

MENS

1	Shane Boxall	Benfleet	30.27
2	Tim Whitcombe	Benfleet	31.02
3	Lee Baynton	Benfleet	31.17
4	James Arnold	Benfleet	31.3
5	Kieran o Doherty	Billericay	31.35
6	Ben Brooks	East Ex Tri	31.41
7	Josh Sweeney	Benfleet	31.51
8	John Wray	Leigh on sea	31.56
9	Nick Wetheridge	East Ex Tri	31.57
10	Jason Leeds	Nuclear	31.58
11	Stuart Rodwell	Rochford	32.05
12	Luke Kavanagh	Benfleet	32.1
13	Andrew Barr	Brentwood	32.12
14	Alex Young	Nuclear	32.19
15	Dean Ovel	Leigh on sea	32.21
16	Robert Vinicombe	Pitsea	32.24
17	John Earl Sodhi	Leigh on sea	32.25
18	Chris McClay	Leigh on sea	32.26
19	Chris Kearney	Castle Point	32.27
20	Ramzay U	Nuclear	32.34
21	Ross Fanning	Nuclear	32.37
22	Steve Philcox	Barking	32.46
23	Lewis Sartin	East Ex Tri	32.49
24	Oscar Farley	Billericay	32.5
25	Mike Briggs	Benfleet	32.51
26	Roy Harwood	Benfleet	32.59
27	Adam Hemsworth	Benfleet	33.03
28	Martin Owen	Leigh on sea	33.04
29	David Jellet	Rochford	33.05
30	Felix Shaw	Benfleet	33.06
31	Elliot Cone	Reds	33.13
32	Spencer Welch	Billericay	33.15
33	Ben Orme	Nuclear	33.17
34	Ian Anthony	Nuclear	33.18
35	Mike Webber	Leigh on sea	33.19
36	Richard Leeson	Pitsea	33.22
37	Mark Meader	Brentwood	33.22
38	John Barker	Brentwood	33.24
39	Ray Towey	Benfleet	33.25
40	Warren Shoesmith	Nuclear	33.26
41	Ian Toal	Leigh on sea	33.27
42	Tom Overing	Rochford	33.28
43	Colin Wishart	Billericay	33.32
44	Stuart Watson	Benfleet	33.36
45	Steven Lynch	Leigh on sea	33.4
46	Kieron Neady	Castle Point	33.45
47	James Beasley	Leigh on sea	33.46
48	Simon le Mare	Leigh on sea	33.54
49	Ben Gamlin	Nuclear	34.02
50	Maurice Otuma	Haivering Jog	34.04
51	Andy Bright	Nuclear	34.1
52	Lukasz	Leigh on sea	34.16
53	Oliver Beale	East Ex Tri	34.17
54	Ben Usher	Nuclear	34.18
55	Stuart Cable	Leigh on sea	34.19
56	Nick Taylor	Nuclear	34.24
57	Terry Spooner	Castle Point	34.25
58	Jimmy Justice	Phoenix	34.26
59	Barry Weldon	Billericay	34.37
60	Joe Lambert	Nuclear	34.38
61	Peter Faulkner	Leigh on sea	34.39
62	David Nicel	East Ex Tri	34.47
63	Gary Pitman	Reds	34.52
64	Tony Pecoraro	Haivering Jog	34.53
65	Campbell Reeman	Billericay	34.56
66	Darren Latter	Reds	35
67	Alan Clark	Benfleet	35.02
68	James Burns	Reds	35.03
69	Alan James	Phoenix	35.04
70	Mike Woodward	Pitsea	35.12
71	Oliver Moore	Leigh on sea	35.14
72	Nick Langton	Nuclear	35.18
73	Gordon Conroy	Leigh on sea	35.2
74	Peter Anderson Thc	Pitsea	35.25
75	Don Goodson	Billericay	35.27
76	Anthony Moore	Billericay	35.32
77	Lloyd Rowe	Castle Point	35.36
78	Tom Cochrane	Benfleet	35.4
79	Nick Rankin	Benfleet	35.41
80	Jack Saunders	Leigh on sea	35.5
81	Matt Phillips	Billericay	35.51
82	Matt Barrett	Leigh on sea	35.52
83	Matt Cops	Benfleet	35.54
84	Michael Eyres	East Ex Tri	36.05
85	Edoaldo Antonen	Brentwood	36.07
86	Mark Gower	Billericay	36.08
