

FIRST NAME	SURNAME	GENDER	CLUB
Thomas	Griffiths	Male	
Wendy	Johnston	Female	
Jason	Brunt	Male	Norfolk Gazelles AC
Graham	Booty	Male	Benfleet RC
Matthew	Bird	Male	Benfleet RC
Ruth	Havis	Female	Billericay Striders
Tim	Ward	Male	
Joanne	Smythe	Female	Witham RC
Mel	Sherman	Female	Ipswich Jaffa RC
Louise	Pascoe	Female	Witham RC
Karen	Bryant	Female	
Lorraine	Baker	Female	Tiptree Road Runners
Simon	Baker	Male	Tiptree Road Runners
Tracey	Denby	Female	Witham RC
Leigh	Moring	Male	Dagenham 88 Runners
Caroline	Tuck	Female	Dagenham 88 Runners
Simon	Lashmar	Male	Billericay Striders
Sophie	Apps	Female	Harold Wood RC
Julia	Stell	Female	Ipswich Jaffa RC
Sasha	Rush	Female	Witham RC
Jennifer	Wright	Female	Ipswich Jaffa RC
Alec	Wright	Male	Ipswich Jaffa RC
Paul	Taylor	Male	
Richard	Lee	Male	
Emily	Whalan	Female	East End Road Runners
Marc	Upton	Male	East End Road Runners
Mark	Rose	Male	Ipswich Jaffa RC
Georgina	McMasters	Female	Leigh-on-Sea Striders
Ian	Brett	Male	Havering '90 Joggers
Oliver	Bridge	Male	Fetcheveryone RC
Kathleen	Short	Female	Thrift Green Trotters
Peter	Barrett	Male	Thrift Green Trotters
Debbie	Jackson	Female	Collingwood AC
Stacy	Hember	Female	Tiptree Road Runners
Anthony	Moore	Male	Billericay Striders
Julian	Holder	Male	Tiptree Road Runners
Roxanne	George	Female	Leigh-on-Sea Striders
Gavin	Laws	Male	Tiptree Road Runners
Brian	Simmons	Male	
Stuart	Peace	Male	Tiptree Road Runners
Alison	Peace	Female	Tiptree Road Runners
Anita	Grainger	Female	Witham RC
Lee	Kerrison	Male	Tiptree Road Runners
Hayley	Harper	Female	Ipswich Jaffa RC
Tina	Clarke	Female	Tiptree Road Runners
Grant	England	Male	Billericay Striders
Rachel	Jackson	Female	Tiptree Road Runners

Tracy	Harrington	Female	
Suzanne	Heath	Female	Ipswich Jaffa RC
Christian	Holmes	Male	Southend on Sea AC
Nigel	Harrison	Male	Ipswich Jaffa RC
Zoe	Gould	Female	Tiptree Road Runners
Iain	Rhodes	Male	Tiptree Road Runners
Patricia	Rhodes	Female	Tiptree Road Runners
Anthony	Knight	Male	Tiptree Road Runners
Vicky	Knight	Female	Tiptree Road Runners
Danielle	Harrington	Female	Tiptree Road Runners
Paul	Dellar	Male	Tiptree Road Runners
Jackie	Woodroffe	Female	Thrift Green Trotters
Julia	Bawden	Female	Tiptree Road Runners
David	Pennington	Male	
Hannah	Sheikh	Female	Dagenham 88 Runners
Jan	Hart	Female	
Kerry	Buckley	Male	
Steve	Harvey	Male	
Daniel	Quartly	Male	
Mary	Lloyd	Female	Thrift Green Trotters
David	Mackay	Male	
Jill	Thorne	Female	Thrift Green Trotters
Ian	Challis	Male	
Jennie	Page	Female	East Essex Tri
Lorraine	Mills	Female	Tiptree Road Runners
Jess	Worsdale	Female	GoodGym
Morven	Hurding	Female	Tiptree Road Runners
Ej	Burley	Female	
Simon	Meecham	Male	Ipswich Jaffa RC
Niki	Read	Male	Leigh on Sea Striders
Tim	Tomlins	Male	Benfleet RC
Jayne	Stacey	Female	Benfleet RC
Martin	Diggines	Male	Leigh-on-Sea Striders
Alison	Vincent	Female	Tiptree Road Runners
Nic	Vincent	Male	
Samantha	Perry	Female	
Jonathan	Finch	Male	Tiptree Road Runners
Alex	Childs	Male	
David	Bartholomew	Male	
Rachel	Crisp	Female	Ipswich Jaffa RC
Ann-Marie	Bearne	Female	Tiptree Road Runners
Jane	Swanson-Sprent	Female	Dagenham 88 Runners
Sharon	Robinson	Female	Dagenham 88 Runners
Joanne	Dickman	Female	Tiptree Road Runners
Christine	King	Female	Tiptree Road Runners
Martyn	Coulter	Male	Harlow RC
Robin	Swindell	Male	Barnet & District AC
Sophie	Hedges	Female	GoodGym

