

Halstead Marathon 2018

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	293	Matt Spencer	MO	2:40:46.88	2:40:46.88	Bungay Black Dog RC
2	474	Stephen Peck	M40	2:44:20.13	2:44:20.13	Harwich Runners
3	417	Chris Burgoyne	MO	2:45:11.23	2:45:11.23	Springfield Striders RC
4	9	Allen Smalls	M50	2:48:58.01	2:48:58.01	Colchester Harriers AC
5	74	Peter Davy	M40	2:49:22.95	2:49:22.95	
6	463	Alex Manton	MO	2:51:22.21	2:51:22.21	Springfield Striders RC
7	410	Jared Bethell	MO	2:52:26.28	2:52:26.17	Bishops Stortford RC
8	495	James Smith	MO	2:54:41.41	2:54:41.41	Halstead RRC
9	413	James Bosher	MO	2:56:57.93	2:56:57.93	Grange Farm & Dunmow Runner
10	400	Gavin Allen	M40	2:57:16.7	2:57:16.7	Halstead RRC
11	499	David Stevens	MO	2:58:29.94	2:58:29.94	Witham RC
12	18	Thomas Avery	MO	2:58:49.87	2:58:48.42	
13	450	Iain Henley	M40	2:59:12.5	2:59:12.5	Saffron Striders RC
14	465	Robin Mccoy	M50	2:59:55.24	2:59:55.24	Springfield Striders RC
15	500	Jackie Stretton	FO	3:00:43.89	3:00:42.78	Springfield Striders RC
16	409	Alex Benson	MO	3:02:36.48	3:02:35.17	Springfield Striders RC
17	110	Paul Griffin	MO	3:03:51.33	3:03:49.26	
18	480	Stuart Raven	M40	3:04:53.2	3:04:52.98	Springfield Striders RC
19	427	Leo Cole	M50	3:04:55.51	3:04:55.51	Witham RC
20	49	Craig Calvert	M40	3:05:25.66	3:05:24.85	
21	497	Giles Sowerby	MO	3:06:17.78	3:06:17.78	Witham RC
22	388	Rachel Sweatt	FO	3:07:01.53	3:06:59.9	Witham RC
23	331	Dean Ovel	M40	3:07:51.49	3:07:48.82	Leigh on Sea Striders
24	141	Damien Lane	M45	3:08:10.27	3:07:58.5	Highgate Harriers
25	395	Dan Widdowson	MO	3:08:27.78	3:08:26.92	Hadleigh Hares AC
26	160	Alan Middlebrook	M50	3:08:50.44	3:08:48.65	100 Marathon Club
27	59	Jim Comber	M45	3:09:27.92	3:09:16.46	Sudbury Joggers
28	412	Graham Booty	M45	3:09:42.47	3:09:41.54	Benfleet RC
29	306	Philip Mcnamara	M40	3:09:45.82	3:09:45.82	
30	468	Sean Mcfarlane	M45	3:10:06.95	3:10:03.49	Leigh on Sea Striders
31	301	Craig Speirs	M40	3:10:10.15	3:10:10.14	
32	69	Ralph Dadswell	M50	3:11:25.55	3:11:25.55	Ealing Eagles Running Club
33	154	Antonio Maraia	M50	3:11:52.88	3:11:52.88	
34	462	Benjamin Lott	MO	3:12:05.77	3:12:00.67	Vegan Runners UK
35	314	Melissah Gibson	FO	3:12:59.71	3:12:59.71	Ealing Eagles Running Club
36	123	Ben Holmes	MO	3:13:40.01	3:13:28.19	
37	484	Nathan Roulson	M40	3:14:37.03	3:14:37.03	Halstead RRC
38	313	David Ross	M50	3:14:38.07	3:7:53.63	100 Marathon Club
39	163	Graham Moore	M55	3:15:31.48	3:15:31.48	
40	418	Jon Byford	M40	3:15:49.11	3:15:45.56	Springfield Striders RC
41	442	Richard Flutter	M50	3:17:19.61	3:17:12.86	Colchester Harriers AC
42	347	Pete Jones	M40	3:18:34.57	3:18:31.62	Fittleworth Flyers
43	285	Martin Dempsey	M50	3:18:53.69	3:18:50.84	
44	321	Jacob Miles	MO	3:18:58.97	3:18:58.97	Seaford Striders RC
