

| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|--------------------|----------------------------------|--------|------------|-------|-----------|-----------|----------|
| 1 | 749 | 55:00 | PAUL WHITTAKER | | Male | 1 | MO | 1 | 55:00 | 1 |
| 2 | 747 | 55:55 | NIALL SHEEHAN | | Male | 2 | MO | 2 | 55:55 | 2 |
| 3 | 646 | 56:52 | WAYNE BELL | NEWHAM & ESSEX BEAGLES ATHLETICS | Male | 3 | MO | 3 | 56:52 | 3 |
| 4 | 210 | 58:18 | TIM WOULFE (GBV) | BRAINTREE & DISTRICT ATHLETICS | Male | 4 | MO | 4 | 58:18 | 4 |
| 5 | 186 | 59:16 | CRAIG PUNCHER | | Male | 5 | MO | 5 | 59:16 | 5 |
| 6 | 629 | 59:25 | MARK HARROD | COLCHESTER HARRIERS | Male | 6 | MV | 1 | 59:25 | 6 |
| 7 | 464 | 59:59 | KURTIS SWAN (GBV) | BILLERICAY STRIDERS | Male | 7 | MO | 6 | 59:57 | 7 |
| 8 | 24 | 1:00:16 | TY FARRER | SOUTHEND-ON-SEA ATHLETIC CLUB | Male | 8 | MV | 2 | 1:00:14 | 8 |
| 9 | 322 | 1:00:42 | SAMMO NIGH | | Male | 9 | MO | 7 | 1:00:41 | 9 |
| 10 | 598 | 1:00:55 | SAMUEL CORNFORTH | SPRINGFIELD STRIDERS | Male | 10 | MO | 8 | 1:00:55 | 10 |
| 11 | 683 | 1:00:56 | ALEX METCALFE | | Male | 11 | MO | 9 | 1:00:56 | 11 |
| 12 | 755 | 1:01:02 | JOHN BARKER | | Male | 12 | MSV | 1 | 1:01:02 | 12 |
| 13 | 679 | 1:01:28 | MARTIN LAWRENCE | HAVERHILL RUNNING CLUB | Male | 13 | MSV | 2 | 1:01:28 | 13 |
| 14 | 510 | 1:01:35 | MARK FINBOW | WITHAM RUNNING CLUB | Male | 14 | MO | 10 | 1:01:34 | 14 |
| 15 | 189 | 1:01:56 | ALEX BENSON (GBV) | SPRINGFIELD STRIDERS | Male | 15 | MO | 11 | 1:01:54 | 15 |
| 16 | 714 | 1:02:13 | IAN MACDOUGALL | SAFFRON STRIDERS | Male | 16 | MSV | 3 | 1:02:13 | 16 |
| 17 | 540 | 1:02:18 | CHRIS MARTIN | WITHAM RUNNING CLUB | Male | 17 | MO | 12 | 1:02:15 | 17 |
| 18 | 628 | 1:02:27 | HEYDON MIZON MIZON | WITHAM RUNNING CLUB | Male | 18 | MV | 3 | 1:02:26 | 18 |
| 19 | 696 | 1:02:31 | SCOTT DRYDEN | SPRINGFIELD STRIDERS | Male | 19 | MV | 4 | 1:02:31 | 19 |
| 20 | 556 | 1:02:51 | REECE ASIK (GBV) | | Male | 20 | MO | 13 | 1:02:51 | 20 |
| 21 | 390 | 1:03:03 | NICK ROPER | BUNGAY BLACK DOG RUNNING CLUB | Male | 21 | MV | 5 | 1:03:02 | 21 |
| 22 | 292 | 1:03:06 | MICHAEL VALBONESI | BENFLEET RUNNING CLUB | Male | 22 | MSV | 4 | 1:03:03 | 22 |
| 23 | 462 | 1:03:55 | ANDREW MYNOTT | SAFFRON STRIDERS RUNNING CLUB | Male | 23 | MO | 14 | 1:03:55 | 23 |
| 24 | 460 | 1:03:55 | JAMES HUTCHISON | | Male | 24 | MO | 15 | 1:03:55 | 24 |
| 25 | 589 | 1:04:23 | DARREN SUTTON | SPRINGFIELD STRIDERS | Male | 25 | MV | 6 | 1:04:19 | 25 |
| 26 | 761 | 1:04:24 | GARY DONALD | | Male | 26 | WC | 1 | 1:04:22 | 26 |
| 27 | 608 | 1:04:30 | ADAM HUTTON (GBV) | SPRINGFIELD STRIDERS | Male | 27 | MV | 7 | 1:04:30 | 27 |
| 28 | 558 | 1:04:51 | CHRIS MANBY | COLCHESTER HARRIERS | Male | 28 | MO | 16 | 1:04:51 | 28 |
| 29 | 262 | 1:05:31 | LEON WEBSTER | SPRINGFIELD STRIDERS | Male | 29 | MO | 17 | 1:05:29 | 29 |
| 30 | 743 | 1:05:34 | JAMES BUNN (GBV) | EAST ESSEX TRIATHLON CLUB | Male | 30 | MV | 8 | 1:05:34 | 31 |
| 31 | 627 | 1:05:34 | PAUL DELANEY | BENFLEET RUNNING CLUB | Male | 31 | MO | 18 | 1:05:33 | 30 |
| 32 | 57 | 1:05:37 | MARC MILLER | | Male | 32 | MV | 9 | 1:05:36 | 33 |
| 33 | 268 | 1:05:38 | PAUL MCKENNA | GRANGE FARM & DUNMOW RUNNERS | Male | 33 | MO | 19 | 1:05:34 | 32 |
| 34 | 580 | 1:05:39 | CRAIG SISSON | HAVERHILL RUNNING CLUB | Male | 34 | MO | 20 | 1:05:37 | 34 |
| 35 | 759 | 1:05:42 | PETER CHUBB | | Male | 35 | MV | 10 | 1:05:38 | 35 |
| 36 | 729 | 1:05:46 | KEVIN BALDWIN | EAST ESSEX TRIATHLON CLUB | Male | 36 | MV | 11 | 1:05:43 | 36 |
| 37 | 780 | 1:05:57 | ADAM TURNER | | Male | 37 | MO | 21 | 1:05:54 | 37 |
| 38 | 706 | 1:06:08 | NICKY BENNETT | | Female | 1 | FV | 1 | 1:06:06 | 39 |
| 39 | 489 | 1:06:08 | WAYNE COOK | COLCHESTER HARRIERS | Male | 38 | MV | 12 | 1:06:05 | 38 |
| 40 | 304 | 1:06:12 | MARK GOWERS | BILLERICAY STRIDERS | Male | 39 | MSV | 5 | 1:06:10 | 40 |
| 41 | 319 | 1:06:14 | STEPHEN KIRSH | | Male | 40 | MO | 22 | 1:06:14 | 42 |
| 42 | 334 | 1:06:15 | LEO COLE | WITHAM RUNNING CLUB | Male | 41 | MV | 13 | 1:06:13 | 41 |
| 43 | 1 | 1:06:17 | CRAIG DAWSON | TIPTREE ROAD RUNNERS | Male | 42 | MO | 23 | 1:06:15 | 43 |
| 44 | 429 | 1:06:23 | ASHWIN SHAH | GRANGE FARM & DUNMOW RUNNERS | Male | 43 | MO | 24 | 1:06:19 | 44 |
| 45 | 166 | 1:06:23 | NIGEL COATES | SAFFRON STRIDERS RUNNING CLUB | Male | 44 | MSV | 6 | 1:06:21 | 45 |
| 46 | 104 | 1:06:29 | MATTHEW LETLEY | LEIGH-ON-SEA STRIDERS | Male | 45 | MV | 14 | 1:06:24 | 46 |
| 47 | 557 | 1:06:37 | MARK BUCKLEY | SPRINGFIELD STRIDERS | Male | 46 | MO | 25 | 1:06:32 | 47 |
| 48 | 260 | 1:06:48 | NEIL WILSON | HALSTEAD ROAD RUNNING CLUB | Male | 47 | MV | 15 | 1:06:45 | 49 |
| 49 | 765 | 1:07:01 | ALASTAIR SLADE | | Male | 48 | MV | 16 | 1:07:00 | 50 |
| 50 | 463 | 1:07:03 | JAMES BURNS | LEIGH-ON-SEA STRIDERS | Male | 49 | MV | 17 | 1:07:01 | 52 |
| 51 | 80 | 1:07:05 | PHIL HARPER | SPRINGFIELD STRIDERS | Male | 50 | MO | 26 | 1:07:00 | 51 |
| 52 | 564 | 1:07:09 | REBECCA COLE | CHELMSFORD ATHLETIC CLUB | Female | 2 | FO | 1 | 1:07:06 | 53 |
| 53 | 591 | 1:07:13 | CHRIS PEARCE | SPRINGFIELD STRIDERS | Male | 51 | MV | 18 | 1:07:09 | 54 |
| 54 | 269 | 1:07:14 | DAVID HUNT | WITHAM RUNNING CLUB | Male | 52 | MO | 27 | 1:07:11 | 55 |
| 55 | 771 | 1:07:20 | PETER RILEY | | Male | 53 | MV | 19 | 1:07:19 | 57 |
| 56 | 511 | 1:07:25 | BRENDON MACLEAN | HARLOW RUNNING CLUB | Male | 54 | MO | 28 | 1:07:18 | 56 |
| 57 | 306 | 1:07:28 | MAX DUFFY (GBV) | | Male | 55 | MO | 29 | 1:07:28 | 58 |
| 58 | 617 | 1:07:34 | RICHARD CANDLER | HALSTEAD ROAD RUNNING CLUB | Male | 56 | MV | 20 | 1:06:32 | 48 |
| 59 | 664 | 1:07:56 | NICK MARKWELL | | Male | 57 | MV | 21 | 1:07:54 | 59 |
| 60 | 76 | 1:08:03 | MIKE QUAYE | | Male | 58 | MV | 22 | 1:08:00 | 60 |
| 61 | 707 | 1:08:06 | JAMES HEATH | | Male | 59 | MSV | 7 | 1:08:03 | 61 |
| 62 | 271 | 1:08:08 | BARRY GERHOLD | SOUTH LONDON HARRIERS | Male | 60 | MO | 30 | 1:08:03 | 62 |
| 63 | 650 | 1:08:10 | LLOYD MILES | BILLERICAY STRIDERS | Male | 61 | MV | 23 | 1:08:03 | 63 |
| 64 | 235 | 1:08:20 | FIONA HALLS | SAFFRON STRIDERS RUNNING CLUB | Female | 3 | FV | 2 | 1:08:18 | 64 |
| 65 | 754 | 1:08:24 | GARY ROBINS | | Male | 62 | MO | 31 | 1:08:19 | 65 |
| 66 | 727 | 1:08:27 | PAUL DELLAR | TIPTREE ROAD RUNNERS | Male | 63 | MV | 24 | 1:08:26 | 66 |
| 67 | 475 | 1:08:31 | PAUL BROOME | | Male | 64 | MSV | 8 | 1:08:29 | 67 |
| 68 | 163 | 1:08:32 | MATTHEW BARRETT | LEIGH-ON-SEA STRIDERS | Male | 65 | MO | 32 | 1:08:29 | 68 |
| 69 | 360 | 1:08:34 | SARAH PENNINGTON | SOUTHEND-ON-SEA ATHLETIC CLUB | Female | 4 | FO | 2 | 1:08:34 | 69 |
| 70 | 588 | 1:08:52 | DAN KNIGHT | HAVERHILL RUNNING CLUB | Male | 66 | MO | 33 | 1:08:49 | 70 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|---------------------|---------------------------------|--------|------------|-------|-----------|-----------|----------|
| 71 | 737 | 1:08:58 | PETER DAVID ADKINS | | Male | 67 | MV | 25 | 1:08:58 | 72 |
| 72 | 469 | 1:08:58 | ROBERT HEMPSTEAD | BILLERICAY STRIDERS | Male | 68 | MO | 34 | 1:08:52 | 71 |
| 73 | 728 | 1:09:02 | JAMES LOWNDES | BARKING ROAD RUNNERS | Male | 69 | MO | 35 | 1:09:00 | 73 |
| 74 | 174 | 1:09:05 | MARTIN DEMPSEY | LEIGH-ON-SEA STRIDERS | Male | 70 | MSV | 9 | 1:09:02 | 74 |
| 75 | 298 | 1:09:08 | MALCOLM WILKINSON | | Male | 71 | MV | 26 | 1:09:05 | 75 |
| 76 | 685 | 1:09:15 | CIARAN BYRNE | BENFLEET RUNNING CLUB | Male | 72 | MO | 36 | 1:09:13 | 76 |
| 77 | 220 | 1:09:24 | MATTHEW COATES | LITTLE BADDOW RIDGE RUNNERS | Male | 73 | MO | 37 | 1:09:21 | 77 |
| 78 | 526 | 1:09:25 | PAUL TURNER | | Male | 74 | MO | 38 | 1:09:21 | 78 |
| 79 | 496 | 1:09:28 | ANDREW LAGER | WITHAM RUNNING CLUB | Male | 75 | MV | 27 | 1:09:25 | 79 |
