

Pos'n	No	Time	Status	Name	Team	Cat
1	10	0:25:26		WHITTAKER, Paul	Chelmsford	SM
2	52	0:26:39		FRITH, T	Southend	JM
3	62	0:26:48		BLOOMFIELD, C	Billericay Striders	SM
4	34	0:27:03		BRIGGS, J	Basildon	SM
5	54	0:27:05		HESLOP, T	Victoria Park Harriers	SM
6	12	0:27:12		NEWTON, M	Springfield Striders	SM
7	11	0:27:22		WHITTAKER, Sntephe	Chelmsford	SM
8	209	0:27:27		BUTLER, Dave	Billericay Striders	M50
9	314	0:27:43		CAMPBELL, I	Cambuslang H	M50
10	27	0:28:25		LAW, A	Basildon	JM
11	120	0:28:31		MANCER, J	Benfleet	M40
12	137	0:28:45		PHILCOX, S	Barking Road Runners	M45
13	324	0:28:51		COX, D	Woodford Green	M55
14	142	0:28:55		BARKER, J	Thrift Green Trotters	M45
15	40	0:29:06		CONWAY, R		SM
16	6	0:29:14		WILLIAMS, J	Ware	SM
17	46	0:29:20		WHELAN, K	Ware	SM
18	8	0:29:25		SWAN, K	Billericay Striders	SM
19	13	0:29:27		NEWELL, K	Iford AC	SM
20	106	0:29:32		CHANDLER, Gary	Springfield Striders	M40
21	145	0:29:41		WOTTEN, K	Barking Road Runners	M40
22	302	0:29:42		MORRIS, G	Ware	M50
23	61	0:29:43		BEAVER, M	Springfield Striders	SM
24	38	0:29:45		GILLARD, R	Southend	JM
25	141	0:29:56		COLEMAN, A	Billericay Striders	M40
26	289	0:30:00		PECAROOO, T	Havering 90 Joggers	M40
27	307	0:30:05		KNIGHTLEY, T	Iford AC	M50
28	136	0:30:21		JACOB, K	Billericay Striders	M40
29	33	0:30:30		SPOONER, T	Benfleet	SM
30	132	0:30:33		HYDE, T	Pitsea	M40
31	109	0:30:36		CARDY, Ian	Springfield Striders	M40
32	147	0:30:44		GEA, T	Ware	M40
33	108	0:30:45		CRISP, Neil	Iford AC	M40
34	28	0:30:54		ANDERSON, P	Springfield Striders	SM
35	374	0:30:57		BALLARD, D	Benfleet	SF
36	37	0:30:59		CAPEL, A	Southend	SM
37	32	0:31:02		COPS, M	Benfleet	SM
38	111	0:31:03		CLARK, A	Benfleet	M40
39	41	0:31:11		GEARING, D	Havering 90 Joggers	SM
40	105	0:31:13		GROOT, M	Benfleet	M40
41	130	0:31:15		JEPHCOTT, J	Harlow R.C.	M40
42	286	0:31:18		ALLEN, J	Springfield Striders	F35
43	42	0:31:40		BROWN, B	Barking Road Runners	SM
44	306	0:31:52		KENT, G	Chelmsford	M50
45	212	0:32:02		WHITTAKER, Mike	Benfleet	M50
46	2	0:32:02		BYFORD, J	Springfield Striders	SM
47	128	0:32:15		SPENCER, D	Grange Farm & Dunmow	M40
48	50	0:32:22		CHALLIS, K	Benfleet	SM
49	58	0:32:23		LOWNDES, J	Barking Road Runners	SM
50	119	0:32:37		TOMLINS, T	Benfleet	M40
51	49	0:32:46		PIDGEON, S	Billericay Striders	JM
52	112	0:32:47		BOOTH, R	Thrift Green Trotters	M40
53	20	0:32:48		FAULKNER, R	Herts Phoenix	SM
54	51	0:32:54		STALLEY, P	Benfleet	SM
55	358	0:32:59		ERITH, M	Tavistock	M60
56	31	0:33:01		RUFFY, P	Benfleet	SM