45	428	Lindsey Colman	F35	3:19:00.64	3:18:59.23	Southend On Sea AC
46	454	Sam Jackson	MO	3:19:22.96	3:19:20.17	Eton Manor AC
47	224	Richard Smith	M40	3:19:38.79	3:19:01.68	Sudbury Joggers
48	249	Franck Walpole	M50	3:19:47.48	3:19:44.81	
49	281	Benjamin Cuthbert	M40	3:22:16.9	3:22:04.7	Sudbury Joggers
50	186	Mark Prigg	M45	3:22:41.74	3:22:39.13	
51	36	Shane Boxall	MO	3:23:09.27	3:22:54.65	
52	192	Matthew Richardson	MO	3:23:44.83	3:23:44.83	
53	132	Chris Kearney	MO	3:23:50.81	3:23:24.14	
54	151	Mark Lyttle	MO	3:23:55.1	3:23:47.42	
55	479	Tom Porter	MO	3:24:26.71	3:24:26.71	Halstead RRC
56	355	Kieran O'doherty	MO	3:25:20.69	3:25:16.52	Billericay Striders
57	120	Gethin Hine	MO	3:25:56.62	3:25:53.85	
58	150	Keith Luxon	M50	3:27:22.28	3:27:22.28	
59	179	Nicholas Peer	MO	3:27:22.53	3:26:57.51	
60	122	Henry Holme	MO	3:27:50.54	3:27:36.77	

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
61	251	Ryan Ward	MO	3:28:26.64	3:27:59.51	
62	335	Tiago Dionisio	M40	3:28:52.3	3:28:48.55	
63	456	Charlie Keitch	M40	3:28:58.02	3:28:44.32	Great Bentley Running Club
64	131	Darren Johnson	M40	3:29:08.49	3:29:08.49	
65	73	Thomas Davies	MO	3:30:52.77	3:30:43.83	
66	237	Rob Taylor	M40	3:30:52.78	3:30:50.53	
67	384	Malcolm Statham	M45	3:32:02.37	3:31:57.68	Colchester Harriers AC
68	323	Matthew Barrett	MO	3:32:05.29	3:31:48.9	Leigh on Sea Striders
69	429	Andrew Conway	M45	3:32:07.26	3:32:04.54	Tiptree Road Runners
70	341	Daniel Little	MO	3:32:36.84	3:32:34.94	
71	181	Tom Pike	MO	3:32:50.88	3:32:50.88	
72	423	Steve Churchyard	MO	3:33:32.42	3:33:06.73	Benfleet RC
73	487	Ashwin Shah	M40	3:33:42.09	3:33:27.54	Grange Farm & Dunmow Runner
74	234	Ian Sutcliffe	M60	3:33:43.73	3:33:43.73	
75	26	Matt Benson	M40	3:33:49.01	3:33:12.83	Sudbury Joggers
76	198	Christopher Rookyard	MO	3:35:58.27	3:35:48.41	
77	22	Andrew Barber	MO	3:36:02.71	3:35:53.57	Orpington Road Runners
78	350	William Radley	MO	3:37:01.02	3:36:49.79	Tiptree Road Runners
79	109	Nic Greenway	M40	3:37:27.74	3:36:47.76	
80	222	Mike Skillings	M55	3:38:47.38	3:38:39.86	
81	344	Clive Davey	M45	3:38:50.13	3:38:39.2	Sudbury Joggers
82	445	Alistair Gillan	M50	3:39:09.95	3:39:02.96	Springfield Striders RC
83	353	Sean Symonds	M50	3:39:32.07	3:39:15.64	Bungay Black Dog
84	184	Julie Pond	F40	3:39:59.09	3:39:58.12	
85	345	Christopher Thornton	M55	3:40:14.4	3:39:37.06	
86	282	Nick Goodman	MO	3:40:25.5	3:40:10.68	Great Bentley Running Club
87	213	Chris Seymour	M45	3:40:54.28	3:40:47.35	Stowmarket Striders RC
88	169	Mary Narey	F50	3:40:54.47	3:40:47.76	Stowmarket Striders RC
89	464	Steve May	MO	3:41:10.33	3:41:03.28	Halstead RRC
90	446	Jon Greenley	MO	3:41:18.32	3:41:18.32	Halstead RRC
91	72	Richard Daley	M45	3:41:31.16	3:41:08.53	
