

**Horndon 10k 2017 Results (V1 provisional)**

Place	Bib No	First Name	Last Name	Gun Time	Age Group	Team Name
1	347	Tim	Woulfe	33:47	M Senior	Braintree & District AC
2	76	Alexander	Houghton	35:31	M Senior	Highgate Harriers
3	357	David	Johnson	35:51	M Senior	Tyne Bridge Harriers
4	373	Christian	Holmes	36:17	M 40 to 49	Southend On Sea AC
5	487	Joe	Logan	37:01	M Senior	Thurrock Harriers
6	119	Gary	Coombes	37:02	M 40 to 49	Dagenham 88 Runners
7	465	Robert	Vinicombe	37:38	M Senior	
8	10	Martin	Chester	38:14	M 40 to 49	Havering AC
9	41	Dan	Meredith	38:17	M 40 to 49	Havering '90 Joggers
10	341	GN	HESLOP	38:45	M 50 to 59	
11	53	Robin	McCoy	38:52	M 50 to 59	Billericay Striders
12	54	Nigel	Swinburne	39:02	M Senior	Dagenham 88 Runners
13	471	Neil	Smith	39:07	M Senior	
14	353	Matthew	Bland	39:49	M 50 to 59	Havering AC
15	370	Shawn	Brown	39:52	M Senior	
16	356	Dervish	Bartlett	40:09	M 40 to 49	Barking Road Runners
17	397	Nick	Markwell	40:47	M 40 to 49	
18	169	Jason	Syrett	41:30	M 40 to 49	Thurrock Harriers
19	430	David	Miller	41:31	M 40 to 49	Leigh on Sea Striders
20	396	Lloyd	Miles	41:35	M 40 to 49	Billericay Striders
21	368	Kevin	Wotton	41:51	M 40 to 49	Barking Road Runners
22	469	Richard	Rowe	41:56	M Senior	
23	114	Ruth	Wallace	42:05	F 34 and Under	Thames Hare & Hounds
24	43	Paul	Prior	42:08	M 40 to 49	Dagenham 88 Runners
25	139	James	Blogg	42:10	M Senior	Havering '90 Joggers
26	125	Chris	Cook	42:19	M Senior	
27	440	Richard	Bonham	42:30	M 40 to 49	Castle Point Joggers
28	15	Mark	Dalby	42:33	M Senior	Havering '90 Joggers
29	354	Christopher	King	42:35	M Senior	Harold Wood Running Club
30	102	Sarah	Pennington	42:51	F 34 and Under	Southend On Sea AC
31	413	Paul	Withyman	42:54	M Senior	Barking Road Runners
32	404	James	Lowndes	42:54	M Senior	Barking Road Runners
33	385	Ryan	Crane	42:59	M Senior	
34	313	eamon	brown	43:03	M 60 +	Billericay Striders
35	310	Alan	James	43:25	F 34 and Under	
36	258	Henri	Willett	43:27	M Senior	Thurrock Harriers
37	7	Andrew	Wright	43:28	M 40 to 49	Havering '90 Joggers
38	206	Lyndon	Bubb	43:31	M 40 to 49	Ravens City of London Running Club
39	198	Ben	Wilkinson	43:36	M Senior	
40	3	TONY	COLLINS	43:38	M Senior	Havering '90 Joggers
41	376	Toby	Marsh	43:40	M Senior	
42	466	Roy	Hendley	43:59	M Senior	Havering '90 Joggers
43	36	Peter	Salmon	44:04	M 40 to 49	Dagenham 88 Runners
44	362	natalie	johnson	44:07	F 34 and Under	Tyne Bridge Harriers
45	492	Philip	Ellul	44:24	M Senior	Barking Road Runners
46	346	Michael	Radley	44:37	M 40 to 49	
