

| Position | Actual Time | Race No | Surname | First Name | Club Name | Category | Sex |
|----------|-------------|---------|----------------|------------|-------------------------------|----------|-----|
| 1 | 00:53:40 | 691 | Bloomfield | Crispian | Billericay Striders | | M |
| 2 | 00:56:48 | 831 | Jordan | Richard | Stowmarket Striders | V40 | M |
| 3 | 00:58:08 | 896 | Svajda | Gabriel | Colchester & Tendring | | M |
| 4 | 00:58:57 | 628 | Wilkinson | Keith | Chelmsford A.C. | V50 | M |
| 5 | 00:59:12 | 876 | Turner | Keith | Barnet & District A.C. | V40 | M |
| 6 | 01:00:29 | 697 | Green | John | Thurrock Harriers | V40 | M |
| 7 | 01:01:00 | 856 | Green | Matthew | Benfleet Running Club | | M |
| 8 | 01:01:03 | 811 | Walker | Derek | Colchester & Tendring | | M |
| 9 | 01:01:06 | 639 | Rayner | Gary | Springfield Striders | V50 | M |
| 10 | 01:01:14 | 716 | Hill | Justin | Ware Joggers | V40 | M |
| 11 | 01:01:49 | 898 | Young | Roy | Colchester & Tendring | | M |
| 12 | 01:02:36 | 875 | Laws | Jane | Barnet & District A.C. | V45 | F |
| 13 | 01:02:46 | 846 | Desborough | Steve | Benfleet Running Club | V40 | M |
| 14 | 01:02:53 | 815 | Game | Paul | Haverhill Running Club | | M |
| 15 | 01:02:54 | 686 | Thornton | Keith | Thrift Green Trotters | V40 | M |
| 16 | 01:03:13 | 879 | Clarke | Paul | Woodford Green | V40 | M |
| 17 | 01:03:24 | 729 | Anderson | Paul | Cambridge Police | | M |
| 18 | 01:03:28 | 635 | Read | Steven | Grange Farm Trotters | | M |
| 19 | 01:03:33 | 878 | Shafier | Lawrence | Orion Running Club | V40 | M |
| 20 | 01:03:37 | 634 | Clark | Alan | Billericay Striders | V40 | M |
| 21 | 01:03:43 | 859 | Harper | Kevin | Witham Running Club | | M |
| 22 | 01:04:01 | 847 | Booty | Graham | Benfleet Running Club | | M |
| 23 | 01:04:08 | 765 | Saggers | Martin | Ware Joggers | | M |
| 24 | 01:04:10 | 723 | Hutchin | Anthony | Bishop Stortford Running Club | V40 | M |
| 25 | 01:04:21 | 671 | McClelland | Paul | Harwich Runners | V40 | M |
| 26 | 01:04:27 | 722 | Wotton | Kevin | Barking Road Runners | | M |
| 27 | 01:04:47 | 712 | Eden | Mark | Grange Farm Trotters | V40 | M |
| 28 | 01:04:55 | 739 | Scott | Thomas | | V40 | M |
| 29 | 01:05:15 | 678 | Ridgeon | Jason | | | M |
| 30 | 01:05:21 | 748 | Jackson | Mark | Mid Essex Casuals | V40 | M |
| 31 | 01:05:36 | 742 | Hunt | Steve | Hadleigh Hares | V40 | M |
| 32 | 01:05:37 | 698 | Sims | Andy | Harlow Running Club | V40 | M |
| 33 | 01:05:38 | 741 | Laughton | Nicholas | Grange Farm Trotters | | M |
| 34 | 01:05:43 | 708 | Humphrey | Richard | Grange Farm Trotters | | M |
| 35 | 01:05:56 | 688 | Lowden | Richard | Royston Runners | | M |
| 36 | 01:05:58 | 715 | Spall | Jonathan | | | M |
| 37 | 01:06:14 | 645 | Vialls | Ronald | Barking Road Runners | V50 | M |
| 38 | 01:06:18 | 855 | Adkins | David | | V40 | M |
| 39 | 01:06:18 | 854 | Adkins | Peter | | | M |
| 40 | 01:07:30 | 885 | Burgoyne | Chris | Springfield Striders | | M |
| 41 | 01:07:38 | 897 | Haines | Richard | Colchester & Tendring | | M |
| 42 | 01:08:02 | 690 | Wright | Gary | Springfield Striders | V40 | M |
| 43 | 01:08:15 | 798 | Smith | Andrew | Grange Farm Trotters | V40 | M |
| 44 | 01:08:27 | 643 | Wright | Dan | Halstead Road Runners | | M |
| 45 | 01:08:28 | 737 | Dunsmuir-Watts | Andrew | Witham Running Club | | M |
| 46 | 01:08:40 | 810 | Potts | Richard | Ware Joggers | | M |
| 47 | 01:08:46 | 699 | Allen | Malcolm | Trent Park Running Club | V50 | M |
| 48 | 01:08:54 | 523 | Kerr | Claire | Ware Joggers | V35 | F |
| 49 | 01:08:56 | 768 | Davies | Mel | HMRC Sports | V50 | M |
| 50 | 01:09:04 | 746 | Merrit | Colin | | V40 | M |
| 51 | 01:09:19 | 790 | Wood | David | Little Baddow Ridge Runners | | M |
| 52 | 01:09:29 | 626 | Honeywood | Philip | | | M |
| 53 | 01:09:31 | 777 | Dunn | Stephen | Eton Manor AC | | M |
| 54 | 01:09:37 | 793 | Beazley | Chris | Springfield Striders | | M |
| 55 | 01:09:43 | 751 | Cordwell | June | Springfield Striders | | F |

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| 56 | 01:10:13 | 665 Cronk | David | Grange Farm Trotters | V40 | M |
| 57 | 01:10:14 | 784 Dowell | Melissa | Colchester Harriers A.C. | V35 | F |
| 58 | 01:10:25 | 622 Page | Martin | Barking Road Runners | V40 | M |
| 59 | 01:10:40 | 600 Longland | Ian | Haverhill Running Club | | M |
| 60 | 01:10:47 | 874 Cockrell | Jon | | V40 | M |
| 61 | 01:10:49 | 630 Brisk | Duncan | | | M |
| 62 | 01:10:56 | 663 Dutton | David | Thurrock Harriers | V50 | M |
| 63 | 01:11:11 | 809 Pyle | Nicola | Colchester & Tendring | V35 | F |
| 64 | 01:11:27 | 818 Cowan | Alan | Istead & Ifield Harriers | V40 | M |
| 65 | 01:11:29 | 677 Hards | Stephen | Springfield Striders | | M |
| 66 | 01:11:44 | 648 Partridge | Roger | Ware Joggers | V40 | M |
| 67 | 01:11:46 | 764 Peck | Glyn | Harwich Runners | V60 | M |
| 68 | 01:11:51 | 899 Dodson | Andrew | | | M |
| 69 | 01:12:01 | 841 MacMillen | Sandy | Colchester Harriers A.C. | V40 | M |
| 70 | 01:12:14 | 701 Rose | Anthony | Ware Joggers | V40 | M |
| 71 | 01:12:33 | 711 Jones | Colin | Barking Road Runners | V40 | M |
| 72 | 01:12:35 | 829 Murphy | John | Barnet & District A.C. | | M |
| 73 | 01:12:50 | 595 Hayhow | Pru | Grange Farm Trotters | V35 | F |
| 74 | 01:13:01 | 680 James | Derek | | V40 | M |
| 75 | 01:13:13 | 862 Earl | Martyn | Maidstone Harriers | | M |
| 76 | 01:13:16 | 788 Cattermole | Debbie | Colchester Harriers A.C. | V35 | F |
| 77 | 01:13:22 | 880 Longstaff | David | East London Tri-Athletes | V40 | M |
| 78 | 01:13:30 | 806 Beech | Steve | Pitsea Running Club | V40 | M |
