



Place	Time	Name	ID	U16	Gender	Club
1	00:18:06	Crispian Bloomfield	553		M	Billericay Striders
2	00:18:59	Sammo Nigh	613		M	Springfield Striders
3	00:19:23	Michael Wilkes	579		M	Leigh-on-Sea Striders
4	00:19:49	Charlie Phillippe	510		M	Leigh-on-Sea Striders
5	00:19:52	Hamza Zahir	568		M	Rochford Running
6	00:19:57	Gary Coombes	524		M	Benfleet RC
7	00:20:41	James Ferrent	618		M	Pitsea Running Club
8	00:20:57	Steve Pearce	651		M	Eden Runners
9	00:21:06	Jimmy Justice	609		M	Phoenix Striders
10	00:21:19	Ewan McFarlane	535		M	Phoenix Striders
11	00:21:33	Michael Cook	555		M	Pitsea Running Club
12	00:21:36	Thomas England	682	14	M	Billericay Striders
13	00:21:42	Hayley Nye	691		F	Best Athletics
14	00:21:54	Ian Toal	571		M	Leigh-on-Sea Striders
15	00:22:12	Paul Hagan	300		M	Phoenix Striders
16	00:22:21	Joanna Bolton	504		F	Billericay Striders
17	00:22:28	Terry Gregory	612		M	Phoenix Striders
18	00:22:32	Abdu Akay	564		M	
19	00:22:38	Peter Thorn-Anderson	611		M	Pitsea Running Club
20	00:22:42	Perry Cordery	512		M	Phoenix Striders
21	00:22:56	Chris Round	567		M	Pitsea Running Club
22	00:23:14	Francis Fuller	560		M	Phoenix Striders
23	00:23:36	Grant England	537		M	Billericay Striders
24	00:23:44	Anthony Mead	655		M	Daws Heath Harriers
25	00:23:47	Matt Butler	528		M	Thurrock Nomads
26	00:23:56	Daisy Watson	625		F	Daws Heath Harriers
27	00:23:58	Edward Hazelgrove	590	14	M	
28	00:24:01	Neal Clarke	652		M	Phoenix Striders
29	00:24:08	Paul Hurn	632		M	Thurrock Nomads
30	00:24:16	Kristina Read	689		F	Phoenix Striders
31	00:24:30	David Blockley	526		M	Leigh-on-Sea Striders
32	00:24:48	Geoffrey Dickson	554		M	
33	00:24:51	Martin Orford	690		M	Pitsea Running Club
34	00:24:55	Colin Wilkinson	503		M	Phoenix Striders
35	00:25:00	Neil Cornelius	615		M	Hockley Trail Runners
36	00:25:05	Paul Agastina	265		M	Pitsea Running Club
37	00:25:08	Leonie Nalcioğlu	676		F	Thurrock Harriers
38	00:25:15	Anthony Mann	577		M	Rochford Running



