

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group Description	Team Name
1	Lee	Taylor	1	34:25	34:26	M 40+	Southend Athletics
2	Matthew	Warner	6	34:58	34:59	M Open	Southend Athletics
3	matibina	matibina	238	35:58	36:00	M 40+	Leigh on Sea Striders
4	Michael	Wilkes	3	36:57	36:59	M 40+	Flyers Southend
5	Damien	Harvey	17	37:15	37:17	M Open	benfleet rc
6	Colin	Waggon	7	37:59	38:01	M 40+	Rayleigh RAT Runners
7	Max	Stapleton	2	38:41	38:42	M Open	Southend Athletics
8	James	Wright	11	39:01	39:02	M Open	Billericay striders
9	Nick	Markwell	18	39:07	39:10	M 40+	
10	Richard	Bonham	12	39:13	39:15	M 40+	Castle Point Joggers
11	Stephen	Kirsh	19	39:17	39:19	M Open	Leigh on Sea Striders
12	Luke	Townley	9	39:38	39:40	M Open	
13	Joseph	Palmer	35	39:41	39:42	M Open	
14	Dan	Reynolds	20	40:10	40:11	M Open	JBR Tri Club
15	Hayley	Lamkin	14	40:21	40:23	F Open	Southend Athletics
16	Matt	Randall	27	40:21	40:23	M 40+	Southend Athletics
17	Richard	Moore	41	40:35	40:38	M 40+	Castle Point Joggers
18	Mark	Blee	16	40:48	40:49	M Open	Leigh on Sea Striders
19	chris	sellers	21	40:49	40:51	M 40+	
20	Andy	Wright	25	40:51	40:54	M 40+	Billericay striders
21	Ben	Horsburgh	10	40:54	40:55	M Open	Rochford Endurance and Distance Runners (REDS)
22	James	Burns	30	40:55	40:57	M 40+	Leigh on Sea Striders
23	Howard	Clarke	36	40:55	40:58	M Open	
24	Ian	Dell	63	40:56	41:01	M 40+	
25	Todd	Harding	23	41:06	41:09	M Open	Handy Cross Runners
26	Chris	Webster	61	41:11	41:18	M 40+	
27	Lloyd	Miles	57	41:21	41:26	M 40+	Billericay striders
28	Ian	Curtis	59	41:24	41:37	M 40+	
29	Andrea	Hughes	50	41:38	41:40	F 35+	Leigh on Sea Striders
30	Eleanor	Johnson	46	41:40	41:46	F Open	Leigh on Sea Striders
31	Jill	Rush	15	41:50	41:52	F 35+	
32	Carl	Williams	33	41:54	41:58	M 40+	
33	Rick	Wade	42	41:56	42:00	M 40+	Castle Point Joggers
34	Steve	Cooper	44	42:08	42:11	M 40+	Rayleigh RAT Runners
35	jason	Marchant	34	42:11	42:16	M 40+	
36	Steven	Joslin	29	42:36	42:39	M Open	Leigh on Sea Striders
37	Dan	Shead	47	42:38	42:42	M Open	Rayleigh RAT Runners
38	Marc	Downham	26	42:51	42:54	M 40+	Leigh on Sea Striders
39	Ben	Weir	51	43:09	43:12	M 40+	
40	Jennifer	Bishop	155	43:20	43:28	F Open	Rochford Endurance and Distance Runners (REDS)
41	David	Harding	24	43:30	43:37	M 40+	Leigh on Sea Striders
42	Adam	Woolsey	55	43:48	43:52	M Open	
43	Daniel	Kudla	69	43:52	44:03	M Open	Leigh on Sea Striders
44	Paul	Bush	130	44:00	44:05	M 40+	
45	Phil	Priest	45	44:04	44:07	M 40+	Leigh on Sea Striders
46	Joe	Foxon	53	44:09	44:13	M Open	
47	Michael	Waters	32	44:10	44:14	M 40+	Benfleet Running Club
48	Benn	Raymond	119	44:11	44:15	M Open	
49	Stephanie	Migliorini	68	44:15	44:17	F Open	Castle Point Joggers
50	simon	wagstaff	129	44:11	44:18	M 40+	Rayleigh RAT Runners
51	James	Austin	167	44:27	44:32	M Open	Castle Point Joggers
