

**Stepping Remembrance Day 10 Mile**  
**Sunday 11 November 2012. 11:00 am**  
**Confirmed Results for All Competitors in finish order.**

Position	Name	Club	Category	Time	Avg Mile split	Race No.
1	NEWTON, Mark	Springfield Striders	Senior Men	0:55:14	05:31.3	64
2	CAMMACK, Tom		Senior Men	0:58:06	05:48.5	123
3	GROOM, Steven	Larkfield AC	Senior Men	0:59:34	05:57.3	298
4	FANNING, Richard	Serpentine Running Club	Male V40	0:59:48	05:58.7	443
5	PECORARO, Tony	Havering 90 Joggers	Male V50	1:00:22	06:02.1	378
6	READE, Alan	Witham Running Club	Male V40	1:00:23	06:02.2	6
7	MACDOUGALL, Ian	Saffron Striders	Male V50	1:00:29	06:02.8	386
8	DODGE, Chris	Saffron Striders	Male V40	1:01:05	06:06.4	210
9	PRESTNEY, Stuart	Halsted Road Runners	Senior Men	1:02:44	06:16.3	94
10	CLARK, Alan	Benfleet Running Club	Male V40	1:02:52	06:17.1	253
11	CAHILL, Shane		Male V50	1:04:01	06:24.0	176
12	DUNHAM, Chris	Bishop Stortford Running Club	Male V40	1:04:29	06:26.8	143
13	RILEY, Pete	Witham Running Club	Male V40	1:04:41	06:28.0	110
14	HILL, Graham	Royston Runners	Male V40	1:04:48	06:28.7	160
15	ANDREWS, Jim		Senior Men	1:04:57	06:29.6	486
16	NEWTON, Paul		Senior Men	1:05:08	06:30.7	243
17	HARRISON, Richard	Royston Runners	Male V40	1:05:08	06:30.7	73
18	NORRIS, Steve		Senior Men	1:05:21	06:32.0	124
19	TURNER, Mark		Male V40	1:05:26	06:32.5	80
20	FANNING, Jane	Serpentine Running Club	Female V35	1:05:29	06:32.8	444
21	WOODRUFF, Michael	Bishop Stortford Running Club	Male V40	1:05:48	06:34.7	239
22	BILLIS, Matthew	Saffron Striders	Senior Men	1:06:35	06:39.4	274
23	COATES, Nigel	Saffron Striders	Male V50	1:06:39	06:39.8	247
24	BROWN, Alistair	Grange Farm and Dunmow Runners	Male V40	1:06:57	06:41.6	470
25	BARRETT, Damian	Springfield Striders	Male V40	1:07:00	06:41.9	258
26	TOMLINS, Tim	Benfleet Running Club	Male V40	1:07:05	06:42.4	292
27	THOMAS, Richard	Bishop Stortford Running Club	Senior Men	1:07:09	06:42.8	485
28	CAYFORD, Rhu		Senior Men	1:07:12	06:43.1	36
29	DONALD, Gary		Male V50	1:07:21	06:44.0	236
30	MACKENZIE, Steve	Harlow Running Club	Male V50	1:07:22	06:44.1	466
31	CHAPMAN, Kathryn	Bishop Stortford Running Club	Female V35	1:07:24	06:44.3	246
32	HOPE, Stuart	Born2tri	Male V40	1:07:27	06:44.6	31
33	SHAH, Ashwin	Grange Farm and Dunmow Runners	Senior Men	1:07:28	06:44.7	26
34	MCGUINNESS, Ben		Senior Men	1:07:32	06:45.1	318
35	SEIGAR, Simon	Woodfrod Green AC	Senior Men	1:07:35	06:45.4	30
36	JOSLIN, Gary	Springfield Striders	Male V40	1:07:39	06:45.8	130
37	COOPER, Melvyn	Thrift Green Trotters	Male V50	1:07:50	06:46.9	177
38	JEPHCOTT, Jamie	Harlow Running Club	Male V40	1:07:57	06:47.6	186
39	BRADLEY, Jennifer	Serpentine Running Club	Senior Women	1:08:00	06:47.9	473
40	AMBROSE, Steve	Harlow Running Club	Male V40	1:08:16	06:49.5	450
41	GRINT, Andy		Male V40	1:08:32	06:51.1	27
42	MILES, Lloyd		Male V40	1:08:39	06:51.8	215
43	MOORE, Graham		Male V50	1:08:48	06:52.7	82
44	PAUL, Emerson		Senior Men	1:09:08	06:54.7	315
45	HORNSEY, Barry		Senior Men	1:09:09	06:54.8	267
46	CHADWICK, Paul	Braintree AC	Senior Men	1:09:14	06:55.3	60
47	HALLS, Fiona	Saffron Striders	Female V35	1:09:22	06:56.1	5
48	ALEXANDER, Rodger	Great Bentley	Male V50	1:09:33	06:57.2	456
