

Colchester 10k 2019

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	584	Mark Mckeown	MO	1	0:34:48.68	Colchester Harriers AC
2	354	Jason Gunn	MO	2	0:34:55.73	Colchester Harriers AC
3	582	Douglas Mcgillivray	M40	1	0:35:01.07	Colchester Harriers AC
4	255	Paul Dungate	M40	2	0:35:14.75	
5	954	Dan Widdowson	MO	5	0:35:56.71	Ipswich Triathlon Club
6	450	Andrew Jobling	MO	6	0:36:44.48	Colchester Harriers AC
7	896	Armand Vigors	MO	7	0:36:56.22	Boxted Runners
8	427	Cameron Humphries	MO	8	0:37:00.15	Colchester Harriers AC
9	292	James Foot	M40	3	0:37:01.73	
10	595	Paul Mellor	MO	10	0:37:08.79	
11	851	Victor Steinwand	U18M	1	0:37:19.96	Colchester Harriers AC
12	397	Kevin Higgins	M45	1	0:37:25.5	Colchester Harriers AC
13	554	Keith Marley	M50	1	0:37:25.72	Colchester Harriers AC
14	939	Peter West	M55	1	0:37:36.52	Colchester Harriers AC
15	306	Barry Frost	MO	15	0:37:59.45	Colchester Harriers AC
16	1009	Piotr Bulacz	M45	2	0:38:00.88	Sudbury Joggers
17	643	Tom Newton	MO	17	0:38:15.97	
18	877	Peter Thompson	M60	1	0:38:21.86	Cambridge & Coleridge AC
19	221	Matt Davey	M40	4	0:38:30.22	Tiptree Road Runners
20	168	Richard Coleman	M45	3	0:38:35.27	
21	391	Aiko Henington	F40	1	0:38:54.02	Colchester Harriers AC
22	206	Rob Cronshaw	MO	22	0:39:00.4	Colchester Harriers AC
23	472	Charles Keitch	M40	5	0:39:04.12	Great Bentley Running Club
24	908	Jerry Walder	M45	4	0:39:09.03	Colchester Harriers AC
25	414	David Hook	MO	25	0:39:10.21	City of Norwich AC
26	785	Jamie Schofield	MO	26	0:39:12.86	
27	288	James Fisher	MO	27	0:39:26.02	
28	364	Ben Halls	MO	28	0:39:26.12	Colchester Harriers AC
29	775	Damien Saiz	MO	29	0:39:35.64	
30	55	Jon Battram	M45	5	0:39:42.74	Harwich Runners
31	891	Michael Undrill	M50	2	0:39:51.66	
32	1003	Chris Goulding	MO	32	0:39:51.91	
33	164	Simon Colclough	MO	33	0:39:54.91	
34	544	Jonathan Mann	MO	34	0:40:01.02	
35	280	Rob Ferguson	MO	35	0:40:14.02	Great Bentley Running Club
36	850	Heidi Steele	FO	36	0:40:18.11	Colchester Harriers AC
37	985	Pete Woosey	MO	37	0:40:26.25	
38	16	Lee Allen	M40	6	0:40:29.62	Harwich Runners
39	145	Anthony Chatters	MO	39	0:40:35.02	
40	558	Stephen Marsden	MO	40	0:40:41.96	
41	229	Paul Davison	M45	6	0:40:43.45	Great Bentley Running Club
42	86	Jonathan Boyles	M40	7	0:40:52.22	
43	295	Lee Fox	MO	43	0:40:58.21	Colchester & Tendring AC
44	83	Elliot Borroff	U18M	2	0:40:59.68	Running Colchester
45	18	Stephen Ames	M45	7	0:41:01.72	Boxted Runners
46	71	Andre Besant	M45	8	0:41:07.4	Harwich Runners
47	253	Sean Duffett	M45	9	0:41:21.79	Colchester Harriers AC
48	17	Sean Allston	MO	48	0:41:28.67	Running Colchester
49	562	David Marsh	M40	8	0:41:32.22	Stowmarket Striders RC
50	815	Michael Simmons	M50	3	0:41:51.19	Great Bentley Running Club
51	781	Daryl Savage	MO	51	0:41:57.06	Bishops Stortford RC
52	251	Mike Drury	M45	10	0:41:58.39	
53	329	Robert Grainger	MO	53	0:41:58.73	Stowmarket Striders RC
54	626	Simon Morgan	M50	4	0:42:14.45	Colchester Harriers AC
55	390	John Henington	M45	11	0:42:16.32	Colchester Harriers AC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
56	733	Jamie Randall	M50	5	0:42:17.99	Haverhill Running Club
57	401	Chris Hilling	M40	9	0:42:28.67	
58	740	Matthew Read	MO	58	0:42:29.68	
59	594	Daniel Meecham	MO	59	0:42:30.55	
60	333	Karl Graves	M45	12	0:42:36.58	Boxted Runners
61	95	Kevin Brett	M60	2	0:42:38.46	Jogging Made Easy
62	378	Justin Hayhoe	M45	13	0:42:40.44	
63	735	Ian Rattray	M45	14	0:42:41.7	Colchester Harriers AC
64	623	Sadie Moore	FO	64	0:42:49.6	
65	500	Sean Lawlor	M45	15	0:42:52.59	
66	546	Richard Manning	M45	16	0:42:53.59	
67	959	Daniel Wilkinson	M40	10	0:42:57.67	Colchester Harriers AC
68	568	Karen Martin	FO	68	0:43:03.39	Haverhill Running Club
69	993	Brian Wylie	M45	17	0:43:05.07	
70	120	James Calnan	MO	70	0:43:09.72	
71	732	Andrew Ramage	MO	71	0:43:10.17	Harlow RC
72	434	Samuel Irungu	MO	72	0:43:14.04	
73	419	Dave Howe	M55	2	0:43:14.57	Running Colchester
74	692	Mark Penson	MO	74	0:43:15.34	
75	794	Jimmy Secker	M40	11	0:43:15.88	Sudbury Joggers
76	718	Mark Prince	MO	76	0:43:16.16	
77	534	Chris Lund	M55	3	0:43:25.74	
78	189	Steve Covey	M50	6	0:43:26.79	Mid Essex Casuals
79	786	Duncan Scott	MO	79	0:43:30.1	Great Bentley Running Club
80	105	Anthony Brown	M45	18	0:43:33.38	
81	328	Alexander Govia	MO	81	0:43:34.87	
82	946	Arthur Whiston	M65	1	0:43:44.61	Colchester Harriers AC
83	179	Dan Cook	MO	83	0:43:49.53	Colchester Harriers AC
84	736	Michael Rauch	M50	7	0:43:53.3	
85	309	Alan Gardner	M45	19	0:43:53.37	Harwich Runners
86	938	Jonathan West	MO	86	0:43:55.48	
87	601	Ned Messer	U18M	3	0:43:56.69	Colchester Harriers AC
88	729	Stuart Raffle	MO	88	0:43:59.11	Harwich Runners
89	186	Richard Corner	M50	8	0:44:00.14	
90	173	Geoffrey Conway	M50	9	0:44:00.45	
91	392	Alexandra Hennessy	F40	2	0:44:00.76	Colchester Harriers AC
92	191	Marcus Cox	M45	20	0:44:03.27	Jogging Made Easy
93	691	Thierry Pennec	M40	12	0:44:06.81	
94	507	Harry Leatherdale	MO	94	0:44:09.79	
95	373	Paul Hart	M40	13	0:44:14.17	
96	525	David Lissimore	M55	4	0:44:15.5	
97	108	Stephen Bullen	M45	21	0:44:16.17	
98	606	Michael Mills	M45	22	0:44:18.89	
99	367	Simon Handley	MO	99	0:44:19.24	
