

Men's results

<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>	<u>Position</u>
1	Russell McGavock		Benfleet	26.09	104
2	Kieran O'Doherty	Vet	Billericay	27.23	105
3	Jim Dodsworth	Vet	LOSS	27.43	106
4	Crispian Bloomfield	Vet	Billericay	28.10	107
5	Dean Ovel	Vet	LOSS	28.33	108
6	Matabini Matabini	Vet	LOSS	28.37	109
7	James Arnold	Vet	Benfleet	28.38	110
8	Lee Baynton		Benfleet	28.45	111
9	Oscar Farley		Billericay	29.00	112
10	Ray Towey	Vet	Benfleet	29.07	113
11	James Redman		Billericay	29.09	114
12	Ben Brooks (2CS)		EET	29.12	115
13	Steve Philcox (2CS)	Vet	Barking	29.19	116
14	Jack Martin		EET	29.23	117
15	Chris Cook		Pitsea	29.30	118
16	John Wray		LOSS	29.42	119
17	Jason Leeds (2CS)		Nuclear Striders	29.45	120
18	Reiss Merritt		LOSS	29.50	121
19	Geoff Keily		Billericay	30.05	122
20	Jason Donovan	Vet	Benfleet	30.07	123
21	Nick Taylor		Nuclear Striders	30.23	124
22	Adam Hemsworth		Benfleet	30.28	125
23	Tom McGarr		LOSS	30.54	126
24	Mike Briggs		Benfleet	30.57	127
25	Ramunas Uikys	Vet	Nuclear Striders	30.59	128
26	Michael Banham		Benfleet	31.06	129
27	Billy Lander		Castle Point	31.08	130
28	Ian Toal		LOSS	31.11	131
29	Dyfan Gorman	Vet	Dagenham 88	31.17	132
30	Alec Schubert		LOSS	31.24	133
31	Matt Phillips		Billericay	31.25	134
32	Graham Booty	Vet	Benfleet	31.30	135
33	Barnaby Mowson		Benfleet	31.38	136
34	Paul Ruffy	Vet	Benfleet	31.40	137
35	Mark Meader	Vet	Brentwood	31.45	138
36	Mike Webber		LOSS	31.49	139
37	Darren Lock		LOSS	31.50	140
38	Mick Valbonesi	Vet	Benfleet	31.51	141
39	Hamza Zahir		LOSS	32.00	142
40	Chris Kearney		Castle Point	32.01	143
41	Mike Cook	Vet	Pitsea	32.03	144
42	Terry Spooner	Vet	Castle Point	32.05	145
43	James Ferrent		Pitsea	32.07	146
44	Ben Horsburgh		RED Runners	32.15	147
45	Roy Harwood	Vet	Benfleet	32.16	148
46	Kieran Neary		Castle Point	32.18	149
47	Nick Langton	Vet	Nuclear Striders	32.26	150
48	Martin Chester (2CS)	Vet	Havering 90	32.31	151

49	Achillea Tsatsa		Nuclear Striders	32.33	152
50	Simon Earle-Sodhi		LOSS	32.35	153
51	Stuart Cable		LOSS	32.37	154
52	Tom Davis		LOSS	32.42	155
53	Elliott Cone	Vet	RED Runners	32.44	156
54	David Nicel	Vet	EET	32.45	157
55	Tom Abbott		Brentwood	32.55	158
56	Richard Leeson		Phoenix	32.58	159
57	Barry Weldon		Billericay	33.01	160
58	Tony Pecoraro	Vet	Havering 90	33.02	161
59	Tim Brown		LOSS	33.12	162
60	Phil Bearman	Vet	Nuclear Striders	33.16	163
61	John Whitehead		Havering 90	33.22	164
62	Ricky Nelson	Vet	Nuclear Striders	33.26	165
63	Jimmy Justice	Vet	Phoenix	33.27	166
64	Tom Overing		Rochford	33.31	167
65	Paul Withyman		Barking	33.36	168
66	Tom Brennan		Barking	33.43	169
67	Ray Brooks	Vet	EET	33.55	170
68	Lukasz Sacharzewski		LOSS	33.57	171
69	Peter Tullett	Vet	Billericay	33.58	172
70	Gary Pitman	Vet	RED Runners	33.59	173
71	Simon Sumner		LOSS	34.11	174
72	Mike Woodward	Vet	Pitsea	34.21	175
73	Shea Bunyan		Rochford	34.25	176
74	Andrew French		Nuclear Striders	34.26	177
75	Harris Foster-Carter		Rochford	34.28	178
76	Darren Latter	Vet	RED Runners	34.39	179
77	Sam Backhouse		Nuclear Striders	34.43	180
78	Niki Read		LOSS	34.58	181
79	Alan P James	Vet	Phoenix	35.11	182
80	Richard Bonham	Vet	Castle Point	35.15	183
81	Neal Clark	Vet	Phoenix	35.22	184
82	Matthew Aitken	Vet	EET	35.25	185
83	Rich Waters	Vet	Nuclear Striders	35.29	186
84	Lee Heley		LOSS	35.32	187
85	Peter Elliss	Vet	Hockley	35.40	188
86	Felix Shaw		Benfleet	35.41	189
87	Mark Hayward	Vet	Nuclear Striders	35.48	190
88	Mark Gower	Vet	Billericay	35.56	191
89	Pete Anderson Thorn	Vet	Pitsea	36.00	192
90	Guy Hildreth	Vet	Havering 90	36.07	193
91	Bruce Gander		LOSS	36.13	194
92	Tony Agg	Vet	Billericay	36.19	195
93	David Cox	Vet	EET	36.23	196
94	Andy Wayman	Vet	RED Runners	36.24	197
95	Adam Reeve	Vet	RED Runners	36.28	198
96	Chris Coates	Vet	Benfleet	36.33	199
97	Keith Bell	Vet	EET	36.35	200
98	Matt Pepper	Vet	Nuclear Striders	36.40	201

