

Gun Pos	Race No	Name	Gender	Cat	Club	Gun Time	Chip Pos	Chip Time
1	748	Paul Molyneux	M		Springfield Striders RC	00:32:04	1	00:32:03
2	189	Alastair Watson	M		Hermitage Harriers	00:32:11	2	00:32:10
3	599	Nick Beresford	M		North Herts RRC	00:33:59	3	00:33:58
4	97	Steven Prosser	M		Thurrock Harriers AC	00:34:04	4	00:34:03
5	100	Mark Newton	M		Springfield Striders RC	00:34:08	5	00:34:08
6	892	Charles Wartnaby	M	V	Cambridge & Coleridge AC	00:34:26	6	00:34:24
7	1015	Iain Campbell	M	SV		00:34:38	7	00:34:37
8	1298	Paul Hasler	M		Paddock Wood AC	00:34:44	8	00:34:41
9	986	Christopher Sellens	M		Colchester Harriers AC	00:35:04	9	00:35:01
10	467	Richard Holland	M	SV	Woodford Green AC with Essex Ladies	00:35:10	10	00:35:09
11	1146	Grant Ramsay	M		Fairlands Valley Spartans	00:35:18	11	00:35:17
12	1383	Simon Riley	M		St Albans Striders	00:35:22	12	00:35:20
13	1152	Phillip Munro	M		Colchester Harriers AC	00:35:23	13	00:35:21
14	1355	Robert Reason	M		Harwich Runners	00:35:32	14	00:35:30
15	693	Anthony Squire	M		Billericay Striders	00:35:36	15	00:35:33
16	1064	Anthony Forsyth	M		Ashford AC	00:35:39	16	00:35:36
17	538	Steffan Ford	M		Team Trisports	00:35:43	17	00:35:40
18	1415	Craig Halsey	M		Fairlands Valley Spartans	00:35:47	18	00:35:46
19	464	Edward Shepherd	M		Herts Phoenix AC	00:35:50	19	00:35:49
20	1326	Stephen Pettit	M	V	Ely Runners	00:35:51	20	00:35:49
21	1382	Peter Thompson	M	SV	Nene Valley Harriers	00:36:06	21	00:36:04
22	850	Ronnie Dwyer	M	V		00:36:07	22	00:36:05
23	424	Jared Bethell	M		Harlow Running Club	00:36:09	23	00:36:07
24	636	Marc Jones	M			00:36:11	24	00:36:07
25	687	Alan Pritchard	M		Cambridge & Coleridge AC	00:36:19	25	00:36:15
26	696	Darren Preston	M		BRJ Running Club	00:36:35	26	00:36:30
27	288	Paul Anderson	M		Springfield Striders RC	00:36:37	27	00:36:34
28	1399	Graham Rush	M			00:36:44	28	00:36:42
29	1309	John Manlow	M	V	Ely Runners	00:36:48	29	00:36:46
30	861	James Charlton	M	V		00:36:53	30	00:36:50
31	572	Scott Aiken	M	V	Trent Park Running Club	00:36:57	31	00:36:54
32	1209	John Oakes	M	SV	Cambridge & Coleridge AC	00:37:07	32	00:37:05
33	413	Lawrence Gatens	M			00:37:14	33	00:37:11
34	24	Guy Woollett	M	V	Gade Valley Harriers	00:37:16	34	00:37:11
35	260	Kevin Newell	M		Ilford AC	00:37:21	37	00:37:18
36	667	Robbie Cox	M		Woodford Green AC with Essex Ladies	00:37:24	36	00:37:15
37	668	Dave Cox	M	SV	Woodford Green AC with Essex Ladies	00:37:24	35	00:37:15

38	145	Dave Desborough	M	SV	Garden City Runners	00:37:25	38	00:37:22
39	1230	Gary Warren	M	V	St Albans Striders	00:37:31	39	00:37:28
40	81	Paul Mingay	M	SV	Tiptree RRC	00:37:35	40	00:37:32
41	140	James Smith	M		Gade Valley Harriers	00:37:40	41	00:37:37
42	943	Kevin Marshall	M	V	Grange Farm & Dunmow Runners	00:37:44	42	00:37:40
43	149	James Farren	M		Witham RC	00:37:54	43	00:37:48
44	1188	Colin Read	M	V	Walthamstow Athletic Club	00:37:56	44	00:37:54
45	1174	Alexis Ralphs	M			00:37:57	45	00:37:54
46	823	Giles Hopkinson	M	V	Orion Harriers	00:38:08	46	00:38:05
47	135	Edward Price	M		Gade Valley Harriers	00:38:12	47	00:38:06
48	845	Liam Mistry	M		Harlow Athletic Club	00:38:17	48	00:38:14
49	798	Iain Cumming	M	SV	Woodford Green AC with Essex Ladies	00:38:20	49	00:38:18
50	603	Ian Cardy	M	V	Springfield Striders RC	00:38:23	50	00:38:19
51	516	Mark Bird	M		Gade Valley Harriers	00:38:30	51	00:38:24
52	1400	Alex Carlow	M			00:38:31	52	00:38:29
53	975	Keith Marley	M	V		00:38:45	54	00:38:41
54	438	Aaron Williams	M		East London Runners	00:38:46	55	00:38:44
55	574	Lewis Ball	M			00:38:55	53	00:38:30
56	459	Martin Carmack	M	V	Serpentine Running Club	00:38:58	59	00:38:54
57	1049	Rob Mills	M		Springfield Striders RC	00:38:58	58	00:38:54
58	130	John Ockenden	M		St Albans Striders	00:39:01	57	00:38:53
59	825	Alexandra Gounelas	F		Eton Manor AC	00:39:01	60	00:38:55
60	1274	Alistair Brown	M		Grange Farm & Dunmow Runners	00:39:04	64	00:39:02
61	52	Nigel Coates	M	SV	Saffron Striders RC	00:39:05	62	00:38:59
62	105	Adam Hutton	M	V	Springfield Striders RC	00:39:06	63	00:39:01
63	1096	Richard Cobden	M	SV		00:39:08	65	00:39:03
64	395	Kevin Murphy	M	V		00:39:09	61	00:38:58
65	104	Jamie Jephcott	M	V	Harlow Running Club	00:39:12	67	00:39:06
66	763	Stuart Prestney	M		Halstead Road Runners	00:39:15	66	00:39:05
67	809	Nathan Ozols	M		Springfield Striders RC	00:39:21	69	00:39:16
68	1192	Ronnie O'Sullivan	M		Woodford Green AC with Essex Ladies	00:39:23	68	00:39:15
69	1387	Colin Braybrook	M	SV	St Albans Striders	00:39:28	72	00:39:23
70	1100	Peter Shelley	M			00:39:31	71	00:39:22
71	1131	Larry Mangelshot	M	V	Ware Joggers Club	00:39:33	56	00:38:49
72	1059	Matt Cops	M		Benfleet RC	00:39:36	73	00:39:26
73	148	Vince Ellerby	M	V	Gade Valley Harriers	00:39:37	75	00:39:32
74	492	Phil Smith	M		Billericay Striders	00:39:38	74	00:39:31
75	774	Nick Laughton	M	V	Grange Farm & Dunmow Runners	00:39:38	77	00:39:33
76	1448	Tom Balaam	M	J		00:39:39	79	00:39:36

77	739	Paul Jeggo	M	SV	Springfield Striders RC	00:39:39	76	00:39:33
78	156	Matthew Billis	M		Saffron Striders RC	00:39:44	80	00:39:36
79	1247	Isaac Clements	M			00:39:46	81	00:39:39
80	151	Ross Ings	M			00:39:47	82	00:39:41
81	358	Jon Byford	M		Springfield Striders RC	00:39:51	83	00:39:45
82	163	Mark Healey	M	V	Springfield Striders RC	00:39:52	87	00:39:47
83	1320	Neil Carrington	M		Cambridge & Coleridge AC	00:39:52	84	00:39:46
84	724	Daniel Reynolds	M		Grange Farm & Dunmow Runners	00:39:54	70	00:39:21
85	917	Stewart Ellis	M		Braintree & District AC	00:39:55	78	00:39:35
86	792	Richard Bonham	M	V	Castle Point Joggers	00:39:57	89	00:39:51
87	1065	Timothy Forsyth	M	J	Ashford AC	00:40:01	92	00:39:57
88	1222	John Rose	M	V	Trent Park Running Club	00:40:01	86	00:39:47
89	1179	Paul Rodbourn	M	V		00:40:02	85	00:39:46
90	335	James Kew	M	V	Saffron Striders RC	00:40:03	91	00:39:55
91	396	Mark Stevens	M	V		00:40:04	94	00:40:02
92	387	Lorcan Murphy	M		Woodford Green AC with Essex Ladies	00:40:09	88	00:39:49
93	569	Ross Boyer	M	SV	Braintree & District AC	00:40:12	95	00:40:07
94	1118	Maren Urner	F		Serpentine Running Club	00:40:14	97	00:40:10
95	953	Dean Morley	M	V	Serpentine Running Club	00:40:17	90	00:39:53
96	900	Leo Cole	M	V		00:40:18	98	00:40:11
97	713	Adrian Donnelly	M		Fairlands Valley Spartans	00:40:21	93	00:40:01
98	1173	Anthony Tobin	M		Benfleet RC	00:40:29	101	00:40:19
99	1299	Arthur Whiston	M	GV	Colchester Harriers AC	00:40:30	102	00:40:26
100	604	Katie Sherwood	F		Cambridge & Coleridge AC	00:40:30	99	00:40:13
101	1313	Brian Daldorph	M	SV		00:40:36	100	00:40:18
102	1413	Sally Onn	F		St Albans Striders	00:40:37	103	00:40:27
103	374	James Wright	M		Springfield Striders RC	00:40:41	104	00:40:37
104	313	Paul Jeffrey-Read	M			00:40:42	105	00:40:37
105	55	Gary Joslin	M	V	Springfield Striders RC	00:40:46	107	00:40:39
106	832	David Andrews	M	V	Grange Farm & Dunmow Runners	00:40:47	106	00:40:39
107	277	Istvan Jacso	M			00:40:49	108	00:40:44
108	508	Chris Feasey	M		Witham RC	00:40:51	96	00:40:09
109	858	Timothy Allsop	M	V		00:40:54	109	00:40:45
110	241	David Spencer	M	V	Grange Farm & Dunmow Runners	00:40:59	115	00:40:57
111	906	Terry Haywood	M	V		00:41:00	113	00:40:55
112	1414	Paul Neaves	M	V		00:41:04	112	00:40:54
113	560	Andrew Catton	M	SV	Ilford AC	00:41:10	117	00:41:04
114	49	Martyn Annetts	M	V	North Herts RRC	00:41:12	119	00:41:08
115	66	Chris Mottram	M		Broxbourne Runners	00:41:18	116	00:40:57

116	1086	John Hills	M			00:41:19	114	00:40:56
117	3	Fiona Halls	F	V	Saffron Striders RC	00:41:20	120	00:41:13
118	921	Tim Phipps	M	V		00:41:22	118	00:41:04
119	384	Daryl Selby	M		Stortford Squash Club	00:41:24	110	00:40:49
120	485	Steve Foy	M	GV		00:41:27	121	00:41:15
121	33	Zoe Lowe	F	SV	St Albans Striders	00:41:28	122	00:41:16
122	13	Tony Wallen	M	V	Witham RC	00:41:34	126	00:41:26
123	1212	Paul Hogben	M			00:41:36	111	00:40:52
124	210	Nikki Brockbank	F		Springfield Striders RC	00:41:40	130	00:41:33
125	1239	Jonathan Redshaw	M		St Albans Striders	00:41:40	129	00:41:29
126	253	Paul Stukas	M	V	Springfield Striders RC	00:41:43	124	00:41:17
127	1048	Michael Woodward	M		Pitsea RC	00:41:44	131	00:41:36
128	414	Richard Solomons	M	GV	Highgate Harriers	00:41:44	125	00:41:18
129	347	Andy Scraggs	M			00:41:45	135	00:41:39
130	945	Matthew Eeles	M		Bishops Stortford Running Club	00:41:46	128	00:41:28
131	506	Craig Hooke	M	V	Grange Farm & Dunmow Runners	00:41:47	133	00:41:38
132	1208	Deborah Steer	F	SV	St Albans Striders	00:41:50	134	00:41:39
133	1235	Josh Hampton	M			00:41:52	138	00:41:48
134	526	Richard Flutter	M	V	Harwich Runners	00:41:52	140	00:41:50
135	1435	Simon Phillips	M		St Edmund Pacers	00:41:53	123	00:41:17
136	821	Debbie Cattermole	F	SV	Colchester Harriers AC	00:41:55	137	00:41:42
137	930	Richard Thomas	M			00:41:55	127	00:41:27
138	688	Caroline Pritchard	F		Cambridge & Coleridge AC	00:41:55	132	00:41:38
139	488	Carys Sutton	F		Chelmsford Athletic Club	00:41:56	139	00:41:50
140	1169	Alasdair Mackenzie	M		Bishops Stortford Running Club	00:41:57	142	00:41:52
141	1242	Richard Mead	M			00:41:59	136	00:41:40
142	1442	Stuart Middleton	M		St Albans Striders	00:42:02	141	00:41:51
143	1124	Richard Hynes	M			00:42:02	143	00:41:56
144	928	Steve Bushell	M			00:42:08	144	00:41:57
145	385	Kate Sandercock	F	V	Colchester Harriers AC	00:42:18	145	00:42:01
146	1236	Ian Horritt	M			00:42:19	147	00:42:08
147	1398	Carla Brown	F			00:42:20	146	00:42:02
148	1047	Carl Johnson	M			00:42:35	149	00:42:25
149	164	John Tennant	M	GV	Harlow Running Club	00:42:40	153	00:42:36
150	60	Graeme Romain	M	SV	Springfield Striders RC	00:42:42	152	00:42:35
151	610	Alexander Green	M	J	Trent Park Running Club	00:42:43	151	00:42:28
152	198	Kirk Crudgington	M			00:42:47	158	00:42:43
153	1294	Jo Ravenhill	F		Metropolitan Police AC	00:42:49	154	00:42:40
154	284	Will Rolfe	M			00:42:49	157	00:42:42

