

Southend 10K Classic 2010

3rd October 2010

RESULTS

Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1	2	30:59	Adam Hickey	Southend-on-Sea A C	Male	1	MS	1	30:58	1
2	694	31:35	Ryan Prout	Chelmsford AC	Male	2	MS	2	31:34	2
3	1559	31:59	Adrian Mussett	Colchester Harriers	Male	3	MS	3	31:58	3
4	1226	32:49	Mark Sanford	Basildon AC	Male	4	MS	4	32:48	4
5	1700	32:56	Crispian Bloomfield	Billericay Striders	Male	5	MS	5	32:55	5
6	1347	33:01	Hendrik Zietsman	Serpentine	Male	6	M40	1	32:59	6
7	1001	33:10	Lee Pickering	Chelmsford AC	Male	7	MS	6	33:09	7
8	357	33:12	Malcolm Muir	Ilford Athletic Club	Male	8	MS	7	33:10	8
9	602	33:18	Jack Fitsall	Basildon AC	Male	9	MS	8	33:16	9
10	4	33:25	Steven Whittaker		Male	10	MS	9	33:23	10
11	1499	33:30	Scott Sterling	Newham And Essex Beagles AC	Male	11	MS	10	33:29	11
12	1	33:45	Paul Whittaker		Male	12	MS	11	33:44	12
13	383	33:46	Thomas Gardner	Ilford Athletic Club	Male	13	MS	12	33:44	13
14	1655	34:07	Iain Campbell	Metropolitan Police	Male	14	M50	1	34:06	14
15	924	34:16	David Butler	Billericay Striders	Male	15	M50	2	34:14	15
16	974	34:21	James Ellis	Clapham Chasers	Male	16	MS	13	34:19	16
17	190	34:21	Andrew Law	Basildon AC	Male	17	MS	14	34:20	17
18	333	34:29	Alex Short	Chelmsford AC	Male	18	MS	15	34:28	18
19	105	35:00	Rob Grover		Male	19	MS	16	34:57	19
20	1269	35:03	Mike Mansfield	Leigh-On-Sea Striders	Male	20	MS	17	35:02	20
21	286	35:05	Jez Mancer	Benfleet Running Club	Male	21	M40	2	35:03	21
22	34	35:08	Kevin Murphy		Male	22	M40	3	35:07	22
23	1793	35:19	Sarah Stradling	Colchester Harriers	Female	1	F35	1	35:17	23
24	1771	35:36	Anthony Squire	Billericay Striders	Male	23	MS	18	35:33	24
25	399	35:40	Michael Briggs	Benfleet Running Club	Male	24	MS	19	35:38	25
26	1198	36:01	James Williams	Chelmsford AC	Male	25	MS	20	35:59	26
27	1518	36:02	Iain Macdonald	Ilford Athletic Club	Male	26	MS	21	36:00	27
28	384	36:02	Michael Gardner	Ilford Athletic Club	Male	27	MS	22	36:00	28
29	1424	36:12	Terry Knightley	Ilford Athletic Club	Male	28	M50	3	36:11	29
30	8	36:17	Peter Smale	Southend-on-Sea A C	Male	29	MS	23	36:15	30
31	1383	36:18	Keith Ewing	Blackheath & Bromley	Male	30	M40	4	36:15	31
32	965	36:27	Anthony Came	Thrift Green Trotters	Male	31	MS	24	36:24	32
33	1686	36:29	Adam Dawson	Thurrock Harriers	Male	32	MS	25	36:28	33
34	1403	36:34	John Barker	Thrift Green Trotters	Male	33	M40	5	36:31	34
35	1408	36:36	Mark Read	Thrift Green Trotters	Male	34	MS	26	36:33	35
36	1621	36:36	Malcolm Tuff	Ryston Runners	Male	35	M40	6	36:33	36
37	167	36:42	Keith Wilkinson	Chelmsford AC	Male	36	M50	4	36:39	37
38	356	36:45	Scott Rice	Thurrock Harriers	Male	37	MS	27	36:41	38
39	237	36:49	Paul Anderson	Springfield Striders	Male	38	MS	28	36:47	39
40	980	36:51	Billy Parker-Brown	Chelmsford AC	Male	39	MS	29	36:49	40
41	1971	36:52	Oliver Bushino	Paris Triathlon	Male	40	MS	30	36:49	41
42	1451	36:56	Stephen Woodford	Chelmsford AC	Male	41	MS	31	36:53	42
43	879	37:11	Graham Hart	East Essex Triathlon Club	Male	42	M40	7	37:08	43
44	1826	37:15	Ian George	East Essex Triathlon Club	Male	43	M40	8	37:10	44
45	12	37:23	Thomas Richardson	Thurrock Harriers	Male	44	MS	32	37:21	45
46	10	37:26	Rhys Gillard	Southend-on-Sea A C	Male	45	MS	33	37:23	46
47	1225	37:29	Robbie Cox	Woodford Green AC with Essex L	Male	46	MS	34	37:26	47
48	7	37:35	George Moxon	Southend-on-Sea A C	Male	47	MS	35	37:32	48
49	73	37:38	Stephen Philcox	Barking Road Runners	Male	48	M40	9	37:36	49
50	311	37:45	Jonathan Kerridge	Southend-on-Sea A C	Male	49	MS	36	37:45	52
51	1813	37:46	Paul Churchill	Norwich Road Runners	Male	50	MS	37	37:44	50
52	1162	37:50	Iain Macara		Male	51	MS	38	37:44	51
53	1635	37:51	Kevin Jacob	Billericay Striders	Male	52	M40	10	37:49	54
54	1679	37:52	Shawn Agius		Male	53	MS	39	37:47	53
55	1175	37:59	David Johnson	Thurrock Harriers	Male	54	MS	40	37:56	55
56	389	38:05	Alex Masterson	Southend-on-Sea A C	Male	55	MS	41	38:02	56
57	1313	38:07	Jason Fitchew	Leigh-On-Sea Striders	Male	56	M40	11	38:02	57
58	956	38:07	Alex Jamieson	Tiptree Road Runners	Male	57	MS	42	38:04	58
59	267	38:12	Reece Robinson	Benfleet Running Club	Male	58	MS	43	38:07	59
60	1359	38:21	James Marshall	Thrift Green Trotters	Male	59	MS	44	38:19	60
61	1490	38:21	Martyn Staines	Thurrock Harriers	Male	60	MS	45	38:21	64
62	1452	38:22	Alex Richards	Ilford Athletic Club	Male	61	MS	46	38:19	61
63	1280	38:23	Nelson Wandasiewicz		Male	62	MS	47	38:19	62
64	32	38:23	Neil Crisp	Ilford Athletic Club	Male	63	M40	12	38:19	63
65	1375	38:29	Don Lawless	Thurrock Harriers	Male	64	M40	13	38:28	66
66	1432	38:31	Alan Butler	Thrift Green Trotters	Male	65	M50	5	38:27	65
67	1177	38:32	Paul Jackaman	Castle Point Joggers	Male	66	MS	48	38:30	68
68	1455	38:34	Sam Benge	Woodford Green AC with Essex L	Male	67	MS	49	38:29	67
69	840	38:36	Alan Reade	Witham Running Club	Male	68	M40	14	38:32	69
70	1785	38:38	Allan Kanyenda	Thrift Green Trotters	Male	69	MS	50	38:34	70

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
71	1717	38:38	Joseph Isherwood	Phoenix Striders	Male	70	MS	51	38:34	71
72	55	38:54	Kevin Newell	Ilford Athletic Club	Male	71	MS	52	38:51	73
73	1411	38:55	Melvyn Cooper	Thrift Green Trotters	Male	72	M50	6	38:50	72
74	1254	38:57	John Russell	Thurrock Harriers	Male	73	MS	53	38:51	74
75	156	38:58	Eamon Shelley	Thurrock Harriers	Male	74	M40	15	38:56	77
76	1099	38:59	Cliff Puttock	Basildon AC	Male	75	M40	16	38:54	75
77	718	38:59	Terence Spooner		Male	76	MS	54	38:54	76
78	1487	39:00	Charlotte Peppiatt	Benfleet Running Club	Female	2	FS	1	38:57	78
79	89	39:02	Christopher Purse	Springfield Striders	Male	77	M50	7	38:58	79
80	988	39:03	William Wu		Male	78	MS	55	38:59	80
81	1529	39:05	Rob Gibby	Colchester Harriers	Male	79	MS	56	39:02	81
82	1047	39:11	Annette Oakman	Colchester Harriers	Female	3	F35	2	39:06	82
83	1327	39:12	Adam Hutton	Springfield Striders	Male	80	M40	17	39:06	83
84	1036	39:12	Graham Hogan	Haverling Mayesbrook AC	Male	81	MS	57	39:09	84
85	376	39:21	Peter Doyle		Male	82	MS	58	39:18	85
86	1401	39:28	Ian Cardy	Springfield Striders	Male	83	M40	18	39:24	86
87	90	39:28	Scott Tilson		Male	84	M40	19	39:26	88
88	775	39:29	Paul Hayward		Male	85	MS	59	39:24	87
89	112	39:35	Richard Bonham	Castle Point Joggers	Male	86	M40	20	39:32	89
90	1889	39:38	Simon Le Mare	Leigh-On-Sea Striders	Male	87	M40	21	39:34	90
91	1190	39:40	Laura McHugh	Leigh-On-Sea Striders	Female	4	FS	2	39:35	92
92	1241	39:41	Malcolm Wilkins		Male	88	MS	60	39:34	91
93	128	39:43	Bradley Brown	Barking Road Runners	Male	89	MS	61	39:40	93
94	1807	39:57	Kevin Challis	Benfleet Running Club	Male	90	MS	62	39:52	94
95	614	39:59	Dean Ovel	Leigh-On-Sea Striders	Male	91	MS	63	39:52	95
96	1242	40:00	Wendy King	Chelmsford AC	Female	5	F35	3	39:56	97
97	1229	40:00	Neil Heppel		Male	92	MS	64	39:56	98
98	1088	40:01	Dave Cox	Thurrock Nomads	Male	93	M40	22	39:57	99
99	366	40:03	Katie-Ann Tuttlebury	Chelmsford AC	Female	6	FS	3	39:59	100
100	1357	40:03	Mandy Runciman		Female	7	F35	4	39:54	96
101	137	40:05	Oliver Kyriakides	Southend-on-Sea A C	Male	94	MS	65	40:04	101
102	1071	40:13	Mike Grout	Benfleet Running Club	Male	95	M40	23	40:10	102
103	225	40:20	Michael Whittaker		Male	96	M50	8	40:17	103
104	9	40:26	Alan Millar	Southend-on-Sea A C	Male	97	MS	66	40:23	104
105	206	40:29	Carys Sutton	Chelmsford AC	Female	8	FS	4	40:25	105
106	392	40:32	Meredith Floate	Ilford Athletic Club	Female	9	FS	5	40:29	106
107	1567	40:36	Lucy Mancer	Benfleet Running Club	Female	10	F35	5	40:31	107
108	704	40:40	Chris Dunn		Male	98	MS	67	40:36	108
109	1797	40:45	Stephen Cheese		Male	99	MS	68	40:36	109
110	1910	40:49	Mike Judd	Chelmsford AC	Male	100	M40	24	40:49	113
111	1492	40:50	Richard Fuller	East Essex Triathlon Club	Male	101	MS	69	40:42	110
112	677	40:52	Craig Sterling	Basildon AC	Male	102	MS	70	40:48	111
113	1444	40:52	John Tennant	Harlow Running Club	Male	103	M60	1	40:48	112
114	612	41:00	Carl Porter		Male	104	MS	71	40:49	114
115	883	41:02	Robert Russell	Thurrock Harriers	Male	105	M40	25	40:56	116
116	1480	41:02	Justin Coombs	Maidenhead AC	Male	106	MS	72	40:56	117
117	1017	41:04	Tarnya Parker	Benfleet Running Club	Female	11	F35	6	41:02	119
118	139	41:05	Jason Syrett	Thurrock Harriers	Male	107	M40	26	40:59	118
119	977	41:05	James Whiter		Male	108	MS	73	40:54	115
120	1033	41:10	Max Ayres		Male	109	MS	74	41:02	120
121	83	41:11	Craig McBain	Leigh-On-Sea Striders	Male	110	MS	75	41:03	121
122	187	41:12	Kyle Aldridge	Southend-on-Sea A C	Male	111	MS	76	41:09	125
123	1329	41:13	Wayne Bulleid	Braintree & District Ac	Male	112	M40	27	41:06	122
124	44	41:18	Andrew Grint		Male	113	MS	77	41:07	123
125	1798	41:18	Clive Cheese	Leigh-On-Sea Striders	Male	114	MS	78	41:10	126
126	1594	41:19	Gary Joslin	Springfield Striders	Male	115	M40	28	41:10	127
127	1685	41:19	Harry Grose	Southend-on-Sea A C	Male	116	MS	79	41:17	130
128	1765	41:20	Carlo Bell		Male	117	MS	80	41:07	124
129	1974	41:24	Damian O'Boyle		Male	118	MS	81	41:10	128
130	398	41:24	Michael Yates		Male	119	MS	82	41:10	129
131	210	41:30	Simon Morgan	Tiptree Road Runners	Male	120	M40	29	41:28	132
132	1874	41:34	Steven Gabriel		Male	121	M40	30	41:18	131
133	207	41:35	Andrew Doig	Pitsea Running Club	Male	122	MS	83	41:30	134
134	962	41:35	Anthony Tobin	Benfleet Running Club	Male	123	MS	84	41:29	133
135	1545	41:37	Jason Taylor		Male	124	MS	85	41:32	135
136	169	41:41	Nikki Brockbank	Springfield Striders	Female	12	FS	6	41:32	136
137	164	41:43	Steven Hickey	Benfleet Running Club	Male	125	MS	86	41:35	137
138	1286	41:44	Tony Balding	Leigh-On-Sea Striders	Male	126	MS	87	41:39	139
139	1821	41:45	Adrian Stocks		Male	127	MS	88	41:36	138
140	1389	41:48	David Hurley	Benfleet Running Club	Male	128	M40	31	41:44	140

