

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
1	350	00:30:27	MATIBINI, Matibini	LEIGH ON SEA STRIDERS	M40
2	316	00:30:39	FARRER, Ty	HUNTINGDON AC	M40
3	261	00:32:49	OVEL, Dean	LEIGH ON SEA STRIDERS	M40
4	192	00:33:03	MCFARLANE, Sean	FLYERS SOUTHEND	M40
5	242	00:33:04	MCCLAY, Chris	LEIGH ON SEA STRIDERS	All Men
6	264	00:33:41	JOHANSON, Alex		All Men
7	140	00:33:45	KIRSH, Stephen		All Men
8	72	00:34:07	LETLEY, Matthew	LEIGH ON SEA STRIDERS	M40
9	69	00:34:26	CONE, Elliott	LEIGH ON SEA STRIDERS	M40
10	437	00:35:02	HITCHCOCK, Martin	LEIGH ON SEA STRIDERS	M50
11	314	0:035:07	BURNS, James	LEIGH ON SEA STRIDERS	M40
12	341	00:35:10	WATSON, Peter		All Men
13	76	00:35:18	WHITTINGTON, James		All Men
14	372	00:35:26	PERRIN, Simon	ISTEADFIELD HARRIERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
15	260	00:35:33	BELL, David		All Men
16	358	00:35:59	KING, Justin		<<DATE OF BIRTH NOT ON ENTRY FORM>>
17	342	00:36:08	FLINT, Danny	LEIGH ON SEA STRIDERS	M40
18	332	00:36:14	ROBERTS, James	EAST ESSEX TRIATHLON CLUB	All Men
19	39	00:36:24	REED, Dave	ESSEX LADIES RUNNING CLUB	M40
20	74	00:36:32	PICKETT, Samantha	ROCHFORD RUNNING CLUB	All Ladies
21	237	00:36:45	ENGLAND, Martin	CASTLE POINT JOGGERS	M50
22	351	00:36:50	BLOGG, James	HAVERING 90 JOGGERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
23	143	00:37:11	JOHNS, Andrew	CASTLE POINT JOGGERS	All Men
24	49	00:37:18	WOOD, Ben	LEIGH ON SEA STRIDERS	All Men
25	226	00:37:24	POULTON, Adam	CASTLE POINT JOGGERS	M40
26	244	00:37:27	KING, Cliff	CASTLE POINT JOGGERS	M40
			SURNAME NOT PROVIDED,		
27	283	00:37:29	Simon	RAYLEIGH ROAD RUNNERS	M40
28	62	00:37:31	BEAN, John		M50
29	160	00:37:40	SWEENEY, John	CASTLE POINT JOGGERS	M40
30	228	00:38:12	BATTAMS, Richard	LEIGH ON SEA STRIDERS	All Men
31	329	00:38:13	QUINN, Ronan	LEIGH ON SEA STRIDERS	M40
32	321	00:38:14	BROWN, Gary	LEIGH ON SEA STRIDERS	M40
33	34	00:38:19	PURDHAM, Graham	FLYERS SOUTHEND	M50
34	103	00:38:24	HARDING, Todd		All Men
35	75	00:38:27	GROUT, Graham	BRISTOL & WEST AC	M50
36	288	00:38:36	MONTE, Alan	SOUTHEND AC	M40
37	435	00:38:45	GILL, Rebecca	EAST ESSEX TRIATHLON CLUB	F35
38	267	00:38:54	JENKINSON, Anne	SOUTHEND AC	F35
39	109	00:39:07	GANDER, Bruce	EAST ESSEX TRIATHLON CLUB	M50
40	155	00:39:13	DUNN, Colin	CASTLE POINT JOGGERS	M40
41	434	00:39:17	COOMBES, Andrew	SOUTHEND AC	All Men
42	91	00:39:26	RICHARDSON, Lloyd	FLYERS SOUTHEND	M40
43	95	00:39:31	KOSTYRKA-ALLCHORNE, Kasia	SOUTHEND AC	F35
44	436	00:39:46	GILL, Luke	EAST ESSEX TRIATHLON CLUB	All Men
45	318	00:39:53	SHOOBERT, James	LEIGH ON SEA STRIDERS	All Men
