1 2 3 4 5 6	1 2 2 2 4 4	1	Mark Lawes Robin Brookes Richard Newman Elspeth Knott Paul Kerrison Andre Bessant	Tiptree Harwich Runners Harwich Runners Harwich Runners Harwich Runners Harwich Runners	M M M F M	6 9 10 11 12 13	01:42:16 01:53:27 01:53:27 01:53:27 01:53:27 02:33:17 02:33:17
3 4 5	2	1	Richard Newman Elspeth Knott Paul Kerrison	Harwich Runners Harwich Runners Harwich Runners	M F M	10 11 12	01:53:27 01:53:27 02:33:17
<u>4</u> 5	4	1	Elspeth Knott Paul Kerrison	Harwich Runners Harwich Runners	F M	11 12	01:53:27 02:33:17
5		1	Paul Kerrison	Harwich Runners	М	12	02:33:17
6	4		Andre Bessant	Harwich Runners	M	13	02:33:17

Race 2	7 km						
Overall Position	Men's Position	Women's Position	Name	Club	M/F	Runner Number	Run Time
1	1		Allen Smalls	CHAC	М	7	00:59:54
2		1	Fay Smalls	CHAC	F	8	00:59:54
3	2		David Game	Mid Essex	M	1	01:10:48