

<b>No:</b>	<b>Time</b>	<b>1st Name</b>	<b>Surname</b>	<b>Gender</b>	<b>Age</b>	<b>Club/Team</b>
326	28.06	ROBERT	WATTS	M	32	DULWICH RUNNERS
267	28.49	CRISPIAN	BLOOMFIELD	M	33	BILLERICAY STRIDERS
287	30.07	KEVIN	WOTTON	M	41	BARKING ROAD RUNNERS
317	30.09	GREG	WISKEN	M	42	MID ESSEX CASUALS
286	30.4	STEPHEN	PHILCOX	M	43	BARKING ROAD RUNNERS
314	30.42	LOUIS	CLARK	M	26	
235	31.15	GLEN	KENT	M	50	PITSEA RC
339	31.26	DEBBIE	APPLETON	F	37	HAVERING MAYESBROOK
293	32.17	ROY	BENTLEY	M	32	DAGENHAM 88 RUNNERS
189	32.18	TONY	HYDE	M	43	PITSEA RUNNING CLUB
285	32.19	WILLIAM	DALLY	M	27	BARKING ROAD RUNNERS
192	32.35	PAUL	BRANDON	M	41	ETON MANOR
214	32.4	DAVID	KAIL	M	16	NEWHAM & ESSEX BEAGLES AC
284	32.42	PAUL	WARD	M	37	BARKING ROAD RUNNERS
312	32.48	LLOYD	MILES	M	41	
268	32.57	JOHN	TYLER	M	46	HAVERING 90 JOGGERS
271	33.32	ROHAN	ALEXANDER	M	41	ILFORD AC
246	33.4	ANDREW JAMES	THOMSON	M	32	HAVERING 90 JOGGERS
295	33.48	MIKE	PARPERIS	M	21	
238	34.02	ROB	SARGENT	M	55	DAGENHAM 88 RUNNERS
279	34.04	BRADLEY	BROWN	M	36	BARKING ROAD RUNNERS
231	34.12	JULIAN	HOLDER	M	44	PITSEA RC
215	34.27	JOHN	FEW	M	65	ETON MANOR
303	34.39	PAUL	CAMPBELL	M	21	
230	34.4	RONALD	VIALS	M	57	BARKING ROAD RUNNERS
209	34.46	DANIEL	MILLER	M		DAGENHAM 88 RUNNERS
332	34.49	JOHN	PHILLIPS	M	42	DAGENHAM 88 RUNNERS
292	34.53	STEPHEN	PARKER	M		ILFORD AC
225	35.06	HAYLEY	PEGG	F	21	THRIFT GREEN TROTTERS
338	35.32	STEVE	SURRIDGE	M	49	ETON MANOR
340	35.54	RUSS	APPLETON	M	33	GEORGIE'S DOWN SOUTH
318	35.56					
300	35.58	DAVID	ROBINSON	M	45	
297	36	BRIAN	BUTCHER	M	59	
262	36.04	DENISE	WARNER	F	49	
229	36.2	JEFF	FENTON	M	54	
282	36.32	BILL	ADAMS	M	59	DAGENHAM 88 RUNNERS

301	36.48	BRYNLEY	GIDDINGS	M	47	
213	36.57	JOHN	JOHNSON	M	60	
224	37.07	IAN	CHAPPELL	M	41	PITSEA RC
278	37.3					
341	37.45	JOANNE	SULLIVAN	F	35	HAVERING MAYESBROOK
196	37.54	STUART	BURR	M	44	
319	37.54					
324	38.07	JASON	COLE	M	31	
310	38.13	GARY	CARDNELL	M	51	DAGENHAM 88 RUNNERS
195	38.16	DARREN	ELLIS	M	34	
270	38.25	ROBERT	ABREY	M	64	DAGENHAM 88 RUNNERS
202	38.4	CAROLINE	TUCK	F	44	DAGENHAM 88 RUNNERS
323	38.54	MICHAEL	FRIRRING	M	59	HAVERING 90 JOGGERS
239	39.16	CHRISTOPHER	MANSFIELD	M	48	HAVERING 90 JOGGERS
330	39.19	STEVE	RAY	M	29	DAGENHAM 88 RUNNERS
191	39.2	ROBERT	HORWILL	M	57	
321	39.44	WILLIAM	SMITH	M	45	DAGENHAM 88 RUNNERS
220	39.48	MARTIN	LYDON	M	32	SLOW-MO THREE
256	39.55	FERNANDO	FUENTE	M	54	
234	39.57	TRACY	COATES	F	28	DAGENHAM 88 RUNNERS
275	40.44	ANDREW	SWEET	M	37	
223	40.5	STEVEN	HOPKIRK	M	33	
265	40.57	KIRK	ST LEWIS	M	39	
228	41.31	ANDREW	TWEDDLE	M	45	
311	41.37	MARTIN	MCVEIGH	M	61	HAVERING MAYESBROOK
203	41.48	TERESA - JANE	FLANNIGAN	F	57	PITSEA RUNNING CLUB
216	41.55	INGA	HAYDEN-COOPER	F	42	
208	42.03	PAUL	DARBY	M		
331	42.16	MARIE	LUCIEN	F	64	HAVERING 90 JOGGERS
184	42.19	ROBERT	RANT	M	57	
288	42.27	PAMELA	JONES	F	72	ILFORD AC
207	42.37	SONIA	BAKER	F	42	
328	42.47	KEITH	PENFORD	M	57	HAVERING 90 JOGGERS
294	42.59	JOANNA	RILEY	F	29	DAGENHAM 88 RUNNERS
289	43.22	CLIFFORD	M	M	65	
333	43.26	BILL	GIBSON	M	22	
325	43.35	DAVID	ADAMS	M	51	
222	43.54	CHRISTOPHER	DOVE	M	50	

