



## Horndon 10k Race - 26 June 2011 - RESULTS

v2 01/07/2011

1 <sup>ST</sup> Male	Crispin Bloomfield	Billericay Striders	33:40
2 <sup>nd</sup> Male	Anthony Jackson	Sittingbourne Striders	34:35
3 <sup>rd</sup> Male	Tom Heslop	Victoria Park Harriers	36:02
1 <sup>st</sup> Female	Hayley Pegg	Chelmsford A C	42:22
2 <sup>nd</sup> Female	Glenda Adams	No club	45:11
3 <sup>rd</sup> Female	Sue Spong	Havering 90 Joggers	45:23
1 <sup>st</sup> MV40	Peter West	Colchester Harriers	37:26
1 <sup>st</sup> MV50	Robert Russell	Thurrock Harriers	41:24
1 <sup>st</sup> MV60	Peter Binns	Southend AC	41:27
1 <sup>st</sup> FV35	Sarah Mole	No club	46:17
1 <sup>st</sup> FV45	Erica Ryder	Thurrock Nomads	47:10
1 <sup>st</sup> Team	Thurrock Harriers	David Johnson, John Green, Martyn Stains, John Russell	

The only issue with the results was that two people came through the finish who were not registered, they are marked \*unknown\* on the results.

479 people registered. 406 finished the remainder either pre-registered and did not turn up or did not finish the course.

If you have any comments on the event we would be pleased to hear from you on our email [10k@rotary-sandc.org.uk](mailto:10k@rotary-sandc.org.uk). Keep an eye on [www.rotary-sandc.org.uk](http://www.rotary-sandc.org.uk) for details of next years event later in the year.

Congratulations to all runners who took part and particularly those who finished. The jury is out on if the weather was even hotter than last year or not but it certainly was hot this year which made running more difficult so your achievement was even greater. On average times were a minute or two faster this year compared to 2010.

All money raised from the event will be donated to local and national charities once expenses have been paid out. The Rotary Club will not take any money from the event which was all paid into the Rotary Club of Stanford le Hope & Corringham Charity Trust Fund (registered charity number 1031170), all Rotarians and other helpers on the day gave of their time freely and for no personal gain.

For the first time we set up on-line booking. We particularly thank those who booked on-line as it made out job much easier administering the event.

We hope to see you again next year, London 2012 year – perhaps it will be cooler!

**w:** [www.rotary-sandc.org.uk](http://www.rotary-sandc.org.uk) **meets:** Tuesday, 12:30pm, Orsett Hall Hotel, Prince Charles Avenue, Orsett, Essex

Horndon 10k 26-6-11 UK:A Licence 2010-100693 Cert.Course Accuracy 07/042r  
 ( 406 Finish places / 406 Finish times entered)

