

**Provisional Results for All Competitors in finish order.**

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
1	0:52:23	LAMBERT, Toby	Winchester & District AC		374	1
2	0:53:05	MUSSETT, ADRIAN	COLCHESTER HARRIERS		313	2
3	0:55:32	MURPHY, Kevin	Woodford Green		457	3
4	0:57:00	THATCHER, Noel	Harlow Running Club	MV40	396	4
5	0:57:14	CLARKE, JOHN	Newham & Essex Beagles		350	5
6	0:57:30	DAVIES, Gavin	Ipswich Jaffa Running club		141	6
7	0:58:25	BALDELLI, Benvenuto	Cambridge & Coleridge	MV40	469	7
8	0:58:58	COX, DAVE	Woodford Green	MV50	279	8
9	0:59:06	BROWNE, Richard	London Heathside	MV40	150	9
10	0:59:09	NEWTON, MARK	Springfield Striders		203	10
11	0:59:14	BARKER, John	Thrift Green Trotters	MV40	380	11
12	0:59:50	PETTIT, STEPHEN	ELY RUNNERS	MV40	192	12
13	0:59:53	WAINE, Mark	Springfield Striders		400	13
14	1:00:08	DAY, IAN	ELY RUNNERS		249	14
15	1:00:11	WHITWORTH, BEN	Woodford Green		272	15
16	1:00:14	GREEN, John	Thurrock Harriers	MV40	392	16
17	1:00:15	BURGOYNE, CHRIS	Springfield Striders		266	17
18	1:00:17	DECKER, Helen	Ipswich Jaffa Running club		142	18
19	1:00:23	GOMEZ, FERNANDO	Sutton Runners	MV40	255	19
20	1:00:26	THOMPSON, Peter	Nene Valley Harriers	MV50	393	20
21	1:00:40	PRESTON, Paul	Sudbury Joggers		167	21
22	1:01:07	ROCHE, JAMES	Woodford Green		354	22
23	1:01:13	OVINGTON, Neil	Milton Keynes	MV40	95	23
24	1:02:00	PREEN, Jane	Milton Keynes	FV35	96	24
25	1:02:38	PEARCE, Patrick	Garden City Runners		433	25
26	1:02:42	HILL, JUSTIN	Ware Joggers	MV40	235	26
27	1:02:49	THOMAS, Stephen	Hart Road Runners	MV40	398	27
28	1:03:17	LEVY, Gus	London Front Runners		399	28
29	1:03:20	BROUGHTON, Alan	Harlow Running Club	MV40	382	29
30	1:03:36	ARMITAGE, MARK	HALSTEAD ROAD RUNNERS	MV40	316	30
31	1:03:46	HENEY, Kenneth	London Heathside		10	31
32	1:03:48	DOWSON, Keith	North Yorkshire Moors Athletic Club	MV40	93	32
33	1:04:08	RUSSELL, JOHN	Thurrock		234	33
34	1:04:09	MARSDEN, Bruce		MV40	168	34
35	1:04:21	HOUGHTON, Andrew		MV50	371	35
36	1:04:40	MCGILL, Kieran	Benfleet Running Club		397	36
37	1:05:01	DESBOROUGH, Steve	Benfleet Running Club	MV40	480	37
38	1:05:04	WOTTON, KEVIN	Barking Road Runners	MV40	342	38
39	1:05:09	COPA, NICHOLAS	Serpentine Running Club		106	39
40	1:05:14	KENYON-MUIR, Nick			136	40
41	1:05:15	HEIGHTON, BEN	Springfield Striders		204	41
42	1:05:19	HOCKETT, Steve	Southend AC	MV50	389	42
43	1:05:27	ADKINS, Peter			437	43
44	1:05:32	ROSS, Dominic	London Heathside	MV40	84	44
45	1:05:34	JUDD, DARREN	Sudbury Joggers		356	45
46	1:05:39	DALDORPH, Brian		MV50	103	46
47	1:05:44	MACMILLEN, ALEXANDER	COLCHESTER HARRIERS	MV40	247	47
48	1:05:46	REVELL, JUSTIN	Harlow Running Club		367	48
49	1:05:54	BRYAN, Jerry	Barnet & District	MV40	171	49
50	1:05:56	BALL, Martin	Havering 90 Joggers		466	50
51	1:05:58	TREMAINE, Robin	London Heathside	MV50	114	51