47	33	Mick	Brown	44:43	M 50 to 59	Dagenham 88 Runners
48	296	gary	mathews	44:50	M 50 to 59	
49	239	Jonathan	Pate	44:52	M 40 to 49	
50	328	Lee	Hazelwood	44:53	M 50 to 59	Phoenix Striders
51	67	Gaetano	Ciotola	45:00	M 40 to 49	Harold Wood Running Club
52	321	Antony	Leckerman	45:02	M 50 to 59	Barking Road Runners
53	483	Anna	Oberaigner	45:18	F 34 and Under	
54	485	Robert	Key	45:18	M Senior	

55	168	Grant	England	45:19	M Senior	Billericay Striders
56	84	Andrew	Harper	45:26	M 50 to 59	
57	185	Deborah	Hall	45:28	F 35 to 44	
58	320	Mark	Lynch	45:33	M 40 to 49	Witham RC
59	161	lee	patten	45:34	M Senior	
60	405	Ashley	Palmer	45:37	M Senior	
61	19	Daniel	Ryan	45:38	M Senior	Havering '90 Joggers
62	275	Michael	Turrington	45:40	M Senior	Thrift Green Trotters
63	91	Paul	Agastina	45:43	M 40 to 49	Phoenix Striders
64	227	Adam	Rooke	46:03	M Senior	
65	331	John	O`Shea	46:20	M 50 to 59	
66	26	Tony	Galea	46:25	M 50 to 59	Havering '90 Joggers
67	420	Joris	Greeuw	46:41	M Senior	Belgrave Harriers
68	100	Joaquin	Polo	46:45	M Senior	Havering '90 Joggers
69	55	Amanda	Heslegrave	46:47	F 45 to 54	Barking Road Runners
70	128	Jamie	Morris	46:48	M Senior	
71	253	james	price	46:54	M 40 to 49	Phoenix Striders
72	75	Linda	Day	46:58	F 35 to 44	
73	461	Martin	Orford	47:01	M 50 to 59	Phoenix Striders
74	343	Luke	Trigg	47:02	M Senior	
75	199	colin	wilkinson	47:04	M 50 to 59	Phoenix Striders
76	153	Paul	Ward	47:05	M 40 to 49	Barking Road Runners
77	401	Dennis	Dudley	47:06	M 50 to 59	Benfleet RC
78	301	Steve	Healey	47:07	M 40 to 49	
79	291	Edward	Kettle	47:12	M Senior	
80	12	Roger	Winston	47:19	M 60 +	Havering '90 Joggers
81	458	Mark	Day	47:22	M 40 to 49	
82	439	Simon	Bayfield	47:38	M Senior	
83	115	Lee	Chester	47:39	M 40 to 49	
84	463	Ines	Nadal	47:43	F 34 and Under	Harold Wood Running Club
85	390	Jeff	Fenton	47:43	M 60 +	Havering '90 Joggers
86	196	Johnny	Etkind	47:45	M Senior	
87	184	Neal	Clark	47:49	M 50 to 59	Phoenix Striders
88	355	Andrew	Sargeant	47:50	M Senior	
89	222	James	Robinson	47:58	M Senior	
90	391	Mathew	Tilson	48:01	M Senior	
91	192	Alan	Moran	48:03	M 50 to 59	
92	348	Mike	Warren	48:06	M 40 to 49	
93	29	Clive	Tweedie	48:17	M 60 +	Havering '90 Joggers
94	409	Bryn	Davies	48:19	M Senior	
95	293	stuart	allen	48:21	M 40 to 49	Havering '90 Joggers
96	244	David	Everett	48:22	M 40 to 49	
97	65	Brynley	Giddings	48:25	M 50 to 59	Harold Wood Running Club
98	426	Grace	Agate-Bacon	48:35	F 34 and Under	
99	482	Sam	Halsey	48:38	M Senior	
100	480	John	Russell	48:40	M 40 to 49	Phoenix Striders
