



Results

Sunday 26th January 2003

With special thanks to our event sponsors:

AON

Peter Johnson Runner's Centre. (NORWICH)

Ron Hill

Pos	No	Competitor	Club	Age Group	Hrs Mins Sec
1	62	ALAN BROUGHTON	Harlow	Men	- 01 . 35 . 31
2	76	ANDREW MCCARTNEY	Leeds & Bradford Tri	Men	- 01 . 35 . 39
3	68	GREG DEACON	Basildon AC	Men	- 01 . 36 . 01
4	482	TONY PECORARO	Havering 90 Joggers	Men 40-49	- 01 . 36 . 23
5	40	GARY MILLS	Thurrock Harriers	Men	- 01 . 36 . 38
6	404	MALCOLM PACKER	Louth AC	Men 40-49	- 01 . 36 . 54
7	65	DAVE COLLIER	Chelmsford AC	Men	- 01 . 37 . 23
8	30	PAUL MAJOR	Woodford Green	Men	- 01 . 38 . 25
9	450	CHIP HAMER	London Heathside	Men 40-49	- 01 . 38 . 56
10	64	JEZ MANCER	Benfleet RC	Men	- 01 . 39 . 09
11	469	TONY CUMMINGS	Thurrock Harriers	Men 40-49	- 01 . 39 . 58
12	10	JAMIE SEAMARK	Thurrock Harriers	Men	- 01 . 41 . 21
13	72	KEVIN MURISON	Gravesend Road Runners	Men	- 01 . 42 . 35
14	485	CHRISTOPHER PURSE	Springfield Striders	Men 40-49	- 01 . 43 . 38
15	380	STAN COLEMAN	Thrift Green Trotters	Men 50-59	- 01 . 43 . 47
16	60	JAMES AVERTY	Unaffiliated	Men	- 01 . 44 . 33
17	457	DAVID WRIGHT	Colchester Harriers	Men 40-49	- 01 . 44 . 39
18	35	PAUL ROSS	Havering 90 Joggers	Men	- 01 . 44 . 58
19	63	KEVIN JACOB	Billericay Striders	Men	- 01 . 45 . 24
20	438	RICHARD FULLER	East Essex Tri-Club	Men 40-49	- 01 . 45 . 37
21	409	GAVIN EVANS	London Heathside	Men 40-49	- 01 . 45 . 57
22	474	VIC SPAIN	Springfield Striders	Men 40-49	- 01 . 46 . 09
23	24	ANDREW LYNE	Barnet & District	Men	- 01 . 46 . 22
24	101	DAVID MELLOR	Trent Park R.C	Men	- 01 . 46 . 59
25	458	TERRY BACK	Ipswich Jaffas	Men 40-49	- 01 . 47 . 08
26	86	TONY MEAD	Benfleet RC	Men	- 01 . 47 . 42
27	401	ROBERT LANGLEY	Halstead RR	Men 40-49	- 01 . 47 . 45
28	422	GRAHAM AXE	East Essex Tri-Club	Men 40-49	- 01 . 47 . 50
29	363	PASQUALE PELLECCIA	Harlow	Men 50-59	- 01 . 48 . 04
30	429	JOHN TYLER	Havering 90 Joggers	Men 40-49	- 01 . 48 . 21
31	341	KEN FANCETT	Trail Runners Ass	Men 50-59	- 01 . 49 . 48
32	220	SARAH STRADLING	Colchester & Tendering	Ladies	- 01 . 50 . 48
33	25	PETER HARVEY	Sittingbourne Striders	Men	- 01 . 51 . 30
34	365	BARRY SMITH	Dartford RR	Men 50-59	- 01 . 52 . 42
35	481	JOE AVERY	Herts Phoenix	Men 40-49	- 01 . 52 . 56
36	83	DAVID HALLETT	Southend AC	Men	- 01 . 53 . 04
37	84	MIKE MANSFIELD	Southend AC	Men	- 01 . 53 . 05
38	23	STEVE DESBOROUGH	Unaffiliated	Men	- 01 . 53 . 22
39	71	DARREN THOMAS	Grange Farm Trotters	Men	- 01 . 53 . 27
40	344	GRAHAM BAKER	Road Runners Club	Men 50-59	- 01 . 53 . 39
41	410	KEVAN WIND	Pitsea	Men 40-49	- 01 . 53 . 48
42	67	GREGORY MCDOWELL	Colchester Harriers	Men	- 01 . 54 . 08
43	420	CHRIS TATE	Bishops Stortford	Men 40-49	- 01 . 54 . 11
44	52	KIERAN MACPHAIL	Unaffiliated	Men	- 01 . 54 . 15
45	80	JAMIE LUCK	Harlow	Men	- 01 . 54 . 24
46	473	BOB CLARKE	Colchester Harriers	Men 40-49	- 01 . 54 . 26
47	385	JACK FRYER	Unaffiliated	Men 50-59	- 01 . 54 . 29
48	9	SIMON DANIEL	Unaffiliated	Men	- 01 . 54 . 30
49	74	SIMON WHALLEY	Ford Fitness	Men	- 01 . 54 . 52
50	289	SANDRA BOWER	Unaffiliated	Ladies 35-44	- 01 . 55 . 16
51	59	SIAM WOLTON	Halstead RR	Men	- 01 . 55 . 25
52	463	PHILLIP BOWER	Thetford AC	Men 40-49	- 01 . 55 . 36
53	471	RICHARD HAMILL	Unaffiliated	Men 40-49	- 01 . 55 . 50
54	356	JOHNNY CONQUEST	Havering 90 Joggers	Men 50-59	- 01 . 55 . 59
55	415	JIM POLLEY	Crawley	Men 40-49	- 01 . 56 . 00
56	225	LUCY THOMPSON	Benfleet RC	Ladies	- 01 . 56 . 06
57	77	JOHN CHAMBERS	Unaffiliated	Men	- 01 . 56 . 08

