

**BENFLEET 15 RESULTS**

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos	
1	1:29:18	SELLENS, Chris	Colchester Harriers	Male Senior	190	1
2	1:31:08	MUIR, Malcolm	Iford AC	Male Senior	209	2
3	1:32:38	BLOOMFIELD, Crispian	Billericay Striders	Male Senior	204	3
4	1:32:49	CHANDLER, Gary	Springfield Striders	Male Vets 40-49	534	4
5	1:33:33	SMALLS, Allen	Colchester Harriers	Male Vets 40-49	579	5
6	1:33:49	MANCER, Jez	Benfleet Rc	Male Senior	158	6
7	1:34:09	BOOTY, Graham	Benfleet Rc	Male Senior	168	7
8	1:35:37	MACMILLEN, Alexander	Colchester Harriers	Male Vets 40-49	526	8
9	1:35:46	MANLOW, John	Ely Runners	Male Vets 40-49	524	9
10	1:36:12	CAME, Anthony	Thrift Green Trotters	Male Senior	59	10
11	1:36:41	READ, Mark	Thrift Green Trotters	Male Senior	82	11
12	1:37:12	GOSLING, Ian	Reading Road Runners	Male Senior	112	12
13	1:37:24	MARSHALL, James	Thrift Green Trotters	Male Senior	69	13
14	1:37:41	SQUIRE, Anthony	Billericay Striders	Male Senior	133	14
15	1:38:00	SMITH, James	Gade Valley Harriers	Male Senior	47	15
16	1:38:33	ACOATA, Joshua	Unattached	Male Senior	203	16
17	1:38:45	JACOB, Kevin	Billericay Striders	Male Vets 40-49	508	17
18	1:38:59	BARKER, John	Thrift Green Trotters	Male Vets 40-49	479	18
19	1:38:59	LANE, Carl	Unattached	Male Senior	87	19
20	1:39:25	DOBSON, Paul	Springfield Striders	Male Vets 40-49	546	20
21	1:39:50	CHALKEN, Steven	Unattached	Male Senior	221	21
22	1:39:56	WILKENS, Nolan	Beckenham RC	Male Senior	44	22
23	1:40:06	BUTLER, Alan	Thrift Green Trotters	Male Vets 50-59	627	23
24	1:40:18	PETTIT, Stephen	Ely Runners	Male Vets 40-49	403	24
25	1:40:48	BUTLER, David	Billericay Striders	Male Vets 50-59	402	25
26	1:41:03	ARNOLD, Daryl	Unattached	Male Senior	156	26
27	1:41:23	DIXON, Clem	Cambridge Harriers	Male Vets 40-49	480	27
28	1:41:41	BOTTRILL, Darren	Iford AC	Male Senior	199	28
29	1:41:49	RUSSELL, James	Thurrock Harriers	Male Senior	57	29
30	1:42:05	JONES, Simon	Unattached	Male Senior	146	30
31	1:42:08	MACDONALD, Iain	Iford AC	Male Senior	12	31
32	1:42:13	CUDMORE, Tom	Colchester Harriers	Male Senior	187	32
33	1:42:50	CHAMPION, Mark	Istead & Ifield Harriers	Male Vets 40-49	585	33
34	1:42:54	GREEN, John	Thurrock Harriers	Male Vets 40-49	502	34
35	1:43:02	WOTTON, Kevin	Barking Road Runners	Male Vets 40-49	509	35
36	1:43:16	NEWELL, Kevin	Iford AC	Male Senior	23	36
37	1:43:47	KNIGHTLEY, Terry	Iford AC	Male Vets 40-49	466	37
38	1:44:26	COLLIER, David	Unattached	Male Vets 40-49	530	38
39	1:44:26	HEWES, Nigel	Unattached	Male Senior	77	39
40	1:44:36	FITCHEW, Jason	Leigh Striders	Male Vets 40-49	531	40
41	1:44:39	CRAVEN, Terry	Southend AC	Male Senior	66	41
42	1:44:42	WINN-SMITH, Matt	Cambridge Harriers	Male Senior	218	42
43	1:44:57	SULLIVAN, James	Unattached	Male Senior	207	43
44	1:45:02	BARNES, Ellie	Reading Roadrunners	Ladies Senior	747	44
45	1:45:24	COX, Dave	Woodford Green Ac with Essex Ladies	Male Vets 50-59	629	45
46	1:45:24	COX, Robbie	Woodford Green Ac with Essex Ladies	Male Senior	76	46
47	1:45:25	MILLS, Rob	Springfield Striders	Male Senior	81	47
48	1:45:26	BOWRING, Simon	Springfield Striders	Male Senior	106	48
49	1:45:35	HORRITT, Ian	East London Runners	Male Senior	436	49
50	1:45:47	WATSON, Stuart	Benfleet Rc	Male Senior	144	50
51	1:45:50	THORNTON, Keith	Thrift Green Trotters	Male Vets 40-49	511	51
52	1:46:03	PHILCOX, Stephen	Barking Road Runners	Male Vets 40-49	429	52
53	1:46:08	JOYCE, Phil	Unattached	Male Vets 40-49	562	53
54	1:46:20	COPE, Ben	Serpentine Running Club	Male Senior	153	54
55	1:46:43	CARDY, Ian	Springfield Striders	Male Vets 40-49	481	55
56	1:46:49	SEAMARK, Jamie	North Norfolk Beach Runners	Male Senior	54	56
57	1:47:05	SHARMA, Sanjai	New Forest Runners	Male Vets 40-49	420	57
58	1:47:12	RAYNER, Gary	Springfield Striders	Male Vets 50-59	660	58
59	1:47:14	BUTLER, Raymond	Bishops Stortford RC	Male Senior	19	59
60	1:47:21	O'NEILL, Ian	Thrift Green Trotters	Male Vets 40-49	515	60
61	1:47:33	ELFERIST, Alex	Serpentine Running Club	Male Senior	132	61
62	1:47:42	DAWSON, Gail	Benfleet Rc	Ladies Vets 35-44	867	62
63	1:47:55	ETCHES, Adam	Ely Runners	Male Senior	148	63
64	1:48:18	MCCARTHY, Barney	Thrift Green Trotters	Male Senior	21	64
65	1:48:19	LANGLEY, Bob	Halstead Road Runners	Male Vets 50-59	648	65
66	1:48:25	NEWMAN, Mark	Serpentine Running Club	Male Senior	216	66
67	1:48:46	RAWLINGS, Simon	East Essex Tri-Club	Male Vets 40-49	421	67
68	1:48:53	PARRY, Dave	Unattached	Male Senior	104	68

