

10th Jim Peters' Southend 1/2M

12th June 2005

Results

E ~ Essex Man

1	1334	Paul Dobson	M37	Springfield Strdrs	1:12:52	E	77	959	Russell Banks	M31	1:29:53	E	
2	692	Andrew Stowe	M30	Luton AC	1:13:47		78	1013	Peter Cross	M50	1:29:54		
3	643	Gary Chandler	M36	Springfield Strdrs	1:14:02	E	79	950	Gary Bagnall	M34	Victoria Park Harr	1:29:58	
4	416	Garon Heslop	M43	Chelmsford AC	1:14:27	E	80	819	Tim Kelly	M49	Bishops Stortford	1:30:00	
5	1229	Greg Deacon	M33	Basildon AC	1:15:40	E	81	1254	Patrick Watson	M33	Victoria Park Harr	1:30:01	
6	1226	Russell Rober	M21	Benfleet RC	1:15:51	E	82	898	Zoe Martin	F29	Victoria Park Harr	1:30:04	
7	1019	Callum Martin	M39		1:16:26		83	1308	David Gridley	M38	Havering 90 Jogger	1:30:09	
8	1104	Nick Hodges	M29	Dorking & Mole Val	1:16:50		84	1354	Terry Alablastrer	M41	Witham RC	1:30:11	
9	1222	Jamie Seamark	M32	Thurrock Harriers	1:18:38	E	85	1147	Craig Hollins	M24		1:30:23	
10	1256	Ben Fairhall	M26	Victoria Park Harr	1:18:48		86	1151	Jason Syrett	M37	Thurrock Harriers	1:30:27	
11	1227	Mark Pywell	M33	Springfield Strdrs	1:19:13	E	87	847	Alan Purcahse	M46	Strdrs of Croydon	1:30:28	
12	1042	Mike Mansfield	M33		1:19:40	E	88	1214	Paul Berrett	M43	Havering Mayesbrk	1:30:29	E
13	1124	Danny Beazley	M30	Leaside CC	1:20:30		89	1211	Robert Stocks	M46		1:30:29	
14	1204	Steve Rand	M33		1:20:31	E	90	566	Declan Phelan	M44	Victoria Park Harr	1:30:32	
15	4	Tony Laslark	M30	Victoria Park Harr	1:20:35		91	1278	Mark Crook	M29	Witham RC	1:30:34	E
16	1385	James Atkinson	M29		1:20:36		92	908	James Barnes	M26		1:30:41	
17	1110	Rob Walker	M30		1:21:06		93	1043	Simon Mennell	M41		1:30:46	E
18	19	Jason Dowson	M34	Cambridge Harriers	1:21:16		94	541	Neil Bearwish	M39	Havering AC	1:31:00	E
19	1352	Tony Mead	M38	Benfleet RC	1:21:37		95	1174	Adbi-Karim Berleen	M40	Ilford AC	1:31:09	E
20	994	John Green	M40	Thurrock Harriers	1:21:44		96	1090	Dave Summers	M53	Thrift Green Trot	1:31:11	
21	1311	Ian Maynard	M43	Southend AC	1:22:10		97	1242	Rasmond Selwin	M53		1:31:14	E
22	1417	Matthew Rushaworth	M28	Serpentine RC	1:22:38		98	505	Paul Rutter	M30		1:31:17	
23	966	Gary Rayner	M50	Springfield Strdrs	1:22:46	E	99	456	Jacob Nelson	M27		1:31:19	
24	1336	Martin Rea	M29	Springfield Strdrs	1:22:47		100	1268	Claire Donnelly	F23	Southend AC	1:31:38	
25	1062	James Savage	M22		1:22:50		101	663	Alan Clark	M39	Billericay Strdrs	1:32:02	E
26	1044	Mark Dayson	M34		1:22:57		102	1059	Chris Feasey	M24		1:32:07	
27	628	John Birch	M46	Billericay Strdrs	1:23:10		103	1192	Ian Cardy	M41		1:32:08	E
28	1076	Stan Coleman	M57	Thrift Green Trot	1:23:14		104	500	Ian Fairlamb	M28		1:32:13	
29	811	Trevor Binyon	M42	Edmonton RC	1:23:15		105	411	Andrew White	M34		1:32:17	E
30	1468	James Colie	M30	FF Flyers	1:23:20		106	1094	Eleanor Hall	F18	Mid-Essex Casuals	1:32:21	
31	1216	Bill Murphy	M48	Maidstone Harriers	1:23:33		107	1315	Dan Halles	M33	Guildford & G'ming	1:32:31	
32	525	Lawrence Shafier	M42	East London Tri	1:23:42	E	108	1258	Ernie Jewson	M49	Benfleet RC	1:32:33	E
33	842	Neil Aitken	M21	Serpentine RC	1:23:59		109	302	Graham Foster	M47		1:32:35	E
34	1250	Tracey Ranson	F23		1:24:09		110	1425	E Denis	F35		1:32:46	
35	763	Peter Dyer	M35	East London Tri	1:24:42	E	111	314	Peter Osborne	M37	Castle Point Jog	1:32:49	E
36	766	Chris Payne	M32		1:24:43		112	805	Adrian Howes	M20		1:32:53	
37	1132	Richard Blake	M55	Gt Yarmouth RR	1:24:45		113	724	Clare Read	F36	Barnet & Dist AC	1:32:58	
38	1337	Alan Duncan	M41		1:24:48		114	723	Neil Kapoor	M37	Trent Park RC	1:32:59	
39	1077	No Entry Details			1:24:50		115	1314	Chollette Hunt	F33	BP Helios Harriers	1:33:07	
40	1224	Chris Scrivener	M39	Thurrock Harriers	1:24:54	E	116	1190	Paul Brandon	M38	Eton Manor AC	1:33:08	
41	436	Dee Patel	M45	Bromley Vets	1:25:01		117	666	Trevor Mickleburgh	M34	Benfleet RC	1:33:10	E
42	355	Chris Thompson	M40	Edmonton RC	1:25:26		118	350	Andy Sims	M41		1:33:31	E
43	1350	David Burke	M32		1:25:51		119	283	Ivan Beaumont	M45		1:33:34	
44	1219	Dan Solomons	M35	Thrift Green Trot	1:26:06	E	120	854	Terry Turner	M46	Benfleet RC	1:33:37	E
45	1236	Sarah Tucker	F29	Springfield Strdrs	1:26:14		121	741	Malcolm Allen	M53	Trent Park RC	1:33:44	
46	924	Hidir Yildirim	M34	Ilford AC	1:26:24	E	122	1004	Scott Rice	M34		1:33:49	E
47	757	Mark Edmonds	M34	Tri and Run	1:26:31	E	123	978	Rob Mortimer	M40		1:33:54	E
48	843	Graham Hogan	M30		1:26:35		124	1384	? Raynor	M40		1:33:56	
49	714	Steve Holden	M33	Larkfield AC	1:26:41		125	1039	Josh Goldner	M32		1:34:01	
50	996	Mark Jackson	M45	Mid-Essex Casuals	1:26:44		126	1035	Barry Chisholm	M46		1:34:02	
51	1017	Patrick Doyle	M37		1:27:03		127	1183	Peter Starace	M39		1:34:14	
52	909	Ian George	M35	East Essex Tri	1:27:05	E	128	1234	Martyn Joyce	M52	BTA	1:34:21	E
53	829	Philip Bunn	M25		1:27:12		129	1368	Charlie Baynes	M47	Southend AC	1:34:22	
54	937	John Tyler	M42	Havering 90 Jogger	1:27:34	E	130	1420	Mark Wilshaw	M39	London F'runners	1:34:27	
55	1020	Bruce Butler	M33		1:27:49		131	562	Antony Skinner	M32		1:34:41	
56	798	Alan Lightfoot	M38	RRC	1:27:58		132	553	Dean Johnson	M32		1:34:41	E
57	429	Craig Smallbone	M21	Loughton AC	1:28:03		133	397	Stuart Parsons	M20		1:34:55	E
58	876	John Tennant	M55	Harlow RC	1:28:07	E	134	255	Lee Crocker	M34		1:34:57	E
59	947	Martyn Byford	M48	Witham RC	1:28:18	E	135	634	Vic O'Dame	M39		1:34:58	E
60	878	Simon Maskell	M24	Team Viper	1:28:21	E	136	764	Serena Stracey	F29	Strdrs of Croydon	1:35:01	
61	1003	Kevin Hinns	M21	Thrift Green Trot	1:28:27	E	137	1304	Paul Crosby	M25	Little Baddon	1:35:12	
62	29	Simon Seigar	M28	Woodford Green	1:28:31	E	138	1016	Paul Mcinerney	M43		1:35:14	
63	1246	Phil Cooper	M35	Thrift Green Trot	1:28:37	E	139	658	Paul Soulsby	M37		1:35:20	E
64	1029	Jo Gascoigne-Owens	F26		1:28:48		140	984	Michael Holden	M56	Stragglers	1:35:23	
65	850	Dave Sweet	M46	Billericay Strdrs	1:28:48	E	141	280	Karen Wyer	F30	Trent Park RC	1:35:28	
66	28	Julian Holder	M40	Pitsea RC	1:29:02	E	142	1140	John Johnson	M56		1:35:30	
67	1031	Michael Harris	M24		1:29:15		143	274	Bryan Naftalin	M33	Esporta	1:35:33	
68	863	Graham Booty	M33	Benfleet RC	1:29:16	E	144	1032	David Lesley	M61		1:35:34	E
69	1103	David Comish	M39	Tiptree Runners	1:29:19		145	1259	Darren Thomas	M37	Witham RC	1:35:35	E
70	3	Lee Wilson	M36	Dagenham 88 Runner	1:29:22	E	146	1165	Jeremy Bethell	M37	Southend AC	1:35:44	
71	1045	Helen Smethurst	F40		1:29:23		147	1182	Giuseppe Starace	M41		1:35:56	
72	920	Catherine Howlett	F37		1:29:27		148	1083	Ray Clarabut	M56	Edmonton RC	1:36:02	
73	862	Steven Drummond	M29	Benfleet RC	1:29:32	E	149	435	Graham Cutting	M27		1:36:03	
74	1436	Gerry McGovern	M41		1:29:32		150	867	Richard Barrett	M27	B'heath Bromley H	1:36:06	
75	1191	Keith Ferdham	M39	Eton Manor AC	1:29:44		151	889	Trevor Meager	M36		1:36:06	E
76	1049	Dirk Muench	M27		1:29:52		152	1166	Laurence Harrison	M36	Billericay Strdrs	1:36:06	
							153	540	John Arthur	M43		1:36:07	E
							154	149	Michael Hansen	M39		1:36:07	

