

Place Name	Team	Bib No	Place (Age)	M/F	Category	Chip Time	Gun Time	Pace
1 James Connor	Kent AC	153	1 (MO)	M	0-39	51:52.3	51:52.9	5:11/M
2 Mark Newton	Springfield Str	28	2 (MO)	M	0-39	56:31.1	56:32.2	5:39/M
3 Andrew Mynott	Saffron Strider	30	3 (MO)	M	0-39	57:36.2	57:37.2	5:46/M
4 Pawel Hundz		229	1	M	0-39	59:48.6	59:50.2	5:59/M
5 Jared Bethell	Harlow Running	391	2	M	0-39	1:00:32.3	1:00:33.5	6:03/M
6 Eric Paul	Orion Harriers	338	1	M	50-59	1:00:55.2	1:00:56.2	6:06/M
7 Paul Mingay	Tiptree Road Ru	89	2	M	50-59	1:01:33.9	1:01:37.0	6:10/M
8 Stephen Philcox	Barking Road Ru	166	1	M	40-49	1:01:38.1	1:01:39.5	6:10/M
9 robert white	dartford road r	284	2	M	40-49	1:01:46.5	1:01:47.3	6:11/M
10 Colin Read	Walthamstow AC	367	3	M	40-49	1:01:49.7	1:01:51.6	6:11/M
11 Jonathan Booty	Witham Running	84	3	M	0-39	1:01:57.5	1:01:57.5	6:12/M
12 Tim Wright	Orion Harriers	157	4	M	40-49	1:02:02.0	1:02:03.8	6:12/M
13 Phil Vincent	Tynedale Harrie	349	4	M	0-39	1:02:26.8	1:02:29.2	6:15/M
14 James Sullivan		297	5	M	0-39	1:02:47.0	1:02:48.3	6:17/M
15 stuart prestney	braintree&distr	186	6	M	0-39	1:02:51.2	1:02:53.8	6:17/M
16 Manjit Bedi	East London run	26	5	M	40-49	1:03:05.1	1:03:07.2	6:19/M
17 Paul Game	Haverhill RC	31	7	M	0-39	1:03:10.7	1:03:13.9	6:19/M
18 James Farren	Witham RC	2	8	M	0-39	1:03:25.3	1:03:27.8	6:21/M
19 Joe Happe	Orion Harriers	371	6	M	40-49	1:03:36.6	1:03:38.3	6:22/M
20 Rob Lowe		400	7	M	40-49	1:03:53.1	1:03:54.7	6:23/M
21 Paul Makowski	Royston Runners	175	9	M	0-39	1:03:54.9	1:03:57.5	6:24/M
22 John Kazer	Cambridge and C	295	10	M	0-39	1:04:10.7	1:04:13.0	6:25/M
23 Tim Ellis	Haverhill RC	375	8	M	40-49	1:04:52.3	1:04:55.7	6:30/M
24 Sam Kyffin	London Heathsid	360	11	M	0-39	1:04:53.2	1:04:57.2	6:30/M
25 Barny Foot	Orion Harriers	29	9	M	40-49	1:05:01.1	1:05:03.2	6:30/M
26 Steven Dawkins	Woodford Green	331	12	M	0-39	1:05:04.9	1:05:09.0	6:31/M
27 Kevin Murphy		345	10	M	40-49	1:05:16.9	1:05:21.5	6:32/M
28 James Haskey-Jones	Tiptree Road Ru	365	11	M	40-49	1:05:18.9	1:05:23.3	6:32/M
29 Tom Ashby	London Heathsid	247	13	M	0-39	1:05:22.9	1:05:26.1	6:33/M
30 James Wright	Springfield Str	253	14	M	0-39	1:05:29.7	1:05:33.5	6:33/M
31 phil quantrill	gt yarmouth rr	187	15	M	0-39	1:05:41.8	1:05:43.2	6:34/M
32 Jim Morris	Stamford Stride	353	12	M	40-49	1:05:48.0	1:05:50.4	6:35/M
33 martin speller	haverhill runni	47	16	M	0-39	1:05:55.1	1:05:58.2	6:36/M
34 marcus tillotson	london heathsid	38	17	M	0-39	1:06:11.1	1:06:12.3	6:37/M
35 Martin Whitworth	St Albans Strid	58	18	M	0-39	1:06:22.4	1:06:24.9	6:38/M

36	Graham Moore		305	13	M	40-49	1:06:25.9	1:06:29.4	6:39/M
37	Jack O'Sullivan	Dartford Road R	219	14	M	40-49	1:06:31.5	1:06:32.2	6:39/M
38	paul jarman	London Heathsid	168	15	M	40-49	1:06:31.5	1:06:33.2	6:39/M
39	Paul Jeffrey-Read		73	19	M	0-39	1:06:35.9	1:06:41.1	6:40/M
40	Dan O'Mahoney		251	20	M	0-39	1:06:50.3	1:06:55.8	6:42/M
41	Bruce Marsden		137	16	M	40-49	1:07:00.5	1:07:03.8	6:42/M
42	John Matthews	26.2 RRC	336	21	M	0-39	1:07:18.0	1:07:21.5	6:44/M
43	Tony Piper	Dartford Road R	358	17	M	40-49	1:07:22.5	1:07:23.0	6:44/M