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Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos	
69	1:48:59	ANDERSON, Paul	Springfield Striders	Male Senior	22	69
70	1:49:00	FITCH, Adam	Thrift Green Trotters	Male Vets 40-49	560	70
71	1:49:12	WITHECOMBE, Will	Beckenham RC	Male Senior	196	71
72	1:49:13	MCCANN, Gerard	Cambridge Harriers	Male Vets 40-49	335	72
73	1:49:16	MILES, Lloyd	Unattached	Male Vets 40-49	540	73
74	1:49:25	JONES, Ben	Ilford AC	Male Senior	24	74
75	1:49:28	MILLS, Kate	Springfield Striders	Ladies Vets 35-44	840	75
76	1:49:29	BEAZELEY, Chris	Springfield Striders	Male Vets 40-49	548	76
77	1:49:32	IVORY, Sarah	Colchester Harriers	Ladies Senior	758	77
78	1:49:58	JACKAMAN, Paul	Castle Point Joggers	Male Senior	27	78
79	1:50:08	SHREWBURIDGE, Laura	Tiptree Road Runners	Ladies Senior	710	79
80	1:50:13	OSBOURNE, Peter	Castle Point Joggers	Male Vets 40-49	483	80
81	1:50:16	DWYER, Ross	Unattached	Male Senior	151	81
82	1:50:22	WATSON, Peter	Benfleet RC	Male Senior	177	82
83	1:50:31	WALKER, Derek	Watford Harriers	Male Vets 40-49	496	83
84	1:50:37	ELLISON, Mark	Blackheath & Bromley Harriers	Male Vets 40-49	522	84
85	1:50:43	FANCETT, Ken	Beckenham RC	Male Vets 60+	685	85
86	1:50:46	REGIS, Martin	Unattached	Male Senior	60	86
87	1:50:49	EDWARDS, Mark	Unattached	Male Senior	171	87
88	1:50:59	HINNS, Kevin	Thrift Green Trotters	Male Vets 40-49	499	88
89	1:51:06	BYFORD, Jon	Springfield Striders	Male Senior	136	89
90	1:51:09	WATSON, Jacqui	Benfleet Rc	Ladies Vets 35-44	863	90
91	1:51:47	SHADDOCK, Graham	East Essex Tri-Club	Male Vets 40-49	599	91
92	1:52:02	CARTER, Simon	Beckenham RC	Male Senior	134	92
93	1:52:03	HYDE, Tony	Pitsea RC	Male Vets 40-49	554	93
94	1:52:03	BONHAM, Richard	Castle Point Joggers	Male Vets 40-49	528	94
95	1:52:23	JARVIS, Gregory	Southend AC	Male Vets 40-49	582	95
96	1:52:40	THOMAS, Richard	Thrift Green Trotters	Male Senior	230	96
97	1:53:12	OATHAM, Phil	Thurrock Harriers	Male Vets 50-59	644	97
98	1:53:12	SCRIVENER, Chris	Thurrock Harriers	Male Vets 40-49	556	98
99	1:53:14	BROWN, Bradley	Barking Road Runners	Male Senior	197	99
100	1:53:23	LINE, Steve	Benfleet Rc	Male Vets 40-49	542	100
101	1:53:31	FULLER, Richard	East Essex Tri-Club	Male Vets 40-49	501	101
102	1:53:53	BUSCHINO, Olivier	Poissy Tri-Club	Male Senior	214	102
103	1:53:57	BARNES, Colin	Leigh Striders	Male Vets 40-49	507	103
104	1:54:11	MORRIS, Andrew	Benfleet RC	Male Vets 50-59	645	104
105	1:54:18	WILSON, Simon	Unattached	Male Senior	181	105
106	1:54:30	GOLDRING, Peter	Unattached	Male Senior	115	106
107	1:54:40	MORRIS, Nick	Billericay Striders	Male Senior	72	107
108	1:54:47	THOMPSON, David	Billericay Striders	Male Vets 40-49	588	108
109	1:54:51	WHITE, Steve	Saffron Striders	Male Vets 40-49	467	109
110	1:55:05	JACKSON, Dave	Unattached	Male Vets 40-49	213	110
111	1:55:06	MATTSON, Tony	Unattached	Male Senior	61	111
112	1:55:06	BARNES, Andy	Unattached	Male Senior	435	112
113	1:55:17	JEFFREY, Sarah	Southend AC	Ladies Senior	727	113
114	1:55:35	CLARKE, Andy	Thrift Green Trotters	Male Vets 40-49	470	114
115	1:55:52	BENTLEY, Roy	Dagenham88	Male Senior	33	115
116	1:55:57	BRUNI, Roberto	East London Triathletes	Male Vets 40-49	555	116
117	1:56:42	MORLEY, Martin	Dulwich Runners	Male Vets 50-59	651	117
118	1:56:47	WIND, Kevan	Pitsea RC	Male Vets 50-59	659	118
119	1:56:50	HICKEY, Steven	Benfleet Rc	Male Senior	130	119
120	1:56:53	CLARK, Alan	Billericay Striders	Male Vets 40-49	404	120
121	1:56:55	MCCOY, Robin	Billericay Striders	Male Vets 40-49	575	121
122	1:57:08	FALL, Richard	Springfield Striders	Male Vets 40-49	510	122
123	1:57:10	LUXON, Keith	Benfleet RC	Male Vets 40-49	440	123
124	1:57:15	PLOWMAN, Barry	Springfield Striders	Male Vets 40-49	458	124
125	1:57:19	SADLER, Steve	Unattached	Male Vets 40-49	447	125
126	1:57:27	DOWNING, Steve	Grange Farm and Dunmow Runners	Male Senior	117	126
127	1:57:35	KEEBLE, Mark	Unattached	Male Senior	39	127
128	1:57:58	PARMENTER, Ian	Haverhill RC	Male Vets 40-49	413	128
129	1:57:59	MELLUISH, Stephen	Benfleet Rc	Male Senior	143	129
130	1:57:59	HOWLETT, Richard	Benfleet Rc	Male Senior	162	130
131	1:58:05	BELL, Graham	London Heathside	Male Vets 40-49	468	131
132	1:58:09	MOORE, Phillip	Deptford Green Runners	Male Vets 40-49	493	132
133	1:58:09	MARTIN, Anthony	Serpentine Running Club	Male Senior	121	133
134	1:58:09	JONES, Richard	Unattached	Male Vets 40-49	593	134
135	1:58:11	HUNTER, Jon	Bexley AC	Male Vets 40-49	523	135
136	1:58:11	HEWITT, Kevan	Havering90 Joggers	Male Vets 40-49	537	136

