

**Essex 10k**

|                |       |
|----------------|-------|
| Martin Howlett | 44.29 |
| Adam Poulton   | 45.13 |
| John Sweeney   | 45.16 |
| James Austin   | 50.42 |
| Gareth Smith   | 54.12 |
| Ian Walker     | 54.27 |