

Position	Name	Vet	2CS	Club	Time
1	Kieran O'Doherty	V		Billericay Striders	00:27:54
2	Dean Ovel	V		Leigh-on-sea Striders	00:28:25
3	Lee Baynton			Benfleet RC	00:28:28
4	Oscar Farley			Billericay Striders	00:28:39
5	Jason Leeds		2CS	Nuclear Races Striders	00:28:40
6	Richard Beasey			Leigh-on-sea Striders	00:29:39
7	Crispian Bloomfield	V		Billericay Striders	00:29:47
8	Michael Wilkes	V		Leigh-on-sea Striders	00:30:03
9	James Duffield			East Essex Tri	00:30:06
10	Steve Philcox	V	2CS	Barking Road Runners	00:30:15
11	Richard May	V		Nuclear Races Striders	00:30:17
12	Ray Bath			Billericay Striders	00:30:25
13	Chris Kearney	V		Castle Point Joggers	00:30:47
14	Dan Warren			Nuclear Races Striders	00:31:14
15	Anthony Moore	V		Billericay Striders	00:31:23
16	Gary Coombes	V		Benfleet RC	00:31:34
17	Ian Toal	V		Leigh-on-sea Striders	00:31:46
18	Ramzay U	V		Nuclear Races Striders	00:31:55
19	Mark Meader	V		Brentwood RC	00:32:03
20	Graham Booty	V		Benfleet RC	00:32:08
21	Michael O'Conner			Brentwood RC	00:32:14
22	David Jollett			Rochford Running Club	00:32:16
23	Stuart Watson	V		Benfleet RC	00:32:20
24	Dyfan Garmon	V		Dagenham 88 Runners	00:32:22
25	Harris Foster Carter			Rochford Running Club	00:32:29
26	Mike Cook	V		Pitsea RC	00:32:32
27	John Barker	V		Brentwood RC	00:32:43
28	Ewan McFarlane			Phoenix Striders	00:32:48
29	Barry Weldon			Billericay Striders	00:33:03
30	Elliott Cone	V		REDS	00:33:06
31	Stuart Cable	V		Leigh-on-sea Striders	00:33:07
32	Alan P James	V		Phoenix Striders	00:33:22
33	Neal Clark	V		Phoenix Striders	00:33:25
34	Tom Overing			Rochford Running Club	00:33:28
35	Darren Latter	V		REDS	00:33:33
36	Mike Woodward	V		Pitsea RC	00:33:39
37	Gary McSweeny	V		Nuclear Races Striders	00:33:43
38	Peter Tullett	V	2SC	Billericay Striders	00:33:53
39	Achillia Tsatsia			Nuclear Races Striders	00:33:59
40	Richard Leeson			Phoenix Striders	00:34:20
41	Ray Brooks	V		East Essex Tri	00:34:26
42	Steve Walker	V	2CS	Havering '90 Joggers	00:34:34
43	Niki Read	V		Leigh-on-sea Striders	00:34:39
44	Richard Bunham	V		Castle Point Joggers	00:34:40
45	Russell Keddie	V		REDS	00:34:41
46	Sam Backhouse			Nuclear Races Striders	00:34:58

