

Place	Name	Team	Bib No	Age	Age Group	Place	Chip Time	Gun Time	Bib Number
1	Ryan Prout	Chelmsford AC	273	33	1 M 22-39		32:42	32:42	273
2	Owen Cima	Thrift Green Trotters	737	28	2 M 22-39		33:45	33:45	737
3	Greig Falconer		678	38	3 M 22-39		33:58	33:58	678
4	Tim Woulfe	Braintree & District AC	353	34	4 M 22-39		34:11	34:11	353
5	Matibini Matibini	Leigh on Sea Striders	751	41	1 M 40-49		35:44	35:44	751
6	Jim Pincini	MÄ¼nchen Giesing Runners	200	35	5 M 22-39		36:00	36:00	200
7	Ben Jones		785	38	6 M 22-39		36:39	36:39	785
8	Andrew Jopson	Benfleet RC	711	38	7 M 22-39		36:49	36:49	711
9	Terence Spooner	Benfleet RC	99	44	2 M 40-49		37:07	37:07	99
10	Nigel Swinburne	Dagenham 88 Runners	499	36	8 M 22-39		37:31	37:31	499
11	Martin Chester	Havering Mayesbrook AC	540	44	3 M 40-49		37:48	37:48	540
12	Steve Read	Grange Farm & Dunmow Runners	173	49	4 M 40-49		37:50	37:50	173
13	Robert Vinicombe	Phoenix Striders	809	33	9 M 22-39		37:51	37:51	809
14	Neil Roper		573	35	10 M 22-39		37:55	37:55	573
15	Toby Draper	Thurrock Harriers	746	44	5 M 40-49		38:07	38:07	746
16	Simon Theobald	Tri Sport Epping	346	42	6 M 40-49		38:10	38:10	346
17	darren mack		710	46	7 M 40-49		38:12	38:12	710
18	Matt Webster	Grange Farm and Dunmow Runners	801	33	11 M 22-39		38:21	38:21	801
19	Elliot Worth		500	45	8 M 40-49		38:29	38:29	500
20	Wayne Lyle	Barking Road Runners	360	49	9 M 40-49		38:34	38:34	360
21	Darren Sutton	Springfield Striders RC	260	47	10 M 40-49		38:40	38:40	260
22	Alex Ings	Braintree & District AC	605	35	12 M 22-39		38:51	38:51	605
23	Christian Gray	Basildon AC	546	19	1 M 1-21		39:05	39:05	546
24	Ewan McFarlane	Phoenix Striders	604	26	13 M 22-39		39:09	39:09	604
25	Paul McKenna	Grange Farm & Dunmow Runners	193	34	14 M 22-39		39:11	39:11	193
26	Nick Trencher	Thurrock Harriers	807	44	11 M 40-49		39:29	39:29	807
27	Dan Meredith	Havering '90 Joggers	169	43	12 M 40-49		39:36	39:36	169
28	Terry Allen	Thrift Green Trotters	520	39	15 M 22-39		39:37	39:37	520
29	Darren Clark	Runfit Essex	694	36	16 M 22-39		39:41	39:41	694
30	Aaron Paterson	Leigh on Sea Striders	325	29	17 M 22-39		39:42	39:42	325
31	Mark Gearing		800	44	13 M 40-49		39:43	39:43	800
32	Mike Quaye		700	46	14 M 40-49		39:45	39:45	700
33	Matthew Letley	Leigh on Sea Striders	427	44	15 M 40-49		39:45	39:45	427
34	Rob Mills	Springfield Striders RC	259	40	16 M 40-49		39:48	39:48	259
35	Jack Morris	East Essex Triathlon Club	689	24	18 M 22-39		39:49	39:49	689

36	Richard Bonham	Castle Point Joggers	645	48	17 M 40-49	39:53	39:53	645
37	Matt Barrett	Leigh on Sea Striders	587	35	19 M 22-39	40:00	40:00	587
38	Danny Flint	Leigh on Sea Striders	760	47	18 M 40-49	40:01	40:01	760
39	Lindsey Colman	Southend On Sea AC	621	35	1 F 35-44	40:04	40:04	621
40	Andy Bourne	Tri Sport Epping	727	55	1 M 50-59	40:13	40:13	727
41	Peter Barrett	Thrift Green Trotters	186	41	19 M 40-49	40:24	40:24	186
42	Kate Mills	Springfield Striders RC	792	45	1 F 45-54	40:29	40:29	792
43	gary pitman	Rochford Running Club	599	39	20 M 22-39	40:30	40:30	599
44	Adam Shaw	Rochford Running Club	631	30	21 M 22-39	40:37	40:37	631
45	Dervish Bartlett	Barking Road Runners	311	46	20 M 40-49	40:40	40:40	311
46	Terry Knightley	Ilford AC	672	56	2 M 50-59	40:45	40:45	672
47	James Blogg	Havering '90 Joggers	288	37	22 M 22-39	40:46	40:46	288
48	Richard Rothon	Springfield Striders RC	763	36	23 M 22-39	40:50	40:50	763
49	Neal Hughes	Run@Willis	91	41	21 M 40-49	40:55	40:55	91
50	James Nichols	East London Runners	552	33	24 M 22-39	40:56	40:56	552
51	David Pennington		709	28	25 M 22-39	41:01	41:01	709
52	Tom Davies	Runfit Essex	237	56	3 M 50-59	41:02	41:02	237
53	peter Salmon	Dagenham 88 Runners	741	48	22 M 40-49	41:09	41:09	741
54	Phil Grewock	East Essex Triathlon Club	414	32	26 M 22-39	41:16	41:16	414
55	Hayley Pegg	Chelmsford AC	748	28	1 F 22-34	41:17	41:17	748
56	Ian Brett	Havering '90 Joggers	558	44	23 M 40-49	41:34	41:34	558
57	Anthony Earp		408	40	24 M 40-49	41:47	41:47	408
58	Christopher Purse	Springfield Striders RC	268	58	4 M 50-59	41:49	41:49	268
59	Richard Mangham	Leigh on Sea Striders	359	56	5 M 50-59	41:50	41:50	359
60	Mark Duncan	Havering '90 Joggers	51	56	6 M 50-59	41:57	41:57	51
61	Matthew Keyworth	Havering '90 Joggers	6	35	27 M 22-39	42:01	42:01	6
62	Martin Page	Barking Road Runners	322	59	7 M 50-59	42:04	42:04	322
63	David Sherman	Havering '90 Joggers	7	34	28 M 22-39	42:06	42:06	7
64	Gareth Thomas	Springfield Striders RC	699	29	29 M 22-39	42:09	42:09	699
65	David Ferris		97	35	30 M 22-39	42:17	42:17	97
66	Robert Rayworth	East London Runners	526	40	25 M 40-49	42:19	42:19	526
67	Emily Smith	Springfield Striders RC	94	36	2 F 35-44	42:27	42:27	94
68	Richard Defries		505	44	26 M 40-49	42:32	42:32	505
69	simon wagstaff		388	44	27 M 40-49	42:38	42:38	388
70	Steve Reynolds	Thrift Green Trotters	659	39	31 M 22-39	42:41	42:41	659
71	Claire Brisbane		510	42	3 F 35-44	42:42	42:42	510

