

WOMAN / Vet	Position	Name	Club	Time
	1	Charlotte Brooks	East Essex Tri	00:30:08
	2	Eleanor Johnson	LOSS	00:32:38
	3	Maddy Sutton	LOSS	00:32:50
V	4	Laura Wise	Pitsea RC	00:33:18
V	5	Karen Lee	Rochford RC	00:33:34
	6	Emily Giddings	Billericay Striders	00:33:38
	7	Georgia Couzens	Benfleet RC	00:33:49
	8	Lucy Singer	RED Runners	00:34:40
	9	Danielle Roberts	Rochford RC	00:34:49
	10	Rachel Riggs	LOSS	00:34:49
	11	Sarah Goodine	RED Runners	00:34:53
	12	Kelly Fletcher	Benfleet RC	00:35:30
V	13	Tamar Barclay	Nuclear Striders	00:35:45
	14	Daisy Watson	Benfleet RC	00:35:45
	15	Jordan Bath	Billericay Striders	00:35:46
	16	Emma Jeffrey	Benfleet RC	00:35:56
V	17	Mary Lloyd	Brentwood RC	00:36:00
	18	Neve Gribble	Benfleet RC	00:36:08
V	19	Christine Sutcliffe	Billericay Striders	00:36:09
V	20	Nicola O'Doherty	Billericay Striders	00:36:13
	21	Abbi-May Walters	Benfleet RC	00:36:28
	22	Grace Nelder	Billericay Striders	00:36:31
	23	Anna Locke	LOSS	00:36:55
V	24	Mia Lynch	LOSS	00:37:24
V	25	Rachel Flannagan	Phoenix Striders	00:37:30
V	26	Sam Alexander	Nuclear Striders	00:39:11
V	27	Fiona Walker	LOSS	00:39:34
	28	Katie Wilkinson	Benfleet RC	00:39:42
V	29	Pam Bell	Nuclear Striders	00:39:45
V	30	Tracey Bradley	Castle Point Joggers	00:40:04
V	31	Jenny Chewter	Nuclear Striders	00:40:18
V	32	Lian Simmonds	RED Runners	00:40:26
V	33	Jo Herbert-Brown	Nuclear Striders	00:40:28
V	34	Ruth Roberts	Phoenix Striders	00:40:29
V	35	Esther Wynn	Benfleet RC	00:41:01
V	36	Tracy Cotton	Pitsea RC	00:41:10
	37	Rosanna Fforde	Barking Road Runners	00:41:29
V	38	Deborah Hall	East Essex Tri	00:41:32
V	39	Christine Deacon	Billericay Striders	00:41:34
	40	Alex Pretlove	Nuclear Striders	00:41:41
V	41	Belinda Riches	Barking Road Runners	00:41:46
V	42	Zoe Storrar	LOSS	00:41:47
V	43	Tracy Swindell	Benfleet RC	00:42:18
V	44	Anne Gunn	LOSS	00:42:21
V	45	Jane Yellop	Pitsea RC	00:42:22
V	46	Tedge King	Brentwood RC	00:42:27
V	47	Isla Sinclair	Benfleet RC	00:42:32
V	48	Danielle Hughes	RED Runners	00:42:35
V	49	Joanne Ling	Billericay Striders	00:42:49

	50	Emily Eshelby	Nuclear Striders	00:43:02
V	51	Jo Pearce	Phoenix Striders	00:43:20
V	52	Elisha Letley	LOSS	00:43:47
V	53	Angela Rowe	LOSS	00:43:48
V	54	Victoria Hopkins	East Essex Tri	00:43:57
V	55	Surjit Grewar	Brentwood RC	00:44:04
V	56	Jo Sinfield	Pitsea RC	00:44:12
V	57	Emma Flin	East Essex Tri	00:45:13
V	58	Alice Larkman	LOSS	00:45:15
V	59	Diane Wagstaff	Hockley TR	00:45:18
V	60	Dani Thomas	Phoenix Striders	00:45:23
V	61	Karen Ramsey	Castle Point Joggers	00:45:35
	62	Carly Montero	RED Runners	00:45:52
V	63	Clare Dellow	Castle Point Joggers	00:46:14
V	64	Louise Maynard	Hockley TR	00:46:14
V	65	Sarah De Christofano	Benfleet RC	00:47:21
V	66	Zena Shean	East Essex Tri	00:47:22
V	67	Vicki Almond	Castle Point Joggers	00:47:23
V	68	Charis Newitt	Castle Point Joggers	00:47:26
	69	Jade Britton	Hockley TR	00:47:30
V	70	Lizzie-Beth Garraghan	Barking Road Runners	00:48:00
V	71	Caz Wallis	Pitsea RC	00:48:01
	72	Victoria Barker	Phoenix Striders	00:48:14
V	73	Susanna Stidston	Benfleet RC	00:48:22
V	74	Melissa Gilmour	Havering '90 Joggers	00:48:25
V	75	Annette Johnson	Benfleet RC	00:48:28
V	76	Sarah Norton	Castle Point Joggers	00:48:42
V	77	Suzy Harris	LOSS	00:49:01
	78	Rachel Knight	Havering '90 Joggers	00:49:01
V	79	Danielle Last	Havering '90 Joggers	00:49:16
	80	Alicia Murphy	Havering '90 Joggers	00:49:30
V	81	Karen Sweeney	Castle Point Joggers	00:49:49
V	82	Katie Weir	Pitsea RC	00:50:01
V	83	Jane Piper	Phoenix Striders	00:50:30
	84	Clair Medhurst	Rochford RC	00:51:03
V	85	Gill Harrison	Pitsea RC	00:51:11
V	86	Mandy Cooper	Benfleet RC	00:51:45
V	87	Teresa Flannigan	East Essex Tri	00:52:15
V	88	Amanda Skeggs	Castle Point Joggers	00:52:42
V	89	Sarah Hemsworth	Castle Point Joggers	00:52:59
V	90	Ali Ewers	Nuclear Striders	00:53:18
V	91	Bev Markham	Castle Point Joggers	00:54:34
	92	Helen Olley	Rochford RC	00:54:40
	93	Melissa Burke	Havering '90 Joggers	00:55:07
	94	Lisa Gaskin	Havering '90 Joggers	00:55:58
V	95	Alison Fryatt	Barking Road Runners	00:56:27
V	96	Veronica Barikor	Barking Road Runners	00:56:45
V	97	Katherine Stops	East Essex Tri	00:57:43
	98	Rachel Morris	Havering '90 Joggers	00:59:48
	99	Josy Hughes	Havering '90 Joggers	01:00:07
V	100	Tracy Smith	Phoenix Striders	01:00:31
	101	Laura Kelly	Havering '90 Joggers	01:00:50

V	102	Lucy Burdett	Havering '90 Joggers	01:01:09
	103	Rosemary Russell	Rochford RC	01:07:15