

Felsted 10k 2013
Felsted 10k 2013

Sunday 14 July 2013. 11:00 am

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:33:16	PROUT, Ryan	ChelmsfordAthletics Club	Senior Men	05:21.1	497	1
2	0:33:28	SOUTHCOTT, Darren	Woodford Green with Essex Ladies	Senior Men	05:23.0	550	2
3	0:33:35	NEWTON, Mark	Springfield Striders	Senior Men	05:24.2	419	3
4	0:33:48	MUIR, Malcolm	Ilford AC	Senior Men	05:26.3	456	4
5	0:33:59	ALLEN, Gavin	Braintree AC	Senior Men	05:28.0	307	5
6	0:34:08	MYNOTT, Andrew	Saffron Striders	Senior Men	05:29.5	312	6
7	0:34:28	FRYER, John	Colchester Harriers	Senior Men	05:32.7	700	7
8	0:34:32	HEMPSTED, Spencer	Ilford AC	Male V40+	05:33.3	398	8
9	0:34:38	CAMMACK, Tom	Springfield Striders	Senior Men	05:34.3	300	9
10	0:34:48	MURTAGH, Stephen	Harlow Running Club	Male V40+	05:35.9	308	10
11	0:34:56	BURGOYNE, Chris	Springfield Striders	Senior Men	05:37.2	440	11
12	0:34:57	LAW, John	Tunbridge Wells Harriers	Senior Men	05:37.4	324	12
13	0:34:58	WOODMAN, Matthew	Orion Harriers	Senior Men	05:37.5	642	13
14	0:35:06	CHANDLER, Gary	Springfield Striders	Male V40+	05:38.8	350	14
15	0:35:14	RICE, Scott	Thurrock Harriers	Male V40+	05:40.1	753	15
16	0:35:56	RIDLEY, Colin	Colchester Harriers	Male V50+	05:46.9	511	16
17	0:36:02	MULDOON, Saul	Stadium Runners	Male V40+	05:47.8	745	17
18	0:36:06	MCGOUN, Neil	Orion Harriers	Senior Men	05:48.5	681	18
19	0:36:20	MARTIN, Lee	Springfield Striders	Male V40+	05:50.7	535	19
20	0:36:35	PHILCOX, Stephen	Ilford AC	Male V40+	05:53.1	322	20
21	0:36:40	HART, Simon	Havering Mayesbrook AC	Male V40+	05:53.9	345	21
22	0:36:45	BETHELL, Jared	Harlow Running Club	Senior Men	05:54.7	762	22
23	0:36:59	JOHNSON, David	Thurrock Harriers	Senior Men	05:57.0	684	23
24	0:37:04	ALLEN, June	Springfield Striders	Female V35+	05:57.8	635	24
25	0:37:06	MINGAY, Paul	Tiptree Road Runners	Male V50+	05:58.1	527	25
26	0:37:08	HOPKINSON, Giles	Orion Harriers	Male V40+	05:58.4	530	26
27	0:37:16	HARVEY, Dean WC	Harlow Running Club	Senior Men	05:59.7	396	27
28	0:37:24	KETTERIDGE, Sean	Tiptree Road Runners	Male V40+	06:01.0	522	28
29	0:37:28	PETTIT, Stephen	Ely Runners	Male V40+	06:01.7	687	29
30	0:37:32	RAHMAN, Sam	Ilford AC	Senior Men	06:02.3	537	30
31	0:37:43	ANDERSON, Paul	Springfield Striders	Senior Men	06:04.1	634	31
32	0:37:46	LE MARE, Simon	Southend AC	Male V50+	06:04.6	574	32
33	0:37:57	NEARS, Jonathan	Colchester Harriers	Senior Men	06:06.3	704	33
34	0:38:05	WELCH, Spencer	Billericay Striders	Male V40+	06:07.6	720	34
35	0:38:11	WRIGHT, James	Springfield Striders	Senior Men	06:08.6	442	35
36	0:38:16	PAUL, Eric	Orion Harriers	Male V50+	06:09.4	589	36
37	0:38:23	VALBONESI, Michael	Benfleet Running Club	Male V50+	06:10.5	716	37
38	0:38:35	DAVIES, Elizabeth		Senior Women	06:12.4	577	38
39	0:38:43	CASEY, Neil	Benfleet Running Club	Male V40+	06:13.7	721	39
40	0:38:45	WATSON, Peter	Benfleet Running Club	Senior Men	06:14.0	699	40
41	0:38:48	SWAN, Kurtis	Billericay Striders	Senior Men	06:14.5	429	41
42	0:38:50	BARKER, John	Thrift Green Trotters	Male V40+	06:14.9	579	42
43	0:38:58	NEWELL, Kevin	Ilford AC	Senior Men	06:16.1	301	43
44	0:39:01	WANDASIEWICZ, Nelson	Thrift Green Trotters	Senior Men	06:16.6	502	44
45	0:39:09	RICHARDSON, Adam	Tiptree Road Runners	Senior Men	06:17.9	434	45
46	0:39:11	CARDY, Ian	Springfield Striders	Male V40+	06:18.2	757	46
47	0:39:17	ANNETTS, Martyn	North Herts Road Runners	Male V40+	06:19.2	392	47
48	0:39:24	THOMAS, Clive	Great Bentley	Male V50+	06:20.3	313	48
49	0:39:27	RENPHREY, Tom	Purple Patch Runners	Male V40+	06:20.8	356	49
50	0:39:29	TOBIN, Anthony	Thurrock Harriers	Senior Men	06:21.1	657	50
51	0:39:35	CONWAY, Andrew	Tiptree Road Runners	Male V40+	06:22.1	347	51
52	0:39:36	HOLLOWAY, Paul	Ilford AC	Male V40+	06:22.3	346	52
53	0:39:37	BROCKBANK, Nikki	Springfield Striders	Female V35+	06:22.4	450	53
54	0:39:37	COEN, Thomas	Springfield Striders	Senior Men	06:22.4	590	54
55	0:39:47	MARSHALL, Kevin	Grange Farm and Dunmow Runners	Male V40+	06:24.0	588	55
56	0:39:50	BUTLER, Alan	Thrift Green Trotters	Male V50+	06:24.5	578	56