155	1120	Mike Harris	M34	1:36:08	236	485	Thomas Hillier	M36	1:40:23		
156	1033	Roger Merchant	M46	1:36:12 E	237	678	Linda Hatano	F32	1:40:27		
157	800	Stuart Sagers	M31	1:36:24 E	238	234	Mike Young	M55	1:40:27		
158	1364	Jo Bidston	F37	East Essex Tri	1:36:25	239	602	Andrew Thomson	M28	Havering 90 Jogger	1:40:31 E
159	787	Stephen Perry	M28	1:36:34	240	1027	Ashley Drake	M23	1:40:32 E		
160	788	Lee Hickman	M37	1:36:51 E	241	1303	Pierre Molyneux	M39	1:40:33		
161	593	Tim Sevitt	M30	Victoria Park Harr	1:36:54	242	1202	Graeme Moore	M46	Benfleet RC	1:40:35 E
162	1107	Peter Kevan	M54	1:36:54	243	1283	David Bines	M38	1:40:37 E		
163	160	Zak Arakliti	M31	1:36:58	244	744	June Barrow-Green	F52	Victoria Park Harr	1:40:40	
164	789	Nathan French	M37	1:37:03	245	129	Stephen Hards	M32	1:40:42		
165	1316	Simon Hunt	M34	BP Helios Harriers	1:37:07	246	1005	Brian Sayers	M55	1:40:46	
166	1288	Roger Alburey	M48	Eton Manor AC	1:37:09	247	1376	Alan Parfitt	M28	1:40:47	
167	316	Nicholas King	M44	Sudbury Court RC	1:37:12	248	1092	Barry Willmott	M47	1:40:49	
168	624	John Few	M61	Eton Manor AC	1:37:12	249	1418	Kevin Payne	M20	Witham RC	1:41:07
169	856	Patrick Muldoon	M39	Benfleet RC	1:37:14 E	250	699	Naomi Bourne	F21	Victoria Park Harr	1:41:07
170	1394	Selcuk Saylor	M25	1:37:21	251	1069	Tony Partridge	M40	1:41:15		
171	72	Roy Fleming	M34	Billericay Strdrs	1:37:23 E	252	927	Dennis Dudley	M46	1:41:15 E	
172	242	Lyndon Davies	M39	1:37:24	253	902	Joe McEwan	M53	Witham RC	1:41:17 E	
173	1370	Gill Carter	F38	Springfield Strdrs	1:37:24	254	448	Michael Woolliscroft	M27	1:41:18	
174	475	Chris Read	M39	RRC	1:37:25	255	1317	Nigel Waddington	M42	1:41:22 E	
175	60	Doug Thomson	M34	1:37:27 E	256	1383	David Payne	M48	1:41:25		
176	1274	Carlos Jones	M31	Serpentine RC	1:37:28	257	1238	Janet Pardon	F53	Billericay Strdrs	1:41:28
177	1073	Steve Beech	M48	Pitsea RC	1:37:29	258	253	Mark Richardson	M33	1:41:29	
178	1210	Barry Costas	M45	S Cyprus Flyers	1:37:30 E	259	661	Natalie Norey	F34	1:41:30	
179	205	Mark Purkiss	M43	1:37:32 E	260	900	Richard Nation	M33	1:41:34 E		
180	1369	Mick Simpson	M38	1:37:36	261	1312	Robin Gist	M26	1:41:37		
181	1106	Andrew Smith	M40	1:37:38	262	701	Drew Sheffield	M23	1:41:41		
182	831	Paul Barrett	M31	1:37:38	263	1332	G Purvis	M34	1:41:52		
183	758	Andrew Young	M44	1:37:48 E	264	713	Mick Ekers	M52	1:41:52 E		
184	1273	Tim McArthur	M31	1:37:52	265	1313	Darren Koslicki	M32	1:41:55		
185	993	Jack Park	M57	RRC	1:37:53	266	1199	Robert Smith	M26	1:41:58 E	
186	166	Stephen Cardnell	M46	Grange Farm Trottr	1:37:55 E	267	702	Vesa Helin	M29	1:42:00	
187	688	Steve Anstiss	M41	1:37:56	268	1172	Claire Imrie	F34	1:42:01		
188	923	David Goodall	M48	Strdrs of Croydon	1:37:56	269	617	Mike Petchey	M45	1:42:02	
189	1121	Andrew Smith	M38	Pitsea RC	1:37:56	270	660	George Hewitt	M66	S Counties Vets	1:42:03 E
190	546	Nick Creak	M45	1:37:57 E	271	777	Ian Burdin	M27	Ilford AC	1:42:13 E	
191	1429	David Cooper	M29	1:38:00	272	9	Michael Staines	M57	Castle Point Jog	1:42:17 E	
192	734	Matt Macklin	M26	1:38:04	273	1261	Paul Rose	M28	Dagenham 88 Runner	1:42:21 E	
193	1282	Elizabeth Cahil	F40	Colchester Harr	1:38:10	274	1208	Peter Gold	M50	Witham RC	1:42:22 E
194	1008	Alasdair Robertson	M36	1:38:10	275	586	Keith Porter	M63	Southend AC	1:42:23 E	
195	1325	David Robinson	M53	Victoria Park Harr	1:38:11 E	276	1101	Martyn Mumford	M44	1:42:24	
196	224	Gavin Gousins	M24	1:38:17 E	277	347	Darren Clark	M32	1:42:28		
197	399	Robert Trill	M29	1:38:19	278	534	Mohamed Atwa	M32	Everlsey Leisure	1:42:29 E	
198	86	Kevin Davidson	M43	1:38:21	279	922	Richard Smith	M50	1:42:30		
199	1280	John MacNamara	M36	1:38:24 E	280	569	Lorraine Wilson	F41	Southend AC	1:42:33	
200	887	Godfrey Mather	M54	Benfleet RC	1:38:28 E	281	1030	Farouk Vawda	M38	1:42:40	
201	1351	Mark Greensill	M43	1:38:32	282	479	Steve Lewis	M30	Thrift Green Trot	1:42:44 E	
202	633	David Wellham	M41	1:38:38 E	283	1340	Gerrard Feddon	M37	1:42:44		
203	83	Adam Lysons	M31	Leigh On Sea Strdr	1:38:45 E	284	434	Stephen Rich	M48	Thrift Green Trot	1:42:46 E
204	689	Barry Simpson	M47	1:38:47 E	285	906	Paul Hardcastle	M42	1:42:47		
205	905	John McCann	M31	Herne Hill Harr	1:38:50	286	1271	Ben Hardy	M24	1:42:50	
206	642	Victor Pridmore	M71	Billericay Strdrs	1:38:58 E	287	468	Caroline Scott	F29	Victoria Park Harr	1:42:51
207	1181	Barbara Hoyland	F51	Holnirfith Harriers	1:39:05	288	857	Terry Cockell	M35	Benfleet RC	1:42:55 E
208	168	Steve Carmichael-Brown	M48	Thrift Green Trot	1:39:07 E	289	480	Robert Carr	M37	1:42:56	
209	1267	Nichola Juniper	F23	Thrift Green Trot	1:39:08	290	497	Martyn Bailey	M37	1:42:59	
210	176	Jonathan Tod	M37	Thrift Green Trot	1:39:09 E	291	1377	Steven Born	M33	1:43:01	
211	319	Jodie Boyd	F30	1:39:10	292	518	Iain Keenan	M31	Leigh On Sea Strdr	1:43:02 E	
212	23	Paul Byrne	M41	Oxted Runners	1:39:11	293	891	Matthew Parsons	M18	1:43:03 E	
213	1167	Paul Thorpe	M41	Hallamshire Harr	1:39:11	294	1129	Jason Wade	M31	1:43:05	
214	1289	Richard James	M41	1:39:12	295	1000	John Roberts	M73	Witham RC	1:43:06	
215	384	Lenny George	M37	1:39:16	296	141	Eoin Connolly	M30	1:43:07		
216	1001	Lee Bruce	M32	1:39:21	297	1011	Karl Debbaut	M31	1:43:09		
217	1233	Jerome Gerrard	M35	E London Runners	1:39:22	298	873	Mark Williams	M36	1:43:12 E	
218	1371	Allen Whitlock	M51	1:39:23	299	1343	Edward Mubolrd	M21	1:43:13		
219	458	Darren Stevens	M38	Dagenham 88 Runner	1:39:26 E	300	960	Paul Younan	M28	1:43:14 E	
220	925	Ciaran McKeown	M35	1:39:33	301	918	Sean Cavanagh	M37	1:43:14		
221	1265	Gary Sloman	M21	Thrift Green Trot	1:39:41	302	670	Jack Wainwright	M36	Great Bentley RC	1:43:17 E
222	799	Chris Domoney	M46	Thrift Green Trot	1:39:42 E	303	1413	Dennis St Croix	M41	1:43:22	
223	163	Steve Wellard	M48	1:39:43	304	943	Robert Burns	M46	1:43:25 E		
224	409	Andy Pickford	M26	1:39:47	305	1162	Nick Hardcastle	M41	1:43:26		
225	1067	Graham Jones	M54	Southend AC	1:39:50	306	815	Alan Cathcart	M44	Victoria Park Harr	1:43:27
226	1201	Ian Bandy	M49	1:39:51	307	292	Vaughn Meyer	M34	1:43:32		
227	1217	Graham Smith	M58	Thrift Green Trot	1:39:54 E	308	1002	Tim O'Leary	M28	1:43:33	
228	1330	Michael Godman	M44	Benfleet RC	1:39:57 E	309	1400	Gary Cardnell	M47	Dagenham 88 Runner	1:43:36
229	495	Margaret Kelly	F37	1:39:58	310	98	Nicola Barnes	F32	1:43:36		
230	99	Steffan Cohen	M33	1:40:01 E	311	946	Martin Lodge	M44	RRC	1:43:46 E	
231	391	Roger Bell	M31	1:40:02	312	1434	Peter Simpson	M21	1:43:47		
232	938	Brian McCarthy	M50	Thrift Green Trot	1:40:07 E	313	100	Allan Cox	M28	1:43:53	
233	1454	S Laverty	M29	1:40:14	314	813	Daniel Lee	M26	1:43:53 E		
234	630	Bernie Kipping	M38	1:40:16 E	315	703	Sharon Newell	F35	E London Runners	1:43:56	
235	325	Graeme Newman	M52	1:40:20 E	316	934	Colm Donnelly	M57	Thrift Green Trot	1:43:59 E	
					317	910	Peter Harridge	M21	1:44:01		

