

Pos	Name	Time	Net Time	Category	Gender	Gen Pos	Club	Age Grade %
1	Ryan FRIEL	00:16:43	00:16:42	TOP3	Male	1	EAST LONDON RUNNERS	77.08
2	Joshua Rees DAVIES	00:16:43	00:16:43	TOP3	Male	2	EAST LONDON RUNNERS	76.64
3	Simon COTTLE	00:16:46	00:16:45	TOP3	Male	3	ETON MANOR AC	80.79
4	Gary TOWERS	00:16:48	00:16:47	V40	Male	4	ETON MANOR AC	85.12
5	John HENRY	00:16:50	00:16:49	V40	Male	5	EAST LONDON RUNNERS	80.45
6	James BLOGG	00:16:55	00:16:54	V40	Male	6	HAVERING '90 JOGGERS	80.66
7	Ed JENKINS	00:17:02	00:17:01	SEN	Male	7	ETON MANOR AC	74.62
8	Richard SMITH	00:17:06	00:17:05	SEN	Male	8	ORION HARRIERS	76.33
9	Samuel ANDERSON	00:17:11	00:17:11	SEN	Male	9	ETON MANOR AC	73.43
10	Alex TAYLOR	00:17:13	00:17:12	SEN	Male	10	ETON MANOR AC	74.84
11	Paul BODDEY	00:17:20	00:17:19	V40	Male	11	ETON MANOR AC	79.92
12	Joseph GUNN	00:17:31	00:17:29	SEN	Male	12	EAST LONDON RUNNERS	72.85
13	Steven LAZARO	00:17:32	00:17:29	SEN	Male	13	EAST END ROAD RUNNERS	71.96
14	George FERNANDEZ	00:17:33	00:17:32	SEN	Male	14	ETON MANOR AC	71.83
15	Fabrizio STEFANONI	00:17:37	00:17:37	V40	Male	15	ILFORD AC	81.16
16	Graham WHITE	00:17:38	00:17:36	SEN	Male	16	ETON MANOR AC	73.09
17	Daniel O DONAGHUE	00:17:43	00:17:42	SEN	Male	17	EAST LONDON RUNNERS	72.73
18	Angelo PIERIS	00:17:43	00:17:42	V40	Male	18	EAST END ROAD RUNNERS	77.04
19	Connor JOHNSTON	00:17:53	00:17:50	SEN	Male	19	EAST END ROAD RUNNERS	74.09
20	Jonathan LEITH	00:17:57	00:17:56	V40	Male	20	ETON MANOR AC	74.33
21	Stephen PHILCOX	00:18:05	00:18:05	V50	Male	21	ILFORD AC	83.77
22	Robert SPREAD	00:18:09	00:18:09	V40	Male	22	EAST LONDON RUNNERS	74.65
23	Aaron BROWNE	00:18:10	00:18:09	SEN	Male	23	ILFORD AC	69.47
24	Scott MCMILLAN	00:18:13	00:18:11	V40	Male	24	EAST LONDON RUNNERS	77.29
25	Alex SENSIER	00:18:14	00:18:12	SEN	Male	25	URBAN RUNNER	69.36
26	Stephen THOMPSON	00:18:15	00:18:14	V40	Male	26	ORION HARRIERS	77.11
27	Neringa MASILIONIENE	00:18:32	00:18:31	TOP3	Female	1	ILFORD AC	80.3
28	Madeline BARKER	00:18:38	00:18:38	TOP3	Female	2	HAVERING AC	78.94
29	Jennifer HEYMANN	00:18:40	00:18:37	TOP3	Female	3	ETON MANOR AC	82.43
30	Ashley CRAWFORD	00:18:50	00:18:49	SEN	Male	27		68.85
31	Joseph OSAKUE	00:18:50	00:18:50	V40	Male	28	EAST LONDON RUNNERS	75.92
32	Richard WOOLTERTON	00:19:00	00:19:00	V50	Male	29	ILFORD AC	76.49
33	Diarmuid MAC DONNELLY	00:19:04	00:19:01	V50	Male	30	ILFORD AC	75.59
34	Paul WITHYMAN	00:19:08	00:19:06	V40	Male	31	BARKING ROAD RUNNERS	70.28
35	Jordan HINDS	00:19:12	00:19:10	SEN	Female	4	ILFORD AC	75
36	Ian PITHOUSE	00:19:16	00:19:14	SEN	Male	32	EAST END ROAD RUNNERS	68.23
