

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)
A49	Luke Vernon	M		180	194	169	188	142	731
A158	Lennie Mallows	M		196	190	197		147	730
A92	Steven glover	M		200	126	151	190	177	718
A102	Philip de Boltz	M		166	196	183	159		704
A10	Shay Joyce	M	Orion Harriers		200	200	187	116	703
A165	Paul Backhouse	M		109	141	154	196	198	689
A2	Grant Wells	M		161	81	184	141	195	681
A22	Stuart Allen	M		130	185	116	155	188	658
A118	Neal Beaumont	M	Dengie 100 Runners	105	155	186	133	164	638
A104	Chris Hargraves	M		172	108	172	147	141	632
A174	Ryan Barter	M			199	106	157	163	625
A75	James Harrison	M	Dengie 100 Runners	159	128	99	164	165	616
A21	Neil Churchill	M		89	158	119	158	180	615
A83	Simon Morgan	M	Colchester Harriers AC	85	136	105	192	179	612
A141	Robert Spooner	M	Maldon Soul Runners	82	122	150	151	187	610
A6	Ricky Fuller	M	Michelle's Running Group	153	132	136	156	162	607
A46	David Weldon	M	Springfield Striders RC	91	82	195	160	158	604
A73	Daniel Bade	M	Braintree & District AC	169	168	162		105	604
A9	Chris Harvey	M	Colchester & Tendring AC	140	139	138		182	599
A97	Andrew Vickers	M	South Woodham Runners	192	105	140	148	111	591
A105	Paul Connell	M	Colchester Harriers AC	136	156		184	115	591
A76	Chris McDonnell	M	Dengie 100 Runners	101		159	130	199	589
A78	Dan McDonnell	M	Dengie 100 Runners	139	118	182	149	99	588
A58	David Rout	M	Harwich Runners	146	114		143	184	587
A112	Simon Handley	M	Springfield Striders RC	155	96		131	194	576
A143	Andrew Beazeley	M	Dagenham 88 Runners	79	104	192	198		573
A120	Stuart Collett	M	Little Baddow Ridge RC	141	125	173		133	572
A47	Ben Blanchard	M		114	145	118		189	566
A125	Wayne Davis	M	Jogging Made Easy	112	165	181	103		561
A12	Chris Axford	M	Jogging Made Easy	120	93	110	169	155	554
A25	Tim Brockington	M	Springfield Striders RC	83	157	108	99	186	550
A84	Simon Lewinton	M	Dengie 100 Runners	177		198		172	547
A123	Luke Fuller	M		147	130	125	104	143	545
A121	Jack Axford	M	Jogging Made Easy	121	148	146	128		543
A8	Shane Keithy	M	Little Baddow Ridge RC	138	98	123	168	110	539
A110	Charlie Nicholls	M	Springfield Striders RC	117		153	126	136	532
A94	Mark Thomas	M	Braintree & District AC	96	147	160	121	103	531
A178	Michael Sterry	M				180	172	176	528
A32	Michael Conroy	M	Witham Running Club	102	117	199		104	522
A127	Gordon McAulay	M	Maldon Soul Runners	162	169	187			518
A166	Stephen Foggo	M	Billericay Striders RC	100	109	121	166	118	514
A89	Steve Doble	M		176	184	148			508
A70	james hammond	M		156	113		116	117	502
A81	Peter Fleming	M	Maldon Soul Runners	90		111	98	200	499
A161	Alfie Cockx	M	Colchester Harriers AC	88	133	179		98	498
A134	Mark Brewer	M		182	152	145			479
A52	David Gilbert	M	Little Baddow Ridge RC	111	89		167	112	479
A44	Gary Cardnell	M	Dagenham 88 Runners	84	159	107		125	475
A19	Richard Carvey	M	Lonely Goat RC	94	90		138	151	473
A140	Adam Hocken	M	Witham Running Club		186		127	159	472
A57	Paul Cross	M	Running Colchester		179		115	178	472
A101	Kingsley Joslin	M		81		185	195		461
A150	Andrew Tredget	M	Jogging Made Easy	133	91	133		100	457
A39	Peter Lock	M		97	102	144		113	456
A61	Adrian Stead	M	Maldon Soul Runners	118	99	134		102	453
A5	Nigel Barnes	M	Vegan Runners	99	88	109	142	101	451
A163	Marcus Peters	M		145	123	176			444
A96	Richard Mean	M		137	189		102		428
A151	Jason Leeds	M	Braintree & District AC	116		174	136		426
A79	Sam Pilgrim	M		93		141	183		417
A103	Jimmy Holland	M	South Woodham Runners	131	150			134	415
A27	Simon Peters	M	Tiptree Road Runners	143	106	152			401
A55	Neil Wilson	M		183			176		359
A131	Andrew Stirrup	M	South Woodham Runners	95	134			106	335
A137	Graham Hammond	M	Dengie 100 Runners	92		191			283
A36	Steve Bugden	M	Springfield Striders RC				117	166	283
A82	Mark Sewell	M			143	135			278
A43	Paul Turner	M			103			174	277
A176	Mike Rowland	M				137		127	264
A144	Aaron Graves	M	Tiptree Road Runners	86				154	240
A107	Taylor Fisher	M		199					199
A186	Chris Newenham	M	Tiptree Road Runners				199		199
A109	Luke Cornish	M		197					197
A154	Simon Gill	M	Tiptree Road Runners		193				193
A184	Rob Hankey	M	Tiptree Road Runners				179		179
A177	Lee Gordon	M	Little Baddow Ridge RC				174		174

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A162	Chris Gardiner	M	Tiptree Road Runners	151					151
A179	Simon Gallagher	M	Tiptree Road Runners			142			142
A188	Brian Reed	M	Tiptree Road Runners					137	137
A23	Ben Hall	M	Tiptree Road Runners			132			132
A106	Ed Taylor	M	Colchester Harriers AC	125					125
A189	Carl Harper	M	Tiptree Road Runners					121	121
A157	Craig Vernon	M	Tiptree Road Runners		119				119