

Billericay Striders 10K Results - 2004

Position	Surname	First Name	Time			Race #	Age on Race Day	Category	Club
			Hours	Mins	Secs				
1	Crosby	Angus	0	34	21	524	25	M Open	Garden City Runners
2	Deacon	Greg	0	34	29	339	33	M Open	Basildon AC
3	Saunders	Jon	0	34	35	149	26	M Open	Thrift Green Trotters
4	Houlton	Nicholas	0	34	36	313	33	M Open	N/A realrunner.com
5	Pecoraro	Tony	0	34	38	262	42	MV40-49	Havering 90 Joggers
6	Llewelyn	Rhodri	0	34	50	68	31	M Open	N/A
7	Jones	Allen	0	34	55	44	36	M Open	Medway R Maidstone AC
8	Knightley	Terry	0	35	9	64	44	MV40-49	Ilford AC
9	Armitage	Luke	0	35	11	409	40	MV40-49	Kent AC
10	Partridge	Kevin	0	35	33	427	47	MV40-49	Ford Fitness
11	Martyn	Staines	0	35	37	102	22	M Open	Thurrock Harriers
12	Bell	Paul	0	35	40	557	35	M Open	Serpentine RC
13	Mack	Darren	0	36	21	199	34	M Open	N/A
14	Jones	Graeme	0	36	30	522	29	M Open	N/A
15	Wilkinson	Keith	0	36	46	5	50	MV50-59	Chelmsford AC
16	Henderson	Les	0	36	53	185	38	M Open	Tri Sport Epping
17	Blake	Richard	0	37	2	456	54	MV50-59	Great Yarmouth RR
18	O'Hart	Jeremy	0	37	9	546	27	M Open	Slugger AC (Perth Australia)
19	Henshaw	Scott	0	37	27	323	35	M Open	Billericay Striders
20	Fulker	Steve	0	37	39	459	56	MV50-59	Billericay Striders
21	Hart	Graham	0	37	43	542	39	M Open	East Essex Tri Club
22	Manlow	John	0	37	45	244	36	M Open	N/A
23	Bell	Adam	0	37	57	191	31	M Open	N/A
24	Livingstone	Mandy	0	38	1	475	35	FV35-44	Garden City Runners
25	Markham	Neil	0	38	7	320	36	M Open	Billericay Striders
26	Chester	Martin	0	38	9	356	32	M Open	Havering 90 Joggers
27	Charleston	Richard	0	38	11	551	49	MV40-49	Chelmsford AC
28	Partridge	Luke	0	38	20	426	22	M Open	Ford Fitness
29	Solomons	Daniel	0	38	22	328	34	M Open	Thrift Green Trotters
30	Binns	Peter	0	38	32	514	57	MV50-59	Southend AC
31	Milburn	Rob	0	38	33	96	31	M Open	N/A
32	Bates	Kevin	0	38	44	419	44	MV40-49	Billericay Striders
33	French	Peter	0	38	44	79	22	M Open	N/A
34	Philp	Katherine	0	38	45	473	26	F Open	Garden City Runners
35	Skipper	Dean	0	38	49	599	27	F Open	Havering 90 Joggers
36	Ross	Paul	0	38	54	259	40	MV40-49	Havering 90 Joggers
37	Power	Steven	0	39	13	86	36	M Open	N/A
38	Tyler	John	0	39	17	336	42	MV40-49	Havering 90 Joggers
39	Johnson	Dean	0	39	20	307	31	M Open	N/A
40	Brooke	Anthony	0	39	23	3	28	M Open	N/A
41	Fuller	Richard	0	39	29	354	43	MV40-49	East Essex Tri
42	Jackson	Mark	0	39	31	385	45	MV40-49	Mid Essex Casuals
43	Johnson	Colin	0	39	32	436	44	MV40-49	N/A
44	Foster	Graham	0	39	33	121	46	MV40-49	N/A
45	Paul	Stuart	0	39	36	111	36	M Open	Ford Fitness
46	Gearing	Danny	0	39	36	73	29	M Open	Havering 90 Joggers
47	Milone	Richard	0	39	40	170	40	MV40-49	N/A
48	Bowen	Mark	0	39	43	314	52	MV50-59	N/A
49	Pate	Fergus	0	39	46	564	21	M Open	N/A
50	Dutton	David	0	39	48	423	54	MV50-59	Pitsea Road Runners
51	Squire	Anthony	0	39	57	147	27	M Open	N/A
52	Harrington	David	0	39	58	225	30	M Open	N/A
53	Culley	Kirk	0	39	59	471	46	MV40-49	Tiptree Road Runners
54	Thornton	Keith	0	40	4	333	40	MV40-49	Thrift Green Trotters
55	Harding	Richard	0	40	6	52	45	MV40-49	Havering 90 Joggers
56	Stocks	Robert	0	40	14	458	45	MV40-49	N/A
57	Spong	Sue	0	40	14	383	46	FV45-54	Havering 90 Joggers
58	Elferink	Alex	0	40	20	462	31	F Open	N/A
59	Cardy	Ian	0	40	25	482	41	MV40-49	N/A
60	Ward	Daniel	0	40	26	187	37	M Open	N/A
61	Day	Michael	0	40	35	366	37	M Open	N/A
62	Osborne	Peter	0	40	39	311	36	M Open	N/A
