

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %	Dist
1	225	Robert WARNER	00:16:54	00:16:54	TOP3	1	Male	1	HAVERING AC	79.56	3.1
2	80	Joshua Rees DAVIES	00:16:59	00:16:59	TOP3	2	Male	2	EAST LONDON RUNNERS	75.11	3.1
3	121	Simon COTTLE	00:17:10	00:17:09	TOP3	3	Male	3	ETON MANOR AC	78.93	3.1
4	117	Samuel ANDERSON	00:17:24	00:17:24	OPEN	1	Male	4	ETON MANOR AC	72.55	3.1
5	226	John WHITEHEAD	00:17:36	00:17:36	OPEN	2	Male	5	HAVERING AC	71.81	3.1
6	131	James PILCH	00:17:39	00:17:38	V40	1	Male	6	ETON MANOR AC	76.77	3.1
7	137	Gary TOWERS	00:17:43	00:17:42	V40	2	Male	7	ETON MANOR AC	80.74	3.1
8	94	Scott MCMILLAN	00:17:44	00:17:43	V40	3	Male	8	EAST LONDON RUNNERS	79.41	3.1
9	119	Paul BODDEY	00:17:50	00:17:50	V40	4	Male	9	ETON MANOR AC	77.69	3.1
10	125	Jonathan LEITH	00:18:01	00:18:00	V40	5	Male	10	ETON MANOR AC	74.05	3.1
11	107	Robert SPREAD	00:18:09	00:18:08	V40	6	Male	11	EAST LONDON RUNNERS	74.64	3.1
12	115	Paul WOODMANSEY	00:18:15	00:18:14	V40	7	Male	12	EAST LONDON RUNNERS	74.21	3.1
13	138	Dylan WILLIAMS	00:18:18	00:18:17	OPEN	3	Male	13	ETON MANOR AC	68.89	3.1
14	195	Stephen PHILCOX	00:18:24	00:18:24	V50	1	Male	14	ILFORD AC	82.35	3.1
15	16	Christopher KING	00:18:31	00:18:31	OPEN	4	Male	15	HAROLD WOOD RUNNING CLUB	69.22	3.1
16	85	Joseph GUNN	00:18:51	00:18:49	OPEN	5	Male	16	EAST LONDON RUNNERS	67.67	3.1
17	224	Alex QUINN	00:18:52	00:18:51	OPEN	6	Male	17	BASILDON AC	69.7	3.1
18	193	Neringa MASILIONIENE	00:18:58	00:18:59	TOP3	1	Female	1	ILFORD AC	78.47	3.1
19	214	Stephen THOMPSON	00:19:07	00:19:03	V40	8	Male	18	ORION HARRIERS	73.67	3.1
20	99	James NICHOLS	00:19:11	00:19:09	OPEN	7	Male	19	EAST LONDON RUNNERS	68.56	3.1
21	102	Alex PICKERING	00:19:28	00:19:25	V40	9	Male	20	EAST LONDON RUNNERS	70.68	3.1
22	101	Joseph OSAKUE	00:19:43	00:19:42	V40	10	Male	21	EAST LONDON RUNNERS	72.57	3.1
23	54	Nigel SWINBURNE	00:19:43	00:19:41	V40	11	Male	22	DAGENHAM 88 RUNNERS	68.73	3.1
24	124	Jennifer HEYMANN	00:19:44	00:19:42	TOP3	2	Female	2	ETON MANOR AC	77.93	3.1
25	68	Ian PITHOUSE	00:19:55	00:19:54	OPEN	8	Male	23	EAST END ROAD RUNNERS	66.04	3.1
26	200	Richard WOOLTERTON	00:20:05	00:20:04	V50	2	Male	24	ILFORD AC	72.37	3.1
27	189	Jordan HINDS	00:20:07	00:20:03	TOP3	3	Female	3	ILFORD AC	71.6	3.1
28	141	Daniel CANO	00:20:08	00:20:07	OPEN	9	Male	25	HAVERING '90 JOGGERS	62.92	3.1
29	134	Robert SOMMERVILLE	00:20:28	00:20:25	V50	3	Male	26	ETON MANOR AC	72.82	3.1