| 79 | 01:13:30 | 535 Bowen | Emily | Colchester Harriers A.C. | | F |
| 80 | 01:13:33 | 589 Calvert | Laura | | | F |
| 81 | 01:13:34 | 752 Tanner | Lynn | Colchester & Tendring | V45 | F |
| 82 | 01:13:39 | 651 Cunningham | Phil | Ware Joggers | V50 | M |
| 83 | 01:13:45 | 536 Ramsey Smith | Sarah | Thrift Green Trotters | V35 | F |
| 84 | 01:13:45 | 644 Ramsey Smith | David | Thrift Green Trotters | V40 | M |
| 85 | 01:13:51 | 755 Latter | Darren | | | M |
| 86 | 01:14:02 | 873 Westcott | Lucy | Springfield Striders | | F |
| 87 | 01:14:09 | 868 Clandfield | Danny | | | M |
| 88 | 01:14:11 | 826 Martin | Phillip | | V40 | M |
| 89 | 01:14:16 | 820 Foody | Carl | | V40 | M |
| 90 | 01:14:19 | 761 Lawson | Ian | Grange Farm Trotters | V40 | M |
| 91 | 01:14:25 | 771 Farrance | Roy | Thrift Green Trotters | V50 | M |
| 92 | 01:14:33 | 616 Ennis | Keith | | V40 | M |
| 93 | 01:14:37 | 774 Raw | Steve | | V50 | M |
| 94 | 01:14:40 | 848 Frith | Andy | Benfleet Running Club | | M |
| 95 | 01:14:56 | 749 Thurston | Les | Bishop Stortford Running Club | V50 | M |
| 96 | 01:15:19 | 670 Smith | Barry | | V40 | M |
| 97 | 01:15:32 | 776 Bentley | Simon | Springfield Striders | | M |
| 98 | 01:15:35 | 834 Stanley | David | Orion Running Club | V50 | M |
| 99 | 01:15:44 | 889 Canham | Stephen | | V40 | M |
| 100 | 01:15:53 | 674 Cordwell | Julian | Harwich Runners | V50 | M |
| 101 | 01:15:54 | 753 Thomas | Kate | Harwich Runners | V35 | F |
| 102 | 01:16:18 | 560 Pardon | Janet | Billericay Striders | V45 | F |
| 103 | 01:16:28 | 799 Wheatley | Mike | Billericay Striders | V50 | M |
| 104 | 01:16:33 | 613 Owen | Roy | Haverhill Running Club | V50 | M |
| 105 | 01:16:41 | 725 Montgomery | James | Witham Running Club | V40 | M |
| 106 | 01:16:50 | 860 Bent | Angela | Pitsea Running Club | V45 | F |
| 107 | 01:16:52 | 583 Reeves | Julie | Grange Farm Trotters | V35 | F |
| 108 | 01:16:57 | 805 Hendy | Kevin | Springfield Striders | V40 | M |
| 109 | 01:16:57 | 721 Southwood | Owen | | | M |
| 110 | 01:17:00 | 552 Adams | Rebecca | Halstead Road Runners | | F |
| 111 | 01:17:04 | 726 MacNish Porter | James | Thrift Green Trotters | V40 | M |

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| 112 | 01:17:06 | 537 Ford | Denise | Chelmsford A.C. | V35 | F |
| 113 | 01:17:19 | 869 Rowe | Andy | | V40 | M |
| 114 | 01:17:25 | 550 Jenkins | Julie | Grange Farm Trotters | V35 | F |
| 115 | 01:17:26 | 733 Bensted | Duncan | Trent Park Running Club | V40 | M |
| 116 | 01:17:32 | 561 Shalders | Donna | | V35 | F |
| 117 | 01:17:34 | 782 Claydon | Paul | City of London Police | | M |
| 118 | 01:17:42 | 631 Poolton | Nathaniel | | | M |
| 119 | 01:17:43 | 791 DeMoney | Count | Thrift Green Trotters | V40 | M |
| 120 | 01:17:59 | 556 Copeman | Emma | Grange Farm Trotters | V35 | F |
| 121 | 01:18:04 | 676 Allum | John | Thrift Green Trotters | | M |
| 122 | 01:18:10 | 740 Hayhow | Chris | Grange Farm Trotters | V40 | M |
| 123 | 01:18:11 | 633 Bakes | Dean | Thrift Green Trotters | | M |
| 124 | 01:18:12 | 673 Bouldstridge | Peter | Blackwater Harriers | V50 | M |
| 125 | 01:18:18 | 533 Burdett | Melanie | Beckenham Running Club | | F |
| 126 | 01:18:19 | 895 Colling | Joe | Colchester & Tendring | | M |
| 127 | 01:18:24 | 605 Watson | Richard | | | M |
| 128 | 01:18:25 | 759 Cardnell | Stephen | Witham Running Club | V40 | M |
| 129 | 01:18:39 | 744 Coffey | Richard | Ware Joggers | V40 | M |
| 130 | 01:18:40 | 754 Ford | Matt | | | M |
| 131 | 01:18:43 | 654 Spencer | Graham | Thrift Green Trotters | V60 | M |
| 132 | 01:18:49 | 870 Lane | Nicholas | | | M |
| 133 | 01:18:59 | 750 Shepherd | Jayne | Bishop Stortford Running Club | V45 | F |
| 134 | 01:19:00 | 683 Lodge | Martin | Road Runners Club | V40 | M |
| 135 | 01:19:05 | 657 Butcher | John | Ware Joggers | V60 | M |
| 136 | 01:19:09 | 667 Cammidge | Chris | Castle Point Joggers | V40 | M |
| 137 | 01:19:16 | 866 Wilkin | Lorraine | Colchester & Tendring | V35 | F |
| 138 | 01:19:21 | 599 O'Connor | Rachel | Witham Running Club | | F |
| 139 | 01:19:27 | 638 Joslin | Gary | Springfield Striders | V40 | M |
| 140 | 01:19:37 | 710 Curtin | Anthony | Thrift Green Trotters | V50 | M |
| 141 | 01:19:47 | 858 Covey | Steven | | | M |
| 142 | 01:19:49 | 872 Bax | John | | V40 | M |
| 143 | 01:19:50 | 658 Nichols | Terry | Ware Joggers | V60 | M |
| 144 | 01:19:51 | 662 Soane | Ian | Pitsea Running Club | V40 | M |
| 145 | 01:19:57 | 621 Pammenter | Ian | Haverhill Running Club | | M |
| 146 | 01:20:02 | 602 Easom | Stephen | Grange Farm Trotters | V50 | M |
| 147 | 01:20:05 | 707 James | David | | | M |
| 148 | 01:20:09 | 610 Hull | Darran | Springfield Striders | | M |
| 149 | 01:20:15 | 684 Pardon | John | Billericay Striders | V50 | M |
| 150 | 01:20:16 | 882 Perry | Ian | | V50 | M |
| 151 | 01:20:17 | 732 Brierley | Robin | | V40 | M |
| 152 | 01:20:31 | 627 Ambrose | Mark | Barking Road Runners | | M |
| 153 | 01:20:33 | 664 Vinall | Steve | Ware Joggers | V50 | M |
| 154 | 01:20:35 | 747 Chambers | Andy | Tri-Sport Epping | | M |
| 155 | 01:20:41 | 544 Harrison | Tara | Colchester & Tendring | | F |
| 156 | 01:20:43 | 579 Lahache | Frederique | | | F |
| 157 | 01:20:56 | 890 Perry | Nicholas | Grange Farm Trotters | | M |
| 158 | 01:21:02 | 675 Hadley | Grahame | Essex Police | V40 | M |
| 159 | 01:21:18 | 787 Simpson | Janine | | V35 | F |
| 160 | 01:21:19 | 562 Aldridge | Wendy | | V35 | F |
| 161 | 01:21:21 | 770 Matthews | Phil | | V40 | M |
| 162 | 01:21:25 | 845 Ashley | Philip | Benfleet Running Club | V40 | M |
| 163 | 01:21:32 | 853 Watson | Sarah | Witham Running Club | | F |
