

**Peter Adeleke**

29/04/2007	Nicola's 5	5 miles	00:36:19	( pace 00:07:16)
13/05/2007	Essex PB 5	5 miles	00:34:45	( pace 00:06:57)
20/05/2007	Baddow 10	10 miles	01:12:20	( pace 00:07:14)
24/06/2007	Hordon 10k	6.2 miles	00:43:28	( pace 00:07:01)
01/07/2007	Dark Lane 10k	6.2 miles	00:43:33	( pace 00:07:01)
12/08/2007	Little Haven 5k	3.1 miles	00:20:30	( pace 00:06:37)
08/09/2007	Canvey 10k	6.2 miles	00:42:45	( pace 00:06:54)
07/10/2007	Southend 10k	6.1 miles	00:42:09	( pace 00:06:55)
21/10/2007	Langdon 5	5 miles	00:31:46	( pace 00:06:21)

Distance total 52.8miles in a total of 9 races

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**Philip Ashley**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:46:06	( pace 00:08:06)
25/02/2007	Roding Half Marathon	13.1 miles	01:49:55	( pace 00:08:23)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:49:04	( pace 00:08:20)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:49:46	( pace 00:08:23)
22/04/2007	London Marathon	26.2 miles	04:15:45	( pace 00:09:46)
13/05/2007	Halstead Marathon	26.2 miles	04:20:08	( pace 00:09:56)
20/05/2007	Baddow 10	10 miles	01:26:56	( pace 00:08:42)
10/06/2007	Southend Half Marathon	13.1 miles	02:03:21	( pace 00:09:25)
24/06/2007	Hordon 10k	6.2 miles	00:50:28	( pace 00:08:08)
08/07/2007	Felstead 10k	6.2 miles	00:51:56	( pace 00:08:23)
15/07/2007	Thrift Green 10k	6.2 miles	00:53:29	( pace 00:08:38)
22/07/2007	Dartford Half Marathon	13.1 miles	01:57:39	( pace 00:08:59)
08/09/2007	Canvey 10k	6.2 miles	00:50:27	( pace 00:08:08)
30/09/2007	Great North Run	13.1 miles	01:56:53	( pace 00:08:55)
14/10/2007	Tiptree 10	10 miles	01:27:27	( pace 00:08:45)
21/10/2007	Maidstone Half Marathon	13.1 miles	01:54:32	( pace 00:08:45)
21/10/2007	Loch Ness Marathon	26.2 miles	04:08:35	( pace 00:09:29)
04/11/2007	Stevenage Half Marathon	13.1 miles	01:54:47	( pace 00:08:46)

Distance total 241.3miles in a total of 18 races

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**Michael Austin**

22/04/2007 London Marathon 26.2 miles 04:40:33 ( pace 00:10:42)

Distance total 26.2miles in a total of 1 race

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**Keith b Burrett**

01/04/2007 Paddock Wood 1/2 Marathon 13.1 miles 02:26:09 ( pace 00:11:09)

20/05/2007 Baddow 10 10 miles 01:50:42 ( pace 00:11:04)

Distance total 23.1miles in a total of 2 races

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**Antony Baker**

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:44:56 ( pace 00:08:01)

25/02/2007 Roding Half Marathon 13.1 miles 01:46:19 ( pace 00:08:07)

18/03/2007 Silverstone 1/2 Marathon 13.1 miles 01:43:25 ( pace 00:07:54)

01/04/2007 Oakley 20 20 miles 03:06:24 ( pace 00:09:19)

Distance total 59.3miles in a total of 4 races

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**Toni Balaam**

25/02/2007 Roding Half Marathon 13.1 miles 02:01:25 ( pace 00:09:16)

30/09/2007 Great North Run 13.1 miles 02:01:39 ( pace 00:09:17)

Distance total 26.2miles in a total of 2 races

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**Jo Barber**

08/09/2007 Canvey 10k 6.2 miles 00:49:57 ( pace 00:08:03)

07/10/2007 Southend 10k 6.1 miles 00:48:44 ( pace 00:07:59)

04/11/2007 Billericay 10k 6.1 miles 00:48:20 ( pace 00:07:55)

Distance total 18.4miles in a total of 3 races

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**Karen Bardick**

24/06/2007	Hordon 10k	6.2 miles	00:55:33	( pace 00:08:58)
08/09/2007	Canvey 10k	6.2 miles	00:54:14	( pace 00:08:45)
07/10/2007	Southend 10k	6.1 miles	00:52:17	( pace 00:08:34)
04/11/2007	Billericay 10k	6.1 miles	00:54:28	( pace 00:08:56)

Distance total 24.6miles in a total of 4 races

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**Susanne Barton**

25/02/2007	Roding Half Marathon	13.1 miles	01:54:56	( pace 00:08:46)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:52:32	( pace 00:08:35)
13/05/2007	Bluebell 5	5 miles	00:39:19	( pace 00:07:52)
10/06/2007	Southend Half Marathon	13.1 miles	01:52:13	( pace 00:08:34)
08/09/2007	Canvey 10k	6.2 miles	00:48:00	( pace 00:07:45)
07/10/2007	Southend 10k	6.1 miles	00:47:54	( pace 00:07:51)
04/11/2007	Billericay 10k	6.1 miles	00:46:36	( pace 00:07:38)

Distance total 62.7miles in a total of 7 races

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**Laura Benton**

30/09/2007	Great North Run	13.1 miles	01:48:15	( pace 00:08:16)
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Distance total 13.1miles in a total of 1 race

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**Karen Berry**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:04:18	( pace 00:09:29)
29/04/2007	Nicola's 5	5 miles	00:42:14	( pace 00:08:27)
12/08/2007	Little Haven 5k	3.1 miles	00:25:37	( pace 00:08:16)
08/09/2007	Canvey 10k	6.2 miles	00:57:16	( pace 00:09:14)
30/09/2007	Great North Run	13.1 miles	02:02:39	( pace 00:09:22)
07/10/2007	Southend 10k	6.1 miles	00:52:46	( pace 00:08:39)

Distance total 46.6miles in a total of 6 races

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**Julie Binstead**

18/02/2007	Essex 20	20 miles	02:45:50	( pace 00:08:18)
28/10/2007	Beachy Head Marathon	26.2 miles	04:29:00	( pace 00:10:16)

Distance total 46.2miles in a total of 2 races

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**Kerry Birch**

01/07/2007	Dark Lane 5k	3.1 miles	00:30:55	( pace 00:09:58)
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Distance total 3.1miles in a total of 1 race

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**Steve Bishop**

25/03/2007	Brentwood Half Marathon	13.1 miles	01:53:11	( pace 00:08:38)
10/06/2007	Southend Half Marathon	13.1 miles	01:56:18	( pace 00:08:53)
07/10/2007	Southend 10k	6.1 miles	00:48:09	( pace 00:07:54)

Distance total 32.3miles in a total of 3 races

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**Colin Blackford**

25/03/2007	Brentwood Half Marathon	13.1 miles	01:43:47	( pace 00:07:55)
22/04/2007	London Marathon	26.2 miles	04:02:42	( pace 00:09:16)
24/06/2007	Hordon 10k	6.2 miles	00:48:40	( pace 00:07:51)

Distance total 45.5miles in a total of 3 races

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**Graham Booty**

28/01/2007	Benfleet 15	15 miles	01:40:48	( pace 00:06:43)
18/02/2007	Essex 20	20 miles	02:07:04	( pace 00:06:21)
04/03/2007	Weald Tough Challenge 26.2 miles	26.2 miles	04:13:56	( pace 00:09:42)
15/04/2007	Paris Marathon	26.2 miles	02:57:43	( pace 00:06:47)
22/04/2007	London Marathon	26.2 miles	03:12:07	( pace 00:07:20)
13/05/2007	Halstead Marathon	26.2 miles	02:57:44	( pace 00:06:47)
10/06/2007	Southend Half Marathon	13.1 miles	01:20:08	( pace 00:06:07)
10/07/2007	Chase Corp Challenge	3.5 miles	00:19:33	( pace 00:05:35)
15/07/2007	Kent 50 Mile Challenge.	52 miles	07:30:00	( pace 00:08:39)
27/07/2007	Swanage Half Marathon	13.1 miles	01:26:51	( pace 00:06:38)
30/09/2007	Folkestone Half Marathon	13.1 miles	01:20:57	( pace 00:06:11)
14/10/2007	Weald Park Marathon	26.2 miles	03:26:00	( pace 00:07:52)

Distance total 260.8miles in a total of 12 races

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**John Boram**

08/09/2007	Canvey 10k	6.2 miles	00:46:16	( pace 00:07:28)
07/10/2007	Southend 10k	6.1 miles	00:47:04	( pace 00:07:43)
04/11/2007	Billericay 10k	6.1 miles	00:45:27	( pace 00:07:27)

Distance total 18.4miles in a total of 3 races

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**John Bowman**

11/03/2007	Milton Keynes Half Marathon	13.1 miles	02:08:20	( pace 00:09:48)
22/04/2007	London Marathon	26.2 miles	05:25:42	( pace 00:12:26)

Distance total 39.3miles in a total of 2 races

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**Allan Britain**

29/04/2007	Nicola's 5	5 miles	00:31:12	( pace 00:06:14)
13/05/2007	Bluebell 5	5 miles		( pace )
12/08/2007	Little Haven 5k	3.1 miles	00:18:33	( pace 00:05:59)
07/10/2007	Southend 10k	6.1 miles	00:37:34	( pace 00:06:10)

Distance total 19.2miles in a total of 4 races

**Glenn Burns**

25/03/2007 Brentwood Half Marathon 13.1 miles 02:12:37 (pace 00:10:07)

Distance total 13.1miles in a total of 1 race

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**Sally Burrett**

10/02/2007 Brands Hatch Half Marathon 13.1 miles 02:20:17 (pace 00:10:43)

25/03/2007 Brentwood Half Marathon 13.1 miles 02:16:06 (pace 00:10:23)

01/04/2007 Paddock Wood 1/2 Marathon 13.1 miles 02:12:01 (pace 00:10:05)

22/04/2007 London Marathon 26.2 miles 05:30:04 (pace 00:12:36)

20/05/2007 Baddow 10 10 miles 01:36:28 (pace 00:09:39)

