

Overall Pos	Cat Pos	Name	Team	RaceNo	Category	Gender	Time	Chip Time
1	1	PAUL ADAMS	ST ALBANS STRIDERS	412	MAII Ages	M	00:56:22	00:56:19
2	2	ANDREW MYNOTT	SAFFRON STRIDERS	233	MAII Ages	M	00:57:53	00:57:50
3	3	WAYNE BELL		408	MAII Ages	M	00:59:07	00:59:05
4	4	GRAHAM RUSH		276	MAII Ages	M	00:59:46	00:59:44
5	5	CRAIG HALSEY	FAIRLANDS VALLEY SPARTANS	449	MAII Ages	M	01:00:13	01:00:09
6	1	DAVE DESBOROUGH	GARDEN CITY RUNNERS	76	MM50+	M	01:01:25	01:01:22
7	6	DARA BRENNAN	ENFIELD AND HARRINGEY	39	MAII Ages	M	01:01:33	01:01:29
8	1	SCOTT AITKEN	TRENT PARK	435	MM40+	M	01:01:51	01:01:47
9	7	ANGUS SMITHSON		307	MAII Ages	M	01:02:11	01:02:07
10	8	SIMON SHAW	TEAM TRISPORTS	292	MAII Ages	M	01:03:06	01:03:01
11	9	MARK BOULTON	EAST LONDON RUNNERS	34	MAII Ages	M	01:03:20	01:03:15
12	2	PETER HARVEY	GARDEN CITY RUNNERS	130	MM40+	M	01:03:33	01:03:28
13	10	STEVEN DAWKINS	WOODFORD GREEN	445	MAII Ages	M	01:03:37	01:03:32
14	3	ROB LOWE	HARLOW RC	461	MM40+	M	01:03:46	01:03:41
15	4	JAMIE JEPHCOTT	HARLOW RC	164	MM40+	M	01:04:42	01:04:36
16	5	SEAN BOWEN	GARDEN CITY RUNNERS	35	MM40+	M	01:04:43	01:04:41
17	2	BRIAN WHITE	TEAM TRISPORTS	331	MM50+	M	01:04:58	01:04:56
18	3	DAVID POMEROY		345	MM50+	M	01:05:34	01:05:32
19	6	ROBERT MAST		210	MM40+	M	01:05:44	01:05:38
20	11	NICK MAYERS		211	MAII Ages	M	01:05:50	01:05:45
21	4	JOHN LYNCH	MORNINGTON CHASERS	203	MM50+	M	01:06:16	01:06:10
22	12	BEN WALSH		423	MAII Ages	M	01:06:33	01:06:27
23	1	ALISON WOOD	FAIRLANDS VALLEY SPARTANS	339	FF45+	F	01:07:51	01:07:45
24	1	FIONA HALLS	SAFFRON STRIDERS	125	FF35+	F	01:08:02	01:07:57
25	13	DARREN BENTLEY		30	MAII Ages	M	01:08:39	01:08:34
26	14	JOSEPH DUNN	ST ALBANS STRIDERS	83	MAII Ages	M	01:09:29	01:09:23
27	15	ROBERT DIXON	DERWENT AC	463	MAII Ages	M	01:09:36	01:09:28
28	7	ALAN ROUTLEDGE	GARDEN CITY RUNNERS	273	MM40+	M	01:09:40	01:09:33
29	8	GRAEME ARMSTRONG	BROXBOURNE RUNNERS	8	MM40+	M	01:09:50	01:09:45
30	16	CHRIS GREENWOOD		122	MAII Ages	M	01:09:54	01:09:47
31	17	BRENDAN CASHMAN	ST ALBANS STRIDERS	47	MAII Ages	M	01:09:55	01:09:48
32	5	PETER FITZPATRICK	HERTS PHOENIX AC	101	MM50+	M	01:09:56	01:09:50
33	1	STUART MANN	HERTS PHOENIX AC	208	MM60+	M	01:09:56	01:09:51
34	2	JO NEWENS		347	FF35+	F	01:09:56	01:09:56
35	9	DAVID COX	THURROCK NOMADS	66	MM40+	M	01:10:29	01:10:21
36	18	STEPHEN NEWING	CODE VALLEY WARRIERS	426	MAII Ages	M	01:10:38	01:10:33
37	19	ARRON ZITVER	WARE JOGGERS	344	MAII Ages	M	01:10:46	01:10:40
38	10	RICHARD SOMERSET	GARDEN CITY RUNNERS	308	MM40+	M	01:10:56	01:10:50
39	20	JOHNATHAN JOHNSON		165	MAII Ages	M	01:11:01	01:10:49
40	1	GEMMA MCKELVEY	DAVID LLOYD	213	FAII Ages	F	01:11:24	01:11:24