52	Fred	Graham	113	44:28	44:36	M 40+	Central Park Athletics
53	Tyrone	Fay	58	44:32	44:37	M 40+	
54	James	Ferrant	71	44:35	44:39	M Open	
55	Michael	Stapleton	49	44:41	44:43	M 40+	Southend Athletics
56	Graeme	Edwards	77	44:46	44:49	M 40+	Castle Point Joggers
57	Simon	Carrington	78	44:46	44:51	M Open	South Woodham Runners
58	Joanna	Rimington	56	45:11	45:15	F Open	Southend Athletics
59	Alan	Cooke	72	45:10	45:18	M 40+	Hockley Trail Runners
60	Mark	Fielden	346	44:35	45:21	M 40+	
61	Spencer	Garlick	64	45:25	45:35	M 40+	Hockley Trail Runners
62	John	Bedford	54	45:29	45:36	M Open	Rochford Endurance and Distance Runners (REDS)
63	Jordan	Barker	52	45:41	45:46	M Open	
64	Stuart	Harrison	70	45:55	46:00	M 40+	Castle Point Joggers

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group Description	Team Name
65	John	Bradley	39	46:21	46:31	M 40+	
66	Tony	Daley	109	46:29	46:33	M Open	
67	Andy	Debnam	115	46:34	46:39	M 40+	Castle Point Joggers
68	Martin	Orford	65	46:35	46:40	M 40+	Phoenix Striders
69	Robert	West	28	46:52	46:56	M Open	leighton fun runners
70	Michael	Haylett	95	46:49	46:57	M 40+	Leigh on Sea Striders
71	Emma	Conroy	88	46:57	47:01	F 35+	
72	Chris	Bromley	114	46:58	47:03	M Open	
73	Thomas	Foote	160	46:53	47:09	M Open	
74	Mark	Freeman	94	47:08	47:13	M 40+	Rochford Running Club
75	Simon	Norris	118	47:10	47:18	M 40+	Leigh on Sea Striders
76	Chris	Wilkins	89	47:17	47:19	M Open	
77	Chris	Valentine	477	47:16	47:19	M 40+	
78	Mark	Callan	92	47:12	47:19	M 40+	Rayleigh RAT Runners
79	Patrick	O'Connor	339	47:16	47:22	M 40+	Castle Point Joggers
80	Rebecca	Taylor	87	47:12	47:22	F 35+	Southend Athletics
81	Jim	Edwards	67	47:15	47:25	M 40+	
82	Andy	Deacon	83	47:24	47:29	M 40+	Rochford Running Club
83	Chris	Ruffle	149	47:27	47:33	M Open	Rochford Running Club
84	Peter	Duggan	188	47:50	47:54	M 40+	
85	Paul	Stalley	75	47:51	47:54	M Open	Hockley Trail Runners
86	Steve	Wand	191	47:47	47:55	M Open	
87	Colin	Wishart	40	47:53	47:59	M 40+	
88	Ryan	Gillard	62	47:54	48:03	M Open	Leigh on Sea Striders
89	Gary	Reeves	492	47:54	48:06	M 40+	Castle Point Joggers
90	Paul	Whitmore	74	48:00	48:09	M 40+	Rayleigh RAT Runners
91	Mark	Norton	107	48:05	48:13	M 40+	Leigh on Sea Striders
92	Simon	Panther	208	48:09	48:16	M 40+	Hockley Trail Runners
93	Ian	Hart	84	48:16	48:21	M 40+	Castle Point Joggers
94	Natalija	Trestina	143	48:10	48:22	F Open	Leigh on Sea Striders
95	Jon	Holt	125	48:21	48:32	M Open	
96	Jakob	Annett	126	48:27	48:37	M Open	
97	John	Stuart	117	48:39	48:46	M 40+	
98	jonathan	cheek	198	48:47	48:49	M Open	
99	scott	mangham	43	48:48	48:55	M Open	Leigh on Sea Striders
100	Christina	Edwards	105	48:54	48:58	F 35+	Castle Point Joggers
101	Benjamin	Strutt	99	48:50	48:59	M Open	
102	Dean	Smythe	142	48:55	49:05	M 40+	Vegan Runners UK
