

High Ongar Charity 10k Charity Race

High Ongar Charity 10k

Sunday 5 July 2009. 11:00 am

Results for All Competitors in finish order.

Place	Time	Name	Team	Race Age Category	Pace min/mile	Race	Race
1	0:33:19	BLOOMFIELD, Crispian	Billericay Striders	Men 19-39	05:21.6	294	1
2	0:35:51	COX, Dave	Woodford Green	Men's Vet 50-59	05:46.1	287	2
3	0:36:10	PECORARD, Antonio	Havering 90 Joggers	Men's Vet 40-49	05:49.1	479	3
4	0:36:18	FITSALL, Jack	Basildon AC	Junior 18-18	05:50.4	292	4
5	0:36:46	WILKINSON, Keith	Chelmsford	Men's Vet 50-59	05:54.9	62	5
6	0:37:44	HARPER, Kevin	Witham RC	Men 19-39	06:04.2	289	6
7	0:37:56	JACOB, Kevin	Billericay Striders	Men's Vet 40-49	06:06.2	56	7
8	0:37:56	HARVEY, Tim	Leigh-on-Sea Striders	Men 19-39	06:06.2	247	8
9	0:38:30	WISKEN, Greg	Mid Essex Casuals	Men's Vet 40-49	06:11.6	417	9
10	0:38:49	CHASE, Paul		Men's Vet 50-59	06:14.7	438	10
11	0:39:07	BONHAM, Richard	Castle Point Joggers	Men's Vet 40-49	06:17.6	82	11
12	0:39:12	PLACKETT, Mark	Croydon Harriers		06:18.4	399	12
13	0:39:21	LAUGHTON, Nick	Grange Farm And Dunmow Runners	Men 19-39	06:19.8	476	13
14	0:39:26	SPENCE, Charles		Men's Vet 40-49	06:20.4	151	14
15	0:39:38	WELFORD, Ian		Men 19-39	06:22.6	253	15
16	0:39:42	WILLIAMS, Jon	Ware Joggers	Men 19-39	06:23.2	60	16
17	0:39:51	PURSE, Christopher	Springfield Striders	Men's Vet 50-59	06:24.7	72	17
18	0:40:00	NEUGEBAUER, James		Men 19-39	06:26.1	444	18
19	0:40:08	BOWRING, Simon	Springfield Striders	Men 19-39	06:27.4	215	19
20	0:40:25	MORRIS, Garth		Men's Vet 40-49	06:30.1	433	20
21	0:40:26	TENNANT, John	Harlow Running Club	Men's Vet 50-59	06:30.3	218	21
22	0:40:27	HINNS, Kevin	Thrift Green Trotters	Men's Vet 40-49	06:30.5	413	22
23	0:40:37	COLE, Leo		Men's Vet 40-49	06:40.5	14	23
24	0:40:46	LAW, Andrew	Basildon AC		06:41.1	165	24
25	0:40:59	CARTLEDGE, Matthew		Men 19-39	06:41.4	15	25
26	0:41:10	MCCORQUODALE, Becky		Ladies Vet 35-44	06:37.4	305	26
27	0:41:34	WOODRUFF, Michael		Men's Vet 40-49	06:41.2	214	27
28	0:41:48	BYFORD, Jon	Springfield Striders	Men 19-39	06:43.5	288	28
29	0:41:50	HALLAM, David		Men's Vet 40-49	06:43.8	430	29
30	0:41:56	JENNINGS, Rich		Men's Vet 40-49	06:44.8	264	30
31	0:42:05	ASHTON, Alan		Men 19-39	06:46.2	431	31
32	0:42:18	WILSON, Steven	Metropolitan Police	Men 19-39	06:48.3	285	32
33	0:42:44	BLYTH, Kenny	Ware Joggers	Men's Vet 50-59	06:52.5	189	33
34	0:42:48	SPENCER, David	Grange Farm & Dunmow Runners	Men's Vet 40-49	06:53.1	248	34
35	0:42:49	HART, Gregory	Bishop's Stortford R.C.	Men's Vet 50-59	06:53.3	226	35
