

Billericay Striders 10K 1st November 2009

Place	Number	Time	Name	Team	Category
1	96	0:33:22	BERG, Craig	Woodford Green & Essex Ladies	Senior Men
2	128	0:35:39	COUSINS, Scott	Unattached	Senior Men
3	168	0:36:18	PETTIT, Stephen	Ely Runners	Male Vet 40-49
4	295	0:36:39	ENDICOTT, James	Unattached	Senior Men
5	614	0:36:45	HALL, David	Dartford Road Runners	Male Vet 40-49
6	723	0:36:49	COX, Dave	Woodford Green & Essex Ladies	Male Vet 50-59
7	235	0:37:04	JAMES, Christopher	Basildon	Senior Men
8	678	0:37:09	GREEN, John	Thurrock Harriers	Male Vet 40-49
9	696	0:37:29	PEARCE, Chris	Springfield Striders	Senior Men
10	762	0:37:33	CAME, Anthony	Thrift Green Trotters	Senior Men
11	342	0:37:45	AKED, Peter	Reading Road Runners	Male Vet 40-49
12	517	0:37:50	READ, Mark	Thrift Green Trotters	Senior Men
13	198	0:37:55	HENDERSON, Les	Tri Sport Epping	Male Vet 40-49
14	138	0:38:20	LAW, Andrew	Basildon	Senior Men
15	608	0:38:23	RUSSELL, John	Thurrock Harriers	Senior Men
16	264	0:38:30	MACK, Darren	East Essex Tri	Senior Men
17	401	0:38:30	STAINES, Martyn	Thurrock Harriers	Senior Men
18	760	0:38:31	BUTLER, Alan	Thrift Green Trotters	Male Vet 50-59
19	272	0:38:32	SWEENEY, John	Tri Sport Epping	Senior Men
20	226	0:38:38	KNIGHTLEY, Terry	Iford AC	Male Vet 40-49
21	595	0:38:42	THOMAS, Chris	Unattached	Senior Men
22	745	0:38:43	MURPHY, Lorcan	Woodford Green & Essex Ladies	Senior Men
23	182	0:38:47	THEOBALD, Simon	Tri Sport Epping	Senior Men
24	714	0:38:50	CRISP, Neil	Iford AC	Male Vet 40-49
25	683	0:38:53	NEWELL, Kevin	Iford AC	Senior Men
26	158	0:39:12	KENT, Glen	Chelmsford AC	Male Vet 50-59
27	192	0:39:15	COLE, Leo	Unattached	Male Vet 40-49
28	616	0:39:22	FITCHEW, Jason	Leigh on Sea Striders	Male Vet 40-49
29	592	0:39:31	HYDE, Tony	Pitsea RC	Male Vet 40-49
30	403	0:39:47	WISKEN, Greg	Mid Essex Casuals	Male Vet 40-49
31	447	0:39:49	JACKAMAN, Paul	Castle Point Joggers	Senior Men
32	417	0:39:50	ANDERSON, Peter	Benfleet RC	Male Vet 40-49
33	33	0:39:53	SPOONER, Terence	Unattached	Senior Men
34	166	0:39:58	MILBURN, Rob	Tri Sport Epping	Senior Men
35	237	0:40:00	CHESHAM, Kevin	Pitsea RC	Male Vet 50-59
36	680	0:40:08	WU, William	Ford Running Club	Senior Men
37	388	0:40:16	BURN, Gary	Unattached	Senior Men
38	155	0:40:16	JOHNSON, David	Thurrock Harriers	Senior Men
39	606	0:40:24	WATSON, Peter	Benfleet RC	Senior Men
40	741	0:40:32	DAVENPORT, Paul	Unattached	Male Vet 50-59
41	79	0:40:42	BONHAM, Richard	Castle Point Joggers	Male Vet 40-49
42	73	0:40:48	KELLY, Peter	Spitfire Running Club	Senior Men
43	413	0:40:53	GROUT, Mike	Benfleet RC	Senior Men
44	375	0:40:58	BINNS, Peter	Southend AC	Male Vet 60-69
