

Sheet1

Overall Place	Bib	Name	Gun Time	Chip Time	Division	Division Place	Gender Place	Team
1	111	Chander Dhillion	32:52	32:52	Open	1 / 3	1	Thurrock Harriers
2	36	Crispian Bloomfield	34:48	34:48	Open	2 / 3	2	Billericay Striders
3	377	Ben Prior	35:48	35:48	Open	3 / 3	3	Thurrock Harriers
4	173	Tom Richardson	35:53	35:52	M 15-39	1 / 87	4	
5	83	Chris Cook	36:14	36:14	M 15-39	2 / 87	5	
6	203	Patrick Hayes	36:39	36:39	M 40-49	1 / 67	6	St Albans Striders
7	13	Tom Anderson	37:53	37:52	M 15-39	3 / 87	7	
8	122	Toby Draper	37:54	37:53	M 50-59	1 / 61	8	Thurrock Harriers
9	463	Shaun Brown	38:21	38:20	M 40-49	2 / 67	9	Thurrock Harriers
10	522	Adam Whitehead	38:22	38:22	M 15-39	4 / 87	10	
11	68	Martin Chester	38:42	38:42	M 50-59	2 / 61	11	Havering AC
12	27	David Beatty	38:50	38:50	M 50-59	3 / 61	12	Thurrock Harriers
13	476	Nick Trencher	38:52	38:51	M 50-59	4 / 61	13	Thurrock Harriers
14	460	Nick Taylor	39:11	39:10	M 15-39	5 / 87	14	
15	272	Dean Larvin	39:13	39:12	M 15-39	6 / 87	15	
16	84	Michael Cook	39:21	39:19	M 40-49	3 / 67	16	Pitsea RC
17	437	Victoria Primmer	39:38	39:36	Open(F)	1 / 3	1	Colchester Harriers AC
18	496	Colin Waggon	39:41	39:40	M 50-59	5 / 61	17	
19	497	Kirsty Osborn	39:48	39:46	Open(F)	2 / 3	2	Thurrock Harriers
20	338	Hayley Nye	39:49	39:49	Open(F)	3 / 3	3	
21	48	Stephen Bullen	40:00	39:58	M 50-59	6 / 61	18	Great Bentley Running Club
22	543	Lydia Callan	40:02	40:01	F 15-39	1 / 44	4	Colchester Harriers AC
23	299	Nick May	40:07	40:05	M 40-49	4 / 67	19	
24	38	Joanna Bolton	40:09	40:07	F 40-49	1 / 53	5	Billericay Striders
25	270	Nick Langton	40:18	40:17	M 50-59	7 / 61	20	
26	43	Rachel Broome	40:34	40:33	F 15-39	2 / 44	6	Chelmsford AC
27	42	Paul Broome	40:44	40:42	M 50-59	8 / 61	21	Springfield Striders RC
28	247	Thomas Jones	40:47	40:45	M 50-59	9 / 61	22	Phoenix Striders
29	467	Peter Thorn-Anderson	40:50	40:49	M 40-49	5 / 67	23	Pitsea RC
30	330	Peter Murray	40:58	40:53	M 15-39	7 / 87	24	
31	394	Billy Rungay	41:07	41:06	M 15-39	8 / 87	25	
32	242	Alexa Joel	41:07	41:05	F 40-49	2 / 53	7	
33	165	Dyfan Garmon	41:13	41:10	M 40-49	6 / 67	26	Dagenham 88 Runners
34	305	Robin McCoy	41:15	41:13	M 50-59	10 / 61	27	Springfield Striders RC
35	39	Richard Bonham	41:17	41:16	M 50-59	11 / 61	28	Castle Point Joggers
36	178	Dan Goodson	41:19	41:16	M 40-49	7 / 67	29	Billericay Striders
37	420	Antonio Pecoraro	41:25	41:24	M 60-69	1 / 35	30	Havering '90 Joggers
38	494	Daniel Voyez	41:31	41:28	M 15-39	9 / 87	31	
39	470	Yenei Tinley	41:36	41:24	M 15-39	10 / 87	32	
40	454	Nigel Swinburne	41:45	41:42	M 40-49	8 / 67	33	Dagenham 88 Runners

