

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
81	1	PICKERING	SHAUN	Male	BRAINTREE & DISTRICT AC	00:53:15	00:53:15	1
155	2	NEWTON	MARK	Male	SPRINGFIELD STRIDERS	00:55:16	00:55:15	5
423	3	SMALLS	ALLEN	Male	COLCHESTER HARRIERS AC	00:55:19	00:53:46	2
702	4	SABIN	ASHLEY	Male	LEICESTER CORITANIANS	00:55:43	00:54:14	3
434	5	MUIR	MALCOLM	Male	ILFORD ATHLETIC CLUB	00:56:44	00:55:03	4
333	6	DOBSON	PAUL	Male	SPRINGFIELD STRIDERS	00:57:10	00:57:08	8
765	7	ALLEN	GAVIN	Male		00:57:12	00:57:11	9
44	8	BUTLER	DAVID	Male	BILLERICAY STRIDERS	00:57:28	00:55:53	6
688	9	RAND	STEVEN	Male	HAVERING MAYESBROOK	00:57:58	00:57:56	11
403	10	WOODMAN	MATTHEW	Male	ORION HARRIERS	00:58:19	00:56:46	7
785	11	MACGOWN	NEIL	Male		00:58:54	00:58:53	12
539	12	PETTIT	STEPHEN	Male	ELY RUNNERS	00:59:12	00:59:11	14
799	13	JOPSIN	ANDY	Male		00:59:23	00:59:21	15
352	14	MINGAY	PAUL	Male	TIPTREE ROAD RUNNERS	00:59:27	00:59:25	16
61	15	HART	SIMON	Male	HAVERING MAYESBROOK AC	00:59:30	00:57:54	10
443	16	WRIGHT	ANDREW	Male	SPRINGFIELD STRIDERS	00:59:50	00:59:47	17
321	17	CHANDLER	GARY	Male	SPRINGFIELD STRIDERS	01:00:06	01:00:04	19
66	18	MARTIN	LEE	Male	SPRINGFIELD STRIDERS	01:00:27	01:00:25	20
693	19	CAVELL	GARETH	Male	WOODFORD GREEN	01:00:39	00:59:05	13
232	20	BURGOYNE	CHRIS	Male	SPRINGFIELD STRIDERS	01:00:55	01:00:53	21
712	21	KNIGHT	ROBERT	Male	COLLINGWOOD AC	01:00:58	01:00:55	22
689	22	PUTT	STUART	Male	SPRINGFIELD STRIDERS	01:01:00	01:00:57	23
70	23	HEWES	STEPHEN	Male		01:01:04	01:01:03	24
361	24	DALTON	BARRY	Male		01:01:06	01:01:04	25
269	25	SWAN	KURTIS	Male	BILLERICAY STRIDERS	01:01:22	01:01:21	26
200	26	WRIGHT	JAMES	Male	SPRINGFIELD STRIDERS	01:01:31	01:01:29	27
713	27	NEWELL	KEVIN	Male	ILFORD ATHLETIC CLUB	01:01:34	00:59:52	18
382	28	LE MARE	SIMON	Male	SOUTHEND AC	01:01:47	01:01:47	29
384	29	DRYDEN	SCOTT	Male		01:01:48	01:01:46	28
377	30	WEST	PETER	Male	COLCHESTER HARRIERS AC	01:01:54	01:01:53	30
798	31	WOOD	DAVID	Male		01:02:12	01:02:05	31
420	32	APPLETON	DEBORAH	Female	HAVERING MAYESBROOK AC	01:02:13	01:02:09	32
272	33	CRISP	NEIL	Male	ILFORD ATHLETIC CLUB	01:02:26	01:02:25	33
717	34	SHARP	RUSS	Male	GREAT BENTLEY R C	01:02:30	01:02:25	34
312	35	WARLEY	ANDREW	Male		01:02:43	01:02:41	35
588	36	KNOWLES	MATTHEW	Male	HARWICH RUNNERS	01:03:15	01:03:14	36
528	37	NEUGEBAUER	JAMES	Male	SPRINGFIELD STRIDERS	01:03:17	01:03:15	37
551	38	JOHNSON	DAVID	Male	THURROCK HARRIERS	01:03:23	01:03:22	38
195	39	SWINBURNE	NIGEL	Male	DAGENHAM 88 RUNNERS	01:03:39	01:03:38	39
153	40	CARDY	IAN	Male	SPRINGFIELD STRIDERS	01:03:47	01:03:44	40
397	41	BURROUGHS	BILLIE	Male	BENFLEET RC	01:03:53	01:03:51	41
783	42	CAMMACK	TOM	Male		01:03:55	01:03:52	42
715	43	MCGILL	KEIRON	Male	BENFLEET RUNNING CLUB	01:03:59	01:03:56	43
711	44	RENPHREY	TOM	Male	PURPLE PATCH	01:04:16	01:04:08	44
127	45	RANKIN	NICK	Male	BENFLEET RC	01:04:17	01:04:13	45
772	46	STUART	PRESTNEY	Male		01:04:29	01:04:26	46
346	47	HORSBURGH	CRAIG	Male	ORION HARRIERS	01:04:29	01:04:27	47
582	48	MILLS	ROB	Male	SPRINGFIELD STRIDERS	01:04:36	01:04:33	48
244	49	SWINDELL	TRACY	Female	THURROCK HARRIERS	01:04:37	01:04:34	49
309	50	WINDSOR	MARTIN	Male		01:04:41	01:04:36	50
242	51	BYFORD	JON	Male	SPRINGFIELD STRIDERS	01:04:55	01:04:50	51
314	52	SPALL	JONATHAN	Male		01:05:01	01:04:57	52
789	53	ROPER	NICK	Male		01:05:01	01:04:58	53
413	54	JEPHCOTT	JAMIE	Male	HARLOW RUNNING CLUB	01:05:12	01:05:10	54
370	55	BONHAM	RICHARD	Male	CASTLE POINT JOGGERS	01:05:16	01:05:12	55
171	56	WOODWARD	MICHAEL	Male	PITSEA RC	01:05:24	01:05:20	56
243	57	SKELTON	JAMES	Male		01:05:28	01:05:25	57
336	58	MCLEAN	DAVID	Male	WINDLE VALLEY RUNNERS	01:05:28	01:05:26	58
13	59	PORTER	MARK	Male		01:05:38	01:05:35	59
668	60	BROCKBANK	NIKKI	Female	SPRINGFIELD STRIDERS	01:05:42	01:05:39	60
409	61	BOYER	ROSS	Male	BRAINTREE & DISTRICT AC	01:05:49	01:05:47	61
425	62	RENDA	JUSTIN	Male	THURROCK HARRIERS	01:06:00	01:05:59	62
460	63	BROCK	DAVE	Male	ORION HARRIERS	01:06:17	01:06:16	64
661	64	JACKSON	SAM	Male	HAVERING MAYESBROOK AC	01:06:18	01:06:12	63
524	65	MORGAN	SIMON	Male	TIPTREE ROAD RUNNERS	01:06:24	01:06:22	65
38	66	BEECH	CRAIG	Male		01:06:26	01:06:22	66
119	67	SOUTHGATE	OLIVER	Male	CHALKWELL REDCAPS	01:06:29	01:06:25	67
768	68	WOOD	TERRY	Male		01:06:30	01:06:29	68
290	69	KING	WENDY	Female	CHELMSFORD AC	01:06:37	01:06:33	69
509	70	FREEMAN	PAUL	Male	MVP ALLSTARS	01:06:41	01:06:36	70

Race		Runner			Club/Team	Gun Time	Chip	
Bib	Position	Surname	First Name	Gender			Time	Position
101	71	WHISTON	ARTHUR	Male	COLCHESTER HARRIERS AC	01:06:51	01:06:49	71
584	72	LOWNDES	JAMES	Male	BARKING ROAD RUNNERS	01:07:04	01:07:02	72
510	73	BURGESS	PAUL	Male		01:07:15	01:07:10	74
583	74	MILES	LLOYD	Male		01:07:16	01:07:09	73
769	75	BROWN	BRADLEY	Male		01:07:29	01:07:27	75
751	76	BURNS	JAMES	Male		01:07:32	01:07:28	76
762	77	BAGLIN	CLAIRE	Female		01:07:38	01:07:36	77
49	78	WALLEN	TONY	Male	WITHAM RC	01:07:42	01:07:39	78
445	79	STUKAS	PAUL	Male	SPRINGFIELD STRIDERS	01:07:45	01:07:42	79
628	80	RILEY	PETE	Male	WITHAM RC	01:07:47	01:07:42	80