08/07/2007 Felstead 10k 6.2 miles 01:06:00 (pace 00:10:39)

Distance total 81.7miles in a total of 6 races

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**Jo Burtonshaw**

29/04/2007 Nicola's 5 5 miles 00:37:52 (pace 00:07:34)

20/05/2007 Baddow 10 10 miles 01:19:27 (pace 00:07:57)

10/06/2007 Southend Half Marathon 13.1 miles 01:50:53 (pace 00:08:28)

03/08/2007 Harlow 10 10 miles 01:27:22 (pace 00:08:44)

27/08/2007 Barking Park 5k 3.1 miles 00:23:26 (pace 00:07:34)

08/09/2007 Canvey 10k 6.2 miles 00:49:33 (pace 00:08:00)

07/10/2007 Southend 10k 6.1 miles 00:46:06 (pace 00:07:33)

04/11/2007 Billericay 10k 6.1 miles 00:47:20 (pace 00:07:46)

Distance total 59.6miles in a total of 8 races

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**Lynda c Crisp**

10/06/2007 Southend Half Marathon 13.1 miles 02:16:10 (pace 00:10:24)

24/06/2007 Hordon 10k 6.2 miles 00:57:35 (pace 00:09:17)

03/08/2007 Harlow 10 10 miles 01:41:14 (pace 00:10:07)

04/11/2007 Billericay 10k 6.1 miles 00:54:48 (pace 00:08:59)

11/11/2007 Stebbing 10 10 miles 01:35:47 (pace 00:09:35)

Distance total 45.4miles in a total of 5 races

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**Karl Cadman**

20/01/2007	Kent Moonlight	25 miles	04:10:00	( pace 00:10:00)
25/02/2007	Roding Half Marathon	13.1 miles	01:46:16	( pace 00:08:07)
04/03/2007	Weald Tough Challenge 17 miles	17 miles	03:36:18	( pace 00:12:43)
22/04/2007	London Marathon	26.2 miles	04:12:39	( pace 00:09:39)
13/05/2007	Halstead Marathon	26.2 miles	04:31:46	( pace 00:10:22)
10/06/2007	Southend Half Marathon	13.1 miles	02:12:38	( pace 00:10:07)
27/06/2007	Chelmsford Race for Buisness	3.5 miles	00:23:16	( pace 00:06:39)
15/07/2007	Kent 50 Mile Challenge.	52 miles	11:52:00	( pace 00:13:42)
28/10/2007	Great South Run	10 miles	01:19:11	( pace 00:07:55)
11/11/2007	Grand Union Canal Half	13.1 miles	01:55:57	( pace 00:08:51)

Distance total 199.2miles in a total of 10 races

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**John Chaffin**

22/04/2007	London Marathon	26.2 miles	04:23:02	( pace 00:10:02)
13/05/2007	Bluebell 5	5 miles	00:52:10	( pace 00:10:26)

Distance total 31.2miles in a total of 2 races

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**Terry Cockell**

29/04/2007	Nicola's 5	5 miles	00:45:11	( pace 00:09:02)
13/05/2007	Bluebell 5	5 miles	00:44:28	( pace 00:08:54)
27/05/2007	Isle of Wight Marathon	26.2 miles	04:38:14	( pace 00:10:37)
10/06/2007	Southend Half Marathon	13.1 miles	01:49:36	( pace 00:08:22)
01/07/2007	Dark Lane 10k	6.2 miles	00:45:55	( pace 00:07:24)
08/09/2007	Canvey 10k	6.2 miles	00:48:26	( pace 00:07:49)
30/09/2007	Great North Run	13.1 miles	01:48:38	( pace 00:08:18)
07/10/2007	Southend 10k	6.1 miles	00:47:10	( pace 00:07:44)

Distance total 80.9miles in a total of 8 races

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**Stefan Cohen**

28/01/2007	Benfleet 15	15 miles	01:44:06	( pace 00:06:56)
04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:23:51	( pace 00:06:24)
18/02/2007	Essex 20	20 miles	02:11:50	( pace 00:06:36)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:23:59	( pace 00:06:25)
22/04/2007	London Marathon	26.2 miles	02:58:31	( pace 00:06:49)
13/05/2007	Halstead Marathon	26.2 miles	02:57:44	( pace 00:06:47)
01/07/2007	Dark Lane 5k	3.1 miles	00:18:09	( pace 00:05:51)
08/07/2007	Felstead 10k	6.2 miles	00:38:46	( pace 00:06:15)
12/08/2007	Little Haven 5k	3.1 miles	00:17:54	( pace 00:05:46)
27/08/2007	Barking Park 5k	3.1 miles	00:17:56	( pace 00:05:47)
07/10/2007	Southend 10k	6.1 miles	00:37:39	( pace 00:06:10)
21/10/2007	Langdon 5	5 miles	00:27:54	( pace 00:05:35)
11/11/2007	Stebbing 10	10 miles	01:03:15	( pace 00:06:19)

Distance total 150.2miles in a total of 13 races

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**Sharon Cook**

25/02/2007	Roding Half Marathon	13.1 miles	01:54:56	( pace 00:08:46)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:53:23	( pace 00:08:39)
10/06/2007	Southend Half Marathon	13.1 miles	02:16:10	( pace 00:10:24)

Distance total 39.3miles in a total of 3 races

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**Matthew Cops**

22/04/2007	London Marathon	26.2 miles	05:16:55	( pace 00:12:06)
29/04/2007	Nicola's 5	5 miles	00:35:42	( pace 00:07:08)
13/05/2007	Bluebell 5	5 miles	00:38:39	( pace 00:07:44)
10/06/2007	Southend Half Marathon	13.1 miles	01:51:15	( pace 00:08:30)

Distance total 49.3miles in a total of 4 races

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**James Coughlan**

04/11/2007	New York Marathon	26.2 miles	05:05:11	( pace 00:11:39)
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Distance total 26.2miles in a total of 1 race

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**Antony Cowell**

01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:32:08	( pace 00:07:02)
22/04/2007	London Marathon	26.2 miles	03:32:04	( pace 00:08:06)
28/10/2007	Beachy Head Marathon	26.2 miles	04:35:00	( pace 00:10:30)

Distance total 65.5miles in a total of 3 races

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**Linda Cranfield**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:19:48	( pace 00:10:40)
10/06/2007	Southend Half Marathon	13.1 miles	02:23:03	( pace 00:10:55)
01/07/2007	Dark Lane 5k	3.1 miles	00:29:58	( pace 00:09:40)
07/10/2007	Southend 10k	6.1 miles	01:03:15	( pace 00:10:22)

Distance total 35.4miles in a total of 4 races

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**John Crisp**

10/06/2007	Southend Half Marathon	13.1 miles	02:07:24	( pace 00:09:44)
24/06/2007	Hordon 10k	6.2 miles	00:57:19	( pace 00:09:15)
03/08/2007	Harlow 10	10 miles	01:35:29	( pace 00:09:33)
07/10/2007	Southend 10k	6.1 miles	00:55:19	( pace 00:09:04)
04/11/2007	Billericay 10k	6.1 miles	00:55:15	( pace 00:09:03)
11/11/2007	Stebbing 10	10 miles	01:32:19	( pace 00:09:14)

Distance total 51.5miles in a total of 6 races

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**Debbie d Desborough**

29/04/2007	Nicola's 5	5 miles	00:58:36	( pace 00:11:43)
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Distance total 5miles in a total of 1 race

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**Tom Dawson**

18/02/2007	Essex 20	20 miles	02:29:14	( pace 00:07:28)
22/04/2007	London Marathon	26.2 miles	03:41:48	( pace 00:08:28)

Distance total 46.2miles in a total of 2 races

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**Steve Dear**

27/06/2007	Chelmsford Race for Buisness	3.5 miles	00:20:58	( pace 00:05:59)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:08	( pace 00:06:30)
12/08/2007	Little Haven 5k	3.1 miles	00:19:56	( pace 00:06:26)
07/10/2007	Southend 10k	6.1 miles	00:41:22	( pace 00:06:47)
21/10/2007	Langdon 5	5 miles	00:30:50	( pace 00:06:10)

Distance total 20.8miles in a total of 5 races

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**Steve Desborough**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:18:07	( pace 00:05:58)
18/02/2007	Essex 20	20 miles	02:05:13	( pace 00:06:16)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:18:58	( pace 00:06:02)
22/04/2007	London Marathon	26.2 miles	02:52:45	( pace 00:06:36)
20/05/2007	Baddow 10	10 miles	01:25:36	( pace 00:08:34)
10/06/2007	Southend Half Marathon	13.1 miles	01:24:54	( pace 00:06:29)
01/07/2007	Dark Lane 5k	3.1 miles	00:18:31	( pace 00:05:58)
03/08/2007	Harlow 10	10 miles	01:04:02	( pace 00:06:24)
21/10/2007	Chicago Marathon	26.2 miles	04:19:37	( pace 00:09:55)
04/11/2007	Billericay 10k	6.1 miles	00:36:36	( pace 00:06:00)
11/11/2007	Stebbing 10	10 miles	01:00:58	( pace 00:06:06)

Distance total 150.9miles in a total of 11 races

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**Vanessa Dodds**

07/10/2007	Southend 10k	6.1 miles	00:42:55	( pace 00:07:02)
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Distance total 6.1miles in a total of 1 race

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**William Donovan**

29/04/2007	Nicola's 5	5 miles	00:48:09	( pace 00:09:38)
07/10/2007	Southend 10k	6.1 miles	01:04:06	( pace 00:10:30)
04/11/2007	Billericay 10k	6.1 miles	00:59:52	( pace 00:09:49)

Distance total 17.2miles in a total of 3 races

**Kevin Dowlin**

17/07/2007 Phoenix Strideres 5k Trail 3.1 miles 00:24:12 (pace 00:07:48)

Distance total 3.1miles in a total of 1 race

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**Steve Downing**

28/01/2007 Benfleet 15 15 miles 01:58:54 (pace 00:07:56)

29/04/2007 Nicola's 5 5 miles 00:34:09 (pace 00:06:50)

01/07/2007 Dark Lane 5k 3.1 miles 00:20:48 (pace 00:06:43)

Distance total 23.1miles in a total of 3 races

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**Steve Drummond**

01/04/2007 Paddock Wood 1/2 Marathon 13.1 miles 01:25:53 (pace 00:06:33)

