

Colchester 10k

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
1	185	James Connor	MO	0:32:12.43	0:32:12.43	Kent AC
2	636	Ramadan Osman	MO	0:33:16.28	0:33:16.28	Colchester Harriers AC
3	719	Colin Ridley	M55	0:35:06.66	0:35:06.66	Colchester Harriers AC
4	671	Neil Pollard	MO	0:35:35.39	0:35:30.84	newmarket joggers
5	584	Paul Mingay	M60	0:35:55.77	0:35:51.3	Tiptree Road Runners
6	394	Mark Harrod	M40	0:35:57.14	0:35:57.14	Colchester Harriers AC
7	583	Danny Millward	U18M	0:36:16.08	0:36:12.11	Colchester Harriers AC
8	404	Mark Hayward	MO	0:36:19.14	0:36:14.59	Newmarket Joggers
9	288	Nate Filer	MO	0:36:26.32	0:36:23.24	
10	727	Paul Rodgers	M40	0:36:47.92	0:36:47.92	Colchester Harriers AC
11	477	Andrew Jobling	MO	0:36:55.26	0:36:55.26	Colchester Harriers AC
12	141	Max Caulfield	U18M	0:37:09.97	0:37:09.97	Colchester Harriers AC
13	551	Keith Marley	M45	0:37:33.81	0:37:28.55	Colchester Harriers AC
14	705	Andrew Raynor	M50	0:37:35.15	0:37:30.44	Colchester Harriers AC
15	401	Ian Haw	MO	0:37:36.76	0:37:31.77	Colchester Harriers AC
16	795	Mark Smith	MO	0:37:57.42	0:37:57.42	
17	541	Wayne Lyle	M45	0:38:01.96	0:37:58.44	Bournemouth AC
18	923	Dan Widdowson	MO	0:38:11.23	0:38:04.07	
19	568	Douglas McGillivray	M40	0:38:11.75	0:38:02.37	
20	204	Mark Crittenden	M45	0:38:12.81	0:38:07.5	Great Bentley Running Club
21	364	Jason Gunn	MO	0:38:17.69	0:38:13.1	
22	832	Sarah Stradling	F40	0:38:26.07	0:38:26.07	Colchester Harriers AC
23	439	David Hook	MO	0:38:34.12	0:38:28.24	City of Norwich AC
24	350	Matty Green	MO	0:38:37.07	0:38:33.51	
25	186	Andrew Conway	M45	0:38:52.04	0:38:47.21	Tiptree Road Runners
26	129	Dave Campbell	M40	0:39:12.12	0:39:08.1	Witham RC
27	657	Aaron Peck	MO	0:39:23.06	0:39:19.78	
28	86	Richard Boden	M50	0:39:24.16	0:39:19.16	Colchester Harriers AC
29	774	Laura Shewbridge	FO	0:39:30.55	0:39:27.02	Colchester Harriers AC
30	25	Pablo Aranda	MO	0:39:33.96	0:39:27.88	
31	231	Paul Davison	M40	0:39:40.07	0:39:34.04	Great Bentley Running Club
32	215	Fergus Crouch	U18M	0:39:43.93	0:39:39.42	Colchester Harriers AC
33	487	Christopher Jones	MO	0:39:50.32	0:39:44.18	
34	681	Paul Preston	M45	0:39:50.87	0:39:46.38	Colchester Harriers AC
35	298	Richard Flutter	M45	0:39:59.2	0:39:59.2	Colchester Harriers AC
36	837	James Taverner	MO	0:40:00.87	0:39:51.16	
37	862	Michael Undrill	M45	0:40:00.95	0:39:56.19	
38	356	Ciaran Griffin	M50	0:40:01.42	0:39:54.17	
39	13	Sean Allston	MO	0:40:04.67	0:39:58.84	
40	813	Joshua Sowman	U18M	0:40:08.52	0:40:03.39	
41	488	Matthew Julier	MO	0:40:09.26	0:40:04.72	
42	949	Dave Wright	M55	0:40:12.78	0:40:08.18	Colchester Harriers AC
43	209	Rob Cronshaw	MO	0:40:15.61	0:40:10.67	
44	150	Graeme Chatten	MO	0:40:18.23	0:40:11.84	
45	548	Lucy Mapp	FO	0:40:29.78	0:40:25.04	Colchester Harriers AC
46	959	David Elden	M40	0:40:30.56	0:40:25.36	
47	748	Kieron Savage	M40	0:40:33.9	0:40:28.83	Sudbury Joggers
48	300	James Foot	MO	0:40:40.83	0:40:35.82	
49	228	Jake Darkins	MO	0:40:43.88	0:40:37.22	
50	582	Richard Millward	M45	0:40:51.69	0:40:45.44	Colchester Harriers AC
51	109	Stuart Buchan	MO	0:40:59.37	0:40:54.36	
52	414	Kevin Higgins	M45	0:41:09.97	0:41:03.36	Colchester Harriers AC
53	157	Mark Chippendale	M45	0:41:11.98	0:41:04.47	
54	741	Damien Saiz	MO	0:41:15.42	0:41:05.41	
55	550	Daniel Mark	MO	0:41:15.97	0:41:10.03	Colchester Harriers AC
56	547	Jonathan Mann	MO	0:41:25.41	0:41:20.29	
57	114	Michael Burrows	MO	0:41:25.98	0:41:20.19	Colchester Harriers AC
58	870	Jay Waite	M45	0:41:30.31	0:41:23.91	
59	706	Matthew Read	MO	0:41:32.67	0:41:26.27	

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60	253	Tristan Edwards	MO	0:41:33.81	0:41:27.41	
61	566	Phil Mcculloch	M45	0:41:38.52	0:41:32.18	
62	346	Robert Grainger	MO	0:41:40.98	0:41:34.38	Stowmarket Striders RC
63	736	Aaron Rudkin	MO	0:41:46.27	0:41:38.51	Harwich Runners
64	597	Simon Morgan	M45	0:41:49.31	0:41:44.1	Colchester Harriers AC
65	824	Malcolm Statham	M45	0:41:56.12	0:41:48.57	Colchester Harriers AC
66	374	Benjamin Halls	U18M	0:42:02.74	0:41:46.16	Colchester Harriers AC
67	152	Anthony Chatters	MO	0:42:14.59	0:42:09.04	
68	421	Matthew Hills	MO	0:42:20.19	0:42:13.67	
69	279	Rob Ferguson	MO	0:42:21.21	0:42:14.11	Colchester Harriers AC
70	512	Graham Langford	M45	0:42:21.34	0:42:14.77	Colchester Harriers AC
71	432	Tim Holden	MO	0:42:28.81	0:42:23.73	
72	121	Ryan Byrne	MO	0:42:29.61	0:42:21.22	
73	592	Richard Moor	M50	0:42:30.15	0:42:22.78	Great Bentley Running Club
74	362	David Guest	M40	0:42:32.6	0:42:26.92	
75	181	Luke Comer	MO	0:42:33.36	0:42:24.64	
76	399	Christopher Hastings	MO	0:42:33.65	0:42:25.08	
77	571	Eoin Mcnamee	MO	0:42:33.8	0:42:26.3	
78	125	James Calnan	MO	0:42:35.57	0:42:27.49	
79	183	Paul Connell	M45	0:42:36.81	0:42:28.9	Great Bentley Running Club
80	377	William Hamilton	MO	0:42:38.92	0:42:31.01	
81	892	Tommy Waterson	M40	0:42:42.6	0:42:35.3	
82	642	Chris Panton	M40	0:42:44.16	0:42:37.47	Colchester Harriers AC
83	879	Lewis Walne	MO	0:42:48.09	0:42:28.5	
84	389	Ffion Harris	FO	0:42:51.54	0:42:44.28	Colchester Harriers AC
85	693	Mark Prince	MO	0:42:52.01	0:42:46.53	
86	928	Daniel Wilkinson	M40	0:42:56.28	0:42:49.55	Colchester Harriers AC
87	847	Clive Thomas	M55	0:42:56.34	0:42:50.39	Colchester Harriers AC
88	258	David Ellerington	MO	0:43:00.97	0:42:52.37	