Louise	Hawkins	Female	Tiptree Road Runners
Terry	Allen	Male	Thrift Green Trotters
Graeme	Silcock	Male	East Essex Tri Club
Beverley	Eagles	Female	Dagenham 88 Runners
Anthony	Smith	Male	Witham RC
Jessica	Ellingham	Female	
Colin	White	Male	Billericay Striders
Neil	Robins	Male	Leigh on Sea Striders
Jacqui	Watson	Female	Benfleet RC
Stuart	Watson	Male	
Jacqueline	Fernandez	Female	East End Road Runners
Phillip	Minns	Male	East End Road Runners
George	Sceats	Male	East End Road Runners
Anthony	Harrington	Male	Tiptree Road Runners
Steve	Pettitt	Male	Leigh on Sea Striders
Philip	Priest	Male	Leigh on Sea Striders
Debbie	Priest	Female	Leigh on Sea Striders
Graeme	Moon	Male	Tiptree Road Runners
Anna	Young	Female	Harwich Runners
Deborah	Hall	Female	East Essex Triathlon Club
Gareth	Davies	Male	
Stuart	Meddemmen	Male	
Dylan	Pomietlo	Male	Felixstowe RRC
Lesley	Cooper	Female	Ipswich Jaffa RC
Robin	Belsom	Male	Ipswich Jaffa
James	Gooder	Male	
Amelia	Whiting	Female	Norfolk Gazelles AC
Phil	Whiting	Male	Norfolk Gazelles AC
Johnny	Lau	Male	Leigh on Sea Striders
Beryl	Desmedt	Female	Phoenix Striders
Andrew	Low	Male	Benfleet RC
Julia	Summers	Female	Leigh on Sea Striders
Tim	Utting	Male	Rochford RC
Deborah	Cubberley	Female	Great Bentley RC
Paul	Hollidge	Male	Great Bentley RC
Graham	Hogan	Male	Havering AC
Richard	Jones	Male	Benfleet RC
Ross	Chapelhow	Male	Chafford Hundred RC
Danny	Flint	Male	Leigh on Sea Striders
Peter	Kerr	Male	Leigh on Sea Striders
Keith	Marley	Male	Colchester Harriers AC
Rebecca	Pittman	Female	Springfield Striders RC
Ben	Molloy	Male	
Douglas	Osborne	Male	Rebel Runners Medway
Sam	Barwick	Female	Norfolk Gazelles
Laura	Weeden	Female	Thirftgreen Trotters Brentwood
Luke	Groves	Male	Great Bentley RC
Meera	Rajoo-Oakley	Female	Great Bentley RC

John	Bush	Male	Great Bentley RC
Daniel	Walker	Male	
Ross	Silverton	Male	Witham RC
Stephen	Burton	Male	Benfleet RC
Will	Mallard	Male	
Roy	Fleming	Male	Billericay Striders
Robert	Mills	Male	Springfield Striders RC
Alasdair	Daw	Male	Billericay Striders
Andrew	Gwilliam	Male	Barking Road Runners
Nick	Styles	Male	Benfleet RC
Eddie	Bines	Male	
Terence	Spooner	Male	Benfleet RC
Claire	Simpson	Female	
Sylvia	Bullen Bell	Female	Witham RC
Sion	Parry	Male	Thrift Green Trotters
Heather	Samson	Female	Kingswood Running Club
Robert	Courtier	Male	Barking Road Runners
Liz	May	Female	Kingswood Running Club
Annette	Johnson	Female	Benfleet RC
Laura	Williams	Female	Benfleet RC
Keith	Lovell	Male	
Stuart	Robey	Male	
Gavin	Read	Male	
Darren	Tiley	Male	Harlow RC
James	Gill	Male	
Zoe	Storrar	Female	Leigh-on-sea Striders
Donna	Morris	Female	Springfield Striders RC
David	Smith	Male	Springfield Striders RC
Andrew	Quinn	Male	Springfield Striders
Debbie	Horrey	Female	
Ben	Brown	Male	
Aaron	Graves	Male	Tiptree Road Runners
James	Bearham	Male	Braintree
James	Ralston	Male	
Mark	Robertson	Male	Rochford Running Club
Vicki	Calleja	Female	Thrift Green Trotters
Miranda	Reynolds	Female	
Anne	Duggan	Female	Dagenham 88 Runners
Heather	Eltham	Female	Thrift Green Trotters
Elaine	Oddie	Female	Road Runners Club
Kate	Brett	Female	East London Runners
Wayne	Smith	Male	Leigh on Sea Striders
Lynsey	Gray	Female	Phoenix Striders
Lisa	Hyde	Female	
Chris	Hyde	Male	JBR Run and Tri Club
Tim	Ward	Male	
Paul	Stukas	Male	Springfield Striders
Keith	Passingham	Male	

