

# Billericay Striders Adidas 10K 2005

Position	Race Number	First Name	Surname	Time			Category	Age on Race Day	Club
				Hours	Mins	Secs			
1	208	Nicholas	Houlton	0	34	27	MOpen	34	Unattached
2	472	John	Moore	0	34	43	MOpen	36	Heaton Harriers
3	596	Richard	Jordan	0	34	59	MV40-49	48	Stowmarket Striders
4	685	Tony	Peloraro	0	35	26	MV40-49	43	Unattached
5	174	Mark	Ryall	0	35	47	MOpen	24	Victoria Park Harriers
6	614	David	Hall	0	35	51	MV40-49	40	Dartford Road Runners
7	151	Martyn	Staines	0	36	8	MOpen	29	Thurrock Harriers
8	671	Kevin	Partridge	0	36	29	MV40-49	48	Tri Sport Epping
9	135	Justin	Hill	0	36	55	MV40-49	40	Ware Joggers
10	672	Martin	Chester	0	36	58	MOpen	33	Havering 90 Joggers
11	79	Steven	Read	0	37	3	MOpen	38	Grange Farm Trotters
12	343	Les	Henderson	0	37	6	MOpen	39	Tri Sport Epping
13	565	Ashley	Pearce	0	37	34	MOpen	33	Ilford AC
14	350	Steve	Tibbs	0	37	44	MV40-49	41	Wakefield Harriers
15	102	Anthony	Brooke	0	37	58	MOpen	29	Unattached
16	504	Kevin	Chesham	0	38	2	MV50-59	52	Pitsea Running Club
17	141	Robert	Doyle	0	38	9	MOpen	16	Thurrock Harriers
18	170	Philip	Cooper	0	38	10	MOpen	35	Thrift Green Trotters
19	644	Scott	Rice	0	38	16	MOpen	34	Thurrock Harriers
20	512	Mark	Crook	0	38	29	MOpen	29	Witham Running Club
21	12	Keith	Wilkinson	0	38	38	MV50-59	51	Chelmsford AC
22	37	Peter	Adkins	0	38	53	MOpen	31	Unattached
23	465	Martha	Hall	0	38	56	FOpen	29	Garden City Runners
24	627	Steve	Donoghue	0	38	57	MV40-49	43	Barking RR
25	36	Martin	Saggers	0	38	58	MOpen	37	Ware Joggers
26	516	Richard	Fuller	0	39	11	MV40-49	44	East Essex Tri
27	468	Graham	Foster	0	39	40	MV40-49	47	Havering Mayesbrook AC
28	372	Mark	Jackson	0	39	43	MV40-49	46	Mid Essex Casuals
29	624	Neil	Bearwish	0	39	44	MV40-49	40	Havering Mayesbrook AC
30	591	Barry	Plowman	0	39	47	MOpen	38	Springfield Striders
31	386	Dean	Johnson	0	39	57	MOpen	32	Unattached
32	491	Big Boy	Edgeley	0	40	8	MV40-49	44	Benfleet RC
33	81	Paul	Jackaman	0	40	20	MOpen	23	Castle Point Joggers
34	269	Rob	Milburn	0	40	24	MOpen	32	Unattached
35	120	Kenny	Blyth	0	40	25	MV50-59	54	Ware Joggers
36	414	Jason	Mentern	0	40	28	MOpen	34	Ware Joggers
37	605	Jason	Syrett	0	40	32	MOpen	38	Thurrock Harriers
38	434	Jonathan	Tod	0	40	33	MOpen	38	Thrift Green Trotters
39	664	Claire	Donnelly	0	40	40	FOpen	24	Southend AC
40	529	Beverley	Mason	0	40	42	FV35-44	36	Pitsea Running Club
41	535	Derek	Petrie	0	40	50	MV40-49	46	Unattached
42	138	Peter	Osborne	0	40	53	MOpen	37	Castle Point Joggers
43	83	Daniel	Ward	0	40	58	MOpen	38	Tri Sport Epping
44	287	Stuart	Paul	0	40	59	MOpen	37	Unattached
45	101	Stuart	Dawes	0	41	1	MOpen	32	Unattached
46	21	Michael	Harding	0	41	6	MOpen	17	Havering 90 Joggers
47	228	Billy	Parker-Brown	0	41	19	MOpen	16	Havering Mayesbrook AC
48	276	Gavin	Cousins	0	41	19	MOpen	24	Unattached
49	471	David	Butler	0	41	20	MV50-59	52	Unattached
50	232	Stuart	Saggers	0	41	23	MOpen	31	Unattached
51	572	Sue	Spong	0	41	23	FV45-54	47	Havering 90 Joggers
52	43	Julian	Holder	0	41	25	MV40-49	41	Pitsea Running Club
53	355	Gary	Harmes	0	41	27	MOpen	34	Unattached
54	369	Neil	Johnson	0	41	28	MOpen	28	Springfield Striders
55	590	Mark	Eardley	0	41	42	MOpen	26	Croydon Striders
56	20	Richard	Harding	0	41	46	MV40-49	46	Havering 90 Joggers
57	390	Simon	Theobald	0	41	48	MOpen	31	Unattached
58	116	Jeffrey	Orrey	0	42	3	MOpen	32	Unattached
59	274	Stuart	Broughton	0	42	10	MOpen	39	Ware Joggers
60	24	Mark	Mayes	0	42	11	MOpen	39	Unattached
61	546	David	Bines	0	42	17	MOpen	38	Unattached
62	632	Paul	Landowski	0	42	17	MOpen	32	Unattached
63	673	Katherine	Matveichuk	0	42	18	FOpen	33	Witham Running Club
64	454	Jim	Ling	0	42	25	MV40-49	45	Southend AC
65	205	Tony	Rose	0	42	41	MV40-49	45	Ware Joggers
66	72	Chris	Reid	0	42	55	MOpen	32	Unattached
67	406	Wesley	Smith	0	42	56	MV40-49	42	Unattached
