

Overall position	First name	Last name	Race number	Gender	Team name	Finish time	Lap1 Split Time	Lap2 Split Time	Lap3 Split Time	Lap4 Split Time	Lap5 Split Time	Lap6 Split Time	Lap7 Split Time	Lap8 Split Time	Lap9 Split Time	Lap10 Split Time	Lap11 Split Time	Lap12 Split Time
1	John	mcburney	872	Male	TriTalk.co.uk	<b>03:28:06</b>	00:15:46	00:16:39	00:17:07	00:17:25	00:17:20	00:17:23	00:17:13	00:17:48	00:17:55	00:17:51	00:17:35	00:17:55
2	Daniel	Dempsey	907	Male		<b>03:31:13</b>	00:16:20	00:16:15	00:17:02	00:16:46	00:16:56	00:16:29	00:17:26	00:17:53	00:18:33	00:18:58	00:18:22	00:20:00
3	Richard	Dennis	846	Male	Portobello Running Club	<b>03:32:32</b>	00:17:05	00:16:49	00:17:04	00:17:03	00:17:23	00:17:58	00:18:04	00:18:01	00:18:01	00:17:59	00:18:29	00:18:26
4	Antony	Hopwood	847	Male	Springfield Striders	<b>03:32:34</b>	00:14:17	00:14:30	00:14:42	00:15:25	00:15:41	00:15:50	00:16:34	00:17:55	00:20:08	00:20:54	00:22:54	00:23:35
5	Grant	Noble	849	Male		<b>03:41:50</b>	00:17:44	00:17:23	00:17:34	00:17:27	00:17:49	00:17:55	00:17:58	00:19:05	00:18:47	00:19:15	00:20:13	00:20:21
6	Sean	Moriarty	821	Male		<b>03:42:47</b>	00:18:08	00:17:16	00:17:32	00:17:58	00:17:58	00:18:14	00:18:40	00:18:43	00:19:12	00:19:44	00:19:47	00:19:20
7	Dominic	Purnell	843	Male		<b>03:43:39</b>	00:17:32	00:17:50	00:17:54	00:18:01	00:18:09	00:18:11	00:18:49	00:18:31	00:18:53	00:19:08	00:20:05	00:20:23
8	Colin	Barns	909	Male		<b>03:47:00</b>	00:17:33	00:17:30	00:17:53	00:17:47	00:18:04	00:18:36	00:19:08	00:19:08	00:19:44	00:19:54	00:20:33	00:20:52
9	Colin	Searle	871	Male		<b>03:50:20</b>	00:16:36	00:16:51	00:17:12	00:17:28	00:17:51	00:18:11	00:18:56	00:19:44	00:20:38	00:21:22	00:22:17	00:23:01
10	Craig	Veall	868	Male	Loughton Athletic club	<b>03:50:32</b>	00:16:42	00:17:31	00:17:30	00:17:50	00:18:42	00:18:55	00:19:02	00:19:14	00:19:32	00:21:01	00:22:25	00:21:57
11	Mark	O'Donoghue	862	Male		<b>03:51:51</b>	00:17:17	00:17:41	00:17:51	00:18:09	00:18:15	00:18:33	00:19:00	00:19:44	00:20:26	00:21:19	00:21:58	00:21:26
12	Malcolm	Statham	801	Male	Colchester Harriers	<b>03:51:57</b>	00:16:57	00:17:18	00:17:41	00:18:19	00:18:44	00:19:19	00:20:04	00:20:09	00:20:26	00:20:41	00:21:42	00:20:24
13	Jonathan	Gardner	912	Male		<b>03:52:56</b>	00:19:08	00:18:45	00:18:56	00:18:58	00:19:37	00:19:11	00:19:38	00:18:54	00:18:45	00:19:38	00:20:14	00:20:54
14	Jason	Brunton	893	Male		<b>03:54:04</b>	00:16:25	00:17:38	00:17:34	00:17:55	00:18:56	00:19:41	00:19:36	00:19:45	00:20:43	00:20:45	00:21:55	00:23:00
