

Halstead Marathon 2018

Position	Number	Name	Cat	Gun Time	Chip Time	Club
1	293	Matt Spencer	MO	2:40:47	2:40:47	Bungay Black Dog RC
2	474	Stephen Peck	M40	2:44:21	2:44:21	Harwich Runners
3	417	Chris Burgoyne	MO	2:45:12	2:45:12	Springfield Striders RC
4	9	Allen Smalls	M50	2:48:58	2:48:58	Colchester Harriers AC
5	74	Peter Davy	M40	2:49:23	2:49:23	
6	463	Alex Manton	MO	2:51:23	2:51:23	Springfield Striders RC
7	410	Jared Bethell	MO	2:52:27	2:52:27	Bishops Stortford RC
8	495	James Smith	MO	2:54:42	2:54:42	Halstead RRC
9	413	James Bosher	MO	2:56:58	2:56:58	Grange Farm & Dunmow Runners
10	400	Gavin Allen	M40	2:57:17	2:57:17	Halstead RRC
11	499	David Stevens	MO	2:58:30	2:58:30	Witham RC
12	18	Thomas Avery	MO	2:58:50	2:58:49	
13	450	Iain Henley	M40	2:59:13	2:59:13	Saffron Striders RC
14	465	Robin Mccoy	M50	2:59:11	2:59:04	Springfield Striders RC
15	500	Jackie Stretton	FO	3:00:44	3:00:43	Springfield Striders RC
16	409	Alex Benson	MO	3:02:37	3:02:36	Springfield Striders RC
17	110	Paul Griffin	MO	3:03:52	3:03:50	
18	480	Stuart Raven	M40	3:04:54	3:04:53	Springfield Striders RC
19	427	Leo Cole	M50	3:04:56	3:04:56	Witham RC
20	49	Craig Calvert	M40	3:05:26	3:05:25	
21	497	Giles Sowerby	MO	3:06:18	3:06:18	Witham RC
22	388	Rachel Sweatt	FO	3:07:02	3:07:60	Witham RC
23	331	Dean Ovel	M40	3:07:52	3:07:49	Leigh on Sea Striders
24	141	Damien Lane	M45	3:08:11	3:08:59	Highgate Harriers
25	395	Dan Widdowson	MO	3:08:28	3:08:27	Hadleigh Hares AC
26	160	Alan Middlebrook	M50	3:08:51	3:08:49	100 Marathon Club
27	59	Jim Comber	M45	3:09:28	3:09:17	Sudbury Joggers
28	412	Graham Booty	M45	3:09:43	3:09:42	Benfleet RC
29	306	Philip Mcnamara	M40	3:09:46	3:09:46	
30	468	Sean Mcfarlane	M45	3:10:07	3:10:04	Leigh on Sea Striders
31	301	Craig Speirs	M40	3:10:11	3:10:11	
32	69	Ralph Dadswell	M50	3:11:26	3:11:26	Ealing Eagles Running Club
33	154	Antonio Marais	M50	3:11:53	3:11:53	
34	462	Benjamin Lott	MO	3:12:06	3:12:01	Vegan Runners UK
35	314	Melissah Gibson	FO	3:12:60	3:12:60	Ealing Eagles Running Club
36	123	Ben Holmes	MO	3:13:40	3:13:29	
37	484	Nathan Roulson	M40	3:14:37	3:14:37	Halstead RRC
38	313	David Ross	M50	3:14:39	3:14:54	100 Marathon Club
39	163	Graham Moore	M55	3:15:32	3:15:32	
40	418	Jon Byford	M40	3:15:50	3:15:46	Springfield Striders RC
41	442	Richard Flutter	M50	3:17:20	3:17:13	Colchester Harriers AC
42	347	Pete Jones	M40	3:18:35	3:18:32	Fittleworth Flyers
43	285	Martin Dempsey	M50	3:18:54	3:18:51	