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Page 1 of 7

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
57	0:39:55	JACKSON, Sam	Havering Mayesbrook AC	Senior Men	06:25.3	614	57
58	0:39:56	JONES, Richard	Benfleet Running Club	Male V40+	06:25.5	646	58
59	0:40:00	HARVEY, Damien	Rochford Running Club	Senior Men	06:26.1	729	59
60	0:40:03	HARROD, Mark	Colchester Harriers	Senior Men	06:26.6	717	60
61	0:40:10	WILLIS, Jack	Springfield Striders	Senior Men	06:27.7	754	61
62	0:40:12	KNIGHT, Nicholas	Thrift Green Trotters	Senior Men	06:28.0	528	62
63	0:40:14	RUFFY, Paul	Benfleet Running Club	Senior Men	06:28.4	705	63
64	0:40:17	JEPHCOTT, Jamie	Harlow Running Club	Male V40+	06:28.9	445	64
65	0:40:19	PEARCE, Jon		Senior Men	06:29.2	464	65
66	0:40:22	CLARK, Alan	Benfleet Running Club	Male V40+	06:29.7	714	66
67	0:40:25	MILLER, David	Benfleet Running Club	Male V40+	06:30.1	663	67
68	0:40:27	RANSON, Tracey	Springfield Striders	Senior Women	06:30.5	521	68
69	0:40:28	CHADWICK, Paul	Braintree AC	Senior Men	06:30.6	388	69
70	0:40:30	KENYON-MUIR, Nick	Ware Joggers	Male V40+	06:30.9	593	70
71	0:40:40	DELANEY, Paul	Benfleet Running Club	Senior Men	06:32.6	302	71
72	0:40:58	GRINT, Andy		Male V40+	06:35.4	509	72
73	0:41:00	DEARSLY, Nick	Team Dearsley	Senior Men	06:35.8	599	73
74	0:41:02	JEFFREY-READ, Paul	Harlow Running Club	Male V40+	06:36.1	761	74
75	0:41:02	PARK, Jessica	Braintree AC	Senior Women	06:36.1	772	75
76	0:41:07	CRISP, Neil	Ilford AC	Male V50+	06:36.9	457	76
77	0:41:11	SMETHURST, Neil		Senior Men	06:37.5	548	77
78	0:41:19	BILLIS, Matthew	Saffron Striders	Senior Men	06:38.8	755	78
79	0:41:23	SADLER, Steve	Ware Joggers	Male V50+	06:39.5	518	79
80	0:41:29	WHISTON, Arthur	Colchester Harriers	Male V60+	06:40.4	708	80
81	0:41:30	THURGOOD, Clare	Orion Harriers	Senior Women	06:40.6	540	81
82	0:41:33	TRENCHER, Nick	Thurrock Harriers	Male V40+	06:41.1	469	82
83	0:41:36	BOYER, Ross	Braintree AC	Male V50+	06:41.6	399	83
84	0:41:42	DAWSON, Gail	Benfleet Running Club	Female V45+	06:42.5	637	84
85	0:41:56	HALLS, Fiona	Saffron Striders	Female V35+	06:44.8	354	85
86	0:42:02	ALLAN, Chris	Bishop Stortford Running Club	Male V40+	06:45.7	719	86
