

Position	Time	Name	Club
1	27.46	Max Stapleton	Leigh on Sea Striders
2	29.06	Ben Brooks	East Essex Tri
3	29.13	John Wray	Leigh on Sea Striders
4	29.25	Dean Ovel	Leigh on Sea Striders
5	29.3	Luke Kavanagh	Benfleet RC
6	29.34	Lee Baynton	Benfleet RC
7	29.56	Oscar Farley	Billericay Striders
8	30.03	Richard James Beasley	Leigh on Sea Striders
9	30.15	Matibini Matibini	Leigh on Sea Striders
10	30.19	Dave Rafelli	Leigh on Sea Striders
11	30.25	James Arnold	Benfleet RC
12	30.36	Michael Wilkes	Leigh on Sea Striders
13	30.39	Jim Dodsworth	Leigh on Sea Striders
14	30.4	James Duffield	East Essex Tri
15	30.42	Steve Philcox	Barking Road Runners
16	30.55	James Hiscock	Benfleet RC
17	30.58	Kieran Neary	Castle Point
18	31.02	Adam Hemsworth	Benfleet RC
19	31.2	Michael Briggs	Benfleet RC
20	31.29	Ray Bath	Billericay Striders
21	31.35	Gary Coombes	Benfleet RC
22	31.53	Ross Fanning	Nuclear Striders
23	31.55	Chris Kearney	Castle Point
24	31.59	Tom McGarr	Leigh on Sea Striders
25	32.07	Ian Toal	Leigh on Sea Striders
26	32.18	Dyfan Garmon	Dagenham 88 Runners
27	32.4	Nick Taylor	Nuclear Striders
28	32.44	Elliott Cone	Reds
29	32.52	Ramzay U	Nuclear Striders
30	32.54	Anthony Moore	Billericay Striders
31	32.56	Roy Harwood	Benfleet RC
32	32.58	Dave Jellet	Rochford RC
33	33.1	Ben Horsburgh	Reds
34	33.15	Graham Booty	Benfleet RC
35	33.17	Barnaby Mowson	Benfleet RC
36	33.22	Jason Donovan	Benfleet RC
37	33.3	Charlie Phillippe	Leigh on Sea Striders
38	33.39	Ewan Mcfarlane	Phoenix Striders
39	33.43	Jimmy Justice	Phoenix Striders
40	33.49	Terence Spooner	Castle Point
41	33.53	Stuart Cable	Leigh on Sea Striders
42	34	Darren Locke	Leigh on Sea Striders
43	34.01	Martin Owen	Leigh on Sea Striders
44	34.04	Nick Langton	Nuclear Striders
45	34.11	Bary Weldon	Billericay Striders
46	34.15	Gary Pitman	Reds
47	34.21	Alan P James	Phoenix Striders
48	34.24	Mike Woodward	Pitsea RC
49	34.27	Peter Ellis	Hockley Trail Runners
50	34.3	Stuart Watson	Benfleet RC
51	34.39	Darren Latter	Reds

52	34.48	Neal Clarke	Phoenix Striders
53	34.49	Nick Rankin	Benfleet RC
54	34.58	Tom Overing	Rochford RC
55	35.03	Ben Coles	Nuclear Striders
56	35.09	Peter Tullett	Billericay Striders
<b>57</b>	<b>35.17</b>	<b>Matthew Dodd</b>	<b>East Essex Tri</b>
58	35.2	Niki Read	Leigh on Sea Striders
<b>59</b>	<b>35.22</b>	<b>Ray Brooks</b>	<b>East Essex Tri</b>
60	35.31	Mark Hayward	Nuclear Striders
61	35.37	Russell Keddie	Reds
62	35.4	Richard Bonham	Castle Point
63	36.09	Peter Anderson Thorn	Pitsea RC
64	36.1	Oliver Moore	Leigh on Sea Striders
65	36.11	Sam Backhouse	Nuclear Striders
66	36.12	Chris Coates	Benfleet RC
67	36.12	Bruce Gander	Leigh on Sea Striders
68	36.18	Andy Coombes	Reds
69	36.2	Rich Waters	Nuclear Striders
70	36.22	Martin Chester	Havering 90 Joggers
<b>71</b>	<b>36.3</b>	<b>Bill Smith</b>	<b>East Essex Tri</b>
72	36.46	Ervin T	Nuclear Striders
73	37.07	Adam Poulton	Castle Point
74	37.09	Andrew French	Nuclear Striders
75	37.13	Tony Agg	Billericay Striders
76	37.16	Gav Lea	Rochford RC
77	37.17	Tom Metcalfe	Leigh on Sea Striders
<b>78</b>	<b>37.21</b>	<b>David Cox</b>	<b>East Essex Tri</b>
79	37.28	John Barker	Brentwood RC
80	37.38	Alan Porter	Castle Point
81	37.46	Alan Clarke	Benfleet RC
<b>82</b>	<b>37.53</b>	<b>Keith Bell</b>	<b>East Essex Tri</b>
83	37.56	Toby Dando	Leigh on Sea Striders
84	38.06	Chris Round	Pitsea RC
85	38.07	Matt Stenning	Billericay Striders
<b>86</b>	<b>38.09</b>	<b>Peter Harley</b>	<b>East Essex Tri</b>
87	38.11	Marc Outten	Reds
88	38.17	Owen Jones	Leigh on Sea Striders
89	38.23	Paul Backhouse	Nuclear Striders
90	38.23	Matthew Letley	Leigh on Sea Striders
91	38.29	Ian Pike	Benfleet RC
92	38.34	John Amey	Reds
93	38.44	David Harding	Leigh on Sea Striders
94	38.46	Rick Wade	Castle Point
95	38.51	Stephen Foggo	Billericay Striders
96	39.03	Geoff Kelly	Billericay Striders
97	39.24	Andrew Morris	Billericay Striders
<b>98</b>	<b>39.28</b>	<b>Richard Jones</b>	<b>East Essex Tri</b>
99	39.45	Daryl Fryatt	Reds
100	39.53	John George	Barking Road Runners
101	39.59	Anthony Mann	Rochford RC
102	40.08	Graeme Edwards	Castle Point
103	40.1	Jay Gordon	Havering 90 Joggers