455	81	JOHNSON	CHRISTOPHER	Male		01:07:49	01:07:46	81
774	82	ADKINS	PETER-DAVID	Male		01:07:52	01:07:50	82
165	83	DALDORPH	BRIAN	Male	IN HIS FOOTSTEPS	01:07:55	01:07:51	83
322	84	HAMILTON	DAVID	Male		01:07:56	01:07:53	84
448	85	RUSSELL	ROBERT	Male	THURROCK HARRIERS	01:08:02	01:07:57	85
704	86	SHAH	ASHWIN	Male	GRANGE FARM DUNMOW RUNNERS	01:08:19	01:08:11	86
432	87	DAWSON	GAIL	Female	BASILDON AC	01:08:25	01:08:21	87
337	88	DEAN	JAMES	Male		01:08:28	01:08:26	88
586	89	GOULD	JOHN	Male	BENFLEET RC	01:08:43	01:08:37	89
706	90	ELLIS	STEWART	Male	BRAINTREE & DISTRICT AC	01:08:48	01:08:44	90
227	91	PAGE	MARTIN	Male	BARKING ROAD RUNNERS	01:08:52	01:08:48	91
449	92	NICHOLLS	CRAIG	Male	THRIFT GREEN TROTTERS	01:09:02	01:08:59	92
102	93	UNDERDOWN	MARC	Male	WITHAM RC	01:09:08	01:09:05	93
349	94	BURGESS	LEE	Male		01:09:13	01:09:07	95
602	95	LINE	STEPHEN	Male	BENFLEET RC	01:09:13	01:09:05	94
651	96	COLE	LEO	Male	WITHAM RC	01:09:13	01:09:11	97
556	97	SNOWDON	CHRISTOPHER	Male	SPRINGFIELD STRIDERS	01:09:14	01:09:11	98
718	98	SPRINGHAM	JAMES	Male		01:09:16	01:09:08	96
721	99	PEMBROKE	LEE	Male	WITHAM RC	01:09:24	01:09:21	99
356	100	GOVENDER	VAL	Male	SPRINGFIELD STRIDERS	01:09:31	01:09:24	100
293	101	HOOK	DAVID	Male	CITY OF NORWICH AC	01:09:36	01:09:28	101
570	102	NOBLE	TONI	Female	THURROCK HARRIERS	01:09:37	01:09:33	102
12	103	HALLS	FIONA	Female	SAFFRON STRIDERS	01:09:37	01:09:37	103
725	104	PRITCHARD	CAROLINE	Female	CAMBRIDGE & COLERIDGE	01:09:42	01:09:37	104
294	105	ALMOND	LORNA	Female	BILLERICAY STRIDERS	01:09:42	01:09:40	105
19	106	QUAYE	MIKE	Male		01:09:59	01:09:55	106
110	107	FLUTTER	RICHARD	Male	HARWICH RUNNERS	01:10:00	01:09:58	107
253	108	HOLLINGTON	ALI	Female		01:10:01	01:09:59	108
394	109	ALSTON	RICHARD	Male		01:10:05	01:09:59	109
534	110	MANGHAM	RICHARD	Male	LEIGH ON SEA STRIDERS	01:10:05	01:10:01	110
140	111	COOPER	PHILIP	Male	THRIFT GREEN TROTTERS	01:10:10	01:10:06	111
198	112	TUCK	CAROLINE	Female	DAGENHAM 88 RUNNERS	01:10:11	01:10:06	112
609	113	MONTE	ALAN	Male	SOUTHEND AC	01:10:12	01:10:09	113
304	114	MILLER	DAVID	Male	BENFLEET RC	01:10:21	01:10:14	114
203	115	FARMER	IAN	Male		01:10:21	01:10:18	116
461	116	THOMSON	SALLY	Female	THRIFT GREEN TROTTERS	01:10:22	01:10:19	117
332	117	GOWERS	MARK	Male		01:10:24	01:10:14	115
65	118	BRIDGES	PAUL	Male	SPRINGFIELD STRIDERS	01:10:26	01:10:20	118
601	119	CERNY	MICHAEL	Male	BENFLEET RC	01:10:28	01:10:24	119
787	120	COGGINS	NEIL	Male		01:10:40	01:10:35	120
285	121	NEALE	LUCY	Female	SPRINGFIELD STRIDERS	01:10:44	01:10:39	121
566	122	MATTHEWS	ADAM	Male	BENFLEET RC	01:10:47	01:10:40	122
592	123	HOWARD	CHRISTINE	Female	BILLERICAY STRIDERS	01:10:53	01:10:47	123
703	124	EPPS	TERRY	Male	WYMONDHAM	01:11:08	01:11:06	126
396	125	DODDS	VANESSA	Female	BENFLEET RC	01:11:08	01:11:00	124
318	126	GALLAGHER	RICHARD	Male	SPRINGFIELD STRIDERS	01:11:09	01:11:01	125
596	127	REILLY	STUART	Male	SPRINGFIELD STRIDERS	01:11:18	01:11:11	127
363	128	WALTON	DAVE	Male	SPRINGFIELD STRIDERS	01:11:26	01:11:19	129
59	129	STOKES	WAYNE	Male	BOB'S RUNNERS	01:11:30	01:11:23	130
487	130	CLARKE	PHILL	Male	TIPTREE ROAD RUNNERS	01:11:31	01:11:11	128
187	131	MERRILL	MICHAEL	Male	SPRINGFIELD STRIDERS	01:11:41	01:11:33	131
682	132	DUNN	MATTHEW	Male		01:11:55	01:11:48	132
662	133	SKINNER	EDWARD	Male	TIPTREE ROAD RUNNERS	01:11:58	01:11:53	133
300	134	BARNES	STEVE	Male		01:12:04	01:11:56	134
136	135	TENNANT	JOHN	Male	HARLOW RUNNING CLUB	01:12:18	01:12:16	136
245	136	NOONAN	TERRY	Male	PITSEA RC	01:12:19	01:12:15	135
6	137	CHADWICK	PAUL	Male		01:12:31	01:12:26	137
234	138	MONK	SAMANTHA	Female	DAGENHAM 88 RUNNERS	01:12:33	01:12:29	139
752	139	RIBET	MARK	Male		01:12:38	01:12:26	138
591	140	COULSON	MYLES	Male	BRAINTREE & DISTRICT AC	01:12:41	01:12:29	140

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
567	141	ASH	RICHARD	Male	BARKING ROAD RUNNERS	01:12:44	01:12:35	141
525	142	CAULFIELD	MICHELLE	Female	BRAINTREE & DISTRICT AC	01:12:47	01:12:43	143
379	143	HAILE	GORDON	Male		01:12:56	01:12:48	144
446	144	YAXLEY	DARREN	Male		01:12:57	01:12:54	147
276	145	GILL	SARAH	Female	SPRINGFIELD STRIDERS	01:12:57	01:12:41	142
93	146	MCDONNELL	CHRIS	Male	HAVERING 90 JOGGERS	01:12:59	01:12:50	145
345	147	BEAZELEY	CHRIS	Male	SPRINGFIELD STRIDERS	01:13:00	01:12:50	146
353	148	SARGENT	ROB	Male	DAGENHAM 88 RUNNERS	01:13:00	01:12:57	148
48	149	WALLEN	BRIGID	Female	WITHAM RC	01:13:07	01:13:04	149
120	150	CHAPMAN	KIERON	Male	BARKING ROAD RUNNERS	01:13:13	01:13:05	150
399	151	COWAN	ALAN	Male	ISTEAD & IFIELD HARRIERS	01:13:21	01:13:13	151
553	152	CHUBB	PETER	Male	SPRINGFIELD STRIDERS	01:13:32	01:13:15	152
673	153	WILSON	PETER	Male	BOB'S RUNNERS	01:13:35	01:13:33	155
63	154	MOON	GRAEME	Male	TIPTREE ROAD RUNNERS	01:13:37	01:13:21	153
745	155	THOMAS	MICHAEL	Male		01:13:40	01:13:39	157
157	156	YOUNG	SHAUN	Male		01:13:42	01:13:31	154
9	157	MORRIS	VAUGHAN	Male		01:13:43	01:13:36	156
177	158	BUCKLEY	MARK	Male		01:13:52	01:13:41	158
557	159	PAYNE	KEVIN	Male	MID ESSEX CASUALS	01:14:01	01:13:51	160
