

Results for All Competitors in finish order.

Place	Time	Runners Name	Team Name	Catogory	Per Mile	Number	Finish
1	0:54:25	CLARKE, JOHN	Beagles		05:26.4	111	1
2	0:55:25	MOLYNEUX, PAUL	Springfield Striders		05:32.4	40	2
3	0:58:07	SMALLS, Allen	COLCHESTER HARRIERS	MV40	05:48.6	486	3
4	0:58:36	RAMSAY, GRANT	Barnet & District		05:51.5	286	4
5	0:58:41	SUAREZ LEE, RICARDO	London Heathside		05:52.0	46	5
6	0:58:48	PROSSER, STEVEN	Running Club		05:52.7	283	6
7	0:59:11	FERRARO, Julian	London Heathside	MV40	05:55.0	510	7
8	1:00:12	MANLOW, John	ELY RUNNERS	MV40	06:01.1	378	8
9	1:01:02	ROBERTS, Jennie	COLCHESTER HARRIERS		06:06.1	419	9
10	1:01:10	REASON, Robert			06:06.9	469	10
11	1:01:30	BETHELL, Jared	Harlow Running Club		06:08.9	431	11
12	1:01:45	WAINE, Mark	Springfield Striders		06:10.4	388	12
13	1:01:51	HARVEY, TIM	STRIDERS		06:11.0	307	13
14	1:01:56	HARPER, Kevin	CLUB		06:11.5	317	14
15	1:02:02	PYE, SHAW	Fairlands Valley Spartans		06:12.1	369	15
16	1:02:05	MURTAGH, Steve		MV40	06:12.4	176	16
17	1:02:13	REVEILL, Justin	Harlow Running Club		06:13.2	502	17
18	1:02:15	OAKES, JOHN	Haverhill Running Club	MV50	06:13.4	386	18
19	1:02:39	HENEY, Kenneth	London Heathside		06:15.8	54	19
20	1:02:49	HOWARD, Stephen	ELY RUNNERS	MV40	06:16.8	526	20
21	1:02:59	TAYLOR, MARTIN	Larkfield ac		06:17.8	273	21
22	1:03:02	HUGHES, AARON	MAIDSTONE HARRIERS		06:18.1	78	22
23	1:03:19	FORD, Mark			06:19.8	465	23
24	1:03:27	KENYON-MUIR, NICK	Ware Joggers	MV40	06:20.6	203	24
25	1:03:40	SIBBETT, Peter	Runners	MV40	06:21.9	392	25
26	1:03:50	RHIMES, Godfrey	City of Portsmouth	MV50	06:22.9	147	26
27	1:03:55	THEOBALD, Simon	Tri Sport Epping		06:23.4	423	27
28	1:04:00	PHILCOX, Steve	Barking Road Runners	MV40	06:23.9	400	28
29	1:04:15	BATE, Richard	Fairlands Valley Spartans		03:25.4	398	29
30	1:04:24	BROUGHTON, Alan	Harlow Running Club	MV40	06:26.3	380	30
31	1:04:27	HAYNES, KEVIN	Trent Park Running Club		06:26.6	33	31
32	1:04:46	DALDORPH, Brian		MV50	06:28.5	165	32
33	1:04:53	SALAT, Xavier			06:29.2	508	33
34	1:05:19	BOWRING, Simon	Springfield Striders		06:31.8	466	34
35	1:05:26	WILLIAMS, Jon	Ware Joggers		06:32.5	139	35
36	1:05:35	LOUGHNANE, MARTIN		MV40	06:33.4	232	36
37	1:05:40	RAYNER, Gary	Springfield Striders	MV50	06:33.9	267	37
38	1:06:00	ADKINS, Peter			06:35.9	487	38
39	1:06:15	MURPHY, Keith	Trent Park Running Club	MV50	06:37.4	411	39
40	1:06:22	STEVEN, ROY	Harlow Running Club	MV50	06:38.1	381	40
41	1:06:37	TIBBALS, Adam			06:39.6	417	41
42	1:06:38	PANTELI, Andrew	Broxbourne Runners	MV40	06:39.7	136	42
43	1:06:39	TREMAINE, ROBIN	London Heathside	MV50	06:39.8	198	43
44	1:06:44	MCKIE, ELIZABETH	St Albans Striders	FV35	06:41.3	350	44
45	1:06:49	HOUGHTON, ANDREW		MV50	06:40.8	340	45
46	1:06:50	BALDOCK, ANTHONY			06:40.9	269	46
47	1:06:54	WARD, PAUL	Barking Road Runners		06:41.3	289	47
48	1:07:05	PATMORE, TRACEY	RIVERSIDE RUNNERS	FV35	06:42.4	298	48
49	1:07:14	NEWELL, KEVIN	Iford AC		06:43.3	334	49
50	1:07:17	JEPHCOTT, JAMIE	Harlow Running Club	MV40	06:43.6	346	50
51	1:07:22	HIBBINS, Andy	Benfleet Running Club		06:44.1	391	51
52	1:07:30	ANDERSON, Paul	Springfield Striders		06:44.9	181	52
53	1:07:41	BEAZELEY, CHRIS	Springfield Striders	MV40	06:46.0	44	53
54	1:07:42	MURDOCH, MIKE	MAIDSTONE HARRIERS	MV40	06:46.1	276	54
55	1:07:50	DANIEL, Lee	Harlow Running Club		06:46.9	438	55
