

St Clare Hospice 10k
St Clare Hospice 10K

Sunday 3 April 2011. 10:30 am

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>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
1	0:33:28	NEWTON, Mark	Springfield Striders	Senior Male	05:23.0	1199	1
2	0:34:11	PROSSER, Steven	Bishop Stortford	Senior Male	05:30.0	1187	2
3	0:34:22	CHETTLE, James	Cambridge H	Senior Male	05:31.7	1244	3
4	0:34:27	DAVIES, Gavin		Senior Male	05:32.5	1122	4
5	0:34:35	DECKER, Helen		Senior Female	05:33.8	717	5
6	0:34:55	MYNOTT, Andrew	Saffron Striders	Senior Male	05:37.0	1097	6
7	0:36:00	BETHELL, Jared	Harlow Running Club	Senior Male	05:47.5	1071	7
8	0:36:14	SHEPPERD, Nicholas		Senior Male	05:49.8	1144	8
9	0:36:22	HARRIS, Mark	Harlow Running Club	Senior Male	05:51.0	1259	9
10	0:36:47	CLARK, Ian	Orion Harriers	Senior Male	05:55.1	1118	10
11	0:36:49	MANLOW, John	Ely Runners	Male Vet 40	05:55.4	1247	11
12	0:36:59	MACDOUGALL, Ian	Saffron Striders	Male Vet 40	05:57.0	1255	12
13	0:37:20	JOHNSON, David		Senior Male	06:00.4	1152	13
14	0:37:21	PICKERING, Daniel	Ware Joggers	Senior Male	06:00.5	1156	14
15	0:37:32	MANGLESHOT, Lawrence	Ware Joggers	Male Vet 40	06:02.3	1062	15
16	0:37:53	CRISP, Neil	Ilford AC	Male Vet 40	06:05.7	1232	16
17	0:38:10	MORRIS, Garth	Ware Joggers	Male Vet 40	06:08.4	1011	17
18	0:38:16	HAYES, Richard		Senior Male	06:09.4	1056	18
19	0:38:27	WHELAN, Kevin	Ware Joggers	Senior Male	06:11.2	1165	19
20	0:38:30	SWIFT, Neil	Orion Harriers	Male Vet 40	06:11.6	1272	20
21	0:38:31	POMEROY, David	Ware Joggers	Senior Male	06:11.8	1034	21
22	0:38:34	KEEN, Polly	Cambridge University	Senior Female	06:12.3	841	22
23	0:38:36	SHELLEY, Peter		Senior Male	06:12.6	1204	23
24	0:38:37	SHELLEY, Eamonn	Thurrock	Male Vet 50	06:12.8	1308	24
25	0:38:47	JEPHCOTT, Jamie	Harlow Running Club	Male Vet 40	06:14.4	1229	25
26	0:38:59	SANGHERA, Jas		Male Vet 40	06:16.3	1222	26
27	0:39:28	THURGOOD, Clare	Orion Harriers	Senior Female	06:21.0	711	27
28	0:39:32	LAWLESS, Don	Thurrock	Male Vet 40	06:21.6	1295	28
29	0:39:44	GILBERT, Simon	Cambridge University	Senior Male	06:23.5	1278	29
30	0:39:59	MACKENZIE, Steve	Harlow Running Club	Male Vet 40	06:26.0	1285	30
31	0:40:01	KENYON-MUIR, Nick	Ware Joggers	Male Vet 40	06:26.3	1173	31
32	0:40:02	FLOATE, Gary	Ilford AC	Male Vet 40	06:26.4	1270	32
33	0:40:14	COLE, Leo	Witham Road Runners	Male Vet 40	06:28.4	1032	33
34	0:40:19	ROWSZAR, Ryszard		Senior Male	06:29.2	1253	34
35	0:40:21	SHIRLEY, Marie	Sudbury Joggers	Senior Female	06:29.5	829	35
36	0:40:23	STEVENS, Mark		Male Vet 40	06:29.8	1001	36
37	0:40:45	DOWMAN, Adam	Thurrock	Senior Male	06:33.4	1238	37
38	0:40:53	HALLS, Fiona	Saffron Striders	Female Vet 35	06:34.6	621	38
39	0:40:59	CARTER, Barry		Senior Male	06:35.6	1148	39
40	0:41:05	STEVEN, Roy	Harlow Running Club	Male Vet 50	06:36.6	1251	40
41	0:41:12	CROSSLEY, Matthew		Male Vet 40	06:37.7	1196	41
42	0:41:23	MATHEWS, Kathryn		Female Vet 35	06:39.5	776	42
43	0:41:25	FLUTTER, Richard	Harwich Runners	Male Vet 40	06:39.8	1131	43
44	0:41:27	WOODWARD, Robert	Saffron Striders	Male Vet 40	06:40.1	1060	44
45	0:41:33	LUMSDEN, Toby	Saffron Striders	Male Vet 50	06:41.1	1194	45
46	0:41:40	O'MAHONEY, Dan		Senior Male	06:42.2	1267	46
47	0:41:41	CONNELL, Peter		Senior Male	06:42.4	1215	47
48	0:42:02	PRESTON, Paul	Sudbury Joggers	Senior Male	06:45.7	1139	48
49	0:42:05	FROSTRICK, Will	Walden Triathletes	Senior Male	06:46.2	1257	49
50	0:42:09	GEALY, Daniel	Ware Joggers	Senior Male	06:46.9	1254	50
51	0:42:10	EVANS, Megan	Durham University Athletics	Senior Female	06:47.0	627	51
52	0:42:23	FREEMAN, Paul		Male Vet 40	06:49.1	1141	52
53	0:42:27	HARTGROVE, Steven		Senior Male	06:49.8	1186	53
54	0:42:53	NOBLE, Toni	Thurrock	Female Vet 35	06:54.0	732	54
55	0:42:56	JAMES, John	Saffron Striders	Male Vet 50	06:54.4	1174	55
56	0:43:05	BYFORD, Martyn	Witham Road Runners	Male Vet 50	06:55.9	1243	56
57	0:43:06	JEPHCOTT, Daniel		Senior Male	06:56.0	1230	57

