Overall Results



Run The Res 10 Mile 1. 56 Nate FILER	, , , , , , , , , , , , , , , , , , ,							
1. 56 Nate FILER Male Senior Colchester Harriers AC 01:02:21 01:02:19 6:14	Place	Bib	Name	AG	Club	Gun	Chip	Pace
2. 72 Richard HEATH Male V45 Colchester Harriers AC 01:05:09 01:05:09 01:05:07 6:36 3. 165 Allen SMALLS Male V50 Colchester Harriers AC 01:06:05 01:07:45 6:34 4. 70 Ian HAW Male Senior Colchester Harriers AC 01:08:00 01:07:45 6:34 5. 157 Alexander SALES Male Senior Colchester Harriers AC 01:08:00 01:07:58 6:37 7. 1 Keith MARLEY Male V45 Colchester Harriers AC 01:08:34 01:08:41 6:52 8. 51 Graeme DAVIES Male V45 Unattached 01:09:17 01:09:14 6:52 10. 52 Chris DAVIS Male Senior Unattached 01:09:44 01:09:42 6:56 10. 52 Chris DAVIS Male Senior Unattached 01:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:15 7:11:	Run	The F	Res 10 Mile					
3. 165 Allen SMALLS Male V50 Colchester Harriers AC 01:08:15 01:06:12 6:37 4. 70 Ian HAW Male Senior Colchester Harriers AC 01:07:48 01:07:48 01:07:58 6:47 5. 157 Alexander SALES Male Senior Colchester Harriers AC 01:08:30 01:07:58 6:47 6. 154 Paul RODGERS Male V45 Colchester Harriers AC 01:08:34 01:08:34 01:08:14 6:55 7. 1 Keith MARLEY Male V45 Colchester Harriers AC 01:08:34 01:09:14 6:55 8. 49 Rob CRONSHAW Male Senior Colchester Harriers AC 01:09:23 01:09:24 6:56 10. 52 Chris DAVIS Male Senior Unattached 01:10:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15 70:11:15	1.	56	Nate FILER	Male Senior	Colchester Harriers AC	01:02:21	01:02:19	6:14
4. 70 Ian HAW Male Senior Colchester Harriers AC 01:07:48 01:07:45 6:46 5. 157 Alexander SALES Male Senior Colchester Harriers AC 01:08:00 01:07:45 6:47 6. 154 Paul RODGERS Male V45 Colchester Harriers AC 01:08:43 01:08:41 6:55 7. 1 Keith MARLEY Male V50 Colchester Harriers AC 01:08:43 01:09:14 6:55 8. 51 Graeme DAVIES Male V45 Colchester Harriers AC 01:09:44 01:09:14 6:55 10. 52 Chris DAVIS Male Senior Colchester Harriers AC 01:10:18 01:10:15 7:01 11. 45 Wayne COOK Male Senior Colchester Harriers AC 01:11:57 01:11:57 01:11:57 7:11:54 7:11 12. 58 Barry FROST Male Senior Colchester Harriers AC 01:11:57 01:11:54 7:11 7:11 01:11:42 01:13:42 01:13:42 01:13:42 01:13:42	2.	72	Richard HEATH	Male V45	Colchester Harriers AC	01:05:09	01:05:07	6:30
5. 157 Alexander SALES Male Senior Colchester Harriers AC 01:08:00 01:07:58 6:47 6. 7. 1 Keirl RODGERS Male V45 Colchester Harriers AC 01:08:43 01:08:43 01:08:31 6:57 7. 1 Keirl MARLEY Male V45 Colchester Harriers AC 01:09:21 01:09:22 01:09:22 01:09:22 01:09:22 <td< td=""><td>3.</td><td>165</td><td>Allen SMALLS</td><td>Male V50</td><td>Colchester Harriers AC</td><td>01:06:15</td><td>01:06:12</td><td>6:37</td></td<>	3.	165	Allen SMALLS	Male V50	Colchester Harriers AC	01:06:15	01:06:12	6:37
6. 154 Paul RODGERS Male V45 Colchester Harriers AC 01:08:34 01:08:31 6:51 7. 1 Keith MARLEY Male V45 Ocichester Harriers AC 01:08:43 01:08:43 01:08:41 6:52 8. 49 Rob CRONSHAW Male Senior Colchester Harriers AC 01:09:23 01:09:21 6:56 10. 52 Chris DAVIS Male Senior Colchester Harriers AC 01:10:18 01:10:15 7:01 11. 45 Wayne COOK Male Senior Colchester Harriers AC 01:11:15 01:11:15 7:11 14 7:11 14 Wayne COOK Male Senior Colchester Harriers AC 01:11:15 01:11:15 7:11:15 7:11 14 14 95 Jonathan JONES Male Senior Unattached 01:11:16 01:11:16 7:11 17 14 14:14 95 Jonathan JONES Male Senior Unattached 01:14:09 01:14:04 7:24 7:24 11:16:04 7:34 11:16:04 7:24 7:24	4.	70	lan HAW	Male Senior	Colchester Harriers AC	01:07:48	01:07:45	6:46