OAll	Time	No.	Name	Team	Pos/Clas
1	33:40	369	Bloomfield, Crispian	Billericay Striders	1 M
2	34:35	404	Jackson, Anthony	Sittingbourne Striders	2 M
3	36:02	483	Heslop, Tom	Victoria Park Harriers	3 M
4	37:00	429	Harvey, Tim	Leigh On Sea Striders	4 M
5	37:05	397	Nears, Jonathan	Colchester Harriers	5 M
6	37:20	306	Chester, Martin	Havering Mayesbrook A C	6 M
7	37:26	327	West, Peter	Colchester Harriers	1 MV40
8	37:46	244	Philcox, Stephen	Barking Road Runners	2 MV40
9	37:49	451	Johnson, David	Thurrock Harriers	7 M
10	38:19	270	Pecoraro, Tony	Havering 90 Joggers	3 MV40
11	38:30	340	green, john	Thurrock Harriers	4 MV40
12	39:04	370	Leeman, Matthew	Loughborough Students AC	8 M
13	39:17	457	Swinburne, Nigel	Dagenham 88 Runners	9 M
14	39:30	169	Roper, Neil	- None	10 M
15	39:40	302	Staines, Martyn	Thurrock Harriers	11 M
16	39:50	64	Atkin, Matthew	- None	12 M
17	40:17	215	Russell, John	Thurrock Harriers	5 MV40
18	40:25	78	Knight, Nick	- None	13 M
19	40:26	428	Hyde, Tony	Pitsea R C	6 MV40
20	40:28	325	bonham, Richard	Castle Point Joggers	7 MV40
21	40:38	337	BUMSTEAD, PAUL	Basildon	14 M
22	41:11	389	French, Graham	- None	8 MV40
23	41:16	407	Coates, Chris	Havering Mayesbrook A C	15 M
24	41:24	292	Russell, Robert	Thurrock Harriers	1 MV50
25	41:27	236	Binns, Peter	Southend-On-Sea A C	1 MV60
26	41:28	257	Brown, Bradley	Barking Road Runners	16 M
27	41:33	242	Clark, Alan	Benfleet Running Club	9 MV40
28	41:47	282	Duncan, Mark	Havering 90 Joggers	2 MV50
29	41:51	350	RENDA, JUSTIN	Thurrock Harriers	17 M
30	42:00	172	Syrett, Jason	Thurrock Harriers	10 MV40
31	42:03	206	Fuller, Darren	- None	18 M
32	42:06	197	Ward, Paul	Barking Road Runners	19 M
33	42:09	417	Barker, John	Thrift Green Trotters	11 MV40
34	42:22	336	Pegg, Hayley	Chelmsford A C	1 F
35	42:33	361	Wakefield, Paul	- None	20 M
36	42:42	415	Lowndes, James	Barking Road Runners	21 M
37	42:59	375	Hills, John	- None	22 M
38	43:07	269	Pike, David	Havering 90 Joggers	12 MV40
39	43:09	250	Sexton, Kevin	Benfleet Running Club	3 MV50
40	43:23	23	cox, david	Thurrock Nomads	13 MV40
41	43:45	444	Osborne, Peter	Castle Point Joggers	14 MV40
42	44:00	408	Earney, Ross	Havering Mayesbrook A C	23 M
43	44:01	225	Wright, Andy	- None	24 M
44	44:02	459	Bonnett, Curtis	- None	15 MV40
45	44:10	79	Worthington, Ryan	- None	25 M
46	44:30	252	Tomlins, Tim	Benfleet Running Club	16 MV40
47	44:31	174	Wells, Steve	- None	26 M
48	44:34	373	Sartin, Lewis	Thurrock Harriers	27 M
49	44:37	351	Jackson, William	- None	28 M
50	44:39	371	O'Shea, John	- None	4 MV50
51	44:40	188	Seward, Terry	- None	5 MV50
52	44:43	355	selwyn, raymond	Castle Point Joggers	6 MV50
53	44:44	204	Page, Martin	Barking Road Runners	7 MV50

