

Stebbing 10 Results - Sunday 9th Nov 2014

Place	Name	Team	Bib No	Chip Time	Gun Time	Gender	Age Group
1	Andrew Mynott	Springfield Striders RC	319	57:15	57:16	M	Mens Senior
2	Matthew Woodman	Orion Harriers	527	58:17	58:17	M	Mens Senior
3	Steve Murtagh	Harlow Running Club	318	58:48	58:48	M	MV 50 to 59
4	James Smith	Springfield Striders RC	430	59:24	59:25	M	Mens Senior
5	Adam Richardson	Springfield Striders RC	389	1:00:05	1:00:08	M	Mens Senior
6	Tony Crowder	Blackheath & Bromley Harriers	122	1:00:30	1:00:30	M	MV 40 to 49
7	Nigel Swinburne	Dagenham 88 Runners	463	1:01:36	1:01:37	M	Mens Senior
8	Neil McGoun	Orion Harriers	528	1:01:41	1:01:42	M	Mens Senior
9	Chris Dodge	Saffron Striders RC	141	1:01:45	1:01:46	M	MV 40 to 49
10	Kevin Whelan	Ware Joggers	502	1:02:19	1:02:25	M	Mens Senior
11	Chris Dunham	Bishops Stortford RC	147	1:02:32	1:02:36	M	MV 40 to 49
12	Alan Clark	Benfleet RC	83	1:02:40	1:02:43	M	MV 40 to 49
13	Liz Davies	Springfield Striders RC	77	1:03:04	1:03:08	F	FV 35 to 44
14	Jon Williams	Ware Joggers	513	1:03:17	1:03:23	M	Mens Senior
15	Chris Pitts		364	1:03:26	1:03:33	M	Mens Senior
16	Pete Riley		392	1:03:57	1:03:58	M	MV 40 to 49
17	Nick Kenyon-Muir	Ware Joggers	249	1:04:11	1:04:16	M	MV 40 to 49
18	Ian Cardy	Springfield Striders RC	71	1:04:22	1:04:26	M	MV 50 to 59
19	Paul Anderson	Springfield Striders RC	10	1:04:22	1:04:26	M	Mens Senior
20	Kieron Chapman	Barking Road Runners	80	1:04:29	1:04:31	M	Mens Senior
21	Mark Turner		482	1:04:38	1:04:43	M	MV 40 to 49
22	Ed Crothall	Cambridge & Coleridge AC	121	1:05:05	1:05:06	M	Mens Senior
23	Timothy Brignall	Ware Joggers	50	1:05:09	1:05:12	M	Mens Senior
24	Mark Rutter	Harwich Runners	407	1:05:11	1:05:14	M	MV 50 to 59
25	Jim Andrews	City Striders	11	1:05:18	1:05:22	M	MV 40 to 49
26	Dervish Bartlett	Barking Road Runners	30	1:05:22	1:05:24	M	MV 40 to 49
27	Kevin Harper	Witham RC	171	1:05:21	1:05:24	M	MV 40 to 49
28	Leo Cole	Witham RC	96	1:05:23	1:05:24	M	MV 40 to 49
29	Antony Leckerman	Barking Road Runners	265	1:05:24	1:05:25	M	MV 50 to 59
30	Richard Waterton	Ware Joggers	496	1:05:27	1:05:28	M	Mens Senior
31	Andrew Doig	Pitsea RC	143	1:05:34	1:05:35	M	MV 40 to 49
32	Damian Barrett	Springfield Striders RC	25	1:05:38	1:05:42	M	MV 40 to 49
33	Steve Desborough	Benfleet RC	140	1:05:45	1:05:47	M	MV 40 to 49
34	Lloyd Miles	Billericay Striders RC	303	1:05:50	1:05:53	M	MV 40 to 49
35	Nikki Brockbank	Springfield Striders RC	51	1:06:02	1:06:06	F	FV 35 to 44
36	Ben Thompson	Alex Frost	474	1:06:03	1:06:11	M	Mens Senior
37	Richard Ricketts	Harlow Running Club	390	1:06:15	1:06:17	M	MV 40 to 49
38	Kathryn Chapman	Bishops Stortford RC	79	1:06:15	1:06:19	F	FV 35 to 44
39	Neil Wray		522	1:06:31	1:06:31	M	MV 40 to 49
40	Michael Woodruff	Bishops Stortford RC	518	1:06:25	1:06:37	M	MV 50 to 59
41	Graham Hogan		221	1:06:36	1:06:39	M	MV 40 to 49
42	Alex Frost	Grange Farm Trotters	169	1:06:36	1:06:44	M	MV 40 to 49
43	Tracy English	Leigh-on-Sea Striders	153	1:06:45	1:06:46	F	FV 35 to 44
44	John Francis	Harwich Runners	166	1:06:43	1:06:51	M	MV 50 to 59
45	Will Leonard	Saffron Striders RC	268	1:06:44	1:06:52	M	Mens Senior
46	Juan Jose De Gea Fernandez	Halstead RRC	137	1:06:45	1:06:57	M	Mens Senior
47	Steve Sadler	Ware Joggers	408	1:07:00	1:07:02	M	MV 50 to 59
48	Jamie Jephcott	Harlow Running Club	239	1:07:07	1:07:08	M	MV 40 to 49
49	Cathal Smyth		436	1:07:15	1:07:20	M	MV 40 to 49
50	Jason Syrett	Thurrock Harriers AC	465	1:07:17	1:07:22	M	MV 40 to 49
51	Tim Tomlins	Benfleet RC	478	1:07:24	1:07:28	M	MV 40 to 49
52	Benjamin Cuthbert	Sudbury Joggers	126	1:07:29	1:07:32	M	Mens Senior
53	Paul Prior	Dagenham 88 Runners	373	1:07:25	1:07:34	M	MV 40 to 49
