

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
1	13	Jack NIXON	00:15:19	00:15:18	SEN	1	Male	1	BARKING ROAD RUNNERS
2	9	Joseph GRANGE	00:15:41	00:15:41	SEN	2	Male	2	BARKING ROAD RUNNERS
3	9003	Tom GARDNER	00:15:43	00:15:43	V40	1	Male	3	ILFORD AC
4	9010	Alex RICHARDS	00:15:52	00:15:52	SEN	3	Male	4	ILFORD AC
5	263	Liviu IONITA	00:16:05	00:16:05	SEN	4	Male	5	DARLINGTON H & AC
6	73	Ryan FRIEL	00:16:15	00:16:14	SEN	5	Male	6	EAST LONDON RUNNERS
7	66	Joshua Rees DAVIES	00:16:26	00:16:26	SEN	6	Male	7	EAST LONDON RUNNERS
8	9002	Crispian BLOOMFIELD	00:16:38	00:16:38	V40	2	Male	8	BILLERICAY STRIDERS
9	119	Ed JENKINS	00:16:57	00:16:56	SEN	7	Male	9	ETON MANOR AC
10	139	Joshua WILLIS	00:16:58	00:16:57	SEN	8	Male	10	ETON MANOR AC
11	228	Sam RAHMAN	00:17:07	00:17:06	V40	3	Male	11	ILFORD AC
12	156	Christopher KING	00:17:17	00:17:17	SEN	9	Male	12	HAROLD WOOD RUNNING CLUB
13	105	Paul BODDEY	00:17:18	00:17:17	V40	4	Male	13	ETON MANOR AC
14	133	Craig STEVENS	00:17:19	00:17:18	SEN	10	Male	14	ETON MANOR AC
15	208	Samuel Yusuf CRANE	00:17:23	00:17:22	SEN	11	Male	15	ILFORD AC
16	246	Bob GLASGOW	00:17:25	00:17:25	V40	5	Male	16	ORION HARRIERS
17	130	Paul RUSHTON	00:17:31	00:17:30	V40	6	Male	17	ETON MANOR AC
18	287	Robert DOYLE	00:17:35	00:17:35	SEN	12	Male	18	
19	223	Malcolm MUIR	00:17:41	00:17:41	V40	7	Male	19	ILFORD AC
20	91	Daniel O'DONOGHUE	00:17:50	00:17:47	SEN	13	Male	20	EAST LONDON RUNNERS
21	138	Graham WHITE	00:17:50	00:17:50	SEN	14	Male	21	ETON MANOR AC
22	255	Scott REID	00:17:56	00:17:54	V50	1	Male	22	ORION HARRIERS
23	243	Russell BROWN	00:17:58	00:17:58	V50	2	Male	23	ORION HARRIERS
24	267	Nick BARKER	00:18:14	00:18:13	V40	8	Male	24	LOUGHTON AC
25	113	George FERNANDEZ	00:18:28	00:18:27	SEN	15	Male	25	ETON MANOR AC
26	127	Nick QUIRKE	00:18:29	00:18:28	SEN	16	Male	26	ETON MANOR AC
27	41	Luke CRAIG	00:18:32	00:18:31	SEN	17	Male	27	EAST END ROAD RUNNERS
28	254	Zoe OLDFIELD	00:18:39	00:18:38	V40	1	Female	1	ORION HARRIERS
29	89	James NICHOLS	00:18:45	00:18:45	SEN	18	Male	28	EAST LONDON RUNNERS
30	93	Alex PICKERING	00:18:49	00:18:47	V40	9	Male	29	EAST LONDON RUNNERS
31	117	Jennifer HEYMANN	00:18:53	00:18:50	V40	2	Female	2	ETON MANOR AC
32	9015	Stephen PHILCOX	00:18:54	00:18:53	V50	3	Male	30	ILFORD AC
33	111	Jonathan DRYSDALE	00:18:54	00:18:52	V40	10	Male	31	ETON MANOR AC
34	248	Peter HELLAWELL	00:18:55	00:18:53	SEN	19	Male	32	ORION HARRIERS
35	222	Diarmuid MAC DONNELL	00:18:56	00:18:54	V50	4	Male	33	ILFORD AC
36	61	Dylan CAMPBELL	00:19:03	00:18:59	SEN	20	Male	34	EAST LONDON RUNNERS
37	258	Hannah WHITE	00:19:12	00:19:11	SEN	1	Female	3	ORION HARRIERS
38	252	Gareth MARSHALL	00:19:18	00:19:16	V40	11	Male	35	ORION HARRIERS
39	201	Steve WALKER	00:19:20	00:19:18	V50	5	Male	36	HAVERING '90 JOGGERS
40	45	Coren HANLEY	00:19:20	00:19:20	SEN	2	Female	4	EAST END ROAD RUNNERS
41	216	Daniel HOLEYMAN	00:19:23	00:19:21	V40	12	Male	37	ILFORD AC