Karen	Liesching-Schroder	Female	
Matthew	Rivers	Male	Leigh on Sea Striders
Robert	Prior	Male	
Barry	Horgan	Male	
Gary	Pitman	Male	
Jen	Bull	Female	Kingswood
Keith	Makinson	Male	JBR Run and Tri Club
Julie	Perrin	Female	
Andy	Hawes	Male	
John	Sweeney	Male	Castle Point Joggers
Richard	Bonham	Male	Castle Point Joggers
Stuart	Henderson	Male	Team Bath Athletic Club
Steve	Wilding	Male	Ipswich Jaffa RC
Joe	Gallard	Male	
Laura	Tapper	Female	
Alexandra	Tourbassova	Female	
Karl	Evans	Male	
James	Sullivan	Male	
Jonathan	Wooldridge	Male	East London Runners
Steven	Taylor	Male	
Gary	Towers	Male	Eton Manor AC
Martin	England	Male	Castle Point Joggers
Roselin	Boramakot	Female	East London Runners
Nathaniel	Dye	Male	East London Runners
Yusuf	Firat	Male	
Jack	Wicks	Male	Great bentley
Louise	Upston	Female	Great bentley
Joel	Clark	Male	
Mark	Wilson	Male	
Adam	Sewell	Male	Braintree & District AC
Lorna	Mess	Female	Thrift Green Trotters
Ray	Ellingham	Male	
Maud	Hodson	Female	East London Runners
Craig	Clayton	Male	
Michael	Henry	Male	Thrift Green Trotters
Lindsey	Visagie	Female	Tiptree Road Runners
Dudley	Garner	Male	Norfolk Gazelles
Bradley	White	Male	
Benjamin	Le Sueur	Male	
Daniel	Jackson	Male	
Helen	Tabor	Female	
Steve	Churchyard	Male	Benfleet RC
Neil	Williams	Male	
Pasquale	Pellecchia	Male	Harlow RC
Keith	Thornton	Male	Thrift Green Trotters
Andrea	O'Loughlin	Female	
Stephen	Hatch	Male	
Valerie	Rees	Female	Tiptree Road Runners

Peter	Fuller	Male	Tiptree Road Runners
Martin	Reed	Male	Stevenage & North Herts AC
Keith	Lucas	Male	
Robert	Reason	Male	Stowmarket Striders RC
Peter	Smith	Male	
Jonathan	Shaw	Male	East London Runners
Terence	Casey	Male	
Matthew	Billis	Male	Saffron Striders RC
Helen	Williams	Female	Pitsea Running Club
Gillian	Harrison	Female	Pitsea Running Club
Ina	Roest	Female	
Michael	Haylett	Male	Leigh on Sea Striders
Amanda	Finch	Female	Leigh on Sea Striders
Richard	Millward	Male	Colchester Harriers AC
Graham	Langford	Male	Colchester Harriers AC
Rebecca	Eversley	Female	Havering '90 Joggers
David	Howell	Male	JBR Run & Tri Club
Stuart	Cable	Male	Leigh on Sea Striders
Dan	Slayford	Male	Flyers Southend
Emma	Vincent	Female	Dagenham 88
Neil	Spicer	Male	Leigh on Sea Striders
Katie	Spicer	Female	Leigh on Sea Striders
David	Dixon	Male	Havering '90 Joggers
Lloyd	Richardson	Male	
Steven	Sayer	Male	
Linda	Coombe	Female	Flyers Southend
Gizella	Simpson-Hayes	Female	Flyers Southend
Lee	Baynton	Male	Benfleet RC
Tania	Hagan	Female	Leigh on Sea Striders
Angela	Cowell	Female	Southend Flyers
Maggie	Campbell-Freeman	Female	
Tina	Boswell	Female	
Rhys	Gillard	Male	Southend AC
Tanya	Shenton	Female	
Carlton	D'Souza	Male	East London Runners
Stewart	Chalmers	Male	Haverhill RC
Mark	Blee	Male	Leigh on Sea Striders
Natalie	Rich	Female	Leigh on Sea Striders
Allison	Tynan	Female	Leigh on Sea Striders
Paul	Thompson	Male	East London Runners
Alexandra	Rutishauser-Perera	Female	East London Runners
John Paul	Healy	Male	East London Runners
Shaun	Ellender	Male	
Alison	Clifford	Female	Havering '90 Joggers
Nigel	Reynolds	Male	
Arran	Salmon	Male	Leigh on Sea Striders
Aoife	McAdden	Female	Flyers Southend
George	Georgiou	Male	East London Runners

