

Results for All Competitors in finish order.

Time	Name	Team	Cat	Grad	Entran	Posn
0:34:10	DICKINSON, David	Havering 90 Joggers	Senior Male	03:25.0	283	1
0:35:48	WARD, Stacey	Benfleet RC	Senior Female	03:34.8	549	2
0:36:02	O'CONNOR, John	Harlow Running Club	Senior Male	03:36.2	242	3
0:36:20	HARRIS, Tom	Basildon	Junior Male	03:38.0	185	4
0:36:32	MAPLE, Matthew	Ilford AC	Senior Male	03:39.2	201	5
0:36:34	HILL, Justin	Ware Joggers	Male Vet 40+	03:39.4	72	6
0:37:07	HIGHAM, Paul	Norfolk Gazelles	Senior Male	03:42.7	172	7
0:37:29	BROUGHTON, Alan	Harlow Running Club	Male Vet 40+	03:44.9	214	8
0:37:41	STEVEN, Roy	Harlow Running Club	Male vet 50+	03:46.1	215	9
0:37:57	WALLIS, John	Woodford Green	Male Vet 40+	03:47.7	249	10
0:38:32	SMITHSON, Russell	broxbourne runners	Male Vet 40+	03:51.2	212	11
0:38:39	AYLOTT, Mike	NFLC Runners	Senior Male	03:51.9	108	12
0:38:42	PURSE, Christopher	Springfield Striders	Male Vet 40+	03:52.2	77	13
0:39:01	LONGMAN, Brian	Ford Fitness	Male Vet 40+	03:54.1	233	14
0:39:03	TILSON, Scott		Senior Male	03:54.3	27	15
0:39:06	ROGERS, Nicola	Colchester & Tendering A C	Senior Female	03:54.6	535	16
0:39:07	ADKINS, Peter		Senior Male	03:54.7	239	17
0:39:13	MENTERN, Jason	Ware Joggers	Senior Male	03:55.3	237	18
0:39:21	LUCK, Jamie	Harlow Running Club	Senior Male	03:56.1	216	19
0:39:34	RULE, Charles	Bedford Harriers	Senior Male	03:57.4	218	20
0:39:48	JACKSON, Mark	M/Essex Casuals	Male Vet 40+	03:58.8	159	21
0:40:01	RUDD, Adrian		Male Vet 40+	04:00.1	155	22
0:40:08	PEPPER, Stewart		Male Vet 40+	04:00.8	29	23
0:40:18	MACKENZIE, Steve	Harlow Running Club	Male Vet 40+	04:01.8	192	24
0:40:23	WILSON, Vic	Woodford Green	Male Vet 60 +	04:02.3	248	25
0:40:41	WEATHERBURN, James	Bishop Stortford	Male Vet 40+	04:04.1	33	26
0:40:43	ABREY, Russell	Dagenham 88 Runners	Senior Male	04:04.3	222	27
0:41:00	HUPLEY, Danielle	Southend AC	Junior Female	04:06.0	553	28
0:41:03	DONALD, Alan	Fairland Valley Spartans	Senior Male	04:06.3	279	29
0:41:04	ALLEN, Robert		Male Vet 40+	04:06.4	245	30
0:41:11	COUSINS, Scott		Senior Male	04:07.1	117	31
0:41:25	MACLEOD, Andrew		Senior Male	04:08.5	40	32
0:41:28	MILES, Tim	Harlow Running Club	Senior Male	04:08.8	226	33
0:41:29	EVERETT, Claire	City of Norwich AC	Senior Female	04:08.9	484	34
0:41:30	SAGGERS, Martin	Ware Joggers	Senior Male	04:09.0	42	35
0:41:34	BYFORD, Martyn	Witham Running Club	Male vet 50+	04:09.4	140	36
0:41:44	MILES, Lloyd		Senior Male	04:10.4	213	37

0:41:46	HURLEY, David	orpington road runners	Male Vet 40+	04:10.6	200	38
0:41:47	POTTS, Richard	Ware Joggers	Senior Male	04:10.7	258	39
0:42:00	WYFITT, Jonathan		Senior Male	04:12.0	45	40
0:42:02	FLOATE, Gary		Male Vet 40+	04:12.2	68	41
0:42:17	PARTRIDGE, Roger	Ware Joggers	Male Vet 40+	04:13.7	43	42
0:42:19	ROSE, Tony	Ware Joggers	Male Vet 40+	04:13.9	75	43
0:42:21	EVANS, John	Harlow Running Club	Senior Male	04:14.1	110	44
0:42:37	KERR, Clare	Ware Joggers	Female Vet 35 +	04:15.7	454	45
0:42:38	FREEMAN, Vincent	Cambridge & Coleridge a.c.	Male Vet 40+	04:15.8	265	46
0:42:45	BURKETT, Mark		Male Vet 40+	04:16.5	116	47
0:42:52	STEVENS, Mark		Male Vet 40+	04:17.2	232	48
0:42:54	THOMAS, Nigel	Grange Farm Trotters	Senior Male	04:17.4	195	49
0:43:02	DUNCAN, David	Aldermaston AC	Senior Male	04:18.2	224	50
0:43:15	RYANN, Anthony		Senior Male	04:19.5	46	51
0:43:23	CORDT, Danny	Edmonton	Senior Male	04:20.3	193	52
