

# Wilkins Kennedy Grays Triathlon

29 June 2008

Race Num	Name	Club	Cat	Swim			Bike					Run			Overall		
				Time	Swim Place	Place in Cat	Time	Bike Place	Place in Cat	After Bike Place	Place in Cat	Time	Run Overall	Place in Cat	Time	Place in Cat	
1	22	Joe Giggins	CSA	MB	00:04:47	1	1	00:33:10	4	1	1	1	00:16:58	1	1	00:54:55	1
2	164	Mark Brooks	Tri Sport Epping	MG	00:05:55	12	4	00:32:35	1	1	2	1	00:18:14	13	4	00:56:44	1
3	138	Stuart Dunn	Heron Cycle Sport	MG	00:06:20	27	7	00:32:39	2	2	3	2	00:17:50	4	1	00:56:49	2
4	156	Kevin Partridge	Tri-Sport Epping	MJ	00:05:40	7	1	00:33:49	7	1	4	1	00:17:49	3	1	00:57:18	1
5	188	Daniel Bent	East Essex Tri	ME	00:07:15	69	5	00:32:45	3	1	7	1	00:17:55	7	2	00:57:55	1
6	191	Graham Shaddock	East Essex Tri	MH	00:06:02	15	1	00:33:42	6	2	5	1	00:18:15	15	2	00:57:59	1
7	20	Harry Smith	East Essex Tri	MB	00:04:59	2	2	00:34:52	14	2	6	2	00:18:10	10	3	00:58:01	2
8	25	Peter Hawkings	Team Viper	MB	00:05:13	3	3	00:35:11	17	3	9	3	00:18:06	8	2	00:58:30	3
9	24	Taz Porter	East Essex Tri	MA	00:05:30	6	1	00:34:40	11	1	8	1	00:19:01	25	2	00:59:11	1
10	197	Andrew Wood	East Essex Tri	MG	00:06:19	26	6	00:34:59	16	4	12	4	00:18:13	12	3	00:59:31	3
11	67	Richard Rowley	team viper	ME	00:07:20	70	6	00:34:34	8	2	16	2	00:17:41	2	1	00:59:35	2
12	155	Les Henderson	Tri Sport Epping	MH	00:07:00	55	13	00:34:44	12	4	15	4	00:18:08	9	1	00:59:52	2
13	199	Ian George	East Essex Tri	MG	00:06:26	32	8	00:35:17	19	5	14	5	00:18:14	14	5	00:59:57	4
14	137	Wayne Southon	MET POLICE TRI	MG	00:06:27	33	9	00:35:43	21	6	22	7	00:17:53	6	2	01:00:03	5
15	145	Jason Hare	Tri Sport Epping	MG	00:05:46	10	2	00:34:49	13	3	11	3	00:19:59	38	10	01:00:34	6
16	169	Ray Lawrence	Tri Sport Epping	MG	00:05:42	8	1	00:36:24	30	7	19	6	00:18:29	17	6	01:00:35	7
17	129	Jason Ridgeon		MH	00:07:08	62	16	00:35:19	20	7	27	9	00:18:44	20	4	01:01:11	3
18	121	Joseph Goddard	Ipswich Triathlon Club	MD	00:06:09	20	2	00:37:13	47	2	34	1	00:17:51	5	1	01:01:13	1
19	170	Stuart Paul	Tri Sport Epping	MH	00:06:51	44	8	00:34:38	10	3	13	3	00:19:54	36	6	01:01:23	4
20	19	Hugh Smith	East Essex Tri	MB	00:05:22	4	4	00:36:37	38	4	18	4	00:19:25	30	4	01:01:24	4
21	128	Ken Hands	East london Triathletes	MH	00:06:59	53	12	00:33:35	5	1	10	2	00:21:06	59	11	01:01:40	5
22	150	Peter Van Den Brande	Tri Sport Epping	MH	00:06:26	30	5	00:35:56	23	9	24	8	00:19:41	34	5	01:02:03	6
23	179	Jeremy Tuckwell	essex fire and rescue	MG	00:05:53	11	3	00:36:32	34	8	26	8	00:19:39	33	8	01:02:04	8
24	147	Daniel Ward	Tri Sport Epping	MH	00:06:14	23	2	00:36:05	26	10	23	7	00:20:02	40	7	01:02:21	7
