

Pos	Bib	Name	Time	Net Time	Category	Gender	Team
1	292	Robert WARNER	00:27:02	00:27:01	TOP3	Male	HAVERING AC
2	143	Jose RODRIGUEZ	00:27:25	00:27:25	TOP3	Male	EAST LONDON RUNNERS
3	160	Simon COTTLE	00:27:37	00:27:36	TOP3	Male	ETON MANOR AC
4	276	Sam ATKINS	00:27:51	00:27:50	OPEN	Male	HAVERING AC
5	166	George FERNANDEZ	00:28:06	00:28:05	OPEN	Male	ETON MANOR AC
6	157	Paul BODDEY	00:28:19	00:28:17	V40	Male	ETON MANOR AC
7	244	Malcolm MUIR	00:28:38	00:28:38	V40	Male	ILFORD AC
8	176	Ed JENKINS	00:28:46	00:28:45	OPEN	Male	ETON MANOR AC
9	155	Samuel ANDERSON	00:28:52	00:28:52	OPEN	Male	ETON MANOR AC
10	139	Daniel ODONOGHUE	00:28:58	00:28:57	OPEN	Male	EAST LONDON RUNNERS
11	5	James BLOGG	00:29:13	00:29:13	V40	Male	HAVERING 90 JOGGERS
12	179	Dylan WILLIAMS	00:29:33	00:29:31	OPEN	Male	ETON MANOR AC
13	201	Christopher KING	00:29:43	00:29:40	OPEN	Male	HAROLD WOOD RUNNING CLUB
14	223	Berekhet BERAKHY	00:29:51	00:29:51	V40	Male	ILFORD AC
15	120	Karan GADHIA	00:29:53	00:29:52	OPEN	Male	EAST LONDON RUNNERS
16	130	Daniel LEE	00:30:06	00:30:05	V50	Male	EAST LONDON RUNNERS
17	161	Laurence COX	00:30:07	00:30:06	OPEN	Male	ETON MANOR AC
18	246	Stephen PHILCOX	00:30:08	00:30:07	V50	Male	ILFORD AC
19	183	Adam BARTLETT	00:30:09	00:30:07	OPEN	Male	HAROLD WOOD RUNNING CLUB
20	29	Paul ABELEDO	00:30:37	00:30:29	V50	Male	BARKING ROAD RUNNERS
21	140	Joseph OSAKUE	00:30:53	00:30:53	V50	Male	EAST LONDON RUNNERS
22	65	Dyfan GARMON	00:31:20	00:31:17	V40	Male	DAGENHAM 88 RUNNERS
23	239	Daniel HOLEYMAN	00:31:23	00:31:22	V40	Male	ILFORD AC
24	76	Nigel SWINBURNE	00:31:26	00:31:25	V40	Male	DAGENHAM 88 RUNNERS
25	271	Stephen THOMPSON	00:31:34	00:31:30	V40	Male	ORION HARRIERS
26	86	Luke CRAIG	00:31:37	00:31:34	OPEN	Male	EAST END ROAD RUNNERS
27	101	Ian PITHOUSE	00:31:40	00:31:37	OPEN	Male	EAST END ROAD RUNNERS
28	168	Jenny HEYMANN	00:31:40	00:31:38	TOP3	Female	ETON MANOR AC
29	295	Paul SHERATON	00:31:45	00:31:44	V40	Male	EAST LONDON RUNNERS
30	141	Alex PICKERING	00:31:46	00:31:44	V40	Male	EAST LONDON RUNNERS
31	258	Richard WOOLVERTON	00:31:48	00:31:47	V50	Male	ILFORD AC
32	266	Claire HUGGINS	00:32:05	00:32:01	TOP3	Female	ORION HARRIERS
33	164	Jonathan DRYSDALE	00:32:10	00:32:08	V40	Male	ETON MANOR AC
34	242	Diarmuid MAC DONNELL	00:32:18	00:32:14	V50	Male	ILFORD AC
35	274	Sameena AHMED	00:32:19	00:32:16	TOP3	Female	
36	287	Sean Christian MUGAGGA	00:32:26	00:32:25	OPEN	Male	HAVERING AC
37	90	Coren HANLEY	00:32:33	00:32:30	OPEN	Female	EAST END ROAD RUNNERS
38	28	Steve WALKER	00:32:36	00:32:34	V50	Male	HAVERING 90 JOGGERS
