

Entrant Bib No.	First Name	Surname	M/F	Club	Race 1 SCORE	Race 2 SCORE	Race 3 SCORE	Race 4 SCORE	Race 5 SCORE	TOTAL (Best 4)
A75	George	Scholes	M		196	197	190	141	167	750
A106	Chris	Panton	M	Colchester Harriers	183	187	174		197	741
A65	Charlie	Hember	M		198	176	151	180	186	740
A125	Tony	Russell	M	Harlow RC		154	186	187	196	723
A113	Peter	Fleming	M		148	164	175	186	189	714
A50	Andrew	Vickers	M		145	155	173	184	188	700
A108	James	Holland	M		179	180	172	163	161	694
A71	David	Watson	M	Tiptree Road Runners	151	152	198	167	174	691
A16	Paul	Clark	M	CHAC	182	177	177		146	682
A21	Richard	Carvey	M	Lonely Goats RC	184	190	165	131	142	681
A41	Thomas	Ballard	M	C&TAC	165	128	170	169	177	681
A128	Paul	Tawn	M	Mid Essex Casuals		191	176	183	122	672
A22	Simon	Morgan	M	CHAC	161	161	171	140	171	664
A73	Stephen	Sawyer	M	Witham Running Club	126	166	168	161	166	661
A38	Simon	Baker	M	Tiptree Road Runners	180	151	164	148	160	655
A70	Philip	de Boltz	M		200	182	136	135	124	653
A89	Mark	Thomas	M	Braintree AC	168	158	133	154	168	648
A94	Nick	Lewis	M	Maldon Soul Runners	115	121	143	189	193	646
A46	Neal	Beaumont	M	Dengie 100	173	122	178	142	135	628
A18	Neil	Churchill	M		129		161	168	162	620
A127	Matt	Collins	M			163	191	138	126	618
A29	Jason	Bedlow	M		132	132	138	166	180	616
A143	Chris	Hargreaves	M	lbr		129	179	151	150	609
A86	Ben	Blanchard	M		159	118		175	151	603
A12	Chris	Harvey	M	Colchester & Tendering	99	198		162	143	602
A80	Matt	Thomas	M	Colchester Harriers	135	165	166	134		600
A15	Alan	Cutler	M		140	127	160	150	127	577
A51	Ash-Lee	Osborne	M	Tiptree Road Runners	128	140		135	159	562
A120	Adam	Hocken	M	WRC		126	135	146	145	552
A63	Mark	Wellsted	M	CHAC	110	112		153	157	532
A105	Stephen	Swaine	M	CATS	111	116	162		141	530
A137	Tim	Sheppard	M	Maldon Soul Runners		159		178	190	527
A91	Lionel	Guinea	M	Maldon Soul Runners	155			191	175	521
A19	Bill	Hayton	M	CHAC	164		187	164		515
A79	Gordon	McAulay	M	Maldon Soul Runners	178	193		138		509
A55	Chris	McDonnell	M	Dengie 100	149	196	156			501
A152	Nigel	Eden	M	HRC			149	179	131	459
A14	Joseph	McEwan	M	Witham Running Club	186		140		132	458
A5	Daniel	Steptoe-Thompson	M	Boxted Runners	142	167			148	457
A52	Andrew	Raynor	M	CHAC	118	170		156		444
A59	Paul	Chapman	M	Maldon Soul Runners	100		200		123	423
A116	Craig	Vernon	M	Tiptree Road Runners		119	163	127		409
A95	Gary	Nazer	M	South Woodham Runners	192			197		389
A160	Calum	Everitt	M					185	199	384
A92	Arthur	Ballard	M		191				191	382
A111	Andy	Girling	M		120	110	146			376
A85	Scott	Peters	M	Maldon Soul Runners	106	104	154			364
A156	Chris	Axford	M	jogging made easy				182	169	351
A84	Eddy	Osborne	M	Tiptree Road Runners	197				149	346
A139	David	Hilson	M			135	199			334
A98	Paul	Byrne	M	Tiptree Road Runners	160	172				332
A149	Nick	Searle	M	Dengie 100			152	172		324
A167	Jason	Leeds	M	Nuclear Races Striders				160	158	318
A118	Stuart	Peace	M			169	142			311
A30	Andrew	White	M	WRC	162	137				299
A166	Paul	Turner	M					158	138	296
A83	Ben	Hall	M	Tiptree Road Runners	156				140	296
A138	Andy	Lager	M	Witham Running Club		120		171		291
A82	Ben	Brown	M	Maldon Soul Runners	136	146				282
A117	Mark	Lawes	M			134	147			281
A39	Stuart	Collet	M	LBRR	121	145				266
A69	Alex	Senko	M	Tiptree Road Runners	116	131				247
A8	Edward	Skinner	M	Tiptree Road Runners	114	103				217
A115	Bob	Bardell	M			200				200
A169	Rob	Hankey	M	Tiptree Road Runners				196		196
A178	Jack	Wollington	M						195	195
A145	Chris	Manby	M	Colchester Harriers			195			195
A165	John	Henington	M	Colchester and Tendering AC				194		194
A123	Andrew	Conway	M			194				194

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A184	Steve	Carter	M	Maldon Soul Runners					194	194
A66	Chris	Harding	M	Tiptree Road Runners	193					193
A148	Danny	Nunn	M	Tiptree Road Runners			192			192
A121	James	Hocken	M			186				186
A174	Andrew	Jobling	M	Colchester Harriers					185	185
A124	Joe	McDonnell	M			184				184
A183	Mark	Hoy	M	jogging made easy					184	184
A175	Jack	Axford	M	jogging made easy					182	182
A161	Finn	Rattray	M	Colchester and Tendering AC				181		181
A88	Chris	Gardiner	M	Tiptree Road Runners	174					174
A100	Ryan	Splarn	M	Warwick University AC	169					169
A48	Daniel	Macey	M	CHAC	167					167
A176	Robert	Roka	M	jogging made easy					164	164
A134	Kian	Culham	M			162				162
A177	Wayne	Davis	M	jogging made easy					153	153
A153	Simon	Peters	M				150			150
A144	George	Mattin	M			144				144
A186	Liam	Beavis	M	LBRR					144	144
A142	Simon	Gill	M			139				139
A126	Annette	Oakman	M			138				138
A64	Geoffrey	Reddin	M	Witham Running Club	133					133
A132	Chris	Sellens	M			123				123
A90	James	Blackshaw	M	Witham Running Club	117					117
A107	Lee	Holohan	M	Colchester Harriers		114				114
A141	Craig	Mitchell	M			113				113
A93	David	Ballard	M	Tiptree Road Runners	113					113
A102	Neil	Want	M		107					107
A101	Jason	Gunn	M	Colchester Harriers	103					103
A10	Darrel	Williams	M	CHAC	101					101