63	Clarke	Andy	0	40	42	575	41	MV40-49	Thrift Green Trotters
64	Rhodes - Disqualified	Tony	0	40	53	137	60	MV60-69	Edmonton Running Club
65	Bearwish	Neil	0	40	57	257	39	M Open	N/A
66	Sutton	Tom	0	41	4	429	25	M Open	Southend AC
67	Hands	Kenneth	0	41	5	300	37	M Open	N/A
68	Tilson	Scott	0	41	6	2	36	M Open	N/A

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69	Gorshia	Niraj	0	41	10	127	16	M Open	Iford AC
70	Butler	David	0	41	12	386	51	MV50-59	N/A
71	Taylor	Neil	0	41	15	330	36	M Open	Havering 90 Joggers
72	Bines	Lee	0	41	16	155	35	M Open	N/A
73	Compton	Robert	0	41	17	281	52	MV50-59	Havering 90 Joggers
74	Ball	Martin	0	41	34	292	27	M Open	Havering 90 Joggers
75	Gridley	David	0	41	38	549	37	M Open	Havering 90 Joggers
76	McGowan	Frank	0	41	44	586	43	MV40-49	Ford Fitness
77	Donnelly	Claire	0	41	48	248	23	F Open	Southend AC
78	Goodfellow	Stephen	0	41	51	526	30	M Open	N/A
79	Knowles	Steve	0	41	54	18	46	MV40-49	N/A
80	Bussey	Amanda	0	41	57	134	40	FV35-44	Southend AC
81	Statter	Graham	0	42	12	396	46	MV40-49	Bishops Stortford RC
82	Greensill	Mark	0	42	15	315	42	MV40-49	Castle Point Joggers
83	Afford	Adam	0	42	19	156	15	M Open	N/A
84	Bines	David	0	42	27	154	37	M Open	N/A
85	Hall	Martha	0	42	28	474	28	F Open	Garden City Runners
86	Davies	Alexander	0	42	32	525	29	M Open	N/A
87	Dickinson	Martin	0	42	32	418	43	MV40-49	N/A
88	Bonham	Richard	0	42	33	331	36	M Open	Castle Point Joggers
89	Bennett	Nick	0	42	33	240	37	M Open	N/A
90	Cardnell	Stephen	0	42	39	357	45	MV40-49	Grange Farm Trotters
91	Fisher	Paul	0	42	39	219	33	M Open	N/A
92	Syrett	Jason	0	42	43	348	37	M Open	Thurrock Harriers
93	Timson	Liza	0	42	45	533	24	F Open	Garden City Runners
94	Robinson	Reece	0	42	47	428	33	M Open	N/A
95	Rabeux	Julien	0	42	48	92	28	M Open	N/A
96	Robinson	Mark	0	42	50	33	34	M Open	N/A
97	Bewley	John	0	42	52	110	51	MV50-59	N/A
98	McNamara	John	0	42	54	193	35	M Open	Southend Athletic Club
99	Wheeler	Charmaine	0	42	57	540	22	F Open	Leigh Striders
100	Lysons	Adam	0	42	58	531	31	M Open	Leigh Striders
101	Murphy	John	0	42	59	143	35	M Open	N/A
102	Vince	John	0	43	2	569	56	MV50-59	N/A
103	Hutchison	Ross	0	43	5	594	27	M Open	Castle Point RC
104	Durn	Laura	0	43	6	98	28	F Open	N/A
105	Gibbins	Debbie	0	43	10	477	44	FV35-44	Benfleet RC
106	Keeley	David	0	43	14	280	49	MV40-49	Havering 90 Joggers
107	Petrie	Derek	0	43	16	318	45	MV40-49	N/A
108	Marek	Robert	0	43	18	534	28	M Open	Leigh Striders
109	Thomson	Andrew	0	43	22	351	28	M Open	Havering 90 Joggers
110	Humphreys	Neil	0	43	26	158	39	M Open	Havering 90 Joggers
111	Edwards	Ben	0	43	29	57	27	M Open	Thrift Green Trotters
112	Haase	James	0	43	33	476	?	M Open	N/A
113	Warby	Mike	0	43	36	453	34	M Open	N/A
114	Leece	Stephen	0	43	37	460	20	M Open	N/A
115	Wyatt	Paul	0	43	38	442	31	M Open	N/A
116	Sloan	James	0	43	49	472	40	MV40-49	Pitsea RR
117	Wilson	Richard	0	43	51	596	34	M Open	N/A
118	Knight	Graham	0	43	53	273	44	MV40-49	Havering 90 Joggers
119	Hayman	Steven	0	43	54	407	26	M Open	N/A
120	Pattison	David	0	43	58	59	40	MV40-49	N/A
121	Coldicott	Nick	0	44	1	83	35	M Open	N/A
122	Short	Chris	0	44	4	175	22	M Open	N/A
123	Godier	Neil	0	44	6	406	45	MV40-49	N/A
124	Derrick	Sara	0	44	8	527	35	FV35-44	East London Triathletes
125	Powell	James	0	44	14	490	23	M Open	N/A
126	Bennett	Chris	0	44	15	239	35	M Open	N/A
127	Tester	Pauline	0	44	16	392	40	FV35-44	Iford AC
128	Watson	Nick	0	44	18	14	31	M Open	N/A