41	11	GRANT PIRIE		253	MM40+	M	01:11:33	01:11:33
42	2	RACHAEL LEE	ST ALBANS STRIDERS	189	FAII Ages	F	01:11:50	01:11:39
43	6	TIM KELLY	BISHOP'S STORTFORD RC	172	MM50+	M	01:11:56	01:11:51
44	21	ROBERT CABLE		45	MAII Ages	M	01:11:58	01:11:53
45	12	CHRIS DUNHAM	BISHOP'S STORTFORD RC	82	MM40+	M	01:12:01	01:11:53
46	13	MARK CYL	WARE JOGGERS	69	MM40+	M	01:12:02	01:11:53
47	2	PETER DUKES		81	MM60+	M	01:12:19	01:12:10
48	3	PASQUALE PELLECCCHIA	HARLOW RC	251	MM60+	M	01:12:24	01:12:19
49	3	DIONNE JONES	HARLOW RC	166	FF35+	F	01:12:45	01:12:37
50	14	TONY O'SULLIVAN	WARE JOGGERS	243	MM40+	M	01:12:53	01:12:44
51	15	JOHN NICHOL	BISHOP'S STORTFORD RC	235	MM40+	M	01:13:02	01:12:54
52	22	JAMIE LUCK	HARLOW RC	416	MAII Ages	M	01:13:11	01:13:01
53	16	MARTIN AIKEN		433	MM40+	M	01:13:11	01:13:00
54	17	IAN RODGERS	BISHOP'S STORTFORD RC	271	MM40+	M	01:13:23	01:13:13
55	2	CELIA FINDLAY	DAVID LLOYD PACERS	99	FF45+	F	01:13:39	01:13:34
56	7	DAVID EDWARDS	GARDEN CITY RUNNERS	86	MM50+	M	01:13:42	01:13:32
57	3	CAMILLA RAY	MORNINGTON CHASERS	264	FAII Ages	F	01:13:54	01:13:48
58	4	GAIL THRELFALL		321	FF35+	F	01:13:59	01:13:48
59	3	JANE NODDER	MORNINGTON CHASERS	237	FF45+	F	01:14:00	01:13:54
60	18	KEITH SAVILL	SAFFRON STRIDERS	284	MM40+	M	01:14:13	01:14:03
61	8	ANDREW MCMILLAN		216	MM50+	M	01:14:15	01:14:03
62	19	BRIAN PAXTON		250	MM40+	M	01:14:17	01:14:17
63	9	DENNIS ADAMS	WARE JOGGERS	431	MM50+	M	01:14:52	01:14:47
64	20	JEREMY BUSS	WALDEN TRI CLUB	421	MM40+	M	01:14:54	01:14:38
65	10	MIKE DAVIES		465	MM50+	M	01:14:55	01:14:55
66	21	MARTIN VAN TOL		322	MM40+	M	01:15:01	01:14:55

Overall Pos	Cat Pos	Name	Team	RaceNo	Category	Gender	Time	Chip Time
67	22	CHRIS DYKE		84	MM40+	M	01:15:06	01:14:58
68	23	TIM SABAN	GARDEN CITY RUNNERS	281	MM40+	M	01:15:16	01:15:05
69	24	ANDY HILLER		144	MM40+	M	01:15:20	01:15:10
70	23	JAMES POWELL	BISHOP'S STORTFORD RC	257	MAI1 Ages	M	01:15:22	01:15:14
71	25	COLUM SHARKEY		290	MM40+	M	01:15:26	01:15:18
72	5	NATASHA SCOTT	HAVERHILL RUNNING CLUB	287	FF35+	F	01:15:27	01:15:18
73	1	AVRIL RIDDELL	MORNINGTON CHASERS	268	FF55+	F	01:15:41	01:15:36
74	24	JON MOULDING		227	MAI1 Ages	M	01:15:49	01:15:44
75	4	JACKIE MACLANNAN	DAVID LLOYD PACERS	205	FAI1 Ages	F	01:16:07	01:16:02
76	11	GRAHAM PUGH	HARLOW RC	262	MM50+	M	01:16:14	01:16:09
77	12	IAN ELLERY	BTF	92	MM50+	M	01:16:16	01:16:08
78	13	GRAHAM STATTER	BISHOP'S STORTFORD RC	309	MM50+	M	01:16:21	01:16:13
79	25	BEN LIVERMORE	NORTH LONDON JOGGERS	427	MAI1 Ages	M	01:16:30	01:16:25
80	14	CHRIS BROLLY	BISHOP'S STORTFORD RC	41	MM50+	M	01:16:40	01:16:25
81	26	BENJAMIN HISCUIT		145	MAI1 Ages	M	01:16:45	01:16:22