36	0:43:08	WALLEN, Tony	Witham RC	Men's Vet 40-49	06:56.4	78	36
37	0:43:10	KERN, Wayne	Halstead Road Runners	Men's Vet 40-49	06:56.5	18	37
38	0:43:12	KILPATRICK, Ryan		Men 19-39	06:57.0	428	38
39	0:43:29	MASON, Jamie		Men 19-39	06:59.7	187	39
40	0:43:39	LANGRIDGE, Steven		Men 19-39	07:01.4	183	40
41	0:43:40	VAN TOL, Martin		Men's Vet 40-49	07:01.5	468	41
42	0:43:41	MARSH, Patrick	Colchester Harriers	Men's Vet 40-49	07:01.7	213	42
43	0:43:47	PICKERING, Daniel	Ware Joggers	Junior 18-18	07:02.6	69	43
44	0:44:01	PICKERING, John	Ware Joggers	Men's Vet 50-59	07:03.1	117	44
45	0:44:01	UECKERMANN, Angela	Paid for another runner		07:03.7	8	45
46	0:44:17	BETTIS, Carl		Men 19-39	07:07.5	456	46
47	0:44:20	COLE, Reuben		Men 19-39	07:07.7	425	47
48	0:44:27	HARRISON, Laurence Oliver	Billericay Striders	Men's Vet 40-49	07:09.1	408	48
49	0:44:35	SALTHOUSE, Ricmar		Men's Vet 40-49	07:10.2	160	49
50	0:44:38	WALLEN, Brigid	Witham RC	Ladies Vet 45-54	07:10.8	77	50
51	0:44:54	BAKER, Adam		Men 19-39	07:13.2	95	51
52	0:45:09	TAYLOR, Les	Ware Joggers	Men's Vet 40-49	07:15.8	191	52
53	0:45:12	MORRISSEY, Daniel		Men 19-39	07:16.3	426	53
54	0:45:18	COFFEY, Richard	Ware Joggers	Men's Vet 40-49	07:16.8	150	54
55	0:45:22	CROLY, David	Harlow Running Club	Men's Vet 40-49	07:17.9	272	55
56	0:45:27	ENDERS, David	Witham RC	Men's Vet 40-49	07:18.7	278	56

57	0:45:35	TAYLOR, Neil	Havering 90 Joggers	Men's Vet 40-49	07:20.0	467	57
58	0:45:39	MILES, Lloyd		Men's Vet 40-49	07:20.7	81	58
59	0:45:41	TILLBROOK, Gareth	Ware Joggers	Men 19-39	07:21.0	203	59
60	0:45:50	HORNE, Ben		Men 19-39	07:22.4	455	60
61	0:45:51	KING, Mark		Men's 40-49	07:22.8	2	61
62	0:45:59	FRANKLIN, Paul	TRA	Men's Vet 40-49	07:23.9	473	62
63	0:46:00	KIRK, Will		Men 19-39	07:24.0	269	63
64	0:46:12	PICKERING, John	Ware Joggers	Men's Vet 50-59	07:26.0	67	64
65	0:46:13	THOMAS, George	Bishop's Stortford R.C.	Mens's Vet 69+	07:26.4	25	65
66	0:46:15	BUTCHER, Brian	Mid Essex Casuals	Men's Vet 50-59	07:26.5	409	66
67	0:46:17	HUMPHRIES, Duncan		Men 19-39	07:26.7	123	67
68	0:46:20	BONNER, Alexander		Men 19-39	07:27.3	401	68
69	0:46:26	HILL, Roy		Men's 40-49	07:27.6	420	69
70	0:46:27	SPRING, Wendy	Harlow Running Club	Ladies Vet 35-44	07:28.4	169	70
71	0:46:34	JOHNSON, John		Men's Vet 60+	07:28.9	162	71
72	0:46:36	PEARSON, Neil		Men's Vet 40-49	07:29.8	84	72
73	0:46:38	GODBOLD, Alan		Men's Vet 40-49	07:30.5	106	73
74	0:46:43	PATEL, Vin	Trent Park Running Club	Men's Vet 60+	07:31.0	244	74
