

Billericay 10K 2017
 Overall Finish List
 November 05, 2017
 Results By Race Management Sys

Place	Name	Team	Bib No	Age	Age Group	Gun Time
1	Paul Whittaker	Road Runners Club	637	28	1 M 21-39	32:14
2	Tim Woulfe	Braintree & District AC	408	35	2 M 21-39	34:21
3	James Boshier	Grange Farm & Dunmow Runners	141	27	3 M 21-39	34:40
4	Liviu Ionita	Barking Road Runners	489	27	4 M 21-39	35:32
5	Andrew Low	Benfleet RC	67	47	1 M 40-49	36:25
6	Lee Baynton	Benfleet RC	654	32	5 M 21-39	37:00
7	Marc Jones		86	40	2 M 40-49	37:18
8	Martin Chester	Havering '90 Joggers	95	45	3 M 40-49	37:19
9	Barry Smith		59	39	6 M 21-39	37:21
10	Dave Solomon	Felixstowe RRC	528	50	1 M 50-59	37:31
11	Elliot Worth		786	46	4 M 40-49	37:40
12	Alexa Joel	Chelmsford AC	772	34	1 F 21-34	37:52
13	Jens Van den Brande		602	22	7 M 21-39	37:54
14	Dan Meredith	Havering '90 Joggers	34	44	5 M 40-49	37:56
15	Rob Mills	Springfield Striders RC	588	41	6 M 40-49	38:08
16	Antonio Pecoraro	Havering '90 Joggers	618	55	2 M 50-59	38:22
17	Simon Theobald	Tri Sport Epping	275	43	7 M 40-49	38:31
18	Colin Waggon		314	46	8 M 40-49	38:40
19	Ewan McFarlane	Phoenix Striders	457	27	8 M 21-39	38:41
20	Samantha Bilbie	Springfield Striders RC	766	43	1 F 35-44	38:59
21	Alex Robertson		687	23	9 M 21-39	39:00
22	Tom Gunning	Springfield Striders RC	794	40	9 M 40-49	39:06
23	Lewis Stevens		310	34	10 M 21-39	39:20
24	Jack Martin	East Essex Triathlon Club	253	29	11 M 21-39	39:22
25	Mark Elson	Tri Sport Epping	612	29	12 M 21-39	39:27
26	Peter Barrett	Thrift Green Trotters	225	42	10 M 40-49	39:28
27	Paul Hayward		705	44	11 M 40-49	39:28
28	Rachel Brown		309	34	2 F 21-34	39:36
29	Mark Blee	Leigh on Sea Striders	572	37	13 M 21-39	39:44
30	Matthew Letley	Leigh on Sea Striders	414	45	12 M 40-49	39:54
31	Mark Gearing		577	45	13 M 40-49	40:00
32	Adam Shaw	Rochford Running Club	325	31	14 M 21-39	40:01
33	Mike Quaye		650	47	14 M 40-49	40:02
34	David Miller	Leigh on Sea Striders	313	49	15 M 40-49	40:03
35	Jack Hodges	Benfleet RC	205	24	15 M 21-39	40:03
36	Neil Jennings		610	48	16 M 40-49	40:07
37	Ashwin shah	Grange Farm & Dunmow Runners	579	41	17 M 40-49	40:32
38	Heather Wilson	Havering and Mayesbrook	490	23	3 F 21-34	40:35
39	Tom Davies	RunFit Essex	244	57	3 M 50-59	40:45
40	richard Bonham	Castle Point Joggers	341	49	18 M 40-49	40:51
41	Nick Markwell		232	46	19 M 40-49	40:57
42	David Ferris		115	36	16 M 21-39	41:05
43	Jim Pincini		129	35	17 M 21-39	41:05
44	Michael Harmer		503	61	1 M 60-69	41:21
45	David Andrews	Grange Farm & Dunmow Runners	508	49	20 M 40-49	41:25
46	Ed Freeman		555	48	21 M 40-49	41:26
47	Daniel Elwood		689	32	18 M 21-39	41:31
48	Jonathan Wyatt	East Essex Triathlon Club	286	43	22 M 40-49	41:34
49	Alex Childs		361	51	4 M 50-59	41:38
50	Christian Gray	East Essex Triathlon Club	22	20	1 M 0-20	41:40
51	Tim Utting	Rochford Running Club	150	26	19 M 21-39	41:53
52	Michael Taylor	East Essex Triathlon Club	391	29	20 M 21-39	41:55

53	Richard Booth	Thrift Green Trotters	432	51	5 M 50-59	41:57
54	Mark Duncan	Little Baddow Ridge Runners	509	57	6 M 50-59	42:10
55	James Blogg	Havering '90 Joggers	226	38	21 M 21-39	42:35
56	Ian Brett	Havering '90 Joggers	547	45	23 M 40-49	42:37
57	Steve Danby	Weald Park Warriors	281	52	7 M 50-59	42:42
58	Martin Page	Barking Road Runners	542	60	2 M 60-69	42:53
59	Tony Collins	Havering '90 Joggers	155	39	22 M 21-39	42:56
60	Mark Dalby	Havering '90 Joggers	28	36	23 M 21-39	43:04
61	Jamie Williams		437	33	24 M 21-39	43:14
62	Kiera Tippet	Benfleet RC	40	18	1 F 0-20	43:24
63	Gerard Geurts	Grange Farm & Dunmow Runners	72	50	8 M 50-59	43:25
64	Jason Finch		446	47	24 M 40-49	43:25
65	Dennis Briggs	Ilford AC	708	42	25 M 40-49	43:26
66	Steve Turner	Flyers Southend	662	57	9 M 50-59	43:31
67	Luca Predebon	Grange Farm & Dunmow Runners	84	34	25 M 21-39	43:33
68	Simon Lock		319	39	26 M 21-39	43:33
69	Will Rygate		697	23	27 M 21-39	43:37
70	Andrew Wright	Havering '90 Joggers	60	49	26 M 40-49	43:42