45	7	0:41:00	FRANCE, Colin	Unattached	Male Vet 40-49
46	338	0:41:08	HILLS, John	Unattached	Senior Men
47	456	0:41:08	THORNTON, Keith	Thrift Green Trotters	Male Vet 40-49
48	119	0:41:09	AFIFI, Russell	Unattached	Senior Men
49	322	0:41:14	DUNCAN, Mark	Havering 90	Male Vet 40-49
50	17	0:41:17	COX, Dave	Thurrock Nomads	Male Vet 40-49
51	380	0:41:18	WOODRUFF, Michael	Unattached	Male Vet 40-49
52	454	0:41:26	CABLE, Stuart	Unattached	Senior Men

53	266	0:41:28	YEATS, Andy	Tri Sport Epping	Male Vet 40-49
54	363	0:41:35	STANDING, Paul	Unattached	Senior Men
55	354	0:41:38	ADKINS, Peter	Unattached	Senior Men
56	730	0:41:42	BARNARD, Ricky	Steel City Striders	Senior Men
57	233	0:42:07	FLOWER, Kevin	Havering 90	Senior Men
58	460	0:42:09	ALLEN, Terry	Thrift Green Trotters	Senior Men
59	713	0:42:14	Chris	Unattached	Senior Men
60	469	0:42:28	ROPER, Neil	Unattached	Senior Men
61	769	0:42:34	WELCH, Spencer		Senior Men
62	750	0:42:38	CHALLIS, Kevin	Benfleet RC	Senior Men
63	662	0:42:51	TODD, David	Ford	Senior Men
64	355	0:43:03	ADKINS, Daniel	Unattached	Male Vet 40-49
65	50	0:43:04	DEFRIES, Richard	Unattached	Senior Men
66	571	0:43:08	PIKE, David	Havering 90	Male Vet 40-49
67	652	0:43:10	GEVAUX, Timothy	Unattached	Senior Men
68	351	0:43:15	STOCKS, Adrian	Blackheath & Bromley Harriers	Senior Men
69	288	0:43:22	HALLAM, David	Havering 90	Male Vet 40-49
70	297	0:43:24	RICHARDSON, Simon	Unattached	Senior Men
71	99	0:43:27	ALLEN, Russell	Unattached	Senior Men
72	67	0:43:30	CUBBIN, Will	Unattached	Senior Men
73	340	0:43:33	SLAWSON, Dave	Springfield Striders	Senior Men
74	339	0:43:43	PRIEST, Simon	Unattached	Senior Men
75	547	0:43:44	RYAN, Christopher	Thrift Green Trotters	Senior Men
76	25	0:43:49	FAIRMAN, Nicholas	Unattached	Senior Men
77	473	0:43:52	STENNING, Matthew	Unattached	Senior Men
78	581	0:44:00	FUENTE, Fernando	Havering 90	Male Vet 50-59
79	44	0:44:05	HOLDER, Julian	Pitsea RC	Male Vet 40-49
80	220	0:44:14	NATION, Richard	Benfleet RC	Senior Men
81	610	0:44:17	PEARCE, Robert	Unattached	Senior Men
82	350	0:44:27	SOMERSET, Richard	Garden City Runners	Male Vet 40-49
83	176	0:44:28	THORNTON, Ben	Unattached	Senior Men
84	414	0:44:30	REDDISH, Morgan	Benfleet RC	Male Vet 40-49
85	690	0:44:31	BARKER, Michael	Unattached	Male Vet 50-59
86	650	0:44:32	CHAMBERS, Kevin	Unattached	Male Vet 40-49
87	660	0:44:36	HOCKETT, Steve	Southend AC	Male Vet 50-59
88	418	0:44:39	BORAM, John	Benfleet RC	Male Vet 50-59
89	202	0:44:42	FARNDON, Steve	Unattached	Senior Men
90	314	0:44:42	FAIRFULL, Jamie	Tiptree RR	Senior Men
91	396	0:44:47	MCGANN, Richard	Unattached	Senior Men
92	468	0:44:51	Ravindra Lanka	Unattached	Senior Men