75	0:46:50	BAKER, Peter	Ware Joggers	Men's Vet 40-49	07:31.3	149	75
76	0:46:54	CRUDGINGTON, Kirk		Men 19-39	07:32.7	246	76
77	0:47:00	CARTLEDGE, Simon		Men 19-39	07:33.7	1900	77
78	0:47:01	ROSE, Anthony	Ware Joggers	Men's Vet 40-49	07:33.9	221	78
79	0:47:16	KEARNS, David		Men 19-39	07:36.3	270	79
80	0:47:16	HARDMAN, Annette		Ladies 19-34	07:36.3	310	80
81	0:47:19	ELDRED, Gary	Great Bentley Running Club	Men's Vet 50-59	07:36.8	415	81
82	0:47:25	BONNEY, Graham		Men's Vet 40-49	07:37.7	257	82
83	0:47:25	MATTHEWS, Robert		Men 19-39	07:37.7	158	83
84	0:47:28	CAMACHU, Carlos		Men's Vet 50-59	07:38.2	449	84
85	0:47:31	BAILEY, Justine		Ladies Vet 35-44	07:38.7	311	85
86	0:47:33	TOWNSEND, Lara	Great Bentley	Ladies Vet 35-44	07:39.0	55	86
87	0:47:34	LINDSAY, Stephen		Men's Vet 50-59	07:39.2	71	87
88	0:47:45	WHITING, Andrew		Men 19-39	07:40.9	463	88
89	0:47:51	WOOLLEY, James		Men 19-39	07:41.9	427	89
90	0:47:51	MACAULAY, Jennifer	Springfield Striders	Ladies 19-34	07:41.9	201	90
91	0:47:53	STAINES, Mick	Pitsea RC	Men's Vet 60+	07:42.2	412	91
92	0:47:57	WILKINSON, Simon		Men 19-39	07:42.9	452	92
93	0:48:03	THACKERAY, Charlie		Men 19-39	07:43.8	236	93
94	0:48:05	DALE, Sue	Havering 90 Joggers	Ladies Vet 55+	07:44.2	307	94
95	0:48:20	MANSFIELD, Christopher	Havering 90 Joggers	Men's Vet 40-49	07:46.6	410	95
96	0:48:22	CUNNINGHAM, Phil	Ware Joggers	Men's Vet 50-59	07:47.0	132	96
97	0:48:32	HOWARD, Ian		Men 19-39	07:48.5	192	97
98	0:48:32	THOMPSON, Christopher	Trent Park Trotters	Men's Vet 50-59	07:48.5	58	98
99	0:48:42	EDWARDS, Glenn	Harlow Promoters Boxing Club	Men 19-39	07:50.1	458	99
100	0:48:44	HOLMES, Nick		Men's Vet 50-59	07:50.4	457	100
101	0:48:45	MCCAYNA, Nicholas		Men 19-39	07:50.6	397	101
102	0:48:45	DUTNALL, Barry		Men's Vet 60+	07:50.6	128	102
103	0:48:55	HIGGINS, Steve	Benfleet Running Club	Men's Vet 40-49	07:52.2	177	103
104	0:49:02	SILVERTON, Ross	Witham RC	Men's Vet 60+	07:53.3	57	104
105	0:49:12	WHEELDON, Paul	Springfield Striders	Men 19-39	07:54.9	279	105
106	0:49:13	ASKEW, James		Men 19-39	07:55.1	207	106
107	0:49:13	SAUNDERS, Rob	Ware Joggers	Men 19-39	07:55.1	404	107
108	0:49:18	CLOW, Ben		Men 19-39	07:55.9	255	108
109	0:49:20	RALPH, Daniel		Men 19-39	07:56.0	102	109
110	0:49:21	GRIDLEY, David	Havering 90 Joggers	Men's Vet 40-49	07:56.4	406	110
111	0:49:23	WHITING, Richard	Herts Phoenix	Men's Vet 50-59	07:56.6	121	111
112	0:49:26	TIMBRELL, Greg		Men 19-39	07:57.2	462	112
113	0:49:28	Duplicate number		Men 19-39	07:57.5	187	113
114	0:49:28	HADGRAFT, Rob	Tiptree Road Runners	Men's Vet 50-59	07:57.5	239	114
