

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
1	189	01:28:19	PROUT, Ryan	THRIFT GREEN TROTTERS	All Men
2	579	01:28:39	BLOOMFIELD, Crispian	BILLERICAY STRIDERS	M40
3	637	01:32:04	BEEDELL, Thomas	THRIFT GREEN TROTTERS	All Men
4	668	01:33:10	SMITH, Harry	EAST ESSEX TRI CLUB	All Men
5	630	01:34:38	LANGLEY, Ross	TRING RC	All Men
6	329	01:34:56	TOWERS, Gary	ETON MANOR AC	M40
7	561	01:35:33	CLARK, Ian	ORION HARRIERS	All Men
8	509	01:36:04	SWAN, Kurtis	BILLERICAY STRIDERS	All Men
9	434	01:36:16	MARTIN ROMERO, Antonio	EAST LONDON RUNNERS	All Men
10	251	01:37:12	SPICER, Neil	LEIGH-ON-SEA STRIDERS	M40
11	662	01:37:25	LOW, Andrew	BENFLEET RUNNING CLUB	M40
12	543	01:38:41	RICHARDSON, Andrew	SLEAFORD STRIDERS AC	M40
13	625	01:39:54	BAKER, Adam	ORION HARRIERS	M40
14	555	01:40:20	SWINBURNE, Nigel	DAGENHAM 88 RUNNERS	All Men
15	384	01:40:23	FAIRLEY, Andrew	WOOTTON ROAD RUNNERS	M40
16	145	01:40:37	HOLMES, Christian	SOUTHEND AC	M40
17	574	01:42:20	COX, Dave	WOODFORD GREEN AC & ESSEX LADIES	M60
18	230	01:43:06	WARREN, Chris	GREAT BENTLEY RC	M40
19	697	01:43:11	FINBOW, Mark	SOUTH LONDON HARRIERS	All Men
20	126	01:43:18	WRIGHT, James	SPRINGFIELD STRIDERS RC	All Men
21	436	01:43:27	CRESSWELL, Tom	SUDBURY JOGGERS	All Men
22	395	01:43:39	MORRIS, Garth	WARE JOGGERS	M50
23	615	01:44:05	SMITH, Phil	BILLERICAY STRIDERS	All Men
24	368	01:44:27	WAKE, Tom	IPSWICH JAFFA RC	All Men
25	114	01:44:52	MILLS, Rob	SPRINGFIELD STRIDERS RC	M40
26	178	01:45:01	HYNES, Richard	HARLOW RC	All Men
27	302	01:45:36	MATIBINI, Matibini	LEIGH-ON-SEA STRIDERS	M40
28	154	01:45:41	DRAPER, Toby	THURROCK HARRIERS	M40
29	407	01:46:58	MOLLOY, Ben		M40
30	435	01:47:14	BURROUGHS, Billie		All Men
31	665	01:47:39	STALLEY, Peter	BENFLEET RUNNING CLUB	All Men
32	540	01:47:46	NURSE, Robert	WIGSTON PHOENIX RC	All Men
33	541	01:47:46	AUSTIN, Charlie	WIGSTON PHOENIX RC	All Ladies
34	16	01:47:53	LAING, Mark	MEDWAYTRI	M40
35	20	01:47:59	BALDWIN, Kevin	EAST ESSEX TRI CLUB	M40
36	645	01:48:06	MCCOY, Robin	BILLERICAY STRIDERS	M50
37	700	01:48:27	CHUBB, Peter	SPRINGFIELD STRIDERS RC	M40
38	666	01:48:41	RANKIN, Nick	BENFLEET RUNNING CLUB	M50
39	458	01:49:09	SLAYFORD, Dan	FLYERS SOUTHEND	All Men
40	12	01:49:25	DELLAR, Paul	TIPTREE ROAD RUNNERS	M40
41	657	01:49:28	ANSELL, Jennifer	EAST LONDON RUNNERS	All Ladies
42	150	01:49:44	BAYER, George	SOUTH WOODHAM RUNNERS	All Men
43	647	01:50:08	BUNN, James	EAST ESSEX TRI CLUB	M40
44	171	01:50:13	MARLEY, Keith	COLCHESTER HARRIERS	M40
45	512	01:50:23	HILLS, Marc	THRIFT GREEN TROTTERS	M40
46	352	01:50:31	BIRCH, Warren	IPSWICH JAFFA RC	M50
47	464	01:50:51	COLMAN, Lindsey	SOUTHEND AC	F35
48	646	01:51:33	SCANLAN, Gavin	COLCHESTER HARRIERS	All Men
49	506	01:51:36	ALLEN, Terry	THRIFT GREEN TROTTERS	All Men
50	402	01:52:04	MARTIN, Regis	EAST LONDON RUNNERS	M40
51	654	01:52:22	DEASY, Paul		M40
52	563	01:52:32	WORTH, Elliot		M40
53	264	01:52:38	DAVISON , Paul	GREAT BENTLEY RC	M40
54	47	01:52:52	FICKEN, Benjamin	GREAT BENTLEY RC	All Men
55	598	01:52:55	HASKEY-JONES, James	TIPTREE ROAD RUNNERS	M40
56	428	01:53:10	CANDLER, Richard	HALSTEAD ROAD RUNNERS	M40
57	95	01:53:19	LASHMAR, Simon	BILLERICAY STRIDERS	M40
58	494	01:53:24	HITCHCOCK , Martin	LEIGH-ON-SEA STRIDERS	M40
59	399	01:53:32	WILKINSON, Daniel	COLCHESTER HARRIERS	All Men
60	65	01:53:38	BARRETT, Matt	LEIGH-ON-SEA STRIDERS	All Men
61	392	01:53:49	WARREN, Jon	HAVERING '90 JOGGERS	All Men
62	518	01:54:32	MILES, Lloyd	BILLERICAY STRIDERS	M40
63	670	01:54:41	MACDONNELL, Diarmuid	BARKING ROAD RUNNERS	M40
64	35	01:54:53	WILKES, Michael	SOUTHEND AC	All Men
65	470	01:55:03	WHIELDON , Lee		M40
66	250	01:55:07	FINDLAY, David	BASILDON AC	M50
