

# High Ongar Charity 10k Charity Race

## High Ongar Charity 10k

Sunday 6 July 2008. 11:00 am

### Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:32:46	BLOOMFIELD, Chrispian	Billericay Striders	Senior Male	05:16.3	137	1
2	0:33:17	MOLYNEUX, Paul	Springfield Striders	Senior Male	05:21.3	363	2
3	0:33:41	SHASHA, Nick	Walthamstow Athletic Club	Senior Male	05:25.1	140	3
4	0:34:17	DOBSON, Paul	Springfield Striders	Male Vet 40+	05:30.9	49	4
5	0:34:30	CROOK, Mark	Springfield Striders	Senior Male	05:33.0	104	5
6	0:34:47	CHANDLER, Gary	Springfield Striders	Senior Male	05:35.8	6	6
7	0:35:11	STROUD, Jack	Orion Harriers	Senior Male	05:39.6	168	7
8	0:35:24	CARDY, Paul	city of portsmouth	Senior Male	05:41.7	325	8
9	0:35:28	PROSSER, Steven	Bishop Stortford	Senior Male	05:42.4	332	9
10	0:35:33	HARRIS, Kevin	Springfield Striders	Male Vet 40+	05:43.2	30	10
11	0:35:41	PAUL, Eric	Orion Harriers	Male Vet 40+	05:44.4	109	11
12	0:35:42	BUTLER, David	Billericay Striders	Male Vet 50+	05:44.6	145	12
13	0:35:57	BRIDGELAND, Michael	Chelmsford	Male Vet 50+	05:47.0	26	13
14	0:36:00	NEWTON, Mark	Springfield Striders	Senior Male	05:47.5	199	14
15	0:36:17	FROST, Alex	Grange Farm Trotters	Senior Male	05:50.2	120	15
16	0:36:24	GREEN, John	Thurrock	Male Vet 40+	05:51.4	48	16
17	0:36:45	GREEN, Paul	Thurrock	Male Vet 40+	05:54.7	310	17
18	0:36:48	EADON, Mark	Grange Farm Trotters	Male Vet 40+	05:55.2	170	18
19	0:36:54	SLATER, Doug		Senior Male	05:56.2	372	19
20	0:36:59	READ, Colin	Walthamstow Athletic Club	Senior Male	05:57.0	141	20
21	0:37:12	MCGOUN, Neil	Orion Harriers	Senior Male	05:59.1	90	21
22	0:37:17	JACOB, Kevin	Billericay Striders	Male Vet 40+	05:59.9	115	22
23	0:37:23	WILKINSON, Keith	Chelmsford	Male Vet 50+	06:00.9	31	23
24	0:37:34	BUTT, Tim	Billericay Striders	Senior Male	06:02.6	348	24
25	0:37:40	ROSE, Danny	Walthamstow Athletic Club	Male Vet 40+	06:03.6	144	25
26	0:37:44	HOUGHTON, Andrew		Male Vet 50+	06:04.2	300	26
27	0:37:52	STAINES, Martyn	Thurrock	Senior Male	06:05.5	358	27
28	0:38:03	TOMLINSON, Geoffrey	Great Bentley Running Club	Male Vet 40+	06:07.3	336	28
29	0:38:13	RUSSELL, Gary		Senior Male	06:08.9	376	29
30	0:38:15	LONGMAN, Brian	Ford Fitness	Male Vet 40+	06:09.2	125	30
31	0:38:18	HURLEY, David	South End	Male Vet 40+	06:09.7	198	31
32	0:38:36	BURGOYNE, Chris	Springfield Striders	Senior Male	06:12.6	10	32
33	0:38:39	CRISP, Neil	Iford AC	Male Vet 40+	06:13.1	35	33
34	0:38:48	CLARK, Alan	Billericay Striders	Male Vet 40+	06:14.5	194	34
35	0:39:16	VEITCH, Alex	Herts Phoenix Athletic Club	AAA Senior Man	06:19.0	333	35
36	0:39:23	SCRIVENER, Chris	Thurrock	Male Vet 40+	06:20.2	309	36
37	0:39:34	BROWN, Alistair	Grange Farm Trotters	Senior Male	06:21.9	324	37
38	0:39:41	BERLEEN, Abdi-Karim	Iford AC	Male Vet 40+	06:23.1	98	38
39	0:39:42	GARDNER, Michael	Walthamstow Athletic Club	Senior Male	06:23.2	143	39
40	0:39:43	BROADBRIDGE, Lindsay	Springfield Striders	Male Vet 40+	06:23.4	164	40
41	0:39:47	SUTTON, Darren	Springfield Striders	Senior Male	06:24.0	155	41
42	0:39:50	KNIGHTLEY, Terence	Iford AC	Male Vet 40+	06:24.5	118	42
43	0:39:53	WISKEN, Greg	M/Essex Casuals	Male Vet 40+	06:25.0	136	43
44	0:39:55	TAYLOR, Richard	Springfield Striders	Male Vet 50+	06:25.3	1278	44
45	0:39:58	KENT, Glen	Phoenix Striders	Male Vet 50+	06:25.8	105	45
46	0:39:58	MCKEOWN, Frank	Witham Road Runners	Male Vet 50+	06:25.8	88	46
47	0:40:01	HOCKETT, Steve	South End	Male Vet 50+	06:26.3	95	47
48	0:40:02	TENNANT, John	Harlow Running Club	Male Vet 50+	06:26.4	76	48
49	0:40:07	STUCKEY, Alex	Witham Road Runners	Senior Male	06:27.2	59	49
50	0:40:08	HUMPHREY, Richard	Grange Farm Trotters	Male Vet 40+	06:27.4	89	50
51	0:40:12	MILES, Lloyd		Male Vet 40+	06:28.0	135	51
52	0:40:23	KERR, Wayne	halstead road runners	Male Vet 40+	06:29.8	46	52
53	0:40:33	EVANS, John	Harlow Running Club	Senior Male	06:31.4	371	53
54	0:40:40	MOODY, Colin	Harlow Running Club	Male Vet 50+	06:32.6	60	54
55	0:40:46	CURL, Tracey	Norwich Road Runners	Female Vet 45+	06:33.5	418	55

