

Position	Race Number	Time			Surname	First Name	Category	Club
		Hours	Mins	Secs				
1	703	0	33	13	Vaughan	David	MOpen	Garden City Runners
2	309	0	33	18	Alcock	Dave	MOpen	Victoria Park Harriers
3	442	0	33	20	Powell	Simon	MOpen	Woodford Green EL AC
4	802	0	33	26	Dickinson	David	MOpen	Havering 90 Joggers
5	905	0	33	39	Robins	Matt	Mopen	Garden City Runners
6	877	0	33	41	Fowler	Terry	MV40-49	Garden City Runners
7	909	0	33	53	Holley	Paul	MV40-49	UA
8	603	0	34	0	Wright	Will	MOpen	Chelmsford AC
9	777	0	34	25	Cox	Dave	MV50-59	Woodford Green EL AC
10	429	0	34	42	Berg	Craig	MOpen	Woodford Green EL AC
11	809	0	34	44	Crosby	Angus	MOpen	Garden City Runners
12	373	0	35	47	Gardner	Michael	MOpen	UA
13	681	0	35	54	Hopton	Will	MOpen	UA
14	823	0	35	59	Walker	Derek	MOpen	Colchester & Tendering AC
15	900	0	36	4	Casey	Russell	MOpen	Garden City Runners
16	391	0	36	7	Allen	Paul	MV40-49	Dacorum & Tring AC
17	495	0	36	9	Aked	Peter	MV40-49	Reading Road Runners
18	741	0	36	12	Rice	Scott	MOpen	Thurrock Harriers
19	769	0	36	17	Plummer	Brad	MV40-49	Garden City Runners
20	389	0	36	22	Doyle	Robert	MOpen	Thurrock Harriers
21	368	0	36	32	Manson	Paul	MOpen	Woodford Green EL AC
22	676	0	36	41	Wheeler	John	MV40-49	UA
23	901	0	36	45	Green	Mark	MOpen	Garden City Runners
24	694	0	36	57	Mack	Darren	MOpen	UA
25	380	0	37	7	Livingstone	Stephen	MV40-49	Garden City Runners
26	494	0	37	8	Knightley	Terry	MV40-49	Ilford AC
27	366	0	37	9	Philip	Katherine	FOpen	Garden City Runners
28	208	0	37	34	Wilkinson	Keith	MV50-59	Chelmsford AC
29	252	0	37	37	Brown	Billy	MOpen	Tri & Run
30	406	0	37	39	Clarke	Paul	MV40-49	Woodford Green EL AC
31	518	0	37	41	Binns	Peter	MV50-59	Southend AC
32	467	0	37	43	Harper	Kevin	MOpen	Witham RC
33	439	0	37	46	Hart	Graham	MV40-49	East Essex Tri
34	677	0	37	49	Sollars	Loretta	FV35-44	UA
35	701	0	37	55	Shafier	Lawrence	MV40-49	Orion Harriers
36	734	0	37	57	Badell	Christopher	MV40-49	UA
37	547	0	37	59	Butt	Tim	MOpen	Chelmsford AC
38	332	0	38	9	Chesham	Kevin	MV50-59	Pitsea RC
39	394	0	38	28	Purse	Christopher	MV40-49	Springfield Striders
40	775	0	38	37	Macara	Iain	MOpen	UA
41	907	0	38	42	O'Donnel	Paul	MV40-49	Trent Park RC
42	747	0	38	50	Jackson	Mark	MV40-49	Castle Point Joggers
43	339	0	39	0	Crisp	Neil	MV40-49	Ilford AC
44	288	0	39	0	Hall	Martha	FOpen	Garden City Runners
45	485	0	39	11	Bonham	Richard	MOpen	Castle Point Joggers
46	894	0	39	12	Wornham	Daniel	MOpen	UA
47	589	0	39	14	Fensome	Sarah	FOpen	Shaftesbury Barnet Harriers
48	846	0	39	21	Hockett	Stephen	MV50-59	Southend AC
49	697	0	39	26	Verlaeck	Dirk	MV40-49	Pitsea RC
50	379	0	39	30	Livingstone	Mandy	FV35-44	Garden City Runners
51	897	0	39	31	Slade	Glen	MV40-49	London Front Runners
52	765	0	39	31	Butler	David	MV50-59	UA
53	853	0	39	35	Smith	Andrew	MOpen	Woodford Green EL AC
54	507	0	39	36	Adkins	Peter	MOpen	UA
55	419	0	39	45	Matthews	Rick	MOpen	UA

56	333	0	39	48	Mason	Beverley	FV35-44	Pitsea RC
57	464	0	39	48	Johnson	Dean	MOpen	UA
58	904	0	40	2	Fitt	Suzy	FV35-44	Garden City Runners
59	508	0	40	10	Adkins	David	MV40-49	UA
60	615	0	40	14	Hallett	David	MV40-49	Southend AC
61	637	0	40	21	West	Robert	MOpen	Southend AC
62	274	0	40	24	Miles	Lloyd	MOpen	UA