92	211	Elisabeth Sennitt Clough	F40	3:41:35.94	3:41:31.44	Three Counties Running Club
93	449	Tracy Harrington	F50	3:41:39.91	3:41:29.4	Tiptree Road Runners
94	253	Marco Wassersleben	M40	3:42:01.26	3:41:56	BRJ Run and Tri
95	419	Paul Carlisle	M55	3:42:04.94	3:41:51.62	Great Bentley Running Club
96	164	Jordan Morris	MO	3:42:07.57	3:42:00.62	
97	206	Peter Salmon	M50	3:42:36.45	3:42:11.3	Dagenham 88 Runners
98	390	Jason Syrett	M50	3:42:43.47	3:42:35.96	Thurrock Harriers
99	311	Matt Ford-thomas	MO	3:42:47.56	3:42:47.56	Saxmundham Sports Running &
100	99	Daniel Gill	MO	3:42:54.71	3:42:53.03	
101	443	Alan Fullerton	M50	3:43:14.52	3:42:50.05	Grange Farm & Dunmow Runner
102	477	Karen Pickering	F35	3:43:33.34	3:43:33.34	Grange Farm & Dunmow Runner
103	486	Adam Sewell	M45	3:43:54.78	3:43:45.33	Braintree & District AC
104	29	Neil Berry	M55	3:44:16.72	3:43:45.38	
105	439	Charlotte Elms	FO	3:44:36.47	3:44:32.09	Witham RC
106	315	Paul Carse	MO	3:46:09.82	3:45:52.06	
107	57	Jim Clayton	M50	3:46:18.15	3:45:55.51	
108	45	Tricia Bunn	F40	3:46:18.7	3:46:09.08	
109	458	Steven Kjar	M40	3:47:13.03	3:47:05.78	Serpentine RC
110	461	Ian Lawson	M55	3:47:21.08	3:47:06.38	Grange Farm & Dunmow Runner
111	225	Antony Smith	M40	3:47:46.18	3:47:39.9	
112	48	Tom Byrne	MO	3:48:07.97	3:47:55.74	
113	483	Rachael Roughan	F35	3:49:02.26	3:48:50.26	Halstead RRC
114	200	Ted Rowntree	MO	3:49:17.4	3:49:00.35	
115	157	Graeme Mccrae	MO	3:49:43.64	3:49:25.97	
116	318	Paul Carr	M40	3:50:19.5	3:49:49.49	
117	64	Laetitia Corbett	FO	3:50:19.53	3:50:02.63	Grange Farm & Dunmow Runner
118	44	Richard Bunn	M45	3:50:41.85	3:50:32.03	
119	52	Jason Cattermole	M45	3:50:43.41	3:50:34.8	
120	336	Alex Mckinlay	MO	3:50:57.15	3:50:57.15	
121	444	Barry Gerhold	MO	3:51:13.66	3:50:44.99	Epsom & Ewell Harriers
122	326	Colin Jackson	M55	3:51:17.67	3:50:51.8	Grange Farm & Dunmow Runner
123	262	Eamonn Mccusker	M60	3:51:31.02	3:51:26.74	Ryston Runners
124	329	James Bennett	MO	3:51:59.62	3:51:28.51	100 Marathon Club

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
125	310	John Stevens	M55	3:52:51.05	3:52:39.49	
126	70	Jimmy Dale	MO	3:53:13.09	3:52:57.06	East London Runners
127	47	Clive Burrow	M45	3:53:56.64	3:53:34.23	Havering '90 Joggers
128	389	Michael Longman	M40	3:54:07.66	3:54:06.04	Halstead RRC
129	67	Daniel Croucher	M45	3:54:14.92	3:54:00.91	
130	473	Tanya Nash	FO	3:54:32.29	3:54:26.06	Witham RC
131	216	Anna Sherring	FO	3:54:35.28	3:54:29.71	
132	54	Alastair Chilton	MO	3:55:10.69	3:55:01.13	
133	432	Christine Deacon	F55	3:55:29.54	3:54:59.08	Billericay Striders
134	228	Dee St Ledger	F50	3:55:31.83	3:55:25.86	Sudbury Joggers
135	492	John Smith	M55	3:55:36.95	3:55:21.47	Grange Farm & Dunmow Runner
136	240	John Thompson	M55	3:55:49.43	3:55:39.05	
137	489	David Smith	M60	3:55:53	3:55:42.04	Springfield Striders RC