103	David	Ward	103	49:01	49:07	M 40+	Leigh on Sea Striders
104	Andrew	Kenyon	190	48:59	49:09	M 40+	Flyers Southend
105	Victoria	Wadley-Smith	37	49:23	49:28	F Open	Leigh on Sea Striders
106	Ian	King	161	49:33	49:41	M 40+	
107	Terry	Barber	90	49:32	49:42	M 40+	UKRunChat Running Club
108	Paul	Darby	76	49:31	49:42	M 40+	
109	Peter	Willis	200	49:39	49:47	M 40+	
110	Marcus	Kasparian	134	49:44	49:50	M 40+	
111	Dean	Sprigg	204	49:37	49:52	M Open	
112	Paul	West	79	49:44	49:54	M 40+	Hockley Trail Runners
113	Ian	Wilson	343	49:52	50:00	M 40+	Rochford Running Club
114	Justin	Macal	176	49:50	50:03	M 40+	Castle Point Joggers
115	Tania	Hagan	132	49:59	50:07	F 35+	Leigh on Sea Striders
116	Alison	Hall	140	50:03	50:11	F 35+	Leigh on Sea Striders
117	Jon	Strutt	187	50:04	50:16	M Open	
118	Ian	Caldwell	104	50:14	50:18	M 40+	Benfleet Running Club
119	Maurice	Tomline	100	50:16	50:23	M 40+	Hockley Trail Runners
120	Gareth	Smith	168	50:29	50:40	M 40+	Castle Point Joggers
121	Nick	Giannotti	121	50:36	50:40	M 40+	Castle Point Joggers
122	Martin	England	131	50:43	50:49	M 40+	Castle Point Joggers
123	Jo	McNeilly	165	50:42	50:56	F 35+	Castle Point Joggers
124	Terry	Sampson	207	50:45	50:58	M 40+	
125	Ian	Richardson	199	50:47	51:05	M 40+	Fittology
126	Daniel	Whittingham	150	51:06	51:11	M Open	
127	Christopher	Yorke	122	51:07	51:19	M Open	Vegan Runners
128	Kristina	Read	111	51:00	51:22	F 35+	Phoenix Striders

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group Description	Team Name
129	Robert	Miller	227	51:02	51:29	M Open	
130	Chris	Openshaw	347	51:24	51:33	M 40+	Hockley Trail Runners
131	Bruce	Gander	22	51:27	51:35	M 40+	Leigh on Sea Striders
132	Michelle	Smart	136	51:47	52:00	F 35+	
133	Elisha	Letley	96	51:56	52:03	F 35+	
134	Adam	Porter	174	51:54	52:10	M 40+	
135	Gary	Walsh	203	52:01	52:12	M 40+	Leigh on Sea Striders
136	Eleanor	Carmichael	154	52:05	52:19	F 35+	Leigh on Sea Striders
137	Robert	Monger	164	52:13	52:28	M 40+	Phoenix Striders
138	Michael	Crouch	181	52:07	52:30	M Open	
139	Steve	Pettitt	159	52:16	52:33	M 40+	Leigh-on-Sea Striders
140	Trevor	Mason	116	52:26	52:39	M 40+	
141	Diane	Beaver	192	52:35	52:44	F 35+	Hockley Trail Runners
142	Roberto	de Cristofano	152	52:38	52:50	M 40+	Benfleet Running Club
143	Samantha	Childs	186	52:37	52:53	F 35+	Leigh on Sea Striders
144	David	Morrish	201	52:31	52:53	M Open	
145	Mark	Childs	185	52:40	52:54	M 40+	Leigh on Sea Striders
146	Rosanna	Hiscock	349	52:28	52:56	F Open	
147	Steve	Wright	101	52:49	52:56	M 40+	Hockley Trail Runners
148	Mandy	Cooper	242	52:40	52:58	F 35+	Benfleet Running Club
149	Katie	Darby	226	52:51	53:09	F 35+	
150	Richard	Bromley	108	53:06	53:12	M Open	
151	Anne	Gunn	120	53:05	53:14	F 35+	Leigh on Sea Striders
152	Juliet	Milne	138	53:00	53:14	F 35+	Rayleigh RAT Runners
