

Race					
Position	Number	Time (hh:mm:ss)	Competitor	Team	Category
1	248	01:31:31	BEEDELL, Thomas	WOODFORD GREEN AC	All Men
2	156	01:34:04	GURNEY, George	Unattached	All Men
3	59	01:38:28	SPICER, Neil	LEIGH-ON-SEA STRIDERS	All Men
4	146	01:39:38	SMITH, James	SPRINGFIELD STRIDERS	All Men
5	88	01:40:20	SWAN, Kurtis	BILLERICAY STRIDERS	All Men
6	400	01:40:42	RICHARDSON, Andrew	SLEAFORD STRIDERS AC	M40
7	93	01:42:10	SUETT, Paul	DAGENHAM 88 RUNNERS	All Men
8	340	01:42:42	PROSSER, Paul	BENFLEET RC	M40
9	4	01:43:28	CALDON, James	BENFLEET / ILKESTON	All Men
10	151	01:43:30	SWINBURNE, Nigel	DAGENHAM 88 RUNNERS	All Men
11	302	01:43:42	FARRER, Ty	SOUTHEND AC	M40
12	124	01:44:27	WHITWELL, Luke	FELIXSTOWE RRC	All Men
13	159	01:44:34	OVEL, Dean	LEIGH-ON-SEA STRIDERS	All Men
14	144	01:44:36	HUTSON, Andrew	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	All Men
15	3	01:44:49	LEEMAN, Matt	BENFLEET RC	All Men
16	138	01:45:00	SMITH, Philip	BILLERICAY STRIDERS	All Men
17	165	01:45:24	CARTER, Dan	PHOENIX STRIDERS	All Men
18	502	01:45:39	TAYLOR, Jason	FELIXSTOWE RRC	M40
19	642	01:46:04	RILEY, Pete	WITHAM RUNNING CLUB	M40
20	65	01:46:21	PIXTON, Russell	BILLERICAY STRIDERS	All Men
21	461	01:46:23	ROBSON, Odette	SAINT EDMUND PACERS	F35
22	287	01:46:35	CHANDLER, Gary	SPRINGFIELD STRIDERS	M40
23	262	01:46:49	LASHMAR, Simon	BILLERICAY STRIDERS	M40
24	74	01:48:10	HARDY, Alex	Unattached	All Men
25	483	01:48:56	APPLETON, Deborah	HAVERING AC	F35
26	575	01:49:21	MORRIS, Garth	WARE JOGGERS	M50
27	21	01:49:34	HOLLANDS, Robert	DULWICH RUNNERS AC	All Men
28	656	01:50:22	MORRIS, Jack	PITSEA RUNNING CLUB	All Men
29	141	01:50:24	WAYMAN, Chris	JP MORGAN RC	All Men
30	309	01:50:50	MILLS, Rob	SPRINGFIELD STRIDERS	All Men
31	363	01:50:52	BURNS, James	LEIGH-ON-SEA STRIDERS	M40
32	142	01:50:57	ABBOTT, Josh	Unattached	All Men
33	394	01:51:21	HASKEY-JONES, James	TIPTREE ROAD RUNNERS	M40
34	136	01:51:35	LUTON, Sam	LEIGH-ON-SEA STRIDERS	All Men
35	112	01:51:52	DAWSON, Craig	TIPTREE ROAD RUNNERS	All Men
36	306	01:51:54	BOWRING, Simon	SPRINGFIELD STRIDERS	M40
37	517	01:51:57	ROLFE, Steve	NORFOLK GAZELLES	M50
38	126	01:52:04	WOODWARD, Michael	PITSEA RUNNING CLUB	All Men
39	266	01:52:09	CAMPION, James	SOUTHEND AC	M40
40	25	01:52:13	IRELAND, Duncan	LEIGH-ON-SEA STRIDERS	All Men
41	91	01:52:21	PICKETT, Matthew	EAST ESSEX TRIATHLON CLUB	All Men
42	360	01:52:34	PARRY, Sion	THRIFT GREEN TROTTERS	M40
43	174	01:52:52	CABLE, Stuart	Unattached	All Men
44	27	01:52:59	COLE, Peter	FLYERS SOUTHEND	All Men
45	13	01:53:06	PRICE, Russell	EAST LONDON RUNNERS	All Men
46	385	01:53:34	HOWES, Ashley	LARKFIELD AC	M40
47	19	01:53:39	BURROUGHS, Billie	BENFLEET RC	All Men
48	164	01:53:43	FICKEN, Benjamin	GREAT BENTLEY RUNNING CLUB	All Men
49	17	01:54:06	CAMPBELL, Matthew	FLYERS SOUTHEND	All Men
50	398	01:54:09	OAKLEY, Paul	HORSHAM JOGGERS	M40
51	563	01:54:26	NEIGHBOUR, Joe	ROCHFORD RUNNING CLUB	All Men
52	179	01:54:29	MANBY, Chris	COLCHESTER HARRIERS	All Men
53	180	01:54:33	SANDELL, John	Unattached	All Men
54	321	01:54:34	MCFARLANE, Sean	FLYERS SOUTHEND	M40
55	2	01:54:41	HANNAH, Patrick	MANCHESTER TRIATHLON CLUB	All Men
56	579	01:54:51	TELFER, Alexander	SLEAFORD STRIDERS AC	M50
57	33	01:54:59	RICHARDSON, Adam	Unattached	All Men
58	131	01:55:14	GUNNING, Tom	SPRINGFIELD STRIDERS	All Men
59	447	01:55:26	BOLTON, Jeff	SOUTHEND AC	M40
60	107	01:55:45	TAYLOR, Jamie	Unattached	All Men
61	264	01:56:13	HITCHCOCK, Martin	LEIGH-ON-SEA STRIDERS	M40
62	323	01:56:26	WILSON, James	EAST LONDON RUNNERS	All Men
63	565	01:56:45	EDWARDS, Ian	POOLE RUNNERS	M50
64	56	01:56:57	COLLINS, Barry	Unattached	All Men

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Position	Number	Time (hh:mm:ss)	Competitor	Team	Category	
65	284	01:57:03	GEARING, Danny	HAVERING 90 JOGGERS	M40	
66	297	01:57:11	PRIOR, Paul	Unattached	M40	
67	236	01:57:13	CHEESE, Clive	LEIGH-ON-SEA STRIDERS	M40	
68	167	01:57:15	COOK, Andrew	OXTED RUNNERS	All Men	
69	516	01:57:21	RICHARDSON, Andrew	HUNTINGDONSHIRE AC	M50	
70	111	01:57:37	SHAH, Ashwin	GRANGE FARM AND DUNMOW RUNNERS	All Men	
71	298	01:57:50	BESANT, Andre	HARWICH RUNNERS	M40	