Sheet1

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41	529	Lucas Willett	41:47	41:45	M 15-39	11 / 87	34	Thurrock Harriers
42	515	Jeff West	42:09	42:06	M 15-39	12 / 87	35	
43	324	Jamie Morris	42:12	42:08	M 15-39	13 / 87	36	
44	54	Matt Butler	42:21	42:18	M 40-49	9 / 67	37	Thurrock Harriers
45	243	Paul Johnson	42:26	42:24	M 40-49	10 / 67	38	Brentwood Beagles Athletics Club
46	103	Danni Davies	42:35	42:25	M 50-59	12 / 61	39	
47	93	Mitch Curran	42:36	42:30	M 15-39	14 / 87	40	
48	222	Jack Howes	42:37	42:32	M 15-39	15 / 87	41	
49	91	Ryan Crane	42:46	42:37	M 15-39	16 / 87	42	
50	349	Gary Pankhurst	42:52	42:45	M 40-49	11 / 67	43	
51	66	Ross Chapelhow	43:10	43:08	M 40-49	12 / 67	44	
52	223	Neil Hubbard	43:14	43:10	M 40-49	13 / 67	45	Leigh-on-Sea Striders
53	308	Louis McQuade	43:21	43:15	M 15-39	17 / 87	46	
54	239	Tony James	43:22	43:16	M 15-39	18 / 87	47	
55	147	Grant England	43:32	43:29	M 40-49	14 / 67	48	Billericay Striders
56	457	Stephen Tate	43:37	43:32	M 15-39	19 / 87	49	Brentwood Running Club
57	440	Matthew Steel	43:40	43:34	M 15-39	20 / 87	50	
58	211	Guy Hildreth	43:58	43:54	M 40-49	15 / 67	51	Havering '90 Joggers
59	9	Tony Agg	43:59	43:54	M 40-49	16 / 67	52	Billericay Striders
60	155	Antony Freeman	44:01	43:57	M 15-39	21 / 87	53	
61	120	Jordan Downer	44:05	44:01	M 15-39	22 / 87	54	
62	33	Steve Berry	44:08	44:03	M 40-49	17 / 67	55	Pitsea RC
63	386	Kristina Read	44:11	44:08	F 40-49	3 / 53	8	Phoenix Striders
64	7	Paul Agastina	44:14	44:10	M 50-59	13 / 61	56	Pitsea RC
65	531	Karen Wilson	44:17	44:13	F 40-49	4 / 53	9	Brentwood Running Club
66	11	Abdu Akay	44:31	44:29	M 40-49	18 / 67	57	
67	490	Julian Vereker	44:32	44:29	M 40-49	19 / 67	58	
68	15	Sarah Jane Appleton	44:50	44:46	F 15-39	3 / 44	10	
69	152	Gary Flint	44:52	44:47	M 60-69	2 / 35	59	Havering '90 Joggers
70	375	Paul Prior	44:53	44:47	M 50-59	14 / 61	60	
71	487	Lee Veale	44:56	44:51	M 40-49	20 / 67	61	Havering '90 Joggers
72	154	Joe Foxon	44:59	44:55	M 40-49	21 / 67	62	
73	144	Jamie Enever-Dodd	45:00	44:56	M 40-49	22 / 67	63	
74	59	Chris Carroll	45:01	44:59	M 15-39	23 / 87	64	
75	432	Jack Snowling	45:12	44:50	M 15-39	24 / 87	65	
76	414	David Sherman	45:12	45:08	M 40-49	23 / 67	66	Havering '90 Joggers
77	98	Steve Danby	45:15	45:09	M 50-59	15 / 61	67	
78	382	John Pumfrett	45:23	45:19	M 60-69	3 / 35	68	Phoenix Striders
79	101	Matt Davies	45:26	45:19	M 50-59	16 / 61	69	
80	278	Callum Lemay	45:27	45:24	M 15-39	25 / 87	70	

Sheet1

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81	538	Amy Wright	45:27	45:11	F 15-39	4 / 44	11	
82	110	Amolak Dhanjal	45:34	45:27	M 60-69	4 / 35	71	Harold Wood Running Club
83	426	Jamie Smith	45:50	45:44	M 50-59	17 / 61	72	Phoenix Striders
84	207	Isabelle Hetherington	45:52	45:47	F 15-39	5 / 44	12	
85	450	Michael Summers	45:54	45:43	M 40-49	24 / 67	73	Phoenix Striders
86	478	Steve Turner	45:56	45:48	M 60-69	5 / 35	74	Leigh-on-Sea Striders
87	20	Todd Babington	46:09	46:01	M 15-39	26 / 87	75	
88	399	Peter Salmon	46:12	46:05	M 50-59	18 / 61	76	
89	129	Rael Duncan	46:22	46:18	F 15-39	6 / 44	13	
90	344	Martin Orford	46:24	46:20	M 50-59	19 / 61	77	Pitsea RC
91	275	Marc Lawrence Humphreys	46:24	46:14	M 15-39	27 / 87	78	
92	2	Pete Acher	46:27	46:21	M 50-59	20 / 61	79	
93	441	Lee Steele	46:31	46:26	M 40-49	25 / 67	80	Fordy Runs Running Club
94	443	Richard Stockwell	46:36	46:27	M 50-59	21 / 61	81	
95	206	Alfie Henry	46:37	46:33	M 15-39	28 / 87	82	
96	331	Leonie Nalcioğlu	46:38	46:33	F 40-49	5 / 53	14	Thurrock Harriers
97	45	Hayley Brown	46:45	46:36	F 40-49	6 / 53	15	RED (Rochford Endurance & Distance) Runners
98	229	Paul Hurn	46:47	46:35	M 50-59	22 / 61	83	Thurrock Nomads
99	327	Glyn Mullen	47:14	47:06	M 60-69	6 / 35	84	
100	311	Brooke Mensah	47:21	47:19	F 15-39	7 / 44	16	Thurrock Harriers
101	225	Andrea Hughes	47:23	47:14	F 40-49	7 / 53	17	Leigh-on-Sea Striders
102	245	Serena Jones	47:27	47:22	F 50-59	1 / 47	18	Phoenix Striders
103	353	Mason Parsons	47:29	47:26	M 15-39	29 / 87	85	
104	369	Joaquin Polo	47:34	47:25	M 40-49	26 / 67	86	Harold Wood Running Club
105	40	Oliver Bridge	47:35	47:33	M 40-49	27 / 67	87	
106	78	Christina Clementson	47:36	47:26	F 50-59	2 / 47	19	Havering '90 Joggers
107	325	Danny Moynihan	47:37	47:35	M 15-39	30 / 87	88	
108	352	Lee Parnell	47:38	47:28	M 40-49	28 / 67	89	
109	55	Ciaran Byrne	47:47	47:34	M 15-39	31 / 87	90	Benfleet RC
110	235	Rahana Islam	47:53	47:42	F 40-49	8 / 53	20	Dagenham 88 Runners
111	510	Adam Webb	47:54	47:42	M 15-39	32 / 87	91	
112	541	Jochen Yree	47:59	47:49	M 50-59	23 / 61	92	
113	204	Lee Hazelwood	48:01	47:55	M 50-59	24 / 61	93	Phoenix Striders
114	533	Joe Wood	48:02	47:51	M 15-39	33 / 87	94	
115	448	Paul Strutt	48:03	47:45	M 40-49	29 / 67	95	
116	80	Neil Colley	48:13	48:09	M 15-39	34 / 87	96	
117	513	Zoe Wenden	48:13	47:59	F 15-39	8 / 44	21	Fordy Runs Running Club
118	528	Colin Wilkinson	48:14	48:08	M 50-59	25 / 61	97	Phoenix Striders
119	30	Tom Benton	48:15	47:59	M 40-49	30 / 67	98	
120	186	Surjit Grewal	48:17	48:04	F 50-59	3 / 47	22	Brentwood Running Club