| 164 | 01:21:40 | 719 Brookes | Paul | Ipswich Jaffa | | M |
| 165 | 01:21:43 | 763 Jones | Graham | Leigh Striders | V50 | M |
| 166 | 01:21:46 | 681 Short | Colin | Witham Running Club | V50 | M |
| 167 | 01:21:57 | 736 Funnell | Gordon | Hadleigh Hares | V40 | M |

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| 168 | 01:22:08 | 822 Da Silva | Sophie | Grange Farm Trotters | | F |
| 169 | 01:22:09 | 694 price | Sean | | | M |
| 170 | 01:22:13 | 530 Harrington | Tracy | | V35 | F |
| 171 | 01:22:37 | 887 Lynaugh | Raymond | Harwich Runners | | M |
| 172 | 01:22:39 | 745 Finbow | Mark | Essex Police | V40 | M |
| 173 | 01:22:44 | 601 Styles | Tim | | V40 | M |
| 174 | 01:22:54 | 891 Aurighi | Simone | Colchester Harriers A.C. | | M |
| 175 | 01:22:56 | 669 Bright | Stephen | British Athletics Supports Club | V40 | M |
| 176 | 01:23:00 | 756 Woolf | Colin | Harwich Runners | V60 | M |
| 177 | 01:23:06 | 797 Tubbs | Trevor | | | M |
| 178 | 01:23:21 | 717 Southern | Andy | | | M |
| 179 | 01:23:25 | 598 Hoaran | Lisa | | V45 | F |
| 180 | 01:23:27 | 591 Birks | Kath | Grange Farm Trotters | V35 | F |
| 181 | 01:23:51 | 825 Morrison | Amy | Colchester Harriers A.C. | | F |
| 182 | 01:23:51 | 609 Whiston | Arthur | Colchester Harriers A.C. | V50 | M |
| 183 | 01:23:51 | 780 Slaughter | Steven | Army AA | | M |
| 184 | 01:24:06 | 592 Helliwell | Fay | Colchester Harriers A.C. | V35 | F |
| 185 | 01:24:16 | 695 Dillely | Paul | Ware Joggers | V40 | M |
| 186 | 01:24:18 | 881 Gosling | Mike | | V40 | M |
| 187 | 01:24:39 | 582 Allin | Angela | Grange Farm Trotters | V35 | F |
| 188 | 01:24:41 | 682 Pritchard | John | Blackwater Harriers | V50 | M |
| 189 | 01:24:43 | 814 MacAulay | Sheila | Springfield Striders | V55 | F |
| 190 | 01:24:54 | 585 Fry | Samantha | Chelmsford A.C. | | F |
| 191 | 01:24:55 | 619 Marson | Roger | | V50 | M |
| 192 | 01:24:57 | 877 Lewis | Debbie | Witham Running Club | V45 | F |
| 193 | 01:25:02 | 539 Ramsden | Anne | Ware Joggers | V45 | F |
| 194 | 01:25:02 | 659 Weall | Nigel | Essex Police | V50 | M |
| 195 | 01:25:06 | 571 Nichols | Claire | Ware Joggers | V35 | F |
| 196 | 01:25:07 | 564 Purtell | Paula Rose | Blackwater Harriers | V35 | F |
| 197 | 01:25:14 | 785 Millar | Gordon | Haverhill Running Club | V40 | M |
| 198 | 01:25:15 | 773 Smith | Olivia | Colchester Harriers A.C. | | F |
| 199 | 01:25:18 | 572 Evans | Victoria | | | F |
| 200 | 01:25:21 | 709 Andersson | Craig | | V40 | M |
| 201 | 01:25:33 | 623 Barrell | Philip | | | M |
| 202 | 01:25:43 | 724 Nanton | Carl | Barking Road Runners | | M |
| 203 | 01:25:58 | 838 Oliver | Stephen | | | M |
| 204 | 01:25:59 | 594 Morgans | Paulette | | V45 | F |
| 205 | 01:26:04 | 590 kernan | kira | | | F |
| 206 | 01:26:05 | 516 Croot | Sarah | Bishop Stortford Running Club | | F |
| 207 | 01:26:17 | 509 Wray | Shelley | Witham Running Club | V35 | F |
| 208 | 01:26:42 | 883 Vincent | Joanne | Springfield Striders | V35 | F |
| 209 | 01:26:53 | 580 Chalkley | Rita | Witham Running Club | | F |
| 210 | 01:27:12 | 655 Silverton | Ross | Blackwater Harriers | V50 | M |
| 211 | 01:27:15 | 863 Beard | Carmel | Witham Running Club | V45 | F |
| 212 | 01:27:15 | 792 Bains | Rosemary | Trent Park Running Club | V45 | F |
| 213 | 01:27:26 | 625 Knight | Paul | | V40 | M |
| 214 | 01:27:26 | 520 Knight | Dawn | | V35 | F |
| 215 | 01:27:40 | 661 Bayes | Stephen | | | M |
| 216 | 01:27:43 | 553 Clampett | Linda | Thurrock Harriers | V45 | F |
| 217 | 01:27:45 | 685 Shalders | Michael | | V40 | M |
| 218 | 01:27:46 | 714 Moore | Cliff | | V60 | M |
| 219 | 01:27:49 | 734 Lee | Richard | Billericay Striders | | M |
| 220 | 01:27:52 | 865 Perry | Steve | Springfield Striders | V50 | M |
| 221 | 01:27:53 | 510 Cambridge | Julia | | | F |
| 222 | 01:27:53 | 615 Ferris | David | | | M |
| 224 | 01:27:59 | 618 Wallis | Robert | Barking Road Runners | V50 | M |

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| 225 | 01:27:59 | 666 Courtier | Robert | Barking Road Runners | V50 | M |
| 226 | 01:28:01 | 593 Mowle | Christine | Blackwater Harriers | V35 | F |
| 227 | 01:28:05 | 830 Bradley | Julie | Springfield Striders | V35 | F |
| 228 | 01:28:08 | 584 Robertson | Katia | Grange Farm Trotters | V35 | F |
| 229 | 01:28:09 | 682 Pritchard | John | Blackwater Harriers | V50 | M |
| 230 | 01:28:32 | 713 Adams | Stuart | Grange Farm Trotters | V40 | M |
| 231 | 01:28:36 | 632 Stannett | Charlie | Ipswich Triathlon Club | V50 | M |
| 232 | 01:28:47 | 728 Hart | Stewart | | V50 | M |
| 233 | 01:28:50 | 526 Humphries | Frances | Thrift Green Trotters | V45 | F |
| 234 | 01:28:52 | 836 Boud | Tim | | | M |
| 235 | 01:29:00 | 538 Hampshire | Susan | Billericay Striders | V45 | F |
| 236 | 01:29:12 | 528 Stannett | Kate | Ipswich Triathlon Club | V45 | F |
| 237 | 01:29:18 | 563 Crowley | Barbara | Thrift Green Trotters | V55 | F |
| 238 | 01:29:21 | 646 Knowles | Patrick Ian | Springfield Striders | V50 | M |
| 239 | 01:29:28 | 769 Dugdale | John | Barnet & District A.C. | V50 | M |
| 240 | 01:29:28 | 767 Dworowski | Linda | | V45 | F |
| 241 | 01:29:40 | 867 Hoskyn | John | Springfield Striders | V50 | M |
| 242 | 01:29:43 | 828 Stevenson | Andy | Grange Farm Trotters | V40 | M |
| 243 | 01:29:45 | 886 Hill | Janet | Springfield Striders | V45 | F |
| 244 | 01:29:45 | 827 Baker | Cliff | Colchester Harriers A.C. | V50 | M |
| 245 | 01:29:51 | 502 Smith | Caroline | | | F |
| 246 | 01:29:54 | 573 Phelps | Jo | | | F |
| 247 | 01:30:02 | 766 Viner | Jenni | Ware Joggers | V45 | F |