25	21	Matthew Brown	East Essex Tri	MA	00:06:05	17	2	00:37:52	58	2	38	2	00:18:46	21	1	01:02:43	2
26	134	Peter Howarth	Met Police Tri Club	MJ	00:06:45	39	4	00:37:20	51	5	41	4	00:18:41	18	2	01:02:46	2
27	163	Chris Dunn	Tri Sport Epping	MF	00:07:24	73	7	00:36:09	28	4	36	2	00:19:13	27	3	01:02:46	1
28	42	Richard Fuller	East Essex Tri	MI	00:07:29	77	8	00:36:39	39	5	42	4	00:18:42	19	2	01:02:50	1
29	144	Paul Hayward	Tri Sport Epping	MG	00:06:04	16	5	00:36:56	42	9	31	9	00:19:59	37	9	01:02:59	9
30	159	David Hallam	Tri Sport Epping	MI	00:06:54	46	6	00:36:30	32	3	35	3	00:19:36	32	5	01:03:00	2
31	187	Mark Brown	East Essex Tri	MI	00:07:33	82	10	00:34:36	9	1	21	1	00:21:03	54	9	01:03:12	3
32	173	Mark Elliott	Essex Fire Service	MF	00:06:26	31	3	00:35:58	24	1	25	1	00:20:49	50	8	01:03:13	2
33	7	John Smith	East Essex Tri	MH	00:07:03	58	14	00:34:53	15	5	17	5	00:21:30	72	15	01:03:26	8
34	77	Dean Johnson	Team Viper	MF	00:08:00	98	9	00:36:09	27	3	43	3	00:19:17	28	4	01:03:26	3
35	115	Ben Rawlinson		MF	00:07:24	72	6	00:37:09	46	5	47	4	00:18:58	23	1	01:03:31	4

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36	181	Chas Baynes	East Essex Tri	MJ	00:07:28	76	6	00:36:36	36	3	40	3	00:19:33	31	3	01:03:37	3
37	189	Paul Horsley	East Essex Tri	MI	00:07:53	95	13	00:36:36	37	4	45	5	00:19:08	26	3	01:03:37	4
38	200	Daniel Jago	East Essex Tri	ME	00:05:55	13	1	00:37:01	44	3	30	3	00:20:52	51	3	01:03:48	3
39	133	Keith Wilson		MH	00:06:53	45	9	00:35:16	18	6	20	6	00:21:50	84	18	01:03:59	9
40	130	Greg Wisken	Mid Essex Casuals	MH	00:06:33	34	6	00:39:13	73	20	61	15	00:18:20	16	3	01:04:06	10
41	152	Rob Fulbrook	Tri Sport Epping	MI	00:06:17	24	1	00:36:29	31	2	28	2	00:21:33	74	11	01:04:19	5
42	185	Keith Muggleton	East Essex Tri	MJ	00:06:10	21	2	00:36:43	40	4	29	2	00:21:28	71	6	01:04:21	4
43	198	Neil Lynch	East Essex Tri	MH	00:07:09	64	17	00:35:52	22	8	32	10	00:21:37	76	17	01:04:38	11
44	143	Barry Dalton		MF	00:05:56	14	1	00:39:47	80	9	59	7	00:18:59	24	2	01:04:42	5
45	117	Justin Howard		MG	00:08:04	101	15	00:37:46	56	12	62	13	00:18:56	22	7	01:04:46	10
46	183	Gary Langridge Brown	East Essex Tri	MH	00:06:17	25	3	00:37:22	52	14	37	12	00:21:08	62	13	01:04:47	12
47	131	Daniel Powell	Shires Triers	MG	00:06:45	38	10	00:37:15	48	10	39	10	00:21:07	60	12	01:05:07	11
48	192	Ian Maynard	East Essex Tri	MI	00:07:36	85	11	00:39:22	75	12	73	10	00:18:11	11	1	01:05:09	6
49	132	Mark Williams	Team Viper	MI	00:06:39	36	3	00:39:17	74	11	64	8	00:19:17	29	4	01:05:13	7