| 80 | 346 | 1:09:29 | STEVEN WATSON | WITHAM RUNNING CLUB | Male | 76 | MO | 39 | 1:09:26 | 80 |
| 81 | 385 | 1:09:31 | PETER BEATTY | BISHOP'S STORTFORD RUNNING CLUB | Male | 77 | MSV | 10 | 1:09:28 | 81 |
| 82 | 62 | 1:09:34 | MATTHEW RIVERS | LEIGH-ON-SEA STRIDERS | Male | 78 | MO | 40 | 1:09:32 | 82 |
| 83 | 323 | 1:09:43 | GARY JOSLIN | SPRINGFIELD STRIDERS | Male | 79 | MV | 28 | 1:09:38 | 83 |
| 84 | 703 | 1:09:56 | RICHARD GALLAGHER | SPRINGFIELD STRIDERS | Male | 80 | MV | 29 | 1:09:52 | 84 |
| 85 | 207 | 1:10:07 | RICHARD BONHAM | CASTLE POINT JOGGERS | Male | 81 | MV | 30 | 1:10:02 | 85 |
| 86 | 481 | 1:10:20 | MICHAEL MERRILL | SPRINGFIELD STRIDERS | Male | 82 | MO | 41 | 1:10:15 | 86 |
| 87 | 483 | 1:10:20 | MARTIN ENGLAND | CASTLE POINT JOGGERS | Male | 83 | MSV | 11 | 1:10:15 | 87 |
| 88 | 112 | 1:10:29 | BEN WOOD | LEIGH-ON-SEA STRIDERS | Male | 84 | MO | 42 | 1:10:29 | 88 |
| 89 | 6 | 1:10:40 | TIM TOMLINS | BENFLEET RUNNING CLUB | Male | 85 | MV | 31 | 1:10:34 | 89 |
| 90 | 162 | 1:10:42 | MARTIN PAGE | BARKING ROAD RUNNERS | Male | 86 | MSV | 12 | 1:10:38 | 90 |
| 91 | 29 | 1:10:45 | DARREN CLARK | | Male | 87 | MO | 43 | 1:10:44 | 91 |
| 92 | 590 | 1:10:50 | SEAN DARNEY | WITHAM RUNNING CLUB | Male | 88 | MO | 44 | 1:10:48 | 92 |
| 93 | 538 | 1:10:50 | MARK LAWRENCE | BISHOPS STORTFORD RUNNING CLUB | Male | 89 | MO | 45 | 1:10:48 | 93 |
| 94 | 573 | 1:10:55 | PATRICK DINWIDDY | | Male | 90 | MO | 46 | 1:10:50 | 94 |
| 95 | 247 | 1:11:17 | JAMES JACKSON (GBV) | | Male | 91 | MO | 47 | 1:11:14 | 95 |
| 96 | 725 | 1:11:45 | PHILIP WOOD | | Male | 92 | MO | 48 | 1:11:38 | 96 |
| 97 | 176 | 1:11:58 | JAMES BLACKSHAW | WITHAM RUNNING CLUB | Male | 93 | MO | 49 | 1:11:55 | 97 |
| 98 | 120 | 1:12:02 | ALISTAIR COOK | | Male | 94 | MO | 50 | 1:12:02 | 98 |
| 99 | 599 | 1:12:22 | TOBY LUMSDEN | SAFFRON STRIDERS | Male | 95 | MSV | 13 | 1:12:20 | 99 |
| 100 | 45 | 1:12:25 | CHRIS EVANS | | Male | 96 | MO | 51 | 1:12:21 | 100 |
| 101 | 391 | 1:12:36 | PETER JURD | | Male | 97 | MO | 52 | 1:12:30 | 102 |
| 102 | 375 | 1:12:40 | ANDREW THOMAS | SPRINGFIELD STRIDERS | Male | 98 | MV | 32 | 1:12:37 | 103 |
| 103 | 760 | 1:12:43 | ALAN JONES | | Male | 99 | MO | 53 | 1:12:41 | 105 |
| 104 | 51 | 1:12:46 | GARY BROWN | LEIGH-ON-SEA STRIDERS | Male | 100 | MV | 33 | 1:12:41 | 106 |
| 105 | 240 | 1:12:47 | JEREMY AURORA | BILLERICAY STRIDERS | Male | 101 | MV | 34 | 1:12:26 | 101 |
| 106 | 553 | 1:12:47 | ANDREW GRINT | | Male | 102 | MV | 35 | 1:12:39 | 104 |
| 107 | 47 | 1:12:48 | ROBERT SIRETT | SPRINGFIELD STRIDERS | Male | 103 | MV | 36 | 1:12:44 | 108 |
| 108 | 168 | 1:12:49 | ROB PRIOR | | Male | 104 | MO | 54 | 1:12:43 | 107 |
| 109 | 456 | 1:12:58 | AIDAN HARWOOD | | Male | 105 | MO | 55 | 1:12:44 | 109 |
| 110 | 605 | 1:12:59 | DAVID NEEVE | BUNGAY BLACK DOG RUNNING CLUB | Male | 106 | MO | 56 | 1:12:44 | 110 |
| 111 | 479 | 1:13:02 | RUTH SMITH | LITTLE BADDOW RIDGE RUNNERS | Female | 5 | FO | 3 | 1:12:58 | 113 |
| 112 | 550 | 1:13:02 | GARY SQUIRES | | Male | 107 | MV | 37 | 1:12:52 | 111 |
| 113 | 152 | 1:13:03 | JOHN SWEENEY | CASTLE POINT JOGGERS | Male | 108 | MV | 38 | 1:12:57 | 112 |
| 114 | 205 | 1:13:03 | JULIE BEASANT | | Female | 6 | FV | 3 | 1:13:01 | 114 |
| 115 | 243 | 1:13:07 | DERVISH BARTLETT | BARKING ROAD RUNNERS | Male | 109 | MV | 39 | 1:13:04 | 116 |
| 116 | 578 | 1:13:07 | MARK JEFFREY | SPRINGFIELD STRIDERS | Male | 110 | MSV | 14 | 1:13:02 | 115 |
| 117 | 226 | 1:13:09 | HELEN THOMSIT | LITTLE BADDOW RIDGE RUNNERS | Female | 7 | FV | 4 | 1:13:05 | 117 |
| 118 | 792 | 1:13:10 | JAMES HALE | | Male | 111 | MO | 57 | 1:13:08 | 118 |
| 119 | 663 | 1:13:14 | ANTHONY MOORE | BILLERICAY STRIDERS | Male | 112 | MV | 40 | 1:13:08 | 119 |
| 120 | 678 | 1:13:15 | NIKKI BAYNES | LEIGH-ON-SEA STRIDERS | Female | 8 | FO | 4 | 1:13:13 | 120 |
| 121 | 89 | 1:13:16 | MICHAEL FANCE | | Male | 113 | MSV | 15 | 1:13:13 | 121 |
| 122 | 715 | 1:13:16 | GARETH THOMAS | SPRINGFIELD STRIDERS | Male | 114 | MO | 58 | 1:13:13 | 122 |
| 123 | 767 | 1:13:22 | ROBER THOMSON | | Male | 115 | MV | 41 | 1:13:15 | 123 |
| 124 | 660 | 1:13:26 | RAGHU VINDLACHERUVU | | Male | 116 | MV | 42 | 1:13:24 | 125 |
| 125 | 139 | 1:13:27 | SIMON MILLER | | Male | 117 | MV | 43 | 1:13:18 | 124 |
| 126 | 457 | 1:13:29 | MAXINE BROWN | BARKING ROAD RUNNERS | Female | 9 | FV | 5 | 1:13:25 | 126 |
| 127 | 652 | 1:13:33 | LEE ERVIN | | Male | 118 | MO | 59 | 1:13:30 | 127 |
| 128 | 417 | 1:13:35 | BRYAN HALE | | Male | 119 | MV | 44 | 1:13:32 | 128 |
| 129 | 614 | 1:13:45 | TIM KELLY | BISHOPS STORTFORD RUNNING CLUB | Male | 120 | MSV | 16 | 1:13:35 | 129 |
| 130 | 192 | 1:13:50 | TREVOR SIBLEY | BRAINTREE & DISTRICT ATHLETICS | Male | 121 | MSV | 17 | 1:13:36 | 130 |
| 131 | 795 | 1:13:52 | WARREN FITZGERALD | | Male | 122 | MV | 45 | 1:13:43 | 131 |
| 132 | 3 | 1:13:54 | JUSTIN KENT | | Male | 123 | MV | 46 | 1:13:51 | 133 |
| 133 | 270 | 1:13:55 | VICKY HUNT | WITHAM RUNNING CLUB | Female | 10 | FV | 6 | 1:13:47 | 132 |
| 134 | 239 | 1:14:07 | COLIN WHITE | BILLERICAY STRIDERS | Male | 124 | MV | 47 | 1:14:00 | 134 |
| 135 | 488 | 1:14:11 | CLIVE HIGDON | SPRINGFIELD STRIDERS | Male | 125 | MV | 48 | 1:14:02 | 135 |
| 136 | 673 | 1:14:16 | TIM BROWNE | | Male | 126 | MO | 60 | 1:14:12 | 139 |
| 137 | 770 | 1:14:17 | ASHLEY SMITH | | Male | 127 | MV | 49 | 1:14:11 | 137 |
| 138 | 676 | 1:14:17 | TOM SHEFFLE (GBV) | | Male | 128 | MO | 61 | 1:14:11 | 138 |
| 139 | 410 | 1:14:17 | DAVID MORRIS (GBV) | | Male | 129 | MO | 62 | 1:14:12 | 140 |
| 140 | 119 | 1:14:22 | LYNDON BUBB | RAVENS | Male | 130 | MV | 50 | 1:14:18 | 143 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|---------------------------------|--------|------------|-------|-----------|-----------|----------|
| 141 | 233 | 1:14:24 | MATTHEW STENNING | BILLERICAY STRIDERS | Male | 131 | MV | 51 | 1:14:04 | 136 |
| 142 | 532 | 1:14:27 | STEVEN ARMITAGE | SPRINGFIELD STRIDERS | Male | 132 | MO | 63 | 1:14:13 | 141 |
| 143 | 87 | 1:14:28 | LEE BURGESS | | Male | 133 | MO | 64 | 1:14:16 | 142 |
| 144 | 206 | 1:14:30 | ANDY BRADLEY (GBV) | HARLOW RUNNING CLUB | Male | 134 | MSV | 18 | 1:14:29 | 145 |
| 145 | 33 | 1:14:32 | RICHARD GREEN | SOUTH WOODHAM RUNNERS | Male | 135 | MO | 65 | 1:14:21 | 144 |
| 146 | 339 | 1:14:40 | ROB MAIN | | Male | 136 | MO | 66 | 1:14:35 | 147 |
| 147 | 461 | 1:14:48 | LUKE RIDGWELL | | Male | 137 | MO | 67 | 1:14:40 | 149 |
| 148 | 713 | 1:14:50 | TOM WALTERS | | Male | 138 | MO | 68 | 1:14:41 | 150 |
| 149 | 751 | 1:14:51 | PHILIP CHERRY | | Male | 139 | MO | 69 | 1:14:43 | 151 |
| 150 | 606 | 1:14:53 | SHELLEY HALL | BENFLEET RUNNING CLUB | Female | 11 | FV | 7 | 1:14:48 | 153 |
| 151 | 445 | 1:14:59 | HUW DAVIES | | Male | 140 | MV | 52 | 1:14:44 | 152 |
| 152 | 566 | 1:15:03 | RONAN QUINN | LEIGH-ON-SEA STRIDERS | Male | 141 | MV | 53 | 1:14:58 | 155 |
| 153 | 559 | 1:15:04 | COLIN GILLARD | SPRINGFIELD STRIDERS | Male | 142 | MSV | 19 | 1:14:38 | 148 |
| 154 | 784 | 1:15:05 | GREGORY EVES | | Male | 143 | MO | 70 | 1:14:55 | 154 |
| 155 | 651 | 1:15:11 | GEMMA HOCKETT | EAST ESSEX TRIATHLON CLUB | Male | 144 | MO | 71 | 1:14:29 | 146 |
| 156 | 392 | 1:15:18 | JOANNA JURD | | Female | 12 | FV | 8 | 1:15:12 | 158 |
| 157 | 54 | 1:15:18 | EMILY SMITH | SPRINGFIELD STRIDERS | Female | 13 | FV | 9 | 1:15:12 | 159 |
| 158 | 758 | 1:15:30 | ASHLEY GOLDING | | Male | 145 | MO | 72 | 1:15:05 | 157 |
| 159 | 426 | 1:15:30 | DAVID HOOK | CITY OF NORWICH | Male | 146 | MO | 73 | 1:15:00 | 156 |
| 160 | 607 | 1:15:31 | GLEN ROBINSON | CREDIT SUISSE ATHLETICS NETWORK | Male | 147 | MSV | 20 | 1:15:24 | 161 |
| 161 | 340 | 1:15:33 | DAVID PATTERSON | | Male | 148 | MO | 74 | 1:15:24 | 162 |
