

Leigh on sea 10
Overall Finish List
October 21, 2018
Results By ChiptimingUK

Posn	Name	Bib No.	Category	Category Posn	20k Posn	10k Warm-up	Chip Time	Gun Time	Club
1	Stephen Strange	574	M: 1-39	1			33:57	33:57	Basildon AC
2	Mark Waller	622	M:40-49	1			34:41	34:41	
3	Rhys Gillard	246	M: 1-39	2			34:48	34:48	Southend On Sea AC
4	Lee Taylor	589	M:40-49	2			35:06	35:06	Southend On Sea AC
5	Christian Holmes	302	M:40-49	3			35:11	35:12	Southend On Sea AC
6	James Ellis	195	M: 1-39	3			35:23	35:24	Clapham Chasers
7	Ty Farrer	211	M:40-49	4			35:26	35:27	Huntingdonshire AC
8	Damien Harvey	273	M: 1-39	4			36:08	36:10	Benfleet RC
9	joseph trim	605	M: 1-39	5			36:38	36:39	
10	Sam Norris	443	M: 1-39	6			37:17	37:18	Southend On Sea AC
11	Shane Boxall	69	M: 1-39	7			37:17	37:19	
12	Kevin Smalley	547	M:40-49	5			37:38	37:38	
13	James Rygate	522	M: 1-39	8			37:54	38:00	
14	Michael Mansfield	383	M:40-49	6			38:02	38:03	Gloucester AC
15	Ian George	236	M:40-49	7			38:05	38:07	East Essex Triathlon Club
16	Jonathan Haynes	277	M:50-99	1			38:11	38:13	Bishops Stortford RC
17	Neil Herbert	289	M: 1-39	9			38:09	38:14	
18	Nick Markwell	387	M:40-49	8			38:31	38:34	
19	Stuart Tucker	14	M:40-49	9			38:37	38:38	Swinton RC
20	luke gill	242	M: 1-39	10			38:46	38:46	East Essex Triathlon Club
21	Michael Wilkes	652	M:40-49	10			39:06	39:08	
22	Tony Hyde	320	M:50-99	2			39:22	39:23	Pitsea RC
23	Dan Reynolds	13	M: 1-39	11			39:40	39:45	
24	Christopher King	341	M: 1-39	12			39:48	39:51	Harold Wood Running Club
25	Stephen Kirsh	349	M: 1-39	13			40:16	40:18	Leigh on Sea Striders
26	Daniel Lyons	375	M: 1-39	14			40:22	40:26	Benfleet RC
27	Steve Paul	468	M:50-99	3			40:32	40:35	Eastern Masters AC
28	Elliott Cone	135	M:40-49	11			40:45	40:47	Leigh on Sea Striders
29	Miles Milbank	9	M: 1-39	15			41:01	41:06	
30	Chris Sellers	533	M:40-49	12			41:05	41:07	
31	James Coker	129	M: 1-39	16			41:06	41:09	Harold Wood Running Club
32	Philippa Robinson	518	F: 0-34	1			41:20	41:24	Grange Farm & Dunmow Runners
33	Janice Brown	80	F:45-99	1			41:34	41:38	East Essex Triathlon Club
34	Lloyd Miles	419	M:50-99	4			41:33	41:38	Billerica Striders
35	Chris Willmott	658	M: 1-39	17			41:44	41:52	
36	Darren Summers	394	M:50-99	5			41:50	41:54	Leigh on Sea Striders
37	Richard Bonham	1	M:50-99	6	1	42:46	41:59	42:02	Castle Point Joggers
38	Danny Flint	218	M:40-49	13			42:07	42:08	Southend On Sea AC
39	Graham Grout	259	M:50-99	7			42:07	42:11	Bristol and West AC (est. 1882)
40	James Campion	106	M:40-49	14			42:10	42:11	Southend AC
41	Will Rygate	523	M: 1-39	18			42:19	42:25	
42	Richard Battams	48	M: 1-39	19			42:23	42:29	
43	Justin King	342	M:40-49	15			42:29	42:31	Southend On Sea AC
44	Jason Taylor	587	M:40-49	16			42:33	42:35	
45	Lee Chester	114	M:40-49	17			42:39	42:45	
46	laurence Froment	225	M:40-49	18			42:42	42:50	
47	Graham Crocket	149	M:50-99	8			42:39	42:52	
48	alex childs	115	M:50-99	9			42:51	42:55	Leigh on Sea Striders
49	Tim Utting	612	M: 1-39	20			43:07	43:09	RED (Rochford Endurance & Distance) Runners
50	Vincent MANDE	381	M: 1-39	21			43:07	43:12	
51	Andrea Hughes	313	F:35-44	1			43:14	43:15	Leigh on Sea Striders
52	Jenna Williams	656	F: 0-34	2			43:14	43:21	Southend On Sea AC
53	Jack Whitaker	641	M: 1-39	22			43:07	43:22	
54	Ben Pickett	481	M: 1-39	23			43:20	43:24	
55	Scott Brenton	72	M:40-49	19			43:26	43:28	Tiptree Road Runners
56	William Haining	263	M:50-99	10			43:29	43:31	Colchester Harriers AC
57	David Adams	21	M:40-49	20			43:24	43:36	
58	Danny Bateman	700	M: 1-39	24			42:01	43:38	
59	david bowker	67	M:50-99	11			43:34	43:38	Fairlands Valley Spartans
60	Simon Taylor	590	M:40-49	21			43:39	43:40	
61	jacob trim	604	M: 1-39	25			43:42	43:49	
62	Colin Dunn	187	M:40-49	22			43:44	43:51	Castle Point Joggers
63	Ashley Milson	420	M: 1-39	26			43:41	43:54	
64	Ian Ramsay	499	M:50-99	12	3	44:47	43:54	43:56	
65	Angus Browne	86	M: 1-39	27	2	44:46	43:55	43:57	
66	barry hockley	297	M:50-99	13			43:53	44:01	Castle Point Joggers
67	Daniel Roche	519	M: 1-39	28			43:53	44:03	
68	Carl Suckling	577	M: 1-39	29			44:12	44:16	
