

The Benfleet 15

17th January 2016

Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
1	574	BEEDELL, Thomas	WOODFORD GREEN AC	All Men	01:29:44
2	784	SMITH, Harry	EAST ESSEX TRIATHLON CLUB	All Men	01:31:29
3	1	BLOOMFIELD, Crispian	BILLERICAY STRIDERS	All Men	01:32:20
4	771	SELLENS, Chris	COLCHESTER HARRIERS AC	All Men	01:34:32
5	625	MCMEEKIN, Lee	MEDWAY & MAIDSTONE AC	M40	01:35:59
6	576	BAYNTON, Lee	EAST ESSEX TRIATHLON CLUB	All Men	01:36:40
7	4	CALDON, James	BENFLEET RC	All Men	01:37:33
8	473	SMALLS, Allen	COLCHESTER HARRIERS AC	M40	01:37:42
9	315	SPICER, Neil	LEIGH-ON-SEA STRIDERS	All Men	01:38:03
10	2	LEEMAN, Matt	BENFLEET RC	All Men	01:38:46
11	503	FALCONER, Greig		All Men	01:39:52
12	61	FARRER, Ty	SOUTHEND AC	M40	01:40:07
13	196	MARTIN ROMERO, Antonio	EAST LONDON RUNNERS	All Men	01:40:28
14	788	TAYLOR, Jason		M40	01:40:47
15	608	PROSSER, Paul	BENFLEET RC	M40	01:41:26
16	606	OVEL, Dean	LEIGH-ON-SEA STRIDERS	All Men	01:41:59
17	558	BAKER, Adam	ORION HARRIERS	M40	01:42:14
18	597	RODGERS, Paul	COLCHESTER HARRIERS AC	M40	01:42:41
19	231	RILEY, Pete	WITHAM RC	M40	01:43:52
20	458	COX, Dave	WOODFORD GREEN AC	M60	01:44:13
21	130	SUETT, Paul	DAGENHAM 88 RUNNERS	All Men	01:44:26
22	645	COLLEY, Stuart	ORION HARRIERS	M40	01:45:00
23	545	READ, Mark	THRIFT GREEN TROTTERS	M40	01:45:25
24	459	SMITH, Philip	BILLERICAY STRIDERS	All Men	01:45:35
25	540	PHILCOX, Stephen	ILFORD AC	M50	01:45:58
26	464	MCCLAY, Chris	LEIGH-ON-SEA STRIDERS	All Men	01:46:14
27	275	DAWSON, Craig	TIPTREE ROAD RUNNERS	All Men	01:46:19
28	176	LASHMAR, Simon	BILLERICAY STRIDERS	M40	01:46:40
29	605	WILSON, David	ORION HARRIERS	All Men	01:46:52
30	279	ALLEN, Gareth		All Men	01:47:18
31	23	HOLLANDS, Robert	DULWICH RUNNERS AC	All Men	01:47:23
32	59	SLAYFORD, Dan	SOUTHEND AC	All Men	01:47:27
33	285	BALDWIN, Kevin	EAST ESSEX TRIATHLON CLUB	M40	01:47:49
34	652	GRANT, Peter	EAST END ROAD RUNNERS	M60	01:48:02
35	661	FINN, Stephen	HART ROAD RUNNERS	M40	01:48:10
36	655	NEWTON, Paul	RAVENS CITY OF LONDON RC	All Men	01:48:21
37	68	CONE, Elliott	LEIGH-ON-SEA STRIDERS	All Men	01:48:37
38	460	JEGGO, Paul	SPRINGFIELD STRIDERS	M50	01:49:04
39	490	BIRCH, Warren	IPSWICH JAFFA RC	M40	01:49:08
40	344	WRIGHT, Andrew	SPRINGFIELD STRIDERS	M40	01:49:11
41	579	HASKEY-JONES, James	TIPTREE ROAD RUNNERS	M40	01:49:16
42	537	HANNAH, Patrick	EAST ESSEX TRIATHLON CLUB	All Men	01:49:18
43	447	ROLFE, Stephen	NORFOLK GAZELLES	M60	01:49:20
44	366	WOTTON, Kevin	ILFORD AC	M40	01:49:42
45	767	BUNN, James	EAST ESSEX TRIATHLON CLUB	M40	01:49:51
46	617	BLEE, Mark	LEIGH-ON-SEA STRIDERS	All Men	01:49:53
47	593	MARLEY, Keith	COLCHESTER HARRIERS AC	M40	01:50:19
48	557	HILLS, Marc	THRIFT GREEN TROTTERS	All Men	01:50:47
49	323	HATTON, Chris		All Men	01:50:51
50	375	PEARCE, Chris	SPRINGFIELD STRIDERS	M40	01:50:54
51	289	KEITCH, Charles	GREAT BENTLEY RUNNING CLUB	All Men	01:50:57
52	235	CAMPION, James	SOUTHEND AC	M40	01:50:58
53	769	BROWNE, Sam	EAST LONDON RUNNERS	All Men	01:51:03
54	303	CRISP, James	WITHAM RC	M40	01:51:08
55	205	WARREN, Jon	HAVERING 90 JOGGERS	All Men	01:51:14
56	340	GEORGE, Ian	EAST ESSEX TRIATHLON CLUB	M40	01:51:19
57	598	COLMAN, Lindsey	ROCHFORD RC	All Ladies	01:51:23
58	216	LETLEY, Matthew	LEIGH-ON-SEA STRIDERS	M40	01:51:30
59	400	PRESLAND, Vicky	GREAT BENTLEY RUNNING CLUB	F35	01:51:33
60	397	BURNS, James	LEIGH-ON-SEA STRIDERS	M40	01:51:45
61	225	COLE, Leo	WITHAM RC	M40	01:52:24
62	654	PURSE, Christopher	SPRINGFIELD STRIDERS	M50	01:52:27
63	218	ANSELL, Jennifer	EAST LONDON RUNNERS	All Ladies	01:52:51
64	260	BOWRING, Simon	SPRINGFIELD STRIDERS	M40	01:52:54
65	775	LEWIS, Kieron		M40	01:53:13
66	354	DEMPSEY, Martin	LEIGH-ON-SEA STRIDERS	M50	01:53:28
67	86	TELFER, Alexander (Sandy)	SLEAFORD STRIDERS AC	M50	01:53:39
68	626	BAYER, George	SOUTH WOODHAM RUNNERS	All Men	01:54:04