89	540	Chris Lund	M50	0:43:09.29	0:43:01.01	
90	734	James Royce	M40	0:43:18.9	0:43:10.91	
91	954	Lee Yates	MO	0:43:21.64	0:43:15.62	
92	452	Josh Hull	MO	0:43:22.76	0:43:13.43	LWFitness4All
93	124	Mitchell Callan	MO	0:43:23.49	0:43:17.6	
94	685	Simon Priest	M40	0:43:32.05	0:43:25.08	
95	28	Joanna Arscott	FO	0:43:32.84	0:43:25.22	Bishops Stortford RC
96	290	Jason Finch	M45	0:43:34.31	0:43:26.52	
97	758	Eric Searle	M55	0:43:38.3	0:43:29.06	Ipswich Jaffa RC
98	57	Ian Beard	M50	0:43:39.83	0:43:31.84	
99	244	Sean Duffett	M45	0:43:47.32	0:43:38.85	
100	842	Chris Taylor	M40	0:43:53.74	0:43:44.41	
101	15	Stephen Ames	M40	0:43:54.14	0:43:43.28	
102	865	Marcel Van Mierlo	M40	0:43:58.08	0:43:50.33	
103	821	Cameron Stables	MO	0:43:59.21	0:43:52.82	
104	720	Katherine Rigby	FO	0:44:02.16	0:43:54.81	
105	65	Claudine Benstead	F55	0:44:02.52	0:43:53.71	Harwich Runners
106	419	Chris Hilling	M40	0:44:04.24	0:43:55.34	
107	766	Lewis Shaw	MO	0:44:07.86	0:44:00.74	
108	581	Michael Mills	M45	0:44:09.76	0:44:03.56	
109	912	Alistair Wheatley	MO	0:44:12.53	0:44:03.45	
110	747	Robert Saunders	MO	0:44:12.79	0:43:57.79	
111	679	Warren Prentice	M45	0:44:21.46	0:44:10.74	
112	142	Lee Caulfield	M45	0:44:24.46	0:44:15.87	
113	655	Roger Payot	MO	0:44:27.2	0:44:16.07	
114	913	Arthur Whiston	M65	0:44:31.1	0:44:25.31	Colchester Harriers AC
115	906	Neil Weston-stokes	MO	0:44:33.95	0:44:25.38	
116	140	Debbie Cattermole	F50	0:44:34.38	0:44:23.75	Colchester Harriers AC
117	492	Charles Keitch	MO	0:44:34.91	0:44:27.48	Great Bentley Running Club
118	334	Maciej Golis	MO	0:44:35.25	0:44:25.92	
119	7	Andrew Alcock	M50	0:44:35.95	0:44:23.55	West End Runners
120	609	Nick Mussett	MO	0:44:40.81	0:44:30.86	
121	585	Andy Mitchell	M40	0:44:43.6	0:44:35.93	
122	867	Nuno Vidal	MO	0:44:44.74	0:44:31.03	
123	450	Keith Hughes	M50	0:44:47.03	0:44:42.13	

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124	593	Sadie Moore	FO	0:44:48.42	0:44:39.07	
125	133	Ashley Carden	M40	0:45:00.75	0:44:51.75	
126	703	Michael Rauch	M50	0:45:21.52	0:45:11.1	
127	524	Mark Leeks	MO	0:45:27.37	0:45:21.44	Ipswich Jaffa RC
128	843	Rachel Taylor	F40	0:45:40.7	0:45:30.63	Colchester Harriers AC
129	817	Tom Spence	MO	0:45:46.31	0:45:35.22	
130	169	Phil Cliff	MO	0:45:48.33	0:45:37.61	
131	765	Brian Sharman	MO	0:45:49.88	0:45:39	
132	197	Steve Covey	M45	0:45:54.35	0:45:39.99	
133	273	Fabio Favot	M45	0:45:57.47	0:45:45.81	
134	352	James Greene	MO	0:45:59.38	0:45:51.01	
135	402	Szidonia Hayes	FO	0:46:00.87	0:45:51.79	
136	542	Steven Lynn	M40	0:46:03.27	0:45:50.67	
137	437	Lee Holohan	M40	0:46:06.31	0:45:46.87	
138	523	Chris Lee	M60	0:46:08.69	0:45:55.35	
139	825	Richard Stebbing	MO	0:46:11.36	0:46:01.37	
140	239	Lee Doe	M40	0:46:14.93	0:45:56.8	
141	531	Fraser Lewis	M40	0:46:15.68	0:46:05.7	
142	202	Ryan Crane	MO	0:46:19.76	0:46:07.45	
143	341	Peter Gostling	M50	0:46:22.29	0:46:11.83	
144	87	Tommy Bond	MO	0:46:25.15	0:46:16.56	
145	434	Errol Holloway	MO	0:46:26.4	0:46:09.31	
146	322	Ian Gardner	MO	0:46:27.08	0:46:17.47	
147	621	Andy Notley	MO	0:46:29.67	0:46:20.99	Witham RC
148	569	Jamie McGurk	MO	0:46:33.53	0:46:26.78	
149	611	Paul Neville	M40	0:46:34.88	0:46:24.38	
150	844	Luke Terry	MO	0:46:37.07	0:46:26.95	
151	707	Connor Read	MO	0:46:37.67	0:46:31.27	
152	388	Anthony Harris	M40	0:46:41.46	0:46:31.37	Sudbury Joggers
153	740	Darrin Sadler	M50	0:46:44.18	0:46:34.55	
154	395	Paul Hart	M40	0:46:47.11	0:46:33.67	
155	171	Wayne Close	MO	0:46:51.99	0:46:38.25	
156	721	Dylan Rigby	MO	0:46:52.3	0:46:40.81	
157	304	Michael Foster	MO	0:46:55.13	0:46:45.39	
158	532	Ian Lewis	M40	0:46:57.73	0:46:43.36	
159	804	Jamie Solomons	MO	0:47:00.63	0:46:50.1	
160	802	Claire Snow	FO	0:47:04.81	0:46:53.8	
161	534	David Lissimore	M50	0:47:10.35	0:46:46.07	
162	255	Jack Elden	MO	0:47:14.5	0:46:44.01	
163	164	Elliot Clarke	MO	0:47:18.31	0:47:04.98	
164	920	Georgina Wicks	FO	0:47:20.51	0:47:08.37	
165	816	James Sparling	M40	0:47:20.64	0:47:08.84	
166	442	Darran Houchin	M45	0:47:22.91	0:47:08.88	
167	412	Anna Hibben	FO	0:47:25.06	0:47:12.4	
168	753	Duncan Scott	MO	0:47:26.78	0:47:14.87	
169	897	Dale Weaver	M45	0:47:33.89	0:47:19.65	
170	370	Lee Hagherty	M40	0:47:35.62	0:47:21.38	
171	89	James Booth	MO	0:47:36.34	0:47:21.45	
172	59	Shawn Beckerleg	M40	0:47:38.2	0:47:25.41	Witham RC
173	32	Chris Axford	M50	0:47:39.89	0:47:26.05	
174	47	Jordan Bannister	MO	0:47:40.6	0:47:29.01	
175	556	Joanne Martin	FO	0:47:44.2	0:47:31.75	Colchester Harriers AC
176	182	Tim Comer	MO	0:47:44.47	0:47:27.45	
177	648	Alan Parsons	M40	0:47:50.29	0:47:38.47	
178	4	Lucy Adams	FO	0:47:53.14	0:47:38.67	
179	689	Victoria Primmer	FO	0:47:56.37	0:47:43.26	
180	893	Fiona Wattam	F45	0:48:03.83	0:47:48.42	Colchester Harriers AC
181	666	Richard Pillet	M50	0:48:06.03	0:47:46.09	
182	557	Aaron Martin	MO	0:48:12.29	0:48:04.92	
183	793	Chris Smith	MO	0:48:15.51	0:48:04.87	
184	560	Henry Maston	MO	0:48:16.09	0:47:59.85	
185	468	Matthew Jackson	MO	0:48:17.7	0:48:06.28	
186	283	Shaun Field	MO	0:48:19.39	0:48:07.3	
187	599	Ben Morgan	MO	0:48:24.6	0:48:04.65	

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188	594	David Moorekite	M65	0:48:26.47	0:48:13.73	Larkfield Athletics Club
189	338	Nick Goodman	MO	0:48:28.77	0:48:15.77	
190	513	Mark Lankester	M45	0:48:32.6	0:48:24.3	Ipswich Jaffa RC