44	321	Jacob Miles	MO	3:18:59	3:18:59	Seaford Striders RC
45	428	Lindsey Colman	F35	3:19:01	3:19:60	Southend On Sea AC
46	454	Sam Jackson	MO	3:19:23	3:19:21	Eton Manor AC
47	224	Richard Smith	M40	3:19:48	3:19:40	Sudbury Joggers
48	249	Franck Walpole	M50	3:19:48	3:19:45	
49	281	Benjamin Cuthbert	M40	3:22:17	3:22:05	Sudbury Joggers
50	186	Mark Prigg	M45	3:22:42	3:22:40	
51	36	Shane Boxall	MO	3:23:10	3:23:55	
52	192	Matthew Richardson	MO	3:23:45	3:23:45	
53	132	Chris Kearney	MO	3:23:51	3:23:25	
54	151	Mark Lyttle	MO	3:23:56	3:23:48	
55	479	Tom Porter	MO	3:24:27	3:24:27	Halstead RRC
56	355	Kieran O'doherty	MO	3:25:21	3:25:17	Billericay Striders
57	120	Gethin Hine	MO	3:25:57	3:25:54	
58	150	Keith Luxon	M50	3:27:23	3:27:23	
59	179	Nicholas Peer	MO	3:27:23	3:27:58	
60	122	Henry Holme	MO	3:27:51	3:27:37	
61	251	Ryan Ward	MO	3:28:27	3:28:60	
62	335	Tiago Dionisio	M40	3:28:53	3:28:49	

63	456	Charlie Keitch	M40	3:28:58	3:28:45	Great Bentley Running Club
64	131	Darren Johnson	M40	3:29:09	3:29:09	
65	73	Thomas Davies	MO	3:30:53	3:30:44	
66	237	Rob Taylor	M40	3:30:53	3:30:51	
67	384	Malcolm Statham	M45	3:32:03	3:32:58	Colchester Harriers AC
68	323	Matthew Barrett	MO	3:32:06	3:32:49	Leigh on Sea Striders
69	429	Andrew Conway	M45	3:32:08	3:32:05	Tiptree Road Runners
70	341	Daniel Little	MO	3:32:37	3:32:35	
71	181	Tom Pike	MO	3:32:51	3:32:51	
72	423	Steve Churchyard	MO	3:33:33	3:33:07	Benfleet RC
73	487	Ashwin Shah	M40	3:33:43	3:33:28	Grange Farm & Dunmow Runners
74	234	Ian Sutcliffe	M60	3:33:44	3:33:44	
75	26	Matt Benson	M40	3:33:49	3:33:13	Sudbury Joggers
76	198	Christopher Rookyard	MO	3:35:59	3:35:49	
77	22	Andrew Barber	MO	3:36:03	3:36:54	Orpington Road Runners
78	350	William Radley	MO	3:37:01	3:37:50	Tiptree Road Runners
79	109	Nic Greenway	M40	3:37:28	3:37:48	
80	222	Mike Skillings	M55	3:38:48	3:38:40	
81	344	Clive Davey	M45	3:38:51	3:38:40	Sudbury Joggers
82	445	Alistair Gillan	M50	3:39:10	3:39:03	Springfield Striders RC
83	353	Sean Symonds	M50	3:39:33	3:39:16	Bungay Black Dog
84	184	Julie Pond	F40	3:39:60	3:39:59	
85	345	Christopher Thornton	M55	3:40:15	3:40:38	
86	282	Nick Goodman	MO	3:40:26	3:40:11	Great Bentley Running Club
87	213	Chris Seymour	M45	3:40:55	3:40:48	Stowmarket Striders RC
88	169	Mary Narey	F50	3:40:55	3:40:48	Stowmarket Striders RC
89	464	Steve May	MO	3:41:11	3:41:04	Halstead RRC
90	446	Jon Greenley	MO	3:41:19	3:41:19	Halstead RRC
91	72	Richard Daley	M45	3:41:32	3:41:09	