49	TERRELL, Andrew	Harlow Running Club	Senior Men	1:09:34	06:57.3	303
50	GARDHAM, Lee	Braintree AC	Senior Men	1:09:36	06:57.5	162
51	LINE, Stephen	Benfleet Running Club	Male V40	1:09:47	06:58.6	255
52	COUSINS, Lee	Braintree AC	Male V40	1:10:10	07:00.9	98
53	JOLLANDS, Nigel		Male V40	1:10:13	07:01.2	445
54	GIGGINS, Ross		Senior Men	1:10:21	07:02.0	349
55	SKIPPER, Dean	Havering 90 Joggers	Senior Men	1:10:23	07:02.2	480
56	TENNANT, John	Harlow Running Club	Male V60	1:10:25	07:02.4	118
57	LATTER, Darren		Male V40	1:10:40	07:03.9	344
58	BARTON, Joe		Senior Men	1:10:54	07:05.3	50
59	DUHRSEN, Tom	Blackwater Harriers	Senior Men	1:10:58	07:05.7	441
60	BEARWISH, Neil	East Essex Tri Club	Male V40	1:11:00	07:05.9	481
61	DIX, Annette		Female V45	1:11:04	07:06.3	4
62	CLAYDON, Paul	City of London Police	Male V40	1:11:09	07:06.8	353
63	MCDONNELL, Chris	Havering 90 Joggers	Male V60	1:11:10	07:06.9	483
64	JAMES, John	Saffron Striders	Male V50	1:11:33	07:09.2	351
65	PITMAN, Gary	Benfleet Running Club	Senior Men	1:11:35	07:09.4	389
66	JOHNSON, Trevor	Witham Running Club	Male V50	1:11:39	07:09.8	308
67	WINTIN, Jason	Grange Farm and Dunmow Runners	Senior Men	1:11:52	07:11.1	307

68	STYLES, Nick	Benfleet Running Club	Senior Men	1:11:54	07:11.3	138
69	ELLIS, Stewart	Braintree AC	Senior Men	1:12:05	07:12.4	139
70	BULL, John	Harlow Running Club	Male V40	1:12:06	07:12.5	207
71	MEDDEMEN, Stuart	Tiptree Road Runners	Senior Men	1:12:19	07:13.8	431
72	GREALY, Mike	Halsted Road Runners	Male V50	1:12:22	07:14.1	180
73	HINSLEY, Paul	Halsted Road Runners	Male V40	1:12:27	07:14.6	411
74	CAULFIELD, Michelle	Braintree AC	Female V45	1:12:34	07:15.3	224
75	STONE, Glynn	Halsted Road Runners	Male V40	1:12:35	07:15.4	290
76	BRIDGES, Paul	Springfield Striders	Senior Men	1:12:39	07:15.8	237
77	BUSHELL, Christopher	Saffron Striders	Senior Men	1:12:47	07:16.6	200
78	HORNSBLOW, Andrew		Male V40	1:12:49	07:16.8	479
79	STATTER, Graham	Bishop Stortford Running Club	Male V50	1:12:52	07:17.1	38
80	GOULD, Martin	Elmbridge	Male V40	1:12:55	07:17.4	388
81	ROPER, Goy	City of Norwich AC	Male V50	1:13:15	07:19.4	422
82	COOK, Siobhan	Springfield Striders	Senior Women	1:13:16	07:19.5	433
83	WHITE, Rebecca	Saffron Striders	Senior Women	1:13:19	07:19.8	326
84	PERRIN, Paul		Senior Men	1:13:33	07:21.2	270
85	FELL, Adrian	Harlow Running Club	Male V40	1:13:34	07:21.3	209
86	SUDDABY, Tom	Serpentine Running Club	Senior Men	1:13:34	07:21.3	343
87	MERRY, Justin	Haverhill RC	Senior Men	1:13:35	07:21.4	427
88	GALEA, Tony	Havering 90 Joggers	Male V50	1:13:40	07:21.9	227
89	BARTLETT, Dervish	Barking Road Runners	Male V40	1:13:43	07:22.2	452
90	CROSS, Anthony		Senior Men	1:13:47	07:22.6	132
91	BEARWISH, Andy	Havering 90 Joggers	Male V50	1:14:02	07:24.1	363
92	EASTWOOD, Heather		Female V35	1:14:04	07:24.3	280
93	FLYNN, Sean	Harlow Running Club	Male V50	1:14:09	07:24.8	244
94	GREEN, Phoenix	Braintree AC	Senior Women	1:14:33	07:27.2	102
95	JOHNSON, Katie		Senior Women	1:14:40	07:27.9	107
96	FRITH, Andy	Benfleet Running Club	Male V40	1:14:43	07:28.2	74
97	COULSON, Myles	Braintree AC	Male V40	1:14:47	07:28.6	335