42	44	Richard GILL	00:19:25	00:19:24	V40	13	Male	38	EAST END ROAD RUNNERS
43	12	Stuart MACKAY	00:19:26	00:19:24	V40	14	Male	39	BARKING ROAD RUNNERS
44	33	Nigel SWINBURNE	00:19:27	00:19:25	V40	15	Male	40	DAGENHAM 88 RUNNERS
45	120	Russ JONES	00:19:30	00:19:28	V50	6	Male	41	ETON MANOR AC
46	270	Richard LLOYD	00:19:34	00:19:33	V50	7	Male	42	MERCIA FELL RUNNERS
47	203	Joshua ADLER	00:19:36	00:19:33	SEN	21	Male	43	ILFORD AC
48	74	Karan GADHIA	00:19:36	00:19:35	SEN	22	Male	44	EAST LONDON RUNNERS
49	177	Daniel CANO	00:19:40	00:19:39	SEN	23	Male	45	HAVERING '90 JOGGERS
50	67	Robert DIXON	00:19:51	00:19:47	SEN	24	Male	46	EAST LONDON RUNNERS
51	219	Ryder ISLAM	00:19:53	00:19:51	SEN	25	Male	47	ILFORD AC
52	200	Lee VEALE	00:19:55	00:19:53	V40	16	Male	48	HAVERING '90 JOGGERS
53	210	Neil CRISP	00:19:56	00:19:55	V60	1	Male	49	ILFORD AC
54	17	Jagbir SINGH BASSI	00:19:57	00:19:54	SEN	26	Male	50	BARKING ROAD RUNNERS
55	294	Jonathan LITCHFIELD	00:19:59	00:19:58	V40	17	Male	51	
56	70	Fernando ESPADA	00:20:00	00:19:55	V50	8	Male	52	EAST LONDON RUNNERS
57	237	Dave THOMAS	00:20:03	00:19:59	V60	2	Male	53	ILFORD AC
58	24	Daniel HILL	00:20:06	00:20:01	SEN	27	Male	54	DAGENHAM 88 RUNNERS
59	190	Luke KNIGHT	00:20:11	00:20:09	SEN	28	Male	55	HAVERING '90 JOGGERS
60	84	Mark MOIR	00:20:11	00:20:07	SEN	29	Male	56	EAST LONDON RUNNERS
61	55	Jamie ZUCKER	00:20:15	00:20:13	V40	18	Male	57	EAST END ROAD RUNNERS
62	72	Ashley FARIA	00:20:16	00:20:12	V50	9	Male	58	EAST LONDON RUNNERS
63	185	Gary FLINT	00:20:16	00:20:14	V50	10	Male	59	HAVERING '90 JOGGERS
64	220	Terry KNIGHTLEY	00:20:24	00:20:23	V60	3	Male	60	ILFORD AC

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
65	207	Steve CHISSELL	00:20:26	00:20:23	V50	11	Male	61	ILFORD AC
66	9004	Guy HILDRETH	00:20:31	00:20:29	V40	19	Male	62	HAVERING '90 JOGGERS
67	132	Robert SOMMERVILLE	00:20:32	00:20:28	V50	12	Male	63	ETON MANOR AC
68	198	Dave SHERMAN	00:20:35	00:20:34	V40	20	Male	64	HAVERING '90 JOGGERS
69	88	Simon NASH	00:20:41	00:20:40	V40	21	Male	65	EAST LONDON RUNNERS
70	265	Clare DAVIES	00:20:43	00:20:41	SEN	3	Female	5	HAVERING AC
71	234	Zuzana SINALOVA	00:20:47	00:20:44	SEN	4	Female	6	ILFORD AC
72	123	Lee MILNE	00:20:49	00:20:44	V40	3	Female	7	ETON MANOR AC
73	136	Jessica VERRALL	00:20:56	00:20:53	SEN	5	Female	8	ETON MANOR AC
74	155	Josh JENNER	00:21:07	00:21:04	SEN	30	Male	66	HAROLD WOOD RUNNING CLUB
75	205	Dennis BRIGGS	00:21:12	00:21:08	V40	22	Male	67	ILFORD AC
76	82	Ian MACKIE	00:21:20	00:21:15	V60	4	Male	68	EAST LONDON RUNNERS
77	128	Jane RUKIN-WHITE	00:21:21	00:21:15	SEN	6	Female	9	ETON MANOR AC
78	107	Claire WAGH CAMERON	00:21:23	00:21:17	SEN	7	Female	10	EAST LONDON TRIATHLETES
79	179	Vincent CHARMAN	00:21:26	00:21:23	V50	13	Male	69	HAVERING '90 JOGGERS
80	100	Jacob STEVENS	00:21:27	00:21:19	V40	23	Male	70	EAST LONDON RUNNERS
81	9016	Daniel PLAWIAG	00:21:31	00:21:28	V40	24	Male	71	BARKING ROAD RUNNERS
82	2	Tom BRENNAN	00:21:34	00:21:31	SEN	31	Male	72	BARKING ROAD RUNNERS
