

Race 1 World War One Work Out

| Overall Position | Men's Position | Women's Position | Name | Club | M/F | Runner Number | Run Time | Start Time | Finish Time |
|-------------------------|-----------------------|-------------------------|--------------------|-----------------------|------------|----------------------|-----------------|-------------------|--------------------|
| 1 | 1 | | Craig Dawson | Tiptree Road Runners | M | 79 | 00:57:35 | 09:34:41 | 10:32:16 |
| 2 | 2 | | Allen Smalls | Colchester Harriers | M | 47 | 00:57:49 | 08:51:50 | 09:49:39 |
| 3 | 3 | | Roy Read | Mid Essex | M | 89 | 00:58:01 | 09:55:49 | 10:53:50 |
| 4 | 4 | | John Byford | Springfield Striders | M | 35 | 00:59:14 | 08:50:19 | 09:49:33 |
| 5 | | 1 | Sarah Colbert | Springfield Striders | F | 87 | 00:59:18 | 09:55:05 | 10:54:23 |
| 6 | 5 | | Paul Dellar | Tiptree Road Runners | M | 24 | 00:59:20 | 08:50:11 | 09:49:31 |
| 7 | 6 | | David Hurley | Mid Essex | M | 88 | 01:00:38 | 09:55:05 | 10:55:43 |
| 8 | 7 | | Chris Hargraves | LBRR | M | 17 | 01:03:36 | 08:38:31 | 09:42:07 |
| 9 | 8 | | Richard Smith | LBRR | M | 18 | 01:03:45 | 08:38:31 | 09:42:16 |
| 10 | 9 | | Chris Bulman | LBRR | M | 94 | 01:03:46 | 10:10:16 | 11:14:02 |
| 11 | 9 | | Alex Bulman | LBRR | M | 95 | 01:03:46 | 10:10:16 | 11:14:02 |
| 12 | 11 | | Chris Haylow | Grange Farm | M | 22 | 01:04:17 | 08:56:36 | 10:00:53 |
| 13 | 12 | | Tim Brockington | Springfield Striders | M | 66 | 01:04:36 | 09:16:13 | 10:20:49 |
| 14 | 13 | | Mark Lawes | Tiptree Road Runners | M | 19 | 01:04:49 | 08:42:14 | 09:47:03 |
| 15 | 14 | | James Haskey-Jones | Tiptree Road Runners | M | 9 | 01:04:51 | 08:42:14 | 09:47:05 |
| 16 | | 2 | Tracy Harrington | Tiptree Road Runners | F | 20 | 01:04:51 | 08:42:14 | 09:47:05 |
| 17 | 15 | | Andy Carter | Halstead Road Runners | M | 83 | 01:05:56 | 09:50:50 | 10:56:46 |
| 18 | 16 | | Ian Lawson | Grange Farm | M | 92 | 01:06:00 | 09:55:05 | 11:01:05 |
| 19 | 17 | | Kevin Hopper | Springfield Striders | M | 77 | 01:06:30 | 09:36:03 | 10:42:33 |
| 20 | 18 | | Grahan Baker | Mid Essex | M | 82 | 01:08:35 | 09:40:31 | 10:49:06 |
| 21 | | 3 | Meera Rajoo-Oakley | Great Bentley | F | 59 | 01:09:06 | 09:00:51 | 10:09:57 |
| 22 | 19 | | York Deavers | LBRR | M | 21 | 01:09:47 | 08:41:57 | 09:51:44 |
| 23 | 20 | | Julian Catmull | Springfield Striders | M | 53 | 01:10:13 | 08:59:12 | 10:09:25 |
| 24 | 21 | | Richard Sirrett | Springfield Striders | M | 51 | 01:10:28 | 09:00:35 | 10:11:03 |
| 25 | | 4 | Pru Haylow | Grange Farm | F | 23 | 01:12:47 | 08:51:09 | 10:03:56 |
| 26 | 22 | | Joe Reynolds | - | M | 65 | 01:12:49 | 08:59:55 | 10:12:44 |
| 27 | 23 | | Hugh Reynolds | - | M | 64 | 01:13:05 | 08:59:55 | 10:13:00 |
| 28 | | 5 | Ruth Smith | LBRR | F | 62 | 01:13:08 | 09:01:15 | 10:14:23 |
| 29 | 24 | | Dean Waltham | LBRR | M | 63 | 01:13:10 | 09:01:15 | 10:14:25 |
| 30 | 25 | | Yan Stile | Mid Essex | M | 96 | 01:13:42 | 10:10:34 | 11:24:16 |