44	James Collins		210	18	M	40-49	1:07:42.4	1:07:44.3	6:46/M
45	Natasha Pitman	North Herts Roa	306	1 (FO)	F	35-44	1:07:40.4	1:07:46.0	6:47/M
46	Lloyd Miles		275	19	M	40-49	1:07:48.0	1:07:52.5	6:47/M
47	Tony Balding	Leigh on sea st	136	22	M	0-39	1:07:58.7	1:07:59.2	6:48/M
48	Stewart Ellis	Braintree and D	311	23	M	0-39	1:08:00.7	1:08:02.3	6:48/M
49	John White	Purple Patch Ru	192	20	M	40-49	1:08:00.6	1:08:06.5	6:49/M
50	Russ Boyer	Braintree and D	355	3	M	50-59	1:08:12.5	1:08:15.5	6:50/M
51	Richard Thomas		272	24	M	0-39	1:08:12.9	1:08:25.3	6:51/M
52	Bradley Brown	Barking Road Ru	312	25	M	0-39	1:08:25.5	1:08:26.4	6:51/M
53	Paul Ward	Barking Road Ru	85	26	M	0-39	1:08:24.4	1:08:26.7	6:51/M
54	Christopher Snowdon	Springfield Str	303	27	M	0-39	1:08:28.6	1:08:32.3	6:51/M
55	jay Browne	dartford road r	227	28	M	0-39	1:08:33.7	1:08:34.5	6:51/M
56	robin tremaine	London Heathsid	235	4	M	50-59	1:08:29.7	1:08:36.3	6:52/M
57	pete williams	Herts Pheonix	97	5	M	50-59	1:08:46.9	1:08:50.0	6:53/M
58	Andy Terrell	Harlow Running	351	29	M	0-39	1:08:46.8	1:08:50.3	6:53/M
59	Fiona Halls	Saffron Strider	19	2 (FO)	F	35-44	1:08:48.6	1:08:50.3	6:53/M
60	Chris Mottram	Broxbourne RC	135	30	M	0-39	1:08:44.2	1:08:52.2	6:53/M
61	Rob Carter	Bishops Stortfo	347	31	M	0-39	1:08:59.9	1:09:02.6	6:54/M
62	nikki brockbank	springfield str	74	3 (FO)	F	0-34	1:09:08.9	1:09:12.0	6:55/M
63	Hazel Vuvi	Dartford Road R	370	1	F	35-44	1:09:35.4	1:09:40.2	6:58/M
64	Ben Heighton	Springfield str	285	32	M	0-39	1:09:49.3	1:09:53.7	6:59/M
65	Kenny Blyth	Ware Joggers	205	1	M	60-69	1:09:59.8	1:10:05.3	7:01/M
66	Tom Neill	St Albans Strid	93	33	M	0-39	1:10:09.7	1:10:14.8	7:01/M
67	Jo Newens		180	2	F	35-44	1:10:13.3	1:10:17.5	7:02/M
68	Simon Hassett	Swanley & Distr	220	21	M	40-49	1:10:23.5	1:10:28.8	7:03/M
69	Carl Nanton	Barking Road Ru	317	34	M	0-39	1:10:36.1	1:10:37.5	7:04/M
70	Ian Girling	Mornington Chas	87	35	M	0-39	1:10:39.9	1:10:47.4	7:05/M
71	Denys Baudry	Garden City Run	308	2	M	60-69	1:10:54.2	1:10:59.6	7:06/M

72	Graeme Armstrong	Broxbourne Runn	53	22	M	40-49	1:10:57.8	1:11:05.9	7:07/M
73	Jonathon Dulieu	Bishops Stortfo	128	23	M	40-49	1:11:15.0	1:11:21.7	7:08/M
74	Jo Ravenhill	Metropolitan Po	120	1	F	0-34	1:11:30.4	1:11:34.4	7:09/M
75	Sam Barr	Cambridge and C	218	36	M	0-39	1:11:29.3	1:11:38.6	7:10/M
76	Roger Berry	Walthamstow AC	356	3	M	60-69	1:11:50.4	1:11:52.8	7:11/M
77	Ronald Vials	Barking Road Ru	211	6	M	50-59	1:11:53.2	1:11:55.8	7:12/M
78	Mike Erith	Tavistock AC	315	4	M	60-69	1:12:01.6	1:12:04.7	7:12/M
79	Graham Dobson		377	37	M	0-39	1:12:06.8	1:12:16.4	7:14/M
80	David Miller	Castle Point Jo	296	24	M	40-49	1:12:12.1	1:12:20.8	7:14/M
81	Dan Matthews		381	38	M	0-39	1:12:35.2	1:12:54.3	7:17/M
82	Sandra Daniels	Bishops Stortfo	165	1	F	45-54	1:12:56.6	1:12:58.3	7:18/M
83	Lee Cousins	Braintree Athle	6	39	M	0-39	1:12:57.1	1:13:00.5	7:18/M
84	Dave Joynson		94	25	M	40-49	1:13:13.8	1:13:18.3	7:20/M
85	Ben Livermore		181	40	M	0-39	1:13:12.8	1:13:20.6	7:20/M