47	Bill Smith	V	East Essex Tri	00:35:09
48	Mark Hayward	V	Nuclear Races Striders	00:35:15
49	Peter Ellis	V	Hockley Trail Runners	00:35:22
50	Bruce Gander	V	Leigh-on-sea Striders	00:35:23
51	Nick Rankin	V	Benfleet RC	00:35:25
52	Tom Cochrane		Benfleet RC	00:35:40
53	Ian Booker	V	Brentwood RC	00:35:43
54	Matt Stenning	V	Billericay Striders	00:35:44
55	Frances Fuller	V	Phoenix Striders	00:35:50
56	Peter Anderson Thom	V	Pitsea RC	00:36:03
57	Adam Reeve	V	REDS	00:36:10
58	Gary Flint	V	Havering '90 Joggers	00:36:24
59	Bobby Robertson	V	Nuclear Races Striders	00:36:25
60	Adam Poulton	V	Castle Point Joggers	00:36:31
61	Gacin Lea	V	Rochford Running Club	00:36:34
62	Tony Agg	V	Billericay Striders	00:36:35
63	Jamie Enever-Dodd	V	Phoenix Striders	00:36:42
64	Phil Bearman	V	Nuclear Races Striders	00:36:59
65	Ben Whateley-Harris	V	Brentwood RC	00:37:30
66	Adrian Davison	V	Barking Road Runners	00:37:50
67	Alan Porter	V	Castle Point Joggers	00:37:54
68	Paul Backhouse	V	Nuclear Races Striders	00:37:56
69	Phil Olson	V	Brentwood RC	00:38:04
70	Ian Pike	V	Benfleet FC	00:38:13
71	Matthew Letley	V	Leigh-on-sea Striders	00:38:18
72	Tom Bilbnan		Barking Road Runners	00:38:33
73	Tom Hughes	V	Pitsea RC	00:38:39
74	John Amey	V	REDS	00:38:47
75	Andrew Lutterloch	V	Havering '90 Joggers	00:39:05
76	Steve Foggo	V	Billericay Striders	00:39:06
77	Neil Jennings	V	Billericay Striders	00:39:21
78	Kieran Coughlan	V	Leigh-on-sea Striders	00:39:24
79	Jim Price	V	Pitsea RC	00:39:27
80	Wayne Lewis	V	Castle Point Joggers	00:39:31
81	John George	V	Barking Road Runners	00:39:37
82	Martn Orford	V	Pitsea RC	00:39:42
83	John Rowe	V	Leigh-on-sea Striders	00:39:51
84	Graeme Edwards	V	Castle Point Joggers	00:39:53
85	Andy Durrance	V	Nuclear Races Striders	00:39:59
86	David Ward	V	Leigh-on-sea Striders	00:40:24
87	Lee Andrews	V	Hockley Trail Runners	00:40:30
88	Trevor Cooper	V	Barking Road Runners	00:40:31
89	Keith Muggleton	V	East Essex Tri	00:40:33
90	Mike Hopkins	V	Castle Point Joggers	00:40:35
91	Jay Gordon	V	Havering '90 Joggers	00:40:38
92	Scott Burgess		Rochford Running Club	00:41:03
93	Steven Flin	V	East Essex Tri	00:41:03
94	Andy Bader	V	REDS	00:41:23
95	David Blockley	V	Leigh-on-sea Striders	00:41:31
96	Jonathan Wyatt	V	East Essex Tri	00:41:39
97	Cliff Porter	V	Leigh-on-sea Striders	00:42:05
98	Anthony Mann		Rochford Running Club	00:42:13
99	Dave Mansfield	V	Brentwood RC	00:42:21

100	James MacNish Porter	V	Brentwood RC	00:42:23
101	Paul Jacques	V	Leigh-on-sea Striders	00:42:25
102	Graham Smith	V	Leigh-on-sea Striders	00:42:41
103	Ben Souster		Benfleet RC	00:43:19
104	Steve Lamb	V	Nuclear Races Striders	00:43:27
105	Roger Lebek	V	Havering '90 Joggers	00:43:30
106	Zzak Goble		REDS	00:43:38
107	Rob West	V	Leigh-on-sea Striders	00:43:57
108	Luke Bonham	V	Castle Point Joggers	00:44:12
109	Ron Viallis	V	Barking Road Runners	00:44:19
110	Keith Dawson	V	Phoenix Striders	00:44:42
111	John Mills	V	Rochford Running Club	00:44:51
112	Bruce Mail	V	Billericay Striders	00:45:33
113	Jagbir Bassi	V	Barking Road Runners	00:45:49
114	Tony Gray	V	Havering '90 Joggers	00:46:14
115	Allan Lacey	V	Dagenham 88 Runners	00:46:19
116	Hiren Arin	V	Pitsea RC	00:46:27
117	Dave Tapsell	V	Phoenix Striders	00:47:37
118	Jason Li	V	Barking Road Runners	00:48:35
119	James Pittuck	V	Pitsea RC	00:48:56
120	Roger Westwood	V	Dagenham 88 Runners	00:49:25
121	Michael Groomsbridge	V	Pitsea RC	00:49:50
122	Chris Emery		Pitsea RC	00:51:56
123	Jason Bowles	V	Leigh-on-sea Striders	00:52:14
124	Dennis Spencer-Perkins	V	Barking Road Runners	00:52:28
125	Mick Davison	V	Barking Road Runners	00:53:02
126	John Pearce	V	Pitsea RC	00:53:28
127	Jim Rourke	V	Billericay Striders	00:53:34
128	Barry Rowell	V	Barking Road Runners	00:54:45
129	Lee Regan	V	Havering '90 Joggers	00:55:22
130	Mike Jordan	V	Hockley Trail Runners	00:55:27
131	Lee Kyson	V	Havering '90 Joggers	00:56:20
132	Brian Slade	V	Havering '90 Joggers	01:00:25
133	Chris Cammidge	V	Castle Point Joggers	01:02:25
134	Les Jay	V	Barking Road Runners	01:05:50
135	David Skinner	V	Havering '90 Joggers	01:11:33