191	123	Kieran Callaghan	MO	0:48:33.69	0:48:20.27	Harwich Runners
192	291	Katrina Finch	F40	0:48:33.71	0:48:23.77	Tiptree Road Runners
193	309	Richard Francis	M55	0:48:36.21	0:48:27.55	
194	451	Gethin Hughes	MO	0:48:37.15	0:48:25.03	
195	69	Heidi Bichener	F40	0:48:38.27	0:48:20.81	
196	463	Angela Isherwood	FO	0:48:39.29	0:48:27.17	Colchester Harriers AC
197	269	Cherri Farren	FO	0:48:43.72	0:48:35.12	
198	64	Tracy Bennie	FO	0:48:46.38	0:48:32.53	
199	714	Jenny Richardson	F55	0:48:46.66	0:48:34.79	Colchester Harriers AC
200	798	Sarah Smith	F40	0:48:52.11	0:48:35.19	
201	343	Jessica Goudkuil	FO	0:48:52.32	0:48:41.38	Sudbury Joggers
202	297	Kelvin Fleuty	MO	0:48:56.94	0:48:46.67	Dengie 100 Runners
203	644	Roge Parker	M40	0:48:57.59	0:48:40.06	
204	608	Brian Mushonga	MO	0:48:58.52	0:48:51.82	
205	649	Diane Parton	F45	0:49:07.91	0:48:58.06	Capel Cheetahs
206	702	Ian Rattray	M40	0:49:12.33	0:48:56.34	
207	789	Brian Smith	M50	0:49:12.95	0:48:56.26	Colchester Harriers AC
208	243	Steve Drage	M50	0:49:13.22	0:49:04.65	
209	730	Toby Rogan-lyons	M40	0:49:19.15	0:48:57.24	
210	337	Beverley Goodman	FO	0:49:20.58	0:49:06.93	
211	318	Patrick Gardiner	MO	0:49:23.04	0:49:08.62	
212	545	Alastair Macnaught	M40	0:49:23.53	0:49:06.51	
213	67	Tony Bettis	M45	0:49:24.07	0:49:09	
214	803	Lee Solomons	MO	0:49:28.16	0:49:12.16	
215	320	Alan Gardner	M45	0:49:30.14	0:49:08.96	
216	422	Nicola Hilson	F45	0:49:31.7	0:49:21.46	
217	353	Michael Greene	MO	0:49:38.44	0:49:21.82	
218	664	James Pilka	MO	0:49:39.77	0:49:27.83	
219	650	Darren Pascoe	MO	0:49:41.73	0:49:26.71	
220	455	Gavin Humm	M50	0:49:43.01	0:49:30.78	
221	947	Glen Worrell	M40	0:49:43.71	0:49:23.59	
222	96	Ian Bown	M50	0:49:45.42	0:49:26.05	Good Gym Race Team
223	41	Kate Baker	FO	0:49:48.76	0:49:37.01	
224	838	James Taylor	MO	0:49:51.35	0:49:43.03	Harwich Runners
225	224	Ralph Daff	M45	0:49:55.87	0:49:36.83	
226	286	Sarah Filby	FO	0:49:56.12	0:49:37.56	
227	834	Daniel Summersgill	MO	0:50:01.99	0:49:33.19	
228	312	Peter Fraser-hopewell	M60	0:50:04.6	0:49:43.06	
229	360	Luke Groves	MO	0:50:05.89	0:49:49.98	Great Bentley Running Club
230	588	Lee Mitchell	M40	0:50:06.2	0:49:52.28	
231	165	Lee Clarkson	MO	0:50:06.9	0:49:52.49	Great Bentley Running Club
232	815	Mark Sparling	MO	0:50:12.17	0:49:57.5	LWFitness4All
233	359	Christopher Grimwade	MO	0:50:18.13	0:49:59.65	
234	733	Julia Rose	FO	0:50:26.26	0:50:14.85	
235	227	John Dalling	M45	0:50:27.7	0:50:11.65	
236	446	Kerri Howells	FO	0:50:29.28	0:49:38.71	
237	896	Lee Watts	M40	0:50:30.04	0:49:39.49	
238	6	Clare Adams	F45	0:50:37.51	0:50:18.71	
239	908	Paul Westwood	M45	0:50:37.95	0:50:20.44	
240	122	Elizabeth Cahill	F50	0:50:38.9	0:50:23.28	Braintree & District AC
241	595	Janice Moorekite	F60	0:50:44.07	0:50:39.72	Larkfield Athletics Club
242	776	Andrew Silverton	MO	0:50:44.83	0:50:32.27	
243	635	Nikki Osborne	F45	0:50:46.16	0:50:36.34	
244	79	Emily Blackman	FO	0:50:53.49	0:50:33	
245	203	Jonathon Crean	MO	0:50:57.31	0:50:39.36	
246	712	Natasha Rice	F40	0:50:59.88	0:50:44.65	Colchester Harriers AC
247	911	John Wheatley	M65	0:51:00.2	0:50:45.4	Colchester Harriers AC
248	496	Wieslaw Kijak	MO	0:51:01.5	0:50:42.15	
249	836	Davina Swindell	FO	0:51:02.19	0:50:49.05	Great Bentley Running Club
250	19	Jon Andrews	MO	0:51:02.57	0:50:53.41	Waveney Valley AC
251	775	Fay Sibley	FO	0:51:03.11	0:50:43.99	

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252	695	Louise Punter	FO	0:51:03.41	0:50:44.83	
253	170	Lee Close	MO	0:51:12.37	0:51:00.25	
254	347	Raoul Grantham	M50	0:51:15.63	0:51:03.31	Braintree & District AC
255	417	Daniel Higham	MO	0:51:23.1	0:51:09.4	
256	457	Matthew Hurdle	MO	0:51:25.66	0:50:58.9	
257	330	Kate Gibson	F45	0:51:31.39	0:51:11.98	
258	81	Richard Blake	M50	0:51:32	0:51:01.02	
259	26	Kirsty Argyle	FO	0:51:32.9	0:51:12.6	
260	777	Marion Simmons	F50	0:51:35.58	0:51:17.51	Great Bentley Running Club
261	99	Antony Brew	M55	0:51:35.79	0:51:19.99	
262	3	Claire Abraham	F40	0:51:42.04	0:51:23.73	
263	34	Jack Axford	U18M	0:51:45.04	0:51:29.85	
264	232	Robert De La Rue	MO	0:51:50.86	0:51:34.54	
265	358	Robert Grimsey	MO	0:51:57.34	0:51:40.62	Hadleigh Hares AC
266	506	Tomasz Komorowski	MO	0:52:00.79	0:51:37.21	
267	61	Lianne Belcher	FO	0:52:05.85	0:51:47.24	
268	725	Katherine Anne Roberts	FO	0:52:07.39	0:51:52.34	
269	792	Debbie Smith	FO	0:52:11.07	0:52:01.17	
270	126	Michelle Calver	FO	0:52:14.42	0:51:52.5	LWFitness4All
271	113	Chris Burrows	M40	0:52:14.59	0:51:53.33	
272	827	Carly Stevenson	FO	0:52:19.38	0:51:58.11	Dengie 100 Runners
273	268	Mark Farmer	M50	0:52:23.36	0:52:04.09	
274	514	Mark Lashmar	MO	0:52:23.95	0:52:11.78	
275	168	Ian Clegg	M45	0:52:24.86	0:52:06.76	
276	10	Tanya Allen	FO	0:52:26.6	0:52:14.96	
277	22	Heidi Angira	F40	0:52:27.84	0:52:12.59	
278	465	Helen Ivory	F40	0:52:29.65	0:52:04.04	
279	53	Chris Barrand	MO	0:52:30.69	0:52:01.83	
280	433	Julian Holder	M50	0:52:31.88	0:52:21.73	Tiptree Road Runners
281	889	Nicola Warner	FO	0:52:33.33	0:52:11	
282	861	Nikki Turner	FO	0:52:36.26	0:52:16.74	
283	628	Josephine Oakley	FO	0:52:41.46	0:52:14.84	
284	385	Treena Harrington	F40	0:52:48.19	0:52:26.71	Halstead RRC
285	436	Deborah Holmes	F55	0:52:48.3	0:52:27.46	
286	444	Kate Howard	F40	0:52:49.37	0:52:21.81	
287	271	Ellena Farrow	FO	0:52:49.6	0:52:22.99	
288	296	Mark Fitzsimmons	M40	0:52:52.88	0:52:39.14	