92	211	Elisabeth Sennitt Clough	F40	3:41:36	3:41:32	Three Counties Running Club
93	449	Tracy Harrington	F50	3:41:40	3:41:30	Tiptree Road Runners
94	253	Marco Wassersleben	M40	3:42:02	3:42:56	BRJ Run and Tri
95	419	Paul Carlisle	M55	3:42:05	3:42:52	Great Bentley Running Club
96	164	Jordan Morris	MO	3:42:08	3:42:01	
97	206	Peter Salmon	M50	3:42:37	3:42:12	Dagenham 88 Runners
98	390	Jason Syrett	M50	3:42:44	3:42:36	Thurrock Harriers
99	311	Matt Ford-thomas	MO	3:42:48	3:42:48	Saxmundham Sports Running & Fitness Club
100	99	Daniel Gill	MO	3:42:55	3:42:53	
101	443	Alan Fullerton	M50	3:43:15	3:43:51	Grange Farm & Dunmow Runners
102	477	Karen Pickering	F35	3:43:34	3:43:34	Grange Farm & Dunmow Runners
103	486	Adam Sewell	M45	3:43:55	3:43:46	Braintree & District AC
104	29	Neil Berry	M55	3:44:17	3:44:46	
105	439	Charlotte Elms	FO	3:44:37	3:44:33	Witham RC
106	315	Paul Carse	MO	3:46:10	3:46:53	
107	57	Jim Clayton	M50	3:46:19	3:46:56	
108	45	Tricia Bunn	F40	3:46:19	3:46:10	
109	458	Steven Kjar	M40	3:47:13	3:47:06	Serpentine RC
110	461	Ian Lawson	M55	3:47:22	3:47:07	Grange Farm & Dunmow Runners
111	225	Antony Smith	M40	3:47:47	3:47:40	
112	48	Tom Byrne	MO	3:48:08	3:48:56	
113	483	Rachael Roughan	F35	3:49:03	3:49:51	Halstead RRC
114	200	Ted Rowntree	MO	3:49:18	3:49:01	
115	157	Graeme Mccrae	MO	3:49:44	3:49:26	
116	318	Paul Carr	M40	3:50:20	3:50:50	
117	64	Laetitia Corbett	FO	3:50:20	3:50:03	Grange Farm & Dunmow Runners
118	44	Richard Bunn	M45	3:50:42	3:50:32	
119	52	Jason Cattermole	M45	3:50:44	3:50:35	
120	336	Alex Mckinlay	MO	3:50:58	3:50:58	
121	444	Barry Gerhold	MO	3:51:14	3:51:45	Epsom & Ewell Harriers
122	326	Colin Jackson	M55	3:51:18	3:51:52	Grange Farm & Dunmow Runners
123	262	Eamonn Mccusker	M60	3:51:31	3:51:27	Ryston Runners
124	329	James Bennett	MO	3:51:60	3:51:29	100 Marathon Club
125	310	John Stevens	M55	3:52:52	3:52:40	
126	70	Jimmy Dale	MO	3:53:14	3:53:58	East London Runners
127	47	Clive Burrow	M45	3:53:57	3:53:35	Havering '90 Joggers
128	389	Michael Longman	M40	3:54:08	3:54:06	Halstead RRC
129	67	Daniel Croucher	M45	3:54:15	3:54:01	
130	473	Tanya Nash	FO	3:54:33	3:54:27	Witham RC

131	216	Anna Sherring	FO	3:54:36	3:54:30	
132	54	Alastair Chilton	MO	3:55:11	3:55:02	
133	432	Christine Deacon	F55	3:55:30	3:55:60	Billericay Striders
134	228	Dee St Ledger	F50	3:55:32	3:55:26	Sudbury Joggers
135	492	John Smith	M55	3:55:37	3:55:22	Grange Farm & Dunmow Runners
136	240	John Thompson	M55	3:55:50	3:55:39	
