

2012 Halstead and Essex Marathon
Overall Finish List
May 13, 2012
Results By Mucky Races

Place	Name	Team	Bib No	Gender	Age Group	Place	Chip Time	Gun Time	Total Pace
1	Allen Smalls	Colchester Harriers AC	819	M	1 M 40-44		2:35:38.7	2:35:40.1	5:59/M
2	Lee Martin	Springfield Striders RC	780	M	2 M 40-44		2:49:38.8	2:49:40.4	6:32/M
3	Richard Watkinson		435	M	3 M 0-39		2:49:55.2	2:49:58.0	6:32/M
4	Karl Westhead		444	M	1 M 40-44		2:53:09.1	2:53:17.4	6:40/M
5	Jared Bethell	Harlow RC	753	M	1 M 0-39		2:56:40.1	2:56:43.8	6:48/M
6	Shawn Deleu	Doha Bay Running Club	120	M	1 M 45-49		2:56:47.8	2:56:55.7	6:48/M
7	Chris Iles		228	M	2 M 0-39		2:58:27.4	2:58:30.9	6:52/M
8	Kevin Watson	Metros	437	M	3 M 0-39		2:58:42.3	2:58:48.8	6:53/M
9	Robert Cowell		504	M	2 M 45-49		2:58:59.8	2:59:07.1	6:53/M
10	June Allen	Springfield Striders RC	829	F	1 F 35-39		2:59:26.8	2:59:29.1	6:54/M
11	Alan Anstead	Sudbury Joggers	23	M	1 M 50-54		2:59:55.7	3:00:01.2	6:55/M
12	Mike Griffiths	Newport & East Wales Triathlon Club	718	M	4 M 0-39		3:00:32.0	3:00:34.8	6:57/M
13	Jim Andrews		22	M	5 M 0-39		3:01:52.9	3:02:06.3	7:00/M
14	David Coulson	Reading Canoe Club	520	M	3 M 45-49		3:04:37.5	3:04:39.3	7:06/M
15	Brian Herrington	Harwich Runners	828	M	2 M 40-44		3:04:41.5	3:04:47.2	7:06/M
16	Mark Rutter	Harwich Runners	853	M	4 M 45-49		3:04:42.5	3:04:47.8	7:06/M
17	Daniel Snipe	Nene Valley Harriers	389	M	6 M 0-39		3:05:38.8	3:05:39.8	7:08/M
18	Charlie Austin	Oxford Brookes Running and Athletics Club	687	M	7 M 0-39		3:05:29.1	3:05:44.4	7:09/M
19	James Smith	Springfield Striders RC	798	M	8 M 0-39		3:05:45.1	3:05:46.9	7:09/M
20	Alistair Brown	Grange Farm & Dunmow Runners	837	M	9 M 0-39		3:05:58.8	3:06:01.5	7:09/M
21	Jim Morris		744	M	5 M 45-49		3:06:21.1	3:06:23.8	7:10/M
22	Phillip Pearson	South London Harriers	608	M	6 M 45-49		3:06:30.9	3:06:40.1	7:11/M
23	Lee Murphy	Stopsley Striders	577	M	10 M 0-39		3:07:02.0	3:07:05.2	7:12/M
24	Gavin Allen	Halstead Road Runners	841	M	11 M 0-39		3:07:40.5	3:07:44.1	7:13/M
25	Paul Preston	Colchester Harriers AC	844	M	3 M 40-44		3:07:42.0	3:07:45.8	7:13/M
26	Theunis Adlam		666	M	4 M 40-44		3:07:48.5	3:07:53.1	7:14/M
27	Roderick McLachlan		294	M	12 M 0-39		3:07:50.4	3:08:12.7	7:14/M
28	Ed Jones	Biggleswade Athletic Club	237	M	5 M 40-44		3:08:34.3	3:08:41.3	7:15/M
29	Graham Booty	Benfleet Running Club	843	M	6 M 40-44		3:09:14.3	3:09:17.2	7:17/M
30	Tyson Dunning	9 Para Sqn RE	575	M	13 M 0-39		3:09:25.7	3:10:35.0	7:20/M
31	Nikki Brockbank	Springfield Striders RC	842	F	2 F 0-34		3:10:24.7	3:10:36.8	7:20/M
32	John Murphy	Dunstable Road Runners	576	M	7 M 45-49		3:11:01.0	3:11:04.2	7:21/M
33	Paul Nickells	Woodbridge Shufflers RC	516	M	8 M 45-49		3:11:41.1	3:11:50.8	7:23/M
34	Andrew Morris	Benfleet Running Club	787	M	2 M 50-54		3:12:19.8	3:12:23.5	7:24/M
35	Helen Mulhall	Bearbrook Running Club	623	F	3 F 40-44		3:12:54.6	3:13:10.3	7:26/M
36	Paul Harris		192	M	14 M 0-39		3:13:44.9	3:13:53.0	7:27/M
37	Pat Rich	LFTC	351	M	15 M 0-39		3:15:00.4	3:15:04.9	7:30/M
38	Kim Masson	Cambridge & Coleridge AC	548	F	1 F 45-49		3:15:06.2	3:15:24.6	7:31/M
39	Paul Anderson	Springfield Striders RC	833	M	16 M 0-39		3:15:29.4	3:15:31.8	7:31/M
40	Paul McClelland	Harwich Runners	852	M	9 M 45-49		3:16:06.0	3:16:07.4	7:33/M
41	Patrick Casey	Nedbank Running Club SWD, South Africa	562	M	3 M 50-54		3:16:13.2	3:16:21.0	7:33/M
42	James Haskey-Jones	Tiptree Road Runners	807	M	7 M 40-44		3:16:29.1	3:16:46.2	7:34/M
43	Dean Allaway	Reading Road Runners	10	M	17 M 0-39		3:16:38.1	3:16:48.7	7:34/M
44	Adam Howlett		561	M	8 M 40-44		3:16:58.1	3:17:00.9	7:35/M
45	Philip Honeywood		214	M	10 M 45-49		3:16:35.1	3:17:09.8	7:35/M
46	Andrew Mackey	Network Rail	275	M	18 M 0-39		3:17:04.1	3:17:13.6	7:35/M
47	David Wright	Colchester Harriers AC	849	M	4 M 50-54		3:17:27.1	3:17:31.9	7:36/M
48	Steve Dade		107	M	9 M 40-44		3:17:18.8	3:17:52.9	7:37/M
49	Mike Greener	St Edmunds Pacers	578	M	10 M 40-44		3:18:00.6	3:18:06.4	7:37/M
50	Nicholas Knight	Thrift Green Trotters	667	M	19 M 0-39		3:18:22.4	3:18:26.0	7:38/M
51	Mark Townsend		413	M	20 M 0-39		3:18:34.0	3:18:55.7	7:39/M
52	Nicholas Holmes	100 Marathon Club	475	M	5 M 50-54		3:19:17.2	3:19:22.3	7:40/M
53	Michael Turney	Chiltern Harriers A/C	696	M	11 M 45-49		3:20:06.6	3:20:14.3	7:42/M
54	Rob Cooper		94	M	21 M 0-39		3:20:08.4	3:20:22.9	7:42/M
55	Ian Ramsay		710	M	12 M 45-49		3:20:07.6	3:20:31.9	7:43/M
56	Steven Dawkins	Woodford Green	679	M	22 M 0-39		3:20:05.3	3:20:35.2	7:43/M
57	Dan Gritton	Fetch Everyone Running Club	176	M	23 M 0-39		3:20:02.5	3:21:42.4	7:45/M
58	Andy Buck		856	M	24 M 0-39		3:22:13.6	3:22:23.9	7:47/M
59	Jon Byford	Springfield Striders RC	810	M	25 M 0-39		3:22:33.2	3:22:51.7	7:48/M
60	Elisabet Frankenberg	Leigh On Sea Striders	766	F	1 F 35-39		3:22:56.2	3:23:07.3	7:49/M
61	Julian Catmull	Springfield Striders RC	834	M	13 M 45-49		3:23:20.0	3:23:30.1	7:50/M
62	Colin Barnes	Leigh On Sea Striders	752	M	14 M 45-49		3:22:52.3	3:23:32.6	7:50/M
63	Michael Woodward	Pitsea Running Club	805	M	26 M 0-39		3:23:41.8	3:23:56.0	7:51/M
64	Sue Gawley		632	F	1 F 40-44		3:23:52.9	3:24:03.4	7:51/M
65	Jon Smale	Witham RC	817	M	11 M 40-44		3:23:44.1	3:24:05.8	7:51/M
66	Simon Maskell	East Essex Tri Club	282	M	27 M 0-39		3:24:28.6	3:24:43.4	7:52/M
67	David Wood		458	M	12 M 40-44		3:23:07.7	3:24:54.6	7:53/M
68	Michael Flanagan		147	M	15 M 45-49		3:24:41.7	3:24:59.0	7:53/M
69	Mark Plumb		336	M	28 M 0-39		3:24:38.0	3:25:12.7	7:54/M
70	John Marshall		655	M	13 M 40-44		3:25:21.9	3:25:34.3	7:54/M
71	Nick Mackenzie		274	M	29 M 0-39		3:24:56.3	3:25:45.8	7:55/M
72	Guy Evans		515	M	30 M 0-39		3:25:52.3	3:25:59.4	7:55/M
