

# Colchester 7 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	59	Graeme Knott	MO	1	0:44:55.57	Harwich Runners
2	49	James Taverner	MO	2	0:48:11.32	GoodGym Race Team
3	62	Rob Windus	MO	3	0:52:19.19	
4	63	Tim Comer	MO	4	0:55:18.8	Colchester Harriers
5	31	Ella Jeffries	FO	5	0:55:31.69	Colchester Harriers AC
6	19	Becky Day	FO	6	0:56:22.27	Boxted Runners
7	56	Ryan Williams	MO	7	0:57:15.12	Colchester Harriers AC
8	5	Stephen Bland	MO	8	0:57:20.99	
9	64	Sean Lawler	M45	1	0:58:00.61	
10	70	Jo Mark	F35	1	0:58:21.08	Colchester Harriers
11	69	Daniel Mark	MO	11	0:58:21.08	Colchester Harriers
12	34	Daniel Larkin	MO	12	1:00:03.45	
13	71	Chrissy Davison	FO	13	1:01:18.63	
14	13	Kieran Callaghan	MO	14	1:01:56.05	Colchester Harriers AC
15	61	Debbie Catermole	F55	1	1:01:56.44	Colchester Harriers
16	60	Rebecca Cooke	FO	16	1:02:00.98	Colchester Harriers
17	18	Connor Davison	MO	17	1:02:07.74	
18	68	John Yell	M40	1	1:02:31.85	Running Colchester
19	8	Ian Bown	M55	1	1:03:56.62	GoodGym Race Team
20	6	Claire Bleck	F40	1	1:05:27.27	
21	7	Paul Bleck	F40	2	1:05:27.69	
22	20	Mark Frost	M40	2	1:05:37.33	
23	32	Mark Johnson	M40	3	1:05:39.68	
24	67	Jeremy Downs	MO	24	1:06:14.16	Harwich Runners
25	2	Martin Axcell	M50	1	1:07:13.66	
26	30	Stuart Hunt	MO	26	1:08:07.57	Hadleigh Hares AC
27	65	Ryan Taylor	MO	27	1:08:32.95	
28	53	Robert West	M55	2	1:08:54.41	
29	43	Jamie Rose	M40	4	1:09:13.6	
30	52	Lucy West	F45	1	1:09:19.59	Running Colchester
31	11	Gary Bright	M40	5	1:09:23.61	Castle Point Joggers
32	50	Mark Wade	M45	2	1:09:26.48	Running Colchester
33	66	Cliff Adams	M50	2	1:09:56.07	
34	15	Vanessa Crannis	F50	1	1:10:23.08	
35	46	Karen Skene	F50	2	1:11:42.81	Capel Cheetahs
36	25	Leoni Harvey	F35	2	1:12:10.41	
37	29	Jenni Heffer	F35	3	1:14:41.99	
38	9	Rachal Brett	FO	38	1:14:42.91	
39	28	Joanne Hearn	FO	39	1:15:21.32	Running Colchester
40	37	Rebecca Mccrea	FO	40	1:15:29.07	
41	16	David Crissell	MO	41	1:15:45.78	
42	39	Louise Mitchell	FO	42	1:18:43.97	
43	21	Catherine Fyfield	F50	3	1:18:54.48	
44	26	Vanessa Harvey	F55	2	1:19:01.22	
45	14	Hannah Cook	FO	45	1:19:14.38	
46	42	Steven Rich	MO	46	1:19:55.84	
47	51	Erica Watts	F40	3	1:24:26.42	Running Colchester