Hall	S	FSNR	F	No	59:44	373	40	134	59:16
408 JOHN	HEYWOOD	WARE JOGGERS	R	MV70	M	No	59:46	374	8	240	59:20
220 Joanna	Fairchild	Lyons Hall	S	FSNR	F	No	59:50	375	41	135	59:50
386 Karen	THOROGOOD	Townrow Trotters	B	FV35	F	No	1:00:33	376	47	136	1:00:14
371 JOANNE	LOCKMILLER	Townrow Trotters	B	FV35	F	NO	1:00:34	377	48	137	1:00:15
383 Carole	Brame	Essex Chronicle Raiders	B	FV55	F	No	1:04:10	378	8	138	1:03:48
295 Alan	Murphy	Barking Road Runners	R	MV60	M	NO	1:04:26	379	22	241	1:03:55
382 Faye	McBride	Essex Chronicle Raiders	B	FSNR	F	No	1:09:28	380	42	139	1:09:04
409 Shanah	Holder	Essex Chronicle Raiders	B	FV35	F	No	1:16:57	381	49	140	1:16:34
7 JILL	RUSH	Braintree Athletic Club	R	FV35	F	YES	DNS				
8 Judit	Molnar			FV35	F	NO	DNS				
14 BEN	FOWLER			MSNR	M	NO	DNS				
22 RICKY	AQUILINA			MV40	M	NO	DNS				
23 john	chilton			MV40	M	NO	DNS				
27 Ruth	Plant			FV45	F	NO	DNS				
31 GRAEME	MOON	TIPTREE ROAD RUNNERS	R	MV50	M	NO	DNS				
35 CHRISTOPHER	MADDISON			MSNR	M	NO	DNS				
37 LOUISE	BROWN			FV35	F	NO	DNS				
38 ALAN	READE	WITHAM RUNNING CLUB	R	MV40	M	YES	DNS				
39 Andrew	Mason	SPRINGFIELD STRIDERS	R	MV40	M	YES	DNS				
48 SARAH	MALLALIEU			FSNR	F	NO	DNS				
49 JOHN	GILLARD			MV40	M	NO	DNS				
66 Lynne	Milford			FSNR	F	NO	DNS				
77 JAMES	FARREN	WITHAM RUNNING CLUB	R	MSNR	M	NO	DNS				
85 NEIL	MCGOUN	Orion Harriers	R	MSNR	M	YES	DNS				

88	JULES	REEVES	Grange Farm	R	FV35	F	YES	DNS
90	KATHY	SCOURFIELD	Billericay Striders	R	FV45	F	NO	DNS
108	James	Salmon	Tabor	S	MSNR	M	No	DNS
112	Linda	Cook			FSNR	F	No	DNS
121	WENDY	WALTON			FV35	F	No	DNS
122	MICHELLE	WRIGHT			FV35	F	No	DNS
123	KAREN	TAYLOR			FV35	F	No	DNS
127	TONY	ROSE	WARE JOGGERS	R	MV50	M	No	DNS
130	RITA	CHALKLEY	WITHAM RUNNING CLUB	R	FV35	F	YES	DNS
131	DARRAN	HOUCHIN			MSNR	M	No	DNS
136	Sandra	Reynolds			FV45	F	No	DNS
137	Daniel	Neal			MSNR	M	No	DNS
138	Lesley	Hindmarsh			FV45	F	No	DNS
147	Rebecca	Adams	Colchester & Tendring AC	R	FSNR	F	No	DNS
148	ANDREW	MCDIARMID			MV40	M	No	DNS
149	EMMA	MCDIARMID			FV35	F	No	DNS
151	DAVID	HEWITT	BIG GUNS	B	MV50	M	No	DNS
152	PAMELA	HEWITT	BIG GUNS	B	FV45	F	No	DNS
153	ANDREW	HEWITT	BIG GUNS	B	MSNR	M	No	DNS
154	KEITH	DERRICK	BIG GUNS	B	MSNR	M	No	DNS
155	STEVEN	DERRICK	BIG GUNS	B	MSNR	M	No	DNS
162	TARA	HARRISON	Colchester & Tendring AC	R	FSNR	F	No	DNS
171	Catherine	Parkes			FV45	F	No	DNS
177	Martyn	Byford	WITHAM RUNNING CLUB	R	MV50	M	YES	DNS
179	Will	Crew	Interagro Globetrotters	B	MSNR	M	No	DNS
189	Tara	Eldridge			FV35	F	No	DNS
192	Scott	Enders			MSNR	M	No	DNS
194	CLAIRE	SALTWELL			FSNR	F	NO	DNS
212	COLIN	ROTHWELL	Benfleet Running Club	R	MV50	M	YES	DNS
234	Daniel	Chapman	Harlow Running Club	R	MSNR	M	YES	DNS
247	MELANIE	LING	Southend Athletic Club	R	FV45	F	YES	DNS
248	JAMES	LING	Southend Athletic Club	R	MV50	M	YES	DNS
253	Dionne	Jones	Harlow Running Club	R	FV35	F	YES	DNS
256	Dawn	Shilling	TIPTREE ROAD RUNNERS	R	FSNR	F	No	DNS
258	Daniel	Smith			MSNR	M	No	DNS
259	Robert	Dixey	Holmes & Hills	B	JM	M	No	DNS
292	Charles	Lee	Harvering 90 Joggers	R	MV40	M	YES	DNS

299 MARK	ROSS	Great Bentley Running Club	R	MV40	M	YES	DNS
307 Danny	Blake			MSNR	M	No	DNS
326 Jason	Kitchenside	Lyons Hall	S	MSNR	M	No	DNS
335 Simon	Phillips	St Edmunds Pacers	R	MSNR	M	No	DNS
342 VICTOR	MCLOUD	Benfleet Running Club	R	MV70	M	YES	DNS
346 DAVID	MILLS	Bank of England AC	R	MV50	M	YES	DNS
369 JAMES	JONES	Econoprint	B	MSNR	M	NO	DNS
373 Chris	Reed	Thurrock Harriers	R	MV60	M	YES	DNS
374 Spencer	Hempstead	ILFORD ATHLETIC CLUB	R	MV40	M	YES	DNS
385 Katherine	Maryon	Essex Chronicle Raiders	B	MSNR	M	No	DNS
392 Andrew	Wright	Hedingham School	S	MV40	M	No	DNS
397 Chloe	Cockell	Tabor	S	JF	F	No	DNS
398 Kevin	Cockell	Braintree Athletic Club	R	MV40	M	No	DNS
400 MARK	DOYLE	Team Power Rickstones	S	MV40	M	No	DNS
407 RODGER	ALEXANDER	Colchester & Tendring AC	R	MV50	M	No	DNS
412 Max	Kendrick	Felsted School	S	JM	M	No	DNS
425 ASHLEY	COBDEN			MSNR	M	NO	DNS
452 TRACEY	CURL	City of Norwich AC	R	FV45	F	No	DNS
453 GOY	ROPER	Norwich Road Runners	R	MV40	M	No	DNS