58	61	DAVID GRIDLEY	Havering 90 Joggers	Men	- 01 . 56 . 15
59	26	ERIC VAN CASTER	Unaffiliated	Men	- 01 . 56 . 22
60	108	ANDREW ARCHER	Istead & Ifield	Men	- 01 . 56 . 28
61	44	DAVID CRONK	Grange Farm Trotters	Men	- 01 . 56 . 39
62	42	ROBERT ISBILL	Ryston Runners	Men	- 01 . 57 . 03
63	46	CHRIS SCRIVENER	Thurrock Harriers	Men	- 01 . 57 . 17
64	346	PETER CLEGG	Grange Farm Trotters	Men 50-59	- 01 . 57 . 30
65	33	STEPHEN CORNFORTH	Unaffiliated	Men	- 01 . 57 . 52
66	408	STEVE JONES	Thurrock Nomads	Men 40-49	- 01 . 57 . 59
67	27	PAUL CROSS	Unaffiliated	Men	- 01 . 58 . 01
68	66	JASON SYRETT	Thurrock Nomads	Men	- 01 . 58 . 14
69	364	MICK STAINES	Castle Point Joggers	Men 50-59	- 01 . 58 . 24
70	302	SUE SPONG	Havering 90 Joggers	Ladies 45-54	- 01 . 58 . 58
71	75	FABRICE LEISTNER	Unaffiliated	Men	- 01 . 59 . 06
72	464	IAN THEAKSTONE	Dagenham 88	Men 40-49	- 01 . 59 . 40
73	465	RICHARD HANDOLL	Unaffiliated	Men 40-49	- 01 . 59 . 42
74	31	STEVE TIDIMAN	Unaffiliated	Men	- 01 . 59 . 50
75	290	BEL WATERS	Harlow	Ladies 35-44	- 01 . 59 . 56
76	452	? BARNES	Heather Rd Harriers	Men 40-49	- 01 . 59 . 58
77	456	IAN PARKINS	Billericay Striders	Men 40-49	- 02 . 00 . 09
78	297	HELEN HOYLE	Barnet & District	Ladies 35-44	- 02 . 00 . 17
79	81	G WISKEN	Castle Point Joggers	Men	- 02 . 00 . 22
80	298	PRU HAYHOW	Grange Farm Trotters	Ladies 35-44	- 02 . 00 . 26
81	377	KEN BENCH	Thrift Green Trotters	Men 50-59	- 02 . 00 . 40
82	417	DAVID KING	Blackheath Harriers	Men 40-49	- 02 . 00 . 46
83	478	TIM RUMBLE	Castle Point Joggers	Men 40-49	- 02 . 00 . 48
84	303	LYNN TANNER	Colchester & Tendering	Ladies 45-54	- 02 . 00 . 54
85	451	ALAN MUSKETT	Heather Rd Harriers	Men 40-49	- 02 . 01 . 06
86	100	MICHAEL SMITH	Southend AC	Men	- 02 . 01 . 17
87	343	ROBERT TEER	Thurrock Nomads	Men 50-59	- 02 . 01 . 18
88	98	CHRIS HAYHOW	Grange Farm Trotters	Men	- 02 . 01 . 21
89	258	JULIE BRYAN	Trent Park R.C	Ladies 35-44	- 02 . 01 . 49
90	372	BARRY CLARK	Royston Runners	Men 50-59	- 02 . 01 . 56
91	443	PARTICK MORAN	Trent Park R.C	Men 40-49	- 02 . 02 . 02
92	93	PAUL BYRNE	Oxted Runners	Men	- 02 . 02 . 14
93	79	HUW JOHNSON	Unaffiliated	Men	- 02 . 02 . 29
94	208	PAULA HARTWELL	Unaffiliated	Ladies	- 02 . 03 . 00
95	384	BRIAN BUTCHER	Castle Point Joggers	Men 50-59	- 02 . 03 . 14
96	447	MIKE GREALY	Halstead RR	Men 40-49	- 02 . 03 . 36
97	32	ANDY SUETT	Havering 90 Joggers	Men	- 02 . 03 . 49
98	376	TERENCE WHALLEY	Ford Fitness	Men 50-59	- 02 . 03 . 51
99	91	JUSTIN COWLIN	Pitsea	Men	- 02 . 03 . 55
100	102	PAUL GRIBBON	East Essex Tri-Club	Men	- 02 . 04 . 02
101	444	DANNY TIMBRELL	Thrift Green Trotters	Men 50-59	- 02 . 04 . 15
102	312	SUE FELDMAN	Grange Farm Trotters	Ladies 45-54	- 02 . 04 . 22
103	268	GINA BORLEY	Ryston Runners	Ladies 35-44	- 02 . 04 . 36
104	459	ROB PEACEY	Benfleet RC	Men 40-49	- 02 . 04 . 44
105	53	TONY COWELL	Unaffiliated	Men	- 02 . 04 . 47
106	22	IAN JORDAN	Blackheath Harriers	Men	- 02 . 04 . 59
107	3	STUART SAGGERS	Unaffiliated	Men	- 02 . 05 . 22
108	486	GEORGE INDERST	Unaffiliated	Men 40-49	- 02 . 05 . 24
109	92	ALAN GEE	Unaffiliated	Men	- 02 . 05 . 31
110	278	AMANDA BUSSEY	Southend AC	Ladies 35-44	- 02 . 05 . 35
111	49	MARC SNELSON	East Essex Tri-Club	Men	- 02 . 05 . 45
112	421	T.MCINTYRE	Sutton Runners	Men 40-49	- 02 . 06 . 09
113	461	STEVE BANKS	Barking RR	Men 40-49	- 02 . 06 . 10
114	287	ELIZABETH CAHILL	Colchester Harriers	Ladies 35-44	- 02 . 06 . 11
115	7	SEAN MARTIN	Unaffiliated	Men	- 02 . 06 . 22

