

BENFLEET 15

22nd January 2012

RESULTS

1	1	1:31:37	BLOOMFIELD, Crispian	Billericay Striders	Senior Mens
2	119	1:35:34	NEWTON, Mark	Springfield Striders	Senior Mens
3	269	1:37:39	REEVES, Andrew	Serpentine Running Club	Male V40
4	231	1:38:01	DOBSON, Paul	Springfield Striders	Male V40
5	76	1:38:25	SMITH, James	Springfield Striders	Senior Mens
6	249	1:39:32	CHANDLER, Gary	Springfield Striders	Male V40
7	647	1:39:51	ALLEN, Gavin	Braintree AC	Senior Mens
8	31	1:39:58	READ, Mark	Thrift Green Trotters	Senior Mens
9	635	1:40:09	LEMAN, Chris	Benfleet Rc	Male V40
10	193	1:40:20	PETIT, Stephen	Ely Runners	Male V40
11	634	1:40:59	BOOTY, Graham	Benfleet Rc	Senior Mens
12	120	1:41:13	BURGOYNE, Chris	Springfield Striders	Senior Mens
13	235	1:41:13	PHILCOX, Stephen	Ilford AC	Male V40
14	47	1:41:46	SUTTON, Darren	Springfield Striders	Male V40
15	117	1:42:46	NEUGEBAUER, James	Springfield Striders	Senior Mens
16	704	1:43:20	WAIN, Mark	Springfield Striders	Male V40
17	611	1:43:45	NEWELL, Kevin	Ilford AC	Senior Mens
18	28	1:44:05	WANDASIEWICZ, Nelson	Thrift Green Trotters	Senior Mens
19	703	1:44:15	HASKEY-JONES, James	Tiptree Road Runners	Male V40
20	166	1:44:21	GEORGE, Ian	East Essex Tri-Club	Male V40
21	102	1:44:30	LUTON, Sam	Leigh Striders	Senior Mens
22	282	1:44:41	BUTLER, Alan	Thrift Green Trotters	Male V50
23	94	1:44:54	EWE, Patrik	Herne Hill Harriers	Senior Mens
24	62	1:44:55	SMITH, Phillip	Billericay Striders	Senior Mens
25	447	1:45:05	ALLEN, June	Springfield Striders	Ladies V35
26	60	1:46:17	MILLS, Rob	Springfield Striders	Senior Mens
27	83	1:44:19	SWINBURNE, Nigel	Dagenham88	Senior Mens
28	121	1:46:29	BROOKS, Mark	Tri-Sport Epping	Senior Mens
29	44	1:46:42	ANDERSON, Paul	Springfield Striders	Senior Mens
30	241	1:47:41	CARDY, Ian	Springfield Striders	Male V40
31	92	1:48:07	MCCARTHY, Barney	Thrift Green Trotters	Senior Mens
32	170	1:48:54	DYER, Peter	Orion Harriers	Male V40
33	77	1:49:01	PARKINSON, Winston	Herne Hill Harriers	Senior Mens
34	295	1:49:09	DIXON, Clem	Cambridge Harriers	Male V50
35	185	1:49:27	BAXTER, Andrew	East London Runners	Male V40
36	225	1:49:38	WILSON, James	East London Runners	Senior Mens
37	378	1:49:42	BROCKBANK, Nikki	Springfield Striders	Senior Ladies
38	33	1:49:56	JEFFREY-READ, Paul	Harlow RC	Senior Mens
39	179	1:51:15	JACOB, Kevin	Billericay Striders	Male V40
40	18	1:51:19	KNIGHT, Nicholas	Thrift Green Trotters	Senior Mens
41	69	1:51:22	BOWRING, Simon	Springfield Striders	Senior Mens
42	424	1:51:23	HALLS, Fiona	Saffron Striders	Ladies V35
43	141	1:51:37	OSBOURNE, Peter	Castle Point Joggers	Male V40
44	118	1:52:00	MASKELL, Simon	East Essex Tri-Club	Senior Mens
45	90	1:52:12	PEAIN, Steve	Unaffiliated	Senior Mens
46	165	1:52:17	ALDRED, Tim	Orpington Road Runners	Male V40
47	622	1:52:33	SPENCER, David	Grange Farm and Dunmow Runners	Male V40
48	242	1:52:44	EDWARDS, Mark	Springfield Striders	Male V40
49	246	1:52:48	CLARKE, Phillip	Tiptree Road Runners	Male V40
50	181	1:53:06	BONHAM, Richard	Castle Point Joggers	Male V40
51	187	1:53:20	PEARCE, Chris	Springfield Striders	Male V40
52	619	1:53:44	HART, Paul	Billericay Striders	Senior Mens
53	278	1:53:50	WHITE, Steve	Saffron Striders	Male V40
54	334	1:54:11	FULLER, Richard	East Essex Tri-Club	Male V50
55	593	1:54:20	CATO, David	Unaffiliated	Senior Mens
56	196	1:54:31	BURNS, James	Leigh Striders	Male V40
57	143	1:54:32	STAGG, Michael	Thrift Green Trotters	Male V40
58	390	1:54:38	SAVAGE, Gail	Billericay Striders	Senior Ladies
59	2	1:54:39	COOK, Rob	Unaffiliated	Senior Mens