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Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
69	398	WATERSON, James	COLCHESTER HARRIERS AC	M40	01:54:25
70	434	SUTTON, Darren	SPRINGFIELD STRIDERS	M40	01:54:48
71	156	SMITH, James	BILLERICAY STRIDERS	All Men	01:54:52
72	761	BROWN, Bradley	ILFORD AC	M40	01:55:04
73	98	DELLAR, Paul	TIPTREE ROAD RUNNERS	M40	01:55:06
74	763	DEASY, Paul		M40	01:55:14
75	262	SELLERS, Chris	ROCHFORD RC	All Men	01:55:16
76	578	FICKEN, Benjamin	GREAT BENTLEY RUNNING CLUB	All Men	01:55:24
77	312	WORTH, Elliot		M40	01:55:27
78	573	SELLENS, Sarah	COLCHESTER HARRIERS AC	All Ladies	01:55:28
79	566	DOIG, Andrew	EAST ESSEX TRIATHLON CLUB	M40	01:55:41
80	148	PALMER, Dave		All Men	01:55:43
81	237	COOK, Darren	FELIXSTOWE ROAD RUNNERS	M40	01:55:46
82	514	HENRY, Amanda	COLCHESTER HARRIERS AC	F35	01:55:52
83	669	FIDDAMAN, Craig	IPSWICH JAFFA RC	All Men	01:56:01
84	560	FINDLAY, David	BASILDON AC	M40	01:56:03
85	684	SIMPSON, Stephanie	LEIGH-ON-SEA STRIDERS	All Ladies	01:56:22
86	461	MINNS, Phillip	EAST END ROAD RUNNERS	M40	01:56:26
87	353	MCKENNA, Paul	GRANGE FARM & DUNMOW RUNNERS	All Men	01:56:30
88	154	BESANT, Andre	HARWICH RUNNERS	M40	01:56:42
89	543	ALLEN, Terry	THRIFT GREEN TROTTERS	All Men	01:56:48
90	582	CAMPBELL, Dave	WITHAM RC	M40	01:56:51
91	762	COHEN, Steffan		M40	01:56:52
92	35	FINCH, Jonathan	TIPTREE ROAD RUNNERS	M40	01:56:55
93	408	BONHAM, Richard	CASTLE POINT JOGGERS	M40	01:57:06
94	789	WEBSTER, Jeff	DAGENHAM 88 RUNNERS	All Men	01:57:10
95	583	KING, Justin	SOUTHEND AC	M40	01:57:12
96	328	BODEN, Richard	COLCHESTER HARRIERS AC	M50	01:57:26
97	475	HUGHES, Neal	RUN@WILLIS	M40	01:58:08
98	768	Wake, Tom	IPSWICH JAFFA RC	All Men	01:58:11
99	153	WILLIAMS, Mark		M50	01:58:29
100	257	FOWLER, Tom	GREAT BENTLEY RUNNING CLUB	M40	01:58:34
101	197	FLINT, Danny	LEIGH-ON-SEA STRIDERS	M40	01:58:36
102	453	FANCETT, Kenneth	BECKENHAM RC	M60	01:58:50
103	386	CHEEK, Gary	SOUTHEND AC	M40	01:59:02
104	310	RUSSHARD, Gemma		All Ladies	01:59:07
105	609	MAYNARD, Graham	CAMBRIDGE HARRIERS	M50	01:59:14
106	47	ALLSOP, Matthew	RUN FOR YOUR LIFE	M40	01:59:27
107	521	HYDE, Colin	BEXLEY AC	M40	01:59:30
108	426	CANAVAN, Ciaran	EAST LONDON RUNNERS	M40	01:59:39
109	659	PITMAN, Gary	ROCHFORD RC	All Men	01:59:41
110	612	SAMUELSON, Katie	CAMBRIDGE & COLERIDGE AC	F35	01:59:45
111	326	REYNOLDS, Steve	THRIFT GREEN TROTTERS	All Men	01:59:53
112	232	LAGER, Andrew	WITHAM RC	M40	01:59:58
113	345	FINBOW, Mark	COLLINGWOOD AC	All Men	02:00:11
114	753	BOND, Stewart	CAMBRIDGE & COLERIDGE AC	All Men	02:00:15
115	785	LUCAS, James		All Men	02:00:30
116	335	MILLWARD, Richard	COLCHESTER HARRIERS AC	M40	02:00:38
117	124	DARNEY, Scott	WITHAM RC	All Men	02:00:41
118	589	TURNER, Andrew	HADLEIGH HARES	All Men	02:00:42
119	467	BURNS, Robert William	LEIGH-ON-SEA STRIDERS	M50	02:00:46
120	563	NICHOLS, James	EAST LONDON RUNNERS	All Men	02:00:48
121	425	KERRIGAN, Danny	CLUB KINGSWOOD	All Men	02:01:02
122	651	BIRD, Matthew		All Men	02:01:07
123	504	MOORE, Graham		M50	02:01:13
124	6	SWEENEY, John	CASTLE POINT JOGGERS	M40	02:01:18
125	331	CORNWELL, Paul	LEIGH-ON-SEA STRIDERS	M40	02:01:21
126	755	TIPPETT, Simon	BASILDON AC	M40	02:01:39
127	419	WHITTINGTON, James		All Men	02:01:50
128	343	KNIGHT, Nicholas	THRIFT GREEN TROTTERS	M40	02:01:55
129	12	DENNING, Joel	DAGENHAM 88 RUNNERS	All Men	02:01:57
130	619	DIXON, Clem	CAMBRIDGE HARRIERS	M50	02:02:01
131	167	BAYNES, Nikki	LEIGH-ON-SEA STRIDERS	All Ladies	02:02:03
132	621	NEWTON, Tim	IPSWICH JAFFA RC	M60	02:02:08
133	45	RIVERS, Matthew	LEIGH-ON-SEA STRIDERS	All Men	02:02:15
134	106	POULTON, Adam	CASTLE POINT JOGGERS	M40	02:02:27
135	477	D'SOUZA, Carlton	EAST LONDON RUNNERS	M50	02:02:40
136	100	ABSOLOM, Wesley	EAST ESSEX TRIATHLON CLUB	M40	02:02:46

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137	552	WALL, William	HARLOW RC	All Men	02:02:49
138	526	ROBSON, Stephen	PETTS WOOD RUNNERS	M50	02:02:50