29/04/2007 Nicola's 5 5 miles 00:30:25 (pace 00:06:05)

13/05/2007 Essex PB 5 5 miles 00:30:45 (pace 00:06:09)

20/05/2007 Baddow 10 10 miles 01:03:57 (pace 00:06:24)

10/06/2007 Southend Half Marathon 13.1 miles 01:26:03 (pace 00:06:34)

01/07/2007 Dark Lane 5k 3.1 miles 00:18:36 (pace 00:06:00)

07/10/2007 Southend 10k 6.1 miles 00:38:36 (pace 00:06:20)

Distance total 55.4miles in a total of 7 races

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**Denise Dudley**

24/06/2007 Hordon 10k 6.2 miles 00:46:05 (pace 00:07:26)

Distance total 6.2miles in a total of 1 race

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**Lesley Duffield**

29/04/2007 Nicola's 5 5 miles 01:01:12 (pace 00:12:14)

08/09/2007 Canvey 5k 3.1 miles 00:36:24 (pace 00:11:45)

Distance total 8.1miles in a total of 2 races

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**Emma Earl**

29/04/2007 Nicola's 5 5 miles 00:35:52 ( pace 00:07:10)

Distance total 5miles in a total of 1 race

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**Ken Eaton**

29/04/2007 Nicola's 5 5 miles 00:47:50 ( pace 00:09:34)

13/05/2007 Bluebell 5 5 miles 00:53:16 ( pace 00:10:39)

20/05/2007 Baddow 10 10 miles 01:47:23 ( pace 00:10:44)

01/07/2007 Dark Lane 5k 3.1 miles 00:30:40 ( pace 00:09:54)

04/11/2007 Billericay 10k 6.1 miles 01:00:14 ( pace 00:09:52)

Distance total 29.2miles in a total of 5 races

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**Joe Elliot**

22/04/2007 London Marathon 26.2 miles 03:40:47 ( pace 00:08:26)

10/06/2007 Southend Half Marathon 13.1 miles 01:36:04 ( pace 00:07:20)

Distance total 39.3miles in a total of 2 races

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**Nicola Evans**

29/04/2007 Nicola's 5 5 miles 00:39:52 ( pace 00:07:58)

Distance total 5miles in a total of 1 race

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**Paul Flewitt**

10/06/2007 Southend Half Marathon 13.1 miles 01:54:46 ( pace 00:08:46)

Distance total 13.1miles in a total of 1 race

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**David Fox**

11/03/2007	Hastings Half Marathon	13.1 miles	01:51:58	( pace 00:08:33)
01/04/2007	Bungay Marathon	26.2 miles	04:21:29	( pace 00:09:59)
13/05/2007	Halstead Marathon	26.2 miles	04:28:03	( pace 00:10:14)
10/06/2007	Southend Half Marathon	13.1 miles	01:49:16	( pace 00:08:20)
28/10/2007	Beachy Head Marathon	26.2 miles	05:07:00	( pace 00:11:43)

Distance total 104.8miles in a total of 5 races

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**Yvonne French**

22/04/2007	London Marathon	26.2 miles	05:09:06	( pace 00:11:48)
20/05/2007	Baddow 10	10 miles	01:37:19	( pace 00:09:44)

Distance total 36.2miles in a total of 2 races

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**Elaine Frewin**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:01:47	( pace 00:09:18)
22/04/2007	London Marathon	26.2 miles	04:48:24	( pace 00:11:00)
24/06/2007	Hordon 10k	6.2 miles	01:00:34	( pace 00:09:46)

Distance total 45.5miles in a total of 3 races

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**Andy Frith**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:34:18	( pace 00:07:12)
10/02/2007	Brands Hatch Half Marathon	13.1 miles	01:43:43	( pace 00:07:55)
18/02/2007	Essex 20	20 miles	02:32:54	( pace 00:07:39)
25/02/2007	Bury 20	20 miles	02:38:17	( pace 00:07:55)
11/03/2007	Milton Keynes Half Marathon	13.1 miles	01:42:19	( pace 00:07:49)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:38:05	( pace 00:07:29)
01/04/2007	Worthing 20	20 miles	02:32:38	( pace 00:07:38)
06/04/2007	Folkestone 10	10 miles	01:10:56	( pace 00:07:06)
22/04/2007	London Marathon	26.2 miles	03:52:25	( pace 00:08:52)
08/06/2007	Springfield Friday 5	5 miles	00:38:31	( pace 00:07:42)
10/06/2007	Southend Half Marathon	13.1 miles	01:50:25	( pace 00:08:26)
27/06/2007	Chelmsford Race for Buisness	3.5 miles	00:26:38	( pace 00:07:37)
01/07/2007	Dark Lane 10k	6.2 miles	00:47:49	( pace 00:07:43)
11/07/2007	Crown to Crown July	3.1 miles	00:24:01	( pace 00:07:45)
15/07/2007	Thrift Green 10k	6.2 miles	00:48:43	( pace 00:07:51)
03/08/2007	Harlow 10	10 miles	01:30:44	( pace 00:09:04)
30/09/2007	Great North Run	13.1 miles	01:41:29	( pace 00:07:45)
07/10/2007	Southend 10k	6.1 miles	00:45:13	( pace 00:07:25)

Distance total 214.9miles in a total of 18 races

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**Sue Fuller**

22/04/2007	London Marathon	26.2 miles	04:36:19	( pace 00:10:33)
20/05/2007	Baddow 10	10 miles	01:31:35	( pace 00:09:10)
07/10/2007	Southend 10k	6.1 miles	00:52:51	( pace 00:08:40)

Distance total 42.3miles in a total of 3 races

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**Mark g Gaitely**

28/01/2007	Benfleet 15	15 miles	02:12:40	( pace 00:08:51 )
25/03/2007	Brentwood Half Marathon	13.1 miles	01:42:56	( pace 00:07:51 )
29/04/2007	Nicola's 5	5 miles	00:35:55	( pace 00:07:11 )
13/05/2007	Bluebell 5	5 miles	00:37:18	( pace 00:07:28 )
01/07/2007	Dark Lane 10k	6.2 miles	00:47:05	( pace 00:07:36 )
07/10/2007	Southend 10k	6.1 miles	00:46:41	( pace 00:07:39 )
04/11/2007	Billericay 10k	6.1 miles	00:45:39	( pace 00:07:29 )

Distance total 56.5miles in a total of 7 races

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**Matthew g Green**

18/02/2007	Essex 20	20 miles	02:11:39	( pace 00:06:35 )
22/04/2007	London Marathon	26.2 miles	03:29:47	( pace 00:08:00 )

Distance total 46.2miles in a total of 2 races

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**Chris Gaitely**

25/03/2007	Brentwood Half Marathon	13.1 miles	01:46:08	( pace 00:08:06 )
29/04/2007	Nicola's 5	5 miles	00:39:01	( pace 00:07:48 )
13/05/2007	Bluebell 5	5 miles	00:39:52	( pace 00:07:58 )
01/07/2007	Dark Lane 5k	3.1 miles	00:22:53	( pace 00:07:23 )
30/09/2007	Great North Run	13.1 miles	02:01:38	( pace 00:09:17 )

Distance total 39.3miles in a total of 5 races

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**Sharon Garrod**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:35:22	( pace 00:07:17)
04/03/2007	Weald Tough Challenge 13.1 miles	13.1 miles	02:15:00	( pace 00:10:18)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:37:19	( pace 00:07:26)
13/05/2007	Halstead Marathon	26.2 miles	03:37:17	( pace 00:08:18)
01/07/2007	Dark Lane 5k	3.1 miles	00:21:21	( pace 00:06:53)
08/07/2007	Felstead 10k	6.2 miles	00:44:48	( pace 00:07:14)
11/07/2007	Crown to Crown July	3.1 miles	00:21:55	( pace 00:07:04)
12/08/2007	Little Haven 5k	3.1 miles	00:21:24	( pace 00:06:54)
21/10/2007	Langdon 5	5 miles	00:33:33	( pace 00:06:43)

Distance total 86miles in a total of 9 races

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**Debbie Gibbins**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:35:16	( pace 00:07:16)
18/02/2007	Essex 20	20 miles	02:38:50	( pace 00:07:57)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:39:04	( pace 00:07:34)
22/04/2007	London Marathon	26.2 miles	03:50:15	( pace 00:08:47)
13/05/2007	Halstead Marathon	26.2 miles	03:51:20	( pace 00:08:50)
13/06/2007	Crown to Crown	3.1 miles	00:24:23	( pace 00:07:52)
01/07/2007	Dark Lane 10k	6.2 miles	00:47:32	( pace 00:07:40)
03/08/2007	Harlow 10	10 miles	01:22:38	( pace 00:08:16)
07/10/2007	Southend 10k	6.1 miles	00:45:13	( pace 00:07:25)
25/11/2007	Gosport Half Marathon	13.1 miles	01:39:09	( pace 00:07:34)

Distance total 137.1miles in a total of 10 races

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**Debbie Gibbons**

11/11/2007	Stebbing 10	10 miles	01:16:38	( pace 00:07:40)
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Distance total 10miles in a total of 1 race

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**Lorri Gibson**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:16:06	( pace 00:10:23)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:05:01	( pace 00:09:33)
22/04/2007	London Marathon	26.2 miles	05:35:53	( pace 00:12:49)
10/06/2007	Southend Half Marathon	13.1 miles	02:27:13	( pace 00:11:14)
01/07/2007	Dark Lane 10k	6.2 miles	01:00:12	( pace 00:09:43)
08/07/2007	Felstead 10k	6.2 miles	01:06:00	( pace 00:10:39)
15/07/2007	Thrift Green 10k	6.2 miles	00:59:07	( pace 00:09:32)
03/08/2007	Harlow 10	10 miles	01:41:29	( pace 00:10:09)
30/09/2007	Great North Run	13.1 miles	02:04:11	( pace 00:09:29)
07/10/2007	Southend 10k	6.1 miles	00:52:22	( pace 00:08:35)

Distance total 113.3miles in a total of 10 races

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**Michael Godman**

18/02/2007	Essex 20	20 miles	02:37:32	( pace 00:07:53)
22/04/2007	London Marathon	26.2 miles	03:58:37	( pace 00:09:06)
13/05/2007	Essex PB 5	5 miles	00:37:49	( pace 00:07:34)
20/05/2007	Baddow 10	10 miles	01:19:33	( pace 00:07:57)