63	598	0	40	41	Hurley	David	MV40-49	Orpington Road Runners
64	667	0	40	47	Downey	Kevin	MV40-49	UA
65	372	0	40	57	Theobald	Simon	MOpen	UA
66	301	0	41	15	Palmer	Julia	FV45-54	Benfleet RC
67	420	0	41	17	Kakoullis	Panos	MOpen	Havering Mayesbrook AC
68	893	0	41	22	Stevenson	Giles	MOpen	UA
69	509	0	41	23	Rankin	Nicholas	MV40-49	UA
70	783	0	41	32	Spong	Sue	FV45-54	Havering 90 Joggers
71	804	0	41	44	McSloy	Martin	MV40-49	Ford Fitness
72	859	0	42	2	Hills	James	MOpen	UA
73	866	0	42	7	Davies	Peter	MOpen	UA
74	820	0	42	10	Bines	David	MOpen	UA
75	235	0	42	11	Devall	John	MV40-49	Road Runners Club
76	326	0	42	14	Whiston	Arthur	MOpen	Colchester Harriers
77	461	0	42	22	Taylor	Neil	MOpen	Havering 90 Joggers
78	643	0	42	27	Newman	Graeme	MV50-59	Benfleet RC
79	827	0	42	44	Cousins	Scott	MOpen	UA
80	833	0	42	46	Wyatt	Jonathan	MOpen	UA
81	854	0	42	47	Attwood	Neil	MOpen	UA
82	381	0	43	2	Landowski	Paul	MOpen	UA
83	865	0	43	4	Burgess	Andrew	MV40-49	Pitsea RC
84	313	0	43	8	Foster	Michael	MV50-59	Phoenix Striders
85	458	0	43	9	Mickleburgh	Trevor	MOpen	Benfleet RC
86	504	0	43	16	Wallace	Emma	FOpen	Havering Mayesbrook AC
87	745	0	43	22	Nation	Richard	MOpen	UA
88	771	0	43	23	Newman	Tim	MOpen	UA
89	548	0	43	40	Fisher	Steve	MV40-49	East Essex Tri
90	299	0	43	41	Beech	Steve	MV50-59	Pitsea RC
91	666	0	43	48	Enders	David	MV40-49	UA
92	884	0	43	54	Williams	Mark	MOpen	UA
93	302	0	43	55	Van Staten	Ron	MV40-49	UA
94	297	0	43	56	McGann	Richard	MOpen	UA
95	503	0	43	58	Thomson	David	MOpen	UA
96	721	0	44	3	Holst	Neil	MOpen	UA
97	871	0	44	6	Calvert	Laura	FOpen	UA
98	415	0	44	7	Holman	Darrell	MOpen	UA
99	471	0	44	9	Wilson	Lorraine	FV35-44	Southend AC
100	911	0	44	9	Partridge	Stephen	MOpen	UA
101	209	0	44	10	Allen	Russell	MOpen	UA
102	329	0	44	11	Nel	Sue	FV35-44	Benfleet RC
103	851	0	44	12	Mycok	Gareth	MV40-49	UA
104	914	0	44	13	Chaplin	Peter	MV50-59	Pitsea RC
105	887	0	44	15	Donald	Kate	FOpen	UA
106	212	0	44	19	Hall	Ian	MV40-49	UA
107	223	0	44	20	Sinclair	Don	MV50-59	Pitsea RC
108	796	0	44	23	Przybyl	Taroslav	MOpen	UA
109	813	0	44	23	Afifi	Russell	MOpen	Serpentine
110	416	0	44	28	Boram	John	MV40-49	UA
111	733	0	44	30	Badell	Martin	MV40-49	UA
112	431	0	44	31	Mullish	Elliot	MOpen	UA

113	362	0	44	32	Carroll	Paul	MOpen	UA
114	364	0	44	37	Tweedie	Clive	MV50-59	UA
115	868	0	44	38	Coleman	Stan	MV50-59	Thrift Green Trotters
116	418	0	44	39	Richardson	James	MOpen	UA
117	307	0	44	45	Harris	Richard	MOpen	UA
118	356	0	44	50	McDonnell	Christopher	MV60-69	Havering 90 Joggers
119	447	0	44	51	Madders	Tom	MOpen	UA
120	526	0	44	52	Kleu	John	MV40-49	UA
121	799	0	44	55	Bines	Lee	MOpen	UA
122	576	0	44	58	Pattison	David	MV40-49	Havering AC
123	856	0	45	2	Hansford	James	MOpen	UA
124	453	0	45	4	Runciman	Lee	MOpen	East Essex Tri
125	691	0	45	6	Coombs	Matias	MV40-49	Met. Police
126	551	0	45	8	Taylor	Glen	MV50-59	Southend AC
127	296	0	45	9	Murphy	Clive	MV50-59	UA
128	382	0	45	13	Ford	Denise	FV35-44	Chelmsford AC
129	560	0	45	19	O'Dame	Victor	MV40-49	UA
130	885	0	45	19	Mole	Denis	MV50-59	Havering 90 Joggers
131	588	0	45	19	Chatt	Mike	MOpen	UA
132	916	0	45	33	Gooding	Paul	MOpen	UA
133	593	0	45	38	Prichard	James	MOpen	UA
134	702	0	45	40	Pech	Karl	MOpen	Pitsea RC
