

Southend 10k and Fun Run

7th October 2007

10K Results

Pos.	Number	Time	First Name	Family Name	Cat	Club
1	328	00:32:20	Adam	Hickey	SeniorM	Southend A.C.
2	371	00:32:31	Gareth	Riddell	SeniorM	Basildon A.C.
3	1118	00:32:46	Ben	Hunter	SeniorM	Southend A.C.
4	964	00:32:59	Paul	Whittaker	SeniorM	Southend A.C.
5	225	00:33:11	James	Calvert	SeniorM	Ipswich Harriers
6	831	00:33:18	Andrew	Livingstone	SeniorM	Thurrock Harriers
7	1120	00:33:20	Iain	Campbell	VetM40	Ilford A.C.
8	1154	00:33:43	Hendrik	Zietsman	VetM40	N/A
9	1144	00:34:07	Noel	Thatcher	VetM40	Newham And Essex Beagles
10	1242	00:34:11	David	Dickinson	SeniorM	N/A
11	183	00:34:29	Paul	Wyatt	SeniorM	Billericay Striders
12	851	00:34:31	Steven	Rand	SeniorM	Havering Mayesbrook A.C.
13	965	00:34:48	Steven	Whittaker	SeniorM	Southend A.C.
14	1152	00:34:50	Richard	Holland	VetM40	Woodford Green & Essex Ladies
15	952	00:34:50	Matthew	Bland	VetM40	Havering Mayesbrook A.C.
16	1146	00:34:53	Gary	Poulter	SeniorM	East Essex Tri.C.
17	145	00:34:54	Jason	Lendon	SeniorM	Havering Mayesbrook A.C.
18	995	00:34:58	?	?		N/A
19	966	00:35:13	Carlos	Pinilla	SeniorM	Ilford A.C.
20	879	00:35:13	Chris	Feasey	SeniorM	Witham R.C.
21	308	00:35:19	Ian	Anthony	SeniorM	Havering Mayesbrook A.C.
22	137	00:35:26	Martin	Giles	VetM40	Sutton Runners
23	562	00:35:26	Paul	Green	VetM40	Thurrock Harriers
24	2782	00:35:32	Stacey	Ward	SeniorF	Basildon A.C.
25	886	00:35:33	Ken	Hoye	SeniorM	Chelmsford A.C.
26	593	00:35:35	Howard	Clarke	SeniorM	Southend A.C.
27	620	00:35:48	John	Green	VetM40	Thurrock Harriers
28	293	00:35:49	Scott	Rice	SeniorM	Thurrock Harriers
29	714	00:35:49	Billy	Parker-Brown	SeniorM	Chelmsford A.C.
30	324	00:35:58	Kevin	Jacob	VetM40	Billericay Striders
31	288	00:36:09	Paul	Todd	SeniorM	Benfleet R.C.
32	397	00:36:10	Chris	Lee	SeniorM	Southend A.C.
33	921	00:36:11	Thomas	Frith	SeniorM	Southend A.C.
34	1153	00:36:13	Thomas	Fletcher	SeniorM	Southend A.C.
35	2827	00:36:24	Janis	Angelo	VetF35	Roach Runners
36	711	00:36:25	Graham	Pritchard	SeniorM	Havering Mayesbrook A.C.
37	64	00:36:28	Keith	Wilkinson	VetM50	Chelmsford A.C.
38	984	00:36:31	Peter	Smale	SeniorM	Southend A.C.
39	44	00:36:35	Lawrence	Gatens	SeniorM	Edmonton R.C.
40	143	00:36:39	Alan	Butler	VetM50	Thrift Green Trotters
41	1175	00:36:53	Anthony	Squire	SeniorM	Billericay Striders
42	494	00:36:56	Richard	Rowley	SeniorM	N/A
43	1244	00:37:04	Harry	Smith	SeniorM	East Essex Tri.C.
44	241	00:37:04	Darryl	Hilliar	SeniorM	Blackheath & Bromley HarriersM
45	789	00:37:25	Kevin	Cornell	SeniorM	N/A
46	784	00:37:26	Ian	O'Neill	VetM40	Thrift Green Trotters
47	266	00:37:28	Alan	Clark	VetM40	Billericay Striders
48	1199	00:37:34	Alan	Britain	SeniorM	N/A
49	772	00:37:36	Rick	Ricketts	VetM40	N/A
50	830	00:37:37	Phil	Oatham	VetM40	Thurrock Harriers
51	1218	00:37:39	Steffan	Cohen	SeniorM	Benfleet R.C.
52	989	00:37:39	Peter	Adkins	SeniorM	N/A
53	2844	00:37:41	Loretta	Sollars	VetF35	N/A
54	987	00:37:41	Martin	Sherlock	SeniorM	N/A
55	780	00:37:43	Iain	Macdonald	SeniorM	Ilford A.C.
56	353	00:37:45	Richard	Fuller	VetM40	N/A
57	947	00:37:47	Chris	Starmer	VetM40	Stowmarket Striders
58	110	00:37:51	Scott	Tilson	SeniorM	N/A
59	1177	00:37:52	Colin	Miles	SeniorM	Southend A.C.
60	601	00:37:55	Dean	Outen	SeniorM	N/A
61	991	00:37:58	Steve	Williams	VetM50	Thurrock Harriers
62	662	00:38:00	Graham	Crocket	VetM40	N/A
63	2610	00:38:01	Claire	Donnelly	SeniorF	N/A
64	12	00:38:02	John	Russell	SeniorM	Thurrock Harriers
65	178	00:38:09	Joshua	Crompton	SeniorM	Southend A.C.

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66	214	00:38:11	Neil	Crisp	VetM40	Ilford A.C.
67	243	00:38:18	Andy	Catton	VetM50	Ilford A.C.
68	786	00:38:25	James	Roberts	SeniorM	N/A
69	424	00:38:27	Jason	Fitchew	SeniorM	L.O.S. Striders
70	336	00:38:29	Chris	Scrivener	VetM40	Thurrock Harriers
71	795	00:38:31	Nick	Barker	SeniorM	N/A
72	1125	00:38:33	Carl	Gardner	SeniorM	Dartford Harriers
73	299	00:38:33	David	Thomas	VetM40	Pitsea R.C.
74	806	00:38:33	Paul	Helliwell	SeniorM	Colchester & Tendering A.C.
75	896	00:38:36	Steven	Drummond	SeniorM	Benfleet R.C.
76	686	00:38:37	Mark	Williams	VetM40	L.O.S. Striders
77	753	00:38:43	Martyn	Staines	SeniorM	Thurrock Harriers
78	341	00:38:45	John	Tennant	VetM50	Harlow R.C.
79	362	00:38:51	Adrian	Robinson	VetM40	N/A
80	619	00:38:52	David	Hurley	VetM40	Orpington Road Runners
81	302	00:38:52	Lloyd	Miles	SeniorM	N/A
82	674	00:38:55	Richard	Matthews	SeniorM	Thrift Green Trotters
83	352	00:38:56	Neil	Bearwish	VetM40	Havering Mayesbrook A.C.
84	1160	00:39:04	Kevin	Wotton	SeniorM	Barking Road Runners
85	272	00:39:04	Peter	Binns	VetM60	Southend A.C.
86	372	00:39:06	Kevin	Steed	VetM40	Benfleet R.C.
87	392	00:39:08	Mark	Jackson	VetM40	Mid-Essex Casuals
88	1162	00:39:09	Graham	Crowe	VetM50	N/A
89	1121	00:39:12	Mani	Fitsi	SeniorM	N/A
90	313	00:39:14	Mike	Judd	VetM40	Thurrock Harriers
91	290	00:39:15	Graham	Foster	VetM40	Metropolitan Police A.C.
92	2724	00:39:16	Karen	Goode	SeniorF	Benfleet R.C.
93	627	00:39:18	Steve	Donoghue	VetM40	Barking Road Runners
94	926	00:39:21	Jeffrey	Butler	VetM40	Epsom & Ewell Harriers
95	1272	00:39:23	Russell	Middleton	SeniorM	Havering Mayesbrook A.C.
96	1285	00:39:26	Olivier	Buschino	SeniorM	N/A
97	664	00:39:31	Chris	Beazeley	VetM40	Springfield Striders
98	1147	00:39:33	Rob	Gibby	SeniorM	Colchester Harriers
99	1126	00:39:34	David	Bines	VetM40	N/A
100	634	00:39:35	Jonathan	Spall	SeniorM	N/A
101	487	00:39:37	Jonathan	Tod	SeniorM	Thrift Green Trotters
102	2789	00:39:42	Wendy	King	VetF35	Chelmsford A.C.
103	2754	00:39:43	Rosa	Morris	SeniorF	Serpentine R.C.
104	216	00:39:43	Ronald	Vialls	VetM50	Barking Road Runners
105	993	00:39:46	Patrick	Dobbs	VetM60	Thurrock Harriers
106	451	00:39:47	Andrew	Waterhouse	SeniorM	Serpentine R.C.
107	127	00:39:49	Kevin	Hinns	VetM40	Thrift Green Trotters
108	194	00:39:52	Chris	Elliot	SeniorM	N/A
109	513	00:39:53	Nick	Markwell	SeniorM	N/A
110	257	00:39:53	Eamon	Brown	VetM50	Billericay Striders
111	2575	00:39:58	Danielle	Hurley	SeniorF	Southend A.C.
112	525	00:39:58	Malcolm	Wilkins	SeniorM	N/A
113	125	00:39:59	Dave	Sansum	SeniorM	N/A
114	347	00:40:00	Leo	Cole	VetM40	N/A
115	1237	00:40:01	Richard	Taylor	VetM50	Springfield Striders
116	560	00:40:02	Michael	Bridger	SeniorM	N/A
117	396	00:40:06	Matthew	Lee	SeniorM	Southend A.C.
118	709	00:40:10	Adam	Kyte	SeniorM	Thrift Green Trotters
119	270	00:40:11	Steve	Allen	VetM40	Ilford A.C.
120	72	00:40:12	Nicholas	Rankin	VetM40	N/A
121	715	00:40:13	Philip	Rusby	VetM40	N/A
122	235	00:40:20	Jason	Syrett	VetM40	Thurrock Harriers
123	2253	00:40:22	Elin	Engdahl	VetF35	Thurrock Harriers
124	822	00:40:25	Greg	Jarvis	SeniorM	N/A
125	363	00:40:28	Rob	Sareent	VetM50	Dagenham 88 Runners
126	922	00:40:29	Ben	Wheeler	SeniorM	L.O.S. Striders
127	1259	00:40:37	Nick	Vinyard	SeniorM	Britania A.C.
128	2620	00:40:37	Sarah	Urquhart	SeniorF	Thrift Green Trotters
129	672	00:40:39	Peter	Osborne	SeniorM	Castle Point Joggers
130	725	00:40:40	Kevan	Wind	VetM50	Pitsea R.C.
131	2653	00:40:42	Megan	Norquay	SeniorF	Thurrock Harriers
132	1156	00:40:44	Paul	Horsley	VetM40	East Essex Tri.C.
133	106	00:40:46	Paul	Ruffy	SeniorM	East Essex Tri.C.

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134	918	00:40:50	Chris	Murray	SeniorM	N/A
135	1220	00:40:52	Graham	Easty	SeniorM	Southend A.C.
136	1132	00:40:53	Ian	Fairlamb	SeniorM	N/A
137	2532	00:40:53	Marnie	Ellison	SeniorF	Dartford Road Runners
138	1210	00:40:55	Guy	Kerridge	VetM40	N/A
139	613	00:40:56	David	Green	SeniorM	L.O.S. Striders
140	880	00:40:57	Damon	Cooper	SeniorM	N/A
141	2239	00:40:57	Julia	Palmer	VetF45	Benfleet R.C.
142	600	00:40:57	Lee	Andrews	SeniorM	Ford R.C.
143	881	00:41:00	Simon	Webb	SeniorM	N/A
144	646	00:41:08	Panos	Kakoullis	VetM40	Havering Mayesbrook A.C.
145	841	00:41:14	Richard	Booth	VetM40	Thrift Green Trotters
146	846	00:41:17	Martin	McSloy	VetM40	N/A
147	2260	00:41:20	Louise	Brass	SeniorF	Thurrock Harriers
148	1274	00:41:22	Steve	Dear	SeniorM	Benfleet R.C.
149	343	00:41:24	Tony	Hall	VetM50	N/A
150	306	00:41:25	Neil	Attwood	SeniorM	N/A
151	2232	00:41:26	Louisa	Latham	SeniorF	Benfleet R.C.
152	133	00:41:26	Duncan	Sawyer	SeniorM	N/A
153	466	00:41:31	Keith	Luxon	VetM40	N/A
154	723	00:41:33	David	Hallett	VetM40	L.O.S. Striders
155	368	00:41:34	Laurence	Harrison	SeniorM	Billericay Striders
156	745	00:41:42	Stephen	Parker	VetM50	Ilford A.C.
157	20	00:41:42	Paul	Byrne	VetM40	Oxted Runners
158	2168	00:41:46	Catherine	Stunt	VetF35	Benfleet R.C.
159	33	00:41:48	Mick	Eames	SeniorM	Thrift Green Trotters
160	244	00:41:49	John	Few	VetM60	Eton Manor A.C.
161	380	00:41:51	Dean B	Hipperson	SeniorM	Benfleet R.C.
162	481	00:41:51	David	Webb	SeniorM	N/A
163	198	00:41:53	James	Longhurst	VetM50	Southend A.C.
164	446	00:41:59	Jeff	Orrey	SeniorM	N/A
165	625	00:42:00	Danny	Cordt	SeniorM	Edmonton R.C.
166	2192	00:42:01	Charmaine	Wheeler	SeniorF	Basildon A.C.
167	448	00:42:03	Neil	Smith	SeniorM	N/A
168	970	00:42:06	William	Wu	SeniorM	Ford Fitness
169	271	00:42:09	Peter	Adeleke	VetM40	Benfleet R.C.
170	771	00:42:11	Paul	Flewitt	SeniorM	N/A
171	334	00:42:11	Philip	Street	VetM50	Benfleet R.C.
172	184	00:42:11	Dave	Summers	VetM50	Thrift Green Trotters
173	382	00:42:11	Ggraeme	Newman	VetM50	Benfleet R.C.
174	823	00:42:15	Robin	Green	SeniorM	N/A
175	2694	00:42:16	Chloe	Turner	SeniorF	N/A
176	893	00:42:17	Geoff	Ford	SeniorM	N/A
177	407	00:42:19	Christopher	Campos	SeniorM	N/A
178	395	00:42:20	Tony	Mason	VetM40	N/A
179	420	00:42:22	Christopher	Bass	VetM40	N/A
180	2820	00:42:23	Clare	Reeves	SeniorF	Bexley A.C.
181	196	00:42:29	Wesley	Smith	VetM40	N/A
182	74	00:42:31	Jack	Park	VetM50	Road Runners Club
183	462	00:42:31	John	Mortimer	SeniorM	N/A
184	544	00:42:35	Stuart	Jones	SeniorM	N/A
185	144	00:42:39	Peter	Goldfinch	VetM50	Trent Park R.C.
186	252	00:42:41	Terry	Hamlin	VetM40	N/A
187	923	00:42:45	John	Whitehead	VetM40	N/A
188	801	00:42:46	Joe	Butcher	VetM40	N/A
189	402	00:42:47	Dean	Ovel	SeniorM	L.O.S. Striders
190	111	00:42:47	Chris	Milne	VetM40	East Essex Tri.C.
191	2182	00:42:47	Sue	Nel	VetF35	Benfleet R.C.
192	527	00:42:51	Steve	Wyatt	VetM40	N/A
193	1241	00:42:51	Keith	Adams	SeniorM	Eton Manor A.C.
194	578	00:42:54	Ian	Tatman	SeniorM	L.O.S. Striders
195	2167	00:42:55	Vanessa	Dodds	VetF35	Benfleet R.C.
196	1283	00:42:56	Rhys	Davies	VetM60	N/A
197	220	00:42:57	Malcolm	Savage	VetM60	Springfield Striders
198	845	00:42:59	Peter	Kevan	VetM50	N/A
199	645	00:43:00	Matthew	Dixon	VetM40	N/A
200	296	00:43:04	Mark	Brown	VetM40	East Essex Tri.C.
201	1113	00:43:08	Robert	Burns	VetM40	N/A