| 162 | 534 | 1:15:34 | COLIN JONES | BARKING ROAD RUNNERS | Male | 149 | MSV | 21 | 1:15:30 | 163 |
| 163 | 425 | 1:15:39 | RICHARD PAXMAN (GBV) | SPRINGFIELD STRIDERS | Male | 150 | MV | 54 | 1:15:13 | 160 |
| 164 | 519 | 1:15:42 | IAIN ROGERS | SAFFRON STRIDERS RUNNING CLUB | Male | 151 | MSV | 22 | 1:15:37 | 164 |
| 165 | 214 | 1:15:53 | ELLIOTT CONE | LEIGH-ON-SEA STRIDERS | Male | 152 | MV | 55 | 1:15:45 | 166 |
| 166 | 546 | 1:15:57 | RICHARD RULE | SPRINGFIELD STRIDERS | Male | 153 | MSV | 23 | 1:15:48 | 168 |
| 167 | 736 | 1:16:00 | DAVID PERCY | HAVERHILL RUNNING CLUB | Male | 154 | MV | 56 | 1:15:45 | 167 |
| 168 | 684 | 1:16:00 | REBECCA GILL | EAST ESSEX TRIATHLON CLUB | Female | 14 | FV | 10 | 1:15:54 | 169 |
| 169 | 19 | 1:16:04 | SIMON MEECHAM (GBV) | SPRINGFIELD STRIDERS | Male | 155 | MV | 57 | 1:16:00 | 171 |
| 170 | 529 | 1:16:07 | PAUL MOORE | | Male | 156 | MO | 75 | 1:15:59 | 170 |
| 171 | 39 | 1:16:09 | R HUMBERSTONE (GBV) | | Male | 157 | MO | 76 | 1:15:41 | 165 |
| 172 | 531 | 1:16:12 | PAUL FRANKLIN | CASTLE POINT JOGGERS | Male | 158 | MSV | 24 | 1:16:04 | 172 |
| 173 | 655 | 1:16:14 | CLIFF WEATHERUP | MID ESSEX CASUALS | Male | 159 | MSV | 25 | 1:16:05 | 173 |
| 174 | 592 | 1:16:25 | STUART ROSS | BENFLEET RUNNING CLUB | Male | 160 | MO | 77 | 1:16:19 | 176 |
| 175 | 618 | 1:16:26 | PAUL MEEK | | Male | 161 | MV | 58 | 1:16:14 | 175 |
| 176 | 547 | 1:16:28 | GRANT PLAYFORD | | Male | 162 | MV | 59 | 1:16:13 | 174 |
| 177 | 246 | 1:16:30 | ANTONY LECKERMAN | BARKING ROAD RUNNERS | Male | 163 | MSV | 26 | 1:16:27 | 178 |
| 178 | 752 | 1:16:33 | WILLIAM DUDLEY | | Male | 164 | MO | 78 | 1:16:23 | 177 |
| 179 | 552 | 1:16:46 | THOMAS SMITH | | Male | 165 | MO | 79 | 1:16:41 | 179 |
| 180 | 514 | 1:16:46 | ASHLEY MIDDLEWICK | READING ROADRUNNERS | Male | 166 | MO | 80 | 1:16:41 | 180 |
| 181 | 648 | 1:16:54 | ROBERT RAYWORTH | EAST LONDON RUNNERS | Male | 167 | MV | 60 | 1:16:48 | 182 |
| 182 | 501 | 1:16:55 | LEE CROWDELL | | Male | 168 | MV | 61 | 1:16:44 | 181 |
| 183 | 279 | 1:17:10 | SHAWN CLARK (GBV) | | Male | 169 | MO | 81 | 1:17:02 | 183 |
| 184 | 677 | 1:17:20 | MARTIN BIRCHER | | Male | 170 | MO | 82 | 1:17:19 | 189 |
| 185 | 411 | 1:17:23 | CHERYL HENSON | | Female | 15 | FO | 5 | 1:17:08 | 184 |
| 186 | 732 | 1:17:24 | CHARLIE BAYNES | LEIGH-ON-SEA STRIDERS | Male | 171 | MSV | 27 | 1:17:15 | 187 |
| 187 | 523 | 1:17:24 | STEVE BUGDEN | SPRINGFIELD STRIDERS | Male | 172 | MSV | 28 | 1:17:12 | 185 |
| 188 | 539 | 1:17:24 | MARK LYNCH | WITHAM RUNNING CLUB | Male | 173 | MV | 62 | 1:17:12 | 186 |
| 189 | 635 | 1:17:30 | NICK MILLS | | Male | 174 | MSV | 29 | 1:17:16 | 188 |
| 190 | 639 | 1:17:33 | SAMUEL RISBY | | Male | 175 | MO | 83 | 1:17:21 | 190 |
| 191 | 154 | 1:17:39 | CLIFF KING | CASTLE POINT JOGGERS | Male | 176 | MV | 63 | 1:17:32 | 191 |
| 192 | 398 | 1:17:47 | ALASDAIR DAW | BILLERICAY STRIDERS | Male | 177 | MV | 64 | 1:17:42 | 192 |
| 193 | 512 | 1:17:51 | WILL GREEN | METROPOLITAN POLICE | Male | 178 | MV | 65 | 1:17:46 | 195 |
| 194 | 60 | 1:17:51 | DAVID ENDERS | WITHAM RUNNING CLUB | Male | 179 | MSV | 30 | 1:17:43 | 193 |
| 195 | 672 | 1:17:52 | LEE HAZELWOOD | PHOENIX STRIDERS | Male | 180 | MV | 66 | 1:17:49 | 197 |
| 196 | 485 | 1:17:52 | MARTIN ORFORD | PHOENIX STRIDERS | Male | 181 | MSV | 31 | 1:17:49 | 198 |
| 197 | 98 | 1:17:57 | MIKE FROST | | Male | 182 | MV | 67 | 1:17:47 | 196 |
| 198 | 499 | 1:18:03 | DAN MCCARTHY | | Male | 183 | MSV | 32 | 1:17:54 | 199 |
| 199 | 245 | 1:18:07 | S WILKINSON (GBV) | BLACKWATER TRIATHLON CLUB | Female | 16 | FV | 11 | 1:17:55 | 200 |
| 200 | 482 | 1:18:17 | LORETTA DICKSON | THRIFT GREEN TROTTERS | Female | 17 | FO | 6 | 1:18:07 | 201 |
| 201 | 787 | 1:18:17 | DAVID LISSIMORE | | Male | 184 | MSV | 33 | 1:18:07 | 202 |
| 202 | 424 | 1:18:18 | CAMERON STRUTT | | Male | 185 | MO | 84 | 1:17:45 | 194 |
| 203 | 688 | 1:18:20 | JOEL GOWEN (GBV) | | Male | 186 | MO | 85 | 1:18:08 | 203 |
| 204 | 701 | 1:18:27 | JAMES WILLIS | ESSEX POLICE SPORTS ASSOCIATION | Male | 187 | MO | 86 | 1:18:23 | 205 |
| 205 | 476 | 1:18:27 | JASON SKINNER | | Male | 188 | MV | 68 | 1:18:13 | 204 |
| 206 | 13 | 1:18:33 | COLIN DUNN | CASTLE POINT JOGGERS | Male | 189 | MV | 69 | 1:18:26 | 206 |
| 207 | 625 | 1:18:42 | RICHARD SMITH (GBV) | LITTLE BADDOW RIDGE RUNNERS | Male | 190 | MO | 87 | 1:18:36 | 210 |
| 208 | 791 | 1:18:50 | MARK ALLEN | | Male | 191 | MV | 70 | 1:18:26 | 207 |
| 209 | 203 | 1:18:51 | JOHN TENNANT | HARLOW RUNNING CLUB | Male | 192 | MSV | 34 | 1:18:38 | 211 |
| 210 | 418 | 1:18:58 | DUNCAN GAYLER (GBV) | | Male | 193 | MV | 71 | 1:18:35 | 209 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 211 | 619 | 1:19:08 | OLI TURK (GBV) | | Male | 194 | MO | 88 | 1:18:34 | 208 |
| 212 | 643 | 1:19:18 | MATTHEW COCKRELL | | Male | 195 | MO | 89 | 1:19:08 | 212 |
| 213 | 59 | 1:19:20 | SHELLEY ENDERS | WITHAM RUNNING CLUB | Female | 18 | FSV | 1 | 1:19:12 | 213 |
| 214 | 668 | 1:19:21 | FAYE SPOONER | BARKING ROAD RUNNERS | Female | 19 | FV | 12 | 1:19:15 | 216 |
| 215 | 236 | 1:19:22 | NEIL HALLS | SAFFRON STRIDERS RUNNING CLUB | Male | 196 | MV | 72 | 1:19:13 | 215 |
| 216 | 504 | 1:19:23 | ROB KNIGHT (GBV) | | Male | 197 | MSV | 35 | 1:19:12 | 214 |
| 217 | 83 | 1:19:27 | FIONA WALKER | LEIGH-ON-SEA STRIDERS | Female | 20 | FSV | 2 | 1:19:20 | 218 |
| 218 | 400 | 1:19:33 | TREVOR COOPER | | Male | 198 | MO | 90 | 1:19:19 | 217 |
| 219 | 615 | 1:19:39 | MIKE GRANT | BISHOPS STORTFORD RUNNING CLUB | Male | 199 | MSV | 36 | 1:19:29 | 220 |
| 220 | 448 | 1:19:40 | DAN BUCKLEY | BILLERICAY STRIDERS | Male | 200 | MO | 91 | 1:19:27 | 219 |
| 221 | 284 | 1:19:46 | DON SINCLAIR | PITSEA RUNNING CLUB | Male | 201 | MSV | 37 | 1:19:40 | 223 |
| 222 | 681 | 1:19:48 | J GRANDISON (GBV) | | Male | 202 | MV | 73 | 1:19:37 | 222 |
| 223 | 746 | 1:20:05 | DAVID WOOD | | Male | 203 | MV | 74 | 1:19:31 | 221 |
| 224 | 52 | 1:20:06 | PHILIP LISAMER | | Male | 204 | MV | 75 | 1:19:50 | 225 |
| 225 | 267 | 1:20:09 | CHRISTINA EDWARDS | CASTLE POINT JOGGERS | Female | 21 | FSV | 3 | 1:20:01 | 227 |
| 226 | 61 | 1:20:14 | DERMOT CONNELL | | Male | 205 | MSV | 38 | 1:20:01 | 228 |
| 227 | 53 | 1:20:15 | MARK GRENVILLE | | Male | 206 | MSV | 39 | 1:20:04 | 229 |
| 228 | 548 | 1:20:16 | JOSHUA HOPGOOD | | Male | 207 | MO | 92 | 1:19:58 | 226 |
| 229 | 30 | 1:20:22 | JAMES TAYLOR (GBV) | | Male | 208 | MO | 93 | 1:20:15 | 230 |
| 230 | 602 | 1:20:24 | RAKESH SANDHU | BARKING ROAD RUNNERS | Male | 209 | MV | 76 | 1:19:49 | 224 |
| 231 | 362 | 1:20:33 | STUART GEAR | | Male | 210 | MO | 94 | 1:20:19 | 232 |
| 232 | 248 | 1:20:38 | LUCY WESTCOTT | SPRINGFIELD STRIDERS | Female | 22 | FV | 13 | 1:20:18 | 231 |
| 233 | 134 | 1:20:44 | COLIN JACKSON | GRANGE FARM & DUNMOW RUNNERS | Male | 211 | MSV | 40 | 1:20:36 | 235 |
| 234 | 731 | 1:20:49 | BARRY SMITH | | Male | 212 | MO | 95 | 1:20:39 | 236 |
| 235 | 290 | 1:20:49 | SCOTT GIARNESE (GBV) | | Male | 213 | MO | 96 | 1:20:35 | 234 |
| 236 | 131 | 1:20:57 | PAUL HUDSON | | Male | 214 | MV | 77 | 1:20:33 | 233 |
| 237 | 238 | 1:21:01 | KATE POWELL | LITTLE BADDOW RIDGE RUNNERS | Female | 23 | FO | 7 | 1:20:45 | 237 |
| 238 | 56 | 1:21:02 | RICHARD WEAVER | | Male | 215 | MV | 78 | 1:20:52 | 240 |
| 239 | 486 | 1:21:05 | DECLAN CRACE | SLEAFORD TOWN RUNNERS | Male | 216 | MO | 97 | 1:21:01 | 243 |
| 240 | 710 | 1:21:09 | DAVID SMITH | | Male | 217 | MSV | 41 | 1:20:55 | 241 |
| 241 | 586 | 1:21:16 | SHARON BANNISTER | SPRINGFIELD STRIDERS | Female | 24 | FSV | 4 | 1:20:59 | 242 |
| 242 | 697 | 1:21:18 | MANDY SMITH | | Female | 25 | FSV | 5 | 1:20:50 | 239 |
