

Horndon 10k 2019 results

Place	Bib	Surname	Forename	Chip Time	Gun Time	Class	Club
1	554	Whittaker	Paul	31:18	31:19	M Senior	
2	456	Bloomfield	Crispian	32:37	32:38	M 40 to 49	Billericay Striders
3	437	Ionita	Liviu	34:51	34:52	M Senior	
4	413	Vinicombe	Robert	35:43	35:44	M Senior	Phoenix Striders
5	115	Coombes	Gary	36:17	36:18	M 40 to 49	Ilford AC
6	185	Draper	Toby	36:43	36:44	M 40 to 49	Thurrock Harriers
7	431	Doyle	Robert	37:19	37:20	M Senior	Thurrock Harriers
8	149	Meredith	Dan	38:23	38:24	M 40 to 49	Havering '90 Joggers
9	533	Lynn-Jones	Tey	38:52	38:53	M Senior	
10	329	Smith	Neil	39:05	39:07	M Senior	Taunton AC
11	482	Mcclay	Chris	39:24	39:26	M Senior	Leigh on Sea Striders
12	56	Holeyman	Danny	39:43	39:45	M 40 to 49	Ilford AC
13	113	Cook	Chris	40:10	40:11	M Senior	
14	275	Whiting	Wayne	40:19	40:22	M Senior	
15	529	Atkin	Matt	40:13	40:23	M 40 to 49	
16	384	Bridge	Oliver	40:45	40:48	M 40 to 49	
17	500	Martin	Timothy	41:07	41:10	M 40 to 49	Thurrock Harriers
18	256	Lowndes	James	41:11	41:13	M 40 to 49	Barking Road Runners
19	288	Syrett	Jason	41:12	41:15	M 50 to 59	Thurrock Harriers
20	442	Hemsworth	Adam	41:16	41:19	M Senior	
21	445	Willett	Henri	41:32	41:33	M Senior	
22	518	Mann	Oliver	41:36	41:38	M Senior	
23	478	Bonham	Richard	41:40	41:43	M 50 to 59	Castle Point Joggers
24	219	Salmon	Peter	41:41	41:45	M 50 to 59	Dagenham 88 Runners
25	489	Matson	Robyn	41:57	41:59	F Senior	Havering AC
26	526	Coyle	Debbie	42:36	42:38	F 35 to 44	Barking Road Runners
27	297	Golding	Lucy	42:42	42:44	F Senior	Thurrock Harriers
28	74	Dalby	Mark	42:50	42:55	M Senior	Havering '90 Joggers
29	73	Flint	Gary	43:12	43:17	M 50 to 59	Havering '90 Joggers
30	148	Radley	Michael	43:38	43:43	M 40 to 49	
31	553	Vereker	Julian	43:44	43:49	M 40 to 49	
32	3	Hildreth	Guy	43:55	43:59	M 40 to 49	Havering '90 Joggers
33	157	Morris	Jamie	44:01	44:02	M Senior	
34	434	Lindsey	Dave	44:02	44:06	M Senior	
35	259	Page	Martin	44:04	44:09	M 60+	Barking Road Runners
36	387	Kilshaw	Jay	44:14	44:16	M Senior	
37	118	Murray	Peter	44:30	44:33	M Senior	
38	201	West	Jeff	44:34	44:41	M Senior	
39	156	Leckerman	Antony	44:42	44:48	M 50 to 59	Barking Road Runners
40	177	Pate	Jonathan	44:46	44:53	M 40 to 49	
41	394	Brown	Eamon	44:58	45:02	M 60+	Billericay Striders
42	488	Denning	Joel	45:00	45:04	M 40 to 49	Dagenham 88 Runners
43	253	King	Cliff	44:59	45:04	M 40 to 49	Castle Point Joggers
44	407	Case	Hayley	45:08	45:10	F 35 to 44	
45	141	Spring	Kathryn	45:07	45:17	F 35 to 44	Thurrock Harriers
46	190	Whateley-Harris	Ben	45:25	45:26	M Senior	Thrift Green Trotters
47	210	Aldridge	Barbara	45:21	45:30	F 35 to 44	Billericay Striders
48	213	Orford	Martin	45:27	45:32	M 50 to 59	Phoenix Striders
49	321	England	Grant	45:33	45:37	M 40 to 49	Billericay Striders
50	38	Wall	Lee	45:35	45:45	M Senior	
51	250	Poulton	Adam	45:44	45:54	M 50 to 59	Castle Point Joggers
52	89	Fry	Brian	45:53	45:57	M 40 to 49	Havering '90 Joggers
53	447	John	Sweeney	45:58	46:09	M 50 to 59	
