

Results for All Competitors in finish order. Sunflower Run 2006

Time	Name	Team	Cat	grad	EntrantNo	Posn
0:34:05	THATCHER, Noel	Harlow Running Club	Mens Vets 40+	03:24.5	1	1
0:34:56	GOSSE, Ryan	athletics north east	Senior Men	03:29.6	202	2
0:35:04	FOWLER, Terry	Garden City Runners	Mens Vets 40+	03:30.4	189	3
0:35:50	COATES, Peter	Havering	Senior Men	03:35.0	191	4
0:36:09	PROSSER, Steven	Bishop Stortford	Senior Men	03:36.9	68	5
0:36:18	BRIDGES, Michael	Hillingdon AC	Senior Men	03:37.8	293	6
0:37:17	WELLS, Steve	fvs tri	Mens Vets 40+	03:43.7	172	7
0:37:21	HILL, Justin	Ware Joggers	Mens Vets 40+	03:44.1	93	8
0:37:57	STEVEN, Roy	Harlow Running Club	Mens Vets 50+	03:47.7	232	9
0:39:01	KENT, Joanne	Barnet & District	Ladies Vets 35+	03:54.1	578	10
0:39:12	SAGGERS, Martin	Ware Joggers	Senior Men	03:55.2	11	11
0:39:15	MENTERN, Jason	Ware Joggers	Senior Men	03:55.5	90	12
0:39:18	TOFTS, Godfrey	Royston Runners	Mens Vets 40+	03:55.8	114	13
0:39:24	SHEILS, Liam	Bishop Stortford	Senior Men	03:56.4	260	14
0:39:27	HAIGH, Jason	Harlow Running Club	Senior Men	03:56.7	264	15
0:39:51	MAHONEY, Nickolas	Saffron Striders	Mens Vets 40+	03:59.1	102	16
0:40:04	LUCK, Jamie	Harlow Running Club	Senior Men	04:00.4	274	17
0:40:21	FORDHAM, Keith	Eton Manner AC	Mens Vets 40+	04:02.1	187	18
0:40:36	PEARSON, Andrew	Harlow Running Club	Senior Men	04:03.6	290	19
0:40:41	ADKINS, Peter		Senior Men	04:04.1	230	20
0:40:42	ADKINS, David		Senior Men	04:04.2	229	21
0:40:44	BRANDON, Paul	Eton Manner AC	Senior Men	04:04.4	186	22
0:41:03	GEARING, Daniel	Havering 90 Joggers	Senior Men	04:06.3	70	23
0:41:05	BLYTH, Kenny	Ware Joggers	Mens Vets 50+	04:06.5	14	24
0:41:20	MULHOLLAND, Keith		Senior Men	04:08.0	250	25
0:41:23	BROUGHTON, Stuart	Ware Joggers	Mens Vets 40+	04:08.3	10	26
0:41:25	DUNN, Stephen	Eton Manner AC	Senior Men	04:08.5	188	27
0:41:27	EVERARD, Roger	Pitsea Running Club	Mens Vets 50+	04:08.7	203	28
0:41:30	PEPPER, Stewart		Mens Vets 40+	04:09.0	67	29
0:41:37	JACKSON, Mark	M/Essex Casuals	Mens Vets 40+	04:09.7	156	30
0:41:42	BERRY, Roger	Walthamstow Athletic Club	Mens Vets 60+	04:10.2	94	31
0:41:44	MILLS, Kevin	Campus7	Mens Vets 40+	04:10.4	86	32
0:41:57	SIMS, Andy		Mens Vets 40+	04:11.7	58	33
0:42:22	EASTMENT, Andrew		Mens Vets 40+	04:14.2	225	34
0:42:23	MATVEICHUK, Kathryn	Witham Road Runners	Senior Ladies	04:14.3	325	35
0:42:24	MILLS, Shaun	Campus7	Senior Men	04:14.4	85	36
0:42:25	WILSON, Vic	Woodford Green	Mens Vets 60+	04:14.5	215	37
0:42:26	ROSE, Toby	Ware Joggers	Mens Vets 40+	04:14.6	20	38
0:42:27	FEW, John	Eton Manner AC	Mens Vets 60+	04:14.7	185	39
0:42:28	RYDER, Jon		Senior Men	04:14.8	111	40
0:42:32	GRIDLEY, David	Havering 90 Joggers	Senior Men	04:15.2	71	41
0:42:47	MIFSUD?, Stephen		Senior Men	04:16.7	226	42
0:42:56	LEE, Gary		Mens Vets 40+	04:17.6	258	43
0:42:58	BARRETT, David	Woodford Green	Mens Vets 40+	04:17.8	153	44
0:43:02	ABREY, Russell	Dagenham 88 Runners	Senior Men	04:18.2	201	45
0:43:07	RICKETTS, Richard	Harlow Running Club	Mens Vets 40+	04:18.7	179	46
0:43:11	MURPHY, Karen	Barnet & District	Ladies Vets 35+	04:19.1	567	47
0:43:20	BIRD, George	Ware Joggers	Senior Men	04:20.0	239	48
0:43:22	KERR, Clare	Ware Joggers	Ladies Vets 35+	04:20.2	459	49
0:43:27	HOLDER, Julian	Pitsea Running Club	Mens Vets 40+	04:20.7	24	50
0:43:43	WALTERS, Claire	Saffron Striders	Ladies Vets 35+	04:22.3	482	51
0:43:45	MILES, Lloyd		Senior Men	04:22.5	281	52
