

Position	Race_Number	Time	Name	Category	Club/Team
1	167	01:34:06	KENDALL, Danny	Senior Men	Cambridge Harriers
2	139	01:36:51	CAMMACK, Tom	Senior Men	Springfield Striders
3	278	01:37:42	BURGOYNE, Chris	Senior Men	Springfield Striders
4	663	01:38:38	SMALLS, Allen	M40	Colchester Harriers
5	700	01:38:48	BLOOMFIELD, Crispian	Senior Men	Billericay Striders
6	66	01:39:04	REYNOLDS, Paul	Senior Men	
7	135	01:39:22	ALLEN, Gavin	Senior Men	Springfield Striders
8	193	01:40:09	COX, Robbie	Senior Men	Woodford Green
9	409	01:40:34	RICHARDSON, Andrew	M40	Sleaford Striders
10	189	01:40:51	NEUGEBAUER, James	Senior Men	Springfield Striders
11	377	01:41:22	CHANDLER, Gary	M40	Springfield Striders
12	22	01:41:39	NEWTON, Mark	Senior Men	Springfield Striders
13	102	01:42:26	SPICER, Neil	Senior Men	Leigh-on-Sea Striders
14	680	01:43:08	GROVER, Robert	Senior Men	
15	192	01:43:14	BROWNE, Samuel	Senior Men	East London Runners
16	174	01:43:32	SWINBURNE, Nigel	Senior Men	Dagenham 88
17	530	01:44:30	SAWARD, Matthew	M40	Thrift Green Trotters
18	34	01:44:39	MARSHALL, James	Senior Men	Thrift Green Trotters
19	59	01:44:54	SWAN, Kurtis	Senior Men	Billericay Striders
20	626	01:45:11	GRIMES, Thomas	Senior Men	East London Runners
21	385	01:45:25	FURNACE, Mark	M40	Ipswich Jaffa RC
22	153	01:45:27	CAME, Anthony	Senior Men	
23	314	01:45:42	PHILCOX, Stephen	M40	Ilford AC
24	29	01:45:53	WHITWELL, Luke	Senior Men	Felixstowe Road Runners Club
25	60	01:45:59	SMITH, Philip	Senior Men	Billericay Striders
26	138	01:46:12	ELLIS, Stewart	Senior Men	Halstead Road Runners
27	79	01:46:22	HUTSON, Andrew	Senior Men	Victoria Park & Tower Hamlets A
28	391	01:46:33	FARRER, Ty	M40	Southend Athletic Club
29	129	01:46:36	DOL, Eric	Senior Men	Herne Hill Harriers
30	673	01:46:41	SANDERSON, Robin	Senior Men	Herne Hill Harriers
31	70	01:46:43	BURROUGHES, Billie	Senior Men	Benfleet Running Club
32	433	01:47:04	DOBSON, Paul	M40	Springfield Striders
33	68	01:47:12	BOULTON, Mark	Senior Men	East London Runners
34	3	01:47:25	WANDASIEWICZ, Nelson	Senior Men	Thrift Green Trotters
35	164	01:47:52	CALDON, James	Senior Men	Ilkeston Running Club
36	309	01:48:23	COLE, Leo	M40	Witham Running Club
37	47	01:48:44	KEITCH, Charlie	Senior Men	Great Bentley Running Club
38	405	01:48:54	PARSONS, Garry	M40	London Frontrunners
39	169	01:49:00	SUETT, Paul	Senior Men	Dagenham 88
40	149	01:49:16	PEAT, Joseph	Senior Men	Ipswich Jaffa RC
41	1	01:49:26	BROCKBANK, Nikki	F35	Springfield Striders
42	325	01:49:38	COPAS, Nicholas	M40	Serpentine Running Club
43	290	01:49:47	GRITTON, Daniel	M40	Fetch Everyone
44	100	01:49:51	NEIGHBOUR, Joseph	Senior Men	Rochford Running Club
45	561	01:50:05	APPLETON, Debbie	F35	Havering & Mayesbrook AC
46	190	01:50:26	EWE, Patrik	Senior Men	Herne Hill Harriers
47	274	01:50:28	WILSON, James	Senior Men	East London Runners
48	162	01:50:34	PIXTON, Russell	Senior Men	
49	280	01:51:15	OAKLEY, Paul	M40	Horsham Joggers
50	147	01:51:49	PICKETT, Matthew	Senior Men	East Essex Triathlon Club
51	101	01:52:05	KNIGHT, Nick	Senior Men	Thrift Green Trotters
52	660	01:52:06	BRINKMANN, Nicky	F35	St Edmund Pacers
53	99	01:52:10	BARRETT, Peter	Senior Men	Thrift Green Trotters
54	128	01:52:20	BARBER, Kelvin	Senior Men	Herne Hill Harriers
55	173	01:52:52	ROBERSON, Paul	Senior Men	Reading Roadrunners
56	664	01:53:02	CRISPIN, Jason	Senior Men	Havering & Mayesbrook AC
57	337	01:53:07	BOWRING, Simon	M40	Springfield Striders
58	141	01:53:09	FICKEN, Benjamin	Senior Men	Great Bentley Running Club
59	54	01:53:25	RICHARDSON, Adam	Senior Men	Tiptree Road Runners
60	432	01:53:35	BURNS, James	M40	Leigh-on-Sea Striders
61	199	01:53:55	HASKEY-JONES, James	M40	Tiptree Road Runners