0:43:25	CANDEIAS, Luis		Male Vet 40+	04:20.5	229	53
0:43:26	BRAMLEY, Birgitta	Ely Runners	Female Vet 45 +	04:20.6	450	54
0:43:32	POLLACK, Scott		Male Vet 40+	04:21.2	87	55
0:43:41	WELCH, Stuart		Senior Male	04:22.1	141	56
0:43:45	HILLARY, Alistair		Senior Male	04:22.5	44	57
0:43:48	CORNISH, Jennifer		Senior Female	04:22.8	435	58
0:43:57	DAVISON, Anthony	Saffron Striders	Male Vet 40+	04:23.7	84	59
0:44:00	JOHNSON, John		Junior Male	04:24.0	268	60
0:44:12	AYLING, David	Harlow Running Club	Senior Male	04:25.2	231	61
0:44:16	FOWLER, Jeff		Male vet 50+	04:25.6	120	62
0:44:22	CASTELL, Rich		Senior Male	04:26.2	281	63
0:44:24	HARRIDGE, Peter	St Albans Striders	Male vet 50+	04:26.4	164	64
0:44:27	HOYLE, Marcus		Senior Male	04:26.7	235	65
0:44:30	WALLACE, Bob	Watford Joggers	Male Vet 60 +	04:27.0	95	66
0:44:32	WATERS, Paul	Saffron Striders	Male Vet 40+	04:27.2	264	67
0:44:34	ALLEN, Jon		Senior Male	04:27.4	246	68
0:44:40	THOMAS, Grahame	Harlow Running Club	Male Vet 40+	04:28.0	22	69
0:44:44	MILLER, Daniel	Dagenham 88 Runners	Senior Male	04:28.4	254	70
0:44:54	WILLIAMS, Tony		Senior Male	04:29.4	234	71
0:44:54	HALL, Adrian		Senior Male	04:29.4	223	72
0:44:56	SMITH, Wesley		Male Vet 40+	04:29.6	73	73
0:44:59	GREEN, Chris		Senior Male	04:29.9	240	74
0:45:00	SMALL, John	Benfleet Running Club	Senior Male	04:30.0	158	75
0:45:08	THOMAS, George	Bishop Stortford	Male vet 50+	04:30.8	278	76

0:45:19	LEWIS, Ian	Castle Point Joggers	Male Vet 40+	04:31.9	142	77
0:45:40	TUCK, Caroline	Dagenham 88 Runners	Female Vet 35 +	04:34.0	552	78
0:45:41	SNOW, Natalie	Ford Fitness	Senior Female	04:34.1	573	79
0:45:45	TYSON, David	Loughton Athletic Club	Senior Male	04:34.5	271	80
0:45:45	VAUGHAN, Dawn	Ware Joggers	Female Vet 45 +	04:34.5	453	81
0:45:49	GODIFER, Neil	M/Essex Casuals	Male Vet 40+	04:34.9	145	82
0:45:54	DOWNS, Richard		Senior Male	04:35.4	52	83
0:45:58	INDERST, Georg		Male Vet 40+	04:35.8	227	84
0:46:15	COX, Peter		Male vet 50+	04:37.5	266	85
0:46:16	NEWMAN, Ivan	Trisport Epping	Male vet 50+	04:37.6	273	86
0:46:17	BUTTERWORTH, Mark		Male vet 50+	04:37.7	31	87
0:46:18	VAUTIER, Ray		Male vet 50+	04:37.8	225	88
0:46:18	COFFEY, Richard	Ware Joggers	Male Vet 40+	04:37.8	14	89
0:46:21	MCCREE, Danny		Senior Male	04:38.1	129	90
0:46:25	WERRY, Tim		Senior Male	04:38.5	178	91
0:46:26	ADAMS, William	Dagenham 88 Runners	Male vet 50+	04:38.6	197	92
0:46:27	GOULD, Jackie		Female Vet 35 +	04:38.7	488	93
0:46:27	BONE, Neil	Ware Joggers	Male Vet 40+	04:38.7	10	94
0:46:31	REED, James	Ware Joggers	Senior Male	04:39.1	91	95
0:46:42	MUGGLETON, Jonathan		Senior Male	04:40.2	8	96
0:46:43	MCFARLANE, Manofmystery		Male Vet 40+	04:40.3	58	97
0:46:53	SAUBER, Tim		Senior Male	04:41.3	217	98
0:46:58	THOMAS, Darren	Witham Road Runners	Senior Male	04:41.8	250	99
0:46:58	PRIER, Matthew	Walden Triathletes	Senior Male	04:41.8	132	100
0:47:01	NELDER, Paul		Male vet 50+	04:42.1	187	101
0:47:03	JOHNSON, Stephen	Ware Joggers	Male vet 50+	04:42.3	113	102
0:47:04	SHERRIFF, Adrian	Bishop Stortford	Male Vet 40+	04:42.4	21	103
0:47:15	HARDING, Colin		Male Vet 40+	04:43.5	30	104
0:47:17	OLIVER, Martin		Male Vet 60 +	04:43.7	64	105
0:47:19	JACKSON, Martyn		Senior Male	04:43.9	220	106
0:47:20	HOYLE, Richard		Male vet 50+	04:44.0	236	107
0:47:25	NEWMAN, Robert		Male Vet 40+	04:44.5	171	108
0:47:35	MACDONALD, Cheryl	Pitsea Running Club	Female Vet 45 +	04:45.5	509	109
