

2022.06.14 Elvis #2 @ Havering

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team	Age Grade %
1	299	Robert WARNER	00:26:51	00:26:50	TOP3	1	Male	1	HAVERING AC	82.42
2	90	Joshua Rees DAVIES	00:27:38	00:27:37	TOP3	2	Male	2	EAST LONDON RUNNERS	76.55
3	70	Angelo PIERIS	00:27:46	00:27:45	TOP3	3	Male	3	EAST END ROAD RUNNERS	81.49
4	101	John HENRY	00:28:46	00:28:45	V40	1	Male	4	EAST LONDON RUNNERS	78.09
5	111	Scott MCMILLAN	00:28:52	00:28:50	V40	2	Male	5	EAST LONDON RUNNERS	80.24
6	200	James BLOGG	00:28:54	00:28:54	V40	3	Male	6	HAVERING 90 JOGGERS	78.29
7	134	Paul BODDEY	00:29:02	00:28:57	V40	4	Male	7	ETON MANOR AC	78.55
8	290	James HUTCHISON	00:29:10	00:29:07	OPEN	1	Male	8		74.72
9	140	George FERNANDEZ	00:29:19	00:29:16	OPEN	2	Male	9	ETON MANOR AC	71.33
10	132	Paul WOODMANSEY	00:29:36	00:29:34	V40	5	Male	10	EAST LONDON RUNNERS	75.88
11	249	Ryan HOLEYMAN	00:29:45	00:29:45	OPEN	3	Male	11	ILFORD AC	73.59
12	151	James PILCH	00:29:47	00:29:45	V40	6	Male	12	ETON MANOR AC	75.39
13	295	Stephen PHILCOX	00:29:49	00:29:49	V50	1	Male	13		84.25
14	54	Luke CRAIG	00:30:02	00:29:59	OPEN	4	Male	14	EAST END ROAD RUNNERS	69.97
15	127	Rob SPREAD	00:30:03	00:30:02	V40	7	Male	15	EAST LONDON RUNNERS	74.74
16	224	Dan MEREDITH	00:30:04	00:30:04	V40	8	Male	16	HAVERING 90 JOGGERS	78.87
17	106	Will KIRK	00:30:18	00:30:15	V40	9	Male	17		75.83
18	255	Sam RAHMAN	00:30:25	00:30:23	OPEN	5	Male	18	ILFORD AC	72.21
19	118	Daniel ODONOGHUE	00:30:38	00:30:37	OPEN	6	Male	19	EAST LONDON RUNNERS	69.36
20	240	Gary COOMBES	00:30:47	00:30:45	V50	2	Male	20	ILFORD AC	77.68
21	143	Jonathan LEITH	00:30:48	00:30:44	OPEN	7	Male	21	ETON MANOR AC	71.3
22	119	Alex PICKERING	00:30:55	00:30:53	V40	10	Male	22	EAST LONDON RUNNERS	73.78
23	161	Dylan WILLIAMS	00:31:12	00:31:09	OPEN	8	Male	23	ETON MANOR AC	67.03
24	267	Spencer EVANS	00:31:24	00:31:22	OPEN	9	Male	24	ORION HARRIERS	67.69
25	71	Ian PITHOUSE	00:31:24	00:31:22	OPEN	10	Male	25	EAST END ROAD RUNNERS	69.43
26	275	Stephen THOMPSON	00:31:32	00:31:29	V40	11	Male	26	ORION HARRIERS	73.44
27	27	Paul WITYMAN	00:31:40	00:31:39	V40	12	Male	27	BARKING ROAD RUNNERS	70.38
28	141	Jenny HEYMANN	00:31:47	00:31:43	TOP3	1	Female	1	ETON MANOR AC	79.77
29	14	Peter JACKSON	00:31:57	00:31:53	V40	13	Male	28	BARKING ROAD RUNNERS	73.07
30	284	Morgan CAMPBELL	00:32:06	00:32:05	TOP3	2	Female	2	HAVERING AC	74.68
31	282	John BARKER	00:32:24	00:32:23	V50	3	Male	29		77.55
32	126	Paul SHERATON	00:32:29	00:32:27	V40	14	Male	30	EAST LONDON RUNNERS	69.66
33	259	Richard WOOLVERTON	00:32:31	00:32:31	V50	4	Male	31	ILFORD AC	73.51