39	170	Matthew READETT	00:32:44	00:32:41	OPEN	Male	ETON MANOR AC
40	6	Daniel CANO	00:32:48	00:32:44	OPEN	Male	HAVERING 90 JOGGERS
41	232	Neil CRISP	00:32:53	00:32:52	V60	Male	ILFORD AC
42	156	Peter STILWELL	00:32:59	00:32:57	OPEN	Male	ETON MANOR AC
43	133	Amit MARKS	00:33:02	00:32:57	V40	Male	EAST LONDON RUNNERS
44	27	Lee VEALE	00:33:04	00:33:01	V40	Male	HAVERING 90 JOGGERS
45	47	Stuart MACKAY	00:33:10	00:33:07	V40	Male	BARKING ROAD RUNNERS
46	129	Ava LEE	00:33:21	00:33:19	V40	Female	EAST LONDON RUNNERS
47	89	Richard GILL	00:33:30	00:33:26	V40	Male	EAST END ROAD RUNNERS
48	184	James COKER	00:33:33	00:33:32	OPEN	Male	HAROLD WOOD RUNNING CLUB
49	106	Shahib ALI	00:33:39	00:33:34	OPEN	Male	EAST LONDON RUNNERS
50	15	Guy HILDRETH	00:33:54	00:33:51	V40	Male	HAVERING 90 JOGGERS
51	230	Stephen CRANE	00:34:03	00:33:58	V40	Male	ILFORD AC
52	175	Robert SOMMERVILLE	00:34:08	00:34:03	V50	Male	ETON MANOR AC
53	202	Johann LE ROUX	00:34:12	00:34:08	V40	Male	HAROLD WOOD RUNNING CLUB
54	294	Patrick THOEUNG	00:34:13	00:34:08	V40	Male	
55	163	Alex DORRIAN	00:34:20	00:34:16	V40	Male	ETON MANOR AC
56	144	Jonathan SHAW	00:34:24	00:34:20	V40	Male	EAST LONDON RUNNERS
57	270	John SABLE	00:34:28	00:34:20	V40	Male	ORION HARRIERS
58	94	Nicholas LE-MON	00:34:32	00:34:27	OPEN	Male	EAST END ROAD RUNNERS
59	50	Martin PAGE	00:34:37	00:34:31	V60	Male	BARKING ROAD RUNNERS

Pos	Bib	Name	Time	Net Time	Category	Gender	Team
60	105	Jamie ZUCKER	00:34:38	00:34:35	V40	Male	EAST END ROAD RUNNERS
61	109	Betty BOHANE	00:34:39	00:34:36	OPEN	Female	EAST LONDON RUNNERS
62	268	Christine KENNEDY	00:34:43	00:34:38	V60	Female	ORION HARRIERS
63	285	Robert LEWIS	00:34:47	00:34:42	V50	Male	
64	21	Daniel MEASOR	00:34:51	00:34:46	OPEN	Male	HAVERING 90 JOGGERS
65	117	Fernando ESPADA	00:34:51	00:34:43	V50	Male	EAST LONDON RUNNERS
66	99	Niall MULHOLLAND	00:34:53	00:34:48	V50	Male	EAST END ROAD RUNNERS
67	119	Caroline FRITH	00:34:55	00:34:52	V40	Female	EAST LONDON RUNNERS
68	288	Lee PATTEN	00:34:56	00:34:49	V40	Male	
69	17	Luke KNIGHT	00:34:58	00:34:50	OPEN	Male	HAVERING 90 JOGGERS
70	7	Vince CHARMAN	00:34:59	00:34:55	V50	Male	HAVERING 90 JOGGERS
71	96	Jim MANZANO	00:35:11	00:35:02	V40	Male	EAST END ROAD RUNNERS
72	279	Gemma ELLENDER	00:35:19	00:35:11	OPEN	Female	ILFORD AC
73	172	Richard SEDDON	00:35:27	00:35:23	OPEN	Male	ETON MANOR AC
74	224	Dennis BRIGGS	00:35:34	00:35:28	V40	Male	ILFORD AC
75	132	Ian MACKIE	00:35:38	00:35:30	V60	Male	EAST LONDON RUNNERS
76	9	Steve CONSTANTINO	00:35:43	00:35:39	V40	Male	HAVERING 90 JOGGERS
77	228	Adam COALS	00:35:55	00:35:51	V40	Male	ILFORD AC