116	483	MARK GREENSILL	Castle Point Joggers	Men 40-49	- 02 . 06 . 26
117	8	RICHARD MERRY	Unaffiliated	Men	- 02 . 06 . 44
118	281	JANET COBBY	New Eltham Joggers	Ladies 35-44	- 02 . 06 . 51
119	355	GERRY MOORE	New Eltham Joggers	Men 50-59	- 02 . 06 . 51
120	361	DENIS MOLE	Havering 90 Joggers	Men 50-59	- 02 . 07 . 43
121	276	MELANIE LING	Southend AC	Ladies 35-44	- 02 . 07 . 45
122	73	NICK DAVIS	Unaffiliated	Men	- 02 . 08 . 19
123	28	NEIL ANDERSON	Unaffiliated	Men	- 02 . 08 . 24
124	51	MICHAEL EAMES	Thrift Green Trotters	Men	- 02 . 08 . 32
125	90	JAMES HASSE	Unaffiliated	Men	- 02 . 08 . 42
126	381	RUSSELL DEVITT	Shaftsbury Harriers	Men 50-59	- 02 . 08 . 44
127	436	JIM LING	Southend AC	Men 40-49	- 02 . 09 . 07
128	427	ANDREW TATE	Maidstone Harriers	Men 40-49	- 02 . 09 . 26
129	78	MARTIN GRAY	Unaffiliated	Men	- 02 . 09 . 30
130	216	ANNABELLE STEARNS	Gravesend Road Runners	Ladies	- 02 . 09 . 48
131	476	STEPHEN BEECH	Pitsea	Men 40-49	- 02 . 09 . 54
132	2	BILLY PEARCE	Dulwich Park Runners	Men	- 02 . 09 . 59
133	403	BOB PRESTON	Unaffiliated	Men 40-49	- 02 . 10 . 03
134	94	MIKE JUDD	Unaffiliated	Men	- 02 . 10 . 12
135	349	BERNARD WRIGHT	Southend AC	Men 50-59	- 02 . 10 . 17
136	47	JON STREET	Unaffiliated	Men	- 02 . 10 . 54
137	354	JOHN CRAMPHORN	Havering 90 Joggers	Men 50-59	- 02 . 11 . 16
138	479	NIGEL KIMPTON	Benfleet RC	Men 40-49	- 02 . 11 . 45
139	386	TIM STOUT	Unaffiliated	Men 50-59	- 02 . 12 . 01
140	21	PAUL ROW	Bishops Stortford	Men	- 02 . 12 . 29
141	14	STUART PAYNE	Leigh Striders	Men	- 02 . 12 . 48
142	416	GORDON OFFLER	Unaffiliated	Men 40-49	- 02 . 13 . 23
143	299	ALISON PRETIOUS	Gravesend Road Runners	Ladies 35-44	- 02 . 13 . 28
144	55	STEVE WHITE	Saffron Striders	Men	- 02 . 13 . 30
145	88	IAN GLOVER	Southend AC	Men	- 02 . 13 . 45
146	304	SUSAN PRESTON	Gravesend Road Runners	Ladies 45-54	- 02 . 14 . 02
147	352	BARRY MCDONAGH	Thrift Green Trotters	Men 50-59	- 02 . 14 . 24
148	350	TONY RIVERS	Halstead RR	Men 50-59	- 02 . 14 . 31
149	434	BRIAN SMITH	Blackheath Harriers	Men 40-49	- 02 . 14 . 37
150	336	GRAHAM NEWMAN	Unaffiliated	Men 50-59	- 02 . 15 . 01
151	310	JO NEWSTEAD	Unaffiliated	Ladies 45-54	- 02 . 15 . 08
152	54	LAURENCE HARRISON	Billericay Striders	Men	- 02 . 15 . 10
153	441	RICHARD GOWERS	Unaffiliated	Men 40-49	- 02 . 15 . 28
154	472	DON SINCLAIR	Pitsea	Men 40-49	- 02 . 16 . 08
155	460	TERRY SHEEY	Grange Farm Trotters	Men 40-49	- 02 . 16 . 28
156	57	PETER FORD	Hayes & Harlington	Men	- 02 . 16 . 50
157	284	NICOLA HOPKINSON	Iford AC	Ladies 35-44	- 02 . 17 . 07
158	383	MICHAEL BEAMONT	Unaffiliated	Men 50-59	- 02 . 17 . 46
159	371	MICHAEL HARDING	Plumstead RR	Men 50-59	- 02 . 17 . 49
160	222	LUCY CONQUEST	Havering 90 Joggers	Ladies	- 02 . 18 . 34
161	36	JOHN RABY	Witham	Men	- 02 . 18 . 37
162	214	LINDSAY HELLIER	Witham	Ladies	- 02 . 18 . 38
163	226	AMANDA LOVEGROVE	East London Runners	Ladies	- 02 . 18 . 45
164	454	CHRISTOPHER STEPHENS	East London Runners	Men 40-49	- 02 . 18 . 46
165	389	DAVID DUTTON	Unaffiliated	Men 50-59	- 02 . 18 . 48
166	390	PETER WOODWARD	Thurrock Nomads	Men 50-59	- 02 . 19 . 03
167	432	IAN ROBINSON	Hayes & Harlington	Men 40-49	- 02 . 19 . 50
168	201	APRYL HAMMETT	Unaffiliated	Ladies	- 02 . 20 . 28
169	96	TOM CLARKSON	Unaffiliated	Men	- 02 . 20 . 29
170	362	EDDIE PARRY	Plumstead RR	Men 50-59	- 02 . 21 . 17
171	280	LIZ KEMPSTER	Unaffiliated	Ladies 35-44	- 02 . 21 . 30
172	224	SALLY HOULSTON	Unaffiliated	Ladies	- 02 . 21 . 47
173	85	MARC GREENBAUM	Unaffiliated	Men	- 02 . 22 . 04

