

Men's results

Position	Name	Vet	2CS	Club	Time		
1	Shane Boxall		S	Benfleet RC	25:10	Barking Road Runners	11
2	Ronan Homer			Leigh-on-Sea Striders	26:12	Benfleet RC	15
3	Josh Sweeney			Benfleet RC	26:59	Billericay Striders	15
4	Ben Brooks			East Essex Tri	27:18	Brentwood RC	5
5	James Arnold	V		Benfleet RC	27:33	Castle Point Joggers	13
6	David Raffaelli			Leigh-on-Sea Striders	27:44	Dagenham 88	4
7	Alex Young	V	ND	Nuclear Striders	27:50	East Essex Tri	7
8	James Beasley			Leigh-on-Sea Striders	28:12	Havering '90 Joggers	21
9	George Wakefield			Nuclear Striders	28:37	Hockley Trail Runners	10
10	Martin Owens	V		Leigh-on-Sea Striders	28:56	Leigh-on-Sea Striders	29
11	Adam Hemsworth			Benfleet RC	29:00	Nuclear Striders	22
12	Dean Ovel	V		Leigh-on-Sea Striders	29:01	Phoenix Striders	7
13	Michael Briggs			Benfleet RC	29:16	Pitsea RC	9
14	Michael Banham			Benfleet RC	29:20	RED Runners	14
15	Oscar Farley			Billericay Striders	29:25	Rochford RC	8
16	James Redman			Billericay Striders	29:28		
17	Lewis Sartin			East Essex Tri	29:30		
18	Steve Philcox	V	S	Barking Road Runners	29:32	TOTAL	190
19	Daniel Lee			Benfleet RC	29:41	Blank	1
20	Specer Welch	V		Billericay Striders	29:45		
21	Warren Shoesmith		ND	Nuclear Striders	29:50		
22	Kieran Neary	V		Castle Point Joggers	29:52		
23	Andy Bright	V		Nuclear Striders	29:53		
24	Stuart Cable	V		Leigh-on-Sea Striders	30:00		
25	Ben Maguire			Leigh-on-Sea Striders	30:17		
26	Jason Leeds	V	ND	Nuclear Striders	30:13		
27	Gary Pitman	V		RED Runners	30:15		
28	Chris McClay	V		Leigh-on-Sea Striders	30:22		
29	David Jellett			Rochford RC	30:32		
30	Lee Heley	V		Leigh-on-Sea Striders	30:47		
31	Maurice Otuoma	V		Havering '90 Joggers	30:54		
32	Graham Booty	V		Benfleet RC	30:58		
33	Nick Taylor			Nuclear Striders	31:02		
34	Ben Orme			Nuclear Striders	31:13		
35	Russell Keddle	V		RED Runners	31:15		
36	Stuart Rodwell	V		Rochford RC	31:17		
37	Ian Toal	V		Leigh-on-Sea Striders	31:20		
38	Roy Harwood	V		Benfleet RC	31:24		
39	Simon Sumner	V		Leigh-on-Sea Striders	31:41		
40	Elliot Cone	V		RED Runners	31:44		
41	Mike Webber			Leigh-on-Sea Striders	31:49		
42	Mark Meader	V		Brentwood RC	31:52		
43	Alec Schubert	V		Leigh-on-Sea Striders	31:53		
44	Joe Lambert		ND	Nuclear Striders	31:54		
45	Stephen Loach	V		Brentwood RC	31:55		
46	Tom Hughes	V		Brentwood RC	32:00		
47	Achillea Tsatsa			Nuclear Striders	32:04		
48	Barry Weldon			Billericay Striders	32:19		
49	Alan James	V		Phoenix Striders	32:22		
50	Peter Tullett	V	S	Billericay Striders	32:28		
51	Darren Latter	V		RED Runners	32:31		
52	Dave Blainey			Leigh-on-Sea Striders	32:36		
53	Gary McSweeney	V		Nuclear Striders	32:38		
54	Tom Overing	V		Rochford RC	32:40		
55	Max Wheller			RED Runners	32:46		