83	211	Gemma ELLENDER	00:21:35	00:21:30	SEN	8	Female	11	ILFORD AC
84	52	Niall MULHOLLAND	00:21:36	00:21:31	V50	14	Male	73	EAST END ROAD RUNNERS
85	247	Dan GREEN	00:21:37	00:21:31	V50	15	Male	74	ORION HARRIERS
86	274	Elliot TYLER	00:21:39	00:21:36	SEN	32	Male	75	RYDE HARRIERS
87	288	Alicia ENSLIN	00:21:40	00:21:35	SEN	9	Female	12	HAVERING '90 JOGGERS
88	226	Carlie QIREM	00:21:45	00:21:38	SEN	10	Female	13	ILFORD AC
89	221	Stephen LACEY	00:21:45	00:21:38	V50	16	Male	76	ILFORD AC
90	230	Joanne REEVES	00:21:45	00:21:39	V40	4	Female	14	ILFORD AC
91	275	Thomas PARROTT	00:21:47	00:21:36	SEN	33	Male	77	URBAN RUNNER
92	244	Ian EMERSON	00:21:51	00:21:46	V40	25	Male	78	ORION HARRIERS
93	110	Dave DAUGIRDA	00:21:52	00:21:47	V60	5	Male	79	ETON MANOR AC
94	240	Nikki BARNETT	00:21:56	00:21:47	V50	1	Female	15	ORION HARRIERS
95	58	Darminder BHAMRA	00:21:58	00:21:54	V50	17	Male	80	EAST LONDON RUNNERS
96	227	Tarik QIREM	00:21:59	00:21:53	V40	26	Male	81	ILFORD AC
97	224	Breege NORDIN	00:22:02	00:21:59	V60	1	Female	16	ILFORD AC
98	71	Becky EVANS	00:22:04	00:21:56	V50	2	Female	17	EAST LONDON RUNNERS
99	14	Colin JONES	00:22:05	00:21:59	V50	18	Male	82	BARKING ROAD RUNNERS
100	98	Clive STEPHENSON	00:22:07	00:21:59	V60	6	Male	83	EAST LONDON RUNNERS
101	129	Jack RUMBOLD	00:22:11	00:22:05	SEN	34	Male	84	ETON MANOR AC
102	193	Simon MALEY	00:22:12	00:22:05	V40	27	Male	85	HAVERING '90 JOGGERS
103	266	Jessica VINLUAN	00:22:14	00:22:13	V40	5	Female	18	LONDON HEATHSIDE
104	49	Shreeraj LATURIA	00:22:15	00:22:11	V40	28	Male	86	EAST END ROAD RUNNERS
105	9018	Naomi ELLIOTT	00:22:17	00:22:12	SEN	11	Female	19	EAST END ROAD RUNNERS
106	4	Jess COLLETT	00:22:20	00:22:13	V40	6	Female	20	BARKING ROAD RUNNERS
107	27	Rahana ISLAM	00:22:22	00:22:17	V40	7	Female	21	DAGENHAM 88 RUNNERS
108	146	Jo FINDLAY	00:22:28	00:22:20	SEN	12	Female	22	HAROLD WOOD RUNNING CLUB
109	97	Kasia STACHOWIAK	00:22:29	00:22:25	V40	8	Female	23	EAST LONDON RUNNERS
110	94	Matt POWELL	00:22:32	00:22:24	V40	29	Male	87	EAST LONDON RUNNERS
111	182	Tony COLLINS	00:22:33	00:22:28	V40	30	Male	88	HAVERING '90 JOGGERS
112	238	Anthony YOUNG	00:22:35	00:22:29	V50	19	Male	89	ILFORD AC
113	206	Andrew CATTON	00:22:38	00:22:35	V70+	1	Male	90	ILFORD AC
114	51	David MOIR	00:22:41	00:22:40	SEN	35	Male	91	EAST END ROAD RUNNERS
115	271	Tony GAWLER	00:22:43	00:22:35	V40	31	Male	92	NUCLEAR RACE STRIDERS
116	250	Lucy HUMPHREYS	00:22:44	00:22:36	SEN	13	Female	24	ORION HARRIERS
117	32	Tracey SHEEHY	00:22:44	00:22:39	V50	3	Female	25	DAGENHAM 88 RUNNERS
118	214	Gary FLOATE	00:22:46	00:22:36	V50	20	Male	93	ILFORD AC
119	245	Danny FITZSIMONS	00:22:47	00:22:41	V50	21	Male	94	ORION HARRIERS
120	181	Christina CLEMENTSON	00:22:47	00:22:33	V50	4	Female	26	HAVERING '90 JOGGERS
121	268	Aidan OLDFIELD	00:22:51	00:22:48	SEN	36	Male	95	LOUGHTON AC
122	256	Jonathan WEST	00:22:52	00:22:43	V40	32	Male	96	ORION HARRIERS