115	0:49:28	APPLETON, Ian		Men's Vet 40-49	07:57.5	260	115
116	0:49:28	ASHTON, Lauren		Ladies 19-34	07:57.5	229	116
117	0:49:38	KETT, Matt		Men 19-39	07:59.1	429	117
118	0:49:41	BOREHAM, Wayne		Men's Vet 40-49	07:59.6	411	118
119	0:49:44	MCCLYMONT, Ian	Bishop's Stortford R.C.	Men's Vet 60+	08:00.1	10	119

120	0:49:54	COLES, Thomas		Men 19-39	08:01.5	436	120
121	0:49:56	WILLIAMS, Chris	Ware Joggers	Men 19-39	08:01.8	59	121
122	0:49:56	RUSSELL, Adrian		Men's 40-49	08:02.0	96	122
123	0:50:00	TIMBRELL, Jodie		Ladies 19-34	08:02.7	308	123
124	0:50:00	PARROTT, Leonard	Hadvering Mayesbrook A.C.	Men's Vet 60+	08:02.7	254	124
125	0:50:13	GOODWIN, Mark		Men 19-39	08:04.7	180	125
126	0:50:18	COLLIER, Martin		Men's Vet 50-59	08:06.5	65	126
127	0:50:24	JACOBS, Robert		Men's Vet 40-49	08:08.3	163	127
128	0:50:28	COOK, Andrew		Men 19-39	08:08.8	98	128
129	0:50:35	D'SOUZA, Chris		Men's Vet 40-49	08:09.4	447	129
130	0:50:42	BLACKALL, Jason		Men 19-39	08:09.7	282	130
131	0:50:42	HANNIBAL, Stephen		Men's Vet 40-49	08:09.7	451	131
132	0:50:44	SPONG, Ray		Men's Vet 50-59	08:10.7	242	132
133	0:50:50	MARCHANT, Judy	Eton Manor AC	Ladies Vet 45-54	08:11.3	419	133
134	0:50:54	HAMMERTON, John		Men 19-39	08:12.3	317	134
135	0:51:00	FRIBBINS, Michael	Hadvering 90 Joggers	Men's Vet 50-59	08:13.1	398	135
136	0:51:05	YOUNG, Sam		Men 19-39	08:14.2	208	136
137	0:51:12	LAWTON, Joel		Men 19-39	08:15.2	223	137
138	0:51:18	ROBERTSON, Mark		Men's Vet 40-49	08:15.2	237	138
139	0:51:18	HEALY, Kieran	Witham RC	Men's Vet 40-49	08:15.2	79	139
140	0:51:18	FITSALL, Joanna		Ladies Vet 35-44	08:15.2	53	140
141	0:51:18	PETTIFER, John	Pitsea RC	Men's Vet 60+	08:15.7	290	141
142	0:51:21	RAISON, Stephen		NDB	08:15.7	185	142
143	0:51:21	MCVEIGH, Martin	Hadvering Mayesbrook A.C.	Men's Vet 60+	08:15.8	477	143
144	0:51:22	WILLIAMSON, Sarah		Ladies Vet 35-44	08:16.2	245	144
145	0:51:24	DIXON, Paul		Men's Vet 40-49	08:17.3	184	145
146	0:51:25	RONTREE, David	Pitsea RC	Men's Vet 40-49	08:17.4	138	146
147	0:51:31	WEST, Andy		Men's Vet 40-49	08:18.7	235	147
148	0:51:33	STEWART, James		Men 19-39	08:18.8	109	148
149	0:51:33	WATKINS, Ian		Men's Vet 50-59	08:18.8	156	149
150	0:51:40	DYMOND, Steve		Men's Vet 50-59	08:19.5	92	150
151	0:51:40	GEMMILL, Joanna	Springfield Striders	Ladies Vet 45-54	08:19.5	265	151
152	0:51:45	ALLEN, Julian		Men's Vet 40-49	08:21.3	259	152
153	0:51:56	COLLINS, Ian		Men's Vet 40-49	08:23.1	219	153
154	0:52:07	SOAR, Andy		Men's Vet 40-49	08:23.3	470	154