137	489	David Smith	M60	3:55:53	3:55:42	Springfield Striders RC
138	295	Jennifer Bradley	F35	3:56:14	3:56:05	Serpentine RC
139	219	Stuart Simmons	M40	3:56:28	3:56:24	Ipswich Jaffa RC
140	229	Matthew Stafford	MO	3:56:46	3:56:46	
141	142	Jemma Lee	FO	3:57:17	3:57:02	Leigh on Sea Striders
142	13	Kate Allen	F45	3:57:45	3:57:32	
143	405	Nik Bainbridge	M45	3:57:54	3:57:48	Witham RC
144	104	Ben Goddard	M40	3:58:06	3:58:53	St Neots Riverside Runners
145	258	George Welsh	MO	3:58:19	3:58:10	
146	111	Ray Gurvitz	M50	3:58:21	3:58:08	
147	38	Alex Bradley	MO	3:58:25	3:58:18	
148	147	David Lock	M45	3:58:52	3:58:22	
149	471	Donna Morris	F50	3:59:05	3:59:53	Springfield Striders RC
150	356	John Ralph	U18M	3:59:11	3:59:51	
151	92	Andy Felstead	M45	3:59:14	3:59:44	
152	455	Sue Keiller	F55	3:59:16	3:59:46	Billericay Striders
153	65	Mark Corder	M40	3:59:18	3:59:14	
154	406	Mike Ball	M45	3:59:28	3:59:12	Harwich Runners
155	302	Mark Holland	M40	3:59:29	3:59:02	Felixstowe RRC
156	317	Tracy Beavan	F50	3:59:52	3:59:27	
157	332	Richard Palmer	MO	3:59:52	3:59:27	
158	434	Beryl Desmedt	F55	4:00:24	4:00:07	Phoenix Striders
159	196	Peter Robertson	M45	4:00:56	4:00:23	
160	55	Chris Chorley	M50	4:00:60	4:00:24	Bungay Black Dog RC
161	127	Ellan Iaquaniello	F45	4:01:13	4:01:52	Larkfield Athletics Club
162	337	Denys Baudry	M65	4:01:23	4:01:21	
163	493	Hayley Smith	F50	4:02:43	4:02:25	Grange Farm & Dunmow Runners
164	43	Howard Bull	MO	4:02:45	4:02:41	St Albans Striders
165	436	Paul Dixon	M50	4:04:60	4:04:42	Harlow RC
166	233	James Stubbs	M45	4:05:09	4:05:58	
167	467	Chris McDonnell	M70	4:06:17	4:06:58	Dengie 100 Runners
168	297	Catherine Ellis	FO	4:06:39	4:06:13	
169	298	Peter Checksfield	M45	4:06:40	4:06:13	
170	280	Russell Chamberlain	M40	4:06:45	4:06:27	
171	328	Danny Bennison	MO	4:07:46	4:07:43	
172	327	Catherine Bennison	FO	4:07:46	4:07:43	Halstead RRC
173	490	Emily Smith	F35	4:07:51	4:07:46	Springfield Striders RC
174	478	Joaquin Polo	M40	4:07:53	4:07:42	Havering '90 Joggers
175	403	David Bacon	M55	4:07:60	4:07:50	Havering '90 Joggers
176	352	Kevin Stevens	MO	4:08:34	4:08:29	Great Bentley Running Club
177	260	Emily Whittingham	FO	4:08:59	4:08:59	
178	257	Bridget Weller-poley	FO	4:09:03	4:09:45	
179	385	Roger Stubbs	M55	4:09:18	4:09:18	East London Runners
180	459	Dave Lane	M55	4:09:32	4:09:15	Phoenix Striders
181	107	Rich Green	MO	4:10:10	4:10:55	
182	243	Rod Tredgett	M40	4:10:12	4:10:37	
183	71	Kate Dale	FO	4:10:57	4:10:57	