69	Darren Edmondson	192	M:40-49	23			44:10	44:19	
70	Frederick Graham	252	M:50-99	14			44:17	44:19	
71	Michael Marsh	389	M: 1-39	30			44:06	44:21	

72	Stephen Rimmington	514	M: 1-39	31		43:52	44:21	
73	James Robinson	517	M: 1-39	32		44:11	44:23	
74	Derek Page	454	M:50-99	15		44:17	44:25	Castle Point Joggers
75	Darren Latter	362	M:50-99	16		44:18	44:26	RED (Rochford Endurance & Distance) Runners
76	Ian Grant	254	M: 1-39	33		44:25	44:28	Harold Wood Running Club
77	Charlotte Gregory	258	F:35-44	2		44:35	44:36	Leigh on Sea Striders
78	Lee Wall	621	M: 1-39	34		44:25	44:37	
79	Bruce Gander	3	M:50-99	17	5	45:16	44:37	East Essex Triathlon Club
80	Ciaran O'Shaughnessy	449	M: 1-39	35		44:20	44:50	
81	Antony Leckerman	364	M:50-99	18		44:50	44:54	Barking Road Runners
82	Paul Sparks	560	M:50-99	19		44:49	44:55	
83	Owen Hopkins	306	M: 1-39	36		44:44	44:56	
84	Adam Lissamore	367	M: 1-39	37		44:48	44:59	
85	Robert West	639	M: 1-39	38		44:57	45:03	Leigh on Sea Striders
86	Samuel Blundell	677	M: 1-39	39		44:50	45:05	
87	Paul Ward	627	M:40-49	24		43:10	45:06	Barking Road Runners
88	Jonathan Bedford	52	M: 1-39	40		45:03	45:07	Rochford Endurance & Distance (REDS)
89	Adam Grant	253	M: 1-39	41		44:59	45:09	
90	Michael Waters	631	M:40-49	25		45:04	45:12	Benfleet RC
91	Neal Clark	122	M:50-99	20		45:11	45:14	Phoenix Striders
92	LUKE BUTLER	96	M: 1-39	42		45:14	45:17	
93	Paul Sussex	581	M: 1-39	43		45:12	45:17	
94	David Trew	602	M:40-49	26		45:12	45:18	
95	Neil Cornelius	2	M:40-49	27	4	45:16	45:19	Hockley Trail Runners
96	Hayley Case	111	F:35-44	3		45:15	45:19	
97	Ronald Vials	615	M:50-99	21		45:15	45:20	Barking Road Runners
98	Samuel Carey	107	M: 1-39	44		45:10	45:22	
99	Katherine Ellis	196	F:35-44	4		45:15	45:22	Clapham Chasers
100	Daniel Quartly	492	M: 1-39	45		45:13	45:22	Thrift Green Trotters
101	Sam Edgings	191	M:40-49	28		45:10	45:24	
102	Mark Morriss	428	M:40-49	29		45:16	45:27	
103	Matt Mead	414	M:40-49	30		45:15	45:28	Mornington Chasers
104	Dean Whiteman	647	M:50-99	22		45:21	45:31	
105	Joe Vandermolen	613	M: 1-39	46		45:26	45:36	
106	James Hilditch	293	M: 1-39	47		45:22	45:41	
107	Peter Gettings	4	M: 1-39	48	6	46:59	45:42	
108	Michael White	646	M:40-49	31		45:40	45:44	Leigh on Sea Striders
109	Ciaran Glennon	249	M:40-49	32		45:34	45:57	
110	Ryan Bedford	53	M:40-49	33		45:55	46:00	
111	LEE Hazelwood	278	M:50-99	23		45:58	46:01	Phoenix Striders
112	Aidan Kerr	340	M:40-49	34		45:57	46:01	
113	Grant England	203	M:40-49	35		45:55	46:01	Billericay Striders
114	Robert Hempstead	286	M: 1-39	49		45:57	46:02	Billericay Striders
115	Richard Fuller	229	M:50-99	24		45:54	46:02	
116	Katie Quayle	493	F: 0-34	3		45:57	46:03	Kingswood Running Club
117	Robert Elson	200	M: 1-39	50		46:03	46:06	
118	Andy Collier	130	M: 1-39	51		45:21	46:07	Leigh on Sea Striders
119	Adrian Rickard	511	M: 1-39	52		46:03	46:09	
120	Mike Hopkins	305	M:50-99	25		45:57	46:10	Castle Point Joggers
121	Andrew Nolan	442	M:40-49	36		45:45	46:13	
122	Katie Simpson	542	F: 0-34	4		45:52	46:21	
123	Chris Grover	260	M: 1-39	53		46:01	46:21	
124	Neil Walkling	620	M:50-99	26		45:55	46:26	
125	Daniel Leeson	365	M: 1-39	54		46:20	46:28	
126	Alan Cooke	139	M:40-49	37		46:23	46:36	Hockley Trail Runners
127	Joey Knock	350	M: 1-39	55		46:03	46:37	London Frontrunners
128	Matthew Aitken	24	M:50-99	27		46:33	46:38	
129	Becky Herbert	288	F: 0-34	5		46:33	46:38	
130	Tim Ward	628	M:40-49	38		46:29	46:40	
131	Richard Stockwell	573	M:40-49	39		46:34	46:41	Kingswood Running Club
132	Karl Greensides	257	M:40-49	40		46:18	46:42	
133	Mark Jeffrey	329	M:50-99	28		46:37	46:44	Springfield Striders RC
134	Katherine Harris	679	F:35-44	5		46:35	46:45	East London Runners
135	Gary Matthews	397	M:50-99	29		46:37	46:46	
136	Phil Warner	630	M:50-99	30		46:47	46:52	
137	David Patten	466	M: 1-39	56		46:36	46:52	
138	Martin Orford	446	M:50-99	31		46:54	46:57	Phoenix Striders
139	rebecca gill	243	F:45-99	2		47:01	47:04	East Essex Triathlon Club
140	Steve Turner	606	M:50-99	32		46:54	47:05	
141	Robert Ashton	30	M:50-99	33		46:41	47:07	
142	Joe Gallard	233	M: 1-39	57		47:02	47:09	