54	44:49	133	McDonnell, Christoph	Havering 90 Joggers	2	MV60	
55	44:59	181	Fryatt, Daryl	- None	29	M	
56	45:11	26	Adams, Glenda	- None	1	FV35	
57	45:25	460	Bonnett, Glenn	- None	17	MV40	
58	45:28	144	Spong, Sue	Havering 90 Joggers	1	FV45	
59	45:30	439	Putcher, Brian	Mid Essex Casuals	3	MV60	
60	45:37	91	Keeley, David	Havering 90 Joggers	8	MV50	
61	45:44	40	Nation, Richard	Benfleet Running Club	30	M	
62	45:49	191	Russell, James	Pitsea R C	9	MV50	
63	45:57	304	Jones, Tom	- None	18	MV40	HRes
64	45:57	278	Hagan, Roger	Havering 90 Joggers	10	MV50	
65	45:59	15	Beasley, John	- None	11	MV50	
66	46:14	273	Fuente, Fernando	Havering 90 Joggers	12	MV50	
67	46:16	362	ward, Christian	East Essex Triathletes	31	M	
68	46:17	295	Larvin, Dean	- None	32	M	
69	46:17	372	Mole, Sarah	- None	2	FV35	
70	46:38	426	Nanton, Carl	Barking Road Runners	33	M	
71	46:41	279	Hendley, Roy	Havering 90 Joggers	34	M	
72	46:45	287	Tweedie, Clive	Havering 90 Joggers	4	MV60	
73	46:49	177	Miller, David	Castle Point Joggers	19	MV40	
74	46:58	234	Bridgeman, Chris	- None	35	M	
75	46:59	402	Macnish Porter, Jame	Thrift Green Trotters	20	MV40	
76	47:06	253	Dudley, Dennis	Benfleet Running Club	13	MV50	
77	47:07	211	Stephenson, Clive	- None	14	MV50	
78	47:09	212	Whitelock, Steve	Thurrock Nomads	15	MV50	
79	47:10	385	Ryder, Erica	Thurrock Nomads	2	FV45	
80	47:24	334	Deag, James	- None	36	M	
81	47:31	406	Harper-ward, Matt	Benfleet Running Club	21	MV40	
82	47:42	267	Fenton, Jeff	Havering 90 Joggers	16	MV50	
83	47:46	333	Eiffert, Lee	- None	22	MV40	
84	47:48	376	Baker, Paul	Thurrock Harriers	23	MV40	
85	47:53	101	hurrell, terry	- None	37	M	
86	48:03	478	Mclaughlin, Peter	Pitsea R C	17	MV50	
87	48:05	118	Wills, Stephen	- None	24	MV40	
88	48:06	467	Crompton,	- None	38	M	HRes
89	48:07	217	Ellis, Darren	- None	39	M	
90	48:08	222	Clark, Nick	- None	40	M	
91	48:20	421	Cardnell, Gary	Dagenham 88 Runners	18	MV50	
92	48:22	128	Davies, Len	Havering 90 Joggers	19	MV50	
93	48:24	145	Spong, Ray	Havering 90 Joggers	20	MV50	
94	48:29	308	Chambers, Mark	- None	25	MV40	
95	48:29	314	Waite, Mark	TT Trotters	41	M	
96	48:34	339	Collins, Matthew	- None	26	MV40	
97	48:36	126	mole, denis	Havering 90 Joggers	5	MV60	
98	48:50	271	George, Mark	Havering 90 Joggers	27	MV40	
99	48:53	313	Shaw, Chris	HAVOC	6	MV60	
100	48:53	258	Eves, Sarah	Thurrock Harriers	3	FV35	
101	49:02	162	Coote, Richard	- None	42	M	
102	49:06	75	Peacock, Victoria	Thurrock Harriers	4	FV35	
103	49:13	294	Strong, George	- None	43	M	
104	49:17	148	Hall, Gareth	- None	44	M	
105	49:18	201	Perrin, Louise	Barking Road Runners	5	FV35	
106	49:21	158	Brown, Gary	- None	28	MV40	
107	49:22	70	Bines, Lee	- None	29	MV40	
108	49:36	378	Wong, Gordon	- None	30	MV40	
109	49:38	395	Laffan, Matt	Thurrock Nomads	45	M	

