

Men's results

<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>	<u>Position</u>
1	Rhys Gillard		LOSS	24.26	73
2	Kieran O'Doherty		Billericay	25.08	74
3	David Raffaelli		LOSS	25.30	75
4	David Doel	Vet	Billericay	25.34	76
5	Tim Whitcombe		Benfleet	26.02	77
6	Matt Knowles		Billericay	26.11	78
7	James Hiscock		Benfleet	26.25	79
8	Dean Ovel	Vet	LOSS	26.26	80
9	Matibini Matibini	Vet	LOSS	26.30	81
10	Oscar Farley		Billericay	26.32	82
11	Adam Hemsworth		Castle Point	26.44	83
12	David Osbourne		East Essex Tri	26.54	84
13	Richard Beasley		LOSS	26.57	85
14	Geoff Keily	Vet	Billericay	27.08	86
15	Jim Dodsworth	Vet	LOSS	27.09	87
16	Damien Harvey		LOSS	27.21	88
17	Jack Martin		East Essex Tri	27.26	89
18	Aaron Gosling		LOSS	27.29	90
19	Michael Wilkes	Vet	LOSS	27.35	91
20	Ben Brooks		East Essex Tri	27.40	92
21	Antony Moore	Vet	Billericay	28.02	93
22	Dave Bottjer	Vet	Billericay	28.07	94
23	Stevan Wing		LOSS	28.09	95
24	Darren Lock	Vet	LOSS	28.16	96
25	Mike Webber		LOSS	28.26	97
26	Lukasz Sacharzewski		LOSS	28.43	98
27	Jason Donovan	Vet	Benfleet	28.48	99
28	Stuart Cable	Vet	LOSS	28.55	100
29	Chris Cook		Pitsea	29.00	101
30	Andy Wright	Vet	Billericay	29.02	102
31	Ian Toal	Vet	Rochford	29.04	103
32	Neil Jennings	Vet	Billericay	29.12	104
33	Roy Harwood	Vet	Benfleet	29.26	105
34	Alec Schubert	Vet	LOSS	29.30	106
35	Tom Overing		Rochford	29.33	107
36	Oliver March	Vet	Billericay	29.40	108
37	James Lowndes	Vet	Barking	29.44	109
38	Adam Lysons	Vet	LOSS	29.47	110
39	Lee Heley	Vet	LOSS	29.50	111
40	Graham Booty	Vet	Benfleet	29.54	112
41	Barry Weldon	Vet	Billericay	30.01	113
42	Dave Jellett		Rochford	30.05	114
43	Matt Philips	Vet	Billericay	30.07	115
44	Ian George	Vet	East Essex Tri	30.12	116
45	Sean Lillis	Vet	Billericay	30.18	117
46	Martin Palmer	Vet	East Essex Tri	30.30	118
47	Elliot Carter	Vet	LOSS	30.33	119
48	Daniel Cano		Havering 90	30.34	120

49	Richard Bonham	Vet	Castle Point	30.37	121
50	Matthew Aitken	Vet	East Essex Tri	30.40	122
51	Ray Brooks	Vet	East Essex Tri	30.59	123
52	Peter Stalley	Vet	Benfleet	31.04	124
53	Colin Andrews	Vet	Rochford	31.12	125
54	Dean Goodson		Billericay	31.21	126
55	Nicholas Lowman	Vet	LOSS	31.26	127
56	Adam Dean	Vet	LOSS	31.39	128
57	Archie Conners		Benfleet	31.54	129
58	Phil Nippard		Rochford	31.58	130
59	Tom Paterson		East Essex Tri	32.09	131
60	Danny Flint	Vet	LOSS	32.14	132
61	Martin Beales	Vet	LOSS	32.19	133
62	Tom Brennan		Barking	32.24	134
63	David Patten	Vet	LOSS	32.33	135
64	Matthew Letley	Vet	LOSS	32.37	136
65	Marc Outen	Vet	Rochford	32.41	137
66	Neal Marlow	Vet	LOSS	32.47	138
67	Rick Wade	Vet	Castle Point	32.53	139
68	Stephen Foggo	Vet	Billericay	32.57	140
69	Roy Fleming	Vet	Billericay	33.02	141
70	Ian Pike	Vet	Benfleet	33.14	142
71	Jagbir Bassi		Barking	33.33	143
72	Adam Weir	Vet	LOSS	33.35	144