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
141	1166	41:57	Susie Lee	Serpentine	Female	13	FS	7	41:47	141
142	1414	41:57	Richard Goad	Pitsea Running Club	Male	129	M50	9	41:53	145
143	1154	41:58	Adam Dowman	Thurrock Harriers	Male	130	MS	89	41:55	146
144	1185	42:00	Andrew Prior		Male	131	MS	90	41:52	143
145	1220	42:04	Christopher Snowdon	Springfield Striders	Male	132	MS	91	41:55	147
146	1869	42:08	John Macnamara		Male	133	M40	32	41:52	144
147	212	42:09	Toni Noble	Thurrock Harriers	Female	14	F35	7	42:04	149
148	1305	42:12	Leo Hall		Male	134	M40	33	42:10	153
149	1466	42:13	Paul Standing		Male	135	MS	92	42:01	148
150	1680	42:13	Ashley Capel	Southend-on-Sea A C	Male	136	MS	93	42:10	154
151	1604	42:13	James Burns	Leigh-On-Sea Striders	Male	137	M40	34	42:05	150
152	685	42:13	James Aggus		Male	138	MS	94	42:06	151
153	1718	42:15	Paul Martin		Male	139	MS	95	42:07	152
154	381	42:16	Max Knight	Southend-on-Sea A C	Male	140	MS	96	42:14	157
155	1228	42:18	Weslee Walton		Male	141	MS	97	42:14	158
156	1073	42:19	Paul Henderson		Male	142	M40	35	42:12	156
157	222	42:20	Steve Allen	Ilford Athletic Club	Male	143	M50	10	42:16	159
158	1014	42:22	Richard Nation	Benfleet Running Club	Male	144	MS	98	42:16	160
159	275	42:26	Stephen Line	Benfleet Running Club	Male	145	M40	36	42:21	161
160	1733	42:27	Bradley Taylor		Male	146	MS	99	42:10	155
161	1640	42:28	Julia Palmer	Benfleet Running Club	Female	15	F45	1	42:25	163
162	1354	42:29	Greg Jarvis	Southend-on-Sea A C	Male	147	M40	37	42:24	162
163	1012	42:39	Chris Campos		Male	148	MS	100	42:33	165
164	1728	42:44	Rea Evison	Leigh-On-Sea Striders	Female	16	FS	8	42:38	170
165	213	42:45	Leo Cole		Male	149	M40	38	42:41	171
166	987	42:46	Daniel Chapman	Harlow Rc	Male	150	MS	101	42:36	167
167	643	42:47	John James Cordon		Male	151	MS	102	41:50	142
168	1749	42:47	Chris Roberts		Male	152	MS	103	42:25	164
169	270	42:48	Richard Jones	Benfleet Running Club	Male	153	M40	39	42:35	166
170	1855	42:49	Rohan Alexander	Ilford Athletic Club	Male	154	M40	40	42:41	172
171	1506	42:50	Kevin Smalley		Male	155	MS	104	42:36	168
172	1003	42:51	Caroline Frith		Female	17	FS	9	42:47	174
173	1082	42:53	Philip Watts	Springfield Striders	Male	156	M40	41	42:37	169
174	1502	42:57	Lee Innis		Male	157	MS	105	42:44	173
175	1156	43:00	Ricky Beavis		Male	158	MS	106	42:49	177
176	1042	43:00	Paul Holroyd		Male	159	MS	107	42:47	175
177	695	43:01	Paul Bridges	Springfield Striders	Male	160	MS	108	42:51	179
178	910	43:03	Joe Butcher		Male	161	M50	11	42:57	181
179	1886	43:04	David Croly	Harlow Running Club	Male	162	M40	42	42:48	176
180	280	43:04	Paul Ruffy	Benfleet Running Club	Male	163	MS	109	42:57	182
181	1150	43:05	Ellis Larthe	Southend-on-Sea A C	Male	164	MS	110	42:50	178
182	1787	43:07	Paul Abdale		Male	165	MS	111	43:07	189
183	1560	43:08	Catherine Stunt	Benfleet Running Club	Female	18	F35	8	43:04	186
184	1593	43:11	Clive Farrow		Male	166	M40	43	43:01	184
185	1409	43:12	Edward Skinner	Tiptree Road Runners	Male	167	M50	12	43:00	183
186	1199	43:15	Hayley Pegg	Chelmsford AC	Female	19	FS	10	43:11	191
187	1541	43:17	Andy Hibbins	Benfleet Running Club	Male	168	MS	112	43:11	192
188	1969	43:19	Lewis Shaw		Male	169	MS	113	42:56	180
189	1364	43:20	Paul Gammon	East Essex Triathlon Club	Male	170	M40	44	43:04	187
190	16	43:21	Derek MacDonald		Male	171	MS	114	43:04	188
191	324	43:21	Brian Butcher	Mid Essex Casuals	Male	172	M60	2	43:15	194
192	815	43:21	Jan Harvey	Leigh-On-Sea Striders	Female	20	F35	9	43:14	193
193	1246	43:22	Anne Jenkinson		Female	21	F35	10	43:15	195
194	1810	43:28	Richard Howlett	Benfleet Running Club	Male	173	MS	115	43:15	196
195	1757	43:31	James Caldon		Male	174	MS	116	43:10	190
196	226	43:37	Brenda McWeeney		Female	22	F45	2	43:21	199
197	1836	43:40	Colin Barnes	Leigh-On-Sea Striders	Male	175	M40	45	43:32	200
198	1616	43:41	Darren Latter		Male	176	M40	46	43:34	201
199	777	43:43	Roy Fleming	Billericay Striders	Male	177	MS	117	43:37	202
200	1544	43:44	Lee Taylor		Male	178	MS	118	43:38	203
201	1863	43:44	David Miller	Castle Point Joggers	Male	179	M40	47	43:19	198
202	1630	43:48	Gary Howard	Havering Mayesbrook AC	Male	180	M40	48	43:44	207
203	160	43:52	Peter Adeleke	Castle Point Joggers	Male	181	M40	49	43:42	204
204	1607	43:53	Paul Claydon	City Of London Police	Male	182	M40	50	43:46	211
205	349	43:56	Aaron Neale		Male	183	MS	119	43:42	205
206	1683	43:56	Lauren Stripling		Female	23	FS	11	43:43	206
207	268	43:56	Adam Matthews	Benfleet Running Club	Male	184	MS	120	43:44	208
208	170	43:58	Daniel Measor		Male	185	MS	121	43:03	185
209	957	44:02	Dunan Henderson		Male	186	MS	122	43:44	209
210	262	44:03	Neill Lovett	East Essex Triathlon Club	Male	187	M40	51	43:45	210

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211	1696	44:06	Simon Richardson		Male	188	MS	123	43:51	212
212	1767	44:07	Lewis Anderson		Male	189	MS	124	43:52	213
213	1684	44:09	Steve Hyams		Male	190	MS	125	43:55	214
214	278	44:09	Chris Wright	Benfleet Running Club	Male	191	M40	52	43:57	216
215	327	44:11	Jordan Lacey	Southend-on-Sea A C	Female	24	FS	12	44:04	217
216	632	44:15	Simon Nathan		Male	192	MS	126	44:06	218
217	1317	44:19	Anthony White	Benfleet Running Club	Male	193	M40	53	44:11	220
218	1210	44:22	Sarah Jeffery	Southend-on-Sea A C	Female	25	FS	13	44:15	223
219	953	44:24	Michael Davis		Male	194	MS	127	43:18	197
220	1820	44:26	Matthew Stenning		Male	195	MS	128	44:17	224
221	271	44:27	Graeme Henman	Benfleet Running Club	Male	196	M50	13	44:20	227
222	807	44:28	Jon Ward		Male	197	M40	54	44:22	229
223	17	44:29	Dean Johnson		Male	198	MS	129	44:24	232
224	1876	44:29	Jonathan Bullock		Male	199	M40	55	44:13	221
225	627	44:30	Colin King	Havering 90 Joggers	Male	200	MS	130	44:13	222
226	134	44:32	Elaine Banville	Billericay Striders	Female	26	F35	11	44:18	225
227	144	44:34	Tristan Ridgewell		Male	201	MS	131	44:10	219
228	771	44:34	Carl Williams		Male	202	MS	132	44:18	226
229	106	44:34	Edward Morgan		Male	203	MS	133	44:29	236
230	1482	44:35	Andrew Sime		Male	204	MS	134	44:26	234
231	1737	44:35	Michael French		Male	205	MS	135	44:20	228
232	1030	44:37	James Reddick		Male	206	MS	136	44:23	231
233	1076	44:39	Jez Baxter	East Essex Triathlon Club	Male	207	M40	56	44:28	235
234	1600	44:42	David Hallett		Male	208	M40	57	44:36	240
235	396	44:44	Simon Webb		Male	209	MS	137	43:56	215
236	1120	44:44	Martin Page	Barking Road Runners	Male	210	M50	14	44:34	237
237	179	44:46	Dave Frost		Male	211	MS	138	44:24	233
238	1778	44:46	Claire Dumontier-Marriage	Leigh-On-Sea Striders	Female	27	F35	12	44:40	245
239	1447	44:47	Chris McDonnell	Havering 90 Joggers	Male	212	M60	3	44:22	230
240	868	44:48	John Pells	Ilford Athletic Club	Male	213	M40	58	44:40	246
241	1353	44:49	Michael Baron		Male	214	M40	59	44:34	238
242	1920	44:50	Andrew Moreton		Male	215	M40	60	44:35	239
243	1832	44:52	Ian Magson		Male	216	M40	61	44:52	256
244	114	44:53	Grant Lane		Male	217	MS	139	44:40	247
245	902	44:53	Paul Longman		Male	218	M50	15	44:43	249
246	345	44:55	Ian Bartram	Castle Point Joggers	Male	219	M40	62	44:38	243
247	1514	44:56	Rob Mills	Springfield Striders	Male	220	MS	140	44:36	241
248	1573	44:57	Charles Quaey		Male	221	M40	63	44:45	250
249	173	44:58	Mike Stapleton	Southend-on-Sea A C	Male	222	M40	64	44:53	257
250	395	44:58	Tony Crosby		Male	223	MS	141	44:51	255
251	613	44:58	Ashley Milson		Male	224	MS	142	44:50	253
252	54	45:01	Silvia Bomarova	Thurrock Harriers	Female	28	F35	13	44:47	251
253	950	45:01	Robert West	Leigh-On-Sea Striders	Male	225	MS	143	44:55	259
254	277	45:02	Steve Dear	Benfleet Running Club	Male	226	MS	144	44:57	261
255	1662	45:03	Martin Clarke	Ilford Athletic Club	Male	227	M50	16	44:54	258
256	96	45:04	Graham Rippin		Male	228	M50	17	44:57	262
257	1337	45:10	Jo Burtonshaw	Benfleet Running Club	Female	29	F35	14	45:03	264
258	1776	45:10	David Keeler		Male	229	MS	145	44:38	244
259	779	45:17	Luke Burkett		Male	230	MS	146	45:11	265
260	1006	45:17	Rudi Davis		Male	231	MS	147	44:50	254
261	1147	45:19	Peter Kevan		Male	232	M60	4	45:01	263
262	1568	45:19	Richard Lesley		Male	233	MS	148	44:55	260
263	321	45:22	Andrew Wayman		Male	234	MS	149	44:36	242
264	382	45:24	Holly Gillard	Southend-on-Sea A C	Female	30	FS	14	45:17	268
265	1921	45:26	Richard Mangham	Leigh-On-Sea Striders	Male	235	M50	18	45:16	267
266	1500	45:34	Robert Woodford		Male	236	MS	150	45:26	274
267	1009	45:34	Sarah Grabowski	Benfleet Running Club	Female	31	FS	15	45:27	276
268	291	45:35	Dennis Dudley	Benfleet Running Club	Male	237	M50	19	45:15	266
269	886	45:38	Bob Harding		Male	238	M40	65	45:18	271
270	1551	45:39	Simon Ratcliffe	Tiptree Road Runners	Male	239	MS	151	45:17	269
271	272	45:40	Mark Thirkettle	Benfleet Running Club	Male	240	MS	152	45:28	278
272	932	45:41	Kieron Rochester		Male	241	MS	153	45:26	275
273	1897	45:42	Colin Harper		Male	242	M40	66	45:25	273
274	1534	45:43	Jennifer Green		Female	32	F35	15	45:21	272
275	1602	45:44	Philip Moore	Deptford Green Runners	Male	243	M40	67	44:42	248
276	1431	45:44	Colin Bicknell		Male	244	M50	20	45:31	281
277	1978	45:45	John Wheeler		Male	245	M40	68	45:34	282
278	1614	45:45	David Mills		Male	246	M40	69	45:27	277
279	1796	45:46	Len Cross		Male	247	MS	154	45:28	279
280	313	45:49	James Russell		Male	248	M50	21	45:43	286

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
281	1183	45:52	Louisa Latham	Benfleet Running Club	Female	33	FS	16	45:45	290
282	1420	45:53	Bob Flack	Leigh-On-Sea Striders	Male	249	M50	22	45:43	287
283	1800	45:54	Andrew Webster		Male	250	MS	155	45:17	270
284	1705	45:55	Michal Cienik		Male	251	MS	156	45:39	284
285	855	45:55	Neil Coates		Male	252	M40	70	45:44	289
286	119	45:59	Justin Renda		Male	253	MS	157	45:42	285
287	1558	46:00	Jeff Bolton		Male	254	MS	158	45:38	283
288	1189	46:03	Siobhan Cook		Female	34	FS	17	45:47	291
289	310	46:04	Laurence Harrison	Billericay Striders	Male	255	M40	71	45:48	292
290	1034	46:07	Lee Salmon		Male	256	MS	159	44:47	252
291	1103	46:10	James Macnish Porter	Thrift Green Trotters	Male	257	M40	72	45:56	298
292	829	46:11	Stuart Bennett		Male	258	M40	73	45:28	280
293	1045	46:13	John Mortimer		Male	259	MS	160	45:54	296
294	1909	46:14	Dave Riglar		Male	260	M40	74	45:49	293
295	1362	46:14	Mark Newell		Male	261	M40	75	45:52	295
296	691	46:14	James Keenan		Male	262	MS	161	46:04	302
297	35	46:15	Pat Dobbs	Thurrock Harriers	Male	263	M70	1	45:55	297
298	152	46:15	Trevor Mickleburgh	Benfleet Running Club	Male	264	M40	76	46:00	300
299	348	46:18	Michael Moxon		Male	265	MS	162	46:09	306
300	1056	46:19	Gary Inglis		Male	266	M40	77	46:01	301
301	283	46:19	Matt Harper-Ward	Benfleet Running Club	Male	267	M40	78	46:11	308
302	1495	46:20	Michael Lesley		Male	268	MS	163	45:58	299
303	227	46:21	Patricia McWeeney		Female	35	FS	18	46:05	303
304	914	46:21	John Pearman		Male	269	M50	23	46:14	311
305	949	46:21	Victor Leung		Male	270	MS	164	46:12	309
306	365	46:25	Sarah Eves		Female	36	F35	16	46:21	320
307	1638	46:27	Graham Bonney		Male	271	M40	79	46:17	312
308	1373	46:29	Nick Stuart		Male	272	M40	80	46:06	304
309	1137	46:32	Godfrey Mather	Benfleet Running Club	Male	273	M50	24	46:17	313
310	251	46:32	Craig Maddocks		Male	274	MS	165	46:18	316
311	171	46:33	Rebecca Pittman	Springfield Striders	Female	37	F45	3	46:10	307
312	912	46:33	John Beasley		Male	275	M50	25	45:43	288
313	1217	46:34	Julia Newell		Female	38	FS	19	46:20	318
314	1223	46:34	Colin Douglas		Male	276	MS	166	46:24	322
315	33	46:35	Jenni Crisp	Ilford Athletic Club	Female	39	FS	20	46:25	325
316	782	46:35	Neil Harrison		Male	277	MS	167	46:08	305
317	1902	46:36	Wayne Seaby		Male	278	M40	81	46:17	314
318	269	46:36	Chris Jones	Benfleet Running Club	Male	279	MS	168	46:23	321
319	1423	46:37	Terry Seward		Male	280	M50	26	46:24	323
320	1052	46:37	Maxine Brown	Barking Road Runners	Female	40	F35	17	46:12	310
321	380	46:38	Erica Ryder		Female	41	F45	4	46:26	326
322	60	46:40	Paul Buckley	Ravestock Slugs	Male	281	M50	27	46:20	319
323	1429	46:42	Peter Harley		Male	282	M50	28	46:24	324
324	99	46:46	Kate Mulholland		Female	42	FS	21	45:50	294
325	1238	46:50	Tom Bicknell		Male	283	MS	169	46:36	332
326	1926	46:50	Graham Bardell		Male	284	M50	29	46:29	327
327	1660	46:50	Paul Champion	Leigh-On-Sea Striders	Male	285	M50	30	46:37	333
328	1789	46:50	Stephen Keane		Male	286	MS	170	46:17	315
329	1151	46:51	Alexandra Morgan	Southend-on-Sea A C	Female	43	FS	22	46:44	340
330	335	46:52	Anthony Hattan	Benfleet Running Club	Male	287	MS	171	46:39	335
331	138	46:52	Ross Holland		Male	288	MS	172	46:32	329
332	1268	46:54	Darren Hosler		Male	289	MS	173	46:45	342
333	1759	46:55	Louise Stoakley	Billericay Striders	Female	44	FS	23	46:34	330
334	1664	46:58	Philip Gould		Male	290	M50	31	46:19	317
335	1318	46:58	Sean McFarlane		Male	291	M40	82	46:37	334
336	603	46:58	John Reid	Team Viper	Male	292	MS	174	46:50	350
337	1583	47:00	Graeme Riches		Male	293	M40	83	46:39	336
338	1877	47:00	Dave Lane		Male	294	M40	84	46:35	331
339	274	47:02	Morgan Reddish	Benfleet Running Club	Male	295	M40	85	46:45	343
340	1111	47:03	James Kane	East Essex Triathlon Club	Male	296	M40	86	46:46	345
341	1496	47:04	Steve Jolley		Male	297	MS	175	46:44	341
342	1181	47:05	Richard Marshall		Male	298	MS	176	46:39	337
343	36	47:05	David Scott	Thrift Green Trotters	Male	299	M40	87	46:47	347
344	810	47:07	Mark Lynch	Witham Running Club	Male	300	M40	88	47:00	357
345	1277	47:07	Russell Edgings		Male	301	MS	177	46:48	349
346	1599	47:07	Jacalyn Eyres		Female	45	F35	18	46:59	355
347	1783	47:08	Paul Chlopas	Leigh-On-Sea Striders	Male	302	MS	178	47:02	361
348	952	47:09	Thomas Fulk		Male	303	MS	179	46:46	346
349	1435	47:09	Christopher Barnwell		Male	304	M50	32	46:54	351
350	80	47:13	Geoff White		Male	305	M40	89	47:01	359