93	518	0:44:52	STUCHBERY, Matthew	Unattached	Senior Men
94	733	0:44:54	COLLINSON, Jeremy	Unattached	Male Vet 50-59
95	613	0:44:55	MULLISH, Elliot	Unattached	Male Vet 40-49
96	430	0:44:56	BUNKER, Sean	Unattached	Senior Men
97	557	0:44:57	MCDONNELL, Chris	Havering 90	Male Vet 60-69
98	423	0:44:57	GAITELY, Mark	Benfleet RC	Male Vet 40-49
99	658	0:44:57	GRINT, Andy	Unattached	Senior Men
100	526	0:45:01	MARLOW, Neal	Unattached	Senior Men
101	336	0:45:05	LEUNG, Victor	Unattached	Senior Men
102	508	0:45:08	JAMES, Roy	Unattached	Male Vet 40-49
103	84	0:45:13	FENTON, Jeff	Havering 90	Male Vet 50-59
104	311	0:45:14	WOOD, Terence	Unattached	Senior Men
105	686	0:45:18	MOON, Graeme	Unattached	Male Vet 50-59
106	39	0:45:20	SMITH, Scott	Unattached	Senior Men
107	728	0:45:25	BARRETT, Peter	Thrift Green Trotters	Senior Men

108	100	0:45:30	FINCH, Jason	Unattached	Senior Men
109	419	0:45:32	NEWMAN, Graeme	Benfleet RC	Male Vet 50-59
110	53	0:45:47	SINCLAIR, Donald	Pitsea RC	Male Vet 50-59
111	645	0:45:58	BAXTER, Jez	East Essex Tri	Male Vet 40-49
112	740	0:46:04	SKIPPER, Dean	Havering 90	Senior Men
113	576	0:46:06	KEELEY, David	Havering 90	Male Vet 50-59
114	630	0:46:11	FLUTTER, Richard	Unattached	Male Vet 40-49
115	644	0:46:11	BAMFORD, Paul	Unattached	Senior Men
116	719	0:46:16	HARVEY, Chris	Unattached	Senior Men
117	143	0:46:19	BAKER, Phil	Tri Sport Epping	Male Vet 40-49
118	58	0:46:21	ROBERTSON, Mark	Unattached	Male Vet 40-49
119	47	0:46:22	NATHAN, Simon	Unattached	Senior Men
120	131	0:46:27	WILLS, Stephen	Unattached	Male Vet 40-49
121	570	0:46:27	HEMMINGS, Mark	Havering 90	Senior Men
122	596	0:46:30	CLARK, Daren	Unattached	Senior Men
123	80	0:46:31	HYAM, Richard	Unattached	Senior Men
124	376	0:46:32	GARDNER, Andrew	Unattached	Senior Men
125	337	0:46:34	MCDOWALL, John	Garden City Runners	Male Vet 40-49
126	72	0:46:34	KING, Mark	Unattached	Male Vet 40-49
127	603	0:46:36	HARVEY, Shane	Havering 90	Male Vet 40-49
128	399	0:46:36	FINNIGAN, James	Unattached	Senior Men
129	705	0:46:37	WHITE, Paul	Unattached	Senior Men
130	156	0:46:42	DAVIES, Len	Havering 90	Male Vet 50-59
131	190	0:46:45	JOHNSON, Bernard	Thurrock Harriers	Male Vet 50-59
132	55	0:46:49	BATES, Dean	Havering 90	Male Vet 40-49
133	230	0:46:59	GORDON, Adam	Pitsea RC	Senior Men
134	279	0:46:59	ALLAN, Joe	Unattached	Male Vet 40-49
135	720	0:47:02	SPRULES, Alexander	Thrift Green Trotters	Senior Men
136	698	0:47:07	QUAYE, Mike	Unattached	Senior Men
137	253	0:47:07	BURN, Jamie	Unattached	Senior Men
138	163	0:47:12	MANN, Simon	Unattached	Male Vet 40-49
139	217	0:47:12	BEASLEY, John	Unattached	Male Vet 40-49
140	416	0:47:22	WILLIAMS, Christopher	Benfleet RC	Male Vet 40-49
