

Pos	Bib	Name	Time	Net Time	Category	Gender	Gen Pos	Team
1	386	Robert WARNER	00:17:29	00:17:28	V40	Male	1	
2	218	Samuel ANDERSON	00:17:35	00:17:34	OPEN	Male	2	ETON MANOR AC
3	246	Joshua WILLIS	00:17:49	00:17:48	OPEN	Male	3	ETON MANOR AC
4	221	Paul BODDEY	00:18:04	00:18:04	V40	Male	4	ETON MANOR AC
5	245	Dylan WILLIAMS	00:18:20	00:18:19	OPEN	Male	5	ETON MANOR AC
6	344	Malcolm MUIR	00:18:26	00:18:25	V40	Male	6	ILFORD AC
7	267	Christopher KING	00:18:31	00:18:30	OPEN	Male	7	HAROLD WOOD RUNNING CLUB
8	224	Laurence COX	00:18:40	00:18:38	OPEN	Male	8	ETON MANOR AC
9	203	Daniel ODOGNOGUE	00:18:49	00:18:46	OPEN	Male	9	EAST LONDON RUNNERS
10	346	Stephen PHILCOX	00:19:00	00:19:00	V50	Male	10	ILFORD AC
11	191	Daniel LEE	00:19:15	00:19:13	V50	Male	11	EAST LONDON RUNNERS
12	253	Adam BARTLETT	00:19:19	00:19:19	OPEN	Male	12	HAROLD WOOD RUNNING CLUB
13	233	James HOWLETT	00:19:23	00:19:20	OPEN	Male	13	ETON MANOR AC
14	204	Joseph OSAKUE	00:19:28	00:19:28	V50	Male	14	EAST LONDON RUNNERS
15	205	Alex PICKERING	00:19:34	00:19:32	V40	Male	15	EAST LONDON RUNNERS
16	200	James NICHOLS	00:19:40	00:19:39	OPEN	Male	16	EAST LONDON RUNNERS
17	160	Shahib ALI	00:19:43	00:19:40	OPEN	Male	17	EAST LONDON RUNNERS
18	133	Dyfan GARMON	00:19:43	00:19:42	V40	Male	18	DAGENHAM 88 RUNNERS
19	324	Joshua ADLER	00:19:53	00:19:51	OPEN	Male	19	ILFORD AC
20	345	Sebastian PARRIS	00:19:56	00:19:54	V40	Male	20	ILFORD AC
21	290	Daniel CANO	00:19:57	00:19:53	OPEN	Male	21	HAVERING 90 JOGGERS
22	219	Giles BAILEY	00:20:00	00:19:57	V40	Male	22	ETON MANOR AC
23	232	Jenny HEYMANN	00:20:03	00:19:59	V40	Female	1	ETON MANOR AC
24	371	Stephen THOMPSON	00:20:06	00:19:58	V40	Male	23	ORION HARRIERS
25	229	Jonathan DRYSDALE	00:20:10	00:20:09	V40	Male	24	ETON MANOR AC
26	242	Peter STILWELL	00:20:21	00:20:19	V40	Male	25	ETON MANOR AC
27	156	Ian PITHOUSE	00:20:22	00:20:18	OPEN	Male	26	EAST END ROAD RUNNERS
28	181	Karan GADHIA	00:20:22	00:20:20	OPEN	Male	27	EAST LONDON RUNNERS
29	338	Daniel HOLEYMAN	00:20:27	00:20:26	V40	Male	28	ILFORD AC
30	238	Matthew READETT	00:20:28	00:20:23	OPEN	Male	29	ETON MANOR AC
31	322	Steve WALKER	00:20:34	00:20:30	V50	Male	30	HAVERING 90 JOGGERS
32	234	Russell JONES	00:20:39	00:20:38	V50	Male	31	ETON MANOR AC
33	255	James COKER	00:20:46	00:20:44	OPEN	Male	32	HAROLD WOOD RUNNING CLUB
34	331	Neil CRISP	00:20:50	00:20:47	V60	Male	33	ILFORD AC
35	332	Joel DENNING	00:20:50	00:20:50	V40	Male	34	ILFORD AC
36	241	Robert SOMMERVILLE	00:20:57	00:20:54	V50	Male	35	ETON MANOR AC
37	194	Amit MARKS	00:21:05	00:20:58	V40	Male	36	EAST LONDON RUNNERS
38	321	Lee VEALE	00:21:05	00:21:00	V40	Male	37	HAVERING 90 JOGGERS