98	CUAPMA, Kieron	Barking Road Runners	Senior Men	1:14:51	07:29.0	451
99	RICHARDS, Russell		Male V50	1:14:59	07:29.8	402
100	COOTES, Alan	Harlow Running Club	Male V50	1:15:02	07:30.1	220
101	JENNINGS, Jim		Male V40	1:15:08	07:30.7	459
102	NICHOL, John	Bishop Stortford Running Club	Male V40	1:15:10	07:30.9	412
103	SWANN, Jonathan	Bishop Stortford Running Club	Senior Men	1:15:14	07:31.3	15
104	MONTGOMERY, James	Witham Running Club	Male V40	1:15:21	07:32.0	45
105	HAYWARD, Vince	Harlow Running Club	Male V50	1:15:22	07:32.1	148
106	WOOLLEY, Helen	Bedford Harriers	Female V35	1:15:37	07:33.6	319
107	RAY, Steve	Pitsea Running Club	Senior Men	1:15:43	07:34.2	448
108	KINGDOM, John		Male V40	1:15:55	07:35.4	68
109	O'DONOGHUE, Brett		Senior Men	1:15:59	07:35.8	115
110	LUEZ-COLLIER, Rob		Male V40	1:16:03	07:36.2	464
111	GRIMSEY, Paul		Male V40	1:16:05	07:36.4	460
112	HUNT, Stuart	Hadleigh Hares	Senior Men	1:16:18	07:37.7	84
113	KINGDOM, James		Senior Men	1:16:35	07:39.4	43
114	NEL, Sue		Female V35	1:16:40	07:39.9	249
115	SCOTT,	Haverhill RC	Female V35	1:16:41	07:40.0	219
116	STEADMAN, Jon	Harlow Running Club	Senior Men	1:16:42	07:40.1	263
117	FUENTE, Fernando	Havering 90 Joggers	Male V50	1:16:44	07:40.3	365
118	REEVE, Glen	Tiptree Road Runners	Male V50	1:16:51	07:41.0	356
119	THOMAS, George	Bishop Stortford Running Club	Male V60	1:16:54	07:41.3	484
120	HAWKINS, Mike	Velocity Multisport	Male V50	1:16:56	07:41.5	195
121	PURTELL, Paula	Mid Essex Casuals	Female V45	1:16:59	07:41.8	222
122	HUNT, Steven		Male V50	1:17:00	07:41.9	83
123	SPONG, Sue	Havering 90 Joggers	Female V45	1:17:10	07:42.9	368
124	PAYNE, Kevin	Mid Essex Casuals	Male V40	1:17:11	07:43.0	46
125	BARTON, Susanne	Benfleet Running Club	Female V35	1:17:14	07:43.3	96
126	MICKLEBURGH, Trevor	Benfleet Running Club	Male V40	1:17:15	07:43.4	170
127	ROBERTSON, Mark		Male V50	1:17:17	07:43.6	334
128	CHAPLIN, Philip	Bishop Stortford Running Club	Male V40	1:17:27	07:44.6	305
129	GODFREY, Gary		Male V50	1:17:28	07:44.7	16
130	CRATHERN, Richard		Male V40	1:17:39	07:45.8	152
131	KEELEY, David	Havering 90 Joggers	Male V50	1:17:40	07:45.9	367
132	SMITH, David	Witham Running Club	Male V50	1:17:44	07:46.3	403
133	WILLIAMSON, Steven		Male V40	1:17:51	07:47.0	250
134	WILSON, Alan	Bishop Stortford Running Club	Male V60	1:17:54	07:47.3	238
135	TRACEY, John	Pitsea Running Club	Male V40	1:17:55	07:47.4	10
136	LOVELL, Keith		Male V40	1:18:06	07:48.5	336
137	WAGNER, Chris	Harlow Running Club	Senior Men	1:18:07	07:48.6	475
138	JONES, Melinda	Iford AC	Female V35	1:18:13	07:49.2	382
139	SUMMERS, Darren		Male V40	1:18:29	07:50.8	259
140	MOODY, Colin	Harlow Running Club	Male V60	1:18:37	07:51.6	279
141	NORMANSELL, John	Cambridge University	Male V50	1:18:38	07:51.7	240
142	ROLERKITE, Lindsay	Braintree AC	Female V45	1:18:39	07:51.8	455
143	SALMON, James		Senior Men	1:18:39	07:51.8	91

144	BROOKS, Neil	Trent Park Trotters	Male V40	1:18:42	07:52.1	330
145	RANDALL, Tommy		Senior Men	1:18:50	07:52.9	79
146	CREAN, Steve		Senior Men	1:18:58	07:53.7	51
147	BROLLY, Chris	Bishop Stortford Running Club	Male V50	1:19:06	07:54.5	314
148	MILES, Laurence		Senior Men	1:19:09	07:54.8	129