52	1:06:02	DUNNE, DEREK	Treasury Running Club	MV40	269	52
53	1:06:20	ECCLESTON, John	Broxbourne Runners	MV40	33	53
54	1:06:28	JAY, Dean	HALSTEAD ROAD RUNNERS		419	54
55	1:06:41	FABIEN, Rodier			463	55
56	1:06:54	SCROWTHER, Peter	North Herts Road Runners	MV40	24	56

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57	1:07:12	STEVEN, ROY	Harlow Running Club	MV50	369	57
58	1:07:22	FRITH, Adam	Ware Joggers		406	58
59	1:07:29	FOSTER, John	Striders of Croydon	MV40	377	59
60	1:07:32	ADKINS, Danny		MV40	436	60
61	1:07:45	CARMACK, Martin			174	61
62	1:07:48	MURPHY, KEITH	Trent Park Trotters	MV50	181	62
63	1:08:05	BROTHERTON, Chris	Woodford Green		417	63
64	1:08:12	REDDAWAY, PAUL	Broxbourne Runners	MV40	278	64
65	1:08:18	VIALLS, RONALD	Barking Road Runners	MV50	197	65
66	1:08:34	PURSE, Christopher	Springfield Striders	MV40	57	66
67	1:08:43	DERRY, MARK	London Heathside	MV40	292	67
68	1:08:46	SMALLBONE, Craig	Loughton A C		39	68
69	1:08:51	RANKIN, NICK	Benfleet Running Club	MV40	199	69
70	1:08:53	O'DONOGHUE, Mark		MV40	420	70
71	1:08:54	RYAN, Anthony	Ware Joggers		54	71
72	1:08:55	WILLIAMS, JAYNE	Ipswich Jaffa Running club	FV35	216	72
73	1:09:04	GILLIBRAND, CHRISTIAN	Sudbury Joggers		288	73
74	1:09:12	LYALL, MON	Edmonton Runners	MV40	236	74
75	1:09:15	KERR, Clare	Ware Joggers	FV35	73	75
76	1:09:27	WILLIAMS, JONES	Ware Joggers		252	76
77	1:09:29	DAVIS, Nick	Garden City Runners		68	77
78	1:09:39	CHAPMAN, GRAHAM	ELY RUNNERS	MV50	265	78
79	1:09:48	CHISHOLM, BARRY	Shaftesbury Barnet	MV50	343	79
80	1:09:59	MENNELL, SIMON	Braintree	MV40	321	80
81	1:10:17	WARD, Paul	Barking Road Runners		138	81
82	1:10:18	BOWRING, Simon			44	82
83	1:10:29	MANKTELOW, Stuart	Trent Park Running Club	MV40	418	83
84	1:10:30	ROHAN, ALEXANDER	Ilford AC	MV40	357	84
85	1:10:30	MAUNAMARA, John			460	85
86	1:10:37	WOODRUFF, Michael		MV40	414	86
87	1:10:41	HYDE, TONY	Pitsea	MV40	245	87
88	1:10:43	MENTERN, Jason	Ware Joggers		470	88
89	1:10:52	BENNETT, Bill	Orion Harriers	MV50	395	89
90	1:10:54	OAKMAN, Annette	Chelmsford	FV35	100	90
91	1:11:20	JONES, COLIN	Barking Road Runners	MV40	209	91
92	1:11:27	BURR, STUART		MV60	364	92
93	1:11:49	DUTCHBURN, Derek	Broxbourne Runners	MV50	50	93
94	1:12:10	CRISP, CLIVE	Road Runners Club	MV50	233	94
95	1:12:18	PYLE, NICOLA	COLCHESTER HARRIERS	FV35	290	95
96	1:12:23	COFFEY, RICHARD	Ware Joggers	MV40	230	96
97	1:12:23	HULL, Tina	Grange Farm & Dunmow Runners	FV45	387	97
98	1:12:37	JOUSIFFE, BOB	Orion Harriers	MV60	325	98
99	1:12:41	PAGE, MARTIN	Barking Road Runners	MV50	207	99
100	1:12:53	FARLEY, CALIRE	Ware Joggers	FV35	275	100
101	1:12:55	ADAMS, CHRIS			298	101
102	1:13:13	SAVAGE, Malcolm	Springfield Striders	MV60	131	102
103	1:13:27	POLLACK, SCOTT	Bishops Stortford Running Club	MV40	177	103
104	1:13:35	SALISBURY, ANDREW	Herts Phoenix Athletic Club	MV50	108	104
