

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
1	840	Ahmed ABDULLE	00:37:25	Ages 20 - 29	1	Male	1	ILFORD AC
2	862	Gus WITHERS	00:37:39	Ages 20 - 29	2	Male	2	Leigh-On-Sea Striders
3	930	Stephen STRANGE	00:39:19	Ages 20 - 29	3	Male	3	Tonbridge AC
4	779	Sam CLAYTON	00:39:25	Ages 20 - 29	4	Male	4	Colchester and Tendring AC
5	961	James STOCKINGS	00:39:45	Ages 20 - 29	5	Male	5	Woodford Green AC with Essex Ladies
6	873	Taite WALLIS	00:40:01	Ages 20 - 29	6	Male	6	Newham & Essex Beagles
7	773	Oliver RANDALL	00:40:11	Ages 20 - 29	7	Male	7	City Of Southend On Sea Ac
8	935	James HOTHAM	00:40:25	Ages 30 - 39	1	Male	8	Victoria Park Harriers & Tower Hamlets AC
9	836	James STEWART	00:40:31	Ages 20 - 29	8	Male	9	Havering AC
10	943	Peter COATES	00:40:45	Ages 30 - 39	2	Male	10	Witham RC
11	954	Josh ENTWISTLE	00:40:55	Ages 30 - 39	3	Male	11	Woodford Green AC with Essex Ladies
12	831	Ben DAVIS	00:41:09	Ages 20 - 29	9	Male	12	Havering AC
13	957	Angus HOLFORD	00:41:13	Ages 30 - 39	4	Male	13	Woodford Green AC with Essex Ladies
14	771	Sam NORRIS	00:41:18	Ages 20 - 29	10	Male	14	City Of Southend On Sea Ac
15	848	Alex RICHARDS	00:41:21	Ages 20 - 29	11	Male	15	ILFORD AC
16	795	Ramadan OSMAN	00:41:27	Ages 20 - 29	12	Male	16	Colchester Harriers
17	796	Tom REHAL	00:41:41	Ages 20 - 29	13	Male	17	Colchester Harriers
18	838	Robert WARNER	00:41:44	Ages 40 - 49	1	Male	18	Havering AC
19	750	Kurtis SWAN	00:41:51	Ages 30 - 39	5	Male	19	Braintree & District Ac
20	763	Shane BOXALL	00:42:10	Ages 30 - 39	6	Male	20	City Of Southend On Sea Ac
21	747	Conor CULHAM	00:42:14	Ages 20 - 29	14	Male	21	Braintree & District Ac
22	924	Taylor NEWELL	00:42:15	Ages 20 - 29	15	Male	22	Thurrock Harriers
23	952	Thomas BEEDELL	00:42:19	Ages 30 - 39	7	Male	23	Woodford Green AC with Essex Ladies
24	834	Kieran O'HARA	00:42:28	Ages 20 - 29	16	Male	24	Havering AC
25	722	Isaac BROWN	00:42:39	Ages 20 - 29	17	Male	25	Basildon AC
26	766	Rhys GILLARD	00:42:42	Ages 20 - 29	18	Male	26	City Of Southend On Sea Ac
27	888	Richard SMITH	00:42:48	Ages 30 - 39	8	Male	27	Orion Harriers
28	960	Dan STEEL	00:42:55	Ages 30 - 39	9	Male	28	Woodford Green AC with Essex Ladies
29	951	Tom ADOLPHUS	00:43:01	Ages 20 - 29	19	Male	29	Woodford Green AC with Essex Ladies
30	774	Dylan SCHUBERT	00:43:12	Ages 20 - 29	20	Male	30	City Of Southend On Sea Ac
31	920	Sarab DHILLON	00:43:16	Ages 20 - 29	21	Male	31	Thurrock Harriers
32	723	George HILL	00:43:35	Ages 20 - 29	22	Male	32	Basildon AC
33	775	Bob SPORLE	00:43:37	Ages 20 - 29	23	Male	33	City Of Southend On Sea Ac
34	776	Lee TAYLOR	00:43:39	Ages 40 - 49	2	Male	34	City Of Southend On Sea Ac
35	732	Crispian BLOOMFIELD	00:43:41	Ages 40 - 49	3	Male	35	BILLERICAY STRIDERS