30	229	Paul WITHYMAN	00:20:31	00:20:25	V40	12	Male	27	BARKING ROAD RUNNERS	65.52	3.1
31	37	Peter JACKSON	00:20:31	00:20:24	V40	13	Male	28	BARKING ROAD RUNNERS	69.14	3.1
32	70	Shahib ALI	00:20:35	00:20:34	OPEN	10	Male	29	EAST LONDON RUNNERS	62.96	3.1
33	62	Richard GILL	00:20:37	00:20:33	OPEN	11	Male	30	EAST END ROAD RUNNERS	64.26	3.1
34	5	James COKER	00:20:38	00:20:38	OPEN	12	Male	31	HAROLD WOOD RUNNING CLUB	61.85	3.1
35	177	Sameena AHMED	00:20:40	00:20:37	V40	1	Female	4	ILFORD AC	74.45	3.1
36	184	Stephen CRANE	00:20:50	00:20:48	V40	14	Male	32	ILFORD AC	65.03	3.1
37	26	Matthew SIGLLECHNER	00:20:50	00:20:49	OPEN	13	Male	33	HAROLD WOOD RUNNING CLUB	63.59	3.1
38	187	Joel DENNING	00:20:52	00:20:50	V40	15	Male	34	ILFORD AC	66.41	3.1
39	63	Coren HANLEY	00:20:54	00:20:54	OPEN	1	Female	5	EAST END ROAD RUNNERS	69.11	3.1
40	95	Mark MOIR	00:20:59	00:20:56	OPEN	14	Male	35	EAST LONDON RUNNERS	60.42	3.1
41	192	Terry KNIGHTLEY	00:21:01	00:21:01	V60	1	Male	36	ILFORD AC	75.25	3.1
42	142	Vincent CHARMAN	00:21:02	00:21:00	V50	4	Male	37	HAVERING '90 JOGGERS	72.01	3.1
43	208	Claire HUGGINS	00:21:08	00:21:07	OPEN	2	Female	6	ORION HARRIERS	68.17	3.1
44	210	Gwilym JOHNSTON	00:21:10	00:21:01	V40	16	Male	38	ORION HARRIERS	66.02	3.1
45	204	Daniel CARROLL	00:21:19	00:21:11	V40	17	Male	39	ORION HARRIERS	63.09	3.1
46	106	Jonathan SHAW	00:21:19	00:21:19	V40	18	Male	40	EAST LONDON RUNNERS	66.55	3.1
47	76	Betty BOHANE	00:21:20	00:21:16	OPEN	3	Female	7	EAST LONDON RUNNERS	68.09	3.1
48	222	Lee PATTEN	00:21:25	00:21:25	V40	19	Male	41	ILFORD AC	62.29	3.1
49	144	Steve CONSTANTINO	00:21:27	00:21:25	V40	20	Male	42	HAVERING '90 JOGGERS	64.63	3.1
50	43	Stuart MACKAY	00:21:28	00:21:22	V40	21	Male	43	BARKING ROAD RUNNERS	65.08	3.1
51	79	Jimmy DALE	00:21:28	00:21:25	OPEN	15	Male	44	EAST LONDON RUNNERS	60.37	3.1
52	15	Lee KENT	00:21:29	00:21:28	OPEN	16	Male	45	HAROLD WOOD RUNNING CLUB	59.68	3.1
53	148	Gary FLINT	00:21:29	00:21:24	V50	5	Male	46	HAVERING '90 JOGGERS	71.74	3.1
54	72	Michael BAMFORD	00:21:35	00:21:30	V50	6	Male	47	EAST LONDON RUNNERS	70.18	3.1
55	112	Paul THOMPSON	00:21:36	00:21:31	V50	7	Male	48	EAST LONDON RUNNERS	68.42	3.1
56	41	Martin PAGE	00:21:38	00:21:34	V60	2	Male	49	BARKING ROAD RUNNERS	75.82	3.1
57	118	John BLACK	00:21:42	00:21:39	V60	3	Male	50	ETON MANOR AC	75.55	3.1
58	122	Dave DAUGIRDA	00:21:48	00:21:44	V60	4	Male	51	ETON MANOR AC	71.94	3.1
59	127	Lee MILNE	00:21:50	00:21:42	V40	2	Female	8	ETON MANOR AC	73.72	3.1
