

**Essex Champs**  
**Harlow 10**

Sunday 25 July 2010. 9:30 am

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>Age Grading</i>	<i>Race</i>	<i>Race</i>
1	0:54:33	WHITWAM, Adrian	Aldershot Farnham & District	M34	81.88%	253	1
2	0:56:02	HALLISSEY, Claire	Bristol & West	F27	88.13%	236	2
3	0:56:15	CHANDLER, Gary	Springfield Striders	M41	82.25%	64	3
4	0:56:17	NEWTON, MARK	Springfield Striders	M30	79.36%	280	4
5	0:56:27	SELLENS, CHRISTOPHER	COLCHESTER HARRIERS	M25	79.13%	101	5
6	0:56:28	MUIR, Malcolm	Iford AC	M36	79.13%	35	6
7	0:57:11	ROBINSON, Graham	Garden City Runners	M27	78.11%	243	7
8	0:57:44	SMALLS, Allen	COLCHESTER HARRIERS	M42	80.74%	267	8
9	0:57:55	REASON, Robert	HARWICH RUNNERS	M30	77.12%	284	9
10	0:58:11	SUAREZ LEE, RICARDO	London Heathside	M37	77.31%	310	10
11	0:58:26	BANNISTER, Jamie	SCOTTISH ATHLETICS	M23	76.44%	245	11
12	0:58:47	DEANE, Jonathan	Highgate Harriers	M25	75.99%	397	12
13	0:58:59	MANCER, Jez	Benfleet Running Club	M40	77.90%	286	13
14	0:59:06	MURTAGH, Steve		M46	81.22%	122	14
15	0:59:25	PAMPHILON, Tony	Woodford Green	M52	84.71%	159	15
16	0:59:36	MANSFIELD, Mike	LEIGH - ON - SEA STRIDERS	M38	76.01%	376	16
17	0:59:45	WILKINSON, Keith	Chelmsford	M50	82.87%	124	17
18	1:00:04	MARTIN, Lee	Springfield Striders	M38	75.42%	172	18
19	1:00:23	BETHELL, Jared	Harlow Running Club	M29	73.97%	320	19
20	1:00:28	MANLOW, John	ELY RUNNERS	M41	76.52%	347	20
21	1:00:45	FALLOWFIELD-SMITH, Mark	Sandhurst Joggers	M27	73.53%	392	21
22	1:00:56	SULLIVAN, JAMES		M29	73.30%	257	22
23	1:01:07	HELLIWELL, Paul	COLCHESTER HARRIERS	M42	76.27%	387	23
24	1:01:13	WAINE, Mark	Springfield Striders	M40	75.06%	285	24
25	1:01:22	MACDONALD, Iain	Iford AC	M21	72.79%	356	25
26	1:01:50	COHEN, Steffan	Benfleet Running Club	M38	73.26%	260	26
27	1:02:02	NEARS, Jonathan	COLCHESTER HARRIERS	M35	72.00%	381	27
28	1:02:18	WRIGHT, David	COLCHESTER HARRIERS	M52	80.79%	312	28
29	1:02:35	RAMSAY, GRANT	Barnet & District	M38	72.38%	251	29
30	1:02:44	WRIGHT, Tim	Orion Harriers	M40	73.25%	304	30
31	1:02:47	CRISP, Neil	Iford AC	M47	77.06%	222	31
32	1:02:56	BROCK, Dave	Orion Harriers	M50	78.68%	223	32
33	1:02:57	COWLEY, Laura	Herts Phoenix Athletic Club	F28	78.45%	306	33
34	1:03:00	KNIGHTLEY, Terry	Iford AC	M50	78.60%	55	34
35	1:03:10	HARPER, Kevin	WITHAM RUNNING CLUB	M37	71.21%	305	35
36	1:03:59	MCINTOSH, Shona	Hunters Bog Trotters	F27	77.18%	158	36
37	1:04:32	HEIGHTON, BEN	Springfield Striders	M29	69.21%	429	37
38	1:04:55	KENYON-MUIR, Nick	Ware Joggers	M41	71.27%	88	38
39	1:04:57	JEPHCOTT, JAMIE	Harlow Running Club	M41	71.23%	319	39
40	1:05:02	MITCHELL-SMITH, Tim	Bishops Stortford Running Club	M43	72.19%	364	40
41	1:05:10	GIBBY, Rob	COLCHESTER HARRIERS	M37	69.03%	383	41
42	1:05:13	NEWELL, KEVIN	Iford AC	M35	68.49%	230	42
43	1:05:15	OWEN, Sean	Garden City Runners	M45	73.03%	183	43
44	1:05:17	HAPPE, Joe	Orion Harriers	M41	70.87%	384	44
45	1:05:22	HASKEY-JONES, James	Tiptree Road Runners	M42	71.32%	413	45
46	1:05:28	BINNS, Peter	Southend AC	M63	84.93%	301	46
47	1:05:31	HUTTON, Adam	Springfield Striders	M40	70.13%	91	47
48	1:06:02	MCKEOWN, Frank	WITHAM RUNNING CLUB	M52	76.22%	197	48
49	1:06:04	BYFORD, JON	Springfield Striders	M36	67.63%	150	49
50	1:06:14	BOOTHBY, Simon	RIVERSIDE RUNNERS	M45	71.94%	328	50
51	1:06:20	FROST, Adrian	Eton ManorAC	M52	75.88%	332	51
52	1:06:34	CHARLTON, IAN		M47	72.68%	11	52