68	265	Vincent	Bennici	0	43	6	MOpen	16	Unattached
69	455	Melanie	Ling	0	43	9	FV35-44	43	Southend AC
70	670	Steffan	Cohen	0	43	11	MOpen	33	Benfleet RC
71	418	Brian	Butcher	0	43	14	MV50-59	56	Castle Point Joggers
72	404	Ray	Clarabut	0	43	14	MV50-59	56	Edmonton
73	302	Mark	Osborn	0	43	15	MV50-59	51	Road Runners Club
74	496	Martin	Page	0	43	17	MV40-49	48	Barking RR
75	252	Rob	Fulbrook	0	43	19	MV40-49	46	Ford Running Club
76	430	Neil	Taylor	0	43	21	MOpen	37	Havering 90 Joggers

77	583	Rob	Compton	0	43	32	MV50-59	54	Havering 90 Joggers
78	420	Duane	Barrett	0	43	38	MOpen	35	Unattached
79	580	Johnny	Conquest	0	43	40	MV50-59	55	Havering 90 Joggers
80	157	Andrew	Lundy	0	43	42	MOpen	30	4 Weedlings & a Fun Runne
81	615	Sara	Ford	0	43	47	FV35-44	36	East London Triathletes
82	129	Simon	Smith	0	43	53	MOpen	37	Unattached
83	426	Martin	Lodge	0	43	55	MV40-49	45	Road Runners Club
84	340	Steve	Jewell	0	43	56	MV40-49	49	Southend AC
85	645	John	Cramphorn	0	44	0	MV50-59	53	Havering 90 Joggers
86	18	Ian	Hall	0	44	3	MV40-49	41	Unattached
87	482	Roy	Cottis	0	44	7	MV40-49	49	Southend AC
88	381	Niall	Brannigan	0	44	15	MOpen	36	Unattached
89	295	Richard	Nation	0	44	16	MOpen	34	Unattached
90	439	Rohan	Alexander	0	44	18	MOpen	38	Ilford AC
91	33	Jeff	Fenton	0	44	19	MV50-59	51	Havering 90 Joggers
92	555	Adam	Jackson	0	44	21	MOpen	16	Unattached
93	452	Peter	Rothera	0	44	24	MOpen	34	Unattached
94	567	Graham	Knight	0	44	30	MV40-49	45	Havering 90 Joggers
95	224	Mark	Brown	0	44	35	MV40-49	42	East Essex Tri
96	196	Edward	Morgan	0	44	39	MOpen	31	Unattached
97	227	Jody	Burnett	0	44	41	FOpen	30	Havering 90 Joggers
98	365	Paul	Dowie	0	44	42	MOpen	31	Unattached
99	6	Mark	Purkiss	0	44	51	MV40-49	43	Unattached
100	335	William	Wu	0	44	53	MOpen	27	Unattached
101	63	Glen	Taylor	0	44	55	MV40-49	49	Southend AC
102	108	Angela	Bent	0	44	55	FV45-54	53	Pitsea Running Club
103	161	Nick	Coldicott	0	45	0	MOpen	36	Unattached
104	506	Louise	Robinson	0	45	0	FOpen	27	Thurrock Harriers
105	92	Martyn	Finch	0	45	4	MOpen	31	Unattached
106	541	Mike	Hayward	0	45	7	MV40-49	43	Castle Point Joggers
107	668	Rodger	Partridge	0	45	13	MV40-49	45	Ware Joggers
108	501	Lee	Taylor	0	45	13	MOpen	30	Unattached
109	650	Lloyd	Miles	0	45	15	MOpen	37	Unattached
110	356	Peter	Davies	0	45	18	MOpen	32	Unattached
111	241	Stephen	Franklin	0	45	19	MV40-49	47	Unattached
112	61	Phil	Cunningham	0	45	20	MV50-59	53	Ware Joggers
113	28	Lynn	Nicholls	0	45	20	FV35-44	41	Ware Joggers
114	584	Denis	Mole	0	45	26	MV50-59	57	Havering 90 Joggers
115	31	Sally	Baker	0	45	28	FOpen	27	Unattached
116	416	Richard	Harris	0	45	28	MOpen	34	Unattached
117	235	Laura	Durn	0	45	29	FOpen	29	Phoenix AC
118	453	Bettina	Maccariello	0	45	31	FV35-44	39	Thurrock Harriers
119	528	John	Hurley	0	45	34	MOpen	30	Unattached
120	513	Russell	Afifi	0	45	44	MOpen	27	Unattached
121	255	Sue	Nel	0	45	44	FV35-44	37	Unattached
122	592	Darren	Bearwish	0	45	48	MV40-49	44	Unattached
123	549	Peter	Cowley	0	45	49	MV40-49	49	Mount Pleasant AC
124	623	Denise	Ford	0	45	50	FV35-44	43	Chelmsford AC
125	279	James	Richardson	0	45	56	MOpen	28	Havering 90 Joggers
126	47	Russell	Allen	0	46	3	MOpen	33	Unattached
127	641	Carl	Newman	0	46	9	MOpen	31	Unattached
128	136	Mervyn	Beckwith	0	46	14	MV50-59	51	Pitsea Running Club
129	275	Scott	Cousins	0	46	17	MOpen	18	Unattached
130	433	Tony	Gammer	0	46	21	MV40-49	43	Unattached
131	477	Martin	McVeigh	0	46	22	MV50-59	57	Havering Mayesbrook AC
132	486	Keith	Jackson	0	46	22	MV50-59	58	Pitsea Running Club
133	462	John	Beasley	0	46	23	MV40-49	45	Unattached
134	499	Peter	Reed	0	46	27	MOpen	33	Unattached
135	371	Pauline	Tester	0	46	28	FV35-44	41	Ilford AC
136	121	Andrew	Smith	0	46	28	MOpen	38	Pitsea Running Club
137	98	Peter	Thompson	0	46	30	MOpen	35	Castle Point Joggers
138	197	Joseph	Packman	0	46	31	MV50-59	57	Phoenix Striders
