

Position	Time	Number	First name	Surname	Club	Race
1	0:33:32	72	paul	wittaker	Southend Athletic Club	10k
2	0:33:52	43	crispian	bloomfield	Billericay Running Club	10k
3	0:34:34	73	stephen	wittaker	Southend Athletic Club	10k
4	0:34:43	39	Glen	Hill	Havering Running Club	10k
5	0:35:55	333	Greg	Deacon	Basildon Athletic Club	10K
6	0:36:03	109	mike	mansfield	Leigh on Sea Striders	10k
7	0:36:52	84	paul	todd	Benfleet Running Club	10k
8	0:37:39	306	Adam	Stirk	Guildford & Godalming AC	10K
9	0:38:43	79	peter	aokins		10k
10	0:39:59	38	John	Russell	Thurrock Harriers	10K
11	0:40:11	99	adam	chapman	Benfleet Running Club	10k
12	0:40:25	44	Reece	robinson	Benfleet Running Club	10k
13	0:40:37	320	Richard	Bonham	Castlepoint Joggers	10K
14	0:40:59	367	Terry	Spooner	UKRunner	10K
15	0:41:54	326	Peter	Osborne	Castlepoint Joggers	10K
16	0:42:38	344	Suzanne	Barton	Benfleet Running Club	10K
17	0:42:40	94	antony	white	Benfleet Running Club	10k
18	0:42:44	24	Gareth	Sell	Leigh on Sea Striders	10K
19	0:42:49	50	robert	burns	Leigh on Sea Striders	10k
20	0:43:03	6	Paul	Longman	Pitsea RC	10k
21	0:43:05	385	Jeffrey	Stephens		10K
22	0:43:34	22	Peter John	Watson	Benfleet Running Club	10K
23	0:43:42	395	Tim	Tomlins		10K
24	0:43:59	13	Vanessa	Dodds	Benfleet Running Club	10k
25	0:44:18	102	ryan	gayler		10k
26	0:45:06	378	Cheris	Hipkins	Great Bentley Running Club	10K
27	0:45:30	340	Mike	Grout	Benfleet Running Club	10K
28	0:45:36	321	Rob	Findley		10K
29	0:45:41	345	John	Boram	Benfleet Running Club	10K
30	0:45:47	398	Andy	Frith	Benfleet Running Club	10K
31	0:45:47	74	robert	cooper		10k
32	0:46:04	383	Steven	Peake	Benfleet Running Club	10K
33	0:46:07	77	graeme	moor	Benfleet Running Club	10k
34	0:46:19	51	james	burns		10k
35	0:46:30	105	antony	knight	Thrift green Trotters	10k
36	23:25:00	36	Nick	Silver		10k
36	0:46:52	103	paul	mc inerley		10k
37	0:47:02	108	mark	greensill		10k
38	0:47:13	34	Peter	Adeleke	Benfleet Running Club	10K
39	0:47:17	78	sean	thorpe		10k
40	0:47:27	100	karl	cadman	Benfleet Running Club	10k
41	0:47:30	97	Mike	hayward	Castlepoint Joggers	10k
42	0:47:41	380	Ian	Carrick		10K
43	0:47:47	348	Lee	Jack		10K
44	0:48:49	91	godfrey	mather	Benfleet Running Club	10k
45	0:49:11	335	Peter	Moon		10K
46	0:49:21	87	ray	johnson		10k