39	388	Paul WITHYMAN	00:21:06	00:20:56	V40	Male	38	BARKING ROAD RUNNERS
40	244	Kate THOMPSON	00:21:08	00:21:05	OPEN	Female	2	ETON MANOR AC
41	147	Richard GILL	00:21:09	00:21:06	V40	Male	39	EAST END ROAD RUNNERS
42	120	Stuart MACKAY	00:21:11	00:21:03	V40	Male	40	BARKING ROAD RUNNERS
43	179	Fernando ESPADA	00:21:12	00:21:08	V50	Male	41	EAST LONDON RUNNERS
44	307	Luke KNIGHT	00:21:18	00:21:13	OPEN	Male	42	HAVERING 90 JOGGERS
45	227	Alex DORRIAN	00:21:19	00:21:16	V40	Male	43	ETON MANOR AC
46	239	Richard SEDDON	00:21:19	00:21:16	OPEN	Male	44	ETON MANOR AC
47	190	Ava LEE	00:21:21	00:21:18	V40	Female	3	EAST LONDON RUNNERS
48	268	Johann LE ROUX	00:21:25	00:21:24	V40	Male	45	HAROLD WOOD RUNNING CLUB
49	148	Coren HANLEY	00:21:27	00:21:24	OPEN	Female	4	EAST END ROAD RUNNERS
50	312	Daniel MEASOR	00:21:28	00:21:22	OPEN	Male	46	HAVERING 90 JOGGERS
51	104	Jagbir BASSI	00:21:30	00:21:26	OPEN	Male	47	BARKING ROAD RUNNERS
52	153	Nicholas LE-MON	00:21:38	00:21:35	OPEN	Male	48	EAST END ROAD RUNNERS
53	146	Ming CHUNG	00:21:39	00:21:34	OPEN	Male	49	EAST END ROAD RUNNERS
54	354	David THOMAS	00:21:40	00:21:33	V60	Male	50	ILFORD AC
55	217	Dario Alejandro ALVAREZ BORRERO	00:21:42	00:21:34	OPEN	Male	51	ETON MANOR AC
56	211	Jacob STEVENS	00:21:44	00:21:38	V40	Male	52	EAST LONDON RUNNERS
57	220	John BLACK	00:21:50	00:21:43	V60	Male	53	ETON MANOR AC
58	118	Peter JACKSON	00:21:52	00:21:46	V40	Male	54	BARKING ROAD RUNNERS
59	207	Finbar SHEAHAN	00:22:01	00:21:55	V40	Male	55	EAST LONDON RUNNERS
60	369	Rachel MORISON	00:22:01	00:21:59	OPEN	Female	5	ORION HARRIERS
61	235	Lee MILNE	00:22:04	00:21:58	V40	Female	6	ETON MANOR AC

Pos	Bib	Name	Time	Net Time	Category	Gender	Gen Pos	Team
62	375	Clare DAVIES	00:22:06	00:21:58	OPEN	Female	7	HAVERING AC
63	283	Saad SAHEECHA	00:22:18	00:22:14	V40	Male	56	HAROLD WOOD RUNNING CLUB
64	300	Gary FLINT	00:22:20	00:22:14	V50	Male	57	HAVERING 90 JOGGERS
65	213	Paul WATKINS	00:22:25	00:22:20	OPEN	Male	58	EAST LONDON RUNNERS
66	226	Dave DAUGIRDA	00:22:35	00:22:28	V60	Male	59	ETON MANOR AC
67	333	Gemma ELLENDER	00:22:36	00:22:35	OPEN	Female	8	ILFORD AC
68	155	Niall MULHOLLAND	00:22:36	00:22:30	V50	Male	60	EAST END ROAD RUNNERS
69	161	Rachel BAILEY	00:22:38	00:22:32	OPEN	Female	9	EAST LONDON RUNNERS
70	355	Nick WEST	00:22:40	00:22:37	OPEN	Male	61	ILFORD AC
71	122	Martin PAGE	00:22:41	00:22:30	V60	Male	62	BARKING ROAD RUNNERS
72	297	Alicia ENSLIN	00:22:51	00:22:48	OPEN	Female	10	HAVERING 90 JOGGERS
73	291	Vince CHARMAN	00:22:54	00:22:50	V50	Male	63	HAVERING 90 JOGGERS
74	199	Simon NASH	00:22:56	00:22:50	V40	Male	64	EAST LONDON RUNNERS