318	961	Debbie Gibbins	F45	Benfleet RC	1:44:07	400	1348	Kevin Hann	M38	1:47:53
319	1156	Michelle Whitehead	F30		1:44:10	401	161	Finn Gleeson	M40	1:47:54
320	1161	Mark Newell	M41		1:44:14	402	442	David Hotten	M44	1:47:57 E
321	904	Jonathan Cheifetz	M34	Victoria Park Harr	1:44:15	403	1269	Chris Butler	M26	Serpentine RC 1:48:00
322	1430	jeremy Taylor	M46		1:44:19	404	837	Julie Neilson	F45	Springfield Strdrs 1:48:01
323	657	Ben Clarke	M17		1:44:27 E	405	30	Vasso Vassiliou	M44	Edmonton RC 1:48:03
324	619	Steve Browne	M37		1:44:35 E	406	1235	Richard Gowers	M42	1:48:08 E
325	212	Michael Dunnett	M56		1:44:43 E	407	651	Martin Maher	M43	1:48:11 E
326	1009	Sally Pinnegar	F40		1:44:44	408	1240	Joanne Hall	F25	1:48:20
327	413	Paul Delaney	M26		1:44:45 E	409	796	Tony Burke	M30	1:48:28
328	1015	Lee Buckley	M32		1:44:46 E	410	650	Bernie Duke	M37	Serpentine RC 1:48:33
329	1272	Andy Burrows	M29		1:44:47 E	411	649	Dionne Jones	F35	1:48:34
330	1435	Stephen Thackery	M24		1:44:50	412	1058	Graham Hutson	M33	1:48:35 E
331	1071	James Coughlan	M48	Benfleet RC	1:44:51	413	953	Jim Gardiner	M66	1:48:38 E
332	983	Roger Hardstone	M53		1:44:51	414	5	Derek Pollett	M52	Springfield Strdrs 1:48:39 E
333	674	Graham Horwood	M32		1:44:53	415	385	Matt Thomas	M20	1:48:41
334	138	James Spencer	M26		1:44:55 E	416	795	Larry Wise	M49	Great Bentley RC 1:48:47
335	106	Brendon Carter	M35		1:44:56	417	56	Toby Glynn	M26	1:48:48
336	281	Jason Crabtree	M29		1:44:57	418	538	Gerald Hamerston	M52	Thrift Green Trot 1:48:51 E
337	901	Steven Bage	M28	Victoria Park Harr	1:45:00	419	962	Paul Docherty	M30	1:48:51 E
338	698	William McMenamin	M46		1:45:01 E	420	1122	Kelly McGee	F21	Leaside CC 1:48:54
339	1023	Sue Wallis	F47		1:45:01	421	294	Ed Smallwood	M29	1:48:56 E
340	1196	Stuart Doyle	M21		1:45:04 E	422	393	Kelly Digges	F23	1:48:58
341	503	Adrian Chubb	M36		1:45:07	423	868	Nigel Hooton	M43	1:49:05 E
342	1396	Tony Williams	M39		1:45:09	424	139	Matthew Hart	M25	1:49:05 E
343	964	Paul Cleveland	M39		1:45:11 E	425	75	Dean Ovel	M29	1:49:06 E
344	888	Lynn Nicholls	F40	Ware Joggers	1:45:14	426	313	Mike Briggs	M34	Serpentine RC 1:49:08
345	705	David Snow	M43		1:45:16	427	427	Ian Soane	M39	Pitsea RC 1:49:09 E
346	1055	Nick Eaton	M29		1:45:26	428	1329	Matthew Couzens	M23	1:49:09 E
347	425	Paul Dodd	M21		1:45:30	429	1301	Peter Wright	M30	1:49:09
348	297	Joanna Clarice	F24	Victoria Park Harr	1:45:31	430	866	Joanna Sargent	F31	Victoria Park Harr 1:49:10
349	423	Trevor LeVoi	M43	Team Viper	1:45:42 E	431	257	Ian Talbot	M58	Horsham Joggers 1:49:14
350	707	Ullrich Cox	M43		1:45:43	432	957	Steve Jolly	M39	1:49:16 E
351	828	Jody Burnett	F30		1:45:48	433	1467	Glen McCarthy	M21	1:49:16
352	1080	Paul Franklin	M48	Castle Point Jog	1:45:49	434	969	John Rickard	M48	Leigh On Sea Strdr 1:49:17 E
353	635	Simon Bentley	M37	Springfield Strdrs	1:45:50 E	435	690	Tim Williams	M47	1:49:17
354	142	Brett Taylor	M31		1:45:53	436	152	Leo Hall	M38	1:49:20 E
355	785	Phil Mazur	M45	Strdrs of Croydon	1:45:53	437	269	Katharine Sandersob	F30	1:49:20
356	992	David Gridley	M49	Springfield Strdrs	1:45:55	438	392	Tony Mattson	M29	1:49:20
357	1391	Darren Smith	M38	Witham RC	1:45:56	439	341	Rollo Wright	M28	1:49:21
358	1177	Steve Woodward	M45		1:46:00 E	440	530	Mark Bartlau	M41	1:49:22 E
359	792	Nick Cooper	M41		1:46:03 E	441	667	Neil Stanley	M27	1:49:23
360	603	Glen Taylor	M48	Southend AC	1:46:06 E	442	930	Deborah Pye	F43	Havering 90 Jogger 1:49:24
361	820	Imran Kazalbash	M32	Leigh On Sea Strdr	1:46:12 E	443	931	Len Davies	M47	Havering 90 Jogger 1:49:25 E
362	1116	Gary Jackeb	M40	Benfleet RC	1:46:16	444	148	Allan Ramsay	M32	1:49:26 E
363	1205	Derbra Johnson	F42		1:46:17	445	822	Ken Gilbey	M49	1:49:27 E
364	1133	Lisa Hatton	F35		1:46:18	446	592	Peter Green	M58	Benfleet RC 1:49:27 E
365	365	Andy Colwell	M38	Met Police AA	1:46:19 E	447	357	Nick Speller	M41	1:49:27 E
366	849	Anne Jenkinson	F33		1:46:23	448	606	Karen Rowley	F39	1:49:28
367	1374	Steve Dear	M25	Benfleet RC	1:46:25	449	1188	John Beckwith	M51	Pitsea RC 1:49:28 E
368	195	William Donovan	M63	Benfleet RC	1:46:31 E	450	1392	Adrian Smith	M40	Witham RC 1:49:30
369	968	Charles Quaey	M38	Essex Police	1:46:34 E	451	895	Stuart Howes	M26	1:49:36
370	609	Trevor Hand	M48		1:46:35 E	452	686	James Montgomery	M39	Witham RC 1:49:36 E
371	967	David Godfrey	M61	Billericay Strdrs	1:46:35 E	453	428	Ian Cumming	M34	1:49:39
372	8	John Thompson	M42		1:46:36 E	454	487	Martin Beardshall	M39	1:49:42 E
373	632	Tracy Hill	F42	Havering 90 Jogger	1:46:37	455	826	Saleeh Landi	M31	1:49:43
374	191	Scott Hubbard	M34		1:46:45 E	456	140	Vicki Gaylor	F34	1:49:54
375	307	Iain Jowett	M33		1:46:47 E	457	1139	Michael Phillips	M57	Havering 90 Jogger 1:49:54
376	672	Reg Eldridge	M57		1:46:48 E	458	917	Steven Duckworth	M35	1:49:56
377	903	Kevin Hendy	M45		1:46:49 E	459	1137	Joanne Rose	F34	1:49:56
378	2	Rob James	M47	Swindon Harriers	1:46:52	460	727	Michael Kelly	M30	1:49:58 E
379	563	Jenny Hamilton	F31		1:46:59	461	404	Dominic Markham	M33	1:49:59 E
380	1102	Steve Bolt	M39		1:47:00	462	1321	Lloyd Miles	M37	1:50:00 E
381	90	David Enders	M42		1:47:01 E	463	1026	Howard Dimmock	M60	1:50:00 E
382	733	Amanda Bye	F36	Havering 90 Jogger	1:47:03	464	596	Stephen Jolly	M51	1:50:02 E
383	565	Alastair Kenokick	M52		1:47:04 E	465	1363	Paul Smalles	M31	1:50:05
384	1338	Teresa Clark	F45	Thurrock Harriers	1:47:14	466	7	Chris Jablonski	M37	1:50:05
385	455	Jeff Noble	M35	East End RR	1:47:17	467	1068	Martin Howse	M41	1:50:06
386	547	Kenneth Wilson	M42	East End RR	1:47:21	468	457	Megan Wall	F28	1:50:12
387	508	Saba Barkneh	F29		1:47:27	469	839	Adam Seigel	M22	1:50:13 E
388	949	Matthew Clark	M34		1:47:27 E	470	1146	Paul Davis	M46	Dagenham 88 Runner 1:50:16
389	360	Bob Plack	M48		1:47:30 E	471	1366	Kevin McKenny	M43	1:50:17
390	739	Sarah Ward	F40	Leigh On Sea Strdr	1:47:31	472	529	Alice Bell	F32	Victoria Park Harr 1:50:18
391	1006	Andrew Chiles	M35		1:47:33	473	907	David Maher	M35	Victoria Park Harr 1:50:18
392	1057	Jenn Mattinson	F20		1:47:36	474	812	Suzanne Hall	F36	Thrift Green Trot 1:50:19
393	1239	John Pardon	M54	Billericay Strdrs	1:47:37 E	475	1114	James Richardson	M28	1:50:23
394	1324	Steve Cowen	M42	FF Flyers	1:47:43	476	219	Paul Seeney	M35	1:50:27 E
395	1046	Carien Dekker	F34		1:47:46	477	941	Mark Bayley	M31	1:50:27
396	558	James Taylor	M60	Leighton Fun Run	1:47:46	478	386	Andres Femia	M34	1:50:29
397	1360	Trevor Crosby	M56	Little Baddon	1:47:48	479	469	Michael Fairchild	M50	1:50:32 E
398	25	Jeff Fenton	M50		1:47:50 E	480	1079	Jon Kettlewell	M43	1:50:33
399	463	Natalie Pellissier	F26		1:47:52					