139	488	Katie	Worth	0	46	36	FOpen	31	Maidenhead
140	630	Brian	McCarthy	0	46	36	MV50-59	51	Thrift Green Trotters
141	41	Stephen	Cardnell	0	46	37	MV40-49	46	Unattached
142	568	David	Keeley	0	46	39	MV50-59	50	Havering 90 Joggers
143	451	David	Airey	0	46	41	MV40-49	49	Unattached
144	256	Geoff	Conway	0	46	46	MV40-49	47	Unattached
145	163	Victoria	Bayley	0	46	47	FOpen	24	Unattached
146	409	Joanne	Bonner	0	46	48	FOpen	34	Ware Joggers
147	78	Ian	Miller	0	46	50	MOpen	38	Southend AC
148	27	Stephen	Jolly	0	46	59	MV50-59	51	Unattached
149	387	Barry	Willmott	0	46	59	MV40-49	47	Unattached
150	351	Denise	Tibbs	0	47	2	FV35-44	43	Wakefield Harriers
151	402	Mathew	Gillard	0	47	7	MOpen	37	Southend AC
152	444	Stewart	Devine	0	47	9	MOpen	39	Unattached
153	476	Christopher	McDonnell	0	47	11	MV60-69	60	Unattached
154	448	Stephen	Lewis	0	47	12	MV40-49	41	Unattached
155	438	Craig	Parker	0	47	12	MOpen	29	Unattached
156	447	Anthony	Knight	0	47	13	MOpen	36	Road Runners Club
157	110	John	Butcher	0	47	15	MV70+	74	Ware Joggers

158	288	Anne	Howe	0	47	16	FV35-44	41	Castle Point Joggers
159	315	Graham	Jones	0	47	21	MV50-59	54	Southend AC
160	299	Stephen	Nuding	0	47	28	MOpen	34	Unattached
161	410	Simon	Harris	0	47	28	MV40-49	47	Kingswood Running Club
162	633	Paul	Wyatt	0	47	30	MOpen	32	Unattached
163	550	Jonathan	Little	0	47	31	MV40-49	49	Ware Joggers
164	71	Chris	Cambridge	0	47	32	MV40-49	44	Castle Point Joggers
165	314	Gerald	Hamerston	0	47	35	MV50-59	53	Thrift Green Trotters
166	112	Ian	Soane	0	47	39	MOpen	39	Pitsea Running Club
167	538	Paul	Gammon	0	47	41	MV40-49	44	Unattached
168	313	John	Smith	0	47	48	MOpen	37	East Essex Tri
169	588	Lee	Turner	0	47	54	MOpen	39	Ford Fitness
170	180	Wendy	Aldridge	0	48	0	FV35-44	42	Unattached
171	5	Stephen	Harris	0	48	0	MOpen	34	Unattached
172	558	Michael	Day	0	48	12	MOpen	20	Unattached
173	244	Jon	Kettlewell	0	48	13	MV40-49	43	Unattached
174	536	Jamie	Muller	0	48	13	MOpen	38	Unattached
175	618	Peter	Oyston	0	48	17	MOpen	33	Unattached
176	51	Sarah	Munday	0	48	19	FOpen	27	Tri Sport Epping
177	336	Simon	Christian	0	48	23	MOpen	37	Unattached
178	69	Mathew	Costin	0	48	24	MOpen	34	Unattached
179	54	David	Enders	0	48	25	MV40-49	43	Unattached
180	341	Stephen	Taylor	0	48	29	MV40-49	48	KPMG
181	478	Diana	Sumner	0	48	31	FV35-44	42	Ware Joggers
182	613	Kate	Donald	0	48	33	FOpen	28	Unattached
183	640	Alan	Flower	0	48	36	MV40-49	42	Unattached
184	654	Paula	Chittock	0	48	36	FOpen	29	Benfleet RC
185	525	Mike	Warby	0	48	41	MOpen	35	Unattached
186	450	Kevin	Caldon	0	48	42	MV40-49	47	Unattached
187	229	Colin	O'Donovan	0	48	43	MOpen	36	Unattached
188	4	Sarah	Lambert	0	48	45	FOpen	27	Unattached
189	3	David	Gorton	0	48	46	MOpen	30	Unattached
190	530	Dean	Bates	0	48	51	MOpen	37	Thrift Green Trotters
191	10	Keith	Passingham	0	48	55	MV50-59	53	Pitsea Running Club
192	470	Karen	Rowley	0	49	3	FV35-44	40	Pitsea Running Club
193	490	Gary	Thornton	0	49	4	MV40-49	48	Unattached
194	182	John	Kleu	0	49	5	MV40-49	44	Unattached
195	598	William	Metcalfe	0	49	6	MV60-69	63	Basildon AC
196	432	Paul	Gooding	0	49	6	MOpen	39	Unattached
197	642	Richard	Broomfield	0	49	12	MV40-49	41	Unattached
198	466	Eric	Britton	0	49	13	MV40-49	48	Unattached
199	493	Kelvin	Howard	0	49	14	MOpen	32	Unattached
200	523	Tracy	Hill	0	49	15	FV35-44	42	Havering 90 Joggers
201	342	Gary	Fraser	0	49	19	MV40-49	41	East Essex Tri
202	463	Stuart	Meader	0	49	22	MOpen	37	Unattached
203	682	Stephen	Charles	0	49	27	M	37	Unattached
204	559	Arron	Day	0	49	28	MOpen	28	Unattached
205	57	Carolyn	Morgan	0	49	29	FOpen	32	Unattached
206	443	Brian	Parish	0	49	31	MOpen	31	Havering 90 Joggers
207	90	Helen	Tompkins	0	49	32	FV45-54	49	Pitsea Running Club
208	209	Kevin	Finnegan	0	49	34	MV60-69	63	Ware Joggers
209	261	Liz	Gray	0	49	36	FV35-44	43	Ware Joggers
