

2012 proves that is not always scorchingly hot for the Horndon 10k...  
We hope you all enjoyed the race.

Please find Issue 3 of the results below. Thank you to all who emailed to let us know of the mistakes in earlier issues.  
I have burnt a lot of midnight oil in trying to sort this out.  
Some runners lost their numbers during the race, some ran and went through the finish but had not entered. Some runners were issued with the wrong numbers, the organisers apologise for this mess and everything possible has been done to correct the results.

Horndon 10k 24-5-12 UK:A Licence 2012-100693 Cert.Course Accuracy 07/042r  
( 367 Finish places / 367 Finish times entered)

OAll	Time	No.	Name	Team	Pos/Clas
1	33:51	329	Heslop, Tom	Victoria Park Harriers	1 M
2	35:05	287	Bloomfield, Crispian	Billericay Striders	2 M
3	37:26	178	Pecoraro, Tony	Havering 90 Joggers	1 MV40
4	37:55	399	Coleman, Andy	Billericay Striders	2 MV40
5	38:00	340	Lemare, Simon	Leigh On Sea Striders	1 MV50
6	38:11	252	Appleton, Deborah	Havering Mayesbrook A C	1 FV35
7	38:22	138	Johnson, David	Thurrock Harriers	3 M
8	38:27	327	Swinburne, Nigel	Dagenham 88 Runners	4 M
9	38:29	400	Dowman, Adam	Thurrock Harriers	5 M
10	38:49	56	Knight, Nicholas	Thrift Green Trotters	6 M
11	39:12	357	Ayres Max	- None	7 M
12	39:57	343	McCoy, Robin	- None	3 MV40
13	40:00	211	Jackaman, Paul	Castle Point Joggers	8 M
14	40:16	247	Renda, Justin	Thurrock Harriers	9 M
15	40:19	303	Bonham, Richard	Castle Point Joggers	4 MV40
16	40:39	158	Morris, Andrew	Benfleet Running Club	2 MV50
17	40:44	18	Syrett, Jason	Thurrock Harriers	5 MV40
18	40:47	224	Parry, Sion	- None	6 MV40
19	40:54	198	Tomlins, Tim	Benfleet Running Club	7 MV40
20	41:01	143	Russell, Robert	Thurrock Harriers	3 MV50
21	41:05	413	Skipper, Dean	Havering 90 Joggers	8 MV40
22	41:13	406	Blunden, Larry	- None	10 M
23*	41:21*	0	Unknown		
24	41:21	214	Instance, Nigel	Thurrock Harriers	9 MV40
25	41:22	308	Reed, Matthew	- None	11 M
26	41:29	326	Brown, Bradley	Barking Road Runners	12 M
27	41:33	309	Southon, Jamie	- None	13 M
28	41:37	381	Lowneds, James	Barking Road Runners	14 M
29	41:44	342	Brown, Eamon	Billericay Striders	4 MV50
30	41:59	147	Noble, Toni	Thurrock Harriers	2 FV35
31	42:32	341	Miller, David	Benfleet Running Club	10 MV40
32	42:34	39	Jones, Andrew	- None	15 M
33	42:41	258	Page, Martin	Barking Road Runners	5 MV50
34	42:47	125	Bumstead, Michael	Thurrock Harriers	1 MV60
35	42:48	230	Cummins, Ian	Dagenham 88 Runners	11 MV40
36	42:53	133	Tobin, Anthony	Thurrock Harriers	16 M HRes
37	43:06	127	Bumstead, Paul	Thurrock Harriers	17 M
38	43:11	311	Duncan, Mark	Havering 90 Joggers	6 MV50
39	43:13	380	Vialls, Ronald	Barking Road Runners	2 MV60
40	43:17	177	Hagan, Roger	Havering 90 Joggers	7 MV50
