



# BRAINTREE & DISTRICT ATHLETIC CLUB

Bib	First Name	Last Name	Team Type	Club/Team	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
257	Mark	Sanford			MSNR	M	00:27:29.65	1	1	1	00:27:27.45
142	Kurtis	Swan	R	Billericay Striders	MSNR	M	00:28:37.80	2	2	2	00:28:36.10
396	Ryan	Faulkner	R	Herts Phoenix	MSNR	M	00:29:15.20	3	3	3	00:29:11.40
267	Rob	Lowe	R	Harlow RC	MV40	M	00:29:39.45	4	1	4	00:29:37.60
345	Tommy	Careless	R	Springfield Striders RC	MSNR	M	00:29:41.75	5	4	5	00:29:38.45
43	Mark	Ford	R	Ware Joggers	MSNR	M	00:29:44.80	6	5	6	00:29:42.95
35	Matthew	Rees			MSNR	M	00:29:51.25	7	6	7	00:29:51.25
52	Mark	Finbow	R	Witham RC	MSNR	M	00:30:00.60	8	7	8	00:29:58.10
13	Jon	Williams	R	Ware Joggers	MSNR	M	00:30:14.60	9	8	9	00:30:12.00
311	Joe	Cox			MSNR	M	00:30:24.20	10	9	10	00:30:21.20
338	Adam	Lysons	R	Leigh on Sea Striders	MV40	M	00:30:38.40	11	2	11	00:30:31.80
40	Timothy	Brignall	R	Ware Joggers	MSNR	M	00:30:41.50	12	10	12	00:30:39.85
332	Daniel	Sorrell			MSNR	M	00:31:00.85	13	11	13	00:30:56.15
63	Pete	Riley	R	Witham RC	MV40	M	00:31:13.05	14	3	14	00:31:09.95
209	Ben	Holdgate	R	Braintree & District AC	MSNR	M	00:31:18.45	15	12	15	00:31:15.90
270	Sam	Jackson	R	Havering AC	MSNR	M	00:31:24.25	16	13	16	00:31:22.05
271	Luke	Jackson	R	Havering AC	MSNR	M	00:31:28.05	17	14	17	00:31:25.75
159	Garth	Morris	R	Ware Joggers	MV50	M	00:31:43.10	18	1	18	00:31:40.10
254	Michael	Bironeau	R	London Heathside Runners AC	MSNR	M	00:31:51.80	19	15	19	00:31:46.80
1	Mark	Cyl	R	Ware Joggers	MV40	M	00:31:51.90	20	4	20	00:31:49.65
72	Nick	Kenyon-Muir	R	Ware Joggers	MV40	M	00:31:53.70	21	5	21	00:31:50.90
405	Tom	Cowlshaw	B	Fostering People Too	MSNR	M	00:32:04.80	22	16	22	00:31:38.65
322	Jason	Wintin	R	Grange Farm & Dunmow Runners	MSNR	M	00:32:20.25	23	17	23	00:32:16.45
314	Matt	Webster		Grange Farm & Dunmow Runners	MSNR	M	00:32:24.35	24	18	24	00:32:18.75
163	Masroor	Merzai	R	Witham RC	JM	M	00:32:31.30	25	1	25	00:32:29.20
243	Craig	Dawson	R	Tiptree Road Runners	MSNR	M	00:32:38.25	26	19	26	00:32:31.10
105	Jonathan	Haynes	R	Bishops Stortford RC	MV60	M	00:32:43.15	27	1	27	00:32:39.75
207	Michael	Hall			MV40	M	00:32:54.35	28	6	28	00:32:41.70
182	Joe	Spencer	B	VIPFIT HIIT	MSNR	M	00:33:02.65	29	20	29	00:32:57.35
122	Howard	Roden	R	Ware Joggers	MSNR	M	00:33:08.70	30	21	30	00:33:06.30
151	George	Dixon	R	Ipswich Jaffa RC	JM	M	00:33:10.00	31	2	31	00:33:00.30
333	Gavin	Long	B	UK Tapes Ltd	MV40	M	00:33:27.15	32	7	32	00:33:23.05
23	Sarah Louise	Jeffery	R	Southend On Sea AC	FSNR	F	00:33:28.95	33	1	1	00:33:25.45
373	Kevin	Harper	R	Witham RC	MV40	M	00:33:30.70	34	8	33	00:33:26.20
175	Rebecca	White	R	Saffron Striders RC	FV35	F	00:33:36.35	35	1	2	00:33:32.85
101	Mark	Porter			MV40	M	00:33:36.65	36	9	34	00:33:31.50
51	Paul	Adams	R	Michelle's Running Group	MSNR	M	00:33:39.00	37	22	35	00:33:24.50
68	Conor	Culham	R	Braintree & District AC	JM	M	00:33:50.20	38	3	36	00:33:47.95
325	Andrew	Bryant	R	Saffron Striders RC	MV50	M	00:33:59.65	39	2	37	00:33:55.95
383	Paul	Turner			MSNR	M	00:34:05.25	40	23	38	00:33:56.75
165	Andrew	Flind	R	Saffron Striders RC	MV40	M	00:34:06.65	41	10	39	00:34:02.65
27	Phoenix	Green			MSNR	M	00:34:08.20	42	24	40	00:33:55.30
129	Kevin	Turner			MV50	M	00:34:12.55	43	3	41	00:34:08.70
327	Richard	Bonham	R	Castle Point Joggers	MV40	M	00:34:16.05	44	11	42	00:34:09.05