50	29	Venita Dabhi	Tri Sport Epping	FB	00:06:07	18	1	00:38:18	63	1	44	1	00:20:56	52	1	01:05:21	1
51	172	Lee Crowson	Essex Fire Service	MG	00:07:38	87	14	00:37:18	49	11	51	11	00:20:37	45	11	01:05:33	12
52	146	Joe Butcher	Tri Sport Epping	MI	00:06:36	35	2	00:38:36	66	8	53	6	00:20:22	44	7	01:05:34	8
53	122	Paul Abdale	TRI TALK	MF	00:07:36	84	8	00:38:05	61	6	58	6	00:20:16	43	6	01:05:57	6
54	94	Jonathan Wyatt		MF	00:08:52	133	12	00:36:04	25	2	50	5	00:21:05	58	9	01:06:01	7
55	162	Keith Walker	Tri Sport Epping	ML	00:08:19	113	1	00:36:30	33	1	49	1	00:21:14	65	1	01:06:03	1
56	193	Christine Mowle	East Essex Tri	FG	00:07:22	71	3	00:37:08	45	1	46	1	00:21:33	75	3	01:06:03	1
57	171	Mark Askew	essex county fire & rescue	MI	00:07:59	97	14	00:37:26	53	6	54	7	00:20:45	47	8	01:06:10	9
58	180	Myles Rapley	Essex Fire Service	MH	00:08:10	105	22	00:36:58	43	12	52	14	00:21:04	55	9	01:06:12	13
59	90	Jon Metcalf		MI	00:08:36	122	16	00:37:56	59	7	68	9	00:20:01	39	6	01:06:33	10
60	11	Chris Milne	East Essex Tri	MJ	00:09:10	143	11	00:36:34	35	2	60	5	00:21:22	68	4	01:07:06	5
61	196	Andrew Ridley	East Essex Tri	MG	00:06:58	50	11	00:38:30	65	14	56	12	00:21:40	78	13	01:07:08	13
62	158	Simon Jolly	Tri Sport Epping	MH	00:06:48	43	7	00:36:19	29	11	33	11	00:24:22	135	30	01:07:29	14
63	190	Zena Shean		FH	00:07:03	59	2	00:39:43	79	2	71	2	00:20:45	48	1	01:07:31	1
64	85	Steve Lambert		MH	00:09:34	152	35	00:37:19	50	13	72	18	00:21:05	57	10	01:07:58	15
65	83	Matthew Norris		MF	00:08:25	120	11	00:39:00	68	7	78	10	00:20:44	46	7	01:08:09	8
66	160	Neil Delgaty	Tri Sport Epping	MH	00:06:58	49	10	00:37:46	57	16	48	13	00:23:30	115	26	01:08:14	16
67	2	Martin Palmer	East Essex Tri	MF	00:06:12	22	2	00:42:11	109	12	88	11	00:19:54	35	5	01:08:17	9
68	118	Karl Charvat	Tonbridge Tri	MH	00:07:08	61	15	00:39:02	70	18	65	16	00:22:16	88	19	01:08:26	17
69	91	Kevin Gregory	Thrift Green Trotters	ME	00:07:12	66	4	00:40:23	84	4	79	5	00:21:03	53	4	01:08:38	4
70	86	Natalie Bent	Larkfield Ac	FE	00:08:15	110	1	00:37:39	55	1	63	1	00:22:53	106	2	01:08:47	1

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71	177	Peter Guy	essex fire	ME	00:06:08	19	2	00:40:30	86	5	69	4	00:22:11	87	6	01:08:49	5
72	184	Janet Burrows	East Essex Tri	FH	00:07:12	67	3	00:38:24	64	1	57	1	00:23:17	112	6	01:08:53	2
73	106	Martin Long	SLH Tri	MJ	00:07:50	92	7	00:39:33	77	6	76	6	00:21:38	77	7	01:09:01	6
74	27	Neha Dabhi	Tri Sport Epping	FA	00:05:45	9	1	00:41:36	102	1	75	1	00:21:46	82	1	01:09:07	1
75	175	Merv Williams	Essex Fire Service	MH	00:09:56	159	37	00:38:14	62	17	86	21	00:21:08	61	12	01:09:18	18