87	0:42:08	EDWARDS, Scott		Male V40+	06:46.7	417	87
88	0:42:13	JENKINSON, Anne	Southend AC	Female V35+	06:47.5	583	88
89	0:42:37	THORNTON, Keith	Thrift Green Trotters	Male V40+	06:51.4	602	89
90	0:42:42	WALKER, Bobby		Senior Men	06:52.2	626	90
91	0:42:43	STUNT, Catherine	Benfleet Running Club	Female V35+	06:52.3	713	91
92	0:42:45	JACKSON, Luke	Havering Mayesbrook AC	Senior Men	06:52.7	613	92
93	0:42:54	BALOGUN, Krystle	Ilford AC	Senior Women	06:54.1	649	93
94	0:42:57	HOWARD, Christine	Billericay Striders	Female V35+	06:54.6	752	94
95	0:43:00	WHITE, Rebecca	Saffron Striders	Senior Women	06:55.1	604	95
96	0:43:07	BUCKLEY, Mark	Springfield Striders	Senior Men	06:56.2	734	96
97	0:43:09	FRANKLIN, John	North Herts Road Runners	Male V40+	06:56.5	393	97
98	0:43:16	MCCARTHY, Barney	Thrift Green Trotters	Senior Men	06:57.7	475	98
99	0:43:18	DOIG, Andrew	Pitsea Running Club	Senior Men	06:58.0	625	99
100	0:43:21	PARKER, Andrew	Springfield Striders	Male V50+	06:58.5	515	100
101	0:43:22	PITMAN, Gary	Rochford Running Club	Senior Men	06:58.6	375	101
102	0:43:29	MCLEOD, Daniel		Senior Men	06:59.7	759	102
103	0:43:29	BLYTH, Kenny	Ware Joggers	Male V60+	06:59.7	741	103
104	0:43:30	BENNETT, Richard	Rochford Running Club	Male V50+	06:59.9	690	104
105	0:43:40	CANTLE, Steve		Senior Men	07:01.5	557	105
106	0:43:57	JONES, Christopher	Benfleet Running Club	Senior Men	07:04.2	647	106
107	0:44:00	DAVIS, Nicola	Walden Tri	Senior Women	07:04.7	645	107
108	0:44:14	DOWNING, Peter		Male V60+	07:07.0	623	108
109	0:44:15	TENNANT, John	Harlow Running Club	Male V60+	07:07.1	510	109
110	0:44:24	JONES, Melinda	Ilford AC	Female V45+	07:08.6	605	110
111	0:44:29	BULL, John	Harlow Running Club	Male V40+	07:09.4	683	111
112	0:44:34	ALEXANDROU, Tracey	Orion Harriers	Female V45+	07:10.2	638	112
113	0:44:35	CHAMBERS, Andy	Dunmow Triathlon Club	Male V40+	07:10.4	648	113
114	0:44:36	BARTLETT, Gary	Orion Harriers	Male V50+	07:10.5	775	114
115	0:44:36	LATTER, Darren	Rochford Running Club	Male V40+	07:10.5	669	115
116	0:44:37	FELSTEAD, James	London Heathside	Male V40+	07:10.7	378	116
117	0:44:39	AUSTIN, Graham		Male V50+	07:11.0	495	117