155	0:52:08	KERR, John	Witham RC	Men's Vet 40-49	08:24.4	238	155
156	0:52:15	GODIFIL, Neil		Men's Vet 50-59	08:25.2	416	156
157	0:52:20	HOSKYN, John	Springfield Striders	Men's Vet 50-59	08:26.1	422	157
158	0:52:26	TAYLOR, Paul		Men 19-39	08:27.4	293	158
159	0:52:31	WILLIAMSON, Sarah		Ladies Vet 35-44	08:28.5	147	159
160	0:52:34	SYLES, Terry		Men's Vet 50-59	08:29.0	256	160
161	0:52:44	HOLEYMAN, Daniel		Men 19-39	08:29.2	171	161
162	0:52:44	CLACK, Stuart		Men 19-39	08:29.2	465	162
163	0:52:45	MARSH, Kerry Anne		Ladies 19-34	08:29.8	262	163
164	0:52:49	WADDING, Robert	Ware Joggers	Men's Vet 50-59	08:30.5	300	164
165	0:52:53	GUMBLE, Rosa		Ladies Vet 35-44	08:31.1	193	165
166	0:52:57	DEVLIN, Adrian		Men 19-39	08:33.9	281	166
167	0:53:14	ALEXANDROU, Alex		Men's Vet 40-49	08:35.2	9	167
168	0:53:22	SMITH, Graham	Thrift Green Trotters	Men's Vet 60+	08:35.5	446	168
169	0:53:24	WILSON, Ian	TRA	Men's Vet 40-49	08:37.6	252	169
170	0:53:26	PAPWORTH, Rachael		Ladies Vet 35-44	08:38.4	146	170
171	0:53:37	THOROGOOD, Keith	Halstead Road Runners	Men's Vet 50-59	08:38.7	474	171
172	0:53:44	FRANCIS, David		Men 19-39	08:38.9	17	172
173	0:53:45	CATT, Lorna		Ladies Vet 45-54	08:40.3	280	173
174	0:53:48	CARTER, Sara	Ware Joggers	Ladies Vet 35-44	08:40.5	118	174
175	0:53:54	HILL, Tracy		Ladies Vet 45-54	08:40.9	211	175
176	0:53:58	LUPPI, Leanne		Ladies Vet 35-44	08:42.7	301	176
177	0:54:09	LEE, Jason		Men's Vet 40-49	08:46.3	306	177
178	0:54:31	MYNOTT, Lydia	Ware Joggers	Ladies 19-34	08:46.6	469	178
179	0:54:33	FINCH, Ronnie		Men 19-39	08:47.4	263	179
180	0:54:38	PICKERING, Nicola	Ware Joggers	Ladies Vet 45-54	08:47.5	475	180

181	0:54:41	HUDSON, Phil	Ware Joggers	Men's Vet 50-59	08:47.9	1	182
182	0:54:39	MCINTYRE, Morag		Ladies Vet 35-44	08:49.5	68	181
183	0:54:51	UDDIN, Shafi		Men 19-39	08:50.1	284	183
184	0:54:55	DOHERTY, Sarah		Ladies Vet 35-44	08:50.3	442	184
185	0:54:56	ROGERS, Robin	Ware Joggers	Men's Vet 60+	08:55.8	188	185
186	0:55:04	NAMAN, Colin		Men's Vet 50-59	08:56.5	133	186
187	0:55:15	BIRCH, Kevin		Men 19-39	08:56.9	94	187
188	0:55:30	GRITTON, Dan		Men 19-39	09:00.3	24	188
189	0:55:46	LAWSON, Stephen		Men Vet 50-59	09:00.4	76	189
190	0:55:52	NICHOLS, Terry		Men's Vet 60+	09:00.6	148	190
191	0:55:58	FARRAR, Ian		Men's Vet 50-59	09:00.7	159	191
192	0:55:58	SETHIA, Chandra		Men's Vet 40-49	09:00.7	155	192
193	0:56:01	STAERCK, Suzanne		Ladies Vet 35-44	09:01.7	212	193
194	0:56:07	EARNEY, Derek	Havering 90 Joggers	Men's Vet 40-49	09:05.1	315	194