54	301	Marsh	Toby	46:08	46:11	M 40 to 49	
55	378	Sherman	David	46:12	46:16	M Senior	Havering '90 Joggers
56	285	George	John	46:16	46:22	M 50 to 59	Barking Road Runners
57	423	Bayfield	Simon	46:21	46:23	M Senior	
58	355	Furber	Ben	46:32	46:33	M Senior	
59	386	Chapelhow	Ross	46:33	46:36	M Senior	
60	170	Hunter	Digby	46:23	46:37	M Senior	
61	54	Nye	Hayley	46:37	46:44	F Senior	
62	69	Jeffree	John	46:45	46:52	M 50 to 59	
63	122	Lampton	David	46:45	46:56	M 40 to 49	
64	328	Chester	Lee	46:50	46:59	M 40 to 49	
65	398	Binder	Gary	46:58	47:07	M 40 to 49	Havering '90 Joggers
66	218	Prior	Paul	46:44	47:10	M 50 to 59	Dagenham 88 Runners
67	325	Tuck	Caroline	47:01	47:12	F 45 to 54	Dagenham 88 Runners

68	545 Jones	Thomas	47:13	47:16	M 50 to 59	
69	364 Warren	Michael	47:11	47:19	M 50 to 59	
70	349 Dent	Peter	47:05	47:21	M 50 to 59	
71	20 Pipe	Simon	47:09	47:22	M 40 to 49	
72	270 Cooper	Trevor	47:16	47:22	M Senior	Barking Road Runners
73	249 Smith	Jamie	47:24	47:31	M 40 to 49	Dagenham 88 Runners
74	81 Georgiou	Adam	47:31	47:34	M 40 to 49	
75	105 Rozee	John	47:26	47:35	M 50 to 59	
76	212 Read	Kristina	47:31	47:38	F 35 to 44	Phoenix Striders
77	324 Hollmann	Nils	47:31	47:41	M 40 to 49	Dagenham 88 Runners
78	123 Tall	Philip	47:40	47:51	M 40 to 49	
79	200 Hazelwood	Lee	47:46	47:54	M 50 to 59	Phoenix Striders
80	311 Warner	Phil	47:49	47:56	M 50 to 59	Phoenix Striders
81	499 Samuels	Mark	47:50	48:01	M 60+	
82	8 Galea	Tony	47:58	48:02	M 50 to 59	Havering '90 Joggers
83	486 Farr	Jason	47:52	48:07	M Senior	
84	173 Tweedie	Clive	48:03	48:11	M 60+	Havering '90 Joggers
85	271 Brooker	Siobhan	48:11	48:17	F Senior	
86	300 Day	Linda	48:16	48:25	F 45 to 54	Ilford AC
87	24 Tate	Stephen	48:15	48:26	M Senior	
88	17 Houseago	Andrew	48:14	48:28	M 40 to 49	Havering '90 Joggers
89	197 Maplesden	Anthony	48:19	48:35	M 40 to 49	Havering '90 Joggers
90	354 Taylor	Laine	48:27	48:39	M Senior	
91	472 Byron	Joanne	48:38	48:41	F 35 to 44	
92	121 Burdett	Peter	48:36	48:44	M 50 to 59	Havering '90 Joggers
93	163 Brown	Craig	48:33	48:45	M Senior	Harold Wood Running Club
94	475 Lloyd	Harley	48:33	48:46	M Senior	
95	167 Riddle	Nick	48:35	48:50	M Senior	
96	293 Dobson	Andrew	48:45	48:51	M 40 to 49	
97	517 Instance	Nigel	48:45	48:55	M 50 to 59	Thurrock Harriers
98	452 Gornall	Amy	48:55	48:59	F Senior	Thrift Green Trotters
99	506 Labbadia	Shawn	48:58	49:04	F Senior	
100	505 Brown	Shawn	48:59	49:04	M Senior	Thurrock Harriers
101	248 Rumble	Tim	48:54	49:06	M 50 to 59	
102	547 Hall	Peter	49:08	49:11	M 40 to 49	
103	70 Vialls	Ronald	49:10	49:16	M 60+	Barking Road Runners
104	242 Gregory	Joe	49:03	49:19	M Senior	
105	160 Riddle	Scott	49:06	49:21	M Senior	
106	183 Enever-Dodd	James	49:16	49:30	M Senior	
107	548 Healey	Steve	49:12	49:33	M 50 to 59	Phoenix Striders
108	372 Divers	Marc	48:57	49:36	M Senior	
109	418 Hattam	Anthony	49:20	49:41	M 40 to 49	
110	32 Surry	Veronique	49:42	49:45	F 35 to 44	
111	25 Connor	Alex	49:34	49:45	M Senior	