41	43:34	288	Monk, Samantha	Dagenham 88 Runners	1 F
42	43:37	174	McDonnell, Chris	Havering 90 Joggers	3 MV60
43	43:43	339	Sutton, Carys	Chelmsford A C	2 F
44	43:44	106	Ttoouli, Michael	- None	18 M
45	43:50	102	Smith, Jason	Castle Point Joggers	8 MV50
46	43:55	241	Fegan Shane	Knight Build Limited	19 M
47	44:10	251	Appleton, Russ	- None	20 M
48	44:14	331	Cardnell, Gary	Dagenham 88 Runners	9 MV50
49	44:18	404	Ghotora, Jaz	- None	21 M
50	44:31	384	Wells, Steve	- None	22 M
51	44:43	156	Donoghue, Steve	- None	10 MV50
52	44:48	215	Stephenson, Clive	East London Triathletes	11 MV50
53	45:00	66	Ward, Matt	- None	23 M

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54	45:24	286	Stenning, Matthew	Billericay Striders	24	M	
55	45:29	364	Ward, Christian	East Essex Triathletes	25	M	
56	45:30	5	Hipkins, Cherie	Gt Bentley Joggers	3	FV35	
57	45:37	358	Reddish Morgan	Benfleet Running Club	12	MV40	
58	45:48	137	Johnson, Bernard	Thurrock Harriers	12	MV50	
59	45:55	197	Tomlins, Josh	Benfleet Running Club	26	M	
60	46:07	259	Hurrell, Terry	- None	27	M	
61	46:08	414	Tomkins, Wayne	- None	13	MV40	
62	46:11	121	Russell, James	Pitsea R C	13	MV50	
63	46:12	313	Ballard, Paul	- None	28	M	HRes
64	46:20	277	Aurora, Jeremy	Billericay Striders	29	M	
65	46:32	278	Noonan, Vicki	Pitsea R C	3	F	HRes
66	46:35	201	Bland, Ian	- None	30	M	
67	46:37	203	Eiffert, Lee	- None	14	MV40	
68	46:38	140	Smith, David	- None	15	MV40	
69	46:39	194	Adams, Andrew	Havering 90 Joggers	16	MV40	
70	46:42	260	McAllister, Wayne	Barking Road Runners	17	MV40	
71	46:46	62	John Beasley	- None	14	MV50	
72	46:46	239	Zeliszewski, Tomasz	Knight Build Limited	31	M	
73	46:47	51	Beasley, Doug	- None	32	M	
74	46:50	324	Eden, Anthony	Benfleet Running Club	33	M	
75	46:52	170	Winston, Roger	Havering 90 Joggers	15	MV50	
76	46:56	269	Ryder, Erica	Thurrock Nomads	1	FV45	
77	46:59	296	Tweedie, Clive	Havering 90 Joggers	4	MV60	
78	47:00	220	Reed, Chris	Pitsea R C	5	MV60	
79	47:11	90	Galea, Tony	Havering 90 Joggers	16	MV50	
80	47:15	262	Ellis, Darren	Havering 90 Joggers	34	M	
81	47:27	199	Cerny, Michael	Benfleet Running Club	35	M	
82	47:31	119	Brown, William	- None	36	M	
83	47:33	171	Parish, Brian	Havering 90 Joggers	37	M	
84	47:33	78	Tracey, John	Pitsea R C	18	MV40	
85	47:34	344	Day, Gary	- None	19	MV40	
86	47:39	360	Robinson, Glen	Credit Suisse Athletics N	17	MV50	
87	47:44	231	Holmes, Gill	Sittingbourne Striders	4	FV35	
88	47:48	84	Teale, Steven	- None	38	M	
89	47:52	165	Keeley, David	Havering 90 Joggers	18	MV50	
90	47:53	248	Vowles, Jonathan	- None	19	MV50	
91	47:58	191	Fenton, Geoff	Havering 90 Joggers	20	MV50	
92	48:08	372	Cooper, Vicky	Barking Road Runners	5	FV35	
93	48:09	181	Fuente, Fernando	Havering 90 Joggers	21	MV50	
