



Place	Time	Name	ID	U16	Gender	Club
1	00:19:38	Sammo Nigh	105		M	Springfield Striders
2	00:20:13	Oscar Farley	76		M	Billericay Striders
3	00:20:20	John Earl-Sodhi	14		M	Leigh-on-Sea Striders
4	00:20:24	James Ferrant	7		M	Pitsea Running Club
5	00:20:42	Harrison Dossey	167		M	
6	00:21:06	Stephen Pearce	165		M	Eden Runners
7	00:21:32	Jimmy Justice	100		M	Phoenix Striders
8	00:21:33	Ian Toal	11		M	Leigh-on-Sea Striders
9	00:22:05	Michael Cook	107		M	Pitsea Running Club
10	00:22:09	Abdul Akay	67		M	
11	00:22:12	Hayley Nye	110		F	Best Athletics
12	00:22:19	Perry Cordery	154		M	Phoenix Striders
13	00:22:37	Thomas Umpleby	117		M	Pitsea Running Club
14	00:22:50	Thomas England	176	14	M	Billericay Striders
15	00:23:15	Joanna Bolton	51		F	Billericay Striders
16	00:23:15	Joseph Smith	87		M	Pitsea Running Club
17	00:23:20	Tony Lavers	108		M	Pitsea Running Club
18	00:23:25	Matt Butler	24		M	Thurrock Nomads
19	00:23:34	Grant England	175		M	Billericay Striders
20	00:23:36	Bobby Robertson	124		M	Nuclear Striders
21	00:23:46	Francis Fuller	1		M	Phoenix Striders
22	00:23:50	Chris Round	116		M	Pitsea Running Club
23	00:23:52	Chris Humphrey	182		M	
24	00:23:53	Sarah Jane Appleton	177		F	Phoenix Striders
25	00:24:02	Paul Aga	4		M	Pitsea Running Club
26	00:24:04	Paul Hurn	121		M	Thurrock Nomads
27	00:24:20	Harry Moorhouse	21		M	Pitsea Running Club
28	00:24:23	Andrew Robinson	88		M	
29	00:24:33	James Price	34		M	Pitsea Running Club
30	00:24:34	Emma Mitchell	72		F	Daws Heath Harriers
31	00:24:47	Marc Eason	77		M	Pitsea Running Club
32	00:24:49	William Robertson	125	14	M	Nuclear Striders
33	00:24:58	Daisy Watson	75		F	Daws Heath Harriers
34	00:25:02	John Pumfrett	169		M	Phoenix Striders
35	00:25:05	Neil Cornelius	174		M	Hockley Trail Runners
36	00:25:23	Bryan Magee	152		M	
37	00:25:40	Martin Orford	55		M	Pitsea Running Club
38	00:26:12	Claire Hurcum	104		F	Phoenix Striders



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39	00:26:15	Colin Wilkinson	5		M	Phoenix Striders
40	00:26:16	Jackie Watson	74		F	Daws Heath Harriers
41	00:26:18	Siobhan Desmond	115	15	F	
42	00:26:27	Neil Colley	86		M	Phoenix Striders
43	00:26:27	Ryan Bond	164		M	Pitsea Running Club
44	00:26:31	Lee Hazelwood	63		M	Phoenix Striders
45	00:26:36	Kristina Read	13		F	Phoenix Striders
46	00:26:38	Rachel Steel	181		F	
47	00:26:43	Dave Lane	31		M	Phoenix Striders
48	00:26:45	Leonie Nalcioglu	16		F	Thurrock Harriers
49	00:26:57	Ben Magee	153	15	M	
50	00:27:09	Stanley Lavers	109	13	M	Pitsea Running Club
51	00:27:21	Rachel Flannigan	48		F	Phoenix Striders
52	00:27:23	Serena Jones	102		F	Phoenix Striders
53	00:27:28	Leigh Still	42		M	Thurrock Nomads
54	00:27:33	Samantha Thompson	89		F	
55	00:27:48	James Fallows	18	12	M	Pitsea Running Club
56	00:27:53	Bernard Myburgh	41		M	Phoenix Striders
57	00:28:02	Lesley Jenkins	23		F	Pitsea Running Club
58	00:28:15	Tim Smith	69		M	
59	00:28:20	Kay Hurn	122		F	Thurrock Nomads
60	00:28:21	Graham Humphries	71		M	Thurrock Nomads
61	00:28:23	Emilia Russell	120		F	
62	00:28:25	Jason Merritt	101		M	
63	00:28:28	Eleanor Carmichael	91		F	Leigh-on-Sea Striders
64	00:28:29	Dermot Desmond	114		M	Pitsea Running Club
65	00:28:30	Tony Kenyon	61		M	Pitsea Running Club
66	00:28:42	Malcolm Woodhouse	19		M	Leigh-on-Sea Striders
67	00:28:44	Alistair Daw	103		M	Billericay Striders
68	00:28:52	David Clancy	50		M	Phoenix Striders
69	00:29:00	Gary Shade	113		M	Thurrock Nomads
70	00:29:05	Darren Hawley	163		M	
71	00:29:07	Collette Toal	12		F	Leigh-on-Sea Striders
72	00:29:15	Amy Tamplin	22		F	Pitsea Running Club
73	00:29:18	Verity Hill	118		F	Phoenix Striders
74	00:29:22	Julie Lester	32		F	Thurrock Nomads
75	00:29:26	Ruth Roberts	44		F	Phoenix Striders
76	00:29:32	Michael Groombridge	123		M	Pitsea Running Club



