Men's results

Position	Name	Vet	2CS	Position	Club	Time
1	**Max Stapleton**		2CS	1	Leigh-on-Sea Striders	29:12
2	**Dean Ovel**	V		2	Leigh-on-Sea Striders	29:24
3	**Ellis Swindell**			3	Benfleet RC	29:53
4	**Ben Brooks**		2CS	4	East Essex Tri	30:15
5	**Steve Churchyard**		2CS	5	Benfleet RC	30:24
6	**David Raffaelli**			6	Leigh-on-Sea Striders	30:31
7	**Oscar Farley**			7	Billericay Striders	30:39
8	**Michael Wilkes**	V		8	Leigh-on-Sea Striders	30:41
9	**James Arnold**	V		9	Benfleet RC	30:52
10	**Reiss Merritt**			10	Leigh-on-Sea Striders	30:56
11	**Tim Whitcombe**			11	Benfleet RC	31:02
12	**Jody Walker**	V		12	Nuclear Striders	31:18
13	**Jim Dodsworth**	V		13	Leigh-on-Sea Striders	31:27
14	**James Beasley**			14	Leigh-on-Sea Striders	31:39
15	**James Redman**			15	Billericay Striders	31:43
16	**James Hiscock**			16	Benfleet RC	31:49
17	**Adam Hemsworth**			17	Benfleet RC	31:51
18	Matibini Matibini	V		18	Leigh-on-Sea Striders	32:10
19	**Richard May**	V	2CS	19	Nuclear Striders	32:20
20	Unknown			20	Benfleet RC	32:32
21	Tom McGarr			21	Leigh-on-Sea Striders	32:39
22	**Ramsak Uikys**	V		22	Nuclear Striders	32:41
23	**Matt Earing**			23	Brentwood RC	32:44
24	**Ryan Iibbotson**			24	Nuclear Striders	32:48
25	Unknown			25	Benfleet RC	32:52
26	**Geoff Keily**	V		26	Billericay Striders	32:56
26	**Ray Towey**	V		26	Benfleet RC	33:01
27	Unknown			27	Benfleet RC	33:08
28	**Ben Horsbrough**			28	RED Runners	33:12
29	**Anthony Moore**	V		29	Billericay Striders	33:16
30	**Elliot Cone**	V		30	RED Runners	33:20
31	Stevan Wing	V		31	Leigh-on-Sea Striders	33:21
32	Simon Earle-Sodhi			32	Leigh-on-Sea Striders	33:36
33	Lukasz Sacharzewski			33	Leigh-on-Sea Striders	33:47
34	Ian Toal	V		34	Leigh-on-Sea Striders	33:49
35	Stuart Cable	V		35	Leigh-on-Sea Striders	33:58
36	**Mark Meader**	V		36	Brentwood RC	34:05
37	**Paul Farnham**	V		37	Billericay Striders	34:11
38	**Tom Overing**			38	Rochford RC	34:14
39	**Andy Wright**	V		39	Billericay Striders	34:15
40	**Kieran Neary**			40	Castle Point Joggers	34:17
41	Mike Webber			41	Leigh-on-Sea Striders	34:24
42	**Alan P James**	V		42	Phoenix Striders	34:25
43	Unknown			43	Benfleet RC	34:26
44	Charlie Phillippe			44	Leigh-on-Sea Striders	34:30
45	**Matt Phillips**	V		45	Billericay Striders	34:35
46	**Ray Brooks**	V		46	East Essex Tri	34:43
47	Adam Weir			47	Leigh-on-Sea Striders	34:55
48	**Jimmy Justice**	V		48	Phoenix Striders	34:56
49	**Simon Carrington**	V	2CS	49	Nuclear Striders	34:58
50	**Daniel Cano**			50	Havering '90 Joggers	35:13
51	Unknown			51	Benfleet RC	35:26
52	Sam Luton	V		52	Leigh-on-Sea Striders	35:30
53	**Dyfan Garmon**	V		53	Dagenham 88	35:33
54	**Richard Bonham**	V		54	Castle Point Joggers	35:35
55	**Gary Pitman**	V		55	RED Runners	35:36
56	Adam Lysons	V		56	Leigh-on-Sea Striders	35:51
57	**Stuart Oldham**	V		57	East Essex Tri	35:58
58	**Dale Brown**	V		58	Castle Point Joggers	35:59
59	Toby Stubbington	V		59	Leigh-on-Sea Striders	36:00
60	Unknown			60	Benfleet RC	36:35
61	**Bobby Robertson**	V		61	Nuclear Striders	36:43
62	Nick Langthorn	V		62	Nuclear Striders	36:45
63	Simon Sumner	V		63	Leigh-on-Sea Striders	36:47
64	**James Ferrant**			64	Pitsea RC	36:52
65	Unknown			65	Benfleet RC	36:59
66	Harry Grose			66	Leigh-on-Sea Striders	37:07