54	Andrew Mulley		317	1:07:36	1:07:37	M	MV 40 to 49
55	Christopher Potter	Paradise Triathlon Team	367	1:07:37	1:07:44	M	Mens Senior
56	Howard Roden	Ware Joggers	398	1:07:49	1:07:51	M	Mens Senior
57	Dan Hulbert		232	1:07:43	1:07:54	M	Mens Senior
58	Nigel Coates	Saffron Striders RC	91	1:07:47	1:07:56	M	MV 50 to 59
59	Richard Gallagher	Springfield Striders RC	174	1:07:55	1:07:59	M	MV 40 to 49
60	Jeff Bolton	Southend-on-Sea AC	43	1:08:09	1:08:11	M	Mens Senior
61	Gary Pitman	Rochford Running Club	361	1:08:23	1:08:30	M	Mens Senior
62	Andrew Bryant	Saffron Striders RC	57	1:08:48	1:08:50	M	MV 50 to 59
63	Tim McMahon	Saffron Striders RC	300	1:08:45	1:09:00	M	MV 40 to 49
64	Marco Arcidiacono		13	1:08:40	1:09:11	M	MV 40 to 49
65	Steve Peck		355	1:09:06	1:09:13	M	MV 50 to 59
66	James Crisp	Witham RC	118	1:09:23	1:09:24	M	MV 40 to 49
67	Sarah Jeffery	Southend-on-Sea AC	237	1:09:23	1:09:25	F	Female Senior
68	Gary Donald	Victoria Park Harriers & Tower I	144	1:09:30	1:09:30	M	MV 50 to 59
69	Fiona Halls	Saffron Striders RC	201	1:09:27	1:09:31	F	FV 35 to 44
70	Ian Sutcliffe	Halstead RRC	461	1:09:42	1:09:47	M	MV 50 to 59
71	Toby Lumsden	Saffron Striders RC	277	1:09:34	1:09:50	M	MV 50 to 59
72	David Miller	Benfleet RC	307	1:09:54	1:09:57	M	MV 40 to 49
73	Carl Allen	Dunmow Tri	6	1:09:49	1:10:02	M	Mens Senior
74	Darren Summers	Leigh-on-Sea Striders	459	1:10:02	1:10:06	M	MV 40 to 49
75	Thomas Gee	Ware Joggers	178	1:10:14	1:10:19	M	MV 40 to 49
76	Jon Buist	Halstead RRC	61	1:10:09	1:10:20	M	Mens Senior
77	Jonathan White		507	1:10:08	1:10:23	M	MV 40 to 49

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78	Anne Jenkinson	Southend-on-Sea AC	238	1:10:26	1:10:28	F	FV 35 to 44
79	Adrian Fell	Harlow Running Club	159	1:10:21	1:10:29	M	MV 40 to 49
80	Dan Smith	Benfleet RC	530	1:10:25	1:10:31	M	Mens Senior
81	Keith Thornton	Thrift Green Trotters	476	1:10:29	1:10:34	M	MV 50 to 59
82	Peter Cross	Belgrave Harriers	120	1:10:31	1:10:36	M	MV 50 to 59
83	Gary Godfrey	Harlow Running Club	185	1:10:16	1:10:37	M	MV 50 to 59
84	Colin Jones	Barking Road Runners	242	1:10:41	1:10:47	M	MV 40 to 49
85	Gary Joslin	Springfield Striders RC	246	1:10:48	1:10:54	M	MV 40 to 49
86	Martin Jackson	Grange Farm Trotters	235	1:10:48	1:10:58	M	Mens Senior
87	Kevin Stevens	Great Bentley RC	452	1:10:56	1:11:03	M	Mens Senior
88	Darren Horner	Great Bentley RC	225	1:10:50	1:11:09	M	Mens Senior
89	James Clark	Halstead RRC	85	1:11:08	1:11:19	M	Mens Senior
90	Andy Owen	Halstead RRC	344	1:11:20	1:11:32	M	Mens Senior
91	Dionne Jones	Harlow Running Club	243	1:11:27	1:11:33	F	FV 45 to 54
92	Terry Alabaster	Witham RC	4	1:11:40	1:11:44	M	MV 50 to 59
93	Vincent Spenceley	City Striders	442	1:11:43	1:11:47	M	Mens Senior
94	Ben Livermore		274	1:11:44	1:11:50	M	Mens Senior
95	Michael Grealy	Halstead RRC	194	1:11:51	1:11:57	M	MV 50 to 59
96	Victoria Curren	Springfield Striders RC	125	1:11:50	1:11:58	F	FV 35 to 44
97	Christopher McMahon	London FrontRunners	299	1:12:07	1:12:10	M	MV 40 to 49
98	James Smith	Dagenham 88 Runners	429	1:12:05	1:12:14	M	Mens Senior
99	Simon Morgan	Tiptree Road Runners	311	1:12:28	1:12:31	M	MV 40 to 49
100	Fliiss Tournant	Cambridge & Coleridge AC	479	1:12:30	1:12:35	F	Female Senior
101	Paul Hinsley	Halstead RRC	217	1:12:23	1:12:35	M	MV 50 to 59
102	Sarah Grabowski	Benfleet RC	190	1:12:31	1:12:38	F	Female Senior
103	Kenny Blyth	Ware Joggers	42	1:12:44	1:12:51	M	MV60+
104	Christopher Bushell	Saffron Striders RC	66	1:12:58	1:13:13	M	MV 40 to 49
105	James Tyrer	Ware Joggers	485	1:13:09	1:13:15	M	Mens Senior
106	Tarnya Parker	Benfleet RC	349	1:13:10	1:13:17	F	FV 35 to 44
107	Mark Austin	Witham RC	17	1:13:12	1:13:18	M	MV 50 to 59
108	Angela Hall	Benfleet RC	529	1:13:13	1:13:18	F	FV 35 to 44