123	54	Matthew WARD	00:22:56	00:22:54	SEN	37	Male	97	EAST END ROAD RUNNERS
124	241	Steve BENNETT	00:22:57	00:22:53	V50	22	Male	98	ORION HARRIERS
125	16	Belinda RICHES	00:22:57	00:22:50	V50	5	Female	27	BARKING ROAD RUNNERS
126	81	Cindy KOON	00:23:00	00:22:52	V40	9	Female	28	EAST LONDON RUNNERS
127	232	Alison SALE	00:23:03	00:22:55	V50	6	Female	29	ILFORD AC
128	145	James FALLOWS	00:23:04	00:22:55	SEN	38	Male	99	HAROLD WOOD RUNNING CLUB

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
129	122	Rachel MAYER	00:23:05	00:22:59	SEN	14	Female	30	ETON MANOR AC
130	109	Lydia DANIELS	00:23:07	00:23:02	SEN	15	Female	31	ETON MANOR AC
131	166	Mark NORMAN	00:23:08	00:23:02	V50	23	Male	100	HAROLD WOOD RUNNING CLUB
132	148	Brynley GIDDINGS	00:23:13	00:23:10	V60	7	Male	101	HAROLD WOOD RUNNING CLUB
133	167	Joaquin POLO	00:23:14	00:23:08	V40	33	Male	102	HAROLD WOOD RUNNING CLUB
134	68	Mark DURRANT	00:23:15	00:23:10	V50	24	Male	103	EAST LONDON RUNNERS
135	40	Roshan CHOOHUN	00:23:17	00:23:13	V40	34	Male	104	EAST END ROAD RUNNERS
136	87	Imran MUSTAK	00:23:19	00:23:09	V40	35	Male	105	EAST LONDON RUNNERS
137	46	Emma HUMPHREY	00:23:20	00:23:13	V40	10	Female	32	EAST END ROAD RUNNERS
138	300	John WHAN	00:23:22	00:23:15	V70+	2	Male	106	BARKING ROAD RUNNERS
139	5	Cristina COOPER	00:23:25	00:23:21	V40	11	Female	33	BARKING ROAD RUNNERS
140	215	Sean COSTELLO	00:23:29	00:23:20	V50	25	Male	107	ILFORD AC
141	178	Lee CARSON	00:23:32	00:23:28	V50	26	Male	108	HAVERING '90 JOGGERS
142	60	Ian BURROWS	00:23:35	00:23:24	V40	36	Male	109	EAST LONDON RUNNERS
143	21	Gary CARDNELL	00:23:36	00:23:31	V60	8	Male	110	DAGENHAM 88 RUNNERS
144	278	Matilda FRITH	00:23:37	00:23:32	SEN	16	Female	34	WOODFORD GREEN AC WITH ESSEX LADIES
145	171	James STRACHAN	00:23:39	00:23:30	SEN	39	Male	111	HAROLD WOOD RUNNING CLUB
146	192	Roger LEBEK	00:23:41	00:23:30	V50	27	Male	112	HAVERING '90 JOGGERS
147	260	Paul WILLIAMS	00:23:41	00:23:34	V60	9	Male	113	ORION HARRIERS
148	43	Ulrike GERSTENBERG	00:23:42	00:23:36	V40	12	Female	35	EAST END ROAD RUNNERS
149	187	Aaron FREEMAN	00:23:42	00:23:28	SEN	40	Male	114	HAVERING '90 JOGGERS
150	90	John O'BRIEN	00:23:45	00:23:41	V50	28	Male	115	EAST LONDON RUNNERS
151	153	Tim JAMESON	00:23:47	00:23:39	V50	29	Male	116	HAROLD WOOD RUNNING CLUB
152	164	Paul NEWLAND	00:23:52	00:23:49	SEN	41	Male	117	HAROLD WOOD RUNNING CLUB
153	285	Mike CORKER	00:23:53	00:23:45	V70+	3	Male	118	
154	42	Lisa GAN	00:23:53	00:23:49	SEN	17	Female	36	EAST END ROAD RUNNERS
155	25	Nils HOLLMANN	00:24:06	00:24:02	V50	30	Male	119	DAGENHAM 88 RUNNERS
156	259	Eleanor WILLIAMS	00:24:07	00:24:00	SEN	18	Female	37	ORION HARRIERS
157	242	Joyce BERRY	00:24:08	00:23:58	V50	7	Female	38	ORION HARRIERS
158	126	Jane PANNELL	00:24:15	00:24:09	V50	8	Female	39	ETON MANOR AC
159	57	Katrina BETTERIDGE	00:24:20	00:24:10	SEN	19	Female	40	EAST LONDON RUNNERS
160	251	Christine INCH	00:24:21	00:24:14	V60	2	Female	41	ORION HARRIERS
