Pos	Bib	Name	Time	Net Time	Category	Gender	Team
1	292	Robert WARNER	00:27:02	00:27:01	ТОРЗ	Male	HAVERING AC
2	143	Jose RODRIGUEZ	00:27:25	00:27:25	ТОРЗ	Male	EAST LONDON RUNNERS
3	160	Simon COTTLE	00:27:37	00:27:36	ТОРЗ	Male	ETON MANOR AC
4		Sam ATKINS	00:27:51	00:27:50		Male	HAVERING AC
5		George FERNANDEZ	00:28:06	00:28:05		Male	ETON MANOR AC
6		Paul BODDEY	00:28:19	00:28:17		Male	ETON MANOR AC
7		Malcolm MUIR	00:28:38	00:28:38		Male	ILFORD AC
8		Ed JENKINS	00:28:46	00:28:45		Male	ETON MANOR AC
9		Samuel ANDERSON	00:28:52	00:28:52		Male	ETON MANOR AC
10		Daniel ODONOGHUE	00:28:58 00:29:13	00:28:57		Male	EAST LONDON RUNNERS
11 12		James BLOGG Dylan WILLIAMS	00:29:13	00:29:13 00:29:31		Male Male	HAVERING 90 JOGGERS ETON MANOR AC
13		Christopher KING	00:29:33	00:29:31		Male	HAROLD WOOD RUNNING CLUB
13		Berekhet BERAKHY	00:29:43	00:29:40		Male	ILFORD AC
14		Karan GADHIA	00:29:53	00:29:52		Male	EAST LONDON RUNNERS
16		Daniel LEE	00:30:06	00:30:05		Male	EAST LONDON RUNNERS
17		Laurence COX	00:30:07	00:30:06		Male	ETON MANOR AC
18		Stephen PHILCOX	00:30:08	00:30:07		Male	ILFORD AC
19		Adam BARTLETT	00:30:09	00:30:07		Male	HAROLD WOOD RUNNING CLUB
20		Paul ABELEDO	00:30:37	00:30:29		Male	BARKING ROAD RUNNERS
21		Joseph OSAKUE	00:30:53	00:30:53		Male	EAST LONDON RUNNERS
22		Dyfan GARMON	00:31:20	00:31:17		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	lan PITHOUSE	00:31:40	00:31:37	OPEN	Male	EAST END ROAD RUNNERS
28	168	Jenny HEYMANN	00:31:40	00:31:38	ТОРЗ	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 WOOLTERTON	00:31:48	00:31:47	V50	Male	ILFORD AC
32	266	Claire HUGGINS	00:32:05	00:32:01	ТОРЗ	Female	ORION HARRIERS
33		Jonathan DRYSDALE	00:32:10	00:32:08		Male	ETON MANOR AC
34		Diarmuid MAC DONNELL	00:32:18	00:32:14		Male	ILFORD AC
35		Sameena AHMED	00:32:19	00:32:16		Female	
36		Sean Christian MUGAGGA	00:32:26	00:32:25		Male	HAVERING AC
37		Coren HANLEY	00:32:33	00:32:30			EAST END ROAD RUNNERS
38		Steve WALKER	00:32:36	00:32:34		Male	HAVERING 90 JOGGERS
39		Matthew READETT	00:32:44	00:32:41		Male	
40		Daniel CANO	00:32:48	00:32:44		Male	HAVERING 90 JOGGERS
41 42		Neil CRISP	00:32:53 00:32:59	00:32:52 00:32:57		Male Male	ILFORD AC ETON MANOR AC
42 43		Peter STILWELL Amit MARKS	00:32:39	00:32:57		Male	EAST LONDON RUNNERS
44		Lee VEALE	00:33:02	00:33:01		Male	HAVERING 90 JOGGERS
45		Stuart MACKAY	00:33:10	00:33:07		Male	BARKING ROAD RUNNERS
46		Ava LEE	00:33:21	00:33:19			EAST LONDON RUNNERS
47		Richard GILL	00:33:30	00:33:26		Male	EAST END ROAD RUNNERS
48		James COKER	00:33:33	00:33:32		Male	HAROLD WOOD RUNNING CLUB
49		Shahib ALI	00:33:39	00:33:34		Male	EAST LONDON RUNNERS
50		Guy HILDRETH	00:33:54	00:33:51		Male	HAVERING 90 JOGGERS
51	230	Stephen CRANE	00:34:03	00:33:58		Male	ILFORD AC
52	175	Robert SOMMERVILLE	00:34:08	00:34:03	V50	Male	ETON MANOR AC
53		Johann LE ROUX	00:34:12	00:34:08		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 J	Jamie ZUCKER	00:34:38	00:34:35	V40	Male	EAST END ROAD RUNNERS
61	109 I	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 I	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 I	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 I	Lee PATTEN	00:34:56	00:34:49	V40	Male	
69		Luke KNIGHT	00:34:58	00:34:50		Male	HAVERING 90 JOGGERS
70		Vince CHARMAN	00:34:59	00:34:55		Male	HAVERING 90 JOGGERS
71		Jim MANZANO	00:35:11	00:35:02		Male	EAST END ROAD RUNNERS
72		Gemma ELLENDER	00:35:19	00:35:11			ILFORD AC
73		Richard SEDDON	00:35:27	00:35:23		Male	ETON MANOR AC
74		Dennis BRIGGS	00:35:34	00:35:28		Male	ILFORD AC
75			00:35:38	00:35:30		Male	EAST LONDON RUNNERS
76		Steve CONSTANTINOU	00:35:43	00:35:39		Male	HAVERING 90 JOGGERS
77		Adam COALS	00:35:55	00:35:51		Male	ILFORD AC
78		Dave DAUGIRDA	00:35:57	00:35:51		Male	ETON MANOR AC
79		Robert MCNAMARA	00:36:13	00:36:04		Male	HAROLD WOOD RUNNING CLUB
80		Tom BRENNAN	00:36:15	00:36:06		Male	BARKING ROAD RUNNERS
81			00:36:22	00:36:10		Male	ILFORD AC
82		Dan GREEN	00:36:24	00:36:16		Male	ORION HARRIERS
83			00:36:29	00:36:22		Male	
84			00:36:30	00:36:25			BARKING ROAD RUNNERS
85			00:36:40	00:36:34		Male	BARKING ROAD RUNNERS
86			00:36:45	00:36:35		Male	EAST LONDON RUNNERS
87		Simon NASH	00:36:46	00:36:40		Male	
88		Leila FELIX	00:36:52	00:36:45			HAVERING 90 JOGGERS
89		Adam SHAIKH	00:36:56	00:36:50		Male	EAST END ROAD RUNNERS DAGENHAM 88 RUNNERS
90 91		Rahana ISLAM	00:37:06 00:37:12	00:36:59 00:37:06			ILFORD AC
92		Breege NORDIN Hannah SHEIKH	00:37:12	00:37:08			ILFORD AC
93		Carlie QIREM	00:37:17	00:37:10			ILFORD AC
94		Joanne REEVES	00:37:19	00:37:11			ILFORD AC
95		Jo FINDLAY	00:37:26	00:37:17			HAROLD WOOD RUNNING CLUB
96		Daniel PLAWIAK	00:37:33	00:37:26		Male	BARKING ROAD RUNNERS
97		Kasia STACHOWIAK	00:37:33	00:37:19			EAST LONDON RUNNERS
98		Steven HORSLEY	00:37:38	00:37:29		Male	ILFORD AC
99		Becky EVANS	00:37:38	00:37:32			EAST LONDON RUNNERS
100	208	Paul NEWLAND	00:37:40	00:37:33		Male	HAROLD WOOD RUNNING CLUB
101		Nora SCHILLINGER	00:37:43	00:37:34			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 J	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 I	Rikin VALAMBIA	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 I	Michael WILSON	00:38:47	00:38:37	V60	Male	EAST LONDON RUNNERS
111	85 I	Roshan CHOOLHUN	00:38:47	00:38:34	V40	Male	EAST END ROAD RUNNERS
112	42 J	John GEORGE	00:38:49	00:38:43	V60	Male	BARKING ROAD RUNNERS
113	24 J	John ROZEE	00:38:53	00:38:42	V50	Male	HAVERING 90 JOGGERS
114	136 I	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 I	Dave SHERMAN	00:39:05	00:38:55	V40	Male	HAVERING 90 JOGGERS