72	Richard Nation	Chelmsford AC	282	45	28 M 40-49	42:44	42:44	282
73	Gary Rowlatt	Thurrock Harriers	450	47	29 M 40-49	42:50	42:50	450
74	Mike Grout	Benfleet RC	575	46	30 M 40-49	42:51	42:51	575
75	Alan Fox	Phoenix Striders	630	41	31 M 40-49	42:53	42:53	630
76	Andrew Wright	Havering '90 Joggers	47	48	32 M 40-49	42:54	42:54	47
77	Steve Danby		374	51	8 M 50-59	42:54	42:54	374
78	sean henderson	Grange Farm & Dunmow Runners	56	25	32 M 22-39	43:09	43:09	56
79	Tony Collins	Havering '90 Joggers	532	38	33 M 22-39	43:12	43:12	532
80	Edward Fisk		577	15	2 M 1-21	43:20	43:20	577
81	Mih Viorel	Barking Road Runners	795	43	33 M 40-49	43:26	43:26	795
82	Martin Atkinson	Grange Farm & Dunmow Runners	275	60	1 M 60-69	43:26	43:26	275
83	Gerard Geurts	Grange Farm & Dunmow Runners	36	49	34 M 40-49	43:39	43:39	36
84	John Russell	Phoenix Striders	571	45	35 M 40-49	43:40	43:40	571
85	Doug Stephens	Benfleet RC	611	57	9 M 50-59	43:45	43:45	611
86	Nikolin Ntios		796	28	34 M 22-39	43:58	43:58	796
87	Rebecca Pittman	Springfield Striders RC	172	54	2 F 45-54	43:58	43:58	172
88	Kirk Bundy	Thurrock Harriers	473	41	36 M 40-49	43:59	43:59	473
89	Della Sussex	Kingswood Running Club	436	33	2 F 22-34	44:00	44:00	436
90	Lydia Bazzard		808	40	4 F 35-44	44:04	44:04	808
91	Timothy Utting	Rochford Running Club	620	25	35 M 22-39	44:06	44:06	620
92	Robert Howe		562	30	36 M 22-39	44:08	44:08	562
93	Lyndon Bubb	Ravens City of London Running Club	773	44	37 M 40-49	44:14	44:14	773
94	Mark Scott		2	54	10 M 50-59	44:14	44:14	2
95	David Jeffrey	Runfit Essex	487	48	38 M 40-49	44:17	44:17	487
96	Simon Lock		321	38	37 M 22-39	44:27	44:27	321
97	Jason Bepey	Grange Farm & Dunmow Runners	592	48	39 M 40-49	44:30	44:30	592
98	Ervin Ntios		803	33	38 M 22-39	44:37	44:37	803
99	Martin England	Castle Point Joggers	595	52	11 M 50-59	44:41	44:41	595
100	Kerry Harrington	Grange Farm & Dunmow Runners	79	41	5 F 35-44	44:51	44:51	79
101	Kasia Kostyrka-Allch	Southend On Sea AC	688	38	6 F 35-44	44:52	44:52	688
102	Darren Yaxley		309	35	39 M 22-39	44:55	44:55	309
103	Michael Fance		590	51	12 M 50-59	44:56	44:56	590
104	Gary Hewerdine		525	47	40 M 40-49	44:57	44:57	525
105	Michael Splarn	Runfit Essex	761	47	41 M 40-49	44:58	44:58	761
106	Neal Marlow	Leigh on Sea Striders	715	45	42 M 40-49	45:00	45:00	715
107	Matthew Earp		409	40	43 M 40-49	45:02	45:02	409

108	Tony Galea		48	56	13 M 50-59	45:03	45:03	48
109	Bruce Gander	East Essex Triathlon Club	392	52	14 M 50-59	45:05	45:05	392
110	Claire Splarn	Runfit Essex	564	39	7 F 35-44	45:06	45:06	564
111	Lucy Parmenter		650	27	3 F 22-34	45:07	45:07	650
112	John Smith	Grange Farm & Dunmow Runners	784	55	15 M 50-59	45:08	45:08	784
113	Matthew Phillips		334	49	44 M 40-49	45:09	45:09	334
114	Wayne McAllister	Barking Road Runners	780	53	16 M 50-59	45:15	45:15	780
115	Jeff Fenton	Havering '90 Joggers	143	62	2 M 60-69	45:18	45:18	143
116	Andrew Gwilliam	Barking Road Runners	348	42	45 M 40-49	45:23	45:23	348
117	Tony Draper		759	45	46 M 40-49	45:25	45:25	759
118	Phil Baker	Tri Sport Epping	246	47	47 M 40-49	45:25	45:25	246
119	Brynley Giddings	Harold Wood Running Club	771	54	17 M 50-59	45:27	45:27	771
120	Joanne Reeves	Havering '90 Joggers	802	43	8 F 35-44	45:28	45:28	802
121	jessica bell	Tri Sport Epping	649	36	9 F 35-44	45:31	45:31	649
122	Amanda Heslegrave	Barking Road Runners	347	46	3 F 45-54	45:32	45:32	347
123	Ben Fisher		735	36	40 M 22-39	45:32	45:32	735
124	john rozee	Havering '90 Joggers	713	48	48 M 40-49	45:41	45:41	713
125	Martin Orford	Phoenix Striders	498	50	18 M 50-59	45:42	45:42	498
126	Agastina Paul	Phoenix Striders	811	45	49 M 40-49	45:44	45:44	811
127	Sophie Allen		725	22	4 F 22-34	45:46	45:46	725
128	Liam Tarff	Leigh on Sea Striders	557	33	41 M 22-39	45:48	45:48	557
129	Benn Raymond		155	37	42 M 22-39	45:53	45:53	155
130	Steven Luck		279	37	43 M 22-39	45:54	45:54	279
131	Rakesh Sandhu	Barking Road Runners	253	47	50 M 40-49	45:56	45:56	253
132	Clive Tweedie	Havering '90 Joggers	57	65	3 M 60-69	46:01	46:01	57
133	Prunella Hayhow	Grange Farm & Dunmow Runners	782	49	4 F 45-54	46:02	46:02	782
134	Arran Salmon	Leigh on Sea Striders	442	47	51 M 40-49	46:03	46:03	442
135	Glen Taylor	Southend On Sea AC	238	60	4 M 60-69	46:07	46:07	238
136	Michael Henry	Thrift Green Trotters	706	37	44 M 22-39	46:09	46:09	706
137	Roger Winston	Havering '90 Joggers	17	63	5 M 60-69	46:10	46:10	17
138	Louise Rawlinson	Tri Sport Epping	560	39	10 F 35-44	46:16	46:16	560
139	Des Potter		39	53	19 M 50-59	46:17	46:17	39
140	Bill Davies		614	42	52 M 40-49	46:19	46:19	614
141	Antony Leckerman	Barking Road Runners	54	52	20 M 50-59	46:23	46:23	54
142	paul franklin	Castle Point Joggers	726	60	6 M 60-69	46:24	46:24	726
143	Paul Morris		722	56	21 M 50-59	46:25	46:25	722

