

Pl.	Bib	Name	Club	Sx	Chip Time	Time
1	278	Jack HENSON	Eton Manor AC	Male	26:58	26:59:00
2	189	Ryan FRIEL	East London Runners	Male	27:06	27:08:00
3	243	Joshua Rees DAVIES	East London Runners	Male	27:22	27:23:00
4	132	Paul GRANGE	Barking Road Runners	Male	27:39	27:40:00
5	46	Simon COTTLE	Eton Manor AC	Male	28:40	28:41:00
6	104	Paul BODDEY	Eton Manor AC	Male	28:55	28:56:00
7	122	Malcolm MUIR	Iford AC	Male	29:29	29:30:00
8	75	Richard JOISCE	Barking Road Runners	Male	29:42	29:43:00
9	57	James BLOGG	Havering '90 Joggers	Male	29:43	29:45:00
10	286	Graham WHITE	Eton Manor AC	Male	30:16	30:18:00
11	279	James PILCH	Eton Manor AC	Male	30:34	30:37:00
12	136	Neringa MASILIONIENE	Iford AC	Female	30:56	30:59:00
13	100	Stephen PHILCOX	Iford AC	Male	31:03	31:04:00
14	125	Christopher KING	Harold Wood Running Club	Male	31:13	31:15:00
15	249	Joseph OSAKUE	East London Runners	Male	31:18	31:19:00
16	90	Karan GADHIA	East London Runners	Male	31:39	31:41:00
17	158	Daniel LEE	East London Runners	Male	31:47	31:49:00
18	274	Gary COOMBES	Iford AC	Male	31:48	31:51:00
19	225	Adam BARTLETT	Harold Wood Running Club	Male	31:51	31:54:00
20	117	James NICHOLS	East London Runners	Male	31:58	32:00:00
21	206	Joseph GUNN	East London Runners	Male	32:04	32:08:00
22	294	Joshua ADLER	Unaffiliated	Male	32:42	32:47:00
23	91	Dyfan GARMON	Dagenham 88 Runners	Male	32:46	32:50:00
24	83	Paul WITHYMAN	Barking Road Runners	Male	32:53	32:56:00
25	128	Steve WALKER	Havering AC	Male	32:56	32:59:00
26	66	Daniel HOLEYMAN	Iford AC	Male	33:02	33:04:00
27	247	Ian PITHOUSE	East End Road Runners	Male	33:06	33:11:00
28	259	Jon DRYSDALE	Eton Manor AC	Male	33:08	33:12:00
29	45	Daniel CANO	Havering '90 Joggers	Male	33:09	33:12:00
30	186	Simon NEEDLE	Eton Manor AC	Male	33:16	33:19:00
31	51	Neil CRISP	Iford AC	Male	33:34	33:37:00
32	291	Matthew READETT	Eton Manor AC	Male	33:43	33:48:00
33	235	Dylan CAMPBELL	East London Runners	Male	33:49	33:53:00
34	295	Claire HUGGINS	Orion Harriers	Female	33:33	33:53:00
35	266	Peter CRAWLEY	East London Runners	Male	33:52	33:59:00
36	188	Shahib ALI	East London Runners	Male	33:52	34:03:00
37	181	Pim VAN DEN DOEL	Unaffiliated	Male	34:04	34:08:00
38	171	James COKER	Harold Wood Running Club	Male	34:17	34:18:00
39	144	Richard GILL	East End Road Runners	Male	34:17	34:20:00
40	105	Andrew BAXTER	East London Runners	Male	34:17	34:21:00
41	273	Sameena AHMED	Unaffiliated	Female	34:19	34:23:00
42	134	Amit MARKS	East London Runners	Male	34:21	34:31:00
43	157	Ava LEE	East London Runners	Female	34:37	34:41:00
44	71	Cem STUBBS	Eton Manor AC	Male	34:37	34:43:00
45	93	Jagbir BASSI	Barking Road Runners	Male	34:42	34:45:00
46	112	Joel DENNING	Iford AC	Male	34:44	34:46:00
47	47	Lee VEALE	Havering '90 Joggers	Male	34:43	34:47:00
48	38	Ian MACKIE	East London Runners	Male	34:41	34:50:00
49	233	John CRAWLEY	Iford AC	Male	34:59	35:04:00