| 248 | 01:30:03 | 558 McCrow | Kathy | Billericay Striders | | F |
| 249 | 01:30:03 | 559 Hammond | Louise | Billericay Striders | | F |
| 250 | 01:30:11 | 884 Lake | Christopher | | V40 | M |
| 251 | 01:30:17 | 515 Shippey | Susan | Witham Running Club | V35 | F |
| 252 | 01:30:18 | 760 Taylor | Barrie | Blackwater Harriers | V60 | M |
| 253 | 01:30:37 | 781 Bell | Jane | Haverhill Running Club | V35 | F |
| 254 | 01:30:48 | 612 Williams | Gerald | Thrift Green Trotters | V60 | M |
| 255 | 01:30:52 | 823 Bennett | Brian | | V40 | M |
| 256 | 01:30:53 | 642 Cohen | Graham | | V40 | M |
| 257 | 01:31:07 | 575 Price | Shelley | | | F |
| 258 | 01:31:07 | 576 Smithson | Helen | | | F |
| 259 | 01:31:17 | 513 Jackson | Polly | Castle Point Joggers | V35 | F |
| 260 | 01:31:35 | 652 Coxford | Ron | Eastern Vets A.C. | V60 | M |
| 261 | 01:31:52 | 641 Cohen | Ricky | | | M |
| 262 | 01:32:01 | 731 Wray | Paul | | V40 | M |
| 263 | 01:32:15 | 620 Lawson | Stephen | Havering Joggers 90 | V40 | M |
| 264 | 01:32:20 | 557 Cammidge | Kate | Castle Point Joggers | V35 | F |
| 265 | 01:32:20 | 650 Toze | Harold | Bishop Stortford Running Club | V50 | M |
| 266 | 01:32:23 | 816 Weald | Caroline | Pitsea Running Club | V55 | F |
| 267 | 01:32:53 | 851 Walker | Andrew | Benfleet Running Club | V50 | M |
| 268 | 01:32:59 | 730 Prowse | Lee | Witham Running Club | V40 | M |
| 269 | 01:33:08 | 549 Parkinson | Suzanne | | V35 | F |
| 270 | 01:33:14 | 843 Lunt | Brian | Benfleet Running Club | V60 | M |
| 271 | 01:33:16 | 649 Stringer | Roy | Ware Joggers | V60 | M |
| 272 | 01:33:37 | 640 Payton | Pete | | V50 | M |
| 273 | 01:33:38 | 844 Norton | Sarah | Benfleet Running Club | | F |
| 274 | 01:33:39 | 706 Norton | Paul | Benfleet Running Club | V50 | M |
| 275 | 01:33:39 | 702 Baker | Antony | Benfleet Running Club | | M |
| 276 | 01:33:40 | 687 Russell | Colin | Road Runners Club | V60 | M |
| 277 | 01:33:56 | 569 Potter | Dawn | Springfield Striders | V35 | F |
| 278 | 01:34:07 | 786 Hargadon | Sue | Ipswich Triathlon Club | V45 | F |
| 279 | 01:34:15 | 864 Lyon | Nicky | | V45 | F |
| 280 | 01:34:25 | 597 Clark | Fiona | Colchester Harriers A.C. | V35 | F |

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| 281 | 01:34:43 | 812 King | Ricky | | V40 | M |
| 282 | 01:34:57 | 578 Rose | Lesley | Ware Joggers | V35 | F |
| 283 | 01:35:10 | 821 Barker | Gail | Springfield Striders | V45 | F |
| 284 | 01:35:21 | 840 Knott | Elspeth | Harwich Runners | V55 | F |
| 285 | 01:35:24 | 570 Smith | Jeanette | | V35 | F |
| 286 | 01:35:24 | 696 Smith | Arran | | | M |
| 287 | 01:35:26 | 857 Green | Peter | Benfleet Running Club | V50 | M |
| 288 | 01:35:27 | 775 Easter | Christopher | Thrift Green Trotters | V50 | M |
| 289 | 01:35:57 | 796 Hore | Kevin | | V40 | M |
| 290 | 01:36:13 | 551 Soane | Laurie Jayne | Pitsea Running Club | | F |
| 291 | 01:36:25 | 529 Morgan | Lesley | Castle Point Joggers | V45 | F |
| 292 | 01:36:26 | 568 King | Nikki | Ware Joggers | | F |
| 293 | 01:36:27 | 531 May | Marion | | V45 | F |
| 294 | 01:36:38 | 565 Cooper | Heidi | Leigh-On-Sea Striders | | F |
| 295 | 01:36:38 | 566 Broadhead | Joanne | Leigh-On-Sea Striders | | F |
| 296 | 01:36:51 | 507 Owen | Mary | Haverhill Running Club | V55 | F |
| 297 | 01:37:02 | 525 Summer | Cristal | | V35 | F |
| 298 | 01:37:18 | 837 Pearson | David | | | M |
| 299 | 01:37:26 | 540 Porter | Karen | | V35 | F |
| 300 | 01:37:57 | 527 Gillie | Sheila | | V45 | F |
| 301 | 01:38:08 | 521 Burston | Nicola | Pheonix Striders | V35 | F |
| 302 | 01:38:09 | 518 Burston | Judy | Pheonix Striders | V55 | F |
| 303 | 01:38:17 | 581 Gurr | Tracey | Havering Joggers 90 | V35 | F |
| 304 | 01:38:38 | 893 Barley | Allan | Essex Police | V50 | M |
| 305 | 01:38:45 | 548 Heywood | Victoria | | | F |
| 306 | 01:38:45 | 624 Denney | Mervin | | V40 | M |
| 307 | 01:38:47 | 519 Denney | Amanda | | V35 | F |
| 308 | 01:39:14 | 819 Attridge | Dennis | | V50 | M |
| 309 | 01:39:18 | 554 Hammerson | Samantha | | V35 | F |
| 310 | 01:39:18 | 555 King | Christine | | V45 | F |
| 311 | 01:39:35 | 596 Liddiard | Clare | | V35 | F |
| 312 | 01:39:42 | 637 Virgo | John | Castle Point Joggers | V60 | M |
| 313 | 01:40:26 | 546 Marsh | Kerry | Springfield Striders | | F |
| 314 | 01:40:27 | 807 Thurlow | Karen | Grange Farm Trotters | V35 | F |
| 315 | 01:40:45 | 692 Sommerlad | Michael | Great Bentley Running Club | V60 | M |
| 316 | 01:41:07 | 801 Moncur | Iain | | V40 | M |
| 317 | 01:41:07 | 800 Davis | Paul | | V50 | M |
| 318 | 01:41:33 | 803 Kennedy | Paula | | V35 | F |
| 319 | 01:41:33 | 802 Smith | Diana | | V45 | F |
| 320 | 01:42:01 | 762 Munday | Susanna | | | F |
| 321 | 01:42:09 | 547 Denny | Jo | | V35 | F |
| 322 | 01:42:27 | 835 Connolly | Stephen | Castle Point Joggers | V50 | M |
| 323 | 01:42:51 | 804 Hendy | Amecia | Springfield Striders | | F |
| 324 | 01:43:22 | 861 Bent | Christopher | Pitsea Running Club | V60 | M |
| 325 | 01:43:47 | 839 Oliver | Hayley | | V35 | F |
| 326 | 01:44:21 | 660 Pudney | Lesley | | V45 | F |
| 327 | 01:44:23 | 636 Welham | Rob | | | M |
| 328 | 01:45:10 | 545 Lee | Lean | St Albans Striders | V35 | F |
| 329 | 01:46:03 | 795 Hore | Angela | | V45 | F |
| 330 | 01:46:20 | 522 Satgunasingham | Yamina | | | F |
| 331 | 01:46:52 | 738 Hooke | Andy | Essex Police | V40 | M |
| 332 | 01:46:52 | 758 Stopher | Jed | Essex Police | V40 | M |
| 333 | 01:47:02 | 888 Ketley | Emma | | | F |
| 334 | 01:47:19 | 543 Toze | Carol | Bishop Stortford Running Club | V55 | F |
| 335 | 01:47:39 | 871 Bax | Lynda | | | F |
| 336 | 01:47:40 | 693 Dobson | Frank | Ware Joggers | V60 | M |