112	84 Georgiou	Stacy	49:44	49:48	F 35 to 44	
113	467 Romano	Leanna	49:39	49:55	F Senior	Havering '90 Joggers
114	28 Davies	Joel	49:50	49:55	M 40 to 49	
115	116 Omer	Paul	49:51	49:57	M 50 to 59	Pitsea RC
116	395 Smith	Liam	49:45	49:58	M Senior	
117	181 Welsh	Michael	49:42	50:01	M Senior	
118	67 Constantinou	Steve	49:46	50:04	M 40 to 49	Havering '90 Joggers
119	289 Dickinson	David	50:07	50:10	M 40 to 49	
120	165 Brown	Georgia	49:59	50:13	F Senior	
121	203 Moran	Alan	49:58	50:17	M 50 to 59	
122	405 Woodgate	Tony	50:12	50:22	M 50 to 59	Dagenham 88 Runners
123	57 Adams	David	50:08	50:25	M 40 to 49	
124	59 Adams	Flynn	50:08	50:25	M Senior	
125	501 Burton	Justin	50:15	50:26	M 40 to 49	
126	192 Gray	Steve	50:26	50:30	M Senior	
127	458 Price	James	50:23	50:31	M 40 to 49	Phoenix Striders
128	390 Galea	Lewis	50:20	50:33	M Senior	
129	162 Moussaoui	Leila	50:24	50:38	F Senior	Havering '90 Joggers
130	155 Bacon	David	50:38	50:43	M 50 to 59	Havering '90 Joggers
131	258 Plumb	Russell	50:28	50:45	M Senior	
132	535 Adams	Mark	50:33	50:50	M Senior	
133	145 Allen	Stuart	50:38	50:53	M 40 to 49	Havering '90 Joggers
134	76 Pettit	Kate	50:39	50:53	F 45 to 54	
135	142 Green	Billy	50:49	50:59	M 50 to 59	Ilford AC
136	33 Robinson	Scott	51:03	51:06	M 40 to 49	

137	45 Radford	Darren	50:54	51:08	M 50 to 59	Havering '90 Joggers
138	546 Davies	Bryn	51:11	51:16	M Senior	
139	78 Mail	Bruce	51:09	51:18	M 50 to 59	Havering '90 Joggers
140	426 Clementson	Christina	51:17	51:27	F 45 to 54	
141	5 Crudgington	Tony	51:16	51:30	M Senior	
142	198 Moughton	Mark	51:24	51:35	M 50 to 59	Springfield Striders RC
143	464 Leeson	Daniel	51:15	51:36	M Senior	
144	466 Leeson	Jodie	51:14	51:36	F Senior	
145	491 Cole	Gary	51:31	51:40	M 40 to 49	
146	241 Shaw	Chris	51:23	51:41	M 60+	
147	281 Lester	Julie	51:28	51:45	F 45 to 54	
148	104 Churchman	Nick	51:37	51:45	M 40 to 49	
149	172 Mole	Eleanor	51:36	51:50	F 35 to 44	Havering '90 Joggers
150	98 Daly	Paul	51:38	51:52	M 40 to 49	
151	470 Johnson	Mark	51:44	51:52	M Senior	
152	326 Sheikh	Hannah	51:49	51:55	F 45 to 54	Dagenham 88 Runners
153	479 Mccutcheon	Jaimie	51:43	51:55	F Senior	
154	26 Legg	Pete	51:52	52:01	M 40 to 49	
155	406 Dinmore	Catherine	51:55	52:02	F 35 to 44	
156	317 Trigg-Hayes	Luke	51:48	52:03	M Senior	
157	254 Mcdonach	Ryan	51:41	52:11	M Senior	
158	91 Wells	Steve Martin	51:50	52:13	M 40 to 49	
159	146 Dixon	David	51:53	52:17	M 50 to 59	Havering '90 Joggers
160	382 Hawker	Martin	52:25	52:37	M 40 to 49	Harold Wood Running Club
161	147 Everett	Paul	52:32	52:40	M 40 to 49	
162	36 Morgan	Megan	52:27	52:43	F 35 to 44	
163	273 Jones	Serena	52:39	52:47	F 45 to 54	
164	240 Prior	Samantha	52:21	52:58	F 35 to 44	
165	544 Macal	Justin	52:36	53:00	M 40 to 49	Castle Point Joggers
166	332 Lock	Kerri	53:01	53:15	F 45 to 54	
167	222 Benton	Tom	53:08	53:15	M Senior	
168	409 Bryant	Cassandra	53:11	53:16	F Senior	Dagenham 88 Runners
169	436 Suett	Paul	53:12	53:17	M 40 to 49	Dagenham 88 Runners