78	162	Dave DAUGIRDA	00:35:57	00:35:51	V60	Male	ETON MANOR AC
79	204	Robert MCNAMARA	00:36:13	00:36:04	OPEN	Male	HAROLD WOOD RUNNING CLUB
80	31	Tom BRENNAN	00:36:15	00:36:06	OPEN	Male	BARKING ROAD RUNNERS
81	256	David THOMAS	00:36:22	00:36:10	V60	Male	ILFORD AC
82	264	Dan GREEN	00:36:24	00:36:16	V50	Male	ORION HARRIERS
83	257	Nick WEST	00:36:29	00:36:22	OPEN	Male	ILFORD AC
84	35	Jess COLLETT	00:36:30	00:36:25	OPEN	Female	BARKING ROAD RUNNERS
85	32	Rory BURR	00:36:40	00:36:34	OPEN	Male	BARKING ROAD RUNNERS
86	146	Clive STEPHENSON	00:36:45	00:36:35	V60	Male	EAST LONDON RUNNERS
87	137	Simon NASH	00:36:46	00:36:40	V40	Male	EAST LONDON RUNNERS
88	10	Leila FELIX	00:36:52	00:36:45	OPEN	Female	HAVERING 90 JOGGERS
89	104	Adam SHAIKH	00:36:56	00:36:50	V50	Male	EAST END ROAD RUNNERS
90	68	Rahana ISLAM	00:37:06	00:36:59	V40	Female	DAGENHAM 88 RUNNERS
91	245	Breege NORDIN	00:37:12	00:37:06	V60	Female	ILFORD AC
92	254	Hannah SHEIKH	00:37:15	00:37:08	V50	Female	ILFORD AC
93	247	Carlie QIREM	00:37:17	00:37:10	OPEN	Female	ILFORD AC
94	250	Joanne REEVES	00:37:19	00:37:11	V40	Female	ILFORD AC
95	191	Jo FINDLAY	00:37:26	00:37:17	OPEN	Female	HAROLD WOOD RUNNING CLUB
96	53	Daniel PLAWIAK	00:37:33	00:37:26	V40	Male	BARKING ROAD RUNNERS
97	145	Kasia STACHOWIAK	00:37:33	00:37:19	V40	Female	EAST LONDON RUNNERS
98	240	Steven HORSLEY	00:37:38	00:37:29	V40	Male	ILFORD AC
99	118	Becky EVANS	00:37:38	00:37:32	V50	Female	EAST LONDON RUNNERS
100	208	Paul NEWLAND	00:37:40	00:37:33	OPEN	Male	HAROLD WOOD RUNNING CLUB
101	103	Nora SCHILLINGER	00:37:43	00:37:34	OPEN	Female	EAST END ROAD RUNNERS
102	51	Nehal PATEL	00:37:48	00:37:41	OPEN	Male	BARKING ROAD RUNNERS
103	128	Cindy KOON	00:37:51	00:37:42	V40	Female	EAST LONDON RUNNERS
104	233	Joel DENNING	00:37:51	00:37:49	V40	Male	ILFORD AC
105	280	Tony GAWLER	00:37:56	00:37:41	V40	Male	
106	149	Rikin VALAMBA	00:38:11	00:38:06	OPEN	Male	EAST LONDON RUNNERS
107	211	Andrew PAGE	00:38:17	00:38:02	V40	Male	HAROLD WOOD RUNNING CLUB
108	80	Tony WOODGATE	00:38:44	00:38:35	V50	Male	DAGENHAM 88 RUNNERS
109	36	Cristina COOPER	00:38:45	00:38:34	V40	Female	BARKING ROAD RUNNERS
110	150	Michael WILSON	00:38:47	00:38:37	V60	Male	EAST LONDON RUNNERS
111	85	Roshan CHOOLHUN	00:38:47	00:38:34	V40	Male	EAST END ROAD RUNNERS
112	42	John GEORGE	00:38:49	00:38:43	V60	Male	BARKING ROAD RUNNERS
113	24	John ROZEE	00:38:53	00:38:42	V50	Male	HAVERING 90 JOGGERS
114	136	Imran MUSTAK	00:38:54	00:38:42	V40	Male	EAST LONDON RUNNERS
115	252	Alison SALE	00:39:01	00:38:51	V50	Female	ILFORD AC
