

Place	First Name	Last Name	Bib No.	Chip Time	Gun Time	Age Group	Grp Pos	Team Name
1	Crispian	Bloomfield	348	33:11:00	33:11:00	M 40 to 49	1	Billericay Striders
2	Iviu	Ionita	371	35:14:00	35:15:00	M Senior	1	Barking Road Runners
3	Christian	Holmes	409	35:32:00	35:32:00	M 40 to 49	2	Southend On Sea AC
4	Tim	Woulfe	394	36:08:00	36:09:00	M Senior	2	
5	Gary	Coombes	43	36:57:00	36:58:00	M 40 to 49	3	Ilford AC
6	Martin	Chester	513	38:32:00	38:32:00	M 40 to 49	4	Havering AC
7	Adam	Dowman	452	38:53:00	38:54:00	M Senior	3	
8	Sean	Scott	235	39:02:00	39:04:00	M Senior	4	
9	Dan	Meredith	12	39:07:00	39:09:00	M 40 to 49	5	Havering '90 Joggers
10	Dave	Close	483	39:23:00	39:26:00	M Senior	5	
11	Neil	Smith	194	39:25:00	39:28:00	M Senior	6	
12	Robin	McCoy	289	39:31:00	39:32:00	M 50 to 59	1	Springfield Striders RC
13	Richard	Bonham	344	39:29:00	39:32:00	M 50 to 59	2	Castle Point Joggers
14	James	Lowndes	392	39:34:00	39:35:00	M Senior	7	Barking Road Runners
15	Nigel	Swinburne	20	39:53:00	39:54:00	M Senior	8	Dagenham 88 Runners
16	Daniel	Ellwood	517	39:58:00	40:01:00	M Senior	9	Havering 90 Joggers
17	Robert	Doyle	79	40:02:00	40:03:00	M Senior	10	Thurrock Harriers
18	Ruth	Wallace	393	40:03:00	40:04:00	F 35 to 44	1	Thames Hare & Hounds
19	Morgan	Campbell	64	40:16:00	40:18:00	F Senior	1	
20	Christopher	King	510	40:35:00	40:38:00	M Senior	11	Harrod Wood
21	Tim	Martin	534	40:57:00	41:00:00	M 40 to 49	6	Thurrock Harriers
22	Ben	Furber	405	41:02:00	41:03:00	M Senior	12	
23	Paul	Ward	497	41:35:00	41:37:00	M 40 to 49	7	Barking Road Runners
24	Jason	K SYRETT	332	41:39:00	41:43:00	M 50 to 59	3	Thurrock Harriers
25	Robyn	Matson	365	41:43:00	41:44:00	F Senior	2	Havering AC
26	Oliver	Bridge	480	41:51:00	41:54:00	M Senior	13	
27	Peter	Salmon	412	41:59:00	42:01:00	M 50 to 59	4	Dagenham 88 Runners
28	Chris	Cook	115	42:38:00	42:39:00	M Senior	14	
29	Will	Brown	166	42:45:00	42:47:00	M Senior	15	
30	David	Sherman	470	42:50:00	42:52:00	M Senior	16	Havering '90 Joggers
31	Ross	Chapelhow	479	42:55:00	42:59:00	M Senior	17	
32	Jonathan	Pate	42	43:02:00	43:06:00	M 40 to 49	8	
33	Paul	Prior	195	42:55:00	43:13:00	M 50 to 59	5	Dagenham 88 Runners
34	David	Mcsweeney	76	43:11:00	43:19:00	M Senior	18	
35	Julian	Vereker	143	43:21:00	43:22:00	M 40 to 49	9	
36	Richard	Rowe	489	43:22:00	43:24:00	M Senior	19	Havering AC
37	Anna	Oberaigner	248	43:25:00	43:28:00	F Senior	3	
38	Gary	Flint	71	43:21:00	43:29:00	M 50 to 59	6	Havering '90 Joggers
39	Anthony	Cutler	163	43:32:00	43:33:00	M Senior	20	
40	Henri	Willett	523	43:45:00	43:45:00	M Senior	21	Thurrock Harriers
41	Gary	Wraight	369	43:45:00	43:52:00	M 40 to 49	10	
42	Martin	Page	230	44:01:00	44:02:00	M 60+	1	Barking Road Runners
43	Adam	Poulton	241	44:03:00	44:07:00	M 50 to 59	7	Castle Point Joggers
44	LEE	Hazelwood	220	44:02:00	44:08:00	M 50 to 59	8	PHOENIX STRIDERS
45	TONY	COLLINS	148	44:11:00	44:13:00	M Senior	22	Havering '90 Joggers
46	John	Sweeney	317	44:15:00	44:19:00	M 50 to 59	9	
47	Ben	Whateley-harris	74	44:20:00	44:23:00	M Senior	23	Thrift Green Trotters
48	Paul	Agastina	155	44:49:00	44:54:00	M 40 to 49	11	PHOENIX STRIDERS
49	Nick	Leech	238	44:43:00	45:04:00	M 40 to 49	12	