72	139	01:57:55	GIBBS, Simon	Unattached	All Men	
73	265	01:57:59	ALLSOP, Matthew	Unattached	M40	
74	659	01:58:15	BRUNT, Jason	Unattached	M40	
75	505	01:58:19	KELLY, Stuart	EAST LONDON RUNNERS	All Men	
76	79	01:58:21	CONE, Elliott	LEIGH-ON-SEA STRIDERS	All Men	
77	166	01:58:22	HART, Neil	Unattached	All Men	
78	594	01:58:24	LEMMON, Kevin	NORFOLK GAZELLES	M50	
79	348	01:58:26	TYE, Chris	IPSWICH TRIATHLON CLUB	M40	
80	333	01:58:33	MONTE, Alan	SOUTHEND AC	M40	
81	245	01:58:34	SHEWBRIDGE, Laura	COLCHESTER HARRIERS	All Ladies	
82	86	01:58:38	HILLS, Marc	Unattached	All Men	
83	403	01:58:41	CHEEK, Gary	SOUTHEND AC	M40	
84	359	01:58:54	CRISP, James	WITHAM RUNNING CLUB	M40	
85	52	01:59:02	OGLESBY, Andrew	Unattached	All Men	
86	501	01:59:05	TURNER, Andrew	HADLEIGH HARES	All Men	
87	269	01:59:17	WOLLASTON, Lee	FUSS SOPRON	M40	
88	377	01:59:47	BOOTY, John	GREAT BENTLEY RUNNING CLUB	M40	
89	280	01:59:56	BARRETT, Peter	THRIFT GREEN TROTTERS	M40	
90	621	02:00:03	RAVEN, Stuart	SPRINGFIELD STRIDERS	M40	
91	247	02:00:09	GORDON, Michelle	FELIXSTOWE RRC	All Ladies	
92	155	02:00:13	BIRD, Matthew	Unattached	All Men	
93	305	02:00:18	THOMPSON, Paul	EAST LONDON RUNNERS	M40	
94	41	02:00:38	PATERSON, Aaron	LEIGH-ON-SEA STRIDERS	All Men	
95	486	02:00:44	JENKINSON, Anne	SOUTHEND AC	F35	
96	507	02:01:12	BRIDGE, Oliver	Unattached	All Men	
97	28	02:01:15	BETHELL, Jeremy	LEIGH-ON-SEA STRIDERS	M40	
98	577	02:01:25	BURNS, Robert	LEIGH-ON-SEA STRIDERS	M50	
99	418	02:01:29	RUSSELL, John	THURROCK HARRIERS	M40	
100	338	02:01:33	SAYER, Steven	EAST ESSEX TRIATHLON CLUB	M40	
101	580	02:01:51	STUKAS, Paul	SPRINGFIELD STRIDERS	M50	
102	541	02:01:58	THORNTON, Keith	THRIFT GREEN TROTTERS	M50	
103	102	02:02:07	PITMAN, Gary	ROCHFORD RUNNING CLUB	All Men	
104	592	02:02:19	AMOS, Mark	Unattached	M40	
105	184	02:02:21	REYNOLDS, Steve	VICTA	All Men	
106	314	02:02:23	DELLAR, Paul	TIPTREE ROAD RUNNERS	M40	
107	481	02:02:28	SUTTON, Darren	SPRINGFIELD STRIDERS	M40	
108	438	02:02:31	ENGLISH, Tracy	LEIGH-ON-SEA STRIDERS	F35	
109	258	02:02:40	KELLY, Peter	SPITFIRE	M40	
110	645	02:02:48	BROWN, Janice	EAST ESSEX TRIATHLON CLUB	F45	
111	388	02:02:49	COULSON, Myles	BRAINTREE AND DISTRICT AC	M40	
112	173	02:02:56	EVANS, Matthew	Unattached	All Men	
113	353	02:03:21	KNIGHT, Nick	THRIFT GREEN TROTTERS	M40	
114	84	02:03:30	HUGHES, Neal	RUN@WILLIS	All Men	
115	109	02:03:31	COOMBES, Andrew	PITSEA RUNNING CLUB	All Men	
116	276	02:03:37	SUMMERS, Darren	LEIGH-ON-SEA STRIDERS	M40	
117	143	02:03:49	BALDWIN, David	EAST LONDON RUNNERS	All Men	
118	401	02:03:55	LATTER, Darren	ROCHFORD RUNNING CLUB	M40	
119	479	02:04:19	BERNHARDT, Ian	FLYERS SOUTHEND	M40	
120	490	02:04:24	PRESLAND, Vicky	GREAT BENTLEY RUNNING CLUB	F35	
121	175	02:04:35	CREED, James	EAST LONDON RUNNERS	All Men	
122	409	02:04:38	GARE, Mark	BARKING ROAD RUNNERS	M40	
123	160	02:04:45	ROBERTS, James	EAST ESSEX TRIATHLON CLUB	All Men	
124	506	02:04:51	MAYNARD, Ian	EAST ESSEX TRIATHLON CLUB	M50	
125	371	02:05:05	ROSE, Andy	Unattached	M40	
126	110	02:05:15	CORNWELL, Paul	LEIGH-ON-SEA STRIDERS	All Men	
127	345	02:05:29	WARWICK, Stuart	GRANGE FARM AND DUNMOW RUNNERS	M40	
128	293	02:05:37	FINDLAY, David	BASILDON AC	M40	

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Position	Number	Time (hh:mm:ss)	Competitor	Team	Category	
129	346	02:05:45	BROWN, Bradley	ILFORD A.C	M40	
130	217	02:05:59	CLARK, Kelly	VICTORIA PARK HARRIERS & TOWER HAMLETS AC	All Ladies	
131	331	02:06:00	BAXTER, Jez	EAST ESSEX TRIATHLON CLUB	M40	
132	244	02:06:06	BARKER, Katherine	Unattached	All Ladies	
133	296	02:06:13	ABSOLOM, Wesley	EAST ESSEX TRIATHLON CLUB	M40	
134	672	02:06:25	FANCETT, Kenneth	BECKENHAM RUNNING CLUB	M60	
135	370	02:06:29	FINCH, Jonathan	TIPTREE ROAD RUNNERS	M40	
136	274	02:06:37	DANIEL, Lee	Unattached	M40	
137	471	02:06:39	WATSON, Jacqui	BENFLEET RC	F35	
138	391	02:06:48	PERRYMAN, Gary	TIPTREE ROAD RUNNERS	M40	
139	402	02:06:50	CLAYDON, Paul	ROCHFORD RUNNING CLUB	M40	
140	94	02:06:53	RUNHAM, James	Unattached	All Men	
141	685	02:07:06	STENNING, James	LONDON FRONTRUNNERS	All Men	
142	10	02:07:15	TAYLOR, Paul	TEAM TAYLOR	All Men	