86	Martin Page	Barking Road Ru	233	7	M	50-59	1:13:12.8	1:13:21.9	7:20/M
87	stuart burr		217	26	M	40-49	1:13:33.6	1:13:37.8	7:22/M
88	Richard Leahy	Dartford Road R	343	27	M	40-49	1:13:45.3	1:13:49.6	7:23/M
89	Ray Butler	Bishops Stortfo	333	41	M	0-39	1:13:51.9	1:13:57.5	7:24/M
90	Danny Dainton		56	42	M	0-39	1:13:50.8	1:14:00.8	7:24/M
91	Crisp Clive	Road Runners Cl	155	8	M	50-59	1:13:56.5	1:14:02.6	7:24/M
92	Dave Daugirda	Eton Manor AC	162	28	M	40-49	1:13:57.0	1:14:04.2	7:24/M
93	Sebastjan Kocijancic		77	43	M	0-39	1:13:58.0	1:14:05.6	7:25/M
94	Martin Van Tol		337	29	M	40-49	1:14:01.8	1:14:06.0	7:25/M
95	Mike Roberts		232	30	M	40-49	1:14:05.0	1:14:11.2	7:25/M
96	Sue Spong	Havering 90 Jog	203	2	F	45-54	1:14:09.8	1:14:14.2	7:25/M
97	Paul Bridges	Springfield Str	69	44	M	0-39	1:14:12.9	1:14:16.6	7:26/M
98	Patrick Dobbs	Thurrock Harrie	151	1	M	70-99	1:14:10.5	1:14:17.9	7:26/M
99	Ben Taylor		292	45	M	0-39	1:14:14.1	1:14:20.1	7:26/M
100	Dan Hall	Eton Manor AC	244	46	M	0-39	1:14:09.3	1:14:20.9	7:26/M
101	Anthony Maclean	Framlingham Fly	273	31	M	40-49	1:14:17.1	1:14:22.6	7:26/M
102	Kevin Sinclair		255	9	M	50-59	1:14:08.0	1:14:28.4	7:27/M
103	Barry Chisholm	Shaftesbury Bar	378	10	M	50-59	1:14:29.5	1:14:31.5	7:27/M
104	Beth Gregory-Smith	Tynedale Harrie	340	2	F	0-34	1:14:45.3	1:14:50.0	7:29/M
105	Miles Lutwyche		140	32	M	40-49	1:14:48.2	1:14:52.6	7:29/M
106	Charlotte Smith	Serpentine	282	3	F	35-44	1:15:18.9	1:15:33.6	7:33/M
107	Daryl Fryatt	wolf pack RC	170	47	M	0-39	1:15:37.2	1:15:40.8	7:34/M

108	Natasha Scott	Haverhill Runni	228	4	F	35-44	1:15:33.7	1:15:43.4	7:34/M
109	sally gold	Heaton Harriers	224	3	F	0-34	1:15:47.5	1:15:52.2	7:35/M
110	Greg Asser		339	33	M	40-49	1:15:46.8	1:15:52.8	7:35/M
111	James Russell	Pitsea Running	280	11	M	50-59	1:15:47.2	1:15:55.6	7:36/M
112	Douglas Hobson	Woodbridge Shuf	369	48	M	0-39	1:15:46.3	1:15:56.9	7:36/M
113	sian barker	haverhill runni	112	5	F	35-44	1:15:58.1	1:16:08.0	7:37/M
114	wayne greet	Bishops Stortfo	81	34	M	40-49	1:16:04.4	1:16:14.6	7:37/M
115	Graeme Moon	Tiptree Road Ru	82	12	M	50-59	1:16:13.1	1:16:20.0	7:38/M
116	Colin Hamlet	Watford Harrier	212	5	M	60-69	1:16:23.5	1:16:29.4	7:39/M
117	George Thomas	Bishop's Stortf	98	6	M	60-69	1:16:26.5	1:16:38.7	7:40/M
118	Richard Hirschfeld	Dartford Road R	294	49	M	0-39	1:16:40.6	1:16:45.6	7:41/M
119	Sharon Wright	Harlow Running	382	4	F	0-34	1:16:50.9	1:16:59.1	7:42/M
120	Andrea Mann	Garden city run	78	6	F	35-44	1:17:00.0	1:17:04.9	7:42/M
121	Andrew Whiting	University of S	288	50	M	0-39	1:16:53.2	1:17:08.9	7:43/M
122	Nigel Chapman	Haverhill Runni	237	13	M	50-59	1:17:01.4	1:17:21.2	7:44/M
123	Sarah Hammond	Springfield Str	40	7	F	35-44	1:17:21.9	1:17:25.7	7:45/M
124	Ben Midgeley		142	51	M	0-39	1:17:11.8	1:17:25.9	7:45/M
125	Yusuf Firat	Haverhill Runni	41	35	M	40-49	1:17:24.0	1:17:32.6	7:45/M
126	John Terry		141	36	M	40-49	1:17:22.2	1:17:36.2	7:46/M
127	Lisa Wise	Bishops Stortfo	387	8	F	35-44	1:17:38.6	1:17:48.7	7:47/M
128	Paul Williams	Orion Harriers	7	14	M	50-59	1:17:43.0	1:17:55.9	7:48/M
