

Female Result Category								
Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	6	Mary Lloyd	57	Brentwood RC	00:54:11	2.48		TR: 1/4
1	6	Tedge King	58	Brentwood RC	00:54:11	2.48		TR: 1/4
3	9	Sandra Rust	51	Harlow AC	00:56:00	2.39	3.35	TR: 1/1
3	9	Julia Gardiner	61	Harlow RC	00:56:00	2.39	3.35	TR: 1/1
3	9	Vicky Presland	53	Great Bentley RC	00:56:00	2.39	3.35	TR: 2/3
3	9	Tricia Stacey	49	Great Bentley RC	00:56:00	2.39	3.35	TR: 2/3
3	9	Melanie Carrington	69	South Woodham Runners	00:56:00	2.39	3.35	TR: 2/2
8	14	Christine Sutcliffe	46	Mid Essex Casuals	00:57:11	2.35	5.54	TR: 1/2
9	18	Heather Eltham	63	Brentwood RC	00:59:55	2.24	10.58	TR: 4/4
10	20	Tanya Theron	44		01:01:06	2.20	12.76	
10	20	Gina Bianchi	71	Weald Park Warriors	01:01:06	2.20	12.76	TR: 4/6
10	20	Natalie Widdows	43		01:01:06	2.20	12.76	
10	20	Geri Danby	65	Weald Park Warriors	01:01:06	2.20	12.76	TR: 4/6
14	27	Vicky Malmsjö	54		01:18:36	1.71	45.05	

Male Result Category								
Rankings		Name	BIB		Duration	Rate m/s	PostLag % Gndr	*Rems
Gndr	Open							
1	1	David Church	67		00:39:12	3.42		
2	2	Paul Williams	42	Vegan Runners (UK)	00:40:08	3.34	2.39	TR: 1/1
3	3	Steve Danby	64	Weald Park Warriors	00:48:56	2.74	24.83	TR: 1/6
4	4	Simon Carrington	70	South Woodham Runners	00:49:55	2.69	27.34	TR: 1/2
4	4	Phil Presland	52	Great Bentley RC	00:49:55	2.69	27.34	TR: 1/3
6	6	James MacNish Porter	55	Brentwood RC	00:54:11	2.48	38.22	TR: 1/4
7	14	Ian Sutcliffe	47	Mid Essex Casuals	00:57:11	2.35	45.88	TR: 1/2
8	16	David Mackay	56	Weald Park Warriors	00:58:09	2.31	48.35	TR: 2/6
8	16	Michael Kavanagh	59		00:58:09	2.31	48.35	
10	19	Andrew Fox	62	Weald Park Warriors	01:00:28	2.22	54.25	TR: 3/6
11	20	Dean Adams	73		01:01:06	2.20	55.86	
11	20	Simon Adams	72	Weald Park Warriors	01:01:06	2.20	55.86	TR: 4/6
13	26	Graham Lee	74	Multisport-Management	01:02:03	2.16	58.30	TR: 1/2
14	27	Steve Cope	66	Multisport-Management	01:18:36	1.71	100.52	TR: 2/2

*Rems: 'TR' = RANK within Team inclusively