738	160	JAMES	PETER	Male		01:14:04	01:13:44	159
587	161	CARTER	BARRY	Male		01:14:08	01:13:59	161
287	162	NORTH	NICK	Male		01:14:09	01:14:06	162
641	163	JEFFERY	SARAH	Female	SOUTHEND AC	01:14:16	01:14:12	165
347	164	FRANCIS	DEBRA	Female	BENFLEET RC	01:14:20	01:14:11	164
518	165	BEASANT	JULIE	Female		01:14:23	01:14:07	163
488	166	COOK	SIOBHAN	Female	SPRINGFIELD STRIDERS	01:14:27	01:14:15	166
590	167	WALKER	KEITH	Male	BILLERICAY STRIDERS	01:14:29	01:14:23	167
271	168	CRISP	DIANNE	Female	ILFORD ATHLETIC CLUB	01:14:34	01:14:30	170
252	169	MIDDLEDITCH	RICHARD	Male		01:14:34	01:14:24	168
142	170	HARRINGTON	TRACEY	Female	TIPTREE ROAD RUNNERS	01:14:43	01:14:26	169
507	171	KEEBLE	MARK	Male	LEIGH ON SEA STRIDERS	01:14:45	01:14:41	174
654	172	HAGON	PHILIP	Male		01:14:46	01:14:40	173
189	173	HUNT	STEVE	Male	HADLEIGH HARES	01:14:49	01:14:43	176
527	174	BROCKINTON	TIM	Male	SPRINGFIELD STRIDERS	01:14:51	01:14:39	172
636	175	BARRETT	DAMIAN	Male		01:14:51	01:14:45	178
86	176	EVANS	CHRIS	Male		01:14:51	01:14:42	175
471	177	BROCKINTON	MATTHEW	Male		01:14:52	01:14:36	171
779	178	HARPER	COLIN	Male		01:14:53	01:14:43	177
406	179	WHEATLEY	JOHN	Male	COLCHESTER HARRIERS AC	01:14:53	01:14:51	183
265	180	REDDISH	MORGAN	Male	BENFLEET RC	01:14:55	01:14:47	179
552	181	JOHNSON	BERNARD	Male	THURROCK HARRIERS	01:14:56	01:14:48	180
209	182	WYATT	JONATHAN	Male		01:14:57	01:14:50	182
109	183	HAYES	ALEXANDER	Male	BOB'S RUNNERS	01:15:06	01:14:59	186
538	184	BOOKER	RICHARD	Male		01:15:11	01:14:48	181
701	185	ROBERTSON	MARK	Male		01:15:12	01:15:02	187
315	186	GIDDINGS	CHLOE	Female	SPRINGFIELD STRIDERS	01:15:13	01:14:57	185
757	187	ASHE	ZOE	Female		01:15:22	01:15:18	188
453	188	CHORLEY	MATT	Male		01:15:24	01:14:55	184
317	189	PATTERSON	DAVID	Male		01:15:31	01:15:20	189
279	190	CLARK	DARREN	Male		01:15:33	01:15:22	191
14	191	DAVEY	ARREN	Male		01:15:34	01:15:21	190
278	192	CLARK	SHAWN	Male		01:15:37	01:15:26	192
667	193	HALE	BRYAN	Male		01:15:37	01:15:27	193
490	194	EWENS	ESTELLE	Female	THRIFT GREEN TROTTERS	01:15:38	01:15:33	196
103	195	MATHERS	VANESSA	Female	SOUTHEND AC	01:15:39	01:15:30	194
581	196	MILLER	SIMON	Male	SPRINGFIELD STRIDERS	01:15:40	01:15:30	195
125	197	PAXMAN	RICHARD	Male	SPRINGFIELD STRIDERS	01:15:53	01:15:44	197
283	198	PLYE	NICOLA	Female	SPRINGFIELD STRIDERS	01:15:56	01:15:51	199
637	199	POTTINGER	ALISTAIR	Male		01:16:00	01:15:45	198
447	200	THORN	BARRY	Male		01:16:04	01:15:52	200
24	201	WILLIAMS	MARK	Male	WITHAM RC	01:16:05	01:15:52	201
67	202	TANNER	LYNN	Female	SPRINGFIELD STRIDERS	01:16:07	01:16:02	202
167	203	GIBBS	GEOFF	Male		01:16:16	01:16:10	203
168	204	CONNELL	DERMOT	Male		01:16:20	01:16:14	206
549	205	GALEA	TONY	Male	HAVERING 90 JOGGERS	01:16:22	01:16:13	205
364	206	SCOTT	DAVID	Male		01:16:22	01:16:14	207
221	207	MANSELL	NEIL	Male		01:16:27	01:16:11	204
297	208	JEARY	MARK	Male	WITHAM RC	01:16:30	01:16:16	208
724	209	CONINGTON	CHAD	Male		01:16:40	01:16:34	209
640	210	PEACOCK	VICTORIA	Female	THURROCK HARRIERS	01:16:48	01:16:43	211

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
642	211	REEVE	GLEN	Male	TIPTREE ROAD RUNNERS	01:16:51	01:16:45	212
251	212	CAVE	ALEXANDER	Male		01:16:53	01:16:42	210
561	213	SPOONER	FAYE	Female	BARKING ROAD RUNNERS	01:17:01	01:16:54	213
341	214	WESTCOTT	RICHARD	Male	SOUTH MOLTON STRUGGLERS	01:17:11	01:16:59	214
565	215	ROGERS	YVETTE	Female	SPRINGFIELD STRIDERS	01:17:13	01:17:03	217
134	216	SHEFFIELD	JOSEPHINE	Female	BRAINTREE & DISTRICT AC	01:17:14	01:17:01	215
319	217	KETTLE	MATT	Male		01:17:15	01:17:01	216
248	218	MOULTON	CHRISTOPHER	Male		01:17:17	01:17:04	218
97	219	MILLS	NICK	Male		01:17:18	01:17:07	219
441	220	HAZELL	WAYNE	Male	WITHAM RC	01:17:24	01:17:10	221
512	221	MORLEY	STEWART	Male	BENFLEET RC	01:17:29	01:17:07	220
45	222	DESOUZA	BOSCO	Male	PITSEA RC	01:17:30	01:17:14	222
723	223	MONTGOMERY	JAMES	Male	WITHAM RC	01:17:32	01:17:18	223
5	224	HUMPHRIES	DUNCAN	Male		01:17:35	01:17:21	224
707	225	HALE	JAMES	Male		01:17:36	01:17:25	226
112	226	ELGAR	JANET	Female	BILLERICAY STRIDERS	01:17:40	01:17:23	225
692	227	MCALLISTER	WAYNE	Male	BARKING ROAD RUNNERS	01:17:47	01:17:33	229
653	228	ARCHER	KEITH	Male	BOB'S RUNNERS	01:17:48	01:17:40	230
393	229	SULLIVAN	JOANNE	Female	HAVERING MAYESBROOK AC	01:17:49	01:17:27	227
419	230	APPLETON	RUSS	Male		01:17:49	01:17:27	228
755	231	COLLINS	MATTHEW	Male		01:17:55	01:17:45	232
424	232	SIBLEY	TREVOR	Male	BRAINTREE & DISTRICT AC	01:17:56	01:17:44	231
771	233	EMEAGI	JOE	Male		01:17:57	01:17:50	238
719	234	HARRINGTON	JOHN	Male		01:17:57	01:17:46	233
264	235	GRABOWSKI	SARAH	Female	BENFLEET RC	01:17:58	01:17:50	239
42	236	KINNEY	ANDY	Male	HARLOW RUNNING CLUB	01:17:58	01:17:56	242
585	237	FOGG	MARK	Male		01:18:01	01:17:51	240
15	238	MILLER	GRAHAM	Male		01:18:02	01:17:49	237
646	239	FENTON	JEFF	Male	HAVERING 90 JOGGERS	01:18:02	01:17:47	234
311	240	QUINN	ANDREW	Male		01:18:05	01:17:47	235
659	241	TURNER	ANDREW	Male		01:18:05	01:17:47	236
107	242	TRACEY	JOHN	Male	PITSEA RC	01:18:07	01:18:01	244