82	26	MATTHEW JONES	HARLOW RC	349	MM40+	M	01:16:50	01:16:50
83	6	CLAIRE RUSSELL	HARLOW RC	277	FF35+	F	01:17:08	01:16:57
84	27	PETE BREWIN	HARLOW RC	40	MAI1 Ages	M	01:17:11	01:17:00
		DARREN SMITH		305		M	01:17:12	01:17:12
85	28	MATTHEW HALL		124	MAI1 Ages	M	01:17:13	01:17:05
86	15	DARYL GREEN	BISHOP'S STORTFORD RC	119	MM50+	M	01:17:17	01:17:00
87	7	SHARON PARRY	ALLENBURYS	247	FF35+	F	01:17:17	01:17:00
88	16	MARK WILLIAMS	WITHAM RUNNING CLUB	335	MM50+	M	01:17:17	01:17:05
89	4	CAROLYN BELL	DAVID LLOYD	29	FF45+	F	01:17:18	01:17:12
90	27	TREVOR SETTERFIELD	FAIRLANDS VALLEY SPARTANS	289	MM40+	M	01:17:28	01:17:17
91	8	ISSY HOMAN		153	FF35+	F	01:17:35	01:17:20
92	17	ALEX MACFARLANE		204	MM50+	M	01:17:36	01:17:24
93	28	STEPHEN ELLIS		454	MM40+	M	01:17:41	01:17:29
94	29	ARTHUR OLIVA	SAFFRON STRIDERS	432	MM40+	M	01:17:49	01:17:40
95	29	MARC LOWERS	HARLOW RC	198	MAI1 Ages	M	01:17:55	01:17:42
96	30	STUART BALLARD	WARE JOGGERS	17	MM40+	M	01:17:57	01:17:44
97	31	ANDREW MOUNTFORD		228	MM40+	M	01:18:07	01:17:52
98	32	PHILIP CHAPLIN	BISHOP'S STORTFORD RC	51	MM40+	M	01:18:09	01:17:49
99	30	RICK HOLE	GARDEN CITY RUNNERS	415	MAI1 Ages	M	01:18:12	01:17:53
100	31	ILKO TOMOV		424	MAI1 Ages	M	01:18:14	01:17:55
101	32	JAMES DOUGHTY		77	MAI1 Ages	M	01:18:26	01:18:05
102	33	JONATHAN BRASSFIELD		38	MAI1 Ages	M	01:18:29	01:18:18
103	34	GAVIN BABBAGE		12	MAI1 Ages	M	01:18:31	01:18:20
104	18	JOHN WIGENS	HARTHAM COMMONERS	334	MM50+	M	01:18:41	01:18:21
105	33	RUSSELL JACKSON		160	MM40+	M	01:18:46	01:18:31
106	5	REBECCA O'SHEA	GARDEN CITY RUNNERS	468	FAI1 Ages	F	01:18:52	01:18:44
107	19	BOB SAELDRICK	WARE JOGGERS	467	MM50+	M	01:18:53	01:18:26
108	20	JOHN DAVIS	GARDEN CITY RUNNERS	72	MM50+	M	01:19:00	01:18:37
109	35	ORVILLE ARCHER	GARDEN CITY RUNNERS	414	MAI1 Ages	M	01:19:04	01:18:52
110	5	CAROL REID	GARDEN CITY RUNNERS	265	FF45+	F	01:19:06	01:18:52
111	4	ALAN WILSON	BISHOP'S STORTFORD RC	436	MM60+	M	01:19:11	01:18:54
112	6	LUCY KENNEDY		174	FAI1 Ages	F	01:19:15	01:18:58
113	36	DAVID GREAVES		117	MAI1 Ages	M	01:19:18	01:19:09
114	7	GEMMA THAKE	SAFFRON STRIDERS	318	FAI1 Ages	F	01:19:20	01:19:06
115	21	VINCE HAYWARD	HARLOW RC	134	MM50+	M	01:19:33	01:19:12
116	37	ANDREW ROWLAND		275	MAI1 Ages	M	01:19:39	01:19:14
117	34	LLOYD ADAMS		1	MM40+	M	01:19:44	01:19:18
118	35	BRYAN HOLLAND		149	MM40+	M	01:19:44	01:19:21
119	22	RICHARD DERRICK	ST ALBANS STRIDERS	458	MM50+	M	01:19:47	01:19:26
120	36	PERRY GEAR	GARDEN CITY RUNNERS	413	MM40+	M	01:19:50	01:19:31
121	38	PETER BIGGS		31	MAI1 Ages	M	01:19:56	01:19:39
122	37	RICHARD HILL		143	MM40+	M	01:20:05	01:19:56
123	6	JAYNE SHEPHERD	BISHOP'S STORTFORD RC	294	FF45+	F	01:20:14	01:20:05