36	825	Sam ATKINS	00:44:02	Ages 20 - 29	24	Male	36	Havering AC
37	906	Luke FITZ-JOHN	00:44:09	Ages 30 - 39	10	Male	37	Springfield Striders
38	759	Luke OLIVER	00:44:18	Ages 20 - 29	25	Male	38	Chelmsford AC
39	845	Malcolm MUIR	00:44:22	Ages 40 - 49	4	Male	39	ILFORD AC
40	939	Nicholas SHARP	00:44:33	Ages 30 - 39	11	Male	40	Victoria Park Harriers & Tower Hamlets AC
41	883	Lewis HARKNETT	00:44:38	Ages 20 - 29	26	Male	41	Orion Harriers
42	777	Patrick WALSH	00:44:44	Ages 30 - 39	12	Male	42	City Of Southend On Sea Ac
43	784	Max CAULFIELD	00:45:03	Ages 20 - 29	27	Male	43	Colchester Harriers
44	736	Dave DOEL	00:45:07	Ages 40 - 49	5	Male	44	BILLERICAY STRIDERS
45	844	Paul GRANGE	00:45:29	Unknown	1	Male	45	ILFORD AC
46	807	George FERNANDEZ	00:45:32	Ages 20 - 29	28	Male	46	Eton Manor AC
47	789	Cameron HUMPHRIES	00:45:35	Ages 30 - 39	13	Male	47	Colchester Harriers
48	724	Joe PAYNE	00:45:38	Ages 20 - 29	29	Male	48	Basildon AC
49	772	Matt RANDALL	00:45:40	Ages 40 - 49	6	Male	49	City Of Southend On Sea Ac
50	769	Dominic LE MARE	00:45:51	Ages 20 - 29	30	Male	50	City Of Southend On Sea Ac
51	805	Paul BODDEY	00:45:53	Ages 40 - 49	7	Male	51	Eton Manor AC
52	798	Chris SELLENS	00:45:56	Ages 30 - 39	14	Male	52	Colchester Harriers
53	922	Alec FINCH	00:46:01	Ages 20 - 29	31	Male	53	Thurrock Harriers
54	921	Robert DOYLE	00:46:19	Ages 30 - 39	15	Male	54	Thurrock Harriers
55	770	Matibini MATIBINI	00:46:27	Ages 40 - 49	8	Male	55	City Of Southend On Sea Ac
56	859	Dean OVEL	00:46:29	Ages 40 - 49	9	Male	56	Leigh-On-Sea Striders
57	849	Fabrizio STEFANONI	00:46:42	Ages 40 - 49	10	Male	57	ILFORD AC
58	827	James BLOGG	00:46:46	Ages 40 - 49	11	Male	58	Havering AC
59	907	Antony GOODALL	00:46:49	Ages 40 - 49	12	Male	59	Springfield Striders
60	886	Neil MCGOUN	00:47:13	Ages 40 - 49	13	Male	60	Orion Harriers
61	751	Adam HEMSWORTH	00:47:14	Ages 20 - 29	32	Male	61	Castle Point Joggers
62	822	Rob LOWE	00:47:16	Ages 50 - 59	1	Male	62	Harlow Running & Tri Club
63	749	Josh MULLEY	00:47:24	Ages 20 - 29	33	Male	63	Braintree & District Ac
64	797	Colin RIDLEY	00:47:28	Unknown	2	Male	64	Colchester Harriers
65	868	Chris THOMAS	00:47:42	Ages 40 - 49	14	Male	65	Loughton Ac
66	790	Andrew LOVELOCK	00:47:46	Ages 30 - 39	16	Male	66	Colchester Harriers

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
67	953	Pete CATON	00:48:00	Ages 40 - 49	15	Male	67	Woodford Green AC with Essex Ladies
68	809	Humfrey JEAKINS	00:48:03	Ages 30 - 39	17	Male	68	Eton Manor AC
69	917	Tom SHEFFLE	00:48:13	Ages 30 - 39	18	Male	69	Springfield Striders
70	758	Nick HUNTER	00:48:15	Ages 40 - 49	16	Male	70	Chelmsford AC
71	740	Matt KNOWLES	00:48:28	Ages 20 - 29	34	Male	71	BILLERICAY STRIDERS