Sheet1

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121	12	Hiren Amin	48:21	48:06	M 40-49	31 / 67	99	Pitsea RC
122	345	James Page	48:32	48:18	M 40-49	32 / 67	100	Fordy Runs Running Club
123	526	Ryan Wilkins	48:37	48:24	M 15-39	35 / 87	101	
124	263	Andy Kirby	48:51	48:37	M 50-59	26 / 61	102	
125	32	Paul Berry	48:51	48:43	M 40-49	33 / 67	103	Thurrock Nomads
126	507	Mike Warren	48:52	48:48	M 50-59	27 / 61	104	
127	50	Hollie Bunker	49:03	49:00	F 15-39	9 / 44	23	
128	18	Tommy Aries	49:04	48:54	M 40-49	34 / 67	105	
129	82	Jake Conroy	49:06	48:47	M 15-39	36 / 87	106	
130	294	Tim Martin	49:08	49:06	M 40-49	35 / 67	107	Thurrock Harriers
131	444	Adam Stow	49:08	48:52	M 50-59	28 / 61	108	Pitsea RC
132	75	Evie Clarke	49:11	49:02	F 15-39	10 / 44	24	
133	506	Philip Warner	49:13	48:42	M 50-59	29 / 61	109	Phoenix Striders
134	431	Connor Smith-Allen	49:18	49:06	M 15-39	37 / 87	110	
135	401	Chris Hunter	49:20	49:09	M 15-39	38 / 87	111	
136	246	Abbie Jones	49:21	49:16	F 15-39	11 / 44	25	
137	81	Alex Connor	49:27	49:14	M 15-39	39 / 87	112	
138	258	Paul Kilsby	49:37	49:23	M 60-69	7 / 35	113	
139	532	Charlie Windsor	49:37	49:17	M 15-39	40 / 87	114	
140	356	Jack Pearce	49:43	49:30	M 15-39	41 / 87	115	
141	550	Chris Jacobson	49:48	48:57	M 15-39	42 / 87	116	
142	117	Andrew Dobson	49:54	49:45	M 40-49	36 / 67	117	
143	137	Kathryn Ellis	49:56	49:39	F 15-39	12 / 44	26	
144	116	David Dixon	49:57	49:28	M 60-69	8 / 35	118	Havering '90 Joggers
145	138	Phillip Ellis	49:58	49:40	M 15-39	43 / 87	119	
146	400	Tom Sargeant	49:58	49:40	M 40-49	37 / 67	120	Dagenham 88 Runners
147	475	Jack Tremain	49:59	49:39	M 15-39	44 / 87	121	
148	19	John Baalham	50:00	49:41	M 40-49	38 / 67	122	
149	146	Elin Engdahl	50:03	49:52	F 60-69	1 / 19	27	
150	455	Neil Sykes	50:05	49:52	M 50-59	30 / 61	123	
151	21	David Bacon	50:19	50:09	M 60-69	9 / 35	124	Havering '90 Joggers
152	442	Leigh Still	50:35	50:27	M 60-69	10 / 35	125	Thurrock Nomads
153	342	Paul Omer	50:36	50:30	M 50-59	31 / 61	126	Pitsea RC
154	232	Nigel Instance	50:41	50:27	M 50-59	32 / 61	127	
155	336	Mark Norman	50:43	50:34	M 50-59	33 / 61	128	Harold Wood Running Club
156	162	Daniel Ryan	50:45	50:15	M 15-39	45 / 87	129	Havering '90 Joggers
157	60	Lee Carson	50:46	50:37	M 50-59	34 / 61	130	
158	107	Dina Day	50:48	50:34	F 15-39	13 / 44	28	
159	261	Davis King	50:48	50:26	M 15-39	46 / 87	131	
160	4	Carole Adams	50:51	50:41	F 40-49	9 / 53	29	Dagenham 88 Runners