105	1:13:42	AKPOJARO, Princeton	Metropolitan Police	MV40	490	105
106	1:13:44	HENRY, AMANDA	Sudbury Joggers		368	106
107	1:13:48	FINDLAY-RONBINSON, DANIEL	Stragglers		238	107
108	1:13:51	MELBOURNE, John	Barnes Runners		155	108
109	1:13:54	AMODEI, Joe			99	109
110	1:14:00	BARRETT, Peter	Thrift Green Trotters		439	110
111	1:14:01	WIFFIN, James	Loughton A C	MV50	160	111
112	1:14:04	NORDIN, Brege	Ilford AC	FV45	415	112
113	1:14:06	ENGLISH, Teresa	Broxbourne Runners		461	113
114	1:14:08	ALLEN, Peter	Bishops Stortford Running Club	MV50	75	114
115	1:14:15	EVANS, JOHN	Harlow Running Club		366	115

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116	1:14:20	HERRIDGE, Neil			115	116
117	1:14:22	GRACE, Colin	Ware Joggers	MV40	70	117
118	1:14:23	SHIRLEY, Marie	Sudbury Joggers		409	118
119	1:14:37	SOLOMONS, Richard	Highgate Harriers	MV60	49	119
120	1:15:24	THOMAS, Jenny	WGEL	FV35	455	120
121	1:15:34	LAMBERT, MARION	Trent Park Trotters	FV45	180	121
122	1:15:46	DAVEI, Kevin		MV50	449	122
123	1:15:49	NICHOLAS, JOHN	Bishops Stortford Running Club		251	123
124	1:15:51	GAULD-CLARKE, COLIN	Bishops Stortford Running Club	MV60	303	124
125	1:15:54	MCEWAN, JOE	Braintree	MV50	322	125
126	1:16:09	ANSTISS, Steve	Loughton A C	MV40	158	126
127	1:16:11	WHISTON, AURTUR	COLCHESTER HARRIERS	MV50	183	127
128	1:16:29	BULAITIS, PETER	Orion Harriers	MV50	336	128
129	1:16:31	MOULD, David	Bushfield Joggers	MV40	11	129
130	1:16:38	MELLO, Michael	North Herts Road Runners	MV40	429	130
131	1:16:44	KAVANAGH, PETER		MV50	312	131
132	1:16:50	LEVENE, KAREN	London Heathside	FV35	259	132
133	1:16:51	TYSON, David	Loughton A C	MV40	159	133
134	1:17:05	HOLDER, J	Pitsea	MV40	64	134
135	1:17:06	BERRY, ROGER	WALTHAMSTOW ATHELTC CLUB	MV60	362	135
136	1:17:10	WINTER, Isabelle		FV35	376	136
137	1:17:19	HOWARD, Paul	Road Runners Club	MV40	154	137
138	1:17:21	BAUDRY, DENYS	Garden City Joggers	MV50	271	138
139	1:17:28	ROSE, ANTHONY	Ware Joggers	MV40	260	139
140	1:17:29	LANGRIDGE, STEVEN			358	140
141	1:17:31	WILSON, STUART		MV40	185	141
142	1:17:32	POPE, ROBIN	Beckenham Running Club		1	142
143	1:17:34	BUTCHER, Brian	Castle Point Joggers	MV50	451	143
144	1:17:38	VAN TOL, Martin		MV40	450	144
145	1:17:42	HOLLAND, Fiona	London Heathside	FV45	123	145
146	1:17:43	SHERRIFF, ADRIAN	Bishops Stortford Running Club	MV40	274	146
147	1:17:47	CAMACHO CHAVEZ, EZEQUIEL		MV40	254	147
148	1:17:54	ARMSTRONG, Robert	Barking Road Runners	MV50	53	148
149	1:17:56	RODGERS, Ian	Bishops Stortford Running Club	MV40	59	149
150	1:17:58	SLATE, LIAM			341	150
151	1:18:02	AITKEN, Clive	Broxbourne Runners		489	151
152	1:18:04	PAMMENTER, Ian	Haverhill Running Club	MV40	475	152
153	1:18:13	RIVETT, Steve	Garden City Runners		140	153
154	1:18:22	CLARKE, JAMES	Ware Joggers		267	154
