

MEN

Position	Name	Club	Category	Time
1	Tom Beedell	Thrift Green Trotters		00:25:51.280
2	Crispian Bloomfield	Billericay Strider	V	00:25:58.100
3	Gus Withers	Leigh on Sea Striders		00:26:18.120
4	Liviu Ionita	Barking Road Runners		00:27:14.380
5	James Caldon	Benfleet Running Club		00:27:16.740
6	Kieran O'Doherty	Billericay Strider		00:27:20.170
7	Matibini Matibini	Leigh on Sea Striders	V	00:27:31.120
8	Chris O'Hara	Billericay Strider		00:27:38.090
9	Lee Baynton	Benfleet Running Club		00:27:40.060
10	Kurtis Swan	Billericay Strider		00:27:45.220
11	Paul Grange	Dagenham 88	V	00:27:47.720
12	Andy Low	Benfleet Running Club	V	00:27:48.780
13	George Watts	Benfleet Running Club		00:28:07.260
14	Gavin Watts	Havering 90		00:28:12.910
15	Stephen Philcox	Barking Road Runners	V	00:28:32.640
16	Barry Smith	Havering 90		00:28:38.870
17	Terry Spooner	Benfleet Running Club	V	00:28:42.480
18	Dean Ovel	Leigh on Sea Striders	V	00:28:56.320
19	Jack Morris	Pitsea Running Club		00:29:02.650
20	Sean McFarlane	Leigh on Sea Striders	V	00:29:13.940
21	Gary Coombes	Dagenham 88	V	00:29:16.850
22	Paul Ruffy	Benfleet Running Club	V	00:29:29.110
23	John Barker	Thrift Green Trotters	V	00:29:39.170
24	Ralph Mullan	Tri Sport Epping	V	00:29:41.810
25	Spencer Welch	Billericay Strider	V	00:29:52.810
26	David Doel	Thrift Green Trotters		00:29:56.840
27	Billy Burroughs	Benfleet Running Club		00:30:05.160
28	Peter Barrett	Thrift Green Trotters	V	00:30:10.210
29	Stuart Cable	Leigh on Sea Striders	V	00:30:10.800
30	Simon Theobald	Tri Sport Epping	V	00:30:19.060
31	James Simons	Tri Sport Epping		00:30:22.160
32	Graham Booty	Benfleet Running Club	V	00:30:33.390
33	Simon Le Mare	Leigh on Sea Striders	V	00:30:37.180
34	Matt Bird	Benfleet Running Club		00:30:38.250
35	Elliott Cone	Leigh on Sea Striders	V	00:30:43.350
36	Ian Toal	Rochford Running Club	V	00:30:45.830
37	Alan Clark	Benfleet Running Club	V	00:30:47.890
38	Andy Prior	Leigh on Sea Striders		00:30:48.970
39	Adam Lysons	Leigh on Sea Striders		00:30:51.500
40	Richard Jones	Benfleet Running Club	V	00:31:00.220
41	Philip Ellul	Barking Road Runners		00:31:03.970
42	Pete Stalley	Benfleet Running Club	V	00:31:05.910
43	Daniel Elwood	Havering 90		00:31:07.480
44	James Lowndes	Barking Road Runners		00:31:13.060
45	Nick Rankin	Benfleet Running Club	V	00:31:17.820
46	Richard Bonham	Castle Point Joggers	V	00:31:25.400
47	Pete Tullett	Billericay Strider		00:31:28.250
48	David Butler	Billericay Strider		00:31:29.860
49	Ian George	East Essex Tri	V	00:31:31.100
50	Mark Gowers	Billericay Strider	V	00:31:34.190
51	David Cox	East Essex Tri	V	00:31:36.440
52	Mike Woodward	Pitsea Running Club	V	00:31:39.310
53	Brian Fry	Havering 90	V	00:31:41.160
54	Jerry Bethell	Leigh on Sea Striders		00:31:53.860
55	Tony Hyde	Pitsea Running Club	V	00:32:07.600
56	Martin Palmer	East Essex Tri	V	00:32:12.970
57	Keith Thornton	Thrift Green Trotters	V	00:32:14.820
58	Phil Nipaard	Rochford Running Club		00:32:27.600
59	Roy Harwood	Benfleet Running Club	V	00:32:29.530