149	AYLING, Peter	Harlow Running Club	Male V50	1:19:13	07:55.2	405
150	MILLER, Simon	Springfield Striders	Male V40	1:19:15	07:55.4	328
151	MCCLYMONT, Ian	Bishop Stortford Running Club	Male V60	1:19:18	07:55.7	135
152	SLATER, James	Tiptree Road Runners	Male V60	1:19:21	07:56.0	397
153	PETTIFER, Lorna	Pitsea Running Club	Female V45	1:19:25	07:56.4	202
154	GODWOOD, Alex		Senior Men	1:19:29	07:56.8	248
155	INKLEY, Stephen	Saffron Striders	Male V50	1:19:32	07:57.1	151
156	HAGAN, Roger	Havering 90 Joggers	Male V50	1:19:34	07:57.3	362
157	LONGMAN, Bruce		Male V40	1:19:37	07:57.6	153
158	BUTTERWORTH, Mike	Grange Farm and Dunmow Runners	Male V50	1:19:39	07:57.8	260
159	PAGRAM, David		Male V40	1:19:40	07:57.9	185
160	TURNER, Alan		Senior Men	1:19:44	07:58.3	423
161	EVANS, David	Havering 90 Joggers	Male V40	1:19:47	07:58.6	364
162	HUNTER, Daniel		Male V40	1:19:57	07:59.6	354
163	HANCOCK, Karen	Serpentine Running Club	Female V55	1:20:00	07:59.9	262
164	SHERRIFF, Adrian	Bishop Stortford Running Club	Male V50	1:20:00	07:59.9	453
165	SPONG, Ray	Havering 90 Joggers	Male V50	1:20:13	08:01.2	369
166	MINFORD, Luke		Male V40	1:20:17	08:01.6	282
167	WORSDELL, Gary	Dunmow Triathlon Club	Senior Men	1:20:18	08:01.7	338
168	MOXON, David	Springfield Striders	Male V60	1:20:20	08:01.9	125
169	WENDELBERGER-JAMES, Margit	Saffron Striders	Female V45	1:20:38	08:03.7	352
170	SHEPHERD, Jayne	Bishop Stortford Running Club	Female V45	1:20:48	08:04.7	414
171	RUDOLF, Steve	trail runner association	Male V50	1:20:56	08:05.5	472
172	SILVERTON, Ross	Witham Running Club	Male V60	1:21:07	08:06.6	67
173	TAYLOR, Glen	Southend AC	Male V50	1:21:17	08:07.6	12
174	CLAY, Sil	Haverhill RC	Female V45	1:21:25	08:08.4	109
175	MOLE, Denis	Havering 90 Joggers	Male V60	1:21:35	08:09.4	77
176	CURREN, Victoria	Springfield Striders	Female V35	1:21:36	08:09.5	117
177	FLOWER, Kevin	Havering 90 Joggers	Senior Men	1:21:42	08:10.1	425
178	ALLEN, Peter	Bishop Stortford Running Club	Male V50	1:21:49	08:10.8	32
179	WRIGHT, Sharon	Harlow Running Club	Senior Women	1:21:50	08:10.9	221
180	TRAVERS, Mark	Tring Running Club	Male V40	1:21:52	08:11.1	346
181	ADLEM, Caroline	Springfield Striders	Female V35	1:21:52	08:11.1	331
182	FUNG, Stewart		Male V40	1:21:58	08:11.7	438
183	LYNCH, Mark	Witham Running Club	Male V40	1:21:58	08:11.7	190
184	GOLD, Peter	Witham Running Club	Male V50	1:22:10	08:12.9	449
185	PAGE, Janice	Harlow Running Club	Female V45	1:22:12	08:13.1	100
186	PETTIFER, John	Pitsea Running Club	Male V60	1:22:20	08:13.9	203
187	BALL, Shirley	Bishop Stortford Running Club	Female V55	1:22:21	08:14.0	488
188	LUTTERLOCH, Andrew	Havering 90 Joggers	Senior Men	1:22:27	08:14.6	374
189	ASKEW, Ryan	Braintree AC	Senior Men	1:22:30	08:14.9	63
190	DIXON, David	Havering 90 Joggers	Male V50	1:22:35	08:15.4	377
191	JOLLY, Stephen		Male V50	1:22:37	08:15.6	174
192	PATRICK, Sue		Female V45	1:22:43	08:16.2	383
193	OAKLEY, Nathan		Male V40	1:22:51	08:17.0	126
194	TRIPATHI, Manoj	Witham Running Club	Male V40	1:22:53	08:17.2	44
195	HEDGER, James		Senior Men	1:22:54	08:17.3	188
196	SAVILLE, Graham	Harlow Running Club	Male V50	1:23:03	08:18.2	154
197	RICHARDSON, Nigel		Male V50	1:23:13	08:19.2	478