155	897	Roger Berry	M	GV	Walthamstow Athletic Club	00:42:51	156	00:42:42
156	447	John Franklin	M	V	North Herts RRC	00:42:52	161	00:42:48
157	991	Simon Easter	M			00:42:58	159	00:42:45
158	218	Andrew Doig	M		Pitsea RC	00:42:58	163	00:42:51
159	1332	Peter Connell	M			00:43:00	148	00:42:18
160	1303	Rob Harrow	M		Sudbury Joggers	00:43:04	160	00:42:45
161	406	Christopher Snowdon	M		Springfield Striders RC	00:43:08	169	00:43:04
162	740	Andrew Terrell	M		Harlow Running Club	00:43:09	150	00:42:25
163	340	Mike Judd	M	V	Chelmsford Athletic Club	00:43:12	167	00:42:57
164	382	Marc Underdown	M		Witham RC	00:43:12	170	00:43:04
165	1232	Cara Kayum	F		Striders of Croydon	00:43:14	175	00:43:09
166	547	Val Govender	M	V	Springfield Striders RC	00:43:16	155	00:42:41
167	974	Gary Howard	M	SV	Havering Mayesbrook Athletic Club	00:43:17	172	00:43:08
168	1359	Tom Vincent	M			00:43:18	168	00:43:01
169	834	Lloyd Miles	M	V		00:43:20	164	00:42:51
170	992	Stuart Easter	M			00:43:23	176	00:43:10
171	1437	Christopher Pearce	M	V	Springfield Striders RC	00:43:25	165	00:42:53
172	487	Daniella Wax	F	V	Serpentine Running Club	00:43:29	185	00:43:25
173	964	Martin Watson	M			00:43:34	171	00:43:04
174	788	Hans Gabriel	M	V		00:43:36	162	00:42:50
175	1301	Mark Guest	M			00:43:37	187	00:43:26
176	789	Egbert Charlish-Jacks	M	V		00:43:37	166	00:42:55
177	233	Amanda Avery	F	SV	Broxbourne Runners	00:43:38	178	00:43:14
178	224	Scott Mabbutt	M			00:43:38	174	00:43:08
179	4	Sally Mhlanga	F	V	Chelmsford Athletic Club	00:43:39	183	00:43:23
180	333	Gillian Jubb	F	V	St Albans Striders	00:43:41	188	00:43:30
181	180	Graeme Armstrong	M	V	Broxbourne Runners	00:43:43	182	00:43:22
182	628	Richard Jennings	M	V		00:43:45	186	00:43:25
183	1112	Geoff Maidment	M	V	Grange Farm & Dunmow Runners	00:43:46	192	00:43:39
184	56	Pasquale Pellecchia	M	GV	Harlow Running Club	00:43:47	194	00:43:44
185	107	Mark Hampshire	M	SV		00:43:48	179	00:43:19
186	299	Christopher Martin	M		Witham RC	00:43:49	173	00:43:08
187	952	Joseph Dunn	M		St Albans Striders	00:43:57	193	00:43:44
188	718	Simon Eaton	M			00:43:57	197	00:43:48
189	418	Terry Ridge	M		Harlow Running Club	00:44:01	189	00:43:35
190	11	Alex Stuckey	M		Witham RC	00:44:03	180	00:43:20
191	1046	Kristian Darwin	M			00:44:04	177	00:43:13
192	1171	Daryl Fryatt	M			00:44:06	205	00:44:03
193	394	Christopher Surfield	M			00:44:07	184	00:43:23

194	784	Louisa Latham	F		Benfleet RC	00:44:07	198	00:43:51
195	484	Keiron McGill	M		Benfleet RC	00:44:09	199	00:43:52
196	1225	Sue Spong	F	SV	Havering 90 joggers	00:44:10	204	00:44:02
197	401	Neil Hilton	M			00:44:10	190	00:43:37
198	432	Danny Tigie	M			00:44:11	211	00:44:06
199	1276	Tom McDermott	M	V		00:44:14	191	00:43:37
200	1262	Darren Fazackerley	M	V		00:44:15	202	00:44:00
201	12	Brigid Wallen	F	SV	Witham RC	00:44:16	200	00:43:56
202	455	Chris Brolly	M	SV	Bishops Stortford Running Club	00:44:19	201	00:43:57
203	393	Robert Anderson	M			00:44:21	213	00:44:12
204	828	Liam Cuin	M			00:44:22	181	00:43:22
205	1411	Adam Sewell	M	V		00:44:25	210	00:44:06
206	480	Penelope Clarke	F	SV	Witham RC	00:44:29	212	00:44:07
207	796	Abigail Stratford	F			00:44:30	195	00:43:46
208	618	Ivan Bonney	M			00:44:31	216	00:44:15
209	581	Warwick Barton	M	SV	Orion Harriers	00:44:32	196	00:43:48
210	662	Simon Hasset	M	V	Swanley & District AC	00:44:33	208	00:44:06
211	126	Ross Caffell	M			00:44:37	217	00:44:24
212	1407	Paul Martin	M			00:44:37	203	00:44:01
213	946	Michael Bacon	M	SV		00:44:37	209	00:44:06
214	627	Richard Hogg	M	V	Woodford Green AC with Essex Ladies	00:44:38	219	00:44:33
215	235	Joanne Plumb	F	V		00:44:43	207	00:44:05
216	114	Sarah Hammond	F	V	Springfield Striders RC	00:44:47	221	00:44:38
217	131	Andrew Parker	M	SV	Springfield Striders RC	00:44:49	206	00:44:04
218	626	Rhys Davies	M	SV		00:44:51	225	00:44:43
219	1144	Lindsey Barker	F	V	Thrift Green trotters	00:44:53	222	00:44:39
220	291	Robert Boulton	M	V		00:44:55	223	00:44:42
221	386	Ricmar Salthouse	M	V		00:44:58	214	00:44:13
222	540	Tony Balding	M		Leigh on Sea Striders	00:45:01	236	00:44:59
223	790	Julie Beasant	F		Virgin girls	00:45:02	218	00:44:31
224	557	John Bull	M	V	Harlow Running Club	00:45:02	215	00:44:15
225	1233	Mark Travers	M	V		00:45:09	235	00:44:58
226	1183	Chris Reed	M	GV	Thurrock Harriers AC	00:45:09	228	00:44:51
227	5	Howard Smith	M	V		00:45:10	224	00:44:43
228	86	Ian Johnson	M	V	Serpentine Running Club	00:45:11	231	00:44:54
229	853	Anthony Wren	M	SV		00:45:14	232	00:44:56
230	266	Matthew Game	M	V		00:45:16	242	00:45:04
231	223	Roger Hagan	M	SV	Havering 90 joggers	00:45:20	234	00:44:58
232	818	Mark Goodger	M		Harlow Running Club	00:45:20	230	00:44:52

233	207	Stuart Warwick	M	V	Grange Farm & Dunmow Runners	00:45:22	220	00:44:38
234	28	Richard Ridler	M	GV		00:45:23	241	00:45:03
235	843	Chris Beazeley	M	V	Springfield Striders RC	00:45:29	233	00:44:56
236	435	Heather Reed	F	SV		00:45:30	238	00:45:00
237	489	Keith Thornton	M	V	Thrift Green trotters	00:45:31	247	00:45:15
238	1499	Ian Lawson	M	SV	Grange Farm & Dunmow Runners	00:45:33	237	00:44:59
239	694	Johnny Broom	M	V	Gade Valley Harriers	00:45:34	249	00:45:22
240	1195	Richard Sidlin	M	SV	Fairlands Valley Spartans	00:45:36	246	00:45:13
241	709	Alex Wardle	F	V	Woodford Green AC with Essex Ladies	00:45:36	248	00:45:17
242	1335	Ryan Faulkner	M		Herts Phoenix AC	00:45:38	253	00:45:26
243	1321	Simon Morgan	M	V	Tiptree RRC	00:45:38	259	00:45:34
244	193	Glenn Gosling	M			00:45:38	255	00:45:31
245	804	George Thomas	M	GV	Bishops Stortford Running Club	00:45:40	227	00:44:50
246	1408	Christopher Onn	M		St Albans Striders	00:45:40	243	00:45:09
247	39	David Tyson	M		Loughton AC	00:45:41	240	00:45:03
248	568	Helen Cartlidge	F		St Albans Striders	00:45:42	229	00:44:51
249	645	Tom Cornell	M			00:45:45	265	00:45:40
250	1318	Peter French	M	SV		00:45:47	239	00:45:02
251	1380	Tom Hay	M	SV	VocaLink Running Club	00:45:48	258	00:45:34
252	1342	Matthew Rudge	M	J		00:45:51	245	00:45:11
253	1193	Victor T Wilson	M	GV	Woodford Green AC with Essex Ladies	00:45:53	268	00:45:44
254	1150	Paul Pantlin	M	V		00:45:53	252	00:45:24
255	1019	Christopher Davey	M			00:45:53	251	00:45:24
256	315	Carlos Camacho	M	SV		00:45:54	254	00:45:26
257	1300	Jamie Luck	M		Harlow Running Club	00:45:56	270	00:45:48
258	1013	Roger Hart	M	V		00:45:59	261	00:45:36
259	1088	Richard Castell	M			00:46:01	278	00:45:55
260	392	Nick Gransden	M		Walden Tri	00:46:03	276	00:45:53
261	1314	Sean Walker	M			00:46:03	226	00:44:46
262	1389	John Hope	M	GV	St Albans Striders	00:46:06	257	00:45:34
263	18	Simon Baker	M	V		00:46:07	250	00:45:22
264	19	Simon Burpitt	M	V	Grange Farm & Dunmow Runners	00:46:07	256	00:45:32
265	334	Julian Holder	M	V	Pitsea RC	00:46:09	271	00:45:49
266	1330	Elizabeth Walls	F	SV	St Albans Striders	00:46:10	282	00:45:58
267	1099	Nicola Pyle	F	V	Springfield Striders RC	00:46:12	283	00:45:59
268	95	James Waterman	M		Herts Phoenix AC	00:46:18	273	00:45:49
269	1063	Mark Gowers	M	SV		00:46:19	284	00:46:02
270	674	Geoff Warren	M	V	Bishops Stortford Running Club	00:46:20	244	00:45:11
271	827	Adam Turner	M			00:46:20	274	00:45:50

272	263	Michael Green	M	V	Trent Park Running Club	00:46:22	286	00:46:06
273	1145	Sharon Wright	F		Harlow Running Club	00:46:23	260	00:45:35
274	762	Paul Mitchell	M		Thurrock Nomads	00:46:24	295	00:46:15
275	1141	Kevin Partridge	M	SV	Tri-sport Epping	00:46:26	306	00:46:26
276	826	Colin Moody	M	GV	Harlow Running Club	00:46:28	263	00:45:39
277	115	Chas Taylor	M	GV	Trent Park Running Club	00:46:29	293	00:46:14
278	1127	Ian Bandy	M	SV		00:46:31	280	00:45:56
279	264	Pushpa Mistry	F	SV		00:46:32	301	00:46:23
280	226	Ben Dean	M		Bishops Stortford Running Club	00:46:35	266	00:45:41
281	544	Tom Gowlett	M		Bishops Stortford Running Club	00:46:37	291	00:46:12
282	268	Glen Reeve	M	SV		00:46:37	285	00:46:06
283	849	Mark Sach	M	V		00:46:37	308	00:46:28
284	955	Colin Gillard	M	V		00:46:38	269	00:45:44
285	1082	Joanne Burtonshaw	F	V	Benfleet RC	00:46:39	299	00:46:22
286	1083	Sarah Grabowski	F		Benfleet RC	00:46:39	298	00:46:22
287	525	Philip Chaplin	M	V	Bishops Stortford Running Club	00:46:43	262	00:45:38
288	103	Dionne Jones	F	V	Harlow Running Club	00:46:43	279	00:45:56
289	1366	Charlotte Smith	F	V	Serpentine Running Club	00:46:44	272	00:45:49
290	541	Trevor Setterfield	M	V	Fairlands Valley Spartans	00:46:45	300	00:46:23
291	1030	Kelly Page	F	V	Serpentine Running Club	00:46:46	289	00:46:06
292	942	Daniel Jephcott	M	J		00:46:48	318	00:46:42
293	786	Pete Binks	M	V	Bishops Stortford Running Club	00:46:49	267	00:45:42
294	1295	Ajay Gambhir	M			00:46:54	281	00:45:57
295	1268	Bryan Evans	M	V		00:46:56	287	00:46:06
296	1269	Craig Wilson	M			00:46:57	277	00:45:54
297	280	John Pratt	M	GV	Ranelagh Harriers	00:46:58	320	00:46:47
298	1347	Robert Gall	M	V	Grange Farm & Dunmow Runners	00:46:58	302	00:46:23
299	206	Troy Forrest	M			00:47:01	275	00:45:53
300	700	Clive Tweedie	M	GV	Havering 90 joggers	00:47:01	309	00:46:29
301	157	Richard Hill	M	V		00:47:04	297	00:46:20
302	481	John Hardy	M	GV	Grange Farm & Dunmow Runners	00:47:04	294	00:46:15
303	238	John Romaya	M	SV		00:47:07	303	00:46:24
304	720	Russell Ings	M			00:47:10	336	00:47:03
305	1116	Mark Crowe	M			00:47:12	311	00:46:34
306	1376	Matthew Harrison	M			00:47:13	314	00:46:39
307	681	Jo Summers	F	SV	North Herts RRC	00:47:15	343	00:47:09
308	1310	Kevin Smyth	M	SV	Fairlands Valley Spartans	00:47:15	325	00:46:55
309	399	David Birch	M			00:47:16	312	00:46:38
310	566	Martin Aiken	M	V		00:47:16	310	00:46:31