Paul	Claydon	Male	
Grant	Conway	Male	East London Runners
Carol	Cogdell	Female	Pitsea RC
Neil	Pritchard	Male	
Graham	Conlon	Male	
Tom	Wake	Male	Ipswich Jaffa RC
Pip	Wake	Female	Ipswich Jaffa RC
Steve	Macdonald	Male	Pitsea RC
Oliver	Southgate	Male	
Deana	James	Female	Flyers Southend
Tim	Galloway	Male	
Michelle	Cooper	Female	Weald Park Warriors
Terry	Myers	Male	
Elliot	Worth	Male	
Charlotte	Elms	Female	Witham RC
Warren	Birch	Male	Ipswich Jaffa RC
Charlotte	Allen	Female	Billericay Striders
Chris	Overland	Male	
Jayne	Browne	Female	East London Runners
Jennifer	Ansell	Female	East London Runners
Richard	Elder	Male	
Alison	Hall	Female	
Clive	Tweedie	Male	Havering '90 Joggers
Martina	Lee	Female	East End Road Runners
Peter	Hatley	Male	East London Runners
David	Sancto	Male	Istead & Ifield Harriers
Matthew	Tam	Male	
James	Burns	Male	Leigh on Sea Striders
James	Creed	Male	East London Runners
Brian	Rogers	Male	Ipswich Jaffa RC
Emmanuelle	Cuni	Female	
Sarah	Burns	Female	East London Runners
Neil	Coates	Male	
Mike	Hall	Male	
John	Adams	Male	Ipswich Jaffa RC
Tracey	George	Female	Harwich Runners
Sarah	Goodwin	Female	Springfield Striders RC
Stephen	Brame	Male	Springfield Striders RC
Philip	Young	Male	
Louise	Young	Female	
Chris	Garey	Male	Springfield Striders RC
Tristan	Edwards	Male	
James	Nichols	Male	East London Runners
Carol	Drake	Female	Leigh on Sea Striders
Carinne	Jay	Female	Harlow RC
Angela	Smith	Female	Pitsea RC
Michael	Turrington	Male	Thrift Green Trotters
Richard	Guest	Male	Portslade Hedgehoppers

Sam	Browne	Male	Clapham Chasers
John	Warne	Male	Halstead RRC
Matt	Barrett	Male	Leigh on Sea Striders
James	Turrington	Male	
Mark	Lawes	Male	Tiptree Road Runners
Peter	Grant	Male	East End Road Runners
Elisha	Letley	Female	Leigh on Sea Striders
Nathalie	Juchau	Female	Metropolitan Police AC
Ruth	Chadney	Female	
Fiona	Lock	Female	Tiptree Road Runners
Calvin	Bobin	Male	East London Runners
Alison	Bell	Female	
Martin	Hitchcock	Male	Leigh on Sea Striders
Victoria	Jeeves	Female	
James	Crisp	Male	Witham RC
Peter	Redwood-Smith	Male	
Sharon	Humhrey	Female	
Caroline	Wallis	Female	Pitsea RC
Matthew	Humphrey	Male	Benfleet
Vincent	Simonetti	Male	Heathside
Paul	Prior	Male	
Sara	Prior	Female	Dagenham 88 Runners
Heidi	Taylor	Female	
Jamie	Payne	Male	Framlingham flyers
Les	Nottage	Male	Dagenham 88 Runners
Neal	Hughes	Male	
Dave	Sherman	Male	Havering '90 Joggers
Laura	Homer	Female	
Sarah	Fletcher	Female	Great Bentley Running Club
Lloyd	Anthony	Male	
Louise	Yates	Female	
Lee	Holohan	Male	
Leanna	Romano	Female	Havering '90 Joggers
Michael	Taylor	Male	East Essex Triathlon Club
Craig	Mitchell	Male	
Gail	Mackie	Female	Felixstowe RRC
Toby	Eccleshall	Male	London Heathside
Darrel	Buckley	Male	
Bruce	Gander	Male	East Essex Triathlon Club
Clive	Burrow	Male	Havering '90 Joggers
Mark	Lynch	Male	witham runnin gclub
James	Dorrington	Male	
Edward	Driscoll	Male	
Jason	Walne	Male	
Storme	Alexander	Female	
Thomas	Huertas	Male	Dunmow and Grange Farm
Thomas	Darby	Male	
Mr	Patey	Male	



