

## 5 and 10 Race

### 5 Mile

Sunday 27 August 2017. 10:30 am

#### 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</i>	<i>Race</i>
1	0:30:54	FLUTTER, Richard	Colchester Harriers	All Men	19	1
2	0:31:42	GILL, Luke	East Essex TRI	Under 20 Male	23	2
3	0:31:53	DALEY, Steven	Beckenham RC	All Men	13	3
4	0:32:08	SOWERBY, Giles	Witham RC	All Men	56	4
5	0:32:52	MANBY, Chris	Colchester Harriers	All Men	92	5
6	0:33:17	SATZ, Damo		All Men	121	6
7	0:33:42	MORGAN, Simon	Colchester Harriers	All Men	100	7
8	0:33:46	WAITE, Jay		All Men	105	8
9	0:34:53	COOKE, Rebecca	Colchester Harriers	All Ladies	91	9
10	0:35:35	BELLINGER, Elizabeth		All Ladies	108	10
11	0:35:54	PITTMAN, Rebecca	Springfield Striders	All Ladies	47	11
12	0:36:19	WHISTON, Arthur	Colchester Harriers	60+ Male	538	12
13	0:36:47	ROBERTSON, Mark	Rochford Running Club	All Men	87	13
14	0:37:01	THEOBALD, Royston		All Men	61	14
15	0:37:07	WATSON, Steven	Witham RC	All Men	70	15
16	0:37:16	JOY, Dave	Flyers Southend	All Men	86	16
17	0:37:24	DENBOW, Nicholas		All Men	131	17
18	0:37:28	BAINBRIDGE, Nik	Witham RC	All Men	4	18
19	0:37:32	CATERMORE, Debbie	Colchester Harriers	All Ladies	106	19
20	0:37:50	BLAND, Stephen		All Men	125	20
21	0:38:05	GREENWOLD, Gerry	Witham RC	All Men	24	21
22	0:38:39	BEATY, Charlie		All Ladies	98	22
23	0:38:47	GILL, Rebecca	East Essex TRI	All Ladies	48	23
24	0:38:54	BURGESS, Adam		Under 20 Male	81	24
25	0:39:29	HEALEY, Steve	Phoenix Striders	All Men	78	25
26	0:39:35	WEST, Robert	Leigh on Sea Striders	All Men	74	26
27	0:40:18	WEAVER, Dale	Jogging Made Easy	All Men	71	27
28	0:40:23	MORGAN, Abigail	Canterbury Harriers	Under 20 Female	99	28
29	0:40:38	GALDIVER, Frank	Great Bentley Running Club	60+ Male	128	29
30	0:40:39	VERY, Mark	Ipswich Jaffa RC	All Men	126	30
31	0:40:40	MILLER, Simon	Colchester Harriers	All Men	41	31
32	0:40:42	VARDELL, David		All Men	66	32
33	0:40:45	MOORE, Tom	Flyers Southend	Under 20 Male	132	33
34	0:41:30	SABEY, David		All Men	50	34
35	0:41:37	YATES, Louise	Colchester Harriers	All Ladies	115	35
36	0:41:57	JARVIS, Trish	Jogging Made Easy	All Ladies	36	36
37	0:41:58	TAYLOR, Paul	Jogging Made Easy	All Men	58	37
38	0:42:17	YOUNG, Anna	Harwich Runners	All Ladies	77	38
39	0:42:26	MOORE, MELANIE	Great Bentley Running Club	All Ladies	134	39
40	0:42:38	SWINDELL, DAVINA	Great Bentley Running Club	All Ladies	122	40
41	0:42:54	LEWENDON, Arabella	Felixstowe Road Runners	All Ladies	79	41
42	0:42:58	COLE, Joanne	Flyers Southend	All Ladies	116	42
43	0:43:23	HADGRAFT, Rob	Tiptree Road Runners	60+ Male	25	43
44	0:43:30	DALE, Paul		All Men	104	44
45	0:44:09	GAY, Eleanor		All Ladies	129	45
46	0:44:12	HARRISON, Michael		Under 20 Male	82	46
47	0:44:14	LENARTOWICZ, Robin		All Men	123	47
48	0:44:27	DENBOW, Tilly		Under 20 Female	136	48
49	0:44:32	NELSON, Gemma		All Ladies	80	49
50	0:44:32	WIDDOWSON, Caroline		All Ladies	75	50
51	0:44:38	WIDDOWSON, Ian		All Men	76	51
52	0:44:44	OWEN, Martin		All Men	102	52