311	482	Claire Gordon	F	V	Witham RC	00:47:16	324	00:46:53
312	711	Rod Smith	M	V		00:47:18	288	00:46:06
313	831	Julie Robinson	F	SV	Orion Harriers	00:47:19	316	00:46:39
314	366	Chris Allan	M	V	Bishops Stortford Running Club	00:47:20	307	00:46:26
315	595	John Hart	M	GV	Loughton AC	00:47:21	347	00:47:12
316	810	Matthew Faires	M	J	Witham RC	00:47:22	305	00:46:26
317	14	Stephen Liddicoat	M			00:47:23	331	00:46:59
318	565	Richard Gibbens	M		Fingerprint Ferraris	00:47:23	327	00:46:55
319	1024	Gillian Robertson	F	SV	Grange Farm & Dunmow Runners	00:47:24	352	00:47:19
320	1231	Corrado Luppi	M	V	Bishops Stortford Running Club	00:47:25	338	00:47:05
321	868	Richard Martin	M	V		00:47:26	351	00:47:19
322	1256	Jodie Timbrell	F		Thrift Green trotters	00:47:29	337	00:47:04
323	751	Damian Barrett	M			00:47:29	304	00:46:24
324	54	Phil Cunningham	M	SV	Ware Joggers Club	00:47:29	317	00:46:40
325	211	Dianne Crisp	F	SV	Ilford AC	00:47:30	335	00:47:03
326	1182	Peter Frisby	M	SV	Victoria Park Harriers & Tower Hamlets	00:47:30	342	00:47:08
327	1290	Gay Shillaker	F	SV	Loughton AC	00:47:33	329	00:46:56
328	1002	Richard Elven	M	V		00:47:34	292	00:46:14
329	298	Phillip Martin	M	SV	Witham RC	00:47:36	326	00:46:55
330	1441	Stuart Whitton	M			00:47:39	290	00:46:08
331	1384	Gary Shaw	M	V		00:47:40	372	00:47:38
332	270	David Longstaff	M	SV		00:47:40	313	00:46:38
333	491	Lewis Wiltshire	M			00:47:40	296	00:46:16
334	316	Daryl Green	M	SV		00:47:42	323	00:46:53
335	248	John Smith	M	V	Dunmow Runners	00:47:42	328	00:46:56
336	194	Lorraine Gosling	F	V		00:47:43	370	00:47:36
337	663	Richard Brown	M			00:47:43	349	00:47:14
338	259	Steve Mayfield	M	V	Fairlands Valley Spartans	00:47:43	264	00:45:39
339	356	Matt Delaney	M		Stortford Squash Club	00:47:44	341	00:47:07
340	736	Wayne Hazell	M	V	Witham RC	00:47:45	321	00:46:49
341	1381	Kerry Tubby	F	V		00:47:45	353	00:47:22
342	741	Dan Fitzgerald	M	V		00:47:46	361	00:47:29
343	267	Gemma Thake	F		Saffron Striders RC	00:47:46	360	00:47:28
344	699	Steve Bugden	M	SV		00:47:47	334	00:47:01
345	1271	Ian Brazier	M		Springfield Striders RC	00:47:47	368	00:47:35
346	136	Edward Salter	M			00:47:51	339	00:47:06
347	94	Christopher Watermar	M	V		00:47:53	354	00:47:23
348	1393	Tracy Pez	F	V	Fairlands Valley Spartans	00:47:54	365	00:47:32
349	443	Steven Sheldon	M			00:47:55	379	00:47:46

350	111	Rod Ibinson	M	V		00:47:56	319	00:46:47
351	495	Deirdre Heydecker	F	GV	St Albans Striders	00:47:56	333	00:47:01
352	1025	Nick James	M	V		00:47:59	358	00:47:28
353	1129	Graham Bonney	M	SV		00:48:02	344	00:47:09
354	813	Nathan Cole	M		Sudbury Joggers	00:48:03	378	00:47:45
355	1054	Stuart Haslam	M			00:48:04	315	00:46:39
356	1284	Russell Copping	M	V		00:48:04	332	00:47:00
357	272	Sian Barker	F	V	Haverhill Running Club	00:48:04	345	00:47:10
358	477	Steve Hunt	M	V		00:48:05	369	00:47:36
359	994	Alan Cootes	M	SV	Harlow Running Club	00:48:06	340	00:47:07
360	1305	Simon Singleton	M	V		00:48:07	348	00:47:14
361	746	Les Thurston	M	GV	Bishops Stortford Running Club	00:48:09	397	00:48:03
362	965	Lornaj Pettifer	F	SV	Pitsea RC	00:48:10	393	00:47:58
363	1419	Bernard Dawson	M	V	Orion Harriers	00:48:11	364	00:47:31
364	502	Alex Dickson	M	J	Braintris Harriers	00:48:14	350	00:47:19
365	457	Gary Martin	M	V		00:48:14	371	00:47:37
366	973	Paul Ellisdon	M			00:48:14	330	00:46:58
367	247	Hayley Smith	F	SV	Dunmow Runners	00:48:15	359	00:47:28
368	1430	Jason Greenall	M			00:48:16	322	00:46:50
369	338	Robert Adam	M			00:48:18	346	00:47:10
370	760	Peter King	M	SV		00:48:19	355	00:47:24
371	654	James Perrett	M			00:48:20	357	00:47:28
372	929	David Enders	M	V	Witham RC	00:48:23	366	00:47:32
373	29	Mandy Attree	F	SV	St Albans Striders	00:48:25	362	00:47:30
374	1204	Howard Williams	M	V	Saffron Striders RC	00:48:26	377	00:47:45
375	69	Joel Tadman	M			00:48:32	384	00:47:51
376	1226	Christina Edwards	F	V	Castle Point Joggers	00:48:32	401	00:48:11
377	185	Lisa Rieffel	F	V	Castle Point Joggers	00:48:32	388	00:47:54
378	329	Ian Rodgers	M	V	Bishops Stortford Running Club	00:48:35	399	00:48:10
379	1391	Gary Gibbons	M			00:48:35	375	00:47:43
380	1369	Duncan Ingram	M	J		00:48:37	400	00:48:10
381	1218	Simon Hayden	M	V	S.H.E.D	00:48:38	403	00:48:13
382	1371	Osman Dagli	M	V		00:48:41	412	00:48:26
383	771	Sabri Keski	M	V		00:48:41	411	00:48:26
384	1344	Edward Rudge	M			00:48:41	422	00:48:39
385	15	Rachel O'Connor	F	V	Witham RC	00:48:42	405	00:48:16
386	286	Paul Hedger	M	V	Witham RC	00:48:42	395	00:47:59
387	697	Gary Port	M	V		00:48:42	392	00:47:56
388	780	Jonathan Mann	M			00:48:43	356	00:47:27

389	1066	Denis Mole	M	GV	Havering 90 joggers	00:48:43	409	00:48:25
390	933	James Wren	M		Buckaroo Elite	00:48:43	410	00:48:25
391	752	Helen Cairns	F	V	North Herts RRC	00:48:44	382	00:47:48
392	1307	Octavia Singleton	F	V		00:48:45	385	00:47:52
393	300	Colin Williams	M	V		00:48:47	391	00:47:55
394	1406	Tim Saban	M	V	Garden City Runners	00:48:48	418	00:48:34
395	1273	Sue Patrick	F	SV		00:48:49	415	00:48:31
396	274	Stephen Crafford	M	V		00:48:49	376	00:47:43
397	1003	Jason Hasty	M	V		00:48:49	363	00:47:30
398	665	Jo Fitsall	F	SV	Castle Point Joggers	00:48:50	414	00:48:29
399	515	Glen Taylor	M	SV	Southend-on-Sea AC	00:48:50	381	00:47:48
400	534	Simon Jones	M			00:48:53	386	00:47:52
401	1102	Gillian Morgan	F	SV	Ealing Southall & Middlesex AC	00:48:53	394	00:47:59
402	714	Alan Moir	M	SV	Harlow Running Club	00:48:55	390	00:47:54
403	1403	Jim Martin	M	V	Harlow Running Club	00:48:57	383	00:47:50
404	1176	Trevor Sibley	M	V	Braintree & District AC	00:48:58	396	00:48:01
405	863	Nicholas Roberts	M	V	Braintris Harriers	00:48:58	380	00:47:46
406	1424	Suzanne Birkett	F			00:48:58	417	00:48:31
407	950	Silje Aubert	F	V		00:49:01	373	00:47:40
408	1285	David Carter	M			00:49:02	367	00:47:33
409	1345	Christopher Connell	M	SV		00:49:03	387	00:47:53
410	228	David Walker	M			00:49:06	404	00:48:16
411	987	Judith Duffin	F			00:49:07	424	00:48:47
412	34	Patrick Higgins	M	SV	St Albans Striders	00:49:09	420	00:48:37
413	501	Adam Grilli	M		Stortford Squash Club	00:49:12	419	00:48:37
414	1390	Jessica Gibbons	F	V		00:49:14	408	00:48:22
415	1317	Lindsay Rolerkite	M	V	Braintree & District AC	00:49:15	406	00:48:18
416	213	Pete Brewin	M			00:49:17	407	00:48:21
417	764	Gerard Curren	M			00:49:20	389	00:47:54
418	981	Anna Coppel	F			00:49:23	434	00:49:03
419	212	Wayne Greet	M	V		00:49:24	413	00:48:28
420	92	Richard Rushworth	M	V		00:49:24	432	00:49:02
421	879	Patrick Bidwell	M			00:49:26	398	00:48:09
422	1056	Simon Pearson	M		Team Ben and Lilla	00:49:26	421	00:48:39
423	927	Tim Handscomb	M			00:49:33	442	00:49:15
424	725	Mike Hayward	M	V	Castle Point Joggers	00:49:35	443	00:49:16
425	240	Jenni Crisp	F		Ilford AC	00:49:35	436	00:49:08
426	735	Gavin Noffki	M		Stortford Squash Club	00:49:36	429	00:48:57
427	466	Jayne Shepherd	F	SV	Bishops Stortford Running Club	00:49:38	423	00:48:44

428	1155	Jim Tait	M	V		00:49:41	416	00:48:31
429	230	Mark Lowe	M	V	Bedford Harriers AC	00:49:44	438	00:49:11
430	656	Steve Perrett	M	V		00:49:48	428	00:48:55
431	902	Shelley Wray	F	V	Witham RC	00:49:49	427	00:48:53
432	448	Simon King	M	SV	Grange Farm & Dunmow Runners	00:49:50	431	00:49:02
433	1370	Sean Elliott	M	V		00:49:50	449	00:49:30
434	1475	Geoffrey Smith	M		Grange Farm & Dunmow Runners	00:49:50	433	00:49:03
435	951	Mike Humphrey	M	V		00:49:52	437	00:49:10
436	1045	Jack Fenner	M			00:49:53	430	00:48:59
437	985	Stewart Parkes	M	V		00:49:57	455	00:49:45
438	25	Janet Howes	F	GV	Bishops Stortford Running Club	00:50:00	457	00:49:47
439	209	Kevin Payne	M	V	Mid Essex Casuals	00:50:01	460	00:49:48
440	702	Gary Godfrey	M	V		00:50:04	402	00:48:12
441	815	James Patman	M			00:50:08	435	00:49:05
442	676	Nick Woollett	M	V		00:50:08	440	00:49:15
443	1297	Carol Ransom	F	V	St Albans Striders	00:50:10	441	00:49:15
444	1202	Clive Purbrook	M	SV	Royston Runners	00:50:14	446	00:49:27
445	1037	Nicholas Mulvey	M		Stortford Squash Club	00:50:14	453	00:49:37
446	255	Natalie Herbert	F		Grange Farm & Dunmow Runners	00:50:15	439	00:49:14
447	564	Adam Siggers	M			00:50:17	461	00:49:48
448	909	Paul Chase	M	SV		00:50:18	425	00:48:48
449	184	Laura Higgs	F	V		00:50:21	477	00:50:08
450	717	Michelle Burton	F		Witham RC	00:50:22	468	00:49:56
451	938	Stephen Cheal	M	SV	Ilford AC	00:50:22	469	00:49:57
452	1438	Liz Irvine	F		Springfield Striders RC	00:50:23	480	00:50:11
453	689	Louise Baddeley	F		Achilles Club	00:50:23	484	00:50:15
454	1138	Jack Wookey	M			00:50:23	426	00:48:52
455	303	Martin McColgan	M	SV	Harlow Running Club	00:50:27	447	00:49:29
456	96	Claire Flack	F	V		00:50:28	479	00:50:11
457	1200	Adam Holdgate	M			00:50:28	459	00:49:47
458	458	Osamu Brown	M	V		00:50:29	374	00:47:42
459	1431	Anne Heeks	F	SV	Loughton AC	00:50:29	464	00:49:52
460	421	David Evans	M	GV	Royston Runners	00:50:33	462	00:49:49
461	640	Andrew Bailey	M	V		00:50:35	466	00:49:54
462	150	Monica Gemmill	F	V		00:50:36	476	00:50:07
463	918	Steve Bryan	M			00:50:39	452	00:49:37
464	518	Martin Hall	M	SV		00:50:40	463	00:49:51
465	1098	Rob Tims	M	V		00:50:41	444	00:49:21
466	1120	Peter Wright	M			00:50:42	445	00:49:22