198	CLARKE, Tina	Tiptree Road Runners	Female V45	1:23:20	08:19.9	398
199	CLARKE, Phillip	Tiptree Road Runners	Male V40	1:23:21	08:20.0	399
200	NIEMBRO, Juliet		Female V45	1:23:21	08:20.0	113
201	WYATT, Harriet	Bishop Stortford Running Club	Female V45	1:23:28	08:20.7	306
202	MAPPLEBECK, Sarah	Springfield Striders	Female V35	1:23:32	08:21.1	173
203	LOW, Jeanette		Female V35	1:23:32	08:21.1	264
204	PAGE, David	Harlow Running Club	Male V40	1:23:34	08:21.3	99
205	HARRIS, James	Benfleet Running Club	Senior Men	1:23:39	08:21.8	340
206	LOBO, Loretta	Thrift Green Trotters	Senior Women	1:23:42	08:22.1	295
207	CONNELL, Christopher		Male V50	1:23:51	08:23.0	226
208	DALE, Sue	Havering 90 Joggers	Female V55	1:23:54	08:23.3	379
209	GOODALL, Glynis		Female V45	1:23:56	08:23.5	355
210	PINA JORGE, Fernando		Male V40	1:23:56	08:23.5	465
211	GIBBONS, Pete		Male V40	1:23:59	08:23.8	147
212	TREE, Peter	Thrift Green Trotters	Male V50	1:24:02	08:24.1	196
213	MANSER, Jude	Ware Joggers	Female V45	1:24:06	08:24.5	345
214	THOMSON, Alex		Male V40	1:24:09	08:24.8	424
215	WENZEL, Peter	Bishop Stortford Running Club	Male V60	1:24:12	08:25.1	245
216	SPENCELEY, Georgina	Harlow Running Club	Senior Women	1:24:14	08:25.3	273
217	DONOVAN, Paul	Serpentine Running Club	Male V40	1:24:14	08:25.3	348
218	CHASE, Barrie	Bishop Stortford Running Club	Senior Men	1:24:20	08:25.9	393

219	CHILDS, Simon	Loughton AC	Male V50	1:24:28	08:26.7	140
220	BUSBY, Steve		Male V50	1:24:29	08:26.8	136
221	MOODY, Patricia	Serpentine Running Club	Female V45	1:24:31	08:27.0	357
222	BRIGGS, Hayley		Female V35	1:24:33	08:27.2	211
223	HILL, Chris	Halsted Road Runners	Male V50	1:24:40	08:27.9	358
224	TICK, Beata		Senior Women	1:24:45	08:28.4	111
225	YEATTS, MICHAEL	Grange Farm and Dunmow Runners	Male V40	1:24:48	08:28.7	487
226	ALLAN, Jenny	Thrift Green Trotters	Senior Women	1:24:48	08:28.7	467
227	MOORE, Graeme	Benfleet Running Club	Male V50	1:24:53	08:29.2	168
228	PEARMAN, John		Male V50	1:24:54	08:29.3	92
229	THOMPSON, Melanie		Female V45	1:25:16	08:31.5	181
230	HUGHES, Dorian		Male V40	1:25:17	08:31.6	29
231	TANNER, Ben		Senior Men	1:25:21	08:32.0	252
232	HEDGER, Paul	Witham Running Club	Male V40	1:25:22	08:32.1	187
233	BENNETT, Sarah-Jane		Senior Women	1:25:22	08:32.1	288
234	READ, Niki		Senior Men	1:25:25	08:32.4	284
235	BISHOP,	Benfleet Running Club	Male V50	1:25:27	08:32.6	97
236	SKINNER, David	Havering 90 Joggers	Male V50	1:25:30	08:32.9	275
237	HARRINGTON, Paul	Halsted Road Runners	Male V40	1:25:33	08:33.2	329
238	KIDDLE, Steven		Senior Men	1:25:33	08:33.2	112
239	FARLEY, Claire	Saffron Striders	Male V40	1:25:41	08:34.0	194
240	PAYNE, Neil		Male V40	1:25:45	08:34.4	387
241	CAULFIELD, Robert	Braintree AC	Male V40	1:25:59	08:35.8	225
242	YOUNG, Rona		Female V35	1:26:03	08:36.2	62
243	GRENVILLE, Mark		Male V40	1:26:04	08:36.3	53
244	WILLIAMS, Helen	Pitsea Running Club	Female V55	1:26:08	08:36.7	22
245	PAYNE, David	Witham Running Club	Male V50	1:26:13	08:37.2	458
246	GRAINGER, Anita	Witham Running Club	Female V35	1:26:23	08:38.2	13
247	BROWN, Andy		Senior Men	1:26:28	08:38.7	145
248	ROWELL, Barry	Havering 90 Joggers	Male V50	1:26:33	08:39.2	395