87	Dave Butler	Billericay	36.1
88	Richard Bonham	Castle Point	36.12
89	Matthew Dodd	East Ex Tri	36.13
90	Ian George	East Ex Tri	36.14
91	Matt Stenning	Billericay	36.15
92	Pete Ellis	Hockley	36.16
93	Ervin D	Nuclear	36.17
94	Chris Senk	East Ex Tri	36.18
95	Bruce Gander	Leigh on sea	36.19

96	Gareth Richards	Rochford	36.2
97	Ian Brett	Havering Jog	36.38
98	Steve Loach	Brentwood	36.47
99	Andy Hook	Nuclear	36.48
100	Charlie Butler	Leigh on sea	36.49
101	Tom Metcalf	Leigh on sea	36.54
102	Steve Dear	Castle Point	36.58
103	Gav Lea	Rochford	37.05
104	Tom Brennan	Barking	37.1
105	Chris Round	Pitsea	37.11
106	Niki Read	Leigh on sea	37.13
107	Paul Backhouse	Nuclear	37.15
108	Neal Clarke	Phoenix	37.32
109	Keith Bell	East Ex Tri	37.38
110	Louis Downs	Benfleet	37.4
111	Jamie Austin Summ	Reds	37.44
112	Kieron Coughlan	Leigh on sea	37.47
113	Adam Poulton	Castle Point	37.49
114	Luke Pitchford	Nuclear	37.54
115	Sam Backhouse	Nuclear	38.02
116	Alex Childs	Reds	38.05
117	Stuart Harrison	Castle Point	38.09
118	Rick Wade	Castle Point	38.1
119	Steve Walker	Havering Jog	38.13
120	Tom Franklyn	Castle Point	38.14
121	Daryl Fryatt	Reds	38.19
122	Danny Shilling	Pitsea	38.2
123	Anthony Mann	Rochford	38.21
124	Bill Smith	East Ex Tri	38.22
125	Lee Veale	Havering Jog	38.23
126	Steve Turner	Leigh on sea	38.24
127	Rob Hemstead	Billericay	38.26
128	Alan Porter	Castle Point	38.27
129	Geoff Kelly	Billericay	38.3
130	Justin Burton	Castle Point	38.31
131	Michael Greenslocl	Reds	38.32
132	Andrew Lutterlock	Havering Jog	38.35
133	Nathan Clarke	East Ex Tri	38.37
134	Neil Marlowe	Leigh on sea	38.47
135	Ian Pike	Benfleet	38.57
136	Sam Martyn	Reds	39.01
137	Jonathan Wyatt	East Ex Tri	39.04
138	Mark Blee	Leigh on sea	39.08
139	Simon Taylor	Leigh on sea	39.09
140	Wayne Lewis	Castle Point	39.18
141	John Amey	Reds	39.37
142	Neil Jennines	Billericay	39.41
143	Keith Muggleton	East Ex Tri	39.56
144	Bradley Taylor	Brentwood	40.04
145	Matt Letley	Leigh on sea	40.07
146	Alistair Daw	Billericay	40.09
147	John Rowe	Leigh on sea	40.12
148	Ryan Bond	Pitsea	40.18
149	Jamie Enever	Phoenix	40.22
150	Tony Cowell	Rochford	40.23
151	Michael Moss	Leigh on sea	40.24
152	Martin Page	Barking	40.27
153	Matt Simpson	Pitsea	40.36
154	Lewis Jones	Brentwood	40.39
155	Nathan Reilly	Billericay	40.42
156	Jim Price	Pitsea	40.47
157	James Pettit	Rochford	40.57
158	Tony Gawler	Nuclear	41.04
159	Richard Jones	East Ex Tri	41.05
160	Zak Goble	Reds	41.08
161	Darren Tower	Pitsea	41.28
162	Dave Ward	Leigh on sea	41.31
163	Neil Dobson	Hockley	41.36
164	Robbie Cole	Reds	41.38
165	Luke Scott	Leigh on sea	41.42
166	Nigel Street	Phoenix	41.45
167	Martin Orford	Pitsea	41.48
168	David Hallet	Rochford	41.54
169	Allan Lacey	Dagenham	42.02
170	Sean pearsons King	Rochford	42.05