109	Kathryn Bronson	Halstead RRC	52	1:13:11	1:13:21	F	FV 35 to 44
110	Brendon MacLean	Harlow Running Club	281	1:13:12	1:13:35	M	Mens Senior
111	Stephen Burton	Benfleet RC	65	1:13:31	1:13:36	M	MV 50 to 59
112	Octavia Singleton		427	1:13:23	1:13:41	F	FV 35 to 44
113	Cliff Weatherup		499	1:13:29	1:13:41	M	MV 50 to 59
114	Mark Lynch	Witham RC	278	1:13:27	1:13:49	M	MV 40 to 49
115	Peter Baker	Ware Joggers	20	1:13:45	1:13:50	M	MV 50 to 59
116	Glynn Stone	Halstead RRC	453	1:13:19	1:13:52	M	MV 40 to 49
117	Michelle Caulfield	Braintree & District AC	74	1:13:40	1:13:59	F	FV 45 to 54
118	Wayne Cook		105	1:13:35	1:14:02	M	MV 40 to 49
119	Sharon Wright	Harlow Running Club	525	1:13:55	1:14:04	F	Female Senior
120	Julie Beasant		31	1:14:04	1:14:09	F	FV 35 to 44
121	Libby Watson	Springfield Striders RC	498	1:13:59	1:14:16	F	Female Senior
122	Ian Brazier	Springfield Striders RC	47	1:14:08	1:14:17	M	MV 40 to 49
123	Iain Rogers	Saffron Striders RC	399	1:13:41	1:14:18	M	MV 40 to 49
124	Arran Salmon	Leigh-on-Sea Striders	409	1:14:01	1:14:21	M	MV 40 to 49
125	Neil Brooks		55	1:14:16	1:14:25	M	MV 40 to 49
126	Simon Miller	Springfield Striders RC	306	1:14:19	1:14:28	M	MV 40 to 49
127	Richard Mangham	Leigh-on-Sea Striders	284	1:14:11	1:14:30	M	MV 50 to 59
128	Rebecca Pittman	Springfield Striders RC	363	1:14:20	1:14:37	F	FV 45 to 54
129	Clive Purbrook	newmarket joggers	375	1:14:32	1:14:39	M	MV 50 to 59
130	Barry Culling	Barking Road Runners	123	1:14:24	1:14:48	M	Mens Senior
131	Paul Cornwell	Leigh-on-Sea Striders	112	1:14:34	1:14:54	M	MV 40 to 49
132	Steve Bugden	Springfield Striders RC	59	1:14:46	1:14:57	M	MV 50 to 59
133	Martin Blacker	Ware Joggers	40	1:15:10	1:15:15	M	MV 40 to 49
134	Colin Gillard	Springfield Striders RC	183	1:15:03	1:15:22	M	MV 40 to 49
135	Sue Spong	Havering '90 Joggers	444	1:15:21	1:15:27	F	FV55+
136	Paul Ward	Barking Road Runners	494	1:15:21	1:15:29	M	MV 40 to 49
137	Beverley McLees	Ware Joggers	298	1:15:23	1:15:33	F	FV 45 to 54
138	joe buckle		388	1:15:27	1:15:34	M	Mens Senior
139	Hayley Barron	Orion Harriers	27	1:15:34	1:15:39	F	FV 35 to 44
140	Joe Niembro		328	1:15:28	1:15:45	M	MV 40 to 49
141	Wesley Atkins	Halstead RRC	210	1:15:32	1:15:49	M	Mens Senior
142	Matthew Rivers	Leigh-on-Sea Striders	394	1:15:32	1:15:51	M	Mens Senior
143	Vince Brooker		54	1:15:30	1:15:53	M	MV 40 to 49
144	Bill Smythe	Witham RC	437	1:15:54	1:16:02	M	MV 40 to 49
145	Ronan Quinn	Leigh-on-Sea Striders	377	1:15:45	1:16:04	M	MV 40 to 49
146	Paul Smith	London FrontRunners	432	1:16:33	1:16:36	M	MV 40 to 49
147	Alain Fieulaine		161	1:16:37	1:16:41	M	MV 40 to 49
148	Richard Paxman	Springfield Striders RC	353	1:16:23	1:16:43	M	MV 40 to 49
149	Niki Read	Leigh-on-Sea Striders	381	1:16:38	1:16:45	M	Mens Senior
150	Nicola Smith		431	1:16:44	1:16:46	F	Female Senior
151	Philip Housden	Biggleswade AC	227	1:16:45	1:16:49	M	MV60+
152	Daniel Hollinshead	Halstead RRC	223	1:16:34	1:16:51	M	Mens Senior
153	Andrew Morgan		310	1:16:44	1:16:54	M	Mens Senior
154	Peter Ayling	Harlow Running Club	18	1:17:04	1:17:15	M	MV 50 to 59
155	Toby Allanson		5	1:16:54	1:17:15	M	Mens Senior

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156	Ian Cannons	Harwich Runners	70	1:16:45	1:17:19	M	MV 40 to 49
157	Mark Norton	Leigh-on-Sea Striders	334	1:17:00	1:17:21	M	MV 40 to 49
158	Darren Pottinger		368	1:17:10	1:17:22	M	MV 40 to 49
159	Mark Robertson	Rochford Running Club	396	1:17:03	1:17:24	M	MV 50 to 59
160	Alistair Cooke	Saffron Striders RC	106	1:16:48	1:17:25	M	MV 40 to 49
161	Stuart Snow		438	1:17:27	1:17:37	M	Mens Senior
162	Ellis Lagnado		256	1:17:32	1:17:40	M	MV 40 to 49
163	Richard Smith	Little Baddow Ridge RC	433	1:17:27	1:17:46	M	Mens Senior
