

**Provisional 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>Race No</i>	<i>Race Place</i>
1	0:29:48	BETHELL, Jared	Harlow RC Men	All Men	183	1
2	0:31:30	COX, Dave	Woodford Green	Men Over 50	220	2
3	0:32:33	ANDREWS, Jay	Churches	All Men	189	3
4	0:32:35	WHITEHOUSE, Jon	No Club	Men Over 40	133	4
5	0:32:40	SMITH, Alex	Harlow RC Men	All Men	208	5
6	0:32:42	DOIG, Andrew	No Club	Men Over 40	135	6
7	0:32:47	FELL, Adrian	Harlow RC Men	Men Over 40	188	7
8	0:33:04	THOMASON, Richard	Churches	Men Over 40	216	8
9	0:33:06	WOODRUFF, Michael	No Club	Men Over 50	110	9
10	0:33:12	ROWLANDS, Ben	No Club	All Men	166	10
11	0:33:21	CROSBY, Steve	No Club	Men Over 40	215	11
12	0:33:23	JEPHCOTT, Jamie	Harlow RC Men	Men Over 40	170	12
13	0:33:27	HULL, Adrian	Churches	Men Over 50	190	13
14	0:33:55	WILLIAMS, Aaron	ELR	Men Over 40	219	14
15	0:34:50	HELLMERS, Sam	Lathams - Unaffiliated	All Men	222	15
16	0:35:00	SATERLAY, Len	No Club	Men Over 40	113	16
17	0:35:37	ANDREWS, Mark	No Club	Men Over 50	182	17
18	0:36:09	ROGERS, Karl	No Club	Men Over 40	223	18
19	0:36:21	EVERETT, Steven	No Club	All Men	128	19
20	0:36:26	BENNETT, Stephen	No Club	Men Over 40	200	20
21	0:36:27	BULL, Neil	No Club	All Men	125	21
22	0:36:41	ELSON, Natalie	No Club	Ladies Over 35	207	22
23	0:36:54	BARNES, Wendy	Wendy's Warriors	Ladies Over 45	201	23
24	0:36:57	O'DONNELL, Harry	Foskett Marr G & H	All Men	174	24
25	0:37:09	BEETON, Alison	No Club	Ladies Over 45	98	25
26	0:37:22	DONGWORTH, Andrew	Foskett Marr G & H	All Men	173	26
27	0:37:26	GARDINER, Julia	Harlow RC Ladies	Ladies Over 35	168	27
28	0:37:31	SEAL, Michael	No Club	All Men	226	28
29	0:37:40	JAY, Carinne	Harlow RC Ladies	Ladies Over 45	114	29
30	0:37:58	WRIGHT, Sharon	Harlow RC Ladies	Ladies Over 35	187	30
31	0:38:48	SMALLWOOD, Ed	No Club	Men Over 40	150	31
32	0:38:55	PELLECCHIA, Pasquale	Harlow RC Men	All Men	205	32
33	0:39:26	NUTTON, Jon	No Club	Men Over 40	154	33
34	0:39:28	CHRISTIE, Elizabeth	No Club	All Ladies	146	34
35	0:39:28	CAREY, Sean	No Club	Men Over 40	138	35
36	0:39:36	PLUMB, Joanne	No Club	Ladies Over 45	206	36
37	0:39:36	PAINTER, Andrew	No Club	Men Over 50	129	37
38	0:39:49	CHAPPLE, Robin	No Club	Men Over 40	127	38
39	0:40:49	MOLONEY, Tom	No Club	Men Over 50	165	39
40	0:41:01	WELLBELOVE, Alan	Harlow RC Men	Men Over 50	112	40
41	0:41:04	PENMAN, Ross	No Club	All Men	121	41
42	0:41:13	COUPER, Simon	No Club	All Men	163	42
43	0:41:17	RUSSELL, James	Pitsea Running Club	Men Over 50	211	43
44	0:41:20	JOHNSON, Peter	FRA	Men Over 50	224	44
45	0:41:45	EDWARDS, Susan	No Club	Ladies Over 45	143	45
46	0:41:52	CHALMERS, Andrew	No Club	All Men	185	46
47	0:41:58	PUSCHMANN, Hendrik	No Club	All Men	176	47
48	0:42:00	BELL, Carla	Ware Joggers	Ladies Over 45	111	48
49	0:42:04	MCCOLGAN, Martin	No Club	Men Over 50	186	49
50	0:42:13	WARD, Sidney	No Club	Men Over 40	152	50
51	0:42:19	WARD, Jonathan	No Club	Men Over 40	153	51
52	0:42:26	WREN, Jane	Ware Joggers	Ladies Over 45	107	52
53	0:42:30	MATTHEWS, Phil	No Club	All Men	204	53
54	0:42:39	WILLIAMS, Mark	No Club	Men Over 50	218	54
55	0:42:40	CRONE, Richard	No Club	Men Over 50	119	55
56	0:42:55	WRENN, Nicci	Wendy's Warriors	Ladies Over 35	203	56
57	0:42:59	SCHRODER, Paul	Harlow RC Men	All Men	100	57
58	0:43:08	ROWE, Sam	Ware Joggers	Ladies Over 45	130	58