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202	586	00:43:10	Marc	Yardley	SeniorM	N/A
203	202	00:43:11	Victor	O'Dame	VetM40	N/A
204	797	00:43:18	Paul	Standing	SeniorM	N/A
205	2934	00:43:19	Gail	Pryke	VetF45	N/A
206	70	00:43:22	Mike	Stapleton	VetM40	N/A
207	2366	00:43:23	Carran	Lefever	SeniorF	Herts Phoenix A.C.
208	778	00:43:24	Brian	Bent	VetM40	N/A
209	825	00:43:25	Keith	Walker	VetM60	Billericay Striders
210	945	00:43:27	Philip	Hardy	SeniorM	Billericay Striders
211	873	00:43:27	Daniel	Evison	SeniorM	N/A
212	804	00:43:27	Peter	Barrett	SeniorM	Harlow R.C.
213	182	00:43:27	Kyle	Aldridge	SeniorM	Southend A.C.
214	861	00:43:29	Jonathan	Jarvis	VetM40	L.O.S. Striders
215	151	00:43:32	Peter	Van Loock	VetM40	Berchem Antwerp
216	1	00:43:34	Jacky	Janssens	VetM50	Bercham Antwerp
217	255	00:43:36	Michael	Cole	SeniorM	N/A
218	261	00:43:36	Edward	Skinner	VetM50	Tiptree Road Runners
219	405	00:43:36	David	Cox	SeniorM	N/A
220	300	00:43:36	Mark	Ambrose	VetM40	Barking Road Runners
221	670	00:43:38	Philip	Moore	SeniorM	N/A
222	730	00:43:41	John	Wheeler	VetM40	Benfleet R.C.
223	894	00:43:42	Richard	Oliver	VetM50	N/A
224	1228	00:43:44	Simon	Bacon	SeniorM	Hadleigh Fire And Rescue
225	706	00:43:50	Richard	Howlett	SeniorM	N/A
226	65	00:43:50	Jonathan	Wyatt	SeniorM	N/A
227	1195	00:43:54	Paul	Barry	SeniorM	Southend A.C.
228	265	00:43:54	Robert	West	SeniorM	L.O.S. Striders
229	2267	00:43:55	Toni	Noble	VetF35	Thurrock Harriers
230	1238	00:43:56	Nick	Coldicott	SeniorM	N/A
231	2346	00:43:57	Geraldine	Howard	VetF35	Billericay Striders
232	759	00:43:57	Stuart	Payne	VetM40	East Essex Tri.C.
233	454	00:44:00	Rob	Marek	SeniorM	L.O.S. Striders
234	624	00:44:02	Russell	Andrews	VetM40	Ford Fitness
235	118	00:44:02	John	Beasley	VetM40	N/A
236	832	00:44:02	Pete	Oyston	SeniorM	N/A
237	359	00:44:04	Peter J	Watson	SeniorM	Benfleet R.C.
238	425	00:44:04	Leo	Hall	VetM40	N/A
239	541	00:44:06	Dennis	Dudley	VetM40	N/A
240	623	00:44:06	Nick	Watson	SeniorM	N/A
241	236	00:44:09	Ian	Bartram	VetM40	Castle Point Joggers
242	351	00:44:10	Paul	Gammon	VetM40	N/A
243	668	00:44:12	Daniel	Waldron	SeniorM	N/A
244	1253	00:44:16	Ricki	Mizen	VetM40	N/A
245	1169	00:44:17	Chas	Mowforth	VetM40	N/A
246	2577	00:44:17	Sarah	Ramsey Smith	VetF35	Thrift Green Trotters
247	621	00:44:18	David	Ramsey Smith	VetM40	Thrift Green Trotters
248	97	00:44:18	Arthur	Whiston	VetM50	Colchester Harriers
249	1260	00:44:22	Zak	Arakliti	SeniorM	N/A
250	862	00:44:22	Patrick	Harnett	SeniorM	N/A
251	170	00:44:23	Godfrey	Mather	VetM50	Benfleet R.C.
252	1180	00:44:24	Mark	Taylor	SeniorM	N/A
253	107	00:44:27	Trevor	Levoi	SeniorM	L.O.S. Striders
254	551	00:44:31	Colin	Creer	VetM40	N/A
255	346	00:44:33	Kevin	Youell	VetM40	N/A
256	679	00:44:33	Mark	Ellis	SeniorM	N/A
257	2563	00:44:34	Emma	Wallace	SeniorF	N/A
258	829	00:44:34	Colin	Harper	VetM40	N/A
259	1151	00:44:36	Richard	Nation	SeniorM	N/A
260	283	00:44:37	Simon	Nathan	SeniorM	N/A
261	172	00:44:40	Tony	Deer	VetM40	Bexley A.C.
262	2704	00:44:40	Emma	Earl	SeniorF	N/A
263	950	00:44:40	Jason	Brown	SeniorM	North Derbyshire R.C.
264	1108	00:44:42	Robert	Hobson	VetM40	Colchester & Tendering A.C.
265	815	00:44:42	Aaron	Kemp	SeniorM	N/A
266	2474	00:44:43	Anne	Jenkinson	VetF35	N/A
267	1276	00:44:46	Robert	Newman	VetM50	Dunmow Tri Club
268	803	00:44:46	Daniel	Wise	VetM40	N/A
269	2468	00:44:47	Caroline	Liardet	SeniorF	N/A

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270	264	00:44:47	David	Lesley	VetM60	Southend A.C.
271	242	00:44:47	Clive	Tweedie	VetM50	N/A
272	5	00:44:47	Keith	Jackson	VetM60	Pitsea R.C.
273	1103	00:44:48	Anthony	Partridge	VetM40	Ilford A.C.
274	703	00:44:48	Grundy	James	VetM40	N/A
275	337	00:44:51	Roy	Farrance	VetM60	Thrift Green Trotters
276	857	00:44:52	David	Elsom	VetM50	N/A
277	467	00:44:53	Kevin	McGilvray	VetM50	Radcliffe A.C.
278	477	00:44:53	Martin	Elliot	VetM40	N/A
279	406	00:44:53	Ian	Hall	VetM40	N/A
280	727	00:44:54	Tony	Gammer	VetM40	N/A
281	388	00:44:56	Ashley	Simpson	SeniorM	N/A
282	580	00:44:56	Clive	Farrow	SeniorM	L.O.S. Striders
283	725	00:44:57	Kevan	Wind	VetM50	Pitsea R.C.
284	820	00:44:57	Michael	Green	SeniorM	L.O.S. Striders
285	792	00:44:57	Christopher	Della Mura	SeniorM	N/A
286	2362	00:44:57	Janet	Pardon	VetF55	Billericay Striders
287	10	00:44:57	Bod	Flack	VetM50	L.O.S. Striders
288	942	00:45:00	Ciaran	O'Shaughnessy	SeniorM	N/A
289	622	00:45:02	Chris	Bell	SeniorM	Ford R.C.
290	675	00:45:02	Kastri Bianco	Manija	SeniorM	N/A
291	865	00:45:03	Stephen	Perry	SeniorM	N/A
292	2365	00:45:06	Natalie	Snow	SeniorF	Ford Fitness
293	1188	00:45:09	Paul	McInerney	VetM40	Benfleet R.C.
294	2296	00:45:12	Anne	Pickard	VetF35	Thrift Green Trotters
295	2840	00:45:13	Debbie	Gibbins	VetF45	Benfleet R.C.
296	870	00:45:13	Andy	Frith	SeniorM	Benfleet R.C.
297	669	00:45:13	Clive	Fozard	VetM50	Trent Park R.C.
298	472	00:45:14	Ian	Frith	SeniorM	N/A
299	760	00:45:14	John	Mason	SeniorM	N/A
300	808	00:45:15	Paul	Gooding	VetM40	N/A
301	229	00:45:16	Stewart	Morley	VetM40	Benfleet R.C.
302	954	00:45:16	Nigel	Whitehead	VetM40	Billericay Striders
303	1266	00:45:17	Matthew	Prier	SeniorM	Dunmow Tri Club
304	278	00:45:19	Rob	Hadgraft	VetM50	Tiptree Road Runners
305	2261	00:45:22	Nicola	Hopkinson	VetF45	Ilford A.C.
306	917	00:45:22	Ray	Rawlinson	SeniorM	Ilford A.C.
307	680	00:45:22	Iain	Banks	SeniorM	N/A
308	2373	00:45:22	Sarah	Grabowski	SeniorF	Benfleet R.C.
309	495	00:45:25	Andy	Dawbarn	VetM40	East Essex Tri.C.
310	2812	00:45:27	Sue	Simpson	VetF45	N/A
311	518	00:45:27	Michael	Baron	VetM40	N/A
312	732	00:45:27	Simon	Woolacott	SeniorM	N/A
313	14	00:45:28	Mark	Bartlam	VetM40	L.O.S. Striders
314	311	00:45:29	Steve	Beech	VetM50	Pitsea R.C.
315	2650	00:45:30	Gail	Lees	SeniorF	N/A
316	501	00:45:34	Steve	Fisher	VetM40	East Essex Tri.C.
317	2906	00:45:35	Christine	Mowle	VetF35	East Essex Tri.C.
318	210	00:45:35	Geoff	White	VetM40	N/A
319	875	00:45:37	Richard	Lee	VetM40	Billericay Striders
320	2950	00:45:38	Nikki	Brockbank	SeniorF	Springfield Striders
321	1213	00:45:40	Jonathan	Baker	VetM40	Springfield Striders
322	537	00:45:40	Phil	Harding	VetM40	N/A
323	838	00:45:41	David	Stanley	VetM50	Orion Harriers
324	335	00:45:41	Henry	Ricketts	VetM40	Ilford A.C.
325	332	00:45:41	Stephen	Edgington	VetM40	Ford R.C.
326	79	00:45:44	Chris	Cambridge	VetM40	Castle Point Joggers
327	598	00:45:44	Ian	Brankin	SeniorM	N/A
328	298	00:45:44	Roy	Fleming	SeniorM	Billericay Striders
329	2408	00:45:49	Rachel	Legg	SeniorF	N/A
330	1261	00:45:49	Daniel	Jones	SeniorM	Dartford Road Runners
331	168	00:45:54	Stephen	Cheal	VetM40	Ilford A.C.
332	42	00:45:57	Mark	Greensill	VetM40	N/A
333	2715	00:45:57	Suzanne	Croudass	SeniorF	Billericay Striders
334	710	00:45:59	Terry	Fulton	VetM40	N/A
335	1224	00:46:03	Chris	Hayes	VetM40	Great Bentley
336	2566	00:46:04	Catherine	Sunderland	SeniorF	Chelmsford A.C.
337	776	00:46:05	George	Berwick	VetM50	N/A

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338	2759	00:46:06	Juliet	Warren-Watson	VetF35	N/A
339	2901	00:46:06	Cheryl	Macdonald	VetF45	N/A
340	1205	00:46:06	Ernesto	Antonio	VetM40	Thrift Green Trotters
341	2510	00:46:06	Jo	Burtonshaw	VetF35	Benfleet R.C.
342	1104	00:46:06	Phil	Wilsher	SeniorM	N/A
343	443	00:46:11	Terry	Meadows	VetM50	Thurrock Nomads
344	599	00:46:13	Justin	Seviour	SeniorM	L.O.S. Striders
345	269	00:46:13	Peter	Cowley	VetM50	Mount Pleasant R.C.
346	521	00:46:14	Rick	Sutton	VetM40	Trisport Epping
347	814	00:46:15	Gregory	Eves	SeniorM	N/A
348	658	00:46:15	Callum	Sutton	SeniorM	Havering Mayesbrook A.C.
349	2452	00:46:16	Emma	Allen	SeniorF	Chelmsford A.C.
350	358	00:46:16	William	Guiver	SeniorM	N/A
351	648	00:46:17	Ian	Chappell	SeniorM	N/A
352	665	00:46:17	raymond	clarabut	VetM50	Edmonton R.C.
353	1172	00:46:18	Matthew	Collins	SeniorM	N/A
354	687	00:46:18	Steve	O'Connor	VetM40	N/A
355	523	00:46:19	Scott	Monger	SeniorM	N/A
356	132	00:46:22	Benn	Raymond	SeniorM	N/A
357	783	00:46:23	Richard	Allen	SeniorM	L.O.S. Striders
358	57	00:46:23	Colin	Orrey	SeniorM	N/A
359	173	00:46:27	Brian	Ewin	VetM50	N/A
360	1138	00:46:28	Andrew	Trowbridge	SeniorM	N/A
361	2801	00:46:28	Rosanne	Dodd	VetF45	N/A
362	746	00:46:30	Steve	Wright	VetM40	N/A
363	747	00:46:33	Andrew	Marshall	SeniorM	N/A
364	1165	00:46:34	Robert	Brown	VetM50	N/A
365	688	00:46:35	James	Bowker	VetM40	N/A
366	277	00:46:37	Richard	Nash	SeniorM	Springfield Striders
367	1148	00:46:38	Jonathan	Shinn	SeniorM	N/A
368	500	00:46:39	Dean	Copping	SeniorM	Ford R.C.
369	1119	00:46:39	Bosco	Desouza	VetM40	N/A
370	185	00:46:40	Colin	White	VetM40	N/A
371	2104	00:46:40	Annie	Howe	VetF35	Benfleet R.C.
372	365	00:46:41	Paul	Sleep	VetM40	N/A
373	1265	00:46:41	Daniel	Gilby	SeniorM	Springfield Striders
374	294	00:46:41	Mark	Gaitely	SeniorM	Benfleet R.C.
375	1145	00:46:41	Mike	Wheatley	VetM50	Billericay Striders
376	437	00:46:43	Ian	Warner	SeniorM	N/A
377	959	00:46:44	Darren	Bearwish	VetM40	N/A
378	2534	00:46:44	Jackie	Coxhead	VetF45	N/A
379	644	00:46:44	Alan	Flower	VetM40	N/A
380	37	00:46:45	Mark	Osborn	VetM50	Road Runners Club
381	2926	00:46:45	Alison	Cushen	VetF35	Basildon A.C.
382	1223	00:46:45	Tony	Adams	VetM40	Great Bentley
383	555	00:46:46	Luke	Everett	SeniorM	N/A
384	357	00:46:46	James	Pepper	SeniorM	N/A
385	2323	00:46:49	Denise	Ford	VetF45	Chelmsford A.C.
386	932	00:46:49	Gerard	Larkin	SeniorM	N/A
387	1115	00:46:50	James	Burns	VetM40	N/A
388	391	00:46:50	Tterry	Wardale	VetM40	Bexley A.C.
389	125	00:46:52	Dave	Sansum	SeniorM	N/A
390	1216	00:46:54	Andrew	Ridley	SeniorM	East Essex Tri.C.
391	2937	00:46:56	Julie	Wishart	SeniorF	N/A
392	322	00:46:57	Richard	Broomfield	VetM40	N/A
393	267	00:46:57	Travis	O'Neill	SeniorM	N/A
394	124	00:46:59	David	Scott	VetM40	Thrift Green Trotters
395	2767	00:46:59	Angela	Bent	VetF55	N/A
396	2710	00:47:02	Jennifer	Green	VetF35	N/A
397	2206	00:47:03	Corina	Holmes	SeniorF	Thrift Green Trotters
398	798	00:47:04	Julian	Linathan	SeniorM	N/A
399	904	00:47:04	Paul	Delaney	SeniorM	N/A
400	2122	00:47:04	Wendy	Figes	SeniorF	Barking Road Runners
401	356	00:47:04	John	Boram	VetM40	Benfleet R.C.
402	2233	00:47:04	Carys	Sutton	SeniorF	Thrift Green Trotters
403	52	00:47:04	John	Jenks	VetM50	N/A
404	867	00:47:09	Paul	Watson	SeniorM	N/A
405	112	00:47:09	Stuart	Mackintosh	VetM50	Thrift Green Trotters

