



Place	Time	Name	ID	U16	Gender	Club
1	00:17:32	Matthew Houchell	294		M	Basildon RC
2	00:18:40	Crispian Bloomfield	461		M	Billericay Striders
3	00:19:33	Damon Harvey	251		M	Leigh-on-Sea
4	00:20:57	Oscar Farley	196		M	Billericay Striders
5	00:21:07	James Ferrant	453		M	Pitsea Running Club
6	00:21:12	Jimmy Justice	300		M	Phoenix Striders
7	00:21:28	Paul Hagan	462		M	Pitsea Running Club
8	00:21:37	Michael Woodard	458		M	Pitsea Running Club
9	00:21:58	Bobby Robertson	439		M	Nuclear Striders
10	00:22:05	Ewan McFarlane	297		M	Phoenix Striders
11	00:22:05	Andrew Doig	406		M	Mid Essex Casuals
12	00:22:13	Hamza Zahir	497		M	Rochford Running
13	00:22:34	Louis Le-Roux	247		M	
14	00:22:35	Michael Healy	483		M	
15	00:22:53	Tom Overing	444		M	Rochford Running
16	00:22:58	Tim Martin	465		M	Thurrock Harriers
17	00:23:15	Danny Flint	253		M	Leigh-on-Sea
18	00:23:20	Tony Lavers	468		M	Pitsea Running Club
19	00:23:23	Ian Toal	425		M	Leigh-on-Sea
20	00:23:37	Joseph Smith	485		M	Pitsea Running Club
21	00:23:43	Paul Aga	184		M	Pitsea Running Club
22	00:23:51	Tony Balding	181		M	Leigh-on-Sea
23	00:23:54	Hayley Nye	274		F	Best Athletics
24	00:23:55	Russell Edgings	481		M	Havering Tri
25	00:23:57	Oliver McMeaking	415	13	M	
26	00:24:00	Ellis Higgins	293	13	M	
27	00:24:09	Paul Hurn	478		M	Thurrock Nomads
28	00:24:25	Martin Orford	455		M	Pitsea Running Club
29	00:24:26	Rachel Steel	482		F	
30	00:24:32	Bruce Gander	287		M	Leigh-on-Sea
31	00:24:38	Nick Hill	489		M	Leigh-on-Sea
32	00:24:52	Andrew Robinson	456		M	
33	00:25:07	Francis Fuller	185		M	Phoenix Striders
34	00:25:28	Elliot Jenkins	409	15	M	
35	00:25:33	Michael Biggs	440		M	Pitsea Running Club
36	00:25:35	John Mills	445		M	Rochford Running
37	00:25:36	Phil Warner	401		M	Phoenix Striders
38	00:25:45	Holly Harris	197		F	Leigh-on-Sea
39	00:25:47	Philip Tall	427		M	Thurrock Nomads



Place	Time	Name	ID	U16	Gender	Club
40	00:25:49	Claire Hurcum	471		F	Phoenix Striders
41	00:25:51	Neil Cornelius	288		M	Hockley Trail
42	00:26:08	Robyn Childs	498		F	Rochford Running
43	00:26:10	Neil Hubbard	429		M	Leigh-on-Sea
44	00:26:10	Adam Stow	475		M	Pitsea Running Club
45	00:26:18	Dave Lane	194		M	Phoenix Striders
46	00:26:41	Clowance Lane	403		F	Met Police Athletics
47	00:26:44	Scott Burgess	446		M	Rochford Running
48	00:27:00	David Trew	472		M	
49	00:27:08	Glenn Mapes	270		M	Dengie 100
50	00:27:14	John Sheppard	273		M	Phoenix Striders
51	00:27:16	Stanley Lavers	469	13	M	Pitsea Running Club
52	00:27:17	Robert Sandy	286		M	Billericay Striders
53	00:27:18	David Clancy	432		M	Phoenix Striders
54	00:27:21	Earnest Mulryne	466		M	Kingswood Running
55	00:27:24	Simon Hainsworth	416		M	Leigh-on-Sea
56	00:27:32	Suruit Grewal	252		F	Thurrock Nomads
57	00:27:34	Jamie Taylor	487		M	Pitsea Running Club
58	00:27:36	Bob Mills	298		M	Thurrock Nomads
59	00:27:38	Jason Merritt	271		M	
60	00:27:43	Nikki Vazanias	436		F	Phoenix Striders
61	00:27:44	Brian Magee	182		M	
62	00:27:46	Fiona Walker	198		F	Leigh-on-Sea
63	00:27:50	Adam Jenkins	411	13	M	
64	00:27:51	David Adams	275		M	Thurrock Nomads
65	00:27:57	Simon Constable	402		M	
66	00:27:59	Ronald Barnes	188		M	
67	00:28:09	Micheal Gould	199		M	Pitsea Running Club
68	00:28:17	Tracey Cotton	417		F	
69	00:28:17	Barry Curtis	430		M	
70	00:28:28	Neal Beaumont	187		M	Dengie 100
71	00:28:36	Gracie Wade	474		F	Pitsea Running Club
72	00:28:39	Jo Pearce	499		F	Phoenix Striders
73	00:28:40	Julie Lester	404		F	Thurrock Nomads
74	00:28:50	Clive Bailey	443		M	Rochford Running
75	00:28:56	Anne Gunn	435		F	Leigh-on-Sea
76	00:29:00	Sasha Tourbassova	441		F	Rochford Running
77	00:29:10	Laura Heard	285		F	Phoenix Striders
78	00:29:12	James McBride	452		M	Phoenix Striders



