

Men's results

Position	Name	Vet	Club	Time
1	Taite Wallis		Billericay Striders	25:32
2	Rhys Gillard		Leigh-on-Sea Striders	27:26
3	Ben Green		Benfleet RC	28:28
4	Kieran O-Doherty		Billericay Striders	28:33
5	Dean Ovel	V	Leigh-on-Sea Striders	28:51
6	Dave Doel	V	Billericay Striders	29:02
7	Jack Kidd		Benfleet RC	29:04
8	Adam Hemsworth		Castle Point Joggers	29:07
9	Matibini Matibini	V	Leigh-on-Sea Striders	29:22
10	Steve Churchyard		Benfleet RC	29:31
11	Ben Brooks		East Essex Tri	29:43
12	James Hiscock		Benfleet RC	29:58
13	Oscar Farley		Billericay Striders	30:05
14	David Raffaelli		Leigh-on-Sea Striders	30:30
15	Michael Wilkes		Leigh-on-Sea Striders	30:37
16	James Rredman		Billericay Striders	30:39
17	Ian Toal	V	Rochford RC	30:41
18	Steve Philcox	V	Barking Road Runners	30:44
19	Darren Lock	V	Leigh-on-Sea Striders	30:48
20	Jim Dodsworth	V	Leigh-on-Sea Striders	30:51
21	Kieran Feltham		Benfleet RC	31:05
22	David Osborne		East Essex Tri	31:10
23	Geoff Keily	V	Billericay Striders	31:17
24	Stuart Cable	V	Leigh-on-Sea Striders	31:18
25	Anthony Moore	V	Billericay Striders	31:26
26	Stevan Wing		Leigh-on-Sea Striders	31:39
27	Lukasz Sacharzewski		Leigh-on-Sea Striders	31:58
28	Lee Heley	V	Leigh-on-Sea Striders	32:01
29	Adam Lysons	V	Leigh-on-Sea Striders	32:11
30	Barry Weldon		Billericay Striders	32:20
31	Ross Holland	V	Benfleet RC	32:25
32	Andy Wright	V	Billericay Striders	32:30
33	Richard Bonham	V	Castle Point Joggers	32:34
34	Roy Harwood	V	Benfleet RC	32:36
35	Mike Webber		Leigh-on-Sea Striders	32:40
36	Kieran Neary		Castle Point Joggers	32:51
37	Sean Ellis		Billericay Striders	32:52
38	Michael Cook		Pitsea RC	33:01
39	Jimmy Justice	V	Pitsea RC	33:02
40	Chris Kearney	V	Castle Point Joggers	33:03
41	Tom Overing		Rochford RC	33:15
42	James Beasley		Leigh-on-Sea Striders	33:19
43	Sean McFarlane	V	Leigh-on-Sea Striders	33:20
44	Mark Meader	V	Brentwood RC	33:24
45	Toby Stubbington		Leigh-on-Sea Striders	33:27
46	Paul Ruffy	V	Benfleet RC	33:34
47	Graham Booty	V	Benfleet RC	33:53
48	Elliott Carter		Leigh-on-Sea Striders	33:54
49	Nigel Swinburne	V	Dagenham 88	33:56
50	Neil Jennings	V	Billericay Striders	34:23
51	Matthew Philips	V	Billericay Striders	34:30
52	Matt Aitkin	V	East Essex Tri	34:35
53	Dave Butler	V	Billericay Striders	34:38
54	Brian Fry	V	Havering 90 Joggers	34:42
55	Tim Uttting		Rochford RC	34:48
56	Ray Brooks	V	East Essex Tri	34:54
57	Adam Dean		Leigh-on-Sea Striders	34:56

