

## 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     | 295    | 0:36:39 | ENDICOTT, James    | Unattached                    | Senior Men |
| 4     | 235    | 0:37:04 | JAMES, Christopher | Basildon                      | Senior Men |
| 5     | 696    | 0:37:29 | PEARCE, Chris      | Springfield Striders          | Senior Men |
| 6     | 762    | 0:37:33 | CAME, Anthony      | Thrift Green Trotters         | Senior Men |
| 7     | 517    | 0:37:50 | READ, Mark         | Thrift Green Trotters         | Senior Men |
| 8     | 138    | 0:38:20 | LAW, Andrew        | Basildon                      | Senior Men |
| 9     | 608    | 0:38:23 | RUSSELL, John      | Thurrock Harriers             | Senior Men |
| 10    | 264    | 0:38:30 | MACK, Darren       | East Essex Tri                | Senior Men |
| 11    | 401    | 0:38:30 | STAINES, Martyn    | Thurrock Harriers             | Senior Men |
| 12    | 272    | 0:38:32 | SWEENEY, John      | Tri Sport Epping              | Senior Men |
| 13    | 595    | 0:38:42 | THOMAS, Chris      | Unattached                    | Senior Men |
| 14    | 745    | 0:38:43 | MURPHY, Lorcan     | Woodford Green & Essex Ladies | Senior Men |
| 15    | 182    | 0:38:47 | THEOBALD, Simon    | Tri Sport Epping              | Senior Men |
| 16    | 683    | 0:38:53 | NEWELL, Kevin      | Ilford AC                     | Senior Men |
| 17    | 447    | 0:39:49 | JACKAMAN, Paul     | Castle Point Joggers          | Senior Men |
| 18    | 33     | 0:39:53 | SPOONER, Terence   | Unattached                    | Senior Men |
| 19    | 166    | 0:39:58 | MILBURN, Rob       | Tri Sport Epping              | Senior Men |
| 20    | 680    | 0:40:08 | WU, William        | Ford Running Club             | Senior Men |
| 21    | 388    | 0:40:16 | BURN, Gary         | Unattached                    | Senior Men |
| 22    | 155    | 0:40:16 | JOHNSON, David     | Thurrock Harriers             | Senior Men |
| 23    | 606    | 0:40:24 | WATSON, Peter      | Benfleet RC                   | Senior Men |
| 24    | 73     | 0:40:48 | KELLY, Peter       | Spitfire Running Club         | Senior Men |
| 25    | 413    | 0:40:53 | GROUT, Mike        | Benfleet RC                   | Senior Men |
| 26    | 338    | 0:41:08 | HILLS, John        | Unattached                    | Senior Men |
| 27    | 119    | 0:41:09 | AFIFI, Russell     | Unattached                    | Senior Men |
| 28    | 454    | 0:41:26 | CABLE, Stuart      | Unattached                    | Senior Men |
| 29    | 363    | 0:41:35 | STANDING, Paul     | Unattached                    | Senior Men |
| 30    | 354    | 0:41:38 | ADKINS, Peter      | Unattached                    | Senior Men |
| 31    | 730    | 0:41:42 | BARNARD, Ricky     | Steel City Striders           | Senior Men |
| 32    | 233    | 0:42:07 | FLOWER, Kevin      | Havering 90                   | Senior Men |
| 33    | 460    | 0:42:09 | ALLEN, Terry       | Thrift Green Trotters         | Senior Men |
| 34    | 713    | 0:42:14 | Chris              | Unattached                    | Senior Men |
| 35    | 469    | 0:42:28 | ROPER, Neil        | Unattached                    | Senior Men |
| 36    | 769    | 0:42:34 | WELCH, Spencer     |                               | Senior Men |
| 37    | 750    | 0:42:38 | CHALLIS, Kevin     | Benfleet RC                   | Senior Men |
| 38    | 662    | 0:42:51 | TODD, David        | Ford                          | Senior Men |
| 39    | 50     | 0:43:04 | DEFRIES, Richard   | Unattached                    | Senior Men |