155	1:18:24	SANDFORD, RICHARD	Springfield Striders	MV40	332	155
156	1:18:35	SULLIVAN, JAMES			264	156
157	1:18:41	SADLER, Steve		MV40	16	157
158	1:18:43	WRIGHT, SHARON	Harlow Running Club		365	158
159	1:18:44	STATTER, Graham	Bishops Stortford Running Club	MV50	72	159
160	1:18:51	BISHOP, Nicola			472	160
161	1:18:56	STEADMAN, Vicky	Harlow Running Club		370	161
162	1:19:09	O'MAHONEY, Dan			484	162
163	1:19:21	CARINNE, JAY	East London Runners	FV35	179	163
164	1:19:22	BROWN, Robert		MV50	468	164
165	1:19:30	THOMSON, Andrew	Havering 90 Joggers		80	165
166	1:19:44	STAPLETON, Danny			435	166
167	1:19:51	LANGDON, Ben		MV40	394	167
168	1:19:59	NICHOLLS, Lynn	Ware Joggers	FV35	85	168
169	1:20:05	EARL, MARTYN	MAIDSTONE HARRIERS		277	169
170	1:20:09	BULLEID, WAYNE	Braintree		310	170
171	1:20:12	CANN, Gary			87	171
172	1:20:17	HART, MALCOM		MV50	191	172
173	1:20:28	HOCKLEY, Marie	Bishops Stortford Running Club	FV45	17	173
174	1:20:30	KIMBERLEY, Simone	Barnet & District	FV45	442	174

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175	1:20:34	SHOULTS, WILL	Harlow Running Club	MV50	280	175
176	1:20:37	SAUNDERS, ROB	Ware Joggers		273	176
177	1:20:45	SAHOTA, GURMIT	Ilford AC		182	177
178	1:20:50	GILLOTT, TIM			360	178
179	1:21:04	HANDLEY, MARK	Bishops Stortford Running Club		241	179
180	1:21:05	GRANDISON, Julian	Thrift Green Trotters		116	180
181	1:21:07	ROBINSON, Julie Ann	Orion Harriers	FV45	391	181
182	1:21:15	WATT, Bob	Great Bentley Running Club	MV50	110	182
183	1:21:28	GEDIER, Neil	Springfield Striders	MV40	430	183
184	1:21:29	TURNER, TONY		MV40	348	184
185	1:21:42	GEMMILL, JOANNA	Springfield Striders	FV45	293	185
186	1:21:49	PARTRIDGE, ROGER	Ware Joggers	MV40	211	186
187	1:21:50	CUNNINGHAM, Phil	Ware Joggers	MV50	165	187
188	1:22:04	JONES, DIONNE	Harlow Running Club	FV35	363	188
189	1:22:12	GILHAM, ANDY		MV40	294	189
190	1:22:24	SMITH, Helen	Watford		153	190
191	1:22:32	JAY, STEPHEN	East London Runners	MV40	184	191
192	1:22:33	WHEELDON, PAUL	Springfield Striders		335	192
193	1:22:34	SINCLAIR, Don	Pitsea	MV50	379	193
194	1:22:38	DUNNE, CLARE	Treasury Running Club	FV45	270	194
195	1:22:40	FLACK, LOUISE	LEIGHTON BUZZARD AC		258	195
196	1:22:49	GRIDLEY, David	Havering 90 Joggers	MV40	476	196
197	1:22:51	BOYLE, Fred			3	197
198	1:22:52	WARNER, SARAH		FV35	304	198
199	1:22:53	VISSCHER, Yolanda		FV35	58	199
200	1:22:56	STIFFIN, Rob	St Helens Sutton	MV40	372	200
201	1:22:58	TANNER, LYNN	EASTERN VETS	FV55	248	201
202	1:23:00	MOON, Chloe	Loughton A C		112	202
203	1:23:04	CLEAL, Mark		MV40	161	203
204	1:23:07	HARDMAN, Annette	Ware Joggers		97	204
205	1:23:11	JONES, Garry	Benfleet Running Club		448	205
206	1:23:18	WIDELSKI, GREGG			359	206
207	1:23:22	WRIGHT, Grant	Metropolitan Police		425	207
208	1:23:31	NASH, Alun		MV40	471	208
209	1:23:38	FRIBBENS, MARK	Braintree	MV40	320	209