62	345	01:54:00	LASHMAR, Simon	M40	Billericay Striders

63	294	01:54:05	EARLE, Steve	M40	
64	172	01:54:08	SMALLEY, Kev	Senior Men	
65	146	01:54:16	MANBY, Chris	Senior Men	Colchester Harriers
66	63	01:54:25	MCCARTHY, Barney	Senior Men	Thrift Green Trotters
67	446	01:54:57	MORRIS, Garth	M50	Ware Joggers
68	170	01:55:10	NEWTON, Paul	Senior Men	
69	554	01:55:19	BARRETT, Damian	M40	Springfield Striders
70	634	01:55:24	WITMORE, Chris	Senior Men	
71	176	01:55:31	FRANCIS, Daren	Senior Men	Thrift Green Trotters
72	136	01:55:40	POTTS, Mark	Senior Men	
73	523	01:55:41	CARTER, Victoria	F35	Serpentine Running Club
74	158	01:55:46	BILLIS, Matt	Senior Men	Saffron Striders
75	175	01:56:02	WHITMARSH, Daniel	Senior Men	
76	72	01:56:10	DOIG, Andrew	Senior Men	Pitsea Running Club
77	239	01:56:30	BROWN, Bradley	M40	Ilford AC
78	271	01:56:41	HENRY, Amanda	F35	Colchester Harriers
79	295	01:57:05	CALCUTT, Lewis	M40	Tri-Sport Epping
80	131	01:57:05	WALKER, Bobby	Senior Men	Cambridge Harriers
81	487	01:57:13	HUGHES, Steven	M50	Stowmarket Striders
82	293	01:57:23	BOWLES, Peter	M40	Serpentine Running Club
83	362	01:57:47	CAMPION, James	M40	Southend Athletic Club
84	245	01:58:05	MONTE, Alan	M40	Southend Athletic Club
85	132	01:58:07	COEN, Thomas	Senior Men	Springfield Striders
86	339	01:58:13	HYDE, Tony	M40	Ilford AC
87	177	01:58:22	EWIN, Alexander	Senior Men	
88	528	01:58:23	SHEWBRIDGE, Laura	Senior Ladies	Colchester Harriers
89	286	01:58:40	MARSHALL, Kevin	M40	Grange Farm & Dunmow Runners
90	341	01:58:46	HONEYWOOD, Philip	M40	
91	656	01:58:54	STUKAS, Paul	M50	Springfield Striders
92	133	01:58:56	DAWSON, Craig	Senior Men	Tiptree Road Runners
93	130	01:59:25	COOK, Andrew	Senior Men	Summertrust Athletic
94	197	01:59:30	BENNETT, Richard	Senior Men	
95	92	01:59:40	HUNTER, Joe	Senior Men	
96	236	01:59:53	BARNES, Colin	M40	Leigh-on-Sea Striders
97	424	01:59:54	SPICELEY, Paul	M40	
98	662	02:00:02	DANDO, Toby	M40	Leigh-on-Sea Striders
99	368	02:00:04	MORGAN, Simon	M40	Tiptree Road Runners
100	316	02:00:06	BLACKMAN, Robert	M40	
101	346	02:00:11	MARLOW, Neal	M40	Leigh-on-Sea Striders
102	532	02:00:24	NIBLOCK, Alan	M40	Petts Wood Runners
103	184	02:00:55	ROBERTS, James	Senior Men	Ilford AC
104	38	02:00:59	WELLER, Daniel	Senior Men	
105	9	02:01:02	CATLIN, Marcus	Senior Men	Ipswich Jaffa RC
106	381	02:01:04	BARTLETT, Dervish	M40	Barking Road Runners
107	87	02:01:16	HOLLANDS, Robert	Senior Men	Dulwich Runners AC
108	355	02:01:22	FOWLER, Tom	M40	Great Bentley Running Club
109	106	02:01:28	KARAISKOS, Peter	Senior Men	Leigh-on-Sea Striders
110	524	02:01:42	HALLS, Fiona	F35	Saffron Striders
111	335	02:02:08	SHUTTLEWOOD, Steve	M40	East Essex Triathlon Club
112	649	02:02:08	LANGLEY, Bob	M50	Halstead Road Runners
113	531	02:02:09	FRANKENBERG, Elisabet	F35	Leigh-on-Sea Striders
114	415	02:02:15	BONHAM, Richard	M40	Castlepoint Joggers
115	137	02:02:26	RUNHAM, James	Senior Men	
116	425	02:02:30	CONWAY, Andrew	M40	Tiptree Road Runners
117	675	02:02:33	WATSON, Jacqui	F35	Benfleet Running Club
118	83	02:02:37	TAYLOR, Jamie	Senior Men	
119	272	02:02:50	BILLINGTON, Steve	M50	Larkfield AC
120	242	02:03:24	WOLLASTON, Lee	M40	East London Runners
121	315	02:03:28	BROOKS, Mark	M40	Tri-Sport
122	108	02:03:31	COWELL, Craig	Senior Men	
123	50	02:03:37	HARDY, Alex	Senior Men	
124	285	02:03:39	ENGLAND, Martin	M40	
125	90	02:03:48	GARDNER, Wayne	Senior Men	Stowmarket Striders

126	371	02:03:54	COOK, Rob	M40	
127	43	02:04:16	OGLESBY, Andrew	Senior Men	
128	384	02:04:18	DRAKE, Jon	M40	Larkfield AC
129	111	02:04:21	ADAMS, John	Senior Men	Ipswich Jaffa RC
130	403	02:04:39	DELLAR, Paul	M40	Tiptree Road Runners
131	237	02:04:45	BREYER, Russel	M50	Ipswich Jaffa RC
