

## Southend 10K : 8th October 2006

Unfortunately a potentially serious medical emergency occurred just past the finish which resulted in access to many of the finishing lanes being severely restricted from about 48 minutes onwards. As competitors are aware, this caused a massive log-jam of finishers who could not be marshalled properly into the correct lanes in order to record their finishing order. Consequently results shown here from 48 minutes onwards are not very accurate. The good news however, is that that the person concerned proved not to be too badly hurt, although the nature of the injury meant that it had to be handled as potentially life threatening. We thank you for your understanding.

1	Cris Bloomfield		Billeric	31:32	72	Chris Scrivener	V40	Thurrock	38:00
2	James Connor		(789)	32:08	73	Steven Read		GrangeFm	38:04
3	Gareth Riddell		Basildon	32:25	74	Alan Clark	V40	Billeric	38:06
4	Nick Hodges		Dorking	32:35	75	Andy Coleman		Billeric	38:15
5	James Nunn		Billeric	32:53	76	Mike Whittaker	V45	Southend	38:17
6	Paul Dobson		Springfd	32:55	77	Gail Dawson	L40	Basildon	38:18
7	Ben Hunter	16	Southend	33:13	78	Steve Desborough	V40	Benfleet	38:23
8	Will Wright	19	Chelmsfd	33:17	79	Neil Bearwish	V40	ELondTri	38:24
9	Gary Chandler		Springfd	33:28	80	Scott Tilson		(128)	38:24
10	Paul Molyneux		Springfd	33:30	81	Don't know		???	38:25
11	Glenn Whellams	V40	Salford	33:32	82	Steven Drummond		Benfleet	38:25
12	Richard Holland	V45	WoodfdGr	33:36	83	Richard Fuller	V45	EEssexT	38:26
13	David Dickinson		(799)	33:40	84	Harry Smith	16	EEssexT	38:26
14	Malcolm Muir		IlfordAC	33:57	85	Greg Jarvis		(1119)	38:28
15	Luke Armitage	V40	Kent AC	34:00	86	Kevin Wotton		Bark&Dag	38:30
16	Trevor Keys		Haverng	34:11	87	Steffan Cohen		Benfleet	38:31
17	Garon Heslop	V45	Chelmsfd	34:15	88	Richard Bonham		Castlept	38:35
18	Andy Farquharson	V40	Kent AC	34:18	89	Mark Ball		Haverng	38:36
19	Steven Rand		Haverng	34:23	90	Peter Binns	V55	Southend	38:37
20	John Knibb	V40	Derby&Co	34:28	91	Mark Jackson	V45	MidEssx	38:43
21	Dave Tullett	V40	Chelmsfd	34:31	92	Malcolm Reynard	V60	Hardley	38:44
22	Dave Cox	V50	WoodfdGr	34:33	93	Neill Collins		Haverng	38:47
23	Bertie Powell	20	WoodfdGr	34:41	94	Kevin Hinns	V40	ThriftGn	38:48
24	Shay Joyce	21	Orion H	34:52	95	Alan Duncan	V40	EtonMnr	38:49
25	Jason Lendon		Haverng	34:54	96	Rick Ricketts	V40	HarlowRC	38:54
26	Paul Whittaker	17	Southend	35:03	97	Andy Catton	V50	IlfordAC	38:56
27	Mike Mansfield		Southend	35:14	98	Paul Wyatt		Billeric	38:58
28	Matthew Bland		Haverng	35:21	99	John Tennant	V55	HarlowRC	39:01
29	Steve Whittaker		Southend	35:27	100	Trevor East		EtonMnr	39:01
30	Jez Mancer		Benfleet	35:35	101	Eamonn Shelley	V45	Thurrock	39:02
31	Geoffrey Symon	V40	Thurrock	35:38	102	Mark Jagger		(1077)	39:04
32	John Barker	V40	ThriftGn	35:39	103	Graham Foster	V45	Haverng	39:07
33	Martyn Staines		Thurrock	35:40	104	Tony Simmons		(644)	39:10
34	Ryan Prout		Chelmsfd	35:41	105	Steve Fulker	V55	Billeric	39:11
35	Kevin Jacob	V40	Billeric	35:45	106	Stuart Putt		Blackwat	39:12
36	Danielle Sale	L18	(2308)	35:47	107	Joshua Crompton	15	Southend	39:13
37	Keith Wilkinson	V50	Chelmsfd	35:48	108	Mark Walden		(676)	39:13
38	Howard Clarke	15	Southend	35:56	109	Richard Goad	V45	Orion H	39:13
39	Paul Todd		Benfleet	35:58	110	Tim Butt	17	Chelmsfd	39:17
40	Graham Booty		Benfleet	35:58	111	Simon Laver		ELondTri	39:26
41	Scott Rice		Thurrock	35:59	112	Paul Jackaman		Castlept	39:27
42	Tony Collins		Haverng	35:59	113	Richard Roberts		(1277)	39:27
43	Paul Manson		WoodfdGr	36:01	114	Adrian Rudd	V40	(1305)	39:27
44	Anthony Squire		(564)	36:04	115	Iain Macdonald	17	IlfordAC	39:29
45	Martin Chester		Haverng	36:12	116	Chris Elliot	V45	Greens R	39:29
46	Lee Wingate		(762)	36:17	117	Russell Abrey		Dagenham	39:31
47	Iain Cumming	V45	WoodfdGr	36:18	118	Stuart Green	V45	StowmktS	39:32
48	Ian Mulley		Haverng	36:20	119	Dirk Verlaeckt	V45	PitseaRR	39:34
49	Alan Butler	V50	ThriftGn	36:27	120	David Hurley	V40	Orpingto	39:38
50	Ron O'Sullivan		WoodfdGr	36:31	121	Dee Smale	L45	Straggle	39:40
51	Karen Sindall	L	(3004)	36:31	122	Howard Issatt		(507)	39:41
52	John Green	V40	Thurrock	36:33	123	Steve Kidwell	V40	(1320)	39:43
53	Robert Doyle	17	Thurrock	36:34	124	Simon Bond	V45	Southend	39:44
54	Ian O'Neill		ThriftGn	36:35	125	Graham Hart	V40	EEssexT	39:45
55	Michael Gore		Invicta	36:36	126	John Whitehead	V40	(827)	39:46
56	Harriet Scott	L	Haverng	36:46	127	Chris Burgoyne		(1311)	39:47
57	Graham Pritchard		Haverng	36:52	128	Mark Brewer	V40	Tiptree	39:47
58	Jazz Pritchard	18	(337)	36:56	129	Hennie Zietsman		(972)	39:47
59	Patrick Young		Raven	36:59	130	John Tyler	V40	Havrng90	39:48
60	Wayne Southon		(1111)	37:08	131	Robert West		Southend	39:51
61	John Fitzpatrick		(1156)	37:11	132	Mick Judd	V40	Thurrock	39:52
62	Phil Oatham	V45	Thurrock	37:16	133	Ben Cooke		Colchstr	39:52
63	John Manlow		(384)	37:16	134	Toni Noble	L35	Thurrock	39:58
64	Philip Cooper		ThriftGn	37:21	135	Paul Brandon		EtonMnr	40:02
65	Dave Collier		Chelmsfd	37:23	136	Mike Bowler	V60	(268)	40:03
66	Keith Thornton	V40	ThriftGn	37:27	137	Allan Currel	V40	WelwynGC	40:06
67	Matthew Herbert		IlfordAC	37:39	138	David Butler	V50	(1078)	40:07
68	Kevin Harper		WithamRc	37:43	139	Kevin Wind	V45	PitseaRR	40:11
69	Graham Hill		Royston	37:47	140	Jason Taylor		LeightFR	40:11
70	Peter Adkins		(1443)	37:52	141	Iain Macara		(280)	40:11
71	Terry Knightley	V45	IlfordAC	37:53	142	Steve Donoghue	V40	BarkingR	40:12

## Southend 10K : 8th October 2006

143	Alan Rich	V55	Withmstw	40:13	220	John Mortimer		(601)	42:37
144	Andrew Smith		WoodfdGr	40:13	221	Philip Rusby	V40	(135)	42:38
145	Rob Sargent	V50	Dagenham	40:14	222	Mathew Lee	15	Southend	42:38
146	Jonathan Spall		(927)	40:17	223	John Few	V60	EtonMnr	42:40
147	Ian McLaughlin		WithamRc	40:19	224	Daniel Ward		Farrow T	42:45
148	Richard Jennings		(27)	40:21	225	Peter McLaughlin	V50	PitseaRR	42:46
149	Ian Cardy	V40	Springfd	40:25	226	Sue Nel	L35	Benfleet	42:51
150	Simon Grover		(1212)	40:27	227	P Surfindudel	20	(822)	42:53
151	Lee-Anne Cann	L	Southend	40:28	228	Simon Bacon		ECFRS	42:55
152	Dave Sweet	V45	Billeric	40:30	229	Chris Milne	V45	ThurrNom	42:56
153	Ronald Viallis	V50	BarkingR	40:34	230	Peter Osborne		(573)	42:59
154	Chris Campos		(450)	40:39	231	Rosa Morris	L	(2866)	43:03
155	John Burgess	V40	Fvs Tri	40:39	232	Rob Tubb		ECFRS	43:04
156	Peter Cross	V50	Belgrave	40:41	233	Nicholas Rankin	V45	(500)	43:05
157	Jason Fitchew		(455)	40:41	234	Daniel Brand		Dagenham	43:06
158	Chris Dunn		(542)	40:42	235	Simon Witton	V75	(683)	43:08
159	Steven Butcher	V45	(774)	40:43	236	Colin Jones	V40	Bark&Dag	43:12
160	Steve Allen	V45	IlfordAC	40:43	237	Nick Barker		(1048)	43:13
161	Stephen Jackson		EtonMnr	40:44	238	John Reynolds	V65	Castlept	43:13
162	Elin Engdahl	L40	Thurrock	40:45	239	Frank Pallett		(746)	43:16
163	Michael Neal		(1199)	40:47	240	John Arthur	V45	Thurrock	43:17
164	Andy Sims	V40	HarlowRC	40:47	241	John Beasley	V45	(160)	43:19
165	Neil Crisp	V40	IlfordAC	40:47	242	Kevin Snovelton	V50	Southend	43:20
166	Kevin Downey	V40	(1020)	40:48	243	Kevin Youell		(836)	43:24
167	Graham Jenkins		(311)	40:52	244	Frank Rothwell	V40	(745)	43:25
168	Julia Palmer	L45	Benfleet	40:56	245	Chris Bell		FordRC	43:25
169	Nick Oldfield		(386)	40:57	246	Emma Wallace	L	Havrng	43:26
170	David Adkins	V40	(1442)	41:00	247	Jonathan Jarvis		LeighOnS	43:26
171	Ronald Vialls	V50	BarkingR	41:01	248	Andrew Wood		(112)	43:26
172	Dean Johnson		(107)	41:03	249	Michael Gilbert	V40	(613)	43:27
173	Marnie Ellison	L	Dartford	41:05	250	Godfrey Mather	V55	Benfleet	43:27
174	Gary Wright	V45	Springfd	41:06	251	Richard Coates		(713)	43:28
175	Steve Jolly	V40	(1210)	41:11	252	Steve Wyatt	V45	(707)	43:30
176	Alan Russell	V45	Maidenh	41:13	253	Carl Nanton		Bark&Dag	43:31
177	Jeffrey Orrey		(544)	41:16	254	David Colbear		(697)	43:32
178	Tom Rees		(1110)	41:17	255	Andrew Wilkins	V40	(833)	43:33
179	Megan Norquay	L	Thurrock	41:20	256	Richard Hurley	V55	(315)	43:34
180	Michael Rogers		WoodfdGr	41:21	257	Michael Lee	V50	(781)	43:35
181	Jeremy Bethell		Southend	41:22	258	Simon Murray	V40	ThriftGn	43:36
182	Graham Crocket	V40	(1221)	41:24	259	Peter Goldfinch	V45	TrentPkT	43:36
183	David Wood		LitBaddw	41:28	260	Trevor Meager		(636)	43:37
184	John Macnamara		Southend	41:30	261	Giles Stevenson	V40	(1153)	43:40
185	John Devall	V45	RRunners	41:31	262	Adam Lysons		LeighOnS	43:42
186	Gregg Gibson		(1404)	41:33	263	Rohan Alexander		IlfordAC	43:45
187	Damon Cooper		(1324)	41:35	264	Bryn Davies		ThurNom	43:46
188	Lloyd Miles		(320)	41:36	265	Kevin Webber		Springfd	43:47
189	Tony Hall	V50	(832)	41:37	266	Chris Barber		Swanley	43:49
190	Mauricin Jardim		(157)	41:40	267	Keith Walker	V55	Billeric	43:49
191	Richard Taylor	V50	Springfd	41:41	268	Kevin Smith		(519)	43:50
192	Sue Spong	L45	Havrng90	41:41	269	Daivd Keeley	V50	Havrng90	43:50
193	David Bines		(1075)	41:42	270	Anne Jenkinson	L	(2644)	43:52
194	Nicholas Fennell	V45	(150)	41:42	271	Tim Mortimer	18	(517)	43:53
195	Mark Oldham	V40	Southend	41:42	272	Alex Thomson	V40	Havrng	43:55
196	Aron McGuire	17	BarkingR	41:46	273	Robert Sandy	V40	(704)	43:56
197	Martin Page	V45	BarkingR	41:49	274	Duncan Turner		IlfordAC	43:58
198	Neil Taylor		Havrng	41:50	275	Sarah Downs	L20	Stevnge	44:00
199	Dave Summers	V50	ThriftGn	41:52	276	Jack Park	V55	RRunners	44:01
200	Michael Long		(313)	41:52	277	Lee Taylor		(1445)	44:02
201	Mark Harvey	V40	Havrng90	41:58	278	Debbie Gibbins	L45	Benfleet	44:04
202	Martin McSloy	V40	FordRC	42:02	279	Anthony White		Benfleet	44:06
203	Tom Dawson	V60	Benfleet	42:03	280	Zak Arakliti		(589)	44:06
204	Anthony Marsh		Springfd	42:09	281	Mark Brown	V40	EEssexT	44:07
205	Steven Hickey		(1164)	42:10	282	Kevin Compton		(627)	44:07
206	Neil Attwood		(936)	42:11	283	Tony Gammer	V40	(672)	44:08
207	John Evans		HarlowRC	42:11	284	Warren Drury		(765)	44:10
208	Chris Beazley		Springfd	42:12	285	Nick Markwell		(642)	44:13
209	Paul Longman	V45	PitseaRR	42:13	286	Matt Dixon	V45	(494)	44:14
210	Daniel Gearing		Havrng	42:15	287	James Haase		(26)	44:14
211	Lauren Johnson	L	Hardley	42:18	288	David Webb		(668)	44:15
212	Steve Downing		Benfleet	42:19	289	Kim Chatting	L	GiBently	44:15
213	Keith Porter		Billeric	42:20	290	David Pike		Havrng90	44:17
214	Gary Collins		Thurrock	42:23	291	Andy Dawbarn	V40	(624)	44:17
215	John Mackenzie	V50	IlfordAC	42:24	292	Jeff Fenton	V55	Havrng90	44:18
216	Sandy Macmillen	V40	Colchstr	42:31	293	David Lesley	V60	Southend	44:19
217	Michael Godman	V45	Benfleet	42:33	294	Chris Huggins	V45	PitseaRR	44:21
218	Panos Kakoullis		(756)	42:33	295	Matthew Chandler		(1030)	44:22
219	Gail Royston	L	Billeric	42:36	296	Lee Andrews		(508)	44:23