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Pos	Time	Club	Age Group	No	Pos
137	1:58:15	CHAPMAN, Kathryn	Bishops Stortford RC	Ladies Vets 35-44	837 137
138	1:58:20	KING, Dave	Blackheath & Bromley Harriers	Male Vets 50-59	620 138
139	1:58:29	FRANKENBERG, Elisabeth	Leigh Striders	Ladies Senior	737 139
140	1:58:33	AMERY, Richard	Thurrock Harriers	Male Senior	188 140
141	1:58:35	DODDS, Vanessa	Benfleet Rc	Ladies Vets 35-44	851 141
142	1:58:35	DEAN, Andy	Watford Harriers	Male Senior	127 142
143	1:58:49	TYSON, David	Loughborough	Male Senior	53 143
144	1:58:55	PALMER, Martin	East Essex Tri-Club	Male Senior	147 144
145	1:59:00	BERNS, Elizabeth	Larkfield AC	Ladies Senior	753 145
146	1:59:05	HARRISON, Laurence	Billericay Striders	Male Vets 40-49	561 146
147	1:59:06	FOY, Darren	Tiptree Road Runners	Male Senior	211 147
148	1:59:09	SMITH, Selwyn	Crystal Palace Triathletes	Male Senior	157 148
149	1:59:26	STREET, Phillip	Benfleet RC	Male Vets 50-59	657 149
150	1:59:27	BURNS, James	Leigh Striders	Male Vets 40-49	401 150
151	1:59:32	JOSLIN, Gary	Springfield Striders	Male Vets 40-49	473 151
152	1:59:36	ROPER, Neil	Unattached	Male Senior	79 152
153	1:59:36	SLACK, Debbie	Benfleet Rc	Ladies Vets 35-44	865 153
154	1:59:39	VIALLS, Ronald	Barking Road Runners	Male Vets 50-59	608 154
155	1:59:41	MARCHANT, Kate	Beckenham RC	Ladies Vets 35-44	855 155
156	1:59:41	BRESLIN, Francis	Unattached	Male Senior	182 156
157	1:59:46	CRAIG-CORBETT, Lewin	Tiptree Road Runners	Male Senior	92 157
158	1:59:48	PITMAN, Gary	Benfleet Rc	Male Senior	123 158
159	1:59:49	HALL, Alex	Cambridge Harriers	Male Vets 50-59	636 159
160	1:59:52	DARREN, Graham	Castle Point Joggers	Male Senior	14 160
161	1:59:57	RYAN, Chris	Thrift Green Trotters	Male Senior	108 161
162	2:00:07	EVERARD, Roger	Pitsea RC	Male Vets 60+	325 162
163	2:00:10	MILNE, Chris	East Essex Tri-Club	Male Vets 50-59	625 163
164	2:00:14	KLINGENSPOR, Martin	Unattached	Male Vets 50-59	612 164
165	2:00:22	BOWLES, Peter	Serpentine Running Club	Male Vets 40-49	422 165
166	2:00:36	ENNIS, Keith	Iford AC	Male Vets 40-49	498 166
167	2:01:05	HOLMES, James	Unattached	Male Senior	114 167
168	2:01:12	CROUDASS, Suzanne	Billericay Striders	Ladies Senior	755 168
169	2:01:53	JONES, Anika	Beckenham RC	Ladies Vets 35-44	864 169
170	2:02:03	GRIFFITHS, Peter	Bexley AC	Male Vets 40-49	425 170
171	2:02:05	ASHWORTH, David	Unattached	Male Vets 40-49	462 171
172	2:02:07	HALLAM, David	Havering90 Joggers	Male Vets 40-49	547 172
173	2:02:14	PHILLIPS, David	Unattached	Male Senior	206 173
174	2:02:25	HARAGAN, Scott	Bexley AC	Male Vets 40-49	536 174
175	2:02:40	PURTELL, Paula	Blackwater Harriers	Ladies Vets 35-44	828 175
176	2:03:03	MCMASTERS, David	Unattached	Male Vets 40-49	444 176
177	2:03:07	WARRIOR, Peter	Billericay Striders	Male Vets 40-49	408 177
178	2:03:10	CLARKE, Phillip	Tiptree Road Runners	Male Vets 40-49	459 178
179	2:03:11	WHITER, James	Unattached	Male Senior	25 179
180	2:03:11	HARTSHORNE, Damien	Tiptree Road Runners	Male Senior	18 180
181	2:03:58	TURNER, Carl	Unattached	Male Senior	186 181
182	2:04:03	WOODWARD, Michael	Pitsea RC	Male Senior	195 182
183	2:04:07	BUSSY, Phillip	Unattached	Male Senior	105 183
184	2:04:09	DANIELS, Sandra	Bishops Stortford RC	Ladies Vets 45-54	306 184
185	2:04:10	THOMPSON, Francis	Blackheath & Bromley Harriers	Male Senior	48 185
186	2:04:10	STOCKS, Adrian	Blackheath & Bromley Harriers	Male Senior	71 186
187	2:04:14	HUNT, Steve	Hadleigh Hares	Male Vets 50-59	643 187
188	2:04:21	ASHTON, Alan	Springfield Striders	Male Senior	167 188
189	2:04:26	BAXTER, Jez	East Essex Tri-Club	Male Vets 40-49	552 189
190	2:04:34	FLEMING, ROY	Billericay Striders	Male Senior	29 190
191	2:04:40	GIBBINS, Debbie	Benfleet Rc	Ladies Vets 45-54	970 191
192	2:04:41	PERRY, Wayne	Unattached	Male Vets 40-49	584 192
193	2:04:43	HOWELLS, Gareth	Unattached	Male Senior	95 193
194	2:04:47	FROST, Dave	Unattached	Male Senior	175 194
195	2:04:58	JACKSON, Keith	Pitsea RC	Male Vets 60+	682 195
196	2:05:04	ROUGH, Craig	Colchester Harriers	Male Senior	165 196
197	2:05:06	LAMBERT, Steve	Woodford Green Ac with Essex Ladies	Male Vets 40-49	518 197
198	2:05:13	DUDLEY, Denise	Castle Point Joggers	Ladies Vets 35-44	801 198
199	2:05:21	ENGLAND, Martin	Unattached	Male Vets 40-49	465 199
200	2:05:24	MATTIS, Darren	Unattached	Male Senior	122 200
201	2:05:26	BARTRAM, Ian	Castle Point Joggers	Male Vets 40-49	412 201
202	2:05:27	WHALLEY, Phillip	Mid-Essex Casuals	Male Senior	816 202
203	2:05:34	HOLLOWAY, Darren	Unattached	Male Senior	99 203
204	2:06:00	CHAPPELL, Ian	Pitsea RC	Male Vets 40-49	500 204

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Pos	Time	Club	Age Group	No	Pos
205	2:06:01	COSTER, Angela	Ladies Vets 45-54	973	205
206	2:06:02	GORDON, Michelle	Ladies Senior	751	206
207	2:06:05	FAIRFULL, Jamie	Male Senior	52	207
208	2:06:06	MAPASA, K2	Male Senior	152	208
209	2:06:12	TAYLOR, Stuart	Male Senior	178	209
210	2:06:15	TIPPETT, Simon	Male Vets 40-49	437	210
211	2:06:27	STUCHBERY, Matthew	Male Senior	58	211
212	2:06:38	DAY, Claire	Ladies Senior	754	212
213	2:06:46	ALLEN, Steve	Male Vets 50-59	641	213
214	2:06:48	HIGGINS, Neil	Male Senior	176	214
215	2:06:58	MIDDLETON, Neil	Male Senior	120	215
216	2:06:59	MAINWARING, Richard	Male Vets 40-49	227	216
217	2:07:01	WHITEHEAD, Nigel	Male Vets 40-49	568	217
218	2:07:23	THOMPSON, Sean	Male Senior	80	218
219	2:07:30	WAKEFIELD, Robert	Male Senior	124	219
220	2:07:32	HANLEY, Richard	Male Vets 40-49	490	220
221	2:07:40	GRIFFIN, Richard	Male Vets 50-59	653	221
222	2:07:51	ST AUBYN, Charles	Male Vets 40-49	512	222
223	2:08:12	HAMMOND, Chloe	Ladies Senior	760	223
224	2:08:21	JONES, Mel	Ladies Vets 35-44	807	224
225	2:08:25	MANN, Andrea	Ladies Vets 35-44	847	225
226	2:08:30	DAVIES, Mark	Male Vets 40-49	495	226
227	2:08:32	RUSBY, Phil	Male Vets 40-49	414	227
228	2:09:01	KILLEN, Gerald	Male Vets 50-59	622	228
229	2:09:05	AMBROSE, Mark	Male Vets 40-49	410	229
230	2:09:08	STUART, Dan	Male Senior	94	230
231	2:09:08	JACKSON, Artyom	Male Senior	191	231
232	2:09:13	GREEN, Steven	Male Senior	34	232
233	2:09:16	BARRETT, Alison	Ladies Senior	708	233
234	2:09:24	SLATER, James	Male Vets 60+	698	234
235	2:09:28	GAITELY, Mark	Male Vets 40-49	543	235
236	2:09:47	TITE, Julian	Male Senior	125	236
237	2:09:57	AVENT, Martin	Male Vets 50-59	630	237
238	2:10:06	JOLLY, Stave	Male Vets 40-49	563	238
239	2:10:22	AYLOTT, Wayne	Male Vets 40-49	338	239
240	2:10:37	PAYNE, Stuart	Male Vets 40-49	559	240
241	2:10:39	CHAMPION, Lynne	Ladies Vets 35-44	878	241
242	2:10:44	GOSS, Paul	Male Vets 50-59	654	242
243	2:10:46	GUIVER, William	Male Vets 40-49	551	243
244	2:10:49	SCHNEIDER, Danny	Male Senior	212	244
245	2:10:53	WINFIELD, Peter	Male Vets 50-59	638	245
246	2:10:54	DEER, Tony	Male Vets 40-49	567	246
247	2:10:59	MILLER, David	Male Vets 40-49	433	247
248	2:11:08	DUHRSEN, Tommy	Male Senior	141	248
249	2:11:15	COLEMAN, Stan	Male Vets 60+	326	249
250	2:11:20	WILLIAMS, Terri	Ladies Vets 35-44	854	250
251	2:11:20	HURRELL, Rachel	Ladies Senior	756	251
252	2:11:26	BROCK, Amanda	Ladies Senior	702	252
253	2:11:27	EDEN, Anthony	Male Senior	93	253
254	2:11:35	WILES, David	Male Senior	13	254
255	2:11:49	HARDIMAN, Richard	Male Vets 40-49	592	255
256	2:11:52	SHELDON, Vicky	Ladies Senior	715	256
257	2:11:57	MCCARTHY, Graham	Male Senior	84	257
258	2:12:09	MANCUSO, Derek	Male Senior	183	258
259	2:12:14	BRADBROOK, Paul	Male Senior	31	259
260	2:12:20	ALLEN, Daren	Male Vets 40-49	550	260
261	2:12:22	WHALLEY, Terence	Male Vets 50-59	650	261
262	2:12:23	BANVILLE, Elaine	Ladies Vets 35-44	861	262
263	2:12:39	HUGGINS, Chris	Male Vets 40-49	485	263
264	2:12:43	SHEWELL, Sally	Ladies Vets 45-54	302	264
265	2:12:49	STEVENS, James	Male Senior	100	265
266	2:12:51	MILSON, Andy	Male Senior	107	266
267	2:13:25	WHEATLEY, Mike	Male Vets 50-59	635	267
268	2:13:26	RINGER, Chris	Male Senior	63	268
269	2:13:33	NETHERTON, Andrew	Male Vets 50-59	604	269
270	2:13:35	GALLAGHER, Ben	Male Senior	116	270
271	2:13:49	ALEXANDER, Storme	Ladies Senior	701	271
272	2:13:52	HOWELL, David	Male Senior	111	272
273	2:13:52	MACNISH PORTER, James	Male Vets 40-49	455	273

