

Adjusted Pos.	Pos. on the Day	Bib No.	Score	Name	Club	Adjusted Time
1	36	A41	169	Thomas Ballard	C&TAC	17:20
2	41	A73	161	Stephen Sawyer	Witham Running Club	17:54
3	42	A167	160	Jason Leeds	Nuclear Races Striders	17:54
4	24	A161	181	Finn Ratray	Colchester and Tenderin	17:59
5	63	A80	134	Matt Thomas	Colchester Harriers	18:31
6	57	A81	144	Jackie Stretton	Springfield Striders	18:44
7	44	A166	158	Paul Turner		18:56
8	31	A138	171	Andy Lager	WRC	19:14
9	40	A12	162	Chris Harvey	Colchester & Tendering	19:23
10	9	A169	196	Rob Hankey	Tiptree Road Runners	19:45
11	68	A61	132	Lizzie Wellsted	CHAC	19:45
12	45	A52	156	Andrew Raynor	CHAC	19:57
13	48	A63	153	Mark Wellsted	CHAC	20:29
14	27	A49	176	Emily Smith	Springfield Striders	20:36
15	50	A143	151	Chris Hargreaves	lbrr	21:03
16	29	A74	173	Lydia Bazzard		21:12
17	59	A75	141	George Scholes		21:18
18	18	A160	185	Calum Everitt		21:45
19	38	A19	164	Bill Hayton	CHAC	21:51
20	26	A86	175	Ben Blanchard		22:06
21	15	A125	187	Tony Russell	harlow rc	22:13
22	16	A113	186	Peter Fleming		22:13
23	58	A46	142	Neal Beaumont	Dengie 100	22:17
24	12	A91	191	Lionel Guinea	Maldon Soul Runners	22:32
25	33	A18	168	Neil Churchill		22:47
26	19	A156	182	Chris Axford	jogging made easy	22:48
27	61	A22	140	Simon Morgan	CHAC	22:53
28	23	A152	179	Nigel Eden	HRC	23:24
29	7	A165	194	John Henington	Colchester and Tenderin	23:34
30	52	A62	149	Tracy Wellsted	CHAC	23:36
31	64	A51	136	Ash-Lee Osbourne	Tiptree Road Runners	23:36
32	53	A38	148	Simon Baker	Tiptree Road Runners	23:38
33	8	A168	193	Michelle Edwards	Tiptree Road Runners	23:43
34	17	A128	183	Paul Tawn	mid essex casuals	23:44
35	35	A157	165	Kate Sutton	Tiptree Road Runners	23:49
36	34	A29	166	Jason Bedlow		24:18
37	22	A159	177	Angela Dellar	Tiptree Road Runners	24:23
38	62	A140	139	Naomi Lucas	Maldon Soul Runners	24:26
39	65	A70	135	Philip de Boltz		24:38
40	55	A120	146	Adam Hocken	WRC	24:42
41	56	A23	145	Abigail Morgan	CHAC	24:43
42	37	A108	163	James Holland		24:50
43	13	A154	188	Stacy Hember	Tiptree Road Runners	25:03
44	14	A50	184	Andrew Vickers		25:10
45	21	A137	178	Tim Sheppard	Maldon Soul Runners	25:21
46	4	A95	197	Gary Nazer	South Woodham Runne	25:26
47	11	A94	189	Nick Lewis	Maldon Soul Runners	25:27
48	51	A15	150	Alan Cutler		25:34

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49	20	A65	180	Charlie Hember		25:50
50	46	A33	155	Jenny O'Hanlon	MSR	25:57
51	28	A149	172	Nick Searle	Dengie 100	26:08
52	60	A135	143	Dawn Shilling	WRC	26:20
53	10	A155	190	Trish Jarvis	jogging made easy	26:53
54	47	A89	154	Mark Thomas	Braintree AC	26:58
55	49	A77	152	Adele Hart		27:01
56	25	A24	174	Karen Dymock		27:02
57	69	A21	131	Richard Carvey	Lonely Goats RC	27:07
58	72	A116	127	Craig Vernon	Tiptree Road Runners	27:34
59	2	A87	199	Anna Taylor		27:37
60	30	A158	170	Bryony Rochester	Maldon Soul Runners	27:43
61	3	A163	198	Sharon Hardwicke	Tiptree Road Runners	28:06
62	66	A79	138	Gordon McAulay	Maldon Soul Runners	28:09
63	54	A44	147	Toni Parish	MSR	29:10
64	67	A43	137	Helen Potter		29:12
65	6	A162	192	Fiona Wilkinson		29:31
66	32	A71	167	David Watson	Tiptree Road Runners	29:45
67	1	A164	200	Rachel Newenham	Tiptree Road Runners	29:45
68	43	A68	157	Mandy Graves	Tiptree Road Runners	29:55
69	71	A119	130	Julie Hocken	jogging made easy	30:20
70	5	A25	195	Vikki Pound Firth		31:04
71	73	A127	128	Matt Collins		31:50
72	70	A78	133	Yvonne McAulay	Maldon Soul Runners	32:43
73	39	A26	159	Barbara Hammond	MSR	33:52
74	74	A57	129	Alison Hughes		42:19