195	0:56:19	RAMSDEN, Anne	Ware Joggers	Ladies Vet 55+	09:05.5	120	195
196	0:56:28	EARNEY, Derek		Men's Vet 40-49	09:05.5	478	196
197	0:56:32	BROWN, Chris		Men's Vet 40-49	09:05.7	80	197
198	0:56:32	GREEN, Carol		Ladies Vet 45-54	09:07.0	302	198
199	0:56:40	COOK, John	Loughton Athletic Club	Men's Vet 40-49	09:07.3	12	199
200	0:56:42	HOPKINS, Gill	Orion Harriers	Ladies Vet 45-54	09:07.5	224	200
201	0:56:43	BRUCE, Michael		Men's Vet 40-49	09:10.2	439	201
202	0:57:00	PETTIFER, Lorna	Pitsea RC - Duplicate number	Ladies Vet 35-44	09:10.2	244	202
203	0:57:00	MCCROHAN, Joan	Ware Joggers	Men 19-39	09:10.4	283	203
204	0:57:01	HUGGINS, Gary		Men 19-39	09:10.9	271	204
205	0:57:05	SHILLING, Dawn	Tiptree Road Runners	Ladies 19-34	09:11.4	275	205
206	0:57:07	GREEN, Paula		Ladies Vet 35-44	09:12.6	299	206
207	0:57:15	CHEAVEAU, Maria		Ladies Vet 45-54	09:12.8	232	207
208	0:57:16	RICHARDSON, Andy	Billericay Striders	Men's Vet 40-49	09:15.7	63	208
209	0:57:34	WRIGHT, Alexandra		Ladies 19-34	09:15.7	16	209
210	0:57:34	SOMERVILLE, Ann	Harlow Running Club	Ladies Vet 35-44	09:16.7	297	210
211	0:57:40	ROSSITER, Daniel		Men's Vet 40-49	09:18.3	140	211
212	0:57:45	CARTLEDGE, Simon		Men 19-39	09:18.0	460	212
213	0:57:50	SAVILL, Stuart		Men 19-39	09:19.5	122	213
214	0:57:56	KNIGHT, Petra		Ladies Vet 35-44	09:20.0	423	214
215	0:58:00	JENNER, Ben		Men 19-39	09:20.0	453	215
216	0:58:01	GONZALEZ, Lawrie		Men's Vet 50-59	09:20.7	454	216
217	0:58:02	JENNER, Chris		Mem's Vet 50-59	09:20.8	89	217
218	0:58:02	PIRRIE, David		Men 19-39	09:20.8	197	218
219	0:58:05	QUINLIVAN, Mick		Men's Vet 50-59	09:20.9	11	219
220	0:58:06	FITSALL, Simon		Men's Vet 40-49	09:21.2	137	220
221	0:58:07	HOWARD, Sarah		Ladies Vet 35-44	09:21.3	291	221
222	0:58:08	AYERS, Les		Men's Vet 40-49	09:21.5	6	222
223	0:58:10	KNIGHT, William		Men 19-39	09:22.9	424	223
224	0:58:19	MCCAYNA, John	Springfield Striders	Men's Vet 50-59	09:24.4	129	224
225	0:58:20	O'BRIEN, Sheila		Ladies Vet 45-54	09:24.5	276	225
226	0:58:28	LAKE, Christopher		Men's Vet 50-59	09:25.2	249	226
227	0:58:33	EMERICK, David E	Witham RC	Men's Vet 60+	09:26.8	182	227
228	0:58:43	PENFOLD, Keith	Havering 90 Joggers	Men's Vet 50-59	09:27.4	405	228
229	0:58:47	ROSE, Michael		Men's Vet 50-59	09:29.5	407	229
230	0:59:00	MARSON, Roger		Men's Vet 50-59	09:31.5	167	230
231	0:59:07	AHMED, Shahid			09:31.9	421	231
232	0:59:12	PRINCE, Alan	Ware Joggers	Ladies Vet 55+	09:31.8	461	232
233	0:59:14	WADDING, Margaret	Ware Joggers	Ladies Vet 35-44	09:32.0	194	233