161	59	Sarah BURNS	00:24:25	00:24:17	V40	13	Female	42	EAST LONDON RUNNERS
162	77	Kathryn HERTZBERG	00:24:29	00:24:18	SEN	20	Female	43	EAST LONDON RUNNERS
163	83	Catherine MCMILLAN	00:24:32	00:24:21	V40	14	Female	44	EAST LONDON RUNNERS
164	26	John HUGHES	00:24:33	00:24:23	V50	31	Male	120	DAGENHAM 88 RUNNERS
165	199	Clive TWEEDIE	00:24:35	00:24:25	V70+	4	Male	121	HAVERING '90 JOGGERS
166	104	Nicola WYNDHAM	00:24:37	00:24:26	V50	9	Female	45	EAST LONDON RUNNERS
167	176	Richard BALLAM	00:24:38	00:24:35	V40	37	Male	122	HAVERING '90 JOGGERS
168	296	Lee PATTEN	00:24:44	00:24:40	V40	38	Male	123	
169	134	Tracey TAYLOR	00:24:44	00:24:33	V60	3	Female	46	ETON MANOR AC
170	118	Maud HODSON	00:24:46	00:24:39	V50	10	Female	47	ETON MANOR AC
171	235	Pauline TESTER	00:24:47	00:24:39	V50	11	Female	48	ILFORD AC
172	96	Sandra PRESTON	00:24:53	00:24:42	V50	12	Female	49	EAST LONDON RUNNERS
173	299	Miraiker WALLACE	00:24:54	00:24:43	V50	13	Female	50	
174	188	Tony GRAY	00:25:02	00:24:49	V60	10	Male	124	HAVERING '90 JOGGERS
175	162	Susan MUNNS	00:25:02	00:24:54	V60	4	Female	51	HAROLD WOOD RUNNING CLUB
176	269	Graham OLDFIELD	00:25:03	00:24:55	V40	39	Male	125	LOUGHTON AC
177	195	Brian PARISH	00:25:04	00:24:51	V40	40	Male	126	HAVERING '90 JOGGERS
178	9011	Gerry NIXON	00:25:06	00:24:56	V70+	5	Male	127	BURY ST EDMUNDS PACERS
179	106	Fen COLES	00:25:10	00:24:59	V50	14	Female	52	ETON MANOR AC
180	160	Louise MARSHALL	00:25:17	00:25:06	SEN	21	Female	53	HAROLD WOOD RUNNING CLUB
181	150	Steve GOURLEY	00:25:18	00:25:09	V50	32	Male	128	HAROLD WOOD RUNNING CLUB
182	152	Martin HAWKER	00:25:22	00:25:13	V40	41	Male	129	HAROLD WOOD RUNNING CLUB
183	103	Michael WILSON	00:25:27	00:25:20	V60	11	Male	130	EAST LONDON RUNNERS
184	112	Janine DURRANT	00:25:32	00:25:25	V40	15	Female	54	ETON MANOR AC
185	257	Karen WEST	00:25:37	00:25:29	V40	16	Female	55	ORION HARRIERS
186	7	Rosanna FFORDE	00:25:47	00:25:38	SEN	22	Female	56	BARKING ROAD RUNNERS
187	78	Catriona HOULT	00:25:49	00:25:38	V40	17	Female	57	EAST LONDON RUNNERS
188	124	Geoffrey NICHOLLS	00:25:50	00:25:44	V60	12	Male	131	ETON MANOR AC
189	65	Mary CONNOLLY	00:25:54	00:25:42	V60	5	Female	58	EAST LONDON RUNNERS
190	161	Claire MIFSUD	00:25:55	00:25:43	SEN	23	Female	59	HAROLD WOOD RUNNING CLUB
191	6	Adrian DAVISON	00:26:01	00:25:39	V60	13	Male	132	BARKING ROAD RUNNERS
192	189	Lara HARRADINE	00:26:04	00:25:52	V50	15	Female	60	HAVERING '90 JOGGERS

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
193	22	Simon CHILDS	00:26:05	00:25:53	V40	42	Male	133	DAGENHAM 88 RUNNERS
194	56	Nigel ZUCKER	00:26:06	00:25:47	V60	14	Male	134	EAST END ROAD RUNNERS
195	19	Carole ADAMS	00:26:07	00:26:00	V40	18	Female	61	DAGENHAM 88 RUNNERS
196	273	Cheryl MACDONALD	00:26:10	00:26:00	V60	6	Female	62	PITSEA RC
197	141	Debbie BAILEY	00:26:10	00:25:58	V60	7	Female	63	HAROLD WOOD RUNNING CLUB
198	229	Batmanaden RAMEN	00:26:17	00:26:07	V60	15	Male	135	ILFORD AC
