

Position	Time	Name	Club
1	31.14	Charlotte Brooks	East Essex Tri
2	31.51	Jackie Stretton	Nuclear Striders
3	34.07	Eleanor Johnson	Leigh on Sea Striders
4	35.02	Jessica Gale	Benfleet RC
5	35.05	Kelly Fletcher	Benfleet RC
6	35.07	Karen Lea	Rochford RC
7	35.28	Georgia Couzens	Benfleet RC
8	35.48	Daisy Watson	Benfleet RC
9	36.03	Sarah Griffith	Leigh on Sea Striders
10	36.14	Rachel Riggs	Leigh on Sea Striders
11	36.16	Lucy Singer	Reds
12	36.25	Jordan Bath	Billericay Striders
13	37.13	Jo Bolter	Leigh on Sea Striders
14	37.15	Danielle Robarts	Rochford RC
15	37.2	Anna Locke	Leigh on Sea Striders
16	37.26	Tamar Barclay	Nuclear Striders
17	37.31	mia Slessor	Leigh on Sea Striders
18	38.02	Sarah Goodine	Reds
19	38.04	Abbi-May Walters	Benfleet RC
20	38.1	Neve Gribble	Benfleet RC
21	38.13	Daniella reeve	Leigh on Sea Striders
22	38.17	Clare Davis	Havering 90 Joggers
23	38.31	Robyn Childs	Reds
24	38.36	Rachel Flannagan	Phoenix Striders
25	38.56	Hayley Brown	Reds
26	38.59	Helen Kidgell	Leigh on Sea Striders
27	39.51	Tina Reeve	Leigh on Sea Striders
28	39.57	Fiona Walker	Leigh on Sea Striders
29	40.16	Jacqui Watson	Benfleet RC
30	41.03	Joanne H. Brown	Nuclear Striders
31	41.07	Kristina Read	Phoenix Striders
32	41.23	Jenny Chewter	Nuclear Striders
33	41.8	Lian Simmonds	Reds
34	42	Katie Wilkinson	Benfleet RC
35	42.17	Esther Wynn	Benfleet RC
36	42.22	Lucia de Cristofano	Benfleet RC
37	42.3	Rosanna Fforde	Barking Road Runners
38	42.41	Tedge King	Brentwood RC
39	42.58	Tracey Bradley	Castle Point
40	43.01	Joanne Ling	Billericay Striders
41	43.03	Jane Yellop	Pitsea RC
42	43.07	Sasha Tourbassova	Rochford RC
43	43.25	Christine Deacon	Billericay Striders
44	43.27	Deborah Hall	East Essex Tri
45	43.3	Adele Hart	Nuclear Striders
46	43.49	Christina Edwards	Castle Point
47	44.04	Danielle Hughes	Reds
48	44.16	Chloe Heath	Reds
49	44.22	Jacqueline Hancock	Leigh on Sea Striders
50	44.25	Zoe Storrar	Leigh on Sea Striders
51	44.36	Jo Pearce	Phoenix Striders

52	44.58	Kerry Slesser	Leigh on Sea Striders
53	45.09	Hannah Horsburgh	Reds
54	45.14	Nicola Evans	Benfleet RC
55	45.22	Victoria Hopkins	East Essex Tri
56	45.29	Caroline Maguire	Hockley Trail Runners
57	45.3	Vicki Almond	Castle Point
58	45.37	Anne Gunn	Leigh on Sea Striders
59	46.02	Faatemah Piperdy	Pitsea RC
60	47.28	Jackie Bowles	Leigh on Sea Striders
61	47.38	Kate Howlett	Phoenix Striders
62	48.06	Sarh De Cristofano	Benfleet RC
63	48.16	Victoria Walsh Herranz	Pitsea RC
64	48.4	Isla Sinclair	Benfleet RC
65	48.5	Christina Cooper	Barking Road Runners
66	48.53	Hayley Wisken	Reds
67	48.58	Gina Gordon-Harris	East Essex Tri
68	49.01	Metta Summers	Hockley Trail Runners
69	49.06	Louise Maynard	Hockley Trail Runners
70	49.2	Karen Law	Hockley Trail Runners
71	49.24	Carolyn Brenchley	Billericay Striders
72	49.36	Carolina Marks	Hockley Trail Runners
73	49.57	Stephanie Whitwell	Rochford RC
74	50.07	Mandy Cooper	Benfleet RC
75	50.16	Karen Wright	Rochford RC
76	50.23	Zena Shean	East Essex Tri
77	50.25	Charis Newitt	Castle Point
78	51	Sue fuller	East Essex Tri
79	51.11	Caz Wallis	Pitsea RC
80	51.55	Annette Johnson	Benfleet RC
81	51.57	Jacqui Wilson	Rochford RC
82	52.02	Agata Skenecznz	Hockley Trail Runners
83	52.11	Susannah Stidston	Benfleet RC
84	52.35	Alicia Murphy	Havering 90 Joggers
85	52.42	Gillian Harrison	Pitsea RC
86	52.55	Katie Darby	Pitsea RC
87	53.02	Myra Potter	Leigh on Sea Striders
88	53.43	Cathy Salmon	Leigh on Sea Striders
89	53.47	Harley Beecroft	Havering 90 Joggers
90	53.53	Jade Britton	Hockley Trail Runners
91	54.47	Helen Olley	Rochford RC
92	54.53	Teresa Flannigan	East Essex Tri
93	55.02	Jackie Tidds	Havering 90 Joggers
94	55.1	Hayley Robinson	Hockley Trail Runners
95	55.12	Beth Giblin	Pitsea RC
96	56.41	Lorraine Borley	Phoenix Striders
97	56.41	Georgina McMasters	Leigh on Sea Striders
98	56.57	Alison Fryatt	Barking Road Runners
99	58.06	Sarah Hemsworth	Castle Point
100	58.23	Linda Humphries	Castle Point
101	58.32	Katherine Stops	East Essex Tri
102	59.24	Claire Twidell	Rochford RC
103	1.00.05	Lisa Gaskin	Havering 90 Joggers

104	1.00.58	Michelle Hautley	Hockley Trail Runners
105	1.00.59	Elenor Youd	Hockley Trail Runners
106	1.01.09	Becci Young	Hockley Trail Runners
107	1.02.24	Debbie Jones	Havering 90 Joggers
108	1.03.05	Claire Young	Hockley Trail Runners
109	1.03.32	Dawn Curtis	Barking Road Runners
110	1.09.09	Rosemary Russell	Rochford RC
111	1.09.09	Julie Butler	Hockley Trail Runners
112	1.09.10	Mandy Haylock	Hockley Trail Runners
113	1.10.58	Beatrice Rouyer-Brown	East Essex Tri
114	1.13.22	Zahra Akam	Barking Road Runners