144	Gary Brown	Leigh on Sea Striders	369	46	53 M 40-49	46:27	46:27	369
145	John Cornell	Team Slug	489	52	22 M 50-59	46:28	46:28	489
146	Kelvin Law		508	33	45 M 22-39	46:36	46:36	508
147	Alan Maynard		72	39	46 M 22-39	46:42	46:42	72
148	Neil Fairchild		20	34	47 M 22-39	46:47	46:47	20
149	John Mills	Springfield Striders RC	791	45	54 M 40-49	46:48	46:48	791
150	Tom Robinson	Benfleet RC	716	49	55 M 40-49	46:49	46:49	716
151	John Whan	Havering '90 Joggers	89	63	7 M 60-69	46:51	46:51	89
152	James Price	Phoenix Striders	797	45	56 M 40-49	47:00	47:00	797
153	Michael Leer	East Essex Triathlon Club	114	35	48 M 22-39	47:02	47:02	114
154	Mark Weller		483	28	49 M 22-39	47:08	47:08	483
155	Joaquin Polo	Havering '90 Joggers	63	39	50 M 22-39	47:09	47:09	63
156	Jonathan Fisk		576	46	57 M 40-49	47:10	47:10	576
157	Thomas Fisk		640	18	3 M 1-21	47:11	47:11	640
158	Neil Cornelius	Hockley Trail Runners	398	44	58 M 40-49	47:12	47:12	398
159	Chris Brew		667	42	59 M 40-49	47:14	47:14	667
160	Sean Briscomb		357	47	60 M 40-49	47:15	47:15	357
161	Steven Luck		518	43	61 M 40-49	47:16	47:16	518
162	Paula Purtell	Blackwater triathlon club	228	49	5 F 45-54	47:19	47:19	228
163	Michael Payne	Upminster Park Joggers	810	51	23 M 50-59	47:21	47:21	810
164	Rob Tanna-Smith		243	30	51 M 22-39	47:22	47:22	243
165	Vanessa Mathers	Southend On Sea AC	113	49	6 F 45-54	47:23	47:23	113
166	Paul Jennings		336	44	62 M 40-49	47:25	47:25	336
167	Simon Baker	Tiptree Road Runners	433	52	24 M 50-59	47:25	47:25	433
168	steven healey	Phoenix Striders	284	48	63 M 40-49	47:26	47:26	284
169	Steve Fisher	East Essex Triathlon Club	190	54	25 M 50-59	47:27	47:27	190
170	Siobhan Brooker		67	28	5 F 22-34	47:30	47:30	67
171	Paul Darbyshire		519	38	52 M 22-39	47:32	47:32	519
172	Darren Pottinger		159	43	64 M 40-49	47:34	47:34	159
173	Lee Chester		195	45	65 M 40-49	47:35	47:35	195
174	John BEASLEY		194	56	26 M 50-59	47:42	47:42	194
175	Dave Lane	Phoenix Striders	446	55	27 M 50-59	47:45	47:45	446
176	Ian Clarke	Thrift Green Trotters	503	48	66 M 40-49	47:47	47:47	503
177	Debra Mangham	Leigh on Sea Striders	358	54	7 F 45-54	47:47	47:47	358
178	Mark Whitby		682	52	28 M 50-59	47:49	47:49	682
179	Michelle Richardson		531	48	8 F 45-54	47:49	47:49	531

180	Gordon Greenhalgh		405	46	67 M 40-49	47:53	47:53	405
181	Sarah Gibbs		140	22	6 F 22-34	47:54	47:54	140
182	Patrick Knight		524	44	68 M 40-49	47:54	47:54	524
183	Rlchard Harmer	Thrift Green Trotters	330	46	69 M 40-49	47:57	47:57	330
184	Trevor Cooper	Barking Road Runners	376	37	53 M 22-39	48:01	48:01	376
185	Ben Frost	Springfield Striders RC	786	41	70 M 40-49	48:04	48:04	786
186	Jordan Saunders		756	23	54 M 22-39	48:05	48:05	756
187	Andrew Gardner		612	37	55 M 22-39	48:08	48:08	612
188	Phillip Scott	East Essex Triathlon Club	337	41	71 M 40-49	48:08	48:08	337
189	Jon Rhodes		504	49	72 M 40-49	48:12	48:12	504
190	Laura Durn	Brighton Phoenix	758	40	11 F 35-44	48:13	48:13	758
191	Carolyn Stimpson		249	42	12 F 35-44	48:14	48:14	249
192	Faye Spooner	Barking Road Runners	744	37	13 F 35-44	48:14	48:14	744
193	Daniel Tunbridge	Dengie 100 Runners	198	44	73 M 40-49	48:16	48:16	198
194	Robert Smith		364	46	74 M 40-49	48:23	48:23	364
195	Robin Harrison	SMACT	548	28	56 M 22-39	48:28	48:28	548
196	Danielle Hughes	Phoenix Striders	123	34	7 F 22-34	48:29	48:29	123
197	mark Pottinger		160	48	75 M 40-49	48:35	48:35	160
198	Louise Allsop	CLC Striders	390	37	14 F 35-44	48:36	48:36	390
199	Gavin Martin		62	39	57 M 22-39	48:37	48:37	62
200	Michael Panaou		265	48	76 M 40-49	48:37	48:37	265
201	Tania Hagan	Leigh on Sea Striders	695	35	15 F 35-44	48:38	48:38	695
202	Alan Eccleston	Rolls Royce Harriers	509	64	8 M 60-69	48:40	48:40	509
203	Darren Blacow		582	50	29 M 50-59	48:40	48:40	582
204	Raoul Grantham	Braintree & District AC	316	49	77 M 40-49	48:42	48:42	316
205	david hill	Orion Harriers	174	52	30 M 50-59	48:43	48:43	174
206	Johann Le Roux		435	38	58 M 22-39	48:45	48:45	435
207	David Malbon		565	47	78 M 40-49	48:49	48:49	565
208	Gail Alexander	Leigh on Sea Striders	570	51	9 F 45-54	48:50	48:50	570
209	Wendy Aldridge	Dengie 100 Runners	65	53	10 F 45-54	48:51	48:51	65
210	Mike Ward		451	49	79 M 40-49	48:55	48:55	451
211	Ian Wardle		428	59	31 M 50-59	48:57	48:57	428
212	Dan Goodson		158	33	59 M 22-39	48:58	48:58	158
213	Paul Dixon		413	58	32 M 50-59	49:00	49:00	413
214	Jemma Lee	Leigh on Sea Striders	588	32	8 F 22-34	49:02	49:02	588
215	Christina Clementson	Havering '90 Joggers	111	45	11 F 45-54	49:09	49:09	111