143	James Enever-dodd	202	M: 1-39	58		47:06	47:13	RunThrough
144	David Lane	357	M:40-49	41		47:04	47:15	
145	James Wakeling	618	M: 1-39	59		47:07	47:23	
146	Dharam Singh	682	M: 1-39	60		47:14	47:28	Phoenix Striders
147	Joseph Yarwood	665	M: 1-39	61		47:14	47:29	
148	Gary Rowley	521	M: 1-39	62		47:04	47:31	Leigh on Sea Striders

149	simon panther	462	M:40-49	42		47:31	47:35	Hockley Trail Runners
150	Mark Samuels	698	M:50-99	34		47:32	47:48	
151	Alan Monte	426	M:40-49	43		47:56	47:58	Southend On Sea AC
152	Jim Edwards	193	M:50-99	35		47:47	48:00	
153	Hannah Thompson	596	F:35-44	6		47:39	48:02	
154	Martyn McGrory	410	M:40-49	44		47:56	48:03	
155	Andrew Briffett	74	M:50-99	36		47:49	48:06	
156	Simon Norris	696	M:40-49	45		48:03	48:11	
157	Deborah Hall	264	F:35-44	7		47:32	48:12	East Essex Triathlon Club
158	Paul West	638	M: 1-39	63		47:46	48:17	
159	Michael Bowditch	66	M: 1-39	64		48:10	48:26	
160	Jenny Harley	269	F:45-99	3		48:21	48:28	East Essex Triathlon Club
161	Ross Borkett	64	M: 1-39	65		48:20	48:32	
162	colin wilkinson	654	M:50-99	37		48:30	48:34	Phoenix Striders
163	Siobhan Brooker	75	F: 0-34	6		48:33	48:37	
164	Neil Davies	168	M:50-99	38		48:16	48:40	
165	Gareth Davies	166	M: 1-39	66		48:18	48:42	
166	Matt Belcher	326	M: 1-39	67		48:09	48:43	
167	Mathew Gillard	245	M:50-99	39		48:38	48:44	Southend On Sea AC
168	Rosie Davies	165	F: 0-34	7		48:20	48:45	
169	Eddie O'Shea	451	M:40-49	46		48:26	48:45	
170	Paul Mellor	416	M: 1-39	68		48:26	48:57	
171	John Stuart	576	M:50-99	40		48:45	48:57	
172	Andy Debnam	172	M:40-49	47		48:36	48:57	Castle Point Joggers
173	Gary Clifford	127	M:50-99	41		48:43	48:59	Castle Point Joggers
174	Catherine Dinmore	176	F:35-44	8		48:55	49:01	
175	Ian Hart	272	M:50-99	42		48:49	49:01	Castle Point Joggers
176	Abigail Lois Oliver	445	F: 0-34	8		48:47	49:05	
177	sarah mapplebeck	385	F:35-44	9		48:53	49:07	
178	Aiste Lukoseviciute	374	F: 0-34	9		49:05	49:08	
179	Peter Hall	265	M:40-49	48		49:07	49:14	
180	Russel Lowe	5	M:40-49	49	7	48:23	49:16	Leigh on Sea Striders
181	scott macmahon	377	M:40-49	50		48:42	49:18	
182	Charlotte Davis	169	F: 0-34	10		49:11	49:21	
183	Nicholas Knowland	352	M:50-99	43		49:01	49:22	
184	Adrian Pugh	490	M:50-99	44		49:07	49:24	East Essex Triathlon Club
185	Nick Mullin	8	M: 1-39	69		49:16	49:25	
186	Phil Stanfield	565	M:40-49	51		49:01	49:26	Pitsea RC
187	Paul Jennings	330	M:40-49	52		49:11	49:38	
188	Darren Wiles	651	M:40-49	53		49:32	49:40	Springfield Striders RC
189	Mark Freeman	224	M:50-99	45		49:23	49:41	Rochford Running Club
190	Andrew Deacon	170	M:50-99	46		49:26	49:44	
191	Steve Sinclair	545	M:40-49	54		49:10	49:48	
192	Paul Claydon	126	M:50-99	47		49:39	49:48	RED Runners
193	Matt Kirsh	348	M: 1-39	70		49:39	49:50	
194	Mark R Robertson	516	M:50-99	48		49:33	49:51	RED (Rochford Endurance & Distance) Runners
195	Diane Beaver	50	F:45-99	4		49:37	49:54	Hockley Trail Runners
196	Erik Alsegard	28	M:40-49	55		49:24	49:55	
197	Neil Hatton	274	M:50-99	49		49:39	49:56	RED Runners
198	David Hudson	312	M:50-99	50		49:48	49:56	
199	Adam Lithauer	368	M: 1-39	71		49:40	49:57	
200	Adam Maynard	401	M: 1-39	72		49:43	49:59	
201	Ben Corrigan	140	M: 1-39	73		49:59	50:06	
202	Steve Browne	87	M:50-99	51		49:58	50:08	
203	Lucy Smith	554	F: 0-34	11		49:59	50:10	
204	Stuart Hobson	296	M: 1-39	74		50:10	50:17	
205	Jo McNeilly	412	F:35-44	10		50:01	50:17	
206	Gail Randall	500	F:35-44	11		49:57	50:20	Leigh on Sea Striders
207	Benn Eldridge	194	M: 1-39	75		50:05	50:22	
208	Paul Darby	162	M:50-99	52		49:59	50:24	
209	Megan Morgan	427	F:35-44	12		50:05	50:26	
210	Stuart Botwright	65	M: 1-39	76		50:04	50:32	
211	Mark Thirkettle	694	M:40-49	56		50:25	50:37	
212	T BARBER	39	M:40-49	57		50:21	50:44	UKRunChat Running Club
213	Jason Barber	40	M:40-49	58		50:28	50:44	
214	Lee Jordison	334	M: 1-39	77		50:29	50:50	
215	Robert Monger	425	M:50-99	53		50:35	50:53	Phoenix Striders
216	Stephen Knock	351	M:40-49	59		50:23	50:54	
217	Michael Crouch	157	M: 1-39	78		50:45	51:00	
218	chris Davey	163	M:40-49	60		50:46	51:01	
