

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
1	272	Tom GARDNER	00:15:58	00:15:58	V40	1	Male	1	ILFORD AC
2	10	Ryan FRIEL	00:16:12	00:16:12	SEN	1	Male	2	EAST LONDON RUNNERS
3	174	Sam HORSLEY	00:16:32	00:16:32	SEN	2	Male	3	ILFORD AC
4	34	Jose RODRIGUEZ	00:16:51	00:16:50	V40	2	Male	4	EAST LONDON RUNNERS
5	117	Craig STEVENS	00:17:29	00:17:28	SEN	3	Male	5	ETON MANOR AC
6	164	Samuel Yusuf CRANE	00:17:31	00:17:31	SEN	4	Male	6	ILFORD AC
7	160	Berekhet BERAKHY	00:17:40	00:17:38	V40	3	Male	7	ILFORD AC
8	129	Christopher KING	00:17:43	00:17:42	SEN	5	Male	8	HAROLD WOOD RUNNING CLUB
9	27	Daniel ODOGNOGHUE	00:17:45	00:17:42	SEN	6	Male	9	EAST LONDON RUNNERS
10	178	Malcolm MUIR	00:17:48	00:17:48	V40	4	Male	10	ILFORD AC
11	97	Samuel ANDERSON	00:17:55	00:17:54	SEN	7	Male	11	ETON MANOR AC
12	159	Joshua ADLER	00:18:01	00:18:00	SEN	8	Male	12	ILFORD AC
13	180	Stephen PHILCOX	00:18:13	00:18:12	V50	1	Male	13	ILFORD AC
14	122	Adam BARTLETT	00:18:21	00:18:21	SEN	9	Male	14	HAROLD WOOD RUNNING CLUB
15	92	Ian PITHOUSE	00:18:35	00:18:34	SEN	10	Male	15	EAST END ROAD RUNNERS
16	204	Sam KENNEDY	00:18:38	00:18:37	SEN	11	Male	16	ORION HARRIERS
17	172	Jordan HINDS	00:18:42	00:18:42	SEN	1	Female	1	ILFORD AC
18	69	Dyfan GARMON	00:18:49	00:18:47	V40	5	Male	17	DAGENHAM 88 RUNNERS
19	23	Scott MCMILLAN	00:18:52	00:18:49	V40	6	Male	18	EAST LONDON RUNNERS
20	118	Peter STILWELL	00:18:57	00:18:55	V40	7	Male	19	ETON MANOR AC
21	271	Paul CATES	00:19:00	00:19:00	V60	1	Male	20	ETON MANOR AC
22	105	Jonathan DRYSDALE	00:19:01	00:18:59	V40	8	Male	21	ETON MANOR AC
23	171	Aaron HICK	00:19:05	00:19:04	SEN	12	Male	22	ILFORD AC
24	167	Rhys EDWARDS	00:19:06	00:19:05	SEN	13	Male	23	ILFORD AC
25	189	James THAKE	00:19:08	00:19:08	SEN	14	Male	24	ILFORD AC
26	109	Jenny HEYMANN	00:19:09	00:19:08	V40	1	Female	2	ETON MANOR AC
27	99	Paul BODDEY	00:19:10	00:19:08	V40	9	Male	25	ETON MANOR AC
28	30	Alex PICKERING	00:19:21	00:19:20	V40	10	Male	26	EAST LONDON RUNNERS
29	11	Karan GADHIA	00:19:23	00:19:21	SEN	15	Male	27	EAST LONDON RUNNERS
30	275	Tommy HI	00:19:25	00:19:22	SEN	16	Male	28	EAST LONDON RUNNERS
31	208	Jennifer ANSELL	00:19:27	00:19:24	SEN	2	Female	3	BILLERICAY STRIDERS
32	266	Steve WALKER	00:19:32	00:19:32	V50	2	Male	29	HAVERING 90 JOGGERS
33	82	Coren HANLEY	00:19:33	00:19:32	SEN	3	Female	4	EAST END ROAD RUNNERS
34	158	Lee VEALE	00:19:46	00:19:46	V40	11	Male	30	HAVERING 90 JOGGERS
35	166	Neil CRISP	00:19:52	00:19:52	V60	2	Male	31	ILFORD AC
36	273	Daniel GYMER	00:20:05	00:20:03	SEN	17	Male	32	
37	81	Richard GILL	00:20:06	00:20:05	V40	12	Male	33	EAST END ROAD RUNNERS
38	106	Eleanor GEORGE	00:20:08	00:20:06	SEN	4	Female	5	ETON MANOR AC