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
58	0:43:07	COOPER, Ian	Brandon Fern Hopper	Male Vet 50	06:56.2	1245	58
59	0:43:08	LIPSKI, Janet	Saffron Striders	Female Vet 45	06:56.4	760	59
60	0:43:20	BRYANT, Andrew	Saffron Striders	Male Vet 40	06:58.3	1239	60
61	0:43:30	TYSON, David	Loughton Athletic Club	Senior Male	06:59.9	1283	61
62	0:43:39	INCH, Christine	Orion Harriers	Female Vet 45	07:01.4	751	62
63	0:43:55	MCCREE, Danny		Senior Male	07:03.9	1208	63
64	0:43:59	WILLIAMS, Chris	Ware Joggers	Senior Male	07:04.6	1015	64
65	0:44:25	MARSHALL, Ian	Cambridge H	Male Vet 60	07:08.8	1042	65
66	0:44:28	CUIN, Liam		Senior Male	07:09.2	1302	66
67	0:44:30	HICKMAN, Lee		Male Vet 40	07:09.6	1304	67
68	0:44:31	SMITH, John		Senior Male	07:09.7	1303	68
69	0:44:32	DANIELS, Sandra	Bishop Stortford	Female Vet 45	07:09.9	819	69
70	0:44:39	MCPAHON, Tim	Saffron Striders	Senior Male	07:11.0	1178	70
71	0:44:42	BALLARD, Stuart	Ware Joggers	Male Vet 40	07:11.5	1009	71
72	0:44:42	FIRTH, Alexandra		Senior Female	07:11.5	611	72
73	0:44:42	FINDLAY, Alan	Bishop Stortford	Male Vet 40	07:11.5	1271	73
74	0:44:44	BINKS, Peter	Bishop Stortford	Male Vet 40	07:11.8	1276	74
75	0:44:52	HARDMAN, Annette	Ware Joggers	Senior Female	07:13.1	752	75
76	0:44:55	FUNG, Jonathon		Senior Male	07:13.6	1167	76
77	0:44:58	HORTON, Thomas	Herts Phoenix Athletic Club	Senior Male	07:14.1	1263	77
78	0:45:02	O'SULLIVAN, Tony	Ware Joggers	Male Vet 40	07:14.7	1181	78
79	0:45:03	PICKERING, John	Ware Joggers	Male Vet 50	07:14.9	1189	79
80	0:45:04	SMITH, Howard		Male Vet 40	07:15.0	1051	80
81	0:45:05	MILLS, Jessica	Victoria Park Harriers	Female Vet 35	07:15.2	797	81
82	0:45:07	ADAMS, William		Male Vet 60	07:15.5	1219	82
83	0:45:08	PLUMB, Joanne		Female Vet 35	07:15.7	839	83
84	0:45:10	POLLOCK, Scott	Bishop Stortford	Male Vet 40	07:16.0	1205	84
85	0:45:14	MCPANEY, Jase		Senior Male	07:16.6	1240	85
86	0:45:16	PARTRIDGE, Roger	Ware Joggers	Male Vet 50	07:17.0	1193	86
87	0:45:24	SIMS, Andy	Harlow Running Club	Male Vet 40	07:18.2	1137	87
88	0:45:33	COCKER, David		Senior Male	07:19.7	1126	88
89	0:45:41	HILL, Richard		Male Vet 40	07:21.0	1103	89
90	0:45:46	CHAPLIN, Philip	Bishop Stortford	Male Vet 40	07:21.8	1211	90
91	0:45:52	LE MAR, James		Senior Male	07:22.8	1053	91
92	0:45:55	LUPPI, Corrado	Bishop Stortford	Male Vet 40	07:23.2	1198	92
93	0:45:57	FUENTE, Fernando	Havering 90 Joggers	Male Vet 50	07:23.6	1228	93
94	0:45:58	CUNNINGHAM, Phil	Ware Joggers	Male Vet 50	07:23.7	1028	94
95	0:46:03	JOHNSON, Bernard		Male Vet 50	07:24.5	1153	95
96	0:46:04	PEACOCK, Victoria	Thurrock	Female Vet 35	07:24.7	735	96
97	0:46:07	LIDDICOAT, Stephen		Senior Male	07:25.2	1065	97
98	0:46:08	HOLDER, Julian	Pitsea Running Club	Male Vet 40	07:25.3	1055	98
99	0:46:09	NEL, Sue		Female Vet 35	07:25.5	709	99
100	0:46:11	RISLEY, Darren	Bishop Stortford	Senior Male	07:25.8	1092	100
101	0:46:13	BARRON, Hayley	Orion Harriers	Female Vet 35	07:26.1	688	101
102	0:46:19	RICHARDS, Christabel	Ware Joggers	Senior Female	07:27.1	823	102
103	0:46:25	SHELDON, Steven		Senior Male	07:28.1	1132	103
104	0:46:26	CRISP, Dianne	Ilford AC	Female Vet 45	07:28.2	799	104
105	0:46:26	GILL, Matthew		Senior Male	07:28.2	1231	105
106	0:46:41	ARMITAGE, Mary	Orion Harriers	Female Vet 45	07:30.6	749	106
107	0:46:51	NEWMAN, Robert	Dunmow Tri	Male Vet 50	07:32.2	1024	107
108	0:46:51	FLANNIGAN, Rachel	Pitsea Running Club	Female Vet 35	07:32.2	648	108
109	0:46:57	RUSSELL, James	Pitsea Running Club	Male Vet 50	07:33.2	1246	109
110	0:47:00	SHARKEY, Colum		Male Vet 40	07:33.7	1190	110
111	0:47:01	MACFARLANE, Alex	Metropolitan Police	Male Vet 50	07:33.9	1078	111
112	0:47:02	CHILDS, Simon	Loughton Athletic Club	Male Vet 50	07:34.0	1094	112
113	0:47:02	PLAMPTON, Matthew		Senior Male	07:34.0	1013	113
114	0:47:04	BUGG, Alison	Orion Harriers	Female Vet 45	07:34.3	770	114
115	0:47:08	FOWLER, Jeff	Walthamstow Athletic Club	Male Vet 50	07:35.0	1292	115
116	0:47:11	THURSTON, Les	Bishop Stortford	Male Vet 60	07:35.5	1171	116
117	0:47:20	MCCOLLGAN, Martin	Harlow Running Club	Male Vet 50	07:36.9	1087	117

