

Halstead Marathon

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	251	Tristan Steed	MO	2:34:56.03	2:34:56.03	
2	459	Harry Smith	MO	2:42:22.71	2:42:21	
3	9	Allen Smalls	M40	2:43:00.9	2:42:59.32	Colchester Harriers AC
4	422	Peter Robinson	MO	2:43:22.03	2:43:22.03	Springfield Striders RC
5	387	James Smith	MO	2:45:25.79	2:45:24.98	Springfield Striders RC
6	352	Andrew Low	M40	2:46:24.75	2:46:23.64	Benfleet RC
7	419	Ged Mcmillan	M40	2:47:43.89	2:47:43.89	Colchester Harriers AC
8	403	James Wright	MO	2:48:59.53	2:48:57.88	Springfield Striders RC
9	279	Craig Wilson	M40	2:53:30.75	2:53:30.75	
10	96	Nate Filer	MO	2:53:57.03	2:53:55.22	
11	346	Sean Ketteridge	M40	2:54:56.16	2:54:53.23	Colchester Harriers AC
12	375	Scott Rice	M40	2:55:53.15	2:55:53.15	Thurrock Harriers
13	428	Rick Ebberson	M40	2:59:09.05	2:59:06.88	Royston Runners
14	393	Clive Thomas	M50	2:59:20.22	2:59:18.64	Colchester Harriers AC
15	217	Mark Redmond	M40	3:01:08.29	3:01:04.98	Herts Phoenix AC
16	372	Stuart Raven	M40	3:01:24.93	3:01:24.93	Springfield Striders RC
17	105	Paul Galt	MO	3:01:25.22	3:01:19.92	Thanet Roadrunners AC
18	356	Robin Mccoy	M50	3:01:30.38	3:01:26.66	Billericay Striders
19	406	Richard Candler	M40	3:01:46.09	3:01:46.09	Halstead RRC
20	197	William Palmer	MO	3:02:46.05	3:02:44.1	
21	108	Paul Ggriffin	MO	3:03:03.19	3:02:57.66	
22	168	Graham Leslie	M40	3:03:28.59	3:03:20.71	
23	493	Angelo Pieris	MO	3:04:36.42	3:04:35.12	Northampton Road Runners
24	494	Kevin Rooney	M50	3:06:40.63	3:06:39.5	Tri Anglia
25	319	Leo Cole	M50	3:07:04.15	3:07:01	Witham RC
26	112	Jonathan Godfrey	M40	3:07:17.91	3:07:13.97	City of Hull AC
27	404	Wesley Atkins	MO	3:08:48.72	3:08:47.02	Halstead RRC
28	382	Chris Seymour	M40	3:09:08.2	3:09:03.62	Stowmarket Striders RC
29	218	Jamie Reisman	MO	3:11:40.87	3:11:36.6	Trent Park Running Club
30	425	Marie Shirley	F35	3:12:33.11	3:12:31.8	Colchester Harriers AC
31	212	Mark Prigg	M40	3:12:34.52	3:12:28.96	
32	295	Adam Chapman	MO	3:12:45.93	3:12:41.88	Bishops Stortford RC
33	164	Gareth Lane	MO	3:13:13.29	3:13:11.22	
34	206	Ian Pithouse	MO	3:13:34.69	3:13:29.25	East End Road Runners
35	19	Martin Auger	M60	3:13:47.8	3:13:43.22	
36	329	Paul Dellar	M50	3:14:08.74	3:14:08.74	Tiptree Road Runners
37	484	David Ross	M40	3:16:39.76	3:16:34.71	100 Marathon Club
38	420	Andy Owen	MO	3:17:04.37	3:17:00.96	Halstead RRC
39	433	Ben Green	MO	3:17:49.36	3:17:42.13	
40	240	Peter Simpson	MO	3:17:53.5	3:17:32.82	
41	324	Mark Coutts	M40	3:18:56.36	3:18:51.82	Saffron Striders RC
42	468	Dale Wright	M40	3:19:50.33	3:19:45.5	
43	388	Giles Sowerby	MO	3:20:07.26	3:20:03.66	Witham RC
44	245	Richard Smith	M40	3:20:33.92	3:20:02.47	Sudbury Joggers
45	407	Neil Crisp	M50	3:20:39.55	3:20:34.31	Ilford AC
46	111	Grant Glendinning	M40	3:20:44.78	3:20:42.45	
47	460	Chris Spencer	MO	3:21:02.38	3:20:59.74	
48	174	Jay Macdonald	MO	3:21:10.3	3:20:59.91	