47	0:49:24	331	Bosco	De Souza	Fitness First Flyers	10K
48	0:49:25	328	Graham	Jones	Leigh on Sea Striders	10K
49	0:49:31	95	gary	stewart		10k
50	0:49:57	363	Cliff	Potter	Road Runners	10K
51	0:50:16	83	stewart	morley	Benfleet Running Club	10k
52	0:50:19	112	stephen	smallman	Dubliners	10K
53	0:50:30	365	nathan	D' Alessandri		10K
54	0:50:37	324	David	Hyde	Leigh on Sea Striders	10K
55	0:50:49	373	Steven	Haffden		10K
56	0:51:01	323	Raymond	Beard		10K
58	0:51:01	110	alan	connelly	Dubliners	10K
59	0:51:13	32	Lisa	Ward	Leigh on Sea Striders	10k
60	0:51:19	387	Arran	Salmon		10K
61	0:51:35	104	philip	barnard	Castlepoint Joggers	10k
62	0:51:46	26	Lawrence	Blainey		10k
63	0:52:03	82	jo	barber	Benfleet Running Club	10K
64	0:52:32	96	stephen	cowen	fitness first flyers	10k
65	0:52:43	106	douglas	adams	Dagenham AC	10K
66	0:52:54	12	David	Brooks		10k
67	0:53:26	309	Paul	Devlin	Fitness First Flyers	10K
68	0:53:38	356	Wayne	Starling		10K
69	0:53:39	69	keith	passingham	Pitsea RC	10k
71	0:54:17	397	Mark	Armitage		10K
72	0:54:18	111	simon	cox		10k
73	0:54:43	2	David	Balding	Pitsea RC	10k
74	0:55:04	101	dan	howard		10k
75	0:55:11	391	Roy	Dowling		10K
76	0:55:49	355	Denise	Warner		10K
77	0:55:49	354	Gary	Moon		10K
78	0:56:17	330	Jim	Jennett	Leigh on Sea Striders	10K
79	0:56:29	114	rod	shulton		10k
80	0:56:39	376	Paul	Grosse		10K
81	0:57:04	107	sharon	eastland	Fitness First Flyers	10k
82	0:57:15	349	Tracy	James		10K
83	0:57:15	348	Lee	Jack		10K
84	0:59:20	325	Alison	Hyde	Leigh on Sea Striders	10K
85	1:00:10	113	nick	renton		10k
86	1:00:15	93	michael	hoy	Benfleet Running Club	10k
87	1:00:23	302	Elsbeth	Attwood		10k
88	1:01:07	384	Emma	Stephens		10K
89	1:01:17	351	William	Futcher		10K
90	1:01:18	358	Christine	Williams		10K
91	1:01:18	357	Natahsa	Stubblings		10K
92	1:02:17	31	Claire	Fraser		10k
93	1:04:09	92	paul	johnson	Benfleet Running Club	10k
94	1:04:49	98	bob	chapman	Benfleet Running Club	10k
95	1:05:14	36	Nick	Silver		10K
96	1:05:17	374	Lisa	Fuller	Fitness First Flyers	10K

97	1:05:34	360	Beckie	Eshmade	Castlepoint Joggers	10K
98	1:05:22	343	Heather	Booty	Benfleet Running Club	10K
99	1:07:03	388	Cathy	Salmon		10K
100	1:07:50	301	Dave	Ross		10K
101	1:08:20	75	cythia	thomas	Benfleet Running Club	10k
102	1:09:37	329	Clive	Dunnico	Castlepoint Joggers	10K
103	1:12:45	10	Dawn	Wilkinson	Benfleet Running Club	10k
104	1:26:40	386	Georgina	Peake		10K
105	1:26:40	314	John	Virgo	Castlepoint Joggers	10K