56	Fiona	Halls	R	Saffron Striders RC	FV35	F	00:34:21.70	45	2	3	00:34:17.40
296	Ross	Gurney			MSNR	M	00:34:32.70	46	25	43	00:34:20.30
152	Jonathan	Buist	R	Halstead RRC	MSNR	M	00:34:40.25	47	26	44	00:34:21.75
319	Steve	Cantle			MV40	M	00:34:42.55	48	12	45	00:34:36.35

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339	Andrew	Thomas	R	Springfield Striders RC	MV40	M	00:34:55.40	49	13	46	00:34:49.85
216	Bill	Smythe	R	Witham RC	MV40	M	00:35:05.75	50	14	47	00:34:59.20
84	Stephen	Dixon	R	Ipswich Jaffa RC	MV50	M	00:35:06.35	51	4	48	00:34:57.00
298	Gerard	Geurts	R	Grange Farm & Dunmow Runners	MV40	M	00:35:10.95	52	15	49	00:35:04.75
187	Andy	Owen	R	Halstead RRC	MSNR	M	00:35:13.05	53	27	50	00:34:55.30
328	Ashley	Smy	R	Ipswich Jaffa RC	MSNR	M	00:35:16.00	54	28	51	00:35:05.70
395	Toby	Lumsden	R	Saffron Striders RC	MV50	M	00:35:21.35	55	5	52	00:35:16.70
293	Julie	Beasant			FV35	F	00:35:25.05	56	3	4	00:35:21.50
202	Peter	Baker	R	Ware Joggers	MV50	M	00:35:28.00	57	6	53	00:35:24.15
335	Theo	Mubayi	B	UK Tapes Ltd	MSNR	M	00:35:32.70	58	29	54	00:35:10.55
64	Kenny	Blyth	R	Ware Joggers	MV60	M	00:35:38.05	59	2	55	00:35:34.50
200	Louise	Rolfe	S	White Court School	FV35	F	00:35:46.05	60	4	5	00:35:41.35
61	Les	Taylor	R	Ware Joggers	MV50	M	00:35:47.15	61	7	56	00:35:43.75
131	Mark	Austin	R	Witham RC	MV50	M	00:35:48.35	62	8	57	00:35:41.35
280	Sean	Oconnor	R	Witham RC	JM	M	00:36:02.15	63	4	58	00:35:48.70
300	David	Howe			MSNR	M	00:36:06.30	64	30	59	00:35:54.60
286	Daniel	Ashcroft			MSNR	M	00:36:09.10	65	31	60	00:35:57.60
292	Barry	Culling	R	Barking Road Runners	MSNR	M	00:36:11.95	66	32	61	00:36:07.95
317	Gary	Paul			MV40	M	00:36:12.50	67	16	62	00:35:59.15
313	Lucy	Ferguson			FV35	F	00:36:13.25	68	5	6	00:36:00.65
189	Simon	King	R	Grange Farm & Dunmow Runners	MV50	M	00:36:16.00	69	9	63	00:36:09.25
171	David	Cronk	R	Saffron Striders RC	MV40	M	00:36:30.50	70	17	64	00:36:24.60
340	Breege	Nordin	R	Ilford AC	FV55	F	00:36:36.85	71	1	7	00:36:31.70
49	Martin	Blacker	R	Ware Joggers	MV40	M	00:36:38.75	72	18	65	00:36:34.90
137	Duncan	Chenery	R	Ipswich Jaffa RC	MV50	M	00:36:43.15	73	10	66	00:36:33.55
282	John	Adams	R	Ipswich Jaffa RC	MSNR	M	00:36:46.75	74	33	67	00:36:36.90
196	Michael	Pruce	S	White Court School	MSNR	M	00:36:50.85	75	34	68	00:36:36.30
390	Derren	Hamun	B	Go Urmet	MV40	M	00:36:53.95	76	19	69	00:36:31.40
259	Alan	Jones	R	Saffron Striders RC	MV40	M	00:37:00.90	77	20	70	00:36:46.10
126	Paul	Ellis	S	Notley High School	MSNR	M	00:37:18.35	78	35	71	00:37:02.65
316	Donald	Sinclair	R	Pitsea RC	MV50	M	00:37:24.75	79	11	72	00:37:19.15
381	Jackowske	Martynz			FSNR	F	00:37:28.70	80	2	8	00:37:16.15
321	James	Aicken			MSNR	M	00:37:35.40	81	36	73	00:37:25.25
139	Paul	Petts			MV40	M	00:37:42.25	82	21	74	00:37:10.05
145	James	Tyrer	R	Ware Joggers	MSNR	M	00:37:44.20	83	37	75	00:37:37.00
65	Lister	Goldsmith			MV50	M	00:37:46.40	84	12	76	00:37:26.95
208	Jeff	Fenton	R	Havering '90 Joggers	MV60	M	00:37:55.70	85	3	77	00:37:30.85
397	Stephen	Faulkner			MV50	M	00:38:17.20	86	13	78	00:38:01.20
247	Pasquale	Pellecchia	R	Harlow RC	MV60	M	00:38:22.75	87	4	79	00:38:12.00
239	Chris	Reed	R	Pitsea RC	MV60	M	00:38:30.25	88	5	80	00:38:25.05
388	David	West	R	Leigh on Sea Striders	MV70	M	00:38:32.85	89	1	81	00:38:23.25
62	Matthew	Stephens	R	Ware Joggers	MSNR	M	00:38:33.10	90	38	82	00:38:30.20
