

Position	First name	Last name	Race number	Gender	Age category	Finish time	Club	Start Leg Time	Lap1 Leg Time	Lap2 Leg Time	Lap3 Leg Time	Lap4 Leg Time	Lap5 Leg Time	Finish Leg Time
1	Ray	Lawrence	284	Male	Ages 30 - 39	01:26:06	TriSport Epping	00:00:00	00:12:58	00:27:35	00:42:12	00:56:50	01:11:45	01:26:05
2	John	Brame	241	Male	Ages 30 - 39	01:27:54	RG Active Race team	00:00:00	00:12:14	00:26:27	00:40:58	00:56:02	01:11:41	01:27:53
3	John	Fletcher	294	Male	Ages 30 - 39	01:28:08		00:00:00	00:13:26	00:27:00	00:42:32	00:57:53	01:13:11	01:28:07
4	Matt	Green	1	Male	Ages 30 - 39	01:29:33		00:00:03	00:13:48	00:27:26	00:42:52	00:58:18	01:14:05	01:29:32
5	Ian	Bannerman	216	Male	Ages 20 - 29	01:29:38		00:00:12	00:13:43	00:27:16	00:42:47	00:58:27	01:14:15	01:29:37
6	Michael	Lekan	144	Male	Ages 30 - 39	01:31:18		00:00:01	00:13:55	00:28:06	00:43:54	00:59:48	01:15:31	01:31:17
7	Graham	Eastwood	165	Male	Ages 20 - 29	01:32:06		00:00:00	00:13:04	00:27:00	00:43:04	00:59:12	01:15:35	01:32:05
8	steve	dade	117	Male	Ages 40 - 49	01:32:46		00:00:00	00:13:42	00:27:31	00:43:33	00:59:53	01:16:33	01:32:45
9	Peter	Watson	297	Male	Ages 30 - 39	01:33:26		00:00:01	00:13:27	00:27:20	00:44:14	01:00:36	01:17:05	01:33:25
10	Sammo	Nigh	199	Male	Ages 20 - 29	01:34:31		00:00:10	00:14:53	00:30:59	00:46:43	01:02:32	01:18:40	01:34:30
11	neil	huxham	254	Male	Ages 30 - 39	01:34:43		00:00:01	00:13:51	00:27:54	00:44:00	01:00:44	01:17:49	01:34:43
12	Andrew	Houghton	286	Male	Ages 30 - 39	01:35:14		00:00:01	00:13:46	00:27:43	00:43:48	01:00:49	01:17:49	01:35:13
13	Simon	Darmody	263	Male	Ages 20 - 29	01:35:47		00:00:04	00:15:07	00:31:48	00:48:08	01:04:22	01:20:07	01:35:46
14	Peter	Winterbottom	244	Male	Ages 30 - 39	01:36:38		00:00:00	00:14:04	00:28:32	00:44:51	01:01:25	01:18:44	01:36:37
15	Kawai	Chung	182	Male	Ages 30 - 39	01:36:53	Mornington Chasers	00:00:00	00:14:04	00:29:00	00:45:48	01:02:37	01:19:44	01:36:52
16	matthew	macklin	128	Male	Ages 30 - 39	01:37:20		00:00:01	00:14:23	00:30:47	00:47:00	01:03:19	01:19:55	01:37:19
17	Martin	Blanche	132	Male	Ages 30 - 39	01:38:20		00:00:08	00:14:32	00:30:36	00:46:50	01:03:37	01:20:42	01:38:19
18	rob	lawlor	159	Male	Ages 40 - 49	01:39:32		00:00:00	00:14:29	00:30:30	00:47:06	01:04:04	01:21:50	01:39:31
19	dave	manington	103	Male	Ages 30 - 39	01:40:57		00:00:10	00:15:57	00:32:51	00:49:58	01:07:06	01:24:05	01:40:56
20	David	Malbon	237	Male	Ages 40 - 49	01:40:58		00:00:09	00:14:13	00:30:53	00:48:02	01:05:15	01:22:43	01:40:57
21	Andrew	Wright	142	Male	Ages 30 - 39	01:42:41		00:00:09	00:15:36	00:32:52	00:50:47	01:08:50	01:27:35	01:42:40
22	Andy	Darmody	259	Male	Ages 30 - 39	01:43:23		00:00:02	00:15:08	00:31:55	00:49:07	01:07:04	01:25:06	01:43:22
23	Penny	Comins	242	Female	Ages 30 - 39	01:43:42	South London Harriers	00:00:11	00:15:28	00:32:56	00:50:42	01:08:31	01:26:19	01:43:42