117	97 I	David MOIR	00:39:11	00:39:01	OPEN	Male	EAST END ROAD RUNNERS
118	190 J	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		Paul WILLIAMS	00:39:44	00:39:36		Male	ORION HARRIERS
126		Louise MOZZANICA	00:39:47	00:39:36		Female	
127		Andrew LUTTERLOCH	00:40:01	00:39:51		Male	HAVERING 90 JOGGERS
128		Katrina BETTERIDGE Belinda RICHES	00:40:14	00:39:58			EAST LONDON RUNNERS BARKING ROAD RUNNERS
129 130		Bal GILL	00:40:18 00:40:19	00:40:07 00:39:55		Male	ORION HARRIERS
130		Dean BATES	00:40:13	00:40:09		Male	HAVERING 90 JOGGERS
131		Susan MUNNS	00:40:21	00:40:16			HAROLD WOOD RUNNING CLUB
133		Gary CARDNELL	00:40:28	00:40:21		Male	DAGENHAM 88 RUNNERS
134		Sarah CAREY	00:40:31	00:40:11			ETON MANOR AC
135		James HUTTON	00:40:32	00:40:22		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		Male	EAST LONDON RUNNERS
142	171	Glen REDDICK	00:41:22	00:41:04		Male	ETON MANOR AC
143		George GEORGIOU	00:41:28	00:41:12		Male	EAST LONDON RUNNERS
144		Rosanna FFORDE	00:41:30	00:41:17			BARKING ROAD RUNNERS
145		Andrew KENNEDY	00:41:35	00:41:12		Male	ORION HARRIERS
146		Jason MANNING	00:41:36	00:41:17		Male	DAGENHAM 88 RUNNERS
147		Gurjit BANSAL	00:41:38	00:41:17		Male	
148 149		Hafsa HUSSAIN John O'BRIEN	00:41:38 00:41:42	00:41:24 00:41:30		Male	HAVERING 90 JOGGERS EAST LONDON RUNNERS
149		Jenni SHEEHAN	00:41:42	00:41:30			ILFORD AC
150		Tom WOODS	00:41:55	00:41:44		Male	EAST LONDON RUNNERS
152		Sandra PRESTON	00:41:58	00:41:43			EAST LONDON RUNNERS
153		John HUGHES	00:41:58	00:41:39		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		Karen LEUNG-CHESTER	00:42:30	00:42:15			EAST END ROAD RUNNERS
161		Nicola WYNDHAM	00:42:35	00:42:14			EAST LONDON RUNNERS
162		Paul HART	00:42:45	00:42:33		Male	HAROLD WOOD RUNNING CLUB
163		Owen HOLLINGBERY	00:42:48	00:42:31		Male	
164 165		Jonathan WATERFIELD Stephen THOMPSON	00:42:51 00:42:55	00:42:32 00:42:33		Male Male	HAROLD WOOD RUNNING CLUB HAVERING 90 JOGGERS
165		Fen COLES	00:42:55	00:42:33			ETON MANOR AC
167		Martin HAWKER	00:43:04	00:42:43		Male	HAROLD WOOD RUNNING CLUB
168		Colette GREEN	00:43:05	00:42:48			HAVERING 90 JOGGERS
169		Mandy REID	00:43:11	00:42:47			ILFORD AC
170		Geoff NICHOLLS	00:43:12	00:42:54		Male	ETON MANOR AC
171		Mary CONNOLLY	00:43:26	00:43:03			EAST LONDON RUNNERS
172		Tony GRAY	00:43:31	00:43:16		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 Ll	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		Martin O'TOOLE	00:44:50	00:44:29		Male	BARKING ROAD RUNNERS
188		Delroy DE MONTAGNAC	00:44:51	00:44:38		Male	EAST END ROAD RUNNERS
189		Isabel PINEDO BOROBIO	00:44:54	00:44:38			BARKING ROAD RUNNERS
190		Samir YOUNSI	00:44:58	00:44:31		Male	EAST LONDON RUNNERS
191		Mala SINGH	00:45:13	00:44:51			ETON MANOR AC
192		Louise CHAPPELL	00:45:14	00:44:58			BARKING ROAD RUNNERS
193		Dianne CRISP	00:45:17	00:44:55			ILFORD AC
194		Rabea BEGUM	00:45:29	00:45:13			BARKING ROAD RUNNERS
195		Vincent KAVANAGH Grace TURNER	00:45:31	00:45:05		Male	
196 197		Brian CROWTHER	00:45:36 00:45:38	00:45:14 00:45:13		Male	EAST LONDON RUNNERS EAST LONDON RUNNERS
197		Bernard SAVAGE	00:45:45	00:45:19		Male	HAVERING 90 JOGGERS
198		Rosie SIBLEY	00:45:52	00:45:29			ETON MANOR AC
200		Victoria CHARLESWORTH	00:45:52	00:45:25			EAST LONDON RUNNERS
200		Catherine APPS	00:46:32	00:46:09			EAST END ROAD RUNNERS
202		Rachel HALPIN	00:46:37	00:46:16			ILFORD AC
203		Sarah BEMAND	00:46:44	00:46:22			EAST END ROAD RUNNERS
204		Laura KNIGHTLEY	00:46:49	00:46:31			EAST END ROAD RUNNERS
205		Martin MASON	00:46:58	00:46:38		Male	BARKING ROAD RUNNERS
206		Melissa GILMOUR	00:47:08	00:46:45		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		Female	ILFORD AC
220		Mark PEARCE	00:48:31	00:48:04		Male	
221		Rachel MORRIS	00:48:53	00:48:25			HAVERING 90 JOGGERS
222		Lynne WAKINSHAW	00:48:55	00:48:30			ORION HARRIERS
223		Selon Timi VEERASAMY	00:49:13	00:48:46			DAGENHAM 88 RUNNERS
224		Paul FISK	00:49:16	00:48:55		Male	HAVERING 90 JOGGERS
225		Stuart BURR	00:49:16	00:49:00		Male	BARKING ROAD RUNNERS
226		Richard ROCKLIFFE	00:49:32	00:49:11		Male	HAROLD WOOD RUNNING CLUB
227		Clare STEVENS	00:49:45	00:49:20			EAST LONDON RUNNERS
228 229		Frieda KEANE Dennis SPENCER-PERKINS	00:49:59 00:50:07	00:49:34 00:49:39		Female Male	ILFORD AC BARKING ROAD RUNNERS
229		Julia GALEA	00:50:07	00:49:39			ILFORD AC
230		Les JAY	00:50:07	00:49:47		Male	BARKING ROAD RUNNERS
231		Maya GOODWIN	00:50:15	00:49:55			EAST LONDON RUNNERS
232		Kay SANDFORD	00:50:35	00:50:16			DAGENHAM 88 RUNNERS
233		Phil HUDSON	00:50:55	00:50:29		Male	WARE JOGGERS
235		Aisling O'BRIEN	00:51:11	00:50:54			HAROLD WOOD RUNNING CLUB
236		Launa BROADLEY	00:51:14	00:50:50			ILFORD AC
230	225		50.51.14	00.50.50		· cmuie	

237 8 Becky CDE 005:15 005:130 005:130 005:130 005:135 005:145 005:155 005:14 005:155 005:155 005:14 005:155 005:155 005:14 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 005:155 <th>Pos</th> <th>Bib</th> <th>Name</th> <th>Time</th> <th>Net Time</th> <th>Category</th> <th>Gender</th> <th>Team</th>	Pos	Bib	Name	Time	Net Time	Category	Gender	Team
239 39 Deam CLINTS 0051:41 0051:42 Vi0 Female BARDIN GRAD RUNNING CLUB 241 185 Ellis CROW 0052:15 0051:37 OPIN Female HARDID WOOD RUNNING CLUB 242 234 Ray VERINGHAM 0052:34 V052:34 V05 Female HARDID WOOD RUNNING CLUB 244 245 Carol MUR 0053:34 V052:34 V05 Female LFOID AC 244 246 Carol MUR 0053:35 V053:34 V054:24 V00 Female LFOID AC 247 256 InjENINS 0054:23 V00 Female LFOID AC 248 236 Doris GAGA 0056:31 V00 Female HARDID WOOD RUNNING CLUB 251 185 sandra CDMER 0056:35 V005:310 O057:19 OPEN Female HARDID WOOD RUNNING CLUB 251 186 King EMBERY 0059:35 V00 Female HARDID WOOD RUNNING CLUB 252 16 Grace KALE ANOTA Secondary 199 OPEN Female HARDID WOOD RUNNING CLUB 252 16 Grace KALE MOSTA V0059:5	237	8	Becky COE	00:51:56	00:51:30	OPEN	Female	HAVERING 90 JOGGERS