139	602	MILLS, Stuart	WITHAM RC	M40	02:03:04
140	587	LATTER, Darren	ROCHFORD RC	M40	02:03:07
141	256	MACLEAN, Brendon	HARLOW RC	All Men	02:03:11
142	394	DALBY, Mark		All Men	02:03:17
143	296	BROOKS, Ray	EAST ESSEX TRIATHLON CLUB	M40	02:03:29
144	74	GILL, James		All Men	02:03:32
145	320	BARNES, Colin	LEIGH-ON-SEA STRIDERS	M40	02:03:54
146	83	GEORGIPOULOS, Sotiris	MORNINGTON CHASERS	All Men	02:03:55
147	62	PRIEST, Philip		M50	02:03:59
148	349	HUNT, David	WITHAM RC	All Men	02:04:07
149	107	NORRIS, Leigh	THRIFT GREEN TROTTERS	M40	02:04:17
150	55	TURNER, Paul		M50	02:04:20
151	236	GORDON, Michelle	FELIXSTOWE ROAD RUNNERS	F35	02:04:30
152	764	ENHARD, Sue	COMPTON HARRIERS RC	F45	02:04:36
153	339	MILLS, Rob	SPRINGFIELD STRIDERS	All Men	02:04:57
154	765	LEE, Gareth		All Men	02:05:00
155	373	BARTHOLOMEW, David	RUN FOR YOUR LIFE	M40	02:05:05
156	613	GILLMAN, Darren	CAMBRIDGE & COLERIDGE AC	M40	02:05:08
157	653	DOWELL, Melissa	COLCHESTER HARRIERS AC	F45	02:05:13
158	324	DIGGINES, Graham	HUMBLE STUMBLERS	M40	02:05:18
159	8	BOLTON, Jeff	SOUTHEND AC	M40	02:05:30
160	374	CONNOR, Sean	RUN FOR YOUR LIFE	M40	02:05:31
161	783	MACFARLANE, Ewan	PHOENIX STRIDERS	All Men	02:05:41
162	420	NEAL, Craig		M40	02:05:44
163	780	BURGESS, Chris		M40	02:05:47
164	382	BETHELL, Jeremy	LEIGH-ON-SEA STRIDERS	M40	02:05:48
165	293	GARROD, Pete	EAST ESSEX TRIATHLON CLUB	M40	02:06:02
166	242	BRETT, Ian	HAVERING 90 JOGGERS	M40	02:06:14
167	407	CHAPLIN, Darren	EAST ESSEX TRIATHLON CLUB	M40	02:06:19
168	44	PICKETT, Samantha	ROCHFORD RC	All Ladies	02:06:25
169	760	MACDONNELL, Diarmuid	BARKING ROAD RUNNERS	M40	02:06:35
170	88	SALMON, Peter	DAGENHAM 88 RUNNERS	M40	02:06:39
171	506	GORDON, Jason		M40	02:06:45
172	288	KING, Cliff	CASTLE POINT JOGGERS	M40	02:06:46
173	286	ENGLAND, Martin		M50	02:07:27
174	85	KNIGHT, Paul	BISHOPS STORTFORD RC	M40	02:07:33
175	89	WOOLDRIDGE, Jonathan	EAST LONDON RUNNERS	M40	02:07:38
176	84	KEMPS, Jacinda	MORNINGTON CHASERS	All Ladies	02:07:38
177	410	DEAG, James	WITHAM RC	All Men	02:07:45
178	522	SAUNDERS, Dawn	PLUMSTEAD RUNNERS	F45	02:07:47
179	322	FULLER, Alex		All Men	02:07:54
180	161	SMYTHE, Bill	WITHAM RC	M40	02:07:59
181	272	WILLIAMS, Lloyd		All Men	02:07:59
182	482	JENKINSON, Anne	SOUTHEND AC	F35	02:08:00
183	663	MORRIS, Jack	EAST ESSEX TRIATHLON CLUB	All Men	02:08:11
184	644	HOPKINS, Mike	CASTLE POINT JOGGERS	M40	02:08:28
185	476	BALDWIN, David	EAST LONDON RUNNERS	All Men	02:08:37
186	409	MARLOW, Neal	LEIGH-ON-SEA STRIDERS	M40	02:08:38
187	244	COOMBES, Andrew	SOUTHEND AC	All Men	02:08:45
188	254	PURDHAM, Graham	FLYERS SOUTHEND	M50	02:08:48
189	498	MULLINS, Evelyn	SERPENTINE RC	F45	02:08:50
190	777	CARTMELL, Oliver		All Men	02:08:57
191	11	DEARNEY, Sean	WITHAM RC	All Men	02:08:58
192	120	HARRINGTON, Tracy	TIPTREE ROAD RUNNERS	F45	02:09:13
193	102	KOSTYRKA-ALLCHORNE, Kasia	SOUTHEND AC	F35	02:09:20
194	424	BLERKOM, Mike	EAST ESSEX TRIATHLON CLUB	M40	02:09:34
195	620	MARSHALL, Ian	CAMBRIDGE HARRIERS	M60	02:09:35
196	445	COOK, Rob		M40	02:09:44
197	622	CULLEN, Gary		All Men	02:09:46
198	414	MACNISH PORTER, James	THRIFT GREEN TROTTERS	M50	02:09:48
199	449	WHEELER, Mark	SKEGNESS TRIATHLON CLUB	M40	02:09:53
200	123	QUARTLY, Daniel	SPRINGFIELD STRIDERS	All Men	02:10:11
201	502	WRIGHT, Alec		All Men	02:10:18
202	134	CASEY, Terence		M50	02:10:18
203	308	GRIBBON, Paul	EAST ESSEX TRIATHLON CLUB	M40	02:10:20
204	278	THOMPSON, Gemma		All Ladies	02:10:24

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205	567	SOUTHGATE, Oliver		M40	02:10:25
206	229	MILNE, Chris	EAST ESSEX TRIATHLON CLUB	M50	02:10:30
207	603	BELL, Keith	EAST ESSEX TRIATHLON CLUB	M40	02:10:33
208	395	TWEEDE, Clive	HAVERING 90 JOGGERS	M60	02:10:37
209	773	TREW, Mark		All Men	02:10:38
210	295	SAYER, Steven	EAST ESSEX TRIATHLON CLUB	M40	02:10:54
211	280	THOMPSON, Mark		M50	02:11:04