0:43:48	COUSINS, Scott		Senior Men	04:22.8	104	53
0:43:59	POLLACK, Scott		Mens Vets 40+	04:23.9	99	54
0:44:09	RODGERS, Ian	Bishop Stortford	Senior Men	04:24.9	121	55
0:44:12	WALLIS, John	Woodford Green	Mens Vets 40+	04:25.2	223	56
0:44:14	BRAMLEY, Birgitta	Ely Runners	Ladies Vets 45+	04:25.4	539	57
0:44:19	PELLECCHIA, Pasquale	Harlow Running Club	Mens Vets 50+	04:25.9	286	58

0:44:24	LIPSKI, Janet	Saffron Striders	Ladies Vets 35+	04:26.4	527	59
0:44:27	POPE, Andrew	Royston Runners	Senior Men	04:26.7	5	60
0:44:28	KETTERIDGE, Tracy		Ladies Vets 35+	04:26.8	551	61
0:44:31	VERLAECKT, Dirk	Pitsea Running Club	Mens Vets 40+	04:27.1	279	62
0:44:36	STEVENS, Mark		Mens Vets 40+	04:27.6	143	63
0:44:39	ALEXANDER, Rohan	Iford AC	Senior Men	04:27.9	270	64
0:44:41	THOMAS, George	Bishop Stortford	Mens Vets 50+	04:28.1	284	65
0:44:43	BIRD, Alan	Woodford Green	Mens Vets 40+	04:28.3	222	66
0:44:53	SMITH, Christopher		Senior Men	04:29.3	69	67
0:44:59	PUGH, Graham	Harlow Running Club	Mens Vets 40+	04:29.9	262	68
0:45:01	WHIFFIN, James	Loughton Athletic Club	Mens Vets 50+	04:30.1	235	69
0:45:03	NATION, Richard		Senior Men	04:30.3	145	70
0:45:05	WILSON, Alan	Bishop Stortford	Mens Vets 50+	04:30.5	213	71
0:45:19	FOSTER, Michael	Phoenix Striders	Mens Vets 50+	04:31.9	210	72
0:45:21	CHAPMAN, Oliver		Senior Men	04:32.1	178	73
0:45:24	BONNEY, Ivan		Senior Men	04:32.4	15	74
0:45:25	NEWMAN, David	Garden City Runners	Mens Vets 40+	04:32.5	247	75
0:45:30	GARDINER, Julia	Colchester & Tendering A C	Senior Ladies	04:33.0	566	76
0:45:32	JONES, Matthew (Iron Man)	Harlow Running Club	Mens Vets 40+	04:33.2	3	77
0:45:43	HICKMAN, Lee		Senior Men	04:34.3	32	78
0:45:52	MCMANMON, Pascal		Senior Men	04:35.2	219	79
0:45:57	NICHOLS, Lynn	Ware Joggers	Ladies Vets 35+	04:35.7	460	80
0:45:58	CUNNINGHAM, Phil	Ware Joggers	Mens Vets 50+	04:35.8	7	81
0:46:14	MCKELLAR, Jon		Senior Men	04:37.4	18	82
0:46:15	TOVEY, Tim	Loughton Athletic Club	Mens Vets 40+	04:37.5	197	83
0:46:17	COFFEY, Richard	Ware Joggers	Senior Men	04:37.7	9	84
0:46:21	RISLEY, Darren	Bishop Stortford	Senior Men	04:38.1	55	85
0:46:22	FLYNN, Sean		Mens Vets 40+	04:38.2	122	86
0:46:23	JOHNSON, John		Mens Vets 50+	04:38.3	152	87
0:46:33	DERRICK, Richard	St Albans Striders	Mens Vets 50+	04:39.3	277	88
0:46:43	TAYLOR, Don	Jonen Jets	Senior Men	04:40.3	278	89
0:46:45	AYLING, David	Harlow Running Club	Senior Men	04:40.5	255	90
0:46:46	THORPE, Julian	Woodford Green	Mens Vets 40+	04:40.6	283	91
0:46:52	WESTBROOK, Nick		Senior Men	04:41.2	140	92
0:46:57	BONNER, Joanne	Ware Joggers	Senior Ladies	04:41.7	590	93
0:46:58	CONNOLLY, John	Ware Joggers	Mens Vets 40+	04:41.8	198	94
0:47:03	HURLEY, David		Senior Men	04:42.3	295	95
0:47:04	HURLEY, Danielle		Senior Ladies	04:42.4	309	96
0:47:21	TAYLOR, Les	Ware Joggers	Mens Vets 40+	04:44.1	184	97
0:47:22	FOSTER, Paul		Senior Men	04:44.2	112	98
0:47:28	WATERS, Paul	Saffron Striders	Senior Men	04:44.8	37	99
0:47:31	TYSON, David		Senior Men	04:45.1	237	100
0:47:44	TOFTS, Janet	Royston Runners	Ladies Vets 45+	04:46.4	559	101
0:47:45	FRENCH, David	Ware Joggers	Mens Vets 40+	04:46.5	269	102
0:47:55	STAINES, Mick	Castle Point Joggers	Mens Vets 50+	04:47.5	177	103
0:47:57	BAKER, Michele		Senior Ladies	04:47.7	524	104
0:47:58	SMITH, Glenys	Enfield Runners	Ladies Vets 45+	04:47.8	336	105
0:48:01	FOX, Paul	Ware Joggers	Mens Vets 40+	04:48.1	22	106