467	632	Jeremy Smith	M	V		00:50:45	448	00:49:29
468	84	Ian Linton	M	GV	Tiptree RRC	00:50:46	458	00:49:47
469	254	David Foster	M	SV		00:50:47	503	00:50:36
470	1362	Ben Ralph-Davies	M			00:50:47	450	00:49:33
471	252	Paul Emery	M	V	Ilford AC	00:50:48	486	00:50:20
472	1085	Patrick Murphy	M			00:50:50	470	00:49:58
473	1427	Philip Cooper	M			00:50:50	471	00:49:58
474	1156	Ian Gascoigne	M	SV		00:50:51	502	00:50:36
475	433	Cheryl Macdonald	F	SV	Pitsea RC	00:50:51	508	00:50:44
476	1254	Thomas Brennand	M		Cambridge & Coleridge AC	00:50:53	454	00:49:44
477	1331	David Platte	M	V		00:50:53	475	00:50:04
478	753	Gregory Cairns	M	V		00:50:57	473	00:50:01
479	876	Nicholls Barrie	M	SV	Dulwich Runners AC	00:51:00	495	00:50:29
480	607	Tim Casey	M		Springfield Striders RC	00:51:01	493	00:50:27
481	1023	Liam Hunt	M			00:51:02	451	00:49:35
482	376	Susan Williams	F	V	Yaxley Runners & Joggers	00:51:04	488	00:50:21
483	153	Steven Humphrey	M	V	Yaxley Runners & Joggers	00:51:04	489	00:50:21
484	64	Linda Powell	F	V	St Albans Striders	00:51:06	478	00:50:10
485	521	Paul Clay	M			00:51:06	467	00:49:56
486	498	Kathy Forrest	F	SV		00:51:07	472	00:49:59
487	269	Mark Kendall	M	SV		00:51:07	456	00:49:45
488	137	Graham Saville	M	SV	Harlow Running Club	00:51:09	487	00:50:20
489	296	Simon Utteridge	M	V		00:51:11	499	00:50:34
490	10	Liz Stuckey	F	V	Witham RC	00:51:12	510	00:50:46
491	417	Alun Nash	M	SV		00:51:12	512	00:50:50
492	605	Gavin Foster	M	V	Grange Farm & Dunmow Runners	00:51:13	491	00:50:24
493	162	Sandra Parsons	F	SV	Club Kingswood Running Club	00:51:13	494	00:50:29
494	16	Susan Mold	F	V	Witham RC	00:51:13	485	00:50:16
495	420	Andrew James Thoms	M		Havering 90 joggers	00:51:13	506	00:50:43
496	1224	Donna Ashwell	F	V		00:51:16	517	00:50:54
497	354	Brian Golden	M	SV		00:51:17	465	00:49:54
498	353	Emma Streeter	F	V		00:51:19	497	00:50:32
499	1115	Kelly Rowland	F			00:51:21	490	00:50:24
500	883	Terry Barnett	M	V		00:51:24	496	00:50:30
501	570	Stephen Jess	M			00:51:27	481	00:50:12
502	383	Graham Statter	M	SV	Bishops Stortford Running Club	00:51:29	498	00:50:33
503	824	Clare Thorogood	F	V		00:51:30	492	00:50:26
504	242	Richard Lione	M	V		00:51:30	514	00:50:51
505	192	Christopher Adams	M			00:51:32	500	00:50:34

506	262	Theodosia Green	F	SV	Trent Park Running Club	00:51:34	533	00:51:18
507	441	Mark Lynch	M	V	Witham RC	00:51:35	525	00:51:09
508	1090	Emma Barnes	F			00:51:36	505	00:50:39
509	1474	Martyn Stables	M	V		00:51:37	482	00:50:13
510	205	Simon Tasker	M	V		00:51:39	511	00:50:47
511	348	Mike O'Hanlon	M	SV		00:51:40	523	00:51:08
512	536	Shirley Ball	F	GV	Bishops Stortford Running Club	00:51:42	501	00:50:35
513	363	Darren Risley	M		Bishops Stortford Running Club	00:51:45	504	00:50:37
514	352	Duncan Stacey	M	V		00:51:46	518	00:51:00
515	877	Simon Cameron	M			00:51:51	483	00:50:13
516	664	Simon Silvester	M	V		00:51:53	515	00:50:51
517	643	Nicholas Eaton	M			00:51:55	474	00:50:01
518	1214	Matthew Jones	M	V		00:51:55	509	00:50:45
519	749	Alison Eddershaw	F	V	Saffron Striders RC	00:51:59	559	00:51:40
520	1062	Brad Pearman	M			00:52:00	513	00:50:51
521	88	Allison Cook	F	V	Springfield Striders RC	00:52:01	530	00:51:15
522	1004	Nigel Williamson	M	V		00:52:02	531	00:51:16
523	91	Ron Beauchamp	M	SV		00:52:02	529	00:51:11
524	195	David Page	M	V	Harlow Running Club	00:52:02	550	00:51:33
525	894	Robert West	M		Leigh on Sea Striders	00:52:07	564	00:51:45
526	1368	Gerard Collett	M	SV		00:52:07	521	00:51:02
527	186	Rick Goldsmith	M	V	Castle Point Joggers	00:52:08	543	00:51:30
528	698	Kim Notcutt	F			00:52:09	537	00:51:23
529	1260	Sam Hannigan	M			00:52:10	576	00:51:57
530	1221	Clare-Louise Flower	F	V		00:52:11	520	00:51:01
531	866	John Pettifer	M	GV	Pitsea RC	00:52:14	574	00:51:55
532	652	John Hanlon	M	SV	Orion Harriers	00:52:15	552	00:51:36
533	732	John Baker	M	GV	Bishops Stortford Running Club	00:52:15	527	00:51:09
534	1446	Tom Stokely	M			00:52:17	558	00:51:39
535	321	Benjamin Whitbread	M			00:52:17	507	00:50:44
536	449	Jon Tricker	M			00:52:18	560	00:51:40
537	505	Andy Bradley	M	V	Harlow Running Club	00:52:18	516	00:50:54
538	579	Debbie Spicer	F		Ware Joggers Club	00:52:21	522	00:51:08
539	98	Lindsay Melling	F	V		00:52:21	570	00:51:50
540	1081	Gary Beeston	M		Benfleet RC	00:52:25	526	00:51:09
541	638	Kevin Gleed	M			00:52:27	535	00:51:21
542	63	Trudy Lynch	F	V	Bishops Stortford Running Club	00:52:27	534	00:51:20
543	859	Barry Mitchell	M	V	Townrow Trotters	00:52:29	532	00:51:17
544	1447	Steve Birkett	M	SV	Thrift Green trotters	00:52:29	582	00:52:02

545	854	David Cameron	M	GV		00:52:32	541	00:51:27
546	175	Colin Short	M	GV	Witham RC	00:52:32	588	00:52:06
547	1032	Mark Gypps	M		Ceilite Striders	00:52:33	557	00:51:39
548	295	David Jobling	M	SV	Witham RC	00:52:33	591	00:52:06
549	1241	Vicky Steadman	F	V	Harlow Running Club	00:52:33	567	00:51:48
550	545	Victoria Curren	F	V	Springfield Striders RC	00:52:33	538	00:51:24
551	36	Ricky Walsh	M			00:52:34	524	00:51:08
552	1159	Lucy Lancaster	F			00:52:35	549	00:51:33
553	941	Raoul Grantham	M	V	Braintree & District AC	00:52:35	551	00:51:33
554	937	Peter Wenzel	M	SV	Bishops Stortford Running Club	00:52:37	544	00:51:30
555	1134	David Howell	M	SV		00:52:39	606	00:52:28
556	704	Phil Hastings	M	V		00:52:39	519	00:51:00
557	719	Andrew Turner	M	V		00:52:40	595	00:52:16
558	62	Chris Reed	M	V		00:52:42	573	00:51:54
559	865	Alan Prentice	M	V		00:52:44	572	00:51:53
560	1364	Gary King	M			00:52:45	599	00:52:20
561	1043	Ian Pinder	M	V		00:52:46	563	00:51:44
562	199	Lorna Third	F	SV		00:52:47	597	00:52:19
563	517	Mark Bissell	M			00:52:48	540	00:51:25
564	1185	Duncan Bensted	M	V	Trent Park Running Club	00:52:48	568	00:51:48
565	611	Kenneth MacHardy	M		Doddle Oak Exiles	00:52:50	539	00:51:25
566	1034	Rob Pether	M		Ceilite Striders	00:52:50	577	00:51:57
567	155	James Montgomery	M	V	Witham RC	00:52:50	571	00:51:52
568	1005	Paul Grant	M	SV		00:52:51	542	00:51:30
569	1097	Mahmood Mortazavi	M	GV		00:52:51	554	00:51:38
570	152	Charlotte Boxall	F	V		00:52:54	545	00:51:31
571	1201	Gavin Hilton	M			00:52:55	578	00:51:58
572	311	Lyndsey Jones	F	V	Orion Harriers	00:52:56	594	00:52:15
573	634	Fiona Sutherland	F	SV	Bishops Stortford Running Club	00:52:57	584	00:52:02
574	715	Ivor McLearnon	M	SV		00:53:00	561	00:51:42
575	142	Tom Coles	M			00:53:01	528	00:51:10
576	390	Stewart Waller	M	GV	Witham RC	00:53:01	586	00:52:03
577	1412	Mark Ingram	M	V		00:53:03	556	00:51:39
578	1250	Sophie Packman	F	V		00:53:04	593	00:52:13
579	1311	Teresa Jane Flannigan	F	GV	Pitsea RC	00:53:05	628	00:52:56
580	143	Andrew Cook	M			00:53:05	569	00:51:49
581	1070	Orban Holdgate	M		Jaddy Whippers	00:53:05	587	00:52:06
582	245	Liam Brown	M		Jaddy Whippers	00:53:06	589	00:52:06
583	514	Frank Gardiner	M	SV	Great Bentley Running Club	00:53:06	598	00:52:19

584	1114	Emma Greaves	F	V	Ely Runners	00:53:06	546	00:51:32
585	379	Patrick Waters	M	GV	Castle Point Joggers	00:53:07	605	00:52:27
586	734	Chris Cowley	M	SV		00:53:07	547	00:51:32
587	147	Anthony Edwards	M			00:53:08	626	00:52:50
588	232	Helen Smith	F			00:53:09	575	00:51:55
589	127	Joanne Thompson	F	V		00:53:09	566	00:51:47
590	365	Janice Page	F	SV	Harlow Running Club	00:53:10	615	00:52:40
591	1058	Vicki Law	F	V	Great Bentley Running Club	00:53:11	604	00:52:24
592	1255	Ben Millard	M			00:53:11	565	00:51:46
593	631	Clare Coysten Smith	F	V		00:53:13	580	00:51:58
594	829	Christopher Parr	M			00:53:13	553	00:51:38
595	445	David Jones	M	V		00:53:14	600	00:52:20
596	907	Tim Bailey	M		Team Bailey	00:53:16	581	00:51:58
597	949	Helen Dean	F	SV		00:53:18	623	00:52:47
598	712	Sarah Pike	F		Stevenage & North Herts AC	00:53:19	592	00:52:06
599	997	Amelie Mollinghoff	F		Springfield Striders RC	00:53:20	635	00:53:06
600	1123	Karen Skene	F	V	Great Bentley Running Club	00:53:21	613	00:52:35
601	1110	Ken Last	M	SV	Sunday at 10	00:53:23	548	00:51:32
602	1352	Susan Foot	F	GV	North Herts RRC	00:53:25	610	00:52:30
603	683	Sally King	F	SV		00:53:28	603	00:52:23
604	468	Keith Rissen	M	V		00:53:28	607	00:52:28
605	1365	Jayne Nunn	F	V	Walden Tri	00:53:29	629	00:52:57
606	710	Stephen Pike	M	SV		00:53:29	596	00:52:17
607	1158	Martin Kennedy	M	V		00:53:36	585	00:52:03
608	738	Charlie Chamberlain	F	SV	Bishops Stortford Running Club	00:53:37	579	00:51:58
609	377	Tanya Whetstone	F			00:53:37	631	00:52:59
610	1444	Richard McEvoy	M	V		00:53:38	643	00:53:24
611	1001	Ed Seymour	M	V		00:53:42	602	00:52:23
612	1036	Claire Sharp	F	SV	St Albans Striders	00:53:42	655	00:53:36
613	1199	Jamie Walker	M	SV		00:53:44	637	00:53:15
614	660	Jonathan Edmonds-Br	M			00:53:44	633	00:53:04
615	1386	Conor Farrell	M			00:53:45	536	00:51:22
616	1018	Adebayo Olaiwon	M			00:53:45	562	00:51:43
617	616	Gary Levey	M	V	Witham RC	00:53:46	624	00:52:47
618	776	Stuart Phillips	M	V	Braintree & District AC	00:53:46	612	00:52:34
619	754	Michelle Phillips	F	V	Braintree & District AC	00:53:46	611	00:52:34
620	1087	Adetutu Aboaba	F	V		00:53:46	583	00:52:02
621	1093	David Sharland	M	SV		00:53:47	622	00:52:45
622	26	John Pennington	M	V		00:53:47	590	00:52:06