143	503	02:07:16	BARTHOLOMEUSE, Chris	EAST ESSEX TRIATHLON CLUB	M40	
144	329	02:07:20	CHANDLER, David	Unattached	M40	
145	150	02:07:36	BENTLEY, Roy	SPRINGFIELD STRIDERS	All Men	
146	87	02:07:41	REYNOLDS, Patrick	GREAT BENTLEY RUNNING CLUB	All Men	
147	80	02:08:00	WOODS, Ben	Unattached	All Men	
148	81	02:08:00	STEEL, Joe	Unattached	All Men	
149	428	02:08:03	JACKAMAN, Paul	CASTLE POINT JOGGERS	All Men	
150	83	02:08:07	WHITTINGTON, James	Unattached	All Men	
151	681	02:08:17	RAYNER, Gary	SPRINGFIELD STRIDERS	M60	
152	70	02:08:20	SUMMERS, Dan	SPRINGFIELD STRIDERS	All Men	
153	147	02:08:27	APPLETON, Russ	Unattached	All Men	
154	250	02:08:31	PETERSON, Elizabeth	BENFLEET RC	All Ladies	
155	178	02:08:33	NICHOLS, James	EAST LONDON RUNNERS	All Men	
156	78	02:08:46	FRENCH, Andrew	Unattached	All Men	
157	259	02:08:49	SALMON, Arran	LEIGH-ON-SEA STRIDERS	M40	
158	282	02:08:59	HARKNETT, Steve	NENE VALLEY HARRIERS	M40	
159	510	02:09:05	CHAPELHOW, Ross	CHAFFORD HUNDRED RUNNING CLUB	All Men	
160	399	02:09:07	HOCKLEY, Barry	CASTLE POINT JOGGERS	M40	
161	343	02:09:16	MARLOW, Neal	LEIGH-ON-SEA STRIDERS	M40	
162	357	02:09:33	MACDONNELL, Diarmuid	BARKING ROAD RUNNERS	M40	
163	270	02:09:37	BEAZELEY, Christopher	SPRINGFIELD STRIDERS	M40	
164	585	02:09:48	PAGE, Martin	BARKING ROAD RUNNERS	M50	
165	408	02:09:51	DUGGAN, Lee	DAGENHAM 88 RUNNERS	M40	
166	373	02:09:55	KING, Justin	PITSEA RUNNING CLUB	M40	
167	268	02:10:06	GALVIN, Robert	Unattached	M40	
168	376	02:10:08	BEECH, Craig	Unattached	M40	
169	460	02:10:11	COOPER, Vicky	BARKING ROAD RUNNERS	F35	
170	337	02:10:22	BROOKS, Ray	EAST ESSEX TRIATHLON CLUB	M40	
171	421	02:10:23	GRIBBON, Paul	FLYERS SOUTHEND	M40	
172	651	02:10:30	ELEY, Jill	MID ESSEX CASUALS	F45	
173	600	02:10:33	NEDD, Paul	Unattached	M40	
174	411	02:10:33	BARTHOLOMEW, David	Unattached	M40	
175	392	02:10:33	CONNOR, Sean	Unattached	M40	
176	676	02:10:38	BINNS, Peter	SOUTHEND AC	M60	
177	634	02:10:48	HARRINGTON, Tracy	TIPTREE ROAD RUNNERS	F45	
178	288	02:10:58	TIPPETT, Simon	BASILDON AC	M40	
179	324	02:11:02	RIDGEWELL, Tristan	Unattached	M40	
180	326	02:11:03	THORNTON, Alex	FLYERS SOUTHEND	M40	
181	46	02:11:07	EDGINGS, Sam	EAST ESSEX TRIATHLON CLUB	All Men	
182	9	02:11:12	SMYTHE, Bill	WITHAM RUNNING CLUB	M40	
183	487	02:11:17	MONK, Samantha	SPRINGFIELD STRIDERS	F35	
184	475	02:11:23	FINCH, Kate	TIPTREE ROAD RUNNERS	F35	
185	520	02:11:40	GREGORY, Paul	TIPTREE ROAD RUNNERS	M40	
186	522	02:11:45	CREEDY, Chris	IPSWICH JAFFA	M40	
187	375	02:11:45	SLAYFORD, Dan	FLYERS SOUTHEND	All Men	
188	209	02:11:48	CRAWFORD, Kelly	HUNTINGDONSHIRE AC	All Ladies	
189	77	02:11:54	SIMMONS, Scott	Unattached	All Men	
190	129	02:11:56	CHAPMAN, Jonny	FITTOLOGY	All Men	
191	526	02:12:06	WIND, Kevan	PITSEA RUNNING CLUB	M50	
192	513	02:12:14	GARRETT, Mark	NORTHAMPTON ROAD RUNNERS	M50	

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Position	Number	Time (hh:mm:ss)	Competitor	Team	Category
193	384	02:12:23	BONHAM, Richard	CASTLE POINT JOGGERS	M40
194	562	02:12:31	PURDHAM, Graham	FLYERS SOUTHEND	M50
195	322	02:12:32	ALLEN, Daren	IPSWICH TRIATHLON CLUB	M40
196	177	02:12:34	COPP, Daniel	EAST ESSEX TRIATHLON CLUB	All Men
197	149	02:12:36	SMITH, Richard	LITTLE BADDOW RIDGE RUNNERS	All Men
198	431	02:12:50	LAGDEN, Natasha	SOUTHEND AC	F35
199	444	02:12:51	KOSTYRKA-ALLCHORNE, Kasia	SOUTHEND AC	F35
200	132	02:12:52	CUNNINGHAM, Rory	TEAM RORY	All Men
201	416	02:13:06	EAGLES, Paul	DAGENHAM 88 RUNNERS	M40
202	514	02:13:08	MITCHELL, Robert	MORNINGTON CHASERS	M50
203	300	02:13:09	BALLARD, Alan	Unattached	M40
204	128	02:13:11	HEARD, Paul	FLYERS SOUTHEND	All Men
205	429	02:13:21	STRANKS, Paul	ROCHFORD RUNNING CLUB	All Men
206	570	02:13:22	MACNISH PORTER, James	THRIFT GREEN TROTTERS	M50
207	342	02:13:42	BLERKOM, Mike	EAST ESSEX TRIATHLON CLUB	M40
208	344	02:13:44	POPHAM, Darren	Unattached	M40
209	457	02:13:46	HAMMOND, Sarah	SPRINGFIELD STRIDERS	F35
210	583	02:13:53	LYNCH, John	MORNINGTON CHASERS	M50
211	64	02:14:00	MACLEAN, Brendon	HARLOW RUNNING CLUB	All Men
212	335	02:14:21	KLEIDER, Rob	EAST ESSEX TRIATHLON CLUB	M40
213	439	02:14:40	WALKER, Daniel	Unattached	All Men