37	Leon Wei Chung KONG	00:19:18	00:19:16	SEN	Male	33	EAST END ROAD RUNNERS	65.33
38	Ryder ISLAM	00:19:26	00:19:24	SEN	Male	34	ILFORD AC	72.96
39	Paul SHERATON	00:19:26	00:19:24	V40	Male	35	EAST LONDON RUNNERS	70.22
40	Craig LIVERMORE	00:19:29	00:19:27	SEN	Male	36	ILFORD AC	65.03
41	Coren HANLEY	00:19:30	00:19:29	SEN	Female	5	EAST END ROAD RUNNERS	74.06
42	Joel DENNING	00:19:31	00:19:30	V40	Male	37	ILFORD AC	71.01
43	Nick BARKER	00:19:32	00:19:28	V40	Male	38	LOUGHTON AC	68.32
44	J DRYSDALE	00:19:35	00:19:32	V40	Male	39	ETON MANOR AC	69.72
45	Shahib ALI	00:19:36	00:19:32	SEN	Male	40	EAST LONDON RUNNERS	66.14
46	Daniel CANO	00:19:42	00:19:39	SEN	Male	41	HAVERING '90 JOGGERS	64.34
47	Mark MOIR	00:19:43	00:19:41	SEN	Male	42	EAST LONDON RUNNERS	64.26
48	John CRAWLEY	00:19:43	00:19:41	SEN	Male	43	ILFORD AC	66.19
49	Sameena AHMED	00:19:45	00:19:43	V40	Female	6	ILFORD AC	77.87
50	Terry KNIGHTLEY	00:19:57	00:19:57	V60	Male	44	ILFORD AC	80.01
51	David CATO	00:19:58	00:19:54	V40	Male	45	ETON MANOR AC	67.86
52	Dario Alejandro ALVAREZ BORRERO	00:19:59	00:19:54	SEN	Male	46	ETON MANOR AC	64.47
53	Stuart MACKAY	00:20:05	00:20:03	V40	Male	47	BARKING ROAD RUNNERS	69.56
54	Jimmy DALE	00:20:14	00:20:12	SEN	Male	48	EAST LONDON RUNNERS	64.06
55	Shuhel KHAN	00:20:15	00:20:12	V40	Male	49	BARKING ROAD RUNNERS	66.87
56	Richard GILL	00:20:18	00:20:15	SEN	Male	50	EAST END ROAD RUNNERS	65.24
57	Claire HUGGINS	00:20:19	00:20:15	SEN	Female	7	ORION HARRIERS	70.93
58	Steve CONSTANTINOU	00:20:22	00:20:21	V40	Male	51	HAVERING '90 JOGGERS	68.05
59	Vincent CHARMAN	00:20:24	00:20:22	V50	Male	52	HAVERING '90 JOGGERS	74.25
60	Dave SHERMAN	00:20:25	00:20:23	V40	Male	53	HAVERING '90 JOGGERS	65.38
61	Tony COLLINS	00:20:26	00:20:25	V40	Male	54	HAVERING '90 JOGGERS	67.32
62	Hannah WHITE	00:20:27	00:20:24	SEN	Female	8	ORION HARRIERS	70.53
63	Rachel BAILEY	00:20:31	00:20:28	SEN	Female	9	EAST LONDON RUNNERS	71.72
64	Lee VEALE	00:20:32	00:20:31	V40	Male	55	HAVERING '90 JOGGERS	67.51
65	Robert SOMMERVILLE	00:20:40	00:20:37	V50	Male	56	ETON MANOR AC	72.08
66	John BLACK	00:20:46	00:20:42	V60	Male	57	ETON MANOR AC	79.72

67	Steve CHISSELL	00:20:48	00:20:44	V50	Male	58 ILFORD AC	74.09
68	Kevin WHITLOCK	00:20:50	00:20:45	V40	Male	59 ETON MANOR AC	68.66
69	Paul THOMPSON	00:20:52	00:20:48	V50	Male	60 EAST LONDON RUNNERS	71.41
70	Dennis BRIGGS	00:21:02	00:21:00	V40	Male	61 ILFORD AC	66.95
71	Adam SHAIKH	00:21:03	00:20:57	V50	Male	62 EAST END ROAD RUNNERS	70.78
72	Betty BOHANE	00:21:05	00:21:02	SEN	Female	10 EAST LONDON RUNNERS	68.86
73	Lee MILNE	00:21:06	00:21:05	V40	Female	11 ETON MANOR AC	76.23