110	49:40	470	Holmes, Gill	Sittingbourne Striders	2	F	
111	49:42	309	Mowle, Christine	- None	6	FV35	
112	49:43	354	Lowry, Nick	Buff Boys	21	MV50	
113	49:44	430	Meadows, Terry	Thurrock Nomads	22	MV50	
114	49:46	380	Compton, Kevin	Benfleet Running Club	46	M	
115	49:51	249	Boram, John	Benfleet Running Club	23	MV50	
116	49:59	280	Tighe, Claire	Havering 90 Joggers	7	FV35	
117	50:00	263	West, Robert	Leigh On Sea Striders	47	M	
118	50:01	251	Page, Jennie	Benfleet Running Club	3	F	
119	50:02	230	pettifer, lorna	Pitsea R C	3	FV45	
120	50:03	410	Smith, Nancy	- None	8	FV35	HRes
121	50:04	183	Oakley, Alan	- None	24	MV50	
122	50:07	149	Parish, Brian	Havering 90 Joggers	48	M	
123	50:07	48	Wells, Steven	- None	49	M	
124	50:19	49	Wren, Johnny	- None	31	MV40	
125	50:19	50	Wren, Sarah	- None	9	FV35	
126	50:19	187	Greensill, Mark	- None	32	MV40	
127	50:28	411	Horwill, Robert	- None	25	MV50	
128	50:29	136	Tree, Peter	Thrift Green Trotters	26	MV50	
129	50:29	18	COX, MATTHEW	- None	50	M	
130	50:43	468	McAllister, Wayne	Barking Road Runners	33	MV40	
131	50:43	359	Jordan, Simon	Phoenix Striders	34	MV40	
132	50:44	260	Draper, Reiss	- None	51	M	HRes
133	50:48	379	Hattam, Anthony	Benfleet Running Club	52	M	
134	50:57	482	Brighton, David	- None	35	MV40	
135*	51:02*	347	Unknown				
136	51:07	286	Winston, Roger	Havering 90 Joggers	27	MV50	
137	51:09	218	Ward, Matt	- None	53	M	
138	51:11	348	Lush, Phill	- None	36	MV40	
139	51:18	198	Panting, Melanie	- None	4	FV45	
140	51:24	96	Beech, Steve	Pitsea R C	28	MV50	
141	51:26	367	Patel, Ashwin	- None	29	MV50	
142	51:26	27	collins, lee	- None	54	M	
143	51:28	104	Brown, Trevor	- None	7	MV60	
144	51:35	92	tomkins, wayne	- None	55	M	
145	51:35	464	Dyer, Alex	- None	56	M	
146	51:35	399	Lee, Leslie	- None	30	MV50	HRes
147	51:36	4	THOMAS-SCRINE, ALICE	- None	4	F	
148	51:38	193	White, Danny	Barking Road Runners	57	M	
149	51:40	442	Stephens, Kellye	- None	37	MV40	HRes
150	51:50	232	Thomas, dean	Halstead Road Runners	58	M	
151	51:51	293	may, stephen	- None	38	MV40	HRes
152	51:51	147	Moses, Neil	Havering 90 Joggers	31	MV50	
153	51:54	246	Jolly, Stephen	- None	32	MV50	
154	51:56	438	Dowling, Kevin	Thrift Green Trotters	33	MV50	
155	51:56	190	Hibbert, Kevin	Horndon Cricketers	34	MV50	HRes
156	51:56	353	Kelsall, Rob	Buff Boys	59	M	
157	52:05	291	Taylor, Laine	- None	60	M	
158	52:08	229	pettifer, john	Pitsea R C	8	MV60	
159	52:13	289	Dale, Sue	Havering 90 Joggers	5	FV45	
160	52:31	356	Mangan, Stuart	- None	61	M	
161	52:34	307	mason, martin	Barking Road Runners	9	MV60	
162	52:35	90	Brown, William	- None	62	M	
163	52:37	344	Taylor, Glen	Southend-On-Sea A C	35	MV50	
164	52:44	8	Braid, Ian	- None	39	MV40	
165	52:50	111	Hewitt, Mick	- None	36	MV50	