7. 1 Keith MARLEY Male V50 Colchester Harriers AC 01:08:43 01:08:41 6:52 3. 51 Graeme DAVIES Male V45 Unattached 01:09:17 01:09:14 6:55 3. 49 Rob CRONSHAW Male Senior Colchester Harriers AC 01:09:44 01:09:24 6:56 10. 52 Chris DAVIS Male Senior Unattached 01:01:18 01:10:15 7:01 11. 45 Wayne COOK Male Senior Colchester Harriers AC 01:11:57 01:11:57 01:10:15 7:01 12. 58 Barry FROST Male Senior Colchester Harriers AC 01:11:34 01:13:42 7:22 13. 6.3 Lloyd GRAY Male Senior Unattached 01:13:44 01:13:42 7:22 14. 95 Jonathan JONES Male Senior Unattached 01:14:29 01:14:20 7:22 16. 12 Darry SELBY Male Senior Unattached 01:14:29 01:14:20 7:24	5.	157	Alexander SALES	Male Senior	Colchester Harriers AC	01:08:00	01:07:58	6:47
8. 51 Graeme DAVIES Male V45 Unattached 01:09:17 01:09:14 6:55 1.0 49 Rob CRONSHAW Male Senior Colchester Harriers AC 01:09:24 01:09:24 6:55 1.1 45 Wayne COOK Male Senior Unattached 01:01:18 01:10:18 01:01:15 7:01 12. 58 Barry FROST Male Senior Colchester Harriers AC 01:11:37 7:11 13. 63 Lloyd GRAY Male Senior Unattached 01:13:42 01:13:42 7:22 14. 95 Jonathan JONES Male Senior Unattached 01:14:08 01:14:04 7:22 15. 162 Daryl SELBY Male Senior Unattached 01:16:07 01:16:03 7:36 16. 24 Jonathan BOYLES Male Senior Unattached 01:16:03 01:16:02 7:36 17. 107 Martin FROST Male Senior Unattached 01:16:02 01:16:02 7:36 18.	6.	154	Paul RODGERS	Male V45	Colchester Harriers AC	01:08:34	01:08:31	6:51
3. 49 Rob CRONSHAW Male Senior Colchester Harriers AC 01.09.23 01.09.21 6.56 3. 52 Chris DAVIS Male Senior Unattached 01.09.44 01.09.42 01.09.42 4. 40 Wayne COOK Male V45 Colchester Harriers AC 01.111.57 01.11.57 5. 8 Barry FROST Male Senior Colchester Harriers AC 01.111.57 01.11.57 01.11.57 5. 8 Barry FROST Male Senior Unattached 01.13.42 01.13.39 72.24 5. 10 Danathan JONES Male Senior Unattached 01.13.42 01.13.42 72.24 5. 16 Daryl SELBY Male Senior Unattached 01.14.08 01.14.04 72.24 5. 16 Daryl SELBY Male Senior Unattached 01.14.09 01.14.07 72.24 6. 24 Jonathan BOYLES Male V40 Running Colchester 01.14.09 01.14.06 73.24 7. 10 Martin FROST Male Senior Unattached 01.16.03 73.24 8 9 Stuart JAMES Male V50 Unattached 01.16.03 73.24 9 8 Stuart JAMES Male V50 Unattached 01.16.25 01.16.29 73.24 1 8 Vicky BIRD Female Senior Eron Manor AC 01.16.45 01.16.25 73.24 1 8 Vicky BIRD Female Senior Run Dem Crew 01.16.46 01.16.47 74.4 1 8 Vicky BIRD Female Senior Unattached 01.20.57 01.20.55 80.24 1 8 Deacon RICHARDSON Male Senior Unattached 01.21.109 01.21.103 81.04 2 1 1 4 Eronator Eron Manor AC 01.21.24 01.21.38 81.04 3 2 3 3 3 2 4 15.5 3 3 3 4 4 4 4 4 4 4	7.	1	Keith MARLEY	Male V50	Colchester Harriers AC	01:08:43	01:08:41	6:52
10. 52	8.	51	Graeme DAVIES	Male V45	Unattached	01:09:17	01:09:14	6:55
11. 45 Wayne COOK Male V45 Colchester Harriers AC 01:10:18 01:10:15 7:01	9.	49	Rob CRONSHAW	Male Senior	Colchester Harriers AC	01:09:23	01:09:21	6:56
12. 58 Barry FROST Male Senior Colchester Harriers AC 01:11:57 01:11:54 7:11	10.	52	Chris DAVIS	Male Senior	Unattached	01:09:44	01:09:42	6:58
12. 58 Barry FROST Male Senior Colchester Harriers AC 01:11:57 01:11:54 7:11	11.	45	Wayne COOK	Male V45	Colchester Harriers AC	01:10:18	01:10:15	7:01
14. 95	12.	58		Male Senior	Colchester Harriers AC	01:11:57	01:11:54	7:11
14. 95	13.	63	Lloyd GRAY	Male Senior	Unattached	01:13:42	01:13:39	7:22
15. 162 Daryl SELBY Male Senior Unattached 01:14:08 01:14:04 7:24 16. 24 Jonathan BOYLES Male V40 Running Colchester 01:14:29 01:14:26 7:26 17. 107 Martin FROST Male Senior Unattached 01:16:07 01:16:03 7:36 18. 190 Graham WHITE Male Senior Eton Manor AC 01:16:29 01:16:29 7:38 19. 89 Stuart JAMES Male V50 Unattached 01:16:45 01:16:47 7:39 20. 43 Paul CONNELL Male V50 Great Bentley Running Club 01:16:46 01:16:41 7:40 21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:41 7:40 22. 130 Lee FOX Male Senior Unattached 01:20:57 01:20:55 01:20:55 01:20:57 01:20:148 8:10 23. 148 Deacon RICHARDSON Male V40 Unattached 01:21:44 <t< td=""><td>14.</td><td></td><td>•</td><td></td><td></td><td></td><td></td><td>7:22</td></t<>	14.		•					7:22