67	632	01:55:13	PARR, Billy	ORION HARRIERS	All Men
68	454	01:55:35	BODEN, Richard	COLCHESTER HARRIERS	M50

69	578	01:55:35	CRAWFORD, Emma	PETTS WOOD RUNNERS	F35
70	416	01:55:36	BONHAM, Richard	CASTLE POINT JOGGERS	M40
71	292	01:55:38	DEMPSEY, Martin	LEIGH-ON-SEA STRIDERS	M50
72	375	01:55:44	CHEEK, Gary	SOUTHEND AC	M40
73	234	01:55:48	SUMMERS, Darren	LEIGH-ON-SEA STRIDERS	M40
74	640	01:56:19	BRIDGE, Oliver		All Men
75	229	01:56:40	FINCH, Jonathan	TIPTREE ROAD RUNNERS	M40
76	91	01:56:41	RIVERS, Matthew	LEIGH-ON-SEA STRIDERS	All Men
77	1897	01:56:47	MILLWARD, Richard	COLCHESTER HARRIERS	M40
78	507	01:56:55	FERRIS, David		All Men
79	451	01:57:08	COLE, Paul	WITHAM RC	M40
80	580	01:57:10	MINNS, Phillip	EAST END ROAD RUNNERS	M40
81	448	01:57:21	EVANS, Tim	ROCHFORD RUNNING CLUB	M40
82	43	01:57:26	THORNTON, Keith	THRIFT GREEN TROTTERS	M50
83	218	01:57:47	HONEYWOOD, Philip		M40
84	84	01:57:57	BRIDGMAN, Polly	SPRINGFIELD STRIDERS RC	F35
85	498	01:58:11	DIXON, Clem	CAMBRIDGE HARRIERS	M50
86	695	01:58:15	PALMER, Martin	EAST ESSEX TRI CLUB	M40
87	186	01:58:23	COOK, Darren	FELIXSTOWE ROAD RUNNERS	M40
88	638	01:58:29	GETTINGS, Peter		All Men
89	655	01:58:41	HEWITT, Kevan		M50
90	378	01:59:03	COOKE, Rebecca	COLCHESTER HARRIERS	All Ladies
91	379	01:59:03	MANBY, Chris	COLCHESTER HARRIERS	All Men
92	131	01:59:10	COULTER, Martyn	HARLOW RC	All Men
93	146	01:59:17	BINES, Eddie		M40
94	394	01:59:22	HUNT, Vicky	WITHAM RC	F35
95	669	01:59:48	ENHARD, Susanne	COMPTON HARRIERS	F45
96	643	01:59:49	CHAPLIN, Darren		M40
97	533	01:59:57	KJAR, Steven	SERPENTINE RC	M40
98	481	01:59:58	CREED, James	EAST LONDON RUNNERS	All Men
99	203	02:00:06	TELFER, Alexander (Sandy)	SLEAFORD STRIDERS AC	M50
100	310	02:00:25	D'SOUZA, Carlton	EAST LONDON RUNNERS	M50
101	110	02:00:39	KUDELA, Adrian	FELIXSTOWE ROAD RUNNERS	All Men
102	48	02:00:41	JOSLIN, Gary	SPRINGFIELD STRIDERS RC	M50
103	572	02:00:44	PIGOTT, Richard		M40
104	663	02:00:45	HARWOOD, Roy	BENFLEET RUNNING CLUB	M40
105	208	02:00:47	PARRY, Neil	IP FREELY	All Men
106	164	02:01:01	PRIEST, Phil	RAVENS CITY OF LONDON RUNNING CLUB	M50
107	476	02:01:04	MOORE, Anthony	BILLERICAY STRIDERS	M40
108	141	02:01:15	PARRY, Sion	THRIFT GREEN TROTTERS	M40
109	54	02:01:28	CONNOR, Sean	RUN FOR YOUR LIFE	M40
110	53	02:01:28	BARTHOLOMEW, David	RUN FOR YOUR LIFE	M40
111	307	02:01:38	GEARY, Rachel	LEIGH-ON-SEA STRIDERS	All Ladies
112	182	02:01:51	TATMAN, Ian	LEIGH-ON-SEA STRIDERS	M40
113	331	02:01:57	WALKER, Daniel		All Men
114	74	02:02:04	WOOD, Ben	LEIGH-ON-SEA STRIDERS	All Men
115	626	02:02:06	CHAPELHOW, Ross	CHAFFORD HUNDRED RUNNING GROUP	All Men
116	295	02:02:07	NORRIS, Leigh		M40
117	115	02:02:12	PICKETT, Samantha	ROCHFORD RUNNING CLUB	All Ladies
118	116	02:02:12	CONE, Elliott	LEIGH-ON-SEA STRIDERS	M40
119	349	02:02:14	MITCHELL, Adam	LEIGH STROLLERS	M50
120	135	02:02:22	GILL, James		M40
121	132	02:02:39	SIRETT, Robert	SPRINGFIELD STRIDERS RC	M40
122	98	02:03:02	WOOLDRIDGE, Jonathan	EAST LONDON RUNNERS	M40
123	257	02:03:12	CLANCY, Paul		M40
124	221	02:03:29	WRIGHT, Jonathan		All Men
125	674	02:03:49	BURGESS, Chris	RUNFIT ESSEX	M40
126	196	02:04:00	BROOKS, Ray	EAST ESSEX TRI CLUB	M40
127	185	02:04:09	WALSH, Gary	LEIGH-ON-SEA STRIDERS	M50
128	111	02:04:13	DUNN, Colin	CASTLE POINT JOGGERS	M40
129	85	02:04:15	CURREN, Victoria	SPRINGFIELD STRIDERS RC	F35
130	511	02:04:29	QUINN, Ronan	LEIGH-ON-SEA STRIDERS	M40
131	364	02:04:39	SAMUELS, Mark		M50
132	149	02:04:52	KOSTYRKA-ALLCHORNE, Kasia	SOUTHEND AC	F35
133	513	02:04:58	PRESLAND, Vicky	GREAT BENTLEY RC	F35
134	523	02:05:00	SAUNDERS, Andrew	LEIGH-ON-SEA STRIDERS	All Men
135	467	02:05:15	JONES, Graham	BILLERICAY STRIDERS	M50