138	295	Jennifer Bradley	F35	3:56:13.32	3:56:04.33	Serpentine RC
139	219	Stuart Simmons	M40	3:56:27.19	3:56:23.4	Ipswich Jaffa RC
140	229	Matthew Stafford	MO	3:56:45.33	3:56:45.33	
141	142	Jemma Lee	FO	3:57:16.2	3:57:01.18	Leigh on Sea Striders
142	13	Kate Allen	F45	3:57:44.09	3:57:31.52	
143	405	Nik Bainbridge	M45	3:57:53.42	3:57:48.04	Witham RC
144	104	Ben Goddard	M40	3:58:05.82	3:57:53	St Neots Riverside Runners
145	258	George Welsh	MO	3:58:18.1	3:58:09.83	
146	111	Ray Gurvitz	M50	3:58:20.46	3:58:07.96	
147	38	Alex Bradley	MO	3:58:24.95	3:58:17.53	
148	147	David Lock	M45	3:58:51.99	3:58:21.6	
149	471	Donna Morris	F50	3:59:04.84	3:58:52.56	Springfield Striders RC
150	356	John Ralph	U18M	3:59:10.78	3:58:50.9	
151	92	Andy Felstead	M45	3:59:14.02	3:58:44.02	
152	455	Sue Keiller	F55	3:59:15.43	3:58:45.72	Billericay Striders
153	65	Mark Corder	M40	3:59:17.38	3:59:13.32	
154	406	Mike Ball	M45	3:59:27.34	3:59:11.75	Harwich Runners
155	302	Mark Holland	M40	3:59:28.76	3:59:01.87	Felixstowe RRC
156	317	Tracy Beavan	F50	3:59:51.19	3:59:26.55	
157	332	Richard Palmer	MO	3:59:51.35	3:59:26.14	
158	434	Beryl Desmedt	F55	4:00:23.31	4:00:06.19	Phoenix Striders
159	196	Peter Robertson	M45	4:00:55.14	4:00:22.89	
160	55	Chris Chorley	M50	4:00:59.85	4:00:23.59	Bungay Black Dog RC
161	127	Ellan Iaquaniello	F45	4:01:12.45	4:00:51.91	Larkfield Athletics Club
162	337	Denys Baudry	M65	4:01:22.53	4:01:20.2	
163	493	Hayley Smith	F50	4:02:43.01	4:02:24.92	Grange Farm & Dunmow Runner
164	43	Howard Bull	MO	4:02:45.04	4:02:40.53	St Albans Striders
165	436	Paul Dixon	M50	4:04:59.68	4:04:41.56	Harlow RC
166	233	James Stubbs	M45	4:05:09.03	4:04:57.7	
167	467	Chris Mcdonnell	M70	4:06:16.11	4:05:57.46	Dengie 100 Runners
168	297	Catherine Ellis	FO	4:06:38.4	4:06:12.75	
169	298	Peter Checksfield	M45	4:06:39.53	4:06:12.95	
170	280	Russell Chamberlain	M40	4:06:44.19	4:06:26.65	
171	328	Danny Bennison	MO	4:07:45.3	4:07:42.31	
172	327	Catherine Bennison	FO	4:07:45.6	4:07:42.77	Halstead RRC
173	490	Emily Smith	F35	4:07:50.83	4:07:46	Springfield Striders RC
174	478	Joaquin Polo	M40	4:07:52.82	4:07:41.64	Havering '90 Joggers
175	403	David Bacon	M55	4:07:59.7	4:07:49.2	Havering '90 Joggers
176	352	Kevin Stevens	MO	4:08:33.31	4:08:28.63	Great Bentley Running Club
177	260	Emily Whittingham	FO	4:08:58.15	4:08:58.15	
178	257	Bridget Weller-poley	FO	4:09:02.55	4:08:44.5	
179	385	Roger Stubbs	M55	4:09:17.33	4:09:17.33	East London Runners
180	459	Dave Lane	M55	4:09:31.43	4:09:14.12	Phoenix Striders
181	107	Rich Green	MO	4:10:09.75	4:9:54.29	
182	243	Rod Tredgett	M40	4:10:11.98	4:9:36.46	
183	71	Kate Dale	FO	4:10:57.01	4:10:57.01	
184	312	Steve Lusted	M50	4:11:21.32	4:10:46.75	
185	242	Ashley Tower	MO	4:11:24.22	4:11:00.59	