249	BRADY, Hugh		Male V40	1:26:33	08:39.2	119
250	LEE, Graham	trail runner association	Senior Men	1:26:37	08:39.6	66
251	EDDERSHAW, Alison	Saffron Striders	Female V35	1:26:43	08:40.2	406
252	COOK, Dean	London Fire Brigade	Male V40	1:27:00	08:41.9	436
253	MONAGHAN, Henry	Havering 90 Joggers	Male V60	1:27:11	08:43.0	461
254	BOLES, Jocelyne		Female V45	1:27:13	08:43.2	155
255	MURPHY, Shannon		Male V40	1:27:13	08:43.2	401
256	MYLER, Natasha		Senior Women	1:27:15	08:43.4	72
257	RUSSELL, Adrian	Woodford Green with Essex Ladies	Male V40	1:27:17	08:43.6	413
258	JOLLY, Matthew		Senior Men	1:27:17	08:43.6	108
259	YORK, David		Male V40	1:27:18	08:43.7	20
260	KING, Sally	Witham Running Club	Female V45	1:27:26	08:44.5	70
261	STOBIRSKI, Ian	Witham Running Club	Male V40	1:27:27	08:44.6	304
262	HALLS, Neil	Saffron Striders	Senior Men	1:27:30	08:44.9	281
263	TOLFREE, Charlotte		Senior Women	1:27:31	08:45.0	199
264	MOULTON, Lorna		Female V35	1:27:35	08:45.4	150
265	NASH, Alun		Male V50	1:27:39	08:45.8	294
266	SCHRODER, Paul	Harlow Running Club	Senior Men	1:27:39	08:45.8	86
267	BAKER, Robert		Male V50	1:27:44	08:46.3	277
268	RAMSDEN, Anne	Ware Joggers	Female V55	1:27:47	08:46.6	301
269	SPRING, Wendy	Harlow Running Club	Female V35	1:27:49	08:46.8	87
270	WILKIN, David		Senior Men	1:27:53	08:47.2	106
271	CULLEN, Lee		Senior Men	1:27:57	08:47.6	457
272	HEWLETT, Helen	Saffron Striders	Female V55	1:27:59	08:47.8	323
273	BRIGHT, Ian		Male V40	1:28:00	08:47.9	191
274	JAMES, Yvonne		Female V45	1:28:07	08:48.6	266
275	GILBEY, Ken		Male V50	1:28:15	08:49.4	192
276	JACKSON, Faith		Female V35	1:28:15	08:49.4	347
277	GOLDSMITH, Richard	Castlepoint Joggers	Male V50	1:28:30	08:50.9	230
278	RIEFFEL, Lisa	Castlepoint Joggers	Female V35	1:28:30	08:50.9	231
279	GRANTHAM, Raoul	Braintree AC	Male V40	1:28:32	08:51.1	407
280	BERRY, Steve		Male V40	1:28:37	08:51.6	299
281	BOLES, Stephen		Male V40	1:28:45	08:52.4	156
282	HATCH, Clive		Male V40	1:28:55	08:53.4	469
283	SWEENEY, Gareth		Male V40	1:29:15	08:55.4	410
284	HALLS, Steve	Haverhill RC	Male V50	1:29:19	08:55.8	291
285	LAING, Alec		Male V40	1:29:19	08:55.8	409
286	PIKE, Terry	Harlow Running Club	Male V40	1:29:22	08:56.1	471
287	EASTER, Julia	Goyt Valley Striders	Female V45	1:29:29	08:56.8	37
288	BENSON, James		Male V40	1:29:31	08:57.0	477
289	JONES, Alex		Senior Men	1:29:31	08:57.0	235
290	FIRMAN, Marco	Braintree AC	Male V40	1:29:37	08:57.6	293
291	LEWIS, Debbie	Witham Running Club	Female V45	1:29:44	08:58.3	332
292	TAYLOR, Angela		Female V45	1:29:49	08:58.8	454

293 HINCKLEY, Joanne	Halsted Road Runners	Female V35	1:29:52	08:59.1	430
294 THOROGOOD, Keith	Halsted Road Runners	Male V50	1:29:52	08:59.1	261
295 O'BRIEN, Wendy	Dunmow Triathlon Club	Female V35	1:29:59	08:59.8	337
296 CROUCHMAN, Tim		Male V40	1:30:08	09:00.7	149
297 OLIVER, Stephen		Male V40	1:30:23	09:02.2	7
298 ADDINGTON, Neil		Male V40	1:30:33	09:03.2	55
299 MUNSON, Thomas		Senior Men	1:30:47	09:04.6	233
300 BARKER, Craig		Senior Men	1:30:48	09:04.7	232
301 FINN, Elizabeth		Female V35	1:30:52	09:05.1	242
302 SHAW, Robert	Saffron Striders	Male V50	1:30:53	09:05.2	17
303 WODHAMS, Kerstin		Female V35	1:30:56	09:05.5	144