## Southend 10K : 8th October 2006

297	Roy Fleming		Billeric	44:25	374	Kevin Flower		Havrng90	45:43
298	William Wu		FordRun	44:26	375	Kevin Chesham	V50	PitseaRR	45:44
299	Jenny Downey	L35	Maidstne	44:27	376	Nick White		(1069)	45:47
300	Keelie Brooks	L	IlfordAC	44:28	377	Trevor Levoi	V40	LeighOnS	45:48
301	James Elsby	V45	(405)	44:29	378	Mark Borton	V45	(1411)	45:49
302	Matthew Knowles		Harwich	44:30	379	Steve Fisher	V40	(191)	45:50
303	Andy Wray		Colchstr	44:33	380	Christine Mowle	L35	(2329)	45:51
304	James Skinner	V40	(291)	44:34	381	Chris McDonnell	V60	Havrng90	45:52
305	Steve Brooks	V40	(725)	44:35	382	Kevin Davidson	V40	(279)	45:54
306	Mike Collins	V55	Sittingb	44:36	383	Ian Hall	V40	(408)	45:55
307	Gregory Timbrell		ThriftGn	44:37	384	Clive Murphy	V55	(38)	45:56
308	David Pattison	V40	Havrng	44:38	385	Dan Mills		(592)	45:57
309	Lee Betteridge		(1066)	44:38	386	Steve Beech	V45	PitseaRR	45:58
310	Trev Mickleburgh		Benfleet	44:38	387	Mandy Smith	L45	EEssexT	45:59
311	Rob Marek		LeighOnS	44:39	388	George Berwick	V55	(787)	45:59
312	Nick Coldicott		(841)	44:39	389	Ian Tatman		(175)	46:00
313	Graham Knight	V45	Havrng90	44:40	390	Peter Adeleke	V40	Benfleet	46:01
314	Joseph Colling		Colchstr	44:41	391	Jon Ward		(104)	46:02
315	Steve Dear		Benfleet	44:44	392	Keith Jackson	V55	PitseaRR	46:03
316	Jaime Boulalhib		(1070)	44:45	393	James Cunningham	V40	Blkheath	46:04
317	Ronald Dawson	V65	Southend	44:49	394	Thomas Everitt	V70	EtonMnr	46:05
318	John Roxborough		WelwynGC	44:50	395	Jeff Harris	V40	(1274)	46:06
319	Paul Martin		Woodson	44:51	396	Stewart Eley	V40	(330)	46:07
320	Robert White	V40	Frith Gr	44:53	397	Thomas Madders		(698)	46:10
321	Ste O'Donnell	V40	(561)	44:55	398	John McAvoy	V60	FordFit	46:11
322	Alison Hamlett	L	(2885)	44:56	399	Denise Ford	L40	Chelmsfd	46:12
323	Debbie Smith	L40	Benfleet	44:56	400	David Enders	V40	(1154)	46:13
324	Laurence Harrison		Billeric	44:59	401	Bosco De Souza	V45	FitnessF	46:14
325	Sarah R-Smith	L40	ThriftGn	45:04	402	Peter Cowley	V50	MountPI	46:14
326	David R-Smith	V45	ThriftGn	45:06	403	Grace Walsh	L	FitnessF	46:15
327	Lorraine Wilson	L40	Southend	45:06	404	Lisa Southon	L	(2815)	46:16
328	Mike Stapleton	V40	(1223)	45:06	405	Eric Shaw	V60	GtBently	46:17
329	Stan Coleman		ThriftGn	45:07	406	Robert Burns	V45	(946)	46:17
330	Jeff Marsham	V45	Havrng90	45:08	407	Michelle Looy	L35	GtBently	46:18
331	Erica Ryder	L40	(2865)	45:09	408	Brian Condron	V40	Chelmsfd	46:19
332	Ray Holmes		(45)	45:09	409	Anne Howe	L40	Benfleet	46:19
333	Ernie Forsyth	V50	IlfordAC	45:10	410	Ian Bartram	V45	(33)	46:20
334	James Roberts		(1165)	45:10	411	Clive Tweedie	V55	(1412)	46:20
335	Dean Oval		(10)	45:11	412	Anthony Eden		(142)	46:21
336	Arthur Whiston	V55	Colchstr	45:11	413	David Todd		(253)	46:22
337	Laura Calvert	L	(2617)	45:12	414	Andy Frith		Benfleet	46:24
338	Gary Howard	V45	Havrng	45:12	415	Natasha Lagden	L	(2581)	46:26
339	Sarah Jeffery	L	(2629)	45:13	416	Pat Halstead	L50	Swanley	46:27
340	Nick Wibrow		(663)	45:14	417	Daivd Thomson		(923)	46:27
341	Karl Cadman		Benfleet	45:14	418	Travis Armstrong		(908)	46:28
342	Stewart Morley	V40	Benfleet	45:15	419	Noel McWalter		(1092)	46:29
343	Stuart Paul		FordRC	45:16	420	Adrian Miskell		(1089)	46:30
344	Chris Dononey	V45	ThriftGn	45:17	421	Phili Moore		rushcrt	46:31
345	Simon Webb		Basildon	45:21	422	Alex Davies		WoodfdGr	46:34
346	John Allum		ThriftGn	45:21	423	Christine Howard	L35	Billeric	46:34
347	Trevor Slade	V45	(729)	45:22	424	Natalie Snow	L	(2324)	46:35
348	Paul Gooding		(708)	45:23	425	David Flanagan	V45	Castlept	46:35
349	Toby Owen		(563)	45:24	426	Robert Abrey	V60	Dagenham	46:36
350	Nigel Thomas		GrangeFm	45:26	427	Nicholas Kidd		(615)	46:37
351	Leo Hall		(410)	45:26	428	Paul Hellen		(878)	46:37
352	Duncan Sawyer		(1093)	45:27	429	Alan Flower	V40	FordRC	46:38
353	Anth M-Liggins	V50	ThriftGn	45:28	430	Paul Zanon		(145)	46:39
354	Paul Champion	V45	LeighOnS	45:29	431	Trevor Edwards		(1051)	46:40
355	Jonathan Wyatt		(1235)	45:30	432	Paul Chadwick	V40	(932)	46:40
356	Jill Eley	L40	(2237)	45:31	433	Sue Simpson	L45	(2745)	46:41
357	Melanie Eveleigh	L35	(2208)	45:32	434	Mike King	V40	(931)	46:42
358	Kevan Hewitt	V40	(531)	45:32	435	Andrew Milne	V50	(1294)	46:42
359	Paul Ruffy		(1249)	45:33	436	Graham Smith	V55	ThriftGn	46:43
360	Sarah Ward	L40	LeighOnS	45:34	437	James Burns		(1450)	46:44
361	Gareth Crompton	V40	Southend	45:35	438	Antony Leckerman	V40	(766)	46:46
362	Roy Farrance	V55	ThriftGn	45:37	439	Nikki Donno	L35	(2489)	46:47
363	Barry Brett	V55	(922)	45:37	440	Paul Venus		(911)	46:47
364	Mike Maguire		RRunners	45:38	441	Tony Davison	V40	(1419)	46:48
365	Anthony Knight		RRunners	45:38	442	Janet Parr	L35	(2695)	46:49
366	Steve Birkett	V55	ThriftGn	45:39	443	Patrick Horgan	V45	(958)	46:49
367	Mike Wheatley	V50	Billeric	45:40	444	Daniel Waldron		(457)	46:49
368	Janet Pardon	L50	Billeric	45:40	445	Matthew H-Ward		(719)	46:50
369	Stephanie Wood	L40	Swanley	45:41	446	John Smith		EEssexT	46:51
370	Andrew Hiron		(596)	45:41	447	Graham Harvey	V45	MetroPol	46:53
371	Chris Cammidge	V45	Castlept	45:42	448	Michael Ford	V50	(1430)	46:53
372	James Varndell	17	(56)	45:42	449	Graham Spencer		ThriftGn	46:54
373	Rob Armstrong	V50	Bark&Dag	45:43	450	Nicky Bailey	V40	Garons	46:54