49	327	Paul Davison	M40	3:21:34.79	3:21:28.45	Great Bentley Running Club
50	220	Matthew Richardson	MO	3:22:16.72	3:22:13.94	
51	244	Jem Smith	M40	3:22:42.36	3:22:34.83	Sudbury Joggers
52	360	Phillip Minns	M40	3:23:37.2	3:23:33.52	East End Road Runners
53	448	Graham Moore	M50	3:23:51.62	3:23:46.18	
54	283	Winston Woodward	M40	3:24:26.72	3:24:24.08	
55	378	Nathan Roulson	M40	3:24:29.29	3:24:28.29	Halstead RRC
56	351	David Lindsay	MO	3:24:43.91	3:24:39.58	Springfield Striders RC
57	454	Thomas Pike	MO	3:25:19.83	3:25:12.01	
58	474	Darren Summers	M40	3:25:38.37	3:25:28.49	Leigh on sea striders
59	91	Ryan Everitt	MO	3:26:09.27	3:26:00.2	

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60	37	Vicky Bird	FO	3:26:40.99	3:26:37.99	
61	250	Malcolm Statham	M40	3:26:42.57	3:26:29.15	Colchester Harriers AC
62	440	Will Kirk	M40	3:28:28.31	3:28:02.86	
63	44	Peter Bowles	M40	3:28:50.96	3:28:42.86	Serpentine RC
64	312	James Burns	M50	3:29:43.77	3:29:33.81	Leigh on Sea Striders
65	479	Chris Mcclay	MO	3:29:43.92	3:29:35.69	Leigh on sea striders
66	127	Charles Hann	M50	3:30:03.33	3:29:56.01	Sudbury Joggers
67	485	Matthew Hearne	M40	3:30:51.39	3:30:40.79	Serpentine
68	141	Ben Holmes	MO	3:31:01.64	3:30:52.92	
69	369	Christopher Payne	MO	3:31:05.84	3:31:03.18	Harwich Runners
70	22	Julie Balaam	F35	3:31:08.84	3:30:56.73	
71	180	Paul Martin	MO	3:31:54.39	3:31:52	Ware Joggers
72	193	Mark O'donoghue	M50	3:31:59.61	3:31:49.1	
73	322	Rebecca Cooke	FO	3:32:13.33	3:32:11.17	Colchester Harriers AC
74	85	James Draper	MO	3:33:35.49	3:33:26.61	
75	58	Alex Childs	M50	3:33:47.07	3:33:38.35	East Essex Triathlon Club
76	343	Steph Horner	F45	3:35:11.03	3:35:05.83	Colchester Harriers AC
77	303	Paul Barritt	M50	3:35:23.46	3:35:16.87	Colchester Harriers AC
78	462	Andrew Taylor	M50	3:35:48.17	3:35:38.56	Road Runners Club
79	134	Neil Henry	M40	3:36:19.72	3:36:19.72	
80	412	Tracy Harrington	F45	3:36:27.17	3:36:11.05	Tiptree Road Runners
81	270	Ryan Ward	MO	3:36:33.38	3:36:02.91	
82	441	Steven Kjar	M40	3:37:09.33	3:36:59.44	Serpentine RC
83	335	Benjamin Ficken	MO	3:37:23.69	3:37:17.41	Great Bentley Running Club
84	434	Nic Greenway	M40	3:38:14.63	3:37:45.99	
85	290	Kallum Breward	MO	3:39:03.66	3:38:55.5	Sudbury Joggers
86	169	Daniel Little	MO	3:39:44.59	3:39:41.81	
87	489	Philip Honeywood	M50	3:40:15.97	3:40:04.87	
88	130	Nigel Harrison	M40	3:40:53.42	3:40:46.65	Ipswich Jaffa RC
89	29	Simon Bekker	M40	3:41:33.47	3:41:21.63	Great Yarmouth Road Runners
90	347	Kasia Kostyrka-allchorne	F35	3:41:34.19	3:41:32.16	Southend On Sea AC
91	334	Tracy English	F35	3:41:37.93	3:41:37.93	Southend On Sea AC
92	326	James Creed	MO	3:41:43.39	3:41:32.54	East London Runners
93	315	Jon Byford	M40	3:42:16.26	3:42:10.32	Springfield Striders RC
94	254	Andrew Tait	MO	3:42:16.44	3:42:13.54	Ware Joggers
95	437	Ashley Hood	M40	3:42:34.2	3:42:28.14	Halstead RRC