289	426	Hien Hoang	FO	0:52:53.64	0:52:33.69	Great Bentley Running Club
290	811	Robert Southall-edwards	MO	0:52:55.64	0:52:34.93	
291	898	John Webb	M45	0:52:56.11	0:52:31.13	
292	431	Emma Hobley	FO	0:52:58.49	0:52:27.22	
293	230	Stuart Davis-king	MO	0:53:04.74	0:52:46.98	
294	958	Emma Mcdiarmid	F40	0:53:06.35	0:52:48.98	
295	200	Jordan Craig	MO	0:53:22.39	0:52:41.77	
296	619	Kevin Nolan	M40	0:53:23.06	0:53:06.69	
297	662	James Phipps-carter	MO	0:53:24.64	0:52:54.12	
298	745	Robert Sangster	M40	0:53:25.13	0:52:48.57	
299	626	Kerry O'shea	FO	0:53:25.43	0:53:09.04	Ealing Eagles Running Club
300	561	Alex May	MO	0:53:26.23	0:53:07.95	
301	311	Lauren Franklin	F40	0:53:26.96	0:53:09.66	
302	724	Justin Rishworth	MO	0:53:30.92	0:53:12.79	
303	830	Rosina Stockwell	F50	0:53:31.51	0:53:05.11	
304	520	Karl Leach	M50	0:53:34.79	0:53:10.76	
305	684	Alan Price	M45	0:53:35.62	0:53:13.24	
306	249	Jasmine Dunne	FO	0:53:36.41	0:53:23.11	
307	953	Louise Yates	FO	0:53:37.18	0:53:16.73	
308	367	Lucinda Gurney	F40	0:53:37.21	0:53:16.77	
309	222	Cristina D'andrea	FO	0:53:39.08	0:53:26.09	
310	536	Noremer Llupar	F40	0:53:39.76	0:53:17.35	
311	482	Wendy Johnston	F50	0:53:40.48	0:53:16.07	
312	711	Richard Revett	M50	0:53:42.22	0:52:45.36	
313	623	Charlotte O'connell	FO	0:53:43.89	0:53:32.76	
314	757	Caroline Searle	FO	0:53:44.16	0:53:21.71	Great Bentley Running Club
315	167	Derek Clayton	M55	0:53:49.45	0:53:27.07	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
316	539	Toby Long	MO	0:53:52.22	0:53:28.02	
317	144	Bo Chan	F40	0:53:56.26	0:53:31.99	
318	505	Magdalena Komorowska	FO	0:53:59.95	0:53:37.01	
319	787	Les Smith	M55	0:54:00.2	0:53:34.36	
320	917	Emily White	FO	0:54:03.27	0:53:43.9	
321	305	Diane Foulds	FO	0:54:04.79	0:53:53.02	
322	877	Laura Wallace	FO	0:54:06.38	0:53:39.26	
323	138	Viv Cassidy	F40	0:54:09.39	0:53:43.42	
324	424	Sandra Hipgrave	F40	0:54:09.66	0:53:51.73	
325	797	Emma Smith	FO	0:54:11.18	0:53:32.93	
326	577	Darien Merry	M50	0:54:12.69	0:53:52.08	
327	242	Jeremy Downs	MO	0:54:12.88	0:53:59.27	Harwich Runners
328	43	Allen Ball	M40	0:54:15.86	0:53:51.66	
329	876	Jon Wallace	M55	0:54:16.24	0:53:49.31	
330	863	Wing Ung	FO	0:54:17	0:53:52.64	
331	511	Alan Lambert	M50	0:54:20.71	0:54:00.89	
332	156	Erin Chilvers	FO	0:54:20.89	0:54:01.55	
333	381	Harry Harkness	M50	0:54:22.66	0:53:58.25	
334	294	Liam Fitzpatrick	MO	0:54:24.17	0:53:54.74	
335	88	Tom Booth	MO	0:54:25.96	0:54:07.8	
336	470	Trish Jarvis	F50	0:54:26.17	0:54:11.97	
337	700	Tomas Rafter	M40	0:54:27.4	0:53:57.96	
338	715	Katherine Richardson	F50	0:54:28.7	0:53:58.34	
339	106	Hector Brown	U18M	0:54:30.87	0:54:03.26	
340	105	Gareth Brown	M50	0:54:30.97	0:54:02.65	
341	108	James Brown	MO	0:54:34.32	0:54:08.72	
342	469	Lynwen James	F45	0:54:35.14	0:54:12.87	LWFitness4All
343	668	James Plant	MO	0:54:39.01	0:54:22.09	
344	886	Martin Warne	MO	0:54:42.26	0:54:15.68	
345	773	Saul Shevlin	M45	0:54:45.88	0:54:19.31	
346	544	Daniel Macdonald	MO	0:54:46.33	0:54:25.62	
347	726	Neil Robins	M55	0:54:46.52	0:54:25.8	Great Bentley Running Club
348	205	Tracey Croghan	F40	0:54:48.56	0:54:27.69	LWFitness4All
349	100	Scott Brian	M40	0:54:49.52	0:54:27.71	
350	9	Charlotte Alexander	FO	0:54:50.5	0:54:24.32	
351	874	David Walkerdine	M40	0:54:50.91	0:54:26.68	
352	563	Pete Mccarthy	M50	0:54:51.34	0:54:20.76	
353	93	Rebecca Bottjer	FO	0:54:51.37	0:54:25.62	Colchester Harriers AC
354	687	Jason Primera	M45	0:54:53.5	0:54:40.71	
355	527	Deborah Lepley	F45	0:54:54.37	0:54:23.97	
356	453	Yvonne Hull	F50	0:54:55.32	0:54:34.01	
357	445	David Howell	M45	0:54:56.13	0:54:31.39	
358	275	Debbie Feerick	F40	0:54:56.26	0:54:31.66	
359	371	Amy Haines	FO	0:54:59.59	0:54:39.59	
360	68	Dale Betts	M40	0:55:02.16	0:54:33.52	
361	111	Nicola Bultz	FO	0:55:02.23	0:54:38.83	
362	247	Russell Duke	MO	0:55:02.29	0:54:49.5	
363	226	Ayala Daisley	FO	0:55:03.41	0:54:45.86	
364	627	Nick Oakley	M55	0:55:05.11	0:54:38.37	
365	448	Mark Hoy	MO	0:55:07.63	0:54:38.12	
366	759	Barrie Sears	M45	0:55:09.47	0:54:40.24	
367	601	Anna Moroz	FO	0:55:12.65	0:54:54.42	
368	494	Catherine Kent	FO	0:55:14.84	0:54:50.66	
369	640	Wayne Page-sr	M45	0:55:15.79	0:55:09.66	
370	764	Amin Shah	MO	0:55:18.97	0:54:58.25	
371	252	Dan Eales	MO	0:55:19.16	0:55:02.84	
372	137	Richard Carvey	M50	0:55:23.85	0:55:03.13	Dengie 100 Runners
373	326	Richard Garrett	M40	0:55:26.44	0:55:02.77	Tiptree Road Runners
374	120	John Byrne	M40	0:55:27.84	0:55:02.31	
375	625	Sandra O'donnell	FO	0:55:32.49	0:55:02.39	
376	872	Christine Wakeling	F65	0:55:32.93	0:54:49.39	
377	519	Dan Leach	MO	0:55:34.54	0:54:55.33	
378	931	Charlotte Williams	F45	0:55:34.72	0:55:14	
379	160	Karen Clark	FO	0:55:35.96	0:55:13.56	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
380	921	Caroline Widdowson	F40	0:55:44.45	0:55:16.25	
381	198	John Crabb	MO	0:55:51.16	0:55:24.7	
382	180	Anthea Colsell	FO	0:55:54.86	0:55:32.01	Great Bentley Running Club
383	930	Darren Willey	M40	0:55:54.96	0:55:32.22	Great Bentley Running Club
384	153	John Chell	MO	0:55:58.32	0:55:43.96	
385	397	Martin Hastings	MO	0:55:59.59	0:55:28.88	
386	396	Andrew Harvey	M45	0:56:02.83	0:55:32.47	
387	154	Sonja Chenier	F40	0:56:03.13	0:55:25.75	
388	265	Melonie Evans	F45	0:56:04.2	0:55:34.67	Sudbury Joggers
389	73	Anna Bird	FO	0:56:04.84	0:55:35.41	