136	609	02:05:16	PITMAN, Gary	ROCHFORD RUNNING CLUB	All Men
137	175	02:05:21	WATERSON, James	COLCHESTER HARRIERS	M40

138	607	02:05:30	CHALLIS, Ian		All Men
139	306	02:05:38	WRIGHT, Thomas		M40
140	355	02:05:44	EARLE, Steve		M40
141	359	02:05:47	FIRAT, Yusuf	HAVERHILL RUNNING CLUB	M50
142	605	02:05:50	MARSHALL-TELFER, Emma	SKEGNESS & DISTRICT RUNNING CLUB	F35
143	525	02:06:00	LUCEY, Sean		M40
144	144	02:06:01	FRANKLYN, Tom	EAST ESSEX TRI CLUB	All Men
145	503	02:06:05	RICHARDS, Russell		M60
146	311	02:06:07	RAJOO-OAKLEY, Meera	GREAT BENTLEY RC	All Ladies
147	383	02:06:11	RYLEY-WARREN, Nick		All Men
148	618	02:06:32	RAPLEY, Myles	EAST ESSEX TRI CLUB	M40
149	374	02:06:34	WRIGHT, Andrew	HAVERING '90 JOGGERS	M40
150	363	02:06:48	SEXTON, Greg		All Men
151	581	02:07:10	POPHAM, Darren		M40
152	696	02:07:22	WALMSLEY, Chris	TUNBRIDGE WELLS HARRIERS	M40
153	70	02:07:27	WALLEN, Tony	WITHAM RC	M40
154	588	02:07:28	JONES, Matthew	GREAT BENTLEY RC	All Men
155	592	02:07:33	RAWLINGS, Simon	EAST ESSEX TRI CLUB	M40
156	461	02:08:16	TREW, Mark	AMPHTILL & FLITWICK FLYERS	All Men
157	664	02:08:30	BURTON, Stephen	BENFLEET RUNNING CLUB	M50
158	398	02:08:33	ENGLAND, Martin	CASTLE POINT JOGGERS	M50
159	206	02:08:42	WINDUS, Rob	IP FREELY	All Men
160	611	02:08:52	DUDMAN, Richard	DAGENHAM 88 RUNNERS	M40
161	173	02:08:54	ADAMS, John	IPSWICH JAFFA RC	M40
162	335	02:09:09	HALL, Alison	LEIGH-ON-SEA STRIDERS	F45
163	254	02:09:15	SPICER, Katie	LEIGH-ON-SEA STRIDERS	F35
164	239	02:09:22	SHORT, Kathleen	THRIFT GREEN TROTTERS	F35
165	510	02:09:27	BARRETT , Peter	THRIFT GREEN TROTTERS	M40
166	256	02:09:38	QUINN, Andrew	SPRINGFIELD STRIDERS RC	M40
167	651	02:09:42	ELEY, Jill	MID ESSEX CASUALS	F45
168	530	02:09:52	EVANS, Karl	JBR RUN & TRI CLUB	M50
169	243	02:09:52	LYNCH, Mark	WITHAM RC	M40
170	599	02:09:56	GWILLIAM, Andrew	BARKING ROAD RUNNERS	M40
171	613	02:10:02	HEALY, John Paul	EAST LONDON RUNNERS	M40
172	58	02:10:10	SALMON, Arran	LEIGH-ON-SEA STRIDERS	M40
173	587	02:10:15	DOWNHAM, Marc	LEIGH-ON-SEA STRIDERS	M40
174	354	02:10:35	ELDER, Richard		M40
175	44	02:10:59	HARRISON, Nigel	IPSWICH JAFFA RC	M40
176	603	02:11:08	WARWICK, Stuart		M50
177	584	02:11:11	MATTIS, Darren		M40
178	536	02:11:17	RIDGEWELL, Tristan		M40
179	318	02:11:36	WILLIAMS, Lloyd		All Men
180	425	02:11:43	WILKINSON, Ben		All Men
181	675	02:11:46	MANSOOR, Feroz		M40
182	165	02:12:01	HOWELL, David		M40
183	32	02:12:02	MCMASTERS, David	LEIGH-ON-SEA STRIDERS	M40
184	211	02:12:08	HARRISON, Richard	IP FREELY	M40
185	566	02:12:16	KIMURA, Maki	MORNINGTON CHASERS	F45
186	108	02:12:18	DRAGONETTI, Dominic	EAST LONDON RUNNERS	All Men
187	488	02:12:21	ROWLEY, Ian		M40
188	456	02:12:24	MULLENS, Stephen	AMPHTILL & FLITWICK FLYERS	M50
189	172	02:12:27	FANCE, Michael		M50
190	591	02:12:35	MEYERS, Holly	THRIFT GREEN TROTTERS	All Ladies
191	422	02:12:37	MUGGLETON, Keith	EAST ESSEX TRI CLUB	M50
192	290	02:13:02	RHODES, Iain	TIPTREE ROAD RUNNERS	M50
193	439	02:13:06	MARLOW, Neal	LEIGH-ON-SEA STRIDERS	M40
194	39	02:13:26	CHILDS, Alex	FLYERS SOUTHEND	M50
195	538	02:13:57	MULLINS, Evelyn	SERPENTINE RC	F45
196	532	02:13:58	GARBETT, Charles		M50
197	694	02:14:04	HOLLIDGE , Paul	GREAT BENTLEY RC	M40
198	585	02:14:05	HILSON, Richard		M40
199	582	02:14:08	SIRETT, Richard	SPRINGFIELD STRIDERS RC	M40
200	301	02:14:28	LEE, Jemma	LEIGH-ON-SEA STRIDERS	All Ladies
201	537	02:14:38	FISHER, Steve	EAST ESSEX TRI CLUB	M50
202	564	02:14:42	KIDGELL, Helen	LEIGH-ON-SEA STRIDERS	F35
203	151	02:14:45	ROBERTSON, Mark	ROCHFORD RUNNING CLUB	M50
204	269	02:14:46	PERRIN, Marc		M40
205	624	02:14:58	BENCH, Suzanne	EAST LONDON RUNNERS	F45
206	319	02:14:59	TAM, Matthew		All Men