50	Laine	Taylor	432	44:56:00	45:06:00	M Senior	24	
51	Jamie	Mack	475	44:58:00	45:07:00	M Senior	25	
52	Neal	Clark	299	45:06:00	45:11:00	M 50 to 59	10	PHOENIX STRIDERS
53	Cliff	King	240	45:12:00	45:17:00	M 40 to 49	13	Castle Point Joggers
54	Paul	Firth	443	45:03:00	45:20:00	M Senior	26	
55	Michael	Radley	118	45:19:00	45:24:00	M 40 to 49	14	
56	George	Murray	53	45:25:00	45:27:00	M Senior	27	
57	Antony	Leckerman	68	45:32:00	45:41:00	M 50 to 59	11	Barking Road Runners
58	Thomas	Jones	478	45:42:00	45:45:00	M 40 to 49	15	
59	Hayley	Case	494	45:43:00	45:49:00	F 35 to 44	2	
60	George	Daly	130	45:48:00	45:50:00	M Senior	28	
61	Jamie	Morris	50	46:03:00	46:05:00	M Senior	29	
62	Kevin	Merrey	263	46:21:00	46:27:00	M 40 to 49	16	

63	Paul	Johnson	438	46:33:00	46:35:00	M Senior	30	
64	Daniel	Leeson	154	46:15:00	46:37:00	M Senior	31	
65	MARCEL	ICHIM	186	46:36:00	46:50:00	M Senior	32	
66	Ian	Usher	273	46:37:00	46:51:00	M Senior	33	
67	Charlie	Windsor	56	46:45:00	46:54:00	M Senior	34	
68	Danny	Woodcock	120	46:48:00	46:56:00	M Senior	35	
69	joaquin	polo molero	24	46:49:00	46:59:00	M 40 to 49	17	Havering '90 Joggers
70	Jamie	Austin	303	46:47:00	47:00:00	M Senior	36	Dagenham 88 Runners
71	Martin	Orford	414	47:00:00	47:05:00	M 50 to 59	12	PHOENIX STRIDERS
72	Ronald	Vialls	343	47:05:00	47:07:00	M 60+	2	Barking Road Runners
73	Gurjit	Bansal	445	47:09:00	47:13:00	M Senior	37	Harold Wood Running Club
74	John	Rozee	525	47:05:00	47:17:00	M 40 to 49	18	Havering 90 Joggers
75	Brooke	Whiting	364	47:12:00	47:18:00	F Senior	4	
76	David	Everett	253	47:12:00	47:21:00	M 40 to 49	19	
77	Eric	Barwell	251	47:03:00	47:21:00	M 40 to 49	20	
78	James	Smith	420	47:26:00	47:28:00	M Senior	38	Dagenham 88 Runners
79	Linda	Day	244	47:48:00	47:52:00	F 45 to 54	1	Harold Wood Running Club
80	Michael	Russell	229	47:40:00	48:00:00	M Senior	39	
81	Philip	Tall	187	47:51:00	48:00:00	M 40 to 49	21	
82	David	Lampton	211	47:51:00	48:07:00	M 40 to 49	22	
83	Simon	Bayfield	402	48:10:00	48:13:00	M Senior	40	
84	Steven	Murdoch	39	48:08:00	48:13:00	M 50 to 59	13	PHOENIX STRIDERS
85	Sue	Cribbs	315	48:06:00	48:15:00	F 45 to 54	2	
86	Martyn	McGrory	139	48:10:00	48:17:00	M 40 to 49	23	
87	Gary	Grierson	281	48:09:00	48:20:00	M Senior	41	
88	Roger	Winston	93	48:21:00	48:24:00	M 60+	3	Havering '90 Joggers
89	CAROLINE	TUCK	215	48:13:00	48:27:00	F 45 to 54	3	Dagenham 88 Runners
90	Peter	Burdett	33	48:19:00	48:30:00	M 40 to 49	24	Havering '90 Joggers
91	Simon	Pipe	374	48:12:00	48:34:00	M 40 to 49	25	
92	colin	wilkinson	176	48:31:00	48:37:00	M 50 to 59	14	PHOENIX STRIDERS
93	Pete	Legg	17	48:27:00	48:37:00	M 40 to 49	26	
94	Mike	Warren	140	48:26:00	48:38:00	M 50 to 59	15	
95	Callum	Cockley	451	48:28:00	48:41:00	M Senior	42	Dagenham 88 Runners
96	Colin	Andrews	119	48:15:00	48:44:00	M Senior	43	
97	Nils	Hollmann	377	48:22:00	48:47:00	M 40 to 49	27	Dagenham 88 Runners
98	Steve	Gray	261	48:47:00	48:52:00	M Senior	44	
99	Veronique	Surry	382	48:49:00	48:55:00	F 35 to 44	3	
100	Jamie	Enever-Dodd	197	48:34:00	48:59:00	M Senior	45	
101	Andrew	Dobson	430	48:52:00	49:03:00	M 40 to 49	28	
102	Tony	Woodgate	423	48:39:00	49:04:00	M 50 to 59	16	Dagenham 88 Runners