623	1249	Russell Morris	M			00:53:49	630	00:52:59
624	1304	Martin Collier	M	SV		00:53:50	608	00:52:29
625	451	Kate Brown	F	SV		00:53:56	659	00:53:42
626	1338	Stephen Jolly	M	SV		00:53:59	609	00:52:30
627	598	Madeline Edmonds-Br	F			00:54:01	620	00:52:45
628	1316	Andy Butler	M	V	Bearbrook Joggers Running Club	00:54:03	618	00:52:42
629	669	Alan Osbiston	M	SV		00:54:04	601	00:52:22
630	1325	Graham Taylor	M	SV	Bearbrook Joggers Running Club	00:54:04	619	00:52:44
631	1473	Peter Chaplin	M	SV	Pitsea RC	00:54:08	651	00:53:32
632	940	Helen Tompkins	F	SV	Pitsea RC	00:54:11	676	00:54:03
633	1050	Karen Phillips	F	V	Pitsea RC	00:54:11	670	00:53:57
634	58	Ian Lewis	M	SV	Castle Point Joggers	00:54:12	555	00:51:38
635	1351	Joanne Reeves	F	V		00:54:13	621	00:52:45
636	583	Jim Tanfield	M			00:54:14	625	00:52:49
637	1328	John Stockdill	M	GV		00:54:14	654	00:53:35
638	9	Mike Bull	M	GV		00:54:14	636	00:53:10
639	1237	Claire Strutt	F	V		00:54:15	642	00:53:21
640	479	Sarah Munton	F	V	Club Kingswood Running Club	00:54:15	648	00:53:31
641	1223	Richard Ashwell	M	V		00:54:18	649	00:53:31
642	577	Trevor Clifford	M	GV		00:54:20	617	00:52:42
643	524	Philip Pavelin	M	V	Royal Manor of Portland AC	00:54:20	627	00:52:51
644	2	Rachel Annetts	F	SV	North Herts RRC	00:54:23	646	00:53:28
645	237	Mark Kalinauckas	M	SV		00:54:24	640	00:53:18
646	1323	Pam Jones	F	GV	Ilford AC	00:54:25	674	00:54:03
647	82	Paul Marshall	M	SV	Fairlands Valley Spartans	00:54:29	644	00:53:25
648	1228	Steve Perry	M	SV	Springfield Striders RC	00:54:30	680	00:54:06
649	1180	Sinead Flood	F	V	Bishops Stortford Running Club	00:54:30	683	00:54:09
650	996	Michelle Spring	F	V	Running Sisterhood	00:54:31	656	00:53:38
651	1496	David Stenton	M	V		00:54:32	632	00:53:02
652	1372	Ahmet Dagli	M			00:54:32	688	00:54:16
653	453	Dominic Hattee	M			00:54:36	667	00:53:52
654	672	Chris Cardozo	M			00:54:37	681	00:54:06
655	555	Rache Porter	F			00:54:38	662	00:53:46
656	456	John Johnson	M	SV		00:54:41	664	00:53:47
657	606	Hannah Casey	F		Springfield Striders RC	00:54:41	678	00:54:06
658	1149	Alex Rogers	M			00:54:43	638	00:53:16
659	1396	Judi House	F	SV	Credit Suisse Athletics Network	00:54:44	692	00:54:21
660	811	Clive Mast	M	V		00:54:45	614	00:52:40
661	613	Gabby Grindrod	F		Doddle Oak Exiles	00:54:49	658	00:53:40

662	409	David Edgell	M			00:54:52	645	00:53:26
663	1042	Kimberley Mangelshot	F	V	Ware Joggers Club	00:54:52	641	00:53:19
664	1057	Nicola Bissett	F	V		00:54:54	682	00:54:09
665	1008	Andrew Watson	M			00:54:57	661	00:53:45
666	1205	Clive Aitken	M	V		00:54:59	650	00:53:31
667	1157	Richard Beards	M	SV		00:54:59	701	00:54:31
668	1423	Stephen Davis	M			00:55:00	710	00:54:41
669	312	Peter Ayling	M	SV	Harlow Running Club	00:55:00	663	00:53:47
670	932	Roger Newman	M	V	Sawbridgeworth Players	00:55:01	669	00:53:56
671	1445	Nicola Guest	F	V		00:55:02	708	00:54:39
672	246	John Broad	M	SV		00:55:03	687	00:54:15
673	648	Joseph Surrage	M			00:55:04	657	00:53:39
674	1360	David McNamara	M	SV		00:55:06	709	00:54:40
675	1121	Paul Blackwell	M	V	Great Bentley Running Club	00:55:06	616	00:52:41
676	797	Neil Delgaty	M	V	Tri-sport Epping	00:55:07	684	00:54:10
677	8	Ross Silverton	M	GV	Witham RC	00:55:11	686	00:54:12
678	998	Phil Winter	M			00:55:12	653	00:53:34
679	330	Rob Whitmore	M			00:55:13	652	00:53:33
680	1137	Terry Braverman	M	GV	Haverhill Running Club	00:55:14	711	00:54:41
681	922	Jane Nicholls	F	SV		00:55:16	647	00:53:30
682	1117	Kieron Chapman	M		The Stragglers Running Club	00:55:16	675	00:54:03
683	901	Paul Williams	M	SV	Pitsea RC	00:55:18	725	00:54:57
684	444	Charlotte King	F		Grange Farm & Dunmow Runners	00:55:18	639	00:53:18
685	20	Lesley Burpitt	F	V	Grange Farm & Dunmow Runners	00:55:18	699	00:54:29
686	744	John Fitzgerald	M	GV		00:55:22	728	00:55:04
687	1151	Barry Rowell	M	V	Havering 90 joggers	00:55:22	721	00:54:52
688	1494	Andrew Dempster	M			00:55:27	660	00:53:45
689	1440	Samantha Chambers	F	V		00:55:28	742	00:55:17
690	1253	Peter Downton	M			00:55:29	677	00:54:03
691	875	Lindsey Annable	F	V	Dulwich Runners AC	00:55:31	702	00:54:33
692	1041	Lisa Nixon	F			00:55:32	696	00:54:24
693	1306	Angela Taylor	F	SV		00:55:32	665	00:53:47
694	1039	Lindon Lewis	M	SV		00:55:34	666	00:53:51
695	80	Jonathan MacLeod	M			00:55:35	671	00:54:00
696	478	James Thompson	M		Buckaroo Elite	00:55:35	746	00:55:20
697	89	Karen Moir	F	SV	Harlow Running Club	00:55:37	685	00:54:10
698	835	Andrew Alderson	M			00:55:37	697	00:54:27
699	1405	John White	M	SV		00:55:38	723	00:54:52
700	1277	Mike Suckling	M	V		00:55:42	672	00:54:02

701	125	Dave Wright	M	V		00:55:44	679	00:54:06
702	1409	Georgina Jones	F			00:55:44	750	00:55:24
703	93	Ian Brazil	M	V		00:55:45	694	00:54:22
704	21	Jemima Coleman	F	V		00:55:46	668	00:53:55
705	682	Laura Dixon	F			00:55:46	689	00:54:16
706	1288	Christopher James	M			00:55:47	673	00:54:03
707	1	Anthony Osborne	M	GV	Fairlands Valley Spartans	00:55:48	747	00:55:22
708	1434	Andy Apsey	M	SV		00:55:50	634	00:53:06
709	271	Catherine Jones	F		Harlow Running Club	00:55:50	695	00:54:23
710	723	Terry Quinn	M	V		00:55:50	693	00:54:22
711	339	Angela Tarr	F	V		00:55:52	690	00:54:17
712	1289	Cathie Lawson	F	SV	Saffron Striders RC	00:55:55	704	00:54:34
713	1009	Michala Drake	F	V	Orion Harriers	00:55:56	737	00:55:15
714	755	Julia Clark	F	V		00:56:00	720	00:54:50
715	1084	Steve Priddy	M	SV		00:56:00	691	00:54:17
716	1443	Ian Priestley	M	V		00:56:00	698	00:54:28
717	623	Pauline Lygo	F	GV	Barnet & District AC	00:56:01	758	00:55:46
718	302	Nicholas Jeffery	M	V		00:56:01	716	00:54:47
719	587	Mickey Lee	M	SV		00:56:02	715	00:54:47
720	890	James Good	M	V		00:56:08	705	00:54:36
721	391	Judith Jolly	F	GV		00:56:10	735	00:55:15
722	1051	Rebecca Hadley	F	V		00:56:11	703	00:54:34
723	1190	Jesse Diver	M			00:56:15	713	00:54:44
724	582	Jonathan Pritchard	M	V		00:56:16	712	00:54:41
725	1219	Geoffrey Watts	M	GV		00:56:17	777	00:56:01
726	78	Sheila Kennedy	F	SV	East London Runners	00:56:17	718	00:54:49
727	1361	Ricky Green	M			00:56:21	719	00:54:49
728	1128	Lianne Merry	F	V		00:56:22	717	00:54:49
729	537	Stephen Ball	M	SV		00:56:27	744	00:55:19
730	208	Ayten Gillingham	F	V	Mid Essex Casuals	00:56:30	786	00:56:17
731	1275	Hans Petri	M	SV	South Street Surgery	00:56:30	724	00:54:53
732	494	Albert Miles	M	GV	Castle Point Joggers	00:56:30	763	00:55:50
733	1283	Joanne Elizabeth Chu	F		Harlow Running Club	00:56:32	729	00:55:05
734	935	Paul Darby	M	V		00:56:33	733	00:55:11
735	1217	Brian Linford	M	GV		00:56:33	726	00:55:03
736	779	Andy Cosslett	M	V		00:56:33	738	00:55:16
737	372	James Dickson	M	V	Braintris Harriers	00:56:34	748	00:55:22
738	128	Kenneth Nash	M	V		00:56:35	730	00:55:06
739	165	Linda Selby	F	GV	Harlow Running Club	00:56:35	731	00:55:07

740	1052	John Sandlin	M	V	Grange Farm & Dunmow Runners	00:56:35	700	00:54:31
741	167	Sue Connell	F	GV	Fairlands Valley Spartans	00:56:36	776	00:55:59
742	168	Michael Connell	M	SV	Fairlands Valley Spartans	00:56:36	775	00:55:59
743	1429	Laura Higgins	F			00:56:40	759	00:55:47
744	77	Andrew Jennings	M			00:56:40	722	00:54:52
745	1073	Tom Saunderson	M		Berkhamsted School	00:56:41	707	00:54:38
746	1436	Joel Kemp	M	J	Orwell Panthers	00:56:42	706	00:54:37
747	842	Michael Rose	M	SV		00:56:43	769	00:55:52
748	519	Michael Bunce	M	V		00:56:45	736	00:55:15
749	691	Sarah Dixon	F	V		00:56:46	732	00:55:09
750	398	Paula Green	F	V	Harlow Running Club	00:56:47	743	00:55:19
751	701	William Gemmill	M	V		00:56:48	788	00:56:21
752	188	Thomas Hind	M	J		00:56:48	741	00:55:17
753	822	Phil Hudson	M	SV	Ware Joggers Club	00:56:51	778	00:56:03
754	791	Janine Wignall	F	SV	Ware Joggers Club	00:56:53	745	00:55:19
755	608	Ben Gallienne	M	J		00:56:53	757	00:55:43
756	1498	Ian Lancaster	M	V		00:56:54	765	00:55:51
757	120	Mark Williams	M	SV	Witham RC	00:56:55	752	00:55:31
758	431	Anne De Asha	F	SV	Orion Harriers	00:57:00	714	00:54:45
759	869	Chris Holt	M			00:57:00	739	00:55:16
760	527	Richard Critchlow	M			00:57:02	740	00:55:16
761	7	Lorraine Gold	F	GV	Witham RC	00:57:03	773	00:55:56
762	388	Lynette Miller	F	SV		00:57:03	734	00:55:11
763	737	Robert Buckmaster	M	V		00:57:08	781	00:56:05
764	977	Matt Youngs	M			00:57:09	727	00:55:04
765	371	Rita Chalkley	F	V	Witham RC	00:57:11	785	00:56:13
766	1061	Alison Rayman	F			00:57:13	808	00:56:50
767	326	Marie O'Sullivan	F	SV	Broxbourne Runners	00:57:13	751	00:55:25
768	1373	Barbara Law	F	GV	Great Bentley Running Club	00:57:16	779	00:56:03
769	947	Mike Dowell	M	SV		00:57:17	790	00:56:28
770	1495	Elizabeth Fox	F	SV		00:57:19	756	00:55:40
771	1071	Ed King	M			00:57:19	767	00:55:52
772	1108	Sharon Bannister	F	V	Springfield Striders RC	00:57:21	823	00:57:10
773	830	Janet Parr	F	V		00:57:22	760	00:55:47
774	899	Thomas Diamond	M			00:57:23	830	00:57:13
775	580	Bethany Green	F	V		00:57:24	755	00:55:36
776	630	Alan Stone	M	SV		00:57:26	764	00:55:50
777	1143	Laura Cook	F		Virgin girls	00:57:27	798	00:56:35
778	635	Nicole Callaghan	F	V	Springfield Striders RC	00:57:27	831	00:57:14