132	448	02:04:57	BURNS, Robert	M50	Leigh-on-Sea Striders
133	431	02:05:00	COOK, Jerry	M40	Shepshed Running Club
134	434	02:05:03	ALLSOP, Matthew	M40	
135	241	02:05:09	JEFFREY, Steve	M40	Petts Wood Runners
136	215	02:05:23	CHESHER, Susie	Senior Ladies	
137	160	02:05:26	AL-DHAHIR, Haitham	Senior Men	
138	33	02:05:35	HORNSEY, Barry	Senior Men	
139	650	02:05:36	GREENLAND, Richard	Senior Men	
140	464	02:05:39	WIND, Kevan	M50	Pitsea Running Club
141	556	02:05:40	SAMUELSON, Katie	F35	Cambridge & Coleridge AC
142	421	02:05:46	COULSON, Myles	M40	Braintree & District AC
143	343	02:05:50	LATTER, Darren	M40	Rochford Running Club
144	93	02:05:57	BRETT, Stuart	Senior Men	
145	596	02:06:00	DEMPSEY, Martin	M50	Leigh-on-Sea Striders
146	299	02:06:14	THORNTON, Keith	M40	Thrift Green Trotters
147	389	02:06:16	COSTER, Steve	M40	
148	303	02:06:28	BARTHOLOMEUSZ, Chris	M40	East Essex Triathlon Club
149	260	02:06:34	WARWICK, Stuart	M40	Grange Farm & Dunmow Runners
150	513	02:06:42	JENKINSON, Anne	F35	Southend Athletic Club
151	678	02:06:52	WHITMARSH, Kristian	Senior Men	
152	123	02:07:12	HORRITT, Ian	Senior Men	Reading Roadrunners
153	134	02:07:18	TURNER, Andrew	Senior Men	Ipswich Jaffa RC
154	447	02:07:30	BROWN, Stephen	M50	Cambridge Harriers
155	179	02:07:30	MERCHANT, James	Senior Men	
156	178	02:07:30	NEWBURY, Sean	Senior Men	
157	323	02:07:33	TURNER, Christian	M40	Petts Wood Runners
158	124	02:07:43	CONE, Elliott	Senior Men	Flyers Southend
159	416	02:07:54	GILLMAN, Darren	M40	Cambridge & Coleridge AC
160	412	02:08:00	MARKWELL, Nick	M40	
161	472	02:08:08	HOOLEY, Thomas	M50	Canterbury Harriers
162	501	02:08:09	FANCETT, Kenneth	M60	Beckenham Running Club
163	145	02:08:14	BURKETT, Luke	Senior Men	Leigh-on-Sea Striders
164	410	02:08:27	CHANDLER, David	M40	
165	42	02:08:28	LYCETT, Ralph	Senior Men	
166	668	02:08:35	JONES, Colin	M40	Barking Road Runners
167	10	02:08:41	EDGINGS, Sam	Senior Men	East Essex Triathlon Club
168	667	02:08:46	KUDELA, Adrian	Senior Men	
169	670	02:08:49	BOOTY, John	M40	Great Bentley Running Club
170	641	02:08:59	SUAREZ, Frankie	Senior Men	
171	666	02:09:04	HIGGINS, Neil	Senior Men	
172	148	02:09:10	BALDWIN, David	Senior Men	East London Runners
173	49	02:09:16	MERRICK, Simon	Senior Men	Felixstowe Road Runners Club
174	419	02:09:32	FULCHER, Trevor	M40	Commando Runners
175	672	02:09:38	FICKEN, John	Senior Men	
176	671	02:10:33	HAYWORTH, Scott	M40	
177	632	02:10:45	ANDREWS, Philip	Senior Men	
178	23	02:10:47	HUERTAS, James	Senior Men	Grange Farm & Dunmow Runners
179	653	02:10:48	ANTHONY, Lloyd	Senior Men	
180	508	02:10:55	WHISTON, Arthur	M60	Colchester Harriers
181	658	02:10:56	BEECH, Rachel	F35	
182	659	02:10:56	BEECH, Craig	M40	
183	67	02:11:04	THORNTON, Alex	Senior Men	Flyers Southend
184	387	02:11:08	ASHMAN, Joe	M40	Havering 90 Joggers
185	521	02:11:12	KOSTYRKA-ALLCHORNE, Kasia	F35	Southend Athletic
186	414	02:11:14	MONTGOMERY, James	M40	Witham Running Club
187	642	02:11:36	WEBSTER, Jeff	Senior Men	Dagenham 88
188	408	02:11:49	WARD, Daniel	M40	Tri-Sport Epping

189	386	02:11:52	BROOKS, Ray	M40	East Essex Triathlon Club
190	217	02:12:03	BIRNIE, Kirsty	Senior Ladies	
191	277	02:12:09	HINSLEY, Paul	M50	Halstead Road Runners
192	485	02:12:15	BARBER, Nick	M50	Blackheath & Bromley H AC
193	476	02:12:17	MILNE, Chris	M50	East Essex Triathlon Club
194	187	02:12:22	SHAH, Ashwin	Senior Men	Grange Farm & Dunmow Runners
195	525	02:12:25	COOPER, Vicky	F35	Barking Road Runners
196	61	02:12:33	EVERY, Ben	Senior Men	Castlepoint Joggers
197	606	02:12:44	ROLERKITE, Lindsay	F45	Braintree & District AC
198	207	02:12:47	GORDON, Michelle	Senior Ladies	Felixstowe Road Runners Club
199	677	02:12:50	PERUSSICH, Marc	Senior Men	