135	795	0	45	44	Jesus	Pedro	MV40-49	UA
136	875	0	45	46	Turner	Chloey	FOpen	UA
137	449	0	45	46	Bartram	Ian	MV40-49	Castle Point Joggers
138	742	0	45	50	Wright	Steve	MV40-49	UA
139	844	0	45	52	Davies	Alex	MOpen	Woodford Green EL AC
140	325	0	45	53	Fenton	Jeff	MV50-59	Havering 90 Joggers
141	726	0	45	53	Britton	Eric	MV40-49	Leigh on Sea Striders
142	818	0	45	55	Mowle	Christine	FV35-44	Blackwater Harriers
143	533	0	45	59	Maguire	Mike	MOpen	Road Runners Club
144	289	0	46	0	Beasley	John	MV40-49	UA
145	564	0	46	2	Hellen	Paul	MV40-49	UA
146	622	0	46	2	Leckerman	Antony	MV40-49	UA
147	768	0	46	5	Barry	Paul	MOpen	Southend AC
148	815	0	46	6	Brett	Barry	MV50-59	UA
149	843	0	46	8	Thom	Stuart	MOpen	UA
150	644	0	46	17	Gaitely	Chris	MV50-59	Benfleet RC
151	462	0	46	20	Greensill	Mark	MV40-49	UA
152	553	0	46	20	Cambridge	Chris	MV40-49	Castle Point Joggers
153	261	0	46	29	Jolly	Stephen	MV50-59	UA
154	443	0	46	30	Walshe	Spencer	MOpen	UA
155	530	0	46	38	Bartlau	Mark	MV40-49	Leigh on Sea Striders
156	569	0	46	40	Domoney	Chris	MV40-49	Thrift Green Trotters
157	1000	0	46	43	Unknown	Unknown	Unknown	
158	323	0	46	44	Sandy	Robert	MV40-49	UA
159	670	0	46	45	Cantwell	Scott	MOpen	UA
160	481	0	46	46	Howe	Anne	FV35-44	Benfleet RC
161	591	0	46	47	Kettridge	Daniel	MOpen	UA
162	500	0	46	48	Knight	Mick	MOpen	UA
163	725	0	46	48	Sarling	Andrew	MOpen	UA
164	724	0	46	50	Parr	Chris	MOpen	UA
165	324	0	46	50	Nelder	Paul	MV50-59	UA
166	756	0	46	51	Bearwish	Darren	MV40-49	UA
167	571	0	46	52	Brodie	Natalie	FOpen	UA
168	814	0	46	52	Savage	Malcolm	MV50-59	Springfield Striders
169	565	0	46	53	Forgione	Marco	MOpen	UA

170	630	0	46	56	Flewitt	Anne	FOpen	UA
171	293	0	46	59	Drury	Warren	MOpen	UA
172	349	0	47	0	Longlade	Robert	MOpen	UA
173	470	0	47	1	O'Shea	John	MV40-49	UA
174	490	0	47	4	Beardshall	Martin	MV40-49	UA
175	668	0	47	9	Beckwith	Mervyn	MV50-59	Pitsea RC
176	707	0	47	9	Bysouth	Andy	MOpen	UA
177	626	0	47	10	Bowden	Adam	MOpen	UA
178	599	0	47	10	Hurley	Danielle	FOpen	Southend AC
179	674	0	47	12	Hodges	Jeremy	MV40-49	UA
180	706	0	47	19	Slade	Trevor	MV40-49	Thrift Green Trotters
181	352	0	47	19	Greenhalgh	Gordon	MOpen	UA
182	869	0	47	20	Timbrell	Jodie	FOpen	Thrift Green Trotters
183	405	0	47	24	Eastland	Diane	FOpen	Fitness First Flyers
184	417	0	47	26	Skinner	James	MV40-49	UA
185	587	0	47	26	Martin	Liz	FV35-44	UA
186	690	0	47	27	Coulson	Karen	FOpen	Blackwater Harriers
187	437	0	47	27	Coombes	Jamie	MOpen	UA
188	752	0	47	30	Stevens	Ian	MOpen	UA
189	479	0	47	30	Thoroughgood	Andrew	MOpen	UA
190	729	0	47	32	Moseley	Brett	MOpen	UA
191	767	0	47	38	Nicholson	Steven	MOpen	UA
192	460	0	47	49	Wosahlo	Ricky	MOpen	UA
193	807	0	48	4	Edwards	Natalie	FOpen	UA
194	384	0	48	6	White	Chris	MV40-49	UA
195	375	0	48	6	Aldridge	Wendy	FV35-44	UA
196	738	0	48	7	Rogers	Christian	MOpen	UA
197	541	0	48	7	Ford	Jacqueline	FOpen	UA
198	540	0	48	8	Ford	Geoff	MOpen	UA
199	590	0	48	9	Beattie	Bob	MV50-59	Tiptree Road Runners
200	748	0	48	10	Money	Ben	MOpen	UA
201	651	0	48	11	Troth	Neil	MOpen	UA
202	374	0	48	14	Dutson	Adrian	MV50-59	UA
203	902	0	48	15	Hind	Andy	MOpen	Springfield Striders
204	582	0	48	15	Bettaney	Stephen	MV50-59	UA
205	203	0	48	16	Wren	John	MV40-49	UA
205	204	0	48	16	Wren	Sarah	FV35-44	UA