240 193 Kelley GADDER 0052145 005149 V907 Female HAROLD WOOD RUNNING CLUB 241 186 Ellis CROW 005216 005157 DPEN Female HAROLD WOOD RUNNING CLUB 242 238 Ray EVERINGIAM 005230 005234 V40 Female	238	98	Sherry MORAN	00:51:59	00:51:36	V50	Female	EAST END ROAD RUNNERS
241 136 Elis GROW 00521:36 0051:37 OPEN Female HARDID WOOD RUNNING CLUB 242 234 Ray EVERINGHAM 0053:23 40053:00 0053:24 400 Female 244 246 Carol MUIR 0053:35 0053:34 400 Female LFORD AC 244 246 Carol MUIR 0054:23 0054:24 400 Female LFORD AC 245 227 Caral MSNAQ 0054:37 0054:12 400 Heat RARE ROAD RUNNERS 246 235 Doris GAGA 0055:35 0055:30 V00 Female LGORD AC 248 236 Doris GAGA 0055:35 0055:30 V00 Female HARDID WOOD RUNNING CLUB 251 13 Grace AGATE-BACON 0059:31 0057:30 V00 Female HARDID WOOD RUNNING CLUB 251 63 Acqui ELIUTT 0059:33 0057:39 V01 Female LASTIMAN BR RUNNERS 255 66 Grace KLLY 010:001 0057:37 V01 Female LASTIMAN BR RUNNERS 256 66 Grace KLLY <td>239</td> <td>39</td> <td>Dawn CURTIS</td> <td>00:52:11</td> <td>00:51:46</td> <td>V40</td> <td>Female</td> <td>BARKING ROAD RUNNERS</td>	239	39	Dawn CURTIS	00:52:11	00:51:46	V40	Female	BARKING ROAD RUNNERS
242 234 Ray EVERIMENTAM 005234 V05234 V06 Male LEORD AC 243 230 Penny NUMSBY 0053330 0053334 V06 Female LEORD AC 244 243 Carl MUR 005353 0053334 V00 Male EAST END ROAD RUNNERS 245 32 Colin JENNINS 005432 005312 V40 Female EAST END ROAD RUNNERS 246 32 Frant SHAQ 005433 005412 V40 Male BARKING ROAD RUNNERS 248 235 Sonis GAGA 005543 005543 V00 Female HAROLD WOOD RUNNERS 249 185 Sandra COMBER 005733 005732 OPEN Female HAROLD WOOD RUNNING CLUB 250 1 Grace AGATE BACON 005934 005905 V50 Female PAREMAR & RUNNERS 253 23 Galaqui ELUOT 005934 005905 V50 Female DAGENHAMA & RUNNERS 254 63 Melise MERY 005934 005905 V50 Female DAGENHAM	240	193	Keiley GARDNER		00:51:49	V50		
243 290 Penny RUMSBY 0053:31 0053:34 V30 Female LFORD AC 244 243 Carol MUR 0053:35 V00 Hale AST END ROAD RUNNERS 246 127 Farah ISHAQ 0054:37 0054:32 V01 Female EAST END ROAD RUNNERS 246 127 Farah ISHAQ 0056:32 V00 Female LFORD AC 248 236 Doris GAGA 0056:12 V00 Female HAROL DWOOD RUNNING CLUB 250 217 Amy WARDLE 0055:33 005:37:19 OFE HAROL DWOOD RUNNING CLUB 251 88 Chai DEV 0058:18 005:75:20 FEmale HAROL DWOOD RUNNING CLUB 253 81 Chai DEV 0059:33 0059:905 V0 Female DAGENHAM 88 RUNNERS 254 63 Meissa EMBERY 0059:33 0059:92 V0 Male DAGENHAM 88 RUNNERS 255 78 Kresh VERASAMY 0059:33 010:03:74 740 Female HAROL MOOD RUNNING CLUB 256 66 Grace KLUY 01:00:10 01:00:35 V50 Female DAGENHAM 88 RUNNERS		186	Ellis CROW				Female	
244 243 Carol MUIR 00.53:59 00.53:38 V00 Male Fermale FERRE 245 127 Fan Is ISAQ 00.54:23 00.53:38 V00 Male FAST END ROAD RUNNERS 247 256 Nigel SWABY 00.56:39 00.56:12 V00 Male BARKING ROAD RUNNERS 248 236 Doris GAGA 00.56:15 V00 Fermale HAROLD WOOD RUNNING CLUB 250 127 Amy MARDLE 00.57:32 ODS:75:2 OPK Fermale HAROLD WOOD RUNNING CLUB 251 18 Carol ALT-BACON 00.59:15 00.58:03 V00 Fermale HAROLD WOOD RUNNING CLUB 253 62 Loquip LLUDTT 00.59:15 00.59:03 V00 Fermale HAVERING 90.00GERS 254 63 Melissa EMBERY 00.59:14 00.59:03 V50 Fermale HAVERING 80.00GERS 255 78 Kresh VERASAMY 00.59:14 01.00:23 V50 Fermale HAVERING 80.00GERS 256 66 Carce KLLY 01.00:15 01.00:23 V50 Fermale HAVERING 90.00GERS 257 278 Robert COURTER 01.00:10:10:03 SV50 Malee <td></td> <td></td> <td>,</td> <td></td> <td></td> <td></td> <td></td> <td>ILFORD AC</td>			,					ILFORD AC
245 92 Colin JERNINS 00.54:23 00.354:12 V40 Permale FAST END ROAD RUNNERS 246 127 Farah ISHAQ 00.56:33 00.56:12 V40 Permale FAST END ROAD RUNNERS 248 255 Doris GAGA 00.56:41 00.56:15 V50 Fermale HARCID WOOD RUNNING CLUB 249 185 Sondra COMBER 00.55:53 00.57:13 ORS Fermale HARCID WOOD RUNNING CLUB 251 16 Grace AGATE-BACON 00.59:15 00.57:52 OPEN Fermale HARCID WOOD RUNNING CLUB 253 62 Jacqui ELUOTT 00.59:15 00.59:33 00.59:03 V50 Fermale DAGENHAM 88 RUNNERS 254 63 Melsisa EMBERY 00.59:03 V0.59:03 V50 Fermale DAGENHAM 88 RUNNERS 255 78 fresh VERASAMY 00.59:03 V0.05:07:17 V40 Fermale DAGENHAM 88 RUNNERS 256 66 Grace KELY 01:00:10 01:00:33 V50 Fermale HARCID WOOD RUNNING CLUB 257 77 Robert COURTRE 01:00:43 V50 Male BARKING ROAD RUNNERS 258 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
246127 Farah ISHAQ00:54:3700:54:12 V40FemaleEAST END ROAD RUNNERS24756 Nigel SWARY00:56:3900:56:12 V60MaleBARKING ROAD RUNNERS248256 Oris GAGA00:56:1500:56:3500:56:12 V60FemaleHAROLD WOOD RUNNING CUB250127 Any WARDLE00:57:52 OPENFemaleHAROLD WOOD RUNNING CUB25188 Chai DEV00:58:1800:57:52 OPENFemaleFARCID WOOD RUNNING CUB2521 Grace AGT-BACON00:59:1500:58:3800:57:52 OPENFemaleFARCID WOOD RUNNING CUB25362 Jacuji ELIOTT00:59:3400:39:05 V50FemaleDAGENHAM 88 RUNNERS25463 Melissa EMBERY00:59:3400:39:03 V50FemaleDAGENHAM 88 RUNNERS25578 Krish VEERASAMY00:59:52V00MaleDAGENHAM 88 RUNNERS25666 Grace KELLY01:00:3101:00:32 V50MaleDAGENHAM 88 RUNNERS25737 Robert COURTER01:00:1301:00:32 V50MaleDAGENHAM 88 RUNNERS258220 Julie WHTE01:01:1301:00:32 V50MaleDAGENHAM 88 RUNNERS259226 Esther HETTERLEY01:17:1601:13:64 V50MaleDAGENHAM 88 RUNNERS250226 Bradley BROWN01:17:1601:13:64 V50MaleDAGENHAM 88 RUNNERS25119 Rece LLOYDNet startedNot startedV50MaleDAGENHAM 88 RUNNERS252260 Esther HETTERLEY01:17:1601:13:64 V50MaleDAGENHAM 88 RUN								
