

Horndon 10k 2016

Pos	Name	No	Time		Class	Club
1	PAUL WHITTAKER	344	33:00	M	M Senior	SOUTHEND ON SEA
2	Crispian Bloomfield	295	33:25	M	M 40 to 49	Billericay Striders
3	David Johnson	332	34:47	M	M Senior	Tyne Bridge Harriers
4	Russell Davies	269	36:02	M	M Senior	Springfield Striders RC
5	Martin Chester	240	36:43	M	M 40 to 49	Havering AC
6	Paul Mingay	309	36:57	M	M 50 to 59	Tiptree Road Runners
7	Nigel Swinburne	315	37:22	M	M Senior	Dagenham 88 Runners
8	Paul Ruffy	293	37:47	M	M Senior	Benfleet RC
9	Oliver Mann	253	37:48	M	M Senior	Thurrock Harriers
10	Raymond Dzikowski	335	38:06	M	M 50 to 59	Woodford Green AC with Essex Ladies
11	Tony Pecorard	391	38:21	M	M 50 to 59	Havering '90 Joggers
12	Robin McCoy	127	38:51	M	M 50 to 59	Ravens City of London Running Club
13	Jack Morris	13	39:17	M	M Senior	Pitsea RC
14	Nick Markwell	139	39:32	M	M 40 to 49	
15	Matthew Keyworth	52	39:41	M	M Senior	Havering '90 Joggers
16	Joe Logan	192	39:43	M	M Senior	Thurrock Harriers
17	GREGORY JOHN	361	39:47	M	M Senior	Billericay Striders
18	Dan Meredith	86	39:51	M	M 40 to 49	Havering '90 Joggers
19	Dervish Bartlett	246	40:36	M	M 40 to 49	Barking Road Runners
20	Lloyd Miles	254	40:47	M	M 40 to 49	Billericay Striders
21	Gary Hewerdine	291	40:55	M	M 40 to 49	
22	KEITH MARTIN	373	41:06	M	M Senior	Thurrock Harriers
23	Jason Syrett	49	41:09	M	M 40 to 49	Thurrock Harriers
24	Tim Martin	304	41:12	M	M Senior	Thurrock Harriers
25	Ben Furber	107	41:14	M	M Senior	
26	James Lowndes	250	41:18	M	M Senior	Barking Road Runners
27	Rob Key	303	41:30	M	M Senior	
28	Eamon Brown	288	41:37	M	M 60 +	Billericay Striders
29	Tim Tomlins	81	41:47	M	M 40 to 49	Benfleet RC
30	Martin Page	106	41:53	M	M 50 to 59	Barking Road Runners
31	Richard Bonham	281	42:23	M	M 40 to 49	Castle Point Joggers
32	Christopher Walker	262	42:29	M	M 40 to 49	Mendip Athletic Club
33	Paul Ross	22	42:32	M	M Senior	
34	Mark Duncan	340	42:35	M	M 50 to 59	Havering '90 Joggers
35	Dave Sherman	61	42:42	M	M Senior	Havering '90 Joggers
36	Andrew Wright	67	42:46	M	M 40 to 49	Havering '90 Joggers
37	Tony Collins	153	42:48	M	M Senior	Havering '90 Joggers
38	Shawn Brown	327	42:50	M	M Senior	
39	Chris Cook	221	43:02	M	M Senior	

40	Roy Hendley	266	43:05	M	M Senior	Havering '90 Joggers
41	GEMMA HUCKETT	377	43:16	F	F 34 and Under	EAST ESSEX TRI
42	GARY ROWLATT	354	43:28	M	M 40 to 49	Thurrock Harriers
43	Jay Kilshaw	306	43:45	M	M Senior	
44	Lee Dale	51	43:52	M	M Senior	
45	Paul Agastina	14	43:55	M	M 40 to 49	Phoenix Striders
46	Brett Massey	349	44:02	M	M Senior	
47	Mark Lynch	109	44:07	M	M 40 to 49	Witham RC
48	Toby Marsh	200	44:23	M	M Senior	
49	Hayley Scales	59	44:27	F	F 35 to 44	