60	8	1:54:53	MOON, Anthony	Mid Essex Casuals	Senior Mens
61	643	1:54:55	DELLAR, Paul	Tiptree Road Runners	Male V40
62	274	1:55:00	VEALL, Craig	Loughton AC	Male V40
63	38	1:55:08	KING, James	Unaffiliated	Senior Mens
64	115	1:55:13	BYFORD, Jon	Springfield Striders	Senior Mens
65	123	1:55:28	OVEL, Dean	Leigh Striders	Senior Mens
66	353	1:55:44	FANCETT, Ken	Beckenham RC	Male V60
67	81	1:55:54	BURROUGHS, Billie	Unaffiliated	Senior Mens
68	4	1:56:04	BRIDGES, Paul	Springfield Striders	Senior Mens
69	315	1:56:15	BURNS, Robert	Leigh Striders	Male V50
70	14	1:56:19	LASHMAR, Simon	Unaffiliated	Senior Mens
71	56	1:56:33	BROWN, Bradley	Barking Road Runners	Senior Mens
72	226	1:56:40	THOMAS, Darren	Dunmow Runners	Male V40
73	214	1:56:44	HENDERSON, Paul	Unaffiliated	Male V40
74	386	1:56:52	FRANKENBERG, Elisabeth	Leigh Striders	Senior Ladies
75	240	1:56:53	BISHOP, Jonathon	Unaffiliated	Male V40
76	211	1:56:56	MONTE, Alan	Southend AC	Male V40
77	641	1:57:07	SHAH, Ashwin	Grange Farm and Dunmow Runners	Senior Mens
78	216	1:57:30	LATTER, Darren	Unaffiliated	Male V40
79	103	1:57:35	BARRETT, Peter	Thrift Green Trotters	Senior Mens
80	114	1:57:46	PALMER, Martin	East Essex Tri-Club	Senior Mens
81	388	1:57:51	JEFFREY, Sarah	Southend AC	Senior Ladies
82	330	1:57:55	TURNER, Michael	Orpington Road Runners	Male V50
83	113	1:57:58	BARBER, Kelvin	Herne Hill Harriers	Senior Mens
84	124	1:58:06	POOLE, Tony	Tritalk	Male V40
85	72	1:58:23	PAUL, Emerson	Unaffiliated	Senior Mens
86	218	1:58:26	WARD, Paul	Barking Road Runners	Male V40
87	130	1:58:27	INGLIS, Gary	East Essex Tri-Club	Male V40
88	89	1:58:42	GORDON, Adam	Pitsea RC	Senior Mens
89	125	1:58:45	GOULD, John	Castle Point Joggers	Male V40
90	253	1:59:05	FALL, Richard	Springfield Striders	Male V40
91	255	1:59:08	FLUTTER, Richard	Harwich RC	Male V40
92	133	1:59:10	AMERY, Richard	Thurrock Nomads	Male V40
93	375	1:59:21	SWAINE, Suzanne	Herne Hill Harriers	Senior Ladies
94	615	1:59:22	WARD, Danny	Tri-Sport Epping	Male V40
95	624	1:59:26	GOLDRING, Peter	Unaffiliated	Senior Mens
96	452	1:59:44	ALEXANDROU, Tracey	Springfield Striders	Ladies V45
97	642	1:59:45	WARWICK, Stuart	Grange Farm and Dunmow Runners	Male V40
98	122	1:59:56	HUERTAS, James	Grange Farm and Dunmow Runners	Senior Mens
99	309	2:00:01	PAGE, Martin	Barking Road Runners	Male V50
100	159	2:00:04	OTTER, James	Plumstead Runners	Male V40
101	317	2:00:05	GREALY, Mike	Halstead Road Runners	Male V50
102	43	2:00:19	COLE, Paul	Witham RC	Senior Mens
103	336	2:00:21	HALL, Alex	Cambridge Harriers	Male V50
104	598	2:00:30	MATTHEWS, Adam	Benfleet Rc	Senior Mens
105	236	2:00:37	MOORE, David	Maidstone Harriers	Male V40
106	11	2:01:07	STRICKER, Markus	Unaffiliated	Senior Mens
107	88	2:01:43	HALLIFAX, Ben	Herne Hill Harriers	Senior Mens
108	352	2:02:37	SELWYN, Raymond	Castle Point Joggers	Male V60
109	34	2:02:44	ROSE, Andrew	Unaffiliated	Senior Mens
110	203	2:02:45	SEWELL,Adam	Braintree AC	Male V40
111	608	2:02:46	WILLIAMS, Terrie	Road Runners Club	Ladies V45
112	104	2:02:50	STUART, Dan	East Essex Tri-Club	Senior Mens
113	150	2:02:51	RUSBY, Phil	Dengie 100 Runners	Male V40
114	64	2:02:57	BROOKS, Raymond	East Essex Tri-Club	Senior Mens
115	377	2:03:09	WHITING, Samantha	Herne Hill Harriers	Senior Ladies
116	298	2:03:11	BARTRAM, Ian	Castle Point Joggers	Male V50
117	212	2:03:12	CLAYDON, Paul	City of London Police	Male V40
118	594	2:03:22	HOLLANDS, Robert	Unaffiliated	Senior Mens
119	268	2:03:45	GILLARD, Mathew	Southend AC	Male V40
120	32	2:03:48	HERBERT, Neil	Unaffiliated	Senior Mens
121	311	2:04:17	KING, Dave	Orpington Road Runners	Male V50
122	167	2:04:25	COSTER, Steve	Unaffiliated	Male V40
123	382	2:04:26	HOLMES, Corina	Thrift Green Trotters	Senior Ladies
124	223	2:04:35	PARMMENTER, Ian	Haverhill RC	Male V40
125	50	2:04:37	SPENCER, Mark	Unaffiliated	Senior Mens
126	458	2:04:42	HARRINGTON, Tracy	Tiptree Road Runners	Ladies V45