60	James Burns	Leigh on Sea Striders		00:32:31.390
61	Diarmuid MacDonnell	Barking Road Runners	V	00:32:38.300
62	Christian Gray	East Essex Tri		00:32:44.910
63	Phil Olson	Thrift Green Trotters	V	00:32:48.880
64	Matt Stenning	Billericay Strider	V	00:32:52.820
65	Keiran McGill	Benfleet Running Club	V	00:33:01.040
66	Scott Thrush	Leigh on Sea Striders		00:33:05.740
67	David Harrell	Benfleet Running Club		00:33:08.220
68	Rick Wade	Castle Point Joggers	V	00:33:12.840
69	Andrew Dennett	East Essex Tri		00:33:17.320
70	Paul Prior	Dagenham 88	V	00:33:22.720
71	Bill Smith	East Essex Tri	V	00:33:25.960
72	Danny Moody	Tri Sport Epping	V	00:33:28.180
73	Ian Pike	Benfleet Running Club	V	00:33:34.340
74	Peter Kerr	Leigh on Sea Striders		00:33:35.180
75	Kevin Wotton	Barking Road Runners	V	00:33:49.680
76	Paul Ward	Barking Road Runners	V	00:33:56.060
77	Bob King	Rochford Running Club		00:33:58.720
78	Nick Jelley	Billericay Strider	V	00:34:01.450
79	Doug Stephens	Benfleet Running Club	V	00:34:16.190
80	Danny Ward	Thrift Green Trotters	V	00:34:19.500
81	Adam Poulton	Castle Point Joggers	V	00:34:24.280
82	Martin Howlett	Castle Point Joggers	V	00:34:30.980
83	Gary Flint	Havering 90	V	00:34:32.870
84	Martin Page	Barking Road Runners	V	00:34:33.470
85	John Sweeney	Castle Point Joggers	V	00:34:40.160
86	Ian Gill	East Essex Tri	V	00:34:41.150
87	Colin White	Billericay Strider	V	00:34:41.900
88	Matt Barrett	Leigh on Sea Striders		00:34:47.760
89	Rondan Quinn	Leigh on Sea Striders		00:34:58.780
90	Jonathan Wyatt	East Essex Tri	V	00:35:09.190
91	Wayne Smith	Leigh on Sea Striders		00:35:14.610
92	Colin Jones	Barking Road Runners	V	00:35:43.340
93	Grant England	Billericay Strider	V	00:35:47.060
94	Tom overing	Rochford Running Club		00:36:15.290
95	Ron Vials	Barking Road Runners	V	00:36:25.060
96	Roy Fleming	Billericay Strider	V	00:36:25.550

97	Colin Dunn	Castle Point Joggers	V	00:36:28.770
98	Phil Priest	Leigh on Sea Striders		00:36:36.380
99	Andrew Watson	Benfleet Running Club	V	00:36:41.670
100	Trevor Cooper	Barking Road Runners		00:36:44.010
101	Adison Poulton	Castle Point Joggers		00:36:48.090
102	Stuard Burr	Barking Road Runners	V	00:36:51.500
103	Rob West	Leigh on Sea Striders		00:36:57.070
104	Gary Rowley	East Essex Tri	V	00:36:57.500
105	Darren Hutchinson	Tri Sport Epping	V	00:37:00.280
106	Graham Douglass	Benfleet Running Club	V	00:37:17.560
107	Aaron Salmon	Leigh on Sea Striders		00:37:23.450
108	Derek Page	Castle Point Joggers	V	00:37:35.780
109	Barry Key	Benfleet Running Club	V	00:37:40.120
110	Richard Haidon	Dagenham 88		00:37:53.350
111	Paul Franklin	Castle Point Joggers	V	00:37:56.120
112	Daniel Hobbs	Castle Point Joggers		00:38:03.990
113	Rob Smith	Pitsea Running Club	V	00:38:05.530
114	Steve Luck	Leigh on Sea Striders		00:38:15.780
115	Richard Harmer	Thrft Green Trotters	V	00:38:23.500
116	James Kane	East Essex Tri	V	00:38:30.010
117	Laurence Harrison	Billericay Strider	V	00:38:32.790
118	Daniel Plawiak	Barking Road Runners	V	00:38:38.020
119	Barry Weldon	Billericay Strider	V	00:38:42.970