73	David Andrews	Grange Farm & Dunmow Runners	21	M	14 M 40-44		3:26:06.3	3:26:11.1	7:56/M
74	Ray Butler	Bishops Stortford Running Club	73	M	31 M 0-39		3:25:57.1	3:26:16.8	7:56/M
75	Jamie Jephcott	Harlow RC	775	M	15 M 40-44		3:26:35.4	3:26:42.9	7:57/M
76	Mark O'&Donoghue		707	M	6 M 50-54		3:26:38.4	3:27:13.8	7:58/M
77	Andrew Perkinson		741	M	32 M 0-39		3:27:18.0	3:27:26.7	7:59/M
78	Joe Hossack		217	M	33 M 0-39		3:26:53.6	3:27:58.2	8:00/M
79	Gary Joslin	Springfield Striders RC	777	M	16 M 45-49		3:27:42.9	3:28:01.9	8:00/M
80	Sean Kelly		735	M	7 M 50-54		3:27:23.3	3:28:04.5	8:00/M
81	Cam Ross	St. Albans Striders	358	M	34 M 0-39		3:27:32.6	3:28:17.3	8:01/M
82	Roland Evans		528	M	35 M 0-39		3:28:45.5	3:28:53.1	8:02/M

83	Geraint Thomas	Springfield Striders RC	802	M	16 M 40-44	3:28:47.2	3:28:57.5	8:02/M
84	Barry Plowman	Braintree & District AC	792	M	17 M 40-44	3:29:53.7	3:30:10.2	8:05/M
85	Phil Davies	Halstead Road Runners	558	M	8 M 50-54	3:30:08.9	3:30:15.6	8:05/M
86	Peter Donovan	Network Rail	127	M	36 M 0-39	3:30:38.6	3:30:48.0	8:06/M
87	Craig Dawson	Tiptree Road Runners	115	M	37 M 0-39	3:29:53.0	3:31:05.3	8:07/M
88	Rory Campbell	HM Forces	546	M	38 M 0-39	3:30:33.9	3:31:12.6	8:07/M
89	Elliot Worth		692	M	18 M 40-44	3:31:28.1	3:32:00.7	8:09/M
90	James Burns	Leigh On Sea Striders	70	M	17 M 45-49	3:31:43.9	3:32:03.9	8:09/M
91	Chris Manby	Colchester Harriers AC	850	M	39 M 0-39	3:32:37.0	3:32:47.8	8:11/M
92	Bob Wild	Thane Road Runners	527	M	19 M 40-44	3:32:00.3	3:32:48.8	8:11/M
93	Rachel Adams	Grange Farm & Dunmow Runners	750	F	1 F 0-34	3:32:56.6	3:33:02.0	8:12/M
94	Laurent Choquereau		87	M	40 M 0-39	3:33:12.0	3:33:18.5	8:12/M
95	Daz Horley		216	M	20 M 40-44	3:33:00.2	3:33:42.4	8:13/M
96	Ashwin Shah	Grange Farm & Dunmow Runners	372	M	41 M 0-39	3:32:49.7	3:33:47.0	8:13/M
97	Jon Howes		508	M	42 M 0-39	3:33:22.0	3:34:21.3	8:15/M
98	Lucy Mayer	Bearbrook Running Club	636	F	2 F 35-39	3:34:19.4	3:34:35.2	8:15/M
99	Jonathan Rudge	Bearbrook Running Club	637	M	43 M 0-39	3:34:19.1	3:34:35.5	8:15/M
100	James Davie		112	M	44 M 0-39	3:33:56.3	3:34:36.7	8:15/M
101	Richard Simpson		379	M	21 M 40-44	3:34:14.2	3:35:09.5	8:17/M
102	Andy McMillan		295	M	9 M 50-54	3:34:35.8	3:35:25.5	8:17/M
103	Leslie Andrew	Team Trisports	20	F	1 F 50-54	3:35:25.3	3:35:31.8	8:17/M
104	Charley Jennings		233	F	3 F 35-39	3:35:40.6	3:35:46.0	8:18/M
105	Karsten Koehler	Cambridge University Hare & Hounds	253	M	45 M 0-39	3:35:55.2	3:36:02.9	8:19/M
106	Michael Ellingsen	Serpentine R.C.	747	M	46 M 0-39	3:36:56.7	3:36:57.9	8:21/M
107	Craig Cowell		100	M	47 M 0-39	3:35:27.9	3:37:12.2	8:21/M
108	David Thompson	Billericay Striders	803	M	10 M 50-54	3:36:56.2	3:37:14.4	8:21/M
109	Pete Ford	Plymstock Road Runners	150	M	18 M 45-49	3:37:02.7	3:37:32.1	8:22/M
110	Andrew Johnston		235	M	22 M 40-44	3:36:50.6	3:37:40.6	8:22/M
111	Molly Stout		398	F	2 F 0-34	3:37:29.0	3:37:42.4	8:22/M
112	Julie Holloway		600	F	4 F 35-39	3:37:53.0	3:37:57.4	8:23/M
113	Wesley Dearsley		725	M	48 M 0-39	3:37:09.8	3:38:01.4	8:23/M
114	Darren Tyers	Harwich Runners	417	M	49 M 0-39	3:37:07.1	3:38:05.8	8:23/M
115	Pete Goldring		613	M	50 M 0-39	3:38:01.3	3:38:07.3	8:23/M
116	Tim Brown		62	M	19 M 45-49	3:37:30.8	3:38:12.9	8:24/M
117	Kenny Blyth	Ware Joggers	754	M	1 M 60-64	3:38:36.6	3:38:40.9	8:25/M
118	Matthew Chorlton		521	M	23 M 40-44	3:38:31.9	3:38:46.8	8:25/M
119	Richard Flutter	Harwich Runners	855	M	24 M 40-44	3:38:46.7	3:38:53.0	8:25/M
120	Nigel Vuagniaux		720	M	11 M 50-54	3:38:39.5	3:39:02.8	8:25/M
121	Alison Vuagniaux	Team Bath AC	721	F	2 F 50-54	3:38:40.3	3:39:03.3	8:26/M
122	Paul Taylor	Greybox Tri	479	M	51 M 0-39	3:38:36.4	3:39:06.1	8:26/M
123	Stephen Finn		668	M	25 M 40-44	3:38:14.2	3:39:06.7	8:26/M
124	Anna Muller		505	F	3 F 0-34	3:38:16.8	3:39:07.4	8:26/M
125	Phil Rusby	Dengie 100 runners	478	M	20 M 45-49	3:39:05.4	3:39:14.6	8:26/M
126	Bill Howes	100 Marathon Club	220	M	2 M 60-64	3:39:11.8	3:39:46.8	8:27/M
127	Eamonn McCusker	Ryston Runners	262	M	1 M 55-59	3:39:59.1	3:40:08.4	8:28/M
128	Steffan Cohen	Benfleet Running Club	840	M	26 M 40-44	3:40:09.2	3:40:12.4	8:28/M
129	Mark Collier		646	M	27 M 40-44	3:39:18.8	3:40:31.4	8:29/M
130	Rhu Cayford		84	M	52 M 0-39	3:39:57.6	3:40:35.2	8:29/M
131	Teresa Lovern		698	F	1 F 55-99	3:39:27.5	3:40:36.8	8:29/M
132	Mark Ring	Norwich Road Runners	660	M	21 M 45-49	3:40:26.0	3:40:41.4	8:29/M
133	Natalie Treacher		590	F	4 F 0-34	3:40:40.0	3:40:53.6	8:30/M
134	Jo Summers	North Herts Road Runners	399	F	2 F 45-49	3:41:16.6	3:41:39.2	8:32/M
135	Tracy Harrington	Tiptree Road Runners	772	F	3 F 45-49	3:40:30.0	3:41:42.8	8:32/M
136	Chris Poynter		598	M	12 M 50-54	3:41:47.9	3:42:03.4	8:32/M
137	Jem Smith	Sudbury Joggers	704	M	53 M 0-39	3:41:27.2	3:42:19.4	8:33/M
138	Rachel Clark		597	F	5 F 35-39	3:41:33.8	3:42:27.3	8:33/M
139	Steve Ambrose	Harlow RC	15	M	22 M 45-49	3:41:44.8	3:42:32.5	8:34/M
140	Nigel Harrison	Ipswich Jaffa	193	M	28 M 40-44	3:42:20.9	3:42:57.8	8:35/M
141	Bhagesh Katechia	Ilford Athletic Club	661	M	23 M 45-49	3:42:22.5	3:43:20.3	8:35/M
142	Sarah Thorne	Dunstable Road Runners	412	F	4 F 45-49	3:42:25.4	3:43:28.1	8:36/M
143	Robert Heppell	East London Runners	208	M	24 M 45-49	3:43:05.9	3:43:37.5	8:36/M
144	Lee Gibson		474	M	54 M 0-39	3:42:20.8	3:43:57.6	8:37/M
145	Stephen Mcallister	MK Lake Side Runners	284	M	55 M 0-39	3:43:23.6	3:44:00.2	8:37/M
146	Dean Woodman		726	M	56 M 0-39	3:43:12.5	3:44:03.5	8:37/M
147	Justin Mallard	Spa Striders	633	M	29 M 40-44	3:43:10.0	3:44:08.0	8:37/M
148	Adam Holmes	100 Marathon Club	473	M	13 M 50-54	3:44:04.9	3:44:12.2	8:37/M
149	Adam Herron		209	M	57 M 0-39	3:44:00.3	3:44:18.2	8:38/M
150	Janet Powis		337	F	3 F 50-54	3:44:11.3	3:44:29.2	8:38/M
