

Winners

Race Categories	Race Place	Time	Name	Team	Category	Entrant No
Ladies Race Winners	28	1:06:49	BARNES, Lucy	Ipswich Harriers	FEMALE SENIOR	335
	36	1:08:51	NOLAN, Kate	Cambridge & Coleridge AC	FEMALE SENIOR	198
	48	1:10:25	WALSH, Wendy	St Albans Striders	FEMALE V45	324
FV35	70	1:13:56	ROWLAND, Kelly		FEMALE V35	327
FV45	85	1:15:31	HESLEGRAVE, Amanda	Barking Road Runners	FEMALE V45	279
FV55	71	1:14:00	NORDIN, Breege		FEMALE V55	173
FV65	151	1:24:01	McGreal, Julie	Royston Runners	Female V65	137
Ladies Team Winners						
Ware Joggers						
	92	1:16:23	CARSON, Nuala	Ware Joggers	FEMALE SENIOR	87
	103	1:17:27	MCLEES, Beverley	Ware Joggers	FEMALE V45	112
	113	1:19:22	OLIVER, Louise	Ware Joggers	FEMALE V35	54
Mens Race Winners	1	0:53:53	MCWHIRTER, Blair	Iford AC	MALE SENIOR	171
	2	0:57:25	OWEN, Cima	Thrift Green Trotters	MALE SENIOR	159
	3	0:58:03	WOULFE, Tim	Braintree & District AC	MALE SENIOR	214
MV40	5	0:59:24	FARRER, Tyrone	Huntingdonshire AC	MALE V40	230
MV50	24	1:06:27	MORRIS, Garth	Ware Joggers	MALE V 50	176
MV60	58	1:11:39	BEATTY, Peter	Bishops Stortford RC	MALE V60	339
MV70	148	1:23:40	MCCLYMONT, Ian	Bishops Stortford RC	MALE V70	129
Mens Team Winners						
Iford AC	1	0:53:53	MCWHIRTER, Blair	Iford AC	MALE SENIOR	171
	8	1:01:16	RAHMAN, Sam	Iford AC	MALE SENIOR	219
	9	1:01:32	HOLLOWAY, Paul	Iford AC	MALE V40	224
Harlow Resident 1st Place Female	146	1:23:38	RIDGE, Catherine	Harlow Running Club	FEMALE SENIOR	274
Harlow Resident 1st Place Male	4	0:59:09	CLARK, Ian	Orion Harriers	MALE SENIOR	310
Harlow Resident Random Draw Prize	293	2:09:13	COOTES, Claire		FEMALE SENIOR	37

Harlow 10 Race Results Sunday 4 September 2016. 10:00 am

Place	Time	Name	Team	Cat	Entrant No
1	0:53:53	MCWHIRTER, Blair	Iford AC	MALE SENIOR	171
2	0:57:25	OWEN, Cima	Thrift Green Trotters	MALE SENIOR	159
3	0:58:03	WOULFE, Tim	Braintree & District AC	MALE SENIOR	214
4	0:59:09	CLARK, Ian	Orion Harriers	MALE SENIOR	310
5	0:59:24	FARRER, Tyrone	Huntingdonshire AC	MALE V40	230
6	0:59:56	PITTS, Chris	Bishops Stortford RC	MALE SENIOR	303
7	1:00:12	DAY, George	Orion Harriers	MALE SENIOR	210
8	1:01:16	RAHMAN, Sam	Iford AC	MALE SENIOR	219
9	1:01:32	HOLLOWAY, Paul	Iford AC	MALE V40	224
10	1:01:56	WILLIAM, Jon	Ware Joggers	MALE SENIOR	74
11	1:02:00	HAYLES, Kieran	Sudbury Joggers	MALE SENIOR	156
12	1:02:24	UPTON, Steven	Amptill & Flitwick Flyers RC	MALE V40	223
13	1:03:02	TREVOR, Robert	Havering 90 Joggers	MALE SENIOR	24