*RaceMaster98 from Sport Systems 01737-352462 email:sportssystem@compuserve.com http://www.runnerswebuk.com*

Results produced by Harlow Running Club. Printed by Harlow Running Club on 25 July 2010

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

Place	Time	Name	Team	Age Category	Age Grading	Race	Race
53	1:06:38	DALDORPH, Brian	Running For Jesus	M52	75.54%	34	53
54	1:06:44	MILES, Lloyd		M47	72.50%	148	54
55	1:06:48	TENNANT, John	Harlow Running Club	M61	81.61%	318	55
56	1:06:52	LONEGAN, Paul	COLCHESTER HARRIERS	M29	66.80%	425	56
57	1:06:54	OAKMAN, Annette	COLCHESTER HARRIERS	F37	74.84%	17	57
58	1:07:02	SALAT, Xavier		M31	66.63%	434	58
59	1:07:07	GRIFFITH, Jackson	Beirut Marathon Association	M39	67.97%	373	59
60	1:07:20	LOUGHNANE, MARTIN		M45	70.77%	70	60
61	1:07:20	ROLEY, Darren	Bishops Stortford Running Club	M36	66.36%	80	61
62	1:07:38	COLLEY, Stuart	Orion Harriers	M36	66.07%	354	62
63	1:07:45	DUNCAN, Mark	Havering 90 Joggers	M50	73.09%	202	63
64	1:07:48	BUTLER, RAYMOND	Bishops Stortford Running Club	M31	65.88%	85	64
65	1:08:00	RENPHREY, TOM	Purple Patch	M45	70.07%	15	65
66	1:08:17	MILLS, KATE	Springfield Striders	F39	74.49%	95	66
67	1:08:34	RAYNOR, Andrew	COLCHESTER HARRIERS	M45	69.49%	427	67
68	1:08:35	RUSH, Jill	Braintree & Dustrick Athletic	F37	73.00%	90	68
69	1:08:42	DAWKINS, Steven	Woodford Green	M30	65.02%	404	69
70	1:08:53	HOWARD, Christine	Billericay Striders	F40	74.45%	295	70
71	1:09:00	FRITH, ANDY	Benfleet Running Club	M40	66.59%	66	71
72	1:09:13	REDDAWAY, PAUL	Broxbourne Runners	M50	71.54%	237	72
73	1:09:14	MANCER, Lucy	Benfleet Running Club	F35	71.33%	287	73
74	1:09:19	DULIEU, Jonathon	Metropolitan Police	M48	70.33%	47	74
75	1:09:22	BROCKBANK, NIKKI	Springfield Striders	F32	71.19%	32	75
76	1:09:33	SMITH, James		M30	64.22%	121	76
77	1:09:37	PIKE, David	Havering 90 Joggers	M41	66.46%	212	77
78	1:09:38	ELLIS, Stewart	Braintree & Dustrick Athletic	M34	64.15%	130	78
