

Entrant Bib No.	Name	M/F	Club	Race 1 SCORE	Race 2 SCORE	Race 3 SCORE	Race 4 SCORE	Race 5 SCORE	TOTAL (Best 4)
A153	Chris Axford	M	Jogging Made Easy		185	176	170	185	716
A1	Chris Harvey	M	Colchester & Tendring AC	197	178	166	173	140	714
A41	Gordon McAulay	M	Maldon Soul Runners	87	195	174	179	161	709
A60	Mark Sewell	M		174	167	182	175	154	698
A24	Philip De Boltz	M		125	182	194	195		696
A51	Jimmy Holland	M	South Woodham Runners	172	169	153	156	187	684
A88	Andrew White	M	Witham Running Club	150	171	169	178		668
A121	Adam Hocken	M	Witham Running Club	119	172	130	168	194	664
A91	Aaron Graves	M	Tiptree Road Runners	106	145	140	183	188	656
A39	Stuart Allen	M			137	184	172	158	651
A155	Shane Keithy	M	Little Baddow Ridge Runners		149	161	166	175	651
A7	Ricky Fuller	M	Michelle's Running Group	145	168	149	157	174	648
A145	Jason Bedlow	M			199	163	152	133	647
A79	Neal Beaumont	M	Dengie 100 runners	122	160	170	154	151	635
A108	Sam Backhouse	M	South Woodham Runners	160	143	148	171	155	634
A48	Matt Collins	M		97	100	195	133	180	608
A119	Simon Baker	M	Tiptree Road Runners	162	133		186	127	608
A9	David Weldon	M	Springfield Striders	101	118	146	162	173	599
A109	Ben Gamlin	M	South Woodham Runners	144	123	183	147	123	597
A68	Tim Brockington	M	Springfield Striders	111	141	131	185	139	596
A30	Mark Thomas	M	Braintree	158	103	147	153	135	593
A21	Andrew Beazeley	M	Dagenham 88 Runners	100	181	144	137	121	583
A141	Jonathan West	M	Colchester Harriers AC		124	142	165	145	576
A58	Peter Fleming	M			99	137	142	190	568
A15	Richard Carvey	M	Lonely Goat RC	191	110	129		117	547
A32	Paul Turner	M		108	96	185		153	542
A17	Andrew Vickers	M	South Woodham Runners	134		123	151	129	537
A134	George Scholes	M		193	194	145			532
A150	Nigel Eden	M	Colchester Harriers AC		192	193		144	529
A89	Gary Cardnell	M	Dagenham 88 Runners	130	106		130	142	508
A38	Jason Leeds	M	Nuclear Striders	94	120	124	134	128	506
A72	Charlie Nicholls	M		135	130	116		120	501
A81	Charlie Hember	M		176	155	167			498
A62	Gary Nazer	M	South Woodham Runners	141	164	160			465
A87	Leo Cole	M	Witham Running Club	84	104	121		132	441
A26	Nick Lewis	M	Maldon Soul Runners	152	151			138	441
A98	Richard Mean	M	Maldon Soul Runners	161	161	115			437
A99	Robert Spooner	M	Maldon Soul Runners	200	98	136			434
A102	Chris Hargreaves	M	Little Baddow Ridge Runners	169	113	151			433
A43	Jon Battram	M	Colchester Harriers AC	117	157	150			424
A44	Daniel Gordon	M		93	159			159	411
A2	Glenn Hobbs	M	Colchester & Tendring AC	113	147	139			399
A174	Michael Doherty	M				198		197	395
A61	Ben Morris	M		105	166			118	389
A83	Dirk Paterson	M	Colchester Harriers AC	198	173				371
A154	Jack Axford	M	Jogging Made Easy		170		196		366
A183	David Gilbert	M	Little Baddow Ridge Runners				189	150	339
A90	Chris Panton	M	Colchester Harriers AC	137			198		335
A175	Robert Rolka	M	Jogging Made Easy				159	171	330
A107	Andrew Raynor	M	Colchester Harriers AC	133		196			329
A110	Geoffrey Reddin	M	Witham Running Club	179	146				325
A163	Stephen Foggo	M				173		152	325
A170	Matt Tassel	M	RBR			199		125	324
A151	Wayne Davis	M	Jogging Made Easy		127		187		314
A4	Jason Gunn	M	Colchester Harriers AC	126		187			313
A82	Lee Holohan	M	Colchester Harriers AC	177	122				299
A65	Bill Hayton	M	Colchester Harriers AC	132				157	289
A75	David Hilson	M	Colchester Harriers AC	165	117				282
A3	Stanley Hobbs	M	Colchester & Tendring AC	83	188				271
A144	Joe Lambert	M	South Woodham Runners		129	135			264
A31	Daniel Steptoe-Thompson	M	Colchester Harriers AC	114				143	257
A113	Ben Hall	M	Tiptree Road Runners	143	107				250
A133	Stephen Sawyer	M	Witham Running Club	116	126				242
A34	Simon Morgan	M	Colchester Harriers AC	99	131				230
A69	Dean Wicks	M	Colchester Harriers AC	103	109				212
A116	Kevin Higgins	M	Colchester Harriers AC	92		114			206
A180	Gary Donoghue	M	Colchester Harriers AC				200		200
A191	David Cassin	M	Tiptree Road Runners					200	200

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A181	Andrew Gooby	M	Colchester & Tendring AC				199		199
A189	Peter Lock	M						198	198
A176	Paul Weightman	M	CHAC				197		197
A192	Mark Wellsted	M	Colchester Harriers AC					195	195
A162	Tim Huxtable	M	Tiptree Road Runners			191			191
A148	Jamie Heyes	M			189				189
A196	Paul Davis	M	South Woodham Runners					189	189
A101	Ben Blanchard	M		183					183
A199	Max Warren-Watson	M						183	183
A195	Charlie Phillippe	M						182	182
A125	Craig Mitchell	M		175					175
A186	Peter Banks	M	Tiptree Road Runners					170	170
A178	Pete Riley	M	Witham Running Club				169		169
A187	stuart Peace	M	Tiptree Road Runners					168	168
A138	Nick Curtis	M	Army		163				163
A194	Chris Gardiner	M	Tiptree Road Runners					163	163
A105	Arthur Ballard	M		147					147
A169	William Haining	M	Harwich Runners			141			141
A159	Chris Webster	M	Red Runners				138		138
A137	Richard Bugg	M	Army		138				138
A149	Chris Manby	M	Colchester Harriers AC		134				134
A185	Tim Bowler	M	Cumberland AC					134	134
A164	George Smith	M				132			132
A128	Paul Frost	M		128					128
A97	Chris Regan	M	Colchester Harriers AC	127					127
A86	Dean Thorburn	M	Jolly Boys CC	123					123
A166	Brian Reed	M	Tiptree Road Runners			113			113
A67	Chris Aylett	M	Colchester Harriers AC	112					112
A139	Tom Kaye	M	Army		111				111
A94	Maciez Golis	M	Colchester Harriers AC	107					107
A131	Lee Bolton	M		104					104
A117	Michael Smith	M		102					102
A114	Paul Rodgers	M		95					95
A142	Craig Vernon	M	Tiptree Road Runners		94				94
A35	Calum Everitt	M		91					91
A64	Paul Clark	M	Colchester Harriers AC	90					90
A66	Thomas Ballard	M	CATS	85					85