186	453	Steve Hunt	M55	4:11:25.98	4:11:20.18	Hadleigh Hares AC
187	40	Jonathan Brown	MO	4:11:26.94	4:11:01.51	
188	397	Sam Wolton	M40	4:11:31.97	4:11:31.97	Halstead RRC

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
189	149	Dean Longman	M40	4:12:03.24	4:11:43.69	Yaxley Runners & Joggers
190	325	Sunny Calitz-patel	F50	4:12:05.47	4:11:33.4	100 Marathon Club
191	60	Nick Connell	MO	4:12:10.8	4:12:10.8	
192	129	Peter Jay	M55	4:12:34.52	4:12:22.2	Saint Edmund Pacers
193	182	Rachel Plant	FO	4:13:26.37	4:13:15.25	Lowestoft Road Runners
194	25	David Bell	MO	4:13:27.27	4:13:12.9	
195	24	Peter Bell	MO	4:13:27.31	4:13:15.25	
196	226	Craig Smith	MO	4:13:37.77	4:13:03.8	
197	425	Alexandra Coe	FO	4:13:40.41	4:13:22.15	Southampton Athletic Club
198	23	Elaine Battson	F50	4:13:58.68	4:13:49.8	Victoria Park Harriers and Tower
199	339	Gill Bocking	F50	4:14:00.6	4:13:37.97	
200	284	Jem Smith	M40	4:14:12.07	4:13:36.12	Sudbury Joggers
201	118	Steven Hickey	M40	4:14:48.2	4:14:37.44	
202	441	Katrina Finch	F40	4:14:54.53	4:14:54.53	Tiptree Road Runners
203	172	Jennifer O'connell	F45	4:14:54.65	4:14:25.46	
204	430	Deborah Cubberley	F40	4:15:00.31	4:14:45.72	Great Bentley Running Club
205	498	Geraldine Springett	F35	4:15:00.33	4:14:45.64	Great Bentley Running Club
206	20	Steve Balaam	M40	4:15:01.81	4:14:33.84	
207	217	Heidi Shubbrook	F35	4:15:29.61	4:15:21.3	
208	481	Glen Reeve	M55	4:15:30.18	4:15:06.23	Tiptree Road Runners
209	266	Rosie Williams	F45	4:15:39.69	4:15:15.07	
210	351	Alice Clilverd	F35	4:16:16.98	4:15:37.29	East End Road Runners
211	287	Gareth Davies	MO	4:17:31.86	4:17:05.01	
212	100	Andrew Golding	M50	4:17:33.39	4:17:15.58	Ware Joggers
213	357	Christina Harding	F35	4:18:36.52	4:18:36.52	
214	394	Tim Wells	MO	4:20:03.67	4:19:16.1	Dengie 100 Runners
215	41	Sam Brown	M50	4:20:50.44	4:20:28.37	Rebel Runners Medway
216	286	Jimi Hendrick	M45	4:20:50.8	4:20:29.26	Rebel Runners Medway
217	488	Hannah Sheikh	F45	4:20:52.04	4:20:22.53	Dagenham 88 Runners
218	452	Shaun Holder	MO	4:20:59.63	4:20:31.39	Dagenham 88 Runners
219	208	Violet Sauerzapf	F55	4:21:02.46	4:20:25.28	Bungay Black Dog RC
220	2	Andrew Wilmot	M70	4:21:07.76	4:20:46.2	Halstead RRC
221	201	Ashley Ruggles	MO	4:21:13.81	4:20:44.57	
222	128	Michael Jaeger	M45	4:21:41.46	4:21:33.98	
223	6	Hideo Takano	M50	4:21:50.57	4:21:17.2	Dorking & Mole Valley AC
224	319	Jackie Dockerill	F45	4:22:09.63	4:21:30.13	
225	277	Rahana Islam	F40	4:22:23.05	4:21:47.63	Dagenham 88 Runners
226	195	Kevin Roberts	M55	4:22:36.5	4:22:11.76	
227	322	James Griffiths	MO	4:22:58.11	4:22:40.43	
228	202	Steve Rulton	M55	4:22:58.11	4:22:24.62	
229	89	Catherine Fairhurst	F35	4:22:59.09	4:22:33.99	
230	152	Douglas Mac Taggart	M50	4:23:00.79	4:22:25.39	Mid Sussex Triathlon Club