212	471	WALLEN, Tony	WITHAM RC	M40	02:11:12
213	483	RAJOO-OAKLEY, Meera	GREAT BENTLEY RUNNING CLUB	All Ladies	02:11:13
214	263	BEAZELEY, Chris	SPRINGFIELD STRIDERS	M40	02:11:15
215	348	HUNT, Vicky	WITHAM RC	F35	02:11:16
216	224	SCHOEPS, Friederike	BEDFORD HARRIERS	All Ladies	02:11:18
217	200	PAGE, Jennie	EAST ESSEX TRIATHLON CLUB	F35	02:11:22
218	178	WRIGHT, Andrew	HAVERING 90 JOGGERS	M40	02:11:31
219	346	HAWTREE, Peter	EAST ESSEX TRIATHLON CLUB	All Men	02:11:44
220	432	POPHAM, Darren		M40	02:11:54
221	372	CLANCY, Paul		M40	02:11:55
222	429	RAMAGE, Andrew	HARLOW RC	All Men	02:11:57
223	539	SIRETT, Robert	SPRINGFIELD STRIDERS	M40	02:12:04
224	243	MELSON, Jonathan		All Men	02:12:07
225	234	LEWIS, Ian	GOODGYM	All Men	02:12:09
226	457	COULTER, Martyn	HARLOW RC	All Men	02:12:10
227	595	BENTLEY, Roy	SPRINGFIELD STRIDERS	All Men	02:12:12
228	594	MONK, Samantha	SPRINGFIELD STRIDERS	F35	02:12:14
229	329	CRISP, Sarah		All Ladies	02:12:17
230	465	JACKSON, Daniel	BILLERICAY ROUND TABLE	All Men	02:12:31
231	455	PATEY, Christopher		All Men	02:12:41
232	271	READ, Niki	LEIGH-ON-SEA STRIDERS	All Men	02:12:58
233	674	MEYERS, Holly		All Ladies	02:13:23
234	635	WOOD, Ben	LEIGH-ON-SEA STRIDERS	All Men	02:13:47
235	680	SHILLAKER, Mark	TIPTREE ROAD RUNNERS	M50	02:14:04
236	169	FINCH, Katrina	TIPTREE ROAD RUNNERS	F35	02:14:05
237	87	BARRETT, Matthew	LEIGH-ON-SEA STRIDERS	All Men	02:14:06
238	363	CHAMPION, Paul	LEIGH-ON-SEA STRIDERS	M50	02:14:11
239	662	BISHOP, Victoria	EAST ESSEX TRIATHLON CLUB	All Ladies	02:14:20
240	46	HARDING, Jack	PETTS WOOD RUNNERS	All Men	02:14:30
241	556	CLAYDON, Paul	ROCHFORD RC	M40	02:14:36
242	247	QUINN, Andrew	SPRINGFIELD STRIDERS	M40	02:14:39
243	15	DRAGONETTI, Dominic		All Men	02:14:43
244	774	MASSON, Kim	CAMBRIDGE & COLERIDGE AC	F45	02:14:47
245	105	VAN EETVELDE, Marijke	THRIFT GREEN TROTTERS	F35	02:14:51
246	646	SEXTON, Greg		All Men	02:14:54
247	479	CONWAY, Grant	EAST LONDON RUNNERS	M40	02:14:54
248	301	LEVY, Caroline	FLYERS	F45	02:14:57
249	299	FARTHING, Mark		M40	02:14:57
250	631	HOLDEN, Charles		All Men	02:15:07
251	415	BROWN, Gary	LEIGH-ON-SEA STRIDERS	M40	02:15:20
252	592	HIND, Andy	SPRINGFIELD STRIDERS	M40	02:15:33
253	779	HOLT, David	BEDFORD HARRIERS	M40	02:15:39
254	435	ANDREW, Leslie		F55	02:15:41
255	786	MANSOOR, Feroz		M40	02:15:44
256	750	BOTTOMER, Jonathan	PETTS WOOD RUNNERS	M50	02:15:45
257	228	SPELLMAN, Chris	BLACK CAPS	All Men	02:15:59
258	227	BERGIN, Mark	BLACK LACES	All Men	02:15:59
259	618	EDGAR, Ross	ITS A HILL, GET OVER IT	All Men	02:16:01
260	58	JONES, Dionne	HARLOW RC	F45	02:16:03
261	561	FITZSIMONS, Danny	ORION HARRIERS	M50	02:16:22
262	571	HUGHES, Dermot		M50	02:16:33
263	261	NORTON, Mark	LEIGH-ON-SEA STRIDERS	M40	02:16:55
264	264	BARRETT, Nina	THRIFT GREEN TROTTERS	F35	02:16:57
265	255	EDWARDS, Graeme	CASTLE POINT JOGGERS	M40	02:17:01
266	470	WALLEN, Brigid	WITHAM RC	F45	02:17:05
267	633	BURNS, Sarah	EAST LONDON RUNNERS	F35	02:17:07
268	69	DUNN, Colin	CASTLE POINT JOGGERS	M40	02:17:15
269	371	GARNER, Dudley	NORFOLK GAZELLES	All Men	02:17:18
270	125	LAWES, Mark	TIPTREE ROAD RUNNERS	M40	02:17:25
271	681	RODGERS, Ian	BISHOPS STORTFORD RC	M40	02:17:26
272	114	SPICER, Katie	LEIGH-ON-SEA STRIDERS	F35	02:17:30

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273	290	KARAIKOS, Peter	LEIGH-ON-SEA STRIDERS	M40	02:17:30
274	487	LYNCH, Mark	WITHAM RC	M40	02:17:31
275	638	GARBETT, Charles		M50	02:17:33
276	204	HAYWARD, Ali	EAST ESSEX TRIATHLON CLUB	F35	02:17:35
277	222	REBEL, Stephen	THRIFT GREEN TROTTERS	All Men	02:17:44
278	403	SHEA, Tim	PITSEA RC	M50	02:17:48
279	270	FOOTER, Chris	PHOENIX STRIDERS	All Men	02:17:51
280	675	PALA, Ramesh	EAST LONDON RUNNERS	M50	02:17:53
281	547	MITCHELL, Adam		M50	02:17:55
282	430	ROBINSON, James	THURROCK NOMADS	All Men	02:18:02
283	437	KEEBLE, Mark	LEIGH-ON-SEA STRIDERS	M40	02:18:13