164	Philip Crook		119	1:17:46	1:17:54	M	Mens Senior
165	Paul Davison	Harwich Runners	134	1:17:26	1:17:57	M	MV 40 to 49
166	John Kingdom		253	1:17:49	1:18:04	M	MV 40 to 49
167	Ollie Caulfield	Born2Tri	75	1:18:08	1:18:13	M	MV 50 to 59
168	Phil Cunningham	Ware Joggers	124	1:18:05	1:18:16	M	MV60+
169	Steven Wherrett		503	1:18:07	1:18:17	M	Mens Senior
170	Donna Morris	Witham RC	313	1:17:57	1:18:17	F	FV 45 to 54
171	Mark Pottinger		369	1:18:13	1:18:25	M	MV 40 to 49
172	Mark Taylor		472	1:17:53	1:18:28	M	MV 40 to 49
173	Alan Cootes	Harlow Running Club	110	1:18:19	1:18:30	M	MV60+
174	Steph Horner	Great Bentley RC	226	1:18:23	1:18:46	F	FV 35 to 44
175	James Morrison	Braintree & District AC	315	1:18:28	1:19:01	M	Mens Senior
176	Bman Hulbert		231	1:19:25	1:19:37	M	Mens Senior
177	Duncan Ireland	Leigh-on-Sea Striders	234	1:19:19	1:19:38	M	Mens Senior
178	Claire Gordon	Braintree & District AC	186	1:19:20	1:19:39	F	FV 35 to 44
179	Stuart Haywood	Ware Joggers	208	1:19:40	1:19:46	M	Mens Senior
180	Marco Firman	Braintree & District AC	163	1:19:14	1:19:47	M	MV 50 to 59
181	Alan Wilson	Bishops Stortford RC	515	1:19:44	1:19:55	M	MV60+
182	Daniel Hardy	Witham RC	203	1:19:37	1:19:58	M	MV 50 to 59
183	Paul Stranks	Rochford Running Club	454	1:19:44	1:20:04	M	Mens Senior
184	Tom Le Masurier	Stepping Primary School	264	1:19:58	1:20:10	M	Mens Senior
185	Mark Grenville		195	1:20:15	1:20:22	M	MV 50 to 59
186	Paul Youngman		526	1:20:29	1:20:39	M	MV 40 to 49
187	Saira Karim	Bishops Stortford RC	247	1:20:41	1:20:41	F	Female Senior
188	david smith	Witham RC	372	1:20:28	1:20:47	M	MV 50 to 59
189	Martin Owen	Great Bentley RC	345	1:20:33	1:20:51	M	Mens Senior
190	Kevin Kipp	Bishops Stortford RC	255	1:20:42	1:20:57	M	MV 50 to 59
191	Neil Halls	Saffron Striders RC	202	1:20:34	1:21:10	M	MV 40 to 49
192	Janice Page	Harlow Running Club	347	1:21:12	1:21:22	F	FV 45 to 54
193	Karl Hillman		216	1:21:10	1:21:27	M	Mens Senior
194	Ian McClymont	Bishops Stortford RC	293	1:21:18	1:21:31	M	MV60+
195	Mark Lawrence	Bishops Stortford RC	262	1:21:19	1:21:32	M	Mens Senior
196	John Colby	Essex Ladies/Lads Running Clu	95	1:21:24	1:21:49	M	MV 40 to 49
197	John Normansell		332	1:21:36	1:21:53	M	MV 50 to 59
198	Mark Benham	Rochford Running Club	35	1:21:43	1:21:58	M	MV 50 to 59
199	Brian Collins		97	1:21:39	1:22:03	M	MV 50 to 59
200	Kerry Anne Marsh	Springfield Striders RC	286	1:21:59	1:22:07	F	FV 35 to 44
201	James Salmon		411	1:21:41	1:22:15	M	Mens Senior
202	Yvonne Homewood	brj run and tri	224	1:22:34	1:22:43	F	FV 45 to 54
203	Peter Wenzel	Bishops Stortford RC	500	1:22:32	1:22:45	M	MV60+
204	Paul Maslin		289	1:22:08	1:22:49	M	MV 40 to 49
205	Kevin Ashton		14	1:22:25	1:22:52	M	Mens Senior
206	Jacky Batchelor		308	1:22:50	1:22:56	F	FV 35 to 44
207	Paul Sparks		440	1:22:36	1:22:58	M	MV 50 to 59
208	Carla Bell	Ware Joggers	33	1:22:50	1:22:59	F	FV 45 to 54
209	Martyn McKean	Rochford Running Club	297	1:22:40	1:23:01	M	MV 50 to 59
210	Sandrs Morris	Bishops Stortford RC	314	1:22:49	1:23:03	F	FV 45 to 54
211	Gary Sibley	Braintree & District AC	421	1:22:35	1:23:08	M	Mens Senior
212	Fiona Walker	Leigh-on-Sea Striders	490	1:22:53	1:23:10	F	FV 45 to 54
213	Janet Readitt	Ware Joggers	382	1:22:58	1:23:11	F	FV 45 to 54
214	Nicki Benham	Rochford Running Club	36	1:22:58	1:23:13	F	FV 45 to 54
215	Hazel Buist	Halstead RRC	60	1:22:58	1:23:22	F	Female Senior
216	James Hewlett	Saffron Striders RC	213	1:23:08	1:23:35	M	MV60+
217	Alec Lodge		276	1:23:14	1:23:39	M	Mens Senior
218	Jane Wren	Ware Joggers	523	1:23:47	1:23:49	F	FV 45 to 54
219	Debbie Amies	Ware Joggers	9	1:23:55	1:24:09	F	FV 45 to 54
220	Keith Limburn	Leigh-on-Sea Striders	271	1:23:46	1:24:11	M	MV 40 to 49