71	Nick Coldicott		116	48	27 M 40-49	43:45
72	David Sherman	Havering '90 Joggers	8	35	28 M 21-39	43:48
73	James Stubbs		519	46	28 M 40-49	43:49
74	Lucy Parmenter	Tri Sport Epping	327	28	4 F 21-34	43:55
75	Ben Horsburgh		168	26	29 M 21-39	43:57
76	Adrian Stocks	Blackheath and Bromley Harriers At	157	43	29 M 40-49	43:59
77	Nicholas Bull		556	30	30 M 21-39	44:08
78	Darren Clark	RunFit Essex	346	37	31 M 21-39	44:15
79	Richard Nation	Chelmsford AC	768	46	30 M 40-49	44:15
80	Simon Tippet	London Fire Brigade	41	48	31 M 40-49	44:21
81	james price	Phoenix Striders	261	46	32 M 40-49	44:22
82	Dan Goodson		435	34	32 M 21-39	44:25
83	kathleen Short	Thrift Green Trotters	419	42	2 F 35-44	44:25
84	Alan Warner		765	32	33 M 21-39	44:27
85	Tony Earp		582	41	3 F 35-44	44:28
86	Martin Atkinson	Grange Farm & Dunmow Runners	10	61	3 M 60-69	44:29
87	Keith Bell	East Essex Triathlon Club	742	42	33 M 40-49	44:32
88	Emily Smith	Springfield Striders RC	399	37	4 F 35-44	44:37
89	Doug Stephens	Benfleet RC	473	58	10 M 50-59	44:40
90	Marc Downham	Leigh on Sea Striders	312	49	34 M 40-49	44:41
91	Sarah Pennington	Southend On Sea AC	262	31	5 F 21-34	44:44
92	Lyndon Bubb	Ravens City of London	240	45	35 M 40-49	44:45
93	Jessica Bell	Tri Sport Epping	591	37	5 F 35-44	44:57
94	Paul Agastina	Phoenix Striders	251	46	36 M 40-49	44:58
95	Mark Harvie		512	28	34 M 21-39	44:59
96	Arran Salmon	Leigh on Sea Striders	480	48	37 M 40-49	45:05
97	Samuel Hill	East Essex Triathlon Club	5	26	35 M 21-39	45:10
98	Adam Stow	Phoenix Striders	666	44	38 M 40-49	45:11
99	NEAL CLARK	Phoenix Striders	398	51	11 M 50-59	45:12
100	colin wilkinson	Phoenix Striders	175	50	12 M 50-59	45:12
101	Colin Jackson	Grange Farm & Dunmow Runners	14	59	13 M 50-59	45:15
102	Benn Raymond		9	38	36 M 21-39	45:15
103	Antony Leckerman	Barking Road Runners	120	53	14 M 50-59	45:17
104	paul franklin	Castle Point Joggers	574	61	4 M 60-69	45:31
105	Marijke van Eetvelde	Thrift Green Trotters	289	40	6 F 35-44	45:33
106	Della Sussex	Kingswood Running Club	720	34	6 F 21-34	45:35
107	Richard Stockwell	Kingswood Running Club	395	45	39 M 40-49	46:01
108	Lee Chester		504	46	40 M 40-49	46:02
109	Graham Douglass	Benfleet RC	332	48	41 M 40-49	46:05
110	Tony Galea	Havering '90 Joggers	416	57	15 M 50-59	46:07

111	Steven Luck		573	44	42 M 40-49 46:08
112	Carolyn Stimpson		54	43	7 F 35-44 46:09
113	Paul Hearmon	East Essex Triathlon Club	338	31	37 M 21-39 46:09
114	Martin England	Castle Point Joggers	186	53	16 M 50-59 46:09
115	Tony Draper		106	46	43 M 40-49 46:13
116	Clive Tweedie	Havering '90 Joggers	46	66	5 M 60-69 46:16
117	Andrew Thompson		273	48	44 M 40-49 46:18
118	Gerry Lynch		377	44	45 M 40-49 46:21
119	Ian Clarke	Thrift Green Trotters	305	49	46 M 40-49 46:22
120	Ronald Vials	Barking Road Runners	767	65	6 M 60-69 46:23
121	Lee Matassa		81	42	47 M 40-49 46:25
122	Kasia Kostyrka-Allchorne	Southend On Sea AC	429	39	8 F 35-44 46:26
123	Mark Scott		221	55	17 M 50-59 46:27
124	Sally Baker	Tri Sport Epping	231	39	9 F 35-44 46:28
125	Ian Banthorpe	Benfleet RC	356	42	48 M 40-49 46:29
126	Andy Hiller	Barking Road Runners	430	49	49 M 40-49 46:31
127	Shane Smith		620	42	50 M 40-49 46:40
128	Simon Panther	Hockley Trail Runners	732	42	51 M 40-49 46:42
129	Harry Dixon		764	22	38 M 21-39 46:46
130	Paul Jennings		474	45	52 M 40-49 46:50
131	Martin Orford	Phoenix Striders	780	51	18 M 50-59 46:52
132	Vanessa Mathers	Southend On Sea AC	369	50	1 F 45-54 46:56
133	Joaquin Polo	Havering '90 Joggers	12	40	53 M 40-49 46:57
134	Maurice Tomline	Hockley Trail Runners	337	45	54 M 40-49 47:01
135	Richard Hardiman		177	62	7 M 60-69 47:09
136	Marc Craddock	Thrift Green Trotters	301	44	55 M 40-49 47:09
137	Mark Bishop		188	38	39 M 21-39 47:10
138	Graham Lee		464	42	56 M 40-49 47:18
139	Jamie Dann		559	41	57 M 40-49 47:19
140	Dean Bates	Havering '90 Joggers	38	49	58 M 40-49 47:25
141	Paul Darbyshire		385	39	40 M 21-39 47:27
142	Simon Parsons		643	42	59 M 40-49 47:33
143	Gavin Martin		103	40	60 M 40-49 47:33