103	John	Jeffree	141	48:44:00	49:06:00	M 40 to 49	29	
104	Jodie	Leeson	153	48:46:00	49:08:00	F Senior	5	
105	Phil	Warner	11	49:06:00	49:13:00	M 50 to 59	17	
106	Joel	Davies	27	49:07:00	49:17:00	M 40 to 49	30	
107	Wayne	Tomkins	95	48:43:00	49:19:00	M Senior	46	
108	Peter	Lane	349	49:13:00	49:24:00	M 40 to 49	31	
109	Michael	Welsh	359	48:58:00	49:38:00	M Senior	47	
110	Scott	Moore	109	49:19:00	49:39:00	M 40 to 49	32	
111	ian	bland	108	49:19:00	49:40:00	M 40 to 49	33	
112	Jon	Barker	106	49:12:00	49:42:00	M Senior	48	
113	Craig	Brown	105	49:31:00	49:46:00	M Senior	49	Harold Wood Running Club
114	Ian	Hart	36	49:36:00	49:49:00	M 50 to 59	18	Castle Point Joggers
115	Alan	Moran	19	49:33:00	49:58:00	M 50 to 59	19	
116	Anthony	Hattam	471	49:37:00	50:01:00	M 40 to 49	34	
117	David	Bacon	519	49:50:00	50:02:00	M 50 to 59	20	Havering 90 Joggers
118	Robert	Goode	390	49:58:00	50:05:00	M Senior	50	PHOENIX STRIDERS
119	David	Keeley	175	49:47:00	50:07:00	M 60+	4	Havering '90 Joggers
120	Peter	Dent	370	49:38:00	50:10:00	M 50 to 59	21	
121	Stuart	Allen	38	49:49:00	50:10:00	M 40 to 49	35	Havering '90 Joggers
122	Mick	Brown	338	49:54:00	50:18:00	M 50 to 59	22	Dagenham 88 Runners
123	Alex	Ellis	84	50:13:00	50:21:00	M Senior	51	
124	Andy	Preston	318	50:10:00	50:23:00	M 40 to 49	36	Barking Road Runners
125	Paul	Omer	178	50:30:00	50:36:00	M 50 to 59	23	Pitsea RC

126	Charlie	Fisher	453	50:32:00	50:36:00	F Senior	6	Harold Wood Running Club
127	Ian	walker	225	50:32:00	50:37:00	M 50 to 59	24	
128	Dean	Sykes	482	50:37:00	50:41:00	M 50 to 59	25	
129	Jenni	Anderson	487	50:32:00	50:45:00	F 35 to 44	4	Greenwich Tritons Triathlon Club
130	Bruce	Mail	514	50:38:00	50:50:00	M 50 to 59	26	Hvering 90 Joggers
131	Adam	Stow	262	50:44:00	50:51:00	M 40 to 49	37	PHOENIX STRIDERS
132	Chris	Hutton	86	50:50:00	51:00:00	M 50 to 59	27	
133	David	Dixon	35	50:43:00	51:05:00	M 50 to 59	28	Havering '90 Joggers
134	Mike	Ward	462	50:48:00	51:09:00	M 50 to 59	29	
135	David	Clancy	461	50:59:00	51:09:00	M 50 to 59	30	
136	Catherine	Dinmore	492	51:07:00	51:14:00	F 35 to 44	5	
137	Catherine	Pettit	72	50:49:00	51:15:00	F 45 to 54	4	Havering '90 Joggers
138	Emma	Thompson	18	51:14:00	51:31:00	F 35 to 44	6	
139	Lisa	Garner	488	51:26:00	51:33:00	F 45 to 54	5	PHOENIX STRIDERS
140	James	Price	126	51:26:00	51:33:00	M 40 to 49	38	PHOENIX STRIDERS
141	Susan	Houchell	147	51:17:00	51:38:00	F 45 to 54	6	
142	Andrew	Gwilliam	501	51:20:00	51:40:00	M 40 to 49	39	Barking Road Runners
143	Nick	Churchman	234	51:46:00	51:56:00	M 40 to 49	40	
144	Lynsey	Cornwell	4	51:41:00	51:59:00	F 35 to 44	7	Havering '90 Joggers
145	Anne	Howe	237	51:47:00	52:00:00	F 45 to 54	7	Leigh on Sea Striders
146	Hannah	Sheikh	44	51:43:00	52:03:00	F 45 to 54	8	Dagenham 88 Runners
147	Lewis	Galea	346	51:44:00	52:07:00	M Senior	52	
148	Tony	Galea	31	51:44:00	52:07:00	M 50 to 59	31	Havering '90 Joggers
149	Adam	Georgiou	260	52:11:00	52:16:00	M 40 to 49	41	
150	David	Clark	114	52:07:00	52:17:00	M 40 to 49	42	
151	Mark	Adams	88	51:48:00	52:18:00	M Senior	53	
152	Jack	Tremain	52	52:09:00	52:38:00	M Senior	54	
153	Zoe	Mott	389	52:34:00	52:40:00	F Senior	7	