127	207	2:04:44	MARLOW, Neal	Leigh Striders	Male V40
128	71	2:05:46	CURTIS, Nathan	Unaffiliated	Senior Mens
129	401	2:05:48	HAMMOND, Sarah	Springfield Striders	Ladies V35
130	630	2:05:50	HUNT, Steve	Hadleigh Hares	Male V50
131	5	2:05:52	DAVIS, Stephen	East Essex Tri-Club	Senior Mens
132	645	2:05:53	JAMIESON, Alistair	Thrift Green Trotters	Senior Mens
133	107	2:05:54	DAVIS, Michael	Unaffiliated	Senior Mens
134	355	2:05:55	MANN, Stuart	Herts Phoenix	Male V60
135	229	2:05:56	BRADLEY, Andy	Harlow RC	Male V40
136	303	2:06:10	BRITTON, Eric	Leigh Striders	Male V50
137	190	2:06:17	COX, Dave	Thurrock Nomads	Male V40
138	209	2:06:19	GAITELY, Mark	Benfleet Rc	Male V40
139	444	2:06:40	FLANIGAN, Rachel	Pitsea RC	Ladies V35
140	415	2:07:13	CURREN, Victoria	Springfield Striders	Ladies V35
141	395	2:07:18	JACKSON, Debbie	Herne Hill Harriers	Ladies V35
142	291	2:07:28	FLYNN, Sean	Harlow RC	Male V50
143	279	2:07:34	PANTER, Nigel	Road Runners Club	Male V40
144	168	2:07:40	CAMPBELL, David	Vegan Runners	Male V40
145	275	2:07:47	GLOVER, Ian	Southend AC	Male V40
146	648	2:07:50	HOWELL, David	Billericay Striders	Senior Mens
147	294	2:07:51	FARREN, Patrick	East London Runners	Male V50
148	254	2:08:01	ANSTISS, Steve	Loughton AC	Male V40
149	350	2:08:08	MCDONNELL, Chris	Havering 90 Joggers	Male V60
150	222	2:08:20	BARNES, Colin	Leigh Striders	Male V40
151	68	2:08:28	ROGERS, David	Leigh Striders	Senior Mens
152	257	2:08:45	PAYNE, Stuart	Southend AC	Male V40
153	228	2:08:49	SINGLETON, Simon	Unaffiliated	Male V40
154	627	2:08:55	IBINSON, Rod	Unaffiliated	Male V40
155	86	2:09:07	TYSON, David	Loughton AC	Senior Mens
156	360	2:09:16	WALKER, Keith	Billericay Striders	Male V60
157	197	2:09:18	HUNTER, Bruce	Muddy Mucky Munkeys	Male V40
158	878	2:09:21	CAHILL, Elizabeth	Colchester Harriers	Ladies V45
159	440	2:09:22	SINGLETON, Octavia	Unaffiliated	Ladies V35
160	40	2:09:27	MITCHELL, Paul	Thurrock Nomads	Senior Mens
161	100	2:09:45	REDA, Justin	Thurrock Harriers	Senior Mens
162	419	2:09:47	KNIGHT, Vicky	Tiptree Road Runners	Ladies V35
163	163	2:09:54	LAWES, Mark	Tiptree Road Runners	Male V40
164	233	2:09:54	FIRAT, Yusuf	Haverhill RC	Male V40
165	12	2:09:59	THORNTON, Alex	Unaffiliated	Senior Mens
166	80	2:10:02	MARTIN, Anthony	Serpentine Running Club	Senior Mens
167	213	2:10:04	MOORE, Phillip	Deptford Green Runners	Male V40
168	633	2:10:04	MILSON, Andy	Unaffiliated	Senior Mens
169	202	2:10:10	FISHER, Colin	Unaffiliated	Male V40
170	58	2:10:19	REBEL, Stephen	Thrift Green Trotters	Senior Mens
171	288	2:10:44	HUGGINS, Chris	Pitsea RC	Male V50
172	631	2:10:55	ALLEN, Daren	Hadleigh Hares	Male V40
173	101	2:10:59	GOODSON, Andrew	Tiptree Road Runners	Senior Mens
174	304	2:11:00	HOUGHTON, Andrew	Unaffiliated	Male V50
175	215	2:11:24	PARRY, Sion	Unaffiliated	Male V40
176	258	2:11:31	DOBSON, Neil	East Essex Tri-Club	Male V40
177	438	2:11:32	WISE, Lisa	Bishops Stortford RC	Ladies V35
178	171	2:11:34	RODGERS, Ian	Bishops Stortford RC	Male V40
179	259	2:11:34	HAMILTON, Ian	East Essex Tri-Club	Male V40
180	318	2:11:34	KLINGENSPOR, Martin	Unaffiliated	Male V50
181	17	2:11:37	PICKETT, Matthew	East Essex Tri-Club	Senior Mens
182	312	2:11:38	DEACON, Richard	Billericay Striders	Male V50
183	629	2:11:41	MAINWARING, Richard	East London Runners	Male V40
184	310	2:11:59	MOON, Graeme	Tiptree Road Runners	Male V50
185	243	2:12:03	FORTUNA, John	Bexley AC	Male V40
186	39	2:12:27	MAPLESDEN, Anthony	Unaffiliated	Senior Mens
187	169	2:12:34	GUIVER, William	Unaffiliated	Male V40
188	456	2:12:35	RAY, Steve	Dagenham88	Senior Mens
189	389	2:12:38	GUEST, Emily	Unaffiliated	Senior Ladies
190	184	2:12:39	STAPLETON, Danny	Unaffiliated	Male V40
191	230	2:12:56	NOBLE, Jeff	Unaffiliated	Male V40
192	325	2:12:57	RUSSELL, James	Pitsea RC	Male V50
193	640	2:13:02	GOULD, Martin	Elmbridge	Male V40

194	606	2:13:49	ALEXANDER, Storme	Unaffiliated	Senior Ladies
195	21	2:13:52	HARRISON, Mark	Unaffiliated	Senior Mens
196	55	2:14:17	NATHAN, Simon	East Essex Tri-Club	Senior Mens
197	152	2:14:18	MCALLISTER, Wayne	Barking Road Runners	Male V40
198	128	2:14:20	MCMASTERS, David	Unaffiliated	Male V40
199	238	2:14:39	SMITH, Andre	Southend AC	Male V40
200	607	2:15:15	CARDNELL, Gary	Dagenham88	Male V50
201	399	2:15:41	PERRIN, Louise	Barking Road Runners	Ladies V35
202	649	2:16:01	TIMBRELL, Jodie	Thrift Green Trotters	Senior Ladies
203	256	2:16:10	FROST, Kevin	Colchester & Tendring	Male V40
204	139	2:16:32	SABB, David	Unaffiliated	Male V40
205	87	2:17:15	WILES, David	Thrift Green Trotters	Senior Mens
206	270	2:17:39	HARTWELL, Jimmy	East London Runners	Male V40
207	403	2:17:45	PERRIN, Julie	Southend AC	Ladies V35
208	474	2:17:48	HORNETT, Angie	Tri-Sport Epping	Ladies V45
209	301	2:17:56	ROBERTSON, Mark	Unaffiliated	Male V50
210	490	2:18:22	SHEWELL, Sally	Sevenoaks	Ladies V45
211	96	2:18:29	PETERS, Derren	Unaffiliated	Senior Mens
212	199	2:18:54	BROCKINGTON, Simon	Muddy Mucky Munkeys	Male V40
213	41	2:19:11	EDWARDS, Glenn	Serpentine Running Club	Senior Mens
214	414	2:19:17	AVENT, Martin	Tiptree Road Runners	Male V50
215	276	2:19:18	GARLICK, Stuart	Leigh Striders	Male V40
216	340	2:19:31	HURLEY, Richard	Unaffiliated	Male V60
217	136	2:19:39	BAXTER, Jez	East Essex Tri-Club	Male V40
218	132	2:20:03	COLLISON, Sean	East Essex Tri-Club	Male V40
219	614	2:20:06	BIRKS, Kath	Grange Farm and Dunmow Runners	Ladies V35
220	616	2:20:06	LAWSON, Ian	Grange Farm and Dunmow Runners	Male V40
221	127	2:20:21	HALLETT, David	East Essex Tri-Club	Male V40
222	140	2:20:22	HAYWARD, Mike	Castle Point Joggers	Male V40
223	384	2:20:05	AKROYD, Jennifer	Dagenham88	Senior Ladies
224	284	2:20:28	NETHERTON, Andrew	Unaffiliated	Male V50
225	95	2:20:41	GODFREY, Robert	Billericay Striders	Senior Mens
226	283	2:20:55	MASKELL, Paul	Leigh Striders	Male V50
227	285	2:20:56	MOY, Michael	Witham RC	Male V50
228	79	2:20:59	LAWES, Graeme	Unaffiliated	Senior Mens
229	134	2:21:02	KANE, James	East Essex Tri-Club	Male V40
230	429	2:21:05	COOPER, Vicky	Barking Road Runners	Ladies V35
231	109	2:21:08	EASTON, Lee	Thrift Green Trotters	Senior Mens
232	192	2:21:23	SHADE, Gary	Thurrock Nomads	Male V40
233	369	2:21:26	WEAVER, Abbey	Witham RC	Senior Ladies
234	300	2:21:39	MACDONALD, Steve	Pitsea RC	Male V50
235	362	2:21:41	MCCLYMONT, Ian	Bishops Stortford RC	Male V60
236	151	2:21:51	ROBINSON, Michael	Thrift Green Trotters	Male V40
237	321	2:21:51	LANE, Dave	Phoenix Striders	Male V50
238	498	2:21:54	BALL, Shirley	Bishops Stortford RC	Ladies V55
239	320	2:22:01	MORGAN, Neil	Thrift Green Trotters	Male V50
240	644	2:22:02	HOBSON, Serena	Thrift Green Trotters	Senior Ladies
241	361	2:22:03	HILL, Ray	Pitsea RC	Male V60
242	345	2:22:07	SCOTT, Ian	Unaffiliated	Male V60
243	313	2:22:08	GOLDSMITH, Rick	Castle Point Joggers	Male V50
244	436	2:22:09	RIEFFEL, Lisa	Castle Point Joggers	Ladies V35
245	85	2:22:10	CHAPMAN, Kieron	Barking Road Runners	Senior Mens
246	437	2:22:16	PINNER, Jayne	Thrift Green Trotters	Ladies V35
247	305	2:22:33	ALLEN, Steve	Ilford AC	Male V50
248	328	2:22:34	WELBURY, James	Crowborough Runners	Male V50
249	359	2:22:35	MADDISON, Peter	Crowborough Runners	Male V60
250	442	2:22:35	HIPKINS, Cherie	Great Bentley RC	Ladies V35
251	398	2:22:36	HAWKINS, Fiona	Southend AC	Ladies V35
252	177	2:22:37	THORNTON, Keith	Thrift Green Trotters	Male V40
253	443	2:22:41	BURNETT, Donna	Billericay Striders	Ladies V35
254	183	2:22:42	WATERMAN, Steven	Unaffiliated	Male V40
255	433	2:22:49	HOW, Alison	Mornington Chasers	Ladies V35
256	208	2:23:03	LOVELL, Keith	Unaffiliated	Male V40
257	459	2:23:09	ALDRIDGE, Wendy	Unaffiliated	Ladies V45
258	466	2:23:20	ELGAR, Jane	Billericay Striders	Ladies V45
259	354	2:23:28	DAVIS, Jim	Herts Phoenix	Male V60
260	434	2:23:30	ENDERS, Shelley	Witham RC	Ladies V35

