

**Race 1 Valleys and Vistas**

Overall Position	Men's Position	Women's Position	Name	Club	M/F	Runner Number	Run Time	Start Time	Finish Time
1	1		Graig Dawson	Tiptree Road Runners	M	29	00:47:06	08:44:26	09:31:32
2	2		Allen Smalls	Colchester Harriers	M	74	00:49:27	10:14:05	11:03:32
3	3		Gavin Allen	Springfiled Striders	M	8	00:50:55	08:32:24	09:23:19
4	3		Tom Cammack	Springfiled Striders	M	9	00:50:55	08:32:24	09:23:19
5	3		James Smith	Springfiled Striders	M	11	00:50:55	08:32:24	09:23:19
6	3		Mark Newton	Springfiled Striders	M	20	00:50:55	08:32:24	09:23:19
7	7		Chris Burgoyne	Springfiled Striders	M	51	00:51:32	09:24:39	10:16:11
8	8		Jamie Woodyard	Springfiled Striders	M	48	00:53:09	09:56:20	10:49:29
9	9		Andrew Mason	Springfiled Striders	M	56	00:55:55	09:44:35	10:40:30
10	10		Paul Dellar	Tiptree Road Runners	M	32	00:56:59	08:51:58	09:48:57
11	11		Andy Carter	Halstead Road Runners	M	54	00:57:22	09:54:12	10:51:34
12		1	Lynn Higgs	Colchester Harriers	F	52	00:58:58	09:43:10	10:42:08
13	12		Keith Thomas	Colchester Harriers	M	53	00:58:58	09:43:10	10:42:08
14	13		David Hurley	Mid Essex Casuals	M	77	00:59:38	10:50:41	11:50:19
15	14		Graham Baker	Mid Essex Casuals	M	31	01:00:18	08:47:58	09:48:16
16	15		Andy Kettles	Springfiled Striders	M	38	01:00:34	09:07:31	10:08:05
17		2	Nickki Brockbank	Springfiled Striders	F	47	01:01:46	09:17:52	10:19:38
18		3	Sarah Colbert	Springfiled Striders	F	78	01:02:57	10:49:14	11:52:11
19	16		Mark Laws	Tiptree Road Runners	M	23	01:02:59	08:42:10	09:45:09
20	17		Rob Rodie	Springfiled Striders	M	68	01:03:38	10:07:49	11:11:27
21	18		Neil Bradley	Springfiled Striders	M	73	01:06:40	10:20:44	11:27:24
22	19		David Game	Mid Essex Casuals	M	22	01:06:54	08:47:58	09:54:52
23	20		Malcolm Savage	Springfiled Striders	M	50	01:07:23	09:28:37	10:36:00
24	21		Richard Taylor	Springfiled Striders	M	49	01:08:37	09:28:05	10:36:42
25	22		Rob Haldane	LBRR	M	66	01:08:51	10:00:00	11:08:51
26	23		Chris Hargreaves	LBRR	M	67	01:09:01	10:00:00	11:09:01
27	24		Peter Hodgson	LBRR	M	69	01:09:03	10:00:00	11:09:03
28		4	Karen Chapman	Springfiled Striders	F	35	01:09:13	08:57:11	10:06:24
29	25		Yan Stile	Mid Essex Casuals	M	70	01:10:38	10:14:43	11:25:21
30		5	Joe Barber	-	F	24	01:10:42	08:40:38	09:51:20
31	26		York Deavers	LBRR	M	28	01:10:42	08:40:38	09:51:20
32	27		Simon Morgan	Tiptree Road Runners	M	44	01:11:50	09:14:04	10:25:54
33	28		Peter Bouldstridge	Tiptree Road Runners	M	16	01:12:52	08:32:43	09:45:35
34	29		Graham Moore	Benfleet	M	12	01:12:58	08:32:57	09:45:55
35	30		Don Sinclair	Pitsea Running Club	M	36	01:14:20	09:07:02	10:21:22
36		6	Valerie Sinclair	Pitsea Running Club	F	37	01:14:20	09:07:02	10:21:22
37		7	Wendy Carter	Halstead Road Runners	F	55	01:15:03	09:44:49	10:59:52
38		8	Janet Hill	Springfiled Striders	F	43	01:16:26	09:04:37	10:21:03

