

Men's results

Position	Name	Vet	2CS	Club	Time
1	Taite Wallis			Billericay Striders	26.03
2	Shane Boxall		2cs	Benfleet RC	26.12
3	Rusty MacGavock			Benfleet RC	26.27
4	Max Stapleford			Leigh-on-Sea Striders	27.26
5	Kieran O'Doherty	Vet		Billericay Striders	27.37
6	Ben Green			Nuclear Striders	28.34
7	James Arnold	Vet		Benfleet RC	28.36
8	James Beasley			Leigh-on-Sea Striders	29.12
9	Dean Ovel	Vet		Leigh-on-Sea Striders	29.18
10	Jim Dodsworth	Vet		Leigh-on-Sea Striders	29.45
11	Ben Brooks			East Essex Tri	29.57
12	Crispian Broomfield	Vet		Billericay Striders	30
13	Mike Briggs			Benfleet RC	30.04
14	Martin Owen	Vet		Leigh-on-Sea Striders	30.07
15	Steve Philcox	vet	2cs	Barking Road Runners	30.11
16					30.12
17	Andy Bright	Vet		Nuclear Striders	30.16
18	Nick Wetheridge	Vet	2cs	East Essex Tri	30.17
19	Oscar Farley			Billericay Striders	30.18
20	Daniel Jordan			Benfleet RC	30.27
21	Harry Sloman			Brentwood RC	30.27
22					30.32
23	Jody Walker	Vet		Nuclear Striders	30.38
24	Adam Hemsworth			Benfleet RC	30.52
25	Warren Shoesmith			Nuclear Striders	30.53
26	Nick Taylor			Nuclear Striders	30.56
27	John Barker	Vet	2cs	Brentwood RC	31.05
28	Darren Warren			Nuclear Striders	31.09
29	Ross Fanning			Nuclear Striders	31.17
30	Stuart Cable	Vet		Leigh-on-Sea Striders	31.29
31	Ramzey Uikys	vet		Nuclear Striders	31.36
32	Roy Harwood	Vet		Benfleet RC	31.38
33	James Redman			Billericay Striders	31.45
34	Graham Booty	Vet		Benfleet RC	31.54
35	Ian Toal	Vet		Leigh-on-Sea Striders	31.59
36	Gary Pitman	Vet		RED Runners	32.06
37	Ben Usher			Nuclear Striders	32.13
38	Benn Orme			Nuclear Striders	32.17
39	Alan James	Vet		Phoenix Striders	32.25
40	Tom McGarr			Leigh-on-Sea Striders	32.32
41	Stuart Watson	Vet		Benfleet RC	32.48
42	Dave Jellett			Rochford RC	32.51

43	Kyle McGill	Vet	Billericay Striders	33.02
44	Lukaz Sancharzowski		Leigh-on-Sea Striders	33.15
45	Mark Meader	Vet	Brentwood RC	33.16
46	Ryan Bedford	Vet	Pitsea RC	33.3
47	Tom Hughes	Vet	Brentwood RC	33.33
48	remove			33.35
49	Peter Tullett	Vet	2SC Billericay Striders	33.38
50	Mike Woodward	Vet	Pitsea RC	33.41
51	Russel Keddle	Vet	RED Runners	33.47
52	Gordon Conroy	Vet	Leigh-on-Sea Striders	33.52
53	David Blainey	Vet	Leigh-on-Sea Striders	34
54	Liam Simmonds		Benfleet RC	34.08
55	Max Wheeler		RED Runners	34.09
56	Nick Langton		Nuclear Striders	34.1
57	Tom Lovering		Rochford RC	34.14
58	Achillea Tsatsa		Nuclear Striders	34.15
59	Ian Curtis	vet	RED Runners	34.17
60	Alan Clark	Vet	Benfleet RC	34.23
61				34.23
62	Ervin Dsistious	Vet	Nuclear Striders	34.24
63	remove			34.25
64	Peter Seaton-Faulkner		Leigh-on-Sea Striders	34.29
65	Darren Lock	Vet	Leigh-on-Sea Striders	34.39
66	Barry Weldon		Billericay Striders	34.4
67	Matt Cops	Vet	Benfleet RC	34.44
68	Martin Palmer	Vet	East Essex Tri	34.47
69	Neal Clark	Vet	Phoenix Striders	34.5
70	Matt Phillips	Vet	Billericay Striders	34.5
71	Nick Rankin	Vet	Benfleet RC	34.55
72				34.58
73	Chris Coates	Vet	Benfleet RC	35.23
74	Ben Horsburgh		RED Runners	35.23
75	Ian Booker	Vet	Brentwood RC	35.29
76	Bruce Gander	Vet	Leigh-on-Sea Striders	35.32
77	Darren Latter	Vet	RED Runners	35.35
78	Peter Andereson Thom	Vet	Pitsea RC	35.39
79	Sam Martin		RED Runners	35.4
80	Matt Stennings	Vet	Billericay Striders	35.42
81	Ray Brooks	Vet	East Essex Tri	35.51
82	Neil Jennings	VET	Billericay Striders	35.58
83	Chris Senk	Vet	East Essex Tri	36.19
84	Oliver Moore	Vet	Leigh-on-Sea Striders	36.29
85				36.36
86	Darren Summers	Vet	Leigh-on-Sea Striders	36.39

