

Place	Time	Name	ID	U16	Gender	Club
1	17:55	Crispin Bloomfield	44		M	Billericay Striders
2	19:24	Gary Coombes	117		M	Benfleet
3	19:30	Oscar Farley	88		M	Billericay Striders
4	20:03	Chris Wayman	106		M	Benfleet
5	20:54	James Ferrant	50		M	Pitsea RC
6	21:43	Micheal cook	65		M	Pitsea RC
7	21:50	Micheal Woodward	52		M	Pitsea RC
8	21:57	Richard Leeson	85		M	
9	22:04	Paul Williams	108		M	Vegan Runners
10	22:48	Steve cooper	49		M	Rayleigh Rats
11	23:25	David Beatty	100		M	Pitsea RC
12	23:38	Tony Agg	41		M	Billericay Striders
13	23:45	Russell Edgings	73		M	Havering Tri
14	23:50	Robert Elson	127		M	Pitsea RC
15	23:56	Jeff Webster	129		M	Pitsea RC
16	24:02	Paul Aga	46		M	Pitsea RC
17	24:02	Chris Humphrey	98		M	Kingswood
18	24:03	James Price	125		M	Pitsea RC
19	24:14	Richard Stockwell	84		M	Kingswood
20	24:20	Phil Warner	74		M	Phoenix
21	24:22	David Trew	115		M	
22	24:25	Richard Perry	126		M	
23	24:36	John Pumfrett	109		M	Phoenix
24	24:49	Colin Wilkinson	66		M	Phoenix
25	25:01	Aaron Weddell	93		M	
26	25:30	Paul Charles	97		M	
27	25:31	Charlotte Killingback	134		F	Pitsea RC
28	25:40	Gary Hewitt	111		M	
29	25:41	Dave Lane	60		M	Phoenix
30	26:11	David Adams	102		M	Thurrock Nomads
31	26:24	Paul Hurn	91		M	Thurrock Nomads
32	26:51	Gary Shane	123		M	Thurrock Nomads
33	27:05	David Clancy	68		M	
34	27:06	Karl Elson	42		M	Pitsea RC
35	27:18	Nina Wu	72		F	Billericay Striders
36	27:22	John Sheppard	132		M	Phoenix
37	27:26	Gracie Wade	51		F	Pitsea RC
38	28:38	Tim Smith	76		M	
39	28:54	Bob Mills	53		M	Thurrock Nomads
40	29:21	David Davidson	70		M	Pitsea RC
41	29:23	Ronald Barnes	45		M	
42	29:26	Laura Heard	133		F	Phoenix
43	29:51	Caroline Lionel	77		F	Phoenix
44	29:56	Vikki Vincent	128		F	Phoenix
45	30:00	Nick Webb	130		M	
46	30:01	James McBride	83		M	Phoenix
47	30:03	Charley Lesslie	86		F	Phoenix

48	30:17	Faye Scott	96	F	Thurrock Nomads
49	31:02	Matt Laffan	47	M	Thurrock Nomads
50	31:15	Karen Dymock	71	F	Phoenix
51	31:28	Steve Lovett	64	M	Phoenix
52	31:30	Hannah Mayo	114	F	
53	31:32	Peter Tree	113	M	Brentwood
54	31:32	Ernie Mulryne	48	M	Kingswood
55	31:48	Clare Hitchcock	107	F	Phoenix
56	31:51	Maria Payne	59	F	
57	31:57	Micheal Groombridge	94	M	Pitsea RC
58	32:01	Sam Halsey	43	M	
59	32:38	Craig Simia	57	M	Southend Flyers
60	32:53	Sally Trew	116	F	
61	33:40	Lisa Harland	62	F	Phoenix
62	33:41	Charlie Harland Dorren	63	16 M	
63	33:53	Richard Sneader	120	M	Thurrock Nomads
64	33:58	Kayleigh Murray	89	F	Billericay Striders
65	34:03	Derek Steiton	67	M	Thurrock Nomads
66	34:15	Maxzine Seward	119	F	Phoenix
67	34:15	Lisa Garner	90	F	Phoenix
68	34:19	David Tait	61	M	Billericay Striders
69	34:47	Terry Howe	118	F	Phoenix
70	34:48	Joy Leader	79	F	Phoenix
71	35:16	Alison Hagon	55	F	Harold Wood
72	35:20	Michelle Holman	110	F	Phoenix
73	35:55	Wendy Turpin	104	F	Thurrock Nomads
74	35:56	Jenny Shane	124	F	Thurrock Nomads
75	36:46	Mark Turner	92	M	
76	37:01	Peter Woodward	87	M	Thurrock Nomads
77	37:33	Phil Schofield	95	M	Thurrock Nomads
78	37:54	Clare Whitby	54	F	Harold Wood
79	37:56	Cheryl Goode	103	F	Pitsea RC
80	38:00	Katie Darby	121	F	Pitsea RC
81	38:00	Janet Head	122	F	Pitsea RC
82	38:28	Ellis Crow	69	F	Harold Wood
83	38:43	Lis Honeysett	101	F	Harold Wood
84	38:58	Ian Mizen	131	M	Phoenix
85	39:03	Katie Kennington	58	F	Southend Flyers
86	39:48	Cail Dillane	81	F	Harold Wood
87	39:50	Ingrid Dias	75	F	Harold Wood
88	40:26	Sarah Dillane	80	F	Harold Wood
89	40:27	Anna Bailey	82	F	Harold Wood
90	40:50	Kim Vinicombe	105	M	Phoenix
91	41:33	Debbie Hewitt	112	F	
92	41:59	Jane Simia	56	F	Southend Flyers
93	43:22	Lisa Keeble	78	F	Phoenix