Place	Time	Name	ID	U16	Gender	Club
79	00:29:14	Chris Jenkins	408		M	
80	00:29:35	Mark Freeman	290		M	Billericay Striders
81	00:29:39	Mandy Cooper	480		F	Benfleet RC
82	00:29:47	Dawn Henning-	272		F	Billericay Striders
83	00:29:48	Tim Smith	295		M	
84	00:29:49	Harry Ferrant	454	13	M	
85	00:30:07	Lesley Jenkins	418		F	
86	00:30:10	Dan Hutson	451		M	Phoenix Striders
87	00:30:16	Victoria Hopkins	463		F	East Essex Tri
88	00:30:16	Chris McDonnell	413		M	Dengie 100
89	00:30:18	Brian Buttcher	191		M	
90	00:30:22	Rebecca Green-Sill	434		F	Leigh-on-Sea
91	00:30:34	Collette Toal	424		F	Leigh-on-Sea
92	00:30:35	Benjamin Jenkins	410	13	M	
93	00:30:37	Faye Scott	501		F	Thurrock Nomads
94	00:30:39	Harry Monk	254		M	Thurrock Nomads
95	00:30:41	Danielle Hughes	299		F	Reds
96	00:30:58	Mick Staines	268		M	
97	00:31:07	Otto Madegczyk	192		M	Armin Munchen
98	00:31:08	Janine Rigg	484		F	
99	00:31:11	Victoria Furner	296		F	Thurrock Nomads
100	00:31:12	Keith Dawson	470		M	Phoenix Striders
101	00:31:15	Jacky Lawson	467		F	
102	00:31:15	Nina Wu	426		F	Billericay Striders
103	00:31:21	Darren Tower	189		M	Pitsea Running Club
104	00:31:34	Jasmine Hurn	476		F	
105	00:31:35	Kay Hurn	477		F	Thurrock Nomads
106	00:31:39	Madaline Darch	405		F	Pitsea Running Club
107	00:31:40	Kathy Scourfield	190		F	
108	00:31:46	Karen Heard	269		F	Phoenix Striders
109	00:31:48	Rachel Gittins	433		F	Phoenix Striders
110	00:31:49	Katie Derby	479		F	Pitsea Running Club
111	00:31:56	Karen Dymock	428		F	Phoenix Striders
112	00:32:26	Catherine Magee	183		F	
113	00:32:39	Merlel Cameron	438		F	Phoenix Striders
114	00:32:49	Diane Smith	450		F	Rochford Running
115	00:32:58	David Davidson	488		M	Pitsea Running Club
116	00:33:05	Katie Weir	507		F	Pitsea Running Club
117	00:33:13	Fae Footer	486		F	



Place	Time	Name	ID	U16	Gender	Club
118	00:33:16	Janet Head	459		F	Pitsea Running Club
119	00:33:43	Richard Sneader	407		M	Thurrock Nomads
120	00:33:47	Sally Trew	473		F	
121	00:33:49	Lisa Harland	193		F	Phoenix Striders
122	00:33:50	Claire Twydell	496		F	Rochford Running
123	00:34:03	Magdalena Lech	180		F	Pitsea Running Club
124	00:34:23	Ian Mizen	248		M	Phoenix Striders
125	00:34:28	Phil Hudson	176		M	Ware Joggers
126	00:34:51	Janine Aspinall	494		F	Rochford Running
127	00:34:56	Kristie Pearson	464		F	Phoenix Striders
128	00:34:59	John White	419		M	Pitsea Running Club
129	00:35:00	Barbara McDonnell	412		F	Dengie 100
130	00:35:01	Phil Baker	442		M	Thurrock Nomads
131	00:35:09	Hannah Mayo	423		F	
132	00:35:11	Peter Tree	422		M	Brentwood Running
133	00:35:22	Derek Staton	249		M	Thurrock Nomads
134	00:35:27	Andy Body	291		M	Phoenix Striders
135	00:35:51	Peter Woodward	195		M	Thurrock Nomads
136	00:35:55	David Tait	457		M	Billericay Striders
137	00:36:17	Joycelyn McInnes	186		F	Dengie 100
138	00:36:19	Michelle Holman	414		F	Phoenix Striders
139	00:36:42	Claire Medhurst	449		F	Rochford Running
140	00:36:54	Cheryl Goode	267		F	Pitsea Running Club
141	00:37:14	Helen Olley	495		F	Rochford Running
142	00:38:18	Eddie Murphy	255		M	
143	00:39:42	Maisie White	420	12	F	
144	00:40:24	Phil Schofield	500		M	Thurrock Nomads
145	00:40:45	Ken Carey	289		M	Pitsea Running Club
146	00:41:19	Lois Whitrod	431		F	Pitsea Running Club
147	00:42:23	Ray Challis	437		M	Phoenix Striders
148	00:43:12	Chloe White	421	14	F	
149	00:43:14	Anne Peterson	292		F	Pitsea Running Club
150	00:44:23	Shelley Edmeades	448		F	Rochford Running
151	00:44:38	Eddie Mills	460		M	Phoenix Striders
152	00:47:38	Shan Britton	447		F	Rochford Running