214	412	02:14:44	PEMBROKE, Lee	WITHAM RUNNING CLUB	M40
215	63	02:14:49	MONGER, Scott	Unattached	All Men
216	123	02:14:56	NEWTON , Paul	Unattached	All Men
217	100	02:14:56	LEWIS, Ian	SQUARE MILE TRIATHLON	All Men
218	682	02:15:10	MANN, Stuart	HERTS PHOENIX AC	M60
219	590	02:15:11	SADD, Stephen	NORFOLK GAZELLES	M50
220	675	02:15:33	TWEEDIE, Clive	HAVERING 90 JOGGERS	M60
221	624	02:15:37	JOY, Dave	ROCHFORD RUNNING CLUB	M50
222	201	02:15:38	LONGMAN, Natalie	TRI SPORT EPPING	All Ladies
223	37	02:15:38	LONGMAN, Brian	TRI SPORT EPPING	M50
224	655	02:15:40	DRAKE, Steve	Unattached	M40
225	566	02:16:02	HILL, Leslie	NORFOLK GAZELLES	M50
226	205	02:16:14	WILLINGTON, Sophie	Unattached	All Ladies
227	115	02:16:22	DAVIES, Matthew	Unattached	All Men
228	137	02:16:33	BARTON, Mark	Unattached	All Men
229	67	02:16:36	COLLIER, Andy	LEIGH-ON-SEA STRIDERS	All Men
230	450	02:16:41	SPICER, Katie	LEIGH-ON-SEA STRIDERS	F35
231	271	02:16:43	BROWN, Gary	LEIGH-ON-SEA STRIDERS	M40
232	106	02:16:50	REBEL, Stephen	THRIFT GREEN TROTTERS	All Men
233	561	02:16:53	KANE, James	EAST ESSEX TRIATHLON CLUB	M50
234	311	02:16:55	KING, Cliff	CASTLE POINT JOGGERS	M40
235	684	02:16:56	SCHOEPS, Friederike	BEDFORD HARRIERS AC	All Ladies
236	72	02:17:17	SMITH, Mark	Unattached	All Men
237	368	02:17:22	LAWES, Mark	TIPTREE ROAD RUNNERS	M40
238	301	02:17:33	HATTON, Neil	Unattached	M40
239	255	02:17:45	AMBROSE, Ronnie	NORTHAMPTON ROAD RUNNERS	M40
240	261	02:17:50	SALMON, Peter	DAGENHAM 88 RUNNERS	M40
241	275	02:18:01	QUINN, Andrew	SPRINGFIELD STRIDERS	M40
242	313	02:18:03	HIND, Andy	SPRINGFIELD STRIDERS	M40
243	596	02:18:05	AUSTIN, Mark	WITHAM RUNNING CLUB	M50
244	49	02:18:19	SILVER, Craig	Unattached	M50
245	162	02:18:22	NEWMAN, Thomas	SPRINGFIELD STRIDERS	All Men
246	358	02:18:24	JACKSON, Simon	SLEAFORD STRIDERS AC	M40
247	427	02:18:29	ELDER, Richard	Unattached	M40
248	285	02:18:39	SWEENEY, John	CASTLE POINT JOGGERS	M40
249	85	02:18:41	GILLESPIE, David	ELY RUNNERS	All Men
250	140	02:18:45	SAUNDERS, Andrew	Unattached	All Men
251	187	02:18:51	STEVENS, Nicky	Unattached	M40
252	120	02:18:54	FRYATT, Daryl	ESSEX POLICE	All Men
253	319	02:18:54	POULTON, Adam	CASTLE POINT JOGGERS	M40
254	75	02:19:00	WILKINS, Christopher	WILKO'S WEEKEND WARRIORS	All Men
255	310	02:19:35	HANDS, Kenneth	SPRINGFIELD STRIDERS	M40
256	454	02:19:37	HANDS, Nichola	SPRINGFIELD STRIDERS	F35

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257	578	02:19:45	HARLEY, Peter	EAST ESSEX TRIATHLON CLUB	M50	
258	670	02:19:52	REED, Chris	PITSEA RUNNING CLUB	M60	
259	327	02:19:54	AYLING, David	NUCLEAR RACES TEAM	M40	
260	55	02:19:54	PHILLIPS, Scott	Unattached	All Men	
261	553	02:20:03	SMITH, Oliver	HOOFSMITH	M50	
262	339	02:20:16	GAITELY, Mark	Unattached	M40	
263	308	02:20:19	WARD, Paul	BARKING ROAD RUNNERS	M40	
264	654	02:20:24	CRANGLE, Robert	Unattached	M50	
265	317	02:20:45	RAY, Steve	PITSEA RUNNING CLUB	All Men	
266	113	02:20:53	HEATHER, Paul	Unattached	All Men	
267	95	02:20:57	WILLIAMS, Lloyd	Unattached	All Men	
268	118	02:20:59	LUCAS, James	Unattached	All Men	
269	369	02:21:06	QUINN, Ronan	LEIGH-ON-SEA STRIDERS	M40	
270	469	02:21:11	BARRETT, Nina	THRIFT GREEN TROTTERS	F35	
271	492	02:21:20	MARSHALL-TELFER, Emma	SLEAFORD STRIDERS AC	F35	
272	504	02:21:21	ASTON, Lauren	EAST LONDON RUNNERS	All Ladies	
273	567	02:21:24	DUNCAN, Mark	HAVERING 90 JOGGERS	M50	
274	512	02:21:27	BARTRAM, Ian	CASTLE POINT JOGGERS	M50	
275	372	02:21:35	CUMMINS, Ian	DAGENHAM 88 RUNNERS	M40	
276	433	02:21:36	HODSON, Maud	EAST LONDON RUNNERS	F35	
277	538	02:21:46	HOMEWOOD, Gary	MORNINGTON CHASERS	M50	
278	643	02:22:08	HARLEY, Jenny	EAST ESSEX TRIATHLON CLUB	F45	
279	410	02:22:13	PICKERING, Sean	Unattached	M40	
280	576	02:22:17	GARBETT, Charles	Unattached	M50	
281	347	02:22:24	DAVEY, Adam	Unattached	M40	
282	176	02:22:27	O'TOOLE, Stewart	DARTFORD ROAD RUNNERS	All Men	
283	47	02:22:30	LYNCH, Sam	Unattached	All Men	
284	437	02:22:41	JUCHAU, Nathalie	MET POLICE ATHLETICS CLUB	F35	
285	272	02:22:45	SOUTHGATE, Oliver	Unattached	M40	
286	325	02:23:02	PIPER, James	Unattached	M40	