67	**Andrew Lawrence**	V		67	East Essex Tri	37:12
68	Dave Ferris	V		68	Billericay Striders	37:15
69	**Peter Ellis**	V		69	Hockley Trail Runners	37:24
70	**Adam Reeve**			70	RED Runners	37:26
71	Sam Backhouse		2CS	71	Nuclear Striders	37:28
72	**Steve Walker**	V	2CS	72	Havering '90 Joggers	37:32
73	**David Cox**	V		73	East Essex Tri	37:39
74	Unknown			74	Benfleet RC	37:40
75	**Paul Hagan**	V		75	Pitsea RC	37:43
76	**Adam Edwards**			76	RED Runners	37:45
77	Neal Marlow	V		77	Leigh-on-Sea Striders	37:47
78	Dave Spain	V	2CS	78	Castle Point Joggers	38:31
79	Jack Barker			79	Nuclear Striders	38:34
80	Nick Hill	V		80	Leigh-on-Sea Striders	38:37
81	**Andy Wayman**			81	RED Runners	38:39
82	Elliott Carter			82	Leigh-on-Sea Striders	38:41
83	Dave Butler	V		83	Billericay Striders	38:45
84	Mark Gower	V		84	Billericay Striders	38:48
85	Unknown			85	Benfleet RC	38:54
86	**Rick Wade**	V		86	Castle Point Joggers	38:58
87	**Ben Whateley-Harris**	V		87	Brentwood RC	39:15
88	Unknown			88	Benfleet RC	39:23
89	Ben Kirby			89	Leigh-on-Sea Striders	39:28
90	**Martin Howlett**	V		90	Castle Point Joggers	39:30
91	**Tim Tomlin**	V		91	East Essex Tri	39:35
92	David Patten			92	Leigh-on-Sea Striders	39:37
93	**Keith Bell**	V		93	East Essex Tri	39:44
94	**Adam Poulton**	V		94	Castle Point Joggers	39:47
95	Bill Smith	V		95	East Essex Tri	39:53
96	**Gary Flint**	V		96	Havering '90 Joggers	39:55
97	**Jo Foxon**	V		97	Phoenix Striders	40:01
98	Andrew Morris	V		98	Billericay Striders	40:02
99	**John Rozee**	V		99	Havering '90 Joggers	40:15
100	**Marc Outten**	V		100	Rochford RC	40:20
101	Paul Backhouse	V	2CS	101	Nuclear Striders	40:30
102	**Martin Orford**	V		102	Pitsea RC	40:35
103	**Colin Dunn**	V		103	Castle Point Joggers	40:48
104	Matt Pepper	V		104	Nuclear Striders	40:51
105	**Mark New**	V		105	Barking Road Runners	40:57
106	Neil Hubbard	V		106	Leigh-on-Sea Striders	41:03
107	David Pratt	V		107	Nuclear Striders	41:13
108	Grant England	V		108	Billericay Striders	41:19
109	**Phil Olson**	V		109	Brentwood RC	41:33
110	Neil Thompson			110	Leigh-on-Sea Striders	41:42
111	**John George**	V		111	Barking Road Runners	41:52
112	Andy Durrance	V		112	Nuclear Striders	42:17
113	**Shea Bunyan**			113	Rochford RC	42:19
114	Terry Fulton	V		114	RED Runners	42:23
115	Tony Agg	V		115	Billericay Striders	42:25
116	Gary Rowley	V		116	Leigh-on-Sea Striders	42:29
117	**Colin Jones**	V		117	Barking Road Runners	42:41
118	Lloyd Rowe			118	Castle Point Joggers	42:43
119	Sam Bishop			119	RED Runners	42:50
120	**Hamza Zahir**			120	Rochford RC	42:58
121	Ervin-Evangelos Ntisios	V		121	Nuclear Striders	43:07
122	Unknown			122	Benfleet RC	43:51
123	**Rob Newton**	V		123	Pitsea RC	43:54
124	**Rory Burr**			124	Barking Road Runners	44:06
125	**Jagbir Bassi**			125	Barking Road Runners	44:17
126	Richard Fuller	V		126	East Essex Tri	44:24
127	Tom Metcalf			127	Leigh-on-Sea Striders	44:40
128	**James MacNish Porter**	V		128	Brentwood RC	44:43
129	**Jamie Enver-Doop**	V		129	Phoenix Striders	44:46
130	**Roger Lebek**	V		130	Havering '90 Joggers	44:50
131	Graham Smith	V		131	Leigh-on-Sea Striders	44:54
132	Philip Digby	V		132	Leigh-on-Sea Striders	45:15
133	Tom Monk			133	Leigh-on-Sea Striders	45:28