94	48:12	264	Ellis, Justin	- None	39	M	
95	48:14	142	O'shea, John	- None	22	MV50	
96	48:15	412	Meadows, Terry	Thurrock Nomads	23	MV50	
97	48:16	111	Perry, Shooman	- None	40	M	
98	48:18	115	Byford, Lucy	- None	4	F	
99	48:28	219	Taylor, Neil	Havering 90 Joggers	20	MV40	
100	48:31	41	Barwell, Eric	- None	21	MV40	
101	48:32	314	Stephens, Kellye	Horndon Cricketers	22	MV40	HRes
102	48:35	208	Gore, Jeremy	Kingswood	24	MV50	
103	48:38	371	Jackson, Philip	Sittingbourne Striders	41	M	
104	48:47	48	Sevenoaks, Daryl	Benfleet Running Club	23	MV40	
105	48:49	347	Shea, Tim	Pitsea R C	24	MV40	
106	48:50	393	Ketteridge, Lee	- None	42	M	HRes
107	49:02	271	Davies, Bryn	- None	43	M	
108	49:06	254	Dennis, Malcolm	Dagenham 88 Runners	25	MV50	
109	49:11	270	Davies, Ray	- None	6	MV60	
110	49:14	190	Jordan, Simon	Phoenix Striders	25	MV40	
111	49:15	160	Spong, Ray	Havering 90 Joggers	26	MV50	
112	49:19	126	Bumstead, Mark	Thurrock Harriers	44	M	
113	49:21	136	Appleyard, Liam	Thurrock Harriers	45	M	HRes
114	49:22	184	Springham, David	Thurrock Nomads	26	MV40	
115	49:24	81	Rieffel, Lisa	Castle Point Joggers	6	FV35	
116	49:24	83	Tree, Jochen	- None	27	MV40	HRes
117	49:24	82	Goldsmith, Rick	Castle Point Joggers	27	MV50	
118	49:28	96	Davies, Joel	- None	46	M	
119	49:28	361	Smith, Nancy	- None	7	FV35	HRes
120	49:34	4	Peacock, Victoria	Thurrock Harriers	8	FV35	
121	49:35	365	Green, Billy	Ilford A C	28	MV40	

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122	49:39	345	McInerney, Paul	- None	28	MV50	
123	49:43	356	Chaplin Darren A	Pitsea R C	47	M	
124	49:45	385	Gray, Steve	- None	48	M	HRes
125	49:55	306	Lowry, Nick	- None	49	M	
126	49:56	103	Lock, Robert	- None	29	MV40	
127	50:05	359	Draper, Reiss	- None	50	M	HRes
128	50:14	284	Hattam, Anthony	- None	51	M	
129	50:15	391	Dale, Sue	Havering 90 Joggers	2	FV45	
130	50:16	58	Legg Pete	- None	52	M	
131	50:16	45	Mansfield, Barry	- None	30	MV40	
132	50:36	394	Clancy, David	- None	29	MV50	
133	50:47	189	Kenney, Maxwell	- None	53	M	
134	50:48	130	Mann, Simon	- None	31	MV40	HRes
135	50:56	316	Mason, Martin	Barking Road Runners	7	MV60	
136	50:57	179	Evans, David	Havering 90 Joggers	32	MV40	
137	50:59	65	Braid, Ian	- None	33	MV40	
138	51:02	221	Horwill, Robert	- None	8	MV60	
139	51:03	256	Lane, Dave	Phoenix Striders	30	MV50	
140	51:08	49	Biggs, David	- None	54	M	
141	51:09	237	Beech, Stephen	Pitsea R C	31	MV50	
142	51:10	33	Nightingale, Barrie	- None	34	MV40	
143	51:19	234	Scott, Gavin	- None	35	MV40	
144	51:19	403	McCayna, Nicholas	- None	55	M	
145	51:23	163	Moses, Neil	Havering 90 Joggers	32	MV50	
146	51:27	161	Dixon, David	Havering 90 Joggers	33	MV50	
147	51:30	263	Ellis, Ben	- None	56	M	
148	51:45	272	Harper-Ward, Matt	- None	57	M	