*Epping Runners are proud to support The High Ongar Charity 10k*

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

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Page 1 of 7

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

<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
56	0:40:58	HYDE, Tony	Pitsea Running Club	Male Vet 40+	06:35.4	296	56
57	0:41:00	GREEN, Rodger	Woodford Green	Male Vet 60+	06:35.8	131	57
58	0:41:15	PYLE, Nicola	Colchester & Tendering A C	Female Vet 35+	06:38.2	281	58
59	0:41:22	PLOWMAN, Barry	Springfield Striders	Male Vet 40+	06:39.3	111	59
60	0:41:23	SELL, Gareth	Leigh-on-sea Striders	Senior Male	06:39.5	344	60
61	0:41:28	FRANKLIN, John	North Herts Road Runners	Male Vet 40+	06:40.3	17	61
62	0:41:36	PICKERING, Daniel	Ware Joggers	AAA Senior Man	06:41.6	28	62
63	0:41:40	THORPE, Barry	Chelmsford	Male Vet 50+	06:42.2	312	63
64	0:41:41	STUNT, Catherine	Benfleet RC	Female Vet 35+	06:42.4	276	64
65	0:41:51	WHISTON, Arthur	Colchester Harriers.	Male Vet 50+	06:44.0	3	65
66	0:41:55	JOSLIN, Garry	Springfield Striders	Male Vet 40+	06:44.6	113	66
67	0:41:56	SHAW, Simon		Senior Male	06:44.8	349	67
68	0:41:57	BRASS, Louise	Thurrock	Senior Female	06:44.9	225	68
69	0:41:59	CARTLEDGE, Matthew		Senior Male	06:45.3	13	69
70	0:42:00	DORAN, Christopher		Senior Male	06:45.4	147	70
71	0:42:04	DODDS, Vanessa	Benfleet RC	Female Vet 35+	06:46.1	275	71
72	0:42:10	JUBB, Gill	St Albans Striders	Senior Female	06:47.0	293	72
73	0:42:17	PALMER, Julia	Benfleet RC	Female Vet 45+	06:48.2	230	73
74	0:42:31	SMITH, Andrew	Grange Farm Trotters	Male Vet 40+	06:50.4	116	74
75	0:42:39	MATHEWS, Kathryn		Female Vet 35+	06:51.7	280	76
76	0:42:42	NICHOLLS, Craig	Thrift Green Trotter	Senior Male	06:52.2	121	77
77	0:42:49	SAVAGE, Malcolm	Springfield Striders	Male Vet 60+	06:53.3	34	78
78	0:42:50	GIBBINS, Deborah	Benfleet RC	Female Vet 45+	06:53.5	271	79
79	0:42:56	MCDONNELL, Christopher	Havering 90 Joggers	Male Vet 60+	06:54.4	67	80
80	0:42:56	THOMSON, Andrew	Havering 90 Joggers	Senior Male	06:54.4	37	81
81	0:42:57	WATSON, Jacqui	Benfleet RC	Female Vet 35+	06:54.6	274	82
82	0:43:01	HULL, Tina	Grange Farm Trotters	Female Vet 45+	06:55.2	266	83
83	0:43:13	SKINNER, Edward	Tiptree Road Runners	Male Vet 50+	06:57.2	134	84