24	Jonathan	Chandler	265	Male	Ages 20 - 29	01:43:53		00:00:00	00:16:24	00:34:35	00:52:15	01:09:52	01:26:55	01:43:52
25	Pete	Knight	266	Male	Ages 20 - 29	01:43:53		00:00:00	00:16:23	00:34:34	00:52:13	01:09:49	01:26:55	01:43:52
26	Samantha	Monk	131	Female	Ages 30 - 39	01:44:12		00:00:03	00:15:35	00:32:57	00:50:26	01:08:23	01:26:21	01:44:11
27	jon	welsh	252	Male	Ages 20 - 29	01:44:49		00:00:04	00:15:59	00:33:00	00:50:19	01:08:07	01:26:21	01:44:48
28	Phil	Shelley	298	Male	Ages 30 - 39	01:44:54		00:00:00	00:15:43	00:33:25	00:51:45	01:09:44	01:27:50	01:44:53
29	STUART	TAYLOR	200	Male	Ages 30 - 39	01:44:55		00:00:00	00:15:15	00:32:48	00:50:10	01:08:15	01:26:47	01:44:54
30	David	Birrell	205	Male	Ages 40 - 49	01:45:11		00:00:06	00:15:48	00:33:28	00:51:18	01:09:20	01:27:28	01:45:10
31	Charley	Valentine	239	Female	Ages 30 - 39	01:45:49		00:00:00	00:15:45	00:33:19	00:51:33	01:09:25	01:27:34	01:45:48
32	Jo	Johnson	141	Female	Ages 30 - 39	01:46:05		00:00:09	00:15:38	00:32:55	00:50:50	01:09:09	01:27:36	01:46:04
33	Dave	Frost	235	Male	Ages 30 - 39	01:46:14		00:00:00	00:15:44	00:34:08	00:52:21	01:10:43	01:28:44	01:46:13
34	Alan	Lambert	193	Male	Ages 20 - 29	01:46:57		00:00:14	00:16:32	00:34:36	00:52:34	01:10:46	01:28:56	01:46:57
35	Laura	Summers	299	Female	Ages 30 - 39	01:47:36		00:00:17	00:15:33	00:33:05	00:51:35	01:09:52	01:28:42	01:47:36
36	James	Woolley	293	Male	Ages 30 - 39	01:47:59		00:00:09	00:17:14	00:35:26	00:53:39	01:12:10	01:30:32	01:47:59
37	andrew	morgan	224	Male	Ages 30 - 39	01:48:00		00:00:18	00:17:12	00:35:46	00:53:56	01:12:20	01:30:31	01:47:59
38	Paul	Hartshorn	234	Male	Ages 40 - 49	01:48:30		00:00:12	00:16:44	00:34:34	00:53:17	01:11:14	01:29:37	01:48:29
39	Michael	Carter	107	Male	Ages 40 - 49	01:49:18		00:00:02	00:16:26	00:34:42	00:52:51	01:10:53	01:29:11	01:49:17
40	Angie	Hornett	227	Female	Ages 40 - 49	01:49:46		00:00:10	00:16:22	00:34:10	00:52:29	01:10:52	01:30:05	01:49:45
41	Peter	Wright	257	Male	Ages 30 - 39	01:50:43		00:00:08	00:15:40	00:33:16	00:51:31	01:10:46	01:30:30	01:50:43
42	Amy	Trencher	238	Female	Ages 30 - 39	01:51:31		00:00:13	00:16:24	00:34:21	00:52:49	01:11:38	01:31:08	01:51:30
43	Michelle	Topper	222	Female	Ages 30 - 39	01:52:19		00:00:03	00:17:02	00:35:57	00:55:04	01:14:07	01:33:24	01:52:18
44	Taryne	Mcpherson	256	Female	Ages 30 - 39	01:52:34		00:00:18	00:17:41	00:36:07	00:55:02	01:13:53	01:33:17	01:52:33
45	Ian	Stobirski	240	Male	Ages 30 - 39	01:53:18		00:00:13	00:17:13	00:35:25	00:55:18	01:14:06	01:33:45	01:53:18
46	Sarah	Dutton	202	Female	Ages 30 - 39	01:53:24		00:00:14	00:16:40	00:35:36	00:54:52	01:14:07	01:33:45	01:53:24
47	Peter	Johnson	295	Male	Ages 30 - 39	01:53:58		00:00:05	00:16:58	00:35:54	00:54:51	01:13:57	01:33:40	01:53:57