56	Andrew Bayley	V	Brentwood RC	32:51
57	Mick Valbonesi	V	Benfleet RC	32:59
58	Nick Langton	V	Nuclear Striders	33:09
59	Adam Dean		Leigh-on-Sea Striders	33:19
60	Mark Gower	V	Billericay Striders	33:20
61	Tom Cochrane		Benfleet RC	33:21
62	Peter Anderson Thorn	V	Pitsea RC	33:42
63	James Burns	V	RED Runners	33:44
64	Richard Bonham	V	Castle Point Joggers	33:51
65	Terence Spooner	V	Castle Point Joggers	33:54
66	Neal Clark	V	Phoenix Striders	34:05
67	Guy Hildreth	V	Havering '90 Joggers	34:12
68	Dave Bulter	V	Billericay Striders	34:20
69	Ervin Dsistios	V	Nuclear Striders	34:30
70	Paul Lowry	V	Benfleet RC	34:44
71	Chris Senk	V	East Essex Tri	34:46
72	Sam Backhouse		Nuclear Striders	34:47
73	Daryl Fryatt	V	RED Runners	34:52
74	James Jackson		Leigh-on-Sea Striders	34:55
75	Peter Ellis	V	Hockley Trail Runners	35:04
76	Bruce Gander	V	Leigh-on-Sea Striders	35:10
77	Mark Hayward	V	Nuclear Striders	35:22
78	Jamie Austin-Summers		RED Runners	35:33
79	Andrew Lutterworth	V	Havering '90 Joggers	35:35
80	Simon Gill	V	Nuclear Striders	35:36
81	Phil Warner	V	Phoenix Striders	35:38
82	Ray Brooks	V	East Essex Tri	35:46
83	Ian Brett	V	Havering '90 Joggers	35:49
84	Matt Cops	V	Benfleet RC	35:54
85	Terry Gregory	V	Phoenix Striders	35:57
86	Sam Martyn		RED Runners	35:58
87	Tony Agg	V	Billericay Striders	35:59
88	Steve Walker	V	Havering '90 Joggers	36:02
89	Ian Pike	V	Benfleet RC	36:11
90	Neil Jennings	V	Billericay Striders	36:14
91	Bobby Robertson	V	Nuclear Striders	36:18
92	Adam Poulton		Castle Point Joggers	36:24
93	Adam Sales		Benfleet RC	36:40
94	Alan Cooke	V	Hockley Trail Runners	36:45
95	Alan Porter	V	Castle Point Joggers	36:54
96	Neal Marlow	V	Leigh-on-Sea Striders	37:03
97	Paul Backhouse	V	Nuclear Striders	37:04
98	Nathan Clarke		East Essex Tri	37:05
99	Kieran Coughlan	V	Leigh-on-Sea Striders	37:07
100	Ryan Clarke		East Essex Tri	37:11
101	Mike Woodward	V	Pitsea RC	37:13
102	Gavin Lea	V	Rochford RC	37:19
103	Tom Monk		Leigh-on-Sea Striders	37:20
104	Steve Foggo	V	Billericay Striders	37:42
105	Wayne Lewis	V	Castle Point Joggers	37:56
106	Colin Dunn	V	Castle Point Joggers	38:00
107	Steve Turner	V	Leigh-on-Sea Striders	38:03
108	Rory Burr		Barking Road Runners	38:04
109	Tony Gawler	V	Nuclear Striders	38:22
110	John Sweeney	V	Castle Point Joggers	38:25
111	Martin Orford	V	Pitsea RC	38:26