46	112	00:39:55	BUSH, Andy		All Men
47	206	00:40:08	MITCHELL, Jason	FLYERS SOUTHEND	M40
48	273	00:40:11	SCAMMELL, Clive	WIMBLEDON WINDMILERS	M50
49	293	00:40:18	FARR, Richard	FLYERS SOUTHEND	All Men
50	187	00:40:18	HOPKINS, Mike	CASTLE POINT JOGGERS	M50
51	313	00:40:19	SALISBURY, Martin		M40
52	123	00:40:50	SEWELL, Christopher	SPRINGFIELD STRIDERS RC	M50
53	284	00:40:59	THORNTON, Nathan	FLYERS SOUTHEND	All Men
54	330	00:41:16	DOWNHAM, Marc	LEIGH ON SEA STRIDERS	M40
55	304	00:41:25	DOIG, Monique		F35
56	371	00:41:29	HAIGH, Simon		<<DATE OF BIRTH NOT ON ENTRY FORM>>
57	374	00:41:44	THRUSH, Scott		<<DATE OF BIRTH NOT ON ENTRY FORM>>
58	335	00:41:52	JOSEPH, David		M40
59	298	00:41:57	DAY, Mark	FLYERS SOUTHEND	M40
60	128	00:41:57	KOUKALOVA, Martina		All Ladies
61	105	00:42:07	HARDING, Mark	ROCHFORD RUNNING CLUB	M40
62	85	00:42:24	MATHERS, Adrian		M50
63	355	00:42:30	NORTON, Mark	LEIGH ON SEA STRIDERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
64	168	00:42:37	MURDOCH, Colin		M60
65	345	00:42:39	RICHARD, Adrian		All Men
66	189	00:42:43	WALKER, Fiona	LEIGH ON SEA STRIDERS	F45
67	188	00:42:46	EDWARDS, Christina	CASTLE POINT JOGGERS	F45
68	139	00:42:49	AMBROSE, Simon	FLYERS SOUTHEND	M40
69	258	00:42:51	CRIBBS, Sue	SOUTHEND AC	F35
70	22	00:42:56	HART, Ian	CASTLE POINT JOGGERS	M50
71	100	00:43:06	MATHERS, Vanessa	SOUTHEND AC	F45
72	142	00:43:14	ALEXANDER, Gail	LEIGH ON SEA STRIDERS	F45
73	348	00:43:26	NEIGHBOUR, Natasha	ROCHFORD RUNNING CLUB	All Ladies
74	71	00:43:28	LETLEY, Elisha	LEIGH ON SEA STRIDERS	F45
75	29	00:43:25	WARD, David	LEIGH ON SEA STRIDERS	M50
76	199	00:43:36	PERRY, Samantha		F35
77	315	00:43:37	DESOUZA, Bosco		M50
78	317	00:43:57	HALL, Alison	LEIGH ON SEA STRIDERS	F45
79	352	00:43:57	MCDAVITT, Jon		<<DATE OF BIRTH NOT ON ENTRY FORM>>
80	55	00:43:59	CORNELIUS, Neil		M40
81	324	00:44:04	RAY, Steve		All Men

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
82	221	00:44:07	DIERKSCHNIEDER, Ingo	PITSEA RUNNING CLUB	M40
83	94	00:44:13	ELL, Josanne	LEIGH ON SEA STRIDERS	F35
84	309	00:44:16	TWIGG, Stuart	ESSEX LADIES	M40
85	346	00:44:25	BUTCHER, Brian	CASTLE POINT JOGGERS	M60
86	305	00:44:32	BUTLER, Hayley		All Ladies
87	338	00:44:53	MILLER, Helen		All Ladies
88	259	00:44:56	ELGAR, Natasha		All Ladies
89	241	00:44:56	ELGAR, Keith		M50
90	220	00:45:04	LOCKE, Kylie		F35
91	99	00:45:12	PEARCE, Jo	PHOENIX STRIDERS	F45
92	224	00:45:20	TOZER, Jack		All Men
93	173	00:45:23	ROBERTSON, Mark	ROCHFORD RUNNING CLUB	M50
94	170	00:45:23	LATTER, Darren	ROCHFORD RUNNING CLUB	M40
95	203	00:45:23	LOVELL, Keith	ROCHFORD RUNNING CLUB	M50