84	0:43:15	PYLE, Nicola	Colchester & Tendering A C	Female Vet 35+	06:57.5	281	85
85	0:43:17	TYRRELL, Brian	Havering 90 Joggers	Male Vet 50+	06:57.8	99	86
86	0:43:21	EUSTICE, George		Senior Male	06:58.5	375	87
87	0:43:22	BERRY, Roger	Walthamstow Athletic Club	Male Vet 60+	06:58.6	329	88
88	0:43:25	SPONG, Sue	Havering 90 Joggers	Female Vet 45+	06:59.1	402	89
89	0:43:36	WESTCOTT, Lucy	Springfield Striders	Senior Female	07:00.9	267	90
90	0:43:40	VOHMANN, Paul		Senior Male	07:01.5	123	91
91	0:43:46	NORDIN, Breege	Ilford AC	Female Vet 45+	07:02.5	203	92
92	0:43:51	PEARSONS, Mat	Witham Road Runners	Senior Male	07:03.3	178	93
93	0:43:57	HOGG, Richard	Woodford Green	Male Vet 40+	07:04.2	191	94
94	0:44:03	BYFORD, Jon	Springfield Striders	Senior Male	07:05.2	122	95
95	0:44:06	MELLOW, Michael	North Herts Road Runners	Male Vet 40+	07:05.7	323	96
96	0:44:09	WITCHALLS, Ben		Senior Male	07:06.2	81	97
97	0:44:12	TYSON, David	Loughton Athletic Club	Senior Male	07:06.7	342	98
98	0:44:16	THOMAS, Grahame	Harlow Running Club	Male Vet 40+	07:07.3	351	99
99	0:44:20	HARRISON, Laurence	Billericay Striders	Senior Male	07:07.9	340	100
100	0:44:20	NEWMAN, Ivan	Trisport Epping	Male Vet 50+	07:07.9	177	101
101	0:44:24	NORQUAY, Megan	Thurrock	Senior Female	07:08.6	410	102
102	0:44:27	PETER, Chris	Walthamstow Athletic Club	Male Vet 40+	07:09.1	139	103
103	0:44:32	HYNES, Richard		Senior Male	07:09.9	189	104
104	0:44:40	HERRIDGE, Neil		Senior Male	07:11.2	43	105
105	0:44:42	WALLEN, Bridgid	Witham Running Club	Female Vet 35+	07:11.5	204	106
106	0:44:47	EARL, Martyn		Senior Male	07:12.3	360	107
107	0:44:59	DOWNING, Steve	Grange Farm Trotters	Senior Male	07:14.2	56	108
108	0:45:03	BAKER, Jon	Springfield Striders	Male Vet 40+	07:14.9	196	109
109	0:45:09	BAILEY, Malcolm	Tiptree Road Runners	Male Vet 50+	07:15.8	316	110
110	0:45:10	BARKER, Lindsey	Ilford AC	Female Vet 35+	07:16.0	258	111
111	0:45:12	FLACK, Matthew		Senior Male	07:16.3	369	112
112	0:45:14	COLBERT, Sarah	Springfield Striders	Female Vet 35+	07:16.6	291	113
113	0:45:16	HIPKINS, Cherie	Great Bentley Running Club	Senior Female	07:17.0	241	114
114	0:45:19	BUTCHER, Brian	Castle Point Joggers	Male Vet 50+	07:17.4	337	115