74	Amit MARKS	00:21:12	00:21:04	V40	Male	63 EAST LONDON RUNNERS	65.39
75	Jacob STEVENS	00:21:17	00:21:12	V40	Male	64 EAST LONDON RUNNERS	65.66
76	Debbie COYLE	00:21:21	00:21:20	V40	Female	12 BARKING ROAD RUNNERS	74.46
77	Shree LATURIA	00:21:26	00:21:21	V40	Male	65 EAST END ROAD RUNNERS	63.69
78	Caroline FRITH	00:21:28	00:21:24	V40	Female	13 EAST LONDON RUNNERS	72.38
79	Dave DAUGIRDA	00:21:34	00:21:31	V60	Male	66 ETON MANOR AC	72.7
80	Billy WALKINGTON	00:21:36	00:21:31	V40	Male	67 DAGENHAM 88 RUNNERS	63.18
81	Paul GOODHEW	00:21:43	00:21:32	V50	Male	68 ORION HARRIERS	68.05
82	Gary FLOATE	00:21:44	00:21:41	V50	Male	69 ILFORD AC	69.12
83	Kevin WOTTON	00:21:46	00:21:44	V50	Male	70 BARKING ROAD RUNNERS	68.43
84	Simon MALEY	00:21:47	00:21:37	V40	Male	71 HAVERING '90 JOGGERS	65.12
85	Jane RUKIN-WHITE	00:21:48	00:21:45	SEN	Female	14 ETON MANOR AC	66.87
86	Robert MCNAMARA	00:21:53	00:21:46	SEN	Male	72 HAROLD WOOD RUNNING CLUB	58.09
87	Anna CRAWLEY	00:21:54	00:21:49	SEN	Female	15 ILFORD AC	65.97
88	Adebayo MABO	00:21:56	00:21:54	V50	Male	73 HAVERING '90 JOGGERS	67.93
89	Becky EVANS	00:22:04	00:21:57	V50	Female	16 EAST LONDON RUNNERS	79.81
90	Richard SEDDON	00:22:15	00:22:12	SEN	Male	74 ETON MANOR AC	57.14
91	Luke KNIGHT	00:22:17	00:22:09	SEN	Male	75 HAVERING '90 JOGGERS	57.83
92	Anthony YOUNG	00:22:18	00:22:15	V50	Male	76 ILFORD AC	68.54
93	Darinder BHAMRA	00:22:19	00:22:17	V50	Male	77 EAST LONDON RUNNERS	68.45
94	Alex DORRIAN	00:22:22	00:22:18	SEN	Male	78 ETON MANOR AC	59.23
95	Breege NORDIN	00:22:25	00:22:24	V60	Female	17 ILFORD AC	93.72
96	Jo FINDLAY	00:22:26	00:22:20	SEN	Female	18 HAROLD WOOD RUNNING CLUB	64.21
97	Dan GREEN	00:22:31	00:22:26	V50	Male	79 ORION HARRIERS	65.64
98	Bradley BROWN	00:22:33	00:22:32	V40	Male	80 ILFORD AC	63.45
99	Thomas PARROTT	00:22:38	00:22:25	SEN	Male	81 URBAN RUNNER	55.88
100	Mark DURRANT	00:22:42	00:22:33	V50	Male	82 EAST LONDON RUNNERS	67.29
101	Clive STEPHENSON	00:22:42	00:22:36	V60	Male	83 EAST LONDON RUNNERS	70.29
102	Matilda FRITH	00:22:43	00:22:41	SEN	Female	19 WOODFORD GREEN AC WITH ESSEX LADIES	67.32
103	Sarah BURNS	00:22:45	00:22:41	V40	Female	20 EAST LONDON RUNNERS	69.85
104	Mark BOOTH	00:22:48	00:22:47	V50	Male	84	68.2
105	Zachary CROFT	00:22:49	00:22:44	SEN	Male	85 ETON MANOR AC	55.41
106	Jeff FENTON	00:22:52	00:22:46	V60	Male	86 HAVERING '90 JOGGERS	73.06
107	Jonathan WEST	00:22:58	00:22:52	V40	Male	87 ORION HARRIERS	60.37
108	Michael WILSON	00:23:01	00:22:53	V60	Male	88 EAST LONDON RUNNERS	68.75
109	Kasia STACHOWIAK	00:23:05	00:22:51	SEN	Female	21 EAST LONDON RUNNERS	64.52