75	273	Robert MCNAMARA	00:23:00	00:22:53	OPEN	Male	65	HAROLD WOOD RUNNING CLUB
76	367	Dan GREEN	00:23:02	00:22:51	V50	Male	66	ORION HARRIERS
77	329	Adam COALS	00:23:02	00:22:59	V40	Male	67	ILFORD AC
78	382	Robert LEWIS	00:23:06	00:23:05	V50	Male	68	
79	180	Becky EVANS	00:23:06	00:23:00	V50	Female	11	EAST LONDON RUNNERS
80	311	Simon MALEY	00:23:12	00:23:07	V40	Male	69	HAVERING 90 JOGGERS
81	108	Jess COLLETT	00:23:13	00:23:03	OPEN	Female	12	BARKING ROAD RUNNERS
82	328	Steve CHISSELL	00:23:14	00:22:41	V50	Male	70	ILFORD AC
83	327	Bradley BROWN	00:23:16	00:23:15	V50	Male	71	ILFORD AC
84	193	Ian MACKIE	00:23:19	00:23:16	V60	Male	72	EAST LONDON RUNNERS
85	325	Dennis BRIGGS	00:23:21	00:23:21	V40	Male	73	ILFORD AC
86	360	Gary BARTLETT	00:23:22	00:23:20	V60	Male	74	ORION HARRIERS
87	167	Betty BOHANE	00:23:22	00:23:18	OPEN	Female	13	EAST LONDON RUNNERS
88	359	Nikkii BARNETT	00:23:24	00:23:17	V50	Female	14	ORION HARRIERS
89	135	Rahana ISLAM	00:23:29	00:23:23	V40	Female	15	DAGENHAM 88 RUNNERS
90	154	Callum MACLENNAN	00:23:37	00:23:29	V40	Male	75	EAST END ROAD RUNNERS
91	157	Nora SCHILLINGER	00:23:39	00:23:36	OPEN	Female	16	EAST END ROAD RUNNERS
92	259	Jo FINDLAY	00:23:41	00:23:33	OPEN	Female	17	HAROLD WOOD RUNNING CLUB
93	294	Tony COLLINS	00:23:43	00:23:40	V40	Male	76	HAVERING 90 JOGGERS
94	185	Peter HATLEY	00:23:48	00:23:41	V40	Male	77	EAST LONDON RUNNERS
95	208	Kasia STACHOWIAK	00:23:48	00:23:37	V40	Female	18	EAST LONDON RUNNERS
96	348	Joanne REEVES	00:23:49	00:23:44	V40	Female	19	ILFORD AC
97	364	Joanna ELFERINK	00:23:57	00:23:55	V40	Female	20	ORION HARRIERS
98	258	James FALLOWS	00:24:06	00:23:57	OPEN	Male	78	HAROLD WOOD RUNNING CLUB
99	174	Grant CONWAY	00:24:11	00:24:02	V50	Male	79	EAST LONDON RUNNERS
100	350	Alison SALE	00:24:12	00:24:02	V50	Female	21	ILFORD AC
101	165	Darinder BHAMRA	00:24:17	00:24:11	V50	Male	80	EAST LONDON RUNNERS
102	209	Clive STEPHENSON	00:24:18	00:24:12	V60	Male	81	EAST LONDON RUNNERS
103	342	Stephen LACEY	00:24:20	00:24:07	V50	Male	82	ILFORD AC
104	115	John GEORGE	00:24:23	00:24:08	V60	Male	83	BARKING ROAD RUNNERS
105	347	Carlie QIREM	00:24:25	00:24:15	OPEN	Female	22	ILFORD AC
106	363	Robin DEFOE	00:24:29	00:24:17	V60	Male	84	ORION HARRIERS
107	372	Jon WEST	00:24:33	00:24:24	V40	Male	85	ORION HARRIERS
108	373	Karen WEST	00:24:33	00:24:24	V40	Female	23	ORION HARRIERS
109	151	Remi KUBAR	00:24:38	00:24:27	V40	Male	86	EAST END ROAD RUNNERS
110	381	Anshuman KABRA	00:24:46	00:24:37	OPEN	Male	87	
111	189	Cindy KOON	00:24:47	00:24:37	V40	Female	24	EAST LONDON RUNNERS
112	152	Shreeraj LATURIA	00:24:48	00:24:39	V40	Male	88	EAST END ROAD RUNNERS