141	516	0:47:26	DIXON, Paul	Unattached	Male Vet 50-59
142	78	0:47:27	HALL, Ian	Unattached	Male Vet 40-49
143	239	0:47:27	DUNLOP, Richard	Unattached	Senior Men
144	189	0:47:32	HUGHES, Dorian	Unattached	Male Vet 40-49
145	148	0:47:32	TWEEDIE, Clive	Havering 90	Male Vet 50-59
146	446	0:47:33	JACKAMAN, Malcolm	Castle Point Joggers	Male Vet 50-59
147	28	0:47:36	MITCHELL, Paul	Thurrock Nomads	Senior Men
148	255	0:47:37	MANLEY, Nick	Witham RC	Male Vet 40-49
149	313	0:47:42	CLAPHAM, Christopher	Unattached	Senior Men
150	590	0:47:44	MARTIN, D	Unattached	Senior Men
151	684	0:47:45	BONNEY, Graham	Unattached	Male Vet 40-49
152	577	0:47:48	MOLE, Denis	Havering 90	Male Vet 60-69
153	361	0:47:51	ARCHER, Stuart	Unattached	Senior Men
154	139	0:47:53	BEECH, Steve	Pitsea RC	Male Vet 50-59
155	221	0:47:57	MANSFIELD, Christopher	Havering 90	Male Vet 40-49
156	656	0:48:02	WILES, David	Thrift Green Trotters	Senior Men
157	722	0:48:02	DYER, Adrian	Unattached	Senior Men
158	692	0:48:07	HARRINGTON, David	Unattached	Senior Men
159	522	0:48:08	DAVIES, Ray	Thurrock Nomads	Male Vet 60-69
160	632	0:48:15	MACFARLANE, Alex	Unattached	Male Vet 50-59
161	725	0:48:16	DEXTER, Matt	Unattached	Senior Men
162	604	0:48:17	O'DAME, Victor	Unattached	Male Vet 40-49

163	768	0:48:19	CHAPLIN, Peter		Male Vet 50-59
164	309	0:48:23	SHADE, Gary	Unattached	Male Vet 40-49
165	172	0:48:33	FROST, Martin	Unattached	Senior Men
166	629	0:48:35	HADGRAFT, Rob	Tiptree RR	Male Vet 50-59
167	754	0:48:37	AURIGHI, Simone	Colchester Harriers	Senior Men
168	712	0:48:40	TURLEY, David	Unattached	Senior Men
169	40	0:48:43	LECKERMAN, Antony	Unattached	Male Vet 40-49
170	104	0:48:56	RIPPON, John	Unattached	Senior Men
171	677	0:48:58	CAMMIDGE, Chris	Castle Point Joggers	Male Vet 40-49
172	274	0:49:02	TAYLOR, Glen	Southend AC	Male Vet 50-59
173	569	0:49:05	PARISH, Brian	Havering 90	Senior Men
174	507	0:49:06	COWLEY, Peter	Mount Pleasant AC	Male Vet 50-59
175	261	0:49:06	NORRIS, James	Unattached	Senior Men
176	655	0:49:07	GOODWIN, Mark	Unattached	Male Vet 40-49
177	439	0:49:08	KENNEDY, Michael	Pitsea RC	Male Vet 60-69
178	111	0:49:10	HARPER, Paul	Unattached	Senior Men
179	488	0:49:11	SHEA, Tim	Pitsea RC	Male Vet 40-49
180	254	0:49:11	LEVEY, Gary	Witham RC	Male Vet 40-49
181	224	0:49:14	MCGUIRE, Paul	Unattached	Senior Men
182	457	0:49:23	WARWICK, Gary	Pitsea RC	Male Vet 50-59
183	758	0:49:24	SILVERTON, Ross	Witham RC	Male Vet 60-69
184	345	0:49:29	WILLIAMS, Kelvin	Unattached	Male Vet 50-59
185	675	0:49:29	SCANLON, John	Unattached	Senior Men
186	181	0:49:30	PARROTT, Leonard	Havering	Male Vet 70+