210	86	Peter	Coath	0	49	40	MOpen	35	Unattached
211	514	Lol	Blainey	0	49	42	MV40-49	45	Leigh on Sea Striders
212	324	Stuart	Ross	0	49	42	MOpen	33	Unattached
213	552	Oliver	Chessis	0	49	44	MOpen	18	Unattached
214	663	John	Hart	0	49	45	MV60-69	60	Unattached
215	526	Natalie	Teague	0	49	48	FV35-44	39	Unattached
216	661	Zena	Shean	0	49	49	FV35-44	41	Benfleet RC
217	76	Martin	Collier	0	49	51	MV50-59	54	Unattached
218	91	Gordon	Greenhalgh	0	49	55	MOpen	35	Unattached
219	380	Nigel	Bodycombe	0	49	59	MV40-49	42	Unattached
220	407	Nick	McCullagh	0	50	0	MV50-59	51	Castle Point Joggers
221	606	Stephen	Edginton	0	50	2	MV40-49	44	Unattached
222	334	Steve	Sadler	0	50	4	MV40-49	44	Unattached
223	233	Stan	Barton	0	50	6	MV60-69	62	Ware Joggers
224	107	Mark	Mayhook	0	50	7	MV40-49	43	Unattached
225	575	Sue	Dale	0	50	7	FV45-54	51	Havering 90 Joggers
226	427	David	Thomas	0	50	10	MV50-59	58	Havering Mayesbrook AC
227	353	Pam	Kavanagh	0	50	14	FV35-44	37	Thurrock Harriers
228	254	David	Fowler	0	50	15	MV40-49	43	Unattached
229	99	Paul	Phillips	0	50	19	MV50-59	54	Unattached
230	483	Rolf	Jones	0	50	20	MV40-49	40	Havering 90 Joggers
231	147	Luke	Brear	0	50	21	MOpen	23	Unattached
232	263	Paul	Gibbon	0	50	22	MOpen	34	East Essex Tri
233	487	James	Hathaway	0	50	34	MOpen	28	Unattached
234	564	Chris	Donoghue	0	50	38	MOpen	35	Unattached
235	202	Bob	Beattie	0	50	40	MV50-59	58	Unattached
236	521	Toby	Ball	0	50	40	MOpen	34	Unattached
237	184	Tony	Low	0	50	42	MV40-49	45	Phoenix Striders
238	577	Clare	Fryer	0	50	42	FOpen	23	Havering 90 Joggers

239	421	Shaun	Elliott	0	50	43	MV40-49	40	Unattached
240	423	Karl	Elliott	0	50	43	MOpen	32	Unattached
241	422	James	Elliott	0	50	48	MOpen	28	Unattached
242	509	Chris	Wray	0	50	51	MV50-59	56	Unattached
243	393	Trevor	Edwards	0	50	54	MOpen	33	Unattached
244	30	Phil	Baker	0	50	55	MOpen	36	Unattached
245	312	Alf	Powell	0	50	57	MV50-59	55	Unattached
246	40	Victor	Leung	0	50	59	MOpen	26	Unattached
247	219	Colin	Orrey	0	51	1	MOpen	29	Unattached
248	361	Alan	Taylor	0	51	4	MV40-49	44	Unattached
249	508	Christine	Harford	0	51	4	FV35-44	44	Windle Valley Runners
250	507	Richard	Deacon	0	51	5	MV40-49	45	Windle Valley Runners
251	201	David	Marks	0	51	5	MV40-49	44	Unattached
252	639	Mick	Hewitt	0	51	5	MV50-59	50	Unattached
253	166	Paul	Fox	0	51	6	MV40-49	49	Ware Joggers
254	594	Eleanor	Mole	0	51	7	FOpen	25	Havering 90 Joggers
255	384	Andrew	Wagstaff	0	51	8	MOpen	38	Unattached
256	383	Caroline	Wagstaff	0	51	8	FOpen	33	Unattached
257	561	Ian	Hunt	0	51	9	MOpen	34	Unattached
258	171	Glen	Burns	0	51	10	MV40-49	45	Benfleet RC
259	64	Steven	Williams	0	51	12	MV40-49	47	Unattached
260	631	Mark	Hinde	0	51	14	MV40-49	44	Unattached
261	445	Nigel	Williamson	0	51	19	MV40-49	41	Unattached
262	545	Linda	West	0	51	24	FV35-44	36	Unattached
263	589	Mike	Wheatley	0	51	27	MV50-59	50	Billericay Striders
264	573	Chris	Hartlesbury	0	51	29	MV40-49	43	Havering 90 Joggers
265	118	Terry	Nichols	0	51	30	MV60-69	62	Ware Joggers
266	611	David	Brett	0	51	36	MOpen	26	Unattached
267	89	Paul	Williams	0	51	38	MV40-49	48	Pitsea Running Club
268	585	Barry	Rowell	0	51	40	MV40-49	44	Havering 90 Joggers
269	150	Tony	Browne	0	51	41	MV40-49	49	Ware Joggers
270	11	Kyle	Shearer	0	51	42	MOpen	27	Unattached
271	7	Anthony	Cains	0	51	43	MOpen	34	Unattached
272	309	Keith	Porter	0	51	44	MV60-69	63	Southend AC
273	100	Ian	Humberstone	0	51	47	MV40-49	41	Unattached
274	628	Ashley	Donoghue	0	51	48	MOpen	38	Barking RR
275	159	Andy	Frith	0	51	49	MOpen	36	Unattached
276	634	Keith	Seagrave	0	51	50	MV40-49	40	Unattached
277	440	Stephen	Hayes	0	51	50	MV40-49	47	Unattached
278	539	Daniel	Stewart	0	51	53	MOpen	34	Unattached
279	17	Owen	Chambers	0	51	54	MOpen	38	Unattached
280	612	Robert	Donald	0	51	55	MOpen	28	Unattached
281	373	Jason	Wade	0	51	55	MOpen	31	Unattached