| 40    | 652    | 0:43:10 | GEVAUX, Timothy    | Unattached                    | Senior Men |
| 41    | 351    | 0:43:15 | STOCKS, Adrian     | Blackheath & Bromley Harriers | Senior Men |
| 42    | 297    | 0:43:24 | RICHARDSON, Simon  | Unattached                    | Senior Men |
| 43    | 99     | 0:43:27 | ALLEN, Russell     | Unattached                    | Senior Men |
| 44    | 67     | 0:43:30 | CUBBIN, Will       | Unattached                    | Senior Men |
| 45    | 340    | 0:43:33 | SLAWSON, Dave      | Springfield Striders          | Senior Men |
| 46    | 339    | 0:43:43 | PRIEST, Simon      | Unattached                    | Senior Men |

|    |     |         |                      |                       |            |
|----|-----|---------|----------------------|-----------------------|------------|
| 47 | 547 | 0:43:44 | RYAN, Christopher    | Thrift Green Trotters | Senior Men |
| 48 | 25  | 0:43:49 | FAIRMAN, Nicholas    | Unattached            | Senior Men |
| 49 | 473 | 0:43:52 | STENNING, Matthew    | Unattached            | Senior Men |
| 50 | 220 | 0:44:14 | NATION, Richard      | Benfleet RC           | Senior Men |
| 51 | 610 | 0:44:17 | PEARCE, Robert       | Unattached            | Senior Men |
| 52 | 176 | 0:44:28 | THORNTON, Ben        | Unattached            | Senior Men |
| 53 | 202 | 0:44:42 | FARNDON, Steve       | Unattached            | Senior Men |
| 54 | 314 | 0:44:42 | FAIRFULL, Jamie      | Tiptree RR            | Senior Men |
| 55 | 396 | 0:44:47 | MCGANN, Richard      | Unattached            | Senior Men |
| 56 | 468 | 0:44:51 | Ravindra Lanka       | Unattached            | Senior Men |
| 57 | 518 | 0:44:52 | STUCHBERY, Matthew   | Unattached            | Senior Men |
| 58 | 430 | 0:44:56 | BUNKER, Sean         | Unattached            | Senior Men |
| 59 | 658 | 0:44:57 | GRINT, Andy          | Unattached            | Senior Men |
| 60 | 526 | 0:45:01 | MARLOW, Neal         | Unattached            | Senior Men |
| 61 | 336 | 0:45:05 | LEUNG, Victor        | Unattached            | Senior Men |
| 62 | 311 | 0:45:14 | WOOD, Terence        | Unattached            | Senior Men |
| 63 | 39  | 0:45:20 | SMITH, Scott         | Unattached            | Senior Men |
| 64 | 728 | 0:45:25 | BARRETT, Peter       | Thrift Green Trotters | Senior Men |
| 65 | 100 | 0:45:30 | FINCH, Jason         | Unattached            | Senior Men |
| 66 | 740 | 0:46:04 | SKIPPER, Dean        | Havering 90           | Senior Men |
| 67 | 644 | 0:46:11 | BAMFORD, Paul        | Unattached            | Senior Men |
| 68 | 719 | 0:46:16 | HARVEY, Chris        | Unattached            | Senior Men |
| 69 | 47  | 0:46:22 | NATHAN, Simon        | Unattached            | Senior Men |
| 70 | 570 | 0:46:27 | HEMMINGS, Mark       | Havering 90           | Senior Men |
| 71 | 596 | 0:46:30 | CLARK, Daren         | Unattached            | Senior Men |
| 72 | 80  | 0:46:31 | HYAM, Richard        | Unattached            | Senior Men |
| 73 | 376 | 0:46:32 | GARDNER, Andrew      | Unattached            | Senior Men |
| 74 | 399 | 0:46:36 | FINNIGAN, James      | Unattached            | Senior Men |
| 75 | 705 | 0:46:37 | WHITE, Paul          | Unattached            | Senior Men |
| 76 | 230 | 0:46:59 | GORDON, Adam         | Pitsea RC             | Senior Men |
| 77 | 720 | 0:47:02 | SPRULES, Alexander   | Thrift Green Trotters | Senior Men |
| 78 | 698 | 0:47:07 | QUAYE, Mike          | Unattached            | Senior Men |