170	530 England	Martin	53:07	53:18	M 50 to 59	Castle Point Joggers
171	462 Monger	Robert	52:47	53:20	M 50 to 59	Phoenix Striders
172	11 Bolton	Emma	53:04	53:29	F 35 to 44	Havering '90 Joggers
173	514 Case	Mark	53:23	53:30	M 40 to 49	
174	137 Islam	Rahana	53:31	53:38	F 35 to 44	Dagenham 88 Runners
175	7 Biddle	Jonathan	53:23	53:43	M Senior	
176	215 Gillam	Mark	53:19	53:44	M 40 to 49	
177	541 Smith	Debbie	53:34	53:47	F 55+	
178	21 Beazeley	Andrew	53:40	53:51	M Senior	Dagenham 88 Runners
179	344 Jackson	David	53:35	53:51	M 50 to 59	St Albans Striders
180	186 Gray	Lynsey	53:44	53:53	F 45 to 54	Phoenix Striders
181	365 Roberts	Ruth	53:50	53:58	F 45 to 54	Phoenix Striders
182	42 Cook	Shaun	53:58	54:00	M 50 to 59	
183	168 Peggall	Michael	53:48	54:03	M Senior	Dagenham 88 Runners
184	9 Harman	Christie	53:51	54:11	M Senior	
185	441 Eldred	Ray	53:44	54:11	M 50 to 59	
186	152 Cattini	Jean Pierre	54:19	54:19	M 50 to 59	
187	391 Wiggins	Simon	54:16	54:28	M Senior	
188	419 Griffin	Antony	54:18	54:30	M 40 to 49	Benfleet RC
189	313 Colley	Neil	54:14	54:34	M Senior	
190	468 Wray	Emily	54:27	54:37	F Senior	Phoenix Striders
191	18 Watson	Steve	54:15	54:41	M Senior	
192	316 Hurcum	Claire	54:28	54:43	F Senior	
193	443 De Smedt	Beryl	54:25	54:46	F 55+	Phoenix Striders
194	330 Taylor	Gary	54:27	54:47	M Senior	
195	53 Scott	Faye	54:41	54:59	F 55+	
196	435 Eates	Peter	54:55	55:05	M 60+	Phoenix Striders
197	114 Tree	Peter	55:16	55:22	M 60+	Thrift Green Trotters
198	368 Mole	Denis	55:05	55:29	M 60+	Havering '90 Joggers
199	469 Fisher	Charlie	55:10	55:29	F Senior	Harold Wood Running Club
200	39 Markwick	Dean	55:21	55:32	M Senior	
201	374 Mulcahy	Emma	55:23	55:37	F 35 to 44	
202	179 McGorry	Kev	55:14	55:38	M Senior	
203	60 White	Danny	55:20	55:43	M 40 to 49	Dagenham 88 Runners
204	534 Quye	Richard	55:38	55:52	M 40 to 49	
205	487 Wells	Paul	55:55	55:59	M 40 to 49	

206	231 Collins	Mark	55:33	56:00	M 40 to 49	Castle Point Joggers
207	228 Chamberlain	Geoff	55:36	56:01	M 50 to 59	
208	461 Lesslie	Charley	55:50	56:04	F 35 to 44	
209	471 Pearce	Hannah	56:02	56:05	F 35 to 44	
210	19 Skinner	David	54:53	56:07	M 60+	Havering '90 Joggers
211	381 Oldacre	Chris	55:31	56:10	M Senior	
212	140 Parnell	Lee	55:41	56:15	M Senior	
213	345 Matthews	Leyla	56:08	56:22	F 35 to 44	
214	195 Dobie	Ronald	56:17	56:36	M 50 to 59	Havering '90 Joggers
215	46 Green	Melanie	56:22	56:41	F 45 to 54	
216	138 Pearce	Jo	56:33	56:42	F 55+	
217	453 Bright	Gary	56:15	56:43	M 40 to 49	Castle Point Joggers
218	128 Smith	Neil	56:17	56:48	M 40 to 49	
219	284 Silvertown	Ross	56:43	56:51	M 60+	
220	143 Sheekey	Steve	56:38	56:57	M 50 to 59	Havering '90 Joggers
221	454 Stanton	Lee	56:35	56:58	M 40 to 49	
222	87 Anderson	Phil	56:43	57:02	M 50 to 59	
223	498 Wakeling	Emma	56:37	57:03	F 35 to 44	Great Bentley Running Club
224	342 Hubbard	Emily	56:50	57:10	F Senior	
225	322 Payne	Jimmy	57:04	57:16	M Senior	
226	348 Clancy	David	57:15	57:26	M 60+	
