

Place	Name	Team	Swim	Bike	Run	Overall
1	Ollie Williams	Ollie's Army	00:10:43	00:24:29	00:20:22	<b>00:55:34</b>
2	James Bedford	MV1	00:12:03	00:24:58	00:20:37	<b>00:57:38</b>
3	Steve Harrison	MS1	00:08:35	00:32:16	00:17:27	<b>00:58:18</b>
4	Mark Matthews	Cambridge Tri A	00:09:51	00:31:34	00:17:33	<b>00:58:58</b>
5	Jack Peasgood	walden tri	00:08:19	00:31:41	00:19:10	<b>00:59:10</b>
6	Nathan Smoothy	MIX N' MATCH	00:13:30	00:25:24	00:20:40	<b>00:59:34</b>
7	Adam Hickey	ALL-SORTS	00:09:12	00:34:27	00:16:21	<b>01:00:00</b>
8	Melissa Dowell	Born2trigirls	00:09:55	00:27:44	00:22:36	<b>01:00:15</b>
9	Darren Treadaway	Shorter Rochford Exclusive Ranges RT 1	00:10:33	00:32:18	00:17:49	<b>01:00:40</b>
10	David Bettinson	Buddy Curtis and the Crickets	00:10:55	00:33:14	00:18:19	<b>01:02:29</b>
11	Roy Young	Born2tri1	00:11:21	00:32:51	00:18:30	<b>01:02:42</b>
12	Glyn Williams	Born2tri1	00:11:52	00:32:22	00:18:39	<b>01:02:53</b>
13	Graeme Knott	Harwich Runners Mixed Team A	00:12:49	00:32:19	00:18:07	<b>01:03:15</b>
14	Ian Lock	Born2tri - updated	00:14:56	00:24:30	00:24:17	<b>01:03:42</b>
15	Tom Vickery	Cambridge Tri A	00:12:50	00:32:52	00:18:11	<b>01:03:53</b>
16	Dave Candy	Shorter Rochford Exclusive Ranges RT	00:11:48	00:33:14	00:18:56	<b>01:03:59</b>
17	Paul Adams	Tri-Force Adam's Family	00:10:38	00:36:03	00:17:31	<b>01:04:12</b>
18	Luke Partridge	Trisport 8 - The mixed one	00:10:26	00:34:28	00:19:26	<b>01:04:20</b>
19	Kevin Partridge	TSE MVs 1	00:10:02	00:35:12	00:19:09	<b>01:04:23</b>
20	George Park	Ollie's Army	00:11:05	00:33:26	00:19:55	<b>01:04:26</b>
21	Dan Lewis	Tri-Force Adam's Family	00:11:52	00:34:50	00:17:45	<b>01:04:28</b>
22	Mark Eden	Born2tri2	00:11:30	00:34:05	00:18:59	<b>01:04:34</b>
23	Mark Brooks	Trisport 8 - The mixed one	00:12:06	00:33:10	00:19:29	<b>01:04:45</b>
24	Kevin Dean	Shorter Rochford Exclusive Ranges RT	00:11:37	00:33:14	00:19:54	<b>01:04:45</b>
25	Robert Hill	Shorter Rochford Exclusive Ranges RT 1	00:09:44	00:34:48	00:20:18	<b>01:04:50</b>
26	Tom Rootsey	Born2tri1	00:08:58	00:36:44	00:19:58	<b>01:05:40</b>
27	Karl Sherry	Tri Anglia MVs	00:11:05	00:34:55	00:19:41	<b>01:05:41</b>
28	Unknown White Hat	Tri Anglia MVs	00:11:23	00:33:36	00:20:43	<b>01:05:42</b>
29	Kevin Walden	Tri-Force Adam's Family	00:11:52	00:34:50	00:19:00	<b>01:05:43</b>
30	Chris Sellens	Human Performance Unit Men C	00:13:16	00:34:48	00:17:43	<b>01:05:47</b>