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406	702	00:47:09	Antony	Skinner	SeniorM	N/A
407	2804	00:47:10	Lesley	Felton	VetF35	Havering Mayesbrook A.C.
408	222	00:47:10	Terry	Cockell	SeniorM	Benfleet R.C.
409	976	00:47:10	Mark	Linn	VetM40	N/A
410	2634	00:47:13	Kate	Howlett	SeniorF	N/A
411	722	00:47:13	Myles	Coulson	SeniorM	N/A
412	2666	00:47:13	Jodie	Timbrell	SeniorF	Thrift Green Trotters
413	908	00:47:14	Brian	Cowling	VetM70	Billericay Striders
414	223	00:47:15	Kevin	Davidson	SeniorM	N/A
415	949	00:47:18	Trevor	Brown	VetM60	North Derbyshire R.C.
416	1227	00:47:20	Darren	McElroy	SeniorM	N/A
417	2319	00:47:20	Bettina	Maccariello	VetF35	Thurrock Harriers
418	840	00:47:21	Gary	Brown	SeniorM	Thrift Green Trotters
419	2125	00:47:21	Veronique	Dorothy	VetF45	N/A
420	988	00:47:24	Kevin	Hughes	SeniorM	Southend A.C.
421	73	00:47:24	Michael	Herring	VetM60	Ilford A.C.
422	967	00:47:25	Steve	Hodges	VetM40	N/A
423	498	00:47:27	Stuart	Ross	SeniorM	N/A
424	2393	00:47:27	Jan	Cooil	VetF35	Manx Harriers
425	704	00:47:28	Robert	Boult	VetM40	N/A
426	582	00:47:28	Peter	Beasley	VetM50	N/A
427	152	00:47:30	Dave	Lane	VetM40	N/A
428	2917	00:47:30	Rachel	Howard	SeniorF	Colchester & Tendering A.C.
429	2264	00:47:31	Sally	Gillam	VetF35	Ilford A.C.
430	659	00:47:33	Paul	Kanabahita	SeniorM	N/A
431	629	00:47:34	Neil	Reeve	SeniorM	N/A
432	891	00:47:34	Warren	Green	SeniorM	N/A
433	888	00:47:39	Mark	Hulbert	SeniorM	N/A
434	758	00:47:39	Pete	Crowhurst	SeniorM	N/A
435	591	00:47:40	Atsuo	Kanekiyo	SeniorM	N/A
436	986	00:47:40	John	McDonald	VetM40	N/A
437	2689	00:47:41	Joanne	Choulerton	VetF35	N/A
438	608	00:47:42	Jochen	Tree	SeniorM	N/A
439	821	00:47:43	John	Halliday	VetM60	Billericay Striders
440	992	00:47:43	Vincent	Barker	SeniorM	N/A
441	1117	00:47:45	Steven	Cooper	SeniorM	N/A
442	690	00:47:49	Nick	Dunn	SeniorM	N/A
443	920	00:47:50	Peter	Chaplin	VetM50	Pitsea R.C.
444	762	00:47:50	Brian	McCarthy	VetM50	Thrift Green Trotters
445	2699	00:47:50	Jennifer	Macaulay	SeniorF	Springfield Striders
446	630	00:47:51	Mark	Newell	VetM40	N/A
447	2749	00:47:51	Jackie	Ford	SeniorF	N/A
448	852	00:47:51	David	Purnell	SeniorM	Thrift Green Trotters
449	1131	00:47:54	Rob	Tubb	SeniorM	N/A
450	461	00:47:54	Andrew	Britton	SeniorM	N/A
451	602	00:47:54	Simon	Rees	VetM40	N/A
452	2375	00:47:54	Susanne	Barton	VetF35	Benfleet R.C.
453	913	00:47:58	Ian	Lewis	VetM40	Castle Point Joggers
454	1192	00:47:59	Andrew	Norrington	VetM40	N/A
455	307	00:48:02	Terry	Garner	VetM50	N/A
456	718	00:48:02	Richard	Rogers	SeniorM	N/A
457	2148	00:48:03	Sarah	Wren	VetF35	N/A
458	103	00:48:03	John	Wren	VetM40	N/A
459	817	00:48:05	Stephen	Baker	VetM50	N/A
460	2642	00:48:05	Gina	Gammer	VetF45	N/A
461	2113	00:48:08	Natalie	Brook	SeniorF	N/A
462	643	00:48:08	Keith	Bradford	SeniorM	N/A
463	1231	00:48:08	Michael	Dawson	SeniorM	N/A
464	2377	00:48:09	Nicky	Triggs	SeniorF	Benfleet R.C.
465	383	00:48:09	Steve	Bishop	VetM40	Benfleet R.C.
466	208	00:48:10	Gary	Baker	SeniorM	Essex Fire & Rescue Service
467	147	00:48:10	Nikos	Kotrozos	SeniorM	N/A
468	169	00:48:12	Lawrence	Langenhan	VetM40	N/A
469	906	00:48:12	Stuart	Reid	SeniorM	N/A
470	2807	00:48:16	Lisa	Ward	VetF35	L.O.S. Striders
471	2191	00:48:17	Rachel	Platt	SeniorF	N/A
472	790	00:48:18	Vincent	Smith	VetM50	N/A
473	209	00:48:19	Matt	Pattison	SeniorM	Essex Fire & Rescue Service

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474	884	00:48:19	Ben	Bates	SeniorM	N/A
475	937	00:48:19	Lol	Blainey	VetM40	L.O.S. Striders
476	900	00:48:23	Patrick	Horgan	VetM40	Castle Point Joggers
477	231	00:48:24	Michael	Maguire	VetM40	Road Runners Club
478	1196	00:48:25	Ben	Dyson	SeniorM	Witham R.C.
479	909	00:48:25	Steve	Browne	SeniorM	N/A
480	858	00:48:32	Kenny	Wilson	VetM40	East End Roadrunners
481	1116	00:48:32	Christopher	Bent	VetM60	Pitsea R.C.
482	2967	00:48:35	Paula	Purtell	VetF35	Blackwater Harriers
483	990	00:48:36	David	Adkins	VetM40	N/A
484	700	00:48:37	Robert	Read	VetM40	N/A
485	101	00:48:38	Kevin	Gregory	SeniorM	Thrift Green Trotters
486	2698	00:48:41	Sheila	Macaulay	VetF55	Springfield Striders
487	291	00:48:42	Stan	Coleman	VetM60	Thrift Green Trotters
488	2374	00:48:44	Jo	Barber	SeniorF	Benfleet R.C.
489	326	00:48:44	Michael	Kennedy	VetM60	Pitsea R.C.
490	720	00:48:44	Graham	Dedman	SeniorM	N/A
491	1286	00:48:47	Paul	Copsey	SeniorM	N/A
492	2128	00:48:48	Laura	Gray	SeniorF	N/A
493	219	00:48:48	Matthew	Rae	SeniorM	N/A
494	30	00:48:48	Rupert	McLeod	SeniorM	Orpington Road Runners
495	2648	00:48:49	Janet	Burrows	VetF35	East Essex Tri.C.
496	850	00:48:50	Nick	McCullagh	VetM50	N/A
497	276	00:48:50	Andy	Knill	VetM40	Billericay Striders
498	673	00:48:50	Paul	Dixon	VetM40	N/A
499	1212	00:48:53	Greg	Mortimer	SeniorM	N/A
500	264	00:48:54	David	Lesley	VetM60	Southend A.C.
501	839	00:48:54	David	Randle	VetM40	N/A
502	2557	00:48:56	Emma	Hogan	SeniorF	N/A
503	524	00:48:56	Lee	Runciman	SeniorM	East Essex Tri.C.
504	554	00:48:58	Standa	Hrabe	SeniorM	N/A
505	465	00:48:58	Scott	Thorne	SeniorM	N/A
506	2344	00:48:58	Rebecca	Shadbolt	VetF35	Club Kingswood R.C.
507	2717	00:49:03	Nicola	Evans	SeniorF	N/A
508	176	00:49:04	Michael	Petchey	VetM40	N/A
509	205	00:49:06	Ian	Linton	VetM50	Tiptree Road Runners
510	482	00:49:06	Alan	Grant	VetM40	N/A
511	349	00:49:06	Alex	Foster	VetM40	Grange Farm Dunmow
512	473	00:49:07	Martin	Gover	VetM40	N/A
513	907	00:49:07	Rolf	Horn	VetM40	Loughton A.C.
514	2394	00:49:08	Elaine	Bonville	VetF35	Billericay Striders
515	445	00:49:10	Arnie	Choi	SeniorM	N/A
516	159	00:49:10	Chris	Clayton	SeniorM	N/A
517	2635	00:49:10	Sarah	Belaon	SeniorF	N/A
518	2339	00:49:10	Dianne	Wagstaff	VetF35	N/A
519	2333	00:49:11	Sara	Randall	SeniorF	N/A
520	2681	00:49:11	Jo	Grainger	SeniorF	Chelmsford A.C.
521	538	00:49:11	Bob	Harding	VetM40	N/A
522	350	00:49:11	Gareth	Sell	SeniorM	N/A
523	731	00:49:14	Peter	Clark	VetM40	N/A
524	663	00:49:14	Shane	Aspinell	VetM40	N/A
525	1287	00:49:15	Darren	Polman	SeniorM	N/A
526	1256	00:49:15	Paul	Dallow	SeniorM	N/A
527	401	00:49:15	Stuart	Whetton	SeniorM	N/A
528	2315	00:49:16	Janice	Brown	VetF35	East Essex Tri.C.
529	2741	00:49:16	Sarah	Stone	SeniorF	N/A
530	595	00:49:16	Jonathan	Spencer	SeniorM	N/A
531	539	00:49:16	John	Harding	VetM50	N/A
532	2314	00:49:18	Beverley	Thomas	VetF45	Pitsea R.C.
533	1198	00:49:20	Peter Leonard		Watson	VetM50 Benfleet R.C.
534	1264	00:49:21	Justin	Brighten	SeniorM	N/A
535	478	00:49:22	Iain	Murray	SeniorM	N/A
536	1184	00:49:23	Leslie	Lee	VetM40	N/A
537	418	00:49:24	James	Boyce	SeniorM	N/A
538	751	00:49:25	Graham	Harris	VetM40	N/A
539	779	00:49:26	Calum	Newell	SeniorM	N/A
540	883	00:49:30	Mike	Hayward	VetM40	Castle Point Joggers
541	2270	00:49:30	Dianne	Crisp	VetF45	Ilford A.C.

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542	897	00:49:31	Alan	Osbiston	VetM50	N/A
543	2489	00:49:31	Sally	Wilson	VetF35	L.O.S. Striders
544	286	00:49:32	Mark	Stone	SeniorM	N/A
545	2371	00:49:33	Tarnia	Thompson-Roe	VetF35	Benfleet R.C.
546	2479	00:49:35	Juliette	Young	VetF35	N/A
547	763	00:49:35	Kelvin	Howard	SeniorM	N/A
548	2708	00:49:36	Victoria	Fisher	SeniorF	N/A
549	2211	00:49:37	Joanne	Ling	VetF35	Billericay Striders
550	366	00:49:38	Kevin	McAlpin	SeniorM	N/A
551	987	00:49:38	Martin	Sherlock	SeniorM	N/A
552	26	00:49:39	Matthew	Macdonald	SeniorM	N/A
553	394	00:49:41	Gary	Warwick	VetM50	Pitsea R.C.
554	1269	00:49:41	Lee	Turner	VetM40	N/A
555	187	00:49:42	Alan	Porter	VetM50	Billericay Striders
556	973	00:49:44	Daniel	Jenkins	VetM40	N/A
557	874	00:49:46	Paul	Norris	SeniorM	N/A
558	2751	00:49:46	Lorraine	Peters	VetF35	Benfleet R.C.
559	2360	00:49:48	Louise	Bradshaw	SeniorF	N/A
560	171	00:49:51	Peter	Mather	SeniorM	Benfleet R.C.
561	49	00:49:53	Anthony	Marshall	SeniorM	N/A
562	1109	00:49:53	Russell	Lawrence	SeniorM	N/A
563	667	00:49:54	Matthew	Finlay	SeniorM	N/A
564	638	00:49:54	Stephen	Curley	SeniorM	N/A
565	818	00:49:54	Rob	Maclean	SeniorM	N/A
566	2244	00:49:54	Joanne	Day	VetF35	Thrift Green Trotters
567	925	00:49:54	Michael	Courtier	SeniorM	Greenwich Tritons
568	1232	00:49:54	Jon	Kettlewell	VetM40	N/A
569	603	00:49:54	Anthony	Curtin	VetM50	Thrift Green Trotters
570	975	00:49:56	John	Want	SeniorM	N/A
571	1136	00:49:56	Jonathan	Pitcher	SeniorM	N/A
572	238	00:49:57	Anthony	McDonald-Liggins	VetM50	Thrift Green Trotters
573	890	00:49:57	Peter	Johnson	SeniorM	L.O.S. Striders
574	470	00:49:58	Pete	Sprenger	SeniorM	N/A
575	510	00:50:02	Luke	Singleton	SeniorM	N/A
576	811	00:50:03	David	Hyde	VetM40	Benfleet R.C.
577	254	00:50:05	David	Payne	VetM50	Witham R.C.
578	868	00:50:06	Ben	Hurrel	SeniorM	N/A
579	150	00:50:06	Peter	Collier	VetM50	Fitness First Flyers
580	1235	00:50:06	Ross	Mackay	SeniorM	N/A
581	301	00:50:06	Dave	Finch	VetM50	Barking Road Runners
582	866	00:50:07	Peter	Warrior	VetM40	Billericay Striders
583	2205	00:50:07	Pamela	Jones	VetF65	Ilford A.C.
584	754	00:50:07	Andrew	Jackson	VetM40	Serpentine R.C.
585	1234	00:50:08	Barry	Brett	VetM50	N/A
586	742	00:50:09	Dean	Murphy	SeniorM	N/A
587	824	00:50:10	Shawn	Leek	SeniorM	N/A
588	2633	00:50:11	Siobhan	Cook	SeniorF	N/A
589	440	00:50:11	Richard	Layzell	VetM40	N/A
590	2507	00:50:11	Madeleine	Crow	VetF45	Dartford Harriers
591	215	00:50:14	SIMON	WARD	VetM40	N/A
592	802	00:50:15	Jacade	Berry	SeniorM	N/A
593	701	00:50:21	Mick	Hewitt	VetM50	Ford R.C.
594	617	00:50:22	Tony	Dennis	SeniorM	Castle Point Joggers
595	503	00:50:22	Andrew	Durham	SeniorM	N/A
596	1278	00:50:24	Richard	Thompson	VetM40	N/A
597	96	00:50:25	Nick	Valade	SeniorM	N/A
598	2288	00:50:26	Nina	Day	SeniorF	Thrift Green Trotters
599	1107	00:50:26	Kenton	Penny	VetM40	N/A
600	1211	00:50:26	Tim	Allen	SeniorM	N/A
601	2301	00:50:27	Michelle	Johns	SeniorF	N/A
602	1110	00:50:28	Lee	Stannard	SeniorM	N/A
603	558	00:50:28	Shane	Walker	SeniorM	N/A
604	735	00:50:28	Tony	Hall	SeniorM	N/A
605	655	00:50:29	Kevin	Compton	SeniorM	N/A
606	1155	00:50:31	Richard	Williams	SeniorM	Thrift Green Trotters
607	1201	00:50:31	Glyn	Edwards	VetM40	N/A
608	2368	00:50:32	Lucinda	Booth	VetF35	L.O.S. Striders
609	2581	00:50:34	Nikki	Baynes	SeniorF	Southend A.C.

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610	628	00:50:36	Charlie	Baynes	VetM50	East Essex Tri.C.
611	195	00:50:37	Paul	Buckley	VetM40	N/A
612	389	00:50:37	David	Godfrey	VetM60	Billericay Striders
613	708	00:50:40	Scott	Enders	SeniorM	N/A
614	120	00:50:40	Peter	Pye	VetM60	N/A
615	2716	00:50:40	Sandra	Rolls	VetF35	N/A
616	535	00:50:42	David	Hall	VetM50	N/A
617	278	00:50:42	Rob	Hadgraft	VetM50	Tiptree Road Runners
618	251	00:50:43	Alan	Hind	SeniorM	Springfield Striders
619	1149	00:50:44	Stuart	Walters	SeniorM	N/A
620	386	00:50:47	David	West	VetM60	L.O.S. Striders
621	980	00:50:47	Tim	Harvey	SeniorM	N/A
622	612	00:50:49	Gareth	Tucker	SeniorM	Barking Road Runners
623	2580	00:50:49	Ashley	Donoghue	VetF35	Barking Road Runners
624	2775	00:50:49	Rachel	Jarvis	VetF35	N/A
625	2446	00:50:52	Anne	Jenkinson	SeniorF	N/A
626	2670	00:50:52	Chante	Batson	SeniorF	N/A
627	2702	00:50:53	Fay	Helliwell	VetF35	Colchester Harriers
628	411	00:50:53	Stuart	Martin	SeniorM	N/A
629	497	00:50:57	Daniel	Peters	SeniorM	N/A
630	2400	00:50:58	Karen	Burrows	SeniorF	N/A
631	2835	00:50:58	Christine	Bearwish	VetF35	N/A
632	972	00:50:59	Martin	Turner	VetM40	N/A
633	323	00:51:03	George	Hewitt	VetM60	Southern County Vets
634	226	00:51:04	Ian	Newling	SeniorM	N/A
635	415	00:51:07	David	Martin	SeniorM	N/A
636	2608	00:51:07	Karen	Hurrell	VetF35	Road Runners Club
637	360	00:51:08	Stephen	Bettaney	VetM60	N/A
638	2412	00:51:08	Janeen	Grafton	VetF35	N/A
639	1204	00:51:09	Jonathon	Barson	SeniorM	N/A
640	899	00:51:10	John	Waller	SeniorM	Club Kingswood R.C.
641	2825	00:51:12	Rachel	Barnwell	SeniorF	N/A
642	238	00:51:13	Anthony	McDonald-Liggins	VetM50	Thrift Green Trotters
643	2898	00:51:13	Mary	Britton	VetM50	L.O.S. Striders
644	1140	00:51:13	Andy	Margetts	VetM40	N/A
645	2555	00:51:14	Julia	Newell	SeniorF	N/A
646	1209	00:51:15	Mark	White	VetM40	N/A
647	509	00:51:16	Liam	Smith	SeniorM	N/A
648	1255	00:51:17	Euan	Philipps	SeniorM	N/A
649	502	00:51:17	James	Spencer	SeniorM	Benfleet R.C.
650	712	00:51:21	Paul	McBrearty	SeniorM	N/A
651	843	00:51:21	Darren	Cashman	SeniorM	N/A
652	631	00:51:21	Anthony	Timotheou	SeniorM	N/A
653	633	00:51:23	Andrew	Timotheou	VetM40	N/A
654	488	00:51:23	Andy	Murphy	SeniorM	N/A
655	530	00:51:24	Stuart	Saggers	SeniorM	N/A
656	761	00:51:24	Jonathan	Hubbard	SeniorM	N/A
657	573	00:51:24	Damian	Cattah	SeniorM	N/A
658	2196	00:51:25	Samantha	Outen	VetF35	N/A
659	1284	00:51:25	Kevin	Smith	SeniorM	N/A
660	2786	00:51:25	Emma	Elms	SeniorF	N/A
661	2604	00:51:26	Sarah	Jaggs	SeniorF	Rush Croft Runners
662	2185	00:51:26	Jill	Lister	VetF35	Thrift Green Trotters
663	339	00:51:27	Tim	Hewitt	SeniorM	N/A
664	933	00:51:28	Andrew	Tweddle	VetM40	Thrift Green Trotters
665	951	00:51:29	Fred	Lowman	VetM60	Castle Point Joggers
666	8	00:51:30	Mark	Willmore	VetM40	N/A
667	2387	00:51:30	Amanda	Milton	VetF35	N/A
668	400	00:51:32	Anthony	White	SeniorM	Benfleet R.C.
669	2193	00:51:33	Vanessa	Mathers	VetF35	N/A
670	1101	00:51:33	Gregory	Dearman	SeniorM	N/A
671	2916	00:51:35	Jo	Fitsall	VetF35	N/A
672	1133	00:51:38	Warren	Drury	SeniorM	N/A
673	2639	00:51:38	Shelley	Wray	VetF35	Witham R.C.
674	2930	00:51:41	Sally	Cockburn	SeniorF	Springfield Striders
675	262	00:51:43	John	Pickard	VetM50	Thrift Green Trotters
676	2280	00:51:45	Nicola	Hulme	VetF35	N/A
677	2932	00:51:45	Lisa	Hatton	VetF35	N/A