207	610	02:15:02	SAYER, Steve	EAST ESSEX TRI CLUB	M40
208	263	02:15:12	RUST, Sandra	HARLOW RC	F45
209	327	02:15:17	GARDINER, Frank	GREAT BENTLEY RC	M60
210	586	02:15:20	ROWLEY, Gary	EAST ESSEX TRI CLUB	All Men
211	639	02:15:26	HARLEY, Jenny	EAST ESSEX TRI CLUB	F55
212	169	02:15:27	CLAYDON, Paul	ROCHFORD RUNNING CLUB	M40
213	501	02:15:32	DEVEREUX, Gavin		All Men
214	124	02:15:37	JACKSON, Daniel		M40
215	305	02:15:42	BAYNES, Charles	LEIGH-ON-SEA STRIDERS	M50
216	28	02:15:47	GARRETT, Richard	TIPTREE ROAD RUNNERS	M40
217	443	02:15:57	MURRAY, Chris		M40
218	224	02:16:01	GARDNER, Nicholas	HOCKLEY TRAIL RUNNERS	All Men
219	396	02:16:08	ORFORD, Martin	PHOENIX STRIDERS	M50
220	317	02:16:20	ANDREWS, Lee		M40
221	222	02:16:28	HOW, Alison	MORNINGTON CHASERS	F35
222	272	02:16:28	MACNISH PORTER, James	THRIFT GREEN TROTTERS	M50
223	245	02:16:41	MARRIOTT, Cliff	READING JOGGERS	M50
224	198	02:16:47	LEGG, Christopher		M40
225	105	02:16:54	REYNHART, David		M50
226	205	02:16:56	CASEY, Terence		M50
227	289	02:16:58	EDGINGS, Russell	HAVERING TRI	M40
228	1899	02:17:01	LASSMAN, Chanel	THRIFT GREEN TROTTERS	All Ladies
229	442	02:17:23	ENGLAND, Grant	BILLERICAY STRIDERS	All Men
230	112	02:17:30	HEDGES, Simon		All Men
231	629	02:17:35	FAY, Tyrone		M40
232	698	02:17:47	SOUTHGATE, Oliver		M40
233	362	02:17:52	ELMS, Charlotte	WITHAM RC	All Ladies
234	71	02:18:05	PERRY, Samantha		All Ladies
235	27	02:18:08	SWINDELL, Robin	BDAC	M40
236	559	02:18:13	HARDY, Thomas	23 MILE CLUB	M40
237	519	02:18:15	WALKER, Fiona	LEIGH-ON-SEA STRIDERS	F45
238	188	02:18:17	GANDER, Bruce	EAST ESSEX TRI CLUB	M50
239	262	02:18:21	YATES, Louise	CRAIGS LAYER BOOTCAMP	F35
240	260	02:18:21	MITCHELL, Craig	CRAIG'S LAYER BOOT CAMP	M40
241	143	02:18:23	ELLIOTT, Stephen		All Men
242	410	02:18:25	LUCY, Joe		M40
243	391	02:18:27	FULTON, Terence		M50
244	45	02:18:35	GILBERT, Gemma	IPSWICH JAFFA RC	All Ladies
245	634	02:18:42	PHILLIPS, Richard	LEIGH-ON-SEA STRIDERS	M50
246	604	02:18:44	MITCHELL, Robert	MORNINGTON CHASERS	M50
247	83	02:18:45	MEAD, Matt		All Men
248	469	02:18:49	WOOD, Richard	JBR RUN AND TR ICLUB	M40
249	437	02:18:50	SHEEHAN, Lucy	FELIXSTOWE ROAD RUNNERS	All Ladies
250	1898	02:19:05	PARKER, Sarah	FELIXSTOWE ROAD RUNNERS	F35
251	656	02:19:06	MANN, Stuart	HERTS PHOENIX AC	M60
252	106	02:19:17	SPLARN, Claire		F35
253	369	02:19:27	CRESDEE, Pip	IPSWICH JAFFA RC	All Ladies
254	142	02:19:32	GAITELY, Mark		M40
255	485	02:19:37	FLETCHER, Sarah	GREAT BENTLEY RC	F35
256	279	02:19:43	OVERLAND, Chris		All Men
257	671	02:19:46	OWEN, Daniel		M40
258	672	02:19:46	MCCRAVE, Laura	KENT AC	F35
259	556	02:19:53	MARSHALL, Ian	CAMBRIDGE HARRIERS	M60
260	347	02:19:58	TAYLOR, Michael	EAST ESSEX TRI CLUB	All Men
261	68	02:20:00	MORRIS, Donna	SPRINGFIELD STRIDERS RC	F45
262	421	02:20:13	WALNE, Jason		M40
263	177	02:20:21	MAKINSON, Keith	JBR RUN & TRI CLUB	M50
264	93	02:20:22	PERRIN, Julie		F45
265	571	02:20:22	HEATHER, Paul		M40
266	199	02:20:26	WOOD, Hannah	IPSWICH JAFFA RC	F35
267	411	02:20:37	BYWATER, Janet	EAST LONDON RUNNERS	F45
268	152	02:20:52	MILLER, Luisa	ROCHFORD RUNNING CLUB	F35
269	370	02:20:53	WIGGINS, Simon	FELIXSTOWE ROAD RUNNERS	M40
270	344	02:21:00	TWEEDIE, Clive	HAVERING '90 JOGGERS	M60
271	475	02:21:03	WHITE, Colin	BILLERICAY STRIDERS	M40
272	66	02:21:14	PAGE, Jennie	EAST ESSEX TRI CLUB	F35
273	412	02:21:23	CHELLL, John	IPSWICH JAFFA RC	All Men
274	170	02:21:35	HEATH, Suzanne	IPSWICH JAFFA RC	F45
275	321	02:21:37	TAYLOR, Glen	SOUTHEND AC	M60

276	86	02:21:39	HEARD, Paul	FLYERS SOUTHEND	All Men
277	278	02:21:40	EVANS, Michelle	ROCHFORD RUNNING CLUB	F35
278	600	02:21:44	FARR, Richard	FLYERS SOUTHEND	All Men
