		Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Best 5k	Best 5M	Best 10k	Total of Best 3	Target time	Plus	Minus
		18-May	31-May	14-Jun	28-Jun	12-Jul	26-Jul							
		Great Tey	Great Henny	Colne Engaine	Panfield	Mount Bures	Earls Colne							
		5K	5M	10K	5K	5M	10K							
Gavin	Allen	17:38	28:58	35:53	17:00			17:00	28:58	35:53	1:21:51	1:23:56		02:05
Stuart	Ashworth	23:11	38:18	49:46	24:41	38:59		23:11	38:18	49:46	1:51:15	0:00:00		
Carol	Atkins	27:19	47:11		27:36	45:16		27:19	45:16			2:10:11		
Rosie	Atkins		42:39		21:51			21:51	42:39			1:50:36		
Wes	Atkins	18:15	30:39	38:18				18:15	30:39	38:18	1:27:12	0:00:00		
Christina	Bashir					40:10			40:10			0:00:00		
Adam	Buckle	23:51	43:09		26:03	45:26	53:05	23:51	43:09	53:05	2:00:05	1:54:43	05:22	
Jon	Buist	19:57	32:07		19:15	32:31	40:47	19:15	32:07	40:47	1:32:09	1:35:00		02:51
Hazel	Buist	20:49	35:21					20:49	35:21			1:47:23		
Sara	Burnham		42:53		25:19	44:52	54:53	25:19	42:53	54:53	2:03:05	2:07:23		04:18
Caroliena	Cameron	21:49	36:40	47:45	22:06			21:49	36:40	47:45	1:46:14	1:48:40		02:26
Mel	Candler	22:35		47:42	22:22	38:23		22:22	38:23	47:42	1:48:27	0:00:00		
Richard	Candler					38:24	39:03		38:24	39:03		1:32:17		
Andy	Carter				22:34	39:22	47:21	22:34	39:22	47:21	1:49:17	1:48:25	00:52	
Ian	Chandler	20:53		47:34			44:47	20:53		44:47		1:38:49		
Jim	Clark			41:22	18:56		39:07	18:56		39:07		1:28:57		
Penny	Clarke	29:57			30:37			29:57				0:00:00		
Dan	Cole	21:11	34:54	44:37	20:31		48:31	20:31	34:54	44:37	1:40:02	0:00:00		
Brian	Collins	30:25	50:12	1:04:07		50:43	1:15:18	30:25	50:12	1:04:07	2:24:44	2:27:52		03:08
Mark	Curteis	24:06	39:16	51:01			49:57	24:06	39:16	49:57	1:53:19	1:54:13		00:54
Juan	De Gea	20:45		42:04		33:21		20:45	33:21	42:04	1:36:10	1:32:07	04:03	
Anthony	Denton		46:25	58:42					46:25	58:42		0:00:00		
Bradley	Doe	19:37				32:17		19:37	32:17			0:00:00		
Stewart	Ellis			41:11	18:46	31:34	42:01	18:46	31:34	41:11	1:31:31	1:30:41	00:50	
Don	English	24:46	41:37			42:08		24:46	41:37			0:00:00		
Roger	Frampton				29:15			29:15				2:09:32		
Jordan	French	25:05		48:58	22:43			22:43		48:58		1:49:19		
Paul	Frindle		43:24				53:43		43:24	53:43		2:01:17		
Rob	Frost		48:21	49:10	21:41	35:22	44:25	21:41	35:22	44:25	1:41:28	0:00:00		
Sarah	Frost	26:52	48:21	1:09:43	30:10	59:39	1:15:14	26:52	48:21	1:09:43	2:24:56	0:00:00		
Lorraine	Garnham						52:10			52:10		2:00:51		
Mike	Grealy	22:41				38:39	48:45	22:41	38:39	48:45	1:50:05	1:45:26	04:39	
Jon	Greenley	19:00	31:54	40:37				19:00	31:54	40:37	1:31:31	1:42:39		11:08
Treena	Harrington	24:44	41:36	52:14		42:07	51:37	24:44	41:36	51:37	1:57:57	0:00:00		
Brian	Hastings	43:00						43:00				2:39:55		
Carol	Hill	30:27			30:20	51:59		30:20	51:59			0:00:00		
Chris	Hill	26:21	45:19		26:15	46:00	56:11	26:15	45:19	56:11	2:07:45	2:03:13	04:32	
Karl	Hillman	22:38	37:57	46:55	22:12	36:42		22:12	36:42	46:55	1:45:49	1:52:42		06:53
Paul	Hinsley	22:06		45:43	21:09	35:34	44:38	21:09	35:34	44:38	1:41:21	1:40:55	00:26	
Matt	Holdcroft	23:10	38:18					23:10	38:18			0:00:00		
Dan	Hollinshead	20:23			21:11			20:23				1:40:11		
Megan	Hollinshead	26:05	42:39	57:48	26:21			26:05	42:39	57:48	2:06:32	2:34:27		27:55
Ashley	Hood			43:10	20:13			20:13		43:10		1:41:27		