304 PLUMB, Lisa	Saffron Striders	Female V35	1:30:59	09:05.8	394
305 HEWLETT, James	Saffron Striders	Male V60	1:31:29	09:08.8	322
306 WOOD, Leigh	Havering 90 Joggers	Female V45	1:31:37	09:09.6	376
307 GALEA, Odette		Senior Women	1:31:39	09:09.8	271
308 BRYANT, Victoria	Havering 90 Joggers	Senior Women	1:31:43	09:10.2	360
309 VINTON, Paula		Female V35	1:31:46	09:10.5	54
310 BUSSELL, James		Male V40	1:32:11	09:13.0	169
311 VERNON, Oliver	Mr Men Run Team	Senior Men	1:32:16	09:13.5	297
312 PEACOCK, Julie		Female V45	1:32:17	09:13.6	223
313 GREEN, Sandra		Female V45	1:32:18	09:13.7	101
314 LAWSON, Stephen	Havering 90 Joggers	Male V50	1:32:18	09:13.7	69
315 COTTIS, Stephen		Male V40	1:32:22	09:14.1	241
316 CORNELIUS, Neil		Male V40	1:32:30	09:14.9	213
317 LONGHURST, Christopher	Braintree AC	Senior Men	1:32:43	09:16.2	269
318 HAMPSHIRE, Susan	Billericay Striders	Female V55	1:32:52	09:17.1	122
319 NAIRN, Holly	Harlow Running Club	Senior Women	1:32:57	09:17.6	474
320 HESSEY, Ian		Male V50	1:33:11	09:19.0	183
321 KING, Chris		Senior Men	1:33:28	09:20.7	342
322 RAYMAN, Alison	Springfield Striders	Senior Women	1:33:42	09:22.1	212
323 MCDONNELL, Barbara	Havering 90 Joggers	Female V45	1:34:06	09:24.4	482
324 KING, Deborah		Female V45	1:34:29	09:26.7	58
325 JONES, Helen		Female V45	1:34:39	09:27.7	146
326 ADKINS, Robert		Male V40	1:34:51	09:28.9	159
327 SHEEKEY, Stephen	Havering 90 Joggers	Male V50	1:35:18	09:31.6	380
328 FRAMPTON, Collette		Senior Women	1:35:20	09:31.8	229
329 RAYNER, Neal	Grange Farm and Dunmow Runners	Male V40	1:35:44	09:33.9	19
330 BOULTON, Norman	Mount Pleasant Postal	Male V40	1:35:44	09:34.2	313
331 SUNNER, Lisa		Female V35	1:35:47	09:34.5	48
332 GALEA, Julia		Female V55	1:35:51	09:34.9	272
333 NICHOLLS, Julie		Female V45	1:36:00	09:35.8	24
334 BULLEN, Andrew		Senior Men	1:36:00	09:35.8	437
335 GLOVER, Simon	Cambridge and Coleridge	Male V50	1:36:31	09:38.9	78
336 SEXTON-BROWN, Emily		Senior Women	1:36:37	09:39.5	435
337 JOHNSON, Annette	Benfleet Running Club	Female V45	1:36:39	09:39.7	426
338 WHORWOOD, Amanda	Metropolitan Police	Female V35	1:36:50	09:40.8	189
339 BEETE, Andy		Male V40	1:36:52	09:41.0	172
340 NIXON, Emma	Bishop Stortford Running Club	Female V45	1:36:52	09:41.0	302
341 JOLLY, Judith		Female V55	1:37:07	09:42.5	254
342 NORTON, Sarah	Benfleet Running Club	Female V35	1:37:15	09:43.3	208
343 OLIVER, Hayley		Female V35	1:37:23	09:44.1	9
344 HARRIS, Emma		Senior Women	1:37:33	09:45.1	468
345 EDWARDS, Susie		Senior Women	1:37:33	09:45.1	88
346 HOCKLEY, Marie	Bishop Stortford Running Club	Female V45	1:37:42	09:46.0	489
347 COLLINS, Caroline		Female V35	1:38:02	09:48.0	28
348 SMITH, Debbie		Female V45	1:38:04	09:48.2	116
349 GREEN, Carol		Female V45	1:38:12	09:49.0	447
350 GRALEY, Joanne	Benfleet Running Club	Female V45	1:38:17	09:49.5	103
351 RISLEY, Karen	Bishop Stortford Running Club	Female V35	1:38:17	09:49.5	391
352 TAYLOR, Claire	Girls Go Running	Female V35	1:38:25	09:50.3	39
353 NOBLE, Jane	Witham Running Club	Female V45	1:39:06	09:54.4	218
354 ROSE, Carole		Female V35	1:39:07	09:54.5	166
355 LESLEY, David	Eastern Vets AC	Male V60	1:39:13	09:55.1	462