48	Gary	Inglis	215	Male	Ages 40 - 49	01:54:13		00:00:08	00:16:32	00:34:50	00:54:10	01:14:02	01:35:04	01:54:12
49	Jennifer	Jenks	217	Female	Ages 30 - 39	01:54:20		00:00:02	00:15:43	00:34:51	00:54:20	01:14:26	01:34:28	01:54:19
50	Billy	Parr	230	Male	Ages 20 - 29	01:55:19		00:00:13	00:19:16	00:40:25	00:59:33	01:19:22	01:39:12	01:55:18
51	Ross	Edgar	214	Male	Ages 40 - 49	01:55:31		00:00:09	00:16:01	00:34:33	00:53:46	01:14:09	01:34:42	01:55:30
52	Jim	Davis	188	Male	Ages 60 - 69	01:55:35	Herts Phoenix	00:00:02	00:16:57	00:36:13	00:55:56	01:15:44	01:35:41	01:55:34
53	Martin	Farley	300	Male	Ages 50 - 59	01:56:05		00:00:18	00:16:34	00:35:49	00:55:11	01:15:05	01:35:30	01:56:04
54	JILLIAN	SHERLOCK	280	Female	Ages 40 - 49	01:56:18		00:00:10	00:17:22	00:36:16	00:56:27	01:16:05	01:36:02	01:56:17
55	Andrew	Sutherland	220	Male	Ages 40 - 49	01:56:21		00:00:02	00:16:02	00:35:06	00:54:57	01:15:28	01:36:25	01:56:20
56	LISA	JOHNS	279	Female	Ages 40 - 49	01:56:26		00:00:14	00:17:21	00:36:15	00:56:26	01:16:03	01:36:01	01:56:25
57	Adair	Johnson	289	Male	Ages 30 - 39	01:58:06		00:00:08	00:18:04	00:37:35	00:56:55	01:17:03	01:37:43	01:58:05
58	Steven	Busby	290	Male	Ages 30 - 39	01:58:15		00:00:17	00:18:30	00:38:45	00:59:00	01:18:33	01:38:15	01:58:14
59	daniel	willis	233	Male	Ages 30 - 39	01:58:55		00:00:13	00:19:17	00:40:26	00:59:34	01:19:24	01:39:13	01:58:54
60	Kevin	Simpson	194	Male	Ages 40 - 49	01:58:57		00:00:11	00:17:58	00:37:07	00:56:11	01:15:30	01:36:35	01:58:56

61	Oliver	Gray	105	Male	Ages 20 - 29	01:59:07		00:00:01	00:16:17	00:35:52	00:56:34	01:17:11	01:38:25	01:59:06
62	Lauren	Richards	114	Female	Ages 30 - 39	01:59:20		00:00:03	00:16:49	00:36:18	00:56:32	01:17:04	01:38:15	01:59:19
63	Clark	Summers	151	Male	Ages 30 - 39	01:59:27		00:00:10	00:17:10	00:36:58	00:57:33	01:17:52	01:38:33	01:59:26
64	Darren	Brockway	282	Male	Ages 30 - 39	01:59:44		00:00:01	00:16:19	00:35:47	00:55:58	01:16:50	01:38:23	01:59:43
65	Stuart	Savill	210	Male	Ages 40 - 49	01:59:59		00:00:16	00:19:30	00:39:35	00:59:22	01:19:12	01:39:10	01:59:58
66	Joe	Auckland	160	Male	Ages 30 - 39	02:00:46		00:00:10	00:17:58	00:38:03	00:59:03	01:19:41	01:40:29	02:00:45
67	Alex	Smith	186	Male	Ages 30 - 39	02:00:52		00:00:12	00:18:57	00:40:13	01:00:53	01:21:43	01:41:20	02:00:51
68	Matt	Fuller	292	Male	Ages 30 - 39	02:01:02		00:00:16	00:18:15	00:37:19	00:56:33	01:15:58	01:36:37	02:01:01
69	Jade	Cook	253	Female	Ages 30 - 39	02:01:12		00:00:05	00:17:02	00:36:21	00:56:01	01:16:02	01:38:00	02:01:11
70	Ian	Smart	296	Male	Ages 30 - 39	02:01:55		00:00:13	00:18:06	00:38:08	00:58:49	01:19:46	01:40:53	02:01:54
71	Joanne	Bliss	191	Female	Ages 40 - 49	02:02:04		00:00:06	00:19:13	00:39:33	00:59:42	01:20:16	01:41:32	02:02:03