199	172	Jonathan WATERFIELD	00:26:24	00:26:15	V40	43	Male	136	HAROLD WOOD RUNNING CLUB
200	261	Karen SAMUEL	00:26:25	00:26:22	V60	8	Female	64	BROMLEY VETERANS AC
201	291	Paul JOHNSON	00:26:33	00:26:25	V60	16	Male	137	
202	30	Daniel MILLER	00:26:38	00:26:26	V40	44	Male	138	DAGENHAM 88 RUNNERS
203	3	Louise CHAPPELL	00:26:51	00:26:41	V40	19	Female	65	BARKING ROAD RUNNERS
204	197	Sanjeev SHARMA	00:26:51	00:26:36	V40	45	Male	139	HAVERING '90 JOGGERS
205	63	Veronica CARRASCO	00:26:53	00:26:44	SEN	24	Female	66	EAST LONDON RUNNERS
206	194	Alicia MURPHY	00:26:56	00:26:47	SEN	25	Female	67	HAVERING '90 JOGGERS
207	15	Isabel PINEDO BOROBUDUR	00:27:00	00:26:50	SEN	26	Female	68	BARKING ROAD RUNNERS
208	31	Michael PEGNALL	00:27:04	00:26:53	V40	46	Male	140	DAGENHAM 88 RUNNERS
209	239	Karen ALLWORTHY	00:27:07	00:26:59	V60	9	Female	69	ORION HARRIERS
210	114	Shuk Ting FU	00:27:16	00:27:03	SEN	27	Female	70	ETON MANOR AC
211	183	Kerry CURTIS	00:27:18	00:27:03	V40	20	Female	71	HAVERING '90 JOGGERS
212	264	Sally GILLAM	00:27:27	00:27:16	V60	10	Female	72	HARWICH RUNNERS
213	8	Paul GARVEY	00:27:27	00:27:05	V60	17	Male	141	BARKING ROAD RUNNERS
214	209	Dianne CRISP	00:27:36	00:27:25	V60	11	Female	73	ILFORD AC
215	80	Bernadett KALMAR	00:27:38	00:27:20	V50	16	Female	74	EAST LONDON RUNNERS
216	101	Viktor SZABADI	00:27:39	00:27:20	V50	33	Male	142	EAST LONDON RUNNERS
217	75	Kara GALLEAR	00:27:40	00:27:29	SEN	28	Female	75	EAST LONDON RUNNERS
218	53	George SCEATS	00:27:43	00:27:39	SEN	42	Male	143	EAST END ROAD RUNNERS
219	64	Victoria CHARLESWORTH	00:27:44	00:27:33	V50	17	Female	76	EAST LONDON RUNNERS
220	168	Rachel PECK	00:27:49	00:27:36	V40	21	Female	77	HAROLD WOOD RUNNING CLUB
221	253	Dhurmendra MISTRY	00:27:56	00:27:46	V50	34	Male	144	ORION HARRIERS
222	108	Hayley DALTON	00:27:56	00:27:44	V50	18	Female	78	ETON MANOR AC
223	196	Bernard SAVAGE	00:27:57	00:27:43	V70+	6	Male	145	HAVERING '90 JOGGERS
224	1	Sunny BALCHANDANI	00:27:58	00:27:47	SEN	43	Male	146	BARKING ROAD RUNNERS
225	151	Louise HAWKER	00:28:08	00:27:57	V40	22	Female	79	HAROLD WOOD RUNNING CLUB
226	277	Phil HUDSON	00:28:08	00:27:57	V60	18	Male	147	WARE JOGGERS
227	9014	George DE'ATH	00:28:09	00:27:54	SEN	44	Male	148	
228	283	Steve COLLOFF	00:28:10	00:27:56	V50	35	Male	149	
229	290	George HANMORE	00:28:20	00:28:07	V70+	7	Male	150	
230	9019	Vinod PATIL	00:28:22	00:28:02	V50	36	Male	151	
231	170	Richard ROCKLIFFE	00:28:26	00:28:15	V70+	8	Male	152	HAROLD WOOD RUNNING CLUB
232	85	Caroline MOORE	00:28:29	00:28:13	V60	12	Female	80	EAST LONDON RUNNERS
233	79	Natasha HOWARD	00:28:30	00:28:17	V40	23	Female	81	EAST LONDON RUNNERS
234	86	Kathy MORRISSEY	00:28:38	00:28:27	V50	19	Female	82	EAST LONDON RUNNERS
235	213	Ray EVERINGHAM	00:28:39	00:28:25	V60	19	Male	153	ILFORD AC
236	169	Elaine RICHARDSON	00:28:40	00:28:28	V60	13	Female	83	HAROLD WOOD RUNNING CLUB
237	38	Anthony BOYLE	00:28:45	00:28:38	SEN	45	Male	154	EAST END ROAD RUNNERS