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118	0:47:22	BURNAGE, Neil		Male Vet 40	07:37.2	1296	118
119	0:47:25	BIRCH, Adam		Senior Male	07:37.7	1227	119
120	0:47:25	ROWE, Henry	Saffron Striders	Male Vet 50	07:37.7	1218	120
121	0:47:30	LARNER, Martin		Male Vet 40	07:38.5	1180	121
122	0:47:38	RUDDOLF, Steve	trial runners association	Male Vet 50	07:39.8	1281	122
123	0:47:44	BAKER, John		Male Vet 60	07:40.8	1111	123
124	0:47:46	GLYNN, Stuart	Harlow Running Club	Senior Male	07:41.1	1319	124
125	0:47:58	KAMABAHISA, Paul		Senior Male	07:43.0	1309	125
126	0:47:59	BLACKER, Martin	Ware Joggers	Male Vet 40	07:43.2	1093	126
127	0:48:00	HULL, Garey		Senior Male	07:43.3	1039	127
128	0:48:01	BUTLER, Christopher		Senior Male	07:43.5	1046	128
129	0:48:03	MCCAYNA, Nicholas		Senior Male	07:43.8	1306	129
130	0:48:11	MCNANEY, Chris		Senior Male	07:45.1	1241	130
131	0:48:12	RAND, Nigel	Saffron Striders	Male Vet 40	07:45.3	1275	131
132	0:48:13	MURPHY, John		Male Vet 50	07:45.4	1104	132
133	0:48:14	LEAHY, Eibhlin	Ware Joggers	Senior Female	07:45.6	753	133
134	0:48:19	WILSON, Alan	Bishop Stortford	Male Vet 60	07:46.4	1290	134
135	0:48:19	REBEL, Stephen	Thrift Green Trotter	Senior Male	07:46.4	1159	135
136	0:48:20	PETTIFER, Lorna	Pitsea Running Club	Female Vet 45	07:46.6	630	136
137	0:48:20	HOWES, Janet	Bishop Stortford	Female Vet 55	07:46.6	713	137
138	0:48:26	MOLONEY, Charlie		Senior Male	07:47.5	1307	138
139	0:48:30	LANGMEAD, Chris	Ware Joggers	Senior Male	07:48.2	1209	139
140	0:48:35	COOPER, Sandra	Brandon Fern Hopper	Female Vet 45	07:49.0	814	140
141	0:48:38	WENDELBERGER-JAMES, Margit	Saffron Striders	Female Vet 45	07:49.5	808	141
142	0:48:46	HENDERSON, Michelle	Thurrock	Female Vet 45	07:50.7	750	142
143	0:48:49	ALLEN, Keith	Allenbury	Male Vet 50	07:51.2	1293	143
144	0:48:56	GIBBS, Marcus		Male Vet 50	07:52.4	1225	144
145	0:48:57	MCCLYMONT, Ian	Bishop Stortford	Male Vet 60	07:52.5	1083	145
146	0:49:10	PHILLIPS, Karen	Pitsea Running Club	Female Vet 35	07:54.6	834	146
147	0:49:11	WREN, James		Senior Male	07:54.8	1030	147
148	0:49:19	PLUMB, Graham		Male Vet 60	07:56.1	1305	148
149	0:49:23	RICHARDS, Lauren		Female Vet 35	07:56.7	641	149
150	0:49:25	RUSSELL, David		Male Vet 40	07:57.0	1031	150
151	0:49:28	WENZEL, Peter	Bishop Stortford	Male Vet 50	07:57.5	1045	151
152	0:49:33	ST.LEDGER, Dee	Sudbury Joggers	Female Vet 45	07:58.3	821	152
153	0:49:38	NASH, Alun		Male Vet 60	07:59.1	1300	153
154	0:49:43	FRENCH, David	Ware Joggers	Male Vet 50	07:59.9	1179	154
155	0:49:44	LAST, Oliver		Male Vet 40	08:00.1	1298	155
156	0:49:47	SZKWAREK, Adrian		Senior Male	08:00.6	1252	156
157	0:49:49	HANNIBAL, Stephen		Male Vet 40	08:00.9	1157	157
158	0:49:52	LINTON, Ian	Tiptree Road Runners	Male Vet 60	08:01.4	1183	158
159	0:49:53	DIXON, Paul		Male Vet 40	08:01.5	1040	159
160	0:49:56	HARRIS, Nigel		Male Vet 50	08:02.0	1149	160
161	0:50:08	BALL, Shirley	Bishop Stortford	Female Vet 55	08:03.9	698	161
162	0:50:12	OLIVA, Arthur	Saffron Striders	Male Vet 40	08:04.6	1192	162
163	0:50:14	COLLINS, Kelly		Senior Female	08:04.9	772	163
164	0:50:23	SAVILL, Bridget	Saffron Striders	Female Vet 35	08:06.4	726	164
165	0:50:27	DAVIS, Sonia	Harlow Running Club	Female Vet 35	08:07.0	619	165
166	0:50:28	CRISP, Natalie	Ilford AC	Senior Female	08:07.2	800	166
167	0:50:29	CONNELL, Christopher		Male Vet 50	08:07.3	1214	167
168	0:50:30	RAMSDEN, Anne	Ware Joggers	Female Vet 55	08:07.5	657	168
169	0:50:38	RAMKIN, David		Male Vet 40	08:08.8	1151	169
170	0:50:40	FLETCHER, Mark		Senior Male	08:09.1	1223	170
171	0:50:44	JOLLY, Stephen		Male Vet 50	08:09.7	1138	171
172	0:50:47	WORRELL, Jeff		Senior Male	08:10.2	1048	172
173	0:50:53	FULLBROOK, Claire		Female Vet 35	08:11.2	761	173
174	0:51:01	MCKEVER, Gill	Orion Harriers	Female Vet 45	08:12.5	836	174
175	0:51:07	WILLIAMS, Mark		Male Vet 50	08:13.4	1090	175
176	0:51:09	SHEPHERD, Luke		Senior Male	08:13.8	1010	176
177	0:51:10	SUTHERLAND, Fiona	Bishop Stortford	Female Vet 45	08:13.9	694	177