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
351	601	47:14	Daniel Hardy		Male	306	MS	180	46:55	352
352	334	47:14	Jason Smith		Male	307	M40	90	46:43	339
353	76	47:16	Ciaran O'Shaughnessy		Male	308	MS	181	47:04	362
354	1856	47:16	Christopher Hawkins		Male	309	M40	91	46:42	338
355	50	47:18	Mark Greensill		Male	310	M40	92	46:58	354
356	1505	47:18	Robert Garfield		Male	311	MS	182	47:04	363
357	731	47:18	Matthew Finlay		Male	312	MS	183	47:00	358
358	1519	47:20	Peter John Watson	Benfleet Running Club	Male	313	MS	184	47:14	376
359	1446	47:23	Ian McClymont	Bishops Stortford Running Club	Male	314	M60	5	47:05	364
360	1947	47:24	Stan Coleman	Thrift Green Trotters	Male	315	M60	6	47:08	369
361	740	47:24	John Edwards		Male	316	MS	185	46:59	356
362	1350	47:26	Paul Gudgin	Benfleet Running Club	Male	317	M40	93	47:12	374
363	1563	47:27	Fran Clayton		Female	46	F35	19	47:14	377
364	993	47:27	Corina Holmes	Thrift Green Trotters	Female	47	FS	24	47:10	370
365	1392	47:30	Ralph Walter		Male	318	M40	94	46:47	348
366	761	47:31	Gary Carpenter		Male	319	MS	186	47:12	375
367	1219	47:31	Matthew Gardiner		Male	320	MS	187	47:05	365
368	666	47:32	Paul Lowry	Castle Point Joggers	Male	321	MS	188	47:05	366
369	1032	47:32	Louise Perrin	Barking Road Runners	Female	48	F35	20	47:06	367
370	861	47:33	Ian Hall		Male	322	M40	95	46:45	344
371	109	47:33	Sally Baker		Female	49	FS	25	47:01	360
372	316	47:35	Rachel Jarvis		Female	50	F45	5	47:19	378
373	1665	47:36	Terry Garner		Male	323	M50	33	47:25	382
374	1046	47:37	Nick Dunn		Male	324	MS	189	47:25	383
375	1527	47:38	Jochen Tree		Male	325	MS	190	47:26	386
376	1416	47:40	James Elsby		Male	326	M50	34	47:20	379
377	634	47:42	Michael Watts		Male	327	MS	191	46:29	328
378	258	47:42	David Joseph		Male	328	MS	192	46:57	353
379	174	47:42	Anna Reichwald		Female	51	F45	6	47:26	387
380	1402	47:44	Paul McInerney	Benfleet Running Club	Male	329	M40	96	47:20	380
381	1081	47:45	Paul McBrearty		Male	330	M40	97	47:06	368
382	790	47:45	Lee Carr		Male	331	M40	98	47:25	384
383	120	47:45	David Wiles	Thrift Green Trotters	Male	332	MS	193	47:29	389
384	1413	47:47	John Morris	Leigh-On-Sea Striders	Male	333	M50	35	47:10	371
385	1726	47:48	Jodie Timbrell	Thrift Green Trotters	Female	52	FS	26	47:33	393
386	205	47:50	Terry Fulton		Male	334	M40	99	47:32	391
387	1292	47:51	Georgina Bullock	Castle Point Joggers	Female	53	F35	21	47:31	390
388	1788	47:52	Alan Pease		Male	335	MS	194	47:22	381
389	1406	47:52	Lorraine Evans	Bishops Stortford Running Club	Female	54	F45	7	47:10	372
390	359	47:53	Ray Davies		Male	336	M60	7	47:46	406
391	1301	47:56	Kirsteen Newell		Female	55	F35	22	47:32	392
392	341	47:57	Jill Eley		Female	56	F45	8	47:26	388
393	1282	47:57	Graham Crouchman		Male	337	MS	195	47:25	385
394	916	47:58	Gary Hamill	Benfleet Running Club	Male	338	M50	36	47:39	402
395	1777	47:58	Joanne Kelly	Spitfire Running Club	Female	57	F35	23	47:33	394
396	1528	47:58	Gary Beeston		Male	339	MS	196	47:37	398
397	319	47:58	Christopher Orsborn		Male	340	MS	197	47:38	400
398	1443	48:00	David Morgan	Billericay Striders	Male	341	M60	8	47:37	399
399	1937	48:02	Gareth Scott	Thrift Green Trotters	Male	342	M50	37	47:41	403
400	31	48:03	Dianne Crisp	Ilford Athletic Club	Female	58	F45	9	47:53	411
401	806	48:04	Julie Perrin		Female	59	F35	24	47:49	408
402	1211	48:07	Michael Roberts		Male	343	MS	198	47:34	395
403	1015	48:08	Kevin Childs		Male	344	MS	199	47:38	401
404	135	48:09	Ross Kemble	Thrift Green Trotters	Male	345	MS	200	47:55	413
405	370	48:10	Stuart Ashton		Male	346	M40	100	47:35	396
406	825	48:11	Vanessa Mathers	Southend-on-Sea A C	Female	60	F35	25	47:55	414
407	1671	48:12	George Berwick		Male	347	M60	9	47:36	397
408	234	48:14	Janet Pardon	Billericay Striders	Female	61	F45	10	47:54	412
409	1833	48:15	Lisa Johns		Female	62	F35	26	48:08	423
410	1641	48:16	Paul Emery	Ilford Athletic Club	Male	348	M40	101	48:05	420
411	53	48:19	Gordon Greenhalgh	Benfleet Running Club	Male	349	M40	102	48:05	421
412	800	48:23	Gary Brown		Male	350	M40	103	47:57	415
413	1895	48:24	David Enders	Witham Running Club	Male	351	M40	104	48:00	419
414	1766	48:24	Anthony Lister	Leigh-On-Sea Striders	Male	352	MS	201	47:48	407
415	79	48:25	Lisa Rieffel	Castle Point Joggers	Female	63	F35	27	47:58	416
416	871	48:25	Rick Goldsmith	Castle Point Joggers	Male	353	M40	105	47:58	417
417	1348	48:26	Rob Corbey		Male	354	M40	106	48:10	426
418	97	48:26	Laura Durn	Brighton Phoenix AC	Female	64	FS	27	47:41	404
419	1815	48:29	John Scott		Male	355	MS	202	47:51	409
420	1580	48:29	Andrew Craydon		Male	356	M40	107	48:11	427

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
421	1723	48:30	Kirsty Scott		Female	65	FS	28	47:51	410
422	1935	48:31	Paul Franklin	Castle Point Joggers	Male	357	M50	38	48:05	422
423	783	48:33	Paul Copsey		Male	358	MS	203	48:08	424
424	176	48:33	Philip Banham		Male	359	MS	204	47:10	373
425	765	48:33	Victoria Peacock		Female	66	F35	28	48:19	432
426	168	48:34	Andrew Thomson	Havering 90 Joggers	Male	360	MS	205	48:15	429
427	1682	48:35	Benjamin Major		Male	361	MS	206	48:11	428
428	1131	48:35	John Jenks		Male	362	M50	39	48:20	433
429	64	48:38	Stephen Jolly		Male	363	M50	40	48:18	431
430	56	48:41	Jack Elliot		Male	364	MS	207	48:20	434
431	1675	48:41	Roy Farrance	Thrift Green Trotters	Male	365	M60	10	48:23	436
432	1619	48:42	Sally Gillam	Ilford Athletic Club	Female	67	F45	11	48:16	430
433	259	48:42	Mark Robertson		Male	366	M40	108	48:08	425
434	1561	48:42	Jozef Bananka		Male	367	MS	208	48:26	438
435	358	48:49	Colin Lander		Male	368	M50	41	48:34	440
436	1970	48:50	Billy Longhurst		Male	369	MS	209	47:42	405
437	1595	48:52	Paul Dixon		Male	370	M40	109	48:24	437
438	885	48:55	Phil Harding		Male	371	M40	110	48:36	442
439	1819	48:57	Kirsty Williams		Female	68	F35	29	48:47	456
440	1748	48:58	Andy Sewell		Male	372	MS	210	48:36	443
441	1941	48:58	Peter Chaplin	Pitsea Running Club	Male	373	M50	42	48:47	457
442	1405	48:59	Mike Hayward	Castle Point Joggers	Male	374	M40	111	48:30	439
443	72	49:00	Veronique Dorothy		Female	69	F45	12	48:40	447
444	983	49:01	Sean Bunker		Male	375	MS	211	48:21	435
445	881	49:01	David Butler	East Essex Triathlon Club	Male	376	M40	112	49:01	468
446	1658	49:03	Eric Britton	Leigh-On-Sea Striders	Male	377	M50	43	48:52	459
447	1104	49:07	Karen Sutherland		Female	70	F45	13	48:39	446
448	1351	49:07	Paula Cardy	Springfield Striders	Female	71	F35	30	48:38	445
449	1437	49:08	Steve Birkett	Thrift Green Trotters	Male	378	M50	44	48:51	458
450	1486	49:08	Robin Baker		Male	379	MS	212	47:58	418
451	1809	49:09	Barry Harris		Male	380	MS	213	48:42	450
452	1192	49:09	Thomas Purser		Male	381	MS	214	48:55	461
453	379	49:12	Kevin Beadell		Male	382	MS	215	48:36	444
454	1250	49:15	Zak Arakliti		Male	383	MS	216	49:08	479
455	835	49:16	Karen Payne		Female	72	F35	31	48:42	451
456	1438	49:17	Declan Cullen	Ilford Athletic Club	Male	384	M50	45	49:07	475
457	844	49:17	Richard Kelley		Male	385	M40	113	48:40	448
458	1267	49:19	Neil Reeve		Male	386	MS	217	48:42	452
459	1845	49:19	Simon Jackson		Male	387	M40	114	48:55	462
460	1213	49:20	Robert Potter		Male	388	MS	218	48:46	455
461	1601	49:20	Jill Sherlock		Female	73	F35	32	49:12	480
462	1027	49:21	Peter Gibbons		Male	389	MS	219	48:35	441
463	620	49:22	Iain Gear		Male	390	MS	220	48:58	464
464	1382	49:23	Adrian Pugh	Benfleet Running Club	Male	391	M40	115	49:01	469
465	118	49:23	Graham G Smith	Thrift Green Trotters	Male	392	M60	11	49:04	471
466	1041	49:23	Warren Drury		Male	393	MS	221	49:16	484
467	250	49:24	Jemma Govier		Female	74	FS	29	49:00	467
468	303	49:24	Kate Sandet		Female	75	FS	30	48:59	465
469	151	49:25	Joanne Ling	Billericay Striders	Female	76	F35	33	49:04	472
470	263	49:26	Kevin Ablitt		Male	394	M50	46	49:03	470
471	1891	49:26	Alan Gazzard		Male	395	M40	116	48:45	454
472	1724	49:26	David Winfield		Male	396	MS	222	49:20	488
473	141	49:27	Kevin Youell		Male	397	M40	117	48:59	466
474	1361	49:30	Jon Morgan		Male	398	M40	118	49:07	476
475	1291	49:32	Simon Ansell		Male	399	MS	223	49:04	473
476	1507	49:33	Thomas Latham		Male	400	MS	224	49:21	490
477	394	49:36	Ricky Gillmore		Male	401	M40	119	49:25	496
478	1260	49:37	Scott Moore		Male	402	MS	225	48:43	453
479	975	49:37	Katherine Ellis	Clapham Chasers	Female	77	FS	31	48:56	463
480	884	49:38	Gail Patman	Leigh-On-Sea Striders	Female	78	F45	14	49:07	477
481	762	49:39	Annette Stannard	Southend-on-Sea A C	Female	79	F35	34	49:24	493
482	1912	49:40	Robert Johnson	Benfleet Running Club	Male	403	M40	120	49:28	497
483	342	49:40	Roy Guit	Benfleet Running Club	Male	404	M40	121	49:06	474
484	122	49:43	Adam Tarr		Male	405	MS	226	49:13	481
485	1734	49:45	Daniel White		Male	406	MS	227	49:14	482
486	901	49:45	Paul Maskell	Leigh-On-Sea Striders	Male	407	M50	47	49:32	501
487	1428	49:46	Jenny Harley		Female	80	F45	15	49:28	498
488	961	49:46	Greg Shinn		Male	408	MS	228	49:24	494
489	1248	49:47	Jason Bell		Male	409	MS	229	49:38	507
490	948	49:47	Catherine Bridgeman	Leigh-On-Sea Striders	Female	81	FS	32	49:24	495

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
491	1526	49:49	Juliet Tree		Female	82	F35	35	49:37	506
492	1916	49:50	John McDonald		Male	410	M40	122	49:14	483
493	1849	49:50	Iain Findlay		Male	411	M40	123	49:43	512
494	1838	49:52	Michael Moran		Male	412	M40	124	49:19	486
495	70	49:53	Paul Mitchell	Thurrock Nomads	Male	413	MS	230	49:35	505
496	1128	49:55	Ian Wardle		Male	414	M50	48	49:32	502
497	1859	49:57	Phillip Clarke	Tiptree Road Runners	Male	415	M40	125	49:22	491
498	1858	49:58	Tina Clarke	Tiptree Road Runners	Female	83	F35	36	49:23	492
499	1118	49:58	Richard Pichelski	Edmonton Running Club	Male	416	M50	49	49:38	508
500	285	49:59	Chantel Mason	Benfleet Running Club	Female	84	FS	33	49:31	499
501	1289	49:59	Zoe Randall		Female	85	F35	37	49:16	485
502	218	49:59	Robert Baker		Male	417	M40	126	48:40	449
503	675	50:00	Matthew Macdonald	Tri-Sport Epping	Male	418	MS	231	49:47	515
504	1896	50:04	Neville Upton		Male	419	M40	127	49:19	487
505	1964	50:04	Morag Logan		Female	86	FS	34	49:20	489
506	240	50:08	Darren Emmett	Benfleet Running Club	Male	420	M40	128	49:51	519
507	1982	50:09	Jamie Thompson		Male	421	MS	232	48:54	460
508	363	50:11	Trevor Imbush		Male	422	M40	129	49:31	500
509	87	50:11	Paul McClements		Male	423	MS	233	49:58	525
510	273	50:12	Roberto De Cristofano	Benfleet Running Club	Male	424	M40	130	49:52	520
511	1342	50:12	Ronan Quinn		Male	425	M40	131	49:45	514
512	1300	50:13	James Bowker		Male	426	M40	132	49:07	478
513	248	50:13	Sally Tull		Female	87	F35	38	49:48	516
514	1596	50:14	Heather Reed		Female	88	F35	39	50:02	526
515	78	50:14	Callum O'Shaughnessy		Male	427	MS	234	50:04	527
516	1336	50:21	Gary Warner		Male	428	M40	133	49:44	513
517	1569	50:23	Jon Brown	Southend-on-Sea A C	Male	429	M40	134	50:06	530
518	63	50:27	Ian Watkins	Springfield Striders	Male	430	M50	50	49:34	504
519	756	50:28	Martin Worswick		Male	431	MS	235	49:33	503
520	293	50:32	Annette Johnson	Benfleet Running Club	Female	89	F35	40	50:04	528
521	720	50:32	Graham Butler		Male	432	MS	236	49:56	521
522	196	50:35	Anne Howe	Benfleet Running Club	Female	90	F45	16	50:24	541
523	693	50:37	Sarah Boxall		Female	91	FS	35	50:10	534
524	1398	50:38	Toby Kinder	Barking Road Runners	Male	433	M40	135	49:50	518
525	1579	50:40	David Charlton		Male	434	M40	136	49:48	517
526	679	50:40	Anne Jenkinson		Female	92	FS	36	50:33	546
527	166	50:41	Stuart Gran		Male	435	M50	51	49:41	509
528	1160	50:42	Josh Bowers		Male	436	MS	237	49:56	522
529	1762	50:46	Jason Farr		Male	437	MS	238	49:42	511
530	1634	50:50	Ian Carroll		Male	438	M40	137	49:57	523
531	1615	50:51	Steve Browne		Male	439	M40	138	50:07	532
532	1169	50:52	Michelle Bell	Leigh-On-Sea Striders	Female	93	FS	37	49:41	510
533	252	50:52	Peter Mullins		Male	440	MS	239	50:22	539
534	1707	50:53	Benjamin Hatton		Male	441	MS	240	50:08	533
535	159	50:54	Lloyd Williams		Male	442	MS	241	50:06	531
536	340	50:57	Ian Barton		Male	443	MS	242	50:20	537
537	201	50:57	Ben Barham		Male	444	MS	243	50:27	544
538	1904	51:01	Maran Raju		Male	445	M40	139	49:57	524
539	1575	51:02	Keith Boyes		Male	446	M40	140	50:26	542
540	1016	51:02	Emma McDiarmid		Female	94	F35	41	50:44	559
541	1780	51:04	Justin King		Male	447	MS	244	50:18	536
542	289	51:05	Terry Allen	Benfleet Running Club	Male	448	M50	52	50:37	552
543	221	51:05	Geoff Conway		Male	449	M50	53	50:35	550
544	1333	51:06	Steve Ling		Male	450	M40	141	50:23	540
545	1875	51:06	Mark Sach		Male	451	M40	142	50:26	543
546	1473	51:06	Aaron Sultana		Male	452	MS	245	50:43	556
547	1146	51:09	Ian Linton	Tiptree Road Runners	Male	453	M60	12	50:34	547
548	996	51:10	Chris Underwood		Male	454	MS	246	50:20	538
549	388	51:11	Sophie Jarvis	Southend-on-Sea A C	Female	95	FS	38	51:03	578
550	1548	51:11	Antony Skinner		Male	455	MS	247	50:56	568
551	48	51:12	Sam Forest		Male	456	MS	248	50:48	562
552	1883	51:12	Sally Lee		Female	96	F45	17	50:42	555
553	1578	51:14	Joan Richardson		Female	97	F35	42	50:34	548
554	62	51:14	Grant Buckley	Ravestock Slugs	Male	457	MS	249	50:54	564
555	1867	51:14	Justo Sanz		Male	458	M40	143	51:14	586
556	215	51:15	Jim Jennett	Leigh-On-Sea Striders	Male	459	M50	54	50:17	535
557	1370	51:18	Andy Dawbarn	East Essex Triathlon Club	Male	460	M40	144	50:56	569
558	1019	51:24	Darren Jeffrey		Male	461	MS	250	51:13	585
559	1606	51:25	Debbie Sollis	Leigh-On-Sea Striders	Female	98	F35	43	50:54	565
560	1285	51:25	Ian Carrick		Male	462	MS	251	51:10	583