| 243 | 107 | 1:21:20 | NICHOLAS MANLEY | WITHAM RUNNING CLUB | Male | 218 | MSV | 42 | 1:21:10 | 246 |
| 244 | 122 | 1:21:25 | MICHAEL JACK | ST ALBANS STRIDERS | Male | 219 | MSV | 43 | 1:21:16 | 248 |
| 245 | 50 | 1:21:34 | DONNA MORRIS | SPRINGFIELD STRIDERS | Female | 26 | FSV | 6 | 1:21:19 | 250 |
| 246 | 431 | 1:21:36 | PETER HENRY | | Male | 220 | MV | 79 | 1:21:27 | 252 |
| 247 | 441 | 1:21:38 | STEPHEN INKLEY | SAFFRON STRIDERS RUNNING CLUB | Male | 221 | MSV | 44 | 1:21:27 | 253 |
| 248 | 110 | 1:21:38 | DANIEL GREEN | | Male | 222 | MV | 80 | 1:21:08 | 245 |
| 249 | 796 | 1:21:39 | MARK FEUSTEL | | Male | 223 | MO | 98 | 1:21:03 | 244 |
| 250 | 84 | 1:21:42 | PHILIP PENNACK (GBV) | | Male | 224 | MV | 81 | 1:21:11 | 247 |
| 251 | 68 | 1:21:43 | HELEN BATEMAN | SPRINGFIELD STRIDERS | Female | 27 | FV | 14 | 1:21:29 | 254 |
| 252 | 641 | 1:21:45 | ED BORRETT | | Male | 225 | MO | 99 | 1:21:33 | 255 |
| 253 | 533 | 1:21:47 | GRAHAM STATTER | BISHOPS STORTFORD RUNNING CLUB | Male | 226 | MSV | 45 | 1:21:17 | 249 |
| 254 | 466 | 1:21:47 | NINA BARRETT | THRIFT GREEN TROTTERS | Female | 28 | FV | 15 | 1:21:37 | 256 |
| 255 | 624 | 1:21:49 | RYAN HOLDEN (GBV) | | Male | 227 | MV | 82 | 1:21:25 | 251 |
| 256 | 354 | 1:21:57 | WENDY ALDRIDGE | DENGIE 100 RUNNERS | Female | 29 | FSV | 7 | 1:21:48 | 258 |
| 257 | 12 | 1:21:59 | NICHOLAS LOOBY | SPRINGFIELD STRIDERS | Male | 228 | MV | 83 | 1:21:47 | 257 |
| 258 | 433 | 1:22:05 | ROBERT WORLEY | BILLERICAY STRIDERS | Male | 229 | MO | 100 | 1:21:53 | 259 |
| 259 | 434 | 1:22:05 | CLARE WORLEY | BILLERICAY STRIDERS | Female | 30 | FV | 16 | 1:21:54 | 260 |
| 260 | 779 | 1:22:21 | CAMILLA JAMES | | Female | 31 | FO | 8 | 1:22:05 | 261 |
| 261 | 142 | 1:22:31 | LIZ IRVINE | SPRINGFIELD STRIDERS | Female | 32 | FV | 17 | 1:22:20 | 263 |
| 262 | 432 | 1:22:37 | CHRIS GILLE (GBV) | | Male | 230 | MV | 84 | 1:22:21 | 264 |
| 263 | 649 | 1:22:42 | JACQUI SAUNDERS | | Female | 33 | FO | 9 | 1:22:12 | 262 |
| 264 | 711 | 1:22:44 | N HUMPHRIES (GBV) | | Male | 231 | MV | 85 | 1:22:32 | 268 |
| 265 | 435 | 1:22:44 | RICHARD HARMER | THRIFT GREEN TROTTERS | Male | 232 | MV | 86 | 1:22:35 | 271 |
| 266 | 405 | 1:22:45 | STEVEN HARDING | | Male | 233 | MV | 87 | 1:22:34 | 269 |
| 267 | 116 | 1:22:46 | MARK ROBERTSON | ROCHFORD RUNNING CLUB | Male | 234 | MSV | 46 | 1:22:29 | 267 |
| 268 | 613 | 1:22:48 | JB GRAIRE | | Male | 235 | MO | 101 | 1:22:35 | 272 |
| 269 | 393 | 1:22:50 | DAVID MORRIS | LITTLE BADDOW RIDGE RUNNERS | Male | 236 | MV | 88 | 1:22:34 | 270 |
| 270 | 157 | 1:22:50 | BERYL DE SMEDT | PHOENIX STRIDERS | Female | 34 | FSV | 8 | 1:22:35 | 273 |
| 271 | 794 | 1:22:53 | JAMES KEMSLEY | | Male | 237 | MO | 102 | 1:22:26 | 265 |
| 272 | 218 | 1:22:53 | ANDREW DOWLING | | Male | 238 | MO | 103 | 1:22:50 | 276 |
| 273 | 249 | 1:22:59 | RUTH ROBERTS | PHOENIX STRIDERS | Female | 35 | FSV | 9 | 1:22:40 | 274 |
| 274 | 524 | 1:23:01 | MARK CHAMBERS (GBV) | LITTLE BADDOW RIDGE RUNNERS | Male | 239 | MSV | 47 | 1:22:45 | 275 |
| 275 | 603 | 1:23:01 | ANDY HILLER | BARKING ROAD RUNNERS | Male | 240 | MV | 89 | 1:22:27 | 266 |
| 276 | 718 | 1:23:06 | GILLIAN ROBERTSON | GRANGE FARM & DUNMOW RUNNERS | Female | 36 | FSV | 10 | 1:22:58 | 280 |
| 277 | 662 | 1:23:07 | LOUISE BIRKE | LITTLE BADDOW RIDGE RUNNERS | Female | 37 | FO | 10 | 1:22:52 | 277 |
| 278 | 22 | 1:23:10 | M MACLEOD (GBV) | | Male | 241 | MSV | 48 | 1:22:54 | 279 |
| 279 | 798 | 1:23:14 | PAUL NICOL | | Male | 242 | MV | 90 | 1:20:47 | 238 |
| 280 | 138 | 1:23:15 | DEBORAH HITCHING | SPRINGFIELD STRIDERS | Female | 38 | FV | 18 | 1:23:03 | 282 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 281 | 73 | 1:23:16 | GERRY GREENWOLD | SPRINGFIELD STRIDERS | Male | 243 | MSV | 49 | 1:23:02 | 281 |
| 282 | 242 | 1:23:17 | CRISTINA COOPER | BARKING ROAD RUNNERS | Female | 39 | FV | 19 | 1:23:11 | 284 |
| 283 | 735 | 1:23:23 | JAY BROWNE | DARTFORD HARRIERS | Male | 244 | MV | 91 | 1:22:52 | 278 |
| 284 | 730 | 1:23:24 | MICHAEL SMITH | | Male | 245 | MO | 104 | 1:23:13 | 286 |
| 285 | 675 | 1:23:26 | SI TONKINSON | | Male | 246 | MV | 92 | 1:23:12 | 285 |
| 286 | 153 | 1:23:27 | TANIA HAGAN | LEIGH-ON-SEA STRIDERS | Female | 40 | FO | 11 | 1:23:20 | 288 |
| 287 | 74 | 1:23:27 | GLEN TAYLOR | SOUTHEND-ON-SEA ATHLETIC CLUB | Male | 247 | MSV | 50 | 1:23:15 | 287 |
| 288 | 222 | 1:23:33 | KEVIN IVES | | Male | 248 | MV | 93 | 1:23:07 | 283 |
| 289 | 723 | 1:23:34 | SAMANTHA CHAMBERS | | Female | 41 | FSV | 11 | 1:23:20 | 289 |
| 290 | 191 | 1:23:43 | SAM HILLYARD | BRAINTREE & DISTRICT ATHLETICS | Female | 42 | FSV | 12 | 1:23:29 | 291 |
| 291 | 343 | 1:23:44 | DARREN POTTINGER | | Male | 249 | MV | 94 | 1:23:32 | 293 |
| 292 | 108 | 1:23:49 | ANGELA MANLEY | WITHAM RUNNING CLUB | Female | 43 | FSV | 13 | 1:23:30 | 292 |
| 293 | 344 | 1:23:51 | MARK POTTINGER | | Male | 250 | MV | 95 | 1:23:39 | 294 |
| 294 | 223 | 1:23:54 | ANN IVES | | Female | 44 | FV | 20 | 1:23:28 | 290 |
| 295 | 16 | 1:23:57 | IAN TATMAN | LEIGH-ON-SEA STRIDERS | Male | 251 | MV | 96 | 1:23:41 | 295 |
| 296 | 507 | 1:24:00 | RICHARD GOAD | PITSEA RUNNING CLUB | Male | 252 | MSV | 51 | 1:23:43 | 296 |
| 297 | 149 | 1:24:12 | PAUL ALLUM (GBV) | | Male | 253 | MO | 105 | 1:24:01 | 298 |
| 298 | 622 | 1:24:15 | SHIRLEY BALL | BISHOPS STORTFORD RUNNING CLUB | Female | 45 | FSV | 14 | 1:24:06 | 302 |
| 299 | 745 | 1:24:19 | DANIEL RALSTON | | Male | 254 | MO | 106 | 1:24:10 | 303 |
| 300 | 126 | 1:24:21 | B STURROCK (GBV) | | Male | 255 | MV | 97 | 1:24:01 | 299 |
| 301 | 785 | 1:24:25 | BECI CALLOW | LEIGH-ON-SEA STRIDERS | Female | 46 | FO | 12 | 1:24:00 | 297 |
| 302 | 775 | 1:24:26 | WAYNE THACKER | | Male | 256 | MO | 107 | 1:24:04 | 300 |
| 303 | 484 | 1:24:27 | GEMMA JONES | PHOENIX STRIDERS | Female | 47 | FO | 13 | 1:24:05 | 301 |
| 304 | 227 | 1:24:30 | MIKE COTTERILL (GBV) | LITTLE BADDOW RIDGE RUNNERS | Male | 257 | MSV | 52 | 1:24:13 | 304 |
| 305 | 500 | 1:24:34 | JOHNNY LAU | LEIGH-ON-SEA STRIDERS | Male | 258 | MSV | 53 | 1:24:24 | 308 |
| 306 | 185 | 1:24:38 | JAMES EVANS | | Male | 259 | MO | 108 | 1:24:24 | 309 |
| 307 | 542 | 1:24:44 | LINDSAY ROLERKITE | TIPTREE ROAD RUNNERS | Female | 48 | FSV | 15 | 1:24:38 | 312 |
| 308 | 491 | 1:24:46 | DENNIS SHERWOOD | SPRINGFIELD STRIDERS | Male | 260 | MSV | 54 | 1:24:31 | 310 |
| 309 | 280 | 1:24:49 | KELLY SPENCER | SPRINGFIELD STRIDERS | Female | 49 | FV | 21 | 1:24:23 | 306 |
| 310 | 42 | 1:24:50 | COLIN SHORT | WITHAM RUNNING CLUB | Male | 261 | MSV | 55 | 1:24:40 | 313 |
| 311 | 9 | 1:24:53 | IAN HART | CASTLE POINT JOGGERS | Male | 262 | MSV | 56 | 1:24:45 | 315 |
| 312 | 18 | 1:24:53 | NIGEL THORNE | CASTLE POINT JOGGERS | Male | 263 | MV | 98 | 1:24:45 | 316 |
| 313 | 407 | 1:24:54 | LORNA WILSON | GRAVESEND ROAD RUNNERS | Female | 50 | FO | 14 | 1:24:22 | 305 |
| 314 | 682 | 1:24:54 | CAROL SUMMERS | | Female | 51 | FV | 22 | 1:24:23 | 307 |
| 315 | 442 | 1:24:57 | STEWART MORLEY | BENFLEET RUNNING CLUB | Male | 264 | MV | 99 | 1:24:37 | 311 |
| 316 | 596 | 1:25:02 | LUKE WITHERS (GBV) | | Male | 265 | MO | 109 | 1:24:43 | 314 |
| 317 | 572 | 1:25:04 | MARK NEIGHBOUR | | Male | 266 | MV | 100 | 1:24:59 | 326 |
| 318 | 473 | 1:25:06 | JOHN TULLETT | BILLERICAY STRIDERS | Male | 267 | MSV | 57 | 1:24:54 | 320 |
| 319 | 349 | 1:25:09 | ADAM NUNN | | Male | 268 | MO | 110 | 1:25:01 | 327 |
| 320 | 699 | 1:25:11 | JAMES HARPER | | Male | 269 | MV | 101 | 1:24:56 | 322 |
| 321 | 219 | 1:25:12 | CAROL DRAKE | LEIGH-ON-SEA STRIDERS | Female | 52 | FSV | 16 | 1:24:53 | 319 |
| 322 | 144 | 1:25:13 | GAIL ALEXANDER | LEIGH-ON-SEA STRIDERS | Female | 53 | FSV | 17 | 1:24:54 | 321 |
| 323 | 179 | 1:25:16 | GARY WALSH | LEIGH-ON-SEA STRIDERS | Male | 270 | MSV | 58 | 1:24:57 | 323 |