14	1:03:26	BIRD, Dustin	Bishops Stortford RC	MALE V40	181
15	1:03:30	MAY, Cathal	Maguiresbridge Running Club	MALE SENIOR	341
16	1:03:40	WILKES, Stephen	Bishops Stortford RC	MALE V40	206
17	1:04:40	REDMOND, Mark	Herts Pheonix AC	MALE V40	157
18	1:04:47	KENYON-MUIR, Nick	Ware Joggers	MALE V40	108
19	1:04:53	LOWRIE, Gabe		MALE SENIOR	241
20	1:05:16	HALSEY, Craig	Fairland Valley Spartans	MALE SENIOR	332
21	1:05:43	DUKE, Gavin		MALE SENIOR	25
22	1:05:57	TAGWELL, Stephen	Canterbury Harriers	MALE SENIOR	342
23	1:06:10	FICKEN, Benjamin		MALE SENIOR	309
24	1:06:27	MORRIS, Garth	Ware Joggers	MALE V 50	176
25	1:06:28	BEAZLEY, Danny	Bishops Stortford RC	MALE V40	345
26	1:06:30	DODD, Jason	Trent Park Running Club	MALE SENIOR	51
27	1:06:41	CHANDLER, Stuart	Ware Joggers	MALE SENIOR	86
28	1:06:49	BARNES, Lucy	Ipswich Harriers	FEMALE SENIOR	335
29	1:06:59	HARRIS, Simon	Beckenham Running Club	MALE V40	121
30	1:07:00	TAIT, Andrew	Ware Joggers	MALE SENIOR	56
31	1:07:52	GEE, Thomas		MALE V40	158
32	1:08:03	FISHER, Benjamin	Orion Harriers	MALE V40	220
33	1:08:05	BARTLETT, Dervish	Barking Road Runners	MALE V40	177
34	1:08:08	HEMBLING, Lee		MALE SENIOR	277
35	1:08:41	LAST, Oliver	Bishops Stortford RC	MALE V40	139
36	1:08:51	NOLAN, Kate	Cambridge & Coleridge AC	FEMALE SENIOR	198
37	1:08:51	KNIGHT, Paul	Bishops Stortford RC	MALE V40	160

38	1:09:01	ELLICE, Simon	Bishops Stortford RC	MALE SENIOR	145
39	1:09:19	WHELAN, Kevin		MALE SENIOR	122
40	1:09:24	MACDONNELL, Mark	Barking Road Runners	MALE V40	337
41	1:09:27	FREELAND, Tim	Orion Harriers	MALE SENIOR	350
42	1:09:34	MATA, William		MALE SENIOR	248
43	1:09:36	SIDHU, Harjeet		MALE V40	300
44	1:10:00	CHAMBERLAIN, Ben	Cambridge & Coleridge AC	MALE SENIOR	201
45	1:10:07	CREED, James	East London Runners	MALE SENIOR	66
46	1:10:09	GLENDINNING, Grant	Broxbourne Runners	MALE V40	64
47	1:10:13	PAGE, Martin	Barking Road Runners	MALE V 50	97
48	1:10:25	WALSH, Wendy	St Albans Striders	FEMALE V45	324
49	1:10:34	MARTIN, Paul	Ware Joggers	MALE SENIOR	50
50	1:10:36	JEPHCOTT, Daniel	Harlow Running Club	MALE SENIOR	328
51	1:10:36	SHERIDAN, Hannah		FEMALE SENIOR	254
52	1:10:47	THOMAS, Simon		MALE SENIOR	221
53	1:11:02	WORTHINGTON, Joshua	WATFORD JOGGERS	MALE V40	186
54	1:11:16	ALEXANDER, Rohan	Ilford AC	MALE V40	227
55	1:11:30	AUSTIN, Adam		MALE V40	85
56	1:11:30	FIRAT, Yusuf	Haverhill running club	MALE V 50	82
