

Results for East End Road Runners on 27/06/2023					
Pos	Num	Name	Time	Club	Cat
1	113	Paul Grange	16.06	Barking Road Runners	VM40
2	449	Ryan Friel	16.10	East London Runners	SM
3	443	Joshua Rees Davies	16.12	East London Runners	SM
4	522	Jose Rodriguez	16.22	East London Runners	VM40
5	820	David Jones	16.51	Victoria Park Harriers & Tow	VM40
6	566	Ed Jenkins	16.56	Eton Manor AC	SM
7	557	George Fernandez	17.03	Eton Manor AC	SM
8	606	Joshua Willis	17.03	Eton Manor AC	SM
9	851	Donald Bennet	17.07	Orion Harriers	SM
10	543	Paul Boddey	17.12	Eton Manor AC	VM40
11	722	Malcolm Muir	17.22	Ilford AC	VM40
12	541	Samuel Anderson	17.24	Eton Manor AC	SM
13	417	Mark Mccolgan	17.30	East End Road Runners	SM
14	585	James Pilch	17.32	Eton Manor AC	VM40
15	596	Craig Stevens	17.39	Eton Manor AC	SM
16	599	Alex Taylor	17.43	Eton Manor AC	SM
17	769	Daniel Moses	17.47	Orion Harriers	SM
18	633	Christopher King	17.50	Harold Wood Running Club	SM
19	698	Berekhet Berakhy	17.52	Ilford AC	VM40
20	612	Adam Bartlett	17.56	Harold Wood Running Club	SM
21	757	Bob Glasgow	17.56	Orion Harriers	VM40
22	724	Stephen Philcox	18.06	Ilford AC	VM50
23	516	Daniel O'Donoghue	18.15	East London Runners	SM
24	704	Gary Coombes	18.16	Ilford AC	VM50
25	720	Neringa Masilioniene	18.17	Ilford AC	VF40
26	746	Russell Brown	18.19	Orion Harriers	VM50
27	547	Laurence Cox	18.24	Eton Manor AC	SM
28	842	Mark Parry	18.30	Frontier London	VM40
29	350	Luke Craig	18.33	East End Road Runners	SM
30	517	Joseph Osakue	18.35	East London Runners	VM50
31	841	Karan Gadhia	18.38	East London Runners	SM
32	750	Spencer Evans	18.45	Orion Harriers	SM
33	714	Jordan Hinds	18.47	Ilford AC	SF
34	424	Ian Pithouse	18.52	East End Road Runners	SM
35	802	Nick Barker	18.54	Loughton Athletic Club	VM40
36	598	Cem Stubbs	18.55	Eton Manor AC	SM
37	565	Jenny Heymann	18.58	Eton Manor AC	VF40
38	770	Zoe Oldfield	19.01	Orion Harriers	VF40
39	519	Alex Pickering	19.02	East London Runners	VM40
40	542	Giles Bailey	19.02	Eton Manor AC	VM40
41	719	Diarmuid Mac Donnell	19.04	Ilford AC	VM50
42	783	Geoff Whitman	19.04	Orion Harriers	VM50
43	715	Daniel Holeyman	19.11	Ilford AC	VM40
44	551	Joshua Dent	19.16	Eton Manor AC	SM
45	429	Shahib Ali	19.17	East London Runners	SM
46	292	Dyfan Garmon	19.19	Dagenham 88 Runners	VM40
47	554	Jonathan Drysdale	19.20	Eton Manor AC	VM40
48	795	Pierre Papet	19.21	Frontier London	SM
49	513	James Nichols	19.22	East London Runners	SM

Pos	Num	Name	Time	Club	Cat
50	782	Hannah White	19.23	Orion Harriers	SF
51	676	Guy Hildreth	19.25	Havering 90 Joggers	VM40
52	573	Kevin Long	19.29	Eton Manor AC	VM40
53	670	Matthew Foakes	19.30	Havering 90 Joggers	SM
54	822	Aidan O'Driscoll	19.32	Woodford Green	SM
55	762	Claire Huggins	19.38	Orion Harriers	SF
56	568	Russell Jones	19.40	Eton Manor AC	VM50
57	723	Sebastian Parris	19.41	Ilford AC	VM40
58	364	Richard Gill	19.43	East End Road Runners	VM40
59	697	Joshua Adler	19.43	Ilford AC	SM
60	602	Kate Thompson	19.43	Eton Manor AC	SF