57	125	0:33:07	PIKE, D	Havering 90 Joggers	M40
58	48	0:33:15	WARD, P	Barking Road Runners	SM
59	53	0:33:16	DOIG, A	Pitsea	SM
60	230	0:33:21	BLYTHE, K	Ware	M70
61	303	0:33:31	RUSSELL, R	Thurrock	M50
62	7	0:33:33	WILLIAMS, C	Ware	SM
63	376	0:33:40	LATHAM, L	Benfleet	SF
64	39	0:33:49	MARTIN, P		SM
65	17	0:33:51	BRIDGES, P	Springfield Striders	SM
66	370	0:34:09	GILLARD, H	Southend	SF
67	18	0:34:11	FOGGO, S		SM
68	242	0:34:26	MCDONNELL, C	Havering 90 Joggers	M60
69	219	0:34:30	FAULKNER, S	Herts Phoenix	M50
70	317	0:34:33	ASKEW, Mark	Essex Triathlon	M50
71	43	0:34:38	EMERSON, P		SM
72	29	0:34:40	JONES, C		SM
73	63	0:34:53	CERNY, M	Benfleet	SM
74	375	0:34:55	ALMOND, L	Billericay Striders	JF
75	22	0:34:58	HENDLEY, 22	Havering 90 Joggers	SM
76	131	0:35:02	KOWALSKI, M		M40
77	84	0:35:04	SPONG, Sue	Havering 90 Joggers	F45
78	225	0:35:09	KEELEY, Dave	Havering 90 Joggers	M50
79	310	0:35:11	NEWMAN, G	Benfleet	M50
80	222	0:35:13	HAGAN, R	Havering 90 Joggers	M50
81	372	0:35:14	LACEY, J	Southend	F17
82	243	0:35:17	TWEEDIE, C	Havering 90 Joggers	M60
83	143	0:35:17	HILLER, A		M40
84	217	0:35:32	BAKER, P	Ware	M50
85	56	0:35:38	MACLEOD, T		SM
86	100	0:35:39	HOWARD, G	Billericay Striders	F45
87	204	0:35:40	PARKER, S	Ilford AC	M50
88	127	0:35:45	O`SULLIVAN, T	Ware	M40
89	140	0:35:49	SUETT, A	Unattached	M45
90	216	0:35:52	PARKER, A	Springfield Striders	M50
91	135	0:35:52	GILLARD, M	Southend	M40
92	123	0:35:53	TAYLOR, N	Havering 90 Joggers	M40
93	148	0:35:54	SUTHERLAND, A	Vets AC	M45
94	44	0:35:59	BAGNALL, M	Ware	SM
95	146	0:36:18	BURR, S		M45
96	207	0:36:18	FENTON, J	Havering 90 Joggers	M50
97	223	0:36:22	FUGNTE, F	Havering 90 Joggers	M50
98	343	0:36:22	PINNER, J	Thrift Green Trotters	F35
99	118	0:36:27	REDDISH, M	Benfleet	M40
100	134	0:36:33	BOULT, G		M40
101	244	0:36:43	MOLE, D	Havering 90 Joggers	M60
102	337	0:36:43	PERREN, L	Barking Road Runners	F35
103	57	0:36:45	NANTON, C	Barking Road Runners	SM
104	107	0:36:46	BREMINGS, J		M40
105	26	0:37:02	BOLTON, B		SM
106	224	0:37:11	SPONG, Ray	Havering 90 Joggers	M50
107	335	0:37:11	FINCH, K		F35
108	291	0:37:14	TIGHE, C	Havering 90 Joggers	F35
109	30	0:37:22	JEPHCOTT, D		M17
110	211	0:37:22	ANDERS, R	Havering 90 Joggers	M50
111	226	0:37:26	MOSES, N	Havering 90 Joggers	M50
112	315	0:37:28	BONNEY, G		M50
113	354	0:37:31	ROSS, C	Chelmsford	M70