50	120	Lee MILNE	Eton Manor AC	Female	35:02	35:06:00
51	69	Martin PAGE	Barking Road Runners	Male	35:05	35:08:00
52	74	Coren HANLEY	East End Road Runners	Female	35:08	35:12:00
53	265	Mark MOIR	East London Runners	Male	35:14	35:18:00
54	80	Peter JACKSON	Barking Road Runners	Male	35:16	35:19:00
55	145	Caroline FRITH	East London Runners	Female	35:19	35:23:00
56	40	John BLACK	Eton Manor AC	Male	35:21	35:24:00
57	257	Steve CHISSELL	Iford AC	Male	35:16	35:27:00
58	229	Jamie ZUCKER	East End Road Runners	Male	35:40	35:44:00
59	183	Fernando ESPADA	East London Runners	Male	35:36	35:46:00
60	212	Elizabeth HAIGH	Eton Manor AC	Female	35:45	35:47:00
61	159	Betty BOHANE	East London Runners	Female	35:55	35:59:00
62	165	Stephen CRANE	Iford AC	Male	35:57	36:03:00
63	290	John EVETTS	Havering '90 Joggers	Male	36:00	36:04:00
64	207	Paul SHERATON	East London Runners	Male	36:12	36:17:00
65	285	Gary FLINT	Havering '90 Joggers	Male	36:13	36:18:00
66	271	Robert LEWIS	Unaffiliated	Male	36:11	36:23:00

Pl.	Bib	Name	Club	Sx	Chip Time	Time
67	56	Owen WAINHOUSE	Barking Road Runners	Male	36:13	36:23:00
68	39	Dave DAUGIRDA	Eton Manor AC	Male	36:25	36:28:00
69	260	Vincent CHARMAN	Havering '90 Joggers	Male	36:26	36:29:00
70	241	Gemma ELLENDER	Unaffiliated	Female	36:33	36:38:00
71	21	Robert SOMMERVILLE	Eton Manor AC	Male	36:39	36:43:00
72	88	Richard SEDDON	Eton Manor AC	Male	36:40	36:43:00
73	150	Calvin BOBIN	East London Runners	Male	36:39	36:47:00
74	275	Paul WATKINS	East London Runners	Male	36:44	36:50:00
75	107	Dario Alejandro ALVAREZ BORRERO	Eton Manor AC	Male	36:50	36:53:00
76	194	Gary BARTLETT	Orion Harriers	Male	36:51	36:55:00
77	192	Josh JENNER	Harold Wood Running Club	Male	36:56	36:59:00
78	220	Nikki BARNETT	Orion Harriers	Female	36:58	37:01:00
79	219	Niall MULHOLLAND	East End Road Runners	Male	36:54	37:03:00
80	148	John GEORGE	Barking Road Runners	Male	36:59	37:11:00
81	163	Nicholas LE-MON	East End Road Runners	Male	37:15	37:21:00
82	130	Callum MACLENNAN	East End Road Runners	Male	37:27	37:36:00
83	63	Tom BRENNAN	Barking Road Runners	Male	37:34	37:37:00
84	292	Anna CRAWLEY	Iford AC	Female	37:30	37:37:00
85	191	Rory BURR	Barking Road Runners	Male	37:39	37:43:00
86	287	Daniel CARROLL	Orion Harriers	Male	37:26	37:44:00
87	33	Bradley BROWN	Iford AC	Male	37:44	37:45:00
88	2	Rahana ISLAM	Dagenham 88 Runners	Female	37:41	37:49:00
89	230	Susan MUNNNS	Harold Wood Running Club	Female	37:40	37:49:00
90	6	Adam COALS	Iford AC	Male	37:49	37:53:00
91	58	Colin JONES	Barking Road Runners	Male	37:57	38:03:00
92	178	Dave THOMAS	Iford AC	Male	37:57	38:08:00
93	41	Simon NASH	East London Runners	Male	38:02	38:10:00
94	238	Ian EMERSON	Orion Harriers	Male	38:10	38:13:00
95	26	Billy WALKINGTON	Dagenham 88 Runners	Male	38:14	38:21:00
96	162	Becky EVANS	East London Runners	Female	38:17	38:24:00
97	246	Steven Allen HORSLEY	Iford AC	Male	38:40	38:47:00