187	444	0:49:33	DOHERTY, Glenn	Thrift Green Trotters	Senior Men
188	572	0:49:34	HENDLEY, Roy	Havering 90	Senior Men
189	16	0:49:37	TATCHELL, Paul	Castle Point Joggers	Male Vet 40-49
190	481	0:49:38	KIDD, Mitchell	Unattached	Senior Men
191	565	0:49:43	HAGAN, Roger	Havering 90	Male Vet 40-49
192	643	0:49:45	SMITH, Mike	Unattached	Senior Men
193	642	0:49:45	WHITE, Chris	Unattached	Male Vet 40-49
194	302	0:49:46	TEER, Robert	Thurrock Harriers	Male Vet 60-69
195	147	0:49:46	GREENHALGH, Gordon	Benfleet RC	Senior Men
196	432	0:49:48	SPONG, Ray	Unattached	Male Vet 50-59
197	687	0:49:50	MYLES, Simon	Unattached	Senior Men
198	599	0:49:51	ADAMS, Andrew	Unattached	Male Vet 40-49
199	9	0:49:52	JOLLY, Stephen	Unattached	Male Vet 50-59
200	496	0:49:52	RANDALL, Barry	Unattached	Male Vet 40-49
201	125	0:49:56	WYATT, Jonathan	Unattached	Senior Men
202	620	0:49:57	BARROSO, Andre	Unattached	Senior Men
203	374	0:49:58	COLLIER, Martin	Unattached	Male Vet 50-59
204	532	0:49:59	WRIGHT, Neil	Unattached	Senior Men
205	666	0:50:00	ABLITT, Kevin	Unattached	Male Vet 50-59
206	97	0:50:13	BERG, Stewart	Unattached	Male Vet 50-59
207	443	0:50:15	GILLMORE, Ricky	Benfleet RC	Male Vet 40-49
208	216	0:50:22	TRACEY, John	Unattached	Male Vet 40-49
209	122	0:50:27	LEE, Graham	GP Triathlon	Senior Men
210	348	0:50:29	EMMETT, Danniell	Benfleet RC	Male Vet 40-49
211	331	0:50:37	YAXLEY, Darren	Unattached	Senior Men
212	647	0:50:39	CROSSLAND, Richard	Unattached	Senior Men
213	685	0:50:40	JOHNSON, Robert	Benfleet RC	Male Vet 40-49
214	561	0:50:46	MOSES, Neil	Havering 90	Male Vet 40-49
215	466	0:50:46	MURPHY, Clive	Hornchurch Posties	Male Vet 50-59
216	70	0:50:46	PETTIFER, John	Pitsea RC	Male Vet 60-69
217	449	0:50:55	DALLEY, Gregg	South East Essex Tri Club	Senior Men

218	250	0:51:01	BREW, Christopher	Unattached	Senior Men
219	42	0:51:02	MACDONALD, Matthew	Unattached	Senior Men
220	689	0:51:07	HAMILTON, Andrew	Unattached	Male Vet 40-49
221	736	0:51:15	WILLIS, Gary	Unattached	Male Vet 40-49
222	268	0:51:16	KING, Andrew	Unattached	Male Vet 40-49
223	525	0:51:16	HEWITT, Tim	Unattached	Male Vet 40-49
224	654	0:51:18	WOODS, Pat	Unattached	Male Vet 40-49
225	238	0:51:18	MASKELL, Paul	Unattached	Male Vet 50-59
226	702	0:51:19	HENINGTON, John	Unattached	Senior Men
227	49	0:51:22	FENTIMAN, Ross	Unattached	Senior Men
228	583	0:51:23	DOBIE, Ronald	Havering 90	Male Vet 40-49
229	1	0:51:23	HARRIS, Simon	Kingswood	Male Vet 50-59
230	602	0:51:26	BARTER, Nigel	Unattached	Male Vet 40-49
231	543	0:51:32	BRETT, David	Unattached	Senior Men
232	19	0:51:32	DOWSETT, Robert	Unattached	Male Vet 40-49
233	467	0:51:34	GRANDISON, Julian	Thrift Green Trotters	Senior Men
