

Race 4 Senior Men

Open

<i>Position</i>	<i>Number</i>	<i>Name</i>	<i>Cat</i>	<i>PosC</i>	<i>Actual time</i>	<i>Club</i>
1	623	Adam Hickey	MO	1	0:32:21.87	Southend AC
2	617	Thomas Frith	MO	2	0:32:25.05	Southend AC
3	546	Grant Twist	MO	3	0:32:40.84	Havering AC
4	544	Robert Warner	MO	4	0:33:19.45	Havering AC
5	548	James Connor	MO	5	0:33:24.85	Havering AC
6	712	Tom Beedell	Open	6	0:33:35.77	Woodford Green AC with Essex
7	444	Ramadam Osman	MO	7	0:33:58.01	Colchester Harriers
8	420	Crispian Bloomfield	MO	8	0:34:03.56	Billericay Striders
9	667	Alec Finch	MO	9	0:34:06.55	Thurrock Harriers
10	486	Euan Brown	MO	10	0:34:13.49	East London Runners
11	709	Darren Southcott	Open	11	0:34:21.35	Woodford Green AC with Essex
12	585	George Day	MO	12	0:34:31.28	Orion Harriers
13	710	Angus Holford	Open	13	0:34:35.31	Woodford Green AC with Essex
14	445	Edward Mitchell	MO	14	0:34:44	Colchester Harriers
15	714	Daniel Steel	Open	15	0:34:44.38	Woodford Green AC with Essex
16	619	Rhys Gillard	MO	16	0:34:55.77	Southend AC
17	547	Paul Grange	MO	17	0:35:04.11	Havering AC
18	509	Alex Mckerrell	MO	18	0:35:05.26	Eton Manor AC
19	638	Alex Manton	MO	19	0:35:05.36	Springfield Striders
20	682	Paul Gaimster	Open	20	0:35:05.82	Victoria Park Harriers and Tower
21	695	John Payne	Open	21	0:35:06.35	Victoria Park Harriers and Tower
22	518	James Boshier	MO	22	0:35:09.7	Grange Farm & Dunmow Runne
23	545	Jamie Buckley-stanton	MO	23	0:35:15.76	Havering AC
24	578	Tom Gardner	MO	24	0:35:20.3	Ilford AC
25	634	Lee Taylor	MO	25	0:35:21.33	Southend AC
26	721	Ahmed Abdulle	Open	26	0:35:23.17	Woodford Green AC with Essex
27	624	Christian Holmes	MO	27	0:35:25.34	Southend AC
28	583	Ian Clark	MO	28	0:35:27.36	Orion Harriers
29	708	Joshua Entwistle	Open	29	0:35:31.76	Woodford Green AC with Essex
30	577	Alex Richards	MO	30	0:35:34.12	Ilford AC
31	475	Nathan Filer	MO	31	0:35:35.16	Colchester Harriers
32	435	Kurtis Swan	MO	32	0:35:37.21	Braintree & District AC
33	685	James Cordwell	Open	33	0:35:39.19	Victoria Park Harriers and Tower
34	591	Daniel Moses	MO	34	0:35:44.54	Orion Harriers
35	694	James Whittle	Open	35	0:35:51.38	Victoria Park Harriers and Tower
36	447	Chris Sellens	MO	36	0:35:55.77	Colchester Harriers
37	536	Robert Reason	MO	37	0:35:57.29	Harwich Runners
38	713	Harold Wyber	Open	38	0:36:02.74	Woodford Green AC with Essex
39	587	Nick Harris-fry	MO	39	0:36:08.67	Orion Harriers
40	440	David Fewell	MO	40	0:36:10.32	Chelmsford AC
41	629	Dominic Le Mare	MO	41	0:36:13.52	Southend AC
42	549	Gavin Watts	MO	42	0:36:26.2	Havering AC
43	566	Alfie Waithaka	MO	43	0:36:29.75	Havering AC
44	593	Nick Shasha	MO	44	0:36:31	Orion Harriers
45	530	James Smith	MO	45	0:36:31.87	Halstead Road Runners
