

#	First name	Last name	Bib	Team name	Final Result
1	Ram	Osman	60	Colchester Harriers	01:18:42.00
2	Angus	Holford	317	Woodford Green & Essex Ladies AC	01:20:15.96
3	Doug	McGillivray	61		01:25:29.80
4	Dmitrij	Savickij	350	Cambridge Harriers	01:28:30.29
5	Mark	Smith	3		01:29:22.30
6	Chris	Seymour	330	Mid Essex Casuals	01:31:45.90
7	DAVID	WRIGHT	344	Great Bentley Running Club	01:32:44.78
8	Allen	Smalls	44	Colchester Harriers	01:33:44.34
9	Glenn	Redman	360		01:39:34.00
10	J.	Townsend	366		01:39:39.46
11	Martin	Holland	4		01:40:26.30
12	Charlie	McCarthy	329	Harwich Runners	01:41:37.28
13	Craig	Mitchell	59	Great Bentley Running Club	01:41:41.50
14	Luke	Fordham	400	Braintree & District AC	01:43:52.38
15	Leon	Webster	42	Springfield Striders RC	01:43:53.13
16	Jonathan	Hammond	384	Billericay Striders	01:43:54.96
17	Elizabeth	Bellinger	45		01:44:15.13
18	Steve	Sims	50		01:44:36.42
19	Alex	Thompson	308		01:45:25.75
20	Joe	Grierson	381		01:45:40.79
21	Sarah	Sellens	58	Colchester Harriers	01:46:09.86
22	James	Grierson	372		01:46:43.96
23	Mark	Chippendale	1		01:46:51.86
24	Matthew	Stuart	8		01:47:47.86
25	Jason	Cattermole	374	Ipswich Jaffa RC	01:47:53.68
26	Joe	Francis	380		01:48:34.19
27	Chris	Wright	332		01:49:10.05
28	Darren	Smith	341		01:49:10.51
29	Kaela	Swaine	386	Colchester & Tendring AC	01:50:32.93
30	Jake	Mannings	43		01:51:18.39
31	Charles	Gay	55		01:51:34.74

32	Lee	Kent	392	Harlow Running Club	01:52:07.01
33	Dawn	Holford	346		01:52:50.93
34	Lee	Relf	393		01:54:09.34
35	Adam	Burgess	304		01:55:24.07
36	James	Calnan	370		01:55:51.75
37	Trevor	King	54	LOSS	01:55:52.33
38	Stephen	Swaine	51		01:56:01.33
39	Marvin	Turner	5	Harold Wood Running Club	01:56:14.08
40	Peter	Wirtzfeld	16	Run Academy Worthing	01:56:42.68
41	Adam	Sewell	305		01:56:43.25
42	Gary	Ghag	356		01:56:45.23
43	Stan	Lee	31		01:58:53.33
44	Robert	Marcall	20		01:58:57.23
45	Amy	Alexander	57	Greenwich Tritons	01:58:59.57
46	Emily	Pereira	353	Braintree & District AC	01:59:35.29
47	Glenn	Massey	359		01:59:56.59
48	Matthew	Brockington	6		02:00:07.96
49	Tim	Brockington	36	Springfield Striders RC	02:00:08.03
50	James	Gerard	371		02:02:47.16
51	Lorraine	Collins	397		02:03:01.42
52	Kelly	Andrews	389	Pitsea RC	02:03:53.41
53	Geoffrey	Reddin	357	Witham RC	02:05:42.29
54	Adie	Thomas	306		02:06:02.82
55	Jack	Wilders	368		02:06:15.48
56	Katie	Thorpe	388		02:06:15.91
57	Harry	Swinbourne	52		02:06:15.99
58	Philip	Read	17		02:06:19.84
59	Deborah	Hitching	349	Springfield Striders RC	02:07:44.69
60	Nicholas	Looby	10	Witham RC	02:07:54.74
61	Catherine	Hammond	328		02:08:37.19
62	Oliver	Dryhurst	12		02:08:45.34
63	Jon	Cameron	383		02:09:27.74
64	Ricky	Lee	47	Billericay Striders	02:10:55.21

65	Annalise	Tye	320	Witham RC	02:11:35.26
66	Tony	GAWLER	38	Harold Wood Running Club	02:13:35.63
67	Paul	Hart	15	Harold Wood Running Club	02:13:38.76
68	Elisa	Aylott	351		02:13:52.32
69	Nicola	Moughton	11		02:14:01.32
70	Dawn	Shilling	348	Witham RC	02:14:17.02
71	Stuart	PHILLIPS	35		02:15:51.94
72	Christopher	Madell	333	Harold Wood Running Club	02:16:12.23
73	Jill	Newman	379		02:16:44.83
74	Stuart	Meddemmen	34		02:16:45.50
75	Daniel	Codling	339		02:17:08.90
76	Clare	Thompson	334		02:17:48.55
77	Colin	Moss	337		02:18:03.63
78	David	Giles	343		02:18:03.66
79	Alan	Woodroof	307		02:19:10.05
80	Andy	Sutcliffe	49		02:21:05.24
81	Tony	Rawson	39	Harold Wood Running Club	02:21:12.29
82	Mike	Westmore	62	Harold Wood Running Club	02:21:55.14
83	Steve	Gourley	33	Harold Wood Running Club	02:22:47.41
84	Shana	Lynch	46		02:22:48.57
85	Andrew	Large	315		02:23:38.23
86	Samantha	Cooper	56	Hadleigh Hares	02:23:38.65
87	Jack	Brigden	367		02:23:41.76
88	Andrew	Jennings	314		02:23:42.79
89	Peter	Greig-Smith	53		02:23:51.55
90	Wendy	Brown	41		02:26:26.23
91	Matthew	Brown	7		02:26:38.20
92	ANDY	RELF	316		02:26:57.86
93	Patrick	Knapp	13		02:29:35.09
94	Sean	Kavanagh	28	Harold Wood Running Club	02:30:15.58
95	Annabel	Davies	319		02:30:59.97
96	Stephen	Wheeler	32		02:32:54.68
97	Natalie	Taylor	9		02:34:51.64

98	Gareth	Parris	355	Dunmow Runners	02:34:56.93
99	Clive	Burrow	336	Harold Wood Running Club	02:35:23.21
100	Carol	Norman	326	Harold Wood Running Club	02:36:36.43
101	Philip	Smith	18		02:36:50.91
102	Ann	Robinson	318	Billericay Striders	02:37:49.87
103	Carolyn	Brenchley	327	Billericay Striders	02:37:50.34
104	Kathryn	Scourfield	387	Billericay Striders	02:37:50.58
105	Lesley	Smart	394	Billericay Striders	02:37:50.73
106	Dawn	Cobbett	345	Run Academy Worthing	02:39:19.38
107	Helen	Ivory	48		02:39:51.68
108	Harry	Smith	361		02:41:10.53
109	Harry	Smith	362		02:41:10.71
110	Ryan	Pegrum	23		02:45:54.72
111	Ben	Withams	323		02:45:54.90
112	Hayley	Rook	364		02:53:53.91
113	Lorraine	Borley	396		03:00:59.62
114	Amanda	Hart	311	Harold Wood Running Club	03:03:10.08
115	Clare	Whitby	335	Harold Wood Running Club	03:05:39.90
116	Elisabeth	Honeysett	352	Harold Wood Running Club	03:13:43.46
117	Alison	Hagon	309	Harold Wood Running Club	03:13:47.51
118	Loretta	Reehill	395	Harold Wood Running Club	03:29:24.75
119	Lucy	Walker	399	Harold Wood Running Club	03:29:32.26