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178	0:51:11	SOUTAR, Mike		Male Vet 40	08:14.1	1161	178
179	0:51:12	MANTE, Claude		Senior Male	08:14.2	1035	179
180	0:51:13	PLAWIAK, Daniel		Senior Male	08:14.4	1299	180
181	0:51:15	COLLIER, Martin		Male Vet 50	08:14.7	1133	181
182	0:51:18	TIE, David		Male Vet 40	08:15.2	1112	182
183	0:51:22	WILLIAMS, Rita	Ware Joggers	Female Vet 55	08:15.8	828	183
184	0:51:24	PETTIFER, Hannah		Senior Female	08:16.2	831	184
185	0:51:28	MORGAN, Joanne		Female Vet 35	08:16.8	651	185
186	0:51:29	BOND, Lucy	Park Inn running Club	Senior Female	08:17.0	783	186
187	0:51:29	HESTER, Lissa		Female Vet 35	08:17.0	784	187
188	0:51:37	PETTIFER, John	Pitsea Running Club	Male Vet 60	08:18.3	1014	188
189	0:51:39	ALLWORTHY, Karen	Orion Harriers	Female Vet 45	08:18.6	763	189
190	0:51:40	KLEIJWEGT, Anne	Harlow Running Club	Female Vet 35	08:18.7	644	190
191	0:51:41	MILLER, Michael		Male Vet 60	08:18.9	1136	191
192	0:51:41	HERRINGTON, Katie	Harlow Running Club	Senior Female	08:18.9	636	192
193	0:51:43	AYLING, David		Senior Male	08:19.2	1207	193
194	0:51:43	EDDERSHAW, Alison	Saffron Striders	Female Vet 35	08:19.2	733	194
195	0:51:47	PAGE, David	Harlow Running Club	Male Vet 40	08:19.9	1058	195
196	0:51:51	PAGE, Janice	Harlow Running Club	Female Vet 45	08:20.5	661	196
197	0:51:53	CONNOLLY, Mary	East London Runners	Female Vet 45	08:20.8	728	197
198	0:51:57	SEYMOUR, Derick	Harlow Running Club	Male Vet 60	08:21.5	1088	198
199	0:51:57	GLADDING, Joanne	Ware Joggers	Senior Female	08:21.5	610	199
200	0:51:58	SAUNDERS, Rob	Ware Joggers	Senior Male	08:21.6	1266	200
201	0:52:07	FOTHERGILL, Paul		Senior Male	08:23.1	1202	201
202	0:52:09	WADDINGHAM, Robert	Ware Joggers	Male Vet 50	08:23.4	1070	202
203	0:52:13	HUDSON, Phil	Ware Joggers	Male Vet 50	08:24.1	1260	203
204	0:52:14	INMAM, Sharon	Ware Joggers	Senior Female	08:24.2	782	204
205	0:52:16	NICOLA, Mellissa		Senior Female	08:24.5	781	205
206	0:52:17	BLISS, Hayley		Senior Female	08:24.7	653	206
207	0:52:25	GRANTHAM, Raoul	Braintree	Male Vet 40	08:26.0	1005	207
208	0:52:26	EVANS, Alexander		Senior Male	08:26.1	1074	208
209	0:52:29	TAYLOR, Matthew		Senior Male	08:26.6	1268	209
210	0:52:30	STOCK, Janet	Ware Joggers	Female Vet 45	08:26.8	723	210
211	0:52:33	BERTRAM, Lindsey		Senior Female	08:27.3	690	211
212	0:52:34	CATT, Lorna		Female Vet 45	08:27.4	656	212
213	0:52:37	EVANS, Robert		Male Vet 50	08:27.9	1075	213
214	0:52:42	BEETE, Andy	Metropolitan Police	Male Vet 40	08:28.7	1079	214
215	0:52:43	WILSON, Karen		Female Vet 45	08:28.9	855	215
216	0:52:43	HOWARD, Sarah	Ware Joggers	Female Vet 35	08:28.9	682	216
217	0:52:47	ST HELIEN, Colin		Male Vet 40	08:29.5	1105	217
218	0:53:00	TOMPKINS, Helen	Pitsea Running Club	Female Vet 45	08:31.6	662	218
219	0:53:06	GOLDIE, P Ashley	Saffron Striders	Male Vet 40	08:32.6	1160	219
220	0:53:11	SCOTT, Jonathon		Senior Male	08:33.4	1124	220
221	0:53:17	HOLMES, Lydia		Senior Female	08:34.4	691	221
222	0:53:19	BOXALL, David		Male Vet 40	08:34.7	1294	222
223	0:53:37	MAST, Clive		Male Vet 40	08:37.6	1125	223
224	0:53:41	GRAVES, Susan	Ely Runners	Female Vet 35	08:38.2	825	224
225	0:53:47	VINER, Jenni	Ware Joggers	Female Vet 55	08:39.2	643	225
226	0:53:53	HURFORD, Louise		Senior Female	08:40.1	616	226
227	0:53:55	RUSSELL, Adrian	Woodford Green and Essex Ladies	Male Vet 40	08:40.5	1162	227
228	0:54:06	HOULIHAN, Michael		Male Vet 40	08:42.2	1113	228
229	0:54:12	LUCAS, Bud		Male Vet 50	08:43.2	1188	229
230	0:54:13	FARROW, David		Senior Male	08:43.4	1027	230
231	0:54:21	HALL, Rebecca		Female Vet 35	08:44.6	654	231
232	0:54:24	ALLAN, Deborah	Ware Joggers	Female Vet 55	08:45.1	794	232
233	0:54:27	JONES, Pamela	Ilford AC	Female Vet 55	08:45.6	812	233
234	0:54:31	HUMPHRIES, Helen	Ware Joggers	Female Vet 35	08:46.3	703	234
235	0:54:34	LINFORD, Brian		Male Vet 60	08:46.7	1128	235
236	0:54:39	TOVEY, Gill	Loughton Athletic Club	Female Vet 45	08:47.5	837	236
237	0:54:47	NAMAN, Colin	Ware Joggers	Male Vet 60	08:48.8	1301	237