129	Parrott	Leonard	0	44	20	457	69	MV60-69	Havering Mayesbrook
130	Ehrlich	Robin	0	44	23	404	22	M Open	N/A
131	Llewelyn	Huw	0	44	24	365	59	MV50-59	N/A
132	Dixon	Conrad	0	44	29	67	42	MV40-49	N/A
133	Hipkins	Cherie	0	44	31	483	30	F Open	Great Yarmouth RR
134	Butcher	Brian	0	44	36	487	55	MV50-59	Castle Point Joggers
135	Cowley	Peter	0	44	40	465	48	MV40-49	Mount Pleasant AC
136	Pilgrim	Alan	0	44	53	403	20	M Open	N/A
137	Stanley	David	0	44	53	335	50	MV50-59	Orion Harriers
138	Lodge	Martin	0	44	55	332	44	MV40-49	N/A
139	Fozard	Clive	0	44	57	114	49	MV40-49	Trent Park Running Club

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140	Orrey	Jeffrey	0	44	58	85	31	M Open	N/A
141	White	Geoff	0	45	0	231	38	M Open	N/A
142	Munson	Mike	0	45	3	25	52	MV50-59	Havering 90
143	Jolly	Stephen	0	45	5	107	51	MV50-59	N/A
144	Cottis	Roy	0	45	8	290	48	MV40-49	Southend AC
145	Hewitt	George	0	45	9	198	66	MV60-69	Southern County Vets
146	McCarthy	Brian	0	45	12	266	50	MV50-59	Thrift Green Trotters
147	Knight	Anthony	0	45	13	167	35	M Open	Road Runners Club
148	Nelder	Paul	0	45	31	65	48	MV40-49	N/A
149	Rich	Stephen	0	45	35	362	47	MV40-49	Thrift Green Trotters
150	Burnett	Jody	0	45	36	480	29	F Open	Havering 90 Joggers
151	Kamdar	Sheila	0	45	36	247	47	FV45-54	Southend AC
152	Boulter	Ray	0	45	39	494	48	MV40-49	N/A
153	North	Paul	0	45	39	397	45	MV40-49	Bishops Stortford RC
154	Bidston	Jo	0	45	40	267	36	FV35-44	East Essex Tri
155	Stokoe	Ian	0	45	41	390	29	M Open	Mid Essex Casuals
156	Birdsall	Paul	0	45	42	6	31	M Open	West End Runners
157	Novini	Kevin	0	45	44	478	32	M Open	Benfleet RC
158	Whaymand	Stephen	0	45	49	70	26	M Open	N/A
159	Coath	Peter	0	45	56	150	34	M Open	N/A
160	Langridge-Brown	Gary	0	46	5	395	37	M Open	N/A
161	Taylor	Glen	0	46	8	211	48	MV40-49	Southend Athletic Club
162	Cammidge	Chris	0	46	11	272	43	MV40-49	Castle Point Joggers
163	Gammon	Paul	0	46	13	151	43	MV40-49	N/A
164	Williams	James	0	46	15	88	30	M Open	Thrift Green Trotters
165	Bicknell	Colin	0	46	16	341	48	MV40-49	N/A
166	Murphy	Clive	0	46	18	215	53	MV50-59	N/A
167	Noble	Toni	0	46	19	387	33	F Open	Thurrock Harriers
168	Kelly	Warren	0	46	20	106	32	M Open	Thrift Green Trotters
169	Soane	Ian	0	46	20	8	38	M Open	Pitsea
170	Brewer	Mark	0	46	22	431	41	MV40-49	N/A
171	Tremelling	Paul	0	46	24	118	36	M Open	N/A
172	Hamilton	Robert	0	46	25	521	57	MV50-59	Road Runners Club
173	Badell	Chris	0	46	26	548	41	MV40-49	Fairlands Spartans
174	Phillips	Darren	0	46	28	547	34	M Open	N/A
175	Aldridge	Wendy	0	46	29	310	41	FV35-44	N/A
176	Phillips	Michael	0	46	31	276	56	MV50-59	Havering 90 Joggers
177	Longlade	Robert	0	46	38	19	27	M Open	N/A
178	Bass	Thomas	0	46	43	589	60	MV60-69	N/A
179	Davies	Richard	0	46	44	287	25	M Open	N/A
180	Kettlewell	Jon	0	46	47	545	42	MV40-49	N/A
181	Gooding	Paul	0	46	47	229	32	M Open	N/A
182	Harness	Robert	0	46	48	405	41	MV40-49	N/A
183	Brown	Victoria	0	46	48	93	29	F Open	N/A
184	Mitchell	Jason	0	46	53	529	30	M Open	Leigh Striders
185	Parr	Jacquie	0	46	56	340	36	FV35-44	Castle Point Joggers
186	Bennett	Michael	0	46	57	296	30	M Open	N/A
187	Bettaney	Stephen	0	47	1	346	57	MV50-59	N/A
188	Watt	Nick	0	47	2	580	32	M Open	N/A
189	Linn	Mark	0	47	5	554	39	M Open	N/A
190	Finch	Martyn	0	47	5	196	30	M Open	N/A
191	Price	Paul	0	47	7	559	45	MV40-49	Thrift Green Trotters
192	Field	Kevin	0	47	7	105	26	M Open	N/A