16. 24 Jonathan BOYLES Male V40 Running Colchester 01:14:29 01:14:26 7:26 17. 107 Martin FROST Male Senior Unattached 01:16:07 01:16:03 7:36 18. 190 Graham WHITE Male Senior Eton Manor AC 01:16:29 01:16:26 7:38 19. 89 Stuart JAMES Male V50 Unattached 01:16:32 01:16:27 7:32 20. 43 Paul CONNELL Male V50 Great Bentley Running Club 01:16:45 01:16:41 7:40 21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:41 7:40 22. 130 Lee FOX Male Senior Unattached 01:21:40 01:21:30 01:20:57 01:20:55 8:05 23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:42 01:21:38 8:10 24. 155 Jane RUKIN-WHITE Female Senior Unattached 01:21:44 01:21:38	15.							7:24
17. 107 Martin FROST Male Senior Unattached 01:16:07 01:16:03 7:36 18. 190 Graham WHITE Male Senior Eton Manor AC 01:16:29 01:16:29 7:38 19. 89 Stuart JAMES Male V50 Great Bentley Running Club 01:16:45 01:16:49 7:36 20. 43 Paul CONNELL Male V50 Great Bentley Running Club 01:16:46 01:16:41 7:40 21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:41 7:40 22. 130 Lee FOX Male Senior Unattached 01:20:55 8:05 23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:49 01:21:01 8:06 24. 155 Jane RUKIN-WHITE Female Senior Unattached 01:21:49 01:21:43 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:49 01:21:43 8:10 26. <	 16.		·	Male V40	Running Colchester		01:14:26	7:26
18. 190 Graham WHITE Male Senior Eton Manor AC 01:16:29 01:16:26 7:38 19. 89 Stuart JAMES Male V50 Unattached 01:16:32 01:16:29 7:38 20. 43 Paul CONNELL Male V50 Great Bentley Running Club 01:16:46 01:16:41 7:40 21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:41 7:40 22. 130 Lee FOX Male Senior Unattached 01:20:57 01:20:55 8:05 23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:40 01:21:38 8:10 24. 155 Jane RUKIN-WHITE Female Senior Eton Manor AC 01:21:44 01:21:34 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:47 01:21:34 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:47 01:21:43 8:10 27. <td>17.</td> <td>107</td> <td>Martin FROST</td> <td>Male Senior</td> <td></td> <td></td> <td></td> <td>7:36</td>	17.	107	Martin FROST	Male Senior				7:36
19. 89 Stuart JAMES Male V50 Unattached 01:16:32 01:16:29 7:38 20. 43 Paul CONNELL Male V50 Great Bentley Running Club 01:16:45 01:16:41 7:44 21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:47 7:40 22. 130 Lee FOX Male Senior Unattached 01:20:57 01:20:55 8:05 23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:42 01:21:01 8:06 24. 155 Jane RUKIN-WHITE Female Senior Eton Manor AC 01:21:42 01:21:38 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:47 01:21:43 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:49 01:21:49 01:21:49 01:21:49 01:22:70 01:22:79 19:14 8:16 27. 114 Roger ALEXANDER Male V60 Unat	18.							7:38
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21. 18 Vicky BIRD Female Senior Run Dem Crew 01:16:46 01:16:41 7:40 22. 130 Lee FOX Male Senior Unattached 01:20:57 01:20:55 8:05 23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:42 01:21:33 8:10 24. 155 Jane RUKIN-WHITE Female Senior Eton Manor AC 01:21:42 01:21:33 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:47 01:21:42 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:47 01:21:42 8:10 27. 114 Roger ALEXANDER Male V60 Unattached 01:22:27 01:22:21 8:14 28. 42 Timothy COMER Male Senior Running Colchester 01:22:25 01:22:24 8:15 29. 79 Errol HOLLOWAY Male V60 Colchester Harriers AC 01:22:53 01:22:29 8:15	20.							