219	Rebecca Clay	123	F: 0-34	12		50:40	51:03	Castle Point Joggers
220	Gary Kirkby	346	M:50-99	54		50:51	51:04	
221	Mark Colquhoun	134	M:50-99	55		51:04	51:12	Castle Point Joggers
222	Christopher Nice	441	M:40-49	61		51:10	51:20	
223	Keith Lovell	373	M:50-99	56		51:00	51:23	RED (Rochford Endurance & Distance) Runners
224	Carl Jordison	333	M: 1-39	79		51:09	51:29	
225	Nick Churchman	120	M:40-49	62		51:28	51:37	

226	Brian Collins	133	M:50-99	57		50:48	51:37	
227	Colin Murdoch	432	M:50-99	58		51:22	51:38	
228	Catherine Marriott	388	F:35-44	13		51:29	51:41	Dengie Runners
229	A Clifford	128	F:45-99	5		51:24	51:43	Havering '90 Joggers
230	Craig Barton	44	M: 1-39	80		51:37	51:45	Kingswood Running Club
231	John Search	532	M: 1-39	81		51:04	51:46	
232	Martina Koukalova	355	F: 0-34	13		51:27	51:47	
233	Mark Whitby	644	M:50-99	59		50:58	51:49	
234	Amy Courtneil	7	F:35-44	14		51:23	51:54	
235	Tracey Bradley	71	F:45-99	6		51:28	52:05	Castle Point Joggers
236	Mark Collins	132	M:40-49	63		51:17	52:07	Castle Point Joggers
237	Leona Browne	15	F: 0-34	14		51:51	52:08	
238	Judith Bown	68	F:35-44	15		51:43	52:11	
239	Laura Tapper	583	F: 0-34	15		51:46	52:13	
240	Tim Meredith	418	M:40-49	64		52:05	52:14	
241	Ian Richardson	17	M:50-99	60		51:49	52:16	Fitology
242	Emma Blaniey	10	F:35-44	16		52:08	52:18	
243	Ingo Dierkschnieder	175	M:50-99	61		51:54	52:19	Pitsea RC
244	Craig Clayton	608	M:40-49	65		51:49	52:22	
245	Samuel Hill	295	M: 1-39	82		51:41	52:23	East Essex Triathlon Club
246	Terence O'Shaughnessy	450	M:50-99	62		51:52	52:24	
247	Katie Shean	536	F:35-44	17		52:17	52:28	
248	Kevin Thomas	594	M:40-49	66		51:54	52:32	
249	Veronique Surry	6	F:35-44	18	8	49:54	52:37	
250	PHILIP PAGE	457	M:50-99	63		52:10	52:39	Mid Essex Casuals
251	Luke Bonham	63	M: 1-39	83		52:19	52:44	
252	Charles Daborn	159	M: 1-39	84		52:03	52:46	
253	Darren Smith	551	M:40-49	67		52:29	52:49	
254	Chris Blundell	676	M:50-99	64		52:34	52:49	
255	Sarah Ennis	204	F:45-99	7		52:20	52:50	
256	Colin McWilliams	413	M: 1-39	85		52:24	52:51	
257	Christopher Yorke	666	M: 1-39	86		52:33	52:57	
258	H Samson	525	F:35-44	19		52:34	53:04	Kingswood Running Club
259	Claire Glennon	250	F:35-44	20		52:43	53:06	
260	Daniel Dublin	184	M: 1-39	87		52:24	53:07	Flyers Southend
261	Alan Wilby	650	M:50-99	65		52:53	53:07	
262	Francis Patten	467	M:50-99	66		52:51	53:09	
263	Verena Cavalier	113	F:35-44	21		52:47	53:10	
264	Andrew Gwilliam	680	M:40-49	68		52:57	53:13	Barking Road Runners
265	Chloe Pennyfather	478	F: 0-34	16		52:48	53:14	
266	Christopher bruns	90	M: 1-39	88		52:43	53:16	
267	Angela Smith	549	F:35-44	22		53:03	53:16	Pitsea RC
268	Robert Smith	555	M:40-49	69		53:03	53:16	Pitsea RC
269	Martin Gibbons	238	M:50-99	67		52:45	53:17	
270	Darminder Bhamra	58	M:50-99	68		52:59	53:18	
271	Michelle Lane	358	F:35-44	23		53:09	53:25	
272	Chris Kelly	338	M:50-99	69		52:50	53:28	
273	Catherine Maylin	400	F:45-99	8		53:08	53:30	
274	Andy Pearson	474	M:40-49	70		53:01	53:33	Rochford Running Club
275	Linda Pyke	491	F:45-99	9		53:26	53:34	
276	Kevin McKenny	411	M:50-99	70		53:20	53:36	
277	Leigh Still	572	M:50-99	71		53:33	53:36	
278	Laura Iivonen	321	F:35-44	24		53:26	53:37	
279	Elizabeth Welsh	635	F: 0-34	17		53:00	53:38	
280	Chris Sullivan	578	M: 1-39	89		53:29	53:38	
281	Sue Fuller	228	F:45-99	10		53:26	53:40	
282	Laurence Dennis	173	M: 1-39	90		53:21	53:41	
283	Nichola Young	669	F: 0-34	18		53:25	53:45	
284	Graham Maynard	403	M:50-99	72		53:37	53:46	
285	Natalie Bishop	60	F:35-44	25		53:18	53:48	
286	DAVID SKINNER	546	M:50-99	73		53:39	53:49	Havering '90 Joggers
287	Duncan Ireland	323	M:40-49	71		53:43	53:52	
288	Caroline Halling	266	F: 0-34	19		53:41	53:55	
289	Frankie Whitby	642	F: 0-34	20		53:09	53:56	
290	Keith Worby	663	M:40-49	72		53:23	53:58	
291	Lee Nunn	444	M: 1-39	91		53:42	54:01	
292	Debbie Dunn	186	F:35-44	26		53:25	54:02	Castle Point Joggers
293	David Barham	41	M: 1-39	92		53:55	54:20	
294	Joanna Welsh	636	F:45-99	11		53:42	54:20	
295	Paul Hellen	284	M:50-99	74		53:48	54:20	Rochford Running Club
296	Kate Collins	131	F:35-44	27		53:54	54:21	