50	Antony Leckerman	2	44:39	M	M 50 to 59	Barking Road Runners
51	Steven Champion	206	44:41	M	M 40 to 49	
52	Amanda Heslegrave	119	44:43:00	F	F 45 to 54	Barking Road Runners
53	Will Brown	194	44:57	M	M Senior	
54	Deborah Hall	274	45:01	F	F 35 to 44	
55	Ben Wilkinson	165	45:02	M	M Senior	
56	Matthew Bland	259	45:06	M	M 40 to 49	Havering AC
57	Gary Day	220	45:27	M	M 50 to 59	
58	Edward Kettle	8	45:31	M	M Senior	
59	JACQUI BENNETT	367	45:32	F	F 34 and Under	Barking Road Runners
60	DAN BOWDEN	342	45:35	M	M Senior	
61	MARTIN ORFORD	374	45:41	M	M 50 to 59	Phoenix Striders
62	Piotr Darczuk	98	45:57	M	M 40 to 49	
63	Steven Teale	142	46:04	M	M Senior	
64	Andrew Gwilliam	243	46:10	M	M 40 to 49	Barking Road Runners
65	Clive Stephenson	279	46:10	M	M 50 to 59	
66	Michelle Richardson	290	46:13	F	F 45 to 54	
67	Ant Stone	77	46:15	M	M Senior	Havering '90 Joggers
68	Peter Hall	156	46:26	M	M 40 to 49	
69	Adam Stow	297	46:30	M	M 40 to 49	Phoenix Striders
70	Roger Winston	55	46:31	M	M 60 +	Havering '90 Joggers
71	ANTHONY CUTLER	369	46:41	M	M Senior	
72	Natalie Bennett	333	46:43	F	F 34 and Under	Tyne Bridge Harriers
73	Alan Moran	323	46:46	M	M 40 to 49	Eton Manor AC
74	John Rozee	284	46:48	M	M 40 to 49	Havering '90 Joggers
75	Luke Trigg	341	47:03	M	M Senior	
76	David Keeley	252	47:07	M	M 60 +	Havering '90 Joggers
77	ELLIS PORTER	347	47:08	M	M Senior	
78	Raymond Selwyn	215	47:10	M	M 60 +	Castle Point Joggers
79	Rakesh Sandhu	217	47:11	M	M 40 to 49	Barking Road Runners
80	Andrew Adams	191	47:12	M	M 50 to 59	Havering '90 Joggers

81	Jeff Fenton	232	47:17	M	M 60 +	Havering '90 Joggers
82	RACHEL FLANNIGAN	376	47:26	F	F 35 to 44	
83	Jamie Smith	18	47:29	M	M 40 to 49	
84	Dan Buckley	301	47:31	M	M Senior	Billericay Striders
85	Andrew Sargeant	201	48:07	M	M Senior	
86	Lucy Wyatt	286	48:13	F	F 34 and Under	
87	Tony Galea	113	48:15	M	M 50 to 59	Havering '90 Joggers
88	RONALD VIALLS	364	48:16	M	M 60 +	Barking Road Runners
89	Sam Halsey	99	48:17	M	M Senior	
90	David Bacon	149	48:23	M	M 50 to 59	Havering '90 Joggers
91	Neal Clark	331	48:27	M	M 50 to 59	
92	Simon Jordan	222	48:34	M	M 50 to 59	Phoenix Striders
93	Gavin Bridge	296	48:37	M	M Senior	
94	Wayne Thacker	198	48:49	M	M Senior	
95	Johnny Etkind	271	48:57	M	M Senior	
96	Tom Benton	114	49:03	M	M Senior	
97	Ruth Roberts	103	49:04	F	F 45 to 54	Phoenix Striders
98	Catherine Dinmore	58	49:09	F	F 35 to 44	
99	Vicki Leavers	95	49:12	F	F 35 to 44	
100	Andy Preston	247	49:14	M	M 40 to 49	Barking Road Runners
101	Neil Young	338	49:15	M	M 40 to 49	
102	Adam Webb	101	49:23	M	M Senior	
103	Roger Hagan	226	49:25	M	M 50 to 59	Havering '90 Joggers
104	David Springham	299	49:29	M	M 50 to 59	
105	Neil Blackburn	159	49:44	M	M Senior	