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53	0:44:44	GAREY, Lynne	Springfield Striders	All Ladies	21	53
54	0:44:45	MOTT, Zoe	Phoenix Striders	All Ladies	93	54
55	0:44:45	PATERSON, Jenni	Leigh on Sea Striders	60+ Female	45	55
56	0:44:45	ADAMS, Lucy	Jogging Made Easy	All Ladies	2	56
57	0:45:36	HOLMES, Deborah	Jogging Made Easy	All Ladies	33	57
58	0:46:09	GARDINER, Jim		60+ Male	20	58
59	0:46:20	TESTER, Colin		All Men	60	59
60	0:46:49	SEEAR, John		60+ Male	84	60
61	0:46:55	TAYLOR, Katheryn		All Ladies	57	61
62	0:47:29	COSTER, Robert		All Men	11	62
63	0:47:31	SIGNLETON, Paul		60+ Male	107	63
64	0:47:44	HAWKINS, Nicola	Phoenix Striders	All Ladies	29	64
65	0:47:45	HUBBARD, Andrew	Jogging Made Easy	All Men	110	65
66	0:47:54	LEADER, Joy	Phoenix Striders	All Ladies	90	66
67	0:48:08	PACE, Louis		60+ Male	130	67
68	0:48:10	FLEMING, Sue		All Ladies	18	68
69	0:48:12	SMITH, Angela	Pitsea Running Club	All Men	53	69
70	0:48:15	HAWKINS, Katy	Phoenix Striders	All Ladies	117	70
71	0:48:23	WARRINER, Natalie	Great Bentley Running Club	All Ladies	69	71
72	0:48:28	CAMPBELL, Eddie		All Men	124	72
73	0:48:49	ADAMS, Jo	Jogging Made Easy	All Ladies	1	73
74	0:48:51	SMITH, Richard		All Men	54	74
75	0:49:04	KENT, John		60+ Male	97	75
76	0:49:28	HIGGON, Jo	Harwich Runners	All Ladies	32	76
77	0:49:35	DENBOW, Myles	Flyers Southend	Under 20 Male	133	77
78	0:49:38	HOSKYN, John	Springfield Striders	60+ Male	34	78
79	0:49:51	SHEPHERD, Charlotte		All Ladies	52	79
80	0:50:00	HILL, Sandra		All Ladies	103	80
81	0:50:05	CRAWFORD, Amy	Jogging Made Easy	All Ladies	111	81
82	0:50:12	FISHER, John		All Men	17	82
83	0:50:16	VERRIER, Lynne		All Ladies	67	83
84	0:50:19	MISSENDEN, Danny		All Men	42	84
85	0:50:20	SAUL, Beth		Under 20 Female	51	85
86	0:50:36	VERRIER, Wayne		All Men	68	86
87	0:50:54	HARDING, Robyn	Tiptree Road Runners	All Ladies	28	87
88	0:51:26	KINGSLEY, Louise		All Ladies	113	88
89	0:51:27	HARDING, Chris	Tiptree Road Runners	All Men	27	89
90	0:51:27	MILLER, Paul		All Men	89	90
91	0:51:40	DEAN, Louise		All Ladies	15	91
92	0:51:50	DENBOW, Caroline		All Ladies	135	92
93	0:52:23	WELLINGTON, Anthony	Flyers Southend	All Men	119	93
94	0:52:53	LAWLOR, Michael	Jogging Made Easy	All Men	127	94
95	0:53:06	RICHARDSON, Karen	Cambridge and Coleridge AC	All Ladies	88	95
96	0:53:30	WEST, David	Leigh on Sea Striders	60+ Male	73	96
97	0:53:47	SMITH, Samantha		All Ladies	55	97
98	0:54:00	MEANWELL, Vicki		All Ladies	40	98
99	0:54:00	HAMILTON, Stacey		All Ladies	26	99
100	0:54:05	NUTLEY, Valerie		60+ Female	44	100
101	0:54:21	VARDELL, Carole		All Ladies	65	101
102	0:54:21	DOWNLING, Nikki		All Ladies	16	102
103	0:54:30	WILLIS, Adam		All Men	96	103
104	0:55:32	HOY, Mark	Jogging Made Easy	All Men	3	104
105	0:55:36	THOMPSON, Andy		60+ Male	62	105
106	0:56:21	BRIGHT, Amie	Castle Point Joggers	All Ladies	7	106
107	0:56:22	TAYLOR, Sam		All Ladies	59	107
108	0:56:28	TIDDER, Robert		60+ Male	63	108

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109	0:56:36	BALLS, Juliet		All Ladies	5	109
110	0:57:48	TUCKER, Shirley	Jogging Made Easy	All Ladies	114	110
111	0:57:50	VINICOMBE, Carole	Phoenix Striders	All Ladies	85	111
112	0:58:59	WELHAM, Emma	Great Bentley Running Club	All Ladies	72	112
113	0:59:13	FREEMAN, Peter	Flyers Southend	60+ Male	101	113
114	0:59:36	GIBSON, Karen		All Ladies	22	114
115	0:59:57	LAWRENCE, Amanda		All Ladies	38	115
116	1:00:03	LUCAS, Annette		All Ladies	95	116
117	1:00:03	LUCAS, Chris		All Men	94	117
118	1:00:05	CULLUM, Kelly		All Ladies	12	118
119	1:02:29	BANNOCKS, Susan	Phoenix Striders	All Ladies	6	119
120	1:04:20	HAWKINS, Rhys		All Men	30	120
121	1:05:05	NUTLEY, Philip	Saint Edmunds Pacers	60+ Male	43	121
122	1:05:13	WEST, Jacqui	Phoenix Striders	All Ladies	83	122
123	1:06:12	CRESSWELL, Donna	Phoenix Striders	All Ladies	118	123
124	1:08:40	HEALEY, Julie	Phoenix Striders	All Ladies	120	124
125	1:10:04	MASTERS, Coralie		All Ladies	39	125

There were 125 finishers in the All Competitors category.