231	187	Richard Prior	MO	4:23:27.37	4:22:59.4	
232	476	Emily Penkett	F35	4:23:27.98	4:23:08.61	Springfield Striders RC
233	46	Andrew Burgess	M50	4:24:25.21	4:23:41.29	Maidstone Harriers
234	415	Paul Bridges	MO	4:24:43.6	4:24:17.27	100 Marathon Club
235	239	Andrew Thake	M45	4:25:34.98	4:25:28.97	
236	245	Jo Vinicombe	F35	4:26:25.14	4:26:08.92	
237	185	Paul Powell	M45	4:26:27.12	4:25:54.77	
238	85	Scott Edwards	M45	4:26:27.63	4:25:54.96	
239	130	Steven Jeggo	M45	4:26:41.25	4:26:02.88	Sudbury Joggers
240	393	John Warne	M65	4:27:16.04	4:26:50.13	Braintree & District AC
241	14	Keith Allen	M55	4:28:29.14	4:28:14.57	
242	457	Dan Kitchener	M40	4:28:32.29	4:27:53.62	Vegan Runners UK
243	197	Sarah Rogers	F45	4:28:40.81	4:28:25.88	
244	156	James Mccarron	MO	4:29:02.38	4:28:34.56	
245	106	Emma Gray	FO	4:29:10.86	4:28:50.43	
246	447	Luke Groves	MO	4:30:25.01	4:30:10.15	Great Bentley Running Club
247	248	Jason Walne	M45	4:30:32.6	4:29:43.8	
248	171	James Nicholls	MO	4:30:34.6	4:30:14.24	
249	404	Malcolm Bailey	M60	4:31:37.74	4:31:31.24	Tiptree Road Runners
250	391	Paul Tawn	M55	4:31:44.13	4:30:52	Mid Essex Casuals
251	244	Jordan Turansky	MO	4:31:53	4:31:31.94	
252	207	Rosina Salmon	F45	4:32:06	4:31:28.94	Dagenham 88 Runners

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
253	309	Emma Ruane	F40	4:32:15.19	4:31:41.57	Sudbury Joggers
254	204	Maya Saffron	FO	4:32:44.02	4:32:17.8	
255	316	David Dixon	M55	4:33:08.01	4:32:46.03	Havering '90 Joggers
256	114	Anna Hatton	F45	4:33:30.88	4:32:47.06	Trail Running Association
257	320	Louise Pollock	F35	4:33:30.9	4:33:09.66	Havering '90 Joggers
258	145	Ian Lennard	M40	4:33:46.24	4:33:15.66	
259	426	Dan Cole	MO	4:35:13.35	4:35:04.63	Halstead RRC
260	174	Philip Pankhurst	M45	4:35:24	4:35:07.2	
261	324	Dan Micola	M45	4:35:43.79	4:35:27.88	Dunstable RRC
262	494	Daniel Smith	MO	4:36:43.57	4:36:43.57	Sudbury Joggers
263	451	Julian Holder	M50	4:37:26.13	4:36:56	Tiptree Road Runners
264	87	Nic Edwards	F45	4:37:32.18	4:37:02.23	
265	307	Ann Rideout	F50	4:38:50.18	4:38:21.24	Felixstowe RRC
266	209	Matt Saunders	M40	4:38:51.22	4:38:22.93	Felixstowe RRC
267	349	Gin Lawson	F50	4:39:39.65	4:39:04.98	Sudbury Joggers
268	470	Hayley Morley	F40	4:39:47.43	4:39:30.01	Grange Farm & Dunmow Runner
269	291	Thomas Raven	M55	4:39:49.12	4:39:10	
270	333	Joanne Armfield	F45	4:40:04.67	4:39:36.57	
271	30	Anita Berwick	F45	4:41:14.81	4:40:39.05	Gade Valley Harriers
272	289	Roz Furr	FO	4:41:47.48	4:41:25.85	
273	58	Dave Close	MO	4:41:52.02	4:41:32.95	
274	416	Jen Bull	FO	4:41:54.53	4:41:37.16	Kingswood Running Club
275	241	Andy Thorn	M40	4:42:27.02	4:41:50.28	
276	290	Norman Abadiano	M45	4:43:26	4:43:12.19	Orpington Road Runners
277	424	Ben Clover	MO	4:43:40.74	4:43:40.74	Tiptree Road Runners