0:47:36	WILSON, Alan	Bishop Stortford	Male Vet 60 +	04:45.6	251	110
0:47:39	STAINES, Mick	Pitsea Running Club	Male vet 50+	04:45.9	210	111
0:47:45	WILKINS, Trevor		Male Vet 40+	04:46.5	136	112
0:47:47	BRUMLEY, Matthew	Jonen Jets	Male Vet 40+	04:46.7	288	113
0:47:49	DOWNES, Sarah	Stevenage NH	Senior Female	04:46.9	550	114
0:47:50	ROXBOROUGH, John	Welwyn Garden AC	Senior Male	04:47.0	191	115

0:47:56	COLE, Karen	Stortford Stormers	Female Vet 45 +	04:47.6	521	116
0:47:57	HIPKINS, Cherie	Great Bentley Running Club	Senior Female	04:47.7	511	117
0:47:59	DUFFIELD, Roger	Tiptree Road Runners	Male Vet 60 +	04:47.9	61	118
0:48:01	FLYNN, Sean	Harlow Running Club	Male Vet 40+	04:48.1	186	119
0:48:13	CONNELL, Christopher		Male vet 50+	04:49.3	92	120
0:48:16	HOLLYER, Ian	Loughton Athletic Club	Male Vet 60 +	04:49.6	275	121
0:48:17	SAVILLE, Graham	Harlow Running Club	Male Vet 40+	04:49.7	204	122
0:48:18	WATERS, Bel	Harlow Running Club	Female Vet 35 +	04:49.8	451	123
0:48:31	EFSTRATIOU, Stratos		Senior Male	04:51.1	221	124
0:48:34	MARKWELL, Kevin		Male Vet 40+	04:51.4	2	125
0:48:36	HUNT, Darren	Jonen Jets	Male Vet 40+	04:51.6	287	126
0:48:37	SMITH, Glenys		Female Vet 45 +	04:51.7	401	127
0:48:44	PARSONS, Russell		Senior Male	04:52.4	252	128
0:48:44	SPENCER, Neil		Male Vet 40+	04:52.4	286	129
0:48:48	NEWMAN, Paul		Senior Male	04:52.8	99	130
0:48:54	SUCKLING, Mike	Ware Joggers	Male Vet 40+	04:53.4	202	131
0:48:54	COLLIER, Martin		Male vet 50+	04:53.4	16	132
0:48:56	GIBSON, Chris	Saffron Striders	Male vet 50+	04:53.6	63	133
0:48:57	GIBSON, Lisa	Harlow Running Club	Senior Female	04:53.7	522	134
0:49:05	THOMPSON, Daniel		Senior Male	04:54.5	51	135
0:49:15	SEYMOUR, Derek	Harlow Running Club	Male vet 50+	04:55.5	105	136
0:49:20	YIN, Sean		Junior Male	04:56.0	270	137
0:49:23	BRASSETT, Richard		Senior Male	04:56.3	255	138
0:49:37	SEAGER, Sukhan		Female Vet 35 +	04:57.7	526	139
0:49:39	HESLEGRAVE, Amanda	Dagenham 88 Runners	Female Vet 35 +	04:57.9	551	140
0:49:43	FABER, Lee		Senior Male	04:58.3	97	141
0:49:48	ANDREWS, Kevin		Male Vet 40+	04:58.8	89	142
0:49:50	LINDLEY, Paul		Male Vet 40+	04:59.0	277	143
0:49:51	DRADEY, Tom		Male Vet 60 +	04:59.1	289	144
0:49:57	JULIUS, Lionel		Senior Male	04:59.7	154	145
0:49:59	ASHLEY, Katie		Senior Female	04:59.9	492	146
0:50:04	NASH, Alun		Male Vet 40+	05:00.4	284	148
0:50:09	SAVILL, Keith		Male Vet 40+	05:00.9	161	149
0:50:11	GREY, Martin	Shaftesbury Barnet	Male Vet 60 +	05:01.1	131	150
0:50:13	GOOSEN, Peta-Ann	Thames Valley Triathlete	Senior Female	05:01.3	564	151
0:50:17	BUTTON, Steve	Garden City Runners	Male vet 50+	05:01.7	219	152
0:50:17	BUTCHER, John	Ware Joggers	Male Vet 60 +	05:01.7	11	153
0:50:17	MURPHY, Louise	Royston Runners	Senior Female	05:01.7	413	154
0:50:19	REYNOLDS, Paula	Royston Runners	Senior Female	05:01.9	414	155

0:50:23	GARDINER, Julia	Colchester & Tendering A C	Senior Female	05:02.3	486	156
0:50:23	SHEA, Tim	Pitsea Running Club	Male Vet 40+	05:02.3	114	157
0:50:23	BURGESS, Andrew	Pitsea Running Club	Male Vet 40+	05:02.3	115	158
0:50:24	MILLER, Michael		Male Vet 60 +	05:02.4	198	159
0:50:30	JONES, Pamela	Iford AC	Female Vet 55 +	05:03.0	506	160
0:50:34	HART, Louise	Ware Joggers	Senior Female	05:03.4	523	161
0:50:39	GRAHAM, Darren	Castle Point Joggers	Senior Male	05:03.9	143	162
0:50:45	MILLER, John		Male vet 50+	05:04.5	123	163
0:50:47	NICHOLS, Claire	Ware Joggers	Female Vet 35 +	05:04.7	505	164