34	213	Guy HILDRETH	00:32:36	00:32:34	V40	15	Male	32	HAVERING 90 JOGGERS	68.89
35	233	Sameena AHMED	00:32:49	00:32:47	TOP3	3	Female	3	ILFORD AC	77.27
36	59	Coren HANLEY	00:32:54	00:32:53	OPEN	1	Female	4	EAST END ROAD RUNNERS	72.88
37	241	Stephen CRANE	00:33:03	00:33:00	V40	16	Male	33	ILFORD AC	67.96
38	160	Tom WARD	00:33:06	00:33:03	V40	17	Male	34	ETON MANOR AC	68.89
39	163	Adam BARTLETT	00:33:18	00:33:14	OPEN	11	Male	35	HAROLD WOOD RUNNING CLUB	63.09
40	252	Terry KNIGHTLEY	00:33:24	00:33:22	V60	1	Male	36	ILFORD AC	78.55
41	268	Claire HUGGINS	00:33:27	00:33:23	OPEN	2	Female	5	ORION HARRIERS	71.48
42	154	Robert SOMMERVILLE	00:33:28	00:33:23	V50	5	Male	37	ETON MANOR AC	73.81
43	244	Joel DENNING	00:33:31	00:33:29	V40	18	Male	38	ILFORD AC	68.03
44	269	Gwilym JOHNSTON	00:33:38	00:33:34	V40	19	Male	39	ORION HARRIERS	68.85
45	43	Nigel SWINBURNE	00:33:41	00:33:37	V40	20	Male	40	DAGENHAM 88 RUNNERS	66.67
46	286	Diarmuid MAC DONNELL	00:33:42	00:33:36	V50	6	Male	41	ILFORD AC	70.95
47	234	Amy BIRD	00:33:42	00:33:40	OPEN	3	Female	6	ILFORD AC	70.94
48	7	Debbie COYLE	00:33:47	00:33:46	V40	1	Female	7	BARKING ROAD RUNNERS	77.3
49	113	Mark MOIR	00:33:50	00:33:45	OPEN	12	Male	42	EAST LONDON RUNNERS	62.12
50	110	Amit MARKS	00:33:54	00:33:46	V40	21	Male	43	EAST LONDON RUNNERS	67.79
51	165	James COKER	00:34:02	00:33:58	OPEN	13	Male	44	HAROLD WOOD RUNNING CLUB	62.17
52	207	Gary FLINT	00:34:03	00:33:56	V50	7	Male	45	HAVERING 90 JOGGERS	75.04
53	78	Rachel BAILEY	00:34:04	00:34:00	OPEN	4	Female	8	EAST LONDON RUNNERS	71.21
54	89	Jimmy DALE	00:34:06	00:34:01	OPEN	14	Male	46	EAST LONDON RUNNERS	62.64
55	19	Antony LECKERMAN	00:34:08	00:34:01	V50	8	Male	47	BARKING ROAD RUNNERS	74.87
56	279	Hannah WHITE	00:34:08	00:34:05	OPEN	5	Female	9	ORION HARRIERS	70.13
57	253	Craig LIVERMORE	00:34:10	00:34:04	OPEN	15	Male	48	ILFORD AC	61.49
58	76	Shahib ALI	00:34:11	00:34:06	OPEN	16	Male	49	EAST LONDON RUNNERS	62.88
59	209	Brian FRY	00:34:17	00:34:14	V40	22	Male	50	HAVERING 90 JOGGERS	68.61
60	21	Stuart MACKAY	00:34:21	00:34:19	V40	23	Male	51	BARKING ROAD RUNNERS	67.42
61	239	Adam COALS	00:34:28	00:34:22	V40	24	Male	52	ILFORD AC	65.18
62	238	Steve CHISSELL	00:34:45	00:34:41	V50	9	Male	53	ILFORD AC	73.53
63	215	Kaye HUGGINS	00:34:51	00:34:45	OPEN	6	Female	10	HAVERING 90 JOGGERS	68.93
64	23	Martin PAGE	00:34:56	00:34:49	V60	2	Male	54	BARKING ROAD RUNNERS	77.85
65	189	Tony PANTON	00:35:02	00:34:56	V40	25	Male	55	HAROLD WOOD RUNNING CLUB	63.63
66	4	Jess COLLETT	00:35:11	00:35:06	OPEN	7	Female	11	BARKING ROAD RUNNERS	69.61
67	84	Calvin BOBIN	00:35:16	00:35:11	V60	3	Male	56	EAST LONDON RUNNERS	78.53