56	1:07:58	HAIGH, Jason	Harlow Running Club		06:47.7	437	56
57	1:07:59	BLYTH, KENNY	Ware Joggers	MV50	06:47.8	77	57

58	1:08:22	HART, Greg	Running Club	MV50	06:50.1	406	58
59	1:08:27	BYFORD, JON	Springfield Striders		06:50.6	302	59
60	1:08:32	LLOYD, Miles		MV40	06:51.1	451	60
61	1:08:38	VIALLS, Ronald	Barking Road Runners	MV50	06:51.7	421	61
62	1:08:43	ADAMS, NEIL	RIVERSIDE RUNNERS	MV40	06:52.2	299	62
63	1:08:44	PALMER, Julia	Benfleet Running Club	FV45	06:52.3	432	63
64	1:08:51	WOODRUFF, Michael		MV40	06:53.0	433	64
65	1:08:52	DAWKINS, Steven	Woodford Green		06:53.1	422	65
66	1:09:08	COTTRELL, John	53-12 Multisport	MV40	06:54.7	456	66
67	1:09:21	PICKERING, Daniel	Ware Joggers		06:56.0	501	67
68	1:09:24	TYSON, David	Loughton A C		06:56.3	96	68
69	1:09:30	SHIRLEY, Marie	Sudbury Joggers		06:56.9	522	69
70	1:09:40	BROWN, Bradley	Barking Road Runners		06:57.9	401	70
71	1:09:45	TERRELL, Andrew	Harlow Running Club		06:58.4	389	71
72	1:09:57	EELES, Matthew	Running Club		06:59.6	424	72
73	1:10:04	EVERARD, Roger	Pitsea	MV60	07:00.3	446	73
74	1:10:04	MCCREE, DANNY			07:00.3	190	74
75	1:10:09	BAKER, Grant	Orion Harriers	MV40	07:00.8	390	75
76	1:10:10	SCARROTT, YVONNE	Nene Valley Harriers	FV35	07:00.9	83	76
77	1:10:13	CRISP, CLIVE	Road Runners Club	MV50	07:01.2	281	77
78	01:10:04	ROBINSON, David	Barking Road Runners	MV40	07:06.3	413	78
79	1:10:15	WHITE, JOHN	Purple Patch	MV40	07:01.4	313	79
80	1:10:20	ADKINS, Daniel		MV40	07:01.9	488	80
81	1:10:33	BROWN, Jim	Fairlands Valley Spartans	MV50	07:03.2	319	81
82	1:10:35	ALLEN, MALCOLM	Trent Park Running Club	MV50	07:03.4	104	82
83	1:10:42	WHITE, MICHAEL	MAIDSTONE HARRIERS	MV40	07:04.1	82	83
84	1:10:45	BENNETT, Bill	Orion Harriers	MV50	07:04.4	436	84
85	1:10:48	GRIFFITHS, Peter	Bexley AC	MV40	07:04.7	468	85
86	1:10:56	MILLS, KATE	Springfield Striders	FV35	07:05.5	35	86
87	1:11:11	DUGGAN, Philip			07:07.0	495	87
88	1:11:16	HALLS, Fiona	SAFFRON STRIDERS	FV35	07:07.5	164	88
89	1:11:46	PURSE, Christopher	Springfield Striders	MV50	07:10.5	324	89
90	1:11:54	FARLEY, CALIRE	Ware Joggers	FV35	07:11.3	45	90
91	1:11:56	ASSER, Greg		MV40	07:11.5	447	91
92	1:11:58	JOUSIFFE, BOB	Orion Harriers	MV60	07:11.7	326	92
93	1:11:59	NICHOL, John	Running Club	MV40	07:11.8	142	93
94	1:12:06	ALLAN, Chris	Running Club		07:12.5	426	94
95	1:12:07	STUDD, JANE	Trent Park Running Club	FV35	07:12.6	134	95
96	1:12:12	SOLOMONS, Richard	Highgate Harriers	MV60	07:13.1	506	96
97	1:12:13	SMITH, WESLEY		MV40	07:13.2	349	97
98	1:12:16	GARRARD, SHARON	Benfleet Running Club	FV35	07:13.5	310	98
99	1:12:18	HOLMES, Malcom	Fairlands Valley Spartans		07:13.7	493	99
100	1:12:19	BARRETT, Peter	Thrift Green Trotters		07:13.8	462	100
101	1:12:21	MANN, ANDREA	Garden City Joggers	FV35	07:14.0	274	101
102	1:12:36	DANIELS, SANDRA	Running Club	FV45	07:15.5	196	102
103	1:12:38	HOLDER, Julian	Pitsea	MV40	07:15.7	377	103
104	1:12:38	RHIMES, Sara	CLUB	FV45	07:15.7	148	104
105	1:12:44	PARTRIDGE, Roger	Ware Joggers	MV40	07:16.3	258	105
106	1:12:45	WOOLDRIDGE, Kate	club	FV35	07:16.4	395	106
107	1:12:47	PARK, Jack		MV60	07:16.6	149	107
108	1:13:10	RODGERS, Ian	Running Club	MV40	07:18.9	88	108
109	1:13:15	REILLY, Stuart	Springfield Striders		07:19.4	414	109
110	1:13:17	FELL, Adrian	Harlow Running Club	MV40	07:19.6	527	110