24756 Nigel SWABY00:56:3900:56:12 V60MaleBARKING ROAD RUNNERS248185 Sandra COMBER00:56:53 V50FemaleIFCRD AC250217 Amy WABLE00:57:3800:57:19 OFENFemaleHAROLD WODD RUNNING CLUB25188 Chai DEV00:57:5500:57:29 OFENFemaleHAROLD WODD RUNNING CLUB25116 Grace AGATE-BACON00:59:1500:58:3300:57:52 OFENFemaleHAROLD WODD RUNNING CLUB25362 Jacqui ELUOTT00:59:3300:59:05 V50FemaleDAGENHAM 88 RUNNERS25463 Meliss EMBERY00:59:3300:59:05 V50FemaleDAGENHAM 88 RUNNERS25578 Kresh VEERASAMY00:59:3800:59:74 V40FemaleDAGENHAM 88 RUNNERS25666 Grace KELY01:00:1301:00:23 V50FemaleHAROLD WODD RUNNING CLUB259296 Esher HETTERLEY01:00:1001:00:33 V50FemaleHAROLD WODD RUNNING CLUB250226 Bradley BROWN01:17:1601:16:46 V50MaleDAGENHAM 88 RUNNERS25119 Rece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS25463 Mish HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS256226 Bradley BROWN01:17:1601:16:46 V50MaleDAGENHAM 88 RUNNERS257258 LONDON RUNNESNot startedNot startedV50MaleDAGENHAM 88 RUNNERS256 Bradley BROWN01:17:1601:16:46 V50MaleDAG								
248236 Doris GAGA00:56:15VS0FemaleLI-ORD AC249185 Sandra COMBER00:57:5000:56:30VS0FemaleHAROLD WOOD RUNNING CLUB250127 Any WARDLE00:57:3000:57:10OPENFemaleEAST EUN ODO RUNNING CLUB25118 Chai DEV00:59:3300:57:10OPENFemaleEAST EUN ORD RUNNERS25211 Grace AGATE BACON00:59:1300:59:03VS0FemaleDAGENHAM 88 RUNNERS25362 Jacqui ELLIOTT00:59:3400:59:03VS0FemaleDAGENHAM 88 RUNNERS25463 Melisas EMBERY00:10:0310:07:47V40FemaleDAGENHAM 88 RUNNERS25578 Kresh VEERASAMY01:00:0101:07:37V50MaleDAGENHAM 88 RUNNERS25666 Grace KLIV01:10:1801:00:3101:00:23V50FemaleHAVERING 0J OGGERS258220 Julie WHITE01:10:1001:10:35VS0FemaleHAVERING 0J OGGERS258220 Julie WHITE01:10:1301:09:48V40FemaleHAVERING 0J OGGERS258220 Julie WHITE01:10:1301:09:48V40MaleDAGENHAM 88 RUNNERS258220 Julie WHITE01:10:1301:09:48V40MaleDAGENHAM 80 RUNNERS258220 Julie WHITE01:10:1301:09:48V40MaleDAGENHAM 80 RUNNERS259139 Rece LLOYDNot startedNot startedNot starteMaleDAGENHAM 80 RUNNERS260 Lie DAV								
249 185 Sandra COMBER 00:56:55 00:56:30 V60 Female HAROLD WOOD RUNNING CLUB 251 88 Chai DEV 00:57:38 00:57:39 DEPN Female EAST END ROD RUNNING CLUB 252 1 Grace AGATE-BACON 00:59:35 00:59:05 V50 Female DAGENHAM 88 RUNNERS 253 62 Jacqui ELILOTT 00:59:34 00:59:05 V50 Female DAGENHAM 88 RUNNERS 254 63 Melissa EMBERY 00:59:34 00:59:03 V50 Female DAGENHAM 88 RUNNERS 255 66 Grace KELLY 01:00:13 01:00:23 V50 Male DAGENHAM 88 RUNNERS 258 220 Jule WHITE 01:01:01 01:00:35 V50 Female HAVEINO 80 JOGGENS 259 266 Bradley BROWN 01:17:16 01:16:46 V50 Male HAVEINO 80 JOGGENS 250 Facter HETELY 01:17:16 01:16:46 V50 Male BARING ROAD RUNNERS 250			0					
250217 Amy WARDLE00:57:3800:57:19 OPENFemaleHAROLD WOOD RUNNING CLUB25138 Chai DEV00:59:1300:57:52 OPENFemaleEAST END ADA RUNNERS25210 Grace AGATE-BACON00:59:1300:59:05 V50FemaleEAST END ADA RUNNERS25362 Jacqui ELUOTT00:59:3300:59:05 V50FemaleDAGENHAM 88 RUNNERS25463 Melissa EMBERY00:59:3400:59:03 V50FemaleDAGENHAM 88 RUNNERS25578 Kresh VEERASAMY00:59:5300:59:24 V40MaleDAGENHAM 88 RUNNERS25666 Grace KLIV01:00:0101:07:47 V40FemaleDAGENHAM 88 RUNNERS25737 Robert COURTIER01:10:0101:07:35 V50FemaleHARKING ROAD RUNNERS258220 Julie WHITE01:10:1601:09:48 V40FemaleHAVERINO SOJ OGGERS259256 Esther HETTERLEY01:17:1501:19:48 V40FemaleHAVERINO SOJ OGGERS260226 Esther HETTERLEY01:17:1501:19:48 V40MaleDAGENHAM 88 RUNNERS19 Rece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS57 Paul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS100 Elizabeth O'DONNELNot startedNot startedV50FemaleEAST LONDON RUNNERS110 Erabeth O'DONNELNot startedNot startedV50FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50MaleEAST LONDON								
25188 Chai DEV00:58:1800:57:52OPENFemaleEAST END ROAD RUNNERS2521 Grace AGATE-BACON00:59:1500:58:53OPENFemaleDAGENHAM 38 RUNNERS25362 Jacqui ELIOTT00:59:3300:59:05FemaleDAGENHAM 38 RUNNERS25463 Meliss EMBERY00:59:3400:59:29 V40MaleDAGENHAM 38 RUNNERS25578 Kresh VEERASAMY01:00:101:07:47 V40FemaleDAGENHAM 88 RUNNERS25666 Grace KELLY01:00:0101:07:37 V40FemaleDAGENHAM 88 RUNNERS25737 Robert COURTIER01:10:1801:09:48 V40FemaleHAVERING 200 ROUNNERS258220 Julie WHT01:10:1801:09:48 V40FemaleHAVERING 90 JOGGERS259296 Esther HETTERLEY01:10:1801:10:44 V50MaleDAGENHAM 88 RUNNERS25060 Liee DAVISStartedNot startedNot startedV40MaleDAGENHAM 88 RUNNERS257 Paul WITHYMANNot startedNot startedNot startedV50MaleDAGENHAM 88 RUNNERS37 Andy PRESTONNot startedNot startedV50MaleDAGENHAM 88 RUNNERS310 Celine HOMSEYNot startedNot startedV50MaleDAGENHAM 88 RUNNERS311 Celine HOMSEYNot startedNot startedV50MaleEAST END ROAD RUNNERS312 Carina HURNSNot startedNot startedNot startedV50MaleEAST END ROAD RUNNERS313 Celine HOMSEYNot started <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
2521Grace AGATE-BACON00:59:1500:59:1500:59:35OPENFemaleHAVERING 90 JOGGERS25362 Jacqui ELUOTT00:59:3300:59:03V50FemaleDAGENHAM 88 RUNNERS25576 Kresh VERASAMY00:59:23400MaleDAGENHAM 88 RUNNERS25666 Grace KELLY01:00:3100:57:47V40MaleDAGENHAM 88 RUNNERS25737 Robert COURTER01:00:3101:00:32V60MaleDAGENHAM 88 RUNNERS258220 Julie WHTE01:00:3001:00:33V50FemaleHAVERING 90 JOGGERS259296 Esther HETTERLEY01:10:1801:09:48V40MaleDAGENHAM 88 RUNNERS250226 Bradley BROWN01:17:1601:16:46V50MaleHAVERING 90 JOGGERS260226 Bradley BROWN01:17:1601:16:46V50MaleDAGENHAM 88 RUNNERS319 Reece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS45 Colin JONESNot startedNot startedV50MaleDAGENHAM 88 RUNNERS57 Paul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS100 Elizabeth OPONNELLNot startedNot startedV50MaleDAGENHAM 88 RUNNERS113 Peter CRAWLEYNot startedNot startedV50MaleEAST LONDON RUNNERS113 Peter CRAWLEYNot startedNot startedV50MaleEAST LONDON RUNNERS113 Peter CRAWLEYNot start								