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Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
115	0:45:21	HOLLYER, Ian	Loughton Athletic Club	Male Vet 60+	07:17.8	338	116
116	0:45:29	WALLEN, Tony	Witham Running Club	Senior Male	07:19.1	15	117
117	0:45:34	SPELMAN, Peter	Iford AC	Male Vet 50+	07:19.9	54	118
118	0:45:36	SADLER, Adam			07:20.2	357	119
119	0:45:38	THORPE, Julian	Woodford Green	Male Vet 40+	07:20.5	326	120
120	0:45:40	SADLER, Steve		Male Vet 40+	07:20.8	356	121
121	0:45:42	JONES, Mel	Iford AC	Female Vet 35+	07:21.1	420	122
122	0:45:45	STANLEY, David		Male Vet 40+	07:21.6	193	123
123	0:45:50	HUNT, Nicola	Bishop Stortford	Female Vet 35+	07:22.4	277	124
124	0:45:53	FARRANCE, Roy	Thrift Green Trotter	Male Vet 60+	07:22.9	190	125
125	0:45:54	NASH, Alun		Male Vet 40+	07:23.1	367	126
126	0:45:55	HUMPHRIES, Duncan		Senior Male	07:23.2	150	127
127	0:45:55	COX, Dave	Woodford Green	Male Vet 50+	07:23.2	187	128
128	0:45:59	COX, Robbie		Senior Male	07:23.9	186	129
129	0:45:59	SILVERTON, Ross	Witham Road Runners	Male Vet 50+	07:23.9	112	130
130	0:46:02	LATIMER, Neil		Senior Male	07:24.4	368	131
131	0:46:02	WATT, Bob	Great Bentley Running Club	Male Vet 50+	07:24.4	119	132
132	0:46:03	HARDY, John	Grange Farm Trotters	Male Vet 60+	07:24.5	77	133
133	0:46:05	RIDGE, Terry		Senior Male	07:24.8	154	134
134	0:46:08	NICHOLLS, Lynn	Ware Joggers	Female Vet 35+	07:25.3	264	135
135	0:46:08	BONNER, Billy		Senior Male	07:25.3	354	136
136	0:46:12	HOGG, Mike		Senior Male	07:26.0	175	137
137	0:46:16	BAILEY, Justine		Female Vet 35+	07:26.6	237	138
138	0:46:18	MORAN, Patrick	Trent Park Trotters	Male Vet 50+	07:26.9	157	139
139	0:46:20	CLARKE, Martin	Iford AC	Male Vet 50+	07:27.3	365	140
140	0:46:22	STUCKEY, Liz	Witham Road Runners	Senior Female	07:27.6	236	141
141	0:46:23	BUNCE, Steve	Orion Harriers	Male Vet 50+	07:27.7	379	142
142	0:46:27	JOHNSON, John		Male Vet 50+	07:28.4	110	143
143	0:46:28	O'CONNOR, Rachel	Witham Road Runners	Senior Female	07:28.5	285	144
144	0:46:31	CASEY, Tim	Springfield Striders	Senior Male	07:29.0	359	145
145	0:46:33	LINDSAY, Stephen		Male Vet 50+	07:29.3	4	146
146	0:46:36	HOWARD, Paul	Road Runners Club	Male Vet 40+	07:29.8	184	147
147	0:46:38	ARMOUR, Marina		Female Vet 55+	07:30.2	403	148
148	0:46:38	HELLEN, Richard		Senior Male	07:30.2	7	149
149	0:46:42	HART, John	Loughton Athletic Club	Male Vet 60+	07:30.8	195	150
150	0:46:42	MACLEAN, Paul		Senior Male	07:30.8	366	151
151	0:46:45	HOWARD, Christine	Billericay Striders	Female Vet 35+	07:31.3	273	152
152	0:46:49	PATEL, Vin	Trent Park Trotters	Male Vet 60+	07:31.9	124	153
153	0:46:50	SMITH, Graham	Thrift Green Trotter	Male Vet 60+	07:32.1	75	154
154	0:46:58	SNOW, Natalie	Ford Fitness	Senior Female	07:33.4	269	155
155	0:47:04	SLATER, James	Tiptree Road Runners	Male Vet 60+	07:34.3	58	156
156	0:47:06	GEMMIL, Joanna	Springfield Striders	Female Vet 45+	07:34.7	223	157
157	0:47:08	NIPPRESS, Terry		Senior Male	07:35.0	364	158
158	0:47:17	MAPPLEBECK, Sarah	Springfield Striders	Senior Female	07:36.4	292	159
159	0:47:23	GODIER, Neil	Springfield Striders	Male Vet 40+	07:37.4	355	160
160	0:47:24	TOOLAN, Barry		Senior Male	07:37.6	39	161
161	0:47:27	FUENTE, Fernando		Male Vet 50+	07:38.0	335	162
162	0:47:33	SHORT, Colin	Witham Road Runners	Male Vet 60+	07:39.0	297	163
163	0:47:40	DUFFIELD, Roger	Tiptree Road Runners	Male Vet 60+	07:40.1	50	164
164	0:47:41	GARNER, Terry		Male Vet 50+	07:40.3	182	165
165	0:47:45	GRAY, Jonathon		Senior Male	07:40.9	188	166
166	0:47:48	LAWSON, Ian	Grange Farm Trotters	Male Vet 40+	07:41.4	101	167
167	0:47:49	GODFREY, Garry		Male Vet 40+	07:41.6	114	168
168	0:47:50	FAZACKERLEY, Darren	100 Marathon Club	Senior Male	07:41.7	183	169
169	0:47:52	WILKINSON, Simon		Senior Male	07:42.1	61	170
170	0:48:13	STAINES, Mick	Pitsea Running Club	Male Vet 60+	07:45.4	301	171
171	0:48:15	THACKERAY, Charlie		Senior Male	07:45.8	181	172
172	0:48:18	MACAULAY, Jennifer	Springfield Striders	Senior Female	07:46.2	400	173
173	0:48:25	WEEKES, Laurence		Male Vet 40+	07:47.4	374	174

