

Place	Name	Bib No	Team	Gender	Age Group	Place	Chip Time	Gun Time
1	Mark Newton	4	Springfield Striders RC	M	1 Top Fin		33:16	33:16
2	Darren Southcott	230	Woodford Green AC with Essex Ladies	M	2 Top Fin		34:37	34:38
3	Tom Offord	273		M	3 Top Fin		35:41	35:41
4	Ian Clark	274	Orion Harriers	M	1 M 1-39		35:56	35:57
5	Tim Woulfe	256	Braintree & District AC	M	2 M 1-39		36:38	36:39
6	Giles Hopkinson	123	Orion Harriers	M	1 M 40-49		36:41	36:42
7	Adam Dowman	63	Thurrock Harriers	M	3 M 1-39		36:47	36:48
8	Tyrone Farrer	71	Southend On Sea AC	M	2 M 40-49		36:46	36:48
9	Anthony Came	299		M	4 M 1-39		36:49	36:49
10	Trevor Bunch	27	Haverhill Running Club	M	3 M 40-49		37:09	37:09
11	Paul Anderson	5	Springfield Striders RC	M	5 M 1-39		37:51	37:53
12	Megan Evans	298	Chelmsford AC	F	1 Top Fin		38:31	38:33
13	Keith Wilett	250	Thurrock Harriers	M	4 M 40-49		38:39	38:41
14	Samantha Bilbie	278	Springfield Striders RC	F	2 Top Fin		38:50	38:51
15	Alan Clark	40	Benfleet RC	M	5 M 40-49		38:51	38:52
16	Toby Draper	65	Thurrock Harriers	M	6 M 40-49		39:00	39:03
17	Low Andrew	290	Benfleet RC	M	7 M 40-49		39:03	39:05
18	Jason Syrett	238	Thurrock Harriers	M	8 M 40-49		39:10	39:13
19	Juan De Gea	58	Halstead RRC	M	6 M 1-39		39:19	39:23
20	Nick Trencher	242	Thurrock Harriers	M	9 M 40-49		39:25	39:28
21	Andrew Lovelock	282	Springfield Striders RC	M	1 M 0- 0		39:42	39:43
22	Paul Ruffy	214	Benfleet RC	M	7 M 1-39		39:39	39:46
23	Steven Read	199	Grange Farm & Dunmow Runners	M	10 M 40-49		39:55	39:57
24	Michael Woodruff	255	Bishops Stortford RC	M	1 M 50-59		39:57	40:00
25	Jack Morris	171	Pitsea RC	M	8 M 1-39		40:00	40:02
26	Tom Pike	188		M	9 M 1-39		40:06	40:11
27	Chris Atkinson	121		M	10 M 1-39		40:11	40:13
28	Peter Downing	64		M	1 M 60-99		40:19	40:19
29	Dan Summers	236	Springfield Striders RC	M	11 M 1-39		40:19	40:21
30	David Hook	122	City Of Norwich AC	M	12 M 1-39		40:20	40:23
31	Tim McMahon	163	Saffron Striders RC	M	11 M 40-49		40:21	40:25
32	Wendy King	293	Chelmsford AC	F	3 Top Fin		40:24	40:26
33	Simon Treliving	241		M	13 M 1-39		40:28	40:32
34	Terry Haywood	106		M	2 M 50-59		40:30	40:32
35	Adam Chapman	39	Benfleet RC	M	14 M 1-39		40:32	40:34

36	Tim Tomlins	240	Benfleet RC	M	12 M 40-49	40:39	40:41
37	Paul Waller	266		M	13 M 40-49	40:41	40:46
38	Mark Porter	191		M	14 M 40-49	40:48	40:51
39	James Creed	54	East London Runners	M	15 M 1-39	40:46	40:53
40	Jason Beeton	16	Newmarket Joggers	M	16 M 1-39	40:50	40:56
41	Nigel Coates	42	Saffron Striders RC	M	3 M 50-59	41:05	41:07
42	Neil Wray	258		M	15 M 40-49	41:07	41:10
43	Connor Mennell	164	Braintree & District AC	M	17 M 1-39	41:03	41:12
44	Fiona Halls	98	Saffron Striders RC	F	1 F 35-44	41:12	41:14
45	Wayne Cook	46	Braintree & District AC	M	16 M 40-49	41:36	41:41
46	Paul Knight	138	Bishops Stortford RC	M	17 M 40-49	42:13	42:14
47	Anne Jenkinson	132	Southend On Sea AC	F	2 F 35-44	42:36	42:37