227	367 Hylton	Adam	56:57	57:32	M Senior	
228	528 Atkin	Dean	57:00	57:33	M 40 to 49	
229	542 Nason	Mark	57:28	57:34	M 60+	
230	389 Piperdy	Faatemah	57:14	57:35	F Senior	Pitsea RC
231	549 Callan	Martin	57:16	57:37	M 50 to 59	
232	307 Scott	Nicola	57:10	57:44	F 45 to 54	
233	306 Rea	Claire	57:10	57:45	F 45 to 54	
234	305 Shadbolt	Evonne	57:11	57:45	F 45 to 54	
235	383 Hawker	Louise	57:32	57:51	F 35 to 44	Harold Wood Running Club
236	523 Crane	Ryan	57:47	57:52	M Senior	
237	397 Oldacre	Steve	57:14	57:55	M Senior	
238	52 Emerson	Kathryn	57:50	57:57	F Senior	
239	551 Giddings	Tracy	57:43	58:01	F 45 to 54	Harold Wood Running Club
240	159 Cotton	Sarah	57:45	58:06	F 45 to 54	
241	196 Giddings	Brynley	57:52	58:12	M 50 to 59	Harold Wood Running Club
242	385 Everingham	Ray	57:50	58:18	M 50 to 59	Ilford AC
243	537 Swanson-Sprent	Jane	58:01	58:23	F 45 to 54	
244	22 O'hanlon	Jenny	58:05	58:23	F 35 to 44	Dagenham 88 Runners
245	515 Anderson	Anthony	57:47	58:24	M 40 to 49	
246	503 Burton	Tina	58:07	58:34	F 35 to 44	
247	440 Li	Jason	58:21	58:50	M 40 to 49	Barking Road Runners
248	410 Challis	Mark	58:34	58:51	M 40 to 49	
249	158 Spring	Daniel	58:29	58:51	M 40 to 49	
250	308 Jarvis	Jackie	58:20	58:52	F 45 to 54	
251	16 Thomas	Chris	58:34	58:59	M 40 to 49	Havering '90 Joggers
252	187 Wanless	Marc	58:29	58:59	M 40 to 49	
253	144 Hetterley	Jason	58:32	59:03	M 40 to 49	
254	13 Pinington	James	58:39	59:06	M 40 to 49	
255	302 Hart	Ian	58:50	59:08	M 50 to 59	Castle Point Joggers
256	369 Cole	Paul	58:34	59:10	M 40 to 49	
257	379 Sullivan	Sam	58:54	59:19	F 35 to 44	
258	169 Whitfield	Steve	58:56	59:19	M 50 to 59	Dagenham 88 Runners
259	522 Rivers	Nicholas	59:00	59:21	M 50 to 59	
260	90 Page	James	58:59	59:26	M Senior	
261	106 Wenden	Zoe	59:02	59:29	F Senior	
262	83 Slade	Brian	59:03	59:35	M 60+	
263	4 Harradine	Lara	59:12	59:38	F 45 to 54	Havering '90 Joggers
264	291 Chappell	Louise	59:20	59:39	F 45 to 54	Dagenham 88 Runners
265	103 Butler	Jacqueline	59:05	59:41	F 45 to 54	Havering '90 Joggers
266	94 Thompson	Gary	59:19	59:42	M 40 to 49	
267	150 Thompson	Louise	59:42	59:42	F 35 to 44	
268	232 May	Elizabeth	59:15	59:45	F 35 to 44	Kingswood Running Club
269	366 Tree	Jochen	59:42	59:49	M 40 to 49	
270	15 Prosser	Tim	59:24	59:51	M 40 to 49	
271	404 Porter	Alan	59:16	1:00:00	M 60+	Billericay Striders
272	280 Mason	Martin	59:36	1:00:01	M 60+	Barking Road Runners
273	481 Johnson	Douglas	59:45	1:00:02	M 40 to 49	
274	552 Dobbs	Patrick	59:43	1:00:04	M 60+	Thurrock Harriers AC

275	327 Hales	Andrew	1:00:00	1:00:20	M Senior	
276	180 Dargan-Bloss	Shirley	1:00:12	1:00:32	F 45 to 54	
277	211 Matsell	Danielle	1:00:04	1:00:33	F 35 to 44	
278	480 Bassi	Mandeep	1:00:03	1:00:33	F 35 to 44	Ilford AC
279	234 Roberts	Mark	1:00:06	1:00:34	M Senior	
280	110 Resttall	Paul	1:00:04	1:00:37	M 40 to 49	
281	208 Howard	Pam	1:00:05	1:00:38	F 45 to 54	Havering '90 Joggers
282	223 Veerasamy	Timi Selon	1:00:15	1:00:40	F 55+	Dagenham 88 Runners