57	1:11:31	BARFIELD, Darren	Sudbury Joggers	MALE SENIOR	165
58	1:11:39	BEATTY, Peter	Bishops Stortford RC	MALE V60	339
59	1:11:44	LAWRENCE, Mark	Bishops Stortford RC	MALE SENIOR	318
60	1:11:52	MASERATI, Marco	London Heathside Runners AC	MALE V 50	299
61	1:12:03	HAIGH, Jason	Harlow Running Club	MALE V40	287
62	1:12:08	JOCELYN, Steven		MALE V40	109
63	1:12:37	LIVERMORE, Ben		MALE V40	346
64	1:12:47	LYNCH, Mark	Witham RC	MALE V40	96
65	1:13:32	CHAMPION, Jason		MALE V40	164
66	1:13:33	BRIGNALL, Timothy	Ware Joggers	MALE SENIOR	52
67	1:13:42	DIXON, Stephen	Ipswich Jaffa RC	MALE V 50	193
68	1:13:45	SMITH, Ges		MALE V40	228
69	1:13:54	BAKER, Peter		MALE V 50	322
70	1:13:56	ROWLAND, Kelly		FEMALE V35	327
71	1:14:00	NORDIN, Breege		FEMALE V55	173
72	1:14:04	HOOKE, Craig		MALE V40	308
73	1:14:06	BULL, Neil	Ware Joggers	MALE V40	212
74	1:14:18	GWILLIAM, Andrew	Barking Road Runners	MALE V40	39
75	1:14:24	RUI RIBERA, Anna	Cambridge & Coleridge AC	FEMALE SENIOR	242
76	1:14:27	DUTCHBURN, Derek	Broxbourne Runners	MALE V 50	182
77	1:15:00	LAWS, Gavin		MALE SENIOR	244
78	1:15:02	PRIOR, Robert		MALE SENIOR	118

79	1:15:04	FOWERAKER, Simon		MALE V40	232
80	1:15:07	RODGERS, Ian	Bishops Stortford RC	MALE V 50	127
81	1:15:09	AGASTINA, Paul		MALE V40	100
82	1:15:11	BLYTH, Kenny	Ware Joggers	MALE V60	59
83	1:15:13	CULLEN, Declan	Ilford AC	MALE V60	152
84	1:15:14	CYL, Mark	Ware Joggers	MALE V40	63
85	1:15:31	HESLEGRAVE, Amanda	Barking Road Runners	FEMALE V45	279
86	1:15:32	GARDINER, Julia	Harlow Running Club	FEMALE V35	272
87	1:15:40	DRINNAN, Cindy	Saffron Striders RC	FEMALE SENIOR	266
88	1:15:49	STEWART, Robert	Bishops Stortford RC	MALE SENIOR	290
89	1:16:07	JACK, Steve		MALE V 50	247
90	1:16:08	FRANCE, Michael		MALE V 50	226
91	1:16:17	VIALLS, Ronald	Barking Road Runners	MALE V60	278
92	1:16:23	CARSON, Nuala	Ware Joggers	FEMALE SENIOR	87
93	1:16:35	BLACKER, Martin	Ware Joggers	MALE V40	236
94	1:16:39	MORRIS, Michelle	Ampthill & Flitwick Flyers RC	FEMALE SENIOR	222
95	1:16:49	JAGGERS, Kyle		MALE V 50	316
96	1:16:51	JAY, Carinne	Harlow Running Club	FEMALE V45	163
97	1:16:59	LECKERMAN, Antony	Barking Road Runners	MALE V 50	98
98	1:17:00	TAYLOR, Mark		MALE V40	120
99	1:17:13	EVANS, Gareth		MALE V40	21
100	1:17:22	FAWCETT, Simon		MALE SENIOR	343
101	1:17:25	WILTON, Thomas		MALE SENIOR	284
102	1:17:26	WARBURTON, Simon	Cambridge & Coleridge AC	MALE V40	311
103	1:17:27	MCLEES, Beverley	Ware Joggers	FEMALE V45	112
