

Actual Posn	Name	Club	Vet	Time
1	Victoria Hislock	Benfleet RC		27.29
2	Deborah Appleton	Est Essex Tri	Vet	29.49
3	Samantha Cone	Leigh-on-Sea Striders	Vet	30.49
4	Debbie Coyle	Barking Road Runners	Vet	30.58
5	Claire Baglin	Billericay Striders		31.09
6	Andrea Hughes	Leigh-on-Sea Striders		31.16
7	Kathleen Short	Brentwood RC	Vet	31.30
8	Eleanor Johnson	Leigh-on-Sea Striders		32.09
9	Lucy Thompson	Benfleet RC	Vet	32.27
10	Kate Spicer	Leigh-on-Sea Striders	Vet	32.33
11	Nicola O'Doherty	Billericay Striders	Vet	32.46
12	Hollie Boyd	Leigh-on-Sea Striders		32.54
13	Emily Irons	Brentwood RC		33.27
14	Sally Baker	Tri Sport Epping	Vet	33.46
15	Abbi May Walters	Benfleet RC		33.59
16	Amy Gornall	Brentwood RC		34.02
17	Jess Bell	Tri Sport Epping	Vet	34.02
18	Sarah Grabowski	Benfleet RC		34.30
19	Kelly McClenaghan	Benfleet RC	Vet	34.47
20	Charlotte Olson	Brentwood RC		34.52
21	Rebecca Gill	Est Essex Tri	Vet	35.16
22	Danielle Robarts	Rochford RC		35.26
23	Emma Conroy	Rochford RC	Vet	35.34
24	Liane Conners	Benfleet RC	Vet	35.46
25	Sarah Lengthorn	Billericay Striders	Vet	35.50
26	Sarah Friel	Barking Road Runners	Vet	36.08
27	Ruth Havis	Billericay Striders	Vet	36.15
28	Joanne Sullivan	Est Essex Tri	Vet	36.29
29	Lian Simmonds	Rochford RC	Vet	36.36
30	Mary Lloyd	Brentwood RC	Vet	36.49
31	Anne Hoeb	Castle Point Joggers		36.59
32	Tracey Bradley	Castle Point Joggers		37.06
33	Sophie Apps	Tri Sport Epping		37.09
34	Hannah Sheikh	Dagenham 88	Vet	37.10
35	Elisha Letley	Leigh-on-Sea Striders	Vet	37.10
36	Rea Evison	Leigh-on-Sea Striders		37.12
37	Zoe Storrar	Leigh-on-Sea Striders		37.16
38	Nicola Rudgley	Pitsea	Vet	37.20
39	Tania Hagan	Leigh-on-Sea Striders		37.24
40	Rahana Islam	Dagenham 88	Vet	37.42
41	Nikki Leigh	Benfleet RC	Vet	38.17
42	Anne Gunn	Leigh-on-Sea Striders		38.25
43	Ellie Mole	Havering 90	Vet	38.26
44	Jo McNeilly	Castle Point Joggers		38.34
45	Lauren Guichard	Rochford RC		39.09
46	Gemma Fairhurst	Tri Sport Epping		39.46
47	Emma De Cruz	Billericay Striders		39.57
48	Emma Dudman	Dagenham 88	Vet	40.00

49	Kate Pettit	Havering 90	Vet	40.02
50	Srah De Cristofano	Benfleet RC	Vet	40.07
51	Ele Carmichael	Leigh-on-Sea Striders		40.15
52	Vicki Calleja	Brentwood RC		40.19
53	Stacey Harmer	Brentwood RC	Vet	40.30
54	Wendy Read	Tri Sport Epping	Vet	40.42
55	Debbie Dunn	Castle Point Joggers	Vet	41.07
56	Annette Johnson	Benfleet RC	Vet	41.30
57	Jodie Schubert	Havering 90		41.34
58	Sue Mayes	Est Essex Tri	Vet	41.35
59	Ann Reed	Benfleet RC	Vet	41.44
60	Karen Hart	Castle Point Joggers	Vet	41.51
61	Terri Howe	Pitsea	Vet	41.52
62	Caroline O'Haire	Tri Sport Epping	Vet	41.53
63	Emma Bolton	Havering 90		41.53
64	Gina Gordon-Harris	Est Essex Tri	Vet	42.10
65	Alison Hall	Leigh-on-Sea Striders		42.12
66	Lisa Westwick	Leigh-on-Sea Striders		42.20
67	Marie White	Leigh-on-Sea Striders		42.25
68	Tina Victory	Castle Point Joggers	Vet	42.27
