



Place	Time	Name	ID	U16	Gender	Club
1	00:18:25	Crispian Bloomfield	107		M	Billericay Striders
2	00:19:37	Hamza Zahir	146		M	Rochford Running
3	00:20:47	James Farrant	173		M	Pitsea Running Club
4	00:20:59	Steve Pearce	161		M	Eden Runners
5	00:21:15	Jimmy Justice	104		M	Phoenix Striders
6	00:21:17	Sarah Blockley	83		F	
7	00:21:27	Hayley Nye	165		F	Best Athletics
8	00:21:30	Michael Cook	120		M	Pitsea Running Club
9	00:21:31	Ian Toal	217		M	Leigh-on-Sea Striders
10	00:21:38	Richard Leeson	136		M	Phoenix Striders
11	00:21:51	Joana Bolton	70		F	Billericay Striders
12	00:22:18	Paul Hagan	100		M	Phoenix Striders
13	00:22:26	Abdu Akay	122		M	
14	00:22:37	Stephen Waites	126		M	Leigh-on-Sea Striders
15	00:22:42	Peter Thorn-Anderson	170		M	Pitsea Running Club
16	00:23:04	Antony Mead	4		M	Daws Heath Harriers
17	00:23:09	Ben Simmonds	210		M	Pitsea Running Club
18	00:23:14	Kristina Read	95		F	Phoenix Striders
19	00:23:20	Joseph Smith	176		M	Pitsea Running Club
20	00:23:22	Matt Butler	204		M	Thurrock Nomads
21	00:23:24	Grant England	225		M	Billericay Striders
22	00:23:40	Russell Edgings	171		M	Havering Tri
23	00:23:47	Neil Hubbard	177		M	Leigh-on-Sea Striders
24	00:23:53	Emmanuel Brouse	130		M	Leigh-on-Sea Striders
25	00:24:07	Tony Lavers	109		M	Pitsea Running Club
26	00:24:08	Paul Hurn	133		M	Thurrock Nomads
27	00:24:08	Keirra Reed	202		F	Dengie 100 Runners
28	00:24:25	Davis Pearce	138		M	Pitsea Running Club
29	00:24:26	Paul Mitchell	103		M	Thurrock Nomads
30	00:24:31	David Blockley	67		M	Leigh-on-Sea Striders
31	00:24:33	John Wood	212		M	
32	00:24:34	Thomas Umpleby	99		M	Pitsea Running Club
33	00:24:52	Neil Cornelius	235		M	Hockley Trail Runners
34	00:24:57	Daisy Watson	243		F	Daws Heath Harriers
35	00:25:14	Paul Aga	5		M	Pitsea Running Club
36	00:25:29	Martin Orford	96		M	Pitsea Running Club
37	00:25:34	Claire Hurcom	151		F	Phoenix Striders
38	00:25:36	Robert Newton	158		M	Pitsea Running Club