106	Simon Ambrose	140	49:44	M	M 40 to 49	
107	Jo Pearce	289	49:44	F	F 45 to 54	Phoenix Striders
108	STEVE GRAY	379	49:48	M	M Senior	
109	Anthony Hattam	302	49:51	M	M 40 to 49	
110	MARK GREENSILL	382	49:55	M	M 50 to 59	
111	GEORGE CUNLIFFE	345	50:00	M	M Senior	
112	Gareth Davies	71	50:10	M	M Senior	
113	Ian Howe	124	50:17	M	M Senior	
114	Richard Goad	203	50:18	M	M 50 to 59	Pitsea RC
115	Andy Hiller	300	50:21	M	M 40 to 49	Barking Road Runners
116	Neil Cornelius	116	50:23	M	M 40 to 49	
117	Robert West	261	50:24	M	M Senior	Leigh on Sea Striders
118	Joel Davies	173	50:26	M	M Senior	
119	Clive Burrow	53	50:36	M	M 40 to 49	Havering '90 Joggers
120	Cliff Johnstone	92	50:37	M	M 40 to 49	
121	Joaquin Polo	316	50:38	M	M Senior	Havering '90 Joggers

122	David Everett	117	50:39	M	M 40 to 49	
123	JOANNE REEVES	383	50:42	F	F 35 to 44	HAVERING 90 JOGGERS
124	Peter Legg	39	50:42	M	M 40 to 49	
125	Christina Clementson	73	50:46	F	F 45 to 54	Havering '90 Joggers
126	MICHAEL RADLEY	343	50:50	M	M 40 to 49	
127	Robert Lock	319	50:54	M	M 50 to 59	
128	Derek Staton	182	50:55	M	M 60 +	
129	Ross Silverton	100	50:59	M	M 60 +	Witham RC
130	Paul Everett	143	51:04	M	M 40 to 49	
131	SIMON BAYFIELD	351	51:11	M	M Senior	
132	Robert Wildman	202	51:15	M	M Senior	
133	Matthew Goad	214	51:22	M	M Senior	
134	Mike Ward	308	51:24	M	M 40 to 49	
135	KIM VINICOMBE	355	51:31	M	M 50 to 59	Phoenix Striders
136	Kerri Lock	329	51:40	F	F 35 to 44	
137	Emma Thompson	75	51:41	F	F 35 to 44	
138	ALAN CONNELLY	384	51:43	M	M 40 to 49	
139	Neil Moses	54	51:44	M	M 50 to 59	Havering '90 Joggers
140	Peter Tree	248	51:53	M	M 60 +	Thrift Green Trotters
141	David Dixon	96	51:53	M	M 50 to 59	Havering '90 Joggers
142	Jodie Schubert	268	51:56	F	F 34 and Under	Havering '90 Joggers
143	TONY CRUDGINGTON	356	52:04	M	M Senior	
144	Ian Pritchard	17	52:10	M	M 40 to 49	
145	Scott Cecil	193	52:14	M	M Senior	
146	Jason Humphreys	324	52:15	F	F 35 to 44	
147	Daniel Tudor	74	52:22	M	M 40 to 49	Havering '90 Joggers
148	Nick Churchman	181	52:26	M	M 40 to 49	
149	Ronald Dobie	233	52:42	M	M 50 to 59	Havering '90 Joggers
150	Chris Shaw	244	52:43	M	M 60 +	
151	Gary Taylor	282	52:45	M	M Senior	
152	Ray Spong	298	52:51	M	M 50 to 59	
153	David Skinner	50	52:53	M	M 60 +	Havering '90 Joggers
154	Tony Selwyn	216	52:53	M	M Senior	Castle Point Joggers
155	Damian Twyford	186	52:56	M	M 40 to 49	
156	Luke Twyford	187	52:56	M	M Senior	
157	Jack Wicks	162	52:58	M	M Senior	Great Bentley Running Club
158	Sarah Kirby	154	53:04	F	F 35 to 44	
159	Emma Mulcahy	150	53:04	F	F 35 to 44	
160	Clare Clark	16	53:13	F	F 35 to 44	
161	Phil Anderson	238	53:14	M	M 40 to 49	
162	Mark Nason	231	53:16	M	M 50 to 59	

163	Wayne Dale	64	53:16	M	M 40 to 49	