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118	0:44:47	KELLY, Tim	Bishop Stortford Running Club	Male V50+	07:12.3	718	118
119	0:44:49	NORDIN, Breege	Ilford AC	Female V55+	07:12.6	503	119
120	0:44:52	MORRIS, Vaughan		Male V50+	07:13.1	524	120
121	0:44:58	SMITH, Andrew	Braintree AC	Male V40+	07:14.1	664	121
122	0:45:01	RICHARDS, Russell		Male V50+	07:14.5	448	122
123	0:45:04	JONES, Dionne	Harlow Running Club	Female V35+	07:15.0	391	123
124	0:45:08	MULLEY, Andrew		Male V40+	07:15.7	703	124
125	0:45:09	DAY, Gary		Male V40+	07:15.8	555	125
126	0:45:12	NEWMAN, Robert	Dunmow Triathlon Club	Male V50+	07:16.3	767	126
127	0:45:18	SAVAGE, Malcolm	Springfield Striders	Male V60+	07:17.3	311	127
128	0:45:22	HESLEGRAVE, Amanda	Barking Road Runners	Female V35+	07:17.9	374	128
129	0:45:22	POULTER, Neil	Halsted Road Runners	Male V40+	07:17.9	531	129
130	0:45:24	CHAPLIN, Darren	Pitsea Running Club	Senior Men	07:18.2	306	130
131	0:45:25	HINSLEY, Paul	Halsted Road Runners	Male V50+	07:18.4	706	131
132	0:45:26	MILLER, Simon	Springfield Striders	Male V40+	07:18.6	359	132
133	0:45:30	PRIOR, Danny	Springfield Striders	Senior Men	07:19.2	639	133
134	0:45:32	DRAPER, Toby		Male V40+	07:19.5	470	134
135	0:45:34	GILL, Sarah	Springfield Striders	Senior Women	07:19.9	628	135
136	0:45:41	PURBROOK, Clive	Newmarket Joggers	Male V50+	07:21.0	508	136
137	0:45:46	WATSON, Jacqui	Benfleet Running Club	Female V35+	07:21.8	451	137
138	0:45:48	CERNY, Michael	Benfleet Running Club	Senior Men	07:22.1	569	138
139	0:45:50	WHEATLEY, John	Colchester Harriers	Male V70+	07:22.4	309	139
140	0:45:50	INCH, Christine	Orion Harriers	Female V45+	07:22.4	592	140
141	0:46:03	RIBET, Mark		Male V40+	07:24.5	523	141
142	0:46:05	RODGERS, Ian	Bishop Stortford Running Club	Male V40+	07:24.8	570	142
143	0:46:06	MATHERS, Vanessa	Southend AC	Female V45+	07:25.0	441	143
144	0:46:08	MOSELEY, Mary-Ann	Haverhill RC	Female V35+	07:25.3	587	144
145	0:46:10	KERNAN, Kira	Great Bentley	Female V35+	07:25.6	739	145
146	0:46:13	DEAG, James		Senior Men	07:26.1	402	146
147	0:46:14	LYNCH, Mark	Witham Running Club	Male V40+	07:26.3	415	147
148	0:46:19	SINGLETON, Octavia		Female V35+	07:27.1	319	148
149	0:46:32	NEWMAN, Graeme	Benfleet Running Club	Male V60+	07:29.2	568	149
150	0:46:34	CROCKER, Stephen		Male V40+	07:29.5	726	150
151	0:46:36	RHODES, Jonathan		Male V40+	07:29.8	542	151
152	0:46:48	JEPHCOTT, Daniel	Harlow Running Club	Senior Men	07:31.8	446	152
153	0:46:49	FRANKLIN, Paul	Castle Point Joggers	Male V50+	07:31.9	499	153
154	0:46:51	MOON, Graeme	Tiptree Road Runners	Male V50+	07:32.2	765	154
155	0:46:51	MIGLIORINI-LYON, Anna	Great Bentley	Female V45+	07:32.2	505	155
156	0:46:52	GRAY, Barry		Senior Men	07:32.4	452	156
157	0:46:54	PATTEN, Justin	Harlow Running Club	Male V40+	07:32.7	610	157
158	0:46:56	DUTHIE, Georgie		Senior Women	07:33.0	425	158
159	0:47:10	SHEEHAN, Jenni	Ilford AC	Senior Women	07:35.3	459	159
160	0:47:11	FUNG, Stewart		Male V40+	07:35.5	403	160
161	0:47:14	HAWTREE, Jonathan		Senior Men	07:35.9	405	161
162	0:47:15	LUFF, Anna	Springfield Striders	Senior Women	07:36.1	567	162
163	0:47:19	ROSS, Mark	Great Bentley	Male V50+	07:36.8	688	163
164	0:47:22	BROOKS, Steve	Road Runners Club	Male V40+	07:37.2	498	164
165	0:47:28	TRACEY, John	Pitsea Running Club	Male V40+	07:38.2	342	165
166	0:47:29	OWEN, Andy		Senior Men	07:38.4	412	166
167	0:47:34	RULE, Richard	Springfield Striders	Male V40+	07:39.2	539	167
168	0:47:35	MARSH, Patrick	Colchester Harriers	Male V40+	07:39.3	407	168
169	0:47:37	LODGE, Martin	Road Runners Club	Male V50+	07:39.6	697	169
170	0:47:39	WILLS, Stephen	Billericay Striders	Male V50+	07:40.0	310	170
171	0:47:44	CRISP, Dianne	Ilford AC	Female V45+	07:40.8	458	171
172	0:47:49	CAULFIELD, Michelle	Braintree AC	Female V45+	07:41.6	564	172
173	0:47:52	COLMAN, Lindsey		Senior Women	07:42.1	758	173
174	0:47:59	LOVELL, Keith	Rochford Running Club	Male V40+	07:43.2	677	174
175	0:48:05	MCMEEKIN, Stuart	Benfleet Running Club	Male V40+	07:44.2	650	175
176	0:48:06	LUPPI, Corrado	Bishop Stortford Running Club	Male V40+	07:44.3	689	176
177	0:48:12	FLANNIGAN, Rachel	Pitsea Running Club	Female V35+	07:45.3	594	177
178	0:48:23	SMITH, Lee		Male V40+	07:47.0	478	178