Sheet1

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161	471	Wayne Tomkins	51:02	50:38	M 40-49	39 / 67	132	
162	453	Veronique Surry	51:10	50:51	F 40-49	10 / 53	30	
163	230	Kay Hurn	51:15	51:08	F 50-59	4 / 47	31	Thurrock Nomads
164	77	James Clasby	51:19	51:00	M 15-39	47 / 87	133	
165	350	Brian Parish	51:27	50:58	M 50-59	35 / 61	134	Havering '90 Joggers
166	150	David Everett	51:32	51:02	M 40-49	40 / 67	135	
167	268	Simon Lambert	51:36	51:09	M 40-49	41 / 67	136	Phoenix Striders
168	72	David Clark	51:37	51:25	M 50-59	36 / 61	137	Thurrock Nomads
169	536	Malcolm Woodhouse	51:45	51:35	M 70-99	1 / 12	138	Leigh-on-Sea Striders
170	156	Gary French	51:45	51:25	M 40-49	42 / 67	139	
171	542	Adam Meadows	51:49	51:32	M 15-39	48 / 87	140	
172	24	Carly Banks	51:52	51:44	F 40-49	11 / 53	32	Thurrock Nomads
173	412	John Sheppard	51:55	51:40	M 40-49	43 / 67	141	
174	298	Harris Mawardi	51:58	51:46	M 15-39	49 / 87	142	
175	264	Rachel Knight	52:02	51:34	F 15-39	14 / 44	33	Havering '90 Joggers
176	410	Sinead Sheehy	52:04	51:52	F 15-39	15 / 44	34	
177	44	Eamon Brown	52:05	51:57	M 60-69	11 / 35	143	Billericay Striders
178	62	Dan Carvosso	52:12	51:47	M 50-59	37 / 61	144	
179	70	David Clancy	52:13	51:55	M 60-69	12 / 35	145	Phoenix Striders
180	495	Gracie Wade	52:14	51:58	F 15-39	16 / 44	35	Pitsea RC
181	85	Adam Cooper	52:18	51:35	M 15-39	50 / 87	146	
182	540	Jane Yellop	52:22	52:07	F 50-59	5 / 47	36	Pitsea RC
183	315	Bob Mills	52:23	52:16	M 60-69	13 / 35	147	Thurrock Nomads
184	280	Charley Lesslie	52:25	52:21	F 40-49	12 / 53	37	
185	17	Liam Appleyard	52:30	52:24	M 15-39	51 / 87	148	
186	291	Lynsey Mann	52:35	52:14	F 40-49	13 / 53	38	Harold Wood Running Club
187	227	Graham Humphries	52:40	52:33	M 50-59	38 / 61	149	Thurrock Nomads
188	106	Keith Dawson	52:48	52:30	M 40-49	44 / 67	150	Phoenix Striders
189	61	Ellie Carvosso	52:51	52:26	F 15-39	17 / 44	39	
190	396	Louise Rushmer	52:54	52:43	F 50-59	6 / 47	40	
191	240	John Jeffree	53:02	52:39	M 50-59	39 / 61	151	
192	237	Kevin Jacobson	53:02	52:10	M 15-39	52 / 87	152	
193	168	Matt Gavan	53:09	52:49	M 15-39	53 / 87	153	
194	367	Faatemah-Zehra Piperdy	53:10	52:56	F 15-39	18 / 44	41	Pitsea RC
195	287	Bettina Maccariello	53:19	53:12	F 50-59	7 / 47	42	Thurrock Nomads
196	257	Surma Khatun	53:21	53:09	F 40-49	14 / 53	43	Thurrock Nomads
197	357	Jo Pearce	53:23	52:52	F 60-69	2 / 19	44	Phoenix Striders
198	87	Randall Courtney	53:32	53:05	M 50-59	40 / 61	154	Thurrock Nomads
199	157	Dean French	53:34	53:15	M 40-49	45 / 67	155	
200	310	Niamh Meehan	53:40	53:27	F 15-39	19 / 44	45	

Sheet1

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201	5	Andrew Adams	53:41	53:23	M 50-59	41 / 61	156	Harold Wood Running Club
202	481	Scott Tween	53:43	53:26	M 40-49	46 / 67	157	
203	200	Anthony Hattam	53:44	53:34	M 50-59	42 / 61	158	
204	429	Thomas Smith	53:45	53:22	M 15-39	54 / 87	159	
205	189	Mandy Gunn	53:45	53:23	F 40-49	15 / 53	46	
206	141	Ellis Elvin	53:46	53:25	M 15-39	55 / 87	160	
207	35	Wendy Bland	53:50	53:23	F 50-59	8 / 47	47	
208	184	Melanie Green	53:53	53:26	F 50-59	9 / 47	48	Havering '90 Joggers
209	393	Ruth Roberts	53:55	53:25	F 50-59	10 / 47	49	Phoenix Striders
210	535	Tony Woodgate	54:00	53:42	M 50-59	43 / 61	161	Dagenham 88 Runners
211	428	Lacey Smith	54:00	53:37	F 15-39	20 / 44	50	
212	385	Harvey Rapson- lees	54:06	53:58	M 15-39	56 / 87	162	
213	52	Lucy Burdett	54:06	53:31	F 50-59	11 / 47	51	Havering '90 Joggers
214	102	Joel Davies	54:13	54:03	M 40-49	47 / 67	163	
215	518	James Whiston	54:13	53:46	M 15-39	57 / 87	164	
216	354	Kieran Peacefull	54:16	53:56	M 15-39	58 / 87	165	
217	191	Alex Haines	54:17	53:48	M 15-39	59 / 87	166	
218	180	Connor Gourley	54:18	54:05	M 15-39	60 / 87	167	
219	244	Bernard Johnson	54:20	54:07	M 60-69	14 / 35	168	Thurrock Harriers
220	224	John Hughes	54:21	54:02	M 50-59	44 / 61	169	Dagenham 88 Runners
221	217	William Holman	54:24	53:52	M 15-39	61 / 87	170	
222	365	Ed Philpot	54:27	54:06	M 15-39	62 / 87	171	
223	234	Lilian Irish	54:30	54:11	F 15-39	21 / 44	52	
224	69	Sid Choudhury	54:31	53:47	M 15-39	63 / 87	172	
225	381	Debra Pumfrett	54:32	54:03	F 60-69	3 / 19	53	Phoenix Striders
226	115	Catherine Dinmore	54:43	54:24	F 40-49	16 / 53	54	
227	517	Vanessa Wheeler	54:45	54:22	F 60-69	4 / 19	55	Striders Of Croydon
228	326	Clare Moynihan	54:47	54:35	F 50-59	12 / 47	56	
229	395	Isabel Rushmer	54:47	54:30	F 15-39	22 / 44	57	
230	113	Dave Dickins	54:49	54:29	M 15-39	64 / 87	173	
231	404	Faye Scott	54:49	54:44	F 60-69	5 / 19	58	Thurrock Nomads
232	181	Steve Gourley	54:56	54:33	M 50-59	45 / 61	174	Harold Wood Running Club
233	379	Jay Proudfoot	55:00	54:38	M 15-39	65 / 87	175	
234	364	Kate Pettit	55:01	54:25	F 50-59	13 / 47	59	Havering '90 Joggers
235	388	Ann Reed	55:03	54:31	F 50-59	14 / 47	60	Benfleet RC
236	134	Maskell Chris	55:04	54:39	M 15-39	66 / 87	176	Phoenix Striders
237	182	Lynsey Gray	55:06	54:50	F 50-59	15 / 47	61	Phoenix Striders
238	277	Roger Lebek	55:09	54:39	M 60-69	15 / 35	177	Havering '90 Joggers
239	96	Mark Dalby	55:12	54:38	M 40-49	48 / 67	178	Havering '90 Joggers
240	151	Charlie Everitt	55:16	54:54	M 15-39	67 / 87	179	