153	Laura	Parrish	178	53:07	53:16	F 35+	Billericay striders
154	Mitchell	Droppa	240	52:50	53:17	M Open	
155	Mark	Farmer	173	52:54	53:18	M 40+	
156	Sarah	de Cristofano	153	53:06	53:19	F 35+	Benfleet Running Club
157	Claire	Townley	194	53:10	53:20	F 35+	
158	Jenni	Paterson	298	53:09	53:26	F 35+	Leigh on Sea Striders
159	Lee	Robson	281	53:19	53:29	M 40+	
160	Tom	Pattison	327	53:21	53:36	M Open	
161	Adam	Stark	476	53:56	53:58	M 40+	
162	Carly	Montero	321	53:44	54:01	F Open	Hockley Trail Runners
163	Ray	Vann	412	53:48	54:05	M 40+	Billericay striders
164	Bridgette	Bradley	211	53:56	54:07	F 35+	
165	Sharon	Humphrey	171	54:20	54:32	F 35+	
166	kerri	lock	189	54:20	54:32	F 35+	
167	Gary	Corbett	261	54:17	54:36	M Open	
168	Ryan	Wilson	316	53:59	54:36	M Open	
169	Phil	Hales	172	54:13	54:37	M 40+	Weald park warriors
170	Ann	Reed	202	54:25	54:44	F 35+	benfleet rc
171	Simon	Glen	133	54:35	54:45	M 40+	
172	Jaimie	Davies	270	54:43	54:59	M 40+	
173	John	Annett	127	54:48	54:59	M 40+	Swanley District Athletic Club
174	Gail	Alexander	102	54:46	55:02	F 35+	Leigh in sea striders
175	Jason	Richer	215	54:32	55:05	M 40+	Rayleigh RAT Runners
176	Andrew	Buxton	425	54:36	55:08	M Open	
177	Gary	Bright	166	54:52	55:10	M 40+	Castle Point Joggers
178	Charlotte	Fotherby	294	55:03	55:17	F 35+	
179	Caroline	Halling	146	55:08	55:18	F 35+	
180	Dan	Gilbey	195	55:00	55:21	M Open	SLGR
181	Bekkie	Hatwell	422	54:55	55:22	F Open	
182	Greg	Hall	323	55:16	55:27	M 40+	Leigh on Sea Striders
183	Alice	Raffill	325	55:17	55:27	F 35+	Leigh on Sea Striders
184	Heidi	Nevin	461	55:17	55:28	F 35+	
185	Melanie	Carrington	213	55:16	55:35	F 35+	South Woodham Runners
186	Thomas	Neill	290	55:16	55:37	M 40+	
187	Keith	Denyer	434	55:36	55:39	M 40+	
188	Christopher	Wilson	351	55:02	55:41	M 40+	
189	Pauline	Mackenzie-Moore	278	55:27	55:43	F 35+	Castle Point Joggers
190	Peter	Stafford	183	55:27	55:45	M Open	
191	Andy	Appleby	288	55:25	55:45	M 40+	Flyers Southend
192	Thomas	Carswell	336	55:25	55:46	M Open	Flyers Southend

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group Description	Team Name
193	Mark	Brookes	344	55:02	55:46	M Open	
194	Roxanne	George	145	55:39	55:49	F 35+	Leigh on Sea Striders
195	REBECCA	SHADBOLT	308	55:27	55:49	F 35+	Fittology
196	Peter	Fox	306	55:27	55:49	M Open	
197	Tom	More	110	55:30	55:51	M Open	
198	Allan	Steel	340	55:31	55:51	M Open	South Woodham Running Club
199	Emily	Horsnell	379	55:26	55:52	F Open	
200	Paul	McCutcheon	222	55:44	55:58	M 40+	
201	Sarah	Scott	144	55:47	56:05	F 35+	
202	Kairen	Hart	169	55:59	56:10	F 35+	Castle Point Joggers
203	Jessica	White	156	56:09	56:15	F 35+	
204	Terry	Woodham	193	56:00	56:17	M Open	
205	Nic	Rivers	175	56:07	56:22	M 40+	Leigh on Sea Striders
206	Ronnie	Freer	197	56:18	56:26	M 40+	