234	651	0:51:37	MYERS, Eddie	Unattached	Male Vet 50-59
235	377	0:51:43	DEVLIN, Brian	Unattached	Male Vet 40-49
236	628	0:51:44	MAMELOK, Stephen	Unattached	Senior Men
237	275	0:51:45	GILBEY, Ken	Unattached	Male Vet 50-59
238	412	0:51:48	PHILLIPS, Martyn	Thrift Green Trotters	Male Vet 40-49
239	765	0:51:51	NICOLL, Dave		Male Vet 40-49
240	735	0:51:52	LAMPITT, Patrick	Unattached	Male Vet 40-49
241	510	0:51:53	HARRIS, Jeff	Unattached	Male Vet 40-49
242	133	0:51:55	OLIVER, Stephen	Unattached	Male Vet 40-49
243	407	0:51:55	JONES, Marc	Unattached	Senior Men
244	103	0:52:01	MARTIN, Gary	Unattached	Senior Men
245	777	0:52:03	RICE, Mark	East Essex Tri	Senior Men
246	661	0:52:05	POTTER, Cliff	Road Runners Club	Male Vet 50-59
247	294	0:52:07	JENNINGS, Paul	Unattached	Senior Men
248	753	0:52:12	MARKS, Stephen	Unattached	Male Vet 60-69
249	360	0:52:24	CROWTHER, Stuart	Heartbeaters	Male Vet 40-49
250	497	0:52:29	MCVEIGH, Martin	Havering	Male Vet 60-69
251	433	0:52:31	HERRIOTT, Tony	Unattached	Male Vet 50-59
252	490	0:52:41	CRAFER, Gary	Unattached	Male Vet 50-59
253	320	0:52:41	BUDD, Michael	Unattached	Male Vet 40-49
254	520	0:52:47	SALMON, Arran	Unattached	Male Vet 40-49
255	4	0:52:49	MYLES, Michael	Unattached	Senior Men
256	427	0:52:53	WASTELL, Keith	Heartbeaters	Male Vet 60-69
257	11	0:52:57	WYNDHAM, John Paul	Unattached	Senior Men
258	89	0:52:57	JENNETT, Jim	Leigh on Sea Striders	Male Vet 50-59
259	504	0:53:02	SCOTT, Jamie	Unattached	Senior Men
260	180	0:53:02	LARGE, Daniel	Unattached	Senior Men
261	177	0:53:12	THORNTON, Gary	Unattached	Male Vet 50-59
262	289	0:53:14	PEARSON, Mark	Phoenix Striders	Male Vet 40-49
263	160	0:53:16	FOWLER, Kevin	Unattached	Male Vet 60-69
264	545	0:53:21	JOHNSON, Gary	Benfleet RC	Male Vet 40-49
265	59	0:53:23	WILLIAMS, Paul	Pitsea RC	Male Vet 50-59
266	387	0:53:27	HILL, Jeremy	Unattached	Senior Men
267	755	0:53:32	DOYLE, Noel	Unattached	Male Vet 40-49
268	635	0:53:32	HANDS, Kenneth	Unattached	Male Vet 40-49
269	553	0:53:35	SHEEKEY, Steve	Havering 90	Male Vet 40-49
270	389	0:53:36	WILLIAMSON, Nigel	Unattached	Male Vet 40-49
271	471	0:53:42	BIRCH, Steven	Unattached	Senior Men
272	505	0:53:45	BARBER, Mark	Unattached	Senior Men

273	500	0:53:51	PENFOLD, Keith	Havering 90	Male Vet 50-59
274	385	0:53:52	CLESHAM, Gerald	Unattached	Male Vet 40-49
275	391	0:53:55	HOWE, Andrew	Benfleet RC	Male Vet 50-59
276	479	0:53:59	DEBENHAM, Robert	Unattached	Senior Men
277	68	0:54:03	LLOYD, Tony	Unattached	Male Vet 50-59
278	298	0:54:05	CLINKER, Russell	Thrift Green Trotters	Male Vet 40-49
279	327	0:54:11	KETTLEWELL, Jon	Unattached	Male Vet 40-49
280	693	0:54:15	BALL, George	Unattached	Senior Men