46	726	Daniel Mutlow		46	0:36:35.51	Victoria Park Harriers and Tower
47	569	Malcolm Muir	MO	47	0:36:36.57	Ilford AC
48	501	Paul Boddey	MO	48	0:36:44.44	Eton Manor AC
49	594	Jack Stroud	MO	49	0:36:44.79	Orion Harriers
50	507	James Hutchison	MO	50	0:36:45.2	Eton Manor AC
51	517	Daniel Reynolds	MO	51	0:36:47.24	Grange Farm & Dunmow Runne
52	636	Patrick Walsh	MO	52	0:36:58.67	Southend AC
53	409	Lee Baynton	MO	53	0:36:59.38	Benfleet RC
54	519	Lee Pickering	MO	54	0:37:01.11	Grange Farm & Dunmow Runne
55	531	Wesley Atkins	MO	55	0:37:01.39	Halstead Road Runners
56	448	Gavin Scanlon	MO	56	0:37:03.23	Colchester Harriers

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57	470	Allen Smalls	M50	57	0:37:05.34	Colchester Harriers
58	580	Reece Barclay	MO	58	0:37:18.8	Orion Harriers
59	415	Michael Feltham	MO	59	0:37:20.82	Benfleet RC
60	717	Joe Everitt	Open	60	0:37:24.02	Woodford Green AC with Essex
61	550	John Whitehead	MO	61	0:37:24.69	Havering AC
62	427	Chris O'hara	MO	62	0:37:32.03	Billericay Striders
63	693	Elliot Parker	Open	63	0:37:32.99	Victoria Park Harriers and Tower
64	654	Paul Miles	MO	64	0:37:35.32	Springfield Striders
65	687	James Bewley	Open	65	0:37:38.27	Victoria Park Harriers and Tower
66	416	Kieran Feltham	MO	66	0:37:39.58	Benfleet RC
67	556	Barry Smith	MO	67	0:37:40.89	Havering AC
68	588	Brian Jenkins	MO	68	0:37:43.64	Orion Harriers
69	610	Shane Boxall	MO	69	0:37:44.99	Southend AC
70	581	Thomas Beasley	MO	70	0:37:47.69	Orion Harriers
71	571	Seb Paris	MO	71	0:37:51.47	Ilford AC
72	639	Antony Goodall	MO	72	0:37:54.11	Springfield Striders
73	691	Gareth Evans	Open	73	0:38:06.3	Victoria Park Harriers and Tower
74	589	Neil Mcgoun	MO	74	0:38:12.58	Orion Harriers
75	472	Paul Rodgers	MO	75	0:38:13.46	Colchester Harriers
76	504	Simon Cottle	MO	76	0:38:14.4	Eton Manor AC
77	669	Toby Draper	MO	77	0:38:14.83	Thurrock Harriers
78	675	Robert Doyle	MO	78	0:38:14.88	Thurrock Harriers
79	705	Chris Martin	Open	79	0:38:16.64	Witham Running Club
80	716	Pete Caton	Open	80	0:38:18.04	Woodford Green AC with Essex
81	515	Christopher Tait	MO	81	0:38:19.55	Eton Manor AC
82	683	Andy Waterman	Open	82	0:38:20.62	Victoria Park Harriers and Tower
83	559	Matthew Bland	M50	83	0:38:21.81	Havering AC
84	644	Greg Deacon	MO	84	0:38:25.81	Springfield Striders
85	458	Robbie Smith	MO	85	0:38:31.91	Colchester Harriers
86	552	Martin Chester	MO	86	0:38:43.9	Havering AC
87	526	Adam Smith	MO	87	0:38:44.03	Great Bentley Running Club
88	521	Graham Freeman	MO	88	0:38:48.38	Grange Farm & Dunmow Runne
89	499	Giles Bailey	MO	89	0:38:52.7	Eton Manor AC
90	690	Duncan Steen	Open	90	0:38:57.3	Victoria Park Harriers and Tower
91	564	Tony Pecoraro	M50	91	0:38:59.39	Havering AC
92	655	Philip Smith	MO	92	0:39:04.11	Springfield Striders