193	Nossell	Leslie	0	47	8	503	42	MV40-49	Thrift Green Trotters
194	Bidston	Mark	0	47	9	268	39	M Open	East Essex Tri
195	O'Mahony	Gerry	0	47	10	585	39	M Open	N/A
196	Wardle	Matt	0	47	10	217	29	M Open	N/A
197	Gill	Stephen	0	47	11	445	38	M Open	N/A
198	Williamson	Nigel	0	47	14	499	40	MV40-49	N/A
199	Franklin	Paul	0	47	22	556	48	MV40-49	Castle Point Joggers
200	Metcalfe	William	0	47	23	501	62	MV60-69	Basildon AC
201	Honey	Sharon	0	47	23	497	47	FV45-54	Iford AC
202	Wittich	Peter	0	47	25	408	56	MV50-59	Billericay Striders
203	Wakeling	Darren	0	47	28	350	17	M Open	N/A
204	Pye	Deborah	0	47	30	278	43	FV35-44	Havering 90 Joggers
205	Davies	Len	0	47	30	277	47	MV40-49	Havering 90 Joggers
206	Bicknell	Tom	0	47	33	342	15	M Open	N/A
207	Hodges	Jeremy	0	47	36	116	39	M Open	N/A
208	Howe	Anne	0	47	36	26	40	FV35-44	Castle Point Joggers
209	Golder	Richard	0	47	38	511	33	M Open	N/A
210	Thompson	Peter	0	47	38	103	34	M Open	Castle Point Joggers

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211	Edwards	Alan	0	47	39	205	51	MV50-59	N/A
212	Hill	Tracy	0	47	39	168	41	FV35-44	Havering 90 Joggers
213	Spencer	Dennis	0	47	39	123	57	MV50-59	Springfield Striders
214	Main	Nicole	0	47	43	523	31	F Open	N/A
215	Michaeloudis	Lee	0	47	43	493	30	M Open	N/A
216	Hale	Bryan	0	47	44	517	29	M Open	N/A
217	Kinnear	John	0	47	49	502	43	MV40-49	Road Runners Club
218	Neilson	Julie	0	47	50	587	45	FV45-54	Springfield Striders
219	Munday	Sarah	0	47	51	31	26	F Open	N/A
220	Walker	Susan	0	47	52	573	40	FV35-44	Springfield Striders
221	Phillips	Paul	0	47	55	100	53	MV50-59	N/A
222	Sargent	Kevin	0	47	56	183	25	M Open	N/A
223	Duane	Dick	0	47	57	464	50	MV50-59	East Essex Tri Club
224	Stone	Vicky	0	47	57	218	24	F Open	N/A
225	Polyblank	Darron	0	47	58	210	31	M Open	N/A
226	Payne	Michael	0	47	59	505	39	M Open	N/A
227	Hocken	Adam	0	48	11	263	38	M Open	N/A
228	Howe	Jeff	0	48	12	568	43	MV40-49	Dartford Roadrunners
229	Dale	Sue	0	48	17	274	50	FV45-54	Havering 90 Joggers
230	Jones	Mark	0	48	17	126	31	M Open	N/A
231	Passingham	Keith	0	48	18	130	52	MV50-59	FF Flyers
232	Moscatiello	Marcelo	0	48	20	597	37	M Open	N/A
233	Marshall	Stephen	0	48	21	109	40	MV40-49	N/A
234	Walker	Andrew	0	48	23	572	39	M Open	Springfield Striders
235	Russell	John	0	48	28	200	33	M Open	N/A
236	Perry	Steve	0	48	33	195	51	MV50-59	Springfield Striders
237	Muggleton	Dawn	0	48	34	438	42	FV35-44	East Essex Tri
238	Muggleton	Keith	0	48	35	439	47	MV40-49	East Essex Tri
239	Russell	Keith	0	48	35	329	43	MV40-49	N/A
240	Polaine	Danny	0	48	37	265	32	M Open	East Essex Tri
241	Mansfield	Christopher	0	48	40	283	43	MV40-49	Havering 90 Joggers
242	Parish	Brian	0	48	42	316	30	M Open	Havering 90 Joggers
243	Ives	Justine	0	48	43	447	37	FV35-44	N/A
244	Williams	Barbara	0	48	58	321	54	FV45-54	Billericay Striders
245	Wallis	Sam	0	49	1	469	27	F Open	Billericay Striders
246	Dobie	Ronald	0	49	10	275	44	MV40-49	Havering 90 Joggers
247	Miller	Jamie	0	49	12	317	37	M Open	N/A
248	Thompson	David	0	49	15	122	32	M Open	N/A
249	Kleu	John	0	49	16	338	43	MV40-49	Tri Sport Epping
250	Collier	Martin	0	49	17	97	53	MV50-59	N/A
251	Harlock	Dave	0	49	23	254	44	MV40-49	N/A
252	Afford	Mark	0	49	27	157	42	MV40-49	N/A
253	Harford	Christine	0	49	31	544	43	FV35-44	N/A
254	Blainey	Laurence	0	49	32	535	44	MV40-49	Leigh Striders
255	Banville	Elaine	0	49	34	398	35	FV35-44	Billericay Striders
256	Newling	Ian	0	49	36	51	35	M Open	N/A