79	1:09:40	HURLEY, David	Benfleet Running Club	M46	68.90%	400	79
80	1:09:47	ROPER, Neil		M29	64.01%	180	80
81	1:09:55	TERRELL, Andrew	Harlow Running Club	M35	63.89%	419	81
82	1:10:11	RIDGE, TERRY		M28	63.64%	10	82
83	1:10:27	OWEN, John	Barnet & District	M66	81.43%	181	83
84	1:10:30	WATSON, Jacqui	Benfleet Running Club	F40	72.74%	410	84
85	1:10:33	TATE, Chris	Bishops Stortford Running Club	M51	70.75%	293	85
86	1:10:57	SOLOMONS, Richard	Highgate Harriers	M62	77.59%	250	86
87	1:11:03	ADAMS, Rebecca	CATS	F24	69.51%	372	87
88	1:11:04	HIELCKERT, Esther	Serpentine Running Club	F41	72.75%	355	88
89	1:11:15	KELLY, TIM	Bishops Stortford Running Club	M1	62.69%	249	89
90	1:11:19	AMODEI, Joe		M38	63.52%	266	90
91	1:11:20	BENNETT, Bill	Orion Harriers	M53	71.14%	127	91
92	1:11:40	UNDERDOWN, Marc	WITHAM RUNNING CLUB	M34	62.33%	228	92
93	1:11:52	MOORE, Simon	BRJ Huntingdon	M36	62.18%	71	93
94	1:11:55	NIEMBRO, Joe		M40	63.89%	6	94
95	1:11:59	HORLEY, DARRAN		M42	64.76%	226	95
96	1:12:02	STATHAM, Malcolm	COLCHESTER HARRIERS	M40	63.79%	409	96
97	1:12:05	NORRIS, Fran	COLCHESTER HARRIERS	F50	77.53%	313	97
98	1:12:07	SAVAGE, Malcolm	Springfield Striders	M63	77.10%	307	98
99	1:12:14	PALMER, Julia	Benfleet Running Club	F49	76.67%	352	99
100	1:12:20	MCDONNELL, Chris	Havering 90 Joggers	M65	78.43%	299	100
101	1:12:25	DALDORPH, Lucy	Running For Jesus	F18	68.19%	33	101
102	1:12:29	HAZELL, Colin		M46	66.22%	418	102
103	1:12:31	FLUTTER, Richard	HARWICH RUNNERS	M42	64.28%	303	103
104	1:12:40	BRIDGES, Paul		M26	61.47%	174	104
105	1:12:43	HARLOW, BOB	Harlow Running Club	M63	76.46%	315	105
106	1:12:45	BULLEID, WAYNE	Braintree	M40	63.16%	262	106
107	1:12:54	MCENTEE, Colin	Blackheath & Bromley	M60	74.05%	28	107
108	1:12:55	SPONG, Sue	Havering 90 Joggers	F52	78.08%	208	108
109	1:12:58	JOUSIFFE, BOB	Orion Harriers	M62	75.45%	337	109
110	1:13:12	KENT, IAN		M45	65.10%	162	110