135	Greg	Marshall	R	Serpentine RC	MV60	M	00:38:37.10	91	6	83	00:38:27.55
188	Ian	Cannons	R	Harwich Runners	MV40	M	00:38:41.60	92	22	84	00:38:17.25
7	Paul	Brennan	R	Ware Joggers	MV50	M	00:38:45.85	93	14	85	00:38:41.35
109	Josephine	Sheffield	R	Braintree & District AC	FV45	F	00:38:46.65	94	1	9	00:38:35.55
231	Robin	Lozeau	R	Harlow RC	MV50	M	00:38:53.00	95	15	86	00:38:38.80
57	Neil	Halls	R	Saffron Striders RC	MV40	M	00:38:53.15	96	23	87	00:38:38.65
158	Alistair	Cooke	R	Saffron Striders RC	MV40	M	00:38:53.55	97	24	88	00:38:38.25
260	Mark	Goggins			MSNR	M	00:39:11.65	98	39	89	00:39:04.15
113	Alec	Lodge			MSNR	M	00:39:12.45	99	40	90	00:38:57.15
402	Claire	Gordon	R	Braintree & District AC	FV35	F	00:39:12.95	100	6	10	00:38:56.15

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377	Jon	Phillips	B	Braintree District Council	MSNR	M	00:39:13.65	101	41	91	00:38:45.15
303	Beth	Hudson			FSNR	F	00:39:17.00	102	3	11	00:39:09.20
155	Jim	Bates	R	Harlow RC	MV70	M	00:39:17.65	103	2	92	00:39:11.30
245	Paul	Thomas			MV40	M	00:39:18.30	104	25	93	00:39:01.20
223	Peter	Belgrove			MSNR	M	00:39:18.85	105	42	94	00:38:53.30
10	Janet	Readitt	R	Ware Joggers	FV45	F	00:39:19.70	106	2	12	00:39:10.05
192	Russell	Pryke	S	White Court School	MV40	M	00:39:20.75	107	26	95	00:39:06.55
399	Matt	Harding	S	White Court School	MV40	M	00:39:20.85	108	27	96	00:39:03.00
176	Andrew	Dongworth	R	Bishops Stortford RC	MSNR	M	00:39:23.90	109	43	97	00:39:10.15
276	Ysanne	Hine	B	Delamode	FV35	F	00:39:27.35	110	7	13	00:39:00.10
379	Matthew	Wood	B	Braintree District Council	MSNR	M	00:39:32.45	111	44	98	00:39:03.75
6	John	Mallett	R	Ware Joggers	MSNR	M	00:39:34.70	112	45	99	00:39:29.85
337	Peter	Bouldstridge	R	Tiptree Road Runners	MV60	M	00:39:47.55	113	7	100	00:39:25.10
408	Rob	Sargent	R	Ilford AC	MV60	M	00:39:49.10	114	8	101	00:39:43.95
170	Steve	May			MSNR	M	00:39:51.20	115	46	102	00:39:21.85
336	Glenn	Ford			MV50	M	00:40:05.90	116	16	103	00:40:00.35
410	Joanne	Ling	R	Billericay Striders	FV35	F	00:40:08.05	117	8	14	00:39:48.25
16	Carla	Bell	R	Ware Joggers	FV55	F	00:40:08.80	118	2	15	00:39:59.95
384	David	Gladen	B	Delamode	MSNR	M	00:40:09.95	119	47	104	00:39:42.25
89	Dylan	Leonard			MSNR	M	00:40:11.00	120	48	105	00:39:43.30
128	Sam	Rowe	R	Ware Joggers	FV45	F	00:40:17.40	121	3	16	00:40:12.90
262	Abigail	Morgan	R	Tiptree Road Runners	FSNR	F	00:40:20.35	122	4	17	00:40:04.00
261	Simon	Morgan	R	Tiptree Road Runners	MV40	M	00:40:20.40	123	28	106	00:40:03.90
392	Mohamed	Tellesy	B	Go Urmet	MSNR	M	00:40:25.35	124	49	107	00:40:06.80
375	Nathan	Rowland	B	Braintree District Council	MSNR	M	00:40:26.85	125	50	108	00:39:58.45
99	Maria	Cooper	R	Michelle's Running Group	FV45	F	00:40:27.90	126	4	18	00:40:01.60
234	Ryan	Gilhooly			MSNR	M	00:40:29.85	127	51	109	00:39:58.60
299	Paul	Nelder			MV50	M	00:40:34.60	128	17	110	00:40:04.15
323	Dean	Simmons			MSNR	M	00:40:42.95	129	52	111	00:40:17.35
406	James	Russell	R	Pitsea RC	MV50	M	00:40:50.25	130	18	112	00:40:38.75
212	Lisa	Barwick			FV35	F	00:41:01.35	131	9	19	00:40:37.50
215	Steven	Kent	R	Harwich Runners	MV50	M	00:41:01.60	132	19	113	00:40:37.45
81	Craig	Devonshire			MSNR	M	00:41:05.75	133	53	114	00:40:37.25
265	Mark	Avery	R	Ipswich Jaffa RC	MV40	M	00:41:12.55	134	29	115	00:40:53.70
277	Robert	O'Connell			MV50	M	00:41:24.30	135	20	116	00:41:06.85