257	Seagrave	Keith	0	49	39	443	35	M Open	N/A
258	Munford	Duncan	0	49	41	253	39	M Open	N/A
259	Brand	Phil	0	49	42	45	41	MV40-49	N/A
260	Shearer	Kyle	0	49	42	16	26	M Open	N/A
261	Allen	Joy	0	49	43	574	56	FV55-64	Garden City Runners
262	Hall	Joanne	0	49	44	600	25	F Open	N/A
263	Morton	Carol	0	49	45	410	44	FV35-44	N/A
264	Thomas	David	0	49	46	498	57	MV50-59	Havering Mayesbrook AC
265	Beall	Richard	0	49	47	13	44	MV40-49	Kilbarchan AAC
266	Day	Nina	0	49	48	208	28	F Open	N/A
267	Ketley-Smith	Stephen	0	49	51	235	33	M Open	N/A
268	Shean	Zena	0	49	51	216	40	FV35-44	East Essex Tri
269	Hutchison	Claire	0	49	52	595	23	F Open	N/A
270	White	John	0	49	53	552	48	MV40-49	N/A
271	Fox	David	0	49	53	485	51	MV50-59	Road Runners Club
272	Curtis	David	0	49	56	496	34	M Open	N/A
273	Willigan	Michael	0	50	4	562	39	M Open	N/A
274	Mann	Simon	0	50	5	305	35	M Open	N/A
275	Taylor	Robert	0	50	6	399	44	MV40-49	N/A
276	Pearson	David	0	50	9	238	36	M Open	N/A
277	Menditta	Karen	0	50	11	504	37	FV35-44	N/A
278	Edwards	Duncan	0	50	14	204	24	M Open	N/A
279	Wisdom	Carole	0	50	16	570	47	FV45-54	Serpentine RC
280	Bell	Tony	0	50	25	192	59	MV50-59	Southend Athletic Club
281	Parsons	Anthony	0	50	27	297	27	M Open	N/A

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282	McCowen	Paul	0	50	29	162	31	M Open	N/A
283	Humberstone	Ian	0	50	32	561	40	MV40-49	N/A
284	Shaw	Robert	0	50	32	304	49	MV40-49	Havering 90 Joggers
285	Blackburne	Sean	0	50	37	463	31	M Open	N/A
286	Boston	Terence	0	50	42	61	32	M Open	N/A
287	Leung	Victor	0	50	46	23	25	M Open	N/A
288	Ewin	Brian	0	50	54	349	54	MV50-59	N/A
289	Hewitt	Tim	0	50	54	163	36	M Open	N/A
290	Gammer	Tony	0	50	55	228	42	MV40-49	N/A
291	Adams	Chris	0	50	59	140	55	MV50-59	N/A
292	Horwood	Graham	0	51	2	424	31	M Open	N/A
293	Gouldstone	Michelle	0	51	11	370	31	F Open	N/A
294	Scott	Dee	0	51	12	58	34	F Open	N/A
295	McColm	Colin	0	51	14	104	44	MV40-49	N/A
296	McCarthy	Daniel	0	51	14	101	32	M Open	Dagenham 88 Runners
297	Rowell	Barry	0	51	20	306	43	MV40-49	Havering 90 Joggers
298	Mowle	Chris	0	51	25	334	35	FV35-44	N/A
299	Charlton	Dave	0	51	26	246	38	M Open	N/A
300	Sandford	Richard	0	51	27	264	41	MV40-49	N/A
301	Thompson	David	0	51	29	220	32	M Open	N/A
302	Porter	Graham	0	51	33	377	45	MV40-49	N/A
303	Flannigan	Teresa	0	51	35	90	52	FV45-54	Pitsea RC
304	Jones	Rolf	0	51	36	369	39	M Open	Havering 90 Joggers
305	Purtell	Paula	0	51	36	368	37	FV35-44	N/A
306	Thompson	Dawn	0	51	38	221	26	F Open	N/A
307	Walker	Kevin	0	51	41	77	30	M Open	N/A
308	Petch	Barry	0	51	44	78	28	M Open	N/A
309	Crowe	James	0	51	49	139	24	M Open	N/A
310	Aitken	Matthew	0	51	50	206	39	M Open	N/A
311	Dev-Sherman	Roebyn	0	51	50	38	27	M Open	Abbey Strollers
312	Siewertsen	George	0	51	57	22	64	MV60-69	Dagenham 88
313	French	Gaynor	0	51	59	294	37	FV35-44	Havering 90 Joggers
314	Farman	James	0	51	59	250	26	M Open	N/A
315	Hills	Samantha	0	51	59	132	34	F Open	FF Flyers
316	Williams	Paul	0	52	0	411	40	MV40-49	Pitsea RC
317	Van Der Merwe	Petro	0	52	0	364	41	FV35-44	Thrift Green Trotters
318	Baldwin	Steven	0	52	3	425	38	M Open	N/A
319	Hitchins	Alex	0	52	16	461	25	F Open	Serpentine
320	Deacon	Richard	0	52	19	543	44	MV40-49	N/A
321	Johnson	Tracey	0	52	22	437	42	FV35-44	N/A
322	Kershaw	Clare	0	52	24	234	32	F Open	N/A
323	Ashkenazy	Sasha	0	52	28	148	25	F Open	Thrift Green Trotters
324	Harmer	Richard	0	52	28	63	34	M Open	Thrift Green Trotters
