

Halstead Marathon Halstead Marathon							
Overall Finish List							
May 11, 2014							
Results By Chip Timing UK							
Place*	Name	Team	Bib	Age	Age Group	Chip Time	Gun Time
1	MARK NEWTON	Springfield Striders RC	787	33	1 Top Fin	2:43:13	2:43:13
2	ALLEN SMALLS	Colchester Harriers AC	805	46	2 Top Fin	2:47:01	2:47:02
3	PETER DAVY	Sudbury Joggers	121	37	3 Top Fin	2:47:08	2:47:09
4	SIMON HART	Havering AC	582	50	1 M 50-54	2:48:39	2:48:45
5	TOM CAMMACK	Springfield Striders RC	716	31	1 M 0-39	2:48:54	2:48:54
6	RICHARD HEATH	Havering '90 Joggers	755	40	1 M 40-44	2:50:51	2:50:54
7	PHILIP ECCLESTON	Burnden Road Runners	570	37	2 M 0-39	2:52:31	2:52:32
8	JAMES WRIGHT	Springfield Striders RC	828	36	3 M 0-39	2:52:38	2:52:41
9	NEIL CASEY	Benfleet RC	722	46	1 M 45-49	2:54:00	2:54:01
10	GAVIN ALLEN	Springfield Striders RC	703	39	4 M 0-39	2:55:04	2:55:06
11	CARWYN JONES	Colchester Harriers AC	767	31	5 M 0-39	2:57:36	2:57:39
12	SADIK TOKGOZ	Somerville Road Runners	566	45	2 M 45-49	2:59:11	2:59:15
13	GARRY PARSONS	London FrontRunners	370	45	3 M 45-49	3:00:13	3:00:19
14	DAVID THOMPSON	100 Marathon Club	820	52	2 M 50-54	3:01:33	3:01:37
15	IAN CARDY	Springfield Striders RC	718	50	3 M 50-54	3:02:28	3:02:33
16	ANDREW PLUME	Fenland Running Club	389	32	6 M 0-39	3:02:42	3:02:45
17	JOHN GOULD	Benfleet RC	190	43	2 M 40-44	3:02:56	3:03:01
18	PAUL GRIFFIN		201	35	7 M 0-39	3:03:05	3:03:07
19	ANTONIO MARAIA	Road Runners Club	297	48	4 M 45-49	3:03:31	3:03:32
20	JAMES CALDON	Ilkeston RC	66	27	8 M 0-39	3:04:11	3:04:12
21	RICHARD WINSTANLEY		510	30	9 M 0-39	3:04:15	3:04:17
22	JAMES LOWNDES	Barking Road Runners	288	35	10 M 0-39	3:05:15	3:05:16
23	ALEX MANTON		295	34	11 M 0-39	3:06:19	3:06:20
24	STEVEN HICKEY	Benfleet RC	756	39	12 M 0-39	3:07:06	3:07:12
25	WINSTON WOODWARD	Dunstable RRC	514	39	13 M 0-39	3:07:21	3:07:26
26	THOMAS CHALLENGER	Sudbury Joggers	564	26	14 M 0-39	3:07:28	3:07:33
27	FELIX WRIGHT	3 PARA	515	29	15 M 0-39	3:07:54	3:08:10
28	LEE MURPHY	Stopsley Striders Jogging Club	557	24	16 M 0-39	3:08:34	3:08:34
29	PAUL ROBERSON	Reading Roadrunners	409	39	17 M 0-39	3:08:54	3:08:58
30	NIGEL SWINBURNE	Dagenham 88 Runners	818	34	18 M 0-39	3:09:46	3:09:47
31	PAUL SUETT	Dagenham 88 Runners	816	36	19 M 0-39	3:09:49	3:09:49
32	PAUL NEWTON	None	560	35	20 M 0-39	3:09:57	3:09:59
33	TRISTAN STEED		448	26	21 M 0-39	3:10:24	3:10:28
34	ALAN ANSTEAD	Sudbury Joggers	574	52	4 M 50-54	3:10:45	3:10:49
35	ALEX DALTON		530	45	5 M 45-49	3:10:32	3:10:58
36	ALAN MIDDLEBROOK		316	46	6 M 45-49	3:11:35	3:11:46
37	IAN RAMSAY		398	48	7 M 45-49	3:11:50	3:11:54
38	MIKE SHERVINGTON	3 PARA	437	41	3 M 40-44	3:11:39	3:11:55
39	STUART PUTT	Springfield Striders RC	797	41	4 M 40-44	3:11:57	3:12:02
40	IAN LONGLAND	Haverhill RC	285	40	5 M 40-44	3:12:18	3:12:22

41	IAN HALL		213	36	22 M 0-39	3:12:30	3:12:33
42	MATTHEW HEARNE	Serpentine RC	229	39	23 M 0-39	3:12:58	3:13:03
43	PAUL DELANEY	Benfleet RC	734	35	24 M 0-39	3:13:30	3:13:36
44	PAUL WILLIAMSON		507	43	6 M 40-44	3:13:56	3:14:04
45	TIMOTHY EARL	Waveney Valley AC	142	31	25 M 0-39	3:15:21	3:15:25
46	STUART PRESTNEY	Halstead RRC	794	40	7 M 40-44	3:18:08	3:18:09
47	MARK JEFFORD	Road Runners Club	248	48	8 M 45-49	3:19:52	3:19:58