278	238	Susan Taylor	FO	4:43:42.49	4:43:32.71	
279	299	Barbara Alexander	F35	4:43:45.51	4:43:12.31	
280	292	Tommy Bond	MO	4:45:10.5	4:44:34.58	
281	88	Paula Evans	F45	4:45:25.09	4:45:09.59	
282	80	Kate Donald	F40	4:45:25.19	4:44:57.05	
283	51	Olley Cargill	MO	4:45:35.07	4:45:00.28	
284	342	Andrew Quinn	M45	4:45:40.8	4:45:31.14	
285	402	Jamie Austin	MO	4:46:59.83	4:46:23.28	Dagenham 88 Runners
286	278	Kirsty Millard	F35	4:47:03.16	4:46:21.59	Haverhill Running Club
287	173	Andy Palmer	M55	4:47:03.28	4:46:19.68	Haverhill Running Club
288	148	Ian Longland	M40	4:47:03.29	4:46:20.25	
289	135	Stuart Key	MO	4:47:09.59	4:46:26.13	
290	268	Amanda Willis	F45	4:47:10.06	4:46:35.96	
291	103	Peter Godbee	M65	4:47:10.34	4:46:34.71	Swanley & District AC
292	255	Tom Weatherhead	M55	4:48:01.53	4:47:39.34	Garden City Runners
293	279	Cherie Ransom	F45	4:49:34.55	4:48:58.46	
294	84	Rob Edwards	M45	4:49:42.87	4:49:10.46	
295	81	Duncan Donald	M40	4:50:54	4:50:27.47	
296	437	Emma Dudman	F40	4:51:04.8	4:51:04.8	Dagenham 88 Runners
297	75	Hayley Dean	FO	4:51:31.88	4:51:16.23	
298	143	Marcus Leeder	MO	4:51:33.12	4:50:54.48	Bildeston Bounders
299	91	Karl Feagan	M40	4:51:35.94	4:51:35.94	Hadleigh Hares AC
300	101	Jess Glaister	FO	4:53:24.18	4:53:11.22	
301	435	Ingo Dierkschnieder	M50	4:53:33.19	4:53:13.97	Pitsea RC
302	438	Beverley Eagles	F50	4:55:01.71	4:54:24.93	Dagenham 88 Runners
303	158	Scott Mcgrath	MO	4:56:53.55	4:56:26.25	
304	86	David Edwards	M45	4:57:51.04	4:57:12.95	
305	42	Kathi Brown	F40	4:58:14.11	4:57:37.3	
306	68	Jonathan Dadds	MO	4:58:28.26	4:58:28.26	
307	16	Joseph Anderson	M45	4:58:53.63	4:58:28.13	
308	17	David Applin	MO	5:00:09.65	4:059:29.17	
309	189	Amanda Pybus	F45	5:00:10.27	5:00:01.68	
310	117	Barry Hearn	M45	5:01:25.47	5:00:53.31	
311	250	Peter Ward	M55	5:01:39.39	5:00:54.9	
312	466	Barbara Mcdonnell	F55	5:01:40.68	5:01:02.74	Dengie 100 Runners
313	105	James Gould	MO	5:01:56.3	5:01:24.77	
314	66	David Crooks	MO	5:02:42.25	5:02:17.37	
315	139	Tim Knights	FO	5:02:42.83	5:02:18.92	
316	39	Hayley Brewis	F50	5:03:41.14	5:03:07.11	Saint Edmund Pacers

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>Actual time</i>	<i>Chip time</i>	<i>Club</i>
317	343	Sarah Pennock	F35	5:03:41.42	5:03:07.72	Sudbury Joggers
318	254	Steve Waters	M40	5:04:38.42	5:03:58.58	
319	27	Josie Benson	F45	5:05:35.11	5:05:09.29	
320	264	Toni Williams	F45	5:05:42.54	5:05:12.03	
321	401	Rosie Atkins	FO	5:06:23	5:06:23	Halstead RRC
322	193	Jackie Ridgwell	F40	5:06:23.03	5:06:23.03	
323	305	Natalie Snow	F35	5:06:23.07	5:06:23.07	
324	304	Vicki Bailey	F40	5:06:23.09	5:06:23.09	
325	15	Simon Anderson	M50	5:07:23.85	5:06:53.62	
326	460	Barbara Law	F55	5:07:50.67	5:07:24.18	Great Bentley Running Club