58	Archie Conners		Benfleet RC	35:02
59	David Cox	V	East Essex Tri	35:09
60	Jason Donovan	V	Benfleet RC	35:21
61	Peter Tullett	V	Billericay Striders	35:17
62	Colin Andrews	V	Rochford RC	35:24
63	Gary Flint	V	Havering 90 Joggers	35:41
64	Nick Lowman	V	Leigh-on-Sea Striders	35:49
65	Bill Smith	V	East Essex Tri	36:01
66	Dave Beatty	V	Pitsea RC	36:03
67	Neal Marlow	V	Leigh-on-Sea Striders	36:08
68	Bruce Gander	V	Leigh-on-Sea Striders	36:10
69	Steve Kjar	V	Benfleet RC	36:22
70	Martin Howlett	V	Castle Point Joggers	36:24
71	David Patten		Leigh-on-Sea Striders	36:26
72	Paul Wyatt	V	Barking Road Runners	36:33
73	Ian Wilson	V	Rochford RC	36:43
74	Dave Jellett		Rochford RC	36:45
75	Jeff Webster		Pitsea RC	36:54
76	Steve Constantinou	V	Havering 90 Joggers	37:09
77	Matt Cops	V	Benfleet RC	37:13
78	Antony Leckerman	V	Leigh-on-Sea Striders	37:22
79	Andrew Morris	V	Billericay Striders	37:23
80	Marc Outten	V	Rochford RC	37:29
81	James Austin	V	Castle Point Joggers	37:35
82	Philip Warner	V	Pitsea RC	37:39
83	Adam Edwards		Rochford RC	37:41
84	Harry Smith		Havering 90 Joggers	37:43
85	John Rozee	V	Havering 90 Joggers	37:48
86	Martin Orford	V	Pitsea RC	37:55
87	Greame Edwards	V	Castle Point Joggers	38:03
88	Steve Healey	V	Pitsea RC	38:07
89	Adam Weir		Leigh-on-Sea Striders	38:25
90	Emmanuel Brousse	V	Leigh-on-Sea Striders	38:27
91	Tony Agg	V	Billericay Striders	38:31
92	Steve Turner	V	Leigh-on-Sea Striders	38:36
93	Andy Deacon		Rochford RC	38:47
94	Colin Dunn	V	Castle Point Joggers	38:50
95	Dave Flangan	V	Castle Point Joggers	39:37
96	Jon Wicks		Billericay Striders	39:50
97	Paul Aga	V	Pitsea RC	39:52
98	Adam Abraham		Benfleet RC	39:53
99	Rory Burr		Barking Road Runners	40:07
100	Gary Rowley	V	Leigh-on-Sea Striders	40:09
101	Rob Newton	V	Pitsea RC	40:22
102	Josh Hill		Leigh-on-Sea Striders	40:36
103	Keith Nevett	V	Castle Point Joggers	40:52
104	Philip Digby	V	Leigh-on-Sea Striders	40:53
105	Adam Poulton	V	Castle Point Joggers	41:10
106	Ben Whateley-Harris	V	Brentwood RC	41:13
107	Simon Taylor	V	Leigh-on-Sea Striders	41:16
108	Stephen Foggo	V	Billericay Striders	41:22
109	John George	V	Barking Road Runners	41:25
110	Peter Osbourne	V	Castle Point Joggers	41:48
111	Jim Price	V	Pitsea RC	42:08
112	James MacNish-Porter	V	Brentwood RC	42:11
113	Patrick Velarde		Leigh-on-Sea Striders	42:14
114	Chris Diggins		Benfleet RC	42:18
115	Kevin McKenny	V	Leigh-on-Sea Striders	42:44
116	Mark Robertson	V	Rochford RC	43:00

117	Dan Miller	V	Dagenham 88	43:05
118	Sam McGee		Leigh-on-Sea Striders	43:16
119	John Mills	V	Rochford RC	43:19
120	Luke Bonham		Castle Point Joggers	43:27
121	Ciaran Byrne		Benfleet RC	44:00
122	Luke Knight		Havering 90 Joggers	44:13
123	Gary Cardnel	V	Dagenham 88	45:07
124	Mike Hopkins	V	Castle Point Joggers	45:08
125	Darren Radford	V	Havering 90 Joggers	45:14
126	Karl Elson		Pitsea RC	45:18
127	Paul Franklin	V	Castle Point Joggers	45:57
128	Simon Rawlings	V	East Essex Tri	46:34
129	Tony Griffin	V	Pitsea RC	46:38
130	Clive Bailey	V	Rochford RC	46:49
131	Greg Haber-Smith		Havering 90 Joggers	46:52
132	Martyn Swain	V	Benfleet RC	47:02
133	Scott Burgess		Rochford RC	47:03
134	Michael Peggall	V	Dagenham 88	47:22
135	Rob West	V	Leigh-on-Sea Striders	47:32
136	John Wheeler	V	Castle Point Joggers	47:40
137	Lloyd Rowe		Castle Point Joggers	47:41
138	Gareth Smith	V	Castle Point Joggers	47:48
139	Malcolm Woodhouse	V	Leigh-on-Sea Striders	47:51
140	Jim Dooley	V	Leigh-on-Sea Striders	48:07
141	Alain Cooper	V	Barking Road Runners	48:10
142	Garry Staines	V	Castle Point Joggers	48:45
143	Robert Higgons	V	Castle Point Joggers	48:56
144	Jon Wood	V	Rochford RC	49:01
145	Gary Walsh	V	Leigh-on-Sea Striders	49:25
146	Ben Souster		Benfleet RC	49:52
147	Si Carter	V	Pitsea RC	51:07
148	Pavlo Kolomiyets		Rochford RC	51:26
149	Castas Kotrofis	V	Dagenham 88	51:39
150	FrankSchubert	V	Havering 90 Joggers	51:44
151	Jason Li	V	Barking Road Runners	52:16
152	Jason Manning	V	Dagenham 88	52:58
153	Roy Guit	V	Benfleet RC	53:10
154	Rob Tobin	V	Rochford RC	53:12
155	Peter McQuillan	V	Castle Point Joggers	53:44
156	Ron Vialls	V	Barking Road Runners	55:28
157	Keith Walker	V	Billericay Striders	55:36
158	Steve Sheeky	V	Havering 90 Joggers	56:05
159	Michael Grambridge		Pitsea RC	57:10
160	John Wilkensow	V	Pitsea RC	57:17
161	Hiren Amin		Pitsea RC	57:30
162	Lee Kyson	V	Havering 90 Joggers	58:22
163	Ed Hepburn		Leigh-on-Sea Striders	58:23
164	Josh Brown	V	Castle Point Joggers	59:11
165	Adam Green		Leigh-on-Sea Striders	1:00:27
166	Chris Holmes		Leigh-on-Sea Striders	1:02:43
167	Dennis Spencer-Perkins	V	Barking Road Runners	1:10:05
168	NON-RUNNER PENALTY			
DNF				