76	58	Elliot Ryan	East Essex Tri	MD	00:08:41	123	7	00:36:47	41	1	55	2	00:24:00	126	3	01:09:28	2
77	10	Mark Bidston	East Essex Tri	MH	00:08:20	115	25	00:39:04	71	19	77	19	00:22:30	91	20	01:09:54	19
78	81	Dan Jenkins		MH	00:08:54	135	33	00:37:30	54	15	66	17	00:23:36	117	27	01:10:00	20
79	108	Simon Myles	Essex Roads CC	MF	00:08:00	99	10	00:39:01	69	8	74	9	00:23:00	108	10	01:10:01	10
80	104	Jon King		MH	00:08:42	126	28	00:40:33	87	22	94	23	00:20:49	49	8	01:10:04	21
81	154	Mike Wheatley	Tri Sport Epping	MJ	00:07:52	94	8	00:39:43	78	7	80	7	00:22:29	90	8	01:10:04	7
82	167	Geraldine Howard	Tri Sport Epping	FH	00:07:25	75	4	00:40:34	88	3	85	3	00:22:05	86	2	01:10:04	3
83	166	Steve Bunce	Tri Sport Epping	MJ	00:07:24	74	5	00:40:29	85	9	84	8	00:22:35	94	9	01:10:28	8
84	116	Lee Gamble		MF	00:06:45	37	4	00:39:58	81	10	70	8	00:23:59	125	12	01:10:42	11
85	80	Paul Gammon		MI	00:09:59	160	21	00:39:05	72	10	93	13	00:21:42	80	12	01:10:46	11
86	16	Colin King	East Essex Tri	MD	00:06:56	47	4	00:39:33	76	3	67	3	00:24:25	136	5	01:10:54	3
87	76	Terry Newland	Farrow Triathlon Club	MI	00:09:05	138	17	00:38:39	67	9	81	11	00:23:33	116	17	01:11:17	12
88	96	Julian Tite		MG	00:08:23	119	16	00:41:10	96	15	96	15	00:21:48	83	14	01:11:21	14
89	111	Dave Southgate	BLACKWATER TRI	MH	00:07:29	78	18	00:40:16	82	21	82	20	00:23:43	119	28	01:11:28	22
90	139	John Beuvink		MJ	00:06:23	29	3	00:43:45	127	11	105	10	00:21:24	69	5	01:11:32	9
91	186	Dawn Muggleton	East Essex Tri	FI	00:07:08	63	1	00:43:11	117	2	108	2	00:21:13	64	1	01:11:32	1
92	194	Mark Hogan	East Essex Tri	MI	00:08:19	114	15	00:40:43	89	13	92	12	00:22:38	96	14	01:11:40	13
93	4	Gemma Tune	East Essex Tri	FD	00:07:03	57	1	00:40:48	91	1	83	1	00:23:56	124	2	01:11:47	1
94	182	Graham Paisley	East Essex Tri	MH	00:09:15	145	34	00:41:28	100	26	112	27	00:21:18	66	14	01:12:01	23
95	109	Mark Mcgiddy		MH	00:08:22	118	26	00:42:08	108	29	109	26	00:21:32	73	16	01:12:02	24
96	23	Tom Giggins	East Essex Tri	MA	00:07:11	65	3	00:43:24	119	3	110	3	00:21:46	81	3	01:12:21	3
97	13	Andy Dawbarn	East Essex Tri	MH	00:08:42	124	27	00:41:12	97	25	100	25	00:22:35	93	21	01:12:29	25
98	195	Matthew Edwards	Essex Fire Service	ME	00:06:56	48	3	00:43:00	115	7	101	6	00:22:35	95	7	01:12:31	6
99	157	Wendy Read	Tri Sport Epping	FK	00:08:02	100	1	00:40:49	92	1	90	1	00:23:47	122	1	01:12:38	1
100	112	Gail Royston		FE	00:08:21	117	2	00:44:05	129	2	128	2	00:20:13	42	1	01:12:39	2
101	165	Roy Fleming	Tri Sport Epping EAST LONDON	MG	00:08:44	128	17	00:41:25	99	16	106	16	00:22:31	92	15	01:12:40	15