297	Rhys Crookes	151	M: 1-39	93		53:59	54:22	
298	Andrew Barham	42	M:40-49	73		53:58	54:23	
299	Simon Chittock	117	M:50-99	75		54:05	54:24	
300	justine becaglia	51	F:35-44	28		54:16	54:25	
301	Samantha Shepherd	537	F:35-44	29		54:09	54:27	Leigh on Sea Striders
302	Mark Childs	116	M:50-99	76		54:10	54:27	Leigh on Sea Striders

303	Sarah Bryant	91	F:35-44	30	54:06	54:29	
304	Ernest Mulryne	431	M:50-99	77	54:08	54:30	Kingswood Running Club
305	Daniel Gilbey	240	M: 1-39	94	52:16	54:32	
306	Dean Cain	99	M:40-49	74	53:56	54:32	
307	Helena Haran	686	F: 0-34	21	53:51	54:33	
308	Andrew Kenyon	339	M:50-99	78	54:11	54:36	
309	Jodie Gibbs	239	F: 0-34	22	54:33	54:46	
310	Alexandra Tourbassova	598	F: 0-34	23	54:07	54:51	
311	Jon Brown	83	M: 1-39	95	54:14	54:52	
312	Sharon Humphrey	314	F:45-99	12	54:27	54:54	
313	Adrian Turnnidge	607	M:40-49	75	54:43	54:55	
314	kerri lock	371	F:45-99	13	54:30	54:58	
315	Terry Garner	234	M:50-99	79	54:46	54:59	
316	Matthew Quayle	494	M: 1-39	96	54:39	55:00	Kingswood Running Club
317	Spencer Brooks	76	M: 1-39	97	54:40	55:02	
318	Paul Heath	281	M:50-99	80	54:46	55:02	
319	Justin Macal	376	M:40-49	76	54:55	55:04	
320	Vic Conran	136	M:50-99	81	54:54	55:06	
321	Martin Beverton	57	M:50-99	82	54:51	55:07	
322	Gerald Ellis	197	M:40-49	77	54:46	55:14	
323	Jo Restall	508	F: 0-34	24	55:15	55:28	
324	Lucy Hill	294	F: 0-34	25	54:49	55:31	
325	David Lithauer	369	M:50-99	83	55:00	55:32	
326	ian wilson	659	M:40-49	78	55:01	55:34	Rochford Running Club
327	Will Boyd	70	M: 1-39	98	55:03	55:36	
328	Richard Fisher	216	M:40-49	79	55:04	55:36	
329	Claire Bissett	61	F:45-99	14	55:13	55:50	
330	Keith Makinson	379	M:50-99	84	55:15	55:51	
331	Gary Harford	268	M:50-99	85	55:04	55:54	Barking Road Runners
332	Phil Townsend	600	M: 1-39	99	55:27	55:59	
333	Gavin Hunt	316	M: 1-39	100	55:29	56:01	
334	Pavlo Kolomiyets	354	M: 1-39	101	55:19	56:05	
335	Steve Howard	309	M: 1-39	102	55:23	56:07	
336	Kath Joyce	335	F:35-44	31	55:47	56:13	
337	Andy Newnham	440	M:40-49	80	55:49	56:13	
338	Victor Benjamin	56	M:50-99	86	55:41	56:13	
339	CHRIS MATTHEWS	396	M: 1-39	103	55:43	56:13	
340	Jim Dooley	178	M:50-99	87	56:10	56:14	Leigh on Sea Striders
341	Dawn Reed	504	F:35-44	32	55:49	56:18	
342	Katie Darby	161	F:45-99	15	55:53	56:19	
343	Lisa Mansfield	382	F:35-44	33	56:15	56:21	Newent Runners
344	Louise Kinna	674	F: 0-34	26	56:05	56:23	
345	Greg Dow	180	M: 1-39	104	56:05	56:24	
346	Martin Parish	464	M:40-49	81	55:36	56:26	
347	Robert Brown	85	M:50-99	88	56:12	56:30	Leigh on Sea Striders
348	John Ellison	199	M:40-49	82	56:09	56:33	
349	Suzannah Whelan	640	F:35-44	34	56:04	56:36	
350	Tina Victory	616	F:45-99	16	56:05	56:41	Castle Point Joggers
351	Peter Eates	190	M:50-99	89	55:55	56:44	Phoenix Striders
352	Fiona COSS	142	F:45-99	17	56:31	56:46	
353	Graham Bardell	681	M:50-99	90	56:15	56:54	JBR
354	Phil Baitrum	34	M: 1-39	105	56:11	56:57	
355	Allison Gillan	244	F:45-99	18	56:47	57:01	Springfield Striders RC
356	Yvonne Francis	222	F:35-44	35	56:35	57:10	
357	Callum Wicks	12	M: 1-39	106	57:11	57:11	
358	Janette Parker-East	465	F:45-99	19	56:51	57:18	
359	Teresa Flannigan	672	F:45-99	20	57:17	57:20	East Essex Triathlon Club
360	John Baker	35	M:50-99	91	56:48	57:22	
361	Ross Silverton	541	M:50-99	92	57:13	57:23	Witham RC
362	Katie Bruns	89	F:35-44	36	56:56	57:26	
363	Gavin Davies	164	M: 1-39	107	56:59	57:27	Pitsea RC
364	Nicola Hawkins	275	F:45-99	21	56:42	57:29	Phoenix Striders
365	Stephanie Gover	251	F: 0-34	27	57:03	57:33	
366	David Christy	118	M:50-99	93	57:11	57:43	Rochford Running Club
367	Ben Smith	550	M: 1-39	108	57:17	57:45	
368	Deirdre McCormack	407	F:35-44	37	57:19	57:45	
369	Paul Daborn	160	M:50-99	94	57:05	57:49	
370	claire Rea	501	F:45-99	22	57:28	57:52	
371	Nicola Scott	530	F:45-99	23	57:27	57:52	
372	evonne shadbolt	535	F:45-99	24	57:28	57:52	
373	Michelle O'Sullivan	452	F:35-44	38	57:25	57:54	
374	jacqueline Knowles	353	F:45-99	25	57:21	57:55	Rochford Running Club
375	Lewis Crocket	148	M: 1-39	109	57:41	57:55	
376	Gareth Mason	393	M: 1-39	110	57:42	57:56	
