

Pos		Age Gp	Sex	Name	Team	Time	
1	9	SM	M	Chris Burgoyne	Springfield Striders	26	50
2	149	V40	M	Crispian Bloomfield	Billericay Striders	27	10
3	172	SM	M	Mark Barry	Huntingdonshire AC	27	52
4	94	V40	M	Ty Farrer	Huntingdonshire AC	28	3
5	133	SM	M	Ben Green	Benfleet RC	28	19
6	169	SM	M	Freddy Keefe	Havering 90 Joggers	28	34
7	123	SM	M	Chris Wayman	Benfleet RC	28	38
8	162	SM	M	Damien Harvey	Benfleet RC	28	46
9	148	V40	M	Malcolm Muir	Ilford AC	29	24
10	56	SM	M	Robert Doyle	Thurrock Harriers	29	31
11	29	SM	M	Barry Horgan	U/A	29	48
12	144	V50	M	Andrew Conway	Tiptree Road Runners	30	2
13	109	V40	M	Elliot Worth	U/A	30	17
14	171	FV45	F	Emma Prideaux	Billericay Striders	30	23
15	184	SM	M	James Rygate	U/A	30	55
16	99	U18M	M	James Wright	Billericay Striders	30	58
17	192	FV35	F	Sarah Stradling	Colchester Harriers AC	31	6
18	183	SM	M	Nigel Swinbourne	Dagenham 88	31	11
19	12	V40	M	Anthony Moore	Billericay Striders	31	12
20	197	V60	M	Dave Cox	Woodford Green AC	31	20
21	170	SW	F	Rosa Prideaux	Billericay Striders	31	22
22	124	SM	M	Simon George	U/A	31	30
23	74	SM	M	James Lowndes	Barking Road Runners	31	31
24	57	SM	M	Barney McCarthy	U/A	31	37
25	82	V40	M	Daniel Holeyman	Ilford AC	31	43
26	151	SM	M	Stephen Sawyer	Dengie 100 Runners	31	47
27	136	SW	F	Sarah Worley	Billericay Striders	31	49
28	111	SW	F	Hayley Lamkin	Southend AC	31	54
29	101	V50	M	Andrew Wright	Billericay Striders	32	1
30	60	SM	M	Keiron McGill	Benfleet RC	32	5
31	178	SM	M	Gary Mellish	U/A	32	11
32	108	V50	M	Tom Davies	Weald Park Warriors	32	12
33	137	V40	M	Derv Bartlett	Barking Road Runners	32	15
34	62	SM	M	Ciaran Byrne	Benfleet RC	32	28
35	117	V50	M	Peter Salmon	Dagenham 88	32	34
36	61	V40	M	Nick Jelley	U/A	32	37
37	195	V40	M	Lee Holohan	Colchester Harriers AC	33	29
38	1	V50	M	Paul Prior	Dagenham 88	33	32
39	64	V40	M	Stefan Jacobs	U/A	33	37
40	181	V60	M	David Wright	Colchester Harriers AC	33	40
41	47	V40	M	Roy Harwood	Benfleet RC	33	43
42	164	V50	M	Stephen Foggo	Basis Team	33	53
43	91	V50	M	Steve Danby	Weald Park Warriors	33	56
44	193	V50	M	Paul Waller	U/A	34	3
45	138	V50	M	Doug Stephens	Benfleet RC	34	10
46	180	SW	F	Rebecca Cooke	Colchester Harriers AC	34	11
47	134	V40	M	Paul Ward	Barking Road Runners	34	13

48	196	V50	M	Scott Reeve	Weald Park Warriors		35	17
49	130	V50	M	Antony Leckerman	Barking Road Runners		35	45
50	159	V50	M	Richard Ayles	Dengie 100 Runners		35	51
51	72	V60	M	Ronald Vialls	Barking Road Runners		35	58
52	121	V50	M	Richard Fuller	East Essex Triathlon Club		36	6
53	152	FV45	F	Carinne Jay	Harlow Running Club		36	23
54	168	V40	M	Bradley Brown	Ilford AC		36	34
55	89	SM	M	Ben Whateley-Harris	Thrift Green Trotters		36	45
56	143	SM	M	Robert Hempstead	Billericay Striders		36	56
57	115	V50	M	Mick Brown	Dagenham 88		37	0
58	31	SM	M	Rob Worley	Billericay Striders		37	1
59	191	V40	M	Graham Douglas	Benfleet RC		37	4
60	155	V60	M	Christopher McDonnell	Dengie 100 Runners		37	7
61	26	U18M	M	Benji Hales Green	Weald Park Warriors		37	11
62	40	V50	M	Anthony Young	Ilford AC		37	12
63	30	FV35	F	Clare Worley	Billericay Striders		37	16
64	7	V60	M	David Smith	Springfield Striders		37	28
65	131	V50	M	Brian Sorenson	Benfleet RC		37	42
66	174	V40	M	Phil Jeremiah	U/A		37	59
67	102	V60	M	John Tennant	Harlow Running Club		38	2
68	182	FV55	F	Fran Norris	Colchester Harriers AC		38	6
69	90	SW	F	Amy Gornall	Thrift Green Trotters		38	18
70	55	V40	M	Nils Hollmann	Dagenham 88		38	28
71	51	FV35	F	Isobel Gowers	Springfield Striders		38	38
72	83	V40	M	Richard Harmer	Thrift Green Trotters		38	44
73	75	V60	M	Gary Cardnell	Dagenham 88		38	46
74	23	FV35	F	Emily Penkett	Springfield Striders		38	51
75	50	SM	M	Daniel Lyons	Benfleet RC		38	58
76	160	V40	M	Mark Hermitage	Springfield Striders		39	0
77	63	FV35	F	Sonja Jacobs	U/A		39	9
78	69	FV45	F	Joanne Ling	Billericay Striders		39	15
79	35	SM	M	Adnan Karim	Ilford AC		39	21
80	71	FV45	F	Dona Hindle	Springfield Striders		39	23
81	20	FV35	F	Ruth Havis	Billericay Striders		39	33
82	27	V50	M	Mike Ward	Weald Park Warriors		39	36
83	41	FV45	F	Hannah Sheikh	Dagenham 88		39	54
84	156	V60	M	Ernie Forsyth	Ilford AC		39	59
85	77	FV35	F	Tara Warren	Weald Park Warriors		40	31
86	13	FV45	F	NIKKI LEIGH	Benfleet RC		40	39
87	22	FV35	F	Jessica Wicks	Thrift Green Trotters		40	46
88	145	V40	M	Mark Frost	U/A		40	55
89	139	V40	M	Mark Johnson	U/A		41	11
90	163	V60	M	Ronald Barnes	U/A		41	12
91	186	U20F	F	Isobel Jones	Billericay Striders		41	22
92	59	SM	M	Michael Peggall	Dagenham 88		41	25
93	185	V50	M	Graham Jones	Billericay Striders		41	30
94	135	SW	F	Charlotte Owen	Barking Road Runners		41	32
95	140	V40	M	Rahana Islam	Dagenham 88		41	37