166	52:58	161	Roberts , Ruth	Phoenix Striders	10	FV35	
167	53:00	284	Hilliard, Simone	Havering 90 Joggers	5	F	
168	53:11	160	Wagner, Christopher	- None	63	M	
169	53:14	189	Smith, Ronald	Sittingbourne Striders	10	MV60	
170	53:16	446	Wilder, Billy	- None	64	M	
171	53:19	248	Macdonald, Cheryl	Pitsea R C	6	F	
172	53:24	437	Barrett, Nina	Thrift Green Trotters	11	FV35	
173	53:28	129	Davies, Deborah	Havering 90 Joggers	6	FV45	
174	53:33	377	Springham, David	Thurrock Nomads	40	MV40	
175	53:38	150	Mole, Eleanor	Havering 90 Joggers	7	F	
176	53:38	192	Chaplin, Darren	- None	65	M	
177	53:44	247	Willaims, Helen	Pitsea R C	7	FV45	
178	53:56	107	Knight, Julie	Horndon Belles	8	FV45	HRes
179	53:57	435	McGrath, Joe	- None	66	M	
180	54:00	328	Crowhurst, Jamie	- None	41	MV40	
181	54:02	452	Sockling, Lee	Phoenix Striders	67	M	
182	54:03	319	richardson, alex	- None	42	MV40	
183	54:04	209	Tree, Jochen	- None	43	MV40	HRes
184	54:10	352	CARTER, PAUL	Buff Boys	44	MV40	
185	54:12	436	Gridley, David	Havering 90 Joggers	45	MV40	
186	54:12	324	Lane, Dave	- None	46	MV40	
187	54:15	312	Martin, Steve	- None	47	MV40	
188	54:20	398	Twyford, Damian	- None	68	M	HRes
189	54:22	322	Reeves, Joanne	Havering 90 Joggers	12	FV35	
190	54:24	214	hill, tracy	Havering 90 Joggers	9	FV45	
191	54:26	61	Waters, Patrick	Castle Point Joggers	11	MV60	
192	54:28	381	Budge, Ian	- None	69	M	
193	54:28	368	Wheeler, Scott	Benfleet Running Club	70	M	
194	54:36	76	Christmas, Nicky	- None	8	F	
195	54:36	3	archer, tanya	- None	13	FV35	
196	54:39	166	Woodard, Peter	Thurrock Nomads	12	MV60	HRes
197	54:41	345	Flannigan, Teresa	Pitsea R C	10	FV45	
198	54:43	195	Willis, Robert	Barking Road Runners	37	MV50	
199	54:48	221	Thornton, Alex	- None	71	M	
200	54:53	425	Montague, Peter	- None	38	MV50	
201	54:53	121	Gregory, John	Havering 90 Joggers	13	MV60	
202	55:02	432	Benfield, Angela	Benfleet Running Club	14	FV35	
203	55:06	176	spencer-perkins, d	Barking Road Runners	39	MV50	
204	55:07	224	Stenson, Quinton	- None	72	M	
205	55:09	6	field, sandra	- None	11	FV45	
206	55:09	53	Lawson, Stephen	Havering 90 Joggers	40	MV50	
207	55:09	434	Pfeuti, Elizabeth	- None	9	F	
208	55:11	447	Glynn, Mitchell	- None	73	M	
209	55:20	42	farrar, ian	- None	41	MV50	
210	55:26	132	McDonnell, Barbara	Havering 90 Joggers	12	FV45	
211	55:30	65	MASON, CHANTEL	- None	10	F	
212	55:39	329	Rodgers, Carol Ann	Havering 90 Joggers	13	FV45	
213	55:43	455	Martin, Keith	- None	74	M	
214	55:50	134	Teale, Steven	- None	75	M	
215	55:51	396	Dowsett, Lee	Thrift Green Trotters	48	MV40	
216	55:54	485	Nancy, Nicholas	- None	76	M	
217	55:55	462	Driscoll, Eddie	Braintree & District	49	MV40	
218	55:55	420	Rew, Clive	- None	50	MV40	
219	55:56	112	Nightingale, Barrie	- None	51	MV40	
220	55:56	388	French, Amy	- None	11	F	
221	55:58	216	Antrobus, Chris	- None	77	M	