184	312	Steve Lusted	M50	4:11:21	4:10:47	
185	242	Ashley Tower	MO	4:11:25	4:11:01	
186	453	Steve Hunt	M55	4:11:26	4:11:21	Hadleigh Hares AC
187	40	Jonathan Brown	MO	4:11:27	4:11:02	
188	397	Sam Wolton	M40	4:11:32	4:11:32	Halstead RRC
189	149	Dean Longman	M40	4:12:04	4:12:44	Yaxley Runners & Joggers
190	325	Sunny Calitz-patel	F50	4:12:06	4:12:34	100 Marathon Club
191	60	Nick Connell	MO	4:12:11	4:12:11	
192	129	Peter Jay	M55	4:12:35	4:12:23	Saint Edmund Pacers
193	182	Rachel Plant	FO	4:13:27	4:13:16	Lowestoft Road Runners
194	25	David Bell	MO	4:13:28	4:13:13	
195	24	Peter Bell	MO	4:13:28	4:13:16	
196	226	Craig Smith	MO	4:13:38	4:13:04	
197	425	Alexandra Coe	FO	4:13:41	4:13:23	Southampton Athletic Club
198	23	Elaine Battson	F50	4:13:59	4:13:50	Victoria Park Harriers and Tower Hamlets AC

199	339	Gill Bocking	F50	4:14:01	4:14:38	
200	284	Jem Smith	M40	4:14:13	4:14:37	Sudbury Joggers
201	118	Steven Hickey	M40	4:14:49	4:14:38	
202	441	Katrina Finch	F40	4:14:55	4:14:26	Tiptree Road Runners
203	172	Jennifer O'connell	F45	4:14:55	4:14:26	
204	430	Deborah Cubberley	F40	4:15:01	4:15:46	Great Bentley Running Club
205	498	Geraldine Springett	F35	4:15:01	4:15:46	Great Bentley Running Club
206	20	Steve Balaam	M40	4:15:46	4:15:19	
207	217	Heidi Shubbrook	F35	4:15:30	4:15:22	
208	481	Glen Reeve	M55	4:15:31	4:15:07	Tiptree Road Runners
209	266	Rosie Williams	F45	4:15:40	4:15:16	
210	351	Alice Cilverd	F35	4:16:17	4:16:38	East End Road Runners
211	287	Gareth Davies	MO	4:17:32	4:17:05	
212	100	Andrew Golding	M50	4:17:34	4:17:16	Ware Joggers
213	357	Christina Harding	F35	4:18:37	4:18:37	
214	394	Tim Wells	MO	4:20:04	4:20:17	Dengie 100 Runners
215	41	Sam Brown	M50	4:20:51	4:20:29	Rebel Runners Medway
216	286	Jimi Hendrick	M45	4:20:51	4:20:30	Rebel Runners Medway
217	488	Hannah Sheikh	F45	4:20:52	4:20:23	Dagenham 88 Runners
218	452	Shaun Holder	MO	4:20:60	4:20:32	Dagenham 88 Runners
219	208	Violet Sauerzapf	F55	4:21:03	4:21:26	Bungay Black Dog RC
220	2	Andrew Wilmot	M70	4:21:08	4:21:47	Halstead RRC
221	201	Ashley Ruggles	MO	4:21:14	4:21:45	
222	128	Michael Jaeger	M45	4:21:42	4:21:34	
223	6	Hideo Takano	M50	4:21:51	4:21:18	Dorking & Mole Valley AC
224	319	Jackie Dockerill	F45	4:22:10	4:22:31	
225	277	Rahana Islam	F40	4:22:24	4:22:48	Dagenham 88 Runners
226	195	Kevin Roberts	M55	4:22:37	4:22:12	
227	322	James Griffiths	MO	4:22:59	4:22:41	
228	202	Steve Rulton	M55	4:22:59	4:22:25	
229	89	Catherine Fairhurst	F35	4:22:60	4:22:34	