72	869	Jon WHITEHOUSE	00:48:29	Ages 50 - 59	2	Male	72	Loughton Ac
73	803	Thomas HYDE	00:48:30	Ages 30 - 39	19	Male	73	East London Runners
74	768	Alec KYRIAKIDES	00:48:39	Ages 50 - 59	3	Male	74	City Of Southend On Sea Ac
75	823	Martin WESTLEY	00:48:52	Ages 30 - 39	20	Male	75	Harlow Running & Tri Club
76	826	Matt BLAND	00:48:56	Ages 50 - 59	4	Male	76	Havering AC
77	794	Jonathan NEARS	00:49:00	Ages 40 - 49	17	Male	77	Colchester Harriers
78	730	Ellis SWINDELL	00:49:06	Ages 20 - 29	35	Male	78	BENFLEET RC
79	739	Geoff KEILY	00:49:15	Ages 40 - 49	18	Male	79	BILLERICAY STRIDERS
80	783	Tim BALLARD	00:49:20	Ages 40 - 49	19	Male	80	Colchester Harriers
81	905	Peter CHUBB	00:49:25	Ages 50 - 59	5	Male	81	Springfield Striders
82	744	James REDMAN	00:49:39	Ages 30 - 39	21	Male	82	BILLERICAY STRIDERS
83	865	Edwin GAYE	00:49:44	Ages 30 - 39	22	Male	83	Loughton Ac
84	948	Pete RILEY	00:49:45	Ages 50 - 59	6	Male	84	Witham RC
85	894	Michael COOK	00:49:54	Ages 30 - 39	23	Male	85	PITSEA RC
86	828	Martin CHESTER	00:50:05	Ages 50 - 59	7	Male	86	Havering AC
87	861	Stevan WING	00:50:10	Ages 30 - 39	24	Male	87	Leigh-On-Sea Striders
88	760	Peter TULLETT	00:50:10	Ages 60 - 69	1	Male	88	Chelmsford AC
89	885	Edward LUNN	00:50:11	Ages 20 - 29	36	Male	89	Orion Harriers
90	812	Steve READ	00:50:13	Ages 50 - 59	8	Male	90	Grange farm and dunmow runners
91	928	Scott THRUSH	00:50:19	Ages 30 - 39	25	Male	91	Thurrock Harriers
92	945	Owen DARE	00:50:22	Ages 60 - 69	2	Male	92	Witham RC
93	778	Thomas WALSH	00:50:28	Ages 30 - 39	26	Male	93	City Of Southend On Sea Ac
94	726	Graham BOOTY	00:50:51	Ages 50 - 59	9	Male	94	BENFLEET RC
95	946	Scott DARNEY	00:51:03	Ages 40 - 49	20	Male	95	Witham RC
96	902	Philip WHITEHOUSE	00:51:04	Ages 30 - 39	27	Male	96	Serpentine RC
97	819	Steve MAY	00:51:05	Ages 40 - 49	21	Male	97	Halstead Road Runners
98	746	Andy WRIGHT	00:51:07	Ages 50 - 59	10	Male	98	BILLERICAY STRIDERS
99	839	John WHITEHEAD	00:51:09	Ages 30 - 39	28	Male	99	Havering AC
100	785	Simon COLCLOUGH	00:51:16	Ages 40 - 49	22	Male	100	Colchester Harriers
101	745	Barry WELDON	00:51:34	Ages 30 - 39	29	Male	101	BILLERICAY STRIDERS
102	786	Jake DARKINS	00:51:35	Ages 30 - 39	30	Male	102	Colchester Harriers
103	877	Russell BROWN	00:51:39	Ages 50 - 59	11	Male	103	Orion Harriers
104	944	Leo COLE	00:51:54	Ages 50 - 59	12	Male	104	Witham RC
105	729	Nicholas RANKIN	00:52:02	Ages 60 - 69	3	Male	105	BENFLEET RC
106	802	Tommy HO	00:52:13	Ages 30 - 39	31	Male	106	East London Runners
107	738	Neil JENNINGS	00:52:24	Ages 50 - 59	13	Male	107	BILLERICAY STRIDERS
108	62	Jimmy JUSTICE	00:52:28	Ages 40 - 49	23	Male	108	Phoenix Striders
109	762	Matthew AITKEN	00:52:36	Ages 50 - 59	14	Male	109	City Of Southend On Sea Ac