390	686	Kate Priest	F40	0:56:13.14	0:55:43.59	
391	406	Mark Healy	M45	0:56:15.63	0:55:55.73	
392	661	Sandy Phillips	F50	0:56:17.96	0:55:54.68	Ipswich Jaffa RC
393	324	Michelle Garnham	FO	0:56:20.87	0:55:55.36	
394	190	Rob Cook	MO	0:56:23.06	0:55:51.03	
395	799	Gemma Smith	FO	0:56:25.07	0:56:04.04	
396	772	Lucy Sherwood	F40	0:56:27.3	0:55:59.16	
397	860	Kelly Turner	F40	0:56:29.26	0:55:52.37	
398	27	Tammy Aristodimou	F40	0:56:29.39	0:55:57	
399	292	Nicola Fish	FO	0:56:33.31	0:56:00.69	
400	868	Suzy Violet	F45	0:56:33.74	0:56:09.54	
401	904	Sam Weller	M55	0:56:43.31	0:56:12.95	
402	5	Jo Adams	FO	0:56:45.23	0:56:14.92	
403	499	Jacque King	F55	0:56:53.35	0:56:32.46	
404	667	Andrew Pillet	MO	0:56:55.43	0:56:34.67	
405	248	Linda Duncan	F45	0:56:55.91	0:56:25.55	
406	403	Valerie Haynes	F50	0:56:57.57	0:56:31.32	
407	883	Laf Ward	MO	0:56:57.74	0:56:34.55	
408	14	Emily Ambrose	FO	0:57:02.08	0:56:36.02	
409	637	Bryn Owen-williams	M45	0:57:02.43	0:56:37.56	
410	927	Jack Wilders	MO	0:57:02.64	0:56:32.28	
411	201	Lauren Craig	FO	0:57:02.64	0:56:22.08	
412	24	Stuart Antcliff	M45	0:57:04.48	0:56:26.73	
413	617	Thomas Nixon	MO	0:57:05	0:56:31.66	
414	606	Dan Murfitt	MO	0:57:05.75	0:56:41.18	
415	633	Susan Olver	FO	0:57:07.65	0:56:35.08	
416	355	Matthew Greybrook	MO	0:57:09.85	0:56:45.95	
417	103	Liz Bright	FO	0:57:19.45	0:56:49.09	
418	135	Fiona Carter	F55	0:57:22.29	0:56:53.36	
419	900	Alan Webb	MO	0:57:22.35	0:56:49.99	
420	665	Anne Pilka	FO	0:57:23.39	0:57:10.54	
421	387	Ethan Harrington	U18M	0:57:27.51	0:56:48.2	
422	393	Sybil Harris	F45	0:57:30.03	0:57:00.03	
423	33	George Axford	MO	0:57:33.52	0:57:24.99	
424	175	Ian Coleman	M50	0:57:35.98	0:56:58.43	
425	881	Declan Walters	MO	0:57:45.58	0:57:11.05	
426	944	Christopher Woods	M45	0:57:51.18	0:57:29.41	
427	939	Gill Winsor	F55	0:57:52.17	0:57:21.82	Dengie 100 Runners
428	639	Matthew Paddock	MO	0:57:52.32	0:57:28.75	
429	607	Deborah Murison	FO	0:57:53.47	0:57:23.11	
430	833	Dean Sugg	M45	0:57:53.83	0:57:28.65	
431	390	Dennis Harris	M50	0:57:58.85	0:57:53.5	
432	287	Steven Fildes	M40	0:58:00.67	0:57:27.85	
433	55	Gillian Bartle	FO	0:58:00.74	0:57:44.61	
434	285	Cathryn Fifield	F50	0:58:04.76	0:57:21.97	
435	537	Lisa Lockwood	FO	0:58:08.02	0:57:41.89	
436	500	Jenny King	FO	0:58:10.09	0:57:47.92	
437	366	Michael Gunther	MO	0:58:10.65	0:57:45.3	
438	365	Lauren Gunther	FO	0:58:12.13	0:57:46.47	
439	493	David Kennedy	M50	0:58:21.17	0:57:34.91	
440	218	Neil Cruickshank	M50	0:58:23.51	0:57:46.94	
441	529	Debbie Leslie	F40	0:58:25.87	0:57:50.56	
442	630	Helen Oberholzer	FO	0:58:26.06	0:57:58.08	
443	692	Sarah Prince	FO	0:58:26.96	0:58:06.56	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
444	638	Elizabeth Owers	FO	0:58:31.13	0:58:10.07	Colchester Harriers AC
445	221	Emily Czuba	FO	0:58:33.15	0:58:02.33	
446	266	Christopher Evans	MO	0:58:34.94	0:58:11.19	
447	254	Steven Edwards	M50	0:58:38.4	0:57:46.18	
448	136	Gregson Carter	M50	0:58:41.02	0:58:11.83	
449	420	Paul Hilling	MO	0:58:46.09	0:58:12.37	
450	669	David Pleace	MO	0:58:46.54	0:58:12.82	Harwich Runners
451	780	Fay Smalls	F45	0:58:47.88	0:58:25.55	Colchester Harriers AC
452	250	Oliver Dyer	MO	0:58:48.87	0:58:13.24	
453	173	Mark Cochram	M45	0:58:49.09	0:58:12.93	
454	722	Taro Rigby	FO	0:58:52.25	0:58:19.23	
455	723	Sam Rigby	MO	0:58:52.25	0:58:18.73	
456	826	Gemma Stephens	F40	0:58:53.25	0:58:12.18	
457	933	Sharon Williets	F45	0:58:53.4	0:58:24.79	Capel Cheetahs
458	857	Ben Turnbull	M40	0:58:53.48	0:58:44.52	
459	646	Cheryl Parlour	FO	0:58:54.47	0:58:13.91	
460	744	Kirsten Sangster	F40	0:58:54.92	0:58:20.84	
461	391	Tim Harris	M45	0:58:56.85	0:58:17.7	
462	618	Carol Nokes	F55	0:58:57.4	0:58:22.49	
463	752	Suzanne Scott	F40	0:58:58.97	0:58:19.77	
464	526	Neil Lemin	MO	0:59:02.8	0:58:48.73	
465	516	Sean Lawlor	M45	0:59:03.64	0:58:35.09	
466	760	Louise Sears	F40	0:59:03.96	0:58:35.46	
467	240	Leanne Donovan	FO	0:59:04.09	0:58:34.21	
468	430	Steve Hobern	MO	0:59:08.81	0:58:35.09	
469	449	Andrew Hubbard	M45	0:59:12.01	0:58:31.83	
470	616	Jennifer Nicholls	FO	0:59:13.47	0:58:43.74	
471	750	Katie Scott	FO	0:59:14.9	0:58:37.09	
472	950	Louise Wright	F45	0:59:15.68	0:58:41.7	
473	303	Caroline Foster	F45	0:59:16.11	0:58:59.02	
474	856	Martyn Trenergy	M50	0:59:16.26	0:58:24.04	
475	840	Scott Taylor	MO	0:59:19.74	0:58:36.37	
476	729	Hattie Roebuck	F40	0:59:21.26	0:58:41.01	
477	885	Belinda Wargent	F40	0:59:21.47	0:58:42.67	
478	48	Robert Barber	M40	0:59:28.37	0:58:56.72	
479	177	Imelda Colleran=owers	F55	0:59:28.47	0:58:55.07	
480	466	Adam Jackson	MO	0:59:29.1	0:58:52.58	
481	467	Ruth Jackson	FO	0:59:29.1	0:58:52.25	
482	210	Jennifer Cronshaw	FO	0:59:30.89	0:58:57.17	
483	161	Helen Clarke	FO	0:59:31.96	0:58:54.43	
484	58	Louise Beard	F40	0:59:33.24	0:58:59.52	
485	698	Dionne Radley	F50	0:59:36.2	0:59:08.22	
486	807	Sue Sorrell	F50	0:59:42.2	0:59:21.24	Great Bentley Running Club
487	612	Stephen Newhall	M40	0:59:43.37	0:59:04.12	
488	791	Deborah Smith	F50	0:59:45.34	0:59:15.1	
489	756	Adam Seaborn	M45	0:59:48.53	0:59:08.55	
490	392	Karen Harris	F40	0:59:49.21	0:59:07.68	
491	651	Marie Paveley	F40	0:59:49.75	0:59:12.32	
492	732	Sarah Rose	FO	0:59:49.78	0:59:09.22	
493	56	Chusa Bautista Fructuoso	FO	0:59:50.02	0:59:16.01	Great Bentley Running Club
