



1st Male = Alec Finch 1st Female = Sarah Blockley 1st Male Youth = Max Chivers 1st Female Youth = Olivia Forrest

Course records - 15:25 Adam Hickey (August 2013) 18:01 Jessica Judd (December 2015)

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Danitian	T:	Race	Name	Canalan	Chile Name
Position	Time	No	Name	Gender	Club Name
1	00:17:01	469	Alec Finch	Male	Thurrock Harriers
2	00:17:09	309	Sebastian Cirillo	Male	Chelmsford Athletics
3	00:17:24	331	Crispian Bloomfield	Male	Billericay Striders
4	00:18:01	322	Scott Brooks	Male	Brentwood Beagles Athletics Club
5	00:18:09	308	Ray Towey	Male	Benfleet Running Club
6	00:18:19	698	Hamza Zahir	Male	Leigh-on-Sea Striders
7	00:18:21	621	Max Chivers	Male	Chelmsford AC
8	00:18:32	613	Ben Brooks	Male	East Essex Tri Club
9	00:18:45	435	Oscar Farley	Male	Billericay Striders
10	00:18:54	324	John Uarle-Sodhi	Male	Leigh-on-Sea Striders
11	00:18:56	303	Olivia Forrest	Female	Brentwood Beagles Athletics Club
12	00:19:09	367	Jack Martin	Male	East Essex Triathlon Club
13	00:19:19	641	Ben Franklin	Male	
14	00:19:19	685	Dean Savery	Male	Brentwood Beagles Athletics Club
15	00:19:22	306	James Ferrant	Male	Pitsea Running Club
16	00:19:42	310	Scott Thush	Male	Thurrock Harriers
17	00:19:43	653	Ollie Johnson	Male	Brentwood Beagles Athletics Club
18	00:19:44	454	Louis McQuade	Male	
19	00:19:49	604	John Barker	Male	Havering AC
20	00:19:52	376	Ian Toal	Male	Leigh-on-Sea Striders
21	00:19:54	428	Richard Leeson	Male	Phoenix Striders
22	00:20:02	362	Sarah Blockley	Female	
23	00:20:10	691	Terence Spooner	Male	Castle Point Joggers
24	00:20:13	390	Ben Simmonds	Male	Pitsea Running Club
25	00:20:13	370	Evan Henty	Male	SS Athletics
26	00:20:14	657	Charlie Lee	Male	SS Athletics
27	00:20:24	689	Jake Smith	Male	Benfleet Running Club
28	00:20:26	320	Charlotte Brooks	Female	East Essex Triathlon Club
29	00:20:32	644	Alex Gauld	Male	Pitsea Running Club
30	00:20:34	602	Adam Armour	Male	Brentwood Beagles Athletics Club
31	00:20:36	368	Zara Morley	Female	Basildon Athletics Club
32	00:20:48	336	Geoff Keily	Male	Billericay Striders
33	00:20:55	652	David Jellett	Male	Rochford Running Club
34	00:20:57	640	Demi Eves	Female	5
35	00:20:58	409	Harry Newton	Male	
36	00:20:59	395	Akay Abdu	Male	Thurrock Nomads
37	00:21:00	609	Richard Bonham	Male	Castle Point Joggers
38	00:21:01	651	Lee James	Male	Lonely Goat RC
39	00:21:04	659	Gareth Lee	Male	,
40	00:21:08	351	Michael Woodward	Male	Pitsea Running Club
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		Race			
Position	Time	No	Name	Gender	Club Name
41	00:21:15	304	Isabel Forrest	Female	Brentwood Beagles Athletics Club
42	00:21:24	654	Matthew Jones	Male	Brentwood Beagles Athletics Club
43	00:21:26	645	Ian George	Male	
44	00:21:27	455	Michael Cook	Male	Pitsea Running Club
45	00:21:28	676	Sadie Owen	Female	SS Athletics
46	00:21:30	626	Leo Cole	Male	Witham RC
47	00:21:41	315	Tony Lavers	Male	Pitsea Running Club
48	00:21:54	405	Niall Canavan	Male	East Essex Triathlon Club
49	00:21:56	460	Matt Stenning	Male	Billericay Striders
50	00:22:06	381	Tom Overy	Male	Rochford Running Club
51	00:22:07	634	Matthew Dodd	Male	East Essex Tri Club
52	00:22:09	434	Joseph Smith	Male	Pitsea Running Club
53	00:22:10	332	Nick Markwell	Male	
54	00:22:15	344	Keirra Reed	Female	Dengie 100 Runners
55	00:22:31	382	Danielle Robarts	Female	Rochford Running Club
56	00:22:33	359	Ray Brooks	Male	East Essex Triathlon Club
57	00:22:36	343	Russell Edgings	Male	Havering Tri
58	00:22:41	620	Chris Chew	Male	Bishop's Stortford Running Club
59	00:22:42	348	Jamie Enever-Dodd	Male	Phoenix Striders
60	00:23:10	391	Brian Sorenson	Male	Benfleet Running Club
61	00:23:12	677	Toby Owen	Male	
62	00:23:14	386	Gary Flint	Male	Havering '90 Joggers
63	00:23:22	422	Stephen Foggo	Male	Billericay Striders
64	00:23:22	635	Beau Dyos-Smith	Male	
65	00:23:31	632	Matthew Debenham	Male	
66	00:23:35	360	Bill Smith	Male	East Essex Triathlon Club
67	00:23:37	608	Brian Birtwhistle	Male	Dengie 100 Runners
68	00:23:39	407	Siobhan Desmond	Female	
69	00:23:40	408	Poppy Lee	Female	
70	00:23:42	383	John Pumfrett	Male	Phoenix Striders
71	00:23:44	648	Peter Harley	Male	
72	00:23:45	426	Michael Welsh	Male	Thurrock Nomads
73	00:23:46	385	Joris Greeuw	Male	London Social Runners
74	00:23:47	369	Phil Warner	Male	Phoenix Striders
75	00:23:48	656	Louis Le Roux	Male	
76	00:23:49	665	Bryan Magee	Male	
77	00:23:53	468	Clive Stevenson	Male	East London Runners
78	00:23:55	650	Alfie Henry	Male	Hotsteppers Run Club
79	00:23:56	345	Tommy Patten	Male	
80	00:24:06	481	Elliot George	Male	
81	00:24:12	302	Justin Burton	Male	Castle Point Joggers
82	00:24:17	338	Lee Hazelwood	Male	Phoenix Striders
83	00:24:26	314	Ryan Gauld	Male	Pitsea Running Club
84	00:24:33	616	Matthew Brown	Male	
85	00:24:34	342	Hayley Case	Female	
86	00:24:35	464	Paul Strutt	Male	