154	Kathryn	spring	63	52:31:00	52:40:00	F 35 to 44	8	Thurrock Nomads
155	Julie	Lester	127	52:40:00	52:50:00	F 35 to 44	9	
156	John	Braybrook	146	52:43:00	52:55:00	M 50 to 59	32	Eastern Veterans AC
157	Martin	Hawker	209	52:43:00	52:59:00	M 40 to 49	43	Harold Wood Running Club
158	Jason	Humphreys	21	52:34:00	53:01:00	M 40 to 49	44	
159	Alex	Gee	208	52:29:00	53:07:00	M Senior	55	
160	Stephen	Berry	232	52:53:00	53:15:00	M 40 to 49	45	
161	Robert	Lock	424	53:02:00	53:17:00	M 50 to 59	33	
162	Eleanor	Mole	249	53:04:00	53:19:00	F 35 to 44	10	Havering '90 Joggers
163	Siobhan	Burt	89	53:16:00	53:22:00	F Senior	8	
164	Jane	Pannell	398	52:48:00	53:23:00	F 45 to 54	9	Eton Manor AC
165	Gary	Cardnell	399	52:59:00	53:24:00	M 60+	5	Dagenham 88 Runners
166	Steve	Watson	73	53:04:00	53:28:00	M Senior	56	
167	Phil	Anderson	466	53:09:00	53:32:00	M 50 to 59	34	
168	Serena	Jones	272	53:22:00	53:33:00	F 35 to 44	11	
169	Michael	Pegnull	422	53:09:00	53:34:00	M Senior	57	Dagenham 88 Runners
170	Lynsey	Gray	78	53:33:00	53:40:00	F 45 to 54	10	PHOENIX STRIDERS
171	Faye	Scott	85	53:38:00	53:42:00	F 55+	1	
172	Paul	Everett	112	53:42:00	53:47:00	M 40 to 49	46	
173	Steve Martin	Wells	322	53:19:00	53:49:00	M 40 to 49	47	
174	Jamie	Wright	69	53:23:00	53:58:00	M Senior	58	
175	Tony	Crudgington	49	53:09:00	54:01:00	M Senior	59	
176	Hannah	Sharpe	75	54:06:00	54:09:00	F Senior	9	
177	Hannah	Barnett	286	53:54:00	54:13:00	F Senior	10	
178	RUTH	ROBERTS	404	54:13:00	54:21:00	F 45 to 54	11	PHOENIX STRIDERS
179	Russell	Plumb	458	53:40:00	54:22:00	M Senior	60	
180	JO	PEARCE	13	54:18:00	54:25:00	F 45 to 54	12	PHOENIX STRIDERS
181	Erica	Ryder	421	54:23:00	54:27:00	F 55+	2	
182	Cheryl	Macdonald	468	54:18:00	54:27:00	F 55+	3	Pitsea RC
183	Sean	Scott	236	54:01:00	54:31:00	M Senior	61	
184	Lee	Stanton	47	53:55:00	54:35:00	M 40 to 49	48	
185	Justin	Trencher	48	53:56:00	54:35:00	M 40 to 49	49	
186	Kairen	Hart	37	54:34:00	54:44:00	F 45 to 54	13	
187	Lukasz	Widomski	198	54:19:00	54:48:00	M Senior	62	
188	Tony	James	61	54:20:00	54:49:00	M Senior	63	

189	Chris	Shaw	174	54:40:00	54:50:00	M 60+	6	
190	Sam	Madden	337	54:21:00	54:50:00	M Senior	64	
191	Peter	Tree	437	54:38:00	54:50:00	M 60+	7	Thrift Green Trotters
192	Luke	Summers	302	54:22:00	54:55:00	M Senior	65	Dagenham 88 Runners
193	JEAN	CATTINI	189	54:59:00	55:01:00	M 50 to 59	35	
194	Gela	Collins	316	54:53:00	55:04:00	F Senior	11	
195	Luke	Wildish	406	54:27:00	55:05:00	M Senior	66	
196	kerri	lock	426	54:55:00	55:09:00	F 45 to 54	14	
197	Leyla	Matthews	427	54:54:00	55:09:00	F 35 to 44	12	
198	DEBRA	duncan	335	55:13:00	55:13:00	F 45 to 54	15	
199	Paul	Daly	505	54:51:00	55:18:00	M 40 to 49	50	Benfleet RC
200	Joe	Clancy	464	55:17:00	55:27:00	M Senior	67	
201	Andre	Smith	40	55:28:00	55:40:00	M 40 to 49	51	
202	Darren	Radford	67	55:23:00	55:42:00	M 50 to 59	36	
203	gemma	johnson	28	55:30:00	55:42:00	F 35 to 44	13	
204	Steve	Constantinou	354	55:30:00	55:48:00	M 40 to 49	52	Havering '90 Joggers
205	Matthew	Cox	439	55:16:00	55:53:00	M Senior	68	
206	Scott	Brown	425	55:44:00	55:59:00	M Senior	69	
207	Carly	Stevenson	152	55:21:00	56:00:00	F 35 to 44	14	Dengie 100 Runners
