

<b>Harriers Recreation Café trail race, Wednesday 18th July</b>			
<b>Position</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>
1	Angus Holford	Col H	00:59
1	Adam Sawyer	Col H	00:59
3	Melissa Dowell	Col H	01:04
3	Gary Abbott	MEC	01:04
3	Ella Neale	Col H	01:04
3	Denise Morley	Col H	01:04
3	Lyn Higgs	MEC	01:04
8	Simon Morgan	Col H	01:05
9	Bradley Harvey	Col H	01:09
9	Louise Yates	Col H	01:09
9	Charlie Hollohan	Col H	01:09
9	Ryan Taylor	Col H	01:09
9	Ryan Williams	CBC	01:09
9	Chris Davidson	CBC	01:09
9	Craig Mitchell	Col H	01:09
16	Rachel Sadler	Run Colchester	01:25
16	Will Sharples	Run Colchester	01:25
16	Natalie Sharples	Run Colchester	01:25
16	Tommy Bond	Run Colchester	01:25
16	Alan Parsons	Run Colchester	01:25
16	Arthur Whiston	Col H	01:25
16	Neil Barnes	Run Colchester	01:25
16	Natalie Launder	Run Colchester	01:25
16	Rachel Abbott	Col H	01:25
25	Hannah Meadows	Run Colchester	01:27
25	Marc Driscoll	Run Colchester	01:27
27	Michelle Tarbin	Run Colchester	01:28
27	Michael Young	Run Colchester	01:28
27	Fay Smalls	Col H	01:28
27	Catherine Hills	Run Colchester	01:28
27	Paul Smith	Run Colchester	01:28
32	Mark Harris	Run Colchester	01:31
32	Donna Harris	Run Colchester	01:31
34	Yolanda Arnold	Run Colchester	01:33
34	Paul Arnold	Run Colchester	01:33
34	Tanya Clark	Run Colchester	01:33
34	Tammy Astinda	Run Colchester	01:35
38	Steve Ames	Run Colchester	01:35
39	Anna Benton	Run Colchester	01:35
40	Malcolm Statham	Col H	01:55