39	21	Amit MARKS	00:20:12	00:20:06	V40	13	Male	34	EAST LONDON RUNNERS
40	115	Harriett ROBSON	00:20:12	00:20:11	SEN	5	Female	6	ETON MANOR AC
41	267	Graham HOGAN	00:20:14	00:20:10	V40	14	Male	35	Havering AC
42	119	Jessica VERRALL	00:20:19	00:20:18	SEN	6	Female	7	ETON MANOR AC
43	161	Steve CHISSELL	00:20:26	00:20:25	V50	3	Male	36	ILFORD AC
44	146	Gary FLINT	00:20:32	00:20:30	V50	4	Male	37	HAVERING 90 JOGGERS
45	1	Rachel BAILEY	00:20:34	00:20:31	SEN	7	Female	8	EAST LONDON RUNNERS
46	86	Nicholas LE-MON	00:20:39	00:20:38	SEN	18	Male	38	EAST END ROAD RUNNERS
47	112	Lee MILNE	00:20:41	00:20:41	V40	2	Female	9	ETON MANOR AC
48	268	Clare DAVIES	00:20:43	00:20:43	SEN	8	Female	10	Havering AC
49	116	Robert SOMMERVILLE	00:20:44	00:20:42	V50	5	Male	39	ETON MANOR AC
50	110	Drew JOHNSON	00:20:46	00:20:34	V40	15	Male	40	ETON MANOR AC
51	56	Stuart MACKAY	00:20:54	00:20:53	V40	16	Male	41	BARKING ROAD RUNNERS
52	269	Richard SEDDON	00:20:57	00:20:56	SEN	19	Male	42	ETON MANOR AC
53	120	Sam WRIGHT	00:20:57	00:20:54	SEN	20	Male	43	ETON MANOR AC
54	44	Tom BRENNAN	00:20:58	00:20:55	SEN	21	Male	44	BARKING ROAD RUNNERS
55	37	Paul WATKINS	00:20:59	00:20:56	SEN	22	Male	45	EAST LONDON RUNNERS
56	43	Jagbir BASSI	00:21:00	00:20:54	SEN	23	Male	46	BARKING ROAD RUNNERS
57	88	Jim MANZANO	00:21:00	00:20:52	V40	17	Male	47	EAST END ROAD RUNNERS
58	128	Josh JENNER	00:21:00	00:21:00	SEN	24	Male	48	HAROLD WOOD RUNNING CLUB
59	140	Vince CHARMAN	00:21:04	00:21:01	V50	6	Male	49	HAVERING 90 JOGGERS
60	182	Tarik QIREM	00:21:06	00:21:01	V40	18	Male	50	ILFORD AC
61	277	Jonny SHAW	00:21:07	00:21:03	V40	19	Male	51	EAST LONDON RUNNERS
62	55	James LOWNDES	00:21:09	00:21:01	V40	20	Male	52	BARKING ROAD RUNNERS
63	181	Carlie QIREM	00:21:12	00:21:08	SEN	9	Female	11	ILFORD AC
64	142	Steve CONSTANTINOU	00:21:14	00:21:13	V40	21	Male	53	HAVERING 90 JOGGERS
65	219	Claire WAGH CAMERON	00:21:15	00:21:10	V40	3	Female	12	EAST LONDON TRIATHLETES

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
66	175	Steven HORSLEY	00:21:24	00:21:20	V40	22	Male	54	ILFORD AC
67	46	Jess COLLETT	00:21:25	00:21:21	V40	4	Female	13	BARKING ROAD RUNNERS
68	63	Joe STACEY	00:21:26	00:21:22	SEN	25	Male	55	BARKING ROAD RUNNERS
69	20	Ian MACKIE	00:21:28	00:21:24	V60	3	Male	56	EAST LONDON RUNNERS
70	184	Joanne REEVES	00:21:30	00:21:26	V40	5	Female	14	ILFORD AC
71	162	Adam COALS	00:21:31	00:21:27	V40	23	Male	57	ILFORD AC
72	25	Simon NASH	00:21:33	00:21:31	V40	24	Male	58	EAST LONDON RUNNERS
73	278	Finbar SHEAHAN	00:21:35	00:21:32	V40	25	Male	59	EAST LONDON RUNNERS
74	201	Dan GREEN	00:21:40	00:21:33	V50	7	Male	60	ORION HARRIERS