120	Cliff King	Castle Point Joggers	V	00:38:48.050
121	Dave Wald	Leigh on Sea Striders		00:38:52.190
122	Chris Huggins	Pitsea Running Club	V	00:39:03.280
123	Toby Knight	East Essex Tri	V	00:39:10.260
124	Dave Everett	Rochford Running Club	V	00:39:16.030
125	Andrew Gwilliam	Barking Road Runners	V	00:39:20.810
126	James Bowker	Rochford Running Club	V	00:39:21.800
127	Phil Baker	Tri Sport Epping	V	00:39:25.220
128	Micheal Haylett	Leigh on Sea Striders		00:39:26.840
129	Roger Everard	Pitsea Running Club	V	00:39:29.290
130	Mark Freeman	Rochford Running Club	V	00:39:31.060
131	Bruce Mail	Havering 90		00:39:31.920
132	George Anderson-Brown	Leigh on Sea Striders		00:39:36.000
133	Roger Hagan	Havering 90	V	00:39:50.530
134	Rick Deacon	Billericay Strider	V	00:39:56.720
135	Bruce Knowles	Havering 90	V	00:39:57.820
136	Joaquin Polo	Havering 90	V	00:39:59.600
137	Andrew McKeown	Leigh on Sea Striders		00:40:07.890
138	Mike Hayward	Castle Point Joggers	V	00:40:21.560
139	John Tracey	Pitsea Running Club	V	00:40:39.330
140	Paul Omer	Pitsea Running Club	V	00:40:44.660
141	Andy Pinniep	Leigh on Sea Striders		00:40:49.230
142	Martyn Swain	Benfleet Running Club	V	00:40:52.100
143	Keith Linburn	Leigh on Sea Striders		00:40:55.620
144	Clive Bailey	Rochford Running Club	V	00:41:14.170
145	Kevin Judge	Benfleet Running Club	V	00:41:16.720
146	Graham Smith	Leigh on Sea Striders		00:41:17.330
147	Ian Walker	Castle Point Joggers	V	00:41:31.000
148	Ian Bartram	Castle Point Joggers	V	00:41:33.430
149	Barry Kay	Rochford Running Club	V	00:41:37.030
150	Dennis Mole	Havering 90	V	00:42:05.560
151	Guy Hitchett	Havering 90	V	00:42:07.310
152	Matt Debenham	Castle Point Joggers		00:42:13.380
153	Steve Pettitt	Leigh on Sea Striders		00:42:16.300
154	Bob Prigg	Leigh on Sea Striders		00:42:22.910
155	Gareth Smith	Castle Point Joggers		00:42:36.640
156	Mick Peggall	Dagenham 88		00:42:42.300
157	Keith Walker	Billericay Strider	V	00:42:48.280
158	Mick Davison	Barking Road Runners	V	00:43:06.290
159	Ty McKeown	Castle Point Joggers	V	00:43:18.060
160	Gary Walsh	Leigh on Sea Striders		00:43:58.360
161	Ron Seddon	Havering 90	V	00:44:36.480
162	Luke Bonham	Castle Point Joggers		00:44:45.850
163	Nic Rivers	Leigh on Sea Striders		00:44:59.390
164	David Christy	Rochford Running Club	V	00:46:11.940
165	Chris Cammidge	Castle Point Joggers	V	00:46:12.410
166	Martin Mason	Barking Road Runners	V	00:46:17.020
167	Alain Cooper	Barking Road Runners	V	00:46:35.880
168	Leigh Mooring	Dagenham 88		00:47:01.570
169	Tom Coughlan	Barking Road Runners		00:47:32.320
170	Rob Kleider	East Essex Tri	V	00:47:34.400
171	Trevor Hand	East Essex Tri	V	00:47:39.670
172	Gary Harford	Barking Road Runners	V	00:48:29.110
173	Darren Radford	Havering 90	V	00:49:04.250
174	Brian Slade	Havering 90	V	00:49:05.070
175	Rob Courtier	Barking Road Runners	V	00:49:14.540
176	Raymon Miah	Barking Road Runners		00:49:42.760
177	Jim Jennett	Leigh on Sea Striders		00:50:22.630
178	Ron Dobie	Havering 90	V	00:50:58.650
179	Kresh Veerasamy	Barking Road Runners	V	00:51:28.690