283	536 Lawson	Jack	1:00:32	1:00:44	M Senior	
284	432 Smith	Kerris	1:00:12	1:00:47	F Senior	
285	277 Blake	Max	1:00:08	1:00:48	M 60+	
286	184 Wilkinson	John	1:00:47	1:00:57	M 50 to 59	Phoenix Striders
287	272 Starkey	Justine	1:00:29	1:01:00	F 45 to 54	Kingswood Running Club
288	400 Mullender	Dave	1:00:37	1:01:01	M 50 to 59	Pitsea RC
289	323 Maslen	Nicola	1:00:36	1:01:05	F 45 to 54	Phoenix Striders
290	130 Ennis	Andrew	1:00:33	1:01:06	M 50 to 59	Havering '90 Joggers
291	504 Burton	James	1:00:40	1:01:07	M Senior	
292	278 Howes	Jack	1:00:42	1:01:07	M Senior	
293	216 Cox	Elizabeth	1:00:39	1:01:08	F 35 to 44	Phoenix Striders
294	320 Fay	Stuart	1:00:27	1:01:11	M 40 to 49	
295	6 Worby	Keith	1:00:55	1:01:13	M 40 to 49	
296	444 Clancy	Joseph	1:01:02	1:01:14	M Senior	
297	532 Bradley	Alice	1:00:56	1:01:15	F 35 to 44	
298	161 Webber	Claire	1:00:35	1:01:20	F 35 to 44	
299	525 Churnside	Vivienne	1:00:56	1:01:23	F 55+	
300	92 Groves	David	1:00:55	1:01:27	M 50 to 59	Havering '90 Joggers
301	139 Ponti	Rob	1:00:56	1:01:30	M Senior	
302	274 Crabbe	Steven	1:01:10	1:01:46	M 40 to 49	
303	502 Hibbert	Terry	1:01:41	1:01:54	M Senior	
304	449 Leader	Joy	1:01:39	1:02:11	F 55+	Phoenix Striders
305	164 Smith	Paul	1:02:00	1:02:30	M 60+	
306	227 Heal	Lorraine	1:02:19	1:02:48	F 55+	Castle Point Joggers
307	497 Mcinerney	Lauren	1:02:32	1:02:52	F Senior	Harold Wood Running Club
308	97 Nelson	Carol	1:02:38	1:02:53	F 55+	Havering '90 Joggers
309	230 Harper	Debbie	1:02:28	1:02:55	F 55+	Castle Point Joggers
310	255 Booputh	Robin	1:02:46	1:03:01	M 40 to 49	Barking Road Runners
311	220 Salmon	Rosina	1:03:05	1:03:05	F 45 to 54	Dagenham 88 Runners
312	99 Hall	Helen	1:02:51	1:03:08	F 35 to 44	
313	555 Woodard	Peter	1:02:48	1:03:18	M 60+	Thurrock Nomads
314	420 Figgins	Suzanne	1:03:04	1:03:27	F 45 to 54	
315	117 Omer	Sara	1:03:04	1:03:27	F 45 to 54	
316	494 Campbell	Catherine	1:03:15	1:03:37	F Senior	Phoenix Striders
317	412 Vinicombe	Kim	1:03:15	1:03:37	M 60+	
318	350 Dent	Simone	1:03:09	1:03:46	F 45 to 54	
319	543 Ferah	Baris	1:03:34	1:03:48	M Senior	
320	96 Richardson	Elaine	1:03:42	1:03:57	F 55+	Havering '90 Joggers
321	360 Pain	James	1:03:21	1:03:58	M 40 to 49	
322	521 Rivers	Lynn	1:03:38	1:04:00	F 55+	Leigh on Sea Striders
323	27 Bagshaw	Greg	1:03:31	1:04:01	M Senior	
324	174 Winston	Laura	1:03:38	1:04:13	F Senior	
325	189 Wilkins	Gavin	1:03:55	1:04:19	M Senior	
326	237 Whitehouse	Barry	1:03:53	1:04:30	M 50 to 59	
327	29 Keasley	Amanda	1:03:51	1:04:34	F 45 to 54	Havering '90 Joggers
328	43 Thomas	Laura	1:04:24	1:04:49	F 35 to 44	Havering '90 Joggers
329	477 Weatherby	Kathryn	1:04:43	1:05:01	F Senior	Harold Wood Running Club
330	14 Biddle	Emma	1:04:55	1:05:16	F 35 to 44	
331	465 Banks	Carly	1:05:03	1:05:20	F 35 to 44	Thurrock Harriers
332	511 Mitchell	Anne	1:04:53	1:05:22	F Senior	
333	393 Wilson	Nicola	1:04:48	1:05:24	F Senior	
334	362 Kerley	Jane	1:05:15	1:05:36	F 35 to 44	
335	363 Kerley	Jane	1:05:15	1:05:36	F 35 to 44	