282	540	Glen	Anderson	0	51	56	MOpen	35	Unattached
283	502	Malcolm	Edwards	0	51	58	MOpen	31	Unattached
284	32	Andy	Hind	0	52	0	MOpen	31	Unattached
285	676	Simon	Dacey	0	52	1	MV40-49	44	Unattached
286	655	Barbara	Oliver	0	52	3	FV55-64	62	Benfleet RC
287	429	Peter	Collier	0	52	9	MV50-59	51	Unattached
288	464	Rob	Manning	0	52	9	MOpen	34	Unattached
289	331	Arran	Salmon	0	52	10	MOpen	36	Unattached
290	258	Gail	Patman	0	52	15	FV35-44	40	Southend AC
291	165	Ian	Powell	0	52	16	MV40-49	41	Unattached
292	48	Mark	Fribbens	0	52	17	MOpen	39	Unattached
293	145	Phil	Brand	0	52	21	MV40-49	42	Unattached
294	60	John	Braybrook	0	52	23	MV40-49	43	Havering 90 Joggers
295	144	Raegan	Matthews	0	52	25	FOpen	28	Chelmsford AC
296	366	Richard	Beall	0	52	34	MV40-45	45	Kilbarchan AAC
297	167	John	Pettifer	0	52	36	MV50-59	58	Unattached
298	397	David	Pearson	0	52	36	MOpen	37	Unattached
299	653	George	Englezou	0	52	39	MV50-59	56	Benfleet RC
300	475	Steven	McDonnell	0	52	44	MOpen	15	Unattached
301	683	Keith	Ruston	0	52	46	MV60-69	67	Unattached
302	505	Jenni	Viner	0	52	47	FV45-54	50	Ware Joggers
303	349	Sue	Crompton	0	52	49	FV35-44	42	Southend AC
304	649	Jen	Grainger	0	52	50	FV45-54	54	Chelmsford AC
305	119	Rowen	Prigg	0	52	51	MOpen	31	Chelmsford AC
306	155	Daniel	Jeffery	0	52	51	MOpen	28	4 Weedlings & a Fun Runne
307	469	Caroline	Weald	0	52	53	FV45-54	54	Pitsea Running Club
308	425	Lee	Spencer	0	52	54	MOpen	35	Unattached
309	687	Michael	Jackson	0	52	57	MV50-59	56	Unattached
310	195	John	Bolton	0	53	1	MV40-49	43	Four Candles (Unatt.)
311	376	Teresa	Flannigan	0	53	3	FV45-54	54	Pitsea Running Club
312	531	James	Prior	0	53	4	MOpen	28	Unattached
313	152	George	Siewertsen	0	53	5	MV60-69	65	Dagenham 88 Runners
314	142	James	Doyle	0	53	7	MV40-49	48	Thurrock Harriers
315	578	Keith	Penfold	0	53	9	MV50-59	53	Havering 90 Joggers
316	199	Emma	Collier	0	53	10	FOpen	31	Phoenix Striders
317	370	Stephen	Winsler	0	53	10	MOpen	36	Unattached
318	262	Matthew	Aitken	0	53	12	MV40-49	40	Unattached
319	643	Emma	Dabson	0	53	13	FOpen	25	Unattached

320	481	Angela	Earnshaw	0	53	16	FV35-44	41	Kingswood Basildon
321	480	Dennis	Saville	0	53	17	MV60-69	60	Kingswood Basildon
322	84	Ray	Monaghan	0	53	18	MV40-49	44	Unattached
323	264	Roy	Jones	0	53	22	MV60-69	62	Castle Point Joggers
324	557	James	Mihill	0	53	23	MOpen	32	Essex Police Tri
325	556	Tara	Dixon	0	53	24	FV35-44	36	Unattached
326	225	Johanna	Phelps	0	53	26	FOpen	33	Unattached
327	249	Stuart	Peace	0	53	28	MOpen	30	Unattached
328	130	Keith	Hammond	0	53	33	MV50-59	55	Unattached
329	164	Chris	Connelly	0	53	36	MOpen	25	Unattached
330	9	Ally	McKenna	0	53	39	FOpen	23	Unattached
331	126	Graham	Cochrane	0	53	40	MOpen	30	Unattached
332	576	Gaynor	French	0	53	48	FV35-44	38	Havering 90 Joggers
333	665	Caroline	Beaver	0	53	53	FOpen	29	Unattached
334	294	Debi	Mitchell	0	53	54	FV35-44	35	Unattached
335	221	Paul	Ross	0	53	58	MV40-49	41	Havering 90 Joggers
336	348	Neil	Cornelius	0	54	5	MOpen	33	Unattached
337	327	Julie	Gunning	0	54	8	FV45-54	45	Unattached
338	638	Joanne	Broadhead	0	54	8	FOpen	31	Leigh on Sea Striders
339	503	Heidi	Cooper	0	54	9	FOpen	31	Leigh on Sea Striders
340	251	Joanne	Graley	0	54	10	FV45-54	45	Unattached
341	111	Ken	Carey	0	54	12	MV50-59	58	Pitsea Running Club
342	582	Terence	Kavanagh	0	54	14	MV60-69	64	Havering 90 Joggers
343	35	Russell	Clinker	0	54	16	MV40-49	42	Thrift Green Trotters
344	622	Finlay	Munro	0	54	17	MV40-49	47	Unattached
345	610	Stephen	Oliver	0	54	19	MOpen	36	Unattached
346	637	Natalie	Lovell	0	54	19	FOpen	24	Unattached
347	636	Matthew	Grummett	0	54	20	MOpen	34	Unattached
348	442	Steve	Thomas	0	54	20	MOpen	26	Unattached
349	149	Val	Gilbert	0	54	21	FV35-44	43	Unattached
350	460	Robert	Smith	0	54	24	MOpen	33	Unattached
351	330	David	Holland	0	54	28	MV60-69	62	Havering Mayesbrook AC
