

MEN / Vet	Position	Name	Club	Time
	1	Shane Boxall	Benfleet RC	0:26:27
V	2	Kieran O'Doherty	Billericay Striders	0:27:39
	3	Josh Sweeney	Benfleet RC	0:27:46
	4	Luke Kavanagh	Benfleet RC	0:27:58
	5	Andrew Barr	Brentwood RC	0:28:06
V	6	James Arnold	Benfleet RC	0:29:02
	7	James Beasley	LOSS	0:29:18
V	8	Chris Kearney	Castle Point Joggers	0:29:21
V	9	Dean Ovel	LOSS	0:29:25
V	10	Jim Dodsworth	LOSS	0:29:30
V	11	Jody Walker	Nuclear Striders	0:29:49
V	12	Martin Owen	LOSS	0:29:55
V	13	Nick Wetheridge	East Essex Tri	0:30:00
	14	George Wakefield	Nuclear Striders	0:30:04
	15	Michael Briggs	Benfleet RC	0:30:08
V	16	Steve Philcox	Barking Road Runners	0:30:11
	17	Oscar Farley	Billericay Striders	0:30:12
V	18	Andy Bright	Nuclear Striders	0:30:14
	19	Nick Taylor	Nuclear Striders	0:30:41
	20	Mike Webber	LOSS	0:30:53
	21	Ross Fanning	Nuclear Striders	0:30:59
V	22	Ramzey Uikys	Nuclear Striders	0:31:05
V	23	Stuart Cable	LOSS	0:31:08
	24	Ben Usher	Nuclear Striders	0:31:09
	25	Tom McGarr	LOSS	0:31:10
	26	Kieran Neary	Castle Point Joggers	0:31:13
V	27	Roy Harwood	Benfleet RC	0:31:16
V	28	John Barker	Brentwood RC	0:31:27
V	29	Graham Booty	Benfleet RC	0:31:29
	30	David Jellett	Rochford RC	0:31:35
	31	Ben Orme	Nuclear Striders	0:31:45
V	32	Warren Shoesmith	Nuclear Striders	0:31:46
	33	Alan James	Phoenix Striders	0:31:57
V	34	Tom Cochrane	Benfleet RC	0:32:03
V	35	Ian Toal	LOSS	0:32:08
	36	Kyle McGill	Billericay Striders	0:32:09
V	37	Maurice Otuoma	Havering '90 Joggers	0:32:09
V	38	Stuart Watson	Benfleet RC	0:32:24
	39	Dan Warren	Nuclear Striders	0:32:28
V	40	Ryan Bedford	Pitsea RC	0:32:29
V	41	Elliott Cone	RED Runners	0:32:41
	42	Ben Horsburgh	RED Runners	0:32:59
	43	Lukaz	LOSS	0:33:07
	44	Tom Overing	Rochford RC	0:33:15
V	45	Tony Pecoraro	Havering '90 Joggers	0:33:19
V	46	Darren Lock	LOSS	0:33:21
V	47	Lee James	Phoenix Striders	0:33:24
	48	Simon Sumner	LOSS	0:33:30
V	49	Russell Keddie	RED Runners	0:33:32

V	50	Nick Langton	Nuclear Striders	0:33:39
V	51	Alan Clark	Benfleet RC	0:33:39
V	52	Michael Woodward	Pitsea RC	0:33:40
V	53	Michael Cook	Pitsea RC	0:33:42
V	54	Martin Palmer	East Essex Tri	0:33:48
	55	Barry Weldon	Billericay Striders	0:33:51
V	56	Peter Thorn Anderson	Pitsea RC	0:33:56
V	57	Matt Phillips	Billericay Striders	0:34:04
V	58	Richard Bonham	Castle Point Joggers	0:34:08
V	59	Peter Tullett	Billericay Striders	0:34:14
V	60	Chris Coates	Benfleet RC	0:34:18
V	61	Gary Mcsweeney	Nuclear Striders	0:34:20
V	62	Martin Chester	Havering '90 Joggers	0:34:33
V	63	Nick Rankin	Benfleet RC	0:34:36
V	64	Darren Latter	RED Runners	0:34:37