144	Mark	Moughton	R	Springfield Striders RC	MV50	M	00:41:27.65	136	21	117	00:41:07.55
2	Phil	Cunningham	R	Ware Joggers	MV60	M	00:41:30.80	137	9	118	00:41:24.50
38	Alan	Randall	R	Ware Joggers	MV50	M	00:41:31.65	138	22	119	00:41:26.70
378	Darren	Roberts	B	Braintree District Council	MV40	M	00:41:33.35	139	30	120	00:41:04.35
50	Emily	Adams	R	Michelle's Running Group	FSNR	F	00:41:41.70	140	5	20	00:41:26.85
391	Gami	Manji	B	Go Urmet	MV40	M	00:41:55.30	141	31	121	00:41:22.05
102	Helen	Williams	R	Pitsea RC	FV55	F	00:42:02.25	142	3	21	00:41:51.35
229	John	Hardy	R	Grange Farm & Dunmow Runners	MV70	M	00:42:03.80	143	3	122	00:41:45.25
141	Mandy	Cooper	R	Benfleet rc	FV45	F	00:42:05.60	144	5	22	00:41:53.10
87	Debbie	Barry	R	Harlow RC	FV45	F	00:42:08.60	145	6	23	00:41:54.65
235	Rob	Hadgraft	R	Tiptree Road Runners	MV50	M	00:42:12.85	146	23	123	00:41:57.30
204	Pascal	Mcmanmon	R	Ware Joggers	MV50	M	00:42:13.55	147	24	124	00:41:54.10
184	Chris	Hill	R	Halstead RRC	MV50	M	00:42:13.65	148	25	125	00:41:53.40
134	Joanne	Marshall	R	Serpentine RC	FV55	F	00:42:17.45	149	4	24	00:42:06.15
190	Charlotte	King	R	Grange Farm & Dunmow Runners	FSNR	F	00:42:18.75	150	6	25	00:42:02.60
315	Valerie	Sinclair	R	Pitsea RC	FV55	F	00:42:19.85	151	5	26	00:42:07.80
279	Matthew	Pavitt			MV40	M	00:42:19.90	152	32	126	00:42:19.90

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37	Jane	Wren	R	Ware Joggers	FV45	F	00:42:20.25	153	7	27	00:42:16.15
114	Sonu	Thethy			FV35	F	00:42:22.00	154	10	28	00:42:12.95
242	Phil	Smith	R	Ware Joggers	MV40	M	00:42:23.30	155	33	127	00:42:16.40
273	Louise	Towers			FSNR	F	00:42:25.90	156	7	29	00:42:05.90
55	Robert	Caulfield	R	Braintree & District AC	MV50	M	00:42:33.00	157	26	128	00:42:15.65
73	John	Ward	R	Virgin Active	MSNR	M	00:42:35.35	158	54	129	00:42:22.65
382	Piotr	Polavski			MSNR	M	00:42:36.40	159	55	130	00:42:24.15
166	Clare	Halfpenny	R	Ware Joggers	FV35	F	00:42:38.35	160	11	30	00:42:30.15
283	Tony	Adolphus	R	Ipswich Jaffa RC	MV50	M	00:42:39.40	161	27	131	00:42:20.85
256	William	Finch			MSNR	M	00:42:41.95	162	56	132	00:42:23.80
48	Anne	Ramsden	R	Ware Joggers	FV55	F	00:42:49.80	163	6	31	00:42:44.05
33	Paul	Cocklin	R	Ware Joggers	MV50	M	00:42:54.80	164	28	133	00:42:47.90
123	Stephen	Clarke	B	VIPFIT HIIT	MV40	M	00:43:00.85	165	34	134	00:42:31.00
138	Lynsey	Chenery	R	Ipswich Jaffa RC	FSNR	F	00:43:04.05	166	8	32	00:42:50.10
320	Bruce	Longman			MV40	M	00:43:11.85	167	35	135	00:42:38.90
90	Karen	Storey	R	Springfield Striders RC	FV35	F	00:43:11.90	168	12	33	00:43:00.00
238	Robert	Shaw	R	Saffron Striders RC	MV50	M	00:43:14.35	169	29	136	00:42:55.30
177	Rachel	Symonds	R	Ware Joggers	FSNR	F	00:43:18.00	170	9	34	00:43:12.85
199	Abby	Wood	S	White Court School	FSNR	F	00:43:20.45	171	10	35	00:43:04.60
119	Jacqui	Surridge			FV35	F	00:43:36.85	172	13	36	00:43:28.05
153	Jamie	Russell			MSNR	M	00:43:42.00	173	57	137	00:43:17.20
302	Phil	Hudson	R	Ware Joggers	MV50	M	00:43:43.00	174	30	138	00:43:35.20
18	Matthew	Parker	R	Braintree & District AC	MV40	M	00:43:52.95	175	36	139	00:43:25.95
253	Hayley	Faulkner	R	Fairlands Valley Spartans	FSNR	F	00:43:54.45	176	11	37	00:43:37.50
179	Matt	Campbell-Carr	R	Leigh on Sea Striders	MSNR	M	00:43:55.55	177	58	140	00:43:30.15
263	Cathy	Beard	R	Colchester Harriers AC	FV55	F	00:43:56.55	178	7	38	00:43:50.55