216	Emma Emin		180	36	16 F 35-44	49:10	49:10	180
217	Peter Beasley		749	64	9 M 60-69	49:11	49:11	749
218	Leanna Romano	Havering '90 Joggers	46	30	9 F 22-34	49:14	49:14	46
219	Kristina Girdler	Phoenix Striders	354	37	17 F 35-44	49:14	49:14	354
220	Mark Armitage	Leigh on Sea Striders	513	47	80 M 40-49	49:15	49:15	513
221	David Dadds		563	45	81 M 40-49	49:27	49:27	563
222	Hayley Smith	Grange Farm & Dunmow Runners	783	51	12 F 45-54	49:28	49:28	783
223	Hayley Law		523	27	10 F 22-34	49:29	49:29	523
224	Kevin Ives		461	49	82 M 40-49	49:30	49:30	461
225	Malcolm Macleod		142	63	10 M 60-69	49:31	49:31	142
226	Mary Carter		799	22	11 F 22-34	49:36	49:36	799
227	Victoria Wadley-Smitl	Rochford Running Club	257	23	12 F 22-34	49:37	49:37	257
228	Ruth Roberts	Phoenix Striders	449	46	13 F 45-54	49:41	49:41	449
229	Karen Payne		668	49	14 F 45-54	49:45	49:45	668
230	Denise Wilson	Up Joggers	745	50	15 F 45-54	49:45	49:45	745
231	Elisha Letley	Leigh on Sea Striders	426	45	16 F 45-54	49:49	49:49	426
232	Kim Vinicombe	Phoenix Striders	606	59	33 M 50-59	49:49	49:49	606
233	Collette Frampton	Southend On Sea AC	363	36	18 F 35-44	49:52	49:52	363
234	Jennifer Tomblin	Tri Sport Epping	720	36	19 F 35-44	49:53	49:53	720
235	Sarah Morgan	Alton Runners	543	33	13 F 22-34	49:54	49:54	543
236	Graeme Moon	Tiptree Road Runners	361	62	11 M 60-69	49:58	49:58	361
237	Chloe Connell		362	36	20 F 35-44	49:58	49:58	362
238	Graeme Mason	Springfield Striders RC	304	43	83 M 40-49	50:01	50:01	304
239	Ann Ives		462	42	21 F 35-44	50:03	50:03	462
240	Neil Moses	Havering '90 Joggers	90	56	34 M 50-59	50:04	50:04	90
241	Martyn Mckean	Rochford Running Club	488	54	35 M 50-59	50:08	50:08	488
242	Sean Allison	Benfleet RC	445	48	84 M 40-49	50:18	50:18	445
243	Alan Landeryou		296	35	60 M 22-39	50:26	50:26	296
244	Adrian Stead		448	48	85 M 40-49	50:26	50:26	448
245	Mary Lloyd	Thrift Green Trotters	490	48	17 F 45-54	50:30	50:30	490
246	Peter Woodcock		74	53	36 M 50-59	50:39	50:39	74
247	Mark Moughton	Springfield Striders RC	61	55	37 M 50-59	50:41	50:41	61
248	Mark Cowan	Benfleet RC	8	47	86 M 40-49	50:42	50:42	8
249	Suzannah Whelan		471	39	22 F 35-44	50:45	50:45	471
250	Ant Stone	Havering '90 Joggers	16	34	61 M 22-39	50:45	50:45	16
251	William Clissold	Team Slug	233	57	38 M 50-59	50:49	50:49	233

252	Daniel Tudor	Havering '90 Joggers	55	45	87 M 40-49	50:52	50:52	55
253	Danny White	Dagenham 88 Runners	635	43	88 M 40-49	50:53	50:53	635
254	Robin Baker		566	37	62 M 22-39	50:54	50:54	566
255	Thomas Fulk		438	32	63 M 22-39	51:00	51:00	438
256	Susan Godfrey	Dagenham 88 Runners	805	36	23 F 35-44	51:00	51:00	805
257	Stuart Parnaby		767	38	64 M 22-39	51:03	51:03	767
258	Claire Ezard	Thrift Green Trotters	215	44	24 F 35-44	51:07	51:07	215
259	Terry Allen	Benfleet RC	619	62	12 M 60-69	51:17	51:17	619
260	Nicolas Miller		66	38	65 M 22-39	51:17	51:17	66
261	Steve Pettitt	Leigh on Sea Striders	516	52	39 M 50-59	51:20	51:20	516
262	david dixon	Havering '90 Joggers	70	55	40 M 50-59	51:20	51:20	70
263	Geoff Bowen		227	44	89 M 40-49	51:23	51:23	227
264	Ann Robinson		271	46	18 F 45-54	51:24	51:24	271
265	Anna Meggitt	East Essex Triathlon Club	643	28	14 F 22-34	51:30	51:30	643
266	Barbara Aldridge		384	42	25 F 35-44	51:32	51:32	384
267	stuart gray	Mudda Fudders	456	42	90 M 40-49	51:35	51:35	456
268	DAVID SKINNER	Havering	23	60	13 M 60-69	51:39	51:39	23
269	Daniel Read		480	40	91 M 40-49	51:40	51:40	480
270	Cheryl Macdonald	Pitsea RC	272	57	1 F 55-64	51:44	51:44	272
271	Heather Samson	Kingswood Running Club	378	41	26 F 35-44	51:45	51:45	378
272	Mike Hayward	Castle Point Joggers	495	54	41 M 50-59	51:47	51:47	495
273	Emma Dudman	Dagenham 88 Runners	721	41	27 F 35-44	51:48	51:48	721
274	Loraine O'Neill	Up Joggers	393	50	19 F 45-54	51:48	51:48	393
275	Lee Prowse	Grange Farm & Dunmow Runners	666	53	42 M 50-59	51:51	51:51	666
276	Geoff Chamberlain		468	53	43 M 50-59	51:56	51:56	468
277	Eleanor Mole	Havering '90 Joggers	297	36	28 F 35-44	51:58	51:58	297
278	Suzanne Smith		705	52	20 F 45-54	51:59	51:59	705
279	Matthew DeGrove		108	45	92 M 40-49	52:03	52:03	108
280	Helen Williams		352	60	2 F 55-64	52:06	52:06	352
281	Michael benson		484	45	93 M 40-49	52:06	52:06	484
282	Lorraine Baker	Tiptree Road Runners	432	50	21 F 45-54	52:08	52:08	432
283	Martin Kennedy		175	49	94 M 40-49	52:15	52:15	175
284	Ian Banthorpe	Benfleet RC	494	41	95 M 40-49	52:15	52:15	494
285	Danny Seward	Phoenix Striders	774	27	66 M 22-39	52:16	52:16	774
286	Stacy Hember	Tiptree Road Runners	326	47	22 F 45-54	52:18	52:18	326
287	Hannah Kane	East Essex Triathlon Club	479	18	1 F 1-21	52:19	52:19	479
288	Cristina Cooper	Barking Road Runners	377	38	29 F 35-44	52:21	52:21	377