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Pos	Time	Club	Age Group	No	Pos
274	2:13:54	PARR, Chris	Unattached	Male Senior	128 274
275	2:13:57	WILSON, Michael	East London Runners	Male Vets 40-49	594 275
276	2:14:24	GARDNER, Mark	Unattached	Male Senior	174 276
277	2:14:25	MOON, Graeme	Unattached	Male Vets 50-59	613 277
278	2:14:35	ROBERTSON, Mark	Unattached	Male Vets 40-49	427 278
279	2:14:46	KELLY, Peter	Spitfire Running Club	Male Senior	163 279
280	2:14:51	TIMBRELL, Jodie	Thrift Green Trotters	Ladies Senior	736 280
281	2:14:55	WARNER, Denise	Castle Point Joggers	Ladies Vets 45-54	960 281
282	2:15:04	JONES, Kate	Blackwater Harriers	Ladies Senior	766 282
283	2:15:06	SCOTT, Ian	Unattached	Male Vets 60+	700 283
284	2:15:09	WOOD, Andrew	East Essex Tri-Club	Male Senior	91 284
285	2:15:14	PERERA, Helen	Cambridge Harriers	Ladies Vets 45-54	967 285
286	2:15:20	ASHTON, Lauren	Springfield Striders	Ladies Senior	740 286
287	2:15:35	MURRAY, Stuart	Unattached	Male Senior	192 287
288	2:15:38	MAPLESDEN, Anthony	Unattached	Male Senior	67 288
289	2:15:52	PATEL, Ameet	Beckenham RC	Male Vets 40-49	541 289
290	2:16:10	RISLEY, Katie	Dulwich Runners	Ladies Senior	761 290
291	2:16:11	BAYLE, Samantha	Reading Joggers	Ladies Vets 35-44	811 291
292	2:16:26	WARD, Barry	Unattached	Male Vets 40-49	333 292
293	2:16:35	GORDON, Adam	Pitsea RC	Male Senior	16 293
294	2:16:48	COOK, Siobhan	Unattached	Ladies Senior	746 294
295	2:17:08	BIRD, Virginia	Welwyn Garden City Runners	Ladies Vets 45-54	303 295
296	2:17:09	HING, Lucy	Cambridge Harriers	Ladies Vets 45-54	952 296
297	2:17:12	BOLTON, Jeff	Unattached	Male Senior	138 297
298	2:17:13	RODGERS, Ian	Bishops Stortford RC	Male Vets 40-49	474 298
299	2:17:17	HARVEY, Chris	Unattached	Male Senior	96 299
300	2:17:21	DAVIES, Ray	Thurrock Nomads	Male Vets 60+	693 300
301	2:17:25	HOWARD, Nicola	Beckenham RC	Ladies Vets 35-44	879 301
302	2:17:38	CAMMIDGE, Chris	Castle Point Joggers	Male Vets 40-49	430 302
303	2:17:44	USHER, Martyn	Unattached	Male Vets 40-49	598 303
304	2:17:47	MOORE, Stephen	Unattached	Male Vets 40-49	519 304
305	2:17:48	PARKER, William	Unattached	Male Vets 40-49	439 305
306	2:17:48	TANNER, Keith	Cambridge Harriers	Male Vets 40-49	580 306
307	2:17:51	CLARKE, Maxine	Phoenix Striders	Ladies Vets 45-54	301 307
308	2:17:52	BROWN, Mike	Unattached	Male Vets 40-49	472 308
309	2:17:58	DRISCOLL, Daron	Unattached	Male Vets 40-49	452 309
310	2:18:00	HAWKINS, Fiona	Southend AC	Ladies Vets 35-44	858 310
311	2:18:02	HAMPSHIRE, Stephen	Unattached	Male Vets 50-59	602 311
312	2:18:12	HOPKINSON, Nicola	Ilford AC	Ladies Vets 45-54	954 312
313	2:18:14	GRIMWADE, Doug	Hadleigh Hares	Male Vets 40-49	492 313
314	2:18:17	WARWICK, Gary	Pitsea RC	Male Vets 50-59	632 314
315	2:18:19	PAYNE, Dave	Tiptree Road Runners	Male Vets 50-59	658 315
316	2:18:19	EVE, Paul	Unattached	Male Senior	50 316
317	2:18:21	PHILLIPS, Ben	Unattached	Male Senior	220 317
318	2:18:25	TREE, Peter	Thrift Green Trotters	Male Vets 50-59	606 318
319	2:18:40	HARRINGTON, Tracy	Blackwater Harriers	Ladies Vets 35-44	802 319
320	2:18:47	FINLAY, Brian	Dengie 100 Runners	Male Senior	110 320
321	2:18:50	FOGG, Mark	Unattached	Male Vets 40-49	557 321
322	2:18:52	CARDY, Paula	Springfield Striders	Ladies Vets 35-44	852 322
323	2:18:52	WENHAM, Sarah	Springfield Striders	Ladies Senior	705 323
324	2:18:55	HEDGES, Simon	Unattached	Male Senior	46 324
325	2:18:56	LEVY, Mark	Unattached	Male Senior	139 325
326	2:19:09	HOLMES, Robert	Billericay Striders	Male Senior	155 326
327	2:19:11	ANDREW, Lesley	Garden City Runners	Ladies Vets 45-54	956 327
328	2:19:14	FRIBBENS, Mark	Braintree AC	Male Vets 40-49	406 328
329	2:19:15	BOOTH, William	Unattached	Male Senior	142 329
330	2:19:28	HAMBLION, Jeff	Unattached	Male Senior	208 330
331	2:19:39	TEER, Robert	Thurrock Nomads	Male Vets 60+	692 331
332	2:19:54	LEE, Richard	Billericay Striders	Male Vets 40-49	454 332
333	2:19:55	HUNTER, Bruce	Unattached	Male Senior	30 333
334	2:19:59	OLIVER, Russell	Unattached	Male Vets 50-59	619 334
335	2:20:02	SHARP, Andy	Unattached	Male Senior	68 335
336	2:20:05	CONWAY, Grant	East London Runners	Male Vets 40-49	417 336
337	2:20:07	CILIA, Anne	Blackheath & Bromley Harriers	Ladies Vets 45-54	979 337
338	2:20:22	PITT, Graham	Unattached	Male Vets 40-49	475 338
339	2:20:25	HILL, Dave	Met Police	Male Vets 40-49	330 339
340	2:20:37	TREACHER, Natelie	Dulwich Runners	Ladies Senior	764 340
341	2:20:45	SUTTIE, Mark	Unattached	Male Vets 40-49	566 341
342	2:20:46	STAINES, Mick	Castle Point Joggers	Male Vets 60+	321 342