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

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
174	0:48:38	GRIDLEY, David	Havering 90 Joggers	Male Vet 40+	07:49.5	341	175
175	0:48:38	HADGRAFT, Rob	Tiptree Road Runners	Male Vet 50+	07:49.5	117	177
176	0:48:42	COLLIER, Martin		Male Vet 50+	07:50.1	11	178
177	0:48:48	WICKS, Neil		Senior Male	07:51.1	307	179
178	0:48:54	RAMAGE, Phillip		Senior Male	07:52.0	74	180
179	0:49:05	JOLLY, Stephen		Male Vet 50+	07:53.8	53	181
180	0:49:05	ALDRIDGE, Wendy		Female Vet 45+	07:53.8	248	182
181	0:49:07	KING, Simon	Grange Farm Trotters	Male Vet 50+	07:54.1	80	183
182	0:49:11	WILMOT, Andrew	halstead road runners	Male Vet 60+	07:54.8	308	184
183	0:49:13	BARRON, Hayley	Orion Harriers	Female Vet 35+	07:55.1	202	185
184	0:49:15	THOMPSON, Christopher	Trent Park Trotters	Male Vet 40+	07:55.4	62	186
185	0:49:17	DRISCOLL, Eddie		Male Vet 40+	07:55.7	22	187
186	0:49:21	FISHER, Steve	Billericay Striders	Male Vet 40+	07:56.4	128	188
187	0:49:21	STANLEY, David	Orion Harriers	Male Vet 50+	07:56.4	361	189
188	0:49:25	MCCLYMONT, Ian	Bishop Stortford	Male Vet 60+	07:57.0	93	190
189	0:49:25	GRAY, Jonathon		Senior Male	07:57.0	188	191
190	0:49:26	GUBB, Jason		Senior Male	07:57.2	173	192
191	0:49:34	CRISP, Dianne	Iford AC	Female Vet 45+	07:58.5	222	193
192	0:49:35	DYMOND, Steve		Male Vet 50+	07:58.6	1	194
193	0:49:36	ESTEVEZ, John		Senior Male	07:58.8	18	195
194		SEAGAR, Sukhan		Female Vet 35+		278	196
195	0:49:37	WILKIN, Lorraine	Colchester & Tendering A C	Female Vet 35+	07:59.0	299	197
196	0:49:43	DILWORTH, Joseph	Grange Farm Trotters	Male Vet 40+	07:59.9	163	198
197	0:49:43	Unregistered Competitor		NDB	07:59.9		199
198	0:49:45	WILKINS, Trevor		Male Vet 40+	08:00.2	166	200
199	0:49:46	KANABAHITA, Paul		Senior Male	08:00.4	331	201
200	0:49:52	VEITCH, Jeffrey	Herts Phoenix Athletic Club	Male Vet 40+	08:01.4	334	202
201	0:49:57	TRILL, Gerry	Iford AC	Male Vet 50+	08:02.2	133	203
202	0:49:58	BOWNES, Cerolyn	Tiptree Road Runners	Female Vet 45+	08:02.3	235	204
203	0:50:01	DOBSON, Barry	Tiptree Road Runners	Male Vet 60+	08:02.8	57	205
204	0:50:05	DUTTON, David	Thurrock	Male Vet 50+	08:03.5	29	206
205	0:50:12	CLAMPETT, Linda	Thurrock	Female Vet 55+	08:04.6	220	207
206	0:50:17	BAKAR, Stephen	British Athletics Supporters Club	Male Vet 40+	08:05.4	185	208
207	0:50:26	KILLENN, Aine		Female Vet 45+	08:06.8	259	209
208	0:50:27	OADES, Tom		Senior Male	08:07.0	159	210
209	0:50:31	DIXON, Paul		Male Vet 40+	08:07.6	330	211
210	0:50:32	GARDNER, John	Walthamstow Athletic Club	Male Vet 50+	08:07.8	138	212
211	0:50:43	STYLES, Terry	Herts Phoenix Athletic Club	Male Vet 50+	08:09.6	146	213
212	0:50:44	COOK, Andrew		Senior Male	08:09.7	16	214
213	0:50:44	PERRY, Nick	Grange Farm Trotters	Senior Male	08:09.7	378	215
214	0:50:48	WREN, James	Buckaroo Elite	Senior Male	08:10.4	45	216
215	0:50:50	TANNER, Lynn	Eastern Vets Athletic Club	Female Vet 55+	08:10.7	224	217
216	0:50:57	EDWARDS, Kenneth	Springfield Striders	Male Vet 50+	08:11.8	160	218
217	0:51:01	ADAMS, Jacqueline	Grange Farm Trotters	Female Vet 45+	08:12.5	268	219
218	0:51:02	PITCHER, Emma	Grange Farm Trotters	Female Vet 35+	08:12.6	419	220
219	0:51:03	GRIDLEY, David	Springfield Striders	Male Vet 50+	08:12.8	162	221
220	0:51:04	PETTIFER, John	Pitsea Running Club	Male Vet 60+	08:13.0	97	222
221	0:51:07	CULLEN, Sean		Senior Male	08:13.4	311	223
222	0:51:09	MCDONNELL, Steven	Havering 90 Joggers	AAA Senior Man	08:13.8	68	224
223	0:51:09	WRAY, Shelley	Witham Road Runners	Female Vet 35+	08:13.8	209	225
224	0:51:14	BIRKS, Kath	Grange Farm Trotters	Female Vet 35+	08:14.6	283	226
225	0:51:16	OAKES, Andy		Male Vet 50+	08:14.9	100	227
226	0:51:23	WHITING, Richard	Herts Phoenix Athletic Club	Male Vet 50+	08:16.0	94	228
227	0:51:38	MAY, Stephen		Male Vet 40+	08:18.4	377	229
228	0:51:39	BEAL, Thomas		Senior Male	08:18.6	151	230
229	0:51:40	KING, Charlotte	Grange Farm Trotters	Senior Female	08:18.7	249	231
230	0:51:41	TIPP, David		Male Vet 40+	08:18.9	63	232
231	0:51:41	POULTON, Barny		Senior Male	08:18.9	319	233
232	0:51:54	HODDS, Ian		Senior Male	08:21.0	103	234