422	243	STEPHENSON	CLIVE	Male	EAST LONDON TRI	01:18:09	01:17:52	241
540	244	THOMSON	ROBERT	Male		01:18:11	01:17:57	243
497	245	DENNIS	MALCOLM	Male	DAGENHAM 88 RUNNERS	01:18:13	01:18:06	245
210	246	COOPER	VICKY	Female	BARKING ROAD RUNNERS	01:18:16	01:18:09	246
123	247	BRETT	STUART	Male		01:18:21	01:18:11	247
599	248	GILLARD	COLIN	Male		01:18:26	01:18:15	248
268	249	WEAVER	ABBAY	Female		01:18:29	01:18:24	251
606	250	FUENTE	FERNANDO	Male	HAVERING 90 JOGGERS	01:18:29	01:18:19	249
374	251	PITT	MARK	Male		01:18:35	01:18:26	253
96	252	KNIGHT	VICKY	Female	TIPTREE ROAD RUNNERS	01:18:38	01:18:20	250
381	253	McEVOY	SEA	Male		01:18:39	01:18:25	252
611	254	BROWN	JON	Male	SOUTHEND AC	01:18:41	01:18:26	254
178	255	KINSMAN	PHIL	Male		01:18:46	01:18:34	256
324	256	HENDERSON	ANGUS	Male		01:18:48	01:18:30	255
184	257	GREEN	DANIEL	Male		01:18:54	01:18:45	259
202	258	BATEMAN	HELEN	Female	SPRINGFIELD STRIDERS	01:18:56	01:18:41	257
230	259	BALL	ANTHONY	Male		01:18:56	01:18:41	258
176	260	RULE	RICHARD	Male	SPRINGFIELD STRIDERS	01:18:57	01:18:45	260
664	261	PENNACK	PHILIP	Male		01:18:59	01:18:50	263
241	262	WOOLLETT	NICK	Male		01:18:59	01:18:48	262
229	263	MORGAN	DAVID	Male	BILLERICAY STRIDERS	01:19:01	01:18:55	266
802	264	SCEATS	JULIA	Female		01:19:02	01:18:46	261
672	265	ROLERKITE	LINDSAY	Female	BRAINTREE & DISTRICT AC	01:19:04	01:18:59	267
629	266	CHAMBERS	MARK	Male		01:19:08	01:18:54	265
239	267	GIBBONS	PETE	Male		01:19:16	01:18:51	264
614	268	HAGGER	MARK	Male		01:19:23	01:19:16	270
367	269	BELL	MICHAEL	Male		01:19:25	01:19:14	269
786	270	BRADLEY	ANDY	Male		01:19:26	01:19:19	272
410	271	PAGE	CARL	Male		01:19:33	01:19:10	268
114	272	PANTING	MELANIE	Female	SOUTHEND AC	01:19:34	01:19:25	274
676	273	ST PIERRE	JAMES	Male		01:19:39	01:19:23	273
111	274	GRANDISON	JULIAN	Male	THRIFT GREEN TROTTERS	01:19:43	01:19:34	277
62	275	GRENVILLE	MARK	Male		01:19:44	01:19:31	275
215	276	SUMNER	ROBERT	Male		01:19:47	01:19:17	271
372	277	TIMBRELL	JODIE	Female	THRIFT GREEN TROTTERS	01:19:48	01:19:44	283
169	278	BARTRAM	COLIN	Male		01:19:49	01:19:33	276
224	279	RIGLIN	MIKE	Male		01:19:53	01:19:39	281
494	280	PRESTON2	IAN2	Male		01:19:53	01:19:37	279

Race		Runner			Chip			
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
225	281	URBANSKA	MAGDA	Female		01:19:54	01:19:40	282
373	282	DAWBARN	ANDY	Male	EAST ESSEX TRIATHLON CLUB	01:19:58	01:19:36	278
691	283	HARRIS	JAMES	Male		01:19:59	01:19:37	280
740	284	EMERY	PAUL	Male		01:20:00	01:19:45	285
143	285	ALDRIDGE	WENDY	Female		01:20:02	01:19:49	286
572	286	FARRELL	JODIE	Female	NOMADS	01:20:02	01:19:58	287
320	287	CLARK	DAVE	Male		01:20:05	01:19:44	284
299	288	RIEFFEL	LISA	Female	CASTLE POINT JOGGERS	01:20:12	01:20:03	289
298	289	GOLDSMITH	RICK	Male	CASTLE POINT JOGGERS	01:20:12	01:20:03	290
7	290	TAYLOR	GLEN	Male	SOUTHEND AC	01:20:13	01:20:03	291
438	291	BEECH	STEVE	Male	PITSEA RC	01:20:15	01:20:10	294
301	292	BOOTY	LEE	Male	UNIVERSITY OF EAST ANGLIA AC	01:20:15	01:20:01	288
660	293	BUCKLEY	DAN	Male	BILLERICAY STRIDERS	01:20:20	01:20:05	292
32	294	RUSSELL	ROB	Male		01:20:21	01:20:12	295
530	295	TAYLOR	JANET	Female		01:20:21	01:20:15	296
501	296	ALEXANDER	HELEN	Female	LITTLE BADDOW RIDGE RUNNERS	01:20:24	01:20:06	293
788	297	PIPER	ALASTAIR	Male		01:20:46	01:20:25	297
307	298	NORMANSELL	JOHN	Male	CAMBRIDGE UNIV. PRESS R. C.	01:20:49	01:20:39	298
296	299	HANNIBAL	STEPHEN	Male		01:20:55	01:20:44	299
564	300	DOBBS	PATRICK	Male	THURROCK HARRIERS	01:21:06	01:20:58	300
730	301	PINA JORGE	FERNANDO	Male		01:21:21	01:21:06	301
764	302	HARVEY	STEVEN	Male		01:21:33	01:21:11	302
236	303	FISHER	STEVE	Male	EAST ESSEX TRIATHLON CLUB	01:21:36	01:21:14	303
56	304	STEARNS	MATTHEW	Male		01:21:39	01:21:27	306
231	305	BALL	HELEN	Female		01:21:41	01:21:25	304
181	306	WILLIAMS	GRAHAM	Male	ILFORD ATHLETIC CLUB	01:21:41	01:21:32	308
735	307	ROSS	CHARLES	Male		01:21:47	01:21:27	307
630	308	LUCY	JOE	Male		01:21:48	01:21:25	305
194	309	AKROYD	JENNIFER	Female	DAGENHAM 88 RUNNERS	01:21:50	01:21:43	312
8	310	SOUTHGATE	DAVID	Male	BLACKWATER TRI CLUB	01:21:56	01:21:39	309
781	311	BROWN	CHRIS	Male		01:21:59	01:21:41	311
80	312	HEDGER	PAUL	Male	WITHAM RC	01:22:01	01:21:46	313
246	313	DEACY	AIDAN	Male	WITHAM RC	01:22:10	01:21:39	310
608	314	UNDERWOOD	CHRIS	Male		01:22:12	01:21:56	315
685	315	POTTINGER	MARK	Male		01:22:23	01:22:04	316
31	316	DANIELS	JOHN	Male		01:22:24	01:21:55	314
577	317	MASON	MARTIN	Male	BARKING ROAD RUNNERS	01:22:24	01:22:11	317
201	318	RULE	SAMUEL	Male		01:22:26	01:22:14	318
11	319	LEE	RICKY	Male	BILLERICAY STRIDERS	01:22:31	01:22:15	319
574	320	SHADFORD	EILEEN	Female		01:22:33	01:22:15	320
621	321	GRANTHAM	RAOUL	Male	BRAINTREE & DISTRICT AC	01:22:36	01:22:23	321
190	322	HUNT	STUART	Male	HADLEIGH HARES	01:22:38	01:22:25	322
430	323	DENTON	DAVID	Male	STRIDERS OF CROYDON	01:22:39	01:22:33	323
481	324	LUTTERLOCH	ANDREW	Male	HAVERING 90 JOGGERS	01:22:53	01:22:33	324
618	325	CASEY	HANNAH	Female	SPRINGFIELD STRIDERS	01:23:00	01:22:42	326
145	326	HOLDER	JULIAN	Male	PITSEA RC	01:23:04	01:22:48	328