102	140	Dede Singh Mark Andrew	TRIATHLETES	MH	00:06:20	28	4	00:41:54	105	28	87	22	00:24:39	141	33	01:12:53	26
103	119	Jackson	Mid-Essex Casuals	MI	00:09:09	140	19	00:42:43	112	15	121	17	00:21:11	63	10	01:13:03	14
104	9	Trevor Hand	East Essex Tri	MJ	00:08:10	104	9	00:40:21	83	8	89	9	00:24:34	139	12	01:13:05	10
105	12	Sue Fuller	East Essex Tri	FI	00:07:54	96	2	00:41:02	95	1	91	1	00:24:09	129	2	01:13:05	2

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106	56	Robert Thomson	MG	00:11:18	175	21	00:38:02	60	13	95	14	00:23:54	123	18	01:13:14	16	
107	99	Peter Wright	MF	00:07:15	68	5	00:42:38	111	13	99	12	00:23:44	120	11	01:13:37	12	
108	110	Paula Purtell	blackwater harriers	FH	00:07:41	89	6	00:43:36	123	6	114	5	00:22:41	98	3	01:13:58	4
109	92	Leasa Ramsbotham	FH	00:08:19	111	8	00:42:16	110	4	111	4	00:23:24	113	7	01:13:59	5	
110	120	Karen Coulson	Blackwater Tri	FG	00:06:59	52	1	00:43:09	116	2	104	2	00:24:15	130	5	01:14:23	2
111	103	Nigel Cooper		MH	00:09:56	158	36	00:41:39	103	27	116	30	00:22:51	101	22	01:14:26	27
112	161	John Dyer	Tri Sport Epping	MI	00:07:33	81	9	00:42:05	106	14	97	14	00:24:55	143	19	01:14:33	15
113	18	Neil Kirsh	East Essex Tri	MH	00:08:12	106	23	00:43:31	121	30	117	31	00:22:52	102	23	01:14:35	28
114	168	Richard Lee	Tri Sport Epping	MH	00:10:48	167	38	00:40:44	90	23	115	29	00:23:05	109	25	01:14:37	29
115	1	Jo Bidston	East Essex Tri	FH	00:08:57	136	11	00:43:15	118	5	124	6	00:22:50	100	4	01:15:02	6
116	14	Simon Tippett	East Essex Tri	MG	00:11:02	171	20	00:41:32	101	17	130	18	00:22:44	99	16	01:15:18	17
117	176	Mark Stock	Essex Fire Service	MH	00:08:46	130	31	00:40:54	94	24	98	24	00:25:47	149	34	01:15:27	30
118	78	Paul Rawlison		ML	00:09:45	154	2	00:43:45	126	2	134	2	00:22:03	85	2	01:15:33	2
119	72	Joanne Sullivan		FG	00:08:49	132	6	00:45:25	141	3	138	3	00:21:28	70	2	01:15:42	3
120	8	Greig Avery	East Essex Tri	MF	00:09:10	142	13	00:40:52	93	11	103	13	00:25:44	148	13	01:15:46	13
121	79	Leon Thomas		MH	00:08:12	108	24	00:43:38	125	33	119	32	00:24:22	134	29	01:16:12	31
122	6	Janice Brown	East Essex Tri	FH	00:07:38	86	5	00:44:51	134	7	129	7	00:23:45	121	8	01:16:14	7
123	39	Tim Janes		ME	00:11:00	170	9	00:41:18	98	6	126	7	00:24:02	127	8	01:16:20	7
124	64	Steven Butler		MD	00:11:57	178	8	00:43:30	120	4	147	7	00:21:05	56	2	01:16:32	4
125	93	Lisa Southon		FF	00:08:12	109	1	00:46:46	151	1	141	1	00:21:41	79	1	01:16:39	1
126	63	Aimee Drane		FD	00:09:27	149	2	00:44:23	130	2	136	2	00:22:52	104	1	01:16:42	2