111	1:13:19	DUKE, KEITH	Tunbridge Wells Harriers	MV50	07:19.8	225	111
112	1:13:20	PYLE, Nicola	Springfield Striders	FV35	07:19.9	472	112
113	1:13:23	FROST, Adrian	Orion Harriers	MV50	07:20.2	373	113
114	1:13:25	JOCELYN, Steve		MV40	07:20.4	158	114
115	1:13:28	THORPE, Adam	Woodford Green		07:20.7	440	115
116	1:13:30	BRINKLEY, Ian	Broxbourne Runners	MV40	07:20.9	515	116

117	1:13:34	DAVIES, Kevin		MV50	07:21.3	479	117
118	1:13:41	GLADING, Mark	Fairlands Valley Spartans	MV40	07:22.0	491	118
119	1:13:43	JAY, CARINNE	East London Runners	FV35	07:22.2	339	119
120	1:13:44	PICKERING, Thomas	Ware Joggers		07:22.3	259	120
121	1:13:48	ROPER, NEIL			07:22.7	8	121
122	1:13:51	BULLEID, WAYNE	Braintree		07:23.0	99	122
123	1:13:53	HALL, ANDY	MAIDSTONE HARRIERS		07:23.2	332	123
124	1:13:54	STAUNTON, LOUISE	club		07:23.3	291	124
125	1:13:55	BARNETT, SHARON	MAIDSTONE HARRIERS	FV35	07:23.4	5	125
126	1:14:00	NDUGU, Kivii			07:23.9	531	126
127	1:14:03	AMODEI, JOE			07:24.2	217	127
128	1:14:08	RENPHREY, TOM	Purple Patch	MV40	07:24.7	119	128
129	1:14:10	THOMSON, Andrew James	Havering 90 Joggers		07:24.9	464	129
130	1:14:11	BURR, STUART		MV40	07:25.0	288	130
131	1:14:13	RENS, KEITH		MV50	07:25.2	292	131
132	1:14:13	BROCKBANK, NIKKI	Springfield Striders		07:25.2	28	132
133	1:14:22	TILLBROOK, GARETH	Ware Joggers		07:26.1	220	133
134	1:14:30	FRITH, ANDY	Benfleet Running Club		07:26.9	348	134
135	1:14:42	ROSE, Tony	Ware Joggers	MV40	07:28.1	415	135
136	1:14:45	THOMAS, Grahame	Harlow Running Club	MV40	07:28.4	379	136
137	1:14:49	HEWERTSON, CHRIS	London Heathside	MV40	07:28.8	231	137
138	1:15:00	GROUT, Mike	Benfleet Running Club		07:29.9	482	138
139	1:15:01	NEWENS, JOANNE		FV35	07:30.0	280	139
140	1:15:03	CONCADORO, SALVATORE	Edmonton Runners	MV40	07:30.2	228	140
141	1:15:28	AYLING, Kevin			07:32.7	262	141
142	1:15:30	COVEY, Steve		MV40	07:32.9	481	142
143	1:15:36	WITECKI, Karol			07:33.5	263	143
144	1:15:37	SYMONDS, Matt			07:33.6	434	144
145	1:15:39	MURPHY, Steve	London Heathside		07:33.8	457	145
146	1:15:52	VYNNYCKY, EMILIA	London Heathside	FV35	07:35.1	296	146
147	1:15:59	KELLAWAY, David		MV40	07:35.8	530	147
148	1:16:04	WHITEWAY, Tony			07:36.3	528	148
149	1:16:08	FARMER, Colin		MV40	07:36.7	150	149
150	1:16:16	PLUMB, JOANNE		FV35	07:37.5	215	150
151	1:16:17	BULAITIS, Pete		MV50	07:37.6	397	151
152	1:16:23	JACKSON, SIMON			07:38.2	226	152
153	1:16:26	BUTLER, RAYMOND			07:38.5	6	153
154	1:16:30	MURPHY, Marion	Trent Park Running Club	FV45	07:38.9	412	154
155	1:16:31	CUNNINGHAM, Phil	Ware Joggers	MV50	07:39.0	62	155
156	1:17:01	KELLY, TIM	Running Club		07:42.0	272	156
157	1:17:05	GOLLOP, Paula	Ware Joggers		07:42.4	402	157
158	1:17:17	BURTONSHAW, JO	Benfleet Running Club	FV35	07:43.6	193	158
159	1:17:18	LUPPI, Corrado	Running Club		07:43.7	256	159
160	1:17:23	HOLE, Rick	Garden City Runners	MV50	07:44.2	355	160
161	1:17:29	RADLEY, LEE	Ware Joggers		07:44.8	192	161
162	1:17:32	GRABOWSKI, SARAH	Benfleet Running Club		07:45.1	223	162
163	1:17:38	MOON, Graeme		MV50	07:45.7	72	163
164	1:17:47	PARRY, Sharon	Allensbury	FV35	07:46.6	372	164
165	1:17:48	BURKE, SHANNON			07:46.7	61	165
166	1:17:52	OXBOROUGH, STEVEN	Fulham RC		07:47.1	297	166
167	1:17:54	CORR, Ron	MAIDSTONE HARRIERS	MV50	07:47.3	135	167
168	1:17:54	VACHER, Louise	Orion Harriers	FV45	07:47.3	409	168
