



Place	Time	Name	ID	U16	Gender	Club
1	00:20:42	Ewan McFarlane	481		M	Phoenix Striders
2	00:21:20	James Ferrant	408		M	Pitsea Running Club
3	00:21:42	Michael Cook	477		M	-
4	00:22:58	Ross Grant	455		M	Pitsea Running Club
5	00:23:09	Russell Edgings	476		M	Havering Tri
6	00:23:23	David Beatty	454		M	Pitsea Running Club
7	00:23:34	Chris Humphrey	425		M	Kingswood
8	00:23:40	Tony Agg	199		M	Billericay Striders
9	00:23:52	Sonny Gittins	432	13	M	Basildon
10	00:23:56	David Waller	416		M	Phoenix Striders
11	00:23:59	Philip Tall	460		M	Thurrock Nomads
12	00:24:01	Paul Agastina	456		M	Pitsea Running Club
13	00:24:06	John Wood	417		M	-
14	00:24:08	Matt Butler	197		M	Thurrock Nomads
15	00:24:16	Joe Foxton	469		M	-
16	00:24:20	John Pumfrett	462		M	Phoenix Striders
17	00:24:25	Colin Wilkinson	405		M	Phoenix Striders
18	00:24:26	Joe Gregory	401		M	Thurrock Nomads
19	00:24:42	Richard Stockwell	415		M	Kingswood
20	00:24:53	Phil Warner	412		M	Phoenix Striders
21	00:25:38	Gary Hewitt	467		M	-
22	00:25:41	Paul Hagan	483		M	Pitsea Running Club
23	00:25:53	Daniel Sherry	472		M	-
24	00:25:59	David Clark	403		M	Thurrock Nomads
25	00:26:07	Dave Jackson	478		M	Phoenix Striders
26	00:26:34	Ernest Mulryne	407		M	Kingswood
27	00:26:43	Kate Howlett	426		F	Pitsea Running Club
28	00:26:47	Jim Price	485		M	Pitsea Running Club
29	00:26:49	Bill Holman	430		M	Phoenix Striders
30	00:26:51	Charlotte Killingback	447		F	Pitsea Running Club
31	00:27:06	Furquan Ahmed	479		M	Phoenix Striders
32	00:27:11	Neil Colley	482		M	Phoenix Striders
33	00:27:14	Surjit Grewal	439		F	Brentwood
34	00:27:15	Gary Shade	468		M	Thurrock Nomads
35	00:27:52	Lee Hazelwood	488		M	Phoenix Striders
36	00:27:53	Leigh Still	487		M	-
37	00:27:57	Karen Heard	446		F	Phoenix Striders
38	00:28:16	Brian Butcher	404		M	Castlepoint Joggers
39	00:28:43	Adam Stow	486		M	Pitsea Running Club
40	00:29:00	Harry Ferrant	410	U16	M	-



Place	Time	Name	ID	U16	Gender	Club
41	00:29:04	Grace Hewitt	484		F	Pitsea Running Club
42	00:29:16	David Davidson	475		M	Pitsea Running Club
43	00:29:22	Tim Smith	424		M	-
44	00:29:27	James McBride	429		M	Phoenix Striders
45	00:29:35	Robert Monger	452		M	Phoenix Striders
46	00:29:43	Steve Lovett	193		M	Phoenix Striders
47	00:29:45	Val Sewell	440		F	Thurrock Nomads
48	00:29:47	Bob Mills	480		M	Thurrock Nomads
49	00:29:49	Faatemah Piperdy	200		F	Pitsea Running Club
50	00:30:15	Tillie Cooper	427		F	Pitsea Running Club
51	00:30:27	Peter Tree	428		M	Brentwood
52	00:30:45	Hiren Amin	431		M	Pitsea Running Club
53	00:31:14	John White	458		M	Pitsea Running Club
54	00:31:17	Andy Body	420		M	Phoenix Striders
55	00:31:18	Karen Dymock	402		F	Phoenix Striders
56	00:31:41	Heather Samson	423		F	Kingswood
57	00:31:42	Nadine Langham	471		F	Kingswood
58	00:31:48	Steve Ferrant	409		M	-
59	00:31:56	Rachel Gittens	433		F	Phoenix Striders
60	00:32:17	Ashleigh Dobson	461		F	-
61	00:32:21	Vikki Vincent	442		F	Phoenix Striders
62	00:32:37	Trev Peterson	422		M	Pitsea Running Club
63	00:32:57	Phil Baker	438		M	Thurrock Nomads
64	00:32:57	Sarah Grager	473		F	Pitsea Running Club
65	00:33:01	Michael Groombridge	474		M	Pitsea Running Club
66	00:33:28	Chris Maskell	194		M	Phoenix Striders
67	00:33:39	Joy Leader	437		F	Phoenix Striders
68	00:33:54	Marion Breeze	470		F	Pitsea Running Club
69	00:33:55	Richard Sneader	413		M	Thurrock Nomads
70	00:33:56	Chris Shaw	459		M	Thurrock Nomads
71	00:34:26	Katie Weir	419		F	Pitsea Running Club
72	00:34:39	Peter Woodard	466		M	Thurrock Nomads
73	00:34:45	Dave Mullender	414		M	Pitsea Running Club
74	00:34:57	Duncan Russell	445		M	Phoenix Striders
75	00:35:48	Wendy Turpin	453		F	Thurrock Nomads
76	00:36:01	Vicky Pound-Firth	400		F	Phoenix Striders
77	00:36:04	Karen McKay	411		F	-
78	00:36:06	Anne Peterson	421		F	Pitsea Running Club
79	00:36:15	Ian Mitzen	443		M	Phoenix Striders
80	00:36:22	Katie Darby	464		F	Pitsea Running Club



Place	Time	Name	ID	U16	Gender	Club
81	00:36:33	Teresa Flanningan	196		F	East Essex Tri
82	00:36:36	Ray Challis	436		M	Phoenix Striders
83	00:36:42	Jan Head	463		F	Pitsea Running Club
84	00:36:58	Mark Turner	465		M	-
85	00:37:04	Lorraine Barley	418		F	Pitsea Running Club
86	00:37:24	Nicola Firth	441		F	Phoenix Striders
87	00:37:28	Susan Vine	406		F	Phoenix Striders
88	00:38:07	Paul Ireson	195		M	Pewsey Vale
89	00:39:31	Phil Scholfield	449		M	Thurrock Nomads
90	00:39:32	Faye Scott	448		F	Thurrock Nomads
91	00:39:37	Michelle Holman	451		F	Phoenix Striders
92	00:40:03	Lois Whitrod	444		F	Pitsea Running Club
93	00:40:29	Karen White	457		F	Pitsea Running Club
94	00:40:46	Ken Carey	198		M	Pitsea Running Club
95	00:41:42	David Rontree	450		M	Pitsea Running Club
96	1 LAP	Alison Jenkins	434		F	-
97	1 LAP	Emma Jenkins	435		F	-