261	73	2:23:36	JONES, Mike	Unaffiliated	Senior Mens
262	186	2:23:38	LEE, Richard	Billericay Striders	Male V40
263	234	2:23:48	ROWLATT, Gary	Thurrock Harriers	Male V40
264	465	2:23:49	DEACON, Christine	Billericay Striders	Ladies V45
265	265	2:23:49	MORGAN, Simon	Tiptree Road Runners	Male V40
266	457	2:23:57	PETTIFER, Lorna	Pitsea RC	Ladies V45
267	106	2:24:00	FOOTER, Chris	Phoenix Striders	Senior Mens
268	206	2:24:01	AMBROSE, Mark	Barking Road Runners	Male V40
269	78	2:24:07	MOULSDALE, Kris	Barking Road Runners	Senior Mens
270	387	2:24:08	WOLFF, Berni	Unaffiliated	Senior Ladies
271	195	2:24:13	STUBBS, Roger	Unaffiliated	Male V40
272	329	2:24:20	TREE, Peter	Thrift Green Trotters	Male V40
273	430	2:24:32	TOWNSEND, Lara	Great Bentley RC	Ladies V35
274	250	2:24:39	LAMMIN, Barry	Unaffiliated	Male V40
275	42	2:24:44	FREE, Andy	Unaffiliated	Senior Mens
276	620	2:24:47	KNIGHT, Dave	East London Runners	Male V50
277	131	2:24:55	MILLER, Simon	Springfield Striders	Male V40
278	411	2:25:03	EDWARDS, Christina	Castle Point Joggers	Ladies V35
279	290	2:25:04	HAMPSHIRE, Stephen	Unaffiliated	Male V50
280	116	2:25:23	TAYLOR, Steven	Unaffiliated	Senior Mens
281	175	2:25:38	WHITE, Geoff	Unaffiliated	Male V40
282	200	2:25:52	KINDER, Toby	Barking Road Runners	Male V40
283	441	2:25:52	CLARK-NOBLE, Desiree	East London Triathletes	Ladies V35
284	126	2:26:20	DENNIS, Tony	Castle Point Joggers	Male V40
285	164	2:26:31	DAVIDSON, Mick	Road Runners Club	Male V40
286	420	2:26:31	STANNARD, Annette	Southend AC	Ladies V35
287	153	2:26:46	CROWLEY, Darren	Unaffiliated	Male V40
288	24	2:26:49	PERRIN, Mark	Unaffiliated	Senior Mens
289	244	2:26:53	RAYNER, Andrew	Cottesmere Striders	Male V40
290	65	2:26:56	MCBAIN, Craig	Leigh Striders	Senior Mens
291	326	2:27:05	GILBEY, Ken	Unaffiliated	Male V50
292	161	2:27:09	KNIGHT, Anthony	Tiptree Road Runners	Male V40
293	70	2:27:10	BROWN, Rowan	Unaffiliated	Senior Mens
294	154	2:27:12	DAWBARN, Andy	East Essex Tri-Club	Male V40
295	702	2:27:16	STEPHENSON, Clive	East London Triathletes	Male V50
296	297	2:27:21	MCCULLAGH, Nick	Castle Point Joggers	Male V50
297	15	2:27:32	EDGINGS, Sam	Unaffiliated	Senior Mens
298	409	2:27:45	COLBERT, Susannah	Unaffiliated	Ladies V35
299	876	2:27:47	MONROE, Kara	Unaffiliated	Ladies V35
300	20	2:27:57	KLEIDER, Rob	East Essex Tri-Club	Senior Mens
301	45	2:28:05	BRAZIER, Ian	Springfield Striders	Senior Mens
302	173	2:28:07	RUMENS, Geoff	Unaffiliated	Male V40
303	363	2:28:16	MASON, Martin	Barking Road Runners	Male V60
304	464	2:28:33	HINE, Lucy	Cambridge Harriers	Ladies V45
305	112	2:28:49	BATES, Paul	Unaffiliated	Senior Mens
306	108	2:29:17	CHAMBERS, Lindley	Bishops Stortford RC	Senior Mens
307	639	2:29:29	PROWSE, Lee	Grange Farm and Dunmow Runners	Male V40
308	138	2:29:29	POWRIE, Duncan	Unaffiliated	Male V40
309	237	2:29:30	GREEN, Billy	Ilford AC	Male V40
310	477	2:29:39	GUEST, Helen	Unaffiliated	Ladies V45
311	157	2:29:59	TRACEY, John	Pitsea RC	Male V40
312	332	2:30:29	PAYNE, David	Witham RC	Male V50
313	396	2:31:11	SAUNDERS, Toni	Unaffiliated	Ladies V35
314	637	2:31:29	HUGHES, John	Unaffiliated	Male V50
315	473	2:31:29	BENCH, Suzanne	East London Runners	Ladies V45
316	221	2:31:40	WISE, Simon	Unaffiliated	Male V40
317	469	2:32:06	MACCARIELLO, Bettina	Unaffiliated	Ladies V45
318	319	2:32:06	BICKNELL, Colin	Unaffiliated	Male V50
319	273	2:32:06	CLARK, David	Unaffiliated	Male V40
320	406	2:32:20	TUDOR, Sandra	Unaffiliated	Ladies V35
321	468	2:32:23	BATHEJA, Maya	Cambridge Harriers	Ladies V45
322	293	2:32:30	SHREWBRIDGE, Paul	Tiptree Road Runners	Male V50
323	492	2:32:55	DRAKE, Carol	Leigh Striders	Ladies V45
324	210	2:33:04	BOYDEN, Mark	Unaffiliated	Male V40
325	281	2:33:12	LOW, Tony	East Essex Tri-Club	Male V50
326	347	2:33:19	PETTIFER, John	Pitsea RC	Male V60
327	428	2:33:21	BURNS, Sarah	East London Runners	Ladies V35