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23. 148 Deacon RICHARDSON Male Senior Unattached 01:21:09 01:21:01 8:06 24. 155 Jane RUKIN-WHITE Female Senior Eton Manor AC 01:21:42 01:21:38 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:47 01:21:42 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:49 01:21:42 8:10 27. 114 Roger ALEXANDER Male V60 Unattached 01:22:77 01:22:19 8:14 28. 42 Timothy COMER Male Senior Running Colchester 01:22:23 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:33 01:22:29 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:23:30 01:23:30 8:17 31. 15 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:20 01:23:30 01:23			•					
24. 155 Jane RUKIN-WHITE Female Senior Eton Manor AC 01:21:42 01:21:38 8:10 25. 184 Stephen UTTING Male V40 Unattached 01:21:44 01:21:34 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:47 01:21:42 8:10 27. 114 Roger ALEXANDER Male V60 Unattached 01:21:49 01:21:43 8:10 28. 42 Timothy COMER Male Senior Running Colchester 01:22:27 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:55 01:22:39 8:17 30. 147 Gary RAYNER Male V55 Leigh on Sea Striders 01:23:00 01:23:02 8:18 31. 59 Bruce GANDER Male V55 Unattached 01:23:30 01:23:30 8:18 32. 13 Ian BEARD Male V55 Unattached 01:23:35 01:23:30 8:21 33.								
25. 184 Stephen UTTING Male V40 Unattached 01:21:44 01:21:34 8:10 26. 47 Neil CORNELIUS Male V45 Unattached 01:21:47 01:21:42 8:10 27. 114 Roger ALEXANDER Male V60 Unattached 01:21:49 01:21:43 8:10 28. 42 Timothy COMER Male Senior Running Colchester 01:22:27 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:24 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:22:35 01:22:30 8:17 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:30 8:12 32. 13 lan BEARD Male V55 Unattached 01:23:35 01:23:30 8:24 33. 121 Hollie MUNSON Female Senior Unattached 01:24:54 01:24:54 8:29 35.								
26. 47 Neil CORNELIUS Male V45 Unattached 01:21:47 01:21:42 8:10 27. 114 Roger ALEXANDER Male V60 Unattached 01:21:49 01:21:43 8:10 28. 42 Timothy COMER Male Senior Running Colchester 01:22:27 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:24 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:23:36 01:22:39 8:17 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:02 8:18 32. 13 lan BEARD Male V55 Unattached 01:23:35 01:23:10 01:23:30 01:23:30 01:23:30 01:23:30 01:23:30 8:21 34. 135 Dean PEPPER Male Senior Unattached 01:24:54 01:24:54 8:36 35. 30 Steve BUSBY Male V55 Unattac								
27. 114 Roger ALEXANDER Male V60 Unattached 01:21:49 01:21:43 8:10 28. 42 Timothy COMER Male Senior Running Colchester 01:22:27 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:24 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:22:05 01:22:39 8:17 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:02 8:18 32. 13 lan BEARD Male V55 Unattached 01:23:21 01:23:31 8:20 33. 121 Hollie MUNSON Female Senior Unattached 01:24:54 01:24:45 8:29 34. 135 Dean PEPPER Male V55 Unattached 01:25:06 01:24:45 8:29 35. 30 Steve BUSBY Male V55 Unattached 01:26:00 01:25:06 01:24:59 8:30			<u> </u>					
28. 42 Timothy COMER Male Senior Running Colchester 01:22:27 01:22:19 8:14 29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:24 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:23:55 01:23:02 8:18 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:02 8:18 32. 13 Ian BEARD Male V55 Unattached 01:23:31 01:23:31 8:20 33. 121 Hollie MUNSON Female Senior Unattached 01:24:54 01:23:30 8:21 34. 135 Dean PEPPER Male Senior Unattached 01:25:06 01:24:45 8:28 35. 30 Steve BUSBY Male V55 Unattached 01:25:06 01:25:49 8:35 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37.								
29. 79 Errol HOLLOWAY Male Senior Unattached 01:22:33 01:22:24 8:15 30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:22:55 01:22:39 8:17 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:02 8:18 32. 13 Ian BEARD Male V55 Unattached 01:23:21 01:23:31 8:20 33. 121 Hollie MUNSON Female Senior Unattached 01:24:54 01:24:45 8:29 34. 135 Dean PEPPER Male Senior Unattached 01:25:06 01:24:59 8:30 35. 30 Steve BUSBY Male V55 Unattached 01:25:06 01:24:59 8:30 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37. 101 Charlie ALEXANDER Female Senior Tiptree Road Runners 01:26:00 01:25:56 8:35 38.								
