



<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>ID</b>	<b>U16</b>	<b>Gender</b>	<b>Club</b>
1	00:18:00	Crispin Bloomfield	453		M	Billericay Striders
2	00:19:06	Alex Robertson	540		M	
3	00:19:14	Shawn Brown	487		M	Thurrock Harriers
4	00:19:31	Sonny Vehit	486		M	Thurrock Harriers
5	00:20:48	James Ferrant	498		M	Pitsea Running Club
6	00:21:03	Thomas Peacock	550		M	Thurrock Harriers
7	00:21:06	Nick Trencher	551		M	Thurrock Harriers
8	00:21:12	Toby Draper	559		M	Thurrock Harriers
9	00:21:35	Charlie Phillipe	511		M	
10	00:21:42	Mike Woodward	489		M	Pitsea Running Club
11	00:21:55	Richard Leeson	485		M	
12	00:22:00	Jimmy Justice	477		M	Phoenix Striders
13	00:22:25	Henri Willett	549		M	Thurrock Harriers
14	00:22:39	Mike Cook	509		M	Pitsea Running Club
15	00:22:57	Paul Farnham	506		M	
16	00:23:03	Tom Jones	529		M	
17	00:23:12	David Beatty	556		M	Pitsea Running Club
18	00:23:21	Toni Radley	555		F	Thurrock Harriers
19	00:23:24	Tim Martin	553		M	Thurrock Harriers
20	00:23:28	Aoife Howell	557		F	Pitsea Running Club
21	00:23:38	John Wood	508		M	
22	00:23:48	Tony Agg	491		M	Billericay Striders
23	00:23:52	Robert Newton	497		M	Pitsea Running Club
24	00:23:55	Paul Firth	450		M	
25	00:24:00	Jeff Webster	524		M	Pitsea Running Club
26	00:24:04	Paul Hogan	547		M	Pitsea Running Club
27	00:24:09	Paul Aga	492		M	Pitsea Running Club
28	00:24:12	John O'Shea	552		M	Thurrock Harriers
29	00:24:16	Rob Elson	542		M	Pitsea Running Club
30	00:24:33	Keith Willett	561		M	Thurrock Harriers
31	00:24:34	Keith Martin	565		M	Thurrock Harriers
32	00:24:36	Martin Orford	455		M	Pitsea Running Club
33	00:24:48	Lucas Willett	562	U16		Thurrock Harriers
34	00:24:49	Colin Wilkinson	501		M	Phoenix Striders
35	00:25:06	Leonie Nalccioğlu	554		F	Thurrock Harriers
36	00:25:14	Joseph Smith	548		M	Run Through
37	00:25:16	James Price	533		M	Pitsea Running Club
38	00:25:23	David Trew	517		M	