69	Carol Drake	Leigh-on-Sea Striders		42.33
70	Isabel Pinedo	Barking Road Runners		42.46
71	Yolanda Lev ??	Dagenham 88	Vet	42.50
72	Lorraine Heal	Castle Point Joggers	Vet	43.02
73	Cristina Cooper	Barking Road Runners	Vet	43.04
74	Laura Hemsworth	Castle Point Joggers		43.05
75	Cath Patterson	Leigh-on-Sea Striders		43.09
76	Pip Pimperdy	Pitsea		43.11
77	Caz Wallis	Pitsea	Vet	43.14
78	Tina Burton	Castle Point Joggers	Vet	43.20
79	Collette Toal	Rochford RC	Vet	43.20
80	Gassie Bzyant	Dagenham 88		43.22
81	Louise Chappell	Dagenham 88	Vet	43.44
82	Lara Harradine	Havering 90	Vet	43.44
83	Natalie Traylen	Barking Road Runners	Vet	43.49
84	Charlotte Owen	Barking Road Runners		43.51
85	Melanie Green	Havering 90	Vet	44.14
86	Theresa Philips	Leigh-on-Sea Striders		44.15
87	Amelia Howe	Leigh-on-Sea Striders		44.16
88	Chloe White	Billericay Striders		44.43
89	Lynn Rivers	Leigh-on-Sea Striders		44.59
90	Jenny O'Hanlon	Dagenham 88		45.01
91	Gill Harrison	Pitsea	Vet	45.04
92	Mel Gilmore	Havering 90	Vet	45.08
93	Debra Jean Baptiste	Barking Road Runners	Vet	45.10
94	Grainne Hallahan	Brentwood RC		45.24
95	Sandra Dalton	Havering 90	Vet	45.25
96	Sarah Hemsworth	Castle Point Joggers	Vet	45.27
97	Emma O'Shea	Dagenham 88	Vet	45.30
98	Paula Mallottides	Brentwood RC	Vet	45.37

99	Jo Choulerton	Castle Point Joggers	Vet	45.40
100	Teresa Jane Flannigan	Est Essex Tri	Vet	45.57
101	Veronica Bankor	Barking Road Runners	Vet	46.16
102	Rosina Salmon	Dagenham 88	Vet	46.17
103	Dawn Blake	Barking Road Runners	Vet	46.19
104	Alison Dunn	Leigh-on-Sea Striders		46.20
105	Kate Cammidge	Castle Point Joggers	Vet	46.24
106				46.29
107	Stacey Wimbledon-Emig	Est Essex Tri		46.57
108	Manoela Gordea	Benfleet RC	Vet	47.07
109	Joanne Reeves	Castle Point Joggers	Vet	47.15
110	Claire Rainbird	Castle Point Joggers	Vet	47.22
111	Victoria Wood	Havering 90	Vet	47.35
112	Lucy Burdett	Havering 90	Vet	47.42
113	Lynne Northcott	Dagenham 88	Vet	47.45
114	Ellen Reeves	Castle Point Joggers	Vet	47.45
115	Audrey Morris	Benfleet RC	Vet	47.58
116	Bev Markham	Castle Point Joggers	Vet	48.03
117	Timi Veerasamy	Dagenham 88	Vet	48.15
118	Jess Ellis	Leigh-on-Sea Striders		48.24
119	Ellen McPhillips	Leigh-on-Sea Striders		48.45
120	Bev Eagles	Dagenham 88	Vet	48.59
121	Nicola Hawkins	Pitsea	Vet	49.51
122	Sally McKeonn	Leigh-on-Sea Striders		49.55
123	Sue Horton	Benfleet RC	Vet	50.06
124	Cathy Salmon	Leigh-on-Sea Striders		50.11
125	Christine Lardner	Dagenham 88	Vet	51.16
126	Amanda Skeggs	Castle Point Joggers	Vet	52.01
127	Gillan Victory	Castle Point Joggers	Vet	52.04
128	Joyce Tan	Havering 90	Vet	52.07
129	Julie Gillender	Barking Road Runners	Vet	52.24
130	Karen Batt	Castle Point Joggers	Vet	52.40
131	Lorraine Moor	Dagenham 88	Vet	54.47
132	Joanne Groom	Castle Point Joggers	Vet	56.20
133	Natalie Hall	Est Essex Tri		56.49
134	Linda Bates	Pitsea	Vet	57.18