113	214	Michael WILSON	00:24:51	00:24:43	V60	Male	89	EAST LONDON RUNNERS
114	377	Elliot TYLER	00:24:52	00:24:37	OPEN	Male	90	RYDE HARRIERS
115	252	Gurjit BANSAL	00:24:59	00:24:58	OPEN	Male	91	HAROLD WOOD RUNNING CLUB
116	125	Belinda RICHES	00:25:01	00:24:51	V50	Female	25	BARKING ROAD RUNNERS
117	192	Terry LEWSEY	00:25:01	00:24:56	V40	Male	92	EAST LONDON RUNNERS
118	370	Oliver PURTON	00:25:01	00:24:49	V40	Male	93	ORION HARRIERS
119	302	Aaron FREEMAN	00:25:02	00:24:42	OPEN	Male	94	HAVERING 90 JOGGERS
120	380	Leo ESPADA	00:25:06	00:25:02	OPEN	Male	95	
121	298	Jeff FENTON	00:25:10	00:24:57	V60	Male	96	HAVERING 90 JOGGERS
122	365	Benjamin FISHER	00:25:11	00:24:57	V40	Male	97	ORION HARRIERS

Pos	Bib	Name	Time	Net Time	Category	Gender	Gen Pos	Team
123	279	Anthony NUGENT	00:25:20	00:25:11	OPEN	Male	98	HAROLD WOOD RUNNING CLUB
124	177	Mark DURRANT	00:25:35	00:25:22	V50	Male	99	EAST LONDON RUNNERS
125	195	Catherine MCMILLAN	00:25:40	00:25:29	V40	Female	26	EAST LONDON RUNNERS
126	198	Imran MUSTAK	00:25:48	00:25:43	V40	Male	100	EAST LONDON RUNNERS
127	278	Mark NORMAN	00:25:52	00:25:43	V50	Male	101	HAROLD WOOD RUNNING CLUB
128	168	Ian BURROWS	00:25:56	00:25:39	V40	Male	102	EAST LONDON RUNNERS
129	149	Emma HUMPHREY	00:25:59	00:25:48	V40	Female	27	EAST END ROAD RUNNERS
130	276	Susan MUNNS	00:26:00	00:25:57	V60	Female	28	HAROLD WOOD RUNNING CLUB
131	140	Andy PRESTON	00:26:01	00:25:47	V50	Male	103	DAGENHAM 88 RUNNERS
132	145	Dauda AYODELE	00:26:06	00:26:03	V50	Male	104	EAST END ROAD RUNNERS
133	201	John O'BRIEN	00:26:07	00:25:56	V50	Male	105	EAST LONDON RUNNERS
134	129	Gary CARDNELL	00:26:09	00:26:02	V60	Male	106	DAGENHAM 88 RUNNERS
135	183	George GEORGIU	00:26:10	00:25:55	V50	Male	107	EAST LONDON RUNNERS
136	113	Rosanna FFORDE	00:26:11	00:26:00	OPEN	Female	29	BARKING ROAD RUNNERS
137	262	Martin HAWKER	00:26:11	00:26:03	V40	Male	108	HAROLD WOOD RUNNING CLUB
138	309	Roger LEBEK	00:26:12	00:25:57	V50	Male	109	HAVERING 90 JOGGERS
139	286	Jonathan WATERFIELD	00:26:12	00:25:57	V40	Male	110	HAROLD WOOD RUNNING CLUB
140	356	Anthony YOUNG	00:26:13	00:26:10	V50	Male	111	ILFORD AC
141	263	Tim JAMESON	00:26:15	00:26:10	V50	Male	112	HAROLD WOOD RUNNING CLUB
142	280	Ruth QUINCE	00:26:19	00:26:03	V40	Female	30	HAROLD WOOD RUNNING CLUB
143	261	Paul HART	00:26:27	00:26:17	V50	Male	113	HAROLD WOOD RUNNING CLUB
144	240	Chloe SHRIMPTON	00:26:29	00:26:12	OPEN	Female	31	ETON MANOR AC
145	272	Lisa MCADAMS	00:26:31	00:26:18	OPEN	Female	32	HAROLD WOOD RUNNING CLUB
146	134	John HUGHES	00:26:32	00:26:22	V50	Male	114	DAGENHAM 88 RUNNERS
147	284	James STRACHAN	00:26:35	00:26:28	OPEN	Male	115	HAROLD WOOD RUNNING CLUB
