

No	Name	Group	Team	Sex	Age	Resident Yes	Team List
1	Paul Prior	V50	Dagenham 88	M	50		Barking Road Runners
2	Rachel Jackson	SW	Tiptree Road Runners	F	34		Basildon AC
3	Phill Clarke	V40	U/A	M	49		Benfleet RC
4	Thomas Morris-Thurgo	SM	U/A	M	35	Y	Billericay Striders
5	Jazmin Taylor	SW	U/A	F	29	Y	Bishops Stortford RC
6	Caroline Tuck	FV45	Dagenham 88	F	53		Bourneville harriers
7	David Smith	V60	Springfield Striders	M	61		Braintree & Deistrict AC
8	Donna Morris	FV45	Springfield Striders	F	52		Broxbourne Runners
9	Chris Burgoyne	SM	Springfield Striders	M	37		Cambuslang Harriers
10	Colin White	V50	Billericay Striders	M	51		Castle Point Joggers
11	Chloe White	U20F	Billericay Striders	F	19		Chelmsford A C
12	Anthony Moore	V40	Billericay Striders	M	47		City of Derry AC
13	NIKKI LEIGH	FV45	Benfleet RC	F	46		City of London Police
14	Richard LEIGH	V40	Benfleet RC	M	45		Colchester Harriers AC
15	Sarah Grabowski	FV35	Benfleet RC	F	37		Dagenham 88
16	Samantha Venton	FV45	Benfleet RC	F	45		Dengie 100 Runners
17	Brian Venton	V40	Benfleet RC	M	47		East End Road Runners
18	Duncan Holland	V40	Benfleet RC	M	45		East Essex Triathlon Club
19	Steve Wise	V40	Benfleet RC	M	45		East London Runners
20	Ruth Havis	FV35	Billericay Striders	F	42		East London Tri
21	Alison Fryatt	FV45	Barking Road Runners	F	53		Eastern Vets
22	Jessica Wicks	FV35	Thrift Green Trotters	F	40		Epping Runners
23	Emily Penkett	FV35	Springfield Striders	F	38	Y	Essex Police
24	John Holland	V40	Weald Park Warriors	M	48		Eton Manor
25	Phil Hales	V50	Weald Park Warriors	M	51		Fritch Green Runners
26	Benji Hales Green	U18M	Weald Park Warriors	M	15		Ford Fitness
27	Mike Ward	V50	Weald Park Warriors	M	51		Grange Farm & Dunmow Runners
28	Kathreyn Scourfield	FV45	Billericay Striders	F	52		Grange Farm Trotters
29	Barry Horgan	SM	U/A	M	38		Great Bentley RC
30	Clare Worley	FV35	Billericay Striders	F	38		Halstead Road Runners

31	Rob Worley	SM	Billericay Striders	M	38		Harlow AC
32	Ann Robinson	FV45	Billericay Striders	F	48		Harlow Running Club
33	Lynne Northcott	FV35	Dagenham 88	F	39		Harwich Runners
34	Natasha Mansouri	FV35	Ilford AC	F	35		Havering 90 Joggers
35	Adnan Karim	SM	Ilford AC	M	35		Havering Mayesbrook
36	Frieda Keane	FV55	Ilford AC	F	55		Herts Phoenix AC
37	Scott Dryden	V40	Springfield Striders	M	49		Horndon Joggers
38	Richard Taylor	V50	U/A	M	50	Y	Ilford AC
39	Michael Waters	V40	Benfleet RC	M	44		kingston & polytechnic ac
40	Anthony Young	V50	Ilford AC	M	53		Latton Runners
41	Hannah Sheikh	FV45	Dagenham 88	F	45		Leigh-on-Sea Striders
42	Leigh Moring	V50	U/A	M	59		Little Baddow Ridge Runners
43	Susanna Stidston	FV35	Benfleet RC	F	43		London Front Runners
44	Nicholas Taylor	V50	U/A	M	50	Y	Loughton
45	Sara Prior	FV45	Dagenham 88	F	48		Met Police
46	Dennis James Briggs	V40	Ilford AC	M	43		Mid Essex Casuals
47	Roy Harwood	V40	Benfleet RC	M	42		Orion Harriers
48	Louise Birke	SW	U/A	F	32		Phoenix Striders
49	Rebecca Pittman	FV55	Springfield Striders	F	56		Pitsea RC
50	Daniel Lyons	SM	Benfleet RC	M	39		Purple Patch RC
51	Isobel Gowers	FV35	Springfield Striders	F	44		Saffron Striders AC
52	Marisa Christie	FV45	Springfield Striders	F	45		Saffron Striders AC
53	Kresh Veerasamy	V40	Barking Road Runners	M	42		Serpentine
54	Anne Ramsden	FV55	Ware Joggers	F	65		shaftesbury barnet ac
55	Nils Hollmann	V40	Dagenham 88	M	46		shelton striders
56	Robert Doyle	SM	Thurrock Harriers	M	29		South Cyprud Flyers
57	Barney McCarthy	SM	U/A	M	36	Y	Southend AC
58	Sarah McArthur	FV35	U/A	F	42	Y	Springfield Striders
59	Michael Peggall	SM	Dagenham 88	M	38		St. Albans Striders
60	Keiron McGill	SM	Benfleet RC	M	38		Stafford Harriers
61	Nick Jelley	V40	U/A	M	43	Y	Stragglers