		Race			
Position	Time	No	Name	Gender	Club Name
87	00:24:36	423	Paul Hurn	Male	Thurrock Nomads
88	00:24:36	615	Janice Brown	Female	
89	00:24:42	660	Graham Lee	Male	Trail Running Association
90	00:24:43	614	Abigail Brown	Female	
91	00:24:45	625	Daniel Clarkson	Male	
92	00:24:49	374	Spencer Lewis	Male	Phoenix Striders
93	00:24:52	618	Oliver Chamberlin	Male	
94	00:24:57	607	Neal Beaumont	Male	Dengie 100 Runners
95	00:25:00	467	Rachel Flannigan	Female	Phoenix Striders
96	00:25:01	664	Ben Magee	Male	
97	00:25:12	637	Sara Eckersley	Female	
98	00:25:14	317	Phillip New	Male	
99	00:25:14	427	Gary Rowlatt	Male	Thurrock Harriers
100	00:25:14	347	Josh Peacock	Male	
101	00:25:18	353	Colin Wilkinson	Male	Phoenix Striders
102	00:25:21	459	Jane Yellop	Female	Pitsea Running Club
103	00:25:24	461	Scott Smith	Male	Pitsea Running Club
104	00:25:28	458	Ellis Elvin	Male	
105	00:25:34	311	Scott Sutherland	Male	Pitsea Running Club
106	00:25:43	318	Graeme Silcock	Male	East Essex Triathlon Club
107	00:25:43	354	Michael Leer	Male	
108	00:25:44	415	John Mills	Male	Rochford Running Club
109	00:25:47	477	Leigh Still	Male	Thurrock Nomads
110	00:25:51	432	Richard Day	Male	East Essex Triathlon Club
111	00:25:55	416	James Pettit	Male	Rochford Running Club
112	00:25:58	373	Graham Humphries	Male	Thurrock Nomads
113	00:26:01	406	Dermott Desmond	Male	Pitsea Running Club
114	00:26:02	623	Sid Choudhury	Male	
115	00:26:08	398	Gary Tobutt	Male	
116	00:26:10	624	Neal Clark	Male	Phoenix Striders
117	00:26:11	649	Josh Harris	Male	
118	00:26:20	484	Andres Arevelo	Male	East Essex Triathlon Club
119	00:26:24	431	Charlotte Killingbeck	Female	Pitsea Running Club
120	00:26:26	462	Jake Everett	Male	
121	00:26:30	352	Ronald Vialls	Male	Barking Road Runners
122	00:26:39	663	Joanne Ling	Female	Billericay Striders
123	00:26:41	463	David Everett	Male	
124	00:26:48	601	Wendy Aldridge	Female	Dengie 100 Runners
125	00:26:50	400	Catherine Magee	Female	
126	00:26:51	339	Scott Burgess	Male	Rochford RC
127	00:26:53	476	Jo Pearce	Female	Phoenix Striders
128	00:26:54	358	Tony Gray	Male	Havering '90 Joggers
129	00:26:58	366	Andy Smith	Male	
130	00:27:07	417	Alexandra Tourbassovar	Female	Rochford RC
131	00:27:14	414	Surjit Grewal	Female	Thurrock Nomads
132	00:27:17	321	Emily Braithwaite	Female	East Essex Triathlon Club





