

Men's results

<u>Position</u>	<u>Name</u>	<u>Vet</u>	<u>Club</u>	<u>Time</u>
1	Russell McGavock		Benfleet RC	22.55
2	Shane Boxall (2CS)		Benfleet RC	23.00
3	Kieran O'Doherty		Billericay Striders	23.54
4	David Raffaelli	Vet	Leigh Striders	23.58
5	Luke Kavanagh		Benfleet RC	24.28
6	James Beasley		Leigh Striders	24.35
7	James Arnold	Vet	Benfleet RC	24.42
8	Ben Brooks		East Essex Tri	25.09
9	John Ray		Leigh Striders	25.21
10	John Hoggett	Vet	Nuclear Striders	25.24
11	Dean Ovel	Vet	Leigh Striders	25.40
12	Tim Whitcombe		Benfleet RC	25.55
13	Kieran Neary		Castle Point Joggers	26.10
14	Jason Leeds	Vet	Nuclear Striders	26.10
15	George Hull		RED Runners	26.20
16	Mike Briggs		Benfleet RC	26.26
17	Stephen Philcox	Vet	Barking RR	26.33
18	Chris Kearney	Vet	Castle Point Joggers	26.35
19	Ramsey U		Nuclear Striders	26.41
20	Lewis Sartin		East Essex Tri	26.43
21	Sam Parrott		East Essex Tri	26.48
22	Gary Pitman	Vet	RED Runners	26.55
23	Oscar Farley		Billericay Striders	26.56
24	Ben Gamlin		Nuclear Striders	26.57
25	Harry Sloman		Brentwood RC	27.01
26	Ross Fanning		Nuclear Striders	27.03
27	Nick Wetheridge	Vet	East Essex Tri	27.05
28	Dylan Garmon (2CS)		Dagenham 88	27.07
29	Anthony Moore	Vet	Billericay Striders	27.13
30	John Earle-Sodhi		Leigh Striders	27.15
31	Mike Webber		Leigh Striders	27.20
32	David Jellett		Rochford RC	27.27
33	Martin Owen	Vet	Leigh Striders	27.31
34	Spencer Welch	Vet	Billericay Striders	27.36
35	Chris McClay		Leigh Striders	27.37
36	Jack Martin		East Essex Tri	27.39
37	Richard May		Nuclear Striders	27.43
38	Stevan Wing		Leigh Striders	27.51
39	Ian Toal	Vet	Leigh Striders	28.02
40	Mark Meader	Vet	Brentwood RC	28.10
41	Barry Weldon		Billericay Striders	28.12
42	Ben Usher		Nuclear Striders	28.14
43	Roy Harwood	Vet	Benfleet RC	28.21
44	Stuart Cable	Vet	Leigh Striders	28.23
45	Chris O'Hara	Vet	Billericay Striders	28.24
46	Russell Keddie		RED Runners	28.30
47	Ben Orme		Nuclear Striders	28.31
48	Warren Shoemith		Nuclear Striders	28.32
49	Kyle McGill		Billericay Striders	28.38
50	Tom Overing	Vet	Rochford RC	28.41