207	328	0	48	17	Clarke	Paul	MV40-49	UA
208	259	0	48	20	Williams	Steven	MV40-49	UA
209	764	0	48	22	Warwick	Gary	MV50-59	Pitsea RC
210	319	0	48	25	Coldicott	Nicholas	MOpen	UA
211	330	0	48	26	Donoghue	Chris	MOpen	UA
212	276	0	48	28	Passingham	Keith	MV50-59	Pitsea RC
213	774	0	48	30	Ekers	Mick	MV50-59	UA
214	445	0	48	33	Wise	Daniel	MOpen	UA
215	788	0	48	36	Thompson	Richard	MV40-49	UA
216	430	0	48	36	Berg	Stewart	MV40-49	UA
217	870	0	48	37	Tremelling	Paul	MOpen	UA
218	790	0	48	38	Horwood	Graham	MOpen	UA
219	712	0	48	39	Dawbarn	Andy	MV40-49	East Essex Tri
220	549	0	48	40	Brown	Gary	MOpen	UA
221	221	0	48	42	Tompkins	Helen	FV45-54	Pitsea RC
222	720	0	48	43	Scholes	Robert	MOpen	UA
223	689	0	48	46	Furness	Simon	MOpen	UA
224	545	0	48	47	Charles	Craig	MOpen	UA
225	290	0	48	49	Rickard	John	MV40-49	Castle Point Joggers
226	466	0	48	50	Gordon	Keith	MOpen	UA

227	849	0	48	50	Purtell	Paula	FV35-44	Maldon Harriers
228	239	0	48	55	Collier	Peter	MV50-59	Fitness First Flyers
229	740	0	48	56	Purnell	David	MOpen	UA
230	903	0	48	59	Collins	Pauline	FV35-44	UA
231	305	0	48	59	Collier	Martin	MV50-59	UA
232	544	0	49	1	Burgin	Robert	MOpen	UA
233	385	0	49	3	Wood	Terence	MOpen	UA
234	852	0	49	7	Murphy	Dean	MOpen	UA
235	832	0	49	13	Watson	Sarah	FOpen	Witham RC
236	828	0	49	15	Langton	Simon	MOpen	UA
237	642	0	49	16	Godman	Michael	MV40-49	Benfleet RC
238	737	0	49	18	Wright	Andy	MOpen	UA
239	619	0	49	19	Jessop	Allan	MOpen	UA
240	315	0	49	26	Griffiths	Sharon	FV45-54	Phoenix Striders
241	750	0	49	30	Miles	Ian	MOpen	UA
242	215	0	49	31	Pettifer	Lorna	FV35-44	Pitsea RC
243	728	0	49	32	Morgan	John	MOpen	UA
244	414	0	49	33	Coath	Peter	MOpen	UA
245	679	0	49	33	Duffield	Roger	MV60-69	Tiptree Road Runners
246	230	0	49	34	Brand	Phil	MV40-49	UA
247	718	0	49	37	Harrison	Simon	MOpen	UA
248	688	0	49	38	Parr	Stewart	MOpen	UA
249	363	0	49	40	Carroll	Helen	FOpen	UA
250	692	0	49	45	Saich	Jamie	MOpen	UA
251	896	0	49	48	Scanlon	John	MOpen	UA
252	337	0	49	52	Crisp	Jenni	FOpen	Ilford AC
253	650	0	49	53	Triggs	Nicky	FOpen	Benfleet RC
254	739	0	49	54	Hills	John	MV50-59	UA
255	898	0	49	56	Harford	Christine	FV45-54	Windle Valley Runners
256	320	0	49	58	Coldicott	Ann	FV35-44	UA
257	557	0	49	59	Hiller	Andy	MOpen	UA
258	408	0	50	2	Earnshaw	Paul	MOpen	Kingswood RC
259	331	0	50	4	Williamson	Nigel	MV40-49	UA
260	899	0	50	8	Deacon	Richard	MV40-49	Windle Valley Runners
261	216	0	50	10	Pettifer	John	MV50-59	Pitsea RC
262	556	0	50	10	Reynolds	Lloyd	MV40-49	UA
263	233	0	50	19	Flannigan	Teresa Jane	FV55-64	Pitsea RC
264	519	0	50	20	Baker	Phil	MOpen	UA
265	475	0	50	21	Wilson	Sally	FV35-44	Leigh on Sea Striders
266	810	0	50	21	Lane	Dave	MV40-49	UA
267	369	0	50	24	Brear	Luke	MOpen	UA
268	880	0	50	25	Higgs	Gary	MOpen	UA
269	781	0	50	26	Gilbey	Ken	MV50-59	UA
270	831	0	50	31	Carter	Tom	MOpen	UA
271	793	0	50	33	Marks	David	MV40-49	UA
272	244	0	50	34	Cambridge	Julia	FOpen	UA
273	245	0	50	35	Ferris	David	MOpen	UA
274	716	0	50	35	Mansfield	Chris	MV40-49	Havering 90 Joggers
275	895	0	50	40	Brazier	Nick	MV40-49	UA
276	450	0	50	43	Hill	Tracy	FV35-44	Havering 90 Joggers
277	538	0	50	45	Kennedy	Michael	MV50-59	Pitsea RC
278	478	0	50	49	Marks	Stephen	MV60-69	UA