68	40	Paul PRIOR	00:35:19	00:35:09	V50	10	Male	57	DAGENHAM 88 RUNNERS	69.94
69	147	Lee MILNE	00:35:20	00:35:14	V40	2	Female	12	ETON MANOR AC	74.73
70	274	Paul THORNTON	00:35:23	00:35:18	V40	26	Male	58	ORION HARRIERS	64.95
71	164	Michael BROWN	00:35:24	00:35:13	V50	11	Male	59	HAROLD WOOD RUNNING CLUB	70.35
72	66	Niall MULHOLLAND	00:35:26	00:35:15	V50	12	Male	60	EAST END ROAD RUNNERS	69.73
73	105	Ava LEE	00:35:30	00:35:27	V40	3	Female	13	EAST LONDON RUNNERS	72.79
74	293	Lee PATTEN	00:35:36	00:35:29	V40	27	Male	61		62.16
75	271	Christine KENNEDY	00:35:45	00:35:41	V60	1	Female	14	ORION HARRIERS	98.49

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team	Age Grade %
76	222	Simon MALEY	00:35:47	00:35:38	V40	28	Male	62	HAVERING 90 JOGGERS	65.24
77	85	Betty BOHANE	00:35:50	00:35:45	OPEN	8	Female	15	EAST LONDON RUNNERS	67.23
78	175	Lee KENT	00:35:50	00:35:43	OPEN	17	Male	63	HAROLD WOOD RUNNING CLUB	59.3
79	79	Michael BAMFORD	00:35:58	00:35:48	V50	13	Male	64	EAST LONDON RUNNERS	69.85
80	47	Billy WALKINGTON	00:35:58	00:35:51	V40	29	Male	65	DAGENHAM 88 RUNNERS	62.44
81	188	Andy PAGE	00:36:01	00:35:54	V40	30	Male	66	HAROLD WOOD RUNNING CLUB	64.3
82	133	Daniel KANO	00:36:05	00:35:56	OPEN	18	Male	67	HAVERING 90 JOGGERS	58.4
83	203	Tony COLLINS	00:36:09	00:36:03	V40	31	Male	68	HAVERING 90 JOGGERS	62.62
84	235	Dennis BRIGGS	00:36:11	00:36:05	V40	32	Male	69	ILFORD AC	64.03
85	95	Becky EVANS	00:36:12	00:36:02	V50	1	Female	16	EAST LONDON RUNNERS	79.89
86	108	Ian MACKIE	00:36:19	00:36:08	V60	4	Male	70	EAST LONDON RUNNERS	76.99
87	204	Steve CONSTANTINO	00:36:21	00:36:10	V40	33	Male	71	HAVERING 90 JOGGERS	63.24
88	129	Jacob STEVENS	00:36:27	00:36:17	V40	34	Male	72	EAST LONDON RUNNERS	63.54
89	53	Megan COPPACK	00:36:30	00:36:22	OPEN	9	Female	17	EAST END ROAD RUNNERS	65.52
90	60	Paul JACKSON	00:36:43	00:36:33	V40	35	Male	73	EAST END ROAD RUNNERS	63.08
91	57	Carl FINCH	00:36:44	00:36:30	OPEN	19	Male	74	EAST END ROAD RUNNERS	59.35
92	232	Lee VEALE	00:36:47	00:36:38	V40	36	Male	75	HAVERING 90 JOGGERS	62.47
93	72	Hazel READE	00:36:55	00:36:45	OPEN	10	Female	18	EAST END ROAD RUNNERS	66.33
94	228	Stephanie PHILLIPS	00:37:03	00:36:56	OPEN	11	Female	19	HAVERING 90 JOGGERS	64.53
95	9	Adrian DAVISON	00:37:08	00:36:54	V60	5	Male	76	BARKING ROAD RUNNERS	70.01
96	202	Vince CHARMAN	00:37:12	00:37:01	V50	14	Male	77	HAVERING 90 JOGGERS	67.53
97	96	Caroline FRITH	00:37:19	00:37:13	V40	4	Female	20	EAST LONDON RUNNERS	68.58
98	63	Nicholas LE-MON	00:37:20	00:37:11	OPEN	20	Male	78	EAST END ROAD RUNNERS	56.93