31	Liam Brook	walden tri	00:12:20	00:33:37	00:19:53	<b>01:05:50</b>
32	Stephen Livermore	Buddy Curtis and the Crickets	00:10:55	00:35:48	00:19:09	<b>01:05:53</b>

33	Ben Mickleborough	Won2Six	00:13:20	00:32:19	00:20:24	01:06:03
34	Ben Davies	Human Performance Unit Men A	00:08:59	00:37:12	00:20:13	01:06:24
35	Peter Hawkings	ALL-SORTS	00:11:13	00:36:42	00:18:38	01:06:33
36	Ruth Pogonowski	TSE Ladies 1	00:12:02	00:42:51	00:12:09	01:07:02
37	Keven Bailey	Dorking and Mole Valley AC	00:10:23	00:36:50	00:19:57	01:07:10
38	Dave Jones	TSE MVs 1	00:11:06	00:36:03	00:20:07	01:07:16
39	Phil Jarvis	Human Performance Unit Men A	00:12:29	00:32:32	00:22:28	01:07:29
40	Steve Norris	Born2tri2	00:11:13	00:36:09	00:20:12	01:07:34
41	Phil Curtis	Buddy Curtis and the Crickets	00:10:20	00:36:43	00:20:31	01:07:34
42	Les Henderson	TSE MVs 1	00:12:33	00:36:03	00:19:09	01:07:45
43	Craig Warriner	Human Performance Unit Men B	00:13:08	00:35:42	00:19:07	01:07:57
44	Steve Townsend	Born2tri - updated	00:14:56	00:33:36	00:19:31	01:08:02
45	Robert Lees	Witham - Team Alan	00:11:42	00:36:13	00:20:09	01:08:04
46	Unknown Blue Hat	Tri Anglia MVs	00:13:00	00:35:19	00:19:52	01:08:11
47	Mark Bailey	Born2tri2	00:10:32	00:36:34	00:21:06	01:08:12
48	Harry Smith	Human Performance Unit Men A	00:10:11	00:37:18	00:20:46	01:08:15
49	Hugh Smith	Surf n'Turf	00:09:33	00:37:25	00:21:22	01:08:20
50	Fraser Dawson	Dorking and Mole Valley AC	00:12:19	00:35:02	00:21:02	01:08:23
51	Mike Russell	MV2	00:13:21	00:33:40	00:21:39	01:08:40
52	Leigh Harvey	Shorter Rochford Exclusive Ranges RT 1	00:12:47	00:35:29	00:20:26	01:08:42
53	Lars Hyllested	stortford dare devils	00:11:40	00:34:16	00:22:47	01:08:43
54	James Foy	MS1	00:12:49	00:35:32	00:20:24	01:08:45
55	Paul McClelland	Harwich Runners MV A	00:15:17	00:30:37	00:22:52	01:08:46
56	Chris Baxter	MS1	00:11:51	00:37:15	00:19:41	01:08:47
57	Damian Quinn	2 Vets & a Whippet	00:11:52	00:35:55	00:21:13	01:09:00
58	Dean Sparrow	Fredericia 2001	00:10:50	00:36:59	00:21:24	01:09:13
59	Simon Henty	ALL-SORTS	00:11:13	00:37:08	00:20:53	01:09:15
60	Brian Longman	Fredericia 2001	00:11:06	00:36:15	00:22:02	01:09:23
61	Loretta Sollars	Girl Fridays	00:14:24	00:35:34	00:19:44	01:09:42
62	George Alexander	walden tri	00:12:36	00:36:43	00:20:28	01:09:47
63	Peter Lever	Cambridge Tri A	00:12:50	00:37:18	00:19:48	01:09:57
64	Phil Doel	2 Vets & a Whippet	00:13:10	00:37:16	00:19:43	01:10:09