207	Graham	Button	357	55:59	56:28	M 40+	Leigh on Sea Striders
208	Paul	Strutt	248	56:21	56:29	M 40+	
209	Matt	Stockford	498	56:01	56:30	M 40+	
210	Tina	Victory	271	56:14	56:31	F 35+	Castle Point Joggers
211	Deborah	Robertson	350	56:20	56:33	F 35+	Benfleet Running Club
212	Mark	Armitage	139	56:27	56:35	M 40+	Leigh on Sea Striders
213	Amanda	Bradfield	269	56:20	56:35	F 35+	
214	Hannah	Horsburgh	123	56:32	56:52	F Open	Rochford Endurance and Distance Runners (REDS)
215	Sam	Keenan	375	56:33	56:55	F 35+	
216	Michelle	Rogers	331	56:35	56:56	F 35+	
217	Petra	Knight	313	56:36	56:57	F 35+	
218	Michelle	Spicer	257	56:42	56:59	F 35+	
219	Nicola	Murphy	232	56:47	57:00	F 35+	
220	Francesca	Thornton	163	56:39	57:01	F Open	
221	Sarah	Murphy	233	56:47	57:01	F 35+	
222	Rosalind	Ferguson	223	56:58	57:07	F Open	
223	Jo	Nisbet	352	56:44	57:08	F 35+	
224	Wally	James	355	56:32	57:10	M 40+	Leigh on Sea Striders
225	Catherine	Patterson	253	56:57	57:14	F 35+	Leigh on Sea Striders
226	Trisha	Martin	224	56:49	57:16	F 35+	
227	Nathan	Hawkins	496	56:54	57:22	M Open	
228	Tim	Prosser	297	57:02	57:23	M 40+	
229	Christine	Callan	246	57:14	57:32	F 35+	Rayleigh RAT Runners
230	Peter	Cole	296	57:15	57:36	M Open	
231	Nick	Donohoe	378	57:31	57:51	M 40+	
232	Thomas	Utting	279	57:41	57:53	M Open	
233	charmaine	marks	401	57:43	58:01	F 35+	Hockley Trail Runners
234	Clive	Bromley	216	57:53	58:08	M 40+	
235	Anthony	Booty	475	58:16	58:18	M 40+	
236	Rachel	Scott Yates	254	58:05	58:23	F 35+	Hockley Trail Runners
237	Leo	Mansell	151	58:09	58:25	M 40+	bvac
238	Adam	Kirsh	366	58:01	58:28	M Open	Leigh on Sea Striders
239	Tina	Burton	273	58:02	58:29	F 35+	Castle Point Joggers
240	Sara	Pentel	399	58:22	58:31	F Open	
241	Collette	Toal	141	58:11	58:32	F 35+	Rochford Running Club
242	Steve	Ferrant	341	58:12	58:33	M 40+	
243	Kirsten	Warner	354	58:24	58:35	F 35+	
244	John	Lynch	182	58:21	58:42	M 40+	
245	Marie	Waite	60	58:35	58:42	F 35+	Leigh on Sea Striders
246	Jennifer Michel	Restarick	315	58:30	58:43	F Open	
247	Natasha	Crago	206	58:32	58:47	F 35+	Leigh on Sea Striders
248	Kellie	Adams	442	58:46	58:51	F 35+	
249	Heal	Lorraine	210	58:41	58:58	F 35+	Castle Point Joggers
250	Michelle	Cooper	170	58:47	58:59	F 35+	Weald park warriors
251	Fiona	Wakeling	322	58:36	59:04	F 35+	
252	Abi	Kemp	467	58:52	59:05	F 35+	
253	James	Stanford	337	58:46	59:11	M 40+	
254	Alison	Dunn	217	58:46	59:13	F 35+	Leigh on Sea Striders
255	Glyn	Wilkins	256	58:59	59:20	M 40+	
256	Teresa Jane	Flannigan	219	59:23	59:28	F 35+	East Essex Tri Club

Place	First Name	Last Name	Bib No	Chip Time	Gun Time	Age Group Description	Team Name
257	Joanna	Neill	286	59:07	59:30	F 35+	
258	Joanne	Reeves	480	59:26	59:33	F 35+	Castlepoint Joggers
259	William	Lunn	427	58:58	59:34	M 40+	
260	Amelia	Howe	237	59:24	59:34	F Open	Leigh on Sea Striders