110	Gary BARTLETT	00:23:06	00:22:59	V60	Male	89 ORION HARRIERS	69.1
111	Jane PANNELL	00:23:10	00:23:06	V50	Female	22 ETON MANOR AC	73.04
112	Abigail HOULT	00:23:12	00:23:10	SEN	Female	23 ORION HARRIERS	65
113	Sean COSTELLO	00:23:14	00:23:11	V50	Male	90 ILFORD AC	64.13
114	Hannah SHEIKH	00:23:18	00:23:16	V40	Female	24 ILFORD AC	70.82
115	Kate PETTIT	00:23:19	00:23:15	V50	Female	25 HAVERING '90 JOGGERS	72.58
116	Mark NEW	00:23:22	00:23:15	SEN	Male	91 BARKING ROAD RUNNERS	56.7
117	David GODFREY	00:23:24	00:23:23	V60	Male	92 DRAX ALL-STARS	70.1
118	Gaye YOUNG	00:23:28	00:23:22	V50	Female	26 ILFORD AC	74.03
119	John O'BRIEN	00:23:34	00:23:19	V50	Male	93 EAST LONDON RUNNERS	63.77
120	Alison SALE	00:23:36	00:23:31	V50	Female	27 ILFORD AC	77.73
121	Tracey SHEEHY	00:23:37	00:23:31	V40	Female	28 DAGENHAM 88 RUNNERS	69.83
122	Adrian DAIVSON	00:23:38	00:23:15	V60	Male	94 BARKING ROAD RUNNERS	66.96
123	Karen WEST	00:23:38	00:23:32	V40	Female	29 ORION HARRIERS	66.48
124	Imran MUSTAK	00:23:41	00:23:28	SEN	Male	95 EAST LONDON RUNNERS	55.95
125	Christina READE	00:23:43	00:23:35	V40	Female	30 EAST END ROAD RUNNERS	63.21
126	Rakesh SANDHU	00:23:47	00:23:34	V50	Male	96 URBAN RUNNER	62.14
127	Mary ARMITAGE	00:23:48	00:23:41	V50	Female	31 ORION HARRIERS	79.34
128	Nils HOLLMANN	00:23:49	00:23:44	V50	Male	97 DAGENHAM 88 RUNNERS	60.54
129	Ulrike GERSTENBERG	00:23:53	00:23:49	V40	Female	32 EAST END ROAD RUNNERS	66.55
130	Belinda RICHES	00:24:06	00:23:59	V50	Female	33 BARKING ROAD RUNNERS	69.33
131	Clive TWEEDIE	00:24:15	00:24:05	V70+	Male	98 HAVERING '90 JOGGERS	71.95
132	Hayley BARRON	00:24:15	00:24:10	V50	Female	34 ORION HARRIERS	69.78
133	Christine INCH	00:24:17	00:24:10	V60	Female	35 ORION HARRIERS	80.07
134	Christopher HEMPSEED	00:24:19	00:24:06	SEN	Male	99 ETON MANOR AC	52.26

135	Paul FISK	00:24:20	00:24:09	SEN	Male	100 HAVERING '90 JOGGERS	54.05
136	Rosanna FFORDE	00:24:23	00:24:17	SEN	Female	36 BARKING ROAD RUNNERS	59.4
137	Katrina BETTERIDGE	00:24:24	00:24:13	SEN	Female	37 EAST LONDON RUNNERS	60.3
138	Ryan DAVIS	00:24:26	00:24:20	SEN	Male	101	51.64
139	Martin HAWKER	00:24:37	00:24:31	V40	Male	102 HAROLD WOOD RUNNING CLUB	56.32
140	Maud HODSON	00:24:38	00:24:31	V50	Female	38 ETON MANOR AC	67.84
141	Tony GRAY	00:24:39	00:24:35	V60	Male	103 HAVERING '90 JOGGERS	64.17
142	Martin O'TOOLE	00:24:39	00:24:32	V50	Male	104 BARKING ROAD RUNNERS	60.43
143	David KAIL	00:24:43	00:24:41	SEN	Male	105 BARKING ROAD RUNNERS	51.06
144	Craig GROOM	00:24:47	00:24:37	V40	Male	106 BARKING ROAD RUNNERS	56.82