210	1:23:38	NICHOLS, Barry			416	210
211	1:23:50	PERRIN, Louise	Barking Road Runners	FV35	456	211
212	1:23:56	LEVY, Jennette	Allensbury		77	212
213	1:23:57	OUGHTON, SIMON	Royston Runners	MV40	301	213
214	1:24:09	CORBETT, Valerie		FV45	21	214
215	1:24:10	LITTLE, JONATHAN	Ware Joggers	MV50	219	215
216	1:24:22	GAJBUTOWICZ, ANDRZEJ	Victoria Park Harriers	MV40	317	216
217	1:24:27	COLBERT, Sarah	Springfield Striders	FV35	132	217
218	1:24:30	COWLIN, ANDREW			334	218
219	1:24:31	MILES, LAURENCE			257	219
220	1:24:32	AVIET, Anne-Marie		FV35	30	220
221	1:24:39	HADNUTT, TONY			212	221
222	1:24:39	THAKE, GEMMA	SAFFRON STRIDERS		323	222
223	1:24:41	MOON, Graeme		MV50	111	223
224	1:24:48	RUDOLF, STEVE		MV40	299	224
225	1:24:56	MCCLYMONT, Ian	Bishops Stortford Running Club	MV60	88	225
226	1:25:57	FIRTH, Andy	Benfleet Running Club		9	226
227	1:25:58	BAKER, Antony	Benfleet Running Club		443	227
228	1:25:00	SPASHETT, JOHN			347	228
229	1:25:00	PEARSON, Neil		MV40	38	229
230	1:25:04	GODDARD, Matthew	Edmonton Runners	MV40	35	230
231	1:25:30	RADLEY, Lee	Ware Joggers		163	231
232	1:25:35	MUSSETTE, ANITA	COLCHESTER HARRIERS	FV35	314	232
233	1:25:44	MENZIES, Neil		MV50	481	233
234	1:25:49	SARGENT, JOANNA	WOMENS RUNNING NETWORK		302	234

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235	1:25:54	WOOD, Victor		MV50	134	235
236	1:25:57	MACAULAY, Jennifer	Springfield Striders		453	236
237	1:26:02	REES, MARIANNE	Metropolitan Police		282	237
238	1:26:18	SMITH, MARK	Road Runners Club		253	238
239	1:26:20	LEVERTT, BARBARA	CAMBRIDGE TRIATHLON CLUB	FV55	319	239
240	1:26:21	WRIGHT, DAVID		MV40	194	240
241	1:26:21	MORLEY, STEWART	Benfleet Running Club	MV40	222	241
242	1:26:23	HOLT, Debbie	Dunmow Tri Club	FV45	478	242
243	1:26:25	SPARK, Helen	Garden City Runners		431	243
244	1:26:28	ROLERKITE, LINDSAY		FV35	229	244
245	1:26:35	TRILL, GERRY	Ilford AC	MV50	295	245
246	1:26:38	BUCKNELL, Ian		MV40	166	246
247	1:26:40	SMTIH, Glenys	Edmonton Runners	FV45	12	247
248	1:26:47	VERRALL, Charles	London Heathside	MV60	146	248
249	1:26:59	MAPPLEBECK, Sarah	Springfield Striders		135	249
250	1:27:02	BERRY, Vicky	Royston Runners	FV45	7	250
251	1:27:04	GRIDLEY, DAVID	Springfield Striders	MV50	188	251
252	1:27:04	HOPWOOD, ALISON	Fairlands Valley Spartans	FV35	220	252
253	1:27:06	LANCASTER, PHILIP	Ware Joggers	MV40	315	253
254	1:27:27	SOUTHWICK, Andrew		MV50	385	254
255	1:27:30	COWAN, Eleanor	Bishops Stortford Running Club	FV35	47	255
256	1:27:35	BATHEJA, MAYA		MV40	352	256
257	1:27:37	MERCER, Ruth	East London Runners	FV45	119	257
258	1:27:38	HILL, TRACY	Havering 90 Joggers	FV45	232	258
259	1:27:52	COLLIER, MARTIN		MV50	190	259
260	1:27:55	DAY, Nina	Thrift Green Trotters		438	260
261	1:27:59	MUSE, RICHARD	Havering 90 Joggers		324	261
262	1:28:07	MILES, DAVID			344	262