61	616	James Coker	19.46	Harold Wood Running Club	SM
62	803	Alfie Sheppard	19.46	Midnight Runners	SM
63	582	Christopher O'Toole	19.48	Eton Manor AC	SM
64	709	Neil Crisp	19.48	Ilford AC	VM60
65	148	Stuart Mackay	19.51	Barking Road Runners	VM40
66	844	Patrick Thoeung	19.51	Unattached	VM40
67	694	Lee Veale	20.05	Havering 90 Joggers	VM40
68	754	Frances Gamble	20.05	Orion Harriers	SF
69	767	Sam Kennedy	20.07	Orion Harriers	SM
70	595	Robert Sommerville	20.09	Eton Manor AC	VM50
71	695	Steve Walker	20.09	Havering 90 Joggers	VM50
72	583	James O'Sullivan	20.09	Eton Manor AC	SM
73	423	Dharmesh Patel	20.12	East End Road Runners	SM
74	615	Daniel Carr	20.13	Harold Wood Running Club	VM40
75	854	Andrew Hislop	20.18	Frontier London	SM
76	823	Anaand Tratt	20.20	Woodford Green	SF
77	548	Owain Crispin	20.20	Eton Manor AC	SM
78	710	Joel Denning	20.21	Ilford AC	VM40
79	852	Gwilym Johnston	20.21	Orion Harriers	VM40
80	587	Harriett Robson	20.26	Eton Manor AC	SF
81	609	Sam Wright	20.27	Eton Manor AC	SM
82	413	Nicholas Le-mon	20.28	East End Road Runners	SM
83	11	Jagbir Bassi	20.28	Barking Road Runners	SM
84	799	George Popescu-craiova	20.30	London City Athletics Club	SM
85	846	Ted Jones-healey	20.31	Frontier London	SM
86	631	Josh Jenner	20.34	Harold Wood Running Club	SM
87	525	Jonathan Shaw	20.34	East London Runners	VM40
88	806	Matt Bannon	20.35	Trent Park	VM40
89	669	Gary Flint	20.35	Havering 90 Joggers	VM50
90	804	Stefanos Antonakopoulos	20.40	Tracksmith	VM40
91	348	Ming Chung	20.42	East End Road Runners	SM
92	684	Daniel Measor	20.47	Havering 90 Joggers	SM
93	592	Richard Seddon	20.48	Eton Manor AC	SM
94	603	Jessica Verrall	20.53	Eton Manor AC	SF
95	577	Lee Milne	20.55	Eton Manor AC	VF40
96	739	Joseph Ashman	20.56	Orion Harriers	VM50
97	800	Hazel Reade	20.58	London Frontrunners	SF
98	703	Steve Chissell	20.59	Ilford AC	VM50
99	538	Mark Wyatt	20.59	East London Runners	SM

Pos	Num	Name	Time	Club	Cat
100	657	Ashley Faria	21.00	East London Runners	VM50
101	665	John Evetts	21.03	Havering 90 Joggers	VM60
102	509	Mark Moir	21.03	East London Runners	SM
103	663	Steve Constantinou	21.05	Havering 90 Joggers	VM40
104	559	Rachael Futo	21.09	Eton Manor AC	SF
105	419	Niall Mulholland	21.09	East End Road Runners	VM50
106	450	Caroline Frith	21.14	East London Runners	VF40
107	412	Albert Kurniadi	21.18	East End Road Runners	SM
108	776	John Sable	21.19	Orion Harriers	VM40
109	534	Paul Watkins	21.20	East London Runners	SM
110	759	Buddy Green	21.21	Orion Harriers	SM
111	801	Rob Pedley	21.22	Lonely Goats	VM50
112	433	Betty Bohane	21.23	East London Runners	SF
113	158	Martin Page	21.23	Barking Road Runners	VM60
114	567	Drew Johnson	21.25	Eton Manor AC	VM40
115	733	David Thomas	21.29	Ilford AC	VM60
116	798	Clare Davies	21.30	Havering AC	SF
117	707	Anna Crawley	21.31	Ilford AC	SF
118	36	Tom Brennan	21.32	Barking Road Runners	SM
119	638	Robert Mcnamara	21.35	Harold Wood Running Club	SM
120	792	Claire Cameron	21.37	East London Triathletes	VF40
121	68	Jess Collett	21.39	Barking Road Runners	SF