169	01:18:02	CHAPPELL, IAN	Pitsea	MV40	07:47.7	185	169
170	1:18:06	WIGENS, John	Hartham Commoners	MV50	07:48.5	435	170
171	1:18:08	JACK, BEN			07:48.7	66	171
172	1:18:10	SEYMOUR, JAMES		MV40	07:48.9	69	172
173	1:18:26	ARMSTRONG, GRAEME	Broxbourne Runners	MV40	07:50.5	311	173
174	1:18:26	PINA JORGE, FERNANDO		MV40	07:50.5	277	174
175	1:18:47	FUENTE, Fernanilo	Havering 90 Joggers	MV50	07:52.6	443	175

176	1:18:48	COOMBS, Jamie	East London Runners		07:52.7	498	176
177	1:18:49	DAWSON, Bernard	Orion Harriers	MV40	07:52.8	384	177
178	1:18:50	RISLEY, Darren	Running Club		07:52.9	242	178
179	1:19:09	TIMBREL, Greg	Thrift Green Trotters		07:54.8	473	179
180	1:19:12	FRANKLIN, Paul		MV40	07:55.1	529	180
181	1:19:13	CORD, Sue	Woodford Green	FV45	07:55.2	484	181
182	1:19:19	BURTON, Gareth		MV40	07:55.8	405	182
183	1:19:25	THURSTON, Les	Running Club	MV50	07:56.4	268	183
184	1:19:32	TUCK, CAROLINE	Dagenham 88 Runners	FV35	07:57.1	113	184
185	1:19:39	BRIGHTON, Susie	London Heathside	FV35	07:57.8	448	185
186	1:19:41	HADNUTT, TONY			07:58.0	194	186
187	1:19:47	LAMBTON, RICHARD			07:58.6	115	187
188	1:19:47	LAMPRELL, Robert			07:58.6	441	188
189	1:19:53	SLACK, Deb	Benfleet Running Club	FV35	07:59.2	483	189
190	1:19:55	SILVERTON, ROSS	CLUB	MV60	07:59.4	385	190
191	1:19:56	RODGERS, Josh			07:59.5	394	191
192	1:19:57	PICKERING, John	Ware Joggers	MV50	07:59.6	261	192
193	1:20:05	ZEEVEN, ERIC		MV40	08:00.4	328	193
194	1:20:10	GRIFFIN, SEAN	Fairlands Valley Spartans	MV40	08:00.9	73	194
195	1:20:19	DEGANTE, Mark			08:01.8	416	195
196	1:20:22	DEAN, Ben	Running Club		08:02.1	266	196
197	1:20:23	MOORE, GRAEME	Benfleet Running Club	MV50	08:02.2	370	197
198	1:20:24	ROLERICITE, Lindsay	Braintree	FV35	08:02.3	420	198
199	1:20:28	HARDMAN, Annette	Ware Joggers		08:02.7	399	199
200	1:20:30	O'CALLAGHAN, Sara	Fairlands Valley Spartans	FV35	08:02.9	492	200
201	1:20:34	GAJBOTOWICZ, Andrzej	Victoria Park Harriers	MV50	08:03.3	376	201
202	1:20:37	KIPP, Kevin		MV50	08:03.6	237	202
203	1:20:42	SMITH, WAYNE			08:04.1	202	203
204	1:20:44	HOPWOOD, ALISON	Fairlands Valley Spartans	FV35	08:04.3	304	204
205	1:20:49	KADIRI, ADEWALE		MV40	08:04.8	126	205
206	1:20:50	BEECH, Steve	Pitsea	MV50	08:04.9	178	206
207	1:20:54	BALLARD, Stuart	Ware Joggers	MV40	08:05.3	393	207
208	1:20:55	WILSON, James			08:05.4	499	208
209	1:20:56	TUCKEY, STEWART		MV40	08:05.5	87	209
210	1:20:58	SIMPSON, MAUREEN		FV35	08:05.7	92	210
211	1:21:11	SIBLEY, Trevor	Braintree	MV40	08:07.0	160	211
212	1:21:13	WENMAN, SARAH	Springfield Striders		08:07.2	39	212
213	01:21:14	JONES, MICHAEL	Trent Park Running Club	MV40	06:49.3	347	213
214	1:21:17	GRIDLEY, David	Havering 90 Joggers	MV40	08:07.6	374	214
215	1:21:18	EVES, DEAN			08:07.7	327	215
216	1:21:19	BRIDGES, Paul			08:07.8	170	216
217	1:21:26	EVANS, Lorraine	Running Club	FV45	08:08.5	245	217
218	1:21:29	WARDALE, Terry	Bexley AC	MV40	08:08.8	248	218
219	1:21:32	MCCORMACK, Eamonn			08:09.1	480	219
220	1:21:36	RUSSELL, ADRIAN		MV40	08:09.5	25	220
221	1:21:39	O'HARE, MELISSA	Trent Park Running Club		08:09.8	315	221
222	1:21:40	MCENERY, RICHARD	Allensbury		08:09.9	214	222
223	1:21:41	WILLAIMS, Mark		MV50	08:10.0	301	223
224	1:21:41	SHELDON, STEVEN			08:10.0	199	224
225	1:21:45	BOGON, RICK		MV40	08:10.4	86	225
226	1:21:47	TURNER, TONY		MV40	08:10.6	509	226