377	caroline loveland	372	F:45-99	26	57:39	57:58	Southend On Sea AC
378	Natalie King	344	F:35-44	39	57:41	57:59	
379	Chris Stacey	563	M:40-49	83	56:59	58:00	

380	Caroline Tatum	584	F:35-44	40		57:49	58:01	
381	Laura Heard	280	F:35-44	41		57:41	58:02	
382	joe Reader	503	M: 1-39	111		57:53	58:04	
383	Emma Brown	81	F: 0-34	28		57:52	58:04	
384	Ken Gilbey	241	M:50-99	95		57:43	58:06	
385	Richard Overington	453	M: 1-39	112		57:41	58:08	Little Baddow Ridge Runners
386	Tim Watts	633	M:50-99	96		57:20	58:09	
387	Deborah Waring	629	F:35-44	42		57:58	58:16	
388	Mandip Heer	283	M:40-49	84		58:12	58:17	Rochford Running Club
389	Andrew Butcher	95	M:40-49	85		57:24	58:19	
390	Michael Pegler	476	M:50-99	97		58:10	58:22	
391	Philip Telford	591	M:50-99	98		57:47	58:24	
392	Ben Aldridge	26	M: 1-39	113		57:45	58:26	
393	Aidan Cosgrave	141	M: 1-39	114		57:46	58:30	
394	James stanford	566	M:40-49	86		58:15	58:34	
395	Mike Petchey	479	M:50-99	99		58:13	58:35	
396	Clare Smith	688	F:35-44	43		58:19	58:38	
397	Jackie Woodroffe	661	F:45-99	27		58:05	58:41	Thrift Green Trotters
398	Amelia Howe	310	F: 0-34	29		58:24	58:44	Leigh on Sea Striders
399	Lorraine Heal	279	F:45-99	28		58:04	58:46	Castle Point Joggers
400	Janette Reed	505	F:45-99	29		58:01	58:47	
401	Bhavna Pandey	459	F:35-44	44		58:01	58:47	
402	Joy Leader	363	F:45-99	30		58:05	58:50	Phoenix Striders
403	natalie read	502	F:35-44	45		58:24	58:53	
404	Paul McCutcheon	408	M:50-99	100		58:08	58:56	
405	Michelle Batt	47	F:35-44	46		58:49	59:00	
406	Stephen Shynn	539	M:50-99	101		58:31	59:01	Kingswood Running Club
407	Owen Williams	657	M: 1-39	115		58:29	59:02	
408	Chris Phillips	480	M: 1-39	116		58:33	59:08	
409	Susan Adkins	23	F:45-99	31		58:43	59:15	Rochford Running Club
410	Barry Kay	337	M:40-49	87		58:43	59:15	Rochford Running Club
411	Chris Maloney	380	M:50-99	102		58:50	59:18	
412	Jan Grover	261	F:45-99	32		58:47	59:23	
413	Mark Pearce	473	M:50-99	103		59:09	59:24	
414	Vivienne Churnside	121	F:45-99	33		59:01	59:28	
415	Vanessa Fraser	495	F:45-99	34		58:48	59:28	Southend Flyer
416	Emmanuel Brousse	77	M:40-49	88	9	50:25	59:33	59:35
417	Nicola Shackleton	534	F:35-44	47		58:57	59:35	
418	Tina Burton	94	F:35-44	48		58:56	59:35	Castle Point Joggers
419	Karen Schollhammer	528	F:35-44	49		58:50	59:37	
420	Cristina Negrila	438	F:35-44	50		59:20	59:41	
421	Penny Clay	124	F:35-44	51		59:24	59:42	
422	Andrew Haines	262	M:50-99	104		59:24	59:43	
423	Jenny Crouch	156	F:35-44	52		59:25	59:43	
424	Mush Ali	16	M:40-49	89		59:28	59:48	
425	Rebecca Addison	22	F:35-44	53		59:36	59:57	
426	Elizabeth May	399	F:35-44	54		59:35	1:00:04	Kingswood Running Club
427	Deborah Shynn	538	F:45-99	35		59:35	1:00:04	Kingswood Running Club
428	Lisa Conti	693	F:35-44	55		59:56	1:00:06	
429	Nadine Langham	359	F:35-44	56		59:37	1:00:07	Kingswood Running Club
430	Dion Kipping	345	M:40-49	90		59:42	1:00:13	
431	Jan Steed	568	F:45-99	36		59:41	1:00:16	Castle Point Joggers
432	Sally Trew	603	F:45-99	37		59:57	1:00:19	
433	Grace Reeman	692	F: 0-34	30		59:53	1:00:29	Phoenix Striders
434	Anita Bond	62	F:45-99	38		59:59	1:00:37	Eastern Masters AC
435	J Fisher	213	F:45-99	39		1:00:27	1:00:53	
436	Lorraine Evans	205	F:35-44	57		1:00:33	1:00:59	
437	James Evans	206	M:40-49	91		1:00:36	1:00:59	
438	CHRIS CAMMIDGE	104	M:50-99	105		1:01:14	1:01:46	Castle Point Joggers
439	Andy Rouyer-Brown	520	M:50-99	106		1:01:15	1:01:47	East Essex Triathlon Club
440	James Taylor	586	M:50-99	107		1:01:12	1:01:52	
441	Lucy Baker	36	F:45-99	40		1:01:29	1:02:02	
442	Kerry Prigg	487	F:45-99	41		1:01:29	1:02:03	Leigh on Sea Striders
443	Sadie Cook	137	F: 0-34	31		1:01:26	1:02:05	
444	Rebecca McGlashon	409	F: 0-34	32		1:01:26	1:02:05	
445	Ryan Lingham	366	M: 1-39	117		1:01:07	1:02:07	
446	Holly Taylor	585	F:35-44	58		1:01:34	1:02:12	
447	Jill Thorne	597	F:45-99	42		1:01:40	1:02:14	Brentwood Running Club
448	Katherine Monerasinghe	424	F:35-44	59		1:01:35	1:02:17	
449	Jessie Dibbens	174	F: 0-34	33		1:01:59	1:02:26	
450	Di Pearson	475	F:35-44	60		1:01:49	1:02:28	
451	Nicola Osborne	448	F: 0-34	34		1:01:50	1:02:28	RED (Rochford Endurance & Distance) Runners