110	835	Tony PECORARO	00:52:38	Ages 60 - 69	4	Male	110	Havering AC
111	882	Paul GOODHEW	00:52:48	Ages 50 - 59	15	Male	111	Orion Harriers
112	913	Robin MCCOY	00:53:01	Ages 50 - 59	16	Male	112	Springfield Striders
113	801	Karan GADHIA	00:53:10	Ages 20 - 29	37	Male	113	East London Runners
114	857	Nicholas LOWMAN	00:53:21	Ages 50 - 59	17	Male	114	Leigh-On-Sea Striders
115	804	Louis LE ROUX	00:53:27	Ages 40 - 49	24	Male	115	East London Runners
116	810	Robert SOMMERVILLE	00:53:28	Ages 50 - 59	18	Male	116	Eton Manor AC
117	824	Gary ATKINS	00:53:29	Ages 50 - 59	19	Male	117	Havering AC
118	864	Robin DAINES	00:53:30	Ages 50 - 59	20	Male	118	Loughton Ac
119	931	Gavin BENN	00:53:34	Ages 30 - 39	32	Male	119	Victoria Park Harriers & Tower Hamlets AC
120	919	David WELDON	00:53:42	Ages 40 - 49	25	Male	120	Springfield Striders
121	842	Neil CRISP	00:53:48	Ages 50 - 59	21	Male	121	ILFORD AC
122	734	Dave BUTLER	00:54:04	Ages 60 - 69	5	Male	122	BILLERICAY STRIDERS
123	815	Robin OAKLEY	00:54:08	Ages 30 - 39	33	Male	123	Great Bentley Running Club
124	912	David LINDSAY	00:54:10	Ages 40 - 49	26	Male	124	Springfield Striders
125	937	Paul MEE	00:54:16	Ages 50 - 59	22	Male	125	Victoria Park Harriers & Tower Hamlets AC
126	841	Stephen CRANE	00:54:16	Ages 40 - 49	27	Male	126	ILFORD AC
127	735	Phil COOPER	00:54:18	Ages 50 - 59	23	Male	127	BILLERICAY STRIDERS
128	59	Neal CLARK	00:54:21	Ages 50 - 59	24	Male	128	Phoenix Striders
129	897	Ross GRANT	00:54:26	Ages 30 - 39	34	Male	129	PITSEA RC
130	853	Bruce GANDER	00:54:29	Ages 50 - 59	25	Male	130	Leigh-On-Sea Striders
131	837	Steve WALKER	00:54:34	Ages 50 - 59	26	Male	131	Havering AC
132	813	Paul DAVISON	00:54:39	Ages 50 - 59	27	Male	132	Great Bentley Running Club

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
133	949	Simon SCOTT	00:54:47	Ages 50 - 59	28	Male	133	Witham RC
134	780	John HENINGTON	00:54:49	Ages 50 - 59	29	Male	134	Colchester and Tendring AC
135	863	Nick BARKER	00:54:56	Ages 40 - 49	28	Male	135	Loughton Ac
136	918	Vic SPAIN	00:55:06	Ages 60 - 69	6	Male	136	Springfield Striders
137	854	Harry GROSE	00:55:08	Ages 20 - 29	38	Male	137	Leigh-On-Sea Striders
138	887	John SABLE	00:55:10	Ages 40 - 49	29	Male	138	Orion Harriers
139	787	Stuart HARRIS	00:55:13	Ages 50 - 59	30	Male	139	Colchester Harriers
140	890	Stephen THOMPSON	00:55:31	Ages 40 - 49	30	Male	140	Orion Harriers
141	908	Anthony GUNN	00:55:37	Ages 30 - 39	35	Male	141	Springfield Striders
142	60	Perry CORDERY	00:55:40	Ages 40 - 49	31	Male	142	Phoenix Striders
143	942	David CAREY	00:55:56	Ages 50 - 59	31	Male	143	Witham RC
144	737	Steve FOGGO	00:56:07	Ages 60 - 69	7	Male	144	BILLERICAY STRIDERS