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678	1202	00:51:46	Michael	Flynn	VetM40	N/A
679	2703	00:51:48	Jacalyn	Eyres	VetF35	N/A
680	2810	00:51:48	Gail	Patman	VetF35	L.O.S. Striders
681	2140	00:51:48	Kate	Cammidge	SeniorF	Castle Point Joggers
682	2957	00:51:48	Claire	Turner	VetF35	N/A
683	1248	00:52:03	Robert	Case	SeniorM	Felixstowe Road Runners
684	456	00:52:04	Alfred	Powell	VetM50	N/A
685	2108	00:52:05	Suzie	Ridler	SeniorF	N/A
686	403	00:52:06	Mark	Dobson	SeniorM	L.O.S. Striders
687	2106	00:52:07	Denise	Neville	VetF45	N/A
688	968	00:52:07	Gary	Johnson	VetM40	Benfleet R.C.
689	95	00:52:08	Mark	Regan	VetM40	N/A
690	2613	00:52:09	Lisa	Sales	SeniorF	Bishops Stortford R.C.
691	1158	00:52:10	Paul	Kidd	VetM40	N/A
692	444	00:52:11	Keith	Passingham	VetM50	Pitsea R.C.
693	1185	00:52:12	Steve	Dymond	VetM40	N/A
694	547	00:52:12	Mick	Wright	VetM40	Castle Point Joggers
695	1263	00:52:12	Colin	Keeling	VetM60	N/A
696	594	00:52:13	Douglas	Colmer	VetM50	Bexley A.C.
697	274	00:52:13	Paul	Jewett	SeniorM	N/A
698	982	00:52:13	Leslie	Banks	VetM50	N/A
699	23	00:52:14	Mark	Maslin	SeniorM	N/A
700	2181	00:52:14	Beryl	De Smedt	VetF45	Basildon A.C.
701	1281	00:52:15	Jay	Denny	VetM40	N/A
702	1240	00:52:16	Derrick	Griffiths	VetM40	N/A
703	281	00:52:17	Greg	Sexten	SeniorM	N/A
704	230	00:52:17	David	Marks	VetM40	N/A
705	2372	00:52:17	Karen	Bardrick	VetF35	Benfleet R.C.
706	757	00:52:22	Brett	Moseley	SeniorM	N/A
707	2738	00:52:22	Lorri	Gibson	VetF35	Benfleet R.C.
708	248	00:52:22	Stewart	Heath	SeniorM	N/A
709	2307	00:52:23	Helen	Porter	SeniorF	N/A
710	285	00:52:23	Jack	Stammers	SeniorM	N/A
711	1202	00:52:24	Michael	Flynn	VetM40	N/A
712	563	00:52:26	David	Keeler	SeniorM	N/A
713	1187	00:52:26	John	McEachern	SeniorM	Springfield Striders
714	484	00:52:26	Ian	Gibson	VetM40	N/A
715	656	00:52:26	Tony	Rustman	VetM40	N/A
716	2734	00:52:26	Susan	Wrigley	VetF35	L.O.S. Striders
717	955	00:52:27	Charles	Quaey	VetM40	Essex Police A.C.
718	676	00:52:28	Howard	Dimmock	VetM60	Southend A.C.
719	816	00:52:28	John	East	VetM50	N/A
720	2793	00:52:28	Lisa	Wilkinson	VetF45	Club Kingswood R.C.
721	2231	00:52:29	Pauline	Tester	VetF35	Ilford A.C.
722	43	00:52:29	John	Gatens	VetM60	Edmonton R.C.
723	609	00:52:30	Kieran	Hignett	SeniorM	N/A
724	2776	00:52:31	Joanne	Cooke	SeniorF	N/A
725	1208	00:52:32	Andrew	Paton	SeniorM	N/A
726	2943	00:52:32	Claire	Spencer	SeniorF	N/A
727	1106	00:52:34	Jeremy	Huband	VetM40	N/A
728	819	00:52:35	Allan	Walker	VetM40	N/A
729	315	00:52:35	Richard	Stobbs	SeniorM	N/A
730	2318	00:52:40	Julia	Pierson	VetF35	N/A
731	51	00:52:41	Gary	Clarke	SeniorM	N/A
732	1226	00:52:45	Mark	Blakebrough	SeniorM	Hadleigh Fire And Rescue
733	2722	00:52:45	Tracy	Smith	VetF35	N/A
734	2955	00:52:46	Karen	Berry	VetF35	Benfleet R.C.
735	2905	00:52:47	Karen	Lammert	SeniorF	N/A
736	924	00:52:47	Alec	Effeny	SeniorM	N/A
737	2146	00:52:50	Zoe Louise	Dempsey	SeniorF	N/A
738	637	00:52:50	Colin X	Fernandes	SeniorM	Edmonton R.C.
739	2353	00:52:51	Sue	Fuller	VetF45	Benfleet R.C.
740	517	00:52:52	Gary	Bancroft	VetM50	N/A
741	707	00:52:52	Shaun	Elliott	VetM40	N/A
742	1114	00:52:52	Paul	Mumford	SeniorM	N/A
743	476	00:52:52	Paul	Crabtree	SeniorM	N/A
744	1257	00:52:52	John	Scanlon	SeniorM	N/A
745	213	00:52:52	Dave	Kelly	VetM40	N/A

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746	576	00:52:53	Justin	Howard	SeniorM	N/A
747	1245	00:52:53	Elliot	Pearman	SeniorM	N/A
748	940	00:52:53	Craig	McGee	SeniorM	N/A
749	871	00:52:53	Tony	Papasifakis	SeniorM	Ilford A.C.
750	2800	00:52:54	Grace	Doherty	SeniorF	N/A
751	1230	00:52:55	Raymond	Taylor	VetM60	Barking Road Runners
752	705	00:52:58	Andrew	Bridge	VetM50	N/A
753	860	00:52:59	Christopher	Phillips	SeniorM	N/A
754	531	00:53:00	Brian	Watt	SeniorM	N/A
755	553	00:53:01	Mick	Hrabe	SeniorM	N/A
756	695	00:53:02	Alistair	Bayliss	SeniorM	N/A
757	2556	00:53:02	Sarah	Dutton	SeniorF	N/A
758	188	00:53:03	Lyndon	Bubb	SeniorM	N/A
759	581	00:53:03	Mark	Groves	VetM40	N/A
760	2276	00:53:05	Susan	Parish	VetF45	N/A
761	325	00:53:06	Frank	Robinson	VetM60	Edmonton R.C.
762	1182	00:53:06	Ken	Gilbey	VetM50	N/A
763	935	00:53:07	Russell	Oliver	VetM40	N/A
764	1239	00:53:07	Gary	Rickett-Ambrose	SeniorM	N/A
765	929	00:53:09	Michael	Hoy	VetM40	Benfleet R.C.
766	162	00:53:10	Peter	Straderick	SeniorM	N/A
767	775	00:53:10	Jake	Saunderson	SeniorM	N/A
768	229	00:53:12	Stewart	Morley	VetM40	Benfleet R.C.
769	2183	00:53:12	Helen	Scott	VetF45	Thrift Green Trotters
770	2909	00:53:12	Elizabeth	Holmes	VetF35	N/A
771	671	00:53:15	Andrew	Rogers	SeniorM	N/A
772	2405	00:53:15	Samantha	Taylor	SeniorF	N/A
773	354	00:53:17	David	Mather	SeniorM	N/A
774	2134	00:53:17	Helen	Taliadoros	VetF35	N/A
775	409	00:53:18	Robert	Macmillan	SeniorM	Benfleet R.C.
776	2762	00:53:21	Julie	Perrin	VetF35	N/A
777	2763	00:53:21	Annette	Stannard	VetF35	N/A
778	2706	00:53:22	Anita	Wharnsby	VetF35	N/A
779	651	00:53:23	Lee	Baxter	SeniorM	N/A
780	596	00:53:23	Steve	Harvey	SeniorM	N/A
781	2352	00:53:27	Susan	Green	SeniorF	N/A
782	139	00:53:28	John	Roberts	VetM40	Castle Point Joggers
783	640	00:53:28	Paul	Maskell	VetM50	N/A
784	2584	00:53:28	Stephanie	Milligan	SeniorF	N/A
785	635	00:53:28	Brian	Martin	SeniorM	L.O.S. Striders
786	330	00:53:28	Tim	Williams	VetF45	Edmonton R.C.
787	2449	00:53:28	Alison	Moscuzza	SeniorF	N/A
788	1219	00:53:28	Dave	Horner	SeniorM	N/A
789	2235	00:53:28	Karen	Sutherland	VetF35	N/A
790	1129	00:53:28	Dave	Wright	VetM40	N/A
791	2496	00:53:28	Elaine	Murray	VetF35	N/A
792	361	00:53:28	Keith	Ruston	VetM60	Pitsea R.C.
793	614	00:53:30	David	Waite	VetM50	N/A
794	764	00:53:32	Dave	Carr	VetM40	L.O.S. Striders
795	2526	00:53:34	Eleanor	Sorrell	SeniorF	N/A
796	522	00:53:34	Ross	Chestney	VetM40	N/A
797	914	00:53:35	Neil	Ehrenzweig	SeniorM	N/A
798	915	00:53:35	David	Phillips	SeniorM	N/A
799	734	00:53:35	Chris	Norman	SeniorM	N/A
800	86	00:53:35	Paul	Smith	VetM40	N/A
801	2728	00:53:36	Barbara	Oliver	VetF55	Benfleet R.C.
802	329	00:53:36	William	Bridge	VetM40	N/A
803	2210	00:53:37	Jan	Grover	VetF45	N/A
804	2242	00:53:37	Debbie	Smith	VetF35	N/A
805	348	00:53:44	Gavin	Foster	VetM40	Grange Farm Dunmow
806	27	00:53:47	Gavin	Silver	VetM40	N/A
807	864	00:53:47	Kevin	Salt	VetM40	L.O.S. Striders
808	492	00:53:50	Michael	Grout	SeniorM	N/A
809	2383	00:53:50	Sue	Flewitt	VetF35	N/A
810	60	00:53:51	Ggary	Tomlin	VetM40	N/A
812	98	00:53:54	Harold	Fether	VetM50	N/A
814	471	00:53:55	Tom	Blowers	SeniorM	N/A
815	181	00:53:56	David	Dingwall	SeniorM	N/A

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816	974	00:53:57	Mike	Googe	VetM40	N/A
817	716	00:53:57	Neal	Misell	SeniorM	N/A
818	1157	00:53:58	Chris	May	VetM50	N/A
819	2334	00:53:58	Kerry	Mullins	VetF35	N/A
820	2649	00:53:58	Geraldine	Clark	VetF45	N/A
821	781	00:53:59	Michael	Bailey	VetM40	Southend A.C.
822	2544	00:54:00	Kelly	Rayner	SeniorF	Thrift Green Trotters
823	854	00:54:00	Richard	Selby	VetM40	N/A
824	2349	00:54:01	Jill	Sherlock	VetF35	N/A
825	138	00:54:02	Roy	Jones	VetM60	Castle Point Joggers
826	2228	00:54:03	Serena	Judd	VetF35	N/A
827	1254	00:54:03	Ian	Crow	VetM50	N/A
828	2824	00:54:04	Sharon	Sams	VetF45	Barking Road Runners
829	678	00:54:06	Robert	Courtier	VetM50	Barking Road Runners
830	2692	00:54:10	Fiona	Walker	VetF35	L.O.S. Striders
831	422	00:54:10	Mike	Overy	SeniorM	N/A
832	1233	00:54:10	Jason	Farr	SeniorM	N/A
833	2132	00:54:14	Julie	Furner	VetF35	N/A
834	748	00:54:14	William	Knight	SeniorM	N/A
835	528	00:54:14	Jerry	Canty	SeniorM	N/A
836	2655	00:54:14	Clare	Davis	SeniorF	Ilford A.C.
837	318	00:54:17	Brian	Collison	VetM50	Edmonton R.C.
838	791	00:54:20	Ray	Monaghan	VetM40	Billericay Striders
839	2109	00:54:23	Becky	Ball	VetF35	N/A
840	259	00:54:24	Christopher	Easter	VetM50	Thrift Green Trotters
841	2521	00:54:24	Tina	Henderson	VetF35	N/A
842	1194	00:54:24	Narendra	Mistry	VetM40	N/A
843	496	00:54:27	David	Martin	SeniorM	N/A
844	944	00:54:27	Michael	Beaumont	VetM50	N/A
845	2814	00:54:28	Johanne	Newstead	VetF45	26.2 Road Runners
846	105	00:54:29	John	McAvoy	VetM60	Ford Fitness
847	2625	00:54:29	Christina	Edwards	VetF35	N/A
848	692	00:54:29	Graeme	Edwards	SeniorM	N/A
849	977	00:54:29	Claudio	Valentini	VetM40	N/A
850	13	00:54:29	Graham	Butler	SeniorM	N/A
851	895	00:54:30	Bryan	Wilson	VetM50	N/A
852	768	00:54:30	Andrew	Crow	VetM40	N/A
853	2356	00:54:30	Tina	Guiver	SeniorF	N/A
854	370	00:54:31	Peter	Evans	VetM40	N/A
855	2347	00:54:32	Sally	Youell	VetF45	N/A
856	2291	00:54:33	Lorraine	Pichelski	VetF35	Edmonton R.C.
857	2744	00:54:33	Ann	Tooke-Kirby	VetF45	Billericay Striders
858	2305	00:54:34	Karen	Porter	VetF35	Thrift Green Trotters
859	56	00:54:34	Terry	Harding	VetM40	N/A
860	697	00:54:34	John	Johnstone	SeniorM	N/A
861	516	00:54:34	Martin	Crow	VetM50	N/A
862	379	00:54:36	Tony	Phillips	SeniorM	N/A
863	2342	00:54:36	Pippa	Williams	VetF45	Edmonton R.C.
864	1105	00:54:37	Paul	Kelly	VetM40	N/A
865	280	00:54:38	Paul	Summers	VetM40	N/A
866	2921	00:54:39	Alison	Norrington	VetF35	Thrift Green Trotters
867	2623	00:54:39	Rachael	Hartiss	SeniorF	N/A
868	583	00:54:40	Joe	Bourne	SeniorM	N/A
869	4	00:54:41	TJ	Baxter	SeniorM	N/A
870	3	00:54:41	Rick	Baxter	SeniorM	N/A
871	2636	00:54:41	Mary-Ella	Wennell	VetF35	N/A
872	2821	00:54:41	Mary	Pilgrim	VetF45	Springfield Striders
873	2700	00:54:41	Jo	Phelps	VetF35	N/A
874	2325	00:54:42	Nicki	Curling	VetF35	N/A
875	911	00:54:42	Graham	Bickford	VetM40	N/A
876	2254	00:54:42	Frances	Humphries	VetF45	Thrift Green Trotters
877	1267	00:54:42	Matt	Wisbey	SeniorM	N/A
878	55	00:54:46	Patrick	Waters	VetM60	Castle Point Joggers
879	249	00:54:52	Nick	Pugh	VetM60	Castle Point Joggers
880	934	00:54:52	Robert	Johnston	VetM50	N/A
881	193	00:54:53	Jack	Elliot	SeniorM	N/A
882	2202	00:54:53	Sian	Beavis	VetF35	N/A
883	2281	00:54:54	Gill	Kelly	VetF35	N/A