96	367	Stephen Parker	M60	3:42:34.56	3:42:31.82	Ilford AC
97	86	Oliver Edwards	MO	3:42:40.46	3:42:30.01	
98	257	Rob Taylor	MO	3:43:03.78	3:42:50.77	
99	62	Richard Clarke	M40	3:43:06.95	3:42:36.16	
100	192	Leigh Norris	M40	3:43:21.03	3:43:05.32	
101	383	Ashwin Shah	M40	3:43:46.26	3:43:35.91	Grange Farm & Dunmow Runner
102	248	Gary Squires	M40	3:43:48.35	3:43:37.65	
103	97	Yusuf Firat	M50	3:43:52.69	3:43:40.61	Haverhill Running Club
104	275	Mark White	M40	3:43:53.04	3:43:40.44	Haverhill Running Club
105	59	Chris Chorley	M50	3:43:59.98	3:43:26.92	Bungay Black Dog RC
106	436	Henry Holme	MO	3:44:26.06	3:44:17.3	
107	238	Mike Simms	M40	3:45:09.95	3:44:55.77	Blackheath and Bromley Harriers
108	242	Helen Smith	F45	3:45:16.57	3:45:00.71	Fetch Everyone
109	464	Marco Wassersleben	M40	3:45:18.46	3:45:06.77	BRJ Run and Tri
110	341	Lee Gumbrell	MO	3:45:49.26	3:45:20.73	Benfleet RC
111	442	David Lewis	M60	3:46:01.64	3:45:26.99	100 Marathon Club
112	214	Rajiv Ratan	MO	3:46:15.83	3:45:57.21	London Heathside Runners AC
113	266	Marc Upton	M40	3:46:31.86	3:46:05.85	East End Road Runners
114	417	Michael Longman	M40	3:46:33.39	3:46:29.45	Halstead RRC
115	294	Paul Carr	M40	3:46:45.59	3:46:39.14	
116	75	Lee Crowdell	M40	3:47:23.88	3:47:14.73	
117	165	Gavin Laws	MO	3:47:24.21	3:47:07.79	
118	455	Julie Pond	F35	3:47:27.39	3:47:25.48	
119	444	Andrew Lowe	M40	3:47:38.31	3:47:32.08	
120	17	Marco Arcidiacono	M40	3:47:43.29	3:47:26.56	Saffron Striders RC
121	259	John Thompson	M50	3:47:47.96	3:47:34.61	
122	381	Adam Sewell	M40	3:49:19.23	3:49:08.95	Braintree & District AC
123	296	Ellen Connolly	F35	3:49:39.88	3:49:36.05	Fenland Running Club

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124	262	Eamonn Mccusker	M60	3:49:44.28	3:49:35.48	Ryston Runners
125	93	Mark Farrar	M40	3:49:59.01	3:49:53.83	Les Croupiers
126	466	Tess Wisbey	F35	3:50:01.13	3:49:47.44	
127	350	Jemma Lee	FO	3:52:24.51	3:52:00.73	Leigh on Sea Striders
128	424	Arran Salmon	M40	3:52:41.39	3:52:18.04	Leigh on Sea Striders
129	60	Paul Clancy	M40	3:52:55.61	3:52:41.61	
130	363	Donna Morris	F45	3:53:19.26	3:53:10.6	Springfield Striders RC
131	157	Pete Jones	M40	3:53:31.82	3:53:12.08	
132	219	Lloyd Richardson	M40	3:53:53.68	3:53:41.69	
133	253	Jo Summers	F45	3:54:09.87	3:53:55.33	North Herts RRC
134	438	Catherine Johnson	F45	3:54:50.65	3:54:50.65	
135	465	Keith Williams	M50	3:54:54.47	3:54:37.95	Newmarket Joggers
136	321	Andrew Cook	MO	3:55:10.61	3:55:06.27	
137	176	Simon Marjoram	M40	3:55:11.85	3:54:42.9	UKRunChat Running Club
138	445	Ivan Lyons	M50	3:55:28.93	3:55:22.87	100 Marathon Club
139	272	Rose Westall	FO	3:55:35.68	3:55:20.18	Little Baddow Ridge Runners
140	338	Andrew Golding	M50	3:55:37.49	3:55:31.3	Ware Joggers
141	208	Paul Powell	M40	3:55:46.1	3:55:27.78	
142	194	Paul O'grady	M40	3:55:59.89	3:55:46.15	Orpington Road Runners
143	232	Duncan Scott	M50	3:56:02.26	3:55:27.11	