98	214	Rohan ALLEN	East London Runners	Male	38:31	38:50:00
99	167	Simon MALEY	Havering '90 Joggers	Male	38:49	38:54:00
100	237	Karen LYONS	Orion Harriers	Female	38:52	38:55:00
101	208	Corrie MONAGHAN	Eton Manor AC	Female	38:51	38:57:00
102	67	Cristina COOPER	Barking Road Runners	Female	38:53	39:00:00
103	101	Mark NEW	Barking Road Runners	Male	39:03	39:08:00
104	300	Gopal GAUTAM	East End Road Runners	Male	39:10	39:20:00
105	269	Adrian DAVISON	Barking Road Runners	Male	39:11	39:34:00
106	232	Nora SCHILLINGER	East End Road Runners	Female	39:26	39:34:00
107	142	John ROZEE	Havering '90 Joggers	Male	39:32	39:38:00
108	146	Dauda AYODELE	East End Road Runners	Male	39:43	39:47:00
109	116	Alison SALE	Iford AC	Female	39:37	39:49:00
110	48	Cindy KOON	East London Runners	Female	39:50	39:57:00
111	43	Brynley GIDDINGS	Harold Wood Running Club	Male	39:55	39:59:00
112	81	Daniel PLAWIAK	Barking Road Runners	Male	39:51	40:00:00
113	25	Clive TWEEDIE	Havering '90 Joggers	Male	39:54	40:00:00
114	115	George GEORGIU	East London Runners	Male	39:49	40:01:00
115	180	Clive STEPHENSON	East London Runners	Male	39:51	40:03:00
116	113	Jonathan WEST	Orion Harriers	Male	39:45	40:05:00
117	135	Carlie QIREM	Iford AC	Female	40:00	40:10:00
118	195	Andrew CATTON	Iford AC	Male	40:00	40:12:00
119	254	Michael WILSON	East London Runners	Male	40:06	40:12:00
120	242	Darminster BHAMRA	East London Runners	Male	40:07	40:23:00
121	217	David MOIR	East End Road Runners	Male	40:21	40:27:00
122	255	Sarah BURNS	East London Runners	Female	40:22	40:28:00
123	3	Gary CARDNELL	Dagenham 88 Runners	Male	40:22	40:29:00
124	205	Grant CONWAY	East London Runners	Male	40:18	40:32:00
125	202	Batmanaden RAMEN	Iford AC	Male	40:13	40:34:00
126	94	Tony WOODGATE	Dagenham 88 Runners	Male	40:26	40:37:00
127	251	Hayley BARRON	Orion Harriers	Female	40:26	40:43:00
128	258	Catherine PERRY	East London Runners	Female	40:33	40:48:00
129	34	John O'BRIEN	East London Runners	Male	40:45	40:51:00
130	153	Imran MUSTAK	East London Runners	Male	40:43	40:55:00
131	106	Chloe SHRIMPTON	Eton Manor AC	Female	40:50	40:57:00
132	152	Samir YOUNSI	East London Runners	Male	40:48	40:58:00

Pl.	Bib	Name	Club	Sx	Chip Time	Time
133	263	Charles MUGAGGA	Harold Wood Running Club	Male	40:48	40:59:00
134	289	Danny FITZSIMONS	Orion Harriers	Male	40:40	40:59:00
135	211	Sean COSTELLO	Iford AC	Male	40:39	41:00:00
136	262	Nicola WYNDHAM	East London Runners	Female	40:50	41:06:00
137	62	Belinda RICHES	Barking Road Runners	Female	41:01	41:07:00
138	131	Tim JAMESON	Harold Wood Running Club	Male	41:06	41:12:00
139	261	Paul DENNIS	East End Road Runners	Male	41:09	41:17:00
140	143	Gaye YOUNG	Iford AC	Female	41:18	41:31:00
141	222	Sarah MILLS	Orion Harriers	Female	41:18	41:34:00
142	201	David BACON	Havering '90 Joggers	Male	41:35	41:39:00
143	277	Steven RUBEN LAZARO	East End Road Runners	Male	41:39	41:41:00