96	200	00:45:29	HAGAN, Tania	LEIGH ON SEA STRIDERS	All Ladies
97	35	00:45:32	TURNER, Terry		M50
98	272	00:45:35	WALSH, Gary	LEIGH ON SEA STRIDERS	M50
99	223	00:45:36	TOZER, Mark		M40
100	325	00:45:36	TONKINSON, Simon		M40
101	56	00:45:48	GOODMAN, Jason	ROCHFORD RUNNING CLUB	All Men
102	52	00:45:56	SMITH, Gareth	CASTLE POINT JOGGERS	All Men
103	310	00:45:57	HALLAM, Debbie Lyn	SOUTHEND AC	F35
104	166	00:46:21	COLE, Joanne	FLYERS SOUTHEND	F35
105	124	00:46:22	WERRETT, Simon	ROCHFORD RUNNING CLUB	M40
106	181	00:46:46	HALL, Steve		M40
107	154	00:46:50	MAGUIRE, Kev		M40
108	370	00:46:59	WOODHAM, Emily		<<DATE OF BIRTH NOT ON ENTRY FORM>>
109	184	00:47:01	GEARY, Rachel	LEIGH ON SEA STRIDERS	All Ladies
110	190	00:47:06	KEY, Amanda		F35
111	110	00:47:07	BENWELL, Daniel	HOCKLEY TRAIL RUNNERS	M40
112	297	00:47:10	HELLEN, Paul	ROCHFORD RUNNING CLUB	M50
113	214	00:47:14	CARVEY, Richard	DENGIE 100 RUNNERS	M50
114	210	00:47:19	RAYMENT, Terry		M40
115	194	00:47:22	DUTTON, Linda	ROCHFORD RUNNING CLUB	F55
116	212	00:47:23	DUTTON, David	ROCHFORD RUNNING CLUB	M60
117	201	00:47:34	WESTWICK, Lisa	LEIGH ON SEA STRIDERS	F45
118	129	00:47:42	HAYWARD, Mike	CASTLE POINT JOGGERS	M50
119	11	00:47:44	RANSOM, Philip	CASTLE POINT JOGGERS	All Men
120	208	00:47:46	CHAPMAN, James		M40
121	202	00:47:52	FINCH, Amanda	LEIGH ON SEA STRIDERS	F55
122	12	00:47:54	HAYWARD, Ali		F35
123	33	00:47:54	PURDHAM, Anne	FLYERS SOUTHEND	F45
124	79	00:48:03	WATERS, Michael		M40
125	78	00:48:04	BARRITT, Penelope		F45
126	343	00:48:05	WILSON, Neil		All Men
127	156	00:48:13	DUNN, Debbie	CASTLE POINT JOGGERS	F35
128	113	00:48:14	SMITH, Sharley	ROCHFORD RUNNING CLUB	All Ladies
129	169	00:48:15	LUFF, Anna	SPRINGFIELD STRIDERS RC	All Ladies
130	243	00:48:28	PATERSON, Jeni	LEIGH ON SEA STRIDERS	F55
131	311	00:48:30	HALLAM, Neil		M40
132	150	00:48:31	CONRAN, Rebecca	GREAT BENTLEY RC	All Ladies
133	180	00:48:45	BRADLEY, Tracey	CASTLE POINT JOGGERS	F35
134	373	00:48:46	RADLEY, Liam		<<DATE OF BIRTH NOT ON ENTRY FORM>>
135	145	00:48:50	CARMICHAEL, Eleanor	LEIGH ON SEA STRIDERS	F35
136	58	00:49:01	BENHAM, Mark	FLYERS SOUTHEND	M50
137	161	00:49:30	BURLES, Kerry		F35
138	306	00:49:36	FLANNIGAN, Teresa	EAST ESSEX TRIATHLON CLUB	F55
139	111	00:49:43	COTTS, Natalie	LONDON CITY ATHLETICS CLUB	All Ladies
140	252	00:49:50	HARTLAND, Sara	ROCHFORD RUNNING CLUB	All Ladies
141	354	00:49:50	HARWOOD, Kevin		<<DATE OF BIRTH NOT ON ENTRY FORM>>
142	174	00:49:50	WATERS, Patrick	CASTLE POINT JOGGERS	M60
143	336	00:49:59	JOSEPH, Claire		F35
144	279	00:50:00	HALL, Jo-Anne	LEIGH ON SEA STRIDERS	F35