180	Antony Maughan	Barking Road Runners	V	00:51:45.940
181				00:51:47.970
182	Henry Monaghan	Havering 90	V	00:52:10.450
183	Les Jay	Barking Road Runners	V	00:52:32.380
184	Keith Penfold	Havering 90	V	00:54:27.600
185	Peter McLaughlin	Pitsea Running Club	V	00:54:41.700
186	Steve Sheekey	Havering 90	V	00:58:37.760
187	Micky Ball	Barking Road Runners	V	01:01:03.010

LADIES

Position	Name	Club	Category	Time
1	Emma Prideaux	Billericay Striders	V	00:30:23.950
2	Rosa Prideaux	Billericay Striders		00:30:54.510
3	Sinead Clark	Benfleet Running Club		00:32:01.230
4	Hannah Watson	Benfleet Running Club		00:32:21.190
5	Nicola Bredin	Benfleet Running Club		00:32:34.420
6	Deborah Appleton	East Essex Tri	V	00:32:44.510
7	Andrea Hughes	Leigh on Sea Striders	V	00:32:48.930
8	Samantha Pickett	Leigh on Sea Striders		00:33:55.200
9	Hayley Pegg	Thriff Green Trotters		00:34:09.990
10	Janice Brown	East Essex Tri	V	00:34:38.020
11	Sally Baker	Tri Sport Epping	V	00:35:34.130
12	Kathleen Short	Thriff Green Trotters	V	00:35:40.820
13	Katie Spicer	Leigh on Sea Striders	V	00:35:48.440
14	Rebecca Gill	East Essex Tri	V	00:36:29.820
15	Joanne Sullivan	East Essex Tri	V	00:36:58.320
16	Caroline Tuck	Dagenham 88	V	00:37:04.350
17	Jacqui Watson	Benfleet Running Club	V	00:37:18.370
18	Jenny Harley	East Essex Tri	V	00:37:43.880
19	Clare Worley	Billericay Striders		00:38:14.350
20	Ruth Havis	Billericay Striders	V	00:38:18.830
21	Nikki Leigh	Benfleet Running Club	V	00:38:23.020
22	Laura Mason	East Essex Tri		00:38:30.850
23	Amy Gornall	Thriff Green Trotters		00:38:32.070
24	Hollie Boyd	Leigh on Sea Striders		00:38:41.160
25	Chris Deacon	Billericay Striders	V	00:38:57.910
26	Helen Kidgell	Leigh on Sea Striders		00:39:03.830
27	Christina Edwards	Castle Point Joggers		00:39:07.360
28	Fiona Walker	Leigh on Sea Striders		00:39:26.200
29	Nikky Steadman	Thriff Green Trotters		00:39:27.720
30	Christine Vernon	Leigh on Sea Striders		00:39:29.630
31	Anne Hoeb	Castle Point Joggers		00:39:35.340
32	Clare Hills	Thriff Green Trotters	V	00:39:41.290
33	Nina Barrett	Thriff Green Trotters	V	00:40:06.630
34	Tina Reeve	Leigh on Sea Striders		00:40:36.160
35	Kelly McClenaghan	Benfleet Running Club	V	00:40:41.230
36	Jo Ling	Billericay Striders	V	00:40:47.990
37	Jo Pearce	Pitsea Running Club	V	00:41:00.860
38	Amanda Heseslegrave	Barking Road Runners	V	00:41:13.260
39	Elisha Letley	Leigh on Sea Striders		00:41:31.420
40	Wendy Read	Tri Sport Epping	V	00:41:34.050
41	Roxanne George	Leigh on Sea Striders		00:41:54.480
42	Danielle Robarts	Rochford Road Runners		00:41:56.670
43	Zena Shean	East Essex Tri	V	00:42:03.980
44	Lynsey Cornwell	Havering 90	V	00:42:08.430
45	Alice Raffill	Leigh on Sea Striders		00:42:11.200
46	Jemma Lee	Leigh on Sea Striders		00:42:13.320
47	Caroline Cogdell	Pitsea Running Club	V	00:42:30.280
48	Cristina Cooper	Barking Road Runners	V	00:42:39.780
49	Ellie Mole	Havering 90		00:42:54.950
50	Stacy Harmer	Thriff Green Trotters	V	00:42:55.740
51	Jo Hall	Leigh on Sea Striders		00:42:59.600
52	Emma Conroy	Rochford Road Runners	V	00:43:02.780