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Page 3 of 7

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179	0:48:27	COOKE, John	Colchester Harriers	Male V40+	07:47.7	400	179
180	0:48:28	BOWKER, James	Rochford Running Club	Male V40+	07:47.9	672	180
181	0:48:30	MESSENGER, Geoff	Orion Harriers	Male V60+	07:48.2	338	181
182	0:48:35	SARGENT, Rob	Ilford AC	Male V50+	07:49.0	595	182
183	0:48:35	GOODCHILD, James		Male V40+	07:49.0	352	183
184	0:48:43	JONES, Mark		Male V40+	07:50.3	751	184
185	0:48:47	BEDINGFIELD, Ryan	Great Bentley	Senior Men	07:50.9	315	185
186	0:48:49	MOLE, Denis	Havering 90 Joggers	Male V60+	07:51.2	424	186
187	0:48:50	SIMPSON, Janine	Great Bentley	Female V35+	07:51.4	492	187
188	0:48:51	HARDY, Daniel	Witham Running Club	Male V50+	07:51.6	423	188
189	0:48:52	DUGGAN, David	Team Dearsley	Senior Men	07:51.7	730	189
190	0:48:54	TAYLOR, Glen	Southend AC	Male V50+	07:52.0	520	190
191	0:48:59	ATKINSON, Giles		Senior Men	07:52.8	756	191
192	0:49:00	SAMBRIDGE, Richard		Senior Men	07:53.0	606	192
193	0:49:02	ASHWORTH, David		Male V40+	07:53.3	622	193
194	0:49:03	POTTINGER, Darren		Male V40+	07:53.5	653	194
195	0:49:03	SHAW, Kiran		Male V40+	07:53.5	724	195
196	0:49:03	SMITHER, Stewart	North Herts Road Runners	Male V60+	07:53.5	409	196
197	0:49:14	CLARKE, Will		Senior Men	07:55.3	698	197
198	0:49:19	HUNTON, James	ChelmsfordAthletics Club	Senior Men	07:56.1	763	198
199	0:49:30	THURSTON, Les	Bishop Stortford Running Club	Male V60+	07:57.8	621	199
200	0:49:32	LONGMAN, Bruce		Male V40+	07:58.1	617	200
201	0:49:41	WAKELIN, Craig		Senior Men	07:59.6	616	201
202	0:49:43	ISHERWOOD, Angela		Senior Women	07:59.9	661	202
203	0:49:52	SZIGETI, Edvard		Senior Men	08:01.4	414	203
204	0:49:53	HOGGARTH, Chris		Senior Men	08:01.5	477	204
205	0:49:59	FULLER, Rose		Female V35+	08:02.5	328	205
206	0:50:00	GREGSON, Michael		Male V50+	08:02.7	494	206
207	0:50:00	ABBOTT, Darren	Benfleet Running Club	Male V40+	08:02.7	643	207
208	0:50:07	SADLER, Adam		Senior Men	08:03.8	733	208
209	0:50:09	POORE, Brian	Springfield Striders	Male V40+	08:04.1	305	209
210	0:50:10	BAZLEY, Bernard	Springfield Striders	Male V50+	08:04.3	770	210
211	0:50:11	HEDGER, Paul	Witham Running Club	Male V40+	08:04.4	609	211
212	0:50:11	FIRMAN, Marco	Braintree AC	Male V50+	08:04.4	737	212
213	0:50:12	KENNERLEY, James	Witham Running Club	Senior Men	08:04.6	736	213
214	0:50:19	SEWELL, Christopher	Springfield Striders	Male V50+	08:05.7	566	214
215	0:50:21	GAME, Robert		Male V40+	08:06.0	771	215
216	0:50:22	ALLWORTHY, Karen	Orion Harriers	Female V55+	08:06.2	337	216
217	0:50:23	RIEFFEL, Lisa	Castlepoint Joggers	Female V35+	08:06.4	506	217
218	0:50:30	GREEN, Phoenix	Braintree AC	Senior Men	08:07.5	327	218
219	0:50:31	LOZEAU, Robin	Harlow Running Club	Male V50+	08:07.6	582	219
220	0:50:32	MABBITT, Richard		Male V40+	08:07.8	682	220
221	0:50:52	SKENE, Karen	Great Bentley	Female V45+	08:11.0	316	221
222	0:50:59	GRENVILLE, Mark		Male V40+	08:12.1	406	222
223	0:51:03	HAYES, Tracy	Dagenham88 Runners	Female V35+	08:12.8	748	223
224	0:51:06	BUIST, Jon		Senior Men	08:13.3	413	224
225	0:51:07	KIRSH, Neil		Male V40+	08:13.4	501	225
226	0:51:15	DARWIN, Sarah		Senior Women	08:14.7	693	226
227	0:51:23	MURRAY, Chris		Senior Men	08:16.0	740	227
228	0:51:26	SILVERTON, Ross	Witham Running Club	Male V60+	08:16.5	468	228
229	0:51:31	HOLDER, Julian	Pitsea Running Club	Male V40+	08:17.3	348	229
230	0:51:32	SMITH, Anthony	Witham Running Club	Male V50+	08:17.5	743	230
231	0:51:35	BONNETT, Curtis	East Essex Tri Club	Male V40+	08:17.9	675	231
232	0:51:44	NELDER, Paul		Male V50+	08:19.4	728	232
233	0:51:45	HOLDICH, Marc		Senior Men	08:19.5	463	233
234	0:51:46	BRIGGS, Hayley		Female V35+	08:19.7	670	234
235	0:51:50	WENZEL, Peter	Bishop Stortford Running Club	Male V60+	08:20.4	711	235
236	0:52:00	TREE, Peter	Thrift Green Trotters	Male V50+	08:22.0	630	236
237	0:52:02	PIERCY, Ann	Harwich Runners	Female V55+	08:22.3	584	237
238	0:52:03	RIVETT, Chris		Male V50+	08:22.4	722	238
239	0:52:03	BENNETT, Sarah-Jane		Senior Women	08:22.4	384	239