0:48:02	FRENCH, Margaret	Ware Joggers	Ladies Vets 45+	04:48.2	474	107
0:48:03	JOHNSON, Johnathan		Junior Men	04:48.3	209	108
0:48:07	WYATT, Paul	MPAA	Senior Men	04:48.7	108	109
0:48:17	BRAND, Sarah		Senior Ladies	04:49.7	317	110
0:48:20	EVANS, Simon		Mens Vets 40+	04:50.0	174	111
0:48:21	FENNER, Paul		Mens Vets 40+	04:50.1	130	112
0:48:22	BENT, Angela	Pitsea Running Club	Ladies Vets 45+	04:50.2	595	113
0:48:23	PARTRIDGE, Roger	Ware Joggers	Mens Vets 40+	04:50.3	214	114
0:48:25	CASON, Stephen	Istead & Ifield Harriers	Mens Vets 40+	04:50.5	13	115
0:48:27	STOCK, Jan	Ware Joggers	Ladies Vets 35+	04:50.7	476	116
0:48:34	BRENNAN, Maryrose	Ware Joggers	Ladies Vets 35+	04:51.4	504	117
0:48:36	LITTLE, Johnathan	Ware Joggers	Mens Vets 40+	04:51.6	207	118
0:48:41	BACON, Linda		Ladies Vets 35+	04:52.1	315	119

0:48:46	FONNEREAV, Julia	Bishop Stortford	Ladies Vets 35+	04:52.6	312	120
0:48:55	TOMPKINS, Helen	Pitsea Running Club	Ladies Vets 45+	04:53.5	499	121
0:48:57	MOIR, Alan	Harlow Running Club	Mens Vets 40+	04:53.7	116	122
0:48:58	GAMBLE, Lee		Senior Men	04:53.8	224	123
0:48:59	JONES, Diane	Harlow Running Club	Ladies Vets 35+	04:53.9	598	124
0:49:00	WALLIS, Sue		Ladies Vets 45+	04:54.0	591	125
0:49:01	CRAGGS, Darren		Senior Men	04:54.1	228	126
0:49:02	BRUNTON, William	Bishop Stortford	Mens Vets 50+	04:54.2	106	127
0:49:06	SEAGRASS, Keith	MPAA	Senior Men	04:54.6	148	128
0:49:07	PROWSE, Lee	Witham Road Runners	Mens Vets 40+	04:54.7	110	129
0:49:09	ABREY, Robert	Dagenham 88 Runners	Mens Vets 60+	04:54.9	205	130
0:49:10	COLLIER, Martin		Mens Vets 50+	04:55.0	60	131
0:49:13	NICHOLS, Terry	Ware Joggers	Mens Vets 60+	04:55.3	17	132
0:49:17	LOWERS, Marc	Harlow Running Club	Senior Men	04:55.7	272	133
0:49:21	COX, Louise		Ladies Vets 35+	04:56.1	345	134
0:49:23	JEFFERIS, Daniel	Springfield Striders	Senior Men	04:56.3	282	135
0:49:29	MARKWELL, Kevin	Enfield Runners	Mens Vets 40+	04:56.9	242	136
0:49:32	JARVIS, Rebecca	Cambridge H	Senior Ladies	04:57.2	313	137
0:49:34	WARBOYS, Pip	M/Essex Casuals	Mens Vets 50+	04:57.4	266	138
0:49:35	NICHOLLS, Michael	Ware Joggers	Mens Vets 50+	04:57.5	61	139
0:49:42	THOMAS, Grahame		Mens Vets 40+	04:58.2	49	140
0:49:44	OLIVER, Martin		Mens Vets 50+	04:58.4	34	141
0:49:50	VINER, Jenni	Ware Joggers	Ladies Vets 45+	04:59.0	470	142
0:49:53	GRIMMETTE, John		Senior Men	04:59.3	83	143
0:49:58	MCCLYMONT, Ian	Bishop Stortford	Mens Vets 60+	04:59.8	238	144
0:49:59	PETTIFER, John	Pitsea Running Club	Mens Vets 50+	04:59.9	27	145
0:50:01	SAVILLE, Graham	Harlow Running Club	Mens Vets 40+	05:00.1	103	146
0:50:03	BASS, Thomas		Mens Vets 60+	05:00.3	218	147
0:50:05	MITCHELL, Jackie	Harlow Running Club	Ladies Vets 35+	05:00.5	516	148
0:50:09	BUTCHER, John		Mens Vets 60+	05:00.9	75	149
0:50:10	BINNS, Claire		Senior Ladies	05:01.0	555	150
0:50:11	MCHUGH, Tony		Mens Vets 40+	05:01.1	125	151
0:50:13	EDE, Stephen		Senior Men	05:01.3	113	152
0:50:14	GIBSON, Chris	Saffron Striders	Mens Vets 40+	05:01.4	78	153
0:50:16	THORN, Steve	Jonen Jets	Mens Vets 40+	05:01.6	168	154
0:50:21	BARTON, Stanley	Ware Joggers	Mens Vets 60+	05:02.1	26	155
0:50:25	DRADEY, Tom		Mens Vets 60+	05:02.5	273	156
0:50:29	WESTCOTT, Dean		Mens Vets 40+	05:02.9	123	157
0:50:31	DOUHIG, David		Junior Men	05:03.1	220	158
0:50:32	YUI, Sean		Junior Men	05:03.2	208	159
0:50:35	KEMPTHORNE, Mark		Mens Vets 40+	05:03.5	194	160