149	51:50	390	Rowlatt, Gary	Thurrock Harriers	36	MV40	
150	51:55	64	Unknown	- None	58	M	
151	52:06	222	Conquest, Johnny	Havering 90 Joggers	9	MV60	
152	52:15	148	Jolly, Stephen	- None	34	MV50	
153	52:21	167	Reeves, Joanne	Havering 90 Joggers	9	FV35	
154	52:25	408	Orford, Martin	- None	37	MV40	
155	52:25	407	Dorling, Lewis	- None	59	M	
156	52:30	368	Emmett, Darren	- None	38	MV40	
157	52:33	155	Spooner, Sam	- None	60	M	
158	52:34	77	Quinn, Dennis	- None	39	MV40	
159	52:45	40	Barnett, Hannah	- None	5	F	
160	52:53	282	Halpin, Rob	- None	40	MV40	
161	53:03	261	Roberts, Ruth	Phoenix Striders	10	FV35	
162	53:07	305	Richardson, Alex	- None	41	MV40	
163	53:08	417	Webber, Blaine	- None	61	M	
164	53:10	302	Chaplin, Peter	Pitsea R C	35	MV50	
165	53:17	370	Jackson, Leslie	Sittingbourne Striders	36	MV50	
166	53:17	89	Peck, Stephen	- None	37	MV50	
167	53:21	304	Rew, Clive	- None	38	MV50	
168	53:24	362	May, Stephen	- None	42	MV40	HRes
169	53:26	69	Foley Mark	- None	62	M	
170	53:27	415	Humphreys, Scott	- None	43	MV40	HRes
171	53:28	100	Morgan, Megan	- None	6	F	
172	53:29	8	Skinner, David	Havering 90 Joggers	39	MV50	
173	53:47	379	Johnson, Kirk	Benfleet Running Club	63	M	
174	53:57	279	Radcliffe, Nigel	- None	40	MV50	
175	53:58	396	Nason, Mark	- None	41	MV50	
176	54:00	367	Brady, Mel	Pitsea R C	7	F	
177	54:03	242	Pearse, Shannon	Knight Build Limited	11	FV35	
178	54:06	173	McDonnell, Barbara	Havering 90 Joggers	3	FV45	
179	54:11	322	Laffan, Matthew	Thurrock Nomads	64	M	
180	54:13	116	Baker, Paul	Thurrock Harriers	44	MV40	
181	54:17	12	Smith, Steve	- None	45	MV40	HRes
182	54:20	213	Buckler, Roma	Phoenix Striders	8	F	
183	54:23	80	Lawson, Stephen	Havering 90 Joggers	42	MV50	
184	54:24	187	Scott, Faye	- None	4	FV45	HRes
185	54:30	93	Hill, Tracy	Havering 90 Joggers	5	FV45	
186	54:31	68	Humphreys, Jason	- None	46	MV40	HRes
187	54:31	129	Mickleburgh, Trevor	Benfleet Running Club	47	MV40	
188	54:32	128	Mason, Nicola	Benfleet Running Club	12	FV35	
189	54:33	70	Foley Nicola	- None	13	FV35	

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190	54:34	291	Staton, Derek	Thurrock Nomads	10	MV60	
191	54:35	223	Bloomfield, Valerie	Running 4 Women	14	FV35	
192	54:36	409	King, Chris	- None	65	M	
193	54:38	245	Gilderson, Sarah	- None	9	F	
194	54:41	38	Jones, Adrian	- None	66	M	
195	54:41	164	Dobie, Ronald	Havering 90 Joggers	43	MV50	
196	54:51	405	Mills, David	Phoenix Striders	44	MV50	
197	54:53	134	Marks, Stephen	- None	11	MV60	
198	55:12	150	Flannigan, Teresa	Pitsea R C	6	FV45	
199	55:20	107	Peters, Simon	- None	67	M	
200	55:22	375	Connelly, Alan	- None	68	M	
201	55:24	117	Baker, Charlie	- None	69	M	
202	55:26	7	Groves, Vicki	Barking Road Runners	15	FV35	