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Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
240	0:52:07	BANNISTER, Sharon	Springfield Striders	Female V35+	08:23.1	615	240
241	0:52:15	BRAZIER, Ian	Springfield Striders	Male V40+	08:24.4	764	241
242	0:52:17	CUTHILL, Adrian		Male V40+	08:24.7	490	242
243	0:52:19	ALDRIDGE, Wendy		Female V45+	08:25.0	694	243
244	0:52:22	RIDLEY, Joss		Senior Men	08:25.5	372	244
245	0:52:28	POULTER, Michael	Witham Running Club	Male V60+	08:26.5	620	245
246	0:52:31	HODGE, Matthew		Male V50+	08:27.0	768	246
247	0:52:32	COOPER, Mandy	Benfleet Running Club	Female V45+	08:27.1	660	247
248	0:52:36	BARRRON, Hayley	Orion Harriers	Female V35+	08:27.8	387	248
249	0:52:48	CAULFIELD, Robert	Braintree AC	Male V50+	08:29.7	565	249
250	0:52:50	EDWARDS, Philip	Virgin Active Running Club	Male V40+	08:30.0	702	250
251	0:52:56	HALLS, Neil	Saffron Striders	Male V40+	08:31.0	353	251
252	0:53:03	GUNNER, Richard		Senior Men	08:32.1	397	252
253	0:53:07	AKROYD, Jennifer	Dagenham88 Runners	Senior Women	08:32.7	658	253
254	0:53:09	POTTINGER, Mark		Male V40+	08:33.1	654	254
255	0:53:11	MASON, David	Springfield Striders	Male V40+	08:33.4	366	255
256	0:53:14	STOREY, Karen	Virgin Active Running Club	Female V35+	08:33.9	666	256
257	0:53:16	EAST, Tom		Senior Men	08:34.2	563	257
258	0:53:23	COZENS, Mark		Male V40+	08:35.3	691	258
259	0:53:35	BREED, Ian		Male V40+	08:37.2	418	259
260	0:53:36	FULLERTON, Alan		Male V40+	08:37.4	321	260
261	0:53:36	COLLINS, Brian		Male V50+	08:37.4	360	261
262	0:53:41	LINTON, Ian	Tiptree Road Runners	Male V60+	08:38.2	408	262
263	0:53:43	EVANS, Jason		Senior Men	08:38.5	333	263
264	0:53:45	WHITING, Richard	Herts Phoenix Ac	Male V60+	08:38.9	493	264
265	0:53:46	TRIBLEY, Elaine	Springfield Striders	Female V45+	08:39.0	435	265
266	0:53:51	PAGE, David	Harlow Running Club	Male V50+	08:39.8	427	266
267	0:53:56	PAGE, Janice	Harlow Running Club	Female V45+	08:40.6	428	267
268	0:54:01	GRANTHAM, Raoul	Braintree AC	Male V40+	08:41.4	410	268
269	0:54:01	CORDWELL, Julian	Harwich Runners	Male V60+	08:41.4	343	269
270	0:54:08	MARSHALL, Steven		Male V50+	08:42.6	612	270
271	0:54:09	REED, Chris	Pitsea Running Club	Male V60+	08:42.7	488	271
272	0:54:10	CONNELL, Dermot		Male V60+	08:42.9	774	272
273	0:54:12	DAVEY, Ross		Senior Men	08:43.2	744	273
274	0:54:16	WATSON, Kevin		Male V40+	08:43.8	633	274
275	0:54:18	ADDINGTON, Neil		Male V40+	08:44.2	553	275
276	0:54:19	MOSS, Joshua		Senior Men	08:44.3	696	276
277	0:54:29	HILL, Stephen		Male V40+	08:45.9	735	277
278	0:54:32	MACDONALD, Cheryl	Pitsea Running Club	Female V45+	08:46.4	597	278
279	0:54:32	NIXON, Emma	Bishop Stortford Running Club	Female V45+	08:46.4	627	279
280	0:54:37	CHIMES, Jane		Female V35+	08:47.2	500	280
281	0:54:43	GREEN, Sandra		Female V45+	08:48.2	326	281
282	0:54:48	BERRY, Simon		Male V40+	08:49.0	576	282
283	0:54:50	CATT, Lorna		Female V45+	08:49.3	365	283
284	0:54:56	GODMAN, Michael	Benfleet Running Club	Male V50+	08:50.3	738	284
285	0:54:57	HOWARD, Terry		Male V40+	08:50.4	750	285
286	0:54:57	CHAMBERS, Samantha		Female V35+	08:50.4	749	286
287	0:55:01	SMITH, Rozlyn	Braintree AC	Senior Women	08:51.1	665	287
288	0:55:10	SHATFORD, John		Male V40+	08:52.5	546	288
289	0:55:13	THOMAS, Jo		Senior Women	08:53.0	641	289
290	0:55:13	WILLIAMS, Leighton	Mid Essex Casuals	Senior Men	08:53.0	662	290
291	0:55:19	SAVILLE, Graham	Harlow Running Club	Male V50+	08:54.0	430	291
292	0:55:27	IRVINE, Liz	Springfield Striders	Female V35+	08:55.3	362	292
293	0:55:33	GARDINER, Frank	Great Bentley	Male V50+	08:56.2	644	293
294	0:55:35	BARNES, Becky	Witham Running Club	Senior Women	08:56.6	496	294
295	0:56:02	WEEKS, Richard		Male V40+	09:00.9	779	295
296	0:56:03	ALLEN, Peter	Bishop Stortford Running Club	Male V50+	09:01.1	547	296
297	0:56:05	DAWSON, Ronald	Southend AC	Male V70+	09:01.4	532	297
298	0:56:14	HOWE, Theresa	Pitsea Running Club	Female V45+	09:02.8	538	298
299	0:56:36	HARRISON, Deb	Braintree AC	Female V35+	09:06.4	541	299
300	0:56:47	MOSS, Richard		Male V50+	09:08.1	695	300

