



Place	Time	Name	ID	U16	Gender	Club
1	00:18:16	Crispian Bloomfield	210		M	Billericay Striders
2	00:18:33	Sammo Nigh	230		M	Springfield Striders
3	00:19:25	Michael Wilkes	214		M	Leigh-on-Sea
4	00:19:48	Oscar Farley	268		M	Billericay Striders
5	00:20:03	Apam Hemsworth	235		M	Benfleet RC
6	00:20:29	James Ferrant	243		M	Pitsea Running Club
7	00:20:54	Nick Trencher	282		M	Thurrock Harriers
8	00:21:19	Ian Toal	215		M	Leigh-on-Sea
9	00:21:30	Michael Cook	224		M	Pitsea Running Club
10	00:21:44	Sam Harta-Flannigan	5		M	Phoenix Striders
11	00:21:48	Michael Russell	259		M	
12	00:21:53	Hayley Nye	218		F	Best Athletics
13	00:22:23	Joanna Bolton	232		F	Billericay Striders
14	00:22:34	Abdu Akay	219		M	
15	00:22:44	Perry Cordery	274		M	Phoenix Striders
16	00:22:47	Thomas England	246	x	M	Billericay Striders
17	00:22:50	Paul Hagan	201		M	Phoenix Striders
18	00:22:51	Joseph Smith	266		M	Pitsea Running Club
19	00:22:54	Aoife Howell	294		F	Pitsea Running Club
20	00:22:57	Peter Thorn-Anderson	239		M	Pitsea Running Club
21	00:23:02	Steve Danby	289		M	Weald Park
22	00:23:05	Neil Hubbard	234		M	Leigh-on-Sea
23	00:23:10	Chris Rand	229		M	Pitsea Running Club
24	00:23:18	Archie Fay	189	14	M	
25	00:23:34	Michael Welsh	197		M	Thurrock Nomads
26	00:23:36	Sonny Gittins	228	15	M	Basildon RC
27	00:23:38	Daisy Watson	258		F	Daws Heath
28	00:23:43	Russell Edgings	253		M	Havering Tri
29	00:23:49	Grant England	245		M	Billericay Striders
30	00:23:58	John Pumfrett	168		M	Phoenix Striders
31	00:24:04	Sarah-Jane Appleton	225		F	Phoenix Striders
32	00:24:16	Francis Fuller	138		M	Phoenix Striders
33	00:24:19	Peter Acher	236		M	Weald Park
34	00:24:25	Paul Hurn	295		M	Thurrock Nomads
35	00:24:36	David Blockley	208		M	Leigh-on-Sea



<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>ID</b>	<b>U16</b>	<b>Gender</b>	<b>Club</b>
36	00:24:44	Ben Magee	59	15	M	
37	00:25:09	Kristina Read	198		F	Phoenix Striders
38	00:25:10	Leonie Nalcioglu	164		F	Thurrock Harriers
39	00:25:20	Colin Wilkinson	12		M	Phoenix Striders
40	00:25:21	Claire Hurcom	203		F	Phoenix Striders
41	00:25:42	Neil Colley	199		M	Phoenix Striders
42	00:25:46	Bryan Magee	25		M	
43	00:25:47	Lee Clements	226		M	
44	00:25:48	Neil Cornelius	249		M	Hockley Trail
45	00:25:53	Abbi-May Walters	276		F	Benfleet RC
46	00:25:54	Jacqui Watson	257		F	Daws Heath
47	00:25:55	Rachel Flannigan	4		F	Phoenix Striders
48	00:26:09	Georgie Musson	200		F	
49	00:26:14	Simon Lambert	137		M	Phoenix Striders
50	00:26:18	Ed Lane	261		M	Phoenix Striders
51	00:26:23	Siobhan Desmond	260		F	
52	00:26:24	Darren Tower	240		M	Pitsea Running Club
53	00:26:25	Leigh Still	165		M	Thurrock Nomads
54	00:26:29	Chris Ribaldo	191		M	
55	00:26:52	Barbara Aldridge	74		F	Billericay Striders
56	00:26:52	John Sheppard	209		M	Phoenix Striders
57	00:26:56	Gary Tobutt	273		M	
58	00:26:59	Surjit Grewal	216		F	Thurrock Nomads
59	00:27:00	Kay Hurn	296		F	Thurrock Nomads
60	00:27:02	Samantha	297		F	
61	00:27:12	Jason Merritt	106		M	
62	00:27:35	Neil Beaumont	242		M	Dengie 100 Runners
63	00:27:40	Ernest Mulryne	252		M	Kingswood Running
64	00:27:58	Emily Magee	39		F	
65	00:28:07	Lesley Jenkins	233		F	Pitsea Running Club
66	00:28:11	Nicky Betts	167		M	Pitsea Running Club
67	00:28:14	David Clancy	194		M	Phoenix Striders
68	00:28:19	Jo Pearce	223		F	Phoenix Striders
69	00:28:21	Malcolm	161		M	Leigh-on-Sea
70	00:28:46	Verity Hill	244		F	Phoenix Striders
71	00:28:55	Alfie Pearce	193	12	M	
72	00:29:05	Heidi Trencher	283		F	Thurrock Nomads
73	00:29:11	Robert Monger	275		M	Phoenix Striders