0:50:51	COHEN, Ricky		Senior Male	05:05.1	69	165
0:50:55	STEPHENS, Catherine	Havering 90 Joggers	Senior Female	05:05.5	555	166
0:51:00	WIGGINTON, Tim		Senior Male	05:06.0	194	167
0:51:06	BRADFORD, Des	Watford Joggers	Male Vet 40+	05:06.6	181	168
0:51:14	EARTHY, Robert	Esporta	Senior Male	05:07.4	188	169
0:51:18	WOLTON, Timothy		Male Vet 40+	05:07.8	290	170
0:51:21	ELLIS, Richard		Male Vet 40+	05:08.1	209	171
0:51:24	PORTER, Matthew		Senior Male	05:08.4	81	172
0:51:24	PERRY, Nick	Grange Farm Trotters	Senior Male	05:08.4	291	173
0:51:26	NEWMAN, Andrew		Male Vet 40+	05:08.6	137	174
0:51:33	ADKINS, David		Male Vet 40+	05:09.3	238	175
0:51:38	FENNER, Paul		Male Vet 40+	05:09.8	71	176
0:51:46	SALES, Lisa	Bishop Stortford	Senior Female	05:10.6	446	177
0:51:46	LOCK, Andrew		Senior Male	05:10.6	53	178
0:51:48	BRAYBROOK, Paul		Senior Male	05:10.8	280	179
0:51:52	WHEELDON, Paul	Team Smile	Senior Male	05:11.2	175	180
0:51:57	FRANKLIN, Catherine		Female Vet 35 +	05:11.7	466	181
0:52:04	LEVEY, Gary	Team Smile	Male Vet 40+	05:12.4	176	182
0:52:06	ADAMS, Douglas	Dagenham 88 Runners	Male vet 50+	05:12.6	199	183
0:52:08	O'CONNOR, Ruth		Female Vet 35 +	05:12.8	536	184
0:52:13	PEPPER, Alison		Female Vet 45 +	05:13.3	426	185
0:52:15	TIMPSON, Willaim	Harlow Group Ltd	Male Vet 40+	05:13.5	168	186
0:52:16	RAWDING, Stephen		Male Vet 40+	05:13.6	241	187
0:52:21	TURNCONI, Sandra		Female Vet 35 +	05:14.1	533	188
0:52:28	RUSSELL, David		Senior Male	05:14.8	170	189
0:52:29	ROBERTS, John	Witham Road Runners	Male Vet 60 +	05:14.9	111	190
0:52:30	BACON, Linda		Female Vet 35 +	05:15.0	538	191
0:52:30	GOODERHAM, Alesia		Female Vet 35 +	05:15.0	495	192
0:52:31	OSBORNE, Sue		Female Vet 35 +	05:15.1	494	193
0:52:33	BAILEY, Owen		Senior Male	05:15.3	282	194

0:52:49	JOHNS, Victoria	Castle Point Joggers	Senior Female	05:16.9	566	195
0:52:53	LANCASTER, Shena	Garden City Runners	Female Vet 45 +	05:17.3	525	196
0:52:55	MCCAYNA, Nicholas		Senior Male	05:17.5	98	197
0:53:09	STONE, David	Orion Harriers	Male Vet 60 +	05:18.9	32	198
0:53:16	DAY, Matt		Senior Male	05:19.6	3	199
0:53:16	DE LA COUR, Gary		Senior Male	05:19.6	122	200
0:53:30	WILSON, Jane		Female Vet 35 +	05:21.0	416	201
0:53:31	VALLA, Michael		Male Vet 60 +	05:21.1	88	202
0:53:41	KENT, Margaret		Female Vet 35 +	05:22.1	403	203
0:53:44	PARKER-FIELD, Niamh		Senior Female	05:22.4	540	204
0:53:45	SMITH, John	Harlow Running Club	Male vet 50+	05:22.5	293	205
0:53:51	DELAHUNT, Desmond		Male vet 50+	05:23.1	261	206
0:53:57	CODD, Vincent		Male Vet 40+	05:23.7	20	207
0:53:59	RIGBY, Louise	Leigh-on-sea Striders	Senior Female	05:23.9	567	208
0:54:01	BELL, Helen		Female Vet 45 +	05:24.1	556	209
0:54:13	SMITH, Brian	Ware Joggers	Male Vet 60 +	05:25.3	76	210
0:54:27	SPENCER, Ben		Junior Male	05:26.7	292	211
0:54:30	RANDALL, Steve		Senior Male	05:27.0	263	212
0:54:32	SAVILL, Bridget		Female Vet 35 +	05:27.2	544	213
0:54:42	LANGMEAD, Chris	NFLC Runners	Senior Male	05:28.2	208	214
0:54:42	BAILEY, Georgina	Harlow Running Club	Senior Female	05:28.2	502	215
0:54:44	BAILEY, Paul	Harlow Running Club	Senior Male	05:28.4	124	216
0:54:44	BRETT, Kay		Senior Female	05:28.4	476	217
0:54:44	CLIFFORD, Trevor		Male vet 50+	05:28.4	285	218
0:54:44	THOMPSON, Steve		Senior Male	05:28.4	56	219
0:54:49	WEBB, James		Senior Male	05:28.9	50	220
0:54:49	SMITH, Vince		Male vet 50+	05:28.9	74	221
0:54:49	NOTTINGHAM, Gary		Male vet 50+	05:28.9	162	222