60	176	Lee VEALE	00:21:52	00:21:48	V40	22	Male	52	HAVERING '90 JOGGERS	63.41	3.1
61	58	Billy WALKINGTON	00:22:03	00:21:59	V40	23	Male	53	DAGENHAM 88 RUNNERS	61.91	3.1
62	185	Anna CRAWLEY	00:22:05	00:22:01	OPEN	4	Female	9	ILFORD AC	65.41	3.1
63	66	Niall MULHOLLAND	00:22:06	00:22:02	V50	8	Male	54	EAST END ROAD RUNNERS	67.4	3.1
64	33	Jess COLLETT	00:22:23	00:22:16	OPEN	5	Female	10	BARKING ROAD RUNNERS	66.09	3.1
65	228	Christine KENNEDY	00:22:32	00:22:30	V60	1	Female	11	ORION HARRIERS	94.7	3.1
66	86	Peter HATLEY	00:22:37	00:22:30	V40	24	Male	55	EAST LONDON RUNNERS	62.76	3.1
67	91	Ian MACKIE	00:22:37	00:22:27	V60	5	Male	56	EAST LONDON RUNNERS	74.55	3.1
68	82	Becky EVANS	00:22:38	00:22:33	V50	1	Female	12	EAST LONDON RUNNERS	77.82	3.1
69	196	Joanne REEVES	00:22:39	00:22:32	V40	3	Female	13	ILFORD AC	71.92	3.1
70	178	Rohan ALEXANDER	00:22:43	00:22:39	V50	9	Male	57	ILFORD AC	65.57	3.1
71	164	Simon MALEY	00:22:46	00:22:45	V40	25	Male	58	HAVERING '90 JOGGERS	61.83	3.1
72	108	Clive STEPHENSON	00:22:53	00:22:45	V60	6	Male	59	EAST LONDON RUNNERS	69.74	3.1
73	75	Calvin BOBIN	00:22:55	00:22:51	V60	7	Male	60	EAST LONDON RUNNERS	72.91	3.1
74	64	Paul JACKSON	00:22:55	00:22:50	V40	26	Male	61	EAST END ROAD RUNNERS	60.94	3.1
75	223	Stephanie PHILLIPS	00:23:07	00:23:02	OPEN	6	Female	14	HAVERING AC	62.34	3.1
76	19	Robert MCNAMARA	00:23:08	00:23:01	OPEN	17	Male	62	HAROLD WOOD RUNNING CLUB	54.94	3.1
77	215	Jonathan WEST	00:23:17	00:23:09	V40	27	Male	63	ORION HARRIERS	59.55	3.1
78	65	Shreeraj LATURIA	00:23:19	00:23:16	V40	28	Male	64	EAST END ROAD RUNNERS	58.53	3.1

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age	Grade %	Dist
79	159	Luke KNIGHT	00:23:30	00:23:26	OPEN	18	Male	65	HAVERING '90 JOGGERS	54.81		3.1
80	109	Jacob STEVENS	00:23:40	00:23:29	V40	29	Male	66	EAST LONDON RUNNERS	59.04		3.1
81	22	Paul NEWLAND	00:23:48	00:23:42	OPEN	19	Male	67	HAROLD WOOD RUNNING CLUB	54.13		3.1
82	129	Jane PANNELL	00:23:51	00:23:42	V50	2	Female	15	ETON MANOR AC	70.96		3.1
83	74	Darminster BHAMRA	00:23:52	00:23:47	V50	10	Male	68	EAST LONDON RUNNERS	64.02		3.1
84	44	Kevin WOTTON	00:23:54	00:23:51	V50	11	Male	69	BARKING ROAD RUNNERS	62.33		3.1
85	146	Jeff FENTON	00:23:55	00:23:47	V60	8	Male	70	HAVERING '90 JOGGERS	69.83		3.1
86	194	Breege NORDIN	00:23:56	00:23:53	V60	2	Female	16	ILFORD AC	87.77		3.1
87	51	Daniel MILLER	00:23:59	00:23:54	V40	30	Male	71	DAGENHAM 88 RUNNERS	55.66		3.1