230	152	Douglas Mac Taggart	M50	4:23:01	4:23:26	Mid Sussex Triathlon Club
231	187	Richard Prior	MO	4:23:28	4:23:60	
232	476	Emily Penkett	F35	4:23:28	4:23:09	Springfield Striders RC
233	46	Andrew Burgess	M50	4:24:26	4:24:42	Maidstone Harriers
234	415	Paul Bridges	MO	4:24:44	4:24:18	100 Marathon Club
235	239	Andrew Thake	M45	4:25:35	4:25:29	
236	245	Jo Vinicombe	F35	4:26:26	4:26:09	
237	185	Paul Powell	M45	4:26:28	4:26:55	
238	85	Scott Edwards	M45	4:26:28	4:26:55	
239	130	Steven Jeggo	M45	4:26:42	4:26:03	Sudbury Joggers
240	393	John Warne	M65	4:27:16	4:27:51	Braintree & District AC
241	14	Keith Allen	M55	4:28:30	4:28:15	
242	457	Dan Kitchener	M40	4:28:33	4:28:54	Vegan Runners UK
243	197	Sarah Rogers	F45	4:28:41	4:28:26	
244	156	James Mccarron	MO	4:29:03	4:29:35	
245	106	Emma Gray	FO	4:29:11	4:29:51	
246	447	Luke Groves	MO	4:30:25	4:30:11	Great Bentley Running Club
247	248	Jason Walne	M45	4:30:33	4:30:44	
248	171	James Nicholls	MO	4:30:35	4:30:15	
249	404	Malcolm Bailey	M60	4:31:38	4:31:32	Tiptree Road Runners
250	391	Paul Tawn	M55	4:31:45	4:31:52	Mid Essex Casuals
251	244	Jordan Turansky	MO	4:31:53	4:31:32	
252	207	Rosina Salmon	F45	4:32:06	4:32:29	Dagenham 88 Runners
253	309	Emma Ruane	F40	4:32:16	4:32:42	Sudbury Joggers
254	204	Maya Saffron	FO	4:32:44	4:32:18	
255	316	David Dixon	M55	4:33:08	4:33:46	Havering '90 Joggers
256	114	Anna Hatton	F45	4:33:31	4:33:48	Trail Running Association
257	320	Louise Pollock	F35	4:33:31	4:33:10	Havering '90 Joggers
258	145	Ian Lennard	M40	4:33:47	4:33:16	
259	426	Dan Cole	MO	4:35:14	4:35:05	Halstead RRC
260	174	Philip Pankhurst	M45	4:35:24	4:35:08	
261	324	Dan Micola	M45	4:35:44	4:35:28	Dunstable RRC
262	494	Daniel Smith	MO	4:36:44	4:36:44	Sudbury Joggers
263	451	Julian Holder	M50	4:37:27	4:37:56	Tiptree Road Runners
264	87	Nic Edwards	F45	4:37:33	4:37:03	
265	307	Ann Rideout	F50	4:38:51	4:38:22	Felixstowe RRC
266	209	Matt Saunders	M40	4:38:52	4:38:23	Felixstowe RRC

267	349	Gin Lawson	F50	4:39:40	4:39:05	Sudbury Joggers
268	470	Hayley Morley	F40	4:39:48	4:39:30	Grange Farm & Dunmow Runners
269	291	Thomas Raven	M55	4:39:50	4:39:10	
270	333	Joanne Armfield	F45	4:40:05	4:40:37	
271	30	Anita Berwick	F45	4:41:15	4:41:39	Gade Valley Harriers
272	289	Roz Furr	FO	4:41:48	4:41:26	
273	58	Dave Close	MO	4:41:52	4:41:33	
274	416	Jen Bull	FO	4:41:55	4:41:38	Kingswood Running Club
275	241	Andy Thorn	M40	4:42:27	4:42:51	
276	290	Norman Abadiano	M45	4:43:26	4:43:13	Orpington Road Runners