Place	Time	Name	ID	U16	Gender	Club
39	00:25:38	Colin Wilkinson	26		M	Phoenix Striders
40	00:25:41	Ben Magee	61	15	M	
41	00:25:54	Richard Jones	211		M	Daws Heath Harriers
42	00:25:56	Chris Smith	157		M	Pitsea Running Club
43	00:26:03	Ryan Bond	231		M	Pitsea Running Club
44	00:26:21	Jacqui Watson	242		F	Daws Heath Harriers
45	00:26:28	Andrew Robinson	178		M	Thurrock Nomads
46	00:26:34	Graham Hammond	155		M	Dengie 100 Runners
47	00:26:36	Siobhan Desmond	132		F	
48	00:26:49	Bryan Magee	63		M	
49	00:26:52	Ernest Mulryne	162		M	Kingswood Running
50	00:26:59	Neal Beaumont	66		M	Dengie 100 Runners
51	00:27:03	David Everett	125		M	East Essex Tri
52	00:27:06	Emily Magee	62		F	
53	00:27:07	Neil Colley	134		M	Phoenix Striders
54	00:27:08	Dave Adams	90		M	Thurrock Nomads
55	00:27:19	Spencer Lewis	142		M	Phoenix Striders
56	00:27:20	John Sheppard	169		M	Phoenix Striders
57	00:27:25	Keith Dawson	216		M	Phoenix Striders
58	00:27:31	Rachel Platt	80		F	
59	00:27:40	Anne Mitchell	175		F	Thurrock Nomads
60	00:27:44	Darren Tower	111		M	Pitsea Running Club
61	00:27:49	Michael Gould	106		M	Pitsea Running Club
62	00:27:53	Josh McDonagh	237		M	Phoenix Striders
63	00:28:09	Malcolm Woodhouse	69		M	Leigh-on-Sea Striders
64	00:28:12	Steve Lovett	203		M	Phoenix Striders
65	00:28:14	Karl Elson	114		M	Pitsea Running Club
66	00:28:16	Ruth Roberts	94		F	Phoenix Striders
67	00:28:19	Samantha Thompson	180		F	
68	00:28:20	Scott Burgess	117		M	Rochford Running
69	00:28:24	Bob Mills	79		M	Thurrock Nomads
70	00:28:25	Max Russell	92		M	Thurrock Nomads
71	00:28:26	Dan Hayes	236		M	Phoenix Striders
72	00:28:34	Charlotte Killingback	179		F	Pitsea Running Club
73	00:28:40	Chris Smith	76		M	
74	00:28:42	Jason Merritt	71		M	
75	00:28:43	Victoria Furner	85		F	Thurrock Nomads
76	00:28:49	Martin Victory	219		M	Castle Point Joggers



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77	00:28:50	Simon Constable	153		M	
78	00:28:53	David Clancy	229		M	Phoenix Striders
79	00:28:59	Chris Emery	218		M	Pitsea Running Club
80	00:29:00	Bettina Maccariella	75		F	Thurrock Nomads
81	00:29:04	Lesley Jenkins	82		F	Pitsea Running Club
82	00:29:05	Heidi Trencher	93		F	Thurrock Nomads
83	00:29:07	Randall Courtney	166		M	Thurrock Nomads
84	00:29:15	Alfie Pearce	227	12	M	
85	00:29:19	Kay Hurn	135		F	Thurrock Nomads
86	00:29:20	Wayne Merrell	112		M	Leigh-on-Sea Striders
87	00:29:23	Jake Everett	124	12	M	East Essex Tri
88	00:29:24	Nicola Jaques	206		F	Pitsea Running Club
89	00:29:27	Fay Scott	144		F	Thurrock Nomads
90	00:29:29	Tim Smith	86		M	
91	00:29:41	Dermot Desmond	131		M	Pitsea Running Club
92	00:29:53	Anne Gunn	87		F	Leigh-on-Sea Striders
93	00:29:58	Tim Thompson	181		M	
94	00:30:00	Simon Lewington	77		M	Dengie 100 Runners
95	00:30:07	Michael Groombridge	168		M	Pitsea Running Club
96	00:30:08	Erica Ryder	220		F	Thurrock Nomads
97	00:30:21	Ian Walker	141		M	Daws Heath Harriers
98	00:30:25	Claire Fraser	241		F	Phoenix Striders
99	00:30:33	Scott Smith	207		M	Pitsea Running Club
100	00:31:03	Lisa Garner	167		F	Phoenix Striders
101	00:31:07	Sally Witham	143		F	Phoenix Striders
102	00:31:11	Rachel Gittins	239		F	Phoenix Striders
103	00:31:20	Terry Meadows	115		M	Thurrock Nomads
104	00:31:25	Matthew King	127		M	Thurrock Nomads
105	00:31:38	Harry Monk	29		M	Thurrock Nomads
106	00:31:39	Katie Darby	238		F	Pitsea Running Club
107	00:31:54	Kathryn Curtis	118		F	
108	00:32:04	Jim Jennett	145		M	Leigh-on-Sea Striders
109	00:32:08	Steve Richardson	81		M	Thurrock Nomads
110	00:32:12	Robin Groves	222		M	Phoenix Striders
111	00:32:30	Tony Campbell	205		M	
112	00:32:45	Tom Donnelly	221		M	Phoenix Striders
113	00:32:48	David Davidson	1		M	Pitsea Running Club
114	00:32:50	David Tapsell	152		M	Phoenix Striders