| 31 | | 6 | Karen Chapman | Springfield Striders | F | 43 | 01:15:52 | 08:56:36 | 10:12:28 |
| 32 | 26 | | Bing Crosby | LBRR | M | 2 | 01:16:06 | 08:42:54 | 09:59:00 |
| 33 | | 7 | Rachal Nolan | - | F | 32 | 01:16:25 | 08:42:54 | 09:59:19 |
| 34 | | 8 | Wendy Carter | Halstead Road Runners | F | 84 | 01:17:47 | 09:45:22 | 11:03:09 |
| 35 | | 9 | Katy Rehal | Mid Essex | F | 55 | 01:18:30 | 09:00:16 | 10:18:46 |
| 36 | | 10 | Jo Wyatt | Mid Essex | F | 56 | 01:18:34 | 09:00:16 | 10:18:50 |
| 37 | 27 | | Malcoln Bailey | Tiptree Road Runners | M | 29 | 01:19:38 | 08:54:51 | 10:14:29 |
| 38 | | 11 | Elaine Tribley | Springfield Striders | F | 93 | 01:19:55 | 09:57:10 | 11:17:05 |

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|-------------------------|-----------------------|-------------------------|------------------|-----------------------|------------|----------------------|-----------------|-------------------|--------------------|
| 39 | 28 | | Simon Morgan | Colchester Harriers | M | 13 | 01:20:05 | 08:47:16 | 10:07:21 |
| 40 | | 12 | Abigail Morgan | Canterbury Harriers | F | 14 | 01:20:05 | 08:47:16 | 10:07:21 |
| 41 | 29 | | Matt Coates | LBRR | M | 40 | 01:20:10 | 09:03:30 | 10:23:40 |
| 42 | 30 | | Sam Wolton | Halstead Road Runners | M | 54 | 01:20:29 | 09:16:36 | 10:37:05 |
| 43 | | 13 | Rosie Atkins | Halstead Road Runners | F | 67 | 01:20:33 | 09:16:36 | 10:37:09 |
| 44 | 31 | | Wesley Atkins | Halstead Road Runners | M | 68 | 01:20:33 | 09:16:36 | 10:37:09 |
| 45 | 32 | | Lee Prowse | Grange Farm | M | 10 | 01:21:10 | 08:29:33 | 09:50:43 |
| 46 | | 14 | Janet Hill | Springfield Striders | F | 78 | 01:21:50 | 09:29:51 | 10:51:41 |
| 47 | | 15 | Valerie Sinclair | Pitsea | F | 33 | 01:21:55 | 08:59:12 | 10:21:07 |
| 48 | 33 | | Don Sinclair | Pitsea | M | 34 | 01:21:55 | 08:59:12 | 10:21:07 |
| 49 | 34 | | Rob Rodie | Springfield Striders | M | 90 | 01:23:27 | 09:50:22 | 11:13:49 |
| 50 | 35 | | Andrew Mason | Springfield Striders | M | 49 | 01:24:58 | 09:00:16 | 10:25:14 |
| 51 | | 16 | Rebecca Willis | LBRR | F | 36 | 01:25:20 | 08:57:57 | 10:23:17 |
| 52 | | 16 | Claire Rowe | LBRR | F | 37 | 01:25:20 | 08:57:57 | 10:23:17 |
| 53 | | 16 | Amy Missen | LBRR | F | 38 | 01:25:20 | 08:57:57 | 10:23:17 |
| 54 | 36 | | Alistair Gillan | Springfield Striders | M | 80 | 01:26:32 | 09:37:11 | 11:03:43 |
| 55 | | 19 | Alison Gillan | LBRR | F | 81 | 01:26:34 | 09:37:11 | 11:03:45 |
| 56 | | 20 | Dawn Shilling | Witham | F | 52 | 01:26:59 | 09:28:39 | 10:55:38 |
| 57 | | 21 | Elspeth Missen | LBRR | F | 39 | 01:27:17 | 08:56:23 | 10:23:40 |
| 58 | 37 | | Peter Bates | Pitsea | M | 86 | 01:30:05 | 09:46:58 | 11:17:03 |
| 59 | 38 | | David Game | Mid Essex | M | 45 | 01:31:56 | 09:19:42 | 10:51:38 |
| 60 | 39 | | Kevin Wright | Springfield Striders | M | 27 | 01:32:12 | 08:36:42 | 10:08:54 |
| 61 | | 22 | Teresa Flannigan | East Essex Tri | F | 15 | 01:35:28 | 08:26:42 | 10:02:10 |
| 62 | 40 | | Peter Flannigan | - | M | 16 | 01:35:31 | 08:26:42 | 10:02:13 |
