

**High Ongar Charity 10k**  
**High Ongar Charity 10K**

Sunday 1 July 2007. 11:00 am

**Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Race	Race
1	0:32:19	BLOOMFIELD, Crispian	Billericay Striders	Male Senior	99	1
2	0:35:22	PROUT, Ryan	Thrift Green Trotter	Male Senior	77	2
3	0:35:49	DOODY, Mark		Male Senior	108	3
4	0:36:05	BARKER, John	Thrift Green Trotter	Male Senior	76	4
5	0:36:47	ROSE, Danny	Walthamstow Athletic Club	Male Vet 40	19	5
6	0:36:57	PORTER, Keith	Billericay Striders	Male Senior	23	6
7	0:37:04	READ, Colin	Walthamstow Athletic Club	Male Senior	20	7
8	0:37:11	JACOB, Kevin	Billericay Striders	Male Vet 40	80	8
9	0:37:22	WILKINSON, Keith	Chelmsford	Male Vet 50	14	9
10	0:37:40	O'SULLIVAN, Ronnie	Woodford Green	Male Senior	113	10
11	0:37:57	MACARA, Iain		Male Senior	12	11
12	0:38:29	COLEMAN, Andy	Billericay Striders	Male Senior	141	12
13	0:39:00	BORG, Julian	Mellietra ac Malta	Male Senior	65	13
14	0:39:13	SHAFIER, Lawrence	Orion Harriers	Male Vet 40	104	14
15	0:39:23	JAY, Deano	halstead road runners	Male Senior	93	15
16	0:39:33	LAUGHTON, Nicholas	Grange Farm Trotters	Male Senior	130	16
17	0:39:54	LONGMAN, Brian	Ford Fitness	Male Vet 40	123	17
18	0:39:59	BRANDON, Paul	Eton Manner AC	Male Senior	71	18
19	0:40:14	ALLISON, Rob	Tri & Run	Male Vet 40	17	19
20	0:40:29	TENNANT, John	Harlow Running Club	Male Vet 50	4	20
21	0:40:44	MILES, Lloyd		Male Senior	95	21
22	0:40:58	MILES, Paul		Male Senior	81	22
23	0:41:00	MCGOWAN, Frank	Ford Fitness	Male Vet 40	89	23
24	0:41:13	ALEXANDER, Rohan	Ilford AC	Male Senior	107	24
25	0:41:25	GEARING, Daniel	Havering 90 Joggers	Male Senior	137	25
26	0:41:50	LIVERMORE, Ben		Male Senior	115	26
27	0:41:55	BREWER, Mark	Tiptree Road Runners	Male Vet 40	132	27
28	0:42:00	HART, Gregory	Bishop Stortford	Male Senior	9	28
29	0:42:06	PERKINS, James		Male Senior	44	29
30	0:42:15	HOUGHTON, Andrew		Male Vet 40	72	30
31	0:42:16	DUNCAN, David	Aldermaston AC	Male Senior	124	31
32	0:42:30	SAGGERS, Martin	Ware Joggers	Male Senior	1	32
33	0:42:35	HALL, Adrian	Bishop Stortford	Male Senior	122	33
34	0:42:43	PARSONS, Stuart		Male Senior	41	34
35	0:42:47	WILSON, Vic	Woodford Green		69	35
36	0:42:47	PURSE, Christopher	Springfield Striders	Male Vet 40	7	36
37	0:43:08	BERLEEN, Abdi		Male Vet 40	84	37
38	0:43:20	WITCHALLS, Roy			66	38
39	0:43:22	KERN, Wayne	halstead road runners	Male Vet 40	49	39
40	0:43:22	SHEWBRIDGE, Laura	Tiptree Road Runners	Female Senior	227	40
41	0:43:27	ANAGNOSTOU, Kostas		Male Vet 40	90	41
42	0:43:37	THORPE, Julian	Woodford Green	Male Vet 40	87	42
43	0:43:38	BULAITIS, Peter	Orion Harriers	Male Vet 50	101	43
44	0:43:50	INCH, Christine	Orion Harriers	Female Vet 50	213	44
45	0:44:10	BOWNES, Kevin	Tiptree Road Runners	Male Vet 40	73	45
46	0:44:14	COLEMAN, Stan	Thrift Green Trotter		129	46
47	0:44:17	HARRISON, Laurence	Billericay Striders	Male Senior	37	47
48	0:44:24	FEW, John	Eton Manner AC		70	48
49	0:44:31	ABREY, Russell	Dagenham 88 Runners	Male Senior	50	49
50	0:44:38	BURR, Martin	Orion Harriers	Male Senior	78	50
51	0:44:49	SMITH, Wesley		Male Vet 40	35	51
52	0:45:08	JOHNSON, John		Male Vet 50	42	52
53	0:45:09	DAWSON, Bernard	Orion Harriers	Male Vet 40	91	53
54	0:45:15	KNIGHT, Anthony	Thrift Green Trotter	Male Senior	59	54
55	0:45:25	CONNAN, Neil		Male Senior	139	55
56	0:45:35	BEETON, Allison		Female Vet 35	228	56