145	Sandra PRESTON	00:24:47	00:24:37	V50	Female	39 EAST LONDON RUNNERS	75.1
146	Michael HILL	00:24:49	00:24:44	V50	Male	107 HAVERING '90 JOGGERS	61.59
147	Rahana ISLAM	00:24:49	00:24:40	V40	Female	40 DAGENHAM 88 RUNNERS	64.06
148	Mike CORKER	00:24:52	00:24:42	V70+	Male	108	71.1
149	Paul WILLIAMS	00:24:53	00:24:48	V60	Male	109 ORION HARRIERS	63.59
150	Samir YOUNSI	00:24:56	00:24:40	V40	Male	110 EAST LONDON RUNNERS	56.9
151	Tracey TAYLOR	00:24:57	00:24:50	V50	Female	41 ETON MANOR AC	75.67
152	Andrew HOWARD	00:24:58	00:24:44	V60	Male	111 EAST LONDON RUNNERS	63.38
153	Bob JOUSIFFE	00:24:58	00:24:48	V70+	Male	112 ORION HARRIERS	72.98
154	Kieran BROWN	00:24:58	00:24:43	V60	Male	113 EAST LONDON RUNNERS	65.09
155	John HUGHES	00:24:59	00:24:51	V50	Male	114 DAGENHAM 88 RUNNERS	60.65
156	Geoffrey NICHOLLS	00:24:59	00:24:52	V60	Male	115 ETON MANOR AC	67.48
157	Joyce GOLDER	00:25:05	00:24:56	V50	Female	42 BARKING ROAD RUNNERS	66.6
158	Cindy KOON	00:25:07	00:24:55	V40	Female	43 EAST LONDON RUNNERS	64.87
159	Darren RADFORD	00:25:08	00:25:01	V50	Male	116 HAVERING '90 JOGGERS	61.84
160	Stuart BARTON	00:25:09	00:24:55	V50	Male	117 EAST LONDON RUNNERS	58.29
161	Mandy REID	00:25:10	00:25:03	V40	Female	44 ILFORD AC	65.56
162	Bernard DAWSON	00:25:18	00:25:10	V60	Male	118 ORION HARRIERS	61.98
163	Christina LONG	00:25:19	00:25:11	V40	Female	45 ETON MANOR AC	60.77
164	Ann DUNNE	00:25:22	00:25:17	V60	Female	46 EAST LONDON RUNNERS	75.53
165	Janine DURRANT	00:25:29	00:25:22	V40	Female	47 ETON MANOR AC	63.15
166	Lisa NAYLOR	00:25:37	00:25:30	V40	Female	48 EAST END ROAD RUNNERS	64.39
167	Catriona HOULT	00:25:44	00:25:33	V40	Female	49 EAST LONDON RUNNERS	62.52
168	Miraiker WALLACE	00:25:49	00:25:38	V50	Female	50	71.06
169	Mike WESTMORE	00:25:50	00:25:41	V50	Male	119 HAROLD WOOD RUNNING CLUB	59.65
170	Dean BATES	00:25:55	00:25:49	V50	Male	120 HAVERING '90 JOGGERS	57.5
171	Michael PEGNALL	00:26:00	00:25:52	V40	Male	121 DAGENHAM 88 RUNNERS	52.11
172	Joanna DORLING	00:26:05	00:25:50	V50	Female	51 EAST END ROAD RUNNERS	67.49
173	Brynley GIDDINGS	00:26:05	00:25:57	V60	Male	122 HAROLD WOOD RUNNING CLUB	60.11
174	Sharon HONEY	00:26:08	00:26:04	V60	Female	52 ILFORD AC	79.11
175	Melanie GREEN	00:26:14	00:26:02	V40	Female	53 HAVERING '90 JOGGERS	62.87
176	Brian PARISH	00:26:15	00:26:01	V40	Male	123 HAVERING '90 JOGGERS	54.06
177	Carole ADAMS	00:26:18	00:26:12	V40	Female	54 DAGENHAM 88 RUNNERS	57.96
178	Steve BURR	00:26:27	00:26:22	V50	Male	124 ETON MANOR AC	58.25
179	Steve GOURLEY	00:26:28	00:26:20	V50	Male	125 HAROLD WOOD RUNNING CLUB	57.24
180	Stuart TIDD	00:26:31	00:26:20	V60	Male	126 HAVERING '90 JOGGERS	59.68