284	145	ROBERTSON, Mark	ROCHFORD RC	M50	02:18:14
285	190	OVERLAND, Chris		All Men	02:18:16
286	181	BLOGG, James	HAVERING 90 JOGGERS	All Men	02:18:25
287	530	PRIOR, Rob		All Men	02:18:47
288	509	GORDON, Matt		All Men	02:18:48
289	650	LOVELL, Keith	ROCHFORD RC	M50	02:18:50
290	104	HAMILTON, Ian	LEIGH-ON-SEA STRIDERS	M40	02:18:55
291	95	HALLETT, David	LEIGH-ON-SEA STRIDERS	M40	02:18:56
292	672	HATTAM, Anthony		M40	02:18:57
293	307	HARDY, Thomas	23 MILE CLUB	All Men	02:19:12
294	632	ROCHE, Adam		All Men	02:19:18
295	146	MAKINSON, Keith	EAST ESSEX TRIATHLON CLUB	M40	02:19:23
296	572	MURLEY, Oliver		All Men	02:19:24
297	174	ROWLEY, Gary	EAST ESSEX TRIATHLON CLUB	All Men	02:19:25
298	515	SINES, Sam		All Men	02:19:30
299	212	LEE, Jemma	LEIGH-ON-SEA STRIDERS	All Ladies	02:19:40
300	72	ROSE, Graham		All Men	02:19:43
301	122	RICHARDSON, Lloyd	FLYERS SOUTHEND	M40	02:20:03
302	351	GREGORY, Charlotte		F35	02:20:25
303	332	KIMURA, Maki	MORNINGTON CHASERS	F45	02:20:47
304	233	BARTRAM, Ian	CASTLE POINT JOGGERS	M50	02:20:48
305	364	EVANS, Michelle	ROCHFORD RC	F35	02:20:51
306	439	LEAN, Andy		M50	02:20:52
307	575	PERRY, Samantha		F35	02:20:54
308	259	KIDNER, Jon		All Men	02:20:59
309	664	EDWARDS, Christina	CASTLE POINT JOGGERS	F45	02:21:06
310	416	STAGG, Kevin		M40	02:21:12
311	528	GREENWOLD, Gerry	SPRINGFIELD STRIDERS	M40	02:21:12
312	759	MATTIS, Darren		M40	02:21:17
313	33	JUCHAU, Nathalie	MET POLICE AC	F35	02:21:21
314	677	PERRIN, Marc		M40	02:21:25
315	223	GUTHRIE, Tony		All Men	02:21:36
316	118	HATFIELD, Nicky	THRIFT GREEN TROTTERS	F35	02:21:41
317	7	ALLISON, Sean	EAST ESSEX TRIATHLON CLUB	M40	02:21:46
318	214	WALKER, Fiona	LEIGH-ON-SEA STRIDERS	F45	02:21:59
319	616	MURPHY, Dean		M40	02:22:02
320	485	REDDY, Siobhan	SERPENTINE RC	F35	02:22:15
321	164	SHELLEY, Ian	SHOEBURY TRAIL AND ROAD RUNNERS	M40	02:22:26
322	101	TAYLOR, Steven		M40	02:22:38
323	158	HOLDER, Julian	TIPTREE ROAD RUNNERS	M50	02:22:39
324	203	HOMWOOD, Gary	MORNINGTON CHASERS	M50	02:22:51
325	13	ELL, Josanne	FLYERS SOUTHEND	F35	02:22:55
326	185	BATES, Dean	HAVERING 90 JOGGERS	M40	02:22:58
327	16	ROBINS, Neil		M50	02:23:14
328	97	HARDY, Richard	EAST ESSEX TRIATHLON CLUB	M40	02:23:20
329	131	FORDHAM, Joseph	DAGENHAM 88 RUNNERS	All Men	02:23:44
330	787	MANN, Stuart	HERTS PHOENIX AC	M60	02:23:51
331	510	GITTINGS, David	ROCHFORD RC	M40	02:23:52
332	388	GALE, Tim		All Men	02:23:54
333	187	HOW, Alison	VOCALINK RC	F35	02:23:57
334	507	QUINN, Paula		F35	02:24:01
335	180	BRAMBLE, Jane	EAST ESSEX TRIATHLON CLUB	F45	02:24:01
336	94	WILKINSON, Ben		All Men	02:24:07
337	168	APPS, Sophie	BARKING AND DAGENHAM TRIATHLON CLUB	All Ladies	02:24:10
338	368	MOON, Graeme	TIPTREE ROAD RUNNERS	M60	02:24:17
339	239	LEECH, Andrew		All Men	02:24:26
340	639	TAYLOR, Glen	SOUTHEND AC	M50	02:24:27

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Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
341	238	BRINSMEAD, Claire	HAVERING 90 JOGGERS	F35	02:24:36
342	682	PALMER, Wayne	BARKING ROAD RUNNERS	M40	02:24:37
343	338	RHODES, Iain	TIPTREE ROAD RUNNERS	M50	02:24:44
344	751	SIBLEY, Trevor	BRAINTREE & DISTRICT AC	M50	02:24:50
345	431	HILLYARD, Sam	BRAINTREE & DISTRICT AC	F45	02:24:50
346	532	TUCKER, Gareth	BARKING ROAD RUNNERS	All Men	02:24:56
347	387	DRAKE, Carol	LEIGH-ON-SEA STRIDERS	F45	02:25:10
348	241	KNOWLAND, Nick		M50	02:25:21
349	442	EVERETT, Steven	BRAINTREE & DISTRICT AC	All Men	02:25:30
350	596	BOZZA, John		M40	02:25:33
351	766	HADLEY, Peter	CAMBRIDGE HARRIERS	M60	02:25:38
352	534	MCCOLGAN, Martin	HARLOW RC	M50	02:25:45
353	781	ENDERBY, Jack		All Men	02:25:45
354	486	WOOD, Richard		M40	02:25:50
355	549	MAY, James		M40	02:25:54
356	456	LUCK, Steven		M40	02:26:09
357	491	MCCLYMONT, Ian	BISHOPS STORTFORD RC	M60	02:26:18
358	292	MEABY, Caroline	EAST LONDON RUNNERS	F35	02:26:23
359	274	HARLEY, Jenny	EAST ESSEX TRIATHLON CLUB	F55	02:26:25