151	Stuart Meddemmen	Tiptree Road Runners	299	M	58 M 0-39	3:42:43.4	3:44:29.6	8:38/M
152	David Williams		449	M	25 M 45-49	3:43:54.0	3:44:39.7	8:38/M
153	Geoff Maidment	Grange Farm & Dunmow Runners	815	M	30 M 40-44	3:44:38.7	3:44:43.6	8:39/M
154	Simon George		631	M	59 M 0-39	3:44:29.7	3:44:46.4	8:39/M
155	Simon Cartledge		489	M	60 M 0-39	3:44:11.1	3:45:01.5	8:39/M
156	Kevin Frost	Colchester and Tendring	767	M	31 M 40-44	3:44:30.1	3:45:03.3	8:39/M
157	Paul Masterson		615	M	32 M 40-44	3:44:29.6	3:45:05.9	8:39/M
158	Justin Warren	Network Rail	434	M	61 M 0-39	3:44:54.4	3:45:07.0	8:40/M
159	David Sancto		705	M	26 M 45-49	3:44:16.6	3:45:09.3	8:40/M
160	Jon Ward		428	M	33 M 40-44	3:44:57.4	3:45:10.9	8:40/M
161	Christopher Purse	Springfield Striders RC	825	M	14 M 50-54	3:45:28.0	3:45:40.8	8:41/M
162	Sotiris Georgiopoulos		156	M	62 M 0-39	3:44:22.7	3:45:40.9	8:41/M
163	Paul Thompson		411	M	63 M 0-39	3:45:23.7	3:45:48.5	8:41/M
164	Frances Cooke	March athletic club	500	F	2 F 55-99	3:45:29.3	3:45:50.7	8:41/M
165	Lindley Chambers	Bishops Stortford Running Club	647	M	64 M 0-39	3:45:01.2	3:46:06.2	8:42/M
166	Kevin Emmerton	Newquay Road Runners	136	M	27 M 45-49	3:45:38.2	3:46:15.8	8:42/M
167	Ian Sutcliffe		401	M	2 M 55-59	3:46:50.5	3:46:52.3	8:44/M
168	Mark McCarthy		587	M	28 M 45-49	3:46:49.0	3:47:04.7	8:44/M
169	Lee Cousins	Braintree & District AC	822	M	34 M 40-44	3:47:06.9	3:47:24.1	8:45/M
170	Michael Grehan	Dunstable Road Runners	173	M	29 M 45-49	3:45:46.5	3:47:28.7	8:45/M

171	Dave King	Orpington Road Runners	245	M	15 M 50-54	3:47:03.6	3:47:37.3	8:45/M
172	Pete Brewin	Harlow RC	756	M	65 M 0-39	3:47:07.7	3:47:54.7	8:46/M
173	Neil West		442	M	66 M 0-39	3:47:40.0	3:48:00.7	8:46/M
174	Paul Bridges	Springfield Striders RC	757	M	67 M 0-39	3:47:41.9	3:48:18.6	8:47/M
175	Nicola Cotton	Orpington Road Runners	702	F	2 F 40-44	3:47:48.3	3:48:21.2	8:47/M
176	Paul Jeffrey-Read		745	M	68 M 0-39	3:48:17.5	3:48:27.0	8:47/M
177	Jason Hayfield	Ipswich Jaffa	206	M	35 M 40-44	3:48:09.5	3:48:28.1	8:47/M
178	Nick Hodgson		212	M	69 M 0-39	3:47:43.2	3:48:28.5	8:47/M
179	Dean Ovel	Leigh On Sea Striders	746	M	70 M 0-39	3:47:49.4	3:48:29.8	8:47/M
180	Andy Hale		183	M	30 M 45-49	3:47:53.4	3:48:44.4	8:48/M
181	Jay Grigson		468	M	71 M 0-39	3:47:47.2	3:48:54.1	8:48/M
182	Geoff O'Grady	Runneymeade Runners	321	M	31 M 45-49	3:48:42.7	3:49:01.2	8:49/M
183	Sam Wolton	Halstead Road Runners	659	M	72 M 0-39	3:48:33.5	3:49:03.1	8:49/M
184	Sian Barker	Haverhill RC	572	F	6 F 35-39	3:48:50.7	3:49:17.3	8:49/M
185	Paul Buckle	Haverhill RC	583	M	36 M 40-44	3:48:54.7	3:49:21.3	8:49/M
186	Kathleen Jones		556	F	7 F 35-39	3:49:19.6	3:49:50.1	8:50/M
187	Daryl Norman		319	M	73 M 0-39	3:49:35.2	3:49:52.0	8:50/M
188	Jamie Stewart		367	M	74 M 0-39	3:49:12.6	3:49:55.6	8:51/M
189	Matt Webster		476	M	75 M 0-39	3:48:42.9	3:49:56.9	8:51/M
190	Michael Wilson	East London Runners	625	M	16 M 50-54	3:49:33.8	3:50:06.2	8:51/M
191	Mark Wiseman		456	M	32 M 45-49	3:48:33.8	3:50:13.2	8:51/M
192	Malcolm Statham	Colchester Harriers AC	800	M	37 M 40-44	3:50:03.8	3:50:19.4	8:52/M
193	Brian Parnell		327	M	3 M 55-59	3:50:07.9	3:50:25.2	8:52/M
194	Graeme Moon	Tiptree Road Runners	786	M	4 M 55-59	3:49:15.6	3:50:28.7	8:52/M
195	Denise Ford	Chelmsford Athletics	765	F	5 F 45-49	3:50:07.7	3:50:39.3	8:52/M
196	Robert Anderson		18	M	38 M 40-44	3:50:06.8	3:50:50.6	8:53/M
197	Ian Tatman	Leigh On Sea Striders	801	M	39 M 40-44	3:50:11.1	3:50:53.8	8:53/M
198	Matthew Widdup	Great Western Runners GWR	447	M	76 M 0-39	3:50:56.3	3:51:02.5	8:53/M
199	Richard Morris-Jones	Reepham Runners	310	M	40 M 40-44	3:50:49.5	3:51:03.6	8:53/M
200	Neal Marlow	Leigh On Sea Striders	279	M	41 M 40-44	3:51:15.0	3:51:57.1	8:55/M
201	Ben Gough	Network Rail	168	M	77 M 0-39	3:51:48.0	3:52:00.2	8:55/M
202	Wayne Smith		387	M	42 M 40-44	3:51:04.2	3:52:00.9	8:55/M
203	Phil Baker	Tri Sport Epping	29	M	43 M 40-44	3:51:18.3	3:52:02.5	8:55/M
204	Mark Blanchard	Ware Joggers	54	M	5 M 55-59	3:51:00.4	3:52:06.3	8:56/M
205	Colin Grace	Ware Joggers	170	M	17 M 50-54	3:51:00.1	3:52:06.6	8:56/M
206	Adam King		244	M	78 M 0-39	3:50:40.9	3:52:07.0	8:56/M
207	John Kipps	The Stragglers	249	M	33 M 45-49	3:51:48.4	3:52:19.4	8:56/M
208	Ian Cummins	Dagenham 88 Runners	761	M	44 M 40-44	3:50:41.8	3:52:24.8	8:56/M
209	Mark Causey	Haverhill RC	83	M	34 M 45-49	3:51:26.5	3:52:28.2	8:56/M
210	Vince Spenceley		391	M	79 M 0-39	3:52:29.6	3:52:43.5	8:57/M
211	Charles Garbett		509	M	6 M 55-59	3:52:06.4	3:52:54.7	8:57/M
212	Nigel Stinchcombe		550	M	35 M 45-49	3:51:49.4	3:52:55.3	8:58/M
213	Dale Constable		601	M	36 M 45-49	3:51:30.8	3:53:16.1	8:58/M
214	Jon Brown	Southend Athletics Club	730	M	45 M 40-44	3:53:00.5	3:53:25.1	8:59/M
215	Graham Leslie		259	M	80 M 0-39	3:52:24.4	3:53:38.5	8:59/M
216	Paul Soulsby		552	M	46 M 40-44	3:53:32.6	3:53:42.2	8:59/M
217	Annette Shrimpton	Orpington Road Runners	697	F	8 F 35-39	3:53:25.4	3:53:58.3	9:00/M
218	Stephen Young	Wootton Road Runners	465	M	47 M 40-44	3:53:06.3	3:54:09.4	9:00/M
219	Scott Dinley		123	M	81 M 0-39	3:53:42.9	3:54:17.4	9:01/M
220	Vince Hayward	Harlow RC	773	M	7 M 55-59	3:53:42.3	3:54:29.8	9:01/M
221	Graham McCarthy	East London Triathletes	287	M	48 M 40-44	3:54:37.3	3:54:59.2	9:02/M
222	Adam Sewell	Braintree & District AC	371	M	49 M 40-44	3:54:38.2	3:55:24.1	9:03/M
223	Ian Taylor	Bungay Black Dog Running Club	406	M	37 M 45-49	3:55:01.6	3:55:33.1	9:04/M
224	Mark Travers	Tring Running Club	414	M	38 M 45-49	3:55:33.6	3:55:42.2	9:04/M
225	Nic Greenway		683	M	50 M 40-44	3:54:27.0	3:56:05.1	9:05/M
226	Clive Davey		110	M	51 M 40-44	3:55:45.9	3:56:06.4	9:05/M