Position	Time	Number	First name	Surname	Club	Race
1	16:27:00	42	crispian	bloomfield	Billericay Running Club	5k
2	17:33:00	29	Pete	Smale	Southend Athletic Club	5k
3	17:34:00	48	alan	britain	Benfleet Running Club	5k
4	17:34:00	9	George	Moxon	Benfleet Running Club	5k
5	17:42:00	1	Jez	Mancer	Benfleet Running Club	5k
6	17:53:00	49	howard	clarke	Southend Athletic Club	5k
7	18:35:00	341	Kevin	Steed	Benfleet Running Club	5K
8	19:12:00	19	Greg	Wisken	Mid Essex Casuals	5K
9	19:20:00	71	Terry	Knightly	ilford Athletic Club	5k
10	19:22:00	342	Karen	Goode	Benfleet Running Club	5K
11	19:29:00	23	Tony	Hyde	Pitsea RC	5K
12	19:38:00	21	Peter John	Watson	Benfleet Running Club	5K
13	19:58:00	305	Rhys	Gillard		5K
14	20:07:00	15	Catherine	Stunt	Benfleet Running Club	5k
15	20:53:00	370	Keith	Luxon	UKRunner	5K
16	21:01:00	30	Pete	Smale	Southend Athletic Club	5k
17	21:12:00	47	dave	cox	Thurrock Harriers	5k
18	21:16:00	59	stephen	hemmings		5k
19	21:19:00	3	Don	Sinclair	Pitsea RC	5k
20	21:23:00	55	Danny	Flint		5k
21	21:24:00	58	chris	cole		5k
22	21:27:00	366	Julian	Holder	Pitsea RC	5K
23	21:28:00	41	Steve	Higgins	Benfleet Running Club	5k
24	21:29:00	27	Anita	Dabhi		5K
25	21:37:00	20	Sharon	Garrard	Benfleet Running Club	5k
26	21:40:00	40	Daryl	Savage	Bishops Stortford	5k
27	21:52:00	308	Ian	Foskew	Mid Essex Casuals	5K
28	21:59:00	63	dennis	dudley		5k
29	22:16:00	25	Ian	Chappel	Pitsea RC	5K
30	22:27:00	364	Denise	Warner		5K
31	22:28:00	54	simon	macconville		5k
32	23:02:00	361	Roger	Duffield	Tiptree Road Runners	5K
33	23:06:00	311	Joshua	Devlin		5K
34	23:16:00	37	Paul	Gibbon	East Essex	5k
35	23:22:00	296	antonia	tody jones		5k
37	23:45:00	80	chirs	hurrell		5k
38	23:57:00	350	Michael	Godman		5K

39	0:24:00	14	Nathan	Dodds	Benfleet Running Club	5k
40	0:12:00	303	Bryn	Gillard		5K
41	0:24:12	304	Matthew	Gillard	Southend Athletic Club	5K
42	0:24:30	327	Kate	Cammidge	Castlepoint Joggers	5K
43	0:24:44	307	Robert	Foskew	Mid Essex Casuals	5K
44	0:24:51	11	katie	Wilkinson	Benfleet Running Club	5k
45	0:24:52	53	ian	pike	Benfleet Running Club	5k
46	0:25:03	60	philip	hemmings		5k
47	0:25:22	16	Alexandra	Stunt	Benfleet Running Club	5k
48	0:25:31	17	Stewart Charles	Brown		5k
49	0:25:33	316	Gemma	Fuller	Leigh on Sea Striders	5K
50	0:25:35	4	Morgan	reddish	Benfleet Running Club	5k
51	0:25:36	33	Teresa Jane	Flanigan	Pitsea RC	5K
52	0:25:52	81	emma	tout		5k
53	0:26:03	322	Cameron	McManus		5K
54	0:26:05	372	Helen	Kelly	Fitness First Flyers	5K
55	0:26:17	381	Claire	Honey		5K
56	0:26:20	56	caroline	coesdell	Pitsea RC	5k
57	0:26:31	66	russel	pagan		5k
57	0:51:01	327	Kate	Cammidge	Castlepoint Joggers	5K
58	0:27:40	61	jessica	dudley		5k
59	0:28:09	35	Mike	wells		5k
60	0:28:28	317	Richard	Burns	Leigh on Sea Striders	5K
61	0:28:26	85	lisa	appadirai	Castlepoint Joggers	5k
62	0:28:36	86	john	rickard	Castlepoint Joggers	5k
63	0:29:08	65	Chris	Pagan		5k
64	0:29:14	89	harry	goodwin		5k
65	0:29:31	339	Natalie	Biggs		5K
66	0:29:34	5	Emma	White		5k
67	0:29:55	68	joe	pinnock		5k
68	0:29:55	359	David	Turner		5K
69	0:30:00	62	lucy	dudley		5k
70	0:59:43	90	richard	goodwin		5k
70	0:30:16	52	michael	simpson	Basildon Athletic Club	5k
71	0:30:20	7	Nicola	Longman		5k
72	0:31:08	295	launia	tody jones		5k
73	0:32:26	57	gillian	harrison	Pitsea RC	5k
74	0:32:54	18	Ian	Jordan	Benfleet Running Club	5K
75	0:33:24	319	Laura	Douglas	Leigh on Sea Striders	5K
76	0:33:53	316	Gemma	Fuller	Leigh on Sea Striders	5K
77	0:33:53	315	Mark	Dobson	Leigh on Sea Striders	5K
78	0:34:20	64	janice	phillips		5k
79	0:34:22	334	Rosemary	Honey		5K
80	0:28:43	88	thomas	goodwin		5k
81	0:39:01	90	richard	goodwin		5k
82	0:39:17	46	Yvonne	Fisher	Road Runners	5k
83	0:40:01	76	sam	cox		5k
84	0:40:03	28	Simon	Cox		5k