116	293	Dave SHERMAN	00:39:05	00:38:55	V40	Male	HAVERING 90 JOGGERS
117	97	David MOIR	00:39:11	00:39:01	OPEN	Male	EAST END ROAD RUNNERS
118	190	James FALLOWS	00:39:21	00:39:09	OPEN	Male	HAROLD WOOD RUNNING CLUB

Pos	Bib	Name	Time	Net Time	Category	Gender	Team
119	108	Darminder BHAMRA	00:39:24	00:39:15	V50	Male	EAST LONDON RUNNERS
120	206	Charles MUGAGGA	00:39:27	00:39:22	V40	Male	HAROLD WOOD RUNNING CLUB
121	259	Anthony YOUNG	00:39:35	00:39:23	V50	Male	ILFORD AC
122	291	Manjit SINGH	00:39:35	00:39:31	V40	Male	SIKHS IN THE CITY
123	265	Martin HOBLEY	00:39:41	00:39:24	V40	Male	ORION HARRIERS
124	278	Jamie COOMBS	00:39:43	00:39:34	V40	Male	ANDOVER ATHLETIC CLUB
125	273	Paul WILLIAMS	00:39:44	00:39:36	V60	Male	ORION HARRIERS
126	286	Louise MOZZANICA	00:39:47	00:39:36	V50	Female	
127	20	Andrew LUTTERLOCH	00:40:01	00:39:51	V40	Male	HAVERING 90 JOGGERS
128	107	Katrina BETTERIDGE	00:40:14	00:39:58	OPEN	Female	EAST LONDON RUNNERS
129	54	Belinda RICHES	00:40:18	00:40:07	V50	Female	BARKING ROAD RUNNERS
130	263	Bal GILL	00:40:19	00:39:55	V50	Male	ORION HARRIERS
131	4	Dean BATES	00:40:21	00:40:09	V50	Male	HAVERING 90 JOGGERS
132	207	Susan MUNNS	00:40:25	00:40:16	V60	Female	HAROLD WOOD RUNNING CLUB
133	58	Gary CARDNELL	00:40:28	00:40:21	V60	Male	DAGENHAM 88 RUNNERS
134	158	Sarah CAREY	00:40:31	00:40:11	V40	Female	ETON MANOR AC
135	43	James HUTTON	00:40:32	00:40:22	OPEN	Male	BARKING ROAD RUNNERS
136	229	Sean COSTELLO	00:40:34	00:40:22	V50	Male	ILFORD AC
137	2	David BACON	00:40:48	00:40:37	V60	Male	HAVERING 90 JOGGERS
138	18	Roger LEBEK	00:40:55	00:40:44	V50	Male	HAVERING 90 JOGGERS
139	197	Tim JAMESON	00:40:57	00:40:44	V50	Male	HAROLD WOOD RUNNING CLUB
140	23	Alicia MURPHY	00:40:59	00:40:37	OPEN	Female	HAVERING 90 JOGGERS
141	116	Mark DURRANT	00:41:16	00:41:02	V50	Male	EAST LONDON RUNNERS
142	171	Glen REDDICK	00:41:22	00:41:04	V50	Male	ETON MANOR AC
143	122	George GEORGIU	00:41:28	00:41:12	V50	Male	EAST LONDON RUNNERS
144	41	Rosanna FFORDE	00:41:30	00:41:17	OPEN	Female	BARKING ROAD RUNNERS
145	267	Andrew KENNEDY	00:41:35	00:41:12	V40	Male	ORION HARRIERS
146	70	Jason MANNING	00:41:36	00:41:17	V40	Male	DAGENHAM 88 RUNNERS
147	182	Gurjit BANSAL	00:41:38	00:41:17	OPEN	Male	HAROLD WOOD RUNNING CLUB
148	16	Hafsa HUSSAIN	00:41:38	00:41:24	OPEN	Female	HAVERING 90 JOGGERS
149	138	John O'BRIEN	00:41:42	00:41:30	V50	Male	EAST LONDON RUNNERS
150	253	Jenni SHEEHAN	00:41:47	00:41:26	OPEN	Female	ILFORD AC
151	152	Tom WOODS	00:41:55	00:41:44	V70+	Male	EAST LONDON RUNNERS
152	142	Sandra PRESTON	00:41:58	00:41:43	V50	Female	EAST LONDON RUNNERS