0:50:37	GREENMALGH, Gordon		Senior Men	05:03.7	127	161
0:50:42	COLE, Karen	The Lovely Ladies	Ladies Vets 45+	05:04.2	528	162
0:50:45	SYKES, Janet		Ladies Vets 35+	05:04.5	329	163
0:50:46	SUCKLING, Mike	Ware Joggers	Mens Vets 40+	05:04.6	182	164
0:50:54	BAILEY, Mark	Ware Joggers	Mens Vets 40+	05:05.4	89	165
0:50:56	NASH, Alun		Mens Vets 40+	05:05.6	294	166
0:50:57	STOCKEWLL, David		Senior Men	05:05.7	53	167
0:50:58	LUCK, Nicholas	Harlow Running Club	Senior Men	05:05.8	275	168
0:51:06	CLARK, Barry	Vegetarian Cycling & A.C.	Mens Vets 50+	05:06.6	73	169
0:51:08	BEATTIE, Bob	Tiptree Road Runners	Mens Vets 50+	05:06.8	257	170
0:51:14	HIBBS, Paul	Campus7	Mens Vets 40+	05:07.4	87	171
0:51:21	LOVEDAY, Rhys		Senior Men	05:08.1	227	172
0:51:22	MURPHY, Louise	Royston Runners	Senior Ladies	05:08.2	453	173
0:51:23	BONE, Neil	Ware Joggers	Mens Vets 40+	05:08.3	249	174
0:51:24	REYNOLDS, Stuart		Senior Men	05:08.4	204	175
0:51:29	BURGESS, Keith		Mens Vets 50+	05:08.9	251	176
0:51:30	PETTIFER, Lorna	Pitsea Running Club	Ladies Vets 35+	05:09.0	484	177
0:51:34	SMITH, Vince		Mens Vets 50+	05:09.4	285	178
0:51:37	SMITH, Kerstin		Ladies Vets 35+	05:09.7	327	179
0:51:38	WHITING, Richard	Herts Phoenix Athletic Club	Mens Vets 50+	05:09.8	149	180

0:51:39	DILLEY, Paul	Ware Joggers	Mens Vets 40+	05:09.9	12	181
0:51:42	CROOT, Sarah	Bishop Stortford	Senior Ladies	05:10.2	316	182
0:52:00	LUCK, Ron	Harlow Running Club	Mens Vets 50+	05:12.0	231	183
0:52:02	PABLA, Gursh		Senior Men	05:12.2	120	184
0:52:05	FRANKLIN, Julie		Ladies Vets 35+	05:12.5	572	185
0:52:08	BOALCH, Roberta		Ladies Vets 45+	05:12.8	489	186
0:52:10	PEPPER, Alison		Ladies Vets 35+	05:13.0	507	187
0:52:12	KETTERIDGE, Robert		Senior Men	05:13.2	107	188
0:52:16	WARWICK-MUNDAY, Paul	Loughton Athletic Club	Mens Vets 40+	05:13.6	206	189
0:52:29	JONES, Pam	Iford AC	Ladies Vets 55+	05:14.9	341	190
0:52:34	AVIET, Anne-Marie		Ladies Vets 35+	05:15.4	588	191
0:52:38	BRIGHT, Stephen	British Athletics Supporters Club	Mens Vets 40+	05:15.8	164	192
0:52:39	BIRD, David		Senior Men	05:15.9	289	193
0:52:40	FRANKLIN, Catherine		Ladies Vets 35+	05:16.0	573	194
0:52:41	PRIER, Matthew		Senior Men	05:16.1	51	195
0:52:44	COOK, John		Mens Vets 40+	05:16.4	253	196
0:52:46	DENNEY, Ronald		Mens Vets 60+	05:16.6	144	197
0:52:51	RAMSDEN, Anne	Ware Joggers	Ladies Vets 45+	05:17.1	525	198
0:52:56	WILLIAMS, Paul	Pitsea Running Club	Mens Vets 40+	05:17.6	42	199
0:53:02	ROGERS, Robin	Ware Joggers	Mens Vets 60+	05:18.2	4	200
0:53:03	VALLA, Michael		Mens Vets 50+	05:18.3	28	201
0:53:04	PERRY, Steve		Mens Vets 40+	05:18.4	39	202
0:53:11	FRASER, Paul		Senior Men	05:19.1	233	203
0:53:13	LOCKERMAN, Dave		Senior Men	05:19.3	287	204
0:53:20	OATS, Michael	Jonen Jets	Senior Men	05:20.0	276	205
0:53:21	BARRETT, Darren	Jonen Jets	Senior Men	05:20.1	169	206
0:53:25	DAVIS, Andy		Senior Men	05:20.5	271	207
0:53:27	EATON, Mike	Harlow Running Club	Mens Vets 50+	05:20.7	211	208
0:53:32	RUSSELL, Michelle	North Weald Health & Fitness Club	Ladies Vets 35+	05:21.2	346	209
0:53:34	KENNEDY, Brendan		Mens Vets 40+	05:21.4	221	210
0:53:36	WALLIS, Maria	essex triathlon	Senior Ladies	05:21.6	342	211
0:53:37	FLANNIGAN, Teresa	Pitsea Running Club	Ladies Vets 45+	05:21.7	568	212
0:53:39	MILLS, Jacqueline	Pitsea Running Club	Ladies Vets 45+	05:21.9	464	213
0:53:58	ROBERTS, Sy		Senior Men	05:23.8	161	214
0:53:59	WILLIAMS, Jane	Farrow Tri Club	Ladies Vets 45+	05:23.9	593	215