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77	00:29:50	Chris Maskell	53		M	Phoenix Striders
78	00:30:08	Gina Mason	73		F	Daws Heath Harriers
79	00:30:10	James McBride	68		M	Phoenix Striders
80	00:30:17	Magda Lech	64		F	Phoenix Striders
81	00:30:20	Gavin Davies	52		M	Phoenix Striders
82	00:30:31	Claire Fraser	28		F	Phoenix Striders
83	00:30:40	Tim Thopmson	90		M	
84	00:30:46	Chris Emery	155		M	Pitsea Running Club
85	00:30:51	Lynsey Gray	200		F	Phoenix Striders
86	00:30:52	Debra Pumfrett	170		F	Phoenix Striders
87	00:31:01	Mandy Cooper	47		F	Benfleet RC
88	00:31:03	Nicola Jaques	9		F	Pitsea Running Club
89	00:31:10	William Trapp	56		M	
90	00:31:11	Victoria Furner	172		F	Thurrock Nomads
91	00:31:13	Harry Monk	26		M	Thurrock Nomads
92	00:31:13	Faye Scott	79		F	Thurrock Nomads
93	00:31:21	Sally Piggott	58		F	Phoenix Striders
94	00:31:24	Rachel Gittins	30		F	Phoenix Striders
95	00:31:27	Gill Hawley	162		F	
96	00:31:30	Jo Sinfield	156		F	Pitsea Running Club
97	00:31:33	Scott Smith	10		M	Pitsea Running Club
98	00:31:46	Katie Darby	46		F	Pitsea Running Club
99	00:32:00	Duncan Russell	179		M	Phoenix Striders
100	00:32:02	Magdalena Miedlar	126		F	Thurrock Nomads
101	00:32:11	Beth Gadlin	106		F	Pitsea Running Club
102	00:32:18	David Tapsell	54		M	Phoenix Striders
103	00:32:23	Patrick Harrington	6		M	Phoenix Striders
104	00:32:35	Jane Piper	3		F	Phoenix Striders
105	00:32:46	Lauren Holmes	36		F	
106	00:32:46	Mark Holmes	35		M	Phoenix Striders
107	00:32:58	Karen Dymock	8		F	Phoenix Striders
108	00:33:00	Mark Mager	59		M	
109	00:33:13	Brian Butcher	43		M	Mid Essex Casuals
110	00:33:21	Steve Richardson	29		M	Thurrock Nomads
111	00:33:30	Philip Baker	25		M	Thurrock Nomads
112	00:33:32	Andy Body	49		M	Phoenix Striders
113	00:33:38	Vikki Vincent	27		F	Phoenix Striders
114	00:33:42	Julie Furner	171		F	Thurrock Nomads



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115	00:34:03	Clair Medhurst	38		F	Rochford Running Club
116	00:34:13	Janet Head	178		F	Pitsea Running Club
117	00:34:18	Kristine Pearson	173		F	Phoenix Striders
118	00:34:22	Lisa Harland	37		F	Phoenix Striders
119	00:34:31	David Trew	65		M	
120	00:34:44	Caroline Mercieca	111		F	
121	00:34:47	Yada Woodhouse	20		F	Leigh-on-Sea Striders
122	00:34:50	Claire Twidell	39		F	
123	00:34:58	Jim Jeannette	15		M	Leigh-on-Sea Striders
124	00:35:05	Sally Trew	66		F	
125	00:35:06	Parm Shina-Wisdom	159		F	Thurrock Nomads
126	00:35:28	Michelle Holman	62		F	Phoenix Striders
127	00:35:34	Nicola Newnes	60		F	
128	00:35:49	Chris Shaw	33		M	Thurrock Nomads
129	00:35:55	Theo Suga	119		F	Phoenix Striders
130	00:35:57	David Tait	161		M	Billericay Striders
131	00:36:57	Elizabeth Cox	57		F	Pitsea Running Club
132	00:37:12	Wendy Turpin	160		F	Thurrock Nomads
133	00:37:30	Ian Mizen	40		M	Phoenix Striders
134	00:37:45	Peter Woodard	180		M	Thurrock Nomads
135	00:38:05	Jenny Shade	112		F	Thurrock Nomads
136	00:38:19	Lisa Treacy	70		F	
137	00:38:41	Lorraine Borley	2		F	Phoenix Striders
138	00:39:24	Neil Atkinson	151		M	
139	00:39:34	Dean Russell	158		M	Thurrock Nomads
140	00:41:07	Kim Shead-Fallows	17		F	Pitsea Running Club
141	00:41:15	Jess Pearce	166		F	Phoenix Striders
142	00:41:19	Ray Challis	168		M	Phoenix Striders
143	00:41:22	Faye Dawson	45		F	Phoenix Striders
144	00:45:29	Phil Scholfield	78		M	Thurrock Nomads