0:54:50	BEAMENT, Chris		Male vet 50+	05:29.0	39	223
0:54:51	RAMMELL MP, Bill		Male Vet 40+	05:29.1	267	224
0:54:54	GUNN, Stephen		Male Vet 40+	05:29.4	37	225
0:54:54	ULRICH, Sara		Senior Female	05:29.4	427	226
0:54:58	GREEN, Philip		Male Vet 40+	05:29.8	59	227
0:54:58	PRESLAND, Vicky		Senior Female	05:29.8	485	228
0:54:58	HAYNES, Frank	Saffron Striders	Male vet 50+	05:29.8	153	229
0:54:58	SPENCER, Samantha		Senior Female	05:29.8	445	230
0:54:59	WEAVER, Kevin	Ware Joggers	Male Vet 40+	05:29.9	144	231
0:55:00	HORNE, Arthur	North Weald Health & Fitness Club	Male vet 50+	05:30.0	101	232

0:55:04	BATEMAN, Stephen		Senior Male	05:30.4	28	233
0:55:05	LEDSAM, Charles	St Andrews C hurch	Male vet 50+	05:30.5	41	234
0:55:09	PHILLIPS, Collette		Female Vet 35 +	05:30.9	548	235
0:55:09	WHITBREAD, Kim		Female Vet 45 +	05:30.9	491	236
0:55:09	THOMPSON, Matt		Senior Male	05:30.9	55	237
0:55:09	WALLIS, Maria	Triathlon Essex	Senior Female	05:30.9	421	238
0:55:18	THORN, Steve	Jonen Jets	Male Vet 40+	05:31.8	269	239
0:55:19	THORN, Sam	Jonen Jets	Senior Female	05:31.9	585	240
0:55:20	TAYLOR, Edward		Male Vet 40+	05:32.0	163	241
0:55:21	CRESSWELL, Soniah		Female Vet 35 +	05:32.1	477	242
0:55:27	JONES, Dan		Senior Male	05:32.7	78	243
0:55:31	MURPHY, Brendan		Male Vet 60 +	05:33.1	228	244
0:55:33	BOSTWICK, Jason		Senior Male	05:33.3	274	245
0:55:34	JARRETT, Robert		Male Vet 40+	05:33.4	100	246
0:55:34	STEEL, Matthew	North Weald Health & Fitness Club	Junior Male	05:33.4	276	247
0:55:35	SEYMOUR, Neil		Male Vet 40+	05:33.5	67	248
0:55:36	LUCK, Ron	Harlow Running Club	Male vet 50+	05:33.6	203	249
0:55:42	HOWE, John	Saffron Striders	Male Vet 60 +	05:34.2	15	250
0:55:45	PAGE, Maria	Ware Joggers	Female Vet 35 +	05:34.5	545	251
0:55:45	KEATS, Peter		Male vet 50+	05:34.5	190	252
0:55:47	LINFORD, Brian		Male Vet 60 +	05:34.7	119	253
0:55:47	CARTER, Helen		Female Vet 35 +	05:34.7	428	254
0:55:48	PETERSON, Irene	Loughton Athletic Club	Female Vet 35 +	05:34.8	563	255
0:55:48	CARDOZO, Chris	Team Smile	Senior Male	05:34.8	177	256
0:55:49	TURNER, Mike	Liverpool Harriers	Male Vet 60 +	05:34.9	169	257
0:55:53	EMONS, Michael		Senior Male	05:35.3	83	258
0:55:54	MARSHALL, Howard		Senior Male	05:35.4	160	259
0:56:02	POULTON, Louise		Female Vet 35 +	05:36.2	411	260
0:56:02	HEARN, Eddie		Senior Male	05:36.2	80	261
0:56:04	KENNEDY, George		Male Vet 60 +	05:36.4	230	262
0:56:06	MORDECAI, Scott		Senior Male	05:36.6	152	263
0:56:06	MURPHY, Richard		Senior Male	05:36.6	34	264
0:56:08	BROOKS, Steve	City of London Police AC	Male Vet 40+	05:36.8	24	265
0:56:08	BACHE, Matt		Male Vet 40+	05:36.8	23	266
0:56:09	MARSH, Katie		Senior Female	05:36.9	546	267
0:56:09	MARSH, Colin		Male vet 50+	05:36.9	179	268
0:56:10	GREGORY, Keeley	Jonen Jets	Senior Female	05:37.0	478	269
0:56:10	LUTON, Paul	Ware Joggers	Male vet 50+	05:37.0	257	270

0:56:17	LITTLETON, David		Male vet 50+	05:37.7	189	271
0:56:28	HELDHOUSE, Charlotte	GSK	Senior Female	05:38.8	504	272
0:56:35	HEARN, Barry		Male vet 50+	05:39.5	82	273
0:56:35	WEATHERBURN, Nicola	Bishop Stortford	Female Vet 35 +	05:39.5	429	274
0:56:43	ROSE, Lesley	Ware Joggers	Female Vet 35 +	05:40.3	459	275
0:56:58	DUPUY, Brett		Senior Male	05:41.8	107	276
0:56:58	CUST, Sally		Female Vet 35 +	05:41.8	565	277
0:56:59	SHARP, Daniel		Senior Male	05:41.9	149	278
0:56:59	SNELLING, John		Male Vet 40+	05:41.9	148	279