0:53:59	MILLER, Steve		Senior Men	05:23.9	216	216
0:54:00	MILLER, Michael		Mens Vets 60+	05:24.0	217	217
0:54:14	AUSTIN, Paul		Senior Men	05:25.4	133	218
0:54:15	RAMMELL, Chris		Junior Men	05:25.5	97	219
0:54:16	RIGBY, Louise		Senior Ladies	05:25.6	311	220
0:54:19	GOULDING, Sue		Ladies Vets 35+	05:25.9	314	221
0:54:20	NAMAN, Colin	Ware Joggers	Mens Vets 50+	05:26.0	162	222
0:54:23	BUCKINGHAM, Stephen	Road Runners Club	Mens Vets 50+	05:26.3	193	223
0:54:27	KEATS, Peter	Ware Joggers	Mens Vets 50+	05:26.7	66	224
0:54:29	GREGORY, Stephen		Mens Vets 50+	05:26.9	63	225
0:54:33	KEESLER, Peter	Jonen Jets	Senior Men	05:27.3	166	226
0:54:34	KEARNEY, Rodney	Harlow Running Club	Mens Vets 50+	05:27.4	173	227
0:54:36	WEATHERALL, Gayle		Senior Ladies	05:27.6	517	228
0:54:37	LITTLETON, David	Jonen Jets	Senior Men	05:27.7	167	229
0:54:39	ADAMS, Douglas	Dagenham 88 Runners	Mens Vets 50+	05:27.9	181	230
0:54:49	WEALD, Caroline	Pitsea Running Club	Ladies Vets 45+	05:28.9	586	231
0:54:53	BELL, Helen		Ladies Vets 35+	05:29.3	594	232
0:54:56	BEAMENT, Chris		Mens Vets 50+	05:29.6	80	233
0:55:00	ROSE, Lesley	Ware Joggers	Ladies Vets 35+	05:30.0	479	234
0:55:10	NICHOLS, Claire	Ware Joggers	Senior Ladies	05:31.0	462	235
0:55:18	WILKS, Paula		Ladies Vets 35+	05:31.8	328	236
0:55:20	PICKERING, Nicola	Ware Joggers	Ladies Vets 35+	05:32.0	465	237
0:55:21	BATES, Peter	Pitsea Running Club	Mens Vets 50+	05:32.1	135	238
0:55:27	MAER?, Alex		Mens Vets 40+	05:32.7	195	239

0:55:29	SMITH, Murray		Mens Vets 40+	05:32.9	96	240
0:55:39	WOODS, David	Bishop Stortford	Mens Vets 40+	05:33.9	142	241
0:55:45	O'CONNOR, Ruth		Ladies Vets 35+	05:34.5	491	242
0:55:46	LEDSAM, Charles		Mens Vets 50+	05:34.6	43	243
0:55:47	LINFORD, Brian		Mens Vets 50+	05:34.7	124	244
0:55:50	CURRAN, Beverly		Ladies Vets 35+	05:35.0	554	245
0:55:52	CHEAL, Nick	Ware Joggers	Mens Vets 50+	05:35.2	171	246
0:55:52	SMITH, Neil		Mens Vets 50+	05:35.2	64	247
0:55:58	JARVIS, Ian		Senior Men	05:35.8	16	248
0:56:09	BAXTER, Paul	Jonen Jets	Mens Vets 40+	05:36.9	170	249
0:56:09	STONE, David	Britannia	Mens Vets 50+	05:36.9	35	250
0:56:12	CARPENTER, Sarah		Senior Ladies	05:37.2	450	251
0:56:15	GOULD, Jackie		Ladies Vets 35+	05:37.5	518	252
0:56:21	HART, Leonard		Mens Vets 60+	05:38.1	82	253
0:56:22	BEECHAM, Susan	Istead & Ifield Harriers	Ladies Vets 35+	05:38.2	461	254
0:56:25	SNELLING, Katie	Leigh-on-sea Striders	Senior Ladies	05:38.5	553	255
0:56:27	RUSSELL, Colin	Road Runners Club	Mens Vets 60+	05:38.7	190	256
0:56:29	LEWIS, Anthony		Senior Men	05:38.9	136	257
0:56:29	GRAHAM, Darren	Castle Point Joggers	Senior Men	05:38.9	84	258
0:56:30	HAYNES, Frank	Saffron Striders	Mens Vets 50+	05:39.0	105	259
0:56:30	WEATHERBURN, Nicola	Bishop Stortford	Ladies Vets 35+	05:39.0	335	260
0:56:42	STRINGER, Roy	Ware Joggers	Mens Vets 60+	05:40.2	65	261
0:56:48	HOWE, John	Saffron Striders	Mens Vets 60+	05:40.8	45	262
0:56:53	WILLIAMS, Lynn		Ladies Vets 35+	05:41.3	458	263
0:56:56	PAYNE, Liz		Ladies Vets 35+	05:41.6	513	264
0:56:58	EATON, Julie		Ladies Vets 45+	05:41.8	344	265
0:57:05	CUMBERWORTH, Mark		Mens Vets 40+	05:42.5	74	266
0:57:09	WHITBREAD, Kim		Ladies Vets 35+	05:42.9	576	267
0:57:09	WHITBREAD, Michael		Mens Vets 40+	05:42.9	129	268
0:57:21	GREEN, Carol		Ladies Vets 35+	05:44.1	337	269
0:57:34	FRANKLIN, Margaret		Ladies Vets 55+	05:45.4	509	270