145	800	Michael BAMFORD	00:56:22	Ages 50 - 59	32	Male	145	East London Runners
146	791	Kevin MCALINDEN	00:56:26	Ages 50 - 59	33	Male	146	Colchester Harriers
147	903	Adam BRIGHT	00:56:42	Ages 30 - 39	36	Male	147	Springfield Striders
148	833	Roy JAMES	00:56:51	Ages 50 - 59	34	Male	148	Havering AC
149	761	Joe WELLS	00:56:52	Ages 30 - 39	37	Male	149	Chelmsford AC
150	818	Bob LANGLEY	00:56:54	Ages 60 - 69	8	Male	150	Halstead Road Runners
151	904	Julian CATMULL	00:57:16	Ages 60 - 69	9	Male	151	Springfield Striders
152	889	Steve TAYLOR	00:57:19	Ages 50 - 59	35	Male	152	Orion Harriers
153	725	Andy ABRAHAMS	00:57:51	Ages 40 - 49	32	Male	153	BENFLEET RC
154	925	John O'SHEA	00:58:00	Ages 60 - 69	10	Male	154	Thurrock Harriers
155	891	Paul AGASTINA	00:58:03	Ages 50 - 59	36	Male	155	PITSEA RC
156	851	Darren COLDERWOOD	00:58:22	Ages 40 - 49	33	Male	156	Leigh-On-Sea Striders
157	814	Tomasz KOMOROWSKI	00:58:40	Ages 40 - 49	34	Male	157	Great Bentley Running Club
158	820	Gavin RIPTON	00:58:44	Ages 30 - 39	38	Male	158	Halstead Road Runners
159	910	Mark JEFFREY	00:58:48	Ages 60 - 69	11	Male	159	Springfield Striders
160	781	Glenn HOBBS	00:58:52	Ages 40 - 49	35	Male	160	Colchester and Tendring AC
161	900	Martin ORFORD	00:59:07	Ages 50 - 59	37	Male	161	PITSEA RC
162	731	Tony AGG	00:59:58	Ages 40 - 49	36	Male	162	BILLERICAY STRIDERS
163	899	Steve HEALEY	01:00:03	Ages 50 - 59	38	Male	163	PITSEA RC
164	941	Mark AUSTIN	01:00:12	Ages 20 - 29	39	Male	164	Witham RC
165	829	Tony COLLINS	01:00:24	Ages 40 - 49	37	Male	165	Havering AC
166	916	David SCARFE	01:00:30	Ages 40 - 49	38	Male	166	Springfield Striders
167	875	Gary BARTLETT	01:01:06	Ages 60 - 69	12	Male	167	Orion Harriers
168	956	Alistair HOLFORD	01:01:20	Ages 60 - 69	13	Male	168	Woodford Green AC with Essex Ladies
169	782	Taliesin STEVENSON	01:02:12	Ages 20 - 29	40	Male	169	Colchester and Tendring AC
170	856	Neil HUBBARD	01:02:13	Ages 40 - 49	39	Male	170	Leigh-On-Sea Striders
171	61	Lee HAZLEWOOD	01:02:33	Ages 50 - 59	39	Male	171	Phoenix Striders
172	852	James DODSWORTH	01:02:38	Ages 40 - 49	40	Male	172	Leigh-On-Sea Striders
173	923	Bernard JOHNSON	01:03:05	Ages 60 - 69	14	Male	173	Thurrock Harriers
174	901	James PRICE	01:03:45	Ages 50 - 59	40	Male	174	PITSEA RC
175	880	Benjamin FISHER	01:04:29	Ages 40 - 49	41	Male	175	Orion Harriers
176	911	David KELLY	01:05:11	Ages 60 - 69	15	Male	176	Springfield Striders
177	741	Ricky LEE	01:06:34	Ages 50 - 59	41	Male	177	BILLERICAY STRIDERS
178	867	Simon SLATTERY	01:07:52	Ages 20 - 29	41	Male	178	Loughton Ac
179	947	David JOBLING	01:09:19	Ages 60 - 69	16	Male	179	Witham RC
180	896	George GAGER	01:09:42	Ages 50 - 59	42	Male	180	PITSEA RC