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
561	1158	51:27	Alexandra Rollings		Female	99	FS	39	51:19	590
562	1051	51:28	Sangdil Patel		Male	463	MS	252	50:04	529
563	1576	51:28	Sara Adams		Female	100	F35	44	51:15	587
564	199	51:33	Gareth Tucker		Male	464	MS	253	50:37	553
565	1063	51:34	William Foley		Male	465	M40	145	51:05	579
566	1786	51:36	Andrew Robinson		Male	466	MS	254	50:34	549
567	235	51:38	John Pardon	Billericay Striders	Male	467	M50	55	51:16	588
568	1236	51:39	Marc Holdich		Male	468	MS	255	50:57	570
569	203	51:39	Len Davies	Havering 90 Joggers	Male	469	M50	56	51:09	582
570	811	51:40	Lee Bines		Male	470	M40	146	50:43	557
571	859	51:40	Chris Stookes		Male	471	M40	147	50:55	566
572	1395	51:41	Michelle Smith		Female	101	F45	18	50:29	545
573	1754	51:41	Tim Martin		Male	472	MS	256	50:46	560
574	877	51:42	Jo Fitsall		Female	102	F45	19	51:02	576
575	1463	51:43	Vanessa Smart		Female	103	FS	40	50:39	554
576	819	51:43	David Manning		Male	473	M40	148	51:22	595
577	832	51:45	Frances Webster		Female	104	F35	45	51:29	599
578	204	51:46	Deborah Davies	Havering 90 Joggers	Female	105	F45	20	51:16	589
579	27	51:48	Lee Martin		Male	474	MS	257	51:35	602
580	326	51:49	Kirk Marshall		Male	475	MS	258	51:10	584
581	970	51:50	Toni Watson		Female	106	FS	41	50:36	551
582	1278	51:51	Mark Wright		Male	476	MS	259	50:57	571
583	228	51:53	Shannon Sullivan		Female	107	FS	42	51:37	606
584	1394	51:54	Denise Redburn	Leigh-On-Sea Striders	Female	108	F45	21	51:39	611
585	1279	51:54	Craig Clayton		Male	477	MS	260	50:43	558
586	631	51:57	Liarna Cooper		Female	109	FS	43	51:32	600
587	608	51:57	Hayley Wisken		Female	110	FS	44	51:36	604
588	1872	51:58	Richard Thompson		Male	478	M40	149	50:46	561
589	177	51:59	Mark Bartlau	Leigh-On-Sea Striders	Male	479	M40	150	51:44	616
590	1140	51:59	Stephen Bunker		Male	480	M50	57	51:20	591
591	1204	52:00	Gary Jasper		Male	481	MS	261	51:06	581
592	214	52:01	John Bennett	Edmonton Running Club	Male	482	MS	262	51:01	574
593	1341	52:05	Andy Allen		Male	483	M40	151	51:28	597
594	305	52:07	Richard Howard		Male	484	MS	263	51:32	601
595	124	52:08	Michelle Foster		Female	111	FS	45	51:28	598
596	995	52:08	Lauren Stephens		Female	112	FS	46	50:57	572
597	1100	52:09	Jacky Green		Female	113	F45	22	51:01	575
598	15	52:09	Adam Luck		Male	485	MS	264	50:58	573
599	1196	52:10	Lee Edwards		Male	486	MS	265	50:48	563
600	1898	52:11	Mark White		Male	487	M40	152	51:41	614
601	1368	52:14	Anita James		Female	114	F45	23	51:39	612
602	1834	52:14	Mark Howard		Male	488	M40	153	51:38	610
603	1790	52:18	David Robinson		Male	489	MS	266	52:10	631
604	915	52:20	Alastair Kendrick	Castle Point Joggers	Male	490	M50	58	51:52	617
605	925	52:20	Stephen Marks		Male	491	M60	13	51:58	622
606	1716	52:21	Martin Pampel		Male	492	MS	267	51:05	580
607	1709	52:24	Eugen Radu		Male	493	MS	268	50:55	567
608	1481	52:25	Emma Coombs	Maidenhead AC	Female	115	FS	47	51:21	594
609	1119	52:25	Tony Low	Phoenix Striders	Male	494	M50	59	51:02	577
610	1791	52:26	Simon Waters		Male	495	MS	269	51:53	618
611	1537	52:26	Daniel Dallas		Male	496	MS	270	51:36	605
612	963	52:28	Jessica Keenan		Female	116	FS	48	52:17	636
613	853	52:29	Barry bailey		Male	497	M40	154	51:37	607
614	1905	52:30	Joyce Taylor		Female	117	F45	24	51:39	613
615	150	52:31	Gary Johnson	Benfleet Running Club	Male	498	M40	155	51:37	608
616	628	52:34	Philip Bush		Male	499	MS	271	51:26	596
617	654	52:35	Martyn Wager		Male	500	MS	272	51:20	592
618	1346	52:35	Nic Vincent	Southend-on-Sea A C	Male	501	M40	156	52:19	637
619	969	52:35	Martin Holland		Male	502	MS	273	51:20	593
620	68	52:36	Jennie Page	Benfleet Running Club	Female	118	FS	49	52:09	628
621	98	52:38	Paul Mulholland		Male	503	MS	274	51:41	615
622	1381	52:39	Paul Summers		Male	504	M40	157	51:56	620
623	1252	52:39	Paul Trigg		Male	505	MS	275	51:54	619
624	1729	52:40	Amy Allen		Female	119	FS	50	51:37	609
625	1829	52:40	Paul Range-Dye		Male	506	M40	158	51:57	621
626	1091	52:41	Stuart Blakemore		Male	507	M40	159	52:10	632
627	1075	52:41	Matthew Rankin		Male	508	M40	160	52:24	641
628	971	52:42	Rowan Flatt		Female	120	FS	51	52:32	651
629	671	52:42	Stewart Bunney		Male	509	MS	276	52:00	624
630	1133	52:42	Gary Warwick	Pitsea Running Club	Male	510	M50	60	52:31	647

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
631	1483	52:45	Kevin Birch		Male	511	MS	277	51:35	603
632	307	52:46	Andrew Bridge		Male	512	MS	278	51:59	623
633	372	52:48	Matt Mills		Male	513	M40	161	52:26	643
634	1193	52:50	Mark Beard		Male	514	MS	279	52:01	626
635	846	52:53	Joanne Short		Female	121	F35	46	52:31	648
636	45	52:56	Michael Cottrell	Billericay Striders	Male	515	M60	14	52:33	652
637	1439	52:59	Doug Colmer	Bexley AC	Male	516	M50	61	52:15	635
638	1315	53:00	Ian Sherman		Male	517	M40	162	52:00	625
639	645	53:00	Angela Chisholm		Female	122	FS	52	52:21	639
640	1925	53:01	Martin Gover		Male	518	M50	62	52:27	644
641	1026	53:01	Maxine Emmins	Benfleet Running Club	Female	123	F35	47	52:40	661
642	1720	53:02	Terry Montgomery		Male	519	MS	280	52:04	627
643	330	53:04	Steven Thorne	Southend-on-Sea A C	Male	520	M40	163	52:22	640
644	309	53:05	William Bridge		Male	521	M50	63	52:19	638
645	624	53:08	Dane Sales		Male	522	MS	281	52:09	629
646	1309	53:09	Paul Kelly		Male	523	M40	164	52:11	633
647	290	53:10	Sarah De Cristofano	Benfleet Running Club	Female	124	F35	48	52:49	665
648	778	53:12	Lisa Spicer		Female	125	F35	49	52:09	630
649	1695	53:12	Rebecca Chlopas	Leigh-On-Sea Striders	Female	126	FS	53	53:05	677
650	140	53:13	Andrew Benham	Southend-on-Sea A C	Male	524	M40	165	52:31	649
651	836	53:14	Richard Hawkes		Male	525	M40	166	52:35	654
652	193	53:21	Terry Cockell	Benfleet Running Club	Male	526	M40	167	52:38	659
653	1061	53:21	Glen Fisher		Male	527	M40	168	52:13	634
654	1206	53:22	Peter Chattey		Male	528	MS	282	52:24	642
655	1571	53:24	Caroline Levy		Female	127	F35	50	52:56	671
656	1712	53:25	Simon McDonnell		Male	529	MS	283	52:31	650
657	390	53:26	Peter Watson	Benfleet Running Club	Male	530	M50	64	53:04	676
658	850	53:26	Tara Dixon		Female	128	F35	51	52:34	653
659	686	53:28	Peter Goldring		Male	531	MS	284	53:20	693
660	688	53:28	Alan Wastell		Male	532	MS	285	53:18	691
661	1631	53:29	Michelle Henderson	Thurrock Harriers	Female	129	F45	25	52:57	672
662	1105	53:30	Stephen Harrison		Male	533	M40	169	52:39	660
663	849	53:30	Karen Mihill		Female	130	F35	52	52:37	658
664	1393	53:30	Ian Tinworth		Male	534	M40	170	53:00	675
665	1484	53:30	Stephen Nicoli		Male	535	MS	286	53:08	681
666	1934	53:31	Alan Taylor	Thurrock Nomads	Female	131	F45	26	52:41	662
667	338	53:35	Ray Rawlinson	Ilford Athletic Club	Male	536	M50	65	53:25	699
668	1093	53:36	Lorraine Pichelski	Edmonton Running Club	Female	132	F45	27	53:18	692
669	136	53:38	Amelia Kyriakides	Southend-on-Sea A C	Female	133	FS	54	53:30	702
670	287	53:38	Jazqui McLeon	Benfleet Running Club	Female	134	F35	53	53:20	694
671	233	53:38	Jeff Appleby		Male	537	M40	171	52:36	656
672	1801	53:43	Thomas Dalgarno		Male	538	MS	287	52:43	664
673	1828	53:43	Rob Ambridge		Male	539	M40	172	53:07	679
674	1216	53:45	Robert Thwaites		Male	540	MS	288	52:58	673
675	900	53:48	Philip Simmons		Male	541	M50	66	52:42	663
676	352	53:48	Darren Burgess		Male	542	M40	173	52:30	646
677	776	53:48	Lee Sutton		Male	543	MS	289	53:12	685
678	162	53:49	Amber Pointer	Springfield Striders	Female	135	FS	55	52:54	668
679	1134	53:50	John Cox		Male	544	M50	67	52:36	657
680	700	53:52	Chris Hutchings		Male	545	MS	290	52:29	645
681	1387	53:53	Alan Flower		Male	546	M40	174	52:54	669
682	1752	53:54	Kirk Johnson	Benfleet Running Club	Male	547	MS	291	53:43	714
683	1087	53:55	Sanjiv Ingle	Thrift Green Trotters	Male	548	M40	175	53:41	711
684	1264	53:56	Nick Swift		Male	549	MS	292	53:46	720
685	1215	53:56	Tim Read		Male	550	MS	293	53:16	689
686	1114	53:57	Teresa Pearmain		Female	136	F45	28	53:33	704
687	1273	53:57	Hamish White		Male	551	MS	294	53:12	686
688	1259	53:57	Simon Ingyon		Male	552	MS	295	53:12	687
689	1881	53:58	Kevin Salt	Leigh-On-Sea Striders	Male	553	M40	176	53:22	695
690	1588	53:58	Simon Boyes	Leigh-On-Sea Striders	Male	554	M40	177	52:54	670
691	1830	53:58	Dean Williams		Male	555	M40	178	53:07	680
692	1235	54:00	Ralph Hartley		Male	556	MS	296	52:50	666
693	1742	54:00	Christopher Taylor		Male	557	MS	297	52:58	674
694	1943	54:00	Peter Montague		Male	558	M50	68	53:42	712
695	253	54:00	Daniel Lazell		Male	559	MS	298	53:35	705
696	1760	54:01	Mitchell Gleeson		Male	560	MS	299	52:35	655
697	1097	54:01	Tony Smyth		Male	561	M40	179	53:35	706
698	1360	54:01	Sarah Bassett		Female	137	F45	29	53:09	682
699	1950	54:02	Colin Keeling		Male	562	M60	15	52:51	667
700	133	54:02	Michael Kiely		Male	563	M40	180	53:26	700

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
701	1328	54:03	Mark Groves	Leigh-On-Sea Striders	Male	564	M40	181	53:39	708
702	909	54:06	Maria Cheaveau		Female	138	F45	30	53:36	707
703	339	54:07	Pam Jones	Ilford Athletic Club	Female	139	F70	1	53:46	721
704	1516	54:07	Jessica Sheppard		Female	140	FS	56	53:47	722
705	1811	54:11	Lucinda Booth		Female	141	F35	54	53:40	709
706	1295	54:15	Ian Bernhardt		Male	565	M40	182	53:54	731
707	299	54:19	Malcolm Jarvis		Male	566	M40	183	53:05	678
708	618	54:20	Andrew Coles		Male	567	MS	300	53:59	736
709	710	54:20	Michael Wisken		Male	568	MS	301	53:59	737
710	1887	54:21	Andrew Hills		Male	569	M40	184	53:09	683
711	1234	54:23	Frances Weaver		Female	142	FS	57	53:14	688
712	115	54:24	Gail Morphet	Leigh-On-Sea Striders	Female	143	F35	55	53:56	732
713	331	54:27	David Godfrey	Billericay Striders	Male	570	M60	16	53:40	710
714	1479	54:28	Nadine Fu		Female	144	FS	58	54:09	750
715	1844	54:29	Sharon Harper		Female	145	F35	56	53:10	684
716	143	54:30	Sharon Snook	Thrift Green Trotters	Female	146	F45	31	53:22	696
717	1013	54:30	Megan Morgan		Female	147	FS	59	54:11	756
718	1355	54:31	Julia Jarvis	Southend-on-Sea A C	Female	148	F35	57	53:42	713
719	1501	54:32	To Lien Tran		Female	149	FS	60	53:29	701
720	1324	54:32	Dawn Charles	Leigh-On-Sea Striders	Female	150	F35	58	54:02	741
721	1581	54:33	Ruth Roberts	Phoenix Striders	Female	151	F35	59	53:47	723
722	978	54:33	Katie Spicer	Leigh-On-Sea Striders	Female	152	FS	61	53:50	729
723	936	54:34	Ashley Woolgrove		Male	571	MS	302	53:23	697
724	142	54:34	Sally Youell		Female	153	F45	32	54:06	745
725	257	54:35	Tom Robinson		Male	572	M40	185	54:00	740
726	1445	54:35	Frances Smith		Female	154	F55	1	54:06	746
727	1894	54:36	Mike Jordan	Benfleet Running Club	Male	573	M40	186	54:08	749
728	158	54:36	Barry Williams		Male	574	M60	17	53:48	725
729	1352	54:37	Michael Jordan		Male	575	M40	187	53:31	703
730	1304	54:37	Glen Westley		Male	576	M40	188	54:02	742
731	1727	54:38	Lee Moore		Male	577	MS	303	53:16	690
732	1585	54:38	Steve Acton	Benfleet Running Club	Male	578	M40	189	54:24	766
733	284	54:40	Paul Johnson	Benfleet Running Club	Male	579	MS	304	54:06	747
734	1314	54:40	Kevin Smith		Male	580	M40	190	54:10	751
735	658	54:40	Kev Malone	Benfleet Running Club	Male	581	MS	305	54:10	752
736	1276	54:40	Chris Beard		Male	582	MS	306	53:51	730
737	1758	54:40	Shaun Childs		Male	583	MS	307	54:10	753
738	1531	54:42	Scott Mordecai		Male	584	MS	308	53:58	734
739	1784	54:43	Mark Vaufrourad		Male	585	MS	309	54:20	763
740	265	54:43	Bob Chapman		Male	586	MS	310	53:57	733
741	1404	54:44	Keith Lovell		Male	587	M40	191	54:06	748
742	1412	54:44	Barbara McDonnell	Havering 90 Joggers	Female	155	F45	33	53:24	698
743	1208	54:45	Louise Hammond	Billericay Striders	Female	156	FS	62	53:58	735
744	1218	54:46	Stuart Clarke		Male	588	MS	311	53:59	738
745	1562	54:46	Damian Cheffins		Male	589	MS	312	53:43	715
746	281	54:46	Sharon Ruffy	Benfleet Running Club	Female	157	FS	63	54:18	759
747	219	54:47	Albert Miles	Castle Point Joggers	Male	590	M70	2	53:47	724
748	1597	54:47	Michelle Melville	Leigh-On-Sea Striders	Female	158	F35	60	53:48	726
749	1965	54:47	Tracy Beard		Female	159	FS	64	53:59	739
750	375	54:47	Michael Taylor		Male	591	MS	313	54:28	772
751	1386	54:47	Jane Flower		Female	160	F45	34	53:49	728
752	276	54:48	Isia Sinclair	Benfleet Running Club	Female	161	FS	65	54:20	764
753	1626	54:49	Andy Weeks	Nailsea Running Club	Male	592	M40	192	54:26	768
754	325	54:51	Maria Ball		Female	162	F35	61	54:10	754
755	633	54:51	Natalie Woodcock		Female	163	FS	66	54:51	797
756	1911	54:53	Michele Savin		Female	164	F45	35	54:16	757
757	1048	54:54	Stuart Peace		Male	593	MS	314	54:02	743
758	758	54:56	Nicky Ester		Female	165	F35	62	53:45	717
759	1031	54:56	Graeme Petrie		Male	594	MS	315	53:45	718
760	1266	54:57	Darren Stoner		Male	595	MS	316	54:31	773
761	1243	54:59	Jeremy Allen		Male	596	MS	317	54:26	769
762	920	55:00	Paul Gillis		Male	597	M50	69	53:45	719
763	1344	55:02	Robin Hooker		Male	598	M40	193	54:18	760
764	1430	55:05	Patricia Meadows		Female	166	F45	36	54:42	781
765	1546	55:05	Rebecca Taylor		Female	167	F35	63	54:04	744
766	751	55:05	Alan Pearce		Male	599	MS	318	54:57	805
767	38	55:07	Quinton Brooks		Male	600	MS	319	53:48	727
768	1477	55:08	Kim Riches		Female	168	FS	67	54:18	761
769	1627	55:11	Dave Kerr		Male	601	M40	194	54:33	776
770	1139	55:14	Mick Quinlivan	Billericay Striders	Male	602	M50	70	53:44	716

