

Billericay Striders 10K
 Overall Finish List
 November 01, 2015
 Results By ChipTimingUK

Place	Name	Gun Time	Age Group	Place	Team	Bib No
1	Paul Whittaker	30:31	1 M 21-39		Southend On Sea AC	743
2	Owen Cima	33:07	2 M 21-39		Thrift Green Trotters	736
3	Stephen strange	34:32	3 M 21-39		Basildon AC	581
4	MATIBINI MATIBINI	35:27	1 M 40-49		Leigh on Sea Striders	696
5	Jared Bethell	35:29	4 M 21-39		Harlow RC	748
6	George Elliott	35:48	1 M 1-20		Basildon AC	137
7	Alex Manton	35:50	5 M 21-39			432
8	Rob Lowe	35:59	2 M 40-49		Harlow RC	738
9	Chris Wayman	36:13	6 M 21-39		JP Morgan RC	561
10	Nicola Barberis Negra	36:18	7 M 21-39			132
11	Andy Dowie	36:56	8 M 21-39		East Essex Triathlon Club	567
12	Martin Chester	36:59	3 M 40-49		Havering Mayesbrook AC	181
13	ty farrer	37:12	4 M 40-49		Southend On Sea AC	716
14	James Boshier	37:19	9 M 21-39		Grange Farm & Dunmow Runners	346
15	Dan Carter	37:28	10 M 21-39		Benfleet RC	654
16	Andrew Wright	37:31	5 M 40-49		Springfield Striders RC	727
17	Keith Willett	37:49	6 M 40-49		Thurrock Harriers	418
18	darren mack	38:06	7 M 40-49			713
19	Simon Theobald	38:12	8 M 40-49		Tri Sport Epping	105
20	Carl Suckling	38:28	11 M 21-39		East Essex Triathlon Club	590
21	Nick Markwell	38:34	9 M 40-49			180
22	Matt Webster	38:41	12 M 21-39		Grange Farm & Dunmow Runners	381
23	Chris Pearce	38:46	10 M 40-49		Springfield Striders RC	438
24	Paul McKenna	38:49	13 M 21-39		Grange Farm & Dunmow Runners	293
25	David Webb	38:55	11 M 40-49			745
26	neil hatton	38:55	12 M 40-49		Rochford Running Club	481
27	Darren sutton	39:12	13 M 40-49		Springfield Striders RC	440
28	David Miller	39:17	14 M 40-49		Benfleet RC	751
29	Neil Herbert	39:17	14 M 21-39			726
30	Terry Knightley	39:20	1 M 50-59		Ilford AC	756
31	Rob Mills	39:24	15 M 21-39		Springfield Striders RC	439
32	Matthew Letley	39:32	15 M 40-49		Leigh on Sea Striders	680
33	Darren Clark	39:40	16 M 21-39		RunFit Essex	364
34	Ciaran Byrne	39:44	17 M 21-39		Benfleet RC	635
35	Peter Smith	39:47	18 M 21-39			484
36	Peter Barrett	39:49	16 M 40-49		Thrift Green Trotters	318
37	peter watson	39:49	19 M 21-39		Benfleet RC	747
38	Ewan McFarlane	39:51	20 M 21-39		Phoenix Striders	387
39	Ashwin Shah	39:58	21 M 21-39		Grange Farm & Dunmow Runners	773
40	Elliot Worth	40:13	17 M 40-49			312
41	gary pitman	40:16	22 M 21-39		Rochford Running Club	665
42	Dean Johnson	40:21	18 M 40-49			633
43	Jonathan Wyatt	40:23	19 M 40-49		East Essex Triathlon Club	451
44	Pete Anderson	40:27	23 M 21-39		Havering '90 Joggers	479
45	Rebecca Davidson	40:29	1 F 21-34		Grange Farm & Dunmow Runners	614
46	Gemma Russhard	40:32	2 F 21-34			527
47	brian venton	40:37	20 M 40-49		Benfleet RC	641
48	Mark Porter	40:38	21 M 40-49			121
49	Mike Quaye	40:42	22 M 40-49			468
50	Ben Ralph	40:43	24 M 21-39			763
51	Peter David Adkins	40:46	23 M 40-49			715

52	Giles s Sowerby	40:47	25 M 21-39		503
53	Richard Dewar	40:49	24 M 40-49		251
54	Ian Brett	41:12	25 M 40-49	Havering '90 Joggers	605
55	andy grint	41:13	26 M 40-49		155
56	Steve Cantle	41:22	27 M 40-49		517
57	David Ferris	41:25	26 M 21-39		40
58	Alan James	41:27	27 M 21-39		467
59	Mark Dalby	41:27	28 M 21-39		174
60	Richard Nation	41:32	28 M 40-49	Benfleet RC	209
61	Tom Davies	41:37	2 M 50-59	RunFit Essex	217
62	Gerard Geurts	41:54	29 M 40-49	Grange Farm & Dunmow Runners	145
63	Matthew Rivers	41:56	29 M 21-39	Leigh on Sea Striders	731
64	Mark Duncan	41:58	3 M 50-59	Havering '90 Joggers	363