779	1168	Sandra Stanton	F	SV	Springfield Striders RC	00:57:28	818	00:57:04
780	227	Peter Walker	M	SV		00:57:30	801	00:56:40
781	1350	Amanda Pollard	F	V		00:57:31	795	00:56:31
782	958	Katarina Luck	F	V		00:57:31	772	00:55:55
783	800	Ronald Newton	M	SV	Harlow Running Club	00:57:32	797	00:56:34
784	113	Chris Hinton	M			00:57:33	754	00:55:35
785	1497	Patrick Whitelaw	M	SV		00:57:33	771	00:55:54
786	553	Charlotte Dale	F			00:57:34	768	00:55:52
787	857	Louise Wiffen	F			00:57:35	774	00:55:56
788	661	Anne Gauld-Clark	F	GV	Bishops Stortford Running Club	00:57:36	762	00:55:49
789	915	Jo Tatham	F	SV	Orion Harriers	00:57:37	749	00:55:22
790	355	Graham Hammond	M			00:57:37	780	00:56:03
791	503	Karen Storey	F	V		00:57:38	805	00:56:46
792	561	Faye Downer	F	V	Townrow Trotters	00:57:41	770	00:55:53
793	282	Natasha Sevant	F	V		00:57:43	787	00:56:18
794	1136	Diana Braverman	F	GV	Cambridge & Coleridge AC	00:57:44	825	00:57:11
795	639	Matthieu Militon	M			00:57:46	802	00:56:41
796	708	Nick Bourne	M	V		00:57:48	782	00:56:05
797	926	Tea Hansen	F			00:57:53	853	00:57:38
798	412	John Lewis	M	GV		00:57:56	793	00:56:30
799	171	Ben Tadman	M		Team HBOM	00:57:58	834	00:57:17
800	1206	Greg Solomon	M			00:57:59	753	00:55:32
801	609	Sylvia Goodman	F	GV	Trent Park Running Club	00:57:59	846	00:57:35
802	680	Simon Fitsall	M	V	Castle Point Joggers	00:58:01	837	00:57:21
803	995	Kelly Goody	F			00:58:01	761	00:55:48
804	819	Antony Brett	M	SV		00:58:02	791	00:56:29
805	520	Mike Eaton	M	SV		00:58:02	862	00:57:52
806	1402	Debbie Dennis	F	V	Fairlands Valley Spartans	00:58:03	789	00:56:22
807	493	Joanna Shepherd	F		Billericay Striders	00:58:05	824	00:57:10
808	988	Victoria Houghton	F			00:58:06	843	00:57:33
809	1349	Christopher Lake	M	V		00:58:07	783	00:56:05
810	1178	Lisa Rodbourn	F	SV		00:58:07	845	00:57:34
811	903	Clare Browne	F	V		00:58:07	847	00:57:35
812	1021	Sheryl Norman	F	SV	St Albans Striders	00:58:08	828	00:57:12
813	1109	Natasha Robertson	F	V		00:58:09	800	00:56:37
814	651	John Cullen	M	SV		00:58:10	819	00:57:07
815	695	George Cullen	M			00:58:10	821	00:57:07
816	283	Victoria Coleman	F			00:58:12	836	00:57:20
817	1154	Jim Jennett	M	SV	Leigh on Sea Striders	00:58:16	867	00:57:54

818	1203	Jason Saunders	M			00:58:17	766	00:55:51
819	380	Emma Stokoe	F	V		00:58:17	866	00:57:54
820	852	Mark Waine	M	V	Springfield Striders RC	00:58:18	835	00:57:18
821	584	Nicola Christmas	F	GV	Orion Harriers	00:58:18	796	00:56:33
822	1343	Ian Rudge	M	V		00:58:22	820	00:57:07
823	31	Rob De Prez	M	V		00:58:22	838	00:57:23
824	675	Brenda Harvey	F	GV	Barnet & District AC	00:58:23	873	00:58:08
825	265	Malcolm Starns	M	SV		00:58:24	792	00:56:29
826	289	James Murphy	M	V		00:58:24	794	00:56:30
827	641	Sharon White	F	V	Grange Farm & Dunmow Runners	00:58:24	809	00:56:53
828	644	Joseph Dilworth	M	V		00:58:24	810	00:56:53
829	367	Alistair Kay	M	SV		00:58:25	799	00:56:37
830	1348	Sarah Morris	F			00:58:25	852	00:57:37
831	1031	John Bellotti	M	SV	Ceillite Striders	00:58:28	803	00:56:46
832	369	Peter Keats	M	SV	Ware Joggers Club	00:58:34	812	00:56:58
833	585	Gemma Baker	F			00:58:34	829	00:57:13
834	1161	Anthony Hamilton-Pilo	M			00:58:35	814	00:57:02
835	1162	Christine Abbott	F			00:58:35	813	00:57:01
836	596	Robin Rogers	M	GV	Ware Joggers Club	00:58:36	806	00:56:46
837	204	Naomi Fersht	F	V		00:58:36	804	00:56:46
838	351	Richard Percy	M	GV	Grange Farm & Dunmow Runners	00:58:38	871	00:58:03
839	619	Lindsay Jane Brown	F	SV		00:58:43	816	00:57:03
840	132	Keith Pirie	M	SV		00:58:44	817	00:57:03
841	407	Rochelle Bowden	F	V		00:58:46	868	00:57:58
842	839	Kenrick Aldrich	M	V		00:58:47	807	00:56:50
843	225	Paul Forde	M			00:58:49	880	00:58:28
844	896	Sarah Kesingland	F	SV		00:58:51	826	00:57:11
845	1367	Joe Ralph-Davies	M			00:58:52	855	00:57:38
846	1296	Teresa Morris	F	V		00:58:53	811	00:56:54
847	1265	Philip Holder	M			00:58:54	875	00:58:17
848	1404	Thomas Jenner	M		Bear Cottage Sports Club	00:58:56	784	00:56:08
849	912	Stephen Headd	M			00:58:56	832	00:57:16
850	219	Terrence Lawson	M	SV		00:58:57	827	00:57:11
851	1153	Wendy Spring	F	V	Harlow Running Club	00:58:58	815	00:57:02
852	856	Ken Snow	M	GV		00:59:02	859	00:57:41
853	1044	Nikki Fenner	F	V	Bishops Stortford Running Club	00:59:06	851	00:57:37
854	290	Joe Baker	M	SV		00:59:09	854	00:57:38
855	1122	Martin Lumsden	M	V		00:59:10	844	00:57:33
856	403	Harold Toze	M	GV	Bishops Stortford Running Club	00:59:14	822	00:57:07

857	261	Christina Green	F		Trent Park Running Club	00:59:14	860	00:57:43
858	820	Rebecca Brett	F	SV	Mid Essex Casuals	00:59:15	833	00:57:16
859	1426	Mary Julia Fitzgerald	F			00:59:16	896	00:58:53
860	446	Kelly Tricker	F			00:59:23	887	00:58:43
861	437	Margaret Franklin	F	GV		00:59:25	861	00:57:47
862	1060	Jean McEwan	F	SV		00:59:26	840	00:57:24
863	472	Roy Jones	M	GV	Castle Point Joggers	00:59:26	889	00:58:46
864	571	Lesley Gardner	F	V	Braintree & District AC	00:59:26	858	00:57:40
865	1421	Robert Mackley	M	V		00:59:27	894	00:58:52
866	1165	Andrew Kent	M	V		00:59:27	865	00:57:54
867	1308	Roger Marson	M	GV		00:59:32	841	00:57:30
868	285	Stephanie Mayfield	F	V	Fairlands Valley Spartans	00:59:32	842	00:57:31
869	203	Deborah Bumfrey	F	SV	Orion Harriers	00:59:38	839	00:57:24
870	67	Teresa Moore	F	SV		00:59:39	857	00:57:40
871	576	Daniel Brown	M			00:59:42	864	00:57:53
872	1040	Michelle Burke	F	V		00:59:43	886	00:58:41
873	591	Karen Risley	F	V	Bishops Stortford Running Club	00:59:47	848	00:57:36
874	1375	Anna Sedgbeer	F	V		00:59:48	849	00:57:37
875	1197	Jen Richardson	F			00:59:51	872	00:58:04
876	331	Sheila O'Brien	F	SV	Orion Harriers	00:59:51	850	00:57:37
877	416	Kevin Scott	M	SV	Bishops Stortford Running Club	00:59:53	888	00:58:45
878	415	Alison Bull	F	V	Harlow Running Club	00:59:54	878	00:58:26
879	655	Linda Perrett	F	SV		01:00:00	874	00:58:13
880	873	Coralie Du Preez	F		Berkhamsted School	01:00:04	870	00:58:00
881	48	Don Bennett	M	SV	East London Runners	01:00:06	879	00:58:27
882	556	Vivienne Law	F	SV	Bishops Stortford Running Club	01:00:07	863	00:57:53
883	474	Hannah Witchalls	F		Team Witch	01:00:07	856	00:57:40
884	1327	Wendy Bradford	F	V	Harlow Running Club	01:00:08	883	00:58:38
885	373	Erica Dickson	F	SV	Braintris Harriers	01:00:08	897	00:58:56
886	539	Stuart Eade	M	V		01:00:10	915	00:59:19
887	17	John Everist	M	V		01:00:17	877	00:58:24
888	293	Cath Golder	F	V		01:00:19	900	00:58:59
889	1035	Darren Down	M	V	Ceillite Striders	01:00:21	882	00:58:34
890	1104	Gregg Pettit	M			01:00:22	869	00:57:59
891	597	Michelle Jolley	F	SV		01:00:31	895	00:58:52
892	1315	Fleur-Louise Walker	F	V		01:00:34	912	00:59:17
893	402	Peter Allen	M	SV	Bishops Stortford Running Club	01:00:36	922	00:59:39
894	686	John Overy	M	SV		01:00:37	921	00:59:35
895	46	Terry Moore	M	SV		01:00:38	884	00:58:39

896	102	Alison Keen	F	V		01:00:39	890	00:58:46
897	101	Alex Lucas	M	V		01:00:41	876	00:58:22
898	1017	Joanne Mills	F	GV	Harlow Running Club	01:00:43	891	00:58:47
899	341	Natalie Phillips	F			01:00:44	935	00:59:58
900	22	Antony Hookings	M	V		01:00:44	899	00:58:59
901	1012	Melanie Fullford	F	V	Saffron Striders RC	01:00:44	961	01:00:30
902	893	Chris Ball	M	SV		01:00:45	916	00:59:21
903	895	Stephen Berry	M			01:00:45	962	01:00:34
904	51	Julie Eaton	F	SV		01:00:46	964	01:00:37
905	773	Julie Jenkins	F	SV		01:00:47	909	00:59:12
906	1270	Sarah Wesson	F			01:00:48	892	00:58:48
907	1107	Susan Vassell	F	V		01:00:50	914	00:59:19
908	400	Amanda Birch	F			01:00:52	926	00:59:44
909	53	Chris Watson	M	GV	Team Watson	01:00:55	939	01:00:04
910	758	Stefan Milkowski	M	V	Bishops Stortford Running Club	01:00:57	901	00:59:01
911	90	Sandra Smith	F	SV	Grange Farm & Dunmow Runners	01:00:57	898	00:58:57
912	808	Martin Lawrence	M	V		01:00:57	881	00:58:31
913	159	Brian Judkins	M	SV	North Herts RRC	01:01:02	911	00:59:17
914	747	Eleanor Cowan	F	V	Bishops Stortford Running Club	01:01:05	893	00:58:51
915	42	Kirstie Blyth	F	V		01:01:11	918	00:59:27
916	1227	Simon Mead	F	V		01:01:13	932	00:59:54
917	979	Andy Youngs	M	SV		01:01:14	908	00:59:09
918	1392	Robert Kemp	M			01:01:15	905	00:59:07
919	1439	Amanda Kemp	F	SV	Orwell Panthers	01:01:15	906	00:59:08
920	215	Michelle Aitken	F		Harlow Running Club	01:01:16	920	00:59:35
921	1432	Matthew Bodiam	M	V		01:01:19	907	00:59:08
922	657	Tanya Silvester	F			01:01:21	910	00:59:14
923	146	Andrew Dias	M			01:01:22	917	00:59:22
924	1076	Matthew Staite	M		Berkhamsted School	01:01:23	913	00:59:18
925	878	Josephine Roberts	F	J	Braintris Harriers	01:01:24	946	01:00:13
926	993	Louise Cootes	F			01:01:25	941	01:00:06
927	653	Brian Dunleavy	M	V		01:01:27	902	00:59:01
928	872	David Brooks	M	GV	Veterans AC	01:01:27	885	00:58:40
929	337	John Casey	M	SV		01:01:28	904	00:59:03
930	27	Richard Hayward	M			01:01:28	903	00:59:03
931	182	Sian Reeves	F	V	Broxbourne Runners	01:01:29	925	00:59:42
932	236	Christine Romaya	F	GV		01:01:33	924	00:59:41
933	490	Colin Hussey	M	SV	Bishops Stortford Running Club	01:01:33	928	00:59:49
934	200	David Sells	M	V		01:01:36	950	01:00:15