## Southend 10K : 8th October 2006

451	Pauline Rich	L60	Serpent	46:54	528	V Dorothy	L45	(2175)	48:06
452	C O'Shaughnessey	18	(201)	46:55	529	Kevin Brannan	V50	(679)	48:07
453	Robert Reilly		(638)	46:55	530	Chris Byford		(646)	48:08
454	Katie Ivett	L	(2067)	46:56	531	Peter Godbee	V55	Swanley	48:09
455	Mark Greensill	V40	(947)	46:57	532	Richard Gowers	V40	(605)	48:10
456	Rick Sutton	V45	Trisport	46:57	533	Stuart Ross		(1127)	48:12
457	Mark Duddridge		(528)	46:58	534	Kim Hickey	L	(2899)	48:13
458	James Grundy	V40	(670)	46:59	535	Natalie Teague	L35	(2680)	48:14
459	Sean McSherry	V40	(415)	46:59	536	Stephen Cheal	V45	IlfordAC	48:15
460	Elaine Banville	L35	Billeric	47:00	537	Alan Mercer	V40	Orpingto	48:17
461	Michael Janes	V50	Swanley	47:00	538	Paul Franklin	V50	Castlept	48:17
462	Andrew Thomson		Havrng90	47:01	539	Annette Evans	L35	(2871)	48:18
463	Richard Tiller		Halstead	47:03	540	Paul Gribbon		EEssexT	48:19
464	Danny McLaughlin	V40	Orpingto	47:03	541	John McDonald	V40	(1240)	48:20
465	Martin Elliot		(1067)	47:04	542	Keith Bradford		(562)	48:21
466	Paul Apps		(1204)	47:06	543	John Pardon	V55	Billeric	48:22
467	Victor Pridmore	V70	Billeric	47:06	544	Russell Waughman		(1137)	48:23
468	Michael Knight		(1268)	47:07	545	Marc Ayers		(1011)	48:24
469	Katy Smith	L	Thurrock	47:07	546	John Rickard	V45	(378)	48:25
470	Paul Cardy	L35	(2719)	47:11	547	Joanne Ling	L	Billeric	48:26
471	Paul Gammon	V45	(382)	47:12	548	Steven Pallett		(759)	48:27
472	Hayley Pegg	L18	ThriftGn	47:13	549	Paul McBrearty		(472)	48:28
473	Geoff White		(61)	47:08	550	Chris Parr		(1084)	48:29
474	David Stanley	V50	Orion H	47:08	551	Bob Harding	V40	(632)	48:30
475	Kenneth Edwards	V55	Springfd	47:08	552	Alan Grant	V40	(206)	48:31
476	Daniel Clark	15	(651)	47:08	553	Andrew Izod	V40	(572)	48:32
477	Arnie Choi		(536)	47:09	554	Edward Carter		(1232)	48:33
478	Chloey Turner	L19	(2507)	47:10	555	Gary Sobol	V45	(431)	48:34
479	Terry Garner	V50	(255)	47:11	556	Anne Pickard	L40	ThriftGn	48:35
480	Paul Cleveland	V40	(1436)	47:12	557	Neil Dobson		(523)	48:36
481	Paul Smythe	V40	(983)	47:14	558	Paul Eveleigh	V40	(272)	48:37
482	Lisa Ward	L35	LeighOnS	47:14	559	Jeremy Hodges	V40	(588)	48:38
483	Ian Miller		LeighOnS	47:14	560	Andrew Durham		(539)	48:38
484	Nicola Hopkinson	L40	IlfordAC	47:14	561	Andrew Hutson	16	(1279)	48:39
485	Spencer Walshe		(1001)	47:14	562	Mick Eckers	V50	(374)	48:40
486	Stephen Jolly	V50	(244)	47:14	563	Steve Cardnell	V45	WithamRc	48:41
487	Darren Stevens	V40	Dagenham	47:15	564	Keith Salder	V45	Benfleet	48:42
488	Luke Everett	17	(278)	47:15	565	Nicole Miller	L35	PhoenixS	48:43
489	Victor O'Dome		(73)	47:15	566	Lee Shears		(1195)	48:44
490	Cliff Cant	V50	(453)	47:15	567	Gary Warwick	V55	PitseaRR	48:45
491	Wendy Aldridge	L40	(2382)	47:15	568	James Prichard		(648)	48:46
492	Mike Hayward	V40	Castlept	47:16	569	Ray Rawlinson	V50	IlfordAC	48:47
493	Angela Bent	L50	PitseaRR	47:16	570	David Varndell	V45	(57)	48:48
494	Karl Pech		(1474)	47:16	571	Jennifer Green	L	(2655)	48:49
495	Terry Cockell		Benfleet	47:16	572	Mark Hulbert	V40	(1047)	48:50
496	Daren Phillips	V40	(377)	47:16	573	Mark Osborn	V50	RRunners	48:51
497	Karen Coulson	L	Blackwat	47:17	574	Danielle Morgan	L	Havrng90	48:52
498	Mark Bartlam	V40	LeighOnS	47:17	575	Jo Burtonshaw	L35	(2454)	48:53
499	David Cox		(497)	47:17	576	Barbara Hurley	L	(2897)	48:54
500	Geoff Conway	V45	(396)	47:17	577	Emma Bubb	L17	Basildon	48:55
501	Louise Cox	L40	(2722)	47:17	578	Issy Homan	L35	(2723)	48:56
502	Peter Oyston		(757)	47:18	579	John East	V45	(1131)	48:57
503	Henry Ricketts		IlfordAC	47:21	580	Stephen Baker	V50	(1016)	48:58
504	Brian Ewin	V55	(850)	47:24	581	Louise Rushmer	L40	(2606)	48:59
505	James Powell		(389)	47:27	582	Nell Rees	L	(2823)	48:59
506	Brian Cowling	V65	Billeric	47:30	583	Philip Ashley	V40	Benfleet	48:59
507	Graham Hilbery	V55	Southend	47:34	584	Danielle Hurley	L15	Southend	48:59
508	Malcolm Savage		Springfd	47:34	585	Ste Edgington	V45	(333)	48:59
509	James Richardson		(227)	47:35	586	Kenneth Gilliard	V40	(181)	48:59
510	Daniel Wise		(568)	47:36	587	Clive Toase		(1071)	48:59
511	Louisa Latham	L	(2199)	47:37	588	Robert Willis	V50	BarkingR	49:00
512	Jodie Timbrell	L	ThriftGn	47:38	589	Roger Duffield	V65	Tiptree	49:00
513	Ben Ryan		(1276)	47:39	590	Arron Day		(791)	49:00
514	Ger Howard	L40	Billeric	47:40	591	Georgina Hales	L45	(2361)	49:00
515	Mark Linn	V40	(1455)	47:41	592	Peter Johnson		(1291)	49:00
516	Richard Allen		(1217)	47:44	593	Simon Boyes		LeighOnS	49:00
517	Ian Wright		(139)	47:47	594	Nigel Cooper	V40	(1065)	49:01
518	Daniel Miller	2	Dagenham	47:50	595	Dave Lee	V50	(513)	49:01
519	Caroline Burley	L40	Swanley	47:51	596	Paul Panter		(512)	49:01
520	Ryan Crew		(587)	47:52	597	Darren Hull		Springfd	49:01
521	Linda Mason	L40	(2244)	47:53	598	Robert Read		(657)	49:01
522	Gail Patman	L40	LeighOnS	47:54	599	Robert Wilkins		(435)	49:01
523	Mathew Gillard		Southend	47:55	600	Martyn Usher		(376)	49:01
524	Mark Williamson	V40	Southend	47:56	601	Trevor Brown	V60	NDerbysh	49:02
525	Mike Petchey	V45	(237)	47:57	602	Cath Bridgeman	L	LeighOnS	49:02
526	Calum Newell	15	(1146)	47:58	603	Victoria White	L35	LondFB	49:02
527	Paul Claydon		LondPol	48:02	604	Peter Hall	V40	(1038)	49:02

## Southend 10K : 8th October 2006

605	Debra Johnson	L40	(3007)	49:02	682	Sue Crompton	L40	Southend	49:49
606	Matthew Prier		(1193)	49:02	683	John Pettifer	V55	PitseaRR	49:50
607	Paul Gudgin		(1045)	49:03	684	Loran Pettifer	L40	PitseaRR	49:51
608	Maggie Kelly	L35	(2800)	49:03	685	Dean Tomlinson		WithamRc	49:52
609	Lorraine Rule	L35	(2879)	49:03	686	David Adams	V45	Haverng	49:53
610	Mark Hall		Benfleet	49:03	687	Eleanor Marr	L35	(2889)	49:54
611	Brett Moseley		(753)	49:03	688	Colin Fernandes		Edmonton	49:55
612	Tony Curtin	V50	ThrftGn	49:03	689	Andrew Burgess	V40	PitseaRR	49:56
613	Philip Street	V45	(809)	49:04	690	Alan Porter	V50	Billeric	49:57
614	Lewis Burgess		(1116)	49:04	691	John Forsyth		(527)	49:58
615	Stephen Marks	V60	(80)	49:04	692	Graham Harris	V45	(277)	50:00
616	Peter Pye	V60	(814)	49:04	693	Peter Coath		(371)	50:01
617	Nick Edgeley	V45	Southend	49:04	694	Paul Salmon	V40	(1264)	50:02
618	David Hyde	V40	Benfleet	49:04	695	Samuel Legassick		(577)	50:03
619	Martin Gover	V45	(727)	49:04	696	Terry Meadows	V50	ThurrkNo	50:04
620	Stewart Kemp	V40	(402)	49:05	697	Neil Troth		(902)	50:05
621	Peter Flannigan	V55	PitseaRR	49:05	698	Steven Cooper		(1225)	50:06
622	Mark Fribbens	V40	Halstead	49:05	699	Diane Wagstaff	L40	(2004)	50:07
623	David Behagg		(685)	49:05	700	Bob Gear	V45	Springfd	50:08
624	Nick McCullagh	V50	Castlept	49:05	701	Charl Crawley	L35	(2395)	50:10
625	John Cox	V50	(184)	49:05	702	Sean Blackburne		(224)	50:10
626	Gillian Hawley	L35	(2657)	49:06	703	Liz Stuckey	L	Chelmsfd	50:11
627	Mark White	V40	(1284)	49:06	704	Andy Hawes	V40	(1004)	50:11
628	Philip Barrett	V40	PitseaRR	49:06	705	Rich Broomfield	V40	(1091)	50:12
629	Steve Wright	V45	(1258)	49:06	706	Peter Beecroft	V50	(219)	50:12
630	Mark Kelleway		(743)	49:06	707	Jonathan Barr	V50	(566)	50:13
631	Robert Halstead	V55	Swanley	49:06	708	Paul Roylance		(220)	50:13
632	A Gajbutowicz	V45	VictPark	49:06	709	Stan Hrabe		(553)	50:14
633	Mark Ambrose		BarkingR	49:07	710	Andrew Bridge	V50	(1042)	50:14
634	Jason Mitchell		(1081)	49:07	711	S Nightingale	L	(2486)	50:15
635	John Thompson	V40	(1405)	49:07	712	Sarah Wren	L35	(2114)	50:15
636	Andrew Smith	V40	Amy	49:07	713	Daniel Timbrell	V60	ThrftGn	50:16
637	Jon Morgan	V40	(722)	49:07	714	Valerie Taylor	L60	LeightFR	50:16
638	Paul Row	V40	BishopsS	49:07	715	Cheryl Edward	L40	(2707)	50:17
639	Neil Lynch		EEssexT	49:08	716	William Bridge	V45	Wiggles	50:17
640	Steven Bardrick	V45	(530)	49:08	717	Fred Lowman	V60	Castlept	50:18
641	Nick Valade		(126)	49:08	718	Barbara Oliver	L60	Benfleet	50:18
642	Craig Coy	V45	(970)	49:08	719	Pamela Jones	L70	IlfordAC	50:19
643	Allison Cook	L35	Springfd	49:08	720	Sean Thompson		(1310)	50:19
644	Alistair Gillan		Springfd	49:08	721	Paul Norton	V55	Benfleet	50:20
645	Scott Butler		Trawden	49:09	722	Dave Draper		(1219)	50:20
646	Keith Passingham	V50	PitseaRR	49:09	723	Liam Case	17	(1112)	50:21
647	Jonathan Collin		(133)	49:10	724	John Wren	V40	(111)	50:21
648	Mark Maslin	V40	(82)	49:10	725	Tony Taylor	V45	Benfleet	50:21
649	Dean Murphy		(604)	49:11	726	Rob Jacobs	V40	(1003)	50:21
650	Matt House		(495)	49:12	727	Andrew Sime		(915)	50:21
651	Mick Baron		(492)	49:12	728	Paul Helmer	V45	(1253)	50:21
652	Ian Hunt		(945)	49:13	729	James Pepper		(686)	50:21
653	Trevor Hand	V45	EEssexT	49:14	730	Daniel Kettridge		(1261)	50:22
654	Howard Dimmock	V60	Southend	49:14	731	Steve Martin		(1031)	50:22
655	Steve Bishop	V45	Benfleet	49:15	732	Andrew Sarling		(1220)	50:22
656	Victor Leung		Ford	49:16	733	Iain Banks		(688)	50:22
657	Michael Bailey	V40	(828)	49:16	734	Anthony Dray		(1130)	50:22
658	Mark Scott		(1097)	49:17	735	Colin Orrey		(1299)	50:22
659	Michael Bailey	V40	Southend	49:18	736	Elaine O'Connor	L	Bournvil	50:23
660	Ian Crow	V50	(1243)	49:18	737	Matt Dexter		(655)	50:23
661	Sean Kelly		(1244)	49:19	738	Martin Ling	V40	(365)	50:23
662	Graham Crouchman		(1301)	49:20	739	Paul Tremelling		(948)	50:23
663	Stephen Barton		(1149)	49:22	740	Dean Smith		(364)	50:23
664	Sharon Griffiths	L45	PhoenixS	49:24	741	Josh Bower		EEssexT	50:24
665	Suzie Ridler	L	LeighOnS	49:26	742	Barry Scanlon		(1007)	50:25
666	Jochen Tree		(524)	49:28	743	Anthony Doherty		(458)	50:27
667	Mark Blakeboroug		ECFRS	49:30	744	Andy Paton		ECFRS	50:28
668	Lisa Hatton	L35	(2612)	49:33	745	Peter Strange	V40	(656)	50:30
669	Andy Colwell	V40	(754)	49:35	746	John Darby	V45	LeighOnS	50:31
670	Peter Tree	V50	ThrftGn	49:37	747	Adam Kellingray		ECFRS	50:33
671	Richard Thompson	V40	(1184)	49:39	748	? ?	?	(2756)	50:35
672	David Marks	V45	(256)	49:42	749	Tom Britton		(1023)	50:36
673	Geoff Smale	V45	Southend	49:42	750	Dennis S-Perkins	V50	BarkingR	50:38
674	Nicholas Speller	V40	(831)	49:43	751	Ashley Donoghue	L35	BarkingR	50:39
675	Jack Widdows	16	(1055)	49:44	752	Peter Collier	V50	FitnessF	50:41
676	Tracy Hill	L40	Haverng	49:44	753	Salim Issa		Bark&Dag	50:43
677	Ray Spong	V45	(860)	49:45	754	John Pickard	V55	ThrftGn	50:44
678	Carolann Rogers	L40	Havrng90	49:46	755	Simon Reader		FordFit	50:46
679	Stephen Oliver		(1140)	49:47	756	Ian Newling		(30)	50:48
680	Simon Jolly		FordFit	49:47	757	Graham Atkin		(1121)	50:59
681	Carolyn Severne	L50	(2415)	49:48	758	Clare Fryer	L	Haverng	51:11