		Race			
Position	Time	No	Name	Gender	Club Name
133	00:27:18	319	James Price	Male	Pitsea Running Club
134	00:27:20	682	Andy Preston	Male	Dagenham 88 Runners
135	00:27:31	686	Frank Schubert	Male	Havering '90 Joggers
136	00:27:35	627	Simon Constable	Male	Basildon CC
137	00:27:45	680	Nicola Phelps	Female	
138	00:27:47	667	Emily Magee	Female	
139	00:27:48	403	John Wood	Male	Rochford Running Club
140	00:27:50	387	Kate Flint	Female	Havering '90 Joggers
141	00:27:53	364	Michael Bebbington	Male	Benfleet Running Club
142	00:27:59	377	Colette Toal	Female	Leigh-on-Sea Striders
143	00:28:00	356	Nicole Linnell	Female	Thurrock Nomads
144	00:28:02	430	Jason Catley	Male	
145	00:28:03	688	Thomas Smalley	Male	Pitsea Running Club
146	00:28:03	384	Debra Pumprett	Female	Phoenix Striders
147	00:28:14	471	Sam Joop	Male	East Essex Triathlon Club
148	00:28:16	472	Cally Joop	Female	East Essex Triathlon Club
149	00:28:21	361	Lesley Jenkins	Female	Pitsea Running Club
150	00:28:32	466	Lisa Jennings	Female	Phoenix Striders
151	00:28:34	371	Julie Leicester	Female	Thurrock Nomads
152	00:28:38	346	Joseph McDonnell	Male	Dengie 100 Runners
153	00:28:40	396	Jason Meritt	Male	
154	00:28:43	323	Luke Bonham	Male	Castle Point Joggers
155	00:28:46	388	Willam Holman	Male	
156	00:28:48	633	Catherine Dinmore	Female	
157	00:29:01	404	Eugenia Hewitt	Female	East Essex Triathlon Club
158	00:29:03	375	Sally Witham	Female	Phoenix Striders
159	00:29:07	690	Matt Smith	Male	Benfleet Running Club
160	00:29:11	424	Steven Walker	Male	Thurrock Nomads
161	00:29:16	340	Karl Elson	Male	
162	00:29:16	341	Sam Elson	Male	
163	00:29:19	673	Sarah Mills	Female	Pitsea Running Club
164	00:29:19	330	David Adams	Male	Thurrock Nomads
165	00:29:23	425	Kay Hurn	Male	Thurrock Nomads
166	00:29:24	413	Stephen Wisdom	Male	Thurrock Nomads
167	00:29:24	622	Stephen Chivers	Male	Dengie 100 runners
168	00:29:26	696	Hannah Walker	Female	Corringham Run Club
169	00:29:32	301	Tina Burton	Female	Castle Point Joggers
170	00:29:44	350	Lynsey Gray	Female	Phoenix Striders
171	00:29:51	679	Jo Phelps	Female	
172	00:29:52	681	Rachel Phelps	Female	
173	00:29:53	662	Jordan Lewis	Male	Hot Steppers Run Club
174	00:29:58	393	Steve Richardson	Male	Thurrock Nomads
175	00:30:00	452	Oliver Street	Male	
176	00:30:03	389	Clare Boston	Female	East Essex Triathlon Club
177	00:30:06	363	Mick Stains	Male	
178	00:30:08	411	Jack Huggins	Male	