72	Tarne	Bevan	243	Female	Ages 40 - 49	02:02:52	Ful On Triathlon	00:00:11	00:17:47	00:38:07	00:58:48	01:19:59	01:41:22	02:02:51
73	Collette	Phillips	196	Female	Ages 40 - 49	02:04:10		00:00:04	00:18:31	00:39:08	01:00:19	01:21:46	01:43:14	02:04:10
74	Sarah	Howliston	223	Female	Ages 40 - 49	02:04:32		00:00:14	00:19:36	00:40:49	01:01:45	01:22:45	01:43:39	02:04:31
75	Jennifer	Stevens	187	Female	Ages 20 - 29	02:05:11		00:00:13	00:18:57	00:40:15	01:00:54	01:21:45	01:43:20	02:05:10
76	Martin	Wiggins	170	Male	Ages 50 - 59	02:06:11		00:00:16	00:19:00	00:39:22	01:00:28	01:21:51	01:43:54	02:06:10
77	Kim	Parkman	274	Female	Ages 40 - 49	02:06:27		00:00:10	00:18:22	00:38:38	00:59:38	01:21:14	01:43:47	02:06:26
78	Joseph	Cunningham	255	Male	Ages 30 - 39	02:06:45		00:00:11	00:18:38	00:38:22	00:58:38	01:19:48	01:42:06	02:06:44
79	Sil	Clay	285	Female	Ages 40 - 49	02:07:27		00:00:14	00:19:39	00:40:52	01:02:15	01:23:39	01:45:13	02:07:26
80	Stephen	Capel	158	Male	Ages 30 - 39	02:08:39		00:00:14	00:17:37	00:37:34	00:58:23	01:20:28	01:43:43	02:08:38
81	JOANNE	GLADDING	172	Female	Ages 20 - 29	02:09:11		00:00:08	00:19:12	00:40:51	01:02:11	01:23:40	01:46:08	02:09:10
82	ALICIA	BARRAGO	173	Female	Ages 20 - 29	02:09:12		00:00:07	00:19:13	00:40:50	01:02:12	01:23:40	01:46:08	02:09:11
83	Matthew	Williamson	232	Male	Ages 20 - 29	02:09:19		00:00:15	00:19:47	00:40:54	01:02:13	01:23:18	01:45:27	02:09:18
84	Lorna	Pettifer	197	Female	Ages 40 - 49	02:10:23	Pitsea Running Club	00:00:07	00:18:34	00:39:38	01:02:05	01:24:25	01:47:11	02:10:22
85	John	pettifer	198	Male	Ages 60 - 69	02:10:23	Pitsea Running Club	00:00:07	00:18:32	00:39:36	01:02:01	01:24:24	01:47:09	02:10:22
86	david	rose	134	Male	Ages 30 - 39	02:10:32		00:00:01	00:16:31	00:37:18	00:58:51	01:21:32	01:45:22	02:10:31
87	Michael	Copping	181	Male	Ages 40 - 49	02:10:52		00:00:17	00:18:40	00:39:05	00:59:51	01:21:48	01:45:26	02:10:51
88	ergul	kalkan	229	Male	Ages 30 - 39	02:12:04		00:00:17	00:19:17	00:42:59	01:04:46	01:26:51	01:49:18	02:12:03
89	Gary	Shannon	302	Male	Ages 40 - 49	02:13:24	Met Police Tri club	00:00:00	00:18:17	00:40:43	01:02:19	01:24:59	01:48:32	02:13:23
90	nicola	shepherd	204	Female	Ages 40 - 49	02:13:34		00:00:05	00:18:55	00:40:48	01:02:46	01:25:46	01:49:32	02:13:33
91	Kristin	Simmers	225	Female	Ages 20 - 29	02:14:06		00:00:08	00:19:17	00:41:20	01:04:24	01:27:47	01:51:07	02:14:05
92	Andy	Hornett	228	Male	Ages 40 - 49	02:14:23		00:00:14	00:18:51	00:39:21	01:00:03	01:21:33	01:44:16	02:14:22
93	glen	alutto	190	Male	Ages 40 - 49	02:15:36		00:00:01	00:18:16	00:39:58	01:04:35	01:27:04	01:50:45	02:15:35
94	Gregory	Degnan	261	Male	Ages 40 - 49	02:15:46		00:00:13	00:20:17	00:42:57	01:04:33	01:26:05	01:49:23	02:15:45
95	joanne	stevens	271	Female	Ages 20 - 29	02:15:55		00:00:09	00:19:41	00:41:32	01:04:30	01:27:27	01:51:40	02:15:54