101	186	Tom	Benton	48:48	M Senior	
102	134	Alan	Clifton	48:52	M 60 +	
103	452	Ed	Tytherleigh	48:53	M 40 to 49	
104	111	Dean	Bates	48:57	M 40 to 49	Havering '90 Joggers
105	40	Peter	Burdett	49:01	M 40 to 49	Havering '90 Joggers
106	250	Craig	Brown	49:12	M Senior	Harold Wood Running Club
107	369	Ben	Whateley-har	49:20	M Senior	
108	210	Paul	Coady	49:40	M Senior	
109	324	Andrew	Gwilliam	49:41	M 40 to 49	Barking Road Runners
110	150	Darren	Westgate	49:43	M 50 to 59	

111	225	Michael	Earley	49:44	M Senior	
112	92	JO	PEARCE	49:45	F 45 to 54	
113	79	David	Keeley	49:55	M 60 +	Havering '90 Joggers
114	280	Christopher	Jones	50:02	M 50 to 59	Thrift Green Trotters
115	393	Nils	Hollmann	50:04	M 40 to 49	Dagenham 88 Runners
116	70	Victoria	Brown	50:05	F 35 to 44	
117	437	Steven	Murdoch	50:06	M 40 to 49	
118	77	Trevor	Robinson	50:10	M 40 to 49	Dagenham 88 Runners
119	407	Mark	Bumstead	50:19	M Senior	
120	438	Paul	Daly	50:24	M 40 to 49	Benfleet RC
121	95	Keith	Worby	50:27	M Senior	
122	154	Ian	Hart	50:27	M 50 to 59	Castle Point Joggers
123	498	Faye	Spooner	50:29	F 35 to 44	Barking Road Runners
124	32	Mark	Moughton	50:33	M 50 to 59	Springfield Striders RC
125	248	Mr M L	Ward	50:37	M 50 to 59	
126	448	Jenni	Tomblin	50:44	F 35 to 44	
127	365	Scott	Moore	50:47	M 40 to 49	
128	107	David	Sherman	50:51	M Senior	Havering '90 Joggers
129	122	Brian	Parish	50:52	M 40 to 49	Havering '90 Joggers
130	221	George	Daly	50:53	M Senior	
131	494	Melanie	Gould	51:08	F 34 and Under	Pitsea RC
132	90	Heinz-J.	Kremers	51:14	M 60 +	
133	27	Nichola	Hands	51:24	F 35 to 44	Springfield Striders RC
134	220	Niki	Read	51:27	M 40 to 49	Leigh on Sea Striders
135	177	RUTH	ROBERTS	51:28	F 45 to 54	Phoenix Striders
136	260	craig	vernon	51:35	M 50 to 59	
137	162	Catherine	Dinmore	51:40	F 35 to 44	
138	364	David	Springham	51:44	M 50 to 59	
139	109	Glen	Wisbey	51:52	M 40 to 49	Harold Wood Running Club
140	181	Nick	Churchman	51:54	M 40 to 49	
141	11	Neil	Moses	51:59	M 50 to 59	Havering '90 Joggers
142	164	Kelly	Burgess	52:04	F 35 to 44	
143	399	Michael	Pegnall	52:08	M Senior	Dagenham 88 Runners
144	297	Peter	Tree	52:09	M 60 +	Thrift Green Trotters
145	158	Pete	Legg	52:10	M 40 to 49	
146	290	Marc	Craddock	52:17	M 40 to 49	Thrift Green Trotters
147	251	Joel	Davies	52:17	M Senior	
148	441	Luke	Bonham	52:18	M Senior	
149	303	Dean	Sykes	52:39	M 50 to 59	
150	281	Steve	Mulcahy	52:42	M Senior	
151	203	Daniel	Leeson	52:42	M Senior	
152	202	Jodie	Leeson	52:42	F 34 and Under	