181	Paul GARVEY	00:26:33	00:26:23	V60	Male	127	61.2
182	Costas KOTROFIS	00:26:36	00:26:28	V40	Male	128 DAGENHAM 88 RUNNERS	51.72
183	Alan WOODROOF	00:26:44	00:26:34	V60	Male	129 HAROLD WOOD RUNNING CLUB	61.91
184	Sally GILLAM	00:26:47	00:26:34	V50	Female	55 HARWICH RUNNERS	70.47
185	Caroline MOORE	00:27:00	00:26:45	V60	Female	56 EAST LONDON RUNNERS	70.96
186	Jp HEALY	00:27:02	00:26:48	V40	Male	130 EAST LONDON RUNNERS	52.48
187	Julie ROBINSON	00:27:13	00:27:06	V60	Female	57 ORION HARRIERS	74.78
188	Delroy DE MONTAGNAC	00:27:24	00:27:08	V50	Male	131 EAST END ROAD RUNNERS	52.63
189	Louise ROCKALL	00:27:25	00:27:09	SEN	Female	58 EAST END ROAD RUNNERS	52.56
190	Rob SARGENT	00:27:30	00:27:23	V60	Male	132 ILFORD AC	61.32
191	Alexandra RUTISHAUSER-PERERA	00:27:32	00:27:20	V40	Female	59 EAST LONDON RUNNERS	56.44
192	John JOHNSTONE	00:27:37	00:27:25	V40	Male	133 URBAN RUNNER	50.97
193	Mehboob KHAN	00:27:48	00:27:34	V50	Male	134 ETON MANOR AC	53.16
194	Gabriel ELLENBERG	00:27:52	00:27:40	V60	Male	135 ETON MANOR AC	58.86
195	Dianne CRISP	00:27:55	00:27:48	V60	Female	60 ILFORD AC	68.6
196	Lavina BHAMBRA	00:27:56	00:27:41	SEN	Female	61 URBAN RUNNER	51.59
197	Alison HINTON	00:27:59	00:27:46	V50	Female	62 SERPENTINE RC	62.1
198	Karen SAMUEL	00:28:12	00:27:59	V60	Female	63	68.93
199	Victoria CHARLESWORTH	00:28:16	00:28:01	V50	Female	64 EAST LONDON RUNNERS	59.1
200	Sarah BEMAND	00:28:17	00:28:01	V40	Female	65 EAST END ROAD RUNNERS	57.61
201	Phil HUDSON	00:28:20	00:28:05	V60	Male	136 WARE JOGGERS	58.42

202	James HUDDART	00:28:20	00:28:07 V70+	Male	137 ILFORD AC	65.38
203	Dhurmendra MISTRY	00:28:20	00:28:11 V50	Male	138 ORION HARRIERS	53.47
204	Mary CONNOLLY	00:28:24	00:28:08 V60	Female	66 EAST LONDON RUNNERS	67.47
205	Fiona DAY	00:28:24	00:28:10 V60	Female	67 EAST LONDON RUNNERS	72.77
206	Hugh BARNARD	00:28:26	00:28:09 V70+	Male	139 EAST END ROAD RUNNERS	61.37
207	Munir MUSA	00:28:27	00:28:10 SEN	Male	140 URBAN RUNNER	45.58
208	Louise HAWKER	00:28:33	00:28:24 V40	Female	68 HAROLD WOOD RUNNING CLUB	53.4
209	Carol NORMAN	00:28:33	00:28:24 V40	Female	69 HAROLD WOOD RUNNING CLUB	56.37
210	Steve SHEEKEY	00:28:34	00:28:15 V60	Male	141 HAVERING '90 JOGGERS	55.38
211	Julia GALEA	00:28:40	00:28:34 V60	Female	70 ILFORD AC	74.45
212	Bernard SAVAGE	00:28:44	00:28:27 V60	Male	142 HAVERING '90 JOGGERS	59.3
213	Emma PAISLEY	00:28:49	00:28:34 SEN	Female	71 BARKING ROAD RUNNERS	50.01
214	Richard ROCKLIFFE	00:28:54	00:28:42 V70+	Male	143 HAROLD WOOD RUNNING CLUB	59.64
215	Seamus O'CONNELL	00:28:59	00:28:55 V50	Male	144 ILFORD AC	53.65