48	Chris Hargraves	101	Little Baddow Ridge Runners	M	18 M 40-49	42:37	42:38
49	Gary Cahill	29	Thurrock Harriers	M	19 M 40-49	42:34	42:39
50	Gary Rayner	267	Springfield Striders RC	M	2 M 60-99	42:37	42:40
51	Emmet Fitzgibbon	75	East London Runners	M	18 M 1-39	42:37	42:45
52	Toby Allanson	3	Bishops Stortford RC	M	19 M 1-39	42:43	42:47
53	Ian Hunt	128		M	4 M 50-59	42:45	42:48
54	Ashley Spivack	232		M	20 M 40-49	42:45	42:48
55	Matthew Rivers	205	Leigh on Sea Striders	M	20 M 1-39	42:50	42:52
56	Graham Moore	265		M	5 M 50-59	42:52	42:56
57	Giles Sowerby	231		M	21 M 1-39	42:55	42:59
58	Steve Bugden	25	Springfield Striders RC	M	6 M 50-59	43:01	43:04
59	Barry Plowman	190	Braintree & District AC	M	21 M 40-49	43:03	43:13
60	James Felstead	72	London Heathside Runners AC	M	22 M 40-49	43:19	43:23
61	Ross Boyer	19	Braintree & District AC	M	7 M 50-59	43:22	43:24
62	Andrew Doig	62	East Essex Triathlon Club	M	23 M 40-49	43:33	43:34
63	Paul Chadwick	268	Braintree & District AC	M	22 M 1-39	43:38	43:45
64	Ian Chandler	37	Halstead RRC	M	24 M 40-49	43:47	43:52
65	Cliff King	135	Castle Point Joggers	M	25 M 40-49	43:47	43:55
66	Paul Hinsley	119	Halstead RRC	M	8 M 50-59	43:54	43:58
67	Steve Cantle	280		M	26 M 40-49	43:52	43:59
68	Simon Morgan	169	Tiptree Road Runners	M	27 M 40-49	43:59	44:00
69	Ian Brazier	21	Springfield Striders RC	M	28 M 40-49	43:59	44:02
70	Malcom Savage	283	Springfield Striders RC	M	2 M 0- 0	43:58	44:08
71	Simon Miller	166	Springfield Striders RC	M	29 M 40-49	44:07	44:10

72	Paul Ellis	67	Springfield Striders RC	M	30 M 40-49	44:09	44:13
73	Richard Candler	30		M	31 M 40-49	44:28	44:35
74	Rob Cook	47		M	32 M 40-49	44:37	44:46
75	Gary Bartlett	13	Orion Harriers	M	9 M 50-59	44:41	44:47
76	Thomas Newman	176	Springfield Striders RC	M	23 M 1-39	44:44	44:48
77	Michelle Caulfield	34	Braintree & District AC	F	1 F 45-54	44:49	44:52
78	Anthony Kilbey	134		M	33 M 40-49	44:53	45:02
79	Rachael Roughan	277		F	1 F 1-34	45:00	45:08
80	William Tuson	243	Bishops Stortford RC	M	34 M 40-49	45:04	45:10
81	Grant Conway	291	East London Runners	M	35 M 40-49	45:05	45:13
82	Michael Fance	70		M	36 M 40-49	45:18	45:31
83	Roy Steven	234	Harlow RC	M	3 M 60-99	45:28	45:33
84	Daniel Roughan	276		M	24 M 1-39	45:31	45:38
85	Stephen Burton Burton	28	Benfleet RC	M	10 M 50-59	45:37	45:44
86	Alan Fullerton	84		M	11 M 50-59	45:40	45:48
87	Mark Taylor	257		M	37 M 40-49	45:37	45:50
88	Glen Taylor	239	Southend On Sea AC	M	12 M 50-59	46:07	46:15
89	Dionne Jones	133	Harlow RC	F	2 F 45-54	46:14	46:21
90	Kerry Harrington	102		F	3 F 35-44	46:43	46:48
91	Ollie Caulfield	36		M	13 M 50-59	46:50	46:55
92	Neil Halls	99	Saffron Striders RC	M	38 M 40-49	46:48	46:57
93	Mark Grenville	301		M	14 M 50-59	46:52	46:58
94	Catherine Hull	125	Springfield Striders RC	F	4 F 35-44	47:05	47:14
95	Gary Paul	180		M	39 M 40-49	47:13	47:25
96	Sarah Hammond	100	Springfield Striders RC	F	5 F 35-44	47:23	47:28