75	6	John CAHILLANE	00:21:40	00:21:36	SEN	26	Male	61	EAST LONDON RUNNERS
76	195	Nikkii BARNETT	00:21:42	00:21:38	V50	1	Female	15	ORION HARRIERS
77	90	Niall MULHOLLAND	00:21:45	00:21:40	V50	8	Male	62	EAST END ROAD RUNNERS
78	169	Gary FLOATE	00:21:47	00:21:42	V50	9	Male	63	ILFORD AC
79	103	Dave DAUGIRDA	00:21:48	00:21:44	V60	4	Male	64	ETON MANOR AC
80	60	Martin PAGE	00:21:50	00:21:45	V60	5	Male	65	BARKING ROAD RUNNERS
81	196	Daniel CARROLL	00:22:09	00:21:59	V40	26	Male	66	ORION HARRIERS
82	198	Ian EMERSON	00:22:13	00:22:06	V40	27	Male	67	ORION HARRIERS
83	4	Betty BOHANE	00:22:14	00:22:10	SEN	10	Female	16	EAST LONDON RUNNERS
84	211	Ellie CLARKE	00:22:14	00:22:10	SEN	11	Female	17	
85	35	Clive STEPHENSON	00:22:17	00:22:11	V60	6	Male	68	EAST LONDON RUNNERS
86	85	Shreeraj LATURIA	00:22:22	00:22:13	V40	28	Male	69	EAST END ROAD RUNNERS
87	280	Bethany PARTRIDGE	00:22:23	00:22:15	SEN	12	Female	18	EAST END ROAD RUNNERS
88	3	Darminster BHAMRA	00:22:25	00:22:18	V50	10	Male	70	EAST LONDON RUNNERS
89	177	Craig LIVERMORE	00:22:27	00:22:10	SEN	27	Male	71	ILFORD AC
90	89	David MOIR	00:22:32	00:22:24	SEN	28	Male	72	EAST END ROAD RUNNERS
91	199	Benjamin FISHER	00:22:39	00:22:33	V40	29	Male	73	ORION HARRIERS
92	102	Lydia Jane DANIELS	00:22:40	00:22:37	SEN	13	Female	19	ETON MANOR AC
93	154	Simon MALEY	00:22:41	00:22:35	V40	30	Male	74	HAVERING 90 JOGGERS
94	200	Danny FITZSIMONS	00:22:41	00:22:35	V50	11	Male	75	ORION HARRIERS
95	54	Colin JONES	00:22:43	00:22:36	V50	12	Male	76	BARKING ROAD RUNNERS
96	210	Sheetal BURRARD-LUCAS	00:22:45	00:22:38	SEN	14	Female	20	
97	95	Nora SCHILLINGER	00:22:46	00:22:41	SEN	15	Female	21	EAST END ROAD RUNNERS
98	179	Breege NORDIN	00:22:56	00:22:50	V60	1	Female	22	ILFORD AC
99	163	Sean COSTELLO	00:22:58	00:22:53	V50	13	Male	77	ILFORD AC
100	215	Hiten NANDHA	00:23:03	00:22:54	V40	31	Male	78	
101	135	Joaquin POLO	00:23:08	00:23:00	V40	32	Male	79	HAROLD WOOD RUNNING CLUB
102	261	Matilda FRITH	00:23:09	00:23:07	SEN	16	Female	23	WGEL
103	153	Roger LEBEK	00:23:11	00:23:09	V50	14	Male	80	HAVERING 90 JOGGERS
104	9	Becky EVANS	00:23:14	00:23:12	V50	2	Female	24	EAST LONDON RUNNERS
105	176	Leila LAUDER	00:23:17	00:23:13	SEN	17	Female	25	ILFORD AC
106	279	Karen LEVISON	00:23:23	00:23:19	V50	3	Female	26	EAST LONDON RUNNERS
107	29	Catherine PERRY	00:23:25	00:23:21	V40	6	Female	27	EAST LONDON RUNNERS
108	186	Alison SALE	00:23:26	00:23:22	V50	4	Female	28	ILFORD AC
109	65	John WHAN	00:23:27	00:23:22	V70+	1	Male	81	BARKING ROAD RUNNERS
110	104	Pippa DOWSWELL	00:23:27	00:23:21	V50	5	Female	29	ETON MANOR AC
111	19	Cindy KOON	00:23:32	00:23:26	V40	7	Female	30	EAST LONDON RUNNERS
112	139	Lee CARSON	00:23:36	00:23:28	V50	15	Male	82	HAVERING 90 JOGGERS