48	RICHARD STEWART		451	35	26 M 0-39	3:20:00	3:20:04
49	MARK CORNELL	Dunstable RRC	97	49	9 M 45-49	3:20:04	3:20:15
50	GREGOR KENNEDY		260	45	10 M 45-49	3:20:52	3:20:56
51	ADAM MATTHEWS	Benfleet RC	831	40	8 M 40-44	3:21:03	3:21:10
52	ELLIOT WORTH		536	42	9 M 40-44	3:21:02	3:21:10
53	JON BYFORD	Springfield Striders RC	715	40	10 M 40-44	3:21:00	3:21:12
54	PAUL BROWN	Framlingham Flyers	55	48	11 M 45-49	3:21:31	3:21:43
55	CHRIS HERRIGAN	Wimbledon Windmilers	240	51	5 M 50-54	3:21:17	3:21:56
56	PHILIP HONEYWOOD		237	47	12 M 45-49	3:22:16	3:22:35
57	DAVID WRIGHT	Colchester Harriers AC	833	56	1 M 55-59	3:22:39	3:22:47
58	PAUL MILSON	Riverside Runners St Neots	326	45	13 M 45-49	3:22:41	3:22:49
59	NICHOLAS GENEVER	Garden City Runners	176	52	6 M 50-54	3:23:32	3:23:37
60	PHIL MCCULLOCH		305	44	11 M 40-44	3:23:39	3:23:43
61	PAUL CROSS		555	43	12 M 40-44	3:23:05	3:23:48
62	STEPHEN MCALLISTER	MK Lakeside Runners	303	27	27 M 0-39	3:24:46	3:24:47
63	BENJAMIN COOK	Ely Runners	842	33	28 M 0-39	3:24:10	3:24:51
64	SEAN MORIARTY		333	50	7 M 50-54	3:24:43	3:25:04
65	JAMES BURNS	Leigh on Sea striders	714	47	14 M 45-49	3:25:14	3:25:25
66	KEITH LUXON	100 Marathon Club	290	46	15 M 45-49	3:25:20	3:25:28
67	MARCEL MCKINLEY		311	31	29 M 0-39	3:25:27	3:25:39
68	CRAIG DAWSON	Tiptree Road Runners	732	24	30 M 0-39	3:25:29	3:25:44
69	MARCO PAGANUZZI		365	48	16 M 45-49	3:25:53	3:25:54
70	DANNY HORSFIELD		241	27	31 M 0-39	3:25:46	3:25:59
71	JON SMALE		546	43	13 M 40-44	3:25:49	3:26:09
72	LEE COUSINS	Braintree & District AC	728	42	14 M 40-44	3:26:12	3:26:16
73	DAVID GOODWIN	Sandwell Valley RC	186	46	17 M 45-49	3:26:36	3:27:10
74	DREW QUAYLE		396	31	32 M 0-39	3:27:02	3:27:14
75	ANDREWS OGLESBY		357	34	33 M 0-39	3:27:29	3:27:36
76	GARY BLIGH	Fenland Running Club	44	44	15 M 40-44	3:27:34	3:27:41
77	ANDRE PITTOCK	Fenland Running Club	586	48	18 M 45-49	3:27:35	3:27:42
78	GAVIN BURT	Springfield Striders RC	62	43	16 M 40-44	3:27:21	3:27:47
79	STEWART ELLIS	Halstead RRC	735	38	34 M 0-39	3:27:57	3:27:59
80	PAUL NORRIS		354	44	17 M 40-44	3:27:52	3:27:59
81	PAUL PRIOR	Dagenham 88 Runners	393	46	19 M 45-49	3:28:25	3:28:30
82	AUDRIUS	Fenland Running Club	341	20	35 M 0-39	3:29:08	3:29:10
83	NIGEL HARRISON	Ipswich JAFFA RC	223	44	18 M 40-44	3:29:48	3:29:55
84	JEM SMITH	Sudbury Joggers	590	40	19 M 40-44	3:29:27	3:29:57
85	GERARD GEURTS		177	47	20 M 45-49	3:30:01	3:30:04
86	BENJAMIN CUTHBERT	Sudbury Joggers	109	36	36 M 0-39	3:29:43	3:30:24

87	BRUCE DEACON		125	45	21 M 45-49	3:30:20	3:30:30
88	GARY GODFREY		183	52	8 M 50-54	3:30:23	3:31:06
89	NIK CHAPMAN	Newmarket Joggers	76	40	20 M 40-44	3:31:21	3:31:41
90	RICHARD ALSTON		9	50	9 M 50-54	3:31:17	3:31:50
91	PETER SALMON	Dagenham 88 Runners	424	46	22 M 45-49	3:32:15	3:32:43
92	ASHWIN SHAH	Grange Farm Trotters	804	37	37 M 0-39	3:32:55	3:33:04
93	JOSEPH NATHAN		344	27	38 M 0-39	3:33:07	3:33:18
94	LEO COLE	Witham RC	725	47	23 M 45-49	3:33:22	3:33:25
95	JAMES MERCHANT	Springfield Striders RC	591	29	39 M 0-39	3:33:18	3:33:28
96	NICK TUIE		473	34	40 M 0-39	3:33:22	3:33:34
97	CRAIG NEAL		345	41	21 M 40-44	3:33:45	3:33:59
98	RICHARD KELL	Roadrunners Club	259	43	22 M 40-44	3:33:59	3:34:03
99	MIKE GREALY	Halstead RRC	746	58	2 M 55-59	3:34:01	3:34:05