65	Ray Lawrence	Fredericia 2001	00:11:02	00:38:13	00:21:07	01:10:22

66	Matt Hinton	The Walden Trio	00:12:43	00:36:11	00:21:54	01:10:48
67	Sean Bradley	MS2	00:12:16	00:37:42	00:21:06	01:11:04
68	Jonathan Booty	Witham - Team Alan	00:12:43	00:38:59	00:19:23	01:11:05
69	Tim Bowman	Human Performance Unit Men B	00:14:02	00:35:55	00:21:18	01:11:15
70	Dan Stuart	Surf n'Turf	00:12:36	00:35:54	00:22:50	01:11:20
71	Pete Binks	stortford dare devils	00:14:24	00:34:34	00:22:22	01:11:20
72	Elliot Ryan	The Puppies	00:11:57	00:36:50	00:22:34	01:11:22
73	Matthew Brown	Tr-ingteens	00:11:15	00:39:35	00:20:32	01:11:22
74	Neil Mummary	The Walden Trio	00:12:43	00:35:53	00:22:49	01:11:25
75	Darren Wodhall	MV2	00:11:38	00:38:12	00:21:39	01:11:29
76	Patricia Green	The bewildered	00:14:27	00:27:59	00:29:03	01:11:29
77	Andy Chatterton	MV1	00:14:12	00:37:07	00:20:11	01:11:30
78	Elodie Irving	FS2	00:15:30	00:32:14	00:23:57	01:11:41
79	John Rizzo-Naudi	Human Performance Unit Men B	00:12:52	00:36:55	00:22:06	01:11:53
80	Dennis Warner	Harwich Runners Mixed Team A	00:12:22	00:37:41	00:22:01	01:12:04
81	Robert Engers	Shorter Rochford Exclusive Ranges RT	00:12:36	00:35:32	00:23:56	01:12:04
82	Bill Charters	Born2tri3	00:12:54	00:37:43	00:21:32	01:12:09
83	Alan Pilgrim	Witham - Team Alan	00:12:43	00:39:12	00:20:22	01:12:17
84	Steffan Ford	MS2	00:13:06	00:38:15	00:21:06	01:12:27
85	Alyson Sprawson	FV1	00:15:13	00:30:31	00:27:10	01:12:55
86	Zena Shean	Girl Fridays	00:10:16	00:39:27	00:23:19	01:13:02
87	Colin King	The Puppies	00:13:02	00:38:05	00:22:05	01:13:12
88	Paul Horsley	Won2Six	00:14:56	00:36:45	00:21:36	01:13:17
89	Julia Jepson	Won2Six	00:12:53	00:37:58	00:22:27	01:13:18
90	Paul Whiffen	The Walden Trio	00:14:35	00:36:22	00:22:30	01:13:27
91	Tom Giggins	Tr-ingteens	00:09:28	00:41:20	00:22:51	01:13:39
92	Natalie Snow	TSE Ladies 1	00:18:39	00:42:51	00:12:09	01:13:40
93	Joe Giggins	The Puppies	00:11:58	00:39:03	00:22:42	01:13:43
94	Neil Watts	Harwich Runners Open Male A	00:13:54	00:37:02	00:22:55	01:13:51
95	Paul Taylor	New2Tri	00:13:39	00:37:27	00:22:46	01:13:52
96	Wendy Martin	Born2trigirls	00:12:51	00:38:29	00:22:33	01:13:53
97	Tim Earl	Human Performance Unit Men C	00:15:58	00:35:47	00:22:18	01:14:03
98	Stuart Mills	Born2tri3	00:15:11	00:37:30	00:21:29	01:14:10

99	Venita Dabhi	Trisport 8 - The mixed one	00:10:26	00:40:28	00:23:35	01:14:29
100	John Smith	Bobby Charltons	00:15:09	00:35:15	00:24:19	01:14:43