85	0:40:47	297	scott	bourne		5k
86	0:40:58	No Nbr				5k
87	0:41:03	294	mel	tidy		5k
88	0:41:36	299	mick	cabbie		5k
89	0:45:26	8	Ian	Miles		5k
90	1:07:16	312	Gerrie	Fullard		5K
91	1:07:16	313	Lesley	Stevens		5K
92	1:11:27	338	Sandra	Biggs		5K
93	1:11:27	337	Mary	Keeler		5K

Age	Sex
18	M10
32	M10
21	M10
22	M10
36	M10
39	M10
40	M10
24	M10
33	M10
37	M10
16	M10
36	M10
40	M10
38	M10
40	M10
37	F10
39	M10
25	M10
49	M10
48	M10
41	M10
27	M10
39	M10
40	F10
23	M10
34	F10
38	M10
45	M10
50	M10
38	M10
47	M10
39	M10
49	M10
41	M10
39	M10
46	M10
46	M10
46	M10
	M10
	M10
41	M10
0	M10
36	M10
25	M10
57	M10
23	M10
37	M10

48	M10
57	M10
39	M10
57	M10
42	M10
34	M10
26	M10
46	M10
24	M10
48	M10
35	M10
38	F10
38	M10
24	M10
46	M10
30	F10
45	M10
60	M10
66	M10
44	M10
37	M10
56	M10
38	M10
33	M10
46	M10
23	M10
43	M10
48	F10
43	M10
54	M10
41	M10
34	M10
27	F10
42	F10
25	M10
45	F10
28	M10
43	M10
51	F10
38	F10
60	M10
35	F10
29	F10
31	F10
43	M10
48	M10
46	M10
37	F10

26	F10
43	F10
41	F10
52	M10
0	F10
66	M10
45	F10
39	F10
77	M10

Age	Sex
32	M5
20	M5
16	M5
0	M5
38	M5
17	M5
48	M5
41	M5
47	M5
25	F5
43	M5
27	M5
14	M5
36	F5
40	M5
20	M5
40	M5
16	M5
52	M5
39	M5
32	M5
43	M5
41	M5
16	F5
38	F5
19	M5
45	M5
49	M5
40	M5
48	F5
45	M5
68	M5
10	M5
37	M5
10	F5
0	M5
47	M5

12	M5
9	M5
40	M5
46	F5
14	M5
15	F5
36	M5
10	M5
9	F5
42	M5
40	F5
40	M5
56	F5
21	F5
10	M5
51	F5
26	F5
56	F5
40	M5
46	F5
15	F5
37	M5
29	M5
39	F5
51	M5
9	M5
10	M5
25	F5
31	F5
20	M5
20	M5
13	F5
42	M5
16	M5
47	F5
n/a	F5
52	F5
42	M5
28	F5
40	F5
37	M5
55	F5
56	F5
12	M5
42	M5
39	F5
10	M5
43	M5

n/a	M5
n/a	M5
n/a	F5
n/a	M5
47	M5
61	F5
54	F5
67	F5
57	F5