208	Brynley	Giddings	103	55:49:00	56:04:00	M 50 to 59	37	Harold Wood Running Club
209	Gail	Randall	293	55:47:00	56:20:00	F 35 to 44	15	
210	Emma	Dudman	242	55:51:00	56:23:00	F 35 to 44	16	Dagenham 88 Runners
211	Lee	Elliston	320	55:47:00	56:24:00	M Senior	70	
212	Rahana	Islam	90	55:40:00	56:30:00	F 35 to 44	17	Dagenham 88 Runners
213	Amy	Gormall	116	56:08:00	56:33:00	F Senior	12	Thrift Green Trotters
214	Emma	Mulcahy	506	56:28:00	56:43:00	F 35 to 44	18	
215	evonne	shadbolt	96	56:31:00	56:49:00	F 45 to 54	16	
216	claire	Rea	97	56:32:00	56:49:00	F 45 to 54	17	
217	nicola	scott	98	56:31:00	56:49:00	F 35 to 44	19	
218	Samantha	Smithson-Biggs	493	56:47:00	56:53:00	F 35 to 44	20	
219	jake	barrand	306	56:27:00	57:00:00	M Senior	71	
220	jade	nunn	307	56:27:00	57:01:00	F Senior	13	
221	Stephen	Sheekey	516	56:47:00	57:05:00	M 50 to 59	38	Havering 90 Joggers
222	lee	nunn	308	56:31:00	57:05:00	M 40 to 49	53	
223	Joss	Nunn	275	56:32:00	57:05:00	M Senior	72	
224	Nicola	Maslen	386	57:01:00	57:09:00	F 45 to 54	18	
225	Charley	Lesslie	388	57:05:00	57:11:00	F 35 to 44	21	
226	Bradley	Day	170	56:45:00	57:13:00	M Senior	73	
227	Sue	Dale	329	56:51:00	57:17:00	F 55+	4	Havering '90 Joggers
228	Peter	Eates	378	57:15:00	57:24:00	M 60+	8	
229	Neil	Colley	387	57:21:00	57:28:00	M Senior	74	
230	Stephen	Mulcahy	507	57:27:00	57:32:00	M 40 to 49	54	
231	Ben	Ellis	503	57:09:00	57:32:00	M 40 to 49	55	
232	Oliver	Goodwin	395	56:45:00	57:38:00	M Senior	75	
233	Wendy	Bland	401	57:18:00	57:41:00	F 45 to 54	19	
234	Carol anne	Vereker	144	57:02:00	57:42:00	F 35 to 44	22	
235	Deana	James	342	57:19:00	57:45:00	F 45 to 54	20	
236	Danny	White	400	57:15:00	57:47:00	M 40 to 49	56	Dagenham 88 Runners
237	Louise	Chappell	384	57:14:00	57:48:00	F 35 to 44	23	Dagenham 88 Runners
238	Daniel	Tudor	23	57:38:00	57:54:00	M 40 to 49	57	Havering '90 Joggers
239	Melanie	Green	66	57:41:00	57:57:00	F 35 to 44	24	Havering '90 Joggers
240	nikki	whittington	99	57:41:00	57:58:00	F 35 to 44	25	
241	Katie	Holland	454	57:42:00	58:01:00	F Senior	14	Castle Point Joggers
242	Annabelle	Clark	278	57:47:00	58:12:00	F Senior	15	
243	Gillian	Challis	309	57:44:00	58:17:00	F 35 to 44	26	
244	Jacqueline	Butler	524	58:05:00	58:21:00	F 45 to 54	21	Havering 90 Joggers
245	Emma	Bolton	473	58:05:00	58:25:00	F 35 to 44	27	Havering '90 Joggers
246	JOHN	ANNETT	290	57:48:00	58:26:00	M 60+	9	
247	DAWN	ANNETT	291	57:48:00	58:27:00	F 45 to 54	22	
248	Lauren	Foster	254	58:06:00	58:27:00	F Senior	16	
249	Cheyenne	Brockett	447	57:44:00	58:28:00	F 45 to 54	23	
250	Robin	Booputh	436	58:20:00	58:34:00	M 40 to 49	58	Barking Road Runners
251	Louise	Hawker	210	58:12:00	58:37:00	F 35 to 44	28	Harold Wood Running Club

252	Stephanie	Keating	499	58:13:00	58:45:00	F 35 to 44	29	
253	Brian	Slade	110	58:19:00	58:46:00	M 60+	10	Havering '90 Joggers
254	Cameron	Trencher	431	58:07:00	58:47:00	M Senior	76	
255	Helen	Williams	367	58:31:00	58:51:00	F 55+	5	Pitsea RC
256	Jenny	O'Hanlon	228	58:21:00	58:52:00	F 35 to 44	30	Dagenham 88 Runners
257	Damian	Twyford	351	58:50:00	58:58:00	M 40 to 49	59	
258	Justine	Starkey	182	58:39:00	59:04:00	F 45 to 54	24	Kingswood Running Club