181	64	Michael SUMMERS	01:12:53	Ages 40 - 49	42	Male	181	Phoenix Striders
182	892	Hiren AMIN	01:13:11	Ages 30 - 39	39	Male	182	PITSEA RC
183	898	Michael GROOMBRIDGE	01:16:23	Ages 40 - 49	43	Male	183	PITSEA RC
184	950	Ross SILVERTON	01:16:43	Ages 70 - 79	1	Male	184	Witham RC
185	909	Mike HULETT	01:17:37	Ages 50 - 59	43	Male	185	Springfield Striders
186	964	Andy BODDY	01:18:04	Ages 60 - 69	17	Male	186	Phoenix Striders
187	65	John WILKINSON	01:20:51	Ages 60 - 69	18	Male	187	Phoenix Striders
188	895	David DAVIDSON	01:22:57	Ages 50 - 59	44	Male	188	PITSEA RC

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
1	530	Lindsey COLMAN	00:33:06	Ages 40 - 49	1	Female	1	City Of Southend On Sea Ac
2	502	Kirsty FITZGIBBON	00:33:15	Ages 30 - 39	1	Female	2	Basildon AC
3	501	Charlotte BISHOP	00:33:33	Ages 20 - 29	1	Female	3	Basildon AC
4	548	Roanna VICKERS	00:33:41	Ages 30 - 39	2	Female	4	Colchester Harriers AC
5	519	Hannah BOLTON	00:33:51	Unknown	1	Female	5	Chelmsford AC
6	542	Lydia CALLAN	00:33:51	Ages 20 - 29	2	Female	6	Colchester Harriers AC
7	640	Laura THOMPSON	00:34:39	Ages 30 - 39	3	Female	7	Victoria Park Harriers & Tower Hamlets AC
8	560	Sarah WILLIAMS	00:34:47	Ages 40 - 49	2	Female	8	Grange farm and dunmow runners
9	547	Victoria PRIMMER	00:35:01	Ages 20 - 29	3	Female	9	Colchester Harriers AC
10	570	Morgan CAMPBELL	00:35:05	Ages 30 - 39	4	Female	10	Havering AC
11	579	Sally JUDD	00:35:06	Ages 40 - 49	3	Female	11	HERTS PHOENIX AC
12	629	Sarah OVERINGTON	00:35:09	Ages 30 - 39	5	Female	12	Springfield Striders
13	619	Charlotte BARNARD	00:35:32	Ages 20 - 29	4	Female	13	Springfield Striders
14	584	Jordan HINDS	00:35:36	Ages 20 - 29	5	Female	14	ILFORD AC
15	638	Kelly CLARK	00:35:45	Ages 40 - 49	4	Female	15	Victoria Park Harriers & Tower Hamlets AC
16	546	Jennifer LOVELOCK	00:36:06	Ages 30 - 39	6	Female	16	Colchester Harriers AC
17	541	Emma BURGESS	00:36:15	Ages 30 - 39	7	Female	17	Colchester Harriers AC
18	658	Ruth CHADLEY	00:36:19	Ages 30 - 39	8	Female	18	BILLERICAY STRIDERS
19	550	Rachel BAILEY	00:36:27	Ages 30 - 39	9	Female	19	East London Runners
20	596	Zoe OLDFIELD	00:36:36	Ages 40 - 49	5	Female	20	Loughton Ac
21	607	Hannah WHITE	00:36:49	Ages 30 - 39	10	Female	21	Orion Harriers
22	575	Robyn MATSON	00:37:04	Ages 30 - 39	11	Female	22	Havering AC
23	521	Wendy KING	00:37:08	Ages 50 - 59	1	Female	23	Chelmsford AC
24	505	Abby REX	00:37:28	Ages 20 - 29	6	Female	24	Basildon AC
25	601	Claire HUGGINS	00:37:33	Ages 20 - 29	7	Female	25	Orion Harriers
26	532	Hayley LAMKIN	00:37:42	Ages 20 - 29	8	Female	26	City Of Southend On Sea Ac
27	624	Nicole FRISBY	00:37:57	Ages 30 - 39	12	Female	27	Springfield Striders
28	572	Clare DAVIES	00:38:08	Ages 30 - 39	13	Female	28	Havering AC