97	Hazel Buist	26	Halstead RRC	F	2 F 1-34	47:25	47:31
98	Chris Sullivan	235		M	40 M 40-49	47:24	47:31
99	Kevin Kirby	137	Chelmsford AC	M	15 M 50-59	47:26	47:31
100	Arthur Oliva	178	Saffron Striders RC	M	16 M 50-59	47:27	47:34
101	George Thomas	275	Bishops Stortford RC	M	4 M 60-99	47:28	47:35
102	Daniel Lyons	151	Benfleet RC	M	25 M 1-39	47:32	47:38
103	David Enders	69	Witham RC	M	17 M 50-59	47:32	47:45
104	Robert Sirett	225	Springfield Striders RC	M	41 M 40-49	47:33	47:47
105	Graham Dixon	61	Haverhill Running Club	M	26 M 1-39	47:50	47:50
106	Sue Flewitt	76		F	6 F 35-44	47:50	47:57
107	Mark Lawrence	142	Bishops Stortford RC	M	27 M 1-39	47:56	48:00

108	Mark Moughton	175	Springfield Striders RC	M	18 M 50-59	48:07	48:11
109	James Hunton	281	Chelmsford AC	M	3 M 0- 0	48:09	48:13
110	David Turk	124	Springfield Striders RC	M	19 M 50-59	48:08	48:15
111	Christopher Connell	44		M	5 M 60-99	48:10	48:21
112	John Mills	167	Springfield Striders RC	M	42 M 40-49	48:16	48:22
113	Kerry Marsh	155	Springfield Striders RC	F	7 F 35-44	48:25	48:30
114	Chris Axford	7		M	20 M 50-59	48:24	48:31
115	Louise Birke	17	Little Baddow Ridge Runners	F	3 F 1-34	48:32	48:38
116	Darren Pottinger	193		M	43 M 40-49	48:28	48:39
117	Christopher Lambert	140		M	21 M 50-59	48:38	48:44
118	David Littleson	147	Springfield Striders RC	M	44 M 40-49	48:39	48:44
119	Bernard Bazley	14		M	22 M 50-59	48:32	48:47
120	Gerry McGovern	297		M	23 M 50-59	48:51	49:06
121	Nick Looby	263	Springfield Striders RC	M	45 M 40-49	49:01	49:09
122	Wayne Hazell	107	Witham RC	M	24 M 50-59	48:55	49:09
123	Ian Breed	22		M	46 M 40-49	49:05	49:17
124	Colm Scolard	218	Braintree & District AC	M	25 M 50-59	49:10	49:19
125	Catherine Ridge	203	Harlow RC	F	4 F 1-34	49:14	49:19
126	Declan Evans	270		M	28 M 1-39	49:11	49:20
127	Brian Collin	269		M	26 M 50-59	49:03	49:20
128	Mark Pottinger	194		M	47 M 40-49	49:18	49:28
129	Raoul Grantham	94	Braintree & District AC	M	48 M 40-49	49:25	49:32
130	Anthony Smith	227	Witham RC	M	27 M 50-59	49:32	49:47
131	Paula Purtell	196		F	3 F 45-54	49:52	50:01
132	Brian Butcher	303	Mid Essex Casuals	M	6 M 60-99	49:47	50:02
133	Marc Went	249		M	49 M 40-49	49:50	50:08
134	Stuart Phillips	186	Braintree & District AC	M	50 M 40-49	50:01	50:10
135	John Heaney	108		M	51 M 40-49	49:54	50:11
136	Vicky Hunt	126		F	8 F 35-44	50:00	50:19
137	Claire Gordon	93	Braintree & District AC	F	9 F 35-44	50:12	50:20
138	Joe Solis	261		M	28 M 50-59	50:18	50:21
139	Gary Sibley	224	Braintree & District AC	M	29 M 1-39	50:20	50:29
140	Glenn Fruish	82		M	29 M 50-59	50:34	50:37
141	Dermot Connell	45		M	7 M 60-99	50:38	50:46
142	Philip Ellis	66		M	30 M 50-59	50:53	50:55
143	Kevin Kipp	136	Bishops Stortford RC	M	8 M 60-99	50:47	51:00

144	Ray McGroarty	159	Reading Roadrunners	M	31 M 50-59	50:53	51:02
145	Steven Rolfe	210	Braintree & District AC	M	30 M 1-39	50:58	51:08