153	340	Alex	Ellis	52:44	M Senior	
154	475	Lisa	Johns	52:45	F 45 to 54	
155	170	Michael	Reynolds	52:51	M Senior	
156	302	GEOFF	CHAMBERLA	52:52	M 50 to 59	
157	389	RICHARD	GOAD	52:55	M 60 +	Pitsea RC
158	474	Rahana	Islam	52:59	F 35 to 44	Dagenham 88 Runners
159	283	Stephen	Tate	53:02	M Senior	
160	231	Roisin	Hewitt	53:04	F 35 to 44	
161	342	Robin	Booputh	53:07	M 40 to 49	Barking Road Runners
162	491	sarah	kirby	53:09	F 35 to 44	
163	292	Emma	Mulcahy	53:11	F 35 to 44	
164	155	Kerri	Lock	53:14	F 35 to 44	
165	279	Alex	Connor	53:16	M Senior	
166	332	Chris	Shaw	53:16	M 60 +	

167	325	Kim	Vinicombe	53:17	M 60 +	
168	455	Catherine	Campbell	53:17	F 34 and Under	
169	412	Charley	Lesslie	53:24	F 35 to 44	
170	462	Robert	Lock	53:28	M 50 to 59	
171	433	Simon	Trencher	53:34	M 40 to 49	
172	278	Dean	Markwick	53:34	M Senior	
173	20	Lynsey	Gray	53:35	F 45 to 54	Phoenix Striders
174	400	Stuart	grundy	53:37	M 40 to 49	
175	83	Paul	Everett	53:38	M 40 to 49	
176	35	William	Clissold	53:45	M 50 to 59	
177	141	Mark	Gillam	53:48	M 40 to 49	
178	305	Phil	Anderson	53:51	M 50 to 59	
179	311	Bob	Mills	53:55	M 50 to 59	
180	411	Robert	West	53:59	M Senior	Leigh on Sea Striders
181	481	Raoul	Grantham	54:01	M 50 to 59	Braintree & District AC
182	379	DEREK	STATON	54:02	M 60 +	
183	276	Martin	Hurst	54:07	M 40 to 49	Thrift Green Trotters
184	294	RAY	DAVIES	54:09	M 60 +	
185	361	daniel	libby	54:14	M Senior	Harold Wood Running Club
186	270	Clive	Cambridge	54:16	M Senior	
187	317	Martin	Collier	54:19	M 60 +	
188	374	Sam	Madden	54:19	M Senior	
189	372	Jack	Tremain	54:19	M Senior	
190	159	Kairen	Hart	54:22	F 45 to 54	
191	386	Sean	Callaghan	54:24	M Senior	
192	392	Julie	Lester	54:28	F 35 to 44	
193	435	Lee	Watson	54:31	M Senior	
194	93	Tony	Wood	54:33	M 50 to 59	Havering '90 Joggers
195	230	Jamie	Hewitt	54:33	M Senior	
196	450	Paul	Jones	54:39	M 40 to 49	
197	493	Kim	Gardiner	54:40	F 35 to 44	
198	327	Jason	Bell	54:41	M 40 to 49	
199	252	Steve	Whitfield	54:42	M 50 to 59	Dagenham 88 Runners
200	336	Keith	Dawson	54:44	M Senior	
201	166	Leyla	Matthews	54:54	F 35 to 44	
202	256	Emma	Phillips	55:02	F 35 to 44	
203	31	Emerson	Gorham	55:14	M 40 to 49	
204	427	Bruce	Knowles	55:15	M 40 to 49	Havering '90 Joggers
205	451	Faye	Scott	55:18	F 45 to 54	
206	94	Kristina	Read	55:27	F 35 to 44	Phoenix Striders
207	82	David	Morgan	55:28	M 40 to 49	
208	454	Georgia	Bath	55:32	F 34 and Under	Benfleet RC
209	335	Sam	Robinson	55:35	F 34 and Under	Pitsea RC
210	73	Vicky	Turner	55:35	F 35 to 44	