324	Ash	Cobden			MSNR	M	00:44:00.40	179	59	141	00:43:36.25
28	Sandra	Green			FV45	F	00:44:03.65	180	8	39	00:43:47.25
115	Vicki	Sharman	R	Springfield Striders RC	FSNR	F	00:44:04.10	181	12	40	00:43:44.50
173	Catherine	Pollard	B	VIPFIT HIIT	FV35	F	00:44:13.55	182	14	41	00:43:52.05
285	Julia	Galea	R	Ilford AC	FV55	F	00:44:24.10	183	8	42	00:44:18.35
326	Sarah	Gill			FSNR	F	00:44:29.70	184	13	43	00:44:13.55
11	Simon	Holliday			MSNR	M	00:44:32.55	185	60	142	00:44:19.85
36	Sarah	Bowerman			FV45	F	00:44:34.15	186	9	44	00:44:21.90
83	Angela	Thorpe	R	Grange Farm & Dunmow Runners	FV35	F	00:44:44.30	187	15	45	00:44:32.05
301	Wayne	Blundell			MV40	M	00:44:55.00	188	37	143	00:44:32.55
195	Chris	Hopgood	S	White Court School	MSNR	M	00:44:57.75	189	61	144	00:44:43.85
334	Darren	Lens	B	UK Tapes Ltd	MV40	M	00:44:58.90	190	38	145	00:44:32.00
12	Lauren	Phillips	R	Braintree & District AC	JF	F	00:44:59.85	191	1	46	00:44:48.75
318	Lizzie	Bodmer			JF	F	00:45:15.00	192	2	47	00:45:15.00
5	David	Levell	R	Ware Joggers	MV50	M	00:45:15.95	193	31	146	00:45:08.55
348	Deb	Harrison	R	Braintree & District AC	FV35	F	00:45:15.95	194	16	48	00:44:51.50
385	Shaun	Godfrey	B	Delamode	MV40	M	00:45:18.20	195	39	147	00:44:50.10
15	Tamsin	Brown			FSNR	F	00:45:21.30	196	14	49	00:44:52.25
34	Simon	Joyce	R	Ware Joggers	MV50	M	00:45:28.65	197	32	148	00:45:22.40
312	David	Moxon	R	Springfield Striders RC	MV60	M	00:45:28.80	198	10	149	00:44:56.40
217	Joanne	Overton	R	Witham RC	FV45	F	00:45:32.50	199	10	50	00:45:15.25
278	Jill	O'Connell			FV45	F	00:45:38.30	200	11	51	00:45:10.20
344	Lauren	Buckler			FSNR	F	00:45:39.80	201	15	52	00:45:16.25
22	Robert	Singh			MSNR	M	00:45:40.35	202	62	150	00:45:14.45
21	Andy	Horlock	R	Great Bentley Running Club	MV50	M	00:45:47.35	203	33	151	00:45:21.50
349	Roma	Sands	R	Phoenix Striders	FSNR	F	00:45:51.75	204	16	53	00:45:28.40

Bib	First Name	Last Name	Team Type	Club/Team	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
346	Stephen	Waud	B	Fostering People Too	MV40	M	00:45:55.95	205	40	152	00:45:44.70
29	Stewart	Waller	R	Witham RC	MV60	M	00:45:57.70	206	11	153	00:45:39.95
201	Julie	Simmons	S	White Court School	FV35	F	00:45:59.50	207	17	54	00:45:43.80
112	Vicki	Groves	R	Barking Road Runners	FV45	F	00:46:05.35	208	12	55	00:45:56.80
103	Paul	Williams	R	Pitsea RC	MV50	M	00:46:06.75	209	34	154	00:45:53.55
104	Gillian	Harrison	R	Pitsea RC	FV55	F	00:46:07.15	210	9	56	00:45:53.85
251	Dawn	Shilling	R	Tiptree Road Runners	FSNR	F	00:46:29.85	211	17	57	00:46:06.80
32	Mary	Andrews			FSNR	F	00:46:30.65	212	18	58	00:46:10.90
172	Joanne	Shearer	R	Saffron Striders RC	FV35	F	00:46:30.75	213	18	59	00:46:11.70
297	Joy	Leader	R	Phoenix Striders	FV45	F	00:46:39.70	214	13	60	00:46:16.95
290	Sarah	Roxby-Clarke	R	Harwich Runners	FSNR	F	00:46:50.15	215	19	61	00:46:26.15
14	Annalisa	Heath	R	Ware Joggers	FSNR	F	00:46:55.40	216	20	62	00:46:44.95
310	Grzegorz	Krzyzanowski			MV40	M	00:47:02.60	217	41	155	00:46:51.05
289	Sara	Hill	R	Halstead RRC	FSNR	F	00:47:06.95	218	21	63	00:46:46.20
295	Ginny	Kipping			FV35	F	00:47:07.70	219	19	64	00:46:47.65
266	Helen	Hewlett	R	Saffron Striders RC	FV55	F	00:47:11.55	220	10	65	00:46:53.25
198	Louise	Rush			FSNR	F	00:47:11.65	221	22	66	00:46:51.05
274	Lisa	Shelley	B	Delamode	MV40	M	00:47:11.70	222	42	156	00:46:44.60