234	0:59:15	NICHOLS, Claire	Havering 90 Joggers	Ladies Vet 35-44	09:35.8	230	234
235	0:59:39	JOHNSON, Sheona		Men's Vet 50-59	09:36.3	85	235
236	0:59:42	WARBOYS, Pip	Club Woodham	Men's Vet 40-49	09:36.8	432	236
237	0:59:45	WARNER, Paul	Club Woodham	Ladies 19-34	09:37.4	198	237
238	0:59:49	KNAPMAN, Gemma		Men 19-39	09:37.4	199	238
239	0:59:49	MORDECAI, Scott		Men's Vet 60+	09:38.6	268	239
240	0:59:56	SCHIRN, Mike		Ladies Vet 45-54	09:38.9	178	240
241	0:59:58	ALLEN, Elaine		Men 19-39	09:41.4	116	241

242	1:00:00	PAYNE, Chris	Havering Mayesbrook A.C.	Ladies Vet 45-54	09:41.5	220	242
243	1:00:14	RICHARDS, Claire		Men's Vet 40-49	09:41.8	296	243
244	1:00:16	DWYER, Ronald		Men 19-39	09:42.4	418	244
245	1:00:20	OZTURK, Ekim		Men 19-39	09:43.1	440	245
246	1:00:24	HOURIHAM, Declan	Chingford Orion Harriers	Men 19-39	09:44.2	437	246
247	1:00:31	BUMFREY, Deborah	Ware Joggers	Ladies Vet 55+	09:44.8	61	247
248	1:00:35	STRINGER, Valerie	Harlow Running Club	Ladies Vet 35-44	09:44.8	52	248
249	1:00:35	ATTRIDGE, Debbie	Harlow Running Club	Men's Vet 60+	09:47.1	179	249
250	1:00:49	SEYMOUR, Derek		Ladies 19-34	09:47.1	176	250
251	1:00:49	TOTTINGHAM, Jane		Ladies 19-34	09:48.2	202	251
252	1:00:56	CUBBONS, Lisa		Ladies Vet 35-44	09:48.4	5	252
253	1:00:57	CLARKE, Karen	Purple Patch	Men's Vet 40-49	09:51.1	312	253
254	1:01:14	CUMMINS, Ian	Purple Patch	Ladies Vet 45-54	09:51.7	75	254
255	1:01:18	CUMMINS, Caroline		Ladies Vet 45-54	09:51.7	74	255
256	1:01:18	PORTER, Heather Ann	Ware Joggers	Men's Vet 60+	09:52.1	26	256
257	1:01:20	STRINGER, Roy	Orion Harriers	Ladies Vet 45-54	09:55.9	51	257
258	1:01:44	EDWARDS, Janet		Ladies Vet 35-44	09:59.0	66	258
259	1:02:03	BRADBURY, Rachel		Ladies 19-34	09:59.0	303	259
260	1:02:03	PRINCE, Tiffany		Men's Vet 40-49	09:59.6	124	260
261	1:02:05	SIGMUND, John		Ladies Vet 55+	09:59.7	309	261
262	1:02:07	SUTHERLAND, Christine		Ladies Vet 35-44	09:59.8	304	262
263	1:02:08	PEARSON, Alison		Ladies Vet 35-44	09:59.8	83	263
264	1:02:08	SAMMONS, Lorraine		Men's Vet 50-59	10:03.7	19	264
265	1:02:32	WAUGH, Steve		Men 19-39	10:06.2	464	265
266	1:02:43	CHEAVEAU, David		Men's Vet 50-59	10:08.3	131	266
267	1:02:48	BURCHETT, Paul	Havering 90 Joggers	Men's Vet 60+	10:08.5	144	267
268	1:02:53	MCNAIR, Nicola		Ladies Vet 45-54	10:08.7	240	268
269	1:03:01	RAMAGE, Joanna		Ladies Vet 35-44	10:09.1	258	269
270	1:03:06	NIMMICK, Louise		Ladies Vet 35-44	10:12.2	130	270
271	1:03:19	RAMAGE, Phillip		Men 19-39	10:12.5	298	271
272	1:03:25	SAMMONS, John Paul		Men 19-39	10:12.8	403	272
