

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)
A5	Shireen Lappage	F		178	140	192	192	191	753
A106	Jo Backhouse	F	South Woodham Runners	181	156	177	180	166	704
A70	Yvonne Burton	F		164	180	152	182	176	702
A126	Kirsty Wiggins	F		186	190		136	181	693
A115	Trish Jarvis	F	Jogging Made Easy	155	184	190	155	148	684
A96	Sue Cross	F	Jogging Made Easy	157	162	164	176		659
A124	Ali Mayle	F		115	187		160	192	654
A8	Victoria Elkins	F	Michelle's Running Group	195	183	143	131		652
A53	Adele Hart	F	club nuclear races striders	142	165	189	139	126	635
A42	Yvonne McAulay	F	Maldon Soul Runners	168	97	126	177	164	635
A14	Lorraine Hilton	F	Maldon Soul Runners		175	180	132	147	634
A129	Zoe Willis	F		185	174		144	130	633
A57	Jenny O'Hanlon	F	Maldon Soul Runners	129	150	159	150	172	631
A63	Fran Norris	F	Colchester Harriers AC	180	153	133	164		630
A73	Emma Ambor	F		171	139		158	162	630
A136	Stacy Hember	F	Tiptree Road Runners		191	117	129	193	630
A55	Sue Barrowclough	F	Jogging Made Easy	151	132		163	179	625
A22	Alison Vincent	F	Jogging Made Easy	153	125	134	181	141	609
A49	Abigail Morgan	F	Colchester Harriers AC	184	116	120	145	156	605
A78	Joscelyn McInnes	F	Dengie 100 runners	109	121	171	140	165	597
A16	Penelope Hilton	F	Random Runner	88	115	156	191	131	593
A71	Bryony Rochester	F	RBR	156	136	158		137	587
A36	nancy gordon	F		148	101	154		184	587
A104	Lucia Harvey	F	Colchester & Tendring AC	140	148	178		119	585
A120	Julie Hocken	F	Jogging Made Easy	139	152	138	135	146	575
A85	Ann-Marie Bearne	F	Tiptree Road Runners	136	144	155		124	559
A152	Tanya Hemmings	F			177		184	178	539
A112	Carys Sergeant	F	Colchester & Tendring AC	96	142	128		167	533
A33	Michelle Lock	F	South Woodham Runners	124			194	186	504
A56	Fiona Kelly	F			186	165	143		494
A130	Katrina Hopkins	F	Jogging Made Easy	86	102	122	141	122	487
A18	Jacqueline Simpson	F		118	176	175			469
A123	Naomi Lucas	F	Maldon Soul Runners	166	135	125			426
A6	Becky Dobbin	F	South Woodham Runners	131	128		149		408
A146	Emma Goodson	F	Tiptree Road Runners		198	186			384
A92	Teresa Morse	F	Lou's Running Club	192		168			360
A140	Louise Edwards	F	Braintree & District AC		154	188			342
A167	Wendy Aldridge	F	Dengie 100 runners			172	167		339
A118	Lorraine Baker	F	Tiptree Road Runners	159	179				338
A182	Juliet Warren-Penny	F	Springfield Striders				161	177	338
A156	Chloe Wilson	F	Colchester & Tendring AC		158	179			337
A19	Abi Eldred	F		81	95		146		322
A171	Belinda Palmer Barney	F				127	190		317
A13	Kimberley Hall	F	Tiptree Road Runners	190		119			309
A47	Saffron Hawkins	F	Michelle's Running Group	194	114				308
A76	Nicola Hilson	F	Colchester Harriers AC	149			148		297
A100	Catherine Marriott	F	Dengie 100 runners	120			174		294
A84	Polly Paterson	F	Colchester Harriers AC	163	105				268
A46	Claire Steele	F		154	108				262
A77	Louise Yates	F	Colchester Harriers AC	138	112				250
A52	Alison Garlick	F	St Albans Striders	82		118			200
A147	Emma Spooner	F			200				200
A173	Johanna Hubbs	F	Colchester & Tendring AC			200			200
A135	Sarah Taylor	F		199					199
A188	Lisa Allum	F	Tiptree Road Runners					199	199
A160	Anna Whitfield	F	Basildon		197				197
A161	Clare Howard	F	Tiptree Road Runners			197			197
A132	Georgia Bolton	F		196					196
A157	Nicola Dallinger	F			196				196
A193	Julia Bawden	F	Tiptree Road Runners					196	196
A177	Emily Smith	F	Springfield Striders				193		193
A143	Melanie Carrington	F	South Woodham Runners		193				193
A11	Evie Winther	F	Springfield Striders	189					189
A179	Morven Hurding	F	Tiptree Road Runners				188		188
A111	Kirsty Connolly	F		188					188
A93	Eleanor Mayne	F	Colchester Harriers AC	187					187
A127	Claire Frost	F		182					182
A165	Isobel Gowers	F	Springfield Striders			181			181

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A40	Hannah Vickers	F	South Woodham Runners	173					173
A122	Kate Sanderlock	F		170					170
A184	Karen Bowler	F	Cumberland AC					169	169
A95	Hattie Quinn	F	Tiptree Road Runners	167					167
A172	Hayley Lamkin	F	Halstead			162			162
A198	Amy Milburn	F	Colchester & Tendring AC					160	160
A168	Annette Oakman	F	Colchester Harriers AC			157			157
A197	Kathryn MacDonald	F	Tiptree Road Runners					149	149
A80	Julie Wilson	F	Tiptree Road Runners	146					146
A190	Zoe Whittaker	F						136	136
A103	Katie Gibson	F		121					121
A158	Lisa Harvey	F	Colchester & Tendring AC		119				119
A59	Imogem Ovenden	F	Springfield Striders	110					110
A28	Fiona Collins	F	Witham Running Club	98					98
A74	Nikki Woodyard	F	Springfield Striders	89					89