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884	2282	00:54:55	Dawn	Rolph	SeniorF	N/A
885	2915	00:54:56	Tania	Galvin	VetF35	N/A
886	93	00:54:56	Arran	Salmon	SeniorM	N/A
887	632	00:54:56	James	Timotheou	SeniorM	N/A
888	76	00:54:56	Jim	Jennett	SeniorM	Thurrock Nomads
889	153	00:54:57	Ben	Green	SeniorM	N/A
890	2448	00:54:59	Angie	Standing	VetF45	N/A
891	794	00:54:59	Ian	Richards	SeniorM	N/A
892	903	00:55:00	Colin	Higgs	VetM50	N/A
893	2209	00:55:03	Faye	Borthwick	VetF35	N/A
894	505	00:55:03	Lloyd	Reynolds	VetM40	N/A
895	224	00:55:04	Albert	Miles	VetM70	Castle Point Joggers
896	2321	00:55:04	Dawn	Newbold	SeniorF	N/A
897	2101	00:55:04	Giselle	Devlin	VetF35	L.O.S. Striders
898	9	00:55:04	Craig	Hegarty	VetM40	N/A
899	28	00:55:05	Lee	Meadows	VetM40	N/A
900	767	00:55:05	Simon	Gray	SeniorM	N/A
901	575	00:55:05	Dave	Fuller	SeniorM	N/A
902	616	00:55:06	Michael	Jackson	VetM50	N/A
903	131	00:55:06	John	Harrw	VetM50	N/A
904	953	00:55:07	David	Neaves	VetM50	N/A
905	130	00:55:07	Peter	Cox	VetM50	N/A
906	2545	00:55:10	Angela	Lewis-Wright	VetF55	Edmonton R.C.
907	2126	00:55:10	Fiona	Hawkins	VetF35	Southend A.C.
908	385	00:55:10	Tony	Jacobs	VetM50	Benfleet R.C.
909	129	00:55:10	Stephen	Evans	VetM50	N/A
910	2135	00:55:10	Stephanie	Orrell	VetF35	N/A
911	2303	00:55:10	Laura	Irvin	SeniorF	N/A
912	2143	00:55:11	Amanda	Wiley	VetF35	N/A
913	2904	00:55:11	Emma	White	SeniorF	N/A
914	2970	00:55:12	Caroline	Maguire	VetF35	N/A
915	770	00:55:12	Mike	Jordan	VetM40	Benfleet R.C.
916	2841	00:55:13	Cheryl	Yarwood	VetF35	N/A
917	882	00:55:14	Michael	Hamilton	SeniorM	N/A
918	94	00:55:14	Lee	Martin	SeniorM	N/A
919	724	00:55:18	Julian	Morley	SeniorM	N/A
920	377	00:55:19	John	Crisp	VetM60	Benfleet R.C.
921	2110	00:55:23	Tina	Robinson	VetF45	N/A
922	2370	00:55:24	Susan	Sands	VetF45	N/A
923	2920	00:55:24	Kerry	Sherwin	VetF35	N/A
924	2919	00:55:25	Caroline	Hargreaves	SeniorF	N/A
925	1173	00:55:25	Rhys	Lloyd	SeniorM	N/A
927	2850	00:55:27	Joe	Lee	SeniorF	N/A
928	1124	00:55:28	James	Denham	SeniorM	N/A
929	2739	00:55:31	Beverley	Wright	VetF45	N/A
930	872	00:55:32	Robert	Wright	VetM40	N/A
931	246	00:55:32	Andrew	Kelly	VetM40	N/A
932	34	00:55:32	Michael	Marshall	SeniorM	N/A
933	812	00:55:33	David	Mills	VetM40	N/A
934	1203	00:55:33	Kev	Goggins	SeniorM	N/A
935	2701	00:55:33	Eileen	Hammond	VetF55	Castle Point Joggers
936	87	00:55:33	Peter	Dean	VetM50	N/A
937	782	00:55:34	David	Campos	VetM60	N/A
938	752	00:55:42	Adrian	Pugh	VetM40	N/A
939	2284	00:55:42	Teresa	Persighetti	VetF45	Eton Manor A.C.
940	399	00:55:43	James	Collis	VetM40	N/A
941	1123	00:55:45	Peter	Hubbard	SeniorM	N/A
942	660	00:55:46	Darren	Ellis	SeniorM	N/A
943	2947	00:55:47	Carol	Drake	VetF35	L.O.S. Striders
944	1142	00:55:48	Jim	Rourke	VetM40	Billericay Striders
945	2249	00:55:49	Val	White	VetF55	N/A
946	2186	00:55:50	Ann	Somerville	SeniorF	N/A
947	550	00:55:50	Adam	Gordon	SeniorM	N/A
948	2404	00:55:50	Jane	McReynolds	VetF35	N/A
949	175	00:55:51	Jeremy	Gore	VetM40	Halstead Road Runners
950	2684	00:55:51	Katherine	Hickey	SeniorF	N/A
951	1168	00:55:51	Simon	Reader	VetM40	Ford Fitness
952	2925	00:55:54	Fiona	Reid	SeniorF	N/A

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953	39	00:55:54	Dennis	Spencer-Perkins	VetM50	Barking Road Runners
954	837	00:55:55	Neil	Cornelius	SeniorM	N/A
955	375	00:55:56	Neil	Murrell	SeniorM	Benfleet R.C.
956	2246	00:55:56	Linda	Simpson	VetF45	N/A
957	2247	00:55:56	Deborah	Sully	VetF45	N/A
958	331	00:55:57	Michael	Martin	SeniorM	N/A
959	642	00:56:00	Patrick	Knowles	VetM50	Springfield Striders
960	1141	00:56:05	Peter	Bacon	SeniorM	N/A
961	2308	00:56:05	Nina	Fenwick	SeniorF	N/A
962	69	00:56:05	Gerry	Pells	VetM70	Ilford A.C.
963	2258	00:56:05	Lesley	Morgan	VetF45	Castle Point Joggers
964	2605	00:56:05	Charlotte	Jones	VetF35	N/A
965	1186	00:56:05	Neil	Payne	SeniorM	N/A
966	2286	00:56:05	Sharon	Lohan	VetF45	N/A
967	570	00:56:05	Paul	McCowen	SeniorM	N/A
968	2836	00:56:06	Phillippa	Massey	VetF35	N/A
969	574	00:56:06	Barry	Durrant	SeniorM	N/A
970	744	00:56:06	Simon	Kirkpatrick	SeniorM	N/A
971	2729	00:56:06	Val	McCullagh	VetF45	Castle Point Joggers
972	2433	00:56:07	Desi	Choi	VetF35	N/A
973	2313	00:56:08	Janet	Finch	VetF45	Barking Road Runners
974	946	00:56:10	John	Wyer	SeniorM	N/A
975	876	00:56:13	David	Tooke-Kirby	VetM50	N/A
976	85	00:56:13	Cliff	Munday	VetM40	N/A
977	2748	00:56:15	Pauline	Edmunds	VetF55	Edmonton R.C.
978	2721	00:56:16	Paula	Booth	VetF35	Thrift Green Trotters
979	1170	00:56:16	Simon	Falzon	VetM40	N/A
980	384	00:56:16	Kevin	Massey	VetM40	Benfleet R.C.
981	1279	00:56:16	Chas	Matthew	VetM50	N/A
982	215	00:56:16	SIMON	WARD	VetM40	N/A
983	2153	00:56:16	Marina	Hinns	VetF35	Thrift Green Trotters
984	2163	00:56:16	Corinne	Nunn	VetF35	N/A
985	2495	00:56:17	Tracey	George	VetF35	N/A
986	941	00:56:17	Terence	O'Shaughnessy	VetM40	N/A
987	2971	00:56:17	Zoe	Phillips	SeniorF	N/A
988	1282	00:56:19	Andrew	Davies	SeniorM	N/A
989	2768	00:56:19	Lorraine	Heal	VetF45	Castle Point Joggers
990	2765	00:56:20	Yvonne	Sharp	VetF45	N/A
991	694	00:56:20	Tony	Etherington	SeniorM	N/A
992	2355	00:56:28	Sarah	Norton	VetF35	Benfleet R.C.
993	2612	00:56:29	Jean	Greaves	VetF35	N/A
994	2317	00:56:31	Christine	Morgan	VetF35	N/A
995	1181	00:56:31	Daren	Rickenberg	VetM40	N/A
996	2588	00:56:31	Jane	Flower	VetF35	N/A
997	2733	00:56:37	Jen	Grainger	VetF55	Chelmsford A.C.
998	206	00:56:37	Michael W	Ball	VetM60	Barking Road Runners
999	146	00:56:37	Len	Davies	VetM50	Havering 90 Joggers
1000	2213	00:56:38	Deborah	Davies	VetF45	Havering 90 Joggers
1001	799	00:56:39	Brian	Hicks	VetM40	Rush Croft Runners
1002	2341	00:56:39	Amy	Martin	SeniorF	N/A
1003	853	00:56:40	Simon	Lane	SeniorM	N/A
1004	2263	00:56:41	Emma	Taylor	SeniorF	N/A
1005	2659	00:56:42	Phillippa	Woodward	VetF35	N/A
1006	855	00:56:43	Finlay	Munro	VetM40	N/A
1007	738	00:56:43	Dan	Kilbourn	SeniorM	N/A
1008	277	00:56:43	Richard	Nash	SeniorM	Springfield Striders
1009	1102	00:56:44	Dominic	Easton	SeniorM	N/A
1010	2777	00:56:44	Emma	Lynch	VetF35	N/A
1011	743	00:56:44	Richard	Kelley	SeniorM	N/A
1012	2378	00:56:45	Danielle	Jacobs	SeniorF	Benfleet R.C.
1013	2131	00:56:47	Pauline Anne	Bowers	VetF45	East Essex Tri.C.
1014	40	00:56:53	Rob	Ambridge	VetM40	N/A
1015	2369	00:56:53	Amy	Allen	SeniorF	N/A
1016	2944	00:56:53	Lucyann	Bush	SeniorF	N/A
1017	978	00:56:54	Abi	Babak	VetM50	N/A
1018	2300	00:56:54	Katherine	Ewin	SeniorF	Team Viper
1019	2359	00:56:56	Michelle	Pepper	VetF35	N/A
1020	2499	00:56:57	Niamh	O'Brien	SeniorF	N/A

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1021	1176	00:56:59	Craig	Holliday	SeniorM	N/A
1022	447	00:57:00	Michael	Webster	SeniorM	N/A
1023	1251	00:57:06	Neil	Smith	SeniorM	N/A
1024	464	00:57:11	Kevin	Hughes	VetM40	N/A
1025	2420	00:57:12	Pam	Kavanagh	VetF35	Benfleet R.C.
1026	1229	00:57:13	Adam	Kellingray	SeniorM	Hadleigh Fire And Rescue
1027	2198	00:57:15	Lisa	Wood	VetF35	N/A
1028	532	00:57:16	Graham	Watt	SeniorM	N/A
1029	2367	00:57:17	Michelle	Cole	VetF35	N/A
1030	29	00:57:20	Ben	Church	SeniorM	N/A
1031	979	00:57:20	Michael	Cottrell	VetM60	Billericay Striders
1032	919	00:57:21	Lee	Porter	SeniorM	N/A
1033	928	00:57:21	Steve	Smith	VetM40	N/A
1034	6	00:57:23	Laurence	Witte	VetM50	N/A
1035	2354	00:57:23	Sheila	Bettaney	VetF55	N/A
1036	721	00:57:24	David	Moore	VetM40	N/A
1037	610	00:57:26	Mike	Daniels	VetM40	Springfield Striders
1038	2516	00:57:27	Linda	Hull	VetF35	N/A
1039	536	00:57:27	Mark	Norton	VetM40	N/A
1040	793	00:57:27	John	Lomas	VetM40	N/A
1041	927	00:57:32	Malkinder	Dhami	SeniorM	N/A
1042	2732	00:57:35	Michelle	Ball	VetF35	Thrift Green Trotters
1043	2541	00:57:36	Nicola	Wyatt	SeniorF	N/A
1044	2766	00:57:36	Sarah	Watts	SeniorF	N/A
1045	2792	00:57:37	Christine	Wyatt	VetF35	N/A
1046	774	00:57:37	Ray	Harris	SeniorM	N/A
1047	2743	00:57:39	Sharon	Eastland	VetF45	N/A
1048	2145	00:57:40	Alison Jayne	Taylor	SeniorF	N/A
1049	2974	00:57:40	Anita	Ferrari	VetF35	N/A
1050	1112	00:57:40	Daniel	Boxall	SeniorM	N/A
1051	784	00:57:42	Ian	O'Neill	VetM40	Thrift Green Trotters
1052	81	00:57:42	John	Freeman	VetM40	Thrift Green Trotters
1053	529	00:57:43	Andi	Gaywood	VetM40	Vegan Runners UK
1054	948	00:57:43	Jan	Starmer	VetM40	Stowmarket Striders
1055	338	00:57:43	Dave	Manze	VetM60	Edmonton R.C.
1056	1111	00:57:44	Andy	Howe	VetM50	N/A
1057	2389	00:57:44	Julie	Martine	VetF35	Thrift Green Trotters
1058	2388	00:57:46	Sharon	Wise	SeniorF	Thrift Green Trotters
1059	200	00:57:46	Robert	Mazzone	SeniorM	N/A
1060	2553	00:57:46	Angeline	Burton	VetF45	N/A
1061	2676	00:57:47	Angela	Seymour	SeniorF	Thrift Green Trotters
1062	199	00:57:48	Michael	King	VetM40	N/A
1063	369	00:57:50	Rodney	Morrison	VetM60	N/A
1064	2669	00:57:51	Holly	McLeish	SeniorF	N/A
1065	2434	00:57:51	Emma	Orrey	VetF35	N/A
1066	848	00:57:52	Mark	Reed	SeniorM	Benfleet R.C.
1067	849	00:57:57	Mark	Hall	SeniorM	Benfleet R.C.
1068	2586	00:57:57	Sarah	Knowles	SeniorF	Springfield Striders
1069	1222	00:57:58	Colin	Bell	SeniorM	N/A
1070	2155	00:58:01	Karen	Gordon	SeniorF	N/A
1071	2147	00:58:01	Deborah	Burgess	VetF35	N/A
1072	99	00:58:04	Richard	Burgess	VetM40	N/A
1073	1246	00:58:05	Nathan	Pearman	SeniorM	N/A
1074	750	00:58:06	Robin	Davis	VetM60	Ilford A.C.
1075	1150	00:58:06	Philip	Brown	VetM40	N/A
1076	2935	00:58:06	Karen	Melville	VetF45	Castle Point Joggers
1077	1221	00:58:08	Morgan	Reddish	SeniorM	Benfleet R.C.
1078	2661	00:58:08	Nicola	Lane	VetF35	N/A
1079	755	00:58:09	David	Woods	VetM50	N/A
1080	1159	00:58:12	Stuart	Chaplin	SeniorM	N/A
1081	2272	00:58:13	Vicki	Groves	VetF35	Barking Road Runners
1082	2144	00:58:14	Michelle	Smith	VetF35	N/A
1083	2519	00:58:15	Alison	Diver	VetF35	N/A
1084	2929	00:58:16	Victoria	Kneale	SeniorF	N/A
1085	32	00:58:17	David	Pearson	SeniorM	N/A
1086	2390	00:58:19	Maxine	Nunn	VetF35	N/A
1087	2490	00:58:20	Debra	Skapoullis	VetF45	Edmonton R.C.
1088	2514	00:58:20	Valerie	Furbank	VetF65	Havering 90 Joggers