227	1:21:50	PETTIFER, Lorna	Pitsea	FV35	08:10.9	155	227
228	1:21:52	MCCLYMONT, Ian	Running Club	MV60	08:11.1	56	228
229	1:21:52	JACKSON, CATHIE	Trent Park Running Club	FV45	08:11.1	38	229
230	1:21:56	TIMBREL, Jodie	Thrift Green Trotters		08:11.5	474	230
231	1:22:03	TOMASZCZYK, BARBARA	London Heathside	FV45	08:12.2	309	231
232	1:22:05	NORTHCROFT, David	MAIDSTONE HARRIERS	MV60	08:12.4	234	232
233	1:22:12	ROBINSON, Julie	Orion Harriers	FV45	08:13.1	477	233
234	1:22:16	HOLLAND, PAUL	MAIDSTONE HARRIERS	MV40	08:13.5	76	234

235	1:22:17	BLACKHAM, Stuart		08:13.6	471	235	
236	1:22:22	CRISP, SIMONE	Haverhill Running Club	08:14.1	303	236	
237	1:22:23	BENSTED, DUNCAN	Trent Park Running Club	MV40	08:14.2	345	237
238	1:22:28	PALMER, ADRIAN		MV40	08:14.7	354	238
239	1:22:37	RAY, STEVE	Dagenham 88 Runners		08:15.6	80	239
240	1:22:37	LEWIS, TIM	Bexley AC	MV40	08:15.6	371	240
241	1:22:41	BUCKTON, SANDRA	London Heathside	FV35	08:16.0	230	241
242	1:22:45	DYKES, William			08:16.4	445	242
243	1:22:46	DULIEU, Jonathon	Metropolitan Police	MV40	08:16.5	162	243
244	1:22:46	JONES, William	Metropolitan Police		08:16.5	163	244
245	1:22:50	PINDER, Ian		MV40	08:16.9	235	245
246	1:22:53	MACCARIELLO, Bettina	Thurrock Harriers	FV35	08:17.2	253	246
247	1:23:00	PENNY, John		MV50	08:17.9	264	247
248	1:23:01	DAY, Nina	Thrift Green Trotters		08:18.0	461	248
249	1:23:07	MOSTON, Paul		MV40	08:18.6	460	249
250	1:23:11	BURGESS, Andrew	MAIDSTONE HARRIERS	MV40	08:19.0	177	250
251	1:23:16	MOLE, DENIS	Havering 90 Joggers	MV60	08:19.5	358	251
252	1:23:25	GRENVILLE, Mark		MV40	08:20.4	503	252
253	1:23:30	FRASER, MATTHEW	MAIDSTONE HARRIERS	MV40	08:20.9	21	253
254	1:23:32	WELLS, ROBIN		MV40	08:21.1	284	254
255	1:23:33	AMODEI, MARIO			08:21.2	290	255
256	1:23:40	FELDMAN, Brian	Hillingdon AC	MV60	08:21.9	442	256
257	1:23:41	RIX, James			08:22.0	246	257
258	1:23:45	JONES, LYNN	Trent Park Running Club	FV45	08:22.4	107	258
259	1:23:46	GORDON, CLAIRE	CLUB	FV35	08:22.5	95	259
260	1:24:01	GASCOIGNE, IAN		MV50	08:24.0	300	260
261	1:24:03	SUTHERLAND, Fiona	Running Club	FV45	08:24.2	407	261
262	1:24:06	BRENTON, SARAH	MAIDSTONE HARRIERS	FV35	08:24.5	133	262
263	1:24:09	HANNIBAL, Stephen		MV40	08:24.8	476	263
264	1:24:28	OAKLEY, FRANCES	Orion Harriers	FV45	08:26.7	97	264
265	1:24:29	GEAR, Bob	Springfield Striders	MV50	08:26.8	29	265
266	1:24:37	READITT, JANET	Ware Joggers	FV35	08:27.6	85	266
267	1:24:42	FRANCE, Peter		MV40	08:28.1	507	267
268	1:24:47	BUCKNELL, IAN		MV40	08:28.6	312	268
269	1:24:52	NEWMAN, Robert	Dunmow Tri Club	MV50	08:29.1	470	269
270	1:24:53	HUTCHINSON, DAVID	MAIDSTONE HARRIERS	MV50	08:29.2	84	270
271	1:24:58	MARSH, KERRY	Springfield Striders		08:29.7	41	271
272	1:25:01	BENNETT, Michael		MV40	08:30.0	137	272
273	1:25:15	WILBY, Mark	Barking Road Runners	MV50	08:31.4	316	273
274	1:25:16	LEE, Chris		MV50	08:31.5	375	274
275	1:25:17	HUGHES, PETE	Trent Park Running Club	MV50	08:31.6	197	275
276	1:25:25	WILLIS, Daniel			08:32.4	458	276
277	1:25:26	WRIGHT, David		MV40	08:32.5	485	277
278	1:25:27	SMITH, Kate			08:32.6	511	278
279	1:25:30	PICKERING, WARREN	Ware Joggers		08:32.9	333	279
280	1:25:34	SPRINGFIELD, Sharon	Dagenham 88 Runners	FV35	08:33.3	500	280
281	1:25:39	THOMPSON, SEAN	Fairlands Valley Spartans		08:33.8	224	281
282	1:25:40	CHAPLIN, Philip	Running Club	MV40	08:33.9	439	282