88	143	Christina CLEMENTSON	00:24:06	00:23:57	V50	3	Female	17	HAVERING '90 JOGGERS	70.24		3.1
89	181	Bradley BROWN	00:24:08	00:24:08	V40	31	Male	72	ILFORD AC	59.27		3.1
90	198	Alison SALE	00:24:14	00:24:08	V50	4	Female	18	ILFORD AC	75.74		3.1
91	216	Karen WEST	00:24:17	00:24:09	V40	4	Female	19	ORION HARRIERS	64		3.1
92	120	Sarah CAREY	00:24:17	00:24:11	OPEN	7	Female	20	ETON MANOR AC	61.3		3.1
93	34	Adrian DAVISON	00:24:22	00:23:59	V60	9	Male	73	BARKING ROAD RUNNERS	64.37		3.1
94	11	Jo FINDLAY	00:24:27	00:24:20	OPEN	8	Female	21	HAROLD WOOD RUNNING CLUB	58.91		3.1
95	132	Ruth ROSE	00:24:30	00:24:22	V40	5	Female	22	ETON MANOR AC	61.68		3.1
96	150	Tony GALEA	00:24:31	00:24:21	V60	10	Male	74	HAVERING '90 JOGGERS	64.55		3.1
97	182	Andrew CATTON	00:24:34	00:24:28	V60	11	Male	75	ILFORD AC	69.34		3.1
98	202	Steve BENNETT	00:24:36	00:24:28	V50	12	Male	76	ORION HARRIERS	59.11		3.1
99	207	Dan GREEN	00:24:38	00:24:23	V50	13	Male	77	ORION HARRIERS	60		3.1
100	139	Dean BATES	00:25:01	00:24:50	V50	14	Male	78	HAVERING '90 JOGGERS	59.56		3.1
101	50	Costas KOTROFIS	00:25:05	00:25:00	V40	32	Male	79	DAGENHAM 88 RUNNERS	54.84		3.1
102	100	John O'BRIEN	00:25:06	00:24:56	V50	15	Male	80	EAST LONDON RUNNERS	59.37		3.1
103	21	Susan MUNNS	00:25:15	00:25:13	V60	3	Female	23	HAROLD WOOD RUNNING CLUB	75.88		3.1
104	218	Chris FRY	00:25:19	00:25:05	OPEN	20	Male	81		50.22		3.1
105	18	Gayle MCKEAND	00:25:25	00:25:18	V40	6	Female	24	HAROLD WOOD RUNNING CLUB	61.15		3.1
106	3	Stuart BAILEY	00:25:26	00:25:11	V40	33	Male	82	HAROLD WOOD RUNNING CLUB	53.68		3.1
107	87	Kathryn HERTZBERG	00:25:29	00:25:17	OPEN	9	Female	25	EAST LONDON RUNNERS	57.73		3.1
108	201	Anthony YOUNG	00:25:32	00:25:27	V50	16	Male	83	ILFORD AC	59.83		3.1
109	113	Andrea WALLER	00:25:39	00:25:31	V40	7	Female	26	EAST LONDON RUNNERS	61.27		3.1
110	147	Paul FISK	00:25:44	00:25:38	OPEN	21	Male	84	HAVERING '90 JOGGERS	50.72		3.1
111	69	Nora SCHILLINGER	00:25:53	00:25:48	OPEN	10	Female	27	EAST END ROAD RUNNERS	55.82		3.1
112	203	Joyce BERRY	00:25:54	00:25:45	V50	5	Female	28	ORION HARRIERS	67.97		3.1
113	67	Lisa NAYLOR	00:25:54	00:25:48	V40	8	Female	29	EAST END ROAD RUNNERS	62.89		3.1
114	98	Imran MUSTAK	00:25:55	00:25:46	OPEN	22	Male	85	EAST LONDON RUNNERS	51.11		3.1
115	175	Clive TWEEDIE	00:25:59	00:25:46	V70+	1	Male	86	HAVERING '90 JOGGERS	67.14		3.1
116	35	Huseyin DOGAN	00:26:04	00:25:50	V40	34	Male	87	BARKING ROAD RUNNERS	51.59		3.1