29	655	Barbara ALDRIDGE	00:38:20	Ages 40 - 49	6	Female	29	BILLERICAY STRIDERS
30	662	Annastasia LYNE	00:38:22	Ages 20 - 29	9	Female	30	BILLERICAY STRIDERS
31	595	Mary KNAPMAN	00:38:24	Ages 40 - 49	7	Female	31	Loughton Ac
32	533	Juliette LE MARE	00:38:30	Ages 20 - 29	10	Female	32	City Of Southend On Sea Ac
33	531	Sarah GRIFFITH	00:38:36	Ages 30 - 39	14	Female	33	City Of Southend On Sea Ac
34	631	Emily SMITH	00:39:25	Ages 40 - 49	8	Female	34	Springfield Striders
35	543	Ellie CUMNER	00:39:44	Ages 40 - 49	9	Female	35	Colchester Harriers AC
36	510	Charmaine STERLING	00:40:06	Ages 40 - 49	10	Female	36	BENFLEET RC
37	561	Lisa BRIGGS	00:40:13	Ages 30 - 39	15	Female	37	Great Bentley Running Club
38	515	Laura DURN	00:40:15	Ages 40 - 49	11	Female	38	Brentwood Beagles Ac
39	633	Jessica WHITE	00:40:16	Ages 30 - 39	16	Female	39	Springfield Striders
40	628	Imogen OVENDEN	00:40:23	Ages 20 - 29	11	Female	40	Springfield Striders
41	602	Christine KENNEDY	00:40:28	Ages 60 - 69	1	Female	41	Orion Harriers
42	558	Clare HAYES	00:40:30	Ages 50 - 59	2	Female	42	Grange farm and dunmow runners
43	656	Lorna ALMOND	00:40:31	Ages 20 - 29	12	Female	43	BILLERICAY STRIDERS
44	639	Claire FISHER	00:40:38	Ages 30 - 39	17	Female	44	Victoria Park Harriers & Tower Hamlets AC
45	539	Rebecca TAYLOR	00:41:22	Ages 50 - 59	3	Female	45	City Of Southend On Sea Ac
46	648	Rachel FLANNIGAN	00:41:30	Ages 40 - 49	12	Female	46	Phoenix Striders
47	577	Stephanie PHILLIPS	00:41:39	Ages 20 - 29	13	Female	47	Havering AC
48	549	Rahana ISLAM	00:41:53	Ages 40 - 49	13	Female	48	Dagenham 88 Runners
49	562	Meera RAJOO-OAKLEY	00:42:09	Ages 30 - 39	18	Female	49	Great Bentley Running Club
50	556	Jane RUKIN-WHITE	00:42:10	Ages 30 - 39	19	Female	50	Eton Manor AC
51	552	Sharon BOLISTER	00:42:39	Ages 30 - 39	20	Female	51	Eton Manor AC
52	597	Sharon PALMER	00:42:45	Ages 40 - 49	14	Female	52	Loughton Ac
53	626	Sarah HAMMOND	00:42:57	Ages 40 - 49	15	Female	53	Springfield Striders
54	594	Michelle HURLEY	00:43:16	Ages 40 - 49	16	Female	54	Loughton Ac
55	514	Emily PEREIRA	00:43:19	Ages 40 - 49	17	Female	55	Braintree & District Ac
56	610	Hazel GREATBATCH	00:43:22	Ages 40 - 49	18	Female	56	PITSEA RC
57	621	Polly BRIDGMAN	00:43:31	Ages 40 - 49	19	Female	57	Springfield Striders
58	545	Lily GILBY	00:43:34	Ages 20 - 29	14	Female	58	Colchester Harriers AC
59	636	Jodie FARRELL	00:43:57	Ages 50 - 59	4	Female	59	Thurrock Harriers
60	555	Ruth ROSE	00:44:07	Ages 40 - 49	20	Female	60	Eton Manor AC
61	566	Rachael ROUGHAN	00:44:22	Ages 40 - 49	21	Female	61	Halstead Road Runners
62	604	Karen LYONS	00:44:28	Ages 50 - 59	5	Female	62	Orion Harriers
63	637	Joyce BERRY	00:44:33	Ages 50 - 59	6	Female	63	Victoria Park Harriers & Tower Hamlets AC