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
771	368	55:15	Julie Day		Female	169	F45	37	54:18	762
772	1848	55:21	Andy Brittain		Male	603	M40	195	54:31	774
773	635	55:22	Nancy Cordon		Female	170	FS	68	54:26	770
774	809	55:23	Del Stowe		Male	604	M40	196	54:36	779
775	1633	55:24	David Lambe		Male	605	M40	197	54:43	784
776	1263	55:26	Brian Martin	Leigh-On-Sea Striders	Male	606	MS	320	54:26	771
777	1503	55:26	Morgan Liddy		Female	171	FS	69	54:10	755
778	1670	55:27	Eileen Hammond	Castle Point Joggers	Female	172	F55	2	54:58	807
779	690	55:28	Stephen Robinson		Male	607	MS	321	54:51	798
780	1450	55:29	Megan Halsted		Female	173	FS	70	54:56	803
781	1488	55:30	Alex Fannin		Female	174	FS	71	54:16	758
782	712	55:31	Claire Samuels		Female	175	F35	64	54:48	791
783	1418	55:32	Martin Hare		Male	608	M50	71	55:13	817
784	906	55:32	Christopher Butten		Male	609	M50	72	54:43	785
785	103	55:32	Jan Grover		Female	176	F45	38	54:42	782
786	1138	55:34	Robert Courtier	Barking Road Runners	Male	610	M50	73	54:56	804
787	917	55:34	Dennis Spencer-Perkins	Barking Road Runners	Male	611	M50	74	54:57	806
788	1427	55:37	Lilani Wijayatilake	Barking Road Runners	Female	177	F45	39	54:48	792
789	976	55:38	Lucy Blois		Female	178	FS	72	55:16	820
790	1618	55:40	Jim Rourke	Billericay Striders	Male	612	M40	198	54:35	777
791	254	55:40	Jayne Carter		Female	179	F35	65	55:07	813
792	75	55:43	Terence O'Shaughnessy		Male	613	M50	75	54:24	767
793	1552	55:43	Robert Askew		Male	614	MS	322	54:55	802
794	1825	55:45	Aykut Bakkil		Male	615	M40	199	54:52	799
795	951	55:45	Helen Kirkham		Female	180	FS	73	54:53	801
796	69	55:48	Patrick Waters	Castle Point Joggers	Male	616	M60	18	54:44	787
797	1509	55:50	David O'Rourke		Male	617	MS	323	55:19	823
798	1494	55:51	Clare Cushing		Female	181	FS	74	54:35	778
799	1249	55:51	Danny White	Barking Road Runners	Male	618	MS	324	55:13	818
800	803	55:51	Craig Brewster		Male	619	M40	200	54:22	765
801	854	55:52	Pam Kavanagh	Benfleet Running Club	Female	182	F35	66	55:11	814
802	1161	55:55	Cally Lammin		Female	183	FS	75	54:43	786
803	1590	55:56	Annabelle Reed	Witham Running Club	Female	184	F35	67	55:06	811
804	1948	55:57	Geoff Windus	Springfield Striders	Male	620	M60	19	54:44	788
805	867	55:57	Malcolm Dennis		Male	621	M40	201	54:31	775
806	1542	55:57	Elizabeth Bonnett		Female	185	F35	68	54:42	783
807	1928	55:59	Jenni Paterson	Leigh-On-Sea Striders	Female	186	F45	40	55:14	819
808	1882	55:59	Debra Mangham	Leigh-On-Sea Striders	Female	187	F45	41	55:17	821
809	678	56:00	James Webster		Male	622	MS	325	54:40	780
810	1441	56:01	Stuart Mackintosh	Thrift Green Trotters	Male	623	M60	20	54:47	790
811	1187	56:02	Quinton Stenson		Male	624	MS	326	54:48	793
812	1332	56:02	Paul Smith		Male	625	M40	202	54:50	796
813	1306	56:03	Simon Rodway		Male	626	M40	203	54:48	794
814	351	56:03	John Williams		Male	627	MS	327	54:46	789
815	1582	56:04	Jo Patmore	Billericay Striders	Female	188	F35	69	55:40	837
816	741	56:04	Debbielyn Hallam		Female	189	F35	70	55:41	839
817	1944	56:05	Ken Whyte		Male	628	M50	76	54:52	800
818	619	56:05	Cindy Lacey	Leigh-On-Sea Striders	Female	190	FS	76	55:11	815
819	862	56:05	Philip Ashley	Benfleet Running Club	Male	629	M40	204	55:54	849
820	1764	56:06	Lucy Bush	Benfleet Running Club	Female	191	FS	77	55:02	809
821	1918	56:09	David Hyde	Leigh-On-Sea Striders	Male	630	M40	205	55:32	829
822	958	56:10	Kristy Sangwin		Female	192	FS	78	55:27	825
823	1952	56:11	Chris Blackabee		Male	631	M40	206	55:04	810
824	1533	56:12	Matt Atkins		Male	632	MS	328	55:12	816
825	1931	56:14	Gordon Andrews		Male	633	M50	77	54:59	808
826	1772	56:14	Adam Miller		Male	634	MS	329	54:48	795
827	1779	56:15	Victoria Range-Dye		Female	193	F35	71	55:31	828
828	1592	56:15	Andy Byrom		Male	635	M40	207	56:08	860
829	41	56:15	Nicki Curling	Team Viper	Female	194	F45	42	56:15	865
830	1628	56:16	Michele Wennington		Female	195	F45	43	55:39	836
831	256	56:17	Susan Vine		Female	196	F45	44	55:33	831
832	754	56:17	Claire Jensen		Female	197	F35	72	55:44	842
833	1290	56:20	Ian Willett		Male	636	MS	330	55:55	853
834	37	56:24	Christopher Balkwill		Male	637	MS	331	55:30	826
835	1366	56:25	Kevin Howard		Male	638	M40	208	55:18	822
836	1907	56:27	Lloyd Reynolds		Male	639	M40	209	55:06	812
837	39	56:28	Alex Bunney		Male	640	M40	210	55:46	843
838	28	56:29	Arran Salmon		Male	641	M40	211	55:33	832
839	1004	56:30	Simon Williams		Male	642	MS	332	55:23	824
840	266	56:32	Barbara Oliver	Benfleet Running Club	Female	198	F55	3	55:46	844

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
841	649	56:33	Charles Jarvis		Male	643	MS	333	55:40	838
842	966	56:37	Kelly Carver		Female	199	FS	79	55:32	830
843	1775	56:43	Chris Durham		Male	644	MS	334	56:04	858
844	1186	56:44	Kirsten Smith		Female	200	FS	80	56:19	870
845	670	56:44	Imogen Heaton		Female	201	FS	81	56:31	882
846	1256	56:44	Linden Henson		Male	645	MS	335	56:19	871
847	1851	56:46	Mark Pearce		Male	646	M40	212	55:43	840
848	934	56:47	Thomas Hickey		Male	647	MS	336	55:46	845
849	824	56:47	Roger Peters		Male	648	M40	213	55:30	827
850	1294	56:48	Nicholas Irwin		Male	649	M40	214	55:37	833
851	904	56:48	Bob Mills		Male	650	M50	78	55:57	855
852	1251	56:53	Mike Evans		Male	651	MS	337	55:54	850
853	954	56:55	Katherine Hickey		Female	202	FS	82	55:54	851
854	1636	56:55	John Michie		Male	652	M40	215	56:11	862
855	1808	56:56	Sophie Headford		Female	203	F35	73	56:33	888
856	1090	56:56	Kate Knox		Female	204	F35	74	56:31	883
857	1239	56:57	Jayne Ellis		Female	205	FS	83	56:47	901
858	764	56:57	Christine Chambers		Female	206	F35	75	55:38	834
859	763	56:57	Nick Chambers		Male	653	MS	338	55:38	835
860	1967	56:58	Katheryn Fenn		Female	207	FS	84	56:48	904
861	1697	56:59	Paul Richardson		Male	654	MS	339	56:44	896
862	1556	57:00	Leanne Mariage		Female	208	F35	76	56:38	891
863	1753	57:01	Jonathan Harvey		Male	655	MS	340	55:43	841
864	1247	57:02	Colin Bell		Male	656	MS	341	55:51	848
865	1491	57:03	Michelle Wyatt		Female	209	FS	85	56:01	856
866	1107	57:03	Paul Darby		Male	657	M40	216	56:02	857
867	246	57:05	Jaqueline Ayers		Female	210	F35	77	56:04	859
868	706	57:05	Lin Taylor		Female	211	F35	78	56:31	884
869	708	57:07	Hiedi Crudgington	Leigh-On-Sea Striders	Female	212	F35	79	56:24	874
870	786	57:07	Karen Price	Leigh-On-Sea Striders	Female	213	F35	80	56:23	872
871	981	57:07	Neil Morgan		Male	658	MS	342	55:56	854
872	1112	57:09	Tim Ketterer		Male	659	M40	217	56:08	861
873	1265	57:10	Dani Fletcher	Leigh-On-Sea Striders	Female	214	F35	81	56:16	866
874	1611	57:12	Ian Soane	Hayle Runners	Male	660	M40	218	56:18	869
875	1699	57:12	Brad Norman		Male	661	MS	343	55:50	846
876	772	57:13	Richard Vale		Male	662	MS	344	56:39	892
877	1184	57:13	Scott Bolton		Male	663	MS	345	56:32	886
878	919	57:16	David Tooke-Kirby		Male	664	M50	79	56:27	878
879	1795	57:16	Michelle Pepper		Female	215	F35	82	55:50	847
880	1827	57:17	Ian Richardson		Male	665	M40	219	56:39	893
881	186	57:17	Kate Cummidge	Castle Point Joggers	Female	216	F45	45	56:49	905
882	1814	57:18	Helen English		Female	217	F35	83	56:23	873
883	1884	57:18	Julie Everett		Female	218	F45	46	56:29	880
884	1773	57:20	Alan Proudfoot		Male	666	MS	346	55:54	852
885	1060	57:20	Kathy Scourfield	Billericay Striders	Female	219	F35	84	56:34	890
886	185	57:21	Chris Cummidge	Castle Point Joggers	Male	667	M40	220	56:53	908
887	1646	57:23	Barbara Chapman		Female	220	F45	47	56:24	875
888	1577	57:26	Robert Macmillan	Benfleet Running Club	Male	668	M40	221	56:47	902
889	236	57:27	Stephen Whyley		Male	669	M60	21	56:25	876
890	26	57:27	Mick Draper		Male	670	M40	222	57:13	929
891	1688	57:28	James McLean	Southend-on-Sea A C	Male	671	MS	347	56:56	913
892	1040	57:28	Louise Walters		Female	221	F35	85	56:44	897
893	605	57:28	Paige Shaddock		Female	222	FS	86	56:55	911
894	887	57:28	Graham Shaddock		Male	672	M40	223	56:56	914
895	1115	57:29	Greg Potts	Springfield Striders	Male	673	M40	224	56:16	867
896	1237	57:29	Jack Bicknell		Male	674	MS	348	57:00	918
897	797	57:30	Jason Cole		Male	675	M40	225	56:27	879
898	1343	57:32	Andy Beard		Male	676	M40	226	56:43	895
899	1068	57:33	Jacqueline Davis		Female	223	F35	86	56:14	863
900	1077	57:35	Paul Saunders		Male	677	M40	227	57:05	924
901	1620	57:35	Paul Fuller		Male	678	M40	228	56:16	868
902	1287	57:36	Laure Mouaraki		Female	224	F35	87	56:14	864
903	1176	57:37	Victoria Johnson		Female	225	FS	87	57:05	925
904	1879	57:37	Chris Williams		Male	679	M40	229	57:09	928
905	1098	57:38	Helen Jones		Female	226	F45	48	56:52	906
906	1470	57:38	Christopher Conway		Male	680	MS	349	57:06	926
907	1587	57:38	Debbie Honeysett		Female	227	F35	88	57:02	920
908	1261	57:39	Peter Higgins		Male	681	MS	350	56:44	898
909	889	57:40	John McGrath		Male	682	M40	230	56:47	903
910	1069	57:41	Barry Davis		Male	683	M40	231	56:25	877