277	424	Ben Clover	MO	4:43:41	4:43:41	Tiptree Road Runners
278	238	Susan Taylor	FO	4:43:43	4:43:33	
279	299	Barbara Alexander	F35	4:43:46	4:43:13	
280	292	Tommy Bond	MO	4:45:11	4:45:35	
281	88	Paula Evans	F45	4:45:26	4:45:10	
282	80	Kate Donald	F40	4:45:26	4:45:58	
283	51	Olley Cargill	MO	4:45:36	4:45:01	
284	342	Andrew Quinn	M45	4:45:41	4:45:32	
285	402	Jamie Austin	MO	4:46:60	4:46:24	Dagenham 88 Runners
286	278	Kirsty Millard	F35	4:47:04	4:47:22	Haverhill Running Club
287	173	Andy Palmer	M55	4:47:04	4:47:20	Haverhill Running Club
288	148	Ian Longland	M40	4:47:04	4:47:21	
289	135	Stuart Key	MO	4:47:10	4:47:27	
290	268	Amanda Willis	F45	4:47:11	4:47:36	
291	103	Peter Godbee	M65	4:47:11	4:47:35	Swanley & District AC
292	255	Tom Weatherhead	M55	4:48:02	4:48:40	Garden City Runners
293	279	Cherie Ransom	F45	4:49:35	4:49:59	
294	84	Rob Edwards	M45	4:49:43	4:49:11	
295	81	Duncan Donald	M40	4:50:54	4:50:28	
296	437	Emma Dudman	F40	4:51:05	4:51:05	Dagenham 88 Runners
297	75	Hayley Dean	FO	4:51:32	4:51:17	
298	143	Marcus Leeder	MO	4:51:34	4:51:55	Bildeston Bounders
299	91	Karl Feagan	M40	4:51:36	4:51:36	Hadleigh Hares AC
300	101	Jess Glaister	FO	4:53:25	4:53:12	
301	435	Ingo Dierkschnieder	M50	4:53:34	4:53:14	Pitsea RC
302	438	Beverley Eagles	F50	4:55:02	4:55:25	Dagenham 88 Runners
303	158	Scott Mcgrath	MO	4:56:54	4:56:27	
304	86	David Edwards	M45	4:57:51	4:57:13	
305	42	Kathi Brown	F40	4:58:15	4:58:38	
306	68	Jonathan Dadds	MO	4:58:29	4:58:29	
307	16	Joseph Anderson	M45	4:58:54	4:58:29	
308	17	David Applin	MO	5:00:10	5:00:30	
309	189	Amanda Pybus	F45	5:00:11	5:00:02	
310	117	Barry Hearn	M45	5:01:26	5:01:54	
311	250	Peter Ward	M55	5:01:40	5:01:55	
312	466	Barbara McDonnell	F55	5:01:41	5:01:03	Dengie 100 Runners
313	105	James Gould	MO	5:01:57	5:01:25	
314	66	David Crooks	MO	5:02:43	5:02:18	
315	139	Tim Knights	FO	5:02:43	5:02:19	
316	39	Hayley Brewis	F50	5:03:42	5:03:08	Saint Edmund Pacers
317	343	Sarah Pennock	F35	5:03:42	5:03:08	Sudbury Joggers
318	254	Steve Waters	M40	5:04:39	5:04:59	
319	27	Josie Benson	F45	5:05:36	5:05:10	
320	264	Toni Williams	F45	5:05:43	5:05:12	
321	401	Rosie Atkins	FO	5:06:23	5:06:23	Halstead RRC
322	193	Jackie Ridgwell	F40	5:06:23	5:06:23	
323	305	Natalie Snow	F35	5:06:24	5:06:24	
324	304	Vicki Bailey	F40	5:06:24	5:06:24	
325	15	Simon Anderson	M50	5:07:24	5:07:54	
326	460	Barbara Law	F55	5:07:51	5:07:25	Great Bentley Running Club
327	433	Tracey Denby	F50	5:10:03	5:10:56	Witham RC