352	68	Jacqueline	Mills	0	54	32	FV45-54	47	Pitsea Running Club
353	277	Jeremy	Griffiths	0	54	38	MV50-59	50	Thrift Green Trotters
354	517	Sue	Fuller	0	54	39	FV35-44	43	Benfleet RC
355	181	Petro	Van Der Merwe	0	54	41	MV40-49	42	Unattached
356	139	Shelly	Wray	0	54	47	FV35-44	36	Witham Running Club
357	200	Jan.	Collier	0	54	48	FV45-54	50	Phoenix Striders
358	675	Nick	Cheal	0	54	49	MV50-59	52	Ware Joggers
359	436	Annette	Gaches	0	54	51	FV35-44	39	Pitsea Running Club
360	686	Jonathan	Walnoz	0	54	52	MV50-59	51	Unattached
361	132	Peter	Brand	0	54	52	MV40-49	46	Unattached
362	217	Kieran	Mills	0	54	53	MOpen	22	Unattached
363	216	Emily	Taylor	0	55	5	FOpen	23	Unattached
364	461	John	Smith	0	55	6	MV50-59	57	Harlow Running Club
365	651	Jan.	Swallow	0	55	12	FV45-54	54	Unattached
366	666	Angela	Carlaw	0	55	13	FOpen	30	Unattached
367	286	John	Twitche	0	55	21	MV60-69	60	Unattached
368	607	David	Waters	0	55	22	MOpen	26	Unattached
369	352	Karen	Bardrick	0	55	25	FV35-44	42	Unattached
370	114	Polly	Jackson	0	55	35	FV35-44	40	Unattached
371	441	Tracie	Bromboszcz	0	55	36	FV35-44	40	Witham Running Club
372	388	Karen	Phillips	0	55	39	FV35-44	36	Unattached
373	398	David	Haly	0	55	39	MOpen	34	Unattached
374	510	Allison	Marlow	0	55	40	FV35-44	40	Witham Running Club
375	484	Anthony	Curtin	0	55	41	MV40-49	49	Thrift Green Trotters
376	609	Roland	Bohn	0	55	44	MOpen	34	Unattached
377	617	Brian	Pringle	0	55	44	MOpen	34	Unattached
378	338	Chris	Hawkins	0	55	44	MOpen	34	Unattached
379	435	Gary	Smith	0	55	49	MV40-49	42	Unattached
380	332	Beverley	Lee	0	55	49	FV35-44	40	Unattached
381	156	Paul	Williams	0	55	50	MOpen	38	4 Weedlings & a Fun Runne
382	608	Claire	Williams	0	55	55	FV35-44	39	Unattached
383	658	Toni	Balaam	0	55	55	FOpen	34	Benfleet RC
384	8	Anna	Morley	0	55	59	FOpen	24	Unattached
385	19	Jane	Webb	0	56	8	FV35-44	39	Unattached
386	123	Helena	Floyd	0	56	17	FV35-44	44	Thrift Green Trotters
387	2	Gerald	Williams	0	56	17	MV60-69	60	Thrift Green Trotters
388	213	Vicky	Fox	0	56	19	FV45-54	45	Unattached
389	214	Andy	Fox	0	56	19	MV50-59	51	Unattached
390	148	Lorna	Pettifer	0	56	20	FV35-44	39	Pitsea Running Club
391	554	Lewis	Chessis	0	56	21	MOpen	15	Unattached
392	106	Jane	Herrington	0	56	23	FV35-44	37	Thrift Green Trotters
393	389	Stephen	Martin	0	56	26	MOpen	39	Unattached
394	417	Claire	Taylor	0	56	28	FV35-44	35	Helios Harriers
395	103	Donna	Kennell	0	56	29	FOpen	28	Unattached
396	412	Debbie	Marley	0	56	32	FV45-54	46	Ware Joggers
397	408	Val	McCullagh	0	56	33	FV45-54	51	Castle Point Joggers
398	175	Judy	Burston	0	56	37	FV65+	68	Phoenix Striders
399	42	Terry	Harding	0	56	39	MV50-59	55	Unattached
400	290	David	Rudd	0	56	40	MV40-49	48	Unattached

401	566	Spencer	Stansfield	0	56	41	MOpen	34	Unattached
402	544	Becky	Ball	0	56	48	FV35-44	37	Unattached
403	13	Karen	Porter	0	56	51	FV35-44	41	Unattached
404	681	Joanna	Witton	0	56	53	F	30	Thrift Green Trotters
405	428	Helen	Taliadoros	0	56	56	FV35-44	39	Unattached
406	240	Michelle	Burton	0	56	57	FOpen	23	Unattached
407	44	Scott	Lister	0	56	57	MOpen	34	Unattached
408	657	Sarah	Norton	0	56	59	FOpen	33	Benfleet RC
409	248	Jill	Lister	0	57	0	FV35-44	35	Thrift Green Trotters
410	368	Kim	Whitbread	0	57	3	FV35-44	44	Unattached
411	367	Michael	Whitbread	0	57	3	MV40-49	47	Unattached
412	75	Lynette	Cheshire	0	57	7	FV45-54	52	Unattached
413	678	Alan	Barley	0	57	8	MV50-59	58	Essex Police AC
414	548	Marilyn	Manze	0	57	9	FV45-54	51	Edmonton
415	34	Fatima	Celestino	0	57	9	FV35-44	36	Unattached
416	553	Carol	Chessis	0	57	11	FV35-44	42	Unattached
417	177	Matt	Deacon	0	57	16	MOpen	33	Unattached
418	347	Dennis	Jones	0	57	19	MV50-59	56	Pitsea Running Club
419	122	Hazel	Adams	0	57	20	FOpen	26	Unattached
420	679	Bob	Hearn	0	57	25	MV40-49	43	Phoenix Striders
421	193	Josh	Bolton	0	57	26	MOpen	15	Four Candles (Unatt.)