148	187	Kathryn HERTZBERG	00:26:35	00:26:20	OPEN	Female	33	EAST LONDON RUNNERS
149	228	Pippa DOWSWELL	00:26:36	00:26:20	V50	Female	34	ETON MANOR AC
150	320	Clive TWEEDIE	00:26:40	00:26:21	V70+	Male	116	HAVERING 90 JOGGERS
151	361	Joyce BERRY	00:26:46	00:26:27	V50	Female	35	ORION HARRIERS
152	164	Katrina BETTERIDGE	00:26:48	00:26:36	OPEN	Female	36	EAST LONDON RUNNERS
153	215	Nicola WYNDHAM	00:27:00	00:26:48	V50	Female	37	EAST LONDON RUNNERS
154	387	Claire MIFSUD	00:27:12	00:26:59	OPEN	Female	38	HAROLD WOOD RUNNING CLUB
155	269	Jenny LOUDEN	00:27:16	00:27:00	OPEN	Female	39	HAROLD WOOD RUNNING CLUB
156	206	Sandra PRESTON	00:27:17	00:27:06	V50	Female	40	EAST LONDON RUNNERS
157	250	Debbie BAILEY	00:27:17	00:27:03	V60	Female	41	HAROLD WOOD RUNNING CLUB
158	247	Andrew ADAMS	00:27:19	00:27:02	V50	Male	117	HAROLD WOOD RUNNING CLUB
159	260	Steve GOURLEY	00:27:19	00:27:03	V50	Male	118	HAROLD WOOD RUNNING CLUB
160	223	F COLES	00:27:22	00:27:04	V50	Female	42	ETON MANOR AC
161	243	Tracey TAYLOR	00:27:22	00:27:05	V60	Female	43	ETON MANOR AC
162	304	Lara HARRADINE	00:27:22	00:27:08	V50	Female	44	HAVERING 90 JOGGERS
163	314	Alicia MURPHY	00:27:25	00:27:11	OPEN	Female	45	HAVERING 90 JOGGERS
164	303	Tony GRAY	00:27:27	00:27:13	V60	Male	119	HAVERING 90 JOGGERS
165	236	Geoff NICHOLLS	00:27:31	00:27:15	V60	Male	120	ETON MANOR AC
166	385	Natalie TRAYLEN	00:27:34	00:27:21	V40	Female	46	DAGENHAM 88 RUNNERS
167	124	Isabel PINEDO BOROBIO	00:27:40	00:27:31	OPEN	Female	47	BARKING ROAD RUNNERS
168	121	Martin O'TOOLE	00:27:43	00:27:29	V50	Male	121	BARKING ROAD RUNNERS
169	299	Paul FISK	00:27:44	00:27:33	OPEN	Male	122	HAVERING 90 JOGGERS
170	352	Edward SKINNER	00:27:45	00:27:26	V60	Male	123	ILFORD AC
171	315	Kate PETTIT	00:27:48	00:27:37	V50	Female	48	HAVERING 90 JOGGERS
172	139	Michael PEGNALL	00:27:51	00:27:42	V40	Male	124	DAGENHAM 88 RUNNERS
173	285	Zoe TRUBRIDGE	00:27:52	00:27:39	V40	Female	49	HAROLD WOOD RUNNING CLUB
174	162	Alistair BAILLIE	00:27:53	00:27:33	V40	Male	125	EAST LONDON RUNNERS
175	288	Alan WOODROOF	00:27:55	00:27:41	V60	Male	126	HAROLD WOOD RUNNING CLUB
176	379	George CATALIN	00:27:58	00:27:46	V40	Male	127	
177	349	Mandy REID	00:27:59	00:27:46	V50	Female	50	ILFORD AC
178	248	Nitin AGGARWAL	00:28:00	00:27:50	V40	Male	128	HAROLD WOOD RUNNING CLUB
179	358	Karen ALLWORTHY	00:28:12	00:27:57	V60	Female	51	ORION HARRIERS
180	212	Grace TURNER	00:28:20	00:28:08	OPEN	Female	52	EAST LONDON RUNNERS
181	137	Jason MANNING	00:28:21	00:28:11	V40	Male	129	DAGENHAM 88 RUNNERS
182	116	Joyce GOLDER	00:28:23	00:28:14	V50	Female	53	BARKING ROAD RUNNERS
183	230	Janine DURRANT	00:28:26	00:28:12	V40	Female	54	ETON MANOR AC