127	15	Rob Ambridge	East Essex Tri	MH	00:06:59	51	11	00:45:21	139	34	127	34	00:24:32	138	31	01:16:52	32
128	62	Matt Bond		MH	00:08:46	129	30	00:43:31	122	31	125	33	00:24:36	140	32	01:16:53	33
129	43	Steve Macdonald	MPTC	MJ	00:08:12	107	10	00:42:07	107	10	107	11	00:26:49	159	13	01:17:08	11
130	89	Grant Greatrex		MI	00:07:06	60	7	00:42:54	114	17	102	15	00:27:09	161	20	01:17:09	16
131	125	Kevin Payne	Portsmouth Triathletes	MD	00:06:46	41	3	00:46:02	146	6	131	6	00:24:21	133	4	01:17:09	5
132	95	Ian Woolley		MI	00:09:07	139	18	00:46:02	145	21	144	20	00:22:18	89	13	01:17:27	17
133	74	Mike Hayward	castle point joggers	MI	00:09:45	153	20	00:45:14	138	19	142	19	00:22:41	97	15	01:17:40	18
134	114	Jacqueline Riley															
134	114	Chubb	Ipswich Triathlon Club	FH	00:08:19	112	9	00:45:21	140	9	135	8	00:24:07	128	9	01:17:47	8
135	48	Ian Bartram	Castle point joggers	MI	00:12:04	180	23	00:42:52	113	16	139	18	00:22:58	107	16	01:17:54	19
136	88	Jeff Brown		MG	00:10:09	162	18	00:41:54	104	18	122	17	00:26:01	153	19	01:18:04	18
137	126	Graeme Silcock	Team Viper	MD	00:07:41	90	5	00:44:30	132	5	123	5	00:25:53	151	7	01:18:04	6
138	36	Tony Dennis	Castle Point Joggers	MG	00:10:42	166	19	00:44:34	133	19	145	19	00:22:52	103	17	01:18:08	19
139	100	Morgan Reddish	Benfleet RC	MH	00:07:30	79	19	00:43:37	124	32	113	28	00:27:05	160	35	01:18:12	34

# Wilkins Kennedy Grays Triathlon

29 June 2008

Race Num	Name	Club	Cat	Swim			Bike					Run			Overall		
				Time	Swim Place	Place in Cat	Time	Bike Place	Place in Cat	After Bike Place	Place in Cat	Time	Run Overall	Place in Cat	Time	Place in Cat	
140	52	Stephen Hampshire	Farrow Tri Club	MJ	00:09:56	157	12	00:45:01	136	12	140	12	00:23:25	114	10	01:18:22	12
141	3	Mandy Smith	East Essex Tri	FI	00:08:54	134	3	00:44:25	131	3	132	3	00:25:04	145	4	01:18:23	3
142	87	Jan Swallow	Tri Sport Epping	FK	00:09:28	150	2	00:43:59	128	2	133	2	00:25:40	147	2	01:19:07	2
143	33	Jarlath Scannell		ME	00:09:24	148	7	00:45:54	143	8	146	8	00:25:02	144	9	01:20:20	8
144	153	Amanda Heslegrave	Tri Sport Epping	FG	00:09:45	155	9	00:46:55	152	5	153	5	00:24:18	131	6	01:20:58	4
145	34	Adam Jarosz	Sutton Runners	MH	00:08:44	127	29	00:50:08	167	37	161	37	00:22:53	105	24	01:21:45	35
146	151	Elaine Banville	Tri Sport Epping	FG	00:11:09	173	11	00:47:31	155	6	160	8	00:23:08	110	4	01:21:48	5
147	127	Toni Balaam	Benfleet Running Club	FG	00:07:02	56	2	00:48:54	159	7	150	4	00:25:56	152	8	01:21:52	6
148	38	Neil Thorpe		MH	00:07:52	93	20	00:46:10	148	35	137	35	00:27:54	162	36	01:21:56	36