221	Sue Patrick		352	1:24:21	1:24:41	F	FV55+
222	Anita Grainger	Witham RC	191	1:24:35	1:24:45	F	FV 35 to 44
223	Charlotte Pittuck	Dunmow Tri	365	1:24:50	1:25:03	F	Female Senior
224	Diane Wooller	Colchester & Tendring AC	519	1:25:01	1:25:13	F	FV55+
225	Michael Watkins		497	1:24:33	1:25:14	M	Mens Senior
226	Daniel Charrington		81	1:24:49	1:25:17	M	MV 40 to 49
227	Rosie Atkins	Halstead RRC	15	1:25:00	1:25:24	F	Female Senior
228	Jenny Barrett Barrett	Springfield Striders RC	26	1:25:09	1:25:29	F	FV 35 to 44
229	john pearman	Leigh-on-Sea Striders	250	1:25:11	1:25:36	M	MV60+
230	Gary Walsh	Leigh-on-Sea Striders	492	1:25:17	1:25:42	M	MV 50 to 59
231	Sam Rowe	Ware Joggers	404	1:25:29	1:25:42	F	FV 45 to 54
232	Belinda Schofield	newmarket joggers	413	1:25:14	1:25:48	F	FV55+
233	Paul Cocklin	Ware Joggers	93	1:25:43	1:25:53	M	MV 50 to 59

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234	Denise Redburn	Leigh-on-Sea Striders	383	1:25:39	1:25:57	F	FV 45 to 54
235	Gary Brown	Leigh-on-Sea Striders	56	1:25:38	1:25:57	M	MV 40 to 49
236	Carol Atkins	Halstead RRC	16	1:25:37	1:26:03	F	FV 45 to 54
237	Juliette Hodges		220	1:25:34	1:26:05	F	Female Senior
238	Cristina Cooper	Barking Road Runners	108	1:26:00	1:26:14	F	FV 35 to 44
239	Faye Spooner	Barking Road Runners	445	1:25:59	1:26:14	F	FV 35 to 44
240	Jim Davis	Herts Phoenix AC	133	1:26:04	1:26:22	M	MV60+
241	Lucy Stebbings	Saffron Striders RC	448	1:25:59	1:26:28	F	FV 45 to 54
242	Juliet Niembro		329	1:26:13	1:26:30	F	FV 45 to 54
243	Christopher Lambert	Born2Tri	257	1:26:25	1:26:31	M	MV 50 to 59
244	John Warne		495	1:26:17	1:26:31	M	MV60+
245	Adrian Russell	Woodford Green	406	1:26:15	1:26:39	M	MV 50 to 59
246	Colin Short	Witham RC	420	1:26:22	1:26:43	M	MV60+
247	David Page	Harlow Running Club	346	1:26:32	1:26:43	M	MV 50 to 59
248	Ab Oliver	Plough and Sail	338	1:26:25	1:26:46	F	Female Senior
249	David Brooker		53	1:26:22	1:26:48	M	MV 40 to 49
250	Kate Liddiard	Ware Joggers	270	1:26:39	1:26:53	F	FV 35 to 44
251	Deborah Smith	Harlow Running Club	428	1:26:53	1:27:03	F	FV 45 to 54
252	Susie Colvill		101	1:26:53	1:27:08	F	FV 45 to 54
253	Graham Colvill		100	1:26:52	1:27:08	M	MV 40 to 49
254	Andrew Wilmot	Halstead RRC	514	1:26:44	1:27:12	M	MV60+
255	Ian Shaffer	Springfield Striders RC	415	1:27:02	1:27:28	M	Mens Senior
256	Sam Wilson	Halstead RRC	516	1:27:14	1:27:33	M	Mens Senior
257	Sharon Johnson	Benfleet RC	240	1:27:18	1:27:35	F	FV 35 to 44
258	Luisa Miller	Rochford Running Club	305	1:27:15	1:27:37	F	FV 35 to 44
259	Alan Randall	Ware Joggers	380	1:27:35	1:27:38	M	MV 50 to 59
260	Joanne Colby	Essex Ladies/Lads Running Cl	94	1:27:16	1:27:41	F	FV 35 to 44
261	Abigail Morgan	Tiptree Road Runners	309	1:27:33	1:27:59	F	Female Senior
262	Frank Gardiner	Great Bentley RC	176	1:27:41	1:28:05	M	MV60+
263	Holly Nairn	Harlow Running Club	320	1:27:42	1:28:06	F	Female Senior
264	james webb		109	1:27:52	1:28:08	M	Mens Senior
265	Simon Wallis	Haverhill RC	491	1:27:44	1:28:22	M	Mens Senior
266	Ray Spong	Havering '90 Joggers	443	1:28:11	1:28:26	M	MV 50 to 59
267	Trevor Catling	Run Eat Sleep Colchester	73	1:27:55	1:28:29	M	MV 50 to 59
268	Debbie Barry	Harlow Running Club	28	1:28:09	1:28:31	F	FV 45 to 54
269	Paul Brennan	Ware Joggers	49	1:28:16	1:28:31	M	MV 40 to 49
270	Tania Hagan	Leigh-on-Sea Striders	198	1:28:02	1:28:32	F	Female Senior
271	Lian Simmonds	Rochford Running Club	425	1:28:18	1:28:40	F	FV 35 to 44
272	Casey Cowling		115	1:28:27	1:28:40	F	Female Senior
273	Adam Hoy		229	1:28:27	1:28:41	M	Mens Senior
274	Diane Parsons	Barking Road Runners	350	1:28:27	1:28:48	F	FV 45 to 54
275	Tim, Gates		177	1:28:45	1:28:50	M	MV 50 to 59