360	304	DEVEREUX, Gavin		All Men	02:26:32
361	327	GRAY, Trevor		M40	02:26:35
362	377	ROLERKITE, Lindsay	TIPTREE ROAD RUNNERS	F45	02:26:37
363	365	KINDER, Ben	FITOLGY	All Men	02:26:38
364	147	PERRIN, Julie		F45	02:26:41
365	657	GREENSLADE, Michael		M40	02:26:42
366	538	HILSON, Richard		M40	02:26:47
367	92	GARRETT, Richard	TIPTREE ROAD RUNNERS	M40	02:26:50
368	129	SPENCE, Samuel		All Men	02:26:51
369	356	HOWELL, David		M40	02:27:00
370	40	REYNHART, David		M40	02:27:03
371	253	THORNTON, Alexander	FLYERS SOUTHEND	M40	02:27:06
372	252	MAGUIRE, Kevin	FLYERS SOUTHEND	M40	02:27:06
373	249	FARR, Richard	FLYERS SOUTHEND	All Men	02:27:06
374	551	BRENTON, Scott	FLYERS SOUTHEND	M40	02:27:06
375	34	CAMPBELL, Matthew	FLYERS SOUTHEND	All Men	02:27:06
376	56	ATKINSON, Tom		All Men	02:27:23
377	418	DAW, Alasdair	BILLERICAY STRIDERS	M40	02:27:38
378	480	BANTING, Sarah	DULWICH RUNNERS AC	All Ladies	02:27:44
379	555	MOORE, Andrew		M50	02:27:46
380	527	ROBSON, Sigrid	PETTS WOOD RUNNERS	F45	02:28:41
381	219	TAM, Matthew		All Men	02:29:05
382	291	BLERKOM, Phil	EAST ESSEX TRIATHLON CLUB	M40	02:29:09
383	194	VINCENT, Nic		M40	02:29:10
384	406	TOVELL, Ian	EAST ESSEX TRIATHLON CLUB	M40	02:29:27
385	325	ALEXANDER, Gail	LEIGH-ON-SEA STRIDERS	F45	02:29:42
386	412	LAU, Johnny	LEIGH-ON-SEA STRIDERS	M40	02:29:48
387	542	GUIVER, William		M40	02:29:53
388	648	SITCH, Mark		M40	02:29:58
389	536	TALL, Philip	THURROCK NOMADS	M40	02:30:01
390	614	DAWODU-TALABI, Sally	ISTEAD & IFIELD HARRIERS	F45	02:30:03
391	658	ROBERT, Alan	MAIDSTONE HARRIERS	M50	02:30:04
392	32	BENTON, Tom		All Men	02:30:10
393	488	MURPHY, George	BEDFORD HARRIERS	All Men	02:30:14
394	230	LLOYD, Mary	THRIFT GREEN TROTTERS	F45	02:30:15
395	139	HENRY, Michael	THRIFT GREEN TROTTERS	All Men	02:30:16
396	546	LAMBKIN, Breanainn		All Men	02:30:40
397	665	LANDER, Colin	EAST ESSEX TRIATHLON CLUB	M50	02:30:52
398	591	CRITCHLEY, Fiona	EAST LONDON RUNNERS	F45	02:30:55
399	113	TURNER, Dominic	SUDBURY JOGGERS	M40	02:30:58
400	512	CLARKE, Michaela	COLCHESTER HARRIERS AC	F35	02:31:00
401	513	TAYLOR, James		All Men	02:31:00
402	75	SPLARN, Claire		F35	02:31:02
403	300	FANCE, Michael		M50	02:31:02
404	685	MONTE, Alan	SOUTHEND AC	M40	02:31:07
405	313	YOUNG, Philip		M50	02:31:10
406	314	YOUNG, Louise		F35	02:31:10
407	208	MCVELIA, John	TIPTREE ROAD RUNNERS	M40	02:31:12
408	590	TURNER, Elaine	HADLEIGH HARES	All Ladies	02:31:13

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Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
409	417	JOBLING, David	WITHAM RC	M50	02:31:22
410	396	RANDALL, Tommy		All Men	02:31:27
411	757	STAINES, Mick		M60	02:31:38
412	342	HURRELL, Terry		M40	02:31:39
413	90	STONER, Darren	THURROCK NOMADS	M40	02:31:48
414	541	FOGG, Mark		M50	02:31:58
415	586	RUSSELL, Duncan	PHOENIX STRIDERS	M50	02:32:04
416	281	KLEIDER, Rob	EAST ESSEX TRIATHLON CLUB	M40	02:32:18
417	379	BEARDELL, Emma	ROCHFORD RC	F35	02:32:26
418	562	GEORGIU, George	LOUGHTON	M60	02:32:51
419	358	BROWNLIE, Frank	EAST LONDON RUNNERS	M60	02:33:06
420	361	MARTINE, Julie		F45	02:33:08
421	362	IVES, Justine		F45	02:33:08
422	444	CURTIS, Lottie	LARKFIELD AC	F35	02:33:16
423	207	BENHAM, Mark	FLYERS SOUTHEND	M50	02:33:31
424	201	WRIGHT, Peter		M40	02:33:34
425	359	GLOVER, Ian	SOUTHEND AC	M40	02:33:38
426	277	RAE, Colleen	WITHAM RC	F45	02:33:43
427	166	KENNERLEY, James	WITHAM RC	All Men	02:34:01
428	76	HUGHES, Danielle	PHOENIX STRIDERS	All Ladies	02:34:16
429	109	MILLER, Paul		M40	02:34:27
430	211	ARMITAGE, Mark	LEIGH-ON-SEA STRIDERS	M40	02:35:02
431	24	GRAINGER, Anita	WITHAM RC	F35	02:35:25
432	484	ARTHUR, Tamsin		All Ladies	02:35:39
433	518	HALL, Deborah		F35	02:35:59
434	517	DAVIES, Gareth		All Men	02:35:59
435	778	KOGOW, Vivien	BEDFORD HARRIERS	F45	02:36:11
436	629	HAMPSHIRE, Stephen	FARROW TRIATHLON CLUB	M50	02:36:22
437	108	HURST, Guy	FLYERS SOUTHEND	All Men	02:36:28