356 SIMPSON, Louise	Southend AC	Senior Women	1:39:13	09:55.1	463
357 BROOKER, David		Male V40	1:39:35	09:57.3	182
358 MCDONNELL, Joe	Havering 90 Joggers	Senior Men	1:39:51	09:58.9	296
359 CROSS, Danielle		Senior Women	1:39:58	09:59.6	131
360 CHAMBERS, Simon	Saffron Striders	Male V40	1:39:58	09:59.6	396
361 REILLY, Kate	Saffron Striders	Senior Women	1:39:59	09:59.7	416
362 POLLINGTON, Joanne	Saffron Striders	Senior Women	1:40:01	09:59.9	417
363 GIRT, Dave		Male V40	1:40:02	10:00.0	268
364 VOSS, John		Male V40	1:40:03	10:00.1	327
365 BAWDEN, Julia		Female V45	1:40:24	10:02.2	65
366 MANNING, Kerry	Witham Running Club	Female V45	1:40:49	10:04.7	201
367 FELIX, Natalie	Iford AC	Senior Women	1:41:25	10:08.3	442

368	HOLMES, Suzanne		Senior Women	1:41:32	10:09.0	57
369	RUMSBY, Penny	Hadvering 90 Joggers	Female V35	1:41:32	10:09.0	372
370	ADKINS, Charlotte		Female V35	1:41:42	10:10.0	158
371	AMOS, Mary	Bishop Stortford Running Club	Female V55	1:41:55	10:11.3	392
372	ROBINSON, Christine	Bishop Stortford Running Club	Female V55	1:41:55	10:11.3	381
373	KELEKUN, Christina	Hadvering 90 Joggers	Female V45	1:41:56	10:11.4	371
374	BRASSINGTON, John	Highgate Harriers	Male V60	1:42:12	10:13.0	339
375	GILLINGHAM, Ayten	Mid Essex Casuals	Female V35	1:42:37	10:15.5	47
376	DAVIS, Rachael		Female V45	1:42:37	10:15.5	300
377	MORRIS, Peter		Male V50	1:43:06	10:18.4	34
378	CRATHERN, Phil	Witham Running Club	Senior Men	1:43:28	10:20.6	89
379	SUTHERLAND, Christine	Hadvering 90 Joggers	Female V55	1:43:50	10:22.8	366
380	SLACK, Kerry		Senior Women	1:44:06	10:24.4	228
381	GIBSON, Lorri	Benfleet Running Club	Female V35	1:44:14	10:25.2	75
382	BARRON, Steven		Senior Men	1:45:12	10:31.0	134
383	RABI-LALEH, Soraya		Senior Women	1:45:12	10:31.0	141
384	FORD, John	Hadvering 90 Joggers	Male V50	1:45:14	10:31.2	373
385	CHAPMAN, Bob	Benfleet Running Club	Male V50	1:45:15	10:31.3	61
386	KEARNEY, Clare		Female V35	1:45:22	10:32.0	197
387	O'DONOGHUE, Rebecca		Female V35	1:45:22	10:32.0	114
388	WILKINSON, Dawn	Benfleet Running Club	Female V45	1:45:41	10:33.9	137
389	MUIR, Carol	Iford AC	Female V35	1:45:51	10:34.9	404
390	CHOWDHURY, Vennisa		Female V35	1:45:53	10:35.1	285
391	NEWTON, Sarah	Springfield Striders	Senior Women	1:48:10	10:48.8	71
392	CLARK, Teresa		Female V45	1:48:42	10:52.0	390
393	GORDON, Gina	East Essex Tri Club	Female V35	1:49:52	10:59.0	41
394	PADMORE, Marcia		Female V35	1:50:58	11:05.6	278
395	DOBSON, Karen		Female V35	1:50:58	11:05.6	408
396	JOHNSON, Ann	Witham Running Club	Female V45	1:51:08	11:06.6	309
397	O'CONNOR, Koren	Hadvering 90 Joggers	Female V45	1:51:28	11:08.6	370
398	EDWARDS, Paula	Witham Running Club	Female V45	1:52:09	11:12.7	341
399	JAIN, Shaifali		Female V35	1:53:09	11:18.7	164
400	RAWLINGS, Peter		Male V60	1:53:11	11:18.9	1
401	MARSHAM, Linda	Hadvering 90 Joggers	Female V45	1:57:28	11:44.6	375
402	HAGAN, Yvonne	Hadvering 90 Joggers	Female V45	1:57:37	11:45.5	361
403	SEDLER, Ann		Female V45	1:58:16	11:49.4	350
404	FRANKLIN, Gordon		Male V60	1:58:19	11:49.7	385
405	SIPOS, Lauren		Senior Women	2:01:45	12:10.3	428
406	FARBACE, Ali		Senior Women	2:03:10	12:18.8	418
407	EGBE, Rosemary	Collingwood	Female V45	2:14:25	13:26.3	429