222	56:00	73	HOWARD, RICHARD	- None	78	M	
223	56:04	285	Woodard, Leigh	Havering 90 Joggers	14	FV45	
224	56:10	34	catt, lorna	- None	15	FV45	
225	56:21	95	Marks, Stephen	- None	14	MV60	
226	56:25	458	Akroyd, Jennifer	Dagenham 88 Runners	12	F	
227	56:30	143	henderson, michelle	Thurrock Harriers	16	FV45	
228	56:34	81	RIEFFEL, LISA	Castle Point Joggers	15	FV35	
229	56:34	80	GOLDSMITH, RICK	Castle Point Joggers	52	MV40	
230	56:38	261	Draper, Luke	- None	79	M	HRes
231	56:43	456	Martin, Timothy	- None	80	M	
232	56:45	11	Legg, Pete	- None	81	M	
233	56:54	159	Nairn, Holly	- None	13	F	
234	57:05	255	McLeod, Jacqueline	Benfleet Running Club	16	FV35	
235	57:23	127	Burnett, Daniel	- None	82	M	
236	57:33	288	Rowell, Barry	Havering 90 Joggers	53	MV40	
237	57:35	167	WRIGHT, SIAN	- None	17	FV35	
238	57:43	21	Barwell, Eric	- None	54	MV40	
239	57:43	22	Barnett, Hannah	- None	14	F	
240	57:51	87	SKINNER, DAVID	Havering 90 Joggers	42	MV50	
241	57:52	335	McDonnell, Joe	Havering 90 Joggers	83	M	
242	58:00	254	Stanton, Derek	Thurrock Nomads	43	MV50	
243	58:02	386	Silverton, Ross	Witham R C	15	MV60	
244	58:09	37	Passingham, Keith	Pitsea R C	44	MV50	
245	58:10	466	Lawrence, Luke	- None	84	M	
246	58:15	164	Cross, Len	- None	55	MV40	
247	58:18	383	Headon, Andrew	- None	56	MV40	
248	58:19	382	Davies, Gareth	- None	57	MV40	
249	58:20	450	Stanley, David	Orion Harriers	45	MV50	
250	58:22	85	HIGGINS, BRIAN	- None	85	M	HRes
251	58:23	418	Nason, Mark	- None	46	MV50	
252	58:23	423	Jackman, Simon	- None	58	MV40	HRes
253	58:24	342	Evans, David	Havering 90 Joggers	59	MV40	
254	58:25	465	Pettel, Lee	- None	86	M	
255	58:27	461	Connelly, Alan	- None	87	M	
256	58:27	305	Jones, Serena	- None	18	FV35	HRes
257	58:29	391	Ellis, Ben	- None	88	M	
258	58:29	463	Bentley, Stephen	- None	47	MV50	
259	58:38	231	Thomad, Paul	Halstead Road Runners	89	M	
260	58:39	445	Meacham, Rob	- None	48	MV50	
261	58:41	71	Cordon, Nancy	- None	19	FV35	
262	58:42	374	Williamson, Nigel	- None	60	MV40	
263	58:42	119	phillips, karen	Pitsea R C	20	FV35	
264	58:51	443	Twigg, Graham	- None	61	MV40	
265	58:52	474	Everett, David	- None	90	M	
266	58:57	122	beaven, aimee	- None	17	FV45	
267	59:06	123	maskell, paul	Leigh On Sea Striders	49	MV50	
268	59:06	315	Jasper, Hannah	- None	15	F	
269	59:08	300	Mayo, Neil	- None	91	M	
270	59:10	390	Brooks, David	Veterans A C	16	MV60	
271	59:12	366	Mickleburgh, Trevor	Benfleet Running Club	62	MV40	
272	59:19	365	Mason, Nicola	- None	21	FV35	
273	59:20	106	Humphreys, Jason	- None	92	M	HRes
274	59:20	256	Trigg, Luke	- None	93	M	
275	59:22	431	Armstrong, Tom	- None	94	M	
276	59:27	97	Fisher, Jacqueline	Pitsea R C	22	FV35	
277	59:29	310	Coppens, Marie-Line	- None	16	F	