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238	0:54:48	WILSON, Pamela	Ware Joggers	Female Vet 55	08:49.0	736	238
239	0:54:50	REBEL, Michael		Senior Male	08:49.3	1077	239
240	0:54:51	TWIGG, Graham		Male Vet 40	08:49.5	1012	240
241	0:54:54	CHAMBERS, Simon	Saffron Striders	Male Vet 40	08:50.0	1163	241
242	0:55:01	WILLIAMS, Mandy		Female Vet 45	08:51.1	686	242
243	0:55:04	MANSER, Judith	Ware Joggers	Female Vet 45	08:51.6	631	243
244	0:55:07	HARTE, David		Senior Male	08:52.1	1320	244
245	0:55:08	AYLING, Peter	Harlow Running Club	Male Vet 50	08:52.2	1089	245
246	0:55:10	BERRY, Stephen		Senior Male	08:52.5	1170	246
247	0:55:10	BERRY, Roger	Walthamstow Athletic Club	Male Vet 60	08:52.5	1169	247
248	0:55:17	NICHOLS, Claire	Ware Joggers	Female Vet 35	08:53.7	827	248
249	0:55:21	NICHOLS, Terry	Ware Joggers	Male Vet 60	08:54.3	1264	249
250	0:55:26	NASH, Kenneth		Male Vet 40	08:55.1	1073	250
251	0:55:32	TWINER, Chris		Senior Male	08:56.1	1184	251
252	0:55:32	LYONS, Peter		Senior Male	08:56.1	1108	252
253	0:55:36	HAWKINS, Linda	Harlow Running Club	Female Vet 45	08:56.7	601	253
254	0:55:40	KING, Nikki	Ware Joggers	Senior Female	08:57.4	689	254
255	0:55:40	PEARCE, Mark		Male Vet 40	08:57.4	1150	255
256	0:55:41	STEELE, Matthew		Senior Male	08:57.5	1064	256
257	0:55:41	OCKENDON, Paula		Female Vet 35	08:57.5	652	257
258	0:55:42	KENNEDY, Sheila	East London Runners	Female Vet 45	08:57.7	632	258
259	0:55:42	BEARD, Jon	Saffron Striders	Senior Male	08:57.7	1237	259
260	0:55:49	JONES, Tristan		Senior Male	08:58.8	1221	260
261	0:55:51	JONES, Jerome		Senior Male	08:59.1	1220	261
262	0:55:58	WEBBER, Sarah		Female Vet 35	09:00.3	756	262
263	0:56:05	SPENCER, Marie		Female Vet 35	09:01.4	842	263
264	0:56:12	TAYLOR, Janet		Senior Female	09:02.5	767	264
265	0:56:16	LI, Stewart		Senior Male	09:03.2	1164	265
266	0:56:20	MACDOUDALL, Wendy		Female Vet 45	09:03.8	824	266
267	0:56:20	FRANKLIN, Margaret		Female Vet 55	09:03.8	790	267
268	0:56:26	NEALL, Martin		Senior Male	09:04.8	1037	268
269	0:56:28	BEVAN, David		Male Vet 40	09:05.1	1054	269
270	0:56:28	KILROY, Yvonne		Female Vet 35	09:05.1	806	270
271	0:56:30	BALL, Stephen		Male Vet 50	09:05.4	1101	271
272	0:56:35	JONES, Catherine	Harlow Running Club	Senior Female	09:06.2	695	272
273	0:56:36	APPLIN, Alison		Female Vet 55	09:06.4	747	273
274	0:56:36	ROGERS, Robin	Ware Joggers	Male Vet 60	09:06.4	1195	274
275	0:56:45	MOULE, Joanna		Senior Female	09:07.8	846	275
276	0:56:47	ROWLES, Chris		Male Vet 40	09:08.1	1315	276
277	0:56:47	DRUMMOND, Paula		Female Vet 35	09:08.1	791	277
278	0:56:48	GAULD-CLARK, Anne	Bishop Stortford	Female Vet 55	09:08.3	793	278
279	0:56:51	DINES, Angie		Female Vet 55	09:08.8	779	279
280	0:56:51	BLYTHE, Kirstie		Female Vet 35	09:08.8	714	280
281	0:56:52	LYNESS, Susan		Female Vet 35	09:08.9	802	281
282	0:56:55	DADSON, Helen		Senior Female	09:09.4	634	282
283	0:56:55	MINIHANE, Jessica		Senior Female	09:09.4	667	283
284	0:56:59	LUTON, Paul	Ware Joggers	Male Vet 60	09:10.1	1102	284
285	0:57:03	MCGINLEY, Enda		Male Vet 40	09:10.7	1282	285
286	0:57:08	FARRAR, Ian		Male Vet 50	09:11.5	1047	286
287	0:57:11	SCANLON, Lorna	Bishop Stortford	Female Vet 45	09:12.0	620	287
288	0:57:12	ROSE, Michael	East London Runners	Male Vet 50	09:12.2	1261	288
289	0:57:13	LAWSON, Terence		Male Vet 50	09:12.3	1297	289
290	0:57:21	WEAVER, Kevin		Male Vet 40	09:13.6	1185	290
291	0:57:24	BAKER, Oliver		Senior Male	09:14.1	1311	291
292	0:57:24	FUNG, Sammy		Senior Female	09:14.1	755	292
293	0:57:25	BUTTERWORTH, Julia		Senior Female	09:14.3	739	293
294	0:57:26	BUTTERWORTH, Mark		Male Vet 50	09:14.4	1274	294
295	0:57:30	JOHNSTONE, Amy	Dagenham 88 Runners	Senior Female	09:15.1	820	295
296	0:57:34	LAWSON, Terence		Male Vet 50	09:15.7	1297	296
297	0:57:35	GUPTA, Dinesh		Male Vet 40	09:15.9	1082	297

