

NUMBER	SURNAME	FORNAME	CLUB	CAT	Time	Position
84	MACGREGOR	LAUREN	ORION HARRIERS	S	20.05	1
83	ANDREWS	JAY	ORION HARRIERS	S	20.20	2
299	WHITE	REBECCA	SAFFRON STRIDERS	S	21.07	3
189	SAMUELSON-DEAN	KATIE	CAMBRIDGE & COLERIDGE AC	S	21.11	4
98	DANIELS	SANDRA	BISHOP'S STORTFORD	V40	21.38	5
184	SNOW	NATALIE	FORD FITNESS(TRI SPORT)	S	21.46	6
294	SIMMONS	JULIE	ALLENBURY	V50	22.05	7
121	JONES	DIONNE	HARLOW RUNNING CLUB	V35	22.20	8
289	PARRY	SHARON	ALLENBURY	V35	22.23	9
185	POGONOWSKI	RUTH	FORD FITNESS (TRI SPORT)	S	22.28	10
196	HERRINGTON	KATIE	HARLOW RUNNING CLUB	S	22.42	11
197	CORD	SUE	WOODFORD GREEN	V50	22.47	12
188	STEADMAN	VICKY	HARLOW RUNNING CLUB	S	22.51	13
279	FONNERGAU	JULIA	BISHOP'S STORTFORD	V40	22.55	14
231	SAYLE	NICOLA	FORD FITNESS (TRI SPORT)	S	23.23	15
182	CLARK	BEVERLY	THRIFT GREEN TROTTERS	V45	23.26	16
97	STARR	KATH	HARLOW RUNNING CLUB	S	23.35	17
287	KIMBERLEY	SIMONE	BARNET & DISTRICT AC	V45	23.43	18
132	HOWES	JANET	BISHOP'S STORTFORD	V60	23.51	19
283	HALLIDAY	SARAH	GARDEN CITY RUNNERS	V35	24.01	20
288	SUTHERLAND	FIONA	BISHOP'S STORTFORD	V50	24.09	21
95	HEWIT	JOANNE	BISHOP'S STORTFORD	S	24.13	22
192	CHUNG	JOANNE	HARLOW RUNNING CLUB	S	24.32	23
295	FORBES	CAROL		V40	24.49	24
181	NIXON	EMMA	BISHOP'S STORTFORD	V45	24.51	25
280	SYME	KATIE	HARLOW RUNNING CLUB	S	25.02	26
298	MANGELSHOT	KIMBERLEY	WARE JOGGERS	V35	25.23	27
96	JENKS	CAROLINE		V40	25.54	28
183	MOIR	KAREN	HARLOW RUNNING CLUB	V45	26.05	29
284	MORRISON	ELIZABETH		V45	26.11	30
293	COWAN	ELEANOR	BISHOP'S STORTFORD	V40	26.24	31
285	LYGO	PAULINE	BARNET & DISTRICT AC	V55	26.34	32
198	WILLIAMS	CLARE	HARLOW RUNNING CLUB	V35	26.38	33
88	BAILEY	GINA	HARLOW RUNNING CLUB	V35	27.04	34
195	BULL	ALISON	HARLOW RUNNING CLUB	V40	27.25	35

286	HARVEY	BRENDA	BARNET & DISTRICT AC	V60	27.28	36
94	SEDGBEER	ANNA	BISHOP'S STORTFORD	V35	27.30	37
212	RISLEY	KAREN	BISHOP'S STORTFORD	S	27.31	38
276	CROWLEY	BARBARA	THRIFT GREEN TROTTERS	V65	27.35	39
300	WAKELING	MAUREEN	BISHOP'S STORTFORD	V40	27.55	40
187	BONSER	JOANNA	BISHOP'S STORTFORD	V45	27.58	41
296	GOWLETT	MICHELLE	BISHOP'S STORTFORD	S	28.23	42
282	WOOKEY	KIM	HARLOW RUNNING CLUB	V50	28.27	43
190	DEWEN	SUSAN	HARLOW RUNNING CLUB	V45	28.35	44
290	ROSS	ELIZABETH		V50	28.38	45
278	GAUD-CLARK	ANNE	BISHOP'S STORTFORD	V60	28.45	46
194	HAWKINS	LINDA	HARLOW RUNNING CLUB	V40	29.06	47
199	WILLIAMS	RITA	WARE JOGGERS	V55	29.06	48
93	HAZELL	CLAIR	BISHOP'S STORTFORD	V40	29.07	49
100	GOODCHILD	DENISE	HARLOW RUNNING CLUB	V40	29.56	50
92	LITTMODEN	SHARON	BISHOP'S STORTFORD	V45	30.07	51
193	WEBSTER	JANET	HARLOW RUNNING CLUB	V50	30.18	52
99	STROUD	PAULINE	BISHOP'S STORTFORD	V45	31.05	53
90	COOMBS	DEBBIE	HARLOW RUNNING CLUB	S	31.49	54
89	SIMPSON	LOUISE		S	32.00	55
186	ROBINSON	CHRISTINE	BISHOP'S STORTFORD	V55	32.31	56
292	BAKER	HEIDI	GREAT BENTLEY	V35	33.57	57
85	HARRIS	MELANIE	HARLOW RUNNING CLUB	V50	35.11	58
86	BARNES	RUTH		V40	35.11	59
291	CORBY	JOAN		V35	35.19	60
91	PUREWAL	SHARAN	ALLENBURY	S	35.20	61
275	TOZE	CAROL	BISHOP'S STORTFORD	V55/V60	35.32	62
297	O'CONNOR	RUTH	HARLOW RUNNING CLUB	V40	36.58	63
281	JACKSON	KUZNA	HARLOW RUNNING CLUB	V55	41.49	64