494	151	Jason Chatten	MO	0:59:50.94	0:59:07.34	
495	683	Hatty Price	FO	0:59:53.82	0:59:20.91	
496	37	Kate Bagley	F45	0:59:54.62	0:59:12.94	
497	905	Lucy West	F45	0:59:59.22	0:59:24.35	LWFitness4All
498	742	Jenna Saiz	FO	1:00:01.57	0:059:19.43	
499	192	Sarah Cooper	F45	1:00:04.4	0:059:29.52	
500	509	Ellie Laing	FO	1:00:05.61	0:059:40.53	
501	784	Margaret Smith	F60	1:00:11.07	0:059:35.87	
502	654	Chloe Payne	FO	1:00:15.3	0:059:32.88	
503	323	Samantha Gardner	FO	1:00:16.31	0:059:52.69	
504	579	Holly Milla	FO	1:00:20.42	0:059:56.55	
505	710	Mitch Reid	MO	1:00:20.73	0:059:41.23	
506	641	Sansan Pang	FO	1:00:23.95	0:059:58.82	
507	602	Rebecca Morton	F45	1:00:25.6	0:059:49.7	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
508	590	Claire Monk	F40	1:00:26.24	0:059:54.62	Vegan Runners UK
509	475	Steve Jeggo	M45	1:00:26.3	0:059:55.73	
510	474	Sarah Jeggo	F40	1:00:26.73	0:059:56.16	
511	20	Mary Andrews	FO	1:00:28.58	0:059:48.2	
512	49	April Barclay	F45	1:00:31.55	1:00:04.04	
513	85	Sue Bloomfield	F50	1:00:32.8	0:059:51.22	Stowmarket Striders RC
514	260	Kerry Elmer	FO	1:00:32.96	0:059:51.94	Stowmarket Striders RC
515	762	Charlie Sexton	MO	1:00:37.91	1:00:12.51	
516	342	Colin Goudie	MO	1:00:41.09	0:059:58.47	
517	74	Katie Bird	FO	1:00:42.46	1:00:10.6	LWFitness4All
518	658	Katy Pendry	FO	1:00:44.13	1:00:17.89	
519	29	Cheryl Asbury	FO	1:00:51.52	1:00:08.96	
520	159	Tan Clark	F40	1:00:54.11	1:00:21.04	
521	676	Katherine Potter	FO	1:00:58.56	1:00:32.01	
522	418	Mark Hillier	M40	1:01:00.81	1:00:30.24	
523	866	Lynne Verrier	FO	1:01:02.08	1:00:21.73	
524	80	Jan Blake	F50	1:01:05.14	1:00:12.96	
525	819	Natasha Spong	FO	1:01:06.55	1:00:24.78	
526	116	Helen Burton	F50	1:01:07.25	1:00:36.33	
527	132	Simon Carden	M45	1:01:10.04	1:00:39.47	
528	957	Marija Zudyte	FO	1:01:14.69	1:00:50.81	
529	622	Aishling O Toole	FO	1:01:14.85	1:00:50.98	
530	66	Anna Benton	F40	1:01:16.66	1:00:29.86	
531	678	Ashley Powell	MO	1:01:22.28	1:00:38.68	
532	264	Nicola Evans	FO	1:01:24.36	1:00:46.75	
533	354	Tanya Grego	FO	1:01:25.9	1:00:52.98	
534	274	Maria February	F50	1:01:26.07	1:00:47.69	
535	810	Peter Southall	M50	1:01:33.04	1:01:01.56	
536	314	Suzanne Frost	F45	1:01:36.88	1:00:49.17	Sudbury Joggers
537	761	Mandy Sexton	F50	1:01:37.89	1:01:07.32	
538	71	Karen Biggin	F45	1:01:39.34	1:01:13.1	
539	194	Kelly Louise Cording	FO	1:01:40.47	1:01:04.06	
540	473	Charlotte Jefferson	FO	1:01:46.64	1:01:13.69	
541	321	Julie Gardner	F45	1:01:47.6	1:01:06.95	
542	384	Carina Harries	FO	1:01:47.78	1:01:06.87	
543	139	Brian Catt	M65	1:01:50.03	1:01:13.74	
544	134	Martine Cargill	F45	1:01:51.18	1:01:19.18	
545	767	Charlotte Shepherd	FO	1:02:03.42	1:01:29.34	
546	632	Paul Olney	MO	1:02:15.61	1:01:46.16	
547	718	Christina Riddiough	F40	1:02:21.23	1:02:04.5	
548	97	Keith Boyton	M55	1:02:21.89	1:02:04.01	
549	887	Annie Warner	F55	1:02:24.2	1:01:24.22	
550	800	Jack Smurthwaite	MO	1:02:26.35	1:01:32.79	
551	245	Erika Duffett	F45	1:02:29.17	1:01:52.61	
552	672	Claire Poole	F45	1:02:30.98	1:02:13.42	
553	380	Sharon Hardwicke	F50	1:02:32.33	1:02:04.24	Tiptree Road Runners
554	875	Grahame Walkingshaw	M50	1:02:32.51	1:01:54.49	
555	357	Justin Grimes	M45	1:02:37.74	1:01:46.66	
556	615	Marian Nibbs	F60	1:02:41.54	1:02:09.27	
557	174	Gary Cole	M55	1:02:42.21	1:01:53.92	
558	528	Rebecca Leppard	FO	1:02:42.96	1:02:13.7	
559	713	Cheryl Richardson	FO	1:02:43.1	1:02:00.43	
560	262	Carrie Etherington	FO	1:02:46.4	1:02:11.43	
561	84	Tania Blanks	FO	1:02:46.46	1:02:09.89	
562	12	Emma Allston	FO	1:02:53.82	1:02:16.03	
563	675	Annabel Porter	FO	1:02:54.44	1:02:26.92	
564	456	Susan Humphrey	F45	1:02:55.12	1:02:18.82	
565	398	Charlotte Hastings	FO	1:03:00.63	1:02:30.18	
566	502	Dion Kipping	M40	1:03:02.02	1:02:18.44	
567	39	Helen Bain	FO	1:03:02.5	1:02:14.07	
568	361	Clare Guest	FO	1:03:03.78	1:02:23.46	
569	521	Samantha Ledgerton	FO	1:03:03.81	1:02:23.22	
570	379	Sarah Harbord	F40	1:03:04.13	1:02:17.52	
571	54	Monica Barry-jones	F60	1:03:05.97	1:02:16.94	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
572	820	Mandy Spurling	FO	1:03:08.97	1:02:36.11	
573	306	Amber Fox-hammond	FO	1:03:13.59	1:02:28.36	
574	307	Toby Fox-hammond	MO	1:03:13.72	1:02:29.17	
575	694	Veronica Pulvirenti	FO	1:03:14.23	1:02:30.05	
576	261	Teodoro Espejon	M40	1:03:14.29	1:02:30.7	
577	508	Richard Labdon	M50	1:03:26.98	1:02:40.71	
578	943	Sara Woods	F45	1:03:27.3	1:02:48.81	
579	331	Paul Gladwell	M40	1:03:30.72	1:02:41.48	
580	295	Joe Fitzpatrick	M55	1:03:34.22	1:02:45.36	
581	934	Ben Wills	MO	1:03:36.83	1:02:45.35	
582	895	Erica Watts	F40	1:03:38	1:03:06.87	
583	574	Hannah Meadows	FO	1:03:39.81	1:02:52.86	
584	841	Jackie Taylor	F45	1:03:42.72	1:02:59.75	
585	846	Ann Theato	F50	1:03:56.17	1:03:03.37	
586	691	Rosemary Prince	F55	1:03:58.52	1:03:12.89	
587	50	Isobel Barclay	U18F	1:04:05.03	1:03:37.95	
588	717	Clare Rickwood	F40	1:04:11.73	1:03:35.7	
589	112	Kathryn Burke	F40	1:04:15.85	1:03:28.5	
590	941	Sarah Woodall	F45	1:04:21.08	1:03:46.68	
591	336	Holly Goodchild	FO	1:04:21.55	1:03:57.87	
592	405	Jenny Hckmott	F45	1:04:23.45	1:03:46.84	
593	688	Jayne Primera	FO	1:04:26.68	1:03:37.44	
594	888	Catherine Warner	FO	1:04:27.27	1:03:27	
595	16	Helen Amos	FO	1:04:30.27	1:03:40.45	
596	790	Fiona Smith	FO	1:04:35.75	1:03:40.47	
597	179	Andrew Collins	M45	1:04:38.95	1:04:07.39	