261	Rebecca	Travers	275	59:04	59:34	F 35+	
262	Noel	Travers	274	59:05	59:34	M 40+	
263	Ken	Gilbey	180	59:24	59:45	M 40+	
264	Nicola	Osborne	245	59:39	59:49	F Open	Red runners
265	caroline	loveland	209	59:36	59:56	F 35+	
266	Penny	Clay	283	59:40	1:00:06	F 35+	
267	Mark R	Robertson	124	1:00:05	1:00:14	M 40+	REDS RUNNING CLUB
268	Deborah	Waring	311	59:49	1:00:15	F 35+	
269	Jenny	Crouch	239	59:53	1:00:16	F 35+	
270	Lorretta	Simmons	453	59:35	1:00:18	F 35+	
271	Charlotte	Rickwood	446	1:00:02	1:00:19	F Open	
272	Donna	Korb	451	59:37	1:00:19	F 35+	
273	Daniel	Fuke	371	59:53	1:00:23	M Open	
274	Matthew	Ferridge	481	59:47	1:00:25	M 40+	
275	Eleanor	Little	372	59:55	1:00:26	F Open	
276	James	Burton	272	1:00:00	1:00:27	M Open	Castle Point Joggers
277	Gary	Clifford	112	1:00:24	1:00:38	M 40+	Castle Point Joggers
278	Matthew	Pye	326	1:00:32	1:00:42	M 40+	
279	FEDERICO	SCARPA	443	1:00:08	1:00:50	M Open	
280	lynn	Rivers	287	1:00:29	1:00:56	F 35+	Leigh on Sea Striders
281	Tim	Watts	214	1:00:34	1:01:00	M 40+	Fitbugs
282	Michelle	Day	319	1:00:30	1:01:06	F 35+	
283	Lucy	Goodyear	320	1:00:30	1:01:07	F 35+	
284	Nina	Bartlett	262	1:00:59	1:01:17	F 35+	Rayleigh RAT Runners
285	Kerry	Wilkes	376	1:01:01	1:01:31	F 35+	Flyers Southend
286	Jessica	Ellis	247	1:01:07	1:01:32	F 35+	Leigh on Sea Striders
287	Stacey	Chiverton	482	1:01:06	1:01:37	F 35+	Rayleigh RAT Runners
288	steve	heard	421	1:01:03	1:01:41	M 40+	
289	Sophia	Bixby	335	1:01:49	1:02:07	F Open	Bags BootCamp
290	Tim	Reeves	292	1:01:47	1:02:08	M 40+	Hockley Trail Runners
291	Ellen	Reeves	363	1:01:42	1:02:11	F 35+	Castle Point Joggers
292	Debbie	Priest	241	1:01:45	1:02:13	F 35+	Leigh on Sea Striders
293	Amanda	Skeggs	364	1:01:48	1:02:15	F 35+	Castle Point Joggers
294	Jen	Squires	356	1:01:38	1:02:18	F 35+	Lonely Goat RC
295	Tracey	Barraclough	385	1:02:05	1:02:21	F 35+	Rayleigh RAT Runners
296	Julie	Burns	293	1:01:56	1:02:25	F 35+	
297	Kimberley	Williams	334	1:02:17	1:02:26	F Open	
298	Roberta	Davey	268	1:02:09	1:02:37	F Open	
299	Kerry	Pettitt	265	1:02:10	1:02:37	F Open	
300	Elita	Hunt	488	1:02:08	1:02:43	F 35+	
301	Laura	Lee	381	1:02:59	1:03:22	F 35+	
302	Helen	Godber	433	1:02:43	1:03:23	F 35+	Lonely Goat RC
303	Julia	Bacon	280	1:02:53	1:03:25	F 35+	Witham Running Club
304	John	Claridge	373	1:03:20	1:03:43	M 40+	Flyers Southend
305	Ellen	McPhillips	304	1:03:17	1:03:43	F 35+	Leigh on Sea Striders
306	Chris	Stacey	230	1:03:36	1:03:51	M 40+	trail running association
307	Emma	Conroy	367	1:03:30	1:03:54	F 35+	
308	Carole	Westley	436	1:03:27	1:03:57	F 35+	Hockley Trail Runners
309	Mark	Carty	285	1:03:33	1:04:07	M 40+	
310	Debby	Hard	418	1:03:35	1:04:09	F 35+	Flyers Southend
311	Rebecca	Geoghegan	289	1:03:47	1:04:09	F 35+	
312	Emma	Brind	409	1:03:44	1:04:10	F Open	