99	131	Michael WILSON	00:37:26	00:37:16	V60	6	Male	79	EAST LONDON RUNNERS	70.06
100	185	Paul NEWLAND	00:37:32	00:37:22	OPEN	21	Male	80	HAROLD WOOD RUNNING CLUB	56.63
101	65	Jim MANZANO	00:37:38	00:37:26	V40	37	Male	81	EAST END ROAD RUNNERS	59.68
102	169	Joanne FINDLAY	00:37:55	00:37:48	OPEN	12	Female	21	HAROLD WOOD RUNNING CLUB	63.05
103	109	Shanavaz MALAYODU	00:37:58	00:37:48	V40	38	Male	82	EAST LONDON RUNNERS	58.72
104	178	Robert MCNAMARA	00:38:04	00:37:55	OPEN	22	Male	83	HAROLD WOOD RUNNING CLUB	55.36
105	277	Jonathan WEST	00:38:18	00:38:09	V40	39	Male	84	ORION HARRIERS	60
106	258	Hannah SHEIKH	00:38:27	00:38:19	V40	5	Female	22	ILFORD AC	70.38
107	254	Breege NORDIN	00:38:33	00:38:27	V60	2	Female	23	ILFORD AC	88.37
108	210	Tony GALEA	00:38:52	00:38:43	V60	7	Male	85	HAVERING 90 JOGGERS	67.49
109	93	Mark DURRANT	00:38:52	00:38:44	V50	15	Male	86	EAST LONDON RUNNERS	65.18
110	58	Gopal GAUTAM	00:38:53	00:38:38	OPEN	23	Male	87	EAST END ROAD RUNNERS	55.67
111	11	John GEORGE	00:39:00	00:38:52	V60	8	Male	88	BARKING ROAD RUNNERS	66.68
112	1	Rory BURR	00:39:02	00:38:52	OPEN	24	Male	89	BARKING ROAD RUNNERS	54.15
113	261	Mary ARMITAGE	00:39:06	00:38:57	V50	2	Female	24	ORION HARRIERS	79.43
114	272	Karen LYONS	00:39:08	00:39:00	V50	3	Female	25	ORION HARRIERS	72.9
115	32	Nils HOLLMANN	00:39:11	00:39:01	V40	40	Male	90	DAGENHAM 88 RUNNERS	60.52
116	112	Chloe MILLAN	00:39:19	00:39:07	OPEN	13	Female	26	EAST LONDON RUNNERS	60.99
117	278	Karen WEST	00:39:21	00:39:12	V40	6	Female	27	ORION HARRIERS	65.03
118	231	Clive TWEEDIE	00:39:22	00:39:14	V70+	1	Male	91	HAVERING 90 JOGGERS	73.46
119	248	Manjunath GOPI	00:39:23	00:38:57	OPEN	25	Male	92	ILFORD AC	54.25
120	227	Kate PETTIT	00:39:26	00:39:16	V50	4	Female	28	HAVERING 90 JOGGERS	69.52
121	173	Martin HAWKER	00:39:32	00:39:23	V40	41	Male	93	HAROLD WOOD RUNNING CLUB	58.14
122	75	Kunal YADAV	00:39:32	00:39:16	V40	42	Male	94	EAST END ROAD RUNNERS	55.96
123	37	Daniel MILLER	00:40:02	00:39:51	V40	43	Male	95	DAGENHAM 88 RUNNERS	55.27
124	102	Kathryn HERTZBERG	00:40:13	00:40:00	OPEN	14	Female	29	EAST LONDON RUNNERS	60.6
125	152	Ruth ROSE	00:40:18	00:40:09	V40	7	Female	30	ETON MANOR AC	61.94
126	211	Tony GRAY	00:40:23	00:40:13	V60	9	Male	96	HAVERING 90 JOGGERS	64.95
127	262	Hayley BARRON	00:40:25	00:40:09	V50	5	Female	31	ORION HARRIERS	68.72
128	181	Charles MUGAGGA	00:40:35	00:40:28	V40	44	Male	97	HAROLD WOOD RUNNING CLUB	54.53
129	237	Bradley BROWN	00:40:35	00:40:35	V40	45	Male	98	ILFORD AC	58.44
130	177	Gayle MCKEAND	00:40:36	00:40:22	V40	8	Female	32	HAROLD WOOD RUNNING CLUB	63.04
131	88	Grant CONWAY	00:40:39	00:40:26	V50	16	Male	99	EAST LONDON RUNNERS	60.78