279	602	02:21:51	LOWE, Russel	BOSH RUN	M40
280	423	02:22:03	GLADWELL, Karolina		All Ladies
281	120	02:22:08	COOPER, Gavin		All Men
282	393	02:22:13	BURDETT, Peter	HAVERING '90 JOGGERS	M40
283	441	02:22:15	HOMEWOOD, Gary	MORNINGTON CHASERS	M50
284	7	02:22:28	BENWELL, Daniel	HOCKLEY TRAIL RUNNERS	M40
285	167	02:22:31	TAYLOR, Steven		M40
286	312	02:22:44	KING, Justin	SOUTHEND AC	M40
287	125	02:22:44	FRAMPTON, Collette		F35
288	314	02:22:45	LIMBURN, Keith	LEIGH-ON-SEA STRIDERS	M40
289	427	02:22:45	BRENTON, Scott		M40
290	315	02:22:50	WEAVER, Richard		M40
291	156	02:23:05	CAMPBELL, Matthew		All Men
292	557	02:23:25	THORNTON, Alex	FLYERS SOUTHEND	M40
293	520	02:23:26	ALEXANDER, Gail	LEIGH-ON-SEA STRIDERS	F45
294	22	02:22:44	BAKER, Simon	TIPTREE ROAD RUNNERS	M50
295	168	02:23:54	ISLAM, Rahana	DAGENHAM 88 RUNNERS	F35
296	617	02:23:55	CHURCHYARD, Steven		All Men
297	140	02:24:01	PEACE, Stuart		M40
298	323	02:24:10	CRISP, Lee	FELIXSTOWE ROAD RUNNERS	M40
299	673	02:24:11	STURKEY, Alex	WITHAM RC	M40
300	273	02:24:23	TAYLOR, Roger		M40
301	447	02:24:27	HATFIELD, Nicky	THRIFT GREEN TROTTERS	F35
302	403	02:24:43	SMITH, Stephen	THRIFT GREEN TROTTERS	M40
303	130	02:24:43	EDWARDS, Richard		All Men
304	72	02:24:45	KERRISON, Lee	TIPTREE ROAD RUNNERS	M40
305	313	02:24:58	BROWN , Victoria		F35
306	195	02:25:02	WEBB, Sandra	SAINT EDMUND PACERS	F45
307	288	02:25:05	CAHILL, Elizabeth	BRAINTREE DISTRICT ATHLETICS CLUB	F45
308	408	02:25:08	SHERMAN, Mel	IPSWICH JAFFA RC	F35
309	25	02:25:10	WRIGHT, Jennifer	IPSWICH JAFFA RC	F35
310	376	02:25:11	SINCLAIR, Donald	PITSEA RC	M60
311	15	02:25:25	KING, John	HOCKLEY TRAIL RUNNERS	M40
312	9	02:25:33	LEAN, Andy		M50
313	667	02:25:45	MURPHY, Nigel		M40
314	63	02:25:48	LLOYD, Mary	THRIFT GREEN TROTTERS	F45
315	641	02:25:51	O'SHAUGHNESSY, Ciaran		All Men
316	424	02:25:52	WALFORD, Clair		All Ladies
317	233	02:25:52	MOLE, Denis	HAVERING '90 JOGGERS	M60
318	296	02:26:36	DRAKE, Carol	LEIGH-ON-SEA STRIDERS	F45
319	33	02:36:38	PURDHAM, Graham	FLYERS SOUTHEND	M50
320	300	02:26:49	FRYATT, Thomas		All Men
321	483	02:26:51	HALL, Deborah		F35
322	569	02:27:11	DAVIES, Gareth		All Men
323	276	02:27:13	ROLERKITE, Lindsay	TIPTREE ROAD RUNNERS	F45
324	36	02:27:29	GRAINGER, Anita	WITHAM RC	F45
325	69	02:27:31	WALLEN, Brigid	WITHAM RC	F45
326	577	02:27:31	HARRINGTON, Paul		M40
327	426	02:27:40	HOWARD, Pam	HAVERING '90 JOGGERS	F45
328	596	02:28:25	PALMER, Dean		M40
329	652	02:28:34	BISHOP, Tessa		All Ladies
330	508	02:28:34	HARRINGTON, Danielle	TIPTREE ROAD RUNNERS	F35
331	608	02:28:40	DAW, Alasdair	BILLERICAY STRIDERS	M40
332	522	02:28:51	APPS, Sophie	HAROLD WOOD RUNNING CLUB	All Ladies
333	516	02:28:57	CHANDLER, Ian	HALSTEAD ROAD RUNNERS	M40
334	242	02:29:00	SIMMONDS, Lian	ROCHFORD RUNNING CLUB	F35
335	535	02:29:17	TIMBRELL, Jodie	THRIFT GREEN TROTTERS	All Ladies
336	5	02:29:26	HAVIS, Ruth	BILLERICAY STRIDERS	F35
337	82	02:29:26	LEE, Ricky	BILLERICAY STRIDERS	M40
338	228	02:29:29	BENTON, Tom		All Men
339	406	02:29:34	SIBLEY, Trevor	BRAINTREE DISTRICT ATHLETICS CLUB	M50
340	490	02:29:34	HILLYARD, Sam	BRAINTREE DISTRICT ATHLETICS CLUB	F45
341	129	02:29:36	MATHERS, Adrian	SCRC RUNNING MAN	M50
342	101	02:29:43	WHITNEY, Mark	CASTLE POINT JOGGERS	M50
343	642	02:29:48	FRENCH, Jon		All Men
344	459	02:29:48	EARTHY, Robert		M40

345	6	02:29:56	CORNELIUS, Neil	HOCKLEY TRAIL RUNNERS	M40
346	521	02:30:05	NORTON, Mark	LEIGH-ON-SEA STRIDERS	M40
347	486	02:30:46	HOLDER, Julian	TIPTREE ROAD RUNNERS	M50
348	633	02:30:51	MITCHELL, Jason	FLYERS SOUTHEND	M40
349	49	02:30:57	COOPER, Cristina	BARKING ROAD RUNNERS	F35
350	614	02:30:58	SARGINSON, Bronwen	RUN FOR YOUR LIFE	F35