238	37	Sarah BEMAND	00:28:50	00:28:32	V40	24	Female	84	EAST END ROAD RUNNERS
239	174	Alan WOODROOF	00:28:55	00:28:41	V60	20	Male	155	HAROLD WOOD RUNNING CLUB
240	9001	Bradley SAUNDERS	00:28:55	00:28:52	SEN	46	Male	156	
241	131	Catherine SCRIVENS	00:28:56	00:28:37	V60	14	Female	85	ETON MANOR AC
242	154	Helen JENNER	00:28:59	00:28:48	V40	25	Female	86	HAROLD WOOD RUNNING CLUB
243	9012	Sarah VICKERS	00:29:00	00:28:42	V40	26	Female	87	EAST END ROAD RUNNERS
244	218	James HUDDART	00:29:02	00:28:47	V70+	9	Male	157	ILFORD AC
245	99	Clare STEVENS	00:29:13	00:29:01	SEN	29	Female	88	EAST LONDON RUNNERS
246	165	Carol NORMAN	00:29:19	00:29:09	V40	27	Female	89	HAROLD WOOD RUNNING CLUB
247	9013	Brian SLADE	00:29:27	00:29:11	V70+	10	Male	158	HAVERING '90 JOGGERS
248	236	Beverley THOMAS	00:29:43	00:29:31	V60	15	Female	90	ILFORD AC
249	28	Allan LACEY	00:29:45	00:29:31	V50	37	Male	159	DAGENHAM 88 RUNNERS
250	280	Shelagh BUCKLEY	00:29:48	00:29:33	V50	20	Female	91	
251	202	Sarah Kate WALSHAM	00:29:49	00:29:32	SEN	30	Female	92	HAVERING '90 JOGGERS
252	9017	Jackie LUDLOW	00:29:56	00:29:41	V50	21	Female	93	HAVERING '90 JOGGERS
253	36	Selon Timi VEERASAMY	00:30:06	00:29:51	V70+	1	Female	94	DAGENHAM 88 RUNNERS
254	147	Keiley GARDNER	00:30:10	00:29:58	V50	22	Female	95	HAROLD WOOD RUNNING CLUB
255	295	Andrzej Wojcieck MICHALIK	00:30:13	00:29:55	SEN	47	Male	160	

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
256	180	Becky COE	00:30:42	00:30:32	SEN	31	Female	96	HAVERING '90 JOGGERS
257	48	Laura KNIGHTLEY	00:30:46	00:30:28	V40	28	Female	97	EAST END ROAD RUNNERS
258	149	Tracy GIDDINGS	00:30:48	00:30:35	V50	23	Female	98	HAROLD WOOD RUNNING CLUB
259	173	Mike WESTMORE	00:30:48	00:30:35	V50	38	Male	161	HAROLD WOOD RUNNING CLUB
260	125	Victoria NOCK	00:30:49	00:30:35	V50	24	Female	99	ETON MANOR AC
261	95	Joe PRESTON	00:30:51	00:30:33	V60	21	Male	162	EAST LONDON RUNNERS
262	121	Mehboob KHAN	00:30:53	00:30:33	V50	39	Male	163	ETON MANOR AC
263	184	Ronald DOBIE	00:31:12	00:30:56	V60	22	Male	164	HAVERING '90 JOGGERS
264	286	Sophie DE'ATH	00:31:22	00:31:06	SEN	32	Female	100	
265	11	Leslie JAY	00:31:25	00:31:18	V60	23	Male	165	BARKING ROAD RUNNERS
266	47	Farah ISHAQ	00:31:28	00:31:10	V40	29	Female	101	EAST END ROAD RUNNERS
267	292	Pam KAVANAGH	00:31:42	00:31:25	V50	25	Female	102	
268	135	Sue UNSWORTH	00:31:51	00:31:36	V50	26	Female	103	ETON MANOR AC
269	137	Christina WATSON	00:31:52	00:31:36	V60	16	Female	104	ETON MANOR AC
270	159	Lynsey MANN	00:32:00	00:31:48	V40	30	Female	105	HAROLD WOOD RUNNING CLUB
271	140	Anna BAILEY	00:32:05	00:31:48	V50	27	Female	106	HAROLD WOOD RUNNING CLUB
272	272	Marion BREEZE	00:32:33	00:32:17	V60	17	Female	107	PITSEA RC
273	62	Morag CAMPBELL	00:32:33	00:32:21	V50	28	Female	108	EAST LONDON RUNNERS
274	282	Gillian CLARKE	00:32:41	00:32:22	V60	18	Female	109	
275	18	Dennis SPENCER-PERKINS	00:32:48	00:32:28	V60	24	Male	166	BARKING ROAD RUNNERS