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
911	994	57:43	Sarah Cronin		Female	228	FS	88	56:32	887
912	611	57:44	Ian Banthorpe		Male	684	MS	351	57:08	927
913	804	57:46	Paul Wheeler		Male	685	M40	232	56:29	881
914	1769	57:49	Lauren Rubin		Female	229	FS	89	57:23	935
915	1380	57:49	John Ball		Male	686	M40	233	57:21	933
916	1574	57:49	Victoria Wilson		Female	230	F35	89	57:16	932
917	1687	57:51	Joshua Marsh		Male	687	MS	352	57:25	937
918	1474	57:53	Jade Tilbury		Female	231	FS	90	56:52	907
919	1174	57:53	Isla Fay		Female	232	FS	91	56:53	909
920	1629	57:54	Yvonne James		Female	233	F45	49	56:39	894
921	1608	57:56	Tony Bush		Male	688	M40	234	56:31	885
922	814	57:57	Salim Issa	Barking Road Runners	Male	689	M40	235	57:01	919
923	1812	57:58	Brian Butler		Male	690	MS	353	56:33	889
924	297	57:59	Sarah Potts		Female	234	F45	50	57:36	940
925	298	57:59	Steve Goodsell		Male	691	M50	80	57:36	941
926	918	58:03	Ann Tooke-Kirby	Billericay Striders	Female	235	F55	4	57:14	931
927	1913	58:05	Martin Umney		Male	692	M40	236	57:40	949
928	683	58:06	Jacqueline Edwards	Springfield Striders	Female	236	FS	92	56:45	899
929	197	58:07	Terry Harding		Male	693	M60	22	57:13	930
930	1713	58:07	Adam Dellow		Male	694	MS	354	56:57	915
931	1173	58:08	Paul Dellow		Male	695	MS	355	56:57	916
932	890	58:08	Carl Austin		Male	696	M50	81	56:46	900
933	1358	58:08	Julie Fumer		Female	237	F45	51	57:36	942
934	1141	58:11	Peter Cox		Male	697	M50	82	57:02	921
935	1667	58:11	Stephen Evans		Male	698	M50	83	57:03	923
936	738	58:13	Scott Dellow		Male	699	MS	356	57:02	922
937	1145	58:13	David Campos		Male	700	M60	23	56:54	910
938	1532	58:13	Michelle Revelant		Female	238	F35	90	57:28	939
939	1369	58:15	Amanda Brown		Female	239	F45	52	56:55	912
940	768	58:15	Sarah Norton	Benfleet Running Club	Female	240	F35	91	57:36	943
941	908	58:15	Joanne Graley		Female	241	F45	53	57:36	944
942	1893	58:19	Gary Davis		Male	701	M40	237	57:42	950
943	788	58:20	Tabatha Sims		Female	242	F35	92	57:45	952
944	928	58:22	Alfred Powell		Male	702	M60	24	57:22	934
945	696	58:23	Ashley Rees		Male	703	MS	357	56:57	917
946	737	58:25	Anna Trew		Female	243	F35	93	57:44	951
947	183	58:29	Sarah Hedder	Leigh-On-Sea Striders	Female	244	FS	93	57:45	953
948	302	58:30	Billy Moore		Male	704	M40	238	57:26	938
949	864	58:31	Debra Skapoullis	Witham Running Club	Female	245	F45	54	57:36	945
950	1924	58:31	Kevin Bayfield-Hill		Male	705	M50	84	57:24	936
951	121	58:34	Barbara Crowley	Thrift Green Trotters	Female	246	F70	2	58:17	973
952	184	58:36	Trvor Milne		Male	706	M60	25	57:45	954
953	377	58:36	Victoria Norris		Female	247	FS	94	57:51	957
954	1334	58:39	Mike Wells		Male	707	M40	239	57:36	946
955	659	58:40	Jessica Dakin		Female	248	FS	95	58:14	969
956	1632	58:41	Liam Robinson		Male	708	M40	240	57:49	955
957	386	58:42	Matt Fuhr		Male	709	MS	358	58:16	971
958	385	58:43	Charlotte Anderson		Female	249	FS	96	58:17	974
959	1182	58:45	John Bloomfield		Male	710	MS	359	57:58	961
960	1515	58:48	Thomas Brown		Male	711	MS	360	58:20	975
961	1321	58:49	Claire Ogley		Female	250	F35	94	58:08	966
962	1770	58:51	Darren Peacock		Male	712	MS	361	58:26	983
963	1649	58:51	Caroline Slater		Female	251	F45	55	57:37	947
964	1929	58:54	Joe Rood	Castle Point Joggers	Male	713	M50	85	57:55	959
965	1517	58:55	Beckie Eshmade	Castle Point Joggers	Female	252	FS	97	58:26	984
966	1549	58:59	Neil Cornelius		Male	714	MS	362	57:59	963
967	1037	58:59	Annette De Florinier		Female	253	F35	95	57:53	958
968	1320	59:02	Martin Vrolijk		Male	715	M40	241	57:58	962
969	1622	59:05	Alison Hickey		Female	254	F45	56	57:49	956
970	308	59:07	Phyllis Bridge		Female	255	F45	57	58:20	976
971	1555	59:08	Duncan Gayler		Male	716	MS	363	57:38	948
972	1550	59:09	Valerie Bloomfield	Running4women	Female	256	F35	96	58:11	968
973	1540	59:10	Sharon Johnson		Female	257	F35	97	58:02	965
974	1385	59:11	David Marks		Male	717	M40	242	58:29	985
975	1307	59:12	Lisa Bevan		Female	258	F35	98	58:21	978
976	1831	59:12	Ann Clark		Female	259	F35	99	58:21	979
977	927	59:13	John Robins		Male	718	M60	26	59:02	1014
978	750	59:13	Alex Bills		Female	260	F35	100	58:59	1010
979	626	59:15	Lucy Thomas-Clayton		Female	261	FS	98	57:57	960
980	1303	59:16	Vicki Groves	Barking Road Runners	Female	262	F35	101	58:20	977

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
981	1461	59:16	Craig Fitzgerald		Male	719	MS	364	58:16	972
982	1493	59:16	Katie Taylor		Female	263	FS	99	58:14	970
983	14	59:17	Christine Williams		Female	264	F35	102	57:59	964
984	1612	59:17	Tim Allen		Male	720	M40	243	59:10	1020
985	852	59:25	Kirstie Mortimer	Thrift Green Trotters	Female	265	F35	103	58:35	989
986	49	59:26	Mathew Goodlad		Male	721	MS	365	59:00	1011
987	689	59:26	Celia Swain		Female	266	FS	100	58:50	1000
988	364	59:28	Sarah Needham		Female	267	FS	101	58:45	994
989	260	59:29	Claire Kilmartin		Female	268	F35	104	58:55	1005
990	942	59:29	Neil Brooker		Male	722	MS	366	58:09	967
991	1144	59:33	Betty Darley	Castle Point Joggers	Female	269	F55	5	58:29	986
992	1365	59:36	Simon Leftley		Male	723	M40	244	58:49	999
993	1142	59:39	Mark Austin		Male	724	M50	86	58:25	981
994	77	59:39	Rhiann O'Shaughnessy		Female	270	FS	102	58:21	980
995	733	59:46	Lord William Chard		Male	725	MS	367	58:30	987
996	88	59:46	Lance Porteous		Male	726	MS	368	59:11	1022
997	312	59:47	Richard Adams		Male	727	MS	369	58:50	1001
998	878	59:47	Simon Fitsall		Male	728	M40	245	58:32	988
999	195	59:48	Andrew Howe	Benfleet Running Club	Male	729	M50	87	59:06	1017
1000	1865	59:49	Jacqueline Adams-Hooker		Female	271	F35	105	59:06	1018
1001	1747	59:49	Paul Ray		Male	730	MS	370	58:40	991
1002	163	59:51	Christine Hodges		Female	272	F35	106	59:00	1012
1003	1214	59:52	Rebecca Bentley		Female	273	FS	103	58:43	993
1004	1906	59:53	Anthony Kerr		Male	731	M40	246	59:16	1024
1005	1153	59:53	James Gilchrist		Male	732	MS	371	58:53	1003
1006	129	59:53	Lynn Rivers	Leigh-On-Sea Striders	Female	274	F45	58	58:48	996
1007	1058	59:54	Jacqui Knowles	Benfleet Running Club	Female	275	F35	107	59:05	1016
1008	1822	59:54	Rachel Welch		Female	276	F35	108	58:48	997
1009	91	59:55	Scott Hunt		Male	733	MS	372	58:25	982
1010	1917	59:55	Alyson Hyde	Leigh-On-Sea Striders	Female	277	F45	59	58:52	1002
1011	625	59:55	Jamie Hennessey		Male	734	MS	373	58:57	1006
1012	623	59:55	Tara Fox		Female	278	FS	104	58:58	1008
1013	1866	59:55	Arlene Haffie	Leigh-On-Sea Striders	Female	279	F35	109	58:53	1004
1014	1919	59:56	Suzanne Hung		Female	280	F45	60	59:23	1029
1015	292	59:56	Danny Torrance	Benfleet Running Club	Male	735	M40	247	58:47	995
1016	1654	59:56	Mark Roberts		Male	736	M50	88	58:40	992
1017	746	59:56	Neil Ehrenzweig		Male	737	MS	374	58:38	990
1018	230	59:58	Joanna Fenn	Roachford Runners	Female	281	F35	110	59:10	1021
1019	1694	1:00:00	Jon Wood		Male	738	MS	375	59:16	1025
1020	374	1:00:02	Emma Barrowclough		Female	282	FS	105	58:57	1007
1021	1939	1:00:02	David Hedge		Male	739	M50	89	59:25	1030
1022	1000	1:00:02	Barry Durrant		Male	740	MS	376	59:00	1013
1023	739	1:00:02	Alison Mills		Female	283	F35	111	58:48	998
1024	1690	1:00:02	Claire Panks		Female	284	FS	106	58:58	1009
1025	1852	1:00:07	Buddug Jones-Bennett		Female	285	F35	112	59:29	1035
1026	84	1:00:07	Jodie Barnes		Female	286	FS	107	59:22	1028
1027	1356	1:00:10	Lee Runciman	East Essex Triathlon Club	Male	741	M40	248	59:21	1027
1028	146	1:00:10	Gerry McGovern		Male	742	M50	90	59:29	1036
1029	147	1:00:10	Tracy Rayner		Female	287	F45	61	59:30	1037
1030	247	1:00:13	Kate Smith		Male	743	MS	377	59:12	1023
1031	833	1:00:16	June Lawrence		Female	288	F35	113	59:42	1051
1032	1840	1:00:17	Briony Burns		Female	289	F35	114	59:33	1041
1033	1888	1:00:19	Daniel Major		Male	744	M40	249	59:51	1062
1034	1903	1:00:20	Graham Bickford		Male	745	M40	250	59:07	1019
1035	780	1:00:22	Lisa Day	Thrift Green Trotters	Female	290	F35	115	59:47	1054
1036	1915	1:00:22	David Potter	Thrift Green Trotters	Male	746	M40	251	59:47	1055
1037	1124	1:00:25	Helen Kirby		Female	291	F45	62	59:36	1042
1038	880	1:00:25	Bernadette Hawkes		Female	292	F45	63	59:36	1043
1039	1078	1:00:26	Neil Hallam		Male	747	M40	252	59:40	1049
1040	1656	1:00:27	John Lomas		Male	748	M50	91	59:04	1015
1041	1535	1:00:27	Michelle Roberts		Female	293	F35	116	59:37	1045
1042	71	1:00:29	Carol Muir	Ilford Athletic Club	Female	294	F35	117	59:26	1032
1043	1258	1:00:30	Bernadette Rendle		Female	295	F35	118	59:40	1050
1044	1659	1:00:31	Steve Johnson		Male	749	M50	92	59:30	1038
1045	1095	1:00:33	Dave Gregory		Male	750	M40	253	1:00:05	1068
1046	1873	1:00:33	Brendan Roberts		Male	751	M40	254	59:49	1058
1047	100	1:00:36	Nichole Cross		Female	296	FS	108	59:16	1026
1048	1039	1:00:38	Jo Rojas		Female	297	F35	119	59:32	1040
1049	130	1:00:39	Jennifer Toll		Female	298	F45	64	1:00:15	1073
1050	794	1:00:40	Peter Winterflood		Male	752	M40	255	59:55	1065

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1051	1066	1:00:41	Tracy Bliss	Benfleet Running Club	Female	299	F35	120	59:27	1034
1052	1205	1:00:42	Emma Taylor		Female	300	FS	109	59:25	1031
1053	644	1:00:43	Diana Barr		Female	301	FS	110	59:26	1033
1054	1523	1:00:43	Nicola Challenger		Female	302	F35	121	59:36	1044
1055	1524	1:00:44	Gabriel Ward-Robinson		Male	753	MS	378	59:37	1046
1056	149	1:00:44	Steven Green		Male	754	M40	256	1:00:08	1070
1057	1080	1:00:45	Chris Carrott		Male	755	M40	257	59:31	1039
1058	755	1:00:45	Marianne Craven		Female	303	F35	122	59:56	1066
1059	1475	1:00:47	Tara King-Liffen		Female	304	FS	111	1:00:18	1074
1060	1165	1:00:49	Ben Cooke		Male	756	MS	379	59:48	1057
1061	1425	1:00:51	Mark Kelly		Male	757	M50	93	59:42	1052
1062	1892	1:00:52	Terry Harding		Male	758	M40	258	59:54	1064
1063	848	1:00:52	David Parsons	Thrift Green Trotters	Male	759	M40	259	59:47	1056
1064	681	1:00:53	Jody Blackman		Female	305	FS	112	59:38	1048
1065	1936	1:00:53	Amanda Thorn	Leigh-On-Sea Striders	Female	306	F45	65	59:50	1061
1066	1262	1:00:53	Nigel Walker		Male	760	MS	380	1:00:22	1076
1067	1570	1:00:55	Michelle Ball	Thrift Green Trotters	Female	307	F35	123	1:00:07	1069
1068	1933	1:00:56	Elaine Brown		Female	308	F45	66	1:00:25	1078
1069	935	1:00:58	Marney Lamb	Springfield Striders	Female	309	FS	113	59:37	1047
1070	744	1:01:02	Mark Clifford		Male	761	MS	381	59:43	1053
1071	1711	1:01:02	Amy Savin		Female	310	FS	114	1:00:25	1079
1072	897	1:01:03	Martin Spensley		Male	762	M50	94	1:00:32	1083
1073	1025	1:01:05	Zoe Booth		Female	311	F35	124	1:00:42	1088
1074	1553	1:01:05	Ian Maggs		Male	763	MS	382	59:49	1059
1075	841	1:01:06	Sandra Pearson		Female	312	F35	125	59:49	1060
1076	304	1:01:06	Julie Howard		Female	313	FS	115	1:00:30	1082
1077	1657	1:01:08	Peter Brown		Male	764	M50	95	1:00:37	1085
1078	1379	1:01:09	Sarah Ball		Female	314	F45	67	1:00:41	1086
1079	165	1:01:10	Kate Gran		Female	315	FS	116	1:00:10	1071
1080	1240	1:01:11	Katie Jarvis	Spitfire Running Club	Female	316	FS	117	1:00:46	1091
1081	108	1:01:13	Sarah Boreham		Female	317	F45	68	1:00:41	1087
1082	1938	1:01:16	Graham Burrows		Male	765	M50	96	1:00:50	1093
1083	18	1:01:18	Andrew Sansom		Male	766	MS	383	1:00:00	1067
1084	1704	1:01:21	Kristine Carrington		Female	318	FS	118	59:53	1063
1085	973	1:01:22	Michelle Drury		Female	319	FS	119	1:01:11	1107
1086	1853	1:01:22	Lisa Catchpole		Female	320	F35	126	1:00:12	1072
1087	117	1:01:23	Michael Ball	Barking Road Runners	Male	767	M60	27	1:00:27	1081
1088	955	1:01:30	Kelly Taylor		Female	321	FS	120	1:01:00	1100
1089	1714	1:01:31	Melanie Newton		Female	322	FS	121	1:00:57	1098
1090	131	1:01:32	Christopher Toll		Male	768	M40	260	1:01:08	1104
1091	264	1:01:33	John Crisp	Benfleet Running Club	Male	769	M60	28	1:00:25	1080
1092	1932	1:01:38	Mark Bennett		Male	770	M50	97	1:00:58	1099
1093	749	1:01:42	Charlott Peters		Female	323	F35	127	1:00:24	1077
1094	1110	1:01:43	Tracy Stringer		Female	324	F45	69	1:01:07	1101
1095	709	1:01:44	Marc McOwens		Male	771	MS	384	1:00:36	1084
1096	672	1:01:44	Laura Balloch		Female	325	FS	122	1:00:18	1075
1097	1467	1:01:49	James Readhead		Male	772	MS	385	1:00:52	1095
1098	1676	1:01:49	Howard Dimmock		Male	773	M60	29	1:00:53	1096
1099	378	1:01:53	Mark Merry		Male	774	M40	261	1:01:08	1105
1100	1741	1:01:53	Gail Shorney		Female	326	FS	123	1:01:13	1110
1101	1677	1:01:55	John Hosler	Havering 90 Joggers	Male	775	M60	30	1:01:45	1139
1102	209	1:01:55	Diane Crix		Female	327	F45	70	1:00:49	1092
1103	735	1:01:56	Jo Clark		Female	328	F35	128	1:01:28	1127
1104	317	1:01:57	Dawn Shilling	Tiptree Road Runners	Female	329	FS	124	1:01:22	1114
1105	1824	1:01:58	Tina Adlam		Female	330	F35	129	1:00:43	1089
1106	1410	1:01:58	Pauline Leftley		Male	776	M50	98	1:01:10	1106
1107	736	1:01:59	Claire Dawson		Female	331	F35	130	1:01:32	1130
1108	314	1:02:00	Wendy Barker		Female	332	F45	71	1:00:55	1097
1109	1377	1:02:01	Graham Brown		Male	777	M40	262	1:01:11	1108
1110	1817	1:02:02	Richard Collins		Male	778	MS	386	1:00:43	1090
1111	343	1:02:03	Jim Kevany		Male	779	M50	99	1:00:50	1094
1112	869	1:02:07	Nicola Longman	Pitsea Running Club	Female	333	F45	72	1:01:55	1150
1113	1371	1:02:09	Mark King		Male	780	M40	263	1:01:41	1137
1114	1525	1:02:14	Darren Osborne		Male	781	MS	387	1:01:47	1142
1115	1521	1:02:15	Jeanette Taylor		Female	334	F35	131	1:01:48	1144
1116	1038	1:02:15	Deanne Lord		Female	335	F35	132	1:01:22	1115
1117	1901	1:02:17	Ellen McPhillips	Leigh-On-Sea Striders	Female	336	F45	73	1:01:12	1109
1118	1396	1:02:17	Carl Pheasant		Male	782	M40	264	1:01:29	1128
1119	1846	1:02:18	Fiona Walker	Leigh-On-Sea Striders	Female	337	F35	133	1:02:08	1159
1120	1232	1:02:19	Marie Lammin		Female	338	FS	125	1:01:07	1102