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>Age</i> <i>Grading</i>	<i>Race</i>	<i>Race</i>
111	1:13:24	EARL, MARTYN	MAIDSTONE HARRIERS	M30	60.85%	302	111
112	1:13:29	CATTERMOLE, Debbie	COLCHESTER HARRIERS	F46	73.40%	314	112
113	1:13:30	NEWENS, Jo		F40	69.77%	265	113
114	1:13:32	HUNTER, Dan		M39	62.04%	438	114
115	1:13:42	BALDING, Tony	LEIGH - ON - SEA STRIDERS	M38	61.47%	378	115
116	1:13:46	VAN TOL, Martin		M42	63.19%	363	116
117	1:13:50	FAULKNER, Stephen	Herts Phoenix Athletic Club	M52	68.17%	200	117
118	1:13:57	RHODES, Jon		M43	63.49%	399	118
119	1:14:00	MARU, Tony	Orion Harriers	M45	64.39%	118	119
120	1:14:08	MORGAN, Richard	Reading Road Runners	M62	74.26%	182	120
121	1:14:26	GRABOWSKI, SARAH	Benfleet Running Club	F28	66.35%	142	121
122	1:14:36	ROBERTS, Mike		M43	62.94%	291	122
123	1:13:38	ANASTASI, Carole	SAFFRON STRIDERS	F34	67.07%	232	123
124	1:14:40	HOCKLEY, Marie	Bishops Stortford Running Club	F47	72.86%	227	124
125	1:14:56	CHAPPELL, IAN	Pitsea	M42	62.21%	248	125
126	1:15:01	CRISP, CLIVE	Road Runners Club	M53	67.65%	221	126
127	1:15:02	TURNER, Lynn	Springfield Striders	F57	79.72%	125	127
128	1:15:04	PYLE, NICOLA	Springfield Striders	F43	70.03%	188	128
129	1:15:09	STRONG, Grant		M30	59.44%	360	129
130	1:15:13	CHISHOLM, BARRY	Shaftesbury Barnet	M54	68.03%	408	130
131	1:15:18	WALLEN, Brigid	WITHAM RUNNING CLUB	F46	71.62%	50	131
132	1:15:25	WILLIAMS, Mark	WITHAM RUNNING CLUB	M49	65.15%	388	132
133	1:15:28	BOLLA, Jas	London Heathside	F37	66.34%	238	133
134	1:15:33	DOBBS, Patrick	Thurrock Harriers	M72	81.54%	198	134
135	1:15:33	WHITING, Andrew	University of Sheffield rc	M21	59.12%	323	135
136	1:15:54	DAWSON, Bernard	Orion Harriers	M48	64.23%	357	136
137	1:16:09	ROBINSON, Julie	Orion Harriers	F52	74.76%	402	137
138	1:16:30	PRETTY, Samantha	Fairlands Valley Spartans	F26	64.55%	129	138
139	1:16:32	BURTONSHAW, JO	Benfleet Running Club	F41	67.55%	143	139
140	1:16:37	MCENTEE, KELLY	Blackheath & Bromley	F33	64.46%	29	140
141	1:16:39	PARK, Jack		M62	71.82%	117	141
142	1:16:45	POLLACK, SCOTT	Bishops Stortford Running Club	M47	63.04%	380	142
143	1:16:45	EDEN, Anthony	Benfleet Running Club	M36	58.22%	382	143
144	1:16:48	CAMACHO, Carlos		M51	65.00%	346	144
145	1:16:56	SLATTER, Graham	Bishops Stortford Running Club	M52	65.42%	83	145
146	1:17:21	MOON, Graeme	Tiptree Road Runners	M55	66.71%	171	146
147	1:17:22	BROWNE, Jim	Fairlands Valley Spartans	M57	67.88%	311	147
148	1:17:24	DEVITT, Russell	Shaftesbury Harriers	M61	70.43%	386	148
149	1:17:26	BULAITIS, Pete	Orion Harriers	M56	67.24%	342	149
150	1:17:33	DELIEU, Chris		M39	58.82%	368	150
151	1:17:47	MURPHY, John		M54	65.78%	73	151
152	1:17:53	WILLS, Stephen		M47	62.12%	41	152
153	1:17:59	LODGE, Martin	Road Runners Club	M50	63.50%	186	153
154	1:18:17	MOORE, Daniel		M22	57.06%	389	154
155	1:18:19	CLARKSON, Simon	London Heathside	M39	58.25%	309	155
156	1:18:28	KELLY, Maxine	London Heathside	F30	62.94%	108	156
157	1:18:32	CRISP, SIMONE	Havering 90 Joggers	F29	62.88%	296	157
158	1:18:41	STEPHENS, Dwain		M32	56.77%	348	158
159	1:18:42	BARRON, Hayley	Orion Harriers	F39	64.63%	44	159
160	1:18:47	DALE, Sue	Havering 90 Joggers	F56	75.14%	206	160
161	1:18:48	STUCKEY, Alex	WITHAM RUNNING CLUB	M36	56.70%	27	161
162	1:18:51	KADIRI, ADEWALE	Purple Patch	M43	59.54%	173	162
163	1:18:57	GORDON, CLAIRE	WITHAM RUNNING CLUB	F36	62.93%	76	163
164	1:19:08	DYKES, William	Ipswich Jaffa Running club	M35	56.44%	349	164
165	1:19:15	URWIN, MAISON	COLCHESTER HARRIERS	M41	58.38%	289	165
166	1:19:18	O'CONNOR, Rachel	WITHAM RUNNING CLUB	F36	62.65%	81	166