134	David Ward	V		134	Leigh-on-Sea Striders	45:30
135	**Tony Cowell**	V		135	Rochford RC	45:39

136	**Anthony Mann**		136	Rochford RC	45:50
137	Stephen Foggo	V	137	Billericay Striders	45:51
138	Josh Hill		138	Leigh-on-Sea Striders	45:58
139	**Sanjeev Sharma**	V	139	Havering '90 Joggers	46:03
140	Cliff Potter	V	140	Leigh-on-Sea Striders	46:09
141	Morgan Teichman		141	Billericay Striders	46:29
142	Owen Jones		142	Leigh-on-Sea Striders	46:32
143	Gary Brown	V	143	Leigh-on-Sea Striders	46:44
144	**Martin Page**	V	144	Barking Road Runners	46:45
145	Sam Phillips		145	RED Runners	47:11
146	**Francis Fuller**	V	146	Phoenix Striders	47:12
147	**Lee Andrews**	V	147	Hockley Trail Runners	47:19
148	**Darren Radford**	V	148	Havering '90 Joggers	47:48
149	**Chris Huggins**	V	149	Pitsea RC	47:53
150	Rob West	V	150	Leigh-on-Sea Striders	47:58
151	**Peter Thorn Anderson**	V	151	Pitsea RC	48:03
152	**Scott Burgess**		152	Rochford RC	48:10
153	Darren Wayland	V	153	Havering '90 Joggers	49:04
154	Luke Bonham		154	Castle Point Joggers	49:05
155	**Hiren Amin**	V	155	Pitsea RC	49:12
156	John Mills	V	156	Rochford RC	49:35
157	**James Whiston**		157	Phoenix Striders	49:51
158	Neil Colley	V	158	Phoenix Striders	49:52
159	David Dixon	V	159	Havering '90 Joggers	50:07
160	Steve Turner	V	160	Leigh-on-Sea Striders	50:17
161	Andrew Lutterloch	V	161	Havering '90 Joggers	50:32
162	**Steve Colloff**	V	162	Barking Road Runners	50:34
163	Unknown		163	Benfleet RC	50:46
164	Darren Tower	V	164	Pitsea RC	51:04
165	Andy Badger	V	165	RED Runners	51:14
166	Peter Burdett	V	166	Havering '90 Joggers	51:24
167	Adam Stow	V	167	Pitsea RC	51:25
168	Gareth Smith	V	168	Castle Point Joggers	51:36
169	Arran Salmon	V	169	Leigh-on-Sea Striders	52:13
170	**Richard Harmer**	V	170	Brentwood RC	53:05
171	**Neil James**	V	171	Hockley Trail Runners	53:17
172	Paul Claydon	V	172	RED Runners	53:35
173	Aaron Freeman		173	Havering '90 Joggers	53:46
174	Jason Li	V	174	Barking Road Runners	54:12
175	**Michael Pegnall**	V	175	Dagenham 88	54:29
176	Matt Reed		176	Havering '90 Joggers	54:41
177	Jon Strutt		177	Castle Point Joggers	54:47
178	James Hall	V	178	Barking Road Runners	55:37
179	Gary Walsh	V	179	Leigh-on-Sea Striders	55:42
180	Andy Body	V	180	Phoenix Striders	56:32
181	Frank Schubert	V	181	Havering '90 Joggers	57:05
182	Mark Robertson	V	182	RED Runners	57:40
183	Micheal Groombridge	V	183	Pitsea RC	58:55
184	Dennis Spencer-Perkins	V	184	Barking Road Runners	01:00:12
185	Stuart Tidd	V	185	Havering '90 Joggers	01:00:46
186	Keith Lovell	V	186	RED Runners	01:01:08
187	Brian Slade	V	187	Havering '90 Joggers	01:01:19
188	**Mike Jordan**	V	188	Hockley Trail Runners	01:01:54
189	**Allan Lacey**	V	189	Dagenham 88	01:03:47
190	Robert Courtier	V	190	Barking Road Runners	01:06:10
191	Lee Kyson	V	191	Havering '90 Joggers	01:07:43
192	John White	V	192	Pitsea RC	01:09:47
193	**Simon Law**	V	193	Hockley Trail Runners	01:10:10
194	Leslie Jay	V	194	Barking Road Runners	01:10:41
195	Ken Carey	V	195	Pitsea RC	01:12:28
196	Robert Fenegan-Hurst	V	196	Rochford RC	01:24:34
197	**NON-RUNNER PENALTY**	V		Mark Bartlau (BR)	01:24:35
DNF	David Skinner	V	DNF	Havering '90 Joggers	
DNF	Bruce Gander	V	DNF	Leigh-on-Sea Striders	

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