0:57:36	GUNN, Stephen		Mens Vets 40+	05:45.6	137	271
0:57:51	GEAR, Bob		Mens Vets 40+	05:47.1	19	272
0:57:54	BALL, Shirley	Bishop Stortford	Ladies Vets 45+	05:47.4	544	273
0:57:57	LUTON, Paul	Ware Joggers	Mens Vets 50+	05:47.7	241	274
0:58:01	TAYLOR, Edward		Senior Men	05:48.1	158	275
0:58:09	LINDLEY, Paul		Mens Vets 40+	05:48.9	196	276
0:58:16	WISE, Elaine		Ladies Vets 35+	05:49.6	324	277
0:58:19	FENNER, Nikki		Ladies Vets 35+	05:49.9	577	278
0:58:24	SPENCER, Ben		Junior Men	05:50.4	92	279
0:58:29	PIRIE, Chriska	Bishop Stortford	Ladies Vets 45+	05:50.9	522	280
0:58:29	WEAVER, Kevin	Ware Joggers	Senior Men	05:50.9	155	281
0:58:30	TWITCHIN, Katy		Senior Ladies	05:51.0	339	282
0:58:33	CLARK, Carol	Vegetarian Cycling & A.C.	Ladies Vets 55+	05:51.3	531	283
0:58:36	LEWIS, Natalie		Ladies Vets 35+	05:51.6	548	284
0:58:38	POWERS, Michael		Senior Men	05:51.8	54	285
0:58:39	SMITH, John	Harlow Running Club	Mens Vets 50+	05:51.9	160	286
0:58:39	SMITH, Robert		Senior Men	05:51.9	159	287
0:58:46	POOLEY, Kelly		Senior Ladies	05:52.6	587	288
0:58:47	ROWLAND, Sam		Senior Men	05:52.7	132	289
0:58:49	LINSTEAD, Michael	Dagenham 88 Runners	Mens Vets 40+	05:52.9	180	290
0:58:50	HOWARD, Suzanne		Senior Ladies	05:53.0	569	291
0:58:53	ALLISON, Beccy		Ladies Vets 35+	05:53.3	320	292
0:58:58	BUNCE, Janet		Ladies Vets 45+	05:53.8	556	293
0:58:59	HANKIN, Yvonne	Bishop Stortford	Ladies Vets 35+	05:53.9	498	294
0:59:05	BOATWRIGHT, Claire	Bishop Stortford	Ladies Vets 45+	05:54.5	540	295
0:59:07	SCHOLEY, Helen	Bishop Stortford	Senior Ladies	05:54.7	574	296
0:59:12	KAY, Julie		Ladies Vets 35+	05:55.2	343	297
0:59:12	KAY, Mark		Senior Men	05:55.2	236	298
0:59:16	POOLEY, James		Senior Men	05:55.6	131	299
0:59:18	DORMAN, Chris		Mens Vets 40+	05:55.8	254	300

0:59:31	GOLDSMITH, Pauline		Ladies Vets 55+	05:57.1	552	301
0:59:33	MILLER, Johnny		Mens Vets 50+	05:57.3	72	302
0:59:34	CASELL, Karen		Ladies Vets 35+	05:57.4	503	303
0:59:34	SHIPP, Rachel		Ladies Vets 35+	05:57.4	570	304
0:59:35	BATES, Linda	Pitsea Running Club	Ladies Vets 55+	05:57.5	581	305
0:59:38	SAUNDERS, Clair		Senior Ladies	05:57.8	521	306
0:59:39	GARDINER, George		Senior Men	05:57.9	119	307
0:59:50	EDE, Sally		Senior Ladies	05:59.0	557	308
0:59:52	BRADLEY, Tony	Dagenham 88 Runners	Mens Vets 60+	05:59.2	263	309
0:59:53	WILLIS, James		Senior Men	05:59.3	268	310
1:00:02	KEY, Jason	North Weald Health & Fitness Club	Senior Men	06:00.2	183	311
1:00:17	MARKS, Helen	Ware Joggers	Ladies Vets 55+	06:01.7	475	312
1:00:23	WARMINGER, Michael		Mens Vets 40+	06:02.3	109	313
1:00:24	BECKETT, Tracey	Ware Joggers	Senior Ladies	06:02.4	485	314
1:00:44	BRASSETT, Richard		Senior Men	06:04.4	280	315
1:00:44	WHITEHEAD, Natalie	Bishop Stortford	Senior Ladies	06:04.4	505	316
1:00:45	KENT, Joanne	Barnet & District	Ladies Vets 35+	06:04.5	596	317
1:00:49	HODGES, John	Jonen Jets	Mens Vets 40+	06:04.9	259	318
1:00:54	WILBY, Michael		Mens Vets 40+	06:05.4	25	319
1:01:04	GAGEN, Lorraine	Bishop Stortford	Ladies Vets 35+	06:06.4	523	320
1:01:05	MACDONALD, Anna		Senior Ladies	06:06.5	338	321
1:01:06	PRSESLAND, Vicky		Senior Ladies	06:06.6	585	322
1:01:39	HUGHES, Stephen	North Weald Health & Fitness Club	Mens Vets 40+	06:09.9	212	323
1:01:43	BRAY, Garry		Senior Men	06:10.3	31	324
1:01:58	TWITCHIN, Roy		Mens Vets 50+	06:11.8	240	325
1:02:00	PEEK, Christopher		Senior Men	06:12.0	199	326