422	344	Nasreen	Suleman	0	57	28	FOpen	31	Thrift Green Trotters
423	97	Amanda	Scott	0	57	30	FV45-54	45	Kent AC
424	223	Colin	Turner	0	57	31	MV50-59	59	Havering 90 Joggers
425	215	Philip	Postings	0	57	33	MV60-69	63	Ilford AC
426	473	Sue	Porter	0	57	38	FV45-54	45	Thrift Green Trotters
427	187	Rebecca	Maddox	0	57	39	FOpen	24	Unattached
428	186	Jo	Hodkinson	0	57	40	FOpen	28	Unattached
429	185	John	Whitehead	0	57	40	MV40-49	42	Unattached
430	172	Jackie	Burns	0	57	40	FV35-44	43	Benfleet RC
431	437	Peter	Bates	0	57	42	MV50-59	57	Pitsea Running Club
432	253	Laurence	White	0	57	50	MV50-59	55	Unattached
433	113	Laurie	Soane	0	57	51	FOpen	30	Pitsea Running Club
434	339	Fiona	Hawkins	0	57	57	FV35-44	36	Unattached
435	569	Sharon	Reid	0	57	58	FV35-44	40	Havering 90 Joggers
436	322	Robert	Godfrey	0	58	0	MOpen	31	Unattached
437	73	Katherine	Reid	0	58	1	FOpen	32	Unattached
438	305	Jennie	Toll	0	58	7	FV35-44	42	Unattached
439	115	Emma	Orrey	0	58	8	FV35-44	35	Unattached
440	1	Rona	Breeding	0	58	13	FV35-44	37	Unattached
441	212	Clare	Glenister	0	58	32	FV45-54	47	Unattached
442	231	Lisa	Jefferys	0	58	35	FOpen	27	Unattached
443	133	Jeffrey	Askew	0	58	36	MV50-59	59	Unattached
444	15	Dee	Scott	0	58	38	FV35-44	35	Unattached
445	378	Seamus	Hansford	0	58	44	MOpen	35	Unattached
446	220	Ashley	Freeman	0	58	46	MOpen	37	Unattached
447	601	Julie	Wing	0	58	46	FV55-64	55	Maidstone Harriers
448	306	Chris	Toll	0	58	47	MV40-49	42	Unattached
449	285	William	Donovan	0	58	47	MV60-69	64	Benfleet RC
450	266	Keith	Reynolds	0	58	48	MV50-59	50	FF Flyers
451	291	Nicholas	Clappen	0	58	48	MV40-49	47	Unattached
452	22	Laura	Maxwell-Smith	0	58	51	FOpen	23	Unattached
453	218	Carmel	Bassett	0	58	52	FV45-54	51	Pitsea Running Club
454	345	Roy	Stringer	0	58	55	MV60-69	69	Ware Joggers
455	620	Tarnya	Parker	0	58	57	FOpen	30	Unattached
456	259	John	Cox	0	58	58	MV50-59	53	Unattached
457	400	Hannah	McArthur	0	58	59	FOpen	30	Thrift Green Trotters
458	260	Lisa	Shiell	0	58	67	FV35-44	41	Unattached
459	515	Minka	Kokos	0	59	7	FV35-44	37	Unattached
460	399	John	McArthur	0	59	10	MOpen	37	Thrift Green Trotters
461	485	Kim	Petrie	0	59	22	FV45-54	45	Unattached
462	311	Lynda	Crisp	0	59	23	FV55-64	59	Unattached
463	310	John	Crisp	0	59	24	MV50-59	58	Unattached
464	604	Jenny	Wicker	0	59	30	FV35-44	39	Unattached
465	603	Ricky	Wicker	0	59	30	MV40-49	40	Unattached
466	619	Graham	Bickford	0	59	35	MV40-49	41	Unattached
467	198	Linda	Adams	0	59	38	FV45-54	47	Thrift Green Trotters
468	236	Kerry	Boyling	0	59	39	FOpen	30	Pitsea Running Club
469	82	Malcolm	Jackaman	0	59	50	MV50-59	54	Castle Point Joggers
470	497	Samantha	Deer	0	59	59	FV35-44	36	Unattached
471	543	Liane	Humfrey	1	0	7	FV35-44	37	Unattached
472	162	Ann	Coldicott	1	0	14	FV35-44	38	Unattached
473	662	Andrew	Walker	1	0	26	MV50-59	55	Leigh on Sea Striders
474	626	Andrew	Matthews	1	0	31	MOpen	32	Unattached
475	328	Sue	Davis	1	0	33	FV35-44	43	Unattached
476	362	Sally	Taylor	1	0	36	FV35-44	40	Unattached
477	363	Tara	Meldrum	1	0	37	FV35-44	36	Unattached
478	109	Chris	Bent	1	0	39	MV50-59	59	Pitsea Running Club
479	520	Heather	Jackson	1	1	6	FV55-64	59	Pitsea Running Club
480	600	Victoria	Wass	1	1	14	FV35-44	35	Thrift Green Trotters
481	500	Holly	Taylor	1	1	20	FOpen	28	Leighton Fun Runners

482	625	Sally	Hugo	1	1	30	FOpen	29	Unattached
483	337	Robert	Silver	1	1	35	MOpen	33	Unattached
484	542	Jayne	Hayward	1	1	40	FV35-44	40	Castle Point Joggers
485	405	Kate	Cambridge	1	1	41	FV35-44	43	Unattached
486	684	Kirste	Snellgrove	1	1	45	FV35-44	36	Benfleet RC
487	268	Caroline	Slater	1	1	45	FV45-54	46	Unattached
488	660	Philip	Ashley	1	1	46	MV40-49	41	Benfleet RC
489	273	Nicola	Ashworth	1	1	49	FV35-44	35	Unattached
490	307	Catherine	Salmon	1	1	59	FV35-44	38	Unattached
491	45	Natalie	Lewis	1	2	0	FV35-44	37	Unattached
492	246	Gemma	Fuller	1	2	4	FV35-44	37	Leigh on Sea Striders
493	385	Val	Taylor	1	2	7	FV55-64	61	Unattached
494	392	Wendy	Topping	1	2	11	FV35-44	42	Roach Runners
495	667	Lisa	Senogles	1	2	14	FOpen	29	Unattached
496	304	Joanne	Finch	1	2	15	FOpen	26	Unattached
497	674	Donna	Landowski	1	2	21	FOpen	29	Unattached
498	226	Robert	Street	1	2	34	MV60-69	67	Unattached
499	593	Mo	Touray	1	2	37	FV45-54	51	Unattached
500	379	Michael	May	1	2	51	MV40-49	42	Unattached
501	289	Andrew	Howe	1	2	53	MV50-59	50	Castle Point Joggers
502	168	Tracy	Keating	1	3	28	FOpen	29	Unattached
503	169	Kerry-Lee	McGuire	1	3	28	FV35-44	40	Unattached
504	551	Clark	Chessis	1	3	42	MV40-49	48	Unattached
505	192	Brent	Smith	1	3	47	MV40-49	43	Four Candles (Unatt.)