117	10	James FALLOWS	00:26:06	00:25:52	OPEN	23	Male	88	HAROLD WOOD RUNNING CLUB	49.66		3.1
118	47	Nils HOLLMANN	00:26:08	00:25:58	V40	35	Male	89	DAGENHAM 88 RUNNERS	54.73		3.1
119	220	Grace HONEYSETT	00:26:13	00:25:54	OPEN	11	Female	30		55.04		3.1
120	13	Martin HAWKER	00:26:16	00:26:05	V40	36	Male	90	HAROLD WOOD RUNNING CLUB	52.77		3.1
121	145	David DIXON	00:26:25	00:26:17	V60	12	Male	91	HAVERING '90 JOGGERS	59.88		3.1
122	209	Christine INCH	00:26:28	00:26:20	V60	4	Female	31	ORION HARRIERS	73.45		3.1
123	49	Rahana ISLAM	00:26:31	00:26:21	V40	9	Female	32	DAGENHAM 88 RUNNERS	59.96		3.1
124	126	Christina LONG	00:26:38	00:26:27	V40	10	Female	33	ETON MANOR AC	57.76		3.1
125	169	Darren RADFORD	00:26:44	00:26:33	V50	17	Male	92	HAVERING '90 JOGGERS	57.66		3.1
126	152	Tony GRAY	00:26:46	00:26:38	V60	13	Male	93	HAVERING '90 JOGGERS	59.12		3.1
127	60	Delroy DE MONTAGNAC	00:26:47	00:26:41	V50	18	Male	94	EAST END ROAD RUNNERS	53.84		3.1
128	128	Geoffrey NICHOLLS	00:26:59	00:26:48	V60	14	Male	95	ETON MANOR AC	62.5		3.1
129	40	Martin O'TOOLE	00:27:02	00:26:48	V50	19	Male	96	BARKING ROAD RUNNERS	55.11		3.1
130	111	David TAYLOR	00:27:07	00:26:57	V60	15	Male	97	EAST LONDON RUNNERS	59.38		3.1
131	103	Sandra PRESTON	00:27:12	00:27:00	V50	6	Female	34	EAST LONDON RUNNERS	68.44		3.1
132	48	John HUGHES	00:27:14	00:26:57	V50	20	Male	98	DAGENHAM 88 RUNNERS	55.63		3.1
133	42	Belinda RICHES	00:27:18	00:27:02	V50	7	Female	35	BARKING ROAD RUNNERS	61.21		3.1
134	25	Ruth QUINCE	00:27:25	00:27:10	V40	11	Female	36	HAROLD WOOD RUNNING CLUB	57.3		3.1
135	135	Claire TAYLOR	00:27:27	00:27:15	V40	12	Female	37	ETON MANOR AC	60.09		3.1
136	89	Andrew HOWARD	00:27:28	00:27:14	V60	16	Male	99	EAST LONDON RUNNERS	57.62		3.1
137	123	Janine DURRANT	00:27:29	00:27:17	V40	13	Female	38	ETON MANOR AC	58.54		3.1
138	168	Kate PETTIT	00:27:32	00:27:20	V50	8	Female	39	HAVERING '90 JOGGERS	61.49		3.1
139	90	Cindy KOON	00:27:33	00:27:17	V40	14	Female	40	EAST LONDON RUNNERS	59.13		3.1
140	1	Andrew ADAMS	00:27:35	00:27:27	V50	21	Male	100	HAROLD WOOD RUNNING CLUB	55.41		3.1
141	211	Bob JOUSIFFE	00:27:38	00:27:28	V70+	2	Male	101	ORION HARRIERS	65.95		3.1
142	27	Zoe TRUBRIDGE	00:27:52	00:27:45	V40	15	Female	41	HAROLD WOOD RUNNING CLUB	54.7		3.1
143	219	Sally GILLAM	00:27:53	00:27:44	V50	9	Female	42	HARWICH RUNNERS	67.7		3.1
144	53	Michael PEGNALL	00:27:55	00:27:42	V40	37	Male	102	DAGENHAM 88 RUNNERS	48.17		3.1