101	Rob Wilson	MV2	00:14:39	00:39:03	00:21:01	01:14:43
102	Mark Edwards	Fat Ginger Pig	00:14:59	00:39:24	00:20:27	01:14:50
103	Dan Morgan	Tri-Force Tapsgang	00:14:42	00:39:13	00:20:55	01:14:50
104	Paul Gribbon	Budgie Smugglers	00:16:17	00:36:11	00:22:23	01:14:51
105	David Peasgood	Walden Tri Sub Zero	00:15:36	00:36:19	00:22:58	01:14:53
106	Mark Rutter	Harwich Runners Open Male A	00:15:01	00:39:10	00:20:56	01:15:07
107	Max Lepoutre	MS3	00:16:08	00:37:44	00:21:19	01:15:11
108	Richard Jones	Perko's Band	00:13:11	00:39:05	00:22:58	01:15:15
109	Keith Perry	MV4	00:12:20	00:39:11	00:23:55	01:15:26
110	Iain Keenan	Team Viper Snipers	00:12:43	00:40:04	00:22:40	01:15:27
111	Mark Askew	The 3 Togs	00:14:18	00:38:54	00:22:22	01:15:34
112	Matt Pickett	The Vaccines	00:13:14	00:39:48	00:22:39	01:15:41
113	Simon Perkins	Perko's Band	00:13:14	00:38:47	00:23:41	01:15:42
114	Danny Stapleton	Fat Ginger Pig	00:11:26	00:41:05	00:23:14	01:15:45
115	Andy Ripley	Surf n'Turf	00:13:46	00:38:44	00:23:18	01:15:48
116	Jackie Perry	FS1	00:11:10	00:41:40	00:23:15	01:16:05
117	Howard Williams	2 Vets & a Whippet	00:15:02	00:38:14	00:22:54	01:16:10
118	Robert Marek	Team Viper Snipers	00:13:18	00:40:11	00:22:45	01:16:14
119	Dale Housler	Harwich_KDA	00:14:03	00:32:59	00:29:14	01:16:16
120	Ashley Thomas	Harwich Runners Open Male A	00:13:41	00:39:16	00:23:21	01:16:18
121	Darren Cassidy	New2Tri	00:13:53	00:38:27	00:24:00	01:16:20
122	Paul Gammon	New2Tri	00:14:38	00:38:00	00:23:44	01:16:22
123	Hallam Smallpiece	Perko's Band	00:13:11	00:40:18	00:22:54	01:16:23
124	Emma Tempstra	Tri-Babes	00:13:48	00:40:39	00:22:03	01:16:30
125	Rachel Pearson	Tri-Anglia	00:11:56	00:41:15	00:23:25	01:16:36
126	Katy Jinks	FS1	00:15:01	00:39:48	00:21:54	01:16:43
127	Naomi Hammond	Tri-Babes	00:13:48	00:39:01	00:23:57	01:16:46
128	Chas Baynes	Budgie Smugglers	00:16:01	00:38:27	00:22:20	01:16:48
129	Ian Howlett	Walden Tri Sub Zero	00:16:04	00:37:23	00:23:25	01:16:52
130	Mick Humphris	MV7	00:13:48	00:38:01	00:25:11	01:17:00
131	George Smith	Tr-ingteens	00:15:39	00:39:53	00:21:34	01:17:06

132	Gary Short	Witham - Team Colsy	00:15:04	00:40:12	00:21:52	<b>01:17:08</b>
133	Ian Gowers	Springfield Striders	00:12:31	00:40:16	00:24:24	<b>01:17:11</b>
134	Kate Hodgkiss	Harwich Runners Mixed Team A	00:14:52	00:39:22	00:22:59	<b>01:17:13</b>
135	Octavia Chambers	stortford dare devils	00:13:23	00:39:24	00:24:27	<b>01:17:14</b>