96	Alex	Brown	150	Male	Ages 40 - 49	02:17:09		00:00:11	00:20:17	00:43:45	01:06:54	01:30:03	01:53:12	02:17:08
97	William	Knight	143	Male	Ages 40 - 49	02:17:53		00:00:16	00:19:58	00:41:43	01:03:58	01:26:49	01:50:19	02:17:52
98	Steve	Van Jheften	291	Male	Ages 30 - 39	02:18:33		00:00:07	00:18:24	00:38:29	00:59:05	01:20:37	01:47:01	02:18:32
99	Stephanie	Hogue	250	Female	Ages 50 - 59	02:21:10		00:00:07	00:20:30	00:44:07	01:08:13	01:32:13	01:56:25	02:21:09
100	raniska	tente	277	Female	Ages 30 - 39	02:21:19		00:00:12	00:19:37	00:41:10	01:03:45	01:27:56	01:54:44	02:21:18
101	pedro	Diaz	278	Male	Ages 20 - 29	02:21:19		00:00:16	00:19:39	00:41:11	01:03:47	01:27:57	01:54:46	02:21:18
102	Lois	Fewtrell	104	Female	Ages 20 - 29	02:21:59		00:00:00	00:19:34	00:42:37	01:05:47	01:29:52	01:55:21	02:21:59
103	Manjit	Pardesi	270	Male	Ages 30 - 39	02:22:46		00:00:00	00:23:01	00:44:37	01:07:50	01:32:02	01:57:09	02:22:45
104	John	Randle	283	Male	Ages 30 - 39	02:23:11		00:00:06	00:19:33	00:43:11	01:06:48	01:30:51	01:56:21	02:23:11
105	Joe	Barton	137	Male	Ages 20 - 29	02:23:17		00:00:07	00:18:25	00:39:05	01:01:01	01:25:45	01:54:21	02:23:16
106	TRACEY	GILBANK	176	Female	Ages 40 - 49	02:27:02	Pickering	00:00:02	00:20:11	00:44:15	01:09:42	01:35:03	02:01:01	02:27:01
107	Mike	Noorbaccus	275	Male	Ages 50 - 59	02:28:02	OXTED RUNNERS	00:00:14	00:19:35	00:42:23	01:05:13	01:29:55	01:57:57	02:28:01
108	Jay	Hayter	162	Female	Ages 30 - 39	02:29:04		00:00:11	00:20:05	00:44:50	01:08:56	01:34:05	02:00:47	02:29:03
109	Madeline	Adger	106	Female	Ages 30 - 39	02:33:29		00:00:05	00:20:26	00:45:20	01:11:11	01:37:27	02:05:06	02:33:28
110	sharon	boardman	245	Female	Ages 30 - 39	02:35:37		00:00:06	00:21:15	00:46:25	01:11:33	01:39:35	02:08:42	02:35:36
111	Grace	Reeman	364	Female	Ages 20 - 29	02:42:53		00:00:09	00:20:36	00:44:59	01:10:07	01:38:37	02:08:43	02:42:52
112	Bronwyn	Elliott	267	Female	Ages 30 - 39	02:50:43		00:00:16	00:27:10	00:54:40	01:22:39	01:51:31	02:20:35	02:50:42
113	amanda	taplin	276	Female	Ages 20 - 29	03:06:52		00:00:09	00:26:57	00:55:54	01:24:53	01:58:51	02:31:45	03:06:51
114	Helen	Wilson	288	Female	Ages 40 - 49	03:06:52	metropolitan police	00:00:09	00:26:53	00:55:51	01:24:49	01:58:49	02:31:39	03:06:51
115	Mary	Pickett	177	Female	Ages 20 - 29	03:15:47		00:00:10	00:27:15	00:56:41	01:28:07	02:02:12	02:38:34	03:15:46
116	Cheri	Stokes	247	Female	Ages 40 - 49	03:16:40		00:00:02	00:20:27	00:45:06	01:11:25	01:39:50	02:08:42	03:16:39
117	Emma	Ives	246	Female	Ages 30 - 39	03:24:08		00:00:04	00:26:56	00:56:40	01:32:39	02:09:13	02:42:18	03:24:07
RTD	James	Brier	102	Male	Ages 30 - 39	RTD		00:00:12	00:19:05					00:00:00
RTD	Sharon	Inman	139	Female	Ages 20 - 29	RTD		00:00:11	00:20:09	00:42:21	01:05:09			
RTD	paul	kerrison	201	Male	Ages 40 - 49	RTD		00:00:05	00:18:56	00:41:19				