

Race 1 Name

	14km				
Overall Position	Name	Club	M/F	Runner Number	Run Time
1	Mike Barstow	Harwich Runners	M	7	02:00:44
2	Elsbeth Knott	Harwich Runners	F	6	02:01:26
3	Tony Anderson	Harwich Runners	M	8	02:01:26
4	Robin Brookes	Harwich Runners	M	2	03:14:48
5	Matt Doran	Harwich Runners	M	4	03:14:48

Race 2 Name

	7km				
Overall Position	Name	Club	M/F	Runner Number	Run Time
1	Melanie Moore	Colchester Harriers	F	1	1:00:12
2	Tricia Stacey	Gt Bentley	F	3	1:00:12
3	Tonie Wilson	Gt Bentley	F	5	1:00:12