## Southend 10K : 8th October 2006

759	Martin Allen	V40	(532)	51:17	836	Timothy Williams	V50	Edmonton	51:52
760	Jonathan Wood		(271)	51:23	837	Ian Blake	V50	(284)	51:52
761	Stewart Parr		(1086)	51:29	838	Deborah Tiernan	L40	Edmonton	51:53
762	Wendy Figes	L	(2481)	51:29	839	Nicola Hulme	L35	(3013)	51:54
763	Lisa Sales	L	BishopsS	51:30	840	Nicky Triggs	L	Benfleet	51:56
764	Steven Hatfield		(750)	51:30	841	Neil Wakeling		Benfleet	51:57
765	Mike Fairchild	V50	(1118)	51:31	842	Tristan Wahl	18	(1202)	51:59
766	Fran Humphries	L50	ThriftGn	51:31	843	Scott Enders	18	(578)	52:00
767	Matthew Rayner		(504)	51:32	844	Melanie Moore	L	(2873)	52:02
768	Helen Kelly	L45	FitnessF	51:32	845	Nancy Smith	L	(2229)	52:03
769	Neil Sturgess		(690)	51:33	846	Mark Groves	V40	(452)	52:05
770	Julie Peacock	L45	(2854)	51:34	847	Robert Woolcott		(555)	52:08
771	Kerry De Jager	L	(2183)	51:34	848	Andrew Hiller		(42)	52:12
772	Steven Hudson	V40	(776)	51:35	849	Paul Mitchley		(1085)	52:16
773	Michael Young		(684)	51:35	850	William Stevens	V40	(793)	52:17
774	Peter Mead	V50	(681)	51:36	851	Ian Rainsby	V40	(1090)	52:19
775	Darren Graham		Castlept	51:36	852	Vicky Stone	L	(2856)	52:21
776	Rebecca Farnall	L	Benfleet	51:37	853	Malcolm Jackaman	V55	Castlept	52:23
777	Elaine Ochiltree	L40	Farrow T	51:37	854	Ian Sherman		LeighOnS	52:25
778	Andy Jeffrey		(829)	51:38	855	Tim Allen		(1026)	52:27
779	Paul Henderson	V40	(1257)	51:39	856	Ian Warner		(480)	52:29
780	Kelly McMaster	L	(2452)	51:39	857	James Elliott		(1147)	52:29
781	Simon Harrison		(1034)	51:40	858	Lee Stannard		(1170)	52:30
782	Neil Reeve		(1142)	51:40	859	Stephen Bettaney	V55	(964)	52:31
783	Dave Martin		(506)	51:41	860	Karl Elliott		(1172)	52:31
784	Tim Cruse	V40	(1325)	51:41	861	Nick Franklin		(1196)	52:32
785	Sally Wilson	L40	LeighOnS	51:42	862	Leanne Valsasar	L35	(2872)	52:33
786	John Harding	V50	(795)	51:43	863	Alison Field	L35	(2700)	52:33
787	Jonathan Eckett	21	(197)	51:43	864	Suasn Schoen	L40	LeighOnS	52:34
788	Barry Rowell	V45	Havrng90	51:43	865	Sharon Sams	L45	BarkingR	52:35
789	Jennifer Crisp	L17	IlfordAC	51:43	866	Michelle Sampson	L	Hayes&Ha	52:35
790	Michael Kennedy	V55	(275)	51:43	867	Robert Courtier	V50	BarkingR	52:36
791	Siobhan Cook	L	(2424)	51:44	868	Orbay Emirali	V40	(1178)	52:37
792	Chris May	V50	(653)	51:44	869	Richard Hills	V50	Swanley	52:37
793	Julia Newell	L	(2828)	51:44	870	Matthew Porter		(361)	52:38
794	Jo Robinson	L35	(2089)	51:44	871	Alf Powell	V55	(6)	52:39
795	Nancy Smith	L35	(2811)	51:45	872	Barbie Curwood	L	(2279)	52:39
796	Andrew Thompson	17	(343)	51:45	873	Steve Dawson	V45	Blkheath	52:40
797	John Morris	V45	LeighOnS	51:45	874	Angela King	L45	(2376)	52:41
798	Ray Bairstow	V60	(612)	51:45	875	Ken Gibley	V50	(955)	52:42
799	Sarah Berry	L	(2751)	51:45	876	Kathy McCrow	L	Billeric	52:42
800	Joanna Sargent	L	VictPark	51:46	877	Louise Hammond	L	Billeric	52:43
801	Ronald Dobie	V45	Havrng90	51:46	878	Sheila Macaulay	L55	Springfd	52:43
802	Richard Wicker	V40	(247)	51:46	879	Fiona Crummay	L40	(2215)	52:44
803	Grahame Hadley	V45	EssexPol	51:46	880	Sian Beavis	L35	(2017)	52:44
804	Mark Jones		(1248)	51:47	881	David Bruley	V40	(1255)	52:45
805	Joanna Fitsall	L	(2225)	51:47	882	Dawn Newbold	L35	(2003)	52:45
806	Sarah Belaon	L	(2521)	51:47	883	Andrew Rogers		(449)	52:46
807	Deb Pinnington	L	(2265)	51:47	884	Jane Webb	L35	(2405)	52:46
808	Steve Perry	V50	Springfd	51:48	885	John Michie	V40	(1192)	52:47
809	Denise Redburn	L	LeighOnS	51:48	886	Myles Coulson		(817)	52:47
810	Claire Burge	L	Benfleet	51:48	887	Miek Jordan	V40	Benfleet	52:48
811	Graham Lewis	V40	Edmonton	51:48	888	Phil Baker		(934)	52:48
812	John Gatens	V60	Edmonton	51:48	889	Lorr Pichelski	L40	(2032)	52:49
813	Andy Knill	V40	Billeric	51:48	890	Katharine Read	L	(2664)	52:49
814	Julia Santarelli	L	LeighOnS	51:48	891	Mark King	V40	(543)	52:50
815	Tamsin Lovett	L	PitseaRR	51:49	892	Apryl Hammett	L	LeighOnS	52:51
816	David Finch	V50	BarkingR	51:49	893	Rachel Jarvis	L40	(2730)	52:51
817	Gareth Tucker		Bark&Dag	51:49	894	Gary Johnson	V40	Benfleet	52:52
818	Harold Fether	V55	(95)	51:49	895	Guy Hammett	V40	(76)	52:53
819	Terry Fulton	V40	(910)	51:49	896	Ewan Brown		(595)	52:53
820	Don't know		???	51:49	897	Ricky Wosahlo		(468)	52:53
821	Darren Bearwish	V45	(1095)	51:50	898	Amanda Wates	L40	(2881)	52:54
822	Chris Bearwish	L40	(2699)	51:50	899	Oscar Maccormac	17	(228)	52:54
823	Sarah Jaggs	L	rushcft	51:50	900	Catherine Butler	L	(2665)	52:54
824	L Mackinnon	L40	(2620)	51:50	901	Gary Higgs		(131)	52:55
825	Elisabeth Ross	L50	(2359)	51:50	902	Jennifer Walford	L45	(2882)	52:55
826	Andy Margetts	V40	(334)	51:50	903	Stacy Roberts	L	(2154)	52:55
827	Philip Simmons	V50	(1125)	51:51	904	Jack Weeks	18	(304)	52:56
828	Julie Gunning	L45	(2735)	51:51	905	C Wagstaff	L	(2273)	52:56
829	Juliette Young	L40	(2561)	51:51	906	Arjun Arora	17	(739)	52:56
830	Ian Smale	V45	Straggle	51:51	907	Iain Ogilvie		(433)	52:57
831	Charles Thomson		(1406)	51:51	908	Mick Hewitt	V50	(785)	52:57
832	Mary McWeeney	L40	(2218)	51:51	909	Chris Phillips		(616)	52:58
833	David Greene		(547)	51:52	910	Andrew Wagstaff		(352)	52:58
834	Lucie Slater	L	(3019)	51:52	911	Suanne Barton	L35	(2005)	52:59
835	Pauline Edmunds	L50	Edmonton	51:52	912	Dave Wright	V40	(520)	52:59

## Southend 10K : 8th October 2006

913	Carolyn Robinson	L35	Castlept	53:00	990	Natalie Thomson	L	(2717)	54:20
914	Neil Robins	V65	(436)	53:00	991	David Curtis		(1124)	54:21
915	Stephen Marshall	V40	(989)	53:01	992	John Waggon	V60	(161)	54:22
916	Michael James	V45	(1296)	53:02	993	Dave Charlton	V40	(1233)	54:23
917	Philippa Smith	L40	(2734)	53:02	994	Mark Regan	V40	(221)	54:24
918	Ruth Male	L45	(2374)	53:03	995	Alasdair McColm		(1115)	54:25
919	Wayne Seaby	V45	(1465)	53:03	996	Daniel Seager		(1160)	54:26
920	Phil Brand	V40	(541)	53:04	997	Ken Carey	V55	PitseaRR	54:27
921	Barry Crawley	V40	(965)	53:04	998	Jacqueline Mills	L45	PitseaRR	54:28
922	Michael Walker		(1046)	53:05	999	Richard Selby		(567)	54:29
923	Andrew Timotheou	V45	(1239)	53:06	1000	Keith Swift		(917)	54:30
924	Anth Timotheou	16	(1280)	53:06	1001	Natasha Crago	L	(2451)	54:31
925	Dave Manze	V60	Edmonton	53:07	1002	Sally Youell	L45	(2327)	54:32
926	Cat Slade	L45	ThriftGn	53:07	1003	Roy Jones	V60	Castlept	54:33
927	Barbara Crowley	L70	ThriftGn	53:08	1004	Sukhbindar Jandu	V45	IlfordAC	54:34
928	Nick Wells		Havrng	53:08	1005	Gary Harford	V45	Havrng90	54:35
929	Stephen Hayes	V45	EastVets	53:09	1006	Leigh Cann	L	Basildon	54:36
930	Grant Buckley		(122)	53:10	1007	Sarah Norton	L	Benfleet	54:37
931	Richard Harmer		ThriftGn	53:11	1008	Anthony Baker		Benfleet	54:38
932	Colin Clifford	V60	Havrng90	53:12	1009	David Lane	V45	(920)	54:39
933	Andrew Jelly	V40	(202)	53:13	1010	Vasso Vassiliou	V45	Edmonton	54:40
934	Pauline Thompson	L45	Havrng90	53:14	1011	Neil Attwood	17	(305)	54:41
935	Luke Jessop		(1218)	53:15	1012	Matthew Barber		(617)	54:42
936	Claudio Valentin	V45	(1454)	53:16	1013	Matthew Jeacock		(621)	54:43
937	Dianne Crisp	L40	IlfordAC	53:17	1014	Sarah Newton	L40	(2614)	54:44
938	Jo-Han Diss	L	Springfd	53:18	1015	Clare Fennell	L40	(2123)	54:45
939	Oliver Carter		(74)	53:19	1016	David Hedge	V50	(1319)	54:46
940	Matthew Harrison		(473)	53:20	1017	Peter Cox	V55	(182)	54:47
941	Mick Hrabe		(310)	53:21	1018	Jonathan Hubbard		(788)	54:48
942	Richard Dupree		(526)	53:22	1019	Jean Greaves	L40	(2473)	54:49
943	Graham Trotter		(70)	53:24	1020	Janet Finch	L50	BarkingR	54:50
944	Shane Walker		(1015)	53:24	1021	Helen Skinner	L35	Benfleet	54:51
945	David Hall	V55	(550)	53:24	1022	Lloyd Reynolds	V40	(1029)	54:52
946	Sarah Hembery	L	(2241)	53:25	1023	Phik Gray		(1424)	54:52
947	Katherine White	L	(2493)	53:25	1024	Alex Woodrooft	L	ThriftGn	54:52
948	Andrea Britt	L	(2587)	53:26	1025	Susan Davis	L40	(2698)	54:52
949	Greg Crease		(1100)	53:26	1026	Greg Sexton		(208)	54:52
950	Joanne Short	L35	(2406)	53:26	1027	Tin Robinson	L45	(2007)	54:52
951	Helen Matthews	L40	(2711)	53:27	1028	Andrew Stevenson	V40	GrangeFm	54:52
952	Ryan Mylroie	17	(786)	53:27	1029	Gerald Williams	V60	ThriftGn	54:53
953	Shaun Elliott	V40	(671)	53:28	1030	Susan Sands	L45	(2286)	54:53
954	Mark Reed		(516)	53:28	1031	Mark Easton	V45	(167)	54:53
955	Gavin Silver	V40	(554)	53:28	1032	Terence Widdows	V55	(1054)	54:53
956	Adrian Hall	V40	(614)	53:29	1033	John Harris	V55	(60)	54:53
957	Tom Carter		(779)	53:29	1034	Debra Hammond	L	(2137)	54:53
958	Steve Groves	V50	(1180)	53:30	1035	Michael Dee	V65	Henfield	54:54
959	Clifford Munday	V40	(645)	53:30	1036	Mark King	V40	(89)	54:54
960	James Doyle	V45	Thurrock	53:30	1037	Graham Butler		(344)	54:54
961	Steven McDonnell	16	Havrng90	53:31	1038	Nigel Jenner		(1271)	54:54
962	Bradley Taylor		(678)	53:31	1039	David Easton	V45	(1189)	54:54
963	Paul Taylor		(482)	53:32	1040	Amelia Legon	L	(2884)	54:54
964	Steve Ward	V45	Benfleet	53:32	1041	Nicola Crampton	L35	(2752)	54:55
965	Sue Ward	L55	Benfleet	53:32	1042	Gary Crampton	V40	(1473)	54:55
966	Melanie Willott	L	(2446)	53:33	1043	Michelle Cooper	L40	(2085)	54:55
967	David Godfrey	V60	Billeric	53:33	1044	Angie Standing	L50	(2631)	54:55
968	Alan Taylor	V45	(341)	53:34	1045	Julie Everett	L40	(2211)	54:55
969	Janice Brown	L40	EEssexT	53:42	1046	Keith Bridge		(916)	54:55
970	Denise Kilsby	L	Horndon	53:51	1047	Patrick Waters	V60	Castlept	54:56
971	Kevin Bearwish	V45	(706)	53:59	1048	David Pearson		(1141)	55:05
972	George Nagle	V45	(357)	54:08	1049	Zan Cross	V45	(1431)	55:14
973	Allan Cuthell		(486)	54:08	1050	Dan Dennis	21	(1457)	55:23
974	Clive Farrow		LeighOnS	54:09	1051	Ross Clark		(662)	55:33
975	Eddie Hearn		(362)	54:09	1052	Paul North		(511)	55:34
976	Michael Green		LeighOnS	54:10	1053	James Grimmett		(1161)	55:36
977	Lorri Gibson	L	Benfleet	54:10	1054	Linzi Clark	L	(2556)	55:37
978	Michelle Snook	L	(2131)	54:11	1055	Jeremy Huband	V40	(1181)	55:39
979	Stuart Mowle		(849)	54:11	1056	Al Woodruff	V40	(1456)	55:40
980	Sukhan Seager	L35	(2703)	54:12	1057	Mark Wilmore	V45	(31)	55:42
981	Polly Jackson	L40	Castlept	54:13	1058	John Lang	V45	(159)	55:44
982	Gary Bowles	V60	(695)	54:14	1059	Paul Keene		(287)	55:45
983	Kate Cammidge	L40	Castlept	54:15	1060	Paul Grimsey		(1012)	55:47
984	? ?	?	(2755)	54:15	1061	Leslie Peacock	V50	(44)	55:49
985	Ian Linton	V55	Tiptree	54:16	1062	Christopher Toll	V40	(693)	55:50
986	Karen Bardrick	L40	(2466)	54:17	1063	Dawn Smith	L	(2476)	55:51
987	Edward Cooper		(146)	54:18	1064	Jane Williams	L45	FarrowTr	55:52
988	Tracy Pitkin	L40	Castlept	54:19	1065	Stephen Evans	V50	(18)	55:54
989	Stephen Fletcher		(1281)	54:20	1066	Debbie McCayna	L	ThriftGn	55:55