100	858	Sam Strike	MO	100	0:44:19.67	
101	659	Annette Oakman	F45	1	0:44:19.93	Colchester Harriers AC
102	498	Nigel Law	M50	10	0:44:20.25	
103	424	Gethin Hughes	MO	103	0:44:23.03	Running Colchester
104	727	Kevin Pyle	M40	14	0:44:23.82	Great Bentley Running Club
105	854	Chris Stevenson	M60	3	0:44:24.66	
106	58	Ian Beard	M50	11	0:44:24.96	
107	825	Allan Smith	MO	107	0:44:30.95	
108	761	Kyle Roper	M40	15	0:44:32.98	Ipswich Jaffa RC
109	578	Eleanor Mayne	FO	109	0:44:35.28	
110	743	Glen Reeve	M60	4	0:44:35.99	Tiptree Road Runners
111	940	Neil Weston-stokes	M40	16	0:44:39.79	
112	723	Matthew Pumfrey	MO	112	0:44:40.17	Harwich Runners
113	997	Michael Young	MO	113	0:44:41.01	Running Colchester
114	233	Becky Day	FO	114	0:44:42.38	Boxted Runners
115	159	Martin Claydon	M45	23	0:44:42.48	Colchester Harriers AC

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116	483	Ruth King	FO	116	0:44:43.93	
117	14	Charlie Alexander	FO	117	0:44:43.99	Tiptree Road Runners
118	139	Richard Chalkley	MO	118	0:44:44.48	
119	510	Robert Lee	MO	119	0:44:45.43	Running Colchester
120	1004	Paul Neville	M45	24	0:44:45.52	
121	739	Connor Read	MO	121	0:44:52.4	
122	834	Matthew Smith	M40	17	0:44:54.3	
123	467	Kosta Karantzis	MO	123	0:44:58.74	
124	402	Nikki Hills	F40	3	0:45:06.09	
125	490	Tomasz Komorowski	MO	125	0:45:07.46	Great Bentley Running Club
126	452	Gareth John	MO	126	0:45:09.92	
127	802	Lewis Shaw	MO	127	0:45:13.87	Running Colchester
128	848	Richard Stearn	M40	18	0:45:20.84	Running Colchester
129	291	Richard Flower	M55	5	0:45:26.66	
130	268	Robert Elliott	MO	130	0:45:29	
131	618	Richard Moor	M55	6	0:45:38.54	Great Bentley Running Club
132	12	Kieren Alexander	MO	132	0:45:42.42	
133	338	Steven Green	M40	19	0:45:46.8	
134	110	Andrew Burford	M40	20	0:45:51.58	
135	895	Marcel Van Mierlo	M45	25	0:45:55.05	
136	228	Sarah Davison	F45	2	0:45:58.51	Great Bentley Running Club
137	343	Derek Greenham	M55	7	0:45:58.67	Great Bentley Running Club
138	579	Becky Mccorquodale	F45	3	0:46:02.39	Harwich Runners
139	849	Richard Stebbing	MO	139	0:46:04.25	Running Colchester
140	399	Daniel Higham	MO	140	0:46:15.13	
141	713	Alan Price	M45	26	0:46:15.32	
142	996	Dave Young	M45	27	0:46:20.7	
143	45	Allen Ball	M45	28	0:46:28.93	Good Gym Race Team
144	836	David Smith	MO	144	0:46:32.16	
145	705	James Plant	MO	145	0:46:33.4	Colchester Harriers AC
146	888	Francis Turner	M50	12	0:46:34.04	
147	979	Neil Winters	M40	21	0:46:38.77	
148	11	Jim Aldridge	M45	29	0:46:39.84	Ipswich Jaffa RC
149	298	Gavin Francis	M40	22	0:46:46.35	
150	250	Marc Driscoll	M40	23	0:46:49.61	
151	488	Anna Kocinska	FO	151	0:46:53.38	
152	269	Rachel Elliott	FO	152	0:46:56.31	
153	417	Darran Houchin	M45	30	0:46:57.45	
154	158	Madeleine Claydon	U18F	1	0:46:58.36	Colchester Harriers AC
155	650	Paul Norrey	M40	24	0:46:59.02	
156	627	Dylan Morris	M40	25	0:47:00.07	
157	934	John Webb	M45	31	0:47:01.87	
158	94	Simon Brennen	FO	158	0:47:07.2	
159	489	Magdalena Komorowska	F40	4	0:47:16.35	Great Bentley Running Club
160	247	Lee Doe	M45	32	0:47:22.33	Running Colchester
161	155	Graham Clark	MO	161	0:47:22.41	
162	734	George Randlesome	MO	162	0:47:24.74	
163	622	Paul Moore	FO	163	0:47:32.36	
164	971	Helen Wilson	FO	164	0:47:33.42	
165	176	Charley Cook	MO	165	0:47:35.92	
166	783	Sue Savva	F45	4	0:47:37.53	Vegan Runners UK
167	882	James Tribley	M45	33	0:47:41.08	
168	1002	Nicholas Goodman	MO	168	0:47:42.7	Great Bentley Running Club
169	166	Gary Cole	M55	8	0:47:44.53	Running Colchester
170	360	Andrew Haig	MO	170	0:47:46.33	
171	487	Shelley Knights	FO	171	0:47:46.82	
172	708	Joe Poole	MO	172	0:47:49.12	
173	223	Lucy Davies	F40	5	0:47:49.84	Tiptree Road Runners
174	564	Patrick Marsh	M50	13	0:47:50.44	Colchester Harriers AC
175	972	George Wilson	M40	26	0:47:51.36	

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176	381	Mark Hayward	MO	176	0:47:54.64	
177	616	Joseph Molyneux	MO	177	0:47:55.64	
178	352	David Guest	M45	34	0:47:56.87	
179	951	Dean Wicks	MO	179	0:47:59.79	
180	385	Kieron Healy	MO	180	0:48:02.05	
181	930	Dale Weaver	M50	14	0:48:03.22	
182	331	Raoul Grantham	M50	15	0:48:03.32	Braintree & District AC
183	950	Daniel Whymark	MO	183	0:48:05.46	
184	82	Nick Bond	M40	27	0:48:09.26	
185	995	John Yell	M40	28	0:48:11.76	Running Colchester
186	967	Rob Williamson	M40	29	0:48:20.58	
187	545	Darren Manners	MO	187	0:48:22.07	
188	398	Peter Higgins	M60	5	0:48:22.45	
189	649	Dan Norkett	MO	189	0:48:23.27	
190	316	Katie Gibson	F45	5	0:48:24.17	Colchester Harriers AC
191	57	Chusa Bautista Fructuoso	F40	6	0:48:24.48	Great Bentley Running Club
192	125	Lesley Cardy	FO	192	0:48:25.66	
193	262	Steven Edwards	M50	16	0:48:26.11	
194	600	Carl Messer	M50	17	0:48:27.16	Running Colchester
195	841	Jeremy Sokhi	M45	35	0:48:29.12	
196	922	Harriet Warren	FO	196	0:48:30.26	
197	134	Robin Cattermole	M55	9	0:48:35.28	City of Hull AC
198	317	Bruno Giesteira	MO	198	0:48:37.38	
199	800	Will Sharples	M40	30	0:48:38.56	Running Colchester
200	903	Andrew Wagerfield	MO	200	0:48:39.75	Running Colchester
201	495	Mark Lankester	M50	18	0:48:40.07	Felixstowe RRC
202	36	Chris Axford	M50	19	0:48:41.09	Jogging Made Easy