| 79 | 253 | 0:47:07 | BURN, Jamie          | Unattached            | Senior Men |
| 80 | 239 | 0:47:27 | DUNLOP, Richard      | Unattached            | Senior Men |
| 81 | 28  | 0:47:36 | MITCHELL, Paul       | Thurrock Nomads       | Senior Men |
| 82 | 313 | 0:47:42 | CLAPHAM, Christopher | Unattached            | Senior Men |
| 83 | 590 | 0:47:44 | MARTIN, D            | Unattached            | Senior Men |
| 84 | 361 | 0:47:51 | ARCHER, Stuart       | Unattached            | Senior Men |
| 85 | 656 | 0:48:02 | WILES, David         | Thrift Green Trotters | Senior Men |
| 86 | 722 | 0:48:02 | DYER, Adrian         | Unattached            | Senior Men |
| 87 | 692 | 0:48:07 | HARRINGTON, David    | Unattached            | Senior Men |
| 88 | 725 | 0:48:16 | DEXTER, Matt         | Unattached            | Senior Men |
| 89 | 172 | 0:48:33 | FROST, Martin        | Unattached            | Senior Men |
| 90 | 754 | 0:48:37 | AURIGHI, Simone      | Colchester Harriers   | Senior Men |
| 91 | 712 | 0:48:40 | TURLEY, David        | Unattached            | Senior Men |
| 92 | 104 | 0:48:56 | RIPPON, John         | Unattached            | Senior Men |
| 93 | 569 | 0:49:05 | PARISH, Brian        | Havering 90           | Senior Men |
| 94 | 261 | 0:49:06 | NORRIS, James        | Unattached            | Senior Men |
| 95 | 111 | 0:49:10 | HARPER, Paul         | Unattached            | Senior Men |

|     |     |         |                    |                           |            |
|-----|-----|---------|--------------------|---------------------------|------------|
| 96  | 224 | 0:49:14 | MCGUIRE, Paul      | Unattached                | Senior Men |
| 97  | 675 | 0:49:29 | SCANLON, John      | Unattached                | Senior Men |
| 98  | 444 | 0:49:33 | DOHERTY, Glenn     | Thrift Green Trotters     | Senior Men |
| 99  | 572 | 0:49:34 | HENDLEY, Roy       | Havering 90               | Senior Men |
| 100 | 481 | 0:49:38 | KIDD, Mitchell     | Unattached                | Senior Men |
| 101 | 643 | 0:49:45 | SMITH, Mike        | Unattached                | Senior Men |
| 102 | 147 | 0:49:46 | GREENHALGH, Gordon | Benfleet RC               | Senior Men |
| 103 | 687 | 0:49:50 | MYLES, Simon       | Unattached                | Senior Men |
| 104 | 125 | 0:49:56 | WYATT, Jonathan    | Unattached                | Senior Men |
| 105 | 620 | 0:49:57 | BARROSO, Andre     | Unattached                | Senior Men |
| 106 | 532 | 0:49:59 | WRIGHT, Neil       | Unattached                | Senior Men |
| 107 | 122 | 0:50:27 | LEE, Graham        | GP Triathlon              | Senior Men |
| 108 | 331 | 0:50:37 | YAXLEY, Darren     | Unattached                | Senior Men |
| 109 | 647 | 0:50:39 | CROSSLAND, Richard | Unattached                | Senior Men |
| 110 | 449 | 0:50:55 | DALLEY, Gregg      | South East Essex Tri Club | Senior Men |
| 111 | 250 | 0:51:01 | BREW, Christopher  | Unattached                | Senior Men |
| 112 | 42  | 0:51:02 | MACDONALD, Matthew | Unattached                | Senior Men |
| 113 | 702 | 0:51:19 | HENINGTON, John    | Unattached                | Senior Men |
| 114 | 49  | 0:51:22 | FENTIMAN, Ross     | Unattached                | Senior Men |
| 115 | 543 | 0:51:32 | BRETT, David       | Unattached                | Senior Men |
| 116 | 467 | 0:51:34 | GRANDISON, Julian  | Thrift Green Trotters     | Senior Men |
| 117 | 628 | 0:51:44 | MAMELOK, Stephen   | Unattached                | Senior Men |
| 118 | 407 | 0:51:55 | JONES, Marc        | Unattached                | Senior Men |