351	92	02:31:01	LAU, Johnny	LEIGH-ON-SEA STRIDERS	M50
352	107	02:31:23	GRANT, Peter	EAST END ROAD RUNNERS	M60
353	350	02:31:28	GRIMES, Marie	IPSWICH JAFFA RC	F35
354	570	02:31:30	MCLAREN, Susannah	EAST LONDON RUNNERS	F45
355	324	02:31:37	GAMMONS, Emma	FELIXSTOWE ROAD RUNNERS	F35
356	460	02:31:43	WARNE, John	HALSTEAD ROAD RUNNERS	M60
357	546	02:31:55	CRITCHLEY, Fiona	EAST LONDON RUNNERS	F45
358	524	02:32:07	BENTON, Philip		All Men
359	286	02:32:11	LETLEY, Elisha	LEIGH-ON-SEA STRIDERS	F45
360	81	02:32:17	HAGAN, Tania	LEIGH-ON-SEA STRIDERS	F35
361	121	02:32:27	RICHARDSON, Lloyd	FLYERS SOUTHEND	M40
362	358	02:32:36	SPENCE, Samuel		All Men
363	558	02:32:37	GRANTHAM, Raoul	BRAINTREE DISTRICT ATHLETICS CLUB	M40
364	548	02:32:42	FARREN, Patrick	ELT	M50
365	309	02:32:52	HARMER, Richard	THRIFT GREEN TROTTERS	M40
366	528	02:33:09	REDFEARN, John	FLECKNEY AND KIBWORTH	M60
367	616	02:33:12	SUMMERS, Julia	LEIGH-ON-SEA STRIDERS	F45
368	109	02:33:17	ORLEY, Sarah		F45
369	67	02:33:19	SMITH, David	SPRINGFIELD STRIDERS RC	M50
370	34	02:33:19	MORRISON, Clare	WITHAM RC	F45
371	478	02:33:22	WADLEY-SMITH, Victoria	ROCHFORD RUNNING CLUB	All Ladies
372	275	02:33:22	SMITH, Sharley	ROCHFORD RUNNING CLUB	All Ladies
373	390	02:33:29	GORMAN, Nick	EAST END ROAD RUNNERS	M50
374	1900	02:33:41	CLAYTON, Craig		M40
375	583	02:33:43	CHAMBERS, Thomas	BRANDON FERN HOPPERS	All Men
376	693	02:33:50	CUBBERLEY , Deborah	GREAT BENTLEY RC	F35
377	387	02:33:55	COMMONS, Samantha	ROCHFORD RUNNING CLUB	All Ladies
378	56	02:34:01	HARPER, Hayley	IPSWICH JAFFA RC	F35
379	122	02:34:08	REES, Valerie	TIPTREE ROAD RUNNERS	F45
380	123	02:34:08	FULLER, Peter	TIPTREE ROAD RUNNERS	All Men
381	281	02:34:12	BAILIE, Clare	STOWMARKET STRIDERS	F35
382	192	02:34:23	REEVES , Julie	THRIFT GREEN TROTTERS	F45
383	650	02:34:32	FOX, Jake		All Men
384	621	02:35:00	KERRY, Marvis	HARLOW RC	F45
385	161	02:35:04	KETTERER, Tim	LEIGH-ON-SEA STRIDERS	M50
386	212	02:35:08	VICKERY, Nick		M50
387	360	02:35:14	WHITE , Mark	HAVERHILL RUNNING CLUB	M40
388	361	02:35:14	MARTIN, Karen	HAVERHILL RUNNING CLUB	F35
389	474	02:35:21	SHENTON, Tanya		F35
390	554	02:35:30	MEECHAM, Simon	SPRINGFIELD STRIDERS RC	M40
391	332	02:35:38	MOORE, Andrew		M50
392	489	02:35:56	SITCH, Mark		M40
393	397	02:36:03	WISEMAN, Peter		All Men
394	190	02:36:04	SELLERS, Chris		All Men
395	316	02:36:19	GRAHAM, Leigh	HAVERING TRI CLUB	M40
396	42	02:36:44	Tomlin, Toni	HOCKLEY TRAIL RUNNERS	F45
397	595	02:36:49	SHEPHERD , Samantha	PHOENIX STRIDERS	F35
398	57	02:37:14	JACKSON, Rachel	TIPTREE ROAD RUNNERS	All Ladies
399	37	02:37:14	GOULD, Zoe	TIPTREE ROAD RUNNERS	F45
400	619	02:37:32	KERR, Des		M50
401	213	02:37:41	GOULD, Daniel	FELIXSTOWE ROAD RUNNERS	M40
402	433	02:37:57	PROBERT, Alan	MAIDSTONE HARRIERS	M50
403	612	02:38:17	ISLAM, Nazia	VEGAN RUNNERS UK	All Ladies
404	283	02:38:34	TOVELL, Ian	EAST ESSEX TRI CLUB	M40
405	52	02:38:41	SMITH, Debbie	HARLOW RC	F45
406	345	02:38:58	WILDING, Steve	IPSWICH JAFFA RC	M50
407	493	02:39:06	COLLING, Gemma	GREAT BENTLEY RC	All Ladies
408	343	02:39:07	SMITH, Anthony	WITHAM RC	M50
409	552	02:39:13	CRUMP , Mark	SATAN SLUTS	M40
410	551	02:39:15	FARRER, Brad	SATAN SLUTS	M40
411	480	02:39:20	SEE, Richard	DENGIE 100 RUNNERS	M40
412	17	02:39:25	HEMBER, Stacy	TIPTREE ROAD RUNNERS	F45
413	504	02:39:34	HALL, Jo-Anne	LEIGH-ON-SEA STRIDERS	F35

414	373	02:39:47	RUCH, Hayley		F35
415	259	02:39:47	WILLIS, Daniel		M40
416	89	02:40:00	HARVEY, Steve		M50
417	299	02:40:08	HIND, Andy	SPRINGFIELD STRIDERS RC	M40
418	51	02:40:14	MOIR, Karen	HARLOW RC	F45
419	661	02:40:16	GARCIA, Jose	NEWMARKET CYCLING TRI CLUB	M40
420	539	02:40:17	BYRNE, Eamon	MORNINGTON CHASERS	M50