| 324 | 202 | 1:25:16 | COLIN CORBY | BLACKWATER TRIATHLON CLUB | Male | 271 | MSV | 59 | 1:24:52 | 318 |
| 325 | 408 | 1:25:19 | ANDREW BREMNER | | Male | 272 | MO | 111 | 1:24:58 | 324 |
| 326 | 63 | 1:25:20 | BERNARD BAZLEY | | Male | 273 | MSV | 60 | 1:24:51 | 317 |
| 327 | 180 | 1:25:21 | MATTHEW DEGROVE | | Male | 274 | MV | 102 | 1:25:09 | 328 |
| 328 | 686 | 1:25:22 | JAMES HARRIS | | Male | 275 | MO | 112 | 1:24:58 | 325 |
| 329 | 763 | 1:25:36 | ED MCCALLUM | | Male | 276 | MO | 113 | 1:25:11 | 329 |
| 330 | 525 | 1:25:38 | MARK COWAN | BENFLEET RUNNING CLUB | Male | 277 | MV | 103 | 1:25:32 | 336 |
| 331 | 451 | 1:25:40 | ED JONES | | Male | 278 | MV | 104 | 1:25:16 | 331 |
| 332 | 209 | 1:25:40 | DAVID TAYLOR | | Male | 279 | MV | 105 | 1:25:15 | 330 |
| 333 | 291 | 1:25:40 | SOPHIE PARKER | | Female | 54 | FO | 15 | 1:25:27 | 335 |
| 334 | 670 | 1:25:40 | HILDA O'KELLY | SPRINGFIELD STRIDERS | Female | 55 | FSV | 18 | 1:25:22 | 332 |
| 335 | 128 | 1:25:42 | DEREK BANKS | | Male | 280 | MV | 106 | 1:25:34 | 339 |
| 336 | 237 | 1:25:47 | ANDY DAWBARN | EAST ESSEX TRIATHLON CLUB | Male | 281 | MSV | 61 | 1:25:25 | 333 |
| 337 | 383 | 1:25:49 | SARAH ORLEY | | Female | 56 | FSV | 19 | 1:25:32 | 337 |
| 338 | 782 | 1:25:52 | JOSH SEYMOUR | | Male | 282 | MO | 114 | 1:25:32 | 338 |
| 339 | 518 | 1:25:54 | JOHN WALSHE | EAST CORKE ATHLETIC CLUB | Male | 283 | MSV | 62 | 1:25:46 | 341 |
| 340 | 455 | 1:25:55 | EMMA WAKELING | | Female | 57 | FV | 23 | 1:25:26 | 334 |
| 341 | 23 | 1:25:55 | FRANCES GRIDLEY | TIPTREE ROAD RUNNERS | Female | 58 | FSV | 20 | 1:25:42 | 340 |
| 342 | 353 | 1:25:57 | CHRISTINA HUNTER | | Female | 59 | FO | 16 | 1:25:46 | 342 |
| 343 | 452 | 1:26:07 | SARAH K OWEN | | Female | 60 | FSV | 21 | 1:25:56 | 345 |
| 344 | 369 | 1:26:13 | KELLY BEAVER | | Female | 61 | FO | 17 | 1:26:04 | 347 |
| 345 | 694 | 1:26:14 | JENNIFER RUFFELL | BARKING ROAD RUNNERS | Female | 62 | FO | 18 | 1:25:48 | 343 |
| 346 | 259 | 1:26:21 | KATIE PULLEN | | Female | 63 | FO | 19 | 1:25:52 | 344 |
| 347 | 741 | 1:26:26 | BRAD ASHTON | | Male | 284 | MV | 107 | 1:26:08 | 348 |
| 348 | 420 | 1:26:29 | ANDREW GAUNT | | Male | 285 | MO | 115 | 1:26:01 | 346 |
| 349 | 188 | 1:26:29 | SIMON KING | GRANGE FARM & DUNMOW RUNNERS | Male | 286 | MSV | 63 | 1:26:21 | 354 |
| 350 | 20 | 1:26:31 | IAN TERRY | | Male | 287 | MO | 116 | 1:26:15 | 349 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|---------------------|---------------------------------|--------|------------|-------|-----------|-----------|----------|
| 351 | 21 | 1:26:31 | MARTIN FISHBURN | | Male | 288 | MO | 117 | 1:26:15 | 350 |
| 352 | 187 | 1:26:32 | CHARLOTTE KING | GRANGE FARM & DUNMOW RUNNERS | Female | 64 | FV | 24 | 1:26:23 | 356 |
| 353 | 416 | 1:26:33 | E MACLEAN (GBV) | | Female | 65 | FV | 25 | 1:26:17 | 352 |
| 354 | 183 | 1:26:33 | PETER DUCIE | SPRINGFIELD STRIDERS | Male | 289 | MSV | 64 | 1:26:21 | 355 |
| 355 | 636 | 1:26:37 | DANIEL GRIFFITHS | | Male | 290 | MV | 108 | 1:26:15 | 351 |
| 356 | 5 | 1:26:39 | ROSS SILVERTON | WITHAM RUNNING CLUB | Male | 291 | MSV | 65 | 1:26:27 | 357 |
| 357 | 99 | 1:26:43 | RACHEL PATTEN | | Female | 66 | FO | 20 | 1:26:20 | 353 |
| 358 | 92 | 1:26:43 | PATRICK O'CONNOR | CASTLE POINT JOGGERS | Male | 292 | MSV | 66 | 1:26:36 | 359 |
| 359 | 773 | 1:26:55 | MATHEW GOAD | | Male | 293 | MO | 118 | 1:26:37 | 361 |
| 360 | 228 | 1:27:05 | MIRANDA WESTCOTT | | Female | 67 | FV | 26 | 1:26:44 | 362 |
| 361 | 704 | 1:27:05 | JAVIER FARINOS | | Male | 294 | MO | 119 | 1:26:35 | 358 |
| 362 | 82 | 1:27:07 | VIC MARKS | | Female | 68 | FSV | 22 | 1:26:47 | 363 |
| 363 | 366 | 1:27:08 | TONI WILLIAMS | | Female | 69 | FV | 27 | 1:26:52 | 365 |
| 364 | 103 | 1:27:09 | ELISHA LETLEY | LEIGH-ON-SEA STRIDERS | Female | 70 | FSV | 23 | 1:26:54 | 366 |
| 365 | 115 | 1:27:11 | ANTHONY SMITH | WITHAM RUNNING CLUB | Male | 295 | MSV | 67 | 1:26:36 | 360 |
| 366 | 593 | 1:27:13 | GRAHAM DIXON | HAVERHILL RUNNING CLUB | Male | 296 | MO | 120 | 1:27:12 | 370 |
| 367 | 623 | 1:27:16 | STEPHEN BALL | | Male | 297 | MSV | 68 | 1:27:01 | 368 |
| 368 | 4 | 1:27:19 | STEVE JACKSON | | Male | 298 | MV | 109 | 1:27:09 | 369 |
| 369 | 494 | 1:27:24 | ADRIAN RUSSELL | WOODFORD GREEN WITH ESSEX LA | Male | 299 | MSV | 69 | 1:26:51 | 364 |
| 370 | 97 | 1:27:28 | A WIBBERLEY (GBV) | | Male | 300 | MO | 121 | 1:26:55 | 367 |
| 371 | 705 | 1:27:32 | DAVE MCKENZIE | | Male | 301 | MO | 122 | 1:27:19 | 372 |
| 372 | 544 | 1:27:38 | KIM VINICOMBE | PHOENIX STRIDERS | Male | 302 | MSV | 70 | 1:27:18 | 371 |
| 373 | 722 | 1:27:42 | ROBERT VINICOMBE | | Male | 303 | MO | 123 | 1:27:41 | 380 |
| 374 | 44 | 1:27:47 | GRAHAM GILES (GBV) | | Male | 304 | MV | 110 | 1:27:27 | 373 |
| 375 | 326 | 1:27:47 | MARK MUNDAY (GBV) | SPRINGFIELD STRIDERS | Male | 305 | MV | 111 | 1:27:27 | 374 |
| 376 | 777 | 1:27:51 | JAMIE RUSSELL | | Male | 306 | MV | 112 | 1:27:29 | 376 |
| 377 | 616 | 1:27:51 | VICTORIA BROWN | | Female | 71 | FV | 28 | 1:27:28 | 375 |
| 378 | 75 | 1:28:00 | RICHARD SEE | DENGIE 100 RUNNERS | Male | 307 | MV | 113 | 1:27:31 | 377 |
| 379 | 14 | 1:28:01 | MATT MEAD | | Male | 308 | MO | 124 | 1:27:36 | 379 |
| 380 | 85 | 1:28:01 | DANIEL TUNBRIDGE | DENGIE 100 RUNNERS | Male | 309 | MV | 114 | 1:27:31 | 378 |
| 381 | 49 | 1:28:09 | STEPHEN BRIGHT | | Male | 310 | MSV | 71 | 1:27:57 | 383 |
| 382 | 569 | 1:28:12 | ROBERT THOMSON | | Male | 311 | MV | 115 | 1:27:52 | 381 |
| 383 | 136 | 1:28:24 | PAUL TUNMER | SPRINGFIELD STRIDERS | Male | 312 | MSV | 72 | 1:27:56 | 382 |
| 384 | 516 | 1:28:25 | ALEXANDER BONNER | | Male | 313 | MO | 125 | 1:28:09 | 386 |
| 385 | 314 | 1:28:26 | AYTEN PAYNE | MID ESSEX CASUALS | Female | 72 | FSV | 24 | 1:28:08 | 385 |
| 386 | 712 | 1:28:28 | STACY HEMBER | TIPTREE ROAD RUNNERS | Female | 73 | FSV | 25 | 1:28:07 | 384 |
| 387 | 443 | 1:28:28 | ANTHONY KNIGHT | TIPTREE ROAD RUNNERS | Male | 314 | MV | 116 | 1:28:17 | 387 |
| 388 | 778 | 1:28:41 | CHRISTOPHER MAY | | Male | 315 | MV | 117 | 1:28:18 | 388 |
| 389 | 363 | 1:28:46 | D SPENCER-PERKINS | BARKING ROAD RUNNERS | Male | 316 | MSV | 73 | 1:28:19 | 389 |
| 390 | 632 | 1:28:51 | SAM HALDANE | | Male | 317 | MO | 126 | 1:28:33 | 391 |
| 391 | 318 | 1:28:51 | NEIL KIRSH | | Male | 318 | MV | 118 | 1:28:30 | 390 |
| 392 | 768 | 1:29:00 | VICKI SHARMAN | | Female | 74 | FO | 21 | 1:28:34 | 392 |
| 393 | 776 | 1:29:12 | JIM SAVIN | | Male | 319 | MV | 119 | 1:28:56 | 395 |
| 394 | 428 | 1:29:15 | JONATHAN RHODES | | Male | 320 | MV | 120 | 1:28:55 | 394 |
| 395 | 229 | 1:29:20 | GARETH SCOTT | THRIFT GREEN TROTTERS | Male | 321 | MSV | 74 | 1:28:51 | 393 |
| 396 | 717 | 1:29:24 | IVOR WATSON | | Male | 322 | MV | 121 | 1:29:00 | 396 |
| 397 | 224 | 1:29:28 | PETRA KNIGHT | | Female | 75 | FV | 29 | 1:29:03 | 397 |
| 398 | 465 | 1:29:31 | TRACEY SALISBURY | | Female | 76 | FV | 30 | 1:29:03 | 398 |
| 399 | 750 | 1:29:41 | BOB WRIGHT | | Male | 323 | MSV | 75 | 1:29:34 | 404 |
| 400 | 421 | 1:29:43 | REBECCA WILLIS | LITTLE BADDOW RIDGE RUNNERS | Female | 77 | FV | 31 | 1:29:20 | 399 |
| 401 | 620 | 1:29:43 | CHRIS BROWN | LITTLE BADDOW RIDGE RUNNERS | Male | 324 | MSV | 76 | 1:29:28 | 401 |
| 402 | 549 | 1:29:48 | ANDREW TIETJEN | | Male | 325 | MO | 127 | 1:29:31 | 402 |
| 403 | 565 | 1:29:53 | CAROLYN BRENCHLEY | BILLERICAY STRIDERS | Female | 78 | FV | 32 | 1:29:26 | 400 |
| 404 | 71 | 1:29:55 | KATIE MURDOCH (GBV) | | Female | 79 | FO | 22 | 1:29:35 | 405 |
| 405 | 55 | 1:29:55 | STUART CURTIS | | Male | 326 | MV | 122 | 1:29:32 | 403 |
| 406 | 72 | 1:29:56 | DANIEL DAVIS (GBV) | | Male | 327 | MV | 123 | 1:29:35 | 406 |