203	852	Craig Stephens	M45	36	0:48:41.27	
204	486	Gemma Knight	FO	204	0:48:45.45	
205	185	Nathan Cording	MO	205	0:48:46.03	
206	277	Cherri Farren	FO	206	0:48:46.65	
207	890	Moynd Uddin	MO	207	0:48:51.56	
208	310	David Garnham	M50	20	0:48:53.21	Ipswich Jaffa RC
209	320	Leo Girgzdys	MO	209	0:48:54.25	
210	27	Kevin Andrews	MO	210	0:48:54.32	
211	526	Mary Lloyd	F50	1	0:48:54.47	Brentwood Running Club
212	968	Peter Willis	M45	37	0:48:55.14	
213	85	Helen Boyd	F40	7	0:48:56.33	
214	303	Mark Freeman	M50	21	0:48:57.21	
215	608	Lana Milne	FO	215	0:48:57.4	Running Colchester
216	535	Matthew Lynn	MO	216	0:48:59.64	
217	569	Aaron Martin	MO	217	0:48:59.9	
218	744	Chris Regan	M50	22	0:49:01.06	Colchester & Tendring AC
219	350	Hannah Grinham	FO	219	0:49:02.8	
220	409	Rosanna Holden	FO	220	0:49:02.88	Jogging Made Easy
221	958	Steve Wilkins	MO	221	0:49:04.21	Jogging Made Easy
222	447	Mark Jeavons	M40	31	0:49:04.93	
223	831	Kieran Smith	M40	32	0:49:07.29	
224	480	Alex King	M40	33	0:49:08.66	Running Colchester
225	907	Wojciech Walczuk	M50	23	0:49:10.69	Vegan Runners UK
226	304	Louis Freeman	MO	226	0:49:11.15	
227	425	Keith Hughes	M50	24	0:49:11.31	
228	25	Mark Anderson	M50	25	0:49:11.87	
229	319	Mark Gipson	M45	38	0:49:12.35	
230	172	Alex Collis	MO	230	0:49:14.23	
231	32	Stephen Ashbee	M65	2	0:49:15	Jogging Made Easy
232	451	David Jobling	M60	6	0:49:17.99	Witham RC
233	878	Lee Threadgold	MO	233	0:49:21.99	
234	699	Kristine Peters	FO	234	0:49:22.43	Jogging Made Easy
235	540	Caroline Mangham	FO	235	0:49:24.3	

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236	395	Anna Hibben	FO	236	0:49:25.18	
237	617	Jon Moodie	M45	39	0:49:26.56	Framlingham Flyers
238	612	James Mitchell	M40	34	0:49:27.86	
239	84	Ian Bown	M55	10	0:49:30.51	Good Gym Race Team
240	845	Tania Stacey	F40	8	0:49:37.99	Boxted Runners
241	265	Benn Eldridge	MO	241	0:49:39.28	Jogging Made Easy
242	614	Rebecca Mitchell	FO	242	0:49:40.1	
243	966	Charles Williams	M60	7	0:49:45.38	Great Bentley Running Club
244	797	Andrew Sestak	MO	244	0:49:48.85	
245	275	Anna Everett	FO	245	0:49:48.95	
246	220	Christopher Davey	M45	40	0:49:54.77	
247	900	Dean Vokes	M50	26	0:49:55.71	
248	657	Joshua O'sullivan-wade	U18M	4	0:49:59	
249	405	Hien Hoang	FO	249	0:50:00.44	Great Bentley Running Club
250	72	Tony Bettis	M50	27	0:50:01.55	
251	161	Adam Clift	MO	251	0:50:03.07	
252	384	Mark Healy	M45	41	0:50:04.39	
253	101	Elizabeth Bright	FO	253	0:50:08.73	Running Colchester
254	947	Emily White	U18F	2	0:50:11.4	Colchester & Tendring AC
255	892	Wing-mei Ung	F40	9	0:50:12.8	Boxted Runners
256	668	Nikki Osborne	F45	6	0:50:13.37	
257	547	Richard March	M40	35	0:50:13.96	
258	1005	Lee Clarkson	MO	258	0:50:14.46	
259	808	Laura Shrewbridge	FO	259	0:50:17.14	
260	648	Wali Noori	MO	260	0:50:17.25	
261	542	Stephen Manley	M50	28	0:50:19.53	Harwich Runners
262	725	Louise Punter	FO	262	0:50:19.68	Running Colchester
263	504	Sandrine Le Galleze	F45	7	0:50:20.61	
264	137	Karen Cawdery	FO	264	0:50:21.71	
265	260	Thomas Early	MO	265	0:50:23.66	
266	356	Sohit Gurung	MO	266	0:50:31.24	
267	111	Emma Burgess	FO	267	0:50:34.45	
268	728	Gareth Radley	M40	36	0:50:34.99	
269	948	Emily White	FO	269	0:50:39.14	Good Gym Race Team
270	598	Darien Merry	M55	11	0:50:44.6	
271	458	David Jones	M55	12	0:50:46.11	Great Bentley Running Club
272	766	Jennifer Rudman	F40	10	0:50:50.45	
273	756	Dan Rizica	MO	273	0:50:57.33	
274	369	Alan Harries	M45	42	0:50:58.06	
275	387	Harry Hearn	MO	275	0:50:59.63	
276	805	Laura Shepherd	FO	276	0:50:59.93	
277	840	Jason Smith	MO	277	0:50:59.97	
278	80	Paul Bleck	M40	37	0:51:01.94	
279	79	Claire Bleck	F40	11	0:51:01.96	Jogging Made Easy
280	493	Steven Langridge	M40	38	0:51:02.93	
281	5	James Addison	M65	3	0:51:09.44	
282	182	Michael Cooper	MO	282	0:51:12.24	
283	522	Phil Lewis	M50	29	0:51:14.06	
284	24	Lee Anderson	M40	39	0:51:14.33	Jogging Made Easy
285	661	Shaun O'connor	M50	30	0:51:18.95	
286	749	Natasha Rice	F40	12	0:51:20.84	Colchester Harriers AC
287	463	Sean Jordan	MO	287	0:51:20.99	
288	537	David Mackay	M50	31	0:51:31.17	
289	102	David Bright	MO	289	0:51:36.51	
290	726	Robert Punter	MO	290	0:51:37.34	
291	883	Jennifer Trott	FO	291	0:51:37.44	Running Colchester
292	418	Lisa Houghton	F45	8	0:51:38.37	
293	719	Sarah Prince	FO	293	0:51:42.87	
294	702	Stuart Phillips	M40	40	0:51:43.84	
295	778	Robert Sangster	M45	43	0:51:49.1	

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296	597	Elizabeth Merrell	FO	296	0:51:49.67	
297	574	Glenn Matthews	M55	13	0:51:53.42	
298	924	David Waterman	M45	44	0:51:53.54	Colchester & Tendring AC
299	978	Suzanne Winter	F40	13	0:51:54.73	
300	1001	Lucy West	F45	9	0:51:55.6	Running Colchester
301	541	Stephen Mangham	M40	41	0:52:00.37	
302	497	Joanne Larwood	FO	302	0:52:00.93	
303	701	Lisa Pettitt	FO	303	0:52:01.07	
304	421	Matk Howson	MO	304	0:52:01.34	
305	393	Anne Herbert	F60	1	0:52:01.89	Harwich Runners
306	944	John Wheatley	M65	4	0:52:05.41	Colchester Harriers AC
307	646	Jason Nightingale	M45	45	0:52:13.05	
308	35	Stuart Axcell	MO	308	0:52:15.47	
309	998	Anna Young	F45	10	0:52:18.66	Great Bentley Running Club