144	17	Andrew KENNEDY	Orion Harriers	Male	41:29	41:50:00
145	155	Darren RADFORD	Havering '90 Joggers	Male	31:52	41:53:00
146	268	Simon CRAWLEY	East London Runners	Male	41:52	42:01:00
147	184	Jenette OGBORN	Havering '90 Joggers	Female	27:04	42:05:00
148	151	Josy HUGHES	Havering '90 Joggers	Female	30:08	42:09:00
149	11	Roger LEBEK	Havering '90 Joggers	Male	42:07	42:13:00
150	236	Hafsa HUSSAIN	Havering '90 Joggers	Female	42:06	42:13:00
151	221	James FALLOWS	Harold Wood Running Club	Male	42:00	42:14:00
152	35	Jenni SHEEHAN	Iford AC	Female	42:11	42:21:00
153	302	Andy PRESTON	Dagenham 88 Runners	Male	42:17	42:26:00
154	161	Daniel MILLER	Dagenham 88 Runners	Male	42:29	42:40:00
155	170	Tom WOODS	East London Runners	Male	42:31	42:43:00
156	234	Catherine MCMILLAN	East London Runners	Female	42:31	42:46:00
157	213	Kathryn HERTZBERG	East London Runners	Female	42:39	42:52:00
158	244	Alistair BAILLIE	Unaffiliated	Male	42:45	42:59:00
159	129	Paul HART	Harold Wood Running Club	Male	42:51	43:00:00
160	4	Sandra PRESTON	East London Runners	Female	42:52	43:08:00
161	108	Alan WOODROOF	Harold Wood Running Club	Male	42:59	43:09:00
162	126	Fen COLES	Eton Manor AC	Female	43:09	43:18:00
163	174	Louise MARSHALL	Harold Wood Running Club	Female	43:28	43:35:00
164	95	Ruth ROSE	Eton Manor AC	Female	43:34	43:41:00
165	224	Edward SKINNER	Tiptree Road Runners	Male	43:24	43:42:00
166	55	Geoffrey NICHOLLS	Eton Manor AC	Male	43:33	43:43:00
167	223	John Paul HEALY	East London Runners	Male	43:31	43:46:00
168	216	Andrew ADAMS	Harold Wood Running Club	Male	43:37	43:48:00
169	297	Ramesh PALA	East London Runners	Male	43:37	43:54:00
170	296	Karen LEUNG-CHESTER	East End Road Runners	Female	43:57	44:06:00
171	215	Martin HAWKER	Harold Wood Running Club	Male	43:50	44:06:00
172	280	Michael PEGNALL	Dagenham 88 Runners	Male	44:03	44:14:00
173	149	Jason MANNING	Dagenham 88 Runners	Male	44:17	44:27:00
174	182	Paul NEWLAND	Harold Wood Running Club	Male	44:25	44:30:00
175	89	Mandy REID	Iford AC	Female	44:18	44:30:00
176	1	John HUGHES	Dagenham 88 Runners	Male	44:21	44:33:00
177	29	Claire TAYLOR	Eton Manor AC	Female	44:30	44:37:00
178	179	Bal GILL	Orion Harriers	Male	44:33	44:55:00
179	118	Mary CONNOLLY	East London Runners	Female	44:40	44:57:00
180	97	Katrina BETTERIDGE	East London Runners	Female	44:47	45:01:00
181	84	Steve GOURLEY	Harold Wood Running Club	Male	44:52	45:07:00
182	218	Martin O'TOOLE	Barking Road Runners	Male	44:48	45:07:00
183	172	Catriona HOULT	East London Runners	Female	45:02	45:16:00
184	272	Tony O'CALLAGHAN	Havering '90 Joggers	Male	45:21	45:28:00
185	256	Sanjeev SHARMA	Havering '90 Joggers	Male	45:18	45:30:00
186	20	Claire MIFSUD	Harold Wood Running Club	Female	45:22	45:30:00
187	250	Tony GRAY	Havering '90 Joggers	Male	45:23	45:30:00
188	27	Carol NELSON	Harold Wood Running Club	Female	45:34	45:39:00