598	919	Jack Wicks	MO	1:04:41.33	1:04:20.88	Great Bentley Running Club
599	864	Louise Upston	FO	1:04:46.43	1:04:18.23	Great Bentley Running Club
600	909	Stephen Wharton	M40	1:04:52.73	1:04:12.16	
601	94	Tina Bourne	F50	1:04:57.56	1:04:26.99	
602	17	Lynda Anderson	F50	1:05:00.22	1:04:17.44	
603	46	Juliet Balls	F45	1:05:00.51	1:04:03.92	
604	586	Melanie Mitchell	FO	1:05:05.75	1:04:25.6	
605	605	Matt Munro	MO	1:05:07.48	1:04:37.16	
606	289	Anita Filer	F50	1:05:09.66	1:04:28.13	
607	503	Lea Kirton	F40	1:05:11.23	1:04:31.46	
608	956	Tracy Young	F50	1:05:11.29	1:04:24.1	
609	277	John Ferdinand	MO	1:05:12.61	1:05:12.61	
610	926	Cara Wignall	FO	1:05:16.87	1:04:31.59	
611	631	Gemma Oliver	FO	1:05:20.23	1:04:33.54	
612	410	Matilde Hernandez	FO	1:05:21.64	1:04:32.21	
613	525	Denise Lefley	F50	1:05:21.68	1:04:38.08	
614	751	Hayley Scott	F40	1:05:25.33	1:04:38.54	
615	634	Louise Ormrod	FO	1:05:33.37	1:04:56.8	
616	925	David Wignall	M45	1:05:34.51	1:04:48.88	
617	515	Michael Lawlor	M55	1:05:38.81	1:05:08.24	
618	538	Karen Lonergan	FO	1:05:39.84	1:05:07.48	
619	281	Kate Field	FO	1:05:41.64	1:04:54.53	
620	282	Tim Field	MO	1:05:41.85	1:04:55.82	
621	217	Gary Crowther	M50	1:05:43.44	1:05:12.86	
622	11	Paula Allen	F40	1:05:45.2	1:05:10.86	
623	559	Claire Martins	FO	1:05:45.32	1:05:10.54	
624	880	Liz Walsh	F45	1:05:49.53	1:05:03.13	
625	890	David Warwick	M65	1:05:52.62	1:05:25.01	
626	18	Lorena Anderson	FO	1:05:53.23	1:04:54.42	
627	871	Nicola Waites	F40	1:05:53.71	1:05:07.45	
628	2	Adam Abo-henriksen	MO	1:05:54.74	1:05:12.26	
629	704	Miranda Rayner	F45	1:05:57.19	1:04:59.57	Harwich Runners
630	690	Samuel Primmer	MO	1:06:00.29	1:05:11.81	
631	779	Mark Skeet	M45	1:06:04.85	1:05:30.95	
632	368	Mark Hackett	M45	1:06:05.82	1:05:26	
633	369	Layla Hackett	U18F	1:06:05.85	1:05:27.2	
634	104	Jerry Brocking	M55	1:06:13.26	1:05:55.56	
635	613	Julie Newland	F45	1:06:14.08	1:05:27.34	

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636	796	Melissa Smith	F40	1:06:14.27	1:05:26.8	
637	565	Louisa Mccrae	FO	1:06:26.83	1:06:00.36	
638	564	Riaan Mccrae	M40	1:06:27.32	1:06:00.71	
639	735	Mike Royle	M40	1:06:36	1:06:05.43	
640	535	Sue Lissimore.	F50	1:06:37.3	1:05:48.42	
641	697	Louise Quinn	F45	1:06:41.32	1:05:54.15	
642	329	Rebecca Gethen	FO	1:06:44.21	1:05:58.52	
643	814	Fiona Sparks	F40	1:06:44.38	1:05:59.98	
644	916	Laura White	FO	1:06:44.43	1:05:59.55	
645	195	Emma Cornwell	F40	1:06:44.49	1:05:59.44	
646	223	Melissa Dacosta	FO	1:06:46.37	1:05:56.74	
647	146	Paige Chapman	FO	1:06:49.01	1:06:09.89	
648	335	Hannah Good	FO	1:06:50.16	1:05:55.54	
649	213	Liam Cross	MO	1:06:51.67	1:06:12.7	
650	942	Claire Woods	F45	1:06:53.31	1:06:07.68	
651	501	Denise King	F45	1:06:57.6	1:06:18.96	
652	835	Louise Sutton	F45	1:07:00.01	1:06:21.18	
653	471	Emily Jeavons	FO	1:07:01.3	1:06:17.27	
654	472	Mark Jeavons	M40	1:07:01.96	1:06:17.64	
655	746	Nicky Santomauro	F45	1:07:07.68	1:06:08.67	
656	495	Jacqui Kettle	F55	1:07:08.59	1:06:16.12	
657	510	Matt Laing	M50	1:07:11.03	1:06:22.93	
658	572	Briony Mcsweeney	F40	1:07:11.16	1:06:30.4	
659	624	Martin O'connor	MO	1:07:12.54	1:06:25.78	
660	709	Luke Redpath	MO	1:07:13.28	1:06:23.7	
661	246	Karina Duke	FO	1:07:14.79	1:06:24.8	
662	914	Bernadette White	FO	1:07:14.87	1:06:24.76	
663	739	Laura Rush	FO	1:07:15.9	1:06:23.76	
664	848	Jane Thomas	F50	1:07:18.55	1:06:26	Petts Wood Runners
665	549	Emma Mardell	F40	1:07:18.67	1:06:26.02	
666	940	Esther Wood	FO	1:07:29.33	1:06:47.46	
667	600	Michael Morley	M40	1:07:31.33	1:06:39.12	
668	603	Barry Moss	M45	1:07:32.3	1:06:40.94	
669	166	Nigel Claydon	M50	1:07:37.42	1:06:56.85	
670	163	Sophie Clarke	FO	1:07:38.04	1:07:07.47	
671	670	Katherine Pleace	FO	1:07:42.61	1:06:54.61	
672	63	Amy Bennett	FO	1:07:49.83	1:07:34.3	
673	62	Lauren Bennett	FO	1:07:49.99	1:07:34.32	
674	263	Rebecca Evans	FO	1:07:52.12	1:07:13.35	
675	476	Laura Jelley	FO	1:07:53.32	1:07:11.32	
676	788	Adrian Smith	M55	1:07:58.19	1:07:00.85	
677	699	Sally Radmall	FO	1:08:02.33	1:07:29.97	
678	851	Andy Thompson	M60	1:08:02.87	1:07:24.28	
679	276	Sue Felgate	F50	1:08:03.24	1:07:09.79	
680	278	Clare Ferdinand	FO	1:08:05.89	1:07:17.24	
681	829	Kerry Stocker	F50	1:08:21.14	1:07:25.32	
682	82	Nicola Blakebrough	F45	1:08:22.08	1:07:27.41	
683	580	Lewis Miller	M40	1:08:27.74	1:07:43.85	
684	576	Steven Mence	MO	1:08:37.49	1:07:40.98	
685	575	Caroline Mence	F40	1:08:37.88	1:07:40.65	
686	319	Paul Gardiner	M50	1:08:40.89	1:07:52.01	
687	680	Julia Prestney	F45	1:08:43.45	1:07:43.97	
688	440	Vince Horsman	M65	1:08:43.45	1:08:06.97	
689	302	Rebecca Fossett	FO	1:08:48.82	1:08:21.27	
690	428	Kevin Hobbs	M40	1:08:48.87	1:08:18.3	
691	674	Sue Poole	F55	1:08:54.56	1:08:07.05	
692	458	Dawn Hyde	FO	1:09:07.79	1:08:16.53	
693	839	Emma Taylor	FO	1:09:07.86	1:08:16.05	
694	237	Christopher Devereux-cooke	M60	1:09:10.43	1:08:20.1	
695	696	Susanna Putnam	F50	1:09:12.24	1:08:28.3	
696	219	Kelly Cullum	FO	1:09:13.49	1:08:33.49	
697	818	Kellie Spencer-witcomb	F45	1:09:14.93	1:08:27.79	
698	656	Sarah Pearman	F40	1:09:16.59	1:08:24.83	
699	936	Christine Wilmin	FO	1:09:23.66	1:08:34.79	

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700	754	Maxine Scrivener	F45	1:09:23.7	1:08:33.42	LWFitness4All
701	143	Vicky Chamberlain	F40	1:09:30.09	1:08:38.07	