438	758	PALMER, Dean		M40	02:36:39
439	103	MCKEAN, Martyn	ROCHFORD RC	M50	02:36:46
440	117	SHERWOOD, Dennis	SPRINGFIELD STRIDERS	M50	02:37:03
441	462	LAMOUR, Rafaele	MORNINGTON CHASERS	F35	02:37:07
442	623	KALMAR, Bernadett	EAST LONDON RUNNERS	F45	02:37:13
443	283	GRANTHAM, Raoul	BRAINTREE & DISTRICT AC	M40	02:37:14
444	202	WRIGHT, Kealey		F35	02:37:25
445	155	HAGAN, Tania	LEIGH-ON-SEA STRIDERS	All Ladies	02:37:41
446	49	MEECHAM, Simon	SPRINGFIELD STRIDERS	M40	02:37:42
447	126	CLIFFORD, Alison	HAVERING 90 JOGGERS	F45	02:38:04
448	183	MOLE, Denis	HAVERING 90 JOGGERS	M60	02:38:06
449	770	WENZEL, Peter	BISHOPS STORTFORD RC	M60	02:38:10
450	376	FARRER, Brad		M40	02:38:18
451	370	CRUMP, Mark		M40	02:38:19
452	273	HARMER, Richard	THRIFT GREEN TROTTERS	M40	02:38:24
453	500	MOODY, Patricia	SERPENTINE RC	F45	02:38:58
454	666	PARKER, Christopher	FLYERS SOUTHEND	M40	02:39:08
455	559	KNIGHT, Petra		F35	02:39:17
456	188	BUDDEN, Keith	BARRY	M40	02:39:31
457	25	D'ALESSANDRI, Nathan		All Men	02:39:45
458	544	FRANKIS, Richard		All Men	02:39:47
459	14	JOHNSTON, Wendy		F45	02:39:54
460	133	COMMONS, Samantha	ROCHFORD RC	F35	02:39:55
461	347	WILSON, Julie	THRIFT GREEN TROTTERS	F35	02:39:59
462	523	SUTTON, Jacqueline		F35	02:40:01
463	607	COOPER, Mandy	BENFLEET RC	F45	02:40:07
464	64	BAILIE, Clare	STOWMARKET STRIDERS	F35	02:40:09
465	384	WALSH, Gary	LEIGH-ON-SEA STRIDERS	M50	02:40:10
466	478	BYRNE, Eamon	MORNINGTON CHASERS	M50	02:40:12
467	601	WILLIAMS, Neil	CAPEL CHEETAHS	M50	02:40:14
468	70	S, Anthony	WITHAM RC	M50	02:40:20
469	772	MILNER, Garry	FLITWICK TRI	M40	02:40:51
470	115	ALLEN, Danny	DAGENHAM 88 RUNNERS	All Men	02:41:14
471	9	THORNE, Nigel	CASTLE POINT JOGGERS	M40	02:41:31
472	752	RANSOM, Philip	CASTLE POINT JOGGERS	All Men	02:41:31
473	215	LETLEY, Elisha	LEIGH-ON-SEA STRIDERS	F35	02:41:45
474	554	RIVERS, Lynn	LEIGH-ON-SEA STRIDERS	F45	02:41:45
475	624	KNIGHT, Dave	EAST LONDON RUNNERS	M60	02:41:59
476	428	SILVERTON, Ross	WITHAM RC	M60	02:42:05

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Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
477	553	DE SMEDT, Beryll	PHOENIX STRIDERS	F45	02:42:11
478	451	BAKER, Lorraine	TIPTREE ROAD RUNNERS	F45	02:42:41
479	495	POOLEY, James		All Men	02:42:50
480	492	GULL, Jamie		All Men	02:42:51
481	493	TWIN, Mark		All Men	02:42:52
482	494	GEANEY, Graham		All Men	02:42:52
483	177	SOUTHGATE, Rachel	RUN FOR YOUR LIFE	All Ladies	02:43:20
484	175	TROTT, Claire	FERC	F35	02:43:30
485	564	BRIGHT, Stephen		M50	02:43:32
486	162	SMYTHE, Jo	WITHAM RC	F45	02:43:39
487	5	HEMBER, Stacy	TIPTREE ROAD RUNNERS	F45	02:43:59
488	54	POND, Graham		M50	02:44:10
489	776	JONES, Graham	BILLERICAY STRIDERS	M50	02:44:38
490	501	WRIGHT, Jennifer	IPSWICH JAFFA RC	F35	02:44:42
491	505	COCKER, Terence		M50	02:44:51
492	77	VINICOMBE, Robert	PHOENIX STRIDERS	All Men	02:44:57
493	585	ORFORD, Martin	PHOENIX STRIDERS	M40	02:44:57
494	28	REED, Annabelle	WITHAM RC	F45	02:45:04
495	66	KNIGHT, Anthony	TIPTREE ROAD RUNNERS	M40	02:45:20
496	31	FLEMING, Roy	BILLERICAY STRIDERS	M40	02:45:34
497	43	RIVERS, Michael		All Men	02:46:12
498	149	CLARK, Clare		F35	02:47:01
499	150	HYDE, Chris		M40	02:47:02
500	151	HYDE, Lisa		F35	02:47:02
501	441	DEBENHAM, Matthew		All Men	02:47:08
502	282	SLESSER, Kerry	LEIGH-ON-SEA STRIDERS	F35	02:47:12
503	127	MCHUGH, Laura	LEIGH-ON-SEA STRIDERS	F35	02:47:18
504	678	PRINGLE, Helen	WARE JOGGERS	F35	02:47:47
505	297	LAWSON, Ginny	SUDBURY JOGGERS	F35	02:47:59
506	782	REHMAN, Thaj		M40	02:48:12
507	132	JAMES, Kevin		M40	02:48:28
508	452	BAKER, Simon	TIPTREE ROAD RUNNERS	M50	02:48:29
509	472	SMALLS, Fay	COLCHESTER HARRIERS AC	F35	02:48:33
510	137	KERRISON, Paul	HARWICH RUNNERS	M40	02:48:56
511	656	KERR, Des		M40	02:48:59
512	298	FAWKES, George		M40	02:49:05
513	600	BRADLEY, Bridgette	ROCHFORD RC	F45	02:49:37
514	604	MCPHILLIPS, Ellen	LEIGH-ON-SEA STRIDERS	F45	02:50:01