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298	0:57:36	JOYCE, Mick		Male Vet 40	09:16.0	1200	298
299	0:57:41	AITKEN, Michelle	Harlow Running Club	Senior Female	09:16.8	804	299
300	0:57:42	DUFFIELD, Roger	Tiptree Road Runners	Male Vet 60	09:17.0	1117	300
301	0:57:43	JENNINGS, Andrew		Senior Male	09:17.2	1036	301
302	0:57:45	GARY, Gary		Male Vet 40	09:17.5	1280	302
303	0:57:46	DELHOY, Frances		Female Vet 45	09:17.6	692	303
304	0:57:49	SALLY, Sally		Female Vet 35	09:18.1	854	304
305	0:57:52	BORE, Alan	Harlow Running Club	Male Vet 60	09:18.6	1249	305
306	0:57:55	MORLEY, Susie	Harlow Running Club	Senior Female	09:19.1	676	306
307	0:57:56	REEVES, Joanne	Havering	Female Vet 35	09:19.2	826	307
308	0:57:56	KINGSTON, John		Male Vet 40	09:19.2	1175	308
309	0:57:59	SNOW, Vicki	Serpentine Running Club	Female Vet 35	09:19.7	740	309
310	0:58:03	SERGEY, Orlov		Male Vet 40	09:20.4	1318	310
311	0:58:06	BAKER, Louise	Bishop Stortford	Female Vet 45	09:20.9	639	311
312	0:58:06	DALE, Charlotte		Senior Female	09:20.9	813	312
313	0:58:10	LAWSON, Terence		Male Vet 50	09:21.5	1297	313
314	0:58:16	LANCASTER, Shena	Garden City Runners	Female Vet 55	09:22.5	685	314
315	0:58:26	QUICK, John		Senior Male	09:24.1	1286	315
316	0:58:26	O'BRIEN, Paul		Male Vet 40	09:24.1	1284	316
317	0:58:33	FLOAT, Meredith	Ilford AC	Senior Female	09:25.2	833	317
318	0:58:33	KEATS, Peter	Ware Joggers	Male Vet 50	09:25.2	1006	318
319	0:58:36	TRACEY, John	Pitsea Running Club	Male Vet 40	09:25.7	1029	319
320	0:58:43	WILLIAMS, Paul	Pitsea Running Club	Male Vet 50	09:26.8	1059	320
321	0:58:51	MCCROHAN, Joan	Ware Joggers	Female Vet 35	09:28.1	744	321
322	0:58:54	DOHERTY, Sonya		Senior Female	09:28.6	762	322
323	0:58:54	WOODWARD, June	Saffron Striders	Female Vet 45	09:28.6	663	323
324	0:58:56	PLUMB, Louise		Senior Female	09:28.9	850	324
325	0:58:58	METCALFE, William	Basildon	Male Vet 60	09:29.2	1248	325
326	0:58:59	GOLDER, Catherine		Female Vet 35	09:29.4	613	326
327	0:59:01	BYRD, Peter		Male Vet 40	09:29.7	1021	327
328	0:59:02	BENTLEY, Stephen		Male Vet 50	09:29.9	1288	328
329	0:59:04	DRISCOLL, Eddie	Braintree	Male Vet 40	09:30.2	1287	329
330	0:59:05	BRADBURY, Rachel	Orion Harriers	Female Vet 45	09:30.3	650	330
331	0:59:06	TSANG, Cherry		Senior Female	09:30.5	649	331
332	0:59:06	BATEMAN, Penny		Female Vet 35	09:30.5	743	332
333	0:59:06	TAYLOR, Janet		Female Vet 45	09:30.5	766	333
334	0:59:06	MORDECAI, Scott		Senior Male	09:30.5	1210	334
335	0:59:11	REVELANT, Michelle		Female Vet 35	09:31.3	786	335
336	0:59:18	GILES-BROWN, Kerry		Female Vet 35	09:32.4	614	336
337	0:59:24	DUFFIELD, Roger	Tiptree Road Runners	Male Vet 60	09:33.4	1117	337
338	0:59:36	BLYTHE, Kirstie		Female Vet 35	09:35.3	714	338
339	0:59:39	WYNDHAM, John Paul		Senior Male	09:35.8	1008	339
340	0:59:39	DEWEN, Susan	Harlow Running Club	Female Vet 45	09:35.8	638	340
341	0:59:50	MYHILL, William		Male Vet 40	09:37.6	1201	341
342	0:59:51	DRISCOLL, Caroline		Female Vet 45	09:37.7	844	342
343	0:59:54	BUTCHER, John	Ware Joggers	Male Vet 60	09:38.2	1018	343
344	0:59:56	BUTLER, Deb		Female Vet 35	09:38.6	697	344
345	1:00:01	MILLER, Mandy		Female Vet 45	09:39.4	843	345
346	1:00:17	DAVIS, Lee	Dagenham 88 Runners	Male Vet 40	09:41.9	1233	346
347	1:00:19	PURKISS, Nigel		Male Vet 50	09:42.3	1049	347
348	1:00:21	KAY, Julie		Female Vet 35	09:42.6	835	348
349	1:00:23	BORE, Caroline	Harlow Running Club	Female Vet 55	09:42.9	815	349
350	1:00:29	MUIR, Carol	Ilford AC	Female Vet 35	09:43.9	840	350
351	1:00:32	BLYTH, Steven		Male Vet 40	09:44.3	1119	351
352	1:00:42	HENNELLY, Elmear		Senior Female	09:46.0	771	352
353	1:00:49	BARBONE, Lynne		Female Vet 35	09:47.1	738	353
354	1:00:49	MCCRACKEN, Marcel		Senior Male	09:47.1	1269	354
355	1:00:56	ALLAN, Deborah	Ware Joggers	Female Vet 55	09:48.2	794	355
356	1:00:58	COWDREY, Claire		Senior Female	09:48.5	769	356
357	1:00:58	ADAMS, Douglas	Dagenham 88 Runners	Male Vet 60	09:48.5	1265	357