189	42	Tracy GIDDINGS	Harold Wood Running Club	Female	45:34	45:42:00
190	59	Paul SMITH	Dagenham 88 Runners	Male	45:42	45:52:00
191	87	Mic DAVIDSON	Barking Road Runners	Male	45:33	45:57:00
192	52	Dianne CRISP	Iford AC	Female	45:49	45:58:00
193	176	Katie WOOLF	Orion Harriers	Female	45:42	46:00:00
194	160	Kara GALLEAR	East London Runners	Female	45:57	46:15:00
195	284	Veronica CARRASCO	East London Runners	Female	46:01	46:15:00
196	198	Debbie BAILEY	Harold Wood Running Club	Female	46:12	46:18:00
197	73	Richard BALLAM	Havering '90 Joggers	Male	37:31	46:32:00
198	28	Louise CHAPPELL	Barking Road Runners	Female	46:29	46:36:00

Pl.	Bib	Name	Club	Sx	Chip Time	Time
199	111	Laura KNIGHTLEY	East End Road Runners	Female	46:28	46:38:00
200	22	James STRACHAN	Harold Wood Running Club	Male	46:27	46:43:00
201	197	Lisa MCADAMS	Harold Wood Running Club	Female	46:31	46:46:00
202	92	Jason LI	Barking Road Runners	Male	46:28	46:49:00
203	209	John NEIGHBOUR	Orion Harriers	Male	46:35	46:52:00
204	175	Delroy DE MONTAGNAC	East End Road Runners	Male	46:39	46:55:00
205	7	Janine DURRANT	Eton Manor AC	Female	46:49	46:56:00
206	228	Rachel MORRIS	Havering '90 Joggers	Female	47:01	47:14:00
207	78	Martin MASON	Unaffiliated	Male	46:58	47:17:00
208	140	Kerry CURTIS	Havering '90 Joggers	Female	47:21	47:29:00
209	44	Bernard SAVAGE	Havering '90 Joggers	Male	47:23	47:34:00
210	24	Stuart BURR	Unaffiliated	Male	47:49	47:55:00
211	270	Sandra DALTON	Havering '90 Joggers	Female	47:37	47:59:00
212	203	Grace TURNER	East London Runners	Female	47:43	48:00:00
213	76	Isabel PINEDO BOROPIO	Barking Road Runners	Female	47:50	48:01:00
214	173	Rabea BEGUM	Barking Road Runners	Female	47:54	48:04:00
215	23	Nikki CRANMER	Barking Road Runners	Female	47:55	48:12:00
216	169	Alexandra RUTISHAUSER-PERERA	East London Runners	Female	48:09	48:23:00
217	139	Sharon HONEY	Ilford AC	Female	48:24	48:37:00
218	98	Rachel PECK	Harold Wood Running Club	Female	48:38	48:47:00
219	50	Stuart TIDD	Havering '90 Joggers	Male	41:09	49:10:00
220	303	Kamel DERIOUCH	Dagenham 88 Runners	Male	49:00	49:15:00
221	85	Dhurendra MISTRY	Orion Harriers	Male	49:26	49:46:00
222	187	Susannah HOUSE	East London Runners	Female	49:29	49:48:00
223	196	Fiona DAY	East London Runners	Female	49:35	49:52:00
224	253	George SCEATS	East End Road Runners	Male	49:52	50:01:00
225	231	Caroline MOORE	East London Runners	Female	49:40	50:01:00
226	123	Sean KAVANAGH	Harold Wood Running Club	Male	49:49	50:01:00
227	154	Carol NORMAN	Harold Wood Running Club	Female	49:51	50:09:00
228	282	Lynne WAKINSHAW	Orion Harriers	Female	49:59	50:19:00
229	133	Phil HUDSON	Ware Joggers	Male	50:13	50:26:00
230	77	Gary HARFORD	Barking Road Runners	Male	50:44	50:53:00
231	177	Beverley THOMAS	Ilford AC	Female	50:45	50:57:00
232	193	Helen JENNER	Harold Wood Running Club	Female	50:54	51:01:00