Pos	Bib	Name	Time	Net Time	Category	Gender	Gen Pos	Team
184	225	Hayley DALTON	00:28:29	00:28:11	V50	Female	55	ETON MANOR AC
185	123	Emma PAISLEY	00:28:34	00:28:16	OPEN	Female	56	BARKING ROAD RUNNERS
186	339	Sharon HONEY	00:28:40	00:28:26	V60	Female	57	ILFORD AC
187	270	Christopher MADELL	00:28:45	00:28:30	V50	Male	130	HAROLD WOOD RUNNING CLUB
188	337	Rachel HALPIN	00:28:46	00:28:32	OPEN	Female	58	ILFORD AC
189	158	Lauriane TORRES-DUCENNE	00:28:49	00:28:40	V40	Female	59	EAST END ROAD RUNNERS
190	296	David DIXON	00:29:07	00:28:47	V60	Male	131	HAVERING 90 JOGGERS
191	376	Sally GILLAM	00:29:09	00:28:54	V60	Female	60	HARWICH
192	366	Bal GILL	00:29:10	00:28:52	V50	Male	132	ORION HARRIERS
193	107	Louise CHAPPELL	00:29:14	00:29:06	V40	Female	61	BARKING ROAD RUNNERS
194	374	Katie WOOLF	00:29:21	00:29:01	V50	Female	62	ORION HARRIERS
195	295	Kerry CURTIS	00:29:23	00:29:03	V40	Female	63	HAVERING 90 JOGGERS
196	176	Ann DUNNE	00:29:26	00:29:15	V60	Female	64	EAST LONDON RUNNERS
197	182	Kara GALLEAR	00:29:28	00:29:16	OPEN	Female	65	EAST LONDON RUNNERS
198	170	Veronica CARRASCO	00:29:32	00:29:17	OPEN	Female	66	EAST LONDON RUNNERS
199	188	Susannah HOUSE	00:29:36	00:29:18	V50	Female	67	EAST LONDON RUNNERS
200	317	Sanjeev SHARMA	00:29:39	00:29:25	V40	Male	133	HAVERING 90 JOGGERS
201	319	Stuart TIDD	00:29:50	00:29:33	V60	Male	134	HAVERING 90 JOGGERS
202	144	Catherine APPS	00:30:14	00:29:55	V60	Female	68	EAST END ROAD RUNNERS
203	109	Alain COOPER	00:30:34	00:30:19	V50	Male	135	BARKING ROAD RUNNERS
204	318	Brian SLADE	00:30:56	00:30:39	V70+	Male	136	HAVERING 90 JOGGERS
205	274	Simon MEACHER	00:30:58	00:30:37	V50	Male	137	HAROLD WOOD RUNNING CLUB
206	313	Rachel MORRIS	00:31:13	00:30:54	V40	Female	69	HAVERING 90 JOGGERS
207	316	Bernard SAVAGE	00:31:18	00:30:56	V70+	Male	138	HAVERING 90 JOGGERS
208	378	Phil HUDSON	00:31:20	00:31:03	V60	Male	139	WARE JOGGERS
209	130	Simon CHILDS	00:31:22	00:31:02	V40	Male	140	DAGENHAM 88 RUNNERS
210	131	Kamel DERIOUCH	00:31:23	00:31:12	V50	Male	141	DAGENHAM 88 RUNNERS
211	196	Caroline MOORE	00:31:33	00:31:12	V60	Female	70	EAST LONDON RUNNERS
212	281	Elaine RICHARDSON	00:31:34	00:31:19	V60	Female	71	HAROLD WOOD RUNNING CLUB
213	210	Clare STEVENS	00:31:35	00:31:16	OPEN	Female	72	EAST LONDON RUNNERS
214	184	Maya GOODWIN	00:31:37	00:31:19	V50	Female	73	EAST LONDON RUNNERS
215	310	Jackie LUDLOW	00:31:37	00:31:23	V50	Female	74	HAVERING 90 JOGGERS
216	111	Robert COURTIER	00:31:41	00:31:19	V60	Male	142	BARKING ROAD RUNNERS
217	143	Selon Timi VEERASAMY	00:31:46	00:31:30	V70+	Female	75	DAGENHAM 88 RUNNERS