603	327	WORLEY	LESLIE	Male		01:23:04	01:22:53	330
595	328	COLLOM	ROBERT	Male	BOB'S RUNNERS	01:23:05	01:23:04	335
705	329	KING	CHRIS	Male		01:23:06	01:22:44	327
464	330	ROBERTS	LUKE	Male		01:23:09	01:22:40	325
514	331	HOLMES	LYDIA	Female	MVP ALLSTARS	01:23:10	01:22:56	331
515	332	MORGAN	LEANNE	Female	MVP ALLSTARS	01:23:10	01:22:57	332
634	333	SALTWELL	NICK	Male		01:23:14	01:22:50	329
254	334	MCDONALD	SCOT	Male		01:23:20	01:22:58	333
344	335	KERBY	JULIAN	Male	THRIFT GREEN TROTTERS	01:23:22	01:23:03	334
657	336	CAYLESS	NIGEL	Male		01:23:31	01:23:16	339
28	337	WESTON	PAUL	Male		01:23:31	01:23:14	337
726	338	ENDERS	SHELLEY	Female	WITHAM RC	01:23:32	01:23:18	340
16	339	MANLOVE	LORRAINE	Female		01:23:34	01:23:07	336
563	340	SHELLEY	JENNIFER	Female		01:23:38	01:23:14	338
427	341	HAMILTON	ROBERT	Male	EDMONTON RC	01:23:47	01:23:31	343
205	342	SAVILLE	IAN	Male		01:23:47	01:23:33	344
562	343	HARPER-WARD	MATT	Male	BENFLEET RC	01:23:49	01:23:29	342
469	344	WESTCOTT	SARAH	Female		01:23:50	01:23:43	349
607	345	PEACE	STUART	Male		01:23:52	01:23:36	345
465	346	SCALES	JOHN	Male		01:23:54	01:23:25	341
84	347	OGORMAN	TINA	Female		01:23:58	01:23:49	355
250	348	SILVERTON	ROSS	Male	WITHAM RC	01:24:01	01:23:46	352
698	349	HEMPSTEAD	BARRY	Male	EASTERN VETS A.C.	01:24:02	01:23:48	354
126	350	WEBSTER	FRANCES	Female	BENFLEET RC	01:24:02	01:23:49	356

Race		Runner			Club/Team	Gun Time	Chip	
Bib	Position	Surname	First Name	Gender			Time	Position
392	351	NEILSON	JULIE	Female	SPRINGFIELD STRIDERS	01:24:03	01:23:46	353
578	352	NEALE	MARION	Female		01:24:03	01:23:43	350
133	353	SYKES	ELAINE	Female		01:24:07	01:23:37	347
759	354	WANCZYK	PAWEL	Male		01:24:10	01:23:36	346
186	355	BRAZIER	IAN	Male	SPRINGFIELD STRIDERS	01:24:10	01:23:41	348
475	356	DUTOIT	JOHANN	Male		01:24:15	01:24:01	357
792	357	DIXON	MARTIN	Male		01:24:17	01:23:43	351
499	358	READ	NIKI	Male		01:24:24	01:24:07	358
575	359	GRIBBON	PAUL	Male	EAST ESSEX TRIATHLON CLUB	01:24:32	01:24:08	359
666	360	GOWEN	JOEL	Male		01:24:39	01:24:28	363
480	361	JARDIM	MAURICIO	Male		01:24:39	01:24:27	362
228	362	ARMITAGE	MARK	Male	CASTLE POINT JOGGERS	01:24:42	01:24:34	365
26	363	PAYNE	DAVID	Male	WITHAM RC	01:24:44	01:24:17	360
456	364	HAVELIN	REBECCA	Female	WITHAM RC	01:24:49	01:24:20	361
238	365	MOSS	RICHARD	Male		01:24:55	01:24:32	364
199	366	CORBY	COLIN	Male	MID ESSEX CASUALS	01:24:59	01:24:41	366
339	367	BREMNER	ANDREW J	Male		01:25:07	01:24:59	372
77	368	IRVINE	LIZ	Female	SPRINGFIELD STRIDERS	01:25:07	01:24:58	371
454	369	BUCK	MARLON	Male		01:25:09	01:24:49	369
502	370	WALLACE	PAUL	Male		01:25:11	01:24:46	368
50	371	JOHNSON	AMIE	Female	WITHAM RC	01:25:15	01:24:45	367
240	372	COOK	LAURA	Female		01:25:18	01:24:52	370
479	373	AHDHI	GURDEEP	Male		01:25:22	01:25:10	374
414	374	EMMERSON	FAY	Female	COLCHESTER HARRIERS AC	01:25:30	01:25:17	375
72	375	CARPENTER	EMMA	Female		01:25:37	01:25:17	376
560	376	LEVEY	GARY	Male	WITHAM RC	01:25:39	01:25:24	378
728	377	DAVEY	CATHERINE	Female		01:25:39	01:25:21	377
113	378	PARDON	JOHN	Male	BILLERICAY STRIDERS	01:25:40	01:25:34	381
546	379	KEELING	GEORGINA	Female		01:25:44	01:25:06	373
267	380	GILBEY	KEN	Male		01:25:48	01:25:36	383
277	381	LING	JOANNE	Female	BILLERICAY STRIDERS	01:25:49	01:25:35	382
635	382	HOLLINGSWORTH	ROSS	Male		01:25:55	01:25:31	380
343	383	GILLAM	SALLY	Female	ILFORD ATHLETIC CLUB	01:26:00	01:25:45	385
219	384	WHITAKER	EMILY	Female		01:26:02	01:25:28	379
440	385	KING	SALLY	Female	WITHAM RC	01:26:05	01:25:44	384
416	386	WILLIAMS	KIRSTY SARAH	Female	SPRINGFIELD STRIDERS	01:26:11	01:25:57	389
478	387	WATERS	PATRICK	Male	CASTLE POINT JOGGERS	01:26:14	01:25:51	387
638	388	MCCLOUD	VICTOR	Male	BENFLEET RC	01:26:15	01:25:49	386
770	389	WOODWARD	DAVID	Male		01:26:21	01:25:54	388
626	390	FONTAINE	NANCY	Female	THRIFT GREEN TROTTERS	01:26:27	01:26:01	390
533	391	SLATTERY	AUSTEN	Male		01:26:30	01:26:18	393
797	392	SAUNDERS	TONI	Female		01:26:40	01:26:14	392
79	393	SPENCER-PERKINS	DENNIS	Male	BARKING ROAD RUNNERS	01:26:42	01:26:10	391
151	394	KINDER	TOBY	Male	BARKING ROAD RUNNERS	01:26:45	01:26:28	397
259	395	MERRILL	CAROL	Female		01:26:46	01:26:20	394
266	396	GOODALL	KEN	Male		01:26:46	01:26:20	395
387	397	DAVIES	JONA	Male		01:26:47	01:26:21	396
474	398	GOODWIN	SARAH	Female	SPRINGFIELD STRIDERS	01:26:48	01:26:28	398
750	399	CLESHAM	GERALD	Male		01:27:02	01:26:49	402
744	400	SHERWOOD	DENNIS	Male		01:27:03	01:26:55	409
437	401	SCHUSTER	JANET	Female	SPRINGFIELD STRIDERS	01:27:04	01:26:44	400
612	402	BRADLEY	GAVIN	Male		01:27:10	01:26:42	399
644	403	GREEN	BILLY	Male	ILFORD ATHLETIC CLUB	01:27:13	01:26:46	401
547	404	BAKER	BRUCE	Male	BOB'S RUNNERS	01:27:15	01:27:08	415
631	405	BRADY	MEL	Female		01:27:16	01:26:51	404
411	406	YOUNG	JULIA	Female		01:27:17	01:26:53	407
777	407	YOUNG	JULIA	Female		01:27:17	01:26:53	408
139	408	JONES	ED	Male		01:27:18	01:26:49	403
147	409	OLDMAN	KARL	Male		01:27:18	01:26:51	405
76	410	BUTTLE	ELISA	Female		01:27:18	01:26:51	406
486	411	CLARKE	TINA	Female	TIPTREE ROAD RUNNERS	01:27:21	01:27:02	411