1:02:00	CHILDS, Maria	Ware Joggers	Ladies Vets 35+	06:12.0	487	327
1:02:01	RUSHTON, Jon	Tyndale Harriers	Mens Vets 60+	06:12.1	138	328
1:02:09	JARVIS, Michelle		Senior Ladies	06:12.9	467	329
1:02:10	OZMEN, Jo-Anne	Bishop Stortford	Ladies Vets 35+	06:13.0	486	330
1:02:16	WOODWARD, Henry	Harlow Running Club	Mens Vets 60+	06:13.6	252	331
1:02:19	ELY, Jane	wanstead	Ladies Vets 35+	06:13.9	597	332
1:02:22	MARKS, Hayley	North Weald Health & Fitness Club	Senior Ladies	06:14.2	571	333
1:02:29	STAMFORD, John	Pitsea Running Club	Mens Vets 40+	06:14.9	44	334
1:02:31	CAREY, Ken	Pitsea Running Club	Mens Vets 50+	06:15.1	146	335
1:02:33	GIERA, Suzanna		Ladies Vets 35+	06:15.3	492	336
1:02:36	STRINGER, Valerie	Ware Joggers	Ladies Vets 55+	06:15.6	508	337
1:02:41	FRASER, Ian		Mens Vets 50+	06:16.1	234	338
1:02:43	NASH, Katy	Stowmarket	Ladies Vets 35+	06:16.3	451	339
1:02:48	BATEMAN, Stephen		Senior Men	06:16.8	261	340
1:02:49	STROUD, Pauline	Bishop Stortford	Ladies Vets 35+	06:16.9	592	341
1:02:54	BENT, Chris	Pitsea Running Club	Mens Vets 60+	06:17.4	154	342
1:02:54	DAWKINS?, Julie	Dagenham 88 Runners	Ladies Vets 45+	06:17.4	319	343
1:03:07	KING, Nikki	Ware Joggers	Senior Ladies	06:18.7	457	344
1:03:21	KEEN, Alfred	Harlow Running Club	Mens Vets 50+	06:20.1	256	345
1:03:23	AUGUSTINE, Mary	Bishop Stortford	Ladies Vets 45+	06:20.3	493	346
1:03:35	MUNNINGS, Amy		Senior Ladies	06:21.5	538	347
1:03:35	BASTIANI, Nicolle		Senior Ladies	06:21.5	537	348
1:03:36	MIDWINTER, Teresa	North Weald Health & Fitness Club	Ladies Vets 35+	06:21.6	547	349
1:03:37	MCCANN, Julie		Ladies Vets 35+	06:21.7	340	350
1:03:46	FINLEY, Sylvie	Harlow Running Club	Senior Ladies	06:22.6	348	351
1:03:48	HARRIS, Melanie	Harlow Running Club	Ladies Vets 45+	06:22.8	347	352
1:03:48	WILES, Harriet		Senior Ladies	06:22.8	322	353
1:03:59	DAY, Chris	basilica	Senior Men	06:23.9	245	354
1:03:59	BRUNTON, Helen	Bishop Stortford	Ladies Vets 45+	06:23.9	550	355
1:04:04	CARTER, Simon	basilica	Senior Men	06:24.4	175	356
1:04:05	SPENCER, Andy		Senior Men	06:24.5	91	357

1:04:13	EMERY, Jackie	Bishop Stortford	Ladies Vets 35+	06:25.3	542	358
1:04:13	MURPHY, Gemma		Senior Ladies	06:25.3	600	359
1:04:14	GLADDEN, Katie	North Weald Health & Fitness Club	Senior Ladies	06:25.4	561	360
1:04:19	HOLLINS, Sadie	North Weald Health & Fitness Club	Junior Ladies	06:25.9	536	361
1:04:19	JONES, Wendy	North Weald Health & Fitness Club	Ladies Vets 35+	06:25.9	535	362
1:04:23	RISLEY, Karen	Bishop Stortford	Senior Ladies	06:26.3	501	363
1:04:23	AMOS, Mary	Bishop Stortford	Ladies Vets 55+	06:26.3	502	364
1:04:42	FISHPOOL, Sue		Ladies Vets 35+	06:28.2	326	365
1:04:47	HANKIN, Mark		Mens Vets 40+	06:28.7	41	366
1:04:53	MOWER, Alison		Ladies Vets 45+	06:29.3	558	367
1:04:59	GROVES, Vicki		Ladies Vets 35+	06:29.9	478	368
1:05:03	STOCK, Mike	Ware Joggers	Mens Vets 60+	06:30.3	21	369
1:05:22	MOULE, Barry		Mens Vets 40+	06:32.2	139	370
1:05:49	CHOUDHURI, Deboshree		Senior Ladies	06:34.9	543	371
1:05:52	ARNOLD, Luke			06:35.2	243	372
1:05:52	GEARING, Terri		Senior Ladies	06:35.2	500	373
1:05:58	MITCHELL, Elaine	Castle Point Joggers	Ladies Vets 55+	06:35.8	599	374
1:06:09	MOIR-PORTEOUS, Jane		Ladies Vets 45+	06:36.9	579	375
1:06:28	PARSONS, John	Saffron Striders	Mens Vets 60+	06:38.8	126	376
1:06:29	GREEN, Kevin		Senior Men	06:38.9	118	377
1:06:30	FERNANDES, Esther		Senior Ladies	06:39.0	323	378
1:06:30	CLARK, Lynsey		Senior Ladies	06:39.0	549	379