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1089	149	00:58:21	Sean	Blackburne	SeniorM	N/A
1090	287	00:58:22	Robert	Payne	VetM50	N/A
1091	2589	00:58:22	Jane	Uwins	VetF35	N/A
1092	417	00:58:23	Greg	Lloyd	VetM40	N/A
1093	2755	00:58:28	Samantha	Woollett	VetF35	N/A
1094	765	00:58:29	Trevor	Milne	VetM50	N/A
1095	2650	00:58:29	Gail	Lees	SeniorF	N/A
1096	2494	00:58:30	Ceri	Agass	SeniorF	N/A
1097	506	00:58:30	Alan	Taylor	VetM40	Thurrock Nomads
1098	2960	00:58:32	Alice	Vinyard	VetF45	Britania A.C.
1099	2626	00:58:32	Marilyn	Manze	VetF45	Edmonton R.C.
1100	35	00:58:33	Joseph	Kirby	SeniorM	N/A
1101	442	00:58:33	Paul	Fisher	VetM40	N/A
1102	2105	00:58:33	Julie	Schofield	VetF45	N/A
1103	430	00:58:34	Martin	Robbins	VetM40	N/A
1104	21	00:58:34	Stephen	Marks	SeniorM	N/A
1105	2384	00:58:35	Jan	Delaney	VetF55	N/A
1106	2252	00:58:36	Elaine	Brown	VetF45	N/A
1107	2524	00:58:36	Sheona	Johnson	VetF35	Dagenham 88 Runners
1108	2817	00:58:36	Steve	Doherty	VetF55	N/A
1109	540	00:58:36	George	Siewertsen	VetM60	Dagenham 88 Runners
1110	77	00:58:36	Andrew	Robertson	SeniorM	N/A
1111	905	00:58:37	Alan	Delaney	VetM60	N/A
1112	166	00:58:37	Alex	Smith	SeniorM	N/A
1113	367	00:58:37	Warren	Jones	SeniorM	N/A
1114	113	00:58:38	Trevor	Deer	SeniorM	N/A
1115	204	00:58:38	Tony	Lewis	SeniorM	N/A
1116	2641	00:58:39	Lucy	Olley	VetF35	N/A
1117	2582	00:58:40	Kirsteen	Newell	VetF35	N/A
1118	2255	00:58:40	Sheila	Gillie	VetF45	Norwich Road Runners
1119	165	00:58:40	Paul	White	SeniorM	N/A
1120	2381	00:58:50	Julie	Mason	VetF35	N/A
1121	2583	00:58:51	Claire	Ogley	VetF35	N/A
1122	2590	00:58:53	Jayne	Pinner	VetF35	Thrift Green Trotters
1123	186	00:58:54	Peter	Brown	VetM40	N/A
1124	393	00:58:54	Keith	Reynolds	VetM50	Fitness First Flyers
1125	2523	00:58:54	Jenna	Hall	SeniorF	N/A
1126	2189	00:58:55	Kim	O'Brien	VetF35	N/A
1127	2150	00:58:55	Sarah	Mackintosh	SeniorF	Thrift Green Trotters
1128	2297	00:58:56	Jennifer	Skinner	SeniorF	Thrift Green Trotters
1129	2285	00:58:58	Joanne	Thomas	VetF35	N/A
1130	319	00:58:59	David	Wiles	SeniorM	N/A
1131	2657	00:58:59	Victoria	Newman	SeniorF	N/A
1132	136	00:59:00	Glen	Wilson	VetM40	N/A
1133	713	00:59:00	Russell	Butcher	SeniorM	N/A
1134	2199	00:59:00	Michelle	Snook	SeniorF	N/A
1135	2793	00:59:00	Lisa	Wilkinson	VetF45	Club Kingswood R.C.
1136	2386	00:59:00	Lucy V	Tidder	SeniorF	N/A
1137	2849	00:59:01	Lauren	Edwards	SeniorF	N/A
1138	190	00:59:01	John	Virgo	VetM70	Castle Point Joggers
1139	2730	00:59:01	Joanne	Cheshire	VetF35	Orion Harriers
1140	2731	00:59:03	Evelyn	Cheshire	VetF55	Orion Harriers
1141	2437	00:59:03	Julia	Santarelli	SeniorF	L.O.S. Striders
1142	2111	00:59:03	Jennifer	Hewson	SeniorF	N/A
1143	31	00:59:04	Ben	Hewson	SeniorM	N/A
1144	2559	00:59:04	Rachel	Kelly	VetF35	N/A
1145	647	00:59:07	Will	Tamlyn	SeniorM	Grange Farm Dunmow
1146	971	00:59:07	Declan	Smith	VetM50	N/A
1147	67	00:59:07	David	Rudd	VetM50	N/A
1148	333	00:59:10	Peter	Rudd	VetM50	N/A
1149	2179	00:59:11	Catherine	Salmon	VetF35	N/A
1150	2671	00:59:11	Beth	Jacob	SeniorF	N/A
1151	2268	00:59:12	Veronica	Beattie	VetF55	Thrift Green Trotters
1152	2243	00:59:13	Mairi	Hallett	VetF35	N/A
1153	174	00:59:13	Steve	Hallett	SeniorM	N/A
1154	569	00:59:17	Richard	O'Rawe	SeniorM	N/A
1155	371	00:59:18	Gareth	Riddell	SeniorM	Basildon A.C.
1156	2438	00:59:18	Claudia	Santarelli	SeniorF	L.O.S. Striders

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1157	414	00:59:18	Darren	Maeer	SeniorM	N/A
1158	958	00:59:19	Nicholas	Keeble	SeniorM	N/A
1159	2444	00:59:24	Nichola	Daines	SeniorF	N/A
1160	641	00:59:25	David	Hedge	VetM50	N/A
1161	2618	00:59:26	Lindsey	Nelson	SeniorF	N/A
1162	826	00:59:27	David	Rontree	VetM40	Pitsea R.C.
1163	233	00:59:27	Gregory	Potts	VetM40	Springfield Striders
1164	2948	00:59:29	Ann	Coldicott	VetF35	N/A
1165	287	00:59:29	Robert	Payne	VetM50	N/A
1166	15	00:59:33	Julien	Corfield	VetM50	N/A
1167	2177	00:59:34	Dianne	Burrows	VetF35	N/A
1168	2923	00:59:35	Zoe	Peters	SeniorF	N/A
1170	2279	00:59:35	Jackiei	Davis	VetF35	N/A
1171	2756	00:59:36	Hala	Billeh	SeniorF	Thrift Green Trotters
1172	2665	00:59:36	Jackie	Chaney	VetF35	N/A
1173	2630	00:59:38	Susan	Price	VetF45	N/A
1174	2127	00:59:38	Lois	Saville	SeniorF	N/A
1175	2130	00:59:39	Kelly	Perry	SeniorF	N/A
1176	2651	00:59:39	Claire	Franklin	SeniorF	N/A
1177	2797	00:59:40	Heather	Eltham	VetF45	Thrift Green Trotters
1178	2668	00:59:40	Debra	Hill	VetF35	N/A
1179	2579	00:59:41	Sheridan	Andrews	VetF35	Roach Runners
1180	2705	00:59:41	Lisa	Shiell	VetF35	N/A
1181	221	00:59:42	John	Cox	VetM50	N/A
1182	2910	00:59:42	Susan	Dobinson	VetF45	N/A
1183	2833	00:59:45	Miranda	Tuffin	SeniorF	Roach Runners
1184	2238	00:59:46	Christine	Campbell	VetF45	Bexley A.C.
1185	2645	00:59:47	Keren	Broomfield	VetF35	Thrift Green Trotters
1186	2609	00:59:47	Sally	Spencer	SeniorF	N/A
1187	2397	00:59:48	Sharon	Dennis	VetF35	N/A
1188	2685	00:59:49	Joanne	Miller	VetF35	N/A
1189	999	00:59:50	Allan	Barley	VetM50	Essex Police A.C.
1190	2624	00:59:54	Victoria	Skingsley	SeniorF	N/A
1191	321	00:59:56	Terry	Harding	VetM50	N/A
1192	2439	00:59:56	Geri	McKenna	SeniorF	N/A
1193	455	00:59:57	Michael	Race	SeniorM	N/A
1194	1163	00:59:59	Norman	Silvey	VetM40	N/A
1195	228	00:59:59	Daren	Chambers	SeniorM	N/A
1196	2587	01:00:02	Jo	Taylor	VetF35	Roach Runners
1197	618	01:00:02	Raymond	Hall	VetM50	N/A
1198	2276	01:00:06	Susan	Parish	VetF45	N/A
1199	788	01:00:07	Adam	Roberts	SeniorM	N/A
1200	2483	01:00:08	April	Ross	SeniorF	N/A
1201	557	01:00:09	Craig	Tisbury	SeniorM	N/A
1202	559	01:00:10	Justin	Tisbury	SeniorM	N/A
1203	475	01:00:11	Ken	Chad	VetM50	Thrift Green Trotters
1204	1130	01:00:12	Brant	Chapman	VetM40	N/A
1205	809	01:00:12	Tim	Ketterer	VetM40	N/A
1206	807	01:00:12	Thomas	Hickey	SeniorM	N/A
1207	2403	01:00:13	Katie	McSweeney	SeniorF	L.O.S. Striders
1208	2791	01:00:13	Heather	Jackson	VetF55	Pitsea R.C.
1209	2290	01:00:14	Tina	Leung	VetF55	Thrift Green Trotters
1210	2139	01:00:15	Kate	Woolterton	VetF35	Thrift Green Trotters
1211	2309	01:00:16	Linda	Adams	VetF45	Thrift Green Trotters
1212	309	01:00:17	Michael	Wilby	VetM40	Barking Road Runners
1213	260	01:00:24	Michael	Warminger	SeniorM	N/A
1214	2675	01:00:25	Carole	Brine	VetF45	N/A
1215	128	01:00:26	Alex	Mullett	SeniorM	N/A
1216	2431	01:00:27	Clare	Critchley	SeniorF	N/A
1217	2795	01:00:28	Jenan	Alobaidi	SeniorF	L.O.S. Striders
1218	901	01:00:33	Robert G	Tidder	VetM60	N/A
1219	2952	01:00:36	Ethel	Hatwell	VetF45	Phoenix Striders
1220	689	01:00:36	Rob	Dunn	SeniorM	N/A
1221	2299	01:00:37	Alison	Humphreys	SeniorF	N/A
1222	2714	01:00:38	Margaret	O'Doherty	VetF45	Billericay Striders
1223	552	01:00:38	William	Barton	VetM50	N/A
1224	2453	01:00:39	Tracey	Thomas	SeniorF	N/A
1225	2392	01:00:40	Elizabeth	Hatcher	VetF35	N/A

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1226	268	01:00:41	Richard	Rout	VetM50	N/A
1227	2471	01:00:43	Mary	Hooton	VetF45	N/A
1228	2599	01:00:47	Laura	Nettleingham	VetF35	N/A
1229	376	01:00:47	Michael	Moreton	VetM40	Benfleet R.C.
1230	542	01:00:51	Sheldon	Lachambre	SeniorM	N/A
1231	2293	01:00:52	Daphne	Pugh	VetF65	Castle Point Joggers
1232	2180	01:00:53	Tracy	Jellis	VetF35	N/A
1233	289	01:00:57	David R	Leigh	VetM40	Victoria Park Harriers
1234	1247	01:00:58	Darryl	Pearman	SeniorM	N/A
1235	961	01:00:59	Dale	Hackney	SeniorM	N/A
1236	1137	01:01:04	Christopher	Ball	SeniorM	N/A
1237	2576	01:01:05	Melissa	Baker	SeniorF	N/A
1238	566	01:01:05	Jonathan	Warner	VetM50	N/A
1239	2501	01:01:06	Kathryn	Williams	SeniorF	N/A
1240	729	01:01:11	Jonathan	Briggs	SeniorM	N/A
1241	344	01:01:11	Terry	Sherlock	VetM40	N/A
1242	416	01:01:12	Phil	Lupton	VetM50	N/A
1243	2250	01:01:13	Carole	Wisdom	VetF45	Serpentine R.C.
1244	766	01:01:13	Sean	Judge	SeniorM	N/A
1245	2799	01:01:14	Janet	Mercer	VetF35	Castle Point Joggers
1246	109	01:01:15	Mark	Armitage	SeniorM	N/A
1247	2899	01:01:16	Jayne	Hayward	VetM40	Castle Point Joggers
1248	2815	01:01:17	Wendy	Barker	VetF45	N/A
1249	154	01:01:17	Marc	Steel	SeniorM	N/A
1250	1179	01:01:19	Brian	Foskew	VetM40	N/A
1251	53	01:01:20	Daniel	Wickes	VetM40	N/A
1252	2115	01:01:20	Joanne	Harrington	VetF45	Ilford A.C.
1253	796	01:01:21	John	Taylor	VetM40	Benfleet R.C.
1254	2806	01:01:23	Sharon	McMillan	VetF45	N/A
1255	240	01:01:23	Peter	Burke	VetM50	N/A
1256	2691	01:01:23	Shaheen	Dent	VetF45	N/A
1257	1135	01:01:24	Adam	Farmer	SeniorM	N/A
1258	1207	01:01:25	Stephen	Howe	VetM50	N/A
1259	2631	01:01:26	Krissie	Isaac	SeniorF	N/A
1260	2120	01:01:27	Linda	Kirby	VetF35	N/A
1261	2251	01:01:27	Christine	Porter	VetF55	Billericay Striders
1262	2316	01:01:28	Susan	Flemine	VetF35	Billericay Striders
1263	1189	01:01:28	Hamish	McKinlay	VetM50	N/A
1264	2822	01:01:28	Barbara	Chapman	VetF45	Castle Point Joggers
1265	2813	01:01:29	Rhiann	O'Shaughnessy	SeniorF	N/A
1266	2973	01:01:31	Lin	Taylor	VetF35	N/A
1267	2951	01:01:36	Suzanne	Hicks	VetF35	Phoenix Striders
1268	1215	01:01:36	Tony	Davis	VetM50	Phoenix Striders
1269	2129	01:01:39	Carmel	Bassett	VetF45	Thurrock Harriers
1270	2809	01:01:39	Sonia	Russell	VetF35	N/A
1271	737	01:01:40	Kevin	Nelson	SeniorM	N/A
1272	740	01:01:43	Gregory	Kirby	SeniorM	N/A
1273	2195	01:01:43	Val	Taylor	VetF55	N/A
1274	585	01:01:45	Lee	Britton	SeniorM	N/A
1275	2326	01:01:47	Keely	Herring	VetF35	N/A
1276	2338	01:01:48	Claire Monica	Birrell	VetF35	N/A
1277	2399	01:01:48	Tara	Meldrum	VetF35	N/A
1278	2396	01:01:48	Sally	Taylor	VetF35	N/A
1279	561	01:01:49	Malcolm	Jackaman	VetM50	Castle Point Joggers
1280	2778	01:01:49	Cheryl	Wells	SeniorF	N/A
1281	364	01:01:50	John	Nye	VetM70	Havering 90 Joggers
1282	2395	01:01:54	Marte	Goodwin	SeniorF	N/A
1283	135	01:01:55	Nick	Males	SeniorM	N/A
1284	2819	01:01:56	Helen	Marriott	VetF45	Thrift Green Trotters
1285	2941	01:01:56	Jenny	Manley	SeniorF	N/A
1286	736	01:01:56	Kevin	Barry	VetM50	N/A
1287	2903	01:01:56	Tina	Cox	VetF35	N/A
1288	2172	01:01:58	Debra	Marriott	VetF35	N/A
1289	2241	01:02:00	Liz	Wwodley	VetF35	N/A
1290	2240	01:02:01	Lisa	Williams	VetF35	N/A
1291	2287	01:02:02	Stephanie	Stamp	VetF55	N/A
1292	2740	01:02:03	Bernie	Hawkes	VetF35	Thrift Green Trotters
1293	2149	01:02:04	Brenda	Levoi	VetF45	L.O.S. Striders