129	Neil Cameron		15	52	M	0-39	1:17:49.7	1:18:03.0	7:48/M
130	Emilia Vynnycky	London Heathsid	204	9	F	35-44	1:18:01.9	1:18:07.5	7:49/M
131	denis mole	havering 90 jog	199	7	M	60-69	1:18:07.0	1:18:18.7	7:50/M
132	wayne palmer	Thrift Green Tr	105	53	M	0-39	1:18:07.9	1:18:22.6	7:50/M
133	thomas reynolds		245	8	M	60-69	1:18:18.9	1:18:30.4	7:51/M
134	Wayne McAllister	Barking Roadrun	264	37	M	40-49	1:18:44.5	1:18:54.2	7:53/M
135	Garry Russell		314	38	M	40-49	1:18:45.5	1:19:00.3	7:54/M
136	Lee Pembroke	Witham Running	76	54	M	0-39	1:18:58.7	1:19:01.5	7:54/M
137	sean mcevoy		68	15	M	50-59	1:18:49.2	1:19:10.1	7:55/M
138	Robert Saunders		330	55	M	0-39	1:19:07.2	1:19:19.9	7:56/M
139	Chris Chorley	BungayBlackDog	158	39	M	40-49	1:19:11.7	1:19:20.5	7:56/M
140	Tracy Harrington	Tiptree Road Ru	242	3	F	45-54	1:19:16.3	1:19:22.8	7:56/M
141	Pete Bulaitis	Orion Harriers	332	16	M	50-59	1:19:12.7	1:19:25.9	7:57/M
142	Andrew Lancaster	Garden city run	163	17	M	50-59	1:19:24.9	1:19:31.3	7:57/M
143	Ray Cameron	Canterbury Harr	240	56	M	0-39	1:19:28.7	1:19:38.8	7:58/M

144	Oliver Last		374	40	M	40-49	1:19:32.8	1:19:43.6	7:58/M
145	Melanie Panting	Southend Athlet	177	1	F	55-64	1:19:38.0	1:19:44.9	7:58/M
146	Maxine Rodwell	Halstead Road R	395	10	F	35-44	1:19:38.5	1:19:46.1	7:59/M
147	Alex MacFarlane	M.P.A.A	167	18	M	50-59	1:19:35.4	1:19:56.8	8:00/M
148	Sue Nel		173	11	F	35-44	1:19:56.0	1:20:00.7	8:00/M
149	Bryan Evans		79	41	M	40-49	1:19:49.0	1:20:03.6	8:00/M
150	Ian McClymont	Bishops Stortfo	117	9	M	60-69	1:19:57.7	1:20:04.9	8:00/M
151	Angela Tillman	Dartford Road R	344	12	F	35-44	1:20:01.5	1:20:07.7	8:01/M
152	Kevin Kipp	Bishops Stortfo	27	19	M	50-59	1:19:54.4	1:20:07.8	8:01/M
153	Olov Hansen	Marlow Striders	256	20	M	50-59	1:20:05.4	1:20:11.7	8:01/M
154	Jeff Prestridge	Serpentine	350	21	M	50-59	1:20:04.6	1:20:13.2	8:01/M
155	Huw Hamer	Watford Joggers	223	57	M	0-39	1:20:11.0	1:20:22.7	8:02/M
156	James Storey	Dartford Road R	362	58	M	0-39	1:20:25.1	1:20:30.5	8:03/M
157	Roger Hobson	Woodbridge Shuf	368	10	M	60-69	1:20:22.8	1:20:34.2	8:03/M
158	Les Thurston	Bishops Stortfo	271	11	M	60-69	1:20:30.9	1:20:35.3	8:04/M
159	Gavin Loveday		71	59	M	0-39	1:20:17.0	1:20:38.3	8:04/M
160	Christopher Bushell	Saffron Strider	230	60	M	0-39	1:20:29.0	1:20:39.6	8:04/M
161	Gemma Thake	Saffron Strider	62	5	F	0-34	1:20:35.9	1:20:40.9	8:04/M
162	trudi morrish	haverhill runni	239	13	F	35-44	1:20:23.7	1:20:43.4	8:04/M
163	Anthony Delogu		116	42	M	40-49	1:20:26.5	1:20:44.1	8:04/M
164	Terry Wardale	Bexley AC	366	22	M	50-59	1:20:44.0	1:20:46.7	8:05/M
165	Bobbie Sauerzapf	BungayBlackDog	159	4	F	45-54	1:20:38.8	1:20:47.7	8:05/M
166	Richard Button		152	61	M	0-39	1:20:45.0	1:20:54.1	8:05/M
167	Rachel O'Connor	Witham Running	189	14	F	35-44	1:21:08.0	1:21:16.5	8:08/M
168	Mark Lawes	Tiptree road ru	214	43	M	40-49	1:21:22.0	1:21:29.4	8:09/M
169	Stephen Rudolf	Trail Runners	342	23	M	50-59	1:21:37.1	1:21:39.5	8:10/M
170	peter barrett	thrift green tr	184	62	M	0-39	1:21:30.3	1:21:45.5	8:11/M
171	John Murphy		66	24	M	50-59	1:21:37.1	1:21:49.4	8:11/M