132	42	Kaya SMITH	00:40:45	00:40:32	OPEN	15	Female	33	DAGENHAM 88 RUNNERS	59.3
133	264	Joyce BERRY	00:40:49	00:40:36	V50	6	Female	34	ORION HARRIERS	70.86
134	83	Darminder BHAMRA	00:40:58	00:40:42	V50	17	Male	100	EAST LONDON RUNNERS	61.85
135	183	Susan MUNNS	00:41:02	00:40:52	V60	3	Female	35	HAROLD WOOD RUNNING CLUB	76.81
136	116	John O'BRIEN	00:41:04	00:40:47	V50	18	Male	101	EAST LONDON RUNNERS	60.15
137	68	Dauda O AYODELE	00:41:07	00:41:01	V50	19	Male	102	EAST END ROAD RUNNERS	59.1
138	64	Callum MACLENNAN	00:41:08	00:40:57	V40	46	Male	103	EAST END ROAD RUNNERS	54.2
139	17	David KAIL	00:41:08	00:40:54	OPEN	26	Male	104	BARKING ROAD RUNNERS	50.84
140	144	Christina LONG	00:41:14	00:40:57	V40	9	Female	36	ETON MANOR AC	61.5
141	82	Katrina BETTERIDGE	00:41:17	00:41:04	OPEN	16	Female	37	EAST LONDON RUNNERS	59.02
142	81	Suzanne BENCH	00:41:30	00:41:14	V50	7	Female	38	EAST LONDON RUNNERS	72.69
143	270	Bob JOUSIFFE	00:41:34	00:41:17	V70+	2	Male	105	ORION HARRIERS	72.68
144	12	Joyce GOLDER	00:41:38	00:41:25	V50	8	Female	39	BARKING ROAD RUNNERS	65.86
145	120	Sandra PRESTON	00:41:39	00:41:25	V50	9	Female	40	EAST LONDON RUNNERS	72.44
146	130	Andrea WALLER	00:41:39	00:41:24	V40	10	Female	41	EAST LONDON RUNNERS	62.03
147	176	Louise MARSHALL	00:41:40	00:41:25	OPEN	17	Female	42	HAROLD WOOD RUNNING CLUB	57.65
148	206	Paul FISK	00:41:54	00:41:39	OPEN	27	Male	106	HAVERING 90 JOGGERS	51.66
149	148	Geoff NICHOLLS	00:41:59	00:41:41	V60	10	Male	107	ETON MANOR AC	66.61
150	33	John HUGHES	00:42:01	00:41:47	V50	20	Male	108	DAGENHAM 88 RUNNERS	59.8

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team	Age Grade %
151	35	Costas KOTROFIS	00:42:07	00:41:55	V40	47	Male	109	DAGENHAM 88 RUNNERS	54.16
152	220	Reece LLOYD	00:42:08	00:41:43	V40	48	Male	110	HAVERING 90 JOGGERS	54.55
153	22	Martin O'TOOLE	00:42:12	00:41:57	V50	21	Male	111	BARKING ROAD RUNNERS	58.55
154	34	Rahana ISLAM	00:42:13	00:42:00	V40	11	Female	43	DAGENHAM 88 RUNNERS	61.86
155	67	Lisa NAYLOR	00:42:17	00:42:02	V40	12	Female	44	EAST END ROAD RUNNERS	63.21
156	44	Natalie TRAYLEN	00:42:18	00:42:03	V40	13	Female	45	DAGENHAM 88 RUNNERS	62.43
157	104	Andrew HOWARD	00:42:18	00:41:59	V60	11	Male	112	EAST LONDON RUNNERS	62.02
158	48	Tony WOODGATE	00:42:56	00:42:43	V50	22	Male	113	DAGENHAM 88 RUNNERS	59.01
159	39	Michael PEGNALL	00:43:01	00:42:48	V40	49	Male	114	DAGENHAM 88 RUNNERS	51.82
160	155	Louise TAYLOR	00:43:02	00:42:44	V40	14	Female	46	ETON MANOR AC	62.89
161	73	Nora SCHILLINGER	00:43:18	00:43:07	OPEN	18	Female	47	EAST END ROAD RUNNERS	55.36