144	201	Steven Parsons	M40	3:56:02.52	3:55:28.12	Dartford Harriers AC
145	332	Carol Drake	F45	3:56:05	3:55:40.82	Leigh on Sea Striders
146	416	Matthew Letley	M40	3:56:23.15	3:56:02.43	Leigh on Sea Striders
147	228	Frances Ruocco	FO	3:56:32	3:56:20.96	
148	310	Maxine Brown	F45	3:57:12.9	3:57:04.84	Barking Road Runners
149	261	Marcella Toth	F35	3:57:16.38	3:56:48.35	East End Road Runners
150	293	Tricia Bunn	F35	3:57:24.72	3:57:17.69	
151	292	Richard Bunn	M40	3:57:24.8	3:57:16.22	
152	470	Steve May	MO	3:57:31.88	3:57:27.77	Halstead RRC
153	80	Stuart Davison	MO	3:57:57.71	3:57:42.56	
154	377	Ian Rodgers	M50	3:58:05.28	3:57:43.47	
155	288	George Bizzell	MO	3:58:24.38	3:58:07.31	
156	305	Sue Beck	F35	3:58:33.82	3:58:16.91	Thurrock Harriers
157	118	Richard Green	MO	3:58:36.34	3:58:23.08	
158	300	Andrew Dunn	M40	3:58:40.93	3:58:10.46	
159	461	Derrick Tate	M40	3:58:48.24	3:58:34.58	
160	69	Jim Comber	M40	3:58:48.51	3:58:41.34	Sudbury Joggers
161	478	Dean Tatum	M40	3:59:17.77	3:58:44.84	
162	116	Colin Grace	M50	4:00:23.95	4:00:17.39	
163	170	David Lock	M40	4:00:28.49	4:00:00.04	
164	421	William Radley	MO	4:00:46.08	4:00:32.16	Dengie 100 Runners
165	298	Clive Davey	M40	4:01:24.93	4:01:17.71	Sudbury Joggers
166	158	Richard Kemble	M40	4:01:34.39	4:01:19.3	
167	181	Darryn Mayhew	M40	4:02:07.56	4:01:55.66	
168	469	Matt Biggin	M40	4:02:22.37	4:02:17.42	
169	160	Tim Kendrick-jones	M40	4:02:35.4	4:02:35.4	
170	302	Rosie Atkins	FO	4:02:56.44	4:02:55.37	Halstead RRC
171	184	Alan Mcculloch	M50	4:03:24.4	4:02:59.86	
172	252	Michael Stiff	M40	4:03:33.69	4:03:09.47	
173	289	Chris Brammer	M40	4:04:06.34	4:03:36.57	Victoria Park Harriers and Tower
174	149	Bill Howes	M60	4:04:59.48	4:04:38.44	100 Marathon Club
175	400	Sam Wolton	M40	4:05:18.61	4:05:18.61	Halstead RRC
176	54	Tim Champion	M40	4:05:38.53	4:05:06.76	
177	25	Elaine Battson	F45	4:05:48.51	4:05:30.65	Victoria Park Harriers and Tower
178	65	Sean Cobb	MO	4:06:08.5	4:05:45.91	
179	304	Lydia Bazzard	F35	4:06:28.82	4:06:14.98	Dengie 100 Runners
180	204	Marc Perrin	M40	4:06:42.42	4:06:20.11	
181	52	Lorna Castle	FO	4:07:03.08	4:06:38.29	
182	483	Lee Gibson	M40	4:07:19.74	4:07:03.55	
183	230	Bobbie Sauerzapf	F55	4:07:29.43	4:06:56.37	Bungay Black Dog RC
184	190	Langa Ncayiyana	M40	4:07:42.68	4:07:18.23	
185	331	Paul Dixon	M50	4:08:00.12	4:07:40.96	Harlow RC
186	68	Dan Cole	MO	4:08:03.17	4:07:52.75	
187	107	Ulrike Gerstenberg	F35	4:08:09.6	4:07:41.28	East End Road Runners

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188	223	Peter Robertson	M40	4:08:27.99	4:08:16.56	
189	317	Mark Chambers	M50	4:08:32.14	4:08:17.92	Little Baddow Ridge Runners
190	323	Alistair Cooke	M40	4:08:37.63	4:08:20.38	Saffron Striders RC
191	439	Alan Jones	M50	4:08:37.74	4:08:21	Saffron Striders RC
192	348	Ian Lawson	M50	4:08:52.68	4:08:43.29	Grange Farm & Dunmow Runner
193	241	Rebecca Smith	F35	4:09:15.07	4:09:01.42	Little Baddow Ridge Runners