702	131	Paul Carden	M65	1:09:35.65	1:08:41.1	
703	910	John Wharton	M40	1:09:44.01	1:08:48.45	
704	425	Ann Hird	F55	1:09:44.18	1:08:47.84	
705	31	Laura Atkinson	FO	1:09:52.31	1:09:02.36	
706	831	Peter Stockwell	M55	1:09:52.39	1:08:56.14	
707	591	Coral Monroe	FO	1:10:03.22	1:9:15.27	
708	193	Wendy Cooper	F50	1:10:03.45	1:9:12.94	
709	507	Christine Kremner	F55	1:10:08.69	1:9:24.9	
710	812	Chris Southernwood	MO	1:10:09.88	1:9:25.34	
711	199	Susie Crafer	F40	1:10:10.95	1:9:17.6	
712	127	Camella Camm	FO	1:10:13.44	1:9:40.62	
713	207	Jacqui Crombie	F50	1:10:13.64	1:9:22.76	
714	128	Dana Camm	FO	1:10:17.38	1:9:44.6	
715	801	Hannah Smurthwaite	FO	1:10:19.57	1:9:26.26	
716	327	Jennifer Garrity	FO	1:10:19.57	1:9:26.62	
717	822	Stuart Stafford	MO	1:10:22.07	1:9:29.12	
718	187	Michelle Cook	FO	1:10:26.31	1:9:36.44	
719	299	Sue Foley	F50	1:10:34.8	1:9:42.68	Mid Essex Casuals
720	952	Sarah Wtight	F50	1:10:44.25	1:9:51.17	
721	771	Alix Sheppard	F40	1:10:44.31	1:9:51.36	
722	1	Roger Abo-henriksen	M65	1:10:46.61	1:10:46.61	
723	660	Megan Penson	FO	1:10:47.96	1:10:10.79	
724	907	Nicola Westwood	FO	1:10:48.9	1:10:11.72	
725	659	Theresa Penson	F45	1:10:48.9	1:10:10.53	
726	51	Karen Barker	FO	1:10:55.98	1:9:58.05	
727	345	Martin Graham	M60	1:11:05.62	1:10:09.17	
728	781	Debbie Smart	F45	1:11:05.86	1:10:08.61	
729	310	Steve Francis	M50	1:11:06.54	1:10:50.77	
730	110	Rebecca Buckles	FO	1:11:33.53	1:10:41.66	Ipswich Triathlon Club
731	220	Kelly Cunningham	FO	1:11:50.94	1:10:57.99	
732	749	Caroline Saville	F40	1:11:52.02	1:10:56.32	
733	77	Derya Blackett	FO	1:12:03.6	1:11:06.86	
734	578	Holly Milgate	FO	1:12:06.97	1:11:14.77	
735	461	Gary Inman	M45	1:12:06.99	1:11:14.04	
736	682	Jess Preston	FO	1:12:09.78	1:11:14.01	Vegan Runners UK
737	155	Ruth Cherry-galal	F45	1:12:10.06	1:11:11.95	
738	929	Kate Wilkinson	FO	1:12:20.53	1:11:25.92	
739	158	Annie Churcher	F50	1:12:30.54	1:11:31.59	
740	809	Patricia Soton	F50	1:12:34.61	1:12:05.87	
741	562	Sarah Mccarney	F45	1:12:41.6	1:12:05.45	
742	118	Matthew Butcher	M40	1:12:42.39	1:12:06.36	
743	301	Ria Forsyth	FO	1:12:50.35	1:11:56.4	
744	280	Lucy Ferrier	FO	1:13:02.74	1:12:02.89	
745	554	Isabel Marsh	FO	1:13:13.59	1:12:24	
746	935	Mel Willsmore	F40	1:13:19.78	1:12:25.97	
747	462	Jaclyn Isgar	FO	1:13:19.83	1:12:37.09	
748	878	Sharron Wallis	F45	1:13:21.17	1:12:23.63	
749	415	Theresa Higgins	F60	1:13:26.74	1:12:26.81	
750	340	Rosalind Gormer	F50	1:13:34.13	1:12:31.34	
751	853	Sally Thorpe	F50	1:13:34.14	1:12:31.05	
752	849	Sylvia Thompson	F50	1:13:45.76	1:12:47.33	
753	805	Hayley Songhurst	FO	1:13:54.03	1:13:04.48	
754	107	Nick Brown	MO	1:13:55.46	1:13:02.06	
755	216	Peter Crowe	M65	1:14:25.43	1:13:32.48	
756	478	Hannah Johns	FO	1:14:38.96	1:14:07.44	
757	176	Rachel Coles	FO	1:14:52.91	1:13:59.89	
758	196	Helen Cottage	FO	1:14:55.25	1:13:54.1	
759	130	Lucy Carabine	F40	1:14:55.34	1:13:55.76	
760	945	Zena Wooller	F40	1:14:55.59	1:14:14.2	
761	951	Emma Wrigley	F40	1:15:08.88	1:14:13.68	
762	259	Rosie Elliott	FO	1:15:14.49	1:14:18.75	
763	902	Steve Welch	MO	1:15:14.58	1:15:06.42	

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764	313	Nicola Freeman	F50	1:15:23.78	1:14:28.16	
765	95	Richard Bourne	M65	1:15:27.95	1:14:40.24	
766	236	Kevin Devereux-cooke	MO	1:15:28.83	1:14:54.75	
767	464	Carolyn Isom	FO	1:15:29.59	1:14:38.97	
768	903	Emma Welham	FO	1:15:36.88	1:14:39.42	Great Bentley Running Club
769	546	Sandy Maloy	F50	1:15:38.73	1:14:42.33	Sudbury Joggers
770	738	Tracey Rulton	F50	1:15:38.93	1:14:41.91	Sudbury Joggers
771	873	Samantha Walker	FO	1:15:39.01	1:14:42.56	
772	517	Angela Lawrence	F50	1:16:02.94	1:15:00.65	
773	845	Philip Thackray	M45	1:16:50.74	1:15:45.11	
774	117	Lucy Burton	FO	1:16:50.93	1:15:44.39	
775	413	Gavin Hickmott	M45	1:16:52.35	1:15:45.26	LWFitness4All
776	251	Bill Dyer	M55	1:16:55.63	1:15:55.38	
777	214	Amanda Cross	F50	1:17:11.91	1:16:16.95	
778	36	Simon Back	M50	1:17:25.61	1:16:26.54	
779	497	Caitlin Killen	FO	1:18:18.27	1:17:23.02	
780	938	Karl Winchester	MO	1:18:26.68	1:17:27.28	
781	363	Sarah Guille	FO	1:19:05.69	1:18:06.71	
782	946	Katie Worby	FO	1:19:06.16	1:18:03.31	
783	60	Mark Bedford	M40	1:19:07.55	1:18:07.62	
784	522	Diana Lee	F55	1:19:09.43	1:18:26.05	
785	332	Charlotte Glass	FO	1:19:36.07	1:18:43.12	LWFitness4All
786	206	John Croghan	M40	1:19:43.09	1:18:48.72	LWFitness4All
787	72	Michelle Biggins	F40	1:19:59.82	1:18:57.44	
788	241	Louise Double	F40	1:20:47.59	1:19:51.89	
789	899	Joanne Webb	F45	1:20:51.26	1:19:53.31	
790	587	Sarah Mitchell	FO	1:21:37.44	1:20:37.63	
791	918	Lis Whitehair	F55	1:24:54.99	1:23:52.59	
792	498	Gemma King	FO	1:25:45.48	1:24:44.96	
793	663	Beverley Pickett	F40	1:25:45.76	1:24:45.38	
794	316	Emma Galal	FO	1:27:12.51	1:26:14.24	
795	70	Phillippa Bickles	F45	1:27:12.58	1:26:12.13	
796	855	Melanie Traynor	FO	1:27:16.24	1:26:14.14	
797	490	Beth Keeble	FO	1:27:35.35	1:26:33.96	
798	854	Georgia-blue Townshend	FO	1:28:25.57	1:27:30.73	
799	348	Georgina Grayston	F45	1:28:47.32	1:27:44.93	
800	850	Julia Thompson	F40	1:29:36.98	1:28:34.24	
801	427	Karen Hobbs	FO	1:29:52.75	1:28:52.68	
802	325	Jeanette Garrard	F45	1:32:53.69	1:32:00.34	
803	558	Natalie Martin	FO	1:32:53.98	1:31:53.63	
804	924	Jane Wignall	F45	1:39:26.4	1:38:25.16	
805	459	Linzi Iddon	FO	1:39:30.3	1:38:26.5	Great Bentley Running Club