| 63 | 41 | | Gavin Foster | Grange Farm | M | 7 | 01:39:10 | 08:29:33 | 10:08:43 |
| 64 | | 23 | Val White | Mid Essex | F | 8 | 01:39:14 | 08:31:47 | 10:11:01 |
| 65 | 42 | | Steve Bulman | LBRR | M | 72 | 01:41:28 | 09:27:45 | 11:09:13 |
| 66 | 43 | | David Morris | LBRR | M | 69 | 01:44:26 | 09:07:57 | 10:52:23 |
| 67 | | 24 | Sheila Macaulay | Springfield Striders | F | 70 | 01:48:01 | 09:17:49 | 11:05:50 |
| 68 | | 25 | Faye Smalls | Colchester Harriers | F | 46 | 01:51:06 | 08:51:50 | 10:42:56 |
| 69 | | 26 | Gill Crosby | LBRR | F | 1 | 02:00:07 | 08:14:09 | 10:14:16 |
| 70 | | 26 | Wendy Richards | LBRR | F | 3 | 02:00:07 | 08:14:09 | 10:14:16 |
| 71 | 44 | | Mike Cotterill | LBRR | M | 41 | 02:04:31 | 08:52:38 | 10:57:09 |
| 72 | 45 | | Archie Cotterill | - | M | 42 | 02:04:33 | 08:52:38 | 10:57:11 |
| 73 | | 28 | Laurna Pettifer | Mid Essex | F | 60 | 02:08:06 | 09:17:37 | 11:25:43 |
| 74 | 46 | | John Pettifer | Mid Essex | M | 61 | 02:08:06 | 09:17:37 | 11:25:43 |
| 75 | | 29 | Angela Bulman | LBRR | F | 71 | 02:09:14 | 09:13:17 | 11:22:31 |
| 76 | | 30 | Linda Bates | Pitsea | F | 85 | 02:21:57 | 09:40:35 | 12:02:32 |

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|------------------|----------------|------------------|------------------|-----------------------|-----|---------------|----------|------------|-------------|
| 77 | 47 | | Rick Overington | LBRR | M | 73 | 02:27:38 | 09:14:03 | 11:41:41 |
| 78 | 48 | | Andy Overington | - | M | 74 | 02:27:40 | 09:14:03 | 11:41:43 |
| 79 | | 31 | Sarah Overington | - | F | 75 | 02:27:40 | 09:14:03 | 11:41:43 |
| 80 | | 32 | Jane Overington | - | F | 76 | 02:27:43 | 09:14:03 | 11:41:46 |
| 81 | 49 | | Rob Haldane | LBRR | M | 25 | 02:30:40 | 08:37:31 | 11:08:11 |
| 82 | | 33 | Sharon Haldane | - | F | 26 | 02:30:40 | 08:37:31 | 11:08:11 |
| 83 | | 34 | Heather Jackson | Mid Essex | F | 4 | 02:30:53 | 08:16:39 | 10:47:32 |
| 84 | 50 | | Keith Jackson | Mid Essex | M | 5 | 02:30:53 | 08:16:39 | 10:47:32 |
| 85 | | 34 | Gillian Jones | Mid Essex | F | 6 | 02:30:53 | 08:16:39 | 10:47:32 |
| 86 | | 36 | Sylvia Rivers | - | F | 30 | 02:36:23 | 08:45:00 | 11:21:23 |
| 87 | | 37 | Margaret White | - | F | 31 | 02:36:25 | 08:45:00 | 11:21:25 |
| 88 | | 38 | Clare Phillips | Mid Essex | F | 91 | 02:39:11 | 09:45:07 | 12:24:18 |
| 89 | | 39 | Carol Atkins | Halstead Road Runners | F | 57 | 02:41:21 | 09:00:00 | 11:41:21 |
| 90 | | 40 | Melanie Sirrett | Springfield Striders | F | 50 | 02:41:23 | 09:17:37 | 11:59:00 |
| 91 | | 41 | Kaye Hunt | Halstead Road Runners | F | 58 | 02:41:25 | 09:00:00 | 11:41:25 |
| 92 | 51 | | Jake Hodgson | - | M | 11 | 03:25:16 | 08:22:46 | 11:48:02 |
| 93 | | 42 | Milly Hodgson | - | F | 12 | 03:25:16 | 08:22:46 | 11:48:02 |
| | | | Peter Hodgson | LBRR | M | 28 | DNF | 08:41:57 | |
| | | | Richard Taylor | Springfield Striders | M | 48 | DNF | 09:00:35 | |
| | | | Ian Foskew | Mid Essex | M | 44 | DNF | 09:19:47 | |