194	480	Lorraine Collins	F45	4:09:15.92	4:09:00.47	
195	282	Victoria Wood	FO	4:09:30.71	4:09:13.79	
196	488	Daniel Maskit	M50	4:09:47.83	4:09:43.08	Run Dem Crew
197	299	Dawn Davis	F45	4:09:51.61	4:09:43.67	
198	203	Gary Paul	M40	4:10:15.77	4:9:50.23	
199	426	Daniel Smith	MO	4:10:24.37	4:10:24.37	Halstead RRC
200	235	Stuart Shepherd	MO	4:10:33.57	4:10:17.35	
201	236	Garry Shrimpton	M40	4:10:37.19	4:10:04.45	
202	415	Charlotte King	F35	4:11:42.25	4:11:35.31	Grange Farm & Dunmow Runner
203	399	Roger Winston	M60	4:11:47.68	4:11:38.78	Havering '90 Joggers
204	249	Dee St Ledger	F45	4:11:58.69	4:11:57.38	Sudbury Joggers
205	309	Paul Bridges	MO	4:12:39.94	4:12:24.67	100 Marathon Club
206	265	Claire Turner	F35	4:12:39.94	4:12:26.91	
207	395	Daniel Tunbridge	M40	4:13:06.68	4:12:31.88	Dengie 100 Runners
208	150	Dean Hughes	MO	4:13:13.36	4:12:32.1	Hatch Warren Runners
209	144	David Holt	MO	4:13:30.66	4:13:12.47	
210	88	Nicki Edwards	F45	4:13:43.1	4:13:21.81	
211	374	John Reynolds	M40	4:14:05.22	4:13:55.53	Felixstowe RRC
212	103	Rosamund Furr	FO	4:14:49.04	4:14:41.21	
213	2	Andrew Wilmot	M70	4:14:56.65	4:14:45.34	Halstead RRC
214	390	Andy Stephens	MO	4:15:10.43	4:14:50.03	Great Bentley Running Club
215	370	James Price	M40	4:16:21.91	4:15:54.69	Phoenix Striders
216	301	Wendy Aldridge	F45	4:16:28.28	4:16:15.15	Dengie 100 Runners
217	210	Stephen Pretty	M50	4:16:28.75	4:16:13.46	Stowmarket Striders RC
218	451	Rebecca Parry	F45	4:16:43.35	4:16:24.66	Wigston Phoenix RC
219	446	Douglas Mac Taggart	M40	4:16:59.36	4:16:26.22	Mid Sussex Triathlon Club
220	188	David Morris	M40	4:17:03.95	4:16:49.59	Little Baddow Ridge Runners
221	410	Mike Grealy	M60	4:17:30.15	4:17:25.21	Halstead RRC
222	481	Frances Cooke	F55	4:18:03.26	4:17:41.78	
223	344	Stephen Jack	M50	4:19:11.46	4:18:37.26	Harlow RC
224	132	Jon Heap	M40	4:19:27.89	4:19:02.18	Roadhogs Leicester AC
225	482	Russell Chamberlain	M40	4:19:35.04	4:19:29.68	
226	225	Graham Rose	MO	4:19:36.86	4:19:14.4	
227	337	Richard Garrett	M40	4:21:17.53	4:21:02.47	Tiptree Road Runners
228	110	Gemma Gilbert	F35	4:21:32.89	4:21:25.94	Ipswich Jaffa RC
229	78	Gareth Davies	MO	4:21:35.88	4:21:07.49	
230	345	David Keeley	M60	4:22:04.35	4:21:51.47	Havering '90 Joggers
231	264	Rod Tredgett	M40	4:22:20.55	4:21:50.78	
232	32	Tony Benjamin	M50	4:22:22.1	4:22:04.37	
233	429	Karl Evans	M50	4:22:31.24	4:22:13.1	
234	487	Carly Stevenson	F35	4:22:39.89	4:22:25.72	Dengie 100 Runners
235	339	Peter Grant	M60	4:22:40.19	4:22:14.51	East End Road Runners
236	7	Nik Chapman	M40	4:23:16.26	4:22:53.14	Newmarket Joggers
237	183	Graeme Mccrae	MO	4:23:35.42	4:23:12.85	
238	154	Mark Jarman-howe	M40	4:23:45.98	4:23:16.6	
239	195	Paul Owen	M40	4:23:47.9	4:23:36.72	Amphill & Flitwick Flyers RC
240	456	Andy Quinn	M40	4:25:02.13	4:24:38.93	
241	57	Fu-lok Cheung	M40	4:25:09	4:24:46.69	Sandwell Valley RC