211	178	Beata	Szczudlik	55:36	F 34 and Under	
212	61	Jeff	Webster	55:39	M Senior	Dagenham 88 Runners
213	176	Vicky	Calver	55:47	F 35 to 44	
214	264	Katie	Robinson	55:49	F 34 and Under	
215	156	Dean	Bugby	55:49	M Senior	
216	51	Timi Selon	Veerasamy	55:50	F 55+	Dagenham 88 Runners
217	377	MARTIN	PEEK	55:56	M Senior	Havering '90 Joggers
218	223	Sinead	Earley	55:56	F 35 to 44	
219	359	Danny	Clements	55:59	M Senior	
220	193	Nicola	Maslen	56:00	F 45 to 54	Phoenix Striders
221	306	Lilian	Irish	56:11	F 34 and Under	
222	307	Thomas	Irish	56:12	M Senior	

223	287	Tina	Victory	56:17	F 45 to 54	Castle Point Joggers
224	71	Steve	Sheekey	56:19	M 50 to 59	Havering '90 Joggers
225	477	Mark	Durrant	56:19	M 50 to 59	Barking Road Runners
226	175	Adam	Slate	56:22	M 40 to 49	
227	319	Caroline	Hooper	56:23	F 45 to 54	
228	172	Karen	Wallis	56:25	F 45 to 54	
229	205	Alan	Porter	56:31	M 60 +	Billericay Striders
230	414	Katherine	Withyman	56:42	F 35 to 44	
231	358	Hayley	Smith	56:47	F 34 and Under	
232	157	Lucy	Hunt	56:47	F 34 and Under	
233	366	Gavin	Wilkins	56:47	M Senior	
234	173	Joseph	Hunt	56:48	M Senior	
235	151	Vicki	Leavers	56:55	F 35 to 44	
236	460	Mark	Nason	56:59	M 50 to 59	
237	467	Neil	Colley	57:08	M Senior	
238	24	Brian	Slade	57:09	M 60 +	Havering '90 Joggers
239	285	Jessica	Wicks	57:12	F 35 to 44	Thrift Green Trotters
240	445	Ryan	Saveall	57:15	M 40 to 49	
241	442	Andrew	Ennis	57:16	M 50 to 59	Havering '90 Joggers
242	190	Graham	Brown	57:18	M 50 to 59	
243	257	David Eddie	Mills	57:20	M 50 to 59	Phoenix Striders
244	97	John	Wilkinson	57:21	M 50 to 59	Phoenix Striders
245	388	Deana	James	57:27	F 45 to 54	
246	140	Amanda	Keasley	57:28	F 45 to 54	
247	344	Neil	Smith	57:30	M Senior	
248	446	Ben	Ellis	57:36	M Senior	
249	352	Wendy	Saunders	57:40	F 45 to 54	
250	360	Maria	Bartlett	57:48	F 35 to 44	Barking Road Runners
251	334	Steve	Beech	57:51	M 60 +	Pitsea RC
252	434	Ronald	Dobie	57:58	M 50 to 59	Havering '90 Joggers
253	259	Jayne	Vernon	57:58	F 45 to 54	
254	213	Jamie	Rutland	57:59	M Senior	
255	160	Jen	Bull	58:04	F 34 and Under	Kingswood Triathlon Club
256	486	Patrick	Waters	58:21	M 60 +	Castle Point Joggers
257	309	Sarah	James	58:28	F 34 and Under	
258	189	Louise	Brown	58:30	F 34 and Under	
259	207	Luke	Fonfara	58:41	M Senior	
260	273	Joseph	Gregory	58:42	M Senior	
261	402	David	Wiggins	58:42	M Senior	
262	238	Danielle	Archer	58:45	F 34 and Under	
263	237	Tanya	Archer	58:46	F 45 to 54	
264	104	Paul	Davies	58:48	M 50 to 59	
265	387	Sonya	Veerasley	58:52	F 35 to 44	Dagenham 88 Runners