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1294	649	01:02:07	Jeremy	Griffiths	VetM50	Thrift Green Trotters
1295	2311	01:02:08	Joanne	Knight	SeniorF	L.O.S. Striders
1296	2758	01:02:09	Stella	Kelly	VetF35	N/A
1297	693	01:02:09	Paul	McConkey	SeniorM	N/A
1298	813	01:02:13	Danny	Margerum	SeniorM	N/A
1299	2696	01:02:13	Sue	Wilson	VetF45	N/A
1300	479	01:02:15	Peter	Murray	VetM50	N/A
1301	2637	01:02:15	Kim	Newman	VetF35	N/A
1302	2574	01:02:15	Victoria	Newman	SeniorF	N/A
1303	611	01:02:15	Philip	Newman	VetM50	N/A
1304	2750	01:02:16	Lynn	Spires	VetF45	N/A
1305	2660	01:02:16	Deborah	Hallahan	VetF45	Thrift Green Trotters
1306	2187	01:02:17	Emma	Gittings	VetF35	N/A
1307	327	01:02:17	Bob	Jones	SeniorM	N/A
1308	292	01:02:18	George	Turner	VetM50	N/A
1309	2769	01:02:18	Dawn	Wyatt	VetF45	Thrift Green Trotters
1310	2591	01:02:18	Karen	Griffiths	VetF45	Thrift Green Trotters
1311	2959	01:02:20	Heidi	Saxty	SeniorF	N/A
1312	1288	01:02:20	Peter	Moore	VetM40	N/A
1313	2504	01:02:22	Karen	Evans	VetF35	N/A
1314	2826	01:02:22	Mary	Rackham	VetF45	Thrift Green Trotters
1315	2551	01:02:24	Adele	Rogers	VetF35	L.O.S. Striders
1316	2783	01:02:25	Sarah	Smith	VetF35	Leigh StrollersF)
1317	279	01:02:25	Neil	West	VetM40	Castle Point Joggers
1318	698	01:02:29	Andrew	Cooper	VetM40	N/A
1319	2680	01:02:32	Debbie	Bowers-Dyer	VetF35	N/A
1320	2361	01:02:33	Sarah	Maltby	SeniorF	N/A
1321	1193	01:02:33	Luke	Bourdillon	VetM40	N/A
1322	572	01:02:33	Glynne	Wiley	SeniorM	N/A
1323	571	01:02:34	Jared	Bowers	SeniorM	N/A
1324	2331	01:02:36	Linda	Stobbs	VetF45	N/A
1325	114	01:02:36	Raymond	Platt	VetM50	Castle Point Joggers
1326	2491	01:02:38	Alison	Strauss	VetF35	Benfleet R.C.
1327	2212	01:02:38	Lisa	Jeffreys	SeniorF	N/A
1328	83	01:02:42	Adam	Luck	SeniorM	N/A
1329	2312	01:02:44	Nicky	Winn	SeniorF	N/A
1330	1217	01:02:45	Martin	Ovenden	SeniorM	N/A
1331	2190	01:02:47	Jesephine	Beard	VetF45	N/A
1332	2787	01:02:51	Niamh	Byrne	VetF35	N/A
1333	2151	01:02:52	Samantha	Deer	VetF35	N/A
1334	2454	01:02:52	Keeley	Davison	SeniorF	N/A
1335	25	01:02:53	John	Bennett	SeniorM	Edmonton R.C.
1336	486	01:02:53	Ashley	Brown	SeniorM	N/A
1337	218	01:02:54	Dennis	Jones	SeniorM	Pitsea R.C.
1338	2236	01:02:54	Victoria	Wilson	VetF35	L.O.S. Striders
1339	548	01:02:54	Paul	Burrows	VetM40	N/A
1340	931	01:02:55	Brian	Sleep	VetM60	N/A
1341	320	01:02:55	Morgan	Cronin	SeniorM	N/A
1342	2336	01:02:56	Sarah	Hembery	SeniorF	N/A
1343	2114	01:02:57	Karen	Johnson	SeniorF	N/A
1344	588	01:02:59	David	Barker	SeniorM	N/A
1345	2832	01:02:59	Andrea	Head	VetF35	Roach Runners
1346	342	01:03:00	Scott	Grant	SeniorM	N/A
1347	2713	01:03:00	Carolyn	Harvey	VetF35	N/A
1348	2343	01:03:05	Phyllis	Bridge	VetF45	N/A
1349	2615	01:03:15	Linda	Cranfield	VetF35	Benfleet R.C.
1350	956	01:03:16	David	Ross	VetM50	N/A
1351	297	01:03:17	Ian	Morgan	VetM50	N/A
1352	2964	01:03:22	Vivienne	Welford	VetF35	Thrift Green Trotters
1353	2328	01:03:22	Susan	Collison	VetF55	Edmonton R.C.
1354	2571	01:03:24	Jill	Sainsbury	VetF35	N/A
1355	134	01:03:25	Neil	Allman	SeniorM	N/A
1356	2154	01:03:26	Vicky	Hall	SeniorF	N/A
1357	2535	01:03:26	Sarah	Ball	VetF35	N/A
1358	2632	01:03:27	Kay	Cole	VetF35	N/A
1359	2790	01:03:29	Liza	Scott	SeniorF	Thrift Green Trotters
1360	1178	01:03:30	Adrian	Rowley	VetM40	N/A
1361	2164	01:03:38	Karen	Barnett	SeniorF	N/A

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1362	2686	01:03:39	Viv	Marcsik	VetF35	N/A
1363	2933	01:03:39	Sue	Nutt	VetF45	N/A
1364	2707	01:03:41	Alyson	Hyde	VetF35	N/A
1365	2673	01:03:41	Helen	Chuck	VetF35	N/A
1366	433	01:03:43	Mitchell	Ramsey	SeniorM	N/A
1367	994	01:03:45	Gary	Davies	VetM40	N/A
1368	2508	01:03:46	Eileen	Dodwell	VetF55	N/A
1369	2742	01:03:47	Claire	Phillips	SeniorF	N/A
1370	2616	01:03:56	Pam	Whittaker	VetF35	N/A
1371	2119	01:04:01	Nicola	Atherton	VetF35	N/A
1372	2398	01:04:02	Sharon	Radcliffe	VetF35	N/A
1373	842	01:04:02	Keith	Fuller	VetM40	N/A
1374	2304	01:04:05	Deborah	Clark	SeniorF	Billericay Striders
1375	355	01:04:06	William	Donavon	VetM60	Benfleet R.C.
1376	749	01:04:07	James	Crowe	SeniorM	N/A
1377	1162	01:04:10	Graham	Crowe	VetM50	N/A
1378	345	01:04:20	Nick	Cooke	VetM50	N/A
1379	2719	01:04:31	Carolyn	Bishop	VetF35	N/A
1380	2912	01:04:32	Sally	Webster	VetF35	N/A
1381	2695	01:04:33	Caz	Price	VetF35	N/A
1382	2764	01:04:35	Tina	Howell	VetF45	N/A
1383	2761	01:04:37	Sue	Mahagan	VetF55	N/A
1384	2662	01:04:37	Michaela	Robinson	SeniorF	N/A
1385	756	01:04:37	Syd	Halfacre	SeniorM	N/A
1386	2422	01:04:40	Sheila	Webb	VetF45	Roach Runners
1387	180	01:04:40	Richard	Wisdom	VetM50	Serpentine R.C.
1388	2839	01:04:43	Deborah	Adams	VetF35	Edmonton R.C.
1389	2805	01:04:44	Victoria	Powell	VetF35	N/A
1390	2745	01:04:45	Sarah	Potten	VetF35	N/A
1391	2726	01:04:45	Corrinne	Jackson	SeniorF	N/A
1392	962	01:05:03	Darren	Emmett	VetM40	N/A
1393	2500	01:05:05	Helen	Curry	VetF35	N/A
1394	650	01:05:06	Martin	Vrolijk	SeniorM	N/A
1395	2747	01:05:12	Ellen	Wright	SeniorF	N/A
1396	2340	01:05:13	Helen	Edgington	VetF45	N/A
1397	2432	01:05:13	Gina	Gordon	VetF35	N/A
1398	2774	01:05:13	Michelle	Meadows	SeniorF	N/A
1399	2779	01:05:13	Clare	Rankin	VetF35	N/A
1400	2678	01:05:17	Lisa	Bowers-Dyer	VetF35	N/A
1401	2968	01:05:20	Rhiannon	Byrne	SeniorF	N/A
1402	1280	01:05:22	Brendan	Byrne	VetM40	N/A
1403	2502	01:05:29	Kerry	Clark	VetF35	N/A
1404	2411	01:05:30	Gillian	Boyce	VetF45	N/A
1405	419	01:05:30	Richard	Boyce	SeniorM	N/A
1406	960	01:05:30	Paul	Graves	SeniorM	N/A
1407	2517	01:05:31	Julie	Peek	VetF35	N/A
1408	2573	01:05:36	Heather	Reed	VetF35	N/A
1409	2720	01:05:38	Karen	Rhodes-German	VetF35	N/A
1410	2772	01:05:40	Tracey	Garland	VetF35	N/A
1411	2709	01:05:46	Anne	Barker	VetF45	N/A
1412	2226	01:05:56	Linda	Smith	VetF35	N/A
1413	810	01:06:00	Paul	Dawson	SeniorM	N/A
1414	2842	01:06:00	Bernadette	Gibbons	VetF45	N/A
1415	1249	01:06:00	Neil	Hooper	SeniorM	N/A
1416	2752	01:06:03	Laura	Sanders	VetF35	N/A
1417	2757	01:06:03	Vicky	Staunton	VetF35	N/A
1418	2262	01:06:07	Ronke	Hanson	VetF45	N/A
1419	2667	01:06:08	Susan	Harrington	VetF35	N/A
1420	2427	01:06:12	Linda	Elliot	VetF45	N/A
1421	2484	01:06:12	Kerry	Gotts	SeniorF	N/A
1422	2831	01:06:12	Janet	Jolley	VetF45	Roach Runners
1423	2430	01:06:12	Karen	Layzell	VetF35	N/A
1424	66	01:06:15	Martin	Bowers	VetM50	N/A
1425	534	01:06:15	Noel	Dolan	VetM40	N/A
1426	2178	01:06:20	Lynda	Staines	VetF45	Havering 90 Joggers
1427	514	01:06:20	John	Kingsgate	VetM60	Serpentine R.C.
1428	2469	01:06:24	Laurie	Edmonds	VetF35	Thrift Green Trotters
1429	2654	01:06:27	Anna	Kiely	VetF35	N/A

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1430	237	01:06:27	Jeff	Askew	VetM60	N/A
1431	2278	01:06:29	Elaine	Mitchell	VetF55	N/A
1432	2697	01:06:31	Sharon	Agnew	VetF45	N/A
1433	735	01:06:31	Tony	Hall	SeniorM	N/A
1434	68	01:06:34	Mike	Smith	VetM50	N/A
1435	2161	01:06:35	Judy	Smith	VetF45	N/A
1436	2602	01:06:36	Debbie	Godfrey	SeniorF	N/A
1437	2601	01:06:37	Geraldine	O'Shea	VetF35	N/A
1438	2603	01:06:37	Constance	clarabut	VetF55	N/A
1439	2324	01:06:38	Patricia	Froy	VetF55	N/A
1440	140	01:06:43	Mick	Draper	VetM40	N/A
1441	232	01:06:47	Gordon	Franklin	VetM70	N/A
1442	2927	01:06:49	Jennie	Riley	SeniorF	N/A
1443	50	01:06:51	Brendon	Keaney	VetM60	N/A
1444	2522	01:06:55	Colette	O'Neill	SeniorF	N/A
1445	2537	01:06:55	Clare	Calder	VetF35	L.O.S. Striders
1446	2537	01:06:56	Clare	Calder	VetF35	L.O.S. Striders
1447	2292	01:06:58	Sherry	White	VetF35	N/A
1448	250	01:07:01	Paul	White	VetM40	N/A
1449	2569	01:07:01	Georgina	Baum	VetF45	N/A
1450	2945	01:07:14	Julie	Buckley	VetF35	Thrift Green Trotters
1451	2585	01:07:18	Dawn	Knight	VetF35	N/A
1452	2570	01:07:22	Sally	Evenett	VetF45	N/A
1453	2525	01:07:22	Lucette	Lane	VetF35	N/A
1454	1270	01:07:22	Eric	Skinner	VetM60	N/A
1455	1270	01:07:22	Eric	Skinner	VetM60	N/A
1456	2619	01:07:25	Zoe	Dods	SeniorF	N/A
1457	1250	01:07:27	Dave	Eke	SeniorM	N/A
1458	2487	01:07:29	Frances	Rodha	SeniorF	N/A
1459	2486	01:07:31	Rebecca	Eshmade	SeniorF	N/A
1460	2335	01:07:33	Liz	Bridge	VetF35	N/A
1461	2818	01:07:34	Hannah	Doherty	SeniorF	N/A
1462	2961	01:07:34	Leila	Avellano	SeniorF	N/A
1463	203	01:07:34	Michael	Wilson	VetM60	L.O.S. Striders
1464	2536	01:07:36	Julie	Sculfor	VetF35	Thrift Green Trotters
1465	2310	01:07:36	Emma	Brown	VetF35	N/A
1466	2401	01:07:36	Gemma	Fuller	VetF35	L.O.S. Striders
1467	939	01:07:43	John	Alexander	VetM60	N/A
1468	1183	01:07:45	Justin	Carr	SeniorM	N/A
1469	1273	01:07:54	Richard	Church	VetM50	N/A
1470	2530	01:07:56	Michelle	Wilcox	SeniorF	N/A
1471	2664	01:08:01	Nicki	Baker	VetF35	N/A
1472	2838	01:08:05	Nicola	Gregory	VetF35	Grange Farm Dunmow
1473	863	01:08:07	Martin	Harvey	VetM40	N/A
1474	295	01:08:07	William	Hill	VetM40	N/A
1475	2687	01:08:08	Sarah	Stone	SeniorF	L.O.S. Striders
1476	2907	01:08:09	Alison	Buttery	VetF35	N/A
1477	2506	01:08:10	Hilary	Luckman	VetF35	N/A
1478	963	01:08:14	Perry	Headford	SeniorM	N/A
1479	2171	01:08:15	Hayley	Anderson	SeniorF	N/A
1480	2218	01:08:26	Clair	Stevenson	SeniorF	N/A
1481	2627	01:08:46	Claire	Etherington	SeniorF	N/A
1482	2269	01:08:46	Christine	Ward	VetF35	N/A
1483	587	01:08:49	Garry	Down	SeniorM	N/A
1484	2548	01:08:49	Claire	Oswald	SeniorF	N/A
1485	2531	01:08:52	Catriona	Johnson	VetF35	N/A
1486	2834	01:08:52	Sally	Kerr	VetF35	Roach Runners
1487	1200	01:08:54	Stuart	Manley	SeniorM	N/A
1488	156	01:09:02	Andrew	Patey	VetM50	N/A
1489	420	01:09:02	Christopher	Bass	VetM40	N/A
1490	741	01:09:08	Toby	Cottis	SeniorM	N/A
1491	2949	01:09:08	Rebecca	Morgan	VetF35	N/A
1492	247	01:09:12	Roy	Page	VetM70	N/A
1493	2942	01:09:12	Michelle	Chen-Porter	SeniorF	N/A
1494	2208	01:09:12	Sara	Deali	VetF35	N/A
1495	2683	01:09:24	Carole	Harvey	VetF35	N/A
1496	2682	01:09:28	Debbie	Carter	VetF35	N/A
1497	2337	01:09:33	Nannette	Waterman-Walden	VetF35	N/A

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1498	2617	01:09:39	Joanne	Martin	VetF35	N/A
1499	2350	01:09:43	Denny	Smith	VetF55	N/A
1500	1139	01:09:46	Peter	Turner	SeniorM	N/A
1501	2938	01:09:47	Eve	Branch	SeniorF	N/A
1502	2549	01:09:51	Sarah	Barrett	VetF35	N/A
1503	179	01:09:52	Robert	Miller	VetM60	N/A
1504	2765	01:09:58	Yvonne	Sharp	VetF45	N/A
1505	2781	01:09:58	Helen	Kirby	VetF45	Thrift Green Trotters
1506	2796	01:10:04	Kay	Reynolds	VetF45	N/A
1507	2385	01:10:10	Kerry	Horn	VetF35	Loughton A.C.
1508	2770	01:10:15	Su	Hornsby	VetF35	Thrift Green Trotters
1509	158	01:10:16	Woodrow	Barker	SeniorM	N/A
1510	263	01:10:17	Bob	Stevens	SeniorM	N/A
1511	657	01:10:18	Ian	Jordan	VetM40	Benfleet R.C.
1512	408	01:10:19	Dave	Knight	VetM40	East Essex Tri.C.
1513	2364	01:10:19	Pauline	Browne	VetF45	Thrift Green Trotters
1514	2936	01:10:25	Nicole	Hassen	SeniorF	N/A
1515	1214	01:10:36	David	Crisp	SeniorM	N/A
1516	2561	01:10:36	Jenny	Charnock	SeniorF	N/A
1517	2320	01:10:46	Nicola	Cadzow	VetF35	Thrift Green Trotters
1518	2837	01:10:49	Sally	Plumer	VetF45	Thrift Green Trotters
1519	11	01:10:51	John	Burns	VetM70	Southend A.C.
1520	2785	01:10:51	Katrina	Lambert	SeniorF	N/A
1521	253	01:10:51	Philip	Dodwell	VetM60	N/A
1522	2600	01:10:56	Rebecca	Beales	SeniorF	N/A
1523	2488	01:10:57	Chris	Hack	VetF45	Edmonton R.C.
1524	2677	01:11:04	Tracy	Gosling	VetF35	N/A
1525	2550	01:11:10	Sandra	Cox	VetF55	N/A
1526	2567	01:11:19	Joanne	Haynes	SeniorF	Thrift Green Trotters
1527	981	01:11:25	James	Duddridge	SeniorM	N/A
1528	2165	01:11:25	Debbie	Cook	VetF35	Thrift Green Trotters
1529	2423	01:11:32	Aimee	Stammers	SeniorF	N/A
1530	2133	01:11:32	Laura	Bessant	SeniorF	N/A
1531	2572	01:11:32	Rebecca	Enticknap	SeniorF	N/A
1532	2221	01:11:36	Jane	Smith	VetF55	N/A
1533	833	01:11:38	Adam	Kerr	SeniorM	N/A
1534	62	01:11:40	Jason	Pettigrove	SeniorM	Thrift Green Trotters
1535	2830	01:11:49	Dorothy	Travers	VetF55	Roach Runners
1536	2102	01:11:49	Angela	Jasper	VetF35	N/A
1537	2271	01:11:59	Tracy	Lockwood	VetF35	N/A
1538	212	01:11:59	John	Whiter	VetM45	N/A
1539	490	01:12:07	Tom	Skipp	VetM50	N/A
1540	2170	01:12:18	Joanne	Evans	SeniorF	N/A
1541	2663	01:12:29	Lucy	Johnson	SeniorF	N/A
1542	606	01:12:29	Anthony	Norris	SeniorM	N/A
1543	2157	01:12:30	Sandie	Ward	VetF45	N/A
1544	2158	01:12:31	Karina	Edgeway	VetF35	N/A
1545	2578	01:12:31	Lisa	Waterman	SeniorF	N/A
1546	2273	01:12:36	Penny	Alphonse	VetF45	N/A
1547	2538	01:12:38	Julie	Everett	VetF35	N/A
1548	2845	01:12:40	Dawn	Van Win	VetF35	N/A
1549	2846	01:12:40	Donna	Van Win	VetF35	N/A
1550	2718	01:12:41	Toni	Cranch	VetF35	N/A
1551	785	01:12:52	Darren	Sutton	SeniorM	Springfield Striders
1552	38	01:12:57	Paul	Freedman	VetM70	Havering 90 Joggers
1553	605	01:13:04	Colin	Baum	VetM50	N/A
1554	2363	01:13:07	Ruth	Robson	VetF45	Edmonton R.C.
1555	1166	01:13:07	Richard	Prince	SeniorM	N/A
1556	316	01:13:29	Mark	McPuade	VetM40	N/A
1557	2330	01:13:30	Penny	Copeland	SeniorF	N/A
1558	2348	01:13:36	Katie	Cooke	SeniorF	N/A
1559	2426	01:13:41	Grace	Elliot	SeniorF	N/A
1560	2482	01:13:42	Dianne	Fletcher	VetF45	N/A
1561	2780	01:13:55	Paula	Mumford	VetF35	N/A
1562	1190	01:14:01	Darren	Harknett	SeniorM	N/A
1563	2298	01:14:01	Xaviera	Skelton	SeniorF	N/A
1564	2918	01:14:02	Jackie	Watson	VetF45	N/A
1565	1191	01:14:52	Wayne	Harknett	SeniorM	N/A