174	275	NIKKI BENNETT	Great Bentley	Ladies 35-44	- 02 . 22 . 07
175	487	STEPHEN KEYS	Unaffiliated	Men 40-49	- 02 . 22 . 08
176	19	ANDREW MOOORE	Unaffiliated	Men	- 02 . 22 . 49
177	99	TONY O'DONNELL	Unaffiliated	Men	- 02 . 22 . 50
178	15	KENNETH WILSON	East End Road Runners	Men	- 02 . 23 . 03
179	82	JOHN WILLIS	Southend AC	Men	- 02 . 23 . 09
180	453	ROY COTTIS	Southend AC	Men 40-49	- 02 . 23 . 16
181	309	VALÉRIE SINCLAIR	Pitsea	Ladies 45-54	- 02 . 24 . 06
182	17	BEN DEAN	Bishops Stortford	Men	- 02 . 24 . 07
183	106	JASON KLUGER	Unaffiliated	Men	- 02 . 24 . 11
184	97	COLIN ALMOND	Springfield Striders	Men	- 02 . 24 . 15
185	433	KARL CHUBB	Unaffiliated	Men 40-49	- 02 . 24 . 21
186	425	TERRY ARNOLD	Unaffiliated	Men 40-49	- 02 . 24 . 26
187	277	JULIE YALLOP	Ipswich Jaffas	Ladies 35-44	- 02 . 24 . 28
188	274	SARAH STRIVENS	Ipswich Jaffas	Ladies 35-44	- 02 . 24 . 30
189	468	IAN LEWIS	Castle Point Joggers	Men 40-49	- 02 . 24 . 39
190	286	RACHEL RICHARDSON-WRIGHT	Colchester Harriers	Ladies 35-44	- 02 . 24 . 41
191	266	CATHIE JACKSON	Trent Park R.C	Ladies 35-44	- 02 . 24 . 43
192	373	JIM DAVIS	Herts Phoenix	Men 50-59	- 02 . 24 . 54
193	221	LAUREN RENVARD	Hardley Runners	Ladies	- 02 . 25 . 42
194	475	JOHN HOLDSWORTH	Southend AC	Men 40-49	- 02 . 25 . 43
195	790	ROGER IVES	Unaffiliated	Men 60+	- 02 . 25 . 45
196	406	JOHN RICKARD	Leigh Striders	Men 40-49	- 02 . 25 . 50
197	105	KEN KIRK	Unaffiliated	Men	- 02 . 25 . 55
198	378	PAUL NORTON	Benfleet RC	Men 50-59	- 02 . 25 . 59
199	307	LIZ MARTIN	Harlow	Ladies 45-54	- 02 . 26 . 17
200	437	NICK McCULLAGH	Castle Point Joggers	Men 40-49	- 02 . 26 . 20
201	223	JODY WOOTTON	Unaffiliated	Ladies	- 02 . 26 . 25
202	288	ELAINE OCHILTREE	Harlow	Ladies 35-44	- 02 . 26 . 27
203	484	PHILLIP LAST	Bishops Stortford	Men 40-49	- 02 . 26 . 39
204	360	COLIN MARSH	Unaffiliated	Men 50-59	- 02 . 26 . 40
205	402	STEPHEN TAYLOR	Real Runners	Men 40-49	- 02 . 26 . 45
206	470	RONALD DOBIE	Havering 90 Joggers	Men 40-49	- 02 . 26 . 56
207	449	FREDERICK HALL	Unaffiliated	Men 40-49	- 02 . 27 . 02
208	213	CLAIRE ROAKE	Unaffiliated	Ladies	- 02 . 27 . 04
209	210	EMMA MASON	East London Runners	Ladies	- 02 . 27 . 27
210	430	DAVID MARTIN	Ilford AC	Men 40-49	- 02 . 27 . 48
211	358	NICK PUGH	Castle Point Joggers	Men 50-59	- 02 . 28 . 21
212	227	TRACEY SCHOOLING	Unaffiliated	Ladies	- 02 . 28 . 41
213	292	TRACEY ADAMS	Unaffiliated	Ladies 35-44	- 02 . 28 . 43
214	41	ALEX RBINSON	Unaffiliated	Men	- 02 . 28 . 45
215	87	LADISLAV DLAB	AC Roztoky CZ	Men	- 02 . 28 . 47
216	338	CLIFF BAKER	Colchester Harriers	Men 50-59	- 02 . 29 . 10
217	375	MICHAEL COTTRELL	Billericay Striders	Men 50-59	- 02 . 29 . 21
218	271	LORRAINE EVANS	Bishops Stortford	Ladies 35-44	- 02 . 29 . 25
219	211	CAROLINE WEEKES	Unaffiliated	Ladies	- 02 . 29 . 26
220	388	RAY PLATT	Southend AC	Men 50-59	- 02 . 30 . 36
221	367	MARTIN MASON	Barking RR	Men 50-59	- 02 . 30 . 49
222	419	STEPHEN BRIGHT	British Athletics Supp	Men 40-49	- 02 . 31 . 27
223	56	MICHAEL TRAVERS	Unaffiliated	Men	- 02 . 31 . 34
224	11	MARK SMTH	Unaffiliated	Men	- 02 . 32 . 09
225	368	COLIN NOLAN	Plumstead RR	Men 50-59	- 02 . 32 . 20
226	357	DEREK STATON	Thurrock Nomads	Men 50-59	- 02 . 33 . 02
227	366	MICHAEL BATTLE	Unaffiliated	Men 50-59	- 02 . 33 . 05
228	455	DAVID THOMPSON	Unaffiliated	Men 40-49	- 02 . 33 . 06
229	89	DAVID GEE	Unaffiliated	Men	- 02 . 33 . 06
230	477	DENNIS GRAY	Unaffiliated	Men 40-49	- 02 . 33 . 15
231	104	GARY JAY	Unaffiliated	Men	- 02 . 34 . 13

