

## Mersea Lions 10 Mile Road Race

Sunday 30 August 2009. 10:30 am

Results for All Competitors in finish order.

Sponsored by CC DISCOUNT HEATING

Place	Time	Name	Team	Cat	Race No
1	0:56:18	RIDDELL, Gareth	Basildon	All Men	474
2	0:56:18	WHITWORTH, Benjamin	woodford green acwel	All Men	387
3	0:59:05	CHILD, David	Kent AC	40+ Male	397
4	0:59:52	MEACHEN, JASON	Harwich runners	All Men	465
5	1:00:05	HELLIWELL, Paul	colchester harriers	40+ Male	429
6	1:00:55	EDEN, Mark	grange farm dunmow runners	40+ Male	520
7	1:01:55	OAKES, John	Haverhill RC	50+ Male	439
8	1:02:54	HARPER, Kevin	Witham RC	All Men	392
9	1:03:18	STAINES, Martyn	Thurrock	All Men	413
10	1:04:27	WILKENS, Nolan	beckenham rc	All Men	386
11	1:05:04	SMITH, James	Gade Valley Harriers	All Men	340
12	1:05:22	THOMAS, Clive	Gt Bentley	40+ Male	447
13	1:05:25	MORGAN, Simon	Tiptree road runners	40+ Male	317
14	1:06:49	COLE, Leo		40+ Male	369
15	1:06:54	NEWELL, Kevin	Ilford AC	All Men	398
16	1:07:47	BONHAM, Richard	castle point joggers	40+ Male	412
17	1:08:54	RUSH, Jill		35+ Female	351
18	1:08:55	CLARKE, Martyn		40+ Male	450
19	1:09:05	SHIRLEY, Marie	sudbury joggers	All Ladies	526
20	1:09:33	DISNEY, Richard		50+ Male	358
21	1:09:44	MILES, LLOYD		40+ Male	508
22	1:10:00	GIBBINS, Deborah	benfleet rc	45+ Female	417
23	1:10:12	HART, Greg	Bishop Stortford	50+ Male	391
24	1:10:26	MENNELL, Simon	Braintree	40+ Male	490
25	1:10:28	SHEWBRIDGE, LAURA	Tiptree road runners	All Ladies	517
26	1:10:52	WHISTON, ARTHUR		50+ Male	308
27	1:11:02	KEEBLE, Mark	leigh on sea striders	All Men	404
28	1:11:07	SLAWSON, Dave	Springfield Striders	All Men	371
29	1:11:14	JOSLIN, Gary	Springfield Striders	40+ Male	362
30	1:11:16	DODDS, Vanessa	benfleet rc	35+ Female	432
31	1:11:24	THOMSON, Andrew	havering 90 joggers	All Men	379
32	1:11:29	MILLAR, Stuart		All Men	428
33	1:11:33	BYFORD, MARTIN	Witham RC	50+ Male	402
34	1:11:35	SEWARD-MORRIS, Ashley	march ac	All Men	406
35	1:11:42	DAVINS, Kevin		50+ Male	475
36	1:11:43	JOHNSON, Ben	Gt Bentley	All Men	329
37	1:12:01	SEMPLE, Graham	Gt Bentley	40+ Male	452
38	1:12:04	ASH, Jamie	Gt Bentley	All Men	476
39	1:12:06	CLARKE, Phillip	Tiptree road runners	40+ Male	483
40	1:12:11	HOLDER, JULIAN		40+ Male	310
41	1:12:21	BURDETT, Melanie	beckenham rc	35+ Female	385
42	1:12:25	HAINES, Simon	Tiptree road runners	All Men	512
43	1:13:27	GREAVES, Philip		All Men	446
44	1:13:31	BETTIS, Lee		40+ Male	522
45	1:13:43	TRELIVING, Simon		All Men	518
46	1:13:44	DELLAR, Paul	Tiptree road runners	40+ Male	364
47	1:14:04	STATHAM, MALCOLM	colchester harriers	All Men	528
48	1:14:27	POULTER, Michael	Witham RC	50+ Male	415
49	1:14:32	WYTHE, Paul	Ipswich Jaffa	All Men	489
50	1:14:37	FRIBBENS, MARK	Braintree	40+ Male	444
51	1:14:55	WITECKI, Karol		All Men	414
52	1:14:59	DRISCOLL, John	colchester harriers	60+ Male	503
53	1:15:02	CASEWELL, Brian		50+ Male	514