Sheet1

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241	26	Simon Bayfield	55:17	54:52	M 40-49	49 / 67	180	
242	95	Ryan Cutts	55:28	55:10	M 15-39	68 / 87	181	
243	187	Michael Groombridge	55:34	55:10	M 40-49	50 / 67	182	Pitsea RC
244	94	Kerry Curtis	55:40	55:00	F 50-59	16 / 47	62	Havering '90 Joggers
245	190	Paul Hagan	55:44	55:43	M 40-49	51 / 67	183	Pitsea RC
246	97	George Daly	55:51	55:28	M 15-39	69 / 87	184	
247	58	Sarah Carey	56:11	55:54	F 40-49	17 / 53	63	Eton Manor AC
248	130	Janine Durrant	56:12	55:55	F 40-49	18 / 53	64	Eton Manor AC
249	383	Darren Radford	56:13	55:43	M 60-69	16 / 35	185	Havering '90 Joggers
250	366	Graham Pike	56:17	55:49	M 40-49	52 / 67	186	
251	260	Laurence King	56:19	55:40	M 60-69	17 / 35	187	South Woodham Runners
252	49	Gloria Bullen	56:25	56:11	F 60-69	6 / 19	65	Thurrock Harriers
253	183	Alison Green	56:35	56:22	F 50-59	17 / 47	66	
254	332	Carol Nelson	56:38	56:02	F 60-69	7 / 19	67	Harold Wood Running Club
255	537	Alan Woodroof	56:41	56:18	M 60-69	18 / 35	188	Harold Wood Running Club
256	288	Christopher Madell	56:45	56:20	M 50-59	46 / 61	189	Harold Wood Running Club
257	131	Karen Dymock	56:48	56:19	F 40-49	19 / 53	68	
258	283	Alex Lewry	56:50	56:16	M 40-49	53 / 67	190	
259	303	James Mcbride	56:54	56:23	M 50-59	47 / 61	191	Phoenix Striders
260	99	Geri Danby	56:57	56:31	F 40-49	20 / 53	69	
261	139	Lee Elliston	57:02	56:28	M 40-49	54 / 67	192	
262	265	Sophie Kohl	57:05	56:43	F 15-39	23 / 44	70	
263	64	George Catalin	57:12	56:22	M 50-59	48 / 61	193	
264	236	Justine Ivens	57:12	56:54	F 15-39	24 / 44	71	
265	371	Ian Poole	57:18	56:53	M 50-59	49 / 61	194	
266	174	Luke Gilbey	57:19	57:00	M 15-39	70 / 87	195	
267	284	Steven Lovett	57:21	56:48	M 50-59	50 / 61	196	Phoenix Striders
268	387	Matthew Reed	57:21	56:50	M 15-39	71 / 87	197	Havering '90 Joggers
269	539	Pebbles Wyard	57:25	56:42	F 15-39	25 / 44	72	Dagenham 88 Runners
270	498	Debbie Walker	57:26	57:10	F 40-49	21 / 53	73	
271	413	Emily Sheppard	57:26	57:10	F 15-39	26 / 44	74	
272	65	Brad Chalk	57:38	56:54	M 15-39	72 / 87	198	
273	213	Michael Hill	57:39	57:23	M 50-59	51 / 61	199	Havering '90 Joggers
274	104	Bryn Davies	57:44	57:16	M 40-49	55 / 67	200	
275	333	Claire Fraser	57:44	57:18	F 40-49	22 / 53	75	
276	300	Emily May	57:46	57:26	F 15-39	27 / 44	76	
277	355	Josh Peacock	57:52	57:10	M 15-39	73 / 87	201	
278	468	Terri Thorpe	57:54	57:46	F 40-49	23 / 53	77	
279	199	Patrick Harrington	58:11	57:42	M 60-69	19 / 35	202	
280	161	Beth Gadlin	58:18	57:46	F 50-59	18 / 47	78	Pitsea RC