515	96	SMITH, Debbie	HARLOW RC	F45	02:50:22
516	276	DIGGINES, Martin	LEIGH-ON-SEA STRIDERS	M40	02:50:25
517	641	SIMPSON, Elizabeth	EAST ESSEX TRIATHLON CLUB	All Ladies	02:50:41
518	182	MOIR, Karen	HARLOW RC	F45	02:51:07
519	179	WICKS, Alan	HAVERING 90 JOGGERS	M50	02:52:13
520	360	DEANGELIS, Sharon	BENFLEET RC	F45	02:53:05
521	141	KINGSLEY, Louise		All Ladies	02:53:29
522	152	LENGTHORN, Graham	PITSEA RC	All Men	02:53:29
523	756	EVANS, Karl		M50	02:53:48
524	754	GOODMAN, Jason	ROCHFORD RC	All Men	02:53:58
525	173	BOYDEN, Mark		M40	02:54:12
526	668	STATON, Derek	THURROCK NOMADS	M60	02:55:15
527	378	FISHER, Andy	FITTOLOGY	M50	02:55:29
528	392	FOX, Neil	BENFLEET RC	M40	02:55:35
529	226	COLLINS, Simone	EAST ESSEX TRIATHLON CLUB	F45	02:55:39
530	511	COOPER, Samantha	SUDBURY JOGGERS	F45	02:55:48
531	427	ENDERBY, Rob		M40	02:56:20
532	210	BYGRAVE, Jonathan		All Men	02:56:20
533	250	MANSFIELD, Paul	FLYERS SOUTHEND	All Men	02:56:23
534	39	DENBY, Tracey	WITHAM RC	F45	02:56:54
535	679	ROTHERO, Paula	TIPTREE ROAD RUNNERS	F45	02:56:59
536	531	KING, Christine	TIPTREE ROAD RUNNERS	F45	02:56:59
537	529	DICKMAN, Joanne	TIPTREE ROAD RUNNERS	F35	02:56:59
538	251	MOGGAN, Frank	STOWMARKET STRIDERS	M60	02:57:09
539	533	BROME, Stephen	SPRINGFIELD STRIDERS	M40	02:57:19
540	405	CLARKE, Alison	GREAT BENTLEY RUNNING CLUB	F55	02:57:37
541	266	DUNN, Nick		M40	02:57:53
542	265	DUNN, Rob		M40	02:57:53
543	438	COURTIER, Robert	BARKING ROAD RUNNERS	M60	02:58:22
544	37	STANNETT, Kate	IPSWICH TRIATHLON CLUB	F45	02:59:42

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Position	Race Number	Competitor	Team	Category	Time (hh:mm:ss)
545	673	HARDWICKE, Sharon		F45	03:00:15
546	193	VINCENT, Alison		F45	03:00:15
547	670	ROURKE, Jim	BILLERICAY STRIDERS	M50	03:00:23
548	195	PRIOR, David	BEDFORD HARRIERS	M60	03:00:56
549	319	MURRELL, Loren	LEIGH-ON-SEA STRIDERS	All Ladies	03:02:04
550	391	SMITH, Lee		All Men	03:02:13
551	302	GREEN, Laura		All Ladies	03:02:42
552	357	ATKINSON, Wendy	STOWMARKET STRIDERS	F45	03:02:48
553	355	CLARKE, Tina	TIPTREE ROAD RUNNERS	F45	03:02:48
554	640	REXHEPAJ, Diana	EAST LONDON RUNNERS	F45	03:03:06
555	389	TAYLOR, Michael		All Men	03:03:17
556	209	PURDHAM, Anne	FLYERS SOUTHEND	F45	03:04:03
557	48	PARISH, Martin	FLYERS SOUTHEND	M40	03:04:03
558	206	BENHAM, Nicki	FLYERS SOUTHEND	F45	03:04:03
559	121	PASSINGHAM, Keith	PITSEA RC	M60	03:04:03
560	19	POTTICARY, David		M40	03:04:25
561	18	COOPER, Liz		F45	03:04:27
562	42	SHERMAN, Ian	ROCHFORD RC	M40	03:04:45
563	390	SMITH, Linsey		All Ladies	03:05:25
564	191	CHURCHER, Jerry		M40	03:07:28
565	333	JUDE, Liz (11 Miles)		F35	03:07:48
566	334	REGAN, Becca (11 Miles)		F35	03:07:48
567	111	EAGLES, Beverley	DAGENHAM 88 RUNNERS	F45	03:08:17
568	81	ROBINSON, Sharon	DAGENHAM 88 RUNNERS	F45	03:08:18
569	671	TYLER, Helene	GREAT BENTLEY RUNNING CLUB	F45	03:09:24
570	519	KERSHAW, Ian		All Men	03:10:33
571	36	STANNETT, Charlie	IPSWICH TRIATHLON CLUB	M60	03:11:05
572	268	HARRISON, Deb	BRAINTREE & DISTRICT AC	F35	03:11:22
573	404	POINTER, Nigel		M40	03:12:20
574	667	DAVIDSON, David	PITSEA RC	M50	03:12:20
575	317	BHAMRA, Darminder		M50	03:13:30
576	508	BLAKE, Ian		M60	03:16:08
577	469	JONES, Tania		All Ladies	03:17:07
578	112	PRYOR, Richard	FLYERS SOUTHEND	M50	03:18:53
579	82	EASTLAND, Sharon	FLYERS SOUTHEND	F35	03:22:45
580	446	TAFT, Keith		All Men	03:22:49
581	143	NEWING, Sally		F35	03:23:20
582	330	HOWARD, David	WITHAM RC	M50	03:23:45
583	436	TWIDELL, Claire	ROCHFORD RC	F35	03:26:03
584	401	BUSH, John	GREAT BENTLEY RUNNING CLUB	M50	03:26:17
585	245	CORNELIUS, Neil		M40	03:27:05
586	448	TAFT, Joanne		All Ladies	03:27:42
587	634	WOOD, Maria	LEIGH-ON-SEA STRIDERS	F45	03:28:10
588	217	YEMS, David		M40	03:38:52
589	649	ROBERTS, Michelle	LEIGH-ON-SEA STRIDERS	F35	03:46:21
590	318	ODDIE, Elaine	ROAD RUNNERS CLUB	F55	03:51:28