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

Place	Time	Name	Team	Age Category	Age	Grading	Race	Race
167	1:19:25	HUNT, Nicola	Bishops Stortford Running Club	F40	64.58%	339	167	
168	1:19:25	JOWES, Ian		M44	59.56%	401	168	
169	1:19:35	ALEXANDER, Rodger	Colchester and Tendering	M51	62.72%	367	169	
170	1:19:37	TURNER, Paul		M36	56.12%	46	170	
171	1:19:38	THURSTON, Les	Bishops Stortford Running Club	M60	67.79%	224	171	
172	1:19:54	ROSE, Denise		F47	68.09%	62	172	
173	1:19:54	LYNCH, Mark	WITHAM RUNNING CLUB	M40	57.51%	131	173	
174	1:19:55	ROLERKITE, LINDSAY	Braintree & District Athletic	F43	65.78%	353	174	
175	1:19:59	WILLIAMS, Steve		M49	61.43%	279	175	
176	1:20:03	WENMAN, SARAH	Springfield Striders	F35	61.69%	16	176	
177	1:20:05	FUREY, Natasha	Bishops Stortford Running Club	F29	61.66%	294	177	
178	1:20:13	PARISH, Brian	Havering 90 Joggers	M36	55.70%	338	178	
179	1:20:18	SHORT, Colin	WITHAM RUNNING CLUB	M62	68.56%	415	179	
180	1:20:19	AMODEI, MARIO		M37	56.01%	264	180	
181	1:20:31	DICKMAN, James	Springfield Striders	M45	59.18%	403	181	
182	1:20:42	GRENVILLE, Mark		M46	59.48%	437	182	
183	1:20:48	MOORE, GRAEME	Benfleet Running Club	M51	61.78%	317	183	
184	1:20:56	PAUL, Hedger	WITHAM RUNNING CLUB	M41	57.17%	123	184	
185	1:20:57	FUENSE, Fernando	Havering 90 Joggers	M57	64.88%	218	185	
186	1:21:02	FROST, Andy		M31	55.12%	82	186	
187	1:21:19	PRIOR, Robert		M33	54.93%	263	187	
188	1:21:21	STUCKEY, Liz	WITHAM RUNNING CLUB	F36	61.07%	26	188	
189	1:21:25	LINTON, IAN	Tiptree Road Runners	M61	66.96%	18	189	
190	1:21:27	ARGYROU, Tony	Fairlands Valley Spartans	M43	57.64%	128	190	
191	1:21:34	CLAYTON, Gary		M43	57.56%	145	191	
192	1:21:36	MCPHERSON, Craig	Hunts AC	M29	54.74%	366	192	
193	1:21:45	HUTCHINS, Paul	Havering 90 Joggers	M47	59.18%	247	193	
194	1:21:49	SHEPPARD, Nigel		M49	60.05%	56	194	
195	1:21:59	KOCIJANCIC, Sebastian		M38	55.26%	371	195	
196	1:22:14	MOLE, DENIS	Havering 90 Joggers	M62	66.94%	134	196	
197	1:22:24	GAJBUTOWILZ, Andrzej	Victoria Park Harriers	M51	60.58%	196	197	
198	1:22:30	MCCLYMONT, Ian	Bishops Stortford Running Club	M64	68.08%	12	198	
199	1:22:31	SMITH, Tom		M35	54.13%	256	199	
200	1:23:06	EVANS, Lorraine	Bishops Stortford Running Club	F51	67.87%	178	200	
201	1:23:13	NASH, Alun		M49	59.04%	351	201	
202	1:23:22	ALLAN, Amanda		F28	59.24%	149	202	
203	1:23:28	TIMBREL, Jodie	Thrift Green Trotters	F28	59.17%	426	203	
204	1:23:28	COLBERT, Sarah	Springfield Striders	F41	61.94%	308	204	
205	1:23:30	BOND, Andrew		M28	53.49%	414	205	
206	1:23:38	PENNY, John		M55	61.70%	176	206	
207	1:23:45	HAGAN, Roger	Havering 90 Joggers	M50	59.12%	217	207	
208	1:23:46	PARKER, Russel	HARWICH RUNNERS	M35	53.32%	422	208	
209	1:23:48	FRANCES LAMBERT, HELEN	Braintree & District Athletic	F48	65.49%	290	209	
210	1:23:49	BALL, Shirley	Bishops Stortford Running Club	F56	70.63%	184	210	
211	1:23:51	SAHANS, GURMUKH		M31	53.27%	20	211	
212	1:23:56	GRIDLEY, David	Havering 90 Joggers	M43	55.94%	379	212	
213	1:23:59	DELANEY, Joe		M42	55.51%	421	213	
214	1:24:02	SILVERTON, ROSS	WITHAM RUNNING CLUB	M61	64.88%	114	214	
215	1:24:08	THEELKE, MIKE		M54	60.82%	261	215	
216	1:24:26	THOMSON, Andrew James	Havering 90 Joggers	M34	52.90%	51	216	
217	1:24:28	PAYTON, Tim	Heathside	M37	53.26%	407	217	
218	1:24:33	CAMERON, David		M63	65.76%	185	218	
219	1:24:35	TOMPKINS, Helen	Pitsea	F53	67.96%	281	219	
220	1:24:35	HOPKINSON, Nicola	Iford AC	F47	64.32%	59	220	
221	1:24:57	DUFF, MIKE		M34	52.58%	273	221	
222	1:25:03	CRAWFORD, KAMAU	Mornington Chasers	M34	52.52%	270	222	
223	1:25:05	HILL, TRACY	Havering 90 Joggers	F47	63.94%	231	223	