328	354	Haydeh Safavi	F50	5:10:32	5:10:27	Witham RC
329	203	Kim Sadler	F35	5:11:02	5:11:53	
330	12	Neil Addington	M50	5:11:03	5:11:54	
331	275	Craig Wright	MO	5:13:26	5:13:06	Ipswich Triathlon Club
332	272	Alastair Wright	MO	5:13:27	5:13:27	
333	340	Avril Van Der Loo	F35	5:13:56	5:13:13	
334	348	Samantha Perry	F45	5:18:46	5:18:07	

335	90	Robin Farrar	M70	5:19:43	5:19:05	Bungay Black Dog RC
336	387	Luke Summers	MO	5:20:30	5:20:30	Dagenham 88 Runners
337	263	Jody Wilkey	F40	5:26:56	5:26:29	
338	78	Teresa Dickerson	F45	5:30:26	5:30:52	
339	398	Jennifer Wright	F35	5:32:17	5:32:57	Ipswich Jaffa RC
340	274	Alec Wright	MO	5:32:18	5:32:58	Ipswich Jaffa RC
341	93	Yusuf Firat	M55	5:37:23	5:37:39	Haverhill Running Club
342	359	Horace Skuriah	M45	5:37:23	5:37:43	Haverhill Running Club
343	330	Karen Summerville	F50	5:37:54	5:37:22	
344	177	Robert Parmenter	M65	5:38:23	5:38:01	
345	96	Lisa Freeman	FO	5:38:30	5:38:55	
346	246	Grahame Walkingshaw	M55	5:39:38	5:39:04	
347	35	William Bowen-davies	M40	5:40:31	5:40:18	
348	170	Gert Nel	M50	5:40:31	5:40:19	
349	155	Darryn Mayhew	M40	5:41:39	5:41:12	
350	267	Jackie Williamson	F45	5:44:47	5:44:20	
351	34	Karen Blackman	F50	5:44:47	5:44:20	Bognor Regis Tone Zone Runners
352	265	Tony Williams	M45	5:46:13	5:46:44	
353	231	Sarah Starling	F40	5:46:47	5:46:03	
354	144	Samantha Legg	F40	5:46:47	5:46:47	
355	178	Keith Passingham	M65	5:46:47	5:46:03	
356	276	Louise Wright	F35	6:01:40	6:01:40	
357	63	Lynda Copson	F55	6:01:40	6:01:06	100 Marathon Club
358	303	Emine Ismail De Sanchez	F50	6:01:40	6:01:08	100 Marathon Club
359	338	Vanessa Brewster	F50	6:01:41	6:01:09	100 Marathon Club
360	358	Lucy Burdett	F40	6:02:57	6:02:35	Havering 90 Joggers
361	112	Sam Halsey	MO	6:02:58	6:02:35	
362	119	Wendy Hills	F40	6:04:25	6:04:44	
363	19	Vivien Baker	F50	6:10:46	6:10:19	Bognor Regis Tone Zone Runners
364	21	Michael Ball	M60	6:12:11	6:12:30	Bungay Black Dog RC
365	32	Paul Bird	M55	6:12:11	6:12:32	Bungay Black Dog RC
366	210	Shahid Sawati	M55	6:12:21	6:12:19	
367	50	David Toms	M65	6:17:14	6:17:53	Brandon Fenn Hoppers
368	3	John Williams	M70	6:19:32	6:19:11	100 Marathon Club
369	334	Edward Mills	M50	6:21:16	6:21:45	100 Marathon Club
370	125	Phillip Howells	M70	6:29:42	6:29:07	Tewkesbury Running Club
371	283	Kat Mcvicar	FO	6:34:05	6:34:31	SLGR
372	261	Nichola Whymark	F40	7:18:08	7:18:44	
373	271	Aimee Wright	FO	7:18:12	7:18:49	
374	270	Jill Wright	F55	7:18:12	7:18:12	