259	David	Morgan	266	58:26:00	59:10:00	M 40 to 49	60	
260	David	Wiggins	428	58:35:00	59:11:00	M Senior	77	
261	Claire	Hurcum	268	58:45:00	59:22:00	F Senior	17	
262	Lee	Dowsett	200	59:01:00	59:32:00	M 40 to 49	61	
263	Tori	Watson	313	58:55:00	59:32:00	F Senior	18	
264	Leanne	Mitchell	418	59:09:00	59:34:00	F 45 to 54	25	Harold Wood Running Club
265	Gavin	Wilkins	54	59:14:00	59:38:00	M Senior	78	
266	Zoe	Wenden	356	58:54:00	59:40:00	F Senior	19	
267	James	Page	357	58:54:00	59:40:00	M Senior	79	
268	ray	beard	179	59:28:00	59:43:00	M 50 to 59	39	
269	Gary	Clark	276	59:42:00	59:45:00	M 50 to 59	40	
270	Si	Lovett	191	58:58:00	59:50:00	M 40 to 49	62	
271	JOHN	WILKINSON	77	59:42:00	59:51:00	M 50 to 59	41	PHOENIX STRIDERS
272	Debbie	Macinnes	481	59:06:00	59:52:00	F 45 to 54	26	
273	Richard	Carvey	132	59:27:00	01:00:06	M 50 to 59	42	Dengie 100 Runners
274	Micheal	Mcalear	363	59:19:00	01:00:11	M 40 to 49	63	
275	Charlotte	Edwards	295	59:51:00	01:00:12	F Senior	20	Thurrock Harriers
276	Brian	Higgins	265	01:00:13	01:00:17	M 40 to 49	64	
277	Timi Selon	Veerasamy	134	59:50:00	01:00:23	F 55+	6	Dagenham 88 Runners
278	Andrew	Hales	102	01:00:23	01:00:34	M Senior	80	
279	Sarah	Keeling	508	01:00:23	01:00:38	F 35 to 44	31	
280	Dion	Kipping	168	01:00:07	01:00:39	M 40 to 49	65	
281	Bruce	Knowles	8	59:54:00	01:00:45	M 40 to 49	66	Havering '90 Joggers
282	Christopher	Yoxall	92	01:00:13	01:00:48	M Senior	81	
283	Gillian	Harrison	368	01:00:48	01:01:08	F 55+	7	Pitsea RC
284	DAVID	SKINNER	107	01:00:41	01:01:13	M 60+	11	Havering '90 Joggers
285	Heather	Impey	416	01:00:46	01:01:19	F 45 to 54	27	PHOENIX STRIDERS
286	Sam	Abrahams	59	01:00:40	01:01:21	F 35 to 44	32	
287	Carla	Stevens	310	01:00:42	01:01:24	F 35 to 44	33	
288	Mark	Stevens	311	01:00:43	01:01:24	M 40 to 49	67	
289	Victoria	Wood	252	01:01:07	01:01:25	F 35 to 44	34	Havering '90 Joggers
290	Tina	Victory	326	01:01:10	01:01:30	F 45 to 54	28	Castle Point Joggers
291	Jack	Howes	314	01:00:53	01:01:31	M Senior	82	
292	Richard	Lazenby	133	01:00:56	01:01:33	M 50 to 59	43	
293	Rosina	Salmon	413	01:01:10	01:01:42	F 45 to 54	29	Dagenham 88 Runners
294	Gary	Harford	327	01:01:31	01:01:45	M 60+	12	Barking Road Runners
295	Derek	Staton	512	01:01:40	01:01:50	M 60+	13	Thurrock Nomads
296	STEVE	MACDONALD	469	01:01:11	01:01:55	M 60+	14	Pitsea RC
297	Alexandra	Bourne	231	01:01:35	01:01:57	F 35 to 44	35	
298	David	Binge	528	01:01:17	01:02:08	M Senior	83	Havering 90 Joggers
299	Joy	Leader	467	01:01:24	01:02:09	F 55+	8	PHOENIX STRIDERS
300	Clive	Cambridge	62	01:01:40	01:02:17	M Senior	84	
301	Sharon	Wilkinson	177	01:02:10	01:02:19	F 45 to 54	30	PHOENIX STRIDERS
302	Duncan	Leech	239	01:02:02	01:02:23	M 40 to 49	68	
303	Shirley	Dargan-Bloss	360	01:01:48	01:02:29	F 35 to 44	36	
304	Harradine	Lara	511	01:02:13	01:02:32	F 45 to 54	31	Havering 90 Joggers
305	Peter	Woodard	533	01:01:40	01:02:33	M 60+	15	Thurrock Nomads
306	Sally	Phillips	45	01:02:10	01:02:46	F Senior	21	Dagenham 88 Runners
307	Liam	Appleyard	288	01:02:48	01:02:53	M Senior	85	
308	Harriet	Clark	277	01:02:27	01:02:53	F Senior	22	
309	Danielle	Matsell	531	01:02:20	01:03:01	F 35 to 44	37	Benfleet Running Club