136	David Gretton	The 3 Togs	00:13:32	00:40:08	00:23:52	<b>01:17:32</b>
137	Nicki Davis	The Witches of Walden	00:14:30	00:40:47	00:22:18	<b>01:17:35</b>
138	Steve Moakes	MV6	00:15:31	00:39:38	00:22:30	<b>01:17:39</b>
139	Craig Woolham	Team Viper Snipers	00:14:45	00:38:50	00:24:08	<b>01:17:43</b>
140	Mark Williams	MIX N' MATCH	00:12:52	00:42:52	00:22:01	<b>01:17:45</b>
141	Gemma Tune	In Therapy	00:13:23	00:39:58	00:24:34	<b>01:17:56</b>
142	Pete Ryan	MS2	00:12:38	00:41:08	00:24:17	<b>01:18:03</b>
143	Lynn Emmett	Tri-Anglia	00:14:43	00:41:02	00:22:19	<b>01:18:04</b>
144	Dale Housler	Harwich_KDA	00:14:03	00:32:59	00:29:14	<b>01:16:16</b>
145	Stuart Sprawson	MV6	00:14:15	00:39:18	00:24:44	<b>01:18:17</b>
146	Chris Priestley	MV3	00:16:58	00:38:22	00:23:13	<b>01:18:33</b>
147	Neil Lynch	Bobby Charltons	00:13:54	00:39:22	00:25:22	<b>01:18:38</b>
148	Richard Lee	The Good and the Bad and the Ugly	00:13:54	00:41:57	00:22:52	<b>01:18:43</b>
149	Nick Sturge	Ollie's Army	00:24:29	00:36:03	00:18:22	<b>01:18:54</b>
150	Gemma Sargent	FS1	00:15:24	00:40:14	00:23:24	<b>01:19:02</b>
151	Richard Easterbrook	Mx1	00:17:26	00:39:08	00:22:35	<b>01:19:09</b>
152	Chris Mowle	Girl Fridays	00:14:10	00:40:14	00:24:57	<b>01:19:21</b>
153	Charmaine Wheeler	PRINCESSES	00:10:57	00:45:04	00:23:20	<b>01:19:21</b>
154	Peter Eames	MV3	00:15:49	00:39:54	00:23:38	<b>01:19:21</b>
155	Neil Delgaty	The 3 Togs	00:13:34	00:40:24	00:25:30	<b>01:19:28</b>
156	Steve Fall	Springfield Striders	00:17:06	00:39:00	00:23:24	<b>01:19:30</b>
157	Dan Coughlan	Human Performance Unit Men C	00:12:10	00:38:59	00:28:21	<b>01:19:30</b>
158	Charles Dale	Walden Tri Sub Zero	00:16:49	00:38:18	00:24:26	<b>01:19:33</b>
159	Kevan Armstrong	MV4	00:15:19	00:40:31	00:23:45	<b>01:19:35</b>
160	Jeff Higgon	Harwich Runners MV A	00:13:54	00:41:09	00:24:41	<b>01:19:44</b>
161	Tim Smith	MV7	00:16:26	00:41:23	00:22:06	<b>01:19:55</b>
162	Andy Dawbarn	Bobby Charltons	00:17:02	00:39:45	00:23:10	<b>01:19:57</b>
163	Louise Rolf	The Witches of Walden	00:14:09	00:43:01	00:22:55	<b>01:20:05</b>
164	Ryan Johnson	MS4	00:16:13	00:42:11	00:22:04	<b>01:20:28</b>

165	Chris Milne	Budgie Smugglers	00:16:10	00:40:36	00:23:47	<b>01:20:33</b>
166	Melinda Duer	Mill Road Rules	00:15:37	00:39:21	00:25:50	<b>01:20:48</b>
167	Sian Loveless	Tri-Anglia	00:12:11	00:44:36	00:24:14	<b>01:21:01</b>
168	Keith Walker	The Good and the Bad and the Ugly	00:16:09	00:40:47	00:24:06	<b>01:21:02</b>