114	138	0:37:32	BLACKER, M	Ware	M40
115	362	0:37:33	WALKER, K	Billericay Striders	M60
116	23	0:37:33	PARISH, B	Havering 90 Joggers	SM
117	301	0:37:35	WINSTON, R	Havering 90 Joggers	M50
118	1	0:37:40	SLAWSON, D	Springfield Striders	SM
119	246	0:37:43	CONQUEST, J	Havering 90 Joggers	M60
120	74	0:37:46	CRISP, DIANE	Iford AC	F45
121	319	0:37:49	ALMOND, M	Billericay Striders	M50
122	60	0:37:52	TIMBRELL, G	Thrift Green Trotters	SM
124	269	0:37:57	BARTLETT, T	Leigh on Sea Striders	SF
125	305	0:37:57	HARLOCK, D		M50
126	281	0:38:02	LEE, R		M40
127	240	0:38:09	MATHERG,	Benfleet	M60
128	129	0:38:12	HARRISON, L	Billericay Striders	M40
129	268	0:38:28	TIMBRELL, J	Thrift Green Trotters	SF
130	239	0:38:33	SMITH, G	Thrift Green Trotters	M60
131	254	0:38:35	CRISP, J	Iford AC	SF
132	113	0:38:42	MILLER, S	Springfield Striders	M40
133	144	0:38:45	BELL, C	Pitsea	M40
134	122	0:38:48	CADMAN, K	Benfleet	M40
135	234	0:38:50	MORGAN, A	Billericay Striders	M60
136	3	0:38:53	THOMSON, A	Havering 90 Joggers	SM
137	87	0:39:00	GUNNING, J		F45
138	304	0:39:06	BEAUMONT, J	Springfield Striders	M50
139	332	0:39:15	VINCENT, N	Ware	F35
140	318	0:39:20	WHEATLEY, M	Billericay Striders	M55
141	25	0:39:22	J.MCDONNELL, J	Havering 90 Joggers	SM
142	205	0:39:27	JOLLY, S		M50
143	133	0:39:32	KERBY, J	Thrift Green Trotters	M40
144	258	0:39:41	SINCLAIR, I	Benfleet	SF
145	79	0:39:45	GILHAM, SALLY	Iford AC	F45
146	94	0:39:55	PARDEN, J	Billericay Striders	F55
147	36	0:40:01	JEVEONS, B.		SM
148	248	0:40:08	GODBEE, P	Swanley & District AC	M60
149	45	0:40:14	WRIGHT, S	Havering 90 Joggers	SM
150	322	0:40:18	SPENCER-PERKINS, D	Barking Road Runners	M55
151	236	0:40:18	GODFREY, D	Billericay Striders	M60
152	257	0:40:23	BABBAGE, G	Billericay Striders	SF
153	323	0:40:25	GOULD, K	Thrift Green Trotters	M50
154	83	0:40:26	MCDONNELL, B	Havering 90 Joggers	F45
155	273	0:40:27	LING, J	Billericay Striders	F35
156	218	0:40:30	SKINNER, D	Havering 90 Joggers	M50
157	126	0:40:34	EVANS, D	Havering 90 Joggers	M40
158	15	0:40:34	BRAZIER, I	Springfield Striders	SM
159	311	0:40:38	BAXTER, P		M50
160	237	0:40:41	WILLIAMS, Graham	Iford AC	M70
161	92	0:40:43	RAMSDEN, A	Ware	F55
162	208	0:40:43	LAWSON, S	Havering 90 Joggers	M50
163	309	0:40:45	WATSON, P	Benfleet	M50
164	162	0:41:03	SHERIDAN, E	Iford AC	F50
165	86	0:41:04	HILL, 86	Havering 90 Joggers	F45
166	227	0:41:07	MANSFIELD, C	Havering 90 Joggers	M50
167	73	0:41:11	WEBSTER, F	Benfleet	F45
168	341	0:41:13	WILLIAMS, K	Springfield Striders	F35
169	264	0:41:18	JOHNSON, A	Benfleet	SF
170	215	0:41:21	HUDSON, P	Ware	M50
171	342	0:41:22	DE-CHRISTGONE, S	Benfleet	F40

