

Men's results

Position	Name	Vet	2CS	Club	Time
1	Max Stapleton		2CS	Leigh-on-Sea Striders	26:49
2	Kieran O'Doherty	V		Billericay Striders	27:22
3	Dean Ovel	V		Leigh-on-Sea Striders	27:43
4	Ellis Swindell			Benfleet RC	27:44
5	Jim Dodsworth	V		Leigh-on-Sea Striders	27:49
6	Lee Baynton			Benfleet RC	27:58
7	Jason Leeds		2CS	Nuclear Striders	28:16
8	Ocsar Farley			Billericay Striders	28:28
9	James Redman			Billericay Striders	28:53
10	Ben Brooks		2CS	East Essex Tri	29:04
11	George Wakefield		2CS	Nuclear Striders	29:12
12	Josh Sweeney			Benfleet RC	29:17
13	James Arnold	V		Benfleet RC	29:25
14	Reiss Merritt			Leigh-on-Sea Striders	29:36
15	James Hiscock			Benfleet RC	29:44
16	Adam Hemsworth			Benfleet RC	29:51
17	Kieran Neary			Castle Point Joggers	29:59
18	Chris Kearney			Castle Point Joggers	30:07
19	Nick Turner			Nuclear Striders	30:08
20	Stevan Wing	V		Leigh-on-Sea Striders	30:10
21	Steve Philcox	V	SC	Barking Road Runners	30:13
22	John Earle-Sodhi			Leigh-on-Sea Striders	30:20
23	Ross Fanning			Nuclear Striders	30:21
24	Charlie Phillippe			Leigh-on-Sea Striders	30:40
25	Andy Bright			Nuclear Striders	30:47
26	Ian Toal	V		Leigh-on-Sea Striders	30:59
27	Mark Meader	V		Brentwood RC	31:04
28	Graham Booty	V		Benfleet RC	31:05
29	Darren Lock	V		Leigh-on-Sea Striders	31:07
30	Michael Cook	V		Pitsea RC	31:10
31	Mike Briggs			Benfleet RC	31:15
32	Tom McGarr			Leigh-on-Sea Striders	31:19
33	Alec Schubert	V		Leigh-on-Sea Striders	31:20
34	Matt Bland	V	2CS	Brentwood RC	31:39
35	Jimmy Justice	V		Phoenix Striders	31:40
36	David Jellett			Rochford RC	31:44
37	Roy Harwood	V		Benfleet RC	31:47
38	Dyfan Garmon	V		Dagenham 88	31:48
39	Gary Coombes	V		Benfleet RC	32:00
40	Tom (Ted) Davis			Leigh-on-Sea Striders	32:04
41	Nick Langton	V		Nuclear Striders	32:12
42	Stuart Watson	V		Benfleet RC	32:18
43	Elliott Cone	V		RED Runners	32:27
44	Michael Woodward	V		Pitsea RC	32:30
45	Achillea Tsatsa			Nuclear Striders	32:31
46	Steve Lynch	V		Leigh-on-Sea Striders	32:34
47	Martin Owen	V		Leigh-on-Sea Striders	33:20
48	Ray Brooks	V		East Essex Tri	33:25
49	Simon Sumner	V		Leigh-on-Sea Striders	33:32
50	Harry Grose			Leigh-on-Sea Striders	33:36
51	Terry Spooner	V		Castle Point Joggers	33:38
52	Lee Heley	V		Leigh-on-Sea Striders	33:39
53	Darren Latter	V		RED Runners	33:44
54	Mick Valbonesi	V		Benfleet RC	33:48
55	Tom Overing			Rochford RC	33:52
56	Stuart Cable	V		Leigh-on-Sea Striders	34:04
57	Nick Rankin	V		Benfleet RC	34:29
58	Peter Ellis	V		Hockley Trail Runners	34:43
59	Steve Walker	V	2CS	Havering '90 Joggers	34:44