Sheet1

Overall Place	Bib	Name	Gun Time	Chip Time	Division	Division Place	Gender Place	Affiliated Team
281	143	Chris Emery	58:20	57:48	M 15-39	74 / 87	203	Pitsea RC
282	320	Elizabeth Mona	58:28	58:12	F 50-59	19 / 47	79	
283	359	Michael Peggall	58:29	58:10	M 40-49	56 / 67	204	Dagenham 88 Runners
284	461	Claire Louise Taylor	58:29	58:12	F 50-59	20 / 47	80	
285	323	Alan Moran	58:29	58:12	M 50-59	52 / 61	205	
286	309	Nichola Meader	58:31	58:18	F 40-49	24 / 53	81	Brentwood Running Club
287	469	Stuart Tidd	58:35	58:01	M 60-69	20 / 35	206	Havering '90 Joggers
288	328	Alicia Murphy	58:35	58:07	F 15-39	28 / 44	82	Havering '90 Joggers
289	253	Amanda Keasley	58:38	58:05	F 50-59	21 / 47	83	Havering '90 Joggers
290	314	Magdalena Miedlar	58:42	58:40	F 40-49	25 / 53	84	Thurrock Nomads
291	192	Phil Hales	58:43	58:17	M 50-59	53 / 61	207	
292	524	Nikki Whittington	58:53	58:36	F 40-49	26 / 53	85	
293	322	Harold Monk	59:12	58:47	M 70-99	2 / 12	208	Thurrock Nomads
294	252	Sean Kavanagh	59:12	58:34	M 60-69	21 / 35	209	
295	73	Victoria Clarke	59:18	58:40	F 40-49	27 / 53	86	
296	8	Grace Agate-Bacon	59:21	59:04	F 15-39	29 / 44	87	Havering '90 Joggers
297	205	Michelle Henderson	59:22	58:51	F 60-69	8 / 19	88	Thurrock Nomads
298	3	Indy Acher	59:33	59:07	F 40-49	28 / 53	89	
299	71	Joe Clancy	59:35	59:17	M 15-39	75 / 87	210	
300	193	Helen Hall	59:37	58:59	F 40-49	29 / 53	90	South Woodham Runners
301	456	David Tapsell	59:42	59:13	M 40-49	57 / 67	211	
302	282	Rosie Lewry	59:45	59:12	F 15-39	30 / 44	91	
303	267	Allan Lacey	59:46	59:04	M 50-59	54 / 61	212	Dagenham 88 Runners
304	391	Elaine Richardson	59:52	59:15	F 60-69	9 / 19	92	Harold Wood Running Club
305	491	Ronald Vialls	59:56	59:19	M 70-99	3 / 12	213	Barking Road Runners
306	485	Robert Vamplew	59:57	59:21	M 50-59	55 / 61	214	
307	462	Kathy Taylor	01:00:05	59:39	F 70-99	1 / 2	93	Pocklington Runners
308	218	Mark Holmes	01:00:07	59:42	M 40-49	58 / 67	215	
309	390	Clive Rew	01:00:13	59:41	M 40-49	59 / 67	216	
310	398	Rosina Salmon	01:00:14	59:54	F 50-59	22 / 47	94	Dagenham 88 Runners
311	34	Bradley Beszant	01:00:22	59:44	M 15-39	76 / 87	217	
312	76	Tracy Clarke-Wolfe	01:00:22	01:00:03	F 50-59	23 / 47	95	
313	109	Natalie Denniss	01:00:23	01:00:07	F 15-39	31 / 44	96	
314	347	Luke Painter	01:00:23	01:00:08	M 15-39	77 / 87	218	
315	521	Nichola Whitehead	01:00:23	01:00:07	F 15-39	32 / 44	97	
316	397	Duncan Russell	01:00:26	59:42:00	M 60-69	22 / 35	219	Phoenix Striders
317	419	Lee Singleton	01:00:27	01:00:10	M 15-39	78 / 87	220	
318	86	Sarah Cotton	01:00:28	01:00:19	F 50-59	24 / 47	98	
319	337	Carol Norman	01:00:36	59:59:00	F 40-49	30 / 53	99	Harold Wood Running Club
320	16	Del Appleton	01:00:47	01:00:18	M 60-69	23 / 35	221	