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39	00:25:31	Dave Lane	522		M	Phoenix Striders
40	00:25:35	Gary Hewitt	516		M	
41	00:25:39	Michael Gould	532		M	Pitsea Running Club
42	00:25:41	Marc Eason	488		M	Pitsea Running Club
43	00:25:44	Lee Hazelwood	483		M	Phoenix Striders
44	00:25:48	Russell Edgings	536		M	Havering Tri
45	00:26:04	Davis Pearce	460		M	
46	00:26:27	Callum Cousins	519		M	
47	00:26:31	Aaron Weddell	470		M	
48	00:26:36	Victoria Peacock	560		F	Thurrock Harriers
49	00:26:36	Bernie Johnson	563		M	Thurrock Harriers
50	00:26:48	David Clancy	459		M	
51	00:27:01	Serena Jones	528		F	Phoenix Striders
52	00:27:16	Jane Yellop	502		F	Pitsea Running Club
53	00:27:38	Neil Colley	475		M	Phoenix Striders
54	00:27:40	Furquan Ahmed	534		M	Phoenix Striders
55	00:28:12	Brian Butcher	504		M	CJP
56	00:28:14	Michael Summers	514		M	Phoenix Striders
57	00:28:26	Gracey Wade	495		F	Pitsea Running Club
58	00:28:30	Stanley Lavers	472	U16		
59	00:28:32	Tony Lavers	473		M	
60	00:28:36	Sarah Jane Appleton	520		F	
61	00:28:57	Ronald Barnes	471		M	
62	00:28:57	Charlotte KillingBack	466		F	Pitsea Running Club
63	00:28:58	Cullum Wicks	467		M	
64	00:28:58	Lucy Davidson	558		F	Pitsea Running Club
65	00:28:58	Faatemah Piperdy	541		F	Pitsea Running Club
66	00:28:59	Kate Howlett	523		F	Pitsea Running Club
67	00:28:59	James McBride	543		M	Phoenix Striders
68	00:29:09	Nina Wu	505		F	Billericay Striders
69	00:29:12	Lindsey Gray	500		F	Phoenix Striders
70	00:29:23	Tim Burley	544		M	
71	00:29:26	Tony Giffin	521		M	Pitsea Running Club
72	00:29:33	Steve Lovett	456		M	Billericay Striders
73	00:29:36	Laura Heard	513		F	Phoenix Striders
74	00:29:38	Claire Hitchcock	496		F	Phoenix Striders
75	00:29:39	Mark Holmes	531		M	Phoenix Striders
76	00:29:39	Karen Heard	535		F	Phoenix Striders



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77	00:29:40	Lisa Garner	493		F	Phoenix Striders
78	00:29:40	Caroline Lionel	480		F	Phoenix Striders
79	00:30:08	Nicky Onslow	507		M	
80	00:30:23	Mike Stains	490		M	
81	00:30:25	Hiram Amin	510		M	Pitsea Running Club
82	00:30:33	Vikki Vincent	481		F	Phoenix Striders
83	00:30:42	Andy Body	461		M	Phoenix Striders
84	00:30:44	Charlie Lesslie	474		F	Phoenix Striders
85	00:30:58	John Wilkinson	499		M	Phoenix Striders
86	00:31:40	Michael	503		M	Pitsea Running Club
87	00:31:58	Katie Wear	451		F	Pitsea Running Club
88	00:32:31	Jean Greaves	457		F	Pitsea Running Club
89	00:32:33	Karen Dymock	452		F	Phoenix Striders
90	00:32:33	Christine Pearson	476		F	Billericay Striders
91	00:32:41	Gloria Bullen	564		F	Thurrock Harriers
92	00:32:45	Sally Trew	518		F	
93	00:32:57	Emily Sheppard	545		F	Phoenix Striders
94	00:32:57	Debbie Sheppard	546		F	
95	00:33:06	Maria Payne	537		F	
96	00:33:06	Paul Williams	538		M	Vegan Runners
97	00:33:07	Julie Holmes	530		F	Phoenix Striders
98	00:33:08	Lisa Harland	526		F	Phoenix Striders
99	00:33:30	David Tait	454		M	Billericay Striders
100	00:33:33	Colin Phillipe	512		M	
101	00:33:39	John Parker	525		M	Phoenix Striders
102	00:34:52	Lucy Warren	468		F	
103	00:34:53	Sam Harris	469		M	
104	00:34:59	Duncan Russell	527		M	Phoenix Striders
105	00:35:29	Karen McKay	484		F	
106	00:35:48	Ian Mitzen	478		M	Phoenix Striders
107	00:35:51	Vickie Pound-Firth	449		F	Phoenix Striders
108	00:35:58	Michelle Holman	482		F	Phoenix Striders
109	00:40:49	Katie Darby	479		F	Pitsea Running Club
110	00:40:49	Jan Head	539		F	Pitsea Running Club
111	00:42:21	Debbie Hewitt	515		F	
112	00:42:56	Eddie Mills	494		M	Phoenix Striders
113	1 LAP	Ken Carey	458		M	Pitsea Running Club