232	103	? POND	Unaffiliated	Men	- 02 . 35 . 04
233	446	STEVE PAGE	Harlow	Men 40-49	- 02 . 35 . 10
234	228	LENKA MEJSNAROVA	AC Roztoky CZ	Ladies	- 02 . 35 . 50
235	353	FRANK HAYNES	Saffron Striders	Men 50-59	- 02 . 36 . 15
236	29	ANDREW BURGESS	Maidstone Harriers	Men	- 02 . 36 . 16
237	342	COLIN MORRIS	Vets AC	Men 50-59	- 02 . 37 . 09
238	272	MARIE SMITH	Ipswich Jaffas	Ladies 35-44	- 02 . 37 . 20
239	267	DIANE SUTER	Dulwich Park Runners	Ladies 35-44	- 02 . 37 . 21
240	359	COLIN RUSSELL	Road Runners Club	Men 50-59	- 02 . 37 . 40
241	20	ROBERT HUNTER	Crawley	Men	- 02 . 37 . 42
242	781	PERCY JORDAN	Crawley	Men 60+	- 02 . 37 . 44
243	212	KEM LEUNG	Crawley	Ladies	- 02 . 37 . 45
244	466	BRYAN TYRRELL	Havering 90 Joggers	Men 40-49	- 02 . 37 . 58
245	413	ANDRZEJ GAJBUTOWICZ	Unaffiliated	Men 40-49	- 02 . 38 . 04
246	789	KEITH SCRIVENER	Great Bentley	Men 60+	- 02 . 38 . 39
247	107	MARK KIRK	Unaffiliated	Men	- 02 . 38 . 50
248	296	SUE THAKE	Billericay Striders	Ladies 35-44	- 02 . 40 . 29
249	282	GILLIAN CALLISTE	Istead & Ifield	Ladies 35-44	- 02 . 40 . 42
250	69	SIMON POON	Harlow	Men	- 02 . 40 . 54
251	462	ROBERT COURTIER	Barking RR	Men 40-49	- 02 . 41 . 06
252	260	ANGELA GREEN	Tiptree RR	Ladies 35-44	- 02 . 41 . 53
253	382	MACOLM LUPTON	Unaffiliated	Men 50-59	- 02 . 41 . 54
254	273	LORRAINE HEAL	Castle Point Joggers	Ladies 35-44	- 02 . 42 . 42
255	792	RON RUSSELL	Castle Point Joggers	Men 60+	- 02 . 42 . 44
256	340	DAVID BROWN	Sittingbourne Striders	Men 50-59	- 02 . 43 . 03
257	387	MALCOLM FYFE	Southend AC	Men 50-59	- 02 . 43 . 06
258	784	REG GUNTHORPE	Thrift Green Trotters	Men 60+	- 02 . 43 . 28
259	480	DAVID PAYNE	Unaffiliated	Men 40-49	- 02 . 43 . 39
260	291	PAULA ROBINSON	Bishops Stortford	Ladies 35-44	- 02 . 44 . 04
261	414	JOHN EVANS	Crawley	Men 40-49	- 02 . 45 . 05
262	283	SALLY GILLAM	Ilford AC	Ladies 35-44	- 02 . 45 . 42
263	448	LOUIS PATHROSE	Ilford AC	Men 40-49	- 02 . 45 . 49
264	791	TONY BUCKMASTER	Unaffiliated	Men 60+	- 02 . 46 . 22
265	305	EILEEN HAMMOND	Castle Point Joggers	Ladies 45-54	- 02 . 46 . 34
266	370	? KENNEDY	Ford Fitness	Men 50-59	- 02 . 47 . 55
267	348	JIM TAYLOR	Paddock Wood	Men 50-59	- 02 . 48 . 29
268	786	TONY STONHAM	Sittingbourne Striders	Men 60+	- 02 . 48 . 42
269	311	FRANCIS IMPEY	Thurrock Nomads	Ladies 45-54	- 02 . 48 . 46
270	95	BARRY PICKARD	Thurrock Nomads	Men	- 02 . 48 . 47
271	70	STANISLAV SVOBODA	Unaffiliated	Men	- 02 . 49 . 31
272	467	JOHN COX	Unaffiliated	Men 40-49	- 02 . 50 . 08
273	270	MAUREEN WAKELING	Bishops Stortford	Ladies 35-44	- 02 . 50 . 08
274	207	DEBBIE PARKER	Unaffiliated	Ladies	- 02 . 52 . 27
275	347	TERRY DERRICK	Greenacre RC	Men 50-59	- 02 . 52 . 28
276	331	DAPHNE PUGH	Castle Point Joggers	Ladies 55+	- 02 . 52 . 48
277	379	RON LUCK	Harlow	Men 50-59	- 02 . 55 . 05
278	785	JOHN VIRGO	Castle Point Joggers	Men 60+	- 02 . 55 . 07
279	18	LEON GOLDSACK	Ashford AC	Men	- 02 . 55 . 41
280	50	GARETH BARTLETT	East End Road Runners	Men	- 02 . 56 . 23
281	369	ROBERT JONES	Unaffiliated	Men 50-59	- 02 . 56 . 57
282	285	LESLEY MONOD	Southend AC	Ladies 35-44	- 02 . 58 . 17
283	293	LINDA MOUNTFORD	Southend AC	Ladies 35-44	- 02 . 58 . 17
284	265	BARBARA BURNETT	Sutton Runners	Ladies 35-44	- 03 . 02 . 00
285	264	SUSAN MCINTYRE	Sutton Runners	Ladies 35-44	- 03 . 02 . 00
286	374	BILL PARDON	Castle Point Joggers	Men 50-59	- 03 . 03 . 18
287	58	LEE DAVIS	Dagenham 88	Men	- 03 . 04 . 59
288	16	AARON SCRIVENER	Road Runners Club	Men	- 03 . 05 . 30
289	351	TERRY ROBINSON	Bishops Stortford	Men 50-59	- 03 . 07 . 35