287	256	02:23:05	KERRISON, Paul	HARWICH RUNNERS	M40	
288	249	02:23:14	WEST, Ian	Unattached	M40	
289	652	02:23:27	MCCLLENAGHAN, Kelly	BENFLEET RC	F35	
290	618	02:23:53	PURTELL, Paula	Unattached	F45	
291	623	02:24:00	GAFFNEY, Lorna	Unattached	F45	
292	489	02:24:42	NEVILLE, Marita	LEIGH-ON-SEA STRIDERS	F35	
293	202	02:24:49	PERRY, Samantha	Unattached	All Ladies	
294	494	02:25:14	AGER, Steph	ROCHFORD RUNNING CLUB	F35	
295	657	02:25:14	NEIGHBOUR, Natasha	ROCHFORD RUNNING CLUB	All Ladies	
296	572	02:25:19	BYFORD, Martyn	WITHAM RUNNING CLUB	M50	
297	51	02:25:26	WALE, Jonathan	Unattached	All Men	
298	349	02:25:26	RODGERS, Ian	BISHOPS STORTFORD RUNNING CLUB	M40	
299	603	02:25:30	PARKER, Wendy	NORTHAMPTON ROAD RUNNERS	F45	
300	328	02:25:51	LANKESTER, Mark	IPSWICH JAFFA	M40	
301	252	02:25:56	HARRISON, Nigel	IPSWICH JAFFA	M40	
302	586	02:26:00	SMITH, David	WITHAM RUNNING CLUB	M50	
303	334	02:26:07	MAIN, Ewan	Unattached	M40	
304	153	02:26:12	FOOTER, Chris	PHOENIX STRIDERS	All Men	
305	456	02:26:40	VAN EETVELDE, Marijke	THRIFT GREEN TROTTERS	F35	
306	515	02:26:49	CASEY, Terence	Unattached	M50	
307	170	02:26:57	FARRELL, Conor	Unattached	All Men	
308	632	02:26:59	ENDERS, Shelley	WITHAM RUNNING CLUB	F45	
309	119	02:27:25	BERGIN, Mark	BLACK LACES	All Men	
310	122	02:27:25	SPELLMAN, Chris	Unattached	All Men	
311	696	02:27:34	ANDREW, Leslie	Unattached	F55	
312	351	02:27:41	SMITH, Stephen	THRIFT GREEN TROTTERS	M40	
313	636	02:27:55	ROLERKITE, Lindsay	BRAINTREE AND DISTRICT AC	F45	
314	32	02:27:58	LUCY, Joe	Unattached	All Men	
315	98	02:27:59	SEARLES, Barry	HAVERING 90 JOGGERS	All Men	
316	14	02:28:03	GOODHAND, Richard	Unattached	All Men	
317	584	02:28:20	THOMPSON, Pete	NORFOLK GAZELLES	M50	
318	350	02:28:22	BATES, Dean	HAVERING 90 JOGGERS	M40	
319	125	02:28:35	KINDER, Ben	FITTOLOGY	All Men	
320	390	02:29:05	GRAHAM, Carl	Unattached	M40	

Race						
Position	Number	Time (hh:mm:ss)	Competitor	Team	Category	
321	240	02:29:10	QUINN, Rhiannon	Unattached	All Ladies	
322	238	02:29:14	HUGHES, Danielle	PHOENIX STRIDERS	All Ladies	
323	158	02:29:14	VINICOMBE, Robert	PHOENIX STRIDERS	All Men	
324	135	02:29:32	ELBER , Bernhard	Unattached	All Men	
325	446	02:29:36	ELL, Josanne	FLYERS SOUTHEND	F35	
326	647	02:29:43	MORRIS, Donna	WITHAM RUNNING CLUB	F45	
327	45	02:29:45	RANDALL, Tommy	Unattached	All Men	
328	130	02:29:51	WEBB, James	FITTOLOGY	All Men	
329	423	02:29:56	NORTON, Mark	LEIGH-ON-SEA STRIDERS	M40	
330	134	02:30:00	TUCKER, Gareth	BARKING ROAD RUNNERS	All Men	
331	537	02:30:11	ROBERTSON, Mark	ROCHFORD RUNNING CLUB	M50	
332	544	02:30:12	ROBINS, Neil	Unattached	M50	
333	239	02:30:20	HANNANT, Emily	COLTISHALL JAGUARS	All Ladies	
334	289	02:30:35	EVANS, James	Unattached	M40	
335	604	02:30:38	PERRIN, Julie	Unattached	F45	
336	430	02:30:49	LOCK, Andrew	Unattached	M40	
337	295	02:30:49	SALTS, Philip	Unattached	M40	
338	573	02:30:51	LANE, Dave	PHOENIX STRIDERS	M50	
339	434	02:30:51	KELLY, Joanne	SPITFIRE	F35	
340	558	02:30:52	CLARKE, Steve	THANET ROAD RUNNERS	M50	
341	127	02:30:53	BRENTON, Scott	FLYERS SOUTHEND	All Men	
342	157	02:30:53	HOLL, Dominic	THANET ROAD RUNNERS	All Men	
343	521	02:31:09	HUGGINS, Chris	PITSEA RUNNING CLUB	M50	
344	320	02:31:19	TREE, Jochen	Unattached	M40	
345	660	02:31:22	NORTON, Sarah	BENFLEET RC	F35	
346	336	02:31:33	RAYNER, Andrew	Unattached	M40	
347	536	02:31:42	KNOWLAND, Nick	Unattached	M50	
348	571	02:32:07	BROWN, Kieran	EAST LONDON RUNNERS	M50	
349	39	02:32:30	GULL , Jamie	Unattached	All Men	
350	620	02:32:53	ALEXANDER, Gail	LEIGH-ON-SEA STRIDERS	F45	
351	315	02:33:05	TOVELL, Ian	EAST ESSEX TRIATHLON CLUB	M40	
352	633	02:33:09	REES, Valerie	TIPTREE ROAD RUNNERS	F45	
353	610	02:33:09	FULLER, Peter	TIPTREE ROAD RUNNERS	All Men	
354	62	02:33:39	BENTON, Philip	Unattached	All Men	
355	691	02:33:54	HINE, Lucy	CAMBRIDGE HARRIERS	F55	
356	393	02:34:04	BENWELL, Dan	ROCHFORD RUNNING CLUB	M40	
357	500	02:34:13	HARRIS, Robert	Unattached	All Men	
358	89	02:34:23	CHATTEY, Peter	Unattached	All Men	
359	133	02:34:24	LAMBKIN, Breanainn	Unattached	All Men	
360	108	02:34:24	HENRY, Michael	THRIFT GREEN TROTTERS	All Men	