144	Jemma Lee	Leigh on Sea Striders	114	33	7 F 21-34 47:35
145	Catherine Campbell	Phoenix Striders	665	30	8 F 21-34 47:37
146	Mark Benham	Flyers Southend	386	53	19 M 50-59 47:40
147	Sarah Gibbs		58	23	9 F 21-34 47:43
148	Simon Kittle		609	41	61 M 40-49 47:44
149	Mike Ward	Weald Park Warriors	498	50	20 M 50-59 47:45
150	Brady Ramsay	Grange Farm & Dunmow Runners	545	47	2 F 45-54 47:46
151	steve healey	Phoenix Striders	266	49	62 M 40-49 47:53
152	Darren Pottinger		190	44	63 M 40-49 47:53
153	Lee Blake	Witham RC	478	51	21 M 50-59 47:54
154	Troy Russell		553	47	64 M 40-49 47:55
155	scott mangham	Leigh on Sea Striders	744	30	41 M 21-39 47:56
156	Leanna Romano	Havering '90 Joggers	53	31	10 F 21-34 47:58
157	Brian Parish	Havering '90 Joggers	32	43	65 M 40-49 48:00
158	mark freeman	Rochford Running Club	352	58	22 M 50-59 48:02
159	Andrew Gwilliam	Barking Road Runners	515	43	66 M 40-49 48:03
160	Mark Pottinger		191	49	67 M 40-49 48:03
161	Stuart Peace	Tiptree Road Runners	200	42	68 M 40-49 48:08
162	Elisha Letley	Leigh on Sea Striders	413	46	3 F 45-54 48:09
163	Matt Barrett	Leigh on Sea Striders	113	36	42 M 21-39 48:09
164	Chanel Lassman	Thrift Green Trotters	723	26	11 F 21-34 48:10
165	ANTHONY YOUNG	Ilford AC	714	52	23 M 50-59 48:13
166	Adam Bohle		236	38	43 M 21-39 48:14
167	Benjamin Hoare		638	40	69 M 40-49 48:15
168	Laura Durn	Brighton Phoenix	340	41	10 F 35-44 48:18

169	Angela Manley	Witham RC	166	52	4 F 45-54 48:19
170	Marc Sharp	Flyers Southend	322	36	44 M 21-39 48:19
171	Richard Harmer	Thrift Green Trotters	296	47	70 M 40-49 48:25
172	Denis Mole	Havering '90 Joggers	61	69	8 M 60-69 48:34
173	Michelle Stevens	Congleton Harriers	112	39	11 F 35-44 48:35
174	Christina Clementson	Havering '90 Joggers	82	46	5 F 45-54 48:39
175	John Stuart		320	50	24 M 50-59 48:41
176	Ric Wightman		374	33	45 M 21-39 48:45
177	Carina Taylor	Witham RC	479	45	6 F 45-54 48:46
178	Phil Warner	Phoenix Striders	576	51	25 M 50-59 48:46
179	Steve Hennings	Witham RC	400	52	26 M 50-59 48:46
180	Wayne Astridge		434	34	46 M 21-39 48:48
181	Gary Brooking		743	41	71 M 40-49 48:53
182	Paul Omer	Pitsea RC	26	52	27 M 50-59 48:53
183	Tania Hagan	Leigh on Sea Striders	469	36	12 F 35-44 48:57
184	Sathanandasunda Alagana	Ilford AC	740	57	28 M 50-59 48:59
185	Emily Predebon	Grange Farm & Dunmow Runners	85	31	12 F 21-34 49:00
186	JO PEARCE	Phoenix Striders	149	53	7 F 45-54 49:01
187	Stuart Parnaby		753	39	47 M 21-39 49:03
188	Steve Smith	Weald Park Warriors	672	47	72 M 40-49 49:04
189	John BEASLEY		333	57	29 M 50-59 49:06
190	Denise Wilson	Up Joggers	625	51	8 F 45-54 49:08
191	Nikola Winn		269	31	13 F 21-34 49:11
192	Bruce Mail	Havering '90 Joggers	615	54	30 M 50-59 49:13
193	Benjamin Salthouse		546	24	48 M 21-39 49:15
194	Karen Bowler		380	42	13 F 35-44 49:16
195	Neil Dobson		348	36	49 M 21-39 49:18
196	Daniel Pierce		246	36	50 M 21-39 49:18
197	Malcolm Macleod		630	64	9 M 60-69 49:18
198	alison hall	Leigh on Sea Striders	674	47	9 F 45-54 49:19
199	Simon Morrish		759	43	73 M 40-49 49:20
200	Richard Weaver		592	49	74 M 40-49 49:20
201	Daniel Wright	Grange Farm & Dunmow Runners	131	30	51 M 21-39 49:20
202	Heather Samson	Kingswood Running Club	393	42	14 F 35-44 49:21
203	Sophie Morrish		760	18	2 F 0-20 49:21
204	Chloe Drew		49	28	14 F 21-34 49:22
205	Peter Beasley		655	65	10 M 60-69 49:22
206	Graham Bonus		147	45	75 M 40-49 49:30
207	Deana James	Flyers Southend	668	47	10 F 45-54 49:33
208	Gary Shade		593	52	31 M 50-59 49:34
209	Brian Charlesworth		658	65	11 M 60-69 49:36
210	Lee Knight		725	30	52 M 21-39 49:37
211	David Heal	Garden City Runners	339	52	32 M 50-59 49:37
212	Mary lloyd	Thrift Green Trotters	223	49	11 F 45-54 49:38
213	stuart allen	Havering '90 Joggers	89	40	76 M 40-49 49:39
214	Nikki Panter	Thrift Green Trotters	195	24	15 F 21-34 49:39
215	Alan Eccleston	Rolls-Royce Harriers	702	65	12 M 60-69 49:40
216	Wendy Aldridge	Dengie 100 Runners	271	54	12 F 45-54 49:41