276	Robert Waddingham	Ware Joggers	489	1:28:46	1:28:55	M	MV60+
277	Jonathan Little	Ware Joggers	273	1:28:24	1:28:59	M	MV 50 to 59
278	Bettina MacCariello	thurrock nomads	279	1:28:44	1:29:07	F	FV 45 to 54
279	Pete Gibbons		180	1:28:53	1:29:10	M	MV 40 to 49
280	Nastassja Simensky	Castle Point Joggers	424	1:28:52	1:29:14	F	Female Senior
281	Lisa Rieffel	Castle Point Joggers	391	1:28:52	1:29:14	F	FV 45 to 54
282	Kirsha Mason	Leigh-on-Sea Striders	290	1:29:00	1:29:17	F	FV 35 to 44
283	Stephen Oliver		341	1:29:24	1:29:39	M	MV 40 to 49
284	Jane Evans	Harlow Running Club	155	1:29:20	1:29:43	F	FV 45 to 54
285	Tarnia Thompson-Roe	Benfleet RC	475	1:29:40	1:29:56	F	FV 35 to 44
286	Sarah Norton	Benfleet RC	335	1:29:41	1:29:57	F	FV 35 to 44
287	Caroline Adlem	Springfield Striders RC	2	1:29:50	1:29:58	F	FV 35 to 44
288	Gemma Wise		517	1:30:01	1:30:17	F	Female Senior
289	Marios Pitsialis		362	1:30:01	1:30:17	M	Mens Senior
290	Gin Craig	Sudbury Joggers	116	1:30:18	1:30:31	F	FV 45 to 54
291	Michael Peggall	Dagenham 88 Runners	356	1:30:20	1:30:37	M	Mens Senior
292	Claire Kay		248	1:30:33	1:30:40	F	FV 35 to 44
293	Richard Whiting	Herts Phoenix AC	510	1:29:59	1:30:42	M	MV60+
294	Lisa Sunner		460	1:30:39	1:30:47	F	FV 45 to 54
295	Robert Caulfield	Braintree & District AC	76	1:30:26	1:31:01	M	MV 50 to 59
296	Col Blake		41	1:30:34	1:31:02	M	Mens Senior
297	Kate Reilly		387	1:30:57	1:31:04	F	Female Senior
298	David davidson	Pitsea RC	228	1:30:25	1:31:08	M	MV 50 to 59
299	Nick Cheal	Ware Joggers	82	1:30:36	1:31:10	M	MV60+
300	Ian Latter		260	1:30:43	1:31:10	M	Mens Senior
301	Diane Napier		321	1:31:10	1:31:16	F	FV 35 to 44
302	Joanne Cardy	Witham RC	72	1:31:07	1:31:17	F	FV 35 to 44
303	Raoul Grantham	Braintree & District AC	192	1:30:46	1:31:17	M	MV 40 to 49
304	Donna Silverback	Witham RC	422	1:31:09	1:31:18	F	FV 35 to 44
305	Anthea Colsell		99	1:31:37	1:31:57	F	FV 35 to 44
306	Jim Ambrozevich	Halstead RRC	8	1:31:27	1:32:02	M	Mens Senior
307	James Benson	Born2Tri	37	1:31:35	1:32:05	M	MV 50 to 59
308	neringa kisler		505	1:31:52	1:32:07	F	Female Senior
309	Megan Hollinshead	Halstead RRC	7	1:31:40	1:32:08	F	Female Senior
310	Lynn Rivers	Leigh-on-Sea Striders	393	1:31:39	1:32:11	F	FV 45 to 54
311	Claire Davies	Leigh-on-Sea Striders	131	1:31:44	1:32:15	F	FV 35 to 44

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312	Keith Thorogood	Halstead RRC	477	1:32:00	1:32:29	M	MV60+
313	Ali Hayward	Essex ladies running club	207	1:32:02	1:32:32	F	FV 35 to 44
314	David Girt		184	1:32:15	1:32:34	M	MV 50 to 59
315	Phil Hudson	Ware Joggers	230	1:32:28	1:32:35	M	MV 50 to 59
316	John Stanton	Tiptree Road Runners	446	1:32:09	1:32:41	M	Mens Senior
317	Paul Delany		138	1:32:20	1:32:46	M	MV 40 to 49
318	Ryan Cobbold		92	1:32:20	1:32:46	M	MV 40 to 49
319	Angela Wheatley		501	1:32:31	1:32:56	F	FV 35 to 44
320	Terry Nichols	Ware Joggers	327	1:32:52	1:33:03	M	MV60+
321	Miranda Forsey		164	1:32:41	1:33:14	F	FV 45 to 54
322	Nichola Law		261	1:32:41	1:33:14	F	FV 35 to 44
323	Audrey Morris	Benfleet RC	312	1:33:35	1:33:41	F	Female Senior
324	Venkatesha Babu		19	1:33:04	1:33:46	M	MV 50 to 59
325	Zoe Gould	Tiptree Road Runners	189	1:33:26	1:34:03	F	FV 45 to 54
326	Julie Furner	thurrock nomads	173	1:33:41	1:34:05	F	FV 45 to 54
327	Julia Woolnough	Halstead RRC	520	1:33:56	1:34:21	F	FV 45 to 54
328	Michelle Aitken	Harlow Running Club	3	1:34:09	1:34:32	F	Female Senior
329	Lynne Sims	Essex ladies running club	426	1:34:09	1:34:35	F	FV 45 to 54
330	Faye Ley		269	1:34:06	1:34:36	F	FV 35 to 44
331	Hazel Clark	Ware Joggers	84	1:34:05	1:34:37	F	FV 35 to 44
332	Jill Orchard	Essex ladies running club	342	1:34:08	1:34:38	F	FV 35 to 44
333	Stephen Clarke		88	1:34:05	1:34:43	M	MV 40 to 49