481	437	Mel Parker	F27	Fitness First Flyr	1:50:34	561	1048	Tina Wilson	F47	1:54:11
482	1290	Reuben Rhode	M27		1:50:41	562	1206	Chris Johnson	M46	1:54:12 E
483	1100	John Darby	M45	Leigh On Sea Strdr	1:50:41	563	1223	John Hogwood	M21	1:54:17 E
484	1075	Chris McDonnell	M60		1:50:42	564	80	Stephen Lawson	M48	Havering 90 Jogger 1:54:19 E
485	746	Don Jeal	M48		1:50:50	565	971	Claire Edwards	F34	1:54:21
486	1252	Anton Acker	M32		1:50:51	566	1184	David Wood	M37	1:54:22 E
487	453	Juliet Stimson	F29		1:50:54	567	865	John Butcher	M54	Benfleet RC 1:54:24 E
488	982	Terry Garner	M51		1:50:55	568	352	John White	M48	1:54:25 E
489	209	Suzie Ridler	F32	Leigh On Sea Strdr	1:50:59	569	1	Douglas Adams	M57	Dagenham 88 Runner 1:54:25 E
490	1066	Stewart Morley	M38	Benfleet RC	1:51:00	570	299	Helen Dean	F43	1:54:26
491	963	Darran Hull	M34	Springfield Strdrs	1:51:13 E	571	542	Julie Bradley	F41	Springfield Strdrs 1:54:30
492	403	Ana Ockendon	F34		1:51:16	572	1160	Ian Powell	M41	1:54:35
493	1025	Sarah Dunbar	F29		1:51:22	573	1159	Mark Mayhook	M43	1:54:36
494	1119	Roy Cottis	M48	Southend AC	1:51:31	574	1428	Keith Ruston	M67	Pitsea RC 1:54:40
495	159	Renee Steel	F28		1:51:37	575	673	Steve Baldwin	M38	1:54:41
496	1408	Mark Borton	M43		1:51:38	576	932	Gary Holden	M35	1:54:41
497	997	Bruce Broadhurst	M40		1:51:38	577	1225	Peter Strange	M40	Thrift Green Trot 1:54:43 E
498	575	Andrzej Gajbutowicz	M46	Victoria Park Harr	1:51:40	578	655	Matthew Letley	M32	1:54:46 E
499	1307	Mikey Cotgrove	M19		1:51:42 E	579	424	Diana Gardiner	F46	1:54:47
500	454	Desiree Clarke	F32	East End RR	1:51:44	580	137	David Nicholson	M33	1:54:50
		Noble				581	1319	Jonathan Oddy	M50	1:54:57
501	1262	Clive Valentine	M35		1:51:44	582	1277	Rachel Richardson- Wright	F43	Colchester Harr 1:55:03
502	695	Karen Payne	F33	Stopsley Striders	1:51:44					
503	551	Lisa Ward	F36	Leigh On Sea Strdr	1:51:46	583	1342	Jeff Martin	F51	1:55:07
504	794	Daniel Blackwell	M31		1:51:55	584	1245	Duncan Anderson	M36	1:55:08
505	1128	Nathan Seccen	M37		1:51:57	585	1275	Paul Plinmore	M44	1:55:11 E
506	1291	Claire Se	F21		1:51:59	586	749	Kevin Elsdon	M40	Maidstone Harriers 1:55:15
507	1198	Stephen	M54	RRC	1:52:03 E	587	1255	Martyn Welburn	M49	1:55:25 E
		Buckingham				588	449	Kerry Bannister	F31	Victoria Park Harr 1:55:27
508	121	Juliette Peck	F33		1:52:03	589	588	Brenda Puech	F42	Victoria Park Harr 1:55:30
509	180	Alan Swetman	M47	Horsham Joggers	1:52:04	590	49	Samantha Fry	F25	1:55:30
510	1398	James Burns	M38		1:52:05	591	636	Peter Brittle	M37	Ford Fitness 1:55:32 E
511	1088	Gerry Hoale	M52		1:52:07	592	827	Kevin Trahearn	M41	1:55:33 E
512	150	Rebecca Vincent	F27		1:52:09	593	1393	Steven Jewell	M48	Southend AC 1:55:41
513	1194	Terry Green	M51		1:52:09 E	594	145	Glynis Crook	F38	1:55:44
514	70	Amy Jones	F27		1:52:11	595	252	Graham Glass	M36	1:55:49
515	312	Mathew Perrin	M29		1:52:11	596	450	Amanda Heslegrave	F35	Dagenham 88 Runner 1:55:51
516	1178	Ron Luck	M57		1:52:14	597	956	Amanda Milton	F39	Benfleet RC 1:55:52
517	754	Julie Jolley	F33		1:52:17	598	955	Anthony White	M36	Benfleet RC 1:55:52 E
518	877	David Bainbridge	M32		1:52:26	599	858	Philip Ashley	M41	Benfleet RC 1:55:53 E
519	235	Keeley Phillips	F25		1:52:30	600	1411	Andy Milner	M40	1:55:55
520	296	Daniel Wood	M35		1:52:31 E	601	737	Andy Frith	M35	1:55:57 E
521	275	Mark Gillis	M35		1:52:32	602	1193	Rachel Taylor	F31	1:55:57
522	262	Derren Peters	M31		1:52:39 E	603	1228	Jeff Howell	M44	Dartford RR 1:55:58
523	1038	Allen Dawson	M44		1:52:43 E	604	1406	Sharan Chalkey	F33	Witham RC 1:55:59
524	1292	Terry Meadows	M49		1:52:47	605	582	Jason Crispin	M26	1:56:00 E
525	470	Michael Bailey	M39	Southend AC	1:52:48 E	606	629	Carole Birch	F45	Billericay Strdrs 1:56:13
526	1187	Geoff Smale	M43	Southend AC	1:52:48 E	607	1306	Mike Jordan	M41	Benfleet RC 1:56:13
527	824	Thomas Perry	M24		1:52:49 E	608	599	Peter Fisher	M35	1:56:14
528	1232	John McAvoy	M63	Ford Fitness	1:52:50 E	609	315	Rachael Little	F34	1:56:20
529	1410	Gary Pugsley	M39		1:52:57	610	580	Chris Barnwell	M51	1:56:21 E
530	840	Carol Shaw	F50		1:53:00	611	622	Rachel Barnwell	F25	1:56:25
531	1260	Janet Burrows	F40	East Essex Tri	1:53:03	612	879	Wayne Adams	M34	1:56:26 E
532	1241	Ian Lewis	M47	Castle Point Jog	1:53:04 E	613	1339	Johnny Conquest	M55	Havering 90 Jogger 1:56:28
533	1455	Scott Hubbard	M21		1:53:06	614	1358	Chris Rumbles	M31	23 Mile Club 1:56:30
534	78	Michael Beamont	M56		1:53:12 E	615	613	N Johnson	M44	1:56:31
535	181	Chris Munday	M30		1:53:15 E	616	206	Nancy Fontaine	F39	Thrift Green Trot 1:56:32
536	671	Roger Dixon	M56	E London Runners	1:53:17 E	617	34	Arran Salmon	M35	1:56:35 E
537	446	Mark Reutens	M28		1:53:23	618	265	Elaine Smith	F27	1:56:35
538	977	David Brooks	M63	Thurrock Harriers	1:53:25 E	619	40	David Steel	M40	1:56:37 E
539	1432	A Ling	M42		1:53:27	620	1300	Nigel Champion	M35	Leigh On Sea Strdr 1:56:38
540	1264	Jonathan Rutter	M49		1:53:27	621	896	Jane Hames	F30	1:56:39
541	370	Neil Kirsh	M38	Veg & Cycling AC	1:53:28 E	622	6	Dan Hurn	M35	1:56:49
542	1359	Chris Walker	M39		1:53:34	623	91	Denise Redburn	F39	1:56:49
543	810	Richard Manlove	M48		1:53:42 E	624	524	Martin Jackson	M35	1:56:50
544	730	Karen Menditta	F37		1:53:42	625	835	Helen Scott	F49	Thrift Green Trot 1:56:53
545	631	Sarah Kipping	F31		1:53:42	626	69	Toni Gardner	F29	1:56:55
546	515	Anita Vautier	F26	Aberystwyth AC	1:53:45	627	610	Karen McDermott	F33	Strdrs of Croydon 1:56:58
547	516	Martyn Saycell	M32	Aberystwyth AC	1:53:46	628	752	Anna Granger	F26	1:56:58
548	760	Helen Perera	F41		1:53:47	629	415	Andrew Stephen	M26	1:56:59
549	809	Lorraine Manlove	F47		1:53:48	630	1138	Albert Miles	M68	Castle Point Jog 1:57:02
550	615	Emma Nixon	F44	Bishops Stortford	1:53:48	631	1253	Mick Quinlivan	M53	Thrift Green Trot 1:57:03 E
551	178	Celeste Lombard	F27		1:53:49	632	1299	Paul Champion	M47	Leigh On Sea Strdr 1:57:07
552	836	Gareth Scott	M49	Thrift Green Trot	1:53:51 E	633	52	Sarah Lester	F27	1:57:08
553	175	David Coufts	M58		1:53:54 E	634	571	Nina Day	F29	Thrift Green Trot 1:57:14
554	1065	Linda Young	F37		1:54:00	635	1419	Les Nussell	M43	Thrift Green Trot 1:57:15
555	533	Lee Taylor	M30		1:54:04 E	636	50	Lindsey Reynolds	F31	Esporta 1:57:17
556	1433	Mike Judd	M21		1:54:05	637	514	Nathalie Corbett	F31	1:57:19
557	412	Paul Armstrong	M27		1:54:09	638	687	Jason Clark	M35	1:57:22 E
558	227	Phil Stone	M45		1:54:09	639	1056	Howard Hughes	M54	1:57:22
559	228	Paul Jackson	M45		1:54:10 E	640	24	Lee Raife	M37	1:57:30 E
560	1310	Linda Austin	F41	Benfleet RC	1:54:11	641	870	Vanessa Dodds	F37	Fitness First Flyr 1:58:01