266	274	Vicki	Calleja	59:06	F 34 and Under	Thrift Green Trotters
267	436	Jacqueline	Butler	59:07	F 45 to 54	Havering '90 Joggers
268	299	Jack	Howes	59:17	M Senior	
269	289	Lorraine	Carroll	59:17	F 45 to 54	Thrift Green Trotters
270	315	Tracy	Hill	59:18	F 45 to 54	Havering '90 Joggers
271	488	Peter	Eates	59:20	M 60 +	
272	382	James	Taylor	59:23	M 60 +	
273	339	Alison	Harrold	59:23	F 55+	
274	316	Paul	Smith	59:24	M 50 to 59	
275	476	Louise	Chappell	59:25	F 35 to 44	Dagenham 88 Runners
276	381	Holly	Taylor	59:26	F 35 to 44	
277	449	Jim	Glover	59:26	M 40 to 49	
278	266	Scott	Connolly	59:27	M Senior	

279	149	Lukasz	Widomski	59:27	M Senior	
280	403	Zoe	Burnham	59:28	F 34 and Under	
281	112	Leanna	Romano	59:36	F 34 and Under	Havering '90 Joggers
282	419	Michael	Forrest	59:39	M Senior	
283	39	Lucy	Burdett	59:39	F 35 to 44	Havering '90 Joggers
284	197	Daniel	Tudor	59:39	M 40 to 49	Havering '90 Joggers
285	143	Matthew	Kenny	59:41	M Senior	
286	171	Elizabeth	Cox	59:43	F 35 to 44	
287	478	Mark	Pearce	59:49	M 40 to 49	
288	282	Nikki	Cranmer	59:59	F 45 to 54	Barking Road Runners
289	304	Debbie	Macinnes	1:00:13	F 45 to 54	
290	229	Leanne	Mitchell	1:00:18	F 45 to 54	
291	431	Emma	Rawson	1:00:19	F 34 and Under	
292	432	Sarah	Ebsworth	1:00:19	F 34 and Under	
293	425	Lauren	Buckle	1:00:19	F 34 and Under	
294	496	Brian	Higgins	1:00:21	M 40 to 49	
295	72	Lucy	Robinson	1:00:30	F 35 to 44	
296	479	Joy	Leader	1:00:34	F 45 to 54	Phoenix Striders
297	194	debra	pumfrett	1:00:34	F 45 to 54	Phoenix Striders
298	13	Hazel	Winston	1:00:36	F 55+	Havering '90 Joggers
299	240	Emma	Worby	1:00:36	F 34 and Under	
300	37	Rosina	Salmon	1:00:46	F 45 to 54	Dagenham 88 Runners
301	201	Nelson	Howe	1:00:54	M 50 to 59	Phoenix Striders
302	148	Roy	Jones	1:01:02	M 60 +	Castle Point Joggers
303	23	Laura	Kelly	1:01:04	F 45 to 54	Havering '90 Joggers
304	468	Michelle	Turner	1:01:06	F 34 and Under	
305	470	Gary	Pankhurst	1:01:06	M Senior	
306	421	Paul	Thomas	1:01:08	M Senior	
307	456	Camille	Whitcher	1:01:09	F 35 to 44	Havering '90 Joggers
308	120	Peter	Woodard	1:01:15	M 60+	Thurrock Nomads
309	323	Andrew	Chaplin	1:01:36	M 40 to 49	Pitsea RC
310	113	Lisa	Deneen	1:01:42	F 35 to 44	Harold Wood Running Club
311	211	Cherie	Hipkins	1:01:47	F 35 to 44	Great Bentley Running Club
312	212	Polly	Leaver	1:01:59	F 35 to 44	
313	183	Albert	Miles	1:02:01	M 60 +	Castle Point Joggers
314	246	Jean Pierre	Cattini	1:02:05	M 50 to 59	
315	417	Nicholas	Tresidder	1:02:09	M 60 +	