39	31		Hugh Reynolds	-	M	59	01:18:15	09:37:37	10:55:52
40	31		Joe Reynolds	-	M	60	01:18:15	09:37:37	10:55:52
41		9	Sharon Skidmore	Mid Essex Casuals	F	13	01:20:45	08:25:00	09:45:45
42		9	Julie Reeves	Thrift Green Trotters	F	14	01:20:45	08:25:00	09:45:45
43		9	Katie Rehal	Mid Essex Casuals	F	15	01:20:45	08:25:00	09:45:45
44	33		Peter Bates	Pitsea Running Club	M	62	01:21:25	09:57:36	11:19:01
45	34		Brad Simpson	-	M	63	01:21:28	09:57:36	11:19:04
46		12	Nicole Smith	Halstead Road Runners	F	10	01:21:54	08:38:40	10:00:34
47		13	Dawn Shilling	Tiptree Road Runners	F	30	01:26:47	08:40:49	10:07:36
48		14	Sarah Goodwin	Springfiled Striders	F	75	01:28:50	10:26:19	11:55:09
49	35		Mark Goodwin	-	M	76	01:28:50	10:26:19	11:55:09
50	36		John Pettifer	Mid Essex Casuals	M	45	01:32:49	09:15:20	10:48:09
51		15	Laurna Pettifer	Mid Essex Casuals	F	46	01:32:51	09:15:20	10:48:11
52		16	Sheila Macaulay	Springfiled Striders	F	39	01:34:06	09:00:56	10:35:02
53	37		Mark Pead	Mid Essex Casuals	M	34	01:35:17	08:54:06	10:29:23
54		17	Heather Jackson	Mid Essex Casuals	F	18	01:38:02	08:31:54	10:09:56
55	38		Keith Jackson	Mid Essex Casuals	M	19	01:38:02	08:31:54	10:09:56
56	39		Kevin Wright	Springfiled Striders	M	27	01:56:47	08:36:49	10:33:36
57	40		Malcolm Potter	Springfiled Striders	M	17	01:58:42	08:31:41	10:30:23
58		18	Lucy Armstrong	LBRR	F	26	02:00:07	08:39:00	10:39:07
59		19	Vicky Robbins	-	F	25	02:00:17	08:39:00	10:39:17
60	41		David Morris	-	M	71	02:07:23	10:14:43	12:22:06
61		20	Sarah Morris	-	F	72	02:07:26	10:14:43	12:22:09
62		21	Linda Bates	Pitsea Running Club	F	61	02:08:25	09:46:19	11:54:44
63		22	Carmel Bassett	Pitsea Running Club	F	64	02:08:27	09:46:19	11:54:46
64	42		John Elliott	Springfiled Striders	M	58	02:19:40	09:38:10	11:57:50
65	43		Len Clark	Springfiled Striders	M	57	02:19:45	09:38:10	11:57:55
66	44		William Metcalf	Dagenham 88	M	33	02:20:48	09:01:18	11:22:06
67	45		Peter Wood	-	M	41	02:40:39	09:00:51	11:41:30
68	45		Stephen Wood	-	M	42	02:40:39	09:00:51	11:41:30
69		23	Honor Wood	Springfiled Striders	F	40	02:40:39	09:00:51	11:41:30
70	47		Bing Crosby	LBRR	M	3	02:46:35	08:17:56	11:04:31
71	47		Michael Capon	LBRR	M	4	02:46:35	08:17:56	11:04:31
72		24	Wendy Richards	LBRR	F	7	02:46:35	08:17:56	11:04:31
73		25	Pippa Crosby	LBRR	F	5	02:46:40	08:17:56	11:04:36
74	49		Andy Ritchings	LBRR	M	1	02:51:30	08:17:56	11:09:26
75		26	Gill Crosby	LBRR	F	2	02:51:39	08:17:56	11:09:35
76		27	Anna Holmes	LBRR	F	6	02:51:46	08:17:56	11:09:42
77		28	Claire Hodgson	-	F	21	02:53:57	08:32:35	11:26:32