642	1431	ALan Robinson	M46	1:58:08	721	1362	Paul Cowley	M43	Benfleet RC	2:00:54		
643	1380	Julie Warner	F26	Castle Point Jog	1:58:10	722	751	Claire Ogle	F35	2:00:55		
644	1379	Denise Walker	F45	Castle Point Jog	1:58:11	723	210	Darren Wagstaff	M37	Leigh On Sea Strdr	2:00:56	E
645	759	Sarah Ging	F39	Stopsley Striders	1:58:14	724	211	Kevin Salt	M42	Leigh On Sea Strdr	2:00:56	E
646	621	Jacqueline Berry	F30	Ryde Harriers	1:58:17	725	1361	Neil Brown	M42	2:00:56		
647	784	David Fox	M51	RRC	1:58:24	E	726	861	Denise Whelan	F30	Benfleet RC	2:00:57
648	894	Stephen Hampshire	M48	1:58:25	E	727	522	Dav Pointing	M24	2:00:57	E	
649	364	Stephen Wickenden	M50	RRC	1:58:27	728	1423	David Lorkin	M38	2:00:59		
650	101	Robert Baker	M26	1:58:27	729	1091	Lucinda Booth	F32	Leigh On Sea Strdr	2:00:59		
651	568	Andre Smith	M40	1:58:28	E	730	1263	Keith Gould	M48	Thrift Green Trot	2:01:00	E
652	1195	Suzi Machen	F32	Benfleet RC	1:58:29	731	419	Amelia Legon	F22	2:01:01		
653	991	Dominic Keaney	M54	Benfleet RC	1:58:29	732	201	Emma Rand	F34	2:01:04		
654	494	Andy Wood	M32	1:58:29	E	733	531	Fran Smith	F55	2:01:20		
655	1072	Angela Ridley	F28	1:58:30	734	915	Richard Fleming	M48	2:01:23	E		
656	1284	David Martin	M41	Dagenham 88 Runner	1:58:38	E	735	648	Lee Stannard	M35	2:01:24	E
657	1285	Michelle Matthews	F26	Dagenham 88 Runner	1:58:41	736	1331	David Comber	M51	2:01:24		
658	1382	ALan Potter	M45	1:58:46	737	1349	Alan Bakewell	M44	2:01:27			
659	328	Tara Brady	F37	The Burks	1:58:49	738	1054	Sylvia Jarvis	F45	2:01:32		
660	77	David Pearson	M36	1:58:51	E	739	1096	Stuart Blackham	M29	2:01:42		
661	1266	Nigel Williamson	M40	1:58:52	E	740	420	Melanie Wellard	F50	2:01:46		
662	484	Pauline Thompson	F46	1:58:56	741	1293	Dominique Bray	F36	2:01:46			
663	664	Christopher Wray	M55	1:58:59	E	742	1157	Barry Rowell	M43	Havering 90 Jogger	2:01:46	
664	838	Morten Jensen	M32	Colney Mosquitoes	1:59:05	743	980	Sandra Stanton	F39	Springfield Strdrs	2:01:54	
665	135	Ruth-Sonya Forsberg	F33	1:59:06	744	1180	Can Ural	M43	2:01:54	E		
666	1158	Nicholas Baker	M41	1:59:06	745	745	Simon Boyes	M37	Leigh On Sea Strdr	2:01:54	E	
667	146	Emily Postill	F33	1:59:08	746	1170	Jason Lamb	M33	2:02:02			
668	103	John Evans	M42	1:59:08	747	669	Gail Patman	F40	Southend AC	2:02:03		
669	1070	Trevor Moore	M48	1:59:14	748	762	Duncan Hill	M33	2:02:03			
670	156	Sarah Bradbury	F28	1:59:16	749	1125	James Dyson	M19	Leaside CC	2:02:14		
671	363	Nicky Bailey	M38	1:59:16	E	750	1127	Darrell Woodhead	M28	Leaside CC	2:02:15	
672	970	Paul Pedder	M20	1:59:17	E	751	496	Daniela Bailey	F31	2:02:16		
673	221	Scott Langdown	M27	1:59:17	752	431	Susan Sands	F45	2:02:17			
674	841	Robert Shaw	M49	1:59:18	753	223	Lucia Caravia	F38	2:02:18			
675	570	Hugh Bullard	M52	Springfield Strdrs	1:59:19	E	754	368	John Hosler	M60	2:02:20	E
676	899	Amy Lanning	F27	1:59:23	755	65	Vanessa Vallely	F32	2:02:24			
677	1365	Steven Thorne	M37	1:59:26	756	79	Joanna Fittsall	F40	2:02:28			
678	82	David McGimpsey	M43	1:59:26	E	757	665	Vicky Stone	F25	2:02:29		
679	1064	Elizabeth Holmes	F38	1:59:29	758	1270	Michala Drake	F21	Orion Harriers	2:02:29		
680	1302	Malcolm Smith	M61	1:59:31	759	169	Becky Ball	F37	2:02:29			
681	597	David Cannon	M40	Greens Panthers	1:59:33	760	303	Christine Orton	F35	2:02:30		
682	528	Paul Lundy	M41	Thrift Green Trot	1:59:34	E	761	875	Peter Collier	M51	2:02:31	E
683	1197	Martin Jones	M42	1:59:36	E	762	1399	Naomi Rumbold	F21	2:02:32		
684	199	Carol Drake	F40	1:59:37	763	499	Charlotte Stone	F24	2:02:32			
685	1409	Leon Richardson	M33	1:59:38	764	720	Rebecca Kirk	F26	2:02:38			
686	97	Paul Fairbrother	M36	1:59:39	765	1175	Anna Smith	F29	Orion Harriers	2:02:47		
687	929	Glen Burns	M44	Benfleet RC	1:59:40	E	766	611	Alison Ebsworth	F35	2:02:48	
688	1176	Martin Turner	M42	1:59:41	E	767	577	Dave Hester	M50	2:02:48		
689	318	Paul Flaxman	M34	1:59:45	768	578	Angie Hester	F48	2:02:49			
690	440	Emma Whiting	F27	1:59:45	769	282	Ruth Mercer	F44	2:02:52			
691	1036	Natalie Teague	F38	1:59:47	770	662	Kevin Thompson	M43	2:03:03	E		
692	952	Rodney Marrison	M67	1:59:48	771	1320	Ken Gittos	M67	2:03:07	E		
693	277	Guy Bart-Smith	M30	1:59:57	E	772	506	Donna Rawlings	F26	2:03:09		
694	492	Stuart Ross	M33	2:00:03	E	773	897	Paul Claydon	M37	City Of London Pol	2:03:10	E
695	124	Maria Currie	F32	2:00:16	774	614	C Moorley	M34	2:03:18			
696	123	Heidi Patrick	F28	2:00:17	775	1185	Andrew Carlile	M49	2:03:24	E		
697	696	Stafanie Alcott	F28	2:00:18	776	1341	Patrick Knowles	M53	Springfield Strdrs	2:03:31		
698	694	Chris Alcott	M26	2:00:18	777	1028	Eric Enock	M45	2:03:35			
699	753	Barry Sharp	M33	2:00:18	E	778	718	Assunta Indresano	F34	2:03:37		
700	637	Paul Phillips	M18	2:00:19	E	779	761	Helen Guest	F41	2:03:43		
701	1287	David Gee	M32	Hadleigh TOW	2:00:20	E	780	1144	Michelle Baker	F29	2:03:51	
702	823	Lee Baxter	M33	2:00:21	781	1143	Anita Carroll	F39	2:03:51			
703	638	Rachel Legg	F30	2:00:21	782	1221	Paul Norton	M58	Benfleet RC	2:03:57	E	
704	654	Zoe Randall	F21	2:00:23	783	591	Keith Passingham	M53	Pitsea RC	2:03:58	E	
705	155	Leonardo De Cristofano	M33	2:00:23	784	1346	Alison Clark	F26	FF Flyers	2:03:59		
706	644	Daren Phillips	M39	2:00:23	E	785	1344	Mark Ayler	M35	2:04:16		
707	882	Richard Thomson	M40	2:00:24	E	786	808	Glyn Shemwell	M38	2:04:17	E	
708	472	Roger Cullen	M52	Trent Park RC	2:00:29	787	1414	V Marin	F25	2:04:26		
709	769	Paul Penfold	M37	2:00:30	788	1014	Neil Rumbold	M39	2:04:29	E		
710	512	Gavin Beart	M28	2:00:30	789	605	Mick Pedder	M51	2:04:34	E		
711	511	Caroline Neale	F28	2:00:31	790	1247	Sally Rodricks	F31	2:04:44			
712	389	Anne-Marie Bell	F37	2:00:32	791	576	Steven Papworth	M45	2:04:48	E		
713	1281	Graham Bores	M59	2:00:37	E	792	1111	Elizabeth Hook	F28	2:04:54		
714	852	Karen Miller	F34	2:00:43	793	1109	Julia Cohen	F33	2:04:55			
715	965	Joanne Williams	F36	2:00:43	794	1295	Rob Palmer	M41	2:04:59			
716	979	Grahame Hadley	M47	Essex Police	2:00:48	E	795	1328	Johanna Stephens	F33	2:05:03	
717	793	Anne Torrance	F39	2:00:48	796	369	Lorraine Ophelia	F37	Edmonton RC	2:05:12		
718	944	Rosemary Cooper-Clark	F47	Tiptree Runners	2:00:53	797	1347	Stuart Rogers	M32	2:05:13		
719	1305	Peter Wynn	M26	2:00:53	798	507	Jenny Rawlings	F50	2:05:17			
720	776	Damian Maher	M40	2:00:54	799	498	Rachel Bailey	F35	2:05:24			
					800	853	Tarnia Thompson-Roe	F33	Benfleet RC	2:05:26		
					801	995	Mike Maguire	M38	RRC	2:05:27		