310	Jack	Lawson	463	01:03:03	01:03:07	M Senior	86	
311	Mark	Challis	459	01:02:50	01:03:33	M 40 to 49	69	
312	Louise	Thompson	255	01:03:02	01:03:33	F 35 to 44	38	
313	victoria	barr	490	01:03:51	01:03:54	F 35 to 44	39	
314	Sarah	Downey	83	01:03:28	01:04:06	F 45 to 54	32	

315	Linda	Cross	82	01:03:29	01:04:07	F 35 to 44	40	
316	Cara	Harman	149	01:03:50	01:04:11	F Senior	23	
317	Holly	Steff Littlepage	150	01:03:50	01:04:11	F Senior	24	
318	Genna	Madder	366	01:03:31	01:04:16	F 35 to 44	41	
319	Anita	Taylor	486	01:03:39	01:04:23	F 35 to 44	42	
320	Lisa	Gaskin	15	01:04:09	01:04:30	F 45 to 54	33	Havering '90 Joggers
321	Duncan	Russell	226	01:03:45	01:04:30	M 50 to 59	44	PHOENIX STRIDERS
322	Emma	Connolly	446	01:03:51	01:04:32	F 35 to 44	43	
323	Ellie	Jackman	243	01:04:31	01:04:35	F Senior	25	
324	Christina	Kelekun	373	01:03:57	01:04:47	F 45 to 54	34	Havering '90 Joggers
325	Trish	Groves	472	01:04:06	01:04:52	F 55+	9	Havering '90 Joggers
326	Karl	Kramer	185	01:04:26	01:04:54	M Senior	87	
327	Keith	Worby	245	01:04:43	01:04:56	M 40 to 49	70	
328	Emma	Worby	250	01:04:43	01:04:56	F Senior	26	
329	Gary	Thompson	256	01:04:32	01:05:03	M 40 to 49	71	
330	jade	tomkins	94	01:04:31	01:05:08	F Senior	27	
331	Tony	Wenden	355	01:04:23	01:05:09	M 50 to 59	45	
332	Nikki	Cranmer	321	01:04:34	01:05:11	F 45 to 54	35	Barking Road Runners
333	Karen	Wallis	193	01:04:59	01:05:20	F 45 to 54	36	
334	Andrew	Chaplin	411	01:04:53	01:05:37	M 40 to 49	72	Pitsea RC
335	Parisa	Skeldon	441	01:05:32	01:05:56	F Senior	28	Harold Wood Running Club
336	Hazel	Winston	532	01:05:41	01:06:08	F 55+	10	Havering 90 Joggers
337	Chris	Thomas	3	01:05:52	01:06:12	M 40 to 49	73	Havering '90 Joggers
338	Leanna	Romano	100	01:05:53	01:06:13	F Senior	29	Havering '90 Joggers
339	Sara	Prior	196	01:05:42	01:06:14	F 45 to 54	37	Dagenham 88 Runners
340	Lucy	Wright	504	01:05:31	01:06:16	F Senior	30	
341	Philip	Parker-Firth	444	01:05:43	01:06:23	M 60+	16	
342	Kate	Adams	214	01:06:00	01:06:24	F Senior	31	Harold Wood Running Club
343	Emma	Holbrook	274	01:05:47	01:06:32	F Senior	32	
344	Vikki	Pound-Firth	442	01:05:53	01:06:33	F 35 to 44	44	
345	Samantha	Prior	372	01:06:02	01:06:43	F 35 to 44	45	
346	Tom	Coughlan	502	01:06:19	01:06:45	M Senior	88	Barking Road Runners
347	Victoria	Kramer	184	01:06:39	01:07:07	F Senior	33	
348	Laura	Kelly	530	01:06:56	01:07:12	F 45 to 54	38	Havering 90 Joggers
349	Emma	O'Shea	233	01:06:39	01:07:14	F 35 to 44	46	Dagenham 88 Runners
350	Lorraine	Moor	227	01:06:39	01:07:14	F 55+	11	Dagenham 88 Runners
351	Michael	Casey	331	01:06:46	01:07:24	M 50 to 59	46	
352	Gareth	Elliott	121	01:06:51	01:07:42	M 60+	17	
353	Michelle	Holman	221	01:07:41	01:07:50	F 45 to 54	39	
354	Margaret	Score	474	01:08:20	01:08:40	F 45 to 54	40	Havering '90 Joggers
355	GEORGIA	WELLS	325	01:08:13	01:08:45	F 35 to 44	47	
356	Emerson	Gorham	500	01:08:52	01:09:29	M 40 to 49	74	
357	Marie	Smith	41	01:09:35	01:09:47	F 35 to 44	48	
358	Folu	Agboola	183	01:09:20	01:09:48	M Senior	89	
359	Joe	Liles	172	01:09:20	01:09:48	M Senior	90	
360	Denise	Woolston	264	01:09:24	01:10:00	F 45 to 54	41	Dagenham 88 Runners