242	152	Paul Jackson	M40	4:25:14.93	4:24:47.06	East End Road Runners
243	473	Ian Stokoe	M40	4:25:59.27	4:25:27.23	
244	172	Ercole Lugari	M40	4:26:05.41	4:25:59.6	Collingwood AC
245	447	Mark Mansell	MO	4:26:31.69	4:26:11.18	
246	380	Richard Sandford	M50	4:27:28.9	4:27:07.59	
247	14	Daniel Aldis	MO	4:27:28.98	4:26:54.09	
248	432	Jessica Glaister	MO	4:27:57.82	4:27:48.36	
249	224	Letitia Root	F35	4:27:58.45	4:27:33.71	
250	12	Norman Abadiano	M40	4:28:11.31	4:27:53.81	Orpington Road Runners
251	72	Casey Cowling	FO	4:28:21.43	4:28:03.37	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
252	90	Paula Evans	F45	4:28:25.54	4:28:01.24	
253	39	Julia Booker	F35	4:28:29.85	4:28:20.55	Ware Joggers
254	268	Jason Walne	M40	4:28:30.06	4:28:10.49	
255	402	Heidi Worf	FO	4:28:45.7	4:28:42.8	Halstead RRC
256	427	Goksel Duzbeyaz	M50	4:29:04.86	4:28:48.69	
257	389	Geraldine Springett	F35	4:29:15.17	4:28:54.06	Great Bentley Running Club
258	316	Paul Carlisle	M50	4:29:15.24	4:28:56.16	Great Bentley Running Club
259	271	Ian Webb	M40	4:29:34.65	4:29:16.14	
260	307	Anita Berwick	F35	4:29:56.52	4:29:28.54	Gade Valley Harriers
261	125	Daniel Hammond	MO	4:30:23.93	4:29:45.67	
262	325	Nikola Coutts	F35	4:30:24.78	4:30:07.49	Saffron Striders RC
263	27	Dave Baynes-robinson	M40	4:30:38.15	4:30:11.89	
264	313	Lesley Burpitt	F45	4:30:43.22	4:30:33.17	Grange Farm & Dunmow Runner
265	41	Carol Bowett	F35	4:30:53.37	4:30:49.93	Fenland Running Club
266	255	Sally Talbot	F35	4:30:56.75	4:30:33.81	
267	129	Alan Harries	M40	4:31:16.55	4:30:55.72	
268	15	Keith Allen	M50	4:31:55.19	4:31:31.5	
269	368	Kevin Payne	M50	4:32:15.78	4:32:01.96	Mid Essex Casuals
270	162	Michael Kitching	M40	4:32:35.14	4:32:15.51	
271	123	Jez Hair	M40	4:32:36.13	4:32:18.58	
272	227	Ashley Ruggles	MO	4:32:52.37	4:32:14.14	
273	23	Robert Ball	MO	4:32:58.77	4:32:46.26	
274	413	Paul Harrington	M40	4:33:16.31	4:33:16.31	Tiptree Road Runners
275	71	Mark Corder	M40	4:33:35.54	4:33:16.12	
276	186	Edward Merivale	MO	4:33:50.93	4:33:29.54	
277	121	Christopher Grimwade	MO	4:33:51.11	4:33:15.45	
278	397	Lucy West	F45	4:34:11.5	4:33:37.58	LWFitness4All
279	104	Gareth Gailey	M40	4:34:11.57	4:33:36.71	Fetch Everyone
280	221	Ann Rideout	F45	4:34:16.05	4:34:12.62	Felixstowe RRC
281	73	Ginny Craig	F45	4:34:55.74	4:34:49.83	Sudbury Joggers
282	117	Ian Grange	M50	4:34:59.01	4:34:50.07	
283	458	Karen Samuel	F55	4:35:07.21	4:34:53.67	Orpington Road Runners
284	408	David Dixon	M50	4:35:43.39	4:35:20.73	Havering '90 Joggers
285	196	Ben Page	MO	4:36:02.61	4:35:31.83	
286	475	Susan Taylor	FO	4:36:56.08	4:36:31.95	
287	166	Vicki Leavers	F35	4:37:21.46	4:37:17.64	
288	153	Adam James	MO	4:37:46.25	4:37:14.48	
289	34	Nigel Bennett	M50	4:38:35.06	4:38:15.82	Holme Pierrepont RC
290	61	Hazel Clark	F35	4:38:52.67	4:38:37.26	Fairlands Valley Spartans
291	273	Simon Whalley	M50	4:39:06.31	4:38:50.96	Saint Edmund Pacers