172	Sigrid Edmundson		327	6	F	0-34	1:21:40.9	1:21:57.3	8:12/M
173	Shannon Burke		107	63	M	0-39	1:21:52.5	1:21:58.9	8:12/M
174	Michael Houlihan		352	44	M	40-49	1:21:47.5	1:22:10.4	8:13/M
175	Paul Gatens	Garden City Run	254	45	M	40-49	1:22:13.2	1:22:17.6	8:14/M
176	Anthony knight	Tiptree Road Ru	299	46	M	40-49	1:22:10.2	1:22:18.1	8:14/M
177	Vicky Knight	Tiptree Road Ru	298	15	F	35-44	1:22:10.3	1:22:18.4	8:14/M
178	Mark Grenville		398	47	M	40-49	1:22:10.7	1:22:21.8	8:14/M
179	James Salmon		357	64	M	0-39	1:22:12.3	1:22:26.3	8:15/M

180 Bryony Maddams		290	16	F	35-44	1:22:18.2	1:22:29.4	8:15/M
181 Jonathan Bracey		291	65	M	0-39	1:22:30.0	1:22:30.0	8:15/M
182 Justin Brandon		293	48	M	40-49	1:22:26.9	1:22:32.5	8:15/M
183 Shusanah Pillinger		260	17	F	35-44	1:22:26.2	1:22:37.5	8:16/M
184 Lara Heighton		286	7	F	0-34	1:22:38.6	1:22:44.5	8:16/M
185 ashwin shah		108	66	M	0-39	1:22:34.1	1:22:50.2	8:17/M
186 Richard Gill		138	67	M	0-39	1:22:35.2	1:22:50.9	8:17/M
187 Katie Herrington	Reading Roadrun	316	8	F	0-34	1:22:59.0	1:23:07.1	8:19/M
188 David Greaves		48	68	M	0-39	1:23:02.0	1:23:10.8	8:19/M
189 Vinny Lazell		208	25	M	50-59	1:22:57.1	1:23:11.0	8:19/M
190 Ian Linton	Tiptree Road Ru	225	12	M	60-69	1:23:03.5	1:23:11.6	8:19/M
191 Peter Hutchinson		326	13	M	60-69	1:23:05.8	1:23:16.6	8:20/M
192 Steven Grimwood		376	69	M	0-39	1:23:21.3	1:23:26.6	8:21/M
193 steve alexander	st albans strid	92	49	M	40-49	1:23:17.9	1:23:30.8	8:21/M
194 tony turner		304	50	M	40-49	1:23:14.6	1:23:31.5	8:21/M
195 Ian Carl Ashurst	Allenbury's	241	26	M	50-59	1:23:44.3	1:23:57.4	8:24/M
196 Wayne Lyle		310	51	M	40-49	1:24:05.2	1:24:12.3	8:25/M
197 Chris Bell	Pitsea Running	144	52	M	40-49	1:24:14.2	1:24:17.9	8:26/M
198 Holly Black		246	9	F	0-34	1:23:59.6	1:24:20.1	8:26/M
199 Lorna Pettifer	Pitsea Running	301	5	F	45-54	1:24:16.8	1:24:33.0	8:27/M
200 John Penny		160	27	M	50-59	1:24:26.0	1:24:36.7	8:28/M
201 John Kerr	Witham RC	325	28	M	50-59	1:24:37.7	1:24:45.8	8:29/M
202 Clive Stephenson	East London Tri	88	29	M	50-59	1:24:37.3	1:24:51.3	8:29/M
203 Helen Lambert	BDAC	196	6	F	45-54	1:24:57.5	1:25:08.6	8:31/M
204 John Hills		59	70	M	0-39	1:25:04.3	1:25:19.8	8:32/M
205 Karen Liddard		134	10	F	0-34	1:25:10.2	1:25:27.4	8:33/M
206 Gael Oldfield		5	2	F	55-64	1:25:12.5	1:25:30.7	8:33/M
207 David Milton	Springfield Str	133	30	M	50-59	1:25:15.7	1:25:32.7	8:33/M
208 Simone Hilliard	Havering 90 jog	156	11	F	0-34	1:25:26.7	1:25:37.3	8:34/M
209 Barbro Julin	Marlow Striders	257	7	F	45-54	1:25:38.7	1:25:44.5	8:34/M
210 stephen hannibal		261	31	M	50-59	1:25:38.6	1:25:49.2	8:35/M
211 Simon Wise		388	53	M	40-49	1:25:45.2	1:25:56.3	8:36/M
212 Vicky Cooper	Barking Road Ru	319	18	F	35-44	1:25:56.9	1:26:05.7	8:37/M
213 Judy Merchant	Eton Manor AC	363	3	F	55-64	1:26:05.7	1:26:15.6	8:38/M
214 John Cornell		393	54	M	40-49	1:26:08.1	1:26:26.9	8:39/M
215 Ann Taylor		106	19	F	35-44	1:26:39.9	1:26:46.8	8:41/M

216 Miles Dennis		226	71	M	0-39	1:26:27.8	1:26:48.6	8:41/M
217 Vincent Nottidge	Uknetrunner	238	55	M	40-49	1:26:32.0	1:26:48.8	8:41/M