93	512	James Pilch	MO	93	0:39:10.37	Eton Manor AC
94	640	David Lindsay	MO	94	0:39:15.39	Springfield Striders
95	568	John Crawley	MO	95	0:39:17.64	Ilford AC
96	523	Richard Mead	MO	96	0:39:29.05	Grange Farm & Dunmow Runne
97	493	Dan Gritton	MO	97	0:39:41.13	East London Runners
98	524	Russ Sharp	MO	98	0:39:41.29	Great Bentley Running Club
99	686	Andrew Hutson	Open	99	0:39:45.57	Victoria Park Harriers and Tower
100	652	Paul Broome	M50	100	0:39:49.13	Springfield Striders
101	660	Tom Sheffle	MO	101	0:39:56.49	Springfield Striders
102	699	Leo Cole	Open	102	0:39:56.96	Witham Running Club
103	491	Spencer Evans	MO	103	0:40:06.34	East London Runners
104	467	Tim Ballard	MO	104	0:40:07.51	Colchester Harriers
105	439	Michael Bridgeland	M60	105	0:40:08.15	Chelmsford AC
106	697	Scott Darney	Open	106	0:40:10.78	Witham Running Club
107	404	Andrew Low	MO	107	0:40:13.86	Benfleet RC
108	597	Ewan Mcfarlane	MO	108	0:40:15.22	Phoenix Striders
109	502	Paul Cates	M50	109	0:40:22.67	Eton Manor AC
110	465	Keith Marley	M50	110	0:40:28.86	Colchester Harriers
111	503	David Cato	MO	111	0:40:30.52	Eton Manor AC
112	651	Paul Anderson	MO	112	0:40:31.79	Springfield Striders
113	410	Graham Booty	MO	113	0:40:33.94	Benfleet RC
114	676	Andy Conway	M50	114	0:40:36.08	Tiptree Road Runners
115	527	Charlie Keitch	MO	115	0:40:39.53	Great Bentley Running Club
116	437	Peter Barrett	MO	116	0:40:42.69	Brentwood Running Club

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117	551	Steve Walker	M50	117	0:40:46.41	Havering AC
118	663	Simon Bowring	MO	118	0:40:48.73	Springfield Striders
119	672	Keith Willett	MO	119	0:40:50.99	Thurrock Harriers
120	454	Kevin Higgens	MO	120	0:40:55.36	Colchester Harriers
121	653	Paul Jeggo	M50	121	0:40:58.28	Springfield Striders
122	495	James Nichols	MO	122	0:41:00.96	East London Runners
123	704	Matt Jordan	Open	123	0:41:05.14	Witham Running Club
124	579	Sam Rahman	MO	124	0:41:09.23	Iford AC
125	627	Oliver Kyriakides	MO	125	0:41:10.38	Southend AC
126	718	Julian Russell	Open	126	0:41:16.38	Woodford Green AC with Essex
127	539	Simon Day	MO	127	0:41:18.72	Harwich Runners
128	403	Alan Clark	M50	128	0:41:20.1	Benfleet RC
129	698	Giles Sowerby	Open	129	0:41:23.1	Witham Running Club
130	650	Neil Wildin	MO	130	0:41:26.01	Springfield Striders
131	576	Daniel Holeyman	MO	131	0:41:27.95	Iford AC
132	413	Ciaran Byrne	MO	132	0:41:34.8	Benfleet RC
133	537	Robin Brookes	MO	133	0:41:37.57	Harwich Runners
134	723	Paul Manson	Open	134	0:41:39.98	Woodford Green AC with Essex
135	522	Declan Evans	MO	135	0:41:40.29	Grange Farm & Dunmow Runne
136	574	Dirmuid Mac Donnell	MO	136	0:41:46.65	Iford AC
137	696	Paul Mee	Open	137	0:41:49.06	Victoria Park Harriers and Tower
138	484	Daniel Jay Senior	MO	138	0:41:53.22	East London Runners