153	67	John HUGHES	00:41:58	00:41:39	V50	Male	DAGENHAM 88 RUNNERS
154	214	James STRACHAN	00:42:00	00:41:43	OPEN	Male	HAROLD WOOD RUNNING CLUB
155	221	Alan WOODROOF	00:42:01	00:41:49	V60	Male	HAROLD WOOD RUNNING CLUB
156	77	Natalie TRAYLEN	00:42:13	00:41:59	V40	Female	DAGENHAM 88 RUNNERS
157	203	Louise MARSHALL	00:42:19	00:42:06	OPEN	Female	HAROLD WOOD RUNNING CLUB
158	71	Daniel MILLER	00:42:21	00:42:01	V40	Male	DAGENHAM 88 RUNNERS
159	82	Dauda AYODELE	00:42:28	00:42:25	V50	Male	EAST END ROAD RUNNERS
160	95	Karen LEUNG-CHESTER	00:42:30	00:42:15	V40	Female	EAST END ROAD RUNNERS
161	153	Nicola WYNDHAM	00:42:35	00:42:14	V50	Female	EAST LONDON RUNNERS
162	195	Paul HART	00:42:45	00:42:33	V50	Male	HAROLD WOOD RUNNING CLUB
163	282	Owen HOLLINGBERY	00:42:48	00:42:31	OPEN	Male	
164	218	Jonathan WATERFIELD	00:42:51	00:42:32	V40	Male	HAROLD WOOD RUNNING CLUB
165	26	Stephen THOMPSON	00:42:55	00:42:33	V40	Male	HAVERING 90 JOGGERS
166	159	Fen COLES	00:43:04	00:42:43	V50	Female	ETON MANOR AC
167	196	Martin HAWKER	00:43:05	00:42:49	V40	Male	HAROLD WOOD RUNNING CLUB
168	14	Colette GREEN	00:43:05	00:42:48	OPEN	Female	HAVERING 90 JOGGERS
169	251	Mandy REID	00:43:11	00:42:47	V50	Female	ILFORD AC
170	169	Geoff NICHOLLS	00:43:12	00:42:54	V60	Male	ETON MANOR AC
171	111	Mary CONNOLLY	00:43:26	00:43:03	V60	Female	EAST LONDON RUNNERS
172	13	Tony GRAY	00:43:31	00:43:16	V60	Male	HAVERING 90 JOGGERS
173	180	Andrew ADAMS	00:43:33	00:43:20	V50	Male	HAROLD WOOD RUNNING CLUB
174	194	Steve GOURLEY	00:43:34	00:43:18	V50	Male	HAROLD WOOD RUNNING CLUB
175	3	Richard BALLAM	00:43:43	00:43:29	V40	Male	HAVERING 90 JOGGERS
176	72	Michael PEGNALL	00:43:46	00:43:31	V40	Male	DAGENHAM 88 RUNNERS
177	64	Lynton FAIRMAN	00:43:57	00:43:39	V40	Male	DAGENHAM 88 RUNNERS

Pos	Bib	Name	Time	Net Time	Category	Gender	Team
178	165	Janine DURRANT	00:43:57	00:43:38	V40	Female	ETON MANOR AC
179	249	Batmanaden RAMEN	00:44:07	00:43:56	V60	Male	ILFORD AC
180	131	Terry LEWSEY	00:44:16	00:43:56	V40	Male	EAST LONDON RUNNERS
181	215	Zoe TRUBRIDGE	00:44:19	00:44:06	V40	Female	HAROLD WOOD RUNNING CLUB
182	177	Louise TAYLOR	00:44:24	00:44:00	V50	Female	ETON MANOR AC
183	205	Claire MIFSUD	00:44:30	00:44:12	OPEN	Female	HAROLD WOOD RUNNING CLUB
184	46	Jason LI	00:44:48	00:44:33	V50	Male	BARKING ROAD RUNNERS
185	121	Kara GALLEAR	00:44:49	00:44:27	OPEN	Female	EAST LONDON RUNNERS
186	181	Debbie BAILEY	00:44:49	00:44:32	V60	Female	HAROLD WOOD RUNNING CLUB
187	49	Martin O'TOOLE	00:44:50	00:44:29	V50	Male	BARKING ROAD RUNNERS
188	87	Delroy DE MONTAGNAC	00:44:51	00:44:38	V50	Male	EAST END ROAD RUNNERS