227	Jennifer Bradley	Serpentine R.C.	58	F	5 F 0-34	3:55:38.3	3:56:07.2	9:05/M
228	Ivon Whitmore	Medway and Maidstone	534	M	8 M 55-59	3:55:47.8	3:56:08.9	9:05/M
229	Chris McCall		286	M	82 M 0-39	3:55:49.5	3:56:12.6	9:05/M
230	Paul Barton	Ampthill and Flitwick flyers	36	M	83 M 0-39	3:55:12.7	3:56:16.7	9:05/M
231	Mark Lawes	Tiptree Road Runners	257	M	52 M 40-44	3:55:05.8	3:56:19.1	9:05/M
232	Colin Purvis	East London Runners	343	M	84 M 0-39	3:55:58.6	3:56:26.7	9:06/M
233	Nicola Hunt	Allenburys	225	F	6 F 0-34	3:55:24.5	3:56:32.0	9:06/M
234	Erina Tsurumoto		693	F	9 F 35-39	3:56:08.6	3:56:32.7	9:06/M
235	Garry Coulthard		98	M	9 M 55-59	3:55:40.1	3:56:35.1	9:06/M
236	David Mould	Ely Runners	312	M	39 M 45-49	3:55:18.4	3:56:41.0	9:06/M
237	Edward Parker		326	M	85 M 0-39	3:56:27.5	3:56:50.0	9:07/M
238	Malcolm Savage	Springfield Striders RC	812	M	1 M 65-69	3:55:37.2	3:56:53.2	9:07/M
239	Paul Burgess	Saffron Striders	808	M	40 M 45-49	3:56:15.0	3:56:54.8	9:07/M
240	David Clarke		722	M	41 M 45-49	3:55:44.8	3:56:56.0	9:07/M
241	Clare Fowell	Ivanhoe Runners	650	F	3 F 40-44	3:56:00.1	3:57:11.5	9:07/M
242	Tom Moulton		314	M	86 M 0-39	3:55:53.0	3:57:34.5	9:08/M
243	John Greener	St Edmunds Pacers	594	M	53 M 40-44	3:57:31.7	3:57:37.8	9:08/M
244	Sean Gregg	RealBuzz RunBritain.com	172	M	54 M 40-44	3:55:58.8	3:57:40.6	9:08/M
245	John Thompson		410	M	42 M 45-49	3:57:14.4	3:57:55.6	9:09/M
246	Eddie Cope-Prior	Southend Athletics Club	732	M	87 M 0-39	3:57:58.6	3:58:00.3	9:09/M
247	Jeff Carlton	Halstead Road Runners	480	M	88 M 0-39	3:57:31.0	3:58:01.2	9:09/M
248	Pete Jones		240	M	89 M 0-39	3:57:27.7	3:58:06.5	9:09/M
249	Ian Clack		602	M	55 M 40-44	3:57:05.0	3:58:12.0	9:10/M
250	Matthew Gillard	Southend Athletics Club	731	M	56 M 40-44	3:57:52.9	3:58:16.6	9:10/M
251	Naomi Newton-Fisher	Serpentine R.C.	318	F	7 F 0-34	3:57:52.5	3:58:33.9	9:11/M
252	Jonathan Venning	Dunstable Road Runners	496	M	3 M 60-64	3:58:18.2	3:58:38.1	9:11/M
253	Peter Griffiths	Bexley AC	174	M	18 M 50-54	3:57:30.3	3:58:47.1	9:11/M
254	John Tracey	Pitsea Running Club	804	M	43 M 45-49	3:58:39.5	3:58:53.6	9:11/M
255	Frazer Campbell		77	M	90 M 0-39	3:57:41.6	3:59:20.5	9:12/M
256	Sam Richardson		729	M	91 M 0-39	3:58:11.0	3:59:21.0	9:12/M
257	Russell Smith	QUOTC X-Country	699	M	92 M 0-39	3:58:51.9	3:59:21.6	9:12/M
258	Rosemary Close	Fetch Everyone Running Club	91	F	6 F 45-49	3:58:14.7	3:59:23.1	9:12/M

259	Jennifer Jenks	Royal Navy Athletics Club	232	F	10 F 35-39	3:59:16.2	3:59:27.9	9:13/M
260	Laura Fales		540	F	8 F 0-34	3:59:23.8	3:59:48.4	9:13/M
261	Simon Read		742	M	19 M 50-54	3:59:41.2	3:59:59.0	9:14/M
262	Jason Walne		426	M	57 M 40-44	3:58:31.4	4:00:12.6	9:14/M
263	Steven Smith		483	M	93 M 0-39	3:59:24.2	4:01:07.7	9:16/M
264	Terry Hurrell		226	M	94 M 0-39	4:00:43.5	4:01:17.9	9:17/M
265	Jonny Westcott	Network Rail	443	M	95 M 0-39	4:01:19.7	4:01:32.5	9:17/M
266	Sue Yendley	BRJ Huntingdon RRC	464	F	7 F 45-49	4:00:42.1	4:01:34.7	9:17/M
267	Steven Rolfe	Braintree & District AC	838	M	96 M 0-39	4:00:34.1	4:01:40.1	9:18/M
268	Tom Feather		605	M	97 M 0-39	4:00:03.9	4:01:48.2	9:18/M
269	Keith Allen		13	M	20 M 50-54	4:00:15.0	4:01:58.5	9:18/M
270	Robyn Hartley		198	F	9 F 0-34	4:01:30.5	4:02:05.6	9:19/M
271	Giles Bostock		56	M	98 M 0-39	4:00:48.4	4:02:09.7	9:19/M
272	Edward Davie		111	M	99 M 0-39	4:01:32.7	4:02:13.5	9:19/M
273	Sharon Wright	Harlow RC	806	F	10 F 0-34	4:01:30.9	4:02:17.6	9:19/M
274	Janice Page	Harlow RC	323	F	8 F 45-49	4:01:30.7	4:02:17.6	9:19/M
275	Tom Scott	Blue Mango Fitness	370	M	21 M 50-54	4:02:01.8	4:02:38.6	9:20/M
276	Richard Liles	Tiptree Road Runners	263	M	22 M 50-54	4:02:02.6	4:02:38.7	9:20/M
277	Ian Ogles		322	M	100 M 0-39	4:02:53.5	4:03:12.1	9:21/M
278	Andy Dunn		131	M	101 M 0-39	4:02:44.8	4:03:22.5	9:22/M
279	Glen Harvey	Bilderson Road Runners	512	M	23 M 50-54	4:02:38.9	4:04:18.1	9:24/M
280	Peter Bouldstridge	Tiptree Road Runners	755	M	10 M 55-59	4:03:01.4	4:04:20.9	9:24/M
281	Marnie Byles	Purple Patch Runners	689	F	11 F 35-39	4:03:10.1	4:04:42.5	9:25/M
282	Stephen Bagshaw		565	M	58 M 40-44	4:04:14.0	4:04:56.5	9:25/M
283	Arran Salmon	Leigh On Sea Striders	365	M	59 M 40-44	4:04:03.8	4:05:01.5	9:25/M
284	Seb Gwyn-Williams	Witham RC	811	M	60 M 40-44	4:04:12.7	4:05:05.6	9:26/M
285	Richard Fullbrook	100 Marathon Club	537	M	44 M 45-49	4:04:03.9	4:05:14.5	9:26/M
286	Keith Allan		9	M	61 M 40-44	4:05:16.8	4:05:35.6	9:27/M
287	Danielle Moore		306	F	11 F 0-34	4:05:36.5	4:05:42.1	9:27/M
288	Lucy Stern	St. Albans Striders	393	F	9 F 45-49	4:05:29.3	4:05:46.1	9:27/M
289	Paul Cross		739	M	62 M 40-44	4:04:52.4	4:06:24.8	9:29/M
290	Darren Beers	Sutton Runners	41	M	102 M 0-39	4:06:19.7	4:06:37.3	9:29/M
291	Craig Smith	Network Rail	382	M	103 M 0-39	4:07:04.7	4:07:16.8	9:31/M
292	Paul Buckley		652	M	24 M 50-54	4:06:05.1	4:07:24.0	9:31/M
293	Trinity Booth	Thornbury	651	F	10 F 45-49	4:06:05.3	4:07:24.1	9:31/M
294	Mark Calvert		76	M	25 M 50-54	4:07:02.9	4:07:31.7	9:31/M
295	Anthony Hattam	Benfleet Running Club	592	M	104 M 0-39	4:07:39.0	4:08:13.0	9:33/M
296	Verne Bartrop	100 Marathon Club	610	M	2 M 65-69	4:08:24.2	4:08:58.4	9:35/M
297	Stephen Reyes	Haverhill RC	349	M	45 M 45-49	4:08:46.9	4:09:14.9	9:35/M
298	Gary Brampton	Reading Road Runners	554	M	46 M 45-49	4:08:22.4	4:09:24.7	9:36/M
299	Neil Williams	Capel Cheetahs	451	M	26 M 50-54	4:09:11.7	4:09:32.9	9:36/M
300	Dawn Davis	Fittleworth Flyers	531	F	11 F 45-49	4:08:36.5	4:09:41.5	9:36/M
301	Philip Cooper	Reepham Runners	93	M	27 M 50-54	4:08:39.4	4:09:52.6	9:37/M
302	Chad Conington		560	M	105 M 0-39	4:08:45.3	4:10:00.4	9:37/M
303	Ed Taylor		482	M	106 M 0-39	4:09:56.9	4:10:08.8	9:37/M
304	Robert Bartlett		35	M	28 M 50-54	4:09:10.4	4:10:25.7	9:38/M
