

**Female Result Category**

Rankings		Name	BIB		Drtn	Rate m/s	PostLag % Gndr	Rems
Gndr	Open							
1	2	Dominique Sellors	20	Little Baddow Ridge Runner	00:58:56	2.83		AC Points: 50
2	3	Christina Webber	16		01:05:15	2.55	10.72	AC Points: 40
3	4	Clarice Sanderson	10	Witham RC	01:10:12	2.37	19.12	AC Points: 32
4	7	Lysia Jiggins	11		01:10:20	2.37	19.35	AC Points: 26
5	8	Teresa Flannigan	21	East Essex Tri Club	01:13:38	2.26	24.94	AC Points: 22
6	9	Alex Bessent	41	Multisport-Management	01:22:54	2.01	40.67	AC Points: 20

**Male Result Category**

Rankings		Name	BIB		Drtn	Rate m/s	PostLag % Gndr	Rems
Gndr	Open							
1	1	Richard Jackson	44	Axe Valley Runners	00:53:20	3.13		AC Points: 50
2	5	Dominic Cook	43		01:10:18	2.37	31.80	AC Points: 40
3	6	Steven Alder	23		01:10:19	2.37	31.84	AC Points: 32
4	10	Graham Lee	45	Multisport-Management	01:22:55	2.01	55.47	AC Points: 26