62	Ciaran Byrne	SM	Benfleet RC	M	24		Swanley & District AC
63	Sonja Jacobs	FV35	U/A	F	40	Y	Thrift Green Trotters
64	Stefan Jacobs	V40	U/A	M	42	Y	Thurrock Harriers
65	David Howell	V40	U/A	M	46		Tiptree Road Runners
66	Aurora Mengjezi	FV35	Billericay Striders	F	39		Tri Sport Epping
67	Isabelle Salako	FV45	Billericay Striders	F	50		U/A
68	Rachel Elvidge	FV45	U/A	F	47		UK Netrunners
69	Joanne Ling	FV45	Billericay Striders	F	46		University of Essex AC
70	Craig Rogers	SM	Bicester Triathlon Club	M	36		Upminster Joggers
71	Dona Hindle	FV45	Springfield Striders	F	54		Uttlesford Harriers
72	Ronald Vials	V60	Barking Road Runners	M	66		Valley Striders
73	Nikki Cranmer	FV45	Barking Road Runners	F	49		VPH
74	James Lowndes	SM	Barking Road Runners	M	39		Walthamstow A.C.
75	Gary Cardnell	V60	Dagenham 88	M	61		Ware Joggers
76	Dennis Spencer-Perkins	V60	Barking Road Runners	M	63		Womens Running Network
77	Tara Warren	FV35	Weald Park Warriors	F	39		Woodford Green AC
78	Kevin Warren	V50	U/A	M	51		Weald Park Warriors
79	Toni Townhill	FV35	U/A	F	38		Bicester Triathlon Club
80	Paul Townhill	V50	U/A	M	53		Huntingdonshire AC
81	Darren Scourfield	V50	U/A	M	50		Amphill & Flitwick Flyers
82	Daniel Holeyman	V40	Ilford AC	M	44		Basis Team
83	Richard Harmer	V40	Thrift Green Trotters	M	47		
84	Stacey Harmer	FV35	Thrift Green Trotters	F	44		ZZ??
85	Christine Lardner	FV55	Dagenham 88	F	67		ZZ??
86	Estelle Austin	FV35	Thrift Green Trotters	F	39		ZZ??
87	Selon Timi Veerasamy	FV55	Dagenham 88	F	66		ZZ??
88	Sam Veerasamy	V60	Dagenham 88	M	73		ZZ??
89	Ben Whateley-Harris	SM	Thrift Green Trotters	M	35		ZZ??
90	Amy Gornall	SW	Thrift Green Trotters	F	32		ZZ??
91	Steve Danby	V50	Weald Park Warriors	M	53		ZZ??
92	Leslie Jay	V60	Barking Road Runners	M	64		ZZ??

93	Dylan Terry	SM	U/A	M	21	Y	ZZ??
94	Ty Farrer	V40	Huntingdonshire AC	M	44		ZZ??
95	Martin Page	V60	Barking Road Runners	M	61		ZZ??
96	Andrew Watson	V50	Benfleet RC	M	51		ZZ??
97	Hannah Watson	U18F	Benfleet RC	F	17		ZZ??
98	Michael Ball	V60	Barking Road Runners	M	75		ZZ??
99	James Wright	U18M	Billericay Striders	M	16	Y	ZZ??
100	Grant England	V40	Billericay Striders	M	41		
101	Andrew Wright	V50	Billericay Striders	M	51	Y	
102	John Tennant	V60	Harlow Running Club	M	68		
103	Phil Hudson	V60	Ware Joggers	M	62		
104	David Gridley	V60	Springfield Striders	M	62		
105	Frances Gridley	FV55	Tiptree Road Runners	F	59		
106	Gary Harford	V60	Barking Road Runners	M	60		
107	Katy Sodeau	FV45	Weald Park Warriors	F	54		
108	Tom Davies	V50	Weald Park Warriors	M	58		
109	Elliot Worth	V40	U/A	M	46		
110	Chris Harding	SM	Tiptree Road Runners	M	34		
111	Hayley Lamkin	SW	Southend AC	F	22		
112	Brian Cross	V50	Havering 90 Joggers	M	53		
113	Caroline Cross	FV45	Havering 90 Joggers	F	53		
114	Kerry Holland	SW	Southend AC	F	29		
115	Mick Brown	V50	Dagenham 88	M	52		
116	Stephen Brame	V40	Springfield Striders	M	48		
117	Peter Salmon	V50	Dagenham 88	M	50		
118	Rosina Salmon	FV45	Dagenham 88	F	48		
119	Laura Parrish	FV35	U/A	F	35		
120	Sue Fuller	FV55	East Essex Triathlon Club	F	56		
121	Richard Fuller	V50	East Essex Triathlon Club	M	57		
122	Louise Chappell	FV35	Dagenham 88	F	44		
123	Chris Wayman	SM	Benfleet RC	M	31		