51	John Barker (2CS)	Vet	Brentwood RC	28.43
52	Nick Taylor		Nuclear Striders	28.46
53	Graham Booty	Vet	Benfleet RC	28.50
54	Elliott Cone	Vet	RED Runners	29.01
55	Jimmy Justice	Vet	Phoenix Striders	29.20
56	James Doncaster	Vet	Brentwood RC	29.21
57	Lukaz Sacharzewski		Leigh Striders	29.26
58	Simon Sumner		Leigh Striders	29.33
59	David Nicel	Vet	East Essex Tri	29.35
60	Tony Pecoraro (2CS)	Vet	Havering 90 Joggers	29.37
61	Terence Spooner	Vet	Castle Point Joggers	29.39
62	Ben Horsburgh		RED Runners	29.46
63	Matt Phillips	Vet	Billericay Striders	29.52
64	David Butler	Vet	Billericay Striders	29.53
65	Peter Anderson Thorn	Vet	Pitsea RC	30.09
66	Joe Lambert		Nuclear Striders	30.20
67	Peter Seaton-Faulkner		Leigh Striders	30.21
68	Matt Cops	Vet	Benfleet RC	30.35
69	Mick Valbonesi	Vet	Benfleet RC	30.36
70	Gordon Conroy	Vet	Leigh Striders	30.43
71	Matt Stenning	Vet	Billericay Striders	30.46
72	Achillea Tsatsa		Nuclear Striders	30.48
73	James Burns	Vet	RED Runners	30.59
74	Bruce Gander	Vet	Leigh Striders	31.02
75	Richard Bonham	Vet	Castle Point Joggers	31.04
76	Nick Langton	Vet	Nuclear Striders	31.06
77	Paul Withyman	Vet	Barking RR	31.12
78	Rob Hemstead	Vet	Billericay Striders	31.16
79	Mike Cook	Vet	Pitsea RC	31.18
80	Darren Latter	Vet	RED Runners	31.30
81	Geoff Keily	Vet	Billericay Striders	31.36
82	Oliver Moore	Vet	Leigh Striders	31.38
83	David Cox	Vet	East Essex Tri	31.39
84	Mark Hayward	Vet	Nuclear Striders	31.41
85	Ray Brooks	Vet	East Essex Tri	31.42
86	Mark Gower	Vet	Billericay Striders	31.46
87	Niki Read	Vet	Leigh Striders	31.47
88	Luke Knight		Havering 90 Joggers	31.49
89	Alan Clark	Vet	Benfleet RC	31.51
90	Keith Thornton	Vet	Brentwood RC	31.54
91	Paul Lowry		Benfleet RC	31.58
92	Matthew Dodd	Vet	East Essex Tri	32.02
93	Ben Coles	Vet	Nuclear Striders	32.06
94	Andrew French		Nuclear Striders	32.12
95	Ian Brett	Vet	Havering 90 Joggers	32.15
96	Chris Senk	Vet	East Essex Tri	32.16
97	Ryan Gauld	Vet	Pitsea RC	32.20
98	Neal Clark	Vet	Phoenix Striders	32.25
99	Guy Hildreth	Vet	Havering 90 Joggers	32.26
100	Sam Backhouse		Nuclear Striders	32.27
101	Martin Palmer	Vet	East Essex Tri	32.32
102	Bobby Robertson	Vet	Nuclear Striders	32.40

103	Tony Agg	Vet	Billericay Striders	32.51
104	Hamza Zahir		Leigh Striders	33.02
105	Steve Dear	Vet	Castle Point Joggers	33.09
106	Alex Childs	Vet	RED Runners	33.14
107	Daryl Fryatt	Vet	RED Runners	33.21
108	Phil Warner	Vet	Phoenix Striders	33.24
109	Andrew Lutterlock	Vet	Havering 90 Joggers	33.26
110	Peter Harley	Vet	East Essex Tri	33.27
111	Steve Walker	Vet	Havering 90 Joggers	33.28
112	Graeme Edwards	Vet	Castle Point Joggers	33.29
113	Luke Pitchford		Nuclear Striders	33.22
114	Ian Pike	Vet	Benfleet RC	33.38
115	Kieron Coughan	Vet	Leigh Striders	33.42
116	Neil Adams	Vet	Havering 90 Joggers	33.56
117	Jamie Austin	Vet	RED Runners	33.58
118	Andrew Coombs	Vet	RED Runners	34.04
119	Ewan Burdett		RED Runners	34.05
120	Phil Olson	Vet	Brentwood RC	34.06
121	Gareth Richards		Rochford RC	34.12
122	Gavin Lea	Vet	Rochford RC	34.17
123	Marc Outten	Vet	RED Runners	34.23
124	Tom Franklin		Castle Point Joggers	34.25
125	Rick Wade	Vet	Castle Point Joggers	34.27
126	Rob Marek	Vet	Rochford RC	34.31
127	Paul Backhouse	Vet	Nuclear Striders	34.35
128	Alan Porter	Vet	Castle Point Joggers	34.41
129	Richard Jones	Vet	East Essex Tri	34.48
130	Nigel Street	Vet	Phoenix Striders	34.57
131	Ben Barham	Vet	RED Runners	34.58
132	Justin Burton	Vet	Castle Point Joggers	35.02
133	Andrew Morris	Vet	Billericay Striders	35.05
134	Martin Orford	Vet	Pitsea RC	35.09
135	Nathan Clarke		East Essex Tri	35.22
136	Steve Turner	Vet	Leigh Striders	35.24
137	Tom Monk	Vet	Leigh Striders	35.25
138	Andy Durrance	Vet	Nuclear Striders	35.35
139	David Harding	Vet	Leigh Striders	35.39
140	Sam Martyn		RED Runners	35.52
141	Matt Simpson	Vet	Pitsea RC	35.53
142	Dave Blockley	Vet	Leigh Striders	35.56
143	Freddy Casallas	Vet	Brentwood RC	36.04
144	Neal Marlow	Vet	Leigh Striders	36.07
145	Martin Page	Vet	Barking RR	36.08
146	Paul Agastina	Vet	Pitsea RC	36.15
147	Allan Lacey	Vet	Dagenham 88	36.22
148	Simon Norris	Vet	Leigh Striders	36.24
149	Jamie Enever Dodd	Vet	Phoenix Striders	36.25
150	Stephen Foggo	Vet	Billericay Striders	36.32
151	Roy James	Vet	Havering 90 Joggers	37.03
152	Ryan Clarke		East Essex Tri	37.18
153	Darren Tower	Vet	Pitsea RC	37.20
154	Mark Blee		Leigh Striders	37.29