113	264	Sarah BURNS	00:23:39	00:23:35	V40	8	Female	31	EAST LONDON RUNNERS
114	2	Katrina BETTERIDGE	00:23:46	00:23:40	SEN	18	Female	32	EAST LONDON RUNNERS
115	61	Belinda RICHES	00:23:48	00:23:38	V50	6	Female	33	BARKING ROAD RUNNERS
116	207	Paul WILLIAMS	00:24:05	00:23:57	V60	7	Male	83	ORION HARRIERS
117	80	Ulrike GERSTENBERG	00:24:09	00:23:57	V40	9	Female	34	EAST END ROAD RUNNERS
118	26	John O'BRIEN	00:24:14	00:24:05	V50	16	Male	84	EAST LONDON RUNNERS
119	144	David DIXON	00:24:16	00:24:07	V60	8	Male	85	HAVERING 90 JOGGERS
120	38	Michael WILSON	00:24:22	00:24:18	V60	9	Male	86	EAST LONDON RUNNERS
121	262	Ian BURROWS	00:24:25	00:24:19	V40	33	Male	87	EAST LONDON RUNNERS
122	79	Lisa GAN	00:24:27	00:24:16	SEN	19	Female	35	EAST END ROAD RUNNERS
123	138	Richard BALLAM	00:24:33	00:24:24	V40	34	Male	88	HAVERING 90 JOGGERS
124	157	Clive TWEEDIE	00:24:37	00:24:34	V70+	2	Male	89	HAVERING 90 JOGGERS
125	187	Anika SHARMA	00:24:41	00:24:37	SEN	20	Female	36	ILFORD AC
126	74	Andy PRESTON	00:24:44	00:24:39	V50	17	Male	90	DAGENHAM 88 RUNNERS
127	33	Maran RAJU	00:24:46	00:24:36	V50	18	Male	91	EAST LONDON RUNNERS
128	133	Susan MUNNS	00:24:47	00:24:38	V60	2	Female	37	HAROLD WOOD RUNNING CLUB
129	274	Richard GYMER	00:24:48	00:24:39	V50	19	Male	92	
130	16	Kathryn HERTZBERG	00:24:49	00:24:43	SEN	21	Female	38	EAST LONDON RUNNERS

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
131	31	Sandra PRESTON	00:24:50	00:24:46	V50	7	Female	39	EAST LONDON RUNNERS
132	203	Abigail HOULT	00:24:52	00:24:50	SEN	22	Female	40	ORION HARRIERS
133	194	Mary ARMITAGE	00:24:53	00:24:48	V60	3	Female	41	ORION HARRIERS
134	70	John HUGHES	00:24:54	00:24:45	V50	20	Male	93	DAGENHAM 88 RUNNERS
135	149	Tony GRAY	00:24:56	00:24:47	V60	10	Male	94	HAVERING 90 JOGGERS
136	52	Rosanna FFORDE	00:25:00	00:24:49	SEN	23	Female	42	BARKING ROAD RUNNERS
137	72	Jason MANNING	00:25:08	00:24:59	V40	35	Male	95	DAGENHAM 88 RUNNERS
138	51	Alain DECONINCK COOPER	00:25:10	00:24:57	V50	21	Male	96	BARKING ROAD RUNNERS
139	108	Gail HENNESSY	00:25:13	00:25:06	V60	4	Female	43	ETON MANOR AC
140	14	John Paul HEALY	00:25:14	00:25:07	V40	36	Male	97	EAST LONDON RUNNERS
141	40	Nicola WYNDHAM	00:25:14	00:25:11	V50	8	Female	44	EAST LONDON RUNNERS
142	68	Manji GAMI	00:25:16	00:25:07	V50	22	Male	98	DAGENHAM 88 RUNNERS
143	202	Martin HOBLEY	00:25:18	00:25:09	V40	37	Male	99	ORION HARRIERS
144	100	F COLES	00:25:18	00:25:09	V50	9	Female	45	ETON MANOR AC
145	28	Ramesh PALA	00:25:22	00:25:10	V60	11	Male	100	EAST LONDON RUNNERS
146	13	George GEORGIUO	00:25:25	00:25:13	V50	23	Male	101	EAST LONDON RUNNERS