15	Matthew	David	882	Male		<b>03:54:08</b>	00:16:44	00:17:05	00:17:33	00:17:47	00:18:10	00:18:42	00:19:53	00:19:48	00:20:13	00:21:48	00:22:16	00:24:01
16	Lisa	Walbridge	913	Female		<b>03:54:52</b>	00:18:24	00:18:44	00:19:19	00:19:07	00:19:12	00:19:29	00:19:55	00:19:43	00:20:08	00:20:36	00:20:10	00:19:55
17	Sam	Shepherd	881	Male		<b>03:55:28</b>	00:20:15	00:19:53	00:19:23	00:19:15	00:18:59	00:18:40	00:19:04	00:19:45	00:20:13	00:20:17	00:19:46	00:19:39
18	Richard	Dudman	850	Male		<b>03:56:10</b>	00:19:08	00:18:45	00:18:56	00:18:58	00:19:36	00:19:10	00:19:42	00:19:28	00:20:35	00:20:40	00:20:23	00:20:30
19	Tony	Poole	861	Male		<b>03:56:10</b>	00:19:10	00:18:43	00:18:56	00:18:59	00:19:36	00:19:10	00:19:42	00:19:28	00:20:35	00:20:39	00:20:23	00:20:31
20	Jay	MacDonald	880	Male		<b>03:58:06</b>	00:18:48	00:17:42	00:18:10	00:17:55	00:18:28	00:18:57	00:19:34	00:20:13	00:21:35	00:23:25	00:23:07	00:19:47
21	Ross	Nugent	873	Male		<b>04:00:37</b>	00:18:59	00:18:46	00:18:46	00:19:08	00:19:05	00:20:33	00:20:24	00:20:34	00:21:10	00:21:00	00:21:12	00:20:36
22	Keith	Luxon	811	Male	Benfleet Running Club	<b>04:01:20</b>	00:19:00	00:18:47	00:18:46	00:19:14	00:19:43	00:20:03	00:20:19	00:20:24	00:21:14	00:20:56	00:21:11	00:21:20
23	Jeremy	Isaac	894	Male		<b>04:01:29</b>	00:18:33	00:18:40	00:19:03	00:18:51	00:19:05	00:19:16	00:19:19	00:19:58	00:21:04	00:21:23	00:22:57	00:23:12
24	Stephen	McAllister	858	Male	MK Lakeside Runners	<b>04:03:40</b>	00:18:21	00:18:50	00:19:37	00:19:23	00:19:49	00:20:19	00:20:56	00:20:45	00:21:36	00:22:38	00:22:22	00:18:54
25	Nick	Kyritsis	839	Male	100 marathon club	<b>04:04:14</b>	00:22:04	00:18:05	00:22:15	00:19:00	00:19:18	00:19:38	00:19:35	00:19:11	00:22:17	00:19:18	00:19:38	00:23:26
26	Paul	Sparks	901	Male		<b>04:04:14</b>	00:18:49	00:18:39	00:18:44	00:18:53	00:19:16	00:19:52	00:19:52	00:21:03	00:21:20	00:21:47	00:22:50	00:22:47
27	Michael	Graz	877	Male		<b>04:06:15</b>	00:18:06	00:18:16	00:18:42	00:18:41	00:18:33	00:18:53	00:20:40	00:20:52	00:21:58	00:22:52	00:25:01	00:23:28
28	Hamish	Common	854	Male		<b>04:07:36</b>	00:17:12	00:18:13	00:18:50	00:19:16	00:19:34	00:19:49	00:20:42	00:21:33	00:22:11	00:23:18	00:23:43	00:23:06
29	Julius Butt	Davidson	822	Male		<b>04:08:42</b>	00:18:20	00:18:16	00:18:56	00:19:34	00:19:28	00:20:26	00:20:51	00:21:49	00:21:31	00:22:12	00:23:08	00:24:00
30	Francois-Xavier	Faure	884	Male		<b>04:09:21</b>	00:18:10	00:17:44	00:18:02	00:18:30	00:19:14	00:20:12	00:20:49	00:21:28	00:22:16	00:23:47	00:24:12	00:24:30