275	Alan	Eskins	B	Delamode	FSNR	F	00:47:14.05	223	23	67	00:46:45.85
42	Savannah	Pearey			JF	F	00:47:14.80	224	3	68	00:46:53.15
77	Lucy	Armstrong			JF	F	00:47:17.40	225	4	69	00:47:00.15
394	Beverley	Howard	B	Go Urmet	FSNR	F	00:47:22.20	226	24	70	00:46:48.45
203	Roger	Partridge	R	Ware Joggers	MV50	M	00:47:27.50	227	35	157	00:47:03.05
376	Jenny	Mayes	B	Braintree District Council	FV35	F	00:47:29.55	228	20	71	00:47:01.25
374	Melvyn	Nice	B	Braintree District Council	MSNR	M	00:47:30.00	229	63	158	00:46:59.85
222	Mark	Brown	R	Michelle's Running Group	MSNR	M	00:47:37.20	230	64	159	00:47:10.70
20	Ros	Hitchen	R	Ware Joggers	FV45	F	00:47:53.50	231	14	72	00:47:44.95
8	Tracy	Brennan	R	Ware Joggers	FV35	F	00:47:59.70	232	21	73	00:47:51.80
294	Kayleigh	Doyle	R	Ipswich Jaffa RC	FSNR	F	00:48:00.85	233	25	74	00:47:45.30
331	Mark	Starte	R	Saffron Striders RC	MV40	M	00:48:03.05	234	43	160	00:47:43.95
284	Judith	Adolphus	R	Ipswich Jaffa RC	FV45	F	00:48:11.85	235	15	75	00:47:47.80
248	Richard	Ash	R	Barking Road Runners	MV40	M	00:48:31.65	236	44	161	00:48:22.60
39	Terr	Nichols	R	Ware Joggers	MV70	M	00:48:34.85	237	4	162	00:48:27.25
309	Danuta	Krzyzanowska			FV35	F	00:48:41.20	238	22	76	00:48:29.30
161	Marion	Breeze	R	Pitsea RC	FV55	F	00:48:48.35	239	11	77	00:48:25.80
221	Greg	Potts	R	Springfield Striders RC	MV50	M	00:48:51.00	240	36	163	00:48:27.65
219	Michael	Tew			MV40	M	00:48:54.00	241	45	164	00:48:32.65
304	Jo	Roblin	R	Tiptree Road Runners	FV35	F	00:48:57.35	242	23	78	00:48:33.70
305	Rachel	Hawkridge			FSNR	F	00:48:57.50	243	26	79	00:48:32.20
191	Kevin	Cooper			MV40	M	00:49:04.85	244	46	165	00:48:48.75
178	Diane	Naman	R	Ware Joggers	FV55	F	00:49:10.15	245	12	80	00:49:00.25
157	Nicola	Darling			FV35	F	00:49:14.25	246	24	81	00:48:46.85
393	Jennie	Backhouse	B	Go Urmet	FSNR	F	00:49:16.55	247	27	82	00:48:42.70
250	Susan	Taylor			FSNR	F	00:49:20.55	248	28	83	00:48:59.75
307	Suzie	Jeremiah			FV35	F	00:49:22.15	249	25	84	00:48:59.05
206	Donna	Hall-Fremont	R	Springfield Striders RC	FV35	F	00:49:27.50	250	26	85	00:49:16.40
258	Calum	Macleod			MSNR	M	00:49:38.50	251	65	166	00:49:16.70
341	Maria-Louise	Page	R	Ware Joggers	FV45	F	00:49:43.55	252	16	86	00:49:35.60
146	Peter	Keats	R	Ware Joggers	MV50	M	00:49:43.65	253	37	167	00:49:21.70
147	Jane	Wilson			FV45	F	00:49:44.25	254	17	87	00:49:22.25
185	Carol	Hill	R	Halstead RRC	FV55	F	00:49:57.25	255	13	88	00:49:37.55
306	Daniel	Jackson			MSNR	M	00:50:04.15	256	66	168	00:49:40.80

Bib	First Name	Last Name	Team Type	Club/Team	Category	Gender	Gun Time	Overall Pos	Category Pos	Gender Pos	Chip Time
409	Brian	Collins	R	Halstead RRC	MV70	M	00:50:19.95	257	5	169	00:49:58.50
31	Alan	Pearey			MV50	M	00:50:27.50	258	38	170	00:50:07.25
76	Claire	Nichols	R	Ware Joggers	FV35	F	00:50:41.50	259	27	89	00:50:34.20
183	Jason	Hayden			MV40	M	00:50:45.50	260	47	171	00:50:13.20
281	Graham	Ogan			MV50	M	00:50:46.75	261	39	172	00:50:33.80
264	Debbie	Partridge	R	Halstead RRC	FV45	F	00:50:57.85	262	18	90	00:50:37.45
111	Christine	Howson			FV45	F	00:51:06.05	263	19	91	00:50:41.25
210	Jemma	Haness	R	Michelle's Running Group	FV35	F	00:51:08.40	264	28	92	00:50:41.95
54	Michelle	Caulfield	R	Michelle's Running Group	FV45	F	00:51:11.20	265	20	93	00:51:11.20
94	Ana	Cutmore	R	Michelle's Running Group	FSNR	F	00:51:13.40	266	29	94	00:50:43.70