2536262Jacqui ELLIOTT00:59:3300:59:3400:59:32FemaleDAGENHAM 88 RUNNERS25463Melissa EMBERY00:59:3400:59:32V40MaleDAGENHAM 88 RUNNERS25578Kresh VEERASAMY00:59:3500:59:29V40MaleDAGENHAM 88 RUNNERS25666Grace KELLY01:00:0100:57:47V40FemaleDAGENHAM 88 RUNNERS25737Robert COURTIER01:00:1001:00:35:00FemaleHAROLD WOOD RUNNING CLUB258220Julie WHITE01:01:0001:00:35:00FemaleHAVERING 90 JOGGERS260226Bradley BROWN01:17:1601:16:46V50MaleDAGENHAM 88 RUNNERS19Rece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS19Rece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS57Paul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS59NIS HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS5110Eline HOMSEYNot startedNot startedV50MaleDAGENHAM 88 RUNNERS110Sarah BURNSNot startedNot startedV50MaleDAST LONDON RUNNERS1112Grant CONWAYNot startedNot startedV50FemaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedV50 </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
25463 Melissa EMBERY00:59:3400:								
25578 Kresh VEERASAMY00:59:5800:59:29 V40MaleDAGENHAM 88 RUNNERS25666 Grace KELLY01:00:5101:00:23 V50FemaleDAGENHAM 88 RUNNERS258220 Julie WHITE01:01:0101:00:35 V50FemaleHAROLD WOOD RUNNING CLUB259295 Esther HETTERLEY01:10:1801:09:48 V40FemaleHAROLD WOOD RUNNING CLUB260226 Bradley BROWN01:17:1601:16:164 V50MaleLFORD AC4040FemaleMALENING S0 JOGGERS10:09:48 V40FemaleMALENING S0 JOGGERS19Rece LLOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS57Faul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS57Faul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS51100 Elizabeth O'DONNELLNot startedNot startedV50FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV40FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV40FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV40FemaleEAST LONDON RUNNERS113 Peter CRAWLEYNot startedNot started <td< td=""><td></td><td></td><td>1</td><td></td><td></td><td></td><td></td><td></td></td<>			1					
25666 Grace KELLY01:00:0100:57:47V40FemaleDAGENHAM 88 RUNNERS25737 Robert COURTIER01:00:5101:00:23V60MaleBARING RADA RUNNERS258220 Julie WHTE01:10:1001:00:35V50FemaleHAVERING 90 JOGGERS250226 Bradley 8ROWN01:17:1601:16:46V50MaleILFORD AC60Lee DAVISStartedNot startedNot startedV50MaleDAGENHAM 88 RUNNERS13Recce LIOYDNot startedNot startedV50MaleDAGENHAM 88 RUNNERS45Colin JONESNot startedNot startedV50MaleDAGENHAM 88 RUNNERS60Nils HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS61Sils HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS73Andy PRESTONNot startedNot startedV50MaleDAGENHAM 88 RUNNERS100Elizabeth O'DONNELLNot startedNot startedV50MaleEAST LONDON RUNNERS110Sarah BURNSNot startedNot startedV50MaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedV40FemaleEAST LONDON RUNNERS112Grant DOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS1								
25737 Robert COURTIER01:00:2101:00:23V60MaleBARKING ROAD RUNNERS258220 julie WHTE01:01:0001:00:35V50FemaleHACID WOOD RUNNING CLUB259226 Esther HETTERLEY01:10:1801:948V40MaleIARCID WOOD RUNNING CLUB260226 Bradley BROWN01:17:1601:16:46V50MaleIAGENHAM 88 RUNNERS30Reece LLOYDNot startedNot startedV40MaleBARKING ROAD RUNNERS45Colin JONESNot startedNot startedV40MaleBARKING ROAD RUNNERS57Paul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS69Nils HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS310Celine HOMSEYNot startedNot startedV50MaleEAST LONDON RUNNERS100Elizabeth O'DONNELLNot startedNot startedV40FemaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedV40FemaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDO								
258220Julie WHITE01:01:0001:00:35V50FemaleHAROLD WOOD RUNNING CLUB259226Esther HETTERLEY01:10:1801:09:48V40FemaleHAVERING 90 JOGGERS260226Bradley BROWN01:17:1601:16:46V50MaleIAVERING 90 JOGGERS19Reece LLOYDNot startedNot startedV50MaleBARKING ROAD RUNNERS19Reece LLOYDNot startedNot startedV50MaleBARKING ROAD RUNNERS57Paul WITHYMANNot startedNot startedV50MaleDAGENHAM 88 RUNNERS69NIS HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS91Celine HOMSEYNot startedNot startedV50MaleDAGENHAM 88 RUNNERS100Elizabeth O'DONNELLNot startedNot startedV50FemaleEAST LONDON RUNNERS110Sariah BURNSNot startedNot startedV40FemaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV40MaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40MaleEAST LONDON RUNNERS126Tariona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS127Rake THOMPSONNot startedNot startedV40Female </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Male</td> <td>BARKING ROAD RUNNERS</td>							Male	BARKING ROAD RUNNERS
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 V50 Male DAGENHAM 88 RUNNERS 45 Colin JONES Not started Not started V50 Male DAGENHAM 88 RUNNERS 57 Paul WITHYMAN 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 Not started V50 Female EAST LONDON RUNNERS 100 Bizabeth O'DONNELL Not started Not started Not started V50 Female EAST LONDON RUNNERS 112 Grant DUNY Not started Not started V40 Male EAST LONDON RUNNERS 112 Grant GUEST Not started Not started V40 Female EAST LONDON RUNNERS 125 Catriona HOULT		220	Julie WHITE	01:01:00	01:00:35	V50	Female	HAROLD WOOD RUNNING CLUB
