

Place	Name	Club	Time
1	Rob Warner	Havering 90 Joggers	28:42:00
2	Ryan Prout	Thrift Green Trotters	28:46:00
3	Crispian Bloomfield	Billericay Striders	29:11:00
4	Kurtis Swan	Billericay Striders	30:32:00
5	Andy Low	Benfleet RC	30:33:00
6	Chris O'Hara	Billericay Striders	31:01:00
7	Paul Grange	Dagenham 88 Runners	31:15:00
8	Matadini Matadini	Leigh-on-Sea Striders	31:16:00
9	Kieran O'Doherty	Billericay Striders	31:32:00
10	Aron Vandermon	Leigh-on-Sea Striders	31:40:00
11	Neil Spicer	Leigh-on-Sea Striders	32:04:00
12	Paul Ruffy	Benfleet RC	32:07:00
13	Dean Ovel	Leigh-on-Sea Striders	32:10:00
14	Graham Booty	Benfleet RC	32:12:00
15	Nigel Swinburne	Dagenham 88 Runners	32:19:00
16	Gary Poulter	East Essex Tri Club	32:28:00
17	Spencer Welch	Billericay Striders	32:39:00
18	Tony Peldraro	Havering 90 Joggers	32:41:00
19	Terry Spooner	Benfleet RC	32:43:00
20	Dan Carter	Benfleet RC	32:47:00
21	Elliot Cone	Leigh-on-Sea Striders	32:50:00
22	Christian Gray	East Essex Tri Club	33:12:00
23	Martii Herent	East Essex Tri Club	33:13:00
24	Steve Philcox	Barking Road Runners	33:16:00
25	Sam Luton	Leigh-on-Sea Striders	33:17:00
26	Simon Theobald	Tri Sport Epping	33:20:00
27	Arron Patterson	Leigh-on-Sea Striders	33:23:00
28	Adam Lysons	Leigh-on-Sea Striders	33:26:00
29	Rob McCoy	Billericay Striders	33:29:00
30	Martin Chester	Havering 90 Joggers	33:37:00
31	Callum Clark	Benfleet RC	33:41:00
32	Andy Coleman	Billericay Striders	33:42:00
33	Mark Elson	Tri Sport Epping	33:47:00
34	Alan Clark	Benfleet RC	33:50:00
35	Joe Neighbour	Rochford Running Club	34:03:00
36	Ross Hollands	Benfleet RC	34:07:00
37	Dexter Goward	Benfleet RC	34:09:00
38	Pete Stalley	Benfleet RC	34:11:00
39	Richard Jones	Benfleet RC	34:20:00
40	Mark Gowers	Billericay Striders	34:26:00
41	Mark Blee	Leigh-on-Sea Striders	34:29:00
42	Nick Rankin	Benfleet RC	34:31:00
43	Ian George	East Essex Tri Club	34:38:00
44	Peter Barrett	Thrift Green Trotters	34:39:00
45	Adam Shaw	Rochford Running Club	34:45:00
46	Terry Allen	Thrift Green Trotters	34:48:00
47	Ian Toal	Rochford Running Club	34:50:00
48	James Bunn	East Essex Tri Club	35:05:00
49	Danny Flint	Leigh-on-Sea Striders	35:10:00

50	Dervish Bartlett	Barking Road Runners	35:10:00
51	David Nicel	East Essex Tri Club	35:13:00
52	Matt Barrett	Leigh-on-Sea Striders	35:13:00
53	David Cox	East Essex Tri Club	35:15:00
54	Chris McClay	Leigh-on-Sea Striders	35:18:00
55	Josh Leak	Tri Sport Epping	35:19:00
56	Mike Woodward	Pitsea Running Club	35:22:00
57	Andrew Bourne	Tri Sport Epping	35:25:00
58	Brian Wenton	Benfleet RC	35:27:00
59	Phil Olgen	Thrift Green Trotters	35:30:00
60	David Butler	Billericay Striders	35:36:00
61	Chris Jones	Benfleet RC	35:45:00
62	Tom Anderson	Tri Sport Epping	35:47:00
63	Ben Wood	Leigh-on-Sea Striders	35:48:00
64	Martin Palmer	East Essex Tri Club	35:49:00
65	Jon Wyatt	East Essex Tri Club	35:53:00
66	Paul Prior	Dagenham 88 Runners	35:58:00
67	Richard Bonham	Castle Point Joggers	36:09:00