135	Julie Cardmell	Dagenham 88	Vet	1.00.13
136	Shelley Edmeades	Rochford RC	Vet	1.00.55
137	Jackie Elliot	Dagenham 88	Vet	1.02.59
138	Natalie Summer	Dagenham 88	Vet	1.03.55
139	Ronnie Waller	Dagenham 88	Vet	1.04.32
140	Chloe West	Leigh-on-Sea Striders		1.05.15
141	Marie West	Leigh-on-Sea Striders		1.06.59
142	Rea Oguntayo	Dagenham 88	Vet	1.10.05

Actual Posn	Name	Club	Vet	Time
1	Rob Warner	Havering 90		24.09
2	Crispian Bloomfield	Billericay Striders	Vet	25.05
3	Liviv Ionita	Barking Road Runners		25.53
4	Paul Grange	Barking Road Runners	Vet	26.26
5	Chris Wayman	Benfleet RC		23.31
6	Matibini Matibini	Leigh-on-Sea Striders	Vet	26.42
7	Barry Smith	Havering 90	Vet	26.53
8	Lee Boynton	Benfleet RC		27.04
9	George Dixon	Havering 90		27.07
10	Andy Low	Benfleet RC	Vet	27.08
11	Luke Gill	East Essex Tri		27.13
12	Gary Coombes	Barking Road Runners	Vet	27.15
13	Ian Toal	Rochford RC	Vet	27.32
14	Dean Ovel	Leigh-on-Sea Striders	Vet	27.37
15	Paul Ruffy	Benfleet RC	Vet	27.41
16	GrahamBooty	Benfleet RC	Vet	27.42
17	Martin Chester	Havering 90	Vet	27.43
18	Steve Philcox	Barking Road Runners	Vet	28.18
19	Sean McFarlane	Leigh-on-Sea Striders	Vet	28.24
20	Stuart Cable	Leigh-on-Sea Striders	Vet	28.26
21	Mike Woodward	Pitsea RC	Vet	28.30
22	David Butler	Billericay Striders	Vet	28.37
23	Bob King	Rochford RC		28.56
24	Matt Barret	Leigh-on-Sea Striders		29.02
25	Jerry Bethel	Leigh-on-Sea Striders	Vet	29.05
26	Simon Theobald	Tri Sport Epping	Vet	29.11
27	Daniel Elwood	Havering 90		29.17
28	Adam Hemsworth	Castle Point Joggers		29.17
29	Tom Overing	Rochford RC		29.19
30	Dan Buckley	Billericay Striders		29.22
31	Peter Barrett	Brentwood RC	Vet	29.25
32	Lloyd Miles	Billericay Striders	Vet	29.27
33	Peter Tullett	Billericay Striders	Vet	29.32
34	Richard Bonham	Castle Point Joggers		29.34
35	Ben Ralph-Davies	Brentwood RC		29.38
36	Phil Nippard	Rochford RC		29.40
37	Richard Jones	Benfleet RC	Vet	29.49
38	Alan Clark	Benfleet RC	Vet	30.03
39	Diarmuid MacDonnell	Barking Road Runners	Vet	30.08
40	Lewis Calcutt	Tri Sport Epping	Vet	30.11
41	Ian Pike	Benfleet RC	Vet	30.12
42	Colin Andrews	Rochford RC		30.14
43	Steve Joslin	Leigh-on-Sea Striders	Vet	30.27
44	Pete Stalley	Benfleet RC	Vet	30.32
45	Mark Mayes	East Essex Tri	Vet	30.36
46	Arron Patterson	Leigh-on-Sea Striders		30.42
47	Matt Rivers	Leigh-on-Sea Striders		30.45
48	Doug Stephens	Benfleet RC	Vet	30.51

49	Matt Stenning	Billericay Striders	Vet	30.52
50	Phil Olson	Brentwood RC	Vet	30.53
51	Jim Marshall	Brentwood RC	Vet	30.56
52	James Burns	Leigh-on-Sea Striders	Vet	30.59
53	Stuart Saunders	Brentwood RC		31.03
54	Anthony Moon	Castle Point Joggers		31.04
55	Rick Wade	Castle Point Joggers		31.05
56	Tony Hyde	Pitsea RC	Vet	31.06
57	Barry Weldon	Billericay Striders	Vet	31.08
58	Todd Harding	Rochford RC		31.11
59	Peter Salmon	Dagenham 88	Vet	31.27
60	Nick Rankin	Benfleet RC	Vet	31.31