328	700	2:33:41	HOWARD, Kev	Unaffiliated	Male V50
329	487	2:34:17	FONTAINE, Nancy	Thrift Green Trotters	Ladies V45
330	366	2:34:34	MCHUGH, Laura	Leigh Striders	Senior Ladies
331	147	2:34:46	SAWFORD, Chris	Unaffiliated	Male V40
332	162	2:34:51	PRIOR, Danny	Springfield Striders	Male V40
333	82	2:34:56	PICKFORD, Paul	Barking Road Runners	Senior Mens
334	98	2:35:17	WHATLING, Sean	Unaffiliated	Senior Mens
335	439	2:35:22	SCHOOLING, Tracey	Unaffiliated	Ladies V35
336	93	2:35:23	ATTFIELD, Stuart	Unaffiliated	Senior Mens
337	205	2:35:24	KIMATA, Shingo	Unaffiliated	Male V40
338	287	2:35:24	CORDINER, Peter	Unaffiliated	Male V50
339	252	2:36:23	POND, Gary	Unaffiliated	Male V40
340	481	2:36:35	GILLAM, Sally	Ilford AC	Ladies V45
341	204	2:37:12	EVE, Paul	East Essex Tri-Club	Male V40
342	327	2:37:39	ROBINS, Neil	Unaffiliated	Male V50
343	343	2:37:44	MILES, Albert	Castle Point Joggers	Male V60
344	701	2:37:55	CROSS, Gary	Unaffiliated	Male V40
345	289	2:38:08	ARMSTRONG, Robert	Springfield Striders	Male V50
346	337	2:38:50	GEAR, Bob	Springfield Striders	Male V50
347	650	2:38:52	PHILLIPS, Gary	Unaffiliated	Male V40
348	393	2:38:56	CHAPPELL, Rebecca	Ilford AC	Senior Ladies
349	597	2:39:12	PRIOR, Craig	Unaffiliated	Senior Mens
350	97	2:39:35	DAW, Alasdair	Unaffiliated	Senior Mens
351	451	2:39:44	SCOURFIELD, Kathy	Billericay Striders	Ladies V45
352	449	2:40:00	ROBERTS, Ruth	Phoenix Striders	Ladies V35
353	341	2:40:12	PASSINGHAM, Keith	Pitsea RC	Male V60
354	496	2:40:20	EDWARDS, Susan	Cambridge Harriers	Ladies V55
355	224	2:40:23	HILLER, Andy	Unaffiliated	Male V40
356	368	2:40:18	WILLS, Karen	Springfield Striders	Senior Ladies
357	53	2:41:21	WHITE, Danny	Barking Road Runners	Senior Mens
358	482	2:41:53	BOWNES, Carolyn	Tiptree Road Runners	Ladies V45
359	483	2:41:58	CLARKE, Tina	Tiptree Road Runners	Ladies V45
360	245	2:41:58	HORNETT, Andy	Unaffiliated	Male V40
361	604	2:42:05	WRIGHT, Julie	Unaffiliated	Ladies V35
362	596	2:42:16	BROOKS, David	Unaffiliated	Senior Mens
363	448	2:42:16	MASLEN, Nicola	Phoenix Striders	Ladies V35
364	476	2:42:20	CUMMINS, Caroline	Dagenham88	Ladies V45
365	239	2:42:25	CUMMINS, Ian	Dagenham88	Male V40
366	416	2:42:25	JOHNSON, Sharon	Unaffiliated	Ladies V35
367	333	2:42:30	GARDINER, Frank	Great Bentley RC	Male V50
368	339	2:42:38	HAMILL, Gary	Benfleet Rc	Male V50
369	493	2:42:20	LAW, Barbara	Great Bentley RC	Ladies V55
370	194	2:42:44	SPURGEON, Paul	Fetch Everyone RC	Male V40
371	485	2:43:11	JEFFREY, Della	Purple Patch Runners	Ladies V45
372	610	2:43:32	KERR, Des	Unaffiliated	Male V40
373	296	2:45:12	KENDRICK, Alaistair	Castle Point Joggers	Male V50
374	410	2:45:17	HAMILTON, Jo	Castle Point Joggers	Ladies V35
375	445	2:45:26	POTTER, Dawn	Springfield Striders	Ladies V35
376	314	2:45:28	KORTEN, Robert	Maidstone Harriers	Male V50
377	423	2:45:30	DRAPER, Anne	Hogweed Trotters	Ladies V35
378	49	2:45:41	MARTIN, Oliver	Unaffiliated	Senior Mens
379	308	2:46:02	CLISSOLD, Bill	Tri-Sport Epping	Male V50
380	613	2:46:02	GREEN, Jacky	Unaffiliated	Ladies V45
381	461	2:46:27	MCDONNELL, Barbara	Havering 90 Joggers	Ladies V45
382	621	2:46:29	MCDONALD, Maria	Cambridge Harriers	Ladies V55
383	462	2:46:30	BALL, Michelle	Thrift Green Trotters	Ladies V45
384	188	2:46:43	FLEMING, Roy	Billericay Striders	Male V40
385	292	2:46:54	DAWSON, Allen	Unaffiliated	Male V50
386	383	2:47:03	TRAN, To Lien	Deptford Green Runners	Senior Ladies
387	146	2:47:07	DARBY, Paul	Unaffiliated	Male V40
388	324	2:47:29	BELL, Martin	Unaffiliated	Male V50
389	425	2:47:29	BALL, Becky	Unaffiliated	Ladies V35
390	421	2:47:50	COWAN, Eleanor	Bishops Stortford RC	Ladies V35
391	435	2:48:01	SPENCER, Sally	Barking Road Runners	Ladies V35
392	335	2:48:41	SWAN, Michael	Barking Road Runners	Male V50
393	491	2:48:41	GOODWIN, Sarah	Springfield Striders	Ladies V45
394	160	2:49:21	PEGRAM, Steve	Unaffiliated	Male V40

