

Provisional Results for All Competitors in finish order.

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race No</i>	<i>Race Place</i>
1	0:52:40	PAYN, Thomas	run fast		115	1
2	0:56:03	SKIPPER, Joe			173	2
3	0:59:13	DOBSON, Paul	Springfield Striders	M45+	131	3
4	1:00:47	WINDARD, Robert	Lincoln & District runners		108	4
5	1:01:12	FIRTH, Charlotte	Windsor Slough Eton & Hounslow ac		44	5
6	1:01:26	RICHARDSON, Sean	East London Runners		207	6
7	1:02:46	SCOFIELD, Keith	clapham chasers		94	7
8	1:03:38	DAWSON, Craig	Tiptree road runners		134	8
9	1:04:50	BACK, Terry	Ipswich Jaffa	M45+	191	9
10	1:05:10	RILEY, Pete	Witham RC	M45+	64	10
11	1:05:30	SHARP, Russ	Gt Bentley		112	11
12	1:07:16	WRAY, Neil	Mersea Bootcamps		81	12
13	1:07:19	FENTON, David	Stowmarket		228	13
14	1:07:27	LINGWOOD, Jay			166	14
15	1:07:32	COLE, Leo	Witham RC	M45+	36	15
16	1:07:50	ALDIS, Daniel	Commando Runners		137	16
17	1:08:03	PIKE, Tom			223	17
18	1:08:15	SABEY, David		M45+	116	18
19	1:08:39	BURGESS, Emma	colchester harriers		195	19
20	1:08:42	MILLS, Stuart	Witham RC		127	20
21	1:08:47	GALLAGHER, Richard	Springfield Striders		100	21
22	1:08:47	HENRY, Amanda	Colchester Harriers	F40+	157	22
23	1:09:31	CHESHER, Susie			35	23
24	1:09:39	JAMES, Andrew		M45+	133	24
25	1:09:45	JAMES, Andrea	Colchester Harriers		125	25
26	1:09:51	BELSOM, Robin	Ipswich Jaffa	M45+	129	26
27	1:10:27	KING, Justin	pitsea rc		163	27
28	1:10:35	FLUTTER, Richard	Harwich runners	M45+	98	28
29	1:10:51	WALDRON, Gerard			107	29
30	1:11:06	FINCH, Jonathan		M45+	148	30
31	1:11:37	MCKIM, Martin			200	31
32	1:11:45	NELSON, David			110	32
33	1:12:29	CASLIN, Sam			208	33
34	1:12:37	COOMBES, Andy	pitsea rc		145	34
35	1:12:38	CHORLEY, Chris	bungay black dog	M45+	93	35
36	1:12:57	DELLAR, Paul	Tiptree road runners	M45+	202	36
37	1:13:06	STATHAM, MALCOLM	colchester harriers		213	37
38	1:13:29	FINCH, Katrina	Tiptree road runners	F40+	149	38
39	1:13:41	BIRD, Peter	saint edmund pacers		84	39
40	1:13:46	RICHARDS, Russell		M45+	211	40
41	1:13:57	CLARKE, Neville	newmarket joggers	M45+	192	41
42	1:14:04	HUNTER, Bruce	Muddy mucky monkeys		160	42
43	1:14:17	CHAPMAN, Nik	newmarket joggers		143	43
44	1:14:38	DOWNING, PETER		M45+	114	44
45	1:14:46	CLELAND, Ross			212	45
46	1:15:08	WRIGHT, PAUL	woodbridge shufflers		188	46
47	1:15:12	HARRINGTON, TRACY	Tiptree road runners	F40+	155	47
48	1:15:45	GRAYSON, Martin			219	48
49	1:15:50	SCOTT, Tom		M45+	234	49
50	1:16:00	DARTON, David	york knavesmire harriers	M45+	121	50
51	1:16:04	WALNE, Jason			140	51
52	1:16:09	GILL, Rebecca	East Essex Triathlon Club	F40+	136	52
53	1:16:49	LEEKES, Mark	Ipswich Jaffa		55	53
54	1:17:00	ROUT, Ben			169	54
55	1:17:16	DAY, Steve	pitsea rc		235	55
56	1:17:18	MORRIS, Donna	Witham RC	F40+	180	56