V	65	Neal Clark	Phoenix Striders	0:35:06
V	66	Ervin Ntisios	Nuclear Striders	0:35:06
	67	Achillea Tsatsa	Nuclear Striders	0:35:18
V	68	Ray Brooks	East Essex Tri	0:35:23
V	69	Matt Cops	Benfleet RC	0:35:27
V	70	Oliver moore	LOSS	0:35:31
V	71	Paul Lowry	Benfleet RC	0:35:33
V	72	Chris Senk	East Essex Tri	0:35:35
	73	Jamie Austin-Summers	RED Runners	0:35:48
	74	Sam Martyn	RED Runners	0:35:49
V	75	Bill Smith	East Essex Tri	0:35:51
V	76	Bruce Gander	LOSS	0:35:58
V	77	Neil Jennings	Billericay Striders	0:36:01
V	78	Dave Pattern	LOSS	0:36:04
V	79	Matthew Dodd	East Essex Tri	0:36:07
V	80	Tony Agg	Billericay Striders	0:36:17
V	81	Martin Howlett	Castle Point Joggers	0:36:29
V	82	Daryl Fryatt	RED Runners	0:36:41
	83	Danny Shilling	Pitsea RC	0:37:02
V	84	Adam Poulton	Castle Point Joggers	0:37:12
	85	Adam Hook	Nuclear Striders	0:37:21
V	86	Joe Smith	Pitsea RC	0:37:23
V	87	Gavin Lea	Rochford RC	0:37:29
	88	William Turner	Billericay Striders	0:37:41
	89	Tom Monk	LOSS	0:37:43
V	90	Gareth Richards	Rochford RC	0:37:45
	91	Ashley Symons	Benfleet RC	0:37:47
V	92	Phil Olson	Brentwood RC	0:37:51
V	93	Daniel Plawiak	Barking Road Runners	0:37:57
V	94	Ian Pike	Benfleet RC	0:38:06
V	95	John Sweeney	Castle Point Joggers	0:38:07
V	96	John Rozee	Havering '90 Joggers	0:38:11
V	97	Ryan Gauld	Pitsea RC	0:38:12
V	98	Nigel Street	Phoenix Striders	0:38:15
V	99	Tony Gawler	Nuclear Striders	0:38:16
V	100	Kieran Coughlan	LOSS	0:38:19

	101	Tom Franklyn	Castle Point Joggers	0:38:20
V	102	Paul Hagan	Phoenix Striders	0:38:33
V	103	Matt Letley	LOSS	0:38:36
V	104	Anthony Cowell	Rochford RC	0:38:41
V	105	Stuart Parnaby	Billericay Striders	0:38:46
V	106	Geoff Keily	Billericay Striders	0:39:06
V	107	Martin Page	Barking Road Runners	0:39:08
V	108	Richard Jones	East Essex Tri	0:39:24
V	109	Nathan Reilly	Billericay Striders	0:39:30
V	110	Martin Orford	Pitsea RC	0:39:39
	111	Nathan Clarke	East Essex Tri	0:39:46
V	112	Spencer Garlick	Hockley Trail Runners	0:39:56
V	113	Billy Walkington	Dagenham 88 Runners	0:40:03
	114	Sean Pearsons-King	Rochford RC	0:40:08
V	115	Alan Porter	Castle Point Joggers	0:40:11
V	116	Keigh Muggleton	East Essex Tri	0:40:15
	117	Zak Goble	RED Runners	0:40:16
	118	Robbie Cole	RED Runners	0:40:25
V	119	Andrew Morris	Billericay Striders	0:40:33
V	120	Keith Nevett	Castle Point Joggers	0:40:36
V	121	Vic Conran	RED Runners	0:40:39
V	122	Matt Simson	Pitsea RC	0:40:43
V	123	Scott Wood	RED Runners	0:40:57
V	124	Mark New	Barking Road Runners	0:41:09
V	125	Allan Lacey	Dagenham 88 Runners	0:41:16