452	Charlotte Fotherby	220	F:35-44	61		1:02:07	1:02:29	
453	Grace Claydon	125	F: 0-34	35		1:01:54	1:02:33	RED Runners
454	Marc Wanless	623	M:40-49	92		1:02:05	1:02:33	
455	justine Starkey	567	F:45-99	43		1:02:05	1:02:33	Kingswood Running Club
456	Sarah Murphy	437	F:35-44	62		1:02:02	1:02:46	

457	Nicola Murphy	435	F:35-44	63	1:02:02	1:02:47	
458	Cara Harman	270	F: 0-34	36	1:02:05	1:02:49	
459	Holly Steff-Littlepage	569	F: 0-34	37	1:02:06	1:02:50	
460	Claire Panther	461	F:35-44	64	1:02:38	1:02:57	Hockley Trail Runners
461	Sarah Palmer	223	F:45-99	44	1:02:51	1:03:06	
462	Debra Catt	112	F:45-99	45	1:02:52	1:03:17	Hockley Trail Runners
463	Kate Marshall	391	F:35-44	65	1:02:52	1:03:17	Grantham Running Club
464	Marie Mcentee	671	F:35-44	66	1:02:39	1:03:17	
465	Claire Hunt	315	F:35-44	67	1:02:39	1:03:21	
466	Steven Crabbe	145	M:40-49	93	1:02:40	1:03:29	
467	John Stephenson	571	M:50-99	108	1:03:31	1:03:42	
468	Joanne Reeves	506	F:45-99	46	1:03:24	1:04:01	
469	Sophie Browning	88	F: 0-34	38	1:03:45	1:04:07	
470	Anna Holloway	300	F: 0-34	39	1:03:46	1:04:07	
471	Alice Thomas	593	F: 0-34	40	1:03:45	1:04:07	
472	Leslie Jay	327	M:50-99	109	1:03:56	1:04:14	Barking Road Runners
473	Gemma Young	667	F: 0-34	41	1:03:31	1:04:15	
474	Hannah Preedy	485	F: 0-34	42	1:03:31	1:04:16	
475	Philip Young	670	M:50-99	110	1:03:32	1:04:16	
476	Louise Young	668	F:45-99	47	1:03:30	1:04:16	
477	Patrick Waters	632	M:50-99	111	1:03:54	1:04:17	
478	Carolyn Mayne	404	F:45-99	48	1:03:41	1:04:26	
479	Hayley Cairns	100	F:35-44	68	1:03:57	1:04:27	
480	Rebecca Weight	634	F:35-44	69	1:03:52	1:04:30	
481	Guy Hurst	317	M:40-49	94	1:03:58	1:04:31	
482	Ellen Reeves	271	F:45-99	49	1:04:04	1:04:34	Castle Point Joggers
483	Joanna Sutton	582	F:35-44	70	1:03:55	1:04:40	
484	Paul Jones	331	M:40-49	95	1:04:36	1:04:44	
485	Amanda Davies	167	F:45-99	50	1:04:02	1:04:46	
486	Sally Bell	54	F:35-44	71	1:04:13	1:04:51	
487	Thomas Carswell	109	M: 1-39	118	1:04:12	1:04:53	
488	Dennis Spencer-Perkins	561	M:50-99	112	1:03:58	1:05:08	Barking Road Runners
489	Mark Hembling	285	M:50-99	113	1:04:29	1:05:10	
490	Dawan Chuithong	119	F: 0-34	43	1:04:40	1:05:21	
491	Megan Varah	614	F: 0-34	44	1:04:40	1:05:21	
492	Nikki Cranmer	147	F:45-99	51	1:04:33	1:05:23	Barking Road Runners
493	Paul Hope	304	M:40-49	96	1:04:39	1:05:26	
494	May Hope	303	F:35-44	72	1:04:43	1:05:30	
495	Paula Butteriss Hartman	98	F:45-99	52	1:04:58	1:05:33	
496	Miss A Fryatt	227	F:45-99	53	1:04:44	1:05:34	Barking Road Runners
497	Frances Down	182	F:35-44	73	1:05:13	1:05:36	
498	Christina Scott-farnell	531	F:35-44	74	1:05:14	1:05:36	
499	Kate Cammidge	103	F:45-99	54	1:04:50	1:05:36	Castle Point Joggers
500	Christian Higham	292	M: 1-39	119	1:05:10	1:05:38	
501	Victoria Walker	619	F:35-44	75	1:05:06	1:05:41	
502	Jennifer Evans	207	F: 0-34	45	1:05:02	1:05:42	
503	Nicola Stone	18	F:45-99	55	1:05:16	1:05:51	
504	Julie Burns	93	F:45-99	56	1:05:09	1:05:54	
505	Carolyn Beal	49	F:45-99	57	1:05:06	1:05:54	
506	Lisa Mott	429	F:35-44	76	1:05:09	1:05:55	
507	Dawn Polain	483	F:45-99	58	1:05:10	1:05:55	
508	David Quinn	497	M:50-99	114	1:05:09	1:05:55	
509	Sally Whitby	645	F:45-99	59	1:05:07	1:05:55	
510	GARY Sibley	540	M:40-49	97	1:05:30	1:05:59	
511	Emma Worby	662	F: 0-34	46	1:05:36	1:06:11	
512	Fern Howard	308	F:35-44	77	1:05:27	1:06:13	
513	Joanne Armond	29	F:35-44	78	1:05:49	1:06:22	
514	Roy Jones	332	M:50-99	115	1:06:00	1:06:23	Castle Point Joggers
515	Dawn Sargent	527	F:45-99	60	1:05:53	1:06:34	
516	Diane Treadwell	601	F:45-99	61	1:05:53	1:06:34	
517	Mikki King	343	F:35-44	79	1:06:18	1:07:01	
518	Tracey Cross	155	F: 0-34	47	1:06:57	1:07:10	
519	Lee Cross	154	M: 1-39	120	1:06:59	1:07:12	
520	Darren Emmett	201	M:50-99	116	1:06:25	1:07:13	
521	Graham Douglass	179	M:40-49	98	1:06:25	1:07:13	Benfleet RC
522	Angela Mitchell	421	F:45-99	62	1:06:40	1:07:22	
523	Daniel Smy	557	M: 1-39	121	1:07:22	1:07:26	
524	laura hicks	291	F:35-44	80	1:07:07	1:07:27	
525	David Hedge	282	M:50-99	117	1:06:28	1:07:28	
526	Robert Courtier	143	M:50-99	118	1:06:40	1:07:30	Barking Road Runners