145	186	Dianne CRISP	00:28:08	00:28:02	V60	5	Female	43	ILFORD AC	68.09		3.1
146	155	Michael HILL	00:28:13	00:28:04	V50	22	Male	103	HAVERING '90 JOGGERS	54.15		3.1
147	136	Tracey TAYLOR	00:28:19	00:28:08	V50	10	Female	44	ETON MANOR AC	66.68		3.1
148	29	Mike WESTMORE	00:28:35	00:28:18	V50	23	Male	104	HAROLD WOOD RUNNING CLUB	53.93		3.1
149	153	Melanie GREEN	00:28:42	00:28:30	V40	16	Female	45	HAVERING '90 JOGGERS	57.47		3.1
150	190	Sharon HONEY	00:28:45	00:28:33	V60	6	Female	46	ILFORD AC	71.88		3.1
151	197	Mandy REID	00:28:55	00:28:47	V40	17	Female	47	ILFORD AC	57.04		3.1
152	167	Brian PARISH	00:29:26	00:29:13	V40	38	Male	105	HAVERING '90 JOGGERS	48.23		3.1
153	4	Gurjit BANSAL	00:29:39	00:29:22	OPEN	24	Male	106	HAROLD WOOD RUNNING CLUB	43.74		3.1
154	161	Danielle LAST	00:29:41	00:29:29	V40	18	Female	48	HAVERING '90 JOGGERS	53.56		3.1
155	81	Fiona DAY	00:29:46	00:29:27	V60	7	Female	49	EAST LONDON RUNNERS	69.45		3.1
156	227	Julia GALEA	00:29:48	00:29:41	V60	8	Female	50	ILFORD AC	70.47		3.1

Pos	Race No	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Club	Age Grade %	Dist
157	213	Dhurwendra MISTRY	00:29:55	00:29:40	V50	24	Male	107	ORION HARRIERS	50.64	3.1
158	17	Jason MARCHANT	00:29:58	00:29:44	OPEN	25	Male	108	HAROLD WOOD RUNNING CLUB	43.56	3.1
159	31	Amy WHITEHEAD	00:30:05	00:29:51	OPEN	12	Female	51	HAROLD WOOD RUNNING CLUB	47.92	3.1
160	96	Caroline MOORE	00:30:20	00:29:58	V60	9	Female	52	EAST LONDON RUNNERS	63.17	3.1
161	173	Stuart TIDD	00:30:23	00:30:06	V60	17	Male	109	HAVERING '90 JOGGERS	52.07	3.1
162	73	Stuart BARTON	00:30:26	00:30:09	V50	25	Male	110	EAST LONDON RUNNERS	48.15	3.1
163	12	Louise HAWKER	00:30:37	00:30:24	V40	19	Female	53	HAROLD WOOD RUNNING CLUB	49.79	3.1
164	93	Helen MCGUINNESS	00:30:48	00:30:29	V40	20	Female	54	EAST LONDON RUNNERS	52.89	3.1
165	130	Siobhan PARKER	00:30:49	00:30:30	V50	11	Female	55	ETON MANOR AC	55.65	3.1
166	165	Brigid MALLEE	00:30:49	00:30:36	V50	12	Female	56	HAVERING '90 JOGGERS	60.4	3.1
167	221	Phil HUDSON	00:30:49	00:30:30	V60	18	Male	111	WARE JOGGERS	53.22	3.1
168	104	Diana REXHEPAJ	00:30:51	00:30:31	V50	13	Female	57	EAST LONDON RUNNERS	56.32	3.1
169	191	Frieda KEANE	00:30:52	00:30:39	V50	14	Female	58	ILFORD AC	61.17	3.1
170	59	Sarah BEMAND	00:30:55	00:30:40	V40	21	Female	59	EAST END ROAD RUNNERS	52.7	3.1
171	61	Joanna DORLING	00:30:55	00:30:39	V50	15	Female	60	EAST END ROAD RUNNERS	56.95	3.1
172	170	Bernard SAVAGE	00:31:02	00:30:49	V60	19	Male	112	HAVERING '90 JOGGERS	54.9	3.1