60Lee DAVISStartedNot startedVistMaleDAGENHAM 88 RUNNERS19Reece LLOYDNot startedNot startedVistMaleHAVERING 90 JOGGERS45Colin JONESNot startedNot startedVistMaleBARKING ROAD RUNNERS57Paul WITHYMANNot startedNot startedVistMaleBARKING ROAD RUNNERS69Nils HOLLMANNNot startedNot startedVistMaleDAGENHAM 88 RUNNERS73Andy PRESTONNot startedNot startedVistMaleDAGENHAM 88 RUNNERS10Cleine HOMSEYNot startedNot startedVistFemaleEAST LONDON RUNNERS110Sarah BURNSNot startedNot startedVistFemaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedVistMaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedVistHaneEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedVistFemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedVistFemaleEAST LONDON RUNNERS127Rate HINDMPSONNot startedNot startedVistFemaleEAST LONDON RUNNERS128Saranh DILANENot startedNot startedVistFemaleEAST LONDON RUNNERS129Jack HENSONNot startedNot startedVistFemaleEAST LONDON RUNNER	259	296	Esther HETTERLEY	01:10:18	01:09:48	V40	Female	HAVERING 90 JOGGERS
19Reece LLOYDNot startedNot startedNot startedVistMaleHAVERING 90 JOGGERS45Colin JONESNot startedNot startedVistMaleBARKING ROAD RUNNERS57Paul WITHYMANNot startedNot startedVistMaleBARKING ROAD RUNNERS69Nils HOLLMANNNot startedNot startedVistMaleDAGENHAM 88 RUNNERS73Andy PRESTONNot startedNot startedVistFemaleEAST END ROAD RUNNERS100Elizabeth O'DONNELLNot startedNot startedVistFemaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedVistMaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedVistMaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedVistMaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedVistFemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedVistMaleEAST LONDON RUNNERS137Ingrid DIASNot startedNot startedVistMaleEAST LONDON RUNNERS138Ingrid DIASNot startedNot startedVistFemaleEAST LONDON RUNNERS148Ingrid DIASNot startedNot startedVistFemaleEAST LONDON RUNNERS159Jack HENSONNot startedNot startedVistFe	260	226	Bradley BROWN	01:17:16	01:16:46	V50	Male	ILFORD AC
45 Colin JONESNot startedNot sta		60	Lee DAVIS	Started	Started	V50	Male	DAGENHAM 88 RUNNERS
57 Paul WITHYMANNot startedNot startedV40MaleBARKING ROAD RUNNERS69 Nils HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS73 Andy PRESTONNot startedNot startedV50MaleDAGENHAM 88 RUNNERS91 Celine HOMSEYNot startedNot startedNot startedSAT END ROAD RUNNERS100 Elizabeth O'DONNELLNot startedNot startedV50FemaleEAST LONDON RUNNERS110 Sarah BURNSNot startedNot startedV40FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS113 Peter CRAWLEYNot startedNot startedV50MaleEAST LONDON RUNNERS124 Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WOODMANSEYNot startedNot startedV40FemaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB189 Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot started <td></td> <td>19</td> <td>Reece LLOYD</td> <td>Not started</td> <td>Not started</td> <td>V40</td> <td>Male</td> <td>HAVERING 90 JOGGERS</td>		19	Reece LLOYD	Not started	Not started	V40	Male	HAVERING 90 JOGGERS
69Nils HOLLMANNNot startedNot startedV50MaleDAGENHAM 88 RUNNERS73Andy PRESTONNot startedNot startedV50MaleDAGENHAM 88 RUNNERS91Celine HOMSEYNot startedNot startedOPENFemaleEAST EDN ROAD RUNNERS100Elizabeth O'DONNELLNot startedNot startedV40FemaleEAST EDN ROAD RUNNERS110Sarah BURNSNot startedNot startedV50MaleEAST EDN ROAD RUNNERS112Grant CONWAYNot startedNot startedV40MaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151Paul WOODMANSEYNot startedNot startedV40FemaleEAST LONDON RUNNERS167Jack HENSONNot startedNot startedV50MaleEAST LONDON RUNNERS178Kate THOMPSONNot startedNot startedV40FemaleEAST LONDON RUNNING CLUB189Samantha DRAYNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199Josh JENNERNot startedNot startedV40Female </td <td></td> <td>45</td> <td>Colin JONES</td> <td>Not started</td> <td>Not started</td> <td>V50</td> <td>Male</td> <td>BARKING ROAD RUNNERS</td>		45	Colin JONES	Not started	Not started	V50	Male	BARKING ROAD RUNNERS
73Andy PRESTONNot startedNot startedNot startedV50MaleDAGENHAM 88 RUNNERS91Celine HOMSEYNot startedNot startedNot startedOPENFemaleEAST END ROAD RUNNERS100Elizabeth O'DONNELLNot startedNot startedV40FemaleEAST LONDON RUNNERS110Sarah BURNSNot startedNot startedV50MaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS131Peul WOODMANSEYNot startedNot startedV40FemaleEAST LONDON RUNNERS132Faul WOODMANSEYNot startedNot startedV40FemaleEAST LONDON RUNNERS137Ingrid DIASNot startedNot startedV40FemaleEAST LONDON RUNNING CLUB188Sarah TILANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199Jack HENSONNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188Sarah TILANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199Jack HENSONNot started		57	Paul WITHYMAN	Not started	Not started	V40	Male	BARKING ROAD RUNNERS
91 Celine HOMSEYNot startedNot startedNot startedOPENFemaleEAST END ROAD RUNNERS100 Elizabeth O'DONNELLNot startedNot startedV50FemaleEAST LONDON RUNNERS110 Sarah BURNSNot startedNot startedV40FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS113 Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124 Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WOODMANSEYNot startedNot startedV40FemaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENMaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV51FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedV51FemaleHAROLD WOOD RUNNING CLUB219 Johia JENNERNot startedNot		69	Nils HOLLMANN	Not started	Not started	V50	Male	DAGENHAM 88 RUNNERS