292	35	Mark Betts	MO	4:39:46.67	4:39:38.41	Trent Park Running Club
293	361	Denis Mole	M60	4:39:47.47	4:39:25.5	Havering '90 Joggers
294	457	Jayne Rudolph	F35	4:40:17.63	4:40:08.7	
295	291	Mark Buckley	M40	4:40:46.63	4:40:30.57	Orpington Road Runners
296	70	Kevin Compton	M40	4:41:02.09	4:40:47.33	
297	151	Nazia Islam	FO	4:41:02.45	4:40:43.41	Vegan Runners UK
298	490	Debbielyn Hallam	F35	4:41:25.33	4:41:23.04	Southend AC
299	84	Craig Dodgen	M50	4:42:55.33	4:42:36.38	Bishops Stortford RC
300	49	Andrew Burgess	M50	4:43:00.33	4:42:24.37	Maidstone Harriers
301	167	Martina Lee	F35	4:44:57.08	4:44:27.75	East End Road Runners
302	48	Gaelle Bryant	F35	4:45:06.32	4:44:36.38	March AC
303	36	Mark Bird	MO	4:45:24.49	4:44:57.4	
304	284	Kieran Woolfe	MO	4:46:28.87	4:46:04.24	
305	435	Anna Hatton	F35	4:47:15.53	4:46:43.64	100 Marathon Club
306	66	Janet Cobby	F55	4:47:15.83	4:46:43.21	New Eltham Joggers
307	486	Adam James Buckle	MO	4:48:56.87	4:48:53.36	Halstead Road Runners
308	364	Gert Nel	M40	4:50:14.9	4:49:44.9	
309	452	Kerry Penfold	F45	4:50:16.95	4:50:03.44	
310	177	Julie Marsh	F35	4:50:27.51	4:50:21.13	Sudbury Joggers
311	453	Sarah Pennock	F35	4:51:04.47	4:50:58.21	Sudbury Joggers
312	175	Kev Maguire	M50	4:51:55.04	4:51:39.77	
313	467	James Wood	MO	4:51:55.07	4:51:40.26	
314	311	Lucy Burdett	F35	4:51:59.65	4:51:37.26	Havering '90 Joggers
315	357	Barbara Mcdonnell	F55	4:52:28.65	4:52:09.8	Dengie 100 Runners

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316	330	Tracey Denby	F45	4:53:30.18	4:53:16.76	Witham RC
317	491	Laura Reed	FO	4:54:07.58	4:54:02.3	
318	492	Graham Kempster	MO	4:54:08.03	4:54:02.74	Horsham Tri Club
319	76	Adam Culling	MO	4:54:18.33	4:54:12.58	
320	139	Adam Hollingsworth	MO	4:54:27.81	4:54:01.7	
321	147	John Howe	MO	4:54:28	4:54:01.36	
322	87	Rob Edwards	M40	4:54:52.48	4:54:21.28	
323	56	Theophile Charlery	MO	4:54:57.51	4:54:06.22	
324	146	Michael Hough	M40	4:55:04.1	4:54:47.45	
325	476	Paul Reed	M50	4:55:15.43	4:54:47.75	Benfleet Running Club
326	373	Ann Reed	F45	4:55:17.05	4:54:48.33	Benfleet RC
327	122	Malcolm Gumbrell	M60	4:55:22.34	4:54:55.3	Winchester & District AC
328	411	Becky Grimwood	FO	4:56:01.32	4:55:48.98	Witham RC
329	6	Hideo Takano	M50	4:56:14.89	4:55:54.2	Dorking & Mole Valley AC
330	443	Gina Little	F65	4:56:14.96	4:55:42.95	100 Marathon Club
331	40	William Bowen-davies	M40	4:57:32.52	4:57:01.52	
332	354	Chris Manby	MO	4:57:53.31	4:57:50.75	Colchester Harriers AC
333	328	Emily De Orfe	F35	4:59:03.77	4:58:29.92	Dengie 100 Runners
334	94	Robin Farrar	M70	4:59:37.71	4:59:12.62	Bungay Black Dog RC
335	216	Henry Rayner	M50	4:59:45.5	4:59:09.65	
336	185	Marc Mcowens	M40	5:00:16.91	4:059:43.71	
337	202	Keith Passingham	M60	5:00:46.12	5:00:14.86	
338	135	Jon Hibben	M40	5:04:25.39	5:03:54.55	
339	200	Bob Parmenter	M60	5:05:32.56	5:05:02.37	100 Marathon Club