| 407 | 638 | 1:30:01 | ELEANOR BALLINGER | STOPSLEY STRIDERS | Female | 80 | FO | 23 | 1:29:49 | 408 |
| 408 | 95 | 1:30:07 | IAN WATKINS | SPRINGFIELD STRIDERS | Male | 328 | MSV | 77 | 1:29:41 | 407 |
| 409 | 543 | 1:30:09 | ELLEN BROOKS | BISHOP'S STORTFORD RUNNING CLUB | Female | 81 | FV | 33 | 1:29:50 | 409 |
| 410 | 309 | 1:30:10 | JOHN PARDON | BILLERICAY STRIDERS | Male | 329 | MSV | 78 | 1:29:54 | 412 |
| 411 | 255 | 1:30:10 | BRIEN EDWARDS (GBV) | | Male | 330 | MO | 128 | 1:29:50 | 410 |
| 412 | 208 | 1:30:13 | CLAIRE SHARPLES | SPRINGFIELD STRIDERS | Female | 82 | FV | 34 | 1:29:53 | 411 |
| 413 | 631 | 1:30:15 | LIZZIE BELL (GBV) | | Female | 83 | FO | 24 | 1:29:58 | 414 |
| 414 | 793 | 1:30:21 | DAVID CLOVER | | Male | 331 | MO | 129 | 1:29:54 | 413 |
| 415 | 276 | 1:30:22 | DAVID EDDIE MILLS | PHOENIX STRIDERS | Male | 332 | MSV | 79 | 1:30:02 | 415 |
| 416 | 117 | 1:30:23 | KIM FAURE (GBV) | | Female | 84 | FSV | 26 | 1:30:20 | 417 |
| 417 | 634 | 1:30:38 | PETER WENZEL | BISHOPS STORTFORD RUNNING CLUB | Male | 333 | MSV | 80 | 1:30:28 | 419 |
| 418 | 182 | 1:30:40 | MARION BREEZE | PITSEA RUNNING CLUB | Female | 85 | FSV | 27 | 1:30:25 | 418 |
| 419 | 79 | 1:30:41 | LYNN RIVERS | LEIGH-ON-SEA STRIDERS | Female | 86 | FSV | 28 | 1:30:18 | 416 |
| 420 | 221 | 1:30:54 | AIMÉE MISSEN | LITTLE BADDOW RIDGE RUNNERS | Female | 87 | FO | 25 | 1:30:32 | 420 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|---------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 421 | 173 | 1:31:02 | CLARE ROWE | LITTLE BADDOW RIDGE RUNNERS | Female | 88 | FSV | 29 | 1:30:39 | 421 |
| 422 | 661 | 1:31:05 | PAT RHODES | | Female | 89 | FSV | 30 | 1:30:52 | 425 |
| 423 | 480 | 1:31:08 | MANDY ROWLEY | | Female | 90 | FO | 26 | 1:30:43 | 422 |
| 424 | 129 | 1:31:12 | SARAH GOODWIN | SPRINGFIELD STRIDERS | Female | 91 | FSV | 31 | 1:30:54 | 426 |
| 425 | 48 | 1:31:15 | JULIA SUMMERS | LEIGH-ON-SEA STRIDERS | Female | 92 | FSV | 32 | 1:30:51 | 424 |
| 426 | 394 | 1:31:17 | BRYAN LEE | | Male | 334 | MSV | 81 | 1:30:46 | 423 |
| 427 | 285 | 1:31:22 | VAL SINCLAIR | PITSEA RUNNING CLUB | Female | 93 | FSV | 33 | 1:31:06 | 428 |
| 428 | 327 | 1:31:25 | SHELLEY PARKER | SPRINGFIELD STRIDERS | Female | 94 | FO | 27 | 1:31:12 | 432 |
| 429 | 551 | 1:31:31 | LAURA PARRISH | THRIFT GREEN TROTTERS | Female | 95 | FO | 28 | 1:31:03 | 427 |
| 430 | 212 | 1:31:34 | NEILL BOULTON | | Male | 335 | MO | 130 | 1:31:06 | 429 |
| 431 | 467 | 1:31:36 | TRACY CLARKE-WOLFE | | Female | 96 | FV | 35 | 1:31:08 | 430 |
| 432 | 265 | 1:31:39 | KIERON CHAPMAN | BARKING ROAD RUNNERS | Male | 336 | MO | 131 | 1:31:11 | 431 |
| 433 | 753 | 1:31:43 | CHARLES ROSS | | Male | 337 | MSV | 82 | 1:31:23 | 434 |
| 434 | 118 | 1:31:45 | ALAN PORTER | BILLERICAY STRIDERS | Male | 338 | MSV | 83 | 1:31:17 | 433 |
| 435 | 204 | 1:31:47 | JOHN WARD | | Male | 339 | MO | 132 | 1:31:28 | 436 |
| 436 | 167 | 1:31:50 | JACKIE SIBTHORP | | Female | 97 | FSV | 34 | 1:31:28 | 437 |
| 437 | 389 | 1:31:55 | ANN THOMAS | | Female | 98 | FSV | 35 | 1:31:38 | 439 |
| 438 | 90 | 1:32:01 | KAREN HUSSAIN | | Female | 99 | FSV | 36 | 1:31:47 | 441 |
| 439 | 719 | 1:32:02 | CAROLE JACK | ST ALBANS STRIDERS | Female | 100 | FSV | 37 | 1:31:41 | 440 |
| 440 | 109 | 1:32:04 | GAVIN FARROW | | Male | 340 | MSV | 84 | 1:31:24 | 435 |
| 441 | 177 | 1:32:05 | KELLY TURK | SPRINGFIELD STRIDERS | Female | 101 | FO | 29 | 1:31:48 | 442 |
| 442 | 190 | 1:32:06 | HOLLY THOMPSON | SPRINGFIELD STRIDERS | Female | 102 | FO | 30 | 1:31:48 | 443 |
| 443 | 721 | 1:32:10 | MARTIN COLLIER | | Male | 341 | MSV | 85 | 1:31:49 | 444 |
| 444 | 58 | 1:32:13 | JEREMY BUCKLEY | | Male | 342 | MV | 124 | 1:31:32 | 438 |
| 445 | 621 | 1:32:13 | GRACE JUDGE | HAVERHILL RUNNING CLUB | Female | 103 | FSV | 38 | 1:31:51 | 445 |
| 446 | 468 | 1:32:15 | IAN BISHOP | | Male | 343 | MV | 125 | 1:31:51 | 446 |
| 447 | 64 | 1:32:23 | ALISON NORRINGTON | THRIFTGREEN TROTTERS | Female | 104 | FSV | 39 | 1:32:03 | 452 |
| 448 | 554 | 1:32:24 | MATT FRANKLIN | | Male | 344 | MV | 126 | 1:31:51 | 447 |
| 449 | 419 | 1:32:31 | P FAIRMAN (GBV) | | Male | 345 | MO | 133 | 1:31:59 | 448 |
| 450 | 272 | 1:32:33 | MARK CHILDS | PHEONIX STRIDERS | Male | 346 | MV | 127 | 1:32:00 | 449 |
| 451 | 273 | 1:32:33 | RICHARD FARMER | PHEONIX STRIDERS | Male | 347 | MV | 128 | 1:32:00 | 450 |
| 452 | 274 | 1:32:33 | MAXINE SEWARD | GRANGE FARM & DUNMOW RUNNERS | Female | 105 | FSV | 40 | 1:32:00 | 451 |
| 453 | 244 | 1:32:52 | ADELE LUCKEN | | Female | 106 | FO | 31 | 1:32:41 | 455 |
| 454 | 764 | 1:32:55 | ROSIE WRIGHT | | Female | 107 | FV | 36 | 1:32:32 | 454 |
| 455 | 199 | 1:32:57 | PHILIP TAYLOR (GBV) | | Male | 348 | MSV | 86 | 1:32:25 | 453 |
| 456 | 574 | 1:33:00 | AMY ELLICE | BISHOPS STORTFORD RUNNING CLUB | Female | 108 | FO | 32 | 1:32:41 | 456 |
| 457 | 105 | 1:33:10 | JULIE PEACOCK | | Female | 109 | FSV | 41 | 1:32:54 | 460 |
| 458 | 312 | 1:33:11 | HELEN WILLIAMS | PITSEA RUNNING CLUB | Female | 110 | FSV | 42 | 1:32:55 | 461 |
| 459 | 308 | 1:33:12 | JANET PARDON | BILLERICAY STRIDERS | Female | 111 | FSV | 43 | 1:32:56 | 463 |
| 460 | 67 | 1:33:15 | HELEN AKPABIO | | Female | 112 | FV | 37 | 1:32:53 | 458 |
| 461 | 66 | 1:33:15 | DEBBIE HORREY (GBV) | | Female | 113 | FV | 38 | 1:32:53 | 459 |
| 462 | 328 | 1:33:18 | DAVID SOUTHGATE | BLACKWATER TRIATHLON CLUB | Male | 349 | MV | 129 | 1:32:52 | 457 |
| 463 | 43 | 1:33:18 | STEPHEN CLARKE | | Male | 350 | MV | 130 | 1:32:55 | 462 |
| 464 | 581 | 1:33:28 | SHARON GIRLING | | Female | 114 | FV | 39 | 1:32:59 | 464 |
| 465 | 505 | 1:33:35 | ANDREW GWILLIAM | BARKING ROAD RUNNERS | Male | 351 | MV | 131 | 1:33:01 | 465 |
| 466 | 458 | 1:33:38 | HELEN PATON | | Female | 115 | FV | 40 | 1:33:25 | 469 |
| 467 | 348 | 1:33:40 | JOHN DALY | SPRINGFIELD STRIDERS | Male | 352 | MV | 132 | 1:33:08 | 466 |
| 468 | 295 | 1:33:50 | STEVE OWEN (GBV) | | Male | 353 | MSV | 87 | 1:33:15 | 467 |
| 469 | 294 | 1:33:50 | JULIA OWEN (GBV) | | Female | 116 | FSV | 44 | 1:33:15 | 468 |
| 470 | 563 | 1:34:02 | JONATHAN TURNER | | Male | 354 | MV | 133 | 1:33:31 | 470 |
| 471 | 562 | 1:34:02 | ALANDA TURNER | | Female | 117 | FV | 41 | 1:33:31 | 471 |
| 472 | 422 | 1:34:09 | KEN GILBEY | | Male | 355 | MSV | 88 | 1:33:51 | 475 |
| 473 | 296 | 1:34:15 | CHRISTINA HAMILTON | | Female | 118 | FV | 42 | 1:33:56 | 477 |
| 474 | 783 | 1:34:19 | SIMON WESTON | | Male | 356 | MV | 134 | 1:33:47 | 472 |
| 475 | 382 | 1:34:19 | IAN CLIFFORD | | Male | 357 | MV | 135 | 1:33:48 | 473 |
| 476 | 680 | 1:34:19 | JACQUI KNOWLES | ROCHFORD RUNNING CLUB | Female | 119 | FSV | 45 | 1:34:02 | 478 |
| 477 | 289 | 1:34:21 | STEVE HEALEY | | Male | 358 | MV | 136 | 1:34:02 | 479 |
| 478 | 541 | 1:34:23 | DANIEL PLAWIAK | BARKING ROAD RUNNERS | Male | 359 | MO | 134 | 1:33:49 | 474 |
| 479 | 402 | 1:34:26 | REBECCA RICHARDS | | Female | 120 | FO | 33 | 1:33:55 | 476 |
| 480 | 571 | 1:34:28 | MARTYN MCKEAN | ROCHFORD RUNNING CLUB | Male | 360 | MSV | 89 | 1:34:11 | 483 |
| 481 | 521 | 1:34:34 | PAUL DARBY | | Male | 361 | MSV | 90 | 1:34:04 | 480 |
| 482 | 709 | 1:34:41 | MIKE DERBIDGE | | Male | 362 | MSV | 91 | 1:34:06 | 481 |
| 483 | 708 | 1:34:41 | ANDREW DERBIDGE | | Male | 363 | MV | 137 | 1:34:06 | 482 |
| 484 | 789 | 1:34:42 | JULIE BUSHNELL | | Female | 121 | FSV | 46 | 1:34:11 | 484 |
| 485 | 329 | 1:34:48 | KELLY WAREHAM (GBV) | | Female | 122 | FO | 34 | 1:34:23 | 485 |
| 486 | 700 | 1:34:50 | PAUL KING (GBV) | | Male | 364 | MV | 138 | 1:34:25 | 486 |
| 487 | 342 | 1:35:25 | CLAIRE STRUTT (GBV) | | Female | 123 | FSV | 47 | 1:34:58 | 487 |
| 488 | 492 | 1:35:33 | RICHARD ROCKLIFFE | HAROLD WOOD RUNNING CLUB | Male | 365 | MSV | 92 | 1:35:24 | 489 |