218 Ellis Lagnado		111	56	M	40-49	1:26:37.7	1:26:49.6	8:41/M
219 Julia Pettafor		113	20	F	35-44	1:26:43.7	1:26:56.1	8:42/M
220 Ian Brooks		114	72	M	0-39	1:26:44.1	1:26:56.2	8:42/M
221 Andrew Moore		121	57	M	40-49	1:26:45.8	1:27:04.6	8:42/M
222 William Callaghan		380	58	M	40-49	1:26:53.2	1:27:10.7	8:43/M
223 Nadine Fraser		389	12	F	0-34	1:27:08.9	1:27:24.6	8:44/M
224 John Gregory	Havering 90 Jog	248	14	M	60-69	1:27:19.1	1:27:29.9	8:45/M
225 Ken Gilbey		215	32	M	50-59	1:27:25.7	1:27:35.8	8:46/M
226 Jacqueline McLeod	Benfleet Runnin	200	21	F	35-44	1:27:32.0	1:27:38.0	8:46/M
227 Dean Anderson	Trent Park RC	396	73	M	0-39	1:27:29.6	1:27:39.2	8:46/M
228 Mel Mc Clure	Met Police AC	190	8	F	45-54	1:27:30.3	1:27:41.1	8:46/M
229 Dan Williams	London Heathsid	109	33	M	50-59	1:27:37.8	1:27:45.3	8:47/M
230 Mark Fletcher		270	74	M	0-39	1:27:36.3	1:27:46.5	8:47/M
231 David Shortridge	Victoria Park H	104	59	M	40-49	1:27:42.1	1:27:48.6	8:47/M
232 nina barrett	thrift green tr	185	22	F	35-44	1:27:48.4	1:28:03.8	8:48/M
233 RICK Goldsmith	CASTLE POINT JO	202	60	M	40-49	1:27:55.9	1:28:04.0	8:48/M
234 Duncan Lightfoot	Derwent AC	276	34	M	50-59	1:28:03.0	1:28:12.0	8:49/M
235 Fiona Sutherland	Bishop's Stortf	122	9	F	45-54	1:28:18.9	1:28:32.2	8:51/M
236 Debbie Spicer	Ware Joggers	341	13	F	0-34	1:28:31.0	1:28:43.6	8:52/M
237 Laura Mchugh	Leigh on sea st	147	14	F	0-34	1:28:34.1	1:28:49.4	8:53/M
238 martin coleman		72	75	M	0-39	1:29:03.4	1:29:21.3	8:56/M
239 Pam Jones	Ilford AC	213	1	F	65-99	1:29:37.9	1:29:45.6	8:59/M
240 Anthony Fitzgerald	Fetcheveryone R	346	61	M	40-49	1:29:37.9	1:29:50.0	8:59/M
241 Sandra O' Connor	Barnet and dist	174	15	F	0-34	1:29:45.1	1:30:03.9	9:00/M
242 David Heal	Garden City Run	329	62	M	40-49	1:29:47.3	1:30:05.5	9:01/M
243 Maureen Wakeling	A Crisis Every	20	10	F	45-54	1:29:48.5	1:30:12.5	9:01/M
244 Jon Webster		57	76	M	0-39	1:30:03.3	1:30:13.4	9:01/M
245 Neil Hewitt		115	77	M	0-39	1:29:53.5	1:30:17.1	9:02/M
246 David Cameron		14	15	M	60-69	1:30:04.2	1:30:17.7	9:02/M
247 Gary Beeston	Benfleet Runnin	359	78	M	0-39	1:30:05.6	1:30:18.4	9:02/M
248 Daniel Willis		268	79	M	0-39	1:30:13.0	1:30:28.2	9:03/M
249 David Wright		267	63	M	40-49	1:30:13.0	1:30:28.2	9:03/M
250 ROSS MAC		169	80	M	0-39	1:30:32.9	1:30:41.5	9:04/M
251 Lorraine Garnham	Halstead Road R	397	11	F	45-54	1:30:35.0	1:30:42.0	9:04/M

252	Mark Ratcliff	A Crisis Every	21	64	M	40-49	1:30:23.8	1:30:47.4	9:05/M
253	Sally Kinli	Witham RC	324	12	F	45-54	1:30:40.2	1:30:49.2	9:05/M
254	Bob Wallace	Watford Joggers	131	16	M	60-69	1:30:37.5	1:30:52.2	9:05/M
255	Gerilazell	G Girl	193	23	F	35-44	1:30:40.1	1:30:53.9	9:05/M
256	Stephen Lawson	Havering 90 jog	61	35	M	50-59	1:30:54.8	1:31:16.9	9:08/M
257	Norman Boulton		54	65	M	40-49	1:31:11.5	1:31:25.8	9:09/M
258	Jude manser	Ware Joggers	258	13	F	45-54	1:31:21.1	1:31:33.9	9:09/M
259	Ross Silverton	Witham RC	18	17	M	60-69	1:31:42.8	1:31:48.8	9:11/M
260	David Rogers	Leigh on Sea St	259	81	M	0-39	1:31:38.5	1:31:56.2	9:12/M
261	Rachel Brittle	Eton Manor AC	161	14	F	45-54	1:32:01.0	1:32:19.5	9:14/M