281	523	0:54:19	SWIFT, Nick	Unattached	Senior Men
282	144	0:54:20	GUYATT, Robert	Unattached	Senior Men
283	32	0:54:22	BUCKMASTER, Robert	Unattached	Male Vet 40-49
284	209	0:54:22	OSMOTHERLY, Lee	Unattached	Senior Men
285	296	0:54:22	PHILLIPS, Michael	Havering 90	Male Vet 60-69
286	57	0:54:27	LAWSON, Stephen	Havering 90	Male Vet 50-59
287	718	0:54:43	PRITCHARD, James	Unattached	Senior Men
288	357	0:54:48	HAY, Alexander	Heartbeaters	Male Vet 60-69
289	165	0:54:58	HARMER, Richard	Brentwood Trotters	Senior Men
290	694	0:55:15	WIELAND, Richard	Unattached	Senior Men
291	766	0:55:15	STONE, Marie		Senior Men
292	489	0:55:25	CORNISH, Andrew	Unattached	Male Vet 40-49
293	404	0:55:25	ROSE, Michael	Unattached	Senior Men
294	300	0:55:36	KENT, Anthony	Unattached	Senior Men
295	409	0:55:37	WISKEN, Michael	Unattached	Senior Men
296	242	0:55:39	PEARCE, Mark	Unattached	Male Vet 40-49
297	365	0:55:43	ARMITAGE, Mark	Unattached	Male Vet 40-49
298	641	0:55:47	CLIFFORD, Colin	Havering 90	Male Vet 60-69
299	408	0:55:53	THOROGOOD, Keith	Halstead Road Runners	Male Vet 50-59
300	428	0:55:56	CORNELIUS, Neil	Unattached	Senior Men
301	278	0:55:59	PATON, Matthew	Unattached	Senior Men
302	556	0:55:59	MCDONNELL, Tom	Havering 90	Senior Men
303	541	0:56:02	DRAY, John	Havering 90	Male Vet 50-59
304	146	0:56:03	BATES, Peter	Pitsea RC	Male Vet 60-69
305	560	0:56:07	HARVEY, Mark	Havering 90	Male Vet 40-49
306	323	0:56:11	ALEXANDER, Shane	Unattached	Male Vet 40-49
307	341	0:56:14	WILSON, Mark	Unattached	Senior Men
308	328	0:56:17	MILES, Albert	Castle Point Joggers	Male Vet 70+
309	445	0:56:23	MARKS, David	Unattached	Male Vet 40-49
310	475	0:56:36	EVANS, Norman	Unattached	Male Vet 50-59
311	437	0:56:42	WHYTE, Ken	Unattached	Male Vet 50-59
312	222	0:56:43	KING, David	Unattached	Senior Men
313	207	0:56:56	ALSTON, Richard	Road Runners Club	Male Vet 40-49
314	761	0:56:57	CAMPOS, David		Male Vet 60-69
315	659	0:57:06	TURLEY, John	Wells City Harriers	Male Vet 60-69
316	461	0:57:12	ASHLEY, Philip	Benfleet RC	Male Vet 40-49
317	23	0:57:18	VICTORY, John	Unattached	Male Vet 60-69
318	362	0:57:23	JENKINS, James	Heartbeaters	Male Vet 70+
319	113	0:57:25	PORTER, Richard	Unattached	Senior Men
320	609	0:58:04	ALDRIDGE, Angus	Unattached	Male Vet 40-49
321	732	0:58:23	LAMBE, David	Unattached	Male Vet 40-49
322	346	0:58:30	JONES, Roy	Castle Point Joggers	Male Vet 60-69
323	774	0:58:35	CLARKE, Michael		Male Vet 40-49
324	267	0:58:37	INGRAM, Stuart	Unattached	Male Vet 40-49
325	213	0:58:41	GINN, David	Unattached	Male Vet 40-49
326	528	0:58:44	FOLEY, William	Unattached	Male Vet 40-49
327	82	0:58:59	MYHILL, Bill	Unattached	Male Vet 40-49