395	302	2:49:40	HOGARTH-JONES, Bruce	Mid Essex Casuals	Male V50
396	879	2:49:55	WRIGHT, Martin	Billericay Striders	Male V40
397	247	2:50:17	BRIGHT, Stephen	Basc	Male V40
398	417	2:50:18	DICKMAN, Joanne	Tiptree Road Runners	Ladies V35
399	413	2:50:21	ROBLIN, Jo	Tiptree Road Runners	Ladies V35
400	418	2:50:21	PHILLIPS, Karen	Pitsea RC	Ladies V35
401	338	2:50:32	SCALES, Robin	Tri-Sport Epping	Male V50
402	489	2:50:35	RICHMOND, Denise	Unaffiliated	Ladies V45
403	628	2:50:37	ROWELL, Barry	Havering 90 Joggers	Male V50
404	394	2:51:29	AUSTIN, Jenny	Unaffiliated	Senior Ladies
405	484	2:52:16	OWEN, Sarah	Basc	Ladies V45
406	356	2:52:51	COTTRELL, Michael	Billericay Striders	Male V60
407	623	2:53:30	FORREST, Kathy	Unaffiliated	Male V40
408	446	2:53:30	ALBISTON, Sue	Bishops Stortford RC	Ladies V35
409	219	2:53:55	WILSON, Kenneth	East End Road Runners	Male V40
410	460	2:54:46	WITJAYATILAKE, Lilani	Barking Road Runners	Ladies V45
411	372	2:55:16	ADGER, Madeline	Plumstead Runners	Senior Ladies
412	299	2:55:16	COLE, Ernie	Plumstead Runners	Male V50
413	37	2:55:37	WOODHAM, Daniel	Unaffiliated	Senior Mens
414	370	2:55:37	EMERY, Natelie	Unaffiliated	Senior Ladies
415	391	2:56:07	BABBAGE, Gemma	Billericay Striders	Senior Ladies
416	646	2:56:57	BENTON, Tom	Unaffiliated	Senior Mens
417	408	2:57:23	PIDGEON, Moira	Billericay Striders	Ladies V35
418	407	2:57:23	SMART, Lesley	Billericay Striders	Ladies V35
419	467	2:58:14	SMITH, Liz	Fetch Everyone RC	Ladies V45
420	59	2:58:14	SHAW, Darren	Unaffiliated	Senior Mens
421	431	2:58:47	CRANMER, Nikki	Barking Road Runners	Ladies V35
422	307	2:59:39	COURTIER, Robert	Barking Road Runners	Male V50
423	357	3:01:03	LUCK, Ron	Harlow RC	Male V60
424	618	3:01:40	FOSTER, Gavin	Grange Farm and Dunmow Runners	Male V40
425	479	3:02:45	GEORGE, Diana	Maidstone Harriers	Ladies V45
426	471	3:03:20	ELTHAM, Heather	Thrift Green Trotters	Ladies V45
427	23	3:03:42	SHIELDS, Dan	Unaffiliated	Senior Mens
428	286	3:03:48	SPENCER-PERKINS, Dennis	Barking Road Runners	Male V50
429	488	3:04:00	TODD, Tracey	Orpington Road Runners	Ladies V45
430	463	3:04:32	KING, Denise	Orpington Road Runners	Ladies V45
431	480	3:04:41	IVES, Toni	Maidstone Harriers	Ladies V45
432	470	3:04:50	CLARE, Sylvia	Thrift Green Trotters	Ladies V45
433	144	3:04:58	MVELIA, John	Tiptree Road Runners	Male V40
434	342	3:05:57	SCRIVENER, Keith	Great Bentley RC	Male V60
435	176	3:05:57	BURGESS, Andrew	Maidstone Harriers	Male V40
436	385	3:07:02	GORDON, Nicola	Pitsea RC	Senior Ladies
437	499	3:08:50	MCCULLAGH, Val	Castle Point Joggers	Ladies V55
438	450	3:09:10	CAMMIDGE, Kate	Castle Point Joggers	Ladies V45
439	346	3:09:24	JONES, Dennis	Pitsea RC	Male V60
440	603	3:09:24	JOLLY, Adrian	Unaffiliated	Senior Mens
441	612	3:09:46	WING, Julie	Maidstone Harriers	Ladies V55
442	626	3:15:26	GORDON, Jeffrey	Thames Hare and Hounds	Male V60
443	376	3:16:36	BIRCH, Jennifer	Unaffiliated	Senior Ladies
444	500	3:23:11	MORRIS, Mary	Castle Point Joggers	Ladies V55
445	497	3:28:30	ODDIE, Elaine	Road Runners Club	Ladies V55
446	155	3:34:35	DAVIDSON, David	Pitsea RC	Male V40

LADIES

1	447	1:45:05	ALLEN, June	Springfield Striders	Ladies V35
2	378	1:49:42	BROCKBANK, Nikki	Springfield Striders	Senior Ladies
3	424	1:51:23	HALLS, Fiona	Saffron Striders	Ladies V35
4	390	1:54:38	SAVAGE, Gail	Billericay Striders	Senior Ladies
5	386	1:56:52	FRANKENBERG, Elisabeth	Leigh Striders	Senior Ladies
6	388	1:57:51	JEFFREY, Sarah	Southend AC	Senior Ladies
7	375	1:59:21	SWAINE, Suzanne	Herne Hill Harriers	Senior Ladies
8	452	1:59:44	ALEXANDROU, Tracey	Springfield Striders	Ladies V45
9	608	2:02:46	WILLIAMS, Terrie	Road Runners Club	Ladies V45