289	Sue Dale	Havering '90 Joggers	261	62	3 F 55-64	52:22	52:22	261
290	John Murphy		170	61	14 M 60-69	52:23	52:23	170
291	Glenn Bishop		40	57	44 M 50-59	52:26	52:26	40
292	Caroline Nuttall		188	41	30 F 35-44	52:29	52:29	188
293	Roger Cooper		703	60	15 M 60-69	52:31	52:31	703
294	Sara Hartland	Rochford Running Club	665	32	15 F 22-34	52:32	52:32	665
295	Lindsay Brotherston		93	37	31 F 35-44	52:41	52:41	93
296	Mark Benham	Flyers Southend	403	52	45 M 50-59	52:43	52:43	403
297	Ann Gibbs		139	55	4 F 55-64	52:44	52:44	139
298	Mike Small		276	35	67 M 22-39	52:45	52:45	276
299	Debbie Smith		794	53	23 F 45-54	52:49	52:49	794
300	Sarah Livermore		319	40	32 F 35-44	52:51	52:51	319
301	Kate Collins		342	39	33 F 35-44	52:52	52:52	342
302	Lucy Hill		636	24	16 F 22-34	52:56	52:56	636
303	Erica Gray		806	21	2 F 1-21	52:58	52:58	806
304	Martin Collier		648	65	16 M 60-69	53:01	53:01	648
305	Louise Foot		317	35	34 F 35-44	53:06	53:06	317
306	Philip Boyd	Leigh on Sea Striders	521	38	68 M 22-39	53:15	53:15	521
307	Emma Holmes		561	43	35 F 35-44	53:16	53:16	561
308	Richard Hardiman		625	61	17 M 60-69	53:21	53:21	625
309	Jill Wilson		693	47	24 F 45-54	53:23	53:23	693
310	Kevin Brushett		103	59	46 M 50-59	53:23	53:23	103
311	Richard Sains		96	35	69 M 22-39	53:25	53:25	96
312	Daniel Tovey		214	37	70 M 22-39	53:36	53:36	214
313	Raymond Arnold		209	54	47 M 50-59	53:43	53:43	209
314	Louise Pascoe	Witham RC	192	36	36 F 35-44	53:43	53:43	192
315	Ross Silverton	Witham RC	49	67	18 M 60-69	53:43	53:43	49
316	Mark Childs	Phoenix Striders	544	50	48 M 50-59	53:44	53:44	544
317	Maxine Seward	Phoenix Striders	545	55	5 F 55-64	53:44	53:44	545
318	Ernest Mulryne		776	52	49 M 50-59	53:46	53:46	776
319	Linda Pyke		598	49	25 F 45-54	53:48	53:48	598
320	Clive Burrow	Havering '90 Joggers	15	47	96 M 40-49	53:51	53:51	15
321	Joanne Day	Thrift Green Trotters	675	53	26 F 45-54	53:53	53:53	675
322	Paul Wright	East Hull Harriers & AC	529	58	50 M 50-59	53:53	53:53	529
323	Amy Watts		429	26	17 F 22-34	54:02	54:02	429
324	Sarah Lengthorn		1	34	18 F 22-34	54:02	54:02	1
325	Bruce McArthur		804	47	97 M 40-49	54:07	54:07	804

326	Nic rivers	Leigh on Sea Striders	661	56	51 M 50-59	54:07	54:07	661
327	Toni Saunders		754	48	27 F 45-54	54:08	54:08	754
328	Sheila Kennedy	East London Runners	434	57	6 F 55-64	54:08	54:08	434
329	Alain Cooper	Barking Road Runners	470	43	98 M 40-49	54:08	54:08	470
330	Rob Edwards		502	45	99 M 40-49	54:16	54:16	502
331	Sean Gray		235	62	19 M 60-69	54:17	54:17	235
332	CLAIRE BISSETT	Flyers Southend	355	47	28 F 45-54	54:18	54:18	355
333	Kim Broughton	Tiptree Road Runners	327	46	29 F 45-54	54:21	54:21	327
334	James Newman		772	37	71 M 22-39	54:26	54:26	772
335	Carol Ann Rodgers	Havering '90 Joggers	41	51	30 F 45-54	54:27	54:27	41
336	Cheryl Allen		743	44	37 F 35-44	54:38	54:38	743
337	Amy Pudney		623	35	38 F 35-44	54:38	54:38	623
338	Steve Hunter		690	41	100 M 40-49	54:39	54:39	690
339	Samuel Hill		651	25	72 M 22-39	54:39	54:39	651
340	Jackie Sibthorp	Runfit Essex	310	50	31 F 45-54	54:40	54:40	310
341	Michael Cotterill	Little Baddow Ridge Runners	527	54	52 M 50-59	54:47	54:47	527
342	Nigel Barter		256	49	101 M 40-49	54:49	54:49	256
343	Angela Smith	Pitsea RC	365	39	39 F 35-44	54:51	54:51	365
344	Grace Reeman	Phoenix Striders	622	29	19 F 22-34	54:52	54:52	622
345	Katy Sodeau	Runfit Essex	236	52	32 F 45-54	54:54	54:54	236
346	David Mackay		491	48	102 M 40-49	54:54	54:54	491
347	Matthew Sutton	Leigh on Sea Striders	373	44	103 M 40-49	54:55	54:55	373
348	Emerson Gorham	Team Slug	463	43	104 M 40-49	54:57	54:57	463
349	Katie Adcock	Castle Point Joggers	333	28	20 F 22-34	54:58	54:58	333
350	Archie Cotterill	Little Baddow Ridge Runners	528	15	4 M 1-21	55:00	55:00	528
351	ROBIN BOOPUTH		119	40	105 M 40-49	55:04	55:04	119
352	Zoe Storrar	Leigh on Sea Striders	739	36	40 F 35-44	55:07	55:07	739
353	Pip Harrington	Thrift Green Trotters	781	39	41 F 35-44	55:08	55:08	781
354	Kevin Delaney		285	53	53 M 50-59	55:09	55:09	285
355	Ross Fairweather		395	40	106 M 40-49	55:17	55:17	395
356	Tina Victory	Castle Point Joggers	127	49	33 F 45-54	55:18	55:18	127
357	Richard Farmer	Phoenix Striders	385	42	107 M 40-49	55:22	55:22	385
358	Ronald Dobie	Havering '90 Joggers	356	56	54 M 50-59	55:31	55:31	356
359	Sharley Smith	Rochford Running Club	455	29	21 F 22-34	55:32	55:32	455
360	Nicola Scarfe		208	34	22 F 22-34	55:33	55:33	208
361	David Scarfe		207	38	73 M 22-39	55:33	55:33	207
362	Hayley Roberts		156	46	34 F 45-54	55:35	55:35	156