336	294 Staton	Derek	1:05:05	1:05:38	M 60+	
337	101 O'shea	Emma	1:05:11	1:05:40	F 45 to 54	Dagenham 88 Runners
338	119 Stafford	Kate	1:05:14	1:05:44	F 45 to 54	Norwich Road Runners
339	474 Horne	Sarah	1:05:19	1:05:47	F 35 to 44	Dagenham 88 Runners
340	82 Fryatt	Miss A	1:05:18	1:05:47	F 45 to 54	Barking Road Runners
341	85 Baker	Phil	1:05:21	1:05:51	M 60+	
342	539 Fox	Ryan	1:05:50	1:06:01	M Senior	
343	304 Harman	Cara	1:05:39	1:06:03	F Senior	

344	72 Gaskin	Lisa	1:05:31	1:06:08	F 45 to 54	Havering '90 Joggers
345	538 Doyle	Kerry	1:05:42	1:06:19	F 35 to 44	
346	527 Shea	Tim	1:05:59	1:06:23	M 50 to 59	
347	61 Brill	Maria	1:05:54	1:06:26	F 55+	Havering '90 Joggers
348	267 Gorham	Natalie	1:05:55	1:06:28	F 35 to 44	Phoenix Striders
349	356 Abrahams	Sam	1:06:24	1:06:38	F 35 to 44	
350	235 Mcneilly	Jo	1:06:13	1:06:39	F 35 to 44	Castle Point Joggers
351	65 Jones	Debbie	1:06:15	1:06:47	F 45 to 54	Havering '90 Joggers
352	438 Hawkins	Nicola	1:06:16	1:06:47	F 55+	
353	191 Worby	Emma	1:06:29	1:06:48	F Senior	
354	88 Sullivan	Michele	1:06:14	1:06:57	F 45 to 54	Havering '90 Joggers
355	247 Richardson	Helen	1:06:45	1:07:11	F Senior	
356	245 Monk	James	1:06:45	1:07:11	M 40 to 49	
357	244 Hall	Emily	1:06:45	1:07:11	F Senior	
358	319 Frewin	Jacqueline	1:07:01	1:07:23	F 55+	Dagenham 88 Runners
359	417 Courtier	Robert	1:07:12	1:07:24	M 60+	Barking Road Runners
360	41 Moor	Lorraine	1:06:57	1:07:26	F 55+	Dagenham 88 Runners
361	34 Latimer	Geraldine	1:06:56	1:07:26	F 45 to 54	Dagenham 88 Runners
362	93 Wells	Georgia	1:07:11	1:07:35	F 35 to 44	
363	519 Turpin	Wendy	1:07:07	1:07:38	F 45 to 54	
364	129 Hornick	Debbie	1:07:07	1:07:39	F 35 to 44	
365	339 Orton	Garry	1:07:08	1:07:41	M 40 to 49	
366	188 Smith	Marie	1:07:37	1:07:45	F 35 to 44	
367	246 Miles	Albert	1:07:39	1:08:10	M 60+	Castle Point Joggers
368	429 Rowe	Debbie	1:07:35	1:08:11	F 35 to 44	
369	427 Trangmar	Barry	1:07:35	1:08:11	M 40 to 49	
370	47 Moring	Leigh	1:07:47	1:08:15	M 50 to 59	Dagenham 88 Runners
371	79 Cross	Caroline	1:07:45	1:08:18	F 45 to 54	Havering '90 Joggers
372	279 Shaw	Caroline	1:07:45	1:08:27	F 35 to 44	
373	86 Groves	Trish	1:08:02	1:08:34	F 55+	Havering '90 Joggers
374	262 Clarke	Victoria	1:08:04	1:08:36	F 35 to 44	
375	261 Clarke	Matthew	1:08:04	1:08:36	M 40 to 49	
376	286 Steff-Littlepag	Holly	1:08:22	1:08:46	F 35 to 44	
377	516 Goodman	Carley	1:08:13	1:08:50	F 35 to 44	
378	333 Jones	Roy	1:08:25	1:08:51	M 60+	Castle Point Joggers
379	124 Score	Margaret	1:08:21	1:08:53	F 45 to 54	Havering '90 Joggers
380	243 Creek	Richard	1:08:21	1:08:57	M Senior	
381	107 Wenden	Anothony	1:08:31	1:09:05	M 50 to 59	
382	276 Elliott	Gareth	1:08:36	1:09:09	M 60+	
383	282 Lawless	Matty	1:08:54	1:09:17	M Senior	
384	531 French	Gary	1:08:57	1:09:21	M Senior	
385	12 Harrington	Christopher	1:09:05	1:09:22	M 40 to 49	
386	338 Cooper	Linda	1:08:46	1:09:29	F 55+	Havering '90 Joggers
387	68 Laura	Kelly	1:08:51	1:09:33	F 45 to 54	Havering '90 Joggers