*Thank you for supporting the High Ongar 10K race*

*\* RaceMaster98 from Sport Systems +44(0)870 5123 www.sportsystems.co.uk Webresults on www.runnerswebuk.com \**

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Page 1 of 4

**Results for All Competitors in finish order.**

Place	Time	Name	Team	Race Age Category	Race	Race
57	0:45:35	TYSON, David	Loughton Athletic Club	Male Senior	85	57
58	0:45:36	THACKERY, Charlie		Male Senior	97	58
59	0:45:40	NEWMAN, Bryan	Walthamstow Athletic Club	Male Vet 50	21	59
60	0:45:41	THOMAS, George	Bishop Stortford	Male Vet 50	110	60
61	0:45:46	ROBINSON, Julie	Orion Harriers	Female Vet 50	229	61
62	0:46:20	ARMITAGE, Mary	Orion Harriers	Female Vet 35	239	62
63	0:46:24	NIPPRESS, Terry		Male Senior	114	63
64	0:46:27	JOUSIFFE, Bob	Orion Harriers	Male Vet 50	102	64
65	0:46:49	AVENT, Martin	Tiptree Road Runners	Male Vet 40	55	65
66	0:46:58	TYLER, Brian		Male Vet 40	38	66
67	0:47:00	MCCADWTCIO, Peter	Pitsea Running Club	Male Vet 50	140	67
68	0:47:06	NETTLEINGHAM, Luke		Male Senior	125	68
69	0:47:07	ALDRIDGE, Wendy		Female Vet 35	203	69
70	0:47:09	TIMBRELL, Greg	Thrift Green Trotter	Male Senior	128	70
71	0:47:11	SLATER, James	Tiptree Road Runners		75	71
72	0:47:13	ADAMS, Bill	Dagenham 88 Runners	Male Senior	120	72
73	0:47:27	BRAYN, Warren		Male Senior	135	73
74	0:47:33	PARSONS, John		Male Vet 40	33	74
75	0:47:43	WARREN-WATSON, Juliet		Female Vet 35	249	75
76	0:47:44	STROUD, Andrew	Thrift Green Trotter	Male Senior	96	76
77	0:47:49	GOLDSWORTHY, Julie		Female Vet 35	234	77
78	0:47:50	GODIER, Neil	M/Essex Casuals	Male Vet 40	126	78
79	0:47:55	HADGRAFT, Rob	Tiptree Road Runners	Male Vet 50	53	79
80	0:47:59	ABREY, Robert	Dagenham 88 Runners		51	80
81	0:48:06	RAMAGE, Phillip		Male Senior	58	81
82	0:48:13	GEMMILL, Joanna	Springfield Striders	Female Vet 50	245	82