363	Dean Wallace		58	26	74 M 22-39	55:39	55:39	58
364	Sarah McArthur	Ingatestone Striders	578	40	42 F 35-44	55:43	55:43	578
365	Paul McGuire		283	45	108 M 40-49	55:43	55:43	283
366	Kerry Slessor		541	45	35 F 45-54	55:47	55:47	541
367	Laura McHugh	Leigh on Sea Striders	372	38	43 F 35-44	55:48	55:48	372
368	Julie Peacock		241	57	7 F 55-64	55:50	55:50	241
369	Julia Bawden	Tiptree Road Runners	627	56	8 F 55-64	55:55	55:55	627
370	Kirsty Domakin	Merrymead Running Club	769	42	44 F 35-44	55:56	55:56	769
371	Joe Symon		29	29	75 M 22-39	56:00	56:00	29
372	Chris Groves	Barking Road Runners	224	50	55 M 50-59	56:02	56:02	224
373	Tracy Hill	Havering '90 Joggers	44	53	36 F 45-54	56:05	56:05	44
374	Adam Stow	Phoenix Striders	294	43	109 M 40-49	56:13	56:13	294
375	Charlotte Mowbrey		125	41	45 F 35-44	56:18	56:18	125
376	Graham Bennett		538	51	56 M 50-59	56:19	56:19	538
377	lynn rivers	Leigh on Sea Striders	660	55	9 F 55-64	56:21	56:21	660
378	Gary Walsh	Leigh on Sea Striders	400	57	57 M 50-59	56:27	56:27	400
379	John McAvoy		210	74	1 M 70-99	56:28	56:28	210
380	Nicki Benham	Flyers Southend	402	49	37 F 45-54	56:30	56:30	402
381	Richard Aston		512	41	110 M 40-49	56:31	56:31	512
382	James Mackenzie		674	39	76 M 22-39	56:37	56:37	674
383	Ken Gilbey		418	61	20 M 60-69	56:48	56:48	418
384	Paul Omer		775	51	58 M 50-59	56:49	56:49	775
385	Joy Leader	Phoenix Striders	147	54	38 F 45-54	56:51	56:51	147
386	Jennifer Dyer		154	42	46 F 35-44	56:52	56:52	154
387	Anna Whitehead		777	45	39 F 45-54	56:53	56:53	777
388	Louise Smart		21	46	40 F 45-54	56:56	56:56	21
389	Lorraine Stewart		549	45	41 F 45-54	56:58	56:58	549
390	Sarah Bowerman		656	49	42 F 45-54	56:58	56:58	656
391	Andrew Walker-Green		43	32	77 M 22-39	57:04	57:04	43
392	Catherine Frost		42	29	23 F 22-34	57:04	57:04	42
393	Colin St. Helien		171	54	59 M 50-59	57:10	57:10	171
394	Michael Hepworth	Flyers Southend	292	55	60 M 50-59	57:16	57:16	292
395	Steve Sheekey	Havering '90 Joggers	474	55	61 M 50-59	57:19	57:19	474
396	Mary Dyer	touraneena	475	41	47 F 35-44	57:19	57:19	475
397	Louise Chappell	Dagenham 88 Runners	629	42	48 F 35-44	57:25	57:25	629
398	Janine Sole	Flyers Southend	314	42	49 F 35-44	57:31	57:31	314
399	Justine Starkey	Kingswood Running Club	762	46	43 F 45-54	57:36	57:36	762

400	Rachel Varnam		647	24	24 F 22-34	57:37	57:37	647
401	Cheryl Court		92	40	50 F 35-44	57:39	57:39	92
402	Claire Burke	Thrift Green Trotters	507	42	51 F 35-44	57:43	57:43	507
403	Paul Williams	Pitsea RC	351	59	62 M 50-59	57:44	57:44	351
404	Alan Sambridge		234	58	63 M 50-59	57:49	57:49	234
405	Lauren Bowen	Grange Farm & Dunmow Runners	226	42	52 F 35-44	57:49	57:49	226
406	Chris Maloney		396	56	64 M 50-59	57:50	57:50	396
407	Rosina Salmon	Dagenham 88 Runners	740	47	44 F 45-54	57:53	57:53	740
408	Lorraine Carroll	Thrift Green Trotters	600	45	45 F 45-54	57:53	57:53	600
409	Michael Saunders		755	52	65 M 50-59	57:54	57:54	755
410	Kelly Rayner	Thrift Green Trotters	162	39	53 F 35-44	57:54	57:54	162
411	Ian Malone		679	42	111 M 40-49	57:56	57:56	679
412	Liz May	Kingswood Running Club	267	39	54 F 35-44	57:58	57:58	267
413	Hayley Fisher		736	34	25 F 22-34	58:03	58:03	736
414	Cheryl Wilson	Phoenix Striders	78	37	55 F 35-44	58:09	58:09	78
415	Stacey Harmer	Thrift Green Trotters	331	42	56 F 35-44	58:11	58:11	331
416	Lisa James	Thrift Green Trotters	182	41	57 F 35-44	58:18	58:18	182
417	Laura Corthine	Thrift Green Trotters	671	41	58 F 35-44	58:18	58:18	671
418	Stephen Shynn	Kingswood Running Club	637	60	21 M 60-69	58:20	58:20	637
419	Alison Bartrip		307	45	46 F 45-54	58:23	58:23	307
420	Alison Fryatt	Barking Road Runners	306	51	47 F 45-54	58:28	58:28	306
421	Robyn Turtle	East London Runners	633	30	26 F 22-34	58:34	58:34	633
422	JOHN WILKINSON	Phoenix Striders	81	54	66 M 50-59	58:40	58:40	81
423	Alex Lindsay		664	41	112 M 40-49	58:43	58:43	664
424	Abbey Richardson		768	40	59 F 35-44	58:44	58:44	768
425	Steve Birkett	Thrift Green Trotters	399	65	22 M 60-69	58:46	58:46	399
426	Sam Coverdale		608	32	27 F 22-34	58:48	58:48	608
427	Steven Paddock		610	38	78 M 22-39	58:49	58:49	610
428	Jade Hendry		663	24	28 F 22-34	58:51	58:51	663
429	Andrew Piggott		380	52	67 M 50-59	58:52	58:52	380
430	Denise Brown		82	52	48 F 45-54	58:54	58:54	82
431	Julie-Anne Brooks	Kingswood Running Club	537	34	29 F 22-34	58:57	58:57	537
432	Adam clough		568	31	79 M 22-39	59:18	59:18	568
433	lindsay clough		567	29	30 F 22-34	59:18	59:18	567
434	Leanne Ward		345	34	31 F 22-34	59:22	59:22	345
435	Esther Beaumont		662	42	60 F 35-44	59:24	59:24	662
436	Lee Wood		255	45	113 M 40-49	59:27	59:27	255