Darren	Thomas	Male	Grange Farm and Dunmow Runners
Eleanor	Carmichael	Female	Leigh on Sea Striders
Kevin	Marshal	Male	Grange Farm & Dunmow Runners
Andrea	Waller	Female	East London runners
Dean	Bates	Male	Havering '90 Joggers
Rahana	Islam	Female	Dagenham 88 Runners
Rhiannon	Quinn	Female	
Gail	Alexander	Female	Leigh on sea striders
Neil	Cornelius	Male	Hockley Trail Runners
Karolina	Gladwell	Female	
Robert	Earthy	Male	Harlow
Ian	Clark	Male	Orion Harriers
Tony	Galea	Male	Havering '90 Joggers
Mark	Dalby	Male	Havering '90 Joggers
Mark	Birrell	Male	
Antony	Moon	Male	
Dee	St Ledger	Female	Sudbury Joggers
James	Montgomery	Male	Witham Running Club
Ali	How	Female	
Ian	Rowley	Male	
Steve	Hunt	Male	Hadleigh Hares AC
Vicki	Tracy	Female	
Darren	Cook	Male	Felixstowe RRC
Geoffrey	Dickson	Male	
Andrew	Nash	Male	Leigh on sea Striders
Charles	Garbett	Male	
Mathew	Gillard	Male	Southend Ac
Chris	Panton	Male	Colchester Harriers AC
Han	Cherry	Female	East End Road Runners
Kenny	Blyth	Male	
Samantha	Legg	Female	
Jemma	Lee	Female	Leigh on Sea Striders
Mike	Blerkom	Male	East Essex tri club
Chris	Manby	Male	Colchester Harriers AC
Rebecca	Cooke	Female	Colchester Harriers AC
Rich	Hynes	Male	Harlow Running Club
Sarah	Colby	Female	Flyers southend
Terry	Ridge	Male	Harlow Running Club
Sheetal	Dandgey	Female	East London Runners
George	Anderson-Brown	Male	Leigh on Sea Striders
John	McVelia	Male	Tiptree Road Runners
Stuart	Mills	Male	Witham RC
Leigh	Wallis	Male	
Brigid	Wallen	Female	Witham RC
Tony	Wallen	Male	Witham RC
Graham	Lee	Male	Trail Running Association
Steven	Luck	Male	Leigh on Sea Striders
Bruce	Knowles	Male	Havering '90 Joggers

Mark	Samuels	Male	
Matthew	Cops	Male	East Essex Triathlon Club
Jason	Taylor	Male	Felixstowe RRC
Matthew	DeGrove	Male	
Andy	Bolderstone	Male	East London Runners
Karl	Bedingfield	Male	
Simon	Wallis	Male	Haverhill Running Club
Antonio	Martin Romero	Male	East London Runners
Lee	Gumbrell	Male	Benfleet RC
Jon	Melson	Male	
Hayley	Butler	Female	
David	Major	Male	
Barbara	Law	Female	Great Bentley RC
Maki	Kimura	Female	Mornington Chasers RC
David	Wilby	Male	
Scott	Mangham	Male	Leigh on Sea Striders
Richard	Mangham	Male	Leigh on Sea Striders
Julia	Gardiner	Female	Harlow RC
Ty	Mckeown	Male	Rayleigh Rat Runners
Kathryn	Hertzberg	Female	East London Runners
Joe	Foxon	Male	
Jack	McNeill	Male	
Paul	Smailes	Male	
Nick	Knowland	Male	
Tim	Wells	Male	Dengie 100 Runners
Joanna	Taylor	Female	
Ralph	Bernascone	Male	Henfield Joggers
Richard	Farr	Male	
Raoul	Grantham	Male	Braintree & District AC
Wes	Jarvis	Male	
Richard	Pryor	Male	
Hazel	Cobham	Female	Flyers Southend
Gavin	Scanlan	Male	
Richard	Tatterton	Male	Felixstowe RRC
Emma	Hatcher	Female	Thrift Green Trotters
Kenneth	Fancett	Male	Beckenham RC
Billie	Burroughs	Male	Benfleet RC
Ingo	Dierkschnieder	Male	Pitsea RC
Mandy	Cooper	Female	Benfleet RC
Louise	Chappell	Female	
Paul	Omer	Male	Pitsea RC
Darren	Latter	Male	
Jeff	Webster	Male	Dagenham 88 Runners
Ian	Toal	Male	Rochford RC
David	Randall	Male	Thornton Cleveleys RC
Sharon	Randall	Female	Thornton Cleveleys RC
Josefine	Ahlstrom	Female	
Henrik	Ahlstrom	Male	