527	Steve Smith	689	M:40-49	99	1:06:51	1:07:33	
528	Jason Chipperfield	690	M:40-49	100	1:06:52	1:07:33	
529	Howard Gale	231	M:50-99	119	1:06:46	1:07:33	
530	Stuart Avis	32	M:40-49	101	1:06:57	1:07:41	
531	andy fisher	214	M:50-99	120	1:07:09	1:07:45	
532	Helen Marriott	685	F:45-99	63	1:07:05	1:07:48	Southend Flyer
533	Tracy Page	458	F:45-99	64	1:07:14	1:07:51	

534	Sharon Wilkinson	655	F:45-99	65	1:07:14	1:08:01	Phoenix Striders
535	Michelle Holman	301	F:45-99	66	1:07:14	1:08:01	Phoenix Striders
536	Ciara Mitchell	422	F: 0-34	48	1:07:36	1:08:02	
537	Dave Pringle	488	M: 1-39	122	1:07:38	1:08:03	
538	Karen Batt	46	F:35-44	81	1:07:36	1:08:13	Castle Point Joggers
539	Cheryl Wilson	691	F:35-44	82	1:07:41	1:08:18	Phoenix Striders
540	Adam Kirsh	347	M: 1-39	123	1:07:43	1:08:27	Leigh on Sea Striders
541	Sarah Smartt	548	F:35-44	83	1:08:28	1:08:41	
542	Debbie Sothcott	558	F:35-44	84	1:08:25	1:08:53	
543	Albert Miles	695	M:50-99	121	1:08:30	1:08:55	Castle Point Joggers
544	ross murphy	436	M: 1-39	124	1:08:40	1:08:59	
545	hazel gallagher	232	F:45-99	67	1:08:27	1:09:06	
546	Darren Maynard	402	M:40-49	102	1:08:26	1:09:10	
547	Daniel Pincham-Phipps	482	M:50-99	122	1:08:45	1:09:16	
548	Maggie Campbell-Freeman	105	F:45-99	68	1:08:32	1:09:21	
549	Debbie Wood	699	F:45-99	69	1:08:32	1:09:21	Southend Flyer
550	Nikki Spratt	562	F:35-44	85	1:09:35	1:09:50	
551	Victoria Baldwin	37	F:45-99	70	1:09:38	1:09:52	
552	Caroline Cross	678	F:45-99	71	1:09:21	1:09:53	Havering 90 Joggers
553	Lorna Unite	611	F: 0-34	49	1:09:43	1:10:14	
554	Diane Atkins	31	F:45-99	72	1:10:00	1:10:41	
555	Terence Allen	27	M:50-99	123	1:10:05	1:10:56	Benfleet RC
556	Ray Harris	697	M:40-49	103	1:10:42	1:10:57	
557	Fraser Marshall	390	M:40-49	104	1:10:28	1:11:13	
558	John Rickard	512	M:50-99	124	1:11:06	1:11:27	
559	Brian Cross	153	M:50-99	125	1:10:57	1:11:29	Havering ' Joggers
560	Steve Drew	183	M:40-49	105	1:11:19	1:11:42	
561	Stephen Parmenter	673	M:40-49	106	1:11:21	1:11:46	Phoenix Striders
562	angela currie	158	F: 0-34	50	1:11:25	1:11:49	
563	Lauren Thipthorpe	592	F: 0-34	51	1:11:17	1:11:56	
564	Rebecca Djiakouris	177	F: 0-34	52	1:11:17	1:11:56	
565	Joanne Stuart	575	F:45-99	73	1:11:23	1:11:59	
566	Lisa Pickering	687	F:45-99	74	1:11:27	1:12:03	
567	Simon Green	256	M:50-99	126	1:11:58	1:12:30	
568	Clive Rathbone Dunnico	188	M:50-99	127	1:11:51	1:12:40	Castle Point Joggers
569	Laura Hemsworth	287	F: 0-34	53	1:12:22	1:13:02	
570	David West	637	M:50-99	128	1:12:30	1:13:07	Leigh on Sea Striders
571	Terry Wilson	660	M:50-99	129	1:13:01	1:13:25	
572	Debby Ferguson	212	F:45-99	75	1:12:51	1:13:26	
573	Gizella Simpson-Hayes	543	F:35-44	86	1:12:48	1:13:27	
574	Angela Cowell	684	F:45-99	76	1:12:47	1:13:27	Southend Flyer
575	Elisabeth Gibbons	237	F:45-99	77	1:12:52	1:13:33	
576	Chas Matthew	395	M:50-99	130	1:12:57	1:13:49	
577	daniella molyneux	423	F:45-99	78	1:14:13	1:14:57	
578	Jessica Baker	683	F:35-44	87	1:14:51	1:15:21	Kingswood Running Club
579	Sam Quilter	496	F:35-44	88	1:15:35	1:16:11	
580	Jill Waight	617	F:45-99	79	1:15:38	1:16:26	Castle Point Joggers
581	Julie Aldridge	25	F:45-99	80	1:15:50	1:16:32	Flyers Southend
582	Bridgett Dowdy	181	F:45-99	81	1:15:51	1:16:34	
583	David Powell	484	M:50-99	131	1:16:46	1:17:13	
584	Michael Ball	38	M:50-99	132	1:16:56	1:17:16	Barking Road Runners
585	Stevie Smith	556	F: 0-34	54	1:16:59	1:17:37	
586	Beverley Newman	439	F:45-99	82	1:17:33	1:18:14	Castle Point Joggers
587	Gill Roberts	515	F:45-99	83	1:17:37	1:18:18	
588	Ben Butlin	97	M:40-49	107	1:17:37	1:18:19	
589	Jacqui Smith	553	F:45-99	84	1:17:51	1:18:32	
590	John David Matthews	398	M:50-99	133	1:18:02	1:18:43	
591	Jayne Paxton	469	F:45-99	85	1:18:05	1:18:46	
592	Rebecca Peacock	470	F: 0-34	55	1:19:01	1:19:35	
593	Nisha Jacob	324	F:35-44	89	1:19:57	1:20:41	
594	Kenny Behn	11	M: 1-39	125	1:22:09	1:22:55	
595	Emilie Howard	307	F: 0-34	56	1:22:09	1:22:56	
596	Nicolette Lloyd	370	F:35-44	90	1:23:35	1:24:04	
597	rhys Hawkins	276	M: 1-39	126	1:28:10	1:28:57	
598	Valerie Furbank	230	F:45-99	86	1:32:26	1:32:43	