935	766	Benjamin Manzi	M			01:01:38	929	00:59:51
936	761	Kirsten Smith	F	SV		01:01:38	994	01:01:18
937	499	Laura Evans	F	V		01:01:38	919	00:59:28
938	258	Kevin Harvey	M	V		01:01:41	936	00:59:58
939	512	Emma Cole	F			01:01:42	956	01:00:23
940	183	Jack Stevens	M	J		01:01:43	948	01:00:13
941	318	Jane Noble	F	V		01:01:44	927	00:59:46
942	1234	Kevin Tyler	M	SV		01:01:45	943	01:00:07
943	904	Kim Whitbread	F	SV		01:01:46	945	01:00:12
944	176	Dave Sissens	M			01:01:48	981	01:01:05
945	1167	Maja Begic	F		Turkey Street SNT	01:01:49	947	01:00:13
946	426	David Horner	M	GV		01:01:51	944	01:00:08
947	550	Jo Moule	F			01:01:51	931	00:59:53
948	1020	Scott Anderson	M			01:01:54	955	01:00:22
949	1074	Devan Chhaya	M		Berkhamsted School	01:01:55	930	00:59:52
950	622	Nic Hill	M	V		01:01:57	933	00:59:54
951	881	Caroline Harrison	F	V		01:01:58	940	01:00:05
952	1016	Paul Trusty	M	V		01:02:02	937	01:00:03
953	888	Alison Verity	F	SV		01:02:02	959	01:00:29
954	108	Andrew Keen	M	V		01:02:02	942	01:00:07
955	1022	Jack Flanagan	M	GV		01:02:06	923	00:59:41
956	716	Martin Moore	M	GV		01:02:07	953	01:00:17
957	234	Sue Harrington	F	SV	Grange Farm & Dunmow Runners	01:02:08	976	01:00:58
958	513	Ellen Taylor	F			01:02:10	954	01:00:20
959	562	Christine Hughes	F	SV		01:02:10	1005	01:01:34
960	567	Milinda Tennekoon	M	V	South Street Surgery	01:02:10	965	01:00:37
961	121	Lynne Williams	F	SV	Witham RC	01:02:12	969	01:00:50
962	1279	Enda McGinley	M	V		01:02:15	1010	01:01:40
963	666	Roddy Kesterton	M	SV		01:02:16	938	01:00:03
964	83	Carole Nash	F	SV		01:02:16	968	01:00:47
965	803	Leonie Watson	F		Team Watson	01:02:17	1002	01:01:33
966	1358	Rees Cox	F	V		01:02:17	963	01:00:34
967	884	Lone Nordby-Graves	F	SV		01:02:17	1021	01:02:03
968	805	Sarah Hennessey	F	V		01:02:18	971	01:00:52
969	1103	Paul Walton	M			01:02:18	934	00:59:56
970	1078	Toby Plummer	M		Berkhamsted School	01:02:18	949	01:00:15
971	802	Corinne Marden	F	V		01:02:21	974	01:00:54
972	158	John Munton	M	V	Club Kingswood Running Club	01:02:23	1008	01:01:38
973	1105	Lorna Bellamy	F	V		01:02:24	951	01:00:16

974	1106	David Bellamy	M	V		01:02:24	952	01:00:17
975	1186	Elaine Deacon	F	V	S.H.E.D	01:02:24	1019	01:02:00
976	177	Richard Barker	M	SV	Springfield Striders RC	01:02:25	998	01:01:28
977	178	Gail Barker	F	GV	Springfield Striders RC	01:02:25	999	01:01:28
978	70	Kerry Manning	F	SV	Witham RC	01:02:27	966	01:00:39
979	1263	Cathanne Lees	F	V		01:02:33	984	01:01:09
980	45	Martyn Byford	M	SV	Witham RC	01:02:33	988	01:01:12
981	910	Mark Johnson	M	V		01:02:36	986	01:01:10
982	35	Daliah Slater	F	V		01:02:37	1031	01:02:18
983	275	Andrew Nightingale	M	V		01:02:40	977	01:00:59
984	532	Sarah Dale	F		Witham RC	01:02:41	958	01:00:27
985	785	Debbie Binks	F	V	Bishops Stortford Running Club	01:02:44	960	01:00:30
986	307	Joanne Thomas	F	SV		01:02:44	1028	01:02:15
987	615	Kate Cavanagh	F			01:02:48	973	01:00:53
988	345	Paul Winspear	M	V		01:02:49	957	01:00:26
989	47	John Butcher	M	GV	Ware Joggers Club	01:02:51	978	01:01:00
990	144	Tim Crouchman	M	V		01:02:51	967	01:00:42
991	106	Katie Holdgate	F			01:02:52	1003	01:01:33
992	161	Laura Hughes	F			01:02:52	1004	01:01:34
993	216	Nicola Aitken	F			01:02:53	987	01:01:11
994	1007	Susan Newman	F	SV	Bishops Stortford Running Club	01:02:53	990	01:01:13
995	705	Vivienne Honey	F	V	Fairlands Valley Spartans	01:02:54	972	01:00:52
996	679	Mike Last	M	SV		01:02:55	985	01:01:10
997	1291	Jo Newman	F	V		01:02:55	989	01:01:13
998	1072	David Wotherspoon	M		Berkhamsted School	01:02:56	970	01:00:52
999	440	Sarah McLagan	F	SV	Grange Farm & Dunmow Runners	01:02:59	1006	01:01:35
1000	454	Patricia Monks	F	SV		01:03:00	1007	01:01:35
1001	874	Charlotte Forster	F	J		01:03:00	975	01:00:55
1002	138	Scott Simpson	M			01:03:01	1015	01:01:46
1003	336	John Nugent	M	GV	Broxbourne Runners	01:03:05	1040	01:02:31
1004	174	Susan Gough	F	SV		01:03:07	979	01:01:01
1005	886	Paul Fox	M	SV	Ware Joggers Club	01:03:07	1001	01:01:33
1006	320	Kevin Thomas	M	V		01:03:08	1043	01:02:39
1007	647	Megan Hall	F			01:03:10	1014	01:01:45
1008	548	William Grovesmith	M	V		01:03:12	1045	01:02:45
1009	1130	Nicola McNair	F	SV		01:03:15	993	01:01:18
1010	71	Mandy McRae	F	SV		01:03:16	983	01:01:08
1011	507	Charlie Craft	M			01:03:20	980	01:01:03
1012	670	Sarah Vandermark	F			01:03:21	996	01:01:21

1013	169	Robert Heath	M			01:03:23	982	01:01:05
1014	1280	Mandy Miller	F	SV		01:03:25	1046	01:02:49
1015	673	Elizabeth Stringer	F			01:03:25	997	01:01:26
1016	1258	Yvonne Rains	F	SV		01:03:31	992	01:01:18
1017	1418	Annabelle Enston	F			01:03:32	995	01:01:20
1018	847	Tom Ross	M	SV		01:03:34	991	01:01:13
1019	807	Sarah Welch	F			01:03:36	1000	01:01:33
1020	1172	Beverley Small	F	SV		01:03:37	1017	01:01:58
1021	523	Philip Attelsey	M	SV		01:03:38	1012	01:01:40
1022	549	Justin Attelsey	M			01:03:38	1011	01:01:40
1023	469	Kate Tanfield	F			01:03:40	1030	01:02:16
1024	880	Jonathan Diamond	M	V		01:03:41	1068	01:03:31
1025	844	Helen Gallienne	F	SV		01:03:41	1016	01:01:48
1026	846	Kim Wookey	F	SV	Harlow Running Club	01:03:43	1022	01:02:10
1027	310	Derek Waterman	M			01:03:44	1026	01:02:12
1028	990	David Dunphy	M	V		01:03:46	1013	01:01:41
1029	378	Emma Welford	F	V		01:03:47	1060	01:03:23
1030	439	Carol Ringhofer	F	SV		01:03:49	1020	01:02:02
1031	939	Janet Edwards	F	GV	Orion Harriers	01:03:54	1009	01:01:39
1032	914	Jayne Hayward	F	SV	Castle Point Joggers	01:03:59	1058	01:03:19
1033	122	Martin Wilson	M	V		01:04:00	1042	01:02:37
1034	427	Stephen Knott	M	GV		01:04:09	1039	01:02:31
1035	79	Amy Lawrence	F			01:04:13	1027	01:02:13
1036	470	Lesley Hussey	F	SV	Bishops Stortford Running Club	01:04:16	1037	01:02:30
1037	957	Claire Mackenzie	F	V		01:04:16	1044	01:02:45
1038	191	Sophia Bhatti	F	V		01:04:16	1057	01:03:18
1039	141	Sonja Stanion	F	V		01:04:18	1025	01:02:11
1040	463	Arthur Harrington	M	GV		01:04:23	1029	01:02:15
1041	629	David Bottomley	M		Grange Farm & Dunmow Runners	01:04:26	1056	01:03:15
1042	1341	Alan Prince	M	GV		01:04:26	1018	01:01:58
1043	123	Jeremy Woods-Flack	M			01:04:34	1023	01:02:11
1044	124	Sarah Woods-Flack	F			01:04:35	1024	01:02:11
1045	1287	Dean Crane	M	SV		01:04:37	1032	01:02:19
1046	659	Darren Wilson-Webb	M	V		01:04:40	1038	01:02:30
1047	529	Rob Evans	M	V		01:04:40	1035	01:02:29
1048	775	Heather Eastwood	F	V		01:04:42	1070	01:03:36
1049	905	Corinna Cranch	F	SV	Sawbridgeworth Players	01:04:42	1071	01:03:37
1050	971	Michael Richards	M			01:04:46	1041	01:02:34
1051	325	Louise Ovens	F	SV		01:04:50	1055	01:03:12

1052	602	Jenny Abel	F		Witham RC	01:04:53	1067	01:03:31
1053	476	Amy Witchalls	F		Team Witch	01:04:55	1034	01:02:28
1054	473	Julie Witchalls	F	V	Team Witch	01:04:55	1033	01:02:27
1055	475	Lee Witchalls	M	V	Team Witch	01:04:56	1036	01:02:29
1056	221	Janet Bunce	F	GV	Orion Harriers	01:05:00	1047	01:02:50
1057	871	John Henderson	M	V		01:05:04	1094	01:04:13
1058	166	Tracy Stiles	F	V	Fairlands Valley Spartans	01:05:05	1052	01:03:03
1059	129	Toni Neville	F	V		01:05:05	1049	01:02:56
1060	118	Natasha Tofts	F	V		01:05:05	1050	01:02:56
1061	1379	Bernard Smith	M	SV		01:05:07	1097	01:04:15
1062	1378	Deborah Smith	F			01:05:07	1098	01:04:15
1063	41	Steven Blyth	M	V		01:05:09	1062	01:03:25
1064	243	Louise Parish	F	V		01:05:10	1048	01:02:54
1065	1278	Amanda Pidgeon	F	V		01:05:11	1054	01:03:11
1066	999	Karen Healey	F	V		01:05:13	1059	01:03:20
1067	625	Zoe Pyle	F	V		01:05:15	1085	01:03:55
1068	794	Janet Taylor	F	SV		01:05:15	1086	01:03:55
1069	542	Tracey Denby	F	SV		01:05:16	1066	01:03:28
1070	1286	Isabella Crane	F			01:05:16	1051	01:02:58
1071	614	Natalie Davey	F			01:05:18	1061	01:03:23
1072	1196	Gary Albon	M	V		01:05:20	1117	01:05:20
1073	465	Richard Woods	M			01:05:31	1053	01:03:10
1074	292	Paul Wilson	M	SV	Bishops Stortford Running Club	01:05:31	1065	01:03:27
1075	1089	Alan Carter	M	V	Sunday at 10	01:05:35	1081	01:03:45
1076	650	Linsey Smith	F			01:05:36	1083	01:03:48
1077	1220	Ziya Moustafa	M	V		01:05:37	1118	01:05:22
1078	1210	Jenny Moule	F	SV		01:05:38	1074	01:03:39
1079	1211	Chris Moule	M			01:05:38	1075	01:03:39
1080	1388	Brian Tyler	M	SV		01:05:39	1079	01:03:42
1081	410	John Hilton	M	SV		01:05:39	1078	01:03:41
1082	916	Susie Morley	F		Harlow Running Club	01:05:40	1090	01:04:08
1083	978	Nicky Agar	F	V		01:05:44	1121	01:05:30
1084	1272	Sarah Wicks	F	V		01:05:46	1080	01:03:44
1085	864	James Pearce	M			01:05:47	1112	01:04:55
1086	486	Anthony Smartt	M	GV		01:05:49	1069	01:03:36
1087	778	Christine Robinson	F	GV	Bishops Stortford Running Club	01:05:50	1073	01:03:38
1088	593	Sarah Poynter	F		Bishops Stortford Running Club	01:05:50	1072	01:03:38
1089	61	John Randle	M			01:05:51	1082	01:03:46
1090	72	Jennee Mortlock	F			01:05:52	1076	01:03:40