155	Steve Lamb	Vet	Nuclear Striders	37.33
156	Luke Scott		Leigh Striders	37.34
157	Mike Hopkins	Vet	Castle Point Joggers	37.46
158	James Talbot	Vet	Havering 90 Joggers	37.47
159	Wayne Lewis	Vet	Castle Point Joggers	37.51
160	Jim Price	Vet	Pitsea RC	37.54
161	Ian Wilson	Vet	RED Runners	37.55
162	David Hallett	Vet	Rochford RC	37.56
163	Gary Rowley	Vet	Leigh Striders	37.58
164	Dave Ward	Vet	Leigh Striders	38.10
165	James McNish Porter	Vet	Brentwood RC	38.12
166	Nigel Colley	Vet	Phoenix Striders	38.29
167	Pedro Goncalves	Vet	Havering 90 Joggers	38.54
168	Zac Goble		RED Runners	38.59
169	Tom Brennan		Barking RR	39.12
170	Daniel Cooper		Billericay Striders	39.14
171	Graeme Silcock		East Essex Tri	39.22
172	Aaron Salmon	Vet	Leigh Striders	39.23
173	Jon Wood	Vet	Rochford RC	40.01
174	Tim Bradford	Vet	Nuclear Striders	40.27
175	Ron Viallis	Vet	Barking RR	40.28
176	Ben Souster	Vet	Benfleet RC	40.37
177	Mark Mager	Vet	Pitsea RC	40.44
178	David Tapsell	Vet	Phoenix Striders	40.52
179	Scott Burgess	Vet	Rochford RC	41.01
180	Michael Whittington	Vet	Phoenix Striders	41.15
181	Roger Lebek	Vet	Havering 90 Joggers	41.20
182	Sam Phillips		RED Runners	41.25
183	Jim Holland	Vet	Nuclear Striders	41.28
184	Rob West	Vet	Leigh Striders	41.32
185	Ricky Lee	Vet	Billericay Striders	41.35
186	Simon Hainsworth	Vet	Leigh Striders	41.41
187	David Scott	Vet	Billericay Striders	41.42
188	Gary Cardell	Vet	Dagenham 88	42.05
189	Chris Bahlmann	Vet	Nuclear Striders	42.07
190	Paul Hagan	Vet	Phoenix Striders	42.22
191	James Webb		Benfleet RC	42.50
192	Darren Radford	Vet	Havering 90 Joggers	42.51
193	Stephen Mitchell	Vet	Havering 90 Joggers	42.57
194	Hiren Amin	Vet	Pitsea RC	43.04
195	Brian Maynard	Vet	Hockley Trail Runners	43.09
196	Tony O'Callaghan	Vet	Havering 90 Joggers	43.27
197	Nick Gorman	Vet	Barking RR	43.31
198	Dave Dutton	Vet	Rochford RC	43.39
199	George Johnson		RED Runners	44.15
200				44.59
201	Mick Davison	Vet	Barking RR	45.05
202	Tony Collins	Vet	Havering 90 Joggers	45.21
203	Chris Emery		Pitsea RC	45.37
204	Mike Williams	Vet	Pitsea RC	45.38
205	Steven Colloff	Vet	Barking RR	46.03
206	Jim Rourke	Vet	Billericay Striders	46.10

207	Luke Summers		RED Runners	46.14
208	Andy Body	Vet	Phoenix Striders	47.13
209	Lee Regan	Vet	Havering 90 Joggers	47.14
210	Michael Groombridge	Vet	Pitsea RC	47.30
211	David Lacey	Vet	Dagenham 88	48.04
212	Stuart Tidd	Vet	Havering 90 Joggers	48.19
213	John White	Vet	Pitsea RC	48.30
214	Barry Rowell	Vet	Barking RR	49.24
215	Tom McParland	Vet	Havering 90 Joggers	52.15
216	Dennis Spencer-Perkins	Vet	Barking RR	52.25
217	Lee Kyson	Vet	Havering 90 Joggers	53.38
218	Brian Slade	Vet	Havering 90 Joggers	53.40
219	Rob Courtier	Vet	Barking RR	54.24
220	Dave Mullender	Vet	Pitsea RC	55.58
221	Peter Ellis	Vet	Hockley Trail Runners	55.39
222	Anbarasu Govindasamy	Vet	Havering 90 Joggers	61.33
223	Kevin Judge	Vet	Benfleet RC	61.34