263	1:28:08	GELDENHUYS, BRENDA		FV35	276	263
264	1:28:24	WILBY, Michael	Barking Road Runners	MV40	133	264
265	1:28:35	SCARTH, Anna	Tring Running Club		81	265
266	1:28:45	PLATT, STEVE	TRAILRUNNERS ASSOC	MV50	296	266
267	1:28:56	OSBORNE, SUE		FV35	250	267
268	1:28:57	STYLES, TERRY	Herts Phoenix Athletic Club	MV50	196	268
269	1:29:01	LAPPER, Alison	Metropolitan Police	FV35	149	269
270	1:29:01	LOVEGROVE, Amanda	East London Runners		421	270
271	1:29:03	OAKLEY, Francis		FV45	121	271
272	1:29:04	O'MAHONEY, Becky			483	272
273	1:29:17	FRANCIS, Jennefer	Maidenhead		124	273
274	1:29:20	HART, LOUISE	Ware Joggers		297	274
275	1:29:24	HART, JOANNE	Ware Joggers		284	275
276	1:29:26	NICHOLS, Terry	Ware Joggers	MV60	156	276
277	1:29:26	DUNLEA, Brian	Bishops Stortford Running Club	MV50	113	277
278	1:29:31	CULLEN, Sean			381	278
279	1:29:38	BRIGHT, STEPHEN	BRITISH ATHLETIC SUPPORTERS CLUB	MV40	206	279
280	1:29:56	MCCLURE, Mel	Victoria Park Harriers	FV45	467	280
281	1:30:00	DICKS, JESSICA			340	281
282	1:30:09	KANABAHITA, Paul			402	282
283	1:30:11	FRANKLIN, Justin			23	283
284	1:30:13	ASHWOOD, Rachel			440	284
285	1:30:18	WILLIAMSON, Joel	Havering 90 Joggers		486	285
286	1:30:20	FLANNIGAN, TEREAS	Pitsea	FV55	189	286
287	1:30:20	HARRINGTON, KATIE	Harlow Running Club		351	287
288	1:30:23	VINER, JENNI	Ware Joggers	FV45	195	288
289	1:30:31	WENMAN, SARAH	Springfield Striders		305	289
290	1:30:31	SAGGERS, Martin	Ware Joggers	MV40	79	290
291	1:30:35	SMITH, David			152	291
292	1:30:43	BLACKHAM, Stuart			411	292
293	1:30:44	VARLEY, MOMRE			283	293

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**Provisional Results for All Competitors in finish order.**

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294	1:30:44	MARKWELL, Kevin	Edmonton Runners	MV40	13	294
295	1:30:52	DRAPER, DENNIS	Garden City Runners	MV60	309	295
296	1:30:54	O'BRIEN, Paul	Billericay Striders		25	296
297	1:31:02	TRAVIS, Chris		MV40	147	297
298	1:31:20	STERNE, Claire			172	298
299	1:31:20	HIGGS, Laura			15	299
300	1:31:28	WHITING, Richard	Herts Phoenix Athletic Club	MV50	173	300
301	1:31:54	LUCIEN, Marie	Havering 90 Joggers	FV55	408	301
302	1:32:11	JASPER, Gary		MV40	465	302
303	1:32:16	CLOW, DAN	Springfield Striders		263	303
304	1:32:29	CRISP, SIMONE	Road Runners Club		261	304
305	1:32:39	CRISP, LYNDA	Benfleet Running Club	FV55	201	305
306	1:32:46	COMPTOM, Pat		MV50	426	306
307	1:32:53	HEWITT, JOANNE	Bishops Stortford Running Club		306	307
308	1:32:56	BATES, Peter	Pitsea	MV50	423	308
309	1:33:10	SPENCER-PERKINS, Dennis	Barking Road Runners	MV50	27	309
310	1:33:12	DZIALDOW, Resi	London Heathside	FV45	67	310
311	1:33:15	MASON, Martin	Barking Road Runners	MV50	422	311
312	1:33:16	JOHNS, VICTORIA	Castle Point Joggers		213	312
313	1:33:18	RICKARD, John	Castle Point Joggers	MV50	151	313