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|-----|----------|--------------|---------|----------------------|-----|---|
| 337 | 01:48:01 | 772 O'Connor | Lisa | | | F |
| 338 | 01:49:33 | 534 Driscoll | Jean | Springfield Striders | V55 | F |
| 339 | 01:51:07 | 586 Sjollega | Jenny | | | F |
| 340 | 01:54:10 | 542 Stringer | Val | Ware Joggers | V55 | F |
| 341 | 02:04:24 | 501 Tarbet | Julia | | V35 | F |
| 342 | 02:04:25 | 604 Wolton | Richard | | V60 | M |

| Position | Actual Time | Race No | Surname | First Name | Club Name | Category | Sex |
|----------|-------------|---------|-------------|------------|-----------------------------|----------|-----|
| 1 | 00:54:05 | 1 | Bloomfield | Crispian | Billericay Striders | | M |
| 2 | 00:55:03 | 84 | Molyneux | Paul | Springfield Striders | | M |
| 3 | 00:56:58 | 285 | Laing | David | Ipswich Jaffa | V40 | M |
| 4 | 00:57:41 | 306 | Keeble | Ian | Stowmarket Striders | | M |
| 5 | 00:59:03 | 169 | Davies | Gavin | Ipswich Jaffa | | M |
| 6 | 01:00:09 | 31 | Wilkinson | Keith | Chelmsford A.C. | V50 | M |
| 7 | 01:01:04 | 221 | Eden | Mark | Grange Farm & Dunmow | V40 | M |
| 8 | 01:01:41 | 193 | Chesham | Kevin | Pitsea Running Club | V50 | M |
| 9 | 01:01:48 | 286 | Pilgrim | Alan | Witham Running Club | | M |
| 10 | 01:01:52 | 313 | Harper | Kevin | Witham Running Club | | M |
| 11 | 01:02:12 | 167 | Tomlinson | Geoffrey | Great Bentley Running Club | V40 | M |
| 12 | 01:02:32 | 316 | Adkins | Peter | | | M |
| 13 | 01:02:49 | 291 | Thomas | Clive | Great Bentley Running Club | V40 | M |
| 14 | 01:02:55 | 347 | Roper | Goy | Norwich Road Runners | V40 | M |
| 15 | 01:02:55 | 7 | Jordan | Tamara | Stowmarket Striders | | F |
| 16 | 01:02:57 | 279 | Cooper | Philip | Thrift Green Trotters | | M |
| 17 | 01:03:20 | 144 | McClelland | Paul | Harwich Runners | V40 | M |
| 18 | 01:03:22 | 186 | Clark | Alan | Billericay Striders | V40 | M |
| 19 | 01:04:03 | 256 | Laughton | Nicholas | Grange Farm & Dunmow | | M |
| 20 | 01:04:11 | 277 | Schlotterer | Christian | Ware Joggers | | M |
| 21 | 01:04:27 | 132 | Ridgeon | Jason | | | M |
| 22 | 01:04:36 | 165 | Oxlade | Maxine | Springfield Striders | | F |
| 23 | 01:04:42 | 299 | Helliwell | Paul | Colchester & Tendring | | M |
| 24 | 01:04:49 | 287 | Wood | David | Little Baddow Ridge Runners | V40 | M |
| 25 | 01:04:56 | 298 | Wray | Andy | Colchester & Tendring | | M |
| 26 | 01:04:57 | 188 | O'Mahoney | Jim | Grange Farm & Dunmow | V40 | M |
| 27 | 01:05:09 | 180 | Purse | Chris | Springfield Striders | V40 | M |
| 28 | 01:05:11 | 154 | Humphrey | Richard | Grange Farm & Dunmow | | M |
| 29 | 01:05:17 | 302 | Beazeley | Chris | Springfield Striders | V40 | M |
| 30 | 01:05:26 | 225 | Jackson | Mark | Mid Essex Casuals | V40 | M |
| 31 | 01:05:29 | 194 | Sheppard | Darren | | | M |
| 32 | 01:05:30 | 327 | Rutter | Mark | Harwich Runners | V40 | M |
| 33 | 01:05:38 | 275 | Jay | Dean | Halstead Road Runners | | M |
| 34 | 01:05:41 | 197 | Spall | Jonathan | | | M |
| 35 | 01:06:04 | 134 | Beaumont | John | Springfield Striders | V50 | M |
| 36 | 01:06:09 | 346 | Bonham | Richard | Castle Point Joggers | | M |
| 37 | 01:06:16 | 8 | Smale | Jon | | | M |
| 38 | 01:07:10 | 348 | Curl | Tracey | Norwich Road Runners | V45 | F |
| 39 | 01:07:16 | 178 | Cordwell | June | Springfield Striders | | F |
| 40 | 01:07:19 | 50 | Kern | Wayne | Halstead Road Runners | V40 | M |
| 41 | 01:07:33 | 303 | Pawner | Julia | Benfleet Running Club | V45 | F |
| 42 | 01:08:00 | 205 | Mealing | Pete | Springfield Striders | | M |
| 43 | 01:08:12 | 131 | Moody | Colin | Harlow Running Club | V50 | M |
| 44 | 01:08:17 | 183 | Smith | Andrew | Grange Farm & Dunmow | V40 | M |
| 45 | 01:08:24 | 184 | Mancer | Lucy | Benfleet Running Club | | F |
| 46 | 01:08:39 | 20 | Hope | Stuart | | | M |
| 47 | 01:08:42 | 67 | Sutcliffe | Ian | Halstead Road Runners | V50 | M |
| 48 | 01:08:44 | 288 | Wolton | Sam | Halstead Road Runners | | M |
| 49 | 01:08:50 | 232 | Ozols | Nathan | Springfield Striders | | M |
| 50 | 01:08:54 | 77 | Hill | John | Colchester Harriers A.C. | V40 | M |
| 51 | 01:08:59 | 135 | Kerr | Claire | Ware Joggers | V35 | F |
| 52 | 01:09:09 | 317 | Adkins | David | | V40 | M |
| 53 | 01:09:19 | 209 | Martin | Phillip | Witham Running Club | V40 | M |
| 54 | 01:09:26 | 295 | Hipperson | Dean | Benfleet Running Club | | M |
| 55 | 01:09:37 | 218 | Slack | Debbie | Benfleet Running Club | V35 | F |
| 56 | 01:09:40 | 198 | Hull | Tina | Grange Farm & Dunmow | V45 | F |
| 57 | 01:09:41 | 349 | Jardine | Howard | Grange Farm & Dunmow | V50 | M |

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|-----|----------|-----------------|-----------|----------------------------|-----|---|
| 58 | 01:09:43 | 42 Ferreira | Andre | Ware Joggers | V50 | M |
| 59 | 01:10:14 | 323 Cox | Kevin | Great Bentley Running Club | V40 | M |
| 60 | 01:10:45 | 319 Clarke | Peter | Harwich Runners | V40 | M |
| 61 | 01:10:46 | 95 McCorquodale | Becky | Harwich Runners | | F |
| 62 | 01:11:04 | 231 Cockrell | Jon | Castle ABC | V40 | M |
| 63 | 01:11:12 | 190 Marsh | Patrick | Colchester Harriers A.C. | V40 | M |
| 64 | 01:11:14 | 253 Pearsons | Mat | Witham Running Club | | M |
| 65 | 01:11:15 | 309 Dowell | Melissa | Colchester Harriers A.C. | V35 | F |
| 66 | 01:11:25 | 5 Wallen | Brigid | Witham Running Club | V35 | F |
| 67 | 01:11:35 | 234 Grealy | Mike | Halstead Road Runners | V50 | M |
| 68 | 01:11:51 | 242 Jordan | Rebecca | Stowmarket Striders | | F |
| 69 | 01:11:52 | 113 Downing | Steve | Grange Farm & Dunmow | | M |