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Place	Time	Name	Team	Race Age Category	Race No	Race Place
59	0:43:09	MURPHY, John	No Club	Men Over 50	118	59
60	0:43:09	EFREME, Kirsty	No Club	Ladies Over 35	301	60
61	0:43:18	MARTIN, Tony	No Club	Men Over 50	210	61
62	0:43:22	BAKER, Mark	No Club	Men Over 40	109	62
63	0:43:22	PAGE, Janice	Harlow RC Ladies	Ladies Over 45	172	63
64	0:43:22	SEAL, David	No Club	Men Over 40	225	64
65	0:43:55	READ, Philip	No Club	Men Over 40	159	65
66	0:43:57	ALLUM, John	No Club	Men Over 40	162	66
67	0:44:02	TISDALE, David	No Club	Men Over 40	158	67
68	0:44:15	BARRY, Debbie	Harlow RC Ladies	Ladies Over 45	88	68
69	0:44:21	SMITH, Debbie	Harlow RC Ladies	Ladies Over 45	167	69
70	0:44:31	RANDALL, Alan	No Club	Men Over 50	108	70
71	0:44:38	TOOLEY, Karl	No Club	Men Over 40	132	71
72	0:44:42	ALLARD, Thomas	Might Morph's JRPTS	All Men	106	72
73	0:45:17	SPRING, Wendy	Harlow RC Ladies	Ladies Over 45	101	73
74	0:45:17	MCCLEAN, Catherine	Wendy's Warriors	Ladies Over 35	221	74
75	0:45:25	LEFFMAN, James	Wendy's Warriors	All Men	96	75
76	0:45:31	REED, Karen	No Club	Ladies Over 45	139	76
77	0:45:55	FLANNIGAN, Teresa	Pitsea Running Club	Ladies Over 45	95	77
78	0:46:54	ST HELIEN, Colin	No Club	Men Over 50	117	78
79	0:47:16	PIKE, Terence	Harlow RC Men	Men Over 50	175	79
80	0:48:05	DE LISSANDRI, Giulietta	Might Morph's JRPTS	Ladies Over 35	105	80
81	0:48:16	NEWTON, Sharon	No Club	Ladies Over 35	145	81
82	0:48:30	RICH, Siabh	No Club	Ladies Over 35	212	83
83	0:48:46	BURGESS, Mark	No Club	Men Over 40	137	84
84	0:48:46	TUDOR, Tom	No Club	All Men	120	85
85	0:49:20	WILLAIMS, Mandy	No Club	Ladies Over 45	217	86
86	0:49:27	NAPIER, Edward	No Club	Men Over 50	155	87
87	0:49:44	COOK, John	No Club	Men Over 50	151	88
88	0:50:11	SULLIVAN, Caroline	No Club	Ladies Over 35	192	89
89	0:50:36	CZIRJAK, Adrienne	Wendy's Warriors	All Ladies	209	90
90	0:51:10	SMITH, Natalie	No Club	All Ladies	214	91
91	0:51:11	JUDD, Gemma	No Club	All Ladies	213	92
92	0:51:20	NIKOLOVA, Tatyana	No Club	All Ladies	169	93
93	0:51:25	HAYWARD-DUNN, Ellen	Foskett Marr G & H	All Ladies	193	94
94	0:51:34	HALE, Joy	Harlow RC Ladies	Ladies Over 35	181	95
95	0:51:48	DEAN, Scott	No Club	Men Over 50	228	96
96	0:52:06	HART, Georgia	No Club	All Ladies	156	97
97	0:52:11	SMALLWOOD, Claire	No Club	Ladies Over 35	149	98
98	0:52:57	HENNESSEY, Sharon	Wendy's Warriors	Ladies Over 35	202	99
99	0:52:57	O'FLYNN, Nik	Wendy's Warriors	All Ladies	97	100
100	0:52:57	DAVIES, Robert	No Club	Men Over 50	147	101
101	0:52:58	COUSINS, Carol	No Club	All Ladies	93	102
102	0:53:30	FRANKLIN, Margaret	No Club	Ladies Over 45	91	103
103	0:54:09	GILMORE, Ann	No Club	Ladies Over 45	148	104
104	0:54:10	BISSELL, Kate	No Club	All Ladies	92	105
105	0:55:04	WATSON, Christina	No Club	Ladies Over 45	180	106
106	0:55:04	ACKLAND, Sacha	No Club	Ladies Over 35	302	107
107	0:55:04	MILLER, Chris	No Club	Men Over 50	94	108
108	0:56:12	DEAN, Max	No Club	Ladies Over 45	227	109
109	0:57:01	WHITING, Richard	No Club	Men Over 50	157	110
110	0:58:18	SLY, Dan	No Club	All Men	191	111
111	0:59:25	PENMAN, Alex	No Club	All Ladies	122	112
112	0:59:48	COUTTS, Ann	Foskett Marr G & H	Ladies Over 35	171	113
113	1:03:20	DE BURGH, Paula	No Club	All Ladies	123	114
114	1:05:54	CLANCY, Holly	No Club	All Ladies	124	115

There were 114 finishers in the All Competitors category.