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57	1:17:40	TANNER, Andrew			72	57
58	1:17:59	EATON, Anna		F40+	147	58
59	1:18:04	PAGE, Rob			168	59
60	1:18:10	ROBERTSON, Mark	Rochford RC	M45+	90	60
61	1:18:25	HARDY, Daniel	Witham RC	M45+	21	61
62	1:18:30	BURTON, Stephen	benfleet rc	M45+	33	62
63	1:18:40	MARTIN, Wendy	Witham RC	F40+	126	63
64	1:19:00	GARRETT, Richard	Tiptree road runners		135	64
65	1:19:32	RAUCH, Michael		M45+	184	65
66	1:19:38	CASS, Martin			240	66
67	1:19:44	GILLAM, Chris	Commando Runners		151	67
68	1:19:46	LEA, Colin	york knavesmire harriers	M45+	123	68
69	1:19:50	WARD, Chris	Braintree		77	69
70	1:19:51	HOCKEN, Adam	Witham RC	M45+	158	70
71	1:20:00	ENDERS, Shelley	Witham RC	F40+	218	71
72	1:20:16	SMITH, Adam			22	72
73	1:20:41	TAYLOR, Mark			74	73
74	1:21:05	WEBSTER, Leon			80	74
75	1:21:20	ROLERKITE, Lindsay	Braintree	F40+	229	75
76	1:21:49	APPLEBY, CLAIRE			199	76
77	1:21:50	KIRSH, NEIL	EETC	M45+	103	77
78	1:21:58	BENHAM, MARK	Rochford RC	M45+	30	78
79	1:22:03	KING, Cliff	castle point joggers		54	79
80	1:22:06	PERONI, Paola		F40+	88	80
81	1:22:27	SHADFORD, Eileen	Gt Bentley	F40+	119	81
82	1:22:31	SMITH, Barry	Dartford Road Runners	M45+	174	82
83	1:22:35	TROTTER, Stephen	Team Pants		75	83
84	1:22:38	CODY, Chris	Packers St Edmunds	M45+	236	84
85	1:22:51	FARREN, Cherri			43	85
86	1:23:11	SILVERTON, Ross	Witham RC	M45+	19	86
87	1:23:12	ENDERS, David	Witham RC	M45+	217	87
88	1:23:18	SMITH, Anna	Stowmarket	F40+	66	88
89	1:23:19	SLATER, James	Tiptree road runners	M45+	203	89
90	1:23:28	RIGBY, Katrina	hadleigh hares		89	90
91	1:23:45	OWEN, Martin	Gt Bentley		60	91
92	1:23:47	ROBERTS, Hugh	bungay black dog	M45+	182	92
93	1:23:48	BEARDALL, ALEX	Tiptree road runners		214	93
94	1:23:49	CLARKE, Phillip	Tiptree road runners	M45+	198	94
95	1:24:17	APPLEBY, Mike			83	95
96	1:24:26	KINGSLEY, Louise	pitsea rc		233	96
97	1:24:26	POINTER, Nigel	pitsea rc		139	97
98	1:24:32	ROSBROOK, MIKE	hadleigh hares	M45+	124	98
99	1:24:51	MALLOY, Thomas		M45+	231	99
100	1:24:51	COCKRELL, Jon	castle abc	M45+	144	100
101	1:25:04	EDWARDS, Tristan			42	101
102	1:25:19	HARE, Roger	castle point joggers	M45+	120	102
103	1:25:19	CAKEBREAD, Paul		M45+	215	103
104	1:25:54	GREEN, Elisha		NDB	232	104
105	1:25:58	SAUERZAPF, Bobbie	bungay black dog	F40+	109	105
106	1:26:18	BARNARD, Adrian			204	106
107	1:26:30	FRITH, Nicholas			150	107
108	1:26:39	HO, Annie			178	108
109	1:26:39	BENHAM, Nicki	Rochford RC	F40+	29	109
110	1:26:50	BRIGHT, Steve		M45+	87	110
111	1:27:12	DARBY, PAUL		M45+	37	112
112	1:27:33	MACDONALD, Cheryl	Flyers Southend	F40+	113	113
113	1:27:48	DUNN, Colin	Flyers Southend		41	114
114	1:27:48	BLACKBURN, Mark	Ipswich Jaffa		193	115
115	1:28:02	MURRAY, Grant			239	116
116	1:28:25	SPURR, Gavin			70	117