437	Clare Boston		626	37	61 F 35-44	59:29	59:29	626
438	Lauren Servantes		419	32	32 F 22-34	59:29	59:29	419
439	Alison Rogers		652	27	33 F 22-34	59:29	59:29	652
440	Suzy Smith	Thrift Green Trotters	138	42	62 F 35-44	59:30	59:30	138
441	Georgina Witter		653	27	34 F 22-34	59:30	59:30	653
442	Lisa Pettitt		618	21	3 F 1-21	59:30	59:30	618
443	Jacqueline Rodgers		115	38	63 F 35-44	59:32	59:32	115
444	amber bourne		422	38	64 F 35-44	59:39	59:39	422
445	Paul Geurts		530	48	114 M 40-49	59:44	59:44	530
446	Alison Bryan		550	45	49 F 45-54	59:48	59:48	550
447	Melissa Richards		551	45	50 F 45-54	59:48	59:48	551
448	Michelle smith		642	47	51 F 45-54	59:48	59:48	642
449	karen flowers	Witham RC	467	47	52 F 45-54	1:00:02	1:00:02	467
450	Bernard Savage	Havering '90 Joggers	87	63	23 M 60-69	1:00:09	1:00:09	87
451	Barry Moss		707	44	115 M 40-49	1:00:14	1:00:14	707
452	Deana James	Flyers Southend	692	46	53 F 45-54	1:00:21	1:00:21	692
453	Laura Kelly	Havering '90 Joggers	52	47	54 F 45-54	1:00:23	1:00:23	52
454	Claire Hunt		646	40	65 F 35-44	1:00:26	1:00:26	646
455	Heather Bower		586	54	55 F 45-54	1:00:34	1:00:34	586
456	Fae Footer	Phoenix Striders	381	42	66 F 35-44	1:00:40	1:00:40	381
457	Vicki Groves	Barking Road Runners	223	48	56 F 45-54	1:00:41	1:00:41	223
458	Daniel Hall		68	40	116 M 40-49	1:00:59	1:00:59	68
459	Mike Smith		242	56	68 M 50-59	1:01:01	1:01:01	242
460	Albert Miles	Castle Point Joggers	187	80	2 M 70-99	1:01:12	1:01:12	187
461	Samantha Cantle		603	39	67 F 35-44	1:01:15	1:01:15	603
462	Heidi Earp		407	40	68 F 35-44	1:01:15	1:01:15	407
463	Rebecca Fairweather		394	40	69 F 35-44	1:01:15	1:01:15	394
464	Tina Clarke		533	53	57 F 45-54	1:01:18	1:01:18	533
465	Clare Nissen		457	40	70 F 35-44	1:01:19	1:01:19	457
466	Brian Slade	Havering '90 Joggers	34	70	3 M 70-99	1:01:19	1:01:19	34
467	Lucy Burdett	Havering '90 Joggers	30	42	71 F 35-44	1:01:20	1:01:20	30
468	Ian McCarthy	Merrymead Running Club	766	41	117 M 40-49	1:01:27	1:01:27	766
469	Zoey McCarthy	Merrymead Running Club	764	40	72 F 35-44	1:01:27	1:01:27	764
470	Claire Simpson	Phoenix Striders	85	40	73 F 35-44	1:01:33	1:01:33	85
471	Lynsey Gray	Phoenix Striders	120	50	58 F 45-54	1:01:34	1:01:34	120
472	Lorna Luck		278	43	74 F 35-44	1:01:39	1:01:39	278
473	jackie butler	Havering '90 Joggers	714	47	59 F 45-54	1:01:48	1:01:48	714

474	Janet Abrams	Thrift Green Trotters	539	40	75 F 35-44	1:01:54	1:01:54	539
475	Lisa Gaskin	Havering '90 Joggers	33	48	60 F 45-54	1:01:59	1:01:59	33
476	Kamel Deriouch		579	51	69 M 50-59	1:02:02	1:02:02	579
477	Nick Fermor		553	34	80 M 22-39	1:02:06	1:02:06	553
478	PETER DAVIES		454	43	118 M 40-49	1:02:06	1:02:06	454
479	JULIE TAYLOR		453	36	76 F 35-44	1:02:07	1:02:07	453
480	Sarah Petts		669	39	77 F 35-44	1:02:08	1:02:08	669
481	Helen Mackenzie-Cai	Havering '90 Joggers	45	52	61 F 45-54	1:02:12	1:02:12	45
482	Tierney Wood	Leigh on Sea Striders	685	17	4 F 1-21	1:02:17	1:02:17	685
483	Maria Wood	Leigh on Sea Striders	684	49	62 F 45-54	1:02:18	1:02:18	684
484	Christine HOWSON		161	55	10 F 55-64	1:02:20	1:02:20	161
485	Elaine Cory		465	38	78 F 35-44	1:02:24	1:02:24	465
486	Nerys Ayles		281	38	79 F 35-44	1:02:24	1:02:24	281
487	Emma Brend		298	36	80 F 35-44	1:02:25	1:02:25	298
488	Mary Bye		733	53	63 F 45-54	1:02:36	1:02:36	733
489	Bev Markham		734	56	11 F 55-64	1:02:36	1:02:36	734
490	Laura Osborn		447	31	35 F 22-34	1:02:40	1:02:40	447
491	Wendy Osborn		332	51	64 F 45-54	1:02:40	1:02:40	332
492	Bernadette Fisher		189	51	65 F 45-54	1:02:41	1:02:41	189
493	Natasha Livermore		593	38	81 F 35-44	1:02:41	1:02:41	593
494	Laura Hurn		591	37	82 F 35-44	1:02:45	1:02:45	591
495	Michelle Undrill		73	44	83 F 35-44	1:02:46	1:02:46	73
496	Michaela Carter		75	43	84 F 35-44	1:02:46	1:02:46	75
497	Laura Ovens		459	17	5 F 1-21	1:02:58	1:02:58	459
498	Douglas Ovens		458	56	70 M 50-59	1:02:58	1:02:58	458
499	David Harlock		460	56	71 M 50-59	1:03:03	1:03:03	460
500	Maria Bartlett	Barking Road Runners	318	40	85 F 35-44	1:03:06	1:03:06	318
501	Sarah Foster		382	22	36 F 22-34	1:03:12	1:03:12	382
502	Andrea Hill		152	47	66 F 45-54	1:03:19	1:03:19	152
503	Linda Day		149	47	67 F 45-54	1:03:19	1:03:19	149
504	Tony Wallace		59	57	72 M 50-59	1:03:19	1:03:19	59
505	laura Dobie	Havering '90 Joggers	38	29	37 F 22-34	1:03:20	1:03:20	38
506	Nicola Cranmer	Barking Road Runners	406	47	68 F 45-54	1:03:27	1:03:27	406
507	Lorraine White		202	49	69 F 45-54	1:03:35	1:03:35	202
508	Ivan Parks	South woodham runners	673	52	73 M 50-59	1:03:40	1:03:40	673
509	Jon Hare		594	45	119 M 40-49	1:03:54	1:03:54	594
510	Michelle Gray		423	40	86 F 35-44	1:03:54	1:03:54	423