361	531	02:34:32	BARTLAU, Mark	LEIGH-ON-SEA STRIDERS	M50	
362	542	02:34:46	WILLIAMS, Neil	CAPEL CHEETAHS	M50	
363	227	02:34:49	GOSS, Natasha	Unattached	All Ladies	
364	380	02:34:49	HOLMES, Dan	Unattached	M40	
365	509	02:34:54	MURRAY, Chrissy	Unattached	F35	
366	332	02:34:55	MAKINSON, Keith	EAST ESSEX TRIATHLON CLUB	M40	
367	23	02:35:21	GUTHRIE, Tony	Unattached	All Men	
368	459	02:35:32	BRADY, Mel	CASTLE POINT JOGGERS	F35	
369	121	02:35:37	GALE, Tim	Unattached	All Men	
370	462	02:35:44	PAGE, Jennie	EAST ESSEX TRIATHLON CLUB	F35	
371	92	02:35:44	PICKETT, Ben	EAST ESSEX TRIATHLON CLUB	All Men	
372	169	02:35:44	SMITH, James	DAGENHAM 88 RUNNERS	All Men	
373	168	02:35:44	SUCKLING, Carl	EAST ESSEX TRIATHLON CLUB	All Men	
374	626	02:35:47	CUSTIS, Kate	ORPINGTON ROAD RUNNERS	M50	
375	649	02:35:50	WALKER, Fiona	LEIGH-ON-SEA STRIDERS	F45	
376	318	02:35:51	LIMBURN, Keith	LEIGH-ON-SEA STRIDERS	M40	
377	42	02:35:56	TAM, Matthew	Unattached	All Men	
378	40	02:35:58	FERNANDES, Andrew	Unattached	All Men	
379	549	02:36:01	GALEA, Tony	HAVERING 90 JOGGERS	M50	
380	117	02:36:02	JONES , Matthew	THANET ROAD RUNNERS	All Men	
381	569	02:36:05	BARNEY, Kevin	Unattached	M50	
382	540	02:36:11	GARNHAM, David	IPSWICH JAFFA	M50	
383	417	02:36:13	BAILEY, Shaun	Unattached	M40	
384	671	02:36:17	PEARMAN, John	LEIGH-ON-SEA STRIDERS	M60	

Race					
Position	Number	Time (hh:mm:ss)	Competitor	Team	Category
385	677	02:36:27	BOULDSTRIDGE, Peter	TIPTREE ROAD RUNNERS	M60
386	145	02:36:30	CULLING, Barry	BARKING ROAD RUNNERS	All Men
387	697	02:36:33	DAY, Fiona	EAST LONDON RUNNERS	F55
388	666	02:36:59	MOON, Graeme	TIPTREE ROAD RUNNERS	M60
389	218	02:37:11	LUFF, Anna	SPRINGFIELD STRIDERS	All Ladies
390	547	02:37:11	SEWELL, Christopher	SPRINGFIELD STRIDERS	M50
391	554	02:37:22	ENDERS, David	WITHAM RUNNING CLUB	M50
392	379	02:37:25	ARMITAGE, Mark	LEIGH-ON-SEA STRIDERS	M40
393	257	02:37:43	HALLAM, Neil	SOUTHEND AC	M40
394	508	02:37:52	COLEMAN, Eddie	Unattached	M40
395	44	02:38:04	ALLEN, Danny	DAGENHAM 88 RUNNERS	All Men
396	279	02:38:05	HURRELL, Terry	Unattached	M40
397	631	02:38:22	REEVES, Julie	THRIFT GREEN TROTTERS	F45
398	22	02:38:28	HUNT, Gary	EAST END ROAD RUNNERS	All Men
399	639	02:38:32	DRAKE, Carol	LEIGH-ON-SEA STRIDERS	F45
400	69	02:38:35	BOLGER, Raymond	Unattached	All Men
401	630	02:38:48	TYE, Cheryl	PURPLE PATCH RUNNERS	F45
402	612	02:39:39	MCALLISTER, Paul	CAPEL CHEETAHS	M40
403	661	02:39:43	DUNGATE, Keith	Unattached	M60
404	356	02:39:46	DAW, Alasdair	Unattached	M40
405	499	02:39:52	LAMOUR, Rafaele	MORNINGTON CHASERS	F35
406	20	02:39:58	Michael, WATKINS	Unattached	All Men
407	601	02:39:58	DOROTHY, Veronique	Unattached	F45
408	263	02:40:10	DUNN, Colin	FLYERS SOUTHEND	M40
409	609	02:40:11	CROMPTON, Sue	SOUTHEND AC	F45
410	234	02:40:19	AKROYD, Jennifer	DAGENHAM 88 RUNNERS	All Ladies
411	73	02:40:20	HOLL, Joanne	THANET ROAD RUNNERS	F45
412	161	02:40:38	SUAREZ, Frankie	Unattached	All Men
413	470	02:40:41	JACKSON, June	SLEAFORD STRIDERS AC	F35
414	550	02:40:44	MOSES, Neil	HAVERING 90 JOGGERS	M50
415	598	02:41:06	, Mati	Unattached	M40
416	389	02:41:07	MAGUIRE, Kev	FLYERS SOUTHEND	M40
417	548	02:41:10	DIXON, David	HAVERING 90 JOGGERS	M50
418	591	02:41:21	HARVEY, Steve	Unattached	M50
419	330	02:41:26	ANGLEY, Kelly	Unattached	M40
420	485	02:41:36	SMITHERS, Michelle	Unattached	F35
421	680	02:41:39	LANGRISH, David	STUBBINGTON GREEN	M60
422	625	02:41:44	COLLINS, Simone	EAST ESSEX TRIATHLON CLUB	F45
423	304	02:41:52	GILLAM, Mark	TEAM SLUG	M40
424	214	02:42:03	PICKETT, Samantha	WILKO'S WEEKEND WARRIORS	All Ladies
425	101	02:42:19	WILLIAMS, Mark	EAST ESSEX TRIATHLON CLUB	All Men
426	678	02:42:32	GRANT, Peter	EAST END ROAD RUNNERS	M60
427	546	02:42:55	RHODES, Iain	Unattached	M50
428	30	02:43:21	LEECH, Andrew	Unattached	All Men
429	254	02:43:22	EDWARDS, Rob	Unattached	M40
430	237	02:43:35	PAGE, Sami	Unattached	All Ladies
431	18	02:43:53	HURST, Guy	FLYERS SOUTHEND	All Men
432	283	02:43:56	WHITE, Geoff	Unattached	M40
433	68	02:44:05	KIRBY, Scott	Unattached	All Men
434	614	02:44:09	BOSHELL, Samantha	DENGIE 100	F45
435	219	02:44:19	JODIE TIMBRELL, Miss	THRIFT GREEN TROTTERS	All Ladies