| 70 | 01:12:05 | 166 Daly | John | Springfield Striders | | M |
| 71 | 01:12:11 | 18 Jarvis | Phil | Colchester & Tendring | V40 | M |
| 72 | 01:12:14 | 241 Suttle | Haley | Stowmarket Striders | V35 | F |
| 73 | 01:12:26 | 137 Lawson | Ian | Grange Farm & Dunmow | V40 | M |
| 74 | 01:12:39 | 146 Mills | Stuart | Witham Running Club | | M |
| 75 | 01:12:39 | 153 Pammenter | Ian | Haverhill Running Club | V40 | M |
| 76 | 01:12:42 | 307 Peachey | Robert | Benfleet Running Club | V50 | M |
| 77 | 01:12:58 | 173 Joslin | Gary | Springfield Striders | V40 | M |
| 78 | 01:13:02 | 200 Ross | Mark | Great Bentley Running Club | V40 | M |
| 79 | 01:13:14 | 239 Hull | Darran | Springfield Striders | | M |
| 80 | 01:13:32 | 326 Burls | Jonathan | Harwich Runners | V40 | M |
| 81 | 01:13:34 | 258 Dunne | Derek | HM Treasury | V40 | M |
| 82 | 01:13:50 | 276 Potts | Richard | Ware Joggers | V40 | M |
| 83 | 01:13:56 | 161 Summers | David | Thrift Green Trotters | V50 | M |
| 84 | 01:14:01 | 141 Farrance | Roy | Thrift Green Trotters | V60 | M |
| 85 | 01:14:04 | 57 Cronk | David | Grange Farm & Dunmow | V40 | M |
| 86 | 01:14:06 | 64 Hardy | John | Grange Farm & Dunmow | V60 | M |
| 87 | 01:14:08 | 149 Peck | Glyn | Harwich Runners | V60 | M |
| 88 | 01:14:17 | 330 Bartram | Ian | Castle Point Joggers | V40 | M |
| 89 | 01:14:20 | 294 Turk | Liz | Springfield Striders | V35 | F |
| 90 | 01:14:22 | 223 Hunt | Steve | Hadleigh Hares | V40 | M |
| 91 | 01:14:27 | 355 Johnson | Peter | BTA | V40 | M |
| 92 | 01:14:33 | 106 Murphy | John | Barnet & District A.C. | | M |
| 93 | 01:14:38 | 26 Baker | David | | V50 | M |
| 94 | 01:14:59 | 215 Greenham | Derek | Colchester & Tendring | V40 | M |
| 95 | 01:15:03 | 312 Walton | Dave | Springfield Striders | | M |
| 96 | 01:15:11 | 45 Watt | Bob | Great Bentley Running Club | V50 | M |
| 97 | 01:15:16 | 352 Barrett | Peter | Harlow Running Club | | M |
| 98 | 01:15:26 | 207 McEwen | Joe | Witham Running Club | V50 | M |
| 99 | 01:15:34 | 293 Kelly | John | Witham Running Club | | M |
| 100 | 01:15:36 | 290 Moore | Graeme | Benfleet Running Club | V40 | M |
| 101 | 01:15:36 | 214 Enders | David | | V40 | M |
| 102 | 01:15:37 | 25 Cunningham | Phil | Ware Joggers | V50 | M |
| 103 | 01:15:49 | 354 Mchale | Richard | Springfield Striders | V50 | M |
| 104 | 01:15:57 | 217 Beale | Perry | | V40 | M |
| 105 | 01:16:18 | 69 Jobling | David | Witham Running Club | V50 | M |
| 106 | 01:16:29 | 99 Bouldstridge | Peter | Blackwater Harriers | V50 | M |
| 107 | 01:16:30 | 90 Ramsey Smith | David | Thrift Green Trotters | V40 | M |
| 108 | 01:16:30 | 91 Ramsey Smith | Sarah | Thrift Green Trotters | V35 | F |
| 109 | 01:16:31 | 189 Pardon | Janet | Billericay Striders | V55 | F |
| 110 | 01:16:32 | 54 Coffey | Richard | Ware Joggers | V40 | M |
| 111 | 01:16:42 | 269 Partridge | Roger | Ware Joggers | V40 | M |
| 112 | 01:16:43 | 156 Pryke | Russell | Springfield Striders | | M |
| 113 | 01:16:45 | 150 Thomas | Kate | Harwich Runners | V35 | F |
| 114 | 01:16:47 | 75 Jenkins | Julie | Grange Farm & Dunmow | V35 | F |
| 115 | 01:16:52 | 240 Dodd | Catherine | Springfield Striders | | F |

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|-----|----------|------------------|------------|----------------------------|-----|---|
| 116 | 01:16:54 | 28 Stuckey | Liz | Witham Running Club | | F |
| 117 | 01:16:59 | 63 Copeman | Emma | Grange Farm & Dunmow | V35 | F |
| 118 | 01:17:01 | 315 Allen | Darren | Hadleigh Hares | V40 | M |
| 119 | 01:17:05 | 151 Manley | Nicholas | Witham Running Club | V40 | M |
| 120 | 01:17:09 | 230 Jay | Stephen | East London Runners | V40 | M |
| 121 | 01:17:12 | 233 Lowery | John | Springfield Striders | V40 | M |
| 122 | 01:17:19 | 341 Bartlau | mark | Loss Striders | V40 | M |
| 123 | 01:17:30 | 52 Foster | Alex | Grange Farm & Dunmow | | M |
| 124 | 01:17:33 | 182 Smith | Jane | Grange Farm & Dunmow | V35 | F |
| 125 | 01:17:34 | 181 Ford | Denise | Chelmsford A.C. | V45 | F |
| 126 | 01:17:36 | 336 Fossberg | Sarah | | V35 | F |
| 127 | 01:17:44 | 324 Warner | Dennis | Harwich Runners | V40 | M |
| 128 | 01:17:51 | 266 Roney | Jon | | | M |
| 129 | 01:18:09 | 110 Benfield | Philip | | V40 | M |
| 130 | 01:18:10 | 152 Manley | Angela | Witham Running Club | V35 | F |
| 131 | 01:18:12 | 55 Wooller | Diane | Colchester & Tendring | V45 | F |
| 132 | 01:18:13 | 147 Martin | Wendy | Witham Running Club | | F |
| 133 | 01:18:13 | 6 Wallen | Tony | Witham Running Club | | M |
| 134 | 01:18:14 | 88 Holder | Julian | Pitsea Running Club | V40 | M |
| 135 | 01:18:22 | 68 Reeves | Julie | Grange Farm & Dunmow | V35 | F |
| 136 | 01:18:39 | 263 Chambers | Andy | Dunmow Tri Club | | M |
| 137 | 01:18:52 | 44 Aldridge | Wendy | | V35 | F |
| 138 | 01:18:53 | 283 Batt | James | | | M |
| 139 | 01:18:54 | 289 Sutton | Carys | Thrift Green Trotters | | F |
| 140 | 01:18:57 | 30 Smith | Daniel | Halstead Road Runners | | M |
| 141 | 01:18:59 | 171 Johnson | Stephen | Ware Joggers | V50 | M |
| 142 | 01:19:07 | 203 Aurighi | Simone | Colchester Harriers A.C. | | M |
| 143 | 01:19:09 | 259 Levett | Kim | Stowmarket Striders | V35 | F |
| 144 | 01:19:19 | 227 Gregory | Kevin | Thrift Green Trotters | | M |
| 145 | 01:19:21 | 249 Ratcliffe | Simon | | | M |
| 146 | 01:19:38 | 155 Carley | Kevin | Unattached | V50 | M |
| 147 | 01:19:45 | 128 Short | Colin | Witham Running Club | V50 | M |
| 148 | 01:19:46 | 235 McCloud | Victor | Benfleet Running Club | V60 | M |
| 149 | 01:19:47 | 143 Flannery | Julia | Blackwater Harriers | | F |