Lawrence	Shafier	Male	Orion Harriers
Sophie	Donges	Female	Hamlets AC
Paul	Ward	Male	
Kevin	Jacob	Male	Billericay Striders
Marc	Downham	Male	Leigh on Sea Striders
David	Girt	Male	Southend AC
Gary	Rowley	Male	Flyers Southend
Eamon	Byrne	Male	Mornington Chasers
Adam	Hemsworth	Male	
Darren	Sharod	Male	
Ian	Rodgers	Male	Bishop's Stortford RC
Brian	Limage	Male	
Phoebe	Nocton	Female	
Regis	Martin	Male	East London Runners
Danielle	Charman	Female	Havering 90 Joggers
Jordan	Halewood	Male	
Gary	Homewood	Male	Mornington Chasers
Fiona	Coss	Female	Rayleigh Rat Runners
Andrew	Lager	Male	Witham RC
Paul	Brookes	Male	
Marco	Arcidiacono	Male	
Nick	Ryley-Warren	Male	Harlow RC
Jack	Morris	Male	East Essex Triathlon Club
Victoria	Bishop	Female	East Essex Triathlon Club
Scott	Darney	Male	Witham RC
Ben	Green	Male	Benfleet RC
Michael	Smith	Male	Thrift Green Trotters
James	Attwood	Male	Thrift Green Trotters
Trevor	Bunch	Male	Saint Edmund Pacers
Tom	Wass	Male	
Stephen	Shynn	Male	Kingswood RC
Chanel	Lassman	Female	Thrift Green Trotters
Michael	Brimfield	Male	
Marc	Sharp	Male	
Clare	Morrison	Female	Witham RC
Janice	Page	Female	Harlow RC
Joshua	Lawless	Male	
Graham	Jones	Male	Billericay Striders
Anil	Vaidya	Male	Billericay Striders
Jason	Dighton	Male	
Ryan	Prout	Male	Thrift Green Trotters
Wayne	Prout	Male	Thrift Green Trotters
Diane	Beaver	Female	Hockley Trail Runners
Matthew	Rayner	Male	
Tracy	Russell	Female	Tiptree Road Runners
Eleanor	Chaplin	Female	
Jon	Yorston	Male	
Keith	Walker	Male	Billericay Striders

Stuart	Newman	Male	
Ryan	Fox	Male	Castle Point Joggers
Richard	Farmer	Male	
Danielle	Hughes	Female	Pitsea RC
Chris	Witmore	Male	
Carla	Allison	Female	
Gail	Shorney	Female	
Danny	White	Male	Dagenham 88 Runners
Ben	Kinder	Male	Fittology
Chris	Sellers	Male	
Kate	Harris	Female	Fittology
Lee	Duggan	Male	Dagenham 88 Runners
Elizabeth	Cahill	Female	Braintree & District AC
Michael	Waters	Male	Benfleet RC
Helen	Bateman	Female	Springfield Striders
Sara	Hartland	Female	
James	Curtis	Male	
James	Webb	Male	
Rebecca	Shadbolt	Female	Fittology
Shelly	Bennett	Female	Braintree District AC
James	Bowker	Male	Rochford RC
Anita	Mussett	Female	Colchester Harriers AC
Rick	Wade	Male	Castle Point Joggers
Wayne	Clark	Male	
Matthew	Sudlow	Male	Billericay Striders
Gina	Bianchi	Female	Orion Harriers
Claire	Trott	Female	
Gerry	McGovern	Male	Little Baddow Ridge Runners
Viv	Cassidy	Female	
Louise	Punter	Female	
Samantha	Shepherd	Female	Phoenix Striders
Charmaine	Sterling	Female	Benfleet RC
Craig	Sterling	Male	Benfleet RC
Mark	Read	Male	Thrift Green Trotters
Grace	Reeman	Female	Phoenix Striders
Frank	Gardiner	Male	Great Bentley RC
Daniel	Ward	Male	Thrift Green Trotters
Alan	Butler	Male	Thrift Green Trotters
Ben	Horsburgh	Male	East Essex Tri Club
Martin	Palmer	Male	East Essex Tri Club
Chris	Chew	Male	Bishops Stortford RC
Darminder	Bhamra	Male	
Richard	Booth	Male	
Lucy	Robinson	Female	
Nick	Vickery	Male	
Jeff	Marsham	Male	Thrift Green Trotters
Mike	Kavanagh	Male	
David	Findlay	Male	Basildon AC