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Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
233	0:52:07	LUCIEN, Eldica	Havering 90 Joggers	Female Vet 55+	08:23.1	405	235
234	0:52:11	PETTIFER, Lorna	Pitsea Running Club	Female Vet 35+	08:23.7	256	236
235	0:52:15	HUMPHRIES, Frances	Thrift Green Trotter	Female Vet 55+	08:24.4	413	237
236	0:52:17	HELLEN, Robert		Senior Male	08:24.7	8	238
237	0:52:18	MACAULAY, Sheila	Springfield Striders	Female Vet 55+	08:24.9	401	239
238	0:52:21	THOROGOOD, Keith	halstead road runners	Male Vet 50+	08:25.3	38	240
239	0:52:24	SAVILLE, Graham	Harlow Running Club	Male Vet 50+	08:25.8	129	241
240	0:52:31	CARTLEDGE, Simon		Senior Male	08:27.0	69	242
241	0:52:35	EATON, Mike		Male Vet 50+	08:27.6	132	243
242	0:52:42	PITTARD, Lauren		Senior Female	08:28.7	242	244
243	0:52:43	MELLING, Lindsay		Senior Female	08:28.9	240	245
244	0:52:52	JUBB, Gill	St Albans Striders	Senior Female	08:30.3	293	246
245	0:52:52	OWEN, Sarah	British Athletics Supporters Club	Female Vet 35+	08:30.3	289	247
246	0:52:53	WELBURN, Martyn		Male Vet 50+	08:30.5	314	248
247	0:52:54	KANSNAN, Atila		Male Vet 40+	08:30.7	64	249
248	0:52:54	BRETT, Katy		Senior Female	08:30.7	260	250
249	0:52:57	WALLIS, Robert		Male Vet 40+	08:31.1	167	251
250	0:53:07	CANDEY, Tom		Senior Male	08:32.7	302	252
251	0:53:13	BROAD, John		Male Vet 50+	08:33.7	96	253
252	0:53:32	BANKS, Ian		Male Vet 40+	08:36.8	172	254
253	0:53:34	FLANNIGAN, Teresa	Pitsea Running Club	Female Vet 55+	08:37.1	229	255
254	0:53:40	BELL, Helen	Orion Harriers	Female Vet 45+	08:38.1	412	256
255	0:53:46	KNIGHT, Petra		Female Vet 35+	08:39.0	272	257
256	0:53:57	COOK, Alison	Springfield Striders	Female Vet 35+	08:40.8	239	258
257	0:54:03	LAWSON, Stephen	Havering 90 Joggers	Male Vet 50+	08:41.8	78	259
258	0:54:07	SAVILL, Stuart		Senior Male	08:42.4	322	260
259	0:54:08	ROBINSON, Liam		Male Vet 40+	08:42.6	47	261
260	0:54:13	HAYES, Denise		Female Vet 45+	08:43.4	408	262
261	0:54:13	IRVINE, Liz	Springfield Striders	Senior Female	08:43.4	284	263
262	0:54:18	LARCHER, Vincent		Senior Male	08:44.2	313	264
263	0:54:24	JACKSON, Elaine		Senior Female	08:45.1	228	265
264	0:54:27	STEGGLES, Paul		Senior Male	08:45.6	40	266
265	0:54:33	GILLAM, Sally	Iford AC	Female Vet 45+	08:46.6	421	267
266	0:54:41	WALLER, Stewart	Witham Road Runners	Male Vet 60+	08:47.9	327	268
267	0:54:42	WARD, Maria		Senior Female	08:48.0	416	269
268	0:54:42	PERCY, Richard	Grange Farm Trotters	Male Vet 60+	08:48.0	51	270
269	0:54:44	HUDSON, Phil	Ware Joggers	Male Vet 50+	08:48.4	33	271
270	0:54:52	CLARK, Nick		Male Vet 40+	08:49.6	174	272
271	0:55:06	BIRCH, Kevin		Senior Male	08:51.9	179	273
272	0:55:12	BARRETT, Jenny	Springfield Striders	Female Vet 35+	08:52.9	207	274
273	0:55:30	RUFFLEY, Mike	Cambridge H	Male Vet 40+	08:55.8	85	275
274	0:55:34	KNIGHT, William		Senior Male	08:56.4	321	276
275	0:55:34	BATES, Peter	Pitsea Running Club	Male Vet 50+	08:56.4	353	277
276	0:55:35	MCDONNELL, Barbara	Havering 90 Joggers	Female Vet 45+	08:56.6	238	278
277	0:55:43	GOWLAND, Daniel		Senior Male	08:57.8	21	279
278	0:56:02	GOWLAND, Debbie		Senior Female	09:00.9	208	280
279	0:56:05	GREWAL, Surgit	Thrift Green Trotter	Female Vet 35+	09:01.4	282	281
280	0:56:07	KNOWLES, Sarah	Springfield Striders	Senior Female	09:01.7	406	282
281	0:56:08	GREGORY, Wilhelm	Grange Farm Trotters	Male Vet 50+	09:01.9	91	283
282	0:56:08	HOSKIN, John	Springfield Striders	Male Vet 50+	09:01.9	350	284
283	0:56:12	ROBERTS, John	Witham Road Runners	AAA Male Vet 60	09:02.5	70	285
284	0:56:15	KNOWLES, Patrick	Springfield Striders	Male Vet 50+	09:03.0	315	286
285	0:56:27	WOOLCOCK, Mark		Senior Male	09:04.9	318	287
286	0:56:34	MILLS, Joanne	Harlow Running Club	Female Vet 55+	09:06.0	290	288
287	0:56:37	CROWLEY, Barbara	Thrift Green Trotter	AAA Female Vet 55	09:06.5	263	289
288	0:56:39	PERRY, Steve	Springfield Striders	Male Vet 50+	09:06.9	352	290
289	0:56:40	DEVLIN, Adrian		Senior Male	09:07.0	41	291
290	0:56:41	EASTER, Christopher	Thrift Green Trotter	Male Vet 50+	09:07.2	14	292
291	0:56:43	HAMMERTON, John		Senior Male	09:07.5	108	293