100	LEE COCKBURN		88	44	23 M 40-44	3:34:40	3:34:47
101	PETER JOHNSON	100 Marathon Club	252	60	1 M 60-64	3:34:47	3:34:55
102	NIALL MALLON		589	38	41 M 0-39	3:35:13	3:35:27
103	SIMON MASKELL	Essex Fire Service Tri	299	33	42 M 0-39	3:35:27	3:35:32
104	DAVID EDWARDS	Haverhill RC	144	56	3 M 55-59	3:35:13	3:35:35
105	RICHARD DUDMAN		576	39	43 M 0-39	3:35:31	3:35:56
106	COLIN HARPER		538	50	10 M 50-54	3:36:16	3:36:37
107	NEIL COGGINS		545	43	24 M 40-44	3:36:31	3:36:46
108	GARTH MORRIS	Ware Joggers	335	53	11 M 50-54	3:36:53	3:36:58
109	COLIN GILLARD	Springfield Striders RC	181	48	24 M 45-49	3:36:53	3:37:03
110	JULIE HOLLOWAY		236	40	25 M 40-44	3:37:28	3:37:31
111	GLYNN STONE	Halstead RRC	815	43	26 M 40-44	3:37:46	3:37:54
112	DONALD ENGLISH	Halstead RRC	736	56	4 M 55-59	3:37:44	3:37:54
113	JONATHAN MASKELL		298	29	44 M 0-39	3:37:35	3:37:59
114	MARTIN MCKIM		540	29	45 M 0-39	3:38:17	3:38:19
115	NATHAN ROULSON	Halstead RRC	291	39	46 M 0-39	3:38:20	3:38:20
116	KEVIN STEVENS	Great Bentley RC	813	35	47 M 0-39	3:38:21	3:38:30
117	EAMONN MCCUSKER	Ryston Runners AC	262	60	2 M 60-64	3:38:31	3:38:34
118	JOHN HUNT	Thanet Road Runners AC	243	33	48 M 0-39	3:38:29	3:38:46
119	NASIF NIJABAT		350	34	49 M 0-39	3:38:24	3:38:51
120	PAUL MCKENNA	Grange Farm Trotters	310	31	50 M 0-39	3:38:48	3:38:57
121	COLIN RICH		403	46	25 M 45-49	3:37:57	3:39:01
122	IAN LAWSON	Grange Farm Trotters	772	54	12 M 50-54	3:39:11	3:39:19
123	BEN GREEN		196	29	51 M 0-39	3:39:31	3:39:36
124	CHRIS MCDONNELL	Dengie 100 runners	780	69	1 M 65-69	3:39:21	3:39:38
125	JEREMY AURORA	Billericay Striders RC	840	40	27 M 40-44	3:39:27	3:39:50
126	BRUCE NICOL	Dengie 100 runners	788	52	13 M 50-54	3:39:12	3:39:57
127	NEIL POULTER	Halstead RRC	792	47	26 M 45-49	3:40:07	3:40:14
128	MARK LAWES	Tiptree Road Runners	271	45	27 M 45-49	3:40:08	3:40:23
129	LEE GIBSON		587	41	28 M 40-44	3:39:59	3:40:26
130	CHRIS POYNTER		529	53	14 M 50-54	3:40:29	3:40:49
131	PETER FORD		162	47	28 M 45-49	3:40:34	3:40:50
132	ANDREW GOLDING	Ware	184	48	29 M 45-49	3:40:34	3:41:01

133	ROBERT SAUNDERS	Commando Runners	428	36	52 M 0-39	3:40:52	3:41:22
134	RICHARD GRIFFIN	Blackheath and Bromley Harriers	5	63	3 M 60-64	3:41:07	3:41:37
135	CARL TAYLOR		463	28	53 M 0-39	3:41:20	3:41:54
136	ADAM KING		263	41	29 M 40-44	3:41:26	3:41:58
137	SIMON WALFORD		482	35	54 M 0-39	3:42:02	3:42:30
138	ROBIN HAY	Springfield Striders RC	838	45	30 M 45-49	3:42:13	3:42:48
139	JOHN MORRIS		336	53	15 M 50-54	3:42:48	3:43:02
140	BARRY CULLING	Barking Road Runners	729	28	55 M 0-39	3:42:33	3:43:05
141	PERRY TAYLOR		584	48	31 M 45-49	3:42:57	3:43:09
142	GARETH GAILEY	Commando Runners	170	42	30 M 40-44	3:43:03	3:43:32
143	PAUL COWCHER		101	39	56 M 0-39	3:43:53	3:44:00
144	MATTHEW STAFFORD		447	35	57 M 0-39	3:44:26	3:44:28
145	MATT WHITNALL	RAF	497	40	31 M 40-44	3:44:35	3:44:40
146	PAUL HINSLEY	Halstead RRC	762	51	16 M 50-54	3:44:34	3:44:42
147	STUART FATT		155	40	32 M 40-44	3:44:29	3:44:54
148	JAMES BOWKER	Rochford Running Club	46	48	32 M 45-49	3:44:57	3:45:10
149	GARY SQUIRES		446	42	33 M 40-44	3:45:15	3:45:33
150	DAVID CHURCH		81	23	58 M 0-39	3:45:48	3:45:49
151	BENJAMIN CARDER		69	28	59 M 0-39	3:45:03	3:45:55
152	CLARK SKERRATT	Biggleswade AC	571	63	4 M 60-64	3:44:56	3:46:00