104	40.1	Jamie Enever-Dodd	Phoenix Striders
105	40.1	Steve Walker	Havering 90 Joggers
106	40.1	Paul Olson	Brentwood RC
107	40.14	Steve Turner	Leigh on Sea Striders
108	40.18	Zak Goble	Reds
109	40.22	Andrew Lutterloch	Havering 90 Joggers
110	40.27	Martin Page	Barking Road Runners
111	40.29	Ian Wilson	Reds
112	40.32	Jim Price	Pitsea RC
113	40.43	Daniel Baker	Leigh on Sea Striders
114	40.45	Dave Hallet	Rochford RC
115	40.57	Rob Marek	Rochford RC
116	40.59	Andy Durrance	Nuclear Striders
117	41.03	Mike Hopkins	Castle Point
118	41.06	Andy Badger	Reds
119	41.09	Vic Conran	Reds
120	41.12	John Rowe	Leigh On Sea Striders
121	41.17	Kevin McKenny	Leigh on Sea Striders
122	41.4	Adrian Davison	Barking Road Runners
123	41.47	Martin Orford	Pitsea RC
124	42	Colin Andrews	Rochford RC
125	42.06	Jonathan Wyatt	East Essex Tri
126	42.09	Paul West	Hockley Trail Runners
127	42.28	David Ward	Leigh on Sea Striders
128	42.3	Neil Dobson	Hockley Trail Runners
129	42.3	Trevor Cooper	Barking Road Runners
130	42.36	Wayne Lewis	Castle Point
131	42.4	Trevor Dobie	Hockley Trail Runners
132	42.52	Neil Colley	Phoenix Striders
133	42.52	James Whiston	Phoenix Striders
134	42.58	Lee Andrews	Hockley Trail Runners
135	43.15	Lee Hazelwood	Phoenix Striders
136	43.34	Terry Fulton	Reds
137	43.43	Simon Rawlings	East Essex Tri
138	44.05	Malcolm Woodhouse	Leigh on Sea Striders
139	44.09	Cliff Potter	Leigh on Sea Striders
140	44.1	Graham Smith	Leigh on Sea Striders
141	44.17	Arran Salmon	Leigh on Sea Striders
142	44.23	John Mills	Rochford RC
143	44.27	Tony Gawler	Nuclear Striders
144	44.53	Frank Schubert	Havering 90 Joggers
145	45.07	Luke Bonham	Castle Point
146	45.25	Stuart Edgington	Hockley Trail Runners
147	45.28	Darren Tower	Pitsea RC
148	45.35	Scott Burgess	Rochford RC
149	45.38	Ron Vialls	Barking Road Runners
150	45.42	Jamie Austin	Dagenham 88 Runners
151	45.5	Jesper Jonsson	Leigh on Sea Striders
152	45.56	Rick Deacon	Billericay Striders
153	46.59	Tony Gray	Havering 90 Joggers
154	47.08	Spencer Garlic	Hockley Trail Runners
155	47.09	Hiren Amin	Pitsea RC

156	47.22	David Moule	Hockley Trail Runners
157	48.16	Chris Emery	Pitsea RC
158	48.23	Bruce Mail	Billericay Striders
159	48.38	Ed Hepburn	Leigh on Sea Striders
160	48.41	Jagbir Bassi	Barking Road Runners
161	49.16	Jason Bowles	Leigh on Sea Striders
162	49.17	Jason Li	Barking Road Runners
163	49.26	Michael Groombridge	Pitsea RC
164	49.29	Simon Law	Hockley Trail Runners
165	49.41	Peter McQuillan	Castle Point
166	50.07	Allan Lacey	Dagenham 88 Runners
167	50.19	Stuart Tidds	Havering 90 Joggers
168	50.2	Steve Mitchell	Havering 90 Joggers
169	51.06	Phil Marton	Hockley Trail Runners
170	51.52	Stephen Brown	Hockley Trail Runners
171	52.17	Dennis Spencer-Perkins	Barking Road Runners
172	53.13	Jim Rourke	Billericay Striders
173	53.26	Lee Taylor	Havering 90 Joggers
174	54.11	Mark Robertson	Reds
175	54.21	Darren Harris	Hockley Trail Runners
176	55.11	John White	Pitsea RC
177	55.58	Mike Jordan	Hockley Trail Runners
178	57.3	Richard Bennett	Hockley Trail Runners
179	1.03.27	Chris Cammidge	Castle Point