276	76	Maya GOODWIN	00:33:10	00:32:53	V50	29	Female	110	EAST LONDON RUNNERS
277	142	Maria BRILL	00:33:45	00:33:32	V60	19	Female	111	HAROLD WOOD RUNNING CLUB
278	115	Claude GIERL	00:34:10	00:33:56	V60	20	Female	112	ETON MANOR AC
279	144	Amy WARDLE	00:34:19	00:34:03	SEN	33	Female	113	HAROLD WOOD RUNNING CLUB
280	298	Anna SZABADI	00:34:22	00:34:03	SEN	34	Female	114	
281	289	Peter GOODWIN	00:34:45	00:34:27	V40	47	Male	167	
282	143	Ingrid DIAS	00:35:07	00:34:49	V50	30	Female	115	HAROLD WOOD RUNNING CLUB
283	69	Vivienne EKA	00:35:28	00:35:12	V50	31	Female	116	EAST LONDON RUNNERS
284	191	Lee KYSON	00:35:52	00:35:36	V60	25	Male	168	HAVERING '90 JOGGERS
285	212	Wendy EVERINGHAM	00:36:19	00:36:04	V50	32	Female	117	ILFORD AC
286	9021	Vinodini PATEL	00:36:33	00:36:13	V60	21	Female	118	EAST END ROAD RUNNERS
287	23	Jacqui ELLIOTT	00:36:51	00:36:33	V50	33	Female	119	DAGENHAM 88 RUNNERS
288	158	Julie MADELL	00:37:03	00:36:45	V60	22	Female	120	HAROLD WOOD RUNNING CLUB VICTORIA PARK HARRIERS AND TOWER
289	276	Stephanie GOLD	00:37:42	00:37:21	V70+	2	Female	121	HAMLETS AC
290	293	Jan Daniel LABUSCHAGNE	00:37:54	00:37:45	SEN	48	Male	169	
291	175	Andi WRIGHT	00:38:16	00:38:00	V40	31	Female	122	HAROLD WOOD RUNNING CLUB
292	34	Kresh VEERASAMY	00:38:27	00:38:12	V40	48	Male	170	DAGENHAM 88 RUNNERS
293	39	Asha CHOOLHUN	00:39:16	00:38:56	V40	32	Female	123	EAST END ROAD RUNNERS
294	29	Pascalina PAMBA	00:42:23	00:42:06	V50	34	Female	124	DAGENHAM 88 RUNNERS
295	20	Savitri BOUFFE	00:42:23	00:42:08	V70+	3	Female	125	DAGENHAM 88 RUNNERS
296	35	Sam VEERASAMY	00:45:10	00:44:50	V70+	11	Male	171	DAGENHAM 88 RUNNERS
297	163	Carol NELSON	00:45:10	00:44:55	V60	23	Female	126	HAROLD WOOD RUNNING CLUB
298	9009	Irving BELL	00:50:24	00:49:57	V70+	12	Male	172	
299	10	Mark NEW	00:50:24	00:49:57	V40	49	Male	173	BARKING ROAD RUNNERS
	92	Sarah PASCAL	Not started	Not started	V50		Female		EAST LONDON RUNNERS
	102	Grace TURNER	Not started	Not started	SEN		Female		EAST LONDON RUNNERS
	157	Christopher MADELL	Not started	Not started	V50		Male		HAROLD WOOD RUNNING CLUB
	186	John FORD	Not started	Not started	V60		Male		HAVERING '90 JOGGERS
	204	Berekhet BERAKHY	Not started	Not started	V40		Male		ILFORD AC
	217	Sharon HONEY	Not started	Not started	V60		Female		ILFORD AC
	225	Sebastian PARRIS	Not started	Not started	V40		Male		ILFORD AC
	231	Mandy REID	Not started	Not started	V50		Female		ILFORD AC
	233	Rob SARGENT	Not started	Not started	V60		Male		ILFORD AC
	249	Claire HUGGINS	Not started	Not started	SEN		Female		ORION HARRIERS
	262	Ben NIELD	Not started	Not started	SEN		Male		CLAYTON LE MOORS HARRIERS
	279	Alex ASHTON	Not started	Not started	SEN		Male		
	281	Helen CHAPMAN	Not started	Not started	SEN		Female		
	284	Jamie COOMBS	Not started	Not started	V40		Male		
	297	Julie POND	Not started	Not started	V40		Female		
	50	Nicholas LE-MON	QRY	QRY	SEN		Male		EAST END ROAD RUNNERS
	116	Craig STEPHENS	DNS	DNS	SEN		Male		ETON MANOR AC