68	Matt Rivers	Leigh-on-Sea Striders	36:13:00
69	Mark Mayes	East Essex Tri Club	36:15:00
70	Keith Thornton	Thrift Green Trotters	36:20:00
71	Ray Brooks	East Essex Tri Club	36:24:00
72	Phil Grewock	East Essex Tri Club	36:38:00
73	Kevin Partridge	Tri Sport Epping	36:52:00
74	Andrew Dennett	East Essex Tri Club	36:55:00
75	john Sweeney	Castle Point Joggers	37:03:00
76	Colin Lanham	East Essex Tri Club	37:03:00
77	Richard Mangham	Leigh-on-Sea Striders	37:10:00
78	Richard Battams	Leigh-on-Sea Striders	37:14:00
79	Gary Pitman	Rochford Running Club	37:16:00
80	Martin England	Castle Point Joggers	37:19:00
81	Ian Pike	Benfleet RC	37:30:00
82	Peter Salmon	Dagenham 88 Runners	37:38:00
83	Colin Dunn	Castle Point Joggers	37:51:00
84	Ian Tatman	Leigh-on-Sea Striders	37:54:00
85	Mark Dalby	Havering 90 Joggers	37:58:00
86	Danny Ward	Thrift Green Trotters	38:12:00
87	Ben Avery	Castle Point Joggers	38:28:00
88	Gary Matthews	Rochford Running Club	38:30:00
89	Colin Jones	Barking Road Runners	38:38:00
90	Adam Harley	East Essex Tri Club	38:41:00
91	John Rozee	Havering 90 Joggers	38:43:00
92	Paul Claydon	Rochford Running Club	38:45:00
93	Mike Turrington	Thrift Green Trotters	38:47:00
94	Micheal Greenslade	East Essex Tri Club	38:58:00
95	Matt Cops	East Essex Tri Club	39:01:00
96	Marc Downhan	Leigh-on-Sea Striders	39:02:00
97	John Wilson	Billericay Striders	39:04:00
98	Kevin Connors	Benfleet RC	39:08:00
99	Jerry Bether	Leigh-on-Sea Striders	39:10:00

100	Rob Mark	Leigh-on-Sea Striders	39:12:00
101	Ray Selwyn	Castle Point Joggers	39:18:00
102	John George	Barking Road Runners	39:19:00
103	Ronan Quinn	Leigh-on-Sea Striders	39:28:00
104	Luke Burkett	Leigh-on-Sea Striders	39:30:00
105	Neil Marlow	Leigh-on-Sea Striders	39:35:00
106	Liam Walsh	East Essex Tri Club	39:46:00
107	Phil Baker	Tri Sport Epping	40:00:00
108	Bruce Gander	East Essex Tri Club	40:06:00
109	David McMasters	Leigh-on-Sea Striders	40:07:00
110	Dave Flanagan	Castle Point Joggers	40:12:00
111	Simon Rawlings	East Essex Tri Club	40:14:00
112	Steve Fisher	East Essex Tri Club	40:23:00
113	Paul Franklin	Castle Point Joggers	40:27:00
114	Laurence Harrison	Billericay Striders	40:29:00
115	Warren Sutton	East Essex Tri Club	40:30:00
116	Arran Salmon	Leigh-on-Sea Striders	40:36:00
117	Cliff King	Castle Point Joggers	40:42:00
118	Terry Maylin	Castle Point Joggers	40:47:00
119	Graham Douglass	Benfleet RC	40:50:00
120	Andrew Gwilliam	Barking Road Runners	40:53:00
121	Keith Muggleton	East Essex Tri Club	41:03:00
122	Mark Colquhoun	Castle Point Joggers	41:19:00
123	Mark Robertson	Rochford Running Club	41:24:00
124	Barry Culling	Barking Road Runners	41:32:00
125	Ricky Lee	Billericay Striders	41:38:00
126	Ron Vialls	Barking Road Runners	41:44:00
127	Adison Poulton	Castle Point Joggers	41:49:00
128	Trevor Cooper	Barking Road Runners	41:50:00
129	Richard Vernon	Rochford Running Club	41:51:00
130	Trevor Robinson	Dagenham 88 Runners	41:56:00