506	446	Phyllis	Wright	1	3	49	FV35-44	44	Unattached
507	245	Mark	Dobson	1	4	4	MOpen	34	Leigh on Sea Striders
508	474	Barbara	McDonnell	1	4	15	FV45-54	46	Unattached
509	67	Emma	Baker	1	4	20	FOpen	20	Unattached
510	456	Ian	Glover	1	4	26	MOpen	36	Southend AC
511	158	Gary	Thompson	1	4	31	MV40-49	47	4 Weedlings & a Fun Runne
512	537	Carol	Randall	1	4	33	FV45-54	48	Unattached
513	26	Kathleen	Jolly	1	4	34	FV45-54	50	Unattached
514	326	Donna	Sheehan	1	4	38	FV35-44	36	Unattached
515	194	Kevin	White	1	4	53	MV40-49	44	Four Candles (Unatt.)
516	659	Liz	Woodley	1	4	57	FV35-44	37	Benfleet RC
517	137	Laura	Rennolds	1	5	2	FOpen	31	Unattached
518	333	Joanne	Stimpson	1	5	5	FV35-44	43	Unattached
519	431	Becky	King	1	5	23	FOpen	31	Leigh on Sea Striders
520	293	Lisa	Williams	1	5	28	FOpen	34	Unattached
521	178	Sarah	Chamberlain	1	5	29	FOpen	?	Unattached
522	346	Val	Stringer	1	5		FV65+	68	Ware Joggers
523	134	Sheila	Askew	1	6	21	FV55-64	59	Unattached
524	154	Christine	Porter	1	6	25	FV45-54	54	Billericay Striders
525	298	Clare	Calder	1	6	35	FV35-44	40	Leigh on Sea Striders
526	55	Dave	Williams	1	6	48	MV70+	70	Unattached
527	278	Karen	Griffiths	1	7	0	FV35-44	44	Thrift Green Trotters
528	494	Allison	Harris	1	7	30	FV45-54	45	Thrift Green Trotters
529	77	Yvonne	Shaw	1	7	45	FV45-54	48	Unattached
530	597	Hayley	Oliver	1	7	47	FOpen	34	Unattached
531	357	Julia	Rose	1	7	53	FV45-54	51	Unattached
532	65	John	Stamford	1	8	8	MV40-49	40	Pitsea Running Club
533	458	Janet	Cheek	1	8	22	FV45-54	51	Ware Joggers
534	80	Sarah	Jackaman	1	8	23	FV45-54	50	Castle Point Joggers
535	52	Georgina	Harmer	1	8	24	FOpen	23	Unattached
536	522	Julie	Burles	1	8	30	FV55-64	57	Unattached
537	267	Vivienne	Nuding	1	9	47	FV35-44	37	Unattached
538	677	John	Allen	1	9	48	MV60-69	66	Harlow Running Club
539	518	Vanessa	Hills	1	9	52	FOpen	34	Unattached
540	519	Pamela	Levy	1	9	52	FOpen	34	Unattached
541	85	Lesley	Monaghan	1	10	6	FV45-54	45	Unattached
542	602	Stephen	Wing	1	10	30	MV50-59	53	Maidstone Harriers
543	533	Valerie	Mountford	1	10	37	FV55-64	60	Southend AC
544	534	Anna-Maria	Williams	1	10	41	FV35-44	39	Ware Joggers
545	527	Sabina	Bathurst	1	10	52	FOpen	32	Leigh on Sea Striders
546	680	Debora	Newton	1	10	53	FV45-54	46	Ware Joggers
547	570	Gillian	Davis	1	11	1	FV45-54	47	Havering 90 Joggers
548	571	Sylvia	Rickenberg	1	11	1	FV55-64	60	Havering 90 Joggers
549	574	Frances	Hill	1	11	47	FV35-44	37	Havering 90 Joggers
550	46	Suzanne	Williams	1	11	53	FV35-44	40	Unattached
551	358	Nicola	Day	1	12	5	FV35-44	41	Unattached
552	403	Constance	Clarabut	1	12	15	FV45-54	53	Edmonton
553	532	Lisa	Gleave	1	12	25	FOpen	26	Ware Joggers
554	449	Catherine	Gibson	1	12	33	FOpen	29	Unattached