104	1:17:55	SPLARN, Claire		FEMALE V35	202
105	1:18:13	HOULIHAN, MICHAEL		MALE V 50	174
106	1:18:18	BREW, Chris		MALE V40	233
107	1:18:26	JONES, Robert		MALE V40	268
108	1:18:38	MITCHELL, Stuart	Ealing Eagles Running Club	MALE V 50	26
109	1:18:45	FITZGIBBON, Emmet	East London Runners	MALE SENIOR	296
110	1:18:55	SANDHU, Rakesh	Barking Road Runners	MALE V40	140
111	1:18:56	SHEFFIELD, Josephine	Braintree & District AC	FEMALE V45	76
112	1:19:19	SCOTT, Robert		MALE V40	68
113	1:19:22	OLIVER, Louise	Ware Joggers	FEMALE V35	54
114	1:19:34	ROBERTS, Mike		MALE V40	314
115	1:19:36	NIJKAMP, Inge	Ipswich Jaffa RC	FEMALE SENIOR	211
116	1:19:40	COOPER, Trevor	Barking Road Runners	MALE SENIOR	79
117	1:19:42	SKINNER, Jason		MALE V40	134
118	1:19:42	TURNER, Lee		MALE V40	270
119	1:19:44	RHODES, Jon		MALE V40	130

120	1:19:56	PRICE, Simon		MALE V40	162
121	1:20:11	GRENVILLE, Mark		MALE V 50	119
122	1:20:14	HEARNE, Richard	Ware Joggers	MALE V40	216
123	1:20:35	JOHNSON, Robert		MALE SENIOR	105
124	1:20:35	HAIGH, Simon		MALE V40	252
125	1:20:36	THOMAS, Sue		FEMALE V45	169
126	1:20:43	PRESTON, Andy	Barking Road Runners	MALE V40	141
127	1:20:47	FELLAS, Panos	WATFORD JOGGERS	MALE V 50	235
128	1:20:59	EVANS, Alexander		MALE SENIOR	313
129	1:21:16	COATES, Liz		FEMALE V35	301
130	1:21:23	SABAN, Tim	Fairland Valley Spartans	MALE V40	326
131	1:21:28	BERRY, Joyce	Victoria Park Harriers	FEMALE V45	32
132	1:21:39	DUNN, Susie	Ware Joggers	FEMALE SENIOR	80
133	1:21:47	SPLARN, Michael		MALE V40	203
134	1:21:52	BURGESS, Jamie		MALE V40	331
135	1:22:25	RAMSEY, Mark	Harlow Running Club	MALE SENIOR	336
136	1:22:30	KIRBY, Lee	Bishops Stortford RC	MALE V40	12
137	1:22:32	PLUMB, Joanne		FEMALE V45	283
138	1:22:32	EVANS, Robert		MALE V 50	312
139	1:22:38	PATEL, Jill Maria	Ware Joggers	FEMALE V45	218
140	1:22:39	MCALILISTER, Wayne	Barking Road Runners	MALE V 50	99
141	1:22:40	MORRISON, Clare	Witham RC	FEMALE V45	167
142	1:22:54	LEY, Fey		FEMALE V35	320
143	1:23:15	VINCENT, Shaun		MALE V 50	91
144	1:23:28	ALAGANDASUNDARAM, Sathanandasundaram	Ilford AC	MALE V 50	170
145	1:23:34	PARK, Jack		MALE V60	184
146	1:23:38	RIDGE, Catherine	Harlow Running Club	FEMALE SENIOR	274
147	1:23:38	PICKERING, Karen		FEMALE SENIOR	261
148	1:23:40	MCCLYMONT, Ian	Bishops Stortford RC	MALE V70	129
149	1:23:40	BOXALL, David		MALE V40	136
150	1:23:54	EXLEY, Victoria		FEMALE SENIOR	41
151	1:24:01	McGreal, Julie	Royston Runners	Female V65	137