83	0:48:40	MACDONALD, Cheryl	Pitsea Running Club	Female Vet 50	218	83
84	0:48:49	THORPE, Sean		Male Vet 40	138	84
85	0:48:49	THORPE, Adam	Woodford Green	Male Senior	127	85
86	0:48:57	JAY, Stephen	East London Runners	Male Vet 40	112	86
87	0:49:03	ALLWORTHY, Karen	Orion Harriers	Female Vet 50	240	87
88	0:49:04	MARCHANT, Judie	Eton Manner AC	Female Vet 50	258	88
89	0:49:12	FRIBBENS, Mark	halstead road runners	Male Vet 40	8	89
90	0:49:15	POTTER, Alan	Dagenham 88 Runners	Male Vet 40	83	90
91	0:50:00	COLLIER, Martin		Male Vet 50	6	91
92	0:50:10	MCELYMENT, Ian	Bishop Stortford	Male Senior	111	92
93	0:50:16	PENNY, Kenton		Male Senior	116	93
94	0:50:18	GRIDLEY, David	Havering	Male Vet 40	131	94
95	0:50:20	TIMBRELL, Jodie	Thrift Green Trotter	Female Senior	255	95
96	0:50:22	ALLEN, Dave		Male Vet 40	100	96
97	0:50:39	SEAL, Andrew		Male Senior	105	97
98	0:50:39	DAWSON, Michael		Male Senior	106	98
99	0:51:10	PORTER, Alan	Billericay Striders	Male Vet 50	22	99
100	0:51:12	JOHNSON, Marcia		Female Vet 35	212	100
101	0:51:17	IOANNOU, John		Male Vet 40	28	101
102	0:51:17	DAWSON, Vincent	Springfield Striders	Male Vet 40	47	102
103	0:51:31	WALLIS, Robert		Male Vet 40	98	103
104	0:51:40	CORL?, Sally	Springfield Striders	Female Senior	230	104
105	0:51:48	HESLEGRAVE, Amanda	Dagenham 88 Runners	Female Vet 35	250	105
106	0:51:50	LIND, Terry		Male Vet 40	134	106
107	0:52:00	HERZMARK, Thomas		Male Senior	46	107
108	0:52:14	URQUHART, Sarah	Thrift Green Trotter	Female Senior	238	108
109	0:52:28	CLARKE, Paul		Male Vet 40	27	109
110	0:52:33	WASTELL, Dan		Male Senior	92	110
111	0:52:41	FLETCHER, Colin	Springfield Striders	Male Vet 50	52	111
112	0:52:51	WELLS, Nick	Havering 90 Joggers	Male Senior	13	112
113	0:53:09	PARSONS, Sandra	Club Kingswood	Female Vet 50	215	113
114	0:53:12	WILSON, Jane		Female Vet 35	201	114
115	0:53:18	DODD, John		Male Vet 50	133	115