153	MARK FUSSELL	Dunstable RRC	169	31	60 M 0-39	3:45:12	3:46:01
154	YUSUF FIRAT	Haverhill RC	156	51	17 M 50-54	3:45:43	3:46:06
155	NICK KYRITSIS	100 Marathon Club	200	59	5 M 55-59	3:45:33	3:46:32
156	ROBERT YOUNG	marathonmanuk	573	31	61 M 0-39	3:46:32	3:46:33
157	GABRIEL FLORES		160	37	62 M 0-39	3:46:24	3:46:38
158	LEE SEARS	Brightlingsea running club	431	41	34 M 40-44	3:46:29	3:46:43
159	RICHARD GARRETT	Tiptree Road Runners	174	39	63 M 0-39	3:46:40	3:46:57
160	ROBERT ANDERSON		13	42	35 M 40-44	3:46:57	3:47:02
161	TONY GALEA	Havering '90 Joggers	740	53	18 M 50-54	3:47:08	3:47:46
162	JASON BILTON	Colchester Harriers AC	561	44	36 M 40-44	3:48:22	3:48:42
163	ROBERT CAMERON-	Hastings Runners	534	46	33 M 45-49	3:49:15	3:49:18
164	DAVID PARRY	100 Marathon Club	369	54	19 M 50-54	3:49:19	3:49:39
165	DANIEL BATES	Fairlands Valley Spartans	27	31	64 M 0-39	3:48:55	3:49:47
166	ROB THACKER	Halstead RRC	819	43	37 M 40-44	3:49:51	3:50:01
167	JOHN THOMPSON		467	51	20 M 50-54	3:49:41	3:50:12
168	ANDREW CARTER	Thanet Roadrunners AC	70	49	34 M 45-49	3:50:00	3:50:17
169	ROBERT FALES	Datchet Dashers	151	42	38 M 40-44	3:49:43	3:50:21
170	MICHAEL WILSON	East London Runners	528	53	21 M 50-54	3:49:43	3:50:29
171	JEREMY ISAAC	100 Marathon Club	578	41	39 M 40-44	3:50:18	3:50:42
172	JOE HAWKINS	Datchet Dashers	543	37	65 M 0-39	3:50:46	3:51:06
173	SIMON DOWNS	East End RRC	141	45	35 M 45-49	3:50:39	3:51:15
174	BRETT HOPKINS		238	38	66 M 0-39	3:51:12	3:51:22
175	PETER GRIFFITHS	Bexley AC	203	53	22 M 50-54	3:50:55	3:51:27
176	PAUL CARLISLE	Great Bentley RC	720	54	23 M 50-54	3:51:03	3:51:30
177	DAVE TYLER	Plumstead Runners	476	37	67 M 0-39	3:51:21	3:51:40
178	IAN GRANGE	Ranelagh Harriers	192	53	24 M 50-54	3:51:40	3:52:05

179	RICHARD OFFORD		356	49	36 M 45-49	3:51:41	3:52:06
180	MARK GARE	Barking Road Runners	741	43	40 M 40-44	3:51:43	3:52:06
181	DANIEL BAGSHAW		16	24	68 M 0-39	3:52:11	3:52:25
182	NEIL GILLINGHAM	Ipswich Harriers	182	30	69 M 0-39	3:52:19	3:52:33
183	JACK WAINWRIGHT		479	45	37 M 45-49	3:52:33	3:52:38
184	STEVE COSTER		99	44	41 M 40-44	3:52:20	3:52:41
185	SHANE PHILLIPS	Braintree & District AC	385	50	25 M 50-54	3:52:46	3:52:55
186	IAN BRAZIER	Springfield Striders RC	710	42	42 M 40-44	3:52:39	3:53:11
187	DAVID BACON	Havering '90 Joggers	15	51	26 M 50-54	3:52:40	3:53:18
188	JAMES SMITH	Dagenham 88 Runners	808	25	70 M 0-39	3:52:56	3:53:21
189	JAMIE NEILL	Great Bentley RC	346	39	71 M 0-39	3:53:09	3:53:37
190	STEPHEN BAGSHAW		17	46	38 M 45-49	3:53:34	3:53:47
191	PETER GOUGH	Thanet Road Runners AC	189	38	72 M 0-39	3:53:36	3:53:52
192	COLIN JONES	Barking Road Runners	768	48	39 M 45-49	3:53:43	3:53:55
193	ZAK SWANSON-SPRENT		458	24	73 M 0-39	3:53:16	3:54:03
194	BARRY STEVENS		450	45	40 M 45-49	3:53:27	3:54:12
195	CRAIG STEPHENSON	Garden City Runners	449	44	43 M 40-44	3:53:53	3:54:17
196	KIRK GRIMWOOD		205	36	74 M 0-39	3:53:41	3:54:36
197	KEITH ALLAN		7	43	44 M 40-44	3:54:18	3:54:47
198	TIAGO DIONISIO	100 Marathon Club	132	40	45 M 40-44	3:54:41	3:55:04
199	MATT BIGGIN		802	42	46 M 40-44	3:55:30	3:55:30
200	MATTHEW STENNING	Billericay Striders RC	841	40	47 M 40-44	3:55:11	3:55:33
201	SHAWN LEEK	Great Bentley RC	773	39	75 M 0-39	3:55:06	3:55:34