112	Anthony Mann		Rochford RC	38:27
113	Spencer Garlick	V	Hockley Trail Runners	38:28
114	Adam Davies	V	Billericay Striders	38:29
115	Dan Cooke	V	RED Runners	38:39
116	Graeme Edwards	V	Castle Point Joggers	38:43
117	Nathan Reilly	V	Billericay Striders	38:54
118	John Rozzee	V	Havering '90 Joggers	38:59
119	Scott Shoesmith	V	Nuclear Striders	39:00
120	Keith Nevett	V	Castle Point Joggers	39:12
121	Andrew Morris	V	Billericay Striders	39:15
122	Allan Lacey		Dagenham 88	39:41
123	Matt Simson	V	Pitsea RC	39:42
124	Sean Pearson-King	V	Rochford RC	39:46
125	Ross Fanning		Nuclear Striders	39:47
126	Niki Read	V	Leigh-on-Sea Striders	39:48
127	David Ward	V	Leigh-on-Sea Striders	40:16
128	Vic Conran	V	RED Runners	40:20
129	Martin Page	V	Barking Road Runners	40:29
130	Graeme Silcock		East Essex Tri	40:40
131	Tom Brennan		Barking Road Runners	40:43
132	Zak Goble		RED Runners	40:57
133	Tony Cowell	V	Rochford RC	41:00
134	Mike Hopkins	V	Castle Point Joggers	41:11
135	Arran Salmon	V	Leigh-on-Sea Striders	41:18
136	Alan Wise		Hockley Trail Runners	41:26
137	Simon Malby	V	Havering '90 Joggers	41:28
138	James McNish Porter	V	Brentwood RC	41:33
139	Gary Rowley	V	Leigh-on-Sea Striders	41:42
140	Neil Colley	V	Phoenix Striders	41:51
141	Neil Hubbard	V	Leigh-on-Sea Striders	41:52
142	Paul Hagan	V	Phoenix Striders	42:28
143	David Tapsell	V	Phoenix Striders	42:34
144	John Hughes		Dagenham 88	42:53
145	Roger Lebek	V	Havering '90 Joggers	43:01
146	Jon Strutt	V	Castle Point Joggers	43:03
147	Sam Phillips	V	RED Runners	43:41
148	Pedro Conclaves	V	Havering '90 Joggers	44:05
149	David Dixon	V	Havering '90 Joggers	44:10
150	Tony O'Callaghan	V	Havering '90 Joggers	44:13
151	Rob West	V	Leigh-on-Sea Striders	44:29
152	Ron Vials	V	Barking Road Runners	44:34
153	Gary Cardenal		Dagenham 88	44:41
154	Jack Wright	V	Havering '90 Joggers	44:51
155	Andrew Scott	V	Billericay Striders	44:52
156	Stephen Mitchell	V	Havering '90 Joggers	44:55
157	Darren Harris	V	Hockley Trail Runners	45:16
158	James Kane	V	Hockley Trail Runners	45:23
159	Luke Austin-Summers		RED Runners	45:31
160	James Tucker	V	Castle Point Joggers	45:53
161	Michael Groombridge	V	Pitsea RC	46:11
162	Andrew Cooper	V	Billericay Striders	46:28
163	Andy Bolter	V	Leigh-on-Sea Striders	46:37
164	Tony Griffin	V	Pitsea RC	48:00
165	Nick Gorman	V	Barking Road Runners	48:07
166	Frank Schubert	V	Havering '90 Joggers	48:42
167	Chris Emery		Pitsea RC	48:49

168	Mike Williams	V	Pitsea RC	48:50
169	Brian Maynard	V	Hockley Trail Runners	48:51
170	Darren Redford	V	Havering '90 Joggers	49:31
171	Tony Estcourt	V	Hockley Trail Runners	49:42
172	Gary Harford	V	Barking Road Runners	50:38
173	Steve Colloff	V	Barking Road Runners	50:39
174	Jim Holland	V	Nuclear Striders	50:49
175	John White	V	Pitsea RC	51:50
176	Lee Regan	V	Havering '90 Joggers	52:29
177	Simon Law	V	Hockley Trail Runners	52:38
178	Stuarts Tidds	V	Havering '90 Joggers	53:41
179	Rick Bennett	V	Hockley Trail Runners	54:40
180	Barry Rowell	V	Barking Road Runners	56:10
181	Dennis Spencer-Perkins	V	Barking Road Runners	57:39
182	Anbarasu Govindasamy	V	Havering '90 Joggers	57:59
183	Lee Kyson	V	Havering '90 Joggers	58:50
184	Ron Dobie	V	Havering '90 Joggers	59:28
185	Brian Slade	V	Havering '90 Joggers	59:54
186	Kresh Veerasamy		Dagenham 88	01:00:38
187	Nabeel Akram	V	Barking Road Runners	01:05:47
188	Robert Fenegan-Hurst	V	Rochford RC	01:09:35
189	NON-RUNNER PENALTY			

DNF	Stevan Wing	V	Leigh-on-Sea Striders
DNF	Tom		Nuclear Striders

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