

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)
A152	Chloe Payton	F		190	187	190	180	119	747
A66	Trish Moppett	F		186	195	158	97	197	736
A90	Donna Sims	F	Trojan Fitness (Essex)	187	94	178	200	161	726
A3	Anna Warren	F	Trojan Fitness (Essex)	173	183	168	146	193	717
A138	Jo Backhouse	F		160	197		193	167	717
A100	Bianca Vincent	F	Trojan Fitness (Essex)	158	176	171	182	170	699
A91	Steff Roberts	F	Trojan Fitness (Essex)	189	161	128	165	135	650
A65	Michelle Gower	F		149	182		129	175	635
A164	Jackie Stretton	F	Springfield Striders RC	107	163	127	181	156	627
A153	Carys Sergeant	F	Colchester & Tendring AC	194	101		175	152	622
A77	Barbara McDonnell	F	Dengie 100 Runners	154		165	107	192	618
A51	Kelly Wareham	F		165	140		112	196	613
A13	Charlotte Hatch	F			191	115	197	107	610
A88	Sharon Baker	F	Trojan Fitness (Essex)	188	131	120	170		609
A14	Emily Smith	F	Springfield Striders RC	168	181	112	108	148	609
A16	Alison Vincent	F	Jogging Made Easy	132	160	131	185	129	608
A119	Jocelyn McInnes	F	Dengie 100 Runners		151	164	118	173	606
A132	Adele Stirrup	F	South Woodham Runners	142	146	149	110	168	605
A11	Trish Jarvis	F	Jogging Made Easy	170	129	155	134	139	598
A128	Yvonne McAulay	F	Maldon Soul Runners	134	172	177		114	597
A60	Sue Crome	F	Little Baddow Ridge RC	150	180		140	123	593
A41	Sarah Crosby	F	Little Baddow Ridge RC		149	167	152	124	592
A40	Sue Cross	F	Jogging Made Easy	167	121	157	122	132	578
A38	Michelle Lock	F	South Woodham Runners	184	154	143		97	578
A133	Adele Hart	F	Nuclear Races Striders	129	100	103	153	185	570
A69	Emily Jennings	F	Little Baddow Ridge RC	174		100	105	191	570
A85	Sandra Bumphrey	F		122	166	139	139		566
A99	Charlea Coombe	F		108	177	147	106	131	563
A53	Laura Parrish	F	Springfield Striders RC	175	83		111	190	559
A15	Vicky Elkins	F		198	127		101	128	554
A64	Abigail Morgan	F	Colchester Harriers AC	144	110	122	124	160	550
A33	Natalie Fox	F		135	138	156		109	538
A71	Lisa Campbell	F		195	173		150		518
A68	Clare Jennings	F	Little Baddow Ridge RC		124	129	114	145	512
A136	Louise Edwards	F	Braintree & District AC	124	135	102		149	510
A18	Joanne Payton	F		171	175		162		508
A124	Phaedra Bishop	F	Jogging Made Easy	191		170	144		505
A122	Bryony Rochester	F				196	178	126	500
A50	Clare Rowe	F	Little Baddow Ridge RC	128		175	186		489
A135	Kara Brewer	F		178	115		194		487
A56	Libby Watson	F	Little Baddow Ridge RC	152			177	146	475
A1	Stacie Moss	F	Vegan Runners	115		113	113	122	463
A74	Sarah Goodman	F	Braintree & District AC	163	171	124			458
A146	Tanya Hemmings	F	Jogging Made Easy		167		137	144	448
A139	Julie Hocken	F	Jogging Made Easy		164		100	183	447
A93	Kelly Thomas	F				114	191	138	443
A175	Hannah Leggett	F				163	163	108	434
A86	Katie Holmes	F	Harwich Runners	185		126	120		431
A129	Isobel Gowers	F	Springfield Striders RC	80			171	171	422
A80	Fliss Booty	F		181	97		125		403
A37	Sue Barrowclough	F	Jogging Made Easy	127	107		154		388
A45	Laura Younan	F	South Woodham Runners	157	120	101			378
A116	Shireen Lappage	F	Maldon Soul Runners		188	188			376
A54	Kate Monaghan	F	Little Baddow Ridge RC			193		181	374
A159	Johanna Danby	F		126	86		161		373
A59	Louise Foot	F	Little Baddow Ridge RC	123		117	123		363
A148	Karen Pickering	F	Halstead Road Runners		85		119	157	361
A28	Lily Nicholls	F					189	150	339
A115	Claire Frost	F		164		166			330
A130	Ali Mayle	F		193	111				304

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)
A48	Hannah Vickers	F	South Woodham Runners		198	104			302
A67	Maggie Mason	F	Witham Running Club	103		194			297
A31	Michelle Sheridan	F	Born2Tri	119		161			280
A145	Emma Ambor	F			144		135		279
A117	Fiona Kelly	F		113	162				275
A20	Wendy Simpson	F		104	170				274
A34	Cathryn Rollison	F		110	142				252
A4	Tanya Barnes	F	Vegan Runners	98				153	251
A95	Donna Maxen	F	South Woodham Runners		116		132		248
A173	Lynda Rayner	F	Tiptree Road Runners		192				192
A17	Nicole Rayner	F	Tiptree Road Runners			189			189
A142	Yvonne Burton	F		179					179
A155	Jayne Vernon	F	Tiptree Road Runners		178				178
A169	Alex Hadley	F	Tiptree Road Runners		174				174
A187	Claire Howard	F	Tiptree Road Runners				173		173
A156	Louisa Quilter	F	Tiptree Road Runners					169	169
A168	Zoe Graves	F			153				153
A87	Paula Purtell	F	Mid Essex Casuals	148					148
A185	Emma Hodson	F	Tiptree Road Runners				145		145
A111	Rowena de Belligny	F	Tiptree Road Runners					140	140
A170	Mandy Graves	F	Tiptree Road Runners		137				137
A72	Lorraine Mills	F	Tiptree Road Runners			130			130
A183	Zoe Willis	F	Tiptree Road Runners					130	130
A182	Kirsty Wiggins	F	Tiptree Road Runners					120	120
A172	Emma Pleasance	F	Tiptree Road Runners		112				112
A180	Kerry Marsh	F	Tiptree Road Runners				109		109