**BENFLEET 15 RESULTS**

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos
343	2:20:47	DAVIS, Jim	Herts Phoenix	Male Vets 60+	694 343
344	2:20:50	KNIGHT, Anthony	Tiptree Road Runners	Male Vets 40-49	442 344
345	2:21:02	BARNARD, John	Unattached	Male Vets 40-49	489 345
346	2:21:03	HUBY, Dean	Unattached	Male Vets 40-49	505 346
347	2:21:05	OSBORN, Mark	Road Runners Club	Male Vets 50-59	655 347
348	2:21:07	GILLAM, Sally	Iford AC	Ladies Vets 45-54	953 348
349	2:21:41	BEECH, Steve	Pitsea RC	Male Vets 50-59	605 349
350	2:21:45	SPOONER, Terence	Unattached	Male Senior	184 350
351	2:21:52	WALKER, Keith	Billericay Striders	Male Vets 60+	697 351
352	2:21:59	LAFFAN, Matt	Thurrock Nomads	Male Senior	189 352
353	2:22:27	FARREN, Patrick	East London Runners	Male Vets 40-49	460 353
354	2:22:28	DRISCOLL, Edward	Braintree AC	Male Vets 40-49	591 354
355	2:22:35	FOLEY, William	Unattached	Male Vets 40-49	426 355
356	2:22:35	BRUCE, Chris	Unattached	Male Senior	6 356
357	2:22:52	COATES, Neil	Unattached	Male Senior	180 357
358	2:23:00	PETTIFER, Lorna	Pitsea RC	Ladies Vets 35-44	885 358
359	2:23:00	COOPER, Phil	Unattached	Male Vets 40-49	331 359
360	2:23:05	SAUNDERS, Dawn	Bexley AC	Ladies Vets 35-44	870 360
361	2:23:09	REMFRY, Daniel	Benfleet Rc	Male Senior	131 361
362	2:23:13	ENDERS, Scott	Unattached	Male Senior	179 362
363	2:23:15	HAMILTON, Ian	Unattached	Male Senior	38 363
364	2:23:23	RIEFFEL, Lisa	Unattached	Ladies Vets 35-44	866 364
365	2:23:42	FISHER, Steve	East Essex Tri-Club	Male Vets 40-49	486 365
366	2:23:58	NUGENT, Liam	Unattached	Male Senior	126 366
367	2:24:02	WYNNES, Ian	Unattached	Male Vets 40-49	337 367
368	2:24:08	BENTON, Tom	Unattached	Male Senior	224 368
369	2:24:11	SHADE, Gary	Unattached	Male Vets 40-49	587 369
370	2:24:13	OFFLER, Gordon	Unattached	Male Vets 40-49	529 370
371	2:24:33	JOHNS, Lisa	Unattached	Ladies Vets 35-44	818 371
372	2:24:33	HORNETT, Angie	Unattached	Ladies Vets 35-44	849 372
373	2:24:34	SIMPSON, Drew	Unattached	Male Senior	101 373
374	2:24:46	RUSSELL, Adrian	Woodford Green Ac with Essex Ladies	Male Vets 40-49	520 374
375	2:24:48	KERWOOD, Peter	Unattached	Male Senior	103 375
376	2:24:57	RAWLINSON, Ian	Unattached	Male Senior	74 376
377	2:24:57	RAWLINSON, Bob	Unattached	Male Senior	75 377
378	2:25:04	DENNETT, Andrew	Unattached	Male Senior	222 378
379	2:25:30	HOCKLEY, Marie	Bishops Stortford RC	Ladies Vets 45-54	984 379
380	2:25:38	MACDONALD, Matthew	Tri-Sport Epping	Male Senior	160 380
381	2:25:46	JARVIS, Louise	Unattached	Ladies Senior	735 381
382	2:26:03	GILLMORE, Ricky	Benfleet Rc	Male Vets 40-49	525 382
383	2:26:05	ASHLEY, Phillip	Benfleet Rc	Male Vets 40-49	535 383
384	2:26:07	WHITE, Geoff	Unattached	Male Vets 40-49	405 384
385	2:26:09	ARMSTRONG, Ceri	Thurrock Nomads	Ladies Vets 35-44	808 385
386	2:26:18	HAYWARD, Mike	Castle Point Joggers	Male Vets 40-49	431 386
387	2:26:25	HOAREAU, Juliette	Bexley AC	Ladies Senior	762 387
388	2:26:31	DE SMEDT, Beryl	Phoenix Striders	Ladies Vets 45-54	989 388
389	2:26:42	TIMBRELL, Greg	Thrift Green Trotters	Male Senior	41 389
390	2:26:56	CLARK-NOBLE, Desiree	East London Triathletes	Ladies Vets 35-44	860 390
391	2:26:57	CARDNELL, Steven	Unattached	Male Vets 50-59	663 391
392	2:27:00	RICKARD, John	Castle Point Joggers	Male Vets 50-59	640 392
393	2:27:04	COMINS, Penny	Fulon Tri-Club	Ladies Senior	731 393
394	2:27:06	NEVETT, Keith	Unattached	Male Senior	185 394
395	2:27:19	BROOKS, Peter	Unattached	Male Senior	223 395
396	2:27:36	DAWBARN, Andy	East Essex Tri-Club	Male Vets 40-49	504 396
397	2:27:44	DEVITT, Russell	Shaftesbury Barnet Harriers	Male Vets 60+	324 397
398	2:27:56	PEGRAM, Steve	Unattached	Male Vets 40-49	578 398
399	2:27:57	BUSH, Lucy	Benfleet RC	Ladies Senior	767 399
400	2:27:59	HALL, Danny	Unattached	Male Senior	119 400
401	2:28:02	HORSLEY, Alison	Benfleet Rc	Ladies Vets 35-44	856 401
402	2:28:15	GILLARD, Mathew	Southend AC	Male Vets 40-49	569 402
403	2:28:15	ROBERTS, Martin	Unattached	Male Vets 40-49	596 403
404	2:28:15	ALDOUS, W	Unattached	Male Senior	201 404
405	2:28:22	SMITH, Stephen	Unattached	Male Vets 40-49	558 405
406	2:29:11	O'KEEFE, Clare	Horndon Belles	Ladies Vets 35-44	809 406
407	2:29:11	JACKSON, Andrew	Lauderdale	Male Vets 40-49	539 407
408	2:29:34	EASTBURY, Justine	Blackheath & Bromley Harriers	Ladies Vets 35-44	841 408
409	2:29:35	PUGH, Adrian	Unattached	Male Vets 40-49	516 409
410	2:29:36	BARRETT, John	Realbuzzrunbritain.com	Male Vets 40-49	476 410