310	673	Claire Parker	FO	310	0:52:18.93	
311	379	Val Haynes	F55	1	0:52:20.23	
312	774	Darrin Sadler	M50	32	0:52:21.29	
313	684	Marie Paveley	F40	14	0:52:21.79	Capel Cheetahs
314	511	Samantha Lee	FO	314	0:52:23.14	Capel Cheetahs
315	205	Jason Cronin	M40	42	0:52:24.85	
316	664	Martin Olley	M50	33	0:52:27.58	
317	69	Tracy Bennie	FO	317	0:52:30.71	
318	218	Cristina D'andrea	FO	318	0:52:30.94	
319	466	Lisa Joslin	F50	2	0:52:34.09	
320	711	Benjamin Potter	MO	320	0:52:34.38	
321	871	Daniel Taylor	MO	321	0:52:34.39	
322	982	James Wolff	MO	322	0:52:37.75	
323	142	Bo Chan	F40	15	0:52:38.49	
324	96	Scott Brian	M45	46	0:52:45.92	Harwich Runners
325	448	Richard Jeffries	M50	34	0:52:46.53	
326	799	Natalie Sharples	F45	11	0:52:49.26	Running Colchester
327	832	Brian Smith	M50	35	0:52:52.54	Colchester Harriers AC
328	435	Tom Jack	MO	328	0:52:56.72	
329	795	Rhyanne Sefton	FO	329	0:52:58.78	
330	885	Ben Turnbull	M40	43	0:52:59.11	Running Forever RC
331	313	Steve Garthwaite	M45	47	0:52:59.94	
332	440	Chris Jakens	MO	332	0:53:00.03	
333	485	Joanne Kluss	F45	12	0:53:00.15	Boxted Runners
334	683	Ryan Passey	MO	334	0:53:00.51	Running Colchester
335	986	Charlotte Worrow	F45	13	0:53:01.3	Boxted Runners
336	476	Richard Kidd	M40	44	0:53:03.65	
337	536	Richard Mabbitt	M45	48	0:53:09.95	
338	429	Stuart Hunt	MO	338	0:53:12.26	Hadleigh Hares AC
339	361	Lee Hagherty	M45	49	0:53:15.93	
340	66	Lianne Belcher	F40	16	0:53:16.95	
341	203	Paul Crickmore	MO	341	0:53:18.92	Running Colchester
342	918	Ashley Ward	MO	342	0:53:19.99	
343	1	Claire Abraham	F40	17	0:53:20.47	
344	351	Jet Grommel	F40	18	0:53:27.38	Jogging Made Easy
345	214	Emily Czuba	FO	345	0:53:30.22	
346	771	Allan Rumble	MO	346	0:53:32.19	
347	64	Jacob Beddow	MO	347	0:53:32.35	
348	807	Bev Shortley	F50	3	0:53:32.79	Great Bentley Running Club
349	906	Emma Wakeling	F40	19	0:53:37.29	Great Bentley Running Club
350	861	David Sullivan	M40	45	0:53:37.98	Jogging Made Easy
351	428	Gary Hunnable	MO	351	0:53:38	
352	700	Matt Pettit	MO	352	0:53:38.7	
353	318	Rachel Giles	F45	14	0:53:39.77	Great Bentley Running Club
354	585	Antony Mcloughlin	MO	354	0:53:39.85	
355	827	Les Smith	M55	14	0:53:43.62	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
356	190	Stephen Cowen	M55	15	0:53:44.75	Running Colchester
357	563	Christine Marsh	F60	2	0:53:46.44	Stowmarket Striders RC
358	99	Lisa Briggs	FO	358	0:53:47.79	Running Colchester
359	969	Kate Wills	F40	20	0:53:49.97	Boxted Runners
360	198	Vanessa Crannis	F50	4	0:53:50.62	
361	586	Ada McMahon	F45	15	0:53:55.9	
362	679	Andy Parton Parton	M50	36	0:53:56.25	Capel Cheetahs
363	430	Steve Hunt	M55	16	0:53:57.05	Hadleigh Hares AC
364	605	Stephanie Mills	FO	364	0:53:58.86	Great Bentley Running Club
365	847	Katie Staton	FO	365	0:54:01.55	
366	899	Suzu Violet	F45	16	0:54:03.06	Jogging Made Easy
367	81	Tommy Bond	MO	367	0:54:06.3	
368	989	James Wreford	MO	368	0:54:07.37	
369	521	Michelle Lewington	F40	21	0:54:08.63	Good Gym Race Team
370	443	Sue James	F50	5	0:54:10.53	
371	73	Dale Betts	M40	46	0:54:12.07	
372	217	Kirsty Dailly	F40	22	0:54:13.46	Brentwood Running Club
373	621	Claire Moore	F40	23	0:54:16.55	Boxted Runners
374	901	Mark Wade	M45	50	0:54:19.09	Running Colchester
375	407	Philip Hogan	M45	51	0:54:21.06	Jogging Made Easy
376	532	Muriel Lovering	F40	24	0:54:22.37	Harwich Runners
377	160	Ian Clegg	M45	52	0:54:22.49	
378	776	Julie Saliba	F40	25	0:54:24.28	Running Colchester
379	178	Sheril Cook	F45	17	0:54:24.8	
380	287	Lee Finch	M45	53	0:54:25.5	
381	408	Stefan Hogan	MO	381	0:54:26.24	Colchester Harriers AC
382	254	Erika Duffett	F50	6	0:54:26.52	
383	580	Lindsay Mcdonald	FO	383	0:54:26.73	
384	245	Charlotte Dixon	F40	26	0:54:27.84	
385	103	Jerry Brocking	M55	17	0:54:30.35	
386	607	Kerrie Mills	F45	18	0:54:31.07	
387	867	Michelle Tavner	F40	27	0:54:32.58	Dengie 100 Runners
388	484	Dion Kipping	M40	47	0:54:34.52	
389	290	Felipe Fleury-rojo	MO	389	0:54:35.29	
390	514	Isabella Leggett	FO	390	0:54:35.39	
391	754	Chris Ringrose Ringrose	M45	54	0:54:36.06	
392	257	Vanessa Durham	F45	19	0:54:36.79	
393	362	Steph Hall	FO	393	0:54:39.19	
394	813	Alexandra Sim	F40	28	0:54:41.75	
395	147	Sonja Chenier	F45	20	0:54:42.92	
396	376	Andrew Harvey	M45	55	0:54:42.98	
397	887	Kelly Turner	F45	21	0:54:47.23	
398	433	Elliott Innocent	MO	398	0:54:47.4	
399	677	Alan Parsons	M45	56	0:54:48.28	Running Colchester
400	78	Victoria Blanshard	F40	29	0:54:53.97	
401	686	Christopher Payne	MO	401	0:54:55.71	
402	128	Jennifer Carter	F40	30	0:54:57.6	Boxted Runners
403	456	Simon Johnson	M45	57	0:55:00.69	
404	60	Al Beard	M45	58	0:55:01.35	
405	274	Nicola Everett	FO	405	0:55:01.82	Harwich Runners
406	814	Marion Simmons	F55	2	0:55:02.49	Great Bentley Running Club
407	42	Steve Baker	M55	18	0:55:03.06	
408	651	Lucy Norrey	F40	31	0:55:03.82	
409	965	Rob Williams	M45	59	0:55:08.87	
410	131	Viv Cassidy	F40	32	0:55:09.18	Running Colchester
411	921	Nikki Warner	FO	411	0:55:11.13	
412	444	Trish Jarvis	F50	7	0:55:11.67	Jogging Made Easy
413	92	Frances Bredin	F40	33	0:55:11.88	Jogging Made Easy
414	202	Jeremy Creese	M50	37	0:55:14.24	