100 Elizabeth O'DONNELLNot startedNot startedV50FemaleEAST LONDON RUNNERS110 Sarah BURNSNot startedNot startedV40FemaleEAST LONDON RUNNERS112 Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS113 Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124 Richard GUESTNot startedNot startedV50MaleEAST LONDON RUNNERS125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WODDMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENFemaleETON MANOR AC178 Kate THOMPSONNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB214 Juny WALKERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB215 Uory OALLESTNot startedNot startedV50<		73	Andy PRESTON	Not started	Not started	V50	Male	DAGENHAM 88 RUNNERS
110Sarah BURNSNot startedNot startedNot startedV40FemaleEAST LONDON RUNNERS112Grant CONWAYNot startedNot startedV50MaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV40FemaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151Paul WOODMANSEYNot startedNot startedV40FemaleEAST LONDON RUNNERS167Jack HENSONNot startedNot startedV50MaleEAST LONDON RUNNERS188Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199Josh JENNERNot startedNot started		91	Celine HOMSEY	Not started	Not started	OPEN	Female	EAST END ROAD RUNNERS
112Grant CONWAYNot startedNot startedVS0MaleEAST LONDON RUNNERS113Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124Richard GUESTNot startedNot startedV50MaleEAST LONDON RUNNERS125Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151Paul WOODMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178Kate THOMPSONNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192Sarah FRIENDNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB193Jash JENRRNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB200Sean KAVANAGHNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219Jinke WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB219Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB221Jashuey SMITHNot startedNot startedV50 <t< td=""><td></td><td>100</td><td>Elizabeth O'DONNELL</td><td>Not started</td><td>Not started</td><td>V50</td><td>Female</td><td>EAST LONDON RUNNERS</td></t<>		100	Elizabeth O'DONNELL	Not started	Not started	V50	Female	EAST LONDON RUNNERS
113 Peter CRAWLEYNot startedNot startedV40MaleEAST LONDON RUNNERS124 Richard GUESTNot startedNot startedV50MaleEAST LONDON RUNNERS125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS131 Paul WOODMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENMaleEAST LONDON RUNNERS187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Samantha DRAYNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB219 Josh JENNERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB210 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB211 Hayley SMITHNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB212 Joshua ADLERNot started <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
124 Richard GUESTNot startedNot startedV50MaleEAST LONDON RUNNERS125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WOODMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENFemaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedV50MaleILFORD AC223 Swendy EVERINGHAMNot startedNot startedV50MaleILFORD AC244 Sam RAHMANNot startedNot startedV50FemaleILFORD AC255 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC								
125 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WOODMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENFemaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB189 Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV60FemaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB221 Joshua ADLERNot startedNot startedV50MaleILFORD AC223 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50MaleILFORD AC248 Sam RAHMANNot startedNot startedV50FemaleILFORD AC </td <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
126 Catriona HOULTNot startedNot startedV40FemaleEAST LONDON RUNNERS151 Paul WOODMANSEYNot startedNot startedV40MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENFemaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192 Sarah FRIENDNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV60FemaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB212 Joshua ADLERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB223 Swendy EVERINGHAMNot startedNot startedV50MaleHLFORD AC224 Sam RAHMANNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB264 Nikkii BARNETTNot startedNot started <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>								
151 Paul WOODMANSEYNot startedNot startedNot startedVa0MaleEAST LONDON RUNNERS167 Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENFemaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Samantha DRAYNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB214 Mike WESTMORENot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB215 Sue ALISERNot startedNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB217 Steve CHISSELLNot startedNot startedV50MaleHERORDAC223 Swan ADHRANNot startedNot startedV50MaleHERORDAC235 Wendy EVERINGHAMNot startedNot startedV50MaleIFORD AC248 Sam RAHMANNot startedNot started <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>								
167 Jack HENSONNot startedNot startedOPENMaleETON MANOR AC178 Kate THOMPSONNot startedNot startedOPENFemaleETON MANOR AC187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB189 Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192 Sarah FRIENDNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedNot startedV50MaleILFORD AC223 Swendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV60MaleILFORD AC260 Reece BARCLAYNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot started								