**BENFLEET 15 RESULTS**

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos
411	2:29:43	TOPLISS, Maxine	Unattached	Ladies Vets 35-44	823 411
412	2:29:47	JENKS, Jennifer	Royal Naval Athletics Club	Ladies Vets 35-44	857 412
413	2:29:50	FRIBBINS, Michael	Havering90 Joggers	Male Vets 60+	323 413
414	2:30:02	HARPER-WARD, Matt	Benfleet Rc	Male Vets 40-49	545 414
415	2:30:05	DAVENPORT, Phillip	Billericay Striders	Male Vets 40-49	513 415
416	2:30:30	PASSINGHAM, Keith	Pitsea RC	Male Vets 50-59	616 416
417	2:30:30	MATTHEWS, Paul	Unattached	Male Senior	205 417
418	2:30:33	GILBEY, Ken	Unattached	Male Vets 50-59	647 418
419	2:30:34	FORD, Anthony	Unattached	Male Vets 40-49	586 419
420	2:30:37	TUDOR, Sandra	Unattached	Ladies Vets 35-44	875 420
421	2:30:41	GREGORY, John	Havering90 Joggers	Male Vets 60+	695 421
422	2:30:43	BENT, Angela	Pitsea RC	LadiesVets 55-64	990 422
423	2:30:44	ELGAR, Keith	Unattached	Male Vets 50-59	609 423
424	2:30:45	AMBRIDGE, Rob	East Essex Tri-Club	Male Vets 40-49	334 424
425	2:30:53	BENT, Chris	Pitsea RC	Male Vets 60+	549 425
426	2:31:06	EMERY, Dean	Unattached	Male Vets 40-49	471 426
427	2:31:14	COLLARD, Robert	Unattached	Male Senior	73 427
428	2:31:15	ROWAN, Mark	Unattached	Male Senior	118 428
429	2:31:26	SILVER, Sally	Canterbury Harriers	Ladies Vets 35-44	845 429
430	2:31:29	WOODARD, Peter	Thurrock Nomads	Male Vets 40-49	553 430
431	2:31:30	JARDIM, Mauricio	Unattached	Male Senior	64 431
432	2:31:31	HOW, Alison	Mornington Chasers	Ladies Senior	722 432
433	2:31:32	FITSALL, Jo	Unattached	Ladies Vets 35-44	882 433
434	2:31:33	FRYER, Clare	Unattached	Ladies Senior	739 434
435	2:31:47	URAL, Can	Unattached	Male Vets 40-49	589 435
436	2:31:47	SEXTON, Chris	Unattached	Male Senior	193 436
437	2:32:00	DAVIS, James	Unattached	Male Senior	226 437
438	2:32:00	CHEQUER, Jennifer	Unattached	Ladies Senior	768 438
439	2:32:00	GREEN, Matt	Reading Roadrunners	Male Senior	215 439
440	2:32:08	MURPHY, Dean	Unattached	Male Senior	170 440
441	2:32:11	ENGLAND, Russ	Unattached	Male Senior	198 441
442	2:32:19	SMITH, William	Dagenham88	Male Vets 40-49	438 442
443	2:32:22	SUMMERS, Emma	Unattached	Ladies Vets 35-44	880 443
444	2:32:24	HOLLIDAY, Jill	Unattached	Ladies Vets 35-44	844 444
445	2:32:32	GAJBUTOWICZ, Andrzej	Victoria Park Harriers & THAC	Male Vets 50-59	633 445
446	2:32:44	COLLIER, Emma	Phoenix Striders	Ladies Vets 35-44	838 446
447	2:32:54	KORTEN, Robert	Maidstone Harriers	Male Vets 50-59	656 447
448	2:32:56	WARREN, Brad	Unattached	Male Senior	225 448
449	2:33:04	PHILLIPS, Martyn	Thrift Green Trotters	Male Vets 40-49	457 449
450	2:33:23	SCOTT, Katy	Unattached	Ladies Senior	770 450
451	2:33:45	BALL, Shirley	Bishops Stortford RC	LadiesVets 55-64	991 451
452	2:33:58	SULLIVAN, Lee	Unattached	Male Senior	228 452
453	2:34:06	PATMAN, Gail	Leigh Striders	Ladies Vets 35-44	804 453
454	2:34:44	BUNN, Mandy	Haverhill RC	Ladies Vets 35-44	871 454
455	2:36:02	BROWN, Phillip	Bexley AC	Male Vets 50-59	610 455
456	2:36:03	PETTIFER, John	Pitsea RC	Male Vets 60+	696 456
457	2:36:09	HULBERT, Mark	Unattached	Male Vets 40-49	600 457
458	2:36:27	DIVER, Katey	Benfleet RC	Ladies Senior	765 458
459	2:36:31	BURGESS, Andrew	Maidstone Harriers	Male Vets 40-49	428 459
460	2:36:43	GUIT, Roy	Benfleet Rc	Male Vets 40-49	570 460
461	2:37:02	AVIET, Anne Marie	Unattached	Ladies Vets 35-44	813 461
462	2:37:09	CAMMIDGE, Kate	Castle Point Joggers	Ladies Vets 45-54	958 462
463	2:37:11	SCALES, Robin	Tri-Sport Epping	Male Vets 50-59	664 463
464	2:37:32	RUMBLE, Tim	Unattached	Male Vets 40-49	336 464
465	2:37:33	EDWARDS, Glenn	Unattached	Male Senior	35 465
466	2:37:36	CLARK, Hazel	Ware Joggers	Ladies Senior	706 466
467	2:37:36	RICHARDS, Faye	Unattached	Ladies Senior	704 467
468	2:37:55	BARNARD, Mike	Southend AC	Male Vets 50-59	665 468
469	2:38:01	JEFFREY, Gordon	Dartford Road Runners	Male Vets 60+	691 469
470	2:38:03	SHIELDS, Dan	Unattached	Male Senior	28 470
471	2:38:04	JOHNSON, Chris	Unattached	Male Senior	49 471
472	2:38:16	PAYNE, Neil	Unattached	Male Vets 40-49	572 472
473	2:38:38	EASTON, Lee	Thrift Green Trotters	Male Senior	149 473
474	2:38:38	CRADDOCK, Dean	Thrift Green Trotters	Male Senior	78 474
475	2:39:05	LANE, Dave	Unattached	Male Vets 40-49	583 475
476	2:39:05	KELLY, Joanne	Spitfire Running Club	Ladies Vets 35-44	868 476
477	2:39:08	LYNCH, Trudy	Bishops Stortford RC	Ladies Vets 35-44	859 477
478	2:39:15	MOSELEY, Brett	Unattached	Male Senior	169 478
479	2:39:50	OWEN, Sarah	British Athletics SC	Ladies Vets 35-44	803 479