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301	0:56:52	FULLER, Adam	Pitsea Running Club	Male V40+	09:08.9	600	301
302	0:56:53	BLAKE, Ian		Male V50+	09:09.1	769	302
303	0:57:05	BRIGHT, Stephen		Male V50+	09:11.0	651	303
304	0:57:08	FORD, Sara		Female V35+	09:11.5	484	304
305	0:57:10	CHAMBERS, Simon	Saffron Striders	Male V40+	09:11.8	715	305
306	0:57:14	WATSON, Melanie		Female V45+	09:12.5	632	306
307	0:57:21	PURCELL, Rachel		Female V35+	09:13.6	482	307
308	0:57:21	BURNE, David		Male V40+	09:13.6	760	308
309	0:57:22	MACFIE, Hannah		Female V35+	09:13.8	363	309
310	0:57:30	SAGGERS, Alan		Male V40+	09:15.1	766	310
311	0:57:38	FORD, Rufus		Male V40+	09:16.3	483	311
312	0:57:42	HILLMAN, Karl		Senior Men	09:17.0	371	312
313	0:57:43	GREW, Jayne		Female V35+	09:17.2	603	313
314	0:57:48	TANNER, Ben		Senior Men	09:18.0	381	314
315	0:58:17	DAY, Joanne	Thrift Green Trotters	Female V45+	09:22.6	543	315
316	0:58:26	LYNCH, Trudy	Bishop Stortford Running Club	Female V35+	09:24.1	773	316
317	0:58:29	PATIENCE, Joe		Male V50+	09:24.6	712	317
318	0:58:31	LENS, Darren		Male V40+	09:24.9	344	318
319	0:58:34	RODGERS, Eleanor	Bishop Stortford Running Club	Female V45+	09:25.4	529	319
320	0:58:36	MUIR, Carol	Ilford AC	Female V35+	09:25.7	455	320
321	0:58:39	PRICE, Paul	Thrift Green Trotters	Male V50+	09:26.2	473	321
322	0:58:41	JONES, Pamela	Ilford AC	Female V65+	09:26.5	479	322
323	0:58:51	GOLDSMITH, Richard	Castlepoint Joggers	Male V50+	09:28.1	507	323
324	0:59:16	NORTON, Sarah	Benfleet Running Club	Female V35+	09:32.1	685	324
325	0:59:30	CORNELIUS, Neil		Male V40+	09:34.4	742	325
326	0:59:42	LAW, Barbara	Great Bentley	Female V65+	09:36.3	607	326
327	0:59:45	BEEDON, Kayleigh	Braintree AC	Senior Women	09:36.8	349	327
328	0:59:49	MILLER, Peter		Male V50+	09:37.4	680	328
329	0:59:52	PEACHEY, Julia		Female V35+	09:37.9	776	329
330	0:59:54	HILL, Sara		Female V35+	09:38.2	780	330
331	0:59:56	HILL, Rex		Male V40+	09:38.6	781	331
332	0:59:59	BOWERMAN, Sarah	Virgin Active Running Club	Female V45+	09:39.0	667	332
333	1:00:01	DARLING, Mark		Senior Men	09:39.4	514	333
334	1:00:02	COTTIS, Kevin		Male V40+	09:39.5	624	334
335	1:00:03	GERAGHTY, Tony		Male V40+	09:39.7	561	335
336	1:00:05	BAINES, Phil		Senior Men	09:40.0	383	336
337	1:00:08	HART, Clifford		Male V40+	09:40.5	420	337
338	1:00:15	WISBEY, Charlotte		Senior Women	09:41.6	536	338
339	1:00:39	LAWSON, Stephen	Havering 90 Joggers	Male V50+	09:45.5	351	339
340	1:00:58	ENRIGHT, Sarah		Senior Women	09:48.5	725	340
341	1:01:01	DARLING, Nicola		Senior Women	09:49.0	513	341
342	1:01:04	CRAIG, Gin		Female V45+	09:49.5	395	342
343	1:01:15	SIBLEY, Gary	Braintree AC	Senior Men	09:51.3	519	343
344	1:01:21	GRALEY, Joanne	Benfleet Running Club	Female V45+	09:52.2	686	344
345	1:01:37	MOON, Keith		Male V50+	09:54.8	443	345
346	1:01:41	ELLIS, Verity		Senior Women	09:55.4	692	346
347	1:01:52	MOON, Kelly		Senior Women	09:57.2	444	347
348	1:01:52	MITCHELL, Debbie	Springfield Striders	Female V35+	09:57.2	449	348
349	1:02:18	ANDREWS, Celia		Senior Women	10:01.4	655	349
350	1:02:18	FARRAR, Ian		Male V50+	10:01.4	361	350
351	1:02:56	HOWARD, Helen	Saffron Striders	Female V35+	10:07.5	727	351
352	1:03:21	BOURNE, Nick		Male V40+	10:11.5	512	352
353	1:03:26	BARTRAM, Tanya		Female V35+	10:12.3	732	353
354	1:03:34	BALL, Michelle	Thrift Green Trotters	Female V45+	10:13.6	467	354
355	1:03:53	EVANS, Nicola		Female V35+	10:16.7	596	355
356	1:04:04	FRANKLIN, Alison		Female V35+	10:18.5	533	356
357	1:04:04	THORPE, Andrea	Bishop Stortford Running Club	Female V35+	10:18.5	504	357
358	1:04:20	HOWLETT, Jack		Senior Men	10:21.0	731	358
359	1:04:32	THOMAS, Ann		Female V45+	10:23.0	659	359
360	1:04:39	DRYSDALE, Robin		Male V40+	10:24.1	534	360
361	1:04:41	DAVIDSON, David	Pitsea Running Club	Male V40+	10:24.4	336	361