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292	0:56:56	BROOKS, Russell		Senior Male	09:09.6	303	294
293	0:56:59	TRAFNER, West		Senior Male	09:10.1	370	295
294	0:57:03	JARVIS, Hannah	Springfield Striders	Senior Female	09:10.7	417	296
295	0:57:04	FOSTER, Gavin	Grange Farm Trotters	Male Vet 40+	09:10.9	149	297
296	0:57:10	RAWLING, Paul		Male Vet 40+	09:11.8	171	298
297	0:57:11	DUNKIN, Chris		Senior Male	09:12.0	339	299
298	0:57:18	MILLER, Lynette		Female Vet 45+	09:13.1	257	300
299	0:57:27	HOWE, Gary	Saffron Striders	Male Vet 40+	09:14.6	161	301
300	0:57:28	SCOTT, Sean		Senior Male	09:14.7	294	302
301	0:57:34	PRESTON, Mark		Senior Male	09:15.7	317	303
302	0:57:38	COTTRELL, Michael	Billericay Striders	Male Vet 60+	09:16.3	197	304
303	0:57:44	JOHNSON, Sheona	Dagenham 88 Runners	Female Vet 35+	09:17.3	415	305
304	0:58:03	EATON, Julie		Female Vet 45+	09:20.4	270	306
305	0:58:03	STEVENS, Lynn		Female Vet 35+	09:20.4	262	307
306	0:58:04	POTTER, Dawn	Springfield Striders	Female Vet 35+	09:20.5	286	308
307	0:58:13	BURCHETT, Paul	Havering 90 Joggers	Male Vet 50+	09:22.0	107	309
308	0:58:16	GAREY, Lynne	Springfield Striders	Female Vet 45+	09:22.5	265	310
309	0:58:33	ORLOV, Sergey		Male Vet 40+	09:25.2	295	311
310	0:58:36	SMART, Lesley	Billericay Striders	Male Vet 40+	09:25.7	127	312
311	0:58:50	MCDONNELL, Joseph	Havering 90 Joggers	Senior Male	09:27.9	65	313
312	0:58:53	CRESSWELL, Soniah		Female Vet 35+	09:28.4	261	314
313	0:58:54	FILLINGHAM, Tracy		Female Vet 35+	09:28.6	213	315
314	0:59:26	WARMINGER, Michael		Male Vet 40+	09:33.7	106	316
315	0:59:52	DRISCOLL, Jean		Female Vet 45+	09:37.9	215	317
316	0:59:54	SPRING, Wendy	Harlow Running Club	Female Vet 35+	09:38.2	200	318
317	0:59:54	BARRYMORE, Christine		Female Vet 55+	09:38.2	243	319
318	0:59:58	PELLS, Gerry	Ilford AC	AAA Male Vet 60	09:38.9	79	320
319	0:59:58	BROUGHTON, Adam		Senior Male	09:38.9	52	321
320	1:00:05	BROUGHTON, Sally		Senior Female	09:40.0	231	322
321	1:00:58	SMITH, Sarah		Senior Female	09:48.5	210	323
322	1:01:12	BUNCE, Janet	Orion Harriers	Female Vet 45+	09:50.8	422	324