<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>ID</b>	<b>U16</b>	<b>Gender</b>	<b>Club</b>
39	00:25:17	Mia Slesser	608		F	Leigh-on-Sea Striders
40	00:25:33	Richard Jones	660		M	Daws Heath Harriers
41	00:25:44	Caire Hurcum	692		F	Phoenix Striders
42	00:25:48	Dave Spain	516		M	Daws Heath Harriers
43	00:25:51	John Pumfrett	674		M	Phoenix Striders
44	00:26:02	Bryan Magee	505		M	
45	00:26:09	Jackie Watson	624		F	Daws Heath Harriers
46	00:26:21	Gavin Davies	601		M	Phoenix Striders
47	00:26:27	Lee Hazelwood	584		M	Phoenix Striders
48	00:26:37	Dave Lane	523		M	Phoenix Striders
49	00:26:50	Siobhan Desmond	588		F	
50	00:26:54	Jodie Farrell	677		F	Thurrock Harriers
51	00:26:57	Rachel Flannigan	501		F	Phoenix Striders
52	00:26:59	Ernest Mulryne	622		M	Kingswood Running
53	00:27:07	Surjit Grewal	531		F	Thurrock Nomads
54	00:27:12	Ben Magee	506	15	M	
55	00:27:16	Emily Magee	508		F	
56	00:27:19	John Mills	575		M	Rochford Running
57	00:27:30	Michael Gould	658		M	Pitsea Running Club
58	00:27:32	David Adams	519		M	Thurrock Nomads
59	00:27:47	Kay Hurn	578		F	Thurrock Nomads
60	00:27:48	Neil Colley	542		M	Phoenix Striders
61	00:27:55	Neal Beaumont	657		M	Dengie 100 Runners
62	00:27:56	Hiren Amin	620		M	Pitsea Running Club
63	00:27:59	Tracey Cotton	610		F	Pitsea Running Club
64	00:28:10	Lee Wall	680		M	Thurrock Nomads
65	00:28:16	Jo Pearce	630		F	Phoenix Striders
66	00:28:32	Samantha Thompson	628		F	
67	00:28:34	Graham Humphries	623		M	Thurrock Nomads
68	00:28:36	Simon Constable	602		M	
69	00:28:40	Kerry Slesser	607		F	Leigh-on-Sea Striders
70	00:28:41	Clive Bailey	574		M	Rochford Running
71	00:28:50	Nicola Jaques	668		F	Pitsea Running Club
72	00:28:51	James Price	540		M	Pitsea Running Club
73	00:28:52	Leigh Still	541		M	Leigh-on-Sea Striders
74	00:29:02	Faye Scott	688		F	Thurrock Nomads
75	00:29:05	Scott Smith	663		M	Pitsea Running Club
76	00:29:15	Malcolm Woodhouse	539		M	Leigh-on-Sea Striders



<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>ID</b>	<b>U16</b>	<b>Gender</b>	<b>Club</b>
77	00:29:20	Ron Barnes	517		M	
78	00:29:22	Heidi Trencher	673		F	Thurrock Nomads
79	00:29:25	Ruth Roberts	626		F	Phoenix Striders
80	00:29:27	Glenn Mapes	654		M	Dengie 100 Runners
81	00:29:44	Chris Maskell	669		M	Phoenix Striders
82	00:29:49	Scott Burgess	576		M	Rochford Running
83	00:29:59	Claire Fraser	687		F	Phoenix Striders
84	00:30:00	Danny White	573		M	Rochford Running
85	00:30:13	Victoria Furner	667		F	Thurrock Nomads
86	00:30:16	Randell Courtney	580		M	Thurrock Nomads
87	00:30:22	Erica Ryder	664		F	Thurrock Nomads
88	00:30:25	Rachel Gittins	686		F	Phoenix Striders
89	00:30:37	John Hazlegrove	589		M	
90	00:30:42	Dermot Desmond	587		M	Pitsea Running Club
91	00:31:01	Martin Victory	606		M	Castle Point Joggers
92	00:31:09	Julie Lester	558		F	Thurrock Nomads
93	00:31:13	Brian Butcher	511		M	Mid Essex Casuals
94	00:31:19	Alfie Pearce	617	12	M	
95	00:31:21	Lisa Garner	552		F	Phoenix Striders
96	00:31:23	Nikki Vazanias	586		F	Phoenix Striders
97	00:31:24	Ian walker	514		M	Daws Heath Harriers
98	00:31:36	David Tapsell	559		M	Phoenix Striders
99	00:31:39	Katie Darby	681		F	Pitsea Running Club
100	00:31:53	Debra Pumfrett	675		F	Phoenix Striders
101	00:31:57	John White	619		M	Pitsea Running Club
102	00:32:03	James McBride	582		M	Phoenix Striders
103	00:32:06	Kevin Steed	513		M	Daws Heath Harriers
104	00:32:10	Hayley Fuller	561		F	
105	00:32:26	Madeline Darch	627		F	Pitsea Running Club
106	00:32:35	Harry Monk	509		M	Thurrock Nomads
107	00:32:36	Phil Baker	653		M	Thurrock Nomads
108	00:32:39	Michael Woodward	530		M	Pitsea Running Club
109	00:32:40	Garcie Wade	529		F	Pitsea Running Club
110	00:32:43	Julie Furner	665		F	Thurrock Nomads
111	00:32:44	Chris McDonnell	605		M	Dengie 100 Runners
112	00:33:05	Michael Groombridge	563		M	Pitsea Running Club
113	00:33:06	Beth Gadlin	661		F	Pitsea Running Club
114	00:33:07	Steve Richardson	527		M	Thurrock Nomads