281	44.13	DOUGLAS	ADAMS	M	61	DAGENHAM 88 RUNNERS
329	44.2	AMANDA	HESLEGRAVE	F	39	DAGENHAM 88 RUNNERS
243	44.23	LINDA	PYKE	F	40	PITSEA RUNNING CLUB
241	44.39	DENISE	NEVILLE	F	48	
240	44.4	MARTINA	NEVILLE	F	28	
313	44.59	DARREN	SMITH	M	36	
298	45.18	RACHEL	FLANNIGAN	F	35	PITSEA RC
306	45.34	JOHN	DRAY	M	54	HAVERING 90 JOGGERS
242	45.36	JACQUELINE	FISHER	F	42	PITSEA RUNNING CLUB
291	46.03	MARK	PEARCE	M	40	
334	46.15	NICOLA	CROMPTON	F	39	
205	46.45	IAN	CUMMINS	M	41	
206	46.45	CAROLINE PERRY	CUMMINS	F	49	
264	46.52	MELISSA	EMBERY	F	37	
290	46.54	ALEX	MULLETT	M	35	
182	47.06	WARREN	TINGLING	M	43	
320	47.14	MARK	WATERS	M	38	
280	47.28	LEE	DAYS	M	41	DAGENHAM 88 RUNNERS
193	47.35	IRVING	BELL	M	60	
219	47.45	DANNY	ATTARD	M	29	SLOW-MO THREE
305	48.22	BARRY	BROOKES	M	51	DAGENHAM 88 RUNNERS
283	48.49	MICHAEL	LINSTEAD	M	46	DAGENHAM 88 RUNNERS
255	48.59	PHILLIP	MCGLYNN	M	37	DON'T FINISH LAST
212	49.12	JOHN	BRAYBROOK	M	47	
259	49.36	D.M	HOLLAND	M	65	HAVERING MAYESBROOK
249	50.05	MICHELLE	MANNING	F	43	
273	50.12	SARAH	JENKINS	F	31	PARKHILL
316	50.22	DAVID	BROOKS	M	67	VETS AC
227	50.24	PAUL	LIEF	M	43	DAGENHAM 88 RUNNERS
269	50.25	ROSEMARY	ABREY	F	61	DAGENHAM 88 RUNNERS
257	50.38	CHRISTINE	SUTHERLAND	F	57	
194	50.47	D.W	SHARPE	M	55	ILFORD AC
342	50.53	CATHERINE	MCGRATH	F	44	
199	50.55	JULIE	DALPHINIS	F	52	
217	50.55	CHRIS	RAWLINSON	M	46	DAGENHAM 88 RUNNERS
237	51.03	GILL	BRAYBROOK	F	55	
337	51.55	DUANE	SMITH	M	29	GOOD THE BAD & THE UGLY!
315	51.56	PETER	BROOKS	M	41	

204	51.59	MICHEAL	NICKLESS	M	55	
232	53.09	LINDA	MARSHAM	F	48	
322	53.21	LYNDA	STAINES	F	47	
277	54.2	BASTIEN	WALLACE	F	33	
250	54.23	SAPNA	PATEL	F	25	PARKHILL
344	54.25	WAYNE	HUNT	M		
336	54.33	IVAN	DONCASTER	M	51	
188	54.44	LISA	HICKS	F	44	
304	55.16	BROOKE	GIDDINGS	F	21	
197	55.18	JUNE	WRIGHT	F	39	
302	55.29	TRACY	GIDDINGS	F	44	
190	55.38	MILTON	PIERS	M	70	
299	56.17	DEAN	CLARK	M	32	
261	56.35	MICHAEL	BAILEY	M	#REF!	
327	57.22	SARH	HILLS	F	28	
245	57.4	SALLY	SMITH	F	36	
276	57.4	CLAIRE	HOGG	F		
247	57.54	CHRIS	STEPHENS	M	16	
260	57.54	KEITH	STEPHENS	M	45	
266	58.51	ROSE	MITCHELL	F	47	DAGENHAM 88 RUNNERS
251	59.31	JERRY	LEE	M	28	PARKHILL
253	59.4	NAT	VANTERPOOL	M	51	PARKHILL
307	60.03	JAQUELINE	DRAY	F	53	HAVERING 90 JOGGERS
296	60.17	LYNN	CRITCHELL	F	44	
248	63.07	CLAIRE	EARNY	F	46	
343	65.5	CLAUDIA	COHALANE	F	31	
308	68.42	IAN	COOPER	M	32	
309	68.43	RUTH	WARDELL	F	29	
335	76.3	SHEILA	TUNSTAIL	F	50	PARKHILL
218	76.31	CHARLOTTE	ELUIN	F	16	SLOW-MO THREE
272	76.32	VICKY	HOTSON	F	27	PARKHILL
210	78.53	BECKY	RIDEOUT	F		DAGENHAM 88 RUNNERS