217	Matthew Potter		270	41	77 M 40-49 49:42
218	John Whan	Havering '90 Joggers	144	64	13 M 60-69 49:45
219	Neil Moses	Havering '90 Joggers	135	57	33 M 50-59 49:47
220	Liz Martin		653	49	13 F 45-54 49:54
221	Philip Boyd	Leigh on Sea Striders	461	39	53 M 21-39 49:55
222	Donna Hindle	Springfield Striders RC	476	53	14 F 45-54 49:55
223	Dylan Older		721	31	54 M 21-39 49:59
224	David Levy		617	45	78 M 40-49 50:02
225	Bruce McArthur		278	48	79 M 40-49 50:04
226	Mark Babbage	Springfield Striders RC	699	57	34 M 50-59 50:08

227	Gail Alexander	Leigh on Sea Striders	453	52	15 F 45-54 50:12
228	Dennis Dudley	Benfleet RC	52	59	35 M 50-59 50:13
229	Lee Crooks		379	39	55 M 21-39 50:14
230	Gordon Greenhalgh	Hockley Trail Runners	428	47	80 M 40-49 50:20
231	David Dadds		425	46	81 M 40-49 50:32
232	Paul Whitmore		336	46	82 M 40-49 50:34
233	Steve Pettitt	Leigh on Sea Striders	165	53	36 M 50-59 50:35
234	Tony SAXBY	Phoenix Striders	263	40	83 M 40-49 50:36
235	Danielle Hughes	Pitsea RC	78	35	15 F 35-44 50:42
236	Darren Stoner	Thurrock Nomads	285	44	84 M 40-49 50:45
237	Kieran Gohel		758	30	56 M 21-39 50:46
238	Jordan Deadman		362	24	57 M 21-39 50:47
239	Clare Pavitt		790	35	16 F 35-44 50:49
240	Bruce Knowles	Havering '90 Joggers	73	42	85 M 40-49 50:57
241	Mark Armitage	Leigh on Sea Striders	291	48	86 M 40-49 51:00
242	Neil Cornelius	Hockley Trail Runners	384	45	87 M 40-49 51:03
243	Lynsey Cornwell	Havering '90 Joggers	575	39	17 F 35-44 51:06
244	david dixon	Havering '90 Joggers	381	56	37 M 50-59 51:06
245	Nick Wilkinson	Thorndon Park	747	63	14 M 60-69 51:08
246	Nicola Smith	Harlow RC	499	31	16 F 21-34 51:08
247	Terry Rayment	Flyers Southend	678	48	88 M 40-49 51:09
248	Johnny Lau	Leigh on Sea Striders	691	51	38 M 50-59 51:11
249	Adrian Turnnidge		359	45	89 M 40-49 51:17
250	Roxanne George	Leigh on Sea Striders	455	38	18 F 35-44 51:20
251	Mark Moughton	Springfield Striders RC	124	56	39 M 50-59 51:21
252	Stephen Gosnell		564	40	90 M 40-49 51:22
253	Kate Collins		472	40	19 F 35-44 51:23
254	Jill Wilson		164	48	16 F 45-54 51:23
255	Robert Mansfield	Thorndon Park	700	70	1 M 70-99 51:27
256	Lorraine White		306	50	17 F 45-54 51:28
257	Thomas Hickey		716	40	91 M 40-49 51:37
258	Daniel Tunbridge	Dengie 100 Runners	162	45	92 M 40-49 51:38
259	Mark Rawlinson	Tri Sport Epping	729	53	40 M 50-59 51:41
260	John Sigmund		260	54	41 M 50-59 51:42
261	Martin Hurst	Thrift Green Trotters	194	42	93 M 40-49 51:51
262	Lynsey Gray	Phoenix Striders	126	51	18 F 45-54 51:52
263	Nigel Barter		328	50	42 M 50-59 51:53
264	Eleanor Mole	Havering '90 Joggers	83	37	20 F 35-44 52:01
265	Linda Pyke		778	50	19 F 45-54 52:11
266	Paul Dixon		389	59	43 M 50-59 52:14
267	Christopher Goulding		51	37	58 M 21-39 52:16
268	Daniel Tovey		462	38	59 M 21-39 52:19
269	Joanne Cole		680	39	21 F 35-44 52:21
270	paul darby		724	52	44 M 50-59 52:23
271	Debbie Barry	Harlow RC	210	56	1 F 55-64 52:26
272	Natasha Clay		370	40	22 F 35-44 52:38
273	Victoria Wadley-Smith	Rochford Running Club	123	24	17 F 21-34 52:49
274	Eleanor Carmichael	Leigh on Sea Striders	407	37	23 F 35-44 52:53
275	Tim Ketterer	Leigh on Sea Striders	404	52	45 M 50-59 52:58
276	Maureen Wilson		403	52	20 F 45-54 52:59
277	David Mackay		224	49	94 M 40-49 53:00
278	Jen Bull	Kingswood Running Club	769	31	18 F 21-34 53:02
279	Andrew Walker-Green		65	33	60 M 21-39 53:07
280	Graham Bennett		424	52	46 M 50-59 53:09
281	Joanne Day	Thrift Green Trotters	415	54	21 F 45-54 53:11
282	Jo-Anne Hall	Leigh on Sea Striders	402	44	24 F 35-44 53:12
283	Emma Courtney		619	39	25 F 35-44 53:12
284	Helen Taylor		143	51	22 F 45-54 53:19

285	John Scarfe		151	63	15 M 60-69 53:21
286	Cheryl Macdonald	Pitsea RC	567	58	2 F 55-64 53:22
287	Ann Gibbs		57	56	3 F 55-64 53:22
288	Mark Smith	Grange Farm & Dunmow Runners	552	49	95 M 40-49 53:23
289	David Ward	Leigh on Sea Striders	447	56	47 M 50-59 53:27
290	Sascha Klamp		604	42	96 M 40-49 53:29
291	Russ Johnson		458	45	97 M 40-49 53:29