169	Angela Hodson	Tri-Babes	00:14:15	00:41:43	00:25:12	<b>01:21:10</b>
170	Birgit Schalow	Dancing Dolphins	00:15:45	00:40:28	00:25:01	<b>01:21:14</b>
171	Stephen Vigor	PJ'S	00:17:03	00:39:14	00:25:00	<b>01:21:17</b>
172	Matt Hickman	MS3	00:14:40	00:41:33	00:25:05	<b>01:21:18</b>
173	Jan Burrows	In Therapy	00:13:59	00:39:58	00:27:21	<b>01:21:18</b>
174	Mick Clark	MV3	00:14:38	00:40:18	00:26:56	<b>01:21:52</b>
175	Andrew Mussett	MS3	00:14:40	00:43:19	00:24:04	<b>01:22:03</b>
176	Ian Gummery	CLASSIC	00:14:24	00:43:03	00:24:38	<b>01:22:05</b>
177	Gerry Corrance	MV6	00:15:31	00:42:27	00:24:16	<b>01:22:14</b>
178	Steve Rust	MV7	00:18:06	00:38:12	00:26:16	<b>01:22:34</b>
179	Rob Ambridge	The Vaccines	00:14:00	00:43:11	00:25:27	<b>01:22:38</b>
180	Mike Beresford	CLASSIC	00:13:27	00:41:03	00:28:09	<b>01:22:39</b>
181	Neha Dabhi	TSE Ladies 1	00:10:53	00:49:03	00:22:45	<b>01:22:41</b>
182	Tony Wallen	Witham - Team Tony	00:20:31	00:39:25	00:22:53	<b>01:22:49</b>
183	David Jobling	Witham - Team Tony	00:16:07	00:43:12	00:23:54	<b>01:23:13</b>
184	Mark Taplin	Tri-Force Tapsgang	00:15:34	00:40:54	00:26:52	<b>01:23:20</b>
185	Paul Chapman	PJ'S	00:15:55	00:43:50	00:23:58	<b>01:23:43</b>
186	Steve Mussett	MV5	00:17:10	00:40:55	00:25:46	<b>01:23:51</b>
187	Dil Wetherill	MV1	00:24:58	00:39:23	00:19:36	<b>01:23:57</b>
188	Alex Stuckey	Witham - Team David P	00:14:37	00:45:57	00:23:35	<b>01:24:10</b>
189	Paul Kerrision	Harwich Runners Mixed Team B	00:13:11	00:43:30	00:27:44	<b>01:24:25</b>
190	Keith Cockburn	MV4	00:13:23	00:41:03	00:30:01	<b>01:24:27</b>
191	Daniel Clow	Fat Ginger Pig	00:14:59	00:41:54	00:27:37	<b>01:24:30</b>
192	Graham Perry	MV5	00:16:31	00:42:51	00:25:09	<b>01:24:31</b>
193	Yvonne Mortimer	Witham - Team David P	00:14:37	00:46:21	00:23:35	<b>01:24:34</b>
194	Jamie Madill	PJ'S	00:17:58	00:41:25	00:25:17	<b>01:24:40</b>
195	Dave Welch	Mx1	00:17:26	00:42:34	00:24:47	<b>01:24:47</b>
196	Alan Walker	south eastern road club	00:21:00	00:38:40	00:25:14	<b>01:24:54</b>
197	Kate Turner	FS2	00:14:57	00:44:05	00:25:54	<b>01:24:56</b>

<b>198</b>	Jo Witton	In Therapy	00:12:03	00:49:17	00:23:48	<b>01:25:08</b>
<b>199</b>	Sue Fuller	Mummy's Birthday Boy	00:14:15	00:43:13	00:27:40	<b>01:25:08</b>
<b>200</b>	Mark Denham	Mummy's Birthday Boy	00:14:56	00:42:11	00:28:04	<b>01:25:11</b>
<b>201</b>	Marrion Dutton	Centurions	00:07:36	00:47:04	00:30:38	<b>01:25:18</b>