328	536	0:58:59	THOMAS, David	Havering	Male Vet 60-69
329	438	0:59:04	LAWRENCE, Adrian	Unattached	Male Vet 40-49
330	371	0:59:04	LEE, Martyn	Unattached	Senior Men
331	688	0:59:05	CREST, David	Unattached	Senior Men
332	615	0:59:07	EWIN, Brian	Team VIPees	Male Vet 50-59
333	406	0:59:12	FRANCIS, Jon	Unattached	Senior Men
334	301	0:59:18	CHEAVEAU, Tim	Unattached	Male Vet 40-49
335	170	0:59:22	SMITH, Stephen	Unattached	Male Vet 50-59
336	349	0:59:32	WHITE, Martyn	Benfleet RC	Male Vet 40-49
337	534	0:59:44	ROWELL, Barry	Havering 90	Male Vet 40-49
338	116	0:59:58	NICHOLS, Paul	Unattached	Senior Men
339	283	1:00:01	POOLEY, Martin	Unattached	Male Vet 50-59
340	364	1:00:15	HOLLAND, David	Havering	Male Vet 60-69
341	234	1:00:23	JAMES, Philip	Unattached	Male Vet 40-49
342	626	1:00:35	FAIRWEATHER, Ross	Unattached	Senior Men
343	218	1:00:46	OWENS, Graham	Unattached	Male Vet 40-49
344	132	1:00:58	PEARSON, David	Unattached	Male Vet 40-49
345	214	1:01:08	JOHNSON, Ryan	Unattached	Senior Men
346	382	1:01:16	VARNDELL, David	Unattached	Male Vet 50-59
347	734	1:01:29	PROCTER, Keith	Unattached	Male Vet 40-49
348	259	1:01:40	HARDING, Terry	Unattached	Male Vet 50-59
349	574	1:01:46	HOSLER, John	Havering 90	Male Vet 60-69
350	110	1:02:47	WEIGHT, Colin	Unattached	Male Vet 50-59
351	75	1:02:49	BURCHETT, Paul	Havering 90	Male Vet 60-69
352	691	1:02:51	PALMER, Justin	Unattached	Senior Men
353	589	1:02:53	KEVANY, Jim	Phoenix Striders	Male Vet 50-59
354	212	1:03:07	GINN, Stuart	Unattached	Male Vet 40-49
355	299	1:03:45	DICKINSON, Jeremy	Unattached	Male Vet 40-49
356	400	1:04:44	PAYNE, Simon	Thrift Green Trotters	Male Vet 40-49
357	45	1:05:30	ALLIX, Stephen	Unattached	Male Vet 40-49
358	551	1:05:36	ROBERTS, Ifor	Unattached	Male Vet 50-59
359	83	1:05:38	RADDON, Paul	Unattached	Senior Men
360	61	1:06:01	PASSINGHAM, Keith	Pitsea RC	Male Vet 50-59
361	764	1:06:08	LADELL, Brian		Male Vet 60-69
362	197	1:06:44	ACOTT, Jeremy	Unattached	Senior Men
363	775	1:07:43	JOHNSON, Dick	Unattached	Male Vet 60-69
364	384	1:07:45	ASTON, Charlie	Unattached	Male Vet 40-49
365	773	1:08:11	READER, Rob	Unattached	Senior Men
366	746	1:08:38	HAMMOND, Peter	Unattached	Senior Men
367	415	1:08:42	JORDAN, Ian	Benfleet RC	Male Vet 40-49
368	706	1:09:40	BASS, Christopher	Unattached	Male Vet 40-49
369	13	1:09:50	BURTON, Glenn	Pitsea RC	Male Vet 40-49
370	63	1:11:23	CHOWLES, Dennis	Spitfire Running Club	Male Vet 50-59
371	231	1:11:47	TROTT, Paul	Unattached	Male Vet 40-49
372	175	1:12:07	HAMMOND, Darren	Unattached	Senior Men
373	107	1:12:42	CAREY, Ken	Pitsea RC	Male Vet 60-69
374	738	1:22:50	READ, Rob	Help 4 Heros	Senior Men