802	848	Colin Morris	M58	Veterans AC	2:05:31	883	27	Danny Weidner	M35	2:11:17	E	
803	1402	Roger Brown	M58		2:05:36	884	295	Victoria Harris	F33	2:11:18		
804	1034	Jane Williams	F47		2:05:47	885	1150	Julie Wing	F55	Maidstone Harriers	2:11:33	
805	523	David Webb	M44	Victoria Park Harr	2:05:53	886	10	Nikki Beale	M23		2:11:39	E
806	750	Neil Reeve	M34		2:06:05	887	557	Valerie Taylor	F60	Leighton Fun Run	2:11:46	
807	1060	Brian Harding	M57		2:06:08	888	989	Sarah Norton	F32	Benfleet RC	2:11:48	
808	1061	Joanna Mikhael	F45		2:06:12	889	20	Georgina Leslie	F41		2:11:52	
809	1163	Michael Battle	M53	Hadleigh TOW	2:06:18	890	267	Ron Chapman	M57		2:11:54	E
810	1249	David Thompson	M43	Hadleigh TOW	2:06:19	891	954	Nicola Farbridge	F43	Orion Harriers	2:11:54	
811	641	Tina Robinson	F45		2:06:26	892	1051	Mark Finch	M42		2:11:58	E
812	167	David Bridge	M39		2:06:27	893	1323	Joanne Stone	F24		2:11:58	
813	1152	Julia Peirson	F38		2:06:28	894	1322	Ben Cooper	M27		2:11:58	
814	94	Shaun Elliott	M40		2:06:29	895	684	Emma Croshaw	F26		2:12:00	
815	372	James Elliott	M27		2:06:35	896	151	Emma Witton	F25		2:12:06	
816	388	Karl Elliott	M31		2:06:35	897	536	Kim Newth	F36		2:12:13	
817	1230	Philip Willis	M43		2:06:36	898	948	Penny Clarke	F44	Witham RC	2:12:21	
818	439	Matt Wisbey	M23		2:06:38	899	254	Duncan Milne	M37		2:12:36	E
819	1257	Daphne Pugh	F70	Castle Point Jog	2:06:39	900	999	Anne De Asha	F47	Orion Harriers	2:12:43	
820	846	Lesley Morgan	F51	Castle Point Jog	2:06:41	901	1279	Eileen Hammond	F54	Castle Point Jog	2:12:55	
821	1098	John McDonald	M40		2:06:42	902	1081	Richard Colquhoun	M43		2:12:55	
822	1117	Matthew Brockington	M43		2:06:45	903	1085	Neil Cornelius	M33		2:12:57	
823	1142	Tim Brockington	M48	Springfield Strdrs	2:06:49	904	320	Fiona Hawkins	F36		2:12:58	
824	1372	Karl Whitlock	M20		2:06:50	905	589	Malcolm Lupton	M57		2:12:58	E
825	1018	Maria Ball	F39		2:06:51	906	1405	Paul Lorkin	M36		2:13:01	
826	1378	Paul Jansen	M41		2:06:53	907	1207	Michael Lea	M24		2:13:02	E
827	845	John Virgo	M74	Castle Point Jog	2:06:57	908	1007	Candisse Walters	F34		2:13:07	
828	1021	Maryanne Southgate	F38		2:07:11	909	1093	Peter Wines	M47		2:13:17	
829	825	Tracey Horn	F36		2:07:16	910	560	Alison Mann	F30		2:13:18	
830	88	Ruth Berry	F42		2:07:29	911	346	Kim Dero	F43		2:13:21	
831	653	Marilyn Winslow	F55		2:07:35	912	807	Yinka Adegoke	M35		2:13:38	
832	1231	Vanessa Ashdown	F44	Castle Point Jog	2:07:42	913	1141	Dave Hills	M37		2:13:42	
833	1355	Peter Jones	M37		2:07:43	914	1416	Jo Dorney	F34		2:13:45	
834	916	Ananda Moss	F39		2:07:46	915	645	Lee Dixon	M28		2:13:53	E
835	821	Jason Doran	M36		2:07:50	916	203	Hannah McArthur	F30	Thrift Green Trot	2:14:05	
836	928	Jackie Burns	F43	Benfleet RC	2:07:53	917	1248	Brian Wylley	M54		2:14:21	E
837	1037	Bryan Tyrrell	M46		2:08:04	918	1213	Judy Morton	F34		2:14:28	
838	177	Dave Curley	M46		2:08:04	919	134	Hayley Guiheen	F24		2:14:28	
839	797	Gareth Bartlett	M41	East End RR	2:08:07	920	1053	Michael Wells	M44		2:14:31	E
840	814	Thomas Stevens	M48		2:08:12	921	47	Karen Porter	F41		2:14:32	
841	709	Russell Toop	M33		2:08:13	922	1412	No Entry Details			2:14:33	
842	595	Jasmine De Bruyn	F34		2:08:14	923	174	Ben Hewson	M23		2:14:35	E
843	1326	Kevin Watson	M40	Benfleet RC	2:08:15	924	173	Jennifer Green	F24		2:14:44	
844	1148	Sandra Dickinson	F29		2:08:26	925	545	Susan Parish	F44		2:14:44	
845	832	April King	F36	Dover RR	2:08:42	926	259	Lorna Pettifer	F39		2:14:47	
846	830	Linda Smith	F51		2:08:46	927	1401	Doug Hoare	M56		2:15:01	
847	833	Graham Totterdell	M59	Dover RR	2:08:46	928	574	Roger Crocker	M58		2:15:04	E
848	1276	Michael Keal	M58		2:08:52	929	1218	Paul Grant	M46		2:15:05	
849	1327	Corinne Lindsay	F27		2:08:57	930	317	Alan Shead	M28		2:15:06	E
850	1089	Lisa Copeland	F38	Havering 90 Jogger	2:09:03	931	587	David Unerman	M52		2:15:07	
851	564	Tarnya Parker	F30		2:09:04	932	263	Brian Reed	M42		2:15:09	
852	803	Rita Chalkley	F21	Witham RC	2:09:13	933	467	Dave Lewis	M48		2:15:09	E
853	625	Helen Skinner	F34	Benfleet RC	2:09:13	934	213	James Porter	M24		2:15:11	E
854	710	Steve Lanaway	M52	Fitness First Flyr	2:09:16	935	214	Laura Porter	F22		2:15:11	
855	222	Emily Burditt	F26		2:09:18	936	366	Emma Ashpole	F21		2:15:26	
856	1134	Mike Googe	M39		2:09:19	937	367	Linda Ashpole	F46		2:15:41	
857	783	Sukhbindar Jandu	M44	Ilford AC	2:09:31	938	573	Grant Crocker	M37		2:15:42	E
858	771	Neil Boughton	M39		2:09:38	939	1212	Suzanne Crang	F38		2:15:43	
859	1209	Lorraine Gold	F51	Witham RC	2:09:40	940	92	Andrew Collier	M43		2:15:44	
860	133	Patchoulee Chaggar	F31		2:09:41	941	1153	Sue Porter	F44	Thrift Green Trot	2:15:48	
861	1426	Patrick Rogers	M47		2:09:43	942	1395	Julie Everitt	F39		2:15:49	
862	162	Sarah Bassett	F40	Roach Runners	2:09:45	943	1397	John Hunt	M61		2:16:05	
863	197	Gerald Williams	M59	Thrift Green Trot	2:09:52	944	1087	Laura Smith	F32		2:16:05	
864	276	Kirsty McKerrow	F29		2:09:59	945		No Number or Tag			2:16:12	
865	1097	Linda Garcia	F37		2:10:09	946	738	Sue Davis	F43		2:16:14	
866	871	Johanna Phelps	F33		2:10:12	947		No Number or Tag			2:16:19	
867	1135	Karen Smith	F33		2:10:13	948	1244	Robina Darke	F64		2:16:21	
868	1136	Natasha Salmon	F32		2:10:13	949	1243	Lawrence Darke	M61		2:16:22	E
869	17	Rick Baxter	M34		2:10:15	950	668	Sam Howard	F39	Corringham Pri Sch	2:16:25	
870	18	Mick Lamb	M21		2:10:15	951	1422	Vicki Cornwell	F36		2:16:25	
871	940	Paul Bayley	M27		2:10:21	952	659	Kerry Ruff	F34	Corringham Pri Sch	2:16:30	
872	834	Susan Shippey	F36	Witham RC	2:10:23	953	284	Helen Rankin	F32		2:16:36	
873	1424	No Entry Details			2:10:26	954	340	David Blaber	M32		2:16:39	
874	127	Michelle Pepper	F34		2:10:29	955	600	Malcolm Davies	M61		2:16:45	E
875	126	James Pepper	M33		2:10:29	956	189	Ian Smith	M33		2:16:46	
876	679	Wendi Witton	F52		2:10:33	957	220	Rachel Fathers	F33		2:16:47	
877	1407	Dawn Potter	F21	Springfield Strdrs	2:10:34	958	616	Pamela Russell	F28		2:16:55	
878	502	Darren Ottley	M25		2:10:39	959	192	David Leigh	M46		2:17:00	
879	893	Susan Ruff	F40	Thrift Green Trot	2:10:57	960	1179	Michael Sommerland	M72	Great Bentley RC	2:17:01	E
880	728	Terry Maher	M57		2:11:06	961	1200	Michael Linstead	M42	Dagenham 88 Runner	2:17:11	E
881	244	Claire Forder	F26		2:11:07	962	111	Beverley Willis	F41		2:17:11	
882	426	Laurie Woods	F29	Pitsea RC	2:11:10	963	261	Lisa Davies	F28	Leigh On Sea Strdr	2:17:24	

