

Colchester 15 2019

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	122	Chris Burgoyne	MO	1	1:22:35.56	Springfield Striders RC
2	214	Stephen Peck	M40	1	1:29:55.13	Harwich Runners
3	150	Nate Filer	MO	3	1:30:03.58	Colchester Harriers AC
4	163	Jason Gunn	MO	4	1:30:54.14	
5	234	James Smith	MO	5	1:32:03.64	Halstead RRC
6	263	James Wright	M40	2	1:34:41.79	Colchester Harriers AC
7	285	Simon Day	M40	3	1:34:55.56	Harwich Runners
8	152	Matthew Friend	MO	8	1:35:08.61	Harwich Runners
9	276	Paul Rodgers	M40	4	1:35:25.8	Colchester Harriers AC
10	277	Sam Rahman	MO	10	1:35:31.17	Ilford AC
11	301	Richard Heath	M40	5	1:38:44.53	Colchester Harriers AC
12	268	Allen Smalls	M50	1	1:38:56.28	Colchester Harriers AC
13	138	Kevin Davies	M50	2	1:39:01.6	Clayton-le-Moors Harriers
14	236	Michael Smith	MO	14	1:39:26.32	
15	275	Collin Ridley	M50	3	1:39:33.16	Colchester Harriers AC
16	302	Robin Brookes	M50	4	1:39:54.09	Harwich Runners
17	223	Alexander Sales	MO	17	1:39:58.63	
18	280	Craig Warriner	MO	18	1:40:57.26	
19	154	Barry Frost	MO	19	1:41:08.74	Colchester Harriers AC
20	298	Daniel Bennison	MO	20	1:41:52.87	
21	237	Paul Smith	M40	6	1:42:24.16	
22	229	Chris Seymour	M50	5	1:42:35.16	Stowmarket Striders RC
23	177	Steven Hughes	M50	6	1:43:11.21	Stowmarket Striders RC
24	262	Peter Woosey	MO	24	1:43:22.81	
25	134	Paul Connell	M40	7	1:43:31.26	Great Bentley Running Club
26	125	Neil Button	M50	7	1:44:05.45	Coltishall Jaguars RC
27	151	Richard Flutter	M50	8	1:44:38.84	Colchester Harriers AC
28	191	Gavin Laws	MO	28	1:45:57.32	Tiptree Road Runners
29	130	Harry Cavenagh	MO	29	1:46:21.44	
30	114	Emma Blake	F35	1	1:47:15.25	Coltishall Jaguars RC
31	243	Daniel Summersgill	MO	31	1:47:28.07	
32	135	Martyn Coulter	MO	32	1:47:37.42	Harlow RC
33	246	Paul Turner	MO	33	1:47:51.66	
34	120	Richard Bunce	MO	34	1:48:00.04	
35	117	Jason Brunt	M40	8	1:48:06.38	Norfolk Gazelles AC
36	184	Matthew Kerridge	MO	36	1:48:59.06	
37	131	Anthony Chatters	MO	37	1:49:17.27	
38	217	Christopher Purse	M60	1	1:49:30.21	Springfield Striders RC
39	165	Danielle Harrington	F35	2	1:50:31.97	Tiptree Road Runners
40	157	Adam Gerrish	MO	40	1:51:28.48	Colchester Harriers AC
41	240	Malcolm Statham	M40	9	1:51:32.22	Colchester Harriers AC
42	139	Paul Davison	M40	10	1:52:25.86	
43	186	Elodie King	F35	3	1:52:48.45	
44	231	Laura Shrewbridge	F35	4	1:53:08.54	Hadleigh Hares
45	215	Stephen Pointer	MO	45	1:53:21.09	Coltishall Jaguars RC
46	258	Emma Wilcock	FO	46	1:53:22	Coltishall Jaguars RC
47	196	Charlie Mccarthy	M40	11	1:53:29.46	
48	245	Sandy Thorogood	F45	1	1:53:36.72	Sudbury Joggers
49	241	Andy Stephens	MO	49	1:53:37.23	Great Bentley Running Club
50	259	Emma Williams	FO	50	1:54:25.73	Notts AC
51	222	Louis Sadler-smith	MO	51	1:54:54.59	
52	111	Stephen Begg	M40	12	1:56:10.53	
53	253	Robert Webb	M40	13	1:56:14.35	
54	244	James Taylor	M40	14	1:56:17.3	
55	286	Lisa Bolton	FO	55	1:56:25.12	Norfolk Gazelles
56	210	Douglas O'neill	M40	15	1:56:33.43	Colchester Harriers AC