57	412	REES	VALERIE	Female	TIPTREE ROAD RUNNERS	01:27:21	01:27:04	412
544	413	PATEL	VIPIN	Male		01:27:23	01:27:00	410
386	414	JEMSON	CHERYL	Female		01:27:26	01:27:05	413
442	415	WILLS	KAREN	Female	SPRINGFIELD STRIDERS	01:27:26	01:27:05	414
625	416	SHARPLES	CLAIRE	Female		01:27:29	01:27:08	416
94	417	MCDONNELL	BARBARA	Female	HAVERING 90 JOGGERS	01:27:45	01:27:10	417
451	418	POOLER	SOPHIE	Female	SPRINGFIELD STRIDERS	01:27:47	01:27:22	418
280	419	MORROW	MICHAEL	Male		01:27:49	01:27:22	419
99	420	EMERSON	MICHAEL	Male		01:27:51	01:27:40	423

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
610	421	HALLAM	DEBBIELYN	Female	SOUTHEND AC	01:27:53	01:27:37	420
529	422	HAYDON	JEFF	Male		01:28:00	01:27:49	425
122	423	PORTER	KAREN	Female	THRIFT GREEN TROTTERS	01:28:04	01:27:37	421
91	424	MUMFORD	SALLY	Female		01:28:07	01:27:56	427
115	425	BEADLE	KATHRYN	Female		01:28:11	01:27:59	430
690	426	COOK	DEAN	Male	LONDON FIRE BRIGADE	01:28:12	01:27:38	422
149	427	BOLT	ANDY	Male		01:28:14	01:27:54	426
758	428	TAYLOR	OLIVER	Male		01:28:19	01:27:42	424
558	429	OWEN	SARAH	Female	BRITISH ATHLETICS SUPPORTERS C	01:28:20	01:27:57	428
390	430	SHORT	COLIN	Male	WITHAM RC	01:28:25	01:28:11	437
714	431	BUCKLEY	JEREMY	Male		01:28:27	01:28:01	431
615	432	LONGMAN	ADAM	Male		01:28:29	01:27:58	429
686	433	LINTON	IAN	Male	TIPTREE ROAD RUNNERS	01:28:29	01:28:02	432
426	434	LEE	DAVID	Male		01:28:30	01:28:13	438
537	435	KELLY	HELEN	Female		01:28:30	01:28:02	433
249	436	PEGNALL	MICHAEL	Male	DAGENHAM 88 RUNNERS	01:28:32	01:28:02	434
569	437	SWADDLE	JENNIFER	Female		01:28:32	01:28:17	442
71	438	ROSCOE	ALAN	Male		01:28:33	01:28:10	436
648	439	KING	CHRISTINE	Female	TIPTREE ROAD RUNNERS	01:28:36	01:28:03	435
710	440	MILLER	HELEN	Female		01:28:38	01:28:16	441
741	441	SPRING	MICHELLE	Female		01:28:41	01:28:14	440
600	442	BENFIELD	ANGELA	Female	BENFLEET RC	01:28:44	01:28:31	447
669	443	DICKMAN	JOANNE	Female	TIPTREE ROAD RUNNERS	01:28:46	01:28:13	439
192	444	BLAKEMORE	KELLY	Female		01:28:49	01:28:26	443
116	445	BOYDEN	MARK	Male		01:28:52	01:28:27	444
152	446	CHAPLIN	ANDREW	Male	PITSEA RC	01:28:56	01:28:50	452
742	447	CALVIN	TANIA	Female		01:29:01	01:28:33	448
220	448	HALL	MARTIN	Male		01:29:04	01:28:37	449
274	449	LAWSON	STEPHEN	Male	HAVERING 90 JOGGERS	01:29:05	01:28:30	445
108	450	YORK	DAVID	Male		01:29:08	01:28:30	446
778	451	HARPER	SHARON	Female		01:29:10	01:28:43	450
46	452	DESOUZA	FRANCESCA	Male	PITSEA RC	01:29:13	01:28:43	451
375	453	WARMAN	GARY	Male		01:29:19	01:28:59	454
376	454	JONES	JAMIE	Male		01:29:19	01:28:59	455
335	455	RADCLIFFE	NIGEL	Male		01:29:24	01:29:03	456
380	456	FLOWER	JANET	Female		01:29:26	01:28:58	453
233	457	HUMPHREYS	LINDSAY	Female		01:29:37	01:29:11	457
284	458	JONES	PAM	Female	ILFORD ATHLETIC CLUB	01:29:37	01:29:27	466
734	459	NEIGHBOUR	MATTHEW	Male		01:29:42	01:29:16	459
137	460	BARKER	RICHARD	Male	SPRINGFIELD STRIDERS	01:29:42	01:29:24	462
138	461	BARKER	GAIL	Female	SPRINGFIELD STRIDERS	01:29:43	01:29:23	461
720	462	TURRINGTON	MICHAEL	Male	THRIFT GREEN TROTTERS	01:29:50	01:29:15	458
663	463	PARRISH	TREVOR	Male		01:29:51	01:29:24	463
616	464	KNOWLES	JACQUI	Female		01:29:51	01:29:35	470
357	465	TAVNER	MICHELLE	Female		01:29:53	01:29:30	468
467	466	CHAPMAN	BELINDA	Female		01:29:55	01:29:26	464
589	467	CHAPMAN	ALAN	Male	SPRINGFIELD STRIDERS	01:29:56	01:29:26	465
579	468	BURGESS	ANGELA	Female		01:29:57	01:29:22	460
498	469	STOREY	KAREN	Female		01:29:58	01:29:31	469
731	470	NORRIS	PAUL	Male		01:30:02	01:29:35	471
158	471	WALKER	GRAHAM	Male		01:30:07	01:29:28	467
354	472	ELDER	BRUCE	Male		01:30:13	01:29:48	472
338	473	WESTCOTT	MIRANDA	Female		01:30:35	01:30:27	474
340	474	WESTCOTT	MARY	Female		01:30:39	01:30:32	475
21	475	OWEN	JULIA	Female		01:30:39	01:30:16	473
468	476	DEANE	JOHN	Male		01:30:49	01:30:41	478
801	477	KIRSH	NEIL	Male		01:30:54	01:30:32	476
226	478	HAMILTON	JO	Female	CASTLE POINT JOGGERS	01:30:57	01:30:32	477
161	479	BURTONSHAW	SIMON	Male		01:31:06	01:30:55	481
521	480	CARLEY	KEVIN	Male		01:31:11	01:30:53	479
511	481	BURGESS	JESSICA	Female		01:31:14	01:30:53	480
255	482	ROCKLIFFE	RICHARD	Male		01:31:14	01:31:01	482
366	483	TRIBLEY	ELAINE	Female		01:31:28	01:31:02	484
362	484	OVERINGTON	RICHARD	Male	LITTLE BADDOW RIDGE RUNNERS	01:31:29	01:31:12	487
47	485	PASSINGHAM	KEITH	Male	PITSEA RC	01:31:30	01:31:05	486
212	486	GROVES	VICKI	Female	BARKING ROAD RUNNERS	01:31:32	01:31:01	483
365	487	SCOTT	GARETH	Male	THRIFT GREEN TROTTERS	01:31:33	01:31:02	485
458	488	DUNNING	PATRICIA	Female	SPRINGFIELD STRIDERS	01:31:40	01:31:20	494
457	489	MASKELL	PAUL	Male	LEIGH ON SEA STRIDERS	01:31:41	01:31:17	490
675	490	BARTRAM	TANYA	Female		01:31:42	01:31:19	493

Race		Runner			Club/Team	Gun Time	Chip	
Bib	Position	Surname	First Name	Gender			Time	Position
459	491	MCHUGH	LAURA	Female	LEIGH ON SEA STRIDERS	01:31:42	01:31:18	492
773	492	WICKS	TOM	Male		01:31:43	01:31:13	488
643	493	STRUTT	CLAIRE	Female		01:31:44	01:31:17	491
743	494	WALLER	STEWART	Male		01:31:46	01:31:32	497