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1121	743	1:02:19	Hannah McArthur	Thrift Green Trotters	Female	339	F35	134	1:01:17	1111
1122	1325	1:02:19	Barbara Lammin		Female	340	F35	135	1:01:07	1103
1123	1021	1:02:20	Julie Defries		Female	341	F35	136	1:01:18	1113
1124	1818	1:02:21	Natasha Kendrick		Female	342	F35	137	1:01:47	1143
1125	1148	1:02:23	Trevor Brown	Steel City Striders	Male	783	M60	31	1:01:26	1121
1126	1566	1:02:23	Jason Brown	Steel City Striders	Male	784	MS	388	1:01:27	1124
1127	1299	1:02:23	Jo Lyness		Female	343	F35	138	1:01:17	1112
1128	1322	1:02:23	Lee Runciman	East Essex Triathlon Club	Male	785	M40	265	1:01:26	1122
1129	1323	1:02:24	Mandy Runciman		Male	786	M40	266	1:01:27	1125
1130	85	1:02:25	Paul Hayes		Male	787	M50	100	1:01:44	1138
1131	1283	1:02:25	Steven Russell		Male	788	MS	389	1:01:22	1116
1132	1468	1:02:29	Joseph Dunn		Male	789	MS	390	1:02:22	1175
1133	397	1:02:31	Dennis Myers		Male	790	M60	32	1:01:24	1119
1134	1586	1:02:33	Stephen Chandler	Thrift Green Trotters	Male	791	M40	267	1:01:23	1118
1135	967	1:02:37	Stephanie Sampson		Female	344	FS	126	1:02:07	1157
1136	1603	1:02:38	Terry Sherlock		Male	792	M40	268	1:01:27	1126
1137	1639	1:02:39	Nicola McNair		Female	345	F45	74	1:01:22	1117
1138	320	1:02:41	Caroline Marks		Female	346	F35	139	1:01:26	1123
1139	922	1:02:41	Norman Evans		Male	793	M50	101	1:01:31	1129
1140	1476	1:02:42	Lindsey Nelson		Female	347	FS	127	1:01:34	1131
1141	393	1:02:42	Gary Floate	Ilford Athletic Club	Male	794	M40	269	1:01:35	1132
1142	984	1:02:47	Sarah Saunders		Female	348	FS	128	1:02:17	1167
1143	1591	1:02:49	Brenndon Schooling-Smith		Male	795	M40	270	1:01:57	1151
1144	798	1:02:49	Julia Williams		Female	349	F35	140	1:01:36	1133
1145	799	1:02:49	Terry Pearce		Male	796	M40	271	1:01:36	1134
1146	1472	1:02:50	Wendy Edwards		Female	350	FS	129	1:01:50	1145
1147	667	1:02:51	Ishsaq Hussain		Male	797	MS	391	1:01:24	1120
1148	1539	1:02:52	Julie Kimmens		Female	351	F35	141	1:02:20	1171
1149	1339	1:02:53	Kerry Sherwin		Female	352	F35	142	1:02:05	1156
1150	1572	1:02:53	Alex Osler		Female	353	F35	143	1:01:50	1146
1151	1755	1:02:54	Chris Ovel		Male	798	MS	392	1:02:35	1183
1152	615	1:02:54	Sian Ovel	Leigh-On-Sea Striders	Female	354	FS	130	1:02:15	1165
1153	180	1:02:55	Amanda Trump		Female	355	F35	144	1:01:36	1135
1154	296	1:02:56	Katie Bowers		Female	356	F35	145	1:02:21	1172
1155	47	1:02:57	Lynn Clark	Thrift Green Trotters	Female	357	F45	75	1:02:16	1166
1156	95	1:02:59	James Spicknell		Male	799	MS	393	1:02:19	1169
1157	107	1:02:59	John Smith	East Essex Triathlon Club	Male	800	M40	272	1:02:19	1170
1158	826	1:03:00	David Shave		Male	801	M40	273	1:02:09	1160
1159	972	1:03:00	Teresa Stubbs		Female	358	FS	131	1:02:07	1158
1160	1349	1:03:00	Marylisa Browne	Leigh-On-Sea Striders	Female	359	F35	146	1:01:51	1147
1161	116	1:03:01	Lee Anderson		Male	802	MS	394	1:01:51	1148
1162	1345	1:03:01	Victoria Rowley	Leigh-On-Sea Striders	Female	360	F35	147	1:01:52	1149
1163	232	1:03:05	Nicky Winn		Female	361	FS	132	1:01:45	1140
1164	231	1:03:05	Laura Cutter		Female	362	FS	133	1:01:45	1141
1165	1397	1:03:05	Kate Pheasant		Female	363	F45	76	1:02:18	1168
1166	1536	1:03:05	Denise Holman		Female	364	F35	148	1:02:37	1186
1167	805	1:03:08	Gillian Sales		Female	365	F35	149	1:02:10	1162
1168	1302	1:03:08	Dawn Broome		Female	366	F35	150	1:02:00	1152
1169	895	1:03:08	Lynda Sales		Female	367	F45	77	1:02:09	1161
1170	828	1:03:08	Michael King	23 Mile Club	Male	803	M40	274	1:01:40	1136
1171	1802	1:03:08	Atheer Amran		Male	804	MS	395	1:02:22	1176
1172	1029	1:03:12	Karen Fisher		Female	368	F35	151	1:02:03	1154
1173	40	1:03:13	Val Taylor		Female	369	F55	6	1:02:38	1187
1174	1374	1:03:19	Ian Crawford	Leigh-On-Sea Striders	Male	805	M40	275	1:02:43	1188
1175	1072	1:03:21	Maddy Kemp		Female	370	F35	152	1:02:32	1182
1176	1224	1:03:24	Louise Collins		Female	371	FS	134	1:02:14	1164
1177	123	1:03:24	Valerie Furbank	Havering 90 Joggers	Female	372	F55	7	1:03:09	1198
1178	1946	1:03:26	Declan Smith		Male	806	M60	33	1:02:02	1153
1179	1126	1:03:26	Maggie Seaman		Female	373	F45	78	1:03:09	1199
1180	1643	1:03:30	Paul Richardson		Male	807	M50	102	1:02:48	1189
1181	1751	1:03:30	Sarah Harvey		Female	374	FS	135	1:02:12	1163
1182	92	1:03:33	Christopher Boseley		Male	808	MS	396	1:02:03	1155
1183	905	1:03:33	Lisa Smith		Female	375	F45	79	1:02:26	1178
1184	727	1:03:33	Georgina Beechinor		Female	376	F35	153	1:02:30	1180
1185	795	1:03:34	David McMasters		Male	809	M40	276	1:02:31	1181
1186	1674	1:03:39	Jennifer Lupton		Female	377	F55	8	1:02:21	1173
1187	1673	1:03:39	Malcolm Lupton		Male	810	M60	34	1:02:21	1174
1188	1340	1:03:41	Amanda Alliston		Female	378	F35	154	1:02:35	1184
1189	1212	1:03:41	Karina Easdown	Leigh-On-Sea Striders	Female	379	FS	136	1:03:24	1211
1190	1372	1:03:46	Tony Leggett		Male	811	M40	277	1:03:09	1200

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1191	1860	1:03:47	Emma Brown		Female	380	F35	155	1:03:06	1197
1192	821	1:03:47	Jane Chapman		Female	381	F35	156	1:02:24	1177
1193	1113	1:03:50	Sandra Libera	Thrift Green Trotters	Female	382	F45	80	1:03:15	1203
1194	1648	1:03:50	Karen Melville	Castle Point Joggers	Female	383	F45	81	1:02:51	1192
1195	145	1:03:51	Joanne Harrington		Female	384	F45	82	1:02:35	1185
1196	1794	1:03:52	James Pepper		Male	812	MS	397	1:02:26	1179
1197	1841	1:03:55	Andrew Johnstone		Male	813	M40	278	1:02:57	1195
1198	757	1:03:55	Dawn Foster	Leigh-On-Sea Striders	Female	385	F35	157	1:02:50	1190
1199	1245	1:03:59	Joanne Knight	Leigh-On-Sea Striders	Female	386	F35	158	1:02:53	1193
1200	1972	1:04:01	Scott Carr	Leigh-On-Sea Striders	Male	814	MS	398	1:03:43	1218
1201	1067	1:04:06	Richard Ash	Barking Road Runners	Male	815	M40	279	1:03:10	1201
1202	104	1:04:09	Debbie Docherty		Female	387	F45	83	1:03:18	1207
1203	155	1:04:13	Sarah Harris		Female	388	FS	137	1:02:54	1194
1204	344	1:04:13	Susan Parish		Female	389	F45	84	1:02:50	1191
1205	208	1:04:13	Dominic Duo	Springfield Striders	Male	816	M40	280	1:03:16	1204
1206	845	1:04:20	Shelagh Buckley		Female	390	F35	159	1:03:22	1209
1207	126	1:04:20	Alison Wilson		Female	391	F35	160	1:03:03	1196
1208	223	1:04:21	William Donovan	Benfleet Running Club	Male	817	M60	35	1:03:10	1202
1209	899	1:04:21	Nick Knowles		Male	818	M50	103	1:03:34	1213
1210	336	1:04:22	Trulie Ann Allwright		Female	392	FS	138	1:03:55	1220
1211	337	1:04:22	Alexandra Jones		Female	393	F35	161	1:03:56	1221
1212	1792	1:04:25	Debra Astbury		Female	394	F35	162	1:03:22	1210
1213	1805	1:04:26	Lisa Macey		Female	395	F35	163	1:03:16	1205
1214	51	1:04:27	Penny Harrison		Female	396	FS	139	1:03:36	1215
1215	1951	1:04:28	Louise Simpson		Female	397	FS	140	1:03:16	1206
1216	1761	1:04:29	Trudy Norman		Female	398	FS	141	1:03:19	1208
1217	1510	1:04:36	Laura Johnson		Female	399	FS	142	1:04:05	1226
1218	1281	1:04:39	Nicolle Bass		Female	400	F35	164	1:03:37	1216
1219	1774	1:04:47	Laura Douglas	Leigh-On-Sea Striders	Female	401	FS	143	1:03:42	1217
1220	1668	1:04:57	Chas Matthew		Male	819	M50	104	1:03:34	1214
1221	1722	1:04:57	David Carrington		Male	820	MS	399	1:03:30	1212
1222	1644	1:04:58	Julie Gould		Female	402	F45	85	1:04:08	1229
1223	387	1:04:59	Deborah Friswell	Southend-on-Sea A C	Female	403	F45	86	1:04:00	1224
1224	1400	1:05:00	Jenny Browne		Female	404	F45	87	1:03:49	1219
1225	1837	1:05:02	Siaw Major		Female	405	F35	165	1:04:32	1239
1226	1782	1:05:09	Nicola Benson		Female	406	F35	166	1:04:42	1245
1227	1781	1:05:09	Jason Ratcliff		Male	821	MS	400	1:04:43	1246
1228	753	1:05:11	Kerry Lawrence		Female	407	F35	167	1:04:37	1241
1229	1155	1:05:16	Kathryn Elsby		Female	408	FS	144	1:04:12	1230
1230	940	1:05:17	Helena Fortt		Female	409	FS	145	1:04:18	1231
1231	941	1:05:18	Bradley Fortt		Male	822	MS	401	1:04:19	1232
1232	1843	1:05:22	Kate Rose		Female	410	F35	168	1:03:56	1222
1233	1850	1:05:22	Jane Boston		Female	411	F35	169	1:03:56	1223
1234	1847	1:05:23	Vivienne Marcsik		Female	412	F35	170	1:04:02	1225
1235	721	1:05:24	Robert Potter		Male	823	MS	402	1:04:06	1227
1236	858	1:05:24	Yvonne Cowan		Female	413	F45	88	1:04:07	1228
1237	1678	1:05:24	Leonard Hart		Male	824	M70	3	1:04:39	1242
1238	1319	1:05:25	Helen Curry		Female	414	F35	171	1:04:20	1233
1239	1096	1:05:26	Adrian Mould		Male	825	M40	281	1:04:47	1247
1240	937	1:05:26	Emma Spooner		Female	415	FS	146	1:04:47	1248
1241	1297	1:05:26	Elizabeth Allen		Female	416	F35	172	1:04:54	1250
1242	1296	1:05:26	Alison Bean		Female	417	F35	173	1:04:54	1251
1243	1008	1:05:30	Madeleine Dennis		Female	418	FS	147	1:04:25	1234
1244	1471	1:05:33	Danielle Govier		Female	419	FS	148	1:04:26	1235
1245	1864	1:05:35	Naïem Khan		Male	826	M40	282	1:04:30	1238
1246	1744	1:05:36	Ellen Wallace	Thrift Green Trotters	Female	420	FS	149	1:04:26	1236
1247	847	1:05:37	Michelle Parsons	Thrift Green Trotters	Female	421	F35	174	1:04:32	1240
1248	1923	1:05:38	Roger Widdowson		Male	827	M50	105	1:05:01	1252
1249	1275	1:05:38	Samantha Miller	Leigh-On-Sea Striders	Female	422	F35	175	1:04:28	1237
1250	1691	1:05:40	Claire Thompson		Female	423	FS	150	1:04:49	1249
1251	982	1:05:56	Rebecca Whitebread		Female	424	FS	151	1:05:16	1258
1252	1121	1:05:57	Linda Thornton		Female	425	F45	89	1:04:41	1243
1253	43	1:06:00	Dominic Crowe		Female	426	F35	176	1:04:41	1244
1254	1272	1:06:07	Claire Chattey		Female	427	F35	177	1:05:09	1256
1255	1914	1:06:10	Mandy Cooper		Female	428	F45	90	1:05:16	1259
1256	1763	1:06:11	Carrie Burnett		Female	429	FS	152	1:05:22	1260
1257	1101	1:06:14	Paul White		Male	828	M40	283	1:05:26	1264
1258	1064	1:06:14	Sherry White		Female	430	F35	178	1:05:27	1265
1259	1738	1:06:15	Sasha Mowatt		Female	431	FS	153	1:05:36	1268
1260	1231	1:06:17	Samantha Challis		Female	432	FS	154	1:05:05	1253