436	383	02:44:19	KNIGHT, Anthony	TIPTREE ROAD RUNNERS	M40
437	551	02:44:25	HAMPSHIRE, Stephen	FARROW	M50
438	426	02:44:27	LOGAN, Morag	Unattached	All Ladies
439	582	02:44:30	CORBY, Nick	Unattached	M50
440	574	02:44:42	LOVELL, Keith	Unattached	M50
441	466	02:44:48	CLEMENTSON, Christina	HAVERING 90 JOGGERS	F35
442	468	02:44:59	GRAINGER, Anita	WITHAM RUNNING CLUB	F35
443	181	02:45:00	PRIOR, Robert	Unattached	All Men
444	619	02:45:16	FAIRCHILD, Diane	THRIFT GREEN TROTTERS	F45
445	48	02:45:26	PEGNALL, Michael	DAGENHAM 88 RUNNERS	All Men
446	595	02:45:31	LISSIMORE, Kristian	Unattached	All Men
447	215	02:45:42	BARNES, Becky	WITHAM RUNNING CLUB	All Ladies
448	560	02:45:48	BICKNELL, Colin	Unattached	M50

Race						
Position	Number	Time (hh:mm:ss)	Competitor	Team	Category	
449	114	02:45:48	BICKNELL, Tom	Unattached	All Men	
450	253	02:45:49	HARMER, Richard	THRIFT GREEN TROTTERS	M40	
451	290	02:45:49	OVERTON, Joanne	WITHAM RUNNING CLUB	F45	
452	362	02:45:50	HUNT, Jason	Unattached	M40	
453	442	02:46:00	THORNTON, Rachael	FLYERS SOUTHEND	F35	
454	518	02:46:03	PRYOR, Richard	FLYERS SOUTHEND	M50	
455	543	02:46:03	POND, Graham	Unattached	M50	
456	644	02:46:06	NOBLE, Jane	Unattached	F45	
457	241	02:46:07	WILLIAMS, Kate	Unattached	All Ladies	
458	413	02:46:11	FISHER, Colin	Unattached	M40	
459	229	02:46:25	GIBBS, Deborah	Unattached	All Ladies	
460	233	02:46:37	KINGSLEY, Louise	PITSEA RUNNING CLUB	All Ladies	
461	66	02:46:37	LENGTHORN, Graham	PITSEA RUNNING CLUB	All Men	
462	605	02:46:38	HOWE, Theresa	PITSEA RUNNING CLUB	F45	
463	260	02:46:46	VINCENT, Nic	Unattached	M40	
464	607	02:46:47	VINCENT, Alison	DENGIE 100	F45	
465	242	02:46:48	RAWLINGS, Emily	CHAFFORD HUNDRED RUNNING CLUB	All Ladies	
466	172	02:46:48	SHEPPARD, John	CHAFFORD HUNDRED RUNNING CLUB	All Men	
467	232	02:47:02	HEARNDEN, Lisa	Unattached	All Ladies	
468	406	02:47:15	TONKS, Paul	Unattached	M40	
469	204	02:47:19	MURRELL, Loren	LEIGH-ON-SEA STRIDERS	All Ladies	
470	361	02:47:39	LEONARD, Charles	WIMBLEDON WINDMILERS	M40	
471	650	02:47:54	MILLS, "Eddie"	PHOENIX STRIDERS	M50	
472	364	02:47:56	ORCHARD, Michael	FAT DADS	M40	
473	365	02:47:57	ATKINSON, Stephen	FAT DADS	M40	
474	182	02:48:01	BLAKE, Cole	Unattached	All Men	
475	525	02:48:17	WALSH, Gary	LEIGH-ON-SEA STRIDERS	M50	
476	50	02:48:20	PARKIN, Rupert	Unattached	All Men	
477	367	02:48:32	HEALY, Patrick	Unattached	M40	
478	474	02:48:32	REEVE, Lucy	Unattached	F35	
479	212	02:48:44	UREN, Ellis	Unattached	All Ladies	
480	425	02:48:55	FOX, Neil	BECKENHAM RUNNING CLUB	M40	
481	532	02:49:32	CLISSOLD, Bill	TEAM SLUG	M50	
482	426	02:49:42	LOGAN, Morag	Unattached	All Ladies	
483	355	02:49:43	TREE, Peter	THRIFT GREEN TROTTERS	M50	
484	622	02:49:45	CLIFFORD, Alison	THRIFT GREEN TROTTERS	F45	
485	588	02:50:18	ROBINSON, Michael	THRIFT GREEN TROTTERS	M50	
486	535	02:50:24	BHAMRA, Darminder	Unattached	M50	
487	154	02:50:41	BRADLEY, Bridgette	ROCHFORD RUNNING CLUB	F45	
488	617	02:51:27	CRAIG, Ginny	SUDBURY JOGGERS	F45	
489	463	02:51:42	LIDDIARD, Kate	WARE JOGGERS	F35	
490	7	02:51:55	COPPING, Bradley	Unattached	All Men	
491	449	02:52:06	BROOMFIELD, Vicky	Unattached	F35	
492	533	02:52:06	BROOMFIELD, Richard	Unattached	M50	
493	57	02:52:47	CLARK, Michael	GREAT BENTLEY RUNNING CLUB	All Men	
494	559	02:52:54	SAWFORD, Chris	Unattached	M50	
495	628	02:52:29	MORRISON, Clare	WITHAM RUNNING CLUB	F45	
496	467	02:53:07	MESS, Lorna	THRIFT GREEN TROTTERS	F35	
497	589	02:53:38	BRIGHT, Steve	Unattached	M50	
498	216	02:53:43	CALLEJA, Victoria	THRIFT GREEN TROTTERS	All Ladies	
499	534	02:53:53	SMITH, Anthony	WITHAM RUNNING CLUB	M50	
500	539	02:53:59	CARVEY, Richard	DENGIE 100	M50	
501	667	02:54:48	PRIOR, David	BEDFORD HARRIERS AC	M60	
502	211	02:54:48	NAIRN, Holly	HARLOW RUNNING CLUB	All Ladies	
503	152	02:54:50	TAYLOR, Lee	Unattached	All Men	
504	581	02:55:50	WHITFIELD, Steve	DAGENHAM 88 RUNNERS	M50	
505	382	02:55:50	PICKFORD, Paul	DAGENHAM 88 RUNNERS	M40	
506	210	02:56:09	FRAMPTON, Collette	SOUTHEND AC	All Ladies	
507	673	02:56:11	SWAIN, Tony	Unattached	M60	
508	648	02:56:30	OWEN, Sarah	Unattached	F45	
509	611	02:56:58	SPELMAN, Peter	ILFORD A.C.	M60	