124	23	KEITH ALLEN	ALLENBURYS	6	MM50+	M	01:20:16	01:20:07
125	38	JONATHAN MOYE		229	MM40+	M	01:20:19	01:20:10
126	39	OZZY OSMAN		242	MM40+	M	01:20:28	01:20:22
127	24	BARRY ELDER		88	MM50+	M	01:20:42	01:20:27
128	39	IAN HAYTER		133	MAI1 Ages	M	01:20:42	01:20:34
129	40	ALAN FINDLAY	BISHOP'S STORTFORD RC	452	MM40+	M	01:20:45	01:20:30
130	25	PETER AYLING	HARLOW RC	10	MM50+	M	01:20:47	01:20:33
131	5	IAN MCCLYMONT	BISHOP'S STORTFORD RC	212	MM60+	M	01:21:00	01:20:51

Overall Pos	Cat Pos	Name	Team	RaceNo	Category	Gender	Time	Chip Time
132	7	KAVITA GOOCH		112	FF45+	F	01:21:03	01:20:48
133	40	CHRIS LEADBEATER		187	MAII Ages	M	01:21:10	01:20:55
134	8	JULIE ROBINSON	ORION HARRIERS	425	FF45+	F	01:21:26	01:21:11
135	6	THOMAS REYNOLDS		428	MM60+	M	01:21:29	01:21:20
136	9	MARIA CHALK		48	FF35+	F	01:21:36	01:21:07
137	41	TAYLOR WILSON	MPAA	438	MM40+	M	01:21:38	01:21:29
138	41	JAMES REID	WARE JOGGERS	266	MAII Ages	M	01:21:40	01:21:25
139	42	NIGEL KIBLER		176	MAII Ages	M	01:21:47	01:21:32
140	10	JO THOMPSON		320	FF35+	F	01:21:55	01:21:40
141	43	JASON CHAMPION	BROXBOURNE RUNNERS	50	MAII Ages	M	01:22:00	01:21:43
142	44	ROBIN CHAPPLE		52	MAII Ages	M	01:22:03	01:21:52
143	11	BEVERLEY MCLEES		214	FF35+	F	01:22:03	01:21:42
144	12	JOANNE COLEMAN	DAVID LLOYD	57	FF35+	F	01:22:06	01:21:45
145	7	JOHN BAKER	BISHOP'S STORTFORD RC	13	MM60+	M	01:22:18	01:22:09
146	2	SHIRLEY BALL	BISHOP'S STORTFORD RC	16	FF55+	F	01:22:29	01:22:21
147	42	RICHARD SHEFFIELD		434	MM40+	M	01:22:29	01:22:09
148	26	PASCAL MCMANMON	WARE JOGGERS	215	MM50+	M	01:22:58	01:22:41
149	45	DANIEL HAWKING		132	MAII Ages	M	01:23:07	01:22:53
150	13	NICHOLA KAY	BROXBOURNE RUNNERS	170	FF35+	F	01:23:10	01:22:53
151	9	JANE NICHOLLS	BROXBOURNE RUNNERS	236	FF45+	F	01:23:10	01:22:49
152	43	ROB SKELTON		418	MM40+	M	01:23:13	01:22:54
153	44	JOHAN PREIS	GARDEN CITY RUNNERS	258	MM40+	M	01:23:16	01:22:56
154	8	LIAM EPLETT	GARDEN CITY RUNNERS	94	MM60+	M	01:23:18	01:22:58
155	46	GARY BEESTON	BENFLEET RC	25	MAII Ages	M	01:23:21	01:23:02
156	14	RACHAEL LITTLE		194	FF35+	F	01:23:39	01:23:21
157	47	DAVID O'NEILL	ST ALBANS STRIDERS	240	MAII Ages	M	01:23:50	01:23:33
158	48	DARRELL OSBORNE		241	MAII Ages	M	01:23:52	01:23:37
159	49	STUART SALT		282	MAII Ages	M	01:23:53	01:23:42
160	45	PAUL HART	TRENT PARK	129	MM40+	M	01:24:05	01:23:50
161	15	LINDSAY MELLING		218	FF35+	F	01:24:12	01:23:48
162	50	COLIN ALABASTER	WARE JOGGERS	2	MAII Ages	M	01:24:19	01:24:05
163	16	JANICE PAGE	HARLOW RC	245	FF35+	F	01:24:34	01:24:20
164	46	DAVID PAGE	HARLOW RC	246	MM40+	M	01:24:34	01:24:20
165	47	RICHARD BANNISTER		466	MM40+	M	01:24:41	01:24:31