278	59:34	454	Taylor,	Phoenix Striders	63	MV40	
279	59:35	82	Grover, Jan	Benfleet Running Club	18	FV45	
280	59:47	84	Potter, Christopher	Bedford Harriers	64	MV40	
281	59:54	392	Smith, Darren	- None	95	M	
282	59:59	114	Crompton, Emma	- None	23	FV35	
283	60:00	207	Pearse, Shannon	- None	17	F	
284	60:01	203	Jennett, Jim	Leigh On Sea Striders	50	MV50	
285	60:01	338	Clark, April	- None	24	FV35	HRes
286	60:08	124	Daniel, Jeremy	- None	96	M	
287	60:13	266	Sheekey, Steve	Havering 90 Joggers	65	MV40	
288	60:18	173	Courtier, Robert	Barking Road Runners	51	MV50	
289	60:21	401	Chapman, Robert	Benfleet Running Club	52	MV50	
290	60:42	117	Albert, Daniel	- None	97	M	
291	60:42	1	Wright, Carole	Rotary	19	FV45	
292	60:45	2	Day, Richard	Rotary	66	MV40	
293	60:49	321	Hiller, Andy	- None	67	MV40	
294	60:49	480	Verley, Karl	- None	98	M	
295	60:54	481	Coady, Paul	- None	99	M	HRes
296	60:59	479	Ketteridge, Lee	- None	100	M	HRes
297*	60:59*	999	Unknown				
298	60:59	472	Jackson, Leslie	Sittingbourne Striders	53	MV50	
299	61:03	476	Haydon, Jeffrey	- None	54	MV50	
300	61:10	290	Groves, Vicki	Barking Road Runners	25	FV35	
301	61:28	62	Issa, Salim	Barking Road Runners	68	MV40	
302	61:34	427	Saunders, Mark	- None	69	MV40	
303	61:34	303	Moore, Gil	- None	70	MV40	
304	61:39	262	West, David	Leigh On Sea Striders	17	MV60	
305	61:40	393	Croal, Jermey	- None	55	MV50	
306	61:49	264	Nunnery, Peter	- None	71	MV40	HRes
307	61:50	35	Stone, Vickie	- None	18	F	
308	61:55	36	Nixon, Catherine	- None	19	F	
309	62:08	301	Cranmer, Nikki	Barking Road Runners	26	FV35	
310	62:08	17	COX, PETER	- None	18	MV60	
311	62:10	16	EVANS, STEPHEN	- None	56	MV50	
312	62:19	233	BELL, JASON	- None	101	M	
313	62:19	405	Matthew, Chas	- None	19	MV60	
314	62:39	131	Peck, Steve	- None	57	MV50	
315	62:48	138	Paris, Sarah	- None	27	FV35	
316	62:52	235	Freer, Ronnie	- None	102	M	
317	62:59	422	Reynolds, Jamie	- None	103	M	
318	63:05	299	Kitchener, Tracey	Swanscombe Strollers	20	FV45	
319	63:06	283	Ford, John	Havering 90 Joggers	58	MV50	
320	63:11	89	Pashley, Katy	- None	20	F	
321	63:16	88	Partner, Lucy	- None	28	FV35	
322	63:23	86	Graham, Joanna	- None	29	FV35	
323	63:23	56	Myhill, Bill	- None	72	MV40	
324	63:24	414	Dine, Linda	- None	30	FV35	
325	63:45	228	Bridgeman, Katie	Leigh On Sea Striders	21	F	
326	63:49	226	carter, amanda	Phoenix Striders	31	FV35	
327	63:52	453	Rhodes, Stacy	Phoenix Striders	22	F	
328	63:56	477	Pearce, Mark	- None	73	MV40	
329	63:59	108	Fisher, Keith	- None	59	MV50	
330	63:59	331	Jones, Roy	Castle Point Joggers	20	MV60	
331	64:02	47	Wells, Georgia	- None	23	F	
332	64:09	241	Elliott, Gary	- None	21	MV60	HRes
333	64:11	409	Earney, D	Havering Mayesbrook A C	60	MV50	

