

Position	Number	Name	Sex	Age	Time	Club	
1	1st MV	111	Allen Smalls	M	46	3.20.38	Colchester Harriers
2	1st MO	120	Tristan Steed	M	26	3.23.00	Army
3		58	Charles Harpur	M	24	3.36.29	Viggan Runners
4		43	James Neugebauer	M	35	3.41.32	Springfield Striders
5		67	Greg Deacon	M	42	3.41.34	Springfield Striders
6		107	Craig Dawson	M	24	3.47.06	Tiptree RR
7		38	Chris Seymour	M	45	3.47.25	Mid Essex Casuals
8		37	Marc Jones	M	37	3.49.46	Unattached
9		84	Jason Allard	M	39	3.54.10	Stowmarket Striders
10		112	Paul Nickells	M		3.59.24	Woodbridge Shufflers
11		54	James Haskey-Jones	M	47	4.08.20	Tiptree RR
12		55	Perry Taylor	M	47	4.22.12	Unattached
13		96	Paul Cross	M		4.22.13	Nene Valley Harriers
14		20	Paul Wigans	M	55	4.22.20	Woodbridge Shufflers
15	1st FV	31	Mary Narey	F	46	4.23.43	Stowmarket Striders
16		76	David Edwards	M	56	4.23.43	Haverhill RC
17		106	Jonathan Hamilton	M	50	4.26.42	Woodbridge Shufflers
18		95	Myles Coulson	M	42	4.35.01	Braintree & D R C
19		116	David Rogers	M	36	4.35.01	Leigh on Sea Striders
20	1st FO	89	Lucy Ferguson	F	43	4.36.02	Mid Essex Casuals
21		33	Paul Burgess	M	51	4.36.09	Saffron Striders
22		77	Matt Graves	M	39	4.37.45	Unattached
23		85	Sarah Booker	F	34	4.38.15	Rugby & Northampton
24		125	Christine Howard	F	44	4.38.15	Billericay Striders
25		94	David Mould	M	47	4.39.52	Ely Runners
26		10	David O'Flynn	M	52	4.40.12	Unattached
27		64	Dan Cartwright	M	35	4.40.21	Unattached
28		92	Philip Honeywood	M	47	4.40.30	Unattached
29		8	John Reynolds	M	46	4.41.22	Unattached
30		74	Matthew Biggin	M	42	4.41.22	Unattached
31		22	Kate Allen	F	42	4.42.35	Halstead RR
32		68	Ed Smallwood	M	38	4.43.03	Unattached
33		44	John Booty	M	43	4.43.10	Great Bentley R C
34		57	Malcolm Jarvis	M	50	4.43.10	Great Bentley R C
35		83	Patrick Reynolds	M	34	4.43.10	Great Bentley R C
36		110	Tony Saliman	M	51	4.43.19	Unattached
37		49	Paul Carlisle	M	54	4.44.57	Great Bentley R C
38		63	Anna Mills	F	30	4.44.57	Great Bentley R C
39		91	Trevor Fulcher	M		4.45.47	Unattached
40		41	Jo Summers	F	48	4.47.22	North Herts RR
41		124	Colin Grace	M	52	4.47.22	Ware Joggers
42		40	Frances Cooke	F	57	4.49.36	100 MC
43		15	Lee Cousins	M	42	4.50.36	Mid Essex Casuals
44		59	Carina Sewell	F	54	4.54.55	Woodbridge Shufflers
45		102	Malcolm Pidd	M	53	4.54.55	Woodbridge Shufflers
46		12	Dave Alley	M	52	4.56.00	Woodbridge Shufflers
47		35	Benjamin Solway	M	48	4.56.00	Woodbridge Shufflers
48		113	Justin Lee Ashby	M		4.56.47	Unattached
49		56	Stephen Murphy	M	43	4.58.12	Leigh on Sea Striders
50		61	Chris Huggins	M	53	4.59.22	Pitsea RC
51		2	Kevin Frost	M	45	5.04.58	Mid Essex Casuals
52		50	Rodger Alexander	M	55	5.04.58	Great Bentley RC