189	52	Isabel PINEDO BOROBIO	00:44:54	00:44:38	OPEN	Female	BARKING ROAD RUNNERS
190	154	Samir YOUNSI	00:44:58	00:44:31	V40	Male	EAST LONDON RUNNERS
191	174	Mala SINGH	00:45:13	00:44:51	V50	Female	ETON MANOR AC
192	34	Louise CHAPPELL	00:45:14	00:44:58	V40	Female	BARKING ROAD RUNNERS
193	231	Dianne CRISP	00:45:17	00:44:55	V60	Female	ILFORD AC
194	30	Rabea BEGUM	00:45:29	00:45:13	OPEN	Female	BARKING ROAD RUNNERS
195	284	Vincent KAVANAGH	00:45:31	00:45:05	V50	Male	
196	148	Grace TURNER	00:45:36	00:45:14	OPEN	Female	EAST LONDON RUNNERS
197	114	Brian CROWTHER	00:45:38	00:45:13	V50	Male	EAST LONDON RUNNERS
198	25	Bernard SAVAGE	00:45:45	00:45:19	V70+	Male	HAVERING 90 JOGGERS
199	173	Rosie SIBLEY	00:45:52	00:45:29	OPEN	Female	ETON MANOR AC
200	84	Victoria CHARLESWORTH	00:46:28	00:46:06	V50	Female	EAST LONDON RUNNERS
201	81	Catherine APPS	00:46:32	00:46:09	V60	Female	EAST END ROAD RUNNERS
202	238	Rachel HALPIN	00:46:37	00:46:16	OPEN	Female	ILFORD AC
203	83	Sarah BEMAND	00:46:44	00:46:22	V40	Female	EAST END ROAD RUNNERS
204	93	Laura KNIGHTLEY	00:46:49	00:46:31	V40	Female	EAST END ROAD RUNNERS
205	48	Martin MASON	00:46:58	00:46:38	V70+	Male	BARKING ROAD RUNNERS
206	12	Melissa GILMOUR	00:47:08	00:46:45	V50	Female	HAVERING 90 JOGGERS
207	134	Caroline MOORE	00:47:09	00:46:43	V60	Female	EAST LONDON RUNNERS
208	198	Helen JENNER	00:47:12	00:46:54	V40	Female	HAROLD WOOD RUNNING CLUB
209	40	Mic DAVIDSON	00:47:20	00:46:58	V70+	Male	BARKING ROAD RUNNERS
210	75	Paul SMITH	00:47:24	00:47:05	V40	Male	DAGENHAM 88 RUNNERS
211	38	Nikki CRANMER	00:47:32	00:47:08	V50	Female	BARKING ROAD RUNNERS
212	269	Dhurmendra MISTRY	00:47:38	00:47:15	V50	Male	ORION HARRIERS
213	102	George SCEATS	00:47:39	00:47:26	OPEN	Male	EAST END ROAD RUNNERS
214	135	Kathy MORRISSEY	00:47:48	00:47:23	V50	Female	EAST LONDON RUNNERS
215	115	Fiona DAY	00:47:55	00:47:30	V60	Female	EAST LONDON RUNNERS
216	61	Kamel DERIOUCH	00:48:08	00:47:47	V50	Male	DAGENHAM 88 RUNNERS
217	209	Carol NORMAN	00:48:08	00:47:52	V40	Female	HAROLD WOOD RUNNING CLUB
218	59	Simon CHILDS	00:48:25	00:48:06	V40	Male	DAGENHAM 88 RUNNERS
219	255	Beverley THOMAS	00:48:29	00:48:09	V60	Female	ILFORD AC
220	289	Mark PEARCE	00:48:31	00:48:04	V50	Male	
221	22	Rachel MORRIS	00:48:53	00:48:25	V40	Female	HAVERING 90 JOGGERS
222	272	Lynne WAKINSHAW	00:48:55	00:48:30	V40	Female	ORION HARRIERS
223	79	Selon Timi VEERASAMY	00:49:13	00:48:46	V70+	Female	DAGENHAM 88 RUNNERS
224	11	Paul FISK	00:49:16	00:48:55	OPEN	Male	HAVERING 90 JOGGERS
225	33	Stuart BURR	00:49:16	00:49:00	V50	Male	BARKING ROAD RUNNERS