96	54	FV55	F	Anne Ramsden	Ware Joggers		41	44
97	190	V60	M	Graham Palmer	Dengie 100 Runners		41	57
98	188	V40	M	Paul Barclay	U/A		42	16
99	28	FV45	F	Kathreyn Scourfield	Billericay Striders		42	23
100	165	SM	M	Steven Moxley	Basis Team		42	45
101	128	FV35	F	Emma Dudman	Dagenham 88		42	47
102	25	V50	M	Phil Hales	Weald Park Warriors		42	50
103	189	FV35	F	Tamar Barclay	U/A		42	52
104	106	V60	M	Gary Harford	Barking Road Runners		43	4
105	153	FV55	F	Debbie Barry	Harlow Running Club		43	18
106	176	SM	M	Harry Young	Harwich Runners		43	26
107	120	FV55	F	Sue Fuller	East Essex Triathlon Club		43	32
108	76	V60	M	Dennis Spencer-Perkins	Barking Road Runners		43	36
109	122	FV35	F	Louise Chappell	Dagenham 88		43	38
110	65	V40	M	David Howell	U/A		43	39
111	177	SW	F	Emily Wray	Phoenix Striders		43	48
112	175	FV45	F	Anna Young	Great Bentley RC		43	50
113	70	SM	M	Craig Rogers	Bicester Triathlon Club		43	52
114	87	FV55	F	Selon Timi Veerasamy	Dagenham 88		44	17
115	154	V50	M	Liam Robinson	U/A		44	55
116	66	FV35	F	Aurora Mengjezi	Billericay Striders		44	57
117	118	FV45	F	Rosina Salmon	Dagenham 88		45	3
118	173	FV45	F	Heather Impey	Phoenix Striders		45	21
119	14	V40	M	Richard LEIGH	Benfleet RC		45	23
120	19	V40	M	Steve Wise	Benfleet RC		45	24
121	84	FV35	F	Stacey Harmer	Thrift Green Trotters		45	34
122	36	FV55	F	Frieda Keane	Ilford AC		45	44
123	103	V60	M	Phil Hudson	Ware Joggers		45	47
124	187	FV45	F	Lesley Smart	Billericay Striders		46	3
125	199	V60	M	Kim Vinicombe	Phoenix Striders		46	48
126	146	FV45	F	Tanya Theron	Weald Park Warriors		47	2
127	33	FV35	F	Lynne Northcott	Dagenham 88		47	22
128	104	V60	M	David Gridley	Springfield Striders		48	37
129	11	U20F	F	Chloe White	Billericay Striders		49	21
130	79	FV35	F	Toni Townhill	U/A		49	27
131	80	V50	M	Paul Townhill	U/A		49	27
132	142	V50	M	Richard Lee	U/A		49	41
133	73	FV45	F	Nikki Cranmer	Barking Road Runners		49	53
134	81	V50	M	Darren Scourfield	U/A		50	24
135	147	FV45	F	Carol Muir	Ilford AC		50	27
136	116	V40	M	Stephen Brame	Springfield Striders		50	31
137	167	SM	M	Richard Alter	Basis Team		50	35
138	127	FV45	F	Caroline O'Mahoney	Amphill & Flitwick Flyers		51	21
139	126	V50	M	Brendon O'Mahoney	Amphill & Flitwick Flyers		51	21
140	43	FV35	F	Susanna Stidston	Benfleet RC		52	10
141	194	FV35	F	Lily Innes	U/A		52	13
142	45	FV45	F	Sara Prior	Dagenham 88		52	55
143	53	V40	M	Kresh Veerasamy	Barking Road Runners		53	1

144	21	FV45	F	Alison Fryatt	Barking Road Runners		53	6
145	85	FV55	F	Christine Lardner	Dagenham 88		53	22
146	44	V50	M	Nicholas Taylor	U/A		55	19
147	198	SW	F	Kelly Adams	Benfleet RC		55	43
148	132	V60	M	Robert Courtier	Barking Road Runners		56	17
149	113	FV45	F	Caroline Cross	Havering 90 Joggers		58	3
150	88	V60	M	Sam Veerasamy	Dagenham 88		58	6
151	166	SW	F	Samantha Leftwick	Basis Team	1	0	13
152	98	V60	M	Michael Ball	Barking Road Runners	1	1	13
153	179	V60	M	Irving Bell	U/A	1	13	50
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