31	Donaths	Sobleviais	915	Male		<b>04:09:30</b>	00:19:33	00:18:55	00:18:39	00:18:50	00:19:58	00:20:25	00:20:56	00:20:39	00:22:00	00:23:58	00:24:22	00:21:04
32	Laura	Taylor	885	Female		<b>04:11:11</b>	00:19:46	00:18:26	00:18:34	00:19:14	00:20:35	00:21:05	00:21:34	00:22:17	00:22:08	00:22:42	00:22:18	00:22:06
33	Dave	Knopp	805	Male	Didcot Runners	<b>04:12:44</b>	00:17:26	00:17:42	00:18:09	00:18:30	00:18:57	00:19:50	00:21:11	00:22:29	00:23:56	00:26:10	00:24:52	00:23:15
34	Ian	Shelly	914	Male		<b>04:15:24</b>	00:19:26	00:18:49	00:19:26	00:19:53	00:20:13	00:20:36	00:21:07	00:20:55	00:22:26	00:22:47	00:23:35	00:25:48
35	Barry	Orr	825	Male	Vegan Runners UK	<b>04:16:02</b>	00:18:28	00:18:49	00:18:37	00:19:06	00:20:13	00:20:09	00:21:13	00:22:00	00:22:48	00:24:52	00:25:00	00:24:32
36	David	McMasters	883	Male		<b>04:18:35</b>	00:17:44	00:18:04	00:18:04	00:18:46	00:19:10	00:20:42	00:21:25	00:22:58	00:25:40	00:27:40	00:24:35	00:23:36
37	Kenny	Allen	814	Male		<b>04:19:23</b>	00:17:16	00:17:43	00:18:59	00:19:26	00:19:40	00:20:38	00:22:04	00:24:11	00:23:45	00:25:29	00:26:55	00:23:08
38	Robert	Heppell	879	Male	East London Runners	<b>04:21:59</b>	00:19:37	00:19:50	00:19:55	00:19:41	00:19:30	00:19:19	00:20:46	00:21:38	00:23:23	00:28:01	00:25:11	00:24:50
39	Jessica	Neal	828	Female	Wee County Harriers	<b>04:24:45</b>	00:19:20	00:18:57	00:18:47	00:18:57	00:21:53	00:22:13	00:22:26	00:22:44	00:23:14	00:25:36	00:26:56	00:23:28

Overall position	First name	Last name	Race number	Gender	Team name	Finish time	Lap1 Split Time	Lap2 Split Time	Lap3 Split Time	Lap4 Split Time	Lap5 Split Time	Lap6 Split Time	Lap7 Split Time	Lap8 Split Time	Lap9 Split Time	Lap10 Split Time	Lap11 Split Time	Lap12 Split Time
40	J	Kempster	878	Male	Witham Running Club	<b>04:24:55</b>	00:19:00	00:20:29	00:20:07	00:22:44	00:20:28	00:21:11	00:21:44	00:24:23	00:24:42	00:23:08	00:23:09	00:23:26
41	Denys	Baudry	900	Male	100 Marathon club	<b>04:25:04</b>	00:19:20	00:18:55	00:19:27	00:19:53	00:20:07	00:20:01	00:21:05	00:21:41	00:23:27	00:26:45	00:27:33	00:26:32
42	Jonathan	Asquith	842	Male		<b>04:31:57</b>	00:17:54	00:17:58	00:19:39	00:18:23	00:20:26	00:20:31	00:21:11	00:23:46	00:24:44	00:30:28	00:29:33	00:27:15
43	Sam	Taylor	888	Male		<b>04:33:21</b>	00:17:33	00:18:20	00:18:53	00:19:00	00:19:37	00:20:23	00:21:29	00:23:30	00:25:37	00:28:03	00:29:30	00:31:17
44	Richard	Welpton	863	Male		<b>04:35:25</b>	00:23:16	00:23:56	00:23:51	00:22:36	00:22:47	00:22:41	00:22:38	00:22:20	00:23:42	00:22:32	00:22:49	00:21:56