202	KENSUKE HIGUCHI		230	27	76 M 0-39	3:54:28	3:55:36
203	JASON WINTIN	Dunmow Runners	826	25	77 M 0-39	3:55:30	3:55:39
204	NIC GREENWAY		197	42	48 M 40-44	3:54:48	3:55:42
205	JAMES WAITING	Team ortho	480	25	78 M 0-39	3:54:59	3:55:48
206	RICHARD FULLBROOK	100 Marathon Club	168	49	41 M 45-49	3:55:11	3:55:56
207	PAUL HEDGES	Witham RC	329	44	49 M 40-44	3:55:15	3:55:58
208	ANDY WILSON		508	48	42 M 45-49	3:55:03	3:55:58
209	SIMON WHALLEY	St Edmund Pacers	494	47	43 M 45-49	3:55:29	3:56:28
210	IAN BANNERMAN		18	28	79 M 0-39	3:56:38	3:56:40
211	PAUL BARTON	Amphill and Flitwick Flyers	25	36	80 M 0-39	3:56:45	3:56:53
212	DENIS MOLE	Havering '90 Joggers	783	65	2 M 65-69	3:56:34	3:57:15
213	IAN CUMMINS	Dagenham 88 Runners	731	46	44 M 45-49	3:57:11	3:57:18
214	COLIN CLARKE	CLW Shotokan Karate Club	83	46	45 M 45-49	3:56:42	3:57:40
215	PAUL DIXON	Harlow RC	134	48	46 M 45-49	3:57:14	3:57:48
216	RICHARD PAXMAN	Springfield Striders RC	375	42	50 M 40-44	3:57:38	3:57:48
217	MALCOLM STATHAM	Colchester Harriers AC	812	44	51 M 40-44	3:57:46	3:57:55
218	DANIEL QUARTLY	Springfield Striders RC	798	25	81 M 0-39	3:57:54	3:58:09
219	DAVE SHERMAN	Havering '90 Joggers	436	31	82 M 0-39	3:57:32	3:58:12
220	DAVID MERCER		575	47	47 M 45-49	3:58:06	3:58:20
221	JAMES MANN	Harwich Runners	776	42	52 M 40-44	3:57:55	3:58:21
222	PHILIP NICHOLSON		349	38	83 M 0-39	3:58:15	3:58:22
223	MATTHEW RILEY		407	44	53 M 40-44	3:58:07	3:58:29
224	STEPHEN FORSHAW	Thanet Road Runners AC	164	44	54 M 40-44	3:58:15	3:58:33

225	DAVID DIXON	Havering '90 Joggers	133	53	27 M 50-54	3:58:00	3:58:40
226	STEVE TAPLIN		461	53	28 M 50-54	3:58:06	3:58:48
227	MATHEW GILLARD	Southend-on-Sea AC	744	46	48 M 45-49	3:58:45	3:59:10
228	MARK NORTON	Leigh on Sea striders	355	47	49 M 45-49	3:59:10	3:59:29
229	MICHAEL HAND	Dunstable RRC	217	53	29 M 50-54	4:00:05	4:00:15
230	JAMES CLARK	Halstead RRC	723	31	84 M 0-39	4:00:16	4:00:21
231	WARREN D'ROZARIO	Sandwell Valley RC	110	57	6 M 55-59	3:59:19	4:00:24
232	DAVID LEWIS	100 Marathon Club	553	59	7 M 55-59	3:59:48	4:00:45
233	ANTHONY FITZGERALD	Fetch Everyone Running Club	158	47	50 M 45-49	4:00:56	4:01:20
234	PAUL WIEGAND	Fenland Running Club	498	54	30 M 50-54	4:01:22	4:01:29
235	JOHN SMITH	Dunmow Runners	809	52	31 M 50-54	4:01:22	4:01:56
236	IVAN LAYZELL	Haverhill RC	272	48	51 M 45-49	4:01:37	4:02:01
237	ALASTAIR DOBSON		135	37	85 M 0-39	4:02:04	4:02:12
238	PHIL AKERMAN		521	34	86 M 0-39	4:01:23	4:02:24
239	MATT DORAN	Harwich Runners	139	40	55 M 40-44	4:02:30	4:02:43
240	MICHAEL GREHAN	Dunstable RRC	199	49	52 M 45-49	4:02:10	4:02:46
241	RUSSELL JACKSON		246	42	56 M 40-44	4:01:57	4:02:47
242	SAM WOLTON	Halstead RRC	827	37	87 M 0-39	4:03:07	4:03:12
243	STEVEN ROLFE	Braintree	839	36	88 M 0-39	4:03:31	4:03:39
244	CHAD CONINGTON		94	32	89 M 0-39	4:03:39	4:03:49
245	CHRISTOPHER	Saffron Striders RC	64	39	90 M 0-39	4:03:43	4:04:18
246	DAVID MOULD	Ely Runners	339	47	53 M 45-49	4:03:33	4:04:39
247	BOB GEAR	Springfield Striders RC	743	55	8 M 55-59	4:04:37	4:05:09
248	RICHARD SANDFORD	Commando Runners	426	50	32 M 50-54	4:04:56	4:05:25
249	DAVID WILKIE	Orion Harriers	499	38	91 M 0-39	4:04:27	4:05:35
250	DANIEL BURGESS		59	37	92 M 0-39	4:05:46	4:05:51