Part of Essex Championship

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362	1:04:52	EDWARDS, Amanda		Female V35+	10:26.2	304	362
363	1:04:55	BANASZAK, Victoria		Senior Women	10:26.7	332	363
364	1:05:14	GARCIA MAYOL, Monica		Female V35+	10:29.7	747	364
365	1:05:16	PROWSE, Neil		Male V40+	10:30.0	746	365
366	1:05:28	MORETON, Emily		Senior Women	10:32.0	556	366
367	1:05:30	GIBBINS, Debbie	TRA	Female V45+	10:32.3	586	367
368	1:05:36	WALKINGSHAW, Grahame	HELP	Male V50+	10:33.3	554	368
369	1:05:43	LEUNG, Tina	Thrift Green Trotters	Female V55+	10:34.4	486	369
370	1:06:13	MOORE, Danel		Senior Men	10:39.2	416	370
371	1:06:25	PETROZZI, Fiona		Female V35+	10:41.1	562	371
372	1:06:47	HINSLEY, Anna	Halsted Road Runners	Senior Women	10:44.7	707	372
373	1:07:05	MILLER, Julie		Female V45+	10:47.6	679	373
374	1:07:06	RUFFY, Sharon	Benfleet Running Club	Senior Women	10:47.7	652	374
375	1:07:06	CHAPMAN, Bob	Benfleet Running Club	Male V50+	10:47.7	674	375
376	1:07:22	CRICK, Claire		Female V35+	10:50.3	382	376
377	1:07:55	GRIMSEY, Paul		Male V40+	10:55.6	559	377
378	1:07:57	NEWTON, Sarah	Springfield Striders	Senior Women	10:55.9	676	378
379	1:08:00	SMITH, Gemma		Senior Women	10:56.4	782	379
380	1:08:01	VINTON, Paula		Female V35+	10:56.6	552	380
381	1:09:11	WILKINSON, Dawn	Benfleet Running Club	Female V45+	11:07.9	710	381
382	1:09:48	MAY, Kirsten		Female V45+	11:13.8	436	382
383	1:10:56	O'BRIEN, Liam		Senior Men	11:24.7	422	383
384	1:10:58	SMITH, Thomas		Senior Men	11:25.1	330	384
385	1:11:00	PRESTON, Rebecca		Senior Women	11:25.4	329	385
386	1:11:01	SOUTHGATE, Kirsty Anne		Senior Women	11:25.5	367	386
387	1:11:02	ANDREWS, Jessica		Senior Women	11:25.7	331	387
388	1:11:35	POTTER, Charlotte		Senior Women	11:31.0	401	388
389	1:12:23	WILLIAMS, Graham	Iford AC	Male V70+	11:38.7	341	389
390	1:12:56	BALL, Yasmin		Senior Women	11:44.1	465	390
391	1:12:56	BLAKE, Terry		Senior Men	11:44.1	466	391
392	1:13:18	BANNOCKS, Susan	Phoenix Striders	Female V45+	11:47.6	439	392
393	1:14:25	BUTCHER, Jolene		Senior Women	11:58.4	778	393
394	1:14:25	BUTCHER, Russell		Senior Men	11:58.4	777	394
395	1:14:46	METCALFE, William	Dagenham88 Runners	Male V70+	12:01.8	629	395
396	1:16:15	STONE, Debbie		Female V45+	12:16.1	370	396
397	1:16:15	WILMSHURST, Bryony		Senior Women	12:16.1	368	397
398	1:16:15	PERKS, Susan		Female V35+	12:16.1	369	398
399	1:28:06	MURPHY, Alan	Barking Road Runners	Male V60+	14:10.5	437	399
400	1:29:46	BOZIANU, Kate	Walden Tri	Female V35+	14:26.6	598	400
401	1:32:00	BURCHETT, Paul		Male V60+	14:48.1	549	401

There were 401 finishers in the All Competitors category.

Part of Essex Championship

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Page 7 of 7