30. 147 Gary RAYNER Male V60 Colchester Harriers AC 01:22:55 01:22:39 8:17 31. 59 Bruce GANDER Male V55 Leigh on Sea Striders 01:23:06 01:23:02 8:18 32. 13 Ian BEARD Male V55 Unattached 01:23:21 01:23:31 8:20 33. 121 Hollie MUNSON Fernale Senior Unattached 01:24:54 01:24:45 8:29 34. 135 Dean PEPPER Male Senior Unattached 01:24:54 01:24:45 8:29 35. 30 Steve BUSBY Male V55 Unattached 01:25:06 01:24:59 8:30 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37. 101 Charlie ALEXANDER Female Senior Tiptree Road Runners 01:26:00 01:25:56 8:35 38. 103 Graham LANGFORD Male V45 Colchester Harriers AC 01:26:41 01:26:28 8:40			· · · · · · · · · · · · · · · · · · ·		•			
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32. 13 Ian BEARD Male V55 Unattached 01:23:21 01:23:31 8:20 33. 121 Hollie MUNSON Female Senior Unattached 01:23:35 01:23:30 8:21 34. 135 Dean PEPPER Male Senior Unattached 01:25:06 01:24:59 8:36 35. 30 Steve BUSBY Male V55 Unattached 01:26:00 01:25:49 8:36 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37. 101 Charlie ALEXANDER Female Senior Tiptree Road Runners 01:26:00 01:25:56 8:35 38. 103 Graham LANGFORD Male V45 Colchester Harriers AC 01:26:41 01:26:28 8:40 39. 55 Nigel EDEN Male V45 Weald Park Warriors 01:27:19 01:27:14 8:43 40. 174 Steve SMITH Male V45 Weald Park Warriors 01:27:30 01:27:16 8:44 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>								
33. 121 Hollie MUNSON Female Senior Unattached 01:23:35 01:23:30 8:21 34. 135 Dean PEPPER Male Senior Unattached 01:24:54 01:24:45 8:29 35. 30 Steve BUSBY Male V55 Unattached 01:25:06 01:24:59 8:30 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37. 101 Charlie ALEXANDER Female Senior Tiptree Road Runners 01:26:00 01:25:56 8:35 38. 103 Graham LANGFORD Male V45 Colchester Harriers AC 01:26:41 01:26:28 8:40 39. 55 Nigel EDEN Male V45 Unattached 01:27:19 01:27:14 8:43 40. 174 Steve SMITH Male V45 Weald Park Warriors 01:27:30 01:27:16 8:44 41. 38 Martin CLAYDON Male V45 Colchester Harriers AC 01:27:30 01:27:19 8:45								
34. 135 Dean PEPPER Male Senior Unattached 01:24:54 01:24:45 8:29 35. 30 Steve BUSBY Male V55 Unattached 01:25:06 01:24:59 8:30 36. 196 Richard CORNER Male V50 Unattached 01:26:00 01:25:49 8:35 37. 101 Charlie ALEXANDER Female Senior Tiptree Road Runners 01:26:00 01:25:56 8:35 38. 103 Graham LANGFORD Male V45 Colchester Harriers AC 01:26:41 01:26:28 8:40 39. 55 Nigel EDEN Male V45 Unattached 01:27:19 01:27:14 8:43 40. 174 Steve SMITH Male V45 Weald Park Warriors 01:27:30 01:27:16 8:44 41. 38 Martin CLAYDON Male V45 Colchester Harriers AC 01:27:32 01:27:19 8:45 42. 149 Jenny RICHARDSON Female V55 Colchester Harriers AC 01:27:51 01:27:40 8:47								
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	<u>48.</u>	138	HIMOTHY PICKARD	iviale V55	Running Colchester	01:29:49	01:29:38	8:5

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Overall Results



Place	Bib	Name	AG	Club	Gun	Chip	Pace
<u>49.</u>	120	Robert ELLIOTT	Male Senior	Unattached	01:29:52	01:29:52	8:59
50.	61	Steven GLOVER	Male V50	Unattached	01:30:29	01:30:25	9:02
<u>51.</u>	124	Harry NOBLE	Male Senior	Unattached	01:30:48	01:30:29	9:04
52.	9	Jackie BAILEY	Female V50	Unattached	01:31:40	01:31:16	9:09
53.	99	Shelley KNIGHTS	Female Senior	Unattached	01:31:57	01:31:41	9:11
54.	14	Diane BEAVER	Female V55	Rochford Running Club	01:32:19	01:32:12	9:13