Distance total 61.2miles in a total of 4 races

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**Karen Goode**

13/06/2007	Crown to Crown	3.1 miles	00:19:29	( pace 00:06:17)
01/07/2007	Dark Lane 5k	3.1 miles	00:19:00	( pace 00:06:08)
07/10/2007	Southend 10k	6.1 miles	00:39:16	( pace 00:06:26)

Distance total 12.3miles in a total of 3 races

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**Yvonne Gould**

29/04/2007	Nicola's 5	5 miles	00:47:50	( pace 00:09:34)
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Distance total 5miles in a total of 1 race

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**Sarah Grabowski**

01/07/2007	Dark Lane 10k	6.2 miles	00:47:11	( pace 00:07:37)
03/08/2007	Harlow 10	10 miles	01:27:22	( pace 00:08:44)
08/09/2007	Canvey 10k	6.2 miles	00:47:22	( pace 00:07:38)
07/10/2007	Southend 10k	6.1 miles	00:45:22	( pace 00:07:26)

Distance total 28.5miles in a total of 4 races

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**Peter Green**

18/02/2007	Essex 20	20 miles	03:07:13	( pace 00:09:22)
22/04/2007	London Marathon	26.2 miles	04:56:21	( pace 00:11:19)
15/07/2007	Thrift Green 10k	6.2 miles	00:55:31	( pace 00:08:57)

Distance total 52.4miles in a total of 3 races

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**Mark Greensill**

08/09/2007	Canvey 10k	6.2 miles	00:46:49	( pace 00:07:33)
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Distance total 6.2miles in a total of 1 race

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**Paul Gudgin**

22/04/2007	London Marathon	26.2 miles	03:58:45	( pace 00:09:07)
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Distance total 26.2miles in a total of 1 race

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**Janet h Hammill**

29/04/2007	Nicola's 5	5 miles	00:47:39	( pace 00:09:32)
13/05/2007	Bluebell 5	5 miles	00:49:14	( pace 00:09:51)

Distance total 10miles in a total of 2 races

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**Mark Hall**

07/10/2007	Southend 10k	6.1 miles	00:57:57	( pace 00:09:30)
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Distance total 6.1miles in a total of 1 race

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**Gary Hammill**

13/05/2007 Bluebell 5 5 miles 00:49:15 ( pace 00:09:51 )

Distance total 5miles in a total of 1 race

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**Eric Haye**

14/10/2007 Tiptree 10 10 miles 01:38:29 ( pace 00:09:51 )

Distance total 10miles in a total of 1 race

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**Jim Hayes**

29/04/2007 Nicola's 5 5 miles 00:42:49 ( pace 00:08:34 )

08/09/2007 Canvey 10k 6.2 miles 00:58:05 ( pace 00:09:22 )

Distance total 11.2miles in a total of 2 races

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**Steve Higgins**

21/10/2007 Langdon 5 5 miles 00:34:48 ( pace 00:06:58 )

Distance total 5miles in a total of 1 race

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**Cherie Hipkins**

25/03/2007 Brentwood Half Marathon 13.1 miles 01:47:22 ( pace 00:08:12 )

Distance total 13.1miles in a total of 1 race

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**Dean Hipperson**

16/08/2007 Crown to Crown 5k 3.1 miles 00:21:48 ( pace 00:07:02 )

08/09/2007 Canvey 10k 6.2 miles 00:44:05 ( pace 00:07:07 )

07/10/2007 Southend 10k 6.1 miles 00:41:51 ( pace 00:06:52 )

14/10/2007 Tiptree 10 10 miles 01:09:26 ( pace 00:06:57 )

04/11/2007 Billericay 10k 6.1 miles 00:41:04 ( pace 00:06:44 )

11/11/2007 Stebbing 10 10 miles 01:09:25 ( pace 00:06:57 )

Distance total 41.5miles in a total of 6 races

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**John Hood**

25/02/2007	Roding Half Marathon	13.1 miles	01:33:25	( pace 00:07:08)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:34:59	( pace 00:07:15)

Distance total 26.2miles in a total of 2 races

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**Anne Howe**

29/04/2007	Nicola's 5	5 miles	00:36:38	( pace 00:07:20)
13/05/2007	Bluebell 5	5 miles	00:38:39	( pace 00:07:44)
20/05/2007	Baddow 10	10 miles	01:19:13	( pace 00:07:55)
08/09/2007	Canvey 10k	6.2 miles	00:58:22	( pace 00:09:25)
08/09/2007	Canvey 10k	6.2 miles	00:48:47	( pace 00:07:52)
07/10/2007	Southend 10k	6.1 miles	00:46:40	( pace 00:07:39)
04/11/2007	Billericay 10k	6.1 miles	00:46:50	( pace 00:07:41)

Distance total 44.6miles in a total of 7 races

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**Michael Hoy**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:59:03	( pace 00:09:05)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:56:36	( pace 00:08:54)
10/06/2007	Southend Half Marathon	13.1 miles	02:06:27	( pace 00:09:39)
08/09/2007	Canvey 10k	6.2 miles	00:55:06	( pace 00:08:53)
07/10/2007	Southend 10k	6.1 miles	00:53:09	( pace 00:08:43)

Distance total 51.6miles in a total of 5 races

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**David Hyde**

07/10/2007	Southend 10k	6.1 miles	00:50:03	( pace 00:08:12)
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Distance total 6.1miles in a total of 1 race

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**Linda Ingram**

08/09/2007	Canvey 10k	6.2 miles	00:57:47	( pace 00:09:19)
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Distance total 6.2miles in a total of 1 race

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**Tony j Jacobs**

07/10/2007 Southend 10k 6.1 miles 00:55:10 (pace 00:09:03)

Distance total 6.1miles in a total of 1 race

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**Ian j Jordan**

07/10/2007 Southend 10k 6.1 miles 01:10:18 (pace 00:11:31)

04/11/2007 Billericay 10k 6.1 miles 01:09:22 (pace 00:11:22)

Distance total 12.2miles in a total of 2 races

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**Peter J Watson**

21/01/2007 Dartford 10 10 miles 01:16:57 (pace 00:07:42)

28/01/2007 Benfleet 15 15 miles 02:05:57 (pace 00:08:24)

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:39:48 (pace 00:07:37)

18/02/2007 Essex 20 20 miles 02:48:50 (pace 00:08:26)

11/03/2007 Stafford 20 20 miles 02:39:20 (pace 00:07:58)

25/03/2007 Brentwood Half Marathon 13.1 miles 01:43:47 (pace 00:07:55)

22/04/2007 London Marathon 26.2 miles 05:22:54 (pace 00:12:19)

13/05/2007 Essex PB 5 5 miles 00:35:03 (pace 00:07:01)

20/05/2007 Baddow 10 10 miles 01:11:45 (pace 00:07:11)

27/05/2007 Hatfield Broad Oak 10k 6.2 miles 00:41:11 (pace 00:06:39)

10/06/2007 Southend Half Marathon 13.1 miles 01:36:37 (pace 00:07:23)

24/06/2007 Hordon 10k 6.2 miles 00:41:51 (pace 00:06:45)

01/07/2007 Dark Lane 5k 3.1 miles 00:19:47 (pace 00:06:23)

27/08/2007 Barking Park 5k 3.1 miles 00:19:08 (pace 00:06:10)

07/10/2007 Southend 10k 6.1 miles 00:44:04 (pace 00:07:13)

Distance total 170.2miles in a total of 15 races

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**Gary Jackets**

20/01/2007	Kent Moonlight	25 miles		( pace )
04/03/2007	Weald Tough Challenge 16 miles	16 miles	03:42:00	( pace 00:13:53)
19/05/2007	Seni Extreme 200	159 miles		( pace )
10/06/2007	Southend Half Marathon	13.1 miles	02:15:05	( pace 00:10:19)
15/07/2007	Kent 40 Mile Challenge.	40 miles		( pace )

Distance total 253.1miles in a total of 5 races

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**Daniella Jacobs**

01/07/2007	Dark Lane 10k	6.2 miles	00:58:31	( pace 00:09:26)
01/07/2007	Dark Lane 5k	3.1 miles	00:21:08	( pace 00:06:49)
07/10/2007	Southend 10k	6.1 miles	00:56:45	( pace 00:09:18)

Distance total 15.4miles in a total of 3 races

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**Ernie Jewson**

20/01/2007	Kent Moonlight	25 miles	04:10:00	( pace 00:10:00)
26/05/2007	Grand Union Canal Race	145 miles		( pace )
21/10/2007	Felixstowe Half Marathon	13.1 miles	01:34:08	( pace 00:07:11)

Distance total 183.1miles in a total of 3 races

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**Gary Johnson**

29/04/2007	Nicola's 5	5 miles	00:42:26	( pace 00:08:29)
15/07/2007	Thrift Green 10k	6.2 miles	00:57:52	( pace 00:09:20)
12/08/2007	Little Haven 5k	3.1 miles	00:25:03	( pace 00:08:05)
07/10/2007	Southend 10k	6.1 miles	00:52:07	( pace 00:08:33)

Distance total 20.4miles in a total of 4 races

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**Mike Jordan**

01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:03:24	( pace 00:09:25)
29/04/2007	Nicola's 5	5 miles	00:46:12	( pace 00:09:14)
01/07/2007	Dark Lane 5k	3.1 miles	00:25:00	( pace 00:08:04)
07/10/2007	Southend 10k	6.1 miles	00:55:12	( pace 00:09:03)
04/11/2007	Billericay 10k	6.1 miles	01:09:22	( pace 00:11:22)

Distance total 33.4miles in a total of 5 races

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**Pam Kavanagh**

13/05/2007	Essex PB 5	5 miles	00:46:45	( pace 00:09:21)
12/08/2007	Little Haven 5k	3.1 miles	00:26:44	( pace 00:08:37)
27/08/2007	Barking Park 5k	3.1 miles	00:25:49	( pace 00:08:20)
07/10/2007	Southend 10k	6.1 miles	00:57:12	( pace 00:09:23)