<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>
Martin Orford	Vet	Pitsea	33.37
Rory Burr		Barking	33.40
Ian Wilson	Vet	Rochford	33.47
Rob Newton	Vet	Pitsea	33.54
Emmanuel Brousse	Vet	LOSS	33.58
Martin Howlett	Vet	Castle Point	34.02
Tony Cowell	Vet	Rochford	34.12
Andrew Morris	Vet	Billericay	34.18
Mark Blee	Vet	LOSS	34.30
Luke Knight		Havering 90	34.31
Dave Sherman	Vet	Havering 90	34.50
David Blockley	Vet	LOSS	34.53
Tony Agg	Vet	Billericay	34.57
Gary Rowley	Vet	LOSS	35.04
Michael Bebbington		Benfleet	35.05
Neil Hubbard	Vet	LOSS	35.07
Mark New	Vet	Barking	35.08
Graeme Edwards	Vet	Castle Point	35.14
Alistair Daw	Vet	Billericay	35.15
Josh Hill		LOSS	35.20
Keith Nevett	Vet	Castle Point	35.31
Harry Smith		Havering 90	35.33
Chris Diggins		Benfleet	35.37
Martin Page	Vet	Barking	35.38
Dave Flanigan	Vet	Castle Point	35.39
John Mills	Vet	Rochford	35.48
Mike Hopkins	Vet	Castle Point	36.04
John Rozee	Vet	Havering 90	36.17
John George	Vet	Barking	36.21
Andy Deacon	Vet	Rochford	36.39
Simon Rawlings	Vet	East Essex Tri	36.45
Adam Stow	Vet	Pitsea	37.04
Nick Hill	Vet	LOSS	37.08
Adrian Davison	Vet	Barking	37.11
James MacNish Porter	Vet	Brentwood	37.13
Peter Osborne	Vet	Castle Point	37.42
David Kail		Barking	38.01
David Ward	Vet	LOSS	38.08
Scott Burgess		Rochford	38.08
Ricky Lee	Vet	Billericay	38.16
Gary Cardnell	Vet	Dagenham 88	38.25
Ciaran Byrne		Benfleet	38.42
Luke Bonham		Castle Point	38.56
Bruce Mail	Vet	Billericay	39.10
Clive Bailey	Vet	Rochford	39.35
James Griffith		LOSS	39.57
Graham Smith	Vet	LOSS	40.25
Sam McGee		LOSS	40.42

Darren Radford	Vet	Havering 90	40.46
Hiren Amin		Pitsea	40.52
Christian Gray		East Essex Tri	40.59
Stuart Walker	Vet	LOSS	41.08
Frank Schubert	Vet	Havering 90	41.14
John Wood	Vet	Rochford	41.41
Tony Gray	Vet	Havering 90	41.47
Anthony Leckerman	Vet	LOSS	42.08
Michael Pegnall	Vet	Dagenham 88	42.45
Martin England	Vet	Castle Point	42.51
Jason Li	Vet	Barking	43.02
Ed Hepburn		LOSS	45.53
Michael Groombridge		Pitsea	46.04
Brian Slade	Vet	Havering 90	46.56
John White	Vet	Pitsea	48.12
Chris Holmes	Vet	LOSS	48.22
Pete Ellis	Vet	Rochford	49.07
Steve Kilcoyne	Vet	Rochford	50.14
Steve Sheekey	Vet	Havering 90	50.17
Leslie Jay	Vet	Barking	51.17
MarC Downham	Vet	LOSS	51.19
Dennis Spencer-Perkins	Vet	Barking	52.18
Ken Carey	Vet	Pitsea	56.43
Michael Ball	Vet	Barking	65.40