313	Dave	Mullender	395	1:03:38	1:04:12	M 40+	Pitsea RC
314	Charlotte	Williams	333	1:04:11	1:04:21	F Open	
315	Kim	Whitwell-Moore	402	1:03:55	1:04:25	F 35+	Hockley Trail Runners
316	Sally	McKeown	383	1:04:13	1:04:29	F 35+	Leigh on Sea Striders
317	Emma	George	403	1:04:00	1:04:30	F 35+	Hockley Trail Runners
318	Gillian	Victory	276	1:04:03	1:04:32	F 35+	Castle Point Joggers
319	Nick	Seaby	332	1:04:03	1:04:33	M 40+	Castle Point Joggers
320	Jeanette	Richer	491	1:04:05	1:04:38	F 35+	Rayleigh RAT Runners

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321	Eloise	Hewitt	359	1:04:14	1:04:47	F 35+	
322	Anthony	Burke	312	1:04:17	1:04:51	M 40+	
323	Tony	Cains	314	1:04:55	1:05:04	M 40+	
324	Paul	Shuttleworth	416	1:04:31	1:05:08	M Open	
325	Clare	O'Brien	382	1:04:34	1:05:11	F 35+	
326	Caroline	Peain	389	1:04:39	1:05:13	F Open	
327	Louise	Dight	447	1:04:35	1:05:14	F Open	
328	Madeleine	Haydon	449	1:04:42	1:05:21	F Open	
329	Mandy	Brady	438	1:04:42	1:05:24	F 35+	
330	Phillipa	Norton	452	1:04:48	1:05:27	F Open	
331	Karoline	Singleton	404	1:05:09	1:05:32	F 35+	
332	Jane	Chaplin	345	1:05:07	1:05:38	F 35+	Flyers Southend
333	Dawanie	Chuithong	263	1:05:09	1:05:40	F Open	
334	Donna	Foote	388	1:05:11	1:05:42	F 35+	Thomas Foote
335	Michelle	Lee	474	1:05:23	1:05:54	F 35+	Flyers Southend
336	Karina	Winch	282	1:05:43	1:05:58	F Open	
337	Nick	Livemore	330	1:05:47	1:06:18	M 40+	Castle Point Joggers
338	Laura	Hicks	252	1:05:49	1:06:19	F 35+	
339	Cara	Sadler	407	1:06:01	1:06:38	F 35+	
340	Natasha	Thrusell	405	1:06:31	1:06:46	F Open	
341	Karl	Evans	225	1:06:32	1:06:46	M 40+	JBR Run&Tri
342	Nicola	Peek	489	1:06:18	1:06:48	F 35+	Castle Point Joggers
343	Lorraine	Ramet	387	1:06:17	1:06:49	F 35+	
344	De	Hoops	386	1:06:18	1:06:49	F 35+	
345	Justin	Clark	400	1:06:38	1:06:54	M Open	JBR Run&Tri
346	Shelley	Stel	458	1:06:32	1:07:08	F 35+	
347	Stuart	Jones	487	1:07:11	1:07:23	M 40+	Rochford Running Club
348	Kevin	Gordon	414	1:07:02	1:07:27	M Open	
349	Audrey	Morris	338	1:07:09	1:07:32	F 35+	Benfleet Running Club
350	Rachel	Malerick	445	1:06:55	1:07:35	F 35+	
351	Lysia	Jigginbs	444	1:06:56	1:07:36	F 35+	
352	Zoe	Gisby	448	1:07:32	1:08:12	F Open	
353	Elizabeth	Amey	423	1:07:35	1:08:14	F 35+	
354	Melanie	Kimber	408	1:07:51	1:08:17	F 35+	
355	Karen	Callow	370	1:07:52	1:08:18	F 35+	Leigh on Sea Striders
356	Jenny	Packer	318	1:07:50	1:08:18	F 35+	Hockley Trail Runners
357	Claire	Panther	374	1:07:50	1:08:19	F 35+	Hockley Trail Runners
358	Nicola	Penn	365	1:07:50	1:08:23	F 35+	Castle Point Joggers
359	Simon	Tidman	361	1:08:12	1:08:28	M 40+	Rayleigh RAT Runners
360	Iorna	pettifer	397	1:08:08	1:08:29	F 35+	Mid Essex Casuals
361	John	pettifer	396	1:08:10	1:08:29	M 40+	Mid Essex Casuals
362	Joanna	Sutton	266	1:08:10	1:08:36	F 35+	
363	Ruth	Leslie	468	1:08:01	1:08:43	F 35+	