172	202	0:41:23	SHARLAND, D		M50
173	221	0:41:26	SHEEKEY, S	Havering 90 Joggers	M50
174	88	0:41:29	RODGERS, C	Havering 90 Joggers	F45
175	47	0:41:30	LOWE, R		SM
176	78	0:41:33	PICKERING, N	Ware	F45
177	161	0:41:36	FRAZIER, S		F45
178	235	0:41:39	COWLING, B	Billericay Striders	M70
179	55	0:41:47	WHITE, D	Barking Road Runners	SM
180	139	0:41:47	JORDAN, M	Benfleet	M45
181	163	0:41:48	MORRIS, S	Ware	F50
182	241	0:41:52	MCCLLOUD, V	Benfleet	M70
183	282	0:42:00	HOWARD, S	Ware	F35
184	284	0:42:04	COOPER, N	Barking Road Runners	F35
185	206	0:42:05	PARDON, J	Billericay Striders	M50
186	124	0:42:10	GEORGE, M	Havering 90 Joggers	M40
187	170	0:42:11	WILLIAMS, H	Pitsea	F55
188	338	0:42:14	BENFIELD, A	Benfleet	F35
189	336	0:42:16	HARVEY, A	Benfleet	F40
190	81	0:42:17	WOOD, L	Havering 90 Joggers	F45
191	72	0:42:29	MANSE, J	Ware	F45
192	265	0:42:29	RUFFY, S	Benfleet	SF
193	320	0:42:37	HARFORD, G	Barking Road Runners	M50
194	103	0:42:39	PINKETT, M		M40
195	266	0:42:40	HAYNES-WILDE, H	Benfleet	SF
196	116	0:42:41	ROBINSON, L		M40
197	14	0:42:41	BROWN, T		SM
198	93	0:42:47	JONES, Pam	Iford AC	F75
199	316	0:42:48	FOX, W		M50
200	313	0:42:50	ROWELL, B	Havering 90 Joggers	M50
201	247	0:42:54	GREGORY, J	Havering 90 Joggers	M60
202	262	0:43:03	HILLIARD, S	Havering 90 Joggers	SF
203	220	0:43:15	DOBIE, R	Havering 90 Joggers	M50
204	371	0:43:18	BUCKLER, R	Billericay Striders	SF
205	355	0:43:21	NAMAN, C	Ware	M60
206	117	0:43:39	RUTTER, P	Benfleet	M40
207	292	0:43:42	STAGREK, S	Havering 90 Joggers	F35
208	203	0:43:48	NICHOLS, T	Ware	M50
209	308	0:44:00	HOSKYN, J	Springfield Striders	M50
210	71	0:44:02	SCOURFIELD, K	Billericay Striders	F45
211	312	0:44:04	PERRY, S	Springfield Striders	M50
212	213	0:44:06	BROWN, P		M50
213	77	0:44:06	BROWN, E		F45
214	344	0:44:18	EMMINS, M	Benfleet	F35
215	75	0:44:26	HAWKINS, L	Harlow R.C.	F45
216	98	0:44:26	VINE, S	Phoenix	F55
217	296	0:44:49	ROBERTS, B	Havering 90 Joggers	F35
218	378	0:44:50	REEMAN, G	Billericay Striders	SF
219	210	0:44:53	BROWNE, T	Ware	M50
220	340	0:45:19	MCCROW, K	Billericay Striders	F35
221	333	0:45:23	NICHOLS, C	Ware	F40
222	360	0:46:01	HARDING, B	Thrift Green Trotters	M60
223	228	0:46:04	PENFOLD, K	Havering 90 Joggers	M50
224	331	0:46:22	GEARING, T	Havering 90 Joggers	F35
225	293	0:46:27	GROVES, V	Barking Road Runners	F35
226	321	0:46:27	COURTIER, R	Barking Road Runners	M55
227	377	0:46:28	CHESTER, N	Iford AC	SF
228	285	0:46:29	DULAKE, J		F35