334	John Shafford		418	1:34:45	1:35:03	M	MV 40 to 49
335	James Bussell		67	1:34:29	1:35:09	M	MV 40 to 49
336	Edward Fulcher	Phoenix Hockey Club	170	1:34:36	1:35:11	M	Mens Senior
337	Emma Nixon	Bishops Stortford RC	330	1:34:47	1:35:18	F	FV 45 to 54
338	Judith Jolly		241	1:34:47	1:35:18	F	FV55+
339	Robert Courtier	Barking Road Runners	113	1:35:08	1:35:19	M	MV 50 to 59
340	Claire Groves	Great Bentley RC	196	1:35:20	1:35:20	F	Female Senior
341	Len Marten	Springfield Striders RC	287	1:34:48	1:35:20	M	MV 40 to 49
342	Gerry McGovern		295	1:34:48	1:35:20	M	MV60+
343	Timi Selon Veerasamy	Dagenham 88 Runners	486	1:34:46	1:35:24	F	FV55+
344	Cathy Salmon	Leigh-on-Sea Striders	410	1:35:00	1:35:29	F	FV 45 to 54
345	Louise Cootes	Harlow Running Club	111	1:35:09	1:35:32	F	FV 35 to 44
346	David Taylor		467	1:34:55	1:35:34	M	MV 40 to 49
347	Andrea Head	Essex ladies running club	209	1:35:40	1:36:06	F	FV 35 to 44
348	Deb Harrison	Braintree & District AC	205	1:35:34	1:36:07	F	FV 35 to 44
349	Susan Maloney	Harlow Running Club	283	1:36:05	1:36:28	F	FV 45 to 54
350	Jude Manser	Ware Joggers	285	1:35:59	1:36:35	F	FV55+
351	Margaret Waddingham	Ware Joggers	488	1:36:22	1:36:38	F	FV55+
352	Zoe Smith	Essex ladies running club	435	1:36:23	1:36:51	F	FV 35 to 44
353	Catherine Latter		259	1:36:27	1:36:55	F	FV 35 to 44
354	Alice Raffill	Leigh-on-Sea Striders	378	1:36:46	1:36:57	F	FV 35 to 44
355	Claire Nichols	Ware Joggers	326	1:36:53	1:37:04	F	FV 35 to 44
356	Helen Velioglu		487	1:37:01	1:37:25	F	FV 45 to 54
357	Mark Starte	Saffron Striders RC	447	1:36:48	1:37:26	M	MV 40 to 49
358	Angela Little	Ware Joggers	272	1:37:17	1:37:53	F	Female Senior
359	Julia Easter		149	1:37:47	1:38:18	F	FV 45 to 54
360	Matt King		252	1:38:03	1:38:43	M	MV 40 to 49
361	Deborah King		251	1:38:03	1:38:43	F	FV 45 to 54
362	Andrew Kinney	Harlow Running Club	254	1:38:47	1:39:09	M	MV 40 to 49
363	Lisa Dalton	Sudbury Joggers	129	1:39:08	1:39:21	F	FV 45 to 54
364	Mike Gosling		187	1:39:22	1:39:36	M	MV 50 to 59
365	Jennifer Langley	Halstead RRC	258	1:39:06	1:39:41	F	Female Senior
366	Peter Cook		104	1:39:16	1:39:43	M	Mens Senior
367	denise gleed	Essex ladies running club	46	1:39:18	1:39:46	F	FV 35 to 44
368	Lisa Mott	Essex ladies running club	316	1:39:18	1:39:47	F	FV 35 to 44
369	Zoe Sullivan	Essex ladies running club	458	1:39:18	1:39:48	F	FV 35 to 44
370	Samantha Smith	Essex ladies running club	434	1:39:20	1:39:48	F	Female Senior
371	Pat Bonnar		45	1:39:40	1:39:55	M	MV 50 to 59
372	George Cook		103	1:39:39	1:40:07	M	MV60+
373	Andrew Eves	Essex Police AC	157	1:39:23	1:40:08	M	MV 50 to 59
374	Helen Jones		244	1:40:18	1:40:35	F	FV 45 to 54
375	Paulene Galoppi	Harlow Running Club	175	1:40:22	1:40:44	F	FV55+
376	Helen Hewlett	Saffron Striders RC	212	1:40:49	1:41:25	F	FV55+
377	Helen Hull		233	1:41:38	1:41:46	F	FV 35 to 44
378	Jo Adams		1	1:41:24	1:42:03	F	Female Senior
379	Emma Janes		236	1:41:35	1:42:17	F	FV 35 to 44
380	Marc Sharp	ELRC	417	1:41:49	1:42:20	M	Mens Senior
381	Teresa Clark		87	1:42:17	1:42:21	F	FV 45 to 54
382	Luke Groves	Great Bentley RC	197	1:41:43	1:42:27	M	Mens Senior
383	Tracy Brennan	Ware Joggers	48	1:42:16	1:42:32	F	FV 35 to 44
384	Lynsey Apps	Great Bentley RC	12	1:41:53	1:42:36	F	Female Senior
385	Stephen Lawson	Havering '90 Joggers	263	1:42:04	1:42:46	M	MV 50 to 59
386	Joanne McFarlane	Dagenham 88 Runners	294	1:42:10	1:42:49	F	FV 35 to 44
387	Sharon Robinson	Dagenham 88 Runners	397	1:42:11	1:42:49	M	MV 40 to 49
388	Richard Davies		132	1:42:26	1:43:01	M	MV 40 to 49
389	Keith Taylor		471	1:42:46	1:43:16	M	MV 40 to 49

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390	John Etherden	Bishops Stortford RC	154	1:43:28	1:43:43	M	MV60+