61	Adam Poulton	Castle Point Joggers	Vet	31.35
62	Darren Summers	Leigh-on-Sea Striders	Vet	31.40
63	Martin Howlett	Castle Point Joggers	Vet	31.49
64	Phil Cooper	Billericay Striders	Vet	31.51
65	David Kail	Barking Road Runners		31.52
66	Neal Marlow	Leigh-on-Sea Striders	Vet	32.02
67	Brian Longman	Tri Sport Epping	Vet	32.07
68	Gary Flint	Havering 90		32.09
69	Mark Gowers	Billericay Striders	Vet	32.24
70	Dave Harding	Leigh-on-Sea Striders	Vet	32.25
71	Christian Gray	East Essex Tri		32.29
72	Marc Downham	Leigh-on-Sea Striders	Vet	32.30
73	Scott Thrush	Leigh-on-Sea Striders		32.36
74	Daniel Gillard	Havering 90		32.37
75	Nikki Read	Leigh-on-Sea Striders		32.51
76	John Sweeney	Castle Point Joggers	Vet	32.51
77	Roy Hendley	Havering 90		32.53
78	Ben Pickett	East Essex Tri		32.55
79	Colin Jones	Barking Road Runners	Vet	33.13
80	Graeme Edwards	Castle Point Joggers	Vet	33.23
81	Danny Moody	Tri Sport Epping	Vet	33.41
82	Cliff King	Castle Point Joggers	Vet	33.47
83	Colin White	Billericay Striders	Vet	33.51
84	Paul Thornton	Tri Sport Epping	Vet	33.54
85	Mike Hopkins	Castle Point Joggers	Vet	33.56
86	Alasdair Daw	Billericay Striders	Vet	33.57
87	Ryan Gillard	Leigh-on-Sea Striders		34.01
88	James Austin	Castle Point Joggers	Vet	34.01
89	Colin Dunn	Castle Point Joggers	Vet	34.02
90	Richard Harmer	Brentwood RC	Vet	34.05
91	Kevin Partridge	Tri Sport Epping	Vet	34.07
92	Ian Gill	East Essex Tri	Vet	34.18
93	Darren Hutchinson	Tri Sport Epping	Vet	34.21
94	John George	Barking Road Runners	Vet	34.23
95	Jason Field	Brentwood RC		34.29
96	James Macnish Porter	Brentwood RC	Vet	34.30
97	Mahbub Khan	Barking Road Runners	Vet	34.37
98	Rob West	Leigh-on-Sea Striders	Vet	34.43

99	Mo	Benfleet RC	Vet	34.44
100	Gary Rowley	Leigh-on-Sea Striders	Vet	34.45
101	Paul Agastina	Pitsea RC	Vet	34.49
102	Anthony Maplesden	Havering 90	Vet	34.49
103	Tony Collins	Havering 90	Vet	34.50
104	David Dutton	Rochford RC	Vet	34.57
105	Jamie Austin	Dagenham 88		35.05
106	Nick Lowman	Leigh-on-Sea Striders	Vet	35.08
107	Ron Vials	Barking Road Runners	Vet	35.09
108	Arran Salmon	Leigh-on-Sea Striders	Vet	35.22
109	Dean Bates	Havering 90	Vet	35.29
110	Danny Cracknell	Tri Sport Epping	Vet	35.29
111	Kevin Steed	Benfleet RC	Vet	35.31
112	Michael Haylet	Leigh-on-Sea Striders	Vet	35.32
113	Andy Debnam	Castle Point Joggers	Vet	35.34
114	Kevin Brushett	Billericay Striders	Vet	35.38
115	Ian Hart	Castle Point Joggers	Vet	35.50
116	Barry Culling	Barking Road Runners	Vet	35.55
117	Chris Milne	East Essex Tri	Vet	35.58
118	Luke Burket	Leigh-on-Sea Striders	Vet	36.03
119	Steve Wise	Benfleet RC	Vet	36.04
120	Andrew Houseago	Havering 90	Vet	36.17
121	Phil Baker	Tri Sport Epping	Vet	36.21
122	Chris Huggins	Pitsea RC	Vet	36.23
123	Dave Flanagan	Castle Point Joggers	Vet	36.28
124	Mark Freeman	Rochford RC	Vet	36.34
125	John Colby	Rochford RC	Vet	36.38