229 251 0:46:31  
 230 300 0:46:32  
 231 299 0:46:44  
 232 99 0:46:57  
 233 361 0:47:07  
 234 97 0:47:09  
 235 85 0:47:13  
 236 232 0:47:15  
 237 80 0:47:24  
 238 298 0:47:37  
 239 283 0:48:23  
 240 297 0:49:40  
 241 250 0:50:27  
 242 102 0:50:48  
 243 238 0:50:59  
 244 334 0:51:08  
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 246 278 0:51:25  
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 248 275 0:51:39  
 249 339 0:51:43  
 250 256 0:51:53  
 251 287 0:51:57  
 252 229 0:52:02  
 253 261 0:52:03  
 254 363 0:52:09  
 255 260 0:52:10  
 256 294 0:52:27  
 257 290 0:52:44  
 258 91 0:53:10  
 259 245 0:53:39  
 260 121 0:53:41  
 261 263 0:54:12  
 262 231 0:54:24  
 263 267 0:54:47  
 264 295 0:55:18  
 265 96 0:55:42  
 266 115 0:56:27  
 267 82 0:57:36  
 268 76 0:58:10  
 269 255 0:58:10  
 270 357 0:59:47  
 271 280 0:59:51  
 272 249 1:00:56  
 273 252 1:01:28  
 274 233 1:02:33  
 275 356 1:03:17  
 276 351 1:05:59

SYMONDS, R  
 FORD, J  
 MOSS, J  
 CRISP, L  
 COTTRELL, M  
 SUTHERLAND, C  
 RANDALL, C  
 BUTCHER, J  
 GOVENDER, K  
 CRANMER, N  
 MUIR, Carol  
 KELCHUR, C  
 BALL, M  
 BLYTH, S  
 STRINGER, R  
 GALLAGHER, N  
 BELL, I  
 GRICE, C  
 RUMSBY, P  
 BLISS, T  
 HILLER, K  
 FAULKNER, H  
 WITHALL, K  
 SULLIVAN, B  
 PARMENTER, J  
 FRIBBENS, M  
 WHITE, K  
 STAMSTIS, M  
 O'CONNOR, K  
 JOLLY, K  
 TURNER, C  
 JORDAN, I  
 BRYANT, V  
 HEYWOOD, J  
 CADENS,  
 BURLING, S  
 STRINGER, V  
 ASH, R  
 HAGAN, Y  
 REEVE, D  
 REEVE, C  
 FRAKE, R  
 WATTS, A  
 VIRGO, J  
 REEVES, J  
 FREEDMAN, P  
 MURPHY, A  
 KELLY, J

Ware  
 Havering 90 Joggers  
 Springfield Striders  
 Benfleet  
 Billericay Striders  
 Havering 90 Joggers  
  
 Ware  
 Benfleet  
 Barking Road Runners  
 Ilford AC  
 Havering 90 Joggers  
 Barking Road Runners  
  
 Ware  
 Havering 90 Joggers  
  
 Castle Point Joggers  
 Havering 90 Joggers  
 Benfleet  
 Vets AC  
 Loughborough Students  
 Havering 90 Joggers  
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 Havant  
  
 Pitsea  
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 Castle Point Joggers  
  
 Havering 90 Joggers  
 Barking Road Runners  
 Framlington Flyers

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Categories			Reports	View	Refresh
All Competitors	Women over 35	Men under 20	Indiv.	Entrv	Now
Men over 40	Women over 45	Women over 70	Team	Finish	Auto
Men over 50	Women over 55	Women under 20	Prizes	Meetina	
Men over 60	Men over 70	More...		Note	Close