173	77	Mary CONNOLLY	00:31:12	00:30:54	V60	10	Female	61	EAST LONDON RUNNERS	61.39	3.1
174	23	Carol NORMAN	00:31:19	00:31:06	V40	22	Female	62	HAROLD WOOD RUNNING CLUB	51.38	3.1
175	172	Brian SLADE	00:31:27	00:31:14	V70+	3	Male	113	HAVERING '90 JOGGERS	59.99	3.1
176	97	Kathy MORRISSEY	00:31:30	00:31:12	V50	16	Female	63	EAST LONDON RUNNERS	53.73	3.1
177	7	Caitlin DILLANE	00:31:47	00:31:33	OPEN	13	Female	64	HAROLD WOOD RUNNING CLUB	45.35	3.1
178	157	Debbie JONES	00:31:57	00:31:45	V50	17	Female	65	HAVERING '90 JOGGERS	52.97	3.1
179	57	Selon Timi VEERASAMY	00:32:03	00:31:45	V70+	1	Female	66	DAGENHAM 88 RUNNERS	70.02	3.1
180	171	Steve SHEEKEY	00:32:16	00:32:08	V60	20	Male	114	HAVERING '90 JOGGERS	48.6	3.1
181	180	Launa BROADLEY	00:32:23	00:32:19	V50	18	Female	67	ILFORD AC	54.38	3.1
182	133	Catherine SCRIVENS	00:32:33	00:32:14	V60	11	Female	68	ETON MANOR AC	60.65	3.1
183	38	Leslie JAY	00:32:52	00:32:39	V60	21	Male	115	BARKING ROAD RUNNERS	51.31	3.1
184	6	Amolak DHANJAL	00:33:13	00:32:56	V60	22	Male	116	HAROLD WOOD RUNNING CLUB	49.37	3.1
185	36	Alison FRYATT	00:33:56	00:33:36	V50	19	Female	69	BARKING ROAD RUNNERS	54.08	3.1
186	110	Peter STEVENS	00:34:02	00:33:41	OPEN	26	Male	117	EAST LONDON RUNNERS	38.33	3.1
187	92	Shanavaz MALAYODU	00:34:13	00:29:17	V40	39	Male	118	EAST LONDON RUNNERS	39.3	3.1
188	20	Allan MUNNS	00:34:26	00:34:08	V60	23	Male	119	HAROLD WOOD RUNNING CLUB	46.35	3.1
189	149	John FORD	00:34:56	00:34:43	V60	24	Male	120	HAVERING '90 JOGGERS	46.11	3.1
190	140	Melissa BURKE	00:35:05	00:34:49	V50	20	Female	70	HAVERING '90 JOGGERS	50.19	3.1
191	52	Pascalina PAMBA	00:35:18	00:34:58	V50	21	Female	71	DAGENHAM 88 RUNNERS	47.34	3.1
192	160	Lee KYSON	00:35:35	00:35:17	V60	25	Male	121	HAVERING '90 JOGGERS	46.1	3.1
193	30	Clare WHITBY	00:35:56	00:35:35	V50	22	Female	72	HAROLD WOOD RUNNING CLUB	52.54	3.1
194	154	Tracy HENDY	00:36:10	00:35:53	V50	23	Female	73	HAVERING '90 JOGGERS	49.36	3.1
195	28	Amy WARDLE	00:36:19	00:36:02	OPEN	14	Female	74	HAROLD WOOD RUNNING CLUB	39.67	3.1
196	105	Frances RIDOUT	00:36:28	00:36:06	OPEN	15	Female	75	EAST LONDON RUNNERS	40.34	3.1
197	158	Laura KELLY	00:36:46	00:36:31	V50	24	Female	76	HAVERING '90 JOGGERS	46.64	3.1
198	162	Jackie LUDLOW	00:36:52	00:36:34	V50	25	Female	77	HAVERING '90 JOGGERS	49.09	3.1
199	71	John ATKINSON	00:36:54	00:36:30	V70+	4	Male	122	EAST LONDON RUNNERS	54.4	3.1