152	1:24:01	BROWN, Jim	Fairland Valley Spartans	MALE V60	298
153	1:24:24	POTTINGER, Darren		MALE V40	146
154	1:24:24	POTTINGER, Mark		MALE V40	147
155	1:24:28	MARKHAM, Phil		MALE V40	213
156	1:24:32	GOAD, Richard		MALE V 50	237
157	1:24:33	CHAPMAN, Kieron	Barking Road Runners	MALE SENIOR	138
158	1:24:34	AYLING, Peter	Harlow Running Club	MALE V60	351

159	1:24:35	ROWE, Sam	Ware Joggers	FEMALE V45	255
160	1:24:42	FARROW, Nick		MALE SENIOR	269
161	1:24:50	SPOONER, Faye	Barking Road Runners	FEMALE V35	286
162	1:24:59	O'NEILL, Patricia	East London Runners	FEMALE V45	304
163	1:25:02	GREENWOLD, Gerry	Springfield Striders RC	MALE V 50	62
164	1:25:16	METCALF, Joanna		FEMALE SENIOR	81
165	1:25:22	PRITCHARD, Ian		MALE V40	84
166	1:25:27	HAYDEN, Debbie		FEMALE V35	251
167	1:25:27	MAYO, Stephen		MALE V40	293
168	1:25:44	WAHIZLI, Dan		MALE V40	334
169	1:25:57	SMITH, Nicola	Harlow Running Club	FEMALE SENIOR	330
170	1:26:04	SHARMAN, Sarah	WATFORD JOGGERS	FEMALE V45	315
171	1:26:06	HANNIBAL, Stephen		MALE V 50	208
172	1:26:09	GRANTHAM, Raoul	Braintree & District AC	MALE V40	175
173	1:26:26	WARD, Paul	Barking Road Runners	MALE V40	133
174	1:26:28	WYATT, Hariet	Bishops Stortford RC	FEMALE V45	180
175	1:26:28	CHAPLIN, Philip	Bishops Stortford RC	MALE V 50	179
176	1:26:40	DARBY, Paul		MALE V 50	155
177	1:26:49	BRIGGS, Dennis		MALE V40	325
178	1:26:53	BRAZIER, Dan		MALE SENIOR	205
179	1:26:54	COOPER, Cristina	Barking Road Runners	FEMALE V35	78
180	1:26:57	MURPHY, John		MALE V60	19
181	1:27:03	KELLY, Wayne	East London Runners	MALE V40	194
182	1:27:36	REID, Emma		FEMALE SENIOR	265
183	1:27:40	SMITH, Andy	Harlow Running Club	MALE SENIOR	267
184	1:27:44	FELLAS, Katerina	WATFORD JOGGERS	FEMALE V45	292
185	1:27:49	GLADDING, Joanne		FEMALE SENIOR	239
186	1:27:52	AHMET, Hannah		FEMALE SENIOR	280
187	1:27:57	JOHNSON, Peter	FRA	MALE V 50	352
188	1:28:02	NIXON, Emma	Bishops Stortford RC	FEMALE V55	67
189	1:28:06	JONES, Dean	Exeter Tri Club	MALE SENIOR	344
190	1:28:14	RODGERS, Eleanor	Bishops Stortford RC	FEMALE V45	126
191	1:28:15	BROOKS, Ellen	Bishops Stortford RC	FEMALE V35	14
192	1:28:19	JANES, Suzanne	Mornington Chasers	FEMALE SENIOR	72
193	1:28:21	PRISCO, Sara	Mornington Chasers	FEMALE V35	71
194	1:29:09	WARREN, Steve		MALE V 50	347
195	1:29:41	OLIVA, Arther	Saffron Striders RC	MALE V 50	256
196	1:29:48	THORN, Lisa	Orion Harriers	FEMALE V45	69
197	1:29:57	HEPWORTH, Elle		FEMALE SENIOR	114