325	Gentle	Chris	0	52	29	500	43	MV40-49	N/A
326	Clark	Ian	0	52	29	133	42	MV40-49	N/A
327	Marks	David	0	52	31	360	43	MV40-49	N/A
328	Copeland	Lisa	0	52	38	282	38	FV35-44	Havering 90 Joggers
329	Poole	Lee	0	52	39	214	31	M Open	N/A
330	Thomas	Clare	0	52	43	491	35	FV35-44	Thrift Green Trotters
331	Stanton	Sandra	0	52	45	440	39	FV35-44	Springfield Striders
332	Porter	Alan	0	52	48	261	52	MV50-59	Billericay Striders
333	Preston	Mark	0	52	53	412	42	MV40-49	N/A
334	Harding	Brian	0	52	55	358	57	MV50-59	Thrift Green Trotters
335	Latham	Sharon	0	53	0	388	38	FV35-44	N/A
336	Alvis	Geoff	0	53	1	432	32	M Open	N/A
337	Mills	Jacqueline	0	53	5	224	46	FV45-54	Pitsea RC
338	King	Joanne	0	53	6	241	39	FV35-44	N/A
339	Garnier-Clair	Veronique	0	53	6	212	42	FV35-44	N/A
340	Butler	Alan	0	53	9	372	34	M Open	N/A
341	Bridgeman	Katie	0	53	12	537	24	F Open	Leigh Striders
342	Fuller	Sue	0	53	12	355	42	FV35-44	Benfleet Running Club
343	Richardson	Chris	0	53	13	528	20	M Open	Leigh Striders
344	Lawson	Sarah	0	53	13	507	35	FV35-44	Kingswood Running Club
345	Booth	John	0	53	20	389	45	MV40-49	N/A
346	Strange	Peter	0	53	29	567	39	M Open	Thrift Green Trotters
347	Munro	Finlay	0	53	30	470	46	MV40-49	N/A
348	Nichols	Hayley	0	53	32	291	22	F Open	N/A
349	Jones	Roy	0	53	34	352	61	MV60-69	Castle Point Joggers
350	Stepney	Philip	0	53	34	207	53	MV50-59	N/A
351	Crummay	Fiona	0	53	38	565	42	FV35-44	N/A
352	Fitch	Barbara	0	53	41	421	48	FV45-54	N/A

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353	Smailes	Paul	0	53	43	120	30	M Open	N/A
354	Hind	Andy	0	53	47	144	30	M Open	N/A
355	Shiers	Kate	0	53	48	30	32	F Open	N/A
356	Suleman	Nasreen	0	53	52	481	30	F Open	Thrift Green Trotters
357	Braybrook	John	0	53	52	27	42	MV40-49	Havering 90
358	Mozzanica	Louise	0	53	53	379	34	F Open	Havering 90 Joggers
359	Dobson	Mark	0	53	54	530	33	M Open	Leigh Striders
360	Howe	Nicki	0	53	56	566	27	F Open	Castle Point Joggers
361	Harding	Terry	0	53	57	136	54	MV50-59	N/A
362	Lee	Beverley	0	53	59	141	39	FV35-44	N/A
363	Vaughan	Lisa	0	54	8	598	24	F Open	Havering 90 Joggers
364	Seabrook	Nichola	0	54	8	286	24	F Open	Havering 90 Joggers
365	Holland	David	0	54	9	363	61	MV60-69	Havering Mayesbrook AC
366	Norrington	Alison	0	54	21	558	38	FV35-44	Thrift Green Trotters
367	Allen	Andrew	0	54	25	430	25	M Open	N/A
368	Reynolds	Keith	0	54	29	131	49	MV40-49	FF Flyers
369	Read	Alfred	0	54	30	361	71	MV70+	Barking Road Runners
370	Finch	Mark	0	54	42	236	36	M Open	N/A
371	Cripps	Jan.	0	54	43	50	46	FV45-54	N/A
372	Mann	Helen	0	54	48	289	35	FV35-44	N/A
373	Chatfield	Jo	0	54	51	153	34	F Open	N/A
374	Brand	Peter	0	54	56	135	45	MV40-49	N/A
375	Waugh	Steve	0	55	3	593	47	MV40-49	Pitsea
376	Prior	James	0	55	13	269	27	M Open	N/A
377	Hammond	Bridget	0	55	20	467	43	FV35-44	N/A
378	Woods	Laurie	0	55	21	7	29	F Open	Pitsea
379	Clarke	Caroline	0	55	23	171	29	F Open	N/A
380	Ball	Toby	0	55	24	298	33	M Open	N/A
381	Treloar	Neil	0	55	24	270	43	MV40-49	N/A
382	Lanaway	Stephen	0	55	26	89	51	MV50-59	FF Flyers
383	Beattie	Bob	0	55	29	188	57	MV50-59	N/A
384	Oliver	Stephen	0	55	31	174	35	M Open	N/A
385	Probert	Michelle	0	55	32	446	32	F Open	N/A
386	Shuter	Paul	0	55	36	519	48	MV40-49	N/A
387	Batchelor	Gary	0	55	37	15	40	MV40-49	N/A
388	Mears	Aaron	0	55	41	584	35	M Open	N/A
389	Solomons	Helen	0	55	42	327	31	F Open	Thrift Green Trotters
390	Potter	Dawn	0	55	43	10	34	F Open	Springfield Striders