391	Chris Miller		304	1:42:55	1:43:46	M	MV60+
392	Kelly Doyle		145	1:43:46	1:44:03	F	Female Senior
393	Nia Fortuna	Halstead RRC	165	1:43:35	1:44:10	F	FV 35 to 44
394	David Pearson		354	1:43:57	1:44:12	M	MV 40 to 49
395	Hayley Oliver		339	1:44:07	1:44:23	F	FV 35 to 44
396	Andie Clayds	Essex ladies running club	89	1:43:59	1:44:27	F	FV 35 to 44
397	Philippa Reeve	Essex ladies running club	385	1:43:59	1:44:27	F	FV 35 to 44
398	Susan Meredith	Rochford Running Club	302	1:44:05	1:44:37	F	FV 45 to 54
399	Michelle Roberts	Leigh-on-Sea Striders	395	1:44:11	1:44:41	F	FV 35 to 44
400	Janet Bunce	Orion Harriers	63	1:44:06	1:44:45	F	FV55+
401	Debbie Partridge	Halstead RRC	351	1:44:53	1:45:23	F	FV 45 to 54
402	Judith Clark	Rochford Running Club	86	1:45:09	1:45:40	F	FV 45 to 54
403	Michelle Reeves		386	1:45:10	1:45:51	F	FV 35 to 44
404	Jodie Sharp	ELRC	416	1:46:28	1:46:58	F	Female Senior
405	Annalisa Heath		211	1:47:16	1:47:53	F	Female Senior
406	Jessica Taylor	Ware Joggers	470	1:47:18	1:47:54	F	Female Senior
407	Mark Collins		98	1:47:59	1:48:22	M	MV 40 to 49
408	Debbie Wilks	Springfield Striders RC	512	1:48:05	1:48:31	F	Female Senior
409	Carol Hickey	Colchester 5 Star Boot Camp	215	1:48:37	1:49:13	F	FV 45 to 54
410	Amanda Sykes	Ware Joggers	464	1:49:35	1:49:56	F	FV 45 to 54
411	Richard Stephens	Ware Joggers	451	1:49:35	1:49:57	M	MV60+
412	Caroline Stephens	Ware Joggers	449	1:49:31	1:50:06	F	FV55+
413	Vibeke Rowe	Ware Joggers	405	1:49:47	1:50:22	F	FV55+
414	Jenny Wicker	Rochford Running Club	511	1:50:00	1:50:32	F	FV 45 to 54
415	Laura Pottle	Rochford Running Club	370	1:50:03	1:50:36	F	Female Senior
416	Ruth Meads	Rochford Running Club	301	1:50:06	1:50:38	F	FV 45 to 54
417	Sharon Gould		188	1:50:14	1:50:44	F	FV 35 to 44
418	Victoria Prior	Essex ladies running club	374	1:50:17	1:50:47	F	FV 45 to 54
419	julia higgins		384	1:50:19	1:50:49	F	FV 35 to 44
420	Tracey George	Dagenham 88 Runners	179	1:50:13	1:50:50	F	FV 45 to 54
421	Cynthia Thomas	Benfleet RC	473	1:50:45	1:51:26	F	FV55+
422	Kathryn Ross	Sudbury Joggers	402	1:51:29	1:51:43	F	Female Senior
423	Lesley Rose	Ware Joggers	401	1:51:10	1:51:46	F	FV 45 to 54
424	Michael Ball	Barking Road Runners	21	1:51:22	1:52:01	M	MV60+
425	Linda Nicholas		325	1:52:14	1:52:26	F	FV 45 to 54
426	Stephanie Chaplin		78	1:52:32	1:52:44	F	FV 45 to 54
427	Claire Burnyeat		64	1:52:52	1:53:21	F	FV 35 to 44
428	Bryony Buck		58	1:53:18	1:53:44	F	FV 35 to 44
429	Jennifer Speller		441	1:53:19	1:53:45	F	FV 35 to 44
430	Celia Poke		366	1:53:13	1:53:49	F	FV55+
431	David Beasley	Herts Phoenix AC	32	1:53:58	1:54:16	M	MV60+
432	Julie Penfold	Halstead RRC	357	1:54:00	1:54:30	F	FV55+
433	Jane Swanson-Sprent	Dagenham 88 Runners	462	1:55:01	1:55:38	F	FV 45 to 54
434	Samantha Dalgarno	Essex ladies running club	128	1:55:43	1:56:11	F	FV 35 to 44
435	Angelene Purdie		376	1:57:57	1:58:33	F	FV 35 to 44
436	Sally Rolph	Southend-on-Sea AC	400	1:58:44	1:59:05	F	FV 45 to 54
437	Claire Twidell	Rochford Running Club	484	1:59:07	1:59:45	F	FV 35 to 44
438	Charlotte Danes	Rochford Running Club	130	1:59:06	1:59:45	F	Female Senior
439	Daniel Benwell	Rochford Running Club	38	1:59:07	1:59:45	M	MV 40 to 49
440	Georgina Grayston	Run Eat Sleep Colchester	193	2:00:15	2:00:55	F	FV 35 to 44
441	Anne Duggan	Dagenham 88 Runners	146	2:01:24	2:02:03	F	FV 45 to 54
442	Susan Bannoeks	Phoenix Striders	22	2:02:45	2:03:03	F	FV55+
443	Rosalind Hitchen	Ware Joggers	218	2:03:04	2:03:39	F	FV 45 to 54
444	John Heywood	Ware Joggers	214	2:06:37	2:07:14	M	MV60+
445	Sally Newman-Russell	Southend-on-Sea AC	324	2:13:03	2:13:23	F	FV 45 to 54
446	Marina Bolton	Southend-on-Sea AC	44	2:13:03	2:13:23	F	FV 45 to 54