0:57:01	BYRNE, Danielle	Jonen Jets	Senior Female	05:42.1	479	280
0:57:06	MOORE, Terry	Jonen Jets	Male Vet 40+	05:42.6	165	281
0:57:07	LODGE, Judy	Harlow Running Club	Female Vet 45 +	05:42.7	467	283
0:57:09	WILBY, Michael		Male Vet 40+	05:42.9	12	284
0:57:13	BARHEY, Manddeep	Garden City Runners	Senior Female	05:43.3	583	285
0:57:18	JARMAN, Paul		Male vet 50+	05:43.8	65	286
0:57:19	SPRING, Wendy	Harlow Running Club	Female Vet 35 +	05:43.9	448	287
0:57:27	REYNOLDS, Rosie	Riverside Runners	Senior Female	05:44.7	586	288
0:57:28	RUSHTON, Helen		Female Vet 35 +	05:44.8	529	289
0:57:29	CLARK, Carol	Vegetarian Cycling & A.C.	Female Vet 55 +	05:44.9	471	290
0:57:29	CLARK, Barry	Vegetarian Cycling & A.C.	Male Vet 60 +	05:44.9	94	291
0:57:29	TAYLOR, Nicola	Ware Joggers	Senior Female	05:44.9	487	292
0:57:30	HART, Leonard		Male Vet 60 +	05:45.0	86	293
0:57:32	BUNCE, Janet		Female Vet 45 +	05:45.2	589	294
0:57:32	COHEN, Graham		Male Vet 40+	05:45.2	70	295
0:57:54	WILLIAMS, Glen		Male Vet 40+	05:47.4	18	296
0:57:55	STEWART, Lisa		Female Vet 35 +	05:47.5	514	297
0:58:00	SPARROW, Nicola		Female Vet 35 +	05:48.0	515	298
0:58:00	CURRAN, Beverley	Stortford Stompers	Female Vet 45 +	05:48.0	512	299
0:58:00	THORN, Hayley		Senior Female	05:48.0	482	300
0:58:01	FISHER, Michael		Senior Male	05:48.1	173	301
0:58:01	PENNY, Ellen		Female Vet 35 +	05:48.1	562	302
0:58:06	DYKES, Nicola		Senior Female	05:48.6	489	303
0:58:07	AUSTIN, Mark		Male vet 50+	05:48.7	103	304
0:58:07	MARLEY, Debbie	Ware Joggers	Female Vet 45 +	05:48.7	425	305
0:58:09	DRISCOLL, Nicola		Senior Female	05:48.9	517	306
0:58:11	KAY, Julie		Female Vet 35 +	05:49.1	579	307
0:58:11	KAY, Mark		Senior Male	05:49.1	259	308
0:58:14	MILLER, Susan	Bishop Stortford	Female Vet 45 +	05:49.4	503	309
0:58:17	FENNER, Nikki		Female Vet 35 +	05:49.7	456	310

0:58:19	WENZEL, Peter	Bishop Stortford	Male vet 50+	05:49.9	112	311
0:58:21	ARNOLD, Luke		Junior Male	05:50.1	183	312
0:58:22	GREEN, Carol		Female Vet 35 +	05:50.2	452	313
0:58:30	COVELEY, Jennifer		Female Vet 35 +	05:51.0	497	314
0:58:35	CRISP, John		Male vet 50+	05:51.5	19	315
0:58:35	HENDERSON, Claudia	Bishop Stortford	Female Vet 35 +	05:51.5	577	316
0:58:36	BURDER, Rebecca		Female Vet 35 +	05:51.6	559	317
0:58:44	ANELLO, Karen		Female Vet 35 +	05:52.4	500	318
0:58:47	CARTER, Sarah	Ware Joggers	Female Vet 35 +	05:52.7	404	319
0:58:49	SEAGRAVE, Keith	MPAA	Senior Male	05:52.9	125	320
0:58:52	SOUTHAM, Fay		Female Vet 45 +	05:53.2	532	321
0:58:55	MOWER, Alison		Female Vet 45 +	05:53.5	527	322
0:58:55	HANKIN, Mark	Bishop Stortford	Male Vet 40+	05:53.5	157	323
0:59:00	CLEGG, Lyndon	Jonen Jets	Senior Male	05:54.0	166	324
0:59:01	HAYES, Nicola	St Albans Striders	Senior Female	05:54.1	419	325
0:59:01	ALLISON, Beccy		Female Vet 35 +	05:54.1	574	326
0:59:07	COLEMAN, Sharon	Esporta	Senior Female	05:54.7	587	327
0:59:07	CRISP, Lynda		Female Vet 55 +	05:54.7	584	328
0:59:11	BAKER, Philip		Male Vet 40+	05:55.1	211	330
0:59:11	APPADURAI, Lisa	Castle Point Joggers	Female Vet 35 +	05:55.1	534	331
0:59:11	SANDERS, Richard		Senior Male	05:55.1	60	332
0:59:13	RIKARD, John	Castle Point Joggers	Male vet 50+	05:55.3	150	333
0:59:19	FORTH, Janice	Harlow Running Club	Female Vet 35 +	05:55.9	569	334
0:59:21	MASON, Amanda		Female Vet 35 +	05:56.1	561	335
0:59:23	ANDERSON, Alison		Female Vet 35 +	05:56.3	558	336
0:59:24	FRANKLIN, Margaret		Female Vet 55 +	05:56.4	457	337