391	Willy	Graham	0	55	48	99	25	M Open	N/A
392	Rontree	David	0	55	50	302	37	M Open	N/A
393	Parmenter	Lee	0	55	55	227	34	M Open	N/A
394	Price	Lara	0	55	56	66	31	F Open	N/A
395	Penfold	Keith	0	56	0	479	52	MV50-59	Havering 90 Joggers
396	Matthews	Andrew	0	56	3	4	31	M Open	N/A
397	Cheshire	Lynette	0	56	7	222	51	FV45-54	N/A
398	Spencer	James	0	56	8	532	25	M Open	Leigh Striders
399	Pennington-Davies	Graham	0	56	11	226	35	M Open	N/A
400	Wylie	Wendy	0	56	17	391	47	FV45-54	N/A
401	Rudd	David	0	56	18	152	47	MV40-49	N/A
402	Watson	Simon	0	56	23	576	37	M Open	N/A
403	Witte	Laurence	0	56	23	146	54	MV50-59	N/A
404	Brown	Gemma	0	56	24	176	22	F Open	N/A
405	Wayment	Ben	0	56	25	249	27	M Open	N/A
406	Cappaert	Susan	0	56	31	508	39	FV35-44	Kingswood Running Club
407	Porter	Heather	0	56	31	378	43	FV35-44	N/A
408	Holmes	Keith	0	56	32	371	35	M Open	N/A
409	Tooke-Kirby	David	0	56	36	488	52	MV50-59	N/A
410	Deacon	Matthew	0	56	41	449	32	M Open	N/A
411	Elliott-Britto	Michelle	0	56	41	309	32	F Open	N/A
412	Bailey	Helen	0	56	46	422	24	F Open	N/A
413	Smith	Philip	0	56	49	186	46	MV40-49	N/A
414	Hickey	Joanna	0	56	49	184	35	FV35-44	N/A
415	Gray	Amanda	0	56	50	345	44	FV35-44	N/A
416	Hawley	Gillian	0	56	51	344	36	FV35-44	N/A
417	Brooker	Lisa	0	56	56	81	34	F Open	N/A
418	Overton	Helen	0	57	2	435	38	FV35-44	N/A
419	Santarelli	Claudia	0	57	6	539	26	F Open	Leigh Striders
420	Pardon	Bill	0	57	7	312	57	MV50-59	N/A
421	Powell	Trevor	0	57	14	71	41	MV40-49	N/A
422	Corby	Clare	0	57	15	80	37	FV35-44	N/A
423	Mackintosh	Stuart	0	57	16	94	55	MV50-59	N/A

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424	Mackintosh	Sarah	0	57	16	49	26	F Open	N/A
425	Postings	Philip	0	57	18	325	62	MV60-69	Iford AC
426	Dobinson	Sue	0	57	21	588	50	FV45-54	N/A
427	Deer	Samantha	0	57	25	169	35	FV35-44	N/A
428	Turner	Colin	0	57	28	62	58	MV50-59	Havering 90 Joggers
429	Ashpole	Emma	0	57	29	414	20	F Open	N/A
430	Ashpole	Linda	0	57	29	413	45	FV45-54	N/A
431	Brooks	Kevan	0	57	33	492	38	M Open	N/A
432	Coldicott	Ann	0	57	39	82	37	FV35-44	N/A
433	Santarelli	Julia	0	57	45	538	26	F Open	Leigh Striders
434	Rolls	Sandra	0	57	47	506	36	FV35-44	N/A
435	Britto	Valentino	0	57	56	308	52	MV50-59	N/A
436	Haustrup	Camilla	0	57	59	203	24	F Open	N/A
437	Glenister	Clare	0	58	0	243	46	FV45-54	N/A
438	Ford	Carol	0	58	0	233	41	FV35-44	N/A
439	Heales	Sam	0	58	2	245	53	MV50-59	N/A
440	Day	Arron	0	58	6	202	27	M Open	N/A
441	Denbow	Nicholas	0	58	7	177	33	M Open	Bishops Stortford RC
442	Porter	Karen	0	58	17	319	40	FV35-44	N/A
443	Day	Michael	0	58	22	201	19	M Open	N/A
444	Sheridan	Sonia	0	58	24	560	44	FV35-44	Thrift Green Trotters
445	Powell	Lauren	0	58	33	72	40	FV35-44	N/A
446	Lempriere	Ellette	0	58	35	536	21	F Open	Leigh Striders
447	Askew	Jeffrey	0	58	35	260	58	MV50-59	N/A
448	Driscoll	Michael	0	58	47	190	59	MV50-59	N/A
449	Bettaney	Sheila	0	58	53	347	57	FV55-64	N/A
450	Reeder	Martin	0	58	56	455	38	M Open	N/A
451	Taliadoros	Helen	0	59	5	301	38	FV35-44	N/A
452	Oddie	Elaine	0	59	6	326	49	FV45-54	Road Runners Club
453	Stanford	Paula	0	59	27	581	30	F Open	Havering 90 Joggers
454	Skinner	Julia	0	59	30	24	37	FV35-44	Dulwich Park Runners
455	McCrow	Kathy	0	59	36	420	33	F Open	Billericay Striders
456	Cardozo	Chris	0	59	40	571	32	M Open	N/A
457	Brown	Lucy	0	59	40	21	27	F Open	N/A
458	Beckwith	Louise	0	59	41	112	?	F Open	Benfleet Running Club
459	Reeder	Charles	0	59	50	454	66	MV60-69	N/A