226	212	Richard ROCKLIFFE	00:49:32	00:49:11	V70+	Male	HAROLD WOOD RUNNING CLUB
227	147	Clare STEVENS	00:49:45	00:49:20	OPEN	Female	EAST LONDON RUNNERS
228	241	Frieda KEANE	00:49:59	00:49:34	V50	Female	ILFORD AC
229	55	Dennis SPENCER-PERKINS	00:50:07	00:49:39	V60	Male	BARKING ROAD RUNNERS
230	237	Julia GALEA	00:50:07	00:49:47	V60	Female	ILFORD AC
231	44	Les JAY	00:50:13	00:49:54	V60	Male	BARKING ROAD RUNNERS
232	123	Maya GOODWIN	00:50:19	00:49:55	V50	Female	EAST LONDON RUNNERS
233	74	Kay SANDFORD	00:50:35	00:50:16	OPEN	Female	DAGENHAM 88 RUNNERS
234	283	Phil HUDSON	00:50:57	00:50:29	V60	Male	WARE JOGGERS
235	210	Aisling O'BRIEN	00:51:11	00:50:54	OPEN	Female	HAROLD WOOD RUNNING CLUB
236	225	Launa BROADLEY	00:51:14	00:50:50	V50	Female	ILFORD AC

Pos	Bib	Name	Time	Net Time	Category	Gender	Team
237	8	Becky COE	00:51:56	00:51:30	OPEN	Female	HAVERING 90 JOGGERS
238	98	Sherry MORAN	00:51:59	00:51:36	V50	Female	EAST END ROAD RUNNERS
239	39	Dawn CURTIS	00:52:11	00:51:46	V40	Female	BARKING ROAD RUNNERS
240	193	Keiley GARDNER	00:52:16	00:51:49	V50	Female	HAROLD WOOD RUNNING CLUB
241	186	Ellis CROW	00:52:16	00:51:57	OPEN	Female	HAROLD WOOD RUNNING CLUB
242	234	Ray EVERINGHAM	00:52:34	00:52:09	V60	Male	ILFORD AC
243	290	Penny RUMSBY	00:53:01	00:52:34	V40	Female	
244	243	Carol MUIR	00:53:59	00:53:34	V50	Female	ILFORD AC
245	92	Colin JENKINS	00:54:23	00:53:58	V60	Male	EAST END ROAD RUNNERS
246	127	Farah ISHAQ	00:54:37	00:54:12	V40	Female	EAST END ROAD RUNNERS
247	56	Nigel SWABY	00:56:39	00:56:12	V60	Male	BARKING ROAD RUNNERS
248	236	Doris GAGA	00:56:41	00:56:15	V50	Female	ILFORD AC
249	185	Sandra COMBER	00:56:55	00:56:30	V60	Female	HAROLD WOOD RUNNING CLUB
250	217	Amy WARDLE	00:57:38	00:57:19	OPEN	Female	HAROLD WOOD RUNNING CLUB
251	88	Chai DEV	00:58:18	00:57:52	OPEN	Female	EAST END ROAD RUNNERS
252	1	Grace AGATE-BACON	00:59:15	00:58:53	OPEN	Female	HAVERING 90 JOGGERS
253	62	Jacqui ELLIOTT	00:59:33	00:59:05	V50	Female	DAGENHAM 88 RUNNERS
254	63	Melissa EMBERY	00:59:34	00:59:03	V50	Female	DAGENHAM 88 RUNNERS
255	78	Kresh VEERASAMY	00:59:58	00:59:29	V40	Male	DAGENHAM 88 RUNNERS
256	66	Grace KELLY	01:00:01	00:57:47	V40	Female	DAGENHAM 88 RUNNERS
257	37	Robert COURTIER	01:00:51	01:00:23	V60	Male	BARKING ROAD RUNNERS
258	220	Julie WHITE	01:01:00	01:00:35	V50	Female	HAROLD WOOD RUNNING CLUB
259	296	Esther HETTERLEY	01:10:18	01:09:48	V40	Female	HAVERING 90 JOGGERS
260	226	Bradley BROWN	01:17:16	01:16:46	V50	Male	ILFORD AC
	60	Lee DAVIS	Started	Started	V50	Male	DAGENHAM 88 RUNNERS
	19	Reece LLOYD	Not started	Not started	V40	Male	HAVERING 90 JOGGERS