316	263	Jacqueline	Frewin	1:02:12	F 55+	Dagenham 88 Runners
317	423	Nyokabi	Kiruthi	1:02:20	F 35 to 44	Barking Road Runners
318	395	douglas	adams	1:02:26	M 60 +	
319	87	Debbie	Jones	1:02:29	F 45 to 54	Havering '90 Joggers
320	408	Jennifer	CLARK	1:02:30	F 35 to 44	
321	367	Mick	Southam	1:02:32	M 50 to 59	
322	363	Sue	Medlycott	1:02:35	F 45 to 54	
323	101	Darren	Spinner	1:02:39	M 40 to 49	
324	247	Sarah	Foster	1:02:39	F 34 and Under	Havering '90 Joggers
325	378	Hannah	Taylor	1:02:39	F 34 and Under	
326	295	Tony	Wallace	1:02:44	M 50 to 59	
327	489	Christopher	Eates	1:02:50	M Senior	
328	209	Charlie	Lloyd	1:03:00	M 40 to 49	Phoenix Striders
329	200	Sharon	Wilkinson	1:03:00	F 45 to 54	Phoenix Striders
330	418	mikki	skingsley	1:03:07	F 45 to 54	
331	322	Lucja	Joppek	1:03:14	F 45 to 54	
332	9	Lisa	Gaskin	1:03:24	F 45 to 54	Havering '90 Joggers
333	74	Dion	Kipping	1:03:27	M 40 to 49	
334	89	David	Dixon	1:03:31	M 50 to 59	Havering '90 Joggers

335	428	Emma	O'Shea	1:03:32	F 35 to 44	Dagenham 88 Runners
336	228	Kelly	Drake-tapsco	1:03:44	F 35 to 44	Dagenham 88 Runners
337	245	anne	Clark	1:03:53	F 35 to 44	
338	14	Melanie	Green	1:03:59	F 35 to 44	Havering '90 Joggers
339	243	Charlie	Fisher	1:04:01	F 34 and Under	Harold Wood Running Club
340	497	Christina	Kelekun	1:04:02	F 45 to 54	Havering '90 Joggers
341	267	Lorna	Mess	1:04:07	F 35 to 44	Thrift Green Trotters
342	262	Kevin	Brown	1:04:25	M 50 to 59	Dagenham 88 Runners
343	47	leigh	moring	1:04:42	M 50 to 59	Dagenham 88 Runners
344	235	Lindsey	Walsh	1:05:25	F 35 to 44	
345	234	Clare	Nissen	1:05:25	F 35 to 44	
346	447	Aaron	Patrick	1:05:26	M Senior	
347	129	Laura	Thomas	1:05:34	F 35 to 44	Havering '90 Joggers
348	5	Helen	Mackenzie-Cz	1:05:39	F 45 to 54	Havering '90 Joggers
349	191	Claire	Taylor	1:05:51	F 35 to 44	Eton Manor AC
350	126	Carol	Nelson	1:05:54	F 55+	Havering '90 Joggers
351	415	Karen	Joy	1:06:01	F 35 to 44	Dagenham 88 Runners
352	495	Katy	Nicoll	1:06:04	F 34 and Under	
353	105	Lisa	Davies	1:06:06	F 45 to 54	
354	106	Laura	Kimberley	1:06:12	F 34 and Under	Havering '90 Joggers
355	459	robert	courtier	1:06:17	M 60 +	Barking Road Runners
356	218	Gareth	Elliott	1:06:22	M 60 +	
357	49	Jane	Swanson-spr	1:06:49	F 45 to 54	Dagenham 88 Runners
358	34	SHARON	ROBINSON	1:06:50	F 45 to 54	Dagenham 88 Runners
359	216	LEE	EVANS	1:06:54	M 50 to 59	Havering '90 Joggers
360	165	Garry	Orton	1:07:22	M 40 to 49	
361	490	Suzanne	Green	1:07:34	F 45 to 54	Havering '90 Joggers
362	98	Katie	Wakefield	1:07:35	F 34 and Under	