87	Michael O'Connor	Vet	Brentwood RC	36.43
88	Michael Eyres		East Essex Tri	36.54
89	Bill Smith	Vet	East Essex Tri	37.01
90	Phil Olson	Vet	Brentwood RC	37.07
91	Ben Whatley-Harris	Vet	Brentwood RC	37.13
82				37.16
93	Tony Agg	Vet	Billericay Striders	37.18
94				37.25
95	Jamie Austin-Summers		RED Runners	37.3
96	Ian Pike	Vet	Benfleet RC	37.4
97	Adam Hook		Nuclear Striders	37.46
98	Rob Hempstead	Vet	Billericay Striders	38.29
99	Mat Sherlock	Vet	RED Runners	38.4
100	Scott Shoesmith	Vet	Nuclear Striders	39.02
101				39.04
102	John Rozee	Vet	Havering 99 Joggers	39.1
103	Adam Davis		Billericay Striders	39.12
104	Gareth Richards		Rochford RC	39.13
105	Daryl Fryatt	vet	RED Runners	39.16
106	Geoff Keily	vet	Billericay Striders	39.2
107	Kieran Coughlan	vet	Leigh-on-Sea Striders	39.25
108	Dan Cooke	Vet	RED Runners	39.29
109	Hamza Zahir		Leigh-on-Sea Striders	39.32
110				39.54
111	Richard Jones	Vet	East Essex Tri	39.57
112	Lewis Jones		Brentwood RC	39.58
113	Nigel Street	Vet	Phoenix Striders	40.03
114	Sean Pearsons-King	Vet	Rochford RC	40.04
115	Andrew Morris	Vet	Billericay Striders	40.1
116	Martin Orford	Vet	Pitsea RC	40.15
117	Si Rawlings	Vet	East Essex Tri	40.32
118	Nathan Clarke		East Essex Tri	40.48
119	Nathan Reilly		Billericay Striders	41.15
120	Keith Nevett	Vet	Castlepoint Joggers	41.17
121	Ryan Clarke		East Essex Tri	41.18
122	Allan Lacey	Vet	Dagenham 88 Runners	41.18
123	Chris Read	Vet	Brentwood RC	41.35
124	Aaron Salmon	Vet	Leigh-on-Sea Striders	41.36
125	Vic Conran		RED Runners	41.57
126	Anthony Mann		Rochford RC	42.9
127	Tony Cowell	Vet	Rochford RC	42.28
128	Dylan Chase	Vet	Brentwood RC	42.48
129	Steve Jackson	Vet	East Essex Tri	43.07
130	Zak Goble		RED Runners	43.29

131	Lee Hazelwood	Vet	Phoenix Striders	44.15
132	James Talbot	Vet	Havering 99 Joggers	44.31
133	Michael Whittington	Vet	Phoenix Striders	44.4
134	Ben Souster		Benfleet RC	45.01
135	Jason Suddaby	Vet	Barking Road Runners	45.05
136	Martin Blake		RED Runners	45.06
137	David Tapsell	Vet	Phoenix Striders	45.21
138	Steve Marshall	Vet	Leigh-on-Sea Striders	45.21
139	Rob West	Vet	Leigh-on-Sea Striders	45.23
140	Chris Emery	2cs	Pitsea RC	45.41
141	Ron Vials	Vet	Barking Road Runners	46
142	Simon Maley	Vet	Havering 99 Joggers	46.28
143	Gary Cardnell	Vet	Dagenham 88 Runners	46.29
144	Roger Lebek	Vet	Havering 99 Joggers	46.31
145	Scott Sutherland	Vet	Pitsea RC	46.34
146	Jack Wrigh	Vet	Havering 99 Joggers	46.41
147	Mark Mager	Vet	Pitsea RC	46.42
148	Scott Mangham	Vet	Leigh-on-Sea Striders	46.42
149	Stephen Foggo		Billericay Striders	47.43
150	Will Tully		Havering 99 Joggers	48.06
151	Tony Ocallaghan	Vet	Havering 99 Joggers	48.14
152	David Scott	Vet	Billericay Striders	48.33
153	Scott Burgess		Rochford RC	48.49
154	Steven Mitchell	Vet	Havering 99 Joggers	49.1
155	Luke Austin-Summers		RED Runners	49.5
156	Hiren Amin	Vet	Pitsea RC	49.54
157	Andy Bolter	Vet	Leigh-on-Sea Striders	50.15
158	Daniel Cooper		Billericay Striders	50.27
159	Ed Hepburn		Leigh-on-Sea Striders	50.42
160	Paul Bertram	Vet	Pitsea RC	51.22
161	Nick Gorman	Vet	Barking Road Runners	51.52
162	Gary Harford	Vet	Barking Road Runners	54.44
163	David Lacey	Vet	Dagenham 88 Runners	55.33
164	John Whhite	Vet	Pitsea RC	56.53
165	Lee Regan	Vet	Havering 99 Joggers	59.7
166	Anbarasu Govindasamy	Vet	Havering 99 Joggers	01.00.26
167	Ben Stops	Vet	East Essex Tri	01.01.15
168	Lee Kyson	Vet	Havering 99 Joggers	01.04.10
169	Brian Slade	Vet	Havering 99 Joggers	01.04.57
170	Barry Rowall	Vet	Barking Road Runners	01.07.50
171	Rob Courtier	Vet	Barking Road Runners	01.13.07