| 489 | 130 | 1:35:42 | JO JIGGINS | | Female | 124 | FSV | 48 | 1:35:11 | 488 |
| 490 | 175 | 1:35:48 | SARAH BOWERMAN | | Female | 125 | FSV | 49 | 1:35:30 | 493 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|--------------------------------|--------|------------|-------|-----------|-----------|----------|
| 491 | 577 | 1:36:04 | PETER WOODGER | | Male | 366 | MSV | 93 | 1:35:25 | 490 |
| 492 | 397 | 1:36:05 | KAMEL DERIOUCH | | Male | 367 | MSV | 94 | 1:35:27 | 492 |
| 493 | 403 | 1:36:06 | SAMUEL FOWKES | | Male | 368 | MSV | 95 | 1:35:26 | 491 |
| 494 | 647 | 1:36:09 | CHARLEY LESSLIE | | Female | 126 | FV | 43 | 1:35:45 | 495 |
| 495 | 493 | 1:36:12 | COLIN ALMOND | | Male | 369 | MV | 139 | 1:35:43 | 494 |
| 496 | 637 | 1:36:12 | LANA MCROBBIE (GBV) | | Female | 127 | FV | 44 | 1:35:47 | 497 |
| 497 | 726 | 1:36:12 | MICHELLE FOSKETT | | Female | 128 | FSV | 50 | 1:35:47 | 498 |
| 498 | 164 | 1:36:21 | D GAUSSENS (GBV) | | Male | 370 | MV | 140 | 1:35:45 | 496 |
| 499 | 86 | 1:36:22 | EMILY DE ORFE | DENGIE 100 RUNNERS | Female | 129 | FV | 45 | 1:35:55 | 499 |
| 500 | 332 | 1:36:26 | ELLEN MCPHILLIPS | LEIGH-ON-SEA STRIDERS | Female | 130 | FSV | 51 | 1:36:02 | 500 |
| 501 | 406 | 1:36:33 | HELEN NEWMAN | | Female | 131 | FSV | 52 | 1:36:09 | 501 |
| 502 | 423 | 1:36:56 | ROBERT JOHNSON | | Male | 371 | MSV | 96 | 1:36:43 | 502 |
| 503 | 311 | 1:37:08 | PAUL WILLIAMS | PITSEA RUNNING CLUB | Male | 372 | MSV | 97 | 1:36:52 | 504 |
| 504 | 313 | 1:37:09 | GILLIAN HARRISON | PITSEA RUNNING CLUB | Female | 132 | FSV | 53 | 1:36:49 | 503 |
| 505 | 287 | 1:37:09 | CAROLINE WALLIS | PITSEA RUNNING CLUB | Female | 133 | FSV | 54 | 1:36:52 | 505 |
| 506 | 610 | 1:37:14 | ZOE STORRAR | LEIGH-ON-SEA STRIDERS | Female | 134 | FV | 46 | 1:36:59 | 507 |
| 507 | 147 | 1:37:29 | SARA MILLER | | Female | 135 | FO | 35 | 1:36:59 | 508 |
| 508 | 146 | 1:37:30 | KATERINA MILLER | | Female | 136 | FSV | 55 | 1:37:00 | 509 |
| 509 | 28 | 1:37:32 | PHILIP RANSOM | CASTLE POINT JOGGERS | Male | 373 | MO | 135 | 1:37:15 | 512 |
| 510 | 225 | 1:37:33 | ALISON FRYATT | BARKING ROAD RUNNERS | Female | 137 | FSV | 56 | 1:36:56 | 506 |
| 511 | 702 | 1:37:35 | CATHERINE WILLIS | | Female | 138 | FSV | 57 | 1:37:07 | 510 |
| 512 | 633 | 1:37:44 | STEVEN PORTER | | Male | 374 | MV | 141 | 1:37:11 | 511 |
| 513 | 384 | 1:37:58 | LEAH JEWISS | | Female | 139 | FV | 47 | 1:37:26 | 513 |
| 514 | 669 | 1:37:59 | M WARNER-DENNY (GBV) | | Male | 375 | MO | 136 | 1:37:41 | 515 |
| 515 | 352 | 1:38:00 | KEVIN CARLEY | BLACKWATER TRIATHLON CLUB | Male | 376 | MSV | 98 | 1:37:35 | 514 |
| 516 | 630 | 1:38:05 | REBECCA BOTTJER | COLCHESTER HARRIERS | Female | 140 | FO | 36 | 1:37:44 | 516 |
| 517 | 81 | 1:38:09 | LAURA MCHUGH | LEIGH-ON-SEA STRIDERS | Female | 141 | FV | 48 | 1:37:45 | 517 |
| 518 | 474 | 1:38:10 | TREVOR DUNCAN | | Male | 377 | MSV | 99 | 1:37:53 | 519 |
| 519 | 65 | 1:38:19 | DAVID HOWARD | WITHAM RUNNING CLUB | Male | 378 | MSV | 100 | 1:37:48 | 518 |
| 520 | 568 | 1:38:36 | IAN HESSEY | | Male | 379 | MSV | 101 | 1:38:09 | 521 |
| 521 | 102 | 1:38:43 | RICHARD TAYLOR | | Male | 380 | MSV | 102 | 1:38:03 | 520 |
| 522 | 159 | 1:38:49 | ANDREW CHAPLIN | PITSEA RUNNING CLUB | Male | 381 | MV | 142 | 1:38:31 | 526 |
| 523 | 772 | 1:38:52 | CHAMELO DEBOWO | | Male | 382 | MSV | 103 | 1:38:18 | 522 |
| 524 | 404 | 1:38:53 | DEBBIE STARES | GRANGE FARM & DUNMOW RUNNERS | Female | 142 | FO | 37 | 1:38:23 | 524 |
| 525 | 169 | 1:38:55 | BILL VOYCE | | Male | 383 | MSV | 104 | 1:38:29 | 525 |
| 526 | 645 | 1:38:55 | NICOLE SISSON | HAVERHILL RUNNING CLUB | Female | 143 | FO | 38 | 1:38:34 | 527 |
| 527 | 734 | 1:38:56 | HAYLEY BRODRICK | HAVERHILL RUNNING CLUB | Female | 144 | FO | 39 | 1:38:35 | 529 |
| 528 | 742 | 1:38:56 | JULIA BAWDEN | TIPTREE ROAD RUNNERS | Female | 145 | FSV | 58 | 1:38:42 | 530 |
| 529 | 288 | 1:38:59 | DAVID MILTON | | Male | 384 | MSV | 105 | 1:38:20 | 523 |
| 530 | 351 | 1:39:06 | LOUISE PARKER | | Female | 146 | FO | 40 | 1:38:53 | 534 |
| 531 | 762 | 1:39:08 | ALISON BENNETT | | Female | 147 | FV | 49 | 1:38:44 | 531 |
| 532 | 698 | 1:39:11 | CHERYLYN LANE | HAVERHILL RUNNING CLUB | Female | 148 | FV | 50 | 1:38:49 | 532 |
| 533 | 530 | 1:39:13 | JOHN POWER | DAGENHAM 88 RUNNERS | Male | 385 | MO | 137 | 1:38:34 | 528 |
| 534 | 757 | 1:39:18 | DANIEL SAMBROOK | | Male | 386 | MO | 138 | 1:38:51 | 533 |
| 535 | 299 | 1:39:24 | ANN GIBBS | | Female | 149 | FSV | 59 | 1:38:57 | 535 |
| 536 | 412 | 1:39:33 | MARTIN MUNSON | | Male | 387 | MSV | 106 | 1:39:12 | 536 |
| 537 | 769 | 1:39:41 | DIANE HAYLETT | | Female | 150 | FV | 51 | 1:39:16 | 537 |
| 538 | 357 | 1:39:42 | K VON BROEN (GBV) | | Female | 151 | FV | 52 | 1:39:16 | 538 |
| 539 | 31 | 1:39:53 | NICK SANY (GBV) | | Male | 388 | MO | 139 | 1:39:27 | 539 |
| 540 | 338 | 1:39:56 | PAUL MAIN | | Male | 389 | MSV | 107 | 1:39:36 | 540 |
| 541 | 774 | 1:39:58 | MARK SMITH | | Male | 390 | MV | 143 | 1:39:45 | 547 |
| 542 | 671 | 1:39:59 | IAN SHERMAN | ROCHFORD RUNNING CLUB | Male | 391 | MV | 144 | 1:39:42 | 542 |
| 543 | 145 | 1:40:09 | ALAN SAMBRIDGE | | Male | 392 | MSV | 108 | 1:39:40 | 541 |
| 544 | 513 | 1:40:16 | NICOLA LAVERACK | | Female | 152 | FV | 53 | 1:39:43 | 543 |
| 545 | 665 | 1:40:23 | ROGER HARE | CASTLE POINT JOGGERS | Male | 393 | MSV | 109 | 1:39:44 | 544 |
| 546 | 666 | 1:40:24 | JUDE HARE | CASTLE POINT JOGGERS | Female | 153 | FSV | 60 | 1:39:44 | 545 |
| 547 | 40 | 1:40:24 | AMY HARRINGTON (GBV) | | Female | 154 | FO | 41 | 1:39:44 | 546 |
| 548 | 26 | 1:40:48 | CATHY SALMON | LEIGH-ON-SEA STRIDERS | Female | 155 | FSV | 61 | 1:40:25 | 548 |
| 549 | 439 | 1:40:51 | JENNIFER TURK | SPRINGFIELD STRIDERS | Female | 156 | FO | 42 | 1:40:33 | 550 |
| 550 | 611 | 1:40:52 | LOUISA ZIOUI | HAVERHILL RUNNING CLUB | Female | 157 | FO | 43 | 1:40:30 | 549 |
| 551 | 297 | 1:41:11 | MIKE HAMILTON | | Male | 394 | MV | 145 | 1:40:53 | 552 |
| 552 | 788 | 1:41:25 | SIMON FITZGERALD | | Male | 395 | MV | 146 | 1:40:44 | 551 |
| 553 | 283 | 1:41:38 | KERRY TOWNSEND | WITHAM RUNNING CLUB | Female | 158 | FSV | 62 | 1:41:08 | 554 |
| 554 | 371 | 1:41:41 | GAYE KETTLEY | | Female | 159 | FO | 44 | 1:41:07 | 553 |
| 555 | 477 | 1:41:42 | SUE CRACE | | Female | 160 | FSV | 63 | 1:41:14 | 556 |
| 556 | 740 | 1:41:45 | JOHN HOSKYN | SPRINGFIELD STRIDERS | Male | 396 | MSV | 110 | 1:41:12 | 555 |
| 557 | 744 | 1:41:49 | ELEANOR RODGERS | BISHOPS STORTFORD RUNNING CLUB | Female | 161 | FSV | 64 | 1:41:29 | 557 |
| 558 | 158 | 1:41:51 | DAVID DAVIDSON | | Male | 397 | MO | 140 | 1:41:32 | 558 |
| 559 | 250 | 1:41:59 | NICOLA MASLEN | PHOENIX STRIDERS | Female | 162 | FSV | 65 | 1:41:38 | 559 |
| 560 | 691 | 1:42:14 | JEN STANLEY | | Female | 163 | FO | 45 | 1:41:49 | 561 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------------|-------------------------------|--------|------------|-------|-----------|-----------|----------|
| 561 | 198 | 1:42:16 | PETER RAWLINGS | | Male | 398 | MSV | 111 | 1:41:41 | 560 |
| 562 | 396 | 1:42:22 | MICHAEL HAWKINS | | Male | 399 | MV | 147 | 1:41:51 | 562 |
| 563 | 140 | 1:42:25 | CATHERINE PATTERSON | LEIGH-ON-SEA STRIDERS | Female | 164 | FSV | 66 | 1:42:01 | 563 |
| 564 | 300 | 1:42:27 | BRUCE BAKER | | Male | 400 | MSV | 112 | 1:42:07 | 564 |
| 565 | 135 | 1:42:43 | GLENDA JACKSON | | Female | 165 | FSV | 67 | 1:42:14 | 565 |
| 566 | 263 | 1:42:43 | ROSALIND MCKENNA | GRANGE FARM & DUNMOW RUNNERS | Female | 166 | FO | 46 | 1:42:14 | 566 |
| 567 | 653 | 1:42:50 | A LIMPKIN-CHALLIS | FELIXSTOWE ROAD RUNNERS | Female | 167 | FSV | 68 | 1:42:17 | 567 |
| 568 | 438 | 1:43:00 | JACQUELINE BEECH | PITSEA RUNNING CLUB | Female | 168 | FSV | 69 | 1:42:53 | 569 |