164	Ian Gummery	312	53:21	M	M 60 +	
165	Lucy Burdett	57	53:24	F	F 35 to 44	Havering '90 Joggers
166	Martin Collier	223	53:26	M	M 60 +	
167	Gary Beard	35	53:31	M	M 50 to 59	
168	Raymond Beard	36	53:31	M	M 50 to 59	
169	CLIVE REW	372	53:41	M	M 50 to 59	
170	Andrew Ennis	287	53:55	M	M 40 to 49	Havering '90 Joggers
171	Paul Daly	130	53:55	M	M 40 to 49	
172	Sharon Ruffy	294	53:59	F	F 35 to 44	Benfleet RC
173	Jochen Tree	265	54:03	M	M 40 to 49	
174	Paula Deacon	125	54:24	F	F 35 to 44	
175	Luke Wills	20	54:29	M	M Senior	
176	NICHOLAS PORTER	348	54:34	M	M 40 to 49	
177	Kieron Chapman	188	54:36	M	M Senior	Barking Road Runners
178	Paula Young	184	54:47	F	F 35 to 44	
179	James Hales	272	54:49	M	M Senior	
180	Graham Brown	89	54:59	M	M 50 to 59	
181	Sue Dale	205	55:01	F	F 55+	Havering '90 Joggers
182	Stephen Sheekey	72	55:20	M	M 50 to 59	Havering '90 Joggers
183	Claire Fraser	317	55:31	F	F 35 to 44	Phoenix Striders
184	Paul Smith	69	55:35	M	M 50 to 59	
185	Alisha Green	183	55:36	F	F 34 and Under	East Essex Triathlon Club
186	Charley Lesslie	318	55:40	F	F 35 to 44	Phoenix Striders
187	Helen Walsh	80	55:42	F	F 35 to 44	
188	Sophia Labbadia	328	55:52	F	F 34 and Under	
189	LESLIE LEE	352	55:53	M	M 50 to 59	
190	Julie Lester	126	55:56	F	F 35 to 44	
191	Carol Ann Rodgers	160	56:04	F	F 45 to 54	Havering '90 Joggers
192	Brian Slade	60	56:15	M	M 60 +	Havering '90 Joggers
193	Lisa Maughan	105	56:17	F	F 45 to 54	Barking Road Runners
194	Anselm Mariel	189	56:17	M	M 40 to 49	
195	Caroline Hooper	131	56:22	F	F 45 to 54	
196	Joy Leader	204	56:28	F	F 45 to 54	Phoenix Striders
197	Alison Harrold	170	56:29	F	F 45 to 54	
198	David Clark	280	56:38	M	M 40 to 49	
199	Mark Pearce	330	56:39	M	M 40 to 49	
200	Maria Bartlett	245	56:49	F	F 35 to 44	Barking Road Runners
201	Martin Hawker	264	56:49	M	M Senior	
202	Emily Wray	336	56:51	F	F 34 and Under	
203	Thomas Smith	146	56:56	M	M Senior	

204	Patrick Waters	270	57:00	M	M 60 +	Castle Point Joggers
205	Jack Howes	199	57:04	M	M Senior	
206	John Wilkinson	15	57:04	M	M 50 to 59	Phoenix Striders
207	LESLIE JACKSON	386	57:09	M	M 60 +	
208	Linda Pyke	219	57:30	F	F 45 to 54	
209	Louise Brown	88	57:33	F	F 34 and Under	
210	Alain Cooper	6	57:33	M	M 40 to 49	Barking Road Runners
211	Steve Beech	277	57:34	M	M 50 to 59	Pitsea RC
212	Tracy Hill	147	57:37	F	F 45 to 54	Havering '90 Joggers
213	Ben Ellis	251	57:38	M	M Senior	
214	Wendy Saunders	137	57:39	F	F 45 to 54	Dagenham 88 Runners
215	Lacey Munt	145	58:05	F	F 34 and Under	
216	Leah West	207	58:07	F	F 35 to 44	
217	Stephen Hales	209	58:07	M	M 40 to 49	
218	Justine Starkey	305	58:09	F	F 45 to 54	Kingswood Running Club
219	LOUISE JOHN	360	58:28	F	F 34 and Under	Billericay Striders