145	218	00:50:04	KNOWLES, Jacqui	ROCHFORD RUNNING CLUB	F45
146	104	00:50:04	HARDING, Jo	ROCHFORD RUNNING CLUB	F45
147	16	00:50:09	PARKER, Christopher	FLYERS SOUTHEND	M40
148	167	00:50:22	BREEZE, Marion	PITSEA RUNNING CLUB	F55
149	120	00:50:24	GAJBUTOWICZ, Andrzej	VPH&THAC	M50
150	222	00:50:55	VICTORY, Tina	CASTLE POINT JOGGERS	F45
151	361	00:51:03	RUMBLE, Michael		All Men
152	152	00:51:09	PATTERSON, Catherine	LEIGH ON SEA STRIDERS	F45
153	63	00:51:13	CANHAM, Tim		M40
154	64	00:51:16	CANHAM, Abi		F35
155	157	00:51:19	COKER, Terry	FLYERS SOUTHEND	M50
156	303	00:51:35	MOWLE, Elliott		All Men
157	93	00:51:51	RESTALL, Jo	EAST ESSEX TRIATHLON CLUB	All Ladies
158	172	00:51:53	BISHOP, Sam	ROCHFORD RUNNING CLUB	All Men
159	83	00:51:53	BISHOP, Jenny	ROCHFORD RUNNING CLUB	All Ladies
160	51	00:52:10	SMALLEY, Jess	LEIGH ON SEA STRIDERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
161	347	00:52:19	ROBISON, Darryl		All Men
162	328	00:52:21	JONES, Graham	BILLERICAY STRIDERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
163	333	00:52:29	VAIDYA, Anil	BILLERICAY STRIDERS	M40

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
164	263	00:52:35	WEBB, James	FITTOLOGY RC	All Men
165	122	00:52:50	OVERTON-SMITH, Alice	FLYERS SOUTHEND	All Ladies
166	308	00:52:52	BRAIN, Lyn		F45
167	151	00:52:54	WILLIAMS, Owen		All Men
168	73	00:53:05	PHILIPS, Theresa	LEIGH ON SEA STRIDERS	F45
169	219	00:53:19	LAZELL, Geri		F45
170	205	00:53:23	JACKAMAN, Liz	CASTLE POINT JOGGERS	All Ladies
171	114	00:53:39	MALONEY, Michael	ROCHFORD RUNNING CLUB	M60
172	287	00:53:40	KELLY, Helen		F55
173	191	00:53:42	MCKEOWN, Ty		M50
174	251	00:53:53	GREAVES, Jean	CASTLE POINT JOGGERS	F45
175	234	00:53:54	STEED, Jan	CASTLE POINT JOGGERS	F45
176	250	00:53:55	SKINNER, Helen	CASTLE POINT JOGGERS	F45
177	81	00:53:58	ATLING, Stuart	ROCHFORD RUNNING CLUB	M50
178	198	00:54:05	MOWLE, Debbie	ROCHFORD RUNNING CLUB	F45
179	438	00:54:26	PHILLIPS, Christopher		All Men
180	276	00:54:42	UPSTON, Louise	GREAT BENTLEY RC	All Ladies
181	275	00:54:43	WICKS, Jack	GREAT BENTLEY RC	All Men
182	295	00:54:46	BRENTON, Scott	FLYERS SOUTHEND	M40
183	21	00:54:47	KING, John	ESSEX LADIES RUNNING CLUB	M40
184	253	00:54:54	MILES, Albert	CASTLE POINT JOGGERS	M60
185	183	00:54:55	LEWIS, Natalie	LEIGH ON SEA STRIDERS	All Ladies
186	28	00:55:14	LEMIN, Neil		All Men
187	327	00:55:31	JONES, Isobel	BILLERICAY STRIDERS	All Ladies
188	175	00:55:33	ROBISON, Stacey	FLYERS SOUTHEND	All Ladies
189	339	00:55:53	CREWE, Karen	WIMBLEDON WINDMILERS	F55
190	232	00:55:55	MATHEWS, Claire		F45
191	102	00:56:00	CATT, Debra	ROCHFORD RUNNING CLUB	F45