**BENFLEET 15 RESULTS**

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos	
480	2:40:07	SHREWBURIDGE, Paul	Tiptree Road Runners	Male Vets 50-59	634	480
481	2:40:14	SPENCER-PERKINS, Dennis	Barking Road Runners	Male Vets 50-59	611	481
482	2:40:24	RANT, Robert	Dagenham88	Male Vets 50-59	601	482
483	2:40:28	ATKINSON, John	East London Runners	Male Vets 60+	322	483
484	2:40:43	HUGHES, Kay	Thrift Green Trotters	Ladies Vets 45-54	974	484
485	2:40:43	SMITH, Annie	Thrift Green Trotters	Ladies Vets 45-54	975	485
486	2:40:53	DEFRIES, Julie	Unattached	Ladies Vets 35-44	825	486
487	2:40:53	DEFRIES, Richard	Unattached	Male Senior	42	487
488	2:41:06	EASTLAND, Diane	Unattached	Ladies Senior	745	488
489	2:41:08	MCCLURE, Mel	Victoria Park Harriers & THAC	Ladies Vets 45-54	961	489
490	2:41:25	ROBERTSON, Andrew	Unattached	Male Senior	10	490
491	2:41:35	HAMILL, Gary	Benfleet Rc	Male Vets 50-59	626	491
492	2:41:36	LOW, Tony	Unattached	Male Vets 40-49	332	492
493	2:41:37	BRICE, Gary	Unattached	Male Vets 40-49	448	493
494	2:41:48	PALMER, Charles	Unattached	Male Senior	172	494
495	2:41:48	BAILEY, Mike	Unattached	Male Senior	173	495
496	2:41:52	ROSE, Graham	Unattached	Male Senior	140	496
497	2:41:54	KELLY, Trish	East London Triathletes	Ladies Vets 45-54	982	497
498	2:41:57	HORTON, Rob	Unattached	Male Senior	219	498
499	2:42:00	BATES, Peter	Pitsea RC	Male Vets 60+	686	499
500	2:42:03	CARDY, Steven	Springfield Striders	Male Senior	70	500
501	2:42:03	MORRIS, Bianca	Unattached	Ladies Senior	759	501
502	2:42:04	NICHOLAS, Peter	Unattached	Male Vets 40-49	532	502
503	2:42:14	ABBOTT, Jamie	Unattached	Male Senior	135	503
504	2:42:16	STONE, Rory	Benfleet Rc	Male Senior	129	504
505	2:42:30	EMBERY, Melissa	Dagenham88	Ladies Vets 35-44	872	505
506	2:42:46	BRAUND, Roland	Unattached	Male Senior	88	506
507	2:43:08	COTTERILL, Dawn	Running Sisterhood	Ladies Vets 35-44	874	507
508	2:43:29	KERR, Des	Unattached	Male Vets 40-49	571	508
509	2:43:49	PEACOCK, Julie	Blackwater Harriers	Ladies Vets 45-54	959	509
510	2:44:07	MCCULLIE, John	Dartford Road Runners	Male Vets 60+	690	510
511	2:44:12	EMMINS, Maxine	Unattached	Ladies Vets 35-44	846	511
512	2:44:13	COTGROVE, Michael	Unattached	Male Senior	229	512
513	2:44:36	STAFFORD, Eleanor	Unattached	Ladies Senior	714	513
514	2:44:40	SIMPSON, Stuart	Unattached	Male Senior	102	514
515	2:44:40	LOVEGROVE, Paul	Unattached	Male Vets 40-49	595	515
516	2:44:54	HOMER, Laura	Unattached	Ladies Senior	720	516
517	2:45:08	SHOFIUZZAMAN, Mohammed	Benfleet Rc	Male Senior	145	517
518	2:45:15	THOMAS, Nic	Unattached	Ladies Vets 35-44	819	518
519	2:45:35	HUGHES, Gwyn	Phoenix Striders	Male Vets 60+	318	519
520	2:45:41	FORRESTER, Jane	Springfield Striders	Ladies Vets 45-54	963	520
521	2:45:42	ALABONE, Martin	Hadleigh Hares	Male Vets 40-49	491	521
522	2:45:45	HUNT, Aysin	Benfleet RC	Ladies Vets 35-44	877	522
523	2:45:59	HATTON, Anna	Unattached	Ladies Vets 35-44	814	523
524	2:46:09	CAMPEY, John	Benfleet RC	Male Vets 40-49	217	524
525	2:48:05	FLANNIGAN, Teresa	Pitsea RC	Ladies Vets 55-64	992	525
526	2:48:13	BRIGHT, Stephen	British Athletics SC	Male Vets 40-49	407	526
527	2:48:41	JOLLY, Adrian	Unattached	Male Senior	200	527
528	2:48:46	WHYTE, Ken	Unattached	Male Vets 50-59	652	528
529	2:48:47	DARBY, Paul	Unattached	Male Vets 40-49	484	529
530	2:48:49	RUMBOLD, Naomi	Bishops Stortford RC	Ladies Vets 35-44	883	530
531	2:48:54	COVELEY, Jennifer	Unattached	Ladies Vets 35-44	812	531
532	2:49:25	COWNA, Eleanor	Bishops Stortford RC	Ladies Vets 35-44	850	532
533	2:49:28	MILES, Albert	Castle Point Joggers	Male Vets 70+	319	533
534	2:49:33	BLOOMFIELD, Valerie	Running 4 Women	Ladies Vets 35-44	881	534
535	2:49:36	LEE, Graham	Unattached	Male Senior	20	535
536	2:50:08	ROGERS, Lisa	Unattached	Ladies Senior	749	536
537	2:50:08	GOLDSTONE, Barry	Ipswich Jaffa	Male Vets 50-59	624	537
538	2:50:22	TOOKE-KIRBY, Ann	Billericay Striders	Ladies Vets 55-64	993	538
539	2:51:00	SPRING, Wendy	Harlow RC	Ladies Vets 35-44	833	539
540	2:51:01	NICKERSON, Mandy	Haverhill RC	Ladies Vets 45-54	988	540
541	2:51:02	VELLA, Carl	Haverhill RC	Male Senior	154	541
542	2:51:33	COURTIER, Robert	Barking Road Runners	Male Vets 50-59	617	542
543	2:51:37	GURDEEP, Ahd	Unattached	Male Senior	65	543
544	2:51:59	CALLAGHAN, Nicole	Springfield Striders	Ladies Vets 35-44	826	544
545	2:52:17	INGRAM, Linda	Benfleet Rc	Ladies Vets 45-54	986	545
546	2:52:59	MASSON, Andrew	Benfleet RC	Male Vets 50-59	662	546
547	2:53:02	RILEY, Joanna	Dagenham88	Ladies Senior	716	547
548	2:53:04	SPENCER, Sally	Barking Road Runners	Ladies Vets 35-44	805	548