314	1:33:21	AMODEI, Mario			148	314
315	1:33:26	MACAULAY, Shelia	Springfield Striders	FV55	454	315
316	1:33:29	HOLLEYMAN, CRAIG			311	316
317	1:33:30	WILKINS, GEMMA			210	317
318	1:33:34	FINCH, Janet	Barking Road Runners	FV45	458	318
319	1:33:46	FREE, ANDY			262	319
320	1:33:46	KING, MALCOM		MV60	215	320
321	1:33:47	TOMKINS, Helen	Pitsea	FV45	401	321
322	1:33:56	MOSTON, PAUL		MV40	462	322
323	1:34:05	NAMAN, COLIN	Ware Joggers	MV50	330	323
324	1:34:09	ROBERTS, JOHN	WITHAM RUNNING CLUB	MV60	246	324
325	1:34:24	PEARSON, Alison		FV35	37	325
326	1:34:24	MADIGAN, Leonie			170	326
327	1:34:38	NORDIN, Rauf		MV50	413	327
328	1:34:41	HORGAN, JOHN	100 MARATHON CLUB	MV50	268	328
329	1:34:46	GREEN, Carole		FV45	4	329
330	1:34:48	COGDELL, Caroline	Pitsea	FV55	410	330
331	1:34:54	WADDINGHAM, ROBERT	Ware Joggers	MV50	326	331
332	1:35:07	DARBY, Paul		MV40	118	332
333	1:35:09	FERGUSON, Alister		MV40	491	333
334	1:35:18	LYGO, Pauline	Barnet & District	FV55	441	334
335	1:35:25	BOYLE, TIMOTHY		MV40	244	335
336	1:35:57	SOMERVILLE, Ann	Harlow Running Club	FV35	117	336
337	1:35:58	COLLINS-REED, H		FV35	65	337
338	1:36:00	ERICSON, Stephen		MV40	445	338
339	1:36:01	OWEN, SARAH	BRITISH ATHLETIC SUPPORTERS CLUB	FV35	205	339
340	1:36:10	NORTON, PAUL	Benfleet Running Club	MV60	218	340
341	1:36:12	FLAX, MAYA			345	341
342	1:36:21	HOOKER, MALCOLM	Bishops Stortford Running Club	MV50	333	342
343	1:36:24	YOUNG, Howard		MV40	137	343
344	1:36:29	WHITBREAD, KIM		FV45	217	344
345	1:36:31	DRAKE, Michala	Orion Harriers	FV35	390	345
346	1:36:38	TAYLOR, LEILA	Garden City Joggers	FV55	256	346
347	1:36:41	BRILEY, STEPHEN		MV40	307	347
348	1:36:42	BUCK, JENNY		FV35	237	348
349	1:36:47	WAKELING, Maureen	Bishops Stortford Running Club	FV35	18	349
350	1:36:47	CHEAL, NICK	Ware Joggers	MV50	243	350
351	1:36:57	RANT, ROBERT	Dagenham 88 Runners	MV50	285	351
352	1:36:59	JACOBS, Colin			31	352

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353	1:37:01	FOSTER, Gavin	Grange Farm & Dunmow Runners	MV40	388	353
354	1:37:02	DODD, John		MV50	452	354
355	1:37:03	MCGRATH, CIARAN			355	355
356	1:37:05	TREE, Samantha		FV35	90	356
357	1:37:05	BAKER, Lucy		FV35	20	357
358	1:37:12	BROUGHTON, Adam			91	358
359	1:37:12	BROUGHTON, Sally			92	359
360	1:37:27	GRAY, SIMON	Benfleet Running Club		200	360
361	1:37:29	KAY, Julie		FV35	404	361
362	1:37:29	KAY, Mark		MV40	405	362
363	1:37:48	TYLER, Robert			139	363
364	1:38:00	DRAPER, ELEANOR	Garden City Runners	FV55	308	364
365	1:38:33	BIGGS, Roger	Fairlands Valley Spartans	MV60	22	365
366	1:38:54	GAULD-CLARK, ANNE	Bishops Stortford Running Club	FV55	349	366
367	1:38:56	PULVES, Sarah		FV35	373	367
368	1:39:11	ETHERIDGE, Nick			488	368
369	1:39:15	NICHOLS, Claire	Ware Joggers	FV35	78	369
370	1:39:30	GROVES, VICKI	Barking Road Runners	FV35	281	370