203	55:28	35	Kavanagh, Pam	Benfleet Running Club	16	FV35	
204	55:37	172	McDonnell, Joe	Havering 90 Joggers	70	M	
205	55:43	363	Williams, Tony	- None	45	MV50	HRes
206	55:44	374	Lush, Phill	- None	48	MV40	
207	55:46	246	Saunders, Wendy	Dagenham 88 Runners	7	FV45	
208	55:49	276	Hay, Claire	Swanscombe Strollers	17	FV35	
209	55:53	166	Wood, Leigh	Havering 90 Joggers	8	FV45	
210	56:00	162	Bryant, Victoria	Havering 90 Joggers	10	F	
211	56:02	392	Gillmore, Ricky	- None	49	MV40	
212	56:04	110	Woodard, Peter	Thurrock Nomads	12	MV60	HRes
213	56:07	229	Cummins, Caroline	Dagenham 88 Runners	9	FV45	
214	56:09	24	Daniel, Jeremy	- None	71	M	
215	56:10	183	Sheekey, Stephen	Havering 90 Joggers	46	MV50	
216	56:12	298	Rushmer, Louise	Horndon Belles	11	F	HRes
217	56:15	328	Spencer-Perkins, Denn	Barking Road Runners	72	M	
218	56:16	312	Dowsett, Lee	Thrift Green Trotters	50	MV40	
219	56:21	193	Twyford, Damian	- None	73	M	HRes
220	56:24	218	Staerck, Suzanne	Havering 90 Joggers	18	FV35	
221	56:27	21	Saveall, Ryan	- None	74	M	
222	56:33	109	Knight, Julie	- None	10	FV45	HRes
223	56:35	120	Brown, Alan	- None	47	MV50	
224	56:37	285	Smith, Paul	- None	51	MV40	
225	56:39	352	Blake Ian	- None	48	MV50	
226	56:54	23	Jasper, Hannah	- None	12	F	
227	56:59	6	Starkey, Justine	- None	19	FV35	HRes
228	56:59	330	Finch, David	- None	49	MV50	
229	57:01	228	Lock, Kerri	- None	20	FV35	
230	57:05	332	Bowers, Sean	- None	75	M	HRes
231	57:06	240	Clift, Sean	Knight Build Limited	76	M	
232	57:08	235	Pike, Linda	Pitsea R C	11	FV45	
233	57:10	36	Crompton, Emma	- None	21	FV35	
234	57:15	124	Elliott, Edward	- None	50	MV50	
235	57:16	157	Chester, Nicola	Ilford A C	13	F	
236	57:18	255	Maslen, Nicola	Phoenix Striders	22	FV35	
237	57:19	123	Elliott, Vanessa	- None	14	F	
238	57:22	108	Croal, Jeremy	- None	51	MV50	
239	57:25	233	Hibbert, Kevin	- None	52	MV50	HRes
240	57:27	226	Biddle, Emma	- None	15	F	
241	57:33	346	Pearce, Mark	- None	52	MV40	
242	57:36	395	Rowell, Barry	- None	53	MV50	
243	57:44	34	Passingham, Keith	Pitsea R C	13	MV60	
244	57:55	19	Lambert, Joe	- None	77	M	
245	57:58	144	Cassidy, Patrick	East Essex Triathletes	54	MV50	
246	58:05	244	Chis Ion	Knight Build Limited	78	M	
247	58:07	320	Mitchell, Clare	- None	23	FV35	HRes
248	58:07	319	Clark, April	- None	24	FV35	HRes
249	58:09	389	Cox, Peter	- None	14	MV60	
250	58:10	71	Wilson Alan	- None	53	MV40	
251	58:19	227	Biddle, Jonathan	- None	79	M	
252	58:19	76	Quinn, Ryan	- None	80	M	
253	58:39	348	Wallis, Caz	Pitsea R C	12	FV45	
254	58:41	210	Robinson, Sharon	Dagenham 88 Runners	25	FV35	
255	58:43	387	Stanley, David	Orion Harriers	81	M	
256	58:44	376	Courtier, Robert	Barking Road Runners	82	M	
257	58:50	209	George, tracey	Dagenham 88 Runners	13	FV45	