323	1:01:22	ROBERTSON, Sue		Senior Female	09:52.4	217	325
324	1:01:54	TUCKER, Roy	Springfield Striders	Male Vet 40+	09:57.5	345	326
325	1:03:01	DYMOND, Liz		Female Vet 45+	10:08.3	211	327
326	1:03:03	HARRINGTON, Susan	Grange Farm Trotters	Female Vet 35+	10:08.6	255	328
327	1:03:14	SUTHERLAND, Christine		Senior Female	10:10.4	411	329
328	1:03:21	DRISCOLL, Caroline		Female Vet 35+	10:11.5	216	330
329	1:03:21	WALLIS, Teresa		Female Vet 35+	10:11.5	279	331
330	1:03:30	FRIEND, Nicola		Senior Female	10:13.0	233	332
331	1:03:50	STERNE, Claire		Senior Female	10:16.2	234	333
332	1:04:22	STEVENSON, Tara		Female Vet 35+	10:21.4	218	334
333	1:04:32	HOWE, John	Saffron Striders	AAA Male Vet 60	10:23.0	156	335
334	1:05:05	RONTREE, David	Pitsea Running Club	Male Vet 40+	10:28.3	169	336
335	1:05:40	GIGG, Denise		Female Vet 45+	10:33.9	298	337
336	1:05:40	VERNON, Tony	Springfield Striders	Male Vet 40+	10:33.9	347	338
337	1:06:25	OSBORNE, Karen		Senior Female	10:41.1	251	339
338	1:07:14	OSBORNE, Stephen		Senior Male	10:49.0	86	340
339	1:08:28	LADELL, Brian	Witham Road Runners	Male Vet 60+	11:00.9	328	341
340	1:09:07	WITCHALLS, Roy		AAA Male Vet 60	11:07.2	82	342
341	1:10:02	BOOR, Sally		Female Vet 35+	11:16.1	212	343
342	1:10:15	ARMOUR, Duncan		Male Vet 50+	11:18.1	176	344
343	1:11:40	CONNOLY, Stephen	Castle Point Joggers	Male Vet 50+	11:31.8	343	345
344	1:12:02	PARGHEY, Michelle		Female Vet 35+	11:35.4	407	346
345	1:14:30	STOCK, Mike	Ware Joggers	AAA Male Vet 60	11:59.2	87	347
346	1:14:30	HEYWOOD, John	Ware Joggers	AAA Male Vet 60	11:59.2	306	348
347	1:16:04	OSBORN, James		Male Vet 50+	12:14.3	346	349
348	1:20:20	LAWRENSON, Joy		Female Vet 55+	12:55.5	414	350
349	1:20:20	SMITH, Sarah		Female Vet 35+	12:55.5	219	351
350	1:20:20	RAMAGE, Joanna		Senior Female	12:55.5	245	352

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<i>Place</i>	<i>Time</i>	<i>Name</i>	<i>Team</i>	<i>Race Age Category</i>	<i>Pace min/mile</i>	<i>Race</i>	<i>Race</i>
351	1:20:52	REYNOLD, Louise		Senior Female	13:00.6	244	353
352	1:20:52	RAMAGE, Robert		Senior Male	13:00.6	73	354

There were 352 finishers in the All Competitors category.