200	76	02:12:52	RAY, Steve	Senior Men	Pitsea Running Club
201	420	02:12:54	LAWES, Mark	M40	Tiptree Road Runners
202	628	02:12:56	CHORLEY, Chris	M50	Bungay Black Dog Running Club
203	567	02:13:11	NEVILLE, Marita	F35	Leigh-on-Sea Striders
204	392	02:13:12	HOPKINS, Mike	M40	Castlepoint Joggers
205	121	02:13:13	FARR, Richard	Senior Men	Flyers Southend
206	367	02:13:15	FINCH, Jonathan	M40	
207	411	02:13:18	SALMON, Peter	M40	Dagenham 88
208	648	02:13:20	BUCHANAN, Jonathan	M50	
209	573	02:13:21	HARRINGTON, Tracy	F45	Tiptree Road Runners
210	203	02:13:24	PRIOR, Danny	M40	Springfield Striders
211	379	02:13:28	SALMON, Arran	M40	Leigh-on-Sea Striders
212	372	02:13:31	MCMASTERS, David	M40	
213	352	02:13:32	SHILLAKER, Mark	M40	Tiptree Road Runners
214	48	02:13:33	BURROUGHES, Roman	Senior Men	
215	360	02:13:35	BALLARD, Alan	M40	
216	74	02:13:51	CULLING, Barry	Senior Men	Barking Road Runners
217	191	02:14:08	WILKINS, Chris	Senior Men	Wilkins Training
218	459	02:14:09	MONK, Joe	M50	Barking Road Runners
219	267	02:14:13	MIDDLETON, Bill	M50	Petts Wood Runners
220	298	02:14:14	GRIBBON, Paul	M40	East Essex Triathlon Club
221	676	02:14:39	CORNWALL, Paul	Senior Men	Leigh-on-Sea Striders
222	669	02:14:41	JACKSON, Philip	Senior Men	Orpington Road Runners
223	583	02:14:52	CAMM, Jackie	F45	Leigh-on-Sea Striders
224	240	02:14:58	HUGHES, Andrea	Senior Ladies	Leigh-on-Sea Striders
225	475	02:14:58	MORRIS, John	M50	
226	418	02:15:04	HARRISON, Nigel	M40	Ipswich Jaffa RC
227	629	02:15:09	WADE, Rick	M40	Castlepoint Joggers
228	144	02:15:17	MACLEAN, Brendon	Senior Men	
229	348	02:15:24	RICHARDSON, Lloyd	M40	Flyers Southend
230	442	02:15:25	KELLY, Tony	M50	Orpington Road Runners
231	467	02:15:30	BOWNES, Kevin	M50	Tiptree Road Runners
232	46	02:15:42	GREENSLADE, Michael	Senior Men	
233	163	02:15:44	HATLEY, Peter	Senior Men	East London Runners
234	623	02:15:51	PAUL, Emerson	Senior Men	London Heathside
235	595	02:16:06	MULLINS, Evelyn	F45	Serpentine Running Club
236	45	02:16:26	WHAYMAND, Stephen	Senior Men	
237	30	02:16:32	COLE, Peter	Senior Men	
238	435	02:16:38	GARE, Mark	M40	Barking Road Runners
239	97	02:16:41	KNOETZE, Brendon	Senior Men	
240	545	02:16:45	FINCH, Katrina	F35	Tiptree Road Runners
241	230	02:16:53	PARKER, Claire	Senior Ladies	East London Runners
242	428	02:16:59	QUINN, Andrew	M40	
243	82	02:17:03	FAIRFULL, Jamie	Senior Men	Tiptree Road Runners
244	266	02:17:16	BOND, Stewart	Senior Men	Cambridge & Coleridge AC
245	283	02:17:23	MITCHELL, Jason	Senior Men	Flyers Southend
246	306	02:17:28	HARKNETT, Steve	M40	Nene Valley Harriers
247	188	02:17:34	LEWIS, Ian	Senior Men	
248	407	02:17:51	CUMMINS, Ian	M40	Dagenham 88
249	654	02:17:53	WERRETT, Lara	F35	Ranelagh Harriers
250	390	02:18:00	CLIFFORD, Andrew	M40	Thrift Green Trotters
251	263	02:18:07	LOVETT, Neill	M40	East Essex Triathlon Club

252	430	02:18:10	CONWAY, Grant	M40	East London Runners
253	494	02:18:12	CLARKE, Neville	M60	Newmarket Joggers
254	165	02:18:22	KING, Justin	Senior Men	Flyers Southend
255	398	02:18:27	POPHAM, Darren	M40	
256	569	02:18:29	EDWARDS, Christina	F35	Castlepoint Joggers
257	536	02:18:33	BURNS, Sarah	F35	East London Runners
258	19	02:18:41	SWEETMAN, Nick	Senior Men	
259	304	02:18:45	KEEBLE, Mark	M40	Leigh-on-Sea Striders
260	422	02:18:53	CREEDY, Chris	M40	Ipswich Jaffa RC
261	338	02:19:01	DAVEY, Adam	M40	
262	308	02:19:03	MITCHELL, Adam	M40	
263	8	02:19:25	HARLEY, Peter	M50	East Essex Triathlon Club
264	75	02:19:32	COOMBES, Andrew	Senior Men	Flyers Southend
265	359	02:19:38	GAITELY, Mark	M40	
266	104	02:19:44	CAMPBELL, Matthew	Senior Men	
267	235	02:19:46	AUSTIN, Charlie	Senior Ladies	
268	232	02:19:46	NICHOLLS, Abbey	Senior Ladies	Witham Running Club