65	Martin England	41:59	4 M 50-59		377
66	Matthew Marshall	42:01	30 M 21-39		668
67	James Varndell	42:06	31 M 21-39		143
68	Paul Knight	42:12	30 M 40-49	Bishops Stortford RC	210
69	Martin Jackson	42:13	32 M 21-39	Grange Farm & Dunmow Runners	140
70	stuart archer	42:15	31 M 40-49		274
71	David Hamilton	42:23	32 M 40-49		280
72	Emily Smith	43:05	1 F 35-44	Springfield Striders RC	232
73	Steve Danby	43:05	5 M 50-59		226
74	Kirk Bundy	43:23	33 M 40-49	Thurrock Harriers	525
75	Tony Collins	43:36	33 M 21-39	Havering '90 Joggers	619
76	Simon King	43:40	6 M 50-59	Grange Farm & Dunmow Runners	6
77	Dean Noble	43:45	34 M 21-39		84
78	mark wren	43:46	34 M 40-49		458
79	Stuart Collett	43:47	35 M 21-39		769
80	Glen Hayden	43:49	35 M 40-49		85
81	Hayley Pegg	43:52	3 F 21-34	Chelmsford AC	436
82	Roy Hendley	43:56	36 M 21-39	Havering '90 Joggers	536
83	James Blogg	43:58	37 M 21-39	Havering '90 Joggers	245
84	Danny Kerrigan	44:02	38 M 21-39		735
85	Gary Rowlatt	44:04	36 M 40-49	Thurrock Harriers	58
86	Mohammed Shofiuazzam	44:09	37 M 40-49	Benfleet RC	570
87	Tony Galea	44:10	7 M 50-59	Havering '90 Joggers	161
88	Gary Brown	44:11	38 M 40-49	Leigh on Sea Striders	533
89	Matthew Phillips	44:11	39 M 40-49		583
90	Andrew Wright	44:13	40 M 40-49	Havering '90 Joggers	221
91	Paul Meek	44:14	41 M 40-49		714
92	Sean henderson	44:19	39 M 21-39	Grange Farm & Dunmow Runners	453
93	Ian Lawson	44:23	8 M 50-59	Grange Farm & Dunmow Runners	183
94	Liam d'Unienville	44:25	40 M 21-39		456
95	Karis Grayburn	44:27	4 F 21-34	RunFit	242
96	Mark Lynch	44:30	42 M 40-49	Witham RC	482
97	Colin Jackson	44:31	9 M 50-59	Grange Farm & Dunmow Runners	139
98	Gary Day	44:33	10 M 50-59		664
99	Simon Evans	44:34	43 M 40-49		307
100	Clive Slayford	44:38	41 M 21-39	Southend Flyers	761
101	Daniel Slayford	44:39	2 M 1-20	Southend Flyers	762
102	Michael Turrington	44:43	42 M 21-39	Thrift Green Trotters	780
103	Andrew Thompson	44:55	44 M 40-49		301
104	Jeff Fenton	44:57	1 M 60-69	Havering '90 Joggers	34
105	Victoria Brown	45:00	2 F 35-44	Serpentine RC	130
106	Clive Tweedie	45:03	2 M 60-69		379
107	Sue Spong	45:05	1 F 55-64	Havering '90 Joggers	391
108	Dave Lane	45:06	11 M 50-59	Phoenix Striders	388

109	Paul Powell	45:13	45 M 40-49		582
110	Michael Fance	45:18	12 M 50-59		101
111	Jason Finch	45:20	46 M 40-49		348
112	Justin Eely	45:20	47 M 40-49		200
113	Benn Raymond	45:33	43 M 21-39		45
114	William Brown	45:35	44 M 21-39		740
115	Steven Wesson	45:39	48 M 40-49	Havering '90 Joggers	454
116	Mark Scott	45:40	13 M 50-59		88
117	Jason Gordon	45:44	49 M 40-49		220
118	Dennis Dudley	45:46	14 M 50-59	Benfleet RC	729
119	stuart mckillop	45:49	45 M 21-39		131
120	Gavin Rogers	45:50	50 M 40-49		344
121	Ian Tatman	45:52	51 M 40-49	Leigh on Sea Striders	120
122	Andrew Adams	45:54	15 M 50-59	Havering '90 Joggers	586
123	Richard Stockwell	45:59	52 M 40-49	Kingswood Running Club	434
124	Grant England	45:59	46 M 21-39		662
125	Richard Booth	46:00	53 M 40-49	Thrift Green Trotters	236
126	Tony J Draper	46:06	54 M 40-49		737
127	michael panaou	46:06	55 M 40-49		520
128	Antony Leckerman	46:10	16 M 50-59	Barking Road Runners	148
129	Dale Powell	46:12	47 M 21-39	Enfield and Haringey A C	404
130	Paul Agastina	46:13	56 M 40-49		471
131	Claire Splarn	46:13	3 F 35-44	RunFit Essex	211
132	Louise Rawlinson	46:23	4 F 35-44	Tri Sport Epping	214
133	Ben Fisher	46:25	48 M 21-39		711
134	Roger Winston	46:31	3 M 60-69	Havering '90 Joggers	92