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224	1:25:05	JOHNSON, Gabbi	London Heathside	F41	60.76%	233	224
225	1:25:25	HEIGHTON, Laura		F25	57.81%	428	226
226	1:25:30	FRIBBINS, Micheal	Having 90 Joggers	M61	63.76%	220	227
227	1:25:45	WEST-BULFORD, Simon		M41	53.96%	439	228
228	1:25:48	WYATT, Harriet	Bishops Stortford Running Club	F43	61.27%	435	229
229	1:25:48	HUGHES, James	Bishops Stortford Running Club	M24	52.06%	436	230
230	1:25:52	AITKEN, Clive		M40	53.51%	89	231
231	1:25:57	CHALMERS, Vince		M49	57.17%	187	232
232	1:25:58	HENDLEY, Roy	Having 90 Joggers	M23	51.96%	204	233
233	1:26:00	EVANS, Gareth		M24	51.94%	138	234
234	1:26:09	BEESON, Spencer	Having 90 Joggers	M39	52.95%	350	235
235	1:26:10	CROFT, James		M31	51.84%	272	236
236	1:26:13	RODGERS, Carol-Ann	Having 90 Joggers	F44	61.49%	194	237
237	1:26:30	FELDMAN, Brian	Hillingdon AC	M63	64.28%	331	238
238	1:26:41	OLDFIELD, Gael		F155	281.33%	133	239
239	1:26:44	MACQUEEN, ANDREA	Orion Harriers	F47	62.72%	241	240
240	1:27:10	FLETCHER, Mark		M35	51.24%	119	241
241	1:27:17	RAY, STEVE	Dagenham 88 Runners	M30	51.17%	4	242
242	1:27:21	RUSSELL, ADRIAN	Woodford Green	M46	54.95%	5	243
243	1:27:51	LAGNADO, Ellis		M43	53.44%	246	244
244	1:27:53	WILLIAMS, Paul	Pitsea	M52	57.27%	282	245
245	1:27:55	SEDGE, Teresa	crowborough runners	F34	56.17%	361	246
246	1:27:56	HURLEY, Scott	Loughton A C	M37	51.16%	179	247
247	1:27:59	HURLEY, Michelle	Loughton A C	F34	56.13%	177	248
248	1:28:03	DOBIE, Ron	Having 90 Joggers	M49	55.80%	207	249
249	1:28:11	HOLGATE, PAUL	Fairlands Valley Spartans	M53	57.55%	396	250
250	1:28:13	BUCKNELL, Ian		M47	54.85%	406	251
251	1:28:15	ALLEN, Peter	Bishops Stortford Running Club	M54	57.98%	139	252
252	1:28:29	BOOTHBY, Lucy	RIVERSIDE RUNNERS	F43	59.41%	329	253
253	1:28:36	SHEEKEY, Steve	Having 90 Joggers	M48	55.02%	214	254
254	1:28:43	ROWELL, Barry	Having 90 Joggers	M49	55.38%	365	255
255	1:28:51	RICHARDS, Tony		M40	51.72%	330	256
256	1:29:15	HUME, Michelle		F33	55.33%	38	257
257	1:29:18	HORGAN, JOHN	100 MARATHON CLUB	M56	58.31%	135	258
258	1:29:20	MILES, Albert	Castle Point Joggers	M73	69.85%	201	259
259	1:29:35	MCCLURE, Mel	Victoria Park Harriers	F52	63.55%	326	260
260	1:29:45	LAMBTON, RICHARD		M28	49.77%	259	261
261	1:29:49	MAGOR, Fiona	Springfield Striders	F37	55.74%	107	262
262	1:29:54	THOMAS, LEON		M42	51.85%	277	263
263	1:29:58	COUPLAND, Tracey		F38	56.09%	423	264
264	1:30:08	OLDFIELD, Gemma		F25	54.79%	132	265
265	1:30:15	BOULTON, Peter		M68	65.00%	115	266
266	1:30:18	BOULTON, NORMAN		M42	51.62%	22	267
267	1:30:24	CAIRNS, IAN		M51	55.22%	163	268
268	1:30:31	TAPPIN, Steve		M27	49.35%	440	269
269	1:30:32	LYGO, Pauline	Barnet & District	F65	72.24%	116	270
270	1:30:35	NIEMBRO, JULIET		F44	58.53%	7	271
271	1:30:39	ARMSTRONG, GRAEME	Broxbourne Runners	M41	51.04%	104	272
272	1:30:39	REEVES, Sian	Broxbourne Runners	F38	55.67%	105	273
273	1:30:47	DARBY, Paul		M44	52.10%	86	274
274	1:30:50	ALVES, Paula		F36	54.70%	441	275
275	1:30:57	DZIALDOW, Resi	London Heathside	F49	60.89%	94	276
276	1:31:04	LAW, Barbara	Great Bentley Running Club	F66	72.75%	156	277
277	1:31:07	MCDONNELL, Babara	Having 90 Joggers	F51	61.90%	298	278
278	1:31:15	WHITBREAD, KIM		F49	60.69%	113	279
279	1:31:16	COWLEY, CHRIS		M52	55.15%	103	280
280	1:31:28	PRICE, Simon		M34	48.83%	420	281
281	1:31:38	KNIGHT, PAUL		M41	50.49%	141	282