122	341	Graeme Allen	21.44	East End Road Runners	SM
123	760	Dan Green	21.45	Orion Harriers	VM50
124	742	Nikki Barnett	21.47	Orion Harriers	VF50
125	683	Simon Maley	21.50	Havering 90 Joggers	VM40
126	442	Jimmy Dale	21.51	East London Runners	SM
127	448	Becky Evans	21.51	East London Runners	VF50
128	550	Dave Daugirda	21.51	Eton Manor AC	VM60
129	831	Ciaran Mcnamee	21.52	Unattached	VM40
130	825	Andre Biere	21.53	Unattached	VM40
131	805	Sarah Jabrazko	21.53	Tracksmith	SF
132	422	Bethany Partridge	21.54	East End Road Runners	SF
133	512	Simon Nash	21.55	East London Runners	VM40
134	699	Dennis Briggs	21.57	Ilford AC	VM40
135	824	Alex Ashton	21.58	Unattached	SM
136	660	Vince Charman	21.58	Havering 90 Joggers	VM50
137	90	Adrian Davison	21.59	Barking Road Runners	VM60
138	561	Elizabeth Haigh	22.00	Eton Manor AC	SF
139	666	Leila Felix	22.10	Havering 90 Joggers	SF
140	589	Jane Rukin-white	22.12	Eton Manor AC	SF
141	809	Dan Anderson	22.12	Urban Runner	VM40
142	794	Thomas Gruhl	22.14	Frontier London	SM
143	432	Calvin Bobin	22.17	East London Runners	VM60
144	622	Jo Findlay	22.18	Harold Wood Running Club	SF
145	528	Clive Stephenson	22.18	East London Runners	VM60
146	740	Lucilla Ashton	22.19	Orion Harriers	VF40
147	726	Joanne Reeves	22.20	Ilford AC	VF40
148	420	Jonathan Norton	22.22	East End Road Runners	VM50
149	545	Michael Cates	22.22	Eton Manor AC	VM50

Pos	Num	Name	Time	Club	Cat
150	193	Daniel Plawiak	22.23	Barking Road Runners	VM40
151	556	Alex Elwick	22.26	Eton Manor AC	SM
152	717	Steven Horsley	22.26	Ilford AC	VM40
153	530	Jacob Stevens	22.28	East London Runners	VM40
154	744	Gary Bartlett	22.30	Orion Harriers	VM60
155	307	Rahana Islam	22.30	Dagenham 88 Runners	VF40
156	415	Callum MacLennan	22.37	East End Road Runners	VM40
157	661	Christina Clementson	22.41	Havering 90 Joggers	VF50
158	124	James Hutton	22.44	Barking Road Runners	SM
159	431	Darminder Bhamra	22.47	East London Runners	VM50
160	621	James Fallows	22.49	Harold Wood Running Club	SM
161	590	Jack Rumbold	22.49	Eton Manor AC	SM
162	796	Bianca Schobel	22.50	Frontier London	SF
163	833	Julie Pond	22.52	Unattached	VF40
164	775	Richard Rule	22.58	Orion Harriers	VM50
165	702	Andrew Catton	22.59	Ilford AC	VM70
166	527	Kasia Stachowiak	22.59	East London Runners	VF40
167	535	Michael Wilson	22.59	East London Runners	VM60
168	789	Daniel Cogan	23.00	Drax	VM40
169	774	Kate Quigley	23.01	Orion Harriers	SF
170	643	Paul Newland	23.01	Harold Wood Running Club	SM
171	837	Annie Trihan	23.02	Unattached	VF40
172	788	Ben Howarth	23.02	Bexley AC	SM
173	507	Cindy Koon	23.08	East London Runners	VF40
174	640	Charles Mugagga	23.09	Harold Wood Running Club	VM40
175	526	Manjit Singh	23.12	East London Runners	VM40
176	790	Rabia Piperdy	23.12	Drax	VF40
177	127	Shuhel Khan	23.13	Barking Road Runners	VM40
178	787	Jamie Coombs	23.14	Andover Athletic Club	VM40
179	667	Jeff Fenton	23.17	Havering 90 Joggers	VM60
180	103	John George	23.19	Barking Road Runners	VM60