139	468	Nicholas Kricka	MO	139	0:41:53.7	Colchester Harriers
140	411	Nick Rankin	M50	140	0:41:56.12	Benfleet RC
141	582	William Breese	MO	141	0:41:58.02	Orion Harriers
142	406	Ian Pike	MO	142	0:42:01.5	Benfleet RC
143	643	Gary Joslin	M50	143	0:42:03.76	Springfield Striders
144	665	Nicholas Towell	MO	144	0:42:04.61	Springfield Striders
145	513	Robert Sommerville	M50	145	0:42:04.75	Eton Manor AC
146	611	James Champion	MO	146	0:42:05.89	Southend AC
147	632	Matthew Randall	MO	147	0:42:07.22	Southend AC
148	443	Lee Holihan	MO	148	0:42:21.59	Colchester Harriers
149	422	David Sweet	MO	149	0:42:24.99	Billericay Striders
150	505	George Fernandez	MO	150	0:42:36.53	Eton Manor AC
151	670	Eamonn Shelley	M50	151	0:42:40	Thurrock Harriers
152	557	Jason Crispin	MO	152	0:42:41.86	Havering AC
153	684	Kevin Long	Open	153	0:42:44.06	Victoria Park Harriers and Tower
154	441	Peter Tullett	M50	154	0:42:47.08	Chelmsford AC
155	529	Tom Porter	MO	155	0:42:48.71	Halstead Road Runners
156	408	Richard Jones	M50	156	0:42:51.15	Benfleet RC
157	702	Simon Cresswell	Open	157	0:42:56.62	Witham Running Club
158	666	Peter Chubb	M50	158	0:42:59.77	Springfield Striders
159	516	Graham White	MO	159	0:43:00.45	Eton Manor AC
160	464	Simon Ford	MO	160	0:43:04.52	Colchester Harriers
161	599	Andrew Morris	M60	161	0:43:05.12	Phoenix Striders
162	592	Martin Reynolds	MO	162	0:43:10.33	Orion Harriers
163	426	Eamon Brown	MO	163	0:43:24.54	Billericay Striders
164	417	Brian Venton	MO	164	0:43:37.56	Benfleet RC
165	500	John Black	M60	165	0:43:48.35	Eton Manor AC
166	703	Simon Scott	Open	166	0:44:10.67	Witham Running Club
167	525	Andy Hart	MO	167	0:44:14.28	Great Bentley Running Club
168	671	Christopher Applegate	M60	168	0:44:29.47	Thurrock Harriers
169	586	Buddy Green	MO	169	0:44:32.71	Orion Harriers
170	673	Steven Ball	MO	170	0:44:39.34	Thurrock Harriers
171	497	Terry Lewsey	MO	171	0:44:56.5	East London Runners
172	700	Bill Smythe	Open	172	0:44:57.5	Witham Running Club
173	450	Simon Morgan	M50	173	0:45:00.94	Colchester Harriers
174	567	Andy Catton	M60	174	0:45:04.74	Iford AC
175	528	Donald English	M60	175	0:45:07.57	Halstead Road Runners
176	532	Gavin Ripton	MO	176	0:45:10.88	Halstead Road Runners

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177	615	Richard Farr	MO	177	0:45:11.02	Southend AC
178	658	Steve Bugden	M50	178	0:45:16.76	Springfield Striders
179	414	Doug Stephens	M50	179	0:45:20.54	Benfleet RC
180	562	Roy James	MO	180	0:45:26.5	Havering AC
181	425	Colin White	MO	181	0:45:29.57	Billericay Striders
182	455	Andy Taczynski	MO	182	0:45:41.42	Colchester Harriers
183	595	Lee Hazelwood	M50	183	0:46:02.55	Phoenix Striders
184	659	Tim Brockington	M60	184	0:46:05.49	Springfield Striders