Sheet1

Overall Place	Bib	Name	Gun Time	Chip Time	Division	Division Place	Gender Place	Affiliated Team
321	209	Jason Hetterley	01:01:04	01:00:23	M 50-59	56 / 61	222	Havering '90 Joggers
322	516	Mike Westmore	01:01:08	01:00:43	M 60-69	24 / 35	223	Harold Wood Running Club
323	132	Suzanne Easley	01:01:08	01:00:29	F 40-49	31 / 53	100	Harold Wood Running Club
324	212	Deborah Hill	01:01:11	01:00:36	F 50-59	25 / 47	101	Fordy Runs Running Club
325	29	Harley Beecroft	01:01:22	01:00:41	F 40-49	32 / 53	102	Havering '90 Joggers
326	23	Phil Baker	01:01:25	01:00:55	M 70-99	4 / 12	224	Thurrock Nomads
327	374	Sam Prior	01:01:30	01:00:53	F 40-49	33 / 53	103	
328	74	Matthew Clarke	01:01:40	01:01:01	M 40-49	60 / 67	225	
329	304	Leilah McClay	01:01:45	01:01:14	F 40-49	34 / 53	104	Leigh-on-Sea Striders
330	370	Rob Ponti	01:01:55	01:01:44	M 40-49	61 / 67	226	
331	6	Steve Adams	01:01:56	01:01:08	M 60-69	25 / 35	227	
332	118	Ashleigh Dobson	01:01:59	01:01:33	F 15-39	33 / 44	105	Thurrock Nomads
333	523	Barry Whitehouse	01:02:03	01:01:23	M 50-59	57 / 61	228	
334	251	Liam Judd	01:02:09	01:01:44	M 15-39	79 / 87	229	
335	438	Stephen Richardson	01:02:10	01:01:39	M 50-59	58 / 61	230	Thurrock Nomads
336	286	Jackie Ludlow	01:02:21	01:01:48	F 50-59	26 / 47	106	Havering '90 Joggers
337	1	Tony Abbott	01:02:29	01:02:07	M 15-39	80 / 87	231	
338	488	Selon Timi Veerasamy	01:02:34	01:01:52	F 70-99	2 / 2	107	Dagenham 88 Runners
339	411	Stephen Sheekey	01:02:35	01:01:47	M 60-69	26 / 35	232	
340	271	Jake Larsen	01:02:46	01:02:26	M 15-39	81 / 87	233	
341	158	Sarah Friend	01:02:54	01:02:15	F 40-49	35 / 53	108	Harold Wood Running Club
342	276	Joy Leader	01:02:57	01:02:22	F 60-69	10 / 19	109	Phoenix Striders
343	334	Daniel Nifton	01:03:04	01:02:23	M 15-39	82 / 87	234	
344	163	Lee Game	01:03:09	01:02:47	M 15-39	83 / 87	235	
345	319	Stephen Mitchell	01:03:23	01:02:51	M 60-69	27 / 35	236	
346	316	Katie Mills	01:03:34	01:02:53	F 40-49	36 / 53	110	
347	281	Julie Lester	01:03:36	01:03:05	F 40-49	37 / 53	111	Thurrock Nomads
348	408	Chris Shaw	01:03:36	01:03:05	M 70-99	5 / 12	237	Thurrock Nomads
349	318	Leanne Mitchell	01:03:42	01:03:06	F 60-69	11 / 19	112	
350	197	Lisa Harland	01:04:07	01:03:33	F 50-59	27 / 47	113	
351	351	Kim Parker	01:04:31	01:03:51	F 60-69	12 / 19	114	Havering '90 Joggers
352	290	Brigid Mallee	01:04:31	01:03:51	F 60-69	13 / 19	115	Havering '90 Joggers
353	221	Paula Hope	01:04:39	01:04:02	F 50-59	28 / 47	116	South Woodham Runners
354	433	Mick Southam	01:05:00	01:04:38	M 50-59	59 / 61	238	
355	37	Andy Body	01:05:07	01:04:35	M 70-99	6 / 12	239	
356	307	Ryan McDonach	01:05:17	01:04:55	M 15-39	84 / 87	240	
357	389	Lee Regan	01:05:19	01:04:41	M 60-69	28 / 35	241	Havering '90 Joggers
358	47	Jen Bull	01:05:19	01:04:45	F 15-39	34 / 44	117	
359	424	Sarah Smallbone	01:05:40	01:05:09	F 40-49	38 / 53	118	
360	436	Ray Spong	01:05:40	01:05:08	M 60-69	29 / 35	242	Havering '90 Joggers

Sheet1

Overall Place	Bib	Name	Gun Time	Chip Time	Division	Division Place	Gender Place	Affiliated Team
361	214	Lorraine Hilton	01:05:46	01:05:03	F 60-69	14 / 19	119	Dagenham 88 Runners
362	254	Grace Kelly	01:05:48	01:05:01	F 40-49	39 / 53	120	Dagenham 88 Runners
363	219	Julie Holmes	01:05:51	01:05:15	F 40-49	40 / 53	121	
364	358	Kristine Pearson	01:05:51	01:05:18	F 50-59	29 / 47	122	Phoenix Striders
365	201	Louise Hawker	01:05:53	01:05:15	F 40-49	41 / 53	123	Harold Wood Running Club
366	509	Kathy Webb	01:05:57	01:05:33	F 60-69	15 / 19	124	Eton Manor AC
367	145	Melanie Enever-Dodd	01:06:02	01:05:18	F 40-49	42 / 53	125	
368	57	Irene Campen	01:06:05	01:05:19	F 60-69	16 / 19	126	Dagenham 88 Runners
369	372	Alan Porter	01:06:08	01:05:28	M 70-99	7 / 12	243	Billericay Striders
370	216	Michelle Holman	01:06:14	01:05:39	F 50-59	30 / 47	127	Phoenix Striders
371	28	Andrew Beazeley	01:06:34	01:05:51	M 40-49	62 / 67	244	Dagenham 88 Runners
372	79	Bill Clissold	01:06:59	01:06:11	M 60-69	30 / 35	245	
373	249	Matt Jones	01:07:14	01:06:35	M 15-39	85 / 87	246	
374	339	Jenny O'Hanlon	01:07:16	01:06:34	F 40-49	43 / 53	128	Dagenham 88 Runners
375	340	Emma O'Shea	01:07:19	01:06:35	F 50-59	31 / 47	129	Dagenham 88 Runners
376	159	Alison Fryatt	01:07:20	01:06:31	F 50-59	32 / 47	130	Barking Road Runners
377	188	Trish Groves	01:07:30	01:06:54	F 60-69	17 / 19	131	Harold Wood Running Club
378	133	Christopher Eates	01:07:31	01:07:01	M 40-49	63 / 67	247	Phoenix Striders
379	238	Mike James	01:07:32	01:06:42	M 40-49	64 / 67	248	
380	295	Nicola Maslen	01:07:34	01:06:58	F 50-59	33 / 47	132	Phoenix Striders
381	465	Laura Thomas	01:07:43	01:07:03	F 40-49	44 / 53	133	Havering '90 Joggers
382	466	Elaine Thompson	01:07:48	01:07:24	F 50-59	34 / 47	134	
383	142	Melissa Embery	01:08:02	01:07:15	F 50-59	35 / 47	135	Dagenham 88 Runners
384	140	Stephanie Elsey	01:08:04	01:07:26	F 15-39	35 / 44	136	
385	14	Rebecca Anderson-preddy	01:08:10	01:07:32	F 40-49	45 / 53	137	
386	514	Tony Wenden	01:08:21	01:07:46	M 60-69	31 / 35	249	
387	500	Hannah Walker	01:08:24	01:07:42	F 15-39	36 / 44	138	
388	175	Mark Gillam	01:08:25	01:07:36	M 50-59	60 / 61	250	
389	135	Gary Elliott	01:08:26	01:07:53	M 70-99	8 / 12	251	
390	449	Andrew Sturrock-McMoore	01:08:33	01:08:05	M 40-49	65 / 67	252	
391	439	Derek Staton	01:08:33	01:08:02	M 70-99	9 / 12	253	Thurrock Nomads
392	421	Brian Slade	01:08:49	01:08:13	M 70-99	10 / 12	254	Havering '90 Joggers
393	430	Carrie Smith	01:08:53	01:08:05	F 15-39	37 / 44	139	
394	41	Maria Brill	01:09:02	01:08:26	F 60-69	18 / 19	140	Harold Wood Running Club
395	164	Keiley Gardner	01:09:23	01:08:46	F 50-59	36 / 47	141	Harold Wood Running Club
396	343	Sara Omer	01:10:00	01:09:25	F 50-59	37 / 47	142	Pitsea RC
397	167	Lisa Gaskin	01:10:09	01:09:29	F 50-59	38 / 47	143	Havering '90 Joggers
398	53	Melissa Burke	01:10:20	01:09:47	F 50-59	39 / 47	144	Havering '90 Joggers
399	534	Peter Woodard	01:10:22	01:09:45	M 70-99	11 / 12	255	Thurrock Nomads
400	403	Jennifer Scotchmer	01:10:47	01:09:57	F 50-59	40 / 47	145	