269	351	02:19:52	MURPHY, Dean	M40	
270	115	02:20:06	BARNARD, Darren	Senior Men	
271	340	02:20:16	KERRISON, Paul	M40	Harwich Runners
272	638	02:20:28	WOLFF, Bernie	F35	
273	417	02:20:37	JACKSON, Simon	M40	Sleaford Striders
274	465	02:20:44	SPARKS, Paul	M50	Flyers Southend
275	479	02:20:47	ROBINSON, Glen	M50	Credit Suisse Athletics Network
276	376	02:20:42	NEWELL, Mark	M40	Veggie Fitties
277	646	02:20:54	SUMMERS, Darren	M40	Leigh-on-Sea Striders
278	313	02:21:21	PIGOTT, Richard	M40	
279	354	02:21:21	DAWBARN, Andy	M40	East Essex Triathlon Club
280	195	02:21:22	HEATHER, Paul	Senior Men	
281	470	02:21:40	HUGGINS, Chris	M50	Pitsea Running Club
282	450	02:21:42	GARBETT, Charles	M50	
283	307	02:21:55	GALVIN, Rob	M40	
284	196	02:22:04	LIVERMORE, Benjamin	Senior Men	
285	107	02:22:09	FITZGIBBON, Emmet	Senior Men	East London Runners
286	305	02:22:11	HUNTER, Bruce	M40	Muddy Mucky Monkeys
287	320	02:22:19	LEE, Ricky	M40	Billericay Striders
288	228	02:22:46	COLLINS, Kimberley	Senior Ladies	
289	321	02:22:52	RIDGEWELL, Tristan	M40	
290	455	02:23:07	MOON, Graeme	M50	Tiptree Road Runners
291	88	02:23:11	MACKAY, Steven	Senior Men	
292	25	02:23:12	HIGDON, Clive	M40	Springfield Striders
293	4	02:23:26	STRANKS, Paul	Senior Men	Rochford Running Club
294	558	02:23:30	WILLIAMS, Kirsty	F35	Springfield Striders
295	512	02:23:38	REDDY, Siobhan	F35	Serpentine Running Club
296	624	02:23:41	RYDER, Michelle	F35	Serpentine Running Club
297	17	02:23:45	FERNANDES, Andrew	Senior Men	
298	62	02:23:46	CLARK, Robin	Senior Men	
299	393	02:23:52	AVERY, Mark	M40	Ipswich Jaffa RC
300	52	02:24:02	TUCKER, Gareth	Senior Men	Barking Road Runners
301	7	02:24:03	HIWA, A	Senior Men	Leigh-on-Sea Striders
302	85	02:24:11	GUTHRIE, Tony	Senior Men	
303	480	02:24:38	BARTRAM, Ian	M50	Castlepoint Joggers
304	397	02:24:45	OSBORNE, Douglas	M40	
305	546	02:24:46	ALEXANDER, Storme	F35	Leigh-on-Sea Striders
306	127	02:24:48	LAFFAN, Matt	Senior Men	Thurrock Nomads
307	478	02:24:54	BARNEY, Kevin	M50	
308	159	02:24:55	OSULLIVAN, Gavin	Senior Men	
309	608	02:24:56	HARLEY, Jenny	F45	East Essex Triathlon Club
310	429	02:25:04	TURNER, Andrew	M40	
311	559	02:25:16	WILKINSON, Alexandra	F35	East London Runners
312	444	02:25:21	PALA, Ramesh	M50	East London Runners
313	198	02:25:24	HARRIS, Stephen	Senior Men	Phoenix Striders
314	570	02:25:28	HORODYSKI, Delphine	F35	Mornington Chasers

315	69	02:25:35	RICHARDSON, Mike	Senior Men	
316	41	02:25:42	DEVEREUX, Gavin	Senior Men	
317	289	02:25:47	FISHER, Colin	M40	
318	506	02:25:51	BROWNLIE, Frank	M60	East London Runners
319	37	02:25:53	SINGLETON, David	Senior Men	
320	661	02:26:17	GUIVER, Bill	M40	
321	15	02:26:29	PALMER, Martin	Senior Men	East Essex Triathlon Club
322	140	02:26:33	MICHEAL-MICHEALS, Chaz	Senior Men	
323	423	02:26:37	BONNETT, Curt	M40	East Essex Triathlon Club
324	357	02:26:37	BONNETT, Glenn	M40	Bonnett Bros
325	264	02:26:53	VAN EETVELDE , Marijke	F35	Thrift Green Trotters
326	571	02:27:06	PETTIFER, Lorna	F45	Mid-Essex Casuals
327	548	02:27:12	WOOD, Hannah	F35	Ipswich Jaffa RC
328	622	02:27:19	HINE, Adrian	M50	Felixstowe Road Runners Club
329	122	02:27:21	TAYLOR, Steven	Senior Men	
330	222	02:27:22	SHEEHAN , Lucy	Senior Ladies	Felixstowe Road Runners Club
331	181	02:27:33	HOBBS, Daniel	Senior Men	Castlepoint Joggers
332	630	02:27:38	REVETT, Rachael	F35	Ranelagh Harriers
333	537	02:27:48	LANE, Dave	M40	Phoenix Striders
334	171	02:28:10	TAM, Matthew	Senior Men	
335	55	02:28:11	SMITH, James	Senior Men	Dagenham 88
336	369	02:28:18	GLOVER, Ian	M40	Southend Athletic Club
337	655	02:28:18	PRESTON, Mark	M40	
338	598	02:28:19	CLIFFORD, Alison	F45	Thrift Green Trotters
339	382	02:28:33	TOVELL, Ian	M40	