181	736	Gaye Young	23.20	Ilford AC	VF50
182	544	Sarah Carey	23.20	Eton Manor AC	VF40
183	674	Gregory Haber-smith	23.21	Havering 90 Joggers	SM
184	728	Alison Sale	23.23	Ilford AC	VF50
185	780	Jon West	23.24	Orion Harriers	VM40
186	153	Mark New	23.27	Barking Road Runners	VM40
187	418	David Moir	23.35	East End Road Runners	SM
188	701	Bradley Brown	23.36	Ilford AC	VM50
189	768	Karen Lyons	23.37	Orion Harriers	VF50
190	514	John O'Brien	23.39	East London Runners	VM50
191	793	Romy Bracq	23.40	Frontier London	SF
192	847	Hannah Potts	23.42	Frontier London	SF
193	446	Mark Durrant	23.43	East London Runners	VM50
194	817	Rakesh Sandhu	23.45	Urban Runner	VM50
195	781	Karen West	23.46	Orion Harriers	VF40
196	672	Aaron Freeman	23.47	Havering 90 Joggers	SM
197	758	Laura Graham-clare	23.47	Orion Harriers	SF
198	773	Oliver Purton	23.49	Orion Harriers	VM40
199	537	Jonathan Wooldridge	23.51	East London Runners	VM50

Pos	Num	Name	Time	Club	Cat
200	425	Nora Schillinger	23.53	East End Road Runners	SF
201	206	Belinda Riches	23.54	Barking Road Runners	VF50
202	784	Paul Williams	23.56	Orion Harriers	VM60
203	791	David Godfrey	24.01	Drax	VM60
204	735	Anthony Young	24.03	Ilford AC	VM50
205	624	Brynley Giddings	24.04	Harold Wood Running Club	VM60
206	752	Danny Fitzsimons	24.07	Orion Harriers	VM50
207	508	Catherine Mcmillan	24.09	East London Runners	VF40
208	430	Katrina Betteridge	24.10	East London Runners	SF
209	814	Sagana Navaratnarajah	24.10	Urban Runner	SF
210	771	Kerry Parker	24.14	Orion Harriers	VF40
211	761	Martin Hobley	24.18	Orion Harriers	VM40
212	359	Andrew Fife	24.22	East End Road Runners	VM40
213	576	Rachel Mayer	24.22	Eton Manor AC	SF
214	569	Mehboob Khan	24.25	Eton Manor AC	VM50
215	314	Tracey Sheehy	24.25	Dagenham 88 Runners	VF40
216	681	Roger Lebek	24.29	Havering 90 Joggers	VM50
217	642	Susan Munns	24.30	Harold Wood Running Club	VF60
218	427	Andrew West	24.31	East End Road Runners	VM40
219	629	Tim Jameson	24.34	Harold Wood Running Club	VM50
220	92	Rosanna Fforde	24.37	Barking Road Runners	SF
221	553	Pippa Dowswell	24.38	Eton Manor AC	VF50
222	611	Gurjit Bansal	24.39	Harold Wood Running Club	SM
223	439	Richard Cravitz	24.40	East London Runners	VM40
224	749	Ian Emerson	24.44	Orion Harriers	VM40
225	705	Sean Costello	24.45	Ilford AC	VM50
226	729	Jenni Sheehan	24.46	Ilford AC	SF
227	305	Nils Hollmann	24.49	Dagenham 88 Runners	VM50
228	539	Nicola Wyndham	24.52	East London Runners	VF50
229	648	James Strachan	24.53	Harold Wood Running Club	SM
230	731	Pauline Tester	24.54	Ilford AC	VF50
231	503	Kathryn Hertzberg	24.55	East London Runners	SF
232	756	Bal Gill	24.56	Orion Harriers	VM50
233	265	Gary Cardnell	25.01	Dagenham 88 Runners	VM60
234	834	James Rockliffe	25.02	Unattached	VM40
235	686	Alicia Murphy	25.05	Havering 90 Joggers	SF
236	586	Glen Reddick	25.09	Eton Manor AC	VM50
237	738	Mary Armitage	25.09	Orion Harriers	VF60
238	562	Christopher Hempseed	25.12	Eton Manor AC	SM
239	687	Tony O'Callaghan	25.16	Havering 90 Joggers	VM60