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1261	1508	1:06:17	Cheryl Wells		Female	433	FS	155	1:05:05	1254
1262	194	1:06:22	Jeff Hamilton		Male	829	M40	284	1:05:13	1257
1263	653	1:06:24	Emma Flin	Thrift Green Trotters	Female	434	FS	156	1:05:22	1261
1264	742	1:06:24	Liza Scott	Thrift Green Trotters	Female	435	F35	179	1:05:23	1262
1265	1201	1:06:27	Lucy Johnson		Female	436	FS	157	1:05:29	1266
1266	1200	1:06:27	Sarah Newman		Female	437	FS	158	1:05:29	1267
1267	1053	1:06:31	George Fawkes		Male	830	MS	403	1:05:06	1255
1268	1092	1:06:33	Nicky Bourdillon		Female	438	F35	180	1:05:49	1273
1269	1434	1:06:33	Sarah Jackaman	Castle Point Joggers	Female	439	F55	9	1:05:55	1275
1270	294	1:06:35	Janet Halsall		Female	440	F45	91	1:05:40	1270
1271	873	1:06:35	Maureen Hutchns	Thrift Green Trotters	Female	441	F45	92	1:05:25	1263
1272	1973	1:06:36	Gillian Crow		Female	442	F35	181	1:05:39	1269
1273	1900	1:06:37	Michael O'Hanlon		Male	831	M40	285	1:06:01	1277
1274	29	1:06:39	Cathy Salmon		Female	443	F35	182	1:05:41	1271
1275	241	1:06:43	Bernadette Gibbons		Female	444	F45	93	1:06:16	1284
1276	13	1:06:54	Allan Barley	Essex Police AC	Male	832	M60	36	1:06:04	1279
1277	1710	1:06:57	Christine Lee	Leigh-On-Sea Striders	Female	445	FS	159	1:06:46	1294
1278	175	1:06:57	Sue Beck		Female	446	FS	160	1:05:51	1274
1279	1312	1:06:58	Gemma Fuller	Leigh-On-Sea Striders	Female	447	F35	183	1:06:26	1289
1280	1835	1:07:00	Samantha McGreish	Leigh-On-Sea Striders	Female	448	F35	184	1:06:08	1280
1281	1390	1:07:03	Susan Chester		Female	449	F45	94	1:05:43	1272
1282	255	1:07:04	Jacqui Bradshaw		Female	450	F35	185	1:05:56	1276
1283	24	1:07:05	Stephen Logan		Male	833	MS	404	1:06:18	1285
1284	25	1:07:05	Judy Logan		Female	451	F45	95	1:06:18	1286
1285	939	1:07:07	Sarah Simpson	Leigh-On-Sea Striders	Female	452	FS	161	1:06:02	1278
1286	600	1:07:16	Jonathan Mills		Male	834	MS	405	1:06:24	1287
1287	1391	1:07:22	Debbie Warrington		Female	453	F45	96	1:06:41	1290
1288	907	1:07:23	Lyn Gillis		Female	454	F45	97	1:06:08	1281
1289	1367	1:07:30	Elizabeth Bridge		Female	455	F45	98	1:06:43	1291
1290	891	1:07:31	Heather Drake		Female	456	F45	99	1:06:50	1298
1291	1908	1:07:37	Caroline Reynolds		Female	457	F45	100	1:06:15	1282
1292	1647	1:07:40	Tracey Karby		Female	458	F45	101	1:06:15	1283
1293	346	1:07:49	Amanda Moxon		Female	459	F45	102	1:07:39	1309
1294	261	1:07:49	Andy Gladman	EPSA	Male	835	M40	286	1:07:39	1310
1295	898	1:07:49	Jeremy Emmett		Male	836	M50	106	1:06:49	1297
1296	888	1:07:51	Loraine Jones		Female	460	F45	103	1:06:24	1288
1297	1698	1:07:52	Steven Couldrey		Male	837	MS	406	1:06:47	1296
1298	1870	1:07:56	Brian Welch		Male	838	M40	287	1:06:46	1295
1299	360	1:08:02	Anne Flewitt		Female	461	F55	10	1:06:52	1299
1300	903	1:08:07	Janet Hamill	Benfleet Running Club	Female	462	F45	104	1:06:44	1292
1301	1022	1:08:07	Victoria Turner		Female	463	F35	186	1:07:10	1303
1302	1663	1:08:12	Elaine Oddie	Road Runners Club	Female	464	F55	11	1:06:45	1293
1303	1426	1:08:12	Phillip Couldrey		Male	839	M50	107	1:07:07	1302
1304	1384	1:08:19	Karen Sage		Female	465	F45	105	1:07:39	1311
1305	964	1:08:20	Clare Boston		Female	466	FS	162	1:07:03	1301
1306	1433	1:08:21	Christine Evans	Thorndon	Female	467	F55	12	1:07:38	1308
1307	773	1:08:21	Rebecca Enticknap		Female	468	F35	187	1:07:16	1304
1308	817	1:08:26	Michelle De Vigne		Female	469	F35	188	1:07:02	1300
1309	1197	1:08:32	Karly Hosler		Female	470	FS	163	1:08:23	1323
1310	200	1:08:37	Angela Green	Leigh-On-Sea Striders	Female	471	F35	189	1:07:24	1305
1311	245	1:08:45	William Hill		Male	840	M50	108	1:08:03	1320
1312	288	1:08:45	Ian Jordan	Benfleet Running Club	Male	841	M40	288	1:07:32	1307
1313	857	1:08:46	Melanie Couling-Austin		Female	472	F45	106	1:07:24	1306
1314	1702	1:08:52	Claire Crossley		Female	473	FS	164	1:08:01	1319
1315	701	1:08:53	Michelle Thorne		Female	474	FS	165	1:08:08	1321
1316	81	1:08:54	Helen Beaton		Female	475	F45	107	1:08:27	1325
1317	46	1:08:57	Gerald Williams	Thrift Green Trotters	Male	842	M60	37	1:07:56	1316
1318	1020	1:08:57	Richard Defries		Male	843	MS	407	1:07:56	1317
1319	332	1:08:58	David Ross		Male	844	M50	109	1:07:43	1312
1320	1257	1:09:07	Kerry Slessor		Female	476	F35	190	1:07:57	1318
1321	933	1:09:08	Lisa Simmonds		Female	477	FS	166	1:07:44	1313
1322	647	1:09:09	Jenny Tunbridge		Female	478	FS	167	1:07:49	1314
1323	217	1:09:09	Nicola Stewart		Female	479	F35	191	1:07:50	1315
1324	636	1:09:10	Fenja Jones		Female	480	FS	168	1:08:51	1330
1325	1609	1:09:20	Shaun Aitken		Male	845	M40	289	1:08:57	1334
1326	719	1:09:32	Sarah Norton Ashley		Female	481	F35	192	1:08:28	1326
1327	1136	1:09:38	Mary Rackham		Female	482	F55	13	1:08:54	1333
1328	1605	1:09:38	Paul Mackrow		Male	846	M40	290	1:08:25	1324
1329	1436	1:09:39	Ian Measor		Male	847	M50	110	1:08:14	1322
1330	1179	1:09:40	Jill Surridge		Female	483	FS	169	1:08:30	1327

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1331	842	1:09:47	Philip Clark	Leigh-On-Sea Striders	Male	848	M40	291	1:08:30	1328
1332	748	1:09:47	Mark Dobson		Male	849	MS	408	1:09:16	1340
1333	1613	1:09:49	Sue Harvey		Female	484	F35	193	1:09:11	1339
1334	249	1:09:50	Keith Burrett		Male	850	M50	111	1:09:18	1344
1335	1157	1:09:51	Joe Roberts		Male	851	MS	409	1:08:49	1329
1336	1454	1:09:53	Tom Wellman	Leigh-On-Sea Striders	Male	852	MS	410	1:08:52	1332
1337	1557	1:09:58	Emily Ward-Robinson		Female	485	F35	194	1:08:51	1331
1338	1202	1:10:02	Lisa Mansfield		Female	486	FS	170	1:09:09	1338
1339	1464	1:10:04	Peter Hodgetts		Male	853	MS	411	1:09:27	1348
1340	707	1:10:06	Chad Harrison		Male	854	MS	412	1:09:27	1349
1341	1731	1:10:07	Ruth Kirkbride	Edmonton Running Club	Female	487	FS	171	1:09:17	1341
1342	1089	1:10:20	Luke Bourdillon		Male	855	M40	292	1:09:23	1345
1343	1861	1:10:21	Nadine King		Female	488	F35	195	1:09:17	1342
1344	1862	1:10:21	Deborah Lawrence		Female	489	F35	196	1:09:17	1343
1345	19	1:10:25	Sejal Mandalia		Female	490	FS	172	1:09:05	1336
1346	998	1:10:28	Clare Thompson	Phoenix Striders	Female	491	FS	173	1:09:04	1335
1347	997	1:10:29	Samatha Kelly		Female	492	FS	174	1:09:05	1337
1348	713	1:10:31	Paul Towler		Male	856	MS	413	1:09:35	1351
1349	609	1:10:31	Jenny Towler		Female	493	FS	175	1:09:35	1352
1350	1739	1:10:42	Lucy Hickey		Female	494	FS	176	1:09:26	1347
1351	42	1:10:43	Karen Crowe	Ravestock Slugs	Female	495	F35	197	1:09:24	1346
1352	894	1:10:54	Ruth Robson		Female	496	F45	108	1:09:59	1356
1353	703	1:10:57	Emma Fordham		Female	497	FS	177	1:09:33	1350
1354	1055	1:11:01	Emma O'Neill		Female	498	F35	198	1:10:53	1368
1355	896	1:11:03	Rosemary Endicott		Female	499	F45	109	1:10:28	1362
1356	1899	1:11:05	Lesley Undrill	Leigh-On-Sea Striders	Female	500	F45	110	1:10:01	1357
1357	301	1:11:07	Catherine Moore		Female	501	FS	178	1:09:44	1353
1358	1459	1:11:07	Rebecca Johnson		Female	502	FS	179	1:10:07	1360
1359	66	1:11:09	Vicki Meanwell		Female	503	F35	199	1:10:02	1358
1360	669	1:11:12	Jay Simpson		Male	857	MS	414	1:09:57	1354
1361	668	1:11:12	Kirsty Thornton	Thrift Green Trotters	Female	504	FS	180	1:09:57	1355
1362	1715	1:11:24	Tracy Hill		Female	505	FS	181	1:10:50	1366
1363	300	1:11:27	Tina Rayment		Female	506	FS	182	1:10:04	1359
1364	82	1:11:30	Don Beaton		Male	858	M40	293	1:11:03	1372
1365	61	1:11:35	Martin Buckley		Male	859	MS	415	1:11:00	1371
1366	306	1:11:37	Gordon Franklin	Roachford Runners	Male	860	M75	1	1:10:16	1361
1367	1977	1:11:38	Chris Day		Male	861	MS	416	1:10:29	1363
1368	1976	1:11:39	Michelle Brown		Female	507	FS	183	1:10:30	1364
1369	1485	1:11:56	Laura Conlon		Female	508	FS	184	1:10:51	1367
1370	161	1:12:00	Louise Earls		Female	509	FS	185	1:11:10	1376
1371	1421	1:12:06	Ronke Hanson	Leigh-On-Sea Striders	Female	510	F45	111	1:10:48	1365
1372	1681	1:12:08	Cyril Leopoldo		Male	862	MS	417	1:11:07	1373
1373	1453	1:12:10	Fay Wheatley		Female	511	FS	186	1:11:08	1374
1374	1458	1:12:11	Lisa Morrison		Female	512	FS	187	1:11:09	1375
1375	1456	1:12:13	Beth Evans		Female	513	FS	188	1:11:11	1377
1376	1457	1:12:13	Ryan Coombes	Hayle Runners	Male	863	MS	418	1:11:12	1379
1377	153	1:12:18	Amy Westwood		Female	514	FS	189	1:10:56	1369
1378	154	1:12:18	Charlotte Cooper		Female	515	FS	190	1:10:56	1370
1379	1645	1:12:20	John Wheatley		Male	864	M50	112	1:11:18	1380
1380	178	1:12:22	Heidi Casey		Female	516	F45	112	1:11:11	1378
1381	1642	1:12:37	Brian Green	Leigh-On-Sea Striders	Male	865	M40	294	1:11:31	1382
1382	1326	1:12:42	Andrew Sinclair		Male	866	M40	295	1:11:25	1381
1383	1310	1:12:42	Tony Dean		Male	867	M40	296	1:12:05	1390
1384	767	1:12:50	Caroline Farrow		Female	517	F35	200	1:11:45	1385
1385	1816	1:12:54	Emma Warrington		Female	518	F35	201	1:11:32	1383
1386	362	1:12:57	Sue Hickey	Castle Point Joggers	Female	519	F45	113	1:11:50	1386
1387	1661	1:12:57	Suzanne Mayes		Female	520	F55	14	1:11:39	1384
1388	1271	1:12:58	Rachael Thornton		Female	521	F35	202	1:11:51	1387
1389	1270	1:12:58	Sarah Mills		Female	522	F35	203	1:11:52	1388
1390	1878	1:13:00	Adrian Rowley		Male	868	M40	297	1:12:15	1395
1391	369	1:13:20	Nicola Jeffery	Castle Point Joggers	Female	523	F35	204	1:12:02	1389
1392	1672	1:13:21	Brenda Coombs		Female	524	F55	15	1:12:09	1391
1393	1565	1:13:23	Laurie Soane		Female	525	F35	205	1:12:29	1397
1394	875	1:13:24	John Lordan		Male	869	M40	298	1:12:31	1398
1395	1167	1:13:26	Rachel Brown		Female	526	FS	191	1:12:13	1394
1396	1233	1:13:34	Lisa Heron	Castle Point Joggers	Female	527	FS	192	1:12:44	1402
1397	86	1:13:36	Sally Charters		Female	528	F45	114	1:12:55	1404
1398	1880	1:13:37	Rachel Clark		Female	529	F45	115	1:12:09	1392
1399	328	1:13:37	Janet Platt		Female	530	F45	116	1:12:11	1393
1400	774	1:13:44	Jo-Anne Hamilton		Female	531	F35	206	1:12:24	1396

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Pos	Bib	Time	Name	Club	Gender	Gender Pos	Class	Class Pos	Chip Time	Chip Pos
1401	1164	1:13:50	Hayley Webb		Female	532	FS	193	1:12:36	1401
1402	1308	1:13:59	Carl Slesser		Female	533	F35	207	1:12:48	1403
1403	1316	1:14:02	Gill Klein		Female	534	F35	208	1:12:32	1399
1404	1191	1:14:03	James Spencer		Male	870	MS	419	1:12:33	1400
1405	181	1:14:25	Robert Miller		Male	871	M70	4	1:13:25	1406
1406	716	1:14:28	Matthew Young		Male	872	MS	420	1:13:25	1407
1407	1010	1:14:32	Toni-Jane Hubbard		Female	535	FS	194	1:13:05	1405
1408	229	1:14:33	Angie Mitchell		Female	536	F45	117	1:13:48	1410
1409	373	1:14:55	Samantha Curry		Female	537	F35	209	1:13:37	1408
1410	874	1:14:57	Michael Stroud		Male	873	M40	299	1:14:03	1412
1411	211	1:14:59	Maria Welfare		Female	538	F45	118	1:14:08	1415
1412	220	1:15:04	David Lillywhite		Male	874	MS	421	1:13:37	1409
1413	1255	1:15:07	Sonia Russell		Female	539	F35	210	1:13:51	1411
1414	1692	1:15:15	Loretta Dent		Female	540	FS	195	1:14:30	1420
1415	172	1:15:24	Roy Page		Male	875	M75	2	1:14:17	1418
1416	1823	1:15:31	Zena Thompson		Female	541	F35	211	1:14:18	1419
1417	711	1:15:32	Karen Kinder		Female	542	F35	212	1:14:07	1414
1418	1511	1:15:32	Kristin Mathiesen		Female	543	FS	196	1:14:14	1417
1419	1116	1:15:34	Susan Potts		Female	544	F45	119	1:14:11	1416
1420	663	1:15:40	Faye Neville		Female	545	FS	197	1:14:04	1413
1421	1050	1:15:45	Toni Davis		Female	546	F35	213	1:14:40	1421
1422	945	1:15:48	Ian Smith		Male	876	MS	422	1:15:25	1426
1423	960	1:15:52	Claire Owles		Female	547	FS	198	1:15:22	1425
1424	329	1:16:11	Raymond Platt	Castle Point Joggers	Male	877	M60	38	1:14:44	1423
1425	1122	1:16:12	Nicholas Ingle		Male	878	M50	113	1:14:43	1422
1426	11	1:16:12	Sharon Davies		Female	548	F35	214	1:14:52	1424
1427	1149	1:16:14	John Burns	Southend-on-Sea A C	Male	879	M70	5	1:15:36	1427
1428	1378	1:16:35	Joanne Brown		Male	880	M40	300	1:15:52	1428
1429	1132	1:16:35	Tracy Row		Female	549	F45	120	1:15:53	1429
1430	1975	1:17:01	Claire Pennock		Female	550	FS	199	1:15:53	1430
1431	1958	1:17:35	Gillian Parks		Female	551	FS	200	1:16:43	1432
1432	1956	1:17:36	Joe Hearn		Male	881	MS	423	1:16:42	1431
1433	1957	1:17:36	David Gardiner		Male	882	MS	424	1:16:43	1433
1434	1961	1:17:38	Kirsty Lister		Female	552	FS	201	1:16:48	1435
1435	1960	1:17:39	Matthew Zurowski		Male	883	MS	425	1:16:46	1434
1436	1962	1:17:39	Jenna Belcher		Female	553	FS	202	1:16:50	1436
1437	1953	1:17:45	Rob Enderby		Male	884	M40	301	1:16:52	1438
1438	1955	1:17:45	Natalie Read		Female	554	FS	203	1:16:51	1437
1439	1963	1:17:45	Kerry Enderby		Female	555	FS	204	1:16:55	1439
1440	1959	1:17:48	Charlotte Skipper		Female	556	FS	205	1:16:55	1440
1441	1954	1:17:48	James Crabb		Male	885	MS	426	1:16:55	1441
1442	1750	1:17:59	Naomi Lamb		Female	557	FS	206	1:17:10	1442
1443	1462	1:18:39	Louise Mayes		Female	558	FS	207	1:17:20	1444
1444	1123	1:18:40	Sheila Webb	Leigh-On-Sea Striders	Female	559	F45	121	1:17:15	1443
1445	1065	1:18:45	Joanne Martin		Female	560	F35	215	1:17:21	1445
1446	244	1:19:41	Linda Elliot	Ravestock Slugs	Female	561	F45	122	1:19:12	1448
1447	1968	1:19:47	Ann Reddings		Female	562	F35	216	1:18:25	1446
1448	834	1:19:47	Christina Ray-Smith		Female	563	F35	217	1:18:25	1447
1449	1170	1:20:20	Simon Kirkpatrick		Male	886	MS	427	1:19:47	1451
1450	1171	1:20:20	Lucy Wilson		Female	564	FS	208	1:19:48	1453
1451	684	1:20:50	Victoria Stoneman		Female	565	FS	209	1:19:26	1449
1452	1623	1:21:11	Tina Honey		Female	566	F45	123	1:19:42	1450
1453	1666	1:21:16	Daphne Brown		Female	567	F55	16	1:19:47	1452
1454	938	1:22:09	Alice Kemp		Female	568	FS	210	1:20:54	1454
1455	216	1:23:18	Alan Murphy	Barking Road Runners	Male	887	M60	39	1:21:43	1455
1456	295	1:24:45	John Virgo	Castle Point Joggers	Male	888	M75	3	1:23:20	1457
1457	930	1:24:45	Clive Dunnico	Castle Point Joggers	Male	889	M60	40	1:23:11	1456
1458	1624	1:26:27	Paula Goldspink		Female	569	F45	124	1:24:58	1458
1459	791	1:40:58	Peter Galleymore		Male	890	M40	302	1:39:18	1459
1460	662	1:40:58	Laura Le Beau		Female	570	FS	211	1:39:19	1460