251	ANDREW GRIMWADE		204	38	93 M 0-39	4:05:51	4:06:00
252	BRENDON MACLEAN	Harlow RC	292	31	94 M 0-39	4:05:38	4:06:02
253	KIRAN SHAW		435	43	57 M 40-44	4:05:22	4:06:03
254	CLIVE DAVEY	Sudbury Joggers	115	42	58 M 40-44	4:05:31	4:06:07
255	VINCENT DAWSON		577	50	33 M 50-54	4:05:19	4:06:08
256	BHAGESH KATECHIA		585	51	34 M 50-54	4:05:48	4:06:27
257	KIERON HAYES	Great Bentley RC	751	63	5 M 60-64	4:06:41	4:06:58
258	GRANT MILLS		323	22	95 M 0-39	4:06:14	4:07:00
259	PETER GRANT	East End RRC	193	60	6 M 60-64	4:06:24	4:07:01
260	LEE PROWSE	Grange Farm Trotters	796	51	35 M 50-54	4:06:54	4:07:26
261	ROBERT BARTLETT		23	53	36 M 50-54	4:08:04	4:08:23
262	CHRIS WARD	Braintree & District AC	484	26	96 M 0-39	4:08:21	4:08:37
263	PAUL GRIMSEY		559	42	59 M 40-44	4:08:29	4:09:11
264	DAVE LANE	Phoenix Striders	769	52	37 M 50-54	4:09:08	4:09:25
265	MARK BLANCHARD	Ware Joggers	43	60	7 M 60-64	4:09:21	4:10:11
266	COLIN GRACE	Ware Joggers	191	52	38 M 50-54	4:09:21	4:10:11
267	PETE DIGBY		556	43	60 M 40-44	4:09:44	4:10:32
268	CHRISTOPHER ABELE	Serpentine RC	61	52	39 M 50-54	4:09:33	4:10:33
269	ADAM PEDA		377	35	97 M 0-39	4:10:32	4:10:37
270	DAN SUMMERS	Springfield Striders RC	817	32	98 M 0-39	4:10:11	4:10:47

271	PAUL BRIDGES	Springfield Striders RC	711	29	99 M 0-39	4:10:12	4:10:47
272	IAN PEALLING		376	51	40 M 50-54	4:11:20	4:11:32
273	DEAN BREWARD	Sudbury Joggers	581	44	61 M 40-44	4:11:24	4:12:01
274	NATHAN SINGLETON		442	35	100 M 0-39	4:11:48	4:12:48
275	ROBIN DERWENT		128	37	101 M 0-39	4:12:55	4:13:03
276	COLIN LANDER	East Essex Tri Club	269	54	41 M 50-54	4:13:07	4:13:15
277	JAMES GANDON		172	42	62 M 40-44	4:14:25	4:14:34
278	DARREN POTTINGER		390	40	63 M 40-44	4:14:24	4:14:41
279	MARK POTTINGER		391	45	54 M 45-49	4:14:24	4:14:41
280	ANDY HIND	Springfield Striders RC	760	40	64 M 40-44	4:13:59	4:14:50
281	ANDREW WILMOT	Halstead RRC	600	69	3 M 65-69	4:13:55	4:14:52
282	NIGEL WADDINGTON		478	51	42 M 50-54	4:13:53	4:14:55
283	HILLARY CARTER	Farnham Runners	71	58	9 M 55-59	4:14:25	4:15:04
284	IAN HODDS		232	42	65 M 40-44	4:15:49	4:16:40
285	DYLAN MAGNAY		293	30	102 M 0-39	4:16:11	4:16:56
286	MORTON CULLEN		108	27	103 M 0-39	4:16:43	4:17:05
287	RICHARD MCENERY	Allenbury's Club	307	43	66 M 40-44	4:16:18	4:17:09
288	KIERAN KNIGHT		267	32	104 M 0-39	4:17:19	4:18:00
289	IAN SCOTT	100 Marathon Club	525	65	4 M 65-69	4:17:22	4:18:01
290	TOM DE VAL		124	40	67 M 40-44	4:17:43	4:18:13
291	ANDREW BURGESS	Maidstone Harriers	58	48	55 M 45-49	4:17:54	4:18:20
292	WILL PACKER		364	34	105 M 0-39	4:18:32	4:19:01
293	GRAHAM GOODE		185	34	106 M 0-39	4:18:46	4:19:19
294	DAVE ANDERSON		12	56	10 M 55-59	4:18:41	4:19:21
295	IAN SKILLING		443	51	43 M 50-54	4:19:08	4:19:27
296	GEOFF OGRADY	Runnymede Runners	358	50	44 M 50-54	4:19:13	4:19:28
297	JOHN CLOSE	Fetch Everyone Running Club	86	48	56 M 45-49	4:18:50	4:19:56
298	SCOTT EDWARDS		146	43	68 M 40-44	4:20:03	4:20:31
299	KEITH ALLEN		8	53	45 M 50-54	4:19:28	4:20:39
300	STEVE CLARKE	Thanet Road Runners AC	84	54	46 M 50-54	4:20:43	4:21:02
301	JOHN HAMMOND		216	48	57 M 45-49	4:21:40	4:22:40
302	MICHAEL LONGMAN		286	38	107 M 0-39	4:22:31	4:22:44
303	IAIN MILES	Commando Runners	317	39	108 M 0-39	4:22:15	4:22:46