0:59:33	POSTINGS, Philip	Iford AC	Male Vet 60 +	05:57.3	93	338
0:59:44	GARDINER, Michael		Male Vet 60 +	05:58.4	244	339
0:59:44	LINSTEAD, Michael	Dagenham 88 Runners	Male Vet 40+	05:58.4	196	340
0:59:46	MOORE-MARTIN, Arlene	Bishop Stortford	Female Vet 45 +	05:58.6	462	341
0:59:50	WHITE, Nikki	Bishop Stortford	Female Vet 35 +	05:59.0	420	342
0:59:53	EMERY, Jackie	Bishop Stortford	Female Vet 35 +	05:59.3	575	343
0:59:54	BULL, Alison	Harlow Running Club	Female Vet 35 +	05:59.4	571	344
0:59:56	HODGES, John	Jonen Jets	Male Vet 40+	05:59.6	167	345
1:00:11	MCCANN, Julie-Ann		Female Vet 35 +	06:01.1	469	346
1:00:19	CUMBERWORTH, Mark		Male Vet 40+	06:01.9	96	347
1:00:28	KAMPEL, Julia		Senior Female	06:02.8	560	348
1:01:02	DEBRUYNE, Sandrine		Senior Female	06:06.2	498	349
1:01:03	TOZER, Don		Male Vet 60 +	06:06.3	7	350

1:01:03	MARKHAM, Paul		Senior Male	06:06.3	184	351
1:01:16	HUDSON, Phil	Ware Joggers	Male vet 50+	06:07.6	156	352
1:01:24	CURRAN, Gemma		Senior Female	06:08.4	499	353
1:01:24	LEE, Roger		Male vet 50+	06:08.4	260	354
1:01:42	BROWN, Valerie	Bishop Stortford	Female Vet 45 +	06:10.2	597	355
1:01:45	SHUTTLEWORTH, Jacqueline		Female Vet 35 +	06:10.5	481	356
1:01:51	WATSON, Fiona		Senior Female	06:11.1	470	357
1:01:56	COOPER, Gary		Male vet 50+	06:11.6	262	358
1:02:06	BREWER, Glenn		Male Vet 40+	06:12.6	49	359
1:02:07	BEATTY, Peter	Bishop Stortford	Male vet 50+	06:12.7	127	360
1:02:09	BURKS, Theresa		Female Vet 45 +	06:12.9	516	361
1:02:09	JONES, Wendy		Female Vet 35 +	06:12.9	531	362
1:02:09	HOLLINS, Sadie		Senior Female	06:12.9	530	363
1:02:10	HOLLINS, Sam		Senior Male	06:13.0	139	364
1:02:13	BRAY, Garry		Senior Male	06:13.3	256	365
1:02:13	NEVIN, Tracey		Female Vet 35 +	06:13.3	570	366
1:02:17	SNELLING, Angela		Female Vet 35 +	06:13.7	430	367
1:02:38	WILLIAMS, Ken		Male vet 50+	06:15.8	35	368
1:02:41	TAYLOR, Kim	Esporta	Female Vet 45 +	06:16.1	593	369
1:02:42	MORGAN, Suzanne		Senior Female	06:16.2	483	370
1:02:46	SALES, Kelly		Senior Female	06:16.6	433	371
1:02:46	HOWSON, Christine		Female Vet 45 +	06:16.6	405	372
1:02:51	GROVES, Vicki		Female Vet 35 +	06:17.1	406	373
1:02:51	GAULD-CLARK, Anne	Bishop Stortford	Female Vet 55 +	06:17.1	588	374
1:02:53	ARMSTRONG, Sue	Springfield Striders	Female Vet 45 +	06:17.3	442	375
1:02:56	MORLEY, Susie	NFLC Runners	Senior Female	06:17.6	463	376
1:03:01	MCSWEENEY, Katie	Leigh-on-sea Striders	Senior Female	06:18.1	461	377
1:03:16	GARDINE, George		Senior Male	06:19.6	106	378
1:03:16	BUMFRED, Deborah	Jonen Jets	Female Vet 45 +	06:19.6	594	379
1:03:31	STROUD, Pauline	Bishop Stortford	Female Vet 45 +	06:21.1	458	380
1:03:39	ROBINSON, Christine	Bishop Stortford	Female Vet 55 +	06:21.9	434	381
1:03:44	DRISCOLL, Jean		Female Vet 45 +	06:22.4	518	382
1:03:47	SEAGRAVE, Lisa		Female Vet 35 +	06:22.7	501	383
1:03:48	BOWEN, Andrew		Senior Male	06:22.8	66	384
1:03:54	BOWEN, Angela		Senior Female	06:23.4	447	385
1:04:28	COOK, Pene		Female Vet 45 +	06:26.8	581	386
1:04:46	BOATWRIGHT, Claire	Bishop Stortford	Female Vet 45 +	06:28.6	468	387
1:04:47	COLE, Jen	Stortford Stormers	Senior Female	06:28.7	520	388
1:05:08	FOWLER, Suzanne		Female Vet 45 +	06:30.8	576	389

1:05:51	KING, Tracey		Female Vet 35 +	06:35.1	592	390
1:05:53	PEDLEY, Joanne		Female Vet 35 +	06:35.3	496	391
1:05:54	WOODWARD, Henry	Harlow Running Club	Male Vet 60 +	06:35.4	247	392
1:05:56	RUSHTON, Jon	Tyndale Harriers	Male Vet 60 +	06:35.6	151	393