220	Jason Bell	167	58:35	M	M 40 to 49	
221	Alan Wicks	62	58:39	M	M 50 to 59	Havering '90 Joggers
222	Lukasz Widomski	227	58:47	M	M Senior	
223	Cheryl Wilson	32	58:47	F	F 35 to 44	Phoenix Striders
224	Robert Goode	33	58:48	M	M Senior	Phoenix Striders
225	Paul Yates	38	59:06	M	M 40 to 49	
226	Antoni Gochmanski	4	59:06	M	M 40 to 49	
227	David Wiggins	45	59:06	M	M Senior	
228	John Michael	267	59:08	M	M Senior	
229	ROB SMITH	375	59:14	M	M 40 to 49	BANDITS
230	Peter Chaplin	392	59:44	M	M 60 +	Pitsea RC
231	Dion Kipping	65	59:45	M	M 40 to 49	
232	Victoria Watson	334	59:48	F	F 34 and Under	
233	David Groves	85	1:00:00	M	M 50 to 59	Havering '90 Joggers
234	ROBERT COURTIER	381	1:00:03	M	M 60 +	Barking Road Runners
235	NICOLA CRANMER	378	1:00:07	F	F 45 to 54	Barking Road Runners
236	Theresa Howe	25	1:00:07	F	F 45 to 54	Pitsea RC
237	Hazel Winston	56	1:00:08	F	F 55+	Havering '90 Joggers
238	Angela Smith	28	1:00:10	F	F 35 to 44	Pitsea RC
239	Anne Lavin	218	1:00:13	M	M 50 to 59	
240	MICHAEL CASEY	368	1:00:28	M	M 50 to 59	
241	Laura Kelly	190	1:00:30	F	F 45 to 54	Havering '90 Joggers
242	Lee Parnell	136	1:00:45	M	M Senior	
243	Albert Miles	273	1:00:45	M	M 60 +	Castle Point Joggers
244	Kacper Pawlowski	224	1:00:45	M	M Senior	

245	DAVID PARSONS	362	1:00:57	M	M Senior	
246	Jackie Beech	276	1:00:57	F	F 45 to 54	Pitsea RC
247	Lorraine Dale	63	1:01:04	F	F 35 to 44	
248	Laura Thomas	121	1:01:18	F	F 35 to 44	Havering '90 Joggers
249	Helen MacKenzie-Cardy	185	1:01:24	F	F 34 and Under	Havering '90 Joggers
250	Claire Taylor	321	1:01:31	F	F 35 to 44	Eton Manor AC
251	WENDY WALTON	385	1:01:40	F	F 45 to 54	Kingswood Running Club
252	Jimmy Payne	210	1:01:58	M	M Senior	
253	Kayleigh Taylor	283	1:02:25	F	F 34 and Under	
254	Royston Jones	239	1:02:34	M	M 60 +	Castle Point Joggers
255	Louise Hawker	263	1:02:34	F	F 35 to 44	
256	Peter Woodard	388	1:02:37	M	M 60 +	
257	Heather Samson	313	1:02:38	F	F 35 to 44	Kingswood Running Club
258	Julie Brooks	325	1:02:38	F	F 34 and Under	
259	DAVID STANLEY	380	1:02:38	M	M 60 +	ORION HARRIERS
260	Annabelle Clark	12	1:02:46	F	F 34 and Under	
261	HARRIET CLARK	363	1:02:47	F	F 34 and Under	
262	Mandy Smith	1	1:02:48	F	F 55+	St Austell Running Club
263	Ashley Bard	390	1:02:52	M	M Senior	
264	Lucy Jordan	389	1:02:52	F	F 34 and Under	
265	Nicki Curling	311	1:03:01	F	F 45 to 54	
266	Elaine Browne	195	1:03:07	F	F 34 and Under	
267	David West	260	1:03:09	M	M 60 +	Leigh on Sea Striders
268	Laura Dobie	326	1:03:11	F	F 34 and Under	Havering '90 Joggers
269	James Cain	161	1:03:15	M	M 40 to 49	
270	Elizabeth Cox	157	1:03:37	F	F 35 to 44	
271	Douglas Adams	237	1:03:44	M	M 60 +	Dagenham 88 Runners