361	Elaine	Richardson	518	01:09:26	01:10:12	F 55+	12	Havering 90 Joggers
362	Marie	Parker	375	01:10:13	01:10:41	F 35 to 44	49	
363	Kelly	Drake-tapscott	218	01:10:13	01:10:48	F 35 to 44	50	Dagenham 88 Runners
364	Kate	Stafford	199	01:10:28	01:10:53	F 45 to 54	42	
365	STEWART	HAMMOND	460	01:10:16	01:10:58	M Senior	91	
366	Charlotte	Moore	169	01:10:50	01:11:15	F Senior	34	
367	Gil	Moore	498	01:10:52	01:11:17	M 50 to 59	47	
368	Karen	Joy	46	01:10:42	01:11:18	F 45 to 54	43	Dagenham 88 Runners
369	Tina	Frith	142	01:10:43	01:11:31	F 45 to 54	44	
370	Debbie	Jones	353	01:11:25	01:11:45	F 45 to 54	45	Havering '90 Joggers
371	Maria	Brill	10	01:11:34	01:11:53	F 55+	13	Havering '90 Joggers
372	Claire	Taylor	9	01:11:34	01:12:08	F 45 to 54	46	Eton Manor AC
373	Virna	Brooks	270	01:11:29	01:12:12	F 45 to 54	47	
374	Nyokabi	Kiruthi	339	01:11:44	01:12:15	F 35 to 44	51	Barking Road Runners
375	Kay	Sandford	434	01:12:52	01:13:28	F Senior	35	Dagenham 88 Runners
376	Christine	Lardner	205	01:12:54	01:13:30	F 55+	14	Dagenham 88 Runners
377	Cheryl	Wilson	391	01:13:15	01:13:58	F 35 to 44	52	PHOENIX STRIDERS

378	Luke	Fonfara	87	01:13:28	01:14:00	M Senior	92	
379	Natalie	Gorham	14	01:13:27	01:14:14	F 35 to 44	53	PHOENIX STRIDERS
380	Deborah	Joy	336	01:13:38	01:14:15	F 45 to 54	48	Dagenham 88 Runners
381	Carly	Grantha	60	01:13:58	01:14:38	F 35 to 44	54	
382	Carl	Bartholomew	145	01:14:01	01:14:39	M 40 to 49	75	
383	Julie	Wright	162	01:13:51	01:14:43	F 35 to 44	55	
384	David	West	435	01:14:14	01:14:52	M 60+	18	Leigh on Sea Striders
385	Gary	Petchey	376	01:14:30	01:14:58	M 40 to 49	76	
386	Jane	Foster	520	01:14:42	01:15:00	F 45 to 54	49	Havering 90 Joggers
387	Rhys	Hawkins	448	01:14:18	01:15:04	M Senior	93	
388	Miss A	Fryatt	324	01:14:26	01:15:17	F 45 to 54	50	Barking Road Runners
389	Richele	Cockley	204	01:15:09	01:15:46	F 45 to 54	51	Dagenham 88 Runners
390	Jane	Frisby-Brown	333	01:15:01	01:15:52	F 35 to 44	56	
391	Sam	Veerasamy	136	01:16:36	01:17:10	M 60+	19	Dagenham 88 Runners
392	Jacqui	West	25	01:16:32	01:17:20	F 55+	15	PHOENIX STRIDERS
393	David Eddie	Mills	385	01:17:24	01:18:11	M 50 to 59	48	
394	Jackie	Smith	131	01:17:50	01:18:42	F 55+	16	Harold Wood Running Club
395	Emily	Rivers	171	01:18:29	01:18:59	F Senior	36	
396	Ann	Draper	383	01:18:43	01:19:25	F 35 to 44	57	
397	Jo	Frost	285	01:19:04	01:19:53	F 35 to 44	58	Springfield Striders RC
398	Ben	Frist	284	01:19:05	01:19:53	M 40 to 49	77	Springfield Striders RC
399	Liz	Jude	1	01:20:56	01:21:41	F 35 to 44	59	
400	Andi	Wright	2	01:21:22	01:21:41	F 35 to 44	60	Havering '90 Joggers
401	Helen	Vale	161	01:23:10	01:24:03	F 35 to 44	61	
402	Lisa	Westcott Price	323	01:23:48	01:24:34	F 45 to 54	52	
403	Marie	Anderson	330	01:23:48	01:24:34	F 35 to 44	62	
404	Claire	Pond	328	01:23:49	01:24:34	F 35 to 44	63	
405	Martina	Murphy	457	01:25:21	01:26:10	F 35 to 44	64	Harold Wood Running Club
406	Allan	Fraser	165	01:26:44	01:27:34	M 40 to 49	78	
407	Paula	Clark	219	01:26:44	01:27:35	F 35 to 44	65	
408	Michael	Ball	350	01:27:45	01:28:32	M 60+	20	Barking Road Runners
409	Bob	Mills	449	01:34:06	01:34:10	M 50 to 59	49	
410	Leila	Leonard	269	01:33:26	01:34:10	F 45 to 54	53	