10	377	2:03:09	WHITING, Samantha	Herne Hill Harriers	Senior Ladies
11	382	2:04:26	HOLMES, Corina	Thrift Green Trotters	Senior Ladies
12	458	2:04:42	HARRINGTON, Tracy	Tiptree Road Runners	Ladies V45
13	401	2:05:48	HAMMOND, Sarah	Springfield Striders	Ladies V35
14	444	2:06:40	FLANIGAN, Rachel	Pitsea RC	Ladies V35
15	415	2:07:13	CURREN, Victoria	Springfield Striders	Ladies V35
16	395	2:07:18	JACKSON, Debbie	Herne Hill Harriers	Ladies V35
17	878	2:09:21	CAHILL, Elizabeth	Colchester Harriers	Ladies V45
18	440	2:09:22	SINGLETON, Octavia	Unaffiliated	Ladies V35
19	419	2:09:47	KNIGHT, Vicky	Tiptree Road Runners	Ladies V35
20	438	2:11:32	WISE, Lisa	Bishops Stortford RC	Ladies V35
21	389	2:12:38	GUEST, Emily	Unaffiliated	Senior Ladies
22	606	2:13:49	ALEXANDER, Storme	Unaffiliated	Senior Ladies
23	399	2:15:41	PERRIN, Louise	Barking Road Runners	Ladies V35
24	649	2:16:01	TIMBRELL, Jodie	Thrift Green Trotters	Senior Ladies
25	403	2:17:45	PERRIN, Julie	Southend AC	Ladies V35
26	474	2:17:48	HORNETT, Angie	Tri-Sport Epping	Ladies V45
27	490	2:18:22	SHEWELL, Sally	Sevenoaks	Ladies V45
28	614	2:20:06	BIRKS, Kath	Grange Farm and Dunmow Runners	Ladies V35
29	384	2:20:05	AKROYD, Jennifer	Dagenham88	Senior Ladies
30	429	2:21:05	COOPER, Vicky	Barking Road Runners	Ladies V35
31	369	2:21:26	WEAVER, Abbey	Witham RC	Senior Ladies
32	498	2:21:54	BALL, Shirley	Bishops Stortford RC	Ladies V55
33	644	2:22:02	HOBSON, Serena	Thrift Green Trotters	Senior Ladies
34	436	2:22:09	RIEFFEL, Lisa	Castle Point Joggers	Ladies V35
35	437	2:22:16	PINNER, Jayne	Thrift Green Trotters	Ladies V35
36	442	2:22:35	HIPKINS, Cherie	Great Bentley RC	Ladies V35
37	398	2:22:36	HAWKINS, Fiona	Southend AC	Ladies V35
38	443	2:22:41	BURNETT, Donna	Billericay Striders	Ladies V35
39	433	2:22:49	HOW, Alison	Mornington Chasers	Ladies V35
40	459	2:23:09	ALDRIDGE, Wendy	Unaffiliated	Ladies V45
41	466	2:23:20	ELGAR, Jane	Billericay Striders	Ladies V45
42	434	2:23:30	ENDERS, Shelley	Witham RC	Ladies V35
43	465	2:23:49	DEACON, Christine	Billericay Striders	Ladies V45
44	457	2:23:57	PETTIFER, Lorna	Pitsea RC	Ladies V45
45	387	2:24:08	WOLFF, Berni	Unaffiliated	Senior Ladies
46	430	2:24:32	TOWNSEND, Lara	Great Bentley RC	Ladies V35
47	411	2:25:03	EDWARDS, Christina	Castle Point Joggers	Ladies V35
48	441	2:25:52	CLARK-NOBLE, Desiree	East London Triathletes	Ladies V35
49	420	2:26:31	STANNARD, Annette	Southend AC	Ladies V35
50	409	2:27:45	COLBERT, Susannah	Unaffiliated	Ladies V35
51	876	2:27:47	MONROE, Kara	Unaffiliated	Ladies V35
52	464	2:28:33	HINE, Lucy	Cambridge Harriers	Ladies V45
53	477	2:29:39	GUEST, Helen	Unaffiliated	Ladies V45
54	396	2:31:11	SAUNDERS, Toni	Unaffiliated	Ladies V35
55	473	2:31:29	BENCH, Suzanne	East London Runners	Ladies V45
56	469	2:32:06	MACCARIELLO, Bettina	Unaffiliated	Ladies V45
57	406	2:32:20	TUDOR, Sandra	Unaffiliated	Ladies V35
58	468	2:32:23	BATHEJA, Maya	Cambridge Harriers	Ladies V45
59	492	2:32:55	DRAKE, Carol	Leigh Striders	Ladies V45
60	428	2:33:21	BURNS, Sarah	East London Runners	Ladies V35
61	487	2:34:17	FONTAINE, Nancy	Thrift Green Trotters	Ladies V45
62	366	2:34:34	MCHUGH, Laura	Leigh Striders	Senior Ladies
63	439	2:35:22	SCHOOLING, Tracey	Unaffiliated	Ladies V35
64	481	2:36:35	GILLAM, Sally	Ilford AC	Ladies V45
65	393	2:38:56	CHAPPELL, Rebecca	Ilford AC	Senior Ladies
66	451	2:39:44	SCOURFIELD, Kathy	Billericay Striders	Ladies V45
67	449	2:40:00	ROBERTS, Ruth	Phoenix Striders	Ladies V35
68	496	2:40:20	EDWARDS, Susan	Cambridge Harriers	Ladies V55
69	368	2:40:18	WILLS, Karen	Springfield Striders	Senior Ladies
70	482	2:41:53	BOWNES, Carolyn	Tiptree Road Runners	Ladies V45