290	345	CHARLES PAYNE	Bishops Stortford	Men 50-59	- 03 . 07 . 35
291	445	MICHEAL JEFFERY	Southend AC	Men 40-49	- 03 . 11 . 34
292	294	WENDY WALL	Southend AC	Ladies 35-44	- 03 . 13 . 56
293	295	SUE SIPOS	Southend AC	Ladies 35-44	- 03 . 13 . 57
294	431	CLIVE RUSSELL	Unaffiliated	Men 40-49	- 03 . 18 . 41
295	308	JULIE WING	Maidstone Harriers	Ladies 45-54	- 03 . 19 . 59
296	217	CAROLINE BROGAN	Unaffiliated	Ladies	- 03 . 33 . 14
297	45	SIMON RILEY	Unaffiliated	Men	- 03 . 33 . 14

TEAM POSITIONS-Men's

1st	THURROCK HARRIERS			28pts
5	40	GARY MILLS	Thurrock Harriers	Men - 01 . 36 . 38
11	469	TONY CUMMINGS	Thurrock Harriers	Men 40-49 - 01 . 39 . 58
12	10	JAMIE SEAMARK	Thurrock Harriers	Men - 01 . 41 . 21
2nd	HAVERING 90 JOGGERS			52pts
4	482	TONY PECORARO	Havering 90 Joggers	Men 40-49 - 01 . 36 . 23
18	35	PAUL ROSS	Havering 90 Joggers	Men - 01 . 44 . 58
30	429	JOHN TYLER	Havering 90 Joggers	Men 40-49 - 01 . 48 . 21
3rd	HARLOW			75pts
1	62	ALAN BROUGHTON	Harlow	Men - 01 . 35 . 31
29	363	PASQUALE PELLECCIA	Harlow	Men 50-59 - 01 . 48 . 04
45	80	JAMIE LUCK	Harlow	Men - 01 . 54 . 24
4th	COLCHESTER HARRIERS			103pts
5th	BENFLEET RC			128pts

TEAM POSITIONS-Ladies

1st	GRAVESEND ROAD RUNNERS			54pts
17		ANNABELLE STEARNS	Gravesend Road Runners	Ladies - 02 . 09 . 48
18		ALISON PRETIOS	Gravesend Road Runners	Ladies 35-44 - 02 . 13 . 28
19		SUSAN PRESTON	Gravesend Road Runners	Ladies 45-54 - 02 . 14 . 02
2nd	HARLOW			77pts
5	290	BEL WATERS	Harlow	Ladies 35-44 - 01 . 59 . 56
35	307	LIZ MARTIN	Harlow	Ladies 45-54 - 02 . 26 . 17
37	288	ELAINE OCHILTREE	Harlow	Ladies 35-44 - 02 . 26 . 27
3rd	SOUTHEND AC			88pts
13	278	AMANDA BUSSEY	Southend AC	Ladies 35-44 - 02 . 05 . 35
16	276	MELANIE LING	Southend AC	Ladies 35-44 - 02 . 07 . 45
59	285	LESLEY MONOD	Southend AC	Ladies 35-44 - 02 . 58 . 17
4th	IPSWICH JAFFAS			106pts
5th	BISHOPS STORTFORD			150pts