V	126	Greg Smith	Hockley Trail Runners	0:41:20
Y	127	Brian Sorenson	Benfleet RC	0:41:22
V	128	Roy James	Havering '90 Joggers	0:41:23
V	129	Si Rawlings	East Essex Tri	0:41:31
	130	Jack Taylor	Pitsea RC	0:41:34
V	131	Stephen Foggo	Billericay Striders	0:41:38
V	132	Pedro Gonclaves	Havering '90 Joggers	0:41:45
V	133	Ian Wilson	RED Runners	0:41:49
V	134	Dave Ward	LOSS	0:41:55
V	135	David Tapsell	Phoenix Striders	0:42:11
V	136	Dylan Chase	Brentwood RC	0:42:20
V	137	James McNish Porter	Brentwood RC	0:42:21
V	138	Simon Malby	Havering '90 Joggers	0:42:33
V	139	Simon Lambert	Phoenix Striders	0:42:39
	140	Graeme Silcock	East Essex Tri	0:42:40
V	141	Mike Hopkins	Castle Point Joggers	0:42:41
V	142	Lee Hazelwood	Phoenix Striders	0:42:47
V	143	James Kane	Hockley Trail Runners	0:42:53
V	144	Jamie Enebver-Dodd	Phoenix Striders	0:42:56
V	145	Steve Jackson	East Essex Tri	0:42:58
V	146	James Talbot	Havering '90 Joggers	0:43:03
	147	Ben Souster	Benfleet RC	0:43:35
V	148	Ron Vialls	Barking Road Runners	0:43:41
V	149	Daniel Cooper	Billericay Striders	0:43:44
V	150	Jack Wright	Havering '90 Joggers	0:43:52
V	151	Michael Whittington	Phoenix Striders	0:43:55

	152	Simon Hainsowrth	LOSS	0:44:26
	153	Chris Emery	Pitsea RC	0:44:31
V	154	Rob West	LOSS	0:45:03
	155	Scott Burgess	Rochford RC	0:45:26
V	156	Paul Bertram	Pitsea RC	0:45:29
	157	James Webb	Benfleet RC	0:45:34
V	158	Steve Marshall	LOSS	0:46:05
V	159	Tony O'Callaghan	Havering '90 Joggers	0:46:12
V	160	David Scott	Billericay Striders	0:46:19
V	161	Ricky Lee	Billericay Striders	0:46:37
	162	Luke Austin-Summers	RED Runners	0:46:45
V	163	Roger Westwood	Dagenham 88 Runners	0:47:31
V	164	David Dutton	Rochford RC	0:48:01
	165	Ross Jordan	Nuclear Striders	0:48:07
V	166	John Hughes	Dagenham 88 Runners	0:48:27
V	167	Steven Mitchell	Havering '90 Joggers	0:48:29
V	168	Darren Radford	Havering '90 Joggers	0:50:21
V	169	Frank Schubert	Havering '90 Joggers	0:50:50
V	170	Tony Collins	Havering '90 Joggers	0:52:11
V	171	Mark Robertson	RED Runners	0:52:23
V	172	Andy Body	Phoenix Striders	0:52:28
V	173	Stuart Tidds	Havering '90 Joggers	0:52:39
V	174	Phil Martyn	Hockley Trail Runners	0:52:40
V	175	Mick Davison	Barking Road Runners	0:52:53
V	176	Gary Harford	Barking Road Runners	0:53:15
V	177	Lee Regan	Havering '90 Joggers	0:53:33
V	178	David Lacey	Dagenham 88 Runners	0:53:46
V	179	John White	Pitsea RC	0:55:50
V	180	Brain Slade	Havering '90 Joggers	1:08:55
V	181	Rob Courtier	Barking Road Runners	1:09:03
V	182	Nick Gorman	Barking Road Runners	1:28:49
V		Steve Walker	Havering '90 Joggers	DNF