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74	00:29:42	Nicola Jaques	153		F	Pitsea Running Club
75	00:29:44	Mick Staines	270		M	
76	00:29:46	Scott Smith	158		M	Pitsea Running Club
77	00:29:53	Tim Thompson	298		M	
78	00:30:00	Fay Scott	262		F	Phoenix Striders
79	00:30:04	Sally Witham	290		F	Phoenix Striders
80	00:30:08	Rachel Gittins	227		F	Phoenix Striders
81	00:30:22	Karen Dymock	139		F	Phoenix Striders
82	00:30:26	Indy Acher	237		F	Weald Park
83	00:30:27	Ceri Danby	288		F	Weald Park
84	00:30:39	Steve Lovett	3		M	Phoenix Striders
85	00:30:55	Mark Holmes	185		M	Phoenix Striders
86	00:30:58	Michael Groombridge	248		M	Pitsea Running Club
87	00:31:14	Beth Gadlin	163		F	Pitsea Running Club
88	00:31:18	Victoria Furner	285		F	Thurrock Nomads
89	00:31:23	Magda Lech	256		F	Phoenix Striders
90	00:31:31	Brian Butcher	277		M	Mid Essex Casuals
91	00:31:43	Si Adams	152		M	Weald Park
92	00:32:07	Chris Emery	211		M	Pitsea Running Club
93	00:32:10	David Tapsell	213		M	Phoenix Striders
94	00:32:18	John Parker	204		M	Phoenix Striders
95	00:32:28	John White	205		M	Pitsea Running Club
96	00:32:36	Julie Furner	284		F	Thurrock Nomads
97	00:32:40	Mark Mager	207		M	
98	00:32:59	Michael Riley	136		M	
99	00:33:01	Yada Woodhouse	160		F	Leigh-on-Sea
100	00:33:02	Steve Ferrant	220		M	
101	00:33:08	Hayley Fuller	264		F	
102	00:33:23	Cherry Box	293		F	Pitsea Running Club
103	00:33:26	Tracey Barraclough	250		F	Rayleigh RAT
104	00:33:50	Steve Richardson	292		M	Thurrock Nomads
105	00:33:53	Meriel Cameron	267		F	Phoenix Striders
106	00:33:56	Sally Trew	255		F	
107	00:34:06	Andy Dennington	166		M	
108	00:34:09	Caroline Mercieca	221		F	Phoenix Striders
109	00:34:25	Colin Phillippe	24		M	
110	00:34:29	Julie Holmes	169		F	Phoenix Striders



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111	00:34:30	Lisa Harland	184		F	Phoenix Striders
112	00:34:33	Terry Whalley	196		M	
113	00:34:40	Ella Gibbs	187		F	Phoenix Striders
114	00:34:56	Andy Body	222		M	Phoenix Striders
115	00:35:09	Clair Medhurst	247		F	Rochford Running
116	00:35:15	Joscelyn McInnes	241		F	Dengie 100 Runners
117	00:35:17	Fae Foster	263		F	
118	00:35:19	Chris Shaw	238		M	Thurrock Nomads
119	00:35:36	Barbara McDonnell	281		F	Dengie 100 Runners
120	00:35:43	Hazel Fay	188		F	Phoenix Striders
121	00:35:45	Lisa Treacy	254		F	
122	00:35:54	Neil Atkinson	135		M	
123	00:36:07	Elizabeth Cox	217		F	Pitsea Running Club
124	00:36:17	Teresa Flannigan	10		F	East Essex Tri
125	00:36:40	Karen O'Brien	75		F	
126	00:37:02	Emily Dolton	212		F	
127	00:37:08	Peter Woodard	251		M	Thurrock Nomads
128	00:37:18	Claire Dean	190		F	Phoenix Striders
129	00:37:49	Richard Sneader	271		M	Thurrock Nomads
130	00:38:14	Jenny Shade	287		F	Thurrock Nomads
131	00:38:36	Faye Dawson	299		F	Phoenix Striders
132	00:38:40	Chloe White	206	14	F	
133	00:38:43	Jess Pearce	192		F	Phoenix Striders
134	00:38:52	Lisa Sneader	272		F	Thurrock Nomads
135	00:39:06	Dean Russell	159		M	Thurrock Nomads
136	00:39:31	Karen McKay	202		F	
137	00:39:46	Joann Jack	291		F	Thurrock Nomads
138	00:40:41	Ray Challis	186		M	Phoenix Striders
139	00:40:45	Graham Hilbery	162		M	Suspect
140	00:41:18	Hannah Starkey	278		F	Essex Bootcamp
141	00:41:18	Lorena Paniagua	279		F	Essex Bootcamp
142	00:41:19	Kim Shead-Fallows	195		F	Pitsea Running Club
143	00:41:20	Christina Didham	231		F	Phoenix Striders
144	00:41:52	Claire Twidell	286		F	
145	00:42:42	Phil Scofield	269		M	Thurrock Nomads
146	00:43:57	David Mills	280		M	Phoenix Striders