135	Mark Moughton	46:35	17 M 50-59	Springfield Striders RC	772
136	paul franklin	46:41	18 M 50-59	Castle Point Joggers	649
137	Catherine Sunderland	46:41	5 F 21-34	Chelmsford AC	424
138	john Rozee	46:44	57 M 40-49	Havering '90 Joggers	172
139	Arran Salmon	46:45	58 M 40-49	Leigh on Sea Striders	628
140	Phil Baker	46:45	59 M 40-49	Tri Sport Epping	442
141	Adam Adshead	46:46	19 M 50-59	RunFit Essex	397
142	Paul Darbyshire	46:50	49 M 21-39		470
143	David Joseph	46:51	50 M 21-39		760
144	Mark Benham	46:55	20 M 50-59	Flyers Southend	676
145	Robert Goode	46:55	51 M 21-39		606
146	Glen Taylor	47:08	21 M 50-59	Southend On Sea AC	81
147	David Ward	47:10	22 M 50-59	Leigh on Sea Striders	779
148	Stuart Peace	47:12	60 M 40-49		186
149	Stuart Taylor	47:12	52 M 21-39		433
150	John Talintyre	47:14	23 M 50-59		128
151	Paul Jennings	47:16	61 M 40-49		717
152	Dean wallace	47:23	53 M 21-39		25
153	Lee Chester	47:28	62 M 40-49		163
154	Della Sussex	47:29	6 F 21-34	Kingswood Running Club	767
155	Alan Murray	47:30	54 M 21-39		562
156	Gary Rowley	47:37	55 M 21-39	East Essex Triathlon Club	550
157	David Bacon	47:39	24 M 50-59	Havering '90 Joggers	380
158	Louise Whitton	47:43	7 F 21-34		87
159	Ian Banthorpe	47:45	63 M 40-49	Benfleet RC	360
160	Samantha Perry	47:52	8 F 21-34		601
161	Gary Shade	47:56	25 M 50-59	Thurrock Nomads	554
162	david selmes	47:57	26 M 50-59	essex runfit	699
163	Ann Ives	48:07	5 F 35-44		370
164	Paul Dixon	48:10	27 M 50-59		357
165	Carolyn Stimpson	48:18	6 F 35-44		98

166	Alan Maynard	48:19	56 M 21-39		67
167	Andy Lean	48:26	28 M 50-59		51
168	Richard Harmer	48:26	64 M 40-49	Thrift Green Trotters	350
169	Neil Moses	48:27	29 M 50-59	Havering '90 Joggers	99
170	Wendy Aldridge	48:28	1 F 45-54		169
171	Nicole Green	48:30	7 F 35-44		589
172	David Rees	48:31	65 M 40-49		204
173	Sally Baker	48:33	8 F 35-44	Tri Sport Epping	39
174	Valerie Nicholls	48:39	2 F 45-54		278
175	Neil Taylor	48:44	66 M 40-49		38
176	Mark Gillam	48:45	67 M 40-49		75
177	Mark Eost	48:47	30 M 50-59	Harold Wood Running Club	579
178	Gordon Greenhalgh	48:50	68 M 40-49	Benfleet RC	275
179	Paula Purtell	48:52	3 F 45-54	Blackwater triathlon	355
180	Jana Wilkins	48:52	9 F 35-44	RunFit Essex	361
181	Chris White	48:55	31 M 50-59		4
182	Lee Crooks	48:58	57 M 21-39		549
183	Toby Knight	48:58	69 M 40-49		623
184	PAUL MILLER	49:00	70 M 40-49		421
185	David Malbon	49:10	71 M 40-49		296
186	Charlotte King	49:18	9 F 21-34	Grange Farm & Dunmow Runners	5
187	Simon Carrington	49:20	58 M 21-39		604
188	Samantha Kelly	49:22	10 F 35-44		462
189	Mike Smith	49:22	72 M 40-49		255
190	MARY LLOYD	49:23	4 F 45-54	Thrift Green Trotters	198
191	Liz Martin	49:24	5 F 45-54		229
192	Pritesh Patel	49:28	59 M 21-39		166
193	John Whan	49:29	4 M 60-69	Havering '90 Joggers	564
194	Brady Ramsay	49:41	6 F 45-54	Grange Farm & Dunmow Runners	630
195	Joanna d'Unienville	49:45	10 F 21-34		313
196	Lisa James	49:49	11 F 35-44		681
197	Daniel Tovey	49:52	60 M 21-39		410
198	Malcolm Macleod	49:52	5 M 60-69		429
199	Christopher Chappell	49:54	61 M 21-39	Benfleet RC	383
200	Elisha Letley	50:00	12 F 35-44	Leigh on Sea Striders	254
201	Gavin Markscheffel	50:00	73 M 40-49		138
202	Simon Baker	50:10	32 M 50-59		114
203	Roger Hagan	50:18	33 M 50-59	Havering '90 Joggers	271
204	Hannah Kane	50:21	1 F 1-20	East Essex Triathlon Club	657
205	Michael Davies	50:23	74 M 40-49		396
206	Jennie Page	50:24	13 F 35-44	East Essex Triathlon Club	658