305	David Lovelock		273	M	63 M 40-44	4:09:06.3	4:10:46.2	9:39/M
306	Dave Lane	Phoenix Striders	827	M	29 M 50-54	4:10:34.5	4:11:01.5	9:39/M
307	Robert Davies	Norwich Road Runners	114	M	107 M 0-39	4:10:37.4	4:11:03.9	9:39/M
308	Duncan McGibbon	Network Rail	291	M	108 M 0-39	4:10:56.0	4:11:05.2	9:39/M
309	Dean Chambers	Road Runners Club	495	M	30 M 50-54	4:10:24.3	4:11:07.7	9:40/M
310	Nigel Bennett	Holme Pierrepont RC	501	M	47 M 45-49	4:09:53.1	4:11:27.4	9:40/M
311	Rita Williams	Ware Joggers	452	F	3 F 55-99	4:10:42.9	4:11:46.9	9:41/M
312	Dean Jay		566	M	64 M 40-44	4:11:30.2	4:12:13.7	9:42/M
313	Carol Teale		542	F	12 F 0-34	4:11:21.9	4:12:22.2	9:42/M
314	Jon Jones		238	M	65 M 40-44	4:10:51.0	4:12:28.6	9:43/M
315	Nick Woolnough	Thorndon Runners	460	M	48 M 45-49	4:11:02.6	4:12:45.3	9:43/M
316	Wendy Aldridge	Dengie 100 runners	484	F	12 F 45-49	4:12:01.2	4:12:47.1	9:43/M
317	Anne Jenkinson		619	F	12 F 35-39	4:12:20.4	4:12:48.0	9:43/M
318	Joe Hawkins	Datchet Dashers	514	M	109 M 0-39	4:12:43.6	4:12:56.4	9:44/M
319	Stephen Hickman	Ashford and District RRC	511	M	31 M 50-54	4:12:06.6	4:12:58.3	9:44/M
320	Hilario Corvalan		97	M	110 M 0-39	4:12:39.4	4:13:01.6	9:44/M
321	Paul Depree		121	M	111 M 0-39	4:12:14.7	4:13:33.6	9:45/M
322	Mark Little		266	M	112 M 0-39	4:12:15.4	4:13:33.7	9:45/M
323	Russell Hawkes		204	M	113 M 0-39	4:12:55.2	4:13:41.3	9:45/M
324	Matt Green		638	M	114 M 0-39	4:12:56.2	4:13:53.9	9:46/M
325	Sarah Withey		457	F	4 F 40-44	4:12:49.0	4:14:18.7	9:47/M
326	Claire Gordon	Witham RC	770	F	13 F 35-39	4:13:49.0	4:14:41.3	9:48/M
327	Jackie Dockerill		545	F	5 F 40-44	4:13:45.6	4:14:46.4	9:48/M
328	Roy Swarbrick		568	M	66 M 40-44	4:14:02.4	4:14:58.8	9:48/M
329	Ellis Lagnado		664	M	67 M 40-44	4:14:26.8	4:15:04.9	9:49/M
330	Paul Grimsey		490	M	68 M 40-44	4:14:18.2	4:15:13.6	9:49/M
331	Donna Hall-Fremont	Springfield Striders RC	771	F	14 F 35-39	4:14:01.4	4:15:16.4	9:49/M
332	Michael Hall		186	M	49 M 45-49	4:14:01.7	4:15:16.5	9:49/M
333	Arthur Oliva	Saffron Striders	672	M	50 M 45-49	4:14:35.3	4:15:19.6	9:49/M
334	Janet Schuster	Springfield Striders RC	796	F	4 F 50-54	4:14:35.0	4:15:29.5	9:50/M
335	Marco Firman		145	M	51 M 45-49	4:14:01.6	4:15:39.1	9:50/M
336	Bobbie Sauerzapf	Bungay Black Dog Running Club	366	F	5 F 50-54	4:14:36.2	4:15:44.0	9:50/M
337	Chris Chorley	Bungay Black Dog Running Club	88	M	52 M 45-49	4:14:36.4	4:15:44.4	9:50/M
338	Steve Perrett		481	M	53 M 45-49	4:14:11.3	4:15:48.2	9:50/M
339	Derren Peters		333	M	115 M 0-39	4:16:17.7	4:16:22.7	9:52/M
340	Terry Goode		618	M	32 M 50-54	4:16:12.9	4:16:51.6	9:53/M
341	Susan Wrigley		463	F	6 F 40-44	4:16:35.5	4:17:01.6	9:53/M
342	Paul Dowell	Colchester Harriers AC	129	M	54 M 45-49	4:15:49.0	4:17:14.9	9:54/M
343	Gina Little	100 Marathon Club	265	F	13 F 0-34	4:15:58.9	4:17:15.4	9:54/M
344	Keith Lovell		272	M	55 M 45-49	4:16:04.2	4:17:24.7	9:54/M
345	Jenny Craig		102	F	15 F 35-39	4:16:14.6	4:17:44.6	9:55/M
346	Gary Craig		101	M	69 M 40-44	4:16:43.9	4:17:57.8	9:55/M

347	Mark Hurworth		227	M	70 M 40-44	4:17:18.7	4:18:14.5	9:56/M
348	Scott Moore		307	M	116 M 0-39	4:17:50.2	4:18:35.8	9:57/M
349	David Stevens		394	M	117 M 0-39	4:17:07.3	4:18:40.6	9:57/M
350	James Watters	Network Rail	438	M	118 M 0-39	4:18:30.4	4:18:41.9	9:57/M
351	Raminder Singh-Barmi		538	M	71 M 40-44	4:18:23.0	4:19:01.1	9:58/M
352	David Payne	Witham RC	331	M	11 M 55-59	4:18:00.8	4:19:02.0	9:58/M
353	Petethetrain Morris	Reading Road Runners	470	M	12 M 55-59	4:17:56.9	4:19:02.9	9:58/M
354	Andy Chambers	Dunmow Tri	85	M	72 M 40-44	4:18:55.4	4:19:03.8	9:58/M
355	John Close		90	M	56 M 45-49	4:17:57.7	4:19:06.4	9:58/M
356	Richard Hulbert		223	M	119 M 0-39	4:18:11.7	4:19:08.9	9:58/M
357	David Fribbins	Havering 90 Joggers	586	M	120 M 0-39	4:17:19.1	4:19:09.2	9:58/M
358	Sally King	Witham RC	247	F	13 F 45-49	4:18:29.0	4:19:30.3	9:59/M
359	Elaine Warren		433	F	14 F 45-49	4:18:36.4	4:19:57.9	10:00/M
360	Richard Mainwaring	East London Runners	604	M	57 M 45-49	4:19:26.4	4:19:59.0	10:00/M
361	Ian Yarham		497	M	4 M 60-64	4:19:31.8	4:20:14.5	10:01/M
362	David Ayling	Reading Joggers	694	M	121 M 0-39	4:19:47.9	4:20:37.0	10:01/M
363	Katie Ayling	Reading Joggers	715	F	14 F 0-34	4:19:48.1	4:20:37.1	10:01/M
364	Chris McDonnell	Havering 90 Joggers	782	M	3 M 65-69	4:19:53.8	4:20:42.4	10:02/M
365	Christine Deacon	Billericay Striders	117	F	6 F 50-54	4:19:52.9	4:20:50.1	10:02/M
366	Janet Hill	Springfield Striders RC	846	F	4 F 55-99	4:19:47.9	4:21:19.8	10:03/M
367	Heather McDonald-Hamilton	Road Runners Club	289	F	7 F 50-54	4:20:19.0	4:21:22.9	10:03/M
368	Andy Chater		674	M	13 M 55-59	4:20:39.3	4:21:31.2	10:04/M
369	Kevin Compton	Benfleet Running Club	579	M	122 M 0-39	4:21:01.0	4:21:35.0	10:04/M
370	Tom Bentley	Network Rail	43	M	123 M 0-39	4:21:34.4	4:21:45.5	10:04/M
371	Sharon Bannister	Springfield Striders RC	830	F	7 F 40-44	4:21:17.3	4:22:11.5	10:05/M
372	Peter Godbee	Swanley & District AC	164	M	5 M 60-64	4:21:48.4	4:22:20.3	10:05/M
373	Peter Marsden		281	M	33 M 50-54	4:22:13.2	4:22:56.3	10:07/M
374	Lovely Iles		229	M	34 M 50-54	4:21:15.6	4:23:04.4	10:07/M
375	Vanessa Harbottle		190	F	8 F 40-44	4:21:37.9	4:23:08.6	10:07/M
376	Rick Deacon	Billericay Striders	118	M	35 M 50-54	4:22:15.1	4:23:14.4	10:07/M
377	David Bell		671	M	124 M 0-39	4:21:46.9	4:23:15.8	10:08/M
378	Kate Coombes		690	F	15 F 0-34	4:21:46.6	4:23:15.9	10:08/M
379	Kevin Stigwood	Royston Runners	396	M	73 M 40-44	4:22:06.9	4:23:30.9	10:08/M
380	Craig Eccleston		132	M	125 M 0-39	4:22:22.0	4:23:33.8	10:08/M
381	Richard Gibbens		158	M	126 M 0-39	4:23:19.7	4:23:42.7	10:09/M
382	Matthew Jones	Harlow RC	776	M	58 M 45-49	4:23:00.2	4:23:48.4	10:09/M