<b>202</b>	Kate Thomas	Harwich Runners Mixed Team B	00:16:03	00:44:51	00:24:48	<b>01:25:42</b>
<b>203</b>	Tanya Sheridan	Mill Road Rules	00:15:48	00:44:49	00:25:05	<b>01:25:42</b>
<b>204</b>	Viv Law	Centurions	00:16:15	00:43:33	00:26:01	<b>01:25:49</b>
<b>205</b>	Nicola Sayle	Go JEN Go!	00:16:16	00:44:07	00:25:26	<b>01:25:49</b>
<b>206</b>	Kevin Bradley	MV5	00:18:54	00:42:12	00:24:50	<b>01:25:56</b>
<b>207</b>	Annika Broster	Human Performance Unit Women A	00:12:21	00:47:03	00:26:33	<b>01:25:57</b>
<b>208</b>	Wendy Staines	Born2trigirls	00:15:12	00:47:52	00:23:26	<b>01:26:30</b>
<b>209</b>	Bethany Hawkings	PRINCESSES	00:12:54	00:45:04	00:28:36	<b>01:26:34</b>
<b>210</b>	Janice Brown	Mummy's Birthday Boy	00:14:56	00:45:49	00:26:01	<b>01:26:46</b>
<b>211</b>	Philip Fouche	Born2tri3	00:10:15	00:48:19	00:28:12	<b>01:26:46</b>
<b>212</b>	Steve Henigan	MIX N' MATCH	00:11:33	00:51:26	00:24:16	<b>01:27:15</b>
<b>213</b>	Alec Coleman	Springfield Striders	00:14:16	00:44:16	00:29:31	<b>01:28:03</b>
<b>214</b>	Nancy Harrison	PRINCESSES	00:11:53	00:47:26	00:28:58	<b>01:28:17</b>
<b>215</b>	Karen Dodsworth	Mx1	00:19:27	00:42:28	00:27:08	<b>01:29:03</b>
<b>216</b>	Anthony Batey	Tri-Force Tapsgang	00:17:24	00:43:40	00:28:19	<b>01:29:23</b>
<b>217</b>	Nicole Duer	Mill Road Rules	00:20:16	00:43:00	00:26:10	<b>01:29:26</b>
<b>218</b>	Steve Hynes	Born2tri - updated	00:15:09	00:53:20	00:20:59	<b>01:29:28</b>
<b>219</b>	Graeme Silcock	The Vaccines	00:15:36	00:46:07	00:28:02	<b>01:29:45</b>
<b>220</b>	Kieran Healy	Witham - Team Tony	00:20:30	00:43:12	00:26:38	<b>01:30:20</b>
<b>221</b>	Sharon Honey	The bewildered	00:14:27	00:49:12	00:26:50	<b>01:30:29</b>
<b>222</b>	Steve Allison	MS4	00:17:08	00:44:43	00:28:59	<b>01:30:50</b>
<b>223</b>	Paul Hedger	Witham - Team David P	00:21:16	00:44:29	00:25:08	<b>01:30:53</b>
<b>224</b>	Jonathan Mason	The Hackney Hatrick	00:16:58	00:51:54	00:22:10	<b>01:31:02</b>
<b>225</b>	Lynn Allen	FV2	00:17:56	00:44:33	00:28:34	<b>01:31:02</b>
<b>226</b>	Jane Chappel	FV1	00:30:31	00:38:35	00:21:59	<b>01:31:05</b>
<b>227</b>	Les Humphrey	south eastern road club	00:17:34	00:44:40	00:29:40	<b>01:31:54</b>
<b>228</b>	Felicity Plent	Only came for the picnic	00:16:50	00:46:22	00:28:48	<b>01:32:00</b>
<b>229</b>	Karen Parnell	FV2	00:17:55	00:45:18	00:29:40	<b>01:32:53</b>
<b>230</b>	Claire Talbot	Blues Babes	00:13:48	00:49:00	00:30:23	<b>01:33:11</b>