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116	0:53:36	LEWIS, Hannah		Female Senior	248	116
117	0:53:42	ROBERTS, John	Witham Road Runners		3	117
118	0:53:45	ROGERS, Robin	Ware Joggers		34	118
119	0:53:52	ALEXANDROU, Tracey	Thrift Green Trotter	Female Vet 35	225	119
120	0:53:52	DAY, Nina	Thrift Green Trotter	Female Senior	237	120
121	0:54:43	ROGERS, Jack		Male Senior	54	121
122	0:54:56	BUBB, Lyndon		Male Senior	24	122
123	0:54:56	KNOWLES, David		Male Vet 50	45	123
124	0:55:12	ADAMS, Douglas	Dagenham 88 Runners	Male Senior	121	124
125	0:55:49	KEATS, Peter	Ware Joggers	Male Vet 50	18	125
126	0:55:54	EASTER, Christopher	Thrift Green Trotter	Male Vet 50	10	126
127	0:55:57	WILLIAMS, James	orpington road runners		79	127
128	0:56:10	POTTER, Dawn	Springfield Striders	Female Vet 35	232	128
129	0:56:11	HILTON, John		Male Vet 40	39	129
130	0:56:23	RAMAGE, Robert		Male Senior	56	130
131	0:56:26	PORTER, Karen	Thrift Green Trotter	Female Vet 35	206	131
132	0:56:30	HANNIBAL, Stephen		Male Vet 40	82	132
133	0:56:39	BOWNES, Carolyn	Tiptree Road Runners	Female Vet 50	226	133
134	0:56:53	DOBSON, Barry	Tiptree Road Runners		74	134
135	0:57:04	LINTON, Ian	Tiptree Road Runners	Male Vet 50	117	135
136	0:57:04	HUDSON, Phil	Ware Joggers	Male Vet 50	5	136
137	0:57:17	PELLS, Gerry	Ilford AC		86	137
138	0:57:55	BARRETT, Jenny	Springfield Striders	Female Vet 35	221	138
139	0:57:57	COTTRELL, Michael	Billericay Striders		36	139
140	0:58:11	BRILLING, Stephen		Male Senior	136	140
141	0:58:50	WARBOYS, Pip		Male Vet 50	109	141
142	0:59:06	MILLER, Chas		Male Vet 50	62	142
143	0:59:31	BELL, Kerry-Anne	Springfield Striders	Female Senior	259	143
144	0:59:54	NORRINGTON, Alison	Thrift Green Trotter	Female Vet 35	220	144
145	1:00:03	GEMMILL, Clare	Springfield Striders	Female Senior	235	145
146	1:00:15	FOSTER, Gavin	Grange Farm Trotters	Male Vet 40	68	146
147	1:00:16	HERTZMARK, Adrian		Male Vet 50	94	147
148	1:00:40	GOBBY, Tony	Orion Harriers		103	148
149	1:00:44	JACKSON, Heather	Pitsea Running Club		244	149
150	1:01:22	GAREY, Lynne	Springfield Striders	Female Vet 50	233	150
151	1:01:59	KNOWLES, Sarah	Springfield Striders	Female Senior	241	151
152	1:01:59	HARRIS, Raymond		Male Vet 40	31	152
153	1:02:13	BELL, Tracy		Female Vet 35	253	153
154	1:02:17	KING, Alison		Female Vet 35	254	154
155	1:02:17	EADES, Claire		Female Vet 35	256	155
156	1:02:17	BRAMPTON, Dawn		Female Vet 35	257	156
157	1:02:24	VENABLES, Louise		Female Senior	242	157
158	1:02:35	SMITH, ?	Springfield Striders	Female Senior	236	158
159	1:02:40	BUSHELL, Claire			207	159
160	1:02:47	DAVIS, Lee	Dagenham 88 Runners	Male Senior	118	160
161		GILKES, Anna		Female Senior	247	161
162		HARVEY, Jacqui		Female Vet 35	222	162
163		YOUNG, Nick		aaa male senior	61	163
164		IRVINE, Elizabeth	Springfield Striders	Female Senior	243	164
165		RICHARDSON, Keith	Road Runners Club		119	165
166		ABREY, Rosemary	Dagenham 88 Runners		219	166
167		PORTER, Christine	Billericay Striders	Female Senior	209	167
168		NETTLEINGHAM, Laura		Female Vet 35	251	168
169		BARNETT, Karen		Female Vet 35	252	169
170		ANAGNOSTOU, Frances		Female Vet 50	231	170
171		DRISCOLL, Caroline		Female Vet 35	211	171
172		DRISCOLL, Edward		Male Vet 40	26	172
173		WITCHALLS, Ben		Male Senior	67	173
174		FILLINGHAM, Tracey		Female Vet 35	224	174

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Race</i>	<i>Race</i>
175		DYMOND, Liz		Female Vet 35	216	175
176		DUNSMUIR-WATTS, Julie	Witham Road Runners	Female Vet 35	200	176
177		DUNSMUIR-WATTS, Andrew	Witham Road Runners	Male Senior	15	177
178		JONES, Jillian	Pitsea Running Club	Female Senior	246	178
179		CLOWRY, Kevin			30	179

There were 179 finishers in the All Competitors category.

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