739	495	HERRING	JOHN	Male		01:31:49	01:31:22	495
737	496	OVENS	COLETTE	Female		01:31:53	01:31:33	498
292	497	IVES	KEVIN	Male		01:31:55	01:31:16	489
206	498	ISSA	SALIM	Male	BARKING ROAD RUNNERS	01:31:58	01:31:27	496
632	499	CLARKE	PAUL	Male		01:32:06	01:31:36	499
130	500	HOLLAND	NAOMI	Female		01:32:06	01:31:55	502
736	501	GARWOOD	SAMANTHA	Female		01:32:10	01:31:50	501
129	502	KING	SUE	Female		01:32:11	01:31:42	500
776	503	MAIN	PAUL	Male		01:32:17	01:32:08	506
473	504	PORTER	RICHARD	Male	BOB'S RUNNERS	01:32:23	01:32:22	510
559	505	BRIGHT	STEVE	Male	BRITISH ATHLETICS SUPPORTERS C	01:32:26	01:32:03	505
308	506	HOOPER	SIMON	Male		01:32:32	01:31:58	503
535	507	SMITH	ANDY	Male		01:32:35	01:31:59	504
4	508	KNIGHT	PETRA	Female		01:32:38	01:32:15	508
17	509	MANLOVE	RICHARD	Male		01:32:39	01:32:12	507
325	510	FLANNIGAN	TERESA JANE	Female	PITSEA RC	01:32:40	01:32:28	512
282	511	ATTWOOD	LISANNE	Female		01:32:58	01:32:24	511
389	512	PEACOCK	EMMA	Female		01:32:58	01:32:20	509
775	513	PEARCE	MARK	Male		01:33:02	01:32:39	513
83	514	CROUCHMAN	JAMES	Male		01:33:03	01:32:42	516
647	515	LAW	BARBARA	Female	GREAT BENTLEY R C	01:33:07	01:32:40	514
1	516	FORRESTER	JANE	Female	SPRINGFIELD STRIDERS	01:33:13	01:32:41	515
431	517	GARDNER	LESLEY	Female	BRAINTREE & DISTRICT AC	01:33:20	01:32:44	517
729	518	CULLEN	DECLAN	Male	ILFORD ATHLETIC CLUB	01:33:21	01:33:06	519
767	519	HANDFORD	ANDREW	Male		01:33:23	01:33:07	520
550	520	EDNEY	DAVID	Male		01:33:29	01:32:59	518
568	521	ROBLIN	JO	Female	TIPTREE ROAD RUNNERS	01:33:44	01:33:11	521
670	522	SWEETING	ANDY	Male		01:33:46	01:33:34	526
330	523	DAY	ANGELA	Female		01:33:53	01:33:20	522
329	524	VICKERS	GEORGINA	Female		01:33:53	01:33:21	523
526	525	SAUNDERS	WENDY	Female	DAGENHAM 88 RUNNERS	01:33:59	01:33:28	524
182	526	MINDLE	DONNA	Female		01:33:59	01:33:29	525
92	527	EASTLAND	DIANE	Female	PITSEA RC	01:34:08	01:33:44	527
605	528	JOHNSTON	BOB	Male		01:34:10	01:33:48	530
350	529	MANN	PAUL	Male		01:34:16	01:33:44	528
542	530	BALL	MICHELLE	Female	THRIFT GREEN TROTTERS	01:34:17	01:33:51	531
173	531	SCOURFIELD	KATHY	Female	BILLERICAY STRIDERS	01:34:17	01:33:47	529
88	532	CHAPMAN	JANE	Female		01:34:31	01:34:05	532
89	533	CHAPMAN	SAM	Female		01:34:32	01:34:06	533
261	534	CRANMER	NIKKI	Female	BARKING ROAD RUNNERS	01:34:43	01:34:12	534
323	535	HAMILTON	AMANDA	Female		01:34:50	01:34:16	535
780	536	LUCAS	JULIE	Female		01:34:56	01:34:33	537
163	537	SMITH	MICHAEL	Male		01:34:58	01:34:36	538
700	538	HOLLAMBY	ROBERT	Male		01:34:59	01:34:37	539
237	539	ROLLISON	STEVE	Male		01:35:02	01:34:31	536
804	540	TAYLOR	NATASHA	Female		01:35:03	01:34:38	540
150	541	WIJAYATILAKE	LILANI	Female	BARKING ROAD RUNNERS	01:35:12	01:34:55	545
85	542	GEMMILL	CLARE	Female		01:35:14	01:34:42	541
27	543	BLAKER	MAJKEN	Female		01:35:15	01:34:53	543
22	544	OWEN	STEVE	Male		01:35:17	01:34:53	544
531	545	ALLEN	RACHEL	Female	ILFORD ATHLETIC CLUB	01:35:17	01:34:50	542
790	546	ROWELL	BARRY	Male		01:35:18	01:35:14	553
633	547	GILLMAN	KEITH	Male		01:35:23	01:34:59	546
2	548	MANNING	KERRY	Female	WITHAM RC	01:35:29	01:35:08	548
211	549	WELLS	STEVE	Male		01:35:34	01:35:09	549
216	550	BRAID	IAN	Male		01:35:35	01:35:09	550
213	551	WELLS	GEORGIA	Female		01:35:35	01:35:09	551
273	552	MERCER	THELMA	Female		01:35:39	01:35:11	552
617	553	NICHOLLS	JULIE	Female		01:35:41	01:35:04	547
73	554	STENHOUSE	SHERIFF	Male		01:35:52	01:35:22	554
674	555	LOOBY	NICK	Male		01:36:09	01:35:39	555
513	556	PEMBERTON	DONNA	Female		01:36:23	01:35:55	558
472	557	ELLIOTT	GARY	Male		01:36:25	01:36:02	560
624	558	HAWKINS	LOUISE	Female		01:36:27	01:35:50	556
235	559	BAWDEN	JULIA	Female		01:36:27	01:35:50	557
470	560	PERRETT	LINDA	Female	RUNNING SISTERHOOD	01:36:27	01:35:59	559

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
415	561	COURTIER	ROBERT	Male	BARKING ROAD RUNNERS	01:36:44	01:36:34	565
310	562	SCOTT-STEWART	ROBERT	Male		01:36:50	01:36:26	561
117	563	COTTRELL	MICHAEL	Male	BILLERICAY STRIDERS	01:36:58	01:36:26	562
313	564	JONES	HELEN	Female		01:37:00	01:36:35	566
331	565	RICHARDS	CLIVE	Male		01:37:00	01:36:33	564
800	566	BARBER	JOANNE	Female		01:37:03	01:36:32	563
722	567	SYMONDS	PETER	Male		01:37:06	01:36:44	572
74	568	HOSKYN	JOHN	Male	SPRINGFIELD STRIDERS	01:37:08	01:36:39	568
492	569	RIVERS	LYNN	Female	LEIGH ON SEA STRIDERS	01:37:10	01:36:38	567
680	570	REEMAN	GRACE	Female	BILLERICAY STRIDERS	01:37:11	01:36:39	569
204	571	SALMON	CATHERINE	Female	LEIGH ON SEA STRIDERS	01:37:12	01:36:41	570
658	572	RAWLINGS	PETER	Male		01:37:13	01:36:42	571
639	573	WACKETT	WILMA	Female		01:37:16	01:36:48	573
733	574	NEIGHBOUR	MARK	Male		01:37:17	01:36:52	574
732	575	HALLIDAY	CHARLOTTE	Female		01:37:17	01:36:53	575
439	576	PYKE	LINDA	Female	PITSEA RC	01:37:24	01:37:04	577
286	577	TAYLOR	PHILIP	Male		01:37:29	01:36:58	576
543	578	PATEL	SHARON	Female		01:37:30	01:37:06	578
593	579	TURNER	LAURA	Female		01:37:36	01:37:21	582
594	580	TURNER	STEPHEN	Male		01:37:37	01:37:21	583
217	581	MOWBREY	CHARLOTTE	Female		01:37:45	01:37:11	580
536	582	SLOW	ANTONYO	Male		01:37:45	01:37:10	579
