

**Halstead Road Runners, Lamarsh Trail Run, Saturday 15<sup>th</sup> July 2017, Results**

No.	Name	Club	Distance (miles)	Time
1	Lyn Higgs	Mid-Essex Casuals	9.5	1.27.30
2	John Carter	Mid-Essex Casuals	9.5	1.31.30
3	Gary Abbott	Mid-Essex Casuals	9.5	1.27.30
4	Richard Carvey	Dengie Hundred Runners	5.5	1.13.30
5	Richard Candler	Halstead Road Runners	9.5	1.15.30
6	James Smith	Springfield Striders	9.5	1.15.30
7	Sarah Moran	Run Eat Sleep	5.5	1.07.40
8	Jacky Batchelor	Run Eat Sleep	5.5	1.07.40
9	David Game	Mid-Essex Casuals	7	1.17.20
10	Craig Hooke	Harlow Running Club	9.5	1.23.55
11	Darren Coates	Harlow Running Club	9.5	1.23.55
12	Emma Wakeling	Great Bentley Running Club	9.5	1.58.40
13	Anthea Colsell	Great Bentley Running Club	9.5	1.58.40
14	Magdalena Komorowska	Great Bentley Running Club	9.5	1.58.40
15	Tomsaz Komorowski	Great Bentley Running Club	9.5	1.58.40
16	Wendy Smalley	Mid-Essex Casuals	5.5	1.08.30
17	Bruce Hogarth-Jones	Mid-Essex Casuals	5.5	1.08.30
18	Sandi Robinson-Miller	Trail Running Association	9.5	1.38.15
19	Suzanne Howlett	Run Eat Sleep	5.5	1.21.30
20	Zoe Willis	Run Eat Sleep	5.5	1.21.30
21	Clair Leaver	Run Eat Sleep	5.5	1.21.30
22	Fay Smallsi	Colchester Harriers	5.5	1.43.20
23	Allen Smalls	Colchester Harriers	9.5	1.03.30
24	Julia Binstead	Mid-Essex Casuals	9.5	2.19.00
25	Robert Frost	Halstead Road Runners	9.5	1.16.45
26	Caroliena Cameron	Halstead Road Runners	7	1.11.25
27	Paul Burgess	Saffron Striders	9.5	1.24.25
28	Andy Carter	Halstead Road Runners	9.5	1.24.50