240	743	Hayley Barron	25.17	Orion Harriers	VF50
241	593	Chloe Shrimpton	25.18	Eton Manor AC	SF
242	555	Janine Durrant	25.19	Eton Manor AC	VF40
243	651	Jonathan Waterfield	25.20	Harold Wood Running Club	VM40
244	518	Catherine Perry	25.25	East London Runners	VF40
245	826	Joe Blair	25.28	Unattached	VM40
246	628	Martin Hawker	25.30	Harold Wood Running Club	VM40
247	540	Samir Younsi	25.31	East London Runners	VM40
248	627	Paul Hart	25.32	Harold Wood Running Club	VM50
249	654	Alan Woodroof	25.33	Harold Wood Running Club	VM60

Pos	Num	Name	Time	Club	Cat
250	637	Louise Marshall	25.34	Harold Wood Running Club	SF
251	693	Clive Tweedie	25.36	Havering 90 Joggers	VM70
252	727	Mandy Reid	25.41	Ilford AC	VF50
253	409	Lucy Jeffrey	25.44	East End Road Runners	SF
254	563	Gail Hennessy	25.46	Eton Manor AC	VF60
255	360	Lisa Gan	25.48	East End Road Runners	SF
256	199	Sandeep Rajput	25.51	Barking Road Runners	SM
257	155	Martin O'Toole	25.52	Barking Road Runners	VM50
258	342	Jamie Baker	25.53	East End Road Runners	SM
259	414	Karen Leung-chester	25.54	East End Road Runners	VF40
260	763	Janine Humberstone	25.55	Orion Harriers	VF50
261	579	Sarah Munson	25.55	Eton Manor AC	SF
262	520	Sandra Preston	25.57	East London Runners	VF50
263	380	Emma Head	26.07	East End Road Runners	VF40
264	504	Catriona Hoult	26.09	East London Runners	VF40
265	608	Darrell Woodhead	26.13	Eton Manor AC	VM40
266	572	Christina Long	26.14	Eton Manor AC	VF40
267	601	Tracey Taylor	26.23	Eton Manor AC	VF60
268	308	Jason Manning	26.26	Dagenham 88 Runners	VM40
269	435	Veronica Carrasco Espana	26.27	East London Runners	SF
270	835	Natasha Rockliffe	26.28	Unattached	SF
271	853	David Dixon	26.29	Havering 90 Joggers	VM60
272	675	Lara Harradine	26.29	Havering 90 Joggers	VF50
273	673	Colette Green	26.34	Havering 90 Joggers	SF
274	832	Dom Myers Green	26.34	Unattached	VM40
275	406	Celine Homsey	26.35	East End Road Runners	SF
276	354	Delroy De Montagnac	26.41	East End Road Runners	VM50
277	580	Geoff Nicholls	26.42	Eton Manor AC	VM60
278	575	Paul Manson	26.42	Eton Manor AC	VM40
279	748	Grant Corton	26.50	Orion Harriers	VM60
280	438	Mary Connolly	26.51	East London Runners	VF60
281	311	Michael Peggall	26.51	Dagenham 88 Runners	VM40
282	533	Grace Turner	26.52	East London Runners	SF
283	546	Fen Coles	26.54	Eton Manor AC	VF50
284	625	Tracy Giddings	26.58	Harold Wood Running Club	VF50
285	797	Sally Gillam	27.00	Harwich	VF60
286	813	John Johnstone	27.01	Urban Runner	VM40
287	815	Ana S Noizat	27.01	Urban Runner	SF
288	610	Debbie Bailey	27.04	Harold Wood Running Club	VF60
289	668	Paul Fisk	27.04	Havering 90 Joggers	SM
290	827	George Catalin	27.05	Unattached	VM40
291	134	John Lang	27.06	Barking Road Runners	VM60
292	524	Sarah Sarah	27.07	East London Runners	VF40
293	843	Joyce Golder	27.07	Barking Road Runners	VF50
294	689	Darren Radford	27.10	Havering 90 Joggers	VM50
295	725	Batmanaden Ramen	27.15	Ilford AC	VM60
296	441	Brian Crowther	27.16	East London Runners	VM50