327	433	Tracey Denby	F50	5:10:02.32	5:9:55.98	Witham RC
328	354	Haydeh Safavi	F50	5:10:31.74	5:10:26.22	Witham RC
329	203	Kim Sadler	F35	5:11:02.02	5:10:52.7	
330	12	Neil Addington	M50	5:11:02.42	5:10:53.27	
331	275	Craig Wright	MO	5:13:25.84	5:13:05.68	Ipswich Triathlon Club
332	272	Alastair Wright	MO	5:13:26.9	5:13:26.9	
333	340	Avril Van Der Loo	F35	5:13:55.06	5:13:13.01	
334	348	Samantha Perry	F45	5:18:45.79	5:18:06.57	
335	90	Robin Farrar	M70	5:19:42.34	5:19:04.09	Bungay Black Dog RC
336	387	Luke Summers	MO	5:20:29.66	5:20:29.66	Dagenham 88 Runners
337	263	Jody Wilkey	F40	5:26:55.81	5:26:28.83	
338	78	Teresa Dickerson	F45	5:30:25.75	5:29:52.04	
339	398	Jennifer Wright	F35	5:32:17	5:31:56.31	Ipswich Jaffa RC
340	274	Alec Wright	MO	5:32:17.08	5:31:57.49	Ipswich Jaffa RC
341	93	Yusuf Firat	M55	5:37:22.16	5:36:38.17	Haverhill Running Club
342	359	Horace Skuriah	M45	5:37:22.36	5:36:42.17	Haverhill Running Club
343	330	Karen Summerville	F50	5:37:53.53	5:37:21.34	
344	177	Robert Parmenter	M65	5:38:22.29	5:38:00.13	
345	96	Lisa Freeman	FO	5:38:29.6	5:37:54.72	
346	246	Grahame Walkingshaw	M55	5:39:37.72	5:39:03.67	
347	35	William Bowen-davies	M40	5:40:30.57	5:40:17.62	
348	170	Gert Nel	M50	5:40:30.63	5:40:18.56	
349	155	Darryn Mayhew	M40	5:41:38.45	5:41:11.37	
350	267	Jackie Williamson	F45	5:44:46.57	5:44:19.54	
351	34	Karen Blackman	F50	5:44:46.6	5:44:19.15	Bognor Regis Tone Zone Runner
352	265	Tony Williams	M45	5:46:12.59	5:45:43.9	
353	231	Sarah Starling	F40	5:46:46.56	5:46:02.51	
354	144	Samantha Legg	F40	5:46:46.62	5:46:46.62	
355	178	Keith Passingham	M65	5:46:46.65	5:46:02.69	
356	276	Louise Wright	F35	6:01:39.2	6:01:39.2	
357	63	Lynda Copson	F55	6:01:39.25	6:01:05.49	100 Marathon Club
358	303	Emine Ismail De Sanchez	F50	6:01:39.78	5:059:07.43	100 Marathon Club
359	338	Vanessa Brewster	F50	6:01:40.34	5:059:08.98	100 Marathon Club
360	358	Lucy Burdett	F40	6:02:56.89	6:02:34.94	Havering 90 Joggers
361	112	Sam Halsey	MO	6:02:57.27	6:02:34.21	
362	119	Wendy Hills	F40	6:04:24.1	6:03:43.83	
363	19	Vivien Baker	F50	6:10:46.04	6:10:18.35	Bognor Regis Tone Zone Runner
364	21	Michael Ball	M60	6:12:10.7	6:11:29.07	Bungay Black Dog RC
365	32	Paul Bird	M55	6:12:10.9	6:11:31.62	Bungay Black Dog RC
366	210	Shahid Sawati	M55	6:12:20.17	6:12:19.03	
367	50	David Toms	M65	6:17:13.45	6:16:52.7	Brandon Fenn Hoppers
368	3	John Williams	M70	6:19:31.69	6:19:10.69	100 Marathon Club
369	334	Edward Mills	M50	6:21:15.4	6:18:44.59	100 Marathon Club
370	125	Phillip Howells	M70	6:29:41.64	6:29:06.55	Tewkesbury Running Club
371	283	Kat Mcvicar	FO	6:34:04.5	6:33:30.66	SLGR
372	261	Nichola Whymark	F40	7:18:07.09	7:17:43.75	
373	271	Aimee Wright	FO	7:18:11.22	7:17:48.91	
374	270	Jill Wright	F55	7:18:11.25	7:18:11.25	