371	1:39:31	SPRING, WENDY	Harlow Running Club	FV35	214	371
372	1:39:57	VINCENT, Alan		MV60	6	372
373	1:39:58	OWEN, GEOFF		MV40	353	373
374	1:40:11	WILSON, Jane	Ware Joggers	FV35	74	374
375	1:40:11	KEATS, Peter	Ware Joggers	MV50	82	375
376	1:40:20	ST HILAIRE, Marilyn	London Heathside	FV35	41	376
377	1:40:33	SHEPPARD, Robert	Tri Sport Epping		473	377
378	1:40:50	MOSS, Gary		MV40	28	378
379	1:41:03	ALLEN, Neil			447	379
380	1:41:09	WHALLEY, Amanda	Serpentine Running Club	FV35	176	380
381	1:41:19	PAYTON, EMMA		FV35	291	381
382	1:41:26	CARTER, Sara	Ware Joggers	FV35	5	382
383	1:41:30	KING, Nikki	Ware Joggers		45	383
384	1:41:40	BOYLE, Paul		MV40	2	384
385	1:41:44	KENDRICK, Alastair	Castle Point Joggers	MV50	127	385
386	1:41:50	POTTER, HELEN		FV35	228	386
387	1:41:07	RUSHALL, Paul	Harlow Running Club		479	387
388	1:41:22	JOHNSON, Sheona	Dagenham 88 Runners	FV35	36	388
389	1:41:41	HANCOCK, KATIE		FV35	240	389
390	1:41:51	GOWARD, KELLY			187	390
391	1:43:29	SYMONDS, Rachel			69	391
392	1:43:45	ERICSON, Andrew		MV40	446	392
393	1:43:55	TOZE, HAROLD	Bishops Stortford Running Club	MV60	286	393
394	1:44:40	BEECH, ALISON		FV45	221	394
395	1:44:40	PATERSON, KEVIN		MV40	223	395
396	1:45:28	BOULTON, NORMAN	MOUNT PLEASANT POSTAL	MV40	361	396
397	1:45:45	BURKE, Shaun		FV35	485	397
398	1:46:07	O'REGAN, Pippa		NDB	482	398
399	1:46:08	POTTER, Cliff		MV40	89	399
400	1:46:08	HILL, Natalie			71	400
401	1:47:34	HYNES, Richard			48	401
402	1:47:59	WILLIAMS, Paul	Pitsea	MV50	403	402
403	1:48:11	BURNE, David		MV40	384	403
404	1:48:11	CLUCAS, Alan		MV40	386	404
405	1:48:17	BARTLETT, MICHAEL			338	405
406	1:48:33	ROWELL, Barry	Havering 90 Joggers	MV40	412	406
407	1:48:34	ROBERTSON, Sue			34	407
408	1:48:35	HARDY, Mike		MV50	55	408
409	1:48:46	BARTLETT, MONIQUE			337	409
410	1:48:48	CLARK, GEMMA			346	410
411	1:49:01	CRISP, JOHN	Benfleet Running Club	MV60	202	411

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412	1:50:12	MORTON-KEMP, Paul	Barking Road Runners		43	412
413	1:50:31	ETHERIDGE, Roy		MV50	487	413
414	1:50:36	CHAMBERS, Steve	Chiltern Harriers		375	414
415	1:50:51	BUTLER, Deb		FV35	175	415
416	1:51:31	ATKIN, Anthony			128	416
417	1:51:45	STEVENSON, Tara		FV35	76	417
418	1:53:40	BATES, Linda	Pitsea	FV55	424	418
419	1:53:42	WHITWORTH, Simone			29	419
420	1:53:49	WILLIAMS, Rita	Ware Joggers	FV55	42	420
421	1:54:09	ARMOUR, Duncan	Vegan Runners	MV50	459	421
422	1:56:34	ATTELSEY, Justin			130	422
423	1:56:34	ATTELSEY, Philip		MV50	129	423
424	1:58:51	CARTER, David			102	424
425	1:59:04	RONTREE, DAVID	Pitsea	MV40	227	425
426	2:01:40	DAVIS, Lee	Dagenham 88 Runners	MV40	434	426
427	2:04:16	VERNON, Tony	Springfield Striders	MV40	427	427
428	2:04:41	HARRISON, Gillian	Pitsea	FV45	407	428

There were 428 finishers in the All Competitors category.