198	1:30:24	HUNT, Laura		FEMALE V35	124
199	1:30:35	SWIFT, Maria		FEMALE V35	289

200	1:30:43	HARBIGE, Mark		MALE V 50	104
201	1:30:43	HARBIGE, Janine		FEMALE V45	103
202	1:30:49	REYNOLDS, Thomas	Watford Harriers	MALE V70	259
203	1:31:16	HAIGH, Celia	Harlow Running Club	FEMALE V45	288
204	1:31:23	ELVEN, Martin		MALE V 50	15
205	1:31:34	COWLING, Casey		FEMALE SENIOR	276
206	1:31:45	DESENA, Shaun	East London Runners	MALE SENIOR	178
207	1:31:48	HOLLAND, John		MALE SENIOR	195
208	1:31:56	STINSON, Peter		MALE V40	317
209	1:32:01	GIUST PROLE, Fulva	Orion Harriers	FEMALE V45	17
210	1:32:07	GREAVES, Keith		MALE V 50	90
211	1:32:11	PATHROSE, Louis	Ilford AC	MALE V 50	131
212	1:32:23	COWEN, Nikki		FEMALE V35	281
213	1:32:23	KENNEDY, Sheila	East London Runners	FEMALE V55	123
214	1:32:35	BOREHAM, Neil		MALE SENIOR	257
215	1:32:47	WINSOR, Gill	Dengie 100 Runners	FEMALE V55	306
216	1:32:49	BOSHELL, Samantha		FEMALE V45	262
217	1:32:55	THRELFALL, Sharon	Ware Joggers	FEMALE V35	53
218	1:32:59	MENZIES, Neil		MALE V 50	27
219	1:33:00	WAKELIN, Sarag-Jane		FEMALE V35	4
220	1:33:12	MOLLOY, Jane	WATFORD JOGGERS	FEMALE V45	271
221	1:33:38	PERRIL, Philip		MALE V40	135
222	1:33:40	HEATH, Annalisa	Ware Joggers	FEMALE SENIOR	73
223	1:33:55	TURLAND, Amy		FEMALE V35	348
224	1:33:58	LITTLE, Jonathan		MALE V60	153
225	1:34:09	LIGGINS, Claire		FEMALE V35	142
226	1:34:25	ROSS, Charlie		MALE SENIOR	307
227	1:34:36	JONES, Simon		MALE V40	305
228	1:34:48	CARVEY, Richard	Dengie 100 Runners	MALE V 50	42
229	1:34:59	READ, Paul		MALE V 50	329
230	1:34:59	COOPER, Wayne		MALE V40	89
231	1:35:21	DRYSDALE, Ainslie	Ware Joggers	FEMALE SENIOR	57
232	1:35:32	MARSHALL, Ken	Stevenage Striders	MALE V60	340
233	1:35:37	BURNAGE, Nick		MALE V40	263
234	1:35:43	Hockley, Marie	Bishops Stortford RC	FEMALE V45	117
235	1:36:07	WELTER, Dani	Bishops Stortford RC	FEMALE SENIOR	166
236	1:36:08	CHEAL, Nick	Ware Joggers	MALE V60	183
237	1:36:10	MARSH, Lee	Istead & Ifield Harriers	MALE V40	172
238	1:36:20	COOPER, Alain	Barking Road Runners	MALE V40	338
239	1:36:35	PADFIELD, Lara		FEMALE SENIOR	260
240	1:36:35	CREAK, Karen		FEMALE V35	253

241	1:37:04	PLAWIAK, Daniel	Barking Road Runners	MALE SENIOR	321
242	1:37:14	STILWELL, Hayley	Orion Harriers	FEMALE V45	13
243	1:37:15	WADDINGHAM, Margaret	Ware Joggers	FEMALE V65	102
244	1:37:17	CHARVILLE, Gemma	Ware Joggers	FEMALE SENIOR	196
245	1:37:25	FRYATT, Alison	Barking Road Runners	FEMALE V45	240