| 150 | 01:20:03 | 254 Daniels | David | Stowmarket Striders | V40 | M |
| 151 | 01:20:04 | 301 Scott | David | Thrift Green Trotters | V40 | M |
| 152 | 01:20:14 | 164 Hart | Louise | Ware Joggers | | F |
| 153 | 01:20:18 | 236 Lewis | Debbie | Witham Running Club | V45 | F |
| 154 | 01:20:19 | 261 McKay | Joanne | Great Bentley Running Club | | F |
| 155 | 01:20:24 | 39 Harrington | Tracy | Blackwater Harriers | V35 | F |
| 156 | 01:20:39 | 250 Belaon | Sarah | | | F |
| 157 | 01:20:47 | 333 Bisset-Smith | Jo | Grange Farm & Dunmow | V35 | F |
| 158 | 01:20:51 | 229 Curtin | Tony | Thrift Green Trotters | V50 | M |
| 159 | 01:20:56 | 318 Foody | Carl | | V40 | M |
| 160 | 01:20:58 | 281 Fry | Samantha | Chelmsford A.C. | | F |
| 161 | 01:21:02 | 339 Mackintosh | Stuart | Thrift Green Trotters | V50 | M |
| 162 | 01:21:05 | 105 Purtell | Paula Rose | Blackwater Harriers | V35 | F |
| 163 | 01:21:06 | 160 Andersson | Craig | Unattached | V40 | M |
| 164 | 01:21:14 | 351 Timbrell | Jodie | Thrift Green Trotters | | F |
| 165 | 01:21:19 | 168 Larnar | Jackie | Springfield Striders | V35 | F |
| 166 | 01:21:35 | 264 Powell | Ashley | | V40 | M |
| 167 | 01:21:36 | 104 Gosling | Mike | | V50 | M |
| 168 | 01:21:37 | 83 Butcher | John | Ware Joggers | V60 | M |
| 169 | 01:21:43 | 191 Moland | David | | V40 | M |
| 170 | 01:21:59 | 87 Geddes | Tom | Great Bentley Running Club | V50 | M |
| 171 | 01:22:11 | 325 Higgon | Jeff | Harwich Runners | V50 | M |
| 172 | 01:22:20 | 119 MacAulay | Sheila | Springfield Striders | V55 | F |
| 173 | 01:22:30 | 177 Scott | Alice | Unattached | | F |

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|-----|----------|----------------|---------------|----------------------------|-----|---|
| 174 | 01:22:39 | 59 Teer | Robert | Thurrock Nomads | V60 | M |
| 175 | 01:22:52 | 109 Brookes | Paul | Ipswich Jaffa | V40 | M |
| 176 | 01:22:54 | 245 Walker | Graham | | V50 | M |
| 177 | 01:22:57 | 129 Poulter | Michael | Witham Running Club | V50 | M |
| 178 | 01:23:11 | 335 Almond | Colin | Springfield Striders | | M |
| 179 | 01:23:19 | 46 Watson | Peter Leonard | Benfleet Running Club | V50 | M |
| 180 | 01:23:32 | 185 Bromboszcz | Tracie | Witham Running Club | V35 | F |
| 181 | 01:23:33 | 251 Smith | Darren | Witham Running Club | V40 | M |
| 182 | 01:23:37 | 11 Warne | John | | V50 | M |
| 183 | 01:23:38 | 114 Owen | Andrew | Ware Joggers | | M |
| 184 | 01:23:49 | 158 Lane | Rob | Colchester Harriers A.C. | | M |
| 185 | 01:23:50 | 103 Sherwin | Kate | Felixstowe Road Runners | V35 | F |
| 186 | 01:23:51 | 102 Cooper | Philip | Felixstowe Road Runners | V50 | M |
| 187 | 01:23:52 | 311 Etra | Aiman | Sittingbourne Stridders | V40 | M |
| 188 | 01:23:54 | 142 Fribbens | Mark | Halstead Road Runners | V40 | M |
| 189 | 01:24:01 | 76 Jones | Justin | | | M |
| 190 | 01:24:02 | 127 Burgoyne | Robert | Stock Exchange A.C. | V50 | M |
| 191 | 01:24:03 | 159 McCann | Chris | Springfield Striders | V50 | M |
| 192 | 01:24:05 | 56 Easom | Stephen | Grange Farm & Dunmow | V50 | M |
| 193 | 01:24:19 | 179 Lane | Nicholas | | | M |
| 194 | 01:24:28 | 10 Sinfield | Colin | | V40 | M |
| 195 | 01:24:35 | 118 Gardiner | Frank | Great Bentley Running Club | V50 | M |
| 196 | 01:24:37 | 353 Day | Nina | Thrift Green Trotters | | F |
| 197 | 01:24:56 | 27 Brown | Margery | Stowmarket Striders | V55 | F |
| 198 | 01:25:15 | 21 Humphries | Frances | Thrift Green Trotters | V45 | F |
| 199 | 01:25:16 | 122 Sabin | Anna | | | F |
| 200 | 01:25:41 | 300 Helliwell | Fay | Colchester Harriers A.C. | V35 | F |
| 201 | 01:25:43 | 112 Holroyd | Carla | Harwich Runners | V45 | F |
| 202 | 01:25:57 | 3 Roberts | John | Witham Running Club | V60 | M |
| 203 | 01:26:00 | 262 Mckay | John | Great Bentley Running Club | V60 | M |
| 204 | 01:26:14 | 208 Tanner | Roy | | V40 | M |
| 205 | 01:26:16 | 342 Cardnell | Stephen | Mid Essex Casuals | V40 | M |
| 206 | 01:26:23 | 107 Barnes | Ronald | | V60 | M |
| 207 | 01:26:25 | 202 Taylor | Les | Ware Joggers | V40 | M |
| 208 | 01:26:32 | 350 Robson | Simon | | V40 | M |
| 209 | 01:26:34 | 328 Wilson | Sally | Leigh Striders | V35 | F |
| 210 | 01:26:38 | 213 Enders | Scott | | | M |
| 211 | 01:26:41 | 130 Beckerleg | David | Witham Running Club | V50 | M |
| 212 | 01:26:58 | 81 Allin | Angela | Grange Farm & Dunmow | V35 | F |
| 213 | 01:27:03 | 329 Simpson | Janine | | V35 | F |
| 214 | 01:27:21 | 199 Stevenson | Andy | Grange Farm & Dunmow | V40 | M |
| 215 | 01:27:24 | 35 Knight | Paul | | V40 | M |
| 216 | 01:27:25 | 157 Naman | Paula | Ware Joggers | | F |
| 217 | 01:27:27 | 284 Ashley | Philip | Benfleet Running Club | V40 | M |
| 218 | 01:27:32 | 331 Dennis | Tony | Castle Point Joggers | | M |
| 219 | 01:27:38 | 40 Silverton | Ross | Blackwater Harriers | V50 | M |
| 220 | 01:27:39 | 79 Hart | Joanne | Ware Joggers | | F |
| 221 | 01:27:41 | 100 Hind | Andy | Springfield Striders | | M |
| 222 | 01:27:59 | 9 Scott | Alison | | V35 | F |
| 223 | 01:28:12 | 70 Rayner | Miranda | Harwich Runners | V35 | F |
| 224 | 01:28:24 | 195 Naman | Colin | Ware Joggers | V50 | M |
| 225 | 01:28:33 | 43 Thorogood | Keith | Halstead Road Runners | V50 | M |
| 226 | 01:28:40 | 17 Tattersall | Simon | | | M |
| 227 | 01:28:58 | 220 Pettifer | Lorna | Pitsea Running Club | V35 | F |
| 228 | 01:29:07 | 344 Sibley | Fay | Garden City Joggers | | F |
| 229 | 01:29:08 | 176 Scott | Helen | Thrift Green Trotters | V45 | F |
| 230 | 01:29:10 | 280 Twedde | Andrew | Thrift Green Trotters | V40 | M |
| 231 | 01:29:22 | 139 Nichols | Terry | Ware Joggers | V60 | M |

