

Overall position	First name	Last name	Race number	Gender	Age category	Team name	Finish time	Lap1 Split Time	Lap2 Split Time	Lap3 Split Time	Lap 4 Split Time	Lap 5 Split Time
1	Eddy	Cooper	173	Male	Open	Benfleet RC	00:40:33	00:07:55	00:08:04	00:08:11	00:08:13	00:08:10
2	Philippa	Taylor	227	Female	Vets		00:41:40	00:08:25	00:08:25	00:08:20	00:08:17	00:08:13
3	Danny	Gearing	112	Male	Open	Havering 90 Joggers	00:42:26	00:08:12	00:08:20	00:08:27	00:08:38	00:08:49
4	Ian	Bannerman	169	Male	Open		00:43:38	00:07:59	00:08:48	00:09:01	00:09:11	00:08:38
5	James	Haskey-Jones	193	Male	Vets	TIPTREE ROAD RUNNERS	00:43:49	00:08:05	00:08:46	00:08:54	00:09:04	00:08:59
6	Sean Patrick	MacLellan	136	Male	Vets		00:48:44	00:09:43	00:09:36	00:09:59	00:09:52	00:09:28
7	Richard	Emms	223	Male	Vets	Team Thompson	00:49:28	00:09:24	00:09:37	00:10:18	00:10:11	00:09:59
8	Russell	Plumb	140	Male	Open		00:49:33	00:09:16	00:09:59	00:10:06	00:10:30	00:09:40
9	Paul	Haycraft	187	Male	Open	TriTalk.co.uk	00:49:33	00:09:49	00:10:03	00:10:12	00:09:55	00:09:31
10	Nicholas	Gibson	119	Male	Open		00:50:15	00:08:58	00:10:05	00:10:45	00:10:20	00:10:06
11	Emily	Smith	137	Female	Open		00:50:16	00:09:41	00:09:53	00:10:11	00:10:22	00:10:08
12	Gavin	O'Shea	183	Male	Open		00:50:41	00:10:00	00:10:03	00:10:12	00:10:12	00:10:11
13	Stuart	Bates	156	Male	Vets		00:50:46	00:09:41	00:10:04	00:10:21	00:10:31	00:10:09
14	Richard	Garrett	155	Male	Open		00:51:24	00:10:59	00:10:04	00:10:06	00:10:06	00:10:07
15	Laura	Brooks	121	Female	Open		00:51:45	00:09:09	00:10:14	00:11:03	00:10:48	00:10:29
16	Jonathan	Haydock	189	Male	Open		00:52:04	00:10:03	00:10:49	00:10:52	00:10:24	00:09:53
17	Simon	Colclough	198	Male	Open	Liberty MSX	00:53:24	00:10:58	00:10:42	00:10:42	00:10:37	00:10:22
18	James	Blackshaw	124	Male	Open		00:53:25	00:10:10	00:10:51	00:10:52	00:10:48	00:10:44
19	Andy	Phillips	127	Male	Open		00:53:36	00:10:38	00:10:42	00:11:02	00:10:57	00:10:14
20	Mark	Benham	191	Male	Vets		00:53:52	00:10:13	00:10:35	00:11:03	00:11:02	00:10:57
21	David	Thompson	222	Male	Vets	Team Thompson	00:56:13	00:10:51	00:11:15	00:11:26	00:11:33	00:11:07
22	Gary	Brooking	175	Female	Open		00:56:33	00:10:03	00:11:06	00:11:34	00:11:55	00:11:55
23	Tim	Hicks	167	Male	Open		00:56:50	00:10:35	00:11:13	00:11:38	00:11:52	00:11:30
24	John	Cornell	228	Male	Vets		00:57:10	00:11:22	00:11:24	00:11:29	00:11:43	00:11:04
25	Gareth	Fuller	181	Male	Open		00:57:14	00:10:14	00:10:55	00:11:38	00:12:16	00:12:07
26	Stuart	O'Shea	182	Male	Open		00:57:33	00:10:56	00:11:18	00:11:30	00:11:56	00:11:50
27	Samuel	Gibbinson	195	Male		King Edmund School	00:57:33	00:09:37	00:10:49	00:12:01	00:12:31	00:12:34
28	Claudia	Cronshaw	177	Female	Open		00:57:35	00:11:02	00:11:29	00:11:37	00:12:00	00:11:25
29	Ross	Durham	164	Male	Vets		00:57:35	00:11:19	00:11:26	00:11:32	00:11:46	00:11:28
30	Sharon	Johnson	174	Female	Open	Benfleet RC	00:57:35	00:11:28	00:11:29	00:11:41	00:11:44	00:11:13
31	Daniel	Abbott	226	Male	Open		00:57:59	00:11:12	00:10:11	00:11:42	00:12:06	00:12:42
32	Danny	Abbott	225	Male	Open		00:57:59	00:11:14	00:11:13	00:11:21	00:11:42	00:12:23
33	Geoff	Chamberlain	158	Male	Vets		00:58:06	00:11:23	00:11:24	00:11:34	00:11:52	00:11:45