Place	Time	Name	Team	Cat	Race No
54	1:15:05	ENDERS, David	Witham RC	40+ Male	372
55	1:15:07	SMITH, DAVID	Witham RC	50+ Male	309
56	1:15:21	PIESLAND, Vicky	Gt Bentley	35+ Female	430
57	1:16:04	SAYER, Phil		All Men	496
58	1:16:17	SILVERTON, Ross	Witham RC	60+ Male	334
59	1:16:18	BUBEHER, Brian	Mid Essex Casuals	60+ Male	527
60	1:16:21	WRAY, Shelley	Witham RC	35+ Female	315
61	1:16:27	SHORT, Colin	Witham RC	60+ Male	462
62	1:17:02	COX, KEVIN	Gt Bentley	40+ Male	477
63	1:17:33	ROBERTSON, Sue		45+ Female	319
64	1:17:51	MCEWAN, Joe	Braintree	50+ Male	421
65	1:17:55	SIMPSON, Janine		35+ Female	498
66	1:18:03	WATT, BOB	Gt Bentley	50+ Male	427
67	1:18:04	ROLERKITE, Lindsay	Braintree	35+ Female	345
68	1:18:08	BETTIS, Carl		All Men	495
69	1:18:14	AVENT, Martin	Tiptree road runners	40+ Male	492
70	1:18:28	BARTRIP, Lee		50+ Male	346
71	1:18:33	SIBLEY, Trevor	Braintree	40+ Male	463
72	1:18:34	GAULD-CLARK, Colin	Bishop Stortford	60+ Male	401
73	1:18:39	HIGGON, Jeff	Harwich runners	50+ Male	419
74	1:18:42	SLATER, James	Tiptree road runners	60+ Male	497
75	1:18:49	MACAULAY, John	Springfield Striders	60+ Male	449
76	1:19:00	DEFRIES, Richard		All Men	366
77	1:19:24	BISHOP, Des	Gt Bentley	40+ Male	376
78	1:19:37	RENDA, Justin	Thurrock	All Men	523
79	1:19:43	COOK, CHRIS	saint edmund pacers	60+ Male	511
80	1:19:49	SHAW, ERIC	Gt Bentley	60+ Male	318
81	1:19:55	LEEK, Shawn		All Men	515
82	1:19:56	PAYNE, DAVID	Tiptree road runners	50+ Male	445
83	1:20:04	MEADOWS, Terry	Thurrock	50+ Male	487
84	1:20:12	BURRETT, Martin		All Men	442
85	1:20:22	MURPHY, JOHN	Barnet & District	40+ Male	423
86	1:20:24	BISHOP, Theresa	Gt Bentley	45+ Female	375
87	1:20:25	HOWCABS, Tara	colchester harriers	All Ladies	480
88	1:20:33	PILLNESS, Emma		All Ladies	500
89	1:20:38	YOUNGMAN, Paul		All Men	525
90	1:21:19	TYLER, Kim	clapham chasers	All Ladies	501
91	1:21:30	PERRY, Nick	gfdr	All Men	516
92	1:21:41	BURNS, Tom		All Men	464
93	1:21:47	WILLS, Stephen		40+ Male	339
94	1:21:50	LINTON, Ian	Tiptree road runners	60+ Male	425
95	1:22:01	MACCARIELLU, Bettina	Thurrock	35+ Female	488
96	1:22:04	MILLER, DAVID	castle point joggers	40+ Male	354
97	1:22:12	MARSHALL, Keith	falmouth rr	60+ Male	394
98	1:22:21	BARRETT, B	real buzz run britian.com	40+ Male	305
99	1:22:30	UNDERDOWN, Marc		All Men	390
100	1:22:48	BOULDSTRIDGE, PETER	blackwater harriers	50+ Male	471
101	1:22:53	JACKSON, Rebecca		All Ladies	374
102	1:22:58	ALLEN, Peter	Bishop Stortford	50+ Male	349
103	1:23:09	BRADY, Rob	eire og	50+ Male	519
104	1:23:15	MAGUIRE, Hugh		40+ Male	382
105	1:23:25	HARRINGTON, TRACY	blackwater harriers	35+ Female	469
106	1:23:32	TOWN, Emma		All Ladies	332
107	1:23:38	DILWORTH, Joseph	grange farm dunmow runners	40+ Male	378
108	1:23:39	GARDINER, FRANK	Gt Bentley	50+ Male	509
109	1:24:42	PHILLIPS, Stuart	Braintree	40+ Male	424
110	1:24:44	OVERTON, Danny		All Men	410
111	1:25:18	DAVIES, LEN	havering 90 joggers	50+ Male	352
112	1:25:22	DAVIES, Deborah	havering 90 joggers	45+ Female	353
113	1:25:36	RIEDEL, David		50+ Male	510
114	1:25:54	MACAULAY, Sheila	Springfield Striders	55+ Female	448
115	1:26:02	MCKAY, Laura		35+ Female	451