511	Richard Gray		424	46	120 M 40-49	1:03:55	1:03:55	424
512	Alison Persue		698	47	70 F 45-54	1:04:05	1:04:05	698
513	Terry Harding		750	66	24 M 60-69	1:04:06	1:04:06	750
514	Nicola Cannard		615	32	38 F 22-34	1:04:06	1:04:06	615
515	Kimberly Bull		616	26	39 F 22-34	1:04:06	1:04:06	616
516	Sarah Hamer		315	45	71 F 45-54	1:04:07	1:04:07	315
517	Ian Smith	Flyers Southend	303	34	81 M 22-39	1:04:08	1:04:08	303
518	Sue Windham		31	35	87 F 35-44	1:04:10	1:04:10	31
519	Emma Grewock		415	32	40 F 22-34	1:04:17	1:04:17	415
520	jenny edwards	Thrift Green Trotters	632	47	72 F 45-54	1:04:20	1:04:20	632
521	Hannah Neal		430	41	88 F 35-44	1:04:39	1:04:39	430
522	Alastair Neal		431	41	121 M 40-49	1:04:40	1:04:40	431
523	Elizabeth Lock		105	34	41 F 22-34	1:04:46	1:04:46	105
524	Angela Barker		153	45	73 F 45-54	1:04:46	1:04:46	153
525	LISA Fermor		554	35	89 F 35-44	1:04:50	1:04:50	554
526	Eleanor Chaplin		163	34	42 F 22-34	1:04:53	1:04:53	163
527	Catherine Jordan		589	49	74 F 45-54	1:05:10	1:05:10	589
528	Karen Wallis	Phoenix Striders	657	47	75 F 45-54	1:05:11	1:05:11	657
529	Heather Impey	Phoenix Striders	166	43	90 F 35-44	1:05:17	1:05:17	166
530	Linda Pledger		574	45	76 F 45-54	1:05:30	1:05:30	574
531	Maggie Campbell-Fre	Flyers Southend	290	57	12 F 55-64	1:05:31	1:05:31	290
532	Victoria Irvine	Southend On Sea AC	289	32	43 F 22-34	1:05:32	1:05:32	289
533	Vicki Tracy	Flyers Southend	295	37	91 F 35-44	1:05:32	1:05:32	295
534	David Weller		482	58	74 M 50-59	1:05:34	1:05:34	482
535	Tina Boswell	Flyers Southend	293	63	13 F 55-64	1:05:40	1:05:40	293
536	Rob Chenery		708	56	75 M 50-59	1:05:44	1:05:44	708
537	Jessica Sargeant		724	29	44 F 22-34	1:05:45	1:05:45	724
538	Janis Murphy		146	46	77 F 45-54	1:05:53	1:05:53	146
539	Brian Lloyd	Phoenix Striders	542	40	122 M 40-49	1:05:55	1:05:55	542
540	Natalie Gorham	Phoenix Striders	77	34	45 F 22-34	1:05:55	1:05:55	77
541	Rachel Charles		24	31	46 F 22-34	1:05:55	1:05:55	24
542	Trish Groves	Havering '90 Joggers	277	58	14 F 55-64	1:05:56	1:05:56	277
543	Lucy Markham		701	48	78 F 45-54	1:06:00	1:06:00	701
544	Alan McDean		556	46	123 M 40-49	1:06:05	1:06:05	556
545	Louise Pollock	Havering '90 Joggers	244	36	92 F 35-44	1:06:25	1:06:25	244
546	Sarah McDean		555	44	93 F 35-44	1:06:38	1:06:38	555
547	Melanie Green	Havering '90 Joggers	9	43	94 F 35-44	1:06:58	1:06:58	9

548	Louise Burns	East Essex Triathlon Club	404	62	15 F 55-64	1:07:11	1:07:11	404
549	Penny Rumsby	Havering '90 Joggers	196	42	95 F 35-44	1:07:25	1:07:25	196
550	John Ford	Havering '90 Joggers	19	57	76 M 50-59	1:07:25	1:07:25	19
551	Nick Humphrey		654	29	82 M 22-39	1:07:34	1:07:34	654
552	Jacky Halls	Flyers Southend	466	52	79 F 45-54	1:07:48	1:07:48	466
553	Debbie Wood	Flyers Southend	302	52	80 F 45-54	1:07:48	1:07:48	302
554	Ken Summerfield	Barking Road Runners	757	50	77 M 50-59	1:07:57	1:07:57	757
555	Elaine Richardson	Havering '90 Joggers	37	62	16 F 55-64	1:08:16	1:08:16	37
556	Peter Freeman	Flyers Southend	291	60	25 M 60-69	1:08:20	1:08:20	291
557	Helen Davey		11	52	81 F 45-54	1:08:36	1:08:36	11
558	Sara Light		27	36	96 F 35-44	1:08:36	1:08:36	27
559	Katie Keating		107	40	97 F 35-44	1:08:41	1:08:41	107
560	Debbie Jones	Havering '90 Joggers	131	45	82 F 45-54	1:09:21	1:09:21	131
561	Lorna Jones		135	40	98 F 35-44	1:09:41	1:09:41	135
562	Karen Liesching-Schr	Flyers Southend	287	44	99 F 35-44	1:09:56	1:09:56	287
563	Keith Passingham	Flyers Southend	286	64	26 M 60-69	1:09:56	1:09:56	286
564	Jacqui West	Phoenix Striders	26	54	83 F 45-54	1:10:00	1:10:00	26
565	Susan Hughes	Phoenix Striders	124	61	17 F 55-64	1:10:44	1:10:44	124
566	Joanne Edwards		731	50	84 F 45-54	1:11:10	1:11:10	731
567	Alison Kettlewell	Runfit Essex	383	55	18 F 55-64	1:11:24	1:11:24	383
568	Jayne Hayward	Castle Point Joggers	496	51	85 F 45-54	1:11:50	1:11:50	496
569	Carole Vinicombe	Phoenix Striders	607	55	19 F 55-64	1:11:50	1:11:50	607
570	Tracy Bliss	Castle Point Joggers	547	49	86 F 45-54	1:11:50	1:11:50	547
571	Trish Murphy	Havering '90 Joggers	204	47	87 F 45-54	1:12:30	1:12:30	204
572	Val Taylor	Flyers Southend	299	72	1 F 65-99	1:12:38	1:12:38	299
573	Michael Ball	Barking Road Runners	421	73	4 M 70-99	1:12:40	1:12:40	421
574	Sharon Wood		266	54	88 F 45-54	1:12:44	1:12:44	266
575	Nick Williams	Felixstowe RRC	258	40	124 M 40-49	1:13:38	1:13:38	258
576	Maria Brill	Havering '90 Joggers	14	60	20 F 55-64	1:14:04	1:14:04	14
577	Tom Kiddle		641	28	83 M 22-39	1:14:19	1:14:19	641
578	CARRIE LOVETT		269	49	89 F 45-54	1:14:33	1:14:33	269
579	Shameem Ahmed	Havering '90 Joggers	658	49	90 F 45-54	1:15:53	1:15:53	658
580	Andi Wright	Havering '90 Joggers	18	41	100 F 35-44	1:15:54	1:15:54	18
581	Susan Bannocks	Phoenix Striders	323	57	21 F 55-64	1:15:59	1:15:59	323
582	Misa Ichinose		417	23	47 F 22-34	1:16:02	1:16:02	417
583	Eilidh Edwards		122	33	48 F 22-34	1:16:35	1:16:35	122
584	Ashley Davies	Flyers Southend	798	55	22 F 55-64	1:17:30	1:17:30	798

585	Jane Foster		367	50	91 F 45-54	1:17:31	1:17:31	367
586	Emma Tudor	Havering '90 Joggers	128	40	101 F 35-44	1:17:31	1:17:31	128
587	Lynne Woolward	Up Joggers	232	45	92 F 45-54	1:17:54	1:17:54	232