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358	1:00:58	BAKER, Philip		Male Vet 50	09:48.5	1310	358
359	1:01:12	COLE, Richard		Senior Male	09:50.8	1258	359
360	1:01:15	MOORE, Theresa		Female Vet 45	09:51.3	845	360
361	1:01:17	WHITBREAD, Hannah		Senior Female	09:51.6	853	361
362	1:01:19	COLE, Richard		Senior Male	09:51.9	1258	362
363	1:01:28	BLAKES, Paul		Male Vet 50	09:53.4	1127	363
364	1:01:29	WADDINGHAM, Margaret	Ware Joggers	Female Vet 55	09:53.5	675	364
365	1:01:35	ROBINSON, Christine	Bishop Stortford	Female Vet 55	09:54.5	618	365
366	1:01:39	WHITBREAD, Rebecca		Senior Female	09:55.1	852	366
367	1:01:47	STRICKFUSS, Sophie		Female Vet 35	09:56.4	622	367
368	1:02:00	NASH, Carole		Female Vet 45	09:58.5	678	368
369	1:02:00	WOOKEY, Kim	Harlow Running Club	Female Vet 45	09:58.5	777	369
370	1:02:04	CLARKE, K		Female Vet 35	09:59.1	699	370
371	1:02:09	CHURCH, Emily		Female Vet 35	10:00.0	707	371
372	1:02:14	LINSTEAD, Michael	Dagenham 88 Runners	Male Vet 40	10:00.8	1213	372
373	1:02:16	POYNTER, Sarah	Bishop Stortford	Senior Female	10:01.1	659	373
374	1:02:20	RISLEY, Karen	Bishop Stortford	Female Vet 35	10:01.7	658	374
375	1:02:33	O'CONNELL, Seanus		Male Vet 40	10:03.8	1106	375
376	1:02:35	KING, Christopher		Senior Male	10:04.1	1095	376
377	1:02:35	HALLETT, Richard		Senior Male	10:04.1	1147	377
378	1:02:40	KRESNER, Helen		Female Vet 35	10:04.9	628	378
379	1:02:43	LORD, Brian		Male Vet 60	10:05.4	1107	379
380	1:02:53	DIGGINS, Mel		Female Vet 35	10:07.0	721	380
381	1:02:54	SUTHERLAND, Christine	Havering 90 Joggers	Female Vet 55	10:07.2	796	381
382	1:02:55	KENDLE, Julie	Saffron Striders	Female Vet 45	10:07.4	724	382
383	1:03:28	NEWTON, Sarah		Senior Female	10:12.7	801	383
384	1:03:30	CARTER, Alan		Male Vet 40	10:13.0	1289	384
385	1:03:32	SMITH, Jason		Senior Male	10:13.3	1262	385
386	1:03:43	BUTTERFIELD, Jeanette		Female Vet 45	10:15.1	668	386
387	1:03:48	KOLLER, Sam		Senior Female	10:15.9	670	387
388	1:03:51	DAVIS, Robin	Ilford AC	Male Vet 60	10:16.4	1279	388
389	1:03:56	HARTGROVE, Carmelle		Senior Female	10:17.2	768	389
390	1:03:57	KENNEDY, Lisa		Female Vet 35	10:17.3	847	390
391	1:04:17	FOX, Julie		Female Vet 35	10:20.5	849	391
392	1:04:23	STRINGER, Roy	Ware Joggers	Male Vet 60	10:21.5	1063	392
393	1:04:23	KING, Georgia		Senior Female	10:21.5	759	393
394	1:04:26	GOUGH, Lorna	Saffron Striders	Female Vet 45	10:22.0	617	394
395	1:04:32	JEFFRIES, Clare	Saffron Striders	Female Vet 45	10:23.0	635	395
396	1:04:37	BALDWIN, Ashleigh		Female Vet 35	10:23.8	811	396
397	1:04:37	WELCH, Sarah		Senior Female	10:23.8	680	397
398	1:04:42	COUSINS, David		Male Vet 50	10:24.6	1086	398
399	1:04:53	MACKROW, Paul		Male Vet 40	10:26.3	1277	399
400	1:05:04	LEWIS, Neil		Senior Male	10:28.1	1172	400
401	1:05:11	COGAN, Jane		Senior Female	10:29.2	681	401
402	1:05:23	BUCKINGHAM, Gemma		Senior Female	10:31.2	683	402
403	1:05:25	QUIGLEY, Kevin		Male Vet 50	10:31.5	1317	403
404	1:05:29	BARFORD, Joanne		Female Vet 35	10:32.1	701	404
405	1:05:37	MARWAH, Vivek	Phoenix Striders	Senior Male	10:33.4	1234	405
406	1:05:42	WATSON, Sarah		Female Vet 45	10:34.2	773	406
407	1:05:42	DOWNTON, Peter		Senior Male	10:34.2	1316	407
408	1:05:49	CAPPER, Suzan	Orion Harriers	Female Vet 55	10:35.3	731	408
409	1:05:57	POLLARD, Marie	Brentwood	Female Vet 45	10:36.6	851	409
410	1:05:58	ACHAL, Jyoti		Senior Female	10:36.8	795	410
411	1:06:08	SHENTON, Kim	Harlow Running Club	Female Vet 45	10:38.4	684	411
412	1:06:31	ANTHONY, Karen		Female Vet 35	10:42.1	788	412
413	1:06:34	BUNCE, Janet	Orion Harriers	Female Vet 55	10:42.6	710	413
414	1:07:04	RAE, Julie		Female Vet 45	10:47.4	603	414
415	1:07:13	RAE, Paul		Male Vet 40	10:48.9	1314	415
416	1:07:35	PARKER, Cheryl	Harlow Running Club	Female Vet 35	10:52.4	810	416
417	1:07:37	SAVILL, Rebecca		Senior Female	10:52.7	727	417