45	Andrew	Wilmot	898	Male		<b>04:40:38</b>	00:22:46	00:22:24	00:22:19	00:22:13	00:22:07	00:22:12	00:22:01	00:23:41	00:24:08	00:25:02	00:25:04	00:26:14
46	Karolis	Sankauskas	852	Male		<b>04:42:44</b>	00:19:33	00:18:55	00:18:39	00:18:50	00:19:58	00:20:26	00:23:23	00:24:49	00:28:06	00:30:29	00:28:45	00:30:37
47	Reka	Martin	867	Female		<b>04:43:41</b>	00:20:01	00:20:52	00:21:33	00:21:53	00:22:04	00:22:29	00:23:55	00:24:48	00:25:31	00:26:00	00:26:50	00:27:36
48	Maureen	Simpson	891	Female		<b>04:45:35</b>	00:21:28	00:22:01	00:22:03	00:21:52	00:23:58	00:22:28	00:23:17	00:23:35	00:25:08	00:25:25	00:27:19	00:26:44
49	peter	cundall	810	Male		<b>04:45:42</b>	00:18:28	00:18:44	00:18:59	00:19:20	00:19:21	00:20:34	00:23:37	00:25:57	00:29:00	00:30:32	00:31:30	00:29:24
50	Peter	Elliott	876	Male		<b>04:47:06</b>	00:22:15	00:22:14	00:22:08	00:21:19	00:21:54	00:22:57	00:23:30	00:24:49	00:27:15	00:25:29	00:26:41	00:26:07
51	Mary	Allizu	910	Female		<b>04:47:43</b>	00:23:11	00:21:36	00:21:18	00:21:55	00:22:24	00:22:40	00:23:57	00:24:08	00:27:15	00:25:39	00:25:02	00:28:09
52	Lee	Carr	826	Male		<b>04:49:08</b>	00:21:21	00:22:08	00:22:06	00:22:09	00:22:50	00:23:30	00:23:47	00:24:29	00:26:05	00:26:49	00:26:19	00:27:21
53	Hayley	Wilson-Potter	859	Female		<b>04:49:08</b>	00:21:22	00:22:08	00:22:06	00:22:10	00:22:50	00:23:36	00:23:41	00:24:29	00:26:04	00:26:50	00:26:20	00:27:19
54	Stephen	Bagshaw	860	Male		<b>04:51:21</b>	00:21:53	00:21:35	00:22:19	00:22:44	00:22:41	00:24:13	00:24:05	00:25:10	00:27:18	00:28:06	00:27:14	00:23:41
55	Nick	Blacknell	908	Male		<b>04:52:25</b>	00:21:46	00:21:02	00:21:00	00:21:17	00:21:43	00:23:10	00:25:15	00:26:39	00:27:52	00:27:41	00:29:19	00:25:14
56	Peter	Hutchinson	890	Male		<b>04:52:43</b>	00:22:40	00:22:23	00:21:53	00:22:03	00:22:25	00:23:06	00:23:49	00:24:49	00:26:12	00:27:10	00:27:25	00:28:17
57	michael	Alsworth	906	Male	100 Marathon Club	<b>05:00:52</b>	00:21:36	00:21:53	00:23:14	00:23:54	00:24:21	00:24:13	00:25:00	00:26:42	00:26:43	00:27:44	00:28:08	00:26:58
58	matt	watson	806	Male		<b>05:02:19</b>	00:21:17	00:20:51	00:21:26	00:22:10	00:22:59	00:23:25	00:25:24	00:26:34	00:28:50	00:29:56	00:30:08	00:29:02
59	neil	addington	807	Male		<b>05:02:19</b>	00:21:16	00:20:52	00:21:24	00:22:13	00:22:58	00:23:24	00:25:25	00:26:35	00:28:52	00:29:58	00:30:03	00:29:03
60	Valerie	Bloomfield	870	Female	Running 4 Women	<b>05:05:58</b>	00:21:31	00:21:58	00:22:36	00:23:27	00:24:26	00:25:24	00:26:48	00:25:34	00:27:12	00:29:00	00:29:48	00:27:49
61	Anna	hatton	875	Female	RRC	<b>05:05:58</b>	00:22:17	00:22:15	00:23:14	00:23:31	00:24:13	00:23:57	00:25:00	00:26:34	00:27:54	00:29:00	00:29:47	00:27:50
