

MEN / Vet	Position	Name	Club	Time
V	1	Kieran O'Doherty	Billericay Striders	00:27:17
V	2	Jim Dodsworth	LOSS	00:28:14
V	3	Alex Young	Nuclear Striders	00:28:34
V	4	James Arnold	Benfleet RC	00:28:36
	5	Pat Walsh	East Essex Tri	00:28:39
	6	Ben Brooks	East Essex Tri	00:28:41
	7	Jason Leeds	Nuclear Striders	00:28:45
	8	Dean Ovel	LOSS	00:28:46
	9	John Wray	LOSS	00:28:47
	10	Richard James Beasley	LOSS	00:28:47
	11	Luke Kavanagh	Benfleet RC	00:28:55
	12	Oscar Farley	Billericay Striders	00:29:02
	13	Josh Sweeney	Benfleet RC	00:29:08
V	14	Matibini Matibini	LOSS	00:29:12
	15	Jack Martin	East Essex Tri	00:29:23
	16	George Wakefield	Nuclear Striders	00:29:27
	17	James Redman	Billericay Striders	00:29:41
	18	James Hiscock	Benfleet RC	00:30:02
	19	Chris Kearney	Castle Point Joggers	00:30:06
V	20	Richard May	Nuclear Striders	00:30:09
	21	Adam Hemsworth	Benfleet RC	00:30:17
	22	Thomas Walsh	East Essex Tri	00:30:19
	23	Michael Banham	Benfleet RC	00:30:26
	24	Reiss Merritt	LOSS	00:30:29
V	25	Stevan Wing	LOSS	00:30:48
	26	David Raffelli	LOSS	00:30:51
	27	John Earle-Sodhi	LOSS	00:30:52
V	28	Michael Cook	Pitsea RC	00:31:02
V	29	Ian Toal	LOSS	00:31:04
V	30	Dyfan Garmon	Dagenham 88 Runners	00:31:09
V	31	Mark Meader	Brentwood RC	00:31:23
V	32	Jason Donovan	Benfleet RC	00:31:28
	33	Nick Taylor	Nuclear Striders	00:31:29
V	34	David Jellett	Rochford RC	00:31:31
V	35	Stuart Cable	LOSS	00:31:33
	36	Mike Briggs	Benfleet RC	00:31:39
V	37	Roy Harwood	Benfleet RC	00:31:42
V	38	Darren Lock	LOSS	00:31:54
V	39	Elliott Cone	RED Runners	00:32:02
V	40	Barnaby Mowson	Benfleet RC	00:32:04
V	41	Geoff Keily	Billericay Striders	00:32:05
V	42	Paul Ruffy	Benfleet RC	00:32:11
	43	Colin Wishart	Billericay Striders	00:32:15
V	44	Nick Langton	Nuclear Striders	00:32:17
V	45	Graham Booty	Benfleet RC	00:32:28
	46	Richard Leeson	Phoenix Striders	00:32:31
	47	Barry Weldon	Billericay Striders	00:32:33
	48	Ray Bath	Billericay Striders	00:32:37
	49	Achillea Tsatsa	Nuclear Striders	00:32:39

V	50	Stuart Watson	Benfleet RC	00:32:51
V	51	Gary Pitman	RED Runners	00:32:53
	52	Ben Gamlin	Nuclear Striders	00:32:56
	53	Alex Gauld	Pitsea RC	00:32:58
V	54	Peter Tullett	Billericay Striders	00:32:59
V	55	Dave Butler	Billericay Striders	00:33:18
V	56	Steve Lynch	LOSS	00:33:19
V	57	Michael Woodward	Pitsea RC	00:33:23
V	58	Nick Rankin	Benfleet RC	00:33:31
V	59	Alan James	Phoenix Striders	00:33:34
V	60	Darren Latter	RED Runners	00:33:41
	61	Ben Simmons	Pitsea RC	00:33:47
V	62	Peter Ellis	Hockley TR	00:33:50
V	63	Matthew Dodd	East Essex Tri	00:33:51
V	64	Niki Read	LOSS	00:33:54
	65	Ben Coles	Nuclear Striders	00:33:56
V	66	Ray Brooks	East Essex Tri	00:34:02
V	67	Martin Owen	LOSS	00:34:09
V	68	Peter Anderson Thorn	Pitsea RC	00:34:11
V	69	Brett Lewis	LOSS	00:34:20
V	70	Tom Overing	Rochford RC	00:34:26
V	71	Adam Weir	LOSS	00:34:53
V	72	Lee Heley	LOSS	00:34:54
V	73	Richard Bonham	Castle Point Joggers	00:35:00
V	74	Chris Coates	Benfleet RC	00:35:05
	75	Sam Backhouse	Nuclear Striders	00:35:08
V	76	Peter Jackson	Barking Road Runners	00:35:14
V	77	Martin Howlett	Castle Point Joggers	00:35:20
	78	Lloyd Rowe	Castle Point Joggers	00:35:20
V	79	Martin Palmer	East Essex Tri	00:35:23
V	80	Daniel Plawiak	Barking Road Runners	00:35:26
	81	Dan Lee	Benfleet RC	00:35:32
V	82	Ervin Ntisios	Nuclear Striders	00:35:33
V	83	Adam Lysons	LOSS	00:35:41
V	84	Oliver Moore	LOSS	00:35:48
V	85	Chris Round	Pitsea RC	00:35:51
V	86	Adam Reeve	RED Runners	00:35:52
V	87	Bruce Gander	LOSS	00:35:56
V	88	Andy Coombes	RED Runners	00:36:01
V	89	Matt Stenning	Billericay Striders	00:36:01
V	90	Alan Clark	Benfleet RC	00:36:05
V	91	Phil Bearman	Nuclear Striders	00:36:09
V	92	Terry Fulton	RED Runners	00:36:11
V	93	Ryan Gauld	Pitsea RC	00:36:11
V	94	Tony Agg	Billericay Striders	00:36:17
	95	David Patten	LOSS	00:36:20
V	96	Ian Pike	Benfleet RC	00:36:23
V	97	Gary Flint	Havering '90 Joggers	00:36:27
V	98	Steve Foggo	Billericay Striders	00:36:29
V	99	Rick Wade	Castle Point Joggers	00:36:36
V	100	John Sweeney	Castle Point Joggers	00:36:39