60	Gary McSweeney	V		Nuclear Striders	34:46
61	Neal Clark	V		Phoenix Striders	34:50
62	Richard Bonham	V		Castle Point Joggers	35:10
63	Matthew Aitken	V	2CS	East Essex Tri	35:14
64	Niki Read	V		Leigh-on-Sea Striders	35:16
65	Pete Anderson Thorn	V		Pitsea RC	35:17
66	Neal Marlow	V		Leigh-on-Sea Striders	35:18
67	Bruce Gander	V		Leigh-on-Sea Striders	35:22
68	Andrew French			Nuclear Striders	35:29
69	Ervin-Evangelos Ntios	V		Nuclear Striders	35:41
70	James Ferrant			Pitsea RC	35:44
71	Rick Wade	V		Castle Point Joggers	35:51
72	Ian Pike	V		Benfleet RC	35:57
73	Tony Agg	V		Billericay Striders	35:58
74	Martin Howlett	V		Castle Point Joggers	36:04
75	Sam Backhouse		2CS	Nuclear Striders	36:05
76	Matt Stenning			Billericay Striders	36:25
77	Andy Wayman	V		RED Runners	36:28
78	Matthew Dodd	V		East Essex Tri	36:32
79	Francis Fuller	V		Phoenix Striders	36:40
80	Darren Summers	V		Leigh-on-Sea Striders	36:41
81	David Patten			Leigh-on-Sea Striders	36:52
82	Tom Langton			Nuclear Striders	36:54
83	Phil Warner	V		Phoenix Striders	36:58
84	Andy Coombs	V		RED Runners	36:59
85	Ben Horsbrough			RED Runners	37:03
86	Jamie Enever-Dodd	V		Phoenix Striders	37:05
87	Sean Thomson			Benfleet RC	37:10
88	Gary Flint	V		Havering '90 Joggers	37:28
89	Bobby Robertson	V		Nuclear Striders	37:38
90	Paul Backhouse	V	2CS	Nuclear Striders	37:42
91	Ben Kirby			Leigh-on-Sea Striders	37:47
92	Tom Metcalf			Leigh-on-Sea Striders	37:59
93	Peter Harley	V		East Essex Tri	38:04
94	Brett Lewis	V		Leigh-on-Sea Striders	38:09
95	Adam Poulton	V		Castle Point Joggers	38:12
96	Alan Clark	V		Benfleet RC	38:15
97	Ian Wilson	V		RED Runners	38:31
98	Ben Whateley	V		Brentwood RC	38:35
99	Andrew Morris			Billericay Striders	38:37
100	Alan Porter	V		Castle Point Joggers	38:42
101	Michael Taylor			East Essex Tri	38:58
102	John Rowe	V		Leigh-on-Sea Striders	39:14
103	Alexander Flin			East Essex Tri	39:16
104	Toby Dando	V		Leigh-on-Sea Striders	39:18
105	Martin Orfod	V		Pitsea RC	39:36
106	John Amey	V		RED Runners	39:37
107	Paul Champion	V		Leigh-on-Sea Striders	39:43
108	Richard Jones	V	2CS	East Essex Tri	39:48
109	Keith Nevett	V		Castle Point Joggers	39:50
110	Steve Flin	V		East Essex Tri	39:56
111	Gary Rowley	V		Leigh-on-Sea Striders	40:05
112	Mick Smith	V		Rochford RC	40:11
113	Jim Price	V		Pitsea RC	40:15
114	Spenser Garick	V		Hockley Trail Runners	40:19
115	Wayne Lewis	V		Castle Point Joggers	40:24
116	John George	V		Barking Road Runners	40:42
117	Lee Andrews	V		Hockley Trail Runners	41:21
118	Keith Muggleton	V		East Essex Tri	41:28
119	Vic Conran	V		RED Runners	41:30
120	Zak Goble			RED Runners	41:31

121	David Ward	V	Leigh-on-Sea Striders	41:46
122	Alan Wise		Hockley Trail Runners	42:11
123	Lee Hazelwood	V	Phoenix Striders	42:26
124	James Macnish Porter	V	Brentwood RC	42:28
125	Cliff Potter	V	Leigh-on-Sea Striders	42:38
126	Colin Andrews	V	Rochford RC	42:41
127	Anthony Mann		Rochford RC	43:18
128	Roger Lebek	V	Havering '90 Joggers	43:29
129	Chris Emery	V	Pitsea RC	43:30
130	Andy Badger	V	RED Runners	43:33
131	Rob West	V	Leigh-on-Sea Striders	43:47
132	Hiren Amin	V	Pitsea RC	43:58
133	Michael Groombridge		Benfleet RC	44:03
134	John White	V	Leigh-on-Sea Striders	44:22
135	Graeme Silcok	V	East Essex Tri	44:30
136	Luke Bonham		Castle Point Joggers	45:06
137	Paul O'Hare	V	Brentwood RC	45:43
138	Michael Summers	V	Phoenix Striders	45:45
139	Scott Burgess		Rochford RC	45:55
140	Darren Radford	V	Havering '90 Joggers	46:23
141	John Mills		Rochford RC	46:29
142	Steve Colloff	V	Barking Road Runners	46:37
143	Bruce Mail		Billericay Striders	47:08
144	Jagbir Bassi		Barking Road Runners	47:28
145	Brian Maynard	V	Hockley Trail Runners	47:37
146	Martin Page	V	Barking Road Runners	48:13
147	Frank Schubert	V	Havering '90 Joggers	48:50
148	Tony Woodgate	V	Dagenham 88	49:02
149	Chris Brtew	V	Brentwood RC	49:11
150	Peter McQuillan	V	Castle Point Joggers	49:39
151	Paul Hagan	V	Phoenix Striders	49:42
152	Darren Harris	V	Hockley Trail Runners	50:38
153	Tony Gray	V	Havering '90 Joggers	50:52
154	Allan Lacey	V	Dagenham 88	51:07
155	Simon Law	V	Hockley Trail Runners	51:13
156	Michael Groombridge	V	Pitsea RC	51:53
157	Stuart Tidd	V	Havering '90 Joggers	52:08
158	Stephen Mitchell	V	Havering '90 Joggers	52:09
159	Stephen Brown	V	Hockley Trail Runners	52:57
160	Andy Body	V	Phoenix Striders	53:29
161	Jason Li	V	Barking Road Runners	53:55
162	Mike Jordan	V	Hockley Trail Runners	54:23
163	Dennis Spencer-Perkins	V	Barking Road Runners	54:36
164	Richard Bennett	V	Hockley Trail Runners	54:39
165	Ivor Watson	V	RED Runners	58:00
166	Brian Slade	V	Havering '90 Joggers	58:12
167	John White	V	Pitsea RC	58:30
168	Lee Kyson	V	Havering '90 Joggers	01:00:52
169	Chris Cammidge	V	Castle Point Joggers	01:02:20
170	Robert Fenegan-Hurst	V	Rochford RC	01:07:03
171	Rob Courtier	V	Barking Road Runners	01:09:14
172	NON-RUNNER PENALTY			

DNF Barry Weldon Billericay Striders