171	Simon Maley	Havering Jog	42.16
172	Roy James	Havering Jog	42.29
173	Chris read	Brentwood	42.3
174	Steve Healey	Pitsea	42.32
175	Ian Wilson	Reds	42.41
176	James Talbot	Havering Jog	42.5
177	Michael Summer	Phoenix	42.54
178	Roger Williams	Leigh on sea	42.55
179	James Kane	Hockley	43.03
180	Nathan Hawkins	Nuclear	43.08
181	Tom Keamey	Castle Point	43.13
182	Russell Otter	Leigh on sea	43.16
183	Arran Salmon	Leigh on sea	43.2
184	David Tapsell	Phoenix	43.23
185	Daniel Cooper	Billericay	43.24
186	James McNish Port	Brentwood	43.43
187	Sam Phillips	Reds	43.53
188	Spenser Gartic	Hockley	43.57
189	Martyn Blake	Reds	44.16
190	Jim Holland	Nuclear	44.3
191	Scott Smith	Pitsea	44.36
192	James Webb	Benfleet	44.4

193	Keith Nevitt	Castle Point	44.42
194	Scott Sutherland	Pitsea	44.44
195	David Dixon	Havering Jog	44.47
196	Simon Hainsworth	Leigh on sea	44.56
197	Jesper Johnson	Leigh on sea	45.05
198	Gary Cardnell	Dagenham	45.09
199	Dave Scott	Billericay	45.18
200	Ricky Lee	Billericay	45.27
201	Rob West	Leigh on sea	45.35
202	Pedro Goncalves	Havering Jog	45.38
203	Malcolm Woodhouse	Leigh on sea	45.45
204	Steve Marshall	Leigh on sea	45.48
205	Hiren Amin	Pitsea	45.52
206	Gregg Smith	Hockley	45.53
207	Alan Wise	Hockley	45.54
208	John Hughes	Dagenham	46.16
209	Adrian Maiters	Hockley	46.17
210	Trevor Dobie	Hockley	46.53
211	John Mills	Rochford	47.19
212	Brian Maynard	Hockley	47.29
213	Roger Lebek	Havering Jog	47.4
214	Tony O'Callaghan	Havering Jog	47.59
215	Ed Hepburn	Leigh on sea	48.1
216	Frank Schubert	Havering Jog	48.42
217	Luke Austin Summ	Reds	49.03
218	Tony Griffin	Pitsea	49.06
219	Stephen Mitchell	Havering Jog	49.18
220	Darren Harris	Hockley	49.47
221	James Tucker	Castle Point	49.58
222	Michael Groombridge	Pitsea	50.15
223	Luke Bonham	Castle Point	50.2
224	Phillip Marton	Hockley	50.31
225	Nick Gorman	Barking	50.41
226	Simon Law	Hockley	50.46
227	Ryan Tomkins	Pitsea	51.12
228	Darren Radford	Havering Jog	51.15
229	Gary Harford	Barking	51.52
230	Mark Robertson	Reds	52
231	David Lacey	Dagenham	52.13
232	Mike Williams	Pitsea	52.42
233	Chris Emery	Pitsea	52.45
234	Lee Regan	Havering Jog	52.46
235	Stephen Brown	Hockley	52.56
236	Steve Colloff	Barking	54.33
237	Trevor Peterson	Pitsea	54.39
238	Ron Dobie	Havering Jog	54.58
239	Stuart Tidd	Havering Jog	55.29
240	Rich Bennett	Hockley	55.54
241	John Pearce	Pitsea	56.49
242	Dennis Spencer-Pe	Barking	57.2
243	John White	Pitsea	57.38
244	Andy Chaplin	Pitsea	59.04
245	Ben Stops	East Ex Tri	59.58
246	Lee Kyson	Havering Jog	60.13
247	Neil James	Hockley	62.4
248	Dave Mullander	Pitsea	63.27
249	Ambarasu Govinda	Havering Jog	66.05
250	Martin Bannerman	Hockley	66.11
251	Kresy Veerasamy	Dagenham	66.41
252	Nabeel Akram	Barking	68.47
253	n/a	Dagenham	