340	156	02:28:51	BUSH, Andy	Senior Men	
341	395	02:28:55	LEONARD, Charles	M40	Wimbledon Windmilers
342	451	02:29:03	ROBERTSON, Mark	M50	
343	112	02:29:08	LENGTHORN, Graham	Senior Men	Pitsea Running Club
344	229	02:29:08	SMITH, Louise	Senior Ladies	Pitsea Running Club
345	577	02:29:08	WALLIS, Paul	M40	
346	319	02:29:22	HALLAM, Neil	M40	Southend Athletic Club
347	502	02:29:33	SLATER, James	M60	Tiptree Road Runners
348	575	02:29:34	CLARKE, Tina	F45	Tiptree Road Runners
349	2	02:29:36	OVERLAND, Chris	Senior Men	
350	349	02:29:37	KNOWLAND, Nicki	M40	
351	535	02:29:46	HODSON, Maud	F35	East London Runners
352	65	02:29:47	GARRETT, Richard	Senior Men	Tiptree Road Runners
353	118	02:29:53	PATEY, Chris	Senior Men	
354	605	02:29:54	HUGHES, Dianne	F45	Stowmarket Striders
355	64	02:30:07	BENFIELD, Brad	M40	
356	206	02:30:07	CAVE, Abigail	Senior Ladies	
357	227	02:30:07	NEIGHBOUR, Natasha	Senior Ladies	Rochford Running Club
358	514	02:30:07	AGER, Stephanie	F35	Rochford Running Club
359	327	02:30:40	PHILLIPS, Richard	M40	Leigh-on-Sea Striders
360	427	02:31:22	WAINWRIGHT, Jack	M40	
361	80	02:31:28	ROUTLEY, Charlie	Senior Men	Barking Road Runners
362	57	02:31:31	SULLIVAN, John	Senior Men	
363	509	02:32:01	PEARMAN, John	M60	Leigh-on-Sea Striders
364	657	02:32:17	JOY, Dave	M50	Rochford Running Club
365	400	02:32:32	BOZZA, John	M40	Thrift Green Trotters
366	14	02:32:44	IRELAND, Duncan	Senior Men	Leigh-on-Sea Striders
367	375	02:32:46	COZENS, Mark	M40	Rochford Running Club
368	205	02:32:51	LAMBERT, Ruth	Senior Ladies	
369	413	02:33:10	FOX, Neil	M40	Beckenham Running Club
370	56	02:33:38	GALE, Tim	Senior Men	
371	219	02:33:52	AKROYD, Jennifer	Senior Ladies	Dagenham 88
372	300	02:33:55	GEORGE, Ian	M40	Farnham Runners
373	665	02:34:13	CLARK, Matthew	M40	
374	105	02:34:26	BRENTON, Scott	Senior Men	Flyers Southend
375	602	02:34:33	GILLAM, Sally	F45	Harwich Runners
376	114	02:35:02	MATTHEWS, Blake	Senior Men	
377	627	02:35:20	SAUERZAPF, Bobbie	F55	Bungay Black Dog Running Club

378	593	02:35:30	MOODY, Patricia	F45	Serpentine Running Club
379	452	02:35:32	ROBINS, Neil	M50	
380	216	02:35:37	WALFORD, Clair	Senior Ladies	
381	269	02:35:41	BRAZIER, Ian	M40	Springfield Striders
382	534	02:35:42	TUDOR, Sandra	F35	
383	438	02:36:00	POTTINGER, Darren	M40	
384	110	02:36:07	ROTHON, Joshua	Senior Men	
385	492	02:36:15	CATMULL, Paul	M50	
386	576	02:36:26	HIND, Andy	-	Springfield Striders
387	625	02:36:38	GOWER, Paul	M40	
388	463	02:36:39	BUSBY, Steven	M50	
389	342	02:36:48	TRACEY, John	M40	Pitsea Running Club
390	396	02:36:59	SWAIN, Eamonn	M40	
391	496	02:37:15	MCCLYMONT, Ian	M60	Bishops Stortford Running Club
392	674	02:37:23	REES, Valerie	F35	Tiptree Road Runners
393	370	02:37:29	KNIGHT, Anthony	M40	Tiptree Road Runners
394	113	02:37:36	DAVIES, Gareth	Senior Men	Havering 90 Joggers
395	426	02:37:48	GAILEY, Gareth	M40	Commando Runners
396	557	02:37:49	HOW, Alison	F35	Mornington Chasers
397	481	02:37:49	HAY, Tom	M50	
398	468	02:37:54	MOUGHTON, Mark	M50	Springfield Striders
399	388	02:38:00	WILLEY, Andrew	M40	Ipswich Jaffa RC
400	437	02:38:13	BHAMRA, Darminder	M40	
401	344	02:38:26	MCGEE, Craig	M40	
402	120	02:38:36	WILLIAMS, Leighton	Senior Men	Mid-Essex Casuals
403	331	02:38:41	CLARKE, Phill	M40	Tiptree Road Runners
404	483	02:38:49	BRITTON, Eric	M50	Leigh-on-Sea Striders
405	336	02:38:54	HARRIS, Dean	M40	
406	226	02:39:18	ROTHON, Isabel	Senior Ladies	
407	365	02:39:35	ARMITAGE, Mark	M40	Castlepoint Joggers
408	439	02:39:36	POTTINGER, Mark	M40	
409	499	02:39:39	DAVIS, Jim	M60	Herts Phoenix
410	317	02:40:07	EDWARDS, Rob	M40	
411	491	02:40:10	WISE, Rob	M50	
412	493	02:40:48	NEWTON, Tim	M60	Ipswich Jaffa RC
413	404	02:41:16	BROOMFIELD, Richard	M40	