283	1:25:43	SEINGIER, Sophie	Broxbourne Runners	FV35	08:34.2	383	283
284	1:25:45	BRETT, KATY	Orion Harriers		08:34.4	81	284
285	1:25:53	MURFITT, NEIL	RUNNERS	MV50	08:35.2	367	285
286	1:25:55	JONES, Ian		MV40	08:35.4	504	286
287	1:25:56	BAKER, Gareth			08:35.5	516	287
288	1:25:57	FLANNIGAN, Teresa Jane	Pitsea	FV55	08:35.6	450	288
289	1:26:11	GINTY, Clare			08:37.0	11	289
290	1:26:18	HOLGATE, PAUL	Fairlands Valley Spartans	MV50	08:37.7	89	290
291	1:26:21	AKROYD, Jennifer	Dagenham 88 Runners		08:38.0	497	291
292	1:26:23	OSBORN, Mark	Road Runners Club	MV50	08:38.2	251	292
293	1:26:29	HAYDEN-COOPER, Inga	Dagenham 88 Runners		08:38.8	247	293

294	1:26:31	HOLNESS, ANDREW	MAIDSTONE HARRIERS		08:39.0	338	294
295	1:26:40	HIGGS, Laura		FV35	08:39.9	152	295
296	1:26:44	ROWLING, FREYA	Braintree		08:40.3	63	296
297	1:26:50	JAY, ANDY	Fairlands Valley Spartans	MV40	08:40.9	67	297
298	1:26:51	PROBERT, Alan	MAIDSTONE HARRIERS	MV40	08:41.0	454	298
299	1:27:06	WILLIAMS, Chris	Ware Joggers		08:42.5	138	299
300	1:27:07	CHEQUER, JENNIFER			08:42.6	365	300
301	1:27:09	KNIGHT, PAUL		MV40	08:42.8	31	301
302	1:27:10	DEASHA, Anne	Orion Harriers	FV45	08:42.9	410	302
303	1:27:17	SAUNDERS, ROB	Ware Joggers		08:43.6	329	303
304	1:27:31	LEAHY, EIBHLIN	Ware Joggers		08:45.0	363	304
305	1:27:32	FOSTER, Gavin	Runners	MV40	08:45.1	408	305
306	1:27:35	RANT, ROBERT	Dagenham 88 Runners	MV50	08:45.4	173	306
307	1:27:36	ST. HELIEN, COLIN		MV40	08:45.5	306	307
308	1:27:37	LACKENBY, Hannah	Springfield Striders		08:45.6	396	308
309	1:27:40	NIEMBRO, JULIET		FV35	08:45.9	293	309
310	1:27:42	COWAN, Eleanor	Running Club	FV35	08:46.1	65	310
311	1:27:45	MACAULAY, SHEILA	Serpentine Running Club	FV55	08:46.4	206	311
312	1:27:55	PETTIFER, John	Pitsea	MV60	08:47.4	154	312
313	1:28:00	WORSEY, PETER	Royston Runners	MV40	08:47.9	278	313
314	1:28:01	BUSS, SONIA		FV35	08:48.0	131	314
315	1:28:01	LYGO, Pauline	Barnet & District	FV55	08:48.0	49	315
316	1:28:06	POINTS, LUCY			08:48.5	335	316
317	1:28:07	WATERS, Ellen	Barking Road Runners		08:48.6	265	317
318	1:28:09	RISLEY, Karen	Running Club		08:48.8	240	318
319	1:28:12	SCOTT, NATASHA	Haverhill Running Club	FV35	08:49.1	201	319
320	1:28:22	MCDONNELL, Chris		MV60	08:50.1	489	320
321	1:28:32	TAYLOR, ANN			08:51.1	60	321
322	1:28:36	NEWENS, MARK			08:51.5	279	322
323	1:28:36	BYRD, PETER		MV40	08:51.5	117	323
324	1:28:42	WOOLF, STEPHEN	London Heathside	MV60	08:52.1	308	324
325	1:28:43	MACQUEEN, ANDREA	Orion Harriers	FV45	08:52.2	189	325
326	1:28:43	COMPTON, PATRICK		MV50	08:52.2	112	326
327	1:28:50	CLARK, HAZEL	Ware Joggers		08:52.9	212	327
328	1:29:03	TAVIS, Chris		MV40	08:54.2	496	328
329	1:29:10	WIJAYATILAKE, Lilani	Barking Road Runners	FV45	08:54.9	404	329
330	1:29:27	ALLAN, Glen			08:56.6	143	330
331	1:29:27	BRIGHT, STEPHEN	SUPPORTERS CLUB	MV40	08:56.6	182	331
332	1:29:32	BUCKNER, LOUISE			08:57.1	10	332
333	1:29:33	MCCARTHY, PETE		MV40	08:57.2	122	333
334	1:29:33	SMITH, MARTIN		MV40	08:57.2	121	334
335	1:29:37	BENTLEY, Dave		MV40	08:57.6	123	335
336	1:29:39	SEWELL, STEPHEN			08:57.8	229	336
337	1:29:39	GORDON, ANTHONY	CLUB		08:57.8	94	337
338	1:29:48	PICKERING, Nicola	Ware Joggers		08:58.7	260	338
339	1:29:59	MCFARLANE, Paul		MV40	08:59.8	430	339
340	1:29:59	DUFF, MIKE			08:59.8	2	340
341	1:30:08	HILL, Tracy	Havering 90 Joggers	FV45	09:00.7	425	341