162	265	Bernie DAWSON	00:43:34	00:43:17	V60	12	Male	115	ORION HARRIERS	59.68
163	146	Gillian MCKAY	00:43:42	00:43:25	V50	10	Female	48	ETON MANOR AC	71.07
164	26	Belinda RICHES	00:43:46	00:43:34	V50	11	Female	49	BARKING ROAD RUNNERS	62.63
165	198	Alan WOODROOF	00:43:48	00:43:33	V60	13	Male	116	HAROLD WOOD RUNNING CLUB	62.65
166	263	Gary BARTLETT	00:43:50	00:43:27	V60	14	Male	117	ORION HARRIERS	60.39
167	107	Jason LEVY	00:43:52	00:43:35	V50	23	Male	118	EAST LONDON RUNNERS	54.95
168	2	Stuart BURR	00:44:02	00:43:48	V50	24	Male	119	BARKING ROAD RUNNERS	57.54
169	115	Imran MUSTAK	00:44:06	00:43:48	OPEN	28	Male	120	EAST LONDON RUNNERS	49.81
170	142	Maud HODSON	00:44:10	00:43:53	V50	12	Female	50	ETON MANOR AC	62.07
171	216	Hafsa HUSSAIN	00:44:13	00:44:00	OPEN	19	Female	51	HAVERING 90 JOGGERS	54.33
172	242	Dianne CRISP	00:44:24	00:44:12	V60	4	Female	52	ILFORD AC	70.98
173	214	Michael HILL	00:44:27	00:44:02	V50	25	Male	121	HAVERING 90 JOGGERS	57
174	25	Isabel PINEDO BOROBIO	00:44:33	00:44:20	OPEN	20	Female	53	BARKING ROAD RUNNERS	53.81
175	153	Mala SINGH	00:44:44	00:44:27	V40	15	Female	54	ETON MANOR AC	60.5
176	97	George GEORGIOU	00:44:52	00:44:35	V50	26	Male	122	EAST LONDON RUNNERS	54.6
177	41	Rosina SALMON	00:44:58	00:44:40	V50	13	Female	55	DAGENHAM 88 RUNNERS	62.6
178	201	Mail BRUCE	00:45:17	00:44:55	V50	27	Male	123	HAVERING 90 JOGGERS	56.92
179	55	Delroy DE MONTAGNAC	00:45:25	00:45:04	V50	28	Male	124	EAST END ROAD RUNNERS	52.64
180	257	Mandy REID	00:45:29	00:45:06	V40	16	Female	56	ILFORD AC	59.5
181	18	John LANG	00:45:41	00:45:19	V60	15	Male	125	BARKING ROAD RUNNERS	58.98
182	52	Sarah BEMAND	00:45:44	00:45:18	V40	17	Female	57	EAST END ROAD RUNNERS	57.73
183	276	Lisa THORN	00:45:55	00:45:36	V50	14	Female	58	ORION HARRIERS	60.5
184	187	Mark NORMAN	00:45:57	00:45:42	V50	29	Male	126	HAROLD WOOD RUNNING CLUB	53.32
185	20	Jason LI	00:46:16	00:45:55	V50	30	Male	127	BARKING ROAD RUNNERS	52.09
186	184	Carol NELSON	00:46:30	00:46:10	V60	5	Female	59	HAROLD WOOD RUNNING CLUB	72.08
187	250	Sharon HONEY	00:46:34	00:46:21	V60	6	Female	60	ILFORD AC	73.16
188	31	Lynton FAIRMAN	00:46:45	00:46:23	V40	50	Male	128	DAGENHAM 88 RUNNERS	46.98
189	219	Danielle LAST	00:46:57	00:46:34	V40	18	Female	61	HAVERING 90 JOGGERS	55.62
190	125	Debbie SHEARING	00:47:00	00:46:35	V40	19	Female	62	EAST LONDON RUNNERS	54.46
191	80	Stuart BARTON	00:47:00	00:46:36	V50	31	Male	129	EAST LONDON RUNNERS	51.71
192	171	Steve GOURLEY	00:47:04	00:46:45	V50	32	Male	130	HAROLD WOOD RUNNING CLUB	52.93
193	186	Carol NORMAN	00:47:07	00:46:47	V40	20	Female	63	HAROLD WOOD RUNNING CLUB	56.04