## Southend 10K : 8th October 2006

1067	Paula Page	L40	ThriftGn	55:56	1144	Michael Googe	V40	(328)	57:37
1068	Carl Goodwin		(427)	55:58	1145	Terry Harding	V55	(223)	57:38
1069	Paul Evans	V65	Hayes&Ha	55:59	1146	Sarah Bassett	L40	(2006)	57:39
1070	John Williams		(1401)	56:00	1147	Sandra Stanton	L40	Springfd	57:40
1071	Adele Cole	L35	LeighOnS	56:02	1148	Dawn Potter	L35	Springfd	57:42
1072	Stephanie Orrell	L	(2048)	56:03	1149	Steph Milligan	L	(2457)	57:43
1073	Dan Kilbourn		(669)	56:04	1150	Debra Smith	L40	(2234)	57:44
1074	Liam Robinson	V40	(1226)	56:05	1151	Michael Ball	V60	BarkingR	57:46
1075	Tim Hewitt		(1416)	56:07	1152	Lucy Olley	L35	(2370)	57:47
1076	George Hewitt	V65	StanCtyV	56:08	1153	William Donovan	V65	Benfleet	57:48
1077	Stephen Curley		(1427)	56:09	1154	Lee Olney	V40	Benfleet	57:50
1078	Susan Price	L45	(2643)	56:11	1155	Greg Newman		(618)	57:51
1079	Alison Dwyer	L35	(2596)	56:12	1156	Lynda Reid	L35	Benfleet	57:52
1080	Terry Rolls	V60	(1096)	56:13	1157	Robin Port		(1088)	57:53
1081	Bridget King	L40	Colchstr	56:15	1158	Alison Diver	L35	(2753)	57:55
1082	Floyd Minot	V40	(1407)	56:16	1159	Thomas Latham		(262)	57:56
1083	Paul Buckley		(121)	56:17	1160	Patrick Knowles	V50	Springfd	57:57
1084	Colin Turner	V55	Havrng90	56:18	1161	Fiona Walker	L35	(2877)	57:59
1085	Keith Penfold	V50	Havrng90	56:20	1162	Tim Baines		(673)	58:00
1086	Buddug J-Bennett	L35	(2741)	56:21	1163	Andrew Walker	V55	Benfleet	58:01
1087	Chris Easter	V50	ThriftGn	56:22	1164	Colin McColm	V45	(1114)	58:03
1088	Suzanne Walker	L50	ThriftGn	56:24	1165	Steve Whyley	V55	(338)	58:04
1089	John Lines	V55	ThriftGn	56:25	1166	Julie Furner	L40	(2088)	58:05
1090	Karen Chapman	L	Springfd	56:26	1167	Philip Camp	17	(303)	58:07
1091	Tom Brimble		(694)	56:28	1168	Charlotte Frith	L	Chelmsfd	58:08
1092	Gareth Mullen		(692)	56:29	1169	Donald Mowl	V60	(751)	58:09
1093	Peterl Watson	V50	(1214)	56:30	1170	Paul Shinn	V45	(1040)	58:10
1094	Denise Parratt	L40	(2740)	56:31	1171	Michael Emons		(359)	58:12
1095	Tim Shea	V40	PitseaRR	56:33	1172	William Hill	V45	(136)	58:13
1096	Shaun Wilson		(476)	56:34	1173	Dan Peters		(456)	58:14
1097	Dean Williams		(1316)	56:35	1174	Pauline Bowles	L40	(2577)	58:16
1098	Chas Matthew	V55	(981)	56:37	1175	Madeline Jones	L40	(2448)	58:17
1099	David Clayton	V45	Triandro	56:38	1176	Albert Miles	V70	Castlept	58:18
1100	Saxon C-Garrod		(102)	56:39	1177	Debbie Eagles	L45	(2236)	58:20
1101	Darren Easwood		(1205)	56:41	1178	Chris Gammage	L40	(2845)	58:21
1102	Jill Lister	L35	ThriftGn	56:42	1179	Kevin Daly	V55	Folkestn	58:22
1103	Elaine Brown	L45	(2266)	56:43	1180	Joanne Day	L40	ThriftGn	58:23
1104	John Braysbrook	V40	Havrng90	56:44	1181	Sonia Sheridan	L45	ThriftGn	58:25
1105	Veronica Beattie	L50	ThriftGn	56:46	1182	Denis Whitton	V45	(388)	58:26
1106	Peter Brown	V45	(355)	56:47	1183	Martyn White	V40	(1283)	58:27
1107	Natalie Brodie	L	(2115)	56:48	1184	Neil Wood		(514)	58:29
1108	David Darby	V40	(1308)	56:50	1185	Desi Choi	L35	(2133)	58:30
1109	Matt Macdonald		(110)	56:51	1186	Jon Fry	V40	(177)	58:31
1110	David Gunn		(1094)	56:52	1187	Wendy Cook	L35	(2530)	58:33
1111	Justine Becaglia	L	(2860)	56:54	1188	Tarnya Parker	L	(2516)	58:34
1112	Emma Kolaru	L35	Edmonton	56:55	1189	Stephen Martin	V40	(533)	58:35
1113	David Waite	V50	(598)	56:56	1190	Ian Gibson	V40	(534)	58:36
1114	Clare Duignan	L40	Edmonton	56:58	1191	Jo Currell	L	(2107)	58:38
1115	Ian Budge		(747)	56:59	1192	Annemarie Wood	L	(2113)	58:39
1116	Gordon Bamber		(1133)	57:00	1193	Linda Brown	L55	NDerbysh	58:40
1117	John Heathcote		(1080)	57:01	1194	Keith Porter	V60	Southend	58:42
1118	Claire Lewis	L35	(2037)	57:03	1195	Katie Vautier	L	Benfleet	58:43
1119	Emma Taylor	L	(2502)	57:04	1196	Laurence Whittle	V55	(12)	58:44
1120	Mark Barber	V40	(1182)	57:05	1197	Karen Playell	L45	(2069)	58:46
1121	Karyn Hansel	L35	(2850)	57:07	1198	Linda Templeton	L40	(2464)	58:47
1122	Gerry Pells	V70	IlfordAC	57:08	1199	Mike Bambrook		(1313)	58:48
1123	Paul C-Holdaway	V40	(1222)	57:09	1200	Jessica Platt	L15	Southend	58:49
1124	Peter Roe	V50	(629)	57:11	1201	T Persighetti	L50	EtonMnr	58:51
1125	Leslie Banks	V55	(342)	57:12	1202	Cally Lammin	L15	(3006)	58:52
1126	Simon Falzon	V40	Ford	57:13	1203	Natalie Johnson	L	(2818)	58:53
1127	Nick Pugh	V60	Castlept	57:14	1204	Jan Grover	L50	(2288)	58:55
1128	Jackie Reavill	L50	Colchstr	57:16	1205	Michelle Pepper	L35	(2572)	58:56
1129	Patricia Meadows	L45	ThurrkNo	57:17	1206	Matthew East		(459)	58:57
1130	Lucy Taylor	L	(2255)	57:18	1207	Leanne Spall	L	(2379)	58:59
1131	Lyndon Bubb		(241)	57:20	1208	David Rider		(470)	59:00
1132	Anthony Bell	V60	Benfleet	57:21	1209	Hannah Sibson	L	(2433)	59:01
1133	Stephen Ives	V40	(1295)	57:22	1210	Joe Kirby		(392)	59:02
1134	Sandra Pearson	L40	(2804)	57:24	1211	Luke Bourdillon		(171)	59:04
1135	Ian Belfield	V40	(1292)	57:25	1212	Nick Cater		(471)	59:05
1136	Michael Bairstow		(611)	57:26	1213	Rebecca King	L	LeighOnS	59:06
1137	Michelle Page	L	(2814)	57:27	1214	Michael Hoy	V40	(918)	59:08
1138	Jeremy Daniel		Havrng90	57:29	1215	Margaret Newman	L55	Hayes&Ha	59:09
1139	Neil Cornelius		(784)	57:30	1216	Brenda Levoi	L40	LeighOnS	59:10
1140	Brad French		(1103)	57:31	1217	Carol Drake	L40	LeighOnS	59:12
1141	Dana Harbage	L45	(2214)	57:33	1218	Susie Dutoit	L	Edmonton	59:13
1142	Paul Yarwood	V40	ThriftGn	57:34	1219	Luke Brear		(14)	59:14
1143	Peter Bryan	V45	EssexPol	57:35	1220	Robert Payne	V55	(233)	59:16