216	George HANMORE	00:29:08	00:28:57 V70+	Male	145	63.61
217	Rajendra KATECHIA	00:29:09	00:28:54 V60	Male	146	53.81
218	Hayley DALTON	00:29:14	00:29:09 V50	Female	72 ETON MANOR AC	57.89
219	Brigid MALLEE	00:29:15	00:29:10 V50	Female	73 HAVERING '90 JOGGERS	63.64
220	Sonya BYERS	00:29:19	00:29:06 V40	Female	74 DAGENHAM 88 RUNNERS	52
221	Catherine SCRIVENS	00:29:20	00:29:07 V60	Female	75 ETON MANOR AC	67.29
222	Amolak DHANJAL	00:29:24	00:29:14 V60	Male	147 HAROLD WOOD RUNNING CLUB	55.79
223	Brian SLADE	00:29:31	00:29:16 V70+	Male	148 HAVERING '90 JOGGERS	63.91
224	Carol MUIR	00:29:38	00:29:33 V50	Female	76 ILFORD AC	57.12
225	Victoria NOCK	00:29:39	00:29:27 V50	Female	77 ETON MANOR AC	57.83
226	Peter STEVENS	00:29:41	00:29:24 SEN	Male	149 EAST LONDON RUNNERS	43.94
227	Launa BROADLEY	00:29:42	00:29:35 V50	Female	78 ILFORD AC	60.1
228	Susan EDWARDS	00:29:43	00:29:23 V50	Female	79 ETON MANOR AC	61.75
229	Elaine RICHARDSON	00:29:45	00:29:28 V60	Female	80 HAROLD WOOD RUNNING CLUB	72.95
230	Tracy GIDDINGS	00:29:45	00:29:37 V50	Female	81 HAROLD WOOD RUNNING CLUB	61.68
231	Jenette OGBORN	00:29:54	00:29:40 V40	Female	82 HAVERING '90 JOGGERS	51.98
232	Peter BULAITIS	00:29:56	00:29:46 V60	Male	150 ORION HARRIERS	56.35
233	Maya GOODWIN	00:29:57	00:29:43 V50	Female	83 EAST LONDON RUNNERS	56.5
234	Joe PRESTON	00:30:04	00:29:48 V60	Male	151 EAST LONDON RUNNERS	52.62
235	Anna DINGLE	00:30:10	00:29:56 V40	Female	84 EAST LONDON RUNNERS	53.33
236	Debbie JONES	00:30:43	00:30:29 V50	Female	85 HAVERING '90 JOGGERS	55.11
237	Caitlin DILLANE	00:31:19	00:31:00 SEN	Female	86 HAROLD WOOD RUNNING CLUB	46.03
238	Nosheila AHMED	00:31:54	00:31:39 SEN	Female	87 URBAN RUNNER	46.68
239	Sallyann EYLES	00:31:59	00:31:42 V50	Female	88 EAST LONDON RUNNERS	52.92
240	Vivienne EKA	00:32:07	00:31:50 V50	Female	89 EAST LONDON RUNNERS	52.69
241	Lynsey MANN	00:32:12	00:31:54 SEN	Female	90 HAROLD WOOD RUNNING CLUB	46.25
242	Peter GOODWIN	00:32:16	00:31:56 V40	Male	152	43.99
243	John FORD	00:32:22	00:32:08 V60	Male	153 HAVERING '90 JOGGERS	49.76
244	Amy WARDLE	00:32:25	00:32:14 SEN	Female	91 HAROLD WOOD RUNNING CLUB	44.46
245	Jackie LUDLOW	00:32:30	00:32:17 V50	Female	92 HAVERING '90 JOGGERS	55.68
246	John ATKINSON	00:32:41	00:32:16 V70+	Male	154 EAST LONDON RUNNERS	62.87
247	Laura KELLY	00:32:44	00:32:29 V50	Female	93 HAVERING '90 JOGGERS	53.09
248	Elisabeth HONEYSETT	00:33:00	00:32:49 V60	Female	94 HAROLD WOOD RUNNING CLUB	58.93
249	Anna BAILEY	00:33:00	00:32:40 V50	Female	95 HAROLD WOOD RUNNING CLUB	54.85