304	DOUGLAS MAC	100 Marathon Club	523	46	58 M 45-49	4:22:31	4:23:27
305	LINDLEY CHAMBERS	Bishops Stortford RC	73	40	69 M 40-44	4:22:54	4:23:29
306	JASON WALNE		483	43	70 M 40-44	4:23:16	4:23:52
307	PAUL LENEY	Inspire2Run	277	42	71 M 40-44	4:25:16	4:25:21
308	ROBIN GUEST		207	46	59 M 45-49	4:24:44	4:25:26
309	DAVID CHAPMAN	Sudbury Joggers	75	53	47 M 50-54	4:25:10	4:25:50
310	JONNY KEMPSTER	100 Marathon Club	526	40	72 M 40-44	4:25:50	4:26:33
311	NIGEL BENNETT	Holme Pierrepont RC	34	48	60 M 45-49	4:28:48	4:29:19
312	NEIL MOSES	Havering '90 Joggers	338	54	48 M 50-54	4:29:58	4:30:22
313	JOE DELANEY	marathon club ireland	126	46	61 M 45-49	4:30:55	4:31:29
314	WILLIAM MITCHELL	ashbourne running club	544	69	5 M 65-69	4:30:45	4:31:43
315	PAUL BLACKWELL	Great Bentley RC	41	47	62 M 45-49	4:31:51	4:32:18
316	CALVIN SAMBROOK		425	51	49 M 50-54	4:31:51	4:32:43

317	CHRISTOF	Cambridge & Coleridge AC	558	47	63 M 45-49	4:31:51	4:32:44
318	GHANAYA TALEWAR		579	43	73 M 40-44	4:31:59	4:32:45
319	PETER WARD	100 Marathon Club	485	52	50 M 50-54	4:31:50	4:32:54
320	JOHN KIPPS	100 Marathon Club	100	49	64 M 45-49	4:32:59	4:33:09
321	DAVID FREEBORN	Collingwood AC	167	36	109 M 0-39	4:32:45	4:33:15
322	ANDREW GOODSON	Tiptree Road Runners	745	33	110 M 0-39	4:33:06	4:33:22
323	BRIAN POORE	Springfield Striders RC	791	41	74 M 40-44	4:32:44	4:33:24
324	CHRISTOPHER MCGLADE		309	37	111 M 0-39	4:33:47	4:34:07
325	TOM SCOTT		430	54	51 M 50-54	4:33:47	4:34:07
326	RYAN CLAY		85	23	112 M 0-39	4:33:20	4:34:08
327	KEVIN HANNEY		218	56	11 M 55-59	4:33:42	4:34:25
328	JIMMY GREGORY		198	22	113 M 0-39	4:33:52	4:34:39
329	MANJIT SINGH	East London Runners	569	40	75 M 40-44	4:34:02	4:34:48
330	MICHAEL PEGNALL	Dagenham 88 Runners	790	33	114 M 0-39	4:34:30	4:34:57
331	TREVOR GRISS		206	42	76 M 40-44	4:35:31	4:36:15
332	DANIEL ALDIS	Commando Runners	202	32	115 M 0-39	4:35:52	4:36:23
333	THOMAS ORR		360	42	77 M 40-44	4:36:05	4:36:23
334	KRESH VEERASAMY	Barking Road Runners	823	37	116 M 0-39	4:36:06	4:36:29
335	MATTHEW GREEN		195	27	117 M 0-39	4:36:32	4:36:59
336	JUSTIN ELLIS		149	35	118 M 0-39	4:36:27	4:37:00
337	DANIEL HOLLINSHEAD	Halstead RRC	764	28	119 M 0-39	4:37:06	4:37:59
338	MALCOLM GUMBRELL	Winchester & District AC	209	63	8 M 60-64	4:38:04	4:38:21
339	DAVID GILBERT	Bungay Black Dog RC	180	51	52 M 50-54	4:37:40	4:38:39
340	MARTIN RICHARD BUSH	100 Marathon Club	63	55	12 M 55-59	4:37:46	4:38:49
341	SIMON OSWALD		363	38	120 M 0-39	4:38:12	4:38:50
342	PAUL HARRINGTON	Halstead RRC	748	42	78 M 40-44	4:40:00	4:40:12
343	MARK BROWN		54	32	121 M 0-39	4:39:41	4:40:25
344	RICHARD HULBERT		242	40	79 M 40-44	4:40:12	4:40:37
345	STEVE BRAME	Springfield Striders RC	49	44	80 M 40-44	4:40:35	4:40:49
346	PAUL PROBERT	Springfield Striders RC	795	39	122 M 0-39	4:40:19	4:41:02
347	ANDY THORN		468	43	81 M 40-44	4:40:34	4:41:28
348	ROBIN FARRAR	Bungay Black Dog RC	153	71	1 M 70-99	4:40:44	4:41:42
349	PETER ROGERS	Blackheath and Bromley Harriers	417	50	53 M 50-54	4:41:23	4:42:02
350	JOHN. E. TURNER	Blackheath and Bromley Harriers	475	63	9 M 60-64	4:41:24	4:42:02
351	LEIGHTON WILLIAMS	Mid Essex Casuals	503	38	123 M 0-39	4:42:00	4:42:50
352	RICHARD PRIOR		394	34	124 M 0-39	4:43:20	4:43:47
353	BRENDAN COLTON		92	48	65 M 45-49	4:45:12	4:45:27