964	1294	Patricia Meadows	F47		2:17:31	1046	1130	Ben Dean	M28		2:27:05		
965	1063	Joy Cooper	F45		2:17:31	1047	264	June Sturgeon	F45		2:27:36		
966	1220	Chas Matthew	M54		2:17:38	E	1048	942	Kevin Urand	M40	2:27:38	E	
967	68	Abby Cockerton	F26		2:17:43	1049	1286	Emma Penton	F25	Dagenham 88 Runner	2:28:00		
968	1390	Maz Turnnidge	F32		2:17:45	1050	287	James Crowe	M25		2:28:08	E	
969	1403	Samantha Cook	F38		2:17:58	1051	855	Clare Martin	F25	Benfleet RC	2:28:17		
970	105	Darien Montgomerie	F29		2:18:07	1052	681	Catherine Shang	F36	Mornington Chasers	2:28:29		
971	1099	Allan Barley	M57	Essex Police	2:18:07	1053	680	Sandra Blackwell	F33	Mornington Chasers	2:28:48		
972	1237	Laurie Rampling	M58	Essex Police	2:18:14	E	1054	936	Roy Page	M70		2:28:58	E
973	1373	Jim Brown	M21	Team Gaynor	2:18:29	1055	958	John Franklin	M45		2:30:05	E	
974	722	Helen Eaton	F54	Orion Harriers	2:18:20	1056	441	Cliff Cant	M52		2:30:05	E	
975	438	Louise Mullins	F29		2:18:29	1057	817	Graham Brooks	M73	TWH	2:30:24		
976	400	Hazel Watkins	F50		2:18:34	1058	911	Relika Arras	F24		2:30:30		
977	260	Helena Floyd	F43		2:18:37	1059	765	Christine Wendtland	F35	Mornington Chasers	2:30:39		
978	225	Stephen Himbury	M40		2:18:40	1060	351	Lisa Cornish	F33		2:31:14		
979	493	April Ross	F30		2:18:40	1061	881	Mary Morris	F59	Roach Runners	2:31:33		
980	623	Teresa Persighetti	F52	Eton Manor AC	2:18:50	1062	1438	Robert Seally	M53		2:31:54		
981	859	Ken Eaton	M75	Benfleet RC	2:18:58	E	1063	1215	Tracy Coates	F24	Dagenham 88 Runner	2:32:47	
982	590	Lisa Pond	F37		2:18:58	1064	1297	Dave Balding	M43		2:34:03		
983	1084	Nicki Howe	F28	Castle Point Jog	2:19:06	1065	1050	Hayley Morton	F37		2:34:06		
984	394	Jo Lewis	F28		2:19:07	1066	601	Chris Ovel	M20		2:34:13	E	
985	336	David Feeley	M31		2:19:24	1067	1367	Uma Mehta	F43		2:34:15		
986	885	Lee Smith	M35		2:19:25	E	1068	1296	Lee Allen	M38		2:34:47	
987	884	Roger Gladman	M39		2:19:29	E	1069	804	Nicola Caba	F42		2:34:50	
988	883	Samantha Smith	F34		2:19:29	1070	291	Kerry Miller	F35		2:34:53		
989	1375	Gaynor Hayzer	F27	Club Gaynor	2:19:34	1071	1421	Jane Beham	F21		2:35:08		
990	143	Sherry Magnusson	F33		2:19:38	1072	708	Donna Cox	F38		2:35:09		
991	144	Tim Magnusson	M33		2:19:39	1073	951	Kay Holford	F42	Orion Harriers	2:35:09		
992	200	Keith Atkinson	M54		2:19:42	E	1074	84	Kim Dunmore	F44		2:35:37	
993	153	K Simpson	F41		2:19:44	1075	1115	Michael Allen	M65		2:36:19		
994	154	Julie Robinson	F47		2:19:45	1076	976	Jill Nash	F42		2:36:19		
995	1203	Paul Newman	M46	East London Tri	2:19:49	E	1077	1173	Julia Gutteridge	F39		2:36:20	
996	740	Jim Baines	M55		2:19:59	E	1078	1318	Kate Oddy	F19		2:36:58	
997	345	Helga Butcher	F40		2:20:11	1079	353	Jackie Wood	F40		2:37:53		
998	1108	Anna Volkmer	F25		2:20:20	1080	604	Judy Castle	F41		2:37:53		
999	620	Irene Wells	F47		2:20:28	1081	1123	Chloe Smith	F26	Leaside CC	2:38:09		
1000	1335	Hannah Dickinson	F35		2:20:39	1082	1095	Arturo Haywood	M64		2:38:12		
1001	1086	Shirley Baker	F46	Thrift Green Trot	2:20:44	1083	236	Helen Smurthwaite	F31		2:40:31		
1002	33	Mark Armitage	M35		2:20:47	E	1084	675	Victoria Callaghan	F37		2:40:39	
1003	926	Phil Lupton	M47		2:20:54	E	1085	736	Suzanne Elliott	F45		2:40:57	
1004	1415	Susan Harrington	F35		2:21:02	1086	872	Celia Rutter	F55		2:40:59		
1005	268	John Chamberlain	M38		2:21:33	1087	1040	Trudie Sidwell	F44		2:41:04		
1006	990	Jenny Keaney	F51	Benfleet RC	2:22:09	1088	1041	Maira Bolingbroke	F54		2:41:04		
1007	1357	Russell Walker	M33		2:22:14	1089	987	Gayle Matthews	F37	Benfleet RC	2:41:24		
1008	417	Beddie Burrows	F34		2:22:18	1090	986	Jonathan Borland	M28		2:41:25		
1009	418	Brian Martin	M32		2:22:18	E	1091	981	Farid Ahmed	M61		2:44:08	
1010	556	Margaret Blamey	F39		2:22:23	1092	1251	Donna Sheehan	F36		2:45:27		
1011	1154	Rita Newland	F37	Dagenham 88 Runner	2:22:24	1093	1149	Stephen Wing	M53	Maidstone Harriers	2:45:50		
1012	998	Mick Marder	M44		2:22:32	1094	890	Yvonne Scott-Henry	F32		2:45:57		
1013	354	Sheila Askew	F59		2:22:40	1095	945	Fiona Griffiths	F28	Witham RC	2:47:23		
1014	731	Ali Every	F39		2:22:45	1096	548	Tony Cox	M27		2:47:24	E	
1015	583	Louise Fisher	F22		2:22:52	1097	1155	Jeffrey Barnett	M51		2:50:02		
1016	802	Luke Baldock	M19		2:23:08	1098	1078	Nigel Elkington	M36		2:50:14		
1017	1113	John Glover	M49		2:23:11	1099	1168	Steven Denham	M42		3:29:10		
1018	1112	Janet Glover	F48		2:23:12								
1019	471	Kairen Cullen	F49	Trent Park RC	2:23:14								
1020	1126	Paul Channing	M31	Leaside CC	2:23:32								
1021	779	Joanne Cheshire	F32	Orion Harriers	2:23:38								
1022	1345	Jean Driscoll	F55	Springfield Strdrs	2:23:41								
1023	1298	Brenda Whitehead	F21		2:23:41								
1024	1309	Paul Marshall	M38		2:24:12	E							
1025	880	Jenny Wicker	F38		2:24:14								
1026	801	Karen Hewitt	F35		2:24:21								
1027	770	Caroline Ferguson	F28		2:24:35								
1028	36	Laurence Witte	M55		2:24:43	E							
1029	656	Loretta Howard	F35		2:24:44								
1030	767	Julie Dalphinis	F48	Dagenham 88 Runner	2:24:57								
1031	594	Val Taylor	F61		2:25:01								
1032	1353	Martyn Trewer	M37		2:25:06								
1033	1356	Michelle Williams	F36		2:25:06								
1034	247	Frances Oakley	F42	E London Runners	2:25:18								
1035	85	Wendy Barker	F45		2:25:33								
1036	22	Debbie Eagles	F43		2:25:33								
1037	1186	John Stubberfield	M55		2:25:41	E							
1038	1189	Keith Hill	M21		2:25:41	E							
1039	481	Josh Cohen	M34		2:25:44								
1040	1404	Greta Jones	F38		2:26:36								
1041	537	Nicholas Clappen	M47		2:26:37	E							
1042	509	Joan Brett	F41		2:26:44								
1043	270	Catharne Byrne	F28		2:26:51								
1044	519	Rachel Keenan	F34	Leigh On Sea Strdr	2:26:58								
1045	1381	Robert Macmillan	M36		2:27:04								