415	931	Hannah Weavers	FO	415	0:55:17.81	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
416	89	Sam Brackley	FO	416	0:55:17.84	
417	826	Dan Smith	M40	48	0:55:21.48	
418	759	John Rodgerd	MO	418	0:55:22.81	
419	117	John Byrne	M45	60	0:55:27.57	
420	559	Jon Marsh	MO	420	0:55:28.25	
421	475	Matt Kett	M45	61	0:55:28.37	
422	62	Sally Beattie	FO	422	0:55:31.11	
423	457	Wendy Johnston	F50	8	0:55:34.46	
424	355	Lucinda Gurney	F40	34	0:55:34.52	
425	2	Cliff Adams	M50	38	0:55:35.05	
426	479	Jenny King	FO	426	0:55:37.42	
427	3	Hilary Adams	F45	22	0:55:45.54	
428	100	Daniel Briggs	MO	428	0:55:46.54	
429	667	Gabriella Ortega	FO	429	0:55:48.82	
430	482	Kieren King	MO	430	0:55:49.42	Boxted Runners
431	194	Trevor Coyne	M45	62	0:55:51.77	
432	772	James Russell	M45	63	0:55:54.49	
433	52	Craig Barrick	M45	64	0:55:54.87	
434	960	Daniel Wilkinson	MO	434	0:55:55.22	
435	512	Shawn Leek	M40	49	0:55:58.82	
436	639	Jamie Neill	M40	50	0:55:58.94	
437	581	Jen Mcelroy	FO	437	0:55:59.15	Running Colchester
438	477	Jacque King	F60	3	0:55:59.29	Boxted Runners
439	823	Jamie Slowgrove	MO	439	0:55:59.44	
440	224	Catherine Davies	FO	440	0:55:59.75	
441	976	Julie Wilsoon	F45	23	0:56:03.36	Brentwood Running Club
442	473	David Kennedy	M50	39	0:56:10.75	
443	293	Christina Foreman	F40	35	0:56:13.35	Great Bentley Running Club
444	345	Dawn Greenleaf	F40	36	0:56:15.84	
445	167	Darren Cole	MO	445	0:56:19.01	
446	991	Paul Wright	MO	446	0:56:27	
447	669	Bryn Owen-williams	M50	40	0:56:27.64	
448	163	David Coates	M40	51	0:56:38.59	
449	833	Cheryl Smith	F45	24	0:56:39.77	
450	370	Sean Harris	MO	450	0:56:39.99	
451	312	Chris Garrard	M40	52	0:56:40.56	
452	241	Gary Dicker	M55	19	0:56:40.7	
453	375	Leoni Harvey	FO	453	0:56:40.85	Great Bentley Running Club
454	104	Wendy Brown	F40	37	0:56:42.54	
455	132	Ray Castle	M60	8	0:56:45.22	
456	153	Joanna Clark	F40	38	0:56:48.43	
457	636	Gemma Nachman	FO	457	0:56:49.98	
458	151	Stuart Clack	M40	53	0:56:50.21	
459	403	Luke Hinchliffe	M45	65	0:56:50.27	
460	809	Nazma Sidat	F45	25	0:56:52.3	
461	793	Georgina Seakens	FO	461	0:56:57.39	Boxted Runners
462	152	Rachel Clark	FO	462	0:56:59.4	
463	506	Eamonn Leacy	M55	20	0:57:00.43	
464	13	Veronica Alexander	F50	9	0:57:01.68	Great Bentley Running Club
465	747	Harriett Renolds	FO	465	0:57:04.38	Running Colchester
466	543	Angela Mann	F50	10	0:57:09.32	Run Local
467	824	Fay Smalls	F45	26	0:57:10.7	Running Colchester
468	130	David Cash	M45	66	0:57:10.83	
469	963	Charlotte Williams	F45	27	0:57:12.44	
470	698	John Perry	M65	5	0:57:15.69	Boxted Runners
471	43	Eleanor Bale	FO	471	0:57:17.07	Benfleet RC
472	67	Roy Belsey	MO	472	0:57:19.81	
473	462	Jade Jones	FO	473	0:57:20.72	
474	943	Anna Whatling	F40	39	0:57:21.14	
475	762	Sarah Rose	F40	40	0:57:21.99	Running Colchester

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
476	278	Maria February	F50	11	0:57:23.84	
477	296	Toby Fox-hammond	MO	477	0:57:26.47	Running Colchester
478	730	Tomas Rafter	M40	54	0:57:28.21	
479	565	Nicola Martin	F45	28	0:57:31.8	
480	838	Suzu Smith	F40	41	0:57:34.02	Running Colchester
481	767	Donatas Rudzevicius	MO	481	0:57:37.68	
482	798	Sue Sharpe	F50	12	0:57:38.58	
483	321	Hayley Gladwell	F40	42	0:57:38.78	Bitton Road Runners
484	231	David Dawson	M45	67	0:57:39.02	
485	753	Martyn Richer	MO	485	0:57:39.25	
486	230	Matt Dawson	MO	486	0:57:39.81	
487	949	Laura Whiteley	FO	487	0:57:41.29	
488	853	Gemma Stephens	F45	29	0:57:42.62	
489	571	Dale Masson	M45	68	0:57:43.44	
490	583	Andrea Mckeown	FO	490	0:57:43.69	
491	763	Katherine Rose	FO	491	0:57:44.43	
492	874	Bob Thompson	M45	69	0:57:44.73	
493	208	Sue Cross	F50	13	0:57:45.01	Running Colchester
494	121	Tracey Campbell	F45	30	0:57:48.78	
495	791	Katie Scott	FO	495	0:57:49.67	Running Colchester
496	716	Kate Priest	F40	43	0:57:51.72	Little Baddow Ridge Runners
497	812	Ross Silverton	M65	6	0:57:54.76	Witham RC
498	873	Kristie Theobald	FO	498	0:57:56.59	
499	423	Andrew Hubbard	M45	70	0:57:58.33	Jogging Made Easy
500	796	Guido Seig	M40	55	0:57:59.8	
501	990	Louise Wright	F45	31	0:58:04.07	
502	654	Aishling O Toole	FO	502	0:58:04.32	
503	630	Julia Moss-eccardt	F45	32	0:58:06.93	Stowmarket Striders RC
504	566	Steven Martin	M55	21	0:58:07.94	
505	573	Stuart Mathieson	MO	505	0:58:09.12	Sudbury Joggers
506	710	Helen Potter	F45	33	0:58:10.46	
507	270	Lisa Ellis	F40	44	0:58:11.13	Billericay Striders
508	501	Claire Lawn	FO	508	0:58:12.25	
509	628	Ollie Morris-sanders	MO	509	0:58:16.08	
510	937	Heidi Went	FO	510	0:58:18.47	
511	953	Ian Widdowson	M45	71	0:58:22.43	
512	788	Marie Scott	F40	45	0:58:23.48	
513	199	Richard Crannis	M55	22	0:58:25.9	
514	335	Tim Gray	M50	41	0:58:31.67	
515	330	Matthew Grant	MO	515	0:58:31.73	
516	844	Dean Splarn	MO	516	0:58:33.17	Harwich Runners
517	37	Natalie Aylott	FO	517	0:58:37.36	
518	560	Robert Marsh	M40	56	0:58:38.84	
519	879	Michael Tidmarsh	M55	23	0:58:44.79	Running Colchester
520	694	Ana Pereira	FO	520	0:58:46.28	
521	1000	Dawn Youngs	F50	14	0:58:46.71	
522	127	Audrey Carson	F50	15	0:58:49.24	
523	709	Robert Potter	M40	57	0:58:50.26	
524	297	Amber Fox-hammond	FO	524	0:58:51.61	Running Colchester