149	47	Luke Greatrex		MD	00:08:21	116	6	00:48:49	158	8	154	8	00:25:06	146	6	01:22:16	7
150	17	Dave Knight	East Essex Tri	MI	00:06:46	40	4	00:44:58	135	18	118	16	00:31:03	175	22	01:22:47	20
151	54	Nick Mccullagh	Castle Point Joggers	MJ	00:12:37	183	13	00:46:29	150	13	163	13	00:23:41	118	11	01:22:47	13
152	135	Pauline Tester	Redbridge Master SC	FH	00:06:59	54	1	00:52:56	177	12	167	10	00:23:17	111	5	01:23:12	9
153	50	Kate Cammidge	Castle Point Joggers	FI	00:12:45	185	8	00:46:08	147	4	162	5	00:24:40	142	3	01:23:33	4
154	136	Colin Stringer	Redbridge Master SC	MI	00:06:47	42	5	00:52:19	175	23	164	23	00:24:29	137	18	01:23:35	21
155	60	Peter Bacon		MG	00:07:35	83	13	00:50:04	166	21	158	21	00:26:22	155	20	01:24:01	20
156	46	Deborah Salter		FH	00:10:22	163	12	00:45:12	137	8	149	9	00:28:32	166	11	01:24:06	10
157	57	Debbie Appleton		FG	00:09:31	151	8	00:54:39	182	13	180	13	00:20:03	41	1	01:24:13	7
158	102	Julie Dempsey		FI	00:09:23	147	4	00:48:13	157	5	157	4	00:26:39	157	5	01:24:15	5
159	53	Leanne Johnson		FE	00:09:12	144	4	00:46:56	153	3	151	3	00:28:12	164	3	01:24:20	3
160	84	Antony Moon		ME	00:10:49	168	8	00:52:26	176	9	178	9	00:21:20	67	5	01:24:35	9
161	55	Michael Phillips	Havering 90 Joggers	ML	00:11:12	174	3	00:49:56	163	3	172	3	00:24:19	132	3	01:25:27	3
162	35	Catherine Brook		FG	00:09:46	156	10	00:50:04	165	9	166	9	00:25:52	150	7	01:25:42	8
163	82	Helen Skinner	Benfleet Running Club	FG	00:09:19	146	7	00:50:43	170	11	168	10	00:26:06	154	9	01:26:08	9
164	105	Gaetano Sorce	Farrow Tri Club	MG	00:07:33	80	12	00:47:57	156	20	148	20	00:30:49	173	21	01:26:19	21
165	142	Daniel Mason		MD	00:05:24	5	1	00:46:27	149	7	120	4	00:34:45	183	8	01:26:36	8
166	66	Brian Spence	53-12	MH	00:08:05	102	21	00:46:59	154	36	143	36	00:31:40	178	40	01:26:44	37
167	68	Rachel Welch		FG	00:08:42	125	5	00:51:31	172	12	170	11	00:26:46	158	11	01:26:59	10
168	113	Colin Shortland		MI	00:07:39	88	12	00:49:41	162	22	156	22	00:29:55	169	21	01:27:15	22
169	59	Gina Gordon		FG	00:11:48	177	12	00:45:31	142	4	155	6	00:30:56	174	12	01:28:15	11
170	30	Tracey Gurr	havering 90 joggers	FG	00:12:41	184	13	00:49:30	161	8	175	12	00:26:28	156	10	01:28:39	12
171	44	Jayne Hayward	Castle Point Joggers	FH	00:11:32	176	13	00:49:08	160	10	171	12	00:28:28	165	10	01:29:08	11
172	5	Sarah Carter	East Essex Tri	FG	00:07:50	91	4	00:50:09	168	10	159	7	00:31:49	179	13	01:29:48	13
173	69	Brian Welch		MH	00:08:49	131	32	00:50:55	171	38	165	38	00:31:27	177	39	01:31:11	38
174	98	Jayne Beuvink		FH	00:08:05	103	7	00:52:00	174	11	169	11	00:31:07	176	12	01:31:12	12