Team Results

Male Team

1 Springfield Strdrs Total :- 38
: 1334 - P Dobson 1: 643 - G Chandler 3:
: 1227 - M Pywell 11: 966 - G Rayner 23:
2 Thurrock Harriers Total :- 155
: 1222 - J Seamark 9: 994 - J Green 20:
: 1224 - C Scrivener 40: 1151 - J Syrett 86:
3 Benfleet RC Total :- 166
: 1226 - R Rober 6: 1352 - T Mead 19:
: 863 - G Booty 68: 862 - S Drummond 73:
4 Victoria Park Harr Total :- 185
: 1256 - B Fairhall 10: 4 - T Laslark 15:
: 950 - G Bagnall 79: 1254 - P Watson 81:
5 Thrift Green Trot Total :- 196
: 1076 - S Coleman 28: 1219 - D Solomons 44:
: 1003 - K Hinns 61: 1246 - P Cooper 63:
6 Billericay Strdrs Total :- 345
: 628 - J Birch 27: 850 - D Sweet 65:
: 663 - A Clark 101: 1166 - L Harrison 152:
7 Witham RC Total :- 379
: 947 - M Byford 59: 1354 - T Alablaster 84:
: 1278 - M Crook 91: 1259 - D Thomas 145:
8 Southend AC Total :- 521
: 1311 - I Maynard 21: 1368 - C Baynes 129:
: 1165 - J Bethell 146: 1067 - G Jones 225:
9 Eton Manor AC Total :- 525
: 1191 - K Ferdham 75: 1190 - P Brandon 116:
: 1288 - R Alburey 166: 624 - J Few 168:
10 Edmonton RC Total :- 624
: 811 - T Binyon 29: 355 - C Thompson 42:
: 1083 - R Clarabut 148: 30 - V Vassiliou 405:
11 Serpentine RC Total :- 634
: 1417 - M Rushaworth 22: 842 - N Aitken 33:
: 1274 - C Jones 176: 1269 - C Butler 403:
12 RRC Total :- 726
: 798 - A Lightfoot 56: 475 - C Read 174:
: 993 - J Park 185: 946 - M Lodge 311:
13 Havering 90 Jogger Total :- 819
: 937 - J Tyler 54: 1308 - D Gridley 83:
: 602 - A Thomson 239: 931 - L Davies 443:
14 Pitsea RC Total :- 859
: 28 - J Holder 66: 1073 - S Beech 177:
: 1121 - A Smith 189: 427 - I Soane 427:
15 Dagenham 88 Runner Total :- 871
: 3 - L Wilson 70: 458 - D Stevens 219:
: 1261 - P Rose 273: 1400 - G Cardnell 309:
16 Castle Point Jog Total :- 1267
: 314 - P Osborne 111: 9 - M Staines 272:
: 1080 - P Franklin 352: 1241 - I Lewis 532:
17 Ilford AC Total :- 1269
: 924 - H Yildirim 46: 1174 - A Berleen 95:
: 777 - I Burdin 271: 783 - S Jandu 857:
18 Leigh On Sea Strdr Total :- 1290
: 83 - A Lysons 203: 518 - I Keenan 292:
: 820 - I Kazalbash 361: 969 - J Rickard 434:
19 Leaside CC Total :- 2532
: 1124 - D Beazley 13: 1125 - J Dyson 749:
: 1127 - D Woodhead 750: 1126 - P Channing 1020:
20 Essex Police Total :- 3028
: 968 - C Quaeay 369: 979 - G Hadley 716:
: 1099 - A Barley 971: 1237 - L Rampling 972:

Female Team

1 Victoria Park Harr Total :- 863
: 898 - Z Martin 82: 744 - J Barrow-Green 244:
: 699 - N Bourne 250: 468 - C Scott 287:
2 Springfield Strdrs Total :- 1193
: 1236 - S Tucker 45: 1370 - G Carter 173:
: 837 - J Neilson 404: 542 - J Bradley 571:
3 Thrift Green Trot Total :- 1924
: 1267 - N Juniper 209: 812 - S Hall 474:
: 206 - N Fontaine 616: 835 - H Scott 625:
4 Havering 90 Jogger Total :- 2047
: 632 - T Hill 373: 733 - A Bye 382:
: 930 - D Pye 442: 1089 - L Copeland 850:
5 Leigh On Sea Strdr Total :- 2111
: 739 - S Ward 390: 209 - S Ridler 489:
: 551 - L Ward 503: 1091 - L Booth 729:
6 Benfleet RC Total :- 2127
: 961 - D Gibbins 318: 1310 - L Austin 560:
: 956 - A Milton 597: 1195 - S Machen 652:
7 Castle Point Jog Total :- 2926
: 1380 - J Warner 643: 1379 - D Walker 644:
: 1257 - D Pugh 819: 846 - L Morgan 820:
8 Witham RC Total :- 3187
: 1406 - S Chalkey 604: 803 - R Chalkley 852:
: 1209 - L Gold 859: 834 - S Shippey 872:
9 Dagenham 88 Runner Total :- 3294
: 450 - A Heslegrave 596: 1285 - M Matthews 657:
: 1154 - R Newland 1011: 767 - J Dalphinis 1030:
10 Orion Harriers Total :- 3314
: 1270 - M Drake 758: 1175 - A Smith 765:
: 954 - N Farbridge 891: 999 - A De Asha 900: