

Race Finish Sheet #5

Pos	Runner				Time Lapsed	
	No	Score		Name		Club
001	179	172	M	Andrew Low	Benfleet	00:17:06
002	126	165	M	Aidan Cahill	CATS	00:17:11
003	228	180	M	Matthew Brayshaw	CATS	00:17:31
004	182	161	M	Aaron Graves	Tiptree Road Runners	00:17:43
005	099	131	M	Danny Millward	Colchester Harriers	00:17:49
006	106	166	M	Andrew Conway	Tiptree Road Runners	00:18:10
007	144	192	M	Michael Smith	Colchester Harriers	00:18:11
008	032	155	M	Colin Ridley	Colchester Harriers	00:18:20
009	062	152	F	Aiko Henington	Colchester Harriers	00:18:23
010	225	182	M	Barry Frost	Colchester Harriers	00:18:30
011	166	145	M	Stephen Sawyer	Dengie 100 Runners	00:18:37
012	116	150	M	Gavin Laws	Tiptree Road Runners	00:18:54
013	230	189	M	Eoin McNamee	Colchester Harriers	00:19:12
014	189	140	M	Jay Waite	Colchester Harriers	00:19:15
015	223	159	M	Leo Cole	Witham Running Club	00:19:16
016	110	185	M	Steve Hewes		00:19:22
017	153	168	M	Stuart Meddemmen	Tiptree Road Runners	00:19:39
018	233	193	M	Andrew Lager	Witham Running Club	00:19:40
019	192	139	M	Paul Budgen	Baddow Ridge Runners	00:19:48
020	086	138	M	Richard Millward	Colchester Harriers	00:19:50
021	009	151	M	Chris Hargraves	Baddow Ridge Runners	00:19:53
022	077	148	M	Pete Banks	Tiptree Road Runners	00:20:04
023	117	183	M	Jack Hatch		00:20:28
024	219	184	M	Chris Panton	Colchester Harriers	00:20:28
025	217	181	M	Ian Rattray	Colchester Harriers	00:20:30
026	020	137	M	Russell Kemp		00:20:32
027	171	124	M	Tony Faulkner		00:20:41
028	073	134	M	David Wright	Colchester Harriers	00:20:44
029	001	179	M	Michael Ball	Harwich Runners	00:21:02
030	231	178	M	Jacob Cole		00:21:02
031	002	174	M	Neil Churchill		00:21:35
032	047	141	M	Stuart Peace	Tiptree Road Runners	00:21:45
033	229	198	F	Morven Hurding	Tiptree Road Runners	00:22:01
034	054	146	M	Martin Claydon	Colchester Harriers	00:22:06
035	212	195	M	Bob Bardell		00:22:08
036	188	190	F	Abbie Wallis	Blackwater Tri	00:22:12
037	190	153	F	Kate Gibson	Colchester Harriers	00:22:22
038	005	128	M	Steve Hennings	Witham Running Club	00:22:24
039	135	167	F	Wendy Aldridge	Dengie 100 Runners	00:22:40
040	100	143	M	Jon Barter	Tiptree Road Runners	00:22:40
041	124	142	F	Elizabeth Cahill	Braintree AC	00:22:41
042	227	175	M	Richard Doe		00:23:04
043	076	188	M	Bradley Harvey		00:23:15
044	172	130	M	Danny Connor	Witham Running Club	00:23:21
045	167	191	F	Jess Archer	Tiptree Road Runners	00:23:41
046	028	129	F	Kerry Marsh	Springfield Striders	00:23:52
047	150	162	M	Paul Graves	Tiptree Road Runners	00:24:13
048	095	156	M	Richard Leigh	Benfleet	00:25:18
049	058	122	M	Alex Lee-Ranson		00:25:24
050	118	196	M	Clive Hatch		00:25:35
051	168	135	F	Naomi Lucus		00:25:41
052	036	163	M	James Chaplin		00:25:42
053	003	127	M	Steve Ellis		00:25:54

054	063	149	M	Paul Gregory II	Tiptree Road Runners	00:26:01
055	050	177	F	Sue Cripps		00:26:03
056	022	171	M	Gordan McAulay		00:26:06
057	141	169	F	Jasmine Peace		00:26:08
058	105	160	F	Sarah Conway		00:26:14
059	136	173	F	Sue Smith	Witham Running Club	00:26:35
060	163	187	M	Geoff Springett		00:26:45
061	074	186	F	Teresa Morse		00:26:50
062	232	136	F	Muriel Lovering		00:27:07
063	035	126	M	Richard Carvey	Dengie 100 Runners	00:27:09
064	226	157	F	Zoe Willis	Tiptree Road Runners	00:28:17
065	149	154	F	Mandy Graves	Tiptree Road Runners	00:28:22
066	049	194	F	Theresa Rossi		00:28:39
067	008	164	F	Louise Dean	Tiptree Road Runners	00:28:41
068	075	158	F	Vanessa Harvey		00:28:46
069	029	170	F	Elizabeth Windle		00:29:07
070	067	144	F	Gemma Singleton		00:29:39
071	059	197	F	Julie Lee-Ranson		00:29:49
072	031	200	M	Sean Pope	Tiptree Road Runners	00:29:57
073	052	125	F	Hannah Cook		00:30:40
074	006	123	F	Martina Hennings	Witham Running Club	00:30:48
075	115	132	F	Nicola Hewitt		00:31:17
076	023	199	F	Yvonne McAulay		00:31:26
077	152	147	F	Jill Newman		00:31:35
078	060	176	M	Jeremy Lee-Ranson		00:33:04
079	080	133	F	Beryl Munro		00:37:16