146	Marco Firman	74	Braintree & District AC	M	32 M 50-59	51:17	51:27
147	Christopher Longhurst	149		M	31 M 1-39	51:17	51:27
148	Robert Phillips	272		M	32 M 1-39	51:20	51:28
149	Lindsay Hellier	112		F	10 F 35-44	51:35	51:45
150	Mike Rivers	206		M	33 M 1-39	51:45	51:48
151	Helen Lambert	141	Braintree & District AC	F	4 F 45-54	51:50	51:56
152	Caroline Adlem	2	Springfield Striders RC	F	11 F 35-44	51:48	51:56
153	Alec Lodge	148		M	34 M 1-39	52:01	52:07
154	Steve Casey	32		M	52 M 40-49	52:03	52:10
155	Matthew Hodge	120		M	33 M 50-59	52:06	52:22
156	Richard Moss	174		M	34 M 50-59	52:13	52:25
157	Gary Hill	117	Great Bentley Running Club	M	53 M 40-49	52:21	52:33
158	Claire Groves	97	Great Bentley Running Club	F	5 F 1-34	52:40	52:47
159	Jason Goodman	92		M	35 M 1-39	52:40	52:55
160	Michelle Phillips	187		F	12 F 35-44	52:47	52:58
161	Malcolm MacLeod	152		M	9 M 60-99	53:03	53:15
162	Sam Wilson	252	Halstead RRC	M	36 M 1-39	53:14	53:20
163	Joanna Arscott	6	Bishops Stortford RC	F	13 F 35-44	53:19	53:25
164	Vickie Sweeney	237	Springfield Striders RC	F	6 F 1-34	53:18	53:26
165	Roger Garrett	86		M	54 M 40-49	53:20	53:32
166	Matthew Leighton	145		M	55 M 40-49	53:36	53:46
167	Brian Catt	33		M	10 M 60-99	53:33	53:48
168	Teresa Franklin	296	Haverhill Running Club	F	5 F 45-54	53:37	53:48
169	David Hunt	127		M	37 M 1-39	53:47	54:06
170	Andrew Adeane	1		M	56 M 40-49	54:00	54:09
171	Matthew Parker	179	Braintree & District AC	M	57 M 40-49	54:11	54:20
172	Vince Hayward	105	Harlow RC	M	35 M 50-59	54:24	54:43
173	Glenn Hildyard	116		M	58 M 40-49	54:39	54:50
174	Lucy Beaufrere	15		F	6 F 45-54	54:33	54:50
175	Stephen Brame	20	Springfield Striders RC	M	59 M 40-49	54:45	54:53
176	Paula McKelly	161		F	7 F 1-34	54:43	54:55
177	Jo Adams	292		F	8 F 1-34	54:45	54:57
178	Trish Jarvis	129		F	7 F 45-54	54:46	54:58
179	Deb Harrison	103	Braintree & District AC	F	14 F 35-44	54:58	55:08

180	Robert Caulfield	35	Braintree & District AC	M	36 M 50-59	55:03	55:15
181	Sharon Ruffy	213	Benfleet RC	F	15 F 35-44	55:14	55:21
182	Eddie Clampin	260		M	38 M 1-39	55:41	55:41
183	Chris Ellison	68		M	60 M 40-49	55:29	55:44
184	Angela Roberts	208		F	16 F 35-44	55:54	56:12
185	Rob Addison	262	Springfield Striders RC	M	61 M 40-49	56:04	56:14
186	Neil Cornelius	51		M	62 M 40-49	56:03	56:18
187	Sheila Macaulay	284	Springfield Striders RC	F	1 F 0- 0	56:15	56:31
188	Abigail Morgan	170	Tiptree Road Runners	F	8 F 45-54	56:19	56:32
189	Julie Peacock	183		F	1 F 55-99	56:26	56:35
190	Kelly Turk	56	Springfield Striders RC	F	9 F 1-34	56:39	56:52
191	Luca Predebon	288		M	39 M 1-39	56:39	56:58
192	John Garrett	300		M	4 M 0- 0	57:03	57:03
193	Kimberley Riegman	204	Springfield Striders RC	F	10 F 1-34	56:51	57:04
194	Darren Cole	43		M	40 M 1-39	56:55	57:08
195	Brigitte Heard	110	Haverhill Running Club	F	9 F 45-54	57:03	57:15
196	Nicky Solis	228		F	10 F 45-54	57:13	57:22
197	Jenny Read	200		F	11 F 45-54	57:12	57:25