334	64:13	205	Trulie, Allwright	-	None	24	F	
335	64:15	433	Adams, Doug	-	None	22	MV60	
336	64:20	274	Sutherland, Christin	Havering 90	Joggers	21	FV45	
337	64:24	168	HEFFORD, LYNN	-	None	32	FV35	
338	64:27	296	Ball, Michael	Barking Road	Runners	23	MV60	
339	64:32	223	Rodway, Simon	-	None	74	MV40	
340	64:36	200	Cornelius, Neil	-	None	104	M	
341	64:38	265	Nunnery, Andrea	-	None	33	FV35	HRes
342	64:47	484	Kelekun, Christina	Havering 90	Joggers	34	FV35	
343	64:47	441	Britton, Grant	Pitsea R C		105	M	
344	64:48	400	Farnan, Chelle	-	None	35	FV35	HRes
345	64:55	156	Starkey, Justine	-	None	36	FV35	HRes
346	65:10	115	Smith, Stephen	-	None	106	M	HRes
347	65:15	29	Hilton, Lynsey	-	None	25	F	
348	65:15	28	Crowhurst, Rachel	-	None	26	F	
349	65:18	210	Gibbons, Karen	-	None	37	FV35	
350	65:20	240	Jolly, Stephen	-	None	107	M	
351	65:31	243	Donovan, William	Benfleet	Running Club	24	MV60	
352	65:43	180	Metcalfe, William	Basildon		25	MV60	
353	65:55	58	middleditch, daniel	-	None	108	M	HRes
354	66:00	475	White, Katheryn	Havering 90	Joggers	27	F	
355	66:21	32	Conn, Glen Francis	-	None	75	MV40	
356	66:22	424	Saunders, Wendy	-	None	22	FV45	
357	66:24	363	nifton, daniel	-	None	109	M	
358	66:42	175	Ellul, Daniel	-	None	110	M	
359	66:58	137	Paris , Adam	-	None	76	MV40	
360	67:06	46	Miller, Samantha	Leigh On	Sea Striders	38	FV35	
361	67:21	416	Copeland, L	-	None	39	FV35	
362	67:45	360	Robinson, Lorraine	-	None	40	FV35	
363	67:56	7	Brown, Vicky	-	None	41	FV35	
364	67:59	275	Dobie, Ronald	Havering 90	Joggers	61	MV50	
365	68:02	39	Balloch, Laura	-	None	28	F	
366	68:03	449	Smith, Andrew	-	None	111	M	
367	68:09	448	Humphreys, Scott	-	None	77	MV40	HRes
368	68:16	394	Adlam, David	-	None	62	MV50	
369	68:17	66	Atkin, Dean	-	None	78	MV40	
370	68:22	194	Dawson, Emma	-	None	29	F	
371	68:24	343	Leader, Joy	-	None	23	FV45	
372	68:30	157	mcalpin, kevin	-	None	79	MV40	
373	68:42	155	bradshaw, louise	Havering 90	Joggers	42	FV35	
374	69:05	220	Heapy, Bob	-	None	63	MV50	
375	69:05	182	Blois, Kerry	-	None	30	F	
376	69:11	413	Fitzpatrick, Leeane	-	None	31	F	
377	69:25	326	Pope, Poppy	-	None	43	FV35	
378	69:42	332	Carroll, june	-	None	24	FV45	
379	69:49	440	Redgrave, James	-	None	112	M	
380	69:50	471	Cornwell, Vicky	-	None	32	F	
381	69:51	202	Cotton, Martyn	Phoenix	Striders	64	MV50	
382	70:01	281	Preston, Elizabeth	Havering 90	Joggers	25	FV45	
383	70:01	103	Brown , Mark	-	None	113	M	
384	70:14	105	Humphreys, Lisa	-	None	44	FV35	HRes
385	70:16	59	Allen, Jenny	-	None	45	FV35	
386	70:22	38	Everett, Terry	-	None	65	MV50	HRes
387	70:25	44	Franklin, Gordon	-	None	26	MV60	
388	70:50	276	Parmenter, Jennifer	Havering 90	Joggers	33	F	
389	70:55	412	Sango, Tim	-	None	80	MV40	

390	71:26	469	Cornwell, Victoria	-	None	46	FV35
391	71:31	473	Northover, Sarah	-	None	47	FV35
392	71:44	151	Middleditch, James	-	None	114	M HRes
393	71:48	196	Taylor, Amanda	-	None	34	F
394	73:53	298	Kitchener, Robert		Swanscombe Strollers	66	MV50
395	75:58	330	George, Sarah	-	None	35	F
396	76:23	171	DHANE, SOFIE	-	None	36	F
397	76:25	170	REDING, MICHAEL	-	None	27	MV60
398	77:08	208	Jones, Loraine	-	None	26	FV45
399	77:09	320	Breach, Tracey	-	None	48	FV35
400	78:24	102	North, Tracey	-	None	49	FV35
401	78:25	100	Shorney, Gail	-	None	37	F
402	79:33	185	Bonner, Lesley	-	None	27	FV45
403	80:19	268	Adler, Leslie		Havering 90 Joggers	28	MV60
404	96:58	141	Jinks, Samantha	-	None	38	F
405	97:03	140	Browning, Christophe	-	None	115	M
406	98:12	25	Adams, Suellen	-	None	28	FV45

406 Listed