383	Jonny Kempster	Halstead Road Runners	818	M	127 M 0-39	4:23:19.9	4:23:53.4	10:09/M
384	Glynis Goodall	Springfield Striders RC	166	M	59 M 45-49	4:23:15.5	4:23:55.6	10:09/M
385	Ben Rana		728	M	128 M 0-39	4:22:26.4	4:23:59.7	10:09/M
386	Rona Buley	Eastleigh Running Club	65	F	5 F 55-99	4:23:26.4	4:24:01.7	10:09/M
387	John Rickard	Castle Point Joggers	593	M	14 M 55-59	4:23:24.6	4:24:10.8	10:10/M
388	Barbara Law	Great Bentley Running Club	845	F	6 F 55-99	4:23:23.9	4:24:13.8	10:10/M
389	Richard Daley	West Suffolk Wheelers and Tri Club	108	M	74 M 40-44	4:23:00.0	4:24:19.6	10:10/M
390	Robert Fales		539	M	75 M 40-44	4:24:06.1	4:24:31.4	10:10/M
391	Steve Morris		309	M	76 M 40-44	4:23:15.3	4:24:39.6	10:11/M
392	Annabelle Reed	Witham RC	677	F	9 F 40-44	4:23:45.1	4:24:45.1	10:11/M
393	Ian Bareham		639	M	77 M 40-44	4:23:42.7	4:25:02.7	10:12/M
394	James Hawkes	Grange Farm & Dunmow Runners	203	M	129 M 0-39	4:24:23.4	4:25:20.2	10:12/M
395	Paul Knight		252	M	130 M 0-39	4:25:18.8	4:25:33.3	10:13/M
396	David Evans	Havering 90 Joggers	138	M	78 M 40-44	4:24:31.9	4:25:34.2	10:13/M
397	Christopher Walford		616	M	131 M 0-39	4:25:07.6	4:25:35.5	10:13/M
398	Paul Strelitz		617	M	132 M 0-39	4:25:07.9	4:25:35.7	10:13/M
399	Simon Mottershead		630	M	133 M 0-39	4:24:40.5	4:25:39.8	10:13/M
400	Peter Watson	Benfleet Running Club	836	M	15 M 55-59	4:25:14.8	4:25:45.9	10:13/M
401	Nicholas Ball	Drax.	611	M	134 M 0-39	4:24:04.9	4:25:47.2	10:13/M
402	Paul Hart	Trent Park Running Club	195	M	60 M 45-49	4:24:12.2	4:25:54.6	10:14/M
403	Phil Akerman		8	M	135 M 0-39	4:24:10.3	4:26:01.3	10:14/M
404	Nate-Dog Singleton		380	M	136 M 0-39	4:24:10.6	4:26:01.6	10:14/M
405	Fi Hawkins	Southend Athletics Club	788	F	10 F 40-44	4:26:08.1	4:26:32.5	10:15/M
406	Daniel Warren		432	M	137 M 0-39	4:25:21.3	4:26:42.7	10:15/M
407	Ian Rawlinson		626	M	138 M 0-39	4:26:33.6	4:27:25.5	10:17/M
408	Kirsty Sarah Williams	Springfield Striders RC	816	F	16 F 35-39	4:26:04.0	4:27:31.7	10:17/M
409	Victor McCloud	Benfleet Running Club	839	M	1 M 70-90	4:27:14.9	4:27:45.6	10:18/M
410	Sally Silver	Canterbury Harriers	377	F	17 F 35-39	4:27:11.1	4:28:15.4	10:19/M
411	Douglas Mac Taggart	100 Marathon Club	649	M	79 M 40-44	4:27:00.4	4:28:17.3	10:19/M
412	Paul Marchant		543	M	139 M 0-39	4:28:06.8	4:28:29.8	10:20/M
413	Horace Shuriah	Haverhill RC	658	M	80 M 40-44	4:28:23.5	4:28:52.3	10:20/M
414	Michael Hodges		553	M	16 M 55-59	4:27:16.5	4:29:05.1	10:21/M
415	Richard Griffin	Blackheath and Bromley Harriers AC	471	M	6 M 60-64	4:28:43.6	4:29:16.7	10:21/M
416	Susan Holmes		621	F	7 F 55-99	4:29:07.6	4:29:23.4	10:22/M
417	Carol White	Saffron Striders	711	F	15 F 45-49	4:29:07.8	4:29:23.4	10:22/M
418	Kelly Millar		302	F	16 F 0-34	4:28:26.3	4:29:25.6	10:22/M
419	Paul Leney		258	M	81 M 40-44	4:28:27.1	4:29:26.9	10:22/M
420	Matthew Trevena	Network Rail	415	M	140 M 0-39	4:29:18.4	4:29:29.3	10:22/M
421	Kevin Triggs	Fittleworth Flyers	525	M	17 M 55-59	4:28:33.4	4:30:12.0	10:24/M
422	Steve Bywater	East London Runners	74	M	61 M 45-49	4:28:56.1	4:30:22.2	10:24/M
423	Sam Windham	Network Rail	455	M	141 M 0-39	4:30:10.2	4:30:22.7	10:24/M
424	Lee Fullbrook	Serpentine R.C.	152	M	142 M 0-39	4:29:49.7	4:30:36.4	10:24/M
425	Dave Anderson		17	M	36 M 50-54	4:29:09.3	4:30:43.6	10:25/M
426	Yvonne Hulyer-McQueen	Huddersfield road runners	224	F	17 F 0-34	4:29:55.4	4:30:58.6	10:25/M
427	Mark Black		51	M	143 M 0-39	4:29:29.1	4:30:59.6	10:25/M
428	Mark Bailey		665	M	144 M 0-39	4:30:35.0	4:31:10.3	10:26/M
429	Tracey Emmerton	Newquay Road Runners	137	F	11 F 40-44	4:30:58.0	4:31:37.0	10:27/M
430	Michelle Byatt	St Neots Riverside Runners	686	F	12 F 40-44	4:30:39.0	4:32:07.0	10:28/M
431	John Forrest	Army	493	M	145 M 0-39	4:31:18.3	4:32:12.3	10:28/M
432	Kyle Beale	Network Rail	39	M	146 M 0-39	4:32:04.7	4:32:15.1	10:28/M
433	Mark Kinlan		248	M	147 M 0-39	4:31:31.2	4:32:16.2	10:28/M
434	John Kleu		251	M	37 M 50-54	4:31:42.1	4:32:21.7	10:29/M

435	Andrew Burgess	Maidstone Harriers	494	M	62 M 45-49	4:31:18.0	4:32:30.8	10:29/M
436	Yusuf Firat	Haverhill RC	764	M	63 M 45-49	4:32:25.7	4:32:54.6	10:30/M
437	Louise Braeger		59	F	18 F 0-34	4:32:14.1	4:33:14.1	10:31/M
438	Andrew Wilmot	Halstead Road Runners	2	M	4 M 65-69	4:32:15.6	4:33:35.8	10:31/M
439	Kevin Ryves	Network Rail	362	M	148 M 0-39	4:33:28.1	4:33:39.2	10:32/M
440	Kevin Adams		7	M	82 M 40-44	4:32:46.0	4:33:41.3	10:32/M
441	Matt Biggin	Halstead Road Runners	848	M	83 M 40-44	4:33:24.3	4:33:52.6	10:32/M
442	Chris. Ford	Road Runners Club	510	M	2 M 70-90	4:34:05.5	4:34:08.1	10:33/M
443	Jim Aldridge		571	M	149 M 0-39	4:33:06.0	4:34:10.3	10:33/M
444	Marcus Fairburn	Peel Road Runners	695	M	150 M 0-39	4:33:35.2	4:34:11.3	10:33/M
445	Inga Hayden-Cooper		205	F	16 F 45-49	4:34:21.2	4:34:21.2	10:33/M
446	Kate Allen	Halstead Road Runners	12	F	13 F 40-44	4:33:07.0	4:34:37.8	10:34/M
447	Mark Cornell		663	M	84 M 40-44	4:34:02.7	4:35:24.8	10:36/M
448	Kevin Marriott	LLR	624	M	85 M 40-44	4:35:03.8	4:35:48.8	10:36/M
449	Peter Childs		86	M	64 M 45-49	4:34:40.0	4:35:58.0	10:37/M
450	Justin Merry	Haverhill RC	585	M	151 M 0-39	4:35:37.3	4:36:05.2	10:37/M
451	David Major	100 Marathon Club	277	M	65 M 45-49	4:34:22.1	4:36:09.9	10:37/M
452	Lee Hadrava		681	M	152 M 0-39	4:36:14.5	4:36:18.7	10:38/M
453	Jack Brazier		682	M	153 M 0-39	4:36:15.0	4:36:19.2	10:38/M
454	Simon Mann		487	M	86 M 40-44	4:35:33.1	4:36:33.1	10:38/M
455	Ryan Askew	Braintree & District AC	751	M	154 M 0-39	4:36:14.9	4:36:36.3	10:38/M
456	Kevin Kippes	Bishops Stortford Running Club	181	M	18 M 55-59	4:35:37.7	4:36:56.0	10:39/M
457	Melissa Embery	Dagenham 88 Runners	823	F	14 F 40-44	4:35:18.6	4:37:01.8	10:39/M