Ladies Race Results



Pos	No	Competitor	Club	Age Group	Hrs	Mins	Sec
1	220	SARAH STRADLING	Colchester & Tendering	Ladies	- 01	. 50	. 48
2	289	SANDRA BOWER	Unaffiliated	Ladies 35-44	- 01	. 55	. 16
3	225	LUCY THOMPSON	Benfleet RC	Ladies	- 01	. 56	. 06
4	302	SUE SPONG	Havering 90 Joggers	Ladies 45-54	- 01	. 58	. 58
5	290	BEL WATERS	Harlow	Ladies 35-44	- 01	. 59	. 56
6	297	HELEN HOYLE	Barnet & District	Ladies 35-44	- 02	. 00	. 17
7	298	PRU HAYHOW	Grange Farm Trotters	Ladies 35-44	- 02	. 00	. 26
8	303	LYNN TANNER	Colchester & Tendering	Ladies 45-54	- 02	. 00	. 54
9	258	JULIE BRYAN	Trent Park R.C	Ladies 35-44	- 02	. 01	. 49
10	208	PAULA HARTWELL	Unaffiliated	Ladies	- 02	. 03	. 00
11	312	SUE FELDMAN	Grange Farm Trotters	Ladies 45-54	- 02	. 04	. 22
12	268	GINA BORLEY	Ryston Runners	Ladies 35-44	- 02	. 04	. 36
13	278	AMANDA BUSSEY	Southend AC	Ladies 35-44	- 02	. 05	. 35
14	287	ELIZABETH CAHILL	Colchester Harriers	Ladies 35-44	- 02	. 06	. 11
15	281	JANET COBBY	New Eltham Joggers	Ladies 35-44	- 02	. 06	. 51
16	276	MELANIE LING	Southend AC	Ladies 35-44	- 02	. 07	. 45
17	216	ANNABELLE STEARNS	Gravesend Road Runners	Ladies	- 02	. 09	. 48
18	299	ALISON PRETIOUS	Gravesend Road Runners	Ladies 35-44	- 02	. 13	. 28
19	304	SUSAN PRESTON	Gravesend Road Runners	Ladies 45-54	- 02	. 14	. 02
20	310	JO NEWSTEAD	Unaffiliated	Ladies 45-54	- 02	. 15	. 08
21	284	NICOLA HOPKINSON	Ilford AC	Ladies 35-44	- 02	. 17	. 07
22	222	LUCY CONQUEST	Havering 90 Joggers	Ladies	- 02	. 18	. 34
23	214	LINDSAY HELLIER	Witham	Ladies	- 02	. 18	. 38
24	226	AMANDA LOVEGROVE	East London Runners	Ladies	- 02	. 18	. 45
25	201	APRYL HAMMETT	Unaffiliated	Ladies	- 02	. 20	. 28
26	280	LIZ KEMPSTER	Unaffiliated	Ladies 35-44	- 02	. 21	. 30
27	224	SALLY HOULSTON	Unaffiliated	Ladies	- 02	. 21	. 47
28	275	NIKKI BENNETT	Great Bentley	Ladies 35-44	- 02	. 22	. 07
29	309	VALERIE SINCLAIR	Pitsea	Ladies 45-54	- 02	. 24	. 06
30	277	JULIE YALLOP	Ipswich Jaffas	Ladies 35-44	- 02	. 24	. 28
31	274	SARAH STRIVENS	Ipswich Jaffas	Ladies 35-44	- 02	. 24	. 30
32	286	RACHEL RICHARDSON-WRIGHT	Colchester Harriers	Ladies 35-44	- 02	. 24	. 41