262	Dennis Sherwood		307	66	M	40-49	1:32:10.6	1:32:28.4	9:15/M
263	Jennifer Devaney	Stowmarket Stri	188	16	F	0-34	1:32:25.8	1:32:32.7	9:15/M
264	Hugh Brady		64	67	M	40-49	1:32:18.9	1:32:38.4	9:16/M
265	Robin Scales	Trisport Epping	335	36	M	50-59	1:32:22.1	1:32:40.9	9:16/M
266	Pauline Lygo	Barnet & Distri	8	2	F	65-99	1:32:44.5	1:32:50.2	9:17/M
267	Barry Rowell	Havering 90 Jog	399	37	M	50-59	1:32:45.3	1:32:56.1	9:18/M
268	Joe McEwan	Braintree and D	289	38	M	50-59	1:32:50.3	1:33:04.9	9:18/M
269	john Pettifer	Pitsea Running	302	18	M	60-69	1:32:55.4	1:33:11.7	9:19/M
270	Michala Drake	Orion Harriers	372	24	F	35-44	1:33:11.9	1:33:17.1	9:20/M
271	Alison Edwards		139	25	F	35-44	1:33:39.3	1:33:49.9	9:23/M
272	sam gallagher		249	39	M	50-59	1:33:35.9	1:33:53.1	9:23/M
273	Richard Whiting	Herts Phoenix A	287	19	M	60-69	1:33:43.4	1:33:59.3	9:24/M
274	Saira Karim	Bishops Stortfo	274	17	F	0-34	1:33:53.2	1:34:09.9	9:25/M
275	Paul Knight		124	68	M	40-49	1:34:15.9	1:34:18.3	9:26/M
276	Keith Borrett	Stowmarket Stri	379	40	M	50-59	1:34:15.2	1:34:22.7	9:26/M
277	Ian Bucknell		364	69	M	40-49	1:34:23.4	1:34:41.1	9:28/M
278	Paula Perry	dartford road r	231	26	F	35-44	1:35:13.1	1:35:24.6	9:32/M
279	Gillian Mitchell		95	27	F	35-44	1:35:12.6	1:35:29.7	9:33/M
280	William Clissold		392	41	M	50-59	1:35:26.9	1:35:45.8	9:35/M
281	Colin St. Helien		67	70	M	40-49	1:35:50.2	1:36:02.7	9:36/M
282	Jon Moulding		179	82	M	0-39	1:35:54.8	1:36:11.1	9:37/M
283	Karen Chalmers		178	28	F	35-44	1:35:54.4	1:36:11.3	9:37/M
284	Russell Jones		183	83	M	0-39	1:35:53.3	1:36:13.8	9:37/M
285	Sarah Khan		37	18	F	0-34	1:36:09.3	1:36:18.0	9:38/M
286	Amber Bird		36	19	F	0-34	1:36:17.1	1:36:25.7	9:39/M
287	Gavin Timms		321	84	M	0-39	1:36:18.8	1:36:29.4	9:39/M

288	Alan Clucas		99	71	M	40-49	1:36:12.3	1:36:34.4	9:39/M
289	Dave Burn		100	72	M	40-49	1:36:12.9	1:36:34.6	9:39/M
290	Jennifer Close	Eton Manor AC	243	20	F	0-34	1:36:35.6	1:36:47.3	9:41/M
291	Lilani Wijayatilake	Barking Road Ru	102	15	F	45-54	1:36:44.9	1:36:54.0	9:41/M
292	Phil Schinkel		197	73	M	40-49	1:36:39.9	1:36:57.5	9:42/M
293	Louise Cootes		348	21	F	0-34	1:37:08.6	1:37:25.6	9:45/M
294	lee edwards		194	85	M	0-39	1:37:18.1	1:37:26.6	9:45/M
295	Albert Miles	Castle Point Jo	328	2	M	70-99	1:37:53.6	1:38:03.3	9:48/M
296	Alison Rayman		262	22	F	0-34	1:37:48.1	1:38:04.9	9:48/M
297	Resi Dzialdow	London Heathsid	80	16	F	45-54	1:38:04.6	1:38:11.2	9:49/M
298	Zoe Cook	Broxbourne RC	279	23	F	0-34	1:38:06.4	1:38:22.9	9:50/M
299	Liz Beighton	Stowmarket Stri	191	29	F	35-44	1:38:35.9	1:38:42.9	9:52/M
300	Annette Johnson	Benfleet Runnin	394	30	F	35-44	1:38:29.9	1:38:43.0	9:52/M
301	Bob Chapman	Benfleet Runnin	182	42	M	50-59	1:38:29.5	1:38:43.0	9:52/M
302	daniel corby	thrift green	300	86	M	0-39	1:38:45.3	1:38:53.1	9:53/M
303	Terrence Lawson		383	43	M	50-59	1:39:18.9	1:39:38.9	9:58/M
304	lynn rivers	leigh on sea st	206	17	F	45-54	1:39:36.2	1:39:51.5	9:59/M
305	Harold Toze	Bishops Stortfo	334	20	M	60-69	1:40:08.4	1:40:27.6	10:03/M