55.	77	Kathryn HILLS	Female V45	Running Colchester	01:32:24	01:32:13	9:14
56.	117	Lorraine MILLS	Female V50	Tiptree Road Runners	01:32:40	01:32:25	9:15
57.	118	Carly MONTERO	Female Senior	RED Runners	01:32:52	01:32:46	9:17
58.	151	Mark ROBERTSON	Male V55	RED Runners	01:33:13	01:33:06	9:19
5 9.	10	Gareth BARRETT	Male Senior	Unattached	01:33:22	01:33:15	9:20
60.	185	Nuno VIDAL	Male Senior	Unattached	01:33:37	01:33:30	9:21
61.	84	Joe HUGHES	Male Senior	Unattached	01:33:38	01:33:26	9:21
62.	156	Rachel SADLER	Female V45	Running Colchester	01:34:03	01:33:52	9:24
63.	44	Elisabeth CONNOR	Female V40	Unattached	01:34:15	01:34:06	9:25
64.	35	Gemma CHARVILLE	Female Senior		01:34:38	01:34:29	9:27
65.	100	Anna KOCINSKA		I Can Run Club Ipswich	01:35:05	01:35:00	9:30
66.	102	Alan LAMBERT	Male V55	Unattached	01:35:26	01:35:12	9:32
67.	36	Erin CHILVERS	Female Senior		01:35:26	01:35:12	9:32
68.	195	Lucy WILLIS		Tiptree Road Runners	01:35:47	01:35:32	9:34
69.	92	David JOBLING	Male V60	Witham RC	01:36:24	01:36:19	9:38
70.	65	Ruth HALL	Female V45	Benfleet RC	01:36:52		9:41
71.	127	Emma NUNN	Female V40	Benfleet RC	01:36:57	01:36:49	9:41
72.	125	Carla NOLAN	Female Senior		01:37:03	01:36:57	9:42
73.	88	Lynwen JAMES	Female V45	Unattached	01:37:37	01:37:23	9:45
74.	112	Orla MACRAE	Female Senior	Unattached	01:37:40	01:37:27	9:45
74. 75.	112	Francis BARTLEET	Male Senior	Unattached	01:37:40	01:37:27	9:45
76.	177	Debbie STARES			01:37:52		9:45
			Female V40	Grange Farm & Dunmow Runners			
77.	21	Claire BLECK		JME Unattached	01:39:09	01:39:01	9:54
78.	22	Paul BLECK	Male V40		01:39:09	01:39:01	9:54
79.	90	Richard JEFFRIES	Male Senior	Unattached		01:39:04	
80.	81	Lisa HOUGHTON	Female V45	Unattached			9:56
81.	129	Josephine OAKLEY	Female Senior	Unattached	01:39:31	01:39:11	9:57
82.	113	Charmaine MARKS	Female V45	Hockley Trail Runners	01:39:38		9:57
83.	192	Caroline WIDDOWSON	Female V45	Running Colchester	01:39:41	01:39:25	9:58
84.	5	Tony ADOLPHUS	Male V60	Ipswich Jaffa RC	01:40:18	01:40:12	10:01
85.	76	Gary HILL	Male V45	Great Bentley Running Club	01:40:25	01:40:12	10:02
86.	150	Chris RINGROSE	Male V45	Running Colchester	01:41:01	01:40:46	10:06
<u>87.</u>	188	Fi WATTAM	Female V45	Unattached	01:41:18		10:07
<u>88.</u>	71	Valerie HAYNES	Female V55	Running Colchester	01:41:27	01:41:08	10:08
89.	180	Clare THOMPSON	Female V65	Unattached	01:41:34	01:41:09	10:09
90.	27	Carolyn BRENCHLEY	Female V45	Billericay Striders	01:41:44	01:41:27	10:10
91.	153	Sharon ROBEY	Female V50	Unattached	01:41:48	01:41:37	10:10
92.	54	Lisa DOVE	Female Senior	Unattached	01:42:46	01:42:32	10:16
93.	86	Robert HUNT	Male V55	Unattached	01:42:46	01:42:45	10:16
94.	85	Andrea HUNT	Female V40	Unattached	01:42:46	01:42:32	10:16
95.	168	Brian SMITH	Male V50	Colchester Harriers AC	01:43:37	01:43:19	10:21
96.	137	Chloe PHELPS	Female Senior	Serpentine RC	01:44:02	01:43:38	10:24
00.				•			40.05
97.	73	Paul HELLEN	Male V60	Rochford Running Club	01:44:16	01:44:04	10:25

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Overall Results



Place	Bib	Name	AG	Club	Gun	Chip	Pace
99.	33	Simon CARDEN	Male V45	Team Carden	01:46:09	01:45:57	10:36
100.	57	Alison FORBES	Female V50	Billericay Striders	01:46:17	01:45:58	10:37
101.	46	Samantha COOPER	Female V50	Hadleigh Hares AC	01:46:52	01:46:42	10:41