33	266	CATHIE JACKSON	Trent Park R.C	Ladies 35-44	- 02	. 24	. 43
34	221	LAUREN RENYARD	Hardley Runners	Ladies	- 02	. 25	. 42
35	307	LIZ MARTIN	Harlow	Ladies 45-54	- 02	. 26	. 17
36	223	JODY WOOTTON	Unaffiliated	Ladies	- 02	. 26	. 25
37	288	ELAINE OCHILTREE	Harlow	Ladies 35-44	- 02	. 26	. 27
38	213	CLAIRE ROAKE	Unaffiliated	Ladies	- 02	. 27	. 04
39	210	EMMA MASON	East London Runners	Ladies	- 02	. 27	. 27
40	227	TRACEY SCHOOLING	Unaffiliated	Ladies	- 02	. 28	. 41
41	292	TRACEY ADAMS	Unaffiliated	Ladies 35-44	- 02	. 28	. 43
42	271	LORRAINE EVANS	Bishops Stortford	Ladies 35-44	- 02	. 29	. 25
43	211	CAROLINE WEEKES	Unaffiliated	Ladies	- 02	. 29	. 26
44	228	LENKA MEJSNAROVA	AC Roztoky CZ	Ladies	- 02	. 35	. 50
45	272	MARIE SMITH	Ipswich Jaffas	Ladies 35-44	- 02	. 37	. 20
46	267	DIANE SUTER	Dulwich Park Runners	Ladies 35-44	- 02	. 37	. 21
47	212	KEM LEUNG	Crawley	Ladies	- 02	. 37	. 45
48	296	SUE THAKE	Billericay Striders	Ladies 35-44	- 02	. 40	. 29
49	282	GILLIAN CALLISTE	Istead & Ifield	Ladies 35-44	- 02	. 40	. 42
50	260	ANGELA GREEN	Tiptree RR	Ladies 35-44	- 02	. 41	. 53
51	273	LORRAINE HEAL	Castle Point Joggers	Ladies 35-44	- 02	. 42	. 42
52	291	PAULA ROBINSON	Bishops Stortford	Ladies 35-44	- 02	. 44	. 04
53	283	SALLY GILLAM	Ilford AC	Ladies 35-44	- 02	. 45	. 42
54	305	EILEEN HAMMOND	Castle Point Joggers	Ladies 45-54	- 02	. 46	. 34
55	311	FRANCIS IMPEY	Thurrock Nomads	Ladies 45-54	- 02	. 48	. 46
56	270	MAUREEN WAKELING	Bishops Stortford	Ladies 35-44	- 02	. 50	. 08
57	207	DEBBIE PARKER	Unaffiliated	Ladies	- 02	. 52	. 27
58	331	DAPHNE PUGH	Castle Point Joggers	Ladies 55+	- 02	. 52	. 48
59	285	LESLEY MONOD	Southend AC	Ladies 35-44	- 02	. 58	. 17
60	293	LINDA MOUNTFORD	Southend AC	Ladies 35-44	- 02	. 58	. 17
61	265	BARBARA BURNETT	Sutton Runners	Ladies 35-44	- 03	. 02	. 00
62	264	SUSAN MCINTYRE	Sutton Runners	Ladies 35-44	- 03	. 02	. 00
63	294	WENDY WALL	Southend AC	Ladies 35-44	- 03	. 13	. 56
64	295	SUE SIPOS	Southend AC	Ladies 35-44	- 03	. 13	. 57
65	308	JULIE WING	Maidstone Harriers	Ladies 45-54	- 03	. 19	. 59
66	217	CAROLINE BROGAN	Unaffiliated	Ladies	- 03	. 33	. 14