194	212	Colette GREEN	00:47:10	00:46:42	OPEN	21	Female	64	HAVERING 90 JOGGERS	51.67
195	91	Fiona DAY	00:47:10	00:46:47	V60	7	Female	65	EAST LONDON RUNNERS	72.23
196	199	Darrell WOODHEAD	00:47:19	00:46:58	V50	33	Male	131	WARE JOGGERS	48.58
197	298	Ronald VIALLS	00:47:26	00:47:18	V70+	3	Male	132		60.24
198	51	Catherine APPS	00:47:27	00:46:59	V60	8	Female	66	EAST END ROAD RUNNERS	75.46
199	24	Emma PAISLEY	00:47:30	00:47:08	OPEN	22	Female	67	BARKING ROAD RUNNERS	50.34
200	229	Bernard SAVAGE	00:47:43	00:47:21	V60	16	Male	133	HAVERING 90 JOGGERS	59.21
201	247	Julia GALEA	00:47:55	00:47:36	OPEN	23	Female	68	ILFORD AC	49.9
202	251	Frieda KEANE	00:48:05	00:47:41	V50	15	Female	69	ILFORD AC	63.65
203	123	Alexandra RUTISHAUSERPERERA	00:48:13	00:47:49	V40	21	Female	70	EAST LONDON RUNNERS	53.08
204	136	Hayley DALTON	00:48:24	00:48:09	V50	16	Female	71	ETON MANOR AC	57.4
205	3	Louise CHAPPELL	00:48:30	00:48:09	V40	22	Female	72	BARKING ROAD RUNNERS	55.1
206	49	Pebbles WYARD	00:48:44	00:48:14	OPEN	24	Female	73	DAGENHAM 88 RUNNERS	49.6
207	69	Andrew PARGETER	00:48:53	00:48:29	V40	51	Male	134	EAST END ROAD RUNNERS	45.26
208	225	Maxine O'BRIEN	00:48:54	00:48:32	V50	17	Female	74	HAVERING 90 JOGGERS	57.56
209	223	Brigid MALLEE	00:48:58	00:48:32	V50	18	Female	75	HAVERING 90 JOGGERS	61.6
210	46	Selon Timi VEERASAMY	00:49:01	00:48:32	V70+	1	Female	76	DAGENHAM 88 RUNNERS	75.6
211	172	Louise HAWKER	00:49:07	00:48:48	V40	23	Female	77	HAROLD WOOD RUNNING CLUB	51.21
212	170	Sarah FRIEND	00:49:10	00:48:50	V40	24	Female	78	HAROLD WOOD RUNNING CLUB	50.77
213	294	Mark PEARCE	00:49:16	00:48:52	V50	34	Male	135		49.73
214	92	Anna DINGLE	00:49:17	00:48:54	V40	25	Female	79	EAST LONDON RUNNERS	53.58
215	179	Claire MIFSUD	00:49:19	00:49:00	OPEN	25	Female	80	HAROLD WOOD RUNNING CLUB	48.49
216	245	Ray EVERINGHAM	00:49:21	00:48:57	V60	17	Male	136	ILFORD AC	53.64
217	191	Elaine RICHARDSON	00:49:27	00:49:06	V60	9	Female	81	HAROLD WOOD RUNNING CLUB	71.2
218	139	Gabriel ELLENBERG	00:49:40	00:49:22	V60	18	Male	137	ETON MANOR AC	54.26
219	192	Richard ROCKLIFFE	00:49:46	00:49:26	V60	19	Male	138	HAROLD WOOD RUNNING CLUB	56.77
220	205	Kerry CURTIS	00:50:00	00:49:34	V40	26	Female	82	HAVERING 90 JOGGERS	53.45
221	197	Amy WHITEHEAD	00:50:30	00:50:10	OPEN	26	Female	83	HAROLD WOOD RUNNING CLUB	47.37
222	289	Phil HUDSON	00:50:47	00:50:24	V60	20	Male	139	WARE JOGGERS	53.55
223	150	Siobhan PARKER	00:50:50	00:50:23	V50	19	Female	84	ETON MANOR AC	55.38
224	98	Maya GOODWIN	00:51:00	00:50:36	V50	20	Female	85	EAST LONDON RUNNERS	54.46
