

## Race Finish Sheet #4

Pos	No	Score	Runner			Time Lapsed
				Name	Club	
001	099	149	M	Danny Millward	Colchester Harriers	00:16:44
002	179	160	M	Andrew Low	Benfleet	00:17:09
003	041	141	M	Max Caulfield	Colchester Harriers	00:17:20
004	138	139	F	Annabel Gummow	Winchester District	00:17:22
005	182	156	M	Aaron Graves	Tiptree Road Runners	00:17:42
006	106	147	M	Andrew Conway	Tiptree Road Runners	00:18:16
007	062	173	F	Aiko Henington	Colchester Harriers	00:18:25
008	125	169	M	Callum Cahill	CATS	00:18:29
009	089	163	M	Dominik Niciejewski	Colchester Harriers	00:18:37
010	048	157	M	Giles Sowerby	Witham Running Club	00:18:42
011	166	122	M	Stephen Sawyer	Dengie 100 Runners	00:18:43
012	198	178	M	Richard Flutter	Colchester Harriers	00:18:49
013	159	174	M	Ben Rodd	Blackwater Tri	00:18:54
014	223	167	M	Leo Cole	Witham Running Club	00:19:01
015	192	142	M	Paul Budgen	Baddow Ridge Runners	00:19:19
016	153	151	M	Stuart Meddemmen	Tiptree Road Runners	00:19:43
017	086	121	M	Richard Millward	Colchester Harriers	00:19:45
018	020	138	M	Russell Kemp		00:19:52
019	079	134	F	Libby Watson	Baddow Ridge Runners	00:19:57
020	009	132	M	Chris Hargraves	Baddow Ridge Runners	00:20:00
021	215	185	F	Helen Taczynski	Colchester Harriers	00:20:11
022	038	145	F	Heidi Steele	Colchester Harriers	00:20:17
023	117	188	M	Jack Hatch		00:20:34
024	039	165	M	Simon Morgan	Colchester Harriers	00:20:34
025	213	164	F	Denise Morley	Colchester Harriers	00:20:37
026	083	124	M	Rob Appleby	Mid Essex Casuals	00:20:41
027	073	115	M	David Wright	Colchester Harriers	00:20:53
028	219	192	M	Chris Panpamton	Colchester Harriers	00:20:57
029	217	191	M	Ian Rattray	Colchester Harriers	00:20:58
030	088	183	M	Lee Holohan	Colchester Harriers	00:21:13
031	013	137	M	Kevin Bunton	Tiptree Road Runners	00:21:23
032	221	189	M	George Delaney		00:21:31
033	210	128	M	Archie Cotterill	Baddow Ridge Runners	00:21:34
034	061	126	M	Gary McSweeney	South Woodham Runners	00:21:38
035	218	199	F	Debbie Cattermole	Colchester Harriers	00:21:42
036	001	119	M	Michael Ball	Harwich Runners	00:21:50
037	002	170	M	Neil Churchill		00:21:58
038	190	159	F	Kate Gibson	Colchester Harriers	00:22:09
039	100	171	M	Jon Barter	Tiptree Road Runners	00:22:27
040	124	130	F	Elizabeth Cahill	Braintree AC	00:22:31
041	222	180	M	Edward Skinner	Tiptree Road Runners	00:22:48
042	040	135	M	Lee Caulfield	Colchester Harriers	00:22:55
043	212	197	M	Bob Bardell	New Runner	00:22:56
044	188	131	F	Abbie Wallis	Blackwater Tri	00:23:01
045	224	182	F	Jenny Richardson	Colchester Harriers	00:23:14
046	068	129	M	Andy Gill		00:23:33
047	094	125	F	Nikki Leigh	Benfleet	00:23:40
048	018	113	M	Chris McDonnell	Dengie 100 Runners	00:23:41
049	055	136	M	Joe Andrews		00:23:55
050	096	127	M	Kieran Callaghan	Colchester Harriers	00:24:05
051	114	116	M	Geoffrey Reddin	Witham Running Club	00:24:05
052	150	184	M	Paul Graves	Tiptree Road Runners	00:24:11
053	220	153	M	James Plant		00:24:12

054	208	200	M	Cliff Adams		00:24:13
055	199	195	F	Anita Grainger	Witham Running Club	00:24:15
056	167	179	F	Jess Archer	Tiptree Road Runners	00:24:18
057	028	112	F	Kerry Marsh	Springfield Striders	00:24:21
058	037	187	M	Stefan Hogan	Colchester Harriers	00:24:38
059	090	161	F	Carly Stevenson	Dengie 100 Runners	00:24:38
060	092	150	F	Robyn Harding	Tiptree Road Runners	00:24:44
061	205	175	M	Bryn Gibbons	Tiptree Road Runners	00:24:52
062	211	162	M	Michael Cotterill	Baddow Ridge Runners	00:25:08
063	214	152	M	Martin Morley		00:25:13
064	003	120	M	Steve Ellis		00:25:16
065	095	172	M	Richard Leigh	Benfleet	00:25:26
066	044	133	F	Maxine Stevens		00:25:29
067	087	148	F	Louise Yates	Colchester Harriers	00:25:45
068	036	194	M	James Chaplin		00:25:50
069	216	111	F	Abigail Morgan	Invicta East Kent AC	00:26:06
070	105	144	F	Sarah Conway		00:26:17
071	141	143	F	Jasmine Peace		00:26:18
072	050	168	F	Sue Cripps		00:26:30
073	019	110	F	Barbara McDonnell	Dengie 100 Runners	00:26:33
074	098	118	M	Anthony Knight	Tiptree Road Runners	00:27:00
075	163	186	M	Geoff Springett		00:27:10
076	074	181	F	Teresa Morse		00:27:14
077	180	146	F	Katie Potter	Tiptree Road Runners	00:28:16
078	149	176	F	Mandy Graves	Tiptree Road Runners	00:28:21
079	008	166	F	Louise Dean	Tiptree Road Runners	00:28:33
080	176	123	M	Lenny Mallows		00:28:42
081	075	198	F	Vanessa Harvey		00:28:51
082	112	117	F	Wendy Simpson	Dengie 100 Runners	00:29:02
083	029	154	F	Elizabeth Windle		00:29:12
084	049	140	F	Theresa Rossi		00:29:21
085	052	190	F	Hannah Cook		00:29:29
086	115	158	F	Nicola Hewitt		00:30:10
087	067	114	F	Gemma Singleton		00:30:26
088	059	155	F	Julie Lee-Randon		00:30:42
089	152	196	F	Jill Newman		00:31:28
090	045	177	M	David Watson		00:31:50
091	031	193	M	Sean Pope	Tiptree Road Runners	00:31:55
092	026	109	F	Anneka Gordon		00:36:39