Place	Time	Name	Team	Cat	Race No
116	1:26:11	HAWKES, Russel		All Men	438
117	1:26:30	COWAN, ELEANOR	Bishop Stortford	35+ Female	363
118	1:26:34	HALLIDAY, Guy	Gt Bentley	All Men	325
119	1:26:36	BLACKWELL, Paul	Gt Bentley	40+ Male	443
120	1:27:02	HEDGER, PAUL	Witham RC	40+ Male	344
121	1:27:02	PAYNE, David	Witham RC	50+ Male	468
122	1:27:18	TAYLOR, Lyn		35+ Female	333
123	1:28:05	EASTLAND, Diane	ff flyers	All Ladies	455
124	1:28:09	PIERCY, Ann	Harwich runners	45+ Female	418
125	1:28:20	LEEDS, Leslie	Witham RC	50+ Male	499
126	1:28:25	HUERTAS, James		All Men	524
127	1:28:27	INGRAM, Tom		40+ Male	493
128	1:28:34	KIRSH, NEIL	EETC	40+ Male	301
129	1:28:35	VAHINSBERGH, Paul		All Men	507
130	1:28:55	MCCANN, Paula		55+ Female	342
131	1:28:55	MCKINNELL, Michael		50+ Male	343
132	1:29:03	EDEN, NIGEL		40+ Male	530
133	1:29:10	FRANCES LAMBERT, Helen	Braintree	45+ Female	422
134	1:29:17	DEFRIES, Julie		35+ Female	367
135	1:29:25	PASSINGHAM, Keith	pitsea rc	50+ Male	409
136	1:29:50	BATES, Gill	eye cummunity runners	45+ Female	431
137	1:29:54	ROWLING, Freya	Braintree	All Ladies	481
138	1:29:55	CHAPLIN, Peter	pitsea rc	50+ Male	529
139	1:29:56	PUGH, Daphne	castle point joggers	55+ Female	472
140	1:29:58	WEBBER, John		All Men	506
141	1:30:49	BOWNES, CAROLYN	Tiptree road runners	45+ Female	504
142	1:30:51	DOBSON, BARRY	Tiptree road runners	60+ Male	505
143	1:31:20	LAW, BARBARA	Gt Bentley	55+ Female	494
144	1:32:29	SWAINE, Paula		35+ Female	502
145	1:32:37	KERRISON, Paul	Harwich runners	40+ Male	314
146	1:32:58	POHL, LISA		35+ Female	485
147	1:33:07	MILES, ALBERT	castle point joggers	60+ Male	405
148	1:33:19	MARSHALL, Teresa	falmouth rr	55+ Female	395
149	1:33:32	SHILLING, DAWN	Tiptree road runners	All Ladies	411
150	1:33:52	PENFOLD, Keith	havering 90 joggers	50+ Male	491
151	1:34:12	GAULD-CLARK, Anne	Bishop Stortford	55+ Female	400
152	1:34:33	CALLAGHAN, NICOLE	Springfield Striders	35+ Female	389
153	1:35:27	WITHRINGTON, Ann		45+ Female	461
154	1:35:30	WAKELING, Maureen	Bishop Stortford	45+ Female	396
155	1:35:44	BRETT, Sandra		55+ Female	408
156	1:36:21	SHALLEY, Wendy	Braintree	45+ Female	479
157	1:36:58	QUINLIVAN, MICK		50+ Male	482
158	1:38:03	JARRETT, Jenny	Felixstowe road runners	45+ Female	466
159	1:38:42	WINGROVE, Naomi	Witham RC	All Ladies	460
160	1:38:43	WALLER, Stewart	Witham RC	60+ Male	458
161	1:38:54	FURNER, Julie	Thurrock	45+ Female	486
162	1:38:57	THOMPSON, Stephen	Thurrock	40+ Male	484
163	1:39:32	JUDD, Louies		40+ Male	328
164	1:40:14	HUMPHREYS, RACHEL		All Ladies	453
165	1:40:54	SCRIVENER, KEITH	Gt Bentley	60+ Male	355
166	1:41:23	EMERICK, Naomi	Witham RC	55+ Female	399
167	1:41:33	DICKINSON, Jo	Felixstowe road runners	35+ Female	467
168	1:41:39	VINCENT, Emma	Gt Bentley	All Ladies	457
169	1:41:40	VINCENT, Mike	Gt Bentley	All Men	459
170	1:42:14	GARNHAM, Dave		40+ Male	381
171	1:42:15	SHORTER, Tracey		45+ Female	380
172	1:42:27	NEWMAN, Julie		35+ Female	473
173	1:42:48	EASTER, Julia	Goyt Valley Striders	35+ Female	323
174	1:44:30	FULLER, Lisa	ff flyers	35+ Female	456
175	1:44:33	CLERKE, Penny	Witham RC	45+ Female	403
176	1:45:08	SMITH, Frederick		60+ Male	361
177	1:46:28	O'SHEA, Emiko		All Ladies	434

Place	Time	Name	Team	Cat	Race No
178	1:48:23	LADELL, Brian	Witham RC	60+ Male	454
179	1:49:00	HALES, Wendy		All Ladies	393
180	1:50:17	O'SULLIVAN, Sean	Orion Harriers	50+ Male	435
181	1:50:17	EATON, Helen	Orion Harriers	55+ Female	436
182	1:51:35	HEDGER, Alan		40+ Male	437
183	1:52:09	WHITEHEAD, Brenda	Springfield Striders	45+ Female	440
184	1:52:09	FENNER, Rachel	Springfield Striders	45+ Female	441
185	1:55:55	HURN, Laura	Witham RC	All Ladies	322
186	1:58:19	HICKS, Lisa		35+ Female	326
187	1:58:39	THOMAS, Peter	colchester harriers	60+ Male	416