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1566	2829	01:14:57	Julie	Widdowson	VetF35	Roach Runners
1567	2928	01:14:58	Brian	McCarthy	VetF45	Thrift Green Trotters
1568	2274	01:15:00	Cherelle	Alphonse	SeniorF	N/A
1569	2827	01:15:06	Janis	Angelo	VetF35	Roach Runners
1570	2564	01:15:07	Sarah	Rector	VetF35	N/A
1571	2828	01:15:11	Elaine	Hobbs	VetF45	Roach Runners
1572	2503	01:15:11	Christine	Morley	VetF45	Havering 90 Joggers
1573	2972	01:15:15	Wendy	Bellenie	VetF35	N/A
1574	2965	01:15:26	Laura	Tanner	VetF35	N/A
1575	2169	01:15:27	Mary	Oldham	VetF55	Thrift Green Trotters
1576	2902	01:15:27	Deborah	Kennedy	SeniorF	N/A
1577	2142	01:15:51	Patsy	Freeman	VetF35	Thrift Green Trotters
1578	1225	01:16:00	Bill	Oldham	VetM60	N/A
1579	2382	01:16:01	Mary	Morris	VetF55	Roach Runners
1580	2725	01:16:02	Tracey	Cashman	VetF35	N/A
1581	2958	01:16:02	Laura	Crow	VetF35	N/A
1582	1268	01:16:11	Duncan	Armour	VetM50	N/A
1583	2808	01:16:12	Angie	Mitchell	SeniorF	Castle Point Joggers
1584	2963	01:16:17	Jennifer	Rogan	SeniorF	N/A
1585	91	01:16:36	Darren	Tracey-Bower	SeniorM	N/A
1586	2470	01:16:37	Claire	Scrutton	SeniorF	Thrift Green Trotters
1587	2913	01:16:40	Ruth	Hartiss Cox	SeniorF	N/A
1588	2954	01:16:41	Carly	Bielowiecki	SeniorF	N/A
1589	2520	01:16:46	Anna	Clark	SeniorF	N/A
1590	2480	01:16:53	Sarah	Keeling	SeniorF	N/A
1591	2184	01:16:53	Maria	Keates	VetF45	N/A
1592	1236	01:16:53	Tom	Judge	SeniorM	N/A
1593	2554	01:17:09	Lauren	Taylor	SeniorF	N/A
1594	2200	01:17:09	Audrey	Courtney	VetF35	Thrift Green Trotters
1595	2478	01:17:23	Louise	Hall	VetF35	N/A
1596	84	01:17:23	Gordon	Stimpson	VetM40	N/A
1597	82	01:17:23	Dean	Johnson	SeniorM	N/A
1598	2693	01:17:26	Anita	Forde	VetF35	N/A
1599	2939	01:17:36	Emma	O'Neill	SeniorF	N/A
1600	914	01:17:39	Neil	Ehrenzweig	SeniorM	N/A
1601	2485	01:17:45	Jenna	Gotts	SeniorF	N/A
1602	75	01:18:16	Nicholas	Clappen	VetM40	N/A
1603	543	01:18:19	Nicholas	Jennings	SeniorM	N/A
1604	2175	01:18:53	Kathleen	Arbuckle	SeniorF	Thrift Green Trotters
1605	115	01:18:56	John	Spooner	VetM60	Road Runners Club
1606	2962	01:19:13	Tania	Read	SeniorF	N/A
1607	2306	01:19:32	Chris	Zuber	SeniorF	N/A
1608	2511	01:21:24	Lorraine	Whyberd	VetF35	N/A
1609	2558	01:21:24	Lesley	Iles	VetF45	N/A
1610	160	01:22:29	Martyn	Green	VetM50	N/A
1611	157	01:25:07	Mark	Rogers	SeniorM	N/A
1612	167	01:27:21	Kevin	Menzies	SeniorM	N/A
1613	2515	01:27:21	Stella	Cox	VetF35	N/A
1614	2900	01:27:50	Nicola	Rourke	VetM40	N/A
1615	2528	01:27:50	Emily	English	SeniorF	N/A
1616	2527	01:28:34	Victoria	English	VetF35	N/A
1617	2529	01:28:37	Hannah	Rush	SeniorF	N/A
1618	312	01:28:44	Richard	Blois	VetM70	Southend A.C.
1619	2597	01:30:37	Rebecca	Baker	VetF35	N/A
1620	526	01:30:58	Mike	Cook	VetM40	N/A
1621	317	01:30:58	Daniel	Wingate	SeniorM	N/A
1622	1275	01:31:01	Mike	Bilmes	SeniorM	N/A
1623	61	01:31:42	Craig	Tomlin	SeniorM	N/A
1624	2225	01:33:24	Kim	Terry	SeniorF	N/A
1625	2940	01:34:00	Emily	Tindell	SeniorF	N/A
1626	2690	01:40:52	Natasha	New	SeniorF	N/A
1627	2688	01:40:52	Kelly	Cahill	SeniorF	N/A
1628	2794	01:42:14	Carly	Beesley	SeniorF	N/A
1629	2953	01:42:14	Sara	Sexton	SeniorF	N/A
1630	2217	01:43:02	Karen	Butler	SeniorF	N/A
1631	163	01:43:28	Kevin	Judd	VetM40	N/A
1632	164	01:43:28	Norman	Calvin	VetM40	N/A
1633	2329	01:47:56	Maria	Wingate	VetF45	N/A

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10K Teams

Club.	Score
Southend A.C. (M)	21
Havering Mayesbrook A.C. (M)	65
Thurrock Harriers (M)	84
Billericay Striders (M)	129
Ilford A.C. (M)	147
Benfleet R.C. (M)	243
Thrift Green Trotters (M)	269
East Essex Tri.C. (M)	324
Benfleet R.C. (F)	384
Thurrock Harriers (F)	401
L.O.S. Striders (M)	410
Barking Road Runners (M)	501
Basildon A.C. (F)	571
Thrift Green Trotters (F)	668
Springfield Striders (M)	730
Pitsea R.C. (M)	758
Chelmsford A.C. (F)	787
Billericay Striders (F)	850
Ford R.C. (M)	1124
Castle Point Joggers (M)	1149
Springfield Striders (F)	1251
Ilford A.C. (F)	1275
Edmonton R.C. (M)	1278
East Essex Tri.C. (F)	1340
L.O.S. Striders (F)	1621
Tiptree Road Runners (M)	1648
Barking Road Runners (F)	1851
Ford Fitness (M)	2149
Edmonton R.C. (F)	2505
Castle Point Joggers (F)	2515

10K Prize Winners

Pos.	Number	Time	First Name	Family Name	Cat	Club
24	2782	00:35:32	Stacey	Ward	SeniorF	Basildon A.C.(F)
63	2610	00:38:01	Claire	Donnelly	SeniorF	N/A
92	2724	00:39:16	Karen	Goode	SeniorF	Benfleet R.C.(F)
1	328	00:32:20	Adam	Hickey	SeniorM	Southend A.C.(M)
2	371	00:32:31	Gareth	Riddell	SeniorM	Basildon A.C.(M)
3	1118	00:32:46	Ben	Hunter	SeniorM	Southend A.C.(M)
4	964	00:32:59	Paul	Whittaker	SeniorM	Southend A.C.(M)
35	2827	00:36:24	Janis	Angelo	VetF35	Roach Runners(F)
53	2844	00:37:41	Loretta	Sollars	VetF35	N/A
102	2789	00:39:42	Wendy	King	VetF35	Chelmsford A.C.(F)
141	2239	00:40:57	Julia	Palmer	VetF45	Benfleet R.C.(F)
205	2934	00:43:19	Gail	Pryke	VetF45	N/A
295	2840	00:45:13	Debbie	Gibbins	VetF45	Benfleet R.C.(F)
286	2362	00:44:57	Janet	Pardon	VetF55	Billericay Striders(F)
395	2767	00:46:59	Angela	Bent	VetF55	N/A
583	2205	00:50:07	Pamela	Jones	VetF65	Ilford A.C.(F)
1088	2514	00:58:20	Valerie	Furbank	VetF65	Havering 90 Joggers(F)
7	1120	00:33:20	Iain	Campbell	VetM40	Ilford A.C.(M)
8	1154	00:33:43	Hendrik	Zietsman	VetM40	N/A
9	1144	00:34:07	Noel	Thatcher	VetM40	Newham And Essex Beagles(M)
37	64	00:36:28	Keith	Wilkinson	VetM50	Chelmsford A.C.(M)
40	143	00:36:39	Alan	Butler	VetM50	Thrift Green Trotters(M)
61	991	00:37:58	Steve	Williams	VetM50	Thurrock Harriers(M)
85	272	00:39:04	Peter	Binns	VetM60	Southend A.C.(M)
105	993	00:39:46	Patrick	Dobbs	VetM60	Thurrock Harriers(M)
413	908	00:47:14	Brian	Cowling	VetM70	Billericay Striders(M)
895	224	00:55:04	Albert	Miles	VetM70	Castle Point Joggers(M)

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Fun Run Results

Pos.	Number	Time	First Name	Family Name	Age	Sex	Club
1	26	00:07:30	Antony	Taylor	14	M	Thurrock A.C.
2	23	00:07:30	Oliver	Davey	14	M	Thurrock Harriers
3	91	00:08:11	George	Moxon	14	M	N/A
4	29	00:08:14	Harry	Grose	14	M	Southend A.C.
5	92	00:08:15	Thomas	Larkin	14	M	N/A
6	10	00:08:17	Ashley	Capel	12	M	Southend A.C.
7	58	00:08:21	Josh	Mann	14	M	Southend A.C.
8	79	00:08:25	Alexander	Stapleton	14	M	Southend A.C.
9	14	00:08:32	Jessica	Judd	12	F	Thurrock Harriers
10	12	00:08:36	Matthew	Brown	14	M	East Essex Tri.C.
11	43	00:08:40	Rhys	Gillard	13	M	Southend A.C.
12	88	00:08:42	Jack	Fitsall	13	M	Basildon A.C.
13	102	00:08:49	George	Watts	14	M	N/A
14	104	00:08:50	Katie	Taylor	14	F	Woodford Green & Essex Ladies
15	35	00:08:56	Camilla	Smee	13	F	Southend A.C.
16	73	00:08:59	Harry	Randle	14	M	N/A
17	11	00:09:05	Oliver	Kyriakides	12	M	Southend A.C.
18	5	00:09:11	William S.	McPhee	13	M	N/A
19	48	00:09:11	Aimee	Garnett	12	F	Southend A.C.
20	18	00:09:21	Phillip	Howard	12	M	Billericay Striders
21	31	00:09:31	Ben	Johnson	13	M	N/A
22	42	00:09:31	Scott	Mitchell	13	M	N/A
23	74	00:09:31	Alex	Jones	14	M	Billericay Striders
24	101	00:09:36	Thomas	Honeysett	13	M	Basildon A.C.
25	20	00:09:39	Lydia	Mountford	12	F	Billericay Striders
26	45	00:09:40	Summer	Dann	13	F	Southend A.C.
27	16	00:09:41	Jordan	Lacey	12	F	Southend A.C.
28	15	00:09:43	Jessica	Mead	12	F	Southend A.C.
29	19	00:09:48	Charlotte	Wyatt	11	F	Billericay Striders
30	47	00:09:56	Ben	Yarwood	12	M	N/A
31	54	00:09:58	Michael	Kakoullis	13	M	Havering Mayesbrook A.C.
32	66	00:10:00	Sophie	Fuhr	13	F	Woodford Green & Essex Ladies
33	98	00:10:01	Serena	Willmore	14	F	Southend A.C.
34	1	00:10:04	Chris	Eaton	12	M	N/A
35	3	00:10:04	Matthew	Woodcock	13	M	WHSB
36	41	00:10:05	Hope	Ayers	13	F	N/A
37	30	00:10:05	Emily	Crow	13	F	Southend A.C.
38	61	00:10:10	James	Wheeler	12	M	N/A
39	36	00:10:11	Amelia rose	Knowles	11	F	N/A
40	75	00:10:12	Tim	Berry	12	M	N/A
41	44	00:10:16	Holly	Gillard	14	F	Southend A.C.
42	53	00:10:20	Reece	Evans	13	M	N/A
43	9	00:10:21	George	Horne	13	M	N/A
44	25	00:10:29	Deborah	Knight	12	F	Havering Mayesbrook A.C.
45	72	00:10:41	Katie	Willis	11	F	N/A
46	2	00:10:43	Adam	Woodcock	11	M	SHSB
47	67	00:10:45	Alexandra	Morgan	12	F	N/A
48	13	00:10:46	Abigail	Brown	11	F	East Essex Tri.C.
49	96	00:10:52	Nathan	Turner	14	M	N/A
50	95	00:11:11	Matthew	Bright	12	M	Benfleet R.C.
51	50	00:11:11	Hayley	Wragg	13	F	N/A
52	99	00:11:16	Claudia	Willmore	12	F	Southend A.C.
53	76	00:11:28	Michael	Barrett	13	M	N/A
54	8	00:11:39	Jamie	Buckley	11	M	N/A
55	39	00:11:41	Sarah	Hume	12	F	N/A
56	59	00:11:46	Emily	Payne	11	F	East Essex Tri.C.
57	103	00:11:52	Kassie	Newell	13	F	N/A
58	81	00:12:01	Jessica	Morgan	14	F	Southend A.C.
59	65	00:12:01	Emma	Budge	14	F	Billericay Striders
60	68	00:12:02	Imogen	Cooper	11	F	N/A
61	32	00:12:04	Joanne	Starmer	12	F	Stowmarket Striders
62	82	00:12:04	Daisy	Jolly	13	F	Billericay Striders
63	80	00:12:06	Amy	Mower	12	F	Southend A.C.
64	83	00:12:07	Poppy	Divine	11	F	Garrons
65	6	00:12:07	Julia	Goldfinch	11	F	Trent Park R.C.
66	84	00:12:09	Holly	Divine	11	F	Garrons

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67	8888	00:12:16	?	?			
68	7	00:12:41	Claire	Goldfinch	12	F	Trent Park R.C.
69	93	00:12:42	Emily	Turner	12	F	N/A
70	37	00:12:42	Alexander	Turner	11	M	N/A
71	86	00:13:40	Saskia	Weale	11	F	N/A
72	77	00:13:45	Josephine	Rourke	12	M	Billericay Striders
73	71	00:13:46	Abigail	Graham	11	F	N/A
74	33	00:13:49	Paige	Wyer	11	F	N/A
75	87	00:13:50	Amy	Larkin	14	F	N/A
76	40	00:13:51	Hannah	Ford	12	F	N/A
77	38	00:13:53	Vicki	Dorman	12	F	N/A
78	100	00:13:54	Tom	Richards	14	M	N/A
79	97	00:13:55	Molly	Folan	14	F	N/A
80	70	00:13:56	Tia	Shelton	11	F	N/A
81	24	00:13:58	Maddie	Turner	12	F	N/A
82	27	00:14:00	Demi	Trunks	11	F	N/A
83	69	00:14:01	Isobelle	Price	11	F	N/A
84	78	00:14:02	Daniella	Rourke	14	M	Billericay Striders
85	46	00:14:06	Harriet	Gore	13	F	N/A