1:06:32	JARVIS, April		Senior Ladies	06:39.2	546	380
1:06:41	PRICE, Susan	Ware Joggers	Ladies Vets 45+	06:40.1	481	381
1:06:43	FRENCH, Andy	Ware Joggers	Mens Vets 40+	06:40.3	244	382
1:07:15	ALLEN, Katie		Senior Ladies	06:43.5	495	383
1:07:30	MILES, Elaine		Senior Ladies	06:45.0	490	384
1:07:34	GREEN, Rodney		Mens Vets 60+	06:45.4	117	385
1:07:48	ELAM, Alison	Mums Allowed	Senior Ladies	06:46.8	456	386
1:07:50	BRIDGER, Kate		Senior Ladies	06:47.0	310	387
1:07:53	GREENWOOD, Alison		Ladies Vets 35+	06:47.3	582	388
1:08:02	BROOKS, Seonaid	Bishop Stortford	Ladies Vets 55+	06:48.2	331	389
1:08:09	CHEEK, Janet	Ware Joggers	Ladies Vets 45+	06:48.9	468	390
1:08:20	BINS, Debbie	Bishop Stortford	Ladies Vets 35+	06:50.0	497	391
1:08:20	BINKS, Peter		Senior Men	06:50.0	46	392
1:08:27	COPPERWAITE, Alan	Jonen Jets	Senior Men	06:50.7	165	393
1:08:29	RAMSDEN, Chris	Ware Joggers	Mens Vets 50+	06:50.9	76	394
1:08:30	MCDOWALL, Debbie		Ladies Vets 35+	06:51.0	519	395
1:08:43	APPADURAI, Lisa	Castle Point Joggers	Ladies Vets 35+	06:52.3	526	396
1:08:43	RICKARD, John	Castle Point Joggers	Mens Vets 40+	06:52.3	77	397
1:08:46	BUDDEY, Clive		Mens Vets 50+	06:52.6	157	398
1:08:54	CROOK, Hayley		Ladies Vets 35+	06:53.4	532	399
1:08:54	MCGEOUGH, Paula		Senior Ladies	06:53.4	534	400
1:08:54	FOUBISTER, Louise	Royston Runners	Ladies Vets 35+	06:53.4	533	401
1:09:02	PEDERSEN, Thomas		Senior Men	06:54.2	192	402
1:09:02	LO, Milko		Senior Ladies	06:54.2	349	403
1:09:22	HILLIER, Mark		Mens Vets 40+	06:56.2	38	404
1:09:22	DRAKE, Stephanie		Ladies Vets 35+	06:56.2	483	405
1:09:23	WALTON, Kate		Ladies Vets 35+	06:56.3	589	406
1:09:57	PEEK, David		Mens Vets 50+	06:59.7	200	407
1:09:59	GUINAN, Michael	Harlow Running Club	Mens Vets 50+	06:59.9	265	408
1:10:22	SHAW, Catherine		Ladies Vets 35+	07:02.2	333	409
1:10:29	JAMES, Nick	basilica	Mens Vets 40+	07:02.9	246	410
1:11:53	WILLIAMS, Anna	Ware Joggers	Ladies Vets 35+	07:11.3	541	411
1:12:05	HONEYBALL, Jacquie		Ladies Vets 35+	07:12.5	332	412
1:12:05	MURPHY, Michael		Mens Vets 60+	07:12.5	248	413
1:12:05	BENTLEY-PEARSON, Janice		Ladies Vets 45+	07:12.5	334	414
1:12:53	ALLEN, Keith		Mens Vets 40+	07:17.3	128	415

1:12:54	ALLEN, Kayleigh		Senior Ladies	07:17.4	575	416
1:13:00	BEESTON, Jennifer	Ware Joggers	Ladies Vets 45+	07:18.0	469	417
1:13:00	BOYD, Kay	Ware Joggers	Ladies Vets 35+	07:18.0	471	418
1:14:20	ARGENT, Vicky	Ware Joggers	Ladies Vets 35+	07:26.0	480	419
1:14:57	DOVER, Sandra		Ladies Vets 45+	07:29.7	330	420
1:14:57	FRANKLIN, Gordon		Mens Vets 60+	07:29.7	95	421
1:14:58	KITT, Gemma	Mums Allowed	Senior Ladies	07:29.8	455	422
1:15:15	DOHERTY, Renee		Ladies Vets 45+	07:31.5	580	423
1:15:36	WALTON-GUNN, Lesley		Mens Vets 40+	07:33.6	584	424
1:15:46	EDWARDS, Lee		Senior Men	07:34.6	88	425
1:15:47	DAY, Sarah		Senior Ladies	07:34.7	529	426
1:16:05	YAQUB, Zia		Senior Men	07:36.5	288	427
1:21:07	WILLIS, Howard		Mens Vets 50+	08:06.7	267	428
1:21:52	FREEMAN, Debra	Ware Joggers	Ladies Vets 45+	08:11.2	473	429
1:23:24	TWITCHET, Jackie	Old Harlow Sloggers	Ladies Vets 55+	08:20.4	563	430
1:23:25	MARSHMAN, Jan	Old Harlow Sloggers	Ladies Vets 55+	08:20.5	564	431
1:25:19	ARNOLD, Louise		Ladies Vets 35+	08:31.9	560	432
1:25:19	ARNOLD, Rob		Mens Vets 50+	08:31.9	115	433
1:31:22	RAMSAY, Sherlyn		Ladies Vets 35+	09:08.2	318	435
1:38:09	AMBLER, Scott	basilica	Senior Men	09:48.9	176	436