292	Ann Robinson		427	47	23 F 45-54 53:30
293	Rebecca Hyatt		661	37	26 F 35-44 53:31
294	Nina Silvio-Crowder		122	36	27 F 35-44 53:33
295	Margaret Cowell		350	51	24 F 45-54 53:35
296	Vanessa Cairns		182	33	19 F 21-34 53:35
297	Sara Hartland	Reds	735	33	20 F 21-34 53:36
298	Matt Dutton		722	40	98 M 40-49 53:37
299	Paul Carter		21	47	99 M 40-49 53:40
300	Sophia Hills		520	39	28 F 35-44 53:42
301	Allison Tynan	Leigh on Sea Striders	537	50	25 F 45-54 53:45
302	Ian Shires		739	39	61 M 21-39 53:48
303	Shelley Dann		560	36	62 M 21-39 53:53
304	Martin Whitehead	Dengie 100 Runners	584	46	100 M 40-49 54:02
305	Nicki Benham	Flyers Southend	387	50	26 F 45-54 54:07
306	Richard Essl	Tri Sport Epping	569	49	101 M 40-49 54:09
307	Mike Small		234	36	63 M 21-39 54:15
308	Ross Silverton	Witham RC	167	68	16 M 60-69 54:20
309	Emma Holmes		651	44	29 F 35-44 54:23
310	Chris Phillips		148	35	64 M 21-39 54:27
311	Christopher Eates	Phoenix Striders	693	36	65 M 21-39 54:28
312	Janet Simpson	Phoenix Striders	695	69	1 F 65-99 54:30
313	Gary Walsh	Leigh on Sea Striders	450	58	48 M 50-59 54:30
314	Wally James	Leigh on Sea Striders	487	45	102 M 40-49 54:31
315	David Townsend		717	47	103 M 40-49 54:33
316	Henrietta Butcher	Grange Farm & Dunmow Runners	468	45	27 F 45-54 54:36
317	Catherine Walker-Green		64	30	21 F 21-34 54:39
318	Stephen Sheekey	Havering '90 Joggers	357	56	49 M 50-59 54:40
319	Amanda Keasley	Havering '90 Joggers	121	50	28 F 45-54 54:41
320	Michelle Smith	Weald Park Warriors	671	48	29 F 45-54 54:42
321	Jane Evans	Harlow RC	267	52	30 F 45-54 54:43
322	Zoe Storrar	Leigh on Sea Striders	196	37	30 F 35-44 54:50
323	John Wilkinson	Phoenix Striders	125	55	50 M 50-59 54:57
324	Clare Lynch		378	38	31 F 35-44 55:00
325	John Murphy		229	62	17 M 60-69 55:04
326	Lucy Hill		133	25	22 F 21-34 55:06
327	Helen Williams	Pitsea RC	736	61	4 F 55-64 55:07
328	Benjamin Gordon		248	18	2 M 0-20 55:08
329	Andy Appleby	Flyers Southend	667	40	104 M 40-49 55:09
330	Keith Dawson		613	40	105 M 40-49 55:12
331	Matthew DeGrove		466	46	106 M 40-49 55:21
332	Chris Harding	Tiptree Road Runners	712	33	66 M 21-39 55:28
333	Ron Dobie	Havering '90 Joggers	788	57	51 M 50-59 55:32
334	Chris Groves	Barking Road Runners	562	51	52 M 50-59 55:39
335	Nicola Ann Mich Maslen	Phoenix Striders	274	49	31 F 45-54 55:44
336	Richard Sains		235	36	67 M 21-39 55:46
337	Ann reed	Benfleet RC	30	47	32 F 45-54 55:51
338	John McAvoy		268	75	2 M 70-99 55:52
339	Jennifer Turk	Springfield Striders RC	707	25	23 F 21-34 55:55
340	Douglas Ovens		492	57	53 M 50-59 56:00
341	julia galea	Ilford AC	656	62	5 F 55-64 56:01
342	Adam Adshead		98	53	54 M 50-59 56:02

343	David Harlock		493	57	55 M 50-59 56:04
344	Richard Farmer		351	43	107 M 40-49 56:07
345	Emerson Gorham	Team Slug	119	44	108 M 40-49 56:08
346	Kevin Brushett		102	60	18 M 60-69 56:08
347	Gina Gordon-Harris	East Essex Triathlon Club	247	46	33 F 45-54 56:15
348	Alison Peace	Tiptree Road Runners	201	42	109 M 40-49 56:17
349	Matthew Rayner	UKRunChat Running Club	25	41	110 M 40-49 56:22
350	Lindsey Visagie	Tiptree Road Runners	506	35	32 F 35-44 56:25
351	Iloyd jensen	Up Joggers	600	45	111 M 40-49 56:25
352	Jan Grover	Flyers Southend	355	63	6 F 55-64 56:28
353	Stacey Harmer	Thrift Green Trotters	295	43	33 F 35-44 56:37
354	Hannah Dutton		169	25	24 F 21-34 56:39
355	Louise Smart		174	47	34 F 45-54 56:40
356	Sarah Jennings		611	42	34 F 35-44 56:41
357	Peter Ducie	Springfield Striders RC	669	68	19 M 60-69 56:49
358	Richard Rokoszynski		335	47	112 M 40-49 56:53
359	Suzy Smith	Weald Park Warriors	715	43	35 F 35-44 56:56
360	Peter Eates	Phoenix Striders	692	63	20 M 60-69 56:57
361	Catherine Patterson	Leigh on Sea Striders	409	46	35 F 45-54 56:59
362	Charlotte Mowbrey		521	42	36 F 35-44 56:59
363	Liz May	Kingswood Running Club	394	40	37 F 35-44 57:00
364	Maria Bartlett	Barking Road Runners	734	41	38 F 35-44 57:00
365	justine Starkey	Kingswood Running Club	561	47	36 F 45-54 57:00