| 569 | 437 | 1:43:00 | STEVE BEECH | PITSEA RUNNING CLUB | Male | 401 | MSV | 113 | 1:42:53 | 570 |
| 570 | 594 | 1:43:08 | DAWN DIXON | HAVERHILL RUNNING CLUB | Female | 169 | FV | 54 | 1:42:46 | 568 |
| 571 | 515 | 1:43:20 | CLAIRE BONNER | | Female | 170 | FSV | 70 | 1:43:05 | 572 |
| 572 | 141 | 1:43:32 | HELEN BRITTER | | Female | 171 | FSV | 71 | 1:43:07 | 573 |
| 573 | 601 | 1:43:32 | ALLY HOUNSELL (GBV) | | Female | 172 | FSV | 72 | 1:43:00 | 571 |
| 574 | 364 | 1:43:35 | ANDREW TINHAM | | Male | 402 | MV | 148 | 1:43:15 | 575 |
| 575 | 127 | 1:43:37 | MATTHEW WINDSOR | | Male | 403 | MV | 149 | 1:43:08 | 574 |
| 576 | 693 | 1:43:38 | CHERYL WILSON | PHOENIX STRIDERS | Female | 173 | FV | 55 | 1:43:16 | 577 |
| 577 | 264 | 1:43:41 | DAWN SHILLING | WITHAM RUNNING CLUB | Female | 174 | FO | 47 | 1:43:15 | 576 |
| 578 | 522 | 1:43:54 | VERONICA BARIKOR | BARKING ROAD RUNNERS | Female | 175 | FSV | 73 | 1:43:18 | 578 |
| 579 | 738 | 1:43:56 | MOIRA MASON | | Female | 176 | FSV | 74 | 1:43:40 | 580 |
| 580 | 193 | 1:44:02 | ALBERT MILES | CASTLE POINT JOGGERS | Male | 404 | MSV | 114 | 1:43:36 | 579 |
| 581 | 790 | 1:44:11 | SHARON WILLSON | | Female | 177 | FO | 48 | 1:43:44 | 583 |
| 582 | 797 | 1:44:16 | Race Number 797 | | Male | 405 | New | 1 | 1:43:42 | 581 |
| 583 | 690 | 1:44:17 | DAVID MCKENZIE | | Male | 406 | MO | 141 | 1:43:43 | 582 |
| 584 | 101 | 1:44:34 | DARREN PODGER | | Male | 407 | MV | 150 | 1:43:54 | 584 |
| 585 | 399 | 1:44:37 | DAVID GODFREY | BILLERICAY STRIDERS | Male | 408 | MSV | 115 | 1:44:09 | 585 |
| 586 | 37 | 1:44:49 | GEMMA WATKINS | | Female | 178 | FV | 56 | 1:44:20 | 588 |
| 587 | 165 | 1:44:51 | O DESMONS (GBV) | | Male | 409 | MO | 142 | 1:44:14 | 586 |
| 588 | 386 | 1:45:04 | LUCY HONOUR | | Female | 179 | FSV | 75 | 1:44:41 | 590 |
| 589 | 381 | 1:45:04 | JACKIE CARRICK (GBV) | | Female | 180 | FV | 57 | 1:44:42 | 591 |
| 590 | 78 | 1:45:09 | KEVIN MILLS | | Male | 410 | MSV | 116 | 1:44:39 | 589 |
| 591 | 358 | 1:45:17 | GRANT RILEY | | Male | 411 | MSV | 117 | 1:44:44 | 592 |
| 592 | 470 | 1:45:20 | DAVID BROOKS | VETERANS ATHLETIC CLUB | Male | 412 | MSV | 118 | 1:44:15 | 587 |
| 593 | 336 | 1:45:39 | SHARON ROBINSON | DAGENHAM 88 RUNNERS | Female | 181 | FSV | 76 | 1:45:01 | 593 |
| 594 | 337 | 1:45:39 | JOANNE MCFARLANE | DAGENHAM 88 RUNNERS | Female | 182 | FSV | 77 | 1:45:01 | 594 |
| 595 | 555 | 1:45:44 | REBECCA WASS | BUNGAY BLACK DOG RUNNING CLUB | Female | 183 | FV | 58 | 1:45:13 | 595 |
| 596 | 230 | 1:46:20 | N FINEGOLD (GBV) | | Female | 184 | FV | 59 | 1:45:47 | 597 |
| 597 | 231 | 1:46:20 | SHAUN WORKMAN | | Male | 413 | MO | 143 | 1:45:47 | 598 |
| 598 | 201 | 1:46:22 | DAVID BRADLEY | | Male | 414 | MSV | 119 | 1:45:44 | 596 |
| 599 | 347 | 1:46:33 | ROBERT COURTIER | BARKING ROAD RUNNERS | Male | 415 | MSV | 120 | 1:46:06 | 599 |
| 600 | 657 | 1:47:06 | CHRISTOPHER REID | ETON MANOR ATHLETIC CLUB | Male | 416 | MO | 144 | 1:46:41 | 601 |
| 601 | 537 | 1:47:11 | CLIVE RICHARDS | | Male | 417 | MSV | 121 | 1:46:39 | 600 |
| 602 | 331 | 1:47:13 | COLIN POWELL (GBV) | | Male | 418 | MSV | 122 | 1:46:42 | 602 |
| 603 | 716 | 1:47:21 | CARLEY BECK (GBV) | | Female | 185 | FV | 60 | 1:46:45 | 603 |
| 604 | 695 | 1:47:21 | LAURA KING (GBV) | | Female | 186 | FV | 61 | 1:46:45 | 604 |
| 605 | 527 | 1:47:35 | CLAIRE BURNYEAT | | Female | 187 | FSV | 78 | 1:46:59 | 605 |
| 606 | 658 | 1:47:57 | LARINA MARSH | TIPTREE ROAD RUNNERS | Female | 188 | FSV | 79 | 1:47:34 | 606 |
| 607 | 575 | 1:48:06 | KIRSTY EDWARDS | | Female | 189 | FO | 49 | 1:47:37 | 607 |
| 608 | 576 | 1:48:06 | ANDY EDWARDS | | Male | 419 | MO | 145 | 1:47:37 | 608 |
| 609 | 454 | 1:48:08 | LESLEY SMART | BILLERICAY STRIDERS | Female | 190 | FSV | 80 | 1:47:41 | 609 |
| 610 | 781 | 1:48:15 | CHARLOTTE BOXALL | | Female | 191 | FV | 62 | 1:47:51 | 610 |
| 611 | 449 | 1:48:15 | DAVID BOXALL | | Male | 420 | MV | 151 | 1:47:51 | 611 |
| 612 | 687 | 1:48:23 | ANDREW GLADMAN | | Male | 421 | MSV | 123 | 1:47:53 | 613 |
| 613 | 251 | 1:48:31 | YVONNE THACKRAY | | Female | 192 | FSV | 81 | 1:47:52 | 612 |
| 614 | 388 | 1:48:32 | MARK BOYDEN (GBV) | | Male | 422 | MV | 152 | 1:48:01 | 614 |
| 615 | 111 | 1:49:42 | MARIA WOOD | LEIGH-ON-SEA STRIDERS | Female | 193 | FSV | 82 | 1:49:17 | 615 |
| 616 | 436 | 1:49:49 | PAUL BIRD | BUNGAY BLACK DOG RUNNING CLUB | Male | 423 | MSV | 124 | 1:49:23 | 616 |
| 617 | 413 | 1:50:01 | CARL HODGSON | | Male | 424 | MSV | 125 | 1:49:27 | 617 |
| 618 | 359 | 1:50:24 | KEN SUMMERFIELD | BARKING ROAD RUNNERS | Male | 425 | MSV | 126 | 1:49:47 | 618 |
| 619 | 626 | 1:50:47 | TERESA CLARK | | Female | 194 | FSV | 83 | 1:50:09 | 619 |
| 620 | 143 | 1:50:51 | SARAH CARTER | | Female | 195 | FSV | 84 | 1:50:15 | 620 |
| 621 | 96 | 1:51:13 | LYNN RAYMOND | | Female | 196 | FV | 63 | 1:50:36 | 621 |
| 622 | 520 | 1:51:24 | MARIANNA CAMILLERI | | Female | 197 | FV | 64 | 1:50:48 | 622 |
| 623 | 380 | 1:51:30 | PAULINE LONG | | Female | 198 | FV | 65 | 1:50:53 | 623 |
| 624 | 301 | 1:52:02 | DAVID EDNEY | | Male | 426 | MSV | 127 | 1:51:29 | 624 |
| 625 | 609 | 1:52:35 | TERESA BYRNE | | Female | 199 | FV | 66 | 1:52:02 | 625 |
| 626 | 644 | 1:52:35 | HELEN GILFILLAN | | Female | 200 | FSV | 85 | 1:52:02 | 626 |
| 627 | 656 | 1:52:35 | GEMMA ROWLEY | | Female | 201 | FV | 67 | 1:52:02 | 627 |
| 628 | 587 | 1:52:35 | JO JOPSON | | Female | 202 | FSV | 86 | 1:52:03 | 628 |
| 629 | 266 | 1:52:43 | GIA ATCHISON | | Female | 203 | FV | 68 | 1:52:04 | 629 |
| 630 | 583 | 1:52:45 | SAM WALSH | | Female | 204 | FO | 50 | 1:52:16 | 630 |



| Pos. | Bib | Time | Name | Club | Gender | Gender Pos | Class | Class Pos | Chip Time | Chip Pos |
|------|-----|---------|----------------|----------------------------|--------|------------|-------|-----------|-----------|----------|
| 631 | 582 | 1:52:45 | CHRIS WALSH | | Male | 427 | MO | 146 | 1:52:16 | 631 |
| 632 | 579 | 1:52:56 | PETER LANE | | Male | 428 | MO | 147 | 1:52:36 | 632 |
| 633 | 368 | 1:53:22 | HEATHER DRAKE | THRIFT GREEN TROTTERS | Female | 205 | FSV | 87 | 1:52:52 | 633 |
| 634 | 41 | 1:55:23 | ZOE SOWERBY | | Female | 206 | FV | 69 | 1:54:55 | 634 |
| 635 | 478 | 1:59:16 | STEVE RYATT | | Male | 429 | MV | 153 | 1:58:42 | 635 |
| 636 | 748 | 2:03:31 | DAVID POWELL | | Male | 430 | MSV | 128 | 2:02:56 | 636 |
| 637 | 379 | 2:03:37 | EMMA JONES | | Female | 207 | FO | 51 | 2:03:03 | 637 |
| 638 | 756 | 2:04:30 | HANNAH NEWSOME | | Female | 208 | FO | 52 | 2:03:58 | 638 |
| 639 | 495 | 2:04:45 | KIM BASHAM | | Female | 209 | FSV | 88 | 2:04:09 | 639 |
| 640 | 517 | 2:04:46 | JOANNE GRALEY | | Female | 210 | FSV | 89 | 2:04:11 | 640 |
| 641 | 724 | 2:05:04 | ANITA LEAVER | TIPTREE ROAD RUNNERS | Female | 211 | FSV | 90 | 2:04:33 | 641 |
| 642 | 567 | 2:05:23 | NICOLA RAYNAL | | Female | 212 | FO | 53 | 2:04:59 | 642 |
| 643 | 372 | 2:06:59 | KATIE BRAZIER | | Female | 213 | FO | 54 | 2:06:26 | 643 |
| 644 | 252 | 2:07:49 | ELAINE ODDIE | ROAD RUNNERS CLUB | Female | 214 | FSV | 91 | 2:07:11 | 644 |
| 645 | 999 | 2:08:27 | ALLAN BARLEY | ESSEX POLICE ATHLETIC CLUB | Male | 431 | MSV | 129 | 2:08:04 | 645 |
| 646 | 275 | 2:08:38 | SAMANTHA WHITE | | Female | 215 | FSV | 92 | 2:08:03 | 646 |
| 647 | 100 | 2:08:42 | EMMA MEAD | ROCHFORD RUNNING CLUB | Female | 216 | FO | 55 | 2:08:06 | 647 |
| 648 | 281 | 2:16:05 | MARIA BARTLETT | BARKING ROAD RUNNERS | Female | 217 | FV | 70 | 2:15:27 | 648 |
| 649 | 282 | 2:16:05 | LISA MAUGHAN | BARKING ROAD RUNNERS | Female | 218 | FSV | 93 | 2:15:26 | 649 |
| 650 | 211 | 2:16:06 | MICHAEL BALL | BARKING ROAD RUNNERS | Male | 432 | MSV | 130 | 2:15:29 | 650 |