178Kate THOMPSONNot startedNot startedNot startedOPENFemaleETON MANOR AC187Ingrid DIASNot startedNot startedVotFemaleHAROLD WOOD RUNNING CLUB188Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB189Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192Sarah FRIENDNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216Lucy WALKERNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB222Joshua ADLERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB223Joshua ADLERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB224Joshua ADLERNot startedNot startedV50MaleILFORD AC225Swendy EVERINGHAMNot startedNot startedV50MaleILFORD AC235Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248Sam RAHMANNot startedNot startedV5								
187 Ingrid DIASNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB188 Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB189 Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192 Sarah FRIENDNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB223 Swendy EVERINGHAMNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50Female <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>								
188Sarah DILLANENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB189Samantha DRAYNot startedNot startedV50FemaleHAROLD WOOD RUNNING CLUB192Sarah FRIENDNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200Sean KAVANAGHNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB213Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216Lucy WALKERNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB219Mike WESTMORENot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB222Joshua ADLERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB223Joshua ADLERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB224Joshua ADLERNot startedNot startedV50MaleILFORD AC225Vendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248Sam RAHMANNot startedNot startedV50FemaleORION HARRIERS261Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262Hayley BARRONNot startedNot startedV50Fe								
189 Samantha DRAYNot startedNot startedVotFemaleHAROLD WOOD RUNNING CLUB192 Sarah FRIENDNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB235 Wendy EVERINGHAMNot startedNot startedV50MaleILFORD AC248 Sam RAHMANNot startedNot startedV50FemaleILFORD AC260 Reece BARCLAYNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
192 Sarah FRIENDNot startedNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB199 Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB223 Steve CHISSELLNot startedNot startedOPENMaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
199 Josh JENNERNot startedNot startedOPENMaleHAROLD WOOD RUNNING CLUB200 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedOPENMaleILFORD AC227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedOPENMaleILFORD AC260 Reece BARCLAYNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
200 Sean KAVANAGHNot startedNot startedV60MaleHAROLD WOOD RUNNING CLUB213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedOPENMaleILFORD AC227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV60MaleILFORD AC260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
213 Hayley SMITHNot startedNot startedOPENFemaleHAROLD WOOD RUNNING CLUB216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedOPENMaleILFORD AC227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedV50FemaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
216 Lucy WALKERNot startedNot startedV40FemaleHAROLD WOOD RUNNING CLUB219 Mike WESTMORENot startedNot startedV50MaleHAROLD WOOD RUNNING CLUB222 Joshua ADLERNot startedNot startedOPENMaleILFORD AC227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50MaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
222 Joshua ADLERNot startedNot startedOPENMaleILFORD AC227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
227 Steve CHISSELLNot startedNot startedV50MaleILFORD AC235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX			•					
235 Wendy EVERINGHAMNot startedNot startedV50FemaleILFORD AC248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX								
248 Sam RAHMANNot startedNot startedV40MaleILFORD AC260 Recce BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX		227	Steve CHISSELL	Not started	Not started	V50	Male	ILFORD AC
260 Reece BARCLAYNot startedNot startedOPENMaleORION HARRIERS261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX		235	Wendy EVERINGHAM	Not started	Not started	V50	Female	ILFORD AC
261 Nikkii BARNETTNot startedNot startedV50FemaleORION HARRIERS262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX		248	Sam RAHMAN	Not started	Not started	V40	Male	ILFORD AC
262 Hayley BARRONNot startedNot startedV50FemaleORION HARRIERS277 Eoin COGANNot startedNot startedV50MaleDRAX		260	Reece BARCLAY	Not started	Not started	OPEN	Male	ORION HARRIERS
277 Eoin COGAN Not started Not started V50 Male DRAX		261	Nikkii BARNETT	Not started	Not started	V50	Female	ORION HARRIERS
		262	Hayley BARRON	Not started	Not started	V50	Female	ORION HARRIERS
281 David GODFREY Not started Not started V60 Male DRAX ALL-STARS		277	Eoin COGAN	Not started	Not started	V50	Male	DRAX
		281	David GODFREY	Not started	Not started	V60	Male	DRAX ALL-STARS

Pos	Bib	Name	Time	Net Time	Category	Gender		Team
	275 Gary ATKINS		DNF	DNF	V50	Male	HAVERING AC	