231	Anna Anderson	Harwich Runners Open Female A	00:18:33	00:47:52	00:26:50	<b>01:33:15</b>
232	Geraldine Howard	The bewildered	00:27:59	00:40:56	00:24:25	<b>01:33:20</b>
233	Jan Swallow	Go JEN Go!	00:15:50	00:45:53	00:32:04	<b>01:33:47</b>
234	Sue Gipson	FV1	00:15:13	00:50:14	00:28:30	<b>01:33:58</b>
235	Mandy Smith	Blues Babes	00:17:37	00:49:24	00:27:16	<b>01:34:17</b>
236	Kev Scott	Centurions	00:23:08	00:41:19	00:29:52	<b>01:34:19</b>
237	Katie Higgon	Harwich_KDA	00:14:03	00:49:40	00:32:35	<b>01:36:18</b>
238	Ed Manson	MS4	00:22:55	00:46:05	00:25:22	<b>01:34:22</b>
239	Elisabeth Ross	Go JEN Go!	00:15:11	00:49:20	00:30:23	<b>01:34:54</b>
240	Catherine Carfoot	Human Performance Unit Women A	00:16:45	00:47:03	00:31:22	<b>01:35:10</b>
241	Neeley Casserly	FS3	00:16:30	00:18:50	01:00:00	<b>01:35:20</b>
242	Katie Higgon	Harwich_KDA	00:14:03	00:49:40	00:32:35	<b>01:36:18</b>
243	Sarah Carter	Blues Babes	00:13:41	00:50:56	00:31:44	<b>01:36:21</b>
244	Isla Sharp	Human Performance Unit Women A	00:18:25	00:48:30	00:29:38	<b>01:36:33</b>
245	Pat Creedon	The Hackney Hatrick	00:18:17	00:53:06	00:25:30	<b>01:36:53</b>
246	Tim Warner	Harwich Runners MV A	00:13:41	00:59:09	00:24:57	<b>01:37:47</b>
247	Meline Fletcher	FV2	00:17:08	00:49:19	00:31:36	<b>01:38:03</b>
248	Colin Short	Witham - Team Colsy	00:20:29	00:49:18	00:28:20	<b>01:38:07</b>
249	Tracy Kennedy	FS2	00:32:13	00:42:27	00:23:32	<b>01:38:12</b>
250	Debbie Binks	Dancing Dolphins	00:15:54	00:52:25	00:30:36	<b>01:38:55</b>
251	Cherry Lewis-Taylor	Witham - Team Colsy	00:18:21	00:48:25	00:32:49	<b>01:39:35</b>
252	Sophie Lewis	Only came for the picnic	00:17:59	00:50:46	00:31:37	<b>01:40:22</b>
253	Trudy Cullen	Harwich Runners Mixed Team B	00:17:16	00:49:24	00:33:49	<b>01:40:29</b>
254	Jim Rourke	The Good and the Bad and the Ugly	00:22:27	00:48:17	00:31:26	<b>01:42:10</b>
255	Alan Findlay	Dancing Dolphins	00:17:21	00:55:09	00:30:16	<b>01:42:46</b>
256	Deb Ives	The Witches of Walden	00:12:45	01:03:28	00:28:47	<b>01:45:00</b>
257	Nita Bull	south eastern road club	00:20:26	00:55:01	00:30:15	<b>01:45:42</b>
258	Kate Bozianu	Only came for the picnic	00:17:15	00:51:08	00:39:14	<b>01:47:37</b>
259	Catherine O'Keeffe	The Hackney Hatrick	00:25:24	00:53:06	00:33:22	<b>01:51:52</b>
260	Brian Ewin	CLASSIC	00:28:24	00:57:07	00:27:59	<b>01:53:30</b>
261	Rachel Armstrong	FS3	00:12:36	01:48:14	00:44:03	<b>02:44:53</b>