250	Lisa GASKIN	00:33:09	00:32:55 V50	Female	96 HAVERING '90 JOGGERS	53.12
251	Pascalina PAMBA	00:33:31	00:33:15 V50	Female	97 DAGENHAM 88 RUNNERS	49.85
252	Lee KYSON	00:34:07	00:33:47 V60	Male	155 HAVERING '90 JOGGERS	48.08
253	Jacqui ELLIOTT	00:34:14	00:33:57 V50	Female	98 DAGENHAM 88 RUNNERS	51.44
254	Kresh VEERASAMY	00:34:53	00:34:40 V40	Male	156 DAGENHAM 88 RUNNERS	40.05
255	Joanna QIU	00:35:49	00:35:33 V50	Female	99 EAST LONDON RUNNERS	48.51
256	Samantha DRAY	00:36:08	00:35:59 V50	Female	100 HAROLD WOOD RUNNING CLUB	49.4
257	Douglas ADAMS	00:36:20	00:36:02 V70+	Male	157 DAGENHAM 88 RUNNERS	50.14
258	Josy HUGHES	00:36:56	00:36:38 V60	Female	101 HAVERING '90 JOGGERS	51.87
259	Sarah DILLANE	00:37:04	00:36:43 V40	Female	102 HAROLD WOOD RUNNING CLUB	43.96
260	Veronica WALLER	00:37:16	00:36:59 V70+	Female	103 DAGENHAM 88 RUNNERS	60.23
261	Anglina BHAMBRA	00:38:03	00:37:43 SEN	Female	104 URBAN RUNNER	37.86
262	Sonia KANG	00:38:08	00:37:48 V50	Female	105 URBAN RUNNER	43.82
263	Loretta REEHILL	00:38:24	00:38:12 V40	Female	106 HAROLD WOOD RUNNING CLUB	40.47
264	John WOODS	00:38:24	00:38:11 V50	Male	158 HAROLD WOOD RUNNING CLUB	37.55
265	Lee DAVIS	00:41:18	00:40:59 V50	Male	159 DAGENHAM 88 RUNNERS	36.09
266	Sam VEERASAMY	00:44:24	00:44:08 V70+	Male	160 DAGENHAM 88 RUNNERS	43.32
267	Alan COSTAR	00:50:08	00:49:44 V60	Male	161	33.64
268	Irving BELL	00:50:47	00:50:24 V70+	Male	162	35.32
269	Amanda HESLEGRAVE	00:50:49	00:50:22 V50	Female	107 BARKING ROAD RUNNERS	33.75

Peter JACKSON	Not started	Not started	V40	Male	BARKING ROAD RUNNERS
Antony LECKERMAN	Not started	Not started	V50	Male	BARKING ROAD RUNNERS
Selon Timi VEERASAMY	Not started	Not started	V70+	Female	DAGENHAM 88 RUNNERS
James NICHOLS	Not started	Not started	SEN	Male	EAST LONDON RUNNERS
Kevin LONG	Not started	Not started	V40	Male	ETON MANOR AC
Carol NELSON	Not started	Not started	V60	Female	HAROLD WOOD RUNNING CLUB
Paul NEWLAND	Not started	Not started	SEN	Male	HAROLD WOOD RUNNING CLUB
Chris THOMAS	Not started	Not started	V40	Male	HAVERING '90 JOGGERS
Adam COALS	Not started	Not started	V40	Male	ILFORD AC
Paul HOLLOWAY	Not started	Not started	V50	Male	ILFORD AC
Joanne REEVES	Not started	Not started	V40	Female	ILFORD AC
Jenni SHEEHAN	Not started	Not started	SEN	Female	ILFORD AC
Joyce BERRY	Not started	Not started	V50	Female	ORION HARRIERS
Andrew KENNEDY	Not started	Not started	V40	Male	ORION HARRIERS
Chloe LEMONIUS	Not started	Not started	SEN	Female	
Toby LONG	QRY	QRY	SEN	Male	ETON MANOR AC
Jane STICHBURY	QRY	QRY	V50	Female	HAROLD WOOD RUNNING CLUB
Lucy JARVIS	QRY	QRY	V40	Female	ORION HARRIERS