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57	166	Tracy Harrington	F45	2	1:56:43.32	Tiptree Road Runners
58	181	Natalie Johnston	FO	58	1:57:05.79	
59	208	Steve Neumann	M40	16	1:57:09.23	
60	279	Barry Plowman	M50	9	1:57:15.84	Braintree AC
61	112	Peter Benton	M50	10	1:57:36.64	Great Bentley Running Club
62	123	Ben Burrows	M40	17	1:59:29.53	Woodbridge Shufflers RC
63	161	Aaron Graves	MO	63	1:59:51.79	Tiptree Road Runners
64	203	Colin Moody	M60	2	2:00:45.76	Harlow RC
65	206	Mary Narey	F45	3	2:02:36.31	Stowmarket Striders RC
66	228	Adam Sewell	M40	18	2:03:54.45	
67	261	Sam Wolton	M40	19	2:04:13.64	Halstead RRC
68	290	Dianne Hughes	F55	1	2:04:41.66	Stowmarket Striders
69	164	Sarah Hammond	F35	5	2:05:40.19	Springfield Striders RC
70	221	Iain Rhodes	M50	11	2:05:53.33	Tiptree Road Runners
71	230	Daniel Shanks	M40	20	2:06:05.39	Felixstowe RRC
72	297	David Lissimore	M50	12	2:06:38.93	
73	278	Nicola Hopkinson	F55	2	2:06:39.05	Ilford AC
74	141	Neil Dennis	MO	74	2:06:54.14	Stowmarket Striders RC
75	121	Verna Burgess	F55	3	2:06:55.7	Vegan Runners UK
76	292	Richard Corner	M50	13	2:08:17.05	
77	172	Gary Holden	M40	21	2:08:50.43	
78	110	Ian Beard	M50	14	2:09:06.59	
79	257	Mark Wigley	M40	22	2:09:10.99	Colchester Harriers AC
80	218	Chris Raby	MO	80	2:10:56.32	
81	176	Joe Hughes	MO	81	2:11:07.88	
82	128	Helen Carey	F45	4	2:11:11.13	Great Bentley Running Club
83	140	Sarah Davison	F45	5	2:11:11.3	Great Bentley Running Club
84	107	Allen Ball	M40	23	2:11:36.27	Running Colchester
85	188	Shelley Knights	F35	6	2:12:52.35	
86	180	Catherine Johnson	F45	6	2:13:03.9	
87	162	Luke Groves	MO	87	2:13:03.91	Great Bentley Running Club
88	255	Laura Wedgbury	FO	88	2:13:28.53	Ipswich Jaffa RC
89	299	Catherine Bennison	FO	89	2:13:29.27	HRR
90	145	Steve Enefer	M40	24	2:15:15.53	Running Colchester
91	133	Anthea Colsell	F35	7	2:16:25.92	Great Bentley Running Club
92	202	Denis Mole	M60	3	2:16:27.07	Havering '90 Joggers
93	296	Andrew Johnson	M50	15	2:17:26.34	
94	119	Sandra Bumphrey	F45	7	2:17:40.59	Capel Cheetahs
95	266	Helen Yellop	U1F	1	2:17:40.71	Capel Cheetahs
96	198	Rebecca Mcvelia	F45	8	2:17:59.68	Tiptree Road Runners
97	260	Antoinette Wilson	F55	4	2:18:04.89	Colchester Harriers AC
98	171	Donna Hindle	F45	9	2:18:12.05	Springfield Striders RC
99	178	Lynwen James	F45	10	2:19:03.02	
100	201	Lana Milne	F35	8	2:19:36.19	Running Colchester
101	159	Andrew Gill	M50	16	2:19:57.51	
102	175	Chris Hopkins	MO	102	2:21:14.47	
103	108	Charlotte Ball	FO	103	2:21:24.28	Springfield Striders RC
104	267	Anna Young	F45	11	2:21:36.8	
105	124	Michael Burrows	M40	25	2:22:30.77	
106	173	Paul Hollidge	M40	26	2:22:43.61	Great Bentley Running Club
107	137	Debs Cuberley	F35	9	2:22:43.69	Great Bentley Running Club
108	207	Doreen Neal	F55	5	2:23:16.9	Coltishall Jaguars RC
109	102	Tony Adolphus	M60	4	2:25:21.43	Ipswich Jaffa RC
110	225	Helen Scott	F35	10	2:26:20.25	
111	269	Andrew Wand	M40	27	2:26:20.32	
112	295	Alison Turner	F45	12	2:26:59.74	
113	101	Judith Adolphus	F55	6	2:28:01.97	Ipswich Jaffa RC
114	105	David Balfour	M50	17	2:30:42.74	Lonely Goat RC
115	224	Nicky Santomauro	F45	13	2:30:49.63	
116	179	Paula Johns	F45	14	2:31:35.48	

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117	204	Katie Moorcroft	FO	117	2:31:35.73	
118	216	Christina Pretty	F55	7	2:32:16.01	Harwich Runners
119	158	Katie Gibson	F45	15	2:32:21.1	Colchester Harriers AC
120	288	Louise Yates	F35	11	2:32:21.4	Colchester Harriers AC
121	170	Jo Higgon	F55	8	2:32:29.11	Harwich Runners
122	232	Jackie Sibthorp	F45	16	2:33:28.75	Mid Essex Casuals
123	143	William Dines	MO	123	2:35:03.52	
124	167	Sybil Harris	F45	17	2:35:03.59	
125	142	Kathy Dines	F45	18	2:35:12.62	Ipswich Jaffa RC
126	249	Mark Warren	MO	126	2:35:23.73	Petts Wood Runners
127	219	Andrew Rayner	M50	18	2:38:10.31	
128	197	John Mcvelia	M50	19	2:39:23.51	Tiptree Road Runners
129	190	Nicola Lavarack	F35	12	2:39:51.1	Great Bentley Running Club
130	271	Zoey Woods	FO	130	2:40:08.33	Running Colchester
131	270	Karen Clark	F35	13	2:40:08.91	
132	264	Maureen Wright	F55	9	2:44:33.65	Ipswich Jaffa RC
133	113	Mary Birch	FO	133	2:44:51.96	
134	126	Julia Cannon	F45	19	2:44:52.61	
135	274	Kerry Penfold	F45	20	2:47:07.8	
136	103	Jamie Austin	MO	136	2:47:57.92	Dagenham 88 Runners
137	242	Luke Summers	MO	137	2:47:59.74	Dagenham 88 Runners
138	283	Anna Yell	F35	14	2:55:37.56	
139	282	Anna Benton	F45	21	2:55:37.79	Running Colchester
140	265	Sue Wright	F55	10	2:58:08.97	Great Bentley Running Club
141	106	Louise Balfour	F45	22	3:06:02.61	
142	115	Sarah Bockhart	FO	142	3:06:02.64	