147	17	Catriona HOULT	00:25:33	00:25:27	V40	10	Female	46	EAST LONDON RUNNERS
148	150	Hafsa HUSSAIN	00:25:39	00:25:30	SEN	24	Female	47	HAVERING 90 JOGGERS
149	188	Pauline TESTER	00:25:50	00:25:40	V50	10	Female	48	ILFORD AC
150	87	Karen LEUNG-CHESTER	00:25:55	00:25:44	V40	11	Female	49	EAST END ROAD RUNNERS
151	183	Batmanaden RAMEN	00:26:03	00:25:52	V60	12	Male	102	ILFORD AC
152	59	Martin O'TOOLE	00:26:17	00:26:06	V50	24	Male	103	BARKING ROAD RUNNERS
153	73	Michael PEGNALL	00:26:23	00:26:13	V40	38	Male	104	DAGENHAM 88 RUNNERS
154	8	Ann DUNNE	00:26:25	00:26:17	V60	5	Female	50	EAST LONDON RUNNERS
155	7	Grant CONWAY	00:26:25	00:26:17	V50	25	Male	105	EAST LONDON RUNNERS
156	113	Geoff NICHOLLS	00:26:42	00:26:35	V70+	3	Male	106	ETON MANOR AC
157	130	Christopher MADELL	00:26:42	00:26:34	V50	26	Male	107	HAROLD WOOD RUNNING CLUB
158	5	Kate BRETT	00:26:43	00:26:35	V50	11	Female	51	EAST LONDON RUNNERS
159	57	Sian MANSLEY	00:26:46	00:26:31	SEN	25	Female	52	BARKING ROAD RUNNERS
160	193	Karen ALLWORTHY	00:26:51	00:26:47	V60	6	Female	53	ORION HARRIERS
161	126	Martin HAWKER	00:27:15	00:27:02	V40	39	Male	108	HAROLD WOOD RUNNING CLUB
162	143	Kerry CURTIS	00:27:24	00:27:13	V40	12	Female	54	HAVERING 90 JOGGERS
163	155	Bernard SAVAGE	00:27:35	00:27:30	V70+	4	Male	109	HAVERING 90 JOGGERS
164	165	Dianne CRISP	00:27:42	00:27:31	V60	7	Female	55	ILFORD AC
165	96	Lauriane TORRES-DUCENNE	00:27:45	00:27:33	V40	13	Female	56	EAST END ROAD RUNNERS
166	94	George SCEATS	00:27:55	00:27:49	SEN	29	Male	110	EAST END ROAD RUNNERS
167	134	Rachel PECK	00:28:08	00:27:57	V40	14	Female	57	HAROLD WOOD RUNNING CLUB
168	18	Bernadett KALMAR	00:28:10	00:27:56	V50	12	Female	58	EAST LONDON RUNNERS
169	45	Louise CHAPPELL	00:28:13	00:28:01	V40	15	Female	59	BARKING ROAD RUNNERS
170	216	Manoj SHARMA	00:28:19	00:28:08	V40	40	Male	111	
171	76	Catherine APPS	00:28:22	00:28:06	V60	8	Female	60	EAST END ROAD RUNNERS
172	205	Dhurendra MISTRY	00:28:31	00:28:19	V50	27	Male	112	ORION HARRIERS
173	127	Helen JENNER	00:28:34	00:28:26	V40	16	Female	61	HAROLD WOOD RUNNING CLUB
174	213	Phil HUDSON	00:28:36	00:28:23	V60	13	Male	113	WARE JOGGERS
175	50	Mic DAVIDSON	00:28:48	00:28:34	V70+	5	Male	114	BARKING ROAD RUNNERS
176	209	Lucy BARRON	00:28:51	00:28:43	SEN	26	Female	62	LOUGHTON AC
177	75	Selon Timi VEERASAMY	00:28:54	00:28:41	V70+	1	Female	63	DAGENHAM 88 RUNNERS
178	36	Clare STEVENS	00:28:56	00:28:49	SEN	27	Female	64	EAST LONDON RUNNERS
179	84	Laura KNIGHTLEY	00:29:12	00:29:00	V40	17	Female	65	EAST END ROAD RUNNERS
180	156	Brian SLADE	00:29:20	00:29:05	V70+	6	Male	115	HAVERING 90 JOGGERS
181	48	Nikki CRANMER	00:29:34	00:29:20	V50	13	Female	66	BARKING ROAD RUNNERS