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258	58:52	337	Nunnery, Peter	- None	54	MV40	HRes
259	58:52	212	Jackaman, Malcolm	Castle Point Joggers	15	MV60	
260	58:55	153	Brown, Elaine	- None	14	FV45	
261	59:01	152	Brown, Peter	- None	55	MV50	
262	59:03	87	Brown, Lee	- None	55	MV40	
263	59:04	267	Peck, Rachel	Havering 90 Joggers	16	F	
264	59:13	50	Smithson-Biggs, Saman	- None	26	FV35	
265	59:28	338	Berry, Simon	- None	56	MV40	
266	59:34	335	Davis, Rachael	- None	15	FV45	
267	59:34	386	Hawkins, Nicola	- None	16	FV45	
268	59:38	122	Jennings, Caroline	Springfield Striders	17	FV45	
269	59:45	283	Ashton, Keeley	- None	17	F	
270	59:45	294	Veerasamy, Timi	Dagenham 88 Runners	18	FV45	
271	59:49	10	Gibbons Karen	- None	27	FV35	
272	59:50	366	Fleming, Kathy	- None	28	FV35	
273	59:50	186	Anderson, Philip	- None	57	MV40	
274	59:53	43	Issa, Salim	Barking Road Runners	58	MV40	
275	59:56	2	Smith, Andre	- None	59	MV40	
276	60:03	236	Fisher, Jackie	Pitsea R C	19	FV45	
277	60:04	72	Evans, Stephen	- None	16	MV60	
278	60:05	28	Brand, Peter	- None	56	MV50	
279	60:10	192	Miles, Albert	Castle Point Joggers	17	MV60	
280	60:11	60	Grahame Sherry	- None	18	F	
281	60:15	97	Yoxall, Christopher	- None	83	M	HRes
282	60:27	185	Biddle, Andrew	- None	57	MV50	
283*	60:29*	0	Unknown				
284	60:35	3	Ford, John	Havering 90 Joggers	58	MV50	
285	60:35	114	Clive, Russell	- None	59	MV50	
286	60:48	85	Jude, Elizabeth	- None	19	F	
287	61:05	321	Moore, Gil	- None	60	MV40	
288	61:06	336	Nunnery, Andrea	- None	29	FV35	HRes
289	61:08	289	Pilcher, Dionne	- None	20	F	
290	61:08	290	Rimmer, Samantha	- None	21	F	
291	61:10	73	McCayna, John	Springfield Striders	18	MV60	
292	61:10	31	Staines, John	- None	61	MV40	
293	61:31	52	De Florinier, Annette	- None	30	FV35	
294	61:35	225	Ball, Michael	Barking Road Runners	19	MV60	
295	61:36	151	Elliott, Gary	- None	20	MV60	HRes
296	61:38	293	Lyons, Derek	- None	60	MV50	
297	61:50	281	Carroll, June	- None	20	FV45	
298	61:52	180	Sutherland, Christine	Havering 90 Joggers	21	FV45	
299	61:54	257	Sahota, Poppy	- None	31	FV35	
300	61:54	53	McCayna, Anne	- None	22	FV45	
301	61:57	383	Humphreys, Lisa	- None	32	FV35	HRes
302	61:57	382	Humphreys, Jason	- None	62	MV40	HRes
303	62:05	350	Wood, Mark	- None	84	M	
304	62:05	351	Clemo, Sally	- None	22	F	
305	62:05	315	Rumsby, Penny	Havering 90 Joggers	33	FV35	
306	62:12	196	Metcalfe, William	Basildon	21	MV60	
307	62:18	217	Adams, Douglas	Dagenham 88 Runners	22	MV60	
308	62:22	301	Crummay, Fiona	Horndon Belles	23	FV45	HRes
309	62:23	300	Sutton, Richard	- None	63	MV40	
310	62:29	325	Easley, Stephen	Dagenham 88 Runners	64	MV40	
311	62:47	175	McDonnell, Dan	Havering 90 Joggers	85	M	
312	62:50	54	Gleed, Denise	- None	34	FV35	