Distance total 17.3miles in a total of 4 races

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**Dean Kelley**

25/03/2007	Brentwood Half Marathon	13.1 miles	01:40:45	( pace 00:07:41)
22/04/2007	London Marathon	26.2 miles	04:29:21	( pace 00:10:17)

Distance total 39.3miles in a total of 2 races

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**Andrew Kennedy**

25/02/2007	Roding Half Marathon	13.1 miles	02:10:07	( pace 00:09:56)
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Distance total 13.1miles in a total of 1 race

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**Katie King**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:19:47	( pace 00:10:40)
10/06/2007	Southend Half Marathon	13.1 miles	02:30:02	( pace 00:11:27)

Distance total 26.2miles in a total of 2 races

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**Peter L Watson**

21/01/2007	Dartford 10	10 miles	01:34:20	( pace 00:09:26)
25/03/2007	Brentwood Half Marathon	13.1 miles	02:03:02	( pace 00:09:24)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:57:54	( pace 00:09:00)
22/04/2007	London Marathon	26.2 miles	04:48:43	( pace 00:11:01)
29/04/2007	Nicola's 5	5 miles	00:41:30	( pace 00:08:18)
20/05/2007	Baddow 10	10 miles	01:27:59	( pace 00:08:48)
10/06/2007	Southend Half Marathon	13.1 miles	01:58:30	( pace 00:09:03)
24/06/2007	Hordon 10k	6.2 miles	00:52:09	( pace 00:08:25)
01/07/2007	Dark Lane 5k	3.1 miles	00:25:06	( pace 00:08:06)
07/10/2007	Southend 10k	6.1 miles	00:49:20	( pace 00:08:05)
14/10/2007	Tiptree 10	10 miles	01:23:19	( pace 00:08:20)
28/10/2007	Beachy Head Marathon	26.2 miles	06:08:00	( pace 00:14:03)
04/11/2007	Billericay 10k	6.1 miles	00:49:23	( pace 00:08:06)
11/11/2007	Stebbing 10	10 miles	01:24:45	( pace 00:08:28)

Distance total 158.2miles in a total of 14 races

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**Louisa Latham**

07/10/2007	Southend 10k	6.1 miles	00:41:26	( pace 00:06:48)
04/11/2007	Billericay 10k	6.1 miles	00:41:42	( pace 00:06:50)

Distance total 12.2miles in a total of 2 races

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**Lee Loney**

08/09/2007	Canvey 10k	6.2 miles	01:00:11	( pace 00:09:42)
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Distance total 6.2miles in a total of 1 race

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**Brian Lunt**

28/10/2007	Great South Run	10 miles	01:37:53	( pace 00:09:47)
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Distance total 10miles in a total of 1 race

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**Lucy m Mancer**

20/01/2007	Kent Moonlight	25 miles		( pace )
28/01/2007	Benfleet 15	15 miles	01:57:36	( pace 00:07:50)
18/02/2007	Essex 20	20 miles	02:31:25	( pace 00:07:34)
25/02/2007	Roding Half Marathon	13.1 miles	01:34:52	( pace 00:07:15)
04/03/2007	Weald Tough Challenge 17 miles	17 miles	02:59:00	( pace 00:10:32)
11/03/2007	Hastings Half Marathon	13.1 miles	01:32:18	( pace 00:07:03)
15/07/2007	Kent 30 Mile Challenge.	30 miles		( pace )
14/10/2007	Tiptree 10	10 miles	01:08:24	( pace 00:06:50)
11/11/2007	Grand Union Canal Half	13.1 miles	01:33:31	( pace 00:07:08)

Distance total 156.3miles in a total of 9 races

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**George m Moxon**

01/07/2007	Dark Lane 5k	3.1 miles	00:18:43	( pace 00:06:02)
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Distance total 3.1miles in a total of 1 race

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**Julia Mackay**

28/01/2007	Benfleet 15	15 miles	02:14:09	( pace 00:08:57)
24/06/2007	Hordon 10k	6.2 miles	00:52:32	( pace 00:08:28)

Distance total 21.2miles in a total of 2 races

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**Robert Macmillan**

11/03/2007	Hastings Half Marathon	13.1 miles	02:17:20	( pace 00:10:29)
25/03/2007	Brentwood Half Marathon	13.1 miles	02:00:20	( pace 00:09:11)
27/05/2007	Edinburgh Marathon	26.2 miles	04:23:40	( pace 00:10:04)
10/06/2007	Southend Half Marathon	13.1 miles	02:01:14	( pace 00:09:15)
01/07/2007	Dark Lane 10k	6.2 miles	00:53:51	( pace 00:08:41)
08/07/2007	Felstead 10k	6.2 miles	00:53:45	( pace 00:08:40)
08/09/2007	Canvey 10k	6.2 miles	00:54:47	( pace 00:08:50)
07/10/2007	Southend 10k	6.1 miles	00:53:18	( pace 00:08:44)
14/10/2007	Tiptree 10	10 miles	01:30:54	( pace 00:09:05)
04/11/2007	Stevenage Half Marathon	13.1 miles	01:58:14	( pace 00:09:02)
11/11/2007	Stebbing 10	10 miles	01:28:09	( pace 00:08:49)

Distance total 123.3miles in a total of 11 races

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**Caroline Maguire**

29/04/2007	Nicola's 5	5 miles	00:46:14	( pace 00:09:15)
07/10/2007	Southend 10k	6.1 miles	00:55:12	( pace 00:09:03)

Distance total 11.1miles in a total of 2 races

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**Jez Mancner**

28/01/2007	Benfleet 15	15 miles	01:38:58	( pace 00:06:36)
18/02/2007	Essex 20	20 miles	02:05:37	( pace 00:06:17)
04/03/2007	Weald Tough Challenge 20 miles	20 miles	02:55:00	( pace 00:08:45)
11/03/2007	Hastings Half Marathon	13.1 miles	01:32:15	( pace 00:07:03)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:19:15	( pace 00:06:03)
22/04/2007	London Marathon	26.2 miles	02:50:59	( pace 00:06:32)
10/06/2007	Southend Half Marathon	13.1 miles	01:23:01	( pace 00:06:20)
01/07/2007	Dark Lane 5k	3.1 miles	00:18:05	( pace 00:05:50)
15/07/2007	Kent 50 Mile Challenge.	52 miles	07:30:00	( pace 00:08:39)
27/08/2007	Barking Park 5k	3.1 miles	00:17:29	( pace 00:05:38)
11/11/2007	Grand Union Canal Half	13.1 miles	01:33:30	( pace 00:07:08)

Distance total 191.8miles in a total of 11 races

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**Mensanh Mani**

10/06/2007 Southend Half Marathon 13.1 miles 01:32:45 ( pace 00:07:05)

Distance total 13.1miles in a total of 1 race

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**Mike Mason**

06/05/2007 Three Forts Marathon 27 miles 04:52:29 ( pace 00:10:50)

24/06/2007 West Highland Way 95 miles ( pace )

Distance total 122miles in a total of 2 races

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**Kevin Massey**

22/04/2007 London Marathon 26.2 miles 04:55:33 ( pace 00:11:17)

29/04/2007 Nicola's 5 5 miles 00:43:26 ( pace 00:08:41)

20/05/2007 Baddow 10 10 miles 01:33:04 ( pace 00:09:18)

07/10/2007 Southend 10k 6.1 miles 00:56:16 ( pace 00:09:13)

Distance total 47.3miles in a total of 4 races

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**Godfrey Mather**

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:39:23 ( pace 00:07:35)

25/02/2007 Roding Half Marathon 13.1 miles 01:39:31 ( pace 00:07:36)

04/03/2007 Weald Tough Challenge 13.1 miles 13.1 miles 02:10:00 ( pace 00:09:55)

25/03/2007 Brentwood Half Marathon 13.1 miles 01:37:44 ( pace 00:07:28)

13/05/2007 Halstead Marathon 26.2 miles 04:31:51 ( pace 00:10:23)

20/05/2007 Baddow 10 10 miles 01:13:18 ( pace 00:07:20)

10/06/2007 Southend Half Marathon 13.1 miles 01:41:18 ( pace 00:07:44)

01/07/2007 Dark Lane 10k 6.2 miles 00:44:43 ( pace 00:07:13)

03/08/2007 Harlow 10 10 miles 01:16:33 ( pace 00:07:39)

07/10/2007 Southend 10k 6.1 miles 00:44:23 ( pace 00:07:17)

11/11/2007 Grand Union Canal Half 13.1 miles 01:51:28 ( pace 00:08:31)

Distance total 137.1miles in a total of 11 races

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**Vic McCloud**

18/02/2007	Essex 20	20 miles	02:51:36	( pace 00:08:35)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:45:55	( pace 00:08:05)
22/04/2007	London Marathon	26.2 miles	04:29:11	( pace 00:10:16)
13/05/2007	Bluebell 5	5 miles	00:41:00	( pace 00:08:12)
20/05/2007	Baddow 10	10 miles	01:50:42	( pace 00:11:04)
08/09/2007	Canvey 10k	6.2 miles	00:49:59	( pace 00:08:04)
14/10/2007	Tiptree 10	10 miles	01:19:46	( pace 00:07:59)
11/11/2007	Stebbing 10	10 miles	01:19:51	( pace 00:07:59)

Distance total 100.5miles in a total of 8 races

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**Paul McInerney**

25/02/2007	Roding Half Marathon	13.1 miles	01:33:07	( pace 00:07:06)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:31:28	( pace 00:06:59)
22/04/2007	London Marathon	26.2 miles	03:38:49	( pace 00:08:21)
29/04/2007	Nicola's 5	5 miles	00:34:19	( pace 00:06:52)
10/06/2007	Southend Half Marathon	13.1 miles	01:38:35	( pace 00:07:32)
24/06/2007	Hordon 10k	6.2 miles	00:43:21	( pace 00:07:00)
08/09/2007	Canvey 10k	6.2 miles	00:47:19	( pace 00:07:38)
07/10/2007	Southend 10k	6.1 miles	00:45:09	( pace 00:07:24)
11/11/2007	Stebbing 10	10 miles	01:13:56	( pace 00:07:24)

Distance total 99miles in a total of 9 races

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**Kevin McKenny**

10/06/2007	Southend Half Marathon	13.1 miles	01:42:40	( pace 00:07:50)
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Distance total 13.1miles in a total of 1 race