## Southend 10K : 8th October 2006

1221	Val McCullagh	L50	Castlept	59:17	1298	Maxine Channon	L40	(2450)	1:00:57
1222	Ray Clarabut	V55	Edmonton	59:18	1299	Gary Smith	V40	(1293)	1:00:58
1223	Ron Franklin	V75	Barnet&D	59:19	1300	Julie Martin	L45	(2444)	1:01:00
1224	N Constantine	L40	ThriftGn	59:21	1301	Kris Whitmarsh		Benfleet	1:01:01
1225	Gary Miller		(356)	59:22	1302	Chris Hales		(1314)	1:01:02
1226	Louise Couzens	L	(2628)	59:23	1303	Kim Coe	L45	(2725)	1:01:04
1227	Ann Withrington	L40	(2246)	59:25	1304	Kim O'Brien	L40	(2102)	1:01:05
1228	Daniella Jacobs	L19	Benfleet	59:26	1305	Graeme Tunnock		(525)	1:01:06
1229	Darren Pinchback		(117)	59:27	1306	Nicola Ashworth	L35	(2487)	1:01:07
1230	Jon Holland		(1273)	59:29	1307	Caroline Slater	L45	(2068)	1:01:09
1231	John McEachern		(501)	59:30	1308	Sharon Burrows	L45	(2287)	1:01:10
1232	V McEachern	L	(2449)	59:31	1309	Barbara Lammin	L35	(3005)	1:01:11
1233	Tony Dennis		(710)	59:32	1310	H Hely-Hutchinso	V40	(560)	1:01:13
1234	Christine Morgan	L40	(2276)	59:34	1311	Barry Lammin	V40	(1288)	1:01:14
1235	Vivien Pinchback	L35	(2109)	59:35	1312	Jenan Alobaidi	L	(2498)	1:01:15
1236	John Taylor		(734)	59:36	1313	Linda Bewsey	L40	(2683)	1:01:17
1237	Peter Moore	V40	(1318)	59:38	1314	Mark Grimmett		(1162)	1:01:18
1238	Joanne Marshall	L40	(2706)	59:39	1315	May Nagle	L18	(2264)	1:01:19
1239	Marina Hinns	L40	ThriftGn	59:40	1316	Alan Shead		(36)	1:01:21
1240	Joanne Summers	L	ThriftGn	59:42	1317	Nicki Curling	L40	(2103)	1:01:22
1241	Matt Anderson		(928)	59:43	1318	Patrick McKay	V40	(1169)	1:01:23
1242	Sara Green	L35	(2557)	59:44	1319	Debbie Honeysett	L40	(2013)	1:01:24
1243	Richard Ferrier		(71)	59:45	1320	Sonia Walker	L35	Havrng90	1:01:26
1244	Andy Lipscombe		(1466)	59:47	1321	Paul Honeysett	V40	(43)	1:01:27
1245	Suz Criminale	L35	ThriftGn	59:48	1322	Louise McKay	L40	(2841)	1:01:28
1246	Aveson Linden	L	EtonMnr	59:49	1323	Sue Green	L	(2097)	1:01:30
1247	Abi Babak	V50	(1453)	59:51	1324	Catherine Bass	L35	(2896)	1:01:31
1248	Daniel Bent		PitseaRR	59:52	1325	Sharon Reid	L40	Havrng90	1:01:32
1249	Kat Ewin	L	EEssexT	59:53	1326	Jackie Chaney	L35	(2806)	1:01:34
1250	Jenny Pealling	L35	Billeric	59:55	1327	Wendy Gaskin	L45	(2575)	1:01:35
1251	David Rudd	V45	(51)	59:56	1328	Lyn Clare	L40	(2603)	1:01:36
1252	Scott Wright		LeighOnS	59:57	1329	Chris Dyer		(1138)	1:01:37
1253	Pippa Williams	L45	Edmonton	59:58	1330	Ste Southgate		(1058)	1:01:39
1254	John Lomas	V45	(154)	1:00:00	1331	Nigel Davidge		ECFRS	1:01:40
1255	Louise Coates	L	LeighOnS	1:00:01	1332	Michael Pottle		(429)	1:01:41
1256	Nikki Monks	L	(2605)	1:00:02	1333	Holly Taylor	L	LeightFR	1:01:43
1257	Alison Luff	L40	(2100)	1:00:04	1334	James Taylor	V60	LeightFR	1:01:44
1258	Terence Kavanagh	V65	Havrng90	1:00:05	1335	Michael Simpson		(738)	1:01:45
1259	Simon Pearson	V40	(170)	1:00:06	1336	Elis Motteram	L45	(2290)	1:01:47
1260	Paul Feldman	V40	(767)	1:00:08	1337	Gilliam Sherlock	L35	(2110)	1:01:48
1261	Pam Withrington	L40	(2002)	1:00:09	1338	Valerie Furbank	L60	Havrng	1:01:49
1262	Paul Gunter		LeighOnS	1:00:10	1339	John Stamford	V40	PitseaRR	1:01:50
1263	Maria Bosco	L40	(2092)	1:00:11	1340	Niamh Byrne	L40	(2283)	1:01:52
1264	Ann Coldicott	L35	(2319)	1:00:13	1341	Helen Sambrook	L	(2738)	1:01:53
1265	M Siekstelis		(625)	1:00:14	1342	Sarah Smith	L40	(2302)	1:01:54
1266	David Harris		ThriftGn	1:00:15	1343	Mini Nowlan	L	(2477)	1:01:56
1267	Louise Putt	L	(2708)	1:00:17	1344	Samantha Newman	L40	(2869)	1:01:57
1268	Craig Pye		(1251)	1:00:18	1345	Lesley Morgan	L50	Castlept	1:01:58
1269	Paul Flewitt		(1171)	1:00:19	1346	Sue Kelly	L35	(2245)	1:02:00
1270	David Sparrow	V45	(631)	1:00:21	1347	John Butterfield	V40	(1102)	1:02:01
1271	Eliz Bairstow	L	(2527)	1:00:22	1348	Amanda Norfolk	L35	(2668)	1:02:02
1272	Kirsty Oliver	L35	(2809)	1:00:23	1349	Jen Burkinshaw	L	(2754)	1:02:03
1273	Tara Dixon	L35	(2808)	1:00:25	1350	Becky Ball	L35	(2021)	1:02:05
1274	Kellt Shipton	L	Billeric	1:00:26	1351	Tracey Gurr	L35	Havrng	1:02:06
1275	Deborah Caket	L	Billeric	1:00:27	1352	Colleen Rehbein	L	(2525)	1:02:07
1276	John Wyer		(281)	1:00:28	1353	Daphne Pugh	L70	Castlept	1:02:09
1277	William Samuel	V40	(283)	1:00:30	1354	Adam Farmer		(700)	1:02:10
1278	Clare Liddiard	L35	(2666)	1:00:31	1355	Robert Jones	V55	(276)	1:02:11
1279	Lisa Davies	L	LeighOnS	1:00:32	1356	Julie Adams	L40	Edmonton	1:02:13
1280	Margaret Maison	L50	Bark&Dag	1:00:34	1357	Laura Gordon	L	(2494)	1:02:14
1281	Jason Hills		(602)	1:00:35	1358	Michael Reene	V50	(285)	1:02:15
1282	Clare Glenister	L45	(2458)	1:00:36	1359	Darren Smith		(715)	1:02:16
1283	Rob Armstrong	V50	Bark&Dag	1:00:38	1360	Jacqui Fisher	L40	PitseaRR	1:02:18
1284	Lisa Mendoza	L35	(2140)	1:00:39	1361	Yvonne Gould	L35	(2453)	1:02:19
1285	Michael Swan	V45	BarkingR	1:00:40	1362	Linda Pyke	L35	PitseaRR	1:02:20
1286	Sheila Bettaney	L55	(2396)	1:00:41	1363	Gemma Smith	L	Colchstr	1:02:22
1287	David Campos	V55	(1061)	1:00:43	1364	Michael Bennett	V45	(1282)	1:02:23
1288	Roger Peters		(106)	1:00:44	1365	Helene Jackson	L40	(2181)	1:02:24
1289	Graham Horne	V50	(148)	1:00:45	1366	Chris Tatnall	L40	(2607)	1:02:26
1290	Joe McDonnell	19	(1056)	1:00:47	1367	Linda Simpson	L50	(2061)	1:02:27
1291	Phillis Bridge	L40	(2256)	1:00:48	1368	Deborah Sully	L45	LeighOnS	1:02:28
1292	Val Masson	L40	(2651)	1:00:49	1369	Kerry-Anne Marsh	L	Springfd	1:02:30
1293	Ken Eaton	V75	Benfleet	1:00:51	1370	Allan Barley		EssexPol	1:02:31
1294	David Moore	V40	(797)	1:00:52	1371	Deb Docherty	L50	(2373)	1:02:32
1295	Robert Chaplin	V55	Castlept	1:00:53	1372	Laura Charlton	L	(2547)	1:02:33
1296	Maureen Quinn	L40	(2713)	1:00:54	1373	Linda Ashpole	L45	(2341)	1:02:35
1297	Shirley Farrell	L45	(2231)	1:00:56	1374	Paul Lowry		(194)	1:02:36

## Southend 10K : 8th October 2006

1375	John Franklin	V45	(1197)	1:02:37	1452	Linda Adams	L45	ThriftGn	1:04:18
1376	David Pritchard	V60	PitseaRR	1:02:39	1453	Shona Browning	L35	(2681)	1:04:19
1377	Mark Cornell	V40	Havrng90	1:02:40	1454	M Sturgeon	L35	GrangeFm	1:04:20
1378	Jeremy Ellis	V40	Billeric	1:02:41	1455	Martin Buckley	19	(123)	1:04:21
1379	Gemma Clark	L	(2475)	1:02:43	1456	Peter Evans	V40	(882)	1:04:23
1380	Robert Duo		(575)	1:02:44	1457	Jill Brownlie	L45	(2040)	1:04:24
1381	Finlay Munro	V45	(1326)	1:02:45	1458	Sue Taylor	L	(2807)	1:04:25
1382	John Virgo	V75	Castlept	1:02:46	1459	Steve Ward		(1106)	1:04:27
1383	Jackie Davis	L35	(2134)	1:02:48	1460	Cath Salmon	L35	Basildon	1:04:28
1384	Mike Martin		(885)	1:02:49	1461	K Singleton	L	(2874)	1:04:29
1385	Amy Martin	L	(2358)	1:02:50	1462	Paula Kennedy	L35	(2739)	1:04:31
1386	Mark Storey		(149)	1:02:52	1463	Diana Smith	L45	(2383)	1:04:32
1387	Bernadette Good	L40	(2461)	1:02:53	1464	Gary Down	V40	(502)	1:04:33
1388	Jane McReynolds	L35	(2474)	1:02:54	1465	William Barton	V50	(549)	1:04:34
1389	Robert Lawrence	V40	(991)	1:02:56	1466	Ian Clift		(490)	1:04:36
1390	Kevin Nelson		(215)	1:02:57	1467	Tracey George	L40	Dagenham	1:04:37
1391	Lindsey Donovan	L	(2160)	1:02:58	1468	Steven Russell		(1209)	1:04:38
1392	Tracy Peacock	L	(2011)	1:02:59	1469	Alex Mullett		(546)	1:04:40
1393	Julian Corfield	V55	(8)	1:03:01	1470	B Mansbridge	L50	Brittani	1:04:41
1394	Doris Seal		ECFRS	1:03:02	1471	Anth Mansbridge	19	Brittani	1:04:42
1395	Tara Meldrum	L35	(2251)	1:03:03	1472	Tracey Pettet	L40	PitseaRR	1:04:44
1396	Sally Taylor	L40	(2250)	1:03:05	1473	Sandra Hockley	L40	PitseaRR	1:04:45
1397	Catherine Dobson	L35	(2252)	1:03:06	1474	Kim Harvey	L	(2260)	1:04:46
1398	Gareth Lanaway		(1290)	1:03:07	1475	Susan Roebuck	L45	(2023)	1:04:48
1399	Andrea Macqueen	L40	Orion H	1:03:09	1476	Rob Silvester		(603)	1:04:49
1400	Stephanie Stamp	L50	(2020)	1:03:10	1477	Nicole Callaghan	L	(2742)	1:04:50
1401	Daniel Garside		(418)	1:03:11	1478	Gary Clark	V40	(652)	1:04:51
1402	William Knight		(444)	1:03:12	1479	Val Taylor	L60	(2001)	1:04:53
1403	John Sharp		(1032)	1:03:14	1480	Kevin Caldon	V45	(1099)	1:04:54
1404	Helen Ingrouille	L	(2437)	1:03:15	1481	Mark Austin	V50	(1035)	1:04:55
1405	D Ingrouille		(467)	1:03:16	1482	Michael Kirk	V60	(53)	1:04:57
1406	Gemma Fuller	L35	LeighOnS	1:03:18	1483	Wendy Balgh	L	(2271)	1:04:58
1407	Mark Dobson		LeighOnS	1:03:19	1484	Jenny O'Neil	L	(2802)	1:04:59
1408	David Rontree		(91)	1:03:20	1485	Kirsten Hiller	L	(2014)	1:05:01
1409	Lynn Sodeau	L40	(2688)	1:03:22	1486	James Brown	V50	(1062)	1:05:02
1410	Anthony Newman	V55	Hayes&Ha	1:03:23	1487	LucindaUnderwood	L	(2200)	1:05:03
1411	Sharon Fraine	L45	Havrng	1:03:24	1488	Carrie Spence	L	(2407)	1:05:04
1412	Anya Marjoram	L	(2568)	1:03:25	1489	John Brown		(409)	1:05:06
1413	Sue Wilson	L45	(2480)	1:03:27	1490	Douglas Keene	V45	(286)	1:05:07
1414	Andrew Rice		(992)	1:03:28	1491	T Fredericks	L50	(2018)	1:05:08
1415	Ian Morgan	V50	(349)	1:03:29	1492	Sara Thompson	L35	(2718)	1:05:10
1416	Jordan Case	17	(1278)	1:03:31	1493	Denise Neville	L45	(2019)	1:05:11
1417	Julieann Pollitt	L35	(2801)	1:03:32	1494	Keith Reynolds	V50	Fflyers	1:05:12
1418	Heather Jackson	L60	PitseaRR	1:03:33	1495	Graeme Edwards		(1008)	1:05:14
1419	Claire Right	L35	(2876)	1:03:35	1496	Dee Patterson	L	EtonMnr	1:05:15
1420	Sharon McMillan	L40	(2726)	1:03:36	1497	Beverley Walker	L45	(2124)	1:05:16
1421	Breda Kidd	L35	(2736)	1:03:37	1498	Robin Davis	V55	IlfordAC	1:05:17
1422	Philip Postings	V60	IlfordAC	1:03:39	1499	Brian Lunt	V60	Benfleet	1:05:19
1423	Ben Page		(1109)	1:03:40	1500	Jenny Pearce	L	Benfleet	1:05:20
1424	Susan Parish	L45	(2205)	1:03:41	1501	Angela Paddock	L35	FitnessF	1:05:21
1425	Liz Pearman	L35	(2627)	1:03:42	1502	Zena Thomas	L	(2838)	1:05:23
1426	Mark Hutt		(584)	1:03:44	1503	Michael Latham		(491)	1:05:24
1427	Don't know		???	1:03:45	1504	David Neaves	V55	(1000)	1:05:25
1428	Philip Stanton	V45	(680)	1:03:46	1505	Karen Sutherland	L40	(2677)	1:05:27
1429	Jenna Hall	L	(2482)	1:03:48	1506	Derek Miller	V40	(1420)	1:05:28
1430	A Thoroughgood		(1122)	1:03:49	1507	Kirsteen Newell	L35	(2827)	1:05:29
1431	Philip Clark		(581)	1:03:50	1508	Louise Ford	L	LeighOnS	1:05:30
1432	John Batch	V45	(720)	1:03:52	1509	Gloria Salmon	L45	(2895)	1:05:32
1433	Jeffrey Wilson		(477)	1:03:53	1510	Sharon McDonald	L45	(2293)	1:05:33
1434	Martin Ovenden		(1009)	1:03:54	1511	Alison Strauss	L40	Benfleet	1:05:34
1435	Laura O'Halloran	L	ThriftGn	1:03:55	1512	Tina Leung	L55	ThriftGn	1:05:36
1436	Paul Booker		(1017)	1:03:57	1513	John McDonald	V45	(398)	1:05:37
1437	D Hempenstall		(1018)	1:03:58	1514	Brian Stoneham	V65	(1123)	1:05:38
1438	Alison Humphreys	L40	(2375)	1:03:59	1515	Caz Price	L35	(2106)	1:05:40
1439	Cheryl Yarwood	L35	(2555)	1:04:01	1516	Liane Humfrey	L35	(2058)	1:05:41
1440	Julia Manning	L35	(2016)	1:04:02	1517	Debbie Beazley	L40	Springfd	1:05:42
1441	Helen Broyd	L	(2737)	1:04:03	1518	Kate Ashford	L16	(2060)	1:05:43
1442	Nigel Williamson	V45	(448)	1:04:05	1519	Stuart Franklin	V40	(77)	1:05:45
1443	Sarah Jarman	L35	(2712)	1:04:06	1520	Craig Hegarty		Southend	1:05:46
1444	Jacqueline Lowe	L	(2310)	1:04:07	1521	Nicola Wyatt	L	(2173)	1:05:47
1445	Jenny Wicker	L40	(2188)	1:04:08	1522	Terry Page		(1072)	1:05:49
1446	Rebecca Burder	L40	(2660)	1:04:10	1523	Martin Healy	V40	(484)	1:05:50
1447	Amanda Nelson	L35	(2563)	1:04:11	1524	C Hargreaves	L	(2118)	1:05:51
1448	Karen Anello	L35	(2540)	1:04:12	1525	Kerry Sherwin	L35	(2656)	1:05:53
1449	Marisa Ishikawa	L40	Havrng90	1:04:14	1526	Kate Williams	L	(2724)	1:05:54
1450	Fiona Hawkins	L35	(2304)	1:04:15	1527	Sarah Orton	L35	(3008)	1:05:55
1451	Michelle Ball	L40	ThriftGn	1:04:16	1528	Bern Gibbons	L45	(2027)	1:05:57