Simon	Humphrey	21:00	36:32	45:48			43:45	21:00	36:32	43:45	1:41:17	0:00:00		
Matt	Hutley			42:53	19:25	31:57	40:58	19:25	31:57	40:58	1:32:20	0:00:00		
Phil	Jeffries		46:03	58:41	25:54	43:48	55:05	25:54	43:48	55:05	2:04:47	0:00:00		
Victoria	Jones			1:08:40	31:58	52:51		31:58	52:51	1:08:40	2:33:29			
Val	Kerrison	31:02	48:55	1:05:47		51:47		31:02	48:55	1:05:47	2:25:44	2:16:42	09:02	
Charlotte	King			49:52	23:40	40:20	51:12	23:40	40:20	49:52	1:53:52	0:00:00		
Simon	King			46:12	21:05	35:47		21:05	35:47	46:12	1:43:04	0:00:00		
Jenn	Langley	28:17	46:12	1:08:40	27:28	59:40	1:06:49	27:28	46:12	1:06:49	2:20:29	2:11:14	09:15	
Mike	Longman	20:01	33:49	43:38				20:01	33:49	43:38	1:37:28	0:00:00		
John	Markham					41:02	50:30		41:02	50:30		1:51:26		
Steve	May	21:02	35:35	46:03	20:33	34:59		20:33	34:59	46:03	1:41:35	1:45:59		04:24
Les	Morley			1:03:32	28:36	48:39		28:36	48:39	1:03:32	2:20:47	2:17:59	02:48	
Andy	Owen	19:51	32:40		19:20	32:21	39:15	19:20	32:21	39:15	1:30:56	1:37:42		06:46
Debbie	Partridge	31:02		1:05:47	29:51	51:47	1:04:34	29:51	51:47	1:04:34	2:26:12	2:20:23	05:49	
Leigh-Anne	Porter		38:40	49:45					38:40	49:45		0:00:00		
Tom	Porter	19:25		40:45		32:38		19:25	32:38	40:45	1:32:48	1:38:54		06:06
Neil	Poulter	21:20	35:07	45:19	21:21	36:00	44:50	21:20	35:07	44:50	1:41:17	1:38:56	02:21	
Stuart	Prestney	20:03		40:57	19:30		40:05	19:30		40:05		1:29:12		
Mick	Purkiss	27:56		57:53	27:35	46:46		27:35	46:46	57:53	2:12:14	2:10:28	01:46	
Louise	Quinn		51:57	1:09:43	32:22	52:52		32:22	51:57	1:09:43	2:34:02	0:00:00		
Dan	Roughan			52:35	24:13	41:05		24:13	41:05	52:35	1:57:53	00:00:00		
Rachael	Roughan		35:37	46:28	20:41		44:49	20:41	35:37	44:49	1:41:07	0:00:00		
Jo	Roulson	25:06	42:10	52:38			52:09	25:06	42:10	52:09	1:59:25	2:03:42		04:17
Nathan	Roulson	18:58	31:46	40:35		32:11	46:34	18:58	31:46	40:35	1:31:19	1:34:42		03:23
Jackie	Sidhu	25:50	44:31		27:34		54:35	25:50	44:31	54:35	2:04:56	0:00:00		
Dan	Smith	30:15						30:15				1:51:39		
Jimmy	Smith	17:00	28:03	35:18	17:07			17:00	28:03	35:18	1:20:21	1:23:31		03:10
Nicole	Smith	24:21	41:11	1:09:43	24:20	41:04	50:56	24:20	41:04	50:56	1:56:20	1:58:06		01:46
Nigel	Smith	23:02	38:27			37:44		23:02	37:44			1:44:54		
Glynn	Stone		34:21	44:51	21:00	35:27	44:53	21:00	34:21	44:51	1:40:12	1:35:48	04:24	
Keith	Thorogood	28:11	47:11	1:00:52	27:32	47:58	58:45	27:32	47:11	58:45	2:13:28	2:05:43	07:45	
Axel	Voigt	28:21	48:55	59:26	28:00	46:12	55:03	28:00	46:12	55:03	2:09:15	2:23:42		14:27
John	Warne	23:56	40:00	51:32	32:22	38:58		23:56	38:58	51:32	1:54:26	1:57:03		02:37
Andy	Wilmot	26:25						26:25				2:03:43		
Don	Wilson	21:03						21:03				1:41:08		
Sam	Wolton	20:31	41:12		24:40	46:12	41:27	20:31	41:12	41:27	1:43:10	1:45:28		02:18
Heidi	Worf		44:55	54:08	24:40	41:11		24:40	41:11	54:08	1:59:59	0:00:00		
Maurice	Young	39:48						39:48				2:33:28		
Guests														
Andy	Blackman		36:25						36:25					
Rob	Blackman		33:52						33:52					
Chris	Hopkinson				29:43			29:43						
Lauren	Hutley					47:59			47:59					
Kelly	Langley	25:04			25:10			25:04						
Andy	Quinn		39:42						39:42					
Gavin	Ripton					34:17			34:17					
Annabelle	Stephenson	39:48						39:48						
Sophy	Woulfe				27:03	44:52		27:03	44:52					
No of Runners		**57**	**50**	**51**	**53**	**51**	**38**							