166	27	PETER COWLEY		417	MM50+	M	01:24:51	01:24:45
167	9	PETER WENZEL	BISHOP'S STORTFORD RC	329	MM60+	M	01:25:17	01:25:08
168	51	FRASER MUNRO		230	MAII Ages	M	01:25:19	01:25:07
169	10	PETER CLEGG		56	MM60+	M	01:25:23	01:25:00
170	52	PAUL LISTER		193	MAII Ages	M	01:25:32	01:25:17
171	17	HELEN PLUMLEY		448	FF35+	F	01:25:37	01:25:23
172	48	ANTHONY FITZGERALD	FETCH EVERYONE RC	100	MM40+	M	01:25:42	01:25:27
173	10	HARRIET WYATT	BISHOP'S STORTFORD RC	343	FF45+	F	01:26:07	01:25:58
174	49	JOANNE CORPE		62	MM40+	M	01:26:15	01:25:52
175	50	LEE PROWSE	GRANGE FARM & DUNMOW RUNNERS	261	MM40+	M	01:26:15	01:26:04
176	53	STEPHEN POCOCK	NYRR	255	MAII Ages	M	01:26:18	01:26:03
177	28	ROBERT WADDINGHAM	WARE JOGGERS	324	MM50+	M	01:26:20	01:26:01
178	54	PHIL CHATMAN		53	MAII Ages	M	01:26:33	01:26:09
179	11	DAVE GREENHAM	HAVERHILL RUNNING CLUB	420	MM60+	M	01:26:47	01:26:39
180	8	SAIRA KARIM	BISHOP'S STORTFORD RC	168	FAII Ages	F	01:26:53	01:26:38
181	55	SIMON LAIT	WARE JOGGERS	183	MAII Ages	M	01:26:54	01:26:39
182	12	IAN BAKER		14	MM60+	M	01:27:07	01:26:50
183	56	STEVE KING		348	MAII Ages	M	01:27:07	01:26:52
184	51	GOODMAN	BIGGLESWADE AC	450	MM40+	M	01:27:10	01:26:55
185	57	BEN GREENE		120	MAII Ages	M	01:27:19	01:27:05
186	52	HOWARD KNIGHT		181	MM40+	M	01:27:19	01:27:04
187	18	TRUDY LYNCH	BISHOP'S STORTFORD RC	202	FF35+	F	01:27:25	01:27:07
188	19	ANNA SIMPSON	FAIRLANDS VALLEY SPARTANS	299	FF35+	F	01:27:33	01:27:18
189	58	ROB SAUNDERS	WARE JOGGERS	283	MAII Ages	M	01:27:34	01:27:19
190	9	ZOE COOK	BROXBOURNE RUNNERS	59	FAII Ages	F	01:27:45	01:27:30
191	20	SUE ALBISTON	BISHOP'S STORTFORD RC	451	FF35+	F	01:27:48	01:27:33
192	29	MARK BLANCHARD	WARE JOGGERS	33	MM50+	M	01:27:50	01:27:33
193	53	COLIN GRACE	WARE JOGGERS	115	MM40+	M	01:27:51	01:27:33
194	54	WAYNE AYLOTT	GARDEN CITY RUNNERS	11	MM40+	M	01:27:54	01:27:49
195	55	HUGH BRADY	LONDON HEATHSIDE	37	MM40+	M	01:27:54	01:27:33
196	21	RAFAELE LAMOUR	MORNINGTON CHASERS	184	FF35+	F	01:28:00	01:27:51
197	56	ANDY JAY	FAIRLANDS VALLEY SPARTANS	162	MM40+	M	01:28:01	01:27:46

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198	10	KAREN COUZINS	ALLENBURYS	63	FAll Ages	F	01:28:17	01:27:59
199	22	CLAIRE FLACK		102	FF35+	F	01:28:20	01:28:00
200	59	RICHARD EARL	WARE JOGGERS	85	MAIi Ages	M	01:28:43	01:28:26
201	57	MARTIN LUMSDEN		199	MM40+	M	01:28:46	01:28:28
202	60	PAUL MIDDLETON		219	MAIi Ages	M	01:28:49	01:28:37
203	58	STEPHEN KANE	ST ALBANS STRIDERS	167	MM40+	M	01:28:55	01:28:34
204	11	JUDE MANSER	WARE JOGGERS	209	FF45+	F	01:29:04	01:28:49
205	59	DAVID HEMINGWAY		138	MM40+	M	01:29:06	01:28:55
206	60	PAUL BROOKS	LUTON AC	443	MM40+	M	01:29:12	01:28:52