Jo-Anne	Hall	Female	Leigh on Sea Striders
Sara	Omer	Female	Pitsea RC
James	Price	Male	Phoenix Striders
Tim	Shea	Male	Pitsea RC
Fiona	Walker	Female	Leigh on Sea Striders
Adam	Stow	Male	Phoenix Striders
Theresa	Howe	Female	Pitsea RC
Izzy	Rothon	Female	
Grace	Rothon	Female	
Lynsey	Cornwell	Female	Havering '90 Joggers
Jennifer	Bishop	Female	Rochford RC
Frank	Brownlie	Male	East London Runners
Murat	Baygeldi	Male	Thrift Green Trotters
David	Nicel	Male	East Essex Triathlon Club
Mark	Austin	Male	Witham RC
Emma	Sweeney	Female	Witham RC
Andrew	Fernandes	Male	
Chris	English	Male	
Neal	Marlow	Male	Leigh on Sea Striders
Allison	Gillan	Female	Springfield Striders
Joanne	Day	Female	Thrift Green Trotters
Neil	Hatton	Male	
Simon	Tippett	Male	
Aaron	Paterson	Male	Leigh on Sea Striders
Daryl	Arnold	Male	Benfleet RC
Gavin	Devereux	Male	
Mark	Davies	Male	
Emma	Greaves	Female	Ely RC
Jared	Bethell	Male	Bishops Stortford RC
John	Wilkinson	Male	Phoenix Striders
Robert	Hempstead	Male	Billericay Striders
Anne	Purdham	Female	Flyers Southend
Andrew	Willey	Male	Ipswich Jaffa RC
Anton	Mackerness	Male	Benfleet RC
John	Holland	Male	Braintree & District AC
Daniel	Allen	Male	Dagenham 88 Runners
Jimmi	Lee	Male	
Shaun	Holder	Male	Dagenham 88 Runners
Stephen	Pettitt	Male	
Rachel	Rodgers	Female	
Rob	Blackman	Male	Great Bentley RC
Tim	Savage	Male	
Gemma	Nelson	Female	
Richard	Pigott	Male	
Kathryn	Maskell	Female	East London Runners
Shahib	Ali	Male	East London Runners
James	Stubbs	Male	
Paul	Newton	Male	Ravens City of London RC

Leigh	Norris	Male	
Paula	Rothero	Female	Tiptree Road Runners
Mark	Shillaker	Male	Tiptree Road Runners
Antoinette	Wilson	Female	Great Bentley RC
Tamsin	Ingle	Female	
Liam	Radley	Male	
George	Murphy	Male	City of Hull AC
Steve	Mason	Male	Haverhill running club
Christopher	Nicholls	Male	
Sam	Carter	Male	Harlow Running Club
Toby	Draper	Male	Thurrock Harriers
Ben	Clover	Male	Tiptree Road Runners
Cheryl	Evans	Female	Hamlets AC
Martyn	Hudson	Male	
William	Roxby-Clarke	Male	Harwich Runners
Steve	Earle	Male	
Darrell	Williamson	Male	Sleaford Striders AC
Simon	Jackson	Male	Sleaford Striders
Faye	Jeacocke	Female	Hamlets AC
Annette	Feakes	Female	Hailsham harriers
Jo	Pearce	Female	Phoenix Striders
Paul	Schroder	Male	Harlow RC
Wendy	Schroder	Female	Harlow RC
Chris	McClay	Male	Leigh-on-Sea Striders
Steve	Cooper	Male	
Steven	Healey	Male	
Steve	Trennery	Male	Red Runners
Martin	Orford	Male	Phoenix Striders
Kristina	Read	Female	Phoenix Striders
Tristan	Ridgewell	Male	
Gary	Rowlatt	Male	
Ross	Langley	Male	Tring RC
Danny	Stokes	Male	
Paul	Miller	Male	
Kelly	Crawford	Female	Huntingdonshire AC
Jason	Mann	Male	Ely Runners
Cley	Dearsley	Male	
Nikki	Panter	Female	Thrift Green Trotters
Liz	Irvine	Female	Springfield Striders RC
Dave	Lane	Male	Phoenix Striders
Lisa	Garner	Female	Phoenix Striders
Rob	Smith	Male	
Lee	Hazelwood	Male	Phoenix Striders
Nicola	Maslen	Female	Phoenix Striders
Elizabeth	Cox	Female	Phoenix Striders
Mathew	Coote	Male	
Kim	Vinicombe	Male	
David	Mills	Male	Phoenix Striders

Gary	Richardson	Male	
Neil	Smith	Male	
Sam	Smith	Female	
Deborah	Hitching	Female	Springfield Striders RC
Tina	Reeve	Female	Leigh on Sea Striders
Lee	Eades	Male	
Paul	Eades	Male	
Emily	Guest	Female	
Leilah	McClay	Female	Leigh on Sea Striders
Paul	McKenna	Male	
Mark	Armstrong	Male	
Simon	Rawlings	Male	
Bronwen	Sarginson	Female	
Sean	Connor	Male	
Chris	Footer	Male	
John	Nye	Male	
Pete	Wiseman	Male	
Ken	Summerfield	Male	Barking Road Runners
James	Caldon	Male	Benfleet RC
Ross	Edgar	Male	
Amanda	Fraser Fish	Female	Woodbridge Shufflers RC
Daniel	Plawiak	Male	Barking Road Runners
Stephen	Hampshire	Male	
Gary	Cullen	Male	Cullen Colliders
John	Gould	Male	Benfleet RC
Lydia	Cunningham	Female	Colchester Harriers
Kim	Broughton	Female	Tiptree Road Runners
Michael	Broughton	Male	Tiptree Road Runners
James	Porter	Male	Vegan Runners UK
Lee	Whieldon	Male	Benfleet RC
Lee	D'Silva	Male	
Ian	Lawson	Male	Grange Farm & Dunmow Runners
Maxine	Seward	Female	
Sharon	Wilkinson	Female	Phoenix Striders
Philip	Tall	Male	
Debbie	Barry	Female	Harlow RC
Paul	Newman	Male	
Joanna	Payne	Female	
Sean	Bowen	Male	
Simon	Field	Male	East Essex Triathlon Club
Danielle	Fletcher	Female	East End Road Runners
Matt	Gordon	Male	
Crispian	Bloomfield	Male	Billericay Striders
Paul	Clancy	Male	
Ricky	Tomlin	Male	
Chris	Brough	Male	
Paul	Deasy	Male	
Brad	Farrer	Male	