Sheet1

Overall Place	Bib	Name	Gun Time	Chip Time	Division	Division Place	Gender Place	Affiliated Team
401	266	Lee Kyson	01:10:53	01:10:12	M 60-69	32 / 35	256	Havering '90 Joggers
402	422	Hayley Slawson	01:11:07	01:10:37	F 40-49	46 / 53	146	The Running Hub
403	363	Sadie Petchey	01:11:19	01:10:37	F 15-39	38 / 44	147	
404	89	Elizabeth Cox	01:11:24	01:10:50	F 40-49	47 / 53	148	Pitsea RC
405	317	Lisa Mitchell	01:11:37	01:11:05	F 50-59	41 / 47	149	Thurrock Nomads
406	520	Sherry White	01:11:44	01:11:02	M 50-59	61 / 61	257	
407	519	Paul White	01:11:46	01:11:03	M 60-69	33 / 35	258	
408	149	Jack Ervin	01:11:56	01:11:15	M 15-39	86 / 87	259	
409	153	John Ford	01:12:00	01:11:25	M 60-69	34 / 35	260	Havering '90 Joggers
410	185	Alison Gregory	01:12:08	01:11:29	F 40-49	48 / 53	150	
411	100	Shirley Dargan-Bloss	01:12:35	01:12:04	F 50-59	42 / 47	151	Thurrock Nomads
412	114	Christina Didham	01:12:47	01:11:57	F 40-49	49 / 53	152	
413	376	Sara Prior	01:13:31	01:13:10	F 50-59	43 / 47	153	Dagenham 88 Runners
414	25	Patrick Bateman	01:14:21	01:13:39	M 40-49	66 / 67	261	
415	293	Kerrie Mansfield	01:15:55	01:15:29	F 15-39	39 / 44	154	
416	321	Henry Monaghan	01:16:41	01:16:04	M 70-99	12 / 12	262	Havering '90 Joggers
417	348	Pascalía Pamba	01:17:10	01:16:21	F 50-59	44 / 47	155	Dagenham 88 Runners
418	136	Jacqui Elliott	01:17:17	01:16:31	F 50-59	45 / 47	156	Dagenham 88 Runners
419	489	Kresh Veerasamy	01:17:17	01:16:35	M 40-49	67 / 67	263	Dagenham 88 Runners
420	452	Natalie Summers	01:17:23	01:16:37	F 40-49	50 / 53	157	Dagenham 88 Runners
421	407	Rachel Sharples	01:18:25	01:17:35	F 15-39	40 / 44	158	
422	415	Laura Sherman	01:18:26	01:17:46	F 15-39	41 / 44	159	
423	179	Kerri Anne Goss	01:19:25	01:18:37	F 15-39	42 / 44	160	
424	250	Zoe Jones	01:19:25	01:18:37	F 15-39	43 / 44	161	
425	458	Jayne Tate	01:20:36	01:19:47	F 50-59	46 / 47	162	
426	296	Kirsty Masser	01:22:28	01:21:44	F 40-49	51 / 53	163	
427	492	Kim Vinicombe	01:22:28	01:21:44	M 60-69	35 / 35	264	
428	195	Emma Hallissey	01:22:31	01:21:45	F 15-39	44 / 44	164	
429	194	Darren Hallissey	01:22:31	01:21:45	M 15-39	87 / 87	265	
430	255	Laura Kelly	01:26:08	01:25:20	F 50-59	47 / 47	165	Havering '90 Joggers
431	297	Sarah Matson	01:26:35	01:25:47	F 40-49	52 / 53	166	Havering '90 Joggers
432	226	Josy Hughes	01:30:47	01:29:58	F 60-69	19 / 19	167	
433	208	Esther Hetterley	01:31:05	01:30:15	F 40-49	53 / 53	168	Havering '90 Joggers