218	172	Tasnia CHOUDHURY	00:31:51	00:31:34	OPEN	Female	76	EAST LONDON RUNNERS
219	336	Julia GALEA	00:31:52	00:31:34	V60	Female	77	ILFORD AC
220	362	Peter BULAITIS	00:32:06	00:31:50	V60	Male	143	ORION HARRIERS
221	282	Richard ROCKLIFFE	00:32:06	00:31:44	V70+	Male	144	HAROLD WOOD RUNNING CLUB
222	334	Ray EVERINGHAM	00:32:12	00:31:51	V60	Male	145	ILFORD AC
223	293	Becky COE	00:32:18	00:31:57	OPEN	Female	78	HAVERING 90 JOGGERS
224	277	Carol NORMAN	00:32:26	00:32:08	V40	Female	79	HAROLD WOOD RUNNING CLUB
225	197	Kathy MORRISSEY	00:32:32	00:32:12	V50	Female	80	EAST LONDON RUNNERS
226	128	Ronald VIALLS	00:32:46	00:32:25	V70+	Male	146	BARKING ROAD RUNNERS
227	301	John FORD	00:32:50	00:32:35	V60	Male	147	HAVERING 90 JOGGERS
228	114	Alison FRYATT	00:32:51	00:32:30	V50	Female	81	BARKING ROAD RUNNERS
229	112	Dawn CURTIS	00:33:36	00:33:16	V40	Female	82	BARKING ROAD RUNNERS
230	169	Morag CAMPBELL	00:34:10	00:33:49	V50	Female	83	EAST LONDON RUNNERS
231	150	Farah ISHAQ	00:34:18	00:34:02	V40	Female	84	EAST END ROAD RUNNERS
232	249	Anna BAILEY	00:34:59	00:34:40	V50	Female	85	HAROLD WOOD RUNNING CLUB
233	136	Grace KELLY	00:35:19	00:34:57	V40	Female	86	DAGENHAM 88 RUNNERS
234	102	Christopher ANASTASI	00:35:48	00:35:22	V60	Male	148	BARKING ROAD RUNNERS
235	306	Laura KELLY	00:35:57	00:35:44	V50	Female	87	HAVERING 90 JOGGERS
236	186	May HAU	00:36:15	00:35:58	V50	Female	88	EAST LONDON RUNNERS
237	308	Lee KYSON	00:36:29	00:36:05	V60	Male	149	HAVERING 90 JOGGERS
238	126	Dennis SPENCER-PERKINS	00:36:32	00:36:20	V60	Male	150	BARKING ROAD RUNNERS
239	127	Nigel SWABY	00:36:39	00:36:18	V60	Male	151	BARKING ROAD RUNNERS
240	256	Sandra COMBER	00:36:49	00:36:30	V60	Female	89	HAROLD WOOD RUNNING CLUB
241	138	Pascalina PAMBA	00:37:07	00:36:43	V50	Female	90	DAGENHAM 88 RUNNERS
242	384	Myla SAYYED	00:37:19	00:36:58	OPEN	Female	91	
243	178	Vivienne EKA	00:37:33	00:37:09	V50	Female	92	EAST LONDON RUNNERS
244	271	Julie MADELL	00:40:18	00:39:59	V60	Female	93	HAROLD WOOD RUNNING CLUB

Pos	Bib	Name	Time	Net Time	Category	Gender	Gen Pos	Team
245	142	Kresh VEERASAMY	00:40:40	00:40:17	V40	Male	152	DAGENHAM 88 RUNNERS
246	132	Jacqui ELLIOTT	00:41:29	00:41:06	V50	Female	94	DAGENHAM 88 RUNNERS
247	103	Michael BALL	00:46:38	00:46:15	V70+	Male	153	BARKING ROAD RUNNERS
	101	Paul ABELEDO	Not started	Not started	V50	Male		BARKING ROAD RUNNERS
	105	Rabea BEGUM	Not started	Not started	OPEN	Female		BARKING ROAD RUNNERS
	106	Tom BRENNAN	Not started	Not started	OPEN	Male		BARKING ROAD RUNNERS
	110	Cristina COOPER	Not started	Not started	V40	Female		BARKING ROAD RUNNERS
	117	Gary HARFORD	Not started	Not started	V60	Male		BARKING ROAD RUNNERS