	45	Colin JONES	Not started	Not started	V50	Male	BARKING ROAD RUNNERS
	57	Paul WITHYMAN	Not started	Not started	V40	Male	BARKING ROAD RUNNERS
	69	Nils HOLLMANN	Not started	Not started	V50	Male	DAGENHAM 88 RUNNERS
	73	Andy PRESTON	Not started	Not started	V50	Male	DAGENHAM 88 RUNNERS
	91	Celine HOMSEY	Not started	Not started	OPEN	Female	EAST END ROAD RUNNERS
	100	Elizabeth O'DONNELL	Not started	Not started	V50	Female	EAST LONDON RUNNERS
	110	Sarah BURNS	Not started	Not started	V40	Female	EAST LONDON RUNNERS
	112	Grant CONWAY	Not started	Not started	V50	Male	EAST LONDON RUNNERS
	113	Peter CRAWLEY	Not started	Not started	V40	Male	EAST LONDON RUNNERS
	124	Richard GUEST	Not started	Not started	V50	Male	EAST LONDON RUNNERS
	125	Catriona HOULT	Not started	Not started	V40	Female	EAST LONDON RUNNERS
	126	Catriona HOULT	Not started	Not started	V40	Female	EAST LONDON RUNNERS
	151	Paul WOODMANSEY	Not started	Not started	V40	Male	EAST LONDON RUNNERS
	167	Jack HENSON	Not started	Not started	OPEN	Male	ETON MANOR AC
	178	Kate THOMPSON	Not started	Not started	OPEN	Female	ETON MANOR AC
	187	Ingrid DIAS	Not started	Not started	V50	Female	HAROLD WOOD RUNNING CLUB
	188	Sarah DILLANE	Not started	Not started	V40	Female	HAROLD WOOD RUNNING CLUB
	189	Samantha DRAY	Not started	Not started	V50	Female	HAROLD WOOD RUNNING CLUB
	192	Sarah FRIEND	Not started	Not started	V40	Female	HAROLD WOOD RUNNING CLUB
	199	Josh JENNER	Not started	Not started	OPEN	Male	HAROLD WOOD RUNNING CLUB
	200	Sean KAVANAGH	Not started	Not started	V60	Male	HAROLD WOOD RUNNING CLUB
	213	Hayley SMITH	Not started	Not started	OPEN	Female	HAROLD WOOD RUNNING CLUB
	216	Lucy WALKER	Not started	Not started	V40	Female	HAROLD WOOD RUNNING CLUB
	219	Mike WESTMORE	Not started	Not started	V50	Male	HAROLD WOOD RUNNING CLUB
	222	Joshua ADLER	Not started	Not started	OPEN	Male	ILFORD AC
	227	Steve CHISSELL	Not started	Not started	V50	Male	ILFORD AC
	235	Wendy EVERINGHAM	Not started	Not started	V50	Female	ILFORD AC
	248	Sam RAHMAN	Not started	Not started	V40	Male	ILFORD AC
	260	Reece BARCLAY	Not started	Not started	OPEN	Male	ORION HARRIERS
	261	Nikkii BARNETT	Not started	Not started	V50	Female	ORION HARRIERS
	262	Hayley BARRON	Not started	Not started	V50	Female	ORION HARRIERS
	277	Eoin COGAN	Not started	Not started	V50	Male	DRAX
	281	David GODFREY	Not started	Not started	V60	Male	DRAX ALL-STARS

<b>Pos</b>	<b>Bib</b>	<b>Name</b>	<b>Time</b>	<b>Net Time</b>	<b>Category</b>	<b>Gender</b>	<b>Team</b>
	275	Gary ATKINS	DNF	DNF	V50	Male	HAVING AC