93	Jacque	Mcguirk	R	Michelle's Running Group	FV45	F	00:51:13.90	267	21	95	00:50:42.70
240	William	Metcalfe	R	Dagenham 88 Runners	MV70	M	00:51:39.80	268	6	173	00:51:24.70
342	Kelly	Fone	R	Ware Joggers	FV35	F	00:51:44.50	269	29	96	00:51:35.60
343	Nina	Hulatt	R	Ware Joggers	FV35	F	00:51:50.10	270	30	97	00:51:40.40
197	Marian	Nibbs			FV55	F	00:51:59.15	271	14	98	00:51:27.75
386	Pam	Jones	R	Ilford AC	FV65	F	00:52:09.30	272	1	99	00:51:44.45
252	Sue	Wright			FV55	F	00:52:41.40	273	15	100	00:52:16.15
167	Caroline	Stephens	R	Ware Joggers	FV55	F	00:52:56.40	274	16	101	00:52:48.20
69	Grahame	Walkingshaw			MV50	M	00:53:07.85	275	40	174	00:52:52.55
44	Amanda	Sykes	R	Ware Joggers	FV45	F	00:53:17.25	276	22	102	00:53:09.05
403	Jo	Jopson			FV45	F	00:53:18.80	277	23	103	00:53:05.85
233	Donna	Dobrowolski	R	Michelle's Running Group	FV45	F	00:53:18.85	278	24	104	00:53:04.45
398	Diane	Faulkner			FV55	F	00:53:49.25	279	17	105	00:53:22.40
85	Margaret	Balfour	R	Ware Joggers	FV55	F	00:54:43.45	280	18	106	00:54:33.50
218	Leanne	Tew			FSNR	F	00:54:45.00	281	30	107	00:54:23.65
389	Matthew	Wolff	B	Go Urmet	MSNR	M	00:55:03.55	282	67	175	00:54:44.70
224	Rob	Sings			MSNR	M	00:55:36.90	283	68	176	00:55:11.30
225	Lesley	Rose	R	Ware Joggers	FV45	F	00:55:43.75	284	25	108	00:55:35.15
80	Clare	Devonshire	R	Michelle's Running Group	FV35	F	00:55:46.50	285	31	109	00:55:17.25
214	Chloe	Bond			FSNR	F	00:56:01.60	286	31	110	00:55:50.85
60	Toni	Claydon			FSNR	F	00:56:01.90	287	32	111	00:55:51.25
46	Elizabeth	Lord	R	Ware Joggers	FV65	F	00:56:15.90	288	2	112	00:55:58.10
220	Richard	Tytherleigh			MV40	M	00:56:17.20	289	48	177	00:55:51.85
268	Julie	Penfold	R	Halstead RRC	FV65	F	00:56:21.75	290	3	113	00:55:49.55
308	Eleanor	Coulson			FV35	F	00:56:44.05	291	32	114	00:56:13.05
149	Rhona	Firth			FV45	F	00:57:25.00	292	26	115	00:56:53.45
140	Emma	Petts			FV35	F	00:57:25.25	293	33	116	00:56:53.70
404	Kieron	Trenoweth	B	Fostering People Too	JM	M	00:57:58.30	294	5	178	00:57:32.55
66	Annette	Hall	R	Braintree & District AC	FV45	F	00:59:36.30	295	27	117	00:59:04.70
164	Emma	Perkins			FSNR	F	00:59:57.15	296	33	118	00:59:36.05
246	Julie	Gurney			FV45	F	00:59:59.50	297	28	119	00:59:39.00
227	Carly	Pearson	S	White Court School	FSNR	F	01:00:48.85	298	34	120	01:00:33.30
143	Lisa	Mills			FV35	F	01:01:25.10	299	34	121	01:00:54.50
26	Chloe	Forman			FSNR	F	01:01:27.90	300	35	122	01:00:58.65
3	John	Butcher	R	Ware Joggers	MV70	M	01:01:36.35	301	7	179	01:01:18.40
17	Jasmine	Massidda			FSNR	F	01:03:34.25	302	36	123	01:03:05.00
174	Daniel	Banks			MSNR	M	01:03:35.30	303	69	180	01:03:05.65
249	Richard	Percy	R	Grange Farm & Dunmow Runners	MV60	M	01:05:53.80	304	12	181	01:05:41.95
59	Sarah	Law	R	Ware Joggers	FV45	F	01:06:17.25	305	29	124	01:06:06.80
168	Anne	Atkinson	R	Ware Joggers	FV55	F	01:07:13.55	306	19	125	01:07:04.80
116	Leia	Burns			FSNR	F	01:09:08.95	307	37	126	01:08:48.10
58	Michael	Sommerlad	R	Great Bentley Running Club	MV70	M	01:10:47.25	308	8	182	01:10:20.10

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4	Robert	Waddingham	R	Ware Joggers	MV60	M	DNS				
9	Kevin	Paget	R	Ware Joggers	MV50	M	DNS				
19	James	Walker			MSNR	M	DNS				
24	Mark	Dobson	R	Leigh on Sea Striders	MV40	M	DNS				
25	Gemma	Fuller	R	Leigh on Sea Striders	FV45	F	DNS				
30	Joanne	Lang	R	Witham RC	FV45	F	DNS				
41	John	Heywood	R	Ware Joggers	MV70	M	DNS				
