

NUMBER	SURNAME	FORNAME	CLUB	CAT	Pos	Time
84	MACGREGOR	LAUREN	ORION HARRIERS	S	1	19.29
82	LIVINGSTONE	MANDY	GARDEN CITY RUNNERS	V35	2	20.36
83/79/60	ANDREWS	JAY	ORION HARRIERS	S	3	20.49
299	WHITE	REBECCA	SAFFRON STRIDERS	S	4	20.56
189	SAMUELSON-DEAN	KATIE	CAMBRIDGE & COLERIDGE AC	S	5	21.23
64	CARMICHAEL	HANNAH	DULWICH RUNNERS	S	6	21.38
98/81/58	DANIELS	SANDRA	BISHOP'S STORTFORD	V40	7	21.41
121	JONES	DIONNE	HARLOW RUNNING CLUB	V35	8	21.44
294	SIMMONS	JULIE	ALLENBURY	V50	9	21.57
289	PARRY	SHARON	ALLENBURY	V35	10	22.18
71	BRETT	KATY	ORION HARRIERS	S	11	22.22
197	CORD	SUE	WOODFORD GREEN	V50	12	22.29
185	POGONOWSKI	RUTH	FORD FITNESS (TRI SPORT)	S	13	22.38
283	HALLIDAY	SARAH	GARDEN CITY RUNNERS	V35	14	22.53
59	DABUI	VENITA	FORD FITNESS (TRI SPORT)	S	15	22.55
196	HERRINGTON	KATIE	HARLOW RUNNING CLUB	S	16	22.59
188	STEADMAN	VICKY	HARLOW RUNNING CLUB	S	17	23.06
132	HOWES	JANET	BISHOP'S STORTFORD	V60	18	23.41
231	SAYLE	NICOLA	FORD FITNESS (TRI SPORT)	S	19	23.52
287	KIMBERLEY	SIMONE	BARNET & DISTRICT AC	V45	20	23.59
182	CLARK	BEVERLY	THRIFT GREEN TROTTERS	V45	21	24.09
288	SUTHERLAND	FIONA	BISHOP'S STORTFORD	V50	22	24.32
279	FONNERGAU	JULIA	BISHOP'S STORTFORD	V40	23	24.40
181	NIXON	EMMA	BISHOP'S STORTFORD	V45	24	24.55
72/65	HINDER	LOUISA		V35	25	25.06
192	CHUNG	JOANNE	HARLOW RUNNING CLUB	S	26	25.08
198/80	WILLIAMS	CLARE	HARLOW RUNNING CLUB	V35	27	25.35
78	SMALL	BEVERLY	BISHOP'S STORTFORD	V50	28	25.39
280	SYME	KATIE	HARLOW RUNNING CLUB	S	29	25.41
63	APPS	SOPHIE	DULWICH RUNNERS	S	30	26.01
295/66	FORBES	CAROL		V40	31	26.03
212	RISLEY	KAREN	BISHOP'S STORTFORD	S	32	26.10
62	LYNESS	SUE		V40	33	26.26
284	MORRISON	ELIZABETH		V45	34	26.28

297	O'CONNOR	RUTH	HARLOW RUNNING CLUB	V40	35	26.30
285	LYGO	PAULINE	BARNET & DISTRICT AC	V55	36	26.35
195	BULL	ALISON	HARLOW RUNNING CLUB	V40	37	26.52
290	ROSS	ELIZABETH	FORD FITNESS (TRI SPORT)	V50	38	27.04
183	MOIR	KAREN	HARLOW RUNNING CLUB	V45	39	27.07
293	COWAN	ELEANOR	BISHOP'S STORTFORD	V40	40	27.18
117	SPRING	WENDY	HARLOW RUNNING CLUB	V35	41	27.23
278	GAUD-CLARK	ANNE	BISHOP'S STORTFORD	V60	42	27.24
276	CROWLEY	BARBARA	THRIFT GREEN TROTTERS	V65	43	27.26
286	HARVEY	BRENDA	BARNET & DISTRICT AC	V60	44	27.45
190	DEWEN	SUSAN	HARLOW RUNNING CLUB	V45	45	28.06
91	PUREWAL	SHARAN	ALLENBURY	S	46	28.18
86	BARNES	RUTH		V40	47	28.27
300	WAKELING	MAUREEN	BISHOP'S STORTFORD	V40	48	28.36
194	HAWKINS	LINDA	HARLOW RUNNING CLUB	V40	49	28.43
76/61	PALAS	AMELIA	HARLOW RUNNING CLUB	?	50	29.10
199	WILLIAMS	RITA	WARE JOGGERS	V55	51	29.31
186	ROBINSON	CHRISTINE	BISHOP'S STORTFORD	V55	52	29.58
90	COOMBS	DEBBIE	HARLOW RUNNING CLUB	S	53	30.02
92	LITTMODEN	SHARON	BISHOP'S STORTFORD	V45	54	30.19
93	HAZELL	CLAIR	BISHOP'S STORTFORD	V40	55	30.50
200	AMOS	MARY	BISHOP'S STORTFORD	V60	56	30.52
193	WEBSTER	JANET	HARLOW RUNNING CLUB	V50	57	31.12
217	POYNTER	SARAH	BISHOP'S STORTFORD	S	58	31.34
57	MORLEY	SUSIE	HARLOW RUNNING CLUB	S	59	31.39
74	WORKMAN	VICTORIA	BISHOP'S STORTFORD	S	60	32.14
85	HARRIS	MELANIE	HARLOW RUNNING CLUB	V50	61	33.33
292	BAKER	HEIDI	GREAT BENTLEY	V35	62	34.12
291	CORBY	JOAN		V35	63	35.31
281	JACKSON	KUZNA	HARLOW RUNNING CLUB	V55	64	41.55