71	483	2:41:58	CLARKE, Tina	Tiptree Road Runners	Ladies V45
72	604	2:42:05	WRIGHT, Julie	Unaffiliated	Ladies V35
73	448	2:42:16	MASLEN, Nicola	Phoenix Striders	Ladies V35
74	476	2:42:20	CUMMINS, Caroline	Dagenham88	Ladies V45
75	416	2:42:25	JOHNSON, Sharon	Unaffiliated	Ladies V35
76	493	2:42:20	LAW, Barbara	Great Bentley RC	Ladies V55
77	485	2:43:11	JEFFREY, Della	Purple Patch Runners	Ladies V45
78	410	2:45:17	HAMILTON, Jo	Castle Point Joggers	Ladies V35
79	445	2:45:26	POTTER, Dawn	Springfield Striders	Ladies V35
80	423	2:45:30	DRAPER, Anne	Hogweed Trotters	Ladies V35
81	613	2:46:02	GREEN, Jacky	Unaffiliated	Ladies V45
82	461	2:46:27	MCDONNELL, Barbara	Havering 90 Joggers	Ladies V45
83	621	2:46:29	MCDONALD, Maria	Cambridge Harriers	Ladies V55
84	462	2:46:30	BALL, Michelle	Thrift Green Trotters	Ladies V45
85	383	2:47:03	TRAN, To Lien	Deptford Green Runners	Senior Ladies
86	425	2:47:29	BALL, Becky	Unaffiliated	Ladies V35
87	421	2:47:50	COWAN, Eleanor	Bishops Stortford RC	Ladies V35
88	435	2:48:01	SPENCER, Sally	Barking Road Runners	Ladies V35
89	491	2:48:41	GOODWIN, Sarah	Springfield Striders	Ladies V45
90	417	2:50:18	DICKMAN, Joanne	Tiptree Road Runners	Ladies V35
91	413	2:50:21	ROBLIN, Jo	Tiptree Road Runners	Ladies V35
92	418	2:50:21	PHILLIPS, Karen	Pitsea RC	Ladies V35
93	489	2:50:35	RICHMOND, Denise	Unaffiliated	Ladies V45
94	394	2:51:29	AUSTIN, Jenny	Unaffiliated	Senior Ladies
95	484	2:52:16	OWEN, Sarah	Basc	Ladies V45
96	446	2:53:30	ALBISTON, Sue	Bishops Stortford RC	Ladies V35
97	460	2:54:46	WITJAYATILAKE, Lilani	Barking Road Runners	Ladies V45
98	372	2:55:16	ADGER, Madeline	Plumstead Runners	Senior Ladies
99	370	2:55:37	EMERY, Natelie	Unaffiliated	Senior Ladies
100	391	2:56:07	BABBAGE, Gemma	Billericay Striders	Senior Ladies
101	408	2:57:23	PIDGEON, Moira	Billericay Striders	Ladies V35
102	407	2:57:23	SMART, Lesley	Billericay Striders	Ladies V35
103	467	2:58:14	SMITH, Liz	Fetch Everyone RC	Ladies V45
104	431	2:58:47	CRANMER, Nikki	Barking Road Runners	Ladies V35
105	479	3:02:45	GEORGE, Diana	Maidstone Harriers	Ladies V45
106	471	3:03:20	ELTHAM, Heather	Thrift Green Trotters	Ladies V45
107	488	3:04:00	TODD, Tracey	Orpington Road Runners	Ladies V45
108	463	3:04:32	KING, Denise	Orpington Road Runners	Ladies V45
109	480	3:04:41	IVES, Toni	Maidstone Harriers	Ladies V45
110	470	3:04:50	CLARE, Sylvia	Thrift Green Trotters	Ladies V45
111	385	3:07:02	GORDON, Nicola	Pitsea RC	Senior Ladies
112	499	3:08:50	MCCULLAGH, Val	Castle Point Joggers	Ladies V55
113	450	3:09:10	CAMMIDGE, Kate	Castle Point Joggers	Ladies V45
114	612	3:09:46	WING, Julie	Maidstone Harriers	Ladies V55
115	376	3:16:36	BIRCH, Jennifer	Unaffiliated	Senior Ladies
116	500	3:23:11	MORRIS, Mary	Castle Point Joggers	Ladies V55
117	497	3:28:30	ODDIE, Elaine	Road Runners Club	Ladies V55

MENS TEAM

1	:	Springfield Striders			Pts
		2	1:35:34	NEWTON, Mark	Senior Mens
		4	1:38:01	DOBSON, Paul	Male V40
		5	1:38:25	SMITH, James	Senior Mens
2	:	Springfield Striders			11
		6	1:39:32	CHANDLER, Gary	Male V40
		12	1:41:13	BURGOYNE, Chris	Senior Mens
		14	1:41:46	SUTTON, Darren	Male V40
3	:	Thrift Green Trotters			32
		8	1:39:58	READ, Mark	Senior Mens
		18	1:44:05	WANDASIEWICZ, Nelson	Senior Mens

22	1:44:41 BUTLER, Alan	Male V50	48
4 : Springfield Striders			
15	1:42:46 NEUGEBAUER, James	Senior Mens	
16	1:43:20 WAINE, Mark	Male V40	
25	1:46:17 MILLS, Rob	Senior Mens	56
5 : Billericay Striders			
1	1:31:37 BLOOMFIELD, Crispian	Senior Mens	
24	1:44:55 SMITH, Phillip	Senior Mens	
37	1:51:15 JACOB, Kevin	Male V40	62
6 : Springfield Striders			
28	1:46:42 ANDERSON, Paul	Senior Mens	
29	1:47:41 CARDY, Ian	Male V40	
39	1:51:22 BOWRING, Simon	Senior Mens	96
7 : East Essex Tri-Club			
20	1:44:21 GEORGE, Ian	Male V40	
41	1:52:00 MASKELL, Simon	Senior Mens	
51	1:54:11 FULLER, Richard	Male V50	112
8 : Benfleet Rc			
9	1:40:09 LEMAN, Chris	Male V40	
11	1:40:59 BOOTY, Graham	Senior Mens	
96	2:00:30 MATTHEWS, Adam	Senior Mens	116
9 : Tiptree Road Runners			
19	1:44:15 HASKEY-JONES, James	Male V40	
46	1:52:48 CLARKE, Phillip	Male V40	
57	1:54:55 DELLAR, Paul	Male V40	122
10 : Thrift Green Trotters			
30	1:48:07 MCCARTHY, Barney	Senior Mens	
38	1:51:19 KNIGHT, Nicholas	Senior Mens	
54	1:54:32 STAGG, Michael	Male V40	122

LADIES TEAM

1 : Springfield Striders			Pts
1	1:45:05 ALLEN, June	Ladies V35	
2	1:49:42 BROCKBANK, Nikki	Senior Ladies	
8	1:59:44 ALEXANDROU, Tracey	Ladies V45	11
2 : Herne Hill Harriers			
7	1:59:21 SWAINE, Suzanne	Senior Ladies	
10	2:03:09 WHITING, Samantha	Senior Ladies	
16	2:07:18 JACKSON, Debbie	Ladies V35	33
3 : Thrift Green Trotters			
11	2:04:26 HOLMES, Corina	Senior Ladies	
17	2:07:50 TIMBRELL, Jodie	Senior Ladies	
33	2:22:02 HOBSON, Serena	Senior Ladies	61
4 : Unaffiliated			
19	2:09:22 SINGLETON, Octavia	Ladies V35	
22	2:12:38 GUEST, Emily	Senior Ladies	
23	2:13:49 ALEXANDER, Storme	Senior Ladies	64
5 : Southend AC			
6	1:57:51 JEFFREY, Sarah	Senior Ladies	
25	2:17:45 PERRIN, Julie	Ladies V35	
37	2:22:36 HAWKINS, Fiona	Ladies V35	68