225	190	Rachel PECK	00:51:08	00:50:49	OPEN	27	Female	86	HAROLD WOOD RUNNING CLUB	48.17

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team	Age Grade %
226	74	Monica SECRETAN	00:51:13	00:50:46	V40	27	Female	87	EAST END ROAD RUNNERS	49.11
227	217	Debbie JONES	00:51:22	00:50:56	V50	21	Female	88	HAVERING 90 JOGGERS	53.38
228	103	Catriona HOULT	00:51:22	00:50:59	V40	28	Female	89	EAST LONDON RUNNERS	51.41
229	30	Mel EMBERY	00:51:37	00:51:07	V50	22	Female	90	DAGENHAM 88 RUNNERS	53.12
230	226	Jenette OGBORN	00:51:43	00:51:17	V40	29	Female	91	HAVERING 90 JOGGERS	49.49
231	236	Launa BROADLEY	00:51:56	00:51:33	V50	23	Female	92	ILFORD AC	55.69
232	157	Elaine THOMPSON	00:52:03	00:51:36	V50	24	Female	93	ETON MANOR AC	56.34
233	194	Hayley SMITH	00:52:08	00:51:49	OPEN	28	Female	94	HAROLD WOOD RUNNING CLUB	46.98
234	10	Alison FRYATT	00:52:09	00:51:41	V50	25	Female	95	BARKING ROAD RUNNERS	57.84
235	15	Leslie JAY	00:52:44	00:52:19	V60	21	Male	140	BARKING ROAD RUNNERS	53.03
236	288	James HUDDART	00:52:54	00:52:30	V70+	4	Male	141		57.1
237	159	Sue UNSWORTH	00:53:37	00:53:08	V50	26	Female	96	ETON MANOR AC	51.82
238	77	John ATKINSON	00:54:14	00:53:45	V70+	5	Male	142	EAST LONDON RUNNERS	61.36
239	230	Laura THOMAS	00:54:26	00:54:01	V40	30	Female	97	HAVERING 90 JOGGERS	47.47
240	38	Pascalina PAMBA	00:55:09	00:54:41	V50	27	Female	98	DAGENHAM 88 RUNNERS	49.72
241	218	Lee KYSON	00:55:23	00:54:56	V60	22	Male	143	HAVERING 90 JOGGERS	49.1
242	8	Nicola CRANMER	00:55:24	00:54:55	V50	28	Female	99	BARKING ROAD RUNNERS	51.51
243	168	Stephanie ELSEY	00:56:40	00:56:22	OPEN	29	Female	100	HAROLD WOOD RUNNING CLUB	42.25
244	208	John FORD	00:57:09	00:56:43	V60	23	Male	144	HAVERING 90 JOGGERS	46.73
245	94	Vivienne EKA	00:58:14	00:57:51	V50	29	Female	101	EAST LONDON RUNNERS	47.09
246	29	Jacqui ELLIOTT	00:58:53	00:58:23	V50	30	Female	102	DAGENHAM 88 RUNNERS	49.12
247	174	Elisabeth HONEYSETT	00:59:06	00:58:37	V60	10	Female	103	HAROLD WOOD RUNNING CLUB	54.14
248	56	Jacqueline FERNANDEZ	00:59:37	00:59:11	OPEN	30	Female	104	EAST END ROAD RUNNERS	40.4
249	61	Colin JENKINS	01:01:59	01:01:32	V60	24	Male	145	EAST END ROAD RUNNERS	44.69
250	45	Kresh VEERASAMY	01:02:15	01:01:45	V40	52	Male	146	DAGENHAM 88 RUNNERS	37.21
251	121	Joanna QIU	01:02:27	01:02:02	V50	31	Female	105	EAST LONDON RUNNERS	45.69
252	28	Lee DAVIS	01:09:16	01:08:45	V50	35	Male	147	DAGENHAM 88 RUNNERS	35.67
	5	Alain COOPER	QRY	QRY	V40		Male		BARKING ROAD RUNNERS	
	6	Robert COURTIER	QRY	QRY	V60		Male		BARKING ROAD RUNNERS	
	13	James HUTTON	QRY	QRY	OPEN		Male		BARKING ROAD RUNNERS	
	260	Gayle YOUNG	QRY	QRY	V50		Female		ILFORD AC	