207	Mark King	50:24	75 M 40-49		420
208	Anne Howe	50:30	7 F 45-54	Leigh on Sea Striders	80
209	Matthew DeGrove	50:30	76 M 40-49		167
210	Geoff Chamberlain	50:36	34 M 50-59		197
211	Steve Browne	50:37	77 M 40-49		651
212	Mervyn Beckwith	50:38	6 M 60-69	Brackla Harriers	339
213	Rebecca Herbert	50:44	11 F 21-34		725
214	Alison bartrip	50:45	14 F 35-44		55
215	Adrian Stead	50:47	78 M 40-49		577
216	Callum MacLennan	50:49	79 M 40-49		764
217	Michael Rivers	50:53	62 M 21-39		732
218	Ruth Roberts	50:53	8 F 45-54	Phoenix Striders	621
219	Melanie Wiltshire	50:56	12 F 21-34	Havering '90 Joggers	333
220	William Clissold	51:10	35 M 50-59		68
221	Debbie Smith	51:19	9 F 45-54	Harlow RC	774
222	Warren Fitzgerald	51:20	80 M 40-49		73

223	Kim Vinicombe	51:22	36 M 50-59	Phoenix Striders	723
224	Peter Woodcock	51:23	37 M 50-59		11
225	Cheryl Macdonald	51:25	2 F 55-64	Pitsea RC	491
226	Tamsin Davies	51:27	15 F 35-44	Phoenix Striders	663
227	Marion Breeze	51:28	3 F 55-64	Pitsea RC	695
228	David Dixon	51:30	38 M 50-59	Havering '90 Joggers	158
229	Martin Collier	51:33	7 M 60-69		268
230	Ashley Lovett	51:36	81 M 40-49	Thurrock Nomads	560
231	Adam Hughes	51:38	82 M 40-49		594
232	Natasha Clay	51:38	16 F 35-44		153
233	John Ford	51:54	39 M 50-59	Havering '90 Joggers	287
234	Richard Sains	51:54	63 M 21-39		612
235	Debbie Smith	51:56	10 F 45-54	Phoenix Striders	653
236	Jodie Schubert	51:57	13 F 21-34	Havering '90 Joggers	530
237	Gavin Haynes	51:58	64 M 21-39		640
238	heather Samson	51:58	17 F 35-44	Kingswood Running Club	495
239	Daniel Tunbridge	52:00	83 M 40-49	Dengie 100 Runners	156
240	Mark Armitage	52:03	84 M 40-49	Leigh on Sea Striders	295
241	caroline nuttall	52:11	18 F 35-44		41
242	sue dale	52:15	4 F 55-64	Havering '90 Joggers	331
243	Katy Sodeau	52:18	11 F 45-54	RunFit Essex	216
244	Jackie Coggins	52:21	19 F 35-44		212
245	perry tidbury	52:23	85 M 40-49		334
246	David Beadle	52:23	65 M 21-39		284
247	Christina Clementson	52:23	20 F 35-44	Havering '90 Joggers	53
248	Daniel Tudor	52:26	86 M 40-49	Havering '90 Joggers	362
249	Stacy Hember	52:29	12 F 45-54	Tiptree Road Runners	106
250	Kirsty Carter	52:31	14 F 21-34		768
251	John Murphy	52:31	8 M 60-69		78
252	Johnpaul Wyndham	52:33	87 M 40-49	East Essex Triathlon Club	403
253	Ross Silverton	52:35	9 M 60-69	Witham RC	27
254	John Allum	52:36	88 M 40-49		750
255	Robin Baker	52:38	66 M 21-39		469
256	Tim Ketterer	52:40	40 M 50-59	Leigh on Sea Striders	159
257	Kevin Ives	52:47	89 M 40-49		369
258	Kim Broughton	52:48	13 F 45-54	Tiptree Road Runners	111
259	John Taylor	52:52	10 M 60-69		282
260	Ryan Gilhooly	52:54	67 M 21-39		685
261	Dominic Harrington	52:57	90 M 40-49		541
262	Lynn Rivers	52:58	14 F 45-54	Leigh on Sea Striders	734
263	Terry Burridge	52:59	11 M 60-69		26
264	Clodagh Moore	53:00	21 F 35-44		542
265	Joanne Kirtland	53:03	22 F 35-44		351
266	Carolyn Brenchley	53:11	23 F 35-44		584
267	Rebecca Allix	53:12	24 F 35-44	Kingswood Running Club	775
268	Julie wilson	53:23	25 F 35-44	Thrift Green Trotters	194
269	Martin Kennedy	53:29	91 M 40-49		543
270	Liz Morgan	53:30	26 F 35-44		328
271	Metin Epozdemir	53:31	92 M 40-49		257
272	Richard Moss	53:35	41 M 50-59		537
273	Ingo Dierkschnieder	53:35	93 M 40-49	Pitsea RC	728
274	Gary Thornton	53:40	42 M 50-59		61
275	lee wood	53:42	94 M 40-49	Kingswood Running Club	425
276	Glenn Miller	53:45	12 M 60-69	Royston Runners	632
277	Tina Victory	53:52	15 F 45-54		368