64	588	Alison SALE	00:44:59	Ages 50 - 59	7	Female	64	ILFORD AC
65	63	Abbi SHEEHAN	00:45:02	Ages 20 - 29	15	Female	65	Phoenix Striders
66	625	Isobel GOWERS	00:45:03	Ages 40 - 49	22	Female	66	Springfield Striders
67	618	Jane YELLOP	00:45:06	Ages 50 - 59	8	Female	67	PITSEA RC
68	661	Joanne LING	00:45:25	Ages 50 - 59	9	Female	68	BILLERICAY STRIDERS
69	643	Annalise TYE	00:45:49	Ages 20 - 29	16	Female	69	Witham RC
70	513	Esther WYNN	00:46:44	Ages 40 - 49	23	Female	70	BENFLEET RC

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos	Club
71	630	Laura PARRISH	00:46:53	Ages 30 - 39	21	Female	71	Springfield Striders
72	623	Donna FISHER	00:47:13	Ages 50 - 59	10	Female	72	Springfield Striders
73	306	Surjit GREWAL	00:48:07	Unknown	2	Female	73	
74	613	Faatemah PIPERDY	00:48:21	Ages 30 - 39	22	Female	74	PITSEA RC
75	620	Karen BEAZELEY	00:48:36	Ages 40 - 49	24	Female	75	Springfield Striders
76	517	Nichola MEADER	00:48:42	Ages 40 - 49	25	Female	76	Brentwood Running Club
77	587	Mandy REID	00:48:47	Ages 40 - 49	26	Female	77	ILFORD AC
78	507	Mandy COOPER	00:49:16	Ages 50 - 59	11	Female	78	BENFLEET RC
79	57	Jo PEARCE	00:49:33	Ages 50 - 59	12	Female	79	Phoenix Striders
80	509	Kelly MCCLENAGHAN	00:49:39	Ages 50 - 59	13	Female	80	BENFLEET RC
81	553	Hayley DALTON	00:50:08	Ages 50 - 59	14	Female	81	Eton Manor AC
82	581	Dianne CRISP	00:50:39	Ages 60 - 69	2	Female	82	ILFORD AC
83	58	Ruth ROBERTS	00:50:48	Ages 50 - 59	15	Female	83	Phoenix Striders
84	663	Isabelle SALAKO	00:50:50	Ages 50 - 59	16	Female	84	BILLERICAY STRIDERS
85	508	Sarah DECRISTOFANO	00:51:43	Ages 50 - 59	17	Female	85	BENFLEET RC
86	511	Susanna STIDSON	00:52:16	Ages 40 - 49	27	Female	86	BENFLEET RC
87	664	Lesley SMART	00:52:20	Ages 50 - 59	18	Female	87	BILLERICAY STRIDERS
88	611	Gillian HARRISON	00:53:11	Ages 60 - 69	3	Female	88	PITSEA RC
89	554	Janine DURRANT	00:53:29	Ages 40 - 49	28	Female	89	Eton Manor AC
90	583	Julia GALEA	00:54:12	Ages 60 - 69	4	Female	90	ILFORD AC
91	586	Frieda KEANE	00:54:19	Ages 50 - 59	19	Female	91	ILFORD AC
92	563	Anna BAMBRIDGE	00:54:25	Unknown	3	Female	92	Halstead Road Runners
93	616	Caz WALLIS	00:54:55	Ages 50 - 59	20	Female	93	PITSEA RC
94	665	Chloe WHITE	00:56:18	Ages 20 - 29	17	Female	94	BILLERICAY STRIDERS
95	615	Jo SINFIELD	00:57:46	Ages 40 - 49	29	Female	95	PITSEA RC
96	609	Marion BREEZE	00:59:02	Ages 60 - 69	5	Female	96	PITSEA RC
97	647	Gloria BULLEN	00:59:35	Ages 60 - 69	6	Female	97	
98	565	Lauren RIPTON	01:01:37	Ages 30 - 39	23	Female	98	Halstead Road Runners
99	650	Michelle HOLMAN	01:04:54	Ages 50 - 59	21	Female	99	Phoenix Striders
100	608	Lorraine BORLEY	01:06:06	Ages 50 - 59	22	Female	100	PITSEA RC