414	581	02:41:22	PAYNE, Michelle	F45	
415	477	02:41:54	COTTERILL, Michael	M50	
416	326	02:41:59	BRAME, Stephen	M40	Springfield Striders
417	208	02:42:02	FERNANDES, Ninette	Senior Ladies	East London Runners
418	117	02:42:16	CLARK, Michael	Senior Men	
419	440	02:42:21	ROBINSON, Michael	M50	Thrift Green Trotters
420	77	02:42:33	PROSSER, Jonathan	Senior Men	
421	633	02:42:37	SINCLAIR, Valerie	F55	Pitsea Running Club
422	631	02:42:38	SINCLAIR, Donald	M50	Pitsea Running Club
423	589	02:42:51	COMPTON, Sarah	Senior Ladies	Leigh-on-Sea Striders
424	125	02:42:51	MCCLAY, Chris	Senior Men	Leigh-on-Sea Striders
425	194	02:42:52	GILHEANY, Adam	Senior Men	
426	585	02:42:59	ALEXANDER, Gail	F45	Leigh-on-Sea Striders
427	238	02:43:00	NAIRN, Holly	Senior Ladies	Harlow Running Club
428	6	02:43:05	PARSONS, Vicky	Senior Ladies	Leigh-on-Sea Striders
429	572	02:43:06	DRAKE, Carol	F45	Leigh-on-Sea Striders
430	615	02:43:16	DAY, Fiona	F55	East London Runners
431	613	02:43:30	GROVER, Jan	F55	Benfleet Running Club
432	462	02:43:36	MASKELL, Paul	M50	Leigh-on-Sea Striders
433	251	02:43:37	KAAR, Catherine	Senior Ladies	East London Runners
434	651	02:43:41	CLARKE NOBLE, Desiree	F35	
435	482	02:43:41	HAMPSHIRE, Stephen	M50	Farrow Triathlon Club
436	550	02:43:55	WRIGHT, Kealey	F35	Flyers Southend
437	333	02:43:59	CHAPLIN, Andrew	M40	Pitsea Running Club
438	469	02:44:06	GEAR, Bob	M50	Springfield Striders
439	296	02:44:09	WEEKS, Richard	M40	
440	540	02:44:13	SINGLETON, Nicola	F35	

441	520	02:44:13	BRUNS, Katie	Senior Ladies	
442	244	02:44:18	HORRIDGE, Elisabeth	Senior Ladies	
443	324	02:44:20	ROBERTS, Pete	M40	
444	621	02:44:20	EDEN, Anthony	M40	Benfleet Running Club
445	292	02:44:20	ELLIS, Tim	M40	
446	279	02:44:20	HARPER-WARD, Matt	M40	Benfleet Running Club
447	588	02:44:20	CRAIG, Gin	F45	Sudbury Joggers
448	204	02:44:32	ALLEN, Rachel	Senior Ladies	Ilford AC
449	603	02:44:39	TRIBLEY, Elaine	F45	Springfield Striders
450	257	02:45:39	MALONE, Ruth	Senior Ladies	
451	637	02:46:17	LOGAN, Morag	Senior Ladies	
452	505	02:46:41	PETTIFER, John	M60	Mid-Essex Casuals
453	13	02:46:53	GOODHAND, Richard	Senior Men	
454	541	02:46:58	LEVY, Katie	F35	Serpentine Running Club
455	243	02:47:02	BRADFORD, Amy-Louise	Senior Ladies	Istead & Ifield Harriers
456	150	02:47:02	MCGUIRK, John James	Senior Men	Istead & Ifield Harriers
457	484	02:47:17	GILBEY, Ken	M50	
458	212	02:47:18	PERRY, Samantha	Senior Ladies	
459	21	02:47:27	VEERASAMY, Kresh	Senior Men	Dagenham 88
460	490	02:48:07	SAWFORD, Chris	M50	
461	640	02:48:53	GAY-STRELITZ, Paul	Senior Men	
462	639	02:48:53	WINDUS, Rob	Senior Men	
463	211	02:48:57	FOREMAN, Clare	Senior Ladies	Barking Road Runners
464	645	02:49:28	WILSON, Peter	M50	
465	584	02:49:41	WALLIS, Caz	F45	Pitsea Running Club
466	200	02:50:03	TWINN, Kerry	F35	Comets
467	256	02:50:05	FRYER, Clare	Senior Ladies	
468	328	02:50:18	MAGUIRE, Kev	M40	
469	231	02:50:24	ETHERINGTON, Helen	Senior Ladies	
470	474	02:50:31	POND, Graham	M50	
471	473	02:50:49	GITTINGS, David	Senior Men	
472	218	02:50:49	MANSFIELD, Sarah	Senior Ladies	
473	71	02:51:11	MACE, Darren	Senior Men	
474	609	02:51:29	BACK, Somei	F45	Commando Runners
475	597	02:52:07	COOPER, Liz	F45	
476	297	02:52:07	POTTICARY, David	M40	
477	551	02:52:28	HAMILTON, Lorraine	F35	
478	601	02:52:31	LEVINE, Victoria	F45	
479	182	02:52:50	HARRIS, James	Senior Men	
480	526	02:53:03	BOOKER, Julia	F35	Ware Joggers
481	51	02:54:00	READ, Niki	Senior Men	Leigh-on-Sea Striders
482	652	02:54:23	SHERMAN, Ian	M40	Leigh-on-Sea Striders
483	311	02:55:39	PIPER, James	M40	
484	507	02:55:54	ROTHON, David	M60	
485	580	02:56:12	ROTHERO, Paula	F45	Tiptree Road Runners
486	582	02:56:12	BOWNES, Carolyn	F45	Tiptree Road Runners