182	58	Martin MASON	00:29:53	00:29:39	V70+	7	Male	116	BARKING ROAD RUNNERS
183	141	Becky COE	00:30:21	00:30:11	SEN	28	Female	67	HAVERING 90 JOGGERS
184	93	Mia R	00:30:24	00:30:06	V50	14	Female	68	EAST END ROAD RUNNERS
185	170	Julia GALEA	00:30:24	00:30:13	V60	9	Female	69	ILFORD AC
186	132	Lynsey MANN	00:30:35	00:30:19	V40	18	Female	70	HAROLD WOOD RUNNING CLUB
187	62	Dennis SPENCER-PERKINS	00:30:41	00:30:27	V60	14	Male	117	BARKING ROAD RUNNERS
188	137	Mike WESTMORE	00:30:44	00:30:29	V50	28	Male	118	HAROLD WOOD RUNNING CLUB
189	206	Lynne WAKINSHAW	00:30:47	00:30:35	V40	19	Female	71	ORION HARRIERS
190	124	Keiley GARDNER	00:30:52	00:30:37	V50	15	Female	72	HAROLD WOOD RUNNING CLUB
191	281	Christina WATSON	00:30:54	00:30:44	V60	10	Female	73	ETON MANOR AC
192	24	Caroline MOORE	00:31:01	00:30:47	V60	11	Female	74	EAST LONDON RUNNERS
193	276	Sarah Kate WALSHAM	00:31:10	00:30:55	SEN	29	Female	75	HAVERING 90 JOGGERS
194	148	Lisa GASKIN	00:31:19	00:31:05	V50	16	Female	76	HAVERING 90 JOGGERS
195	265	Sue UNSWORTH	00:31:30	00:31:15	V50	17	Female	77	ETON MANOR AC

Pos	Bib	Name	Time	Net Time	Category	Cat Pos	Gender	Gen Pos	Team
196	121	Anna BAILEY	00:31:33	00:31:19	V50	18	Female	<b>78</b>	HAROLD WOOD RUNNING CLUB
197	123	Sandra COMBER	00:32:04	00:31:50	V60	12	Female	<b>79</b>	HAROLD WOOD RUNNING CLUB
198	83	Farah ISHAQ	00:32:10	00:31:54	V40	20	Female	<b>80</b>	EAST END ROAD RUNNERS
199	197	Robin DEFOE	00:32:39	00:32:27	V60	15	Male	<b>119</b>	ORION HARRIERS
200	53	Les JAY	00:32:40	00:32:28	V60	16	Male	<b>120</b>	BARKING ROAD RUNNERS
201	71	Grace KELLY	00:33:09	00:32:53	V40	21	Female	<b>81</b>	DAGENHAM 88 RUNNERS
202	107	Claude GIERL	00:33:51	00:33:35	V60	13	Female	<b>82</b>	ETON MANOR AC
203	47	Robert COURTIER	00:33:59	00:33:43	V60	17	Male	<b>121</b>	BARKING ROAD RUNNERS
204	136	Amy WARDLE	00:34:17	00:34:04	SEN	30	Female	<b>83</b>	HAROLD WOOD RUNNING CLUB
205	152	Lee KYSON	00:34:45	00:34:30	V60	18	Male	<b>122</b>	HAVERING 90 JOGGERS
206	64	Nigel SWABY	00:35:22	00:35:05	V60	19	Male	<b>123</b>	BARKING ROAD RUNNERS
207	32	Joanna QIU	00:37:14	00:37:01	V50	19	Female	<b>84</b>	EAST LONDON RUNNERS
208	131	Julie MADELL	00:38:26	00:38:12	V60	14	Female	<b>85</b>	HAROLD WOOD RUNNING CLUB
209	214	Gowthami KOMMURI	00:40:27	00:40:10	SEN	31	Female	<b>86</b>	
210	42	Michael BALL	00:43:02	00:42:50	V70+	8	Male	<b>124</b>	BARKING ROAD RUNNERS
211	66	Lee DAVIS	00:45:03	00:44:47	V50	29	Male	<b>125</b>	DAGENHAM 88 RUNNERS
212	67	Kamel DERIOUCH	00:55:31	00:55:31	V50	30	Male	<b>126</b>	DAGENHAM 88 RUNNERS
213	270	Irving BELL	00:55:43	00:55:23	V70+	9	Male	<b>127</b>	
214	212	Alan COSTAR	00:55:48	00:55:30	V60	20	Male	<b>128</b>	