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34	William	Clissold	159	Male	Vets	Tri Sports Epping	00:58:06	00:11:25	00:11:23	00:11:34	00:11:51	00:11:45
35	Lewis	Pether	197	Male	Open		00:58:24	00:10:55	00:11:31	00:12:32	00:12:28	00:10:57
36	Angela	Wray	125	Female	Open		00:58:24	00:10:45	00:11:28	00:11:49	00:12:15	00:12:06
37	Gordon	Haddow	157	Male	Vets		00:58:36	00:11:23	00:11:40	00:11:55	00:12:01	00:11:34
38	Harry	Staines	196	Male	Open		00:58:52	00:10:55	00:11:33	00:12:30	00:12:29	00:11:23
39	Alison	Tuck	194	Female	Open		00:58:56	00:11:23	00:11:35	00:11:55	00:11:57	00:12:02
40	Juliet	Carey	176	Female	Vets		00:59:04	00:11:21	00:11:21	00:11:49	00:12:27	00:12:04
41	Peter	Wilson	179	Male	Vets		00:59:56	00:11:57	00:11:51	00:11:54	00:12:11	00:11:58
42	Daisy	Martin	120	Female	Open		01:00:01	00:11:16	00:11:48	00:12:32	00:12:21	00:12:05
43	Sarah	Callan	154	Female	Open	runbritain.com	01:00:33	00:11:13	00:12:07	00:12:32	00:12:09	00:12:30
44	jonathan	bygrave	199	Male	Open		01:01:50	00:11:35	00:12:22	00:12:27	00:12:42	00:12:40
45	sanjeev	bhuhi	113	Male	Open		01:02:09	00:11:32	00:12:32	00:12:36	00:13:03	00:12:26
46	Jennifer	Dodd	224	Female	Open		01:02:18	00:12:02	00:12:28	00:12:25	00:12:47	00:12:33
47	John	O'Donnell	150	Male	Open		01:02:26	00:11:08	00:12:38	00:13:14	00:13:15	00:12:07
48	Laura	Dixon	129	Female	Open		01:02:39	00:12:39	00:12:37	00:12:35	00:12:31	00:12:11
49	Mandy	Cooper	166	Female	Vets	Benfleet RC	01:02:41	00:11:34	00:12:38	00:12:40	00:13:01	00:12:46
50	Alaina	Dixon	130	Female	Open		01:02:52	00:12:43	00:12:34	00:12:35	00:12:32	00:12:22
51	Nicki	Benham	190	Female	Vets		01:02:58	00:11:38	00:12:39	00:12:57	00:13:03	00:12:39
52	Kyle	Palmer	178	Male	Open		01:03:15	00:11:30	00:12:31	00:13:02	00:13:21	00:12:48
53	Steve	Platt	180	Male	Vets	TRA	01:03:26	00:13:03	00:12:47	00:12:37	00:12:18	00:12:34
54	Scott	Brereton	172	Male	Open		01:04:06	00:11:36	00:12:22	00:12:50	00:13:56	00:13:19
55	Emma	Dudman	162	Female	Open		01:05:23	00:12:18	00:12:57	00:13:16	00:13:14	00:13:32
56	Claire	Brereton	171	Female	Open		01:06:15	00:12:44	00:13:42	00:13:28	00:13:14	00:13:05
57	James	Pickett	170	Male	Open		01:08:20	00:11:29	00:13:22	00:14:05	00:14:53	00:14:30
58	Daniel	Holmes	186	Male	Open		01:09:08	00:12:38	00:14:37	00:15:27	00:13:58	00:12:25
59	David	Ginn	116	Male	Vets		01:09:25	00:12:57	00:14:26	00:14:08	00:14:16	00:13:37
60	Stephen	Briley	134	Male	Vets		01:09:37	00:12:50	00:14:14	00:14:32	00:14:28	00:13:28
61	Cara	Noble	161	Female	Open		01:09:41	00:12:23	00:14:22	00:14:15	00:14:52	00:13:48
62	Liam	Riley	202	Male	Open		01:10:05	00:12:50	00:14:05	00:14:40	00:14:32	00:13:54
63	James	Riley	203	Male	Open		01:10:05	00:12:51	00:14:04	00:14:41	00:14:31	00:13:55
64	Shopie	Knapton	230	Female	Open		01:13:41	00:15:27	00:15:13	00:14:44	00:14:20	00:13:51
65	Alice	Knapton	229	Female	Open		01:16:32	00:15:53	00:15:51	00:15:40	00:15:04	00:13:57
66	Stephen	Gosnell	184	Male	Open	Elm Park Runners	01:16:51	00:13:04	00:15:12	00:16:05	00:16:55	00:15:33
67	Victoria	Knox	185	Female	Vets	Elm Park Runners	01:18:02	00:14:00	00:16:26	00:15:45	00:16:24	00:15:24

Overall position	First name	Last name	Race number	Gender	Age category	Team name	Finish time	Lap1 Split Time	Lap2 Split Time	Lap3 Split Time	Lap 4 Split Time	Lap 5 Split Time
68	Nikki	Warnes	188	Female	Vets	Elm parkers	01:18:02	00:13:59	00:16:26	00:15:45	00:16:24	00:15:24
69	Rose	Haskey-Jones	192	Female	Vets	TIPTREE ROAD RUNNERS	01:18:27	00:14:53	00:15:21	00:15:50	00:16:17	00:16:01
70	Natasha	Rogers	110	Female	Open		01:19:08	00:15:02	00:16:01	00:15:30	00:16:12	00:16:18
71	Sarah	French	142	Female	Open		01:36:11	00:16:48	00:18:17	00:18:55	00:18:56	00:23:12
	DEE	LEE	143	Female	Open		DNF	00:20:59	00:22:02	00:22:03	00:22:16	