313	63:00	334	Spurling, Peter	- None	65	MV40	
314	63:01	292	Kent, Victoria	- None	23	F	
315	63:13	131	Searl, Victoria	- None	24	F	
316	63:16	200	Heasley, Paul	- None	66	MV40	
317	63:30	323	Cornelius, Neil	- None	67	MV40	
318	63:37	11	Adlam David	- None	68	MV40	
319	63:56	25	Robertson, Louise	- None	25	F	
320	64:22	86	Brown, Victoria	- None	35	FV35	
321	64:47	79	Turner, Colin	Havering 90 Joggers	23	MV60	HRes
322	65:00	88	May, Liz	- None	36	FV35	HRes
323	65:02	349	Hamilton, Kendall	Pitsea R C	24	FV45	
324	65:21	266	McCarry, Patrick	- None	69	MV40	
325	65:38	195	Thompson, Catherine	Spitfire Running Club	37	FV35	

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326	66:19	95	Yoxall,Charlotte	-	None		26	F	
327	66:20	202	Nifton,Daniel	-	None		86	M	
328	66:22	146	Curtin,Sarah	-	None		27	F	
329	66:22	145	Curtin,Anthony	-	None		61	MV50	
330	66:31	378	Johnson,Aimee	Benfleet	Running Club		28	F	
331	66:32	377	Johnson,Robert	Benfleet	Running Club		62	MV50	
332	67:31	318	Earney,Derek	Havering	Mayesbrook A C		63	MV50	
333	67:33	139	Kahari,Harry	-	None		87	M	
334	67:38	29	Beasley,Thirzah	-	None		29	F	
335	67:40	388	Hawkins,Rhys	-	None		88	M	
336	67:43	353	Quinn Andrea	-	None		30	F	
337	67:44	92	Youd,Eleanor	-	None		31	F	
338	68:42	149	Jolly,Kathleen	-	None		25	FV45	
339	68:44	401	Cambridge,Clive	-	None		89	M	
340	68:57	373	Goodger,Gillian	Havering	90 Joggers		26	FV45	
341	68:57	46	Finnegan,Mary	Havering	90 Joggers		38	FV35	
342	69:17	307	Butcher,James	-	None		70	MV40	
343	69:18	105	Hearn,Katie	-	None		32	F	
344	69:23	37	Petchey,Gary	-	None		71	MV40	
345	70:03	243	Petrauskaite,Ruta	Knight Build Limited			39	FV35	
346	70:38	416	Lazarus,Craig	-	None		90	M	
347	70:39	168	Noonan,Daniel	Havering	90 Joggers		72	MV40	
348	70:51	98	Yoxall,Kathleen	-	None		33	F	HRes
349	71:00	99	Burchett,Paul	-	None		24	MV60	
350	71:09	333	Fribbins,Michael	Havering	90 Joggers		25	MV60	
351	72:26	1	Windus,Victoria	-	None		34	F	
352	73:30	176	Hagan,Yvonne	Havering	90 Joggers		27	FV45	
353	73:52	238	Davis, Lee	Dagenham	88 Runners		73	MV40	
354	74:51	310	Munnings,Philip	-	None		26	MV60	
355	76:23	265	Reynolds,Sarah	-	None		40	FV35	
356	76:52	397	Thompson,Whitney	-	None		35	F	
357	76:52	398	Dobinson,Danielle	-	None		36	F	
358	77:59	299	Avery,Lauren	-	None		37	F	
359	78:00	297	O'keeffe,Clare	Horndon Belles			28	FV45	HRes
360	78:23	249	Eastland,Sharon	Pitsea R C			38	F	
361	78:27	250	Shorney,Gail	-	None		39	F	
362	78:33	94	Munt,Michelle	-	None		40	F	
363	80:04	113	Wendi, Lee	-	None		29	FV45	
364	80:05	369	Lee,Kwok	-	None		64	MV50	
365	80:55	169	Adler,Leslie	Havering	90 Joggers		27	MV60	
366	90:56	317	Earney,Claire	Havering	Mayesbrook A C		30	FV45	
367	95:37	402	Rainbird,Megan	-	None		41	F	
			367 Listed						