458	Michael Longman		488	M	155 M 0-39	4:36:34.1	4:37:18.5	10:40/M
459	Harry Smith	Stowmarket Striders	383	M	66 M 45-49	4:36:40.6	4:37:20.2	10:40/M
460	Katharyn Gladwell		701	F	15 F 40-44	4:35:58.3	4:37:31.4	10:40/M
461	Manny De Jesus		116	M	156 M 0-39	4:36:02.4	4:37:37.8	10:41/M
462	Harry Vekria	Metro runners	421	M	67 M 45-49	4:36:02.6	4:37:38.1	10:41/M
463	Bob Parmenter	100 Marathon Club	824	M	7 M 60-64	4:36:30.2	4:37:50.2	10:41/M
464	Michael Benson		42	M	87 M 40-44	4:36:28.5	4:38:01.3	10:42/M
465	Jaunita Gobby	Springfield Striders RC	163	F	18 F 35-39	4:37:29.4	4:38:09.3	10:42/M
466	Ian Breeze		60	M	88 M 40-44	4:37:41.0	4:38:18.2	10:42/M
467	Frank Holmes	BRJ Run and Tri	635	M	89 M 40-44	4:38:11.6	4:38:23.3	10:42/M
468	Sally Ingledew	Teignbridge Trotters	230	F	8 F 50-54	4:37:12.0	4:38:35.5	10:43/M
469	Julian Holland	RH	582	M	157 M 0-39	4:38:08.5	4:38:57.4	10:44/M
470	Malcolm Gumbrell	Winchester and District AC	179	M	8 M 60-64	4:38:09.6	4:39:33.9	10:45/M
471	Brian Mills	100 Marathon Club	303	M	19 M 55-59	4:37:55.6	4:39:43.1	10:46/M
472	Trevor Griss		175	M	90 M 40-44	4:39:05.5	4:39:44.0	10:46/M
473	Daniel Tunbridge	Dengie 100 runners	416	M	158 M 0-39	4:39:03.0	4:39:50.9	10:46/M
474	Josh Bate	OUOTC X-Country	700	M	159 M 0-39	4:39:33.3	4:40:03.0	10:46/M
475	Catherine Marriott	RSPB Staff Association RC	280	F	8 F 55-99	4:39:44.7	4:40:36.1	10:48/M
476	Lynne Baines	Tiptree Road Runners	727	F	16 F 40-44	4:39:09.8	4:40:45.9	10:48/M
477	Richard Dunstan	Petts Wood Runners	523	M	9 M 60-64	4:39:37.8	4:41:31.6	10:50/M
478	Paul Dixon		748	M	68 M 45-49	4:40:22.6	4:41:56.3	10:51/M
479	Andy Wilson		453	M	69 M 45-49	4:40:51.4	4:41:58.6	10:51/M
480	Kevin Berry		45	M	91 M 40-44	4:40:51.4	4:41:58.6	10:51/M
481	Rob Deacon	Billericay Striders	119	M	70 M 45-49	4:41:42.4	4:42:40.6	10:52/M
482	Dave Freeborn	Collingwood	541	M	160 M 0-39	4:42:16.2	4:43:01.3	10:53/M
483	Ian McCarthy	Beckenham Running Club	288	M	20 M 55-59	4:42:49.5	4:43:21.6	10:54/M
484	Charlotte Allen		11	F	19 F 0-34	4:41:38.6	4:43:26.8	10:54/M
485	Esther Butcher		503	F	20 F 0-34	4:42:10.5	4:43:31.1	10:54/M
486	James Tew		409	M	161 M 0-39	4:41:57.3	4:43:34.3	10:54/M
487	Bridget Gibson	East London Runners	159	F	21 F 0-34	4:42:07.0	4:43:38.2	10:55/M
488	Jane Tyler	North Herts Road Runners	418	F	9 F 50-54	4:42:02.7	4:43:47.9	10:55/M
489	Karan Macdonald		713	F	17 F 45-49	4:43:02.9	4:44:37.7	10:57/M
490	Dean Hickman		210	M	162 M 0-39	4:43:11.0	4:44:39.0	10:57/M
491	Paul Probert	Springfield Striders RC	794	M	163 M 0-39	4:44:30.4	4:45:11.2	10:58/M
492	Sarah Gillard	The Running Sisterhood	492	F	18 F 45-49	4:44:19.9	4:45:57.3	11:00/M
493	Lee Runciman	East Essex Tri Club	685	M	92 M 40-44	4:44:37.5	4:46:18.4	11:01/M
494	Marianne Craven		103	F	19 F 35-39	4:45:40.4	4:46:20.7	11:01/M
495	Roy Wales		424	M	71 M 45-49	4:44:58.8	4:46:29.0	11:01/M
496	Martin Richard Bush	100 Marathon Club	71	M	38 M 50-54	4:45:21.9	4:46:38.3	11:01/M
497	Trevor Matthews	Harwich Runners	634	M	72 M 45-49	4:46:16.8	4:47:03.5	11:02/M
498	Nikolaos Loumidis	Greece	270	M	164 M 0-39	4:45:53.8	4:47:12.1	11:03/M
499	Ann Alderton		709	F	19 F 45-49	4:45:53.0	4:47:21.9	11:03/M
500	Ian Hirst		684	M	73 M 45-49	4:46:47.4	4:47:42.0	11:04/M
501	Mark Ellis		135	M	93 M 40-44	4:47:29.9	4:48:35.4	11:06/M
502	Barbara McDonnell	Havering 90 Joggers	781	F	10 F 50-54	4:47:54.2	4:48:44.5	11:06/M
503	Maria Hamilton	Vegan Runners UK	188	F	20 F 45-49	4:47:27.0	4:49:18.0	11:08/M
504	Ruth Emma Benzimra	100 Marathon Club	44	F	21 F 45-49	4:47:52.2	4:49:18.1	11:08/M
505	Barry Hastings		202	M	94 M 40-44	4:48:24.1	4:49:20.6	11:08/M
506	Jonathan Milne	St. Albans Striders	304	M	95 M 40-44	4:48:58.6	4:49:52.2	11:09/M
507	Adrian Smee		381	M	165 M 0-39	4:49:50.6	4:50:21.5	11:10/M
508	Nathan Roulson	Halstead Road Runners	826	M	166 M 0-39	4:49:52.1	4:50:21.8	11:10/M
509	Keith Cranmer		628	M	39 M 50-54	4:49:02.6	4:50:30.4	11:10/M
510	Ivor Watson		436	M	167 M 0-39	4:49:23.2	4:50:33.5	11:11/M
511	Ashley Batt		38	M	168 M 0-39	4:49:00.3	4:50:36.3	11:11/M
512	David Parish		325	M	169 M 0-39	4:49:22.1	4:50:53.8	11:11/M
513	Leslie Pullen	Cambridge Harriers	340	M	21 M 55-59	4:49:45.2	4:51:02.0	11:12/M
514	Paul Diegnan		547	M	40 M 50-54	4:50:20.3	4:51:16.0	11:12/M
515	Vicky Broomfield		61	F	17 F 40-44	4:50:13.7	4:51:47.5	11:13/M
516	David Moles	100 Marathon Club	785	M	22 M 55-59	4:50:46.6	4:52:04.1	11:14/M
517	Bruce Hogarth-Jones	Mid Essex Casuals	820	M	41 M 50-54	4:52:02.6	4:53:14.7	11:17/M
518	Peter Ward		429	M	42 M 50-54	4:51:56.9	4:53:36.6	11:18/M
519	David Toms	North Norfolk Beach Runners	50	M	170 M 0-39	4:52:13.0	4:53:38.4	11:18/M
520	Tina Gerhartz		157	F	18 F 40-44	4:53:23.4	4:53:44.3	11:18/M
521	Steven Wright		462	M	171 M 0-39	4:52:21.3	4:53:48.2	11:18/M
522	Lavinia Triggs	Fittleworth Flyers	526	F	9 F 55-99	4:52:55.7	4:54:33.3	11:20/M

523	Andy Hind	Springfield Striders RC	774	M	172 M 0-39	4:53:07.8	4:54:46.7	11:20/M
524	Oliver Rawlings		345	M	173 M 0-39	4:54:11.8	4:54:50.4	11:20/M
525	Jaimie Chandler		737	M	174 M 0-39	4:53:14.9	4:55:03.4	11:21/M
526	Simon Anderson		472	M	96 M 40-44	4:54:19.9	4:55:04.1	11:21/M
527	Keith Scrivener	Great Bentley Running Club	797	M	3 M 70-90	4:54:27.5	4:55:17.0	11:21/M
528	Robin Hay	Springfield Striders RC	580	M	97 M 40-44	4:54:00.3	4:55:27.9	11:22/M
529	Katy Ross		736	F	22 F 0-34	4:53:55.0	4:55:43.6	11:22/M
530	Hazel Kurz		678	F	20 F 35-39	4:55:28.1	4:56:21.9	11:24/M
531	Jagjit Singh		733	M	43 M 50-54	4:56:04.2	4:56:28.0	11:24/M
532	Robin Farrar	Bungay Black Dog Running Club	141	M	5 M 65-69	4:55:49.7	4:56:58.5	11:25/M
533	Melanie Roberts		691	F	19 F 40-44	4:55:38.6	4:57:08.3	11:26/M