279	249	0	50	50	Thorpe	Robert	MOpen	UA
280	543	0	50	52	Routley	Paul	MOpen	UA
281	680	0	50	53	Parker	Mel	FOpen	Fitness First Flyers
282	286	0	50	54	Wicker	Richard	MV40-49	UA
283	794	0	50	54	Crompton	Susan	FV35-44	Southend AC

284	488	0	50	56	Dexter	Matt	MOpen	UA
285	294	0	51	0	Allen	Tim	MOpen	UA
286	404	0	51	1	Davies	Lynsey	FOpen	UA
287	521	0	51	2	Hales	Georgina	FV45-54	UA
288	365	0	51	3	Seager	Sukhan	FV35-44	UA
289	784	0	51	4	Spong	Ray	MV40-49	UA
290	263	0	51	5	Jackson	Polly	FV35-44	Castle Point Joggers
291	529	0	51	7	Munday	Sarah	FOpen	Tri Sport Epping
292	563	0	51	10	Hargreaves	Caroline	FOpen	UA
293	867	0	51	11	Timbrell	Daniel	MV60-69	Thrift Green Trotters
294	835	0	51	12	Graham	Darren	MOpen	Castle Point Joggers
295	705	0	51	13	Fentiman	Ross	MOpen	UA
296	889	0	51	14	Hewitt	Mick	MV50-59	Ford Fitness
297	338	0	51	15	Crisp	Dianne	FV35-44	Iford AC
298	915	0	51	20	Grinham	Barry	MV50-59	UA
299	760	0	51	24	Hamlin	Claire	FV35-44	UA
300	709	0	51	26	Fernandez	Wesley	MOpen	UA
301	306	0	51	29	Taylor	Claire	FV35-44	Helios Harriers
302	292	0	51	30	Woodrow	Alan	MOpen	UA
303	555	0	51	33	Tipper	Robert	MOpen	UA
304	803	0	51	34	Kidney	Barry	MOpen	UA
305	755	0	51	36	Bearwish	Christine	FV35-44	UA
306	424	0	51	38	Wright	Terry	MV50-59	UA
307	710	0	51	39	Edwards	Jason	MOpen	UA
308	410	0	51	42	Earnshaw	Angela	FV35-44	Kingswood RC
309	407	0	51	43	Saville	Dennis	MV60-69	Kingswood RC
310	457	0	51	43	Salmon	Arran	MOpen	UA
311	258	0	51	46	Jackaman	Malcolm	MV50-59	Castle Point Joggers
312	732	0	51	50	Thompson	Pauline	FV45-54	Havering 90 Joggers
313	554	0	51	53	Brownlie	Frank	MV50-59	East London Runners
314	597	0	51	56	Cooper	Edward	MOpen	UA
315	596	0	51	57	Snook	Michelle	FOpen	UA
316	314	0	51	58	Rayner	Kelly	FOpen	UA
317	220	0	52	3	Williams	Paul	MV40-49	Pitsea RC
318	377	0	52	7	MacDonald	David	MV40-49	UA
319	580	0	52	9	Rieffel	Lisa	FV35-44	UA
320	581	0	52	9	Crow	Ian	MV50-59	UA
321	675	0	52	16	Jones	Rolf	MV40-49	Havering 90 Joggers
322	614	0	52	24	Hill	Jeremy	MOpen	UA
323	708	0	52	28	Monaghan	Ray	MV40-49	UA
324	855	0	52	29	Shea	Tim	MV40-49	Pitsea RC
325	552	0	52	29	Cambridge	Kate	FV45-54	Castle Point Joggers
326	912	0	52	30	Jackson	Michael	MV-50-59	UA
327	735	0	52	30	Smith	Malcolm	MV60-69	UA
328	825	0	52	31	Warrington	Christine	FV45-54	UA
329	527	0	52	31	Binding	Robert	MOpen	UA
330	842	0	52	32	Day	Joanne	FV35-44	Thrift Green Trotters
331	225	0	52	33	Austin	Paul	MOpen	Pitsea RC
332	736	0	52	36	Smith	Frances	FV55-64	UA
333	570	0	52	38	Mitra	Meena	FV35-44	UA
334	388	0	52	47	Doyle	James	MV40-49	UA
335	224	0	52	52	Sinclair	Valerie	FV45-54	Pitsea RC
336	673	0	52	54	Ward	Susan	FV55-64	Benfleet RC
337	268	0	52	55	Bates	Peter	MV50-59	Pitsea RC
338	250	0	52	55	Lee	Graham	MOpen	MDP-Triathlon
339	834	0	52	56	Toon	Ian	MOpen	UA
340	749	0	52	57	Bearwish	Kevin	MV40-49	UA

341	516	0	52	58	Lee	Beverley	FV35-44	UA
342	228	0	53	3	Weald	Caroline	FV55-64	Pitsea RC
343	723	0	53	6	King	Mark	MV40-49	UA
344	910	0	53	10	Selby	Richard	Mopen	UA
345	660	0	53	13	Slade	Cat	FV45-54	Thrift Green Trotters
346	824	0	53	13	Burrows	Karen	FV45-54	UA
347	335	0	53	20	Jeremy	Daniel	MOpen	Havering 90 Joggers
348	351	0	53	23	Sayer	Timothy	MV40-49	UA