126	Chris Farnmond	Tri Sport Epping	Vet	36.43
127	Dave Ward	Leigh-on-Sea Striders	Vet	36.47
128	Gary Clifford	Castle Point Joggers	Vet	37.10
129	Barry Kay	Rochford RC	Vet	37.25
130	Frank Schubert	Havering 90	Vet	37.27
131	Justin Macal	Castle Point Joggers	Vet	39.39
132	Mark Collins	Castle Point Joggers	Vet	37.41
133	Mike Hayward	Castle Point Joggers	Vet	37.44
134	Ingo Dierkshneider	Pitsea RC	Vet	37.49
135	Graham Smith	Leigh-on-Sea Striders	Vet	37.58
136	Martin Victory	Castle Point Joggers	Vet	38.04
137	Manji Gami	Dagenham 88	Vet	38.08
138	Gareth Smith	Castle Point Joggers		38.12
139	Ian Bartram	Castle Point Joggers	Vet	38.16
140	Darren Radford	Havering 90	Vet	38.28
141	Nick Giannotti	Castle Point Joggers	Vet	38.41
142	John Tracey	Pitsea RC	Vet	38.49
143	Mark Colquhoun	Castle Point Joggers	Vet	38.53
144	Mich Peggall	Dagenham 88		38.59
145	Martyn Swain	Benfleet RC	Vet	39.03
146	Keith Limburn	Leigh-on-Sea Striders	Vet	39.09
147	Barry Groom	Castle Point Joggers	Vet	39.20
148	Frank Heinen	Tri Sport Epping	Vet	39.23

149	Bruce Mail	Havering 90	Vet	39.33
150	Wally James	Leigh-on-Sea Striders	Vet	40.02
151	Ian Cummins	Dagenham 88	Vet	40.03
152	Gary Walsh	Leigh-on-Sea Striders	Vet	40.22
153	Ron Seddon	Havering 90	Vet	40.26
154	Brian Butcher	Castle Point Joggers	Vet	41.08
155	Paul Ackers	Rochford RC	Vet	41.14
156	Gary Cardnell	Dagenham 88	Vet	41.17
157	Nick Rivers	Leigh-on-Sea Striders	Vet	41.32
158	Trevor Cooper	Barking Road Runners		41.39
159	Martin Mason	Barking Road Runners	Vet	41.49
160	Tom Webster	Rochford RC		41.50
161	Luke Summer	Dagenham 88		42.11
162	Chris Cammidge	Castle Point Joggers	Vet	42.18
163	Ray Vautier	Castle Point Joggers	Vet	42.26
164	Martin Cahalane	Pitsea RC	Vet	42.28
165	Nick McCullagh	Castle Point Joggers	Vet	42.59
166	Brian Slade	Havering 90	Vet	43.12
167	Ron Dobie	Havering 90	Vet	43.20
168	Mark Armitage	Leigh-on-Sea Striders	Vet	43.29
169	Gary Harford	Barking Road Runners	Vet	43.36
170	Mick Davison	Barking Road Runners	Vet	43.44
171	Dave Walker	Leigh-on-Sea Striders	Vet	44.27
172	John Cockcroft	Billericay Striders	Vet	44.28
173	Chris Thomas	Havering 90	Vet	44.39
174	Jim Jennet	Leigh-on-Sea Striders	Vet	46.00
175	Les Jay	Barking Road Runners	Vet	46.37
176	Sergio Demelo Barbeitos	Castle Point Joggers	Vet	46.39
177	Keith Monaghan	Havering 90	Vet	47.06
178	Jason Li	Barking Road Runners	Vet	47.09
179	Steve Sheekey	Havering 90	Vet	47.20
180	Peter Bates	Pitsea RC	Vet	48.03
181	Terry Knightley	Billericay Striders	Vet	49.38
182	Terry Corti	Havering 90	Vet	49.56
183	George Smith	Brentwood RC	Vet	50.05
184	Kresh Veerasamy	Barking Road Runners	Vet	53.08
185	Sam Veerasamy	Dagenham 88	Vet	54.30
186	Brian Harding	Brentwood RC	Vet	54.30
187	Dave Godfrey	Billericay Striders	Vet	54.32
188	David West	Leigh-on-Sea Striders	Vet	55.44
189	Micky Ball	Barking Road Runners	Vet	1.00.27
190	Rhys Hawkins	Pitsea RC		1.00.39