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**Jaqueline McLeod**

29/04/2007	Nicola's 5	5 miles	00:47:01	( pace 00:09:24)
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Distance total 5miles in a total of 1 race

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**Karen McMeekin**

22/04/2007 London Marathon 26.2 miles 05:38:36 (pace 00:12:55)

Distance total 26.2miles in a total of 1 race

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**Antony Mead**

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:18:27 (pace 00:05:59)

18/02/2007 Essex 20 20 miles 02:09:59 (pace 00:06:30)

29/04/2007 Nicola's 5 5 miles 00:28:54 (pace 00:05:47)

Distance total 38.1miles in a total of 3 races

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**Trevor Mickleburgh**

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:34:56 (pace 00:07:15)

18/02/2007 Essex 20 20 miles 02:32:59 (pace 00:07:39)

25/03/2007 Brentwood Half Marathon 13.1 miles 01:33:43 (pace 00:07:09)

22/04/2007 London Marathon 26.2 miles 04:27:09 (pace 00:10:12)

20/05/2007 Baddow 10 10 miles 01:12:23 (pace 00:07:14)

10/06/2007 Southend Half Marathon 13.1 miles 01:34:18 (pace 00:07:12)

24/06/2007 Hordon 10k 6.2 miles 00:42:29 (pace 00:06:51)

01/07/2007 Dark Lane 10k 6.2 miles 01:43:17 (pace 00:16:40)

15/07/2007 Thrift Green 10k 6.2 miles 00:43:35 (pace 00:07:02)

22/07/2007 Dartford Half Marathon 13.1 miles 01:33:56 (pace 00:07:10)

Distance total 127.2miles in a total of 10 races

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**Amanda Milton**

13/05/2007 Bluebell 5 5 miles 00:49:22 (pace 00:09:52)

Distance total 5miles in a total of 1 race

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**Graeme Moore**

04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:36:05	( pace 00:07:20)
11/02/2007	Sidcup 10	10 miles	01:14:02	( pace 00:07:24)
25/02/2007	Roding Half Marathon	13.1 miles	01:38:27	( pace 00:07:31)
22/04/2007	London Marathon	26.2 miles	03:52:34	( pace 00:08:53)
13/05/2007	Bluebell 5	5 miles	00:37:32	( pace 00:07:30)
20/05/2007	Baddow 10	10 miles	01:14:49	( pace 00:07:29)
08/06/2007	Springfield Friday 5	5 miles	00:36:03	( pace 00:07:13)
03/08/2007	Harlow 10	10 miles	01:19:34	( pace 00:07:57)
14/10/2007	Tiptree 10	10 miles	01:15:36	( pace 00:07:34)

Distance total 102.4miles in a total of 9 races

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**Michael Moreton**

22/04/2007	London Marathon	26.2 miles	07:01:00	( pace 00:16:04)
10/06/2007	Southend Half Marathon	13.1 miles	02:56:05	( pace 00:13:26)
01/07/2007	Dark Lane 10k	6.2 miles	01:14:54	( pace 00:12:05)
08/07/2007	Felstead 10k	6.2 miles	01:12:07	( pace 00:11:38)
15/07/2007	Lee Valley 10k	6.2 miles	01:11:12	( pace 00:11:29)
12/08/2007	Little Haven 5k	3.1 miles	00:30:38	( pace 00:09:53)
07/10/2007	Southend 10k	6.1 miles	01:00:47	( pace 00:09:58)

Distance total 67.1miles in a total of 7 races

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**Stewart Morley**

21/01/2007	Dartford 10	10 miles	01:34:26	( pace 00:09:27)
10/02/2007	Brands Hatch Half Marathon	13.1 miles	01:50:17	( pace 00:08:25)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:43:48	( pace 00:07:55)
29/04/2007	Nicola's 5	5 miles	00:34:56	( pace 00:06:59)
10/06/2007	Southend Half Marathon	13.1 miles	01:58:19	( pace 00:09:02)
15/07/2007	Thrift Green 10k	6.2 miles	00:48:43	( pace 00:07:51)
03/08/2007	Harlow 10	10 miles	01:35:29	( pace 00:09:33)
08/09/2007	Canvey 10k	6.2 miles	00:46:32	( pace 00:07:30)
07/10/2007	Southend 10k	6.1 miles	00:53:12	( pace 00:08:43)
11/11/2007	Stebbing 10	10 miles	01:18:47	( pace 00:07:53)

Distance total 92.8miles in a total of 10 races

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**Andrew Morris**

13/05/2007	Halstead Marathon	26.2 miles	03:07:00	( pace 00:07:08)
13/06/2007	Crown to Crown	3.1 miles	00:19:16	( pace 00:06:13)
24/06/2007	Hordon 10k	6.2 miles	00:37:53	( pace 00:06:07)
08/09/2007	Canvey 10k	6.2 miles	00:37:59	( pace 00:06:08)
27/10/2007	Snowdonia Marathon	26.2 miles	03:07:07	( pace 00:07:09)

Distance total 67.9miles in a total of 5 races

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**Stephen Moxon**

01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:13:40	( pace 00:10:12)
01/07/2007	Dark Lane 5k	3.1 miles	00:25:11	( pace 00:08:07)

Distance total 16.2miles in a total of 2 races

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**Neil Murrell**

08/09/2007	Canvey 10k	6.2 miles	01:03:49	( pace 00:10:18)
07/10/2007	Southend 10k	6.1 miles	00:55:56	( pace 00:09:10)
14/10/2007	Tiptree 10	10 miles	01:36:13	( pace 00:09:37)

Distance total 22.3miles in a total of 3 races

**Paul n Norton**

21/01/2007	Dartford 10	10 miles	01:35:15	( pace 00:09:32)
04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:55:50	( pace 00:08:51)
25/02/2007	Roding Half Marathon	13.1 miles	01:57:43	( pace 00:08:59)
18/03/2007	Silverstone 1/2 Marathon	13.1 miles	01:56:00	( pace 00:08:51)
01/04/2007	Oakley 20	20 miles	03:20:01	( pace 00:10:00)
22/04/2007	London Marathon	26.2 miles	05:25:57	( pace 00:12:26)
28/10/2007	Beachy Head Marathon	26.2 miles	06:04:00	( pace 00:13:54)

Distance total 121.7miles in a total of 7 races

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**Sue Nel**

01/01/2007	Serpentine New Year 10k	6.1 miles	00:44:17	( pace 00:07:16)
29/04/2007	Nicola's 5	5 miles	00:34:34	( pace 00:06:55)
24/06/2007	Hordon 10k	6.2 miles	00:43:21	( pace 00:07:00)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:29	( pace 00:06:36)
15/07/2007	Thrift Green 10k	6.2 miles	00:43:53	( pace 00:07:05)
07/10/2007	Southend 10k	6.1 miles	00:42:47	( pace 00:07:01)
04/11/2007	Billericay 10k	6.1 miles	00:43:05	( pace 00:07:04)

Distance total 38.8miles in a total of 7 races

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**Sue Nell**

08/09/2007	Canvey 10k	6.2 miles	00:44:10	( pace 00:07:07)
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Distance total 6.2miles in a total of 1 race

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**Denise Nevile**

08/09/2007	Canvey 10k	6.2 miles	00:53:51	( pace 00:08:41)
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Distance total 6.2miles in a total of 1 race

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**Denis Neville**

13/05/2007	Essex PB 5	5 miles	00:43:29	( pace 00:08:42)
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Distance total 5miles in a total of 1 race

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**Graeme Newman**

20/05/2007	Baddow 10	10 miles	01:12:15	( pace 00:07:14)
10/06/2007	Southend Half Marathon	13.1 miles	01:36:00	( pace 00:07:20)
03/08/2007	Harlow 10	10 miles	01:17:50	( pace 00:07:47)
12/08/2007	Little Haven 5k	3.1 miles	00:20:29	( pace 00:06:36)
08/09/2007	Canvey 10k	6.2 miles	00:42:52	( pace 00:06:55)
07/10/2007	Southend 10k	6.1 miles	00:42:11	( pace 00:06:55)
11/11/2007	Stebbing 10	10 miles	01:10:31	( pace 00:07:03)

Distance total 58.5miles in a total of 7 races

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**Sarah Norton**

21/01/2007	Dartford 10	10 miles	01:35:58	( pace 00:09:36)
25/02/2007	Roding Half Marathon	13.1 miles	02:02:09	( pace 00:09:19)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:57:46	( pace 00:08:59)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:02:00	( pace 00:09:19)
22/04/2007	London Marathon	26.2 miles	05:19:09	( pace 00:12:11)
13/05/2007	Essex PB 5	5 miles	00:43:36	( pace 00:08:43)
20/05/2007	Baddow 10	10 miles	01:37:19	( pace 00:09:44)
12/08/2007	Little Haven 5k	3.1 miles	00:26:55	( pace 00:08:41)
27/08/2007	Barking Park 5k	3.1 miles	00:25:42	( pace 00:08:17)
08/09/2007	Canvey 10k	6.2 miles	00:58:55	( pace 00:09:30)
07/10/2007	Southend 10k	6.1 miles	00:56:28	( pace 00:09:15)

Distance total 109miles in a total of 11 races

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**Barbara Oliver**

01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:59:46	( pace 00:09:09)
22/04/2007	London Marathon	26.2 miles	05:06:13	( pace 00:11:41)
10/06/2007	Southend Half Marathon	13.1 miles	02:06:42	( pace 00:09:40)
24/06/2007	Hordon 10k	6.2 miles	00:53:13	( pace 00:08:35)
07/10/2007	Southend 10k	6.1 miles	00:53:36	( pace 00:08:47)
14/10/2007	Tiptree 10	10 miles	01:29:24	( pace 00:08:56)
28/10/2007	Great South Run	10 miles	01:28:41	( pace 00:08:52)

Distance total 84.7miles in a total of 7 races

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**Lee Olney**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:02:55	( pace 00:09:23)
29/04/2007	Nicola's 5	5 miles	00:41:07	( pace 00:08:13)
27/05/2007	Edinburgh Marathon	26.2 miles	04:47:36	( pace 00:10:59)