246	1:37:43	HART, Loïuse	Dengie 100 Runners	FEMALE V35	36
247	1:38:41	WADDINGHAM, Robert	Ware Joggers	MALE V60	101
248	1:39:39	CRANMER, Nicola	Barking Road Runners	FEMALE V45	246
249	1:40:05	GIBBS, Delphine		FEMALE V55	31
250	1:40:13	BALL, Charlotte		FEMALE SENIOR	238
251	1:40:20	BARIKOR, Veronica	Barking Road Runners	FEMALE V45	319
252	1:40:29	TOBIN, Sarah		FEMALE V35	349
253	1:40:36	O'REILLY, Louise	Ware Joggers	FEMALE V45	294
254	1:40:47	RICHARDS, Rebecca		FEMALE SENIOR	275
255	1:41:10	ST. HELIEN, Colin		MALE V 50	20
256	1:41:32	WRIGHT, Steve		MALE V40	217
257	1:41:36	AINGE, Christel	Ware Joggers	FEMALE V35	187
258	1:42:08	CASEY, Michael		MALE V 50	323
259	1:42:15	Miles, Albert	Castle Point Joggers	MALE V 70	161
260	1:42:30	TULLOCH, Debbie		FEMALE V35	199
261	1:42:30	GLEAVE, James		MALE V40	200
262	1:43:07	VINER, Jenni	Ware Joggers	FEMALE V55	207
263	1:43:11	HOWARD, Annette	Dacorum & Tring AC	FEMALE V45	144
264	1:43:21	EVANS, Natasha		FEMALE V35	106
265	1:43:42	ALDER, Fiona		FEMALE V45	258
266	1:44:22	COURTIER, Robert	Barking Road Runners	MALE V60	295
267	1:44:38	PILCHER, Steven		MALE V40	302
268	1:44:38	MCMANUS, Ciara	Mornington Chasers	FEMALE V35	70
269	1:44:53	FINNEY, Peter		MALE SENIOR	83
270	1:45:08	KNIGHT, Greg		MALE V 50	88
271	1:46:28	IVES, Liz		FEMALE SENIOR	215
272	1:46:49	BRENNAN, Tracy	Ware Joggers	FEMALE V35	58
273	1:46:49	RICHARD, Amanda	Ware Joggers	FEMALE V45	49
274	1:47:15	WATSON, Claire	Ware Joggers	FEMALE V45	190
275	1:48:07	CALDERWOOD, Amy		FEMALE V35	250
276	1:48:13	DRINKWATER, Rebecca		FEMALE V35	291
277	1:48:14	SADLER, Amy		FEMALE SENIOR	249
278	1:49:37	HILL, Emma		FEMALE SENIOR	150
279	1:51:21	VINCENT, Alan		MALE V60	23
280	1:51:57	CROSBIE, Chelsea		FEMALE SENIOR	113
281	1:52:09	AL-ADELY, Janine		FEMALE SENIOR	297

282	1:52:37	ROWE, Alison		FEMALE V35	46
283	1:52:37	ROWE, James		MALE SENIOR	45
284	1:52:53	HUWES, Robin		MALE V40	243
285	1:52:53	TAYLOR, Keith		MALE V40	29
286	1:54:55	CROFT, Susannah		FEMALE SENIOR	43
287	1:56:25	ROBINSON, Sharon	Dagenham 88 runners	FEMALE V45	8
288	1:57:56	SUMMERFIELD, KEN	Barking Road Runners	MALE V 50	2
289	1:58:01	DUGGAN, Anne	Dagenham 88 runners	FEMALE V45	11
290	2:00:29	HITCHEN, Rosalind	Ware Joggers	FEMALE V45	143
291	2:05:56	LYNCH, Becky		FEMALE SENIOR	197
292	2:07:25	HEYWOOD, John	Ware Joggers	MALE V70	229
293	2:09:13	COOTES, Claire		FEMALE SENIOR	37
294	2:16:54	HANDLEY, Lee		FEMALE V35	107