53	Victoria Hopkins	East Essex Tri	V	00:43:06.410
54	Bahana Islam	Dagenham 88	V	00:43:21.290
55	Gina Gordon-Harris	East Essex Tri	V	00:43:38.800
56	Carol Drake	Leigh on Sea Striders		00:43:55.160
57	Kairen Hart	Castle Point Joggers		00:44:01.420
58	Tania Hagan	Leigh on Sea Striders		00:44:05.280
59	Catherine Maylin	Castle Point Joggers	V	00:44:05.960
60	kim Holland-Todd	Leigh on Sea Striders		00:44:06.980
61	Angela Smith	Pitsea Running Club	V	00:44:21.040

62	Debbie Dunn	Castle Point Joggers	V	00:44:40.010
63	Gail Alexander	Leigh on Sea Striders		00:44:40.860
64	Eleanor Carmichael	Leigh on Sea Striders		00:44:44.820
65	Kate Pettit	Havering 90		00:44:45.540
66	Sarah Cristofano	Benfleet Running Club	V	00:45:07.330
67	Jo Harding	Rochford Road Runners	V	00:45:27.010
68	Marion Breeze	Pitsea Running Club	V	00:45:37.950
69	Louise Hammond	Billericay Striders	V	00:45:43.440
70	Kerry Slessor	Leigh on Sea Striders		00:45:45.200
71	Denise Kemp	East Essex Tri	V	00:45:52.100
72	Natalie Traylen	Barking Road Runners	V	00:46:11.920
73	Gillian Harrison	Pitsea Running Club	V	00:46:22.630
74	Lisa Westwick	Leigh on Sea Striders		00:46:34.160
75	Hannah Kane	East Essex Tri		00:46:35.210
76	Lynn Rivers	Leigh on Sea Striders		00:47:17.670
77	Catherine Patterson	Leigh on Sea Striders		00:47:18.700
78	Dcollette Noad	Rochford Road Runners	V	00:47:19.040
79	Caroline Wallis	Pitsea Running Club	V	00:47:30.860
80	Annette Johnson	Benfleet Running Club	V	00:47:32.010
81	Julia Davson	Rochford Road Runners	V	00:47:32.790
82	Danielle Taylor	Pitsea Running Club	V	00:47:35.660
83	Charlotte Owen	Barking Road Runners		00:47:36.250
84	Debbie Priest	Leigh on Sea Striders		00:48:36.460
85	Emma O'Shea	Dagenham 88		00:48:46.630
86	Teresa Flannigan	East Essex Tri	V	00:48:55.290
87	Timi Veerasamy	Dagenham 88	V	00:49:01.320
88	Sara Omer	Pitsea Running Club	V	00:49:15.060
89	Susanna Hunt	Benfleet Running Club		00:49:21.970
90	Clair Downham	Leigh on Sea Striders		00:49:30.890
91	Sally McKeown	Leigh on Sea Striders		00:49:48.530
92	Beverley Eagles	Dagenham 88		00:50:02.100
93	Jackie Woodroffe	Thrift Green Trotters	V	00:50:43.200
94	Georgina McMaster	Leigh on Sea Striders		00:51:06.400
95	Jan Steed	Castle Point Joggers	V	00:51:51.010
96	Alison Fryatt	Barking Road Runners	V	00:51:53.180
97	Ellen McPhillips	Leigh on Sea Striders		00:52:01.600
98	Chloe White	Billericay Striders		00:52:44.330
99	Laura Kelly	Havering 90		00:53:00.190
100	Kathy Scourfield	Billericay Striders	V	00:53:52.380
101	Maria Bartlett	Barking Road Runners	V	00:54:43.500
102	Sara Prior	Dagenham 88		00:55:06.760
103	Nikki Cranmer	Barking Road Runners	V	00:55:10.570
104	Helissa Lowndes	Barking Road Runners	V	00:55:21.240
105	Suzanne Green	Havering 90	V	00:55:49.510
106	Denise Woolston	Dagenham 88		00:57:40.050
107	Maria Brill	Havering 90	V	00:58:37.670
108	Irene Campden	Dagenham 88		00:59:08.800
109	Carol Mooring	Dagenham 88		00:59:09.450
110	Chloe West	Leigh on Sea Striders		01:02:53.600
111	Josie Hughes	Havering 90	V	01:03:12.710