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418	1:07:48	HOSKINS, Jackie		Female Vet 45	10:54.5	633	418
419	1:07:48	AXON, Simon		Senior Male	10:54.5	1076	419
420	1:07:49	GALLAGHER, Simon		Male Vet 50	10:54.7	1140	420
421	1:07:49	STEENSON, Colin		Male Vet 60	10:54.7	1236	421
422	1:07:49	WORKMAN, Victoria	Bishop Stortford	Senior Female	10:54.7	629	422
423	1:07:56	O'RIORDAN, Joanne		Female Vet 35	10:55.8	816	423
424	1:08:10	JOLLY, Kathleen		Female Vet 55	10:58.0	734	424
425	1:08:16	WHEATLEY, Jenny		Senior Female	10:59.0	677	425
426	1:08:20	ILLING, Kimberly		Senior Female	10:59.6	612	426
427	1:08:26	WHEATLEY, Samuel		Senior Male	11:00.6	1072	427
428	1:08:26	GLYNN, April		Female Vet 35	11:00.6	775	428
429	1:08:35	WEST-BULFORD, Simon		Male Vet 40	11:02.1	1166	429
430	1:08:41	TIE, Peta		Female Vet 45	11:03.0	702	430
431	1:08:41	SEAMAN, Maggie		Female Vet 55	11:03.0	722	431
432	1:08:55	BRIDGES, Kathryn		Senior Female	11:05.3	787	432
433	1:09:09	BRIDGES, Ian		Senior Male	11:07.5	1212	433
434	1:09:11	LORD, Elizabeth	Ware Joggers	Female Vet 55	11:07.9	705	434
435	1:09:48	SMITH, John		Male Vet 60	11:13.8	1312	435
436	1:09:48	SMITH, Rob		Senior Male	11:13.8	1313	436
437	1:10:00	RUSHTON, Jon	Tyndale Harriers	Male Vet 60	11:15.7	1168	437
438	1:10:01	BANNOCKS, Susan		Female Vet 45	11:15.9	602	438
439	1:10:20	CHESHIRE, Evelyn		Female Vet 55	11:19.0	817	439
440	1:10:22	JAMES, Lauren		Senior Female	11:19.3	798	440
441	1:10:32	MILLS, Joanne	Harlow Running Club	Female Vet 55	11:20.9	637	441
442	1:10:42	MULRINE, Catherine		Senior Female	11:22.5	764	442
443	1:11:03	REBEL, Erica		Senior Female	11:25.9	679	443
444	1:11:03	BOWERS, Lynn		Female Vet 55	11:25.9	838	444
445	1:11:04	HAMMOND, Katie	Harlow Running Club	Senior Female	11:26.0	778	445
446	1:11:04	STROUD, Pauline	Bishop Stortford	Female Vet 45	11:26.0	848	446
447	1:11:05	WEST-BULFORD, Ruth		Female Vet 35	11:26.2	754	447
448	1:11:17	LANG, Amanda		Female Vet 35	11:28.1	673	448
449	1:11:40	LANG, Wade		Senior Male	11:31.8	1068	449
450	1:11:46	FRANKLIN, Gordon		Male Vet 60	11:32.8	1217	450
451	1:11:51	THOMAS, Sharlene		Senior Female	11:33.6	748	451
452	1:11:59	STRINGER, Valerie	Ware Joggers	Female Vet 55	11:34.9	666	452
453	1:12:07	HOGERSSON, Caroline		Senior Female	11:36.2	706	453
454	1:12:26	COOPER, Christine		Female Vet 55	11:39.2	716	454
455	1:13:10	CRIGHTON, Karen	Dagenham 88 Runners	Female Vet 35	11:46.3	807	455
456	1:13:10	BRENDON, Mr		Male Vet 50	11:46.3	1256	456
457	1:13:12	HART, Leonard		Male Vet 60	11:46.6	1216	457
458	1:13:12	RAMSDEN, Chris	Ware Joggers	Male Vet 50	11:46.6	1057	458
459	1:13:14	BUTTERFIELD, Philip		Male Vet 40	11:46.9	1067	459
460	1:13:17	PAGE, Cheryl		Female Vet 45	11:47.4	669	460
461	1:13:27	MARTIN, Ella		Senior Female	11:49.0	672	461
462	1:13:39	WATKINS, Natalie		Female Vet 35	11:51.0	671	462
463	1:13:39	WAKEFIELD, Tony		Male Vet 40	11:51.0	1135	463
464	1:14:31	WRIGHT-ALDRICH, Laureen	Bishop Stortford	Female Vet 45	11:59.3	745	464
465	1:15:51	WEAVER, Julie		Female Vet 35	12:12.2	765	465
466	1:16:35	ROWE, Ros		Female Vet 55	12:19.3	780	466
467	1:16:56	STRINGER, Will	Bishop Stortford	Male Vet 50	12:22.7	1143	467
468	1:17:04	COOPER, Michelle		Senior Female	12:24.0	715	468
469	1:19:06	HEYWOOD, John	Ware Joggers	Male Vet 60	12:43.6	1038	469
470	1:19:07	MOORE, Carly		Senior Female	12:43.7	818	470
471	1:19:07	RUMBLE, Katy		Senior Female	12:43.7	803	471
472	1:19:07	PYLE, Zoe		Female Vet 35	12:43.7	809	472
473	1:19:08	SMITH, Charlotte		Senior Female	12:43.9	696	473
474	1:20:33	GOODCHILD, Cheryl		Senior Female	12:57.6	822	474
475	1:20:39	SHERWOOD, Holly		Senior Female	12:58.6	712	475
476	1:22:18	HAYLOCK, Matthew		Senior Male	13:14.5	1033	476
477	1:22:19	NICHOLLS, Lynn	Ware Joggers	Female Vet 45	13:14.6	655	477

Thank you for supporting the St Clare Hospice

** RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com **

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>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
478	1:22:50	MYERS, David		Male Vet 50	13:19.6	1203	478
479	1:22:51	PARSONS, John		Male Vet 60	13:19.8	1134	479
480	1:22:52	SHELDON, Margaret		Senior Female	13:19.9	725	480
481	1:22:53	NAQVI, Raza		Male Vet 40	13:20.1	1235	481
482	1:22:54	MURPHY, Alan	Barking Road Runners	Senior Male	13:20.3	1273	482

There were 482 finishers in the All Competitors category.

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