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

Place	Time	Name	Team	Age Category	Age Grading	Race	Race
282	1:31:41	SUTHERLAND, Fiona	Bishops Stortford Running Club	F53	62.70%	61	283
283	1:31:50	FLANNIGAN, Teresa Jane	Pitsea	F58	65.83%	193	284
284	1:31:57	WHITING, Richard	Herts Phoenix Athletic Club	M59	58.17%	322	285
285	1:31:59	KENNEDY, SHEILA		F51	61.32%	98	286
286	1:32:07	FRANKIS, Richard		M33	48.49%	288	287
287	1:32:16	BROWNE, Tony	Ware Joggers	M54	55.46%	192	288
288	1:32:27	GREEN, Paula	Thrift Green Trotters	F41	55.92%	235	289
289	1:32:58	BRIGHT, STEPHEN	BRITISH ATHLETIC SUPPORTERS CLUB	M47	52.04%	431	290
290	1:33:08	LAWSON, Terrence		M50	53.17%	377	291
291	1:33:16	FREEMAN, ANDREW		M44	50.71%	166	292
292	1:33:36	ST. HELIEN, COLIN		M48	52.08%	74	293
293	1:33:53	PICKLES, ROGER	NORTHERN VETERANS AC	M57	55.94%	274	294
294	1:34:03	CAUTICK, Ravi	Larkfield ac	M34	47.49%	362	295
295	1:34:05	HAIGH, Celia	Harlow Running Club	F38	53.64%	324	296
296	1:34:21	MURRAY, CHRISSEY		F32	52.34%	155	297
297	1:34:22	PENFOLD, Keith	Havering 90 Joggers	M58	56.16%	203	298
298	1:34:23	HARGRAVE, Caroline		F34	52.32%	199	299
299	1:34:28	MORLEY, Stephen	Bandon Fern Hoppers	M57	55.59%	37	300
300	1:34:30	LAWSON, Toni	Havering 90 Joggers	M53	53.70%	58	301
301	1:34:42	PATEL, Vipin	Harlow Running Club	M56	54.98%	395	302
302	1:34:47	COTTRELL, Mike	Billericay Striders	M66	60.52%	151	303
303	1:35:07	EMERICK, David	WITHAM RUNNING CLUB	M70	63.12%	334	304
304	1:35:18	CALLAGHAN, Nicole	Springfield Striders	F38	52.96%	120	305
305	1:35:25	SANDERS, Hannah		F30	51.76%	398	306
306	1:35:32	ROSE, Michael		M54	53.56%	327	307
307	1:35:58	LAVERACK, Nicola		F34	46.54%	225	308
308	1:36:08	SELWOOD, Nicola		F37	52.08%	391	309
309	1:36:12	BYRD, PETER		M46	49.90%	344	310
310	1:36:17	RICHARDSON, NEIL	Serpentine Running Club	M37	46.72%	3	311
311	1:36:18	DODD, John		M60	56.06%	416	312
312	1:36:34	OWEN, Susannah		F35	51.14%	52	313
313	1:36:57	WEBBER, Sarah	Havering 90 Joggers	F44	54.68%	300	314
314	1:37:02	CAYFORD, ROBB		M29	46.03%	53	315
315	1:37:11	LEE, VANESSA		F25	50.81%	39	316
316	1:37:46	WILLIAMS, STUART		M47	49.49%	160	317
317	1:37:58	PENFOLD, MARY	Kent Police AC	F48	56.02%	99	318
318	1:38:04	PAMIDIGHANTANS, Sueeram		M35	45.55%	442	319
319	1:38:32	TAYLOR, Janet		F50	56.72%	175	320
320	1:38:50	WINSTER, Jenny		F54	58.74%	42	321
321	1:38:59	SUTHERLAND, Christine	Havering 90 Joggers	F58	61.07%	219	322
322	1:38:59	PATEL, Sharon	Harlow Running Club	F37	50.58%	394	323
323	1:39:03	SCRIVENER, Keith	Great Bentley Running Club	M67	58.57%	333	324
324	1:39:09	GOLDER, CATH		F43	53.02%	345	325
325	1:09:12	WHITE, KIM		F41	74.71%	153	326
326	1:39:15	DRAKE, Michala	Orion Harriers	F41	52.09%	393	327
327	1:39:30	VINCENT, Alan		M62	55.33%	161	328
328	1:39:45	SHORT, Lisa		F42	52.26%	424	329
329	1:40:00	LAWSON, Mary-Ann		F51	56.40%	375	330
330	1:40:18	RUANE, Barbara		F25	49.24%	84	331
331	1:41:02	HALE, Joy		F30	48.88%	417	332
332	1:41:06	COOTES, Louise		F30	48.85%	343	333
333	1:41:28	THOMPSON, Pauline	Havering 90 Joggers	F51	55.58%	215	334
334	1:41:42	TURNBULL, Fiona		F48	53.97%	195	335
335	1:41:46	WORDSWORTH, MELISSA		F39	49.98%	258	336
336	1:42:07	MCMANUS, Alison		F33	48.36%	169	337
337	1:42:25	SAHANS, DARVEER		M27	43.61%	19	338
338	1:42:51	CLUCAS, Alan		M43	45.65%	433	339
339	1:43:06	MCLENNAN, Ainsle		F37	48.56%	68	340