534	Penelope Lovegrove		271	F	10 F 55-99	4:56:28.6	4:57:30.1	11:27/M
535	Martin Pratley		338	M	44 M 50-54	4:56:40.2	4:57:47.9	11:27/M
536	Andrew Goodson	Tiptree Road Runners	769	M	175 M 0-39	4:56:16.5	4:57:52.8	11:27/M
537	Emma Sherwood	Canterbury Harriers	645	F	23 F 0-34	4:56:16.6	4:57:53.1	11:27/M
538	Kellie Butcher	CHF	72	F	24 F 0-34	4:57:43.8	4:58:06.3	11:28/M
539	Mark Sadlik		363	M	98 M 40-44	4:56:46.9	4:58:28.2	11:29/M
540	Haydn Walters		627	M	176 M 0-39	4:57:17.3	4:58:45.1	11:29/M
541	Surinder Bhakar		485	M	74 M 45-49	4:58:31.2	4:58:56.8	11:30/M
542	Oliver Murray	Network Rail	315	M	177 M 0-39	4:58:17.9	4:59:46.7	11:32/M
543	Robert Ward	Network Rail	430	M	178 M 0-39	4:58:19.1	4:59:47.3	11:32/M
544	Tony Robinson	53-12	356	M	75 M 45-49	4:59:55.2	5:00:21.3	11:33/M
545	Steve Bassam	Middleton Harriers A C	813	M	23 M 55-59	4:58:59.2	5:00:39.5	11:34/M
546	Linda Baker		614	F	20 F 40-44	5:00:14.2	5:00:41.6	11:34/M
547	Chris Brown		724	M	179 M 0-39	4:59:03.5	5:00:46.6	11:34/M
548	Adrian Hunt		524	M	24 M 55-59	4:59:13.2	5:00:47.8	11:34/M
549	Victoria Bryant	Havering 90 Joggers	64	F	25 F 0-34	4:59:44.5	5:00:48.2	11:34/M
550	James Evans		139	M	99 M 40-44	5:00:03.1	5:01:04.5	11:35/M
551	Carolyn Gould		703	F	22 F 45-49	5:01:29.8	5:02:25.1	11:38/M
552	Adrian John Dolan		125	M	76 M 45-49	5:02:18.2	5:03:48.3	11:41/M
553	Norman Boulton		644	M	100 M 40-44	5:03:14.6	5:04:59.5	11:44/M
554	Chris Bolton	Haverhill RC	55	M	101 M 40-44	5:04:51.6	5:06:27.4	11:47/M
555	Daniel Smith	Halstead Road Runners	738	M	180 M 0-39	5:06:10.4	5:06:43.7	11:48/M
556	David Gilbert	Bungay Black Dog Running Club	160	M	181 M 0-39	5:06:56.8	5:08:07.9	11:51/M
557	Lisa Pohl		506	F	23 F 45-49	5:06:56.9	5:08:33.2	11:52/M
558	Brian Anley		518	M	102 M 40-44	5:07:18.4	5:08:43.9	11:52/M
559	Josh Pachent		519	M	182 M 0-39	5:08:31.8	5:08:49.7	11:53/M
560	Sue Sawyer	Swanley & District AC	368	F	11 F 50-54	5:08:57.7	5:09:59.0	11:55/M
561	Denise Wright	Maidstone Harriers	461	M	183 M 0-39	5:08:59.7	5:10:12.0	11:56/M
562	Zena Harper	Swanley & District AC	191	F	11 F 55-99	5:09:11.6	5:10:13.2	11:56/M
563	Pauline Howes	100 Marathon Club	221	F	12 F 55-99	5:09:25.1	5:10:42.6	11:57/M
564	Penelope Clarke	Witham RC	832	F	12 F 50-54	5:10:23.1	5:11:25.7	11:59/M
565	Stewart Waller	Witham RC	851	M	10 M 60-64	5:10:22.9	5:11:26.0	11:59/M
566	Brendan Colton		642	M	77 M 45-49	5:12:50.5	5:14:22.7	12:05/M
567	Clark Kent	100 Marathon Club	740	M	25 M 55-59	5:13:26.7	5:14:36.9	12:06/M
568	Steve Acton	Benfleet Running Club	6	M	78 M 45-49	5:14:35.4	5:15:27.2	12:08/M
569	Elise Elliot		723	F	21 F 35-39	5:13:53.7	5:15:32.7	12:08/M
570	Alex Duckworth	Network Rail	130	M	184 M 0-39	5:16:00.2	5:16:08.5	12:10/M
571	Hideo Takano	Dorking & Mole Valley AC	403	M	79 M 45-49	5:16:00.5	5:17:26.9	12:13/M
572	Paul Watts	Wye Valley Running Club	439	M	80 M 45-49	5:16:00.5	5:17:27.0	12:13/M
573	Vanessa Brewster		749	F	24 F 45-49	5:16:12.9	5:17:35.1	12:13/M
574	Ian Mcpherson		297	M	81 M 45-49	5:16:37.2	5:18:08.4	12:14/M
575	John Williams	100 Marathon Club	3	M	4 M 70-90	5:17:50.0	5:18:08.6	12:14/M
576	Mike Dolbear		126	M	82 M 45-49	5:17:15.5	5:18:46.8	12:16/M
577	Selina Da Silva	100 Marathon Club	535	F	13 F 55-99	5:17:42.6	5:19:06.0	12:16/M
578	Tom Rylance	Burnham Joggers	620	M	5 M 70-90	5:19:47.2	5:20:07.8	12:19/M
579	Keith Penfold	Havering 90 Joggers	791	M	11 M 60-64	5:19:40.9	5:20:44.8	12:20/M
580	Neil MacLeod		573	M	103 M 40-44	5:20:16.7	5:21:08.3	12:21/M
581	Teresa Dickerson		477	F	22 F 35-39	5:20:34.6	5:21:35.3	12:22/M
582	Jonathan Gibson		717	M	185 M 0-39	5:21:35.6	5:22:44.2	12:25/M
583	Stuart Honour		215	M	186 M 0-39	5:21:18.6	5:22:45.7	12:25/M
584	Nik Hammond		189	M	187 M 0-39	5:21:13.2	5:23:03.3	12:26/M
585	Richard Simpson	Fleet & Crookham AC	378	M	12 M 60-64	5:21:36.1	5:23:28.0	12:26/M
586	Julian Hartley		197	M	83 M 45-49	5:23:36.0	5:23:36.0	12:27/M
587	Joshua Goose	Network Rail	167	M	188 M 0-39	5:23:08.7	5:24:35.3	12:29/M
588	Jonathon Linford	Network Rail	264	M	189 M 0-39	5:24:24.7	5:24:36.2	12:29/M
589	Jessica Keers	Network Rail	242	F	26 F 0-34	5:23:08.3	5:24:36.3	12:29/M
590	Sharon Robinson	Dagenham 88 Runners	564	F	21 F 40-44	5:24:27.5	5:26:19.7	12:33/M
591	Tracey George	Dagenham 88 Runners	847	F	25 F 45-49	5:24:27.8	5:26:20.1	12:33/M
592	Nicola Bender	Stitchprint Runners	609	F	27 F 0-34	5:27:29.7	5:29:20.2	12:40/M
593	David Moulton		313	M	190 M 0-39	5:33:41.6	5:35:23.8	12:54/M
594	Carol Goodwin	Bushfield Joggers	569	F	13 F 50-54	5:34:59.0	5:36:45.4	12:57/M
595	Paul Smith		386	M	104 M 40-44	5:38:02.0	5:39:19.6	13:03/M
596	David Blakey		53	M	105 M 40-44	5:40:38.5	5:42:15.2	13:10/M
597	Jenny Mooney		305	F	22 F 40-44	5:40:45.6	5:42:22.7	13:10/M
598	Nikki Carey	Manuden Running Club	79	M	84 M 45-49	5:44:21.7	5:45:37.3	13:18/M
599	Sarah Gilbert	Scarborough Running Club	161	F	28 F 0-34	5:46:26.0	5:47:37.2	13:22/M
600	Jasvir Singh		734	M	26 M 55-59	5:48:28.2	5:48:53.4	13:25/M
601	Michael Curtis		106	M	85 M 45-49	5:49:14.2	5:50:28.8	13:29/M
602	Amanda Boldy	Bushfield Joggers	574	F	29 F 0-34	5:51:56.3	5:53:42.7	13:36/M
603	Kirsty Housley		218	F	30 F 0-34	5:54:03.1	5:55:47.0	13:41/M
604	Michael Vanbergen	Network Rail	420	M	191 M 0-39	5:55:38.3	5:55:47.7	13:41/M
605	John Dawson	100 Marathon Club	557	M	6 M 70-90	5:54:09.2	5:55:57.1	13:41/M
606	Robbie Wilson	100 Marathon Club	33	M	7 M 70-90	5:55:13.1	5:55:57.3	13:41/M
607	Peter Burns	Witham RC	1	M	13 M 60-64	5:55:59.3	5:57:22.0	13:45/M
608	Kevin Altria	Manuden Running Club	14	M	45 M 50-54	6:04:13.3	6:05:28.9	14:03/M
609	Anil Gupta		180	M	14 M 60-64	6:16:36.6	6:16:50.6	14:30/M
610	Andrew Buck	Sudbury Joggers	584	M	86 M 45-49	6:16:56.8	6:16:56.8	14:30/M