53		9	Angela Isherwood	F	27	5.05.02	Unattached
54		52	Darran Hull	M	43	5.05.15	Springfield Striders
55		62	Paul Bridges	M	29	5.05.15	Springfield Striders
56		48	Brian Booth	M	48	5.07.29	Unattached
57		14	Stephen Elkan	M	48	5.08.41	St Albans Striders
58		30	Luke Hill	M	30	5.09.44	Unattached
59		51	Verne Barltrop	M	68	5.09.44	100 MC
60		66	Ben Hoyle	M	28	5.09.44	Unattached
61		73	Mark Taggart	M	40	5.11.30	Bedford Harriers
62		90	Simon Ferguson	M	46	5.11.45	Unattached
63		34	Julian Holder	M	49	5.12.31	Pitsea RC
64		16	Tina Belsom	F	50	5.13.27	Stowmarket Striders
65		27	Clare Browne	F	47	5.13.27	Unattached
66		109	Lorraine Gagen	F	46	5.13.27	Unattached
67		93	Barry Jarvis	M	39	5.13.41	Unattached
68		82	Andrew Wilmot	M	69	5.14.11	Halstead
69		6	Jack Brooks	M	62	5.20.40	100 MC
70		19	Conrad Wild	M	38	5.20.40	St Albans Striders
71		21	Lucy Stern	F	47	5.20.40	St Albans Striders
72		28	Mandy Attree	F	48	5.20.40	St Albans Striders
73		103	Sheila Rose	F	49	5.35.17	UKNetRunners
74		104	Russell Rose	M	45	5.35.17	Olney Runners
75		3	Lorna Pettifer	F	48	5.38.02	Mid Essex Casuals
76		4	John Pettifer	M	67	5.38.02	Mid Essex Casuals
77		60	Nick McCullagh	M	60	5.38.02	Mid Essex Casuals
78		17	Neil Gillingham	M	31	5.39.42	Ipswich Harriers
79		26	John Adams	M	37	5.39.42	Ipswich Jaffa
80		71	Sharon Skidmore	F	45	5.41.34	Mid Essex Casuals
81		79	Katy Rehal	F	47	5.41.34	Mid Essex Casuals
82		101	Brendan Colton	M	49	5.41.41	Unattached
83		47	Andrew Fuller	M	51	5.46.26	Great Bentley R C
84		114	Lesley Fuller	F	38	5.46.26	Great Bentley R C
85		29	Gin Craig	F	46	5.52.42	Sudbury Joggers
86		119	Richard Weeks	M	46	5.52.42	Unattached
87		23	Gina Little	F	69	6.10.20	100 MC
88		70	Rita Williams	F		6.10.20	100 MC
89		65	Bob Parmenter	M	62	6.10.23	100 MC
90		80	Kurt Bullock	M	37	6.10.23	Unattached
91		32	Cherie Ransom	F	44	6.19.44	Unattached
92		98	Nicola Edwards	F	42	6.19.44	Unattached
93		25	Roger Biggs	M	65	6.24.00	100 MC
94		99	Nic Footer	M	45	6.32.45	Unattached
95		105	Paul Gwynne	M	44	6.41.08	Sudbury Joggers
96		118	Lisa Dalton	F	45	6.41.08	Sudbury Joggers
97		39	Philip Nutley	M	66	6.42.00	St Edmund Pacers
98		1	Melanie Floyd	F	43	6.43.20	Thetford AC
99		11	Liz Smith	F	50	6.43.20	Harwich Runners
100		115	Ben Cuthbert	M	36	6.56.18	Sudbury Joggers
101		117	Kathryn Ross	F	27	6.56.18	Sudbury Joggers
102		108	Cherone Challis	F	18	7.14.52	Unattached
103		13	David Davidson	M	49	7.15.11	Pitsea RC
104		100	David Moles	M	61	7.15.11	100 MC
		5	Mark Downey	M		DNF	Unattached

		7	Graham Lee	M		DNF	TRA
		46	David Robinson	M		DNF	LOSS
		53	Natalie Stewart	F		DNF	Great Bentley
		121	Paul Scrivener	M		DNF	Mid Essex Casuals
		122	Bruce Hogarth-Jones	M		DNF	Mid Essex Casuals