487	504	02:56:12	DOBSON, Barry	M60	Tiptree Road Runners
488	220	02:56:18	HACKWELL, Faye	Senior Ladies	
489	288	02:56:35	COLLISON, Sean	M40	East Essex Triathlon Club
490	552	02:56:38	HEWITT, Kerry	F45	
491	347	02:57:03	RABATIN, Arthur	M40	
492	457	02:57:32	SPENCER-PERKINS, Dennis	M50	Barking Road Runners
493	607	02:57:53	TAYLOR, Angela	F45	
494	488	02:58:00	KORTEN, Robert	M50	Maidstone Harriers
495	564	02:58:00	THOMAS, Nic	F35	
496	281	02:58:55	GREEN, Rachel	F45	
497	366	02:59:32	STANLEY, Garry	M40	
498	586	02:59:45	BALL, Becky	F45	
499	350	03:00:13	HARE, Jon	M40	
500	460	03:00:21	SMITH, Anthony	M50	Witham Running Club
501	591	03:00:47	MASLEN, Nicola	F45	Phoenix Striders
502	109	03:00:47	BELL, Andrew	Senior Men	
503	225	03:01:04	MORGAN, Ashleigh	Senior Ladies	

504	202	03:01:22	MCKENNA, Clare	Senior Ladies	Harwich Runners
505	98	03:01:35	PRYOR, Oliver	Senior Men	
506	73	03:01:37	SMITH, Lee	Senior Men	
507	612	03:01:50	MATTHEWS, Linda	F55	Pitsea Running Club
508	456	03:01:55	SEWELL, Christopher	M50	Springfield Striders
509	265	03:02:11	MILLER, Helen	F35	
510	224	03:02:47	LUFF, Anna	Senior Ladies	Springfield Striders
511	519	03:02:55	MCVELIA, Rebecca	F35	Tiptree Road Runners
512	574	03:03:17	PETTICAN, Anne	F45	Phoenix Striders
513	261	03:03:55	JOLLY, Adrian	Senior Men	
514	291	03:04:29	KERR, Des	M40	
515	563	03:05:14	PAPWORTH, Louise	F35	Harwich Runners
516	233	03:05:37	SARTORI-SIGRIST, Bianca	Senior Ladies	
517	604	03:05:56	SMEDT, Beryl	F45	Phoenix Striders
518	254	03:06:22	BEGGS, Caprice	Senior Ladies	
519	361	03:08:41	MCVELIA, John	M40	Tiptree Road Runners
520	587	03:08:42	SUTHERLAND, Karen	F45	Veggie Fitties
521	515	03:10:11	NEWELL, Kirsteen	F35	Veggie Fitties
522	489	03:10:29	PRYOR, Richard	M50	
523	619	03:10:30	FILKINS, Terri	F55	Windrush Triathlon
524	620	03:10:34	BENNETT, Paula	F55	
525	542	03:10:57	MUMBY, Susan	F35	
526	234	03:11:47	EASTLAND, Sharon	Senior Ladies	Pitsea Running Club
527	258	03:12:01	MACIVER, Dion	Senior Men	
528	259	03:12:27	HUTCHINSON, Peter	M60	
529	282	03:12:58	MOGGAN, Adele	F45	Phoenix Striders
530	681	03:13:17	KING, Chris	Senior Men	
531	402	03:13:34	BUTCHER, Danny	M40	
532	611	03:13:41	VEERASAMY, Timi Selon	F55	Dagenham 88
533	498	03:14:30	NUTLEY, Philip	M60	St Edmund Pacers
534	610	03:15:17	LAZELL, Geri	F45	Dengie 100 Runners
535	44	03:16:03	DAVIDSON, David	Senior Men	Pitsea Running Club
536	201	03:16:03	KNOWLES, Carley	Senior Ladies	Pitsea Running Club
537	566	03:16:33	BEACH, Tracey	F35	Pitsea Running Club
538	255	03:16:56	FIANDER, Zoe	Senior Ladies	
539	599	03:17:38	SALMON, Cathy	F45	Leigh-on-Sea Striders
540	183	03:18:18	LOVE, Alistair	Senior Men	SEVENOAKS
541	36	03:19:15	BUCKLE, Jonathan	Senior Men	
542	394	03:20:32	SNOOKS, Amber	F35	East Essex Triathlon Club
543	16	03:20:50	CHANDLER, Chris	Senior Men	
544	679	03:21:02	ROWELL, Barry	M50	Havering 90 Joggers
545	436	03:21:35	PARKES, Keith	M40	
546	510	03:23:00	BROOKS, David	M60	Veterans AC
547	223	03:23:40	CAMPLING, Lysie	Senior Ladies	
548	533	03:24:00	EMBERY, Melissa	F35	Dagenham 88
549	221	03:27:37	COOMBES, Samantha	Senior Ladies	Flyers Southend
550	539	03:27:37	RENWICK, Claire	F35	Castlepoint Joggers
551	511	03:30:16	SPELMAN, Peter	M60	Ilford AC
552	635	03:31:08	POPE, Sean	M40	Springfield Striders
553	5	03:33:24	LUCK, Ron	M60	Harlow Running Club
554	579	03:38:04	HARRIS, Lindsey	F45	
555	461	03:39:47	MURPHY, Steve	M50	Thurrock Nomads
556	543	03:39:47	COCHRANE, Laurie	F35	
557	453	03:51:50	WILSON, Kenneth	M50	East End Road Runners
558	643	03:55:44	SIMPSON, Louise	Senior Ladies	Barking Road Runners
559	644	03:55:44	CLAYDON, Paul	-	Rochford Running Club
560	618	04:12:56	ODDIE, Elaine	F55	Road Runners Club