1:05:56	BARNEAULT, Jessica		Senior Female	06:35.6	600	394
1:06:18	HARWOOD, Gwen	Loughton Athletic Club	Female Vet 45 +	06:37.8	449	395
1:06:18	WOOKEY, Kim	Harlow Running Club	Female Vet 45 +	06:37.8	572	396
1:06:20	MOIR-ORTEOUS, Jane		Female Vet 45 +	06:38.0	474	397
1:06:22	JARRETT, Karen		Female Vet 35 +	06:38.2	475	398
1:06:23	ENFIELD, Jane	Team Slow Train	Female Vet 35 +	06:38.3	407	399
1:06:24	ENFIELD, David	Team Slow Train	Male Vet 60 +	06:38.4	9	400
1:06:26	CIANO, Fabio		Senior Male	06:38.6	174	401
1:06:26	BUTTERWORTH, Julia		Senior Female	06:38.6	557	402
1:06:57	BUTTERWORTH, Ann		Female Vet 45 +	06:41.7	412	403
1:07:46	DE-ATS, Sue	Bishop Stortford	Female Vet 35 +	06:46.6	440	404
1:07:47	CAMERON-MOWAT, Mary	Bishop Stortford	Female Vet 45 +	06:46.7	578	405
1:07:52	CHARNOCK, Jenny		Senior Female	06:47.2	436	406
1:07:56	SMITH, Maria		Female Vet 35 +	06:47.6	493	407
1:08:03	LEWIS, Janet	Castle Point Joggers	Female Vet 45 +	06:48.3	554	408
1:08:10	HYDE, Lisa		Female Vet 35 +	06:49.0	539	409
1:08:34	LINCE, Mary	Harlow Running Club	Female Vet 35 +	06:51.4	582	410
1:08:35	PARSONS, Caroline		Female Vet 35 +	06:51.5	595	411
1:09:14	WALSH, Margaret		Female Vet 55 +	06:55.4	596	412
1:09:14	ROBINSON, Terry	Bishop Stortford	Male Vet 60 +	06:55.4	47	413
1:09:16	PAYNE, Charles	Bishop Stortford	Male vet 50+	06:55.6	26	414
1:09:16	DRISCOLL, Edward		Male Vet 40+	06:55.6	133	415
1:09:51	DRISCOLL, Caroline		Female Vet 35 +	06:59.1	519	416
1:10:01	BLISS, Jan	Harlow Running Club	Female Vet 45 +	07:00.1	568	417
1:10:01	SUCKLING, Geoffrey	Saffron Striders	Male vet 50+	07:00.1	272	418
1:10:18	SUCKLING, Christine	Saffron Striders	Female Vet 55 +	07:01.8	537	419
1:10:18	O'BRIEN, Sammy	North Weald Health & Fitness Club	Junior Female	07:01.8	591	420
1:10:19	HILTON, Georgia	North Weald Health & Fitness Club	Senior Female	07:01.9	590	421
1:10:20	SMITH, Allen		Male vet 50+	07:02.0	253	422
1:10:20	GLADDEN, Katie		Senior Female	07:02.0	524	423
1:10:40	GLADDEN, Tony		Male Vet 40+	07:04.0	135	424
1:11:12	SWEETING, Michelle	Springfield Striders	Senior Female	07:07.2	510	425
1:11:30	COPPERWAITE, Alan	Edmonton	Male vet 50+	07:09.0	121	426

1:11:33	AITKEN, Susan		Female Vet 45 +	07:09.3	415	427
1:12:07	HADKISS, Nick	Road Runners Club	Male vet 50+	07:12.7	57	428
1:12:07	DRISCOLL, Richard		Junior Male	07:12.7	206	429
1:12:09	BELLCHAMBERS, Clare	Ten-17 fm	Senior Female	07:12.9	542	430
1:12:31	STERENBERG, Sophie	Ten-17 fm	Senior Female	07:15.1	543	431
1:13:00	FRANKLIN, Gordon		Male Vet 60 +	07:18.0	90	432
1:13:00	CHEEK, Janet	Ware Joggers	Female Vet 45 +	07:18.0	418	433
1:13:04	HAYDEN, Verity		Junior Female	07:18.4	464	434
1:14:09	BAILEY, Christine		Female Vet 55 +	07:24.9	444	435
1:14:17	BAILEY, Tessa		Senior Female	07:25.7	443	436
1:16:38	ARNOLD, Robert		Male vet 50+	07:39.8	182	437
1:17:04	KEEN, Alfie	Harlow Running Club	Male Vet 60 +	07:42.4	243	438
1:17:59	TYE, Peta		Female Vet 45 +	07:47.9	473	439
1:17:59	LEE, Alyson		Female Vet 45 +	07:47.9	580	440
1:18:12	LEGATE, Sharon		Senior Female	07:49.2	547	441
1:18:12	WALTON-GUNN, Lesley		Female Vet 45 +	07:49.2	431	442
1:21:19	PRICE, Susan-ann	Ware Joggers	Female Vet 45 +	08:07.9	490	443
1:22:46	NEWTON, Deborah	Ware Joggers	Female Vet 45 +	08:16.6	507	444
1:28:08	SALES, Linda		Female Vet 45 +	08:48.8	432	445
	CHURCHILL, Tracy		Female Vet 35 +		417	446
	BEAVIS, Derek		Male Vet 60 +		118	447