Distance total 44.3miles in a total of 3 races

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**Julia Palmer**

21/01/2007	Dartford 10	10 miles	01:08:39	( pace 00:06:52)
04/02/2007	Grt Bentley Half Marathon	13.1 miles	01:28:29	( pace 00:06:45)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:30:00	( pace 00:06:52)
22/04/2007	London Marathon	26.2 miles	03:12:26	( pace 00:07:21)
27/05/2007	Hatfield Broad Oak 10k	6.2 miles	00:41:52	( pace 00:06:45)
03/06/2007	Titly Hilly 5	5 miles	00:34:15	( pace 00:06:51)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:22	( pace 00:06:34)
08/07/2007	Felstead 10k	6.2 miles	00:41:03	( pace 00:06:37)
03/08/2007	Harlow 10	10 miles	01:08:13	( pace 00:06:49)
08/09/2007	Canvey 10k	6.2 miles	00:42:16	( pace 00:06:49)
07/10/2007	Southend 10k	6.1 miles	00:40:57	( pace 00:06:43)
14/10/2007	Tiptree 10	10 miles	01:07:33	( pace 00:06:45)
04/11/2007	Billericay 10k	6.1 miles	00:40:52	( pace 00:06:42)
11/11/2007	Stebbing 10	10 miles	01:09:13	( pace 00:06:55)

Distance total 131.3miles in a total of 14 races

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**Robert Peachey**

20/05/2007	Baddow 10	10 miles	01:15:25	( pace 00:07:32)
14/10/2007	Tiptree 10	10 miles	01:12:42	( pace 00:07:16)

Distance total 20miles in a total of 2 races

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**Steve Peake**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:02:31	( pace 00:09:21)
10/06/2007	Southend Half Marathon	13.1 miles	01:47:43	( pace 00:08:13)
01/07/2007	Dark Lane 5k	3.1 miles	00:22:56	( pace 00:07:24)

Distance total 29.3miles in a total of 3 races

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**Charlotte Peppiatt**

29/04/2007	Nicola's 5	5 miles	00:35:42	( pace 00:07:08)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:54	( pace 00:06:45)
11/07/2007	Crown to Crown July	3.1 miles	00:21:47	( pace 00:07:02)
12/08/2007	Little Haven 5k	3.1 miles	00:20:30	( pace 00:06:37)
16/08/2007	Crown to Crown 5k	3.1 miles	00:21:56	( pace 00:07:05)
21/10/2007	Langdon 5	5 miles	00:32:18	( pace 00:06:28)

Distance total 22.4miles in a total of 6 races

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**Luis Pereira**

10/06/2007	Southend Half Marathon	13.1 miles	02:07:28	( pace 00:09:44)
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Distance total 13.1miles in a total of 1 race

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**Lorraine Peters**

10/02/2007	Brands Hatch Half Marathon	13.1 miles	02:20:17	( pace 00:10:43)
25/03/2007	Brentwood Half Marathon	13.1 miles	02:10:54	( pace 00:10:00)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:01:10	( pace 00:09:15)
03/08/2007	Harlow 10	10 miles	01:33:50	( pace 00:09:23)
07/10/2007	Southend 10k	6.1 miles	00:49:46	( pace 00:08:10)

Distance total 55.4miles in a total of 5 races

**Martina Petkov**

25/03/2007 Brentwood Half Marathon 13.1 miles 02:33:15 (pace 00:11:42)

Distance total 13.1miles in a total of 1 race

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**Anthony Phillips**

10/06/2007 Southend Half Marathon 13.1 miles 02:05:27 (pace 00:09:35)

24/06/2007 Hordon 10k 6.2 miles 00:54:52 (pace 00:08:51)

30/09/2007 Great North Run 13.1 miles 02:13:49 (pace 00:10:13)

Distance total 32.4miles in a total of 3 races

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**Matthew Pickett**

28/01/2007 Benfleet 15 15 miles 01:50:44 (pace 00:07:23)

Distance total 15miles in a total of 1 race

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**Ian Pike**

01/07/2007 Dark Lane 5k 3.1 miles 00:21:22 (pace 00:06:54)

11/07/2007 Crown to Crown July 3.1 miles 00:21:56 (pace 00:07:05)

12/08/2007 Little Haven 5k 3.1 miles 00:18:51 (pace 00:06:05)

16/08/2007 Crown to Crown 5k 3.1 miles 00:19:36 (pace 00:06:19)

27/08/2007 Barking Park 5k 3.1 miles 00:18:37 (pace 00:06:00)

21/10/2007 Langdon 5 5 miles 00:29:41 (pace 00:05:56)

Distance total 20.5miles in a total of 6 races

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**Sian Porter**

10/06/2007 Southend Half Marathon 13.1 miles 01:44:45 (pace 00:08:00)

Distance total 13.1miles in a total of 1 race

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**Emma Quick**

25/03/2007 Brentwood Half Marathon 13.1 miles 02:26:53 (pace 00:11:13)

22/04/2007 London Marathon 26.2 miles 06:22:35 (pace 00:14:36)

Distance total 39.3miles in a total of 2 races

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**Rob Read**

13/05/2007 Bluebell 5 5 miles 00:39:12 ( pace 00:07:50)

Distance total 5miles in a total of 1 race

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**Morgan Reddish**

07/10/2007 Southend 10k 6.1 miles 00:58:08 ( pace 00:09:32)

Distance total 6.1miles in a total of 1 race

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**Mark Reed**

07/10/2007 Southend 10k 6.1 miles 00:57:52 ( pace 00:09:29)

Distance total 6.1miles in a total of 1 race

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**Reece Robinson**

28/01/2007 Benfleet 15 15 miles 01:51:39 ( pace 00:07:27)

Distance total 15miles in a total of 1 race

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**Colin Rothwell**

21/10/2007 Maidstone Half Marathon 13.1 miles 01:22:18 ( pace 00:06:17)

Distance total 13.1miles in a total of 1 race

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**James s Spencer**

08/09/2007 Canvey 10k 6.2 miles 01:03:54 ( pace 00:10:18)

07/10/2007 Southend 10k 6.1 miles 00:51:17 ( pace 00:08:24)

14/10/2007 Tiptree 10 10 miles 01:35:18 ( pace 00:09:32)

04/11/2007 Billericay 10k 6.1 miles 00:54:31 ( pace 00:08:56)

Distance total 28.4miles in a total of 4 races

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**Danielle Sale**

11/07/2007 Crown to Crown July 3.1 miles 00:18:16 ( pace 00:05:54)

Distance total 3.1miles in a total of 1 race

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**Rob Silvester**

25/03/2007 Brentwood Half Marathon 13.1 miles 01:52:17 (pace 00:08:34)

Distance total 13.1miles in a total of 1 race

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**James Skinner**

28/01/2007 Benfleet 15 miles 01:59:15 (pace 00:07:57)

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:44:40 (pace 00:07:59)

Distance total 28.1miles in a total of 2 races

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**Debbie Slack**

28/01/2007 Benfleet 15 miles 01:56:07 (pace 00:07:44)

29/04/2007 Nicola's 5 miles 00:33:12 (pace 00:06:38)

20/05/2007 Baddow 10 miles 01:09:54 (pace 00:06:59)

08/07/2007 Felstead 10k 6.2 miles 00:43:13 (pace 00:06:58)

16/08/2007 Crown to Crown 5k 3.1 miles 00:21:19 (pace 00:06:53)

08/09/2007 Canvey 5k 3.1 miles 00:20:46 (pace 00:06:42)

14/10/2007 Tiptree 10 miles 01:09:37 (pace 00:06:58)

Distance total 52.4miles in a total of 7 races

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**John Small**

01/04/2007 Sunflower 10k 6.2 miles 00:45:00 (pace 00:07:15)

29/04/2007 Nicola's 5 miles 00:34:57 (pace 00:06:59)

06/05/2007 Fordingbridge 10k 6.1 miles 00:45:30 (pace 00:07:28)

13/05/2007 Bluebell 5 miles 00:44:14 (pace 00:08:51)

10/06/2007 Southend Half Marathon 13.1 miles 01:54:46 (pace 00:08:46)

24/06/2007 Hordon 10k 6.2 miles 00:42:17 (pace 00:06:49)

22/07/2007 Dartford Half Marathon 13.1 miles 01:33:38 (pace 00:07:09)

28/10/2007 Beachy Head Marathon 26.2 miles 05:24:00 (pace 00:12:22)

Distance total 80.9miles in a total of 8 races

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**Debbie Smith**

25/03/2007	Brentwood Half Marathon	13.1 miles	01:40:52	( pace 00:07:42)
22/04/2007	London Marathon	26.2 miles	03:42:35	( pace 00:08:30)
03/06/2007	Titly Hilly 5	5 miles	00:39:36	( pace 00:07:55)
24/06/2007	Hordon 10k	6.2 miles	00:45:48	( pace 00:07:23)
01/07/2007	Dark Lane 5k	3.1 miles	00:22:07	( pace 00:07:08)
08/07/2007	Felstead 10k	6.2 miles	00:46:17	( pace 00:07:28)
08/09/2007	Canvey 5k	3.1 miles	00:23:06	( pace 00:07:27)
21/10/2007	Chicago Marathon	26.2 miles	03:29:39	( pace 00:08:00)
11/11/2007	Stebbing 10	10 miles	01:19:29	( pace 00:07:57)

Distance total 99.1miles in a total of 9 races

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**Kirste Snellgrove**

10/02/2007	Brands Hatch Half Marathon	13.1 miles	02:20:36	( pace 00:10:44)
25/02/2007	Roding Half Marathon	13.1 miles	02:11:55	( pace 00:10:04)
11/03/2007	Milton Keynes Half Marathon	13.1 miles	02:08:58	( pace 00:09:51)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:03:24	( pace 00:09:25)
22/04/2007	London Marathon	26.2 miles	05:17:12	( pace 00:12:06)
20/05/2007	Baddow 10	10 miles	01:43:12	( pace 00:10:19)
10/06/2007	Southend Half Marathon	13.1 miles	02:16:37	( pace 00:10:26)
30/09/2007	Folkestone Half Marathon	13.1 miles	02:10:42	( pace 00:09:59)