278	Joseph Andrews	53:52	95 M 40-49		270
279	John McAvoy	53:54	1 M 70-99		622

280	Vanessa Elliott	53:55	15 F 21-34		8
281	Ray Gapes	53:56	13 M 60-69		202
282	Nicola Scarfe	53:57	16 F 21-34		238
283	John Scarfe	53:58	14 M 60-69		237
284	Kate Collins	53:58	27 F 35-44		449
285	Steve Sheekey	54:07	43 M 50-59	Havering '90 Joggers	192
286	Mike Small	54:17	68 M 21-39		712
287	Lorraine Baker	54:18	16 F 45-54	Mid Essex Casuals	113
288	Matt Campbell-Carr	54:20	69 M 21-39	Leigh on Sea Striders	262
289	John Victory	54:24	2 M 70-99		31
290	Laura Corthine	54:24	28 F 35-44		89
291	SHEILA MACAULAY	54:25	1 F 65-99	Springfield Striders RC	406
292	Richard Miller	54:26	70 M 21-39		694
293	Gary Simmonds	54:30	96 M 40-49		325
294	Harvey Grey	54:32	97 M 40-49		366
295	alan wicks	54:32	98 M 40-49	Havering '90 Joggers	152
296	Helene Wilson	54:34	17 F 45-54	RunFit Essex	219
297	Katherine Hickey	54:39	29 F 35-44		265
298	Lorraine Mills	54:50	30 F 35-44		206
299	Stewart Heath	54:55	99 M 40-49		367
300	Richard Farmer	54:57	100 M 40-49	Phoenix Striders	390
301	Susan Bannocks	54:57	5 F 55-64	Phoenix Striders	241
302	Mark Childs	54:57	101 M 40-49	Phoenix Striders	389
303	Peter White	55:04	102 M 40-49		706
304	Teresa Jane Flannigan	55:07	6 F 55-64	Pitsea RC	46
305	Richard Morris	55:07	44 M 50-59		253
306	Sharley Smith	55:09	17 F 21-34	Rochford Running Club	574
307	Ian Crawford	55:10	45 M 50-59		532
308	CRAIG VERNON	55:11	46 M 50-59		23
309	Matthew Rayner	55:16	71 M 21-39	Phoenix Striders	504
310	Daniel Hall	55:19	72 M 21-39		356
311	Gareth Hall	55:22	73 M 21-39		455
312	Helen Walsh	55:24	31 F 35-44		62
313	David Evans	55:27	103 M 40-49	Havering '90 Joggers	698
314	Brian Slade	55:29	15 M 60-69	Havering '90 Joggers	674
315	Mark Pearce	55:30	104 M 40-49		499
316	Michelle Foskett	55:30	18 F 45-54	RunFit Essex	182
317	Alison McGowan	55:32	32 F 35-44	RunFit Essex	613
318	Emma Courtney	55:33	33 F 35-44		566
319	Gill Baker	55:47	19 F 45-54		203
320	Colin St. Helien	55:47	47 M 50-59		79
321	Paul Birdsall	55:50	105 M 40-49	Congleton Harriers	12
322	Jennifer Spittle	55:51	34 F 35-44		678
323	Nicki Benham	55:52	20 F 45-54	Flyers Southend	675
324	Jackie Sibthorp	55:55	21 F 45-54	RunFit Essex	465
325	Ken Gilbey	55:58	16 M 60-69		392
326	Geri Lazell	55:58	22 F 45-54	Dengie 100 Runners	70
327	Andrzej Gajbutowicz	56:01	48 M 50-59	Victoria Park Harriers and Tower H.	378
328	Claire Kay	56:01	35 F 35-44	Phoenix Striders	413
329	Mark Nason	56:02	49 M 50-59		722
330	Lynsey Gray	56:02	23 F 45-54	Phoenix Striders	247
331	Bill Voyce	56:05	17 M 60-69		512
332	Sarah Betts	56:08	36 F 35-44		164
333	Paul Price	56:17	50 M 50-59	Thrift Green Trotters	777
334	jayne VERNON	56:17	24 F 45-54		24
335	Suzanne Smith	56:17	25 F 45-54		177
336	Pip Piperdy	56:19	18 F 21-34	Phoenix Striders	505

337	Jon Kettlewell	56:24	51 M 50-59		627
338	Jade Wiles	56:25	37 F 35-44		422
339	Dean Bates	56:26	106 M 40-49	Havering '90 Joggers	266
340	Louise Cook	56:32	19 F 21-34		358
341	Alison Peace	56:32	38 F 35-44	Tiptree Road Runners	185
342	Kelly Rayner	56:35	39 F 35-44		189
343	Clive Burrow	56:35	107 M 40-49	Havering '90 Joggers	16
344	Anne Pettican	56:36	26 F 45-54	Phoenix Striders	672
345	Mandy Tear	56:38	20 F 21-34		497
346	Ross Beadle	56:38	74 M 21-39		689
347	Julie Peacock	56:43	7 F 55-64		335
348	Vicki Groves	56:44	27 F 45-54	Barking Road Runners	475
349	Bob Chapman	56:45	52 M 50-59	Benfleet RC	660
350	Stephen Unite	56:45	53 M 50-59		573