349	514	0	53	24	Rayner	Ruth	FOpen	Thrift Green Trotters
350	283	0	53	24	Lines	John	MV50-59	Thrift Green Trotters
351	425	0	53	24	Roby Smith	Andrew	MOpen	Army AA
352	655	0	53	25	Kilbourn	Dan	MOpen	UA
353	357	0	53	26	Beattie	Veronica	FV45-54	Thrift Green Trotters
354	663	0	53	30	Brett	Katy	FOpen	UA
355	798	0	53	30	Cordon	Nancy	FOpen	UA
356	520	0	53	31	Goodwin	Phil	MV50-59	UA
357	888	0	53	35	Falzon	Simon	MV40-49	Ford Fitness
358	354	0	53	38	Harris	Nigel	MV40-49	UA
359	836	0	53	41	Turner	Maria	FV35-44	UA
360	227	0	53	44	Walker	Suzanne	FV45-54	Thrift Green Trotters
361	465	0	53	45	Furner	Julie	FV35-44	UA
362	616	0	53	46	Wells	Nick	MOpen	Havering 90 Joggers
363	683	0	53	49	Mackenzie	Allison	FV35-44	UA
364	791	0	53	55	Baldwin	Steve	MV40-49	UA
365	782	0	53	55	Bickford	Graham	MV40-49	UA
366	350	0	53	56	Longlade	Lucy	FOpen	UA
367	279	0	53	56	Brown	Victoria	FOpen	UA
368	528	0	54	1	Dev-Sherman	Roebyn	MOpen	UA
369	238	0	54	2	Mills	Jacqueline	FV45-54	Pitsea RC
370	487	0	54	3	Bubb	Lyndon	MOpen	UA
371	917	0	54	4	Ruston	Keith	MV60-69	UA
372	805	0	54	10	Dempsey	Zoe	FOpen	UA
373	472	0	54	11	Perry	Daryll	MOpen	Ford Fitness
374	693	0	54	12	Mack	Samantha	FV35-44	UA
375	426	0	54	13	Randall	Graeme	MV40-49	UA
376	847	0	54	15	Kettlewell	John	MV50-59	UA
377	625	0	54	17	Humberstone	Ian	MV40-49	UA
378	496	0	54	21	Bolton	John	MV40-49	UA
379	459	0	54	23	Harmer	Richard	MOpen	Thrift Green Trotters
380	438	0	54	25	Salmon	Emily	FOpen	UA
381	517	0	54	26	Cornelius	Neil	MOpen	UA
382	636	0	54	28	Bardrick	Karen	FV35-44	UA
383	645	0	54	41	Lunt	Brian	MV60-69	Benfleet RC
384	819	0	54	43	McCayna	Debbie	FOpen	Thrift Green Trotters
385	311	0	54	44	Morgan	Christine	FV35-44	UA
386	780	0	54	49	Toll	Chris	MV40-49	UA
387	762	0	54	51	Easter	Christopher	MV50-59	Thrift Green Trotters
388	753	0	54	52	Silvester	Rob	MOpen	UA
389	247	0	54	54	Doubleday	Heather	FOpen	UA
390	652	0	54	55	Page	Michelle	FOpen	UA
391	341	0	54	56	Lowry	Paul	MOpen	UA
392	757	0	54	58	Naman	R E	MV60-69	UA
393	678	0	55	0	Page	Paula	FV35-44	Thrift Green Trotters
394	300	0	55	7	Porter	Karen	FV35-44	UA
395	525	0	55	17	Wyndham	John	MOpen	UA
396	524	0	55	17	Hopwood	Tony	MOpen	UA
397	759	0	55	22	Moles	Dave	MV50-59	100 Marathon Club

398	744	0	55	26	Whitton	Denis	MV40-49	UA
399	298	0	55	28	Pyke	Linda	FV35-44	Pitsea RC
400	463	0	55	29	Peters	Roger	MOpen	UA
401	627	0	55	29	Rudd	David	MV40-49	UA
402	423	0	55	38	Mason	Chris	MOpen	UA
403	240	0	55	38	Donald	Pauline	FOpen	UA
404	246	0	55	39	Kelly	Katy	FOpen	UA
405	595	0	55	42	Reynolds	Keith	MV50-59	Fitness First Flyers
406	386	0	55	44	Wood	Victoria	FOpen	UA
407	872	0	55	45	Wood	Neil	MOpen	UA
408	801	0	55	48	Goodspeed	Philip	MOpen	UA
409	743	0	55	49	Magee	Jonathan	MOpen	UA
410	664	0	55	50	Cresswell	Soniah	FV35-44	UA
411	631	0	55	52	Barber	Mark	MOpen	UA
412	621	0	56	1	Pye	Craig	MOpen	UA
413	237	0	56	3	Gibson	Ian	MV40-49	UA
414	236	0	56	4	Martin	Stephen	MV40-49	UA
415	654	0	56	8	Price	Susan	FV45-54	UA
416	433	0	56	9	Green	Sue	FOpen	UA
417	399	0	56	12	Lockett	Sarah	FOpen	UA
418	913	0	56	13	Warner	Jonathan	MV50-59	UA
419	269	0	56	17	Mowl	Donald	MV60-69	UA
420	608	0	56	17	Green	Sara	FV35-44	Southend AC
421	267	0	56	21	Bates	Linda	FV55-64	Pitsea RC
422	620	0	56	25	Jessop	Jacqui	FOpen	UA
423	342	0	56	25	Williams	Joanne	FV35-44	UA
424	322	0	56	27	Brown	Elaine	FV45-54	UA
425	321	0	56	27	Brown	Peter	MV40-49	UA
426	435	0	56	30	Coombes	Jan.	MOpen	UA
427	841	0	56	30	Norrington	Alison	FV35-44	Thrift Green Trotters
428	629	0	56	33	Flewitt	Paul	MOpen	FUNT
429	878	0	56	38	Fowler	Elaine	FV35-44	Garden City Runners
430	226	0	56	46	Cheshire	Lynette	FV45-54	UA
431	648	0	56	49	Olney	Lee	MV40-49	Benfleet RC
432	578	0	56	52	Bettaney	Sheila	FV55-64	UA
433	559	0	57	6	Grover	Jan.	FV45-54	UA
434	480	0	57	7	Howe	Andrew	MV50-59	Castle Point Joggers
435	669	0	57	11	Heywood	Elizabeth	FOpen	UA
436	695	0	57	12	Walker	Stephen	MV40-49	UA
437	355	0	57	15	McDonnell	Barbara	FV45-54	Havering 90 Joggers
438	779	0	57	15	Toll	Jennie	FV35-44	UA
439	882	0	57	24	Edward	Cheryl	FV35-44	UA
440	624	0	57	24	Putt	Louise	FOpen	UA
441	727	0	57	27	Martin	Paul	MOpen	UA
442	211	0	57	35	Webb	Jane	FV35-44	UA
443	222	0	57	39	Taylor	Val	FV55-64	UA
444	785	0	57	41	Hougham	Donna	FV35-44	UA
445	806	0	57	42	Taylor	Alison	FOpen	UA
446	812	0	57	44	Taylor	Kate	FOpen	Serpentine
447	649	0	57	46	Norton	Sarah	FOpen	Benfleet RC
448	205	0	57	47	Williams	Gerald	MV60-69	Thrift Green Trotters
449	879	0	57	50	Ball	Michelle	FV35-44	Thrift Green Trotters
450	686	0	57	51	Cox	John	MV50-59	UA
451	672	0	57	51	Shiell	Lisa	FV35-44	UA
452	398	0	57	55	Lockett	Ian	MOpen	UA
453	264	0	57	59	Brightwell	Steven	MOpen	UA
454	665	0	57	59	Harrington	Joanne	FV45-54	UA

455	396	0	58	4	Harvey	Mark	MV40-49	Having 90 Joggers
456	310	0	58	6	Morgan	Ian	MV50-59	UA
457	542	0	58	8	Dellow	Suzanne	FOpen	UA
458	441	0	58	8	Bannister	Sharon	FV35-44	UA
459	906	0	58	13	Hipkins	Cherie	Fopen	Great Yarmouth Road Runners
460	512	0	58	14	Charters	Mark	MOpen	UA
461	546	0	58	14	Clark	Philip	MOpen	UA
462	858	0	58	26	Hayter	Remie	MOpen	UA
463	857	0	58	30	Beacham	Craig	MOpen	UA
464	653	0	58	30	Page	Ben	MOpen	UA
465	641	0	58	36	Hosler	John	MV60-69	UA
466	611	0	58	38	Taylor	Sally	FV35-44	UA
467	251	0	58	42	Hale	Jacqueline	FV35-44	UA
468	243	0	58	42	Button	Jacqui	FOpen	UA
469	602	0	58	45	Wright	Phyllis	FV45-54	UA
470	440	0	58	47	Roberts	Tanya	FV35-44	UA
471	345	0	58	53	Postings	Philip	MV60-69	Ilford AC
472	658	0	59	6	Sambrook	Helen	FOpen	UA
473	684	0	59	8	Bailey	David	MV50-59	UA
474	719	0	59	9	Duignan	Marie	FOpen	UA
475	561	0	59	11	Jones	Dennis	MV50-59	Pitsea RC
476	731	0	59	12	Goodspeed	Maria	FV35-44	UA
477	558	0	59	19	Docherty	Debbie	FV45-54	UA
478	537	0	59	20	Jones	Robert	MV50-59	UA
479	451	0	59	22	Wilson-Tawn	Amanda	FV35-44	UA
480	275	0	59	26	Paton	Barry	MV50-59	Ford Fitness
481	838	0	59	28	Putney	Julie	FOpen	Thrift Green Trotters
482	395	0	59	33	Johnston	Isabel	FOpen	UA
483	346	0	59	34	Brewer	Glenn	MV40-49	UA
484	376	0	59	37	Cross	Cathy	FV45-54	Thrift Green Trotters
485	489	0	59	38	Bell	Joan	FV55-64	Thrift Green Trotters
486	700	0	59	41	Ashworth	Nicola	FV35-44	UA
487	594	0	59	43	Slater	Caroline	FV45-54	UA
488	874	0	59	44	Price	Caroline	FV35-44	UA
489	411	0	59	46	Myers	Kelly	FOpen	UA
490	484	0	59	49	Crisp	Lynda	FV55-64	UA
491	483	0	59	49	Crisp	John	MV50-59	UA
492	266	0	59	53	Brightwell	Julia	FOpen	UA
493	265	0	59	55	Foster	Laura	FV35-44	UA
494	583	0	59	55	O'Halloran	Laura	FOpen	Thrift Green Trotters
495	687	0	59	56	Avery	Sarah	FOpen	UA
496	378	0	59	58	Smith	Alyson	FV35-44	UA
497	628	0	59	59	Dean	Mandy	FOpen	UA
498	751	1	0	32	Lewis	Ivan	MOpen	UA
499	242	1	0	45	Stamford	John	MV40-49	Pitsea RC
500	499	1	0	45	Dempsey	Julie	FV35-44	UA
501	579	1	0	54	Donovan	William	MV60-69	Benfleet RC
502	262	1	1	1	Johnson	Sheona	FV35-44	Dagenham 88 Runners
503	474	1	1	2	Siewertsen	George	MV60-69	Dagenham 88 Runners
504	574	1	1	11	George	Tracey	FV35-44	Dagenham 88 Runners
505	613	1	1	15	Broyd	Helen	FOpen	UA
506	584	1	1	17	Newman	Graham	MV40-49	UA
507	638	1	1	30	Whight	Jill	FV45-54	UA
508	848	1	1	31	Scott	Liza	FOpen	Thrift Green Trotters
509	304	1	1	31	Fairfull	Ruth	FOpen	UA
510	427	1	1	31	Fairfull	Jamie	MOpen	UA
511	491	1	1	36	Carter	Lynne	FV45-54	UA

512	787	1	1	41	Hawkins	Fiona	FV35-44	Southend AC
513	908	1	1	43	Parrolli	Pat	MV60-69	
514	432	1	1	53	Povey	June	FV45-54	UA
515	501	1	1	54	Jones	Charlotte	FV35-44	UA
516	502	1	1	54	Henderson	Tina	FV35-44	UA
517	891	1	2	12	Pearce	Jenny	FOpen	Benfleet RC
518	434	1	2	22	Marsh	Sarah	FOpen	UA
519	800	1	2	35	Goodspeed	Victoria	FV35-44	UA
520	792	1	2	40	Wyndham	Joseph	MOpen	UA
521	845	1	2	53	Davies	Vernon	MV60-69	Woodford Green EL AC
522	863	1	2	55	Chamartin	Denise	FV35-44	UA
523	837	1	2	55	Wadland	Rose	FV35-44	UA
524	566	1	3	3	Chesham	Mary	FV35-44	UA
525	696	1	3	4	Fennelly	Claire	FOpen	UA
526	711	1	3	7	Warren	Claire	FOpen	UA
527	754	1	3	21	Leung	Tina	FV55-64	Thrift Green Trotters
528	821	1	3	27	Kernott	Eddie	MV50-59	UA
529	850	1	3	39	Tye	Peta	FV45-54	UA
530	473	1	3	48	Gabell	Janet	FV45-54	Fitness First Flyers
531	446	1	3	50	Gunn	Nicky	FOpen	UA
532	822	1	3	52	Bray	Joanna	FOpen	Havering 90 Joggers
533	633	1	3	54	Bardrick	Steve	MV40-49	UA
534	761	1	3	57	Bray	Gill	FV45-54	Havering 90 Joggers
535	758	1	4	1	Kelly	James	MV70+	Framlington Flyers
536	634	1	4	4	Jarvis	Alwine	FV45-54	UA
537	635	1	4	4	Jarvis	Alan	MV50-59	UA
538	811	1	4	10	Staines	Lynda	FV45-54	Havering 90 Joggers
539	256	1	4	25	Jackaman	Sarah	FV45-54	Castle Point Joggers
540	886	1	4	32	Toze	Carol	FV55-64	Bishops Stortford RC
541	714	1	4	49	Street	Robert	MV60-69	UA
542	776	1	4	54	Randall	Carol	FV45-54	UA
543	260	1	4	54	Jolly	Kathleen	FV45-54	UA
544	773	1	5	8	Rhodes-German	Karen	FV35-44	UA
545	456	1	5	27	Ransom	Philip	MOpen	UA
546	498	1	5	30	Burles	Julie	FV55-64	Springfield Striders
547	612	1	6	2	Budge	John	MV50-59	UA
548	492	1	6	3	Carter	John	MOpen	UA
549	308	1	6	33	Hobson	Julia	FV35-44	Thurrock Nomads
550	607	1	7	33	Brook	Jacqueline	FV45-54	UA
551	657	1	8	3	Chuck	Helen	FV35-44	UA
552	257	1	8	22	Jackaman	Liz	FOpen	Castle Point Joggers
553	892	1	8	46	Green	Andrea	FOpen	UA
554	604	1	8	48	Ojala	Catherine	FV45-54	UA
555	639	1	9	39	Sasaidek	Teresa	FV45-54	UA
556	640	1	9	39	Nicol	Maggie	FV45-54	UA
557	218	1	9	44	Williams	Dave	MV70+	UA
558	271	1	13	38	White	Janice	FV35-44	UA
559	272	1	13	40	Levy	Pamela	FV35-44	UA
560	273	1	13	42	Hills	Vanessa	FV35-44	UA
561	585	1	13	53	Rouse	Beverley	FOpen	Fitness First Flyers
562	477	1	15	11	Iles	Lesley	FV45-54	UA
563	400	1	15	37	Clappen	Nicholas	MV40-49	UA
564	370	1	21	53	Perry	Sandra	FV35-44	UA
565	656	1	25	15	Gafga	Bennita	FV35-44	UA