	119	David KAIL	Not started	Not started	OPEN	Male		BARKING ROAD RUNNERS
	141	Paul SMITH	Not started	Not started	V40	Male		DAGENHAM 88 RUNNERS
	159	Andrew WEST	Not started	Not started	V40	Male		EAST END ROAD RUNNERS
	163	Andrew BAXTER	Not started	Not started	V50	Male		EAST LONDON RUNNERS
	166	Calvin BOBIN	Not started	Not started	V60	Male		EAST LONDON RUNNERS
	171	Victoria CHARLESWORTH	Not started	Not started	V50	Female		EAST LONDON RUNNERS
	173	Mary CONNOLLY	Not started	Not started	V60	Female		EAST LONDON RUNNERS
	175	Brian CROWTHER	Not started	Not started	V50	Male		EAST LONDON RUNNERS
	202	Elizabeth O'DONNELL	Not started	Not started	V50	Female		EAST LONDON RUNNERS
	216	Samir YOUNSI	Not started	Not started	V40	Male		EAST LONDON RUNNERS
	222	Sarah CAREY	Not started	Not started	V40	Female		ETON MANOR AC
	231	Adrian FROST	Not started	Not started	V60	Male		ETON MANOR AC
	237	Jane PANNELL	Not started	Not started	V50	Female		ETON MANOR AC
	251	Donna BALL	Not started	Not started	V50	Female		HAROLD WOOD RUNNING CLUB
	254	Daniel CARR	Not started	Not started	V40	Male		HAROLD WOOD RUNNING CLUB
	257	Caitlin DILLANE	Not started	Not started	OPEN	Female		HAROLD WOOD RUNNING CLUB
	264	Helen JENNER	Not started	Not started	V40	Female		HAROLD WOOD RUNNING CLUB
	265	Josh JENNER	Not started	Not started	OPEN	Male		HAROLD WOOD RUNNING CLUB
	266	Pat KENNY	Not started	Not started	V60	Male		HAROLD WOOD RUNNING CLUB
	275	Allan MUNNS	Not started	Not started	V60	Male		HAROLD WOOD RUNNING CLUB
	287	Clare WHITBY	Not started	Not started	V60	Female		HAROLD WOOD RUNNING CLUB
	289	Richard BALLAM	Not started	Not started	V40	Male		HAVERING 90 JOGGERS
	292	Christina CLEMENTSON	Not started	Not started	V50	Female		HAVERING 90 JOGGERS
	305	Hafsa HUSSAIN	Not started	Not started	OPEN	Female		HAVERING 90 JOGGERS
	323	Sarah WALSHAM	Not started	Not started	OPEN	Female		HAVERING 90 JOGGERS
	326	Launa BROADLEY	Not started	Not started	V50	Female		ILFORD AC
	330	Dianne CRISP	Not started	Not started	V60	Female		ILFORD AC
	335	Doris GAGA	Not started	Not started	V50	Female		ILFORD AC
	340	Steven HORSLEY	Not started	Not started	V40	Male		ILFORD AC
	341	Frieda KEANE	Not started	Not started	V60	Female		ILFORD AC
	343	Neringa MASILIONIENE	Not started	Not started	V40	Female		ILFORD AC
	351	Jenni SHEEHAN	Not started	Not started	OPEN	Female		ILFORD AC
	353	Beverley THOMAS	Not started	Not started	V60	Female		ILFORD AC
	357	Gaye YOUNG	Not started	Not started	V50	Female		ILFORD AC
	368	Andrew KENNEDY	Not started	Not started	V40	Male		ORION HARRIERS
	383	Penny RUMSBY	Not started	Not started	V40	Female		