Mark	Crump	Male	
Des	Kerr	Male	
Andrew	Pinnion	Male	Leigh-on-sea Striders
Ian	Postlethwaite	Male	
Justin	King	Male	Southend Ac
Thomas	Wright	Male	
Elliott	Cone	Male	Leigh on Sea Striders
Samantha	Pickett	Female	Leigh on Sea Striders
Samantha	Perry	Female	
Robert	Prigg	Male	Leigh on Sea Striders
Nicki	Benham	Female	Flyers Southend
Mark	Benham	Male	Flyers Southend
Claire	Davies	Female	Leigh on Sea Striders
Darren	Summers	Male	Leigh on Sea Striders
Debby	Ferguson	Female	
Eleanor	Deslow	Female	
Colin	Deslow	Male	
Craig	Beech	Male	Little Baddow Ridge Runners
Matthew	Letley	Male	Leigh on Sea Striders
David	McMasters	Male	Leigh on Sea Striders
Daria	Croker	Female	Redway Runners
Daisy	Croker	Female	Redway Runners
Alex	Balkwill	Female	Cambridge & Coleridge
Robert	Brown	Male	
Alex	Manton	Male	Springfield Striders RC
Emily	Penkett	Female	Springfield Striders RC
Dan	Gordon	Male	
Graeme	McCrae	Male	
Angela	Mitchell	Female	
Martin	Dempsey	Male	
Erika	Goddard	Female	
Ryan	Gillard	Male	Leigh-on-sea Striders
Lindsey	Colman	Female	
Peter	Goldring	Male	Leigh on Sea Striders
Ciaran	O'Shaughnessy	Male	
Terence	O'Shaughnessy	Male	
Derek	Daly	Male	Fitness Club
Elizabeth	Swanwick	Female	
Mariella	Buisson	Female	
Mike	Hopkins	Male	Castle Point Joggers
Ian	Hart	Male	Castle Point Joggers
Tim	Rumble	Male	
Carol	Ellis	Female	Flyers Southend
Lee	Andrews	Male	
Brian	Longman	Male	Tri Sport Epping
Ty	Farrer	Male	Huntingdonshire Ac
Kerry	Slessor	Female	Leigh-on-sea Striders
Ian	Coxall	Male	Woodbridge Shufflers RC



Steve	Turner	Male	
Kaya	Smith	Female	Runthrough
Barry	Tavener	Male	UKRunchat
John	Kennedy	Male	
Clare	Gallagher	Female	
Paul	Ruffly	Male	Benfleet RC
Andy	Collier	Male	Leigh-on-Sea striders
Jackie	Stretton	Female	Springfield Striders RC
Andrew	Dennett	Male	East Essex Tri Club
Yvonne	Francis	Female	
Faatemah	Piperdy	Female	
Nigel	Pointer	Male	
Celine	Homsey	Female	East End Road Runners
Andrew	Coombes	Male	
Samantha	Coombes	Female	
Paul	Rodgers	Male	Colchester Harriers AC
Terry	Barber	Male	UKRunchat
Ian	Gill	Male	East Essex Tri Club
Moneil	Patel	Male	
Matt	Snow	Male	
Sophie	Hyde	Female	
Tanya	Earle	Female	East End Road Runners
James	Haskey-Jones	Male	Tiptree Road Runners
Claire	Splarn	Female	
Michael	Fance	Male	
Anthony	Ansell	Male	Coastal Striders
T	Newton	Male	Ipswich Jaffa RC
Sarah	Dand	Female	Istead & Ifield Harriers
Caroline	Adlem	Female	Springfield Striders
Adam	Markham	Male	
Nichola	Norman	Female	Springfield Striders RC
Marianne	Craven	Female	Springfield Striders RC
Rachel	OGrady	Female	