131	Mark Harding	Rochford Running Club	42:03:00
132	Richard Harmer	Thrift Green Trotters	42:23:00
133	Graeme Edwards	Castle Point Joggers	42:37:00
134	Mark Freeman	Rochford Running Club	42:49:00
135	Rob Kleider	East Essex Tri Club	42:52:00
136	Chris Huggins	Pitsea Running Club	42:55:00
137	Matt Debenham	Castle Point Joggers	43:40:00
138	Keith Lamburn	Leigh-on-Sea Striders	43:42:00
139	Kevin Judge	Benfleet RC	43:53:00
140	Ian Hart	Castle Point Joggers	43:54:00
141	Joaquin Polo	Havering 90 Joggers	44:04:00
142	Tony Collins	Havering 90 Joggers	44:08:00
143	Mike Hayward	Castle Point Joggers	44:38:47
144	Ian Carmichael	Billericay Striders	44:45:00
145	Sam Hill	East Essex Tri Club	44:47:00
146	Jeff Marsham	Thrift Green Trotters	44:53:00
147	Andy Deacon	Rochford Running Club	44:57:00
148	Daniel Plawiak	Barking Road Runners	45:19:00
149	Shaun Holder	Dagenham 88 Runners	45:28:00

150	Michael Haylett	Leigh-on-Sea Striders	45:30:00
151	Matt Sutton	Leigh-on-Sea Striders	45:33:00
152	Ian Bartram	Castle Point Joggers	45:49:00
153	Mark Armitage	Leigh-on-Sea Striders	45:49:00
154	Phil Ransom	Castle Point Joggers	45:52:00
155	Ian Cummins	Dagenham 88 Runners	45:55:00
156	Martin McKean	Rochford Running Club	46:22:00
157	Johnny Law	Leigh-on-Sea Striders	46:35:00
158	Nigel Thorne	Castle Point Joggers	46:39:00
159	Keith Walker	Billericay Striders	46:46:00
160	Ingo Dierkschneider	Pitsea Running Club	47:18:00
161	Gary Cardnell	Dagenham 88 Runners	47:34:00
162	Mick Davison	Barking Road Runners	47:57:00
163	Mike Kavanagh	Thrift Green Trotters	48:01:00
164	Martin Swain	Benfleet RC	48:18:00
165	Martin Blow	Havering 90 Joggers	48:29:00
166	Alan Cooper	Barking Road Runners	48:38:00
167	Bob Prigg	Leigh-on-Sea Striders	49:11:00
168	Martin Mason	Barking Road Runners	49:18:00
169	Brian Slade	Havering 90 Joggers	49:24:00
170	Mick Peggall	Dagenham 88 Runners	49:26:00
171	Trevor Hands	East Essex Tri Club	49:29:00
172	Luke Bonham	Castle Point Joggers	50:03:00
173	Kresh Veerasamy	Barking Road Runners	50:50:00
174	Mike Diver	Havering 90 Joggers	51:12:00
175	Gary Harford	Barking Road Runners	51:24:00
176	David Skinner	Havering 90 Joggers	51:32:00
177	Tom Coughlan	Barking Road Runners	51:56:00
178	Anthony Maughan	Barking Road Runners	52:25:00
179	Nick McCullagh	Castle Point Joggers	52:58:00
180	Chris Cammidge	Castle Point Joggers	54:07:00
181	Leigh Moring	Dagenham 88 Runners	54:13:00
182	Dennis Spencer-Perkins	Barking Road Runners	54:52:00
183	Roger Hare	Castle Point Joggers	54:56:00
184	Jim Rourke	Billericay Striders	56:17:00
185	Rob Courtier	Barking Road Runners	56:47:00
186	Dave Godfrey	Billericay Striders	57:03:00
187	Keith Penfold	Havering 90 Joggers	59:07:00
188	Sam Veerasamy	Dagenham 88 Runners	62:09:00
189	Steve Sheekey	Havering 90 Joggers	62:24:00
190	Ken Summerfield	Barking Road Runners	64:28:00
191	Rhys Hawkins	Pitsea Running Club	65:56:00
192	Micky Ball	Barking Road Runners	66:47:00