102.	4	Judith ADOLPHUS	Female V55	Ipswich Jaffa RC	01:47:31	01:47:25	10:45
103.	176	Zak SPEER	Male Senior	Unattached	01:47:40	01:47:14	10:45
104.	23	Sarah BOWERMAN	Female V50	Unattached	01:47:44	01:47:34	10:46
105.	142	Phil POULTER	Male V45	Unattached	01:47:59	01:47:44	10:47
106.	189	Lucy WEST	Female V45	Running Colchester	01:47:59	01:47:46	10:47
107.	140	Nicky PORTER	Female V50	Running Colchester	01:48:00	01:47:46	10:47
108.	40	Gary COLE	Male V55	Running Colchester	01:48:00	01:47:44	10:47
109.	179	Ann THOMAS	Female V55	Unattached	01:48:12	01:48:02	10:49
110.	3	Susan ADKINS	Female V50	Rochford Running Club	01:48:38	01:48:27	10:51
111.	96	Barry KAY	Male V45	Rochford Running Club	01:48:38	01:48:26	10:51
112.	53	Sally DENWOOD	Female Senior	Unattached	01:48:52	01:48:42	10:53
113.	39	Tim CLIFTON	Male V45	Unattached	01:48:53	01:48:43	10:53
114.	17	Jo BIDGOOD	Female Senior	Unattached	01:49:39	01:49:23	10:57
115.	34	Sarah CARTER	Female Senior		01:49:39		10:57
116.	31	John BYRNE	Male V45	Unattached	01:49:46		10:58
117.	94	Wendy JOHNSTON	Female V50	Running Colchester	01:50:40	01:50:31	11:03
118.	15	Andy BEGENT	Male V50	Unattached	01:51:07	01:50:52	11:06
119.	128	Annabelle OAKLEY	Female Senior		01:51:43	01:51:23	11:10
120.	161	Kathryn SCOURFIELD	Female V50	Billericay Striders	01:51:47	01:51:29	11:10
121.	116	Rebecca MCVELIA	Female V45	Tiptree Road Runners	01:52:43	01:52:22	11:16
122.	106	Amy LESTER	Female Senior	•	01:52:57	01:52:46	11:17
123.	115	John MCVELIA	Male V50	Tiptree Road Runners	01:53:09	01:52:49	11:18
124.	97	Natalie KENT	Female Senior	Unattached	01:53:13	01:52:48	11:19
125.	172	Madeline SMITH	Female Senior	Unattached	01:53:19	01:53:01	11:19
126.	16	Debbie BENN	Female V45	Unattached	01:54:40	01:54:18	11:27
127.	160	Katie SCOTT	Female Senior	Running Colchester	01:55:30	01:55:05	11:32
128.	119	Kara MORGAN	Female Senior	Unattached	01:56:33	01:56:10	11:39
129.	69	Sharon HARDWICKE	Female V50	Tiptree Road Runners	01:56:33		11:39
130.	139	Annabel PORTER		Running Colchester		01:56:31	11:40
131.	8	Julia BACON	Female V45	Witham RC	01:57:06	01:56:58	11:42
132.	29	Michaela BURR	Female V45	Unattached	01:57:19		11:43
133.	28	Aimee BRINZER	Female V55	Witham RC	01:57:20		11:43
134.	62	Alex GRAHAM	Male V60	Unattached	01:57:40	01:57:22	11:45
135.	175	Suzy SMITH	Female V40	Unattached		01:57:27	11:46
136.	2	Simon ADAMS	Male V50	Weald Park Warriors	01:57:42	01:57:27	11:46
137.	141	Dawn POTTER	Female V45	Billericay Striders	01:58:33	01:58:15	11:51
138.	67	Louise HAMMOND	Female V40	Billericay Striders	01:58:33	01:58:15	11:51
139.	146	Sarah PRINCE	Female Senior	Running Colchester	01:58:41	01:58:17	11:52
140.	145	Rosemary PRINCE	Female V60	Unattached	01:58:41	01:58:17	11:52
141.	178	Nicholas TATE	Male Senior	Unattached	01:59:15		11:55
142.	134	Jo PEARCE	Female V40	Unattached	01:59:17	01:58:53	11:55
143.	199	Louise WRIGHT	Female V45	Unattached	01:59:43	01:59:21	11:58
144.	50	Sue CROSS	Female V50	Running Colchester	01:59:43	01:59:21	11:58
145.	136	Belinda PERKINS	Female V50	Unattached	02:00:52		12:05
146.	159	Helen SCOTT	Female Senior	Running Colchester	02:00:53		12:05
147.	37	Alison CLARKE	Female V65	Great Bentley Running Club	02:00:33		12:20
147.	200	Sue WRIGHT	Female V60	Great Bentley Running Club	02:06:03		12:36
170.	200	Gue WINGITI	1 CITIAIC VUU	Great Dentiley Numining Club	02.00.03	02.00.01	12.30