233	15	Clare STEVENS	East London Runners	Female	50:59	51:14:00
234	264	Elaine RICHARDSON	Harold Wood Running Club	Female	51:08	51:18:00
235	79	Les JAY	Unaffiliated	Male	51:08	51:20:00
236	137	Frieda KEANE	Ilford AC	Female	51:03	51:20:00
237	281	Helen MCGUINNESS	East London Runners	Female	51:02	51:21:00
238	147	Diana REXHEPAJ	East London Runners	Female	51:30	51:39:00
239	49	Maya GOODWIN	East London Runners	Female	51:31	51:44:00
240	68	Kathy MORRISSEY	East London Runners	Female	51:45	52:03:00
241	301	Kay SANDFORD	Dagenham 88 Runners	Female	51:59	52:09:00
242	36	Jackie LUDLOW	Havering '90 Joggers	Female	52:03	52:11:00
243	164	Richard ROCKLIFFE	Harold Wood Running Club	Male	51:58	52:15:00
244	61	Dennis SPENCER-PERKINS	Barking Road Runners	Male	52:21	52:44:00
245	99	Mike WESTMORE	Harold Wood Running Club	Male	52:33	52:45:00
246	121	Carol MUIR	Ilford AC	Female	53:02	53:18:00
247	267	Alison HAGON	Harold Wood Running Club	Female	53:07	53:26:00
248	226	Selon Timi VEERASAMY	Dagenham 88 Runners	Female	53:26	53:48:00
249	70	Nadia SHAH	Dagenham 88 Runners	Female	53:55	54:06:00
250	32	Alison FRYATT	Barking Road Runners	Female	54:02	54:10:00
251	119	Lynsey MANN	Harold Wood Running Club	Female	54:08	54:24:00
252	12	Caitlin DILLANE	Harold Wood Running Club	Female	55:08	55:29:00
253	96	Ellis CROW	Harold Wood Running Club	Female	55:11	55:32:00
254	18	Anna BAILEY	Harold Wood Running Club	Female	55:23	55:36:00
255	200	Becky COE	Havering '90 Joggers	Female	55:54	56:04:00
256	13	John FORD	Havering '90 Joggers	Male	56:17	56:24:00
257	72	Ray EVERINGHAM	Ilford AC	Male	56:18	56:33:00
258	276	Lee KYSON	Havering '90 Joggers	Male	57:00	57:15:00
259	37	Dawn CURTIS	Barking Road Runners	Female	57:08	57:31:00
260	252	Farah ISHAQ	East End Road Runners	Female	57:34	57:44:00
261	8	Ingrid DIAS	Harold Wood Running Club	Female	58:37	58:51:00
262	127	Amy WARDLE	Harold Wood Running Club	Female	58:34	58:51:00
263	141	Doris GAGA	Ilford AC	Female	58:41	58:59:00
264	54	Nigel SWABY	Barking Road Runners	Male	59:45	59:53:00

Pl.	Bib	Name	Club	Sx	Chip Time	Time
265	210	Julie WHITE	Harold Wood Running Club	Female	59:44	59:57:00
266	19	Lucy WALKER	Harold Wood Running Club	Female	1:00:03	01:00:16
267	102	Elizabeth O'DONNELL	East London Runners	Female	1:00:46	01:01:04
268	227	Lee DAVIS	Dagenham 88 Runners	Male	1:01:17	01:01:30
269	14	Sarah DILLANE	Harold Wood Running Club	Female	1:02:08	01:02:24
270	299	Grace AGATE-BACON	Unaffiliated	Female	1:02:16	01:02:25
271	168	Loretta REEHILL	Harold Wood Running Club	Female	1:06:13	01:06:28
-	190	Jonathan WOOLDRIDGE	East London Runners	Male		
-	166	Shreeraj LATORIA	East End Road Runners	Male		
-	109	Matthew WARD	East End Road Runners	Male		
-	298	Anaand TRATT	Woodford Green AC with Essex Ladies	Female		
-	245	Sam VEERASAMY	Dagenham 88 Runners	Male		
-	60	Tony GALEU	Haverling '90 Joggers	Male		Withdrawal