297	428	Nigel Zucker	27.16	East End Road Runners	VM60
298	840	Chris Williamson	27.16	Unattached	SM
299	318	Paul Smith	27.16	Dagenham 88 Runners	VM40

Pos	Num	Name	Time	Club	Cat
300	558	Shuk Ting Fu	27.16	Eton Manor AC	SF
301	613	Jon Batty	27.18	Harold Wood Running Club	VM50
302	192	Isabel Pinedo Borobio	27.18	Barking Road Runners	SF
303	656	Richard Ballam	27.20	Havering 90 Joggers	VM40
304	810	Lavina Bhambra	27.25	Urban Runner	SF
305	811	Bradley Dunn	27.26	Urban Runner	SM
306	737	Karen Allworthy	27.26	Orion Harriers	VF60
307	635	Christopher Madell	27.31	Harold Wood Running Club	VM50
308	741	Hannah Barclay	27.41	Orion Harriers	SF
309	145	Jason Li	27.42	Barking Road Runners	VM50
310	690	Bernard Savage	27.42	Havering 90 Joggers	VM70
311	266	Simon Childs	27.45	Dagenham 88 Runners	VM40
312	688	Brian Parish	27.48	Havering 90 Joggers	VM40
313	13	Rabea Begum	27.49	Barking Road Runners	SF
314	62	Louise Chappell	27.50	Barking Road Runners	VF40
315	708	Dianne Crisp	27.57	Ilford AC	VF60
316	591	Catherine Scrivens	28.01	Eton Manor AC	VF60
317	786	Katie Woolf	28.02	Orion Harriers	VF50
318	664	Kerry Curtis	28.02	Havering 90 Joggers	VF40
319	716	Sharon Honey	28.06	Ilford AC	VF60
320	755	Beata Gaxha	28.18	Orion Harriers	VF40
321	343	Sarah Bemand	28.26	East End Road Runners	VF40
322	732	Beverley Thomas	28.26	Ilford AC	VF60
323	829	Karl Harpelunde Jensen	28.38	Unattached	SM
324	692	Stuart Tidd	28.38	Havering 90 Joggers	VM60
325	278	Kamel Deriouch	28.41	Dagenham 88 Runners	VM50
326	411	Laura Knightley	28.42	East End Road Runners	VF40
327	189	Emma Paisley	28.44	Barking Road Runners	SF
328	444	Fiona Day	28.50	East London Runners	VF60
329	523	Alexandra Rutishauser-perera	28.51	East London Runners	VF40
330	570	Clare Legge	28.52	Eton Manor AC	SF
331	436	Victoria Charlesworth	28.59	East London Runners	VF50
332	632	Sean Kavanagh	29.00	Harold Wood Running Club	VM60
333	819	Katherine Withyman	29.04	Urban Runner	VF40
334	337	Pebbles Wyard	29.06	Dagenham 88 Runners	SF
335	505	Susannah House	29.08	East London Runners	VF50
336	828	Helen Finch	29.09	Unattached	VF50
337	685	Rachel Morris	29.16	Havering 90 Joggers	VF40
338	421	Nimi Oladapo	29.18	East End Road Runners	SF
339	630	Helen Jenner	29.28	Harold Wood Running Club	VF40
340	838	Madhur Varadpande	29.30	Unattached	SM
341	845	Julie Campbell	29.32	East London Runners	VF60
342	644	Carol Norman	29.34	Harold Wood Running Club	VF40
343	745	Evarine Botha	29.37	Orion Harriers	VF40
344	510	Caroline Moore	29.41	East London Runners	VF60
345	255	Dennis Spencer-perkins	29.44	Barking Road Runners	VM60
346	647	Richard Rockcliffe	29.48	Harold Wood Running Club	VM70
347	821	Phil Hudson	29.52	Ware Joggers	VM60
348	777	Gail Seal	29.56	Orion Harriers	VF40
349	646	Elaine Richardson	29.57	Harold Wood Running Club	VF60

Pos	Num	Name	Time	Club	Cat
350	426	Sarah Vickery	30.05	East End Road Runners	VF40
351	682	Jackie Ludlow	30.08	Havering 90 Joggers	VF50
352	502	Maya Goodwin	30.12	East London Runners	VF50