| 119 | 103 | 0:52:01 | MARTIN, Gary       | Unattached                | Senior Men |
| 120 | 777 | 0:52:03 | RICE, Mark         | East Essex Tri            | Senior Men |
| 121 | 294 | 0:52:07 | JENNINGS, Paul     | Unattached                | Senior Men |
| 122 | 4   | 0:52:49 | MYLES, Michael     | Unattached                | Senior Men |
| 123 | 11  | 0:52:57 | WYNDHAM, John Paul | Unattached                | Senior Men |
| 124 | 504 | 0:53:02 | SCOTT, Jamie       | Unattached                | Senior Men |
| 125 | 180 | 0:53:02 | LARGE, Daniel      | Unattached                | Senior Men |
| 126 | 387 | 0:53:27 | HILL, Jeremy       | Unattached                | Senior Men |
| 127 | 471 | 0:53:42 | BIRCH, Steven      | Unattached                | Senior Men |
| 128 | 505 | 0:53:45 | BARBER, Mark       | Unattached                | Senior Men |
| 129 | 479 | 0:53:59 | DEBENHAM, Robert   | Unattached                | Senior Men |
| 130 | 693 | 0:54:15 | BALL, George       | Unattached                | Senior Men |
| 131 | 523 | 0:54:19 | SWIFT, Nick        | Unattached                | Senior Men |
| 132 | 144 | 0:54:20 | GUYATT, Robert     | Unattached                | Senior Men |
| 133 | 209 | 0:54:22 | OSMOTHERLY, Lee    | Unattached                | Senior Men |
| 134 | 718 | 0:54:43 | PRITCHARD, James   | Unattached                | Senior Men |
| 135 | 165 | 0:54:58 | HARMER, Richard    | Brentwood Trotters        | Senior Men |
| 136 | 694 | 0:55:15 | WIELAND, Richard   | Unattached                | Senior Men |
| 137 | 766 | 0:55:15 | STONE, Marie       |                           | Senior Men |
| 138 | 404 | 0:55:25 | ROSE, Michael      | Unattached                | Senior Men |
| 139 | 300 | 0:55:36 | KENT, Anthony      | Unattached                | Senior Men |
| 140 | 409 | 0:55:37 | WISKEN, Michael    | Unattached                | Senior Men |
| 141 | 428 | 0:55:56 | CORNELIUS, Neil    | Unattached                | Senior Men |
| 142 | 278 | 0:55:59 | PATON, Matthew     | Unattached                | Senior Men |
| 143 | 556 | 0:55:59 | MCDONNELL, Tom     | Havering 90               | Senior Men |
| 144 | 341 | 0:56:14 | WILSON, Mark       | Unattached                | Senior Men |

|     |     |         |                   |              |            |
|-----|-----|---------|-------------------|--------------|------------|
| 145 | 222 | 0:56:43 | KING, David       | Unattached   | Senior Men |
| 146 | 113 | 0:57:25 | PORTER, Richard   | Unattached   | Senior Men |
| 147 | 371 | 0:59:04 | LEE, Martyn       | Unattached   | Senior Men |
| 148 | 688 | 0:59:05 | CREST, David      | Unattached   | Senior Men |
| 149 | 406 | 0:59:12 | FRANCIS, Jon      | Unattached   | Senior Men |
| 150 | 116 | 0:59:58 | NICHOLS, Paul     | Unattached   | Senior Men |
| 151 | 626 | 1:00:35 | FAIRWEATHER, Ross | Unattached   | Senior Men |
| 152 | 214 | 1:01:08 | JOHNSON, Ryan     | Unattached   | Senior Men |
| 153 | 691 | 1:02:51 | PALMER, Justin    | Unattached   | Senior Men |
| 154 | 83  | 1:05:38 | RADDON, Paul      | Unattached   | Senior Men |
| 155 | 197 | 1:06:44 | ACOTT, Jeremy     | Unattached   | Senior Men |
| 156 | 773 | 1:08:11 | READER, Rob       | Unattached   | Senior Men |
| 157 | 746 | 1:08:38 | HAMMOND, Peter    | Unattached   | Senior Men |
| 158 | 175 | 1:12:07 | HAMMOND, Darren   | Unattached   | Senior Men |
| 159 | 738 | 1:22:50 | READ, Rob         | Help 4 Heros | Senior Men |
|     |     |         |                   |              |            |