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115	00:33:30	Joy Leader	670		F	Phoenix Striders
116	00:33:32	Mark Mager	566		M	
117	00:33:42	Catherine Magee	507		F	
118	00:33:43	Gloria Bullen	678		F	Thurrock Harriers
119	00:33:50	Cherry Box	685		F	Pitsea Running Club
120	00:33:54	Peter Tree	659		M	Brentwood Running
121	00:33:58	Fae Footer	693		F	
122	00:34:00	Sally Trew	581		F	
123	00:34:12	Yada Woodhouse	538		F	Leigh-on-Sea Striders
124	00:34:30	Colin Phillippe	603		M	
125	00:34:32	Clair Medhurst	570		F	Rochford Running
126	00:34:40	David Davidson	666		M	Pitsea Running Club
127	00:34:50	Parm Shina-Wisdom	683		F	Thurrock Nomads
128	00:34:52	Joscelyn McInnis	656		F	Dengie 100 Runners
129	00:35:04	Emma Hunt	565		F	
130	00:35:10	Hazel Fay	522		F	Phoenix Striders
131	00:35:12	Tim Thompson	629		M	
132	00:35:18	Janet Head	536		F	Pitsea Running Club
133	00:35:21	Terry Whalley	543		M	
134	00:35:35	Chris Shaw	557		M	Phoenix Striders
135	00:35:36	Karen O'Brien	614		F	
136	00:35:41	Elisa Bergersen	556		F	Suspect
137	00:35:51	John Pearce	631		M	Pitsea Running Club
138	00:35:55	Helen Olley	572		F	Rochford Running
139	00:35:57	Derek Staton	533		M	Thurrock Nomads
140	00:35:59	Michelle Holman	583		F	Phoenix Striders
141	00:36:01	Barbara McDonnell	604		F	Dengie 100 Runners
142	00:36:08	Sara Omer	621		F	Pitsea Running Club
143	00:36:18	Ian Mizen	679		M	Phoenix Striders
144	00:37:29	Claire Twidell	520		F	
145	00:37:57	Nicola Maslen	502		F	Phoenix Striders
146	00:38:27	Peter Woodard	562		M	Thurrock Nomads
147	00:39:33	Ray Challis	532		M	Phoenix Striders
148	00:40:01	Lorraine Borley	551		F	Phoenix Striders
149	00:40:20	Wendy Terpin	515		F	Thurrock Nomads
150	00:40:22	Jess Pearce	616		F	Phoenix Striders
151	00:40:23	Joann Jack	671		F	Thurrock Nomads
152	00:40:33	Kim Fallows	585		F	Pitsea Running Club



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153	00:40:55	Caroline Smith	569		F	Rochford Running
154	00:41:00	Matt Butler	528		M	Thurrock Nomads
155	00:41:59	Shelly Edmeades	544		F	Rochford Running
156	00:42:15	Shannon Murphy	545		F	Rochford Running
157	00:42:16	Sam Clark	546		F	Rochford Running
158	00:43:45	Ken Carey	662		M	Pitsea Running Club
159	00:47:23	Davd Mills	521		M	Phoenix Striders
160	01:00:30	Lisa Mitchell	684		F	Thurrock Nomads