354	AARON HEARD	Halstead RRC	754	29	125 M 0-39	4:45:06	4:45:37
355	ANDREW JENKIN		249	24	126 M 0-39	4:45:14	4:45:43
356	DAVID MILLS	Phoenix Striders	321	54	54 M 50-54	4:45:27	4:45:45
357	GRAHAM BAKER	Mid Essex Casuals	707	64	10 M 60-64	4:45:49	4:46:34
358	PETER DALE		113	61	11 M 60-64	4:46:31	4:47:34
359	NIGEL CLARK	Tri n Finish Quicker	82	46	66 M 45-49	4:47:33	4:48:09
360	TIMOTHY THOMAS		466	47	67 M 45-49	4:47:36	4:48:16
361	STEVE BASSAM	Middleton Harriers AC	26	61	12 M 60-64	4:47:48	4:48:28
362	JOHN MCKAY	Great Bentley RC	782	67	6 M 65-69	4:49:03	4:49:22

363	MARCO FIRMAN	Braintree & District AC	157	50	55 M 50-54	4:49:30	4:49:49
364	CHRIS LONGHURST	Braintree & District AC	284	38	127 M 0-39	4:49:31	4:49:49
365	CHRIS WALFORD		481	32	128 M 0-39	4:49:27	4:49:56
366	DANIEL SMITH	Halstead RRC	806	33	129 M 0-39	4:49:31	4:50:02
367	COLIN NEWCOMBE		348	43	82 M 40-44	4:50:15	4:51:07
368	MICHAEL	Haverhill RC	95	44	83 M 40-44	4:50:32	4:51:09
369	GUO TIANQI		470	23	130 M 0-39	4:51:05	4:52:01
370	SURINDER SINGH BHAKAR		588	51	56 M 50-54	4:52:58	4:53:47
371	BOB PARMENTER	100 Marathon Club	835	62	13 M 60-64	4:54:47	4:54:58
372	IAN YARHAM		516	61	14 M 60-64	4:55:04	4:55:35
373	JAMIE MASON		300	24	131 M 0-39	4:55:00	4:55:48
374	ANDREW HORLOCK		239	54	57 M 50-54	4:55:38	4:56:08
375	BRIAN MILLS	100 Marathon Club	319	58	13 M 55-59	4:56:07	4:56:32
376	BARRY GAME		171	41	84 M 40-44	4:57:08	4:58:14
377	KEVIN BERRY		36	46	68 M 45-49	4:57:25	4:58:21
378	HARBHAG SINGH		562	70	2 M 70-99	4:59:18	5:00:29
379	ANDREAS RUHNKE	Kenilworth Runners	568	45	69 M 45-49	5:01:10	5:02:04
380	PAUL TAYLOR		464	40	85 M 40-44	5:02:49	5:03:37
381	RICHARD CARVEY	Dengie 100 runners	72	48	70 M 45-49	5:03:19	5:04:04
382	ANDREW WINTER		511	41	86 M 40-44	5:06:40	5:07:43
383	JAMES WELSH		492	22	132 M 0-39	5:07:34	5:08:19
384	TONY ROBINSON		413	48	71 M 45-49	5:10:06	5:10:32
385	HARMANDER SINGH	Sikhs In The City	441	54	58 M 50-54	5:10:52	5:11:40
386	LAURENCE HYLTON		565	35	133 M 0-39	5:11:42	5:12:22
387	PAUL PICKFORD	Barking Road Runners	386	40	87 M 40-44	5:12:40	5:13:14
388	LES PULLEN	Cambridge Harriers	395	59	14 M 55-59	5:17:34	5:18:40
389	RICHARD LILES	Tiptree Road Runners	280	52	59 M 50-54	5:19:22	5:19:43
390	SURINDER RATTAN		551	48	72 M 45-49	5:19:50	5:20:44
391	JASVIR SINGH	British Airways AC	327	57	15 M 55-59	5:23:07	5:24:02
392	TERRY GRIEVES		268	22	134 M 0-39	5:24:50	5:25:37
393	RUSSELL WILLIAMS		505	30	135 M 0-39	5:28:44	5:28:53
394	RAY MCCURDY	100 Marathon Club	547	60	15 M 60-64	5:33:12	5:33:12
395	BRUCE HOGARTH-	Mid Essex Casuals	234	55	16 M 55-59	5:32:54	5:33:40
396	GARY JAGNIASZEK		247	35	136 M 0-39	5:36:04	5:37:02
397	KEVIN GORDON		188	51	60 M 50-54	5:37:47	5:38:44
398	PHILIP BOYCE		47	22	137 M 0-39	5:38:53	5:39:41
399	DAVID MOLES	100 Marathon Club	28	61	16 M 60-64	5:42:23	5:43:26
400	HIDEO TAKANO	Dorking & Mole Valley AC	459	47	73 M 45-49	5:45:06	5:46:08
401	PAUL WATTS	Wye Valley Runners	550	49	74 M 45-49	5:45:06	5:46:09
402	BRIAN HASTINGS	Halstead RRC	750	68	7 M 65-69	5:53:45	5:54:25
403	PAUL DALE		112	30	138 M 0-39	6:04:22	6:04:43
404	IVOR DAVIES	100 Marathon Club	554	66	8 M 65-69	7:04:31	7:04:31
405	PETER BURNS	Witham RC	1	66	9 M 65-69	7:04:52	7:04:52