342	1:30:10	WHITING, RICHARD	Club	MV50	09:00.9	359	342
343	1:30:17	SALMON, Ross		MV60	09:01.6	463	343
344	1:30:20	NICHOLS, CLAIRE	Ware Joggers	FV35	09:01.9	218	344
345	1:30:20	NICHOLS, TERRY	Ware Joggers	MV60	09:01.9	222	345
346	1:30:28	MURRELL, KEVIN			09:02.7	22	346
347	1:30:29	PYKE, Linda	Pitsea	FV35	09:02.8	179	347
348	1:30:30	SMITH, Steve			09:02.9	13	348
349	1:30:41	BROWN, Phil	Bexley AC	MV50	09:04.0	467	349
350	1:30:43	MURPHY, Kieran			09:04.2	532	350
351	1:30:50	DARBY, Paul		MV40	09:04.9	91	351
352	1:30:55	SMITH, WILLIAM	Dagenham 88 Runners	MV40	09:05.4	132	352

353	1:30:57	HORGAN, JOHN	100 MARATHON CLUB	MV50	09:05.6	216	353
354	1:31:00	CLARKE, Tina	Tiptree Road Runners	FV35	09:05.9	490	354
355	1:31:00	CLARKE, Phill	Tiptree Road Runners	MV40	09:05.9	459	355
356	1:31:06	MCLAREN, SUSANNAH	Barking Road Runners	FV45	09:06.5	357	356
357	1:31:09	HUDSON, Phill	Ware Joggers	MV50	09:06.8	159	357
358	1:31:12	GOODWIN, Alan	Fairlands Valley Spartans	MV60	09:07.1	318	358
359	1:31:24	MARTIN, ERICA			09:08.3	74	359
360	1:31:27	KEATS, Peter	Ware Joggers	MV50	09:08.6	110	360
361	1:31:32	PEARSON, GRAHAM	MAIDSTONE HARRIERS		09:09.1	32	361
362	1:31:35	EATON, JULIE		FV45	09:09.4	141	362
363	1:31:35	ALLAN, Amanda			09:09.4	144	363
364	1:31:39	ADAMS, Douglas	Dagenham 88 Runners	MV60	09:09.8	382	364
365	1:31:41	JOY, JAMES	Trent Park Running Club	MV40	09:10.0	191	365
366	1:31:43	SHILLING, Dawn	Tiptree Road Runners		09:10.2	236	366
367	1:32:14	MAYBURY, JAMES			09:13.3	270	367
368	1:32:29	MILES, KEITH	Cambridge H	MV40	09:14.8	352	368
369	1:32:39	MILES, Albert	Castle Point Joggers	MV70	09:15.8	428	369
370	1:32:55	BROWNE, Tony	Ware Joggers	MV50	09:17.4	168	370
371	1:33:22	MUDENDA, SIPHO			09:20.1	361	371
372	1:33:36	POTTER, Helen	Braintree	FV35	09:21.5	418	372
373	1:33:47	BROWN, FARRAH			09:22.6	102	373
374	1:33:52	BRAYSHAW, JENNIFER		FV55	09:23.1	353	374
375	1:33:52	LAIKIN, Ellie		FV45	09:23.1	512	375
376	1:33:58	EATON, Mike		MV50	09:23.6	140	376
377	1:34:13	MCCANN, Christopher	Springfield Striders	MV50	09:25.1	427	377
378	1:34:19	BROWN, Chris		MV40	09:25.7	161	378
379	1:34:24	LIVINGS, RICHARD			09:26.2	15	379
380	1:34:31	BANNISTER, SHARON	Springfield Striders	FV35	09:26.9	233	380
381	1:34:32	KENNEDY, SHEILA		FV45	09:27.0	227	381
382	1:34:43	DODD, John		MV50	09:28.1	449	382
383	1:34:48	SEYMOUR, JASON			09:28.6	366	383
384	1:34:50	PAGE, David		MV40	09:28.8	184	384
385	1:34:51	PAGE, Janice		FV45	09:28.9	183	385
386	1:35:14	KING, NIKKI	Ware Joggers		09:31.2	344	386
387	1:35:36	WARRELL, STEVEN		MV40	09:33.4	116	387
388	1:36:05	DANIELS, MIKE	Springfield Striders	MV40	09:36.3	18	388
389	1:36:12	COGDELL, CAROLINE	Pitsea	FV55	09:37.0	287	389
390	1:36:34	MURPHY, JOHN		MV50	09:39.2	305	390
391	1:36:36	TOZE, HAROLD	Running Club	MV60	09:39.4	285	391
392	1:36:37	WHITBREAD, KIM		FV45	09:39.5	207	392
393	1:36:38	BEEKEN, MARISA		FV45	09:39.6	210	393
394	1:36:42	BRILEY, STEPHEN		MV40	09:40.0	208	394
395	1:36:48	BARNES, Ruth		FV35	09:40.6	255	395
396	1:36:58	PHELPS, Gill		FV45	09:41.6	167	396
397	1:37:06	PULLEN, Wendy		FV45	09:42.4	145	397
398	1:37:12	THOMAS, LEON		MV40	09:43.0	130	398
399	1:38:14	GOLDER, CATH		FV35	09:49.2	98	399
400	1:38:16	LUTON, Paul	Ware Joggers	MV60	09:49.4	175	400
401	1:38:33	HOWARD, Sarah	Ware Joggers	FV35	09:51.1	57	401