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117	1:28:27	HADDOW, FRASER		M45+	185	118
118	1:28:37	GARDINER, FRANK	Gt Bentley	M45+	224	119
119	1:28:49	GRAINGER, Anita	Witham RC	F40+	153	120
120	1:29:07	COBB, Sean			189	121
121	1:29:20	PAGET, Kevin	Ware Joggers	M45+	17	122
122	1:29:30	ROGERS, Becky		F40+	230	123
123	1:29:35	GOULD, Zoe	Tiptree road runners	F40+	152	124
124	1:29:38	KIRSH, Matthew	East London Runners		104	125
125	1:29:43	OLVER, Susan			15	126
126	1:29:54	MERCER, Kate			179	127
127	1:29:57	BELLINGER, Elizabeth			28	128
128	1:29:58	WRIGHT, Jonathan			227	129
129	1:30:12	TYLER, Kim	clapham chasers		106	130
130	1:30:35	DRURY, Chris		F40+	117	131
131	1:31:07	SIBLEY, Gary	Braintree		96	132
132	1:31:23	STIFF, Adam	Ipswich Jaffa		71	133
133	1:31:24	HOWE, Theresa	pitsea rc	F40+	10	134
134	1:31:54	SMITH, Brian		M45+	24	135
135	1:31:59	BOSHELL, Samantha	dengie hundred runners	F40+	141	136
136	1:32:07	COHEN, Lee			95	137
137	1:32:31	CHAPLIN, Peter	pitsea rc	M45+	91	138
138	1:32:41	LYNCH, Jenny	Felixstowe road runners	F40+	56	139
139	1:32:59	CRITTENDEN, Mark	Gt Bentley		130	140
140	1:33:23	BELLIS, Steven			237	141
141	1:33:24	CAKEBREAD, Hannah			216	142
142	1:33:42	HUGHES, Michelle	tri & Tri again		11	143
143	1:34:03	CARVEY, Richard	dengie hundred runners	M45+	34	144
144	1:34:13	SCRIVENER, Maxine		F40+	65	145
145	1:34:16	BROUGHTON, Kim	Tiptree road runners	F40+	142	146
146	1:34:16	WEST, Lucy		F40+	210	147
147	1:34:18	MOON, Graeme	Tiptree road runners	M45+	201	148
148	1:34:24	WRAFTER, Patrick		M45+	220	149
149	1:34:58	SALMON, Lyndsay			170	150
150	1:35:08	THORNTON, Rachael	Flyers Southend		183	151
151	1:35:08	COLE, Joanne	Flyers Southend		132	152
152	1:35:13	HARE, Jude	castle point joggers	F40+	118	153
153	1:36:09	BARRET, JANE			187	154
154	1:36:25	TRIPP, Eleanor			175	155
155	1:36:26	PRYOR, Richard	Flyers Southend	M45+	63	156
156	1:36:27	HODKINSON, Helen	LWFitness4all	NDB	159	157
157	1:36:27	LIESCHING-SCHRODER, Karen	Flyers Southend	F40+	105	158
158	1:36:28	PASSINGHAM, Keith	Flyers Southend	M45+	61	159
159	1:36:29	WEST, Carolyn		F40+	209	160
160	1:36:57	KITCHING, Michael		M45+	206	161
161	1:37:04	DENBY, Tracey	Witham RC	F40+	97	162
162	1:37:22	DALE, Paul			177	163
163	1:37:32	BLACK, Hayley		F40+	86	164
164	1:39:52	NOAD, Collette		F40+	181	165
165	1:40:00	CLARK, Judith		F40+	68	166
166	1:40:31	LEE-LAZONE, Elliot			221	167
167	1:41:18	GRAHAM, Alex		M45+	225	168
168	1:41:42	WARD, Laurence			76	169
169	1:41:59	LEWIS, DEBBIE	Witham RC	F40+	165	170
170	1:43:07	OSTLER, Anneli	Felixstowe road runners		194	171
171	1:43:31	OLIVER, ANNE		F40+	197	172
172	1:44:46	PALMER-BARNES, Belinda	Gt Bentley	F40+	111	173
173	1:45:17	GROVES, Claire			51	174
174	1:45:17	GROVES, Luke	Luke Groves		50	175
175	1:45:34	YOUNG, Linda			196	176
176	1:46:31	HAWKINS, Louise	Tiptree road runners	F40+	156	177

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177	1:46:56	WATSON, Wendy		F40+	79	178
178	1:48:00	HOGARTH-JONES, Bruce		M45+	53	179
179	1:48:21	SHILLING, DAWN	Tiptree road runners		172	180
180	1:48:32	DELDERFIELD, Nicola			39	181
181	1:49:09	SMITH, Joanne			20	182
182	1:50:14	IDDON, Linzi			161	183
183	1:50:20	SMITH, Liz	Harwich runners	F40+	23	184
184	1:51:46	KING, Mikki	pitsea rc	F40+	164	185
185	1:51:48	COOMBES, Sam	pitsea rc		146	186
186	1:51:58	MACDONALD, Steve	Flyers Southend	M45+	57	187
187	1:53:14	BOWDEN, Nicola	100% Physical training		31	188
188	1:54:47	IRVINE, Victoria	Flyers Southend		162	189
189	1:56:07	HARRAT, Nicola	LWFitness4all	F40+	154	190
190	1:56:08	WATTS, Lee	LWFitness4all	NDB	176	191
191	1:56:24	DICKINSON, Jo	Felixstowe road runners	F40+	40	192
192	2:03:10	BUSH, John		M45+	1	193
193	2:08:26	METCALFE, Ruth		F40+	12	194

There were 193 finishers in the All Competitors category.