510	653	02:57:26	SHERMAN, Ian	LEIGH-ON-SEA STRIDERS	M40	
511	694	02:58:18	MACDONALD, Maria	CAMBRIDGE HARRIERS	F55	
512	638	02:59:07	TAYLOR, Angela	Unattached	F45	

Race						
Position	Number	Time (hh:mm:ss)	Competitor	Team	Category	
513	615	02:59:46	SPARKES, Becky	Unattached	F45	
514	436	02:59:48	ANDREWS, Gillian	Unattached	F35	
515	31	02:59:48	ANDREWS, Tomas	Unattached	All Men	
516	599	02:59:54	GOWOR, Jacek	Unattached	M40	
517	674	03:00:02	MCCULLAGH, Nicholas	CASTLE POINT JOGGERS	M60	
518	386	03:00:12	MARSH, Patrick	COLCHESTER HARRIERS AC	M40	
519	606	03:00:29	SALMON, Cathy	LEIGH-ON-SEA STRIDERS	F45	
520	443	03:00:32	BOOKER, Julia	WARE JOGGERS	F35	
521	464	03:01:29	CLARK, Hazel	WARE JOGGERS	F35	
522	465	03:01:54	FAIRBAIRN, Nichola	HAVERING 90 JOGGERS	F35	
523	613	03:02:12	HEMBER, Stacy	TIPTREE ROAD RUNNERS	F45	
524	354	03:02:23	HURST, Martin	THRIFT GREEN TROTTERS	M40	
525	273	03:03:02	RUNCIMAN, Lee	EAST ESSEX TRIATHLON CLUB	M40	
526	458	03:03:05	SWEENEY, Emma	WITHAM RUNNING CLUB	F35	
527	528	03:03:11	VALENTINI, Claudio	Unattached	M50	
528	646	03:03:30	KNOWLES, Jacqui	ROCHFORD RUNNING CLUB	F45	
529	221	03:03:38	COOMBES, Samantha	PITSEA RUNNING CLUB	All Ladies	
530	698	03:03:38	FARR, Richard	FLYERS SOUTHEND	All Men	
531	432	03:03:40	ADGER, Madeline	PLUMSTEAD RUNNERS	F35	
532	662	03:03:41	COLE, Ernie	PLUMSTEAD RUNNERS	M60	
533	635	03:04:20	GOULD, Zoe	TIPTREE ROAD RUNNERS	F45	
534	440	03:04:20	HAWKINS, Louise	TIPTREE ROAD RUNNERS	F35	
535	299	03:04:45	FARR, Richard	Unattached	M40	
536	445	03:04:45	FINCH, Joanne	Unattached	F35	
537	473	03:04:53	TANGYE, Emma	HAVERING 90 JOGGERS	F35	
538	564	03:05:05	SKINNER, David	HAVERING 90 JOGGERS	M50	
539	422	03:07:12	REHMAN, Thaj	Unattached	M40	
540	448	03:07:31	PARRY, Rebecca	WIGSTON PHOENIX	F35	
541	203	03:07:34	MCKENNA, Clare	HARWICH RUNNERS	All Ladies	
542	497	03:07:48	PAPWORTH, Louise	HARWICH RUNNERS	F35	
543	695	03:07:55	VEERASAMY, Timi Selon	DAGENHAM 88 RUNNERS	F55	
544	441	03:08:16	BROUGHTON, Kim	TIPTREE ROAD RUNNERS	F35	
545	476	03:08:16	SCHELVIS, Gemma	TIPTREE ROAD RUNNERS	F35	
546	496	03:08:16	HANDLEY, Paola	LEIGH-ON-SEA STRIDERS	F35	
547	228	03:08:38	LAURENCE , Charlotte	SPRINGFIELD STRIDERS	All Ladies	
548	378	03:09:02	DAWSON, Paul	SOUTHEND AC	M40	
549	629	03:09:31	FRYATT, Alison	BARKING ROAD RUNNERS	F45	
550	597	03:11:51	MOAKES, Paul	COXHEATH CRC	All Men	
551	568	03:11:58	HODGES, Mick	SOUTHEND AC	M50	
552	452	03:12:00	ASHTON-JONES, Sally	Unattached	F35	
553	451	03:12:02	JACOBSON, Cassie	Unattached	F35	
554	587	03:13:45	TYLER, Helene	GREAT BENTLEY RUNNING CLUB	F45	
555	552	03:12:57	COURTIER, Robert	BARKING ROAD RUNNERS	M50	
556	407	03:14:30	COCKINGS, Anthony	Unattached	M40	
557	477	03:15:09	CUMMINS, Natalie	SOUTHEND AC	F35	
558	225	03:15:13	ALLIX, Lisa	SOUTHEND AC	All Ladies	
559	679	03:15:45	LINTON, Ian	TIPTREE ROAD RUNNERS	M60	
560	396	03:16:13	BRAME, Steve	SPRINGFIELD STRIDERS	M40	
561	105	03:16:41	SAWARD, Matt	THRIFT GREEN TROTTERS	All Men	
562	523	03:20:56	STANNETT, Charlie	IPSWICH TRIATHLON CLUB	M50	
563	637	03:21:38	CLARKE, Penny	WITHAM RUNNING CLUB	F45	
564	555	03:21:52	MACDONALD, Steve	PITSEA RUNNING CLUB	M50	
565	692	03:25:30	DUNGATE, Stephanie	CAMBRIDGE HARRIERS	F55	
566	230	03:26:55	SHEA, Charley	Unattached	All Ladies	
567	381	03:26:55	SHEA, Tim	PITSEA RUNNING CLUB	M40	
568	231	03:29:31	SMITH, Linsey	Unattached	All Ladies	
569	493	03:36:25	ROBERTS, Michelle	LEIGH-ON-SEA STRIDERS	F35	
570	665	03:36:25	PASSINGHAM, Keith	PITSEA RUNNING CLUB	M60	
571	223	03:36:28	GREEN, Emma	Unattached	All Ladies	
572	307	03:40:41	POPE, Sean	SPRINGFIELD STRIDERS	M40	
573	593	03:43:12	LUCK, Ron	Unattached	M60	
574	206	03:43:49	BEERE, Louise	Unattached	All Ladies	
575	97	03:45:43	MILLER, Paul	Unattached	All Men	
576	498	03:48:15	MARTIN, Kay	DAGENHAM 88 RUNNERS	F35	

<b>Position</b>	<b>Race Number</b>	<b>Time (hh:mm:ss)</b>	<b>Competitor</b>	<b>Team</b>	<b>Category</b>
577	352	03:51:54	NOONAN, Daniel	HAVERING 90 JOGGERS	M40
578	246	04:17:39	SIMPSON, Louise	SOUTHEND AC	All Ladies
579	Guide	04:17:39	GREENSLADE, Michael	ROCHFORD RUNNING CLUB	