353	639	Simon Meacher	30.19	Harold Wood Running Club	VM50
354	529	Clare Stevens	30.20	East London Runners	SF
355	333	Selon Timi Veerasamy	30.27	Dagenham 88 Runners	VF70
356	581	Victoria Nock	30.28	Eton Manor AC	VF50
357	779	Lynne Wakinshaw	30.31	Orion Harriers	VF40
358	623	Keiley Gardner	30.32	Harold Wood Running Club	VF50
359	691	Brian Slade	30.33	Havering 90 Joggers	VM70
360	531	Peter Stevens	30.37	East London Runners	SM
361	114	Gary Harford	30.44	Barking Road Runners	VM60
362	410	Colin Jenkins	30.49	East End Road Runners	VM60
363	700	Launa Broadley	30.51	Ilford AC	VF50
364	713	Julia Galea	30.54	Ilford AC	VF60
365	101	Alison Fryatt	31.02	Barking Road Runners	VF50
366	626	Alison Hagon	31.08	Harold Wood Running Club	VF40
367	357	Jacqueline Fernandez	31.08	East End Road Runners	SF
368	607	Chloe Woodhead	31.15	Eton Manor AC	VF40
369	696	Sarah Walsham	31.17	Havering 90 Joggers	SF
370	620	Stephanie Elsey	31.23	Harold Wood Running Club	SF
371	89	Dawn Curtis	31.24	Barking Road Runners	VF40
372	445	Anna Dingle	31.24	East London Runners	VF40
373	597	Stephen Peter Stone	31.27	Eton Manor AC	VM60
374	662	Becky Coe	31.45	Havering 90 Joggers	SF
375	126	Leslie Jay	31.54	Barking Road Runners	VM70
376	747	Peter Bulaitis	31.54	Orion Harriers	VM60
377	605	Kathy Webb	32.00	Eton Manor AC	VF60
378	671	John Ford	32.34	Havering 90 Joggers	VM60
379	588	Sharron Rooney	32.53	Eton Manor AC	VF50
380	408	Farah Ishaq	32.56	East End Road Runners	VF40
381	574	Mary Magee	33.08	Eton Manor AC	VF60
382	434	Morag Campbell	33.34	East London Runners	VF50
383	437	Samia Choudhury	33.35	East London Runners	SF
384	652	Clare Whitby	34.11	Harold Wood Running Club	VF60
385	560	Claude Gierl	34.13	Eton Manor AC	VF60
386	614	Maria Brill	34.15	Harold Wood Running Club	VF60
387	264	Sonya Byers	34.16	Dagenham 88 Runners	VF40
388	73	Robert Courtier	34.18	Barking Road Runners	VM60
389	836	Lucy Taylor	34.22	Unattached	SF
390	850	Doris Gaga	34.35	Ilford AC	VF50
391	310	Pascalía Pamba	34.40	Dagenham 88 Runners	VF50
392	257	Nigel Swaby	34.49	Barking Road Runners	VM60
393	830	Kathryn Jackson	34.49	Unattached	SF
394	650	Amy Wardle	34.55	Harold Wood Running Club	SF
395	636	Lynsey Mann	34.55	Harold Wood Running Club	VF40
396	619	Siobhan Eaton	35.10	Harold Wood Running Club	SF
397	679	Laura Kelly	35.10	Havering 90 Joggers	VF50
398	618	Ingrid Dias	35.12	Harold Wood Running Club	VF50
399	653	Julie White	35.29	Harold Wood Running Club	VF50

Pos	Num	Name	Time	Club	Cat
400	849	Sandra Comber	36.02	Harold Wood Running Club	VF60
401	680	Lee Kyson	36.19	Havering 90 Joggers	VM60
402	848	Julie Madell	37.00	Harold Wood Running Club	VF60
403	818	Randeep Sembi	37.02	Urban Runner	VF40
404	712	Wendy Everingham	37.08	Ilford AC	VF50
405	532	Katy Taylor	37.38	East London Runners	VF40
406	331	Kresh Veerasamy	37.46	Dagenham 88 Runners	VM40
407	515	Elizabeth O'Donnell	38.30	East London Runners	VF50
408	645	Loretta Reehill	38.58	Harold Wood Running Club	VF40
409	812	Shernell Durrant	39.06	Urban Runner	VF50