402	1:38:33	NAMAN, Colin	Ware Joggers	MV50	09:51.1	403	402
403	1:38:43	ALVES, Paula			09:52.1	505	403
404	1:38:44	PETTIT, Joni			09:52.2	387	404
405	1:38:49	BAILEY, MARK	Ware Joggers	MV40	09:52.7	205	405
406	1:38:53	STRINGER, Roy	Ware Joggers	MV70	09:53.1	320	406
407	1:38:54	RACHEL, Symonds	Ware Joggers		09:53.2	120	407
408	1:39:05	GRAY, Tim			09:54.3	429	408
409	1:39:23	WEAVER, Kevin	Ware Joggers	MV40	09:56.1	455	409
410	1:39:39	WHITE, KIM		FV35	09:57.7	314	410
411	1:39:59	PEARSON, MARTIN	MAIDSTONE HARRIERS		09:59.7	330	411

412	1:40:12	SUTHERLAND, Christine	Havering 90 Joggers	FV55	10:01.0	444	412
413	1:40:16	BOULTON, NORMAN	POSTAL	MV40	10:01.4	14	413
414	1:40:43	WILLIAMS, Rita	Ware Joggers	FV55	10:04.1	47	414
415	1:40:49	KINNEY, ANDY		MV40	10:04.7	75	415
416	1:40:53	SKELLY, MAUREEN		FV35	10:05.1	209	416
417	1:40:59	VINCENT, ALAN		MV60	10:05.7	195	417
418	1:41:24	SPENCER-PERKINS, Dennis	Barking Road Runners	MV50	10:08.2	519	418
419	1:42:24	BALL, Michael	Barking Road Runners	MV60	10:14.2	453	419
420	1:42:24	EMTAGE, ANDREW	Springfield Striders	MV50	10:14.2	343	420
421	1:43:03	RICH, ANDREW			10:18.1	12	421
422	1:43:08	CODD, Vincent		MV40	10:18.6	478	422
423	1:43:28	THOMPSON, Stephen	Thurrock	MV40	10:20.6	321	423
424	1:43:39	DRAKE, Michala	Orion Harriers	FV35	10:21.7	452	424
425	1:44:07	DZIALDOW, Resi	London Heathside	FV45	10:24.5	52	425
426	1:44:08	WIGGINS, LAUREN		FV35	10:24.6	108	426
427	1:44:20	MCPMAHON, ROSIE	MAIDSTONE HARRIERS	FV35	10:25.8	79	427
428	1:44:56	RILEY, PAULINE		FV35	10:29.4	362	428
429	1:44:56	POINTS, Jennifer			10:29.4	475	429
430	1:45:11	MASON, Emma			10:30.9	494	430
431	1:45:26	LINSTEAD, MICHAEL	Dagenham 88 Runners	MV40	10:32.4	331	431
432	1:45:34	CHONG, Yoh Ho			10:33.2	521	432
433	1:45:56	COURTIER, ROBERT	Barking Road Runners	MV50	10:35.4	342	433
434	1:46:06	YEOAMAN, Joanne		FV35	10:36.4	514	434
435	1:46:06	BRETT, Rebecca		FV45	10:36.4	513	435
436	1:46:31	NEWTON, MARK			10:38.9	114	436
437	1:46:53	LEE, JOO HEE		FV35	10:41.1	129	437
438	1:46:55	WEDGEbury-GLEW, Andy		MV40	10:41.3	151	438
439	1:48:16	DAVIS, Lee	Dagenham 88 Runners	MV40	10:49.4	174	439
440	1:49:03	BASEVI, DEREK		MV60	10:54.1	219	440
441	1:49:05	SHELLARD, PIPPA	Springfield Striders	FV35	10:54.3	336	441
442	1:49:05	THOMPSON, HELEN	Springfield Striders		10:54.3	337	442
443	1:49:34	BLISS, TRACY		FV35	10:57.2	37	443
444	1:49:58	CLARK, GEMMA	Barking and Dagenham		10:59.6	364	444
445	1:51:01	POYNTER, Sarah	Running Club		11:05.9	241	445
446	1:51:37	ETHERIDGE, Nick			11:09.5	368	446
447	1:51:40	AMOS, Mary	Running Club	FV55	11:09.8	243	447
448	1:52:59	GLEESON, JOHN		MV40	11:17.7	30	448
449	1:55:20	CAYFORD, ROBB			11:31.8	58	449
450	1:57:05	LADELL, Brian	CLUB	MV60	11:42.3	517	450
451	2:02:30	SIKAZWE, AUGUSTINE			12:14.8	360	451
452	2:02:43	EMERICK, Naomi A	CLUB	FV55	12:16.1	153	452
453	2:04:51	MILLS, BRENDAN	882 TROOP		12:28.9	7	453
454	2:04:51	BROWN, Ben	Association		12:28.9	518	454
455	2:04:51	SALISBURY, Steven	Association		12:28.9	525	455
456	2:04:51	BRAZIER, Ian	Springfield Striders		12:28.9	146	456
457	2:04:51	FISH, Dan	Association		12:28.9	534	457
458	2:19:56	MARSH, Richard	Springfield Striders		13:59.4	533	458
459	2:19:56	MALLIA, Teresa	882 TROOP	FV35	13:59.4	169	459
460	2:20:11	BUNN, Sean	Association		14:00.9	520	460