192	149	00:56:14	CAMMIDGE, Chris	CASTLE POINT JOGGERS	M50
193	179	00:56:15	DALGARNO , Lucy	ESSEX LADIES	All Ladies
194	256	00:56:17	MILLER, Emma	ESSEX LADIES RUNNING CLUB	F35
195	38	00:56:17	REED, Janette	ESSEX LADIES RUNNING CLUB	F45
196	375	00:56:25	DURANT, Pamela		<<DATE OF BIRTH NOT ON ENTRY FORM>>
197	255	00:56:29	MEEKINGS, Adam		All Men
198	254	00:56:29	TINGEY, Eleanor		F35
199	158	00:56:31	HEPWORTH, Michael	FLYERS SOUTHEND	M50
200	323	00:56:47	DARBY, Katie	FITTOLOGY RC	F45
201	337	00:56:47	WALKER, Victoria	FITTOLOGY RC	All Ladies
202	136	00:56:53	JONES, Roy	CASTLE POINT JOGGERS	M60
203	176	00:56:55	BROWN, Kirsty		All Ladies
204	349	00:57:14	RYLANDS, David		M60
205	360	00:57:16	LEAVER, Ben		All Men
206	362	00:57:16	LEAVER, Katy		F35
207	57	00:57:22	BENHAM, Nicki	FLYERS SOUTHEND	F45
208	225	00:57:23	HEAD, Andrea	ESSEX LADIES RUNNING CLUB	F45
209	217	00:57:24	APPLIN, Alison	NONE	F55
210	367	00:57:30	WELHAM, Keira		All Ladies
211	280	00:57:43	WARMAN, Christine	PHOENIX STRIDERS	F45
212	365	00:57:44	LANE, Victoria		All Ladies
213	326	00:57:50	JONES, Jillian	BILLERICAY STRIDERS	<<DATE OF BIRTH NOT ON ENTRY FORM>>
214	13	00:58:08	NEWMAN-RUSSELL, Sally	SOUTHEND AC	F45
215	46	00:58:14	THWAITES, Verity		All Ladies
216	47	00:58:15	THWAITES, Rob		All Men
217	357	00:58:16	HARRIS, Kate		<<DATE OF BIRTH NOT ON ENTRY FORM>>
218	356	00:58:17	SKEELS, Joe		<<DATE OF BIRTH NOT ON ENTRY FORM>>
219	277	00:58:21	BEAL, Carolyn		M40
220	344	00:58:24	WILSON, Lisa		All Ladies
221	137	00:58:24	RICKARD, John		M50
222	165	00:58:25	LINCOLN, Debby	CASTLE POINT JOGGERS	F35
223	159	00:58:25	SWEENEY, Karen	CASTLE POINT JOGGERS	F45
224	119	00:58:26	MANSFIELD, Paul	HOCKLEY TRAIL RUNNERS	All Men
225	211	00:58:41	RAYMENT, Melanie		F35
226	121	00:58:48	MARKS, Charmaine	ROCHFORD RUNNING CLUB	F35
227	87	00:58:48	GEORGE, Emm	ROCHFORD RUNNING CLUB	All Ladies
228	331	00:58:50	SCOTT-YATES, Rachel	ROCHFORD RUNNING CLUB	F45
229	290	00:58:51	WILTSHIRE, Sharon	ROCHFORD RUNNING CLUB	F45
230	50	00:59:00	WOOD, Maria	LEIGH ON SEA STRIDERS	F45
231	292	00:59:09	HAWKINS, Nicola	PHOENIX STRIDERS	F45
232	90	00:59:09	SMITH, Angela	PITSEA RUNNING CLUB	F35
233	125	00:59:18	CARTER, Nicky	FLYERS SOUTHEND	F35
234	281	00:59:40	CADMAN, Amy		All Ladies
235	282	00:59:40	BANKS, Jonathan		All Men
236	366	00:59:53	WOODHAM, Tracy		<<DATE OF BIRTH NOT ON ENTRY FORM>>
237	141	01:00:13	GORHAM, Natalie	PHOENIX STRIDERS	All Ladies
238	108	01:00:26	WARRINGTON, Emma		F35
239	215	01:00:30	CARTER, Beverley	ESSEX LADIES RUNNING CLUB	F55
240	77	01:00:48	CAMPBELL-FREEMAN, Maggie	FLYERS SOUTHEND	F55