185	520	Luca Predebon	MO	185	0:46:12.17	Grange Farm & Dunmow Runne
186	645	Julian Catmull	M50	186	0:46:16.52	Springfield Striders
187	701	Mark Austin	Open	187	0:46:58.07	Witham Running Club
188	492	Emmet Fitzgibbon	MO	188	0:47:07.85	East London Runners
189	668	Gary Rowlatt	MO	189	0:47:13.46	Thurrock Harriers
190	715	Alistair Holford	Open	190	0:47:15.03	Woodford Green AC with Essex
191	488	Gareth Davies	M50	191	0:47:18.36	East London Runners
192	608	Peter Binns	M70	192	0:47:25.93	Southend AC
193	565	Tony Collins	MO	193	0:47:53.78	Havering AC
194	481	Jamie Austin	MO	194	0:48:01.64	Dagenham 88 Runners
195	438	Kevin Kirby	M50	195	0:48:06.96	Chelmsford AC
196	496	Paul Thompson	M50	196	0:48:18.34	East London Runners
197	407	Stephen Burton	M60	197	0:48:23.79	Benfleet RC
198	473	Martyn Claydon	MO	198	0:48:39.07	Colchester Harriers
199	601	Martin Orford	M50	199	0:48:42.69	Phoenix Striders
200	602	Scott Oloughlin	MO	200	0:48:59.94	Phoenix Striders
201	457	Keiron Callaghan	MO	201	0:49:01.31	Colchester Harriers
202	572	Trevor Robinson	MO	202	0:49:05.58	Ilford AC
203	596	Colin Wilkinson	M50	203	0:49:58.11	Phoenix Striders
204	649	Neil Mapes	MO	204	0:50:42.21	Springfield Striders
205	575	Anthony Young	M50	205	0:51:09.96	Ilford AC
206	680	Iain Rhodes	M50	206	0:51:14.17	Tiptree Road Runners
207	674	Bernard Johnson	M60	207	0:51:30.14	Thurrock Harriers
208	533	Phil Jeffries	MO	208	0:51:40.09	Halstead Road Runners
209	543	Trevor Lewis	MO	209	0:52:42.98	Harwich Runners
210	540	Steve Manley	M50	210	0:53:20.8	Harwich Runners
211	477	Manji Gami	M50	211	0:53:37.98	Dagenham 88 Runners
212	479	Michael Peggall	MO	212	0:54:41.82	Dagenham 88 Runners
213	514	Lance Tabraham	M50	213	0:55:32.26	Eton Manor AC
214	677	Nick Archer	M50	214	0:55:33.24	Tiptree Road Runners
215	706	Anthony Smith	Open	215	0:55:58.98	Witham Running Club
216	480	Ian Cummins	M50	216	0:56:30.61	Dagenham 88 Runners
217	605	James Russell	M60	217	0:56:50.2	Pitsea RC
218	428	Steve Foggo	MO	218	0:57:23.62	Billericay Striders
219	478	Andy Beazeley	MO	219	0:57:38.21	Dagenham 88 Runners
220	679	Paul Graves	M60	220	0:58:27.39	Tiptree Road Runners
221	689	Frank Merrigan	Open	221	0:59:16.58	Victoria Park Harriers and Tower
222	510	Geoffrey Nicholls	M60	222	0:59:17.16	Eton Manor AC
223	598	Peter Eates	M60	223	0:59:22.25	Phoenix Striders
224	538	Roly Knott	M60	224	0:59:38.07	Harwich Runners
225	664	Steve Brame	MO	225	0:59:49.66	Springfield Striders
226	482	Luke Summers	MO	226	1:00:13.58	Dagenham 88 Runners
227	570	Ray Sparra Everingham	M50	227	1:01:58.16	Ilford AC
228	606	Peter Bates	M70	228	1:02:10.45	Pitsea RC
229	489	Arthur Diaz	MO	229	1:02:24.47	East London Runners
230	681	Jeff Fairfull	Open	230	1:05:31.82	Tiptree Road Runners