124	Simon George	SM	U/A	M	39	Y
125	Christina kelekun	FV45	Havering 90 Joggers	F	51	
126	Brendon O'Mahoney	V50	Ampthill & Flitwick Flyers	M	57	
127	Caroline O'Mahoney	FV45	Ampthill & Flitwick Flyers	F	54	
128	Emma Dudman	FV35	Dagenham 88	F	43	
129	Jeff Fenton	V60	Havering 90 Joggers	M	63	
130	Antony Leckerman	V50	Barking Road Runners	M	54	
131	Brian Sorenson	V50	Benfleet RC	M	50	
132	Robert Courtier	V60	Barking Road Runners	M	63	
133	Ben Green	SM	Benfleet RC	M	33	
134	Paul Ward	V40	Barking Road Runners	M	46	
135	Charlotte Owen	SW	Barking Road Runners	F	28	
136	Sarah Worley	SW	Billericay Striders	F	26	
137	Derv Bartlett	V40	Barking Road Runners	M	48	
138	Doug Stephens	V50	Benfleet RC	M	59	
139	Mark Johnson	V40	U/A	M	42	
140	Rahana Islam	V40	Dagenham 88	M	42	
141	Jessica Lee	SW	U/A	F	22	
142	Richard Lee	V50	U/A	M	55	
143	Robert Hempstead	SM	Billericay Striders	M	32	
144	Andrew Conway	V50	Tiptree Road Runners	M	50	
145	Mark Frost	V40	U/A	M	41	
146	Tanya Theron	FV45	Weald Park Warriors	F	48	
147	Carol Muir	FV45	Ilford AC	F	47	
148	Malcolm Muir	V40	Ilford AC	M	44	
149	Crispian Bloomfield	V40	Billericay Striders	M	42	
150	David Stanley	V60	Orion Harriers	M	64	
151	Stephen Sawyer	SM	Dengie 100 Runners	M	24	
152	Carinne Jay	FV45	Harlow Running Club	F	53	
153	Debbie Barry	FV55	Harlow Running Club	F	57	
154	Liam Robinson	V50	U/A	M	55	

155	Christopher McDonnell	V60	Dengie 100 Runners	M	73	
156	Ernie Forsyth	V60	Ilford AC	M	63	
157	Mark P	V50	U/A	M	50	
158	Steve Whitfield	V50	Dagenham 88	M	55	
159	Richard Aylen	V50	Dengie 100 Runners	M	55	
160	Mark Hermitage	V40	Springfield Striders	M	45	
161	Andrew Gwillam	V40	Barking Road Runners	M	44	
162	Damien Harvey	SM	Benfleet RC	M	28	
163	Ronald Barnes	V60	U/A	M	71	
164	Stephen Foggo	V50	Basis Team	M	57	
165	Steven Moxley	SM	Basis Team	M	26	
166	Samantha Leftwick	SW	Basis Team	F	29	
167	Richard Alter	SM	Basis Team	M	32	
168	Bradley Brown	V40	Ilford AC	M	45	
169	Freddy Keefe	SM	Havering 90 Joggers	M	22	
170	Rosa Prideaux	SW	Billericay Striders	F	20	
171	Emma Prideaux	FV45	Billericay Striders	F	45	
172	Mark Barry	SM	Huntingdonshire AC	M	39	
173	Heather Impey	FV45	Phoenix Striders	F	45	
174	Phil Jeremiah	V40	U/A	M	45	
175	Anna Young	FV45	Great Bentley RC	F	45	
176	Harry Young	SM	Harwich Runners	M	20	
177	Emily Wray	SW	Phoenix Striders	F	30	
178	Gary Mellish	SM	U/A	M	29	
179	Irving Bell	V60	U/A	M	69	
180	Rebecca Cooke	SW	Colchester Harriers AC	F	26	
181	David Wright	V60	Colchester Harriers AC	M	60	
182	Fran Norris	FV55	Colchester Harriers AC	F	58	
183	Nigel Swinbourne	SM	Dagenham 88	M	38	
184	James Rygate	SM	U/A	M	26	
185	Graham Jones	V50	Billericay Striders	M	54	
