273	1:03:29	BALL, Karen	Orion Harriers	Ladies Vet 35-44	10:14.9	450	273
274	1:03:42	LORD, Brian		Men's Vet 60+	10:17.7	173	274
275	1:03:53	RAMSDEN, Chris	Ware Joggers	Men's Vet 50-59	10:17.9	209	275
276	1:03:59	REVELENT, Michelle		Ladies 19-34	10:18.9	228	276
277	1:04:07	POLLARD, John		Men's Vet 40-49	10:23.8	267	277
278	1:04:37	GILLIE, Sheila		Ladies Vet 45-54	10:24.1	466	278
279	1:04:39	PLANT, Alex		Men 19-39	10:31.3	314	279
280	1:05:24	PLANT, Philip		Men 19-39	10:40.2	472	280
281	1:06:19	SIGMUND, Sally		Ladies Vet 45-54	10:40.2	125	281
282	1:06:19	BARFORD, Joanne		Ladies Vet 35-44	10:40.3	471	282
283	1:06:19	GARBUTT, Chris		Men 19-39	10:40.5	313	283
284	1:06:21	COTTRELL, Michael		Men's Vet 60+	10:40.5	445	284
285	1:06:21	ROBERTS, John W.A.		Men's Vet 60+	10:44.0	170	285
286	1:06:21	ADLER, Leslie Frank	HJ90	Men's Vet 60+	10:44.5	448	286
287	1:06:43	JEFFERSON, Lewis	Loughborough Students	Men 19-39	10:45.2	175	287
288	1:06:50	SHORNEY, Gail		Ladies 19-34	10:45.2	459	288
289	1:06:50	GIGG, Denise		Ladies Vet 45-54	10:47.7	119	289
290	1:06:59	HOURIHAN, Daclan		Men 19-39	10:47.9	435	290
291	1:07:06	WEYMOUTH, Thomas		Men 19-39	10:57.1	233	291
292	1:07:06	DYMOND, Liz		Ladies Vet 45-54	10:57.1	91	292
293	1:07:54	KENNEDY, Margaret		Men's Vet 50-59	10:58.5	261	293
294	1:08:04	KENNEDY, Sheila		Ladies Vet 45-54	11:00.6	274	294
295	1:08:26	SOMERVILLE, David	Harlow Running Club	Men's Vet 40-49	11:00.6	273	295
296	1:08:26	PALMER, Stu	Club Woodham	Men 19-39	11:00.9	400	296
297	1:08:28	SMITH, Sally		Ladies Vet 35-44	11:01.6	139	297
298	1:08:28	LADELL, Brian		Men's Vet 60+	11:02.0	200	298
299	1:08:32	BOOR, Sally		Ladies 19-34	11:02.4	414	299
300	1:08:37	LORD, Elizabeth		Ladies 35-44	11:08.7	94	300
301	1:09:08	STREET, Louise		Ladies 55+	11:10.5	172	301
302	1:09:14	WITCHALLS, Roy		Men's Vet 60+	11:10.6	195	302

303	1:09:16	BLISS, Tracy		Ladies 35-44	11:25.9	402	303
304	1:11:03	BOULTON, Norman		Men's Vet 40-49	12:05.3	136	304
305	1:12:26	EMERICK, Naomi A	Witham RC	Ladies Vet 55+	12:20.0	135	305
306	1:12:27	HEYWOOD, John		Men's Vet 60+	12:22.6	181	306
307	1:15:08	ARMOUR, Zarina	Vegan Runner	Ladies Vet 35-44	12:43.9	174	307
308	1:18:06	HURFORD, Brian		Men's Vet 60+	12:44.7	316	308
309	1:19:08	HURFORD, Anne	Herts Phoenix	Ladies Vet 55+	12:45.0	251	309
310	1:19:15	NORTH, Tracey		Ladies 19-34	12:46.3	250	310
311	1:19:23	EARNEY, Claire	Havering 90 Joggers	Ladies Vet 45-54	13:43.3	234	311

Sunday 5 July 2009. 11:00 am

Results for All Competitors in finish order.