364	Michelle	Shea	440	1:08:01	1:08:43	F 35+	
365	Lisa	Faircloth	456	1:08:17	1:08:47	F 35+	
366	Lisa	Faircloth	455	1:08:18	1:08:47	F 35+	
367	Amanda	Colgate-Herbert	390	1:08:33	1:08:57	F 35+	South Woodham Running Club
368	Tracy	Hendy	450	1:08:33	1:09:12	F 35+	
369	Mark	Fiddes	499	1:08:54	1:09:35	M Open	Mind
370	Karen	Batt	393	1:09:21	1:09:50	F 35+	Castle Point Joggers
371	Meri	Sams	368	1:09:17	1:09:53	F Open	Leigh on Sea Striders
372	Nicole	Masters	342	1:09:19	1:09:55	F 35+	
373	Joy	French	426	1:09:57	1:10:16	F 35+	
374	Tracey	Plane	348	1:09:58	1:10:17	F 35+	
375	Paul	White	249	1:10:00	1:10:29	M 40+	
376	Sherry	White	250	1:10:00	1:10:29	F 35+	
377	Adele	Cole	220	1:10:06	1:10:40	F 35+	Leigh on Sea Striders
378	Caitlin	Gillard	362	1:10:05	1:10:40	F Open	Leigh on Sea Striders
379	David	Walker	255	1:10:06	1:10:41	M 40+	Leigh on Sea Striders
380	Caron	Hiscock	473	1:10:42	1:11:10	F 35+	Benfleet Running Club
381	Jodie	Stevens	441	1:10:49	1:11:13	F Open	Leigh on Sea Striders
382	Muhammad	Bhatti	419	1:10:50	1:11:14	M Open	Leigh on Sea Striders
383	Jamie	Brown	260	1:10:43	1:11:15	M 40+	Rayleigh RAT Runners
384	Manners	Heer	106	1:11:14	1:11:16	M 40+	

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385	Daniel	Smy	424	1:11:14	1:11:17	M Open	
386	Marnie	Bowling	471	1:10:49	1:11:22	F 35+	
387	Amy	Daniels	459	1:11:13	1:11:34	F 35+	
388	John	Butcher	391	1:11:19	1:11:51	M 40+	Rochford Running Club
389	Samantha	Evans	392	1:11:21	1:11:54	F 35+	Castle Point Joggers
390	Lisa	Wilson	472	1:11:23	1:11:56	F 35+	Rochford Running Club
391	Joanne	Lincoln	479	1:11:17	1:11:56	F 35+	
392	Claire	Twidell	420	1:11:46	1:12:19	F 35+	Hockley Trail Runners
393	Deborah	Sothcott	457	1:12:20	1:12:53	F 35+	
394	Jorga	Manthorp	430	1:13:48	1:14:24	F 35+	
395	Julie	Horton	406	1:13:48	1:14:24	F 35+	
396	Cassie	Jones	454	1:14:54	1:15:08	F 35+	Rochford Running Club
397	Sarah	Atkin	478	1:14:45	1:15:24	F 35+	
398	Mick	Dodge	469	1:15:06	1:15:49	M 40+	
399	Edward	Short	470	1:15:05	1:15:50	M 40+	
400	Lu	Harrington	490	1:16:40	1:17:04	F 35+	
401	Lee-Anne	Crewe	329	1:16:41	1:17:04	F 35+	
402	Natalia	Marlow	205	1:16:42	1:17:05	F 35+	
403	Joanne	Lammin	429	1:18:28	1:19:01	F 35+	Rayleigh Road runners
404	martin	Voges	485	1:18:47	1:19:20	M 40+	Castle Point Joggers
405	Michelle	Frogley	465	1:18:48	1:19:21	F 35+	Castle Point Joggers
406	Angela	Hopkins	411	1:20:13	1:20:42	F 35+	Dengie 100 Runners
407	Celia	Terry	460	1:20:13	1:20:43	F 35+	Dengie 100 Runners
408	Sarah	Fairhurst	466	1:27:47	1:28:25	F 35+	
409	Mandy	Rice	439	1:27:48	1:28:25	F 35+	
410	Caroline	Fairhurst	463	1:27:48	1:28:25	F 35+	
411	Lauran	Boulton	494	1:29:10	1:29:38	F Open	
412	Stephen	O'Connor	415	1:30:52	1:31:15	M 40+	
413	Linda	Buchan	497	1:56:20	1:57:01	F 35+	
414	Geoffrey	Kittle	495	1:56:15	1:57:03	M 40+	