366	Gillian Harrison	Pitsea RC	737	61	7 F 55-64 57:02
367	Louise Farrell		91	41	39 F 35-44 57:06
368	Leilah McClay	Leigh on Sea Striders	791	37	40 F 35-44 57:09
369	Alan Sambridge		96	59	56 M 50-59 57:11
370	Theresa Philips	Leigh on Sea Striders	406	49	37 F 45-54 57:11
371	Mark Pearce		631	49	113 M 40-49 57:11
372	Tina Victory	Castle Point Joggers	283	50	38 F 45-54 57:15
373	Megan Gerrish		179	33	25 F 21-34 57:18
374	Sally Bell	Flyers Southend	280	36	41 F 35-44 57:20
375	Sara Omer	Pitsea RC	39	48	39 F 45-54 57:21
376	Steve Baker		101	56	57 M 50-59 57:24
377	Alison Fryatt	Barking Road Runners	484	52	40 F 45-54 57:26
378	Katie Lander		698	35	42 F 35-44 57:32
379	Tonya Rogers		178	44	43 F 35-44 57:36
380	Katy Sodeau	RunFit Essex	245	53	41 F 45-54 57:39
381	Jeffrey Martin		259	63	21 M 60-69 57:40
382	Andrew Carter		606	36	68 M 21-39 57:42
383	Elizabeth Cox	Phoenix Striders	145	36	44 F 35-44 57:44
384	joanne jones		238	48	42 F 45-54 57:48
385	Paul Booth		239	51	58 M 50-59 57:48
386	Luke Powell	Rochford Running Club	323	35	69 M 21-39 57:52
387	Brian Slade	Havering '90 Joggers	17	71	3 M 70-99 57:53
388	Sally Rothwell	Flyers Southend	770	44	45 F 35-44 57:54
389	Sarah McArthur		279	41	46 F 35-44 57:56
390	Neil Pamplin		597	50	59 M 50-59 57:56
391	Paul Norris		500	58	60 M 50-59 57:59
392	Ann Norris		501	60	8 F 55-64 57:59
393	Julia Bacon	Witham RC	777	48	43 F 45-54 58:09
394	Mervyn Bronze		745	59	61 M 50-59 58:11
395	Grace Reeman	Phoenix Striders	713	30	26 F 21-34 58:11
396	Edward Elliott		185	59	62 M 50-59 58:12
397	Kelly Rayner	Thrift Green Trotters	290	40	47 F 35-44 58:19
398	Anthony Oliveri		213	34	70 M 21-39 58:22
399	Stephen Brame	Springfield Striders RC	779	47	114 M 40-49 58:24
400	Kim Vinicombe	Phoenix Striders	460	60	22 M 60-69 58:28

401	Claire Simpson		412	41	48 F 35-44 58:29
402	Joanna Clark	Chelmer road runners	657	40	49 F 35-44 58:40
403	John Victory		208	72	4 M 70-99 58:40
404	Sarah Goodwin	Springfield Striders RC	785	52	44 F 45-54 58:45
405	Geri Lazell		776	49	45 F 45-54 58:48
406	Claire Tuffin	Women's Running E14	311	42	50 F 35-44 58:48
407	Claire Downham	Leigh on Sea Striders	417	51	46 F 45-54 58:51
408	Lorraine Stewart		580	46	47 F 45-54 58:52
409	Natasha McHugh	Thrift Green Trotters	659	31	27 F 21-34 58:54
410	David Crest		497	43	115 M 40-49 58:55
411	Shaun Dodds		324	46	116 M 40-49 58:56
412	Sue Allen		410	39	51 F 35-44 58:58
413	Colin St. Helien		230	55	63 M 50-59 59:08
414	Laura Kelly	Havering '90 Joggers	109	48	48 F 45-54 59:08
415	Ian Caldwell	Benfleet RC	27	41	117 M 40-49 59:09
416	Paul Nichols		554	41	118 M 40-49 59:10
417	Vicki Groves	Barking Road Runners	563	49	49 F 45-54 59:13
418	Paul King	Springfield Striders RC	789	45	119 M 40-49 59:15
419	Andrew Black		541	71	5 M 70-99 59:16
420	Claire Panther	Hockley Trail Runners	731	42	52 F 35-44 59:24
421	Bruce Gander	East Essex Triathlon Club	272	53	64 M 50-59 59:25
422	Bernard Savage	Havering '90 Joggers	590	64	23 M 60-69 59:29
423	Launa Broadley	Ilford AC	748	50	50 F 45-54 59:36
424	Heather Impey	Phoenix Striders	601	44	53 F 35-44 59:39
425	Elaine Cory		334	39	54 F 35-44 59:40
426	Emma Brend		216	37	55 F 35-44 59:42
427	Nerys Ayles		202	39	56 F 35-44 59:42
428	Jo Oldham		18	37	57 F 35-44 59:45
429	Kaytie James		11	39	58 F 35-44 59:45
430	Diane Shellito	East Essex Triathlon Club	645	51	51 F 45-54 59:47
431	Daniel Tudor	Havering '90 Joggers	647	46	120 M 40-49 59:50
432	Sabrina Faris	Essex bootcamp	139	34	28 F 21-34 59:55
433	Lorraine Carroll	Thrift Green Trotters	255	46	52 F 45-54 59:56
434	Nichola Johnson	LKB Fitness	783	37	59 F 35-44 1:00:08
435	Laura Bannister		679	33	29 F 21-34 1:00:08
436	Glenda Jackson	Grange Farm & Dunmow Runners	13	57	9 F 55-64 1:00:12
437	Kerrie Smith		763	42	60 F 35-44 1:00:14
438	Martina Byrne	Witham RC	401	51	53 F 45-54 1:00:18
439	Alison Smith		540	38	61 F 35-44 1:00:18
440	Michelle Undrill		23	45	54 F 45-54 1:00:22
441	Heidi Earp		581	41	62 F 35-44 1:00:23