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Overall Results



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Place	Bib	Name	AG	Club Tintrae Dead Dunners	Gun	Chip	Pace
149.	110	Sue LONG	Female V50	Tiptree Road Runners	02:11:22	02:11:00	13:08
150.	143	Natasha PRATLEY	Female Senior	Unattached	02:12:36	02:12:11	13:15
<u>151.</u>	109	Justin LONG	Male V45	Unattached	02:17:18	02:16:57	13:43
152.	198	Sarah WOODS	Female Senior	Unattached	02:18:47	02:18:20	13:52
153.	98	Hannah KING	Female Senior	Unattached	02:21:10	02:20:52	14:06
154.	131	Richard PALMER	Male Senior	Unattached	02:21:10	02:20:52	14:06
<u>155.</u>	104	Anita LEAVER	Female V65	Tiptree Road Runners	02:21:55	02:21:34	14:11
156.	105	Casey LEAVER	Female V40	Massey Ferguson RC	02:21:55	02:21:33	14:11
157.	158	Sophie SAUNDERS	Female Senior	Unattached	02:28:07	02:27:43	14:48
158.	41	Clare COLLINS	Female V50	Running Colchester	02:28:07	02:27:42	14:48
159.	66	Kate HAMBLIN	Female Senior	Unattached	02:28:07	02:27:43	14:48
160.	82	Rachel HOWATSON	Female Senior	Unattached	02:36:29	02:36:04	15:38
161.	32	Paul CARDEN	Male V70+	Team Carden	02:40:20	02:40:07	16:01
DNS	91	Mark BREWER	Male V55	Unattached			0:00
DNS	108	Alice LOCHORE	Female Senior	Unattached			0:00
DNS	111	Calum MACLEOD	Male Senior	Unattached			0:00
DNS	122	Andrew MURPHY	Male V40	Unattached			0:00
DNS	126	Andy NOTLEY	Male Senior	Witham RC			0:00
DNS	132	Andy PARTON	Male V50	Capel Cheetahs			0:00
DNS	133	Diane PARTON	Female V50	Capel Cheetahs			0:00
DNS	144	Emma PRESTON	Female Senior	•			0:00
DNS	152	Jade ROBEY	Female Senior	Unattached			0:00
DNS	164	Joanna SINNETT	Female Senior	Unattached			0:00
DNS	166	Fay SMALLS	Female V45	Running Colchester			0:00
DNS	167	Lesley SMART	Female V50	Billericay Striders			0:00
DNS	169	Cheryl SMITH	Female V45	Unattached			0:00
DNS	170	Claire SMITH	Female V45	Unattached			0:00
DNS	173	Michelle SMITH	Female V45	Weald Park Warriors			0:00
DNS	181	Roy THOMSON	Male V45	Unattached			0:00
DNS	182	Collette TOAL	Female V45	Rochford Running Club			0:00
DNS	183	Ian TOAL	Male V40	Rochford Running Club			0:00
DNS	186	Susan WALLER-TOYNE		Colchester Harriers AC			0:00
DNS	187	Kim WALLIS	Female Senior	Unattached			0:00
DNS	191	Anna WHITEHEAD	Female V45	Weald Park Warriors			0:00
DNS	193	Ian WIDDOWSON	Male V45				0:00
DNS	194	Alexea WILLIAMS	Female Senior	Running Colchester Unattached			0:00
DNS	197	Peter WISEMAN		RED Runners			
			Male Senior	Witham RC			0:00
DNS	6	Terry ALABASTER	Male V55				0:00
DNS	7	Martin FROST	Male Senior	Unattached			0:00
DNS	19	Matthew BLAND	Male V50	Havering AC			0:00
DNS	20	Wendy BLAND	Female V50	Weald Park Warriors			0:00
DNS	25	Bridgette BRADLEY	Female V50	Unattached			0:00
DNS	26	Elliot BRANTON	Male Senior	Unattached			0:00
DNS	48	John CROGHAN	Male V40	LWFitness4All			0:00
DNS	60	Hayley GLADWELL	Female V40	West Mersea Boot Camps			0:00
DNS	68	Amin HAQUE	Male V50	Unattached			0:00
DNS	74	Doug HERBERT	Male V40	Unattached			0:00
DNS	75	Kelly HERBERT	Female V40	Unattached			0:00
DNS	78	Duncan HOLLAND	Male V45	Benfleet RC			0:00
DNS	80	Chas HOLT	Male V40	Unattached			0:00

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Overall Results



Place	Bib	Name	AG	Club	Gun	Chip	Pace
DNS	83	Mark HOWSON	Male Senior	Unattached			0:00
DNS	87	Duncan HYAMS	Male V60	Unattached			0:00

Number of records: 200

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