747	583	GOLDSMITH	GARY	Male		01:37:47	01:37:11	581
716	584	PIDGEON	MOIRA	Female	BILLERICAY STRIDERS	01:37:53	01:37:23	584
223	585	BIGNELL	GEMMA	Female		01:38:02	01:37:27	585
782	586	MILLER	LISA	Female		01:38:07	01:37:44	588
485	587	WOODYARD	PAUL	Male		01:38:12	01:37:35	586
519	588	AYRE	TRINA	Female		01:38:12	01:37:35	587
766	589	CLARKE	MICHAEL	Male		01:38:22	01:37:59	591
679	590	ISBELL	STEPHANIE	Female		01:38:28	01:37:56	589
681	591	WORLEY	CLARE	Female		01:38:28	01:37:56	590
218	592	BIDDELL	GENNA	Female		01:38:54	01:38:19	592
3	593	DENBY	TRACEY	Female	WITHAM RC	01:39:26	01:39:06	596
503	594	ROSE	HAZEL	Female		01:39:27	01:39:01	594
504	595	SCOTT	NICOLA	Female		01:39:27	01:39:02	595
23	596	WILLIAMS	LYNNE	Female	WITHAM RC	01:39:28	01:38:58	593
51	597	MCCAYNA	JOHN	Male	SPRINGFIELD STRIDERS	01:40:12	01:39:41	597
408	598	BOWYER	IAN	Male		01:40:17	01:39:48	598
452	599	KEDDY	LAUREN	Female		01:40:39	01:40:10	599
378	600	BALL	MICHAEL WILLIAM	Male	BARKING ROAD RUNNERS	01:40:45	01:40:13	600
144	601	THOROGOOD	KEITH	Male	HALSTEAD ROAD RUNNERS	01:40:47	01:40:14	601
351	602	CANNON	LOUISE	Female		01:41:04	01:40:32	602
170	603	BARTRAM	ALISON	Female		01:41:24	01:41:01	603
359	604	VICCARS	JENNIFER	Female		01:41:37	01:41:02	604
75	605	WARNER	DANIEL	Male	SPRINGFIELD STRIDERS	01:41:41	01:41:16	605
179	606	HODGSON	CARL	Male	BOB'S RUNNERS	01:41:58	01:41:49	606
208	607	GORDON	GINA	Female	EAST ESSEX TRI	01:42:33	01:41:59	607
791	608	ALMOND	COLIN	Male		01:42:36	01:42:00	608
803	609	CARDOZA	DEBORAH	Female		01:42:42	01:42:13	609
428	610	MANZE	MARILYN	Female	EDMONTON RC	01:42:49	01:42:33	613
400	611	McEWAN	ZOE	Female	FOX GROUP	01:42:55	01:42:20	610
748	612	GOLDSMITH	JACK	Male		01:43:07	01:42:30	611
749	613	DAWSON	PAUL	Male		01:43:07	01:42:31	612
348	614	VALLELY	VANESSA	Female		01:43:31	01:42:58	614
263	615	FROST	JONATHAN	Male		01:43:36	01:43:03	615
517	616	SURRIDGE	LUCY	Female		01:44:00	01:43:25	616
305	617	GARRIGAN	NYKOLA	Female		01:44:05	01:43:32	617
33	618	ACKRELL	KIRSTY	Female		01:44:17	01:43:42	618
417	619	THOMPSON	VICTORIA	Female		01:44:20	01:43:58	619
29	620	HILL	DEBRA	Female		01:44:20	01:43:58	620
683	621	NEWSOME	DAVID	Male		01:44:52	01:44:23	622
118	622	KAYLOR	CHERYL	Female		01:44:58	01:44:19	621
763	623	BRYAN	KAREN	Female		01:45:12	01:44:39	623
756	624	MCNEILL	ALISON	Female		01:45:13	01:44:39	624
598	625	RICHER	SIMON	Male		01:45:16	01:44:48	625
697	626	STANAWAY	DUNCAN	Male		01:45:28	01:45:02	626
306	627	BLAKE	CLAIRE	Female	WITHAM RC	01:45:30	01:45:10	627
622	628	BLYTH	STEVE	Male		01:45:57	01:45:29	629
402	629	GALLEY	ROB	Male	FOX GROUP	01:46:00	01:45:25	628
516	630	SURRIDGE	JILL	Female		01:46:54	01:46:19	630

Race		Runner				Chip		
Bib	Position	Surname	First Name	Gender	Club/Team	Gun Time	Time	Position
405	631	ROWE	CLARE	Female	CPH	01:47:13	01:46:56	631
696	632	HEMPSTEAD	SARAH	Female		01:47:41	01:47:14	633
148	633	HACKER HUGHES	JAMIE	Male		01:47:50	01:47:11	632
795	634	BELLAMY	DARYL	Male		01:48:26	01:47:50	634
794	635	HARDING	KERRY	Female		01:48:26	01:47:50	635
247	636	BRADLEY	CHRISTINE	Female		01:48:31	01:48:02	637
793	637	DAVIES	LUKE	Male		01:48:36	01:48:00	636
500	638	ADAMS	DOUGLAS	Male	DAGENHAM 88 RUNNERS	01:48:37	01:48:18	640
58	639	JONES	DENNIS	Male	PITSEA RC	01:48:38	01:48:07	639
796	640	BROWN	ALEX	Male		01:48:40	01:48:03	638
520	641	AYRE	STEPH	Female		01:49:00	01:48:23	641
484	642	SULLIVAN	ZOE	Female		01:49:10	01:48:41	642
69	643	WILLIAMS	TRICIA	Female		01:49:19	01:48:42	643
760	644	GIBSON	CLAUDIA	Female		01:49:48	01:49:13	644
761	645	GIBSON	LEE	Male		01:49:51	01:49:16	645
302	646	EASLEY	STEPHEN	Male	DAGENHAM 88 RUNNERS	01:50:12	01:49:43	646
436	647	DARLEY	BETTY	Female	CASTLE POINT JOGGERS	01:50:26	01:49:48	647
303	648	BURNELL	IONA	Female		01:50:27	01:49:54	648
288	649	POULTER	STEPHEN	Male		01:50:54	01:50:21	649
78	650	FOURGEAUD	FRANCES	Female		01:51:02	01:50:27	650
746	651	RAMM	RUTH	Female		01:52:34	01:52:09	654
262	652	FOWLER	PENNY	Female		01:52:42	01:52:08	652
289	653	POULTER	ANGELA	Female		01:52:42	01:52:08	653
369	654	EMERICK	NAOMI	Female	WITHAM RC	01:52:46	01:52:25	655
645	655	GREENHALGH	ANDREW	Male	BOB'S RUNNERS	01:53:59	01:51:21	651
999	656	BARLEY	ALLAN	Male	ESSEX POLICE A.C.	01:54:30	01:53:51	656
40	657	RICHARDSON	KATY	Female		01:54:50	01:54:31	657
699	658	HOLLAMBY	GILLIAN	Female		01:56:05	01:55:44	658
162	659	SMITH	LYNNE	Female		01:56:05	01:55:44	659
421	660	SOMMERLAD	MICHAEL	Male	GREAT BENTLEY R C	01:56:32	01:56:03	660
482	661	PAZI	EMMA	Female	BARKING ROAD RUNNERS	01:58:17	01:57:44	661
649	662	LAZELL	GERI	Female		01:59:55	01:59:23	663
613	663	HAGGER	LOUISE	Female		02:00:00	01:59:22	662
671	664	SLATTERY	ESTHER	Female		02:00:58	02:00:23	664
727	665	LESSLIE	PETER	Male		02:01:06	02:00:32	665
619	666	NASH	JODY	Female		02:06:05	02:05:48	666
620	667	BRAGG	MARCUS	Male		02:06:06	02:05:48	667
105	668	MAUL	MELANIE	Female		02:07:51	02:07:20	668
548	669	DAVIS	LEE	Male	DAGENHAM 88 RUNNERS	02:09:27	02:08:58	669
106	670	SARGEANT	LISA	Female		02:09:59	02:09:27	670