388	303 Turner	Jonty	1:09:26	1:10:10	M 40 to 49	
389	402 Holman	Michelle	1:09:52	1:10:24	F 45 to 54	Phoenix Striders
390	283 Lawless	Aimee	1:10:29	1:10:53	F Senior	
391	495 Smith	Andrew	1:10:37	1:10:57	M Senior	
392	496 Dungate	Joanna	1:10:37	1:10:57	F Senior	
393	540 Curtis	Kerry	1:10:40	1:11:21	F 35 to 44	
394	66 Wright	Andi	1:10:39	1:11:21	F 35 to 44	Havering '90 Joggers
395	100 Cranmer	Nikki	1:10:54	1:11:24	F 45 to 54	Barking Road Runners
396	48 Moring	Carol	1:11:12	1:11:40	F 55+	
397	315 Shaw	Janet	1:11:05	1:11:40	F 55+	Havering '90 Joggers
398	448 Peters	Jenny	1:11:28	1:11:41	F Senior	
399	343 Henderson	Michelle	1:11:08	1:11:47	F 55+	
400	347 Harris	Jean	1:11:09	1:11:48	F 55+	
401	371 Ball	Donna	1:11:41	1:12:00	F 45 to 54	Harold Wood Running Club
402	80 Cross	Brian	1:11:35	1:12:08	M 50 to 59	Havering '90 Joggers
403	23 Houseago	Kerry	1:11:28	1:12:11	F 45 to 54	Havering '90 Joggers
404	35 Crouchman	Emma	1:12:10	1:12:56	F Senior	
405	31 Wraight	Rachel	1:12:11	1:12:56	F 35 to 44	
406	132 S Frith	Tina	1:12:24	1:13:00	F 45 to 54	
407	463 White	Sherry	1:12:34	1:13:11	F 45 to 54	
408	459 White	Paul	1:12:35	1:13:12	M 50 to 59	
409	182 Robson	Megan	1:13:02	1:13:37	F Senior	
410	473 Ryan	Luke	1:13:33	1:13:42	M Senior	
411	131 Southam	Mick	1:13:27	1:13:44	M 50 to 59	
412	95 Drake	Paul	1:13:21	1:13:44	M 40 to 49	

413	133 Tyrer	Elaine	1:13:09	1:13:45	F 35 to 44	
414	62 Veerasamy	Kresh	1:13:16	1:13:45	M 40 to 49	Barking Road Runners
415	296 Johnson	Gemma	1:13:39	1:13:47	F 35 to 44	
416	359 Tew	Linda	1:13:17	1:14:02	F 45 to 54	
417	485 Goldsmith	Stuart	1:13:30	1:14:05	M Senior	
418	483 Goldsmith	Bobbie	1:13:30	1:14:05	F 35 to 44	
419	299 Veerasamy	Sam	1:14:03	1:14:32	M 60+	Dagenham 88 Runners
420	233 Morris	Peter	1:13:55	1:14:38	M 60+	
421	135 Priestley	Sian	1:14:19	1:14:39	F Senior	
422	134 Terry	Tina	1:14:19	1:14:39	F 45 to 54	
423	269 Vlasic	Janice	1:14:41	1:15:16	F 45 to 54	
424	392 Chaplin	Andrew	1:15:52	1:16:23	M 40 to 49	Pitsea RC
425	550 Maynard	Tina	1:15:45	1:16:28	F 35 to 44	
426	58 Adams	Heidi	1:16:44	1:17:14	F 45 to 54	
427	64 Evans	Jane	1:17:05	1:17:37	F 55+	Havering '90 Joggers
428	75 Hughes	Josy	1:17:11	1:17:54	F 55+	Havering '90 Joggers
429	239 Hetterley	Esther	1:17:11	1:17:54	F 35 to 44	Havering '90 Joggers
430	225 Tomkins	Wayne	1:18:21	1:18:34	M Senior	
431	263 Mayo	Hannah	1:18:50	1:19:27	F 35 to 44	
432	265 Mansfield	Kerrie	1:18:50	1:19:28	F 35 to 44	
433	120 Burdett	Lucy	1:19:57	1:20:38	F 45 to 54	Havering '90 Joggers
434	314 Shaw	Ray	1:20:04	1:20:39	M 60+	Havering '90 Joggers
435	439 Hawkins	Rhys	1:21:22	1:21:54	M Senior	
436	414 Reynolds	Lisa	1:21:54	1:22:32	F 35 to 44	
437	335 Bull	Jen	1:24:11	1:24:57	F Senior	
438	334 Close	Dave	1:24:10	1:24:57	M Senior	
439	217 Ball	Michael	1:28:50	1:29:17	M 60+	Barking Road Runners
440	1 Jude	Liz	1:31:50	1:32:32	F 35 to 44	
441	2 Regan	Becca	1:31:52	1:32:35	F 35 to 44	
442	50 Altunbicak	Caron	1:45:00	1:45:29	F 55+	Dagenham 88 Runners