

**Event 3K**

| Pos | Race No. | Name                    | Time     | Category  | Cat Pos | Second Cat |
|-----|----------|-------------------------|----------|-----------|---------|------------|
| 76  | 28       | Marisa Jarman-Hall      | 00:53:53 | 13 yrs    | 1       | Essex      |
| 11  | 6        | William Cornwell        | 00:41:05 | 14 yrs    | 4       | Essex      |
| 13  | 18       | Adam Thompson           | 00:41:37 | 14 yrs    | 5       | Essex      |
| 24  | 38       | Sydney Lewis            | 00:43:19 | 14 yrs    | 6       | Essex      |
| 27  | 2        | Eoghan Bilham           | 00:43:32 | 14 yrs    | 10      | Essex      |
| 34  | 29       | Zara Belnikoff          | 00:45:13 | 14 yrs    | 9       | Essex      |
| 51  | 35       | Lilly Franks            | 00:47:05 | 14 yrs    | 12      | Essex      |
| 68  | 8        | Ethan Hammond           | 00:50:40 | 14 yrs    | 15      | Essex      |
| 69  | 31       | Beatrix Castleton-Cooke | 00:50:43 | 14 yrs    | 15      | Essex      |
| 4   | 201      | Byron Miller            | 00:39:39 | 15 yrs    | 2       | Essex      |
| 18  | 25       | Fox O'hart              | 00:42:06 | 15 yrs    | 4       | Essex      |
| 30  | 55       | Poppy Tilley            | 00:44:04 | 15 yrs    | 5       | Essex      |
| 36  | 52       | Anna Regan              | 00:45:20 | 15 yrs    | 6       | Essex      |
| 39  | 24       | Fisher Lynch            | 00:46:08 | 15 yrs    | 6       | Essex      |
| 57  | 50       | Alyssia Howard          | 00:48:23 | 15 yrs    | 10      | Essex      |
| 59  | 57       | Sebastian Marchant      | 00:48:31 | 16 yrs    | 1       | Essex      |
| 75  | 74       | Matilda Stacey          | 00:53:25 | 16 yrs    | 2       | Essex      |
| 61  | 58       | Enrique Herbert-Moreno  | 00:48:48 | 17-19 yrs | 2       | Essex      |
| 67  | 76       | Daisy Turp-Daws         | 00:50:38 | 17-19 yrs | 3       | Essex      |
| 72  | 60       | George Stacey           | 00:53:01 | 17-19 yrs | 3       | Essex      |
| 82  | 59       | Jacob Dessoy            | 00:54:37 | 17-19 yrs | 4       | Essex      |
| 48  | 78       | Emily Tatam             | 00:46:45 | 20-24 yrs | 1       | Essex      |
| 73  | 84       | Rebekah Mckinley        | 00:53:17 | 35-39 yrs | 2       | Essex      |
| 79  | 82       | Nicola Frith            | 00:54:20 | 35-39 yrs | 3       | Essex      |
| 83  | 64       | Jamie Tape              | 00:54:48 | 40-44 yrs | 2       | Essex      |
| 44  | 209      | Lizzie Long             | 00:46:26 | 45-49 yrs | 1       | Essex      |
| 66  | 86       | Beverley Jarman-Hall    | 00:50:34 | 45-49 yrs | 3       | Essex      |
| 89  | 88       | Sarah Boxall            | 01:03:36 | 45-49 yrs | 4       | Essex      |
| 91  | 89       | Louise Hammond          | 01:08:48 | 45-49 yrs | 5       | Essex      |
| 88  | 90       | Sandra O'connor         | 01:02:21 | 50-54 yrs | 1       | Essex      |
| 33  | 210      | Heidi Nevin             | 00:44:51 | 55-59 yrs | 1       | Essex      |
|     | 21       | Kieran Bearman          | DNS      | 15 yrs    |         | Essex      |
|     | 49       | Freya Hill              | DNS      | 15 yrs    |         | Essex      |
|     | 72       | Emogene Kent-Jackson    | DNS      | 16 yrs    |         | Essex      |
|     | 93       | Catherine Sutcliffe     | DNS      | 60-64 yrs |         | Essex      |
|     | 26       | Jarad Rowe              | DQ       | 15 yrs    |         | Essex      |

| Gender | Gen Pos | Club         | Second Cat | Region |
|--------|---------|--------------|------------|--------|
| Female | 43      | Rochford     | 15         | East   |
| Open   | 9       | Rochford     | 2          | East   |
| Open   | 10      | Thurrock     | 3          | East   |
| Female | 9       | Colchester   | 1          | East   |
| Open   | 16      | Thurrock     | 5          | East   |
| Female | 15      | Epping For't | 4          | East   |
| Female | 27      | Thurrock     | 8          | East   |
| Open   | 31      | Bo           | 9          | East   |
| Female | 38      | Brentwood    | 12         | East   |
| Open   | 4       | Colchester   | 1          | East   |
| Open   | 14      | Bo           | 4          | East   |
| Female | 13      | Harwich DP   | 2          | East   |
| Female | 17      | Bo           | 5          | East   |
| Open   | 21      | Rochford     | 6          | East   |
| Female | 31      | Halstead     | 9          | East   |
| Open   | 27      | Bo           | 7          | East   |
| Female | 42      | Bo           | 14         | East   |
| Open   | 28      | Runnymede    | 8          | East   |
| Female | 37      | Halstead     | 11         | East   |
| Open   | 32      | Bo           | 10         | East   |
| Open   | 35      | Thurrock     | 11         | East   |
| Female | 24      | Basildon Ph  | 7          | East   |
| Female | 41      | Bo           | 13         | East   |
| Female | 46      | Runnymede    | 16         | East   |
| Open   | 36      | Bo           | 12         | East   |
| Female | 22      | Rochford     | 6          | East   |
| Female | 36      | Rochford     | 10         | East   |
| Female | 50      | Runnymede    | 18         | East   |
| Female | 51      | Bo           | 19         | East   |
| Female | 49      | Runnymede    | 17         | East   |
| Female | 14      | Rochford     | 3          | East   |
| Open   |         | Dunmowatl    |            | East   |
| Female |         | New Hall     |            | East   |
| Female |         | Halstead     |            | East   |
| Female |         | Runnymede    |            | East   |
| Open   |         | Colchester   |            | East   |