442	Michaela Carter		20	44	63 F 35-44 1:00:25
443	Geri Danby	Weald Park Warriors	282	41	64 F 35-44 1:00:27
444	Michelle Utz		761	36	65 F 35-44 1:00:28
445	Melanie Green	Havering '90 Joggers	24	44	66 F 35-44 1:00:28
446	Vikki Vincent		624	43	67 F 35-44 1:00:28
447	Caroline Essl		571	48	55 F 45-54 1:00:34
448	Robert Cairns		183	33	71 M 21-34 1:00:38
449	Zoey McCarthy		754	41	68 F 35-44 1:00:38
450	Ian McCarthy		755	42	121 M 40-49 1:00:38
451	Georgina McMasters	Leigh on Sea Striders	250	43	69 F 35-44 1:00:40
452	David Hayday		68	54	65 M 50-59 1:00:47
453	Carol Green		741	55	10 F 55-64 1:00:53
454	George Hanmore		331	70	6 M 70-99 1:00:53
455	Lizzie Scott		343	26	30 F 21-34 1:00:55
456	Clare Farrow		316	41	70 F 35-44 1:00:55
457	Christine Wager	Witham RC	633	33	31 F 21-34 1:00:57
458	Peter Tremble		315	48	122 M 40-49 1:01:09

459	Nicola Scarfe		287	35	71 F 35-44 1:01:13
460	Emily de Orfe	Dengie 100 Runners	163	44	72 F 35-44 1:01:14
461	Adam Wollard		288	42	123 M 40-4 1:01:14
462	Carol Nelson	Havering '90 Joggers	207	60	11 F 55-64 1:01:18
463	Terry Harding		494	67	24 M 60-69 1:01:20
464	Maggie Campbell-Freemar	Flyers Southend	297	58	12 F 55-64 1:01:21
465	Louise Pollock	Havering '90 Joggers	421	37	73 F 35-44 1:01:25
466	Daniel Ryan	Rayleigh Rat Runners	781	30	72 M 21-39 1:01:25
467	Natasha Mansouri	Ilford AC	795	34	32 F 21-34 1:01:48
468	Vicki Tracy	Flyers Southend	558	38	74 F 35-44 1:01:54
469	Carly MacTaggart	LKB Fitness	798	32	33 F 21-34 1:01:56
470	Trish Groves	Havering '90 Joggers	47	59	13 F 55-64 1:02:00
471	Jason Mowbrey		522	43	124 M 40-4 1:02:04
472	Hayley Stubbs		673	29	34 F 21-34 1:02:06
473	Camille Witcher	Havering '90 Joggers	614	39	75 F 35-44 1:02:13
474	Jo Adshead		99	54	56 F 45-54 1:02:22
475	Melissa Richards		585	46	57 F 45-54 1:02:40
476	Alison Bryan		578	46	58 F 45-54 1:02:40
477	Tina Dixon		762	57	14 F 55-64 1:02:54
478	Helen Iles		31	31	35 F 21-34 1:02:55
479	Pamela Levy		616	46	59 F 45-54 1:03:01
480	Nina Russell		622	46	60 F 45-54 1:03:01
481	Abbey Richardson		752	41	76 F 35-44 1:03:04
482	Eleanor Chaplin		649	35	77 F 35-44 1:03:04
483	Samantha Roome		203	40	78 F 35-44 1:03:08
484	Naomi White	LKB Fitness	774	35	79 F 35-44 1:03:08
485	Richard Duane	East Essex Triathlon Club	390	63	25 M 60-69 1:03:09
486	Tim Cunningham		796	43	125 M 40-4 1:03:20
487	Izzie Barclay		728	15	3 F 0-20 1:03:35
488	Mandy Lovewell		773	43	80 F 35-44 1:03:36
489	April Barclay		727	48	61 F 45-54 1:03:37
490	Kresh Veerasamy	Barking Road Runners	608	41	126 M 40-4 1:03:42
491	Lorna Jones		87	41	81 F 35-44 1:03:48
492	Lisa Gaskin	Havering '90 Joggers	42	49	62 F 45-54 1:03:53
493	Debbie Jones	Havering '90 Joggers	197	46	63 F 45-54 1:03:57
494	Charlotte Williams		449	15	4 F 0-20 1:04:02
495	Mark Williams		448	44	127 M 40-4 1:04:02
496	Samantha Perry	Flyers Southend	681	46	64 F 45-54 1:04:06
497	Andrea Hill		276	48	65 F 45-54 1:04:12
498	Linda Day		330	48	66 F 45-54 1:04:12
499	Elaine Richardson	Havering '90 Joggers	71	63	15 F 55-64 1:04:18
500	Jo Wilks		130	43	82 F 35-44 1:04:18
501	Karen Liesching-Schroder	Flyers Southend	257	45	67 F 45-54 1:04:19
502	Keith Passingham	Flyers Southend	256	65	26 M 60-69 1:04:20
503	Ann Coldicott		117	50	68 F 45-54 1:04:23
504	Melanie Rayment	Flyers Southend	677	45	69 F 45-54 1:04:30
505	Rosalind McKenna	Grange Farm & Dunmow Runners	132	30	36 F 21-34 1:04:37
506	Chris Thomas		48	40	128 M 40-4 1:04:38
507	Lee Evans		799	52	66 M 50-59 1:04:42
508	Laura Burns		696	37	83 F 35-44 1:04:45
509	Marie Swansen		751	24	37 F 21-34 1:05:01
510	Vikki Sunnucks	Thrift Green Trotters	354	46	70 F 45-54 1:05:08
511	Stephanie Pamplin		598	51	71 F 45-54 1:05:11
512	Jodie Sharp	Rochford Running Club	321	32	38 F 21-34 1:05:13
513	Ayo Drew-Smith		570	34	39 F 21-34 1:05:14
514	Sharley Smith		527	30	40 F 21-34 1:05:17
515	Rachel Varnam		128	25	41 F 21-34 1:05:21
516	Sarah Mouldsdale		510	44	84 F 35-44 1:05:22

517	Paul Birdsall	Congleton Harriers	111	44	129 M 40-4	1:05:38