363	136	Chris	Thomas	1:07:37	M 40 to 49	Havering '90 Joggers
364	444	Ann	Mccayna	1:07:52	F 45 to 54	
365	443	John	Mccayna	1:07:53	M 60 +	Springfield Striders RC
366	127	Elaine	Richardson	1:08:04	F 55+	Havering '90 Joggers
367	99	Ken	Summerfield	1:08:08	M 50 to 59	Barking Road Runners
368	410	David	West	1:08:17	M 60 +	Leigh on Sea Striders
369	44	Sara	Prior	1:08:19	F 45 to 54	Dagenham 88 Runners
370	66	Donna	Ball	1:08:29	F 35 to 44	Harold Wood Running Club
371	16	Maria	Brill	1:08:34	F 55+	Havering '90 Joggers
372	345	Debbie	Hornick	1:08:37	F 35 to 44	
373	217	Elizabeth	Preston	1:09:22	F 55+	Havering '90 Joggers
374	406	David	Howard	1:09:27	M 60 +	
375	52	Sam	Veerasamy	1:09:47	M 60 +	Dagenham 88 Runners
376	349	Barry	Moss	1:10:04	M 40 to 49	
377	86	Debbie	Joy	1:10:15	F 45 to 54	Dagenham 88 Runners
378	48	carol	moring	1:11:17	F 45 to 54	Dagenham 88 Runners
379	50	Christine	Lardner	1:11:19	F 55+	
380	286	Sarah	Hurst	1:11:41	F 35 to 44	
381	117	Claire	Broadley	1:11:56	F 35 to 44	Dagenham 88 Runners
382	329	Terri	Howe	1:12:21	F 55+	
383	59	Gary	Cardnell	1:12:51	M 50 to 59	Dagenham 88 Runners
384	350	Vikki	Pound-Firth	1:13:07	F 34 and Under	
385	60	julie	cardnell	1:13:39	F 55+	Dagenham 88 Runners
386	38	Jane	Foster	1:14:00	F 45 to 54	Havering '90 Joggers
387	30	Trish	Murphy	1:14:09	F 45 to 54	Havering '90 Joggers
388	333	Michael	Ball	1:14:11	M 60 +	Barking Road Runners
389	18	Janet	Simpson	1:14:49	F 55+	Phoenix Striders
390	57	Jacqui	Elliott	1:14:52	F 45 to 54	Dagenham 88 Runners

391	123	Sharon	Bass	1:14:58	F 34 and Under	
392	314	Michelle	Holman	1:15:34	F 45 to 54	
393	326	Carole	Vinicombe	1:15:34	F 55+	
394	80	Kirsty	Hannan	1:15:36	F 34 and Under	Dagenham 88 Runners
395	226	Jane	Evans	1:15:39	F 45 to 54	Havering '90 Joggers
396	208	Jacqui	West	1:15:47	F 55+	Phoenix Striders
397	118	Lorraine	Scott	1:16:17	F 45 to 54	Dagenham 88 Runners
398	25	Andi	Wright	1:16:52	F 35 to 44	Havering '90 Joggers
399	422	Shameem	Ahmed	1:16:56	F 45 to 54	Havering '90 Joggers
400	241	Ria	Crane	1:17:18	F 34 and Under	
401	268	Marie	Parker	1:17:18	F 35 to 44	
402	269	Emily	Whitfield	1:17:18	F 34 and Under	
403	1	Liz	Jude	1:18:36	F 35 to 44	
404	2	Becca	Regan	1:18:37	F 35 to 44	
405	308	Jemma	Green	1:18:38	F 34 and Under	
406	351	Lynda	Armfield	1:20:15	F 55+	
407	124	Janet	Fayers	1:20:47	F 55+	
408	147	Connor	Lamoureux	1:21:29	M Senior	
409	146	Jacqueline	Payne	1:21:30	F 45 to 54	
410	81	Emma	Tudor	1:22:27	F 35 to 44	Havering '90 Joggers
411	254	Peter	Morris	1:23:49	M 60 +	