421	244	02:40:17	LAMOUR, Rafaele	MORNINGTON CHASERS	F45
422	505	02:40:34	SLESSER, Kerry	LEIGH-ON-SEA STRIDERS	F45
423	549	02:40:34	VAIDYA, Anil	BILLERICAY STRIDERS	M40
424	414	02:40:36	SMITH, Lee		All Men
425	372	02:40:38	MOSES, Neil	HAVERING '90 JOGGERS	M50
426	127	02:40:51	KNIGHT, Anthony	TIPTREE ROAD RUNNERS	M40
427	284	02:41:25	FROST, Ben	SPRINGFIELD STRIDERS RC	M40
428	627	02:41:36	MCKEOWN, David	LYMINGTON TRIATHLON CLUB	M40
429	341	02:41:51	KNIGHT, Dave	EAST LONDON RUNNERS	M60
430	692	02:42:00	GODFREY, Robert	BILLERICAY STRIDERS	M40
431	90	02:42:05	SILVERTON, Ross	WITHAM RC	M60
432	590	02:42:08	KENNEDY, John		M40
433	59	02:42:12	DAY, Joanne	THRIFT GREEN TROTTERS	F45
434	308	02:42:12	LEWIS, Natalie	LEIGH-ON-SEA STRIDERS	F35
435	46	02:42:22	SWEENEY, Emma	WITHAM RC	All Men
436	628	02:42:29	FAULDER, Emma		F35
437	380	02:42:49	DIXON, David	HAVERING '90 JOGGERS	M50
438	622	02:43:08	BENHAM, Mark	FLYERS SOUTHEND	M50
439	60	02:43:14	PETTITT, Steve	LEIGH-ON-SEA STRIDERS	M50
440	567	02:43:34	O'BRIEN, Holly		All Ladies
441	293	02:43:36	HORREY, Debbie		F35
442	294	02:43:37	BROWN, Ben		M40
443	280	02:44:09	COKER, Terence	FLYERS SOUTHEND	M50
444	653	02:44:17	STAINES, Mick		M60
445	30	02:44:18	PURDHAM, Anne	FLYERS SOUTHEND	F55
446	21	02:44:21	BAKER, Lorraine	TIPTREE ROAD RUNNERS	F45
447	193	02:44:31	WICKS, Jessica	THRIFT GREEN TROTTERS	F35
448	265	02:44:40	STORRAR, Zoe	LEIGH-ON-SEA STRIDERS	F35
449	266	02:44:43	FAWKES, George	HOCKLEY TRAIL RUNNERS	M40
450	348	02:44:56	DUNN, Rob		M40
451	482	02:44:57	GRIMWOOD, Becky	WITHAM RC	All Ladies
452	117	02:45:37	HALLAM, Neil		M40
453	40	02:46:11	CALLEJA, Vicki	THRIFT GREEN TROTTERS	All Ladies
454	18	02:46:22	GRIDLEY, Frances	TIPTREE ROAD RUNNERS	F55
455	158	02:46:22	HARRINGTON, Tracy	TIPTREE ROAD RUNNERS	F45
456	648	02:46:41	SWANWICK, Elizabeth		F35
457	623	02:46:41	SUTTON, Jacqueline	FLYERS SOUTHEND	F35
458	371	02:46:48	HUDSON, Richard	HARVEL HASH HOUSE HARRIERS	M50
459	134	02:47:00	RIVERS, Lynn	LEIGH-ON-SEA STRIDERS	F55
460	96	02:47:15	ELVEN, Martin	HARLOW RC	M50
461	631	02:47:20	HARTLAND, Sara	ROCHFORD RUNNING CLUB	All Ladies
462	562	02:47:42	BURGESS, Andrew	MAIDSTONE HARRIERS	M50
463	176	02:47:51	GOODHAND, Richard		M40
464	103	02:48:02	CRONIN, Marianne		F45
465	76	02:48:23	CLARK, Clare		F35
466	77	02:48:23	WARD, Tim		M40
467	450	02:48:23	PEET, Stephen		All Men
468	180	02:48:41	COSS, Fiona		F45
469	255	02:48:52	MANSFIELD, Paul	HOCKLEY TRAIL RUNNERS	All Men
470	24	02:49:02	MCHUGH, Laura	LEIGH-ON-SEA STRIDERS	F35
471	649	02:49:24	FOX, Neil	BECKENHAM RC	M50
472	517	02:49:36	WOOD, John	LEIGH-ON-SEA STRIDERS	M50
473	401	02:49:55	TAPP, Julian		M40
474	55	02:50:12	MCCLAY, Leilah	LEIGH-ON-SEA STRIDERS	F35
475	240	02:50:31	ROBLIN, Jo	TIPTREE ROAD RUNNERS	F35
476	214	02:51:03	BRADLEY, Bridgette	ROCHFORD RUNNING CLUB	F45
477	405	02:51:09	NEL, Gert		M40
478	38	02:51:16	CLARKE, Tina	TIPTREE ROAD RUNNERS	F45
479	11	02:51:16	DICKMAN, Joanne	TIPTREE ROAD RUNNERS	F45
480	238	02:52:06	BEARNE, Ann-Marie	TIPTREE ROAD RUNNERS	F35
481	429	02:52:10	BAWDEN, Julia	TIPTREE ROAD RUNNERS	F55
482	232	02:52:28	BRIGHT, Stephen		M50

483	79	02:52:39	DENBY, Tracey	WITHAM RC	F45
484	219	02:54:07	HYDE, Chris	MANGY TOOTERS	M40
485	220	02:54:07	HYDE, Lisa	MANGY TOOTERS	F35
486	553	02:54:31	WARBURTON, Suzanne	MAIDSTONE HARRIERS	F45
487	455	02:54:53	YOUNG, Claire		F45
488	413	02:55:12	HART, Jan	RUN FOR YOUR LIFE	F45
489	444	02:56:05	CAWLEY, Heather		F35
490	471	02:56:38	BENNETT, Shelly	BRAINTREE DISTRICT ATHLETICS CLUB	All Ladies
491	487	02:57:00	BURLEY, Ej	FLYERS SOUTHEND	F35
492	502	02:57:26	REYNOLDS, Nigel	ELY RUNNERS	M50