525	647	Suzanne Nolan	FO	525	0:58:52.04	
526	133	Helen Cattermole	F50	16	0:58:53.02	West Hull Ladies R R C
527	837	Grant Smith	MO	527	0:58:53.47	
528	519	Debbie Leslie	F40	46	0:58:53.8	
529	660	Helen Oberholzer	FO	529	0:58:54.1	
530	881	Antony Tregenna	M50	42	0:58:54.56	Jogging Made Easy
531	10	Holly Aldred	FO	531	0:58:55.48	
532	225	Kelly Davis	FO	532	0:58:57.08	
533	240	Kevin Dent	M40	58	0:58:57.33	
534	144	Tracy Chapman	F45	34	0:58:59.24	
535	830	Kerry Smith	F40	47	0:59:00.34	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
536	91	Rachel Breame	FO	536	0:59:01.85	
537	226	Trevor Davis	MO	537	0:59:05.79	
538	631	Rob Muir	M65	7	0:59:06.79	
539	415	Marieke Hooker	F45	35	0:59:06.91	
540	842	Caroline Sokhi	F50	17	0:59:08.31	
541	75	Phaedra Bishop	F40	48	0:59:10.06	
542	411	Andrew Hollock	M45	72	0:59:11.59	Running Colchester
543	200	Katie Creek	F40	49	0:59:13.6	
544	596	Ian Merchant	M55	24	0:59:14.91	
545	682	Danny Pasotti	M45	73	0:59:15.39	
546	196	Bethany Craig	FO	546	0:59:15.4	
547	124	Simon Carden	M45	74	0:59:16.46	
548	358	Sarah Gwalter	FO	548	0:59:17.11	Boxted Runners
549	551	Chris Mardon	M40	59	0:59:17.58	
550	553	Andrew Mardon	M55	25	0:59:20.4	
551	357	Elaine Gutteridge	F40	50	0:59:20.87	
552	441	Jade James	FO	552	0:59:21.27	
553	704	Carla Pinto	FO	553	0:59:24.43	
554	611	Louise Mitchell	FO	554	0:59:25.68	
555	955	Helen Wigley	FO	555	0:59:27.17	
556	39	Simon Back	M50	43	0:59:27.97	
557	816	Keith Simmons	M50	44	0:59:28.01	
558	984	Emma Woollard	FO	558	0:59:28.45	
559	803	Charlotte Shepherd	FO	559	0:59:29.94	
560	760	Paul Rodgers	M60	9	0:59:32.32	Airecentre Pacers RC
561	999	Rosie Youngs	F50	18	0:59:33.52	Jogging Made Easy
562	150	Justin Chung	MO	562	0:59:41.77	
563	678	Diane Parton	F50	19	0:59:41.84	Capel Cheetahs
564	53	Natalie Bass	F40	51	0:59:41.91	
565	93	Laura Brennan	F40	52	0:59:43.98	
566	671	Louis Pace	M60	10	0:59:48.94	Jogging Made Easy
567	300	Ben Francis	MO	567	0:59:51.19	
568	932	Alan Webb	MO	568	0:59:51.45	
569	952	Caroline Widdowson	F45	36	0:59:52.83	
570	902	Christine Wagerfield	F40	53	0:59:52.97	Running Colchester
571	470	Lianne Keen	FO	571	0:59:56.57	
572	90	Lisa Brassington	F50	20	0:59:56.79	Running Colchester
573	872	Colin Tester	M50	45	0:59:57.51	Sevenoaks AC
574	157	Alison Clarke	F65	1	0:59:58.49	Great Bentley Running Club
575	629	Rebecca Morton	F45	37	1:00:01.25	
576	703	Robert Phillips	MO	576	1:00:03.75	Running Colchester
577	987	Sue Wray	F40	54	1:00:03.99	
578	368	Marcus Harden	MO	578	1:00:05.89	
579	665	Sarah O'malley	FO	579	1:00:05.92	
580	992	Tanya Wright	FO	580	1:00:07.03	
581	817	Rasa Simoniutyte	FO	581	1:00:12.64	
582	204	Mark Crittenden	M45	75	1:00:14.17	Great Bentley Running Club
583	40	Lucie Baker	F40	55	1:00:14.81	
584	169	Martin Collins	M60	11	1:00:17.61	Running Colchester
585	656	Emma O?sullivan-wade	FO	585	1:00:22.59	
586	961	Darren Willey	M40	60	1:00:23.46	Great Bentley Running Club
587	183	Sarah Cooper	F45	38	1:00:24.6	
588	252	Victoria Duerden	FO	588	1:00:34.02	Witham RC
589	548	Emma Mardell	F40	56	1:00:37.04	Running Colchester
590	575	Sarah Matthews	FO	590	1:00:37.66	
591	181	Ian Cooke	M50	46	1:00:41.84	
592	180	Debbie Cooke	F50	21	1:00:41.89	
593	122	Claire Cansdale	FO	593	1:00:46.7	
594	20	Michelle Amos	F40	57	1:00:47.66	
595	666	Louise Ormrod	FO	595	1:00:55.57	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
596	469	Marcella Keeble	FO	596	1:00:56.05	
597	758	Neil Robins	M55	26	1:00:56.51	Great Bentley Running Club
598	342	Sarah Greenham	F55	3	1:00:56.91	Great Bentley Running Club
599	1006	Tammy Aristodimo	F45	39	1:00:57.64	
600	499	Michael Lawlor	M55	27	1:01:10.14	Jogging Made Easy
601	234	Elle Day	FO	601	1:01:11.33	
602	974	Gaynor Wilson	F40	58	1:01:12.62	
603	404	Philip Hitchins	M60	12	1:01:13.57	Good Gym Race Team
604	305	Suzanne Frost	F45	40	1:01:14.24	
605	54	Rebecca Batterham	FO	605	1:01:20.68	
606	839	Maria Smith	FO	606	1:01:25.49	
607	77	Jan Blake	F50	22	1:01:31.02	
608	819	Ayse Singh	FO	608	1:01:34.12	Ipswich Jaffa RC
609	975	Kate Wilson	FO	609	1:01:36.82	
610	436	Claire Jackson	F45	41	1:01:38.58	
611	912	Anwen Walkerdine	F40	59	1:01:48.43	
612	431	Teresa Hurren	F40	60	1:01:51.02	
613	750	Steven Rich	MO	613	1:01:52.15	
614	680	Kate Partridge	F45	42	1:01:53.02	
615	706	Claire Poole	F45	43	1:01:57.11	Great Bentley Running Club
616	589	Briony Mcsweeney	F45	44	1:01:57.29	
617	438	Amanda Jackson	F45	45	1:01:59.8	
618	742	Natalie Read	F40	61	1:02:01.99	
619	481	Zoe King	FO	619	1:02:06.65	Running Colchester
620	863	Kathryn Sumner	F50	23	1:02:19.54	
621	935	Emma Welham	FO	621	1:02:21.37	Great Bentley Running Club
622	246	Kate Djurovich	F50	24	1:02:22.55	
623	642	Roger Newnham	M65	8	1:02:25.62	Running Colchester
624	994	Anna Yell	F40	62	1:03:02.05	
625	936	Don Welsh	M55	28	1:03:06.17	Great Bentley Running Club
626	787	Georgina Scott	FO	626	1:03:11.99	
627	174	David Cook	M45	76	1:03:12.16	
628	625	Kara Morgan	FO	628	1:03:15.93	Running Colchester
629	337	Debbie Green	F50	25	1:03:19.56	
630	539	Wayne Maddison	MO	630	1:03:20.96	
631	738	Katie Rayner	FO	631	1:03:21.29	
632	459	Teresa Jones	F45	46	1:03:26.28	Great Bentley Running Club