460	Steele	Robin	0	59	51	53	36	M Open	N/A
461	Driscoll	Jean	0	59	55	512	55	FV55-64	Springfield Striders
462	Brown	Danny	0	59	58	76	16	M Open	N/A
463	Brown	Neil	0	59	58	75	41	MV40-49	N/A
464	Everett	Julie	1	0	1	288	40	FV35-44	N/A
465	Logue	Renee	1	0	1	95	31	F Open	N/A
466	Brown	Malcolm	1	0	2	20	57	MV50-59	N/A
467	Stimpson	Jo	1	0	3	142	42	FV35-44	N/A
468	Drake	Carol	1	0	13	553	39	FV35-44	N/A
469	Hill	William	1	0	13	343	45	MV40-49	N/A
470	Shuter	Karen	1	0	15	518	43	FV35-44	N/A
471	Knight	Stephen	1	0	33	450	27	M Open	N/A
472	Chamberlain	Sarah	1	0	43	448	23	F Open	N/A
473	Jackson	Helen	1	0	48	35	24	F Open	Abbey Strollers
474	Fleet	Mark	1	0	54	452	27	M Open	N/A
475	Hooton	Mary	1	0	57	125	43	FV35-44	N/A
476	Boreham-Bevan	Clare	1	1	0	242	41	FV35-44	N/A
477	Cunnew	David	1	1	1	28	35	M Open	N/A
478	Haynes	Gillian	1	1	2	578	35	FV35-44	N/A
479	Taylor	Sally	1	1	3	577	39	FV35-44	N/A
480	Wilson	Nathalie	1	1	10	486	30	F Open	N/A
481	Shiell	Lisa	1	1	10	178	40	FV35-44	N/A
482	Cox	J	1	1	10	145	52	MV50-59	N/A
483	Pealling	Jenny	1	1	19	251	33	F Open	N/A
484	Nicholls	Belinda	1	1	24	376	32	F Open	N/A
485	Nicholls	Alec	1	1	24	375	33	M Open	N/A
486	Smith-Allen	Claire	1	1	35	194	32	F Open	N/A
487	Calder	Clare	1	1	45	541	39	FV35-44	Leigh Striders
488	Messenger	Claire	1	1	57	416	27	F Open	Thrift Green Trotters
489	Wignall	Michael	1	2	14	213	42	MV40-49	N/A
490	Preston	Elizabeth	1	2	20	279	52	FV45-54	Havering 90 Joggers
491	Kirk	Cheryl	1	2	36	563	30	F Open	N/A
492	Sharp	Renate	1	2	40	513	58	FV55-64	N/A
493	Shaw	Yvonne	1	3	13	510	47	FV45-54	N/A
494	Street	Robert	1	3	14	60	66	MV60-69	N/A

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495	Wicker	Jenny	1	3	16	444	38	FV35-44	N/A
496	Waterhouse	Lorraine	1	3	21	393	45	FV45-54	N/A
497	Smailes	Lucy	1	3	23	119	31	F Open	N/A
498	Kirby	Emma	1	3	37	258	37	FV35-44	Havering 90 Joggers
499	Bastow	Sandra	1	4	21	180	35	FV35-44	N/A
500	Rennolds	Laura	1	5	6	223	30	F Open	N/A
501	Keaney	Peter	1	5	12	74	61	MV60-69	N/A
502	Dawson	Janie	1	5	20	583	39	FV35-44	N/A
503	Daines	Nichola	1	5	22	299	30	F Open	N/A
504	Curry	Sarah	1	5	23	582	30	F Open	N/A
505	Cox	Stella	1	5	30	489	37	FV35-44	N/A
506	Randall	Carol	1	5	31	384	48	FV45-54	N/A
507	Jolly	Kathleen	1	5	46	108	49	FV45-54	N/A
508	Manze	Marilyn	1	6	22	520	50	FV45-54	Edmonton RC
509	Williams	Dave	1	6	40	43	69	MV60-69	N/A
510	Davies	John	1	7	8	550	55	MV50-59	N/A
511	Rose	Julia	1	7	11	1	50	FV45-54	N/A
512	Orchard	Glenn	1	7	24	451	28	M Open	N/A
513	Miles	Beverley	1	8	18	373	45	FV45-54	N/A
514	Gidley	Jenny	1	8	19	374	49	FV45-54	N/A
515	Rickenberg	Sylvia	1	8	27	285	59	FV55-64	Havering 90 Joggers
516	Davis	Jill	1	8	28	284	46	FV45-54	Havering 90 Joggers
517	Bowers	Pauline	1	9	15	181	46	FV45-54	East Essex Tri
518	Clark	Louise	1	9	49	434	32	F Open	N/A
519	Organ	Alison	1	9	50	433	38	FV35-44	N/A
520	Griffiths	Charlotte	1	10	20	515	30	F Open	N/A
521	Griffiths	Fiona	1	10	21	516	27	F Open	N/A
522	Taiyeb	Nazma	1	10	51	509	44	FV35-44	N/A
523	Lund	Christine	1	11	35	179	35	FV35-44	N/A
524	Smith	Jane	1	12	28	46	37	FV35-44	N/A
525	Smith	Ray	1	12	29	47	37	M Open	N/A
526	Hodnett	Richard	1	15	31	402	60	MV60-69	N/A
527	Burkett	Eddie	1	15	32	401	65	MV60-69	N/A
528	Smith	Gemma	1	18	21	592	17	F Open	Great Bentley RC
529	Gowans	Robert	1	18	39	590	44	MV40-49	Great Bentley RC
530	Whitmill	Martin	1	18	41	591	46	MV40-49	Great Bentley RC