198	Bob Chapman	38	Benfleet RC	M	37 M 50-59	57:23	57:30
199	Marcus Cornell	286		M	41 M 1-39	57:28	57:44
200	Dawn Dixon	60	Haverhill Running Club	F	17 F 35-44	57:33	57:45
201	Tom Cornell	287		M	42 M 1-39	57:34	57:49
202	Naomi Staines	233		F	11 F 1-34	58:03	58:09
203	Jennifer Lovelock	285		F	12 F 1-34	57:57	58:12
204	Ian Hessey	114		M	38 M 50-59	58:01	58:17
205	Caroline Claisse	302		F	12 F 45-54	58:06	58:22
206	Sean Cox	53		M	63 M 40-49	58:14	58:28
207	Sandra Pavitt	181		F	18 F 35-44	58:29	58:44
208	Sara Hill	279		F	19 F 35-44	58:27	58:44
209	Robert Davies	57		M	39 M 50-59	58:26	58:45
210	Luke Groves	96	Great Bentley Running Club	M	43 M 1-39	58:31	58:46
211	Keith Rojas	209		M	40 M 50-59	59:13	59:17
212	John Broad	23		M	41 M 50-59	59:20	59:34
213	Rosalind McKenna	162	Grange Farm & Dunmow Runners	F	13 F 1-34	59:37	59:51
214	Peter Rawlings	197		M	11 M 60-99	59:43	1:00:01
215	Sam Platt	189		M	44 M 1-39	1:00:31	1:00:36

216	Michelle Reeves	201	Grange Farm & Dunmow Runners	F	20 F 35-44	1:00:36	1:00:53
217	Tamsin Hersey Clarke	113		F	21 F 35-44	1:00:39	1:00:53
218	Jenni Blake	18		F	22 F 35-44	1:01:04	1:01:23
219	Niamh McGroarty	160		F	14 F 1-34	1:01:15	1:01:24
220	Phil Jarvis	130	Haverhill Running Club	M	12 M 60-99	1:01:17	1:01:28
221	Kevin Tyler	244		M	42 M 50-59	1:01:10	1:01:30
222	Jane Wadley	245		F	13 F 45-54	1:01:22	1:01:38
223	Charlotte Potter	192	Witham RC	F	15 F 1-34	1:01:39	1:01:49
224	Stephen Lawson	143	Havering '90 Joggers	M	43 M 50-59	1:01:41	1:01:58
225	Ann Gilmore	88		F	14 F 45-54	1:01:57	1:02:17
226	Robert Selvage	220		M	45 M 1-39	1:02:02	1:02:20
227	Susan Selvage	219		F	16 F 1-34	1:02:16	1:02:33
228	Carol Hickey	115		F	15 F 45-54	1:02:38	1:02:45
229	Michael Casey	31		M	44 M 50-59	1:02:57	1:03:14
230	Emily Predebon	289		F	17 F 1-34	1:03:01	1:03:20
231	Angelene Purdie	195		F	23 F 35-44	1:05:07	1:05:14
232	Agnes Watson	248		F	16 F 45-54	1:05:41	1:05:52
233	Natalie Southcott	229		F	18 F 1-34	1:05:45	1:05:57
234	Stephen Francis	81		M	64 M 40-49	1:06:11	1:06:25
235	Jane Smith	294		F	17 F 45-54	1:07:37	1:07:51
236	Denise Lefley	144		F	18 F 45-54	1:07:49	1:07:54
237	Debra Garside	295		F	19 F 45-54	1:07:46	1:08:00
238	Michelle Gardner	85	Haverhill Running Club	F	20 F 45-54	1:08:22	1:08:34
239	Claire Wallace	247		F	24 F 35-44	1:10:33	1:10:49
240	Julie Wing	254	Reading Roadrunners	F	2 F 55-99	1:10:43	1:10:59
241	Mark Collins	271		M	65 M 40-49	1:13:38	1:13:55
242	Sarah McCarthy	157		F	19 F 1-34	1:14:43	1:14:55
243	Gwendolyn Morris	172		F	21 F 45-54	1:15:39	1:15:52
244	Barry Gilheany	87		M	45 M 50-59	1:16:17	1:16:31
245	Shirley Fowler	79	Haverhill Running Club	F	22 F 45-54	1:17:00	1:17:13
246	Sarah Jarvis	131	Haverhill Running Club	F	23 F 45-54	1:17:00	1:17:13
247	William Metcalfe	165	Dagenham 88 Runners	M	13 M 60-99	1:19:14	1:19:25
248	Stephen Wing	253	Reading Roadrunners	M	14 M 60-99	1:20:58	1:21:14