518	Katie Keating		80	41	85 F 35-44	1:05:40
519	Cate Gordon Green	Thrift Green Trotters	607	46	72 F 45-54	1:05:47
520	Bunmi Ogunlesi	Chafford Hundred Running Group	782	50	73 F 45-54	1:05:50
521	Deborah Parsons		639	45	74 F 45-54	1:06:02
522	Laura Cain		757	31	42 F 21-34	1:06:02
523	Sarah Foster		192	23	43 F 21-34	1:06:07
524	Andrew Grix	Havering '90 Joggers	4	56	67 M 50-59	1:06:10
525	Amy Daniels		596	45	75 F 45-54	1:06:12
526	JENNIFER BIRCH	Barking Road Runners	90	38	86 F 35-44	1:06:18
527	Sally Solomon	Felixstowe RRC	535	50	76 F 45-54	1:06:19
528	Melanie Morrell	LKB Fitness	682	37	87 F 35-44	1:06:29
529	Kelly Eames	LKB Fitness	676	38	88 F 35-44	1:06:30
530	Emily Webster		599	33	44 F 21-34	1:07:16
531	Alison Applin		300	66	2 F 65-99	1:07:28
532	Lorna Mess	Thrift Green Trotters	187	41	89 F 35-44	1:07:35
533	Laura Sherman	Havering '90 Joggers	7	31	45 F 21-34	1:08:06
534	Anjelika Klamp		605	42	90 F 35-44	1:08:08
535	Pam Jones	Ilford AC	793	81	3 F 65-99	1:08:12
536	peter davies		376	44	130 M 40-4	1:08:13
537	julie taylor		375	37	91 F 35-44	1:08:13
538	Nicola Harvey		623	42	92 F 35-44	1:08:16
539	Hillary Curtis	Witham RC	644	55	16 F 55-64	1:08:29
540	Charlie Moore	Witham RC	636	45	77 F 45-54	1:08:29
541	Natalie Gorham	Phoenix Striders	154	35	93 F 35-44	1:08:35
542	Jane McNulty		302	47	78 F 45-54	1:08:40
543	Orla Burke	LKB Fitness	775	40	94 F 35-44	1:08:40
544	Claire Gibberly	LKB Fitness	797	36	95 F 35-44	1:08:41
545	Sharon wilkinson	Phoenix Striders	176	49	79 F 45-54	1:09:09
546	Carole Vinicombe	Phoenix Striders	459	56	17 F 55-64	1:09:10
547	Peter Freeman		298	61	27 M 60-69	1:09:24
548	Ken Summerfield	Barking Road Runners	477	51	68 M 50-59	1:09:44
549	Nadine Langham	Kingswood Running Club	364	35	96 F 35-44	1:09:53
550	Tina Leung	Thrift Green Trotters	441	68	4 F 65-99	1:10:13
551	Vikki Pound-Firth		265	35	97 F 35-44	1:10:15
552	Debbie Docherty	Flyers Southend	353	62	18 F 55-64	1:10:21
553	Lisa Jardim		505	44	98 F 35-44	1:10:24
554	Charlotte Brock		110	39	99 F 35-44	1:10:43
555	Jane Evans		37	55	19 F 55-64	1:10:51
556	Rebecca Fairweather		587	41	100 F 35-4	1:10:52
557	Nina Yates		303	36	101 F 35-4	1:11:25
558	Steve Harris		304	42	131 M 40-4	1:11:27
559	Jane Foster	Havering '90 Joggers	193	51	80 F 45-54	1:11:38
560	Rhianon Hayward		704	44	102 F 35-4	1:11:55
561	Maria Brill	Havering '90 Joggers	29	61	20 F 55-64	1:12:06
562	Natalie Hatiris		688	43	103 F 35-4	1:12:12
563	Emma Tudor	Havering '90 Joggers	648	41	104 F 35-4	1:12:32
564	Mark Day		792	46	132 M 40-4	1:12:34
565	Angela Cowell	Flyers Southend	706	45	81 F 45-54	1:12:34
566	Caroline Connor		595	41	105 F 35-4	1:13:02
567	Shameem Ahmed	Havering '90 Joggers	787	50	82 F 45-54	1:13:05
568	Josy Hughes	Havering '90 Joggers	70	55	21 F 55-64	1:13:55
569	Lisa Martindale	Havering '90 Joggers	730	49	83 F 45-54	1:13:55
570	Joanne Stuart		452	51	84 F 45-54	1:14:17
571	Jacky Halls	Flyers Southend	345	53	85 F 45-54	1:14:59
572	Unknown Unknown		90006	0	3 M 0-20	1:14:59
573	Debbie Wood	Flyers Southend	152	53	86 F 45-54	1:14:59
574	Sharon Maker	Flyers Southend	690	53	87 F 45-54	1:15:18

575	raymond shaw	Havering '90 Joggers	137	74	7 M 70-99 1:15:31
576	Andrea Wright	Havering '90 Joggers	63	42	106 F 35-4 1:15:37
577	Susan Bannocks	Phoenix Striders	701	58	22 F 55-64 1:15:54
578	Val Taylor	Flyers Southend	317	73	5 F 65-99 1:16:49
579	Natalie Farrell		710	31	46 F 21-34 1:17:00
580	Lauren Dadds		426	37	107 F 35-4 1:17:01
581	Susan Hughes	Phoenix Striders	79	52	88 F 45-54 1:17:40
582	Daniel Noonan	Havering '90 Joggers	326	49	133 M 40-4 1:19:02
583	Gizella Simpson-Hayes	Flyers Southend	418	38	108 F 35-4 1:19:50
584	Katie Kent		529	44	109 F 35-4 1:19:59
585	Linda Coombe	Flyers Southend	670	41	110 F 35-4 1:20:06
586	Rowena Booth		392	29	47 F 21-34 1:25:51
587	Lucy Bessant		396	35	111 F 35-4 1:27:57
588	dennis jones	Pitsea RC	92	68	28 M 60-69 1:27:57
589	Sandra Stamp	Flyers Southend	683	51	89 F 45-54 1:28:05