Distance total 114.8miles in a total of 8 races

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**Anna Spencer**

10/02/2007	Brands Hatch Half Marathon	13.1 miles	02:20:36	( pace 00:10:44)
25/02/2007	Roding Half Marathon	13.1 miles	02:11:55	( pace 00:10:04)
11/03/2007	Milton Keynes Half Marathon	13.1 miles	02:09:12	( pace 00:09:52)
22/04/2007	London Marathon	26.2 miles	04:58:14	( pace 00:11:23)
10/06/2007	Southend Half Marathon	13.1 miles	02:16:37	( pace 00:10:26)

Distance total 78.6miles in a total of 5 races

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**Kevin Steed**

29/04/2007	Nicola's 5	5 miles	00:30:57	( pace 00:06:11 )
13/06/2007	Crown to Crown	3.1 miles	00:19:20	( pace 00:06:14 )
01/07/2007	Dark Lane 5k	3.1 miles	00:18:50	( pace 00:06:05 )
07/10/2007	Southend 10k	6.1 miles	00:39:06	( pace 00:06:25 )

Distance total 17.3miles in a total of 4 races

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**Sarah Stone**

29/04/2007	Nicola's 5	5 miles	00:38:43	( pace 00:07:45 )
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Distance total 5miles in a total of 1 race

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**Alison Strauss**

07/10/2007	Southend 10k	6.1 miles	01:02:38	( pace 00:10:16 )
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Distance total 6.1miles in a total of 1 race

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**Philip Street**

25/02/2007	Roding Half Marathon	13.1 miles	01:44:29	( pace 00:07:59 )
07/10/2007	Southend 10k	6.1 miles	00:42:11	( pace 00:06:55 )
04/11/2007	Billericay 10k	6.1 miles	00:41:52	( pace 00:06:52 )

Distance total 25.3miles in a total of 3 races

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**Catherine Stunt**

12/08/2007	Little Haven 5k	3.1 miles	00:20:15	( pace 00:06:32 )
07/10/2007	Southend 10k	6.1 miles	00:41:46	( pace 00:06:51 )
21/10/2007	Langdon 5	5 miles	00:31:47	( pace 00:06:21 )

Distance total 14.2miles in a total of 3 races

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**John Taylor**

29/04/2007	Nicola's 5	5 miles	00:46:50	( pace 00:09:22)
20/05/2007	Baddow 10	10 miles	01:43:23	( pace 00:10:20)
27/05/2007	Hatfield Broad Oak 10k	6.2 miles	00:56:20	( pace 00:09:05)
24/06/2007	Hordon 10k	6.2 miles	00:59:07	( pace 00:09:32)
12/08/2007	Little Haven 5k	3.1 miles	00:28:09	( pace 00:09:05)
08/09/2007	Canvey 5k	3.1 miles	00:29:04	( pace 00:09:23)
07/10/2007	Southend 10k	6.1 miles	01:01:21	( pace 00:10:03)

Distance total 39.7miles in a total of 7 races

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**Tarnia Thompson-Roe**

25/02/2007	Roding Half Marathon	13.1 miles	01:51:04	( pace 00:08:29)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	01:51:04	( pace 00:08:29)
22/04/2007	London Marathon	26.2 miles	04:27:12	( pace 00:10:12)
20/05/2007	Baddow 10	10 miles	01:28:12	( pace 00:08:49)
01/07/2007	Dark Lane 5k	3.1 miles	00:23:50	( pace 00:07:41)
07/10/2007	Southend 10k	6.1 miles	00:49:33	( pace 00:08:07)
04/11/2007	Billericay 10k	6.1 miles	00:50:14	( pace 00:08:14)

Distance total 77.7miles in a total of 7 races

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**David Thomson**

13/05/2007	Bluebell 5	5 miles	00:34:47	( pace 00:06:57)
03/06/2007	Titly Hilly 5	5 miles	00:35:25	( pace 00:07:05)
13/06/2007	Crown to Crown	3.1 miles	00:20:55	( pace 00:06:45)
19/06/2007	Phoenix Striders Trail	3.1 miles	00:21:19	( pace 00:06:53)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:00	( pace 00:06:27)
11/07/2007	Crown to Crown July	3.1 miles	00:20:25	( pace 00:06:35)
17/07/2007	Phoenix Strideres 5k Trail	3.1 miles	00:20:40	( pace 00:06:40)

Distance total 25.5miles in a total of 7 races

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**Paul Todd**

07/10/2007 Southend 10k 6.1 miles 00:36:09 ( pace 00:05:56)

Distance total 6.1miles in a total of 1 race

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**Nicky Triggs**

25/02/2007 Roding Half Marathon 13.1 miles 01:51:03 ( pace 00:08:29)

25/03/2007 Brentwood Half Marathon 13.1 miles 01:47:40 ( pace 00:08:13)

01/04/2007 Paddock Wood 1/2 Marathon 13.1 miles 01:46:07 ( pace 00:08:06)

10/06/2007 Southend Half Marathon 13.1 miles 01:49:52 ( pace 00:08:23)

30/09/2007 Great North Run 13.1 miles 01:46:05 ( pace 00:08:06)

07/10/2007 Southend 10k 6.1 miles 00:48:09 ( pace 00:07:54)

04/11/2007 Billericay 10k 6.1 miles 00:46:53 ( pace 00:07:41)

Distance total 77.7miles in a total of 7 races

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**Terry Turner**

04/02/2007 Grt Bentley Half Marathon 13.1 miles 01:32:05 ( pace 00:07:02)

13/05/2007 Bluebell 5 5 miles 00:35:10 ( pace 00:07:02)

04/11/2007 Billericay 10k 6.1 miles 00:41:18 ( pace 00:06:46)

Distance total 24.2miles in a total of 3 races

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**Stacey w Ward**

01/04/2007 Sunflower 10k 6.2 miles 00:35:48 ( pace 00:05:46)

16/08/2007 Crown to Crown 5k 3.1 miles 00:17:41 ( pace 00:05:42)

07/10/2007 Southend 10k 6.1 miles 00:35:32 ( pace 00:05:50)

Distance total 15.4miles in a total of 3 races

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**Stuart w Watson**

13/05/2007	Bluebell 5	5 miles	00:33:10	( pace 00:06:38)
13/06/2007	Crown to Crown	3.1 miles	00:19:43	( pace 00:06:22)
11/07/2007	Crown to Crown July	3.1 miles	00:19:29	( pace 00:06:17)
16/08/2007	Crown to Crown 5k	3.1 miles	00:19:54	( pace 00:06:25)
21/10/2007	Langdon 5	5 miles	00:29:06	( pace 00:05:49)

Distance total 19.3miles in a total of 5 races

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**Andrew Walker**

25/03/2007	Brentwood Half Marathon	13.1 miles	02:01:39	( pace 00:09:17)
01/04/2007	Paddock Wood 1/2 Marathon	13.1 miles	02:00:39	( pace 00:09:13)
22/04/2007	London Marathon	26.2 miles	04:59:33	( pace 00:11:26)

Distance total 52.4miles in a total of 3 races

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**Sue Ward**

01/01/2007	Serpentine New Year 10k	6.1 miles	00:54:51	( pace 00:09:00)
13/05/2007	Bluebell 5	5 miles	00:49:15	( pace 00:09:51)
13/06/2007	Crown to Crown	3.1 miles	00:29:28	( pace 00:09:30)
24/06/2007	Hordon 10k	6.2 miles	00:55:37	( pace 00:08:58)
11/07/2007	Crown to Crown July	3.1 miles	00:28:43	( pace 00:09:16)
16/08/2007	Crown to Crown 5k	3.1 miles	00:27:52	( pace 00:08:59)
07/10/2007	Southend 10k	6.1 miles	00:53:45	( pace 00:08:49)
21/10/2007	Langdon 5	5 miles	00:40:35	( pace 00:08:07)
04/11/2007	Billericay 10k	6.1 miles	00:53:17	( pace 00:08:44)
11/11/2007	Stebbing 10	10 miles	01:28:52	( pace 00:08:53)

Distance total 53.8miles in a total of 10 races

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**George Watts**

13/06/2007	Crown to Crown	3.1 miles	00:20:08	( pace 00:06:30)
01/07/2007	Dark Lane 5k	3.1 miles	00:19:37	( pace 00:06:20)
16/08/2007	Crown to Crown 5k	3.1 miles	00:20:46	( pace 00:06:42)

Distance total 9.3miles in a total of 3 races

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**John Wheeler**

25/02/2007	Roding Half Marathon	13.1 miles	01:48:05	( pace 00:08:15)
25/03/2007	Brentwood Half Marathon	13.1 miles	01:50:25	( pace 00:08:26)
22/04/2007	London Marathon	26.2 miles	04:36:58	( pace 00:10:34)
10/06/2007	Southend Half Marathon	13.1 miles	01:43:22	( pace 00:07:53)
07/10/2007	Southend 10k	6.1 miles	00:43:41	( pace 00:07:10)

Distance total 71.6miles in a total of 5 races

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**Antony White**

28/01/2007	Benfleet 15	15 miles	02:00:24	( pace 00:08:02)
18/02/2007	Essex 20	20 miles	02:30:31	( pace 00:07:32)
13/05/2007	Bluebell 5	5 miles	00:35:33	( pace 00:07:07)
24/06/2007	Hordon 10k	6.2 miles	00:44:19	( pace 00:07:09)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:14	( pace 00:06:32)
07/10/2007	Southend 10k	6.1 miles	00:51:32	( pace 00:08:27)

Distance total 55.4miles in a total of 6 races

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**Mike Whittaker**

13/05/2007	Bluebell 5	5 miles		( pace )
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Distance total 5miles in a total of 1 race

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**Mark Williams**

01/01/2007	Serpentine New Year 10k	6.2 miles	00:42:34	( pace 00:06:52)
18/02/2007	Essex 20	20 miles	02:40:59	( pace 00:08:03)
22/04/2007	London Marathon	26.2 miles	04:01:21	( pace 00:09:13)
13/05/2007	Bluebell 5	5 miles	00:36:01	( pace 00:07:12)
30/06/2007	Orion Fell	3.5 miles	00:29:15	( pace 00:08:21)
01/07/2007	Dark Lane 5k	3.1 miles	00:20:20	( pace 00:06:34)
12/08/2007	Little Haven 5k	3.1 miles	00:19:36	( pace 00:06:19)
27/08/2007	Barking Park 5k	3.1 miles	00:19:41	( pace 00:06:21)

Distance total 70.2miles in a total of 8 races