351	Ann Gibbs	56:47	28 F 45-54		22
352	Claire Styles	56:50	21 F 21-34		667
353	Jo-Anne Hall	56:52	40 F 35-44	Leigh on Sea Striders	349
354	Steven Paddock	56:56	75 M 21-39		690
355	Kevin Nardi	57:03	76 M 21-39		386
356	denis mole	57:05	18 M 60-69		176
357	Emily de Orfe	57:07	41 F 35-44	Dengie 100 Runners	157
358	Neil Dyson	57:08	108 M 40-49		703
359	Clare Young	57:11	42 F 35-44		426
360	Tony Dackombe	57:13	109 M 40-49		448
361	Gary Myers	57:16	54 M 50-59		596
362	Tara Merrell	57:20	43 F 35-44		642
363	Stephanie Coxall	57:24	22 F 21-34		207
364	Simon Gray	57:25	77 M 21-39	Dagenham 88 Runners	620
365	Sarah Morgan	57:26	23 F 21-34	Alton Runners	175
366	Laura McHugh	57:29	44 F 35-44	Leigh on Sea Striders	677
367	Suzannah Williams	57:40	24 F 21-34	EPSA	603
368	Samuel Hulbert	57:41	3 M 1-20		43
369	George Hanmore	57:46	19 M 60-69		611
370	Colin Ansell	57:47	78 M 21-39		234
371	Martin Blow	57:47	110 M 40-49		233
372	Gary Mills	57:52	55 M 50-59		580
373	Joanne Risby	57:53	45 F 35-44		548
374	Chris Maloney	57:54	56 M 50-59		149
375	Sarah James	57:57	25 F 21-34	David Lloyd	385
376	David Hill	58:00	79 M 21-39		568
377	Grant Williamson	58:00	80 M 21-39		563
378	Greg virgoe	58:06	111 M 40-49	Blackwater Tri Club	417
379	Mandy Rowley	58:07	26 F 21-34		551
380	Kirsty Domakin	58:10	46 F 35-44		721
381	ADRIAN BYRNE	58:12	112 M 40-49		122
382	Jo Adshead	58:13	29 F 45-54	RunFit Essex	398
383	Laura Parrish	58:16	27 F 21-34	Thrift Green Trotters	300
384	Laura Scarlett	58:17	30 F 45-54		529
385	Michelle Davies	58:26	47 F 35-44		218
386	Cathy Salmon	58:33	31 F 45-54	Leigh on Sea Striders	629
387	Kamel Deriouch	58:33	57 M 50-59		178
388	Julian Rider	58:37	113 M 40-49		643
389	Jo Wilks	58:41	48 F 35-44		60
390	Rosalind McKenna	58:43	28 F 21-34	Grange Farm & Dunmow Runners	224
391	Glenda Jackson	58:43	8 F 55-64		485
392	David Wiggins	58:44	81 M 21-39		646
393	louise smart	58:45	32 F 45-54		14

394	Lisa Fuller	58:45	49 F 35-44		557
395	Chris Groves	58:50	114 M 40-49		639
396	Lorraine Carroll	58:55	50 F 35-44	Thrift Green Trotters	487
397	Grace Reeman	58:57	29 F 21-34		724
398	Cate Gordon Green	58:58	51 F 35-44		97
399	Maggie Campbell-Freem	59:02	9 F 55-64	Flyers Southend	382
400	Alan Sambridge	59:08	58 M 50-59		666
401	Karen Parry	59:09	52 F 35-44	Thrift Green Trotters	96
402	Jason Mowbrey	59:13	115 M 40-49		249
403	Hazel Winston	59:18	10 F 55-64	Havering '90 Joggers	93
404	Ellen McPhillips	59:19	33 F 45-54	Leigh on Sea Striders	742
405	jessica wicks	59:22	53 F 35-44	Thrift Green Trotters	539
406	Katie Grove	59:30	54 F 35-44	Thrift Green Trotters	544
407	Lorna Mess	59:32	55 F 35-44	Thrift Green Trotters	490
408	nicole seward	59:33	30 F 21-34		608
409	maxine seward	59:33	34 F 45-54		609
410	Alison Handley	59:33	56 F 35-44		338
411	Paul McGuire	59:35	116 M 40-49		286
412	Aaron Paterson	59:35	82 M 21-39	Leigh on Sea Striders	165
413	PETER GREEN	59:37	20 M 60-69		144
414	Eleanor Bacon	59:38	57 F 35-44	RunFit Essex	240
415	Brian Lloyd	59:44	83 M 21-39		648
416	Steve Finch	59:53	117 M 40-49		637
417	Jill North	59:53	58 F 35-44		636
418	Susan Vine	59:56	11 F 55-64	Phoenix Striders	431
419	Claire Simpson	59:57	59 F 35-44	Phoenix Striders	244
420	Nicola Ellard	1:00:01	60 F 35-44	Phoenix Striders	624
421	Andy Gladman	1:00:02	59 M 50-59	EPSA	602
422	Elaine Browne	1:00:15	31 F 21-34		741
423	Lauren Bowen	1:00:16	61 F 35-44	Grange Farm & Dunmow Runners	746
424	Edward Elliott	1:00:19	60 M 50-59		9