207	11	NICOLE HOBBS	DAVID LLOYD	148	FAll Ages	F	01:29:21	01:28:58
208	61	JON SCARISBRICK		285	MM40+	M	01:29:32	01:29:06
209	61	STEVEN BAXTER		22	MAIi Ages	M	01:29:39	01:29:19
210	23	KIMBERLEY MANGELSHOT	WARE JOGGERS	207	FF35+	F	01:29:51	01:29:26
211	62	CHRIS SHELDRIK		293	MM40+	M	01:29:56	01:29:30
212	24	DAWN ALDRIDGE	DAVID LLOYD	3	FF35+	F	01:30:05	01:29:46
213	63	MIKE SUCKLING		311	MM40+	M	01:30:05	01:30:05
214	12	KAREN LEAVENS		188	FF45+	F	01:30:07	01:29:49
215	64	DAVID GRIDLEY	HAVERING 90	464	MM40+	M	01:30:14	01:30:03
216	62	CHRISTOPHER HOLT		151	MAIi Ages	M	01:30:39	01:30:14
217	63	MARTIN SMITH		301	MAIi Ages	M	01:30:49	01:30:24
218	64	PHIL ROUGH		272	MAIi Ages	M	01:31:03	01:30:43
219	12	ALISON GIBSON	WARE JOGGERS	108	FAll Ages	F	01:31:06	01:30:49
220	13	CAROLINE CUMMINS	DAGENHAM88RUNNERS	67	FF45+	F	01:31:24	01:31:04
221	65	IAN CUMMINS	DAGENHAM88RUNNERS	68	MM40+	M	01:31:24	01:31:04
222	13	LAURA NASTRI	WARE JOGGERS	234	FAll Ages	F	01:31:26	01:30:58
223	30	CHRIS HILL	HALSTEAD ROAD RUNNERS	141	MM50+	M	01:31:33	01:31:09
224	65	ANDREW MALES		206	MAIi Ages	M	01:31:40	01:31:22
225	13	RON LUCK	HARLOW RC	401	MM60+	M	01:31:41	01:31:36
226	31	RICHARD BARKER	SPRINGFIELD STRIDERS	18	MM50+	M	01:31:49	01:31:21
227	66	KARL WALSH	WARE JOGGERS	326	MAIi Ages	M	01:31:57	01:31:28
228	25	SARAH HOWARD	WARE JOGGERS	154	FF35+	F	01:31:58	01:31:33
229	66	MARK COUZINS	ALLENBURYS	64	MM40+	M	01:32:08	01:31:45
230	3	SANDRA RICHARDSON	GARDEN CITY RUNNERS	267	FF55+	F	01:32:14	01:31:49
231	14	RICHARD WHITING	HERTS PHOENIX AC	332	MM60+	M	01:32:22	01:31:57
232	67	CHRIS JOHNSON	SWEATSHOP	444	MAIi Ages	M	01:32:28	01:32:09
233	68	MATTHEW CORKER		61	MAIi Ages	M	01:32:30	01:32:03
234	1	PAULINE LYGO	BARNET & DISTRICT AC	201	FF65+	F	01:32:36	01:32:17
235	67	CARL RIDOUT		269	MM40+	M	01:32:40	01:32:21
236	26	F DURRANT		441	FF35+	F	01:32:50	01:32:31
237	14	GEMMA KIRKHAM		179	FAll Ages	F	01:33:03	01:32:43
238	15	KRISTINA LOHMAR		197	FAll Ages	F	01:33:09	01:32:58
239	16	JOANNE HART	WARE JOGGERS	128	FAll Ages	F	01:33:15	01:33:03
240	27	HELEN HUMPHRIES	WARE JOGGERS	346	FF35+	F	01:33:18	01:32:58
241	32	G BARNETT	BARNET & DISTRICT AC	21	MM50+	M	01:33:21	01:32:58
242	17	PAULA HOLT		152	FAll Ages	F	01:33:29	01:33:08
243	18	CAROLINE BARNETT		20	FAll Ages	F	01:33:36	01:33:15
244	4	KAREN MOIR	HARLOW RC	220	FF55+	F	01:33:36	01:33:15
245	28	NICOLA REES		439	FF35+	F	01:33:41	01:33:24
246	33	PETER ALLEN	BISHOP'S STORTFORD RC	5	MM50+	M	01:33:42	01:33:21
247	34	ROBERT DAVIES		71	MM50+	M	01:34:04	01:33:44
248	29	LIZ SIMMONDS	BEDFORD HARRIERS	298	FF35+	F	01:34:10	01:33:56
249	5	JANE MOLLOY	WATFORD JOGGERS	221	FF55+	F	01:34:11	01:33:50