V	101	Matt Letley	LOSS	00:36:48
	102	Michael Taylor	East Essex Tri	00:36:49
	103	Ton Brennan	Barking Road Runners	00:36:51
	104	Tom Metcalf	LOSS	00:36:55
V	105	Alan Porter	Castle Point Joggers	00:37:05
V	106	Adrian Davison	Barking Road Runners	00:37:07
V	107	Gavin Lee	Rochford RC	00:37:09
V	108	Andrew Morris	Billericay Striders	00:37:47
V	109	John George	Barking Road Runners	00:38:13
	110	Paul Backhouse	Nuclear Striders	00:38:22
V	111	Richard Jones	East Essex Tri	00:38:25
V	112	Steve Turner	LOSS	00:38:28
V	113	Paul Champion	LOSS	00:38:39
V	114	Neil Hubbard	LOSS	00:38:47
V	115	Andy Durrance	Nuclear Striders	00:39:08
V	116	Martin Orford	Pitsea RC	00:39:19
V	117	Ian Wilson	RED Runners	00:39:24
V	118	Wayne Lewis	Castle Point Joggers	00:39:28
V	119	Alastair Daw	Billericay Striders	00:39:42
V	120	Mike Hopkins	Castle Point Joggers	00:39:43
V	121	David Ward	LOSS	00:39:46
V	122	Keith Nevett	Castle Point Joggers	00:39:49
V	123	David Blockley	LOSS	00:39:56
V	124	Jime Price	Pitsea RC	00:40:01
V	125	Phil Warner	Phoenix Striders	00:40:05
V	126	David Harding	LOSS	00:40:07
V	127	Michael Summers	Phoenix Striders	00:40:25
V	128	Paul Hagan	Phoenix Striders	00:40:31
V	129	Neil Adams	Havering '90 Joggers	00:40:37
V	130	Vic Conran	RED Runners	00:40:49
V	131	Keith Muggleton	East Essex Tri	00:40:50
V	132	Kieran Coughlan	LOSS	00:40:55
V	133	Martin Page	Barking Road Runners	00:41:12
V	134	James Webb	Benfleet RC	00:41:16
V	135	John Rowe	LOSS	00:41:34
V	136	Lee Andrews	Hockley TR	00:41:40
V	137	Dermot Desmond	Pitsea RC	00:41:46
V	138	Andy Badger	RED Runners	00:42:14
V	139	Rob West	LOSS	00:42:20
V	140	Roger Lebek	Havering '90 Joggers	00:42:42
V	141	Cliff Potter	LOSS	00:42:46
V	142	Ricky Lee	Billericay Striders	00:42:49
V	143	Graham Smith	LOSS	00:42:56
	144	Zac Goble	RED Runners	00:43:40
V	145	John Mills	Rochford RC	00:43:49
V	146	Graeme Silcock	East Essex Tri	00:44:04
V	147	Bruce Mail	Billericay Striders	00:44:05
V	148	Spencer Garlick	Hockley TR	00:44:28
	149	Luke Scott	LOSS	00:45:04
V	150	Jay Gordon	Havering '90 Joggers	00:45:28
V	151	Ron Vialls	Barking Road Runners	00:45:58

V	152	Paul Jacques	LOSS	00:46:35
V	153	Brian Maynard	Hockley TR	00:47:00
V	154	Scott Burgess	Rochford RC	00:47:23
	155	Ed Hepburn	LOSS	00:47:45
V	156	Allan Lacey	Dagenham 88 Runners	00:48:01
V	157	Luke Bonham	Castle Point Joggers	00:48:04
V	158	Steve Colloff	Barking Road Runners	00:49:18
V	159	Mick Davison	Barking Road Runners	00:49:59
V	160	Andy Body	Phoenix Striders	00:51:52
V	161	Brian Slade	Havering '90 Joggers	00:51:52
V	162	John White	Pitsea RC	00:54:05
V	163	Lee Kyson	Havering '90 Joggers	00:54:39
V	164	Paul Withyman	Barking Road Runners	01:06:36
	165	Robert Fennegan-Hurst	Rochford RC	01:08:35