241	98	01:00:55	BRITTON, Jade	ROCHFORD RUNNING CLUB	All Ladies
242	20	01:01:09	BAKER, Helen	ESSEX LADIES RUNNING CLUB	F45
243	340	01:01:09	MCQUEENIE, Maria	PHOENIX STRIDERS	F35
244	291	01:01:10	HAWKINS, Rhys	PITSEA RUNNING CLUB	All Men
245	240	01:01:11	VICKERY, Sarah		F45

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
246	312	01:01:20	DANIELS, Steven		All Men
247	126	01:01:20	STEVENS, Amanda	EAST ESSEX TRIATHLON CLUB	F35
248	164	01:01:39	JOYCE, Lorraine	FLYERS SOUTHEND	F45
249	262	01:01:39	YOUNG, Paula	FLYERS SOUTHEND	F35
250	193	01:01:42	WATSON, Martin	CASTLE POINT JOGGERS	M40
251	65	01:02:03	WHITWELL-MOORE, Kim	ROCHFORD RUNNING CLUB	F35
252	115	01:02:05	DUNSTAN, Laura	ROCHFORD RUNNING CLUB	F35
253	213	01:02:07	WICKER, Jenny	ROCHFORD RUNNING CLUB	F45
254	265	01:02:07	MAYES, Jen	WITHAM RUNNING CLUB	F45
255	80	01:02:19	ATLING, Gabby	ROCHFORD RUNNING CLUB	F45
256	18	01:02:21	STOKES, Richard		All Men
257	296	01:02:31	LOVETT, Hugh	FLYERS SOUTHEND	M40
258	300	01:02:43	POINTER, Nigel	PITSEA RUNNING CLUB	M40
259	171	01:02:43	SHEA, Tim	PITSEA RUNNING CLUB	M50
260	369	01:02:45	MALLARD, Abigail		<<DATE OF BIRTH NOT ON ENTRY FORM>>
261	364	01:02:47	MALLARD, Hilary		F45
262	319	01:02:48	CLARKE, Rosie	JBR RUN & TRI CLUB	All Ladies
263	320	01:02:48	FOWLER, Laura	JBR RUN & TRI CLUB	F45
264	131	01:03:01	WELLINGTON, Jacqui	FLYERS SOUTHEND	F45
265	130	01:03:01	WELLINGTON, Anthony	FLYERS SOUTHEND	M50
266	216	01:03:16	BROWN, Jamie		M40
267	231	01:04:12	TURNER, Andrea		F35
268	67	01:05:29	HURST, Rebecca	FLYERS SOUTHEND	F35
269	185	01:05:40	LANGSTON, Rob	FLEET STREET RUNNERS	All Men
270	204	01:05:43	JACKAMAN, Sarah	CASTLE POINT JOGGERS	F55
271	268	01:05:45	RADLEY, Steve		M50
272	24	01:06:01	FENN, Jo		F35
273	23	01:06:01	BOOTH, Bev	ESSEX LADIES RUNNING CLUB	F45
274	196	01:06:02	DORRINGTON , Keith	ROCHFORD RUNNING CLUB	M50
275	195	01:06:02	DORRINGTON , Jane	ROCHFORD RUNNING CLUB	F55
276	299	01:06:10	RUDELL, Anne	ROCHFORD RUNNING CLUB	F55
277	266	01:06:16	IGGULDEN, Katie		F35
278	209	01:06:17	CHAPMAN, Karen		F45
279	135	01:06:34	MILLER, Emma	ESSEX LADIES	F35
280	48	01:06:39	FULLER, Sherry	FLYERS SOUTHEND	F35
281	178	01:06:41	DALGARNO , Samantha	ESSEX LADIES	F35
282	257	01:06:46	FERGUSON, Debby		F35
283	294	01:07:00	PEAKE, Rebecca	FLYERS SOUTHEND	All Ladies
284	92	01:07:00	RICHARDSON, Donna	FLYERS SOUTHEND	F45
285	353	01:07:34	CLARK, Sabrina		<<DATE OF BIRTH NOT ON ENTRY FORM>>
286	227	01:08:14	ROBERTS, Michelle	LEIGH ON SEA STRIDERS	F35
287	334	01:08:15	CLATWORTHY, Ron	FLYERS SOUTHEND	<<DATE OF BIRTH NOT ON ENTRY FORM>>