**BENFLEET 15 RESULTS**

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos	
549	2:53:05	SIGRIST, Hugh	Unattached	Male Vets 40-49	574	549
550	2:53:12	SHILLING, Dawn	Tiptree Road Runners	Ladies Senior	711	550
551	2:53:14	BULL, Alison	Harlow RC	Ladies Vets 35-44	869	551
552	2:53:24	IAMMIN, Marie	Phoenix Striders	Ladies Senior	728	552
553	2:53:37	ELLIOTT, Gary	Unattached	Male Vets 60+	687	553
554	2:53:46	BOWNES, Carolyn	Tiptree Road Runners	Ladies Vets 45-54	977	554
555	2:53:46	IVORY, Helen	Tiptree Road Runners	LadiesVets 55-64	313	555
556	2:53:46	CLARKE, Tina	Tiptree Road Runners	Ladies Vets 35-44	827	556
557	2:53:46	DOBSON, Barry	Tiptree Road Runners	Male Vets 60+	699	557
558	2:53:57	DEGNAN, Gregory	Unattached	Male Vets 40-49	573	558
559	2:54:16	COLLIER, Jan	Phoenix Striders	LadiesVets 55-64	997	559
560	2:54:33	MARRIOTT, Catherine	Unattached	LadiesVets 55-64	314	560
561	2:54:37	WILLIEMS, Chris	Benfleet Rc	Male Vets 40-49	544	561
562	2:55:52	BAXTER, Nicola	Unattached	Ladies Senior	726	562
563	2:56:23	DOHERTY, Steve	Unattached	Male Vets 50-59	661	563
564	2:56:33	HEATHCOTE, Irene	Bishops Stortford RC	Ladies Vets 45-54	305	564
565	2:56:34	ACKRELL, Kirsty	Unattached	Ladies Senior	738	565
566	2:56:49	LAMMIN, Barbara	Phoenix Striders	Ladies Vets 35-44	832	566
567	2:56:49	LAMMIN, Barry	Phoenix Striders	Male Vets 40-49	478	567
568	2:56:59	CLARE, Sylvia	Thrift Green Trotters	Ladies Vets 45-54	972	568
569	2:57:05	HORNSBLOW, Diane	Mid Essex Casuals	Ladies Vets 45-54	304	569
570	2:57:07	JONES, David	Mid Essex Casuals	Male Vets 40-49	581	570
571	2:57:07	MORRIS, Teresa	Mid Essex Casuals	Ladies Vets 35-44	873	571
572	2:57:08	SIMSON, Christopher	Unattached	Male Senior	55	572
573	2:57:35	RICHARDSON-WRIGHT, Rachel	Colchester Harriers	Ladies Vets 45-54	985	573
574	2:57:39	LANCASTER, Phillip	Ware Joggers	Male Vets 40-49	576	574
575	2:58:23	HYSOM, Ali	Unattached	Male Vets 40-49	469	575
576	2:58:23	BURGIN, Lorna	Unattached	Ladies Vets 35-44	831	576
577	2:58:35	RAY, Steve	Dagenham88	Male Senior	97	577
578	2:59:24	HAMMOND, Eileen	Castle Point Joggers	LadiesVets 55-64	315	578
579	2:59:43	SANDFORD, Richard	Unattached	Male Vets 40-49	577	579
580	2:59:53	THOMPSON, Colin	Unattached	Male Senior	210	580
581	3:00:02	WEBER, Angie	Unattached	Ladies Senior	741	581
582	3:00:15	KERR, Dave	Plodders	Male Vets 40-49	451	582
583	3:00:30	OLIVER, Stephen	Unattached	Male Vets 40-49	434	583
584	3:00:30	PEARSON, David	Unattached	Male Vets 40-49	424	584
585	3:00:48	LEUNG, Tina	Thrift Green Trotters	LadiesVets 55-64	996	585
586	3:00:50	DEWEN, Susan	Harlow RC	Ladies Vets 45-54	969	586
587	3:01:33	BATES, Linda	Pitsea RC	LadiesVets 55-64	999	587
588	3:01:43	ROWELL, Barry	Havering90 Joggers	Male Vets 40-49	597	588
589	3:01:58	PIPER, Scott	Unattached	Male Senior	194	589
590	3:01:59	LEGGETT, Tony	Unattached	Male Vets 40-49	590	590
591	3:02:03	SCALLAN, Fraser	Unattached	Male Senior	150	591
592	3:02:04	ESHMADE, Beckie	Castle Point Joggers	Ladies Senior	763	592
593	3:02:11	CORNELIUS, Neil	Unattached	Male Senior	11	593
594	3:02:13	MORGAN, Lesley	Castle Point Joggers	LadiesVets 55-64	995	594
595	3:02:28	WELLBOURN, Lee	Unattached	Male Senior	202	595
596	3:03:34	CRAWFORD, Abbe	Unattached	Ladies Senior	748	596
597	3:03:39	CLARK, Lily	Unattached	Ladies Vets 35-44	843	597
598	3:03:55	SYMONDS, Rachel	Ware Joggers	Ladies Senior	757	598
599	3:04:00	STANNARD, Ashley	Unattached	Ladies Senior	734	599
600	3:04:05	HARRIS, Anne	Havering90 Joggers	Ladies Vets 45-54	980	600
601	3:04:09	TANNER, Julia	Phoenix Striders	Ladies Vets 45-54	962	601
602	3:05:05	JOHNSTON, Andy	Thrift Green Trotters	Male Vets 50-59	649	602
603	3:05:24	HAWKINS, Linda	Harlow RC	Ladies Vets 35-44	834	603
604	3:05:49	ROUKE, Ciaran	Unattached	Male Senior	113	604
605	3:05:51	ROUKE, Ceri	Unattached	Ladies Senior	733	605
606	3:06:24	JACKSON, Heather	Pitsea RC	LadiesVets 55-64	998	606
607	3:06:39	ALVIS, Charlotte	Castle Point Joggers	Ladies Senior	703	607
608	3:07:19	HINNS, Marina	Thrift Green Trotters	Ladies Vets 35-44	839	608
609	3:07:40	EASTLAND, Sharon	Unattached	Ladies Senior	742	609
610	3:08:03	WILSON, Kenneth	Newham & Essex Beagles	Male Vets 40-49	415	610
611	3:08:18	LLOYD, Stuart	Unattached	Male Senior	159	611
612	3:08:47	SHORNEY, Gail	Unattached	Ladies Senior	721	612
613	3:10:20	RUOCCO, Katie	Dulwich Runners	Ladies Senior	730	613
614	3:10:43	WAKELING, Mo	Bishops Stortford RC	Ladies Vets 45-54	987	614
615	3:11:24	GREEN, Helen	Unattached	Ladies Senior	729	615
616	3:14:05	OLIVER, Hayley	Unattached	Ladies Vets 35-44	810	616
617	3:14:17	SCRIVENER, Keith	Great Bentley RC	Male Vets 60+	320	617

# BENFLEET 15 RESULTS

Sunday 24 January 2010. 10:30 am

Pos	Time	Club	Age Group	No	Pos
618	3:14:52	BINKS, Debbie	Bishops Stortford RC	Ladies Vets 35-44	884 618
619	3:16:14	STROUD, Pauline	Bishops Stortford RC	Ladies Vets 45-54	981 619
620	3:18:13	GROVES, Vicki	Barking Road Runners	Ladies Vets 35-44	829 620
621	3:18:13	HARK, Nicola	Pitsea RC	Ladies Senior	709 621
622	3:24:55	ODDIE, Elaine	Road Runners Club	Ladies Vets 45-54	978 622
623	3:25:45	WING, Julie	Maidstone Harriers	LadiesVets 55-64	316 623
624	3:28:12	CLARK, Gemma	Barking Road Runners	Ladies Senior	713 624
625	3:28:12	WARD, Paul	Barking Road Runners	Male Senior	8 625
626	3:32:45	BASSETT, Carmel	Thurrock Harriers	LadiesVets 55-64	1000 626
627	3:49:43	BARLEY, Allan	Essex Police	Male Vets 60+	681 627

627 finishers from 723 entrants

1st Mens Team	COLCHESTER HARRIERS
1st Ladies Team	BENFLEET RC