## Southend 10K : 8th October 2006

1529	Emma Gittings	L35	(2578)	1:05:58	1606	Helen Hooper	L35	IfordAC	1:07:38
1530	Jo Harrington	L45	(2390)	1:05:59	1607	Sandra Swan	L45	BarkingR	1:07:39
1531	Sarah Watts	L	(2434)	1:06:00	1608	Lawrence Adams	15	(1298)	1:07:41
1532	Jane Mair	L45	(2232)	1:06:02	1609	Terry Spencer	V40	BarkingR	1:07:42
1533	Jacky Brook	L45	(2570)	1:06:03	1610	Dave Fiddler	V45	(952)	1:07:43
1534	Nathalie Corbett	L	(2435)	1:06:04	1611	Nigel Walker		(556)	1:07:45
1535	Sheona Johnson	L35	Dagenham	1:06:06	1612	Danny White		(586)	1:07:46
1536	Michael Draper	V40	(996)	1:06:07	1613	Celia Rutter	L55	(2381)	1:07:47
1537	Jan Wade	L40	ThriftGn	1:06:08	1614	David Allen		(360)	1:07:48
1538	Deborah McNeill	L40	ThriftGn	1:06:10	1615	KerryLee McGuire	L40	(2377)	1:07:50
1539	Pritpal Saund	V45	(834)	1:06:11	1616	Sarah Jackaman	L50	Castlept	1:07:51
1540	Declan Smith	V55	(1245)	1:06:12	1617	Suzanne Elliott	L45	(2863)	1:07:52
1541	Steve Ferrant		(933)	1:06:13	1618	Kev Macguire		(345)	1:07:54
1542	Daniel Boxall		(462)	1:06:15	1619	Alan Stone	V55	LeighOnS	1:07:55
1543	Jim Kevany	V50	(127)	1:06:16	1620	Anita Richards	L45	(3010)	1:07:56
1544	Stuart Gray		(414)	1:06:17	1621	Kathleen Jolly	L50	(2191)	1:07:58
1545	Lynn Haynes	L45	(2503)	1:06:19	1622	Gina Ferryman	L	(2840)	1:07:59
1546	Cathy Cross	L45	ThriftGn	1:06:20	1623	Vikki Weston	L	(2839)	1:08:00
1547	Monika W-Deane	L	ThriftGn	1:06:21	1624	Jayne Pinner	L	ThriftGn	1:08:02
1548	Dave Parratt	V40	(1444)	1:06:23	1625	Carol Sprules	L50	ThriftGn	1:08:03
1549	Bruce Keenan		(1079)	1:06:24	1626	Deborah Gardiner	L35	(2582)	1:08:04
1550	Paul Beavis	V45	(39)	1:06:25	1627	Sarah Warner	L40	(2506)	1:08:05
1551	Lewis Carlton		(438)	1:06:26	1628	Stu Carmichael		(1052)	1:08:07
1552	Maxine Fleming	L	(2422)	1:06:28	1629	Jo Taylor	L	(2619)	1:08:08
1553	Michael Haines	V40	(1076)	1:06:29	1630	Mark Barber		(769)	1:08:09
1554	Barry Paton	V55	FordRC	1:06:30	1631	Adam Bowden		(768)	1:08:11
1555	April Ross	L	(2821)	1:06:32	1632	Carly Gardham	L	(2682)	1:08:12
1556	Andrea Nunnery	L	Horndon	1:06:33	1633	Lee Gardham		(1059)	1:08:13
1557	Kelly Lovett	L	PitseaRR	1:06:34	1634	Heidi Saxty	L	(2883)	1:08:15
1558	David Manning		(40)	1:06:36	1635	Allen Forecast		(1229)	1:08:16
1559	Andy Marie		(640)	1:06:37	1636	C Clarabutt	L50	Edmonton	1:08:17
1560	Louise Grimwade	L	(2649)	1:06:38	1637	M C-Porter	L	(2693)	1:08:18
1561	Rosemary Abrey	L55	Dagenham	1:06:39	1638	Colin Bell		(1083)	1:08:20
1562	Marc Grimwade	V50	(796)	1:06:41	1639	Joanna Bray	L	Havrng90	1:08:21
1563	Ivan Lewis		(619)	1:06:42	1640	Lynda Staines	L40	Havrng90	1:08:22
1564	Helen Taliadoros	L40	(2541)	1:06:43	1641	Gill Bray	L50	Havrng90	1:08:24
1565	Helen Curry	L35	(2404)	1:06:45	1642	Eliz Preston	L50	Havrng90	1:08:25
1566	Mary Manley	L55	(2705)	1:06:46	1643	Andrea Head	L35	RoachRR	1:08:26
1567	Max Dolding	V60	SCVAC	1:06:47	1644	Deborah Adams	L35	Edmonton	1:08:28
1568	Norman Silvey	V40	(1191)	1:06:49	1645	Michelle King	L45	(2562)	1:08:29
1569	Suan Fleming	L35	Billeric	1:06:50	1646	Mark Sawyer		(1246)	1:08:30
1570	Christine Porter	L55	Billeric	1:06:51	1647	Liza Scott	L	ThriftGn	1:08:31
1571	Sandra Spencer	L40	BarkingR	1:06:53	1648	Keren Broomfield	L40	ThriftGn	1:08:33
1572	Emma Hydes	L	(2469)	1:06:54	1649	Lorraine Minot	L45	PitseaRR	1:08:34
1573	Tutte Watson	L	(2468)	1:06:55	1650	Julie Dempsey	L40	(2600)	1:08:35
1574	Ruth Robson	L45	Edmonton	1:06:56	1651	Paula Wilson	L35	(2090)	1:08:37
1575	Georgia Swords	L35	(2812)	1:06:58	1652	Dennis Jones	V55	PitseaRR	1:08:38
1576	Joanne Bowles	L	(2813)	1:06:59	1653	Julie Burles	L55	Springfd	1:08:39
1577	Alwine Jarvis	L45	(2465)	1:07:00	1654	Tom Baster		(217)	1:08:41
1578	Alan Jarvis	V50	(529)	1:07:02	1655	Allison Harris	L45	ThriftGn	1:08:42
1579	Joanna Cadogan	L	(2350)	1:07:03	1656	Loraine Mann	L40	(2647)	1:08:43
1580	Nicki Benham	L35	(2445)	1:07:04	1657	Frances P-Buck	L45	ThriftGn	1:08:44
1581	John Smith	V55	HarlowRC	1:07:06	1658	Jennifer Ward	L60	FitnessF	1:08:46
1582	William Hart	V55	Hayes&Ha	1:07:07	1659	Sarah Barrett	L35	(2412)	1:08:47
1583	Jill Whight	L50	(2609)	1:07:08	1660	Sandra Cox	L55	(2421)	1:08:48
1584	Hayley Oliver	L35	(2824)	1:07:09	1661	Debbie Ives	L40	(2862)	1:08:50
1585	Hastings Brian	V60	Halstead	1:07:11	1662	Debra Hill	L35	(2859)	1:08:51
1586	Diane Price	L40	(2858)	1:07:12	1663	Nicola Atherton	L35	(2428)	1:08:52
1587	Wendy Prideaux	L45	(2676)	1:07:13	1664	Dawn Magee	L35	(2645)	1:08:54
1588	Louise Carus	L35	(2432)	1:07:15	1665	Marilyn Seear	L55	Castlept	1:08:55
1589	P Nightingale	L45	(2485)	1:07:16	1666	Pam Whittaker	L40	(2501)	1:08:56
1590	Neil Hooper		(1237)	1:07:17	1667	Katie Cooke	L	(2315)	1:08:57
1591	Richard Lingard	V45	(1053)	1:07:19	1668	Gavin Diani		(1300)	1:08:59
1592	Emma Orrey	L35	(2597)	1:07:20	1669	Daniel McDonnell	18	Havrng90	1:09:00
1593	Sharon Fraine	L45	Havrng	1:07:21	1670	Nick Cooke	V50	(909)	1:09:01
1594	Barbar McDowell	L45	Havrng90	1:07:22	1671	Sherry White	L35	(2009)	1:09:03
1595	Jean Driscoll	L55	Springfd	1:07:24	1672	Paul White	V40	(46)	1:09:04
1596	Sue Collison	L55	Edmonton	1:07:25	1673	Chris Woods		(1043)	1:09:05
1597	Graham Crowe	V50	(1190)	1:07:26	1674	David Gregory	V40	(1148)	1:09:07
1598	Karen Harvey	L	(2120)	1:07:28	1675	Carrie Harvey	L	(2843)	1:09:08
1599	Karen Mihill	L35	(2686)	1:07:29	1676	Lisa Fuller	L35	FitnessF	1:09:09
1600	Amanda W-Tawn	L35	(2429)	1:07:30	1677	Nichola Daines	L	(2401)	1:09:11
1601	Tracy Weston	L40	(2328)	1:07:32	1678	Philip Ransom		(189)	1:09:12
1602	Louise Ullah	L	(2588)	1:07:33	1679	Teresa Dupay	L45	(2673)	1:09:13
1603	Joanne Williams	L	(3014)	1:07:34	1680	Ken Hands		(401)	1:09:14
1604	Sally Spencer	L	Bark&Dag	1:07:35	1681	Kevin Barry	V50	(1033)	1:09:16
1605	Sam Heales	V55	(935)	1:07:37	1682	Richard Condon	V50	Benfleet	1:09:17