99	Matt Stenning	Vet	Billericay	36.41	202
100	Steve Walker	Vet	Havering 90	36.43	203
101	Nick Hill	Vet	Pitsea	36.43	204
102	Colin Dunn	Vet	Castle Point	36.45	205
103	James Hazell	Vet	Hockley	36.50	

<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>
Darren Summers		LOSS	36.52
John Amey	Vet	RED Runners	36.55
Phil Cooper	Vet	Billericay	37.02
Gav Lea	Vet	Rochford	37.06
Alan Clark	Vet	Benfleet	37.07
Andrew Coombes	Vet	RED Runners	37.11
Adrian Davidson	Vet	Barking	37.17
Mick Smith	Vet	Rochford	37.25
Alan Porter	Vet	Castle Point	37.26
Paul Agastina	Vet	Pitsea	37.31
Ian Pike	Vet	Benfleet	37.33
Stuart Harrison	Vet	Castle Point	37.37
Tony Lavers	Vet	Pitsea	37.38
Terry Fulton	Vet	RED Runners	37.39
Paul Backhouse	Vet	Nuclear Striders	38.08
Brett Lewis		LOSS	38.10
Ben Whateley-Harris	Vet	Brentwood	38.12
Tim Tomlins	Vet	EET	38.17
Adam Poulton	Vet	Castle Point	38.29
Martin Orford	Vet	Pitsea	38.36
Anthony Mann		Rochford	38.40
Rob Marek	Vet	Rochford	38.43
Thomas Umpleby		Pitsea	38.47
Stephen Foggo	Vet	Billericay	39.00
David Blockey		LOSS	39.01
Dave Haroun		Rochford	39.13
Selwyn Smith	Vet	EET	39.15
Elliott Carter		LOSS	39.23
Chris Harrigan		LOSS	39.25
Tom Metcalf		LOSS	39.33
Andrew Morris	Vet	Billericay	39.35
Wayne Lewis	Vet	Castle Point	39.37
Phil Warner	Vet	Phoenix	39.50
John George	Vet	Barking	39.53
Mike Hopkins	Vet	Castle Point	39.55
Rob Hagger	Vet	RED Runners	40.01
Lee Andrews	Vet	Hockley	40.05
Graeme Edwards	Vet	Castle Point	40.07
Andrew Lutterloch	Vet	Havering 90	40.15
John Rowe		LOSS	40.16
Neil Colley	Vet	Phoenix	40.20
Colin Andrews	Vet	Rochford	40.23
Mark New	Vet	Barking	40.27
Lee Hazelwood	Vet	Phoenix	40.31
Richard Jones	Vet	EET	40.40
David Ward		LOSS	40.48
Paul Hagan	Vet	Phoenix	40.53
David Harding		LOSS	41.07

Keith Nevett	Vet	Castle Point	41.1
Simon Rawlings	Vet	EET	41.23
Steve Lamb	Vet	Nuclear Striders	41.48
Ben Souster		Benfleet	42.11
Darren Tower	Vet	Pitsea	42.22
Kevin McKenny		LOSS	42.23
Thomas Smalley	Vet	Pitsea	42.25
Chris Emery	Vet	Pitsea	42.29
James Webb		Benfleet	42.39
Hiren Amin	Vet	Pitsea	42.47
Phil Digby		LOSS	42.55
Alan Wise		Hockley	42.58
Rob West		LOSS	43.06
Steve Edgington	Vet	Hockley	43.09
Cliff Potter		LOSS	43.13
Andy Badger	Vet	RED Runners	43.15
Scott Burgess		Rochford	44.17
Luke Bonham	Vet	Castle Point	44.25
Tony Gray	Vet	Havering 90	44.45
Darren Radford	Vet	Havering 90	45.25
Tom Shorey		Barking	45.41
Jim Price	Vet	Pitsea	45.52
Jesper Jonsson		LOSS	46.01
Arran Salmon		LOSS	46.09
Zak Goble		RED Runners	46.11
Keith Dawson	Vet	Phoenix	46.16
Jack Lane		LOSS	46.30
			46.32
Rob Tobin	Vet	Rochford	46.50
Allan Lacey	Vet	Dagenham 88	46.55
			47.13
Brian Maynard	Vet	Hockley	47.27
Alistair Kendrick	Vet	Castle Point	47.55
David Tapsell	Vet	Phoenix	48.02
Neil Head	Vet	Pitsea	48.05
Sanjeev Sharma	Vet	Havering 90	48.16
Simon Law	Vet	Hockley	48.46
Jason Li		Barking	48.57
Ron Vials	Vet	Barking	49.41
Mike Jordan	Vet	Hockley	49.57
Justin Harris	Vet	Pitsea	50.26
John Pearce	Vet	Pitsea	50.36
Steve Brown	Vet	Hockley	52.00
Andrew Body	Vet	Phoenix	52.16
Stuart Tidd	Vet	Havering 90	52.36
			53.08
Martin Watson	Vet	Castle Point	53.26
Richard Bennett	Vet	Hockley	53.50
Brian Slade	Vet	Havering 90	54.08
Bob Prigg		LOSS	56.27

Ken Carey	Vet	Pitsea	56.35
Lee Kyson	Vet	Havering 90	57.11
Steve Colloff		Barking	58.52
Chris Cammidge	Vet	Castle Point	69.58