633	371	Rebecca Harris	FO	633	1:03:27.48	
634	276	Teresa Farmer	F50	26	1:03:29.15	Great Bentley Running Club
635	645	Joanne Nightingale	F45	47	1:03:38.27	
636	187	Clair Cornwell	F40	63	1:03:38.5	
637	524	Rosa Lily	FO	637	1:03:39.55	
638	828	Samantha Smith	FO	638	1:03:41.13	
639	215	Jonathan Dadds	MO	639	1:03:45.76	Running Colchester
640	175	Laura Cook	FO	640	1:03:54.55	
641	886	Marcus Turner	M45	77	1:03:57.63	Harwich Runners
642	737	Miranda Rayner	F50	27	1:03:58.36	Harwich Runners
643	928	Alexander Watts	M45	78	1:03:59.77	
644	904	Gemma Waghorn	FO	644	1:04:00.39	Running Colchester
645	222	Lucy Davey	FO	645	1:04:04.18	Running Colchester
646	420	Suzanne Howlett	F40	64	1:04:05.65	
647	508	Clair Leaver	F45	48	1:04:05.79	
648	572	Jenifer Massue	FO	648	1:04:08.89	
649	821	Graham Singleton	M40	61	1:04:09.99	
650	685	Nicole Payne	F55	4	1:04:15.99	Running Colchester
651	855	Lizzy Steward	FO	651	1:04:19.48	
652	149	Karen Chumbley	F45	49	1:04:24.94	
653	619	Michelle Moorcroft	F50	28	1:04:26.61	
654	416	Vince Horsman	M65	9	1:04:30.34	
655	676	Alice Parker	FO	655	1:04:30.86	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
656	675	Jeremy Parker	M50	47	1:04:31.61	23 Mile Club
657	927	Erica Watts	F40	65	1:04:38.87	
658	752	Cameron Richards	MO	658	1:04:39.5	Jogging Made Easy
659	973	Samuel Wilson	MO	659	1:04:39.61	
660	238	Sue Dempsey	F45	50	1:04:44.26	Boxted Runners
661	41	Mandy Baker	F50	29	1:04:45.05	
662	693	Theresa Penson	F50	30	1:04:48.71	
663	822	Gemma Singleton	FO	663	1:04:52.45	
664	741	Robin Read	M50	48	1:04:53.46	
665	915	Helen Wall	F45	51	1:04:59.66	Boxted Runners
666	977	Vicky Wiltcher	FO	666	1:05:02.62	
667	327	Holly Goodchild	FO	667	1:05:03.48	
668	271	Paige Elmer	FO	668	1:05:08.11	
669	256	Ashley Dunthorne	MO	669	1:05:08.14	
670	188	Emma Cornwell	F40	66	1:05:10.4	
671	843	Fiona Sparks	F40	67	1:05:10.53	
672	353	Sarah Guille	FO	672	1:05:11.76	
673	570	Claire Martins	FO	673	1:05:16.95	Running Colchester
674	249	Kellie Dove	F45	52	1:05:18.13	
675	471	Shelley Keep	FO	675	1:05:19.68	
676	6	Sonia Adoboe	F50	31	1:05:20.45	Running Colchester
677	663	Gemma Oliver	FO	677	1:05:22.63	Running Colchester
678	192	Sharon Cox	F45	53	1:05:25.23	Jogging Made Easy
679	442	Bridie James	FO	679	1:05:27.14	Running Colchester
680	920	Belinda Wargent	F40	68	1:05:29.98	
681	201	Louise Creese	F45	54	1:05:30.4	
682	696	Belinda Perkins	F50	32	1:05:31.37	
683	980	Hannah Winters	F40	69	1:05:33.62	Running Colchester
684	197	Laura Cranfield	F40	70	1:05:35.44	
685	377	Nina Hasler	FO	685	1:05:35.74	
686	792	Hayley Scott	F40	71	1:05:38.64	Running Colchester
687	212	Gary Cullimore	M65	10	1:05:40.09	
688	604	Elaine Mills	F45	55	1:05:45.62	
689	1007	Dave Wignall	M50	49	1:05:47.13	
690	426	Susan Humphrey	F45	56	1:05:52.33	
691	34	Monika Augustyniak	FO	691	1:05:54.51	
692	780	Joanne Sargent	F45	57	1:05:56.77	Hadleigh Hares AC
693	170	Clare Collins	F50	33	1:06:03.5	Running Colchester
694	870	Jackie Taylor	F50	34	1:06:08.43	
695	359	Layla Hackett	FO	695	1:06:13.81	
696	455	Chrissie Johnson	FO	696	1:06:20.46	
697	555	Douglas Marlow	M65	11	1:06:27.03	
698	599	Lorna Mess	F40	72	1:06:38.37	Brentwood Running Club
699	50	Rachel Bareham	FO	699	1:06:42.28	
700	530	Emma Longland-smith	FO	700	1:06:43.23	
701	779	Nicky Santomauro	F45	58	1:06:46.72	
702	63	Jennifer Beddow	F45	59	1:06:49.45	
703	22	Lorena Anderson	FO	703	1:06:54.99	
704	336	Sarah Gray	FO	704	1:06:58.1	
705	613	Sandra Mitchell	FO	705	1:06:58.14	
706	658	Nick Oakley	M60	13	1:06:59.93	Running Colchester
707	446	Joanna Jeavons	FO	707	1:07:04.43	
708	88	Mark Brackley	M40	62	1:07:04.5	
709	326	Ursula Goldsmith	F60	4	1:07:05.3	
710	325	Mark Goldsmith	M60	14	1:07:05.37	
711	933	Clare Webb	FO	711	1:07:07.02	
712	56	Francine Battram	F45	60	1:07:08.07	Harwich Runners
713	4	Caroline Adams	F40	73	1:07:19.79	
714	745	Siobhan Renfrew	FO	714	1:07:19.97	
715	641	Steven Newhouse	M45	79	1:07:20.82	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
716	835	Christine Smith	FO	716	1:07:34.68	Good Gym Race Team
717	717	Jane Prince	F50	35	1:07:37.92	
718	731	Emma Rainbow	FO	718	1:08:03.77	
719	97	Toby Briant	M45	80	1:08:07.84	
720	461	Iain Jones	M40	63	1:08:08.87	Running Colchester
721	620	Kim Moore	M45	81	1:08:12.2	Running Colchester
722	520	Tina Leung	F65	2	1:08:19.74	Brentwood Running Club
723	266	Michelle Eley	F45	61	1:08:29.75	
724	757	Fiona Robertson	F40	74	1:08:29.87	
725	211	Gary Crowther	M55	29	1:08:30.39	
726	307	Paul Gallacher	M45	82	1:08:33.36	
727	464	Hannah Jordan	FO	727	1:08:49.89	
728	422	Mark Hoy	MO	728	1:08:51.65	Jogging Made Easy
729	349	Marc Griggs	M65	12	1:08:54.17	Tiptree Road Runners
730	68	Carol Belsey	F40	75	1:09:02.99	
731	988	Clare Wreford	FO	731	1:09:12.3	
732	437	Adam Jackson	MO	732	1:09:26.57	Running Colchester
733	209	Paul Cross	M55	30	1:09:37.7	Running Colchester
734	283	Kate Field	F40	76	1:09:47.81	
735	282	Tim Field	M40	64	1:09:48.93	
736	515	Kieran Leggett	MO	736	1:09:56.85	
737	527	Noremer Llupar	F40	77	1:09:56.91	
738	439	Laura Jakens	FO	738	1:09:59.36	
739	983	Donna Wood	FO	739	1:10:02.26	