272	Stephen Shynn	314	1:03:57	M	M 60 +	Kingswood Running Club
273	Gareth Elliott	166	1:04:00	M	M 60 +	
274	Kendal Bennett	138	1:04:05	M	M Senior	
275	Gary Farmer	292	1:04:23	M	M 50 to 59	
276	KATIE KNIGHT	358	1:04:23	F	F 34 and Under	
277	CHARLOTTE KNIGHT	357	1:04:26	F	F 34 and Under	
278	Michelle Greenan	307	1:04:33	F	F 35 to 44	
279	LAURA NORTHEAST	371	1:04:53	F	F 35 to 44	WRITTLE RUNNERS
280	Daniel Noonan	97	1:05:15	M	M 40 to 49	Havering '90 Joggers
281	Margaret Score	87	1:05:23	F	F 45 to 54	Havering '90 Joggers
282	Louise Upston	163	1:05:24	F	F 34 and Under	Great Bentley Running Club
283	Emma Phillips	21	1:05:25	F	F 35 to 44	
284	Vicky Turner	120	1:05:34	F	F 35 to 44	
285	Janet Simpson	27	1:05:35	F	F 55+	Phoenix Striders

286	Lynsey Gray	37	1:05:35	F	F 45 to 54	Phoenix Striders
287	Lucja Joppek	320	1:05:52	F	F 45 to 54	
288	Sam Meyers	42	1:06:11	F	F 35 to 44	
289	Tony Cunliffe	213	1:06:15	M	M 50 to 59	
290	Charlotte Yoxall	172	1:07:11	F	F 35 to 44	
291	Elaine Richardson	176	1:07:15	F	F 55+	Havering '90 Joggers
292	CONNOR BROWN	346	1:07:39	M	M Senior	
293	Tony Smith-Allen	235	1:07:59	M	M 40 to 49	
294	Claire Smith-Allen	234	1:07:59	F	F 35 to 44	
295	Gemma McAlden	197	1:08:03	F	F 34 and Under	
296	NICOLA HAWKINS	366	1:08:05	F	F 45 to 54	PITSEA
297	Ken Summerfield	5	1:08:08	M	M 50 to 59	Barking Road Runners
298	Karen Hines	135	1:08:10	F	F 45 to 54	
299	Liz Jude	151	1:08:13	F	F 35 to 44	
300	Becca Regan	152	1:08:14	F	F 35 to 44	
301	Karen Wallis	34	1:09:05	F	F 45 to 54	Phoenix Striders
302	Claire Simpson	26	1:09:05	F	F 35 to 44	Phoenix Striders
303	RHYS HAWKINS	365	1:09:40	M	M Senior	PITSEA
304	TONYA ADAMS	359	1:10:01	F	F 45 to 54	
305	Deanne Jupp	68	1:10:07	F	F 45 to 54	Havering '90 Joggers
306	DEREK EARNEY	370	1:10:19	M	M 50 to 59	Havering AC
307	Elizabeth Preston	236	1:10:37	F	F 55+	Havering '90 Joggers
308	LEE DAVIS	353	1:11:28	M	M 40 to 49	Dagenham 88 Runners
309	Emma Albert	322	1:11:36	F	F 35 to 44	
310	Chris Thomas	110	1:12:43	M	M Senior	Havering '90 Joggers
311	Josy Hughes	91	1:13:17	F	F 45 to 54	Havering '90 Joggers
312	JACQUI WEST	350	1:13:34	F	F 45 to 54	Phoenix Striders
313	Nelson Howe	24	1:13:54	M	M 50 to 59	Phoenix Striders
314	Tracy Bliss	208	1:13:54	F	F 45 to 54	Castle Point Joggers
315	William Metcalfe	164	1:14:05	M	M 60 +	Dagenham 88 Runners
316	JOHN COLLINS	387	1:15:22	M	M 60 +	Barking Road Runners
317	Tina Isinkaye	48	1:17:37	F	F 34 and Under	
318	Maria Brill	225	1:18:09	F	F 55+	Havering '90 Joggers
319	Kirsty Mowatt	337	1:18:22	F	F 34 and Under	
320	Emma Tudor	241	1:18:23	F	F 35 to 44	Havering '90 Joggers
321	Ben Crompton	310	1:19:16	M	M Senior	
322	Michelle Lawrence	128	1:19:43	F	F 35 to 44	