288	363	01:08:26	CHAPMAN, Siobhan		All Ladies
289	368	01:08:26	PHILLIPS, Leanne		<<DATE OF BIRTH NOT ON ENTRY FORM>>
290	302	01:08:32	LONGMAN, Brian	TRI SPORT EPPING	M50
291	301	01:08:32	SIMPSON, Louise	SOUTHEND AC	All Ladies
292	54	01:08:42	LIESCHING-SCHRODER, Karen	FLYERS SOUTHEND	F35
293	53	01:08:42	PASSINGHAM, Keith	FLYERS SOUTHEND	M60
294	147	01:08:47	HEWITT, Eloise	CASTLE POINT JOGGERS	All Ladies
295	289	01:08:56	LAWRENCE, Fiona	ROCHFORD RUNNING CLUB	F35
296	66	01:09:02	SMITH, Julie		F45
297	359	01:09:51	KING, Mikki		<<DATE OF BIRTH NOT ON ENTRY FORM>>
298	106	01:09:57	WITTE, Laurence		M60
299	182	01:10:00	HAYWARD, Jayne	CASTLE POINT JOGGERS	F45
300	96	01:10:06	BLISS, Tracy	CASTLE POINT JOGGERS	F45
301	148	01:10:06	CAMMIDGE, Kate	CASTLE POINT JOGGERS	F45
302	97	01:10:06	WEST, Jacqui	PHOENIX STRIDERS	F45
303	153	01:10:06	FREEMAN, Peter	FLYERS SOUTHEND	M50
304	134	01:10:19	MACGREGOR, Vicci		F35
305	30	01:10:19	CLAYDS, Andie	FLYERS SOUTHEND	F35
306	138	01:10:54	GALLAGHER, Hazel	FLYERS SOUTHEND	F45
307	177	01:10:54	DEAR, Lisa	FLYERS SOUTHEND	F35
308	271	01:11:39	MITCHELL, Angela		F55
309	146	01:11:39	SEXTON, Jenny	ESSEX LADIES	F45
310	322	01:11:56	DEAR, Theresa	FLYERS SOUTHEND	F35
311	133	01:11:56	WEEKS, Jerri	FLYERS SOUTHEND	F35
312	186	01:11:56	FINNIE, Ruth	J>A>R>S	F35
313	118	01:12:09	MAJOR, Elaine		All Ladies
314	82	01:13:08	BEARDWELL, Glenis	BENFLEET RUNNING CLUB	F45
315	286	01:13:11	DAULS, Skye	MUDDA FUDDERS	All Ladies
316	285	01:13:16	ALLIX, Lisa	SOUTHEND AC	F35
317	19	01:13:36	GREEN, Brian		M50
318	14	01:13:39	TAYLOR, Val	FLYERS SOUTHEND	F55
319	15	01:13:39	DAVIES, Ashley	FLYERS SOUTHEND	F55
320	274	01:13:39	HAMILTON, Lorraine		F35
321	163	01:13:39	COWELL, Angela		F35
322	107	01:13:39	TAYLOR, Lin		F45
323	162	01:14:12	COOMBE, Linda	FLYERS SOUTHEND	F35
324	376	01:16:09	#N/A	#N/A	#N/A
325	60	01:16:09	TREADWELL , Diane		F45
326	36	01:16:09	VICCARY, Kay	FLYERS SOUTHEND	F35
327	61	01:16:09	SARGENT, Dawn		F45

Position	Race Number	Time (hh:mm:ss)	Competitor	Team	Category
328	40	01:18:17	JONES, Kelly		F35
329	59	01:18:17	CORDING, Amy	ROCHFORD RUNNING CLUB	All Ladies
330	127	01:19:53	WERRETT, Linda	ROCHFORD RUNNING CLUB	F45
331	31	01:19:53	BOSWELL, Tina	FLYERS SOUTHEND	F55
332	32	01:20:28	HARRINGLEY , Laura	FLYERS SOUTHEND	All Ladies
333	197	01:21:48	LOCKHART, Catherine	ROCHFORD RUNNING CLUB	F45
334	17	01:23:24	DANES, Charlotte	ROCHFORD RUNNING CLUB	All Ladies
335	229	01:23:24	JARVIS, Alwine	ROCHFORD RUNNING CLUB	F55
336	230	01:23:54	JARVIS, Alan		M60
337	238	01:23:54	SCOTT, Sally		F45
338	239	01:23:54	DOWN, Penny		F55