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115	00:32:54	Nick Searle	156		M	Dengie 100 Runners
116	00:33:01	Cherry Box	201		F	Pitsea Running Club
117	00:33:08	Jan Steed	232		F	Daws Heath Harriers
118	00:33:15	Francesca Nunn	240		F	
119	00:33:17	Glyn Yeldham	88		F	Pitsea Running Club
120	00:33:19	Andy Body	121		M	Phoenix Striders
121	00:33:23	Julie Furmer	84		F	Thurrock Nomads
122	00:33:44	Mark Mager	129		M	
123	00:33:55	Chris Shaw	154		M	Thurrock Nomads
124	00:34:06	Ian Mizen	228		M	Phoenix Striders
125	00:34:10	Hazel Fay	223		F	Phoenix Striders
126	00:34:49	Yada Woodhouse	68		F	Leigh-on-Sea Striders
127	00:34:54	Kristine Pearson	163		F	Phoenix Striders
128	00:35:00	Teresa Flannigan	200		F	East Essex Tri
129	00:35:01	Neil Atkinson	72		M	
130	00:35:18	Dan Hutson	110		M	Phoenix Striders
131	00:35:22	Ella Gibbs	209		F	Phoenix Striders
132	00:35:23	Gavin Davies	160		M	Phoenix Striders
133	00:35:29	Michelle Holman	172		F	Phoenix Striders
134	00:35:38	Sarah Omer	164		F	Pitsea Running Club
135	00:35:46	John Pearce	137		M	Pitsea Running Club
136	00:35:49	Derek Staton	97		M	Thurrock Nomads
137	00:36:13	Parm Shina-Wisdom	234		F	Thurrock Nomads
138	00:36:22	Stephen Wisdom	233		M	Thurrock Nomads
139	00:36:32	Claire Dean	224		F	Phoenix Striders
140	00:37:05	Joscelyn McInnes	65		F	Dengie 100 Runners
141	00:37:22	Louise Merrell	113		F	Leigh-on-Sea Striders
142	00:37:46	Richard Sneader	214		M	Thurrock Nomads
143	00:37:51	Peter Woodard	116		M	Thurrock Nomads
144	00:38:28	Nicola Maslen	119		F	Phoenix Striders
145	00:38:47	Eddie Murphy	182		M	
146	00:38:51	Wendy Turpin	123		F	Thurrock Nomads
147	00:39:26	Natalie Lavers	159		F	
148	00:39:27	Lisa Sneader	215		F	Thurrock Nomads
149	00:39:29	Dean Russell	91		M	Thurrock Nomads
150	00:39:53	Joy Leader	101		F	Phoenix Striders
151	00:39:56	Jess Pearce	226		F	Phoenix Striders
152	00:40:05	Christina Didham	102		F	Phoenix Striders



Place	Time	Name	ID	U16	Gender	Club
153	00:40:43	Kim Fallows	174		F	Pitsea Running Club
154	00:41:49	Lorraine Borley	208		F	Phoenix Striders
155	00:42:34	Steve Bowen	108		M	Phoenix Striders
156	00:42:43	Kim Vinicombe	64		M	Phoenix Striders
157	00:43:19	Chris McDonnell	105		M	Dengie 100 Runners
158	00:44:20	Ken Carey	213		M	Pitsea Running Club
159	00:46:08	Eddie Mills	128		M	Phoenix Striders
160	00:46:27	Kelly Irwin	74		F	Thurrock Nomads
161	00:46:28	Joann Jack	230		F	Thurrock Nomads
162	DNF	Elaine Staton	98		F	Thurrock Nomads
163	DNF	Heidi Adams	89		F	Thurrock Nomads
164	DNF	Hayley Slawson	78		F	Thurrock Nomads
165	DNF	Marc Challis	73		M	Thurrock Nomads