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| 232 | 01:29:23 | 334 Law | Barbara | Great Bentley Running Club | V55 | F |
| 233 | 01:29:24 | 292 Oliver | Barbara | Benfleet Running Club | V55 | F |
| 234 | 01:29:26 | 72 Wray | Shelley | Witham Running Club | V35 | F |
| 235 | 01:29:27 | 80 Pickering | Nicola | Ware Joggers | V45 | F |
| 236 | 01:29:45 | 32 Waller | Stewart | Witham Running Club | V50 | M |
| 237 | 01:29:46 | 58 Armstrong | Ceri | Thurrock Nomads | | F |
| 238 | 01:29:47 | 219 Pettifer | John | Pitsea Running Club | V60 | M |
| 239 | 01:30:33 | 272 Bagshaw | Michael | | V50 | M |
| 240 | 01:30:51 | 345 Radcliffe | Nigel | | V50 | M |
| 241 | 01:30:54 | 304 Macmillan | Robert | Benfleet Running Club | | M |
| 242 | 01:31:08 | 224 Potter | Malcolm | Springfield Striders | V50 | M |
| 243 | 01:31:19 | 163 Bennett | Brian | | V50 | M |
| 244 | 01:31:36 | 15 Hardman | Annette | Ware Joggers | | F |
| 245 | 01:31:37 | 23 Nicholls | Lynn | Ware Joggers | V35 | F |
| 246 | 01:31:55 | 337 Norrington | Alison | Thrift Green Trotters | V35 | F |
| 247 | 01:32:18 | 96 Oliver | Stephen | | | M |
| 248 | 01:32:20 | 210 Alcock | Steve | Hadleigh Hares | V40 | M |
| 249 | 01:32:23 | 116 Melvin | Gemma | Springfield Striders | | F |
| 250 | 01:33:00 | 53 Foster | Gavin | Grange Farm & Dunmow | V40 | M |
| 251 | 01:33:19 | 121 Dungate | Stephanie | Cambridge Harriers | V45 | F |
| 252 | 01:33:19 | 38 Phelps | Jane | Cambridge Harriers | V45 | F |
| 253 | 01:33:23 | 320 Long | Justin | | | M |
| 254 | 01:33:32 | 145 Hudson | Phil | Ware Joggers | V50 | M |
| 255 | 01:33:36 | 211 Furner | Julie | Thurrock Nomads | V35 | F |
| 256 | 01:33:44 | 282 Cogdell | Caroline | Pitsea Running Club | V45 | F |
| 257 | 01:33:55 | 22 Gillie | Sheila | Norwich Road Runners | V45 | F |
| 258 | 01:33:59 | 252 Jackson | Mike | | V50 | M |
| 259 | 01:34:01 | 14 Clark | Fiona | Colchester Harriers A.C. | V45 | F |
| 260 | 01:34:22 | 24 Woolnough | Julia | Halstead Road Runners | V45 | F |
| 261 | 01:34:41 | 175 Keats | Peter | Ware Joggers | V50 | M |
| 262 | 01:34:43 | 85 Shippey | Susan | Witham Running Club | V35 | F |
| 263 | 01:34:44 | 140 King | Christine | | V45 | F |
| 264 | 01:35:05 | 247 Ellson | Donald | | V40 | M |
| 265 | 01:35:18 | 310 Spencer | James | Benfleet Running Club | | M |
| 266 | 01:35:31 | 13 Thompson | Alison | | | F |
| 267 | 01:35:36 | 117 Summerson | Una | Springfield Striders | V35 | F |
| 268 | 01:35:44 | 172 Morelli | Brenda | Grange Farm & Dunmow | V35 | F |
| 269 | 01:35:52 | 206 Bannister | Sharon | Springfield Striders | V35 | F |
| 270 | 01:36:00 | 244 Denney | Amanda | | V45 | F |
| 271 | 01:36:08 | 267 Denney | Mervin | | V40 | M |
| 272 | 01:36:10 | 332 Matthew | Chas | | V50 | M |
| 273 | 01:36:12 | 120 Dilworth | Joseph | | V40 | M |
| 274 | 01:36:13 | 314 Murrell | Neil | Benfleet Running Club | | M |
| 275 | 01:36:15 | 212 Bond | Mark | | | M |
| 276 | 01:36:15 | 343 Ford | Matt | | | M |
| 277 | 01:36:18 | 41 Leeding | Michelle | Witham Running Club | V45 | F |
| 278 | 01:36:22 | 98 Pearson | David | | | M |
| 279 | 01:36:23 | 115 Russell -Grant | Helen | Springfield Striders | | F |
| 280 | 01:36:29 | 170 Withrington | Ann | Unattached | V45 | F |
| 281 | 01:36:38 | 49 Porter | Karen | Thrift Green Trotters | V35 | F |
| 282 | 01:36:43 | 216 Greenham | Sarah | | V45 | F |
| 283 | 01:37:17 | 36 Carter | Sara | Ware Joggers | V35 | F |
| 284 | 01:37:32 | 260 Mckay | Sue | Great Bentley Running Club | V55 | F |
| 285 | 01:37:43 | 174 Irvine | Liz | Springfield Striders | | F |
| 286 | 01:37:51 | 340 Madzoubia | Marie | Thrift Green Trotters | | F |
| 287 | 01:38:27 | 187 Milne | Elizabeth | | V35 | F |
| 288 | 01:38:28 | 226 Tucker | Roy | Springfield Striders | V40 | M |
| 289 | 01:38:29 | 308 Hayes | Eric | Benfleet Running Club | V60 | M |

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| 290 | 01:38:32 | 273 Lonton | Karen | Witham Running Club | | F |
| 291 | 01:38:54 | 101 Garey | Lynne | Springfield Striders | V45 | F |
| 292 | 01:39:15 | 124 Knowles | Sarah | Springfield Striders | | F |
| 293 | 01:39:33 | 321 Dellow | Sue | Springfield Striders | | F |
| 294 | 01:40:33 | 123 Rontree | David | Pitsea Running Club | V40 | M |
| 295 | 01:40:40 | 133 Sweeney | Emma | Witham Running Club | | F |
| 296 | 01:40:51 | 257 Johnson | Ann | Witham Running Club | V35 | F |
| 297 | 01:41:02 | 322 Barley | Allan | Essex Police | V50 | M |
| 298 | 01:41:20 | 246 Heywood | Victoria | | | F |
| 299 | 01:41:21 | 243 Denny | Jo | | V35 | F |
| 300 | 01:41:57 | 33 Thomas | Peter | Colchester Harriers A.C. | V60 | M |
| 301 | 01:41:59 | 238 Parsons | Alan | | V60 | M |
| 302 | 01:42:22 | 271 Smalley | Wendy | | V45 | F |
| 303 | 01:42:51 | 12 Adams | Linda | Thrift Green Trotters | V45 | F |
| 304 | 01:43:05 | 338 Mackintosh | Sarah | Thrift Green Trotters | | F |
| 305 | 01:43:09 | 16 Mills | Jacqueline | Pitsea Running Club | V45 | F |
| 306 | 01:43:22 | 248 Nugent | Clare | | | F |
| 307 | 01:43:30 | 34 Shilling | Dawn | | | F |
| 308 | 01:43:33 | 228 Warner | Jonathan | | V50 | M |
| 309 | 01:43:36 | 297 Maxwell | Julie | | V35 | F |
| 310 | 01:43:37 | 73 King | Nikki | Ware Joggers | | F |
| 311 | 01:46:29 | 268 Davis | Paul | | V50 | M |
| 312 | 01:46:47 | 97 Oliver | Hayley | | V35 | F |
| 313 | 01:47:10 | 296 Lock | Ben | | V50 | M |
| 314 | 01:47:41 | 255 Bristow | Mary | Metropolitan Police | V35 | F |
| 315 | 01:49:55 | 265 Nel | Gert | | | M |
| 316 | 01:55:02 | 94 Morgan | Lesley | Castle Point Joggers | V45 | F |
| 317 | 02:05:00 | 305 Singh | Malkiat | Colchester & Tendring | V60 | M |