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Age Category</i>	<i>Age Grading</i>	<i>Race</i>	<i>Race</i>
340	1:43:23	CADDELL, GARY		M34	43.20%	21	341
341	1:43:26	ASPLAND, Sue		F43	50.82%	255	342
342	1:43:28	EYRE, Robert		M46	46.39%	254	343
343	1:43:52	BOGSONS, Richard		M39	43.92%	109	344
344	1:44:27	NEWTON, MATTHEW		M30	42.76%	97	345
345	1:44:27	DOAK, Colin	ELY RUNNERS	M46	45.96%	67	346
346	1:44:38	FORSTER, Jo		F30	47.20%	45	347
347	1:45:43	REDRUP, Joanna		F41	48.90%	242	348
348	1:45:59	SALISBURY, EMMA		F41	48.78%	102	349
349	1:46:18	MUIR, Carol	Iford AC	F37	47.10%	36	350
350	1:46:29	PICKLES, Elizabeth		F23	46.38%	276	351
351	1:46:45	O'SULLIVAN, Helen	Orion Harriers	F59	57.22%	359	352
352	1:46:45	O'SULLIVAN, Sean		M54	47.93%	358	353
353	1:46:59	GIBSON, Lorri	Benfleet Running Club	F38	47.17%	325	354
354	1:47:10	PYLE, ZOE		F37	46.72%	152	355
355	1:47:54	WILLIAMS, Lynn	WITHAM RUNNING CLUB	F49	51.33%	385	356
356	1:48:02	POWELL, Lorraine		F49	51.27%	390	357
357	1:48:14	PULLEN, Wendy		F49	51.17%	340	358
358	1:48:24	BUNCE, JANET	Orion Harriers	F54	53.55%	167	359
359	1:48:35	CAPPER, SUZAN	Orion Harriers	F60	56.85%	168	360
360	1:49:11	TYLER, Debbie	Kent Police AC	F50	51.18%	96	361
361	1:50:46	HOSLER, John	Havering 90 Joggers	M65	51.22%	210	362
362	1:51:29	TISDALE, David		M41	41.50%	430	363
363	1:51:39	MARSHAM, Linda	Havering 90 Joggers	F49	49.60%	209	364
364	1:52:12	SANDHU, Jin		M33	39.81%	412	365
365	1:52:12	RICH, ANDREW	East London Runners	M32	39.81%	24	366
366	1:52:29	GLEESON, JOHN		M41	41.13%	140	367
367	1:53:25	BROWN, FARRAH	East London Runners	F32	43.54%	136	368
368	1:53:25	BROWN, Collesa		F27	43.54%	137	369
369	1:53:51	HAGAN, Yvonne	Havering 90 Joggers	F47	47.78%	216	370
370	1:56:22	ADLER, Leslie	Havering 90 Joggers	F64	55.54%	211	371
371	1:56:30	BROWN, Ben	Army Athletics Association	M25	38.34%	370	372
372	1:56:30	MARSH, Richard		M38	38.88%	443	373
373	1:56:55	ALLISON, Sharon		F43	44.96%	234	374
374	1:59:27	PICKLES, Grace	NORTHERN VETERANS AC	F53	48.12%	275	375
375	1:59:34	PICKLES, Jane		F28	41.30%	278	376
376	2:00:59	EMERICK, Naomi A	WITHAM RUNNING CLUB	F61	51.60%	335	377
377	2:02:01	MILLS, BRENDAN	Army Athletics Association	M25	36.61%	374	378
378	2:13:37	BURR, Sean	Army Athletics Association	M36	33.44%	369	379

There were 378 finishers in the All Competitors category.