493	202	02:57:31	CLARK, Lisa	BRAINTREE DISTRICT ATHLETICS CLUB	All Ladies
494	303	02:57:38	POTTER, Dawn	BILLERICAY STRIDERS	F45
495	226	02:57:40	CHARLTON, Ray	SPRINGFIELD STRIDERS RC	M50
496	366	02:57:44	GULL, Jamie	FLYERS SOUTHEND	All Men
497	386	02:57:45	POOLEY, James		All Men
498	277	02:57:45	TWAIN, Mark		All Men
499	367	02:57:48	GEANEY, Graham		All Men
500	415	02:58:27	HAWKINS, Ian		M50
501	217	02:58:35	SHEAD, Ian		M50
502	440	02:59:06	RICHARDSON, Marie		F35
503	445	03:00:21	FITZPATRICK, Patsy		F35
504	660	03:01:32	BORRETT, Keith		M60
505	325	03:02:04	JACKSON, Darron		M40
506	326	03:02:04	JACKSON, Angie		F35
507	542	03:02:09	BURROWS, Fiona	TIPTREE ROAD RUNNERS	All Ladies
508	157	03:02:19	VEERASAMY, Timi Selon	DAGENHAM 88 RUNNERS	F55
509	225	03:02:23	ROTHWELL, Sally	FLYERS SOUTHEND	F35
510	227	03:03:24	VICCARY, Kay	FLYERS SOUTHEND	F35
511	75	03:03:29	GASKIN, Lisa	HAVERING '90 JOGGERS	F45
512	659	03:04:19	HOWARTH, Imogen		F35
513	466	03:04:22	BENHAM, Nicki	FLYERS SOUTHEND	F45
514	31	03:04:22	MCMASTERS, Georgina	LEIGH-ON-SEA STRIDERS	F35
515	23	03:04:41	KING, Christine	FILTERS ROAD RUNNERS	F55
516	231	03:04:47	HAMPSHIRE, Stephen	FARROW	M60
517	119	03:05:05	WICKER, Jenny	ROCHFORD RUNNING CLUB	F45
518	73	03:05:07	WOOD, Maria	LEIGH-ON-SEA STRIDERS	F45
519	248	03:06:35	COBHAM, Hazel	FLYERS SOUTHEND	F35
520	94	03:06:36	PASSINGHAM, Keith	FLYERS SOUTHEND	M60
521	197	03:06:36	LEGG, Samantha		F35
522	282	03:07:40	MELVILLE, Michelle	LEIGH-ON-SEA STRIDERS	F45
523	330	03:07:58	ROBINSON, Michael	HAVERING '90 JOGGERS	M50
524	50	03:08:11	HURST, Martin	THRIFT GREEN TROTTERS	M40
525	41	03:08:11	MESS, Lorna	THRIFT GREEN TROTTERS	F35
526	204	03:09:18	PRYOR, Rich	FLYERS SOUTHEND	M50
527	351	03:10:15	WINDHAM, Sue		F35
528	155	03:11:18	IRVINE, Victoria	SOUTHEND AC	All Ladies
529	430	03:11:29	CHEUNG, Samantha	TIPTREE ROAD RUNNERS	F45
530	431	03:11:29	SHEPHERD, Seonaid	TIPTREE ROAD RUNNERS	F35
531	658	03:11:58	OSTLER, Anneli	FELIXSTOWE ROAD RUNNERS	F35
532	644	03:11:58	ROSENWOLD, Joanne	HAVERHILL RUNNING CLUB	F45
533	285	03:12:38	CAMY, Vicky		F35
534	601	03:13:08	COURTIER, Robert	BARKING ROAD RUNNERS	M60
535	215	03:13:13	SHORNEY, Gail		F35
536	80	03:14:11	CLARKE, Penny	WITHAM RC	F55
537	514	03:16:00	WILSON, Hayley	HAVERHILL RUNNING CLUB	All Ladies
538	515	03:16:01	SYMONDS, Janet		F35
539	418	03:16:20	MARSH, Larina	TIPTREE ROAD RUNNERS	F45
540	419	03:16:25	WILLIAMS, Wei		F45
541	495	03:16:25	GALLAGHER, Clare		F35
542	64	03:16:31	PETTIIT, Lisa		All Ladies
543	589	03:17:11	EAGLES, Beverley	DAGENHAM 88 RUNNERS	F45
544	159	03:17:11	ROBINSON, Sharon	DAGENHAM 88 RUNNERS	F45
545	699	03:17:18	LAW, Barbara	GREAT BENTLEY RC	F55
546	291	03:17:35	RHODES, Patricia	TIPTREE ROAD RUNNERS	F45
547	139	03:18:31	PEACE, Alison	TIPTREE ROAD RUNNERS	F35
548	381	03:18:38	HUNT, Lloyd		All Men
549	479	03:19:59	REYNOLDS, Nicola	FLYERS SOUTHEND	All Ladies
550	274	03:21:57	MURRAY, Martin		M40
551	547	03:22:38	TAVENER, Barry		All Men

552	13	03:23:36	HAMDAN, Alia	TIPTREE ROAD RUNNERS	F35
553	14	03:23:41	WOOD, Sally	TIPTREE ROAD RUNNERS	F55
554	118	03:30:41	CUMMINS, Natalie	SOUTHEND AC	F35
555	676	03:33:06	CRUDGUGTON, Paul		M50
556	153	03:35:35	JACKSON, Zoe	TIPTREE ROAD RUNNERS	All Men
557	10	03:35:50	PEARSE, Karen	TIPTREE ROAD RUNNERS	F45
558	677	03:39:19	ROUT, Tricia		F45
559	389	03:47:45	SHAW, Steve		M40
560	297	03:50:40	KNIGHT, Debi	ROCHFORD RUNNING CLUB	F45
561	136	03:56:08	ODDIE, Elaine	ROAD RUNNERS CLUB	F55
562	565	03:59:07	BOOTH, Rowena	EAST ESSEX TRI CLUB	All Ladies
563	267	03:59:07	JUDE, Liz		F35
564	268	03:59:58	REGAN, Becca		F35
565	253	04:02:10	MADDOCKS, Sam		F35
566	249	04:02:10	CHAUHAN, Nila	FLYERS SOUTHEND	F45