340	396	Richard Wellburn	M40	5:05:35.35	5:05:10	
341	126	Tim Hammond	MO	5:05:51.47	5:05:12.93	
342	100	Chris Fowler	M50	5:06:18.85	5:05:59.88	
343	83	Teresa Dickerson	F35	5:07:19.64	5:06:49.18	
344	237	Horace Shuriah	M40	5:09:36.1	5:09:23.12	Haverhill Running Club
345	20	Holly Bagelman	FO	5:09:55.71	5:09:34.29	
346	143	Kendra Holroyd	F35	5:09:55.77	5:09:29.89	
347	340	Lynsey Gray	F45	5:12:26.78	5:11:58.87	Phoenix Striders
348	277	John Wilkinson	M50	5:12:27.09	5:11:59.01	Phoenix Striders
349	418	Steve Macdonald	M60	5:12:59.42	5:12:21.55	Pitsea RC
350	173	Ravindra Luggah	F35	5:13:08.08	5:12:40.4	East End Road Runners
351	18	Natalie Atkinson	FO	5:16:16.83	5:15:49.44	100 Marathon Club
352	161	Gemma Keys	F35	5:17:04.24	5:16:57.46	
353	260	Fran Thorne	F45	5:18:04.29	5:17:45.86	
354	258	Katie Thomas	FO	5:18:04.58	5:17:46.09	Bournville Harriers
355	81	Graham Dawdry	M40	5:18:54.83	5:18:48.3	
356	38	Emily Bishop	FO	5:19:01.69	5:18:34.65	East End Road Runners
357	278	Steven Williams	MO	5:20:27.83	5:20:04.44	
358	409	Sarah Goodwin	F45	5:22:55.03	5:22:28.34	Springfield Striders RC
359	405	Stephen Brame	M40	5:22:55.03	5:22:27.97	Springfield Striders RC
360	229	Mark Sanders	M50	5:24:16.03	5:23:41.19	100 Marathon Club
361	362	Sherry Moran	F45	5:24:31.03	5:24:03.67	East End Road Runners
362	156	Andrew Johnson	MO	5:27:37.74	5:27:04.96	
363	140	Emma Hollis	FO	5:28:07.33	5:27:41.15	
364	246	Derek Smith	M40	5:28:25.17	5:27:51.8	
365	376	Eleanor Rodgers	F45	5:29:51.64	5:29:15.37	Bishops Stortford RC
366	281	Hannah Witchalls	FO	5:29:52.06	5:29:15.72	
367	179	Paul Martin	M50	5:31:33.41	5:30:55.66	
368	138	Gavin Hilton	MO	5:32:35.27	5:32:22.75	
369	77	Joe Curley	MO	5:33:43.53	5:33:16.38	
370	24	Graham Barthel	MO	5:33:58.07	5:33:22.7	
371	318	Penny Clarke	F55	5:37:11.39	5:36:58.7	Witham RC
372	50	David Toms	M60	5:40:45.12	5:40:33.61	
373	401	John Wood	M50	5:41:02.28	5:40:37.6	Leigh on Sea Striders
374	114	Lauren Goldsmith	FO	5:41:23.56	5:41:05.52	100 Marathon Club
375	89	Beckie Egan	F35	5:43:43.66	5:43:27.45	
376	386	Ros Smith	F35	5:43:44.06	5:43:24.25	
377	55	Chris Chandler	MO	5:49:08.69	5:48:44.04	
378	137	Wendy Hills	F35	5:50:33.85	5:49:56.32	
379	280	Kirsty Winwood	F35	5:54:11.28	5:53:59.07	100 Marathon Club

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380	74	Lorraine Croucher	FO	5:54:11.37	5:53:58.9	
381	99	Lindy-lee Folscher	F35	5:58:40.38	5:58:40.38	
382	463	Andy Thorn	M40	5:58:40.61	5:58:40.61	
383	3	John Williams	M70	6:02:36.43	6:02:25.08	100 Marathon Club
384	148	Pauline Howes	F65	6:08:14.49	6:08:14.49	100 Marathon Club
385	231	Shahid Sawati	M50	6:28:01.89	6:28:00.3	
386	471	Sophie Goodwin	FO	6:41:23.58	6:41:23.58	
387	472	Carol Goodwin	F55	6:41:23.7	6:41:23.7	100 Marathon
388	79	Ivor Davies	M60	9:10:20.34	9:10:20.34	
389	297	Deborah Cutler	F45	9:10:20.34	9:10:20.34	
390	1	Peter Burns	M60	9:10:20.34	9:10:20.34	Witham RC