425	Sonja Stanion	1:00:22	62 F 35-44	RunFit	248
426	Kelly Hulbert	1:00:22	63 F 35-44	Run essex	316
427	Nina Willis	1:00:23	64 F 35-44		707
428	tracey macdonald	1:00:24	35 F 45-54		213
429	Karen Wallis	1:00:25	36 F 45-54	Pitsea RC	230
430	Nina Silvio-Crowder	1:00:29	32 F 21-34		160
431	Joanne Dewar	1:00:34	65 F 35-44		252
432	Jane Adshead-Grant	1:00:35	37 F 45-54		35
433	Andrew Matthews	1:00:37	118 M 40-49		7
434	SARAH BAKER	1:00:38	33 F 21-34		598
435	Richard Aston	1:00:38	119 M 40-49		343
436	Ed Adshead-Grant	1:00:45	120 M 40-49		36
437	Michelle Gray	1:00:46	66 F 35-44		376
438	Richard Gray	1:00:46	121 M 40-49		375
439	Thelma Mercer	1:00:47	2 F 65-99	Phoenix Striders	47
440	Lindsey Visagie	1:00:54	34 F 21-34	Tiptree Road Runners	225
441	Lorraine Evans	1:00:59	67 F 35-44		693
442	Susan Spiers	1:01:00	12 F 55-64	Dengie 100 Runners	393
443	Louise Hawkins	1:01:02	68 F 35-44	Tiptree Road Runners	170
444	ashley murphy	1:01:12	38 F 45-54		466
445	David West	1:01:24	3 M 70-99	Leigh on Sea Striders	687
446	Sarah Risby	1:01:28	69 F 35-44		588
447	Ursula Southgate	1:01:30	70 F 35-44	Thrift Green Trotters	486
448	Wendy Walton	1:01:36	39 F 45-54	Kingswood Running Club	29
449	Liz May	1:01:38	71 F 35-44	Kingswood Running Club	435
450	Trudie Embery	1:01:40	72 F 35-44		704

451	Sarah Shelley	1:01:49	35 F 21-34		445
452	Charlotte Mowbrey	1:01:49	73 F 35-44		250
453	Emily Wray	1:01:57	36 F 21-34		444
454	Sharon Eastland	1:02:02	37 F 21-34		592
455	Lucy Kemish	1:02:02	38 F 21-34	Phoenix Striders	652
456	Alastair Neal	1:02:03	122 M 40-49		119
457	Laura Aston	1:02:12	74 F 35-44	RunFit Essex	190
458	Lisa Gaskin	1:02:12	40 F 45-54	Havering '90 Joggers	54
459	Marcos DeCastro	1:02:16	123 M 40-49		258
460	Keith Passingham	1:02:17	21 M 60-69	Pitsea RC	522
461	sarah carter	1:02:17	41 F 45-54		515
462	Karen Liesching-Schrod	1:02:18	75 F 35-44	Flyers Southend	523
463	Dawn Polain	1:02:18	76 F 35-44		69
464	John Rickard	1:02:20	61 M 50-59		374
465	Albert Miles	1:02:26	4 M 70-99	Castle Point Joggers	82
466	Richard Ash	1:02:41	124 M 40-49	Barking Road Runners	655
467	JOHN WILKINSON	1:02:43	62 M 50-59	Pitsea RC	472
468	Laura Osborn	1:02:48	39 F 21-34		208
469	Wendy Osborn	1:02:49	42 F 45-54		359
470	Natalie Scott	1:03:08	77 F 35-44		311
471	Nicola Sherman	1:03:08	78 F 35-44		730
472	Daniel Noonan	1:03:17	125 M 40-49	Havering '90 Joggers	91
473	stephen lawson	1:03:34	63 M 50-59	Havering '90 Joggers	263
474	Jacqueline Butler	1:03:34	43 F 45-54		173
475	kerry baker	1:03:40	126 M 40-49		509
476	Helen Ingram	1:04:09	13 F 55-64		228
477	Mervyn Bronze	1:04:09	64 M 50-59		227
478	Steven Luck	1:04:10	84 M 21-39		461
479	Lorna Luck	1:04:11	79 F 35-44		460
480	Ivan Parks	1:04:17	65 M 50-59	South woodham runners	569
481	Samantha Coverdale	1:04:20	40 F 21-34		733
482	Thomas Hickey	1:04:21	85 M 21-39		264
483	Helen Beadle	1:04:22	80 F 35-44		283
484	Nicole Humphreys	1:04:24	81 F 35-44		267
485	Bernadette Fisher	1:04:24	44 F 45-54		112
486	Sophie Cook	1:04:26	41 F 21-34		616
487	Simon Rutland	1:04:41	127 M 40-49		452
488	Lynne McConnell	1:04:45	82 F 35-44		708
489	Kelly Miller	1:04:48	42 F 21-34		511
490	Anna Hutchings	1:04:56	43 F 21-34		781
491	diane Shelito	1:04:58	45 F 45-54		531
492	TREVOR JARRETT	1:05:03	66 M 50-59		126
493	Sarah Cook	1:05:05	83 F 35-44	Thrift Green Trotters	412
494	Denise Smith	1:05:05	46 F 45-54	Witham RC	752
495	Veronica Jefferies	1:05:05	47 F 45-54		405