45	Graham	Clarke			MV60	M	DNS				
47	Brian	Lord			MV60	M	DNS				
53	Steven	Vincent	R	Halstead RRC	MSNR	M	DNS				
67	Jude	Manser	R	Ware Joggers	FV55	F	DNS				
70	Karl	Turnbull			MV40	M	DNS				
71	Nicola	Martin			FV35	F	DNS				
74	Paul	Hedger	R	Witham RC	MV40	M	DNS				
75	Katie	Blacker			FV35	F	DNS				
78	Gavin	House			MV40	M	DNS				
79	Nicola	House			FV35	F	DNS				
82	Rob	Short			MV40	M	DNS				
86	Laura	Hurn			FV35	F	DNS				
88	Liam	Hendry	R	Enfield and Haringey A C	MSNR	M	DNS				
91	Ian	Linton	R	Tiptree Road Runners	MV60	M	DNS				
92	Julia	Summers	R	Leigh on Sea Striders	FV45	F	DNS				
95	Amanda	Tuck	R	Michelle's Running Group	FV35	F	DNS				
96	Joanne	Kirby			FSNR	F	DNS				
97	Debbie	Lewis	R	Witham RC	FV55	F	DNS				
98	John	Cooke	R	Colchester Harriers AC	MV40	M	DNS				
100	Christel	Ainge	R	Ware Joggers	FV35	F	DNS				
106	Karon	Reid			FV45	F	DNS				
107	John	Barney			MV50	M	DNS				
108	Stephen	Parker	R	Ilford AC	MV50	M	DNS				
110	Sarah	Jobe	R	Leigh on Sea Striders	FV35	F	DNS				
117	Anne	Jenkinson	R	Southend On Sea AC	FV35	F	DNS				
118	Nicola	Hopkinson	R	Ilford AC	FV45	F	DNS				
120	Mark	Ross	R	Great Bentley Running Club	MV50	M	DNS				
121	Steven	Swallow			MSNR	M	DNS				
124	Ian	Tatman	R	Leigh on Sea Striders	MV40	M	DNS				
125	Nick	Cheal	R	Ware Joggers	MV60	M	DNS				
127	Debbie	Amies	R	Ware Joggers	FV45	F	DNS				
130	Victoria	Rowley	R	Leigh on Sea Striders	FV35	F	DNS				
132	Hannah	Brown	R	Springfield Striders RC	FV35	F	DNS				
133	Judith	Griffin			FV35	F	DNS				
136	Phil	Baines			MV40	M	DNS				
150	Michael	Bradley	R	Saffron Striders RC	MV40	M	DNS				
154	Tony	Bacon	R	Saffron Striders RC	MSNR	M	DNS				
156	Joe	Hall	R	Saffron Striders RC	MV40	M	DNS				
160	Mark	Lynch	R	Witham RC	MV40	M	DNS				
162	Eddy	Cooper	R	Benfleet rc	JM	M	DNS				
169	Clare	Mcguire	R	Michelle's Running Group	FV35	F	DNS				
180	Steven	Everett			MSNR	M	DNS				
181	Paul	Preston	R	Colchester Harriers AC	MV40	M	DNS				
186	Stuart	Irons			MV50	M	DNS				
193	Joe	Collins			MSNR	M	DNS				

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194	Stephen	Inkley	R	Saffron Striders RC	MV50	M	DNS				
205	Sarah	Howard	R	Ware Joggers	FV35	F	DNS				
211	Robin	Newman	S	Notley High School	MV40	M	DNS				
213	Diana	Brown	S	Notley High School	FV65	F	DNS				
226	Christopher	Moulton			MV40	M	DNS				
228	Christopher	Bushell	R	Saffron Striders RC	MV40	M	DNS				
230	Claire	Rigler			FV45	F	DNS				
232	Joanna	Smith			FV35	F	DNS				
236	David	Joseph			MSNR	M	DNS				
237	Roy	Fleming	R	Billericay Striders	MV40	M	DNS				
241	Michael	Thacker	R	Ware Joggers	MV50	M	DNS				
244	Graham	Bailey			MSNR	M	DNS				
255	Andy	Preston	R	Barking Road Runners	MV40	M	DNS				
269	Nicola	Chester	R	Ilford AC	FV35	F	DNS				
272	Danny	Flint	R	Leigh on Sea Striders	MV40	M	DNS				
287	Ian	Robbins			MSNR	M	DNS				
288	Mike	Fielding			MV50	M	DNS				
291	Andy	Foakes			MV50	M	DNS				
329	Vicky	Smith	R	Belle Vue Racers	FSNR	F	DNS				
330	Ross	Stothard			MSNR	M	DNS				
347	Ellie	Gray	R	Braintree & District AC	FSNR	F	DNS				
380	Damien	Mcgrath	R	Braintree & District AC	MSNR	M	DNS				
387	Adam	Hunwicks			MSNR	M	DNS				
400	Val	Stringer	R	Ware Joggers	FV65	F	DNS				
401	Roy	Stringer	R	Ware Joggers	MV70	M	DNS				
407	Steve	Hewes	R	Harwich Runners	MV40	M	DNS				



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