740	857	Sarah Street	F40	78	1:10:03.85	Running Colchester
741	48	Ishika Bansal	FO	741	1:10:07.29	
742	748	Zoe Reynolds	F45	62	1:10:10.52	
743	909	Ken Walker	M60	15	1:10:11.55	
744	406	Helen Hogan	F45	63	1:10:11.74	Jogging Made Easy
745	273	Jodie Evans	FO	745	1:10:20.69	
746	557	Katie Marrion	FO	746	1:10:20.91	
747	261	Pauline Ebling	F45	64	1:10:23.73	
748	396	Theresa Higgins	F60	5	1:10:32.48	
749	454	Sandra Johnson	F45	65	1:10:35.66	
750	51	Nick Barlow	M45	83	1:10:49.39	Running Colchester
751	503	Angela Lawrence	F55	5	1:10:51.7	
752	652	Louise Norris	F45	66	1:10:56.65	Boxted Runners
753	135	Sarah Cattrell	F55	6	1:10:58.94	
754	165	Linda Cole	FO	754	1:11:00.08	
755	136	D Cattrell	M55	31	1:11:04.98	
756	602	Sonia Mills	F45	67	1:11:05.52	
757	687	Joanne Pearce	F40	79	1:11:08.92	
758	148	Gary Chicken	M55	32	1:11:08.92	Jogging Made Easy
759	929	Susanne Watts	F60	6	1:11:37.21	Running Colchester
760	210	Peter Crowe	M65	13	1:11:37.45	
761	87	Karen Brackenbury	F55	7	1:11:53.5	
762	59	Jo Beard	F45	68	1:11:56.08	
763	923	David Warwick	M65	14	1:12:13.41	
764	219	Karen Davey	F45	69	1:12:18.11	
765	449	Georgie Jemmeson	FO	765	1:12:27.09	
766	804	Duncan Shepherd	M50	50	1:12:33.71	
767	47	Juliet Balls	F45	70	1:12:34.2	
768	243	Thomas Dicker	MO	768	1:12:46.36	
769	386	Sarah Hearn	FO	769	1:12:55.91	Boxted Runners
770	339	Sue Green	F60	7	1:13:02.32	
771	577	Catherine May	F45	71	1:13:21.55	
772	114	Justine Burrell-saward	F45	72	1:13:21.92	
773	591	Tracey Mead	F40	80	1:13:26.6	
774	244	Megan Disley	FO	774	1:13:33.85	Running Colchester
775	632	Savannah Mukeshi	FO	775	1:13:38.41	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
776	468	Jennifer Kaye	FO	776	1:13:38.42	
777	773	Shyy Sachdev	F55	8	1:13:38.42	
778	957	Sue Wilkins	F45	73	1:13:41.46	
779	941	Susan Wetherall	F45	74	1:13:42.08	
780	314	Catherine Gater	F45	75	1:13:42.74	
781	478	Laura King	FO	781	1:13:43.08	
782	866	Lauren Tavner	FO	782	1:13:45.16	
783	690	Mary Pells	F55	9	1:13:46	
784	689	Ayesha Peeraully	FO	784	1:13:49.81	Jogging Made Easy
785	707	Reece Poole	MO	785	1:13:56.57	
786	516	Neil Lemin	MO	786	1:13:57.36	Running Colchester
787	818	Amy Simpson	FO	787	1:13:57.87	
788	913	Chris Wall	MO	788	1:14:00.22	
789	914	Jade Wall	FO	789	1:14:00.6	
790	334	Andrea Gray	F50	36	1:14:03.46	
791	768	Katie Ruffell	FO	791	1:14:08.95	
792	44	Allison Bale	F55	10	1:14:16.63	Benfleet RC
793	556	Amanda Marman	F45	76	1:14:19.49	
794	109	Zoë Burdett	F40	81	1:14:24.25	
795	550	Emily Mardon	FO	795	1:14:32.17	
796	518	Beverley Leslie	F60	8	1:14:45.97	Jogging Made Easy
797	496	Laura Larkin	F50	37	1:14:48.7	
798	876	Sylvia Thompson	F50	38	1:14:56.82	
799	875	Andy Thompson	M60	16	1:15:04.08	Running Colchester
800	670	Jackie Pace	F60	9	1:15:04.76	
801	193	Lou Coy	F40	82	1:15:11.45	
802	712	Ashley Powell	MO	802	1:15:19.4	Running Colchester
803	640	Rosy Newhouse	F45	77	1:15:19.76	
804	332	Vilde Gravdal	FO	804	1:15:44.03	
805	910	Debbie Walker	F45	78	1:15:57.65	
806	311	Jeanette Garrard	F50	39	1:15:58.62	
807	347	Zena Greest	FO	807	1:16:02.12	
808	341	Julie Green	F45	79	1:16:02.91	
809	777	Elizabeth Salmon	FO	809	1:16:11.59	
810	21	Helen Amos	FO	810	1:16:11.61	
811	195	Susie Crafer	F40	83	1:16:22.95	Good Gym Race Team
812	531	Eloise Lovell	FO	812	1:16:26.91	
813	412	Amy Holloway	FO	813	1:16:40.08	
814	123	Paul Carden	M65	15	1:16:53.8	
815	242	Marieann Dicker	F55	11	1:16:54.07	
816	911	Clare Walker	FO	816	1:17:09.47	
817	655	Karen O'grady	F55	12	1:17:09.8	
818	29	Claire Appleby	FO	818	1:17:13.6	
819	116	Michael Burrows	M40	65	1:17:15.2	
820	28	Jenny Anslow	F40	84	1:17:15.63	
821	513	Denise Lefley	F55	13	1:17:15.97	Running Colchester
822	138	Carol Chalkley	F60	10	1:17:36.57	
823	869	Jessica Taylor	U18F	3	1:17:46.33	
824	400	Carl Hill	MO	824	1:18:25.18	
825	324	Sonica Goel	F45	80	1:19:10.5	
826	98	Rebecca Bridge	FO	826	1:19:26.67	Jogging Made Easy
827	31	Emma Arthur	F40	85	1:19:27.79	
828	864	Jane Sweeting	F45	81	1:19:42.32	
829	715	Michael Priest	M65	16	1:20:13.58	
830	19	Megan Amman	FO	830	1:20:23.37	
831	859	Simon Strutt	M45	84	1:20:25.34	
832	917	Jane Walsh	F50	40	1:20:33.18	
833	279	Joy Fenner	FO	833	1:20:57.02	
834	770	Katherine Rumble	FO	834	1:21:06.93	
835	765	Sarah Roulson	F45	82	1:22:39.36	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
836	264	Mahdi El Harbe	FO	836	1:22:43.56	
837	445	Samantha Jarvis	FO	837	1:22:43.65	
838	672	Jaclyn Page	F40	86	1:23:26.45	Jogging Made Easy
839	889	Katherine Tuthill	F40	87	1:23:28.57	Boxted Runners
840	372	Emma Harris	F45	83	1:23:28.94	Boxted Runners
841	593	Anna Mears	F40	88	1:23:48.89	
842	340	Alison Green	F55	14	1:25:31.8	Jogging Made Easy
843	769	Tracey Rulton	F50	41	1:25:59.97	Running Colchester
844	315	Mark Gentle	M55	33	1:26:00.02	Running Colchester
845	549	Jane Mardon	F65	3	1:31:28.1	Teesdale AC
846	714	Lynn Priest	F65	4	1:40:12.74	
847	868	Maria Taylor	FO	847	1:40:44.62	
848	721	Claudette Natalie Puckerin	FO	848	1:41:23.93	
849	820	Malkiat Singh	M65	17	1:43:58.91	Jogging Made Easy
850	567	Natalie Martin	FO	850	1:45:15.29	
851	790	Yvonne Scott	F40	89	1:45:15.49	Running Colchester
852	1008	Kat Burke	F40	90	1:45:16.02	