1091	1198	Rachel Mellick	F			01:05:52	1092	01:04:12
1092	462	Vic Gibling	M	GV		01:05:52	1077	01:03:40
1093	1028	Jennifer Scotchmer	F	V		01:05:52	1064	01:03:27
1094	442	Steve Macdonald	M	SV	Pitsea RC	01:05:53	1063	01:03:26
1095	742	Harvey Barrington	M			01:06:01	1087	01:03:58
1096	1292	Julie Kendall	F	SV	Saffron Striders RC	01:06:07	1088	01:04:00
1097	190	John Mills	M			01:06:10	1084	01:03:54
1098	327	Sarah Bowerman	F	V		01:06:11	1116	01:05:19
1099	328	Rachel Peck	F		Havering 90 joggers	01:06:14	1103	01:04:27
1100	870	Suzan Capper	F	GV	Orion Harriers	01:06:19	1093	01:04:13
1101	87	Chris Hunt	M	V		01:06:20	1091	01:04:10
1102	249	Eimear Zone	F	V		01:06:21	1095	01:04:14
1103	278	Gregory Pierre	M	V		01:06:21	1096	01:04:14
1104	1187	Dale Wildon	F	SV	Running 4 Women	01:06:24	1133	01:06:24
1105	1417	Andy Crossley	M	V		01:06:31	1108	01:04:35
1106	1170	Colin Peacock	M	V		01:06:40	1089	01:04:03
1107	862	Alison Meadows	F	SV		01:06:43	1102	01:04:23
1108	1080	Jim Higgins	M	SV		01:06:44	1101	01:04:23
1109	563	Tiffany Prince	F			01:06:45	1099	01:04:16
1110	1243	Cathy Withnell	F	V		01:06:46	1100	01:04:23
1111	44	Gail Butler	F	V	Bishops Stortford Running Club	01:06:48	1104	01:04:28
1112	1416	Paula Edwards	F	SV	Witham RC	01:06:49	1114	01:05:00
1113	342	Fiona Adam	F			01:06:53	1110	01:04:48
1114	1148	Katherine Kennedy	F	SV		01:06:56	1109	01:04:45
1115	960	Claire Dwyer	F	V		01:07:03	1106	01:04:33
1116	959	Brennan Dwyer	M	V		01:07:03	1107	01:04:34
1117	816	Paul Coleman	M	V		01:07:05	1105	01:04:32
1118	1160	Susan Lancaster	F	SV		01:07:08	1115	01:05:07
1119	510	David Clarkson	M			01:07:12	1140	01:06:46
1120	1433	Louise Simpson	F			01:07:17	1113	01:04:58
1121	1356	Charlotte Clark	F	V		01:07:23	1111	01:04:52
1122	1357	Tony Thomas	M			01:07:31	1120	01:05:28
1123	1038	Catherine Mulvey	F	SV	Stortford Squash Club	01:07:33	1147	01:06:54
1124	1363	Clair Sullivan	F			01:07:34	1119	01:05:25
1125	1000	Robert Birss	M	SV		01:07:35	1134	01:06:29
1126	1261	Joy Hale	F			01:07:45	1123	01:05:36
1127	244	John Ford	M	SV	Havering 90 joggers	01:07:51	1129	01:06:03
1128	1068	Elaine McAuley	F	V		01:07:52	1159	01:07:36
1129	1069	Lindsey Stewart	F	V	Tri and run	01:07:53	1158	01:07:36

1130	273	Odette Crafford	F	V		01:07:55	1124	01:05:40
1131	684	Stephen Bianchi	M	V		01:07:58	1122	01:05:34
1132	1251	Vera Dodge	F	SV	Saffron Striders RC	01:07:59	1126	01:05:52
1133	756	Linda Ellis	F	SV	Trent Park Running Club	01:07:59	1127	01:05:54
1134	1216	Chloe Dodgson	F			01:08:06	1131	01:06:11
1135	841	Samantha Rose	F			01:08:09	1128	01:05:59
1136	898	Kevin Davis	M	SV		01:08:09	1130	01:06:08
1137	678	Maria Vasilaki	F			01:08:10	1132	01:06:14
1138	231	Michael Avery	M	SV		01:08:16	1125	01:05:41
1139	578	Ann Osbiston	F	SV		01:08:22	1138	01:06:40
1140	1055	Suzy Connolly	F	SV		01:08:24	1149	01:07:00
1141	1259	Nora Murphy-Holder	F			01:08:25	1164	01:07:48
1142	294	Rosie Golder	F			01:08:26	1150	01:07:06
1143	1125	Colin Chapman	M	V		01:08:32	1148	01:06:55
1144	833	Matthew Boardman	M			01:08:41	1154	01:07:25
1145	1181	Kerry Blois	F			01:08:45	1139	01:06:41
1146	972	Shelley Richards	F			01:08:50	1137	01:06:38
1147	954	Martin Munson	M	SV		01:08:50	1136	01:06:37
1148	1282	Yvette Nix-Cundy	F	V		01:08:52	1143	01:06:50
1149	1281	Kate Free	F	SV		01:08:52	1144	01:06:50
1150	179	Mark Sadler	M	V	Fairlands Valley Spartans	01:09:13	1135	01:06:32
1151	309	Catherine Clucas	F	SV		01:09:13	1142	01:06:48
1152	301	Alan Clucas	M	V		01:09:13	1141	01:06:47
1153	1246	Poppy Barrett	F	J		01:09:16	1152	01:07:12
1154	838	Catriona Macleay	F	SV		01:09:19	1145	01:06:52
1155	837	James McShane	M	SV		01:09:19	1146	01:06:52
1156	976	Sarah Watson	F	SV		01:09:24	1169	01:08:42
1157	1267	Mike Fish	M	SV		01:09:24	1153	01:07:20
1158	642	Linda Bryant	F	V		01:09:29	1157	01:07:35
1159	279	Timothy Hillier	M			01:09:30	1151	01:07:08
1160	767	Peter Grinham	M	SV		01:09:34	1155	01:07:27
1161	1101	James Renny-Smith	M		Berkhamsted School	01:09:42	1160	01:07:38
1162	1302	Susan Armstrong	F	SV	Springfield Striders RC	01:09:43	1177	01:09:12
1163	1319	Isabelle Spurr	F	GV	Springfield Striders RC	01:09:44	1179	01:09:13
1164	1377	Siobhan Harrison	F			01:09:45	1176	01:09:10
1165	522	Patricia Edmans	F	SV		01:09:48	1161	01:07:41
1166	1248	Anna Dodge	F	J	Saffron Striders RC	01:09:52	1162	01:07:45
1167	1385	Bridget O'Reilly	F	V		01:09:53	1156	01:07:32
1168	1257	Brigid Dyson	F	SV	Saffron Striders RC	01:09:54	1163	01:07:47

1169	743	Mary Fitzgerald	F	GV		01:09:56	1184	01:09:33
1170	1312	William Noakes	M	SV		01:09:57	1165	01:08:03
1171	1346	Revi Marwaha	M	SV		01:10:01	1186	01:09:35
1172	621	Sarah Meredith	F	V		01:10:05	1175	01:09:04
1173	483	Carol Muir	F	V	Iford AC	01:10:26	1194	01:09:59
1174	1132	Mike Mackintosh	M	SV		01:10:33	1168	01:08:30
1175	589	Edward Mackaness	M	V		01:10:37	1166	01:08:19
1176	551	Roger Brown	M	GV	Trent Park Running Club	01:10:37	1167	01:08:20
1177	30	Sharon Buss	F			01:10:38	1182	01:09:28
1178	287	Joy Bebbington	F	GV		01:10:42	1174	01:08:57
1179	1029	Colin Steenson	M	GV		01:11:06	1173	01:08:51
1180	408	Ann Augur	F	GV		01:11:08	1170	01:08:48
1181	422	Alan Knight	M	SV		01:11:09	1171	01:08:50
1182	116	Simon Taylor	M	V		01:11:14	1172	01:08:51
1183	980	Susan Bannoeks	F	SV		01:11:28	1178	01:09:13
1184	411	Aarti Calvin	F	V		01:11:36	1185	01:09:33
1185	961	Joanne Jones	F	V		01:11:38	1180	01:09:19
1186	962	Samantha Freestone	F	V		01:11:38	1181	01:09:20
1187	1337	Kathleen Jolly	F	GV		01:11:41	1197	01:10:11
1188	726	Ellen Kerner	F	V		01:11:42	1187	01:09:41
1189	728	Nicki Astle	F			01:11:42	1188	01:09:41
1190	750	Katie Martin	F			01:11:53	1183	01:09:32
1191	222	Yvonne Hagan	F	SV	Havering 90 joggers	01:11:56	1195	01:10:09
1192	733	Amy Moore	F			01:11:59	1196	01:10:09
1193	40	Donna Turner	F	SV		01:12:07	1189	01:09:45
1194	37	Grant Baker	M	V	Orion Harriers	01:12:07	1190	01:09:46
1195	74	Ginny Lawson	F	V		01:12:11	1198	01:10:15
1196	1336	Jill Bezzant	F	SV		01:12:11	1191	01:09:52
1197	297	Melanie Harris	F	SV	Harlow Running Club	01:12:15	1193	01:09:58
1198	781	Jo Lockmiller	F	V	Townrow Trotters	01:12:20	1192	01:09:57
1199	777	Naomi Emerick	F	GV	Witham RC	01:12:22	1199	01:10:33
1200	434	Eliizabeth Horner	F	GV		01:12:48	1200	01:10:44
1201	586	Helen Fowler	F			01:13:27	1202	01:11:31
1202	1006	Pauline Stroud	F	SV	Bishops Stortford Running Club	01:13:35	1201	01:11:19
1203	1092	Ian Liney	M	SV		01:13:43	1203	01:11:49
1204	308	Martin Drake	M			01:14:16	1207	01:12:49
1205	1147	Richard Chambers	M			01:14:18	1209	01:13:05
1206	1010	Catherine Kelly	F	V		01:14:26	1213	01:13:50
1207	948	Jack Dean	M	J		01:14:26	1215	01:13:50

1208	730	Lois Keats	F			01:14:36	1206	01:12:33
1209	936	Ellie Tatum	F			01:14:36	1205	01:12:33
1210	1027	Mi-Ae Yeo	F			01:14:40	1204	01:12:12
1211	1113	Jean Duffell	F	GV		01:15:14	1208	01:12:59
1212	685	Gloria Overy	F	GV		01:15:15	1219	01:14:13
1213	1126	Lynn Ashwood	F	V		01:15:22	1212	01:13:45
1214	196	Deana Green	F	SV		01:15:22	1211	01:13:27
1215	134	Christine Prescott	F	GV	Trent Park Running Club	01:15:34	1214	01:13:50
1216	1094	Karen Thorogood	F	V	Townrow Trotters	01:15:40	1210	01:13:16
1217	362	Wade Lang	M			01:15:52	1223	01:14:45
1218	85	Amanda Lang-Watts	F	V		01:15:52	1222	01:14:45
1219	1420	Victoria Walland	F			01:16:04	1231	01:15:28
1220	357	Louise Gordon	F	V		01:16:09	1218	01:13:59
1221	500	Cherryl Silverton	F	GV	Witham RC	01:16:11	1225	01:15:00
1222	984	Louise Brown	F	V		01:16:18	1216	01:13:50
1223	573	Anna Taylor	F	V		01:16:20	1217	01:13:55
1224	617	John Howe	M	GV	Saffron Striders RC	01:16:33	1220	01:14:24
1225	57	Chiara Pellecchia	F			01:16:46	1221	01:14:41
1226	1111	Rosie King	F	GV		01:16:54	1232	01:16:40
1227	1266	Jane Hamptoln	F	SV		01:16:58	1224	01:14:49
1228	944	Jayne Russell	F	V		01:17:23	1226	01:15:03
1229	963	Susan Chapman	F	SV		01:17:25	1228	01:15:06
1230	1140	John Durban	M	V		01:17:26	1229	01:15:06
1231	471	Louise Baker	F	SV	Bishops Stortford Running Club	01:17:26	1230	01:15:07
1232	552	Bonieventure Bagalue	M	SV		01:17:28	1227	01:15:06
1233	460	Caroline Rogerson	F	V		01:18:04	1233	01:17:00
1234	1067	Natasha Giraudel	F			01:19:07	1235	01:17:53
1235	1139	Katie Hammond	F		Harlow Running Club	01:19:09	1234	01:17:38
1236	646	Anne Felstead	F	GV	Trent Park Running Club	01:19:13	1237	01:18:33
1237	759	Magali Dale	F			01:20:23	1236	01:18:03
1238	50	Peter Torre	M	GV	Veterans AC	01:21:21	1238	01:19:29
1239	1077	Sophie Keating	F	J	Berkhamsted School	01:23:12	1239	01:21:06
1240	1075	Vaishnavi Nagam	F		Berkhamsted School	01:23:24	1240	01:21:18
1241	692	Elma Bianchi	F	SV		01:23:52	1243	01:21:28
1242	1026	Chloe Baum	F		TRIBE.....KEEP WALKING	01:23:55	1241	01:21:26
1243	304	Margaret Sheldon	F			01:23:58	1242	01:21:26
1244	1324	Vivien Cannon	F	GV	Trent Park Running Club	01:24:02	1244	01:22:18
1245	855	Alan Murphy	M	GV	Barking Road Runners	01:26:36	1245	01:24:08
1246	836	Cindi Lowe	F	V	TRIBE.....KEEP WALKING	01:26:46	1246	01:24:17

1247	1428	Janet Cowley	F	GV	01:26:46	1247	01:26:03
1248	722	Guy Baker	M	V	01:27:59	1248	01:27:25