306	Shena Lancaster	Garden city run	164	4	F	55-64	1:41:45.9	1:42:00.4	10:12/M
307	Lesley Gardner	Braintree and D	354	31	F	35-44	1:41:39.6	1:42:00.5	10:12/M
308	Susan Gillard		110	24	F	0-34	1:41:47.6	1:42:07.2	10:13/M
309	Robert Courtier	Barking Road Ru	320	44	M	50-59	1:42:01.7	1:42:10.9	10:13/M
310	Mary Jennings		236	5	F	55-64	1:41:50.6	1:42:11.3	10:13/M
311	Sarah Morris		150	25	F	0-34	1:41:58.6	1:42:13.1	10:13/M
312	Colin Doak	Ely Runners	42	74	M	40-49	1:41:54.4	1:42:13.7	10:13/M
313	Danielle Cross		4	26	F	0-34	1:43:02.3	1:43:12.3	10:19/M
314	Anthony Cross		3	87	M	0-39	1:43:03.3	1:43:13.1	10:19/M
315	Sara Alleyne	Ware joggers	145	27	F	0-34	1:43:18.4	1:43:31.5	10:21/M
316	Julie Greenwood		91	18	F	45-54	1:43:10.5	1:43:34.5	10:21/M
317	Leila Taylor	Garden city run	149	6	F	55-64	1:43:20.0	1:43:34.5	10:21/M
318	Cath Golder		384	32	F	35-44	1:43:30.1	1:43:47.0	10:23/M
319	Deb Butler		250	33	F	35-44	1:43:57.4	1:44:17.7	10:26/M
320	Francesca George		176	19	F	45-54	1:44:16.2	1:44:36.5	10:28/M
321	Sharon Davidson	Purple Patch Ru	373	28	F	0-34	1:44:25.9	1:44:39.6	10:28/M
322	JAIME KEEBLE		75	29	F	0-34	1:44:30.8	1:44:47.1	10:29/M
323	paul darby		265	75	M	40-49	1:44:50.1	1:45:11.6	10:31/M

324 Kevin Weaver	Ware joggers	277	76	M	40-49	1:45:22.2	1:45:42.7	10:34/M
325 Joy Hale		361	30	F	0-34	1:45:48.0	1:45:58.3	10:36/M
326 David Brooks	Veterans AC	322	21	M	60-69	1:45:48.9	1:46:18.2	10:38/M
327 David Emerick	Witham RC	130	3	M	70-99	1:46:45.9	1:46:59.0	10:42/M
328 Peter Byrd		385	77	M	40-49	1:47:01.5	1:47:18.4	10:44/M
329 Francis Watters		309	45	M	50-59	1:47:58.8	1:48:22.5	10:50/M
330 Terry Braverman	Haverhill RC	148	22	M	60-69	1:48:40.8	1:48:44.8	10:52/M
331 Karen Ball		65	34	F	35-44	1:48:33.5	1:48:50.7	10:53/M
332 Kerry Manning	Witham Running	252	20	F	45-54	1:48:45.0	1:49:05.8	10:55/M
333 Tracey Denby	WITHAM RUNNING	216	21	F	45-54	1:48:51.7	1:49:12.0	10:55/M
334 Emma Salisbury		126	35	F	35-44	1:50:13.7	1:50:22.0	11:02/M
335 Emily Mallro		386	31	F	0-34	1:50:56.7	1:51:13.6	11:07/M
336 Simon Roach		263	78	M	40-49	1:52:04.8	1:52:14.4	11:13/M
337 David Tisdale		401	79	M	40-49	1:52:22.2	1:52:22.2	11:14/M
338 Jackie Wells	A Crisis Every	22	22	F	45-54	1:53:22.6	1:53:46.2	11:23/M
339 Stephanie Gold	Victoria Park H	313	7	F	55-64	1:56:57.8	1:57:19.7	11:44/M
340 Nicola Longman	Pitsea Running	323	23	F	45-54	1:57:42.0	1:57:55.7	11:48/M
341 Matthew Newton		44	88	M	0-39	1:57:45.1	1:58:10.5	11:49/M
342 Naomi Emerick	Witham RC	129	8	F	55-64	1:58:30.6	1:58:43.2	11:52/M
343 Kerry Blois	wolf pack RC	171	32	F	0-34	1:58:57.7	1:59:09.7	11:55/M
344 Geoff Camps		16	89	M	0-39	1:59:56.2	2:00:12.0	12:01/M
345 Helen Thompson		17	33	F	0-34	1:59:56.1	2:00:12.1	12:01/M
346 Elizabeth Lord	Ware Joggers	234	9	F	55-64	2:01:30.0	2:01:44.0	12:10/M
347 Julie Weaver		278	36	F	35-44	2:03:03.7	2:03:26.8	12:21/M
348 Brendan Mills		101	90	M	0-39	2:04:41.4	2:04:58.7	12:30/M
349 John Heywood	Ware Joggers	195	4	M	70-99	2:05:36.8	2:05:59.9	12:36/M
350 Greg McClure	North Belfast H	198	46	M	50-59	2:06:10.8	2:06:33.8	12:39/M