## Southend 10K : 8th October 2006

1683	Richard Rout	V55	(248)	1:09:18	1760	Chri Edwards	L35	(2658)	1:10:59
1684	Daniel Antill		(391)	1:09:20	1761	John Budge	V55	(1203)	1:11:00
1685	Clare Thompson	L	(2678)	1:09:21	1762	Larissa Hume	L	(2447)	1:11:01
1686	Julie Rogers	L45	(2105)	1:09:22	1763	Carole Varndell	L45	(2075)	1:11:02
1687	Janet Mercer	L35	(2696)	1:09:24	1764	Nikki Dowling	L40	(2062)	1:11:04
1688	Nicole Miles	L19	(2063)	1:09:25	1765	Daphne Allen	L45	Swanley	1:11:05
1689	Zoe Dods	L	(2430)	1:09:26	1766	Ken Hopkins	V60	Swanley	1:11:06
1690	Emma Hook	L	(2431)	1:09:27	1767	Anthony York		(607)	1:11:08
1691	Yvette Hall	L35	(2460)	1:09:29	1768	Lisa McBride	L35	(2514)	1:11:09
1692	Christine Palmer	L	(2834)	1:09:30	1769	Hannah Dickinson	L35	(3015)	1:11:10
1693	Wendy Topping	L40	(2890)	1:09:31	1770	Vicki Caplin	L35	(3016)	1:11:12
1694	Lynn Williams	L35	(2835)	1:09:33	1771	Mandy Fox	L40	(2278)	1:11:13
1695	Andrew Harvey	L40	(2152)	1:09:34	1772	Christine Morley	L45	Havrng90	1:11:14
1696	Amanda Rogers	L	(2427)	1:09:35	1773	Pauline Cowne	L40	Havrnrg	1:11:16
1697	Clare Calder	L40	LeighOnS	1:09:37	1774	Mark Buxton	V50	(633)	1:11:27
1698	Heidi Rowe	L40	(3012)	1:09:38	1775	Michael Allen	V65	(198)	1:11:39
1699	S Summerville	V45	(731)	1:09:39	1776	Helen Edgington	L40	(2240)	1:11:51
1700	Cheryl Lambert	L35	(2455)	1:09:40	1777	Sam Westoby	L35	(2685)	1:11:52
1701	Samantha Lyons	L35	(2197)	1:09:42	1778	Kay Markwick	L40	(664)	1:11:53
1702	Jenny Charnock	L	(2478)	1:09:43	1779	Anthony Norris		(664)	1:11:54
1703	Gary Davis	V40	(960)	1:09:44	1780	Dinh Nguyen		(393)	1:11:55
1704	Nicolette Turk	L35	(2438)	1:09:46	1781	James Duddridge		(548)	1:11:56
1705	Wendy Barker	L45	(2039)	1:09:47	1782	Dave McCauley		(830)	1:11:57
1706	Denny Smith	V50	(951)	1:09:48	1783	Terry Sherlock		(116)	1:11:58
1707	Nicky Gunn	L	(2837)	1:09:50	1784	Sharon McIntire	L35	(2365)	1:11:59
1708	Stephen Lanaway	V50	(1289)	1:09:51	1785	Elissa Crosby	L40	(2364)	1:12:00
1709	Jane Davis	L35	EssexPol	1:09:52	1786	Stephanie Forbes	L	(2566)	1:12:01
1710	Kim Harris	L45	(2212)	1:09:53	1787	Catherine Lee	L45	(2633)	1:12:03
1711	Kim Freeman	L35	(2483)	1:09:55	1788	Lynn Spires	L50	(2583)	1:12:05
1712	K Rhodes-German	L35	(2484)	1:09:56	1789	Karen Short	L40	(2472)	1:12:07
1713	Ita Smith	L50	Havrng90	1:09:57	1790	Anita Forde	L40	(2601)	1:12:10
1714	Jackie Simpkins	L45	(2074)	1:09:59	1791	Sabina Bathurst	L	LeighOnS	1:12:16
1715	Laura Rennolds	L	LeighOnS	1:10:00	1792	Lynda Davidson	L40	(2622)	1:12:23
1716	Tanya Maughan	L	(3011)	1:10:01	1793	Jackie Harding	L40	(2528)	1:12:29
1717	Michael Sheern		(1306)	1:10:03	1794	Angela L-Wright	L50	(2849)	1:12:36
1718	Helen Chuck	L40	(2646)	1:10:04	1795	Becky Rideout	L	(2047)	1:12:43
1719	Claire Ogley	L35	(2825)	1:10:05	1796	Andrew Barham		(413)	1:12:49
1720	Angie Mitchell	L45	Castlept	1:10:06	1797	Steve Cattle	17	(387)	1:12:56
1721	Alex Elliot	V45	(1068)	1:10:08	1798	Joy Mickleburgh	L35	(2284)	1:13:02
1722	Pamela Swadling	L55	Hayes&Ha	1:10:09	1799	Bettina Riley	L45	(2623)	1:13:09
1723	Anna Kiely	L40	Havrnrg	1:10:10	1800	Chris Hack	L50	Edmonton	1:13:16
1724	Janet Jolley	L40	RoachRR	1:10:12	1801	Nicholas Goldman	V50	(879)	1:13:18
1725	Annette Johnson	L35	RoachRR	1:10:13	1802	Adam Dennison		(503)	1:13:20
1726	Linda Marsham	L45	Havrng90	1:10:14	1803	Jane Hamilton	L	(2857)	1:13:22
1727	Scott Windley		(234)	1:10:16	1804	Tom Burke	V40	(1194)	1:13:24
1728	Gordon Franklin	V70	(270)	1:10:17	1805	Theresa Sasiadek	L45	(2206)	1:13:27
1729	David Ross	V50	(1425)	1:10:18	1806	Emma Nicholls	L35	(2637)	1:13:34
1730	Miranda Tuffin	L	RoachRR	1:10:20	1807	Barbara Elcoate	L50	(2299)	1:13:41
1731	Linda B-Hutson	L35	(2539)	1:10:21	1808	Jackie Birnie	L50	ThriftGn	1:13:43
1732	Kathryn Boydell	L35	(2625)	1:10:22	1809	Helen Marriott	L50	ThriftGn	1:13:45
1733	Debra Marriott	L40	RoachRR	1:10:23	1810	Gwen Kirby-Dent	L45	Benfleet	1:13:47
1734	Steven Paddock		(777)	1:10:25	1811	Edward Willshire	19	(1134)	1:13:49
1735	Ashley Brooks		(1260)	1:10:26	1812	Colette Smith	L	(2886)	1:13:58
1736	Sarah Burgess	L	(2495)	1:10:27	1813	Marie Smith	L	(2887)	1:14:08
1737	Cliff Arch	V40	(1200)	1:10:29	1814	Jo Bowring	L	FitnessC	1:14:18
1738	Laura Williams	L35	Chelmsfd	1:10:30	1815	Linda Linnell	L45	ThriftGn	1:14:21
1739	Xavier Skelton	L	(2311)	1:10:31	1816	Laura Busby	L	(2095)	1:14:25
1740	Liz Bridge	L40	(2542)	1:10:33	1817	Tracy Lockwood	L40	(2227)	1:14:28
1741	Sue Dumbleton	L35	(2548)	1:10:34	1818	John Whiter	V40	(312)	1:14:32
1742	Paul Connor		(609)	1:10:35	1819	Lynda Firmin	L50	Havrng90	1:14:35
1743	Sandra Bastow	L35	(2672)	1:10:36	1820	Sarah Rector	L40	(2369)	1:14:39
1744	Claire Mathews	L35	(2235)	1:10:38	1821	Peter Keaney	V60	(780)	1:14:41
1745	Belinda Frakes	L50	(2207)	1:10:39	1822	Alison Applin	L55	(2312)	1:14:45
1746	Lynn Clark	L40	ThriftGn	1:10:40	1823	Sally Curtis	L50	(2367)	1:14:51
1747	Lesley Peacock	L45	(2012)	1:10:42	1824	N W-Walden	L40	(2550)	1:14:53
1748	John Burns	V70	Southend	1:10:43	1825	Debbie Carter	L35	(2537)	1:14:58
1749	Louise Robertson	L	Havrng90	1:10:44	1826	Suzanne Hornsby	L40	ThriftGn	1:14:58
1750	Sheila Milbourne	L45	RoachRR	1:10:46	1827	Nicola Cadzow	L40	ThriftGn	1:15:01
1751	Joanne Martin	L40	RoachRR	1:10:47	1828	Susan Linnell	L35	ThriftGn	1:15:02
1752	Nicole Cross	L35	RoachRR	1:10:48	1829	Marion Mansfield	L55	Trotters	1:15:04
1753	Nat Schneider	L	(2648)	1:10:49	1830	Ron Sutton	V60	Castlept	1:15:05
1754	Nick Schneider		(794)	1:10:51	1831	Liz Jackaman	L21	Castlept	1:15:20
1755	Helena Floyd	L45	ThriftGn	1:10:52	1832	Christopher Bass	V40	(440)	1:15:22
1756	Anne Motley	L35	ThriftGn	1:10:53	1833	Gina Gordon	L35	(2462)	1:15:45
1757	C Summerhill		(446)	1:10:55	1834	Robert Miller	V65	(263)	1:15:56
1758	Hastings Jean	L60	Halstead	1:10:56	1835	Keith Wilson	V40	(478)	1:16:10
1759	Clare Birrell	L35	(2258)	1:10:57	1836	Nicholas Clappen	V45	(269)	1:16:23

## Southend 10K : 8th October 2006

1837	Marion Collins	L55	Sittingb	1:16:25
1838	Angela Mayhew	L45	(2022)	1:16:37
1839	Emma O'Neill	L	(2634)	1:16:48
1840	Rachel Dunn	L	(2499)	1:17:21
1841	Beverley Rouse	L	FitnessF	1:17:38
1842	Pauline Oakley	L40	Havrng90	1:17:44
1843	Raynor Sumner	L45	(2385)	1:17:59
1844	Patience Sena	L	(2552)	1:18:52
1845	Lesley Iles	L45	(2867)	1:18:54
1846	Maria Keates	L50	(2579)	1:19:14
1847	Sonia Rochester	L35	(2345)	1:19:41
1848	Darren T-Bower		(85)	1:20:28
1849	Ron Russell	V70	Castlept	1:21:09
1850	Laura Flowers	L	(2868)	1:21:26
1851	Catherine Gibson	L	(2419)	1:21:57
1852	Michael Porter	V45	(1459)	1:22:44
1853	Webdy ChenPorter	L50	(2748)	1:25:29
1854	Susannah Connell	L40	(2638)	1:25:55
1855	Tina Pickering	L40	(2640)	1:26:22
1856	Graham Bickford	V40	(1410)	1:26:31
1857	Philip Ashley	V40	Benfleet	1:26:43
1858	Sally Force	L	(2624)	1:29:18
1859	Joanne Ballard	L	(2635)	1:29:18
1860	Sue Woodhouse	L45	(2671)	1:29:18
1861	CynthiaMay Dee	L60	Henfield	1:31:02
1862	Kathreen Allen	L40	RoachRR	1:34:28
1863	Eleanor Adams	L35	ThriftGn	1:34:28
1864	Gulnur Muradoglu	L45	ThriftGn	1:36:19
1865	Jayne Russell	L40	(2652)	1:40:36
1866	Hazel Read	L55	(2663)	1:41:01
1867	Brent Bolton	V40	(1309)	1:41:01
1868	Joanne Beer	L	(2880)	2:05:00
1869	Michelle Beer	L	(3001)	2:05:00
1870	Toni-J Hubbard	L	(2589)	
1871	Daniel Russell		(798)	

### Team Race - Men

1: Chelmsford AC.....	8, 17, 21, 34	80 pts
2: Havering AC.....	16, 19, 25, 28	88 pts
3: Southend on Sea.....	7, 26, 27, 29	89 pts
4: Woodford Green AC.....	12, 22, 23, 43	100 pts
5: Billericay.....	1, 5, 35, 74	115 pts
6: Thurrock AC.....	31, 33, 41, 52	157 pts
7: Springfields AC.....	6, 9, 10, 149	174 pts
8: Benfleet RC.....	30, 39, 40, 78	187 pts
9: Havering AC.....	42, 45, 48, 57	192 pts
10: Thrift Green Trotters.....	32, 49, 54, 64	199 pts

### Team Race - Ladies

1: Thurrock AC.....	6, 8, 11	25 pts
2: Benfleet RC.....	9, 15, 20	44 pts
3: Billericay.....	14, 34, 45	93 pts
4: Havering AC.....	3, 17, 96	116 pts
5: Southend on Sea.....	7, 27, 84	118 pts
6: Thrift Green Trotters.....	26, 55, 64	145 pts
7: Swanley & District.....	35, 44, 66	145 pts
8: Leigh On Sea Striders.....	33, 57, 68	158 pts
9: Benfleet RC.....	25, 42, 109	176 pts
10: Havering 90.....	12, 77, 97	186 pts