496	Tina Ring	1:05:09	14 F 55-64	Witham RC	753
497	Julie Defries	1:05:12	84 F 35-44		289
498	Celine Gibarroux	1:05:13	85 F 35-44		42
499	Laura Dobie	1:05:36	44 F 21-34	Havering '90 Joggers	365
500	Steph Nicholls	1:05:42	128 M 40-49		770
501	Jennifer Edwards	1:05:43	48 F 45-54	Thrift Green Trotters	498
502	Sarah Rector	1:05:46	49 F 45-54		337
503	Jane Bernardes	1:05:49	45 F 21-34		754
504	Natalie Gorham	1:05:52	46 F 21-34	Phoenix Striders	656
505	Christopher McSharry	1:05:53	86 M 21-39		187
506	Jennifer Birch	1:06:29	86 F 35-44	Barking Road Runners	260
507	sarah sketchley	1:06:36	87 F 35-44		686

508	Linda Day	1:06:36	50 F 45-54		66
509	Andrea Hill	1:06:36	51 F 45-54		72
510	Hannah Neal	1:06:38	88 F 35-44		118
511	Jacqueline Lansley	1:06:39	52 F 45-54		463
512	Janet simpson	1:06:45	3 F 65-99	Phoenix Striders	414
513	Nicola Hawkins	1:06:48	53 F 45-54	Phoenix Striders	670
514	Liza Scott	1:07:02	89 F 35-44		593
515	Diane Treadwell	1:07:02	54 F 45-54		135
516	Dawn Sargent	1:07:02	55 F 45-54		136
517	Amanda burke	1:07:02	56 F 45-54	Thrift Green Trotters	595
518	Emilie Wahl	1:07:03	47 F 21-34		521
519	Andy Brett	1:07:04	129 M 40-49		528
520	Lauren Hall	1:07:15	90 F 35-44		302
521	Elizabeth Preston	1:07:23	15 F 55-64	Havering '90 Joggers	222
522	michelle braysher	1:07:24	91 F 35-44		50
523	Andy Knill	1:07:27	67 M 50-59		276
524	Julie Church	1:07:54	57 F 45-54		744
525	Kirsten Hutcheon	1:07:57	92 F 35-44		709
526	Andrea Mellor	1:08:05	58 F 45-54		326
527	Jacqueline Bushnell	1:08:07	48 F 21-34	Phoenix Striders	776
528	Nathaniel Dye	1:08:07	87 M 21-39		778
529	Rob Read	1:08:23	130 M 40-49	British Military Marshal Arts	765
530	Tyler Moore	1:08:23	4 M 1-20	British Military Marshal Arts	766
531	Tina Leung	1:08:37	4 F 65-99	Thrift Green Trotters	634
532	Karen Tullett	1:08:52	49 F 21-34		684
533	Will Schwer	1:08:55	88 M 21-39	Felixstowe RRC	1
534	david macdonald	1:09:01	68 M 50-59		37
535	Maureen Miller	1:09:03	16 F 55-64	Royston Runners	631
536	Gillian Porter	1:09:20	93 F 35-44		496
537	Kirsten Abernethy	1:09:30	94 F 35-44		44
538	Sarah Mouldsdale	1:09:30	95 F 35-44		64
539	martine cargill	1:09:41	96 F 35-44		679
540	Marian Nibbs	1:09:41	17 F 55-64		682
541	katy connell	1:10:18	97 F 35-44		191
542	Lee Davis	1:10:28	131 M 40-49	Dagenham 88 Runners	394
543	Alison Kettlewell	1:10:34	59 F 45-54		626
544	Peter Freeman	1:10:40	69 M 50-59	Flyers Southend	354
545	Nikki Brown	1:10:48	50 F 21-34		607
546	Gemma Woodhurst	1:10:55	98 F 35-44		571
547	penny rumsby	1:11:28	99 F 35-44	Havering '90 Joggers	330
548	Caroline Falvey	1:12:08	51 F 21-34		615
549	Katie Skelton	1:12:50	100 F 35-44		587
550	Wendy Amies	1:13:17	60 F 45-54		48
551	Anne Powderly	1:13:17	61 F 45-54		49
552	Debbie Myers	1:13:20	62 F 45-54		597
553	Kris Gilmore	1:13:47	5 M 1-20		304
554	Sarah Young	1:13:48	101 F 35-44		205
555	Jacqui West	1:14:22	63 F 45-54		352
556	Alex Walton	1:14:37	6 M 1-20		303
557	Jodie Douglas	1:15:00	52 F 21-34		322
558	Marianne Austin	1:15:25	64 F 45-54		373
559	dennis jones	1:15:31	22 M 60-69	Pitsea RC	259
560	Vicki Andretti	1:16:20	102 F 35-44		718
561	Debbie Dunning	1:16:27	65 F 45-54		719
562	Stephanie Clark	1:16:57	66 F 45-54		261
563	Claire Sanderson	1:18:06	103 F 35-44		297
564	Josy Hughes	1:18:32	67 F 45-54	Havering '90 Joggers	332

565	ingrid lampey	1:18:38	18 F 55-64		298
566	Yvonne Hagan	1:19:03	68 F 45-54	Havering '90 Joggers	272
567	Rebecca Ives	1:31:27	2 F 1-20		371