250	30	CHRISTY VAN MAANENBERG		462	FF35+	F	01:34:14	01:33:53
251	14	JANE FAIK	DAVID LLOYD	98	FF45+	F	01:34:34	01:34:13
252	15	JANET HOBBS	DAVID LLOYD	147	FF45+	F	01:34:34	01:34:13
253	1	ANTHONY HAMILTON	BARNET & DISTRICT AC	126	MM70+	M	01:34:38	01:34:14
254	31	KATE LIDDIARD	WARE JOGGERS	190	FF35+	F	01:34:40	01:34:19
255	32	MICALA DRAKE	ORION HARRIERS	79	FF35+	F	01:34:42	01:34:28
256	68	PETER BYRD		407	MM40+	M	01:34:49	01:34:34
257	19	LAURA SIMMONDS	GARDEN CITY RUNNERS	297	FAll Ages	F	01:35:01	01:34:39
258	69	JAMES KAVANAGH		169	MAIi Ages	M	01:35:22	01:35:01
259	69	MARK WINES		446	MM40+	M	01:35:24	01:35:02
260	15	TRACE ALLEN	GARDEN CITY RUNNERS	405	MM60+	M	01:35:30	01:35:13
261	20	SAMANTHA SMITH		304	FAll Ages	F	01:35:33	01:35:09
262	70	PHIL HUMPHREYS		456	MAIi Ages	M	01:35:35	01:35:15
263	71	NEIL GARTON		106	MAIi Ages	M	01:35:50	01:35:30

Overall Pos	Cat Pos	Name	Team	RaceNo	Category	Gender	Time	Chip Time
264	16	CLIFF MOORE		223	MM60+	M	01:35:53	01:35:42
265	16	SAM ROWE	WARE JOGGERS	274	FF45+	F	01:35:59	01:35:45
266	33	HELEN GODGUON		406	FF35+	F	01:35:59	01:35:44
267	17	IAN PRITCHARD		260	MM60+	M	01:36:08	01:36:00
268	17	ANN MICHAELS		410	FF45+	F	01:36:11	01:35:53
269	34	ELEANOR COWAN	BISHOP'S STORTFORD RC	65	FF35+	F	01:36:14	01:36:03
270	70	STEPHEN SMITH		306	MM40+	M	01:36:31	01:36:09
271	72	MIKE WOODROW		341	MAII Ages	M	01:36:33	01:36:12
272	18	EMMA NIXON	BISHOP'S STORTFORD RC	457	FF45+	F	01:36:46	01:36:34
273	35	MICHELE TEAGLE	DAVID LLOYD	315	FF35+	F	01:36:52	01:36:29
274	35	NICK GILROY		110	MM50+	M	01:37:12	01:36:46
275	73	PAUL WEEKES		327	MAII Ages	M	01:37:22	01:37:04
276	21	SARAH WHITSON	VEGAN RUNNERS	333	FAII Ages	F	01:37:24	01:37:04
277	18	PAUL LUTON	WARE JOGGERS	200	MM60+	M	01:37:42	01:37:16
278	36	PAUL BLAKE		455	MM50+	M	01:37:51	01:37:28
279	36	JULIE KEEN		429	FF35+	F	01:38:11	01:37:48
280	37	MELISSA INGRAM		430	FF35+	F	01:38:11	01:37:48
281	19	CAROL HILL	HALSTEAD ROAD RUNNERS	142	FF45+	F	01:38:32	01:38:06
282	38	LAINY TAVERNER		442	FF35+	F	01:38:33	01:38:10
283	6	GAIL BARKER	SPRINGFIELD STRIDERS	19	FF55+	F	01:38:42	01:38:19
284	20	LINDSAY BROWN		42	FF45+	F	01:38:44	01:38:21
		KEITH PIRIE		253		M	01:38:44	01:38:21
285	37	IAN KEMP		173	MM50+	M	01:38:44	01:38:17
286	21	LOUISE SMITH	GARDEN CITY RUNNERS	302	FF45+	F	01:38:44	01:38:21
287	71	IAN GLASSCOCK		469	MM40+	M	01:38:44	01:38:21
288	22	DAWN CLARK		459	FF45+	F	01:38:47	01:38:21
289	23	CATH GOLDER		409	FF45+	F	01:38:59	01:38:42
		GRAEME McTAIT		217		M	01:39:20	01:39:20
290	39	DANIA HEATH	FAIRLANDS VALLEY SPARTANS	136	FF35+	F	01:39:37	01:39:14
291	40	LISA SHORT		295	FF35+	F	01:39:46	01:39:31
292	24	NICOLA BELL		28	FF45+	F	01:39:49	01:39:23
293	74	SIMON WILLIAMS		336	MAII Ages	M	01:40:01	01:39:44
294	75	MIKE KIDGER		177	MAII Ages	M	01:40:10	01:39:59
295	2	KEITH RUSTON	PITSEA RC	278	MM70+	M	01:40:19	01:39:55
296	25	JAN GOODEVE		114	FF45+	F	01:40:20	01:40:20
297	72	KEVAN BACK	GARDEN CITY RUNNERS	460	MM40+	M	01:40:22	01:39:56
298	26	PAM GOODAIR		113	FF45+	F	01:41:06	01:40:42
299	22	KAREN BRADSHAW	WARE JOGGERS	36	FAII Ages	F	01:41:12	01:40:48
300	7	DEBBIE ALLAN	WARE JOGGERS	4	FF55+	F	01:41:18	01:40:54
301	23	RACHEL SYMONDS	WARE JOGGERS	313	FAII Ages	F	01:41:28	01:41:28
302	19	MICK NICKOLL	WARE JOGGERS	447	MM60+	M	01:41:33	01:41:04
303	38	STEVEN REMER		453	MM50+	M	01:41:42	01:41:19
304	24	JOY HALE		422	FAII Ages	F	01:41:51	01:41:27
305	25	LUCY PAUL	GARDEN CITY RUNNERS	249	FAII Ages	F	01:42:27	01:42:03
306	26	ANGELA LITTLE	WARE JOGGERS	195	FAII Ages	F	01:42:32	01:42:06
307	76	KRIS PRINGLE		259	MAII Ages	M	01:42:32	01:42:07
308	73	DAVID BLAKEY	DAVID BLAKEY	32	MM40+	M	01:42:33	01:42:07
309	41	JENNY MOONEY		222	FF35+	F	01:42:33	01:42:07
310	42	ANDREA VICKERS		323	FF35+	F	01:42:51	01:42:24
311	74	JONATHAN BELL		27	MM40+	M	01:43:00	01:42:33
312	43	PAULA SHEPPERD		403	FF35+	F	01:43:53	01:43:29
313	44	MONICA WHITE	ALLENBURYS	330	FF35+	F	01:44:17	01:43:54
314	45	RUTH MURTAGH	FAIRLANDS VALLEY SPARTANS	232	FF35+	F	01:45:05	01:44:40
315	46	CLAIRE O'SULLIVAN		244	FF35+	F	01:45:08	01:44:43
316	27	LORAIN CLANCY		54	FF45+	F	01:45:29	01:45:04
317	28	MARIANNE SILSBY	FAIRLANDS VALLEY SPARTANS	296	FF45+	F	01:45:35	01:45:09
318	47	ANGELA SCHOLTZOVA	GARDEN CITY RUNNERS	286	FF35+	F	01:45:56	01:45:36
319	48	MELISSA HUDD	BROXBORNE RUNNERS	155	FF35+	F	01:46:54	01:46:37
320	49	KERRY SETTERFIELD	FAIRLANDS VALLEY SPARTANS	288	FF35+	F	01:48:03	01:47:37
		MICHAEL TAYLOR		314		M	01:48:00	01:48:00
321	27	ALEX MCSLOY		411	FAII Ages	F	01:48:35	01:48:08
322	28	RUTH KERR	VICTORIA PARK HARRIERS	175	FAII Ages	F	01:48:42	01:48:22
323	50	SARAH SMITH		303	FF35+	F	01:49:25	01:49:05
324	8	MAGS BALFOUR	WARE JOGGERS	15	FF55+	F	01:49:39	01:49:19
325	29	ANN GILMORE		109	FF45+	F	01:49:49	01:49:29
326	9	MARY JENNINGS		440	FF55+	F	01:49:51	01:49:32

Overall Pos	Cat Pos	Name	Team	RaceNo	Category	Gender	Time	Chip Time
327	75	ALAN HAZELHURST		135	MM40+	M	01:50:15	01:49:54
328	39	MICHAEL THACKER	WARE JOGGERS	317	MM50+	M	01:51:32	01:51:03
329	10	ANNIE THOMAS	WARE JOGGERS	319	FF55+	F	01:55:04	01:54:44
		NICK HAWKES				M	01:54:19	01:54:19
330	30	ANGIE LENCH		419	FF45+	F	01:55:04	01:54:43
331	31	ROS HITCHEN	WARE JOGGERS	146	FF45+	F	01:57:27	01:57:07
332	29	NINA HELMES		137	FAll Ages	F	02:03:06	02:02:54