200	166	Jenette OGBORN	00:36:57	00:36:38	V40	23	Female	78	HAVERING '90 JOGGERS	42.07	3.1
201	174	Donna TOWNER	00:37:03	00:36:43	V40	24	Female	79	HAVERING '90 JOGGERS	41.53	3.1
202	188	Julie GILLENDER	00:37:09	00:36:55	V50	26	Female	80	ILFORD AC	47.4	3.1
203	2	Anna BAILEY	00:37:40	00:37:27	V50	27	Female	81	HAROLD WOOD RUNNING CLUB	48.05	3.1
204	14	Elisabeth HONEYSETT	00:37:41	00:37:19	V60	12	Female	82	HAROLD WOOD RUNNING CLUB	51.6	3.1
205	46	Jacqui ELLIOTT	00:37:45	00:37:26	V50	28	Female	83	DAGENHAM 88 RUNNERS	46.64	3.1
206	8	Sarah DILLANE	00:39:42	00:39:29	V40	25	Female	84	HAROLD WOOD RUNNING CLUB	41.05	3.1
207	45	Douglas ADAMS	00:41:03	00:40:43	V70+	5	Male	123	DAGENHAM 88 RUNNERS	44.39	3.1
208	9	Pamela DUCK	00:42:26	00:42:10	V70+	2	Female	85	HAROLD WOOD RUNNING CLUB	69.84	3.1
209	56	Sam VEERASAMY	00:46:40	00:46:18	V70+	6	Male	124	DAGENHAM 88 RUNNERS	40.43	3.1
24		Mark NORMAN	Not started	Not started	V50		Male		HAROLD WOOD RUNNING CLUB		3.1
32		Alan WOODROOF	Not started	Not started	V60		Male		HAROLD WOOD RUNNING CLUB		3.1
39		Ronald VIALLS	Not started	Not started	V70+		Male		BARKING ROAD RUNNERS		3.1
55		Natalie TRAYLEN	Not started	Not started	V40		Female		DAGENHAM 88 RUNNERS		3.1
78		Grant CONWAY	Not started	Not started	V50		Male		EAST LONDON RUNNERS		3.1
83		Ryan FRIEL	Not started	Not started	OPEN		Male		EAST LONDON RUNNERS		3.1
84		Maya GOODWIN	Not started	Not started	V50		Female		EAST LONDON RUNNERS		3.1
88		Catriona HOULT	Not started	Not started	V40		Female		EAST LONDON RUNNERS		3.1
114		Michael WILSON	Not started	Not started	V60		Male		EAST LONDON RUNNERS		3.1
116		Mark WYATT	Not started	Not started	OPEN		Male		EAST LONDON RUNNERS		3.1
151		Lisa GASKIN	Not started	Not started	V50		Female		HAVERING '90 JOGGERS		3.1
156		Josy HUGHES	Not started	Not started	V60		Female		HAVERING '90 JOGGERS		3.1
163		Andrew LUTTERLOCH	Not started	Not started	V40		Male		HAVERING '90 JOGGERS		3.1
179		Dennis BRIGGS	Not started	Not started	V40		Male		ILFORD AC		3.1
183		Adam COALS	Not started	Not started	V40		Male		ILFORD AC		3.1
199		Fabrizio STEFANONI	Not started	Not started	V40		Male		ILFORD AC		3.1
205		Benjamin FISHER	Not started	Not started	V40		Male		ORION HARRIERS		3.1
206		Paul GOODHEW	Not started	Not started	V50		Male		ORION HARRIERS		3.1
212		Karen LYONS	Not started	Not started	V50		Female		ORION HARRIERS		3.1
217		Hannah WHITE	Not started	Not started	OPEN		Female		ORION HARRIERS		3.1