62	James	Harris	815	Male	Benfleet Running Club	<b>05:06:57</b>	00:19:34	00:19:54	00:19:52	00:20:39	00:22:36	00:24:58	00:27:05	00:29:17	00:29:48	00:28:57	00:34:45	00:29:16
63	Andrew	Humphreys	853	Male	Orpington Road Runners	<b>05:08:03</b>	00:23:31	00:24:50	00:26:30	00:22:57	00:25:30	00:25:54	00:25:56	00:26:30	00:27:28	00:26:56	00:26:54	00:24:47
64	Roger	Williams	866	Male		<b>05:08:24</b>	00:22:24	00:22:32	00:22:25	00:22:41	00:22:20	00:24:06	00:25:17	00:25:54	00:28:33	00:29:57	00:31:30	00:30:33
65	mark	travers	823	Male	Tring running club	<b>05:25:26</b>	00:23:18	00:24:05	00:24:02	00:24:01	00:25:53	00:25:49	00:27:51	00:30:21	00:30:36	00:26:26	00:31:47	00:31:08
66	Kevin	Brewster	830	Male		<b>05:27:26</b>	00:21:12	00:22:39	00:22:40	00:23:58	00:25:45	00:25:59	00:27:20	00:29:59	00:30:18	00:31:38	00:30:46	00:35:05
67	Ciera	Mullan	829	Female		<b>05:27:27</b>	00:21:12	00:22:42	00:22:39	00:23:58	00:25:45	00:25:59	00:27:21	00:29:58	00:30:16	00:31:37	00:30:48	00:35:03
68	Steve	Platt	916	Male		<b>05:32:44</b>	00:24:30	00:24:21	00:24:11	00:26:06	00:27:48	00:28:29	00:29:24	00:29:33	00:29:42	00:28:46	00:28:31	00:30:52
69	Ling K Betty	Chan	832	Female	Orpington Road Runners	<b>05:34:05</b>	00:23:50	00:25:02	00:25:08	00:26:08	00:26:08	00:28:24	00:28:57	00:30:10	00:29:17	00:30:15	00:29:26	00:31:02
70	Carol Ann	Plater	851	Female	100 Marathon club	<b>05:34:06</b>	00:23:51	00:25:01	00:25:08	00:26:07	00:26:13	00:28:30	00:28:55	00:30:04	00:29:18	00:30:20	00:29:33	00:30:48
71	Chris	King	817	Male		<b>05:46:40</b>	00:19:43	00:21:47	00:24:27	00:25:25	00:26:08	00:29:01	00:30:19	00:31:05	00:33:20	00:35:56	00:34:58	00:34:16
72	Adam	Scott	819	Male		<b>05:50:54</b>	00:21:08	00:21:52	00:22:36	00:26:28	00:29:51	00:29:04	00:31:01	00:31:57	00:34:58	00:32:54	00:34:27	00:34:16
73	Malcolm	Brookes	864	Male	Wye Valley Runners	<b>05:53:55</b>	00:24:57	00:24:24	00:24:09	00:23:34	00:25:30	00:25:32	00:30:25	00:33:02	00:34:54	00:35:32	00:35:52	00:35:56
74	Andrew	Burgess	897	Male	Maidstone Harriers	<b>05:55:13</b>	00:22:17	00:22:22	00:23:06	00:23:36	00:26:09	00:31:25	00:32:31	00:35:13	00:34:55	00:35:34	00:34:29	00:33:11
75	David	Davidson	899	Male		<b>05:56:29</b>	00:28:03	00:25:25	00:25:25	00:26:21	00:27:09	00:29:42	00:29:38	00:31:13	00:32:31	00:33:10	00:34:25	00:33:08
76	Vanessa	Brewster	818	Female	100 marathon club	<b>06:15:15</b>	00:28:07	00:27:09	00:28:04	00:28:28	00:29:49	00:30:42	00:31:14	00:31:26	00:33:25	00:34:33	00:35:49	00:36:09