		Race			
Position	Time	No	Name	Gender	Club Name
179	00:30:09	433	Helen Swindells	Female	
180	00:30:13	453	Nigel Street	Male	
181	00:30:22	457	Stevie Smith	Female	Phoenix Striders
182	00:30:27	410	Chris Huggins	Male	Pitsea Running Club
183	00:30:31	305	Zena Shean	Female	East Essex Triathlon Club
184	00:30:38	668	Mark Mager	Male	
185	00:30:48	670	Dan McDonnell	Male	Dengie 100 Runners
186	00:30:52	326	Hazel Fay	Female	Phoenix Striders
187	00:31:02	675	Sarah Norton	Female	Castle Point Joggers
188	00:31:05	402	Eamond Shelly	Male	Thurrock Harriers
189	00:31:11	312	Bernard Johnson	Male	Thurrock Harriers
190	00:31:12	631	Kathryn Curtis	Female	
191	00:31:15	329	Brad Morland	Male	
192	00:31:22	617	Gary Cardnell	Male	Dagenham 88 Runners
193	00:31:23	603	Max Attack	Male	
194	00:31:26	316	Daniel Scotchmer	Male	
195	00:31:31	378	Michael Burns	Male	
196	00:31:33	695	Stuart Tidd	Male	Havering '90 Joggers
197	00:31:34	478	Samantha Thompson	Female	
198	00:31:37	420	Chloe Austin	Female	
199	00:31:39	669	Chris McDonnell	Male	Dengie 100 Runners
200	00:31:46	394	Joy Leader	Female	Phoenix Striders
201	00:31:50	465	Lisa Harland	Female	Phoenix Striders
202	00:32:07	473	Magdalena Miedlar	Female	Thurrock Nomads
203	00:32:09	678	Mark Pearce	Male	
204	00:32:11	697	Karen Wright	Female	Rochford Running Club
205	00:32:25	475	Lucy Ringshall	Female	Phoenix Striders
206	00:32:40	474	Carly Banks	Female	Thurrock Nomads
207	00:32:44	479	Tim Thompson	Male	
208	00:32:55	372	Chris Shaw	Male	Thurrock Nomads
209	00:33:01	480	Clint Heron	Male	
210	00:33:04	674	Nicola Newnes	Female	
211	00:33:06	355	Georgia Macalle	Female	
212	00:33:10	401	Derek Staton	Male	Thurrock Nomads
213	00:33:11	456	Kelly Dunn	Female	Castle Point Joggers
214	00:33:15	313	Gloria Bullen	Female	Thurrock Harriers
215	00:34:01	470	Jim Rourke	Male	Billericay Striders
216	00:34:09	327	Kiki Kanarachos-Freese	Female	Thurrock Nomads
217	00:34:15	397	Neill Atkinson	Male	
218	00:34:18	412	Parm Shina-Wisdom	Female	Thurrock Nomads
219	00:34:31	357	John Pearce	Male	Pitsea Running Club
220	00:34:41	380	Barrie Jones	Male	
221	00:34:42	658	Evie Lee	Female	
222	00:34:44	646	Ann Gibbs	Female	
223	00:34:47	619	Tim Chamberlin	Male	
224	00:34:48	661	Oscar Lee	Male	





Position	Time	Race No	Name	Gender	Club Name
225	00:34:51	451	Nicola Maslen	Female	Phoenix Striders
226	00:35:08	379	Richard Sneader	Male	Thurrock Nomads
227	00:35:25	429	Sara Darbro	Female	Thurrock Nomads
228	00:35:29	628	Robert Courtier	Male	Barking Road Runners
229	00:35:43	694	Katherine-Charlotte Stops	Female	
230	00:35:53	672	Joscelyn McInnes	Female	Dengie 100 Runners
231	00:35:57	693	Ben Stops	Male	East Essex Triathlon Club
232	00:36:21	642	Alison Fryatt	Female	Barking Road Runners
233	00:36:22	328	Amy Daniels	Female	
234	00:36:24	482	Gloria Lopez	Female	East Essex Triathlon Club
235	00:36:28	335	Lisa Sneader	Female	Thurrock Nomads
236	00:36:53	418	Eddie Murphy	Male	
237	00:37:20	483	Mariana Arevalo	Female	East Essex Triathlon Club
238	00:37:33	337	Michelle Holman	Female	Phoenix Striders
239	00:37:46	325	Peter Woodard	Male	Thurrock Nomads
240	00:37:49	399	Nerys Aylen	Female	
241	00:38:05	638	Jessica Ellis	Female	Leigh-on-Sea Striders
242	00:38:05	421	Gerald Sellis	Male	Leigh-on-Sea Striders
243	00:38:42	365	Finley Chamberlin	Male	
244	00:39:03	629	Nikki Cranmer	Female	Barking Road Runners
245	00:39:22	334	Laura McDermott	Female	Benfleet Running Club
246	00:39:22	333	Tracey Jones	Female	Benfleet Running Club
247	00:39:43	349	Beatrice Rouyer-Brown	Female	East Essex Triathlon Club
248	00:39:58	630	Dawn Curtis	Female	Barking Road Runners
249	00:42:00	392	Graham Hilbery	Male	
250	00:42:43	419	Lorraine Borley	Female	Phoenix Striders
251	00:42:51	687	Kim Shead-Fallows	Female	Pitsea Running Club